

AMAGRAM

安利月刊 Helping People Live Better Lives

8.2009



恭賀

新晉雙鑽石直系直銷商
劉德沛、金梅夫婦

- 一個真正屬於年青人的直銷商大會
- 綠色健康生活體驗日
- 專訪香港天文台台長李本瀅博士

35 Amway 安利
Hong Kong

雋語箴言



美國安利公司總裁德·狄維士(右)及主席史提夫·溫安洛(左)。

Amway Corporation President Doug DeVos (right) and Chairman Steve Van Andel (left).

連繫全球 拓展業務 Global connections help us grow

過往，直銷意謂在顧客的家裡，或在小組聚會和大型會議中，直接向對象銷售產品。時至今日，科技躍進使地域界限縮小，我們已可循五花八門的途徑接觸客戶，同時加強彼此聯繫。

現在，我們不但利用互聯網廣告，接觸於世界各地居住和工作的廣大群眾，還借助博客和建立社交網絡，以增強業務聯繫。

這些轉變令人驚嘆，但是人際接觸沒有因此消失，反而更形重要。為助你面對全球競爭，我們在盡力壯大業務之餘，也扮演橋樑角色，把不斷增加的顧客和直銷商聯繫起來。

縱然世界在變，我們卻始終如一，承諾跨越全球，為人們的生活增添姿采。很高興與你們——全球最精明和專心致志的直銷商——互為聯繫，攜手實現理想。

In the past, person-to-person selling meant talking to people face-to-face – in their homes, in small group meetings or at conventions. But now, with each leap of technology, our world grows closer, creating so many different ways to connect with customers and each other.

Today, we advertise our products online to people who live and work all across the globe. We use blogs and social networking to help strengthen our business relationships.

It is exciting to see these changes taking place, but it doesn't mean the personal touch has disappeared. It is actually more important now than ever. To help you compete in the global economy, we are doing whatever it takes to make our business stronger and to connect more consumers to more distributors.

In this new world, we are committed to being a global company that helps people live better lives. And we're glad to be connected to you – the smartest and most dedicated business owners in the world.

AMAGRAM content

8.2009

安利月刊

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美國安利機構於1959年在美國密西根州亞達城創立，是全球最大的直銷機構之一，辦事處遍佈全球80多個國家及地區。• 安利(香港)「安利月刊」由美國安利(香港)日用品有限公司出版。• 香港銅鑼灣希慎道33號利園38樓。• 香港銅鑼灣郵政信箱30704號。• 電話：2969 6333。• 香港直銷協會及世界直銷協會會員。• 安利(香港)互聯網址：www.amway.com.hk • 電子郵件信箱：ahkinfo@amway.com • 版權所有，翻印必究。

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同行並肩 共創新天

Achieve Success Hand in Hand

新晉雙鑽石直系直銷商劉德沛、金梅夫婦

New Double Diamond Direct Distributors Liu Te-pei & Jin-mei



安利歷程

參	加	1991年12月
直	系	1992年7月
明	珠	1992年1月
靄	翠	1995年2月
紅	寶	1996年5月
藍	寶	2000年6月
鑽	石	2000年6月
行 政 鑽	石	2004年7月
雙 鑽	石	2008年8月

劉德沛與金梅一位在台灣土生土長，另一位生於南京，卻在香港闖出自己的天地。憑著夫婦二人的毅力與堅持，成功建立安利事業，並於今年更進一步，晉身雙鑽石直系直銷商的行列。

Though Liu Te-pei was born in Taiwan and Jin-mei was born in Nanjing, they chose to start a new life in Hong Kong. With their determination and persistence they were able to take their Amway business from strength to strength, and this year they became Double Diamond Direct Distributors.

從受僱到發展安利事業

參加安利計劃前，劉德沛曾於台灣從事多個行業，當時他相信「行行出狀元」這句話，並認為自己太年青，不是發展安利事業的時候。「我承認當時確是看漏了眼，總以為這門生意並不適合自己。」後來，他發現自己對刻板的生活十分厭倦，特別是日復日的沉悶工作。「開始的時候，覺得每天要做的事十分有趣。但日子一久，對於那些平淡而重複的生活開始感到侷促。當你的時間和經濟都被工作緊緊地束縛，又如何談得上快樂？」由於從小已接觸安利生意，並看到家人在發展安利事業期間的得著，因此劉德沛認真考慮後，決定加入安利直銷商的行列。

回想最初參加安利的時候，劉德沛形容當時的自己「每一天都在學習」。他說：「記得當年每一次安利聚會都為我帶來新的知識，同時令我的人生目標更清晰。」雖然來香港的時候完全不懂廣東話，可是劉德沛並沒有氣餒，反而更積極地投入發展安利生意。「在建立自己的事業之前，安利已令我們學會很多有關營養、美容及健康的知識，更學會了廣東話！因為發展安利的緣故，我需要每日面對不同性格的人，令我逐漸變得更有自信，更懂得體貼別人的需要，並因而活得更快樂、更有成就感。」於是，他決定留在香港發展安利事業，繼續為將來而努力。

在初起步的時候，劉德沛面對不少困難，包括冷嘲熱諷，還有推廣對象的拒絕。他坦言亦曾經有一刻想過放棄，不過他相信每個難題都是一個機會。有時候遇到別人的拒絕，並不一定代表自己做得不夠好，也許是那一刻他認為自己沒有這個需要。這時候劉德沛會多與他談，希望更了解他的想法，更懂得體貼對方的需要。劉德沛謂：「成功的人在困難背後看到機會，失敗的人在機會背後看到困難。」憑著鋼鐵一般的意志，他們一步一步地向著目標邁進。

From employee to autonomy

Before starting the Amway business, Liu Te-pei worked in different industries in Taiwan, and at that time he believed he was able to distinguish himself in any trade. He also thought that he was too young to develop the Amway business – “but I now know that I was wrong,” he says.

As his career progressed he found that day-to-day life was becoming very boring, “I felt very excited at the very beginning, but then I came to feel I was trapped in the daily routine,” Te-pei says. “When you’ve lost your financial freedom and can’t use your time as you please, how can you describe it as a happy life?” Luckily he had connections with the Amway business that went back to his childhood, and he’d observed how his family members had enhanced their lives through Amway. That’s why he decided to join as a Distributor.

When Liu Te-pei started his Amway business, he felt he was enhancing himself with knowledge every day. “I still remember that I learned new things after every Amway meeting, and my goals started to become clearer and clearer,” he recalls. Although they couldn’t speak any Cantonese when they arrived in Hong Kong, Liu Te-pei and Jin-mei still developed the Amway business in a very proactive way. “Before we started to build our own business, Amway had already brought us knowledge about nutrition, beauty and health,” Te-pei says. “That’s how we learnt our Cantonese – through interacting with different people while doing business. Our self-confidence continued to grow and we got to know more about the importance of caring for others. Our lives are happier and more successful since we became part of the Amway family.”

Following their initial success, the couple decided to stay in Hong Kong to develop their Amway business. They faced a lot of difficulties at the very beginning, often being rejected or discouraged by others. Liu Te-pei says he sometimes considered giving up, but both he and his wife prefer to see every challenge as an opportunity.

“When someone turns us down it does not mean we are not good enough – it’s just because they think they do not need our help. What I do is to talk to customers more to understand the way they think and anticipate their needs,” Te-pei says. “Those who can see opportunity through the challenges are the ones destined for success. Those who see only difficulties cannot succeed,” he states.



安利第二代的挑戰

劉德沛的母親是台灣安麗創業者皇冠大使陳婉芬女士，在安利已經發展多年。這一特殊關係對於劉德沛在安利的發展有怎樣的影響？「母親的成就那麼大，會為我帶來一點壓力——總覺得自己做得不夠好，不想令她失望；同時不希望別人認為我不需要努力，只要靠這層關係就可以達到業績。」因此他與太太下更多的苦功，專注於學習母親的經驗，開發更多的下線。然而，在帶領團隊的時候總會遇上一些從未遇過的問題，這時他就會虛心向母親請教解決問題的辦法。

劉德沛坦言，對於發展事業，他與母親各有不同體會：「因為所處的時代不一樣，有著不一樣的生活經歷。」他說，年青一輩一定有自己的看法，但同時亦要懂得接受長輩的意見——這是成長必須經歷的一部份。他補充：「人會選擇做自己相信的事情。年青時候不知道沒問題，但早點知道，就不用枉花太多時間。」

「在我眼中，她不單是我的母親，更是安利世界裡的老師。而她亦因為我身為她的兒子的緣故，要求亦相應提高。因此，在發展的時候難免會感到有點吃力，但我相信，只要能夠克服眼前的困難，未來的成果將會更豐碩。」有趣的是，這段母子關係啟發劉德沛教育下線的心得。「當我得到來自她的鼓勵和支持後，難題在我眼中就已經沒有那麼困難了——這啟發我指導下線時多灌輸正面思想，引導他們從自身得到力量去解決問題。事實證明這是成功的，他們的業績已經反映一切。」



Second-generation challenges

Liu Te-pei's mother is the Crown Ambassador of Amway Taiwan, how does this relationship influence his development in Amway business? "As the child of a Crown Ambassador I feel more pressure than others. I have always worried that I am not doing my best and that I would let her down," he says. "At the same time, I never wanted others to feel that I needed her help to be successful." He does admit that if he faces a problem he hasn't encountered before he will discuss it with his mother.

In the aspect of career development, Liu Te-pei and his mother have different encounters. He says, "We were born at different times and thus encountered different experiences." Te-pei believes that it's good for younger people to have their own ideas, but at the same time they need to develop the art of listening. "People tend to choose to do something that they deeply believe in, which is fine if you are a teenager. But by listening to others you can save a lot of time and effort," he says.

For Te-pei, his mother is his teacher in the world of Amway. "Her expectations for me are higher because I'm her child, and sometimes this makes me feel stressed. However, I believe that if I can overcome the difficulties in front of me, our future will be very fruitful". Interestingly, the relationship between Liu Te-pei and his mother has inspired them to educate their Downlines. "Every time I receive support and encouragement from her I feel much better, and problems seem easier to resolve," he says. "This inspires me to teach my Downlines about positive thinking, guiding them to solve any problems by themselves. This tactic seems to have been quite successful and is reflected in their business results."

家庭事業兩者兼得

17年來，劉德沛與金梅成功建立自己的安利事業，今年更進一步晉身雙鑽石直系直銷商的行列，金梅說看到身邊的朋友既要上班又要帶孩子，唯有將孩子交給傭人照顧，而她因為發展安利事業，反而有更多時間與兩個孩子相處，令她感到非常欣慰。「在我們的心目中，孩子的成長和教育是非常重要的，而發展安利事業讓我有更多時間照顧他們，令親子關係更緊密。」

更令她喜出望外的是，藉著安利，孩子都變得更好。「他們在學校的表現比一般同學更積極，更有信心，無論在功課或成績，都有顯著分別。即使有時候遇到挫折，亦不會因此而失去信心——還有甚麼比這樣更好的事呢？」而金梅自己亦因為安利而改變了，她笑

說：「從前我是個沒有耐性的人，但自從發展安利後，因為時常要訓練下線，令我明白到包容的重要性。現在的我帶孩子，愈來愈有耐性，也更懂得如何去關注他們的需要。我想，這是我們參加安利的意外收穫吧！」

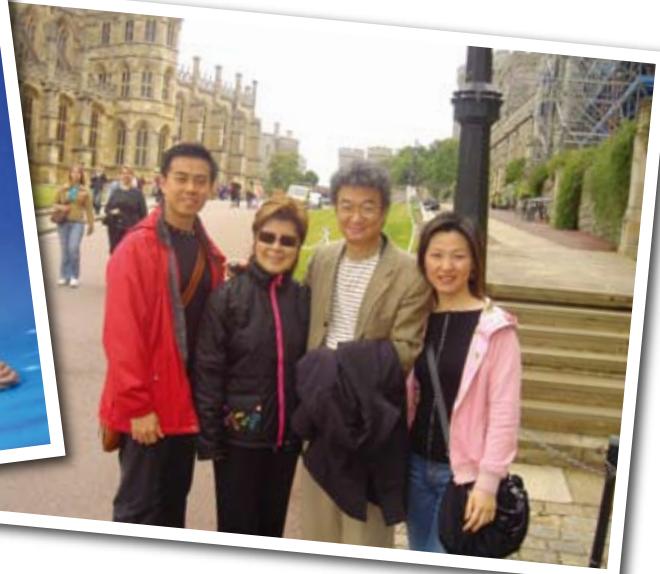
Balancing family and career

For more than 17 years, Liu Te-pei and Jin-mei have been building their Amway business together, and their hard work led to them gaining Double Diamond Direct Distributor status. Jin-mei says that most of her friends have to go out to work, and the only solution is to hire a babysitter. She, however, has had more time to spend with her children since joining Amway.

"For us, the growth and education of our



參加安利讓劉德沛與金梅享受到更多親子時間。



藉著安利，劉德沛與金梅能與雙親一同遊歷世界，增廣見聞。

children is very important. I'm glad that we can spend more time with them while being able to develop our Amway business at the same time," she says.

Jin-mei is very happy that her children are also benefiting from Amway. "Compared to other children, they are more proactive and have greater self-confidence, and their academic results really highlight the difference," she says. "Even more important, they are still able to retain their self-confidence, even when they are facing serious challenges and the possibility of failure."

Jin-mei has also been changed by Amway. "I was never really a patient person, but after joining Amway, and having to train our Downlines, I find I have more understanding of the importance of forgiveness and acceptance," she says. "I'm also more patient towards my children now and know how to take care of their needs."

後記

劉德沛與金梅都認為，人可以為夢想而忙碌，卻不可因為忙碌而放棄夢想——他們就是最好的見證。二人均同聲表示，未來將要晉身三鑽石直系直銷商的行列！

Notes

Both Liu Te-pei and Jin-mei believe they must work hard together to make their dreams come true, and have never given up on their dreams because of work. Both mentioned that their next goal is to become a Triple Diamond Direct Distributor!



新晉鑽石直系直銷商廖穎枝、林盈 友·夢同行

New Diamond Direct Distributors Wingi Liu and Lam Ying
Share Precious Moments in Life



廖穎枝從安利總經理余偉業先生手中接過獎狀。



林盈從安利總經理余偉業先生手中接過獎狀。



安利年青領導人浩浩蕩蕩進入會場，引來全場歡呼，場面熱鬧。



安利新世代Live Band
樂隊落力演出，慶祝
兩位新晉鑽石直系直
銷商的輝煌業績。



安利新世代以創一番事業
為目標，眾志成城，協力
締造更康莊的事業旅程。

一個真正屬於年青人的大會 The Rally for the Youth

對於廖穎枝和林盈兩位年輕新晉鑽石直系直銷商而言，6月29日是一生中難忘的一天，因為這天是「友·夢同行」直銷商大會舉行的大日子，兩位才二十多歲的領導人分享著她們在安利世界的「樂」與「路」，而一眾安利新世代亦藉此機會分享他們在安利不一樣的創業旅程。

June 29, 2009 was an unforgettable day for Wingi Liu and Lam Ying. This was the day of the Diamond Direct Distributors' Rally, which celebrated the two young leaders' achievements in Amway – and in life. The rally brought together many young leaders to share their memorable experiences in Amway business.



一眾安利新世代出席盛會，一同分享他們不一樣的創業旅程。



新晉鑽石直系直銷商廖穎枝表示：「安利就好比一條人生跑道，讓我跑出成功的第一步。」

廖穎枝——從突破中蛻變

加入安利，並且攀上鑽石直系直銷商的獎銜，為廖穎枝寫上了重要的一頁，廖穎枝說：「在安利世界裡，我們就是『以生命影響生命』的最佳見證！每個人除了獲得額外收入與發展個人事業的機會外，更重要的是能夠助人達致個人成長。」藉著安利，她將潛能發揮得淋漓盡致。雖然她並非大學生，卻成功帶動了一位大學生——林盈晉身成為鑽石直系直銷商，共創輝煌業績，成績有目共睹。

從外到內的蛻變

廖穎枝表示，安利這個舞台把本是「用水造、愛哭、軟弱」的她塑造成信心十足、善於表達的廖穎枝。「我最初是被安利的美容產品吸引而參加，由一支控油啫喱而開始接觸和認識安利的護膚美容產品。」廖穎枝笑說：「我由不修邊幅像個男仔頭的籃球隊隊長變為懂得化妝、打扮的我，常令朋友誤會我所加入的安利是一所整容公司。」

之後，她慢慢地被安利的環境與文化所感染，學會了接受與認識自己，並看到自己的優點與缺點，更加投入發展我的安利事業。」現在，廖穎枝擁有自己的團隊、生意、穩健的收入和多采多姿的生活。「透過安利產品和生意，我的健康和生活都得到提升。」

與家人關係的蛻變

發展安利後，最令廖穎枝感動的是透過這個事業，讓她和家人的關係都得以昇華。出身小康之家的廖穎枝認為，若不努力、主動一點為家庭作出改變，家庭環境便永遠不能突破。她明白成功不在乎現時擁有的條件，相反，她認為要成功，便要爭取有利的環境因素和條件才能成功。

現在，他們一家人可以同心協力地發展生意、擁有自己的團隊和獲得穩健的收入。廖穎枝表示：「父母展開了安利生意後，透過參與活動和團隊上下的鼓勵，母親更由內向、被動變得積極、進取！母親在我心目中更是與眾不同的。」

林盈——金錢以外的豐盛回饋

能夠加入安利的大家庭，林盈表現出由衷的喜悅：「在這裡，金錢不是最重要的收穫。」透過發展安利事業，林盈得到了意想不到的種種收穫。

學業以外的回饋

林盈畢業於中文大學工商管理學系，她在大學時期開始投身安利，一邊發展安利事業，一邊兼顧學業。比起朋輩，她早已領悟成就大業的道理：「大學教授只教授我們怎樣當僱員，卻沒有教導我們怎樣當僱主。安利事業讓直銷商能實踐營商之道，是學以致用的理想平台。」林盈並笑說：「由於安利生意的工作模式和地點具彈性，因此，讀大學的時候，我會利用課餘時間學習生活知識和營商技巧。」

朋輩間的回饋

安利的世界讓林盈廣結良師益友，獲益良多。她學會用心聆聽領導人的分享和意見，再付諸實行，成功克服障礙。林盈說：「上線領導人的噓寒問暖，令我十分窩心，促使我更堅強，勇於化困難為挑戰。」

帶給家庭的回饋

林盈深明安利事業使她更容易掌握時間，更能貼心照顧身邊的家人和朋友。她的生意亦很快上了軌道，有足夠的經濟能力負擔大學學費，不再需要家人的經濟支持，為家庭作出很大貢獻。

事業上的回饋

對於事業發展，林盈一直被安利事業的「自由」深深吸引著，讓她可以活出了時間、財務和心靈上的自由。林盈表示：「與其像一般都市人為生活營營役役，做自己不喜歡的工作，一腔怨氣，倒不如在安利創業，『提早努力，提早成功，提早享受』，全面提升個人價值。」



新晉鑽石直系直銷商林盈被安利事業的「自由」深深吸引，並真正實踐了時間、財務和心靈上的自由。

昂首向前 全力以赴 再創高峰 安利(香港)2009/2010年度獎勵計劃

In Pursuit of Excellence Amway Hong Kong Sales Incentive Programme 2009/2010

經過35年的發展，安利(香港)一直穩佔直銷業界的領導地位，近年的業務更屢創佳績。踏入新財政年度，安利將在堅實宏厚的基礎上，與各位領導人攜手向更高目標進發！現在正是你發展安利事業的最佳時機！

在2009/2010財政年度，安利再次精心安排一連串獎勵計劃，結合豐厚獎金及超級旅遊獎賞。

With 35 years' solid foundation in direct-selling, Amway Hong Kong has achieved remarkable growth thanks to the continued support of our Distributors. To further raise the level of success, Amway Hong Kong is pleased to launch a new series of sales incentives to motivate Distributors to reach for new heights in their achievements.

In the coming fiscal year, top-performing Distributors will get the chance to participate in some exciting travel activities.

2009/2010積分額/售貨額比率 2009/2010 PV/BV Ratio

根據市場情況，安利會於有需要時調整積分額/售貨額比率。
2009/2010年度的積分額/售貨額比率將維持為1:12，故銀章資格的售貨額要求為\$120,000，月結獎金比率表如右列：
Amway will adjust the PV/BV ratio according to the market situation. With the PV:BV ratio for 2009/2010 maintained as 1:12, the qualification of silver producer is BV\$120,000. The monthly performance bonus ratio is as listed:

月結獎金比率表 Monthly Performance Bonus Ratio

獎金比率(%) Bonus Ratio	積分額 PV	售貨額 BV
21	10,000	120,000
18	7,000	84,000
15	4,000	48,000
12	2,400	28,800
9	1,200	14,400

夥伴獎金 Partnering For Success Bonus

為鼓勵新晉領導人發展安利事業，及獎勵領導人培育下線所付出的心血及努力，安利在2009/2010財政年度特別設立夥伴獎金。

To encourage new leaders to develop their business, and to reward the training efforts of leaders, Amway is offering a Partnering for Success bonus in the 2009/2010 fiscal year.

業績資格 Qualification	個人小組積分 Accumulated Ruby PV	新推薦人數 No. of New Recruits	獎金金額(港幣) Bonus Amount (HK\$)
新銀章 New SP	10,000 PV	12	2,000
新銀章之上線直系 Upline DD	60,000 PV	12	2,000
新金章 New GP	30,000 PV	12	5,000
新金章之上線直系 Upline DD	60,000 PV	12	5,000
新直系 New DD	60,000 PV	12	10,000
新直系之上線直系 Upline DD	60,000 PV	12	10,000

直系穩健獎金 Consistency Bonus

有穩健的銷售基礎，才能保障未來前景。安利在2009/2010年度將設立直系穩健獎金，目的在於鼓勵直銷商訂立更長遠的目標。領取資格如下：

To encourage Distributors to achieve higher sales goals, Amway is offering a Consistency Bonus in 2009/2010. The qualification is as follows:

2009/2010 年度合資格銀章月份 Qualification	個人小組積分 (以紅寶石積分計算) Accumulated Ruby PV	新親自/ 代推薦人數 No. Of New Recruits	金額 (港幣) Bonus Amount
Q6 - Q8	70,000 PV	12	\$10,000
Q9 - Q11	70,000 PV	12	\$15,000
12 (首次符合資格) New Q12	70,000 PV	12	\$30,000
12 (第二次符合資格) Re Q12	80,000 PV	12	\$30,000

海外旅遊獎勵 Travel Award

繼去年的地中海郵輪之旅，安利今年再度推出精彩絕倫的旅遊獎賞。除了帶你遠赴澳洲悉尼動感之旅，更讓你乘坐豪華郵輪，遨遊北歐多個浪漫醉人的城市。

Following the success of the Mediterranean Cruise last year, Amway will continue to offer superior travel awards to top-performing Distributors. This year's incentives include a Leadership Seminar in Sydney, Australia and the Northern Europe Cruise.

1 領導海外研討會——澳洲悉尼

Leadership Seminar – Sydney, Australia

安利帶領直系領導人，體驗異國風情。

Amway Direct Distributors will visit the scenic spots and enjoy the gorgeous scenery of the metropolis.

出席資格：凡於2009/2010年度內符合資格領取翡翠獎金，或於2009/2010年度內符合直系資格並取得下列旅遊分，將獲邀出席：

Qualification: Direct Distributors who qualify for Emerald Bonus in the fiscal year 2009/2010 or attain the following Travel Points will be invited:

爭取出席次數	所需旅遊分 Qualification of travel point
1	6,300
2	8,500
3	10,500
4或以上 4 or above	12,000



2 鑽石精英旅遊研討會——北歐郵輪

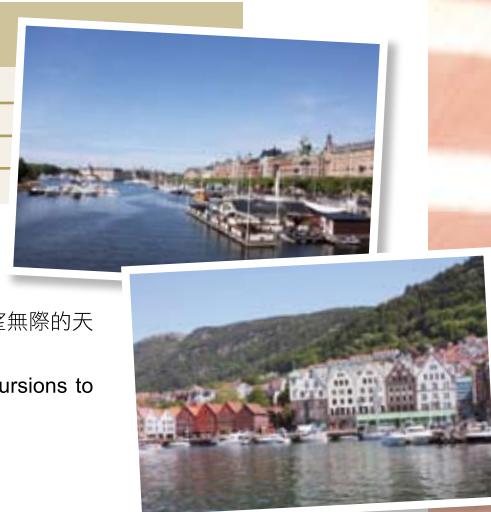
Diamond Invitational – Northern Europe Cruise

安利帶領直系領導人登上五星級郵輪，向北歐進發，飽覽怡人的景色，擁抱一望無際的天空和壯闊的海洋。更可遊遍北歐多個名城，體驗異國風情。

The five-star Northern Europe Cruise will offer superb scenery and shore excursions to various historic cities in Northern Europe.

出席資格：2009/2010年度符合鑽石直系資格

Qualification: Qualified Diamond in 2009/2010



行政鑽石卓越獎金 Executive Diamond Excellence Cash Award

領取資格：

- 1 於2009/2010年度內新符合或再度符合行政鑽石或以上資格。
- 2 擁有至少6個親自或代推薦的合資格小組。每個小組於2009/2010年度內至少有6個合資格銀章月份。
獎金：獎金多少視乎親自或代推薦的小組所達至合資格銀章月份總數，或親自或代推薦的小組所產生的創業者獎分，根據下列兩項標準，以兩者較高者為頒發準則，詳情請參閱下表：

Qualification

- 1 Any newly qualified or re-qualified Executive Diamonds or above in the fiscal year 2009/2010 are eligible.
 - 2 You must have at least six personally or foster sponsored groups (each group with at least six qualified Silver Producer months in fiscal year 2009/2010).
- Cash Bonus: The amount of Cash Bonus depends on the number of qualified Silver Producer months or total FAA Credits of personally or foster sponsored groups. Amway will compare the achievements according to the below criteria and issue the most favourable bonus amount.

(1) 親自或代推薦小組所產生的創業者獎分 By local FAA points

親自或代推薦小組 No. of Local Leg	創業者獎分 FAA Point from Local Leg	獎金金額(港幣) Bonus Amount
6 - 8	10	60,000
9或以上 9 or above	14	90,000
	18	120,000
	20或以上(20 & up)	150,000

(2) 親自或代推薦小組的合資格銀章月份 By local legs & local leg months

親自或代推薦小組 No. of Local Leg	親自或代推薦小組的合資格月份 <small>註</small> No. of Local Leg Months <small>Note</small>	獎金金額(港幣) Bonus Amount
6 - 8	36 (At least 36)	60,000
9或以上 9 or above	54 - 80	90,000
	81 - 107	120,000
	108或以上(108 & up)	150,000

註：只計算Q6或以上小組的合資格銀章月份。 Note: Only Q6 or above groups will be counted.

高獎銜一次過現金獎 One Time Cash Award (OTCA)

為獎勵領導人的傑出表現，安利特別設立「高獎銜一次過現金獎」，於直系領導人晉升成為雙鑽石直系及以上資格時頒發，2009/2010財政年度，獎金金額如下：

The One Time Cash Award aims to reward Distributors who have newly moved up to Double Diamond qualification or above for their breakthrough achievement. In fiscal year 2009/2010, the cash reward amount has been increased as follows:

獎銜 Qualification	2009/2010年度(港幣) 2009/2010 (HK\$)
雙鑽石 Double Diamond	\$180,000
創業者雙鑽石 Founders Double Diamond	\$270,000
三鑽石 Triple Diamond	\$360,000
創業者三鑽石 Founders Triple Diamond	\$540,000
皇冠 Crown	\$720,000
創業者皇冠 Founders Crown	\$900,000
皇冠大使 Crown Ambassador	\$1,080,000
創業者皇冠大使 Founders Crown Ambassador	\$1,260,000

創業者獎金 Founders Achievement Award

創業者獎金設立的宗旨乃為表揚積極拓展安利市場的直系領導人，自實施以來，已成為安利最具激勵性的獎勵項目之一。2009/2010財政年度，創業者獎金金額如下：

The Founders Achievement Award was set up to recognise Amway Distributors in building up a successful business while at the same time maintaining good business ethics and conduct. This is one of the most inspiring and sought-after awards offered by the company. In the 2009/2010 fiscal year, the bonus amount is as follows:

獎金金額 Bonus Amount

創業者獎分 FAA Credit	2009/2010年度獎金金額 (港幣) 2009/2010 Bonus Amount (HK\$)
8分 credits	\$180,000
12分 credits	\$360,000
16分 credits	\$720,000
20分 credits	\$1,080,000
25分 credits	\$1,440,000
30分 credits	\$2,160,000
35分 credits	\$2,880,000
40分 credits	\$3,600,000
45分 credits	\$4,320,000
50分 credits	\$5,040,000
55分 credits	\$5,760,000
60分 credits	\$6,480,000
65分 credits	\$7,200,000
70分 credits	\$7,920,000

創業者獎分計算方法 FAA Credit Calculation

香港或澳門下線小組 Hong Kong or Macau Groups	分數 FAA Credit
Q12小組 Q12 group	1
符合領取翡翠獎金的翡翠小組 Emerald group qualifying for Emerald Bonus	1.5
符合領取鑽石獎金的鑽石小組 Diamond group qualifying for Diamond Bonus	3
海外下線小組 Overseas Group	分數 FAA Credit
第二個直銷戶籍達Q12業績 No.2 business qualifying for Q12 Direct Distributorship	1
符合領取翡翠獎金的第二個直銷戶籍 No.2 business qualifying for Emerald Bonus	1.5
符合領取鑽石獎金的第二個直銷戶籍 No.2 business qualifying for Diamond Bonus	3 - 6
其他海外推薦Q12小組 Internationally sponsored downline Q12 group	0.5

創業翹楚獎金 Founders Distinguished Services Award

為表揚創業者獎分達40、45、50、55、60、65及70分的傑出領導人，安利特別設立「創業翹楚獎金」。首次符合40、45、50、55、60、65及70分資格者，將獲頒發創業翹楚獎金，以代替創業者獎金，其後每次合資格者可按創業者獎金金額表獲頒發創業者獎金。創業翹楚獎金金額如下：

The Founders Distinguished Services Award aims to reward those remarkable Distributors who gain 40, 45, 50, 55, 60, 65 and 70 FAA credits. Distributors who gain 40, 45, 50, 55, 60, 65 and 70 FAA credits for their first qualification are entitled to the Founders Distinguished Services Award to replace the Founders Achievement Award. The Founders Achievement Award will be offered for subsequent years of qualification. Founders Distinguished Services Award will be distributed as follows:

獎金 Credit	2009/2010年度 (港幣) 2009/2010 (HK\$)
首次達到40分 (40 credits for first time)	\$7,200,000
首次達到45分 (45 credits for first time)	\$10,800,000
首次達到50分 (50 credits for first time)	\$14,400,000
首次達到55分 (55 credits for first time)	\$18,000,000
首次達到60分 (60 credits for first time)	\$21,600,000
首次達到65分 (65 credits for first time)	\$25,200,000
首次達到70分 (70 credits for first time)	\$28,800,000

上述各項獎勵，為2009/2010年度特別獎勵計劃的內容，並不屬於安利直銷計劃的一部份，各項獎金須經核實資格後方會頒發。安利會於財政年度結束前檢討各項計劃的成效及市場環境，再行決定於下個財政年度內修訂、取消或延續各項內容。直銷商除要符合各項獎勵資格所需的業績外，同時亦須展現良好商德，並遵守安利營業守則中的各項規定。安利公司保留獎賞之最終決定權。如對上述獎勵有任何查詢，請隨時與業務部聯絡。

The above awards are for the fiscal year 2009/2010 only and are not part of the Amway Sales and Marketing Plan. Amway will review the above programme and make any necessary amendments for the coming fiscal year. Distributors who are eligible for the above awards must also comply with the company's Code of Ethics. Bonuses will be awarded upon verification. Amway reserves the right of final decision. If you have any questions about the awards, please contact the Sales Department.

詳情請參閱2009年7月28日刊登之《安利快訊》或致電安利諮詢熱線2969 6300。

For details, please refer to Newsgram published on July 28, 2009 or call the Amway Service Hotline at 2969 6300.



安利(香港)2009/2

澳洲悉尼與北

Amway Hong Kong Sales Inc. Sydney Trip and Northern Eur

領導海外研討會——澳洲悉尼之旅

安利帶領直系領導人遊覽澳洲悉尼，有「海港城市」之稱的悉尼是澳洲最大、歷史最悠久及最具大都會氣息的城市，更被譽為世界上其中一個最漂亮及最怡人的城市。身處此地，您可體驗源自世界各地的文化、建築與設計藝術，還可飽覽獨特的名勝景點，包括聞名世界的著名地標悉尼歌劇院和悉尼大橋等，令人眼界大開。

Leadership Seminar – Sydney

Sydney, the “Harbour City”, is the largest, oldest and most cosmopolitan city in Australia. It holds a reputation worldwide as one of the world’s most beautiful and liveable cities. The city is home to many unique architectural styles, with famous landmarks including the Sydney Opera House and the Sydney Harbour Bridge – two of the world’s most iconic structures.



2010年度獎勵計劃 北歐郵輪之旅

Incentive Programme 2009/2010
Europe Cruise for High Achievers

鑽石精英旅遊研討會——北歐郵輪之旅

北歐——純淨美麗而歷史悠久的土地。登上五星級郵輪，遨遊斯堪的納維亞半島和挪威峽灣，在壯麗的峽灣中，別具景致的北歐小鎮上，盡享船上各類豪華設施和美食，感受北歐文化，體驗異地風情。

Diamond Invitational – Northern Europe Cruise

Welcome to one of the most beautiful parts of the world! Sailing along the Scandinavian Peninsula and through the spectacular fiords of Norway on this five-star cruise, you will be impressed by the lovely small towns and the spectacular scenery. A combination of stunning vistas and fascinating shore excursions will make this trip a once-in-a-lifetime experience you really shouldn't miss.

Photo of Northern Europe Courtesy of Canny Wong

恭賀新晉直銷商

Congratulations to Our New Qualifiers



直系直銷商 *Direct Distributor*



王麟生 吳寶卿 (商人/會計文員)

過去曾經經營旅行社生意，收入經常受大圍經濟所影響，非常不穩定。反觀安利事業一分耕耘一分收穫，只要努力去做，定可達到理想業績，並可在增加收入的同時幫助與關懷身邊有需要的人，實在令我們喜出望外。寄語新參加的直銷商，成功與否就在於一個決定，學會放下包袱，勇於創新，自然成功在望。

Wang Lin-shen & Amanda (Merchant/accounting clerk)

We used to own a travel agency, but the business was deeply affected by the economic environment. The Amway business is a totally different experience – our income reflects our dedication and we know we can achieve our goals if we put in the effort. The business brings many benefits - our income is raised and at the same time we can care about others. Our advice to newcomers who want to succeed is to devote themselves fully right from the start.



金章直銷商 *Gold Producers*



顏治國 張曉華 (送貨部助理/家庭主婦)

我們曾經發展傳統飲食生意，但已於多年前結束。參加安利計劃後，我們的人生觀出現極大的改變——由於毋須投入大量資金，亦沒有精神上的壓力，令我們對未來變得充滿希望！

Ngan Chi-Kwok & Hiu-wa (Delivery assistant/housewife)

We used to own a restaurant but we had to close it down a few years ago. We took the decision to join Amway and we have both become much more proactive. This is a great business because you don't need to invest lots of money and there's no need to endure any real pressure.



杜建明 王雪兒 (技工/家庭主婦)

與過去的工作相比，安利事業令我們增加多方面的知識，如營養、美容、健康、家居清潔等資訊，而且時間更有彈性，讓我們可以在照顧家庭的同時建立自己的事業，並成為子女的榜樣。

To Kin-ming & Suet-yeo (Foreman/housewife)

Compared to our previous jobs, the Amway business has helped us in so many ways. It has given us new knowledge in areas such as nutrition, beauty, health and homecare, and the flexibility means we can take care of our family as well as build up our business. We have become role models for our children!



金章直銷商 *Gold Producers*



洪錦康 (侍應)

從小我就喜歡幫助別人，現在我能透過安利事業將優質產品與身邊的親人及朋友分享，同時幫助他們提升生活質素，亦讓我得到正職以外的其他收入及擴闊社交圈子，使我深深明白「助人自助」的真諦。

Hung Kam-hong (Waiter)

Ever since I was a child I have enjoyed helping others. Since joining Amway, I can really understand the concept of "helping myself through helping others" by sharing the products with my relatives and friends, helping them to raise their quality of life. What's more, my income has increased while my social circle has expanded.



甘碧玉 (銀行職員)

參加安利計劃後，我的生活變得更健康。過往從未想過創業，現在可以按自己的喜好安排時間，生活也變得更自由自主。未來我會繼續努力，目標是爭取出席每一次的安利旅遊機會！

Kam Pik-yuk Anna (Bank staff)

I have been able to live a much healthier life since joining Amway. Although I never really thought about having my own business, I am glad I took the decision - Amway has helped me to obtain time autonomy and I can live my own life now. My goal in the future is to make sure I don't miss out on any of the great travel opportunities provided by Amway!



銀章直銷商 *Silver Producer*



張婷婷 (投資銀行分析師)

畢業後我即投入工作，令我無暇細想自己的夢——自小已希望擁有自己的生意，並可享有時間與財政自由。我在父母及朋友的介紹下開始發展安利事業，令夢想能夠逐步達成，並與更多人分享當中的喜悅。

Zhang Ting-ting Renee (Investment analyst)

After graduation my focus was on work, with little time to think about my dreams. Since I was small I've wanted to have my own business and financial freedom, and I'm now on the right path since being introduced to the Amway business. I hope to achieve my dreams and share the Amway happiness with everyone.

零售推薦龍虎榜

Rolls of Honour – Retailing & Sponsoring

2009年4月
April 2009

10大個人 Top 10 Personal

零售 Retailing

Chow Chi Man & Man Ting
Hung Kam Hong
Yu Seng Kwong & Wai Ying
Au Wo Wai & Siu Kwan
Yip Chun Kit & Yu Yan
Lee Keen Ping & Chiu Chun
Lee Ka Lun & Siu Shuk Yee
Chan Hing Moon & Leanne M
Tang Kwong Choi & Lai Kuen
Yang Kin

推薦 Sponsoring

Chan Fuk Sang & Lee Siu Bing
Ka Gary & Jase
Chan Bik Yiu
Yung Tsz Ming & Yim Ling
Lau Shing Kwok & Chan Kit
Cheung Kai Ming & Oul Wah
Tang Kwong Choi & Lai Kuen
Lau Wan Chun & Sze Lan
Tang Ma Fung Jing Mabel
Hui Sau Chun

10大直系小組 Top 10 Group

零售 Retailing

Fu Clement & Anita
Ng Bill & Mabel
Ho Chi Leung
Leung Kwok Pui & Yu Wa
Cheng Cho Yung & Hu Ginghua
Li Arthur & Juni
Choy Chik Shing & Suk Haan
Ka Gary & Jase
Cheong Pui Kuong & Lai Yee
Lo Paul & Paula

推薦 Sponsoring

Cheong Chi Wa
Ho Chi Leung
Leung Kwok Pui & Yu Wa
Ho Ping Chuen & Shuk Fung
Chuang Chien Hsin & Yuen Hing
Chan Fuk Sang & Lee Siu Bing
Ka Gary & Jase
Fu Man Fung & Yuet Ming
Yung Tsz Ming & Yim Ling
Hung Yat Lam Veronica



粵劇戲曲

藝術推廣計劃

安利
為您生活添色彩

粵劇曲藝基礎/中級/高級/高級進修證書課程

為宏揚粵劇戲曲藝術和推動本港戲曲藝術的發展，香港公開大學李嘉誠專業進修學院於2008年9月推出「安利粵劇戲曲藝術推廣計劃」，第一期課程好評如潮，學院於2009年再接再厲，舉辦第二期課程，並加開「粵劇曲藝高級進修證書」，共四個一年兼讀制的粵劇曲藝證書課程，有系統地提供多項粵劇戲曲文化藝術培訓。

由資深粵劇戲曲音樂大師劉永全先生講授

名譽顧問團

資深粵劇名伶：陳好逑女士、尹飛燕女士、新劍郎先生及廖國森先生

導師簡介

資深粵劇戲曲音樂大師劉永全先生為蜚聲省港澳曲藝大師王粵生先生入室弟子，學習編曲、伴奏及唱腔。四十多年來，劉氏致力發揚粵劇曲藝，主力教授唱腔及音樂伴奏，為學院派一代宗師。2003至2008年，劉氏獲邀出任香港藝術中心「安利粵劇曲藝基礎證書及證書課程」的課程主任兼導師，課程的專業及嚴謹程度獲得一致好評。

學費

\$14,000 (分兩期繳付，每期\$7,000)

報名手續

請填妥指定的報名表格，連同報名費\$100 (成功入讀學員將獲退還)，交回本院辦理。

截止報名日期

2009年8月21日 (星期五)

索取表格

香港公開大學李嘉誠專業進修學院
地址：香港干諾道中168號信德中心四樓
查詢熱線：3120 9988 (接通後按1-1-2) /
3120 9863 / 3120 9865
傳真：2381 8456
電郵：lipace_arts@ouhk.edu.hk
網頁：www.ouhk.edu.hk/lipace/cop

上課地點

香港公開大學李嘉誠專業進修學院
安利中國文化藝術教學中心
地址：香港上環林士街1號廣發行大廈3樓
(港鐵上環站E2出口)

課程時間表	
課程編號 / 名稱	開課日期
CA040 粵劇曲藝基礎證書	2009年9月16日 (逢星期三) 下午2時至5時 (共40堂)
CA041 粵劇曲藝中級證書	2009年9月17日 (逢星期四) 晚上7時至10時 (共40堂)
CA042 粵劇曲藝高級證書	2009年9月17日 (逢星期四) 下午2時至5時 (共40堂)
CA043 粵劇曲藝高級進修證書	2009年9月16日 (逢星期三) 晚上7時至10時 (共40堂)

註：除課時外，另加6次唱局練習及12小時講座。



紐崔萊與印尼國家羽毛球隊 共創理想佳績 A Powerful Force - Nutrilite and the Indonesian National Badminton Team

作為全球首屈一指的維他命、礦物質及營養補充品品牌(根據2008年銷售額)，紐崔萊成功羅致成績驕人的印尼國家羽毛球隊為旗下Team Nutrilite的一員，將健康、運動與生活的訊息帶到印尼的每個角落。每位印尼國家羽毛球隊的成員每日都會服食紐崔萊多寶營養片及蛋白質粉，以增強體魄，迎接每日的挑戰。

Nutrilite, the world's leading brand of vitamins, minerals and dietary supplements (based on 2008 sales), has established a sponsorship agreement with another group of supreme athletes - the Indonesian National Badminton Team. Five of the team's players have become spokespersons for Amway Indonesia, and each has added Nutrilite Double X and Protein to their regimen to give them the strength they need to perform at their absolute peak.



屢創佳績的印尼羽毛球隊被喻為「印尼之光」。

綠色健康生活體驗日

Green Life Experience Day

安利一直提倡綠色生活，響應環境保護，並率先推動《安利綠色約章》，與您共建綠色地球。在8月及9月份的多個星期六與日，安利將舉辦綠色健康生活體驗日，透過有機健康的營養補充品示範、節能煮食示範環保的皇后牌不鏽鋼煲具、家居科技產品示範，以及不同的健康及美容講座和測試等，為您帶來更多綠色生活小貼士，並與家人製造精彩、有趣而充實的假期，真正體驗綠色健康新生活！

Since the launch of "Amway Green Pledge", Amway is keen to promote green life and support environmental friendly activities. Green Life Experience Day will be held to further promote the goodness of green and healthy life through the making of organic health supplement, energy saving cooking demonstration, various health and beauty talks and tests. Packed with featured talks and fun filling demonstrations, you and your family can spend a whole day exploring with fun and enjoy an exciting and fulfilling green holiday!

I 綠色健康生活體驗

Green Life Experience

連串饒富趣味的示範盡在安利九龍陳列室及購貨中心展開！不論是有關營養補充品製作、節能煮食，抑或美肌按摩和夏日彩妝示範，均能為您帶來獨特而有趣的生活體驗。

日期：2009年8月22日至2009年9月13日逢星期六及日

(2009年8月30日除外)

地點：安利九龍陳列室及購貨中心

時間：中午12時至下午6時 (每小時提供一節示範)

- 內容：
- 天然植物營養素示範：一般產品只含維他命，而紐崔萊產品還保留植物營養素。您可藉此體驗紐崔萊以有機原材料製造最天然營養補充品的優勝之處。
 - 節能健康煮食層層疊：各式美食示範，讓您即席品嚐。
 - 美肌植物精華按摩法：以蘊含豐富的植物精華護膚品配合穴位按摩技巧，促進血液循環，令您的肌膚回復亮澤！
 - 仲夏透麗彩妝示範：仲夏新色彩妝示範，由貼薄妝容入手，締造今夏流行的迷人妝容！

III 健康及美容專題講座

Health & Beauty Talks

關心健康、關心儀容的你，可藉著連串專題講座和專家解說，學到非一般的專業知識！

日期：2009年8月22日至2009年9月13日逢星期六及日 (2009年8月29及30日除外)

地點：九龍彌敦道380號逸東酒店

日期	時間	場地	講座內容	主講嘉賓
8月22日 (六)	2:30pm - 4:00pm	九龍彌敦道 380號 逸東酒店 2/F 明珠廳	• 關心你心 高血壓、高膽固醇等與心臟有關的問題，有愈來愈年輕化的趨勢，如何有效減少這類都市殺手病，黃品立醫生將為我們作詳細講解。	心臟專科 黃品立醫生
8月23日 (日)	2:30pm - 4:00pm		• 星級彩妝示範，營美全攻略 真正的美麗應由內而外散發，營養美妝缺一不可！安利營養師將與美容師攜手合作，為大家炮製各項營美全攻略。同場更有特備節目——星級彩妝示範，由著名化妝師Jonathan Li教授化妝竅門，以日間的剔透妝容到晚上出席派對或宴會的閃耀彩妝，讓大家時刻都明艷照人。	星級化妝師Jonathan Li、 安利專業美容師、 安利專業營養師
9月5日 (六)	2:30pm - 4:00pm	九龍彌敦道 380號 逸東酒店 B1/F 金鑽廳	• 星級彩妝示範，營美全攻略 真正的美麗應由內而外散發，營養美妝缺一不可！安利營養師將與美容師攜手合作，為大家炮製各項營美全攻略。同場更有特備節目——星級彩妝示範，由著名化妝師Jonathan Li教授化妝竅門，以日間的剔透妝容到晚上出席派對或宴會的閃耀彩妝，讓大家時刻都明艷照人。	星級化妝師Jonathan Li、 安利專業美容師、 安利專業營養師
9月6日 (日)	2:30pm - 4:00pm		• 骨骼健康全面睇 關節及骨骼問題隱藏在每個都市人的日常生活，從骨質疏鬆到關節退化及關節炎，都為我們帶來不便及痛楚，曾偉男博士將為我們全面剖析這個隱藏都市病。	香港理工大學康復治療科學系助理教授 曾偉男博士、 安利專業營養師
9月12日 (六)	2:30pm - 4:00pm	九龍彌敦道 380號 逸東酒店 B1/F 金鑽廳	• 關心你心 高血壓、高膽固醇等與心臟有關的問題，有愈來愈年輕化的趨勢，如何有效減少這類都市殺手病，黃品立醫生將為我們作詳細講解。	心臟專科 黃品立醫生
9月13日 (日)	2:30pm - 4:00pm		• 骨骼健康全面睇 關節及骨骼問題隱藏在每個都市人的日常生活，從骨質疏鬆到關節退化及關節炎，都為我們帶來不便及痛楚，曾偉男博士將為我們全面剖析這個隱藏都市病。	香港理工大學康復治療科學系助理教授 曾偉男博士、 安利專業營養師

主講嘉賓簡介

心臟專科 黃品立醫生

私人執業心臟專科醫生黃品立為香港醫學會會董，專責預防、檢查、診斷及治療有關心臟及血管之疾病，並曾任醫管局心臟專科醫生。

星級化妝師 Jonathan Li

星級化妝師Jonathan Li於日本著名化妝學府畢業，修習期間成績優異，並獲得多個重點冠軍獎項。回港後迅即被各大著名化妝品牌羅致旗下，曾於不同企業提供化妝指導，同時參與著名國際時裝及美容品牌的化妝工作，並於各大潮流雜誌擔任化妝顧問。

香港理工大學康復治療科學系助理教授 曾偉男教授

曾偉男教授現任香港理工大學康復治療科學系助理教授，亦為香港理工大學呂志和伉儷遙距康復中心治療中心的主管，研究範疇包括正常生理運動的肌肉力量、康復過程中膝關節韌帶生物力學研究等。

III 購物優惠大放送

Special Promotional Offer

安利將透過〈綠色健康生活體驗日〉，為您送上多項精彩優惠，快快把握機會，親身體驗安利產品帶來的綠色健康生活！

安利紐崔萊產品優惠 Nutrilite Promotion

凡購買以下任何健康組合，均可享折扣優惠。數量有限，售完即止。

You are entitled to enjoy special offer upon purchase of the following Nutrilite health combo. Available while stock lasts.

心臟健康組合

(包括多寶營養片1盒 + 蛋白質粉1罐 + 奧米加三脂肪酸1瓶 + 卵磷脂維他命E片1瓶)

Heart Health Combo

(including one pack of Double X + one canister of Protein + one bottle of Salmon Omega 3 + one bottle of Lecithin E)

優惠價：DP\$881

~~原價：DP\$1,061~~

減DP\$180
Discount



肝臟健康組合

(包括多寶營養片1盒 + 蛋白質粉1罐 + 乳薊果精華1瓶 + 硒質維他命E片1瓶)

Liver Health Combo

(including one pack of Double X + one canister of Protein + one bottle of Milk Thistle + one bottle of Parselenium E)

優惠價：DP\$879

~~原價：DP\$1,059~~

減DP\$180
Discount



骨骼健康組合

(包括多寶營養片1盒 + 蛋白質粉1罐 + 健絡精華1瓶 + 鈣鎂片1瓶)

Bone Health Combo

(including one pack of Double X + one canister of Protein + one bottle of Glucosamine + one bottle of Calcium Magnesium)

優惠價：DP\$822

~~原價：DP\$1,002~~

雅姿及EFNY產品優惠 Artistry and EFNY Promotion

凡購買雅姿護膚品、雅姿彩妝產品或EFNY產品滿DP\$600，即可獲贈雅姿水盈保濕系列潔面3部曲旅行裝1套(價值：HK\$120)。

Upon purchase of any Artistry skincare, Artistry cosmetics or EFNY products at DP\$600 or above, you are entitled to redeem one set of Artistry essentials 3-step travel set (value: HK\$120).



凡購買雅姿護膚品、雅姿彩妝產品或EFNY產品滿DP\$1,200，即可獲贈雅姿Crème L/X旅行裝(5ml)1支(價值：HK\$250)及水盈保濕系列潔面3部曲旅行裝1套(價值：HK\$120)。

Upon purchase of any Artistry skincare, Artistry cosmetics or EFNY products at DP\$1,200 or above, you are entitled to redeem one bottle of Crème L/X travel mini (5ml) (value: HK\$250) and one set of Artistry essentials 3-step travel set (value: HK\$120).

安利皇后煲21件套裝 不銹鋼煲優惠 Amway Queen 21-piece Cookware Promotion

凡購買皇后牌21件套裝不銹鋼煲(3821)1套，即可以超值優惠價DP\$488換購安利8公升不銹鋼焗鍋套裝共6件(原價DP\$2,988)。

Upon purchase of a set of Amway Queen Cookware (3821), you are entitled to purchase a set of Amway 8L Dutch Oven Set (six pieces) at a special price of DP\$488 (original price: DP\$2,988).



**獨家送上
限量版禮品**



凡於〈綠色健康生活體驗日〉舉辦當日，於安利九龍陳列室及購貨中心購物每滿DP\$1,000 (以單次購貨計算)，即可獲贈〈限量版AC米蘭運動毛巾〉1條。數量有限，送完即止。

For any purchase of DP\$1,000 (in one single order) or above on the Green Life Experience Day at the Amway Kowloon Showroom and Merchandising Centre, you are entitled to redeem one piece of Limited Edition AC Milan Towel. Available while stock lasts.

禮品換領日期：2009年8月22日起逢星期六及日

Redemption period: Every Saturdays and Sundays starting from August 22, 2009

**換購價：DP\$488
(原價：DP\$2,988)**

以上所有優惠細則：

- 1 只適用於安利直銷商及優惠顧客。
- 2 只適用於親臨安利購貨中心及電話訂貨之付款購貨單。
- 3 不可同時享用其他優惠。
- 4 優惠組合及贈品數量有限，售完即止。
- 5 安利公司保留最終決定權。



能量之源Source of Energy

紐崔萊蛋白質粉Nutrilite Protein 0145 DP\$293

作為全球最受歡迎的羽毛球手，「反手王」陶菲克先後於2000、2004及2008年奧運會上摘金。像陶菲克一樣，想保持身體及肌肉的健康，可每日服用紐崔萊蛋白質粉以維持體內的蛋白質水平。

Taufik Hidayat is one of the world's most accomplished players, bringing home the gold for Indonesia in the 2000, 2004 and 2008 Summer Olympics. While our energy needs may not be the same, it remains important to boost our health and take care of our muscles. Nutrilite Protein is ideal for raising the body's overall protein level to promote optimal health.

增強能量Energy Booster

紐崔萊輔酵素Q10Nutrilite Coenzyme Q10 Complex 8601 DP\$499

於2008年北京奧運會上奪得銅牌的尤利安蒂，在比賽場上非常活躍，擅長以出奇不意的攻擊得分。對尤利安蒂或我們而言，輔酵素Q10能促進新陳代謝，為身體及腦部提供充足能量，更是心臟、肝臟、腎臟等主要器官不可或缺的能量酵素。

Taking home the bronze medal from the 2008 Summer Olympics in Beijing, Maria Kristin Yulianti proved herself to be an amazingly dynamic player. Coenzyme Q10 Complex helps accelerate body metabolism, providing sufficient energy for the body and brain. It plays a vital role in the generation of energy for the body's organs such as the heart, liver and kidneys.



健康後盾Optimal Health Backup

紐崔萊多寶營養片Nutrilite Double X 4300 DP\$293

憑著高超的技術及鐵一般的意志，塞蒂亞萬與基度這對「印尼羽毛球孖寶」於2008年北京奧運會上漂亮地贏得男子羽毛球雙打的金牌。一如他們，紐崔萊多寶營養片中的多種維他命、礦物質及植物營養素亦合作無間，成為你的優質健康至強後盾。

Partnered with Markis Kido, Hendra Setiawan formed part of the immensely skilled duo that used superb teamwork to take the gold in the men's badminton doubles at the 2008 Summer Olympics in Beijing. Nutrilite Double X contains 24 vitamins and minerals that work together with botanical extracts to provide a strong foundation for good health.

減壓良方Stress Reliever

紐崔萊天然維他命B雜Nutrilite Natural B Complex 5112 DP\$240

另一對「印尼羽毛球孖寶」諾瓦與納西爾，於2008年的北京奧運會上克服重重挑戰、困難及壓力，奪得羽毛球混雙銀牌。要時刻保持心理質素及精力充沛，並促進心血管健康，可服用紐崔萊天然維他命B雜。

Nova Widianto and Lilyana Natsir, a sensational pair, earned the silver medal in the mixed doubles at the Beijing Summer Olympics 2008. They unleashed their inner strength to overcome numerous opponents and immense challenges. Nutrilite Natural B Complex improves cardiovascular health, helps release energy from food, and enhances vitality.



強健基礎Strong Foundation

紐崔萊多寶營養片Nutrilite Double X 4300 DP\$293

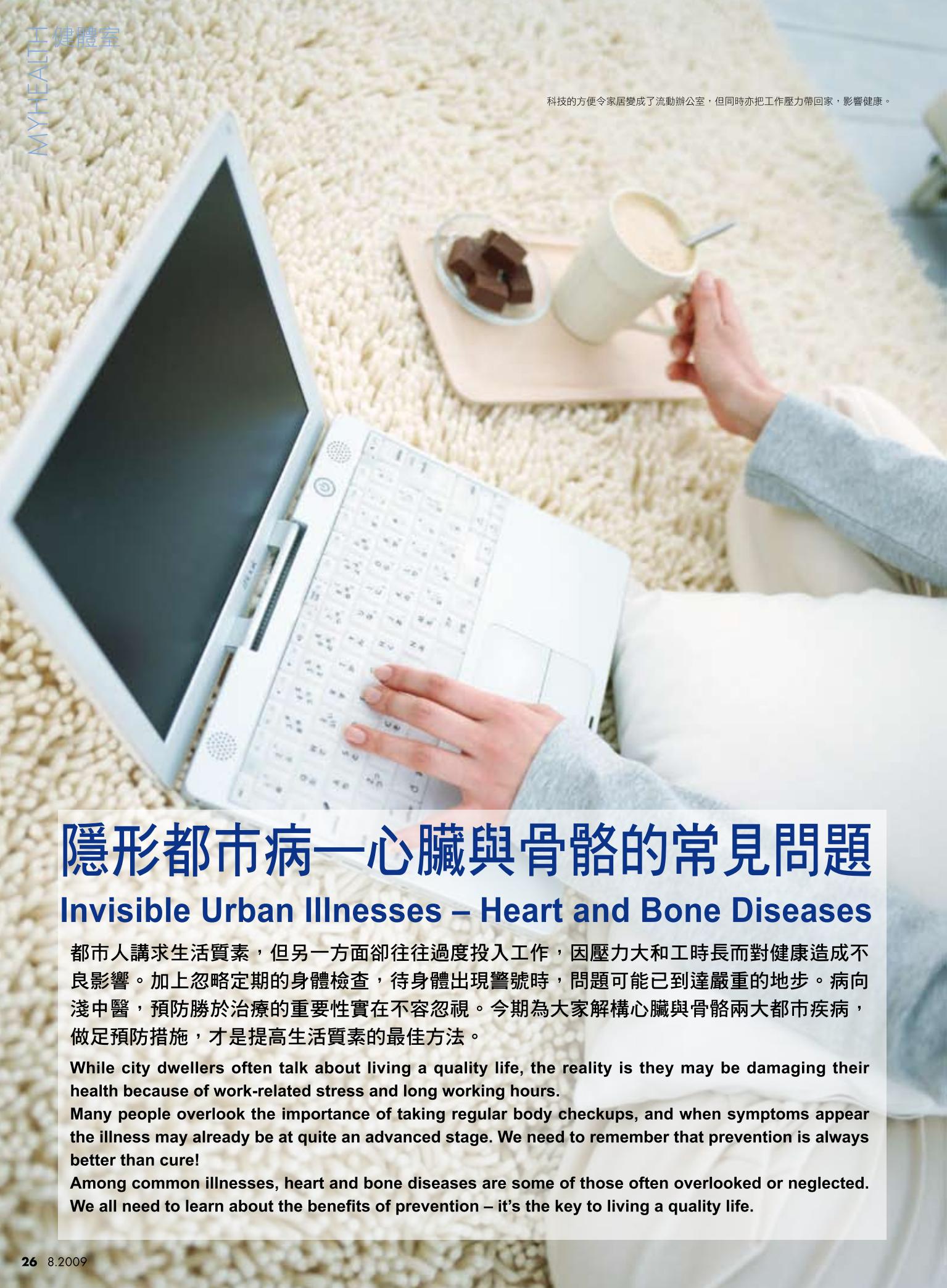
作為印尼羽毛球隊於2008年北京奧運會上贏得金牌的功臣之一，陳甲亮的成就有目共睹。要保持健康體格，紐崔萊多寶營養片每日提供24種維他命及礦物質，為最出色的運動員提升至最佳狀態。

Candra Wijaya, a passionate athlete, has been at the top of the game for the past decade, helping to bring home the gold for Indonesia in the men's badminton doubles in the 2000 Summer Olympics in Sydney. To strengthen the body health, Nutrilite Double X provides 24 vitamins and minerals every day, providing the strongest foundation for the strongest athlete.

印尼之光 The Pride of Indonesian

被喻為「印尼之光」的印尼國家羽毛球隊一直獲獎無數，曾擊敗馬來西亞及中國國家羽毛球隊——印尼國家男子羽毛球隊曾先後13次贏得世界著名的羽毛球錦標賽湯姆斯盃，而印尼國家女子羽毛球隊亦贏得優霸盃世界女子羽毛球團體錦標賽3次，並多次在蘇迪曼盃世界羽毛球混合團體錦標賽獲得佳績。自1992年開始，印尼國家羽毛球隊更於每屆奧運至少贏得一面金牌，迄今男子羽毛球隊已在亞運會上贏得5面金牌，及於東亞運動會上贏得4面金牌。女子羽毛球隊方面，亦曾於東亞運動會上贏得4面金牌。

Rising from humble origins, the Indonesian Badminton Team has become a global superpower in the sport – frequently beating other leading badminton nations such as Malaysia and China to amass a remarkable trophy chest. Among its achievements, the team has won the Thomas Cup 13 times, the Uber Cup three times, and has triumphed in the Sudirman Cup. The Indonesians are a team of high achievers, winning at least one gold medal in every Olympic Games since 1992. The men's team has taken home five gold medals at the Asian Games and four gold medals at the Southeast Asian Games, while the women's team has won four gold medals in the Southeast Asian Games.



隱形都市病一心臟與骨骼的常見問題

Invisible Urban Illnesses – Heart and Bone Diseases

都市人講求生活質素，但另一方面卻往往過度投入工作，因壓力大和工時長而對健康造成不良影響。加上忽略定期的身體檢查，待身體出現警號時，問題可能已到達嚴重的地步。病向淺中醫，預防勝於治療的重要性實在不容忽視。今期為大家解構心臟與骨骼兩大都市疾病，做足預防措施，才是提高生活質素的最佳方法。

While city dwellers often talk about living a quality life, the reality is they may be damaging their health because of work-related stress and long working hours.

Many people overlook the importance of taking regular body checkups, and when symptoms appear the illness may already be at quite an advanced stage. We need to remember that prevention is always better than cure!

Among common illnesses, heart and bone diseases are some of those often overlooked or neglected. We all need to learn about the benefits of prevention – it's the key to living a quality life.

都市病I——心臟疾病

心臟病乃本港現時僅次於癌症的第二號殺手，而且有年輕化趨勢，約5%年齡介乎30-40歲，醫學界估計未來十年心臟病患者數目更有上升的趨勢。心臟病乃心臟及血管疾病的統稱，包括冠心病、血管栓塞、中風等。一般導致心臟問題的主要成因為血中的壞膽固醇水平、三酸甘油脂及血壓偏高，統稱為「三高」。



源自膽固醇/三酸甘油脂/血壓偏高

膽固醇可分為高密度膽固醇（HDL）及低密度膽固醇（LDL）。高密度膽固醇有助將多餘的壞膽固醇送回肝臟代謝，有保護血管、防患心臟病的作用。低密度膽固醇則剛好相反，它會連同血液中的三酸甘油脂停留於血管內壁並阻礙血液暢通程度，嚴重者可導致粥狀動脈硬化及血管閉塞，危害心臟健康。正常人一般血壓水平應為：上壓（收縮壓）120mmHg，下壓（舒張壓）80mmHg，假如其中一項偏高均視為血壓偏高，長期受壓令血管壁失去彈性及血管硬化，嚴重更會導致患者心肌衰竭，因此絕對不容忽視。

中央肥胖增加心臟毛病

原來腰圍跟心臟健康亦有關連，一般男性腰圍超過90cm（35.4吋）或女性超過80cm（31.5吋）均視為中央肥胖。中央肥胖是指腹腔積聚過量脂肪及膽固醇，患者會增加心臟病風險，主要成因為進食過多動物性脂肪或油類的食物、糖分或澱粉質等，並且缺乏充足運動量而引致。

飲食均衡多運動

要達致心臟健康，最基本要求為清淡飲食、多運動、均衡飲食，營養師建議應多攝取含豐富奧米加3脂肪酸的食物如三文魚，或選取含豐富不飽和脂肪的食用油，如橄欖油等，此外更要減少高脂肪及高膽固醇食物如煎炸食物或肥肉，有助預防血管栓塞，保護心臟健康。有需要的時候，還可依據專業指示，攝取營養素來對心臟作保護。

都市病II——骨質疏鬆

骨骼的新陳代謝在不同年齡呈現不同的狀態，例如成長期的孩子，其骨骼形成的速度比分解的速度快，骨質可以大量積存，因而迅速長高，到了20至30歲時，骨質量達到最高峰；30歲以後，鈣從骨骼移出的比積存的多，骨骼的密度漸漸變小，若得不到適量補充，有機會引致骨質疏鬆症。骨質疏鬆症通常發生於老人家身上，但都市人的飲食及生活習慣變異，因此近年亦有年輕化趨勢。



適量運動如跑步、上落樓梯，有助強健骨骼，預防病患。

鈣質吸收以外的注意事項

鈣的流失是造成骨質疏鬆的最大元凶，因此，對於鈣的攝取亦要留意，並且愈年輕開始愈好。專家建議的每日鈣質攝取量，青少年約為1,200毫克，成年婦女約1,000毫克，停經後的婦女約為1,500毫克，以確保身體能攝取足夠的鈣。

除了多攝取高鈣食物如奶、豆、蛋、綠葉蔬菜外，保持均衡的營養亦有助鈣的吸收，而攝收足夠的維他命C、礦物質鋅、錳、銅等，亦可減少骨質流失。除了從食物中汲取以上營養素外，大家亦可遵照營養師建議，選用含鈣、鎂、磷等營養補充品。



健康骨骼的內部結構緊密而強壯。



疏鬆的骨骼呈中空現象，容易折斷。

避免高鹽高脂

此外，我們應避免食用過多的肉類及加工食品，因會阻礙體內鈣的吸收。建議選擇低鹽低脂的飲食習慣，因為過高的鹽分和脂肪會影響體內鈣的吸收。

除了心臟和骨骼疾病，本刊將於下期探討另一隱性都市病——肝臟疾病，敬請密切留意。

預防勝於治療 營養吸收最重要 To Prevent than to Cure

食用優質營養補充品是預防疾病的一大法門，因此紐崔萊於2009年8月14日推出以下健康組合，讓您享有HK\$180折扣優惠，防患於未然。（數量有限，售完即止）

It is always easier to prevent than to cure. Starting from August 14, 2009, you are entitled to enjoy special discount of HK\$180 upon purchase of the following Nutrilite health combo. (Available while stocks last.)

1 心臟健康組合（包括多寶營養片1盒 + 蛋白質粉1罐 + 奧米加三脂肪酸1瓶 + 卵磷脂維他命E片1瓶）

原價：DP\$1,061；優惠價DP\$881

Heart Health Combo (including one pack of Double X + one canister of Protein + one bottle of Salmon Omega 3 + one bottle of Lecithin E) (Original Price: DP \$1,061, Special Offer: DP\$881)

2 骨骼健康組合（包括多寶營養片1盒 + 蛋白質粉1罐 + 健絡精華1瓶 + 鈣鎂片1瓶）

原價：DP\$1,002；優惠價DP\$822

Bone Health Combo (including one pack of Double X + one canister of Protein + one bottle of Glucosamine + one bottle of Calcium Magnesium) Original Price: DP\$1,002; Special Offer: DP\$822

3 肝臟健康組合（包括多寶營養片1盒 + 蛋白質粉1罐 + 乳薊果精華1瓶 + 硒質維他命E片1瓶）

原價：DP\$1,059；優惠價DP\$879

Liver Health Combo (including one pack of Double X + one canister of Protein + one bottle of Milk Thistle + one bottle of Parselenium E) Original Price: DP\$1,059; Special Offer: DP\$879

不可與其他優惠同時享用。This offer cannot be used in conjunction with other benefit.



雅姿水盈保濕系列 沙漠植物鎖濕精華 鎖水 · 保濕 · 控油 締造柔潤肌膚

Artistry essentials Desert Hydration Complex

Boosts up with Moisture Locking, Hydrating and Oil Control Effects

水是生命之源，亦是肌膚的養分來源。作為人體最大的器官，肌膚極需要水分來供給養分。因此，雅姿水盈保濕系列從沙漠找到了完美保濕智慧，為您的肌膚源源不絕地注入水分，時刻保持水盈飽滿，健康動人。

Water is the most essential element of all life, and it plays a crucial role in the health and appearance of our skin. As the body's largest organ, skin needs a constant supply of water to help provide the necessary nutrients. That's why Artistry essentials has unlocked the wisdom of hydration from deep in the desert to give you nourishment from within.



天然成分 三大功效 Naturally Effective Ingredients



源自天然的保濕智慧

雅姿水盈保濕系列的護膚秘密在於背後的天然保濕智慧，雅姿科學家研究沙漠植物獨有與生俱來的保水力，成功從多種沙漠植物提煉出「沙漠植物鎖濕精華」，研製成「潤澤3元素」及「平衡3元素」配方，並帶來兩大簡單而高效的護膚系列——潤澤系列及平衡系列，為不同膚質締造最體貼的護膚效果。

Nature's Wisdom

The skincare secret of Artistry essentials is drawn from the wisdom of hydration in the natural world. Artistry scientists identified desert plants that have uniquely adapted to a harsh environment where water is very scarce, and then adapted nature's principles to create the Desert Hydration Complex, the "Nourish 3" Complex and "Tri-Balance" Complex. These formulae, drawn straight from the plants of the desert, have been fully utilised in the Artistry essentials Hydrating System and Balancing System. Use as part of your regular skincare regimen and you'll always look radiant and young!



用家分享 Users' Comment

Angela Cheong 張芷華 大學生 University Student

「我由推出雅姿水盈保濕系列已開始使用，因為我的皮膚極為油性，所以選用了平衡系列。以往大約三、四小時已油光滿面，現在一整天仍很乾爽，控油效果極佳，面油紙也少用了很多，甚至連油脂問題嚴重的男性朋友用過後也大讚其控油效果。它的保濕效果亦非常出色，我雖然經常需要進出戶內戶外，肌膚仍能保持水盈清爽。而且毛孔明顯細了，粉刺也大大減少，連身邊的同學都看得出來。我還很喜歡它帶有天然花香味，使用時感覺份外舒服。」

I have used Artistry essentials Balancing System since its launch. The products effectively control my face oil and eliminate obvious pores, and my male friends who have tried them are also very satisfied with the shine-free effect!



Fiona Chan 陳穎謙 美容導師 Beauty Specialist

「我的膚質屬於中性，T字位較油。我因應天氣變化，現時採用雅姿水盈保濕系列的平衡系列來洗面和爽膚，潤膚則用潤澤系列。使用了一星期，我已感覺到顯著分別，不但面油減少，保濕效果更明顯，化妝尤其貼服持久，透薄自然，甚至可維持一整天。因工作關係，我經常身處冷氣環境之中，肌膚容易變得乾燥，但用了水盈保濕系列，卻能時刻保持水盈飽滿。我現時更配合雅姿IRS 14一同使用，睡醒後肌膚依然潤澤，像回復到十年前的年輕肌膚，效果非常顯著，真的物有所值！」

I have a normal skin type but my T-zone area is relatively oily. I use Artistry essentials Balancing System for cleansing and toning, and the Hydrating System for moisturising. My skin is supple and revitalised after using for just one week. And the moisturising effect is superb, lasting right through to when I wake up in the morning.



口氣清新 自信倍增

End the Bad Breath Blues!

優雅的談吐能令人留下良好印象，可惜的是，若同時有口氣問題，不僅令人「有口難言」，更可能影響人際關係與事業發展，令自信心大減。有研究指出，90%口氣成因與口腔衛生有關，要預防尷尬場面，就必須查證原因，並選擇合適的口腔護理產品，才可時刻保持口氣清新。

Oral odour is an embarrassing affliction that could affect your personal relationships and even your career path. According to research, about 90% of oral odour cases are related to oral hygiene, making it all the more important to pay attention to the oral care products you choose.



為甚麼會有口氣？Reasons for bad breath

- 常吃味道濃烈的食物較易令人產生口氣，例如咖喱、蒜頭或辛辣食物。
- 口氣可能源自口腔護理問題，如刷牙的方法不恰當，又或飯後未有清除齒縫間的食物殘渣而引致。
- 口腔問題或疾病亦有可能產生口氣，如蛀牙、牙周病、唾液分泌不足等。
- 身體出現其他健康問題，而難聞的呼吸氣味可能是某種疾病的警訊。
- Frequently eating pungent foods such as curry and garlic.
- Using an inappropriate method of oral care – brushing your teeth the wrong way, for example, or not removing food from between your teeth after meals.
- Oral hygiene problem such as tooth decay, periodontal disease or insufficient saliva.
- Oral odour could possibly be a sign of some kind of illness.



怎樣預防和消除口氣？How to prevent bad breath?

- 多注意日常的口腔護理，預防牙患，包括早晚刷牙，進食後漱口，並長期使用含氟牙膏和保健牙刷，以及定期進行口腔檢查。
- 如果並非因吃過味道濃烈的食物或口腔出問題，口臭便可能是由於其他身體毛病所引致，你必須諮詢醫生意見，找出原因，並接受適當治療。
- Pay attention to oral hygiene to prevent tooth decay. Brush your teeth before going to sleep and after you wake up, rinse your mouth after having a meal, use toothpaste with fluoride, choose an effective toothbrush and see the dentist regularly.
- If the odour is not because of poor oral hygiene or strong-smelling foods, it may be a sign of illness. See your doctor to assess the situation.



健齒口腔護理系列 助你時刻保持清新口氣

健齒氟素牙膏 呵護琺瑯質 不損牙齒 6833 DP\$33



薄荷清香的Glister健齒氟素牙膏含有氟素，可強化牙齒的琺瑯質，有效防止蛀牙及牙肉潰爛。當中的Sylodent潔齒粒子，能有效去除牙菌斑漬及因香煙、咖啡等形成的牙垢膜。

Glister Multi-Action Fluoride Toothpaste

With its cool and refreshing mint flavour, Glister Fluoride Toothpaste contains fluoride to strengthen tooth enamel and prevent tooth decay. A Sylodent polishing agent is used to remove surface stains and plaque caused by smoking or coffee.

健齒全護型牙刷 助你清潔難刷部位 0957 DP\$70/4支pcs

健齒全護型牙刷的彈性超薄刷頭能深入口腔難刷部位，可全面清除齒面與齒縫間的牙菌斑，而柔軟的圓頭刷毛同時吸收刷牙時的過大壓力，保護牙齦及琺瑯質；加上特別設計的防滑刷柄，潔齒時更操控自如。

Glister Advanced Toothbrush

With its thinner head and elastic neck, the Glister Advanced Toothbrush gives easy access to hard-to-reach spaces, helping to clean your teeth more effectively. The soft and medium bristles help to reduce excessive pressure during brushing, preventing damage to the teeth and gums. And the unique grip design employs a non-slip feature to ensure more thorough cleaning.



健齒濃縮漱口水 抗菌兼防牙垢膜 9949 DP\$68

健齒濃縮漱口水能在兩星期內迅速減少牙垢膜積聚，比單靠刷牙有效28%；同時能幫助去除刷牙時難以清除的食物殘屑，令口氣清新及保持口腔衛生。加上採用濃縮配方，每瓶可使用超過100次，絕對符合經濟效益。

Glister Concentrated Mouthwash Anti-plaque Formula

Glister Concentrated Mouthwash can reduce a build-up of plaque in just two weeks and is 28% more effective than brushing alone. What's more, the mouthwash removes food residue left after brushing and helps to refresh your breath. Thanks to the concentrated formula, each bottle provides more than 100 washes.



健齒口腔噴霧 迅速消除口氣 9893 DP\$27.5

無論因為食物或個別疾病而引起的口氣，都可以使用健齒口腔噴霧，令口氣保持清新。當中的薄荷及茴香能令你呵氣如蘭，而且設計小巧玲瓏，方便你放在衣袋或手袋，隨時使用。

Glister Mouth Refresher Spray

Whether oral odour is due to bad oral hygiene or illness, Glister Mouth Refresher Spray helps to refresh breath immediately. The spray has a mint and anise flavour that leaves your breath fresh, and it comes in a container that's handy, convenient and easy to use.



炎炎夏日， 你和家人每天都能喝到 最潔淨的水嗎？

Can you and your family enjoy
the most refreshing purified water
every day?



**要揀，就要揀最好的！
安利eSpring 智能淨水器擁有
多個世界No.1。**

- 唯一證實能有效去除鉛、THMs及140種以上污染物的系統。
- 世上首個同時達到美國國家衛生基金會(NSF)第42、53及55共三項國際認可的淨水器標準的系統。
- 這是首個使用非接觸式電能傳導技術，增加系統的安全及可靠性
- 這是首個使用感應偶合及智慧晶片科技的家庭使用點系統。

**eSpring Water Purifier:
the first of its kind**

- Proven to effectively remove lead, THMs and more than 140 harmful contaminants.
- The first water purification system to be tested and certified by NSF International to meet NSF/ANSI Standards 42, 53, and 55.
- The first system designed with inductive coupling. No wiring is used to ensure its safety and reliability.
- The first in-home system designed with advanced smart chip technology and patented dual-technology cartridge.



eSpring™

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eSpring Dual Benefit

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Free Filter Cartridge for Me



安利誠邀您成為「減碳家庭」一份子，為綠色地球出一分力！

Be a Carbon Minus Family. Be Environmentally Friendly.

喜訊 1 GOOD NEWS 1

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A \$900 discount* for
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喜訊 2 GOOD NEWS 2

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eSpring Filter Cartridge
50% off discount coupon



成功推介
2台
2 eSpring
referral



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Filter Cartridge

成功推介安利eSpring智能淨水器給親友，有機會獲獎
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多，獎賞更多！

Existing eSpring users
will get a **free filter
cartridge**[#] upon
successful referral of new
users to buy eSpring. The
more you refer, the more
filters you get!

備註

綠色折扣優惠期由2009年5月1日至9月10日。

* 推廣期內購買安利eSpring智能淨水器，可享折扣優惠\$900及最高24個月免息分期。

獎賞免費濾心匣計算方法：

- (1) 成功推介安利eSpring智能淨水器1台，可獲獎賞【濾心匣五折優惠券】1張；
- (2) 成功推介安利eSpring智能淨水器2台，可獲獎賞免費濾心匣1個；
- (3) 獎賞不設上限。

想了解多些有關eSpring的環保資料及產品優點，請瀏覽www.espring.com或致電安利熱線2969 6300。

Remarks

The promotion starts from May 1 to September 10, 2009.

* During the promotion, each new user is entitled to enjoy a \$900 discount and up to 24-month interest-free installment.

Mechanism of free filter cartridge redemption:

- (1) you are entitled to an eSpring Filter 50% off discount coupon for successful referral of the first eSpring Water Purifier.
- (2) you are entitled to a free eSpring filter for referring the second eSpring; the mechanism applies and so forth.
- (3) Unlimited redemption quota.

For more information on eSpring and environmental protection, please visit www.espring.com or call the Amway Service Hotline at 2969 6300.

香芒三色牛柳

Rainbow Beef Fillet with Mango



材料

牛柳	2塊	Beef fillet	2 pieces
甜紅椒	1個(切絲)	Red bell pepper	1, sliced
甜黃椒	1個(切絲)	Yellow bell pepper	1, sliced
青椒	1個(切絲)	Green bell pepper	1, sliced
洋蔥	半個(切絲)	Onion	½, sliced
芒果	1個(切絲)	Mango	1, sliced

醃料

生抽	1湯匙	Soy sauce	1 tablespoon
老抽	1湯匙	Dark soy sauce	1 tablespoon
水	4湯匙	Water	4 tablespoons
糖	1茶匙	Sugar	1 teaspoon
生粉	2茶匙	Corn starch	2 teaspoons
蒜茸	2茶匙	Minced garlic	2 teaspoons

調味

鹽	¼茶匙	Salt	¼ teaspoon
糖	½茶匙	Sugar	½ teaspoon
生抽	1湯匙	Soy sauce	1 tablespoon
生粉水	少許	Cornstarch in water	small amount

Ingredients**Marinade****Seasonings****烹煮器皿 Utensil**

皇后牌3公升平底煎鍋

Queen Three Litre Fryer

準備時間：10分鐘

烹調時間：15分鐘

Preparation time: 10 minutes

Cooking time: 15 minutes

**食譜筆記**

- 炒肉類時高溫最為重要，皇后煲的18：8優質不銹鋼及多層結構，令鑊面保持溫度，炒牛肉時，能即時將肉汁封住，令牛肉更嫩滑；而炒蔬菜時亦更能保持蔬菜的顏色及口感。
- 除了牛柳外，可選擇鴕鳥肉，其蛋白質更高，脂肪含量更低。此外，用雞肉、豬肉皆可。

Notes

- Getting the right temperature is essential when cooking meat. Made from the finest 18/8 stainless steel, Queen Cookware is designed to promote fast heat distribution, which helps to lock in meat or vegetable juices when stir-frying and make your food even more succulent.
- Replace the beef with ostrich meat for higher protein and lower fat. Chicken and pork can also be used.

做法 Method

1 牛柳切條，加入醃料拌勻。

1 Slice the beef fillet. Mix together the marinade ingredients, pour over the steak and stir together.

2 燒熱少許油，下牛柳絲炒至半熟，取出備用。

2 Heat the oil then stir-fry the beef fillet until half-done. Remove the meat from the pan.

3 燒熱少許油，下洋蔥爆香，下紅、黃甜椒及青椒絲同炒，下牛柳及調味兜勻，最後下芒果肉，熄火上碟即可。

Heat the oil then stir-fry the sliced onion and the sliced peppers. Add the beef fillet and seasoning then stir well. Add the mango and stir before serving.



全球暖化影響深遠 減碳平衡生態自然 專訪香港天文台台長李本瀅博士

Sharing of Dr. Lee Boon-ying,
Director of the Hong Kong Observatory on
Global Warming and Carbon Reduction

由安利（香港）全力支持的「萬家燈火齊減碳」活動自5月份展開以來，備受各界關注，令市民對減碳的意識提高了不少。對活動甚表支持的香港天文台台長李本瀅博士向來身體力行提倡減碳生活，更藉此細談全球暖化和節能減碳的重要性。

全球暖化問題雖已燃眉於睫，但對都市人來說感受不深，因為我們每日正享受優質生活，坐私家房車到處去、家居及辦公室空調全日恭候，順手拈來方便易用的即棄物品和亂用紙張，可有想過以上你認為「應有的都市化生活」，就是令二氧化碳過分排放的元兇？香港天文台長李本瀅博士指出，若不再關注這問題，推算在本世紀末，香港將會步向長夏無冬，更重要是對大自然生態帶來重大的影響。

二氧化碳——最重要的溫室氣體

雖然全球鼓吹「減碳」行動以減低溫室效應，但大家可知道溫室效應是維持我們生命的重要生態呢？李博士指出二氧化碳是地球最重要的溫室氣體，它裹在整個地球的表面，令原為攝氏-18度的地面溫度變為適合大自然動植物生活的平均約攝氏+15度。可是隨著人類的生活變得都市化，使用了大量能源來維持現代化的生活，例如土地發展，大量砍伐樹木造紙，使用煤油和石油等燃料，令地球二氧化碳的排放失衡，逐漸變成全球變暖極的問題了。李博士更謂，若問題不改善，推算2030年開始，香港冬天的氣溫維持攝氏12度以下將會每年少於一天，這不單是沒機會穿華麗大衣的問題，氣候的變化將會令環境變得惡劣，例如令颱風變得強烈及雨量增多。

減少浪費能量 減碳行動刻不容緩

二氧化碳本來是「益」氣，人類的都市化生活才令其變為全球暖化的元兇，李博士說只要每人出一分力，人人「減碳」便有助維持自然生態，減緩暖化情況。因此，他分享了以下的減碳小貼士，讓我們齊來為未來出一分力！

- 減少浪費能量，與其駕私家車，不如改乘交通公具，這樣可以減少使用石油，從而減低碳排放。
- 節約用紙，有助減少砍伐樹木。
- 減少使用空調，節約能源有助減少溫室氣體排放室溫，即使啟用亦應設於攝氏25.5度的理想室溫。
- 關掉無需要的照明設備，多採納天然光，可令室內的氣氛更和諧自然。



李本瀅博士是保持室溫於攝氏25.5度的支持者，他表示這個室溫很舒服，晚上開風扇已足夠涼快了。



這是香港天文台自家發明的儀器，作用是一次過量度氣溫、日照下的溫度和相對濕度。



雨量桶計算排雨量，令我們更了解天氣的變化。



全球暖化令北極冰原融化，極地生態瀕臨絕種的危機。

後記

李博士指出，最重要是鼓勵身邊的人一起節約能源，以及教導孩子愛護地球，並養成節能減碳的習慣，才是減低全球暖化效應的理想方法。



李本瀅博士出席「萬家燈火齊減碳」活動，宣揚減碳訊息。



地球的未來 掌握你我手中 請踴躍支持 全港慳電減碳家庭比賽

Join the Electricity Saving & Carbon Minus Family Competition

參加資格：全港每個家庭

比賽內容：6至8月份任何連續兩個月內，
人均耗電量最低的首10個家庭為優
勝者。

獎品包括：

- 首10,000個參加比賽的家庭，
可獲贈慳電膽一個或安利禮券
\$50一張。
- 人均耗電量最低的首10個家庭
將可獲贈
 - ◆ eSpring智能淨水器一部，及
 - ◆ 生態遊套票（一套四張），及
 - ◆ 精美獎座一個。

新修訂截止日期：2009年10月15日*

查詢電話：香港有機資源中心 3411 2384

安利諮詢熱線 2969 6300

* 詳情請參閱報名表格、2009年6月號及7月號《安利月刊》、
瀏覽 www.hkorc.org 或 www.amway.com.hk。

〈全港慳電減碳家庭比賽〉報名表

每位參加者必須填寫一份報名表，參加者必須年滿十八歲。
參加者個人資料（請以正楷填寫）

承諾書

本人 _____ 承諾於未來一年與家人一起身體力行，在生活中實踐有機減碳行動，共同為保護地球環境而努力。

英文姓名 _____

中文姓名 _____

性別 男 女

身份證號碼 | | | | | | X | X | X |

年齡 18-30歲 31-50歲 51-60歲 60歲以上

家庭人數 _____

通訊地址 _____

手提電話（必須填寫）_____

日間聯絡電話 _____

電郵地址（必須填寫）_____

是否香港安利直銷商 / 優惠顧客 是 否

香港安利直銷商 / 優惠顧客編號 _____

香港有機資源中心將以手機短訊及電郵為主要通訊方式。

首10,000名參與「慳電減碳家庭比賽」者，即可獲贈慳電膽乙個或安利禮券\$50乙張。數量有限，先到先得。

1 閣下選擇：

慳電膽乙個 或 安利禮券\$50乙張

2 是否由「有機減碳家庭大使」介紹： 是 否

如是，請填上「有機減碳家庭大使」資料。

i 是否香港安利直銷商 / 優惠顧客 是 否

ii 香港安利直銷商 / 優惠顧客編號 _____

iii 「有機減碳家庭大使」姓名 _____

iv 「有機減碳家庭大使」參考編號 _____

電費單資料

註冊人姓名 _____
(如與參加者資料不同)

註冊人地址 _____
(如與參加者資料不同)

用電量： 2009年 _____ 度

____月 ____日至 ____月 ____日 _____ 度

____月 ____日至 ____月 ____日 _____ 度

參加者簽署 _____

日期 _____



慳電膽 231463



安利禮券\$50 231464

主辦機構



香港浸會大學

HONG KONG BAPTIST UNIVERSITY

香港有機資源中心

ENVIRONMENTAL
ORGANIC RESOURCE
CENTRE

環境保護推動委員會

支持機構



環境保護推動委員會

EN

vironmental

Protection

Committee

贊助機構



安利

安利陽光兒童成長計劃 孕育歡欣笑臉

Amway Smiley Children Programme Smiley Faces Go Round

「安利陽光兒童成長計劃」是由香港小童群益會與美國安利（香港）日用品有限公司共同孕育的成果，計劃自去年推行至今，成功協助面對情緒及心理困擾的兒童和青少年處理情緒壓力，提升自尊感和抗逆力，同時推動企業及社區義工的參與，為締造健康和愉快的社會環境而努力。

Amway Hong Kong has collaborated with the Boys' and Girls' Clubs Association of Hong Kong and officially launched the Amway Smiley Children – Mental Health Enhancement Project, aiming to tackle stress and pressure of youngsters in Tai Po and the North District, thus improving the well-being of society.

香港小童群益會總幹事羅淑君表示：「香港兒童精神問題有惡化的趨勢，因此『安利陽光兒童成長計劃』主要目的是從不同角度出發，包括個人、家庭及社區，為改善大埔及北區兒童及青少年的心理健康尋找解決方法。很高興是次計劃得到香港安利的支持，才令活動能夠順利舉行，從而幫助更多家庭。」

以下，讓我們回顧過去一年，受惠的兒童與青少年如何透過連串精彩活動，獲得不一樣的生活體驗，感受不一樣的成長歷程！

Ms. Lilian Law, Director of the Boys' and Girls' Clubs Association of Hong Kong indicated that "there is a large tendency of Hong Kong children suffering from mental stress. Therefore, the main purpose of Amway Smiley Children – Mental Health Enhancement Project is viewing the problem from all angles, including individual, families, and the community. It aims to improve the solution seeking methods of psychological health of children and youngsters in Tai Po and the North District. To my delight, Amway Hong Kong gives wonderful support for the project, making the program run smoothly and allowing more families to benefit from it."

Below is a review of the past year, explaining more about how the children and youngsters explore their lives and growing paths differently through the series of beneficial activities.

陽光大使好師友

「陽光大使」師友計劃是「安利陽光兒童」成長計劃的其中一項重點環節，讓每位參與計劃的兒童在「陽光大使」的指導下，彼此密切的溝通和關懷，建立互信的關係，開拓正面人生觀。



2008年揭開序幕

「安利陽光兒童」成長計劃開幕禮於2008年11月1日假尖沙咀文化中心露天廣場舉行，主禮嘉賓包括勞工及福利局常任秘書長鄧國威太平紳士、立法會醫學界梁家騏議員、立法會社會福利界張國柱議員、香港社會服務聯會行政總裁方敏生太平紳士、美國安利（香港）日用品有限公司總經理余偉業先生及香港小童群益會總幹事羅淑君女士，藉著「灌溉幼苗」的啟動儀式，把來自各界的關懷與支持，灌溉在象徵社會年青一代的幼苗之上，孕育出燦爛的太陽花。

關注兒童及青少年精神健康研討會

2009年3月舉行的研討會，邀得大埔那打素醫院兒童精神科顧問醫生黎以菁副教授及聯合情緒健康教育中心臨床心理學家姚穎詩小姐進行演講及分享。研討會共吸引近100名社工、教育工作者、家長及安利直銷商出席。



開心活動

家庭樂

小孩子都渴望得到家人的愛護和關懷，計劃特地安排兒童與家人一同暢遊海洋公園和迪士尼，一起享受樂敍天倫的寶貴時刻。



開心日營

於大棠荔枝園舉辦，參與計劃的兒童與陽光大使首次碰面，透過不同集體遊戲及活動，讓他們彼此加深了解，建立師友關係。



初夏活力體驗

趁著初夏時分，陽光大使和參與計劃的兒童來個戶外之旅，接觸大自然，早上到粉嶺的有機農莊體驗一下有機耕種和製作小食的樂趣，下午走到科學館探索神秘的科學世界！



興趣班

透過各式各樣的興趣班，包括小畫家興趣班、小小科學家興趣班、小廚神烹飪班、魔術班和指木偶班，讓孩子培養課外興趣，陶冶性情。



安利陽光兒童成長計劃

自去年11月開始，安利(香港)與香港小童群益會攜手合作，開展為期兩年的「安利陽光兒童成長計劃」，協助面對受情緒及心理困擾的大埔及北區9至14歲兒童及青少年，以一連串的活動如興趣班、師友計劃、日營等活動協助他們處理情緒壓力，同時提升抗逆力，保持身心平衡發展。



安利(中國)陽光照遍全中國

Helping China's Mobile Children Find a Better Life



在安利(中國)的協助下，孩子們的學習環境得到大大改善。

流動兒童（即打工子弟）是中國都市化中一個特殊的群體，他們與父母因為生活的緣故而需要不時穿州過省，過著遊牧民族一樣的生活。2008年5月，安利（中國）與中國兒基會合作發起了關愛流動兒童的全國性大型公益項目「陽光計劃」，致力讓流動兒童即使身處異鄉，也能在一個健康、溫馨、穩定的環境中快樂地成長，綻放絢麗的花朵。

【生存，是文具盒裏的兩塊錢】

9歲的李夢婷是上海奉賢民辦福祉小學3年2班的學生，4個月大時被父母遺棄，4年前從安徽家鄉來到上海，與祖母相依為命。祖母每天在天亮前出門賣菜以賺取收入，她每天上學前必先看看自己的文具盒，如果祖母出門前把兩塊錢放進她的文具盒裏，她這一天的午餐就有希望了；如果沒有，她就得少吃一頓。

熊瑤是成都市紅花學校初2年級的學生，她的母親患有精神病，由熊瑤承擔著瑣碎而沉重的家務。母親患病時，甚至會把她關在破舊的小屋長達十多天……窘迫的經濟狀況、惡劣的家庭環境，帶給她深刻的自卑和與城市的隔閡。

武漢市輕機小學6年1班的周遊已經14歲了，但是還在唸六年級，在班主任鄧老師的眼裏，他很特別：上課聊天、鬥嘴、抱怨、和同學打架，甚至拒絕一切關心和好意。然而看似外表剛強的周遊有著辛酸的經歷，生活的拮据、單親家庭的陰霾。周遊用這些「不幸」把自己緊緊地包裹起來，就像一層厚厚的繭。不過，鄧老師發現周遊很聰明，學習十分輕鬆——在多年的教育生涯中，鄧老師遇到很多這樣的流動兒童。她知道要幫助他們建立尊嚴，就要給他們陽光般的愛。

【夢想，是一雙隱形的翅膀】

目前，全中國共有2千萬名流動兒童。他們無法回到戶籍所在地的農村，不少人曾經輟學或失學，然而如果長期停留在社會底層，心理就會產生陰影。雖然大批民辦流動兒童學校應運而生，但是校方能力有限，加上父母的文化水平較低且忙於生計，只有社會和諧、教育公平，他們才能在城市平等地接受義務教育，順利融入城市文化。

學習，似乎是這些前途未明的孩子們唯一的夢，但由於教育經費不足，學校的師資普遍很難保證。沒有課外書，沒有年輕的老師能和學生在操場上踢足球和分享心事，亦沒有人能教育學生的家



孩子們踴躍發問，與安利(中國)志願者打成一片。



課室內設備完善，有助促進孩子們的學習。



做做早操，人也精神些。

長……正如鄧老師所說：「家裏窮是次要的，重要的是不能讓孩子的心窮了。」關注流動兒童的方式有很多，安利（中國）選擇了「從心開始」——幫助這些流動兒童擺脫自卑感，盡快融入城市生活，將溫暖的陽光投射到孩子們的心中。安利（中國）陽光計劃應運而生。

【希望，是陽光下的融融暖意】

鄧老師帶周遊到學校新建成的「陽光圖書館」，鄧老師告訴他：「學校圖書館裏的1萬冊圖書和所有設施都是由安利(中國)捐贈。」周遊看上去輕鬆了許多，還說了一番感人的話：「將來我也要去幫助需要幫助的人！」

熊瑤所就讀的成都紅花小學，也建立了一所「陽光圖書館」。不過，更讓熊瑤喜悅的是，安利公司的哥哥姐姐們還在學校成立了一個「家長加油站」，邀請了著名學者講解親子之道。熊瑤的媽媽有精神病，不能參加親子課程，但是看到同學們的家長都有所改變，她也很高興，說：「將來我一定要做個能夠跟孩子做朋友的好媽媽。」而李夢婷得到了安利(中國)志願者在生活和學業上的資助，再也不用把喜悅和哀愁寄托在文具盒裡。

「陽光圖書館」、「家長加油站」、「專家顧問團」……陽光計劃的大家庭裏，不斷增添著新的專題和內容，現在「陽光小記者團」的活動也在各地辦得如火如荼。2009年兒童節前夕，解放小學30多名小記者、學生代表走進重慶市綦江縣的鄉村，與600名一直留守在農村的兒童進行交流活動。

後記

開拓眼界、重視親情、學會感恩、奉獻社會……在陽光計劃的照耀下，這些未來的城市小主人，慢慢地體會著這樣的情感。陽光有時不需要耀眼，但是卻溫暖恒久，一如安利(中國)的陽光計劃。



孩子們急不及待地拍下最美好的一刻。



竹棚上有李夢婷的獎狀，還有她對學習的決心。

The so-called mobile children in China are those youngsters moving from rural areas to the city, a phenomenon that's

changing the process of urbanization in the Mainland. In May 2008, Amway China began working with the Chinese Children's Foundation to show its concern and take action to help the mobile children. The organisations worked together to establish the Sunshine Plan – an initiative devoted to providing a stable, harmonious environment for these dispossessed young people. In cooperation with the Chinese Children's Foundation, Amway has been able to provide many children with security, enabling them to enjoy the warmth of the sun and the tranquility of the rain and dew.

Basing Survival on the Contents of a Pencil Case

Li Meng-ting is a student in primary 3 at Blessing Elementary School in Shanghai Fengxian, managed by the local community. Her parents abandoned her when she was just four months old. Four years ago she travelled from Anhui to Shanghai to live with her grandmother, with whom she shares a common destiny. Still partially asleep, she notices the absence of her grandmother who has already left to sell vegetables at the market. She looks at her pencil case wondering if it will provide her with joy or sorrow, filling her stomach or leaving her hungry. If her grandmother has put \$2 in the pencil case, she will enjoy hearty meals today – if not, she will have little to eat.

It is the second day of class for Xiong Yao, a student at the Chengdu Safflower School. She too is in a difficult situation, as her mother has contracted a mental illness. In an attempt to help her family, the young girl is thrust into housework duties, some if them arduous. Xiong Yao's mother will often lock her in their tiny apartment for up to 10 days without cause or reason.

At Wuhan Light Machinery Elementary School, Zhou You is in primary 6. He is already 14, but only reads at a primary 6 level. Teacher Mr. Deng explains that Zhou You is a "difficult student", who chats with other students during lectures, talks back, constantly complains, and rejects teachers' gestures of goodwill. The difficulties inherent in his personality and his bitter exterior are rooted in a turbulent home life, growing up in an economically challenged, single-parent home. Zhou You has developed a callous exterior to guard his inner feelings. But Mr. Deng noticed



小孩心中溫暖的家。

that while Zhou You can be stubbornly disobedient, he is also very intelligent. The teacher says he has come across mobile children with similar problems many times during his years in the profession. In order to restore the dignity of these children we must help them meet their material needs and extend compassion.

Seeking inspiration to fulfill their dreams

Estimates say there are around 20 million mobile children in Mainland China, making them a common feature in many cities. For them, it is almost impossible to return to the countryside. The immense difficulties they face cast a shadow over their young lives. Many mobile children drop out of school and become an economic burden for the communities in which they live.

Due to financial constraints, the quality and academic standards of the schools they go to are often very low. The school lacks basics such as books for pleasure, opportunities to learn about the outside world, and young teachers for students to play football with while they talk about their future. They also lack guidance in the direction of their lives. "Their economic misfortunes pale in comparison to their emotional deficit," Mr. Deng said. There are

numerous ways to help these mobile children and Amway China chose to act from the heart by working to change how these children feel about themselves, as well as helping them integrate into urban life. Sunshine warms their hearts, and Amway's Sunshine Plan was born at a critical moment to bring hope, happiness and love.

Bringing hope and warmth

Mr. Deng took Zhou You to the newly built Sunshine Library at the school. There are 10,000 books in the library and Amway donated all the facilities. Mr. Deng was touched when Zhou You exclaimed, "When I achieve success, I will help the needy."

Xiong Yao's school also has a sunlit library. However, what brings the most joy to her heart is the parental support system that Amway has established, which brings renowned scholars to come and teach the parents how to appreciate their children. Xiong Yao's mother could not attend the seminar due to her illness, but the young girl says she has noticed a change in the parenting style within the community, which has greatly impressed her. "If I become a mother one day, I will be my children's best friend!" she exclaimed. Li Meng-ting has benefited from the efforts of Amway volunteers, who provide her with resources for education and living expenses. Her happiness no longer depends on the pencil case.

In 2009, on the eve of Children's day, more than 30 junior reporters and student representatives from the Chongqing Yuzhong District Liberation Elementary School entered Chongqing Qijiang County's village where they interacted with the more than 600 children who live there.

Note

Through the Sunshine Plan, these children are developing into the future pillars of society as they broaden their horizons, learn to be grateful, strengthen family relationships and contribute to the community. The sun does not always need to dazzle; it just needs to provide light and warmth.



每位市民亦在此許下了他們的「綠色心願」。



由安利(中國)志願者自編自導的環保劇，成為嘉年華的焦點。



綠化小先鋒賣力地營救小樹。



綠色充氣城堡備受小朋友的青睞。

環保潮流 安利(中國)環 Amway China C Working for a

6月的北京正值炎炎夏日，但酷熱的天氣並沒有減低北京市民對環保活動的熱情。6月13日，由中華環境保護基金會和安利(中國)合辦的「安利環保嘉年華」全國巡迴展覽，在北京海濱公園揭開序幕，整個公園化身成綠色樂園。出席啟動禮的嘉賓包括：國家環境保護部副部長周建先生、中華環境保護基金會秘書長李傳先生、聯合國環境規劃署駐華首席代表張世剛先生等嘉賓及安利(中國)總裁黃德蔭先生、安利(中國)公共事務副總裁余放女士。

安利(中國)環保嘉年華是全國首創的「環保互動教育主題樂園」。一改過往環保教育枯燥乏味、市民參與率和接受率較低的情況，這個活動集「互動式」環保體驗與「知識型」嘉年華於一身，讓參加者在樂趣無窮的氣氛中，輕鬆地了解及吸收環保知識。當日節目非常豐富，包括以環保為主題的話劇，而在「找錯屋」中，市民都可發現自己對環保生活的盲點。不少人更選擇寫下自己的環保願望，並把它貼到環保心願牆，以及最受歡迎的「模擬護送小企鵝回南極」遊戲……這些多姿多采，寓教育於娛樂的環保遊戲，盡顯安利(中國)的環保理念。為期兩天的嘉年華會活動，設置了超過20項互動遊戲，吸引了近7千個家庭，共兩萬位家長和小朋友參與。

北京站之後，「安利(中國)環保嘉年華」將繼續在十個城市巡迴展出，陸續抵達西安、哈爾濱、青島、杭州、廣州、成都、廈門、上海和武漢，沿途宣揚環保精神，為大人和小朋友帶來知識和歡樂。



朝氣勃勃的安利(中國)環保嘉年華！

綠色冷知識

環境保護部副部長周建指出，中國每年能削減化學需氧量3.84萬噸、二氧化硫46.86萬噸。化學需氧量和二氧化硫排放量比2007年分別下降4.42%和5.95%，比2005年分別下降6.61%和8.95%，因此，他對全國污染減排的目標非常樂觀。「安利(中國)環保嘉年華」有助提高公眾的環保意識，長遠能促進環境改善。

流新體驗 環保嘉年華

Green Carnival Better World

The weather in June is often hot and fiery – but so is the passion of Beijing citizens to work towards a greener world! On June 13, the China Environmental Protection Foundation joined together with Amway China to stage the "Amway China Green Carnival". The event saw a Beijing park transformed into a lively environmental playground for the day. Honorable guests at the event included Vice Minister, Environmental Protection Department Mr. Zhou Jian, Secretary, China Environmental Protection Foundation Mr. Li Chuan, Representative of the United Nations Environment Programme Mr. Zhang Shi-gang, President of Amway China Mr. Audie Wong, and Vice President (Public Affairs) of Amway China Ms. Frances Yu.

The first event of its kind in the Mainland, the Amway China Green Carnival adopted a lively, interactive approach to environmental education. Those attending the carnival found it easy to get useful information on living a greener life, and the varied programme including entertaining dramas, 20 interactive game stalls to teach environmentally sound principles, a "green wish" wall, and fun games such as helping penguins get back to the South Pole.

The two-day carnival reflected a brand new philosophy towards environmental protection philosophy and attracted more than 7,000 families - some 20,000 parents and children. After launching in Beijing, the Amway China Green Carnival will move on through 10 more cities in China - Xian, Harbin, Qingdao, Hangzhou, Guangzhou, Chengdu, Xiamen, Shanghai and Wuhan – to continue taking an important environmental message to the public.

Green Fact

Vice Minister of the Environmental Protection Ministry Zhou Jian says that China is now in a position to reduce its chemical oxygen demand by 38,400 tonnes and sulfur dioxide demand by 468,600 tonnes every year. The rate of emission of these two substances has already fallen compared to 2007 and 2005. The Vice Minister says he remains positive about the Mainland's ability to reduce pollution in the country. The Amway China Green Carnival dovetails with China's pollution-reduction aims, helping to raise public awareness of the importance of environmental protection and working towards a sustainable future.



孩子們畫出心中的綠色世界。



「人與自然」主題環保展吸引了民眾駐足觀賞。



嘉年華的遊藝活動老少咸宜。



一家三口努力護送「小企鵝回南極」！



全家齊上陣，使用環保節能的安利產品。



現今新一代孩子面對愈來愈多衝擊和挑戰，令他們承受不少壓力。

有見及此，美國安利（香港）日用品有限公司與香港小童群益會，攜手舉辦為期兩年的「安利陽光兒童成長計劃」，目的是協助面對情緒及心理困擾的大埔及北區9至14歲兒童及青少年處理情緒壓力，同時提升抗逆力，共同為締造健康和愉快的社會環境而努力。

