



HKIA's "Art, Culture and Music at the Airport 2016" Festival offers a series of enriching exhibitions and performances for global visitors.  
香港國際機場「藝術、文化與音樂巡禮在機場2016」為全球旅客帶來連串精采展覽及表演。

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### Evergreen airport hero 機場神「耆」俠

The senior airport ambassador programme provides opportunities for retirees to serve global travellers.  
長者機場大使計劃讓退休人士服務來自世界各地的旅客。



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### Spirit of Sha Tin 沙田精神號

Get an inside look at how this historic aircraft overlooking Terminal 1 is kept in good condition.  
近距離了解一號客運大樓古董飛機的保養。



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### In step with fitness 健步如飛

AA staff pick up expert tips on maximising their running exercises to lead a healthy lifestyle.  
跑步專家向機管局員工分享心得，提升跑步技巧及強健體魄。



## HAPPY 18<sup>TH</sup> BIRTHDAY HKIA! 香港國際機場18歲生日快樂！

**Hong Kong International Airport (HKIA) turned 18** on 6 July. To celebrate its birthday in style, the Airport Authority (AA) Staff Club packed and distributed a selection of nostalgic local snacks to staff which took them down memory lane.

During lunch hour on the day, AA staff flocked to the reception hall at the HKIA Tower where they enjoyed reminiscing about their childhood days as they ate snacks such as traditional candy and coconut wrap, dragon's beard candy and steamed rice cup cake.

**7月6日**，香港國際機場啟用18周年。為慶祝這個特別日子，機管局職員康樂會特地挑選多款懷舊零食，與員工分享，讓他們回味昔日歲月。

當天午飯時間，機管局員工聚首機場行政大樓大堂，享用糖蔥餅、龍鬚糖及鹹仔糕等傳統本地小吃，重拾童年回憶，氣氛熱鬧。



## TOP OF THE CLASS 機場效率昭著



**HKIA scored the highest marks** in the Air Transport Research Society's (ATRS) Global Airport Benchmarking Report, which earned it the Top Asian Airport Efficiency Excellence Award. The accolade marks the sixth time that the airport has received the top honour since the award's establishment in 2003.

The report is compiled by a task force comprising leading international academia who evaluate the operating and managerial efficiency, cost competitiveness, financial performance and airport user charges of over 200 global airports.

ATRS is a leading academic society that aims to enhance the aviation industry's multinational and multidisciplinary research capabilities on air transportation issues.

**香港國際機場**在航空運輸學會的《全球機場評比報告》中得分最高，獲頒發「亞洲機場效率昭著獎」。香港國際機場自獎項於2003年設立以來已第六度獲享殊榮。

報告由國際知名學者組成的評審團編撰，根據全球逾200個機場的營運與管理效率、成本競爭力、財務表現及機場使用者收費等各方面，給予評分。

航空運輸學會是知名的學術組織，成立目的旨在加強航空運輸事宜在跨國及跨學科方面的研究能力。

# EVERGREEN AIRPORT HERO

## 機場神「耆」俠



Exchanging law enforcement for a role as a senior ambassador, Wai Gor is keen on assisting passengers from all over the world. 由昔日的執法者變為長者機場大使，威哥很高興能夠繼續服務來自世界各地的旅客。

For many people, retirement means relaxing at home and spending more quality time with their family. But for Chan Chun Wai, or “Wai Gor” as he is affectionately known, retirement marks the conclusion of a fruitful career and the dawn of a meaningful new life venture – one that allows him to give back to society.

Now 69, Wai Gor is more than happy to continue helping passengers at HKIA as one of its senior airport ambassadors. While he can now be seen around the terminals assisting passengers in need these days, his vitality and sonorous voice can easily give away his 30-year experience in law enforcement. Following his retirement from the Hong Kong Customs and Excise Department where he had served as the Commandant of Customs and Excise Training School and Superintendent, Wai Gor joined the Senior Airport Ambassador Programme (AAP) in 2004. Once a week, he travels from his home in Kowloon Tong to the airport to offer prompt services to passengers.

### Decades-old Affinity with the Airport

The inseparable bond between Wai Gor and the airport can be traced all the way back to 1967, when he was assigned his first position at Kai Tak Airport upon completing training school. “The primary function of the Customs and Excise Department, then known as the Preventive Service, was to suppress smuggling activities. In those days, people came up with all sorts of ways to smuggle gold and diamonds into Hong Kong,” he recalled. For instance, Wai Gor noted that some passengers concealed diamonds in shrimp paste, salted duck eggs and other food produce to evade inspection, while others sewed gold into their clothing and tried to sneak in under the radar.

Wai Gor added, “Those were the days when there was no luggage conveyor, let alone X-ray machines and detection dogs, so inspections were carried out manually and guided by experience.”

對不少人來說，退休或許代表有更多時間好好享受夕陽餘暉及天倫之樂，但對陳振威而言，職業生涯完結，正好是全心全意回饋社會，展開另一段精采生活的開始。

現年69歲的威哥是「機場大使計劃」的長者義工大使。他精神抖擻、聲如洪鐘，曾服務香港海關30多年，歷任海關訓練學校校長及監督。退休後，威哥在2004年加入長者機場大使計劃，每星期專程由九龍塘寓所來到機場，在客運大樓內為有需要的旅客提供即時協助。

### 機場半世情

1967年，威哥甫離開學堂便獲派駐啟德機場，從此與機場結下不解緣。他憶述：「當年的海關叫緝私隊，主力打擊偷運違禁品。那個年代，有不少人走私黃金、鑽石到香港，手法層出不窮。」曾有人將鑽石藏入蝦醬、鹹蛋等食物內，試圖瞞天過海；亦有人將黃金縫入衣服，猶如鐵甲人般闖關。

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◀ Wai Gor was assigned to a position at Kai Tak Airport directly after training school. A picture of a young Wai Gor at the apron can be seen in the album. 威哥離開海關學堂後便被派往啟德機場工作，相簿記載着他年輕時的珍貴回憶。

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「當年連行李帶還未有，更別說X光機、機靈犬等輔助，全憑經驗以人手檢查行李。」威哥回想說。他其後被派往掃毒組，之後兩度回到機場工作。「30多年的海關生涯裏，有一半時間在機場度過，亦與一班舊機場的職員建立了深厚的友誼。」

**見證世代變遷**

「回到赤鱘角機場當長者大使，除了想繼續服務社會外，亦是為了和一班老朋友聚頭，因為機場就是我們之間的聯繫。」雖然和威哥同期在啟德機場工作的舊相識多數已退休，但有部分人仍在工作或加入了長者大使行列，一班人不時相聚聯誼。

擔任機場大使的十多年經驗裏，令威哥體會最深的是旅客比以往越來越聰明：「現在旅客喜歡自己動腦筋去解決困難，而不是等別人協助。」

從過去在機場執法，到現在穿上機場大使制服協助旅客，他表示沒有任何不習慣：「無論是哪種身分，目標都只有一個，就是讓旅客能夠有一趟安全舒適的旅程。」

機場管理局於2002年推出「機場大使計劃」，旨在讓旅客在機場感到賓至如歸。計劃不但為青年提供在職訓練，也讓退休長者參與別具意義的義務工作，至今接受訓練的長者及青年機場大使已超過1 000名。

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He was subsequently transferred to the Narcotics unit, and later returned to work at the airport for two more extended periods. "I spent half of my 30 years in the Customs and Excise Department at the airport, and I developed wonderful friendships with my colleagues during my time there."

**Witnessing the Change of Time**

"I returned to the new airport at Chek Lap Kok as a senior ambassador partly to continue my service to society, and also to reunite with my old friends. The airport is our connection with each other," Wai Gor explained. Wai Gor has stayed in touch with his airport friends, and some have even joined him in the senior ambassador ranks after retirement.

In his more than 10 years' experience as an airport ambassador, Wai Gor is most impressed by how smart and independent passengers are. "Passengers nowadays would try to solve problems by themselves instead of simply waiting for assistance," he said.

As a former law enforcement officer who now dons an airport ambassador uniform and sets out to assist passengers, he feels completely comfortable in his new role. "Whichever role you play at the airport, the ultimate goal is the same – to ensure that passengers have a safe and comfortable journey," he said.

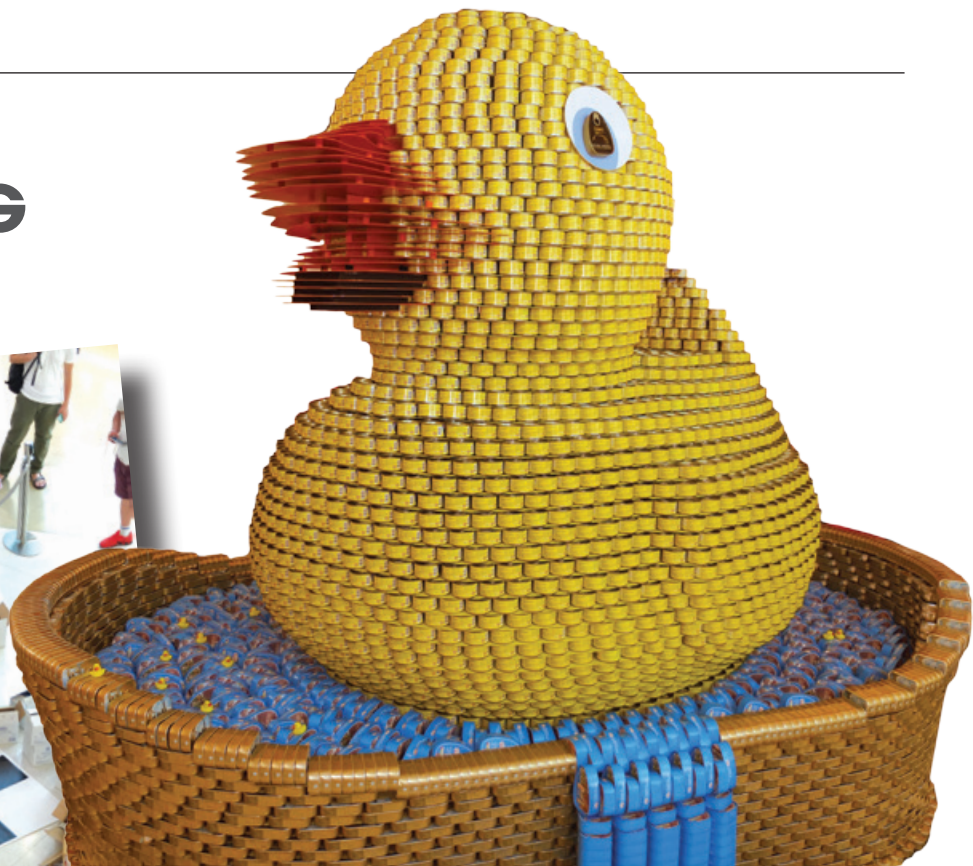
Launched in 2002, the AAP aims to extend HKIA's renowned hospitality to all travellers throughout the airport. It provides on-the-job training for young aspirants, and offers retirees meaningful volunteer opportunities that make passengers feel right at home at the airport. The programme has trained more than 1,000 senior and youth airport ambassadors since its inception.

▶ Retired civil servant Kwong Gor (left) is also a senior ambassador at HKIA and an old friend of Wai Gor. 退休公務員光哥(左)亦是長者機場大使，與威哥相識多年。



# SPLASHING DUCKLING

## 「膳」心小黃鴨



On the heels of its award-winning recreation of the Tian Tan Buddha last year, a team from the AA once again rolled up their sleeves and participated in the Construction Hong Kong 2016. During the competition, the AA stacked over 14,000 food cans to create a yellow duck in a bathtub which evoked the event's "Childhood Memories" theme. The work received the most number of votes during a public voting of the event.

Thousands of cans of luncheon meat, tuna and beans were selected for their variety of colours and sizes to create the larger-than-life structure. Following the competition, the cans were then donated to food rescue and assistance programme Food Angel which will use them to prepare hot meals for the needy.

機管局員工去年以罐頭砌建天壇大佛模型獲獎後，今年再次參與「全『誠』罐膳心2016」活動，配合「童年回憶」的主題，以超過14 000罐罐頭食品創作了一隻小黃鴨坐在浴缸的模型作品。作品更在活動的公開投票中獲得最多票數。

作品動用了過萬罐不同顏色、大小的罐頭砌成，包括午餐肉、吞拿魚及豆類等。比賽過後，所有罐頭已捐贈予惜食堂的「食物回收及援助計劃」，用以烹煮成熱飯餐派發給有需要人士。

## TALK OF THE TOWN

### 共商共策

The AA held two Townhall meetings on 22 and 23 June to keep staff up to speed on the latest developments at HKIA, as well as the current and future roadmap of the airport.

Over 1,000 AA staff attended the meetings wherein AA CEO Fred Lam shared the latest updates on the expansion of HKIA. Lam also shed light on the potential business opportunities that could be captured at the airport by leveraging on the latest technologies. To foster two-way communication on the airport's future, the floor was then opened up for colleagues to exchange views with senior management.

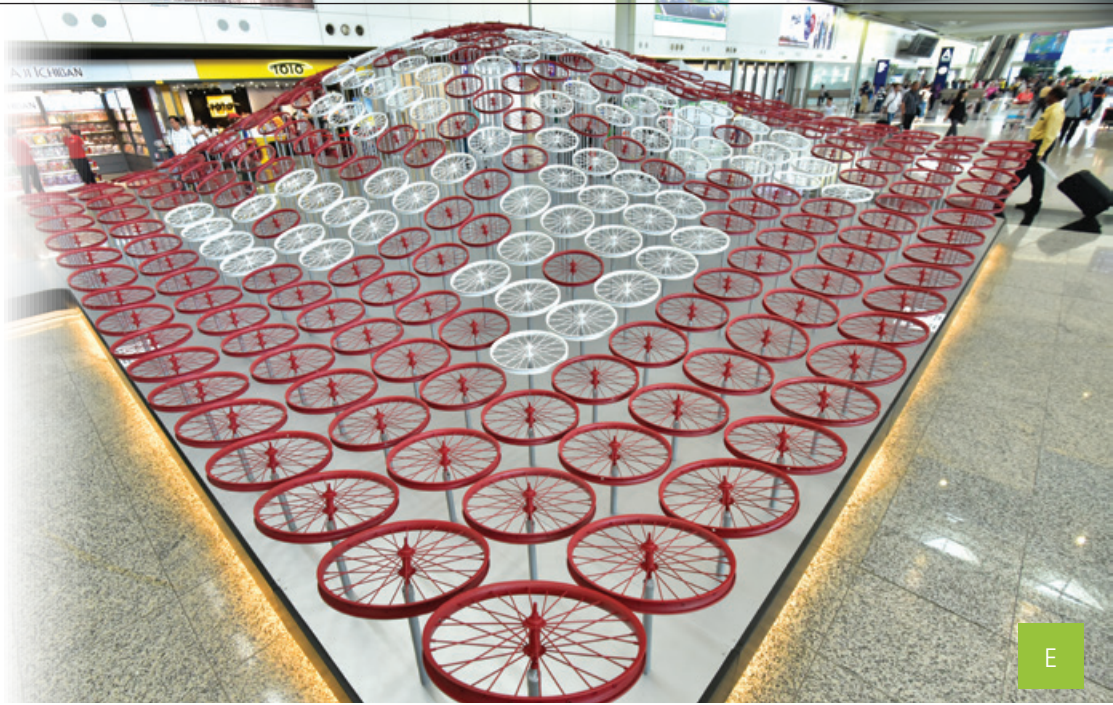
機管局於6月22日及23日舉行兩場員工簡報會，向員工講解香港國際機場的最新發展，以及現在及未來的發展方向。

簡報會共有超過1 000名機管局員工出席。機管局行政總裁林天福首先簡報機場擴建計劃的進展，並特別介紹機場如何運用先進科技把握潛在發展商機。簡報後設有問答環節，讓各同事與高級管理人員交換意見，加強雙向溝通，推動機場向前。



# WONDERFUL WORLD OF HONG KONG ART AND CULTURE

## 香港藝術文化的大千世界



Travellers this summer have once again been welcomed at Hong Kong International Airport (HKIA) with enlightening exhibitions and performances showcasing Hong Kong's cultural diversity as part of the ongoing "Art, Culture and Music at the Airport 2016" festival.

Visitors arriving at HKIA will quickly spot an immersive gallery of colourful paintings at the south side of the Ground Transportation Centre down ramp. The gallery features stunning landscape and cityscape paintings and sketches by local artist Kong Kai-ming, whose intricate brushstrokes thoroughly explore our city's unique façades and environment. Complementing the realism of Kong Kai-ming's works are the vivid, dream-like images created by versatile painter Liu Tung-mui.

The north side at the Ground Transportation Centre down ramp, in contrast, is dominated by a selection of dynamic paintings of martial arts icon Bruce Lee in captivating action by illustrator Milton Wong. Making the

display more fascinating is that the rear panels of the paintings form a giant portrait of the Hong Kong kung-fu legend when viewed from an angle. The exhibition is co-presented by HKIA and the Bruce Lee Foundation.

At Level 3 of Terminal 2, visitors can get a glimpse of the essence of Cantonese opera and modern photography through a vivid photo exhibition jointly set up by the Hong Kong Professional Photographers Network and the Chinese Artists Association. The striking images draw their inspiration from the traditional Cantonese opera set piece entitled "Grand Birthday Celebration at Mount Heung Fa".

Other exhibitions on display at Terminal 1 include "Our City · Our Dream" by local architect Stanley Siu at the Arrivals Hall and Comix Home Base's "Art Touring in the City @ Airport Flying Fantasy" display at the Lift Façade of the Departures Hall and Arrivals Hall. An upcoming exhibition titled "Harmony – International Students' Visual Arts Contest-cum-Exhibition of Hong Kong" will also be on display from 15 August at Level 7, Departures Hall.

機場管理局舉辦「藝術、文化與音樂巡禮在機場2016」，讓旅客在今個夏天再次欣賞到別具香港多元文化氣息的作品及連串表演。

旅客甫踏進香港國際機場，便看到地面運輸中心南面緩坡道已化身成琳瑯滿目的畫廊，展出一系列色彩奪目的畫作。本地畫家江啟明創作的多幅城市風景及地貌的繪畫及素描，細緻的筆觸刻畫出香港獨特的景致。同場展出才華洋溢的畫家廖東梅多幅如夢幻般繽紛耀眼的畫作，與江老師的寫實風格互相輝映。

地面運輸中心另一端的北面緩坡道，展示由本地插畫家Milton Wong創作的多幅李小龍動態畫作，傳神地展現李小龍的武術家風範。一系列畫作的背面更構成這位香港功夫傳奇人物的大型畫像，別出心裁。這項展覽由香港國際機場與李小龍基金會合作展出。

在二號客運大樓第三層，展出了香港八和會館與香港專業攝影師聯網合作的攝影展，以粵劇例戲《香山山大賀壽》為藍本創作成圖像故事，讓旅客觀賞糅合傳統粵劇精髓及現代攝影技術的作品。

在一號客運大樓展覽的其他作品還包括於接機大堂展出的本地建築師蕭國健創作「祝夢·飛翔」，以及離境大堂及接機大堂升降機外牆的動漫基地展覽「漫遊都市@機場飛行狂想」。名為「和諧」的香港國際學生視覺藝術比賽暨展覽亦將由8月15日起於離境大堂第七層展出。



The modern architecture of HKIA contrasts with the vivid images by Kong Kai-ming and Liu Tung-mui. 香港國際機場的現代建築與江啟明和廖東梅的作品相映成趣。



Martial arts icon Bruce Lee takes centre stage at the north side of the Ground Transportation Centre down ramp. 有關傳奇武術家李小龍的畫作成為地面運輸中心北面緩坡道的焦點。

### Detailed Exhibition Schedule 展覽詳情

	PROGRAMME 展覽	LOCATION 地點	DATE 日期
A	The Exquisite Brushwork of Kong Kai-ming 神來之筆·江啟明	Down ramp from Arrivals Hall to Ground Transportation Centre 接機大堂至地面運輸中心緩坡道	Now until 30 November 即日至 11月30日
B	Liu Tung-mui's Life Spectrum 精「彩」人生·廖東梅	Down ramp from Arrivals Hall to Ground Transportation Centre 接機大堂至地面運輸中心緩坡道	
C	Bruce Lee "Alive" Exhibition 李小龍皇者風範兩面「體」	Down ramp from Arrivals Hall to Taxi Station 接機大堂至的士站緩坡道	
D	Two Studio: Grand Birthday Celebration 「兩棚人」相連展：眾仙慶生大派對	Coach Hall, Level 3, Terminal 2 二號客運大樓第三層旅遊車候車大堂	
E	Our City · Our Dream 祝夢·飛翔	Arrivals Hall A, Terminal 1 一號客運大樓接機大堂A	
	Comix Home Base Exhibition: Art Touring in the City @ Airport Flying Fantasy 動漫基地展覽「漫遊都市 @機場飛行狂想」	Lift Façade of the Arrivals Hall, Terminal 1 and platform screen doors of Automated People Mover 一號客運大樓接機大堂升降機外牆及旅客捷運系統月台幕門	
	International Students' Visual Arts Contest-cum-Exhibition of Hong Kong "Harmony" 香港國際學生視覺藝術比賽暨展覽——「和諧」	Cabin of Aisle A & Aisle K, Departures Level, Terminal 1 一號客運大樓離港層A行段及K行段店鋪	15 August – 30 November 8月15日至11月30日



The "Art, Culture and Music at the Airport 2016" event kicks off with a series of "Airport Proms" live music performances between 7th and 13th July. 「藝術·文化與音樂巡禮在機場2016」以於7月7日至13日舉行的「仲夏音樂滙機場」表現活動揭開序幕。



## LOOKING UP TO HONG KONG AVIATION HISTORY

### ● 仰望香港飛行史

**Millions of travellers** rush through Hong Kong International Airport (HKIA)'s terminals in a hurry each year, but even local Hong Kong residents could easily have missed the ever-present antique biplane suspended from the ceiling of Terminal 1 that has watched over HKIA for the past 18 years. Think again if you take it as merely another decoration, for it is a genuine replica aircraft that once flew in the skies over Hong Kong.

Prior to the inauguration of HKIA, aircraft enthusiasts proposed the idea of commemorating the origins of Hong Kong's aviation history. This idea would later spring to life in the form of building a full-size, flying replica of the Farman biplane which was the first aircraft to take to the skies of Hong Kong during its landmark flight over Sha Tin in 1911. Completed in 1997, the plane took part in a historic flying display at HKIA, which was not yet in operation at the time. Since that inaugural flight, the "Spirit of Sha Tin" has called Terminal 1 its home where it has been on permanent display to be enjoyed by all visitors to the airport.

### **Meticulously Working to Preserve History**

Hong Kong Historical Aircraft Association Chairman Cliff Dunnaway was a member of the team that coordinated the construction of the "Spirit of Sha Tin" and is today responsible for the plane's regular maintenance. "Notwithstanding the stable temperature and humidity in the terminal, the dust-prone material of the wings and the large surface area of the plane make it necessary for us to perform full-scale cleaning and maintenance every three to four months to preserve its appearance and flying capability," Dunnaway said.

When the terminal is less busy, around 1 a.m., the antique aircraft is slowly lowered to the floor. A dedicated crew of eight then commence with their cleaning and maintenance routine: dust the wings with portable vacuum cleaners, clean the leather pilot seat and pilot figure with cleaning agents, inspect the airframe for damage, deterioration or corrosion, test and lubricate all the moving parts and fill the tires with air. The team leaves no stone unturned as protective products are applied to all metal, leather, rubber and polished wood surfaces to complete the process.

Having never been absent once in the past 18 years, Cliff and his colleague Gordon Andreassend will lead a small number of volunteers to undertake the meticulous maintenance tasks each time. Their dedication not only speaks volumes about a passion for antique airplanes, but also reflects their reverence for the "Spirit of Sha Tin".

"It embodies the origins of Hong Kong's aviation industry, as well as the enormous economic contribution and multitude of jobs the industry has created for the city," Dunnaway noted. "We now have an acclaimed, world-class airport, but let us not forget it all began

The cleaning crew use portable vacuum cleaners to remove the dust that accumulates on the plane. 清潔員使用可攜式吸塵裝備，清除在飛機上的塵埃。







▲ Hong Kong Historical Aircraft Association Chairman Cliff Dunnaway  
香港歷史飛機協會主席鄧年威 (Cliff Dunnaway)

with the historical flight at Sha Tin in 1911.”

After a few hours, the cleaning process is completed in an efficient manner.

The “Spirit of Sha Tin” is returned to its original position – suspended from the ceiling at Terminal 1 facing outward – and ready to witness the next chapter of Hong Kong’s aviation history unfold.

**香港國際機場每天遊人如鯽**，旅客來去匆匆，即使是本地外遊常客亦未必會留意到，在一號客運大樓天幕下，有一架復古的雙翼飛機18多年來默默守護着機場。這架古董飛機並不是一般裝飾品，而是曾在香港上空飛翔的真飛機。

在香港國際機場啟用前，幾位香港歷史飛機愛好者提出紀念香港飛行史起源的構思，最後決定以真實比例仿製首架在香港上空飛翔的飛機—於1911年在沙田飛行的費文雙翼飛機。仿製機「沙田精神號」在1997年建造完成，並在赤鱸角的香港國際機場啟用前進行一場飛行表演。首航後「沙田精神號」於一號客運大樓作長期的公眾展覽。

### 一絲不苟 保存歷史見證

香港歷史飛機協會主席鄧年威當年參與統籌「沙田精神號」的製作，現時負責這架古董飛機的保養及維修。他指出：「雖然客運大

樓氣溫及濕度十分穩定，但因機翼的質料容易積塵，機身面積大，為了保持它的外觀及飛行功能，必須每三至四個月進行一次全面清潔及保養。」

凌晨一時許，客運大樓人流較少，工作人員將古董飛機徐徐降至地面，開始清潔及檢查。清潔隊伍一行八人分工合作，除了用可攜式吸塵裝備從上至下清除機翼上的塵埃，還以清潔劑拭抹皮椅及機師模型、檢查機身各部分有否損壞、測試活動部件並塗上潤滑油，以及為輪胎充氣。他們亦會對機身的鋼鐵、皮革、橡膠及木質部分塗上保護劑，過程一絲不苟。

鄧年威和他的拍擋Gordon Andreassend每次維修都會帶同幾位義工親身上場，18年來從不缺席。這份堅持除源自對古董飛機的喜愛，亦是對「沙田精神號」歷史地位的一份敬意。

鄧年威說：「它代表着香港航空業的起源。今天我們擁有一個屢獲殊榮的世界級機場，帶來龐大經濟貢獻及就業機會，一切都是從1911年的歷史性飛行開始。」

經過數小時的清潔保養工序，「沙田精神號」升回原位，繼續在一號客運大樓天幕下見證香港空航業振翅高飛。

▼ At the controls of the plane is a lifelike mannequin of Charles Van den Born, the Belgian aviator who flew the Farman biplane over a century ago. Here he receives a careful dusting off from Gordon.

一百年前駕駛費文雙翼機的是比利時飛行家查爾斯·溫德邦 (Charles van den Born)。坐在古董飛機上的，就是溫德邦的模型。Gordon Andreassend正在清理模型身上的塵埃。



## THOUGHT-PROVOKING TOUR AT HKIA

### 機場考察

In early June, Hong Kong International Airport (HKIA) hosted a delegation of Aviation Management students from Coventry University in the United Kingdom. Educational highlights of their visit included a behind-the-scenes look at the Integrated Airport Centre and the Midfield Concourse, followed by a scenic tour of the sprawling airport at the SkyDeck.

六月初，英國考文垂大學 (Coventry University) 航空管理學學生代表團到訪香港國際機場考察。他們先參觀機場中央控制中心及中場客運廊，認識機場背後的運作，隨後到機場展望台俯瞰機場的壯麗景色。



## HAPPY HOURS | 工餘時光

### BEST FEET FORWARD 跑出健康人生

Running has increasingly become one of the more popular ways that office workers maintain a work-life balance. Airport Authority (AA) staff are no exception, with a number blazing a healthy trail on the road during their leisure time. To help them get the best out of their exercise, the AA Staff Club invited professional running coach and multi-record holder Chan Ka-ho to share training and nutrition tips during a luncheon on 23 June.

On advising novice runners on the frequency of their runs, Ka-ho noted, "For leisure runners whose aims are to lose weight or adopt a healthier lifestyle, running 2 to 3 times or covering 10 to 15km per week is ideal. In contrast, amateur runners who want to enhance their skills and challenge themselves usually run between 30km and 80km per week, while professionals normally train over 100km per week."

For those looking to boost their running speed, simply running more and over longer distances is not enough. Ka-ho pointed out that runners should intersperse different speeds and intensity levels which would give their muscles different stimuli and allow them to rest in between hard efforts. "These can range from a slow, relaxed pace throughout a 1-2.5 hour long run to intensive 400m repeats, which provide different training effects to your body," Ka-ho added.

Ka-ho concluded his talk by demonstrating different exercises designed to build muscle strength and prevent injuries.

跑步是保持作息平衡的好方法，愈來愈多上班族加入跑步行列。不少機管局員工亦有跑步的習慣，在工餘時間放鬆身心。

於6月23日，機管局職員康樂會舉行午間講座，邀請專業跑步教練及多項本港跑步紀錄保持者陳家豪主講鍛鍊跑步的知識及飲食貼士，讓員工從跑步中獲得最大裨益。

陳家豪分享了規劃練習的建議：「希望在閑餘時透過跑步減輕體重或建立健康生活的跑者，每周跑步兩至三次共10至15公里最為合適。若想提高跑步實力挑戰賽事，每周應跑30至80公里的距離；而專業跑手一般每周練習超過100公里。」

要在速度上取得更佳成績，單純增加跑步次數或里數並不足夠。陳家豪指出：「跑者應進行不同速度及強度的練習，均衡鍛鍊肌肉，同時讓身體在高強度訓練後得到充分休息。他更補充：「以輕鬆步速作1-2.5小時的長課練習，或400米的重覆間歇跑，都能帶來不同成效。」

最後，陳家豪示範如何透過練習不同動作，增強肌肉及預防受傷。





## GROWING A GREENER HONG KONG 支持香港綠色日



The AA threw its full support behind the recent Hong Kong Green Day (HKGD) event on 5 June. Organised by Green Council, HKGD was held on World Environment Day this year which aims to raise awareness on environmental protection and sustainable lifestyles through creative initiatives.

As part of the activities, the AA produced a green tips video featuring the numerous energy-saving measures at HKIA, as well as broadcasted videos promoting HKGD in the terminals throughout the month. AA staff also formed a strong team to take on the challenging HKGD Green Run and promote a healthy lifestyle along the way.

機管局全力支持於6月5日舉行的「香港綠色日」活動。「香港綠色日」由環保促進會主辦，活動於「世界環境日」同日舉行，以各種創新意念，提高市民對環保及可持續發展生活方式的關注。

為響應活動，機管局製作了內容豐富的短片，介紹香港國際機場採取的多項節能措施，並於6月在機場客運大樓播放「香港綠色日」的宣傳短片。機管局員工更組成強勁隊伍，挑戰「著綠狂奔」長跑賽，身體力行推廣健康生活。

▶ AA Executive Director, Corporate Development Wilson Fung participated in the green tips video-shooting. 機管局企業發展執行總監馮永業參與短片製作，介紹機場環保措施。



## RESCUING MORE FOOD 回收剩食 惠澤社群

The food collection network of HKIA's Food Rescue Programme expanded to include the neighbouring areas of Tung Chung and Discovery Bay. Since 2013, HKIA has been working with Food Angel to implement the programme which collects surplus food from restaurants and caterers at the airport. With the support of the HKIA Environmental Fund, Food Angel will work closely with Hong Kong Sheng Kung Hui to upgrade their existing community kitchen and convert the edible surplus food into 14,000 nutritious meals per year for the needy.

「香港國際機場食物回收計劃」的回收網絡，最近擴展至東涌及愉景灣鄰近地區。自2013年起，香港國際機場與惜食堂合作推行食物回收計劃，收集機場食肆及膳食供應商的剩餘食物。在香港國際機場環保基金的支持下，惜食堂亦將與香港聖公會合作，提升現有社區廚房設施，目標是將收集到的完好剩食，每年烹調成14 000份營養均衡的飯餐，分派給有需要人士。

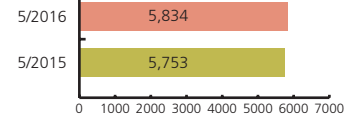




MONTHLY THROUGHPUT  
每月客貨運量

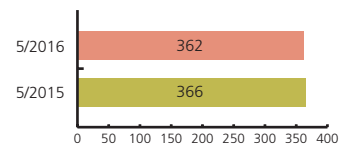
PASSENGER TRAFFIC

客運量  
('000 passengers 千人次)



CARGO TRAFFIC

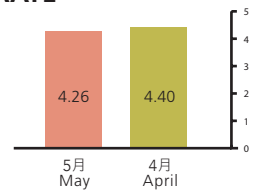
貨運量  
('000 tonnes 千公噸)



MONTHLY SAFETY  
PERFORMANCE  
每月安全表現

INJURY RATE

受傷比率  
(per million  
passengers  
每百萬旅客)



LATEST AIR  
QUALITY UPDATES

空氣質素的最新資訊

Visitors to Hong Kong International Airport (HKIA)'s website now have access to a more user-friendly Air Quality Health Index (AQHI), replacing the previous Air Pollution Index following an upgrade in June. The updated webpage now provides users with a more comprehensive and accurate snapshot of the real-time air quality conditions on the airport island and Tung Chung area.

香港國際機場於6月更新了網站的「空氣質素」網頁，以更易理解的「空氣質素健康指數」取代原有的「空氣污染指數」。更新的網頁向公眾提供機場島及東涌地區更全面及準確的實時空氣質素資料。

Scan the QR Code for more information  
掃描快速回應碼 (QR code) 瀏覽更多資訊



The World Through Your Eyes  
放眼看世界

Winner: Kwok Ka-yan  
得獎者：郭嘉恩  
Caption: Paris On Film (France)  
圖片說明：菲林上的巴黎（法國）



Winner: Ho Wai-fun, Portia  
得獎者：何惠芬  
Caption: Horseshoe Falls, Mount Field National Park  
(Tasmania, Australia)  
圖片說明：費爾德山國家公園馬靴瀑布（澳洲塔斯曼尼亞）



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