

CLEAN
AIR
DAY
2023

氣好
日空



成果
報告 IMPACT
REPORT

爲何我們需要「好空氣日」

WHY CLEAN AIR DAY MATTERS



馮建璋 Patrick Fung
健康空氣行動行政總裁
CEO, Clean Air Network

經歷世紀疫症後，社會大眾更注重環境與身心健康(well-being)，追求綠色低碳生活。健康空氣行動自2009年成立，十四年來一直推動香港改善空氣質素，成功令議題更「入屋」，亦令政府投放更多資源應對空氣污染。經過各界多年努力，香港空氣質素獲得改善，但仍然落後於歐美、亞洲的國際城市。

「好空氣日」於2023年首辦，希望回應社會期望，提供健康生活的想像。今年大會主題「抖啖好氣 Breathe Right」具雙重意義——第一是鼓勵大眾在日常生活中更重視呼吸，第二是指出呼吸好空氣是環境健康權利。

透過連串前哨及聚焦活動，「好空氣日」有效提升大眾對空氣污染、環境與健康公義的關注。我們的短期目標，是鼓勵不同界別更深入認識空氣污染；長遠而言，「好空氣日」可望作為一個協作平台，連結不同群體，共享知識、專業、網絡等資源，令不同界別可一同參與。

在此，我謹代表健康空氣行動，感謝各參加者、合作團體、義工、團隊，希望2024年再見！

In the wake of the pandemic, society has become more conscious of the environment and well-being, pursuing a greener and lower carbon lifestyle. Since our establishment in 2009, Clean Air Network (CAN) has been advocating for cleaner air in Hong Kong, which enhanced public awareness and led to the government allocating more resources to cleaning up the air. Thanks to the endeavours of various sectors, Hong Kong's air quality has improved over the years; however, it is still lagging behind other international cities.

The first Clean Air Day in 2023 was a response to the growing aspiration for environmental health among the general public. The theme this year, "Breathe Right", carries two layers of meaning – to encourage the public to be mindful of their breathing and air quality, and also to highlight the need to defend everyone's right to clean air.

Through the events organised under Clean Air Day, we successfully raised awareness among various sectors and the general public. Going forward, we see Clean Air Day as a platform for the exchange of information and collaboration across different sectors in Hong Kong.

On behalf of CAN, I would like to thank the participants, collaborating organisations, volunteers and our team for their contribution. See you in 2024!

甚麼是「好空氣日2023」

WHAT IS CLEAN AIR DAY 2023

抖啖

好氣 Breathe Right

集合力量，為香港爭取清新健康空氣！
Inhale the power of change as we rally for cleaner air!



香港首個「好空氣日」的目的 HONG KONG'S FIRST CLEAN AIR DAY AIMS AT

- 提升公眾對本港空氣污染的認識及關注
Raising public awareness of air pollution in Hong Kong
- 鼓勵各界採取行動減低污染
Inspiring key actions across sectors to reduce pollution
- 展現個人行動可帶來改變的希望
Empower people to effect change via individual actions
- 凝聚力量，推動更長遠及廣泛的改變
Celebrating our collective commitment and advocating for wider change

空氣污染是人類面對最嚴重的環境威脅，香港的空氣污染超出世界衛生組織標準，每年有3,500人因而提早死亡。根據聯合國決議，所有人均有權享有健康的環境，包括清潔的空氣。今年「好空氣日」的主題「抖啖好氣 Breathe Right」，正是希望強調，呼吸清新空氣是每一個人的基本權利。

與此同時，氣候危機迫在眉睫，透過對抗與之同源的空氣污染，將有助舒緩氣候變化，保護人類生境。為了達致平等公義的社會，以及緩解氣候危機，我們必須共同努力，推動香港邁向空氣更潔淨的未來。

Air pollution is the biggest environmental threat to human health. As Hong Kong's air quality fails to meet the World Health Organization standards, 3,500 lives were lost prematurely each year. According to a United Nations resolution, every person has a right to a healthy environment, including clean air. The theme of this year's Clean Air Day, "Breathe Right", precisely echoes such a conviction — clean air is a basic right to all.

Meanwhile, the catastrophic impact of climate change is more evident than ever. By tackling air pollution, which shares similar sources with climate change, it is possible to mitigate this existential crisis of mankind. To create an equal and just society, as well as to alleviate the climate crisis, we must commit to working together for a clean air future for Hong Kong.



10月舉行的連串前哨活動以「五感」出發，邀請參加者以不同感官，探討何謂好空氣。11月4日在屯門H.A.N.D.S.舉行的「好空氣日」獲過百位嘉賓及市民出席，一起總結過去一個月的成果，並設精彩攤位遊戲展覽及親子運動會，讓公眾認識空氣污染。

A series of Road to Clean Air Day events, held in October, invited participants to explore ways to breathe right using their five senses.

On 4 November, over a hundred guests and participants attended Clean Air Day at Tuen Mun H.A.N.D.S. to celebrate the achievements of the past month, and learned about air pollution at exciting game booths, exhibitions, and sports competitions.

好空氣日前哨活動 ROAD TO CLEAN AIR DAY

- 13.10 睇場好氣：《2040》
CLEAN AIR MOVIE SCREENING: "2040"
- 14.10 社區散步 尋找好呼吸(深水埗)
CLEAN AIR WALKS: DISCOVERING CLEAN BREATHS IN SHAM SHUI PO
- 17.10 登高望藍天 山野空氣監測
VISIONS OF CLEAN AIR: HIKE FOR A CLEAR HORIZON
- 21.10 社區散步 尋找好呼吸(屯門)
CLEAN AIR WALKS: DISCOVERING CLEAN BREATHS IN TUEN MUN
- 27.10 聆聽空氣：屯門社區跑
SYMPHONY OF AIR QUALITY: TUEN MUN COMMUNITY RUN

04.11 好空氣日 CLEAN AIR DAY



聆聽空氣：屯門社區跑
Symphony of Air Quality:
Tuen Mun Community Run



社區散步 尋找好呼吸
(深水埗)
Clean Air Walks:
Discovering Clean
Breaths in Sham Shui Po



好空氣日
Clean Air Day

82%

參加者對「好空氣日」感到滿意或非常滿意
of the participants were satisfied or very satisfied with their experience at Clean Air Day

78%

參加者對所參與的活動感到滿意或非常滿意
of the participants were satisfied or very satisfied with the events they attended

76%

參加者認同活動增加了他們對空氣污染的認識
of the participants agreed that the events enhanced their knowledge about air pollution

活動成果

IMPACT

透過「好空氣日」的多元化活動，健康空氣行動成功向公眾推廣關於清新空氣的訊息，當中包括社區、教育界、以及跨界別的持份者。

Through the diverse events of Clean Air Day, CAN penetrated the message of clean air into public discussions, reaching out to the community, education sector, and stakeholders across sectors.

社區 COMMUNITY

我們帶來的改變 CHANGES WE MADE

來自不同背景的社區人士參與「好空氣日」的活動，大大增強了對空氣污染的認識。

By taking part in a range of Clean Air Day events, the awareness of air pollution of communities across Hong Kong was greatly enhanced.

逾 **200**
Over
名社區人士參與活動
members of the community
participated in our events

+

與不同界別夥伴合作，多角度滲透社區：
Collaborated with partners from various sectors to increase community exposure:

體育
Sports



環境保育
Environment



社區文化
Community Culture



睇場好氣：《2040》 CLEAN AIR MOVIE SCREENING: "2040"

電影《2040》由澳洲演員Damon Gameau自導自演，走訪世界各地了解應對氣候危機的創新方案，反思他年幼的女兒所面對的未來，尚有哪些希望與可能。

映後分享嘉賓、城市規劃師林芊芊致力推動可持續發展，她指空氣污染與氣候變化一樣，對弱勢社群的影響較大，因此她創辦的「社區氣候應變關注組」，爭取於社區增設空間讓基層市民避暑，藉此逐步推動改變，勉勵每一個人都可在自己的崗位採取行動。

Directed by Australian actor Damon Gameau, "2040" takes the audience on a journey to learn about innovative approaches to the climate crisis around the world, reflecting on the hopes and possibilities of the future the younger generation faces.

Guest speaker Chin Chin Lam, a professional town planner and advocate for sustainable development, noted that both air pollution and climate change disproportionately affect disadvantaged groups. Thus the Community Climate Resilience Concern Group, which she founded, is striving to create more space in the community for the grassroots to take refuge from the heat, demonstrating that everyone can take action and be part of the change.



April

參加者 | Participant

電影所描繪的可持續發展方案很有啟發性，政策及教育要雙管齊下，才能令更多人關注空氣議題。
The sustainable development solutions depicted in the film were inspiring. Policy and education should go hand in hand to raise public awareness of air pollution.

社區散步 尋找好呼吸：深水埗、屯門導賞團 CLEAN AIR WALKS: DISCOVERING CLEAN BREATHS IN SHAM SHUI PO AND TUEN MUN

與「街坊帶路」共同設計的導賞團，讓參加者了解社區今昔歷史，同時打開嗅覺，細味沿途空氣中的變化，最後在遠離繁囂的深水埗嘉頓山及屯門公園進行呼吸練習，將注意力放在每個呼吸，感受「抖好每一啖氣」的重要。

Collaborating with Kaifing Tour, these walk tours introduced local histories to the participants and invited them to use their sense of smell to savour the changes in the air along the way. At the end of the tours, the participants took a mindful walk in the quiet Garden Hill and Tuen Mun Park, focusing on each and every breath, contemplating on the importance of "Breathe Right".



Zanna
參加者 | Participant

活動連結社區與環境，增加了我對空氣議題的認識，引起我反思如何維持都市環境的空氣質素。

The tour drew interesting connections between the community and the environment, which enhanced my knowledge about air issues and inspired me to reflect on how air quality can be improved in an urban environment.

聆聽空氣：屯門社區跑 SYMPHONY OF AIR QUALITY: TUEN MUN COMMUNITY RUN

由Pegasus Athletics Club教練帶領，參加者在屯門蝴蝶灣公園起步，沿海跑至打卡熱點「幻愛橋」，全程約5公里，一邊跑步一邊細聽海風，反思空氣與運動的密切關係。

活動亦與膳動衡(FOODSPORT)合作，將參加者消耗的卡路里乘以十倍，轉化為相等於54,010卡路里的食物，捐贈予FOOD-CO惜食共享，為建設健康社會出一分力。

Led by a professional coach from Pegasus Athletics Club, participants ran between Butterfly Beach and "Beyond the Dream Bridge", covering a total distance of 5 kilometres, where they could listen to the sea breeze and reflect on the connections between air and sports.

The event also collaborated with FOODSPORT to donate food equivalent to 10 times of the calories burned by the participants, which is 54,010 kcal, to FOOD-CO, contributing to the building of a healthy society.



Catherine & Wai
參加者 | Participant

原本以為空氣污染只會影響長者或呼吸系統疾病患者，透過活動了解到空氣與運動的關係，才發現空氣質素的影響那麼大，在馬路旁和海濱跑步已經有很大差異。

Originally we thought air pollution only affects the elderly or people with respiratory diseases, but in the event we learned about the relationship between air and sports and realised the huge influence of air quality on us.

登高望藍天 山野空氣監測 VISIONS OF CLEAN AIR: HIKE FOR A CLEAR HORIZON



Parks and Trails早前發佈「屋企後山研究計劃」，探討後山小徑的使用狀況。健康空氣行動團隊帶同Dyson空氣質素偵測背包，登上其中一條後山山徑九龍灣平山，收集空氣污染數據，進一步了解山徑環境。

In their recent study, Parks and Trails looked into the usage of back mountain trails. Equipped with a Dyson air quality backpack, members of the Clean Air Network team visited one of the trails in Ping Shan, Kowloon Bay, to collect air pollution data and learn more about the environment of popular trails.

社區空氣講座 COMMUNITY TALKS

到訪地區組織，與街坊分享有關空氣污染的知識。

Visited community organisations to share knowledge about air pollution with the public.



好空氣親子運動會 CLEAN AIR GAMES

在「好空氣日」與FunKids樂動兒童體育學院合辦親子運動會，設有跳高、跳遠、賽跑等賽事，讓一家大小動手動腳，建立健康體魄，吸入大啖好氣！

Partnering with FunKids Sports Association on Clean Air Day, the Clean Air Games consisted of a range of competitions where children and parents could build up healthier bodies to breathe in better air!



超過
Over

60

個家庭報名參賽
families
participated



好空氣承諾 CLEAN AIR PLEDGE

嘉賓及市民承諾在日常生活實踐行動，為清新空氣出一分力。

Guests and participants vowed to take actions in their daily lives to clean up Hong Kong's air.



逾
Over
120
人為好空氣許諾
people pledged
for Clean Air

教育界 EDUCATION SECTOR

我們帶來的改變 CHANGES WE MADE

教育界別積極響應「抖啖好氣」，因兒童及青少年更受空氣污染威脅。

The education sector strongly echoed the message of "Breathe Right" as children and teenagers are more susceptible to the threats of air pollution.

「好空氣行動週」約章 CLEAN AIR ACTION WEEK PLEDGE

來自全港各區的十間中小學簽署約章，用五天時間於校園實行減少空氣污染的行動，包括：

10 primary and secondary schools from different districts pledged to take actions to reduce air pollution on campus in five days, including:

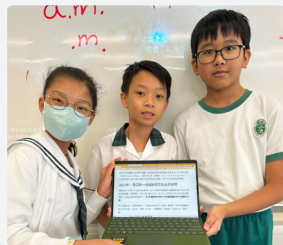
保持課室空氣流通，如打開門窗、使用抽氣扇或鮮風機等
Maintain good ventilation in classrooms by opening windows, utilising exhaust fans or ventilators

使用空調同時開啟抽氣扇或鮮風機，減少二氧化碳積聚
Turn on exhaust fans or ventilators while using air conditioners to minimise carbon dioxide concentrations

以濕毛巾或濕海棉替代粉刷，以減少塵埃
Replace blackboard brushes with damp towels or sponges to reduce dust

盡量於課後進行清潔，期間維持室內通風
Conduct cleaning work after class and maintain good ventilation

在校內或課室內展示空氣污染的資訊
Display information about air pollution inside the schools or classrooms



一立方挑戰 CUBE CHALLENGE

空氣污染物濃度水平常以「每立方米微克」為單位，「一立方挑戰」學校比賽邀請中、小學生發揮創意，於一立方米的空間內，運用STEAM元素設計改善校園空氣質素的方法，並描繪對健康空氣校園的想像。

Concentration of air pollutants are usually measured by "micrograms per cubic meter". The Cube Challenge invited primary and secondary school students to unleash their creativity to design methods to improve campus air quality within a space of one cubic meter using STEAM elements, and illustrate their imagination for a clean-air campus.



小學組冠軍：啟基學校
Champion of Primary Section: Chan's Creative School

作品以口罩纖維及活性炭過濾空氣，可置於學生桌子旁，有助潔淨學生身旁的空氣。
Filtering the air with face mask fibre and activated carbon, their product can be placed at students' desks to clean the surrounding air.



中學組冠軍：香港仔浸信會呂明才書院
Champion of Secondary Section:
Aberdeen Baptist Lui Ming Choi College

作品以風扇抽入空氣，經PM2.5濾網過濾後再排出，並且以micro:bit記錄前後PM2.5水平的數值差別。
Their product pumps in air with a fan and clean it with a PM2.5 filter, while recording differences in PM2.5 levels with micro:bit.



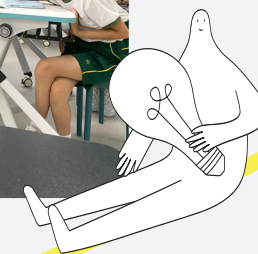
中華基督教青年會小學
Chinese YMCA Primary School

作品用轉動的風扇抽入空氣，以口罩纖維作為濾網，阻隔空氣中的塵埃粒子。
Their product uses a fan to pump in air and filters dust particles with face mask fibre.



優才(楊殷有娣)書院
G.T. (Ellen Yeung) College

空氣經風扇抽入作品內，再以口罩濾網過濾空氣污染物。
With a fan pulling air in, their product filters air pollutants with face mask fibre.



「好空氣日」展覽 EXHIBITION AT CLEAN AIR DAY

四間與健康空氣行動長期合作的夥伴學校，在「好空氣日」擺設由學生親自設計的遊戲攤位，讓公眾深入淺出認識空氣污染。

At Clean Air Day, 4 schools that have been partnering with Clean Air Network set up game booths designed by students to introduce air pollution issues to the public.



學校空氣講座 SCHOOL TALKS

於大學及中學舉行工作坊及講座，增加學生對空氣污染的認識。

Held workshops and talks in university and secondary schools to enhance students' understanding of air pollution.



蔡劍冬校長
Principal Tsoi Kim Tung
博愛醫院歷屆總理聯誼會鄭任安夫人千禧小學
A.D. & F.D. of Pok Oi Hospital
Mrs Cheng Yam On Millennium School

空氣污染是生命教育。
Air pollution is life education.

學校的責任是讓家長、持份者留意空氣，理解空氣質素好或差的分別，及讓學生認識議題——人人關心、人人明白，人人想有好空氣，自然知道該採取甚麼行動。

The responsibility of schools is to encourage parents and stakeholders to pay attention to air quality, and to educate students on the subject matter – when everyone understands the importance of clean air, they will know what actions should be taken.

教育是在播種。
Education is sowing the seeds for future.

在學生年紀尚小的時候，多向他們講解空氣、健康的重要性，長大後他們就會有相關意識，影響政策、科研、醫療等範疇。

By explaining the importance of clean air and health to students at a young age, they will be equipped with an awareness, which, as they grow up, will have an impact on policy, scientific research, medical care and other areas.



陳旻禧
Yvonne Chan
健康空氣香港青年議會代表
Representative of Clean Air Student Council

跨界別持份者 KEY STAKEHOLDERS

我們帶來的改變 CHANGES WE MADE

來自不同界別的持份者熱切期待未來為清新空氣加強合作。
Stakeholders from a wide range of sectors showed keen interest to explore future collaborations for clean air.

出席「好空氣日」的嘉賓涵蓋以下界別：
Guests at Clean Air Day come from the following sectors:



希望大家攜手合作，一同提升空氣質素，讓市民享受更多藍天日子。

Let us work together to enhance our air quality, so that everyone can enjoy blue skies free of pollution.



梁啟明博士
Dr. Kenneth Leung

香港特別行政區環境及生態局首席助理秘書長
(空氣質素政策)
Principal Assistant Secretary for Environment and Ecology (Air Policy), HKSAR Government

改善空氣質素對我們的健康有莫大裨益。
Enhancement of air quality tremendously benefits our health.

需要很多人共同努力，包括市民、政府、民間機構，一同監測及管理空氣質素，我們才可以「抖啖好氣」。

It takes the concerted efforts of various sectors, including the public, the government and non-government organisations, to monitor and manage air quality so that we can "Breathe Right!".



古惠珊醫生
Dr. Fanny Ko

香港胸肺基金會主席
Chairman, Hong Kong Lung Foundation

空氣污染尤其影響哮喘病人。
Air pollution adversely impact patients, especially those with asthma.

跨界合作非常重要，例如我們與科大製作手機應用程式，協助病人了解哮喘病況與空氣污染的關係；以及與教育界合作，培訓教師認識哮喘。

Cross-sector collaborator is essential – for example, we worked with the Hong Kong University of Science and Technology to develop a mobile application to help patients understand the correlation between asthma and air pollution; and with the education sector to strengthen teachers' knowledge about asthma.



陳永佳
Chan Wing Kai

香港哮喘會主席
Chairman, Hong Kong Asthma Society

空氣污染牽涉的層面廣泛，必須跨界別共同努力方可應對。「好空氣日」提供重要的平台，讓來自不同背景、但抱持相同信念的群體匯聚交流，拓展協作空間，一同向健康空氣未來邁進。

Given the extent of the problem, air pollution requires cross-sectoral efforts to tackle. Clean Air Day provides an essential platform for people from different backgrounds, who share the same values, to exchange ideas and inspire each other, laying down the foundation for collaborative endeavours for a clean air future.

未來路向 THE FUTURE

香港首個「好空氣日」圓滿結束，感謝各界踴躍參與，將社會對空氣污染的關注推向高峰！

我們期待舉辦更多「好空氣日」，以延續今年的成功經驗，並擴大影響力，使更多人認知空氣污染對身心健康的危害，推動更多不同群體交流及合作，凝聚更大的力量，讓香港邁向擁有清新空氣的未來。

值得思考的是，每一日其實也可以是「好空氣日」——我們希望市民的關注不限於這一天，而是融入生活，在日常中實踐減低污染的行動，並且鼓勵更多人共同努力，守護人人呼吸健康空氣的權利。

為了實現我們的共同願景，「好空氣日」需要你的支持。如果你希望解決空氣污染問題，改善公眾健康，以及守護地球環境，誠邀你與我們聯絡：info@hongkongcan.org。

再次感謝支持，明年再見！

Thanks to the enthusiastic participation of various sectors, Hong Kong's first Clean Air Day successfully brought the awareness of air pollution in society to a peak!

Building on this year's achievements, we look forward to organising more Clean Air Days to extend our influence, further raising awareness of the harmful effects of air pollution on our physical and mental health, connecting and collaborating with more sectors, creating greater momentum for a clean air future for Hong Kong.

It should also be noted that every day, in fact, can be a Clean Air Day – we hope that the public's concern will not be limited to this single day, but will be integrated into their daily lives by making low-pollution choices and encouraging others to come together to safeguard everyone's right to clean air.

To realise our shared visions, Clean Air Day needs your support. If tackling air pollution aligns with your mission and you are passionate about improving public health and safeguarding our planet, we invite you to reach out to us at : info@hongkongcan.org.

Thank you again for supporting, see you next year!

主辦單位 Organiser



健康空氣行動(CAN)於2009年成立，致力透過倡議、充權、知識三大範疇，改善香港的空氣質素，以保障公眾健康及緩解氣候危機。我們的願景是讓香港成為領先國際、空氣質素符合世衛標準的清新空氣城市。目前，我們首要關注路邊空氣污染及室內空氣質素的影響，亦會密切留意及監察周邊地區的空污源頭，還有船舶污染與發電廠排放。

近年來，我們正著手提升社區大眾對空氣污染問題的認識，並提出不同的政策建議，以助香港盡快達致零排放。我們認為清新潔淨的空氣並非遙不可及，只要香港市民共同努力，持續關注空氣污染等相關問題，清新空氣指日可待！

Established in 2009, the mission of Clean Air Network (CAN) is to strive to improve Hong Kong's air quality to benefit public health and mitigate climate change through our three key pillars of work, including advocacy, empowerment and knowledge. Without losing sight on air pollution from regional activities, marine vessels and power plants, our present primary focus is on roadside pollution and indoor air impact.

Currently, CAN is working to enhance community knowledge on air pollution matters and formulate policy advice to accelerate the transition to zero-emission. CAN believes that if we could join our efforts and dedicate our attention to air pollution-related issues, clean air can be a sustainable reality in Hong Kong.

協辦單位 Co-organisers

合作夥伴 Partners



贊助機構 Sponsors



支持機構 Supporters





多謝支持，
2024年見！

THANK YOU
FOR YOUR SUPPORT,
SEE YOU IN 2024!

