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**One Earth One Mission
Making the World Green**

Fukutomi Recycling | Way Mega Ltd

2023 - 2024 YEARBOOK

www.fukutomi.com

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CEO's Statements



Dr. Steve C.K Wong PhD (Hon)
CEO,
Fukutomi Recycling Ltd
Way Mega Ltd

President,
China Scrap Plastics Association

The year 2022-2023 has been a challenging one for the industry as a whole. With the COVID-19 situation gradually improving, there are still factors such as inflation, potential increases in interest rates, and the intricate dynamics of country politics causing plastic material prices to spiral down. These negative elements have inevitably led to a significant slowdown in the recycling market. Petrochemical manufacturers' continued expansion plans to increase production capacities have further exacerbated the overcapacity issue and price impacts, in addition to the global economic slowdown.

Furthermore, China's decision to open up the petrochemicals industry to the private sector has led to a doubling of virgin pellet output with the latest technological advances. In China, examples include polypropylene production capacity approaching 39 million tons per annum, an increase of 30%. Other examples such as ABS and polyester have also seen significant increases in production capacity. This has created a vicious circle situation for virgin pellets along the value chain of the plastic recycling industry and the recycled plastic market. Brand owners and plastic product manufacturers tend to use more new materials for cost reasons, which has had a ripple effect on the recycled materials market.

The Basel Convention amendment, which restricts the movement of plastic waste to non-OECD countries, has compelled conventional exporting countries to increase recycling at the source for plastic waste. This has resulted in a global shift in the supply chain for plastics and devastating impacts on the recycling industries in Southeast Asia.

行政總裁致辭

2022-2023年度對整個行業來說是充滿挑戰的。雖然新冠疫情形勢逐漸好轉，但通貨膨脹、潛在的利率上升以及復雜的國家政治動態等因素，導致塑料原料價格持續下跌。這些負面因素不可避免地導致回收市場大幅放緩。除了全球經濟放緩之外，石化製造商持續擴大產能的計劃進一步加劇其過剩問題和價格影響。

此外，中國決定向民營企業開放石化行業，利用最新技術使新料產量增加一倍。在中國，「聚苯乙烯」年產量接近三千九百萬噸，增長了30%。其他如ABS「丙烯腈-丁二烯-苯乙烯共聚物」和「聚酯纖維」等也出現了產量明顯增加的情況。在新料市場價格屢創新低的情況下引致再生塑料市場的價值鏈上惡性循環的局面。基於成本原因，品牌擁有者和塑料製品製造商傾向於使用更多新材料，這對再生材料市場產生了負面的連鎖效應。

《巴塞爾公約》的修正條例限制了塑料廢物流向非經濟合作與發展組織（非經合組織）的國家，迫使傳統出口國增加在塑料廢物源頭的回收利用。這導致全球塑料供應鏈發生了轉變，並對東南亞的回收行業造成了嚴重的影響。

我們正在逐步進入塑料重用和再生的時代，根據全球共識的25%初此目標，對全球每年使用塑料量四億噸的估算，預計塑料回收的批次接近一億噸。可惜目前全球的回收量僅達到四千萬噸，大量可回收物最終被填埋，這意味著再生料利用率的目標還有很長的路要走。反過來，這顯示未來回收行業的潛在商機是極大的。

展望未來，我預計現時市場的變化將在短期內淘汰一些市場參與者。由於市場對低價值塑料廢物缺乏回收興趣出路只有堆填，許多出口國家因此而承擔這些塑料的環境成本。因此，強制使用再生材料成為了必然的全球政策。在2022年，全球塑料產量已達到四億噸水平，但全球再生塑料數量僅為三千八百二十萬噸，而目標是一億噸或25%的回收成份。距離完成25%的目標還有六千一百八十萬噸的差額，這給回收行業留下了巨大的商業潛力（見附表）。卜高通美承諾推廣再生材料的使用，並堅守緩和全球資源枯竭的承諾。

期望能夠在回收行業的供應鏈中扮演關鍵角色，卜高通美將繼續在全球範圍內拓展業務網絡，同時加強與現有合作夥伴的關係。公司感謝支持者一直之來的信任，並期待和大家共同努力，創造出更美好的未來。

鑒於目前嚴峻的市場環境和產品製造商對回收材料的使用不穩定，除非有強制性要求，我將會利用我在聯合國環境規劃署的觀察員角色推動政策的執行，在不同活動和會議上為再生行業健康的發展發言。

While we are entering the era of reuse and recycled content for products, with an initial target of 25 percent, the global use of plastics amounts to 400 million tons annually, and it is estimated that 100 million tons of plastics should be recycled. Unfortunately, global recycling has only reached 40 million tons currently, which means there is still a long way to go, and a lot of recyclables end up in landfills. On the other hand, the potential business available to the recycling industry in the future is enormous.

Looking ahead, I anticipate that market changes will eliminate some market players in the short term. Many countries have to bear the environmental cost of low-value plastic waste due to the lack of recycling interest in these items, leading to landfilling as the only outlet. Therefore, a global policy mandating the use of recycled materials becomes inevitable. While the global plastics production had reached a 400 million tons level by 2022, the global quantity of recycled plastics only stood at a 38.2 million tons level vs. a 100 million tons or 25 percent recycled content target. With the shortfall of 61.8 million tons to reach a 25 percent target, it leaves the recycling industry a huge business potential (see Schedule). Fukutomi pledges to promote the use of recycled materials and stay true to its commitment to alleviate global resource depletion.

Aiming to play a pivotal role in the supply chain of the recycling industry, Fukutomi will continue to expand its business networks globally, apart from strengthening relationships with existing business partners. The company thanks its supporters for their continued confidence and looks forward to working together to create a better future.

Recognizing the tough market environment and the unstable use of recycled materials by product manufacturers currently, unless mandated to do so, I will advocate for policy pushes and voice support for the recycling industry through my role as an Observer of UNEP and as a speaker at different events and conferences.

Schedule (2022):
Global Production of Plastics (全球塑料生產):
Plastic recycled materials vs recycled content needed:
塑料再生材料與所需的再生成分:

Plastic recycled materials vs. recycled content needed						
Plastic recycled materials				Recycled Content		
Country	Domestic recycling	Exported	Total recycled materials	World total plastic materials produced in 2022	25% recycled content	Potential shortfalls
	M tons	M tons	M tons	M tons	M tons	M tons
World plastics production				400.0	100.0	
Europe	10.5	0.5	11.0			
USA	3.3	0.8	4.1			
China	20.3	-	20.3			
others	2.2	0.6	2.8			
Total(2022)	36.3	1.9	38.2		100.0	-61.8

Company Profile

Founded in the year 1984 by Dr. Steve Wong, Fukutomi is one of the prominent players in the plastic recycling industry that started from scratch and expanded into a conglomerate at one time. Benefiting from China's rapid growth in manufacturing and exports since the 1980s, Fukutomi was able to establish a broad customer base and become a renowned name in the international plastic scrap market.

Envisioned by Dr. Wong's strategy to assemble a comprehensive and reliable global supply network, associate companies and affiliates were set up over the last few decades at locations encompassing fifteen countries across Europe, Asia, the U.S., Australia, and South Africa reinforcing a complete business stream with integrated operations. With the mission of reuse and recycling becoming a common concept for major corporations and brand owners, the use of recycled plastic resins is growing as an effective means of achieving Corporate Social Responsibility and alleviating the threat of ocean pollution which is drawing global attention nowadays.

Secondly, the use of recycled plastic resins as an effective means for achieving ESG (environment, social, and governance) and PCR (post-consumer recycled). Fukutomi, being part of the supply chain, has a vital role to play. To perform a "close-the-loop" operation, Fukutomi realized the importance to pursue a complete value chain in recycling by producing recycled pellets for the manufacture of products and have partnered with the downstream processors and manufacturers to use and turn the plastic materials supplied by us into products with part of which from our factories in both of Hong Kong and other places according to application and specification of different plastic materials required by buyers. The factories are equipped with full-fledged processing machines for sorting, crushing, separation, washing, and pelletization of PP, PE, and other styrenics recycling.

With the branching out of production facilities by some manufacturers to Southeast Asian countries such as Vietnam, Thailand, Malaysia, India, Turkey, etc. in recent years, raw materials demand is also increasing in these countries which we cannot ignore. In cooperation with processing factories in such markets, we can serve our customers' requirements in production feedstock. Different plastic scraps are placed according to the product lines and capacities of our processing factories. This is a niche market perceived of good potential for business growth in the future.

公司發展史

卜高通美由黃楚祺博士於1984年創立，是香港塑膠回收行業為數不多企業能從零開始發展，並成為一家大型企業集團。受益於自1980年代以來中國在製造業及出口方面的快速增長，卜高通美能夠建立廣泛的客戶基礎，成為國際廢塑膠市場的主要參與者之一。

黃博士根據對整個塑膠行業發展的觀察及國際觸覺，構建了一個全球供應網絡，遍及歐洲、亞洲、美國、澳大利亞和南非等15個國家，通過一體化運營強化完整的業務流程。隨著再利用和回收的使命成為品牌擁有者和大公司的共同理念，再生塑料日益增長的使用，成為實現企業社會責任和減輕當今全球關注的海洋污染威脅的有效手段。

其次，再生塑料的使用也能有效地實現ESG（環境保護、社會責任和企業管治）以及PCR（消費後回收）的目標。卜高通美在再生行業的供應鏈中發揮著重要的作用。為了實現「閉環」操作，卜高通美意識到回收塑料廢料並將其轉化為再生顆粒作為產品製造原料的重要性，並與下游加工企業和製造商加強合作，將我們提供的塑料材料轉化為產品。其中來自我們在香港和其他地區的工廠，根據不同塑料的應用、規格和買家的需求進行生產。工廠配備了完善的加工設備，用於分揀、破碎、分離、洗滌、造粒，可加工處理PP、PE和其他工程塑料。

隨著越來越多再生料加工商將生產設施擴展至越南、泰國、馬來西亞、印度、土耳其等東南亞國家，這些國家對原材料的需求增加也是不能忽視的，所以通過與這些市場的加工廠緊密合作，來滿足客戶在生產原料方面的需求。不同的塑料廢料將根據我們工廠的生產線和能力進行分類。這是一個在未來業務上具有巨大增長潛力的市場。





Vision and Mission

Vision:

To reduce landfill, ocean debris, carbon emission and resources depletion through recycling of post-consumer, post-industrial and agricultural plastic scrap waste. To make circular economy attainable, as our ultimate goal.

Mission:

- Save the ecology and oceans by recycling for reuse
- Raise recyclables to facilitate a circular economy
- Maintain long term sustainability

願景與使命

願景:

透過消費後回收、工業後回收和農業塑料替代，以減少垃圾堆填、海洋垃圾、碳排放和資源衰退。實現循環經濟是我們的最終目標。

使命:

- 透過回收再利用來拯救海洋和生態系統
- 提高可回收物以促進循環經濟
- 維持長期的持續性

Recycling Factory (Hong Kong) 香港工廠

Way Mega Limited 唯易有限公司

- Established in 2013 (2013年創立)
- 50+ suppliers in 25 countries (在25個國家有超過50個供應商)
- The factory in Yuen Long, Hong Kong (工廠設於香港的元朗)
- The factory will process/granulate the plastic, and then export it to China and Southeast Asia (工廠會把廢塑料處理/加工/製粒後，出口到中國和東南亞地區)
- Area: 3,000 sq. meters 面積: 3,000 平方米
- Number of employees: 21 員工: 21
- Production capacity: 7,400 metric tons/year 產能: 7,400噸/年

Way Mega has been accredited certificate of ISO 14001 : 2015 Environmental Management System Certificate

Way Mega (唯易有限公司) 已獲得ISO 14001: 2015環境管理體系認證證書

It certified that Way Mega has implemented and maintains quality, environmental, occupational health and safety management system and is capacity to:

Way Mega 已實施並維護質量、環境、職業健康和安全管理體系等方面的認證，並具有以下能力：

- Distribution of plastic scraps and recycled plastic materials 回收塑料的供銷
- Processing of general and engineering plastics 再生塑料原料加工與銷售

Member of BIR



Observer of United Nations Environment Programme
(Basel Convention)

Hong Kong Factory

A USD 2,500,000 investment, equipped with full-fledged production facilities. Our recycling facility located in New Territories has been operating since 2011 with a total area of around 30,000 sq. ft. The major product line is to recycle plastic scraps such as plastics from used and dismantled electrical appliances into recycled raw materials in form of pellets through sorting, grinding, mechanical separation, extrusion, and pelletizing, to supply various manufacturing industries.



投資250萬美元，配備完善的生產設施，工廠位於新界。自2011年起投入運作，總面積約為30,000平方英尺。主要生產是通過分類、破碎、分揀、清洗和造粒等整套加工，將廢舊塑料以顆粒形式的原材料提供給各製造業。

Milestone 里程碑



Year

- 1984 Fukutomi Company Ltd
- 1993 GFR Gesellschaft fur Recycling mbH
- 1999 Regenthill Limited
- 2001 Fukutomi Company Inc
- 2005 PIC Plastic Industrial Company Pty Ltd
- 2006 PIC Plastic Industrial Company Inc
 - Fukutomi Beijing Representative Office
 - Fukutomi (Shantou) Industrial Limited
- 2010 Roscommon & Peacock International GmbH
 - JCL Plastic Enterprises cc
 - Fukutomi Green Products Inc
 - Fukutomi Environmental Industrial Limited
- 2013 Way Mega Limited

What We Buy and Sell (Plastic Materials)



HDPE Blue Drum



HDPE Regrind



HDPE Bottle



HDPE Gas Tank Regrind



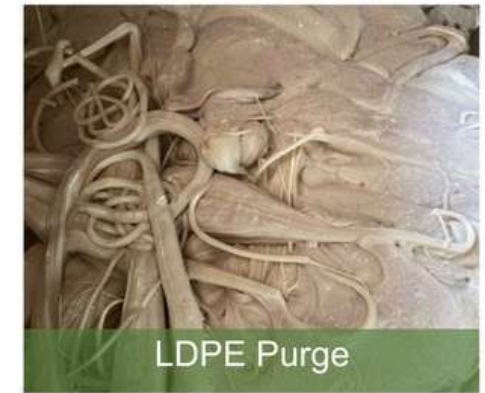
HMW HDPE Regrind



LDPE Grade A Film



LDPE Cotton Film



LDPE Purge



PP reusable Supersacks



PP Big Bag



PVC Credit Card Offcut



PVC Mixed Roll



PVC Water Pipe



PVB Film



PS Offcut Scraps



PS Reels Scraps



PC/ABS Runners



PC/ABS Purge



PET Regrind



EPS Blocks



PC Bottles Regrind



PC Water Bottles



PET Bottles Bales



PET Film



PC CD DVD



PMMA Offcut



PETG Roll



ABS Regrind



PMMA Car Lights Regrind



PE/PA Film



PA Fishing Net



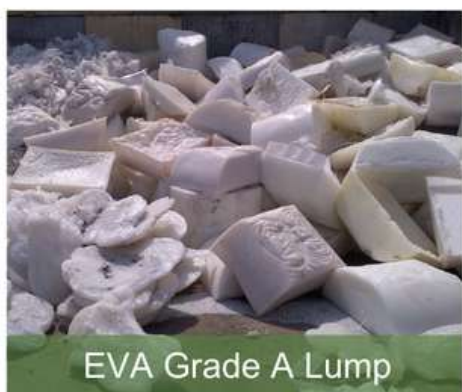
PA66 Regrind



PBT Regrind



Silicon Scraps



EVA Grade A Lump



EVA Film



Silicone



CAST Nylon



POM Regrind



MRP



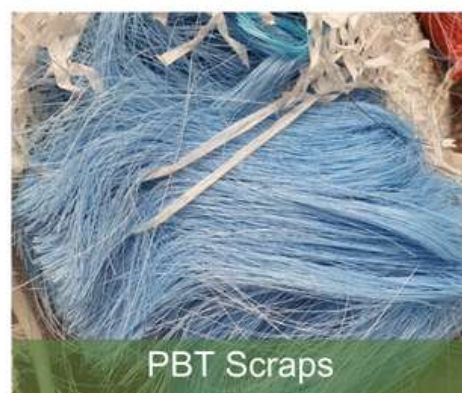
IC Trays



WEEE Shredded



PBT Regrind



PBT Scraps



Carbon Fibre

What We Make (Plastic Pellets)



What We Buy and Sell (Metal Materials)



Cast Aluminum



Aluminum Used
Beverage Can Scrap



Electric Motors



Hydraulic Pumps



Metal Chain



Heavy Melting Steel Scrap



Birch Cliff Copper Scrap



Stainless Steel



Brass and Copper Scrap



Copper Iron Reactor Scrap



Iron and HMS Scrap



Zinc Die Casting

Conference and Exhibition 會議及展覽

Bir 2022 World Recycling Convention

The BIR World Recycling Convention is a platform for BIR member companies providing information services, machinery and equipment to the recycling industry. Dr. Steve Wong was an invited committee member at this convention, held in Dubai, UAE, during October 17-18, 2022.

BIR世界環保大會於 2022 年 10 月 17 至 18 日在阿聯酋迪拜舉行。是次會議是一個討論平台，為BIR會員的公司和回收行業，提供信息和會員溝通平台。黃楚祺博士出席本次會議與行業參與者分享行業資訊。



Fifteenth meeting of the Basel Conventions

The Fifteenth meeting of the Basel Conventions was held from 14 to 17 November 2022 in Geneva, Switzerland. Dr. Steve Wong attended as one of the eight observers. The convention discussed specific submissions regarding Party implementation and compliance. The Committee agreed to conclusions which will guide its work until the sixteenth meeting of the conference.

巴塞爾公約第十五次會議於2022年11月14日至17日在瑞士日內瓦舉行。黃楚祺博士作為八名觀察員之一出席了是次會議。大會討論了有關締約方需要實施和遵守的具體內容。委員會商定的結論將引導在第十六次會議之前的工作。



UN OEWG thirteenth Meeting

The thirteenth meeting of the Open-ended Working Group took place from 21 to 23 February 2023 in Geneva, Switzerland. The meeting was attended by representatives worldwide, including Dr. Steve Wong. The OEWG agreed on strategic, legal and technical matters for consideration by the sixteenth meeting of the Conference of the Parties (COP 16) in May 2023.

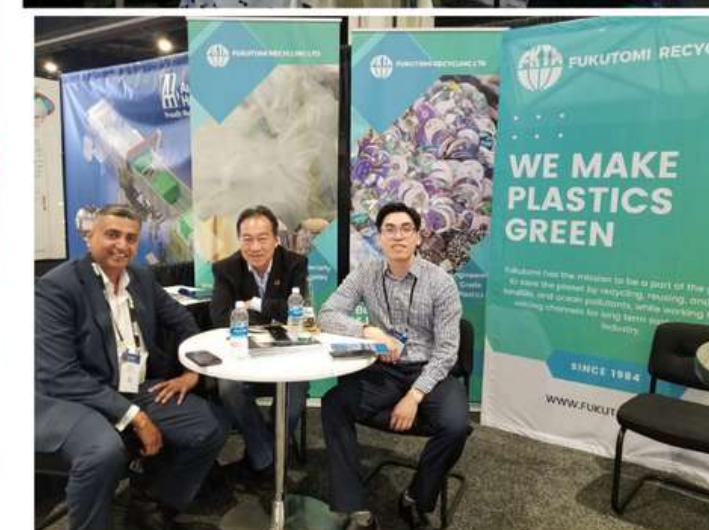
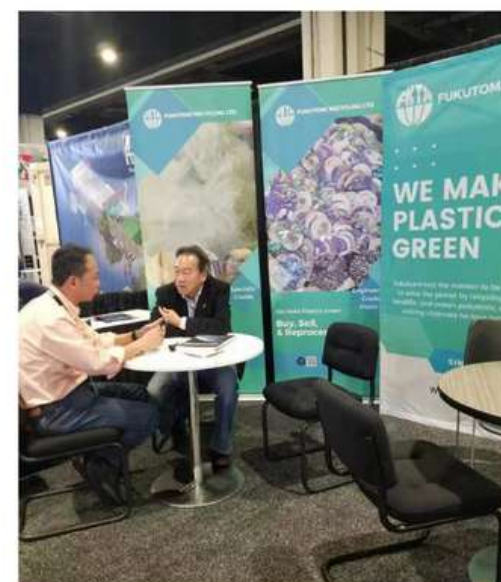
OEWG第十三次會議於 2023 年 2 月 21 日至 23 日在瑞士日內瓦舉行。世界各地的代表也出席了會議，黃楚祺博士也是其中之一。OEWG就戰略、法律 and 技術事項達成一致，並在 2023 年 5 月舉行的締約方大會第十六次會議 (COP 16) 進行審議。



Plastics Recycling Conference 2023

The Plastics Recycling Conference 2023 took place March 6-8, 2023. It drew 2,700 people to National Harbor, Maryland, U.S., setting a new high for attendance. Fukutomi participated in the conference as an exhibitor. In the exhibition, Fukutomi introduced the business scope, plastic samples, and trade network to expand the partners.

2023年塑料回收大會於2023年3月6日至8日舉行，吸引了2,700人來到美國馬里蘭州國家海港區，創下出席人數新高。期間卜高通美以參展商身份參加了此次會議。在展會上，卜高通美介紹了其業務範圍、塑料樣本和貿易拓展網絡。



ISRI Convention & Exposition 2023

The ISRI's Annual Convention and Exposition is the largest gathering of scrap recycling professionals in the world. The convention held in Nashville, US from 17 - 20 April 2023. The event had more than 6,600 attendees participated from 58 countries and all 50 states, and over 70 speakers shared their knowledge and expertise on various industry subjects. Dr. Steve Wong attended and was fully engaged in all activities at this event.

ISRI 的年度大會和博覽會是世界上最大的廢料回收專業人士聚會。該大會於 2023 年 4 月 17 日至 20 日在美國納什維爾舉行。來自 58 個國家和 50 個州份的 6,600 多名與會者參加了此次活動，70 多名演講者分享了他們在各個行業主題上的專業知識。黃楚祺博士出席了是次活動並全心投入了本次活動的所有事項。



UNEP BRS COPS Meeting 2023

Dr. Steve Wong participated in the meetings of the Conference of the Parties (COPs) to the Basel, Rotterdam and Stockholm Conventions taking place in Geneva, Switzerland from 1-12 May. The meetings were attended by over 1,400 participants from 177 country Parties and 165 observer entities. A total of 54 decisions were adopted strengthening the sound management of chemicals and wastes for the protection of human health and the environment.

黃楚祺博士參加了5月1日至12日在瑞士日內瓦舉行的巴塞爾公約、鹿特丹公約和斯德哥爾摩公約締約方大會 (COPs) 會議。來自 177 個國家締約方和 165 個觀察員的 1,400 多名參與者出席了會議。總共通過了 54 項決定，加強化學品和廢物的全管理，以保護人類健康和環境。



Plastics Recycling Show Europe 2023

Plastics Recycling Show Europe (PRSE) 2023 was held from 10-11 May 2023 at Amsterdam, Netherlands. With over 320 exhibiting companies, and total visitors attendance to more than 8,500. In this exhibition, Dr. Steve Wong was able not only to do business but also to exchange his professional views on the latest developments relating to the plastic recycling markets.

2023 年歐洲塑料回收展覽與會議 (PRSE) 於 2023 年 5 月 10 日至 11 日在荷蘭阿姆斯特丹舉行。參展企業超過320間和參觀者總數超過8,500人。在是次展覽中，黃楚祺博士在洽商業務之餘，亦與行業夥伴和朋友就塑料回收行業的發展進行交流。



BIR World Recycling Convention 2023

BIR World Recycling Convention 2023 was held in Amsterdam, Netherlands from 22 to 24 May 2023. It was a memorable 75th anniversary celebration for BIR. The convention had more than 1,600 attendees participated from 750 companies and 65 countries. Dr. Steve Wong reunited with business friends and discuss recycling industry future, also fully engaged with the whole convention.

BIR 世界環保大會於 2023 年 5 月 22 日至 24 日在荷蘭阿姆斯特丹舉行。這是的 BIR 75 週年慶典。此次大會共有來自 65 個國家和 750 間公司的 1,600 多名參加者。黃楚祺博士與商界朋友重聚，共同探討回收行業的未來，也全程投入整個大會。



India Circular Economy Forum – ICEF2023

The India Circular Economy Forum (ICEF) 2023 in New Delhi, India from 29 - 30 June 2023. The forum brought together global stakeholders, including government officials, entrepreneurs, and over 200 business leaders and 50 speakers to discuss and explore the opportunities and challenges of implementing circular economy strategies in the Global South. Dr. Steve Wong attended the forum being one of the speakers and received an ICEF Awards.

2023 年 6 月 29 日至 30 日在印度新德里舉行了印度循環經濟論壇 (ICEF 2023)。該論壇匯聚了世界各方，包括政府官員、企業家以及 200 多位商界人士和 50 名演講者，討論和探討在南方世界實施循環經濟的機遇和挑戰。黃楚祺博士作為演講嘉賓之一出席了論壇並獲得了ICEF獎。



Indian Plastics Federation 2023

Dr. Steve Wong attended as a speaker at the conference of the Indian Plastics Federation in Kolkata, India at 26 June 2023, where he shared his views on the recycling industry in Asia and the industry's future and prediction.

黃楚祺博士為演講者身份出席了 2023 年 6 月 26 日在印度加爾各答舉行的印度塑料聯合會會議，他在議會上分享了他對亞洲回收行業的看法以及該行業的未來和預測。



Photo Gallery 相片集



**Los Angeles
Marathon 2023**



洛杉磯馬拉松2023

Los Angeles Marathon 2023

Dr. Steve Wong participated the 2023 Los Angeles Marathon, which began at Dodger Stadium and finished at Avenue of the Stars in Century City. Athletes will enjoy world-class entertainment and celebrate one of the most culturally diverse cities in the world as the course winds through Downtown Los Angeles, Little Tokyo, Hollywood, and more.

黃楚祺博士參加了2023年洛杉磯馬拉松，比賽在道奇體育場開始，在世紀城星光大道結束。參加者沿途穿過洛杉磯市中心、小東京、好萊塢等地，慶祝世界上文化最多元化的城市之一，並享受世界一流的風景和娛樂。







Visiting Suppliers/ Customers in: Korea



Visiting Suppliers/ Customers in: Japan



Visiting Suppliers/ Customers in: Japan



Visiting Suppliers/ Customers in: India



Visiting Suppliers/ Customers in: Taiwan



Visiting Suppliers/ Customers in: India

Can ChatGPT replace search engines?

ChatGPT (Generative Pre-trained Transformer) is an artificial intelligence language model developed by AI companies. It can generate responses in the same language through training with enormous amounts of information from textbooks and data to understand the meaning of natural languages.

So far, this technology has attracted 200 million users for various applications such as chatbots, auto-writing and translation, etc.

Chatbots can assist in finding information through chats like Siri and Google Assistant. Such interactive communication can increase intuitive and personalized experiences and save time and effort.

I started using ChatGPT a few days ago and found getting any information I wanted very convenient. It gives reasons in case of inability to provide the information needed. For example, I asked how to make money, and it analyzed that it depends on a person's skills, interests and resources and types of viable businesses available. It listed different industries with respective features, issues requiring attention and inherent risks. If I want to write an article, it tells me how to organize the text structure, though I need to provide the contents, with its support for information search.

Recently, a magazine found more than one thousand contributors with similar content and suspected AI did it! It cannot go without saying that ChatGPT is very useful for doing homework, particularly for history, literature and language. It can provide hints and references. It can give step-by-step analysis and provide the concepts to use formulas to solve problems for chemistry, physics and mathematics. Although ChatGPT is omnipotent, we must understand the concept and do proofreading.

For our business field, it can search and provide information on some of our customers and suppliers, but the data needs to be more detailed. Also, it cannot provide credit information about our customers. Such information should be available when its database expands.

The widespread use of artificial intelligence will be a new trend and breakthrough for humanity, just like the use of computers back then and mobile phones nowadays.

ChatGPT 能取代搜索引擎?

ChatGPT (Generative Pre-trained Transformer) 是 AI 公司開發的人工智慧語言模型，它是通過大量的文本資料及數據而進行訓練，理解自然語言的含義並且產生相關的自然語言來回應。

據了解，目前已有二億人口在利用這個新科技在不同的領域如聊天機械人、自動寫作及語言翻譯等等。

聊天機械人更可以透過對話如 Siri 和 Google Assistant 來幫助搜索和查找信息，這種互動溝通可以增加價值觀及個性化的體驗，並且更能節省時間和精力。

日前我開始使用 ChatGPT，也發覺十分之方便，幾乎有問必答，即使它未能作答，也會給你一個原因，譬如我問及如何能輕鬆地賺錢，它就會分析是視乎個人的技能、興趣及資源，可以做什麼類型的生意，它並列出不同行業的特質，什麼地方要注意及其存在的風險。若我要寫一篇文章，ChatGPT 會教我如何組織結構，但內容就要自己構思，資料搜集則可以找它幫忙。

近日有一本雜誌發現有超過一千篇投稿都是千篇一律的，懷疑這都是人工智能的傑作吧！不可不提的是這 ChatGPT 用來做工課是非常好的，尤其是在歷史、文學及語文方面，它會給予提示及提供論述；而化學、物理及數學方面，它則會給予按步驟來分析、概念及如何運用方程式計算去解決問題。此智能機械人雖然看似萬能，但我們也必需要明白概念及要自己做校對才可行的。

在我們的生意領域裡，它是可以找到部份客戶及供應商的資料，但是並不會太過詳盡，至於客戶的信貸情況則完全沒有辦法去提供，相信日後隨着資料庫檔案的增加，這方面的訊息也是可以提供的。

我相信人工智能普及化地利用，一定是一個大趨勢及會是人類的一個大突破，猶如當年電腦的使用及現在的手機普及化一樣。



Gone forever

From a recent news article about Vietnam's economic development, signs of a fallback in economic growth have surfaced. Garment and shoe factories are operating below capacity due to insufficient production orders. Symptoms of depression also appear in other sectors, with unemployment rates at an all-time high since its economic reform. Also, the GDP growth rate has slowed down. It brought back memories that Hong Kong had its economic boom in the sixties and seventies with the help of the garment industry. When China opened its economic reform, Hong Kong gradually lost its competitiveness, and eventually, Hong Kong's garment industry moved to China.

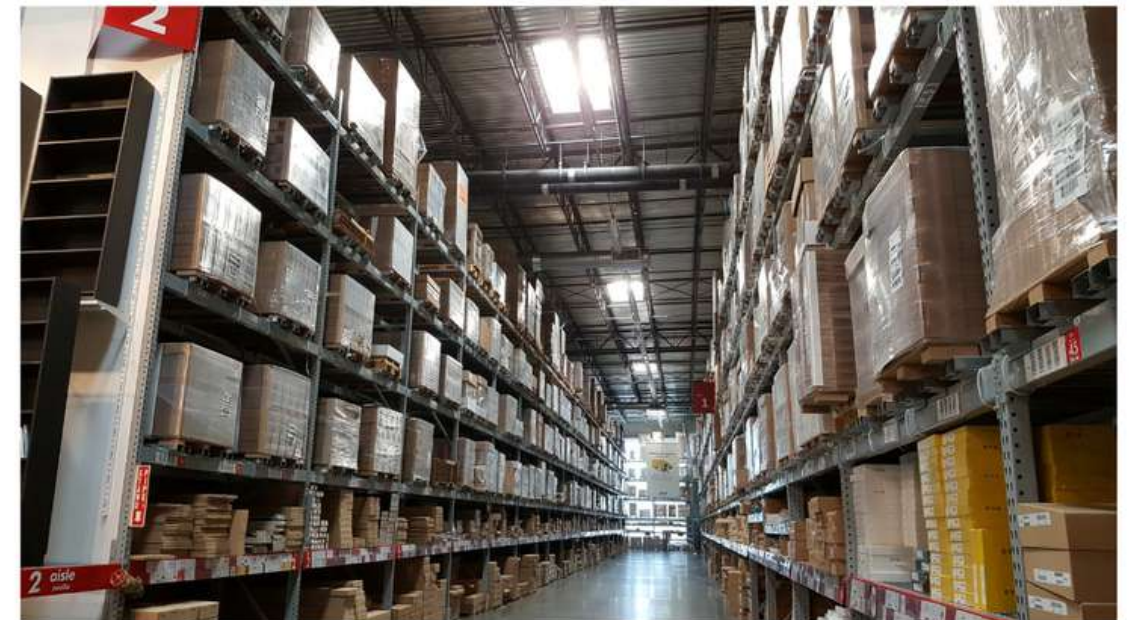
After Vietnam opened up its economy, it replaced China's garment industry's competitiveness with lower production costs. And now the competitive position takes a turn. Garment orders are moving from Vietnam to South Asia, such as Bangladesh, India and Pakistan, where labour supply is abundant while the production cost is relatively low.

Competitiveness phaseout is a typical process for all industrial countries. Some countries focus on high-tech products and high value-added and high-margin products. They deliberately exclude low-value-added and low-profit products from their core development projects. Thus, such industries moved away to other countries. Some countries lost competitiveness due to high labour and production costs.



If we look back at history, many industries, such as the electrical appliances of Japan, the Nokia phone and the light industries of Hong Kong and China, etc., cannot resume their market positions once they are out because they lack cost competitiveness, design capabilities etc. Besides, I also observe that, for the development of electric cars and micro-chips technology, whoever controls technology, raw material resources, production cost and market share, is bound to be the winner.

On my recent business trip to Tunisia in North Africa, Turkey in the Mediterranean Sea and the Eastern European countries, I realized that North Africa and Turkey had become the manufacturing centres for Western Europe. In contrast, the positions of Southeast Asian countries, including China, Malaysia and Thailand, have been overtaken by India, Bangladesh and Pakistan. Judging from the trading of waste metals and plastics, India and Turkey's competitiveness is better than ours. Backed by the downstream markets in the neighbouring countries, they can offer higher purchase prices. But on the other hand, the peer players in our industry who used to sell to Malaysia, Vietnam, Thailand and Indonesia are losing their markets due to the price gap. It is a great pity that the market share for the Chinese is getting smaller.



一去不返

近日我看到一則新聞是關於越南的經濟發展的，在經濟增長方面有跡象顯示有倒退的情況，製衣及鞋業出現工廠訂單不夠而開工率不足，其他工業也出現了蕭條現象。失業率更是經濟開放以來的新高，國民生產總值增幅緩慢。這令我回想起六七十年代的香港都是以製衣業為主要工業之一，到後期中國大陸開放，香港的製衣業就開始失去了競爭力，最終整個製衣工業的生產鏈全部北移；而越南開放後，由於生產成本比中國大陸低，中國大陸的製衣工人就因此被淘汰。現在世界輪流轉，目前搶走越南製衣工業的相信是南亞地區如孟加拉、印度及巴基斯坦等地方，人工密集而生產成本較低的國家。

工業淘汰是所有國家發展的一個過程，有些國家因為集中於高科技、高增值及高利潤的產品，刻意把低增值及低利潤的產品不會放在核心發展項目內。最後這些行業便被其他國家取代，也有國家因為人工較貴及其他生產成本高而失去競爭能力，想做也沒有條件去做。

從過往的歷史來看，很多生產工業如日本的電器產品、Nokia 的手機及香港、大陸的輕工業等，一旦失去市場及競爭能力，無論是生產成本、設計及功能上的優勢，若要重拾地位則是非常困難的了。另外，我們也注意到未來電車的發展、晶片的科技研究發展，誰能掌控科技、原料資源、成本及市場佔有率，誰便是大贏家。

近日出差到北非突尼西亞、地中海國家土耳其、及東歐國家，了解到北非及土耳其國家已經成為西歐國家的加工中心。而東南亞地區國家如中國大陸、馬來西亞及泰國的生產則被印度、孟加拉及巴基斯坦取代了。從目前我們的廢五金及塑膠的買賣中，印度及土耳其的再生加工條件往往比我們好，再加上有當地及鄰近國家的下游市場，他們在出價購貨比其他國家高。以往同行主要銷售到馬來西亞、越南、泰國及印尼等國家的廢料，目前是因價格未能跟得上而失去市場，中國人的生意也因此越做越小，這真是十分可惜呢！



Recycling industry's market dynamics

During my recent visit to two events in Amsterdam, BIR 2023 and PRSE Amsterdam Exhibition, both held in May, I noticed a decreasing participation of Chinese attendees compared to previous similar conventions. Even among the few Chinese participants, most were from Southeast Asian countries, the United States, and Europe. Upon speaking with some Chinese acquaintances at the events, I learned that lack of import opportunities for waste materials in China had diminished the significance of these events for Chinese attendees. It's noteworthy that these events used to be dominated by Chinese businessmen. Nowadays, they seem to be dominated by countries like India, Pakistan, Turkey, the Arab countries, and Southeast Asian nations.

While Asian countries still have metal and plastic recyclers, their competitiveness is weaker compared to countries like India and Pakistan, as they import waste materials into Asia for recycling and then export the processed materials to China to produce goods for overseas markets. The primary reason is that these countries possess cheaper labour and lower operational costs. Additionally, they have regulations that allow direct import of waste materials, processing them into products, and exporting them to other countries. On the contrary, China no longer permits waste material imports. As a result, although some Chinese recyclers have relocated to Southeast Asian countries, most have faced closure. This is primarily due to the additional costs of transporting waste materials to a third country for processing, including import duties and higher production costs.

Some Chinese recyclers have relocated their businesses to Eastern Europe, allowing them to recycle at the source and avoid regulatory issues during export. Moreover, the European market has a higher demand for recycled materials, as they are used in sustainable circular economies, and local buyers are willing to pay higher prices for these materials than new ones.

During my trip, I had the opportunity to meet some Chinese individuals who had moved from China to Asian countries. Their factories were shut down due to government crackdowns on illegal operations in Southeast Asia. Since 2018, they have relocated to Europe, and after five to six years of operation, they have begun to adapt to the environment, culture, and business practices. I was glad to see them starting to learn the local language, culture, and some even attending church.

Chinese friends invited me to their Airbnb accommodations and prepared a delicious dinner with fresh seafood from a local supermarket. Our conversations covered various topics, including family, life, religion, politics, and business, while also discussing long-term cooperation and partnership to achieve shared goals.



回收業的市場動態

最近我參加了阿姆斯特丹的兩個活動，BIR 2023 和 PRSE 阿姆斯特丹的展覽會，兩者均是在五月舉行的。跟以前的同類會展比較，我發現中國人的參與越來越少，即使有一些中國人參加，他們也是主要來自東南亞國家、美國和歐洲。我和一些在會場認識的中國人交談後得知，由於中國無法進口廢料，對於中國人來說參加這些活動已經失去了意義。回想這些活動過去曾經是中國商人的主場，現在卻是印度、巴基斯坦、土耳其、阿拉伯和東南亞國家的天下。

雖然亞洲國家仍有金屬和塑料回收者，但是如果他們出口廢料到亞洲再生回收，然後再進口到中國用於生產海外市場的產品，相比於印度和巴基斯坦等國家來說，他們的競爭力就會較弱，主要是這些國家擁有廉價勞動力及低廉的營運成本。再加上他們法例上可以直接進口廢料的，加工成產品後再出口到其他國家；相反中國是不容許廢料進口的。儘管一些中國回收者遷移到東南亞國家，但其中大多數都是倒閉收場。這主要是因為運送廢料到第三國再生加工會產生額外成本，如進口關稅以及需要支付較高的生產成本。

有中國回收業者選擇將他們的業務遷移到東歐，這樣他們就能在源頭進行回收，避免了出口時的監管問題。此外，歐洲市場對於回收材料的需求更高，因為這些材料用於可持續循環經濟，當地買家願意支付比新料更高的價格來購買這些材料。

我在此次行程期間，有幸地能與一些從中國搬到亞洲國家的華人見面，他們的工廠當年在東南亞政府打擊非法經營者的行動中被迫關閉。自 2018 年以來，他們已經遷移到歐洲，經過五六年的運營後，他們開始適應當地環境、文化和商業慣例。我很高興看到他們開始學習當地語言，文化，甚至有些同行也開始去教堂作崇拜。

中國朋友也邀請我到他們的 Airbnb 住所，親自在超市裡購買新鮮的海鮮為我準備了一頓美味的晚餐。在用膳期間，我們的對話涵蓋了家庭、生活、宗教、政治和商業等各種話題，相當投契，同時大家也展望可以長期合作，共同實現目標的合作夥伴。



Remote Working

Since the outbreak of the pandemic, remote work or work from home has become a trend, with many people considering it as one of the positive "byproducts" of the pandemic. During the early 80s, when visiting suppliers in Europe and the USA, they occasionally mentioned working from home, now known as "Home Office".

I seldom work in a traditional office setting, opting to work from home or while travelling. Many of my colleagues have never met me in person, as my last visit to Hong Kong was four years ago, and I haven't seen my colleagues in my Los Angeles office for months. Although some companies emphasize the need to return to the office for work, employees who have the option would prefer not to go to the office daily. My son and daughter-in-law work from home, and they have mentioned that they would consider changing jobs if required to go to the office daily.

Remote work may also apply to many types of jobs in the future. Workers can work remotely, like office employees in factories, car factories, and container terminals. With the advancement of technology, artificial intelligence and robotic automation will replace many types of work, just as self-service is becoming more popular in the catering industry. With the development of automated cars, remote work may no longer be confined to an office environment. If more people work from home or even attend classes, there will be fewer cars on the road, which will be helpful for environmental protection. As a result, offices worldwide have to face rent reduction and depreciation due to oversupply.

Technology advances have undoubtedly changed how people live, and we cannot ignore the overall trend of remote working. However, remote work also requires self-discipline from employees, as lack of supervision can sometimes lead to laziness or inefficiency. The irony is that we used to require employees to clock in, and they would receive warnings once they were 5 minutes late, which is a big contrast compared to remote work requirements.

遠程工作

自疫情爆發以來，遠程工作或在家工作已成為一個大趨勢，許多人將其視為疫情留下的至愛"副產品"。遠程工作的概念，也被稱為"居家辦公室"，是自 80 年代以來我的歐洲和美國客戶經常提及的 (home office) 在家工作。我在辦公室環境中工作的時間少之又少；一般我是比較喜歡在家工作或出差的，故此我通常不會到寫字樓上班的。其實，許多同事也許從未親自見過我一面的，因為我上一次回香港已是四年前的事了；而洛杉磯辦公室的同事也已經有幾個月沒有見面了。儘管一些公司強調需要員工返回辦公室工作，但有選擇的員工寧願不會每天到辦公室上班。我其中一個兒子和兒媳也是在家工作的，他們表示如果被要求每天去辦公室，他們會考慮辭職，寧可轉工，也要找一份可以 home office 的工作吧。

然而，日後遠程工作可能也會適用於很多類型的工種的。例如工廠、汽車製造和貨櫃碼頭等工業，工人日後有機會如辦公室人員那樣的遠程工作。隨著技術的進步，日後很多工種將會被人工智能和機器人自動化取而代之的。正如餐飲業中自助訂購變得越來越普及；隨著自駕車的發展，遠程工作可能不再局限於辦公樓。其實在家上班甚至上課，道路上會少了很多汽車行駛，這樣對環保是有一定的幫助吧；但全球的辦公室卻要面臨減租減值等，最後會變成供過於求。

技術的進步無疑改變了人們的生活方式，所以我們不能忽視遠程工作的整體趨勢。然而，遠程工作還是需要員工的自律，因為缺乏監督之下，有時可能會導致員工們懶惰或低效率。諷刺的是，我們曾經要求員工上下班打卡，並且因為遲到 5 分鐘而作出警告，而遠程工作的上班要求則和打卡制度呈現出強烈的對比。



The problem of low recycling rate from a helicopter's view

According to data from the recently published OPIS (oil price information service) report, a persistent short-supply situation would exist globally in the plastic recycling industry.

It casts a downward trend on the quantities of plastic scraps exported from the US to Southeast Asia. With the OPIS report, the plastic scraps exported from the US for the first ten months of this year amounted to 19,503 containers or 450,076 tons – down 17.7% year-on-year. The major importing countries in the sequence of quantities are Mexico, Canada, Germany, Turkey, and India, followed by Malaysia, Indonesia, Vietnam, Taiwan (China), Hong Kong (China), and Thailand.

Meanwhile, Exxon Mobil announced the commencement of production of their recycling factory in Baytown, Texas, with 36,000 tons yearly capacity. To comply with the circular economy requirements, the Group plans to raise the production capacity at this site and other places to 450,000 tons annually. Other petrochemical companies follow suit to achieve ESG (Environmental, Social, and Governance) objectives, which has increasingly entailed the short supply situation for plastic scraps.



During my participation in the Basel Convention – Compliance and Implementation Committee in the middle of November this year, I shared information on the plastic recycling industry, mainly why the global recycling rate is at only 9%. The main reasons are the lack of an adequate workforce in developed countries to perform plastic waste separation and sorting. On the contrary, developing countries lack systems, financial resources, and infrastructure for plastic waste collection, separation, and washing for pelletizing. The US and Hong Kong (China) are typical examples. Around 70-80% of plastic waste from household, although collected in waste separation bins, end up in landfills or incinerated due to the lack of resources for effective sorting and reprocessing as feedstock. I reiterated that many recycling factories in Southeast Asia had to close down due to a lack of well-sorted plastic waste for pelletizing. This situation will also be present in developed countries as there are misconceptions for investors that the recycling industry needs more factories for processing sorted shredded material or scraps without realizing that the bottleneck is upstream of the waste recovery chain. Without a balanced investment in the upstream facilities, it will create overcapacity in the downstream processing, resulting in fierce competition and factories closing down outside Southeast Asia.

The large petrochemical companies and consortiums name it in their investments as “advance recycling”, or chemical recycling, to turn waste plastics back into oil for producing different types of plastic materials, gasoline, or other chemical products for continued recycling and reuse. Is this a technological breakthrough? What has been controversial is whether we can achieve the objective of economic and production efficiency apart from being environmentally friendly. We cannot reach effective use without proper sorting and separating before recycling the waste materials, even in chemical recycling. With the vast investments by the petrochemicals groups talking about billions of dollars to turn waste into oil at any cost, would it avoid internal competition with virgin materials? One thing for sure is the demand for plastic scraps will not become less. The current disruptions in supply and demand and the upstream bottlenecks of the supply chain will entail a big challenge for the recycling industry.

The expected downtrend in supply will be a significant challenge to the recycling industry, which we must be prepared to face.

因不理解業界而所引伸的問題

在日前 OPIS (Oil price information service) 公佈的美國廢塑料出口數字來看，全球廢塑料回收業將會持續出現回收料嚴重短缺的情況。

根據此報告指出，美國今年一月到十月期間廢塑料的出口數量是 19,503 隻貨櫃；大約有 450,076 噸，比去年同期減少為 17.7 %。出口到的國家，按量排行為墨西哥、加拿大、德國、土耳其及印度，然後才到馬來西亞、印尼、越南、台灣、香港及泰國等地。對於東南亞成千上萬的回收商而言，成功購買到美國可回收的廢塑膠只會是少之又少。

同一時間，美國的埃克森無比 (EXXON MOBIL) 公佈他們在德州 Baytown 年產 36,000 噸的回收廢塑料工廠已開始啟動生產，為了配合循環經濟及環保法例的要求，集團已在以上地址及其他地方著手籌備增加產能至 450,000 噸一年。其他石油化工廠也同樣為了提高其公司在環保方面的社會企業責任及意識等，他們紛紛加入廢塑料行列。在目前僧多粥少的情況下，供應量短缺日趨嚴重。

在上月中旬，我在聯合國位於日內瓦的巴塞爾公約法規執行委員會上，跟席上委員分享有關廢塑料目前的狀況，我解釋到為何目前全球廢塑膠的回收率只有 9%，主要原因是發達國家沒有足夠人力資源去做分揀及分類；發展中國家則沒有制度、財務資源及基建去收集廢塑料作分揀、清洗加工後直接做粒料。美國及香港便是一個很好的例子，很多家居廢料即使市民已分類及分開放置可回收的垃圾箱內，卻有七至八成由於是缺乏資源去再細分為不同的種類去加工做粒，最後被逼要堆埋或焚燒。我再補充地說，目前東南亞有很多回收工廠因缺乏已分揀好的廢塑膠來加工做粒而倒閉；這種情況也同樣會在其他發達國家、歐洲及美國等國家出現。很多投資者以為市場需要很多工廠來做膠粒或破碎，卻不知道樽頸位卻是在回收鏈前端的收集及分選。當大家拼命地去投資，只會形成後端再生加工企業產能過剩，在惡性競爭下，引致倒閉潮在東南亞以外的地方陸陸續續地出現。

現在大型投資的企業包括石油化工廠及財團，他們引述自己的生產是“高級再生”(Advance recycling)，又稱化學回收，把廢塑料還原成原來的材料然後再提煉成不同的塑膠、汽油或其他石油產品，並且不斷循環再用。這項技術是一個突破嗎？其實它一直都存在，爭議的是要去符合環保、經濟效益、及產能化。儘管細說如何高級，這化學回收也要所有物料需要先進行分類分揀才可達到有效的應用。石油化工集團的投資是數以十億美元計的，不計成本地勢必要把廢塑料做成原材料，是否能避免再生粒跟自己的新料競爭呢？這有待日後大家再作深入的探討。但我肯定的是，需求廢塑料是有增無減的，行業供求失衡，供應鏈樽頸位卻未被注意，這樣必會對業界的發展做成重大的隱憂。

未來的日子由於供應量開始減少，業界會充滿著巨大的挑戰，大家必需要有心理準備去應付這一連串的問題吧！

How to reduce waste pollution on our planet

If we want to reduce waste pollution on our planet and preserve a suitable environment for the next generation, we must first look at the waste hierarchy. Waste hierarchy carries the spectrum of “prevention”, “minimization”, “reuse and repair”, “recycling”, and “energy recovery”.

The first layer of the pyramid is prevention. To purchase consumables, one must first rethink whether it is necessary. Buying something new is unnecessary if the existing one is still good for use. Over the years, I have been wearing clothes and shoes that are out-fashion, some for over twenty years. Besides, I support paperless communication and digital business documents. Think twice before purchasing home utensils and home appliances. Be very selective in food ordering when dining out. It is healthy when you have nearly enough food.

Minimization is to minimize the negative effect of waste on the ecology. First, we must think about whether the materials are suitable for recycling. Whether the materials are degradable when landfilled. Usually, used packaging film may take a few hundred years to degrade when landfilled and, if sent for incineration, can cause air pollution. Pure paper packaging is degradable and environmental-friendly. However, some manufacturers promote small-sized mineral water bottles of only 240 ml. There are also chocolate brands that promote finger-size packages, which is against the principles of environmental protection and also wastes resources.



如何減少廢物對地球的污染

Reuse and repair is more common in shopping bags. More people bring used PP shopping bags to supermarkets nowadays. We can reuse the PE food storage bags at home. I have my shoes repaired for further use and sometimes send my clothes to be modified; the cost is even higher than purchasing new ones but it can reduce the burden on natural resources. When repairing our cars, we can search for second-hand parts; these are less expensive and more environmentally friendly.

Recycling is the most quantifiable reduction of waste pollution on the earth. The problem is that most consumer waste requires sorting and separating to remove impurities before processing it into secondary materials, which is expensive. In an environment where new material prices are volatile, once the recycling cost is more expensive than the selling price, many recyclable wastes are not recycled due to low economic benefits.

At the bottom of the hierarchy is energy recovery. Some of the waste is mixed with other substances and cannot be recycled, particularly the laminated films, the leftover materials after recycling and the unrecovered household waste. Cutting such waste materials into 5-10 cm in size can be used by some industries to produce fuel.

The fate of plastic recycling depends on the enforcement of mandatory recycling and the mandatory use of recycled materials; both of these requirements need to be applied to be effective. Making careful use of our natural resources is a shared responsibility for all of us.



要減少廢物對地球的傷害，我們一定要營造一個良好的環境給下一代。首先大家要攪清楚廢物的層次 (Waste hierarchy)，他們分別是：被免或防止使用 “prevention”，減少 “minimization”，重用或多次使用或修補後再用 “reuse and repair”，循環再生 “recycling”，和能源使用 “energy recovery”。

在金字塔式的排列次序中，最優先的做法是：被免或防止使用 ~ Prevention：在個人方面，每當購買消費品前要反思一下是否真的有需要，若可以繼續用下去就不要購買新的。多年來我一直穿著過時的衣服及皮鞋，很多也是二三十年的古董了。我十分支持無紙傳送信息 “paperless”，商業交易文件及書寫全電子化。另外，家庭用品及家電產品也不應該隨便就購置新的，應該要三思後真的有需要才去購買。到餐廳吃飯也不要點太多餸菜，吃到剛剛好，七至八分飽就是最健康的！

減少 ~ Minimization：是減少廢物對環境生態的影響，在選擇產品時要顧及材料是否可以循環再造，一旦需要棄置堆埋是否可以降解。而且用作包裝的塑膠膜材料也是一般消耗後便運送到堆填區的，這樣一來就要數百年才可降解，或是到焚化爐焚毀，就會做成空氣污染，如果是純紙包裝可生物降解，這樣就比較環保。有生產商推廣袖珍礦泉水，因為膠樽比較小，容量只有 24 ml，大約拳頭般大小；也有朱古力品牌公司銷售如手指般大小的包裝產品，這根本是違反環保原則，浪費資源。

重用或多次使用或修補後再用 ~ Reuse and repair：最明顯是購物袋。目前有很多市民都自己攜帶可以多次使用的聚丙稀 PP 環保袋到超市購物。一些在家中用的保鮮聚乙稀 PE 膠袋用完之後也可以多次重用。我穿的鞋也是修補完後再次穿用的、衣服也是一樣。偶然要拿到店舖修改，儘管費用有時比買新的還要貴，但我也寧願修改後繼續穿著，減少地手市場的，既可以省錢又可以支持環保。

循環再生 ~ Recycling：這是目前最量化的行動去減少廢料污染地球。唯一的問題是很多消費後的廢料要經過分類、去掉雜質及做很多工序去處理才能循環再生成為二次材料，所需的費用不菲。在新材料價格十分波動的環境下，一旦回收成本比起賣出的價格還要貴的時候，很多可回收的廢料便因經濟效益低而沒有被再生。

層次最低的是回收成為能源使用 ~ Energy recovery。有些廢料因為混合了不同的雜質及雜物而未能有效地回收用作能源用途，尤其是一些複合膜、回收過程產生的殘渣及未被回收的家居廢料，把這些廢料都做成約 5 -10 cm 的材料來提供一些工業作為生產能源的材料。

回收行業的存亡最終是要法例的規管，一是強制性回收，二是再生料的強制性使用，兩者並用才能達到理想的效果。我們應該要好好的掌握地球資源，人人有責。

The end of the COVID-19 pandemic

The Deputy Prime Minister of China, Sun Chunlan, expressed in the last few days that the virus pathogenicity of the Omicron virus is weakening and China is in a position to improve the prevention and control measures. It raised the speculation that China, the only country in the world to confront the COVID-19 pandemic, has suddenly changed, as she did not mention the continuation of the COVID-zero policy. It also implies that the COVID-19 pandemic period is over. The antigen test measures for public areas and when using public transportation facilities in Beijing, Shanghai, Guangzhou and Chengdu had been called off. Following the removal of booths at general test points, residents in China are trying to get the usual relief medicines as a precaution in case of infection.

Foreign media such as CNN, BBC and FOX News reported with the information quoted from the discussion of President Xi with European Council President – Charles Michel that the people in China resisted the complete lockdown. It entailed the “white paper revolution” in universities, social areas and major cities, and spread to many other countries with protests. It was rare that President Xi reckoned people were depressed after three years of the pandemic period, but the cores of protesting groups were students. People in China were astonished by the scene when watching TV and found that nobody wore facemasks in the football stadiums of World Cup football matches. Only China is still struggling with COVID, which led to many jobless, having no income, no freedom, and some people on the verge of dying due to illness.



Looking at the business sector, many foreign enterprises expressed their intention to move out from China if the COVID-zero policy continues, as the lockdown deterred the buyers from placing orders. Domestic sales in China are weak, the property bubble has busted, high jobless rate, the people are in dire straits, and many enterprises are in financial difficulties. Such effects are far-reaching if the COVID control measures are not relaxed now.

People generally want to see both China and Hong Kong opened up for tourism, resume the free flow of people, and the normal operations of service industries such as catering, retail and amusements. There will be no protest when people's life is back to normal. As the second major economy in the world, ending the COVID-zero policy benefits China and the rest of the world.



新冠狀病毒的結束

日前中國副總理孫春蘭連續兩日來也表示奧密克戎病毒致病性已開始減弱，國家將會優化防控的措施。因為她未有提及要繼續堅持「清零」的政策，旋即引起外界猜測，全球唯一堅持與病毒「對抗」的國家突然轉方向盤，意味著新冠狀病毒時代即將結束。北京、上海、廣州及成都等地的公眾場所及運輸業界人士也不用再做核酸測試，檢測亭也被機器吊離。市民紛紛購買退燒止咳藥、抗感染及減少咽喉疼痛等藥品，以防萬一感染也可以減低病毒所引起的不適。

外國媒體如 CNN、BBC 及 FOX NEWS 同樣引述習近平主席與歐盟理事會主席米歇爾會談內容，談及中國民間多處反抗封控，反抗清零的「白紙革命」在很多大學、社區及大城市相繼出現，並且蔓延至全球很多城市及國家。由於很多民眾也上街遊行示威，習近平罕有地坦承三年來疫情讓民眾感到沮喪，出現抗疫疲勞，而抗議示威的主體是則是學生們。另外，還有的是國內民眾在觀看世界盃足球比賽的時候，赫然發現球場內數以萬計的觀眾也沒有一個人佩戴口罩，全世界只有中國仍然與病毒搏鬥，但其實很多人都沒工作、沒有飯吃、沒有自由 (因為要困在家中)、而且快要病死及餓死。

從經濟方面來看，很多外資企業也表示如果中國繼續堅持「清零」的話，他們將會逐步撤離中國，如果再不開放關口，也不會如常地給廠家訂單。中國內消已經十分疲弱，再加上房地產泡沫爆破、失業率高企，已經民不聊生，很多企業也出現嚴重的財政問題，如果不馬上放鬆或取消所有防疫限制，一定會影響深遠。

未來大家最希望能見到的是中國及香港可以馬上開放通關，恢復工商及個人出入境，大家可以正常工作及探望親友。服務行業如餐飲，零售及娛樂事業可以如常運作，回復像以往般繁榮。普羅大眾能夠有正常的生活，便不會再上街遊行及反對政府了。中國大陸作為世界第二大經濟體系，結束「清零」是對自己國內及全球都會一定有正面的影響。



Participation in UNEP BRS COPS Meeting 2023 in Geneva

After attending the Meeting of UNEP (United Nations Environment Programme) Basel, Stockholm and Rotterdam Conventions Conference of the Parties (COPs) held at the beginning of May 2023 in Geneva, it is worth sharing here the objective of the different conventions. The Basel Convention focuses on protecting human health and the environment from the adverse effects of hazardous wastes. The Stockholm Convention aims to avoid persistent organic pollutants (POPs) hazards. The Rotterdam Convention focuses on the prior informed consent procedure for certain hazardous chemicals and pesticides in international trade.

Held from May 1st to 12th, the Meeting received 2,000 participants, including officials from more than 190 countries, NGOs (Non-Profit Organizations), industry representatives, and other organizations such as the WHO (The World Health Organization) and the WTO (The World Trade Organization). On this occasion, I attended the Meeting as an industrial observer. During the discussions about plastic waste management, the Meeting focused on negotiating and adopting plastic technology guidelines, embracing the feasibility of chemical recycling of plastic waste, and whether or not using biodegradable materials as a more environmentally friendly alternative to traditional plastics. Also discussed were extended producer responsibility (EPR) schemes. The goal is to reduce plastic waste pollution, maintain ecological integrity, and provide a better living environment for the next generations.

During the Meeting, the participating countries reached agreements to eliminate certain hazardous chemicals, including methoxychlor pesticide, chlorinated methanol (a chemical used as an insecticide for mosquitoes and various pests), dechlorane plus (a flame retardant used in adhesives, sealants, and polymers), and UV-328 (a UV absorber used in many industrial materials such as greenhouse films and plastic UV coatings, which may contain harmful adhesives). These hazardous chemicals pose health risks, including methanol chloride, which can cause convulsions and hormonal and neurological damage; dechlorane plus can have toxic effects on the liver and thyroid; connecting UV-328 can cause the risk of cancer, endocrine disruption, and liver and kidney damage.

出席聯合國 BRS COPS 2023 環境規劃署 UNEP 的巴塞爾、斯德哥爾摩和鹿特丹公約綜合性會議結束

At the Meeting, there was also an exhibition regarding the PCBs (polychlorinated biphenyls), and the aim was to eliminate their presence by 2050. Unfortunately, hundreds of thousands of tons of PCB (polychlorinated biphenyls) waste are still waiting to be processed in Africa and some developing countries. This material is mainly used in transformers and capacitors and can cause cancer, immune system damage, and reproductive problems.

Another material, PFOS (perfluorooctane sulfonate), is widely used in various industrial and consumer products, including fire foam, waterproofing agents, textiles, paper, and protective and dust-proof coatings for packaging materials. Due to its persistent nature, it is difficult to decompose in the environment and can accumulate in the food chain. This chemical has toxic effects on animals and humans and can lead to developmental and reproductive problems, apart from liver, kidney and immune system damage. Currently, the convention is discussing the prohibition of the production of PFOS.

With hundreds of thousands of chemical materials used by humans nowadays, items identified as harmful to human health amount to over ten thousand. Though scientific technologies can extend the longevity of human beings, on other hand, hazardous chemicals and environmental pollution threaten us. Therefore, we need to care about our living environment and food safety.



我剛剛在歐洲出席完聯合國BRS COPS 2023環境規劃署 UNEP 的巴塞爾、斯德哥爾摩和鹿特丹公約綜合性會議。巴塞爾公約的目標是保護人類健康和環境為首要，使我們免遭危險廢物的不利影響。斯德哥爾摩公約是如何避免人類受著持久性有機污染物的危害；而鹿特丹公約則主要是針對在國際貿易中對某些危險化學品和農藥採取事先知情同意程序。

是次會議由五月一日至十二日，有共二千人出席，其中包括一百九十多個國家官員、志願團體、工業代表及其他組織，如國際衛生組織及世貿等，而我則以工業界觀察員身分出席。在廢塑料方面，會議集中談判和採納塑膠技術指南，當中包括化學回收廢塑料是否可行，可降解物料的應用是否更環保地取代傳統塑料及生產者責任延伸制度等主題。這次會議之目的是減低廢塑料對環境的污染，保持環境生態，讓我們下一代有更加美好的生活環境。

是次會議中各國也達成協議，同意不使用 pesticide methoxychlor 氯化甲醇，此乃化學物用於去蚊蟲及多種害蟲的殺蟲劑；dechlorane plus 得克隆，這是一種膠粘劑、密封劑和聚合物的阻燃劑；以及 UV-328 紫外線吸收劑，這是用於我們很多工業材料如溫室農膜及塑膠 UV 塗層，多用於日常生活製品中，其實我們有很大機會用上這些有害的塗膠的。以上的危險化學材料分別危害身體健康的如下：氯化甲醇會引致痙攣、荷爾蒙及神經系統；得克隆可能對肝臟和甲狀腺產生一定毒性影響；UV-328 有研究發現接觸此化學物會導致癌症、內分泌失調及肝臟及腎臟受損。

會議中也有一些關於PCBS 氯聯苯 PCBs (polychlorinated biphenyls) 的展覽會，他們定下目標是在 2050 年全面消除 PCB 的存在。目前在非洲及一些發展中國家還有數以十萬噸的 PCB 廢料等待處理，此材料主要用於變壓器和電容器制造。人類攝入這些化學物會致癌、破壞免疫及生殖發育系統。

另一材料 PFOS 全氟辛烷磺酸，儘管 PFOS 被廣泛用於各種工業和消費品中包括消防泡沫、防水劑、紡織品、紙張和包裝材料的防護和防塵塗層等。由於是一種持久性化學物質不易在環境中分解，但可以在食物鏈中累積。此化學物對動物和人類具有毒性，有可能導致發育和生殖問題、肝臟和腎臟損傷及免疫系統受損等嚴重影響健康，目前公約組織在計劃要全面禁止生產 PFOS。

化學材料品種數以十萬計，而當中有被認為危害健康的也超過一萬種。科技及醫學進步延長了人類的壽命，但由於危險化學品及環境污染可能導致縮短我們的壽命，所以我們更加需要關注生活環境及食物安全。

Sharing of my India Trip

During my business trip in June, I had the opportunity to visit Mumbai, Kolkata and New Delhi. I was invited to speak at a conference of the Indian Plastics Federation and the India Circular Economy Forum, where I shared my views on our industry. To prepare for the talks, I researched India's living habits, languages, religions, and culture, and also compared India's cultural history with that of China to understand why some developed countries can surpass nations with deep traditional cultures in development within a short span of 200-300 years. I share my understanding of India's rich culture and history in the following paragraphs.

India has a long history dating back to more than 5000 years ago, which includes an ancient civilization, whereas China's trace is 1600 years B.C. The essence of India's culture is reflected in various aspects, such as religion, language, art, and philosophy. India is a multicultural country with many religious beliefs, including Hinduism, Buddhism, Sikhism, and Islam, and diverse languages and script systems with over one thousand dialects. Sanskrit is India's ancient literary language and is still in use today. India is well-known for its arts, architecture, colourful style, and exquisite craftsmanship. During my visits, I witnessed the diversity of languages spoken in different regions, although English is the most popular language which is limited to the educated population.

The lifestyle of India reflects its multicultural nature. Indians value family and community culture, similar to the Chinese. They respect their elders and always extend a warm welcome to them. Family gatherings play an essential part in their lives. Indian cuisines are famous for their rich tastes and multi-spices, and vegetarian food is also important. Although most Indians are not fond of meat, they tend to be overweight due to their high-carbohydrate diets. Traditional festivals and celebrations such as Holi and Diwali attract tourists to their grand celebrations.



During the colonial period, India was governed by the East India Company and the British Empire, which profoundly impacted India's society, economy, and culture. British rule brought modern education, railway systems, and legal reforms to India and plundered the country's resources and trade. Nevertheless, the colonial era also sparked Indians' desire for independence, which was eventually achieved in 1947. Even today, we can see many office buildings left behind by the colonial government in Kolkata.

India faced significant challenges during rebuilding after independence, primarily due to its adherence to documentary procedures. However, with economic and social development efforts, India has achieved marked success in technology, I.T., and service industries, becoming a global leader in advanced technology and commercial centres. The middle-class sector continues to expand, gradually enhancing the country's living standards. With the government's emphasis on education and innovation, India has become a prominent participant in the global I.T. economy.

India's 5000-year cultural history carries several unique and multicultural heritages. However, the country still faces challenges such as poverty, inequity, and infrastructure problems that must be resolved to become prosperous. This requires the joint efforts of the government, society, and its people to promote economic development. The recent shift of factories and service centres to India by developed countries presents a perfect opportunity for its development. India should improve its educational standards and promote social inclusion, efficiency, and fairness to facilitate growth and advancement. With its cultural treasures, India should adapt to social needs and blend traditional knowledge with modern innovation to become a rising star on the global stage.



印度之旅分享

在今年六月的商務探訪中，我有幸地造訪了印度的孟買、加爾各答和新德里。同時也被邀請在印度塑膠聯盟的會議中分享行業發展及前景；以及應邀出席印度循環經濟會議的演講。藉此我做了很多的資料搜集，讓我更了解他們的生活習慣、言語、宗教及其文化。同時我也把印度的文化歷史與中國比較了一下，並探索為何今天一些發達國家在短短的 200-300 年內超越一些擁有深遠傳統文化的國家呢？接下來，我將在印度豐富的文化和歷史中嘗試找出這些問題的答案。

印度是一個擁有悠久歷史的國家，其文明可追溯至 5000 多年前而中國則只能追溯到公元前 1600 年。印度文化的精髓體現在各個方面，包括宗教、語言、藝術和哲學。印度是一個多元文化的國家，擁有眾多的宗教信仰，如印度教、佛教、錫克教和伊斯蘭教等；語言和文字體系也非常多樣化，聽聞地方方言方面有上千種之多，其中梵語是印度古代的文學語言，至今仍在使用當中。此外，印度的藝術和建築也以其豐富多彩的風格和精湛的工藝而聞名於世的，生活習慣又多樣性。我在探訪印度期間除了英文外，不同地方有不同印度的方言，雖然英語是印度最普及的語言，但也只是局限於有受教育才懂得運用。

印度的生活習慣反映了其多元文化的特點，印度人以家庭和社區為重心，這一點與中國人是相同的。印度人是很尊重長輩的，常給老人家熱情款待。家庭聚會在他們生活中十分重要。而飲食方面，印度菜式是以其豐富口味和多樣的香料而聞名，素食在印度文化中也佔據著重要的地位。印度人雖然不太吃肉類，但由於太多碳水化合物的關係，很多人也會過胖。此外，印度的傳統節日和慶典，如狂歡節（Holi）和燈節（Diwali），以其熱情和盛大的慶祝方式去吸引著眾多遊客去參與。



在殖民時期，印度受到了英國東印度公司和英國帝國的統治，這段歷史對印度的社會、經濟和文化產生了深遠的影響。英國帶來了現代教育、鐵路和法律體系等改革；同時也對印度的資源和貿易進行了掠奪。然而，殖民時期也激起了印度人民對獨立和自主的渴望，最終在 1947 年獲得了獨立，尤其在加爾各答，還可以看見很多在殖民地政府所留下來的辦公大樓。

印度在獨立後經歷了漫長而艱難的國家建設過程，主要是印度人十分講究文件上的程序。然而，通過積極的經濟和社會發展的努力，近年來，印度在科技、信息技術和服務業等領域取得了顯著的成就，成為全球領先的技術和商業中心之一。此外，印度的中產階級也不斷地在壯大，生活水平逐漸提高，對教育和創新的重視也使其成為全球知識經濟的重要參與者。

印度作為一個擁有 5000 年文化歷史的國家，擁有著獨特而多樣的文化遺產，要成為一個真正的發達國家，印度仍需解決一系列的挑戰，如貧困、不平等和基礎設施建設的問題。這是需要政府、社會和民眾共同努力，以促進經濟發展，尤其是近年，很多發達國家把工廠及商業服務中心搬到印度，這是一個很好的發展良機。印度要提升教育水平、加強社會包容和有效率而公平的政府，從而實現全面的發展和進步。印度擁有獨特的文化寶藏，透過適應現代社會的需求，將其傳統智慧與現代價值觀結合，印度必將在全球舞台上發熱發光。



The luxury sector is booming

On my recent business trip to Europe, I visited one customer who is a supplier to luxury goods manufacturers such as Prada, LV, Burberry, etc. This customer offers to have a long-term business relationship with us and increase business quantities. The reason is that their business was excellent during the epidemic period with increases in sales, unlike other business sectors. One of our suppliers wanted to reward himself for founding his business for over thirty years with a highly coveted Rolex watch model he has longed for years. After searching in the Netherlands, Switzerland and even online, to his disappointment, he found that no stock is available. He thus requested my assistance to help him find one in Hong Kong or the US.

The world's largest luxury brand company, LVMH, operates 75 well-known brands, which include handbags, brandy, champagne, cosmetics, perfume and fashion. Their sales turnover was 300 billion Euro last year, with profits increased by 300% to 14.7 billion Euro. To meet their expansion plans, they have 25,000 job vacancies at present. The high-consumption market never has to worry about no business. During the epidemic period, many people were unable to go out. They fell into a situation of self-indulgence, seeking self-comfort and satisfaction of desire, which, with the convenience of online shopping, created considerable increases in sales.

The market for luxury products is different from the market for daily necessities. Its sales are not affected by its high price. This market is not only patronized by wealthy people; middle-class people are significant patrons of luxury goods. As for the low-income group, they also like to purchase luxury brands, their ownership brings psychological comfort, and for many, it symbolizes status.

Chinese customers account for one-third of the global luxury brands market and is expected to increase to forty per cent by 2030. With tens of millions of Chinese tourists visiting France yearly before the epidemic, purchasing luxury-brand goods is a "must itinerary" for them, which has a higher priority than tasting French food. On the contrary, French people do not appreciate or are unwilling to purchase fashions or luxury goods from their country. Likewise, Americans, particularly people on the west coast, except for Asians, rarely pay attention to people carrying or wearing luxury-brand items.

奢侈品的市場

日前我到歐洲探訪客戶，他們有部份是供應綠色環保材料給名牌工廠如 Prada, LV 及 Burberry 等等，這些客戶要求我們可以長期合作及希望我們能夠增加供應量，主要原因是他們的生意非常之好，尤其是在疫情期間，屬於奢侈品牌的客戶銷售不跌反升。另外，我也有一個供應商朋友為了獎勵自己創業三十多年，一直夢想能買到他心愛的某款勞力士手錶，無奈地走遍荷蘭，並且上網等，甚至在瑞士也沒有現貨供應，全部地方也售罄了，唯有拜託我在香港或美國試找找可否幫他買到。

全球最大的奢侈品牌公司 LVMH, 它們經營 75 個品牌。其中包括有手袋、拔蘭地、香檳、化妝品、香水及時裝等。去年的營業額是 3,000 億歐元，利潤比 2020 年增幅 300% 達到 147 億歐元。公司為了配合市場需求，現有 25,000 個職位空缺。似乎高消費市場是一直不愁沒有生意的。疫情期間，有很多人因為未能外出，於是自我放縱、慰藉及滿足欲望，加上網上購物十分之方便，在種種原因之下做成他們的銷售額大增。

奢侈品消費跟必需品市場是剛好相反的，它的價格不會因為貴而沒有人去買的，這市場不只是富有人家才光顧，中產人仕也是名牌最大的客戶群。至於低收入人士也十分喜歡買名牌的，因為用名牌是一種心理安慰，同時有很多人會相信名牌是身份的象徵。

目前全球奢侈名牌最大的市場是中國人，佔三份之一。估計在 2030 年增加至百份之四十。中國遊客在疫情前到法國旅遊購物是數以千萬計的，他們的指定動作是到名店購買名牌，比起品嚐法國美食來得重要得多。相反法國人根本是不懂欣賞或不捨得花金錢去買自己國家的時裝及精美的奢侈產品。至於美國人，尤其是西岸，除了亞洲人，很多人都不太留意名牌的使用及穿著。



A new law restricts the export of waste from the EU to countries outside the European Union

On January 17, the European Parliament voted in Strasbourg to further strictly restrict and prohibit the export of some solid waste. As a result, 594 votes were in favor, five were against, and 43 abstained. The EU member states are now to proceed with the discussions on details and timelines for the implementation.

The spirit of the Regulation is to encourage local recycling by member countries as long as it complies with the environmental principle of waste management and facility. If waste recycling is to occur in another EU country, it must go through the notification system, and only a competent and qualified factory can do the processing. If the waste is for export to non-EU countries such as Turkey and UK, the procedures are more complicated.

In a recent conference, I raised the questions of :

a) To what extent the imports by recyclers in Southeast Asian countries be affected? The answer is "Exports of non-processed waste plastics to non-OECD countries are prohibited, which makes using HS Code 3915 impossible".

b) Is the export of regrinds or repro-pellets to Southeast Asian countries allowed? The answer is "It depends on the import policy and standards of the individual country".

c) With the US being an OECD country, is there any restriction for exports of solid waste to EU countries? This topic was not further elaborated.



Once the above Regulation comes into force, the supply source for waste plastics from the EU to the recycling industry in Southeast Asian countries will be hard hit. In 2018, the global trade of solid waste was 182,000,000 tons, of which the EU's exports to non-OECD countries accounted for 33,000,000 tons, and Turkey was the top one at 7 to 8 million tons. Though the volume of waste plastics was not listed separately, Turkey was assumed to be the biggest importing country. Therefore, our industry needs to develop supply sources outside the EU, such as the UK, the US, and African countries. On the other hand, we can also explore and supply to countries that rely on EU sources, such as Turkey.

Government officials involved in legislation need more understanding of our recycling industry. The change in regulations this time is to prevent solid waste from being dumped in landfills or illegally burned after being exported to developing countries or even washed into the oceans and polluting the environment. Officials seem to think that our industry pays expensive transportation costs, the price for the goods and customs clearing, etc., and then sends these to be landfilled! Our industry would like to have more discussions with the relevant parties involved in the legislation before the laydown of details. We hope they can exclude processed plastic scraps or repro-pellets from the restriction list.



歐盟政府進一步立法嚴格限制固廢的出口

在今年的 1 月 17 日，歐洲議會在斯特拉斯堡 (Strasbourg) 進行一項投票，進一步嚴格限制及禁止部份固廢的出口，結果有 594 票同意、5 票反對、43 票沒表態的情況下通過。歐盟成員國現正進行磋商法例執行的細節及時間表。

法例的精神是鼓勵成員國在符合環保原則的廢物管理及設施的大前提下，在本土國家回收自己的固廢。如需要歐盟其他國家回收處理加工，則需要申請啟動通告系統 (notification) 及確認回收工廠的資格及資歷，至於出口到非歐盟國家如土耳其及英國就會更加複雜。我在一個研討會議上問及：作為最大回收系統的東南亞國家廢塑料業界而言，新例對入口廢塑料的影響有多嚴重呢？答案是到時若廢塑料未經處理是不可以出口到非經濟合作暨發展組織 OECD 國家的，所以用海關編碼 HS Code 3915 的是不可以出口，我又問：如果已處理成破碎狀或再生粒又可否出口到東南亞國家呢？答案是要視乎歐盟個別國家的政策及標準而定。最後我又問：美國作為 OECD 成員，如由美國出口廢料到歐盟國家之情況又是如何呢？這個問題好像沒有特別拿出來大家討論。

若果以上的法例推行後，是將會嚴重打擊東南亞業界的進口歐盟貨源及渠道。在 2018 年，全球固廢買賣有 182,000,000 噸 (一億八千二百萬噸)，而歐盟出口到非 OECD 是三仟三百萬噸，土耳其是最大入口國約佔七百至八百萬噸，廢塑料比例則未詳列出來，但可以肯定地是全球入口量最多的國家。業界目前可能要發展歐盟以外的貨源如英國、美洲、非洲等國；同時又開始發掘及供貨給以往依賴歐盟國家的客戶如土耳其。

我一向感覺立例的所有政治官員不太了解我們回收行業，這次立例是因為歐盟要避免固廢出口到發展中國家，最終被棄置堆填區及不合法燃燒，甚至沖入海洋及污染海洋環境。官員以為我們業界付出昂貴的船費、貨物的價格及清關費用等，然後去堆埋！目前我們業界希望歐盟未草擬細節之前多跟他們溝通，希望把一些已處理的廢料或再生材料不列入限制之清單內。



To live beyond 120

In the past 50 years, humanity's achievements in medical and genetic engineering science have surpassed the accomplishments of the past several hundred or even thousands of years. By sequencing the genome, the foundation has been provided for diagnosing and treating diseases, and breakthroughs have been made, such as gene therapy and editing technology that can repair embryonic viruses and replace defective genes, all essential to changing human genetics in preventing diseases. With the development of vaccines and antibiotics, the number of deaths caused by infectious diseases has also been greatly reduced. Medical imaging technologies, such as MRI and CT scans, have greatly improved the ability to detect and diagnose diseases early. In addition, advances in surgical techniques and medical equipment have made many surgeries safer and more effective. These advances have enabled people to live longer; theoretically, humans can live up to 120 years old.

Today, we can attribute the extension of life mainly to genes and a healthy lifestyle. However, some strategies can help people live healthier lives, including:

1. A healthy diet that includes plenty of fruits, vegetables, whole grains, and lean meats.
2. Regular exercises such as walking, jogging, or weightlifting.
3. Managing stress through techniques such as meditation, yoga, or therapy.
4. Avoid smoking, excessive drinking, and other harmful substances.
5. Regular medical check-ups to monitor and manage health conditions.
6. Maintaining strong social connections and a sense of life purpose.



The above are standard recommendations found online, but I have added my research, further information gathering, and experience to share my opinions.

I have noticed that life expectancy in the United States has declined since before the pandemic, despite the country having advanced medical technology and top-notch doctors. However, most people enjoy eating what they love, including fast food, processed foods, and sugary drinks like soda, leading to high blood sugar. In public places, it is common to see some overweight or obese people from young to old. Developed countries seem to suffer from "diseases" caused by their habits. Because people are taking too much food and not the right food. It causes people to get diabetes, heart disease and blood vessel disease that can lead to death. In countries with advanced information and developed countries, people are generally aware that too much sugar can cause heart and vascular diseases, and to stay healthy by eating until 60-70 per cent full. The problem is human cells are competent to induce favourites of sugar-generating foods such as the staple food of the Chinese, such as porridge, noodles and rice which is a must for most Chinese. It's like the Americans who like Coke, candies and fast food such as MacDonald's.



Apart from the 1-6 points I mentioned earlier, I practice "intermittent fasting," which means eating only within an 8-hour window and primarily consuming wild-caught seafood and vegetables. I avoid all farmed fish, especially freshwater fish because they contain chemicals such as antibiotics and vitamins that can harm the human body if absorbed in large amounts over a long period. I don't eat much meat, especially red meat, as almost all poultry, beef, lamb, and pork are farm-raised, so it's best to eat them in moderation. I only use certain oils such as olive oil, coconut oil (depending on the temperature), and lard. All other oils carry some risk due to their high levels of polyunsaturated fats. I am very committed to exercising and aim to run four marathons each year, which causes me to practice daily. I don't experience much work-related stress because some problems can be solved without worrying, and worrying won't help solve problems that can't be solved. I sleep more than I used to and occasionally take a nap. I also go to bed early and get up early.

As technology continues to develop, there will come a day when human life can be extended through genetic engineering and modification. However, there is significant controversy regarding morality and laws. Therefore, we can only rely on diet and other lifestyle habits to improve longevity.



活過一百二十歲

在過去的五十年，人類在醫療和基因工程科學上的成就已經超越了幾百年前甚至千年的成績了。因對基因組進行了定序，對疾病的診斷和治療提供了基礎、基因療法及編輯更能修復胚胎病毒及替換缺陷基因，這改變了人類疾病的遺傳及預防，在診斷和治療方面取得了重大的突破。疫苗和抗生素的開發，大大減低了由傳染病引起的死亡人數。醫學影像技術，如 MRI 和 CT 掃描等，大大提高了早期發現和診斷疾病的能力。此外，手術技術和醫療設備的進步使許多手術更加安全和有效。這些進步，使人能夠延長壽命，相信人類可以活至 120 歲是等閑之事。

若今天要延長壽命，主要歸因於基因和健康的生活方式。然而，有一些策略是可以幫助人們活得更加健康的，這包括如下：

1. 飲食健康，多攝取水果、蔬菜、全穀物和瘦肉等健康食品。
2. 進行定期的體育運動，如散步、慢跑或舉重等。
3. 通過冥想、瑜伽或治療等技術來管理壓力。
4. 避免吸煙、過量飲酒和其他有害物質。
5. 定期就醫及進行身體檢查，監測和管理健康狀況。
6. 保持強烈的社交聯繫和生活目標感。

以上都是網上標準推介，但我加插了自己的研究從而進一步蒐集資料及經驗，分享經驗及看法。最近我發現美國人的壽命從疫情之前已開始下降著。儘管這個國家有先進醫療科技及一流的醫生，但因為大多數人都喜歡吃自己愛吃及愛飲的東西，這包括快餐、加工食物及糖份極多的梳打汽水包括可樂，這導致很多人有血糖高的現象出現。在公眾場所，很常看見一些肥胖或超重的年輕及年長人士。今天的發達國家真的是“病從口入”，因為吃得不對及吃得太多也會引致糖尿病、心臟及血管有關的疾病而離世。在資訊發達的美國及其他先進國家，人人也知道攝入糖份太多會引致心血管疾病，用膳時適宜吃六至七成飽。問題是人體的細胞十分聰明，會做出一個現象是很想吃與糖有關的食物如中國食物四大發明的“粥粉麵飯”，很多中國人沒有它們是不行的，有如美國人要有可樂、有糖的零食、像快餐食物麥當勞等等。

除了以上 1-6 點我比較注意之外，我是採取“斷食”法的，即是只集中在 8 個小時內吃東西，食材主要是野生捕獲海產及菜為主要，一切飼養的魚類，尤其是淡水魚，因有抗生素及維生素等化學物質，長期及過量吸取是對人體有害的。我是不會吃太多的肉類尤其是紅肉，另外因為幾乎所有家禽、牛、羊及豬都是飼養的，我也是少吃為妙。另外連選擇食油也需要謹慎一點，其實只有橄欖油、低溫壓榨的椰子油及豬油才可選用，其他的都因為有某情度的風險，如含大量多元不飽和脂肪，大家真是可免則免了。至於運動方面，我是十分堅持的，希望能定下每年跑四次馬拉松賽跑，藉此每天都要用跑步來鍛鍊身體。至於工作壓力我倒是沒有的，因為一些可以解決到的問題，其實是不需要去自尋煩惱的；而一些解決不了的問題，煩來也沒有作用的。我的睡眠質素比以前好得多，除了早睡早起之外，偶然也會來一個午睡。

隨着科技的發達，總有一天人類會透過對基因工程及修飾去延長壽命，但在道德及法例方面仍存在著一個很大的爭議。所以目前大家只能依賴飲食及其他生活上的習慣去令壽命延長。

