

濕地與我們 Wetlands and Us

### 濕地與我們

### Wetlands and Us

**甚麼是濕地？**

根據《拉姆薩公約》，濕地是指沼澤地、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；並且其中有靜止或流動的水，可以是淡水、鹹淡水或鹹水，還包括了退潮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》是第一個保護濕地的國際公約，以濕地保育和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1976年正式生效，為紀念簽署該公約，每年2月2日已指定為世界濕地日，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 1976. 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**

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。

**Types of Wetlands**

According to the Ramsar Convention, wetlands can be roughly grouped into three categories: 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瓦海灣於1995年8月4日被《拉姆薩公約》劃定為「極重要濕地」，面積大約為1,600公頃。這片濕地是鹹淡水海灣，臨水地帶為廣闊的鹹草甸濕地，濕地邊緣全是龐大面積的紅樹林，亦有魚塘、魚蝦和蓮藕。米埔自然護理區被譽為香港的「藍天宮」，是極具自然景觀的宜冬棲息地和補給站。抵海灣每年冬季平均約有50,000至80,000隻水鳥棲息，當中更有超過50種全球受威脅及紅色的物種。

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 gei wais, fishponds, and reedbeds. The Mai Po Nature Reserve, known as Hong Kong's "Bird Paradise", serves as an important overwintering and refueling 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

香港濕地分布圖，展示了不同類型的濕地，包括海洋及海岸濕地、內陸濕地和人工濕地。圖中標註了多個濕地地點，如米埔、大埔、西貢、新界等。

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、蓮藕、蘆葦、蓮子、慈姑、芋頭等。我們經常食用的白米，便是水稻抽穗後所剩餘的部份。

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.

草魚 (鰱魚) Grass Carp, 米 (水稻) Rice, 西洋菜 Water Cress, 蓮藕 Lotus Root, 芋頭 (水芋) Taro, 慈姑 Chinese Arrowhead, 蔴菜 Water Spinach, 蝦 Shrimp

**水資源及淨化 Water Source and Purification**

濕地是重要的水資源，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懸浮顆粒，以及過濾水中的懸浮顆粒。

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，調節地球的氣候，緩和氣候變化的影響。其中，泥炭沼吸收及儲存的碳量是森林的兩倍。據估計，泥炭沼佔全球濕地面積的3%，卻擁有超過四分之一之土壤碳。

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**

苔草、泥炭和蘆葦像一塊塊水的巨型海綿，儲存水分，然後慢慢地釋放至表面或地下水。有規律地排水全年性的儲水量，以及讓濕地的水生植物在乾旱的季節也能得到滋潤。

Wetlands such as tundra, ferns 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.

**海岸線保護 Shoreline Protection**

紅樹林和珊瑚礁是一種天然的屏障，能保護海岸線免受風暴的侵襲和破壞。生長在河岸及沿海的濕地植物也能削減泥土及降低水流的速率。

Mangroves and coral reefs 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 bunds can also hold the substratum and reduce the speed of water currents.

**生態價值 Ecological Values**

地球上40%的動物物種在濕地生活或繁衍後代，當中包括瀕危物種。部分動物會將濕地作為繁殖地以繁殖及養育後代，例如鳥類在遷徙過程中，會利用不同的濕地作為棲息和覓食之所。部分昆蟲亦會將濕地的植物作為興建巢穴的材料。

40% of plant and animal species on Earth live or breed in wetlands, including endangered species. Some animals utilize 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.

**中藥材 Chinese Herbal Medicines**

世界各大文明的傳統醫學都以植物、動物或礦物入藥，而中藥藥材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.

荷花葉的莖葉 Pulp of Common Rush, 水龍的花 Flower of Udded Chloroceryx, 半蓮蓮的花 Flower of Chinese Labella, 荷花的花托種子包圍 (荷葉) Seed/ Rhizome of Indian Lotus, 荷花(蓮花)的莖葉種子 (荷葉) Seed of lotus's stem

**康樂 Recreation**

我們可在濕地進行各種康樂和教育活動，例如觀鳥、生態攝影和遊泳，亦能保護生態環境。

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.

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



