環境與我們

要處理不斷增加的廢棄物使我們的環境承受著沉重的壓力。焚化中心的處理能力及堆填區的空間固然有限,但更重要的是往往有很多所謂廢棄物是可以重複使用或循環再造。事實上,我們是正在浪費珍貴的地球資源。為 城輕這些壓力,我們必須避免製造廢物;如果不能避免,亦須減少製造廢物。

小提示



列出3種保護環境的行為:

項目	保護環境的行為	原 因
1	將可循環再造的廢棄 物放入回收桶	減輕焚化中心的處理壓力
2		
3		

2 列出3種損害環境的行為:

項目	損害環境的行為	原 因
1	使用大量禮物包裝紙	製造更多廢紙,更多樹林遭砍伐
2		
3		

我們可做些什麼

不論大人或小朋友,每個人都可以用行動來保護我們的環境。簡單來說,只要你在決定棄置廢物前再三想清楚它們是否真的就這樣被棄置,便可保護環境了。



小提示

你要相信你可以改善環境。

計動

立即坐言起行。

我們怎樣做才可多世界更美好?

選擇一個你感興趣的項目,接著制定一個行動計劃,讓你和你的家 人均可以為環保出一份力。

小提示



只要你按照以下的例子採取行動,完成後,你會看得到你為環 保所作出的努力。



例了

減少製造廢物

步驟 |

試想出一種你在日常生活中會損害環境的行為。

例子:

行為: 將所有廢物棄置在垃圾箱內



為甚麼這樣做會損害環境?

- Q. 焚化中心需要耗用大量能源去處理垃圾。.
- b. 大量垃圾未焚化前產生惡臭。

步驟 2

包應上述問題,定出你可以做些甚麼去改善情況。這便是這項練習的包的。

例子:

題曰: 減少製造廢物



步驟 3

了解現時你家裡棄置垃圾的情況。

如何進行?

找出你及你的家人在一星期內棄置的名樣垃圾,並將它俩分類記錄。



小提示

除了你自己外,亦密意你的家人每日所棄置的垃圾,並記錄在表一內(見下一百):

- a) 日期
- b) 被棄置的垃圾
- C) 被棄置的垃圾的種類
- d) 誰人棄置

你需要知道怎樣將垃圾分類。

如何將垃圾分類?

讓我們定立一些垃圾的類別,例如:

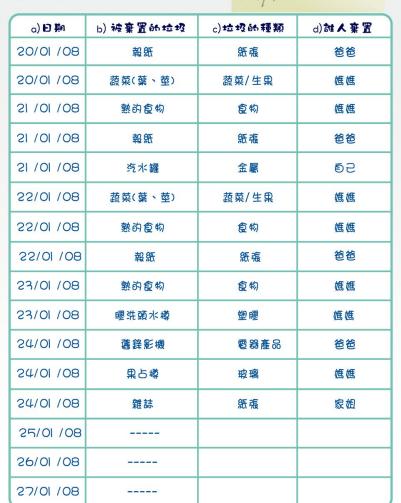
- 塑膠
- 金屬
- 紙張
- 玻璃
- 蔬菜/生果
- 電器產品



小提示



表一:





記錄你及你的家人在兩星期內棄置的名樣垃圾。

第1個星期:

a) 🗗 🎮	b)被棄置的垃圾	c)垃圾的種類	c)諸人棄置
u, 😅 💴	10/ TX # EL TO 1 20 2 4	C/-=-#.011112.NN	G/04 # # 1



第7個星期:

a) 日 抑	b)被棄置的垃圾	c)垃圾的種類	d)離人棄置

步	騦	5	0
		2000	

雨足期後,	你便會知道	你家居最常是	手事的拉切者	可哪頭插:
W + 51 12		W W ID BY ID I	ム 赤 し 1 111 41 ト	1 7/1 78 48

)
2)
3)
4)

步驟 6 🖉

與你的家人商計, 齊來制定減少家居廢物的行動計劃, 如表二:



小提示

甚麼是環保3"R"原則 - Reduce, Reuse and Recycle*

- "Reduce" - 滅量、減少製造垃圾。。

- "Reuse" - 重複使用、物盡其用,不喜用一次就丟棄!

- "Recycle" - 循環再造,有些廢物可以被製成再造產品, 不耍隨便丟棄!

有些垃圾是不能重複使用或循環再造;它們被棄置後便再運往焚化 中心或堆填區處理。

為甚曆不一早便避免製造垃圾 (AVOId)?



表二:

被棄置的垃圾	改善行動	誰人去做	這是"Reduce, Reuse, "Recycle",又或是"Avoid"?	
報紙及雜誌	收集復擺放在 紙張回收桶內	爸爸及家姐	Recycle (循環再造)	
膠洗頭水樽	用作花瓶	53	Recycle (循環再造)	

以上是一些可以減少製造垃圾的行動例子,想想還有甚麼其他行動可以付諸實行。

由你來做!

ED toly Microsoft				
被棄置的垃圾	改善行動	誰人去做	這是"Reduce, Reuse, "Recycle",又或是"Avoid"?	
報紙及雜誌	收集 復 擺 放 在 紙 張 回 收 桶 內	爸爸及家姐	Recycle (循環再造)	
 	用作花瓶	53	Recycle (循環再造)	

步驟 フ ∅ 解計劃付諸實行!



步驟 8 🖉

用四個星期的時間,看看你及你的家人有沒有真正將計劃付諸實行,將結果記錄在下列表格內。

第1個星期:

被棄置 的垃圾	改善行動	誰人去做	這是"Reduce, Reuse, "Recycle",又或是"Avoid"?

第7個星期:

被棄置的垃圾	经普尔勒	誰人去做	這是"Reduce, Reuse, "Recycle",又或是"Avoid"?



第3個星期:

educe, Reuse, ・又或是"Avoid"?

第4個是期:

被棄置 的垃圾	改善行動	誰人去做	這是"Reduce, Reuse, "Recycle",又或是"Avoid"。

步驟 9 🖉

我的體會

我們每天生活中產生大量垃圾,令到我們要不斷擴大焚化中心的處理 容量又或是堆填區的面積。但更重要的是,我們會棄置很多仍然有用 處的資源。喜愛惜環境,我們必須避免製造廢物,或透過實踐環保 3 "R"原则去减少廢物。



We and the Environment

The environment we are living in has been under great pressure to cope with the increasing amount of waste generated. In addition to the limits of treatment capacity of incinerators and space for landfill, we are also wasting valuable resources because part of the things that we dispose can actually be reused or recycled. To alleviate the pressure, we have to avoid producing waste, and if we cannot avoid it, minimize the amount of waste produced.

Useful tips



List 3 actions that will protect the environment in Macau.

item	Helpful Actions	Reasons
1	Put recyclable waste into recycle bins	Reduce pressure on the incinerator
7		
3		



List 3 actions that will hurt the environment in Macau.

Item	Harmful Actions	Reasons
1	Use a lot gift wrapping paper	Create more waste paper, trees have been cut down to make paper
2		
3		

What Can We Do?

Everybody, including kids, can do something to protect our environment. As simple as thinking twice before deciding to throw something away is already an example of what YOU can DO to protect the environment.



Useful tips

You have to believe that you can improve the environment.



Action

Let's do something to help protect our environment NOW!



How Can We Make A Difference?

Choose a topic that you are interested in. Then work out a project that you and your family members can contribute to avoiding or reducing waste.







By following the example provided in the following pages, at the end of the exercise, you can see how you have contributed to protecting our environment.

Example

Produce Less Waste

Step | @

Think of a behaviour in your daily life that is harmful to our environment.

For example:

Behaviour identified: Throw all waste into the rubbish bin



Why is this an environmental problem?

A lot of energy is used by incinerators to treat the waste.

b. Odour from the large amount of waste pending incineration.

Step 2 @

Based on the problem identified, define what you can do to tackle the problem; this is the aim of this project.

For example:

Topic: Minimize the waste produced

Step 3 @

Identify the current situation of waste produced at your home.

How to do?

Find out the different kinds of waste produced by you and your family members throughout a week and classify them.



Useful tips

Apart from yourself, ask your family members what kinds of waste they have thrown away each day and record them in Table 1, as shown on next page:

- a) Date
- (b) Kind of waste to be thrown away
- C) Identify the class of waste to which the waste belongs
- d) Who produced it?

You need to know how to classify the different kinds of waste.

How to classify the different kinds of waste?

Let us define the various classes of waste, say for example:

- Plastic
- Metal
- Paper
- Glass
- Vegetable / Fruit





Useful tips





Table 1:

a) Date	b) Kind of Waste	c) Class of Waste	d) Who Produced It
20/01/08	Newspaper	Daper	Dad
20/01/08	Uncooked Vegetable	Vegetable/ fruit	Mom
21 /01 /08	Cooked Food	Food	Mom
21 /01 /08	Newspaper	Daper	Dad
21 /01 /08	Soft drink can	Metal	Myself
55/01/08	Uncooked Vegetable	Vegetable/ fruit	Mom
55/01/08	Cooked food	Food	Mom
23/01/08	Newspaper	Daper	Dad
23/01/08	Cooked food	Food	Mom
23/01/08	Dlastic Shampoo bottle	Dlastic	Mom
24/01/08	Old video recorder	Electrical	Dad
24/01/08	Jam jar	Glass	Mom
24/01/08	Magazine	Daper	Sister
25/01/08			
26/01/08			
27/01/08			

Step 4 @

Record the different kinds of waste produced by you and your family members during the various days in a week. Do this for two weeks. I4 SUN

MON

Week: 1

b) Kind of Waste	c) Class of Waste	d) Who Produced It



a) Date	b) Kind of Waste	c) Class of Waste	d) Who Produced It

Step 5 @ At the end of the two weeks, you can find out what are the most common kinds of waste at your home: |) ______ 3) _____ 4) _____ Step 6 @ Discuss with your family members and plan the actions that you and your family members can take to minimize the different kinds of waste produced, as shown in Table 2:

Useful tips

What is "Reduce, Reuse and Recycle", i.e. the 3" R"s?

Reduce, Reuse and Recycle

Reduce

- produce less waste than before.

Reuse - find out other uses for the waste; don't just throw it away!

Recycle - some kinds of waste can be turned into new recycled products; don't just throw it away!

There are some kinds of waste that cannot be reused or recycled; it has to be thrown away, and it will have to go to the incinerators or landfill.

How about avoid producing waste in the first place?



Table 7:

	Kind of Waste	What to do	Who to do	Is this Reduce, Reuse, Recycle or Avoid?
ı	Newspapers & magazines	Collect them and put them in the recycle bin for paper	Dad & Sister	Recycle
ı	Plastic shampoo bottle	Use this as flower vase	Myself	Reuse
l				

The above are some examples of how to help minimize different kinds of waste and not just throwing them away. You can think of other possible actions!

Now You Plan It!

Kind of Waste	What to do	Who to do	Is this Reduce, Reuse, Recycle or Avoid?

Step 7 @

Act according to your REUSE plan now!





Check if you and your family members have been acting according to your plan. Do this for four weeks and record the outcomes in the following tables.

Week: 1

Kind of Waste	What to do	Who to do	Has this been done? (✓ or X)

Week: 7

Kind of Waste	What to do	Who to do	Has this been done? (✓ or X)



Week: 3

Kind of Waste	What to do	Who to do	Has this been done?

Week: 4

Kind of Waste	What to do	Who to do	Has this been done? (√or X)

Step 9 @

Implications and Lessons Learned

We generate plenty of waste in our daily lives. As a result, we have to keep expanding the capacity of the incinerators or the space for landfill. More importantly, we tend to throw away a lot of resources that are still useful. To protect our environment, we need to avoid generating waste or minimize the amount of waste by following the principles of "Reduce, Reuse and Recycle".





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