



质感生活 知乐人生 CLUB LIFE LEADING TO WELLNESS



地址: 深圳市南山区科苑南路 2233-8 号 Address: No. 2233-8, Keyuan Nan Road, Nanshan District, Shenzhen 电话 Telephone: +86 755 8666 6688 邮箱 E-mail: mr@szbayclub.com 网站 Website: www.szbayclub.com

CONTENTS 目录

PART 01	澜·声
03	携手聚力,向光而行
05	生命的光曜
07	生命向善,步履不停
11	寻味之行,方知人生
15	风华正茂时
19	臻享人生新璀璨

PART 02	泊·心
23	新入会会员名录
25	藏地洗心随笔

PART 03	濯·目
29	一湾星辰 向未来
33	新精彩,新绽放
39	兴趣以始,携手以求
43	追随光,成为光
45	深湾会团队风采

	PART 04	源·知
	51	臻享之旅 解锁新年味
主编:深湾会市场营销部	53	团圆年夜饭 聚飨岁礼
策划设计:形域品牌顾问(深圳)有限公司	55	挥动身姿: 私享拳击主题课程
声明:本刊所载文字和图片未经许可,不得转载或摘编。 Chief Editor:Marketing Department of Shenzhen Bay Club	57	舞动时光: 专属舞蹈定制课程
Plan and Design: KingYu Brand Consulting(ShenZhen) Co., ltd. Disclaimer: The text and pictures published in this article may not be reproduced or excerpted without permission.	59	湾·伙伴总集锦

SOUND OF TIDE

TOGETHER WE CHASE THE LIGHT THE LIGHT OF LIFE KEEP UP THE GOOD WORK AND ENJOY MY LIFE EXPERIENCES A LIFE JOURNEY FOR HEALTHY DIET IN MY PRIME EMBRACE THE SECOND ACT OF LIFE

LIGHTEN UP

MEMBERSHIP ROSTER OF THE CLUB TIBETAN SOUL REFRESHING TRAVEL NOTES

EYE-OPENING EXPERIENCE

THE BAY PIONEERS EMBRACE THE FUTURE NEW SPLENDOR, NEW BLOOM START WITH INTEREST, START TO SEEK CHASE THE LIGHT AND EVENTUALLY BECOMES THE LIGHT THE WONDERFUL MANAGEMENT TEAM OF SHENZHEN BAY CLUB

ORIGIN OF LIFE

WELCOME THE NEW YEAR WITH DELICACY REUNION FOR THE CHINESE NEW YEAR EVE'S DINNER PRIVATE BOXING-THEMED CLASSES CUSTOM CHOREOGRAPHED DANCE CLASSES A COLLECTION OF BAY PARTNER



SOUND OF TIDE

声

生活之美,如声在耳

海浪潮声,心生波澜发出自我之音

以"生命的光曜"为题,解读人生意义

The beauty of life is like a tune lingering in your ears

The tide surges forward with great momentum and its powerful sound resonates with us Interpret the meaning of life under the theme of "The Light of Life" 携手聚力,向光而行 TOGETHER WE CHASE THE LIGHT

> 生命的光曜 THE LIGHT OF LIFE

生命向善,步履不停 KEEP UP THE GOOD WORK AND ENJOY MY LIFE EXPERIENCES

> 寻味之行,方知人生 A LIFE JOURNEY FOR HEALTHY DIET

> > 风华] IN MY

臻享人生新璀璨 EMBRACE THE SECOND ACT OF LIFE

ONE LIFE ◆ 澜·声 ◆ 02

E茂时 PRIME

TOGETHER WE CHASE THE LIGHT 携手聚力,向光而行



尊敬的会员们: Dear Shenzhen Bay Club Members,

岁月不居,时光如流,弹指间在您的信任与支持下,深湾会已砥砺前行六载。秉持 着我们"质感生活,知乐人生"的理念,立足于湾区,与极具城市影响力的精英领 袖们相伴同行。

How fast time flies! Six years have gone by in a blink, and Shenzhen Bay Club has forged ahead on this journey with your trust and support. By pursuing our concept of " club life leading to wellness", we have found a foothold in the Greater Bay Area and grown together with the region's leaders and elites.

目前,深湾会已荣聚了700余位来自科技、金融、艺术、教育、学术等不同领域的 执牛耳者,他们与城共长,无时不刻都在聚变、引领着时代的思想力和创造力;他 们心系未来,以梦为马,激荡着精神光芒,辉映彼此,照耀城市。

Shenzhen Bay Club currently boasts over 700 Members who are leading figures in the fields of technology, finance, art, education, and academics. They grow together with the city, constantly making breakthroughs and standing at the forefront of creative thinking in this era. Their vision and aspirations for the future give them their spiritual power, a beacon that casts light on each other and on the city.

我认为生命的光芒在于不懈的创造与奉献,鹏瑞集团潜心磨砺十年,筑就了深圳湾1 号,而在缔造了这座城市臻藏的艺术品之后,发现城市升级的未来结构需求正在逐 步转变,在城市高质量发展与美好生活创造的使命感召下,2017年,我下定决心投 身于城市发展领域,希望通过一座座城市标杆建筑作品,引领中国城市发展向世界 级城市演进。我始终相信专注、热爱、坚守的付出必将会收获丰硕的人生,这也是 我在深湾会会员身上看到的卓越品质。

It is my belief that our life is defined by continuous creation and contribution. PARKLAND Group worked diligently for a decade to build One Shenzhen Bay, and after creating an art piece for the city we found that the city's needs for further improvement and structural change were evolving. Called by the duty to contribute to the city's high quality development and build a beautiful life for it, in 2017 I decided to participate in the city's urban development. I hope to guide international-metropolis-centered urban development in China through landmark buildings. I have always believed that commitment, passion and perseverance will lead to a more fulfilling life, and I have found these excellent characteristics to be common among Shenzhen Bay Club Members.

改革开放四十年,中国创造了巨大的财富,也成就了一代英雄。我们都是这个时代 的幸运儿,在时代的成全下,付出的努力都获得了美好的回报。我们的会员已经完 成中国共同富裕道路中"先富起来"的第一阶段任务,而往后更肩负着"达则兼济 天下"之己任。从迈瑞医疗到发起鹏瑞公益基金会,助力科技创新、城市美好、乡 村振兴、教育事业等,鹏瑞一直在尽己之力,以高远之情怀与务实之精神回馈着社 会。此间,我们更希望能汇聚深湾会的精英们,与我们至善同行,勇担责任,将我 们的理念、眼界、经验和精神传承给下一代,让勇气与智慧生生不息。

40 years of reform and opening up have generated great wealth in China and created a generation of heroes. We are all the fortunate ones of the era, and the prosperity of the times has enabled our hard work to pay off. Our Members have completed the first phase of China's path to achieving common prosperity - the task of "becoming well-off first". Now, they bear the responsibility of "sharing the benefits of success with others". From investing in Mindray and founding the PARKLAND Foundation, to supporting technological innovation, the Beautiful City program, rural revitalization, and education initiatives, PARKLAND Group has taken its duties seriously, giving back to society with a noble and pragmatic spirit. In the meantime, we hope to gather the elites of Shenzhen Bay Club to join us in our effort to create a better tomorrow, shoulder our responsibilities, and pass on our vision, mindset, experiences and spirit to the next generation so that they will become brave and wise trail blazers.

百年未有之大变局,百年未有的大机遇。这时代,正是中国发展的好时机,更为中 国新一代青年人开设了一方精彩的舞台。时值深湾会六周年之际,我们成立了菁 领会,希望凝聚时代青年精英力量,与700余位时代具有影响力的人物一起进阶未 来,这个青年聚集的分会是应势而为,更是责任所驱,希望能带来更精彩的智慧火 花和更华美的美好乐章。

We are now faced with greater changes and opportunities than any time in the past century. This era will provide great opportunities for development in China and create a wonderful platform for the next generation of Chinese to pursue their dreams. As Shenzhen Bay Club celebrated its sixth anniversary, we have founded the Shenzhen Bay Youth Leader Club in a bid to gather the elites of the younger generation to build a better future with over 700 influential figures of our era. The youth leaders club came into existence as circumstances required and as our sense of responsibility drove us to do so. We hope it will generate greater wisdom and contribute more to our nation's rejuvenation.

六年来,深湾会在各位会员的陪伴和参与下,在无畏的魄力中铿锵前行、在爱与担当 中坚韧守候,我们一起仰望星空,又一起俯察大地,共享、共担着时代的美好与使命。

For six years, Shenzhen Bay Club has grown together with its Members. We have made courageous strides and persevered in our efforts with a spirit of love and duty. We gaze into the starry night and across the vast landscape, sharing in our joy, living in happiness and shouldering our responsibilities together.

相逢有时,感念有时,薪火相传,未来可期,愿我们携手聚力,向光而行。

We appreciate our encounter and remember all the goodness of the times with gratitude. Our aspirations will be passed down to the next generation to help create a better future. Let's work together to chase the light and pursue our dreams.

ONE LIFE ◆ 澜·声 ◆ 04



THE LIGHT OF LIFE 生命的光曜

圣尼古斯丁写道: "太阳与月亮,所有 自然界的奇迹,皆非上帝的'初作', 而是精神上的二次创造。"是自然万物 的美,唤醒了人类精神的光。一直以 来,人们用丰盈的精神思想赋予了太阳 温暖的能量和月亮圣洁的象征。而生命 的光曜,因精神的光芒而更加璀璨,它 向四处发散,像处于众多星球之间的太 阳,用光与热包围着生命,赋予源源不 断的能量。

St. Augustine once wrote that "the sun and the moon, all the wonders of nature, are not God's first works but second to spiritual works." It is the beauty of nature that awakens the light of the human spirit. For a long time, people have endowed the sun with warm energy and the moon with the symbol of holiness. As for the light of our life, it is brighter because of our spiritual strength. It spreads out like the sun among the stars, enveloping life with light and heat, giving it an endless supply of energy.

步履六载,砥砺铿锵,深湾会何以汇聚 一湾星辰?是一些人,吸引着一些人, 一种精神影响一种精神,一个理想激荡 一个理想,一束光点燃一束光。正如深 湾会每一期的《大咖说》,每一次的智 思同行承载了思想的裂变更新,每一次 艺术探索的旅程都在踏向对生命的更深 解读,每一次与志同道合的朋友交流都 在遇见生命最纯粹的美好,而每一次为 社会践行公益的举动,都是以自身持有 的价值和理想,聚变出更深层次的精神 使命和未来。深湾会的每一位会员,汇 聚成浩瀚宇宙的一湾星辰,传递着深圳 这座城市的精神之美。

The six-year journey of Shenzhen Bay Club is full of hurdles to overcome. And how did the club attract so many bay pioneers? It is some people attract some people, a spirit affects a spirit, an ideal inspires an ideal, a beam of light ignites a beam of light. Just as every episode of Shenzhen Bay Club's Master's Class, every step made by the club out of insight renewed its guiding idea. Every journey of artistic exploration leads to a deeper understanding of life Every encounter with like-minded friends is a most beautiful life experience. And every public welfare undertaking is to inspire missions with a deeper layer of spiritual commitment and a future path for the club with its own values and aspirations. Every Member of Shenzhen Bay Club constitutes a shining star above the bay, sharing the beauty of Shenzhen with others. the club out of insight renewed its guiding idea. kpc 精神发展的永远是来自内心最强烈 的内驱力,是对实现自我的要求,对实 现理想的向往,最后,是对那些崇高 理念的不懈追求。深湾会笃行六年,凝 聚着一众星光,他们是一个时代的领航 人,也是一个时代的践行者,他们用精 神改变城市的信念,书写夜空的烂漫璀 璨。岁月总是在一代人中挑选韧性而持

精神的光芒伴随着时间的酿就愈发隽 永,生命的光曜也因为爱的传递愈发弥 坚。慈善公益事业是人类文明社会的情 感基层,拥有向上的无尽力量。爱的能 量贯穿于深湾会的内外,存在于始终, 深湾会会员及会员企业也一直积极投身 于公益事业中,尤其是在新冠病毒疫情 爆发之后,深湾会会员们积极响应鹏瑞 公益基金会的倡导,向大湾区疫情防疫 一线捐赠一批急需的防疫物资,以赤子 之心为大湾区的战"疫"尽绵薄之力。 于城市的精神高地点亮星光,向世界贫 瘠之处带去温暖,一步一个脚印,刻写 关于鹏瑞的名为"爱"的基因。

The spiritual strength is everlasting as it gains momentum during the journey, and the light of our life becomes more brilliant with the support of love. Charity and public welfare are the emotional base of human civilized society which contain endless upward power. The energy of love runs both inside and outside of the Shenzhen Bay Club. Our Members and their companies have also been actively engaged in public welfare business, especially since the COVID-19 outbreak. Shenzhen Bay Club Members are responsive to PARKLAND Foundation's initiatives, donating a large amount of epidemic prevention supplies to the front line of epidemic response in the GBA, which contributed to the COVID-19 fight in the GBA and showed their kindness. We light up the light above the urban spiritual highlands and spread love and care to the poverty-stricken areas in the world. We're making efforts to achieve the goal of "big love" of PARKLAND Group, one step at a time.

ONE LIFE ◆ 澜·声 ◆ 06

决定精神发展的永远是来自内心最强烈 的内驱力,是对实现自我的要求,对实 现理想的向往,最后,是对那些崇高 理念的不懈追求。深湾会笃行六年,凝 聚着一众星光,他们是一个时代的领航 人,也是一个时代的践行者,他们用精 神改变城市的信念,书写夜空的烂漫璀 之以恒笃定自己探索的创造者,像胡杨 一样,站在自己认定的地方,用自己的 方式正解时代的力量。用艺术解读内 心,用科技推动进步,用公益描绘爱, 用交流激发智慧,深湾会荟集光的能 量,于时代风口,记录下每一帧伟大。 深湾会·菁领会的成立,更是一次精神的 传承与进阶,将会有更多未来领袖担当 与700余位大湾区顶级圈层的精英翘楚 聚于一湾之畔, 瞻瞩时代潮涌。未来, 生命的光芒会向更远延续。

Our spiritual development will always be powered by our extremely strong drive, a selffulfillment aspiration, a yearning for realizing one's dream and an unremitting pursuit for those lofty ideals. The past six year enables Shenzhen Bay Club attracted a number of dream chasers who light up the sky at night. They are the leaders and practitioners of an era. They change the faith of the city with their spirit. Those stand out in challenging times are persistent self-exploration creators with great tenacity, standing their own position as a polar tree and interpreting the power of the times in their own way. Interpret the heart with art, promote progress with science and technology, depict love with public welfare, and inspire wisdom with communication. Shenzhen Bay Club gathers the energy of light to record every moment of greatness in the cusp of The Times. The founding of Shenzhen Bay Youth Leader Club suggests the spirit passing on to the next generation with greater significance. More future leaders and over 700 GBA industrial pioneers and elites will gather at the bay with a trailblazing vision. In the future, the light of our life will illuminate farther places.

KEEP UP THE GOOD WORK AND ENJOY MY LIFE EXPERIENCES 生命向善,步履不停

专访深湾会会员 曲非女士

Ms. Qu Fei An Interview with Shenzhen Bay Club Member

如何用语言形容体育运动? 汗水、拼搏、毅力、掌声 有人把体育看作是一种 单纯的执着,执着于突破精神意志,衍生出身体强大的力量。而对于曲非来说,在 二十多年的运动生涯里延续这一份执着的,还有那单纯的热爱,这些东西陪伴自己 一路创造成绩、坚持梦想,诠释着生命的无限光彩。

How do we define competitive sports? It demands you to work out in sweat and keep going day in and day out, but it could also bring you all the applause after you become a star. Some think competitive sports is a simple form of perseverance to temper your will and create the great strength that's in you. However, what made Qu Fei succeed in her sport career over 20 years is not only perseverance, but also a passion for the sport. They supported her to make great achievements, keep pursuing her dream and living up to expectations.

曲非女士 Ms. Qu Fei

三键香港有限公司 董事 Director Threebond Hong Kong Co., Ltd.

结缘高尔夫:从偶然到热爱 AN ACCIDENTAL ENCOUNTER WITH **GOLF TURNS INTO A PASSION**

道生一,一生二,二生三,三生万 物 老子《道德经》中第四十二章告 知世人,天地之间万事万物都源于同一 个起点,自然也有着千丝万缕的联系。 时间回到 1998 年,挥别了速滑和拳击后 的曲非,又开启了新一轮的运动生涯---高尔夫球,在短时间内斩获多项荣誉后, 她开始再往前追溯,这一路的成长与收 获,每一段都是环环相扣的过程。

Tao produces one (universe). One produced two (of YIN and YANG). Two produced three (of Heaven, Earth and Man). Then varied and are borne the universe of all things. We learn from the forty-second Chapter of Tao Te Ching written by Lao Tzu that all things in our universe originate from the same thing and everything in nature is interconnected. In 1998 Qu Fei bid farewell to the days of speed skating and boxing as her sport career started a new chapter: golf.After winning many honors in a short period of time, she began to think about the past and found out that, actually, the growth and harvest along the way were linked with each other.

"对我来说,打高尔夫球就如同选择一 个职业,一开始根本谈不上热爱。"一 个偶然的机会,曲非由身边的人推荐加

入高尔夫球运动。开启高尔夫之门的第 二年,曲非便斩获一杆进洞世纪挑战赛 冠军,并在第三年获得中国女子公开赛 冠军, "我很快从120多杆打到70杆, 才开始把高尔夫球运动当成事业来做。"

"For me, playing golf is like choosing a career, and it wasn't love at first." A pure chance, Qu was recommended by someone close to her to play golf. After only a year of training, she won the Honein-one Challenge of the Century, and in the next year she earned her first China LPGA Tour win. "I improved my skills from completing the course with some 120+ strokes to 70 strokes quickly. And only by then I began to consider professional golf as my career." said she.

惊喜的收获激起了曲非对高尔夫球的热 爱,彼时还是业余球员的她,开始全身 心投入到高尔夫球运动中。在阳光广阔 的绿茵场上,曲非为自己制定了严格的 训练计划——每天至少练习500颗球, 从早到晚,风雨无阻,那几年时间里, 曲非几乎没有休息的时间。

in those few years.

The surprise sparked Qu Fei's love for golf, and she began to devote herself to the game as an amateur. Qu set up a strict training routine on the shinny and wide course: get at lease 500 golf balls in the hole a day. She practiced from dawn to dusk, rain or shine. She barely rested a day

业余到职业:心态的转变 GOING FROM AMATEUR TO PRO STATUS DEMANDS A DIFFERENT MINDSET

从高强度的速滑和拳击运动到"绅士运 动"高尔夫球,这个转变对于当时只有 22 岁的曲非来说适应得十分畅顺。凭着 过去的运动系统训练,曲非建立了良好 的体能基础,为高尔夫球做了强大的积 累和铺垫,很快就从距离上收获出色成 绩。2001年3月,曲非在珠海国际高 尔夫球会参加职业考试,顺利通过。

Leaving the athletically intensive sports of speed skating and boxing and embracing the "gentleman's sport" of golf was a smooth transition for the then 22-yearold Qu Fei. With the past systematic sports training, Qu Fei has established a good physical foundation which has made a strong accumulation and paving for golf. She was successful in hitting a long drive guickly. In March 2001 she passed the Chinese professional golf player certification examination at Zhuhai International Golf Club without a hitch.

成为一名职业高尔夫球员之后,曲非开始 前往日本、美国、东南亚等世界各地参加 比赛,然而随着身份的改变,心态上的压 力也接踵而来。"业余的时候一切都非常 顺利,可是当自己打了一段时间的职业赛,



成绩反差大得让人很懊恼。"在前一天成 绩出色得成为全场瞩目焦点,继而第二天 失误连连得成绩几乎排在末位,巨大的反 差让曲非面临瓶颈期,除了训练技术的增 强,她开始更关注自我心态的调整。"无 论是什么运动,技术和心理的比重都各占 百分之五十,无论是职业还是业余,心态 都要保持淡然一些。"

After getting the pro status, Qu Fei began to compete in Japan, the US, Southeast Asia and other countries. But the transition from an amateur player to a professional one also gave her great stress. Qu pointed out, "Everything was just peachy when I played as an amateur golfer, but when I competed in several golf tours as a professional player, my performance was not getting better, instead it's getting much worse and it really frustrated me." She could become the player of the match for her top performance one day, and the very next day she almost got the wooden spoon for one turnover after another. She was getting up and down and going through a bottleneck period. In addition to the enhancement of training techniques, she began to pay more attention to the adjustment of mentality. "No matter what sport, the proportion of technic and psychology are 50 percent each, whether professional or amateur, the mentality should be kept cool."

天赋的背后:执着与付出 COMMITMENT AND HARD WORK SUPPORT HER TALENT

一直以来,"很有天赋"是最多人对曲 非的评价,但在她的世界里,拼搏与坚 守才是天赋的本质。曲非回想起最初加 入速滑的时候——由于当年的条件有 限,学校里的冰刀没有经过开刃和磨刀 等处理,人穿上以后总是容易在冰场上 摔倒,凭着一股子韧劲的曲非却仍然坚 持了下来,摔一百个跟头,再站起来 一百次,每天放学徘徊在滑冰场上。直到 某天,同学带来了完整处理后的冰鞋,曲 非一穿上便飞快地掌握了滑冰的动作要领, 就这样成为了他人口中的"运动天赋"。

For a long time, "very talented" is the most popular evaluation of Qu Fei, but in her world, hard work and perseverance are the essence of talent. When Qu Fei began to practice speed skating, due to the financial difficulties, the ice skate blades in the school were not sharpened and the students often tripped on the ice rink after wearing those ice skates. But she soldiered on with perseverance, keeping skating on the ice rink after school, always getting up after falling to the ground. Then one day her classmate brought her a pair of skates with sharpened blades and she immediately got the hang of skating after wearing them. Other people thought this was her "sports gift".

"没有人规定你每天的训练量,但我认 为必须要打这么多球,动作才会真正属 于自己、完全被自己控制。"偌大的果 岭,细小的球洞,高尔夫虽然强度不大, 却是一项非常考验距离感的运动,如何 能够顺利入球,靠的是运动员控制方向 的能力。"只能通过无数次的练习,形 成自己特定的肌肉感觉。高尔夫球不是 用眼睛去看方向的,而是当球杆触到球 的那一瞬间,你的内心就知道这个球会 去向左边还是右边,其实除了天赋,成 功的前提是非常勤奋。"

"No one dictates how much you're going to practice every day, but I think you have to hit that many balls to make the action really be your own and completely in control." Hitting a golf ball into the small circular hole below the surface of the wide putting green is not an athletically intensive sport, but one challenging a golfer's sense of distance. A player's ability to control the direction of the golf ball is key to get it in the hole."I can only develop my own specific muscle sensation through countless exercises. Golf is not about seeing the direction with your eyes. When the club touches the ball, you know in your heart whether the ball will go left or right. In fact, in addition to talent, success is based on hard work.

运动与生活:交融于美好 THE BALANCE BETWEEN LIFE AND SPORT

"现在运动的性质不一样了,更多是本着 锻炼身体。"夏季游泳、冬日滑雪、日 常便打打高尔夫球,如今的曲非在一年 四季都为自己安排了不同的运动项目。 "对于家庭和社会,我们每个人都承担 着很多责任,但无论是生活还是事业, 没有强壮的体魄如何成事?人若是不运 动,精气神都不足,因此我觉得每个人 都要保持一定量的运动。"

"Now I exercise for a different reason -having a good workout." said she. Qu now swim in summer and ski in winter while finding opportunities to hit the golf course. Nowadays she does all sorts of exercises in a year."Each of us has many responsibilities for our family and society, but how can we succeed without a strong body in life and career? If you don't exercise, you don't have enough energy, so I think everyone needs to maintain a certain amount of exercise."

从体育场上载誉归来,曲非更将自己的 热爱延伸到生活中,把自己的住处落脚 在高尔夫球场里,每日眺望着果岭与发 球台开启新的一天,是她一直以来的梦 想。"年轻的时候,我就想着退休的时 候要这样生活。" After winning high praise in the tournaments, Qu Fei found her new passion for life. Now she lives in a residential area of a golf club. Starting a new day by looking far into the green and tee has always been her dream. "I thought about my retirement and living like this when I was young." said she.

对运动有着无限热爱,生活中的曲非, 也是一位名副其实的"美食家"。因为 美食的吸引,曲非加入了深湾会,大家 总能在中西餐厅或健身房看见她的身 影。"除了可以随时随地品尝到各式料 理,我还发现了深湾跑团、深湾会美食 会中会还有深湾会高尔夫球会等不同会 中会,他们组织的活动让人感觉非常丰 富而放松,很希望自己能够参与其中!" 从事高尔夫球二十几年直到现在,曲非 在过程中结识到不同层次的人,她期待 更多深湾会会员能够接触到高尔夫球运 动,共同在运动中感受人生的畅快。

Apart from her enthusiasm for sports, Qu Fei also has a deep affection for food and she is a truly "gourmet". Because of the attraction of food, Qu Fei joined the Shenzhen Bay Club, we can always see her in the Chinese and Western restaurant or gym. "In addition to tasting all kinds of food anytime and anywhere, I also found there are Shenzhen Bay Running Club, Shenzhen Bay Delicacy Club and Shenzhen Bay Golf Club. The activities organized by them make people feel very contented and

ONE LIFE ◆ 澜·声 ◆ 10



relaxed, and I hope I can participate!" She has met various kinds of people during her golf career over 20 years, and now she is looking forward to introduce the sport to more Shenzhen Bay Club Members so they can have fun from playing golf together.

一呼一吸,是生命存有的印记;向上进 取,是让生命绽放的路径。一路拼搏与 成长、坚守与付出,曲非在运动中不断 追求着新生活和目标,步履不停地向前 奔走,人生的赛场上,正有更多精彩等 待探索。

Every breath we take is a unique life imprint; striving forward is how to live it to the full. Qu Fei kept working hard and making progress as an athlete to continuously achieve her goals in life. Now she has moved on with her life and there will be more exciting life experiences await.

A LIFE JOURNEY FOR HEALTHY DIET 寻味之行,方知人生

专访深湾会会员 魏强先生 Mr. Wei Qiang An interview with Shenzhen Bay Club Member

知一粟一谷,然后知人生百态。美食作为人们生存的媒介,为生活增添着各样滋味 和温暖。除了味蕾的极致体验,探索美食的背后,承载着对生活的热爱与生命的美 好意义。早已在事业上参与过无数高光时刻,却转身在临近退休的年龄开启了人生 中的第二次创业,魏强把自身的经历投进了全新的领域——数字饮食。

Understanding the grain prepares you to understand the vicissitudes of life. Apart from being essential to our survival, food also gives us a tasty and colorful life. Besides having the extreme tasting experience, we should explore the secrets of food, which is a passion for life and a meaning of living. Wei had had numerous milestones in his career, but he started his second business at an age close to retirement and put all his expertise to a brand new field: digital diet.

魏强先生 Mr. Wei Qiang

维小饭 创始人 Founder WeMeal+



数字化饮食: 从自身获益到推己及人 DIGITAL DIET: FROM OBTAINING BENEFITS TO CONSIDERING OTHERS

2017年,彼时还是阿里国际事业部副 总裁的魏强,身体不断发出警告信号, 在亲身经历过两次紧急情况之后,他退 出了原有的工作,到国外进行系统化健 康管理。精准到以克为单位的食物、碳 水与蛋白质的比例、每日盐油摄入的标 准......魏强的一日三餐被标记上不同的 数字,每一顿都与身体最需要的营养相 匹配。严苛的饮食优化与健身训练,不 仅让魏强恢复到健康的状态,更令他深 刻的是,这一套数字饮食方法,全面颠 覆了他对饮食健康的认知。

In 2017, Wei had one health condition after another while working as the vice president of Alibaba International Department. After being in a critical condition twice, he quit his job and took systematic health management courses abroad. There he learned weighting food in grams, the proper ratio between carbohydrate and protein, the standards of daily intake of salt and oil and so on. The three meals he took every day were labeled with numbers and each of them provided the necessary nutrition his body needed. The strict diet optimization and fitness training has not only restored Wei Qiang to a healthy state, but what impressed him more is that the digital diet method has completely changed his recognition of healthy food.

这一次,魏强也有了新的领悟:真正的 健康,实际上是朴素的。对比其他保健 品及营养补充方法,魏强开始更关注日 常饮食。在他看来,营养摄入是身体所 需的基础,饮食看似最简单,却也是最 重要的。当一个人无法遵从与之匹配的 饮食规则,就会日积月累地对身体产生 巨大影响,而数字化饮食的方式,正解 决了人体合理摄入的问题。作为数字化 饮食的尝鲜者,魏强下定决心要投身到 这个领域,让更多人了解健康科学和食 物营养结构的知识。

Those courses also made him have an aha moment: the idea of staving healthy is simple. Wei began to pay more attention to diet than other health care products and supplements. In his opinion, nutrition is the basis of the body's needs, and the diet seems to be the simplest, but the most important part. When a person fails to follow a diet that matches them, the cumulative effect on the body is enormous. However, the digital diet method solves the problem of improper nutrient intake. As an early adaptor of digital diet, he decided to make this his second career and help more people understand health sciences and nutritional profile of diet.

初衷与担当: 健康是第一责任 FIRST ASPIRATION AND COMMITMENT: HIS FIRST DUTY IS TO PROTECT HIS AND OTHER'S HEALTH

"没有健康的体魄,不但无法为社会创造 价值,更会造成他人与社会的压力,所 有的梦想与贡献都无从谈起,保持生命 健康就是第一责任。"投身到数字餐饮 领域的另一原因,便是出于魏强对个人 及社会责任的思考。

"Without a healthy body, not only may you lose the ability to create value for the society, but also will cause pressure on others and the society. All dreams and contributions will be out of the question. Therefore, to keep a healthy life is the first responsibility." Another reason for Wei to start his digital diet business is his thinking of his personal and social responsibilities.

从过去的疾病缠身到如今的朝气十足, 在同龄人中脱颖而出的魏强观察到一个 事实:如今大部分人的健康都处于欠佳 状态,不少人缺乏对健康管理的时间、 精力和意识,尽管每个人都想要追求健康, 却没有准确的方式过上真正健康的生活。

After getting better from the hospital bed, Wei, a healthier person now comparing to his peers, has an observation that he is actually working in the healthcare industry. That is : nowadays most people are in poor



health, many people lack the time, energy and awareness of health management. Although everyone wants to pursue health, but there is no accurate way to live a truly healthy life.

"实际上,我是在做健康。"表面上从 事餐饮行业的魏强,其实是在为健康建 立基石。为人们提供合理的膳食建议, 带领大家了解营养均衡的科学,是他认 为应当为社会而创造的, "希望做一件 对社会和国人影响最大的事情。"

Despite the fact that he is doing catering business on the surface, he lays foundation for the healthcare business. What he wants to contribute to the society is offering 国第一个在厨房里的国家级理化实验室, reasonable diet advises and guiding the public to learn the science behind nutritional balance. "I hope what I am doing can make the biggest positive impact on our society and compatriots." said he.

寓教于"饭": 合理膳食的科学

TEACH THROUGH "EATING": THE SCIENCE OF A HEALTHY AND **BALANCED DIET**

在《"健康中国 2030"规划纲要》中, 提到的第一个行动是"合理膳食",但

这是一个概念,该如何落地?凭着对健 康的追求和责任,魏强下定决心要将饮 食做到极为精准。

The first project of The Outline of the Program for Health China 2030 is "healthy and balanced diet", but how should we execute such an idea? Bearing in mind his vision and responsibilities in the healthcare industry, Wei decided to make meals with a precise balance of nutrition.

健康的定义标准不是单一的, 而是立体、 多维度的评估,因此对大部分人来说,饮 食中最需要讲究的是营养均衡。为此,魏 强创立维小饭,在中央厨房中建立了全中 将每一顿饭所包含的营养素 —— 蛋白质、 碳水化合物、糖分、脂肪等进行精准检测, 并引入国家和 WHO 标准,最后定制出与 个人身体情况及口味相匹配的套餐。

The definition of health is not a single standard, but a three-dimensional, multidimensional evaluation, so for most people, the most important thing to pay attention to in the diet is balanced nutrition. For that, he founded WeMeal+, established the first national level physical and chemical lab at the central kitchen to test the nutrients in a meal, including protein, carbohydrate, sugar and fat, to a precision level and introduced the national and WHO standards in order to make a customized set meal according to one's health conditions and preferences.

"基础的饮食往往才是帮助人们走向健 康、减少国家社会负担的方法。大家都 不了解饭菜里的营养,那么就由我来实 现这一步。"除了将吃饭变成数据,魏 强通过互联网与人们进行交互,每一次 用餐,都是一次营养教育。当人们每天 面对带有详细数据、营养成分比例的饮 食,就如同有一位专属的"营养顾问", 为个人每日的摄入保持均衡,更可以从 中学习到关于健康管理的理论知识。

"A basic diet is often the way to help people move towards health and reduce the social burden on countries. People don't know what's in their food, so it's up to me to make it happen." Besides building a digital system for meals, Wei also interacted with people through internet. Every meal is an opportunity for nutrition education. Every meal with detailed data and balanced nutrients is an exclusive "nutrition advisor" who ensures balanced intake of nutrients that a person needs in a day. We can also learn knowledge and information regarding health management from it.

培养新一代的"一万步" "THE TEN THOUSAND STEPS" FOR

天下大事,必作于细。从来没有接触烹 饪的魏强,本着个人的情怀和经历,开 辟了健康饮食的新道路,在深圳这座国 家前沿城市起步,魏强对未来仍然有着 无限的理想目标。

Great undertakings have small beginnings. Wei was new to the dining business, and he blazed a trail of healthy and balanced diet based on his vision and personal experience. With his dining business starting in Shenzhen, a frontier city in China, he has set up many objectives for his new career.

"要如同人们计算步数那样,我想让新 一代养成饮食也要看数据的习惯,这将 对整个社会有着巨大的影响。"除了为 在饮食上帮助人们提升身体素质,魏强 思考的是更深层次的问题,他把饮食与 个人社会幸福感、食物浪费、自律意识 等多个方面放在一起,"经济发展让人 们的生活变得富裕,但过度挥霍会造成 不必要的浪费, 合理衡量才是可持续的 前提。"不停升级换代、深化数据研究、 与用户共建菜品库,魏强表示未来的数 字饮食将会更贴近国人的健康,令人们 长此以往地提升生活品质。

"I want the new generation form a habit of checking the data when eating their meal like how they track their daily steps. CULTIVATING A NEW GENERATION This will affect greatly on our society." Wei has pondered the problems in a deeper level besides helping people improving their physical fitness. He has made a plan involving diet, social well-being, food waste, self-discipline awareness and other factors. "Economic development makes people's life become rich, but excessive spending will cause unnecessary waste, reasonable measurement is the premise of sustainable development." He has been keeping updating the systems and deepening the data research and building a database of dishes with the users. He pointed out that digital diet development in the future will align with people's physical fitness in a higher degree and help us improve our life quality in this way.

> 谈论到加入深湾会后所得到的感受,魏 强如是说: "不是只有豪华的食材才能 彰显生活的品质,相反是恰到好处的精 神内核才是。"魏强把他与用户的关系 形容为是健康的、负责的,就如同深湾 会把优质而核心的服务交付于每一个会 员,用心做事,在细节上彰显匠心。

> When asked about his feeling after join Shenzhen Bay Club, Wei Qiang made this comment, "A quality life is not only reflected by luxury food, but also supported by a fitting spiritual strength." He described his relationship with users as healthy and

ONFLIFF ◆ 澜·声 ◆ 14



responsible, just as Shenzhen Bay Club will deliver quality and core services to each Member. We devote ourselves to work and show our ingenuity and originality in details.

春种一粒粟,秋收万颗子。通过一蔬一 食,魏强经营着自己的事业与人生,更 践行着对健康的追求和责任, 一颗种子 埋在他的心中,正等待着未来变成为社 会和自我人生遮风避雨的参天大树。

Grow a seed in spring, and in autumn you will harvest ten thousand pieces of grain. Wei Oiang manages his own career responsibility for health through every day eating. The digital diet idea he has developed is a seed grown in his heart, and it waits to become a towering tree that will benefit our society and us.

IN MY PRIME 风华正茂时

专访深湾会· 菁领会荣誉会员 罗维女士

Ms. Luo Wei An interview with Honorary Shenzhen Bay Youth Leader Club Memeber

"13 岁以专业第一成绩考入柯蒂斯音乐学院""师从格拉夫曼""著名钢琴家朗朗 同门师妹""吉莫尔杰出青年艺术家"……从照满聚光灯的舞台上走下来,藏在种 种荣耀标签背后的,不过是一位 23 岁的少女。作为当下在国际琴坛活跃的优秀青 年钢琴家,罗维在自己的音乐与人生征途上保持着独立而不惧的姿态。

"Admitted by Curtis Institute of Music with professional achievement ranked 1st at the age of 13", "mentored by Gary Graffman", "sharing the same major with Lang Lang and being junior to him "Gilmore Young Artist"...all those honors have been received by the 23-yearold girl who often stands under the spotlight. As an outstanding young pianist active in the international arena, Luo Wei maintains an independent and fearless attitude in her music and life journey.

罗维女士 Ms. Luo Wei

美国环球 签约钢琴家

Contracted Pianist American Universal Music Group

一个有声音的柜子 A CABINET WHICH MAKES SOUNDS

出生在文化氛围浓厚的家庭中,尽管 家人都从事着与音乐没有直接关系的领 域,但在罗维的记忆中,钢琴、二胡、 舞剧等各种音乐旋律从小就萦绕在耳边。

She was born in a family of literati. Although her family members didn't opt for a career in music, Luo Wei became familiar with the piano pieces, erhu solos, musicals and other melodies as long as she can remember.

回想起初次与钢琴相遇的情形,罗维形 容那是一个"高大的柜子"。幼儿园角 落里,一架立式钢琴发出的旋律,瞬间 深深吸引了当时的罗维。正是对一切都 怀着极大好奇心的年龄,罗维回家之后 总是向母亲提出,她想要那个"会发出 声音的柜子"。5岁那年的生日,罗维 如愿得到了心中期待的礼物——人生的 第一架立式钢琴,就这样简单与直接, 罗维从此开启了她与钢琴的奇妙旅程。

Luo said she thought piano was a "high cabinet" when she first encountered the music instrument. At that time she was captured by the melody from the upright piano in a corner of her kindergarten in an instant. At an age when she was curious about everything, she often told her mother after coming from the kindergarten that she would like to have a cabinet which makes sounds. On her fifth birthday, Luo Wei got the gift she was looking forward to -the first upright piano in her life. It was so simple and direct that Luo Wei started her wonderful journey with piano.

THE PIANO WORI 如一首轻快而流畅的 琴之路也显得别样朝

如一首轻快而流畅的钢琴曲,罗维的钢 琴之路也显得别样畅顺。习琴仅仅一年 半时间,成功在香港举办第一场独奏音 乐会;10岁时,以专业第一名的成绩考 入上海音乐附小;11岁获得波兰肖邦第 十一届青少年国际钢琴比赛第一名,并 在同年获得第二届德国拉赫玛尼诺夫青 少年国际钢琴比赛第一名......在他人眼 中的天赋与荣誉,在罗维看来则是不断 激励自己的动能,"每一次获奖之后, 内心的声音就会更加坚定响亮,告诉自 己要奋力站上更大、更远的国际舞台。"

As a brisk and smooth piano piece, Luo Wei's pursuit of pianist has gone well. After learning the instrument for only one year and a half, she had her first piano concerto in Hong Kong, China; at the age of 10 she was admitted by the Primary School Affiliated to Shanghai Conservatory of Music with professional achievement ranked 1st; she won the first-place prize at the 11th Chopin Youth Piano Competition when she was 11, and at the same year she finished first at the second Rachmaninoff Youth International Piano Competition in Germany...What others see as talent and honor, Luo Wei sees as the momentum that keeps motivating her. "After each award, my inner voice will be firmer and louder, telling me that I should strive to stand on a bigger and farther international stage."

著名科学家爱因斯坦曾说: "在天才和 勤奋之间,我将毫不迟疑地选择后者。" 在罗维学习钢琴的道路上,同样也照应

琴坛的闪耀新星 THE PIANO WORLD'S RISING STAR

着这一句话,每天保持七至八小时的练 习,她形容钢琴已经是自己生活中形影 不离的存在。一切的天赋与灵感,都需 要付出足够的汗水与努力,才能得以显 现,反复地勤奋练习便是罗维认为能够 将音乐表达得淋漓尽致的前奏。

The well-known scientist Albert Einstein once said," Between the genius and hard work, I did not hesitate to choose the latter." In the course of learning the piano, Luo also took this sentence into account. Keeping seven to eight hours of practice every day, she described that piano has been an inseparable presence in her life. All talents and inspirations need to pay enough sweat and effort to be revealed. Repeated diligent practice is the prelude to the incisive expression of music, according to Luo Wei.

生命的人生导师 LIFE COACH

谈及无数钢琴学子眼中的大神级人物——加里·格拉夫曼,罗维的语气里满是敬佩与感激。作为享誉琴坛的钢琴 演奏家,加里·格拉夫曼在年轻时期走 遍世界,为人们带来无数场被称之为传 奇的音乐会,自1995年担任柯蒂斯音 乐学院院长后,更培养出许多国际上优 秀的钢琴家,郎朗、王羽佳以及罗维等 便是其中几位。

When talking about the god-like figure --Gary Graffman -- for today's piano learners, Luo Wei has a deep admiration for and is thankful to him. As a world leading





然而,影响罗维至深的,都不是这些家喻 户晓的成就。"加里·格拉夫曼是一位非 常鼓舞人心的老师,除了艺术方面,更给 予了我很多人生上的启发。"在罗维的学 习生涯里,加里·格拉夫曼在严格的音乐 指导之外,更会关心学生的生活与素养, 每位师出同门的学生,都有着自我独特鲜 明的个性,"他会捕捉我们本身的特性, 并鼓励它放到最大,这是最让我为之敬佩 的事情。"罗维在美期间,同时也跟随罗 伯特·麦克唐纳教授学习。

But what is most impressive to Luo Wei is not these well-known achievements. "Gary Graffman is a huge inspiration to his students. He enlightened me in arts, and more importantly, in life." said she. During her study in the institute, Mr. Graffman was not only a strict music teacher, but also a mentor who cared about his students' life and personal qualities, so everyone under his instruction could have a unique personality. "He would start by understanding our personal traits, and then encouraged us to maximize them to improve our artistic accomplishment. This is what I admire him most." commented by Luo. During her stay in the United States, Luo Wei also studied with professor Robert McDonald.

自我的音乐语言 HER UNIQUE MUSIC LANGUAGE

一首乐曲的呈现,本质上也是个人的呈现,寻找自我的音乐语言,几乎是每一位钢琴 家都会经历的事情。摸索音乐语言的过程, 罗维坚持"实践出真知",长时间沉浸在 琴房中、踏遍世界各地巡回演出、认真总 结每一次训练与演奏……在一次又一次与 自己的对话中,罗维不断向内探索,逐渐 知道了自己想要成为怎样的音乐家,弹奏 出自己的声音和语言。

The presentation of a piece of music is also a personal presentation in nature, and the search for a musical language of one's own is something almost every pianist will experience. In the process of exploring musical language, Luo Wei insists on "practice brings knowledge". She immerses himself in the piano room for a long time, travels around the world to perform, and get experience from every training and performance...... In conversations with Herself over and over again, Luo Wei explores inward, gradually figuring out what kind of musician she wants to be and how to play with her own voice and language. 2018年,罗维被评为"吉莫尔杰出青 年艺术家"——这个奖项颁发予由业 界备具权威的人通过提名制而挑选出的 五十位国际钢琴新秀。随着在音乐领域 的成长,罗维对自己的要求也越来越严 格。"无论是音乐、事业还是为人,我 都要全方面提升,因为音乐是个人内心 和思想最直接的体现。"

Luo Wei was named a recipient of the 2018 Gilmore Young Artist Award which is presented to fifty international emerging young pianists nominated and shortlisted by the experts in related fields. As she grew up in the music industry, Lou Wei became increasingly strict with herself. "I want to improve my music, my career and myself as a person, because music is the most direct expression of one's heart and mind."

以钢琴为圆心 A LIFE WITH PIANO AT ITS CORE

2021 年 10 月 16 日,于深湾会六周年会 员盛典上,罗维以一首拉威尔的《大圆舞曲》 精彩演奏亮相,这次以菁领会荣誉会员的 身份出席现场,让她对菁领会往后的活动 充满更多想象和期待。"我曾参与过深湾 会菁领会的活动,活动不仅限于内容的单 独呈现,还结合了艺术等元素,在我看来 是与音乐一样的,都是一种极致的追求。" At the Shenzhen Bay Club Sixth Anniversary Celebration Ceremony held on October 16th 2021, Luo Wei performed Ravel's La valse to the audience and attended the event as the founder of the Shenzhen Bay Youth Leader Club. The ceremony gave her more imagination and expectation for the events of the youth leader club. "I have participated in the events of Shenzhen Bay Youth Leader Club. They not only had exciting fare, but also involved features of arts and other fields. To me, they have an extreme pursuit just like music." said by Luo.

作为深湾会菁领会的荣誉会员,罗维保 持着谦逊平和的姿态,更乐于分享自身 所见的精彩与感受,她描述着古典音乐 的丰富、典雅,同时又表示除了人们赋 予它的高级评价,古典音乐还有着亲民 而接地气的一面,可以从中感受出如同 人类的高兴、悲伤、愤怒等情绪。"菁 领会汇集了一群优秀的年轻伙伴,我很 希望能够有更多机会参与到菁领会的活 动当中,以我熟悉的音乐与他们碰撞出 更多新鲜的事物。"

As an honorable Member of Shenzhen Bay Youth Leader Club, Luo Wei keeps her humbleness and peace and finds joy in sharing her wonderful life experiences and feelings. She described the richness and grace of classic music while emphasizing the acknowledging and applauding of the art form by people. Classical music also has an intimate and down-to-earth aspect, in which you can feel happiness, sadness, anger and other emotions, just like human beings. "Shenzhen Bay Youth Leader Club is home to a group of exceptional young partners. I hope I can have more opportunities to be involved in the events of the youth leader club and find new inspirations by collaborating with them with the music I know well.

"从5岁到现在,音乐定义了自己的身份, 定义了我是谁。如今我用钢琴为自己发 声,更想与更多年轻人以平和的心态看 待古典音乐,引起精神上的共鸣。"以 钢琴为轴的罗维,如今正在探索着更多 的可能性,创作诗歌、参与艺术领域的 活动等,她表示音乐作为生活的圆心, 赋予了自己很多启发,未来将会尝试更 多不同的东西。

"From the age of five until now, music has defined my identity, defined who I am. Now I use the piano to speak for myself, and I want to understand the classical music with a peaceful mind and arouse spiritual resonance with more young people." Luo Wei, who focuses on piano, is now exploring more possibilities. Creating poems and participating in activities in the field of art, she said that music, as the center of her life, has given her a lot of inspiration, and she will try more different things in the future.



追随光,成为光。逐梦时代,开启一趟 充满无限可能性的进阶之路。罗维对音 乐的极致追求,如同深湾会对品质的极 致追求,这一种极致将她与深湾会连结 一起,正演绎着意气风发的年青能量。

Our pursuit of excellence will eventually help us become excellent. In the era of chasing your dream, let's embark on a journey for the betterment of ourselves with infinite opportunities. Luo Wei's extreme pursuit of music is in line with Shenzhen Bay Club's striving for quality. The same aspiration brings her and Shenzhen Bay Club together to display the vitality of the younger generation, a high-spirited and courageous group of people.

EMBRACE THE SECOND ACT OF LIFF



专访平安臻颐年 An interview with ZHEN LIFE



葆有健康、事业有成、拥有财富是人生之幸事,皆由时间成就。时间,让攀登者抵达未曾 抵达的峰顶;时间,亦让未知之途充满变数。

Physical fitness, successful career and having wealth are blessings of life and long-term achievements. Time, let climbers reach the summit they've never reached and also let the unknown way full of variables.

越过山丘,人生之路是否开始下行?年岁渐长,生命之光会否从此暗淡?内在精神的力量, 将跨越时间与空间的界限,而生命的厚度与广延,总在崇高与不朽的价值追求中增长。那 些坚韧自在的故事,绽放出生命本真的光彩,彷如时间沉默帷幕下的一曲高歌,是回应岁 月的最好答案。

After reaching the peak of our life, are we going downhill? Does aging cast a shadow on our life? Our spiritual force can help us go beyond the limit of time and space, while the pursuit of lofty values makes our life more fulfilling. Those stories championing perseverance prove how great our life can be. It's like singing with a resounding voice against the silently fleeting time, and it's the best way to live our life.

56岁的金融分析师张燕,为实现年轻时 未竟的梦想,从零开始学习芭蕾舞并开启 线上直播; 60岁的食品厂工人刘胜, 每 日坚持锻炼,已练就年轻人艳羡的"八块 腹肌";已过花甲的陈远弟和张长敏携手 走过半生,他们不愿做"空巢老人",要 做走遍五湖四海的旅行达人;退役飞行员 史克勤,在72岁那年又一次比肩蓝天; 现年 73 岁的退休工程师袁进达正学习萨 克斯,岁月剥夺了他奔跑的权利,他在轮 椅之上用音乐奔赴更高境界……

The 56-year-old financial analyst Zhang Yan began to learn ballet from the scratch to chase a dream she missed at a young age, and she is streaming her performance online; the 60-year-old food company employee Liu Sheng has kept an exercise routine and now he has eight abs admired by the youngsters; Chen Yuandi and Zhang Changmin at their sixties have spent half of their life together and they are intended to become travel masters instead of emptynesters; the retired pilot Shi Keqin flew into the sky again in a plane at the age of 72; the 73-year-old retired engineer Yuan Jinda are trying to learn saxophone now as he is working hard for his music aspiration on the wheelchair as time stops him from running...

这些故事里,有热情、有勇气、有信念与 坚持,敢梦敢想的他们用热爱创造健康与 快乐,老有可为、从容不迫。逐渐老去是 生命的必然,却也是生命的馈赠。直面岁 月,以积极的心态拥抱晚年,就能越过层 峰、更上层楼。

These stories are full of passion, courage, faith and persistence. Those bold dreamseekers are fighting for fitness and happiness with a passion. They can still accomplish in their old age with confidence. Although getting old is inevitable, it is also the gift of life. Despite the gray hairs, they live their life with a positive attitude so that they can strive for further improvements.

日本倍乐生知一恺迩公司以"自立支援" 为照护理念,鼓励并支持长者主动参与

康复训练,让长者尽可能依靠自身力量 自立、自主、自信地生活;美国医学科 学院国际院士励建安一直以自身行动践 行"主动健康"理念,成为首位70岁 以上完成7天7个"全马"的中国人。 如励建安院士所说,"我们是自己健康 的第一责任人",以"积极老龄化"的 心态主动拥抱健康、自主进行健康管理, 就能让人生不断"增值"。秉持相同的 新时代康养观,平安集团倾力打造匹配 峯层人士需求的高端康养品牌 —— 平安 臻颐年,助力每一位长者开启更高阶段 的灿烂人生。

Benesse Style Care Co., Ltd, a Japanese elderly caring service provider, adopts "self-support caring" as its nursing care philosophy and encourages the elderly participating in rehabilitation training voluntarily so that they can live independently in confidence; the Foreign Associate of The National Academies of Sciences, Engineering, Medicine Li Jianan has always practices the "proactive healthiness" idea and became the first Chinese who finished seven marathon races in seven days in his seventies. As Mr. Li pointed out we should be our first person responsible for our health, we should strive for physical fitness with a "positive mindset for aging" and manage our personal health independently to keep bringing value to our life. With a new-era nursing care idea, Ping An Insurance (Group) Company of China, Ltd. is working hard to develop the high quality old-age insurance product, ZHEN LIFE to meet the demands of the social elites.

平安臻颐年认为,"真正的康养应当始 于 40 岁的主动规划, 而不是 70 岁的被 动养老",积极适应身体变化,主动提 前规划健康与财富,可以帮助我们优雅 从容地老去。倡导"主动健康""积极 老龄化"的康养理念,引入励建安教授 带领的国际康复医疗团队,结合日本倍 乐生知一恺迩精微照护体系,平安臻颐 年致力打造覆盖全生命周期的高端康养 社区,以前置化、品质化的康养服务排 解颐年生活的后顾之忧。未来,在平安

集团强大的金融、科技、医疗资源支持下, 平安臻颐年期待让更多人体验有尊严、 有温度、有幸福感的全新康养生活方式, 从而自在掌握美好人生。

ZHEN LIFE believes the true health maintenance and asset management starts when a people at his or her forties with a proactive mindset instead of being taken care of at his or her seventies. We should actively cope with the changes happened in our body and make plans for health maintenance and asset management beforehand so that we could age with grace. The insurance provider advocates the age-insurance idea of "proactive healthiness" and "aging with an active attitude", introduces the international health maintenance team led by professor Li and collaborate with the precision nursing care system provided by Benesse Style Care. ZHEN LIFE is committed to build a highclass nursing community covering all age groups to take good care of its customers' senior living days with forward-looking and high-quality care services. In the future, with strong support of the financial arms. technological and medical resources of Ping An Insurance (Group) Company of China, Ltd., ZHEN LIFE will expect to help more elderly people to live in coziness and happiness with dignity. They will enjoy the great nursing care to live a wonderful life.

生命如光般闪耀,我们常以"夕阳西下" 寓意年华老去,象征人生的灿烂即将结束。 但"夕阳"并非人生的落幕,当跨越那些 沉寂与不安,新的一天仍会来临,新的圆 满、新的璀璨、新的荣耀才刚刚开始。在 人生的更高处,在生命的更深处,热忱、 温暖与爱,不断延续、熠熠生辉。

Our life is like a shining light, and we often use the metaphor of "setting sun" to suggest one has past his prime, but a "setting sun" does not mean the end of life. When we make through those silent and uneasy nights, a new day would still come and our endeavor for new success, brilliance and glory has just begun. When you find a deeper meaning of life at a higher place in your life, your heart will overflow with passion, tenderness and love, shining keenly.



停泊休憩,心灵归于静谧深远处

个体与个体智思交互,激荡精神共鸣

A heart-warming place for the Members to pool their wisdom and self-cultivate

Take a break, and find your peace Compare notes with each other to seek shared ideas and inspire new thoughts 新入会会

藏地洗心随笔 FIBETAN SOUL REFRESHING TRAVEL NOTES ONE LIFE ◆ 泊·心 ◆ 22

会名录 TER OF THE CLUB

MEMBERSHIP ROSTER OF THE CLUB

新入会会员名录

宪章会员(部分) Charter Members (Partial)

戴綵娆女士 | RHEINGOLD FAMILY OFFICE 联合创始人 Ms. Dai Cairao | Founding Partner, RHEINGOLD FAMILY OFFICE

方斌先生 | 深圳亿条链网络科技有限公司 副总裁 Mr. Fang Bin | Vice President, Shenzhen Zillion Chain Network Technology Co., Ltd.

黄海东先生 | 深圳市智谷联合实业有限公司 董事长 Mr. Huang Haidong | Chairman, Shenzhen Wisdom Valley Industry Co., Ltd.

贺君君女士 | RHEINGOLD FAMILY OFFICE 创始股东 Ms. He Junjun | Founding Shareholder, RHEINGOLD FAMILY OFFICE

侯胜旭先生 | 深圳亿条链网络科技有限公司 创始人 Mr. Hou Shengxu | Founder, Shenzhen Zillion Chain Network Technology Co., Ltd.

韩潇先生 | 介休市左则沟煤化厂 董事长 Mr. Han Xiao | Chairman, Jiexiu Zuozegou Meihuachang

黄宇宁先生 | 广东浦京集团有限公司 董事长 Mr. Huang Yuning | Chairman, Guangdong Pukyo Group Co., Ltd.

刘静静女士 | 北京新奇力合影视有限公司 总裁 Ms. Liu Jingjing | President, Beijing Xinqi Lihe Film and Television Co., Ltd.

刘彦先生 | 诺亚国际 首席执行官 Mr. Liu Yan | CEO, NOAH International

马春敏女士 | 澳玛禾实业集团中国有限公司 总裁 Ms. Ma Chunmin | President, Amax Industrial Group China Co., Ltd.

曲鸣先生 | 深圳市探索科技投资有限公司 首席执行官 Mr. Qu Ming | CEO, Shenzhen Quest Tech Investment Co., Ltd.

王娜女士 | 真工环境艺术设计有限公司 执行董事 Ms. Wang Na | Executive Director, Z-work Design Associates

武平先生 | 武岳峰科创 创始合伙人 Mr. Wu Ping | Founding Partner, SummitView Capital

文倩萍女士 | 腾扬文化发展(广州) 有限公司 董事长 Ms. Cindy Man Sin Ping | Director, TENGYANG Communication Group

王雁南先生 | 艾鸥科技(宁波)有限公司 首席执行官 Mr. Wang Yannan | CEO, Ai'ou Technology (Ningbo) Co., Ltd.

许培锋先生 | 建华控股集团 董事长 Mr. Xu Peifeng | Chairman, JianHua Holding Group

姚余栋先生 | 人民银行金融研究所 前所长兼著名经济学家 Mr. Yao Yudong | Former Director and Famous Economist, Institute of Finance of The People's Bank of China

阴蕾女士 | 诺亚正行基金销售有限公司 深圳、海南分公司总经理 Ms. Yin Lei | General Manager of Shenzhen and Hainan Branch, NOAH Private Wealth Management Co. Ltd.

> 以上按中文名拼音首字母先后排序 Sorted by the first alphabet of Chinese names in above

会员常见问答 **OUESTION AND ANSWER FOR MEMBERS**

● 深湾会目前会员有多少呢?他们都是些什么人?

深湾会于2016年7月开始招募会员,目前已拥有超过700位会员。会员的素质和资历是深湾会接纳会员时的首要考虑 因素,申请者必须受到邀请或推荐才会被接纳。通过推荐和审核等流程,深湾会的会员素质将得到确保。此外,会员 身份和资料将受到严格保密,深湾会绝不向任何第三方公开此类资料。

How many members does Shenzhen Bay Club have currently? Who are they?

Shenzhen Bay Club has been recruiting over 700 Members since July 2016. With the accumulation of Members Only and By Invitation Only policy, Shenzhen Bay Club strictly abides by screening and admission procedures, which ensures a good Membership base would be founded. Besides, the confidentiality of Members' identification and personal information is strictly kept by Shenzhen Bay Club, which will never be disclosed to the third party.

❷ 当我成为会员以后,我可以把会员卡借给别人,让他 / 她使用深湾会相关设施吗?

深湾会会员卡只提供给持卡人本人使用,如果选择了个人会籍+,会员亦可免费申请配偶卡与2张提供给8至21周岁的 孩子使用的会员卡。

When I become a Member, can I borrow my membership card to others so he or she can use the Club?

The membership card is only available to Member himself or herself. If you choose the Individual Plus Membership, then you can also get a free spouse card and two supplementary cards to children from 8 - 21 years old.

③ 深湾会内的各种消费价目如何?

许多会员活动都是激请会员们免费参加的。

What are the prices of expenditure at Shenzhen Bay Club?

Our pricing principle is to provide price to value service to our Members. As a result, our products can be comparable to five-star hotels and meanwhile, are free of service charges. In addition, Members can also take part in Member's activities for free.

④ 请问儿童活动室都有什么服务项目?

游戏机,为确保您小孩的安全,在使用过程中需由家长陪同。

What services are available in the Kid's Corner?

The Kid's corner is located in fourth floor of the Fitness Center and is open to children aged 3-12 years old. We provide children's desks and chairs, children's books, various kinds of educational toys and game consoles. In order to ensure the safety of your children, parents' company is needed during the process.

⑤ 你们宴会厅可以提供多少人数用餐?

深湾会有不同类型、不同空间大小的宴会场地,其中位于深湾会三楼的水晶厅,最多可容纳100人用餐;另外位于深 湾会四楼的旭日台及湾景台,位于户外,景观极致,均可举办超过百人的酒会。

How many people can you serve in the banquet hall?

There are different types and sizes of banquet venues in Shenzhen Bay Club, among which the Krystal Room on the third floor can accommodate up to 100 people. In addition, the Sun Rise Terrace and the Bay View Terrace on the fourth floor are outdoor areas which enjoy the most beautiful sceneries and can hold more than 100 people.

ONF LIFF ◆ 泊·心 ◆ 24

深湾会的定价原则是:为会员们带来物有所值的享受。因此我们的出品可以媲美五星级酒店,同时免收服务费。另外,

我们的儿童活动室位于康体中心的四楼,为会员3-12岁的儿童提供了儿童专用桌椅,少儿读物,丰富的益智玩具和

TIBETAN SOUL REFRESHING TRAVEL NOTES

藏地洗心随笔

深湾会会员 薛军先生 Mr. Xue Jun Shenzhen Bay Club Member

2021 年 8 月 2 日 晴 《冈仁波齐》 August 2nd, 2001, sunny, the movie Paths of the Soul

早上到达首都机场,乘坐 CA8397 航班飞往拉萨,虽然进入机场时健康码出了些问题, 但一切还算顺利。下午一点三十分,飞机准时降落拉萨贡嘎机场。上次来西藏是2009年, 当时从青藏铁路坐火车抵达,一直期待能够再来。感谢肇麟老师组织的"藏地洗心"修 学活动,让我既能见到阔别近一年的张老师和艾老师,又能如愿以偿,故地重游。

I came to the Beijing Capital International Airport in the morning and took the flight CA8397 to Lhasa. Apart from a glitch with my health QR code when I was asked to present at the entrance, the flight was uneventful. My flight landed at 1:30 p.m. at the Lhasa Gongga Airport on time. Last time the trip was different as I took a train on the Qinghai-Tibet Railway all the way here in 2009 and I always wanted to visited the land again. Thanks to the "Tibetan Soul Refreshing" learning trip arranged by Mr. Zhaolin, I met Mr. Zhang and Mr. Ai whom I hadn't seen over a year and revisited the once familiar place, so my dream came true.

晚饭后,师傅把大家聚在一起,举行了一个简单的休学启动仪式。

After the dinner, the master asked us to stay together for a simple launch ceremony for the learning trip.

师傅问我: "四天以后,你的期待是什么?" He asked me what I expected from this four-day journey?

我: "我很焦虑,希望让自己的心静下来。" I said I had been so anxious and I just wanted to find some peace...

他又问: "怎样才能算心静下来了?" He asked me another guestion, "How do you know you find peace?"

我: "不知道。" I admitted, "I don't know."

师傅说:"先看电影《冈仁波齐》吧。" He suggested we saw the movie Paths of the Soul first.



临其境的代入感。

It was the first time for me to watch the film entirely, and it was so impressive especially when I was watching in Tibet. I felt more like I was there.

记得 2009 年第一次入藏,当我看到公路上朝圣的藏民匍匐在地时,心中的第一感觉就 是愚昧、可怜、邋遢、贫穷等等,同时庆幸自己生活在优越的社会环境。但是,12年 后的今天,当我看完这部电影,我对朝圣藏民的理解已经完全改变,甚至觉得在他们面 前的自己,是那么渺小、无知和庸俗。

When I saw the Tibetans creeping forward on the road on their pilgrimage when I first came here in 2009, my first impression for them was they were ignorant and backward, pitiful, sloppy and poor. I was glad I had lived a superior life. But 12 years later I took an opposite view for them after seeing the film. Now I feel so small, ignorant and tacky before them.

想起这样一句话:朝圣藏民的脸和身体是肮脏的,但他们的心冰清玉洁。 I remembered a saying about them: the Tibetans on their pilgrimage have dirt on their face and body, but their heart is as clean as ice and as pure as jade.

在当今所谓资本为王的现代社会,人们评价一切的标准就是金钱。人类虽已创造了巨大 的财富,但大多数人并没有幸福感,只是如机器一样,去追求更多的物质,这也正是社 会焦虑的来源。而这些朝圣的藏民,他们的物质生活水平很低,与我们无法相比,但他 们并不焦虑,他们的精神世界,极其丰富和崇高。他们历尽千辛万苦去朝圣,只为一个 目的 —— 祈福,不仅为自己和家人祈福,更为同村人和芸芸众生祈福,因此,他们发 自内心地感到幸福。无论是风雨严寒,还是路途漫漫,对他们而言都不是困难,他们的 心中只有圣地拉萨和圣山冈仁波齐;无论男女老幼,无论是分娩还是死亡,只要是在朝 圣的路上,一切都是福。

In today's so-called modern society, where capital is power, the standard by which people evaluate everything is money. Human beings have created great wealth, but most of them are not happy. Just like machines, they pursue for more money. This is where social anxiety comes from...... The Tibetans on pilgrimage may have a low living standard which is no match for ours, but they are not anxious as they have a rich and lofty spiritual world. They go through much suffering on their pilgrimage for one purpose: blessing. They not only pray for themselves and their families, but also for their countrymen and all living things. And that's why they are genuinely happy. They fear neither the terrible weather nor the long road. They just want to make it to the holy Lhasa and the holy Kangrinboge Peak. All the pilgrims, men or women, old or young, in labor or in their last days, take everything as a blessing on the trip.

来自同一个村子的兄弟姐妹,十几个人结伴而行,面对 2500 公里的遥远路途,每天只 能完成约 10 公里的路程,面对雪雨风霜、飞沙走石,你从没有看到他们流泪,从没有 听到他们想要放弃,当他们开始纵身第一次匍匐向大地的时候,他们的心中满怀幸福和 荣耀,而目送他们的乡亲心中,充满的是期待和羡慕,他们在分享这一份幸福。

A dozen of people, brothers and sisters from a same village, walked on the kora together. They could only finish about 10 kilograms a day for the 2,500-kilogram long journey. When facing the harsh weather, they didn't shed tears in sorrow and give up. From the very first time they prostrated in worship, their heart was filled with happiness and honor. Their fellow villagers followed them with their eyes, expecting their return and admiring their luck. They shared the happiness of the pilgrims.

金钱可以给人带来一时的快乐,但无法给你带来一生的幸福。幸福来自信仰,来自内心, 如果我们认为朝圣的藏民愚昧,那是因为我们自己愚昧而全然不知。

Money can bring you a moment of happiness, but it can't bring you a lifetime of happiness. Happiness comes from faith, from the heart. If we think the Tibetans on their pilgrimage are ignorant, that's because we think out of ignorance and don't know about it.





ONFLIFF + 泊·心 + 26

我是第一次完整地看完这部电影,令人震撼,特别是在西藏看,更有一种此情此景、身



EYE-OPENING EXPERIENCE

观闻识讯,尽纳精彩

如海净然,鲜活事物皆耳目一新

回顾时间的步伐履迹,再启明日理想

Keep up with the news and explore the wonderful stories

As pure and deep as the sea, the news brings an entirely new world Look back into the past to have big ambitions 一湾星辰 向未来 THE BAY PIONEERS EMBRACE THE FUTURE

> 新精彩, NEW SPLENDO

兴趣以始,携手以求 START WITH INTEREST, START TO SEEK

追随光,成为光 FOLLOW THE LIGHT AND BECOME THE LIGHT

深湾会团队风采 THE WONDERFUL MANAGEMENT TEAM OF SHENZHEN BAY CLUB

ONE LIFE ◆濯·目◆28

新绽放 , NEW BLOOM

THE BAY PIONEERS EMBRACE THE FUTURE 一湾星辰 向未来

深湾会六周年会员盛典 SHENZHEN BAY CLUB SIXTH ANNIVERSARY

CELEBRATION CEREMONY



理想光曜,璀璨云端。践行六载,深湾会与时代领航者同行,一步一脚印,于浩瀚星辰留下轨迹。2021 年 10 月 16 日,"一 湾星辰 向未来 " 深湾会六周年会员盛典在世界最高音乐厅 —— 云颂公益音乐厅圆满举办。

pioneers of the times, leaving our mark on the development of our society. On October 16th 2021, Shenzhen Bay Club Sixth Anniversary Celebration Ceremony under the theme "The Bay Pioneers Embrace the Future" was held at the Sky Concert Hall, the world's highest

莅临现场的特别嘉宾有深圳鹏瑞集团董事局主席、深湾会发起人徐航先生及其夫人谷芳女士,深湾会理事会荣誉主席、深圳 国际公益学院董事会主席马蔚华先生,2004年雅典奥运会男子双人10米台冠军杨景辉先生,2012年伦敦奥运会双人3 米板冠军罗玉通先生,还有深湾会会员、各界翘楚人物和众多艺术嘉宾,荟聚一堂,共襄盛举。

The attending VIPs included Mr. Xu Hang, PARKLAND Group Chairman and Shenzhen Bay Club founder, and his wife Ms. Gu Fang, Shenzhen Bay Club Chairman Emeritus and China Global Philanthropy Institute Chairman Mr. Ma Weihua, 2004 Athens Olympic Games Men's Diving Synchronize 10M Platform gold medalist Mr. Yang Jinghui and 2012 London Olympic Games Men's Diving Synchronized sectors and many artists. They were happy to be part of the celebration.

INSPIRE NEW THOUGHTS WITH PIONEERING THINKING

以思想引领思想





深湾会行至六载,一路向光而行。深湾会六周年概念片现场发布,向会员宾客 展示了"质感生活,知乐人生"的俱乐部生活方式,更完美诠释了深湾会跟随 时代前进的步伐,与会员们无惧探索的思想能量。

The six-year journey of Shenzhen Bay Club is led by an idea to create a better lifestyle championed by the club under the theme "Club Life Leading to Wellness"

公益传递大爱

传递爱与温暖。

以光照亮未来

Shenzhen Bay Club Chairman Emeritus, Mr. Ma Weihua was impressed by the theme of "The Bay Pioneers Embrace the Future" and he shared his feelings about the idea us to create fortune with thriving business and remember to make the world better in times of success by contributing to charitable causes. He also expected the Members of Shenzhen Bay Youth Leader Club to make common efforts for a better tomorrow.

菁领会籍震撼发布 YOUTH LEADER MEMBERSHIP LAUNCHED





ONF LIFF ◆ 濯·目 ◆ 30

六周年概念视频片发布 SIX-YEAR CONCEPT VIDEO RELEASED

SPREAD GREAT LOVE WITH CHARITIES

盛典现场,鹏瑞集团董事局主席、深湾会发起人徐航先生发表讲话,除了致谢深 湾会会员们的莅临之外,他还重点提及到社会公益事业,号召更多会员及企业家。 一同助力公益,财富传承的下一步,更重要的是理念、眼界和经验,以及向社会

At the ceremony, Mr. Xu Hang, PARKLAND Group Chairman and Shenzhen Bay Club founder, addressed the assembly. Besides thanking the Members for their Members and entrepreneurs to contribute to the cause. He also noted that ideas, vision, experience and the efforts to spread love and care to the society is the next step for wealth management.

LIGHT OUR WAY WITH ENTERPRISING SPIRIT

作为深湾会理事会荣誉主席,马蔚华先生有感于"一湾星辰 向未来",与会员 们分享自身感受。他表示共同富裕的道路,既要事业兴旺发达创造财富,也要兼

未来已来,进阶理想。深湾会总经理关雅萱女士现场致辞,感恩陪伴同行的会员 伙伴们之外,更震撼发布深湾会即将推出的全新会籍产品 —— 菁领会籍, 创意打 造会籍全新模式,聚焦青年领袖圈层价值力,激发青年领袖创造更多社会可能性。

PRAISE OUR DREAM WITH MUSIC

以旋律歌颂理想



指尖灵动·弹奏悠扬旋律 PERFORM THE GRACEFUL MELODY

圆舞曲》。层层渐进、起伏交错的乐曲旋律,为现场会员宾客带来振动心灵的 听觉体验,于云端演绎出意气风发的年青能量。

美学解构・品味艺术生活 ART LIFE INTERPRETATION

用美学解构生活,感知艺术恣彩。深湾会联合会员时尚品牌 MITHRIDATE 带来 时尚大秀,由9位气质非凡的会员们穿戴设计时装,现场展示生活美学与艺术 之间的魅力。

exceptional Members wearing designer clothes showed off the charm created by



悦动奇迹・舞出全新风尚 DANCE IS THE NEW FASHION

生命的丰盈,碰撞出生活的纷呈。由 STORM 舞蹈工作室带来的现代舞, 以灵活变幻的节奏、流畅轻盈的肢体语言,为盛典的现场氛围更添兴奋活力。

modern dance as they added excitement and dynamics to the ceremony with the flexible rhythms and their free-flowing movement.



不朽之音・感受生命之力 FEEL THE POWER OF LIFE

奏扬古典之弦,感受生命之力。现场邀请到来自琴闲居的田雷老师,以及 被誉为"中国最美男声"的苏洋老师,倾情演奏《梅花三弄》及朗诵《行 路难 - 选段》,与会员宾客们共同感受信仰的力量。

Feel the power of life with the melody of the masters' works. Ms. Tian Lei from performed the Three Variations On Plum Blossom and recited an excerpt from The Hard Road as the Members and guests felt the power of belief conveyed by these works.

ADVANCE WITH GLORY AND A GRATEFUL HEART

以荣耀感恩同行



价值联结奖

Shenzhen Bay Club attracted many Company Members in its six-year journey. While from the interaction with them. The Shared Value Award was given to the Company Members of the Bay Partner program as an appreciation of their company and support.

智思同行奖 GOOD COMPANY AWARD

神光芒。

Since 2018. Shenzhen Bay Club has founded four clubs in the club consecutively. including Shenzhen Bay Running Club, Shenzhen Bay Golf Club, Shenzhen Bay together with shared interests and inspire spiritual energy for a better life.

时代探索奖 ERA PIONEER AWARD

风云际会,智思交融。深湾会一路走来,思想的引领离不开各界名人大家的支持, 他们以自身前瞻的视野和经验,与深湾会分享时代前沿的智慧与理想。

光合赋能奖

会传递爱与温暖。

深湾会六周年会员盛典在会员们的举杯共畅中落下帷幕,本次携手平安臻颐年举办盛典活动,是点亮品质康养未来的起点,更是缔造时代圈 层生活的又一次美好启幕。星月交织,理想随行,前行的步伐仍然坚定,探寻的旅途没有边界。一湾星辰向未来,深湾会将持续以美好变造 城市,引领崭新时代。

Shenzhen Bay Club Sixth Anniversary Celebration Ceremony concluded as the Members drank and talked with laugh. This ceremony, co-hosted by







ONF LIFF ◆ 濯·目 ◆ 32

六年征途,深湾会链接会员企业,为会员带来更多的优享权益的同时,更在联动中。 激发出新的合作机遇,价值联结奖赋予湾伙伴中合作的会员企业,感恩陪伴和支持。

从 2018 年至今,深湾会相继组建了四大会中会:深湾跑团、深湾会高尔夫球会、 深湾会美食会中会以及深湾会艺术委员会,以志趣凝聚信仰,不断激发生活的精

The change of the times leads to the integration of wisdom and thinking. The journey of Shenzhen Bay Club is supported by leaders and masters of different fields which gave

EMPOWERMENT AWARD

在过去的 2020 至 2021 年度,不少深湾会会员参与到鹏瑞公益基金会助力的公益 的项目中,贡献了自己的光和热,他们践行企业家精神,助力公益慈善事业,向社

NEW SPLENDOR, NEW BLOOM

新精彩,新绽放

深湾会 2021 年下半年活动集锦 ACTIVITY HIGHLIGHTS OF SHENZHEN BAY CLUB IN THE SECOND HALF OF 2021

细数时光过隙,生活如一幅画卷铺展开来。过去半年,我们共同见证了深湾 会六周年的"城市影响力",更开启了深湾会菁领会"追随光,成为光"的 进阶之旅。那些唤醒内心世界的艺术体验,那些焕然一新的生活乐趣,那些 欢畅共鸣的举杯时刻......每一幕都如点点星光,闪耀夜空。步履不止,深湾 会依旧满怀热情,与您开启新的生活精彩。

The inspiration of life, often comes from an inadvertent moment either it's a melody of the concert resonates or a deep interweaving of dialogue, or a banquet time with fine food and wine... Every unforeseen encounter makes up the kaleidoscope of life and reflects the colorful and inerasable past. We, at Shenzhen Bay Club, will say goodbye to the first half year and warmly welcome the surprise of latter half year with the same enthusiasm and expectation as always.



2021.06.07 艺享生活 | 艺术大师安尼施·卡普尔个展 ART EXPERIENCE IN LIFE | ANISH KAPOOR ART EXHIBIT









ONE LIFE • 濯·目 • 34

2021.06.11

湾课堂 | 半导体产业的发展与投资机会

SHENZHEN BAY CLASSROOM | THE DEVELOPMENT AND INVESTMENT OPPORTUNITIES OF THE SEMICONDUCTOR INDUSTRY

2021.06.18

择鲜食坊| "珍酿之夏·马爹利" 深湾会夏季 新品品鉴会 DELICACY FOR YOU | "ENJOYED THE BEST COGNAC OF MARTELL"SHENZHEN BAY CLUB SUMMER NEW FOOD TASTING

2021.06.25

会员派对 | 厉槟源个展《阻断》深湾会专场 MEMBER'S PARTY | SPECIAL EXHIBITION OF LI BINYUAN'S BLOCKING

2021.07.13 艺享生活 | 2021 湾汇 ONE ART 夏季 联展深湾会专场

ART EXPERIENCE IN LIFE | 2021 ONE BAY ONE ART SUMMER GROUP EXHIBITION SHENZHEN BAY CLUB SPECIAL ACTIVITY

2021.07.25

会员派对|"童梦市集 拾趣深湾" 暑期儿童市集暨亲子会员派对

MEMBER'S PARTY | "CHILDREN'S FUN MARKET AT SHENZHEN BAY CLUB" CHILDREN'S SUMMER MARKET & PARENT-CHILD MEMBER'S PARTY

2021.08.08

深湾匠心 | 湾筵锦绣 —— 郭培高定 之夜深湾会专场

CRAFTSMANSHIP AT SHENZHEN BAY CLUB | FASHION & FINE DINING—GUO PEI'S BESPOKE CLOTHING NIGHT SHENZHEN BAY CLUB SPECIAL ACTIVITY











ONE LIFE • 濯·目 • 36



2021.08.24

第十二位访客 | 中国音乐家协会主席 叶小纲老师交流晚宴

THE PRESTIGIOUS 12TH | DINNER WITH MR. YE XIAOGANG, PRESIDENT OF CHINESE MUSICIANS ASSOCIATION



2021.09.10

大咖说 | 姚余栋:新货币理论(NMT) 与数字货币的未来

MASTER'S CLASS | MR. YAO YUDONG: NEW MONETARY THEORY (NMT) AND THE DIGITAL CURRENCY

2021.09.17 深湾匠心 | 卡地亚 X 深湾会私享臻宴 CRAFTSMANSHIP AT SHENZHEN BAY CLUB | CARTIER X SHENZHEN BAY CLUB EVENT

2021.09.22

艺享生活 | 北京保利 2021(深圳) 精品拍卖会预展深湾会专场

ART EXPERIENCE IN LIFE | BEIJING POLY 2021 SHENZHEN AUCTION SHENZHEN BAY CLUB SPECIAL ACTIVITY

2021.10.16

会员派对|"一湾星辰 向未来" 深湾会六周年会员盛典

MEMBER'S PARTY | "THE BAY PIONEERS EMBRACE THE FUTURE" SHENZHEN BAY CLUB SIXTH ANNIVERSARY CELEBRATION CEREMONY















ONE LIFE • 濯·目 • 38

2021.10.24

湾课堂 | 深度智能化驱动科技投资新板块

SHENZHEN BAY CLASSROOM | DEEP INTELLIGENCE DRIVES NEW SECTORS OF TECHNOLOGY INVESTMENT

2021.11.04

大咖说 | 姜健成: "披荆斩棘"为远航,拆解 企业上市财税难点

MASTER'S CLASS | MR. JIANG JIANCHENG: "OVERCOME CHALLENGES FOR BETTER TOMORROW" ANALYSES OF KEY IPO ACCOUNTING AND TAXATION ISSUES

2021.11.13

公益行 | "童心同爱 美育未来" 时尚芭莎慈善晚宴

COMMONWEAL JOURNEY | "AESTHETIC EDUCATION FOR THE LOVELY KIDS" BAZZAR CHARITY DINNER

2021.11.18

走进名企 | 走进名企之中国平安, 平安新时代战略发布臻享会

WELL KNOWN ENTERPRISE VISITING | A VISIT TO PING AN FOR ATTENDING THE EVENT WHERE PING AN ANNOUNCED THEIR NEW ERA STRATEGY

START WITH INTEREST, START TO SEEK 兴趣以始,携手以求

深湾会会中会 2021 年下半年活动集锦 ACTIVITY HIGHLIGHTS OF THE CLUBS IN THE CLUB IN THE SECOND HALF OF 2021

鸿儒谈笑,知己莫愁。深湾会以兴趣为结,发起内部组织——会中会,爱好相同的会员集聚一起,在彼此知交中分享美好。会中会凝聚积极的生活能量,融汇着深湾人锐意进取、乘风破浪的品格。目前,由深湾会会员发起的、已成功组建的会中会有深湾跑团、深湾会高尔夫球会、深湾会美食会中会、深湾会艺术委员会。

Build deep friendships by having fun with like-minded people. Shenzhen Bay Club established its inner organizations by bringing together Members who share similar interests in a fun and sociable environment. The clubs in the club pool together the life-enhancing strength and pioneering spirit of Shenzhen bay residents. Shenzhen Bay Club Members have currently founded the Shenzhen Bay Running Club, Shenzhen Bay Golf Club, Shenzhen Bay Gourmet Club and Shenzhen Bay Art Commission.

深湾跑团 SHENZHEN BAY RUNNING CLUB



大鹏插旗山徒步穿越 HIKE AT THE DAPENG CHAQI MOUNTAIN

6月12日,深湾跑团会员齐聚深圳大鹏插旗山举行徒步穿越活动,在山林原野间,领略一览众山小的风韵。伴着微微山风,会员们并肩齐行,以一步一脚印的精神与力量,向上探索大自然的无限精彩。

SHENZHEN BAY CLUB

深湾会

On June 12th, Shenzhen Bay Running Club gathered together at Shenzhen Dapeng Chaqi Mountain to join our hiking activities. Members enjoyed this beautiful scenery and happy time in the lovely mountains and forests.



马峦山徒步穿越 HIKE AT THE MALUAN MOUNTAIN

8月20日,深湾跑团会员齐聚深圳马峦山举行徒步穿越活动,走进 美丽山林,回归自然与生态。脚步向上,是生活的共鸣。会员们在 汗水与运动之间,体会着生命的热烈与激情。

On August 20th, the Members of Shenzhen Bay Running Club came to Shenzhen for the Mount Maluan Mountaineering event, to walk into the beautiful mountains and return to nature and ecology. The Members experienced the passion of life while working out in sweat.

深湾会艺术委员会 SHENZHEN BAY ART COMMITTEE CLUB









"重返八十年代"深圳文和友怀旧之旅 A NOSTALGIC TRIP OF SHENZHEN WEN HEYOU RESTAURANT ON THE THEME OF "BACK TO THE 80S"

7月14日,深湾会艺术委员会会员们一起走进深圳文和友,深度 体验传统的市井文化,共同品尝一站式老字号美食料理,重温 深圳八九十年代的社区生活。

On July 14th, Shenzhen Bay Art Committee Club Members has visited the Wen Heyou Restaurant in Shenzhen. Members have tasted delicious food of time-honored brand under the one-stop service which brought them back to the Shenzhen community lives in 80s and 90s.

Yellow Korner 艺术摄影画廊开幕酒会 YELLOW KORNER FINE ART PHOTOGRAPHY GALLERY OPENING RECEPTION

8月8日,深湾会艺术委员会会员齐聚Yellow Korner艺术摄影画廊,与一众艺术爱好者共同参与开幕酒会,真切感受法式艺术 摄影传奇的创想演绎。

On August 8th, the Members of Shenzhen Bay Art Committee Club gathered at Yellow Korner Fine Art Photography Gallery to attend its opening reception with a number of art lovers in the art circle. Members felt the creation and interpretation of the Legend of French art photography.

深湾会艺术委员会游艺之旅 SHENZHEN BAY ART COMMITTEE CLUB ART EXPO

9月9日,深湾会艺术委员会会员聚集于会展中心,一同参观"艺术 深圳",勘掘新的艺术家与艺术表现方式,领略世界艺术的魅力。

On September 9th, Members of Shenzhen bay Art Committee Club has gathered at the Convention and Exhibition Center to explore new artists and artistic expressions and experienced a great opportunity to find the appeal of global art works.

2021 年辞旧迎新联欢之夜 2021 YEAR-END PARTY

11月27日,深湾会艺术委员会举行2021年辞旧迎新联欢之夜,活动特别邀请到广州星海音乐学院作曲系毕业的彭林老师于现场为会员节目作演奏嘉宾,与会员们共同感受一个丰富又美妙的夜晚。

On November 27th, Shenzhen Bay Art Committee Club hosted the 2021 year-end party and invited Mr. Peng Lin who graduated from Xinghai Conservatory of Music in Guangzhou to perform at the party. The Members explored the world of art and enjoyed a fulfilling and wonderful night.

深湾会高尔夫球会 SHENZHEN BAY GOLF CLUB



"七夜盂兰荻见肇秋" 深圳高球之旅

"A PEEK INTO AUTUMN ON THE ZHONGYUAN FESTIVAL" - SHENZHEN GOLF TOUR

8月21日,深湾会高尔夫球会会员齐聚深圳高尔夫俱乐部,举办 "七夜盂兰 荻见肇秋"深圳高球之旅,在挥杆与写意之间,诠释高 品质健康生活方式。

On August 21st, the Members of Shenzhen Bay Golf Club went to Shenzhen Golf Club to participate in the Shenzhen Golf Tour event under the title of "A Peek into Autumn on the Zhongyuan Festival", living their quality and healthy lifestyle with their easygoing golf swings.



"玄英日下,霜序幽州"深湾会高尔夫球队首都之行 "BEIJING TOURNAMENT IN EARLY WINTER" -SHENZHEN BAY GOLF CLUB BEIJING TOUR

10月24日与10月26日,深湾会高尔夫球会成员共同组织"玄英日下,霜序幽州"深湾会高尔夫球队首都之行,分别前往黑骑士球员俱乐部以及CBD国际高尔夫球俱乐部,在竞技中碰撞美好。

Between October 24th and 26th, the Members of Shenzhen Bay Golf Club went to the capital of China for the "Beijing Tournament in Early Winter". They competed against the players of The Players Club and the CBD International Golf Club in some exciting games.





深湾会美食会中会 SHENZHEN BAY DELICACY CLUB



"历久弥香 酒天揽湾" 奢香藏品私宴 "ENJOY THE TIME-HONORED VINTAGE WINE" -A PRIVATE BANQUET WITH LANGJIU LIQUOR

7月10日,深湾会美食会中会与郎酒携手举办"历久弥香酒天 揽湾"奢香藏品私宴,共同品味郎酒一千多年酿造古法下的酱 香醇厚,感受酒酿的余味悠长。

On July 10th, Shenzhen Bay Delicacy Club and Sichuan Langjiu Group hosted the event with the title "Enjoy the Time-Honored Vintage Wine" -- A Private Banquet with Langjiu Liquor, inviting the Members to enjoy the Chinese Baijiu as a product of the winemaking technique over 1,000 years.



ONE LIFE ◆濯·目 ◆ 42

黄昏 BBQ 美食美酒晚宴 FINE WINE & BBQ DINNER PARTY AT DUSK

8月13日,深湾会美食会中会会员齐聚畔山威士忌餐吧,举行黄昏BBQ美食美酒晚宴,共尝珍馐美味。会员们尽情交流美好, 悦享一场视觉与味觉的奇遇盛宴。

On August 13th, the Members of Shenzhen Bay Delicacy Club gathered at Hillside Lounge Restaurant for the Fine Wine & BBQ Dinner Party at Dusk. Members sipped the wine and tasted the fine food, comparing notes of their life while enjoying this unforgettable visual and tasty feast.

金秋十月黄鱼阳澄湖蟹宴 YELLOW CROAKER & YANGCHENG LAKE HAIRY CRAB BANQUET IN OCTOBER

10月25日,深湾会美食会中会成员们齐聚一堂,举办黄鱼阳澄湖 蟹宴,于金秋稻熟之时,共将画蟹托诗题。盈盈明月之下,会员们 举杯共饮,交流时节的诗意与美好。

On October 25th , the Members of Shenzhen Bay Delicacy Club attended the yellow croaker & Yangcheng Lake hairy crab banquet. At the harvest season they enjoyed the poetic beauty of crab cuisine. Under the bright moon the Members raised a toast to the occasion and enjoyed the yellow croaker.

"威士忌的自由精神"威士忌私享品鉴沙龙 "THE FREE SPIRIT OF WHISKEY"- EXCLUSIVE WHISKEY SALON

11月26日,深湾会美食会中会携手WBA威士忌商学院举办以"威士忌的自由精神"为主题的威士忌私享品鉴沙龙,活动特别邀请到WBA威士忌商学院创始人及院长岳勇先生作主讲嘉宾,与会员们分享威士忌的知识。

On November 26th, Shenzhen Bay Delicacy Club collaborated with the WBA Whiskey Business School to host an exclusive whiskey salon under the theme of "The Free Spirit of Whiskey". WBA Whiskey Business School founder and principal Mr. Alex Yue was invited to share the knowledge of whiskey with the Members.

CHASE THE LIGHT AND EVENTUALLY BECOMES THE LIGHT 追随光,成为光

深湾会・菁领会 2021 年下半年活动集锦 ACTIVITY HIGHLIGHTS OF SHENZHEN BAY YOUTH LEADER CLUB IN THE SECOND HALF OF 2021

逐梦时代,用精神改变城市。2021年,深湾会推出全新会籍产品——菁领会籍,创 意打造全新模式,聚焦青年领袖圈层价值力。于未来,深湾会·菁领会将会整合全 球最先锋的观念、品牌、资源,以菁领进阶营、菁领会总裁见习班、专属IP活动线 以及会中会"模式"等多种形式,激发青年领袖创造更多社会可能性,助力他们迈 向真正的领袖人生。

Pursue our dreams and change the cities with a pioneering spirit. In 2021, Shenzhen Bay Club launched a new membership -- Shenzhen Bay Youth Leader Membership to strengthen the extraordinary values of the young leaders with a new approach. In the future, the Youth Leader Club will pool the pioneering global ideas, brands and resources to inspire the youth leaders creating more opportunities in the society and support them to truly gain leadership with diversified initiatives, including the Youth Leader Training Camp, President Intern Program, exclusive brand-based events and The Clubs in The Club Mode.

罗杰杜彼 X 深湾会·菁领会制表课堂

ROGER DUBUIS X SHENZHEN BAY YOUTH LEADER CLUB WATCHMAKING EVENT

9月24日,深湾会·菁领会举办首场专场活动,携手日内瓦高级 腕表品牌罗杰杜彼开展制表课堂体验,邀请到拥有超过20年制 表经验的品牌高级制表师亲临现场指导,与会员们共同亲历前 卫美学设计与卓绝制表技艺的碰撞。

On September 24th, Shenzhen Bay Youth Leader Club hosted its first special event with Swiss established luxury watchmaker Roger Dubuis to host a watchmaking event. A master of watchmaking with over 20 years of expertise came to instruct the Members where the latter experienced avant-garde watch design and excellent watchmaking.

本次活动还特别邀请青年钢琴家罗维现场演奏经典曲目,跳动 的音符流淌在时间的具象轨道上,隽永宜人的古典声乐与细致 入微的工匠工程交融并错,谱写出一场绝佳的美学盛旅。

The event also featured young pianist Title playing some classic piano pieces, orchestrating a symphony of music and time. The time-tested classical music and detail-focused watchmaking added radiance to each other and delivered a feast of beauty.

CLASH DE CARTIER 双面魅力展览及派对

CLASH DE CARTIER FAIR & PARTY

11月25日, "个性无束,张扬出众" CLASH DE CARTIER携全 新胶囊系列CLASH[UN]LIMITED闪耀登场深圳湾,深湾会·菁 领会会员们一同感受严谨有致的几何线条与鲜明利落的立体造 型碰撞出的无限张力,与一众时尚明星近距离共赏CLASH[UN] LIMITED 的灵感魅力。

On November 25th, the latest CLASH [UN]LIMITED capsule connection under the theme of "Extending Individuality" was showcased on the stage of Shenzhen bay. Shenzhen Bay Youth Leader Club Members experienced the limitless power generated by the rigid geometrical lines and sharp 3D shapes and enjoyed the inspiration and charm of the CLASH [UN]LIMITED series.

星光熠熠的双面魅力派对,热情闪耀的舞台表演,颠覆想象的 互动设计,现场处处无一不诠释着"反正是我"的独特态度, 会员们沉浸在先锋多面的系列创作中,尽情让想象突破界限, 感知强烈的艺术共鸣。

An extraordinary masquerade participated by the celebrities, passionate stage performance and an unorthodox interaction design interpreted a unique attitude of "I am what I am". The Members enjoyed the immersive, pioneering and multi-dimensional performance to step into a new world far beyond their imagination, and they resonated with the artistic creativity deeply.

ONE LIFE ◆ 濯·目 ◆ 44









THE WONDERFUL MANAGEMENT TEAM OF SHENZHEN BAY CLUB 深湾会团队风采



在这个时代,知识在信息技术的裹挟下,以无法预估的速度更新着、变化着。我们 需要"心怀星辰,毕生寻之不悔"的精神仰望,也需要"勤作良牛,百亩耕之不 累"的务实态度。"持者恒之,恒者行远"是深湾会团队的精神底色。深湾会成立 六年,团队的每位成员始终秉持初心,奋进深湾精神。

We are living in an era when knowledge, empowered by information technology (IT), is updating and changing with an inestimable speed. It asks us to be a lifelong learner with a broad vision and no regrets, and embrace a pragmatism and diligence as a farm cattle. "Only those making persistent efforts can succeed in the long run" is the motto for the management team of Shenzhen Bay Club. Since the club was founded six years ago, the members of the team have been staying true to their first aspiration and advancing bravely in the spirit of Shenzhen bay.





深研生活,心赋服务 PROVIDE SERVICES OF INGENUITY BY GRASPING THE ESSENTIALS OF LIFE

习深湾会餐饮专业知识和技能。

Food is the comfort of life, and also shows the quality and temperature of life. In the food and beverage service, Shenzhen Bay Club will continue to improve and try to be the best. On September 24th, Shenzhen Bay Club held a culinary knowledge competition under the theme of "Master of Culinary Arts" and coordinated the employees to learn the professional knowledge and skills of the dining service provided by the club.

The intense Q&A and quick question sessions made our staff fully understand the food service while they thought fast. Besides that, the introduction of food and beverage product knowledge and dining service etiquette, the reenactment of dining service and the presentation of Shenzhen Bay Club specialties improved their skills to provide the food service at the club flexibly and their quick response, so they can offer a more heart-warming and individualized service to the club Members in the future.



高质量心肺复苏的关键因素 · 按压频率每分钟至少100次 成人技任編賞大子5課米 每次技圧局必须完全解除压力,使胸壁回到正常位置 技工要者可律,原本可忽快忽慌,保持正确的技压部位,尽可能减少的外技压的血质。 •按压用力均匀,不可过强,按压和放松时间相当 避免过度通气 按压时,观察伤病员反应及面色的改3





more at ease in their daily life. 识别呼救、心肺复苏、快速除颤......在应急救护及AED使用培训中,安全主讲人指导 深湾会团队成员们深度学习心肺复苏知识及技术,以及食道阻梗、AED使用等急救 方式,并结合道具模型现场实践操作,巩固急救知识与技能;深湾会2021年度消防 演习则围绕模拟火灾扑救、疏散逃生、消防知识宣传、消防器材使用以及应急救护 心肺复苏术实操竞赛等内容开展,在互相配合与实践学习中,成员们细致了解消防 防护知识,为深湾会会员筑起生活安全防线。

Recognizing the call for help, CPR and quick defibrillation...during the emergency medical treatment and AED training, the security speaker guided the staff of Shenzhen Bay Club to learn CPR knowledge and skills, and consolidated their knowledge and skills of first aid with the scenario reenactment of esophageal obstruction and AED usage, and by practice with the props and mannequin; the Shenzhen Bay Club 2021 annual fire drill entailed the simulations of firefighting, evacuation and escape, fire knowledge introduction, fire equipment, first aid and CPR practice contest. The staff cooperated with each other in these practices and learned the details of firefighting knowledge. Now they build a defense for the security of the Members.

ONFLIFF ◆ 濯·目 ◆ 46

美食是生活的慰藉,也展示着生活的品质与温度。在餐饮服务上,深湾会团队不断 提升和完善。9月24日,深湾会团队举办"餐饮我最懂"知识竞赛,组织成员们学

紧张刺激的问答及抢答环节,成员们在快速思考中充分了解到饮食方面内容。除此 之外,餐饮产品知识、餐饮服务礼仪、餐饮服务场景重现及深湾会特色菜品解说的 环节,更提升成员们对深湾会餐饮服务的灵活处理与迅速应变能力,日后能够为深 湾会会员提供更暖心和个性化的生活服务。

多维专业,安心守护 PROFESSIONALISM ENSURES SECURITY

面临突发事件,急救技能如一艘生命方舟,守护生命远航。2021年7月22日及11月 16日,深湾会分别开展了两场安全知识专业培训——应急救护及AED使用和消防演 习,全面提高深湾会团队的综合素质能力,为深湾会会员日常生活更添安心。

In face of emergency, the first aid skills are critical to save lives. On July 22th and November 16th, 2021, Shenzhen Bay Club has carried out two professional training courses on safety knowledge -- Emergency Rescue & AED Use and Fire Drill. By improving the comprehensive quality and abilities of our staff, the Members will be

学以致远,实干笃行 LEARN TO MEET PRACTICAL NEEDS WITH A DOWN-TO-EARTH AND EARNEST ATTITUDE

2021年,深湾会提出面向核心人员的综合素质能力提升计划——"勤作良 牛"系列课程,希望通过不断学习,全面提升团队的综合素质能力,进而为会 员及会员企业提供更优质、更专业的服务。

In 2021, Shenzhen Bay Club has put forward a plan to improve the comprehensive quality and ability of core staff -- "willing and hardworking ox". With a series of training courses, it is hoped that the staff's comprehensive quality and abilities can be improved in every aspect with continuous learning, so they can provide better and more professional services to the Members and Company Members.

2021年下半年度,深湾会先后开展《同睿堂带您认识冰岛茶》《红树林画廊 艺术与商业》《GUCCI DIY古驰个性定制》《浅谈资管新规后的投资逻辑》 《佛陀的一生》《走进旋转木马教育交流会》共六期专题介绍及交流活动。从 私享生活、经济投资、教育价值等多个维度,引领深湾会核心团队成员积极探 索新的知识与资源,提升自我及职业技能。

During the second half of 2021, six seminars and relevant exchange activities had been held by Shenzhen Bay Club, including Learn the Icelandic Tea with Tong Rui Tang, Artistic and Business Development of Mangrove Gallery, GUCCI DIY Event, A Simple Introduction of the Investment Logic with the Introduction of New Asset Management Regulations, The Life of Buddha and A Meet of Exchange with Carousel Education. Based on high-class lifestyle, investment and education values, the senior executives of Shenzhen Bay Club were led to explore the new knowledge and resources for professional skill improvement.





结伴同行,步履不停 **KEEP WALKING IN OUR TOGETHERNESS**

一人行速,众人行远。深湾会发展至今,背后辛勤耕耘的团队是一路步进的中 坚力量。在成立六周年之际,深湾会举办员工答谢庆典,以充满仪式感的活动 和奖赏,与员工们共享荣誉与欢愉。

One people can walk fast, but a lot of people can go further. The hardworking team supporting the development of Shenzhen Bay Club is the mainstay of our course. As the club celebrated its sixth anniversary, an appreciation party was held for the employees. We shared our glorious and joyful moments along the journey by organizing the activities with a sense of ceremony and handing out the great prizes.

行至六载,陪伴深湾会走过5周年及6周年的员工共21人,深湾会团队能够不 断提升并完善服务体系,为会员打造更优质尊享的生活体验,这一切的背后都 离不开坚守岗位的每一位成员。心有所向,未来可期。深湾会团队成员将继续 以奋斗者文化为本,为深湾会增添更多闪耀与辉煌。

After developing for six years, Shenzhen Bay Club is lucky to have a total of 21 employees who have worked for the club for 5 or 6 years. Each and every of our staff who sticks to his or her post is why the club's management team could keep improving the service system and provide better and more distinguished life experiences for the Members. While staying true to our commitments, we will have a promising future. The staff of the club will stick to our striving spirit and bring more glories for the club.







深湾会六周年员工答谢庆典特别鸣谢: (以下按中文名拼音首字母先后排序)

SPECIAL THANKS FOR SHENZHEN BAY CLUB SIXTH ANNIVERSARY STAFF APPRECIATION CEREMONY: (SORTED BY THE FIRST ALPHABET OF CHINESE NAMES IN BELOW)

深圳市澳玛禾经贸有限公司总裁

President of Shenzhen Amax Trade Co., Ltd.

深湾会会员 马春敏女士 Shenzhen Bay Club Member Ms. Ma Chunmin

深圳市反斗星娱乐有限公司总经理

General Manager of Shenzhen Fan Dou Xing Entertainment Co., Ltd. 深湾会会员 向红女士 Shenzhen Bay Club Member Ms. Xiang Hong

深圳卡贝媞深湾壹号诊所副总裁 Vice President of Carbtie Shenzhen Bay Clinic 深湾会会员 姚晓玲女士 Shenzhen Bay Club Member Ms. Yao Xiaoling

深圳市衣锦仕品牌管理有限公司总经理 General Manager of Shenzhen Yi Jin Shi Brand Management Co., Ltd.

深湾会会员 杨云飞先生 Shenzhen Bay Club Member Mr. Yang Yunfei

ONF | IFF + 濯·目 + 48



知

知新品鲜,悦享本真

溯本逐源,探寻极致本真的滋味

臻享之旅 解锁新年味

挥动身姿: 私享拳击主题课程

舞动时光: 专属舞蹈定制课程

湾·伙伴总集锦

团圆年夜饭 聚飨岁礼

WELCOME THE NEW YEAR WITH DELICACY

臻享之旅 解锁新年味

于深湾会开启年味之旅,重温你的心头记忆 愿新年,胜旧年 深湾会与您,共待明日欢愉

Let's find your childhood memories, through the journey of tasting New Year food at Shenzhen Bay Clul Wish you had a happy 2021 and a happier 2022 We, at Shenzhen Bay Club, will always be with you to search for a better future

"新年吉祥"年糕礼盒 HAPPY NEW YEAR RICE CAKE GIFT BOX

聚价:298元 会员价:238元

由星级厨师团队调制配方,传统纯手工制作,还原醇正新年风味

The ingredients are chosen by the Michelin-starred restaurant chefs, Traditional hand-made rice cakes, Enjoy the authentic flavor of the sumptuous food prepared for the new year

🖑 瑶柱金华火腿萝卜年糕

DRIED SCALLOP, JINHUA HAM AND RADISH RICE CAKE

甄选优质糯米、日本瑶柱、海虾米等食材 香气流溢,口感软糯绵柔

Made by top glutinous rice, Japanese dried scallop, dried sea shrimp and other ingredients A rich aroma and a tender taste

🐝 三色年糕

TRICOLOR RICE CAKE

融红茶姜汁、鲜奶椰汁、桃胶雪燕三层风味 入口层次丰富,独特香浓

A combination of three layers of fl avor enabled by black tea and ginger juice, milk and coconut juice and peach gum and gum karaya. Three layers of taste with a unique fragrance

"一品鸿福"盆菜礼盒 GOOD LUCK & FORTUNE POON CHOI GIFT BOX

海参、鲍鱼、蚝市、花胶 十余种珍贵材料融于一炉 浓浓汁液馥郁入味 A dozen of sumptuous ingredients cucumber, abalone, fish maw,

"新年迎春"礼篮 NEW YEAR GIFT BASKET

以好礼相伴亲友, 尽显多重心意, 一同迎贺新岁来临 Send some meaningful thank-you gifts to your loved ones, gratitude, and spend the new year holiday with them

内含: "新年吉祥" 年糕礼盒、花胶、起泡酒、橄榄油、5J火腿、手工招 牌辣椒酱、巧克力、坚果等

Including the happy new year rice cake gift box, fish maw, sparkling wine, olive oil, 5J Iberico ham, hand-made special hot sauce, chocolate, nuts and etc



ONE LIFE ◆ 源·知 ◆ 52



原价: 2,988元 会员价: 2,188元

to show your

53 ◆ 源·知 ◆ ONF LIFF

REUNION FOR THE CHINESE NEW YEAR EVE'S DINNER

团圆年夜饭聚飨岁礼

积金至斗,日食不过三餐;风尘碌碌,归根是与家人同聚。 团年饭,是畅叙家常的烟火气,更是关于成长、故乡、团聚的记忆。

承托过去的荣光与欢愉,寄予明日的希冀与想象。

深湾会暖心推出新年菜单礼遇,让年味绵延入心。

you just hope to reunite with your families.

Ц -	步步高升新 (供 7-8 位)	年菜单 — — — — — — — — — — — — — — — — — — —	- .e	_ب ر	- 富贵芎 (供 9-1
	五福临门 ——	五谷丰登			前程锦绮
	高歌猛进 ——	松茸金耳辽参炖花胶			展翅高-
	雍容华贵 ——	脆皮乳猪件			雍容华贵
		盐焗阿拉斯加蟹			龙腾虎路
					群英荟萃
	群英荟萃 ——				牛转新林
	牛转新机 ——	舞茸椒香和牛粒。			心想事成
	景星凤凰 ——	川椒香麻脆皮鸡			洪福齐7
	年年有余 ——	葱油蒸海红斑			鸣春报明
	金玉满堂 ——	腰果芦笋百合灵芝菇			碧波游な
					金玉满莺
	风华正茂 ——				风华正茂
	人间烟火——	广式腊味煲仔饭			阖家团圆
	尽善尽美 ——				甜甜美美
			8 8 8		

原价 9,888 元 / 席 会员价 8,888 元 / 席

飞龙在天

选用黄金生长期的澳洲龙虾仔,一虾两吃的做法:龙虾清炒,锁住双倍鲜

甜;土豆丝包裹龙虾微炸,搭配酱汁,口感丰富。

✤ 黑鱼籽脆皮乳猪件

✤ 风生水起捞帝王鲑

选用三文鱼中最顶级的品种——帝王鲑,入口肉质细嫩而丰腴饱满,鲜美 浓郁,每一步撒料各有寓意,祈福来年诸事顺利,捞起捞起,风生水起。

✤ 椰皇鲜奶炖官燕

滋补肺肾、养阴生津的上等燕窝,配以补虚损、壮筋骨的新鲜椰肉,营养 价值丰富,淡淡椰香萦绕,滋润而鲜香。



原价 18,888 元 / 席 会员价 16,888 元 / 席

存华新年套餐

— XO酱炒大响螺 - 萝卜糕炒大红蟹

10 位)

ONE LIFE ◆源·知 ◆ 54

PRIVATE BOXING-THEMED CLASSES 挥动身姿: 私享拳击主题课程

舒畅起伏的呼吸、热烈欢快的节奏、肆意挥洒的热汗…… 开启一场自由、舒压、忘却所有烦扰的运动之旅。 深湾会康体中心推出私享拳击主题课程, 以舒适环境和科学理念,为会员们打造健康愉悦的生活方式。

stress-free sports journey that can help you forget all troubles. Fitness Center of Shenzhen Bay Club is

课程价格 COURSE PRICE

¥1,000 / 节class(单节课时60分钟,一对一)(60 minnutes, one-to-one) ¥2,000 / 节class (单节课时60分钟,一对多)(60 minnutes, one-to-many)

寸特惠 LIMITED TIME OFFER

¥700 / 节 class (一对一, 满 50 节课) One-to-one (sign up for 50 classes)



6-55 周岁,男女不限 6-55 years old, no gender preference



一对一;一对多(5人以内) One-to-one; one-to-many(within 5 people)

关于课程 ABOUT THE COURSE

晶馨提示 NOTES

请会员自备透气性好、宽松的运动服,拳套可自备或使用康体中心共用拳套

■级教练 STAR COACH

殷壮 ANT

✦ 个人荣誉 INDIVIDUAL ACCOLADES

NASM-cpt美国运动医学会认证 CERF global 美国脊柱学院康复课程认证 3D 极效深层筋膜放松课程认证

Personal Trainer Certified by National Academy of Sports Medicine (NASM - CPT) Certified International Nutritionist of American Certifi cation Institute (ACI)

✦ 擅长专业 INSTRUCTOR SPECIALTIES

擅长: 增肌减脂,局部塑形,营养指导,体态改善 Specialty: muscle growth and fat loss, body part shaping, nutrition instruction, fitness regimen

刘鲯 NIKI

✦ 个人荣誉 INDIVIDUAL ACCOLADES 中国健美协会高级私人教练认证 Shape-高级CPT私人教练认证

世界搏击总会泰拳健身教练员认证

Chinese Bodybuilding Association Certifi ed Senior Private Trainer Muay Thai Trainer Certifi ed by International Combat Association (ICA)

✦ 擅长专业 INSTRUCTOR SPECIALTIES

擅长:极速减脂,增肌塑形,运动康复、形体气质训练 Specialty: quick fat loss, muscle growth and getting in shape, sports rehabilitation, ONF LIFF ◆ 源·知 ◆ 56







CUSTOM CHOREOGRAPHED DANCE CLASSES

舞动时光: 专属舞蹈定制课程

一种情绪的释放,或是一次感官的表达,在生活的细节处寻找灵感,肢体语言中品味艺术魅力。干练习中感受, 在思考中起舞,舞动这一刻,从此绽放生活。深湾会专属舞蹈定制课程,伴您保持活力健康体魄。

Through a release of your emotion, or an expression of your feeling, you can find inspiration in every detail of life, and enjoy

WING

- ◆ 擅长舞种 INSTRUCTOR SPECIALTIES Jazz-funk,Hiphop,现代舞(Modern Dance)
- ◆ 个人荣誉 INDIVIDUAL ACCOLADES

曾获美国红房子舞蹈学业奖学金;中国国家体育局 CSDA街舞委员会教材技术委员及教练考官 Association (CSDA) certifi ed Textbook & Technique Commissioner and Dance Instructor Examiner

✦编导经历 CHOREOGRAPHING EXPERIENCES

国内知名组合 TFBoys《宠爱》舞蹈编导;电视节目《乘风破浪的姐姐》舞蹈编导 ty show dance of Sisters Who Brave Winds and Waves

JOEY

- ◆ 擅长舞种 INSTRUCTOR SPECIALTIES Jazz-funk, Hiphop
- ◆ 个人荣誉 INDIVIDUAL ACCOLADES 2017年WOD世界街舞大赛中国15强作品编导; 2018中街联赛齐舞亚军

✦编导经历 CHOREOGRAPHING EXPERIENCES

京东S级项目宣传片《好玩节》指定舞蹈艺人;《天天向上》艺人节目编导

Designated dancer for the JD.com S-Level Program promotional video Shopping Festival;



竹子

- ◆ 擅长舞种 INSTRUCTOR SPECIALTIES Contemporary, Jazzfunk
- ◆ 个人荣誉 INDIVIDUAL ACCOLADES

亚洲舞蹈锦标赛专业少年A组冠军; CSDA认证教练; 深圳&重庆考区状元 Asian Street Dance Championship Junior Group A Champion; A CSDA certified dance instructor;

★ 编导经历 CHOREOGRAPHING EXPERIENCES

王霏霏舞蹈拍摄编导; 2017WOD中国总决赛编导之一

WOD Competition China Finals

个人及团体舞蹈课程	课程类别	课程时长
		1小时
	——对—	1小时
	一对多 (2-5人)	1小时
程	(2-5人)	1小时

注意事项:建议饭后一小时参与课程,请会员自备舞蹈服装

	课程类别	课程时长	导师类型	内容	收费标准
 个	—对—	10小时	明星导师	舞蹈设计、	32,000元/套
个人及团体舞蹈定制课程 收费标准		10小时	一级导师	教学视频镜头设计 基础导演指导	24,000元/套
	一对多 (2-5人)	10小时	明星导师	摄像拍摄及剪辑 (含剪辑视频2分钟以	42,000元/套
		10小时	一级导师	内,精选照片一张)	36,000元/套
	舞蹈拍摄(5人以内)	4小时	含视频镜头设计,基础导演指导;摄像拍摄及剪 辑;含剪辑视频2分钟以内,精选照片一张		12,000元/项
	超出收费	视频拍摄超过4小时以上拍摄需额外支付费用 1,000元/小时			
		如涉及特殊设备、场景、特效等需求产生的额外费用,需进行沟通确认并支付相关费用			

注意事项:建议饭后一小时参与课程,请会员自备舞蹈服装 课程需提前请假,全程可有1次请假但不超过一周,如无按照课程进度进行练习,恕不保证效果



ONF LIFF ◆ 源·知 ◆ 58



导师类型	收费标准
明星导师	2,000元/节
一级导师	1,200元/节
明星导师	4,000元/节
一级导师	2,400元/节



A COLLECTION OF BAY PARTNER 湾·伙伴总集锦

湾·伙伴是由深湾会发起的会员企业互动发展项目,旨在通过凝聚会员企业之间的 资源展示与联动,向会员们提供相应的尊属权益,同时提高企业在会员圈层中的知 名度和影响力,更激发企业合作的无限可能和价值创造。湾·伙伴已汇集医疗健康、 智能科技、生活美学、精致美馔等不同领域的众多会员企业加入,为会员们缔造更 多生活可能和悦享。

Bay Partner is a Member enterprise interactive development project initiated by Shenzhen Bay Club, which aims to provide Members with the corresponding rights and interests through the integration of resource display and interaction among Member enterprises, thus enhancing the importance and influence of between Member enterprises, and stimulate the infinite possibility and value of enterprise cooperation. We have brought together many Member enterprises in different fields such as health care, intelligent technology, life aesthetics, exquisite dining, etc., to create more life enjoyments for our Members.

以下按中文名拼音首字母先后排序 Sorted by the first alphabet of Chinese names in below

所有权益均需会员出示深湾会会员卡方可享受 All the benefits are required to show your Shenzhen Bay Club Membership Card



保拉纳啤酒餐厅 PAULANER BRÄUHAUS

地址 Adderss:

深圳市南山区蛇口海上世界C区C-005 C-005, Zone C, Seaworld Shekou, Nanshan District, Shenzhen

北京市朝阳区东三环北路38号院泰康金融

16 Fl, Taikang Financial Tower, 38th compound, East 3rd Ring North Road,

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 享受全场餐饮8.8折优惠 (优惠在特殊节假日不能使用,且优惠不能同享) - Enjoy 12% off on all food and beverages (The discount cannot be used on special holidays, and the discount cannot be shared)



卡贝媞 CARBTIE

地址 Adderss:

深圳市南山区深圳湾1号广场1栋106,206 No.106, 206, Building 1, One Shenzhen Bay, Nanshan District, Shenzhen

沵上 MITHRIDATE

地址 Adderss:

深圳市南山区号深圳湾1号广场南区南二 期114A

114A, Southern District, One Shenzhen Bay, Nanshan District, Shenzhen

暖香阁 WARM AROMA PAVILION

地址 Adderss:

深圳市南山区后海中心路翡翠海岸东广 31 号店铺

No. 31 Shop, East Gate of Jade Co Houhai Center Road, Nanshan Dist Shenzhen

亨瑞教育 HENRY EDUCATION

Chaoyang district, Beijing

地址 Adderss:

大厦16层

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 深湾会会员免费享受由亨瑞教育提供的2小时美籍面试官面试 辅导服务项目(原价3000元/1小时)

- 深湾会会员免费获得2个小时亨瑞金牌顾问1对1咨询服务(原 价2000元/1小时)

- Shenzhen Bay Club Members enjoy a free 2-hour American interviewer mentoring service provided by Henry Education (original price: CNY3000/hour)

- Shenzhen Bay Club Members enjoy a free 2-hour Henry prime consultant one-on-one counselling (original price: CNY2000/hour)



next125

地址 Adderss:

深圳市南山区中心路3088号深圳湾1号 区216号

No. 216, Southern District, One Shenzl Bay, No. 3088 Central Road, Nans District

ONF LIFF ◆ 源·知 ◆ 60

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 尊享首次医美任意项目体验5折优惠
- 赠送法儿曼护理1次(娇柔美肤/水润平衡/蜜润补湿,三选一)

- Enjoy 50% off for the first experience of any item of medical beauty - Complimentary valmont skin nursing 1 time (Soft and beautiful skin/

moisturizing balance/honey moisturizing, choose one from three)

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 享受MITHRIDATE商品9折优惠
- Enjoy 10% off MITHRIDATE product

	深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:
] oast, trict,	- 免费享受价值680元的中药三项诊查:玉泉磁疗罐诊,脉诊,触诊 - 每月打卡四次可免费获得特制三年陈艾叶饼10个
	 Free to experience three TCM diagnoses: magnetic therapy diagnosis with yuquan Cup, pulse diagnosis and palpation, which worth CNY680 Members who keep a four-time continuous health check are offered a Warm Aroma Pavilion monthly gift of 10 three-year specialized mugwort leaf brick
	深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:
号南 zhen shan	- 购买橱柜享受8折优惠 - 享受橱柜柜体5年质保 - Enjoy 20% off cabinet purchase - Enjoy 5-year warranty for cabinet body



深圳鹏瑞莱佛十酒店 **RAFFLES SHENZHEN**

地址 Adderss:

深圳市南山区中心路3008号深圳湾1号塔 7栋33楼至45楼

33/F-45/F,T7,One Shenzhen Bay, No.3008, Central Road, Nanshan District, Shenzhen

深圳市南山区科苑南路3223号深圳湾1号

No.305,3/F, One Bay, Southern district,

One Shenzhen Bay, No.3223 Keyuan Nan

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 酒店客房门市价8折优惠入住 - 餐饮8.5折优惠

- Enjoy 20% off for hotel room rate - Enjoy 15% off dinning service



偉航·奕寧(深圳)健康管理中心 WAYON YINING HEALTH

地址 Adderss:

深圳市南山区中国华润大厦502室

Room 502, China Resources Tow Nanshan District, Shenzhen

薇妮 SPA VELEE SPA 地址 Adderss:

深圳市南山区粤海街道深圳湾1号广场 二期二层212/213 Room 212/213, South Phase, 2/F, 0 Shenzhen Bay, Yuehai Street, Nanasl

地址 Adderss:

深圳市福田区卓越世纪中心一号楼25层 25/F, Block 1, Excellence Times Pla Futian District, Shenzhen

旋转木马语言学校 地址 Adderss:

深圳市南山区欢乐海岸万豪行政公寓

(T1) 旁 Next to Marriott Executive apartment (T1) at OCT Harbour, Nanshan District, Shenzhen

严寿司鮨厳 **OMOTENASHI**

地址 Adderss:

深圳市南山区科苑南路2888号深圳湾 万象城L121/L235

L121/L235, MIXC(Shenzhen Bay), 2888 Keyuan Nan Road, Nanshan District, Shenzhen



OASI

地址 Adderss:

南区3楼305号

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 每次消费获赠欢迎饮品1杯 - 全场消费享受8.8折优惠 - 生日当天消费获赠店酒1瓶 (折扣不适用于酒水服务费、特价产品、店内套餐及节假日)

- A free welcome drink - Enjoy 12% off on all food and beverages

- A free bottle of wine for every Member on his or her birthday (Discount does not apply to beverage service charges, special products, in-store packages and holidays)

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:



SERA BY CIAO AMICI

深圳市南山区海云路与海天二路交口软件

1/F, Block 6, Shenzhen Software Base, at the

Intersection of Haiyun Road and Haitianer Road,

Road, Nanshan District, Shenzhen

地址 Adderss:

产业基地6栋1层

Nanshan District, Shenzhen

- 欢迎赠饮

- 生日赠饮/店酒一瓶
- 到店消费享受8.8折优惠(折扣不适用于瓶装酒/外带酒水服务费) - A free welcome drink
- A free drink/a free bottle of wine for every Member on his or her birthday
- A 12% discount for Members (discount does not apply to bottled wine/take-out service fee).



REALSOON

地址 Adderss:

Shenzhen

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

地址 Adderss:

- 全场商品免邮,买单即享95折 - Free delivery and enjoy 5% off all goods

深圳市南山区软件产业基地4A座2楼

2/F, Building 4A, Software Industry Base, Nanshan District, Shenzhen



深圳鹤立国高医疗	科技有限公司
SHMT	

深圳市南山区欢乐海岸购物中心三楼304

304, 3/F, OCT Harbour, Nanshan District,

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 免费享受鹤立国高精准CH-05骨龄检测及生长发育分析1次 - 免费获得0.5小时长高专家1对1咨询服务

- A free SHMT CH-05 bone age and growth assessment

- A half-hour one-on-one counselling with a children's growth specialist





星雜顧空 📩

星雅航空 **ASTRO AIR**

District. Shenzhen



ONF LIFF ◆ 源·知 ◆ 62

	深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:
ver,	- 凭奕宁会员卡享有首年管理服务费9折,优惠仅限于会员一次 性缴纳全年管理服务费 - 可获得奕宁提供的一对一顶级专家健康管理服务体验卡一张 - Enjoy 10% off management fee if Yining Health member who lump- sum payment of annual management fee - Free to provide one-to-one Yining's top expert health management experience card

	深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:
	- 享有护理服务非会员价的8折优惠
场南	- Enjoy 20% off on the non-member price of nursing service
One shan	

	深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:
₹ aza,	- 免费享有2988元/组的"飞之初体验-小小飞行员"航空科普体验 亲子课程1份 - 享有星雅航空全系列产品9.5折优惠,提供24小时航空管家服务 - Free to experience "little pilots" in the flight experience activity 1 time which worth CNY2988/group - Enjoy 5% off for all series of products, special aviation butler 24 hours standby service

CAROUSEL OF LANGUAGES 深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 课程服务享受9.5折优惠
- 免费提供专业语言能力评估1次
- Enjoy 5% off for the course service
- Free to provide linguistic competence assessment 1 time

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 尊享店内95折优惠
 - 生日当天到店消费赠送生日甜品
- Enjoy 5% off on dining
- Complimentary dessert when dining on Member's birthday



云杉医疗 YUNSHAN MEDICAL

地址 Adderss:

深圳市福田区益田路6001号太平金融大厦 4层(深圳云杉门诊部)

4/F, Taiping Finance Tower, Yitian Road 6001, Futian District, Shenzhen (Yunshan Medical Center)

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 自费就诊可享9.5折优惠(社保、药品、耗材及特殊检查除外) - 尊享医院一对一专家诊疗服务,提前预约免排队

- Enjoy 10% off treatment (except medicine fee, material cost and special inspection fee)

- One-to-one medical butler diagnosis and treatment service of the hospital, make an appointment in advance without queuing



Twinkle 耀童亲子餐厅 TWINKLE PREMIUM KIDS CLUB 深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

地址 Adderss:

深圳市南山区华侨城欢乐时光商场L1001 L1001, OCT PARK, Nanshan District, Shenzhen

- 周二华侨城店、周四福田店1-12岁(不含12岁)的儿童入场 门票一张

- 于Twinkle耀童亲子餐厅店内举办派对活动,免费获赠活动券 三张 (烘培券/SPA券)

- Members can get a free child entry ticket (for child aged between 1 to 12 years old and children aged 12 years old are not included) which they can enjoy at the OCT Town restaurant on Tuesdays and at the Futian restaurant on Thursdays

- Members throw a party at the Twinkle Premium Kids Clubs, they will receive three free coupons (baking/SPA coupon)



中国杯帆船赛

CHINA CUP INTERNATIONAL REGATTA 深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

属客服服务

地址 Adderss:

Shenzhen

- 会员在中国杯帆船赛(含青少赛)期间,享有免费登船观赛机会 深圳市南山区华侨城创意文化园E6-601 601,E6,OCT-LOFT, Nanshan District,

- The Members get 10% off all products of China Cup International Regatta Sailing Club and enjoy exclusive customer service - The Members can board a competing boat and watch the race for free during the China Cup Youth Regatta

- 会员享有中国杯帆船赛俱乐部所有产品9折的优惠权益,享有专



姿米国际 ZIMI INTERNATIONAL

地址 Adderss: 深圳市南山区深南大道9680号大冲商务中

心A座301号 Room 301, Block A, Dachong Business Center, No. 9680 Shennan Avenue, Nanshan District. Shenzhen

深湾会会员专享权益 Benefits for Shenzhen Bay Club Members:

- 免费体验价值9800元7D聚拉提单部位1次
- 免费体验价值1688元3X模式光子嫩肤全脸1次
- 尊享姿米细胞管理专家——细胞抗衰全线修复疗程8折优惠
- Free to experience 7D treatments 1 time which worth CNY9800
- Free to experience 3X treatments 1 time which worth CNY1688
- Enjoy 20% off on the entire line of cell anti-aging repair treatments



以上为湾·伙伴部分权益展示 The above is part of the benefits of Bay Partners

更多权益详情请扫描二维码进行了解 For more details, please kindly scan the QR code

CHASE THE LIGHT THE LIGHT

· 45 -

深渣会

追随光,成为光

深湾会全新会籍产品——菁领会籍已正式发布, 期待更多青年领袖参与,与最具影响力的人前瞻世界。

至人未至,臻享青春权益 PURSUE THE UNKNOWN TO FULLY APPRECIATE YOUR YOUTH



更多会籍信息及权益,敬请联系您的会员经理或 拨打深湾会咨询热线 +86 755 86666688。

AND EVENTUALLY BECOMES

享锁定入会 当年深湾会会籍价格权益

享1次免费 参与菁领进阶营课程