## Contents

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Email from Editor of <em>Hong Kong Discovery Magazine</em></td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Some useful sailing terms</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Mind map for the organisation of the article as a whole</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Michael Leung Hoi Wah Home Page</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>Extract from an RTHK interview with Michael Leung Hoi Wah</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>Promotional pamphlet for the Ocean Aid Yacht Race</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>Extract from a programme for the Ocean Aid Yacht Race</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>Newspaper extract from the <em>Hong Kong Post</em></td>
<td>8</td>
</tr>
<tr>
<td>10</td>
<td>Extracts of transcripts of interviews with crew members of Serenity</td>
<td>9–10</td>
</tr>
<tr>
<td>11</td>
<td>Message on a web forum – <em>Ask the doctor</em></td>
<td>11</td>
</tr>
</tbody>
</table>
Email from Editor of Hong Kong Discovery Magazine

Date: Sunday, April 2, 4:59:11
To: Leslie Wong <lwong@hkdiscovery.com.hk>
From: Richard Mak <rmak@hkdiscovery.com.hk>
Subject: Michael Leung Article

Hi Leslie,

This is just a quick reminder about the Michael Leung article and the table of health risks that goes with it. As you know, the article is due in a week’s time.

The title of the article will be *Has Michael Leung taken on too much this time?*. Please note that the title is a question so first you will have to read all of the evidence to decide on your point of view. Then write your article based on your point of view and remember to be consistent throughout. I’m attaching a mind map to help you organise the article.

There is a strict limit on space this time: no more than 500 words or we will have to edit a lot of your work out! Remember you’re writing a magazine article: try to make it interesting so our readers will want to read it.

And one more thing: plagiarism. *Hong Kong Discovery* does not allow copying word for word: make sure that you use your own words, otherwise we could end up with some serious legal problems.

I look forward to reading the article.

RM

---

Some useful sailing terms

**Cambridge Advanced Learner’s Dictionary**

**mast** noun [C]
a tall pole on a boat or ship that supports its sails

**boom** (BOAT) noun [C] SPECIALISED
(on a boat) a long horizontal pole that moves and that has a sail fastened to it

**deck** (FLOOR) noun [C]
a flat area for walking on, especially one built across the space between the sides of a boat or a bus; a type of floor

**hull** (SHIP) noun [C]
the body or frame of a ship, most of which goes under the water

**Wikipedia.com**

**Cleats** are fittings on ships and boats that **ropes** are tied to; they are often shaped like horns, although other types exist.

**A winch** is a **machine** that is used to wind up a rope.
Current Projects

2006  Ocean Aid Yacht Race (more...)

Adventures

2004  Journeys to the South Pole (more...)
2001  Climbs Mount Everest (more...)
1998  Swims across the English Channel (more...)
1995  Drives across the Sahara Desert (more...)

USEFUL LINKS

SPORT AND ADVENTURE TOURISM LINKS
- Extreme Adventures
- Timothy Lee's Sail and Windsurf
- Whistler Snowboard and Ski
- Hong Kong Paddlers
- Philippine Kayak

FINANCE AND ECONOMICS LINKS
- The Economy
- Global Business
- Hong Kong Property
- The Secret of Successful Enterprise

Successful land bid by Leung Enterprise (25 March, 2006)
Property development company Leung Enterprise yesterday bid $4b for land in this year’s last government land auction in the New Territories. Leung, the 50-year-old Chinese University of Hong Kong graduate, commented that while the price was high, it was in line with (more...)

Leung Hoi Wah announces Serenity challenge (3 August, 2005)
CEO of Leung Enterprise, Michael Leung Hoi Wah, has announced that he will be taking part in the rigorous Ocean Aid Yacht Race. ‘Ever since I was a boy I’ve dreamt of conquering the ocean,’ said Leung, who has hired a professional crew to help him take on the world’s best sailors, in what has become known as one of the world’s toughest yacht races. (more...)
Extract from an RTHK interview with Michael Leung Hoi Wah, March 30, 2006

Interviewer: ...I know many of the women in the audience are wondering whether Hong Kong's most eligible man is still available - Michael, what do you have to say to them?

Leung: Well, I guess I'd have to tell them that in that sense I am available, yes, but I don't think there's really much hope for a guy like me [laughter]. After my first marriage ended I decided to focus my energies on other things, and that's pretty much how things have stayed.

Interviewer: And that's exactly what I'd like to talk to you about. You have a very exciting project waiting in the wings, a lot of Hong Kong people are talking about it. Can you tell us a bit more about that?

Leung: Yes of course. As you know, I've entered a yacht in the Ocean Aid Yacht Race, which'll start in around 10 weeks' time.

Interviewer: How exactly did you go about preparing your entry?

Leung: Well, first of all, I made sure that the best designers and boat-builders worked on our boat. As a result, we have one of the best round-the-world yachts ever built!

Interviewer: There was a rumour that the boat building took longer than expected - do you have any comment about that?

Leung: Yes, unfortunately that is true. At the moment we're still waiting for the boat to be delivered to our training camp, actually.

Interviewer: Really? How are you training?

Leung: Well, we're using our back-up boat at the moment. I expect we'll get much faster when our number one yacht arrives.

Interviewer: Oh dear - that can't be very good for preparation! You know a lot of people have criticised the organisation of this project - what have you personally been doing to get ready for the race?

Leung: Yes, I've heard a bit about the criticisms. Well, I have a trainer now.

Interviewer: Good.

Leung: And I've hired some of the best crew in the world to sail this boat and we've been coming together for training sessions for over 18 months now.

Interviewer: Well, that sounds like a very good programme.

Leung: Yes. I've been going out with them on the boat twice a week...

Interviewer: Twice a week? That doesn't really sound like enough to me.

Leung: Well at this stage, I can't go out more often because of my bad leg - as you know I injured my leg in the South Pole and it hasn't fully recovered yet.

Interviewer: Are you saying that with just 10 weeks to go, you're not fit enough to sail more than twice a week? How are you going to sail for 10 months?

Leung: Look, if there are any difficulties at all, I'll be in expert hands. As I've told you, I've hired some of the best sailors in the world so if I need a rest, I'm sure that won't be a problem...
OCEAN AID 2006

PROUDLY SPONSORED BY EQUITINET BANK
IN ASSOCIATION WITH VISION TV

Sponsor's message
Equitinet Bank is delighted to, once again, be the main sponsor for the Ocean Aid Yacht Race, an event that has undoubtedly become yachting's toughest and most prestigious team event. As the only round-the-world race in which sailors are required to sail against the wind and against the current, Ocean Aid has gained a fearsome reputation among sailors. Equitinet is proud to be able to lend its resources and expertise to the logistical challenge of organizing and promoting this event. As a company that puts people first, we are particularly happy to be involved with a competitive event of this calibre that is dedicated to a charitable cause.

As usual, a percentage of the entry fee will be donated to charity and this time proceeds will go to the Child Africa Foundation.

As sponsors of this amazing challenge, we would like to take this opportunity to wish all those associated with the event well.

Coverage of OCEAN AID 2006 brought to you by VISION TV
- Real action
- Real adventure
- Real TV like you've never experienced it before

OCEAN AID 2006 is exclusively covered by VISION TV – now with real time web coverage. The excitement never stops!

visit www.visiontv.com today

FAST FACTS
Starting and finishing point: Boston
Time at sea between start and finish: approx. 10 months
Number of ports visited: 7
Total distance: approx. 30,000 miles
Extract from a programme for the Ocean Aid Yacht Race

The teams: Quick reference

<table>
<thead>
<tr>
<th></th>
<th>La Vitesse</th>
<th>Challenge One</th>
<th>Royal Blue</th>
<th>Serenity</th>
<th>American Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>National affiliation</td>
<td>France</td>
<td>New Zealand</td>
<td>United Kingdom</td>
<td>Hong Kong, China</td>
<td>USA</td>
</tr>
<tr>
<td>Sponsorship</td>
<td>Automobiles Majeures</td>
<td>Techno Computing</td>
<td>Streamline Properties</td>
<td>Leung Enterprise</td>
<td>American Postal Service</td>
</tr>
<tr>
<td>Ocean racing titles</td>
<td>nil</td>
<td>Ocean Aid, 2004</td>
<td>Trans-Atlantic, 2005</td>
<td>nil</td>
<td>nil</td>
</tr>
</tbody>
</table>

The crew: Average ocean-racing experience in years

![Bar chart showing average ocean-racing experience in years for different teams]

Teams

Reminder
*Just the important bits here – bad style to write down every detail!*

2006-AS-UE-E-DF-7 106
Extract from a book, Life's Adventure, written by Michael Leung

Author's foreword

For many years now when I have met the people that know me well, the ones that grew up with me in the charming little fishing village of Sai Kung where I was born and raised, they have urged me to put my story in writing. ‘How did the son of a humble fisherman grow up to become one of the wealthiest men in Asia?’ they ask. Well, finally, I have the opportunity to answer them. In this book, I describe the milestones in my life, from my traineeship with the accounting firm Miles and Myers, to founding Leung Enterprise Ltd., to the establishment of the Serenity business group with its many golf courses and spas worldwide. Looking back, I see that life has thrown up special challenges for me, and that I have been able to enjoy each and every one. Perhaps the real secret to my success has been the way that I have been able to treat it as one long adventure.

Newspaper extract from the Hong Kong Post

Feb 14th 2004

Leung emerges from South Pole

The Hong Kong South Pole expedition, led by tycoon Michael Leung Hoi Wah, came to an abrupt end today just two days into the journey back from the South Pole. Leung was flown to the British Scott Base in a private helicopter. He and his companions had been caught in a snowstorm during which Leung had fallen into a crevasse and broken his right leg. Fortunately, his team-mates were able to look after him until help arrived. Outspoken critic of the South Pole expedition, Sir John Landsdown, remarked, ‘This expedition, like all expeditions which Michael Leung is involved in, has been poorly managed and badly prepared. As always, Michael Leung has relied on the help of trained experts to achieve his aims, even though he himself is not properly prepared. Unfortunately, he has once again put the lives of innocent people at risk.’
Extract 1

What would you say is the most challenging thing about ocean racing?

Well, there's a lot to choose from there, that's the beauty of it... Let me see... One of the hardest things is definitely the tiredness. The races are really long and we have to work all day and all night to be in with a chance of winning.

Is there anything you can do to reduce the effects of that tiredness?

Well, not a lot really. I once talked to a guy who sailed solo around the world and he used special 'sleep strategies', where he'd sleep for half an hour every four hours. It took him about 6 months to learn how to do that though - I'm still not really convinced that it makes you less tired, to be honest...

Extract 2

On such long voyages at sea, with such difficult conditions at times, do you ever get seasick?

Yeah, it does happen from time to time - and when it does you can get quite dehydrated if you're not careful. A guy I sailed with a few years back got so ill that he couldn't eat a single meal without vomiting. Of course he got totally dehydrated. He had to take a course of fluids and salt solutions, but at first it was difficult because if he had more than a couple of teaspoons, he would start vomiting again...

Extract 3

What appeals to you most about ocean racing?

Well, I think it's the thrill of it all, you know, the spray of the ocean, the wind whipping through the sails, the way the boat catches and harnesses the forces of nature, yeah, that's it. And I just love a good storm...

Why's that?

Well, that's when you're really battling the elements, you know. It becomes a contest between you and mother nature.

Have you ever been injured?

Oh, dozens of times, but it's not usually serious. There's a lot of equipment on deck - winches, cleats and so on... The last time I did one of these ocean races, I slipped and fell on deck. I landed on a winch - you know, we use them to pull the ropes in - and I fell so hard that I broke three ribs! It was pretty painful, eh?! You have to have some pretty strong painkillers on board to treat that... I'm gonna make sure we take a whole pharmacy this time!
Extract 4

Are injuries common in this kind of racing?

Oh yeah, they happen all the time. For some reason, when I’m moving around on deck I always seem to hurt my feet. I used to like sailing barefoot but then when we were doing the Pacific crossing, I accidentally kicked a cleat so hard that I broke my toe. I switched to wearing shoes right after that and now I seem to get hurt less – don’t think I’ll be sailing barefoot again!

Extract 5

What are the living conditions like on a round-the-world yacht?

Well, I have to say that Michael Leung has got us a really nice boat, probably the best that I’ve ever sailed in and I’ve been sailing these things for over 10 years now! It’s going to be really fast I’d say. But yeah, there is a bit of a price to pay for that – it can get rather cramped with 12 crew packed into such a small space...

Does that ever bother you?

Well, yeah of course it does, but you’re there to race, it’s not a beach vacation! But it can be a real problem. I was on a boat a couple of years ago and we were sailing around Australia, when one person came down with a cough and that was all it needed for half the crew to get infected. We’re so close that illnesses like that spread like wildfire...

Did you get sick too?

No, not at that time. I don’t tend to have a problem with bugs like that. It’s my skin that gets to me. When you sail across the equator, it’s really hot, and of course it’s damp and salty – it’s always damp and salty! My skin gets really irritated under those conditions...

Is there anything you can do?

Yeah, they say just wash with fresh water, but there’s not much of that around so instead you have to take antibiotics or use steroid ointment. Yummy. Well, you survive...

.................................................................
The Great Outdoors: Adventures in Nature

**SAILING - HEAD INJURY** [new] other queries like this one

A couple of days ago I got back from a 7-day sailing expedition during which we sailed through some rather rough weather. In the storm I got hit by the boom as the sail was coming across the deck of the boat. At the time it didn't seem like a very bad injury as I didn't get hit very hard. Unfortunately I wasn't wearing any protective headgear at the time. Still, I felt fine and got home OK. That was 4 days ago. Yesterday, I noticed that it was difficult for me to focus on things, and now my vision is quite blurry. I saw a doctor about the problem and he told me that it should be fine, but I feel very uncomfortable under the circumstances. Do you think I should get a second opinion? I'd really appreciate your help with this.

[Click here to see the answer to this query]

THIS IS THE LAST PAGE OF THE DATA FILE.