

# WELCOME TO THE **HONG KONG** INSIDER COLLECTION

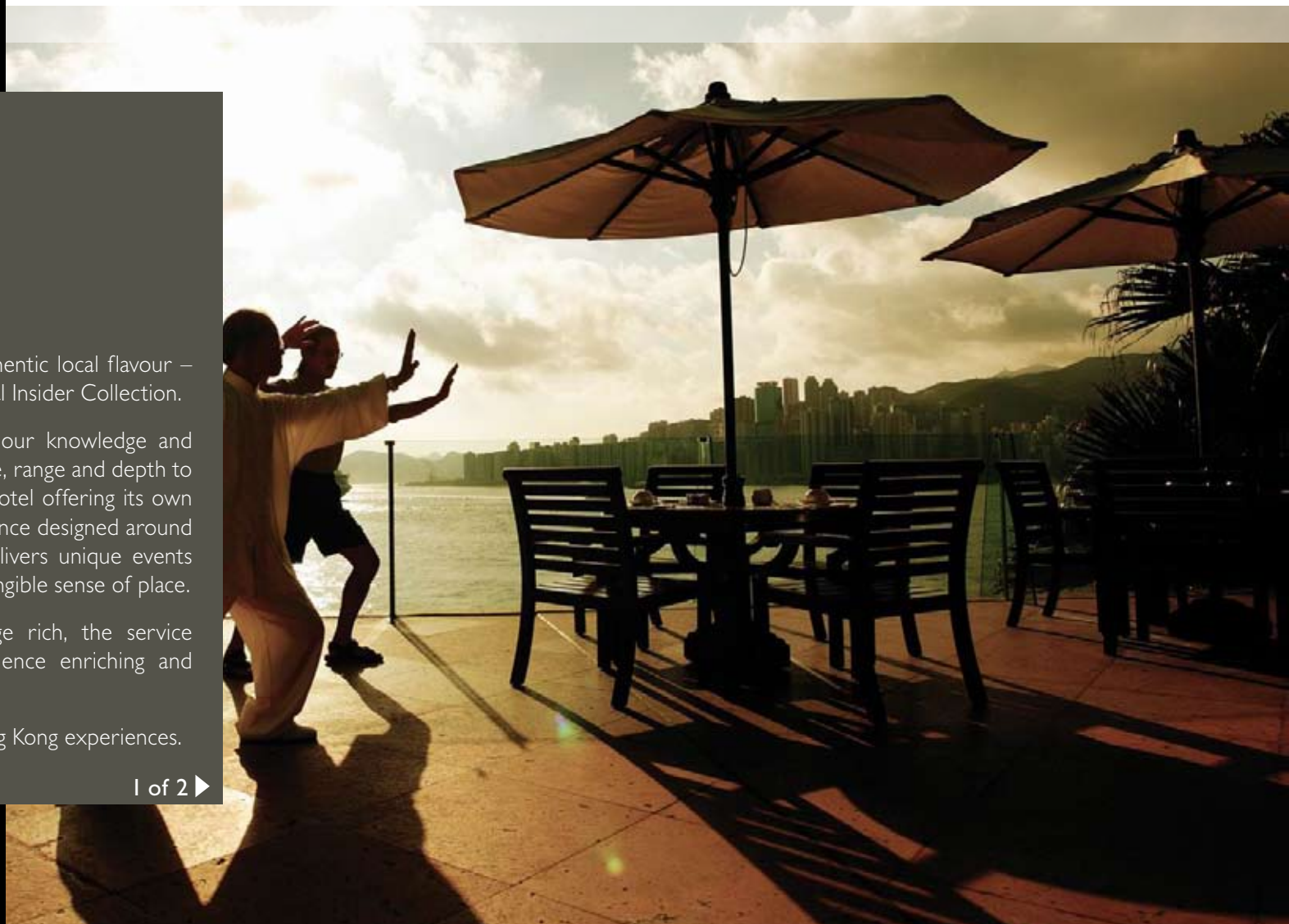
Truly memorable meetings and events with authentic local flavour – that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planners guaranteed choice, range and depth to add to any meeting or conference. With each hotel offering its own bespoke selection of services, and every experience designed around you, the InterContinental Insider Collection delivers unique events firmly rooted in their location with a rare, but tangible sense of place.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful Hong Kong experiences.

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## INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team hold the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

## INSIDER SPEAKERS

Bring your event to life with an inspirational speaker – someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

## INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

## INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or off-site offers an original way to engage delegates and motivate them to build effective working relationships.

## INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few hours out of your busy schedule becomes a whole experience in itself. ◀



## EXPERIENCE HONG KONG'S HERITAGE AT THE **BÉTHANIE**

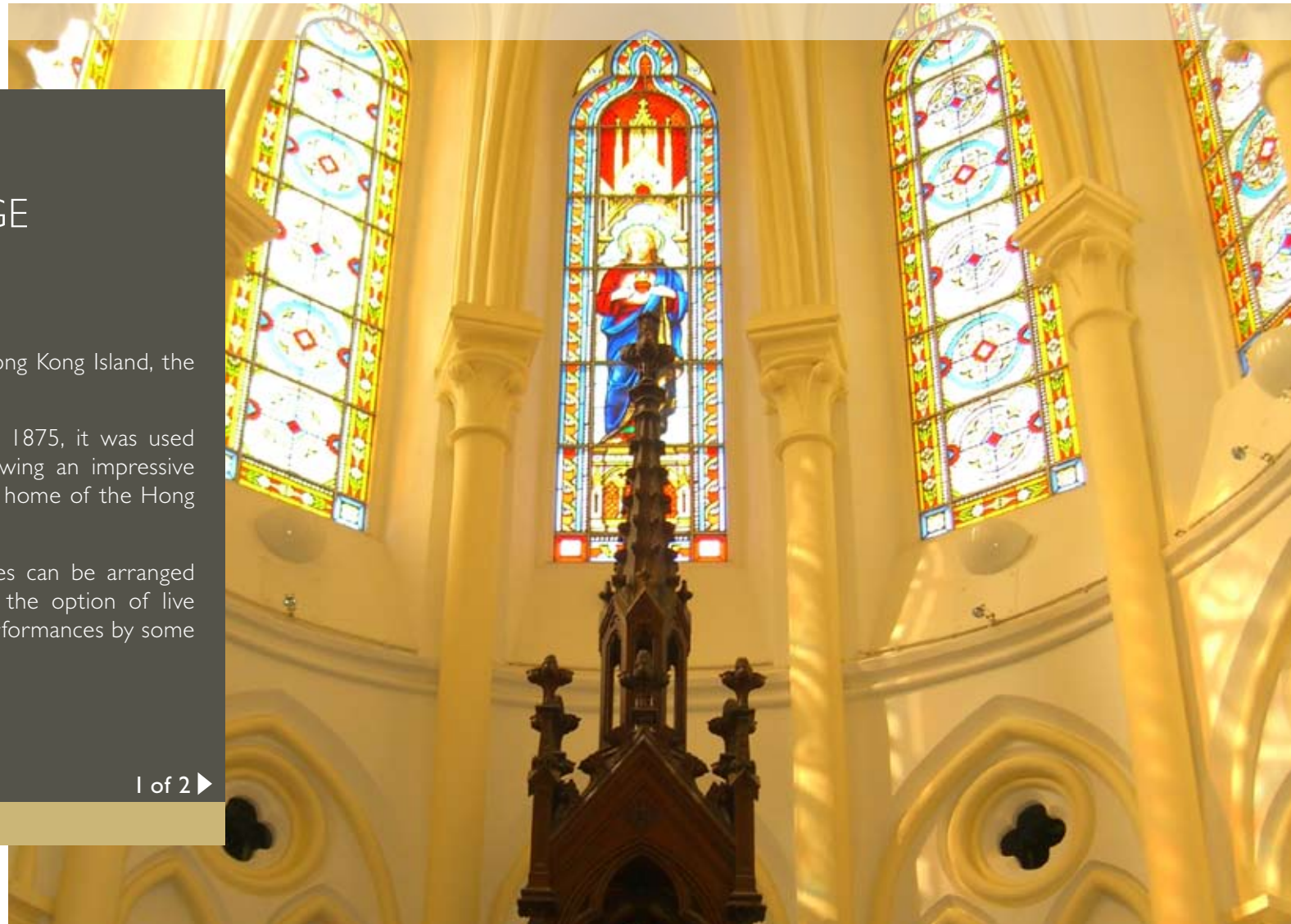
Located in Pokfulam on the south side of Hong Kong Island, the Béthanie is a stunning heritage building.

Built by the Missions Étrangères de Paris in 1875, it was used as a sanatorium for almost a century. Following an impressive restoration in 2004, the Béthanie is now the home of the Hong Kong Academy for Performing Arts.

Private cocktail receptions and dinner parties can be arranged in the studio of this historic building, with the option of live entertainment, including musical or dance performances by some of the Academy's students.

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THE BÉTHANIE

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## CRUISE IN STYLE ON A CHINESE JUNK

There is no more magical way to experience Hong Kong than by setting sail on a cruise around Victoria Harbour and the surrounding islands.

For an authentic taste of the past, rent one of Hong Kong's few remaining traditional Chinese Junk boats for part of your meeting or event – and you'll literally be experiencing 'red sails in the sunset' on a 'slow boat to China'.

Alternatively, reserve a sleek modern yacht (up to 80 ft) for a cocktail reception or an intimate dinner buffet at sunset. InterContinental Hong Kong's events team will handle the catering with efficiency and flair, so you and your guests can relax and enjoy the cruise and an up close and personal view of famed Victoria Harbour.



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## DISCOVER INNER HARMONY WITH A TOP **FENG SHUI** MASTER

Dating back over 4000 years, Feng Shui, which is the study of geomancy, literally means 'wind' and 'water'. According to traditional Chinese beliefs, this delicate balance of nature ensures that the spirits are appeased and harmony is achieved.

We can arrange for Alex Yu, one of Hong Kong's top Feng Shui Masters, to share the philosophies and principles of this ancient craft through a presentation or a guided tour of some of the city's most notable buildings – starting with InterContinental Hong Kong, a renowned Feng Shui icon.

The Feng Shui Master can also give advice on personal Feng Shui, which is determined by the date and time of one's birth in association with the ever-changing Chinese lunar calendar, to achieve harmony, well-being and prosperity.

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## LEARN TO EAT WELL AND **WORK WELL**

The Lifestyle Management Centre of Hong Kong Adventist Hospital works with InterContinental Hong Kong on the hotel's innovative 'ihealth' initiative.

The centre offers informative talks by its resident dietician Alain Siu on "total health concept" with practical tips on how to achieve a healthy lifestyle both at home and when travelling.

The hotel's chef can offer an 'ihealth' cooking class, with recipe cards for your group to take away and create easy-to-prepare healthy dishes at home. During your meeting break, you can also sample delicious and nutritious snacks at our 'ihealth' break corner.

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## HELP LOCAL CHILDREN AND **BOND AS A TEAM**

Established in the late 19th century to rescue kidnapped women and children and to provide them with shelter and education, today Po Leung Kuk retains its main mission of caring and protecting the young and innocent.

InterContinental Hong Kong has been working with Po Leung Kuk for several years providing corporate volunteer activities for the children from the orphanage. Activities include the preparation and serving of meals, the organisation of sporting events and help to fix up the facility. We can organise similar events for your group to give you and your colleagues the opportunity for some quality fun and downtime with some very special children.

Currently, the charity runs over 200 projects throughout Hong Kong providing vital welfare, educational, cultural and recreational services.

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PO LEUNG KUK

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## REBALANCE YOUR YIN AND YANG WITH TAI CHI

Tai Chi has long been part of the Chinese yin and yang philosophy of health and spiritual balance. In both Hong Kong and China, you can see groups of people practicing early morning Tai Chi in public parks.

You and your delegates can experience Chinese spirituality firsthand and learn the philosophy and principles of Tai Chi with classes conducted by Master William Ng. Learn the graceful and meaningful moves to help calm your soul.

Complimentary Tai Chi classes with Master Ng take place at the Pool Terrace (3/F) overlooking Victoria Harbour at 6:30am on Mondays, Wednesdays, Fridays and Saturdays; and at 7:30am on Sundays. Private classes for your meeting group can also be arranged. This is a truly relaxing, revitalising and inspiring way to begin your day in Hong Kong.

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## LEARN THE DELIGHTS OF DIM SUM AND NOODLES WITH OUR **MASTER CHEF**

Dim Sum is one of Hong Kong's most popular traditional Cantonese dishes, enjoyed for both breakfast and lunch. Learn the basics of making Dim Sum with one of our Chinese chefs at Yan Toh Heen, acclaimed as one of Asia's finest Cantonese restaurants. Try your hand at making local favourites such as Siu Mai and Har Gau.

You and your group can also try making Chinese noodles from rice flour with our experienced chef as your guide. A fun and sometimes humorous experience as you grapple to master the technique!

Noodles are one of the most popular Chinese traditional dishes and a staple in Chinese cuisine. The first written account of noodles is from the East Han Dynasty between AD25-220. Marco Polo is credited with bringing noodles to the Western world.



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DIM SUM & NOODLE MAKING CLASS

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## EXPERIENCE HONG KONG CULTURE AND CUISINE

Indulge in an authentic taste of traditional Hong Kong cuisine with a decorative and delicious presentation of Dim Sum, Chinese teas and pastries.

Set amidst authentic Chinese décor with beautiful calligraphic screens and original mah-jong tiles, you and your delegates will get a real taste of Hong Kong.

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OLD HONG KONG

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## WORK UP A HEALTHY APPETITE

'ihealth' is a collaboration between InterContinental Hong Kong, renowned for its outstanding cuisine, and Hong Kong Adventist Hospital, one of the city's top medical institutions and an international leading lifestyle management.

During your meeting breaks, participants can sample a selection of healthy fruit and vegetable drinks and 'ihealth' snacks, with our chef on hand to provide nutritional information on the ihealth philosophy, ingredients and cooking techniques.

Delicious and nutritious menus offer a wide choice of dishes using ingredients and cooking techniques ideal for the prevention of four key health concerns worldwide – heart disease, diabetes, hypertension and the need for anti-oxidants. 'ihealth' is of genuine benefit to anyone wishing to make intelligent food choices to suit their individual health needs.

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