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DISCOVER TAIPEI

Dt

JUL. / AUG. BIMONTHLY 2012

Taipei Summertime Green-Life Touring

High Summer in Taipei – A Symphony of
Dancing Butterflies and Chirping Insects

A Tour of Taipei's "Green Houses"

Taipei's Green Markets – The Taste of the
Countryside in the Big City

Qigong – Encapsulation of Chinese Wisdom
Taipei's Beautiful Backstreet Bookstores



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Taipei Summertime

Green-Life Touring




High summer, you may have noticed, is upon us. Make Taipei your choice to get away from the heat! Our theme this issue is "Taipei Summertime Green-Life Touring," and inside we tell you how to travel around the city in mid-summer at an easy, green LOHAS pace.

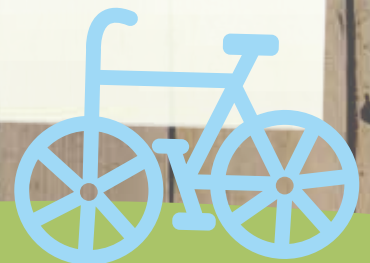
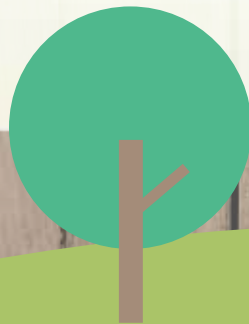
When the heat settles in, head for the hills. As it happens, Yangmingshan is this very moment awash in fluttering butterflies, and the air is filled with cicada song. A cool walk in the high hills, exploring the wonders of the natural world, is a great way to spend a summer's day. Taipei, an international city, is well aware of the perils the world faces as the global-warming threat slowly takes hold, and has embraced eco-protective green building concepts. Green markets stressing healthy and natural food and drink have also taken root, welcomed by an ever more eco-aware public. We take you on a tour of the city's green-living highlights, which will by happy circumstance also shield you from, and make you forget, the blazing summer heat.

In our Taipei New Images section we check out two of the city's old architectural venues given fresh new looks: the Taipei Circle and the Shuiyuan Theatre. Over in the In-Depth City Culture Exploration department we invite readers into the esoteric realm of Chinese Qigong, and have asked a master to teach you the basics of this art of self-cultivation. Our Taipei's Best Foods & Gifts unit tells you where to find delicious fresh salads that will reawaken your appetite on steamy, sultry summer days.

In our Mapping the Taipei Lifestyle gallery we've mapped out a breezy and easy bicycle excursion through the Gongguan riverside area, during which you can enjoy the waterfront's natural scenery as well as the many cultural attractions. We also take you down Taipei's culture-rich lanes to show-off the city's beauty from a different angle – on a quest for the city's prettiest bookstores.

Another cool way to hide from the heat of the summer sun is to dive into the air-conditioned venues of the city's exhibition scene, where its creativity and artistic energy is on show. The bold, untrammelled imaginative powers of Taipei youth are showcased at the Taipei National University of the Arts and at the current "Good Young Design Festival" at Songshan Cultural and Creative Park. Other happenings showing off the city's artistic side are the Taipei Children's Arts Festival, Taipei Arts Festival, SEER Special Exhibit, and Mobile Forest and Illustrating Taipei – The Past, Present and Future exhibits.

As you explore Taipei in July and August, you'll find this is a city bursting with green, with green ideas, and with splendid aesthetic allure. 



Contents

Discover Taipei

Taipei City Government

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Hope you enjoy reading this issue of DTB.
If you have any suggestions, please do



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High Summer in Taipei – A Symphony of Dancing Butterflies and Chirping Insects

July and August, a time for summer vacations, is also Taiwan's most intense time in terms of heat. Where, pray tell, is there easy escape? The city's mountains are the answer, for with each rise in altitude of 100 meters the temperature drops 0.6 degrees Celsius. At this time of year the Butterfly Corridor (蝴蝶花廊) on Mount Datun (大屯山) in Yangmingshan (陽明山) teems with dancing, flitting butterflies, and the sound of cicada song fills the air. Let's head off now into the hills, in search of cicada music, butterflies, and refreshing coolness.

The Erziping Trail (二子坪步道) is a forest track located between Mount Miantian (面天山) and Mount Datun stretching 1.7 kilometers. Along the trail is typical subtropical broadleaf vegetation, with myriad plant types thickly intermingled. The trail is busy with butterflies and their nectar-plant food sources, and for good reason: this trail has long been known for great butterfly viewing, and long ago came to be called the Butterfly Corridor. Naturalists have recorded 130 separate butterfly species from 5 families in the area, 80% of the total of the 180 found on Yangmingshan.

Mid-May through September is the prime butterfly season on Yangmingshan, with beautiful Lepidoptera bursting onto the scene. It's not unusual to see dozens of different species in a single day. Chestnut Tiger butterflies (青斑蝶) visit in terrific number around the time of the Dragon Boat Festival (端午節), so be sure to walk along the Butterfly Corridor during this period, when the impressive spectacle of thousands of dancing butterflies is a daily occurrence.

As part of this year's butterfly season, the Yangmingshan National Park Administration is staging a special program called "Images of the Grass Mountain Universe" (草山影像寰宇) from May 19 through July 31. A number of films will be screened, including *Butterflies Dancing Over Grass Mountain* (蝶舞草山), introducing Yangmingshan's butterflies, *Lullaby of the Forest—The Leaf-rolling Weevils* (森林搖籃曲), and *Encounter with the Insects of Yangmingshan National Park* (蟲相逢). These will be a thrill for all those intrigued by the wonder of nature, and all are welcome.



Beyond the beauty of the butterflies, in this broadleaf forest situated 800 meters above sea level can be found red nanmu, black pine, Formosan sweet gum, and large-leaved nanmu in significant numbers. You'll also come across scattered samples of Formosan turpinia, common eurya, dark spotted cherry, and bird-lime tree. Add to this the endless panoply of shrubs, ferns, mosses, and other plant life and you have a brilliantly textured forest kaleidoscope. The forest is home to a wide variety of insects, birds, and reptiles, and as you move along ever deeper into this calming environment, regaled by the singing of the cicadas, the heat of the summer fades away.

The trail is paved with crushed stone, and is shaded and cool along its length. It's about an hour of gentle walking to the Erziping Recreation Area (二子坪遊憩區), situated in a volcanic depression between the main Mount Datun peak and Mount Erzi (二子山). There are a couple of man-made eco-ponds here, stocked with more than 50 water-plant species. The waters here run slow and clear, and from spring to early autumn the damselfly is commonly spotted. Females like to lay their eggs on waterside stones or water-surface plants, and in summer you can spot large groups of the *Euphaea formosa*, a Taiwan endemic damselfly, foraging for food or perched at rest. The *Euphaea formosa* lives in habitats up to 1,500 meters that have running streams, and is Taiwan's most widely distributed damselfly, with the highest population. Its active, enchanting bearing draws curious adults and kids to the waterside.

If you're still thirsting for more, head down the trails to Qingtian Temple (清天宮) in Beitou (北投), or follow the signposted paths to Datun Nature Park (大屯自然公園). This park is centered on a small, natural mountain lake. Eco-restoration work has been undertaken to restore the vegetation to its natural state, and the park is bordered by thick temperate broadleaf forest. Watch the resident fish lolling about from the lovely wooden bridge spanning the water, gaze over the misty mountain landscape, listen to the frogs croaking in chorus, and experience the joys of nature in summer. 🦋

- 1-2. Butterflies are everywhere on Yangmingshan's Mt. Datun in July/August, a prime eco-appreciation season. (Photo courtesy of Yangmingshan National Park Administration)
3. A well-known local summer escape is the rich forest landscape of the Erziping Trail.
4. Standing on the bridge spanning Datun Nature Park's natural lake, enjoy nature's art.

Information

2012 Yangmingshan Butterfly Festival – Butterflies Dancing Over Grass Mountain 2012陽明山蝴蝶季「草山影像寰宇」

Time: Until 7/31

Venue: Yangmingshan National Park Visitor Center;
across from Parking Lot No. 2 (陽明山國家公園
遊客中心; 第二停車場對面)

Tel: Yangmingshan National Park Administration
(02) 2861-6341, ext. 801, 802

Website: www.ymsnp.gov.tw

The whole world has become concerned with the issues of global warming and dwindling natural resources. People are examining the links between their lives and their environment. The concept of "green building" has been born and taken root, promoting sustainability, symbiosis, energy conservation, waste reduction, and healthy living. Wave after wave of green construction has been initiated.

Taipei metropolis is home to many green buildings in which harmony with the natural environment is the key theme. In this issue we take our readers on a personal tour of some of the most representative.

A Tour of Taipei's "Green Houses"



One of the World's 25 Most Beautiful Libraries – Beitou Public Library

In a review of the world's libraries posted earlier this year, the American culture and entertainment website Flavorwire.com named the Taipei Public Library Beitou Branch (臺北市立圖書館北投分館) one of "The 25 Most Beautiful Public Libraries in the World." The branch, in fact, enjoyed a widespread reputation for beauty long before this, receiving no end of awards. It was also a finalist in the Public Sector Category of the FIABCI Prix d'Excellence Awards in 2008.

The library, located in Beitou Park (北投公園), is an eco-friendly work of architecture that measures just under 2,150 square meters. Built of wood and steel, it is designed to blend with the local terrain.

All materials used are recyclable. Depending on the angle, it resembles a giant tree house, or perhaps a large

1. From the outside the Beitou library looks like a large tree house, or a big cruise ship.
2. The outdoor balcony extension creates a reading space that blends with the natural environment.
3. Enjoy the joy of reading in a space both tranquil and beautiful.
4. The liberal use of perpendicular wood window latticing is one of many skilful green-design elements.



cruise ship. Set amidst the lush green of the park's trees, it presents a picture of inspiring elegance.

The building is fitted with numerous environment-friendly features. It has a lightweight eco-roof installed with solar panels to generate electricity. The liberal use of overhanging eaves and perpendicular wood window latticing minimizes solar heat gain inside, lowering energy consumption. The sloping turf-covered roof drains water into rainwater recycling troughs, playing a key role in the facility's eco-friendliness and reducing water-resource wastage. The second floor has an outdoor balcony extension that creates a reading space which blends seamlessly with the surrounding natural environment. The library blends seamlessly with the local landscape, facing parkland on the south side and a gurgling stream on the north, glass walls allowing both the lovely imagery and natural sunlight to stream inside.

This building's architectural beauty and inspiring eco-friendliness brings admirers from near and far. Come yourself for a taste of the quiet ambiance and the pure, idyllic aesthetics.



An Eco-Diverse Campus – National Taipei University of Technology

When a campus is transformed into an oasis, the halls of knowledge are made more amiable and intimate. Under the planning guidance of the National Taipei University of Technology's Tsai Jenhui (蔡仁惠), dean of its College of Design, the NTUT campus has been reconceived as an urban oasis, following an "ecological grass channel" (生態草溝) conceptual framework. Biodiversity has been restored, allowing campus buildings to breathe. Discovery's Travel and Living Channel (TLC) has sent a team to do a special report, citing the campus as a model for green building in Taipei.

Just meters from Exit No. 4 at MRT Zhongxiao Xinsheng Station is NTUT's well-known Green Gate. The environs here, where tall trees with outstretched branches frame a running-water eco-corridor that's been termed a "city moat," give the gate the feel of an entrance into a secret forest. The setting calls out for people to pass through to explore this particularly eco-friendly campus.

NTUT has departed from the normal order of thought. It has torn down its cement walls and put in a "water corridor." It has also put in an ecological pond and plant fencing. These changes have broken down the barriers between the campus and the surrounding city district, and created an appealing aquascape. The green-plant channels and the



eco-pond, along with the liberal use of stone, create a more natural, porous environment. The campus has become a little bit of countryside in the city, bursting with biodiversity.

Walk on paths made of water-permeable brick, enjoying the Virginia creeper (called "wall-climbing tiger" (爬牆虎) in Chinese) draping the buildings in green cloaks. Meander along the fern-garden path, by the small eco-pond, and to the "eco-lodge" (生態小屋). The campus is no longer a space exclusively for the use of teachers and students; it has also become a favored place of recreation for nearby residents. Sit on the terrace at the eco-lodge, gazing at the rich greens of the pond-side trees, and at the fish and turtles lolling in the water. On occasion white egret and spotted-neck dove grace the scene. Though the eco-pond is not large, all the water used in the campus aquascape gathers here, passing through the rainwater recycling system.

This eco-campus, an open leisure space where water and greenery work in symphony, is a place well worth spending a few hours of your time.



A Dream Home in the Urban Jungle – National Taiwan University Eco-House

Wonder what a house built to be earthquake-proof, to save energy, and to protect the environment would look like? Go see the National Taiwan University Eco-House (臺大綠房子) for the answer.

The Eco-House is located on formerly open land near Keelung Road (基隆路) on the NTU Experimental Farm (臺大農場). The exterior looks like a country villa, but it's actually an earth-friendly demonstration house, introducing the latest energy-saving concepts and facilities from around the world to Taiwan – a green building serving exhibition, education, promotion, and research functions.

Professor Han Siintang (韓選棠), who played the leading role in the building of the Eco-House, says the major principles behind what makes a house green are simple. Most important are the "proper use of energy" and "handling of water resources." Eco-friendly building materials and designs have hence been used for everything from the building's shell (exterior walls, doors and windows, roof) to the indoor fittings and piping. An environment featuring natural ventilation and lighting has been created. Eco-ditching, an eco-pond, and a water-reclamation well have been set up, and plants and



living creatures are allowed to grow naturally, creating a natural ecological environment. Says Professor Han: "We have a pure natural environment here, with natural biological growth and no human intervention."

Be sure to visit the Eco-House at different times of the year, for the look of the surrounding vegetation changes with the seasons. Add to this the frogs, water snakes, tadpoles, and small fish that live in the pond and you feel you've entered the magical world of a pastoral painting.

5. Upon entry into the National Taipei University of Technology grounds, you pass buildings cloaked in green "wall-climbing tigers."
6. NTUT's Green Gate calls out for people to come in for an eco-campus exploration.
7. The eco-pond has become a much-favored relaxation spot for students, faculty, and area residents.
8. The National Taiwan University Eco-House is a green building serving exhibition, education, promotion, and research functions.
9. Professor Han Siintang shows off the planning for the water-reclamation well and other water-resource usage.
10. The Civil Service Development Institute features ecologically complex greenification planning and design creating a space of deep, rich greenery.
11. Endemic Taiwan plant species have been planted by the pool in the courtyard of the Civil Service Development Institute.



A Green Open Space – The Civil Service Development Institute

The Civil Service Development Institute (公務人力發展中心) is more than just a place for the training of Taiwan government officials. It is also a landmark work of green architecture that has won a Green Building Design Excellence Award (優良綠建築設計獎). The planning and design of the ecologically complex greenification accomplished here has resulted in a space of deep, rich greenery that invites passers-by to move in closer.

The center is on Xincheng South Road (新生南路), on a plot of land contiguous with, Xinhai Road, Section 1 (辛亥路1段). Over 6,600 square meters of open land has been reserved as urban green space. A wide diversity of trees and bushes has been planted, and almost a century old *Syzygium jambos* have been saved, creating a recreational space for public-use where eco-friendly practices and urban living coexist.

Many areas on which buildings were originally planned have instead been left open and made green. Members of the public who come here for a little R&R can also enjoy the endemic Taiwan plant species that have been planted by the pool in the courtyard. This place is bursting with the vitality of green life.

The Civil Service Development Institute green space is open to all, and everyone is invited to spend a little time here, experiencing a bit of urban green living.



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12. The Starbucks Neihu branch on Minquan E. Rd. is the first green café in Taiwan.

13-14. Corrugated paper has been used for the Minquan outlet's table lamps, as well as much Taiwan wood, creating a space of natural character.

15-16. The Straits Exchange Foundation Building has no light bulbs in the grand reception lobby; the designs allow for 100% natural light. The "camphor-tree forest" theme used for the exterior makes the building stand out amidst the urban jungle.



A Green-Themed Café – Starbucks, Minquan Branch, Neihu

The sustainable building movement is not only witnessed in public buildings and on campuses. The private sector is also riding the wave, and the Starbucks Neihu branch on Minquan E. Road (民權東路) is a splendid model of what private enterprises are doing with green building concepts.

The outlet seeks to be a prototype for the Starbucks Soul Garden and Shared Planet concepts. It is the first green café in Taiwan, the first green concept store, and proudly proclaims its LEED (Leadership in Energy and Environmental Design) designation from the U.S. Green Building Council.

The Minquan outlet measures about 330 square meters. Everything is LEED-compliant, from the overall structure to the smallest design elements. Energy-efficient insulation panels with a 45-degree tilt are used

on the roof, cooling the interior. A rainwater recycling system has been installed. Local Taiwan wood has been used, notably nanmu and moso bamboo. A fresh air control system has been used, constantly measuring indoor air quality and maintaining optimal oxygen content. Look closely at the lamps on the tables and you'll see corrugated paper has been used; sensors enable the lamps to turn off automatically when no-one is present, saving energy.

Outside, special bicycle parking facilities have been set up in the parking lot, and a small garden has been made available to local residents to plant what they like – a true "green soul garden."

If you're interested in exploring Taipei's green architecture in more depth, visit the website of the Taiwan Green Building Council (臺灣綠建築發展協會) for information on its guided tours. The informed commentary of the trained guides is sure to bring you many a pleasant discovery.



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A Venue for the Interchange of Ideas for Cross-Strait Peace – The Straits Exchange Foundation Building

If asked about the Straits Exchange Foundation Building (海基會辦公大樓), most people would probably assume it is a severe and austere architectural work. It is in fact a structure that surprises many who arrive here on business: a green building with an exterior of dramatic design that deftly blends the shapes of the sky lantern and camphor tree.

This building, so closely connected to cross-strait affairs, has many special design features. One of the most prominent is the sky-lantern shape of the main lobby; the sky lantern symbolizes the desire for peace. Another is the "camphor-tree forest" (樟樹成林) concept used on the building's exterior; LED lights on the walls go on at night, creating the visual effect of fireflies flitting about among the trees. Not a single light bulb has been installed in the five-storey-high reception lobby; the designs allows for 100% natural light. The commitment to green building standards is seen everywhere.

If you're headed through the Dazhi (大直) area, don't miss the chance to visit this green building that is a beacon of light and inspiration, embodying the hope for cross-strait peace. 🌿

Information

Taipei Public Library, Beitou Branch

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Add: 251 Guangming Rd. (光明路251號)

Tel: (02) 2897-7682

Website: www.tpml.edu.tw

National Taipei University of Technology

臺北科技大學

Add: 1, Sec. 3, Zhongxiao E. Rd. (忠孝東路3段1號)

Tel: (02) 2771-2171

Website: www.ntut.edu.tw

National Taiwan University Eco-House

臺灣大學綠房子

Add: 5, Lane 42, Sec. 4, Keelung Rd. (基隆路4段42巷5號)

Tel: (02) 3366-5929

Website: www.ecohouse.org.tw

Civil Service Development Institute

公務人力發展中心

Add: 30, Sec. 3, Xinsheng S. Rd. (新生南路3段30號)

Tel: (02) 8369-1399

Website: www.hrd.gov.tw

Starbucks Neihsu Minquan Branch

星巴克內湖民權門市

Add: 182, Sec. 6, Minquan E. Rd. (民權東路6段182號)

Tel: (02) 2793-9550

Taiwan Green Building Council

臺灣綠建築發展協會

Tel: (02) 8667-6671

Website: www.taiwangbc.org.tw

Straits Exchange Foundation 海基會

Add: 536 Bei'an Rd. (北安路536號)

Tel: (02) 2175-7000

Taipei's Green Markets – The Taste of the Countryside in the Big City



Summertime is the prime season for Taiwan's fruits and vegetables. They're big, they're succulent, they're tasty, and they're inexpensive. Consumers, however, remain concerned about pesticides and other problems. To ensure the food you eat is not only in-season, but also natural and non-toxic, visit one of the farmers' markets and fresh-food supermarkets around Taipei which give you the healthiest available fresh foods and beverages.



Farmers' Markets – Sharing Knowledge from the Fields

At farmers' markets farming folk set up stalls bursting with the tea they've grown themselves, the fruits and vegetables they've picked themselves, the pork, duck and chicken they've produced themselves, and the honey, vinegar, jams, sauces, and oils they've crafted themselves. All adhere steadfastly to the principle of "no pesticides, no chemical fertilizers." Says a vegetable grower from Nan'ao (南澳), on the northeast coast: "The foods we sell here are the same foods we put on our own tables. Our main hope is to help consumers eat healthy and with the same peace of mind that we enjoy."

The 248 Farmers' Market (248農學市集) was the first small farmers' market set up in Taipei. It was launched in 2008, with farming folk coming from all around the island with their produce. They set up stalls in a lane on the city's east side, and though small, the market seemed to have everything you might need, from fruits to vegetables to fish, milk and eggs.





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As you enter you might well be greeted by the fragrant aroma of roasted sweet potatoes. "Aunties" (阿姨) call out for you to come and try their fresh jams and preserves. You might buy a few popsicles made with the fresh fruit of Taitung (臺東), or pick up some just-harvested vegetables from farms near Taipei. As you

choose, the friendly farmer-sellers will tell you how their items were produced, their nutritional value, and how best to cook them. This is one outing that is both eco-friendly and chock-full of educational tidbits.

Beyond the weekly outdoor market, you can also buy these farmers' products during the week at the Tianmu Farmers' Garden (天母農學園) and at the A11 Farmers' Garden (A11農學園) at the Shin Kong Mitsukoshi department-store complex in Xinyi District (信義區).

The Bow to the Land market (彎腰市集), located in Treasure Hill Artist Village (寶藏巖國際藝術村), is held on the third Sunday of each month. Perhaps the most compelling element of this market is that it features so many farmers and stalls from areas which have seen land expropriation, agro-environment, and water-resource controversies. Working in these areas of dispute, the necessity for sheer hard work on the part of the farmers is even more obvious. Numerous enterprises have come together to enable customers sauntering through Treasure Hill's green and shady areas to buy natural fruits and vegetables along the way, and protect the environment at the same time. Some of the main groups in this initiative are Brown Sugar Grange



- 1-4. The 248 Farmers' Market has farm folk from around the island, selling fresh-roasted sweet potatoes, home-made jams and preserves, and self-grown fruits and vegetables.
5. Set up at Bow to the Land market is Brown Sugar Grange, selling pure, all-natural brown sugar.
6. The Hope Square market is Taiwan's largest farmers' market.

How to Select Organic Products

In accordance with the "Agricultural Production and Certification Act" (農產品生產及驗證管理法), promulgated in 2007, "organic" certification in Taiwan begins at the production stage. The use of pesticides and chemical fertilizers is not permitted, and farmers' use of land and water must be in compliance with Council of Agriculture (農委會) benchmarking. Verification allows attachment of the product qualification mark.

Taiwan currently has a total of 13 organic certification bodies. Domestic organic agricultural products that have successfully undergone certification inspection must have the mark of each certification body affixed and, more importantly, carry the CAS Taiwan Organic Farm Product mark (CAS台灣有機農產品; see photo). When considering a purchase, the easiest way for consumers to ascertain if a product is organic is to look for the CAS mark.



Organic



(黑糖農莊), Caodi Chunniang (草地純釀; "Grassland Pure Brewing"), Xiaodonghe Dananpu (小東河大南埔), the Mount Farmer Cooperative (果本山農組合) and Rainforest Coffee (雨林咖啡), Happy Losheng (快樂樂生), Haifeng Yewei (海風野味; "Sea Breeze Natural Seafoods"), Xiao Nong Canzhuo (小農餐桌; "Small Farm Table"), and Wildgreen Lifestyle (冶綠有機棉).

Different in character from the 248 and Bow to the Land markets, which are managed by small farmers, the Hope Square (希望廣場) market is very large in scale. It was established in 2001 to help open up new opportunities for agricultural enterprises in the seven cities and counties most seriously affected by the 921 Earthquake of 1999. The Council of Agriculture found an open plot of land on Bade Rd. (八德路) in the middle of Taipei city, converted it into an agricultural-products sales center, and opened it to farmers to set up stalls. The hope was to help these people recover from the aftermath of the earthquake as quickly as possible, restoring their ability to make an independent living; for this reason it's called "Hope" Square.

Business has been good, and in recent years the range of stalls has expanded to represent the whole of Taiwan. Each week there are sellers of agricultural and fish products from a different mix of cities and counties. You need not travel outside Taipei to buy fresh papaya

from Chiayi (嘉義), honey from Taoyuan (桃園), plums and Dongding tea (凍頂茶) from Nantou (南投), pears from Taichung (臺中), Hami melons from Yilan (宜蘭), and more. Best of all is that almost all the vendors offer free samples, with no pressure to buy, and numerous stalls at the side cook up freshly-prepared foods and snacks. Enjoy chive pancakes from Daxi (大溪) in Taoyuan, or seafood from Kaohsiung's Mitou Harbor (高雄彌陀港) as you browse the market.

Who says moms and middle-aged ladies should have a monopoly on vegetable buying? The Hope Square weekend-market experience is open to everyone, and guaranteed fun for one and all.



Green Supermarkets – Organic, Fresh, Healthy Eating

Complementing Taipei's outdoor markets, the number of green supermarkets in the city emphasizing organic produce is on the rise. SOFR3SH (太平洋鮮活), Tanhou (天和鮮物), Leezen (里仁), Santa Cruz Organic Foods (聖德科斯), Yogi House (無毒的家), and Earthlife (綠色小鎮) all offer both green supermarket fare and light food and drink. SOFR3SH and Tanhou are the largest outlets.

SOFR3SH has a unique plant-cultivation factory, where a wide variety of vegetables are cultivated in a special, multi-layered, closed environment. LED lamps replace sunlight, and a hydroponic system is used. This ensures a stable production environment, not subject to changing weather conditions, and eliminates problems with pesticides, exhaust gas, polluted water, and soil contamination. This is the most efficient form of artificial vegetable cultivation extant.

Tanhou is a combined green supermarket and restaurant where the primary focus is on localization of ingredients. The large retail space, which measures just over 660 square meters, has separate fresh-produce and prepared-food sections. Among the facilities are



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7-8. SOFR3SH has a unique indoor plant-cultivation factory not subject to changing weather conditions or pollution. Organic farm produce strictly selected from around Taiwan is sold.

9-10. Tanhou sells fruits and vegetables and has fresh-prepared foods you can eat on the spot. Each fish has a tracking number on its tail, so consumers can learn its inspection history.

11-12. Tanhou, which is over 660 square meters, mainly sells organic non-toxic Taiwan farm products, giving busy Taipei consumers convenient food and drink selections.



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an organic non-toxic fresh market, an aerobic fruit and vegetable bar, a shabu shabu section, and a bakery. The deputy general manager, Huang Lijuan (黃麗娟), says that "Our most unique feature, something other supermarkets do not have, is our marine aquaculture farm. Each fish has its own tracking number." Seaweed from Taiwan's Penghu (澎湖) islands is added to feed used to produce omega chicken and omega pork, and yellow-cattle beef is also sourced from Penghu, where the livestock is grazed naturally. All products undergo inspection. If you don't feel like cooking at home, the prepared-food section has freshly-made items featuring the freshest ingredients, perfect for the busy modern consumer looking for both convenience and for healthy eating choices.

The core concept behind the green market is mankind living in harmony with nature. From now on, whether cooking at home or eating out, why not choose foods that are in season, were produced without chemical fertilizers and pesticides, and contain no genetically modified ingredients? You'll eat healthier and with better peace of mind, and will be doing your part to rectify the growing imbalance between the environment and your fellow Earth citizens. 🌱

Information

248 Farmers' Market 248農學市集

Venues:

Lane 248, Sec. 4, Zhongxiao E. Rd. (忠孝東路4段248巷); Fri 14:00~20:00, Sat 10:00~17:00

50 Songqin St., plaza at Xinyi Public Assembly Hall (松勤街50號, 信義公民會館廣場); Sun 13:00~19:00

Tel: (02) 2834-6279

Website: www.248.com.tw

Bow to the Land 彎腰農夫市集

Add: 2, Alley 14, Lane 230, Sec. 3, Dingzhou Rd.; Treasure Hill Artist Village (汀州路3段230巷14弄2號; 寶藏巖國際藝術村)

Tel: (02) 8712-6399#31

Blog: bowtoland.blogspot.tw

Hope Square Holiday Market 希望廣場假日市集

希望廣場假日市集

Add: 49, Sec. 1, Bade Rd. (八德路1段49號)

Tel: (02) 2393-0801

Website: www.ehope.org.tw

SOFR3SH 太平洋鮮活

Add: B1, 16, Alley 27, Lane 216, Sec. 4, Zhongxiao E. Rd. (忠孝東路4段216巷27弄16號B1)

Tel: (02) 8772-2901

Website: www.sofr3sh.com

Tanhou 天和鮮物

Add: 1F, 30, Beiping E. Rd. (北平東路30號1樓)

Tel: (02) 2351-6268

Website: www.thofood.com



1. Taipei Circle has history galleries decorated with traditional Hakka floral-print fabrics.
2. Floriculture designer Lamech has created the “Fountain of Happiness.”
3. A welcoming corner in the Frog Café (蛙咖啡), a cultured space.

Information

Taipei Circle 台北圓環

Location: Intersection of Nanjing W. Rd. and Chongqing N. Rd.
(南京西路和重慶北路交叉口)

Tel: (02) 2555-9029

Hours: 09:00~21:00

Website: taipeicircle.com


A Green Urban Oasis Hosting Colorful State Banquets — A New Look for the Taipei Circle

A gathering place of fond memories for older Taipei citizens, Jiancheng Circle (建成圓環) opened again in April this year, after thorough reconstruction and transformation work repaired the damage done by two major fires and business setbacks. The Circle's two key themes are fine food and urban greenery, and it is expected this attraction in the center of a busy traffic circle will once more become a major draw.

Walk into the new traffic-circle facility and you'll see that the walls are decorated with murals depicting street scenes from yesteryear. The two galleries are decorated with the bright-colored floral prints of Hakka fabrics. The colorful past of the nearby Dadaocheng (大稻埕) district is also on display. The open-concept central courtyard area features a circular ceiling space. Lamech (藍米克), the grand-prize winner of the 2010 Taipei International Flora Expo's flower-design competition, has brought a clever green renaissance to the hall's Japanese-era air-defense water reservoir, an important historical relic. He has renamed it the “Fountain of Happiness” (幸福之泉), preserving the original brick walls and introducing native Taiwan plant species such as the butterfly orchid and Taiwan sago fern. The facility now has the look and feel of an urban oasis, a calm getaway where urban denizens can come to relax.

On the periphery of the first level is Soyaway (豆之味) or “The Taste of Beans.” Organic soybean is used here in hand-crafted beancurd, and you can also enjoy the taste of natural, handmade *douhua* (豆花), or soybean pudding, from Hsinchu County's Hukou Township (湖口). On the other side is Frog Café (蛙咖啡), a cultured leisure spot that is the perfect pit-stop for cyclists. This novel enterprise rents bikes to travelers ready to explore the Dadaocheng community's bike paths, and has become a prime coffee-time choice with riders.

The second floor features a restaurant serving state-banquet cuisine: Yuanhuan (Circle) State Banquets (圓環國宴). It is run by celebrity chef Huang Techung (黃德忠), better known as Master A-chung (阿忠師), who has handled state banquets for three Republic of China presidents and who has a passion for passing on Taiwan's home-grown culinary traditions. Here you can eat like a president while enjoying an exhibition of exquisite culinary craftsmanship.

Taipei Circle brings together the best in food, floriculture, and cultural creativity. Theme events are periodically staged, and make sure to leave time for the beer festival fun that will go on each Friday, Saturday, and Sunday in July. One and all are invited to come check out the new-look Circle, a green urban oasis, hosting state-banquets at tourist-friendly prices. 

Summertime Frolics at Taipei Expo Park


The fabulously successful 2010 Taipei International Flora Exposition (2010臺北國際花卉博覽會) attracted 8.96 million visitors. This summer, at the same site, the fun returns with the “Love Summer Bus and Stamp-Collection Treasure Hunt” (戀夏巴士集章尋寶趣), when visitors will be able to join bus tours, admiring the beauty of the Taipei Expo Park (花博公園), where most of the expo's pavilions and landscaping remain.

From now until August 31, you can take advantage of the Love Summer Bus (戀夏巴士) service. While waiting at any of the stops you can take a souvenir photo beside the Flora Expo mascot bus-stop signs. Go to one of the service counters set up at four pavilions in the Xinsheng Park Area (新生公園區) or to the activities being staged during July-August, and join in the Taipei Expo Park's many Love Summer events. Collect all the special stamps created for the various activities and pavilions and you can exchange them for an attractive limited-edition “Smile” gift (微笑好禮) and join in a big lottery draw. You'll feel as though Taipei Expo Park has become your own private amusement park.

The park's pavilions all have their own distinctive character, and this summer a range of splendid activities has been arranged at each. At the EXPO Dome (爭艷館) in the Yuanshan Park Area (圓山公園區), the Metro Street Dance Competition (捷運亞洲街舞大賽) is being held on July 21~22, so come and experience the passion of street dance. A competition of an entirely different flavor is the Pineapple Cake Cultural Festival (鳳梨酥文化節), being held on August 23~27. The finest of Taiwan's bakers will be on hand showcasing their best culinary creations, and you'll be able to choose from a selection of Taipei's best souvenir items being displayed for sale.

The Pavilion of Future (未來館), a green-technology showcase, will house the “Prayer Blessing Floral Gift Exhibition” (祈福花禮特展) from July 31 to September 2. Various floriculture creations symbolic of prayers and blessings will be on display. At the Pavilion of Angel Life (天使生活館), where advanced audio-visual technology is used to explore Taiwan's high-mountain waterways and plant life, will house the exhibition that explores insect, flower, bird, and butterfly life (探索新生昆蟲、花鳥、蝶生命展). The exhibit can be enjoyed from June 30 to August 31. Photography, painting, and video are combined to evoke the beauty of nature.

Taipei Expo Park's most popular facility, the Pavilion of Dreams (夢想館), is scheduled to close for the final time on August 31. Don't miss the formal closing ceremonies, which will be your last chance to visit this magical place where high-technology and art are ingeniously integrated. Finally, at the Taipei Pavilion (世博臺北館), relocated here after a successful run at the Expo 2010 Shanghai, enjoy the 360-degree 3D theater facilities and the interactive multimedia area, and experience the city of Taipei from different vantage points.

On weekends this summer, your time couldn't be better spent than by taking a walk in the park – in Taipei Expo Park, that is! 



1. The Taipei Expo Park Love Summer Bus and mascot bus-stop signs.
2. The Taipei Pavilion, from the Expo 2010 Shanghai.
3. The Pavilion of Dreams

Information

Love Summer Bus and Stamp-Collection Treasure Hunt 花博公園戀夏巴士集章尋寶趣

Time: 6/30-8/31; Sat/Sun 09:00~17:00

Travel Route: MRT Yuanshan Station → Taipei Fine Arts Museum stop → Lin An Tai Historic House stop

Schedule: One bus every 30 minutes, first bus 09:00 (departure from MRT Yuanshan Station), last bus 17:00 (departure from Lin An-tai Historic House)

Time: (02) 2182-8886, ext. 7660

Website: www.taipei-expopark.tw



An Experimental Theater that Bursts Through Traditional Perspectives — Shuiyuan Theatre




1. The public artwork *The Heart of Shuiyuan*, on the exterior of the Shuiyuan Theatre's building.
- 2-3. The theatre space has been completely developed; the entrance area is bright and spacious, and the three-dimensional thrust stage can be reconfigured, giving spectators different viewing angles.

On the exterior wall of Shuiyuan Market (水源市場) is the public artwork *The Heart of Shuiyuan* (水源之心). Created by Israeli experimental artist Yaacov Agam, it has once again made the market building a key Gongguan (公館) area landmark. In the past the auditorium on the 10th floor was used by the city's Department of Compulsory Military Service for conscript physicals. After being left unused for two years, in 2009 management was taken over by the city's Department of Cultural Affairs, which renovated the facility and rechristened it the Shuiyuan Theatre (水源劇場). The theater's official inauguration was on May 1 this year, and the first ticketed performance was on May 4.

As you step out of the elevator you are greeted with the four Chinese characters for 'Shuiyuan Theatre' written in a huge font on glass. This is the calligraphy of the famed Tong Yangtze (董陽孜), and is fittingly theatrical for the entrance to a performance space. The theater soars two stories high. The traditional stage design is eschewed, replaced by a thrust stage with seats on three sides, accommodating 500. This enables performers to interact with the audience from different angles. The theater set-up even allows for the adjustment of seating depending on demand, and seats can even be removed completely. This is an experimental theatre that allows for both myriad uses and myriad forms.

The commissioner of the Department of Cultural Affairs, Liu Weigong (劉維公), says that his hope is that Shuiyuan Theatre will copy models in New York, London, Tokyo, and other cities, becoming Taiwan's leading space for repertory theater. Applications for the performance of specific works from the long-term fixed repertoire are welcomed, and the venue can also be leased for general cultural-arts performances. The current schedule has 20-plus shows for the coming year, with the July-September period including performances for the Taipei Arts Festival, Taipei Children's Arts Festival, and Taipei Fringe Festival. The venue's modern-theater entertainment program is a fine example of Taiwan's creative-cultural vitality, and a platform demonstrating Taiwan's deep and diverse cultural currents.

Shuiyuan Theatre is one link in a string of nearby cultural attractions that includes the Gongguan riverside area's Treasure Hill Artist Village, Taipei Water Park (自來水園區), Gongguan Night Market (公館夜市), Taipei City Hakka Cultural Park (臺北市客家文化主題公園), and Kishu An Forest of Literature (紀州庵文學森林). New blood is being added to the Taipei performing-arts industry, and the Xindian River waterside area is emerging as an integrated belt of development. 

Information

Shuiyuan Theatre 水源劇場

Add: 10F, 92, Sec. 4, Roosevelt Rd. (羅斯福路4段92號10樓)

Tel: (02) 2362-5221

Taipei Hosts the Harvard Project for Asian and International Relations 2012 Asia Conference

Taipei first served as host for the Harvard Project for Asian and International Relations conference 20 summers ago, way back in 1992 – the very first HPAIR gathering. The city will once again be the stage for this event on August 24 this year.

In 1991, three intrepid Harvard students set about setting up HPAIR under the guidance of the university's Fairbank Center for East Asian Research. With each year the annual conference has attracted ever greater interest. A key Asian city is chosen to host the event each time. The conference is centered on 6 to 8 different topics, with the world's top undergraduate and graduate students selected to participate in the discussions.

Expanding from the purely academic debates on economics of the early years to today's forums on Asia-Pacific education, environmental protection, development, and other issues, HPAIR has become the largest student conference in the Asia-Pacific region, bringing together the best and brightest students and scholars from around Asia and the whole world. It has won a reputation as "Asia's most visible university forum," attracting the attendance of the world's most distinguished leaders as a result, including the Secretary-General of the United Nations, officials from international organizations, officials from national governments, and well-known CEOs.

After committing much time and effort to their quest, in November 2011 the teachers and students of National Chengchi University (政治大學) learned that they had won the right to host the 2012 Asia Conference, beating out a field of 10 other competitors that included Japan's University of Tokyo and mainland China's Peking University. The conference will be held in Taipei, spread over five days, from August 24 to 28. Sessions will be guided by professionals invited from around the globe, with students participating in discussions, sharing their myriad perspectives, and learning from each other. Complementing the forums will be an attractive program of activities that will include an International Night, career fair, and university visits, promoting exchange between the students of the many different lands and enhancing overseas students' understanding of Taiwan.

The staging of this year's conference in Taiwan will enhance the international visibility of National Chengchi University, and will at the same time highlight the city of Taipei's key position in the Asia-Pacific region. 17



- 1-2. HPAIR brings together the world's best and brightest students and scholars for exchange on a wide range of topics pertinent to the Asia-Pacific region.
3. At each meeting professionals guide students in discussions, with the participants learning from each other.

Information

Harvard Project for Asian and International Relations (HPAIR) 2012 Asia Conference

Time: 8/24~8/28

Tel: (02) 2939-3091, ext. 51102

Website: www.hpair.org



Taipei City Expands Its YouBike Network



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1. The YouBike Service Center in Xinyi Planning District.
2. Smartphones can be used for the bike rentals, bringing great convenience.
- 3-4. Bike-riding for eco-friendly reasons has become a worldwide phenomenon.

Information

YouBike Service Center YouBike 單車服務中心

Add: 2 Songren Rd.; outside Exit 3, MRT Taipei City Hall Station (松仁路2號; 捷運市政府站3號出口)

Tel: 1999(outside Taipei City, dial 02-2720-8889), or (02) 8780-8773

Website: www.youbike.com.tw

Echoing the global trend toward more eco-friendly, energy-saving living, and to enhance Taipei's urban life and culture, in 2009 the YouBike (YouBike單車) initiative was launched in the Xinyi Planning District (信義計劃區) jointly by the Taipei City Government and Giant Bicycles. The "Taipei City Public Shuttle Bike Rental System Demonstration Project" (臺北市接駁型公共自行車租賃系統示範計畫) is the formal name for the initiative, "YouBike" the short form. It has been a big hit with local residents and tourists, and the bikes have been used on more than 300,000 occasions to date.

Now, to make the service even more convenient, the city's Department of Transportation is expanding the system into Nangang (南港), Da'an (大安), Songshan (松山), and other areas. Work will be completed by the end of July. Thirty service centers are being set up at stations along the Taipei Metro's Bannan Line (板南線), Wenhu Line (文湖線), and Luzhou Line (蘆洲線), and in areas with high concentrations of office and residential buildings, greatly enhancing the convenience and service range of the metro system.

Shen Huihong (沈慧虹), division chief for the Department of Transportation's Traffic Regulation Division, says that the current bike-rental rate of NT\$10 for every 15 minutes will be reviewed, and even more favorable rates may be put into effect. Users can also use a credit card or mobile phone to rent, further facilitating public usage.

In this era of high oil prices, bike usage has shot up around the world. Beyond improving air quality and the traffic environment, this is also a greatly enjoyable leisure-time activity. An automated electronic management system is used for the YouBike service, enabling riders to rent at one point and drop-off at another. The aim is to encourage the public to use the public-transport system even more, using a bike to connect the first and last segments of the trip. In Taipei riding a bicycle is now more convenient than ever, making low-carbon urban living an option that can be enjoyed by everyone. 131



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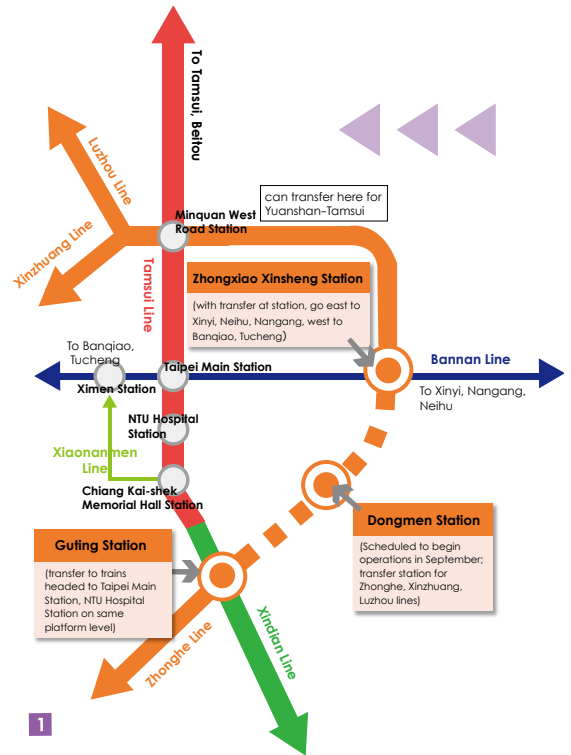
Ever Faster, Ever More Convenient — The Taipei Metro

As the Taipei Metro network expands and matures, more and more people are taking advantage of its eco-friendliness. System usage has already surpassed 5 billion trips. Improving service even further will be the opening of Dongmen Station (東門站) on the Xinzhuang Line (新莊線), slated for September, and the government is putting its new operation-mode policy into effect at the same time. The existing Nanshijiao-Beitou route will become the Nanshijiao-Luzhou and Nanshijiao-Fu Jen University routes. The Zhonghe Line (中和線) and Xinlu Line (新蘆線) (Xinzhuang and Luzhou lines together) will collectively form the Orange Line, featuring independent routes; after the change, the times between trains on the Zhonghe Line will be shortened.

After Dongmen Station opens, at the Guting Station trains will stop at both the Orange Line and Green Line platforms, directly across from each other, and riders will be able to transfer between the two without needing to go to another level. Riders from Zhonghe heading to north Taipei can make the transfer with a walk of just 10 to 15 seconds. Taipower Building-Beitou shuttle trains will also be added to the Xindian Line, resulting in waiting times of just 1 to 3 minutes.

To date, riders on the Zhonghe Line headed for the city's east district have had to struggle through the congestion at Taipei Main Station. Riders transferring between lines have had to go up or down three floors. They will now go past Dongmen Station to Zhongxiao Xinshe Station for transfer to the Bannan Line, with just one floor dividing the two lines. Their trip will also be reduced by three stations, their travel time by 5 or 6 minutes, and the fare reduced by NT\$5 for some.

Department of Rapid Transit Systems, Taipei City Government (臺北市政府捷運工程局) estimates that after Dongmen Station is opened, rider transfers at Taipei Main Station will be eased by 80,000 daily, approximately 30% of the total. Rider traffic on the Taipei Main Station to Zhongxiao Xinshe Station section will fall by 17%. Overall, the new mode of system operation will produce beneficial results in many areas, saving passengers time and money, and increasing convenience. Riders who have in the past been able to reach their destinations without transfers will only need to make minor adjustments, and will discover that the new system actually gets them to their destinations even faster than before. 📺



1. Chart showing Taipei Metro reconfiguration after Dongmen Station opens.
- 2-3. The reconfiguration will save riders both time and money.

Information

Department of Rapid Transit Systems, Taipei City Government

臺北市政府捷運工程局

Tel: (02) 2521-5550

Website: www.dorts.gov.tw

Encapsulation of Chinese Wisdom — Qigong

Qigong (氣功) is one of the foundations of Chinese culture. It is one of the purest doors to moral character and health. The martial arts, Chinese medicine, *Fengshui*, and even fortune-telling are deeply imbued with its tenets.

Though it has influenced Chinese life for 3000 years, *Qi* (氣) – often translated as life energy, life force, or energy flow – remains an abstract concept. According to the *Yellow Emperor's Inner Canon* (黃帝內經), created around 720 BCE, the people of that era used needles to perform acupuncture, for the prevention of illnesses and ailments. Ancient emperors in their pursuit for the understanding of *Qi* practiced External alchemy (外丹) for the creation and consumption of revitalizing elixirs, and Internal alchemy, (內丹) for the practice and knowledge of Qigong for the betterment of the human body. These practices were for the revitalization of the body and mind, and were thought of at the time as methods for attaining immortality.

In the Xia Dynasty (夏朝; 2070~1600 BCE), prospective officials had to demonstrate proficiency in the twelve subjects of ancient Chinese education (六經六藝), focused on basic knowledge and military skills. These scholar-officials had to possess an impressive range of erudition, and also had to possess impressive discipline in terms of cultivation of the body, the mind, and the spirit. This intellectual and temperamental calmness and agility was requisite in leading the common people in the building of major public infrastructure works and fortifications and, when needed, in facing the enemy in conflict.



1. Qigong is the control and regulation of the self, and the harmonization of physiological systems and functions.
2. To study Qigong, an experienced teacher at one's side is necessary, giving correct guidance.
3. A key to studying Qigong is to calm the emotions.

Broadly speaking, Qigong is the control and regulation of the self, and the harmonization of physiological systems and functions. When practicing Qigong one breaks away from the phenomena of everyday experience, and the experience is unique for each individual. Its origins are obscure, perhaps arising from medical, Confucian, Daoist, Buddhist, and/or martial-arts practice, and it has many classifications – *Daoyin* (導引), *Xingqi* (行氣), *Shoushen* (守神), and many more. As in the West, sometimes it is simply regarded as a set of “breathing exercises.” Whatever the description or appellation used, Qi and the mind are intertwined, and by practicing Qi you discipline both mind and soul.

Michael Chung (鍾國強), the president of the Chikung Culture Society of Taipei (台北市氣功文化學會), has studied Qigong's health benefits for over 50 years. He says that practicing the control of your Qi function is like giving your body an electrical charge. When we are vitalized our minds are calm, our thoughts are clear, and we are confident and hopeful when facing the future. “When practicing Qigong and disciplining your Qi, an individual can identify one's problems and engage in constant self-adjustment. A healthier orientation is brought to body and spirit, and positive direction is developed.”

Continuing, Chung says that “Qigong is a self-discipline process in which you take your inner Qi and externalize it in *Wugong* (武功) or martial-art form. But in doing so, what is being sought is the ultimate nature of life, and this entails a return to an original essence of the mind.” He cites some of the mistaken notions published about the study of Qigong, one being that it's a kind

of martial art. Learning Qigong is not learning fighting technique; instead, it is the study and use of the movements in order to discipline breathing, form, and mind. This brings a strengthened, healthy body and mind, increases resistance to sickness and promotes longevity, and unleashes latent potential. General disciplines such as *Waidangong* (外丹功), *Taijiquan* (太極拳) and *Taiji Daoyin* (太極導引) only explore a portion of what Qigong is, and are not holistic. Chung says that when practicing Qigong it is best to be in a quiet indoor environment, to avoid distraction or disturbance.

Modern life is filled with pressure, and many people looking for a little peace of mind like to sit still and meditate as means of self-cultivation. Chung feels that sitting still can be viewed as a technique, but not one that can be internalized and used to concentrate the dynamic force of one's Qi. In many types of meditation you must continually concentrate on a mental image, which is physically taxing and counterproductive. Whereas in *Gongfu* (功夫; *kung fu*), Chung describes its modern practice as merely cultivating one's physical power, not the mental power which the ancients engaged in.

Even though the main approach in Qigong is to quiet mind and soul, there is also movement towards assimilation and transcendentalism. Beginning with small circulatory levels, to mid-sized levels, and ending eventually with a large capacity, one's Qi stimulates blood, energy, and force circulation. It also brings out one's *Neijin* (內勁) or inner force, which can possess a destructive nature. The purpose of the movements is to promote body flexibility, receptiveness, and endurance. When power and force have reached their highest



4. Master Michael Chung demonstrates Qigong movements, beginning with small circulatory levels, to mid-sized levels, and ending eventually with a large capacity, one's Qi stimulates blood, energy, and force circulation.

state of concentrated circulation, four heightened states of being are successively achieved. These are *Lianjing Huaqi* (練精化氣), *Lianqi Huashen* (練氣化神), *Lianshen Huanxu* (練神還虛) and *Huanxu Rudao* (還虛入道). *Lianjing Huaqi*, the first step, means the honing and control of one's "intercrine" and hormonal system (i.e. energy in the meridian system and our emotions), thereby channeling these forces into a harnessed and purified Qi. In the second state, *Lianqi Huashen*, with this manageable and purified energy we are able to enhance and magnify our original nature as individuals, enlarging our receptiveness and our spirit. In the last two processes we find an inseparable link only achieved after the first two processes are imbued in our practices. *Lianshen Huanxu* means "refine the spirit and return it to the Void." As everything comes from the Void, meaning the primordial chaos, everything must return to it. Here, one's natural state is heightened after the purification of the body and mind from the first two steps; in this heightened state, known as *Tianren Heyi* (天人合一), one achieves a unification with the universe and time that they are in. The final state *Huanxu Rudao* or "return to the Void and enter the Way/Dao(道)" is the *Yin* to *Lianshen Huanxu's Yang*. The two final processes are a *Tai Ji*, forming a constant cycle, and balance; when essential energy is in harmony with body, mind, and spirit, the road to understanding of essential character at the depths of one's personhood is opened, and there is no longer a need to seek principles or truths from external sources. With essence, Qi, and spirit reaching their highest states, life reaches maximum expansion. The Dao naturally

comes up within ourselves and we see our place with nature.

Chung was an advisor to a National Science Council (國科會) team studying the effects of Qi. He has had countless students over the years, many of whom have specially come from overseas, each studying with him for more than 15 years. To study Qigong, he says it is necessary to have a teacher at one's side giving instruction. The teacher has experience, can understand the processes of the body/mind change and the problems being faced by the student, and can give correct guidance. "When studying Qigong," he says, "you cannot demand speed. You must begin without any demands, proceeding slowly, which brings emotional tranquility. This enables smooth entry into the Way." He advises that beginning students spend 3-4 years before reaching the intermediate stage, and then spend another 7-8 years to enter the ranks of the advanced. "Many continue to hone themselves after studying 20 years," he says. Chung emphasizes the importance of soundness of body and stability of mind, meaning external interference will not affect one's practice of inner peace. This enables a natural quietude that protects one from distraction and improper thought.

In stepping over the borders into the Qigong state, you step into a world of wisdom and knowledge as deep and wide as the sea, and the benefits of this exploration are invaluable. 🙏

Simple and Easy Qigong

For simple Qigong methods for beginners, to start off it's necessary to concentrate the mind, calming the emotions.

Method 1:

Place your thumb against your index finger and rotate outward 200-300 times. Then do the same with the rest of your fingers, and eventually all fingers at once. Focus your thought on your fingertips.



Efficacy:

Fingers have nerve endings, and each finger also has a meridian connection: the thumb with the lung meridian, index finger with the large intestine, middle finger with the heart, etc. By massaging the fingers, the body and mind are slowly calmed and quieted.

Method 2:

Place your palms together, pushing downward at the wrist, and keeping the arms level. Lightly rotate your palms, letting your index fingers rub against each other. Do this for 5 minutes. Your fingers will become numb, indicating Qi and blood flow.



Efficacy:

The wrists have six pulses (three Yin, three Yang). Rotating the palms promotes fluidity of the pulse, achieving mind and body harmony.

Information

Where to Study Qigong:

Chikung Culture Society of Taipei

台北市氣功文化學會

Add: 8F, 178, Sec. 4, Zhongxiao E. Rd. (忠孝東路4段178號8樓)

Tel: (02)2751-7716

Website: www.chikung.org.tw

Xinyi Sports Center 信義運動中心

(Taiji Qigong 18 Movements, Nengji Qigong; 太極氣功十八式、能極氣功)

Add: 100 Songqin St. (松勤街100號)

Tel: (02)8786-1911

Website: xysc.cyc.org.tw

Wenshan Sports Center 文山運動中心

(Health Spiral Qigong 自在養生螺旋氣功)

Add: 222, Sec. 3, Xinglong Rd. (興隆路3段222號)

Tel: (02)2230-8268

Website: wssc.cyc.org.tw

Neihu Sports Center 內湖運動中心

(Taiji Qigong 18 Movements, 24 Movements; 太極氣功十八式、二十四式)

Add: 12 Zhouzi St. (洲子街12號)

Tel: (02)2627-7776

Website: www.nhsports.com.tw

Nangang Sports Center 南港運動中心

(Daoyin Health Qigong, Health Preservation Qigong; 導引養生氣功、保健氣功)

Add: 69 Yucheng St. (玉成街69號)

Tel: (02)2653-2279

Website: ngsc.cyc.org.tw

The Taipei Summer Salad – Range, Creativity, Delectability

The summer heat can defeat your appetite. Get it back by enjoying a bowl of salad, stacked with colorful fruits and veggies, jazzed up with nuts and/or slices of white meat. Sprinkle on some cheese for good measure, and some zesty sauce. Who can resist?

LOHAS has become the guiding life movement for the 21st century. Eco-friendly carbon-reduction choices have slowly become the norm. This includes the eating of salads, and especially of vegetarian salads. In recent years the move to healthy living has resulted in the continuous opening of new light-food eateries selling sandwiches and salads along Taipei's streets. In this issue's Fine Foods section, we introduce three unique salad restaurants that will inject you with fresh vitality to beat the summer heat.





Saladay – a Green Oasis amidst the Urban Jungle

On busy Nanjing East Road (南京東路), colorful salads in this shop's large window attract the attention of everyone walking by. The beautiful Saladay display window may well strike you as a green oasis amidst the urban desert, radiating LOHAS light.

Before opening Saladay, the owner had noticed how many office workers bought their meals outside, and how they had trouble getting fresh nutrition and maintaining a balanced diet. He decided to bring a new food and drink attitude to the city – “convenience, but not ‘anything goes.’” Saladay offers salads in which the freshest ingredients are brought together in impressive, tasty variety, and has quickly become a trendy new hotspot for eating out with the office crowd. Pasta, rolls, and bread play a supporting role for the hot salads, raw salads, pasta salads, salad wraps, and salad sandwiches. All make a satisfying meal. A range of unique flavorful sauces and dressings is also offered, including pesto, maple syrup with balsamic vinegar, and salsa. These add even more richness to the diversity of your eat-out choices.

To ensure the freshness and cleanliness of the uncooked ingredients that customers consume, reverse osmosis purified water is used when rinsing off dirt and other particles. The produce is soaked in sterilizing ionized water, and then iced. In the final step, ozonic water is used as a disinfectant. Seven steps are carefully followed in the fastidious cleansing process for all ingredients.

Four types of well-matched vegetable toppings are used for both the popular fresh Caesar salad with pesto and the

Caribbean citrus tri-color fusilli salad, supplying a full meal's worth of nutrition and energy. The newly introduced pasta salads show that salads can be a filling selection on their own, and not mere side dishes.

In the Green Salon, two large green-theme walls vivify the space. Ensconced in the comfortable seating, diners can explore the green energy with both eye and palate. The irritations and fatigue of the day fade away. Elsewhere, over at the big Dunhua South Road (敦化南路) outlet of Eslite Bookstore you can enjoy fresh-made salads presented in tray-service style, allowing you to eat to your heart's content.

1. Saladay's fresh, flavorful salads have made it a trendy new choice for eating out with office workers.
2. Saladay's large, bright displays windows show off a colorful array of salads and drinks, attracting the attention of passersby.
3. Sitting and savoring your meal amidst so much greenery, you feel the “green energy.”
4. The fresh Caesar salad with pesto and Caribbean citrus tri-color fusilli salad each have four ingredients and a topping, and supply a full meal's worth of nutrition and energy.





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Nester – The Fun of Mixing and Matching Your Own Meals

The “taste of freedom” while enjoying one's salad is what has made Nester (Nester 吃草) so popular. From the outside, the restaurant does not look out of the ordinary. Walk inside, however, and you see row after neat row of salad ingredients lined up: iceberg lettuce, Romaine lettuce, red cabbage, corn, tomato, and on and on. You build your own salad, picking whatever you like. This comes with a choice of six entrees: charcoal-grilled chicken leg, chicken strips, roast beef, ham, shrimp, and bacon with “sugar heart/sweet heart” soft-boiled eggs. Add to this the soup, Italian spaghetti, and desserts that come with meals and you see why every customer's taste preferences are satisfied here.

The young owner once attended culinary school in the United States, and while there developed a fascination with the fresh and delicious tastes found at American-style salad restaurants. These delicious memories lingered after the owner returned to Taiwan and began working as a chef in a large hotel. The chef's job and the fat salary that went with it was given up, a food truck was bought, two years were spent selling at street-side in Nangang (南港), and the decision was finally made to open up a bricks-and-mortar establishment.

The choice of dressing is the key, determining the overall taste of one's salad. You can choose any of the

dressings the shop provides, among them Thousand Island, Italian vinaigrette, and honey mustard. Each blend is created personally by the owner, bringing a master chef's touch. For example, for the Caesar dressing anchovy and mustard seed are used, following the classic formula, though they are rarities for local Taiwan patrons. Another special blend is the St. Clare cellar-aged Italian dressing, featuring Italian aged wine vinegar, sesame paste, and olive oil. There is sweetness within the sour taste, making it especially suitable for local palates.

The restaurant's medium-priced salad meals were originally targeted at female customers. After the introduction of entrees, however, the increased portions have made these a favorite with male diners. This is especially true with office workers who need to eat out every day, who are provided with filling and delicious meals featuring a range of staples. They can eat their fill without any worries about stomach troubles. In the middle of the hot summer, especially, these meals are great for both stimulating the appetite and for cooling down.



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5. Nester has a relaxed ambience and a wood theme; you feel as though you're eating in your own kitchen.
- 6-7. Nester offers many salad ingredients, which you can match with the different entrees; the specially crafted Thousand Island, Italian vinaigrette, and honey mustard dressings ensure each diner's personal tastes are satisfied.
8. The Aqua Lounge in the Ambassador Hotel has a salad bar featuring myriad organic vegetarian choices.
9. Two of the most popular items in the Aqua Lounge salad bar are Singapore-style runbing and Spanish green-pepper omelet tapas.



Aqua Lounge – LOHAS Garden Blending the World's Vegetarian Fare

Looking for a great place for a healthy lunch rendezvous? The Aqua Lounge in the Ambassador Hotel (國賓大飯店) sets up a buffet-style feast that includes fresh salads, cold cuts and hors d'oeuvres, hot pots, hot soups, creative desserts, and fresh fruits. Only available at lunchtime, this has become a favorite mid-day location for area businesspeople to get together with clients.

Only in-season ingredients are used. A range of non-toxic, organic fruit and vegetable juices and aerobic drinks is provided. For anything cooked, during the cooking process minimal oil, sugar, salt, and starch are used, and food is fried at low temperatures or is steamed, to preserve the original, natural flavors. Healthy brown sugar, sea salt, and whole-wheat flour are always used. Diners are provided with true LOHAS meals of genuine close-to-nature tastes and high value.

The restaurant's theme is vegetarian, but note that there are cod, salmon, and flounder selections. There are also many international dishes, such as Southeast Asia-style cakes made with squash, jackfruit, and coconut milk, wrapped in banana leaf. Other examples are Japanese-style kanten tofu with cold noodles, and the popular Singapore-style *runbing* (潤餅) or non-fried spring rolls, with 14 special ingredients to choose from. Novelty is the spice of life, and you'll find many novel international tastes here.

Six different dressings and sauces are stocked at the Aqua Lounge salad bar, well complementing the rich array of fresh vegetables, appetizers, and finger foods. The tastes: kumquat sauce, black sesame sauce, cashew sauce, Japanese house dressing, Japanese-style wasabi with mayonnaise, and vegetable-paste salsa. Matched with the six seed and nut choices, the resulting rich salad medley guarantees taste satisfaction.

With summer at its height, whether it's light or sumptuous that you desire, you can't go wrong with the endless chorus line of Taipei salads, which bring you both joy and health. 🌿

Information

Saladay

Add: 168, Sec. 4, Nanjing E. Rd. (南京東路4段168號)
Tel: (02)2578-3286

Nester 吃草

Add: 405-1, Sec. 1, Neihu Rd. (內湖路1段405號之1)
Tel: (02)2658-6818

Taipei Ambassador Hotel, Aqua Lounge 國賓大飯店「舒活輕食午餐沙拉吧」

Add: 63, Sec. 2, Zhongshan N. Rd. (中山北路2段63號)
Tel: (02)2100-2100, ext. 2186

The Taste of Old Taipei – Lins Wagashi Confectionery



During the past 60 years, Lins Wagashi Confectionery (林氏滋養和菓子) has been first choice for many local folk when looking for gifts to give during the holidays and when visiting friends. The store offers a delicious array of about 50 types of wagashi, a traditional Japanese confectionery. Whether it's Japanese-style *mochi*, *yaki manju*, *rolayaki*, *monaka*, or castella, each is a proud Lins creation, and each brings back happy memories for long-time Taipei residents.



Opened in 1953, the original shop still stands at the corner of Nanjing West Road (南京西路) and Chengde Road (承德路). It started as a grocery store, transformed into a bakery, and transformed once again into today's wagashi specialty outlet. Though the items sold have changed with the times and shifting consumer preferences, the owners' care and attention to detail have not. To ensure their wagashi have the authentic Japanese flavor, wagashi sales apprenticeship studies were first undertaken in Japan, and Japanese technology and equipment were also brought in. Today, studies in Japan are still undertaken from time to time. The owners insist on using the same production techniques as used in Japan. The ancient Ogura technique is used for producing the red-bean paste filling. The people of Taipei are thus assured the true taste of sweets so closely associated with the Japanese tea culture.

In the Ogura process, red beans are first soaked for three days, and are then boiled for a specific



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length of time at a controlled temperature. Sugar and honey are added at the end, and the mixture is then refrigerated. If all steps are faithfully followed, the result is a beaded paste with a full, honeyed fragrance. Used as filling – in mochi, monaka, or namagashi – it's a delicious, delicately sweet treat. In preparing mochi, the traditional process of husking the glutinous rice with a mortar and pestle is followed. The meticulous process releases the rice's natural fragrance and enhances its soft, chewy elasticity. For the monaka, the wafers have been made even thinner and crispier, and there is a hint of rice flavor. The red-bean paste is also packaged separately, allowing customers to spread it between the wafers before eating, ensuring maximum crispness, sweetness, and a pleasant texture.

The third generation of the Lin family now runs the business. While the simple exterior of the old shop has been maintained, research and adjustments to the wagashi flavors continue, and a range of new tastes is rolled out each year to give old customers new choices. A prime example is the *yokan* (thick jellied dessert) made with house-crafted mango and brown sugar mochi, both of which have been exported to Japan. The sweetness of the confectioneries has been reduced to meet Taiwanese customers' taste



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preferences. Something that has not been changed since the store became a specialty wagashi outlet is the use of *furoshiki*, the traditional Japanese wrapping cloth, as part of the gift-box packaging, making these gift-item selections all the more special.

Lins Wagashi Confectionery is a venerable Taiwan business that is looked on as an old and intimate friend by many old-time Taipei denizens – an esteemed friend that preserves the authentic feel and tastes of old-time Japan. 🍡



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1-2. The shop's specialty, traditional sweets from Japan's Kyoto called wagashi that are taken with tea, are very popular.

3. For the monaka, the wafers are thin and crispy, with a hint of rice flavor. The red-bean paste is spread between the wafers just before eating.

4. Furoshiki, or traditional Japanese wrapping cloth, is used for the gift-box packaging, presenting strong Japanese character and a distinctive chic.

5-6. A part of local people's lives for almost six decades, Lins Wagashi Confectionery is a favorite choice for long-time Taipei residents when looking for festival-time gifts.

7. The lotus-seed dumplings have premium bean-paste filling, dense texture, and light sweetness.

8. The yokan, which has a complex texture and comes in three flavors, takes five hours to craft.

Information

Lins Wagashi Confectionery 林氏滋養和菓子

Add: 188 Nanjing W. Rd. (南京西路 188 號)

Tel: (02) 2555-3709

Website: www.wagashi.com.tw

Taiwan Railway Shops: Sellers of Creativity, History, and Culture



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Ask budget travelers about their impression of Taipei's public transportation system, and beyond the convenience and cleanliness of the Taipei Metro and the comprehensiveness of the bus network, they invariably mention how indispensable they find the trains, which whisk them to other cities and counties. Especially convenient is the Taipei Main Station, a downtown transportation hub where the Taipei Metro, Taiwan High Speed Rail, and regular train system all meet. This is one of the first stops for budget travelers from around the world when they come to Taipei.



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Next time you arrive at the station, don't just rush headlong down to your platform or up from your train and out the doors. Why? Because the new Taiwan Railway Shops (臺鐵夢工場) outlet, located in the southwest corner of the first floor lobby area, opened in May. The main attraction at this shop is merchandise on the theme of the Taiwan railway system. Load up on clever and attractive small items that both serve as mementoes and help you understand the changes that the Taiwan railway culture has undergone over the past century or so.

This year is the 125th anniversary of the Taiwan railway system, which since its inception has been one of the island's key forms of transportation. Starting in April last year the Taiwan Railway Administration (臺灣鐵路管理局) began releasing a stream of railway-themed creations combining history and culture. About 10 new items are rolled out each month, and are snapped up by railway aficionados.



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Following up on the success of this initiative, and timed to synchronize with the opening of the Taiwan Railway Shops flagship outlet at Taipei Main Station, is the establishment of an online shopping platform using the same name (shopping.railway.gov.tw). About 200 themed selections are for sale, among them examples of classic merchandise.

With the opening of Taiwan Railway Shops, many new items have been launched. Railway-themes have been incorporated into a wide range of daily necessities from clothing to thermal mugs. Among the unique items sold is the railway-spike series entitled “Icebreaker Touchdown – Railway Spikes Secure Success” (破冰達陣 – 鐵定成功), a limited-edition series which features spikes (which once fastened railway tracks to wooden sleepers below) retired after doing service for the past 20 or 30 years. All have been polished, the rust has been removed, and they’ve been placed in iceberg-shaped bottles. A ‘résumé’ of each is attached, in English and Chinese, expressing how setbacks must be met before success is achieved.

Another unique selection is the “Third Generation YES I DO Love Paperweight” (第三代 YES I DO 愛情文鎮), which uses metal from retired 37kg/m rails. The Chinese characters for “Iron Never Derailed” (鐵不出軌) are engraved on it, and a romantic violet-colored cylindrical box is used for the packaging. The box features the betrothal vow “YES I DO” printed in bold English lettering, making this a bold

statement and a prime gift choice for presentation to one’s amour.

In the steam locomotive series are such souvenir gems as the “DT668 Commemorative Tie Clip” (DT668 精緻紀念領帶夾), “DT668 Glass Art” (DT668 玻璃藝品), and “DT668 Steam Locomotive EasyCard” (DT668 蒸汽機車造型悠遊卡). There are over 100 selections in this series.

Among the many other fine selections available is a thermos mug commemorating the 125th anniversary of the Taiwan railway system that has a map of the round-island railway network on it. This has been called one of the island’s best trip mementoes. Attached to the top is an attractive mini-stapler in the shape of a train. Another is a model train pull-back vehicle that has created a collectors’ craze in Taiwan. There is also a popular “King of Steam Locomotives” commemorative series celebrating the DT668 that includes premium-quality neckties and glass art.

When heading out from Taipei to ride the rails on your Taiwan adventures, don’t forget to pick up a railway souvenir to take home!



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1. The DT668 steam locomotive, made in 1941, did yeoman service in freight transport. Photo: DT668 model made of Hsinchu glass.
2. Cordial TRA station personnel create the first impression of Taiwan’s railway system for many budget travelers.
- 3-4. The Taiwan Railway Shops Taipei Main Station outlet, in the grand lobby’s southwest corner, sells cultural creativity, culture, and history, and is a favorite destination for railway buffs looking to add to their collections.
- 5-6. The unique Icebreaker Touchdown – Railway Spikes Secure Success series, and Third Generation YES I DO Love Paperweight, give new life to old railway artifacts.
7. The DT668 Steam Locomotive EasyCard gives you rides on the local train and Taipei Metro systems, and it can also serve as a hanging decoration or key ring.
8. A thermos mug commemorating the railway system’s 125th anniversary, featuring a round-island railway network map.

Information

Taiwan Railway Shops 臺鐵夢工場

Add: 1F, 3, Beiping W. Rd.; beside lunchbox shop, southwest corner, Taipei Main Station
(北平西路3號1樓; 臺北火車站西南角便當本舖旁)

Tel: (02)2456-0522

Website: shopping.railway.gov.tw



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A Summer Bike Ride Along the Gongguan Riverside

Thanks to the presence of National Taiwan University (臺灣大學), Gongguan (公館) has become a haven for youth in southern Taipei. The area is steeped in the air of academia, and is also a key city transportation hub. All needs are satisfied here – cultural, artistic, business, recreational, and more. In the Gongguan riverside area a number of key tourist attractions are linked, most notably Treasure Hill Artist Village (寶藏巖國際藝術村), Taipei Water Park (自來水園區), Gongguan Night Market (公館夜市), and Taipei City Hakka Cultural Park (臺北市客家文化主題公園). In August the city government will formally open YouBike bike-rental stations at the MRT Gongguan and Taipower Building stations, to tie in with the riverside bike-path network. Breezy summer outings on two wheels are just about the perfect way to explore the many pleasures of the Gongguan riverside area and its environs, letting you experience Taipei's personality from a wholly new perspective.

Route YouBike rental station (rent bike) → Liu Family Fried Steamed Buns (breakfast) → Treasure Hill, Taipei City Hakka Cultural Park (bike touring) → Thai Guo Xiao Guan (lunch) → Taipei Water Park (water fun) → Drop Coffee House or Tai-Yi Milk King (rest) → National Taiwan University (sightseeing) → Tequila Sunrise (dinner) → Pipe Live Music (live vocal performance) → YouBike rental station (return bike)

A Cultural Journey along the Riverside Bike Path



The YouBike rental station is right outside Exit No. 2 at MRT Gongguan Station. The rental process is easy; you can use a credit card or your mobile phone for the transaction. Time to head out on a green, eco-friendly day out!

Liu Family Fried Steamed Buns (劉家水煎包), on Dingzhou Road (汀州路), opens at 5 am daily. In business for 30 years, the *baozi* (包子) or stuffed buns here are freshly-made and steamed. Fresh and tasty, these *baozi* are the perfect breakfast pick-me-up for the day ahead.

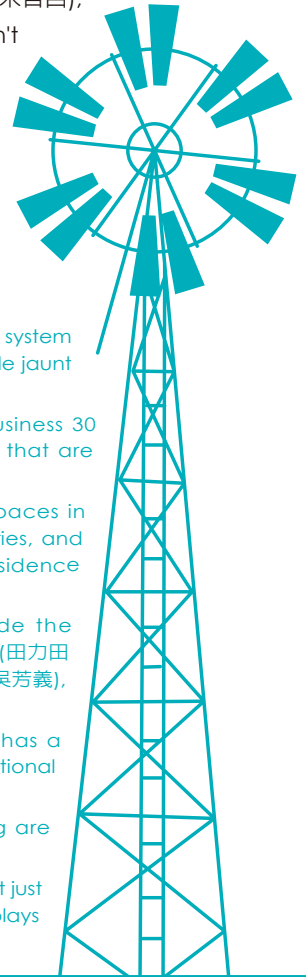
Next, go to the end of Dingzhou Road and to Treasure Hill (寶藏巖), wrapped around the slopes of a hill. A heritage settlement, this is now the creative base for numerous artists in Taipei. Park the bike at the entrance and enter on foot into a small community steeped in history. Treasure Hill Artist Village is home to 14 artist workshops, and visitors can enjoy the public graffiti art and other artworks hidden around every corner. Around turn after turn, it seems, is a surprise both

pleasant and unexpected. Treasure Hill has become a must-see attraction for visitors to Taipei.

After taking time to enjoy Treasure Hill, take your bike to the nearby riverside and link up with the city's riverside bike-path network, enjoying the cooling breezes and the landscaped riverside. The Taipei bike-path system encircles the city, and jumping on it at Gongguan, by the Xindian River (新店溪), the beauty of the whole city is just a pedal away.

After taking your bike over the cross-dike platform, take in the Taipei City Hakka Cultural Park. The park is on the former site of the Taipei Children's Museum of Transportation and Communication (兒童交通博物館). After undergoing a city-sponsored transformation, the green 4-hectare grounds today feature a traditional Hakka tobacco shed, water wheel, a "respect written characters" pavilion (敬字亭), farm-village experience area, and more. The Hakka are a key ethnic group in Taiwan, famous for their hard work ethic. Even today they hold on to their distinctive character and colorful traditions. The park offers overseas travelers an invaluable insight into the local heritage and cultural landscape. It features a cultural center and a music and theater center, with performances staged on an irregular schedule. There's also a Hakka food court, where you can savor a wide range of Hakka culinary

specialties. Try the hand-made Hakka-style salty stuffed soup dumplings, short rice noodles (米苔目), and flat rice noodles (板條), and don't forget to try a few of the distinctive snack treats. Whichever you choose, your taste adventure will be a unique one.



1. The comprehensive riverside bike-path system is great for breezy, obstacle-free bicycle jaunt along the Gongguan riverside.
2. Liu Family Fried Steamed Buns, in business 30 years, has fresh-from-the-oven baozi that are extremely popular with travelers.
3. The City Yeast project uses public spaces in creative fashion, telling the city's stories, and Treasure Hill Artist Village artists-in-residence often stage city-related exhibits.
4. Treasure Hill Artist Village has made the Farmland Strength Farmland Studio (田力田工作室) available to artist Wu Fangyi (吳芳義), focused on local-theme artistic work.
5. The Taipei City Hakka Cultural Park has a music and theater center where traditional Hakka music is introduced.
6. Flat rice noodles and salty dumpling are traditional Hakka specialties.
7. The Taipei City Hakka Cultural Park is not just a green expanse; it has interesting displays of old-time agricultural implements.





For lunch, take advantage of Gongguan's reputation for fine international cuisine. The owner of Thai Guo Xiao Guan (泰國小館), which has been around for 38 years, is from Thailand. She boasts authentic Thai flavors, and in the restaurant window she displays the many edibles she specially imports from her homeland, giving her eatery the feel of a small grocery shop. The most popular choices here are the green curry chicken, hot and sour shrimp soup, cool shredded green papaya salad, and the Thai-style ice treats; each a great summer appetizer.

In the afternoon, head to nearby Taipei Water Park, a favorite local spot for summertime water fun. In the grounds is the Museum of Drinking Water (自來水博物館), housed in a Historical Relic of the Third Rank. The building is an intriguing work of Baroque-style architecture, and inside is a screening room and detailed explanation on the history of what was originally a waterworks. Elsewhere in the park, in the Water Country Park (水鄉庭園) and Aqua Friendly Experiencing Area (親水體驗區) are water slides, umbrella falls, and other places to frolic in the water. The park's annual Taipei Aqua Friendly Festival (臺北親水節) is happening in July and August, with an overflowing program of interactive games, live music, stage performances, and other colorful excitement on tap (see our related article on page 38).

As dusk falls, it's time for a drink break. Ride over to Drop Coffee House (滴咖啡) or Tai-Yi Milk King (臺一牛奶大王) on Xinsheng South Road (新生南路) across from National Taiwan University. In a former university dormitory, the coffee house has

become a popular local hangout. Timber and large-pane windows dominate the décor, creating a comfortable ambiance in which to savor ice-drip coffee. Tai-Yi Milk King, in business more than 50 years, is a beloved source of sweet treats among students. Dig into a bowl of eight-treasure ice (八寶冰) or red-bean and condensed-milk ice and feel the sizzling summer heat slip away.



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8. Ice-drip coffee is the specialty at Drop Coffee House.
9. The Museum of Drinking Water is a great destination when out for water play to beat the summer heat.
10. Thai Guo Xiao Guan boasts authentic Thai flavors, with delicious heat-beating hot/sour combinations.
11. Drop Coffee has a décor of timber and large-pane windows, drawing many travelers looking for a relaxing milieu.
12. Tai-Yi Milk King, near National Taiwan University, is a beloved source of sweet treats among students.



Next, head into the National Taiwan University campus. Meander along the Royal Palm Boulevard (椰林大道) at what is Taiwan's most prestigious institution of higher learning, stopping for a moment along the way to look at the spiritual symbol of the university on its official emblem – the Fu Bell (傅鐘).

For dinner, a prime choice is Tequila Sunrise (佬墨日出) on Xincheng South Road, which has served top-rate Mexican food for 20 years. Decorated like a traditional Mexican country home, some of the most popular authentic Mexican dishes served are the burritos, beef taco salad, and botana platter (samplers of quesadillas, nachos, flautitas, and more).

As night settles in, ride over to Pipe Live Music (水管音樂), located in a renovated pumping station flowing with history. This is a venue for live bands, with an unfixed schedule of indie groups performing in different genres. Groups such as Captain Peanut (花生隊長), Pisco, and Birdman (日京江羽人) will hit the stage in July, bringing you everything from indie to pop in a grand display of musical diversity.

After a relaxed session swaying to the rhythms of the band of the day, your bike adventure has come to an end. Before heading home though, remember to return your bike to the YouBike station you originally got it from. 🚲



13. The famed Royal Palm Boulevard on the National Taiwan University campus.

14. Tequila Sunrise, a place of strong Central American character, serves up true-blue Mexican fare.

15. Pipe Live Music, located in a renovated pumping station, is a venue for live bands.

Information

Liu Family Fried Steamed Buns

劉家水煎包

Add: 195, Sec. 3, Dingzhou Rd.
(汀州路3段195號)

Tel: (02) 2362-7826

Treasure Hill Artist Village

寶藏巖國際藝術村

Add: 2, Alley 14, Lane 230, Sec. 3,
Dingzhou Rd. (汀州路3段230巷
14弄2號)

Tel: (02) 2364-5313

Taipei City Hakka Cultural Park

臺北市客家文化主題公園

Add: 2, Sec. 3, Dingzhou Rd.
(汀州路3段2號)

Tel: (02) 2369-1198

Website: www.thcp.org.tw

Thai Guo Xiao Guan 泰國小館

Add: 219, Sec. 3, Dingzhou Rd.
(汀洲路3段219號)

Tel: (02) 2367-0739

Taipei Water Park 自來水園區

Add: 1 Siyuan St. (思源街1號)

Tel: (02) 8369-5104

Website: waterpark.twd.gov.tw

Drop Coffee House (National Taiwan Univ. Xincheng branch) 滴咖啡(臺大新生店)

Add: 1, Lane 76, Sec. 3, Xincheng S. Rd.
(新生南路3段76巷1號)

Tel: (02)2368-4222

Tai-Yi Milk King 臺一牛奶大王

Add: 82, Sec. 3, Xincheng S. Rd.
(新生南路3段82號)

Tel: (02) 2363-4341

Tequila Sunrise 佬墨日出

Add: 42, Sec. 3, Xincheng S. Rd.
(新生南路3段42號)

Tel: (02) 2362-7563

Pipe Live Music 水管音樂

Add: 1 Siyuan St. (思源街1號)

Tel: (02) 2364-8198

Website: www.pipemusic.com.tw

Please refer to the map provided on P.62.

Hot Summer, Cool Water – The 2012 Taipei Aqua Friendly Festival



The sun is blazing, and the summer days are scorching. Want to know where relief awaits? There's no need to travel out of the city – cool water activities can be found right here in Taipei. The Taipei Aqua Friendly Festival is once again about to slide into town, in the Gongguan area at Taipei Water Park. In addition to all the familiar themed recreation areas, a wide range of special-theme activities is planned, as well as the Summer Fountain Play Area (夏季噴泉遊戲區). There's fun for all here!

According to the Taipei Water Department (臺北自來水事業處), last year over 340,000 visitors came to what has become one of the city's premier summer-fun festivals. This year will see the ninth edition of this not-to-be-missed event.

Water, Music, Fireworks, Summer Relaxation

The Water Country Park and the Aqua Friendly Experiencing Area are both permanent attractions. The new Summer Fountain Play Area will feature a fountain rainbow maze and a water-gun world. You

can also experience a six-meter-high magic bucket and a stone-basket water-experience castle. Kids can use interactive media to look for water droplet babies (水滴寶寶) and little fish in the giant bucket, and can leave cute images by the water-experience castle.

During the festival, interesting interactive events like balloon-folding and magic shows will be staged each weekend. From August 4 through 11 the Taipei Symphony Orchestra (臺北市立交響樂團) and Taipei Chinese Orchestra (臺北市立國樂團) will take turns performing, giving visitors what one might call a waterside "musical baptism" while out enjoying the great combination of sun and water.

Each year a show is staged on the Gongguan riverfront on Qixi (七夕), Chinese Valentine's Day, the 7th day of the 7th lunar month (August 23 this year). Come enjoy the evening concert on August 18 at Gongguan Riverside Plaza (公館水岸廣場), entertained by big-name pop singers who will fill the night air with romance. This splendid audio-visual feast will be capped with a waterside Valentine's fireworks spectacle lasting five minutes.



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In-Depth Exploration – Water Resource Educational Tours

There's more than summer water fun when you come to Taipei Water Park, with in-depth educational water-resource tours also on tap. In February this year the park was the first metropolitan facility in Taiwan to receive EPA certification as an environmental-education facility. This makes it a simple matter for people in the city to step out of the concrete jungle and into a place where they can get close to nature.

The water park's eco-theme is "Water Resource Conservation." Among the numerous environmental learning activities being offered are outdoor teaching and holiday environmental interpretation sessions along with family DIY and an eco-awareness camp. During their water park outings, kids big and small can get to know more about water, learn to value, and even learn to love their water – and, of course, to enjoy physical closeness to it.

A program of three themed tour outings is now being offered: "Water • Go to the Source" (水 • 源來如此), "Taipei Aqueduct Water Sources" (臺北水道水源地), and "Guanyin Hill Eco Quest" (觀音山生態探秘). Trained guides teach you about the ecology of Gongguan's Guanyin Hill and the Xindian River shoreline, take you on explorations of the process of creating our drinking water, and immerse you in the elegance of local historical spots. The outings are for groups of 30 or more; register in advance.

Where can one go to beat the heat in the depths of summer? Come to the Taipei Water Park and let your inner child go wild. Come check out water's many charms. 🌊

- 1-3. The Taipei Aqua Friendly Festival, held at Taipei Water Park during summer vacation, is the favorite event of the year for many kids.
4. The Water Country Park at Taipei Water Park is a beat-the-heat paradise for families.
5. The Baroque façade of the Museum of Drinking Water in Taipei Water park attracts many for wedding-photo shoots.

Information

2012 Taipei Aqua Friendly Festival 2012 臺北親水節

Time: 6/30~8/26; 09:00-20:00 (park closed Mon)

Venue: Taipei Water Park 自來水園區

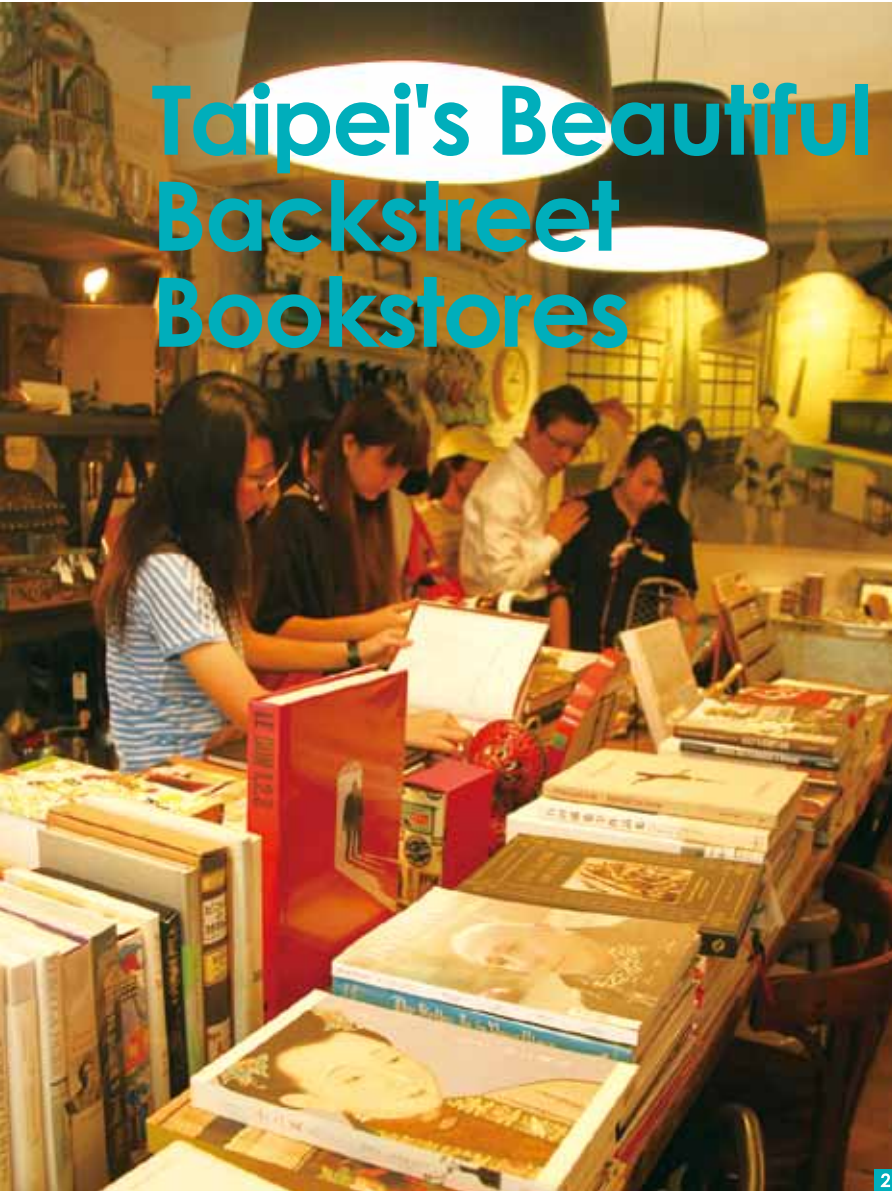
Add: 1 Siyuan St. (思源街1號)

Tel: (02) 8369-5104

Website: waterpark.twd.gov.tw

Transportation: Take MRT Xindian Line to Gongguan Station, take Exit No. 4, and walk approx. 7 minutes to intersection of Siyuan St. and Dingzhou Rd..

Taipei's Beautiful Backstreet Bookstores



Taipei is home to many small, independent bookstores, hidden away down its many inviting lanes and alleys. Like some of their larger-scale counterparts, these bookstores focus on specific subjects, and though their display space may be limited, their approach is original. In addition to VVG Something (好樣本事), chosen this year by the American culture and entertainment website Flavorwire.com as one of the world's twenty most beautiful bookstores, there are many other small bookstores out there awaiting discovery, each with its own unique personality.

Setting Course for Adventure – VVG Something

Walk along the lanes and alleys off Zhongxiao East Road Section 4 (忠孝東路4段) and VVG Something will inevitably catch your eye. This petite 43-square-meter bookstore was opened in 2009 by local designer Grace Wang (汪麗琴), who has filled it with material expressions of her likes and attitudes to life.

Step inside and you are greeted with a long table in the center of the room piled high with books on photography, design, cooking, and other topics. All were discovered by Grace while traveling abroad. Their special binding, font, or the paper they're printed on make them too appealing to put down. Adding to the aesthetics is a collection of over ten French leather sofas, industrial-iron chairs, and Windsor chairs, complemented by a suite of antiques that includes an old printing machine, microscope, tin toys, and an iron shoe mold, each a memento from one of Grace's globe-trekking adventures.



1-2. VVG Something greets you with a long table in the room's center piled high with books discovered by designer Grace while traveling abroad, along with an antique iron shoe mold and microscope.

3. Tucked away along an alley, VVG Something has a strong eclectic character, and has been called one of the world's 20 most beautiful bookstores.

4. It might be better to call VVG Something an antiques (or sundries) shop rather than a bookstore. In the corners are works by artists from mainland China, and French leather sofas.

5-6. The JXJ Books National Taiwan University outlet is like a classically elegant treasure shop for books, filled with rare historical materials, attracting many connoisseurs of old books hunting for gems.



In the beginning, when she was contemplating what type of product to display, Grace thought about the full range of books carried by nearby Eslite Bookstore (誠品書店). After racking her brain, she decided some reverse thinking was best: she would not prepare in advance all the possible titles that readers might be looking for, but would instead share the books and articles she herself liked. She wanted everyone to come and browse without any pressure, encountering pleasant surprises while discovering the stories behind her products.

As Flavorwire.com put it: “Almost utilitarian but filled with simple old-world grace, this store is a little like what we might imagine our ideal ship’s main cabin to look like.” What course for adventure will you find yourself heading out on when you visit? Anticipation is part of the ultimate reward.

The Beauty of the Times in an Antiquarian Bookstore – JXJ Books

The new JXJ Books (舊香居) outlet facing National Taiwan University (臺灣大學) opened in April this year. This business is a rarity in Taiwan, specializing in rare books and collectibles, notably antique books, the letters of famous figures, vintage photographs, and antique maps. Smiling, owner Wu Zijie (吳梓傑) says the challenges are great, for not only is the market small but it’s also necessary to accumulate a large collection in order for the long-term operation of this kind of business to be viable. Yet he and his elder sister, who inherited this family-run enterprise from the previous generation of their family, aim to help young book-lovers discover the beauty of earlier times in old publications.

The head of the first generation, Wu Huikang (吳輝康), started selling antique books along with paintings and calligraphy over 30 years ago. He started with a roadside stand selling second-hand books, and later established a bookshop/art center venue, moving many times. In 2003 what would become the flagship store of JXJ Books was opened on Longquan Street (龍泉街) near Taiwan Normal University (臺灣師範大學), with outlets following on Xinglong Road (興隆路) and near National Taiwan University.

In the National Taiwan University Store the classic furniture nicely complements a rich range of rare books that spans 300 years from the Ming and Qing dynasties down to the 1960s. You’ll feel as though you’ve delved into a magical shop of treasures, encountering such gems as an edition of the *Dream of the Red Chamber* (紅樓夢) from the early Republican period, dissenter magazines advocating democracy from the Taiwan martial-law era, and old maps from the Japanese colonial period into the early post-retrocession period of Kuomintang rule. This is prime treasure-hunting territory for those intrigued by the development of Taiwanese society and Chinese publishing.



An Old Home Made Eco-friendly – Escents Bookcase

Escents Bookcase (伊聖詩私房書櫃) is located down an alley off Section 3 of Xinsheng South Road. (新生南路) This is an independent bookstore with an obvious concern for environmental issues. Eco-friendly building materials are in evidence throughout, from the terrazzo to the zero-formaldehyde wood and black iron. These complement the lush courtyard seen through the windows, featuring an eco-pond and an old mango tree.

According to the staff, the owners bought the 43-year-old house because of its 55-year-old mango tree. After purchasing the place they took out the concrete foundation that was impeding the tree's root growth, replacing it with gravel and planking. The layout of the old residence was retained, and the bookshop linked up with Sonnentor Café (日光大道健康廚坊). Naturally, the light foods here have no artificial additives, and the beverages are organic.

When you enter, your nose is greeted with a duet of aromas – fragrant oil and fresh bread. Your eyes

are greeted with walls and flooring featuring black terrazzo and attractive lamps made with thick white tracing paper, the black and white creating a dynamic contrast. Further inside you'll find two small rooms filled with books on environmental protection, food and drink, art, and literature, along with illustrated titles on biology. There is also a range of merchandise, demonstrating the shop's focus on everything eco-friendly, which includes organic-cotton T-shirts and calendars introducing crop seeds. On one wall is a striking black “book clock” that has an outer rim of black book-holder frames. The hope here is that visitors come and spend time immersed in the beauty of books, and forget all about time's passing.

Collector of Unique City Landscapes – Garden City

Garden City (田園城市生活風格書店), opened in 2004 on Zhongshan North Road (中山北路), is the retail face of Garden City Publishers (田園城市文化事業), which specializes in professional works on architecture, landscaping, urban design, and environmental art and also crosses over into the art, design, and photography



categories. Outside of Taiwan, Garden City titles can also be found at such locations as New York's Museum of Modern Art and the Centre Pompidou in Paris.

On the first floor are works by Garden City Publishers, along with tin toys and non-mainstream music CDs. The basement level is an arts space, where exhibitions on photography, illustration, video, and installation art are periodically staged. In cooperation with Stiftung Buchkunst (German Book Art Foundation), from July 16 to August 6 the exhibition "The Most Beautiful Book in the World" is being held. This will feature winners from the foundation's competition of the same name, displaying works starting from 1991. The beauty of book design will be showcased via explorations of layout and printing, paper, binding, and designers' concepts. 📖



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7-8. Escent's Bookcase has a black "book clock" wall decoration that draws people into the beautiful space and book fragrance, forgetting time. The old mango tree in the courtyard has been preserved, bringing new life to an old house.

9-10. Escent's Bookcase has a clear eco-caring theme, selling related books and merchandise and using eco-friendly materials, such as artistic table lamps made with thick white tracing paper.

11,13. Garden City doesn't just sell books; it also sells art and lifestyle. Art exhibits are periodically held in the basement-level cultural-arts space.

12. In cooperation with Stiftung Buchkunst (German Book Art Foundation), "The Most Beautiful Book in the World" exhibition will feature winners since 1991.

14. Garden City also decorates its cabinets with dolls by designers from around the world, hoping to attract children to the store to read.

Information

VVG Something 好樣本事

Add: 13, Alley 40, Lane 181, Sec. 4, Zhongxiao E. Rd. (忠孝東路4段181巷40弄13號)

Tel: (02)2773-1358

Website: vvgvvg.blogspot.com

JXJ Books 舊香居

Add: 2F~1, 88, Sec. 3, Xincheng S. Rd. (新生南路3段88號2樓之1)

Tel: (02)2364-8739

Website: blog.yam.com/user/jxjbooks.html

Escent's Bookcase 伊聖詩私房書櫃

Add: 7-1, Lane 22, Sec. 3, Xincheng S. Rd. (新生南路3段22巷7-1號)

Tel: (02)2362-1134

Website: www.facebook.com/www.escentbooks.com.tw

Garden City 田園城市生活風格書店

Add: 6, Lane 72, Sec. 2, Zhongshan N. Rd. (中山北路2段72巷6號)

Tel: (02)2531-9081

Website: gardencitypublishers.blogspot.com

"The Most Beautiful Book in the World" Exhibition 「全世界最美麗的書」展覽

Time: 7/14~8/6

Mon-Fri 10:30~18:30

Sat/Sun 12:00~18:30

13

Searching for Direction in the Taiwan Environmental Movement — Robin Winkler

1

“Please call me Taiwanese.” Robin Winkler (文魯彬) was born in the United States, came to Taiwan in 1977 and soon knew that this was home. He had fallen in love with this land, its people, and as he likes to say, “its ten thousand beings.” When people in Taiwan thirty years ago would say how they admired American social security, civility and a sense of the importance of preserving the environment, Robin would respond “look around and see how the Taiwanese family system is social security, look at the *rencingwei* (人情味) that the farmer and indigenous communities have brought to the cities, and look at how conservative people are when it comes to resources, and how resourceful they are when it comes to not squandering any of god's gifts to us.”

However, having now lived in Taiwan for over thirty five years, Robin feels that people have strayed from a path of sustainability and have gone from a mainstream ideal of living in harmony with one's surroundings to living a consuming existence, much in line with the dominant model represented by his original homeland, the United States. Both population and material consumption have dramatically increased during these three and a half decades. Robin even looks at Taipei somewhat differently than most people, seeing it as integrated with Taiwan's overall environmental crisis. The mass transit for a time promised to relieve some of the traffic congestion, but what is in some countries a “green solution” has become a monster on its own, ruining communities, resulting in massive tree removals and traffic disruption. He goes on “And don't think that there is no ‘carbon cost’ for these projects: you build another metro line and you need to build another coal fired power plant to provide enough electricity to run the trains.” Also, he points out that the

Robin J. Winkler 文魯彬

- Co-Founder and Managing Partner, Winkler Partners, Attorneys at Law of Taiwan and Foreign Legal Affairs
- Founder, Wild at Heart Legal Defense Association, Taiwan
- Founder, Environmental Jurists Association
- Associate Member, Taipei Bar Association
- Member, State Bar of Arizona





1. Robin attends the Second Global Greens Congress in Brazil in 2008, submitting a vote. (Photo courtesy of Taiwan Friends of the Global Greens)
2. Robin at the Third Global Greens Congress in Senegal in 2012, with members of Madagascar's Green Party. (Photo courtesy of Wild at Heart)
3. Robin organizes eco-protection groups in the hope of attracting global attention to Taiwan's environmental problems, and as an expression of his love for his adopted home. (Photo courtesy of Taiwan Friends of the Global Greens)
4. Robin sees joy in green vegetables. (Photo courtesy of Wild at Heart)

number of automobiles and other motor vehicles has not declined since the metro construction began – the growth rate has slowed somewhat but that was simply market saturation.

"There is no doubt that people in Taiwan are much more aware and concerned with environmental quality and sustainability, however, unlike twenty or thirty years ago, we now face a globalised force that is pushing business and government to in turn push the people to consume as much as they possibly can, and in that process, the ill effects of all this 'affluence' is hidden, sometimes by design, sometimes just because people often don't have time to pay attention."

Robin has J.D. from University of Denver (he emphasizes not to be confused with Stanford!). Although he never practiced in the United States, he is a member of the Arizona Bar and worked as a commercial lawyer for over 20 years, representing "the one percent" he likes to say before having an epiphany which resulted in his giving up his US citizenship so that he could not be deported from Taiwan for choosing a new manifestation and direction for his legal experience and talent – public interest environmental advocacy. He had some influence on intellectual property rights and protection in Taiwan during his former career and hopes that his relatively recent passion for environmental and social justice will be as successful as he was in commercial law.

He established what is probably Taiwan's civic organization specializing in environmental law, Wild at

Heart Legal Defense Association, Taiwan (台灣蠻野心足生態協會) in 2003, and in 2010, the Environmental Jurists Association (環境法律人協會), an association of law professors, students, lawyers, and other legal professionals.

When Robin gave up his US citizenship in 2003, it was due to laws that required a foreign born national to give up all other nationalities as a requirement of naturalization. However, Robin also felt that the action was a significant one to send a message that he will stand with the people and the other members of the "ten thousand beings" in Taiwan, doing his best to fully utilise the gifts of god to realize a just and sustainable Taiwan. He has begun to realize the immensity of this job and now believes that "it is all about politics" which he defines simply as "the obtaining and distribution of resources" where resources refer to everything from money, people and media attention that one normally thinks of when the term is used, to the resources of sunshine, clean air, people's sanity and peace of mind. "These resources are increasingly being allocated by government to the one percent, and our job must be to slow and reverse this trend. Politics may be the only way to achieve this."

His passion for environmental issues remains undiminished, and he continues to pour his personal financial resources into advocating for social and environmental justice in Taiwan environment. This is a labor of love, for he cherishes this land deeply, and is proud to be Taiwanese. 🇹🇼



The Idle-Free Taipei Movement — Torch Pratt & John Fleckenstein Love Their City

In Taipei live two *laowai* (老外), foreigners who take to the busy streets during time off work holding banners calling for an "Idle-Free Taipei." They are at the head of teams of volunteers with like-minded ideals; you can see them at busy intersections on Keelung Road (基隆路), Roosevelt Road (羅斯福路), Dunhua South Road (敦化南路), and elsewhere. They give out Idle-Free Taipei stickers and cards to the city's scooter-riding legions, and masks to pregnant women and children. They ask that scooter drivers turn off their engines when stopping at a red light for longer than 15 seconds, and to turn them on five seconds before the light turns green. This will help reduce air pollution and give Taipei back its clean air.

Torch Pratt, one of the two campaign organizers, calls himself Captain Air. He's been working in Taiwan for 10

years, and soon after his arrival he realized there was a serious air-pollution problem. "I'd be stopped at a light on my scooter, and I'd feel the exhaust being pumped out all around me," he says, "I'd feel like I was suffocating, and as if I wanted to put on five masks." Hating vehicle exhaust, and not wanting other people to suffer, he began turning off his engine at red lights. To his surprise, he found that whereas in the past he had to refuel every three weeks, now it was nine weeks. He decided to promote the idea with other riders.

"I'd also see riders stopped by the side of the road waiting for girlfriends who'd gone off to buy something, or by school gates waiting to pick up their kids. They'd leave their engines running. It really wasn't eco-friendly." Seeking an eye-catching way to

John Fleckenstein

Place of Origin: New York, USA
Time in Taipei: 3 years
Occupation: English teacher



Torch Pratt

Place of Origin: Florida, USA
Time in Taiwan: 10 years
Occupation: International financial report editor

spread the idle-free concept, he created a special costume – a raincoat with slogans pasted on it. He'd don the costume, wield a megaphone, and sing his self-composed Chinese campaign song: "Wasting gas, wasting gas, sitting here so long,...you still have... seconds to go" (浪費汽油 浪費汽油 在這裡等很久...還有…秒鐘...). He also submitted numerous articles to the *Taipei Times*, encouraging people to care for their environment.

Two years ago Torch saw a letter to the editor that had been submitted to the same newspaper by reader John Fleckenstein. It also promoted the idle-free concept for Taipei. They met up, and set up the Taipei Idle-Free organization.

John is also a member of the city's scooter legion. Once, stuck in a crowd of idling scooters and enveloped in exhaust, he thought of how some people commit suicide by suffocating themselves with exhaust in closed garages. He wanted to start switching his engine off when not moving, but was afraid this might damage it. "I checked online," he says, "and found that turning off your engine temporarily not only does not hurt it,

but is actually a good thing. It also saves you fuel and money." He started checking how much time he spent at red lights between his home and work, found it was about 10 minutes each trip, and calculated how much wasted gas and money this meant. Then he posted his numbers online, by week, month, and year.

Torch and John hope that their clarion call will encourage more and more environmentally conscious people to join in the effort to return clean air to Taipei. They've paid out of their own pockets for thousands of masks and they've printed Idle-Free stickers and cards, which they distribute on street corners whenever they can. Their goal in doing this is to increase awareness and get ever more people to respond. Last year their campaign won third prize in a contest entitled "Carbon Reduction – Mobilize the Earth" (節能減碳 – 用行動愛地球) sponsored by the Ministry of Economic Affairs' Bureau of Energy.

When asked why they're doing what they're doing, and when the campaign will end, Torch and John answer "Because we love Taipei! This campaign will end when you don't see any more motorcycles and scooters on Taipei streets." In their concrete, dedicated actions, it's clear that the affections this pair have for their adopted city run deep.

If you're on the streets and happen to run into this dynamic duo, be sure to give them the thumbs up – and don't forget to turn off your engine. 🙌



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1-2. Two expatriates have started the Idle-Free Taipei campaign to raise eco-awareness among the motorcycle/scooter crowd.

3. Campaigners stand on corners giving out stickers to riders, encouraging their cooperation.

4. Torch dons his specially made costume and belts out campaign songs asking riders to turn off idling engines.

5. They've paid out of pocket for over 1,000 masks and "Don't Idle" stickers, giving them to riders and pedestrians.



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Peter Morehead — On a Mission to Create a Sustainable Living Environment



Peter Morehead, one of the founders of the Earth Passengers (大地旅人環境工作室) studio, has lived in Taiwan for almost 20 years. He earned certification in Sustainable Living Design in Australia, and also has professional certification in Permaculture education obtained in the U.S. He now dedicates his time to teaching others in Taiwan about environmental protection, and is a fervent advocate of the idea that we should learn how to design our own living environment and adopt a user-friendly approach to the consumption of natural resources.

Peter and his Taiwanese wife built an eco-friendly house in the Pingdengli (平等里) area on Yangmingshan, featuring a dry composting toilet. They set up a regular manure-gathering schedule, used filtered rainwater to do laundry, and used their water-storage tank to raise goldfish, which fed on the larvae inside. The resulting fish manure was used as plant fertilizer. He also initiated a trial rooftop eco-farm, a street farm, an eco-friendly balcony, and a community composting system.

Having fallen in love with Taiwan's beauty and chosen to call the island his home, Peter approaches cities and communities to promote the idea of a sustainable living environment. He is also an advocate of reduced consumption, reducing his own material consumption to a minimum. He doesn't use credit cards, buys second-hand clothing, and has created his own solar cooker

to cook vegetables and grains. He also pays out of his own pocket for the creation of teaching materials and a magazine, for lectures, and to assist schools in energy-saving educational initiatives.

In 2001 Peter began coordinating with the global Buy Nothing Day movement. He puts out an annual call for eco-conscious volunteers, who hand out leaflets at the Taipei 101 Mall (臺北101購物中心) and other prominent shopping venues. The goal is to lighten the heavy load being placed on Mother Earth, and the message is spread through such symbolic activities as gathering groups for collective credit-card cutting, and wearing yokes and handcuffs, as well as pitching their message at people waiting in long queues.

"The people of Taipei have high eco-awareness," Peter says, "and are good at things like sorting their garbage." He was surprised to find how local folk so carefully divide their kitchen waste, saving uncooked waste for compost and cooked waste for the feeding of pigs. Over the past 20 years, he says, the waste-classification system in his native Wisconsin hasn't improved nearly as quickly.

"We must co-exist with the environment of the future," Peter declares. The future of the environment rests in our hands today. It is only by getting to work right now to create a sustainable way of life that we can ensure a comfortable future for our descendants. 19



Peter Morehead (孟磊)

- From Wisconsin, USA
- Head of Earth Passengers NGO
- Director, Taiwan Permaculture Institute
- Author of the book *Design for Life* (向大自然學設計)

1-2. Peter promotes public composting in parks, and explains how to design a space to create a sustainable living environment.



How to Talk to TAIPEI

Here are a few sentences in Mandarin Chinese and Taiwanese that backpackers can use while in Taipei to ensure smooth sailing.

Taipei's scenery is really beautiful.

Taiwanese

臺北的風景真水。

Dǎi bǎ āi hōng gèng jīn shuǐ.

Let's go bicycling together.

Taiwanese

作伙來騎卡打招。

Zuò huì lái qí kǎ dǎ zhāo.



When does the garbage truck come?

Mandarin Chinese

垃圾車何時來？

Lè sè chē hé shí lái?

Can this be recycled?

Mandarin Chinese

這個可以回收嗎？

Zhè ge kě yǐ huí shōu ma?



Can you tell me what vegetable this is?

Mandarin Chinese

請問這是什麼菜？

Qǐng wèn zhè shì shén me cài?





An Incubator for Artistic Creativity – Taipei National University of the Arts

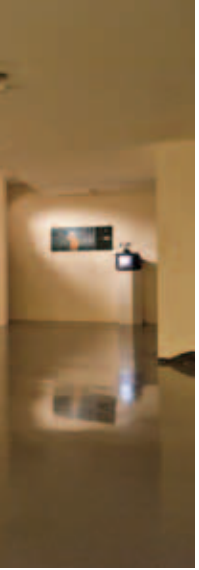
Taipei is working hard to win designation as a World Design Capital in 2016. Talent is being cultivated in the art and design fields, and the imaginative creativity of the city's youth is evident. The Taipei National University of the Arts (國立臺北藝術大學; TNUA) is located on the Guandu Plain (關渡平原) in the city's Beitou District (北投區). The university has six arts and culture schools: Music, Fine Arts, Theatre Arts, Dance, Film and New Media, and Culture Resources. The integration and comprehensiveness of this program has made it a leader among Taiwan's art-related educational institutes. TNUA compares favorably with the world's leading art schools, and has cultivated a long and impressive list of artists and other creative professionals.

The attractive campus adds to the beauty of the Guandu Plain scenery. Designed by celebrated architect C.Y. Lee (李祖原), red brick, plaster walls, and black-tile roofing are prominent. The buildings are scattered along a hillside, seemingly at random but to pretty effect. Events and activities go on year-round at the Kuandu Museum of Fine Arts (關渡美術館), concert hall, stage-performance theater, dance theater, and cinema.

Government-founded to Meet the Highest Standards, First-Rate Faculty and Facilities

TNUA was established in 1979 by the Executive Yuan (行政院), as part of its Strengthening Culture and Entertainment Activities Program. The Taiwanese government decided to open an institute of higher learning of the highest standard to cultivate artistic creativity. Only the "highest of standards" would be acceptable at TNUA, and the best in both teaching talent and facilities were brought in.

In the 30 years since, an impressive array of elite artistic, theatrical, and academic talent has been nurtured. One prime example is VOFAN (戴源亨), a digital artist who has been called "The Magician of Light from Taiwan" in Japan, where he has enjoyed great success. Others are theatrical directors Leon Dai (戴立忍) and Alex Yang (楊順清), the chief



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1. The school's hillside building feature red brick, plaster walls, and black-tile roofing, creating a lovely scene.
- 2-3. The on-campus Kuandu Museum of Fine Arts and Concert Hall have shows year-round.
4. The Arts and Activity Complex is surrounded by the Egret Grassland, creating a pretty scene with architecture and nature in seamless harmony.
5. The annual Kuandu Arts Festival has a rich and diverse program of activities, and is among Taipei's most representative arts festivals.

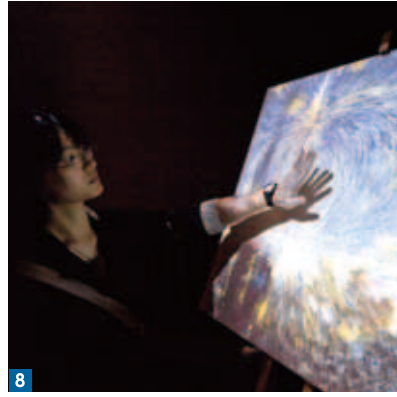
executive of the Paper Windmill Cultural Foundation (紙風車文教基金會) Lee Yungfeng (李永豐), Ann Lang (郎祖筠) of the Spring Sun Performing Arts Troupe, and professional dancers Sheu Fangyi (許芳宜) and Wu Kuochu (伍國柱).

The Kuandu Arts Festival – Getting Closer to the Community

The university has five major facilities for arts performances: the Concert Hall (音樂廳), Experimental Theatre (戲劇廳), Dance Theatre (舞蹈廳), Kuandu Museum of Fine Arts, and Movie Theatre (電影院). The museum is the first one on a campus in Taiwan dedicated to art, and stages exhibits year-round on a wide range of themes. The Experimental Theatre is specially designed for teaching; it can be adjusted to offer a proscenium stage, an open stage, or a center stage, catering to different styles of production and allowing different audience perspectives.

The Arts and Activity Complex (藝文生態館) is on the left at the campus entrance. Its exterior is in the modernist style, and the view from the building is broad and expansive, taking in the Egret Grassland (鷺鷥草原). The campus seems to seamlessly blend into the surrounding natural landscape. The complex is divided into two areas, A and B, with B housing the School of Film and New Media (電影與新媒體學院). On the third level of Area A is a standard movie theater with a Dolby sound system and seating for 200. Both 35mm films and films in various digital formats can be screened. The facility is a venue for teaching, for film creation, and for the showcasing of works crafted by students and teachers.

Started in 1993, the month-long Kuandu Arts Festival is held each October. This is a key event for the university and the Guandu community, featuring the "Guandu Art Zone" (關渡藝術特區). The entertainment comes in many forms – theater, dance, music, film (Kuan-Du Film Festival; 關渡電影節), fine arts (Kuandu Biennale; 關渡雙年展), large-scale ceremonies, shows by creative folk-arts performance troupes, a creative bazaar, and much else. This wonderfully diverse spectacle is among Taipei's most representative arts festivals.



The Center for Art and Technology – Experience Novel Interactive Works

This is an era of art and high-tech integration, so in 1992 the university established Taiwan's first Research Center for Technology and Art (科技藝術研究中心). Reflecting the decision to expand the range of research and development categories, 14 years later the name was changed to the Center for Art and Technology (藝術與科技中心).

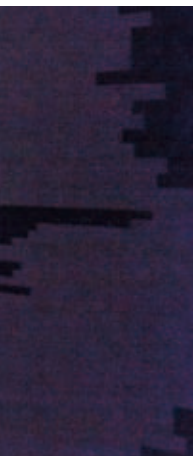
The center's exhibit Explore – Along the River During the Ching-ming Festival (名畫大發現—清明上河圖) is the highlight of its collection. In the exhibit, 20 interactive thematic Hot Spots are plotted on a display of the famous *Qing Dynasty painting Along the River During the Ching-ming Festival*, for which 2D and 3D animation or video have been designed. When a viewer at the projection table touches a designated object in the painting, the system will display the corresponding digital images, supplemented with concise textual and audio

explanations. This interactive approach enables viewers to travel back into historical China, visiting its prosperous ancient capital and exploring the lives of the common people.

Among the other interactive digital artworks in the same exhibit area are *The Myth of Personphone* (鏡花水月), *In Van Gogh's Eyes* (梵谷眼中), and *I. Violin* (機械提琴). In the Van Gogh work, the artist has taken a photograph of the Taipei 101 skyscraper at night and projected it onto canvas. When viewers wave their hands across the projection, computerized applications create swirling effects that mimic Van Gogh's vortex-like brushstrokes.

KD Arts Culture Industry Innovation Incubation Center – A Pioneering Creative Dream Factory for Young Artists

The cultural and creative industries have been the focus of close attention in recent years, and in early 2008 TNUA set up an art entrepreneurship guidance mechanism and established the KD Arts (北藝風) brand. This was done upon discovering that after leaving the



6-9. *The Explore - Along the River During the Ch'ing-ming Festival* exhibit, at the Center for Art and Technology, features such interactive digital artworks as *Symphony Project - I. Violin*, *In Van Gogh's Eyes*, and *In The Talking Forest*.

10-12. The KD Arts Gallery Shop shows and sells cultural and creative goods from Studio inBloom, and works by the university's teachers and students, alumni, and designers and artists from Taiwan and overseas with distinctive voices.



university many excellent former students faced difficulties continuing their art career because of a lack of resources and support, and that it was difficult for talent from the arts realm to succeed in the world of the entrepreneur.

The KD Arts Culture Industry Innovation Incubation Center (北藝風創新育成中心), set up later in 2008, is an experimental base for young artists in creative entrepreneurship, as well as an art/industry exchange platform. The center mainly works with students still in school and those who have graduated within the past five years, offering assistance focused on the cultural and creative industries from many different angles – visual and performing arts, brokers and agents, public relations and marketing, handicraft product channels, and more. Enterprises currently offering professional assistance at the incubation center include Subaki Print Studio (樁元實業社), Garçon Manqué Regulus Fashion Workshop (萱遠服裝工坊), Studio inBloom (印花樂藝術設計工作室), and Dancecology (舞蹈生態系).

The KD Arts Gallery Shop (北藝風概念店) was next set up on campus to provide a retail showcase for artifacts created by artists in residence, the university's teachers and students, alumni, and designers and artists with distinctive voices from Taiwan and overseas. This has become a popular stop for many visitors from off-campus. 📍

Information

Taipei National University of the Arts
國立臺北藝術大學

Add: 1 Xueyuan Rd. (學園路1號)

Tel: (02) 2896-1000

Website: www.tnua.edu.tw

The Center for Art and Technology is open to the public by appointment; visitors are given guided tours. For details, call (02) 2893-8146 or visit cat.tnua.edu.tw.

2012 Kuandu Arts Festival –
Action, Creation, Transformation

2012/10/3 – 10/28

For detail information, please search "TNUA30".

kdarts.tnua.edu.tw/festival/2012/

A Carnival of Creativity at Songshan Cultural and Creative Park

THE “GOOD YOUNG DESIGN FESTIVAL”



This summer, the creative energies on display at the Songshan Cultural and Creative Park (松山文創園區) are richer than ever. On August 17 the curtain goes up on the "Good Young Design Festival" (好young設計節), which has as its theme "The Joys of Youth – The Creative Young." The show is a collection of 100 award-winners from the prestigious Young Designers' Competition (新一代設計競賽), showcasing the endless supply of creative inspiration emanating from Taiwan's corps of young design talent. This will also be a display platform for Taipei's soft power skills during its bid for World Design Capital designation.

The successful 31st edition of the Young Designers' Exhibition (YODEX) was held in May. YODEX brings the works of graduating design-school students from all around Taiwan under one roof; this year there were participants from 124 design-related departments at 59 schools. There were 3,376 works submitted for the highlight event, the Young Designers' Competition, powerfully demonstrating the vigorous creative abilities of Taiwan's design talent.

The Young Designers' Competition has six categories: product design, craft design, packaging design, graphics design, digital media design, and space design. In each category are gold, silver, and bronze winners. Those interested in seeing the exuberant creative fertility and daring ambition of Taiwan's emerging corps of young designers can view the best of the best on display at Songshan Cultural and Creative Park. See how they express their concerns on contemporary life issues, and how their creative designs flow from their inner inspiration.



Here are some prime examples. Inspired by Taiwan's internationally-known snack foods, National Cheng Kung University's Department of Industrial Design (國立成功大學工業設計系) has created *Bon Appétit* (曉吃衛身), winner of a gold medal in the product-design category. The design improves on streetside-vendor utensils and condiment storage. Another gold-winner is the Oriental Institute of Technology's Department of Industrial and Commercial Design (亞東技術學院工商業設計系), for its *Suction Urinal* (吸引力便斗). Since childhood the creator has conducted experiments showing how static electricity would react with water flow, generating attraction and adhesion. By introducing his results to urinal design, several problems of urine hygiene were solved.

The *M Chair* (箕續), created by the Mingchuan University Department of Product Design (銘傳大學商品設計系), is a chair made with the traditional bamboo dustpan and handles from the bamboo brooms used by the thrifty folk of the Taiwanese countryside. The design, which won gold in the craft category, preserves traditional bamboo-weaving techniques and rural memories. The *Lücker Happy Stool* (lücker 快樂椅凳), a silver-award winner created by the National Taiwan University Crafts and Design Department (國立臺灣藝術大學工藝設計系), is a small bird-shaped chair of leather and wood that manages to be both simple and cheerful.

Want to see just what the aesthetics of Taiwan design are all about? Head to the Songshan Cultural and Creative Park, join the festival of creative revelry, and let those brilliant ideas you've long had slumbering deep down inside bubble forth! 🍻

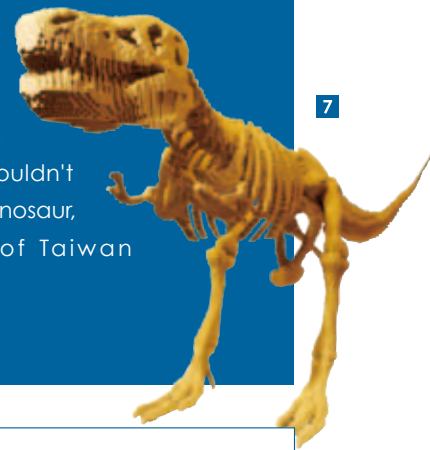
- 1-2. *Suction Urinal* (吸引力便斗), gold-medal winner in the product-design category, and *Flat Dustpan* (薄皮勱箕), the silver-medal winner.
3. The Good Young Design Festival showcases 100 award-winners from the Young Designers' Competition, celebrating the originality of Taiwan's young designers.
- 4-6. The gold-medal winner from the craft category, Bamboo Weaving Chair, the silver winner, *Lücker*, and *Bon Appétit* (曉吃衛身), a winner of gold in the product-design category.
7. The six-meter-long dinosaur

Creative Carnival : The Art of the Brick

This month The Art of the Brick, a fabulous show that was last year declared a global "must-see exhibition" by CNN, is hitting the stage at Songshan Cultural and Creative Park.

This is the world's first-ever exhibition of Lego art. The show has already been seen in dozens of locations, including New York, Hollywood, and Sydney, and Taipei is the first stop on its tour of Asia. The Taipei show will also have the largest number of works on display. They have been created by Nathan Sawaya, recognized by The Lego Group as a Lego Certified Professional, who defies the limits of what it's possible to achieve with Lego. Among his works is *Computer*, showing a yellow-palmed hand reaching out from a screen to tap on a keyboard, *Red Face Mask*, a sculpture of smooth, flowing lines and stark light-and-dark contrast, and *My Boy*, a work of 22,950 bricks with a mourning father holding a child while kneeling.

In addition to the many attractions mentioned above, two of the big additional highlights you shouldn't miss are the six-meter-long dinosaur, and that most famous of Taiwan landmarks, Taipei 101. Enjoy.



Information

Good Young Design Festival 好 young 設計節

Time: 8/17~12/15; Mon~Sat 09:30~17:30 (closed Mon)

Venue: Taiwan Design Museum, Songshan Cultural and Creative Park (松山文創園區台灣設計館)

Website: www.tdm.org.tw

The Art of the Brick 積木夢工場

Time: 7/14~10/14; daily 09:30~18:30

Venue: Warehouses 2 and 3, Songshan Cultural and Creative Park (松山文創園區2、3號倉庫)

Website: www.brickart.tw



Humor Hits the Stage at Two Major Arts Festivals

Taipei is a place that loves to play host to originality and humor, and both are on full display during local summertime arts festivals this year. Kids look forward to each summer's Taipei Children's Arts Festival (臺北兒童藝術節), and for the 2012 edition the two key concepts are "Hope" and "Curiosity," encouraging kids to boldly explore life's infinite possibilities. The theme for this year's Taipei Arts Festival (臺北藝術節) is "Comedy in the Modern Time," bringing comedy together with art and showing the world the bright summer smiles of Taipei's people.



Fairytale Adventures – The 2012 Taipei Children's Arts Festival

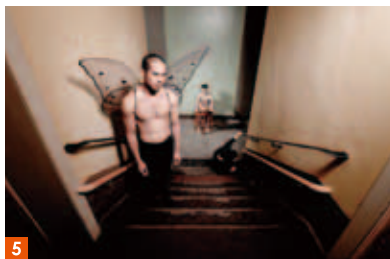
Children are full of curiosity, seeing the world as a treasure map presenting endless possibilities, and the 2012 Taipei Children's Arts Festival wants kids and adults to happily explore the beauty of art together.

A special project this year has *Alice in Wonderland* as inspiration. For *Rabbit Hole, Open Up!: Dream Journey to Treasure Hill* (「兔子洞。開開門」夢遊寶藏巖), a New Children's Stories Creative Installation Exhibition (新童話創作裝置展覽), five artists were each invited to create an installation artwork. Each has chosen a different children's story as theme, and each has worked with a different media: animation, 3D installation, sound and multimedia, picture books, and puppets. They've created realistic fairytale scenes that will reawaken your fairytale memories.

In the program *Faraway Memories: International Aboriginal and Children's Animated Film Series* (國際原住民暨兒童創作動畫影展), a collection of three series of short films is presented. These have been created by Australian aborigines and by children from around the world. The films are being screened at Treasure Hill Artist Village from 11:00~18:00 until August 5. Entry is free.

The festival's performance program includes internationally-aired shows by talent from Denmark, Canada, Italy, and Australia, as well as three premieres by domestic troupes. Other special highlights will be the re-staging of the very popular *Buchettino* (拇指小英雄) from the 2010 festival, a joint creation by domestic theatrical talent and Italy's Società Raffaello Sanzio, and High Sun Taiwanese Opera Group (海山戲館) will put on a children's opera adaptation of *Beauty and the Beast* (美女與野獸).

This year's outdoor-performance program includes Taiwanese Opera and Hakka folk song. Four shows (all free) are being staged in the Da'an Forest Park Amphitheater (大安森林公園露天音樂台), each night for four nights, July 26 to 29. One and all are invited to come out and rediscover the childlike innocence that still exists in their hearts.



Theater of the Absurd, plus Improvisational Comedy – 2012 Taipei Arts Festival

Comedy is a vital reflection of the vicissitudes of life experienced by the common man and can even provide deep and moving emotional interaction. The 2012 Taipei Arts Festival will give you a taste of the comedy form performed by masters from around the globe. The shows will at times bring unbridled laughter, but amidst the feast of smiles will be a few tears as well.

The best talent in Theater of the Absurd and improv has been invited from Europe and North America. The festival curtains will go up with a reinterpretation of Theater of the Absurd master Eugene Ionesco's classic *Les Chaises* (The Chairs) by renowned Swiss director Luc Bondy. This will be followed by *Der Goldene Drache* (Golden Dragon), a surreal satirical comedy that has proved one of the most popular German plays of the past 10 years. Other highlights are *Hemispherical Red and Black*, by avant-garde Japanese director Yudai Kamisoto, who was born in Peru; *Rakugo Show* presents the traditional Japanese stage art of crosstalk, rich in Japanese-style humor; and *Breakfast* (早餐時刻), a cooperative work by rising young choreographer Sun Shangchi (孫尚綺) from Taiwan and now based in Germany, and a creative dance team with members from six European countries.

While each play has "comedy" as its starting point, there's wisdom and understanding as well. Art's unique vision is used to reflect on the multiculturalism of our world.

Finally, the Taipei Arts Festival and the Bauhaus Dessau Foundation have come together to create the exhibition *Play Bauhaus* (「Play · 包浩斯」動態裝置展). This is the first-ever Taiwan exhibition to use interactive installations, video, dance, and documents to introduce the cross-disciplinary design and theater creative classics of the Bauhaus Theatre, enabling you to experience its spirit of subversion. It will run from August 2 to September 9 at Songshan Cultural and Creative Park. Entry is free. 

1-3. The program of first-rate free shows offered at the annual Taipei Children's Arts Festival gives families a much-enjoyed chance for shared experiences.

4-6. Among the shows being performed at this year's Taipei Arts Festival, by troupes from around the world, are *Der Goldene Drache* (金龍), *Breakfast* (早餐時刻), and *Les Chaises* (椅子). (Photos by Wang Hanshun, Philipp Dümcke, Mario Del Curto)

Information

2012 Taipei Children's Arts Festival 臺北兒童藝術節

Time: Until 8/5

Venues: Shuiyuan Theatre, Taipei City Hakka Cultural Park, Treasure Hill Artist Village (15 in total)

Tel: (02) 2528-9580, ext. 191-199

Website: www.taipeicaf.org

2012 Taipei Arts Festival 臺北藝術節

Time: 8/2–9/9

Venues: Taipei Zhongshan Hall, Shuiyuan Theatre, Dadaocheng Theater, Songshan Cultural and Creative Park, Wenshan Theater

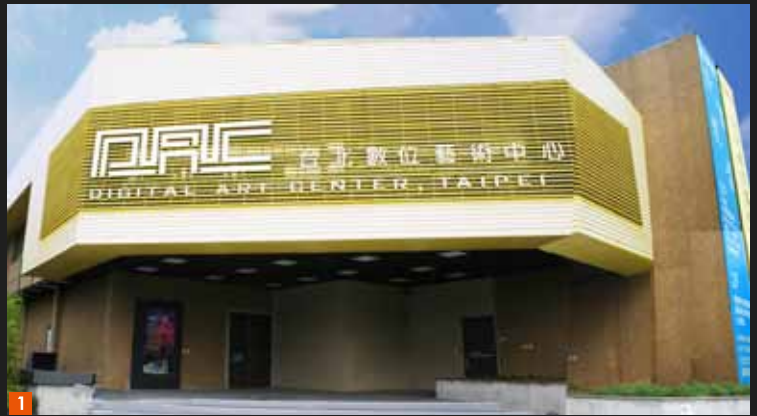
Tel: (02) 2528-9580, ext. 191-199

Website: www.taipeifestival.org

The Digital Art Center, Taipei –

an Exhibit Space for Avant-garde Art

Step into the chic, minimalist Digital Art Center, Taipei (台北數位藝術中心; DAC) and it's hard to imagine that this 30-year-old building was once home to a wholesale meat market. Today it's not pork on display, but a fast-changing rotation of digital art creations, complemented by the fragrance of freshly-brewed coffee.



noiseKitchen – Music Playground

DAC, established in 2009, operates on the principles of "R&D, experimentation, creation, and incubation" of digital art. Opening in May this year, the noiseKitchen (噪音咖啡廳) is a space for light meals and rest, where nearly every furnishing or appliance is a sound-device installation that can be played by customers.

A musical scale can be generated by pulling the drawers on beehive-shaped cabinets. Wall-mounted rotating wheels can be used to manipulate ceiling-mounted air-pressure sound devices, turning customers into conductors creating their own musical arrangements. With the aid of water pipes above the seating area and sound refraction, sitting in different seats creates different sound transfers and playful, changing sound dialogues. Sensors in a fish tank beside the bar detect fish movements and transfer the stimuli to a xylophone table that then creates sound. Here, each piece of furniture, each decoration, and even your meal might well be a sound maker or musical instrument.

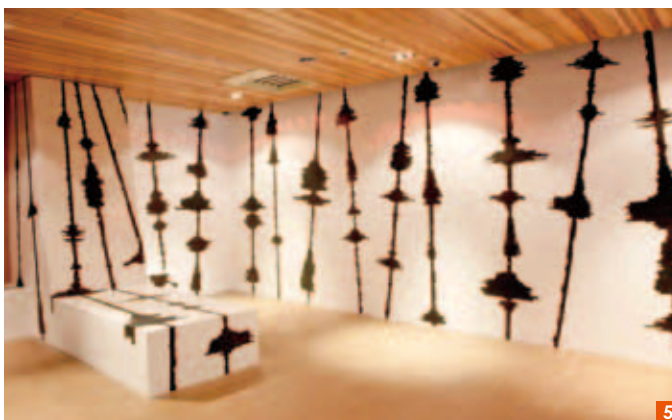
The creator, and the heart and soul, of noiseKitchen is artist Wang Chungkun (王仲堃), who uses mechanical devices complemented by the experience of hearing, personal



operation, and person-to-person interaction to bring café visitors intimate and intriguing interaction with the world of avant-garde contemporary art. The use of "kitchen" in the name of this venue for drinking coffee and enjoying art comes from a play on words; in Taiwanese, when put together the first character in "noise" and "café/coffee" sound just the characters for "kitchen" (廚房).


In the future, the café will also serve as a performance space for experimental music, for exhibits on a range of related topics, and for the display of sound installations by different artists. The cumulative noises emanating from this creative kitchen are sure to make a unique splash. The café also has a permanent display of art books and audio-visual materials on hand, so even when no noise is being made the noiseKitchen's visitors are busy and happy. This unique sound space is a place for ebullient, superfluous, noisy expression, and for creativity and experimentation.

Mechanical Forest Metamorphosis – The Mobile Forest Exhibition



How can cold machinery be used to evoke the vitality of organic plant life? As seen in the film *Avatar*, it can be used to present the colorful and exotic plants of a wondrous fantasy forest.

The center will be staging the exhibit *Mobile Forest* (機動·森林) from June 30 to August 5. A variety of mediums – mechanical devices, sensors, interactive computer programs, animation – will be used to create a mechanized embodiment of plant life that interacts with viewers. Visitors will walk into a fantastical virtual-reality fairyland forest, and while experiencing the swaying and swirling foliage will also experience how machinery is not just the expression of advanced human intelligence and cold rationality. Machinery is also a vivid means for us to immerse ourselves in previously unimaginable dream worlds made real.

If looking to escape the pressing heat of the urban jungle for a spell, come to the close-at-hand Digital Art Center, Taipei in the city's Tianmu/Shilin (天母/士林) district. In a unique musical playground you can "hear" playful artistic creations, and in a wonder-filled digital-art fantasy realm you can gaze upon vibrant green life. 

1. The Digital Art Center, Taipei facility, which once housed a meat-wholesale market, is today an exhibit space for digital-art creativity.
2. In the *Mobile Forest* exhibit is *FT01S*, by Huang Zailun (黃贊倫).
3. noiseKitchen features furnishings and appliances that are sound-device installation works which customers can play.
4. Water pipes above the seating area and sound refraction are used to make the seats emit a variety of different sounds.
5. In the *Talking Forest* (語林), by Tseng Weihao (曾偉豪), part of the *Mobile Forest* exhibit.

Information

Digital Art Center, Taipei

台北數位藝術中心

Add: 180 Fuhua Rd. (福華路180號)

Tel: (02) 7736-0708

Website: www.dac.tw

noiseKitchen 噪音咖啡廳

Time: 11:00~21:00 (closed Mon)

Mobile Forest Exhibition

「機動·森林」展

Time: Until 8/5; 10:00~18:00 (closed Mon)

Tel: (02) 7736-0708




Illustrating Taipei – Traveling through the Memories of Time

The changes a city undergoes can be recorded for posterity by the pen or brush of an acute creator. Different modes of expression used by past artists in Taipei have created images that seem to draw the observer, as though through a time tunnel, into the Taipei of old.

In the special exhibition *Illustrating Taipei – The Past, Present and Future* (插畫看臺北) almost 200 illustrations are on display. There's a special emphasis on prints from Qing Dynasty books relating to the Taipei area, and on the works of painters from the Japanese colonial period depicting the everyday lives of Taipei's people and the city's attractive landscapes. The old Dadaocheng (大稻埕) area appears once more, along with the pomp and color of old-time Dragon Boat Festival celebrations. There are also rarely seen illustrations by painter/sculptor Yang Yingfeng (楊英風) from the post-Taiwan Retrocession period, among them works recording the 1950s such as *Lining Up for the Bus* (排隊搭公車), *Chinese New Year Lantern Festival* (春節燈會), and *Birthday at XiaHai ChengHuang Temple* (霞海城隍廟誕辰). These three works are simple and honest images of everyday scenes. Native artist Liu Hsingching's (劉興欽) work *Grand Auntie Tours Taipei* (大嬸婆遊臺北) tells the story of Grand Auntie, who comes to Taipei from the country looking for work. She meets Brother A-san, and they go on an exciting and comical adventure as they explore the city, in a work which brings the tourist attractions and the specialty snacks of 1950s Taipei to vivid life. One of the key individuals responsible for the heyday of native Taiwanese comic-book illustration was artist Niu Ge (牛哥); his work *Little Sister Niu* (牛小妹) records one of the big local events of 1986, when Taipei's zoo was

moved from Yuanshan (圓山), near the Grand Hotel, to its present location in Muzha (木柵).

Long ago, in 1956, Joe Brooks recorded in drawings the price-haggling he so enjoyed watching at the shops along Zhonghua Road, the stinky tofu hawkers, the snack-vendor carts along Zhongshan North Road, the fortune-tellers, and the early-morning soybean-milk shops. He also set his sights on local customs such as religious-worship rites, the Mid-Autumn Festival (中秋節), wedding practices, and outdoor stage shows. Also on display at the exhibit are tourist stamps from the 1930s Japanese period and promotional materials for the 1935 Taiwan expo celebrating 40 years of Japanese rule. The exhibits give an opportunity to see Taipei's many tourist attractions as they appeared in years past, and witness the dynamic process of East-West integration that occurred in Taiwan during the Japanese period.

Step back into a Taipei that exists no more, frame by frame, and delve into its historical and cultural past. 

1. In *Illustrating Taipei* almost 200 illustrations are on display, and you feel as though walking through a time tunnel.
2. At the opening ceremonies artist Liu Hsingching created a work showing Grand Auntie visiting Taipei 101.

Information

Illustrating Taipei – The Past, Present and Future 「插畫看臺北」特展

Time: Until 8/26; 09:00~17:00

Venue: 2F, Special Exhibitions Hall, Discovery Center of Taipei 台北探索館2樓特展廳

Add: 1 Shifu Rd. (市府路1號)

Tel: 1999 (02-2720-8889 outside Taipei City) ext. 8630

Website: www.discovery.taipei.gov.tw
www.facebook.com/TaipeiExpo2012



The SEER Interstellar World Comes to Life – An Online Game Morphs into an Exhibit

What sort of magic allows an online game to emerge from the computer screen and take a new form before our eyes as an exhibit? The kind that has happened with SEER (賽爾號), the game that has taken the world by storm and has 100 million registered users! It has been given the stamp of quality approval as a game for children by Taiwan's Child Welfare League Foundation (兒童福利聯盟文教基金會). In the game, little SEER warriors fly through the cosmos in their spacecraft, engaging in all sorts of adventures, visiting planets, carrying out myriad energy-exploration missions. SEER is an acronym for "Space EnErgy Robots."

The SEER Special Exhibit – Mobilizing Alliance Forces (賽爾號特展 戰神聯盟動員令) is being launched at Huashan 1914 Creative Park (華山1914文化創意產業園區) in June. The exhibit is organized around checkpoints, guiding visitors through the various stations. Walking in the door, visitors are transformed into SEERs, and both kids and adult kids can play as the hero in the stories, carrying out missions and immersing themselves in the characters of the four alliance protagonists. Parents and children can also work in interactive unison in a showdown with the forces of darkness.

The creativity of the artistic design team for the Taiwan film *Seediq Bale* (賽德克·巴萊) has been drawn on for the design of the exhibition. Original animated scenes have been reproduced using 3D and other high-tech wizardry, creating "real" large-scale versions of classic game locations such as the SEER Spacecraft

captain's cabin and the planet Helka. The "altar of light" is recreated using projection technology, and all about you are the elves of the alliance. You'll feel as though you are really traveling the universe as your space adventure unfolds.

Behind the creation of this exciting and dazzling journey has been no end of painstaking effort and imagination. Check out the original script area to get a good initial glimpse into the creative process; on display are original sketches, design and layout illustrations, scene drawings, and character-design outlines. Follow the evolution from hand-crafted artwork to computer production that invites the playful spirit in you to emerge as you travel the stars on your quest to save the universe. 1-2

1-2. Large-scale models are used to recreate locations from the SEER world, and all about you are the famous elves of the alliance.

Information

SEER Special Exhibit – Mobilizing Alliance Forces 賽爾號特展 戰神聯盟動員令

Time: 6/22 ~ 9/30 ; 10:00~18:00

Add: 1, Sec. 1, Bade Rd.; Huashan 1914 Creative Park, M4 Building (八德路1段1號; 華山1914文化創意產業園區, 中四館)

Tel: (02) 8643-3966

2012 7/8

July-August
Arts Exhibition Calendar



Royal Style:
Qing Dynasty and Western Court Jewelry



The Stunning Pop-up Books



All About King Hu



2012 Taipei International Choral Festival

National Palace Museum

Tel: (02) 2881-2021

Add: 221, Sec. 2, Zhishan Rd. (至善路 2 段 221 號)

Website: www.npm.gov.tw

Until 9/9

Royal Style: Qing Dynasty and Western Court Jewelry

Until 9/16

Canal Is Formed When Water Comes: Qing Archival and Cartographical Materials on River Engineering in the National Palace Museum

Taipei Fine Arts Museum

Tel: (02) 2595-7656

Add: 181, Sec. 3, Zhongshan N. Rd.
(中山北路 3 段 181 號)

Website: www.tfam.museum

Until 9/2

Beyond Gazing / Communion with the Permanent Collection

Until 9/2

Formless Form - Taiwanese Abstract Art

Until 9/9

Destroy Design - Modern Living: Collection du FRAC Nord-Pas de Calais

National Chiang Kai-shek Memorial Hall

Tel: (02) 2343-1100

Add: 21, Zhongshan S. Rd. (中山南路 21 號)

Website: www.cksmh.gov.tw/eng/index.php

Until 9/23

The Dawn of the Dinosaurs

Until 9/30

Salvador Dali: Mind of Genius

Taipei Zoo

Tel: (02) 2938-2300

Add: 30, Sec. 2, Xinguang Rd. (新光路 2 段 30 號)

Website: www.zoo.gov.tw

Until 8/31

The Century Story of Insects with Human Life

Songshan Cultural and Creative Park

Tel: (02) 2765-1388

Add: 133, Guangfu S. Rd. (光復南路 133 號)

Website: www.songshanculturalpark.org

Until 9/23

Ultimate 3D: The Wonder of Holography

Until 10/14

Nathan Sawaya - The Art of the Brick

National Taiwan Science Education Center

Tel: (02) 6610-1234

Add: 189, Shishang Rd. (士商路 189 號)

Website: www.ntsec.gov.tw

Until 10/7

Decoding the Secret of the First Emperor's Mausoleum and Silent Warriors of Ancient China

Until 11/30

Our Land Our Story - Environmental Aerial Film and Photo Exhibition

Huashan 1914 • Creative Park

Tel: (02) 2358-1914

Add: 1, Sec. 1, Bade Rd. (八德路 1 段 1 號)

Website: web.huashan1914.com

Until 8/5

Insect Ecology Education Expo and Firefly Special Exhibit

National Museum of History

Tel: (02) 2361-0270

Add: 49, Nanhai Rd. (南海路 49 號)

Website: www.nmh.gov.tw

Until 8/12

The URRS Art Series - Socialist Realist Painting

Until 8/19

Faces of Dharma: Selected Works of Tibetan Buddhist Art

Until 9/16

The Stunning Pop-up Books

Museum of Contemporary Art Taipei (MOCA Taipei)

Tel: (02) 2552-3721

Add: 39, Chang'an W. Rd. (長安西路 39 號)

Website: www.mocatapei.org.tw

Until 8/26

All About King Hu

National Theater & Concert Hall

Tel: (02) 3393-9888

Add: 21-1, Zhongshan S. Rd. (中山南路 21-1 號)

Website: www.ntch.edu.tw

7/28~8/5

2012 Taipei International Choral Festival

8/12

2012 Taiwan International Guitar Festival Gala Concert

8/24~8/25

2012 Summer Jazz Outdoor Party

Taipei Story House

Tel: (02) 2587-5565, ext. 106

Add: 181-1, Sec. 3, Zhongshan N. Rd.
(中山北路 3 段 181-1 號)

Website: www.storyhouse.com.tw

Until 10/28

The Story of Handbags Exhibition

Treasure Hill Artist Village

Tel: (02) 2364-5313

Add: 2, Aly. 14, Ln. 230, Sec. 3, Dingzhou Rd.
(汀州路 3 段 230 巷 14 弄 2 號)

Website: www.artistvillage.org

8/11~9/16

2012 Summer Move - Interdisciplinary Innovation in Performing Arts

Error Correction:

In issue 89 of our magazine the pictures for exhibitions of the Kuandu Museum of Fine Arts and the National Museum of History were inadvertently misprinted. We sincerely regret any confusion or inconvenience this may have caused our readers.



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How To Get from Taiwan Taoyuan International Airport to Taipei

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



The Transportation Map of Taiwan Taoyuan International Airport Terminal I & II

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

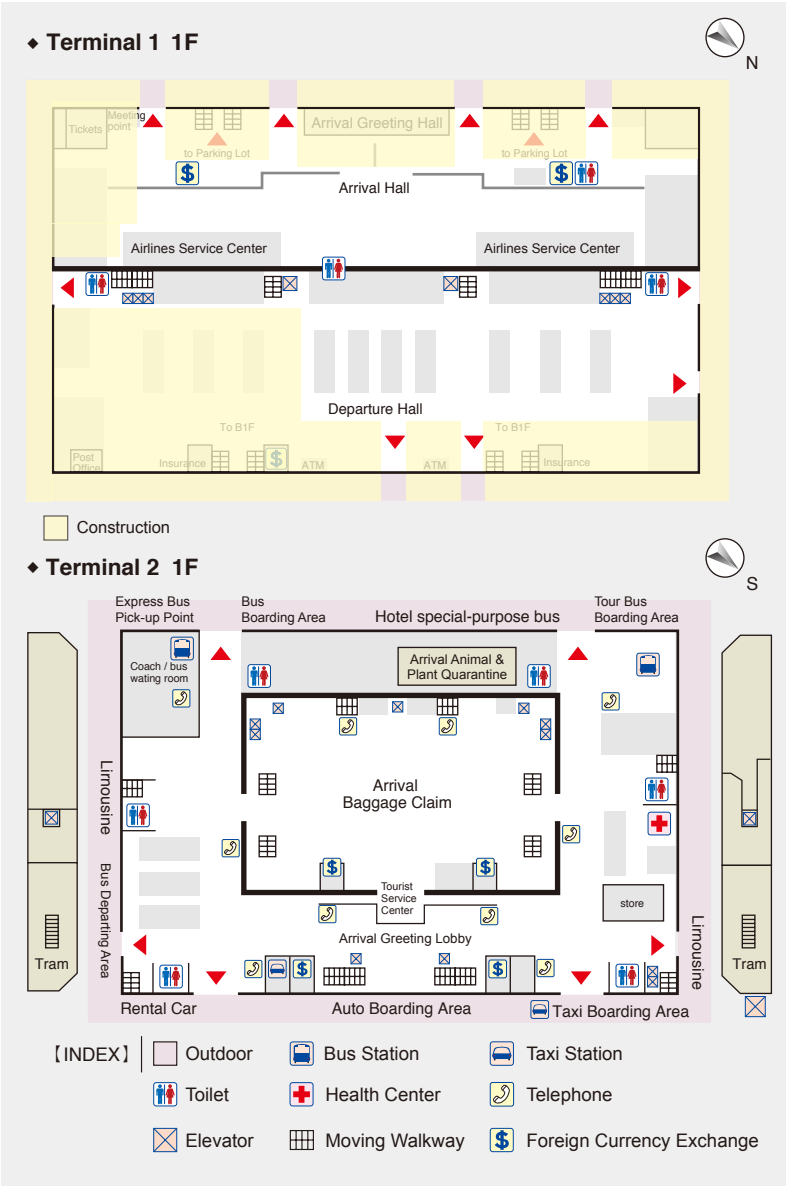
Passenger Coach Bus

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)

Coach-service companies:
Taiwan Bus Corp., Evergreen Bus, Free Go Express, Citi Air Bus, U 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 (Citi Air Bus 20~30 minutes)



NOTICE

In order to facilitate inquiries by the public, the city government has set up the 1999 Taipei Citizen Hotline. Whether by telephone, mobile phone, or Internet phone (public telephones and prepaid cellphone cards 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. Citizens are asked to make the most efficient use of this resource, making all calls as brief as possible.

For more information, call 1999 or visit www.rdec.taipei.gov.tw

TAIWAN EMERGENCY TELEPHONE NUMBERS

Police / 110
Crimes, traffic accidents, and other incidents for which police assistance is needed

Fire / 119
Fire, injury or accident, or other urgent matters for which emergency relief is needed

Women and Children Protection Hotline / 113 ext. 0
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
English Directory Service	106
IDD Telephone Service Hotline	0800-080-100 ext.9
Time-of-Day Service	117
Weather Bureau	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
Government Information Office, Executive Yuan	(02) 3356-8888
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 Radio 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	0800-030-598 ext.3
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 green indicate service in English provided

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

Songshan Airport Visitor Information Center
(02) 2546-4741 340-10, Dunhua N. Rd.

East Metro Mall Visitor Information Center
(02) 6638-0059 Underground Mall 4-2, 77, Sec.1, Da'an Rd.

MRT Ximen Station Visitor Information Center
(02) 2375-3096 B1, 32-1, Baoqing Rd.

MRT Yuanshan Station Visitor Information Center
(02) 2591-6130 9-1, Jiuquan St.

MRT Jiantan Station Visitor Information Center
(02) 2883-0313 65, Sec. 5, Zhongshan N. Rd.

MRT Beitou Station Visitor Information Center
(02) 2894-6923 1, Guangming Rd.

Taipei City Hall Bus Station Visitor Information Center
(02) 2723-6836 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 3rd Rd.

Maokong Gondola Taipei Zoo Station Visitor Center
(02) 8661-7627 2, Lane 10, Sec. 2, Xinguang Rd. (1F, Maokong Gondola Service Center)

Maokong Gondola Maokong Station Visitor Center
(02) 2937-8563 35, Lane 38, Sec. 3, Zhinan Rd. (Exit area, Maokong Station)

A Summer Bike Ride along the Gongguan Riverside (P34~P37) Map



A Summer Bike Ride along the Gongguan Riverside (P34~P37) Tour Information



A Summer Bike Ride along the Gongguan Riverside

Liu Family Fried Steamed Buns
劉家水煎包
Add: 195, Sec. 3, Dingzhou Rd. (汀州路3段195號)
Tel: (02) 2362-7826

Treasure Hill Artist Village
寶藏巖國際藝術村
Add: 2, Alley 14, Lane 230, Sec. 3, Dingzhou Rd. (汀州路3段230巷14弄2號)
Tel: (02) 2364-5313

Taipei City Hakka Cultural Park
臺北市客家文化主題公園
Add: 2, Sec. 3, Dingzhou Rd. (汀州路3段2號)
Tel: (02) 2369-1198
Website: www.thcp.org.tw

Thai Guo Xiao Guan 泰國小館
Add: 219, Sec. 3, Dingzhou Rd. (汀洲路3段219號)
Tel: (02) 2367-0739

Taipei Water Park 自來水園區
Add: 1 Siyuan St. (思源街1號)
Tel: (02) 8369-5104
Website: waterpark.twd.gov.tw

Drop Coffee House (National Taiwan Univ. Xinsheng branch)
滴咖啡(臺大新生店)
Add: 1, Lane 76, Sec. 3, Xinsheng S. Rd. (新生南路3段76巷1號)
Tel: (02)2368-4222

Tai-Yi Milk King 臺一牛奶大王
Add: 82, Sec. 3, Xinsheng S. Rd. (新生南路3段82號)
Tel: (02) 2363-4341

Tequila Sunrise 佬墨日出
Add: 42, Sec. 3, Xinsheng S. Rd. (新生南路3段42號)
Tel: (02) 2362-7563

Pipe Live Music 水管音樂
Add: 1 Siyuan St. (思源街1號)
Tel: (02) 2364-8198
Website: www.pipemusic.com.tw

Information

YouBike Public Bicycles

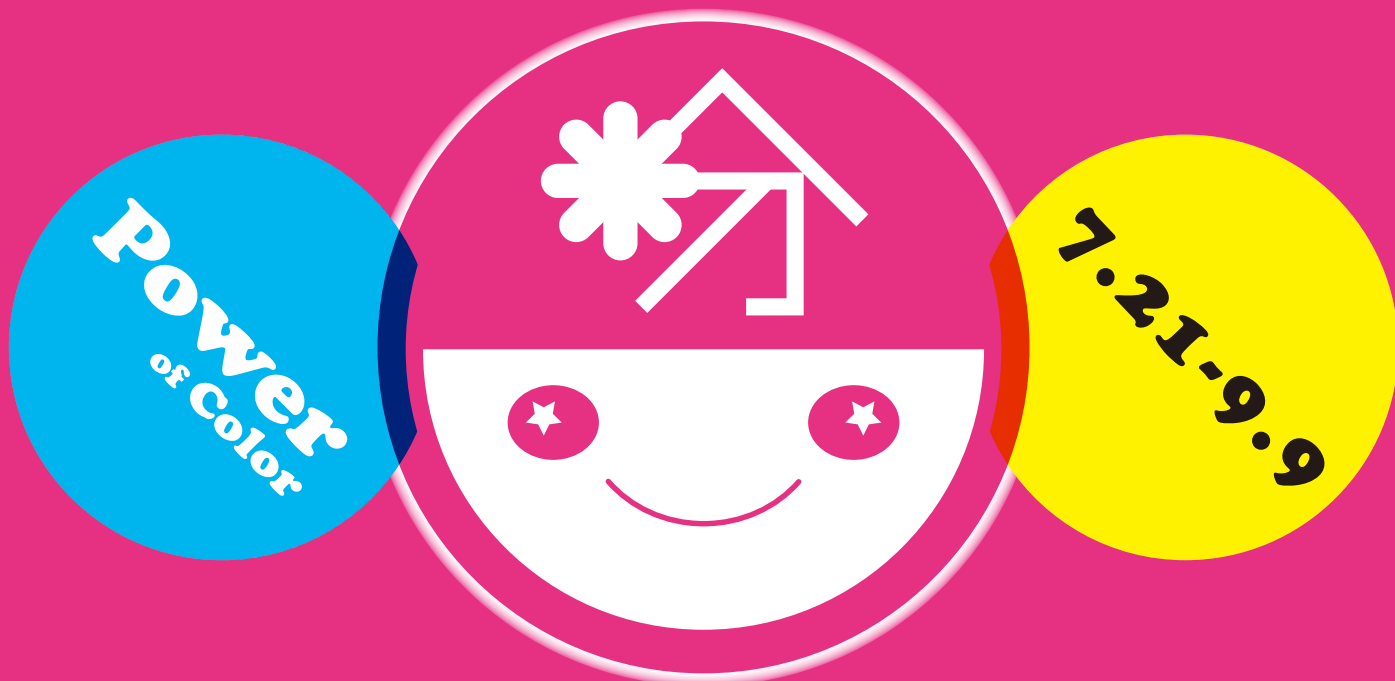
There are bicycle rental stations at 11 locations around Taipei. These include the MRT Taipei City Hall and Sun Yat-sen Memorial Hall stations, Taipei City Hall, Civic Plaza, Xingya Junior High School, NewYork NewYork Green trails, Xinyi Plaza, Exhibition Hall 3 of the Taipei World Trade Center, Songde, the Taipei City Emergency Operations Center, and Sanzhangli. New stations will continually be added. Please check online for the latest information.

YouBike Service Center 單車服務中心

Add: 2 Songren Rd.; outside Exit 3, MRT Taipei City Hall Station (松仁路2號; 捷運市政府站3號出口)
Tel: 1999 (outside Taipei, dial 02-2720-8889), or (02) 8780-8773
Website: www.youbike.com.tw

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	Every Time	Short-Term Card	Long-Term Card	Easy-Go
Rate	Every 15 minutes for NT\$15	1 Day Registration fee NT\$40+Rate (The first 30 minutes of each session is free then NT\$10 for each additional 15 minutes.)	Long-Term Registration fee (3 Months: NT\$500; 6 Months: NT\$1000; 1 Year: NT\$1,500)+Rate(The first 30 minutes of each session is free then NT\$10 for each additional 15 minutes.)	3 hours for NT\$100 then NT\$10 for each additional 15 minutes.
Max. Rental Time	24 Hour			07:30-22:00
Where to Apply	• IC Credit card and EasyCard apply for information Service Kiosk • Magstripe Credit card and EasyCard apply for Service Kiosk			Register in person at Service Center.
Deposit & Deposit Refund	\$3,000 (for authorization only, not charged) / Authorization automatically expires.			No deposit needed provide ID for photocopying.



粉樂町 2012

台北東區當代藝術展 Very Fun Park
Taipei East District Contemporary Art Exhibition

Da'an 56
East District, Taipei
Songshan Cultural and Creative Park

This year's Very Fun Park is located in three unique venues: a preserved mansion with history and stories, a trendy alley known for its cafés and boutiques, and a newly converted park for art and design that was once a tobacco factory.... 40 local and international artists will showcase their artwork in Taipei, letting it speak for the city and local community—We invite you to explore this special opportunity!



富邦藝術基金會

Fubon Art
Foundation

www.fubonart.org.tw