

2021 CALENDAR CATALOGUE



2021 CALENDAR



Desk Calendar cover sheet
台历封面



Stand : 700gsm Hard Stand



Advertisement Space : 32 x 152mm

Desk Calendar

- Custom Printing Calendar for Business.
- Company logo and contact details will be printed in each pages.

* Calendar shown is for reference only. Subject to actual, original sample.

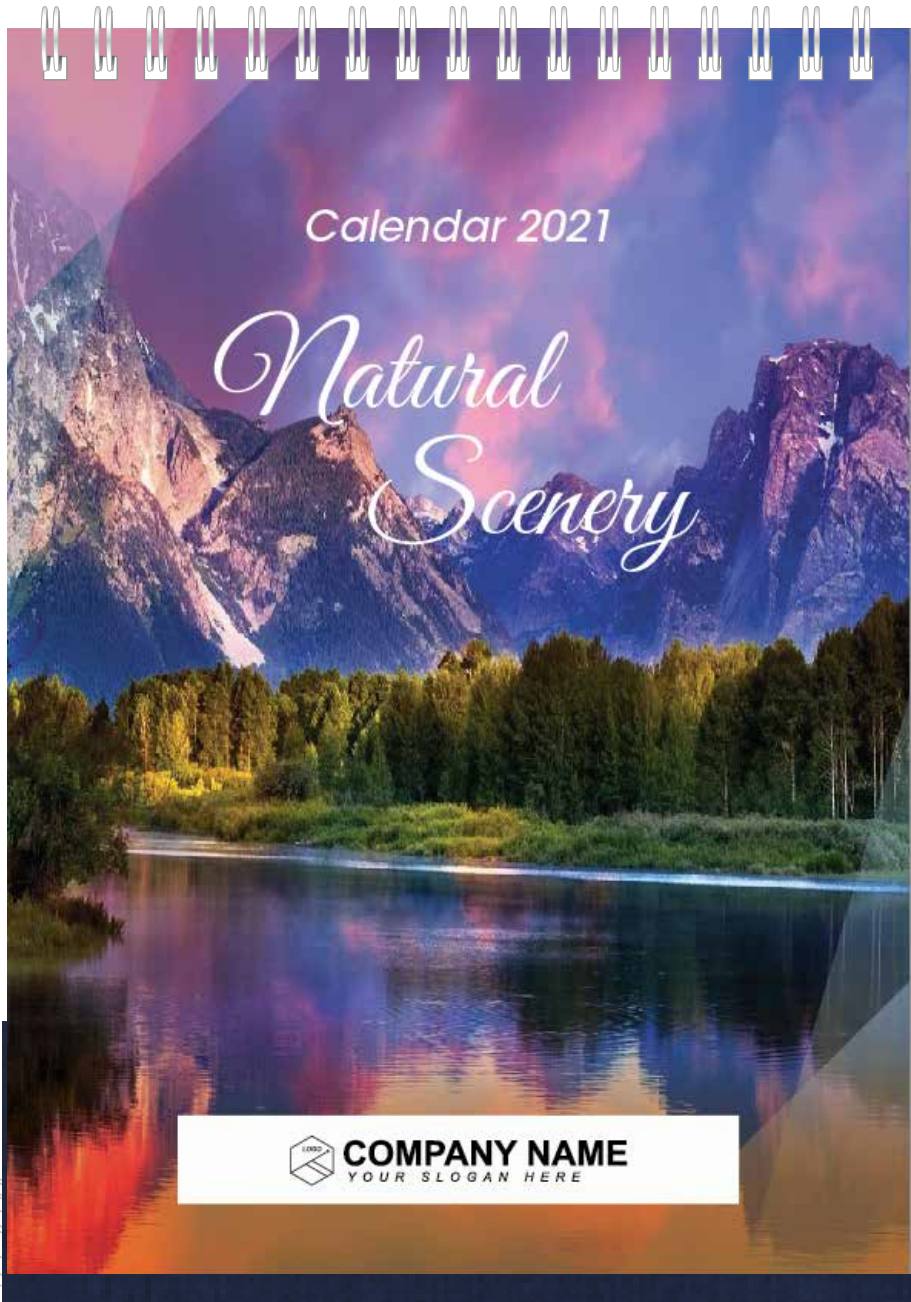
**While we take great care in compiling the information on this calendar , we accept no responsibility for any errors omissions.

Natural Scenery 自然美景

DC-P 01

Desk Calendar

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Iconic Structures 标志性建筑

DC-P 02

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January 2021

Lotte World Tower
Seoul, South Korea

Tallest building in south korea 555m high with 123 storeys

February 2021

Daxing International Airport

Beijing, China

April 2021

Norpheus Hotel
Macau, China

World's first free-form exoskeleton high-rise building

March 2021

Lake Pontchartrain Causeway

Louisiana, USA

Longest bridge over water in the world

National Aquarium

Copenhagen, Denmark

Aquarium world of the same culture around a central tank

May 2021

June 2021

National Museum

Madrid, Spain

Cultural and artistic space with a unique architectural style

July 2021

Zhenyuan Bridge

Shanghai, China

World's longest cable-stayed bridge with 270m span

August 2021

One Blackfriars
London, UK

163m high skyscraper with 52 floors

September 2021

Statue of Unity

Rudrapur, India

World's tallest statue of a woman

October 2021

The Wave

Osaka, Japan

World's tallest building with a unique architectural style

November 2021

The Wave

Osaka, Japan

Civic Trust Award, LEAF Award Residential Building of the Year

December 2021

Tianjin Eye

Tianjin, China

World's only Ferris wheel on a bridge

Waterfall 瀑布美景

DC-P 03

Desk Calendar

Calendar Stand

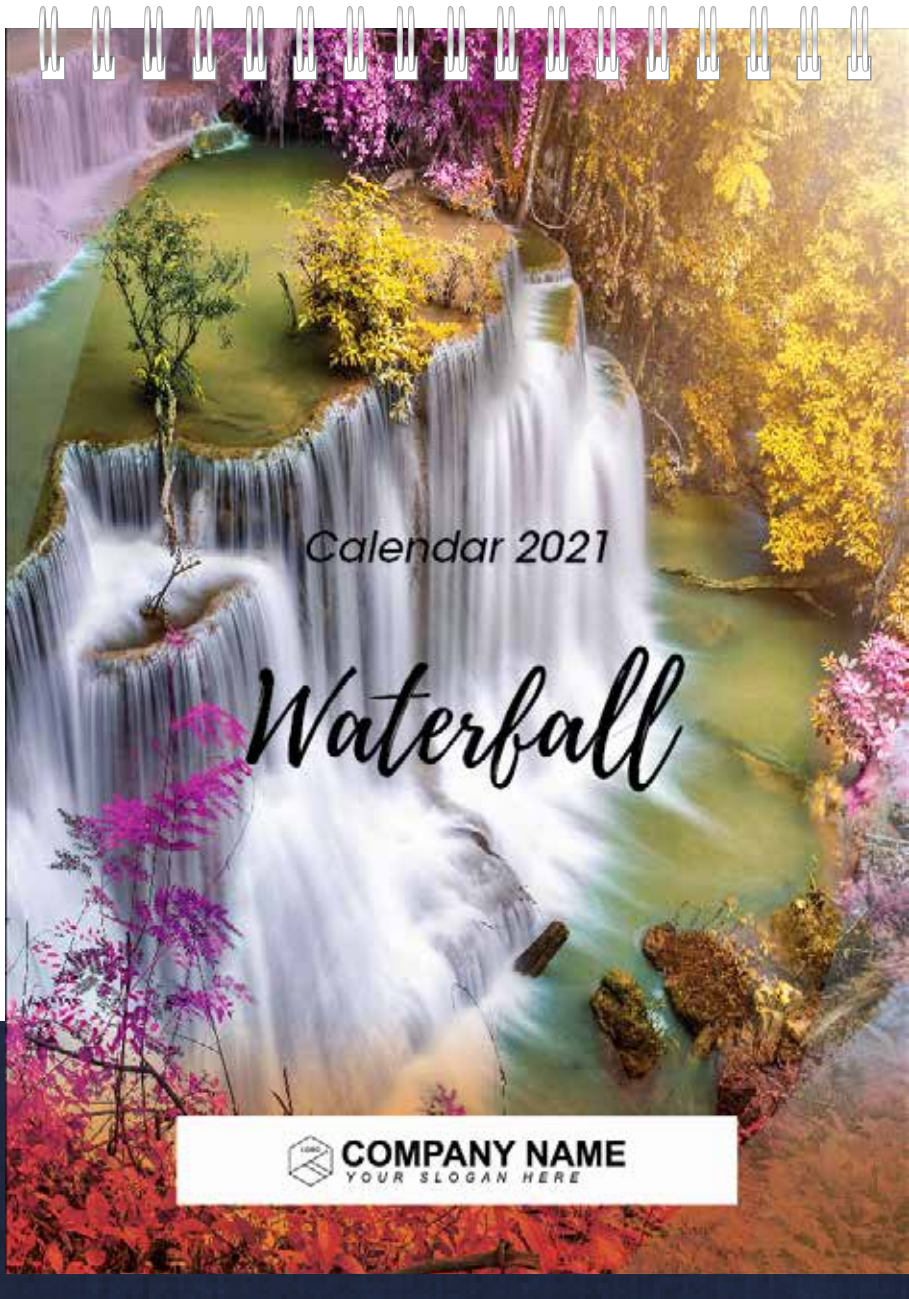
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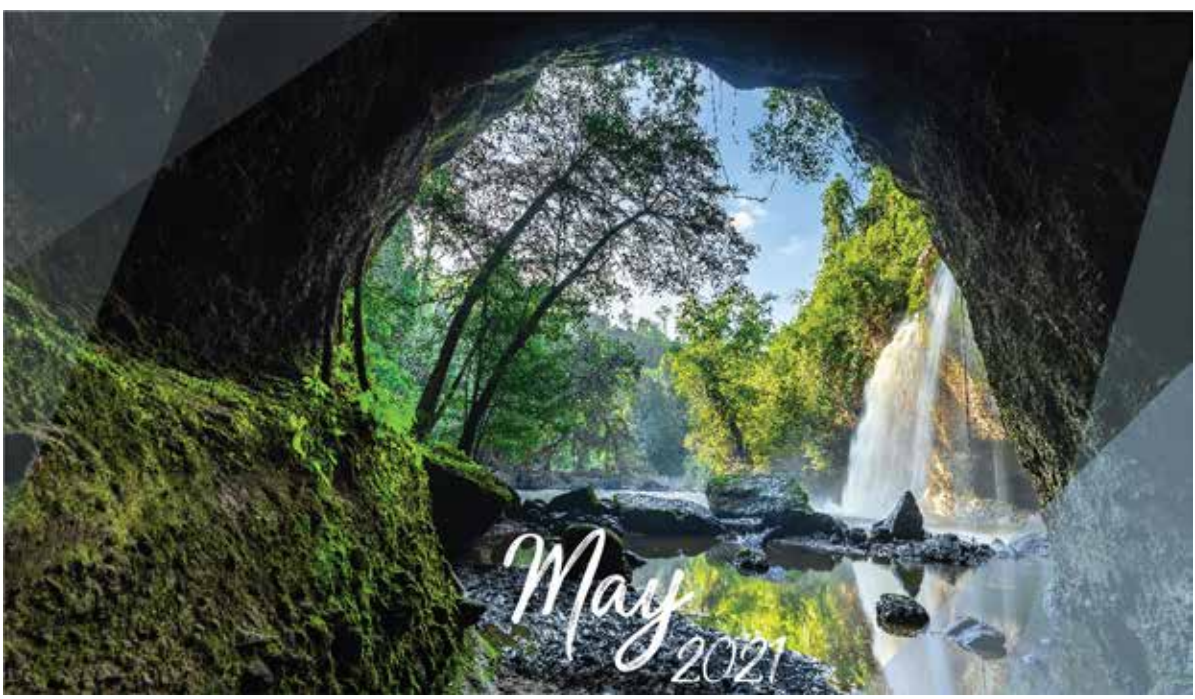
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Challenge Your Limit 挑戰極限

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01
Jan 2021

OPPORTUNITY

You'll always miss 100% of the shots you don't take.



02
Jan 2021

CHANGE

We cannot direct the wind, but we can adjust the sails.



03
Mar 2021

COMPETITION

"Whoever said, it's not whether you win or lose that counts, probably lost,"



04
Apr 2021

WISDOM

Wisdom is to understand that the world is ever-changing.



05
May 2021

SUCCESS

The harder you work... the luckier you get.



06
Jun 2021

EXCELLENCE

"The difference between ordinary and extraordinary is the little extra."



07
Jul 2021

ATTITUDE

"A bump in the road is either an obstacle to be fought or an opportunity to be enjoyed..... it is all up to you.



08
Aug 2021

IMAGINATION

is the beginning of creation.



09
Sep 2021

TEAM WORK

Teamwork is the fuel that allows common people to produce uncommon results.



10
Oct 2021

EFFORT

The spirit to win and the will to excel is always measured one stroke at a time.



11
Nov 2021

COMMITMENT

To be a winner, all you need to give is all you have.



12
Dec 2021

CREATIVITY

Some people dream of success... while others wake up and work hard at it.



Plantilla 植物物語

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02 FEB 2021

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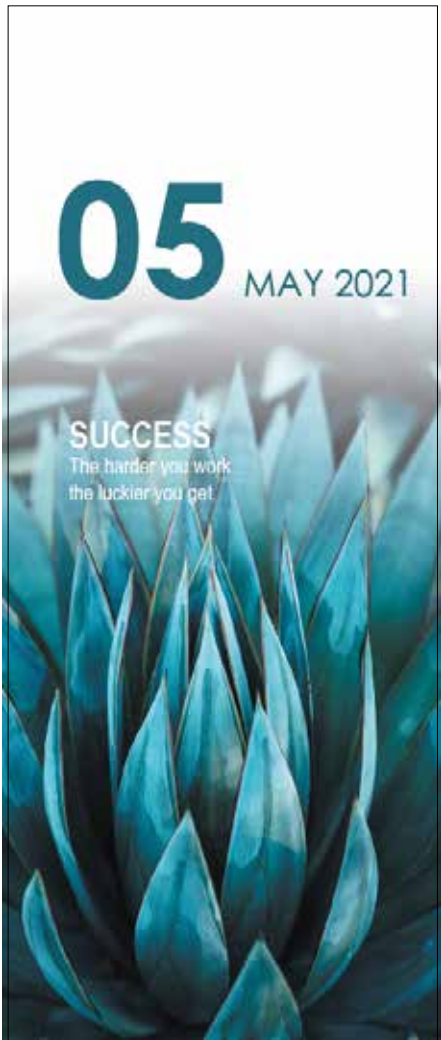
03 MAR 2021

COMPETITION
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04 APR 2021

WISDOM
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05 MAY 2021

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The harder you work the luckier you get.



06 JUN 2021

EXCELLENCE
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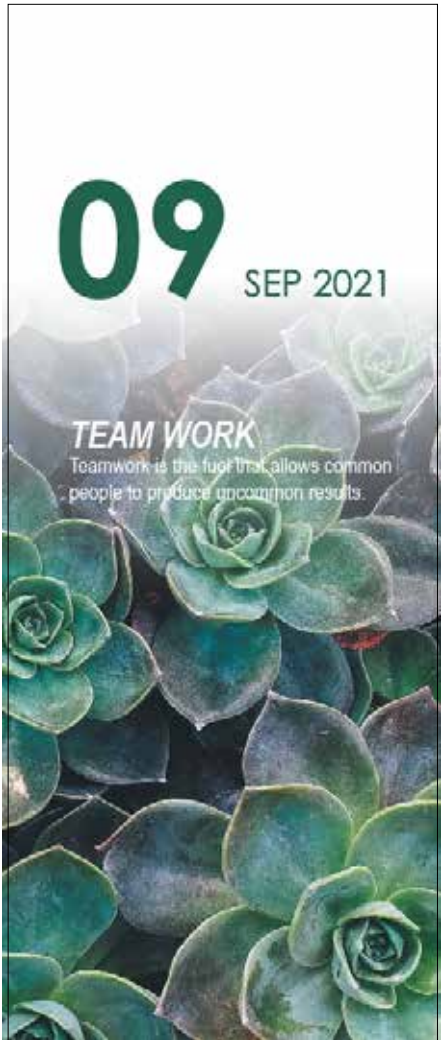
07 JUL 2021

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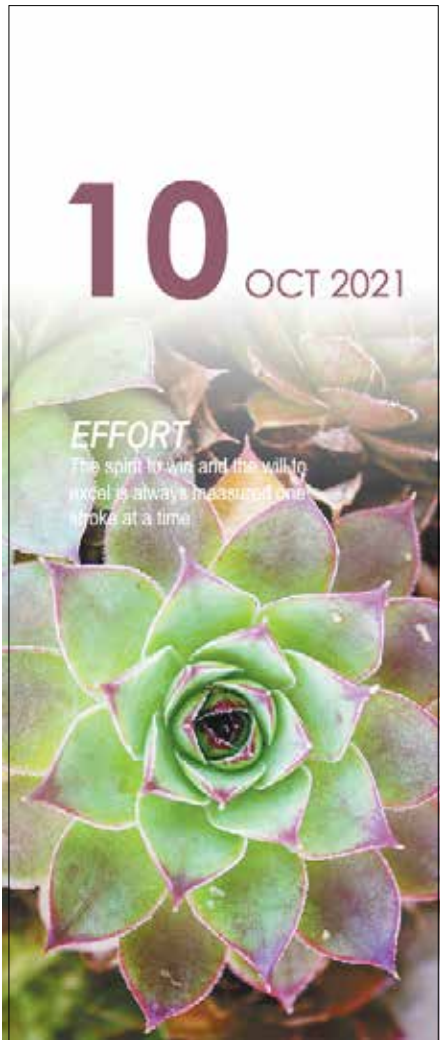
08 AUG 2021

IMAGINATION
is the beginning of creation



09 SEP 2021

TEAM WORK
Teamwork is the fuel that allows common people to produce uncommon results.



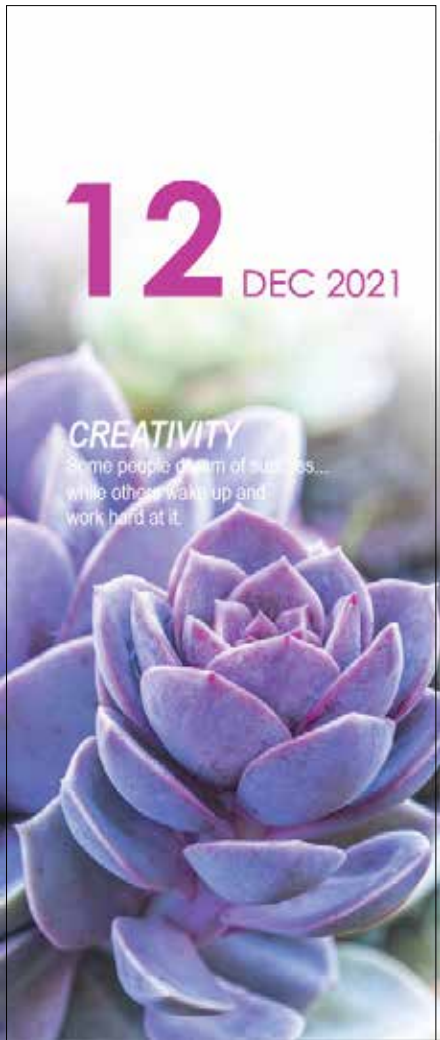
10 OCT 2021

EFFORT
The spirit to win and the will to excel is always measured one stroke at a time.



11 NOV 2021

COMMITMENT
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12 DEC 2021

CREATIVITY
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Healthy Living 健康生活

DC-L 03

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JAN
2021

Jogging 慢跑

The benefits of jogging in the morning are that you are fresh, well-rested, and if you run an empty stomach, could burn more fat.

慢跑属于有氧运动，慢跑对循环系统，骨骼密度健身都有相当的益处。

FEB
2021

Relax 放松心情

Relax is a key part of a healthy lifestyle, and can benefit your heart, mind, and more.

放松心情可以消除身体疲劳，是基础代谢率降低，从而是体力得以恢复。

MAR
2021

Drink Water 喝水

Water helps to maintain healthy body weight by increasing metabolism and regulating appetite. Water is the primary mode of transportation for all nutrients in the body.

水份充足才能使血液流通顺畅，身上的每个器官都需要大量的水份才能顺利运作，帮助新陈代谢。

APR
2021

High-Fiber 高纤维

High-fiber diet is that you may find it easier to maintain or even lose weight. Foods high in fiber are usually healthier and lower in calories.

吃高纤维食物不仅可以帮助排除身体里的有害物质和废物，还可以减肥，使我们的身体变得更加健康。

MAY
2021

Breakfast 早餐

A good breakfast is the most crucial part of any healthy weight-loss effort, as it revs up your energy level and metabolism for the full day.

早餐对于控制一整天的食欲，能够有效地降低饥饿感，提高身体新陈代谢效率，有利于减肥。

JUN
2021

Salmon Fish 三文鱼

Salmon's reputation as a healthy food is largely based on its unusual omega-3 fatty acid content. They help reduce the blood pressure too, as they lower cholesterol level.

三文鱼的不饱和脂肪酸，能降低血脂和胆固醇，所含的Omega-3脂肪酸更是心脏不可少的物质。

JUL
2021

Fruit Juice 果汁

100% Fruit juices are a smart addition to any wellbalanced diet, providing vitamins and minerals like potassium, vitamin C and folate.

纯果汁能为身体健康提供必不可少的营养，包括果糖、矿物质、有机酸、胡萝卜素、蛋白质和维生素等。

AUG
2021

Warm Milk 牛奶

A glass of warm milk warms the body. When the body temperature is raised, the body also slows responses. The slowing of bodily responses precedes sleep.

牛奶有催眠的神奇功效。因此，容易失眠的人，睡前喝一杯新鲜牛奶，这会放松你的神经，使你轻松入眠。

SEP
2021

Eat Less Salt 少盐

A key healthy eating is choosing foods lower in salt and sodium. Lower-sodium diets can keep blood pressure from rising and help blood pressure medicines work.

减少盐的摄入，可帮助降低血压，并且也能降低中风的风险。

OCT
2021

Salad 沙拉

Green vegetables salad help to lower our cholesterol. As salad do not contain fats it helps in weight loss. Green vegetables salad help to decrease constipation.

蔬菜沙拉有助于降低身体胆固醇，它不含脂肪，隐藏对减肥有显著的效果，并且有助于减少便秘。

NOV
2021

Sleeping 睡眠

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circle.

睡眠可以使人们的大脑和身体得到休息、修整和恢复，对改善人们日常的工作和学习都有积极的促进作用。

DEC
2021

Dinner 晚餐

Some food and nutrition advocates suggest that eating dinner early will help you lose weight, especially if you consume your meat at least three hours before you go to bed.

晚餐要早，睡前至少3小时吃最理想，这时肠胃里食物已经残留不多，不会影响夜间的睡眠质量。