



地球資源就像我們的財富，如果我們長期支出多於收入，財富會持續減少。同樣，當人類耗用資源的速度比地球製造資源的速度快，就會入不敷支。這就是我們當前的問題。

To make a complicated issue more simple, let's compare the Earth's resources to financial assets. Just like any other asset, if we spend more than we make, one day our assets will run out. So it makes sense to say that if people consume natural resources faster than they can be regenerated by the planet, a deficit will occur. This "ecological deficit" is a very real challenge that we all need to tackle.

生物承載力=收入 BIOCAPACITY = INCOME

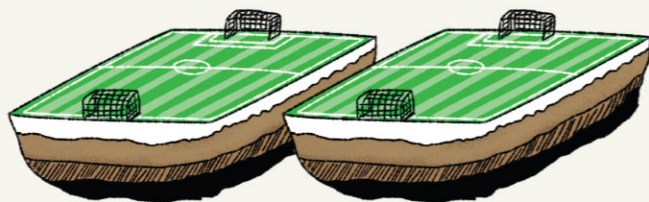
為人類供應資源及吸收二氧化碳的土地及海洋面積就是「生物承載力」，如海洋為人類供應海產，森林為我們提供木材及吸收二氧化碳。

Biocapacity is the ability of a particular area of land or sea to provide natural resources and absorb carbon dioxide. Oceans provide fish for humans to eat, while forests provide timber and absorb carbon dioxide, for example.



人均生物承載力 = 全球平均每人可享有的地球資源面積 = 1.8 地球公頃 (約2個足球場的面積)

Biocapacity per person = Area of resources that the Earth can provide each human being = 1.8 global hectares (almost as big as 2 football fields)



惜·揀·生活
TREASURE OUR PLANET
MAKE A BETTER CHOICE

生態足印=支出 ECOLOGICAL FOOTPRINT = EXPENSES



人類為生存而耗用天然資源。「生態足印」是量度人類對自然資源需求的工具，以土地面積 - 「地球公頃」作量度單位。

Humanity consumes natural resources, they are what keeps us alive. The "Ecological Footprint" is a tool to measure how many natural resources we are consuming in a given country or region. This is expressed in global hectares.

人均生態足印 = 全球平均每人現正消耗的地球資源面積 = 2.7地球公頃 (超過2.5個足球場的面積)
Ecological Footprint per person = Area of resources being consumed per person = 2.7 global hectares (bigger than 2.5 football fields)

透支 OVERDRAFT

地球本身擁有製造資源的能力，可是人類現時耗用資源的速度比地球製造資源的速度超出1.5倍，地球至少要花18個月才能再製造出足夠人類使用一年的資源，以及吸收人類產生的二氧化碳，地球出現入不敷支的情況。

The Earth continuously produces resources. But right now, humans are consuming these resources 1.5 times faster than they are being regenerated. In other words, it will take the Earth at least 18 months to absorb the carbon dioxide emitted and regenerate the renewable resources that people around the world have used in a year. We are now in a "resource deficit" position.

港人生活模式需要2.2個地球 2.2 EARTHS NEEDED TO SUSTAIN HONG KONG'S LIFESTYLE

香港人耗用資源的情況就更為嚴重，香港的人均生態足印是4地球公頃，若全球人類以香港人的模式生活，將需要2.2個地球的資源才能支撐，遠超地球所能承載的。

The resource deficit problem is even greater in Hong Kong. The Ecological Footprint of each individual in Hong Kong is 4 global hectares. If everyone on Earth lived the Hong Kong lifestyle, 2.2 Earths would be needed to support us. This is far in excess of what the planet can sustain.



香港人的過度消耗對環境的影響

OVERCONSUMPTION IN HONG KONG IMPACTS OUR ENVIRONMENT

本港有六成的生態足印來自碳足印。2010年，香港的人均碳排放量達每年13.44噸，相等於33.6棵成年樹，用40年時間才可吸收¹，其它一些過度消耗天然資源的例子包括：

- **海鮮**：2009年，香港人均海鮮食用量達每年71.6公斤，相等於進食了7,000多件魚生壽司²。其中很多海鮮來自缺乏可持續發展模式運作的捕魚及養殖業。
- **紙張**：2007年，香港人均一年用紙達86公斤重，相等於50餘萬張紙³。

In Hong Kong, 60 percent of our Ecological Footprint comes from our carbon footprint. In 2010, Hong Kong's carbon dioxide emissions per person was 13.44 tonnes per year - it would take 33.6 mature trees 40 years to absorb this amount of CO₂.¹ Examples of overconsumption includes:

- **Seafood** : In 2009, the average Hong Kong person ate about 71.6kg of seafood - the equivalent of over 7,000 pieces of sushi!² Much of this seafood was imported from unsustainable fishery sources.
- **Paper** : In 2007, paper consumption in Hong Kong reached 86kg per person per year, equivalent to 500,000 pieces of paper!³

由此可見，香港人過度耗用天然資源。為了讓地球能繼續支持我們及下一代的生活，我們應實踐可持續生活模式。Hong Kong people are clearly over-consuming the Earth's precious natural resources. To create a better planet for ourselves and our next generation, we need to start living more sustainably.

1: 資料源自氣候正碳足印計算器 climateers.org
2: 以每件壽司上的魚生約重10克計算
3: 以辦公室80gsm A4 紙計算

1: Data provided by Climateers' Carbon Calculator - climateers.org/en
2: This figure assumes that one piece of sushi contains 10g of seafood.
3: This figure assumes one "piece of paper" is one sheet of 80gsm A4 size paper.

愛護地球，由生活著手

REDUCE THIS DEFICIT BY MAKING BETTER CHOICES

實踐可持續生活模式，可以大幅減少你的生態足印

If you begin living a sustainable lifestyle, you can greatly reduce your Ecological Footprint.

衣 Clothing

- 盡量使用本地產品，減少運送進口貨品帶來的碳足印
- 將要棄置但仍可用的衣服回收，或參加以物易物活動
- 盡量選擇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, where possible

食 Eating

- 不時不食，選擇時令的蔬果和農產品
- 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, where possible
- Use WWF's Sustainable Seafood Guide to help you make sustainable seafood choices

海鮮選擇指引可於以下途徑下載：

Seafood Guide is available at:

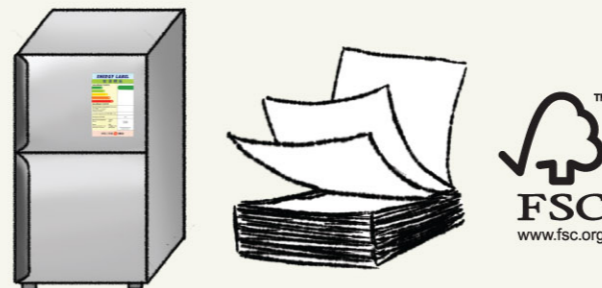


或瀏覽：
Or visit:
wwf.org.hk/seafood/



住 Living

- 選用具有一級能源效益標籤的電器
- 關掉備用電源
- 減少浪費紙張，以及使用得到森林管理委員會(FSC)認證的紙張和木材
- Choose electrical appliances with an "Energy Efficiency Grade 1" label
- Turn off or unplug 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

- 多乘公共交通工具，減少駕車次數
- 到外地旅行的話，盡量選用陸上和海上交通工具，減少乘搭飛機；如必須乘搭飛機，請選乘直航航班
- Take public transport and reduce driving
- Travel abroad by train or ship and avoid taking flights. If it is necessary to travel by air, opt for direct flights



只要每人多走一步，下一代便可於一個健康及美好的地球生活!

EVERY JOURNEY BEGINS WITH ONE STEP. IF EVERYONE STARTS TAKING THESE SMALL STEPS TOGETHER, WE REDUCE OUR ECOLOGICAL FOOTPRINT AND LEAVE A BETTER PLANET FOR THE NEXT GENERATION.

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