

Love Kaohsiung

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Lifting Her Dreams: Bunun Teenager Wu Yu-Syuan's Journey from Taoyuan

©Written by Cai Mi-ci ©Translation by Lin Yu-ciao ©Photos by Carter
©Photo courtesy of Wu Yu-Syuan

In 2026, 16-year-old weightlifter Wu Yu-Syuan (吳妤萱) won gold in the women's 58 kg division at the National Youth Cup Weightlifting Championship (全國青年盃舉重錦標賽). The victory earned Wu, a member of the Bunun indigenous people, a place on Taiwan's national team and the opportunity to compete internationally. Hailing from Kaohsiung City's Taoyuan District, she has lifted her dreams higher through unwavering determination.

Wu's connection to weightlifting began in elementary school, when she watched the Taoyuan Junior High School team train. A coach noticed her interest and invited her to join when she was older, but her family worried the sport might affect her physique. When she encountered weightlifting again in junior high school, her enthusiasm and persistence led her to begin training. Her family eventually came to support her.





Competition has brought setbacks as well as advances. Representing Taiwan at the World Youth Championships (世界青年錦標賽) in Egypt, Wu did not win a medal. In August, she competed at the Asian Youth and Junior Championships (亞洲青年暨青少年錦標賽) in Uzbekistan and placed seventh in the 61 kg division.

For Wu, international competitions are a chance to gain experience, recognize where she needs to improve, and make progress. Her coach, Wu Syuan-min (吳宣旻), says she may not be the most naturally gifted athlete, but she is exceptionally willing to train: when a movement is unfamiliar, she repeats it until it becomes muscle memory. The backing of her family and coach gives her greater courage to face challenges.

Looking ahead, Wu hopes to follow the example of fellow Bunun weightlifter and Olympian Kao Chan-hung (高展宏) by competing at higher levels. She also hopes to return to Taoyuan Junior High



School as a weightlifting coach and pass on what she has learned. Wu lifts more than a barbell: she elevates her determination and her dreams.

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Love Kaohsiung
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A Beer Brewed with the Flavors of Kaohsiung's Autumn Harvest

◎Written by Winnie ◎Translation by Lin Yu-ciao ◎Photos by Carter, Huang Jing-wun



This year, Green Marsh Brewery (草澤精釀) has enjoyed notable success. The Kaohsiung-based beermaker was invited by the central government's Hakka Affairs Council to make its first appearance at the Taiwan Culinary Exhibition's Hakka Pavilion. Green Marsh's Dragon Fruit NEIPA was also named the most popular beer at the ChangeX Craft Beer Festival (ChangeX 精釀啤酒節).

Founded in 2020, the brewery embodies the industriousness of



Don't drink and drive. If you've been drinking,



Meinong's Hakka community and uses craft beer to connect the land, local farmers, and a more sustainable future.

Brewmaster Jimmy says that incorporating fruit into beer not only gives it an enticing aroma and vibrant color, but also creates new possibilities for Taiwanese fruit beyond the fresh-produce market. The team has developed a range of sparkling fruit beers using pineapple, shiikuwasha (a sour citrus fruit), passion fruit, dragon fruit (pitaya), and other local crops, with alcohol content ranging from 2 percent to 5 percent.

Jimmy explains that the bubbles in beer come from carbon dioxide produced when yeast consumes sugar. To maintain a consistent level of sweetness, it is necessary to inhibit further yeast fermentation. Producing carbonation through a single brewing process without adding extra carbon dioxide is technically complex.

The team has developed more than 30 varieties of fruit beer, incorporating local agricultural products such as Kaohsiung No. 147 taro-scented rice and Meinong mountain tea. It has even used powdered



oyster shells to brew oyster beer.

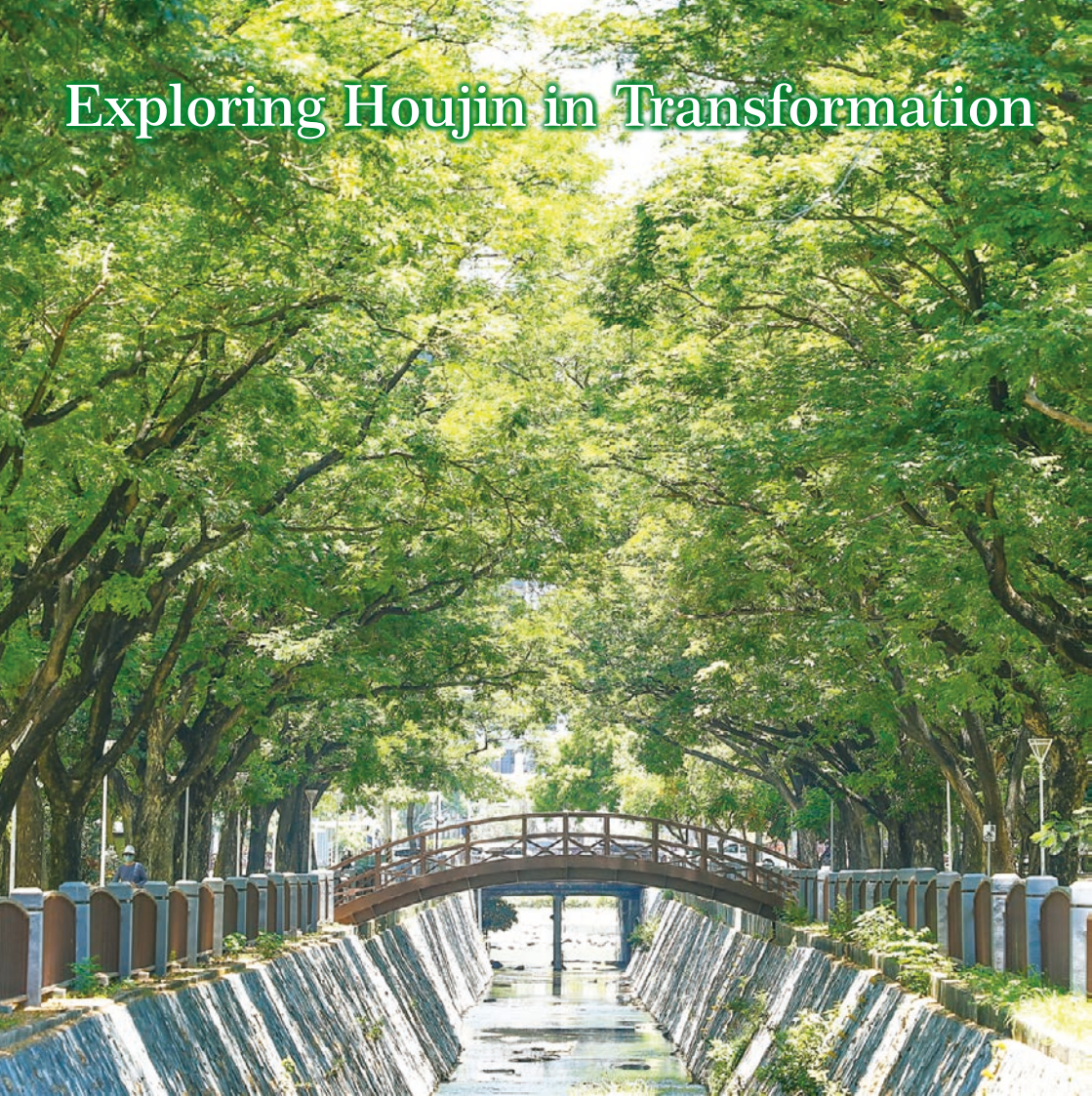
In recent years, as its brewing techniques have matured, Green Marsh Brewery has expanded into custom brewing. Farmers can bring their own ingredients to collaborate with the brewery, with each batch yielding approximately 500 bottles. This flexible, small-batch approach allows the team to create an increasingly diverse range of products.

Uniting technology and local agriculture, Green Marsh Brewery uses fermentation techniques to elevate the value of regional produce while opening up new possibilities for Kaohsiung's farming industry.



don't drive. Keep yourself and others safe.

Exploring Houjin in Transformation



©Written by Li Siao-ping ©Translation by Lin Yu-ciao ©Photos by Cindy Lee

Formerly a major center of Taiwan's petrochemical industry, Houjin in Kaohsiung's Nanzih District is quietly reinventing itself amid industrial transformation. Led by Lin Cai-jheng (林財正), an instructor at North Kaohsiung Community University (北高雄社區大學), we embark on a walking tour along the middle and lower reaches of Houjin

Creek (後勁溪), exploring the collective memories of communities connected by its waters.

The journey traces the migration of the Takaraian community of the Makatao people, a lowland Austronesian indigenous ethnic group, alongside the arrival and settlement of Han Chinese immigrants during the Kingdom of

Tungning (sometimes referred to as the Ming-Zheng Period) and the subsequent Qing era. It also highlights the creek's role during Japanese rule (1895–1945) as the primary source of irrigation for the farmlands of Ciaotou and Houjin.

We see the place where environmental awareness and the movement against the Fifth Naphtha Cracker emerged, before experiencing the revitalized ecological green corridor that was conjured into existence after the waterway's restoration.

Early in the morning, we begin with breakfast at Hongyi Market (宏毅市場), located beside the oil refinery's staff dormitories. We then continue toward what longtime residents call the “CPC Department Store” and its long red-brick wall. CPC Corporation, Taiwan is the country's state-owned petroleum, natural gas, and gasoline company.

Hidden within the neighborhood's narrow lanes, an old anti-aircraft gun emplacement recalls the wartime history of the colonial-era Imperial Japanese Navy's Sixth Fuel Plant (日本第六海軍燃料廠). This facility was the predecessor of the CPC oil refinery.

Next, we explore the old settlement's traditional “bagua,” or Eight Trigrams, layout, with its winding alleyways designed to be easy to enter but difficult to navigate. Along one of these alleys stands the historic Chen family residence, whose brick walls and brightly colored Cochin ceramic tiles reflect the family's former prosperity. We then visit the historic Lin Hui-an residence (林惠安古厝), where bat motifs symbolizing good fortune adorn the red-brick walls, preserving the warmth and character of a bygone era.

At a bend in the creek once stood two pumping stations. Known locally as “faucets,” these drew water to irrigate nearby farmland. The pumping facility on the Houjin side has been retired, while the one in Jioujiawei continues to support local agriculture.

The tour concludes with a taste of CPC popsicles at the Houjin Food Shop, followed by a leisurely walk through the rain-tree tunnel that has replaced the former Youchang drainage channel. Along this picturesque waterfront, visitors can experience Houjin Creek's graceful new post-restoration chapter.



Revitalizing the Cishan Banana Kingdom

©Written by Cai Mi-ci, Su Yu-ling ©Translation by Lin Yu-ciao ©Photos by Carter
©Photo courtesy of Taiwan Design Research Institute



During the banana export boom of the 1950s and 1960s, Cishan (旗山) was a major banana-growing region. Blessed with fertile soil, water, and sunshine, it was even nicknamed Taiwan's "Banana Kingdom". Although those glorious days may have passed, Cishan proudly honors its legacy by turning bananas into delightful snacks, refreshing drinks, and beloved dishes that celebrate cherished local memories!

To this day, Cishan retains its rich banana agricultural heritage, allowing visitors to savor unique specialties such as banana buns, tempura, and soup. A stroll down Cishan Old Street offers a chance to sample banana cakes, egg rolls, cheese sticks, and refreshing banana drinks.

In late 2025, this historic town in southern



Taiwan's mountains began rebranding itself as a revitalized “CISHAN”. With a new logo and a plan to breathe new life into public spaces, Cishan Old Street is embracing a vibrant new approach to sustainable development that restores its historic buildings and atmosphere. At the corner of Dagouding’s unstaffed visitor information center, for example, a cleverly placed viewing window directs visitors’ gaze toward the eaves of Tianhou Temple, offering a new perspective on local culture.

Cishan, once known for its flourishing banana industry, now celebrates its heritage through specialty gifts and a revitalized historic street. Visitors can stroll through this historic area, savor local flavors and culture, and explore the town's journey from its past to the present.



Kaohsiung Nanzaikeng Sports Center

©Written by Li Guei-sian ©Translation by Lin Yu-ciao ©Photos by Li Guei-sian,
Huang Jing-wun ©Photo courtesy of Kaohsiung Nanzaikeng Sports Center

The newly opened Nanzaikeng Sports Center (楠仔坑運動中心) is being hailed as a milestone for northern Kaohsiung, offering residents a modern, eco-friendly venue for fitness, recreation, and community engagement. With a total floor area of 8,932.9 square meters, it is now the largest sports center in the city.

The design of the building's exterior draws inspiration from a Nanmu (Phoebe zhennan) forest, echoing both its green-building features and the place name Nanzih. Featuring large glass windows, natural light, and green building elements, the facility serves as both a sports venue and a new urban landmark.

The centerpiece is Kaohsiung's only 50-meter indoor heated swimming pool, complemented by a children's splash pool, spa pool, sauna, and steam room. The first floor also houses eight doubles



badminton courts and two full-size basketball courts, with flexible layouts to accommodate other sports.

On the second floor, a nearly 300-ping fitness and weight training center offers Pilates machines, TRX equipment, and adaptive training gear for people with disabilities. Multipurpose classrooms host





group exercise programs ranging from yoga to spinning.

Strategically located near businesses, medical institutions, and government offices, the center is positioned as a hub for employee wellness programs and corporate fitness initiatives.

It also has a family-friendly design, which includes parent-child activity areas

and all-age fitness facilities. The Nanzaikeng Sports Center provides a comprehensive environment for physical activity, relaxation, and social connection.

Kaohsiung Nanzaikeng Sports Center
No. 168, Cinan Road, Nanzih District,
Kaohsiung City





Love Kaohsiung



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愛 ♥ 高雄

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桃源出身のブヌン族の少女 呉好萱さんが重量挙げでかなえる夢

◎文/蔡蜜綺 ◎翻訳/有田夏子

◎撮影/Carter ◎写真提供/呉好萱



16歳のブヌン族の少女・呉好萱さんが、2026年全国青年重量挙げ大会で女子58キロ級の金メダルを獲得し、台湾代表選手として国際的な舞台に立った。高雄市桃源区の出身である彼女は、地元から世界へと、たゆまぬ努力で一步一步夢をかなえてきた。

呉好萱さんと重量挙げとの出会いは、小学生の頃、桃源中学校の重量挙げチームの練習を見学したことにさかのぼる。コーチは彼女が興味を持ったことに気づき、入部をすすめたが、両親は体への影響を心配して反対した。中学生となり、再び重量挙げに出会った彼女は、夢中になって練習にはげみ、最後には家族も彼女を応援するようになった。

台湾代表となった後、試合は常に順調とはいかなかった。エジプトで開催された世界ジュニア選手権大会ではメダルを逃し、8月にウズベキスタンで開催されたアジアジュニア・ユース選手権大会では、61キロ級で第7位の成績であった。国際大会で経験を積んだ彼女は、自身の課題を見つけ、さらなる進歩

を目指している。コーチによれば、吳妤萱さんは天才型というよりは、非常に練習熱心な選手で、不慣れな動作があれば、体が記憶するまで何度でも反復練習を怠らないという。家族とコーチの存在が、彼女に挑戦する勇気を与えている。

彼女の将来の目標は、同じくブヌン族の出身で、オリンピックにも出場した高展宏選手のように、さらに上位の試合に参加することだ。また、地元の桃源中学校に戻り、重量挙げのコーチとして、自身の経験を継承したいとも語る。彼女は今日も、夢と努力のバーベルを持ち上げ続ける。



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愛高雄（隔月刊誌）

美しく変貌する「後勁」を訪ねて

◎文/李曉萍 ◎翻訳/有田夏子 ◎撮影/Cindy Lee

石油化学産業の要地「後勁」が、産業転換を経て、風光明媚な土地へと生まれ変わった。北高雄社区大学の林財正講師とともに、後勁溪の中下流域を探訪し、水が記憶する街の歴史をたどる。この河はかつて、平埔族の一派であるマカタオ族のTaccariangh社の移転や、明・清時代の漢民族による移住と開墾の歴史を見守ってきた。日本統治時代には、灌漑により後勁・橋頭一帯の田畑を潤す「母なる河」となった。その後は「反五輕運動(第5ナフサ分解工場建設反対運動)」の中心地となり、環境保護意識の高まりと河川整備を経て、再び緑豊かな生態系を取り戻した。

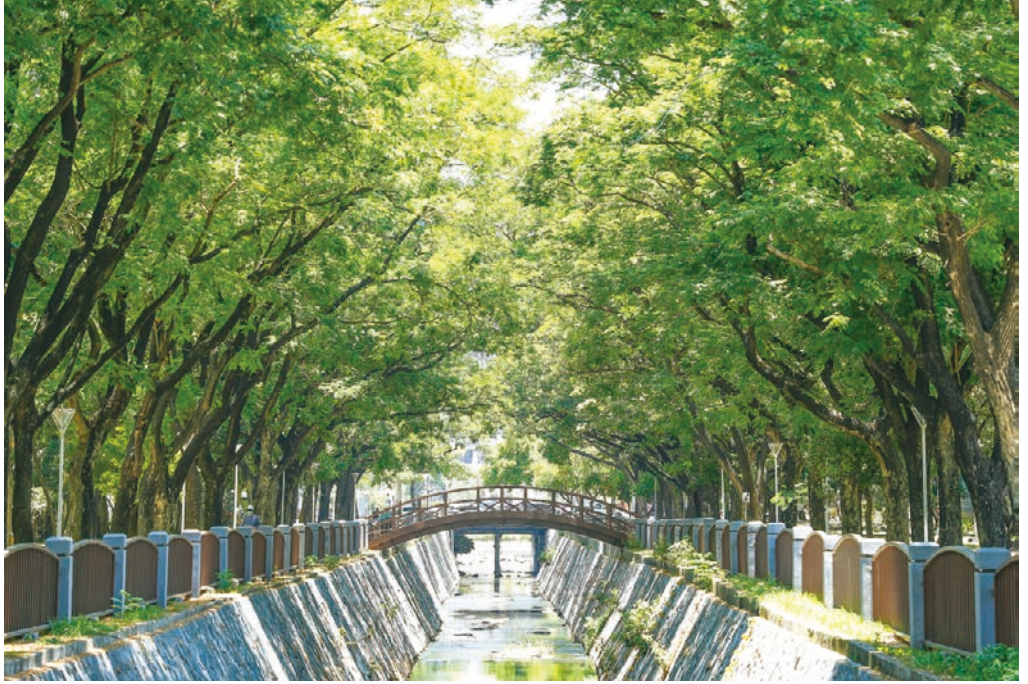
まずは早朝、石油精錬所の宿舍群に近



い「宏毅市場」で朝食を取り、地元のお年寄りが「中油百貨」と呼ぶ商店ビルや、長いレンガの塀を見学する。路地裏の古い砲台は、ここがかつて日本統治時代、日本海軍第六燃料工場であり、戦時の要地であったことを物語っている。

その後、伝統的な「八卦」に基づき、曲がり角が多く外敵の侵入を防ぎやすいつく





りをした旧市街地を探访する。なかでも「陳家古厝」は、色鮮やかなレンガ壁がひととき目を引き、華やかな交趾(コーチ)焼の陶器タイルに往時の住人の富と繁栄が感じられる。また、「林恵安古厝」のレンガ壁には、福を象徴するコウモリの意匠が施され、歳月を経ても風化しない生活のぬくもりを感じさせる。

溪流の蛇行部に、かつては「水龍頭」と呼ばれた水の汲み上げ設備が2か所あり、

汲み上げた水は灌漑に利用されていた。後勁側の1基はすでに撤去されたが、九甲園側の1基は今でも当地の農業に利用されている。

旅の終わりに、「後勁食品部」で中油印のアイスバーを味わい、緑化された「右昌排水溝」のモンキーポッドの並木道を歩く。風がそよぐ美しい水辺では、整地で生まれ変わった後勁溪の新たな時代の始まりを感じられるだろう。



バナナの街旗山の今と昔

◎文/蔡蜜綺、蘇宇翎 ◎翻訳/有田夏子 ◎撮影/Carter



良 質の水と土壌、豊かな陽光に恵まれた旗山は、かつてはバナナの重要な産地で、輸出のピークであった1950～1960年には「バナナ王国」と呼ばれていた。輸出の勢いが衰えた現在でも、旗山とバナナの縁は深く、新鮮なバナナがお菓子やドリンク、料理に姿を変え、地域の記憶を今につないでいる。

旗山の街に足を踏み入ると、そこかしこにバナナの姿が見え隠れする。新鮮なバナナだけでなく、バナナまん、バナナ天ぷら、バナナスープといった地元料理が食べられるほか、旧市街ではバナナケーキ、バナナエッグロール、バナナチーズスティックといったお菓子や、特色あるバナナドリンクなど、ぜひ家に持ち帰りたいバナナみやげが豊富にある。

2025年末、歴史と文化を誇るこの街が、ひそかな変化をとげた。「CISHAN(旗山)」の新ロゴブランドと空間活用戦略のもと、旧市街地が再デザインされ、歴史的な文脈にサステナビリティの新たな鼓動が刻まれた。たとえば、大溝頂「無人旅客サービスセンター」では、曲がり角に設置されたフレームが、旅行者の視線を自然に天后宮の屋根に向かわせ、地元の文化を新たな角度で見せる巧妙な仕掛けとなっている。

昔日のバナナ産業の繁栄から、今日の特色あるおみやげと旧市街の活性化まで、旗山では、地域の記憶が今でも日常に溶け込む。旗山を訪れたら、ぜひ旧市街をゆっくりと散策してほしい。地元の風味や文化を味わい、この街を知る旅に出よう。



高雄最大の楠仔坑運動センターが楠梓区 の健康生活を応援

◎文/李琬嫻 ◎翻訳/有田夏子 ◎撮影/李琬嫻、黃敬文

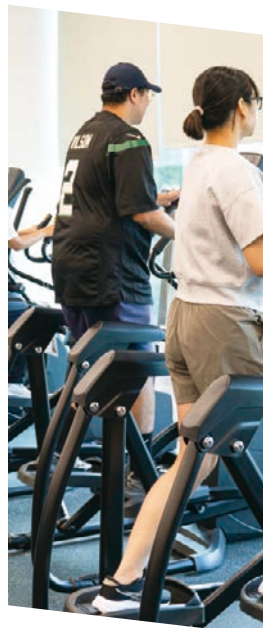
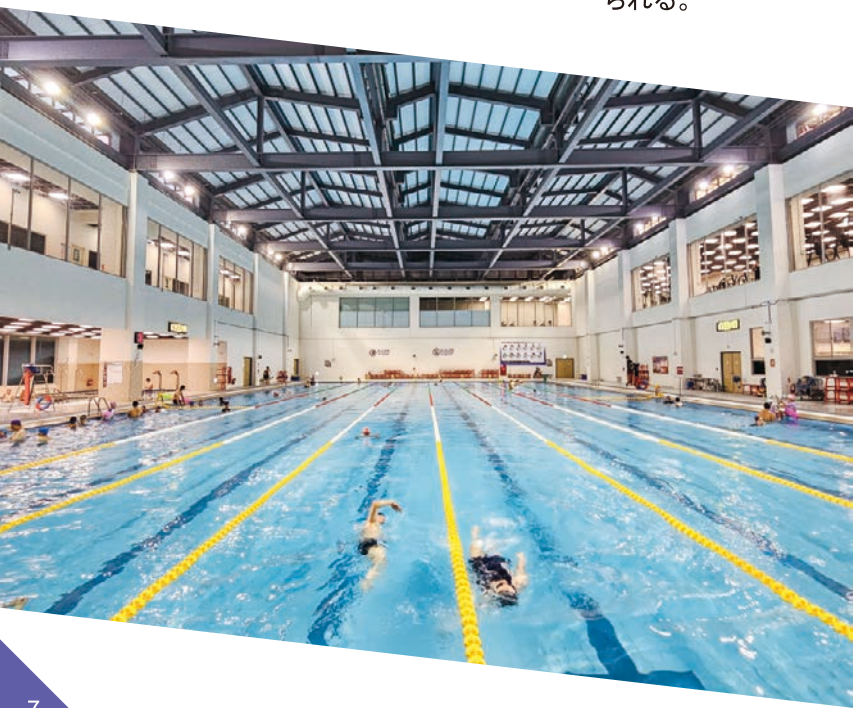


午後5時、楠梓の街角で通勤ラッシュが始まる頃、旗楠路生活圏にある楠仔坑運動センターは、一日で最もにぎやかなスポーツの時間を迎える！

今年オープンした楠仔坑運動センターは、延床面積8,932.9平方メートルに及び、現在の市営運動センターのなかでも最大の規模を誇る。建物の外観は「楠梓」の地名とグリーン建築のコンセプトに合わせ、「楠木の樹林」をイメージしたデザインとなっている。館内には水泳、球技、フィットネス、多目的教室の4大エリアがあり、様々な年齢層の運動ニーズを満たしてい

る。

最大の特色は、高雄で営業中の運動センターで唯一の50メートル室内プールであり、ほかにも児童プール、スパ、乾式・湿式サウナを併設する。球技場はバドミントンのダブルスコートが2面、バスケットボールのフルコートが2面取れるほか、柔軟な空間利用により、さまざまな球技に対応できる。2階にある約300坪のフィットネス場では、マシンピラティス、TRX、障がい者向け訓練の設備が利用可能だ。お年寄りから親子連れ、会社帰りのビジネスパーソンまで、誰もが自分にぴったりの運動を見つけられる。





運動センターの周囲には、多くの企業や医療機関、公共機関が隣接し、社員利用や団体レッスンを企画すれば、スポーツがより身近なものとなる。退勤後は、すぐ帰宅して横になるより、楠仔坑運動センターで体を動かして、身も心もリフレッシュしよう！



楠仔坑運動センター

高雄市楠梓区旗楠路168号

