



本船期表僅供參考，本公司得隨時更新、修改並不另行通知

歡迎上網查詢最新船期及貨櫃動態 <http://www.shipmentlink.com>

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-3378118
詢價專線:(台北)02-25001364(台中)04-23283181(高雄)07-3378145

遠東—美國東岸航線(邁阿密)

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-337811
詢價專線:(台北)02-25001364(台中)04-23283181(高雄)07-337814

遠東-美國東岸航線(灣區)

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-3378114
詢價專線:(台北)02-25001364(台中)04-23283181(高雄)07-3378114

遠東-美國西南岸航線

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-3378118
詢價專線:(台北)02-25001364(台中)04-23283181(高雄)07-3378145

●港口名稱對照：洛杉磯(LOS ANGELES, CA), 奧克蘭(OAKLAND, CA), 他可馬(TACOMA, WA), 長灘(LONG BEACH, CA)

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-337811
詢價專線:(台北)02-25001364(台中)04-23283181(高雄)07-337814

●港口名稱對照：香港:HONG KONG;他可馬:TACOMA,WA;溫哥華:VANCOUVER,BC,西雅圖:SEATTLE,WA

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-3378111
 詢價專線:(台北)02-25001363(台中)04-23283181(高雄)07-3378111

* 中葡英：香港：HONG KONG；科倫：COLON CONTAINER TERMINAL；高士多：PUERTO CAUCEDO, DOMINICAN REPUBLIC；聖胡安：SAN JUAN, PUERTO RICO；卡倍洛：PUERTO CABELLO, VENEZUELA；京斯敦：KINGSTON, JAMAICA；賽因：MOIN, COSTA RICA, COSTA RICA；巴蘭奇亞：BARRANQUILLA COLOMBIA；古拉索：CURACAO N.A.；拉奎拉：LA GUAIRA, VENEZUELA；喀他基那：CARTAGENA, COLOMBIA

訂位專線:(台北)02-25001370(台中)04-23283181(高雄)07-337811
詢價專線:(台北)02-25001363(台中)04-23283181(高雄)07-337811

* ** WSA2 SERVICE 若非由 WSA2 航線運送至詩詩紫爾(PUERTO QUETZAL)需加收墨西哥預報船單費
 * 中翻英：墨西哥港口曼薩尼約：MANZANILLO；拉查羅卡地那斯：LAZARO CARDENASM 布維那文士：BUENAVENTURA；喀勞：CALLAO；瓜亞基爾：GUAYAQUIL；伊奎克：IQUIQUE
 聖安東尼奧：SAN ANTONIO 詩特紫爾：Puerto Quetzal；阿卡胡特拉：Acajuita；柯林多：CORINTO, 卡爾德拉：Galdera, Puntarenas；聖羅倫索 San Lorenzo

波斯灣航線

●港口名稱對照：吉達(JEDDAH),索科納(SOKHNA PORT),阿卡巴(AQABA),蘇丹(PORT SUDAN),亞丁(ADEN),荷得達(HODEIDAH)

營業電話代表號：02-25001384; mail:impim1@evergreen-marine.com
文書電話代表號：02-25001383; mail:docim1@evergreen-marine.com & docim2@evergreen-marine.com

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The physical and psychological health of the women was assessed at baseline and at 12 weeks. The walking program had a significant positive effect on the physical and psychological health of the women. The women in the walking program had significantly lower body mass index (BMI), waist circumference, and blood pressure than the women in the control group at 12 weeks. The women in the walking program also had significantly lower levels of anxiety and depression than the women in the control group at 12 weeks. The walking program was a safe and effective intervention for improving the physical and psychological health of sedentary, middle-aged women.

1. *Journal of the American Medical Association*, 1997; 277: 1033-1038.

1000

南美西—台灣進口航線

船名	航次	ETA 高雄	ETA 台北
經緯 EVER LEGION	0745-063W	11/13	—
OTA EAGLE	005W	11/19	—
華輪 EVER LUCKY	0746-079W	11/12	—
HAI A19	W002	11/26	—

澳洲 - 台灣進口航線

營業電話代表號 TEL: (02)2500-1183 黃先生

				營業電話代表號 TEL(02)2500-1183 黃先生			
				船名	航次	ETA	ETA

LEKAS	105E	11/13	---	YM ESSENCE	096N	10/21	---
CO LINGTON	099E	11/20	---	長致輪 EVER ENVOY	197N	10/27	---
				DIMITRA C	2355N	11/03	---
				TC MIMIDAI	2504N	11/02	

行動商務

文件專線

文業部出口代表號
TEL:(02)25001348
出口BI收受E-mail
cwmailin@mail.evergreen-line.com



台北市中山區民生東路二段 166 號
船務北字第 0376 號

台幣匯款帳號：007-03-600887-8
戶名：長榮海運股份有限公司
銀行名稱：國泰世華銀行台北分行
分行代碼：0130073

台北港貨櫃碼頭股份有限公司
TEL:(02)77271781 新北市八里區訊塘里7鄰廈竹圍25號
長榮國際儲運(桃園貨櫃集散場)
TEL:(03)3252020 桃園縣蘆竹鄉新南路二段100號
長榮國際儲運(汐止貨櫃集散場)
TEL:(02)86482301 新北市汐止區大同路三段264號
長榮國際儲運(台中港貨櫃集散場)
TEL:(04)26573031 台中市梧棲區中南路二段809號
長榮海運高雄貨櫃本部第七貨櫃中心(S3號碼頭)
TEL:(07)8135171 高雄市小港區洲樺路21號