



J.O.E 环保联盟

J.O.E Eco Alliance

联盟宗旨 Objective

我们始终向往和追求美好的生活。身体力行地实践简约、健康的生活方式，不断努力奋斗，最终实现人生的价值。并以崇高的人文关怀和无私奉献精神，带动更多的人积极地改变内心、改变生活方式、改善和爱护生活环境、自然环境，共同为子孙后代建造更美好的生存空间。

We strive to pursuit a better life. The journey to success reflects our core values and it is achieved through our perseverance and our choice to adopt a simpler and healthier lifestyle. Through our dedicated humanistic effort, J.O.E Eco Alliance actively calls for a change in people's mindset and lifestyle, to improve on the standards of living and the state of our environment, and to create an exceptional living condition for our future generations.

联盟使命 Mission

我们通过举办各种活动，利用社交网络平台，不断向民众宣导简约生活方式和环境保护的意义以及重要性。向民众普及环保知识、教授环保方法，帮助人们更科学地、更合理地开展环保行动。协助及配合政府推动环境保护，特别是推动企业更积极地参与到实际行动中来。

J.O.E. Eco Alliance aims to foster the importance of environmental awareness and promote simple living through social media and activities. We pass on the knowledge and encourage people to practise environmental protection effectively and rationally. We also assist with government initiatives to engage with businesses and private sectors for greater environmental efforts.

联盟愿景 Vision

通过我们和其他有识之士的共同努力，促成全民自觉环保、立法环保。使越来越多的人，身心更加健康，更重视环境问题，更关爱家园。维护好新加坡已有的成果，使新加坡发展地更加美好，为子孙后代造福！

J.O.E Eco Alliance and its partners envision a greener Singapore with the introduction of legislation for environmental protection. Eventually every resident dedicates his care and concern for our communal spaces and benefits through healthier mind and body.

We should leverage on the past achievements, continue to improve and prosper, for a sustainable future.



JUST ONE EARTH

人类既是环境问题的制造者，也是环境问题的受害者，更是环境问题的解决者。所以，我们要做懂得自我管理的人。自律、自省，以约束为前提的追求自由的生活，拒绝让自己变成欲望的被动者。

Mankind have created and became victim to the environmental problems. Now the responsibility to find a solution have rested on our shoulders.

We should learn to adopt moderation in life, through self-discipline and self-reflection, refrain from letting our desires consume us.

小川舒先生 联盟主席

Mr Xiaochuan Shu, Chairman of J.O.E



新加坡享有花园城市的美誉，注重绿化与环境保护。我们也是一个
小岛，世界气候变化与温室效应对我们的海岸线和生活空间有着重
大的影响。我们只有一个地球，环境问题迫在眉睫。保护环境，人
人都可能发挥力量。我很高兴看到大力支持环保的民间组织如J.O.E
环保联盟与政府共同推动环保意识与运动，用我们的爱心和双手，
建造美好家园。

沈 颖

通讯及新闻部兼
文化、社区及青年部
高级政务部长

序 言



J.O.E (Just One Earth) 环保联盟的创办人找我为他们首刊环保杂志写序文，我深感荣幸，义不容辞！

J.O.E 极力推动环保，加强大众意识、普及知识与方法，教导如何以R生活为主导，把环保行动融入到生活的点点滴滴中。

他们除了出钱出力举办活动外，也在网上和社交平台定期发文教育大众多关爱我们共同生活的地球，现在还愿意花更多资源出版杂志，爱心与毅力令人感动。

现在有很多人误解了，认为环保是温室气候变化与污染环境的大议题，应是国家大事，与个人无关，但国家大事应是匹夫有责。因为这件大事跟我们日常生活中的态度、习惯与行为等个人小事息息相关，所以只要我们愿意就可以改变世界。是时候全面禁止使用吸管、餐具和棉花棒等涵盖范围广泛的一次性塑料制品。

我想起全球历史上最穷的乌拉圭总统“何塞·穆希卡”，他慈祥憨厚与世无争，但实际上他是乌拉圭历史上最有影响力的一位总统。

他说：“我们在过一种奢侈浪费的生活，这对自然、对人类前途，都会带来非常大的危害。这种与简约和节制背道而驰的文化，是违反一切自然循环的，但更糟糕的是，这种文化让人们无法自由地享受人际关系，体验爱情、友谊、冒险、合作和家庭等真正重要的价值。这种文化让人们无法享受自由时间，让我们不能去好好地欣赏和观察自然美景，这都是金钱没办法买卖的珍贵体验。”他的价值观与J.O.E提倡的R生活方式是英雄所见全同！

尽心环保，保护地球。
前人植树，后人乘凉。
人人有责，福存万代。

陈文平

香港商会会长
九龙会会长

A photograph of a bamboo forest. The image is dominated by numerous vertical bamboo stalks of varying heights and shades of green. The stalks are segmented, with lighter green nodes visible. In the background, there is a thick canopy of bamboo leaves, some of which are a lighter, yellowish-green color, suggesting sunlight filtering through. The overall atmosphere is serene and natural.

聆听 Voice



纸 类
Paper
棉 类
Cotton
皮革类
Leather
木竹类
Wood
纸尿裤
Diaper
铝 罐
Aluminum can
玻璃瓶
Glass bottle
保丽龙
Polystyrene foam
塑 胶
Plastic

1-3年
1-3 Years
1-5年
1-5 Years
50年
50 Years
200年
200 Years
500年
500 Years
500年
500 Years
1000年
1000 Years
永 远
Forever
永 远
Forever

纸 类	1-3年
Paper	1-3 Years
棉 类	1-5年
Cotton	1-5 Years
皮革类	50年
Leather	50 Years
木竹类	200年
Wood	200 Years
纸尿裤	500年
Diaper	500 Years
铝 罐	500年
Aluminum can	500 Years
玻璃瓶	1000年
Glass bottle	1000 Years
保丽龙	永 远
Polystyrene foam	Forever
塑 胶	永 远
Plastic	Forever

不被回收再利用的资源，
在地球上的自然分解到
消失所需的时间？

How long does it
take to decompose?

碳排放 Carbon Emission

定义 Definition

碳排放是关于温室气体排放的一个总称或简称。温室气体中最主要的气体是二氧化碳。人类的任何活动都有可能造成碳排放。多数科学家和政府承认温室气体已经并将继续给地球和人类带来灾难。

Carbon emission is a broad term for greenhouse gas emission. The name is derived due to carbon dioxide being the most abundant greenhouse gas in the atmosphere.

Most human activities could result in carbon emission. Governments and scientists believe that the greenhouse gases, if not controlled, could bring catastrophe to mankind.

危害 Threats

最主要的问题是温室效应。温室效应会引发许多自然和社会问题，使全球气候变暖，冰川融化，海平面上升，出现厄尔尼诺现象。造成人类农业中心北移，使很多濒海国家受到海水淹没的威胁。

Carbon emissions is the root cause of greenhouse effect, which is a major contributor to natural and social problems, such as global warming, melting of ice caps, rise in sea level and El Nino phenomenon, just to name a few.

Many low-lying regions are now facing a real threat of being submerged. Global warming is also affecting the agriculture activities in the temperate zone, more people are likely to face production shortage.

常识 Facts

为了应对全球气候变化的挑战，国际社会在1992年制定了《联合国气候变化框架公约》，并于1997年12月达成了《京都议定书》。《联合国气候变化框架公约》被认为是冷战结束后最重要的国际公约之一。

To combat climate change, United Nations Framework Convention on Climate Change (UNFCCC) was adopted in 1992 by 165 countries. Further in 1997, the Kyoto Protocol was reached from the original UNFCCC treaty.

UNFCCC treaty is recognised as the most important international treaty after the Cold War.

计算方法 Calculation

碳排放与我们衣食住行息息相关。碳排放量计算公式（二氧化碳/公斤）

家居用电=耗电度数×0.785

开车=油耗公升数×0.785

家用自来水=自来水使用度数×0.91

肉食的二氧化碳排放量=公斤数×1.24

Here are the formulae to calculate carbon emission for some of our daily activities: -

Electricity usage = Consumption in Kilo-Watt-Hour x 0.785

Driving = Consumption in Litre x 0.785

Water usage = Consumption in Litre x 0.91

Meat Consumption = Amount in Kilogram x 1.24



沙尘暴 Sand / dust storm

定义 Definition

沙尘暴是沙暴和尘暴的总称，是荒漠化的标志。强风从地面卷起大量沙粒或细微颗粒物，悬浮在空气中，并随着风向移动。沙尘暴发生时空气浑浊，能见度普遍小于1千米，是一种具有突发性的灾害性天气现象。

Regions facing sand/dust storm is threatened with water shortage and possible desertification. Strong wind blows loose sand and dirt from a dry surface and carrying away these fine particles as the wind moves along. Sand/dust storm can take place spontaneously and reduce visibility suddenly and significantly.

形成 Cause

沙尘暴普遍发生在较为干旱的地区。地表的强烈气流吹过干燥的土地时，将表层裸露松动的沙粒或者微小的颗粒物吹起，悬浮在空中。颗粒物随风势移动，被输送到数百公里甚至数千公里以外。

Sand/dust storms commonly take place in arid regions. Strong gusts of winds take up loose sand or soil particles as they passing through dry areas of land. The particles are suspended in the air and travel along with the wind movement, landing thousands of kilometers away from their origin.



危害 Threat

沙尘暴以往仅发生在较干旱的地方，如沙漠，近几年却时常出现在人口密集的城市，这也意味着缺水 and 干旱已经开始影响都市人的生活了。

中国北京、澳大利亚悉尼都在近几年爆发了严重的沙尘暴。沙尘暴中的悬浮物，无论大小，都影响了空气质量。

这些悬浮物，不仅可以伤害外部器官，比如刺激眼睛、造成结膜炎等，如果被吸入，将有可能对我们的脏器造成非常严重、且不可逆转的伤害。被吸入颗粒物可能会引发呼吸道疾病，较为细小的颗粒物甚至有可能从呼吸道进入血液，造成心血管疾病。

悬浮物不管落在哪里，堆积的尘土也会改变原有的地貌。在没有人类居住的地方，原有的生态链平衡将被打破；在人类居住的城市，我们需要动用巨大的资源才能将街道等公共设施清理干净。

Sand/dust storm were less common outside desert regions, however it has become more prominent in recent years with serious outbreak in populous cities such as Beijing and Sydney. This is a telltale sign that water crisis has began affecting the metropolitan areas.

The particles, regardless of their size, is damaging the air quality and our health. Physical contact to these particles may cause irritation to the eyes. Particles entering our respiratory and circulatory system may cause severe medical conditions with irreversible damages.

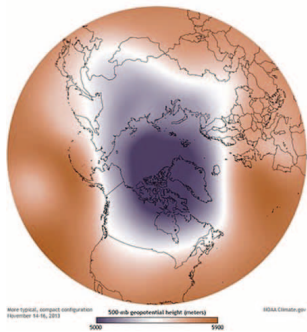
The landscape and the eco system of the place where the particles land may be changed as well. If they are landed in the metropolitan areas, huge amount of resources will be required to restore the cleanliness of the public facilities.

极地涡旋 Polar Vortex

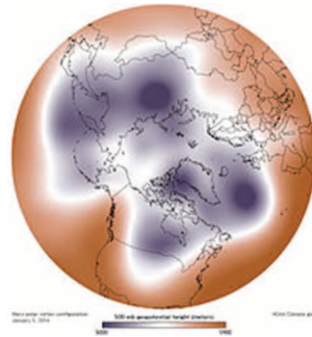
定义 Definition

极地涡旋是一种发生于极地，介于对流层与平流层的中、上部的，持续性且大规模的气旋。这种涡旋在极夜的时候最为强大，因为此时的温度梯度最大，如果持续缩减，到了夏季甚至会逐渐消失。

A polar vortex is an upper-level, low-pressure, large scale air circulation, near one of the Earth's poles. The effect of polar vortex is the strongest during the polar nights when the temperature reaches the lowest point. The effect diminishes as the polar area enters summer season.



典型的极地涡旋（2013年11月）
A strong polar vortex (Nov 2013)



弱势的极地涡旋（2014年1月5日）
A typical polar vortex (Jan 2014)

形成 Cause

全球变暖是造成极地涡旋的重要原因。在正常情况下，极地上空的冷空气保持低气压，中纬度地区上空较温暖的空气保持高气压。高气压包裹着低气压，使得冷空气在北极圈内以自然形成的涡旋方式运动。

但是由于全球变暖导致极地的温度升高，同时干扰了涡旋的移动方式。冷空气开始冲破天然屏障，向中纬度地区扩散，将严寒带到这一地区。

Global warming is the most significant contributor to the polar vortex effect. The rise in temperature causes the pressure in the vortex to increase, disrupting the normal circular air flow, allowing the cold air to break free from the vortex, spreading to the mid-latitudes.

危害 Threat

极地涡旋可以造成部分地区的温度骤降。很多人可能以为在零下40多度的天气里，仍然可以像平日一样，正常生活、工作。但当人暴露在低温环境中，只要几分钟，甚至几秒钟，人的身体失去热量的速度就会超过产生热量的速度，导致体温过低。体温过低时，皮肤和组织会被冻结，或者在极端情况下时，被严重冻伤，甚至威胁性命。可见这样恶劣的天气，对地球上的各种物种，都会造成极其严重伤害。人们最近一次经历这一罕见的气候变化是在2014年。当时一股寒流袭击了美国大陆的大部分地区，科学界开始关注这股寒流，首次将其命名极地涡旋。

2019年1月末，美国芝加哥遭受了超低温空气的袭击。寒风中，芝加哥的平均温度降到了史无前例的零下45度，这样的温度低于北极当日的气温。当时的芝加哥，就像是一座荒废的城市，门可罗雀，交通瘫痪，至少20个人在短短的两两天里因为低温而失去了性命。

The outbreak of polar vortex may cause a sudden and drastic drop in temperature in the affected region. At about 40 degrees Celsius below the freezing point, human being can experience hypothermia in a matter of minutes and even seconds. This will result in frostbite and in severe cases, death.

Scientists have become aware of the effect of polar vortex in 2014, when a wave of cold air hit the continental US cities. In January 2019, polar vortex had once again affected the continental US, with Chicago taken the hardest hit. Traffic were critically affected by the polar vortex, people stayed indoor to keep warmth. The temperature was 45 degrees Celsius below freezing point, even colder than the north pole. More than 20 lives had perished from this incident in two days.




An aerial photograph of a dense forest. The trees are mostly evergreens, but some have turned golden-brown, indicating autumn. A thick layer of white mist or fog fills the valleys and lower parts of the forest, creating a layered and ethereal effect. The overall tone is cool and atmospheric.

人文 感受 Feeling

林间的故事

The Forest Tales



湛蓝的天空，朵朵白云，映衬着肃穆大地上一片绿色的奇迹，那是生命的颜色。大森林像时间一样古老、沧桑。当初春的第一缕晨曦，穿透片片枝叶，揭开了它深藏已久的奥义。

请缓步而行，来到林中空地，倚靠在一棵古树下，听我们娓娓道来，林间的故事。

The high sunlit clouds drifted across the crystal blue sky, shining on the earthly green land. They signified the colours of life. The first rays of spring gently pass through the layers of leaves of the old-growth forest. It embraces the centuries of time, a pathway to the tunnel of esoteric tales.

Pace yourself to this wonderful field of green, sit underneath the ancient tree while the stories of tales began to unfold.

很久很久以前，距今差不多3亿年了。那时，地球曾举目荒凉。不知从何时起，无数生灵和各种植物学会了和谐、默契地共生。在最初坚硬的岩石上，经历了地衣、苔藓、草木，慢慢地形成一个有机的整体，最终的大森林。

它生长、发育、衰老，不断循环演变，诠释着宇宙万物的规律，却始终生生不息。担负着造物主赋予的神圣使命，保护这个蓝色地球上多样的生物、过滤尘埃、净化空气、涵养水源，调节喜怒无常的气候、抵御着飞沙走石，为生命提供赖以生存的氧份、食物和能源。最重要的，它埋藏着属于生命的希望。

在森林每一个无人知晓的角落，都隐藏着一个缤纷五彩的世界和一个温暖心灵的诉说。片片绿色承载了人们太多的思绪。那里有云雾、有风雨、有泉湖、草长莺飞、绵绵细雨、落叶悠悠，那里还是诗的故乡。

At the beginning of time, the Earth was alone. Soon, little life forms began to appear. It was first the grass, the trees, then, cute little animals sprinting across the land. There was a cultivation of an atmosphere of unspoken serenity and harmony. The sun goes down and rises day after day, the trees that were once young grew into a mature ecosystem of old-growth forest.

They germinated, they grew, they reproduced, and the endless cycle repeats itself. They spoke of the law of the universe, the circle of life, and carries the mission of protecting the Earth. They purify the air, giving us oxygen in return; they also preserve the water source; and appeases the temperamental and volatile weather. They provide shelters to many lives, containing lakes and rivers for living creatures' survival. The forest was the core energy for resources, it was the essence for life forms.

In the secret corner of the woods, lies a vibrant world and tales that warm the hearts of plenty. The fields of greenery carry the heavy thoughts and emotions of humans to the misted clouds, the wind and air, to the brilliantly blue lake, flourishing the area. The peaceful swaying of the blades of long grown grass, accompanied by the soft drizzle of the calming day where leaves have fallen in the autumn summer, this is where it all began.

多少世纪以来，森林之境始终滋润着人的心灵，带着春意盎然，细语轻声。

它时而以庄严和沉静，吟唱着自由者之歌，时而善解人意地抚慰着孤独者的忧伤，时而温婉轻柔地装点着情人们的梦境，时而心心挂念地勾画着旅人的乡愁。

我们的内心，在时代发展的脚步中，像一副玄迷的画作，似乎已找不到第一处的下笔和最初作画的意义。我们的贪婪摧毁了太多美好，怎能忍心把大自然赐予我们的礼物，都变得满目疮痍。

这世界的主人从来不是只有人类，还有苍松翠柏、巍峨的远山、浩瀚的海洋、剔透的冰川、以及每一个哪怕是再渺小不过的生命。所谓的万物之灵，肩负的是创造美好，同生同息的使命，而不是牺牲万物，满足私欲的唯我独尊。



Throughout the many centuries, the forest continues to nourish our soul, brings forth the soft radiance of spring and mollifies us through their mellowed whispers.

Sometimes soft in tunes of melody, sometimes caressing our wounds with a gentle breeze. At times, it fills up our dream state, guiding the confused griever to a path of light.

In this era of fast-paced societies, our inner hearts are like an arcane art piece. We have forgotten our primary purpose, our fundamental intention on the first stroke of the brush. It was the avarice that has engulfed us, destroying the amazing gifts from our mother nature, leaving ourselves with desolate remains of our own actions.

We are not the dominator of this world, but a constituent that makes up the life form in this world. Instead, we should, as humans, shoulder the responsibility of protecting the breathtaking environment and their ecosystem through the gift of our intelligence and kindness. Sacrificing others' interest to fulfil ones' greed was never the way to show gratitude.

我们疾走的脚步太快了，停下来等等灵魂吧。

再一次听听大森林的心声。

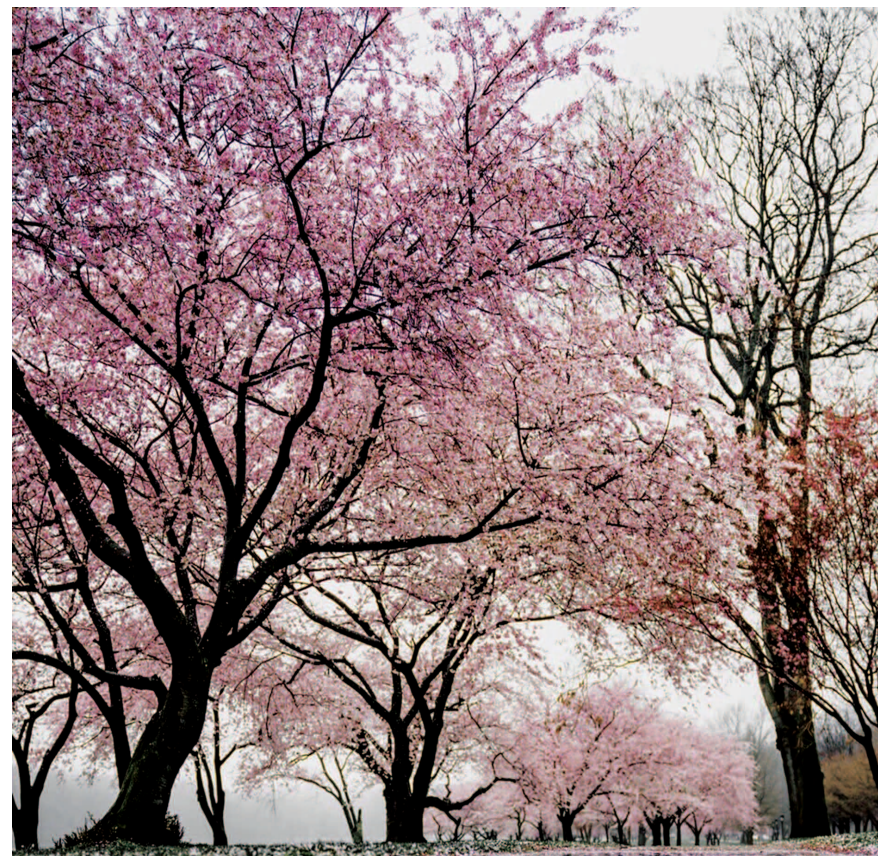
嗷嗷待哺的幼鸟，在颤抖的枝头，迫不及待地渴望早日飞翔。

初生的小鹿，在绿叶盈盈的树下，好奇地探索未知的世界。

夜幕里漫天飞舞的萤火虫，使林中万物再也不去艳羡星辰的明亮。

森林深处的镜湖，映照了千百年间，发生在这个绿色世界里，曾有过的一切美好和神奇，无数的向往和想象。

成千上万的昆虫劳作了整整一夜，树木绽开雨滴，在小溪边，四周开满鲜花的木屋里，工具叮叮当当敲响了晨钟。让我们重拾人与自然共生的和谐环境吧。



We were accelerating our steps, neglecting our spiritual healing. Have you ever paused to ponder and wonder whether our soul can catch up with our pace?

Listen to voices of the woods, and take a moment to contemplate...

The newly hatched chicks chirping on the tall trees' branches, waiting for the moment to spread their wings to dive through the wind.

An innocent fawn, exploring the unknown world with its boundless curiosity.

The fireflies filled up the night sky like twinkling little stars around a peaceful lake which reflects the long histories of ages with countless tales.

It would be a splendid sight that is nondescript, and could only be felt with our heart as it beats as one with mother nature. To pledge ourselves, as the guardian of conserving the harmonious gift between environment, the living animals and us.



呼吁 Advocate

R 生活

REFUSE 拒绝

REDUCE 减少

REUSE 重复

REPAIR 修复

RECYCLE 循环

RETURN 回归



R 生活，R lifestyle

人们的心灵特质、生活习惯、消费方式，都会对自身和环境产生影响，结果的好坏，全在于每个人所做的选择。消费时代，人们不断强调以自我为中心的生活方式，追求个性、自在，随心所欲。对周围漠然无视，甚至破坏环境来满足自我所需。我们要做懂得自我管理的人。自律、自省，以约束为前提地追求自由的生活，拒绝让自己变成欲望的被动者。人类既是环境问题的制造者，也是环境问题的受害者，更是环境问题的解决者。所以，我们一定要以实际行动，为自己和子孙后代保护好生存环境。

我们倡导R生活方式，Refuse 拒绝，Reduce 减少，Reuse 重复，Repair 修复，Recycle 循环和 Return 回归！我们就是要内心平和，质朴简约，与外和谐地过好每一天。R生活方式，它不仅会帮助我们提升生活的质量，更会提升生命的品质。从今天起，每周的星期三，我们一同体悟R生活方式吧，来培养一个良好的行为和习惯，把这种好，点点滴滴渗透到生活当中去，让生活更加美好，使人生更有意义！



The things that we do influences our temperament and our inner self, from how we lead our lives to how we consume and patronize, these would affect not only ourselves but the environment as well. Whether the consequences would be dire or good, solely depends on our choices and decisions. In the age of consumerism, we constantly place ourselves at the center of attention, leading life as we please, freely, without care or concern. Disregarding our surroundings, even destroying the environment to satisfy our desires.

We all need to learn to manage ourselves properly. To discipline ourselves and be mindful of our behaviors, all in the name of ending the selfish and inconsiderate actions of before, refuse the tendency to be controlled by our desires. We control the extent to which the environment is harmed; we are the ones affected by the environmental changes; and we are also the ones that could resolve this issue. Therefore, we need to take action now to ensure the sustenance of Earth for ourselves and our children.

We promote the R lifestyle, to Refuse, Reduce, Reuse, Repair, Recycle and Return!

We want to attain inner balance, lead a reduced lifestyle and live each day to the fullest. The R lifestyle won't help us improve our standards of living but will definitely improve our lives.

Starting from today, let us embark on the R lifestyle every Wednesday, to cultivate a good habit. Spread this good to all facets of our lives, so that life would be even better and more purposeful!

R 生活



拒绝 Refuse

生活中我们不经意地添置了太多不需要的物件，不仅给自己带来烦恼和负担，也制造出非常多的废弃物。所以，要懂得欲望和需求之间的不同，做到按需所取，适量适度。让我们学会拒绝。拒绝使用一次性的塑料用具，如餐具、吸管和塑料袋。拒绝浪费食物和浪费资源。拒绝对环境造成破坏的行为。

At times, we clutter ourselves with too many unnecessary things that brings about more burden and worries to our lives and it also creates disposables. Consequently, we need to learn to distinguish wants and needs, to base our life on the needs. Learn to refuse things, such as single-use utensils, plastic straws and plastic bags. Refuse food and energy wastage. Refuse behaviors that would cause more detriments to the environment.

减少 Reduce

人总是在不知不觉中积累了很多的压力和烦恼。那么，我们一定要找到一种适合自己的方式，来减少内心的压力，减少负担。据科学家实验证明，每天设定一个静坐的时间，来放空自己可使内心变得平静。或每天在空气清新的自然环境中徒步一个小时，明显可使人的心胸开阔、体质增强。或坚持每周去游泳一两次，就会让人消解压力，性情变得积极向上，变得自信。

我们周围有很多人习惯用购物的方式来缓解压力和焦虑。这是因为当内心不满足，缺乏安全感时，我们往往会变得六神无主，而导致了行为的盲目。不理性的消费给生活添置了太多不必要的东西。只有当你内心平静，淡定自如时，才能看清什么是你需要的，才能明白什么是真正符合你心意的事物。减少多余的负担，就是在减少烦恼和束缚，更是在减少浪费，减少对大自然的破坏。

We often unknowingly accumulate a lot of stress and burden. As such, we need to find a sustainable way to live, to reduce the stress and lighten our burden. According to scientific research, if we could set aside a time to just sit still, we could alleviate the feelings of anxiety, calming ourselves. Alternatively, we could go out for a short hour long walk, this would expand our lung capacity and strength our immunity. We could also go for a swim once or twice every week, which would also reduce our stress levels and become more confident with ourselves.

There are many around us that reduces their stress through spending or what we call “retail therapy”. This could largely be due to the fact that we are not satisfied with what we already have and have a lack of sense of security, which leads to us being oblivious to our own mindless expenditures. These mindless expenditures in turn creates more clutter in our lives, especially with things that we do not need.

It is only when you are at peace and at ease with yourself that you can see clearly the things that you need, the things that would truly be in line with what you love. Reduce the unnecessary burden, do not create unnecessary waste that would in term bring about more harm to your mental health and also to the environment.

零垃圾生活的修炼五式

Zero Waste Lifestyle 5 tips towards zero waste lifestyle

零垃圾生活第一式 – 无塑诀

Zero Waste Lifestyle 1, No plastic pledge

首先，做好充足准备，自备环保购物袋、罐装容器、环保袋，保温杯和水瓶等。外型不限，花式自选，可以充分发挥自己的创意。在购物时，选择大包装或无包装产品。瓜果菜蔬选择在小贩中心的菜市场购买。

Firstly, do prepare your sufficiently. To bring your own reusable recycling bag, food containers, tumblers and water bottles. These items could be in any shapes and designs, up to your own creativity. Choose items with less or no packaging when you are shopping and purchase perishables from a fresh market to save on the plastic.



零垃圾生活第二式 – 断舍离

Zero Waste Lifestyle 2, Leave only what you need

「断舍离」本是禅定的方法之一，即断执念，舍贪爱，离烦恼。若把它做些世俗化的提炼，就是清理和舍弃生活当中的「无用之物」，包括内心的清理和外在环境的清理。检视下自己的生活用品，回顾下置办它们时的心情、缘由，看看当初是怎样的情况下，它们成为你的所属物，是出于需要还是出于欲望？然后，把那些无用之品处理掉，或是改造成有用之物，或是赠予更需要它们的人。

This is one kind of meditation. Cut off the obsession, greed and free from the suffering. We apply it in daily life to abandon the useless things and leave only what we need. Purify your mind and living environment. Firstly, you should recall the feelings when you bought those things, what reasons made you to buy them, because of need or desire? Secondly, dispose those you don't need or make it something new with the value and give them to whom really need.

零垃圾生活第三式 – 自律自控

Zero Waste Lifestyle 3, Self-discipline and self-regulation

断舍离做到后，你会发现内心简单明亮了很多。在购买东西时，更看重实用性和必需性，选择可回收利用的物品甚至有时是二手物。这是主动的按需消费，渐渐从被消费的状态中解脱出来，开始感受到自律和自我掌控，比欲望被满足具有更持久的幸福感，那是更接近真正自由的一种状态，你有自主权和选择权，而不是被迷惑和被诱导。

You will find life becomes simple and feel relaxed once you have applied the second step. When going shopping, you prefer to paying attention to the practicality and necessity. You would like to choose the recyclable things even the second-handed items. This kind of consumption is on your demand. You will find self-discipline and self-regulation provide you more lasting happiness than the satisfaction of desires. That is the status closer to the freedom because you can decide what to choose and to do, following your heart but not being confused and induced.



零垃圾生活第四式 – DIY自制诀 Zero Waste Lifestyle 4, DIY

所谓高手在民间，只要用心心思，网上很容易找到各种自制品的教学，如自制衣服、自制家用清洁剂，旧物改制的家具装饰品等。

自制生活用品的过程，不单单可以减少垃圾的制造率，重要的是这个动脑动手的过程非常令人愉悦。父母更可以通过这种方式和孩子亲子互动，锻炼他们的动手能力，刺激他们的头脑发育，培养勤俭朴实的生活习惯。

You can find those DIY teaching materials online very easily such as DIY wearing, DIY house cleaners. You can make furniture and accessories modified from old things. DIY can reduce the rate of producing the waste but most importantly, you are very happy when doing this. Parents can also interact with children by this way, it is helpful to improve the children's hand-making ability and brain development as well as cultivate the diligent and simple living habits.

零垃圾生活第五式 – 简约生活，善护念，善护其心 Zero Waste Lifestyle 5, Simple living through the practice of kindness

简约生活的价值就是使你更明智地生活，不再盲目地陷于一种混乱和纠缠中。另外，这种生活方式的实际好处还包括很多。首先，它会帮你节省很多钱。无包装产品的成本会更低，自制品或二手物都会使你节省更多的费用却实现相同的目的。其次，有利于健康。身心轻松舒畅，人患病的几率会大大降低。

因为，当你只购买和食用那些非包装的新鲜蔬菜，自然而然身体健康会更好，精力也会更充沛。吃得好，身体好，又可以省钱，人自然会更快快乐一些。少了那些「花落水流红，闲愁万种，无语怨东风」的自寻烦恼。最重要的是，作为人，活出了价值，除了自我过有意义的生活外，对整个大的生存环境也带来积极的改变和影响。

The practice helps you to make the right and smart choices, you will no longer be confused when you are dealing with multiple choices.

For example, second-hand goods bargain and items with less elaborate packing could be equally useful to you at a much cheaper price. Your choice to purchase these products not only helps to save your hard-earned money, but also bring you peace and joy when you know that you have been making the right choice. This little changes in our habit give you much bigger and meaningful change to your wellbeing and positive benefits of our nature.



所谓零垃圾生活，看似是一个单纯与环保相关的主题，实则是一个自我修心的过程。这是零垃圾生活的真正奥义和最高境界。

新加坡是经济高度发达的社会，同时，因社会发展引发的环境问题也不容小视。以塑料垃圾为例，新加坡每年消耗17亿6000万塑料品，这是非常令人震惊的数据。我们在超市都有这种体验，购物付款时，工作人员会根据客户所选的物件使用塑料袋，蔬菜水果一个袋，酒水饮料一个袋，冷热常温各分袋，大的用大袋，小的用小袋，最后再套个袋儿。想一想，真有必要吗？一个大的环保袋和一个购物车，问题是不是就解决了？人们往往不是去选择正确的，而是选择容易的。既然我们发现了这些问题，就更应该积极地去做出好的改变。「零垃圾生活」，是一种更健康，更环保的生活方式，内心世界的安稳有序，才能使外部世界更和谐。很多人已经从这种生活方式中受益良多，你的选择呢？

Singapore residents is consuming an alarmingly 1.76 billion plastic items annually. We appreciate the thoughtfulness of the services provided by supermarkets, to separate our purchase into different plastic bags, based on the type of products. If the items are heavy and bulky, an additional bag is used to enhance durability. But, do we really need these much of plastic bags? Could we fit our purchases into larger reusable bags or shopping trolleys and bring them home at one go?

We tend to choose the easier path, then the right one. If we are able to recognize a wrong choice has been made in our life, we shall be responsible and make changes to our habit proactively. We hope you could come onboard soon, to live a simpler lifestyle with the goal to achieve 'zero waste' in mind. We are certain that this sustainable lifestyle will bring you inner peace and comfort, health benefit and many other rewards.

素食新生

New Vegetarian Life

今天我和各位谈谈健康的饮食习惯，它不仅对于个人健康有很大的益处，宏观地来看，更是对整个人类的生存环境都有着积极的影响。

这种健康的饮食习惯便是素食。它有哪些益处呢？

首先，节省水资源。根据Green Monday的统计数据，一个食素者，因其饮食习惯而节省下来的一天用水量，可供一个人淋浴20次。肉食者人均用水量是4265公升，而食素者只有2654公升，足足节省了1611公升的水。是不是非常惊人？

其次，减少温室气体的排放量。以美国为例，47%食品生产土地，最大部分被用于种植牛饲料，仅1%是用来生产人食用的果蔬。而这些牛排放的甲烷，1个甲烷分子等于23个二氧化碳分子，所以畜牧业是造成温室效应的主要原因之一。

出于个人健康以及其他因素，美国人10年间（2004-2015）的牛肉消耗量降低了19%，减少相当约3900万辆汽车的碳排量。很多人担心食素不利于身体健康，以为身体需要更多的肉类来提供营养和能量。其实，大自然色彩缤纷，赤橙黄绿青蓝紫。植物随季节变幻着颜色，蔬果也在不同的季节发挥着不同的作用，它们的颜色是其丰富植物化学素的反应，所富含的营养保障我们的健康。



Let us discuss about healthy eating habits today. It's not only do good to our personal health but it also has a positive impact on our living environment.

This healthy eating habit is vegetarian. What are the benefits?

Firstly, save on water. According to Green Monday's statistics, a vegetarian save enough water for a person to shower 20 times on a daily basis, through his eating habits. The water consumption per capita of a meat eater is 4,265 litres, but only 2,654 litres for a vegetarian. Isn't it amazing that one could save 1,611 litres of water a day just by changing dietary habit?

Secondly, reduce greenhouse gas emissions. For instance, in the United States, 47% of landmass for cultivation is used to grow cattle feed, and only 1% is used to produce fruits and vegetables for human consumption. One molecule of the methane emitted by these cattle has the damage that is 23 times of a carbon dioxide molecules, which means that the livestock is one of the main contributor of global warming.

Due to personal health and other factors, the American beef consumption in the 10-year period (from 2004 to 2015) has decreased by 19%, reducing carbon foot print equivalent to the sum of the emission of approximately 39 million cars.

However, many worry that vegetarians will be under-nourished as they believe that humans need meat to provide them with sufficient nutrients and energy. Nonetheless, nature is colourful. Plants change colour with the seasons, and fruits and vegetables also play different roles in different seasons. Their colour is the reaction of their rich phytochemicals, and the rich nutrition within guarantees good health.





人体所必需的营养素如蛋白质、脂肪、糖、无机盐（矿物质）、维生素、水和纤维素等7类，全部都可以在大自然中找到。白色食物润肺，红色食物养心，黄色食物健脾，黑色食物补肾，青色食物护肝。

也不必担心，纯素食会不会影响体力体质，不利于健身运动。因为很多根茎类蔬菜富含碳水化合物，还有，腰果、杏仁等核果类，其丰富油脂都可补充人体所需热量。再让我们来看看有哪些运动健将是素食者，网坛传奇大威廉姆斯，F1方程式赛最多分站冠军车手路易斯汉密尔顿，被美誉为“20世纪最伟大的奥运选手”的卡尔刘易斯，MMA综合格斗冠军杰克希尔斯。

植物为基础的天然食物是最好的营养来源，拥有各种营养的最自然的形态。不论是跑步、游泳、足球还是健美，各类不同的运动员都能从天然素食为主的饮食习惯中受益。神奇的大自然是上天赐予人类的福祉。它给予了我们如此之多和丰富的食物来源，我们更是要倍加珍惜！把更多的爱和感恩回馈给大自然！

The human body's essential nutrients such as protein, fat, sugar, inorganic salts (minerals), vitamins, water and cellulose can all be found in nature. White food moisturizes the lungs, red food raises the heart, yellow food boosts spleen, black food tonify kidney, green food protects the liver.

In addition being a vegetarian will not affect your physical fitness. Many root vegetables are rich in carbohydrates, as well as nuts like cashews and almonds are rich in oils which can supplement the body's calories.

Let's take a look at which athletes are vegetarians: tennis legend Williams; Formula One race champion Louis Hamilton; "the greatest Olympic athlete of the 20th century" Carl Lewis; MMA General Fighting champion Jack Shields.


Plant-based natural foods are the best source of nutrients and have the most natural form of nutrition. Whether it's running, swimming, football or bodybuilding, all kinds of athletes can benefit from natural vegetarian-based eating habits.

The magical nature is blessed with goodness to mankind. It gives us so many rich food sources, we have to cherish it and return with greater love and gratitude to nature!

那么，就从今天起，制定一套全新的健康环保饮食计划吧！我们可以先从调节饮食荤素比例开始，比如原本50%的肉类或海鲜类摄入和50%的果蔬摄入，改为40%对60%，再慢慢渐进到20%对80%，直至找到最适合自己的健康、环保的饮食习惯。我还要告诉你们，再准备一套功能齐全的环保餐具，饮食知量，不要浪费，真正的行动起来，爱护自己，爱护环境！让我们一起迎接一个在素食世界中的新生吧！

Starting today, develop a new healthy and environmentally friendly diet plan! We can start by adjusting the proportion of dietary meat, such as 50% of meat or seafood intake and 50% of fruit and vegetable intake, 40% to 60%, and then gradually increase to 20% to 80%. Until you find the healthy and environmentally friendly eating habits that are best for you. I would also suggest you to prepare a set of fully functional and environmentally-friendly tableware as a start to achieve 'zero waste' lifestyle, to love yourself and to care for the environment! Let us welcome a new life in the vegetarian world!





旅行的意义是寻找和丰富生命的体验，是脚下的路，更是心中的路。每个人都曾有过深刻难忘的美好回忆，壮美的自然风光、异域风情的城镇、美丽恬静的村庄、特色各异的美食、充满乐趣的活动、美丽浪漫的邂逅，瞬间便会浮现在眼前，令人回味无穷。

The meaning of travel is to experience life-to find and enrich your heart and soul through the roads travelled under your foot. Everyone is bound to have wonderful and memorable memories of magnificent natural scenery, exotic towns, beautiful and quiet villages, different kinds of food, fun-filled activities, beautiful and romantic encounters from your travel experience that you want to reminisce upon.

让风景一路更美的旅行
Appreciating the Scenery as You Travel

旅行本身是非常美好和令人愉悦的过程。但过度的集中旅游破坏了自然景致和文物，会对动植物和水环境产生负面影响，制造更多的垃圾污染、大气污染，造成各种环境问题。比如，著名的西班牙旅游城市巴塞罗那，2018年的旅游人数超过3000万，而当地的人口不过163万，远远超过城市的承受能力。

集中旅游对具有珍贵历史价值的文物构成威胁。著名的敦煌石窟壁画，大量游客在某一时段内集中参观，会导致空气中的二氧化碳含量大幅增多，壁画所处的小环境温度和湿度上升，严重损害壁画。所以说，如果在经济条件允许的情况下，最好选择自助游、自由行的方式出行，而不是跟随旅游团。做好假期计划，做好旅行前调研和攻略，避开旅游旺季，选择淡季出行，节省费用的同时，还能帮助缓解集中旅游的压力，减少环境破坏。

Travel itself is a very beautiful and enjoyable process. However, excessive concentration of tourism has destroyed natural scenery and cultural relics, negatively affecting animals, plants and water environment, creating more garbage pollution and air pollution, posing various threats to the environment. For example, the famous Spanish tourist city of Barcelona has more than 30 million tourists in 2018, while the local population is only 1.63 million, far exceeding the capacity of the city.

Concentrated tourism poses a threat to cultural relics of precious historical value. The famous Dunhuang Grottoes murals, a large number of tourists visiting in a certain period of time, will lead to a significant increase in the carbon dioxide released into the air, and the small ambient temperature and humidity in which the murals are located will seriously damage the murals. Therefore, if the economy allows, it is best to choose a self-help tour, free travel, rather than follow the tour group. Do a good holiday plan, do a good job of pre-trip research and strategy, avoid the tourist season, choose off-season travel, save costs, but also help ease the pressure of concentrated tourism and reduce environmental damage.



特别是在著名的景点，不需要再为排长队而消耗宝贵的时间。据统计，古罗马斗兽场，夏季排队平均时长是3至4小时。更重要的是可以玩的随意自在，按照自我的意愿安排行程。带着一种可以说走就走的洒脱和身心愉悦踏上旅途，这才是旅游的真谛、美好和意义所在。

当我们来到一处旅游胜地时，先放松心情，不要急着拍照发朋友圈。用心地感受下人文的气息、令人惊艳的美景，感慨赞叹的同时也心怀感激，因为我们还能亲眼见到前人留下的灿烂文明，巧夺天工的建筑奇迹，壮美瑰丽的自然风光。

大自然毫不吝啬地向我们展示了它最美的一面，我们要担负起传承和保护的责任，将这些震撼和美好留给后人。

在旅行的途中，我们可以做很多事情去避免破坏和污染环境。这里是我们一些温馨的建议，首先，入住无碳化酒店便是一种不错的选择。在酒店期间，其实我们不需要每天都更换毛巾和床单，这样就可以大大节省水资源及减少水污染。其次，自带洗漱牙具和个人生活用品，可以不使用一次性用品。缩短洗浴时间，把空调温度调高一度。

Especially in famous attractions, there is no need to spend precious time for long queues. According to statistics, at the ancient Colosseum, the average length of the summer queue is 3 to 4 hours. What's more important is that you can play at your own pace and arrange your trip according to your own wishes. With a free and easy way to go on a journey of physical and mental pleasure, this is the true meaning, beauty and significance of tourism.

When we come to a vacation resort, relax first, don't rush to take pictures and send to friends. Feel the breath of humanity and the amazing scenery with your heart. Be grateful because we can also see the splendid civilization left by the predecessors, the architectural miracle of the heavenly work, and the magnificent natural scenery.

Nature has undoubtedly shown us its most beautiful side. We must shoulder the responsibility of inheritance and protection, and leave these shocks and goodness to future generations.

As we travel, we can do a lot to avoid damaging and polluting the environment. Here are some suggestions from us. First of all, it is a good choice to stay in a carbon-free hotel. During the stay in the hotel, we don't need to change towels and sheets every day, which can save a lot of water and reduce water pollution.



另外，吃自助餐时，可以按需拿取。吃的健康合理，能量充足便好，不要浪费食物，这不仅是一种公德心，更是一种环保行为。减少环境的污染，还可以减少内心很多不必要的负担。还有，请记得旅行途中随身携带环保垃圾袋，收拾和管理好自己的垃圾。

请自带便携式餐具和水杯，既能减少垃圾又能保证卫生安全。这些行为不仅体现了个人良好的素质，也会让当地人对我们和我们所代表的国家留下极好的印象，更为重要的，这确实是在保护环境。

旅游业是世界上最成功的行业之一，但近些年的气候变迁给它带来了极大的冲击。海平面上升，越来越短的冬季、自然灾害频发都是严重的威胁。旅游业在深受气候变迁影响的同时，也在反思努力做出积极的回应和贡献。

Secondly, you can bring your own toiletries and avoid using single-use disposable items from the hotel. Shorten the bath time and increase the temperature of the air conditioner by one degree.

In addition, when you eat a buffet, take only what you need. Eat healthy and reasonably to fuel your body with energy but do not waste food, this is not only a public morality, but also an environmentally friendly behaviour. In addition, reducing environmental pollution can also reduce unnecessary mental burdens.

Also, please remember to carry an environmentally-friendly garbage bag with you during your travels to pack and manage your own garbage.



很多酒店和旅游公司，在减少一次性用品使用、减少食物浪费、减碳和零垃圾倡导、提供干净饮用水方面做出各种创新尝试，帮助游客养成良好的行为习惯。旅游是环境污染源之一。只有我们游客和旅游从业者共同努力，有效的管理和良好个人行为习惯相结合，才是解决环境问题的关键。

让我们带着愉快的心情再次出发，来一次环保旅行吧！尽情地享受视觉和听觉的美好，伴随着温柔的海风享受天伦之乐，在群山环绕中与朋友欢声笑语，结伴而行。让白色沙滩上的椰林见证浪漫的爱情，让我们用爱创造出更美的风景吧！

Many hotels and travel companies have made innovative attempts to reduce the use of disposables, reduce food waste, reduce carbon emissions, promoting zero waste, and provide clean drinking water to help visitors develop good behaviours.

Tourism is one of the sources of environmental pollution and the key to resolving these is when tourists and tourism practitioners work together to effectively manage and cultivate good personal behaviour and habits which are environmentally friendly.

Let us embark on an eco-friendly travel journey happily! Enjoy the beauty of seeing and hearing with the company of gentle sea breezes and laughter from friends within the mountains. Let the coconut palm trees on the white sandy beach witness the romantic love that is created through the sceneries we created with love!

时事 Updates

关注时事的同时，我们更应该关注如何应对。。。

While reading the news updates, we should ponder over how mankind could tackle these problems.



2019年2月20日，澳洲正式宣布，棲息在大堡礁一帶的啮齿动物珊瑚裸尾鼠灭绝，为全球首个因人类引起暖化而绝种的哺乳类动物。该物种绝种的一个关键因素，是过去十年海平面上升，淹没珊瑚礁这块低洼沙洲造成的，使得裸尾鼠栖息地急剧减少。

The eradication of the Bramble Cay melomys has been officially recognised by Australia in Feb 2019. The species lived solely on a tiny sand island in the Torres Strait, near the coast of Papua New Guinea and has not been seen since 2009.



2019年2月，英国独立报报道，科学家在北极海鸟的蛋内发现了塑料中的化学物质——磷苯二甲酸盐。这种海鸟生活在加拿大兰开斯特湾的一个岛屿上，与最近的人类聚落相距远达100多英里。塑料污染无孔不入再次被证实。

Eggs laid by northern fulmars on Prince Leopold Island in the Canadian Arctic tested positive for chemicals additives to keep plastics flexible. It is the first time the additives have been found in Arctic birds' eggs as it was announced in Feb 2019.



2019年2月，气候之家报道，船运行业寻求转型。瑞典先行，计划2045年国内航线全面淘汰化石燃料，政府计划制定净零温室气体排放蓝图。

In Feb 2019, Shipowners' Association of Sweden is calling for government incentives to help in the transition to net zero emission by 2045, by ending the domestic use of fossil fuels.



2018年11月，美国加州三处野火燃烧多日，美丽的天堂已经沦为人间炼狱。因大火而死亡的人数已经超过59人；7700所房屋、5亿平方米土地被毁；5万多人流离失所；234万加州人的生活受到严重的影响。

Nov 2018, wild forest fire had been burning for days, turning California into a living hell. More than 7700 homes had been destroyed, 50,000 people lost their homes and more than 500 million square kilometers of land had been damaged. Death toll exceeds 59 persons.



2019年1月18日，越南研发的一枚新的地球观测卫星“微龙”发射至太空。这枚卫星主要是为了提高该国应对自然灾害和气候变化的能力。

A new Earth observation satellite developed by Vietnam called the MicroDragon, which aims to enhance the country's ability to respond to disasters and climate change, was launched into space on 18 January 2019.



2018年10月，媒体报道称泰国著名旅游岛屿苏梅岛遭受垃圾污染。苏梅岛面积200多平方公里，以整洁的白色沙滩著称。岛上椰林茂密，每天都有大批来自世界各地的游客，在这里享受美好的假日时光。蜂拥而至的游客拉动经济发展的同时，也给苏梅岛带来了垃圾危机。

Oct 2018, severe waste buildup in Koh Samui of Thailand had badly tainted the reputation of the resort island, famous for its clear blue sea and white sandy beaches, due to influx of tourist.

**你的行动，
可以让我们一路的风景无限美好！**

**Every action undertaken,
helps to safeguard and elevate our
magnificent nature.**



2019 新加坡 “迈向零废弃年” 'Towards Zero Waste' in 2019



新加坡环境及水源部「2019 迈向零废弃」主题行动于2019年1月12日在Our Tampines Hub正式启动，动员全体国人身体力行垃圾再循环，向零废弃的循环经济模式迈进。今年「迈向零废弃」的主题围绕减少消费、重复利用和回收所有材料(Reduce, Reuse, Recycle Right),使弃物获得第二次生命。政府、社区和企业将共同规划和进行基础设施建设，以使「零废弃」成为国民的生活方式。

新加坡环境及水源部部长马善高先生作为主宾致辞，并为来到现场的外国使节、企业、学校和民间组织代表以及民众详细解读了今年的行动主题。马善高部长以红树做比喻，虽然根浅易被风撼动，但因众多根系互接缠绕一起，形成一个巨大的整体，稳固不摇。以此来号召民众继续努力、珍惜宝贵资源、共同行动，使新加坡走向零废弃国家，走上循环经济道路，为保护地球尽自己的一份力量。

The Ministry of the Environment and Water Resources (MEWR) has designated 2019 as the Year Towards Zero Waste and launched the year-long campaign at Our Tampines Hub on 12nd Jan 2019. It aims to raise awareness of waste issues in Singapore; and work with partners to rally Singaporeans to treasure our precious resources and build a strong 3R (Reduce, Reuse and Recycle) culture in Singapore. This will pave our way towards a circular economy and a zero waste nation.

Mr. Masagos Zulkifli, Minister for the Environment and Water Resources delivered a speech as the guest of honor and explained the theme of this year's action for foreign envoys, enterprises, schools and representatives of civil society organizations and the public. Mr. Masagos mentioned the roots of Redwoods are not deep but instead, the roots of each redwood tree intertwine with that of another redwood. This is what gives the redwood trees collective strength to weather strong winds and storms – far greater than what an individual tree can withstand – even with deep roots, which encourages the public to join together our individual efforts and forge a collective, national consciousness to care for our environment, we will likewise build the strength to overcome environmental challenges and build a sustainable Singapore.

“零废弃”运动不只是一种经济模式而已，还有一种带有道德意识的人生态度。它涉及的是一种对当下的便利和安全生活环境的感恩之情，同时还懂得知恩图报，通过自己的利他行为，把这个优质的宜居环境传承给下一代。

实现“零废弃”国家层面的举措：

- 改善基础设施以促进回收利用，例如所有新建房屋拆迁单位的垃圾和可回收物品的双滑槽以及四层以上的新非落地私人住宅发展。
- 在HDB城镇和地区层面引入气动废物输送系统，以优化废物，收集和支持卫生废物处理。
- Tuas Nexus 的开发是一个位于同一地点的综合废物管理和水回收设施。
- 到2021年引入电子废物管理扩展生产者责任框架。
- 在2020年实施包装数据和包装废物减少计划的强制性报告。
- 支持在商业楼宇和小贩中心广泛使用现场食物废物消化器。
- 探索焚烧底灰的再利用，以延长Semakau垃圾填埋场的使用寿命。

我们坚信在这条任重而道远的路上，只要全民每个人都从心开始，开启「零废弃的生活模式」，不仅对新加坡，也会对邻国以至全球整个大的生存环境带来积极的改变和影响。这正是 J.O.E 环保联盟创始的初衷。

Zero waste is not only involved economy but also the ethical code of conduct. People must be appreciative to the conveniences and good living environment they have, and they must be considerate in return and leave it to next generations through our actions.

How will we achieve our Zero Waste vision?

- Improved infrastructure to facilitate recycling, such as dual chutes for refuse and recyclables in all new HDB flats and new non-landed private residential developments above four storeys.
- Pneumatic Waste Conveyance Systems introduced in HDB towns and on a district- level to optimise waste and collect and support hygienic waste disposal.
- Development of Tuas Nexus a co-located integrated waste management and water reclamation facility.
- Introduction of Extended Producer Responsibility Framework for e-waste management by 2021.
- Implementation of mandatory reporting of packaging data and packaging waste reduction plans in 2020.
- Support the wider use of on-site food waste digesters at commercial premises and hawker centres.
- Explore the reuse of incineration bottom ash to extend the lifespan of Semakau Landfill.

We firmly believe as long as everyone in the country starts the lifestyle of the “zero-waste” from heart. It will not only bring the positive changes and impacts to Singapore, but also to the living environment worldwide. This is the common goal of the country and J.O.E ECO Alliance.



细分“零废弃”的努力，可以分为在源头减少垃圾量，以及把所产生的垃圾分类以利于再循环两大方面。两者都涉及现代都市人生活方式的改变。

成功迈向零废弃行动年的关键，政府呼吁大家必须积极养成三个生活习惯：

1. 践行环保三原则，即减少消费、物尽其用、进行回收。
2. 出门时自备环保袋、水瓶和打包盒。
3. 采用正确回收方法。

正确的回收方法 Recycle Right!

可回收循环使用物品要分类后放置蓝色垃圾回收桶

Sort the recyclables as instructed, then place them into the blue bin



玻璃、纸类、塑料、金属分类后回收放置蓝色垃圾回收桶

Some glass, paper, plastic and metal items can be sorted and recycled

步骤一：将物品清洗干净，防止污染其他回收物品

步骤二：分类后放置在蓝色垃圾回收桶内

Step 1: Clean the items thoroughly to prevent contamination.

Step 2: Place the clean and dry recyclable into the blue bin.

We could work 'towards zero waste' by reducing waste production at the source and practicing sorting and recycling. To achieve this, we need to inculcate some good habits.

1. Minimise expenditures, make full use of everything, and recycle
2. Carry with you takeaway boxes, water bottles and reusable bags everyday
3. Recycle right!

正确的回收方法 Recycle Right!

不可回收和不可循环使用物品要放置绿色垃圾桶

Non-recyclable wastes should be placed in the green bin



除电子垃圾，超大件垃圾，可回收垃圾以外的物品放置绿色垃圾桶。

With the exception of electronic waste, bulky items and waste that requires special cares, non-recyclable waste should be placed into the green bin.

可参考：新加坡环境局呼吁国民垃圾处理的方式

You may refer to the NEA waste management guideline by scanning the QR code below



General Information



E-Waste Management

给垃圾建造一个温暖的家，可以这样DIY家庭分类角。

Some brilliant ideas of recycling corner at home.



住宅区域垃圾 Residential waste

主要垃圾：各种生活垃圾、花草植物。

如何处理：把可回收的垃圾分类清理后，放置进蓝色垃圾箱内，其他分类物品放置进绿色垃圾箱内。

特别注意：小型花草植物垃圾需要另外打包，放在可循环垃圾箱旁边，待专人回收。

Waste composition: mainly general solid waste, garden waste

How to dispose: sort and separate the recyclable, place them into the blue bin; then, place other generate waste in the green bin

Special note: garden waste may need to be packed in separate bags and be placed next to the blue bin for collection



办公室区域 / 学校区域垃圾 Office and school waste

主要垃圾：纸、塑料制品。

如何处理：可回收利用的垃圾分类清洗后，要放置在可回收垃圾的处理点。

特别注意：纸的质地和颜色决定了以后的再循环处理方法。我们要把包装卡板纸/彩色打印纸/黑白打印纸进行分类。

Waste composition: mainly paper and plastic items

How to dispose: the recyclables should be properly cleaned before recycled

Special note: the type of paper product and its colour determines its recycle treatment method. Cardboard should be packed separately from papers, printed material should also be separated based its print, in either blacked-and-white or coloured.

餐厅区域垃圾 Restaurants waste

主要垃圾：厨余、油和塑料餐具。

如何处理：把食物残余放入处理机进行分类，成为厨余和油脂。如塑料餐具过多沾上油脂，就不能被回收。

特别注意：所有餐厅必须指派专业处理公司处理油脂类垃圾。已经有部分小贩中心和餐厅加入将厨余转化为有机肥料的实验中，为小贩中心、餐厅的花草提供养料，将垃圾变废为宝。

Waste composition: food waste, used cooking oil and plastic items

How to dispose: if possible, used cooking oil should be separated from food waste and packed. Plastic items that has been contaminated with oil could not be recycled.

Special note: Used cooking oil could only be processed by licensed collectors. Some hawker centers have been participating in food waste treatment pilot program to turn food waste into organic fertilizers fueling its own flowers and plants, and turning waste into a resource



我们在行动！ We are in action!

J.O.E环保联盟在新加坡东海岸公园成功地举办了“徒步健身环保日”活动。并呼吁人们更多关注环境问题，先从自身做起，落实环保行为，再积极带动身边的亲朋好友加入到环保行动中来。

此次活动旨在为环保热心人士提供一次实践的机会，并从中学习科学的环保知识。联盟成员向大家讲解了“新加坡气候行动年”推出的12条行动指南，以及R生活环保标准。

An 'Eco Walk & Beach Cleaning' activity was successfully conducted in the East Coast Park by J.O.E Eco Alliance.

Participants have learnt the importance of environmental protection and pledged to take part actively through their daily efforts, as a role model to their friends and family members, to combat climate change.

The activity offers a real life experience to embrace the nature from the close up. It was also a great opportunity to share with our participants about the climate action guideline and J.O.E's R Lifestyle.



J.O.E ECO ALLIANCE



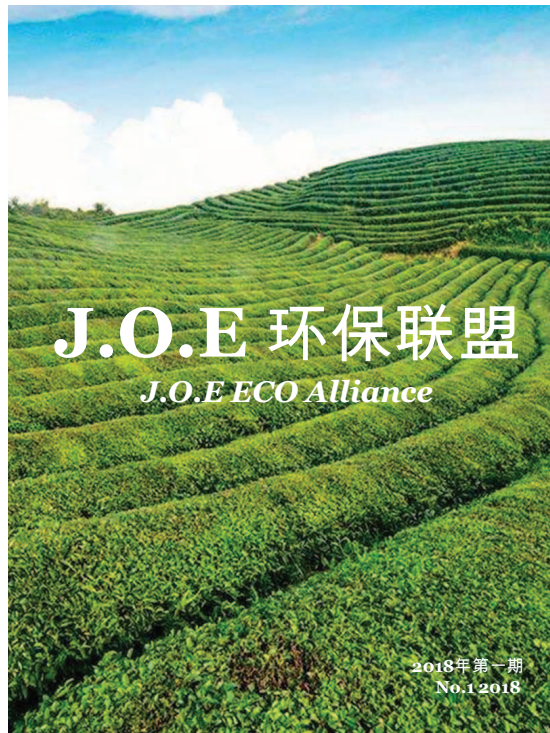
社会公益日“公益大使你、我、他”活动，将大家凝聚在一起，齐心协力为社会公益事业奉献力量！

J.O.E was appointed the Public Welfare Ambassador for ABC event day

新加坡第二届社会公益日于2018年11月11日成功举办。与会会馆有九龙会、新加坡福建会馆、新加坡潮州八邑会馆、新加坡江苏会、以及各慈善机构代表。共有40多个慈善组织参与竞赛。评委团由前国会议员李玉云律师、国立教育学院讲师钟韵宜小姐、新加坡报业控股华文媒体主管李慧玲小姐、中华总商会董事、中国驻新加坡大使馆法律顾问谢锦发律师、以及江苏会会长周兆呈博士组成。

The event was jointly held by four major clan associations, including the Kowloon Club, in Singapore on 11 Nov 2018.

J.O.E Eco Alliance was recognized as ‘Public Welfare Ambassador’ by esteemed judges including famous figures from education, media and public sectors, as well as government bodies. More than 40 charitable organizations took part in supporting and competing for the title.



经过严格评选，最终 J.O.E 环保联盟以“徒步健身环保日”活动获得“公益大使”奖以及奖金。

J.O.E is recognized for its social integration and environment conservation effort through the ‘Eco Walk and Beach Cleaning’ activity. The award and prize was presented to J.O.E.



“相片由公益联盟活动提供 / The photos are provided by Alliance for Betterment Community (ABC)”

新加坡内政部兼国家发展部高级政务次长孙雪玲小姐以及中华人民共和国驻新加坡大使馆参赞兼总领事邱元兴先生特别出席此次活动。

Ms Sun Xueling, Senior Parliamentary Secretary, Ministry of Home Affairs & Ministry of National Development and Mr Qiu Yuanxing, Counsellor of the Embassy of People's Republic of China in Singapore graced the event.

J.O.E 环保联盟倡导“绿色圣诞” “Green Christmas”by J.O.E

为了更好地向民众推广和倡导无塑理念，度过一个快乐祥和、绿色环保的圣诞节。J.O.E 环保联盟在2018年圣诞前夕行动了！我们来到新加坡最繁华的乌节路，开展（#Plastic No Thanks）环保活动。

在宣導理念的同时，我们也沿街采访很多行人，他们有新加坡人、还有来自中国、英国、法国、印度、冰岛、摩洛哥的游客，与他们分享我们的环保理念和活动意义，也听取他们对环保的理解和心得。

新加坡的圣诞节，因为环保主题活动的出现，具有更深刻的意义。我们的家园，也因为更多环保热心人士的参与和支持，变得更加美好，充满希望！

Prior to the Christmas day of 2018, members of J.O.E went on the street to promote our ‘#PlasticNoThanks’ event, calling everyone to celebrate a ‘Green Christmas’.

Local and tourists from China, UK, France and more were eager to share with J.O.E about the environmental efforts taken back in their own countries and their own actions done to combat climate change.

We are grateful to have the support from the general public. Our communal effort will shape Singapore into a greener city state for us and our future generations.



J.O.E环保联盟将携手公益组织喜悦世界Blossom World Society于2019年4月至7月间共同推出围绕国际无塑料袋日主题的活动 Commence Plastic Reduction

J.O.E Eco Alliance, together with the Blossom World Society have launched the campaign, Project Commence Plastic Reduction from Apr to Jul 2019 in conjunction to International Plastic Bag Free Day

主题：国际无塑料袋日

Theme: International Plastic Bag Free Day

目的：通过各种形式的活动向民众宣导教育，塑料废物对环境的不利影响。

Purpose: Project C.P.R aims to spread awareness of the adverse effects of plastic waste on environment through various activities or events .

呼吁：减少使用一次性塑料制品，如塑料吸管、塑料器皿、塑料购物袋，以环保产品取而代之。

Advocate: Encouraging participants to reduce the usage of plastics in their daily life. In particular, we target the reduction in usage of disposable plastics such as plastic utensils, straws and bags.

择善而行
Your Life, Your Choice

PLANET
or
PLASTIC?

It's time to make your choice



演讲比赛 Public Speaking Contest

演讲是极具吸引力、说服力和影响力的语言表现形式。优秀的你，通过比赛，把握一次实现自我价值的机会。通过你的发声，向民众传递简约生活方式和环境保护的意义及重要性。唤醒人们自觉环保意识，改变现有的消费习惯，养成更健康、永续的生活方式。让我们行动起来，为保护环境贡献一份力量！

Anyone could be easily overblown by the power of speech from a gifted speaker. Give yourself a chance to showcase your talent and share your personal experience about how change of our habits and adoption of simpler and balanced lifestyle could have valuable impact to one's health and wellbeing as well as improving the sustainability of our natural environment.

演讲主题 Topic of the speech

围绕环境保护、生态平衡、永续发展、心灵环保
Environmental protection, ecological balance, sustainability or purification of mind

比赛规则 Contest Rules

初赛 Preliminary round

比赛形式：现场备稿演讲或提交演讲视频 演讲时间：3分钟
3 minutes of prepared speech at the contest venue, or you may record your speech as a video clip and email to us.

复赛 Semi-final round

比赛形式：现场备稿演讲 演讲时间：7分钟
7 minutes of prepared speech at the contest venue.

决赛 Final round

比赛形式：现场备稿演讲和即席演讲
演讲时间：现场备稿演讲7分钟，即席演讲3分钟
7 minutes of prepared speech at the contest venue, and 3 minutes of impromptu speech with topics drawn on the day of the contest.

奖金奖项 Prize | SGD 200 - SGD 1000

报名方式：

1, 登陆活动网站或关注活动QR码网上进行报名。
<http://www.joeecoalliance.com/event>

2, 联络我们的志工进行电话报名：
Lin Xiang: 9755 9192 / Du Huan: 9826 5816





爱心编织袋的故事 Handmade String Bags

细细的麻绳，在老人和年轻人共同地努力下，编织成网，做成美观实用、设计感十足的环保袋。这是两代人之间爱的传递。这种爱，赋予小小的环保袋，更大的使命，唤醒人们自觉环保意识，帮助减少和替代一次性塑料袋的使用，在你、我、他之间，不断循环。

Thin jute twines are hand made into string bags by senior citizens with the assistance from youth volunteers. This is how love is shared and passed down through generations. The cycle of love reminds us about our mission to care for our loved one and our environment.

活动介绍 Campaign in Brief

活动形式

学生、青年志工与老人院乐龄人士共同进行手工编织爱心环保袋。

The essence of our campaign connects senior citizens with students and J.O.E volunteers to produce handmade string bags.

活动目的

向民众普及环保知识，宣导减塑的重要性，呼吁人们减少使用一次性塑料袋。

Our purpose is to share with the public about the importance of environmental protection and call for the reduction of single-use plastic items, especially plastic bags.

活动时间 2019年3月至7月

The campaign takes place between March and July 2019.

合作老人院

AWWA Senior Activity center、狮子乐龄之家、圣约翰养老院、曹氏基金会

Our senior centre partners are:

AWWA Senior Activity Center, Lion's Home for the Elder, St. John's Home for Elderly Persons, Tsao Foundation ComSA

环保袋用途

2天展览现场、活动合作超市门口，向现场完成环保知识Q&A的民众免费分发。

Bags will be distributed free-of-charge to participants who have answered our Q&A games correctly, during the plastic reduction exhibition and at selected supermarkets.

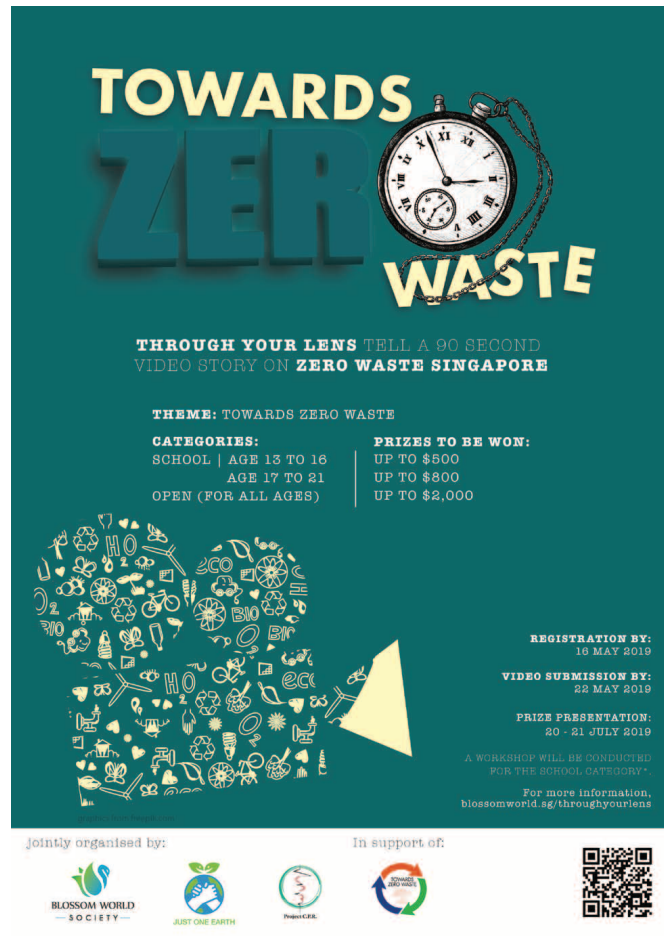
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公益短片比赛 Short Video Contest

用你善于发现美的双眼，去见证大自然的奇迹。
用你的镜头，记录下生活中最珍贵的瞬间。
用你的智慧，把善爱注入人们的心田

Let's observe the beauty of nature through your eyes, record the special moments in life, through your lens. Piece the love together with your wisdom and present it to our Mother Nature.

短片比赛流程 Short Video Contest General Information

截稿日期: 5月22日

参赛对象: 13至16岁学生组 | 17至21岁学生组 | 公开组

奖金奖项

13至16岁学生组: SGD 300 至 SGD 500
17至21岁学生组: SGD 300 至 SGD 800
公开组: SGD 800 至 SGD 2000

Submission close | 22 May 2019

Categories

Student (13 to 16 years) | Student (17 to 21 years)
Open category

Prize

Student (13 to 16 years) | SGD 300 - SGD 500
Student (17 to 21 years) | SGD 300 - SGD 800
Open category | SGD 800 - SGD 2000

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Lin Xiang: 9755 9192 / Du Huan: 9826 5816



从今天起，请您加入我们环保的行动中来，共同建造更美好的生存空间！
Join us from now on, to protect the environment and to build a more beautiful living space together with us.

您可以如下选择： You could participate in :

- 通过微信平台和网站关注我们即时发布的环保宣传内容和环保行动资讯。
Follow our WeChat Public Account to receive the latest eco news and updates about our activities
- 使用Email, FB, IG 社交媒体报名加入我们每月第二个星期日的环保日活动。
Take part in the Recycling Day on every 2nd Sunday of the month through email, Facebook, or Instagram
Date of 2019: 03rd Jan 10th Feb 10th Mar 14th Apr 19th May 09th Jun 14th Jul 11th Aug 08th Sep 13th Oct 10th Nov 08th Dec
Time: 9am to 12pm
时间 Time: 9:00am to 12:00noon
- 投稿分享您的感受和建议到我们的邮箱。
Share your thoughts regarding the eco lifestyle through an article
- 请预约我们的环保宣传员，为您的企业、学校或团体分享环保资讯和进行一场环保宣导读书会。
Please make an appointment with our education volunteer for an informative sharing session in your office, school or group, about environmental protection
- 诚邀您一起加入2019年国际无塑料袋日系列活动
活动内容：公益短片比赛
演讲比赛 为期2天环保展览
“爱的传承，爱的循环”爱心编织袋制作
We sincerely invite you to participate in the our activities organized for the International Plastic Bag Free Day 2019, including:
✓ Public Speaking Contest
✓ Short Video Contest
✓ Plastic Lite July Exhibitions
✓ Circle of Love, handmade string bags donation drive

Your life, Your choice

择善而行

J.O.E 环保联盟

J.O.E Eco Alliance MCI (P) 072/01/2019

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一次性塑料物品使用数量的记录 Record your single-use-plastic usage

	Week 1 第一周	Week 2 第二周	Week 3 第三周	Week 4 第四周
Monday 星期一				
Tuesday 星期二				
Wednesday 星期三				
Thursday 星期四				
Friday 星期五				
Saturday 星期六				
Sunday 星期日				
Total 总数				

温馨提示：如果您使用铅笔做记录，可以重复循环使用此表格。
Reminder: you are recommend to use pencil for the recording, so that this form could be reused again in the future



joeecoalliance
#plasticnothanks



微信公众号



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