

A Cool and Green Summer 至「Cool」綠色夏日

During the summer months, we usually switch on the air-conditioner to keep us cool when return home; use of air-conditioning not only spikes up electricity bills but causes environmental impact. Do you know there are ways to keep us comfortable and healthy but cost much lessor? 炎炎夏日，回家後按著冷氣機為最常用的消暑方法，但常開冷氣令電費高昂，對環境也有一定影響。你知不知道其實有很多方法同樣令我們感覺舒適，保持健康，而且所費不多呢？



Lower Indoor Temperature 降低室溫

Keep the curtains and blinds close during hottest part of the day to lower indoor temperature. 每日最熱的時段拉上遮光簾或窗簾以遮蔽日光，降低室溫。

Sufficient Ventilation 保持室內空氣流通

- Switch on a fan, especially window fan and ceiling fan that can ensure air continues to circulate 風扇有助空氣流通，掛牆式風扇或吊扇尤其有效。
- Moving air cools people, remember to turn off the fan when no one is inside a room 流動空氣有助降低體溫，當房間沒有人就要記得把風扇關掉。
- Create a cross breeze by opening windows and doors, this can bring fresh air into the house 打開門窗製造對流，讓新鮮空氣進入屋內。

Control Moisture Levels 控制濕度

Excess indoor moisture causes mold growth which make us uncomfortable and sick. Regular clean up and sufficient ventilation count. 室內濕度過高容易引起黴菌滋生，令人感覺不舒服及致病。所以，定期清潔以及保持室內空氣流通相當重要。

Lower Your Body Temperature 降低體溫

Stay cool and hydrated are the keys. Take a shower, drink plenty of water, wear loose clothing like cotton which absorb sweat without absorbing body heat, also to wash your sheets regular. 保持涼快及保充水份至為重要。方法包括淋浴、飲用足夠水份、穿著鬆身衣物(如綿質衣衫，可吸汗而不吸取身體熱力)，並定時更換床單。

Visit <http://www.iaq.gov.hk> or scan the QR Code to discover more on Indoor Air Quality (IAQ):

歡迎到 <http://www.iaq.gov.hk> 或掃描QR碼以瀏覽更多「室內空氣質素」資訊：



Less Plastic, Please 少塑飲食

Plastic takes hundreds and thousands of years to decompose which harms our world and our health. Greenpeace survey findings reveal that when dining out, 66% of Hong Kong's citizens aged between 15 and 50 use plastic cutlery, while 68% use straws. Government figures show that here is also an increase in the use of disposable dining utensils, which comprises up to 8% of plastic waste on a daily basis .



塑膠需要長年累月分解，影響我們的健康與環境。綠色和平研究指出，66%受訪15至55歲香港市民表示外出用餐時使用塑膠餐具，68%使用塑膠飲管。據政府數據顯示，塑膠垃圾當中即棄餐具佔每日塑膠廢棄量的8%。

Action is louder than words! In an effort of doing our part to curb this growing problem, Club Bel-Air has no longer used plastic straws and offered paper straw on request.

立刻坐言起行！為抑制不斷增長的環境問題，貝沙灣會所已停用膠飲管，如有需要可向職員索取紙飲管。

Things to consider 想一想:

- Use metal cutlery provided by the restaurant, or bring your own set
盡量使用餐廳提供的金屬餐具或自備
- Use reusable lunchbox & stainless-steel cup for takeaway orders
外賣時自備可再用餐盒及不鏽鋼杯
- Use compostable cutlery when hosting a party or big event
派對或大型活動添置以可再生物料製造的餐具



Please help us in our quest to keep our coastlines and oceans clean and sustainable. 一起為海岸、海洋清潔及其可持續性出一分力！

Awards & Recognitions 獎項及榮譽



Best Landscape Award for Private Property Development 2018

Gold Award and Environmental Efficiency Award

Large Scale Domestic Property category

2018最佳園林大獎 金獎及環保效益獎

大型住宅物業組

Leisure and Cultural Services Department

康樂及文化事務署

Energy Saving Charter on No ILB

不要鎢絲燈泡 - 節能約章

Electrical and Mechanical Services

機電工程署

Hong Kong Green Organisation Certification -

"Excellence Level" Wastewi\$e Certificate

香港綠色機構認證《卓越級別》- 減廢證書

Environmental Campaign Committee

環境運動委員會