



濕地涵養水資源 WETLANDS TAKE CARE OF WATER

拉姆薩爾公約 Ramsar Convention

拉姆薩爾公約(又稱濕地公約)於1971年於伊朗的拉姆薩爾簽訂,是旨在為促進各國及國際間濕地保育和善用的國際條約。直至2013年1月,全球已有超過160個締約成員。而超過2,000片,總面積逾一億九千萬公頃的濕地已被列入國際重要濕地名錄內(亦稱拉姆薩爾濕地)。

Ramsar Convention (also called the Convention on Wetlands), adopted in the Iranian city of Ramsar in 1971, is an intergovernmental treaty that provides the framework for national action and international cooperation for the conservation and wise use of wetlands and their resources. As at January 2013, there are over 160 contracting parties all over the world. Over 2,000 sites with a total area of more than 190 million hectares of areas are designated as wetlands of international importance (also known as Ramsar sites).



2/2 世界濕地日
World Wetlands Day 2013

什麼是濕地? What are Wetlands?



濕地泛指水與陸地的相匯之處,約佔全球土地面積的6%。拉姆薩爾公約提到:濕地泛指沼澤、泥沼與泥炭沼地帶,當中的水體可以是天然的或是人造的;可以是永久存在的或是暫時性的。當中的水分可能是靜止的也可以是流動的;可以是淡的、是鹹的、也可以是半鹹半淡的;也包括退潮時水深不超過六米的海域。



濕地的例子包括有湖泊、河流、池塘、沼澤、泥炭沼、紅樹林、鹽沼、沙灘、珊瑚礁,以至人工魚塘或濕耕農地。



Wetlands are places where water connects to land and account for around 6% of the total surface area of the Earth. Wetlands are illustrated in the Ramsar Convention as: "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".

There are various examples of wetlands including lakes, rivers, ponds, marshes, swamps, peatlands, mangrove forests, salt pans, sandy beaches, coral reefs, and also artificial fishponds or wet farmlands.

世界濕地日2013 - 濕地涵養水資源 World Wetlands Day 2013 - Wetlands Take Care of Water

每年的2月2日均被定為世界濕地日,以紀念拉姆薩爾公約的簽訂。全球各地政府機構、非政府組織,以及不同團體都藉世界濕地日提高公眾對濕地保育的意識。

為了響應聯合國的「國際水源合作年」,世界濕地日2013的主題被定為「濕地與水資源管理」,並以「濕地涵養水資源」作為口號,藉此讓大眾了解濕地和水資源之間不可分割的關係,以及善用濕地對可持續的水資源管理的重要性。

2 February each year is marked as the World Wetlands Day. It is a day for commemorating the adoption of the "Ramsar Convention". On this day, government agencies, non-governmental organisations, and groups of citizens at all levels of the community take the opportunity to raise public awareness of values and benefits of wetlands.

With the aim to echo with the UN International Year of Water Cooperation, the theme for World Wetlands Day 2013 is "Wetlands and Water Management", with the slogan "Wetlands Take Care of Water". The objective of this year's theme is to raise people's awareness of the interdependence between water and wetlands, and that wise use of wetlands is essential for the delivery of sustainable water management.



珍貴的淡水資源 Precious Freshwater Resources



自最早的偉大文明興起以來,獲得潔淨和充足的淡水供應成為人類生存的基本要求。淡水是所有社會、經濟和環境活動均需依賴的重要自然資源。

地球上的總水量約有14億立方公里。然而,只有當中的2.5%是淡水資源。這些淡水資源分別儲存於湖泊、河流、冰川、積雪或地表下,但可供生態系統和人類使用的淡水則只有不到1%。因此,淡水資源無疑是一種稀缺和寶貴的資源,需要我們適當的管理。

Since the rise of the earliest great civilisations, access to a clean and adequate supply of fresh water is a basic requirement for human survival. Fresh water is the critical natural resource upon which all socio-economic and environmental activities depend.

The total volume of water on Earth is about 1.4 billion km³. However, only 2.5% of them are freshwater resources. Among these freshwater resources which are held in form of lakes, rivers, glaciers, snow covers, or ground water, the total usable freshwater supply for ecosystems and humans is only less than 1%. Therefore, fresh water is undoubtedly a scarce and precious resource that requires our appropriate management.

水足印 Water Footprint

「水足印」是指我們用於生產商品或提供服務所需要使用的淡水量。了解個人、社會或企業的水足印,是可持續的水資源管理的一個重要元素。

每一天,我們都會直接或間接地使用水。我們每人每天需要20至50公升潔淨的水,用以飲用、煮食及維持個人衛生,以及滿足其他需要,包括生產食品、紙張及衣物等。我們使用地球上約54%的可用淡水。當中,70%用於農業灌溉,20%用於工業,而餘下的百分比為家居用水。在過去的一個世紀,我們的用水量增長速度,是人口增長的兩倍,這意味著我們的水足印也越來越大。

Understanding the "Water Footprint" of an individual, a community or a business, or the total volume of fresh water that is used to produce the goods and services consumed by them, is an essential element of sustainable water management.

Every day, we use water directly and indirectly. Each one of us requires 20-50 litres of clean water per day for drinking, cooking, hygiene purposes, as well as satisfying many other needs such as producing foods, papers and clothes etc. We use about 54 percent of the Earth's available fresh water. Of this, over 70 percent goes to agriculture, 20 percent to industry, and the remainder to our households. In the last century water usage has been growing twice the rate of population increase, which implies our water footprints are also growing.



濕地與水資源：密不可分的聯繫

Water and Wetlands: Interdependent Relationship

水是濕地的重要組成部分，是維持濕地生態功能的關鍵。水是濕地動植物的命脈，為牠們提供食物、庇護所、棲息地及繁殖空間。

Water is the vital component of wetlands and is crucial for maintaining the important ecological functions of wetlands. Water is the lifeblood of plants and animals and supports a number of organisms by providing them with food, nurseries, habitats and breeding grounds.



濕地為紅頰獾提供食物，如螺、兩棲類及魚類等。

Wetlands provide food for Small Asian Mongoose, such as snails, amphibians and fishes.

許多水鳥喜歡捕食水中的魚類、水生昆蟲、甲殼類動物及軟體動物。

Many waterbirds feed on fishes, aquatic insects, crustaceans or molluscs found in water.



大部分的蛙類均在淡水中繁殖，如大綠蛙。

Most frogs, like Green Cascade Frog, breed in fresh water.

水是各種水生植物的家。

Water is the home for a great variety of aquatic plants.

濕地是提供潔淨和可持續的水資源不可或缺的基礎設施，它們是天然的水資源供應者與調節器。

Wetlands are the essential infrastructure for clean and sustainable water; they are natural providers and regulators of water.



供應者：
Provider:

一些濕地如苔原、泥炭沼、湖泊、泥沼和沼澤就像一塊巨型海綿，把水分儲起，然後慢慢地釋放，供人類和野生動物使用。這些濕地為我們提供了天然而穩定的淡水資源。

Wetlands such as tundra, bogs, lakes, fens and swamps store water like giant sponges, and slowly release water for human and wildlife consumption. These wetlands provide us with stable natural sources of fresh water.



調節器：
Regulator:

濕地是一個天然的濾水器，可以去除水中無機養分和減少懸浮物，而棲息在濕地的昆蟲和微生物能幫助分解水中的有機物。

Wetlands are natural filters for water. Wetlands can remove inorganic nutrients and reduce suspended sediments; whilst insects and microbes inhabiting in wetlands help breaking down the organic matter in water.

如果沒有濕地，便沒有潔淨和足夠的水供應。因此，善用濕地對可持續的水資源管理非常重要。

Without wetlands, there is no water of the right quality and quantity. Therefore, wise use of wetlands is essential for the delivery for sustainable water management.

濕地：在水循環系統中舉足輕重

水循環系統把大氣、陸上、水中、地下和海洋的生態系統連接在一起。水通過降雨、蒸發、滲透、地表徑流和地下流動，穿梭於整個地球。

如果我們改變一小部分的濕地，可能會在這個緊密聯繫的水循環系統中，構成意想不到的後果。因此，濕地在水循環系統中擔當著相當重要的角色。



Wetlands: Vital Positions in the Water Cycle

The water cycle links atmospheric, terrestrial, aquatic, subterranean and marine ecosystems. Water moves around our Earth through rainfall, evaporation, infiltration, surface flows and groundwater recharge.

Through every stage of the interactions in the water cycle, wetlands play an important role as changes to a single part of wetlands could result in unintended consequences in other parts of the interconnected water cycle.

誰管理水？ Who Manages Water?

我們全都是水資源的管理人。水資源的責任是跨越領域、政府、國家和個人的。

由於水循環系統是相互聯繫的，水的管理可說是非常複雜。水資源的管理工作，需要由本地到國際層面多方面攜手合作，並結合不同界別、不同領域、不同國界的力量，以公平的方式去實現。

We are all water managers. The responsibility to manage water extends across sectors, governments, nation states and individual citizens.

Since the water cycle is interconnected, the management of water is complex. Water management should be recognised as an issue that requires cooperation and integration from local to international levels, and implementation in a multi-sectoral, multidisciplinary, transboundary, and equitable approach.

在個人層面，我們可以：
At individual level, we can:

- 不要讓水龍頭長開
Do not keep the tap running
- 以淋浴的方式洗澡
Take a shower instead of a bath
- 使用雙掣式沖廁水箱
Use a dual flush cistern
- 不要亂拋垃圾和污染濕地
Do not litter and contaminate wetlands
- 集齊一整機衣物才開動洗衣機
Only run washing machines with a full load
- 儲起洗米及蔬果的水來淋花
Water plants with water used for washing rice, vegetables or fruits
- 與朋友分享珍惜水資源的訊息
Share the message of water conservation with your friends

香港濕地公園 為野生動物帶來水資源

Hong Kong Wetland Park Takes Care of Water for Wildlife

香港濕地公園是一個集合教育、保育及生態旅遊功能於一身的設施。公園設有一個訪客中心和60公頃的濕地保護區，擁有多樣化的生境。

濕地公園的蘆葦床能改善淡水沼澤的水質。蘆葦床能隔除水中的懸浮固體及吸收多餘養份。蘆葦床是公園一項重要的設施，為濕地的動植物提供優良的水源，以致為訪客帶來愉快的旅程。

Hong Kong Wetland Park is a facility incorporating functions of education, conservation and ecotourism. The Park comprises a Visitor Centre and a 60-hectare Wetland Reserve with diverse habitats.

The reedbed of the Park takes care of water by polishing the water quality of freshwater marshes. The reedbed traps suspended solids and absorbs excessive nutrients of water. It is an important facility of the Park that supply clean and desirable water for the wildlife living in the wetlands, and hence an enjoyable journey for visitors.

香港濕地公園 Hong Kong Wetland Park

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