

Panel 11 – 濕地與我們 Wetlands and us

什麼是濕地?

What are wetlands?

根據拉姆薩爾公約，沼澤地、泥炭地或水體都是濕地。濕地環境可以是天然或人工、永久或暫時性；當中有靜止或流動的水，可以是淡水、鹹水或鹹淡水，這包括了退潮時水深不超過6米的海岸。

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.

濕地的種類

Types of wetlands

根據拉姆薩爾公約濕地類型分類系統，全球共有42種不同類型的濕地，大致可分為三大類：海洋及海岸濕地（例如：珊瑚礁、潮間帶泥灘）、內陸濕地（例如：河溪和水塘）、以及人工濕地（例如：魚塘和耕地）。

According to the Ramsar Classification System for Wetland Type, there are 42 types of wetlands around the world, which can be grouped into three categories: Marine and Coastal Wetlands (e.g. coral reefs, intertidal mudflat), Inland Wetlands (e.g. rivers, streams and reservoirs) and Human-made Wetlands (e.g. aquaculture ponds and irrigated land).



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濕地知多少?

Wonders of Wetlands

濕地面積有多少?

How big are wetlands?

全球內陸濕地面積至少約有9億5000萬平方公里，約佔全球陸地面積6.5%，而內陸與海岸濕地至少約12億8000萬平方公里。

Inland wetlands covers at least 950 million km², i.e. 6.5% of the Earth's land surface, with inland and coastal wetlands together covering a minimum of 1280 million km².



濕地有什麼經濟價值?

What are the economic values of wetlands?

濕地及其相關的生態系統服務，每年產生大約14萬億美元（約109萬億港元）的經濟價值。

The value of wetlands and their associated ecosystem services has been estimated at US\$14 trillion (about HK\$109 trillion) annually.



濕地養活多少人?

How many people depend on wetlands?

全球一半的人口(約30億)以濕地種植出來的稻米為主要食糧。此外，全球約有15至30億人依賴濕地供給的地下水為主要飲用水源。

The staple diet of half of the world's population (approx. 3 billion people) is rice which grows in wetlands. About 1.5-3 billion people depend on groundwater as the major source of drinking water which is recharged through wetlands.



淡水濕地養活多少物種?

How many species depend on freshwater wetlands?

淡水濕地孕育了超過地球上40%的已知物種。
The freshwater wetlands support over 40% of the known species in the world.



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濕地生境為何重要?

WHY ARE WETLAND HABITATS IMPORTANT?

各類型的濕地生境孕育了豐富而多樣的生物，而這些濕地亦與我們的生活息息相關。你能找出其中的一些例子嗎?

A variety of wetland habitats support rich biodiversity which relates to our daily lives closely. Could you find some examples?

空氣 AIR

濕地植物進行光合作用釋放氧氣，使其他生物能夠生存。植物吸收大氣中的二氧化碳，調節地球的氣候。

Wetland plants carry out photosynthesis to produce oxygen which is essential for the survival of organisms. Plants also regulate the earth's climate as they absorb carbon dioxide.



食物 FOOD

我們日常食用的稻米、西洋菜和慈姑都是水耕農地的作物，而魚、蝦和蟹也是濕地供應的食物。

Wet agricultural lands produce food plants including Rice, Water Cress and Chinese Arrow-head. Fish, shrimp and oyster are also food sources, provided by wetlands.



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水淨化 WATER PURIFICATION

蘆葦床能夠過濾水中過多的養分、有毒物質和懸浮顆粒等。

Reedbed filters water by removing excessive nutrients and toxic materials, and stabilising suspended particles.



藥物 MEDICINES

世界各大文明的傳統醫學均普遍以植物、動物或礦物入藥，而中醫藥對植物應用具有相當的代表性。很多濕地植物有廣泛的食療作用，例如蓮子和蓮蓬。

Plants, animal, minerals have been widely adopted as medicines in traditional medicine in the world's major civilizations, of which the application of Chinese herbal medicine is one of the best examples. Many wetland plants are widely used in food therapy, for example seed and seed pod of lotus.

能源 ENERGY RESOURCES

現代生活不可缺少的電力，大部分靠燃燒煤炭而產生。煤炭是幾億年前遠古時代的植物被埋在低窪地區、湖裡或是海洋邊緣地帶，受長期壓力、地熱和細菌作用而形成的。

Electricity which is indispensable to modern life is mostly generated by coal burning. Coal is converted from plant buried in low-lying areas, lakes or coastal areas in ancient times. Long term pressure, high temperature and bacterial activity are the keys of conversion.



景觀 SCENERY

紅樹林獨特的景觀是無價的自然資源，適合推廣生態旅遊。

The unique landscape of mangroves is valuable resources of eco-tourism.



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