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## DANCING TO A HOPPY EASTER 動感繽紛復活節

Hong Kong International Airport (HKIA) got into the Easter groove when performers from the Extension and Continuing Education for Life (EXCEL) of the Hong Kong Academy for Performing Arts (HKAPA) headlined a four-day celebration with a series of shows in April.

In the spirit of the "Easter Jukebox Mesh" theme, the versatile artists brought pop icons from different eras to life by wearing their signature outfits and performing their hit songs to the delight of the audience. Timeless classics and modern charttoppers filled the terminals ranging from *Puttin' On the Ritz* by Fred Astaire and *Blue Suede Shoes* from Elvis Presley to *You can't touch this* by MC Hammer and *24K* by Bruno Mars.

Following their riveting

dance numbers, the performers spread the Easter joy beyond the stage by handing out Easterthemed rabbit ear headbands to passengers as souvenirs.

香港國際機場於4月一連四日的復活節假 期期間,邀請來自香港演藝學院演藝進修 學院的表演者演出精采歌舞,與旅客歡 度節日。

以「復活節搖滾點唱站」為題的表演 中,表演者以一身經典打扮演繹不同年代 流行巨星的首本名曲,包括Fred Astaire 的《Puttin' On the Ritz》、貓王Elvis Presley的《Blue Suede Shoes》、MC Hammer的《You can't touch this》以 至Bruno Mars的《24K》等,客運大樓悠 揚着首首悦耳名曲。

除了精湛的歌舞演出外,表演者亦向台 下觀眾派送復活節主題的兔耳頭飾紀念 品,為旅客帶來難忘的復活節體驗。











WORKING TOGETHER TO REDUCE WASTE 群策群力 環保減廢

The Airport Authority (AA) continued to extend its airportwide approach to managing Hong Kong International Airport (HKIA)'s environmental footprint by unveiling its third HKIA Environmental Management Recognition Scheme, in which around 120 tenants work together to meet the AA's commitment to operate one of the world's greenest airports. The participants cover a wide array of airport business partners ranging from retail shops and catering outlets to office tenants and cleaning contractors.

Initially introduced in 2012, this year's scheme focuses on waste management to help participants better prepare for the HKSAR Government's municipal solid waste (MSW) charging initiative. The MSW charging initiative incentivises organisations and individuals to reduce waste at the source and practise clean recycling. A launch ceremony was held on 3 April to formally roll out the HKIA Environmental Management Recognition Scheme, officiated by Secretary for the Environment Wong Kam-sing; AA CEO Fred Lam; AA Executive Director, Corporate Development Wilson Fung; and AA Executive Director, Commercial Cissy Chan.

During his welcome speech, AA CEO Fred Lam thanked the airport community for their collaboration in implementing key measures such as waste separation, the Food Rescue Programme (see page 12 featured story), food waste recycling, and carbon and energy management. He stressed that HKIA has always been committed to environmental protection, and has implemented a wide range of initiatives that demonstrate its efforts to safeguard the environment amidst the airport's daily operations and development.

Meanwhile, Secretary for the Environment Wong Kam-sing urged the commercial and industrial sectors, as well as public bodies to get ready for the MSW charging. Apart from lessening the burden on our landfills, efforts in waste reduction and carbon reduction will also help mitigate global climate change.

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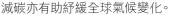
The HKIA Environmental Management Recognition Scheme consists of the Recognition Scheme and the Environmental Awareness Scheme, with the former acknowledging the outstanding environmental management efforts by airport community participants with "Good" or "Excellent" certifications. Meanwhile, the newly introduced Environmental Awareness Scheme aims to enlighten business partners, tenants, passengers and the general public on the benefits of waste management, waste reduction and recycling through a series of promotional and educational activities. Such initiatives reflect HKIA's green commitment in waste reduction and enhance the airport's overall recycling rate.

The AA is also in the process of recruiting a number of "Green Ambassadors", who in the coming months will be stationed around HKIA to assist business partners and passengers to adopt green practices in their daily operations and lives. 機場管理局舉辦第三屆「香港國際機場 環境管理表揚計劃」,繼續推動整個香 港國際機場的環保表現。約120家租戶攜 手合作,致力將香港國際機場建設成為 全球其中一個最環保的機場。參與計劃 的機場業務夥伴來自不同界別,包括零 售商戶、餐飲商戶、辦公室租戶及清潔承 包商等。

「香港國際機場環境管理表揚計劃」 自2012年開始推行,今年以「廢物管理」 為重點,協助參與商戶為香港特區政府 計劃實施的都市固體廢物收費作好準 備,並推動工商機構及公眾從源頭減廢 及乾淨回收。計劃於4月3日舉行的啟動 禮上正式展開,典禮由環境局局長黃錦 星、機管局行政總裁林天福、企業發展執 行總監馮永業及商務執行總監陳正思擔 任主禮嘉賓。

林天福致辭時感謝機場同業同心協力 推行多項主要環保措施,例如廢物分類、 食物回收計劃(詳見第12頁專題故事)、 廚餘回收、碳及能源管理等。他強調香 港國際機場一直積極提倡環保,並推行 廣泛措施,展示在營運機場與發展的同 時,亦致力保護環境。

此外,黃錦星在致辭中呼籲工商業界 與公營機構及早為都市固體廢物收費準 備,除了減輕本港堆填區的壓力,減廢及 LAUNCHING CEREMONY OF ENVIRONMENTAL MANAGEMENT RECOGNITION SCI 香港國際機塩環境管理表揚計劃啟動禮



「香港國際機場環境管理表揚計劃」 分為「表揚計劃」及「環保意識提升計 劃」兩部分。「表揚計劃」旨在表揚在環 境管理方面有出色表現的參與夥伴,並 頒發「良好」或「卓越」級別的證書。新 增的「環保意識提升計劃」則旨在透過 舉行連串宣傳及教育活動,向業務夥伴、 租戶、旅客及公眾推廣廢物管理、減廢及 循環再造的好處。這些措施均反映香港 國際機場實踐減廢的綠色承諾,提升機 場的整體回收率。

與此同時,機管局現正招募多名「環 保大使」,他們在未來數月將於機場內 協助業務夥伴及旅客在日常運作及生活 中實踐環保。

## 1 SMART TECHNOLOGY SCOOPS UP AWARD

#### 智能科技獲獎

The Airport Authority's (AA) Automated Airfield Ground Lighting Scanning and Inspection System (AGLSIS) was recently recognised with the Bronze Award under the Best Smart Hong Kong category in the Hong Kong Information and Communications Technology (ICT) Awards 2017. The ICT Awards was established in 2006 through the collaboration of the industry, academia and the HKSAR Government to recognise outstanding ICT inventions. An awards presentation ceremony was held on 30 March to honour the winners.

In addition to winning the ICT award, the AGLSIS project was recently named Champion in the Hong Kong Electronics Project Competition 2017 (HKEPC 2017) organised by Hong Kong Institution of Engineers Electronics Division, which had a theme of "Intelligent Technology Innovations for Smart Cities". The award presentation ceremony took place on 20 April 2017 in the Hong Kong Science Park.

Co-invented by the AA's Technical Services Department and a tech firm at the Hong Kong Science Park, the AGLSIS is the world's first automated system to conduct inspections of airfield ground lights (AGL). The system consists of an advanced high-throughput scanning machine installed on a rover and a remote computer server. The rover rapidly scans the AGL then sends the data to the server, which uses the results to perform integrity checks on the AGL. 機場管理局的機場助航燈自動掃描及檢查系統(AGLSIS)最近於「2017香港資訊及通訊科技獎」中奪得「最佳智慧香港獎(開放數據/大數據應用)獎」的銅獎。 香港資訊及通訊科技獎於2006年由資訊 科技界、學術界與政府部門共同設立,旨 在表揚及推廣優秀的資訊及通訊科技發 明。得獎機構於3月30日舉行的頒獎典禮 上領取獎項。

此外,AGLSIS項目亦於香港工師學會 電子分部主辦的「Hong Kong Electronics Project Competition 2017」(香港電子 項目比賽2017)奪冠。該比賽以智能城市 的智能科技創新為主題,其頒獎典禮於 4月20日在香港科學園舉行。

AGLSIS由機管局工程及維修部與於香 港科學園的創科公司共同研發,是全球 首個自動檢查助航燈的系統。系統配備 安裝在流動站上的先進高通量掃描器, 以及遙距電腦伺服器。流動站可快速掃 描助航燈,將數據傳送到伺服器,並利用 掃描結果全面檢查助航燈。

## 2 MAKING AN AWARD-WINNING SPLASH

載譽凱旋

"Bathtime Fun", the larger-than-life yellow duck created entirely using more than 14,000 food cans, recently scooped up the "People's Choice Award" at the Canstruction 2016 International Citywide Competition by virtue of receiving the most number of votes from the public on the organiser's Facebook page.

Adding to its recognitions, the structure also received first runner-up honours in the "Most Cans" award category during the same competition.





由機管局團隊以超過14 000罐食物罐 頭砌成的黃色巨鴨「洗澡樂伴」,在 Canstruction舉辦的2016 International Citywide Competition (2016年國際 城市比賽)中脱穎而出,於主辦機構的 Facebook網頁獲得最多公眾投票支持, 贏得「People's Choice Award」(大眾之 選)殊榮。

此外,作品亦在同一比賽中榮獲「Most Cans」(最多罐頭)獎第二名。



## **3** CREATIVE AND INFORMATIVE

創意與資訊兼備

The AA's infographic video entitled "Smart Airport" recently garnered a Special Mention under the Best Digital Entertainment Award (Animation & Visual Effects) category in the Hong Kong ICT Awards 2017.

The accolade cites the one-minute video's vibrant graphics and vivid animation effects that bring HKIA's passenger-centric features to life such as the self bag drop, iBeacon technology and the HKG MyFlight mobile application.

機場管理局製作以「智能機場」為題的資訊圖表動畫影片,最近在「2017香港資訊 及通訊科技獎」中獲頒「最佳數碼娛樂 (電腦動畫及視覺特效)特別嘉許」。

影片長一分鐘,以鮮明圖表及生動動 畫,清楚介紹香港國際機場多項便利旅客 措施,包括自助行李託運服務、iBeacon信 標技術及「我的航班」流動應用程式等。



## **4** KEEP ON SMILING, HKIA!

機場「齊來微笑」活動

HKIA rolled out the Keep Smiling campaign in January which brought the charming Mr. Men & Little Miss (MMLM) characters to further lighten up the welcoming environment of HKIA. The campaign came to a successful conclusion at the end of April following a series of passengercentric activities and events including mascot meet & greets, distribution of souvenirs as well as an interactive webpage where travellers could upload and share amusing selfies they took with the MMLM characters.

香港國際機場於1月份推出「齊來微 笑」活動,帶來多個《奇先生妙小姐》 (Mr. Men & Little Miss)的趣緻卡通 角色,為機場增添更多笑臉,期間機管 局舉行連串精采活動,與眾同樂,包括 《奇先生妙小姐》家族在機場各處迎接 旅客、派發紀念品,以及推出網上互動專 頁,讓旅客將他們與各卡通角色的有趣 合照上載分享。活動於4月底圓滿結束。



## 5 STANDOUTS IN PROMOTING SAFETY 提升安全齊表揚

On 23 March, HKIA hosted the 2016/17 Airport Safety Recognition Award Presentation Ceremony attended by AA representatives and various business partners of the airport community. AA CEO Fred Lam kicked off the event by thanking the airport community for reinforcing a culture of safety during his welcome remarks.

A slate of accolades were also handed out during the ceremony to the winners of the Corporate Safety Performance award, Role Model Safety Behaviour award, Accident Prevention Measures award, Best Safety Supervisor award and Good Safety Suggestion award.

In addition, souvenirs were presented to the different organisations that exerted tremendous efforts in promoting safety in the airport community, including the Fire Services Department, Labour Department, Occupational Safety and Health Council and Hong Kong Sheng Kung Hui Tung Chung Integrated Services.

3月23日,香港國際機場舉行2016/17年 度「機場安全嘉許計劃」頒獎典禮,機管 局代表及多名機場業務夥伴出席。機管 局行政總裁林天福為典禮揭幕,致辭時 感謝機場同業同心協力加強機場的安全 文化。

典禮上各得獎者獲頒授「企業安全 表現」、「模範安全行為」、「預防意外措 施」、「最優秀安全督導員」及「優良安 全建議」等獎項。

此外,機管局亦向消防處、勞工處、職 業安全健康局及香港聖公會東涌綜合服 務等不同機構致送紀念品,感謝各機構 對推動機場社區安全作出重大貢獻。

## 6 CRACKING DOWN ON PHISHING 打擊仿冒詐騙

Cybersecurity remains a foremost priority in the digital age, especially in modern airports that process a wealth of information every minute. In this light, the Information Technology Department conducted a practical Email Phishing Awareness Campaign in the fourth quarter of 2016 to raise awareness on the risks and consequences of the cyber attacks.

Throughout the campaign, eleven AA departments displayed keen awareness in detecting and thwarting suspicious and harmful emails, and their efforts were recognised during an award presentation ceremony in March.

保障網絡安全是數碼時代的首要任務, 對時刻處理大量資訊的現代化機場特別 重要。為此,機管局資訊科技部於2016年 第四季舉辦認識偽冒電郵活動,加強員工 對惡意電郵的風險及後果的意識。

從活動可見,機管局11個部門員工表現 警覺,並有效地提防可疑及惡意郵件。機 管局在3月舉行頒獎禮,表揚活動中表現 出色的員工。





## 7 CONVENIENCE FOR WORKING MUMS

便利在職媽媽

The AA further expanded its familyfriendly workplace by offering a new lactation room at the HKIA Tower. The room is equipped with a comfortable armchair, table, fan heater and electrical sockets that allow them to conveniently breastfeed or use a breast pump in privacy.

Since the introduction of the "Breastfeeding Friendly Workplace" policy in 2015, the new lactation room is the second such facility to be introduced at the HKIA Tower. The policy supports the health benefits of breastfeeding by installing convenient facilities and allotting two 30-minute lactation breaks within an eight-hour working day.

機管局積極為員工推行更多家庭友善措施,最近在機場行政大樓加添一個哺乳室,當中設有舒適扶手椅、桌子、暖風機 及電源插座,方便女同事享用私人哺乳 空間。

機管局於2015年實施「母乳餵哺友善 工作間」政策,這項新設施是在機場行政 大樓設立的第二間哺乳室,旨在透過設 施鼓勵在職媽媽持續母乳餵哺,機管局 同事可在每天八小時工作中有兩次30分 鐘的哺乳時間。

## 8 CONTINUOUSLY CARING FOR ALL

關懷不斷

Once again, the AA received the "10 Years Plus Caring Organisation Logo" under the Caring Company Scheme, in recognition of the AA's commitment in Caring for the Community, Caring for the Employees and Caring for the Environment over the years.

An award ceremony was held on 10 March at the Hong Kong Convention & Exhibition Centre to honour the AA alongside other awardees.

機管局再度獲「商界展關懷」計劃頒發 「10年Plus同心展關懷」標誌,以表揚機管 局多年來實踐關懷社區、關懷員工及關 懷環境的承諾。

頒獎典禮於3月10日假香港會議展覽 中心舉行,向機管局及其他得獎者頒發 獎項。

## **9** TOUR OF SMART TECHNOLOGY AT HKIA

### 參觀機場智能科技

Students and teachers from the Department of Mechanical and Automation Engineering at The Chinese University of Hong Kong visited the airport on 14 March to learn more about the innovative technologies incorporated at HKIA.

The AA introduced the airport's new initiatives to the group including building analytics that allows for better predictive maintenance and automatic identification of energysaving opportunities, as well as a smart-to-charge system that efficiently allocates power to electric vehicle charging facilities which enhances its charging capacity. They also gained a better understanding of the retro commissioning of the mechanical ventilation and air-conditioning system which has improved its operations and maintenance procedures as well as its energy performance.

香港中文大學機械與自動化工程學系的 師生於3月14日參觀香港國際機場,藉此 了解機場採用的創新技術。

機管局向參觀師生介紹機場的新措施,包括建築物分析及智能充電系統。建築物分析技術能更準確地預測維修的需要及自動識別節能機會;而智能充電系統則有效地為電動車充電設施分配電力, 有助增強充電容量。一眾師生亦聽取有關機械通風及空調系統的重新校驗工作如何改善運作與維修程序,以及提高能源表現。



# SKYRUNNERS OF THE AIRPORT 越野行

#### The airport is full of hidden

**talents.** Aside from explorers who have travelled to all corners of the globe, it is also home to adventurers who have trekked far and wide. Located on Lantau Island, Hong Kong International Airport (HKIA) is surrounded by lush mountains, including six of Hong Kong's 10 highest summits. It is no wonder that Lantau Island is considered a playground for many hiking lovers.

In this issue of *HKIA News*, enthusiasts Yip Chun-fai (Siu Yip) and Leanne Szeto (Szeto) share experiences of their past adventures and insights into Hong Kong's verdant backyard.

#### When Old Meets New

With nearly 30 years' experience at the airport, Siu Yip often lightheartedly refers to himself as an 'antique'. Beginning his career repairing aircraft at Kai Tak Airport, he knows most of the airport's aircraft models inside out. In his leisure time, he is a well-known trail runner in local circles, making the rounds on competition podiums every single year. He has accumulated some 30 years of running experience living in Lantau, witnessing the changes to the island while leaving his own mark on the well-trodden paths.

"The airport had just opened its doors back then, and the Ngong Ping Cable Car and Hong Kong Disneyland had not even begun development yet. In the morning, I would run for two to three hours before work, running from Tung Chung to Sunset Peak and Lantau Peak, circling to Tai O before returning to Tung Chung. I have left my mark on almost every corner of Lantau Island," he says.

By comparison, 26-year-old Leanne Szeto is the 'new blood' at the airport. Upon graduating with an Engineering Degree in Australia two years ago, she returned to Hong Kong to pursue her career – first as an aircraft engineer at an aviation company, before moving on as a mechanical engineer at an air cargo operator.

A former Hong Kong representative at triathlons, she likens trail running to cross-training for triathlon **香港國際機場是臥虎藏龍之地**,除了有人 飛越五湖四海,亦有不少人選擇踏過千山 萬水,機場人葉俊輝(小葉)及司徒兆殷 (司徒)正是當中表表者,在世界不同峻 嶺,用雙腿歷遍大小賽事,與外國運動健 將一分高下。

#### 老鬼遇上新血

在機場工作接近30年的小葉自稱機場 「老鬼」。他由機場的啟德時代開始維修 飛機,對常見飛機型號的知識瞭如指掌。 工作以外,他是本地越野跑界名人,每年 大大小小賽事的頒獎台上不難發現他的 身影。跑齡超過30年的小葉一直住在大 嶼山,用腳步見證這個島的變遷。他說: 「當年機場才剛剛落成,昂坪纜車站、迪士 尼樂園還未開始發展。每天上班前就跑 兩、三個小時,由東涌跑上大東山、鳳凰 山,再經大澳回到東涌,可以說在大嶼山 各個角落都留下了足跡。」

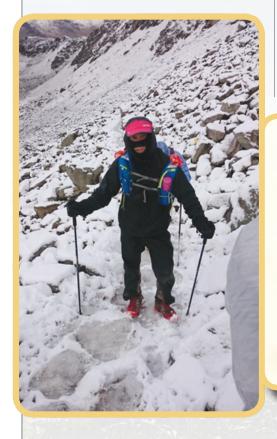
相比之下,26歲的司徒算是機場「新 血」。她兩年前在澳洲修畢工程課程後回 港發展,先在航空公司的飛機工程部工 作,現於空運公司任職機械工程師。曾為 三項鐵人香港隊代表的她,雖然視越野跑 為三項鐵人的交叉訓練,但其實力已足以 在多個越野賽事中奪得佳績。三鐵訓練以 科學為本,個人成績較易預料,司徒卻在 充滿變數的越野跑中領會到平衡訓練壓



competitions, where she has already achieved considerable success. For her, triathlons are more scientific, whereas trail running is more like training in stress management. "There are so many variables when you are trail running. From weather to road conditions to trail markers, anything can be a determining factor in the result." Two years ago, two elite international teams unfortunately made an 8 km detour at Oxfam Hong Kong's Trailwalker event that led to their eventual loss. "These uncertainties make trail running appealing to me. They relax me, since I know that nothing can be determined until the last minute."

#### The Further The Better -Memories That Last A Lifetime

"Ten years ago I made the transition from being a marathon runner to a trail-runner, just so I can attempt the 100 km Trailwalker competition!" Siu Yip reminisces. "In 2006, I joined the event for the first time alongside three seasoned runners as my teammates. It only took us 13 hours to finish the course, making us the fastest Chinese team to cross the finish line." In the following year, Siu Yip attempted overseas Trailwalker



events, garnering awards in New Zealand and Sydney. "My wife became interested in the wilderness too, and we would fly to other countries to compete in challenging courses."

His most memorable competition thus far was the Tor des Geants, held in Italy in 2013. With a tricky course that spans 330 km and an accumulative climb of over 24,000m, it is regarded as one of the most difficult endurance races in the world. "On the first night, we encountered a sudden snowstorm in the mountains," he recalls. "The roads were iced over and impossible to navigate. Many people ended up with hypothermia and some had to be rescued by helicopters."

Fortunately, he was well-prepared for unforeseen circumstances, and had brought along enough coldweather clothing. He says laughingly, "I have always been afraid of the cold, so I wear more layers than other people." He and his wife, along with another friend, eventually completed the race within the 150-hour time limit, becoming the first batch of Hong Kongers to finish the course.

#### Pink Boss - Striving for Engineering Success

Comparing to "antique" Siu Yip, Szeto might look like your typical young woman, but known by her formidable moniker "Pink Boss", she is strong enough to leave her male competitors in the dust. She began competing in triathlons at



age 13, and joined the TriHK Junior Squad in the following year.

Although she emigrated to Australia with her family while she was in Form 4, she continued to represent Hong Kong in international competitions, once racking up a record 18 flights in one month. "Perhaps it was because I was on aircraft a lot that I developed a keen interest in aviation technology. I majored in aircraft engineering when I was in university."

Szeto has worked at Hong Kong International Airport since returning to Hong Kong. These days she balances her sports training with her Master's Degrees in Engineering at the Hong Kong Polytechnic University, as she works towards attaining her professional qualifications. She admits that balancing sports and work is no easy task. "Every day I wake at 5am to train. I jog at the airport in the afternoon, and work on my strength training in the evening. I would be lying if I told you this was easy!"

She is also a frequent contender at trail running events, winning many local competitions – focusing mostly on shorter endurance hill trails (50km or below). "I am an explosive runner by nature, and I am better at speed than endurance. I will not be challenging long endurance trails that are over 100km for now." In the near future, the 'Pink Boss' looks forward to new challenges including competing in the Ironman World Championship in the United States in June.

#### FAR LEFT 最左圖

Competitors at the Tor des Geants have to be half self-sustainable, and have to carry a large amount of supplies across the 330 km trail. 意大利的巨人之旅比賽屬半自給自足形式,參 加者要攜帶大量裝備完成330公里的賽程。

#### LEFT 左圖

Siu Yip's team clinched victories at both the New Zealand and Sydney trailwalker competitions to become double champions. They received a letter of congratulations from the then Permanent Secretary for Home Affairs. 小葉的隊伍連續在新西蘭及澳洲悉尼毅 行者賽事勝出,成為雙料冠軍,獲時任 民政事務局常任秘書長致函祝賀。



#### RIGHT 右圖

Szeto represents Hong Kong during the 2014 Incheon Asian Games. 司徒曾代表香港出戰2014年仁川亞運會。



力的方法。司徒表示:「無論是天氣、路況 甚至是賽道標示,對越野跑賽果都有決定 性影響。」早年的樂施會毅行者活動中, 就曾有外國精英隊因誤會標示而多跑八公 里,最終未能勝出。「但這些變數正是其 吸引之處,亦令我更放鬆心情應賽,因為 未到最後一刻都難分勝負。」司徒笑説。

#### 愈長愈愛 難忘壯麗風光

小葉說:「十多年前由馬拉松轉戰越野 跑,就是為了挑戰100公里的毅行者賽 事。2006年我首次參加毅行者,另外三位 隊友都是越野界高手。結果只用了約13個 小時便完成賽事,成為最快的華人隊伍。」 翌年小葉出戰海外毅行者活動,更於新 西蘭及澳洲悉尼毅行者比賽接連奪魁。 他其後感染到妻子也愛上山野,兩夫婦更 一同到外地參加一些高難度賽事。

當中令他最難忘的是2013年意大利 的巨人之旅(Tor des Geants)比賽, 崎嶇的賽程長達330公里,總爬升超過 24 000米,是全世界最艱難的超級耐力 賽之一。小葉憶述:「賽事第一晚,在高山 遇上暴風雪,路面結冰不能行走,多人出 現低溫症,要出動直升機救援。」遇上這 種突發狀況,他慶幸自己準備充足,有足 夠禦寒衣物。他和妻子及另一位山友最 終成功在150小時的限時內完成賽事,成 為首批完成該賽的香港人。

#### 粉紅鐵人 立志當工程師

「老鬼」小葉固然經驗老到,但也別小覷掛 着稚氣笑容的司徒。她有一個相當霸氣的 外號——「粉紅大佬」。無他,雖然她看起 來像纖纖女子,在比賽場上卻實力強橫, 大部分男選手都望塵莫及。她13歲起練習 三項鐵人,翌年加入香港三項鐵人青少年 代表隊。中四時隨家人移居澳洲,但仍繼 續代表香港出賽,曾一個月內乘飛機18次 遠征參賽。「可能因為經常搭飛機,我對 航空科技日漸感興趣,在大學時亦選修飛 機工程。」司徒説。

回港後在機場工作,除兼顧運動訓練 外,更於香港理工大學修讀工程學碩士課 程,以取得專業工程師資格。她坦言要平 衡運動與工作並不容易,每天五時許便起 床晨操,趁午膳時間在機場跑步,放工後 亦要作舉重訓練。近年她常參與越野跑, 主要是50公里或以下的較短途耐力山賽, 更先後勝出多個本地賽事。「我是爆發型 的選手,重視速度多於耐力,暫時不會挑 戰百公里的超級耐力賽。」她笑言未來仍 會參與不同類型比賽,並將於6月遠赴美 國參加Ironman世界錦標賽。

## RUN LIKE A PRO 高手教路

Uphill: Keep your upper body upright and use the momentum of your hands to move your legs. Try to keep your steps small but frequent to maintain your heart rate. 上坡跑:上身保持挺直,借助 擺手帶動雙腳,縮窄步幅及 加密步頻來控制心跳。

Downhill: Relax your body and use your hands to maintain your balance. Do not limit your vision on your immediate next step. Instead, try to plan your whole route. 下坡跑: 放鬆身體,利用雙 手保持平衡,避免只着眼於下一步, 要放遠視線來計劃下坡路線。

#### Steps/ Steep inclines:

If the climb is too steep for you to keep your running posture, press your hands on your thighs to draw extra strength. 上樓梯或急斜:



若斜度太大難以保持跑 步姿態,可用雙手按着大腿借力。

# WHAT'S LEFT IS NOT OVER 化剩為盛

In addition to being an aviation hub with an extensive network of over 100 airlines, Hong Kong International Airport (HKIA) is home to a diverse range of dining and catering outlets that have contributed to its distinction as the "World's Best Airport for Dining" in the Skytrax 2017 World Airport Awards.

While it is renowned for the quality of its food, quantity is also paid close attention to. To minimise food wastage, the Airport Authority (AA) has collaborated with food rescue organisation Food Angel since 2013 to implement the HKIA Food Rescue Programme. The programme involves collecting surplus food from HKIA and neighbouring areas that are then used in preparing hot meal boxes and distributed to those in need.

To this end, the AA has invested over \$3 million through the HKIA Environmental Fund to operate a refrigerated food collection truck as well as set up a centralised surplus food storage room inside the terminal. Twice a day, surplus food is collected from various dining outlets at the airport and aircraft caterers. Every morning, the food is transported to Food Angel's kitchen in Sham Shui Po where it is transformed into mealboxes, which has benefited some 58,000 people since the programme was launched in 2013.

In 2016, the AA also began to work with Hong Kong Sheng Kung Hui Tung Chung Integrated Services to provide hot meals at its community centre in Tung Chung. Part of the surplus food collected at HKIA is transported to Tung Chung to cook hot meals on Wednesdays and Fridays that directly benefit HKIA's neighbouring community.

12





ABOVE 上圖

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2 ...

Food rescue organisation Food Angel collects surplus food from HKIA twice a day. 借食堂每天兩次從機場收集剩食。

#### TOP RIGHT 右上圖

Surplus food is stored properly inside the storage room before being sent to Food Angel's Sham Shui Po kitchen. 剩食會先妥善存放於儲藏室·然後運 往惜食堂位於深水埗的廚房。

#### RIGHT 右圖

Nutritious meals are prepared by volunteers in the Tung Chung centre that directly benefit the community. 義工在東涌社區中心準備營養豐富的 飯餐,讓區內有需要人士直接受惠。

香港國際機場除了航空網絡廣闊、提供服務的航空公司逾100家外,機場的多元化餐飲選擇更備受稱讚,在Skytrax的2017年全球最佳機場調查中獲選為「全球最佳餐飲機場」。

香港國際機場不僅以優質食物聞名, 同時亦關注食物數量,盡量減少浪費。機 場管理局自2013年起與食物回收機構惜 食堂合作,推行「香港國際機場食物回收 計劃」。借食堂從機場及鄰近地區收集 剩餘食物,然後製成熱飯餐,派發予有需 要人士。

為提升計劃成效,機管局向香港國際 機場環保基金撥款超過300萬港元購置 冷藏食物回收車,並在客運大樓內設置 中央剩食儲藏室。惜食堂每天兩次 向機場食肆及航膳供應商回收剩 食,並在每天早上將剩食運往惜食 堂位於深水埗的廚房,然後製成熱飯 餐。自2013年以來,由計劃協助製成 的飯餐已讓約58 000人次受惠。

機管局由2016年起與非政府機構香港 聖公會東涌綜合服務合作,在其於東涌 的社區中心內提供熱飯餐。每逢星期三 及星期五,從機場回收到的部分剩食會 運往東涌,然後製成熱飯餐派發予區內 有需要人士,讓機場鄰近社區直接受惠。

## GREEN EFFORTS SHINE THROUGH

## 環保工作備受肯定

Hong Kong International Airport (HKIA) recently scooped up a Silver Recognition under the "Airports with 25 million passengers per annum and above" category of the ACI Asia-Pacific Green Airports Recognition 2017. The awards acknowledge regional airports for their outstanding accomplishments in environmental projects.

The accolade cited HKIA's energy management programme as a key factor towards the airport's success in surpassing its target with a 25.6% reduction in carbon intensity by 2015 as compared to 2008 levels. The programme included various green initiatives including the replacement of over 100,000 traditional lights with more energy-efficient LEDs throughout the terminals and the enhancement of the air-conditioning system. In taking this commitment a step further, the Airport Authority (AA) and 53 airport business partners have pledged to reduce its carbon intensity by 10% by 2020 compared to 2015 levels.

香港國際機場最近在國際機場協會亞太 區分會舉辦的「2017年環保機場嘉許計 劃」中,奪得「年旅客量逾2 500萬人次 或以上的機場」類別銀獎,表揚其作為地 區機場實行環保措施的卓越成績。

香港國際機場於2015年成功將碳強度 從2008年的水平減少25.6%,評審團認 為機場推行的能源管理計劃是成功達到 減排目標的關鍵因素。香港國際機場的 能源管理計劃包括多項環保措施,包括 以10萬枚發光二極管燈取代客運大樓的 傳統照明裝置,以及提升空調系統等。機 場為減排更多走一步,機管局及53個業 務夥伴承諾至2020年年底前將碳強度從 2015年水平再減少10%。



共建低碳機場

A key component of the new HKIA carbon reduction pledge is the bi-annual technical working group, at which AA and its business partners share their experience and exchange views on carbon reduction solutions.

At the inaugural meeting on 24 April, speakers from the AA, air cargo operators and airport hotel group introduced participants to the ISO 50001 Energy Management System, an internationally recognised standard on energy management, as well as its requirements and challenges.

機管局為實踐香港國際機場的新減碳承 諾,其中一項重要措施是每年舉行兩次 的技術工作小組會議,和業務夥伴一同 分享減碳措施的經驗及交換意見。

於4月24日舉行的首次會議上,來自 機管局、空運公司及機場酒店集團的 講者向與會者介紹國際能源管理標準 ISO 50001能源管理系統、有關要求及實 踐上的挑戰。



## UNWINDING WITH WINE 小酌怡情

AA staff let their hair down following a productive working day by indulging in wine tasting sessions in March. Organised by the AA Staff Club and facilitated by a wine connoisseur, the two tasting sessions provided opportunities to staff to broaden their wine knowledge horizons with a greater understanding of specific wine regions and wine styles. Each session offered six types of wine to train the palate of participants in an educational, yet fun way to look into the characteristics and differences in style.

機管局職員康樂會於3月舉辦品酒會,讓 機管局員工在忙碌工作一天後品嘗佳釀, 輕鬆一番。兩場品酒會由專業品酒師主 講,講解品酒知識及不同葡萄酒產區的 特色。每場品酒會各介紹六款不同種類 葡萄酒,在愉快氣氛下讓參加者認識各 款佳釀的特色及風味。



## CHEER FOR OUR DRAGONS 備戰龍舟賽

With their eyes set on Stanley International Dragon Boat Championships glory on 30 May, the Airport Authority (AA) dragon boat team is rising up to the challenge by rigorously training over the weekends leading up to the big competition. Let us all cheer on the AA team to bring home the trophy!

為應付於5月30日舉行的赤柱國際龍舟錦 標賽,機管局龍舟隊一連多個周末加強 練習,積極備戰,期望締造佳績。 祝機管局龍舟隊凱旋而歸!



## DISCOVERING LAMMA'S HERITAGE 暢遊南丫島

Around 100 airport staff relished a picturesque afternoon on 25 March by exploring the wonders of neighbouring Lamma Island during the Lamma Fisherfolk's Village Tour organised by HKIARace.

Participants were immediately immersed into the fishing culture and history of the quaint Lamma Fisherfolk's village as they viewed the fishing tools and model vessels on full display. The group then tried their hand on no-hook fishing before savouring a delightful seafood lunch along Sok Kwu Wan's main street.

於3月25日,約100名機場員工參加由機場同業綜藝社舉辦的「南丫島漁民文化 村寫意導賞團」,體驗南丫島的漁村風情, 共度愉快的一天。

當天,參加者認識了南丫島漁村的捕 魚文化及發展歷程,參觀捕魚用具及漁 船模型。參加者更有機會親身一試無鈎 釣魚,之後到索罟灣大街享受美味的海鮮 午宴。

## 2016 OUTSTANDING EMPLOYEE AWARD FEATURE

2016年度傑出員工獎專題

| Q: When did you  | I joined the AA in 2006 and   |
|--|---|
| join the Airport   | working in the Customer S   |
| Authority  | since 2008. My daily work   |
| (AA)? How  | managing a team of front  |
| would you  | customer service staff, fro   |
| describe your  | operations to training and  |
| daily work?  | 我於2006年加入機管局,在  |
| 問:你何時加入機場  | 顧客服務組工作。我的日常  |
| 管理局?你的日  | 前線顧客服務團隊,由日常  |
| 常工作是甚麽?  | 團隊發展等。  |
| Q: What was<br>your most<br>memorable<br>experience<br>during your<br>career at the<br>AA thus far?<br>問:在機管局工作的<br>日子裏,有甚麽<br>事令你最難忘? | A few years ago we had a<br>from Venezuela who was<br>an engagement party in I<br>missed the ferry at SkyPid<br>initially very emotional, b<br>able to calm her down ar<br>she was able to attend th<br>on time. It was very mem<br>me as we turned a compl<br>compliment through our<br>數年前有位來自委內瑞拉的<br>門出席訂婚宴會,但卻錯過<br>頭開出的快船。她起初情緒<br>們的協助下她最終能準時<br>力能令旅客的不滿變為讚<br>分難忘。 |
| Q: How do you  | I enjoy being a traveller n   |
| usually spend  | love immersing myself in  |
| your leisure   | culture and live the same   |
| time?  | the locals. Recently I sper   |
| 問:你如何利用工餘  | holidays in Seoul, South H  |
| 時間?  | simply enjoying the beau  |

d have been Service unit involves line om day-to-day d development. E2008年開始在 常職責包括管理 '營運、培訓以至

a passenger attending Macao but er. She was out we were nd eventually he event orable for laint into a efforts. 的旅客趕着到澳 過了海天客運碼 緒激動,但在我 到達。我們的努 許,對我而言十

nyself. I just a foreign e way as nt my Korea, tiful cherry blossoms during my week there. 我很享受當遊客,旅行時我喜愛了解外地文 化, 體驗當地人生活。最近我到了南韓旅 遊,在首爾欣賞盛放的櫻花,度過了愉快的 一周。



Alex Chan 陳展暉 Assistant Manager, Customer Services, Terminal 1 一號客運大樓運作顧客服務助理經理

## **OUR GROWING** HKIA FAMILY

機場大家庭



Coby Li 李琬婷 Corporate Communications Department 企業傳訊部



#### Isla McCullough

5 months 5個月 Mother: Kristy Tan 母親: Kristy Tan Sustainability Department 可持續發展部

Airport Authority colleagues can submit their wedding or new born baby photos and stand a chance to receive an HKIA cash coupon valued at HK\$200. The selected images will be published in the next issue of HKIA News. 機場管理局同事提交他們的結婚或新生嬰兒照片, 即有機會獲得200港元的香港國際機場現金券。 獲選照片將於下期的《翺翔天地》刊登。