



上游、下游 濕地連繫你我 UPSTREAM DOWNSTREAM

Wetlands Connect Us All



上游、下游 濕地連繫你我

Upstream — Downstream Wetlands Connect Us All

1 河溪包含各種生態環境，孕育了很多動植物，形成豐富的生態網。

A wide variety of ecosystems can be found along river basins, which are breeding or growing places for many animals and plants, forming complex ecological webs.

2 河兩旁的植物可以保護土壤及維持水質。Vegetation along river and stream can protect soil and maintain water quality.

3 洪水經過引水道流至水塘。Water flows to reservoirs through catchments.

4 洪積平原和泥灘平原可把雨水暫時儲存。Rain water is temporarily stored in the alluvial plain and floodplain.

5 河底植物在淤泥沉積，形成氾濫平原。由於沉積物含有营养，因此氾濫平原的土壤肥沃，適合耕作，往往被改造成良田。昔日的元朗結米或今日的西深潭，都是這類濕地的產物。

Floodplain is formed by sediment deposition at the downstream. Since the sediments contained organic matter, soil in the floodplain is more fertile and suitable for farming. Therefore floodplain is often turned into agricultural land. Yuen Long See Mew Rice in the past and Water Cress that can be found today are well known products of such wetlands.



濕地 — 人類珍貴的淡水資源

所有生物都需要水。古自以來，人類最主要的淡水資源，是來自濕地。這包括了河流、湖泊、沼澤等支流的流逕聚至幹流，把泥沙帶到下游和河口地區。由於下游地勢較為平坦，泥沙逐漸沉積於河道兩旁，形成肥沃沃的氾濫平原。

Wetlands — Our Most Treasured Freshwater Resource

Water is basic to all ecosystems. Since ancient time, river basins including rivers and lakes have been important freshwater resources for human. Invaluable freshwater resources are collected, stored for human usage. Therefore, conservation of river basin is important.



河流是重要的運輸渠道

每年的2月2日是「世界濕地日」，是紀念1971年2月2日各國在伊朗拉姆薩爾簽訂了「濕地公約」（又稱《拉姆薩爾公約》）。每年這個日子，全球各地都有不同的慶祝活動，提高公眾認識保護濕地的重要性。

2009年「世界濕地日」的主題為「上游、下游：濕地連繫你我」，目的是促進市民認識江河流域的生態、使用和管理。

2 February in every year is marked as the 'World Wetlands Day'. It commemorates the date of signing the 'Convention of Wetlands' (also refers as 'Ramsar Convention'), on 2 February 1971 in Ramsar, Iran. On this date in each year, many places have organised a series of celebration events as part of public awareness programme to promote a positive attitude towards conservation of wetland resources.

The theme of the World Wetlands Day 2009 is 'Upstream – Downstream: Wetlands Connect Us All', it aims to promote the understanding of importance of river basins, their ecology, usage and management.

What is a River Basin?

甚麼是 江河流域？

江河流域是河流所覆蓋的地方，當中包含了大大小小的水體，例如幹流、支流、湖泊、沼澤等。支流的流逕聚至幹流，把泥沙帶到下游和河口地區。由於下游地勢較為平坦，泥沙逐漸沉積於河道兩旁，形成肥沃沃的氾濫平原。

江河流域是人類的文明起源。長久以來，人類聚居於河流的兩岸，以獲取足夠的食水供應，發展農業和社會。河流也是重要的運輸通道，對社會和經濟的發展有著很大的貢獻。

全世界大部份的人口，都是住在江河流域。綜觀香港的地理環境，沒有面積廣闊的天然水體或大型江河，只有溪澗河流，不過我們不少地方都位於江河流域的範圍以內，例如大埔、沙田、元朗、粉嶺、上水、東涌等。這些地方在過去數百年，甚至過千年前已有人居住。

What is a River Basin?

A river basin is the total area of land drained by a river. It consists of all types of water bodies, such as mainstream, tributaries, lakes and swamps. Tributaries join the mainstream and carry sediments to the estuarine. As the topography of downstream is gentler, sediments gradually deposited and formed floodplains with fertile soil.



濕地供應我們糧食資源，例如魚、蠔和稻米

Wetlands provide us food, such as fishes, oysters and rice

Human civilisation was originated along river basins. Long ago, human settlements and societies have been developed along rivers, in order to obtain freshwater, utilise the fertile soil for farming, and use rivers as an important means of transportation. Thus, rivers are important to social and economic development.

Most of the world populations live in river basins. In Hong Kong, although there is no large river and large natural water body, there are streams and rivers. Many places in Hong Kong are located in river basins, such as, Tai Po, Sha Tin, Yuen Long, Fanling, Sheung Shui and Tung Chung, etc. These places are occupied by human settlements over thousand years.



大澳
Ta O



河上鄉
Ho Sheung Heung



白泥
Pak Lai



望仔
Long Valley



米埔
Mai Po

保護濕地 由我做起

Wetland Conservation Starts with Me

- 珍惜並重複使用食水，例如使用洗米水澆溉植物。C珍惜並重複使用食水，例如使用洗米水澆溉植物。
- 刷手、刷牙、洗衣服和清潔蔬果時，不要持續開水龍頭。Do not leave the water tap running while you are brushing your teeth, washing your hands, clothes and cleaning vegetables.
- 收集不同類的衣物或盤子，再使用。Collect different load of clothes or dishes before washing.
- 以淋浴取代沐浴。淋浴時應低流量的蓮蓬頭（蓮蓬頭）。Take shower instead of bath and use a low-flow shower head.
- 節能。Save energy.
- 積極實行「環保4R」：減少使用(Reduce)、重複使用(Reuse)、循環再造(Recycle)、代替使用(Replace)。Implement Environmental 4 R's: Reduce, Reuse, Recycle, Replace.
- 積極參與水資源運用和環境保護的議題，並積極發表意見。Share your opinion on wise use of water resources and related environmental issues.
- 向親友說說江河流域的重要性。Share your knowledge about the importance of river basin with your family and friends.



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小知識

一條河流會流經多個國家，例如中國的瀕瀾江向南後被稱為湄公河。印度的布拉馬普特拉河的源頭就是中國的雅魯藏布江，而歐洲的多瑙河的源頭則在德國。流經十個國家的，在尼羅河尼亞注入黑海。全球有261個知名的江河流域，其覆蓋地區超過一個國家。河流覆蓋的地區，由於有機會涉及多方利益，有些國家地區會使用多方的作協方案來管理江河流域，例如目前較廣泛使用的「整合型江河流域管理」和「整合型水資源管理」等。

River Tidbits

It is common that a river flows through many countries. For instance, the downstream of Lancang River located in China is named Mekong in Vietnam; the upstream of Brahmaputra River in India is named Yarlung Zangbo River in China. Also, the Europe's Danube is originated from Germany, after flowing across many countries, the river ends up flowing into Romania's Black Sea. There are at least 261 known river basins that cross national boundaries. To solve the challenge on transboundary issues, international management strategies which involve cooperation of relevant countries or regions are applied, for example: Integrated River Basin Management (IRBM) and Integrated Water Resource Management (IWRM).

誰掌管江河流域？

江河流域的環境好與壞，反映著我們如何使用河流資源。我們的一舉一動，都會影響到它的土壤、水、空氣，以至當中生息的動植物，所以我們都是既得利益者，而我們的「行動」也會影響整條河流，甚至是流域的生態！

不少人類活動都對江河流域有直接或間接的影響，例如過度蓄水或耗用水資源，引入外來物种，過度捕魚，污染水源，以及城市化等。我們的生活習慣和決定，都在影響江河流域的環境，同樣江河流域的狀況，也會影響我們。

我們需要關心、關注和參與河流和其他濕地的管理和支持發展，令濕地得到完善的管理，使環境更健康。

Who Manages River Basin ?

What happens in the river basin, for good or bad, is closely affected by how we treat the natural resources – the soil, air, water, plants and animals. After all, we are the beneficiaries.

Many of the human activities have impacts on the river basin either directly or indirectly, for instance, over-storage or wasteful use of water, activities causing introduction of exotic species, over-fishing, activities causing water pollution and urbanisation. Our habits and decisions are affecting the river basin. Similarly the environment of river basin is affecting us too.

Our care, awareness and participation in the management and sustainable development of river will ensure that wetlands are well managed, leading to a healthy environment.



香港常見河溪上游至下游的縮影

Summary of a river model from upstream to downstream often found in Hong Kong.



1 河溪提供土壤灌溉農田。
River and stream provide water for irrigation.

2 河流下游的地勢平坦，也有改作為魚塘用途。
The topography of the downstream is gentle; some areas have been converted into fishponds.

3 河口的紅樹林和泥灘為生物提供了重要的棲息和繁殖的環境。
Mangrove and mudflat at river mouth are breeding and nursery grounds for wildlife.

4 有人在河岸居住。
Some people live along the riverside.

5 河流可作為水上交通運輸要道。
River can be an important means of transportation.

6 大部份工業都需要水。
Most industries need water.

7 污水經過處理後才排放，以減少對環境的影響。
Waste water is discharged after treatment to minimise the impact on the environment.

8 河流是消閒和郊遊，例如垂釣、觀鳥、攝影的好去處，亦有社會經濟效益。
River is a good place for leisure; such as fishing, bird watching and photo taking. It has social-economic benefits.

9 大部份河溪都已劃入郊野公園範圍內，水源得到保護，市民可以欣賞到河溪的自然環境。
Most of the rivers and streams in Hong Kong are designated within country parks, water resources are being protected, people can also appreciate the natural beauty.