

● Beautiful sceneries
at the midsummer coasts
Surfing ▾ Diving

Taiwan Step

● Extreme Challenge
Parkour ▾ Triathlon ▾ Rock Climbing

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2016

Chasing winds and waves in midsummer

Leave the comfort zone behind,
go outdoors to exercise and set the body and mind wild and free

Camel's lyrics vs. water strider's ballads in two different ways of body shaping

—— GinOy talking about jogging, and Wu Huai-Chen about surfing

● Wandering under the
blue sky, on the green land
Paragliding ▾ Parent-Child Camping



Summer is the time to pack up and get away from the bustling and annoying atmosphere to enjoy the passionate Taiwan under the sunshine.

This edition offers fun experiences of leisure exercises shared by outdoor players, so exciting that the staff in the editorial room cannot help but want to give it a try - they have a strong desire to rush to the secret attractions. If one summer experiences are not enough, in this edition the column of "Hong Kong and Macau People in Taiwan" presents an interview with Huang Jinyu, who simply wrote a book to share her experiences of immigration to Taiwan with her husband, and talk about their Taiwan Steps.

Editor's Words

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《Taiwan Steps》The Crew of No. 18 Taiwan Step

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Welcome to check the "Taiwan Step" magazine on Facebook and Sina Weibo.

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Camel's lyrics vs. water strider's ballads — Two different ways of body shaping Jogging and Surfing

A wonderful life like marathon

The wind chasing writer GinOy — Born to be endureable, the self-perceived camel



Q1 How did you come up with jogging?

It was three years ago when my longtime companion kitty died, which stimulated me to think about life differently. An impulse pushing me to challenge things I dared not do came to my mind, driving me to make a change. I happened to know some senior marathon athletes, who then led me to the jogging world. Marathon has become an important goal in life ever since. When I gasped and couldn't breathe, without being defeated, I kept the practice and asked for advices from instructors and senior runners. Jogging isn't an easy thing to do, and one must be very dedicated to it before obstacles can be removed.

Q2 How did you feel when finishing your first full-marathon (42.195 km)? What preparation did you have?

When I finished my first full-marathon, I was so thrilled with joyous tears, and it was very emotional to realize I had just finished one tough job. Today, I still feel a sense of achievement whenever I finish a full

marathon. Before going for a full marathon, one must practice till body strength is up to the physical load. This is a sport with risks, for which different preparations may be required. For a full marathon, I would start practicing one and a half year in advance, during which I watch my diet and practice over and over. In fact, there are some standards for the practice, such as the intermittent exercise method aimed to quest for best body conditions.

Q3 Haruki Murakami says he uses jogging to train his focus and endurance on writing. Do you feel that same with jogging?

I've read the book "About jogging, what I want to say is...", and I totally agree with Haruki Murakami's point of view: long jogging and marathon are different from other sports, and the key lies in a calm mentality. Jogging does help me a lot when I hit bottlenecks in writing. I would use certain sensations obtained from long jogging on my writing, to calm myself down and to think for answers steadily.

Q4 What are the jogging experiences that impress you?

Experiences of each jogging are unique. "GinOy's Jogging Book for Women" shares lots of my jogging experiences. For a particular one, it is snowing in marathon! This is quite usual in running marathon in Japan, and you've got to hang on and keep running. Marathon runners are usually tough, and they don't quit just because of the snows.

Q5 You have run a marathon with 20,000 female runners, and have run alone. What's the difference?

Running together with others is like a group collaboration, with all the members striving as one to achieve a common goal, which however can easily distract the runners; meanwhile running alone can pacify the runner's mind and thinking, which not only is a training of being with oneself alone, but also makes one sharper and more focused on the changes of the body.



GinOy, a writer and actress, has written the books "Cannibalizing Street", "We, the Doomsday Remnants", "GinOy's Jogging Book for Women", and "Jogging Trip in Japan". Suffering from a severe depression for six years after her kitty died, she started jogging, and proclaiming herself a jogging missionary ever since.

Q6 How do you persist with your jogging routines with busy schedules of work and in life?

I would always grasp any opportunities of marathon races. According to the race schedule, I would set up a plan for my training and practices and then give it a go. In March, I'll be running the "2016 Crufu Run" in Taiwan Penghu, followed by the "Nike Women's 10K" in Hong Kong, "Nike Women's Half Marathon TPE" in Taipei, and "Nagano Olympic Memorial Marathon" in Japan....The races create opportunities for me to run.

Q7 Any jogging strip you would recommend?

Taipei has many riverside parks, which are very good places for running practice. The Nike+Run Club (NRC) is a good choice as well! It has professional pace makers to run with you. Just log onto its website and get a registration for free. NRC is more like a local running, whose routes are mostly arranged in urban spaces (such as Shihlin), offering a wonderful jogging experience of running and sightseeing the city of Taipei at the same time. It is also recommended to foreign runners.



Moisturizing moored dreams on every shore

Wu Huaichen's Heart of the Tides — Experiencing on-the-water-surface,
the dream of a water strider

Q1 What led you to the seaside?

It was 9 years ago at a cafe, I came across a picture of surfing. It was a picture of a snow-covered coast and frozen seawater, and someone was surfing in the snow on the icy sea. Well, it was probably my characteristic - the image summoned the wild nature inside me.

Q2 With all the years of surfing and experiences, what has changed in your mentality?

With 9 years of surfing, more or less I've grown a mentality of seniority. Whenever I face the sea, the passion will be lit up from the bottom of my heart

as it was in the very beginning. In the year when I started surfing, I travelled between Kaohsiung and Kenting on a regular weekly basis. Amazingly, when I drove on the Pingtung - Oluanpi road back and forth over and over, it was the sea along the road that grabbed my eye. I just wanted to watch the sea and get close to the waves. I played music and sang while driving along the road, and the waves fluctuating up and down in their own rhythms seemed to interact with me, a frequent traveler on the road. My heart was peaceful, completely.

Q3 Kenting is where you started your surfing, and then you turned to the

eastern coasts for it. What differences do you see of the surfing sports in these two places?

Kenting is closer to cities, more like a trendy holiday resort, and the waves are not too challenging; while veteran surfers love the eastern coasts more, because of the wild seas and waves, which however may not be suitable for novice surfers.

Q4 What are the challenges of surfing? and what are your most impressive surfing experiences?

In fact, surfing does not require particular body shapes, and even a 5 or 6 years old kid can learn the sports. However, surfers have to endure long exposure to winds and the sun, which demand physical strength and can be exhausting. The skills have to be built up over time, and novice surfers need to overcome their embarrassment of being beaten up by the waves over and over. Just imagine this - in a stylish surfing outfit, carrying a surfing board, and suddenly beaten down by surging waves, disheveled in an embarrassed look. I've already had 7 or 8 surfing board leashes torn by simply the force of the waves, and in such a circumstance I had to swim slowly and alone back to the shore. After a typhoon sweeps the outer seas of Taiwan, the weather may look bright and promising, yet the waves aroused by the winds may be quietly marching toward the seashores, and then become mirror triangle waves (cone waves perfectly split and fragmented on two sides)... There comes the golden time for surfing.

Q5 You are like an amphibian wandering between land and sea. How do tune yourself up to these two different scenarios? As mentioned in your

book, you've made quite a few friends from surfing. What are their common characteristics?

I need to work for a living, so I'd grab any opportunities and go to the beach to enjoy the surfing. So my patience of waiting for a surfing occasion to come is kind of a latency of enjoyment, isn't it?! The surfer friends of mine are generally passionate, happy and simple-minded in surfing. The greatest happiness in life to me is doing what you desire to do and fully dedicated to it. Over the years of surfing, I've become familiar with the faces of the frequent surfers, and running into them at the beaches is very usual.

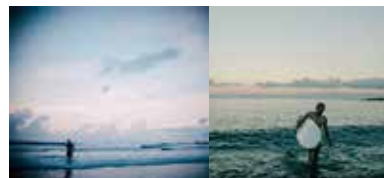
Q6 You once said that without surfing, you wouldn't have entered the philosophy domain and teaching career. What is that?

Surfing makes me feel clam. Getting myself immersed entirely in the dialectic thinking of philosophy is not too healthy, I think. As long as I've had no surfing for a month, my muscle endurance and coordination need to be calibrated. Overcoming the ocean is basically a matter of mental traits, and an exercise of willpower. When one's heart embraces the waves, all the troubles and obstacles in life can be alleviated. Getting along with the sea, one realizes how vast it is, and humans become way too tiny.

Q7 Any spots for surfing experience that you would recommend?

I'd like to recommend the Yilan Wushi Port and Kenting. For novice surfers, summer is a good time to practice, because the northeastern monsoon in the winter time can bring in surging waves, which can only be handled by veteran surfers.

Wu Huaichen, a surfer wandering on the sea, born in mid-60s, is a doctor of philosophy, who organized the Taitung Poetry Festival for two years and is very familiar with the great eastern mountains and seas. Wu is currently an associate professor at Taipei University of the Arts. He has written the book "Songs of Surfers" in prose and "Surfers' Chants" in poetry.



Chasing winds and waves in midsummer — Leave the comfort zone behind, go outdoors to exercise and set the body and mind wild and free

Text — Winnie Hung • Picture — Mr. Frog • Interview — Mr. Frog



Biking vagabond and mountain ventures Cultivation of positive characteristics Changing runway of life

In my 17-year-old summer, with a few pals, I jumped on a bike and set out for a halfway around-the-island biking trip. That was my first outdoor long-shot conquest, and the most important experience in my life. We started out from Banqiao all the way to Kenting, without well-equipped gears and no well-established bike routes either, let alone any accurate route planning or map instructions. Along the way, we stopped by at friends' homes for accommodation and simple food. It took us 9 days to finish the trip, and we were all totally depleted like shitty dogs. That was an unplanned vagabonding, in the midst of which situations surfaced over and over, but we persisted and made it. That was the inception of my later days mobility of quick start-ups.

I started out with mountaineering in my 30 years of age. That experience later became the turning point of my career in life. After graduation from college, I worked as designer for an online game company. Over time, I was promoted to different job positions, while the workload and pressure started to mount. On an occasion, a friend of mine asked me to climb Yushan with him. Without any experience, I felt uncomfortable and fell apart during the climbing. What a terrible experience! However, I brought a camera with me to photograph the beautiful

valleys. I was extremely exhausted, but the beautiful sceneries led me all the way to becoming interested in mountaineering. Later on, fortunately, I combined web design, copywriting and photography to create my own platform on the Internet, at a time when blogging was still in its infant stage. I posted the mountaineering photographs and words on my website to share with readers. And then, as more and more people were reading my blog writings, I started to think about what the "created works" mean to me? When my mind was cleared up, I was determined to leave the stable yet pressure-mounting job in the online game industry, and turned to running the "Frog Cafe" business. The Frog Cafe was drafted as a platform sharing the around-the-island biking experience, and then started to engage in biking sponsorship. Here, we share and exchange with friends the experiences of outdoor exercises, as well as stories and writings about travel adventures.

Leave behind the comfort zone, doing outdoor exercises to learn how to cope with challenges of the environment and live with it.

I've never intended to challenge extremes. It's just that every time when I get to a certain stage, I have a desire to get out of the comfort zone that I'm familiar with, and go outdoors for a vagabonding. Engaging in outdoors exercises often requires "endurance" to deal with unexpected

predicaments. Running into beautiful things are certainly the greatest reward. Every adventure fortifies my courage, self-confidence and self-anticipation. Whenever I feel hardship and depletion, more imagination and tenacious wills are triggered out of me.

Recent years have seen the flourishing of outdoor exercises, which inevitably bring about environmental impact. Respect for nature gets positive feedback from nature. Lovers for outdoor sports need to have environmental protection awareness. Activities such as camping, mountaineering and diving need a sound planning beforehand on the number of participants and range of activities, so that the mountains, forests and oceans can be well protected for a sustainable tourism benefits. In Taiwan, it is common to see outdoor frenzy for novel activities. For instance, after the movie *Island Etude* was played, biking became a craze, and similar situations happened to mountaineering, camping, marathon, triathlon. The outdoor exercise is not a hall of fame type or fashion index; it's part of the life pattern. The rush and craze can easily lead to showing off and competing for better gears, which is of course against what meant to be.

As for my favorite biking routes, I'd like to recommend adventures to rural villages and towns of Hualien. In mid-June and late November, East Rift Valley presents the exuberant rice to be harvested. The route starts from

Ruisui down the road along the Hualien Expressway No. 193, heading south in the direction to Yuli, and ends in Chishang. Along the route are magnificent coasts and mountains stretching all the way long, staggered with the beauty of rural fields and landscape. What a stunner!

Mr. Frog, whose real name is Yang Ming-Huang, once worked as a senior executive for an online game company. On an occasion, he started his mountaineering, and had his first encounter with photograph shooting as well. In June 2007 after finishing a biking tour around the island, he was determined to quit his 11-year career as an office worker, and leave the job position desirable to many others. He became a dedicated freelance writer, for a life style he had long craved for. In 2007, Frog, who had always wanted to put work and fun together, founded Taiwan's first ever bikers' humanistic space - Frog Cafe, which combines gallery displays, gatherings and ideas sharing, in hopes that people can find aspiration and get inspired in this dream-hatching stronghold, and to experience life together. Frog is currently a photographer, designer, carpenter, outdoor sports lover. Visit him at <http://www.frogfree.com/>



Mountain Climbing

Slowly walking into a tranquil mountain landscape, listening to the soothing whispers of winds, trees, clouds, stones, water, light - the heavenly sounds

Text — Yang Shitai • Picture — Dai-dai

Q1. How did you come up with mountaineering?

Several years back when my father became the chairman of a local mountaineering association, one day he shared with me a photograph of a vast green grass, in the middle of which was a royal blue lake whose surface looked like a shining mirror, and the blue sky clear of clouds accentuated the dark outlines of a few people walking by the lakeside. Father said that was "angel's tears", the most beautiful mountain lake of Taiwan.

Later on, I came across a framed Yushan summit climbing certificate at home, attached with a picture of my father standing on the main peak of the mountain. Inspired by the exquisitely adorned certificate, I had an idea came up to mind - I asked him to take me whatsoever for a Yushan mountaineering. He might be holding a speculative mood

of fun, or feeling happy that his son finally joined the ranks of his mountaineering, and soon after a few months a mountaineering trip was scheduled.

I do biking regularly, so I only needed some muscle training for the coming event. My anticipating and exciting mood was dampened when I appeared a mountain sickness symptom less than half the way of the mountaineering. I fell apart when we arrived at the base camp. Although I barely made it to the summit next day, on our way down the mountain, I had grievances that I'd never do the mountaineering again. Apparently, however, Yushan has never been the final stop, while today I'm still climbing to the summits, and I have since even written a book about mountains.

Q2 What mountaineering trips would you recommend?

Hehuan mountain peaks are seven summits with altitudes more than 3000 meters, scattered between Kunyang and Dayuling, along Hwy. No. 14. Five of the summits are listed as top 100 Taiwan mountain peaks, which can be climbed in a round trip of about 1-3 hours, and it takes less than 20 minutes to reach the peak of the Shimen Mountain, making it beginners' favorable starting point for the Taiwan top 100 mountains. May it be a short trip to the top of Shimen Mountain, the easy climbing still offers mountaineers a spectacular mountain views of grass, clouds and adjacent mountains; especially in the winter snowing season, tourists are attracted to the mountain snows, to experience a rare snowy landscape and scenery on the semi-tropical island of Taiwan.

Driving from the lowland to the top of Wuling takes about merely 2 hours, but fast ascending may cause symptoms of mountain sickness, bringing a sour mood. Staying overnight at a Chingjing B&B inn before the next day mountaineering is recommended, or stay overnight at Taiwan's highest accommodation Pine Snow Hostel, so you can set out for an easy mountaineering early in the next morning.

Personal favorite — Hehuan Mountain North Peak: Setting out from the tourist center's parking lot of Xiaofengkou and going through a short pavement, there is the entrance to the mountain climbing trail. About a kilometer of downhill walk, you'll reach the famous landmark of North Peak "Microwave Reflector Plate". The following one kilometer is an easy walk on a smooth and gentle trail which leads to the Tienluan Pond, and then at the fork take a left and walk for about another 5 minutes to reach the mountain top.

For a one-day roundtrip mountaineering, no heavy gears are required. A backpack capable of 15-25 kilogram loads will be good enough to contain simple food and water. Be sure to prepare breathable, perspirable sportswear, and hard bottom walking shoes are preferable. With higher altitude, the Hehuan Mountain has a low temperature of about 10°C at the top even in midsummer. Therefore, it is necessary to prepare a warm jacket and raincoat for unexpected needs. Also, to prepare for possible physical discomfort from mountain sickness symptoms, bring pills you are routinely taking; for emergency conditions, get down the mountain immediately or seek help from companions. The ultimate goal of mountaineering is not reaching the peak, instead it is to get back home safely. Be sure do what you are capable of doing in mountaineering and never overdo it.

Yang Shitai, born in Changhua, Taiwan, is a writer and blogger. Following his father's steps, Yang enters the mountains and establishes his strong bond with "mountains". He is the author of *«Live Wild and Mountains Know»*. With his wife "Dai-dai", he will be challenging the Pacific Ocean Ridge trail of 4,284 kilometers long in 2016. Yang is currently running his Facebook page 「TaiTai Live Wild」.



2

Triathlon



Text — Liu Weiren • Picture — Taiwan Triathlon Co., Ltd. • Interviewee — Ho Yunrou (HEIJUNGS JILDOW)
Triathlon Presenter — Wu Mingzhong

Q1 How did you come up with the Triathlon and what is your training?

Ever since I was a child, I goofed around with my father with biking. And I started the marathon in my early ages. Netherlands is a place prone to floods, and for safety reasons, children are asked to learn swimming at age of 4. About a year ago, when biking to Fonggucikou, I met a group of DWD triathlon bikers, with whom I tried my first triathlon competition last year.

The triathlon competition is always offered in scenic areas, so you'll never get bored. After swimming you do biking, surrounded by local oceanic and mountain cliff landscape. Bikers embrace the winds, having food supplements and water along the way of biking, cheered by locals when you are passing by. Today, the competition is like a taking a tour, pretty much like a carnival event.

Riding on a bike and running on the shoes,
watching beautiful sceneries in winds
—— The Triathlon Competition

And the competition tracks are always located at the most beautiful local scenic attractions. What a feast of magnificent road displays that you don't usually take your time to appreciate!
Having fun with the triathlon requires your will. Each of the triathlon items are long-distance sports, and the contestants need to know their physical conditions, so that physical strength can be appropriately allocated to the three-stage competition, with food and water properly supplemented to make sure the contestants can finish the entire journey and not get beaten up. The three sport items use different muscle groups, where swimming requires training of basic movements and sprint; biking and running require long-range flatland and slope exercises. To reinforce the muscle groups for the three sport items so that the body can maintain persistent

output, a daily two-hour plus training, three days a week at the least, is a must, even for this amateur game.

Q2 What are the major events and communities of the domestic triathlon competitions?

The largest and most representative triathlon competitions are IRONMAN Taiwan and IRONMAN70.3 Taiwan, and the recommended events include the LAVA series. For beginners, the Taitong Puyuma Triathlon may be a good idea, which is a very popular competition among the triathlon beginners; while the Challenge Taiwan has the tradition of lively carnival atmosphere. Other events include the Kaohsiung Love River triathlon competition, which is a convenient urban event with unique features. The National Triathlon Championship hosted by the ROC Triathlon Association in Penghu offers a cultural humanity style different from that of the island of Taiwan. There are also relevant communities such as the DWD Taiwan Catch-me-up-if-you-can Triathlon Leisure Sports Association, DVTT Doctor Voice Forum Triathlon Association and TMAN. Besides, many large-scale domestic companies have their own corporate triathlon associations.

Q3 Any half-day or one-day lightweight triathlon experience would you recommend?

An actual triathlon competition requires training to avoid

sports injuries. It is suggested that backpackers make early registration for a competition and contact the community or its assisting units for training prior to the competition. To personally experience a lightweight triathlon sport, one may take swimming and riding flywheel, or biking, or running on a treadmill or in a sports playground. In a triathlon competition, the event staffers can easily outnumber the competitors. International competitions are always connected with local sceneries, to attract tourists to the competition sites for cheering and watching the competitions, and enjoying the beautiful sceneries. Large-scale competitions will usually recruit volunteers who will go through the competition journeys with the contestants, and have more intimate feeling of the surging emotions than the audience.



Ho Yunrou, a triathlon player from the Netherlands, says, "I'm not good at verbal communication, and my talks may take a big circle or incorrectly expressed. My brain cannot catch up with my mouth, so I use sports for expression. I do sports whenever I feel low or my brain is twisted; sports bring me concentration, focusing on one thing in a clear direction. And this is the road leading me to sports."

Q1 What are the prerequisites for the sports of diving?

On this beautiful island of Taiwan, getting to know the variety of oceanic landscapes through diving is an exceptional tourist experience. Based on my 20 years plus of diving experiences, as long as one can breathe, diving is perfectly suitable. In early days, a diving license required certain level of knowledge about the aqueous nature and swimming. Today, with the change of the PADI international diving organization's teaching patterns, swimming only proves one not afraid of aqueous nature, and those who don't know how to swim can still be qualified for the license through diving courses. The most popular program favorable to beginners is the PADI certified Open Water license, which proves the open water license holders have been equipped with fundamental diving knowledge and skills, and with which these divers can rent diving outfits, oxygen gears or hire a diving guide all over the world, for an easy diving tour.

Q2 What diving courses and communities at home would you recommend?

The diving programs usually come in types: "diving for experience" and "diving for license". The diving for experience program takes about 2-3 hours from basic training to getting into the water. It has no restrictions on age and any other prerequisites, if only the physical conditions are good enough to undertake the exercise loading. The basic knowledge, outfitting, and diving skills are all instructed by the coach who accompanies the trainee all the time for safety. For the trainees of diving for experience, I would control the diving depth within 8 meters and the trainee is always within 5 meters away from me, so that I can immediately cope with any situations.

The diving for license program requires a three-day two-night training and a test. The sea changes constantly, and it may look peaceful during the training and come up with all kinds of challenges for the divers to face with

when getting into the water. Our training attaches great importance to building up a mentality of being ready all the time, so the diver can keep calm beneath the vast sea. I'd like to suggest diving lovers to check the EZDIVE website at <http://www.ezdivemag.com/> to share and know more about diving information.

Q3 Any diving spots for beginners and veterans as well that you would recommend?

Taiwan waters contain a variety of precious and unique ocean ecology and resources. Before diving, we'll introduce the ocean resources, environment, species, and sea weather of the diving spots. Once we get into the water, I'll ask the trainees to watch with their eyes, and I'll take pictures for them; absolutely not to touch the marine species, for the safety of the trainees and for ecological protection as well.

For beginners, it is suggested to choose stable waters, such as the soft coral reefs of Kenting's Wanlitong and

Houbihu where they can feed the fish. The waters here are not too deep, and it is easier to get in and out. The fish feeding area consists of a whole bunch of wart dendritic peacock coral reefs, so immense that it is not often seen in the Kenting waters. It is a sanctuary of different types of fish in large numbers, which are not shy of divers and allow divers to make close contact with them. The shallow waters at the Kenting estuary have a high coverage of coral reefs housing a large number of lovely clownfish, where the divers may luckily run into sea turtles and wrasse parrots.

For serious divers, however, I'd suggest "Hejei" on the west coast of the Hengchun Peninsula. Here the deeper waters well preserve the species of coral reefs and fish, and you can dive down to 20 to 25 meters not far from the shore. From time to time, the surrounding ocean currents bring in spectacular large fishes, such as sharks, swordfish, sea turtles, oxtail rays, and eagle rays. Despite all the exuberant and colorful beauty, the marine facies here is more treacherous. So, it is suggested only for veteran divers with experience of more than 30 to 50 scuba tanks.

Graciously swinging the body,
getting deep into the
colorful blue water world — Diving

Text — Winnie Hung • Picture — Li Junxian • Interviewee — Kenting Go Diving Coach Li Junxian

3

Diving



Zhou Yucang, born in Mucha, Taipei, a graduate from the Business Administration Department, Ming Chuan University, went to L.A. for study of domestic design, and then came back to work at a fashion cloth company for warehousing and sales job positions. In 2013, Zhou established his own brand Hola Surf Boutique, a shop specifically selling surfing supplies and clothing.



4

Surfing



Barefooted
to enjoy
good Taiwan waves

When we came to the Hola Surf shop situated in a small alley of Daan District, my photographer quietly asked me, "Don't you notice he looks like Hiroshi Abe?"

Mick, who loves surfing so much that he's got to have his own surf shop, with a body figure like a model, is quite low-profile in a leisure style. He says, "Well, surfing completely changes one's way of living!"

Used to study in California on designs, Mick was fond of stylish dressing in his younger days. Since he fell in love with seaside living, however, he became very leisure style, away from wearing shoes and doing hair. For the surfing fun, he has to go to bed and get up early.

Text — Huang Momo
Picture — Wang Wei · Hans
Interviewee — Zhou Yucang

He even constantly pays attentions to fishery weather that is indifferent by others. Why? Once good waves are forecasted, he rushes to the seashore right on for surfing.

In the world of surfers, the coastal conditions are constantly changing, and waves dance to the wind directions and seasons. That's why Mick doesn't want to miss any good wave opportunities. He says, "I loved pub life when I was younger. Since I became enchanted by surfing, I would always tell myself that tomorrow's good waves wouldn't wait for me, while nightclub will still there if I miss just one night...And it turned out that the hesitation was gone, and my focus of living entirely went to the seaside. Today, I have many friends whom I first met on the seaside."

Q1 How did you come up with surfing and what are the criteria for the sport?

The idea of surfing originated in my sophomore year in college. I went to the Jinshan Beach and started to learn surfing from a surf shop owner. When my visit to the shop owner became more and more frequent (A-ha! Skipping classes of course), he allowed to work part time at the shop for free use of surfing boards. Later on, I went to America for study of designs, and I particularly chose California, the holy land of surfers, where I lived a life of working and surfing.

Surfing requires coordination of movements, without too much use of muscles. Instead, doing Yoga can be very helpful. And after all this is a water sport, basic water skills such as holding breath without sinking is a must, and swimming is the fundamental prerequisite.

This sport requires muscle tenacity and balance, suitable for both men and women. Generally, women have better sense of balance, while men have better muscle tenacity. For surfers fond of gorgeous movements in riding the waves, short boards for skill playing are ideal; for those simply for a feeling of riding waves, the retro long boards are recommended.

Q2 What are the major surfing contests and communities at home?

Zhou Yucang, born in Mucha, Taipei, a graduate from the Business Administration Department, Ming Chuan University, went to L.A. for study of domestic design, and then came back to work at a fashion cloth company for warehousing and sales job positions. In 2013, Zhou established his own brand Hola Surf Boutique, a shop specifically selling surfing supplies and clothing.



There are three major contests: the BILLABONG Yilan International Surfing Contests, Jialeshuei International Surfing Contest, and Taiwan Surfing International Open. Taiwan lacks major surfing communities, it is mostly the fans of individual surf shops who make up the loosely coupled communities. For the latest wave reports, use the "Magicseaweed" app to download the information, or log on to the websites of the Central Weather Bureau or International Meteorological & Oceanographic Consultants Co., Ltd. (imocwx.com).

Q3 Any half-day or one-day surfing trips would you recommend?

Toucheng's Wushi Port is a popular surfing spot with good facilities. The beach offers sand waves, making it safer to surf. For me, Jingshan Beach is my favorite, which is not so crowded and the terrain is stable enough to cater to my surfing craze. There must be a lifeguard around when one is doing surfing. And it is strongly

suggested to study the ocean current maps (rarely done by people), so one will not panic when getting washed away. For a first-time surfer, it is recommended to seek a one-on-one teaching, so that the instructor can stay with you and help you to get on the board, and you'll quicker experience the surfing. Moreover, Taiwan has northeast monsoon in winter, which makes perfect surfing conditions, while summer is shy of waves!



I wanna fly to the blue sky, high up and far away

Text & Picture — Huang Momo
Interviewee — Wild Horse Instructor

The Wild Horse Instructor teaching paragliding at the Pacific Green Bay has a tough and acute appearance like a soldier. With sharp lines on the tanned face, the 65-year-old instructor is always wearing a scarf, necklace and earrings, and under the stylish look is a non-compromising resolution of an old-school tough guy. He says he used to be a frontline instructor, happily teaching paragliding, and it's been 29 years since the start of the business, and now he's the head coach, standing on the ground and worrying all the time about the instructors and flyers up in the sky, which not makes as much fun.

"I am ferocious! I have to, otherwise I won't be able to lead." In the interview, He seemed enjoying saying that he was ferocious, three times of remarking the feature. However, to take care of his son hit by a stroke, he even entered a same school with his son for training courses together. During daytime, he sent people up to the sky, at nighttime he accompanied his son to school for study, four years in a row without absence from the classes. Last year, he graduated together with his son, and they both put on graduation clothes for taking pictures together, which were posted on many media. In the pictures, his nose looked red, like just having an emotional crying. When this beautiful thing was mentioned, his responses were merely a few smiles without much words. He says making money is what on his mind now, so that his family can have a better living.

Q1 How did you come up with paragliding, and what are the criteria for the sport?

I was 30 something back then as a nightclub manager. One day, I came across a picture on a newspaper, of someone playing paragliding, and I felt that guy looked awesome. So I started to learn the sport, and the next year I went to China to fly over the Great Wall on a paragliding. I was the first in the world doing the crazy thing, because I am cocky and like to show off!

5

Paragliding



When I started to engage in paragliding, it was a pretty new stuff, and the paragliders were poorly equipped, let alone radio devices. Instructors were in the dark, trying to figure out how to do it. It was like a dangerous zone, built upon flesh and blood! Nowadays, paragliding is much better geared, and has become a pretty easy sport, requiring only basic actions to get flying, and the paragliders won't fall off easily; if accidents ever happen, it will be human negligence to blame. Therefore, it is strongly suggested that there be an instructor around who can watch for the surrounding situations and pass the messages to you via radio. For beginners to get a fresh experience, it's a good idea to have an instructor to fly with.

If one intends to learn paragliding and become an instructor, he or she needs to be good at sports in nature, and not too old. Most importantly, don't be too cocky, in order to stay away from dangers.

Q2 What are the major paragliding contests and communities?

Taiwan has the world's highest rate of paragliding patronage, while the charge is almost the lowest in the world! It would cost at least 100-200 US dollars for a round of paragliding in many countries, and the cost in



The Wild Horse Instructor, whose real name is Liu Songtien, was born in 1951 in Keelung, as a second generation of Mainlanders. Having worked as an engineer and nightclub manager, with two master degrees in business management and laws, Liu is now the head coach of the Wild Horse Flying Club.

Hong Kong is almost three times that of Taiwan. So, it is quite a bargain playing paragliding in Taiwan!

Major annual event: Puli Paragliding International Open, Eastern Taiwan Valley International Paragliding Invitation Cup, and National Ranking Competition.

Community: ROC Paragliding Association at <http://paragliding.com.tw>

Q3 Any half-day or one-day paragliding experience that you would recommend?

Today, there are many places where you can play paragliding, such as Pingtung Saichia, Taitung Luye, Tainan Baihe, Hualien Wanrong and Chishingtan, and so on. The best place is of course the Jingshan Wanli Green Bay. I have played paragliding around the world, and concluded that the paragliding experience over here is simply the best!

6

Rock Climbing

Self consolidation of body and mind - Rock Climbing

Text & Picture — Wolf Hsu

Q1 How did you come with the sports of rock climbing?

I was not particularly fit physically as a child. For the sake of writing, I came up with the habit of exercises. When I was doing exercises, I wondered what my body could do on the premise of not changing daily routines and diets. I've been curious about rock climbing, and it's been 7 years since I started the sports. The free style climbing doesn't use much equipment, and mostly it's the body doing the job. Dramatic actions are not necessary. Anyone can give it a try.

Q2 What have you learned and experienced from rock climbing?

This is a sports definitely requires practice of body balance and weight transfer. The required skills can save lots of physical strength and muscular endurance. On every spot that I take a pause on the rock that I'm climbing, I would have dialogues with my own body. Before setting out for the climbing, I would study the rocks on the ground, contemplating how I would climb once getting on the rock walls. Of course, it is important to get relaxed before the climbing, or the climber's muscles can be too tight to function properly, and the eyesight can also become narrow, which can affect the climbing as planned on the ground. Therefore, it is important to learn how to keep focused yet relaxed. Rock climbing to me is a self consolidation of body and mind.



Q3 Any rock climbing places that you would recommend?

In fact, there are quite a few artificial rock climbing venues in Taiwan. Nearly all the Taipei public sports centers offer the rock climbing facilities, among which the Wanhua and Neihu sports centers are well equipped for the game. Another recommendation goes to Cavern at the northern coast which offers a highly recognized natural rock climbing venue, frequented by many foreign rock climbers for its nice and decent climbing routes.

Wolf Hsu, a male, has numerous things in his to-do list. He doesn't sleep much for lack of time, and works long hours. His pocket is too shallow to keep money. And he thinks bookstores, record stores and movie theaters are scary. A frequenter to adventures, he has written 8 books. He likes to tell stories, and hates to introduce himself.







l'art du déplacement - making you stronger than what you are now —— Parkour

Text —— Liu Weiren • Picture —— ADD Academy Taiwan

Interviewees —— A-wei and Sona

7

Parkour



Q1 What led you to Parkour? What are the criteria for the sport and things to note?

Our engagement in the sport started in 2007, when the movie "Yamakasi" introduced Parkour to the Taiwanese audience. The actions in the movie were so cool that we were all inspired to practice the Parkour movements, and through an Internet forum of the sport, we met one another and got to know the Parkour instructor Sona. There were 30 pals of us who then started regular practices together, and finally organized the "Parkour Academy" association.

Parkour in French is l'art du déplacement, which means moving arts. It is an exercise of moving in various spaces to strengthen practitioners' physical and mental capacity. It requires integration of muscles all over the body as one,

not like general fitness training which partially focuses on specific muscle groups. Even its most basic "accurate jump" requires high self-integration and full perception of the surrounding environment in order to do balanced jumping and eased landing.

The Parkour movements originate from the way of moving in the natural environment. By mimicking animal's primitive hunting actions such as monkey walks and rabbit jumps, we practice how to perceive selves while keeping moving and watching for the surrounding environment. The training is aimed to overcome obstacles of the mind, to establish self-confidence, and to believe that in everyday details one can do better than it is now, so that one can steadily and persistently reinforce one's physical and mental

strength. A stronger physical and mental capabilities and higher self-perception allow one to maintain a certainly level of performance in different environments, without being deviated by emotional affections.

For example, most people can jump from one dining table to another, but would have problem doing the jump if the height is elevated up to 1 meter. People can easily lose their normal performance in exams or other major events. The training of Parkour helps people to learn how to focus on present and not to be manipulated by environmental changes and mental emotions. Once getting used to this state of mind, the sense of harmony and wholeness can be maintained in daily living.

Q2 Any Parkour communities at home? And what about public exposure and events?

Through the ADD Academy Taiwan, you can contact almost all the Parkour enthusiasts. Under free training programs offered by the Academy, there are Parkour associations in 7 universities scattered in the north, center and south of Taiwan. In particular, National Taiwan University's Parkour program is going into the 5th year, and a college Parkour league is under preparation.

Many may think Parkour is an extreme sport, which more or less reflects the influence by the exaggerated yet elegant movements in the movie. As a matter of fact, the Parkour training doesn't have to be that extreme, and it actually varies depending on individual habits and conditions. The frequent practitioners are not just youngsters of 19-25 years of age, the 50-year-olds are also in the ranks. Age is no object, it is the will to challenge oneself, and those

who receive the training can always make a breakthrough in existing obstacles. The Academy offers training on every Tuesday and Wednesday nights from 7 to 9 pm at the Taipei Flora Expo venue. In Kaohsiung, there is the Formosa Rock Money Parkour (FRMP) offering the practice in the neighborhood of the 85 Building. The Parkour associations are receiving invitations for performance, and showing up in commercial videos as well for sportswear and technological products!

ADD Academy Taiwan at <http://www.addtw.com/>

FRMP at <https://www.facebook.com/FRMPFAMILY>

Q3 Any half-day or one-day Parkour experiencing trips you would recommend?

Today, the ideas of sports trips are very popular. The associations organize training trips from time to time. The pals get together and head for an urban venue or look for a challenging terrains in parks for practice. When getting tired with the practice, they go for a taste of local food delicacies and then continue the practice in another park. What else can beat the wonderful experience of feasting on delicacies after the exuberant movements all over the body? Take Taipei, a familiar place to the Academy, for example, a one-day Parkour trip from the Da'an Forest Park, to Chiang Kai-shek Memorial Hall, and to Yonghe Park No. 4 is recommended. For backpackers to experience Parkour, welcome to register at the Academy's Facebook page.

• **A-wei, the Secretary General of ADD Academy Taiwan, was running a business of medical equipment for elderly medicine and preventive medicine. In the business operations, he realized the importance of sports to preventive medicine. After falling in love with Parkour, A-wei founded ADD Academy Taiwan, with hopes that people, men and women, of all ages, can experience the wonderfulness of Parkour.**

• **Sona, a Parkour trainer from Texas, U.S.A., was a music producer and professional DJ. Before Google came to the world stage, he had learned Parkour movements from videos on his own, without instructions from any teachers. Today, he is an actor and a Parkour trainer, showing up in many videos and commercials.**



Moving castle, a wonderful family housing to experience the sensation of life —— Parent-Child Camping

Text & Picture —— Wang Qingfu

I have three houses.

One, a house indeed, is in the Kingdom of the Sky Dragon (Taipei City), and one is like a car in a house, and the last one is like Howl's Moving Castle.

To desire a million night sceneries, move the house to a spot right in front of the million night sceneries; to feel the ocean views on the first row, rush to the seashore overnight to enjoy the first-row ocean views first thing in the next morning; to desire a creek beside the house that you can jump in and get immersed in the cool water, arrange a camping by a creek.... the camping grounds that are imaginable, unimaginable and not bothering to imagine are all available, and the camping themes vary depending on the seasons, weather, moods, and people, along with

different camp yards built to meet different demands.

Moving Castle has exactly this kind of power to turn the moods from urban bustle around. This may not be some sort of magic, it is simply the concept of home, a place where all the family members can get together, intimately, to face all the challenges and to strive on the land desired, and enjoy the sensations of life that are different in styles and varieties each time. The family hand-in-hand go through the so-called experience of life, and are amazed by the subtle changes in life that are brought to us every time, allowing us to keep observing the layers of daily living tastes of this time, previous time, the one before the previous, and so on. Pitching a tent may be a hard work, the parent-child relationship triggered within can be quite different from that with a motorhome. You'll find it's worth doing

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Camping



it. Come and give it a try!

To enjoy a three-day two-night living in the wilderness, without having to endure the sensation of loss in facing the account receivables and payables. It is easy to get relaxed and occasionally indulge in an afternoon nap. Meanwhile, a two-day one-night trip requires an early set-out for the camping ground, and then start building the moving castle right on. The decoration can even include a kitchen, and it's kind like making a home sweet home. The is why novel camping equipment and utensils are emerging more and more, deep into the daily household satisfaction.

After a simple lunch, on the table are a variety of utensils for making coffee by hands. The afternoon sunshine is always gorgeous, and it is exceptional over here. The gracious movement, and the slow flowing of coffee-making water, infused with the aroma of ground coffee beans, in the environmental sounds of the slowly flowing atmosphere, making up pleasant noises like whispers that exude the scent of relaxation. It's like a rural life, where kids are running around, playing and laughing, and moms are preparing the dinner before it gets dark. Some daddies are also ready to show their cooking skills.

Before dinner, the camp in the woods is lighted up, beautiful like a fairy tale. A gracious outdoor dinner doesn't come easy, because it's not as convenient as a home meal. Nevertheless, all the kitchen utensils make the wilderness cuisine anything but simple. Regardless of the meal, the wines and chats will keep the eaters stay at the table till midnight, and nobody will leave with an empty stomach. So, be relaxed and join the camping fun! To me, a midnight meal is much more important than a regular supper, especially in extremely cold nights, leaning beside a kerosene heater to feel the temperature gap which makes you feel particularly warm. In the midst of aimless chatting, cooking food on the heater with a mild temperature, and unwittingly the food is ready to server. What a wonderful atmosphere! And it's amazing that the heater can also be used to warm ginger teas or wines!

After the feast, it's time for a comfortable shower. I mean comfortable! Thanks to the five-star sanitary facilities that are emerging to meet the camping demands. So sanitation is no problem at all, and campers are surely satisfied. Before drowsiness comes, however, you don't want to make your bed and unfold the sleeping bag, because sometimes the high humidity can affect your sleep quality.

In the early cool air, a hot milk or warm porridge can be a great enjoyment, and the wonderfulness of previous day is extended. If the weather is clear when the tent is packed up for home, everything will be perfect (this is mostly the case). And then, looking at the stuff harvested filling up in the car trunks and burying the feet, everybody will be amazed by the inconceivable scene and talk about next camping schedule, with fingers crossed, counting the number of camping trips they have done.

Wang Qingfu, owner of the "Pin Mo Pure" store, and the winner of 2014 Asia Most Influential Grand Prix, started his Pin Mo design studio in 2002, with a focus on overall visual design, corporate identity, art design and spatial arrangement. In 2011, the shop was consolidated and renamed "Pin Mo Pure", with a main business of design and production of life application products, also in collaboration with artists for creative art works. A physical store was established in 2012 in Taipei, along with the opening of a comprehensive Internet shopping platform, offering daily necessities, creative living cuisines and other products, aiming to provide well designed goods for a better and more intimate life style.



Get on the pedal and explore a different Taiwan — Biking Indulgence

Text — Zhand Yuzhen • Picture — Huang Jianhe

Get on the pedal and discover different cityscapes

"The reason I started biking was because the work field is filled with alcohol smell, and I needed to dissipate it", says Huang Jinghe jokingly yet a bit seriously. "Biking brings two different perceptions: feeling like getting back to childhood, and an explicable freedom. My commuting to work used to stick to only one route. After biking, I got an easy leisure mind and started to wonder if there were other routes to take, and any fun places waiting for me to discover," Huang continues.

Biking is more than sightseeing. It is using the body to experience cities. "Before biking, I would not notice that the Taipei terrain is up and down. Riding a motorcycle can easily get through the fluctuating terrain by pushing the gas pedal. With bike - it's like "Oops! It's an upward slope!" says Huang.

Have some noodles, drink some alcohol, and take a biking trip

If a friend comes to Taiwan, he would ask, "Should we have some noodles, drink some alcohol, or take a biking trip?" Biking gives an opportunity of getting to know a city in a totally different angle. The feeling of biking in the alleys of Beijing and Xiamen can be very differently experienced, and that's the way I love to do for biking, and so introduce Taiwan biking to my friends. Taking a biking trip in the alleys, the themes can be differently perceived by individuals. For movie goers, it's an good idea to bike from the Guling Street to Wanhua, which is like a movie tour from "A Brighter Summer Day" to "Monga". Bikers in different stages of life may perceive the Guling Street differently. For me, it is all about the vintage bookstores; for younger bikers, it reminds them of "A Brighter Summer Day", but we would all proceed to the next stop of Guling Street theater. In Wanhua, you can pay a visit to the Longshan



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Biking





Temple and the Temple of Ancestors, or have some local dishes in the Huaxi Street which offers Chou's meat porridge, pork bone soups...and genuinely local breakfast. For planning the biking route, you can match the local street names into a bigger China map, so that Taipei city becomes the miniature of Mainland China, and you bike through the Hexi Corridor, or in a Silk Road tour, biking through the Dunhuang Road, Yumen Street...Of course, you can always stop for cafes and small bookstore along the way.

Biking high and far, have fun and be safe

Taiwan features cities adjacent to mountains, so you can quickly get to mountains from lowlands. Today's bikes come with changeable gears, making uphill riding a lot easier. Depending on your physical strength or enthusiastic mood, you can ride all the way up to the mountain areas of Maokong, Yangmingshan, hot spring spots, and have some food on the highlands. You can even take a long-distance biking from Taipei all the way to Taoyuan Longtan for its popular beef noodles! A bike trip can be very flexible, and the point is to have fun and be safe. I had a biking trip with my colleagues to the Eastern Hualien, along the mountain and coast routes to sightsee gorgeous sceneries. When tired, we took a train ride. The Su-Hua Highway is not quite safe, where cars and trucks run like flying, and there are quite a few tunnels. Before entering a tunnel, you can give a thumb-up to a car, asking the driver to go slower behind you so as to keep you safe. Do it, and you'll find people would love to help.

Biking is always a personal matter

"I had a biking trip through the Southern Cross-Island Highway all by myself. There was one segment of riding in the woods around 5:30 pm, where I was immersed in darkness, without a light. Being a bit scared, I sang all the songs I knew...and then I realized it was actually not that dark, because I had the moonlight to keep me accompanied. In the huge mountains, there was one tiny bike rolling...biking is always a thing done by oneself - the biker with the environment alone." Come ride a bike and experience Taiwan! This will be the most pure scenario of biker vs. environment alone! For information about biking events in Taiwan, please log onto the "Taiwan Cyclist Federation" website at <http://www.cyclist.org.tw/>.

Huang Jianhe has a pen name called Taipei Visitor. His biking trips include Taiwan, China, Vietnam, France, Netherlands and Belgium. In addition to the "Biking Around the Island Etude" co-authored with Chen Huaian, Huang has also written the book "Biking Indulgence: a Bike, a Book, a Map, a Trip to the End of World", which is a biking trip notes, describing a biker who goes high, look far, and seek tastes - a fun tool for exploring the world, presenting a new tourist pattern. Huang is currently the editor in chief for the Spicy Publishing.

Old-time vintages decorated with a suspension bridge in the mountain landscape — Hsinchu Neiwan Extension Route

Text & Picture — Chen Yanhua

Setting out from the Hsinchu train station, and then transfer at Jhujhong Station, heading for the terminal of Neiwan extension route; in the midst, the train goes through the Ronghua, Zhudong, Henshan, Jiuzantou, and Hexing stations. This extension route is one of Taiwan's three light-train tourist tracks. In early days, it was used for the limestone mining and timber industry, and today it connects the Hsinchu City and Hsinchu County, and even connects to the High Speed Rail, stringing up travelers' traversing routes in the greater Hsinchu area. In other words, travelers can either take a regular train or a high speed rail train, and then take a transfer for a light tourist train at the Neiwan terminal, heading for the tourist attractions along the Neiwan tracks.



The once forestry town exudes aroma Strolling in settlement of old houses — Ronghua and Zhudong

Get off the train at the Zhudong station for the first stop. Before this stop, you'll be passing through the Ronghua station, where you may want to take pictures of the signboard of "Ronghua", which can be associated with the Fugui station to concatenate the two words into "Ronghua Fugui", meaning grand prosperity and gorgeous wealth in Chinese. The Fugui station, used to be called "Nanhe" station, was renamed Fugui to create the concatenation of these two blessing words. Stepping out of the Zhudong station, you'll find an architecture under construction at the left-hand side,

where readies a new industrial park scheduled to start operations in the coming July, accommodating both old and new architectures. Walking down the road along the left side, you'll reach the riverside park, a place where locals do leisure sports and exercises. Further ahead is the Zhudong Forestry Exhibition Hall, which displays pictures telling the stories of this once a major timber distribution town during the Japanese Occupation Period, and its vintage relics are really worth of deliberate appreciation.

Diagonally opposite to the Exhibition Hall is an area fenced with green metal walls. This was the habitat where the forestry workers lived. Preserved in the settlement are a few wooden dorms built during the Japanese Occupation Period, some of which are still inhabited by the workers' descendants even today, and most of them have long been deserted. Because of the forestry history and cultural values of the wooden architectures, the local art and cultural advocates initiated a movement to protect the remains, and through struggles, the site is safe from being demolished, for now. If you're interested in

an exploration, you may enter the premises through an alley along the fence (Lane 148, Donglin Road), and if you come across the elderly in the settlement, you'll have a chance to listen to their stories.

In addition to the forestry of early days, Zhudong had a good time with its cement and glass industries. The cement plant taking a vast tract of land was already demolished and gave way to the urban restructuring. The glass plant was also transformed into residential communities. When the old-time memories are fading away, what remains include ancient urban alleys, street house settlement, laundry pits and the XiaoJiang Pavilion, which are places worth a brief tour.



The humanity-scented book house behind the blue gate — Chutung

From the Zhudong train station all the way to the Zhudong High School, and then taking a walk on the Dalin Road for about 500 meters, on the right-hand side you'll find a blue gate catching your eye. Behind this gate is the independent bookstore Chutung Humanity Book House. This is a place built like a cozy home, offering books, coffee and music, along with frequent events themed on new books sharing, group reading, small concerts, movie playing, weaving workshops, and seminars. It sparkles with dim lights in this small town of Zhudong, lighting up the surrounding humanity landscape.



Happy stories of chasing trains — Hexing

The journey continues to the next stop Heping. There is a very sweet love story about the Heping station, that attracts lovers and married couples to visit for a sensational touch with the magic of the love affairs. The story began with a high school boy and a high school girl who fell in love in the train commuting. One day, the boy missed the train at the Heping station. Desperately not to miss the date with the girl, the boy chased the train along the tracks, and finally he caught the train and a happy-ending marriage. A few years ago, when the Taiwan Railway company was about to discard this station, the man and wife of the story came up and adopted it, so that the love story can be passed on forever.



Old time elegance of the mountain town — Neiwai

Finally, the train arrives at the Neiwai station. This is the most popular tourist attraction of the Neiwai route. It offers the old town relish, the old movie theater "Neiwai Cinema", a suspension bridge and natural landscape. To avoid holiday crowdedness of this mountain town, I picked up a weekday morning for a tour. The fresh air was impressive, and empty streets have a few cats and pigeons seeking things to eat. The leisure atmosphere permeated and penetrated in every corner. And that's what a mountain town all about!

Besides the old streets and suspension bridge, the Neiwai Cinema is housed in an architecture built in 1950. Except for the leaking during raining days, the vintage appearance of the architecture is well preserved! The distinguished design of the second floor and the colors of the architecture are extremely beautiful. After the movie business went down, the cinema was renovated into today's restaurant. The cherry trees in the campus of the Neiwai Elementary School bloom in the cherry blossom season, and the colorful flowers collated by the old school office buildings is my favorite scene. I would recommend a visit in the cherry blossom season, to feel the charm of the mountain town.



The prosperous sugar town preservation of vantage humanity and historical architectures

—— Yunlin Huwei

Text & Picture —— Zhang Rongzhen

Situated in the heart of the Yunlin County, Huwei, so named because of its adjacency to the Huwei River, used to be called Dalungiao Village and Wujiansou Village. With the Jianan irrigation waters of Choshui River running through, Huwei has a flourishing agriculture, and was once an economic icon during the Japanese Colonial Period. It was all about the sugar factories that erected the development of this small town, transforming a deserted wilderness into a prosperous sugar capital. At that time, the Taiwan railway system didn't go through the town, but the local mini train (one-fifth the size of regular trains) was as good as regular trains for cargo transportation, and for carrying passengers as well. Immigrants from all around rushed in and settled down to build an exotic town with Japanese and Western architectures. Today, its sugar industry has gone into history, and its gorgeousness no longer persists, but the stories are being told through the remaining historical architectures such as the Huwei Administration Office, Huwei Governor's House, Huwei Town Hall and Huwei Wagon Station, as well as the sugar plant that is still running even today. The thick atmosphere of history is still around, for one to touch and to perceive.



The secret in a small alley - Huwei Salon

No. 3, Lane 51, Mingchuan Road, Huwei Township, Yunlin County (closed on Mondays).

The Huwei Salon is an independent bookstore, housed in a Koa style architecture, which combines the Japanese and Western design patterns and has witnessed the prosperity and decline of the Huwei sugar capital. Today, as a bookstore, it elegantly crouches in a small alley for people to elaborately read it. In the Japanese-style yard, one can enjoy reading with the enjoyment of a cup of tea under the sunshine. Pushing-open the cypress door, one's eyes will be caught by the atmosphere of a Western royal style venue where reading spots allow oneself to get indulged in cozy reading. In addition to books provided for readers, the bookstore hosts monthly exhibitions and seminars with a variety of themes and topics. It is a bookstore, and a salon as well. Absolutely, it is a like a secret hideout, brewing exuberant humanistic breaths.



Historical architectures A tour of vintage dishes

Yunlin Palm Puppet Museum: No. 498, Section 1, Shenlin Road, Huwei Township, Yunlin County (open on holidays only)

Used to house the Huwei Administration Office, the Museum is one of the few administration offices remaining from the Japanese Colonial Period. It is a semi-wooden architecture infused with different architectural attempts and trials. It has Japanese-type roofs and Western-style facets of walls. It has now been declared a county historical architecture and transformed into a palm puppet museum, as a stronghold to inherit the traditional art of palm puppet performance.



Yunlin Story Museum | No. 528, Section 1, Shenlin Road, Huwei Township, Yunlin County (closed on Mondays and Tuesdays)

Located right beside the Palm Puppet Museum, the Story Museum used to be resided by the county governor. This is also a thick Japanese-style architecture. As a story museum, the facility provides touring navigation as well as a platform for storytelling and artwork creation. This is a place combining the local people and events with creative art works, where adults and children can all feast for retrospective memories.



Huwei Hertong Hall | No. 491, Section 1, Huwei Township, Yunlin County (Eslite bookstore and Starbucks coffee)

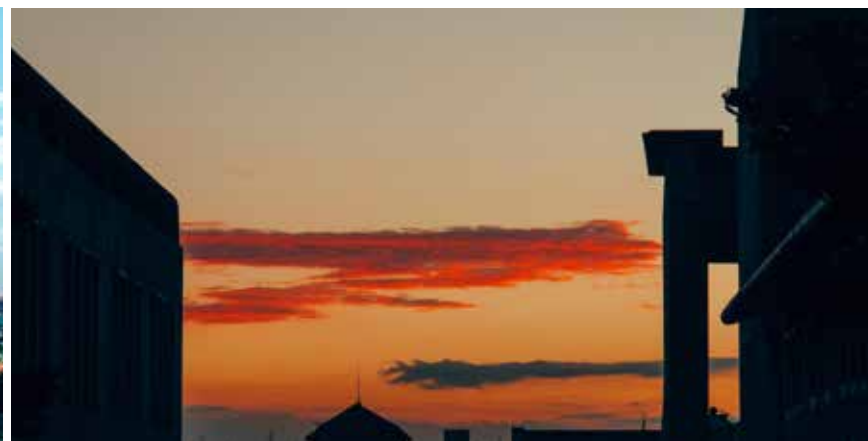
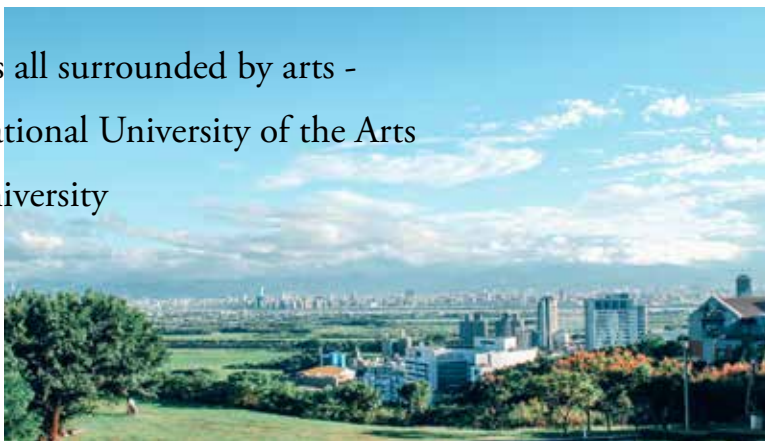
This was a compound office additionally built to deal with the inadequate office space provided by the Huwei Administration Office. It housed a police station, fire department and a council hall. The fourth-floor attic housing a observatory tower used to be one of the highest local landmarks. In the old days, people talked about the three highs: the sugar plant chimney, Huwei water tower, and the Hertong Hall observatory tower. Today, this space is being reused by the Eslite bookstore, and its overall appearance is fairly preserved - even the police station's terrazzo steps can still be clearly spotted!

A-shi Mushroom Meat Soup Diner | No. 1, Lane 31, Huanan Road, Huwei Township, Yunlin County

Besides the old bookstore with vintage temperament, the Huwei alleys also have a classic meat soup to offer. In another alley not far away from the bookstore is the A-shi Mushroom Meat Soup dinner. As early as 7:00 in the morning, eater are already lining up for the food. The owner has been doing the same business in the same alley for more than 50 years. Its signature dishes include the mushroom meat soup, braised pork rice and home-made sausages.

Looking up, it's all surrounded by arts - From Taipei National University of the Arts to Tamkang University

Text & Picture — Zheng Youyu



Located in Guandu hillsides, the Taipei National University of the Arts is away from the urban hustle and bustle, and free of shops attached to school campuses. The university, situated in a secluded environment, tranquil and beautiful, like gently hangs on the outer edge of the city, making it an ideal place for observation, research and creating work from a distance.

Entering the school campus, one is embraced by a vast egret prairie, on which two buffaloes strolling in the midst, leisurely grazing on the meadow. All of a sudden, the earthly hustle and bustle is left behind. And then, it's the dormitory architectures built along the uphill trails - red bricks, grey walls and black tile roofs - making up an imagery of pure and simple retro vintage.

Walking up the Art Avenue, one passes through the office buildings and performance venues of the theater, dance and music departments. Along the lotus pond, built with hard woods, is a water stage adorned with wine jars on the corridor, where the north and south musical pipes and instruments are performed, and it is also a serene place for reading and contemplation.

Keep walking up, it is a vast grass of the Humanity Plaza, where visitors coming for the October's

"Guandu Art Festival" may come across the faculty members and students gathering on the plaza, with five hundred of them wearing flowers on their hair, hand-in-hand performing the aboriginal blessing dance to celebrate the opening of the art festival. The outdoor amphitheatre in the plaza, overlooking the day and night views of the Guandu Plain, is the spiritual landmark of the campus events.

The Guandu Museum of Art built along the mountains escapes the traditional architecture of symmetric proportion framework. It displays marvelous avant-garde works and the visitors moving paths are full of fun and can be easily reshaped. Visitors can take a break at the Pot Cafe situated on the second floor of the museum, and taste the aromatic and smooth coffee while sightseeing the beauty and serenity of the Guandu Plain.

Standing behind the museum are the library and the Fine Art School. The building of the Fine Art Department is like a mysterious and complex courtyard house, connecting to corridors in all directions. The floors staggered up and down, high-ceiling or interlayer classrooms, workshops, painting studios, the glass house that can be easily transformed into different venues, seemingly tricky

small doors, art works and wreckages scattered and forgotten in the corners....

When it's getting dark, you can go in the direction of the rooftop rainbow swimming pool, up to mountains in the back. And if lucky, you may have a chance to watch a show performed in the barren mountains, to empathize with the performers and audience, and experience the stage effects immersed in the natural environment. The after-performance passion ripples into the unbounded Taipei night scenery, and then subsides.

Situated on the mountainside, the campus has an unpredictable weather. Sometimes it rains furiously with harshly blowing winds, and other times it is clear and bright; the sudden rainbows can be driven away by unexpected mists. This is exactly the atmosphere that the students burying themselves in research and study nicknames the campus "Mountains of Alluring Women". However, at the moment of graduation, the campus is no longer the Mountains of Alluring Women, instead it is home of the soul.

The nearby Tamsui Town also has the Tamkang University famous for its beautiful campus. The university is best known for its open academic style. The campus is simply a garden with exquisite

sceneries like poems and paintings, accommodating quite a few valuable art works. Among the notables are the vintage Lanterns Avenue and Jue Xuan Garden, Maritime Museum with a shape like a vessel sailing in the sea, and the aircraft exhibition site displaying F-100A jetfighters, small Cessna U206F aircrafts and PL-1 Chieh-shou training aircrafts. It attracts many couples to come for shooting wedding photos. It is also a place for many trendy dramas to shoot outdoor scenes, including "Marmalade Boy", "Tomorrow" and "Meteor Garden". If you ever have a chance to visit Tamkang University, you certainly don't want to miss the food street adjacent to the campus to enjoy the delicious food!





A Retired Hong Kong Teacher Writes a Book to Talk About Migration to Taiwan

Text — Kathy • Picture — Huang Jingyu

There was a time, Taiwan was a destination for Hong Kong people to visit and have fun. Today, however, it is a dream for many Hong Kong people to migrate to Taiwan. Huang Jingyu, born and raised in Hong Kong, was a middle school teacher. In 2011, she came to visit Taiwan and had a chance to make a short stay in Kaohsiung. In that short period of time, she received the passion and kindness from the locals, and suddenly came up with an idea of migration to Taiwan. Next year, when she retired, she and her husband migrated to Taiwan through an investment immigration channel. Now living in Kaohsiung, Huang has published a book "Happy Family in Taiwan - A Proposal on Migration", showing people how to migrate to Taiwan.

**Unintentionally,
Kaohsiung is discovered to be an
ideal city for living**

There's a saying that with a 3-to-5-day long holiday, half of the Hong Kong people would like to take a trip to Taiwan. On this assumption, Huang smiles and says, "in the past 30 years, I had been to Taipei, Taichung and Kaohsiung for many times." However, it was the July summer time of 2011 that she really became attached to Taiwan. On an occasion, she was invited to visit one of her former students who married her husband in Kaohsiung, and promised a short stay with the newlywed couple. During that short period of stay, she got out to play around, visited the mountains and forests, enjoyed the seasonal fruits, went to a southern-Taiwan style wedding ceremony and banquet, and even had a chance to see local houses for sale. These unexpected experiences finally made a big change, for the good, for the rest of her life.

The plan of migration to Taiwan formally initiated in 2012

It was in 2011 that Huang Jingyu conceived her idea of migration to Taiwan, and it was not until Huang retired in 2012 that she and her husband started the immigration plan. According to Huang, there were many reasons behind the thoughts of migration to Taiwan, one of which was the changing political environment. The 2014 "Umbrella Movement" sounded the alarm. The police tossed tear gas to the protesting students, and then more and more absurd things happened later. People are very concerned about the future of Hong Kong.

According to Huang, there are many Hong Kong people wanting to escape from the absurd city, and isn't Taiwan across the strait the best and closest sanctuary? So, she started to collect information about Taiwan immigration and do research to prepare for this "huge water" migration tour. The couple finally settled down in Kaohsiung and has since lived a leisure retirement life.



**Writing a book to share
with Hong Kong people the joy of
migration to Taiwan**

"In Taiwan, I have reclaimed the sense of living!" Huang Jingyu decided to tell about her entire plan of migration to Taiwan with an easy style, so she wrote a book titled "Happy Family, A Proposal on Migration". In the book, she shared her thoughts about migration to Taiwan. "The reason I wrote this book is to let people know that we should not be prisoners of a city; under the infinite sky and on the vast land, we'll find a way out, and barriers of life can be overcome!"



Brain Hole Master's Kitchen Notes: Pathetic Hummus

Text & Picture — Brain Hole Maser



I was staring at a whole pot of chickpeas in front of my eyes, quietly chanting the songs of the movie Star Wars.

It all traces back to last year when I had a rare opportunity of going home. At the dining table, my mom complained that the neighbor Auntie Tsai received new cloths from her son every month, and they were going to take a trip to Tokyo next month. Hearing her complaints, I unwittingly made an objection noise from my nose, thinking the JAL was so cheaper, cheaper than a flight to Nanjing, so what's the point? With a faint smile on my face, I said to my mom, "Auntie Tsai is really blessed."

When the words got out of my mouth, my mom suddenly shouted at me, saying, "When will you take me for a overseas trip?" Her sudden reaction almost knocked me out, and my brain hole was abruptly opened. Then, I retorted by saying, "Well, isn't it just going to other countries? I'll take you for an European trip next year!"

Unfortunately, before long I became jobless.

Well, it was quite all right. Since we would not be able to take an European trip, I would do European dishes for my mom.

To learn European cuisine, I looked everywhere for a chef to teach me. Finally, I got an foreigner who would teach me his genuine foreign cuisine.

"Wo-Men-Lai-Zou-Hou-Mo-Shi-Ba," the chef said to me in a very lousy Mandarin accent. I waved my hand and replied, "No, definitely no, I'm not a gay, I just wanna learn cooking from you." He then pointed to a plate of white sauce, and said again, "Hou-Mo-Shi." A whim came to my mind, I then used my mobile phone to check the words he spoke. Aha! He was saying "Hummus".

I glanced at the menu and noticed that Hummus is a hot traditional dish, very popular in Turkey, Syria, Lebanon, all the way to Afghanistan. It features the highest cost-price ratio on soy protein, and is titled "King of Beans". It can delay women's cell senescence, beautify skin, lower blood fat, and alleviate menopausal symptoms, and therefore is also called "Long-life Beans". Wow! This is exactly what I'm looking for, a material perfect for me to cook exotic cuisine for my mom.

Mummus, it seems a familiar name seen on TV programs. How exotic it is, and how European it is...Although the countries from Turkey to

Afghanistan are located in the Middle East, they are geographically connected with the European continent, so they are legitimately accounted for as part of the European trip. Anyway, learning this dish will have my wish fulfilled. As I was proudly to start this dish, my mom suddenly appeared from behind.

"Are you cooking chickpeas for me?" she asked.

"These are not chickpeas, they are Mummus, from Europe, pretty good stuff," I replied.

"Don't pretend to be mysterious, they are chickpeas all right," mom said and then turned away.

With a sudden panic, I checked with the Internet. What the heck! Mummus is also called chickpea in Taiwan, and it is charged only 10 bucks NT when added on top of a ice cream dish. It is nothing but a

cheap food material.

All of a sudden, my brain hole was wide open again, and my mind started to play the iron chef homing scene in a Stephen Chow's movie, and I realized the theory of world-as-one, "Aren't Taiwan and Europe hand-in-hand, heart-to-heart on the same planet? What's the point to separate exotic cuisines from local ones? In the face of food, shouldn't we be open-minded?"

I smiled, and truly felt that I was awesome, capable of realizing the great theory from cooking. With a mood of excitement, I continued my cooking. And there was a whole pot of bean paste, presented to my mom in a big bowl.

"I don't wanna eat beans, they make me fart," my mom said.

The End!



Brain Hole Master's favorite restaurants with exotic cuisines

LA LUPA Rome Italian Kitchen | 02-2570-1860

No. Lane 7, Ninan Street, Shongshan District, Taipei City
Super seductive handsome chef (said to arbitrarily add ingredients when drunk.)

La LUPA Classic She Wolf | 02-2557-7980

No. 244, Section 1, Dihua Street, Datung District, Taipei City
Super seductive handsome chef (Italians are handsome no matter what.)

Joseph Bistro Simply Kitchen | 02-2508-1329

No. 13, Lane 69, Songjiang Road, Zhongshan District, Taipei City,
Let the Indian chef tell you what a spice cuisine is (with magic spice hot cocoa)

SABABA PITA BAR Middle-East Eatery | 02-2363-8009

No. 17, Lane 283, Section 3, Roosevelt Road, Da'an District, Taipei City
Fair-price Middle-East cuisines the National Taiwan University's students miss the most (Mummus also served.)

Gathering | 06-213-9798

No. 124, Section 2, Shulin Street, Central-West District, Tainan City
A hidden restaurant not to be found even with a GPS navigation (the flirting Australian master chef is already married.)

Anji Kitchen | 0979-815-921

Shinsin Road, South District, Tainan City
Reservation required for the Middle-East vegetarian food, and Brain Hole Master learned Mummus from him.



Messenger

In the torrents of time, the craftsmanship inherited from ancestors struggles to survive in the process of adaption to the modern world. When traditions are fading away, which old-time handicrafts are still preserved? Which are revived or reborn through the hands of younger generations? In the next edition of Taiwan Steps, we'll present the article "Handicrafts · Retrospection", with all the touching stories documented.

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