

## Resumption of postal services to certain destinations

Hongkong Post announced today (July 18) that with the gradual scaling up of air freight capacity and provision of transit assistance by other postal administrations, airmail services to four destinations will resume from tomorrow (July 19). Details are given below:

Service to resume	Destinations
Speedpost	New Zealand, Saudi Arabia
Air parcel	Lao People's Democratic Republic, Malaysia, New Zealand, Saudi Arabia
Air letter and packet	Lao People's Democratic Republic

Additional conveyance time may be required for mail items destined for the Lao People's Democratic Republic and New Zealand as mail items to these destinations have to be transited via other postal administrations.

Members of the public may visit the webpage of Hongkong Post at [www.hongkongpost.hk/en/about\\_us/whats\\_new/notices/index\\_id\\_1372.html](http://www.hongkongpost.hk/en/about_us/whats_new/notices/index_id_1372.html) on the service availability for overseas destinations.

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## Ambassador for Cultural Promotion Tan Dun lines up local young soprano to perform in Holland Festival (with photos)

Internationally renowned composer and conductor Tan Dun, appointed as Hong Kong's Ambassador for Cultural Promotion (ACP) earlier by the Culture, Sports and Tourism Bureau, has recently lined up Hong Kong young soprano Candice Chung to take part in the 76th edition of the Holland Festival in Amsterdam, with the support of the Leisure and Cultural Services Department (LCSD), and participate in the world premiere of his new work "Requiem for Nature".

The Holland Festival is the oldest and largest annual international performing arts festival in the Netherlands. Tan's liaison enabled Chung to join the performance of the "Requiem for Nature" in Amsterdam on June 30 and

July 1, and helped to groom local young artistic talent and promote East-meets-West cultural exchanges. Tan specially added Cantonese, Tibetan and Mongolian elements into his work and, by allowing a vocalist to play four roles in the opera through changes in languages and tones, enhanced the dramatic effects of the work.

Local-born soprano Candice Chung was thankful to Tan for inviting her to join the magnificent world premiere. "It is really a dream come true for a musician to sing with the world-renowned Royal Concertgebouw Orchestra, and to be able to work with Pierre Audi, one of the world's leading opera directors, is also inspiring," she said.

To achieve a better performance, Chung took extra lessons with a Cantonese opera teacher, hoping to enhance the sense of authenticity for her interpretation of the performing role, and she found the preparation process an eye-opening experience. In return, she wowed the audience with her bright tone while the "Requiem for Nature" also received critical acclaim.

Tan has been serving as the ACP since January 1 this year for a period of five years. The LCSD hoped that the ACP, through inviting local young artists to participate in international arts festivals and outbound performances, can equip them with global perspectives. Prior to Chung's successful debut in the Holland Festival, Tan had also invited local young tenor and soprano Chen Chen and Louise Kwong to stage the "Buddha Passion" together with cross-strait musicians in Fuzhou this April.

Tan will continue to explore opportunities for local young artists to perform on global stages in the coming months to enrich their experience and broaden their international vision, so as to tie in with the strategy of the National 14th Five-Year Plan that supports Hong Kong to develop into an East-meets-West centre for international cultural exchanges. The LCSD will continue to work with Tan to bring local young artists to out of Hong Kong, telling good stories of China and Hong Kong with arts.

Tan is currently the Dean of the Bard College Conservatory of Music in New York and an Honorary Artistic Director of the China National Symphony Orchestra. He has been promoting the messages of peace and green environment throughout the years. His music has made an indelible mark on the world's music scene, which earned him many prestigious honours. In March this year, Tan was presented the Abu Dhabi Festival Award 2023 in recognition of his outstanding lifetime achievements and contributions to music. This December, he will present the WE-make Series to Hong Kong audiences, joining hands with local, international and Mainland artists to showcase a wide range of art forms including orchestra, rock, opera and dance, to bring new experience to audiences.



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## [Sport For All Day 2023 free activity coupons to be distributed July 24](#)

The Leisure and Cultural Services Department (LCSD) will distribute free activity coupons from next Monday (July 24) for Sport For All Day 2023 to be held on August 6 (Sunday). Members of the public with the coupons can take part in a series of free recreation and sports programmes to be held at designated sports centres in 18 districts on the event day.

The focal sport of Sport For All Day this year is "Fitness Exercise for Wellness". The LCSD will organise a series of physical fitness demonstrations and play-in sessions for public participation to encourage the public to pursue a healthy body and mind lifestyle through regular physical exercise.

Electronic battling ropes and a flash-reflex exercise, as well as new sports and urban sports such as sport climbing, which are popular among youths, will be set up at the Sham Shui Po Sports Centre, the prime venue. Members of the public will have a chance to learn more about these new sports.

Free recreation and sports programmes will be held from 2pm to 6pm on August 6 at designated sports centres in 18 districts. The activities will include health talks, fitness corners, sports activities for parents, children and adolescents, as well as sports demonstrations and fun games for the elderly and persons with disabilities.

Activity coupons will be available from 8.30am on July 24 (Monday) at

LCSD District Leisure Services Offices and designated venues in the 18 districts. Participants are advised to bring along the activity coupons to attend the events on time. A small portion of coupons will be reserved for walk-in participants on the event day on a first-come, first-served basis.

At the same time, various LCSD leisure facilities will also be open for free use by the public on Sport For All Day 2023 to help develop a habit of regular exercise. Booking for these free use of facilities on August 6 can be made at Leisure Link booking counters in various districts (except self-service kiosks) and via Internet booking from 7am on July 31 (Monday) onwards, on a first-come, first-served basis (the Leisure Link booking counter services at Tuen Mun Recreation and Sports Centre will start from 7.45am and those at water sports centres, holiday camps and District Leisure Services Offices will start from 8.30am). Each person can only book one free session irrespective of the type of leisure facility. Due to the anticipated high use of online booking services by the public, it may take a longer time for users to log into the system for booking during peak hours in the morning.

Sports demonstrations will be featured in a live webcast via the event dedicated website ([www.lcsd.gov.hk/en/sfad](http://www.lcsd.gov.hk/en/sfad)) and the "LCSD Plusss" Facebook page ([www.facebook.com/LCSDPlusss](http://www.facebook.com/LCSDPlusss)) on the event day from 2pm. Members of the public can experience the vigour of sports demonstrations at home through online platforms.

For details of Sport For All Day 2023, please visit the dedicated website at [www.lcsd.gov.hk/en/sfad](http://www.lcsd.gov.hk/en/sfad).

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## **[Chai Wan Public Fill Barging Point to reopen](#)**

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

As the Hong Kong Observatory has cancelled all typhoon warning signals, the Civil Engineering and Development Department today (July 18) announced that the Chai Wan Public Fill Barging Point will be reopened at 1pm for public use.

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# Red flag hoisted at Deep Water Bay Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (July 18) that due to big waves, the red flag has been hoisted at Deep Water Bay Beach. Beachgoers are advised not to swim at the beach.