

濕地與我們 Wetlands and Us

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Wetlands and Us

甚麼是濕地？

根據《拉姆薩公約》，濕地是指沼澤、泥沼地、泥炭地或由水體構成的地面，無論其天然或人工、永久性或暫時性的；並且當中有靜止或流動的水，可以是淡水、鹹淡水或鹹水，還包括了乾涸時水深不超過六米的海岸。

What are Wetlands?

According to the Ramsar Convention, wetlands are areas of marsh, fen, peatland or water, whether natural or artificial, permanent or temporary, with water that is static or flowing, fresh, brackish or salt, including areas of marine water the depth of which at low tide does not exceed six metres.

《拉姆薩公約》及世界濕地日

The Ramsar Convention and World Wetlands Day

《拉姆薩公約》是一項保護濕地的國際公約，以濕地保育可持續發展為主要內容。於1971年2月2日在伊朗拉姆薩市簽訂，並在1978年正式生效。為紀念該公約的簽訂，《拉姆薩公約》的簽訂日期2月2日即被定為世界濕地日。藉此加強保護濕地的意識。

The Ramsar Convention is an intergovernmental treaty, which mainly focuses on wetland conservation and sustainable development, signed on 2 February, 1971 in Ramsar, Iran, and entered into force in 1978. 2 February is designated as the World Wetlands Day (WWD) to commemorate the signing of the Ramsar Convention and raise awareness about the vital role of wetlands.

濕地的種類

Types of Wetlands

根據《拉姆薩公約》，濕地大致可分為三個類別：海洋及海岸濕地、內陸濕地和人工濕地。

Marine and Coastal Wetlands, Inland Wetlands, and Human-made Wetlands.

猜一猜：香港哪裡被列為拉姆薩濕地？

Make a Guess: Which part of Hong Kong is designated as a Ramsar Site?

位於新界西北面的米埔及內河灣於1995年9月4日被《拉姆薩公約》劃定為「國際重要濕地」。面積大約為1,500公頃。這片濕地是鹹淡水灣，鹽水地帶由淺灘的泥灘和泥灘，連綿綿伸至最大面積的紅樹林，亦有蘆葦、海欖等濕地植物。米埔自然護理區被譽為香港的「鳥類天堂」，是候鳥非常喜歡的越冬棲息地和補給站。此濕地每年冬季平均有50,000至80,000隻水鳥棲息，當中超過50種全球受威脅及近危的物種。

Located in the northwestern New Territories, around 1,500 hectares of wetland in the Mai Po and Inner Deep Bay region were designated as a Ramsar Site on 4 September 1995. It has a shallow bay with extensive intertidal mudflats backed by the largest piece of mangrove in Hong Kong, as well as pelt wais, fishponds, and reedbeds. The Mai Po Nature Reserve, known as Hong Kong's "Bird Paradise", serves as an important overwintering and refuelling site for migratory birds. It supports on average 50,000 to 80,000 waterbirds in winter, with more than 50 species considered globally threatened and near-threatened.

香港的濕地

Wetlands in Hong Kong

以上地點為部分本港濕地例子
The above locations are some examples of wetlands in Hong Kong

為什麼濕地這麼重要？

Why are Wetlands Important?

食物 Food

濕地為我們提供食物，我們日常生活中，不少食物都來自濕地，例如：魚、蝦、西洋菜、高粱、蘆葦、蓮子、慈姑、芋頭等。我們經常食用的白米，便是水稻穀粒脫殼後所剩餘的部分。

Wetlands provide us food. In our daily life, many foods come from wetlands. e.g. fish, shrimp, water cress, water spinach, lotus root, lotus seed, arrow-head, taro etc. The rice we often eat is the leftover after the husks are removed.

濕地與我們的未來

Wetlands and Our Future

水資源及淨化 Water Source and Purification

濕地提供重要的水資源。我們的食水大部分來自河流、湖泊及濕地的地下水。此外，濕地能淨化污水，去除水中的有害物質和雜質。濕地能淨化污水，去除水中的有害物質和雜質。

Wetlands are important sources of water. We obtain fresh water mainly from rivers, lakes and underground water by removing harmful materials and excessive nutrients and filtering suspended particles.

氣候調節 Climate Regulation

濕地可以吸收大量二氧化碳並儲存。濕地能吸收、儲存和釋放二氧化碳，其中，泥炭地吸收及儲存的碳量是所有森林總量的兩倍。儘管泥炭地僅佔地球陸地面積的3%，卻擁有超過百分之三的土地碳。

Wetlands regulate global climate and ease the problem of climate change by absorbing a large amount of carbon dioxide and storing carbon. Among other wetlands, peat bogs can store twice as much carbon as all the forests combined. Despite occupying just 3% of Earth's land area, peat bogs can hold more than a quarter of all soil carbon.

儲水 Water Storage

苔蘚、泥炭和蘆葦是一種吸收水的巨型植物。儲存水分，然後慢慢地釋放至表面及地下水。有助於穩定大年的降雨量，以及濕地的水生植物在乾旱季節也能耐旱。

Wetlands such as fens, reeds and swamps soak up water like giant sponges. They store water and then slowly release it as giant sponges. They store water and then slowly release it as giant sponges. This helps to maintain a steady annual streamwater discharge and allows wetland aquatic plants to flourish during dry seasons.

中藥材 Chinese Herbal Medicines

世界各大文明的傳統醫學皆以植物、動物或礦物入藥，而中藥藥在應用濕地植物方面具有相當的代表性。

Plants, animals or minerals have been widely used as traditional medicines in many major civilisations. One of the representative examples on the use of wetland plants is Chinese herbal medicines.

海岸線保護 Shoreline Protection

紅樹林和蘆葦是一種天然的屏障，能保護海岸線免受風暴的破壞和侵蝕。生長在河岸及沿海的濕地植物也能減緩泥沙及減低水流的侵蝕。

Mangroves and reeds protect the shorelines from damage and erosion by acting as natural barriers against the impacts of storms and waves. Aquatic plants growing on river banks and pond banks can also hold the substratum and reduce the speed of water current.

生態價值 Ecological Values

地球上40%的動植物物種在濕地生活或繁殖後代。當中包括瀕危物種。部分動物會定期使用濕地以繁殖及養育後代。例如候鳥在遷徙過程中，會利用不同的濕地作為休息和覓食之所。部分昆蟲也會利用濕地的植物作為繁殖及育後代的材料。

40% of plant and animal species on Earth live or breed in wetlands, including endangered species. Some animals utilise wetlands intermittently for breeding and rearing juveniles. For example, migratory birds use various wetlands as roosting places and feeding grounds during their migrations. Some insects also build their homes with wetland plants.

保護濕地，由日常做起！

Let's Protect Wetlands Starting From Daily Life!

我們可以在濕地進行各種康樂和教育活動，例如觀鳥、生態攝影和釣魚。亦適合推廣生態旅遊。

Wetlands provide us with places for recreational and educational purposes, like bird watching, wildlife photography and swimming. Also, wetlands are invaluable resources to promote eco-tourism.

香港濕地公園

Hong Kong Wetland Park

地址：香港新界天水圍濕地公園路
Address: Wetland Park Road, Tin Shui Wai, New Territories, Hong Kong
電話 Tel: 3152 2666
網址 Website: www.wetlandpark.gov.hk

安裝配件 Installation Parts



展板數量 Number of panels : 8 塊 8 pieces

總尺寸 Gross Dimensions : 290cm (W) x 170cm (H)

總重量 Total Weight：約 8 公斤 About 8 kg

安裝配件 Installation Parts : 8 條 8 pieces

展板預覽 Panel Preview

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The Ramsar Convention and World Wetlands Day

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水資源及淨化 Water Source and Purification
濕地是重要淡水資源，我們的水大部分來自河流、湖泊及濕地的地下水。此外，濕地能淨化污水，去除水中的有機物質和懸浮微粒，以及過濾水中的營養鹽。
Wetlands are important sources of water. We obtain fresh water mainly from rivers, lakes and underground water of wetlands. Furthermore, wetlands purify water by removing harmful materials and excessive nutrients and filtering suspended particles.

氣候調節 Climate Regulation
濕地可以吸收大量二氧化碳並儲存碳，調節地表的溫度，緩和氣候變化問題。其中，泥炭地吸收及保存的碳量是所有森林總和的兩倍，而泥炭地濕地佔全球面積的3%，卻擁有超過四分之一的土壤碳。
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儲水 Water Storage
新加坡、泥沼和沼澤地能吸收大量的水，然後慢慢地釋放出來，以維持水位的穩定。濕地能吸收及儲存大量的水，以維持水位的穩定，並防止洪水氾濫。
Wetlands such as bogs, fens and swamps soak up water like plant sponges. They store water and then slowly release it as surface runoff and underground water. This helps to maintain a steady annual streamwater discharge and allows wetland aquatic plants to flourish during dry seasons.

濕地的分類

根據《拉姆薩公約》，濕地大致可分為三類：海洋及海岸濕地、內陸濕地和人工濕地。

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According to the Ramsar Convention, wetlands can be roughly grouped into three categories: Marine and Coastal Wetlands, Inland Wetlands, and Human-made Wetlands.

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米埔及內海灣拉姆薩濕地
Mai Po and Inner Deep Bay Ramsar Site

香港的濕地
Wetlands in Hong Kong



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世界各大文明的傳統醫學都採用植物、動物和礦物入藥，而中藥藥材是傳統醫學植物藥材的重要代表。

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康樂 Recreation

我們可以在濕地進行各種康樂活動，如賞鳥、攝影、生態攝影等，亦適合團體活動。

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濕地與我們的未來
Wetlands and Our Future

如果濕地消失怎麼辦？
What if Wetlands Disappear?

- 我們可能會更頻密地遇到極端天氣及自然災害，例如超強颱風、炎熱、水災、火災及旱災。
We may encounter extreme weathers and natural disasters more frequently, such as super typhoon, extreme hot weather, flooding, fire and drought.
- 生物失去棲息地，使其數量大幅減少，生態系統可能會失去平衡。
Loss of habitats may cause massive decrease in the number of organisms and jeopardizing the balance of the ecosystem.
- 影響糧食及淡水供應。
Stability of food and fresh water supply will be affected.

保護濕地，由日常做起！
Let's Protect Wetlands Starting From Daily Life!



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