



雀鳥生存受威脅，我們豈能獨善其身？

If his future is uncertain, can ours be certain?

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保護環境小貼士 Sustainable Living Tips

衣 Clothing

- 盡量使用本地產品，減少因運送進口貨物帶來的碳足印
- 將準備要棄置但仍可以使用的衣物回收，或參加以物易物的活動
- 盡量選擇使用循環再造物料製造的產品
- Purchase clothes made locally to reduce the carbon footprint embodied in imported clothes
- Don't throw away unwanted clothes. Recycle them or trade them for other goods
- Choose clothing made from recycled materials, whenever possible

食 Eating

- 不時不食，選擇季節性的蔬果和農產品
- 參考世界自然基金會的<<海鮮選擇指引>>挑選環保海鮮
- Choose seasonal vegetables and products from local farms
- Use WWF's "Sustainable Seafood Guide" to help you make sustainable seafood choices

住 Living

- 選用具有一級能源效益標籤的電器
- 關掉所有的備用電源
- 減少浪費紙張，以及使用獲得森林管理委員會(FSC)認證的紙張和木材
- Choose electrical appliances with "Energy Efficiency Grade 1" labels
- Turn off or unplug all electrical appliances that are not in use
- Reduce paper use and choose paper and timber which has been certified by the Forest Stewardship Council (FSC)

行 Travel

- 盡量乘搭公共交通工具，及減少駕車的次數
- 到外地旅行，盡量選用陸上和海上的交通工具，減少乘搭飛機；如必須乘搭飛機，請選擇乘搭直航航班
- Take public transport when possible and reduce driving
- Travel abroad by train or ship and avoid taking flights. If it is necessary to travel by air, opt for non-stop flights

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17,000

香港人均一年用紙達86公斤重，約相等於1.7萬張紙¹。

Paper consumption in Hong Kong reached 86kg per person per year, equivalent to about 17,000 pieces of paper¹!

¹ 以辦公室A4紙(80克)計算。資料來源：香港生態足印報告2010。This figure assumes one "piece of paper" is one sheet of 80gsm A4 size paper. Reference: Hong Kong Ecological Footprint Report 2010



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