
第十五屆全國運動會和全國第十二屆殘疾
人運動會暨第九屆特殊奧林匹克運動會
香港賽區公眾低碳行動指引

**Guidelines to the Public for Low Carbon Actions for
the 15th National Games, the 12th National Games
for Persons with Disabilities and the 9th National
Special Olympic Games (Hong Kong)**

1. 前言 Foreword

在全球應對氣候變化的迫切形勢下，推動綠色、低碳、可持續發展已成為國際社會的普遍共識。為配合國家的「3060」雙碳目標，香港特別行政區政府（下稱「特區政府」）已在《香港氣候行動藍圖 2050》中訂下目標，致力在 2035 年前將碳排放量從 2005 年的水平減半，並於 2050 年前實現碳中和。

In the face of the urgent global challenge of climate change, advancing green, low-carbon and sustainable development has become a shared consensus within the international community. To align with our country's "3060" dual carbon targets, the Hong Kong Special Administrative Region Government ("HKSARG") has set the targets in the Hong Kong's Climate Action Plan 2050 to reduce carbon emissions by half from 2005 levels by 2035, and achieve carbon neutrality by 2050.

由香港特別行政區承辦的第十五屆全國運動會及第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會香港賽區（下稱「十五運會和殘特奧會」）賽事，是展現香港綠色體育發展成果的重要契機。

The 15th National Games ("NG"), the 12th National Games for Persons with Disabilities, and the 9th National Special Olympic Games ("NGDSO") hosted by the Hong Kong Special Administrative Region are a prime opportunity to showcase Hong Kong's achievements in green development of sport events.

1.1 打造碳中和賽事 樹立綠色新標桿 Building a Carbon-Neutral Event and Establishing a New Green Benchmark

為實現賽事的可持續發展目標，香港賽區將採用與內地和國際並進的碳中和管理模式，透過科學碳核算、系統性節能減排及創新碳抵消機制等措施，確保從

場館建設、賽事營運到交通出行的全流程低碳化。

To achieve the Games' sustainability targets, Hong Kong Competition Region will adopt a carbon-neutral management model that keeps pace with national and international standards. Measures such as scientific carbon accounting, systematic energy conservation and emissions reduction, and innovative carbon offset mechanisms will be implemented to ensure low-carbon operations throughout the entire process — from venue construction and event operations to transportation.

十五運會和殘特奧會多個比賽場館將應用環保節能措施。賽事期間將全面推行綠色物流、無紙化辦公及廢物分類回收，致力成為本港首個實現碳中和的大型綜合運動會，為未來在香港舉辦國際賽事的碳中和提供可複製的環保經驗。

Multiple competition venues for NG and NGDSO will incorporate eco-friendly and energy-saving measures. During the Games, green logistics, paperless office, and waste separation and recycling will be comprehensively promoted, which is to be the first large-scale and multi-sport event in Hong Kong to achieve carbon neutrality, providing a replicable green model for future carbon-neutral international events in the city.

1.2 全民參與 共建綠色賽事 Public Participation in Building a Green Games

碳中和實踐離不開社會各界的共同參與。無論是特區政府的政策督導、賽事各協辦機構的精密規劃，還是每一位市民遊客的日常選擇，都將成為推動綠色全運的關鍵力量。事實上，觀眾的行為習慣直接影響賽事整體碳足跡——選擇公共交通工具、自備水杯減少即棄用品、實踐「惜食」行動等微小舉動，都能為減排作

出實質貢獻。

The practice of carbon neutrality cannot be achieved without the collective participation of all sectors of society. From the policy leadership of the HKSARG and the meticulous planning of various assisting bodies, to the daily choices of each resident and visitor, all are essential driving forces behind a green NG. In fact, spectators' habits have a direct impact on the event's overall carbon footprint — small actions such as choosing public transport, bringing one's own water cups to reduce single-use items, and practising “Food Wise” actions can all make tangible contributions to emissions reduction.

1.3 《公眾低碳行動指引》：您的綠色觀賽手冊 *Public Low-Carbon Action Guide: Your Green Spectator Handbook*

為方便公眾以低碳行動參與全運盛事，我們特別編製這份《香港賽區公眾低碳行動指引》（下稱「《指引》」），旨在以「低碳行動方式—三步走」策略，從低碳出行、智慧觀賽及源頭減廢三大核心場景出發，輔以具體實例，提供低碳行動實用建議。

To facilitate public participation in the NG through low-carbon actions, we have specially prepared *the Hong Kong Competition Region Public Low Carbon Action Guide* (referred to as “*the Guide*”). Adopting the “Pathway to Low-Carbon – Three Steps for Sustainable Action” strategy, *the Guide* starts from three core scenarios - low carbon commuting, smart spectating and waste reduction at source - supported by concrete examples, offers practical recommendations for low-carbon actions.

1.4 從小事做起 匯聚改變的力量 *Starting with Small Steps to Gather the Power of Change*

「綠色全運」並非遙不可及，而是由無數個體行動共同編織的可持續未來。

公眾的每一次低碳選擇，既是支持香港綠色轉型的實際行動，亦為下一代留下更潔淨的城市環境。

“Green National Games” is not an unattainable vision, but a sustainable future woven together by countless individual actions. Every low-carbon choice by the public is both a tangible contribution to Hong Kong’s green transformation and a gift of a cleaner urban environment for the next generation.

讓我們以賽事為契機，將環保理念融入生活，共同說好「體育盛事」與「生態友善」雙贏的香港故事。請立即行動，為全運添綠！

Let us seize the Games as an opportunity to integrate environmental awareness into daily life, jointly crafting Hong Kong's story of a win-win synergy between "world-class sporting events" and "eco-friendly practices". Act now to add a touch of green to the National Games!

有關十五運會和殘特奧會香港賽區的更多資訊，請瀏覽專題網站（ www.2025nationalgames.gov.hk/tc/index.html ） 、 Facebook 專頁（ www.facebook.com/2025nationalgames.hk ） 和 Instagram 專頁（ www.instagram.com/2025nationalgames.hk ）。

For more information on the NG and NGDSO in Hong Kong, please visit the thematic website (www.2025nationalgames.gov.hk/en/index.html), as well the Facebook page (www.facebook.com/2025nationalgames.hk) and Instagram page (www.instagram.com/2025nationalgames.hk).

2. 低碳行動方式——三步走 Pathway to Low Carbon – Three Steps for Sustainable Action

2.1 第一步：建立意識 Step One: Building Awareness

碳中和 (Carbon Neutrality) 是指通過平衡二氧化碳排放量與清除量，實現淨零碳排放的狀態。此概念源自《巴黎協定》的氣候目標，現已成為全球應對氣候變化的核心策略。碳中和遵循「測量—減排—抵消」三步驟，亦即精確計算所有活動產生的溫室氣體，從源頭減少碳排放，以及對無法避免的排放進行補償。為達致上述目標，《巴黎協定》締約國逐步消滅燃煤發電，發展可再生能源，並推廣建築物節能改造，發展智慧交通管理系統等。

Carbon neutrality refers to achieving net-zero carbon emissions by balancing the amount of carbon dioxide emitted with the amount removed. The concept originates from the climate goals of *the Paris Agreement* and has now become a core global strategy in the fight against climate change. Carbon neutrality follows the three-step process of “measure – reduce – offset”: accurately calculating all greenhouse gas emissions generated by activities, reducing carbon emissions at the source, and offsetting unavoidable emissions. To achieve these objectives, Parties to *the Paris Agreement* are minimising coal-fired power generation, developing renewable energy, promoting energy-efficient building retrofits, and advancing smart transport management systems.

因應碳中和理念，特區政府在 2021 年發布《香港氣候行動藍圖 2050》，提出「淨零發電」、「節能綠建」、「綠色運輸」和「全民減廢」四大減碳策略，帶領香港於 2050 年前實現碳中和，並在 2035 年前把香港的溫室氣體排放量從 2005 年的水平減半。

In line with the carbon-neutral vision, the HKSARG released *the Hong Kong*

Climate Action Plan 2050 in 2021 which outlined four major carbon reduction strategies namely “Net-zero Electricity Generation”, “Energy Saving and Green Buildings”, “Green Transport”, and “Waste Reduction”, and strive to reduce carbon emissions by half from 2005 levels by 2035, and achieve carbon neutrality by 2050.

a. 淨零發電：增加使用零碳能源和發展多元能源組合，從而減少對傳統化石燃料的依賴，目標在 2035 年前提高零碳能源在發電燃料組合中所佔的比例至約 60%至 70%，並隨著零碳能源的發電技術持續進步和提升，以及在 2050 年前達至淨零發電。

a. Net-Zero Electricity Generation: Increase the use of zero-carbon energy and develop a diversified fuel mix, thereby reducing reliance on conventional fossil fuels. The target is to increase the share of zero-carbon energy in the fuel mix for electricity generation to around 60% to 70% before 2035 and achieve net-zero electricity generation before 2050.

b. 節能綠建：提升建築物能源效益，推展能源效益標籤，推動全民節能等。

b. Energy Saving and Green Buildings: Improve building energy efficiency, implement energy efficiency labelling, and promote energy saving for all, etc.

c. 綠色運輸：推廣使用電動車和公共交通，鼓勵市民減少私家車的使用，並推廣綠色出行方式。

c. Green Transport: Promote the use of electric vehicles and public transport, encourage reduced use of private cars, and promote environmentally friendly modes of transportation.

d. 全民減廢：發展轉廢為能設施及推動減廢回收，以期在 2035 年或之前實現「零廢堆填」的目標。

d. Waste Reduction: Develop waste-to-energy facilities and promote waste reduction and recycling to help achieve “zero landfill” by 2035.

總括而言，碳中和不僅是環保要求，更是經濟轉型契機。香港正把握此機遇，發展綠色金融、低碳科技等新興產業，建立更可持續發展的亞洲國際都會。

In sum, carbon neutrality is not only an environmental imperative, but also a catalyst for economic transformation. Hong Kong is seizing this opportunity to grow emerging sectors such as green finance and low-carbon technology, and to build a more sustainable Asia's World City.

2.2 第二步：日常實踐 Step Two: Daily Practice

為實現賽事碳中和願景，每位市民的日常參與至關重要。我們鼓勵公眾將減碳理念融入日常生活，透過持續實踐節能、減廢、低碳出行及綠色消費等行動，逐步形塑可持續的生活模式。

To implement the vision of a carbon-neutral Games, daily participation by members of the public is indispensable. We encourage the public to embed carbon-reduction principles into daily routines by consistently practising energy conservation, waste reduction, low-carbon travel and green consumption, thereby gradually shaping a sustainable lifestyle.

節能方面，我們鼓勵公眾優先選用高能源效益級別的電器，養成隨手關掉不使用的電器及系統的習慣，夏季調校空調並維持室內溫度在攝氏 24 至 26 度，並善用自然採光以降低照明耗能。減廢方面，鼓勵公眾自備可重複使用物品（如

環保餐具、飲水杯及購物袋），落實廢物源頭分類回收，減少使用一次性塑膠製品，並支持「惜食文化」以避免食物浪費。

On energy saving, we encourage the public to use electrical appliances with high energy efficiency grading, cultivate the habit of switching off electrical appliances and systems when not in use, adjust the air-conditioning and maintain indoor temperature between 24°C and 26°C during summer, and maximise natural daylight to reduce lighting energy use. On waste reduction, the public is encouraged to bring reusable items (such as reusable tableware, cups and shopping bags), carry out source separation of waste and recycling, reduce usage of single-use plastics, and support the “Food Wise Culture” to avoid food waste.

在低碳出行領域，公眾應優先選用公共運輸系統、步行或騎乘單車等低碳交通方式；若需駕駛私家車，建議選用電動車。針對賽事期間的觀賽行程，規劃路線時可整合多項行程以減少總體出行需求。綠色消費方面，我們鼓勵公眾選購具環保認證、本地生產或可回收材質的商品，支持提供低碳服務的企業，並優先採用電子支付及電子帳單以減少紙張消耗。透過上述行為的長期實踐，公眾不僅能直接降低個人碳足跡，更能帶動社會整體形成低碳生活風尚，為香港賽區的綠色轉型奠定堅實基礎。

In the area of low-carbon mobility, the public should prioritise low-carbon transportations, such as public transport, walking or cycling; where private car use is necessary, choosing electric vehicles is recommended. For trips associated with the Games, route planning should consolidate multiple activities into single journeys to reduce overall travel demand. As for green consumption, we encourage the public to choose products with environmental certifications, those produced locally, or those made from recyclable materials; support businesses that provide low-carbon services; and give preference to e-payments and e-billing to reduce paper consumption. Through

the sustained practice of these actions, the public can not only directly reduce their personal carbon footprints, but also promote a broader societal shift toward low-carbon lifestyle, laying a solid foundation for the Hong Kong Competition Region's green transition.

2.3 第三步：積極參與 Step Three: Active Participation

十五運會和殘特奧會不單是體育盛事，更是全城實踐環保的重要契機。我們誠邀閣下由今日起化身香港賽區「綠色行動者」，透過下列身分積極參與其中：

NG and NGDSO are not only major sporting events, but also important opportunities for Hong Kong to put environmental protection into practice. We warmly invite you, starting today, to become a “Green Participant” of the Hong Kong Competition Region by actively taking part in the following roles:

a. 觀眾：盡量使用公共交通工具等低碳出行方式，賽事期間正確使用場館內設置的環保回收箱，協助工作人員進行廢物源頭分類回收工作，參觀「綠色全運會」展覽及互動裝置，親身感受大型體育賽事如何實踐碳中和理念。

a. Spectator: Take public transport and other low-carbon travel options wherever possible; during the Games, properly use the recycling bins provided in the venues; assist staff with source separation of waste and recycling; visit the “Green National Games” exhibitions and interactive installations to experience first-hand how a large-scale sports event implement the concept of carbon neutrality..

b. 義工：賽事期間向公眾推廣「綠色全運」理念，無論是分享官方網站列舉的低碳行動指引，或是向場館訪客講解碳中和概念，都能發揮積極影響力。

b. Volunteer: Promote the concept of “Green National Games” during the event — whether by sharing the low-carbon action guidelines listed on the official website or by

explaining the idea of carbon neutrality to visitors of venues — and make a positive impact.

c. 普羅大眾：定期使用環境及生態局上載於「碳中和及可持續發展」網站的「低碳生活計算機」（連結：<https://www.carboncalculator.gov.hk/tc>），或其他機構如電力公司和煤氣公司等上載於網頁的碳排放計算器（連結：<https://cnsd.gov.hk/tc/individual-and-low-carbon-lifestyle/low-carbon-living-calculators/>），以記錄個人交通、飲食和其他活動的碳足跡。

c. General Public: Regularly use the “Low Carbon Living Calculators” provided by the Environment and Ecology Bureau on the ‘Carbon Neutrality and Sustainable Development’ website (Link: <https://www.carboncalculator.gov.hk/en>), or the carbon calculators provided online by the other organisations such as power companies and gas companies (Link: <https://cnsd.gov.hk/en/individual-and-low-carbon-lifestyle/low-carbon-living-calculators/>) to record the carbon footprints of your transport, diet, and other activities.

閣下的每個行動都在累積改變—由選擇公共交通出行這些小習慣，到參與我們的「綠色全運」。一人一步，全城減碳，讓我們以最環保的方式，共同寫下「綠色全運」的精彩篇章。

Every action you take helps build momentum for change — from small habits like using public transport, to joining our “Green National Games”. Step by step, carbon by carbon. Let us, in the most environmentally responsible way, co-author a brilliant chapter for the “Green National Games” together.

3. 低碳行動指南 Low-Carbon Action Guide

3.1 低碳出行 Low-Carbon Commuting

為貫徹十五運會和殘特奧會「綠色、共享、開放、廉潔」辦賽理念，香港賽區同步實施《「綠色全運」工作方案》，以新能源交通覆蓋、碳足跡管理等推動減碳，其中包括落實「綠色出行」目標，香港賽區的公眾低碳出行建議如下：

To give effect to the “green, inclusive, open and clean” concept of NG and NGDSO, the Hong Kong Competition Region is implementing *the “Green National Games” Work Plan*, driving decarbonisation through pillars such as expansion of new-energy transport coverage and carbon footprint management, including the implementation of “Green Travel” objectives. Hong Kong Competition Region offers the following public low-carbon travel recommendations:

a. 啟德體育園（主場館、體藝館、保齡球館）

地址：九龍啟德承啟道 38 號

承辦項目：手球、七人制橄欖球、擊劍、保齡球（群眾賽事活動）、硬地滾球

a. Kai Tak Sports Park (Stadium, Arena, Bowling Centre)

Address: 38 Shing Kai Road, Kai Tak, Kowloon

Events Hosted: Handball, Rugby Sevens, Fencing, Bowling (Mass Participation Events), Boccia

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：乘搭港鐵屯馬綫，於啟德站或宋皇臺站下車後步行約 5 至 10 分鐘，前往啟德體育園。

- MTR: Take the Tuen Ma Line to Kai Tak Station or Sung Wong Toi Station, then walk approximately 5–10 minutes to the Kai Tak Sports Park.

- 巴士：啟德體育園鄰近九龍城轉車站、亞皆老街球場站及九龍城碼頭巴士總站等主要巴士站。多達 60 條路線將途經啟德體育園附近的巴士站（可下載「香港出行易」流動應用程式，獲取相關巴士路線的行車資訊及實時到站時間）。

- Bus: The Kai Tak Sports Park is close to major bus stops such as Kowloon City Interchange, Argyle Street Playground Stop, and Kowloon City Ferry Bus Terminus. Up to 60 bus routes pass stops near the Kai Tak Sports Park. (Download the HKeMobility mobile app for bus route details and real-time arrival information.)

- 小巴：觀眾可以通過小巴服務輕鬆到達啟德體育園。園區附近有多條小巴路線，提供往返園區的便利交通，所有路線均在步行範圍內。（可下載「香港出行易」流動應用程式，獲取相關巴士路線的行車資訊及實時到站時間）。

- Minibus: Spectators can easily reach Kai Tak Sports Park via minibus services. Multiple minibus routes operate nearby, providing convenient transportation to and from the park, all within walking distance. (The HKeMobility mobile app also provides route details and real-time arrival information.)

b. 香港體育館

地址：九龍紅磡暢運道 9 號

承辦項目：籃球（男子 22 歲以下組）

b. Hong Kong Coliseum

Address: 9 Cheong Wan Road, Hung Hom, Kowloon

Events Hosted: Basketball (Men's Under-22)

低碳出行建議：

Low-Carbon Travel Recommendations:

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- 港鐵：乘搭東鐵綫至紅磡站， C3 出口步行至香港體育館。
 - MTR: Take the East Rail Line to Hung Hom Station, walk to the Hong Kong Coliseum from Exit C3.
 - 巴士：多條巴士線於香港體育館鄰近的巴士站（包括紅磡站巴士總站、海底隧道巴士轉乘站）提供服務。
 - Bus: Multiple bus routes serving the major nearby stops, include the Hung Hom Station Bus Terminus and the Cross-Harbour Tunnel Bus-Bus Interchange.
 - 小巴：香港體育館附近有多條專線小巴路線行駛，詳情可下載「香港出行易」流動應用程式，獲取相關專線小巴路線的行車資訊及實時到站時間。
 - Minibus: Several Green minibus (GMB) routes operate near the Hong Kong Coliseum. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

c. 香港單車館

地址：將軍澳寶康路 105-107 號

承辦項目：場地自行車

c. Hong Kong Velodrome

Address: 105–107 Po Hong Road, Tseung Kwan O

Events Hosted: Track Cycling

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：乘搭將軍澳綫至將軍澳站出口 A1 出口或坑口站 B2 出口，再步行

即可到達。

- MTR: Take the Tseung Kwan O Line to Tseung Kwan O Station, Exit A1, or to Hang Hau Station, Exit B2, then walk to the Velodrome.

- 巴士：鄰近香港單車館巴士站。290X、296M 等班次經過此站。

- Bus: Alight at the Hong Kong Velodrome Bus Stop. Routes such as 290X and 296M serve this stop.

- 小巴：108A、115、116、11M、101M、102 等專線小巴途經。

詳情可下載香港出行易流動應用程式，獲取相關路線的行車資訊及實時到站時間。

- Minibus: GMB routes 108A、115、116、11M, 101M, and 102 operate nearby.

For details, download the HKeMobility mobile app for route information and real-time arrival updates.

- 單車：香港單車館公園連接單車徑，公眾可騎單車前往。

- Cycling: Hong Kong Velodrome Park is connected to the cycle track, the public can go by bicycle to the venue.

d. 香港哥爾夫球會 - 粉嶺球場

地址：香港新界上水粉錦公路地段 1 號

承辦項目：高爾夫球

d. Hong Kong Golf Club (HKGC) – Fanling Golf Course

Address: Lot No. 1, Fan Kam Road, Sheung Shui, New Territories, Hong Kong

Events Hosted: Golf

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：乘搭東鐵綫至上水站，再步行約 20 分鐘或乘搭接駁巴士至粉嶺球場。

- MTR: Take the East Rail Line to Sheung Shui Station, then walk approximately 20 minutes or transfer of shuttle bus to the Fanling Golf Course.

- 點對點接駁車服務：11 月 13 日至 16 日高爾夫球項目舉行期間，我們將於 (1) 上水港鐵站、(2) 紅磡港鐵站、(3) 九龍塘港鐵站、及(4) 香港站，提供往返粉嶺球場的點對點接駁車服務，詳情如下：

- Shuttle Bus Services : During the golf event from 13-16 November, we will provide point-to-point shuttle bus services to and from the Fanling Golf Course at (1) Sheung Shui MTR Station, (2) Hung Hom MTR Station, (3) Kowloon Tong MTR Station, and (4) Hong Kong Station. Details are as follows:

往返香港哥爾夫球會粉嶺球場 接駁車服務時間表

Shuttle Bus Service Timetable to/from Hong Kong Golf Club, Fanling Golf Course

(1) 上水港鐵站 C 出口 Sheung Shui MTR Station, Exit C

13 – 14 / 11 / 2025				15 – 16 / 11 / 2025			
上水港鐵站 C 出口 Sheung Shui MTR Station Exit C		粉嶺球場 Fanling Golf Course		上水港鐵站 C 出口 Sheung Shui MTR Station Exit C		粉嶺球場 Fanling Golf Course	
7:00	12:40	09:00	14:40	7:00	11:15	09:00	13:15
7:20	13:00	09:20	15:00	7:15	11:30	09:15	13:30
7:40		09:40	15:20	7:30	11:45	09:30	13:45
8:00		10:00	15:40	7:45	12:00	09:45	14:00
8:20		10:20	16:00	8:00	12:15	10:00	14:15
8:40		10:40	16:20	8:15	12:30	10:15	14:30
9:00		11:00	16:40	8:30	12:45	10:30	14:45
9:20		11:20	17:00	8:45	13:00	10:45	15:00
9:40		11:40		9:00		11:00	15:15
10:00		12:00		9:15		11:15	15:30
10:20		12:20		9:30		11:30	15:45
10:40		12:40		9:45		11:45	16:00
11:00		13:00		10:00		12:00	16:15
11:20		13:20		10:15		12:15	16:30
11:40		13:40		10:30		12:30	16:45
12:00		14:00		10:45		12:45	17:00
12:20		14:20		11:00		13:00	

(2) 紅磡港鐵站 C2 出口 Hung Hom MTR Station, Exit C2

13 – 14 / 11 / 2025		15 – 16 / 11 / 2025	
紅磡港鐵站 C 出口 Hung Hom MTR Station Exit C	粉嶺球場 Fanling Golf Course	紅磡港鐵站 C 出口 Hung Hom MTR Station Exit C	粉嶺球場 Fanling Golf Course
7:00	15:00	07:00	15:00
8:00	15:30	07:30	15:30
9:00	16:00	08:00	16:00
10:00	16:30	08:30	16:30
11:00	17:00	9:00	17:00
		9:30	
		10:00	
		10:30	
		11:00	
		11:30	

(3) 九龍塘港鐵站 D 出口 Kowloon Tong MTR Station, Exit D

13 – 14 / 11 / 2025		15 – 16 / 11 / 2025	
九龍塘港鐵站 D 出口 Kowloon Tong MTR Station Exit D	粉嶺球場 Fanling Golf Course	九龍塘港鐵站 D 出口 Kowloon Tong MTR Station Exit D	粉嶺球場 Fanling Golf Course
7:00	15:15	7:00	15:10
8:00	15:45	7:30	15:40
9:00	16:15	8:00	16:10
10:00	16:45	8:30	16:40
11:00	17:15	9:00	17:10
		9:30	
		10:00	
		10:30	
		11:00	
		11:30	

(4) 香港站 F 出口（中環國際金融中心商場，民祥街）Hong Kong Station,
Exit F (Central IFC Mall, Man Cheung Street)

13 – 14 / 11 / 2025		15 – 16 / 11 / 2025	
香港站 F 出口 Hong Kong Station Exit F	粉嶺球場 Fanling Golf Course	香港站 F 出口 Hong Kong Station Exit F	粉嶺球場 Fanling Golf Course
7:00	15:15	07:00	15:10
8:00	15:45	07:30	15:40
9:00	16:15	08:00	16:10
10:00	16:45	08:30	16:40
11:00	17:15	9:00	17:10
		9:30	
		10:00	
		10:30	
		11:00	
		11:30	

- 巴士：球會附近有九巴路線 77K 經過，可於粉錦公路丙崗站下車步行僅約 5 分鐘。

- Bus: A KMB bus route 77K serves the vicinity of the Club. Alight at Ping Kong stop and it is approximately a 5-minute walk from the bus stop.

小巴：專線小巴第 57K 號線途經，詳情可下載香港出行易流動應用程式，獲取相關專線小巴路線的行車資訊及實時到站時間。

- Minibus: GMB route 57K operates nearby. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

e. 維多利亞公園

地址：香港銅鑼灣興發街 1 號

承辦項目：沙灘排球

e. Victoria Park

Address: 1 Hing Fat Street, Causeway Bay, Hong Kong

Events Hosted: Beach Volleyball

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：乘搭港島綫至銅鑼灣或天后站，出站後步行 5 至 10 分鐘即到。

- MTR: Take the Island Line to Causeway Bay or Tin Hau Station. The park is just a 5–10 minutes walk from the station.

- 巴士：多條巴士線於鄰近的告士打道及高士威道巴士站提供服務。詳情可下載「香港出行易」流動應用程式，獲取相關巴士路線的行車資訊及實時到站時

間。

- Bus: Multiple bus routes serving the nearby stops at Gloucester Road and Causeway Road. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

- 小巴：維園附近有多條專線小巴路線途經，詳情可下載香港出行易流動應用程式，獲取相關專線小巴路線的行車資訊及實時到站時間。

- Minibus: Several GMB routes pass near Victoria Park. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

f. 中環海濱活動空間及維多利亞港

地址：香港中環龍和道 9 號

承辦項目：鐵人三項

f. Central Harbourfront Event Space & Victoria Harbour

Address: 9 Lung Wo Road, Central, Hong Kong

Events Hosted: Triathlon

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：港鐵金鐘站 A 出口往中西區海濱長廊方向，經添馬公園後轉左直行，需時約 10 分鐘。

- MTR: From Admiralty Station Exit A, head towards the Central and Western District Promenade, pass through Tamar Park, then turn left and walk straight; the journey takes about 10 minutes.

- 巴士：乘坐前往或途經中環、金鐘或中環碼頭的巴士，然後步行數分鐘可

達。詳情可下載香港出行易流動應用程式，獲取相關巴士路線的行車資訊及實時到站時間。

- Bus: Take bus bound for or passing through Central, Admiralty, or the Central Ferry Piers, then walk a few minutes to the venue. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

g. 馬鞍山體育館

地址：香港新界沙田馬鞍山鞍駿街 14 號

承辦項目：輪椅擊劍、輪椅舞蹈（大眾項目）

g. Ma On Shan Sports Centre

Address: 14 On Chun Street, Ma On Shan, Sha Tin, New Territories, Hong Kong

Events Hosted: Wheelchair Fencing, Para Dance Sport (Mass Participation Events)

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：乘搭屯馬線至馬鞍山站 A 出口，步行約 5-10 分鐘即可到達。
- MTR: Take the Tuen Ma Line to Ma On Shan Station, Exit A, then walk for approximately 5-10 minutes to reach the venue.
- 巴士：鄰近馬鞍山市中心巴士站，可乘搭 40X, 85M, 85X, 86K, 89D, 681 等路線。
- Bus: The venue is near the Ma On Shan Town Centre Bus Terminus. Bus routes serving this stop include 40X, 85M, 85X, 86K, 89D and 681.
- 小巴：26, 803, 807A 等專線小巴途經場館附近，詳情可下載香港出行易流

動應用程式，獲取相關專線小巴路線的行車資訊及實時到站時間。

- Minibus: GMB routes 26, 803, and 807A passing near the venue. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

h. 荃灣體育館

地址：香港新界荃灣永順街 53 號

承辦項目：殘奧乒乓球（TT11 組）、特奧乒乓球

h. Tsuen Wan Sports Centre

Address: 53 Wing Shun Street, Tsuen Wan, New Territories, Hong Kong

Events Hosted: Para Table Tennis (TT11), Special Olympics Table Tennis

低碳出行建議：

Low Carbon Travel Recommendations:

- 港鐵：屯馬線荃灣西站 D 出口，步行約 5 分鐘。
- MTR: Take the Tuen Ma Line to Tsuen Wan West Station, Exit D, then walk for approximately 5 minutes to the venue.
- 巴士：鄰近荃灣西站公共運輸交匯處，然後步行數分鐘可達。詳情可下載香港出行易流動應用程式，獲取相關巴士路線的行車資訊及實時到站時間。
- Bus: The venue is close to the Tsuen Wan West Station Public Transport Interchange; then walk for a few minutes. For details, download the HKeMobility mobile app for route information and real-time arrival updates.
- 小巴：荃灣西站附近有多條小巴路線途經，詳情可下載香港出行易流動應用程式，獲取相關巴士路線的行車資訊及實時到站時間。

- Minibus: Several GMB pass near Tsuen Wan West Station. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

- 單車：荃灣體育館鄰近荃灣海濱單車徑，公眾可騎單車前往。「香港出行易」一站式交通運輸流動應用程式載有荃灣海濱段的路線圖。

- Cycling: Tsuen Wan Sports Centre is close to the Tsuen Wan Waterfront Cycle Track, the public can go by bicycle to the venue. The route of the Tsuen Wan waterfront section has been uploaded onto the all-in-one mobile application "HKeMobility".

3.2 智慧觀賽 Smart Spectating

a. 無紙化票務倡議 Ticketing System Initiatives

十五運會和殘特奧會倡導全面推行智慧觀賽模式。粵、港、澳三地採用「一個平台、三地購票」模式，公眾須先於官方線上票務平台進行實名註冊，方可購票。

NG and NGDSO fully promote a smart spectating model. Guangdong, Hong Kong, and Macao adopt a “one platform, three-region ticketing” system. Members of the public must first complete real-name registration on the official online ticketing platform before purchasing tickets.

紙質票券從生產、運輸到廢棄處理均產生碳足跡。若十五運會和殘特奧會的觀眾普遍改用電子門票，則會減少可觀的碳排放。我們鼓勵觀眾使用官方票務平台購買電子票，所有已購電子門票會藏於註冊戶口內之票夾，票面附有二維碼，入場時出示電子票及身份證明文件，電子票經驗票機掃描驗證有效後即可進場。

Paper tickets, from production to transportation and disposal, generate a carbon footprint. If spectators of NG and NGDSO were to switch to electronic tickets, this would significantly reduce carbon emissions. We encourage the spectators to purchase

electronic tickets through the official ticketing platform. All purchased electronic tickets will be stored in a ticket folder within their registered account. QR codes are attached to the tickets. Upon entry, present your electronic ticket and identification document. The ticket will be scanned by a ticket machine for validity checking and the ticket holder may then enter the venue.

b. 非繁忙時間出行倡議 Off-peak Travel Initiatives

比賽出行高峰期的車輛碳排放會較平時為高，亦會對賽事場館附近的道路交通造成壓力。減少賽事期間集中出行量可降低場館鄰近地區的交通工具碳排放，並改善空氣質素。我們提倡公眾參考票面顯示的比賽開始時間，按實際情況選擇提前 30 分鐘或以上到場，以緩解入場高峰期的交通流量。非繁忙時間出行亦可避免排隊等候時間過長。

During peak travel times of the events, vehicles generate higher carbon emissions than usual, placing pressure on traffic near venues of the Games as well. Reducing concentrated travel during events can lower carbon emissions from vehicles in the vicinity of the venues and improve air quality. We advise the public to refer to the match start time displayed on their tickets and arrive at the venue 30 minutes or more before to ease traffic flow during peak hours. Traveling during off-peak hours can also help avoid long queues.

3.3 源頭減廢 Waste Reduction at Source

為實現「無廢全運」目標，我們呼籲公眾積極落實源頭減廢。觀賽期間，除啟德體育園外，請自備飲用水；如到啟德體育園觀賽，請使用場館設置的飲水機或免費飲用水服務。如需攜帶個人物品入場，請自備可重複使用的環保袋。選擇餐飲時，請支持碳足跡較低的本地供應食材及無包裝食品，同時避免使用一次性

餐具。離場時，請使用大會提供的回收箱回收金屬、紙張和塑膠。讓我們從每個細節做起，將減廢理念貫穿於賽事體驗的每個環節，共同打造香港首個零碳體育盛會，讓該等賽事不僅展現國家頂尖競技水平，更成為大型活動可持續發展的最佳示範。

To achieve the goal of a "Zero Waste Games," we appeal to the public to actively implement waste reduction at source. During the games, please bring your own drinking water except when attending at Kai Tak Sports Park; if you're watching at Kai Tak Sports Park, please use the water dispensers or free drinking water services provided by the venue. If you need to bring personal items into the venue, please bring your own reusable eco-friendly bags. When choosing food and beverages, please support local source and unpackaged foods with a lower carbon footprint, and avoid using disposable tableware. Upon leaving the venue, please use the recycling bins provided to recycle metals, paper, and plastics. Let us start with details and incorporate the concept of waste reduction into every aspect of the event experience, and together create Hong Kong's first zero-carbon sports event, so that such events will not only showcase the country's top competitive level, but also become the best example of sustainable development in large-scale events.

4. 香港低碳城市案例及實踐 Hong Kong Low-Carbon City Cases and Practices

4.1 公共建築能源管理系統 Energy Management Systems in Public Buildings

機電工程署積極推廣建築物能源管理，並自 2012 年起將《建築物能源效益守則》納入法例，要求政府及私營機構依據 ISO 50001 能源管理體系對中央空調、照明、電梯等機電設備進行定期的能耗監測與審計。署方並建置智能化能源管理平台，實時收集和分析各場館能耗數據，定期發布能耗報告，協助機構識別節能

潛力並落實改造措施。香港賽區的比賽場地普遍遵守上述守則，實行能源管理體系。

Electrical and Mechanical Services Department (EMSD) actively promote the building energy management, and since 2012, *the Building Energy Code* was given statutory force, requiring the Government and private organisations to carry out periodic monitoring and audits of energy consumption for central air-conditioning, lighting, lifts and other electrical and mechanical installations in line with the ISO 50001 Energy Management System. EMSD has also built an intelligent energy management platform to collect and analyse facility energy-use data in real time and to publish regular energy reports, helping organisations identify energy-saving potential and implement retrofit measures. Competition venues in Hong Kong generally comply with the programme above and implement energy management system.

4.2 啟德體育園 Kai Tak Sports Park

啟德體育園作為香港最大型的綜合體育及娛樂設施，自 2025 年 3 月啟用以來，已舉辦多場大型體育及文化活動，並在設計、建築及營運層面全面融入可持續發展元素。場館綠化率超過 30%，種植逾千棵樹木，並設有 14 公頃戶外空間，有效減緩城市熱島效應。建築物屋頂區域覆蓋太陽能板，提供熱水及電力。場館亦設有雨水收集系統，回收雨水可滿足約 25%的灌溉需求。

As Hong Kong's largest integrated sports and entertainment complex, Kai Tak Sports Park has, since its opening in March 2025, hosted numerous large-scale sporting and cultural events, embedding sustainability principles throughout its design, construction and operations. The venue boasts a greening ratio of over 30%, with more than 1,000 trees and 14 hectares of outdoor space, helping to mitigate the urban heat-island effect. Rooftop solar panels supply hot water and electricity, while a rainwater harvesting system meets roughly 25% of irrigation needs.

4.3 香港體育館 Hong Kong Coliseum

香港體育館亦在低碳方面作出創新嘗試。該場館於全運會期間舉辦男子 U22 籃球賽，並採用由香港城市大學研發的「無電製冷」塗層技術，覆蓋面積達 9,700 平方米，包括天台表面及天台側牆。該塗層能在毋須耗電下有效降低室內溫度，減低建築物使用在空氣調節的耗電量。

Hong Kong Coliseum has also made innovative strides in low-carbon operations. Hosting the men's U22 basketball tournament during the Games, it has applied a "electricity-free cooling" coating developed by the City University of Hong Kong, covering about 9,700 m² of rooftop and roof wall surfaces. This coating can reduce indoor temperature of buildings without consuming electricity, reducing electricity consumption for air-conditioning.

4.4 其他場館 Other Competition Venues

其他比賽場地亦因地制宜推動低碳措施。例如，維多利亞公園利用現有設施舉辦比賽，減少新建設碳排放，並設有廢物分類回收設施；香港單車館採用自然採光設計，減少照明耗能，周邊的單車館公園則擁有廣泛綠化面積，提升城市生態；荃灣體育館及馬鞍山體育館則採用節能照明及空調系統，並設有廢物分類回收設施，配合《「綠色全運」工作方案》；在高爾夫球項目賽事場地應用氫能發電，於賽事期間供電予場外的支援設施，例如安檢及後勤區的貨櫃辦公室及工作人員帳篷等。

Other competition venues have adopted site-specific low-carbon measures. For example, Victoria Park has leveraged existing facilities to avoid new-build emissions

and installed waste separation and recycling facilities; Hong Kong Velodrome uses natural lighting to reduce energy for illumination, while its surrounding park offers extensive greenery to enhance urban ecology; Tsuen Wan Sports Centre and Ma On Shan Sports Centre have installed energy-efficient lighting and air-conditioning systems and provide waste separation and recycling facilities, in line with the “*Green National Games*” *Work Plan*; During golf event, hydrogen fuel cell genset was used to supply electricity to support facilities outside the competition area, such as security checkpoints, container offices at backup area, and tents for staff, etc.

如上所述，香港賽區各大場館在本屆全運會及相關賽事中，均積極落實低碳措施，體現出政府及營運機構在推動綠色體育發展方面的決心與成效，為粵港澳大灣區的可持續發展目標作出積極貢獻。

In sum, all major venues in the Hong Kong for the National Games and related events are actively implementing low-carbon measures, reflecting the commitment and effectiveness of the Government and operators in promoting green sports development, and making a positive contribution to the Greater Bay Area’s sustainability goals.

低碳體育文化與社會啟示 Sports as a Catalyst: Inspiring Sustainable Societies

第十五屆全運會作為粵港澳大灣區首次協辦的綜合性運動會，其「綠色辦賽」理念不僅是技術層面的革新，更成為一場重塑公眾環境意識、推動社會可持續轉型的深度實踐。本屆賽事透過科技賦能、制度創新與文化引導的三維融合，彰顯了體育盛事與都市可持續發展的共生關係，將為未來大型活動樹立典範。

As the first multi-sport event co-hosted by the Guangdong–Hong Kong–Macao Greater Bay Area, the 15th National Games treats “Green Event Management” not merely as a technical upgrade, but as a profound exercise in reshaping public environmental awareness and advancing a broader societal transition to sustainability. By fusing technological empowerment, institutional innovation and cultural guidance, this year’s Games highlight the symbiotic relationship between major sports events and urban sustainability, which will be a benchmark for large-scale events.

5.1 體育與可持續發展 Sport and Sustainable Development

大型體育賽事歷來是能源消耗與碳排放大戶，而本屆全運會以「碳中和」為核心目標，將環境責任嵌入賽事基因。香港賽區的實踐表明，體育競技與生態保護並非對立，而是可協同推進的雙軌使命。例如，啟德體育園作為主場館，透過垂直綠化、雨水回收系統及太陽能發電設施，將建築物轉化為「城市綠肺」，賽時降低能耗，賽後持續服務社區，說明大型賽事可成為城市綠色基建的催化劑，其示範效應遠超賽事本身時空範疇。

Major sports events have traditionally been intensive consumers of energy with significant carbon footprints. Centering the target of carbon neutrality embeds environmental responsibility into the DNA of the National Games. Practice in Hong Kong demonstrates that sporting competition and ecological stewardship are not in

tension but can advance together as a twin-track mission. For example, as the main venue, Kai Tak Sports Park functions as an “urban green lung” through vertical greening, rainwater harvesting and solar power generation, cutting energy use during events while continuing to serve the community thereafter, indicating that mega-events can catalyse urban green infrastructure, with demonstration effects that reach far beyond the temporal and spatial bounds of the Games themselves.

5.2 社會示範效應 Societal Demonstration Effects

本屆全運會的低碳實踐，正引發公眾對「綠色價值」的重新審視，並形成社會示範效應。例如，香港團隊研發的「無電製冷技術」應用於香港體育館，無需電力即可為建築物降溫。此類技術將抽象減碳目標轉化為可感知的體驗；中華電力有限公司承諾贊助可再生能源證書，確保所有場館及媒體中心使用零碳電力，並向運動員、媒體提供流動充電池，並同時贊助基層家庭觀賽門票，使綠色賽事兼具社會包容性。

The low-carbon practices of this year’s Games are prompting a reassessment of “green values” among the public and generating societal demonstration impact. For example, electricity-free cooling technology developed by a Hong Kong R&D team has been applied at the Hong Kong Coliseum, reducing temperatures of building without electricity. Such technologies translate abstract carbon-reduction goals into tangible experience; CLP Power Hong Kong Limited has pledged to sponsor renewable energy certificates to ensure zero-carbon electricity for all venues and the media centre, and has provided portable power banks for athletes and media, and also sponsored tickets for grassroots families, coupling a green Games with social inclusion.

5. 傳承綠色理念，邁向碳中和未來 **Beyond the Games: Accelerating Hong Kong's Carbon-Neutral Future**

第十五屆全運會不單是體育競技的舞台，更開啟了香港低碳轉型的新篇章。這場盛會所積累的環保經驗，正為我們提供了一個重要的實驗場——當賽事的燈光熄滅後，如何將賽事的綠色措施轉化為持久的實踐？

The 15th National Games is not only a stage for sporting competition, but also the opening of a new chapter in Hong Kong's low-carbon transformation. The wealth of environmental experience accumulated through this grand event offers us an important testing ground — when the lights of the Games are switched off, how can green measures in the Games be transformed into lasting practices?

當全運會的綠色記憶沉澱為日常習慣，香港將逐步實現從「賽事碳中和」到「社區碳中和」的躍升。這需要公眾把握當下動能，將賽時期間的環保熱情轉化為長期的公民參與。

When the green legacy of the Games is embedded in daily habits, Hong Kong will take gradual steps from “event carbon neutrality” to “community carbon neutrality.” This calls on the public to seize the current momentum and transform environmental enthusiasm during the Games into long-term civic participation for.