

# 氣候通勝

HOW TO SAVE THE CLIMATE



獨立敢言  
見證10年

綠色  
和平  
GREENPEACE

# 我們有力制止氣候變化

We can stop **Climate Change**

自工業革命至今，全球氣溫已上升了攝氏0.8度。  
小小升幅，足以令兩極冰川急速融化，  
熱浪、颱風、乾旱等極端天氣越來越頻密。  
在香港，氣溫屢創新高，天文台更估計  
香港在80年後沒有冬天。

要緩和氣候變化，我們生產能源的方式、生活形態及  
交通運輸模式都需要進行徹底變革。

只要我們在2050年前減少排放50%的二氧化碳，  
便有希望將地球氣溫升幅控制在攝氏兩度之內。

這本小冊子將告訴你，如何從改變生活小節入手，  
為保護氣候盡一分力。

Average global temperature has risen by 0.8 degree Celsius since the Industrial Revolution. This small increase may not sound like much, but it is melting the glaciers at the two Poles, bringing more frequently extreme weathers like heat waves, typhoons and droughts. In Hong Kong, temperature records are being repeatedly broken and the Hong Kong Observatory predicts that winter will no longer exist in 80 years.

We must now revolutionize our energy generation, lifestyle and means of travel for a better climate.

To control global temperature rise under 2°C, we must cut carbon dioxide emissions by 50% before 2050.

Work with this booklet and start changing your lifestyle today for the climate.

# 氣候變化 成因

Why is the planet **Heating Up?**



太陽光線照射地球表面，地球的大氣層將部分光線反射回太空，同時積聚部分熱能，使地球溫暖和適合人類居住。

The sun's rays warm the Earth's surface. Part of the heat is reflected back to the Space by the atmosphere while some is retained to keep the world warm and suitable for our living.

可是，人類活動向大氣層釋放大量能吸收太陽熱力的溫室氣體，令大氣層積聚過多熱能，破壞氣候系統的平衡。

However, human activities are upsetting this balance by releasing too much heat-trapping greenhouse gases into the atmosphere. This seriously affects the climate.

# 氣候變化

## What does 與我何干? Climate Change mean to us?

到底過量的溫室氣體來自哪裡?  
Where do all the excessive  
greenhouse gases come from?

### 化石燃料 Fossil Fuels

燃燒煤和石油，排放大量二氧化碳（最主要的溫室氣體），是導致氣候變化的頭號元凶。

Burning coal and fossil fuels releases carbon dioxide (a major greenhouse gas) and is the number one climate-killer.



### 砍伐森林 Destruction of Forests



砍伐熱帶雨林導致的二氧化碳排放佔全球兩成，大大影響全球各區的氣候系統。

Destruction of rainforests is responsible for about one fifth of total carbon dioxide (CO<sub>2</sub>) emissions and leads to collapse of entire regional climatic

### 農業 Agriculture

畜牧、農業和砍伐森林，會排放甲烷、一氧化二氮及氟氯化碳等重要的溫室氣體。

Methane, nitrous oxide and industrial gases are important greenhouse gases that come from animal husbandry, agriculture and forest destruction.



# 氣候變化的影響

## What will happen if we fail to act?



倫敦、上海、紐約和香港等地受海平面上升威脅

London, Shanghai, New York and Hong Kong are being threatened by Sea Level Rise

全球冰川融化令更多河流乾涸，危及水資源供給

Glaciers Melts are drying up the rivers and endangering water supplies.



動植物無法適應反常氣候而導致物種消失  
Extinction of Species will speed up as they cannot adapt to extreme climate

熱浪頻仍  
more Heat Waves



糧食減產，數以百萬計人口將面臨饑荒，貧窮國家最受打擊

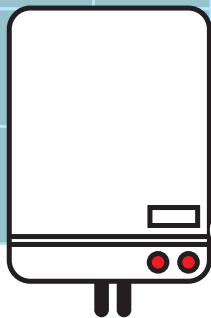
Decrease in crop yields will make millions of people suffer from Famine and poor countries will be hit the most.

# 我們可以做什麼？節約能源 救氣候，從家居做起！

What can we do ?

## Save energy in your home

不要用電動牙刷  
等並非必需的  
電器。  
Don't use  
unnecessary  
appliances  
like electric  
toothbrush.



熱水爐是家中耗能最多的電器之一，我們要盡量確保有效地使用熱水設備。

Water boiler consumes much energy among domestic electrical appliances. The important thing is how to heat water and use it efficiently.



如需要使用浴室小電器，充電後立即拔走插頭，用光能量後才再充電。記緊將廢舊電池交予合格的回收商。

Make sure that you charge the battery-driven appliances right. Pull out the plug as soon as the battery is recharged. Use up the battery from time to time. Dispose it correctly when no longer usable.

淋浴時挑一首  
短歌，沖涼要快！



Choose a short  
song to sing or whistle.

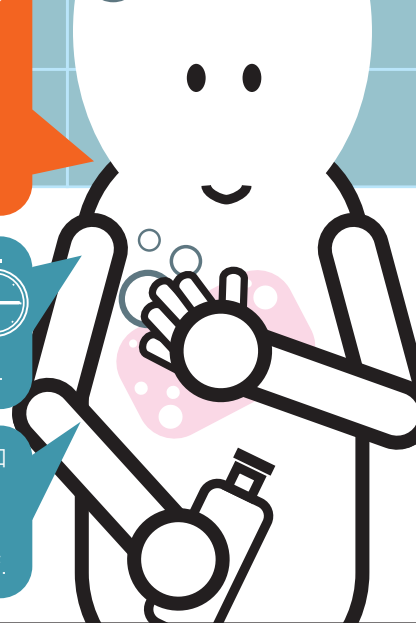
關掉水制才塗沐浴乳和  
洗髮水。

Turn the water off  
whilst soaping yourself.



用慳水的洒水頭。

Install a water-saving  
shower head.



# 省吃儉用，為地球累積財富!

## Save energy in your kitchen

使用壓力煲或其它低耗能的器具。  
Use a pressure cooker.



將雪櫃放到陰涼處。

Stand your fridge in a cool place.



關好雪櫃門，保持頂部通風及散熱器不會佈滿塵埃。

Make sure fridge's seals are intact; keep its louvers open and its ventilation grilles free of dust.

用電熱水壺燒水更省能源。

Electric kettles are more efficient.



煮食時使用鍋蓋，減少耗能。

Leave the lid on the pot.

焗菜和蒸魚等時放少些水，縮短燒熱水的時間。

Use less water when cooking vegetables and fish.



使用電熱爐頭或焗爐時，可在食物快煮好時關掉電源，讓爐頭剩餘的熱力把食物煮熟，省掉用電。

Switch off hotplates and the oven when cooking is near ready. Let the heat residual finish the cooking.

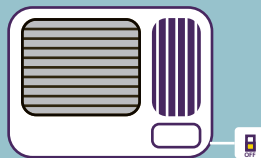
# 清爽涼快，節能家居

## Save energy in your living room



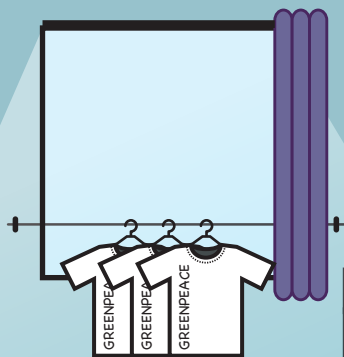
選購新電器時，確保產品的能源效益表現良好。盡可能購買印有「能源標籤」的電器。

Buy energy-efficient products. Look for those with energy-saving labels.



離開房間前半小時，關掉冷氣。

Turn off air-conditioning half an hour before you leave your room.



晾乾你的衣服吧！一個四人家家庭如能放棄使用乾衣機，每年可省掉480度電，及減少排放300公斤二氧化碳。

Hang up your washing to dry. A four-person household that throws out its tumbler drier will save 480 kilowatts of electricity and 300 kilos of CO2 annually.



儲滿一機才洗吧！不需要「預洗」，也避免用溫水洗衣。

Always wash with the machine in a full drum. Avoid washing with hot water supply.



綠色和平在香港工作十年，期間見證不少環境問題，並推動改革。

我們現時正面對全球氣候變暖的嚴峻挑戰，急需你們的參與行動。

## 「GoGreen! 齊慳百萬度電」活動

綠色和平於今年7月至8月底舉行「GoGreen! 齊慳百萬度電」活動，旨在未來一年為香港節省一百萬度電，以減少80萬公斤二氧化碳。



### 扭一扭 · 救氣候！你換左慳電膽未？

馬上登入 <http://gogreen.org.hk/bulb>，加入齊慳百萬度電行列，計算你家裡轉用慳電膽 / 慳電管後，可以慳多少電費，及為地球減少排放多少二氧化碳！

你亦可傳閱此小冊子和推介以上網頁，呼籲親友一起支持「GoGreen! 齊慳百萬度電」活動。眾志成城，拯救氣候！

如果你已在家居或辦公室採用慳電的照明系統，歡迎致電 2854 8300 和我們分享你的節能心得，以供更多市民參考。

特別鳴謝 IKEA宜家傢俬及 Baleno 的支持。

## 關於我們 ABOUT US

綠色和平是一個全球性的非政府組織，總部設於荷蘭阿姆斯特丹，在40多個國家設有辦事處。我們以保護地球、環境及其各種生物的安全與可持續性發展為使命，以實際行動作出積極的改變。

中國綠色和平於1997年在香港成立，並在北京和廣州設有聯絡處。我們極度關注中國生態環境所受到的嚴峻威脅，環境問題不分國界，而中國佔世界總人口的五份之一，對未來環境的影響舉足輕重。我們以研究、游說及非暴力直接行動手法引起社會各界對環保的關注。我們主張公開討論全球環境問題，與各地政府及人民一起共同尋找建設性的解決方案，推動中國的可持續發展，致力使中國發展成為一個擁有健康環境的國家。

為保持獨立的環保立場，我們從不接受政府、財團或政治團體的資助，我們的工作全賴熱心的市民和獨立基金會的捐助。請為地球出一分力，立即加入拯救的行列，成為我們全球逾280萬名支持者的一份子。

Greenpeace is a global non-governmental organisation headquartered in Amsterdam with a presence in over 40 countries. Greenpeace works to expose global environmental problems, and force solutions for a green and peaceful future. Greenpeace's goal is to ensure the ability of the earth to nurture life in all its diversity.

Greenpeace China was established in 1997 in Hong Kong and has since added offices in Beijing and Guangzhou. Our work in China focuses on addressing the crucial threats to the country's biodiversity and ecosystem. Environmental problems know no boundaries, China, with one fifth of the world's population, has a significant impact on our global environment. We raise public awareness about environmental issues through research, lobbying and non-violent direct action. We promote open discussion about China's environmental problems and work with local government on constructive solutions for a healthy and sustainable future.

To maintain our independence, we do not accept donations from governments, corporations or political parties. We depend entirely on individuals and private foundations to support our work. Join us and the other 2.8 million Greenpeace supporters worldwide and help give us all a sustainable future.

## 我樂意捐助綠色和平

## YES! I WANT TO SUPPORT GREENPEACE CHINA

請選用每月捐款計劃，您的長期支持對我們策劃環保工作非常重要，同時可節省行政開支。

Please choose monthly donation. Your ongoing support enables us to plan our environmental programmes more effectively and save administration costs.

### 每月捐款 MONTHLY DONATION

\$100       \$200       其他Others \$ \_\_\_\_\_  
可選用信用卡或自動轉賬 By credit card or autopay

### 一次捐款

\$500       \$800       \$1000       其他Others \$ \_\_\_\_\_  
可選用信用卡、支票或存入「綠色和平」賬戶  
By credit card, cheque or bank deposit

### 付款方法 PAYMENT METHOD

以信用卡支付 CREDIT CARD

Visa        Master Card        American Express 

信用卡號碼 Credit Card No.:

持卡人姓名 Cardholder's Name:

有效日期 Expiry Date:

\*每月捐款將在信用卡到期後自動延續

Monthly donation continues after card expiry until further notice given

持咭人簽名 Cardholder's Signature

日期 Date:

- 銀行自動轉賬 Bank autopay (授權書隨後寄上 Authorization form will be sent to you.)
- 支票抬頭請寫「綠色和平」 Please make cheque payable to GREENPEACE CHINA
- 存入「綠色和平」匯豐銀行戶口 (Bank deposit to Greenpeace China account in HSBC)  
存戶號碼 Account No.: 511-899973-001 (請連同存款收據及表格寄回 Please mail/fax the bank deposit slip with this form)

### 捐款人資料 DONOR'S INFORMATION

(請以英文正楷填寫 Please write in BLOCK letters)

英文姓名 Name in English

中文姓名 Name in Chinese

身份證號碼 ID Card No. 避免會員資料重複  
To avoid member  
record duplication only

辦公室電話 Office Tel.

住宅電話 Home Tel.

手提電話 Mobile No.

傳真號碼 Fax No.

電郵地址 Email

地址 Address

出生年月 Year & Month of Birth  
(MM/YYYY)

性別 Sex

### 你的個人資料絕對保密

**Your personal data will be kept confidential!**

捐款港幣100元以上可申請扣稅。

Donation over HK\$100 are tax deductible.

以上資料只會作發出收據及通訊用途。若閣下不希望收到綠色和平之通訊，請來函通知。

The above information will be used for receipting and communication purposes only. Please notify us in writing if you do not wish to receive future mailings from Greenpeace China. 請填妥表格傳真或寄回綠色和平。 Please complete this form and return it to Greenpeace China by fax or mail.

多謝!

Thank you!  
PUBBO-CL1062007



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毋須貼上郵票

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Greenpeace China  
Freepost No. 34

## "GoGreen! Save 1 million units electricity" activity



Greenpeace will be running the above campaign starting July to August. We want to save one million units of energy leading to a reduction of 800,000 kilograms of CO<sub>2</sub>, taking the first step to save the climate.

**Let's save the climate.  
Have you switched to energy-saving lighting?**

Visit <http://gogreen.org.hk/bulb>, and calculate the money and carbon emission you can save when you switch to energy-saving lighting. Let's join hands to save 1 Million Units of Electricity!

Share this brochure and the website with your friends. Let's gather force for the climate!

If you have already made a switch, share with us your experiences. Call us at 2854 8300.

Saving 1 Million Units of Electricity is only the first step. Acknowledgment is given to IKEA and Baleno.

# 讓家裡亮得更「綠」! Light efficiently

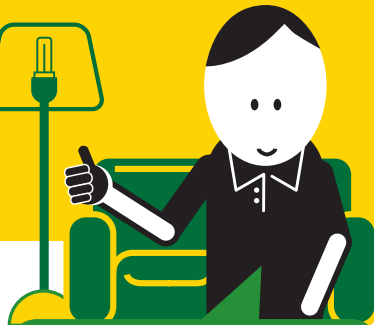


盡量利用自然光  
Take advantage  
of natural light.



發光二極管  
(Light-emitting diode,  
LED): 壽命長, 可用  
上10萬小時; 沒有水  
銀、紫外線或紅外線  
輻射。

Light-emitting diode,  
LED: Long-lived for  
100,000 hours; no  
mercury, ultra-violet  
or infra-red radiation.



光管 (Fluorescent tube): 能提高  
發光效率, 使用較少玻璃、水銀  
及包裝物料。

Fluorescent tubes: higher  
luminance, save energy, use less  
glass, mercury and packing  
materials.

鎢絲燈只有5%能量會轉化  
為光, 其餘95%轉化為  
無用的熱能而浪費掉。



Incandescent lamps use only 5% of  
energy to light up while the rest is  
wasted to heat.

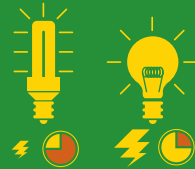


不要頻密開關光  
管或恆電膽, 否  
則壽命將會減少  
六成以上。

If you turn on and  
off a fluorescent  
tube or CFL very  
frequently, the life  
can be shortened  
by more than  
60%.



恆電膽 (Compact fluorescent lamp,  
CFL): 具有光管的所有優點, 並且  
耗用的電力比相同光度的鎢絲燈少  
七成半以上。恆電膽的壽命平均為  
1萬小時, 比鎢絲燈泡高十倍。



Compact fluorescent lamps: consist of all advantages of  
fluorescent tubes, and compared with incandescent lamps  
of the same luminance, it saves over 75% of energy. The  
lifetime of CFLs is also 10 times longer than incandescent  
lamps (10,000 hours).

# 勤工儉學，積少成多!

## Save energy in your office



液晶顯示屏和手提電腦是省電好幫手。


Both LCD monitor and notebook computer are energy saver.

電腦關機後，  
拔掉電源。

Unplug the PC from  
power after switching  
it off.

關掉電器後，  
請拔掉插頭。

Don't leave chargers  
and transformers  
plugged in.



盡可能以電話通訊或視像會議替代長途飛行。

Cut long distance flights by using telephone and video conferencing.

讓電腦好好休息，  
不使用時馬上轉至  
「休眠」狀態。

Let the PC sleep and  
switch to idle mode  
as soon as you stop  
working with it.

# 大踏綠色腳步， 神情的確威武！ Travel Climate- consciously

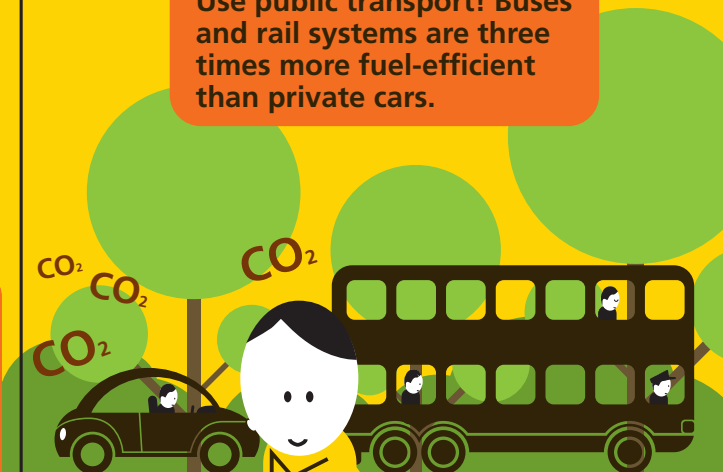


選購低耗油的汽車！  
下次買車時，最緊要記  
得問：「這輛車要消耗  
多少汽油？」

Next time when you  
buy a car, ask how  
much diesel it  
consumes.

使用公共交通工具。私家車較  
巴士和鐵路系統排放多三倍的  
二氧化碳。

Use public transport! Buses  
and rail systems are three  
times more fuel-efficient  
than private cars.



多點走動和踏單車。  
寧靜、清潔、令你身體  
健康！

Stretch your legs or  
ride a bike more often!  
It's quiet, clean and  
keeps you fit.

# 改變環境， 從改變腦袋開始! Less is more

放假時到鄰近地區旅行，  
減少長途飛行。

Rediscover local beauty!



選擇有機及本土時令產品，減少使用化學肥料或殺蟲劑，也可避免長途食物運輸。

Opt for organic foods. They are grown without artificial fertilisers or pesticides. Buy local products when they are in season. That cuts down goods traffic.



從處著手，改變生活習慣，進而協助大處改變。

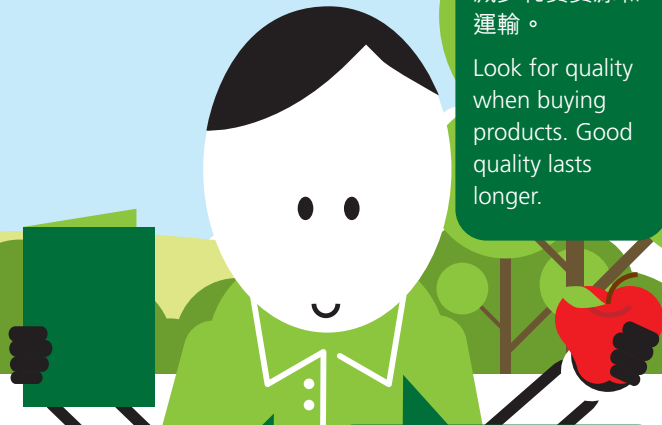
Start changing your lifestyle.



2007  
2008  
2009  
2010

選購品質較佳和更耐用的產品，減少耗費資源和運輸。

Look for quality when buying products. Good quality lasts longer.



了解更多科學界對氣候變化的評估，合力推動大眾為氣候行動。

Understand the scientific findings on climate change and help raise public awareness.

少吃肉，因為飼養牲畜使用許多飼料，又會砍伐森林。

Eat less meat! Livestock farming is also responsible for greenhouse gas emissions and leads to rainforest destruction.





# 獨立敢言 見證10年



回歸十年，綠色和平亦在香港工作十年，  
期間我們見證不少環境問題，並推動改革。

## GoGreen綠潮

今個夏天，綠色和平將會透過一連串以**綠潮**為主題的活動，與大家一起回顧及分享十年以來的工作成果，並發動全港市民加入轉用慳電膽行列，合力節省一百萬度電，為舒緩氣候變化踏出第一步。  
投入**綠潮**，請即登入 [GoGreen.org.hk](http://GoGreen.org.hk)。

### 7月份

- **GoGreen綠潮 抵港**：登入 [GoGreen.org.hk](http://GoGreen.org.hk)，以一人一燈慳百萬度電，拯救香港
- **氣候座談會 @ 商務印書館**
- **綠潮 紀念品公開發售**
- **啟動「GoGreen! 齊慳百萬度電」活動**
- **林一峰烏魯木齊「氣候之旅」相片拍賣 @ Pop Bites**  
(3 Old Bailey St. SOHO)

### 8月份

- **「人山人海擁抱綠色和平」音樂會**：  
投入人山人海，與黃耀明、at17一起 **GoGreen** 掀起**綠潮**。

**綠潮** 一浪接一浪，更多活動即將推出！

想購買限量製**綠潮**產品、預訂演唱會門票、  
加入**綠潮**熱浪中？請登入 [GoGreen.org.hk](http://GoGreen.org.hk)。

Be Greener! 看得綠！穿得綠！用得綠！

投入 **GoGreen綠潮**

## GoGreen綠潮

This year we celebrate

**10 years of campaigning** for  
a green and peaceful future in China.

We opened our first office in Hong Kong in 1997 and  
have since added liaison offices in Beijing and Guangzhou.

We take action to change attitudes and behaviour,  
to protect and conserve the environment and to  
promote peace. We champion environmentally  
responsible and socially just solutions.

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