
第十五届全国运动会和全国第十二届残疾人运动会暨第九届特殊奥林匹克运动会
香港赛区公众低碳行动指引

**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

在全球应对气候变化的迫切形势下，推动绿色、低碳、可持续发展已成为国际社会的普遍共识。为配合国家的「3060」双碳目标，香港特别行政区政府（下称「特区政府」）已在《香港气候行动蓝图 2050》中订下目标，致力在 2035 年前将碳排放量从 2005 年的水平减半，并于 2050 年前实现碳中和。

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.

由香港特别行政区承办的第十五届全国运动会及第十二届残疾人运动会暨第九届特殊奥林匹克运动会香港赛区（下称「十五运会和残特奥委会」）赛事，是展现香港绿色体育发展成果的重要契机。

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 打造碳中和赛事 树立绿色新标杆 Building a Carbon-Neutral Event and Establishing a New Green Benchmark

为实现赛事的可持续发展目标，香港赛区将采用与内地和国际并进的碳中和管理模式，透过科学碳核算、系统性节能减排及创新碳抵消机制等措施，确保从场馆建设、赛事营运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.

十五运会和残特奥委会多个比赛场馆将应用环保节能措施。赛事期间将全面推行绿色物流、无纸化办公及废物分类回收，致力成为本港首个实现碳中和的大型综合运动会，为未来在香港举办国际赛事的碳中和提供可复制的环保经验。

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 全民参与 共建绿色赛事 Public Participation in Building a Green Games

碳中和实践离不开社会各界的共同参与。无论是特区政府的政策督导、赛事各协办机构的精密规划，还是每一位市民游客的日常选择，都将成为推动绿色全运的关键力量。事实上，观众的行为习惯直接影响赛事整体碳足迹——选择公共交通工具、自备水杯减少即弃用品、实践「惜食」行动等微小举动，都能为减排作出实质贡献。

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 《公众低碳行动指引》：您的绿色观赛手册 *Public Low-Carbon Action Guide: Your Green Spectator Handbook*

为方便公众以低碳行动参与全运盛事，我们特别编制这份《香港赛区公众低碳行动指引》（下称「《指引》」），旨在以「低碳行动方式—三步走」策略，从低碳出行、智慧观赛及源头减废三大核心场景出发，辅以具体实例，提供低碳行动实用建议。

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 从小事做起 汇聚改变的力量 *Starting with Small Steps to Gather the Power of Change*

「绿色全运」并非遥不可及，而是由无数个体行动共同编织的可持续未来。公众的每一次低碳选择，既是支持香港绿色转型的实际行动，亦为下一代留下更洁净的城市环境。

“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.

让我们以赛事为契机，将环保理念融入生活，共同说好「体育盛事」与「生态友善」双赢的香港故事。请立即行动，为全运添绿！

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!

有关十五运会和残特奥委会香港赛区的更多信息，请浏览专题网站（www.2025nationalgames.gov.hk/tc/index.html）、Facebook 专页（www.facebook.com/2025nationalgames.hk）和 Instagram 专页（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. 低碳行动方式——三步走 **Pathway to Low Carbon – Three Steps for Sustainable Action**

2.1 第一步：建立意识 **Step One: Building Awareness**

碳中和（Carbon Neutrality）是指通过平衡二氧化碳排放量与清除量，实现净零碳排放的状态。此概念源自《巴黎协议》的气候目标，现已成为全球应对气候变化的核心策略。碳中和遵循「测量—减排—抵消」三步骤，亦即精确计算所有活动产生的温室气体，从源头减少碳排放，以及对无法避免的排放进行补偿。为达致上述目标，《巴黎协议》缔约国逐步消减燃煤发电，发展可再生能源，并推广建筑物节能改造，发展智能交通管理系统等。

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.

因应碳中和理念，特区政府在 2021 年发布《香港气候行动蓝图 2050》，提出「净零发电」、「节能绿建」、「绿色运输」和「全民减废」四大减碳策略，带领香港于 2050 年前实现碳中和，并在 2035 年前把香港的温室气体排放量从 2005 年的水平减半。

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. 净零发电：增加使用零碳能源和发展多元能源组合，从而减少对传统化石燃料的依赖，目标在 2035 年前提高零碳能源在发电燃料组合中所占的比例至约 60%至 70%，并随着零碳能源的发电技术持续进步和提升，以及在 2050 年前达至净零发电。

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. 节能绿建：提升建筑物能源效益，推展能源效益标签，推动全民节能等。

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

c. 绿色运输：推广使用电动车和公共交通，鼓励市民减少私家车的使用，并推广绿色出行方式。

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. 全民减废：发展转废为能设施及推动减废回收，以期在 2035 年或之前实现「零废堆填」的目标。

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

总括而言，碳中和不仅是环保要求，更是经济转型契机。香港正把握此机遇，发展绿色金融、低碳科技等新兴产业，建立更可持续发展的亚洲国际都会。

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：日常实践 Step Two: Daily Practice

为实现赛事碳中和愿景，每位市民的日常参与至关重要。我们鼓励公众将减碳理念融入日常生活，透过持续实践节能、减废、低碳出行及绿色消费等行动，逐步形塑可持续的生活模式。

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.

节能方面，我们鼓励公众优先选用高能源效益级别的电器，养成随手关掉不使用的电器及系统的习惯，夏季调校空调并维持室内温度在摄氏 24 至 26 度，并善用自然采光以降低照明耗能。减废方面，鼓励公众自备可重复使用物品（如环保餐具、饮水杯及购物袋），落实废物源头分类回收，减少使用一次性塑料制品，并支持「惜食文化」以避免食物浪费。

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.

在低碳出行领域，公众应优先选用公共运输系统、步行或骑乘单车等低碳交通方式；若需驾驶私家车，建议选用电动车。针对赛事期间的观赛行程，规划路线时可整合多项行程以减少总体出行需求。绿色消费方面，我们鼓励公众选购具环保认证、本地生产或可回收材质的商品，支持提供低碳服务的企业，并优先采用电子支付及电子账单以减少纸张消耗。透过上述行为的长期实践，公众不仅能直接降低个人碳足迹，更能带动社会整体形成低碳生活风尚，为香港赛区的绿色转型奠定坚实基础。

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：积极参与 Step Three: Active Participation

十五运会和残特奥委会不单是体育盛事，更是全城实践环保的重要契机。我们诚邀阁下由今日起化身香港赛区「绿色行动者」，透过下列身分积极参与其中：

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. 观众：尽量使用公共交通工具等低碳出行方式，赛事期间正确使用场馆内设置的环保回收箱，协助工作人员进行废物源头分类回收工作，参观「绿色全运会」展览及互动装置，亲身感受大型体育赛事如何实践碳中和理念。

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. 义工：赛事期间向公众推广「绿色全运」理念，无论是分享官方网站列举的低碳行动指引，或是向场馆访客讲解碳中和概念，都能发挥积极影响力。

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. 普罗大众：定期使用环境及生态局上载于「碳中和及可持续发展」网站的「低碳生活计算器」（连结：<https://www.carboncalculator.gov.hk/tc>），或其他机构如电力公司和煤气公司等上载于网页的碳排放计算器（连结：<https://cnsd.gov.hk/tc/individual-and-low-carbon-lifestyle/low-carbon-living-calculators/>），以记录个人交通、饮食和其他活动的碳足迹。

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.

阁下的每个行动都在累积改变——由选择公共交通出行这些小习惯，到参与我们的「绿色全运」。一人一步，全城减碳，让我们以最环保的方式，共同写下「绿色全运」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. 低碳行动指南 Low-Carbon Action Guide

3.1 低碳出行 Low-Carbon Commuting

为贯彻十五运会和残特奥委会「绿色、共享、开放、廉洁」办赛理念，香港赛区同步实施《「绿色全运」工作方案》，以新能源交通覆盖、碳足迹管理等推动减碳，其中包括落实「绿色出行」目标，香港赛区的公众低碳出行建议如下：

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. 启德体育园（主场馆、体艺馆、保龄球馆）

地址：九龙启德承启道 38 号

承办项目：手球、七人制橄榄球、击剑、保龄球（群众赛事活动）、硬地滚球

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

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：乘搭港铁屯马线，于启德站或宋皇台站下车后步行约 5 至 10 分钟，前往启德体育园。

- 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：启德体育园邻近九龙城转车站、亚皆老街球场站及九龙城码头巴士总站等主要巴士站。多达 60 条路线将途经启德体育园附近的巴士站（可下载「香港出行易」流动应用程序，获取相关巴士路线的行车信息及实时到站时间）。

- 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：观众可以通过小巴服务轻松到达启德体育园。园区附近有多条小巴路线，提供往返园区的便利交通，所有路线均在步行范围内。（可下载「香港出行易」流动应用程序，获取相关巴士路线的行车信息及实时到站时间）。

- 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. 香港体育馆

地址：九龙红磡畅运道 9 号

承办项目：篮球（男子 22 岁以下组）

b. Hong Kong Coliseum

Address: 9 Cheong Wan Road, Hung Hom, Kowloon

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

低碳出行建议：

Low-Carbon Travel Recommendations:

- 港铁：乘搭东铁线至红磡站，C3 出口步行至香港体育馆。
- MTR: Take the East Rail Line to Hung Hom Station, walk to the Hong Kong Coliseum from Exit C3.

- 巴士：多条巴士线于香港体育馆邻近的巴士站（包括红磡站巴士总站、海底隧道巴士换乘站）提供服务。

- 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：香港体育馆附近有多条专线小巴路线行驶，详情可下载「香港出行易」流动应用程序，获取相关专线小巴路线的行车信息及实时到站时间。

- 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. 香港单车馆

地址：将军澳宝康路 105-107 号

承办项目：场地自行车

c. Hong Kong Velodrome

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

Events Hosted: Track Cycling

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：乘搭将军澳线至将军澳站出口 A1 出口或坑口站 B2 出口，再步行即可到达。

- 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：邻近香港单车馆巴士站。290X、296M 等班次经过此站。

- 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 等专线小巴途经。

详情可下载香港出行易流动应用程序，获取相关路线的行车信息及实时到站时间。

- 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.

-
- 单车：香港单车馆公园连接单车径，公众可骑单车前往。
 - Cycling: Hong Kong Velodrome Park is connected to the cycle track, the public can go by bicycle to the venue.

d. 香港高尔夫球会 - 粉岭球场

地址：香港新界上水粉锦公路地段 1 号

承办项目：高尔夫球

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

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

Events Hosted: Golf

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：乘搭东铁线至上水站，再步行约 20 分钟或乘搭接驳巴士至粉岭球场。
- 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.

• 点对点接驳车服务：11 月 13 日至 16 日高尔夫球项目举行期间，我们将于 (1) 上水港铁站、(2) 红磡港铁站、(3) 九龙塘港铁站、及(4) 香港站，提供往返粉岭球场的点对点接驳车服务，详情如下：

• 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:

往返香港高尔夫球会粉岭球场 接驳车服务时间表

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

(1) 上水港铁站 C 出口 Sheung Shui MTR Station, Exit C

13 – 14 / 11 / 2025				15 – 16 / 11 / 2025			
上水港铁站 C 出口 Sheung Shui MTR Station Exit C		粉岭球场 Fanling Golf Course		上水港铁站 C 出口 Sheung Shui MTR Station Exit C		粉岭球场 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) 红磡港铁站 C2 出口 Hung Hom MTR Station, Exit C2

13 – 14 / 11 / 2025		15 – 16 / 11 / 2025	
红磡港铁站 C 出口 Hung Hom MTR Station Exit C	粉岭球场 Fanling Golf Course	红磡港铁站 C 出口 Hung Hom MTR Station Exit C	粉岭球场 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) 九龙塘港铁站 D 出口 Kowloon Tong MTR Station, Exit D

13 – 14 / 11 / 2025		15 – 16 / 11 / 2025	
九龙塘港铁站 D 出口 Kowloon Tong MTR Station Exit D	粉岭球场 Fanling Golf Course	九龙塘港铁站 D 出口 Kowloon Tong MTR Station Exit D	粉岭球场 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（中环国际金融中心商场，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	粉岭球场 Fanling Golf Course	香港站 F 出口 Hong Kong Station Exit F	粉岭球场 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：球会附近有九巴路线 77K 经过，可于粉锦公路丙岗站下车步行仅约 5 分钟。

- 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：专线小巴第 57K 号线途经，详情可下载香港出行易流动应用程序，获取相关专线小巴路线的行车信息及实时到站时间。

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

e. 维多利亚公园

地址：香港铜锣湾兴发街 1 号

承办项目：沙滩排球

e. Victoria Park

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

Events Hosted: Beach Volleyball

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：乘搭港岛线至铜锣湾或天后站，出站后步行 5 至 10 分钟即到。

- 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：多条巴士线于邻近的告士打道及高士威道巴士站提供服务。详情可下载「香港出行易」流动应用程序，获取相关巴士路线的行车信息及实时到站时间。

- 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：维园附近有多条专线小巴路线途经，详情可下载香港出行易流动应用程序，获取相关专线小巴路线的行车信息及实时到站时间。

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

f. 中环海滨活动空间及维多利亚港

地址：香港中环龙和道 9 号

承办项目：铁人三项

f. Central Harbourfront Event Space & Victoria Harbour

Address: 9 Lung Wo Road, Central, Hong Kong

Events Hosted: Triathlon

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：港铁金钟站 A 出口往中西区海滨长廊方向，经添马公园后转左直行，需时约 10 分钟。

- 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：乘坐前往或途经中环、金钟或中环码头的巴士，然后步行数分钟可达。详情可下载香港出行易流动应用程序，获取相关巴士路线的行车信息及实时到站时间。

- 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. 马鞍山体育馆

地址：香港新界沙田马鞍山鞍骏街 14 号

承办项目：轮椅击剑、轮椅舞蹈（大众项目）

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)

低碳出行建议：

Low Carbon Travel Recommendations:

- 港铁：乘搭屯马线至马鞍山站 A 出口，步行约 5-10 分钟即可到达。
- 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：邻近马鞍山市中心巴士站，可乘搭 40X, 85M, 85X, 86K, 89D, 681 等路线。
- 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 等专线小巴途经场馆附近，详情可下载香港出行易流动应用程序，获取相关专线小巴路线的行车信息及实时到站时间。
- 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. 荃湾体育馆

地址：香港新界荃湾永顺街 53 号

承办项目：残奥乒乓球（TT11 组）、特奥乒乓球

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

低碳出行建议:

Low Carbon Travel Recommendations:

- 港铁: 屯马线荃湾西站 D 出口, 步行约 5 分钟。
- MTR: Take the Tuen Ma Line to Tsuen Wan West Station, Exit D, then walk for approximately 5 minutes to the venue.

- 巴士: 邻近荃湾西站公共运输交汇处, 然后步行数分钟可达。详情可下载香港出行易流动应用程序, 获取相关巴士路线的行车信息及实时到站时间。
- 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: 荃湾西站附近有多条小巴路线途经, 详情可下载香港出行易流动应用程序, 获取相关巴士路线的行车信息及实时到站时间。
- Minibus: Several GMB pass near Tsuen Wan West Station. For details, download the HKeMobility mobile app for route information and real-time arrival updates.

- 单车: 荃湾体育馆邻近荃湾海滨单车径, 公众可骑单车前往。「香港出行易」一站式交通运输流动应用程序载有荃湾海滨段的路线图。
- 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 智慧观赛 Smart Spectating

a. 无纸化票务倡议 Ticketing System Initiatives

十五运会和残特奥委会倡导全面推行智能观赛模式。粤、港、澳三地采用「一

个平台、三地购票」模式，公众须先于官方在线票务平台进行实名注册，方可购票。

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.

纸质票券从生产、运输到废弃处理均产生碳足迹。若十五运会和残特奥委会的观众普遍改用电子门票，则会减少可观的碳排放。我们鼓励观众使用官方票务平台购买电子票，所有已购电子门票会藏于注册户口内之票夹，票面附有二维码，入场时出示电子票及身份证明文件，电子票经验票机扫描验证有效后即可进场。

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. 非繁忙时间出行倡议 Off-peak Travel Initiatives

比赛出行高峰期的车辆碳排放会较平时为高，亦会对赛事场馆附近的道路交通造成压力。减少赛事期间集中出行量可降低场馆邻近地区的交通工具碳排放，并改善空气质素。我们提倡公众参考票面显示的比赛开始时间，按实际情况选择提前 30 分钟或以上到场，以缓解入场高峰期的交通流量。非繁忙时间出行亦可避免排队等候时间过长。

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 源头减废 Waste Reduction at Source

为实现「无废全运」目标，我们呼吁公众积极落实源头减废。观赛期间，除启德体育园外，请自备饮用水；如到启德体育园观赛，请使用场馆设置的饮水机或免费饮用水服务。如需携带个人物品入场，请自备可重复使用的环保袋。选择餐饮时，请支持碳足迹较低的本地供应食材及无包装食品，同时避免使用一次性餐具。离场时，请使用大会提供的回收箱回收金属、纸张和塑料。让我们从每个细节做起，将减废理念贯穿于赛事体验的每个环节，共同打造香港首个零碳体育盛会，让该等赛事不仅展现国家顶尖竞技水平，更成为大型活动可持续发展的最佳示范。

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实践 Hong Kong Low-Carbon City Cases and Practices

4.1 公共建筑能源管理系统 Energy Management Systems in Public Buildings

机电工程署积极推广建筑物能源管理，并自 2012 年起将《建筑物能源效益守则》纳入法例，要求政府及私营机构依据 ISO 50001 能源管理体系对中央空调、照明、电梯等机电设备进行定期的能耗监测与审计。署方并建置智能化能源管理平台，实时收集和分析各场馆能耗数据，定期发布能耗报告，协助机构识别节能潜力并落实改造措施。香港赛区的比赛场地普遍遵守上述守则，实行能源管理体系。

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 启德体育园 Kai Tak Sports Park

启德体育园作为香港最大型的综合体育及娱乐设施，自 2025 年 3 月启用以来，已举办多场大型体育及文化活动，并在设计、建筑及营运层面全面融入可持续发展元素。场馆绿化率超过 30%，种植逾千棵树木，并设有 14 公顷户外空间，有效减缓城市热岛效应。建筑物屋顶区域覆盖太阳能板，提供热水及电力。场馆亦设有雨水收集系统，回收雨水可满足约 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 香港体育馆 Hong Kong Coliseum

香港体育馆亦在低碳方面作出创新尝试。该场馆于全运会期间举办男子 U22 篮球赛，并采用由香港城市大学研发的「无电制冷」涂层技术，覆盖面积达 9,700 平方米，包括天台表面及天台侧墙。该涂层能在毋须耗电下有效降低室内温度，减低建筑物使用在空气调节的耗电量。

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 其他场馆 Other Competition Venues

其他比赛场地亦因地制宜推动低碳措施。例如，维多利亚公园利用现有设施举办比赛，减少新建设碳排放，并设有废物分类回收设施；香港单车馆采用自然采光设计，减少照明耗能，周边的单车馆公园则拥有广泛绿化面积，提升城市生态；荃湾体育馆及马鞍山体育馆则采用节能照明及空调系统，并设有废物分类回收设施，配合《「绿色全运」工作方案》；在高尔夫球项目赛事场地应用氢能发电，于赛事期间供电予场外的支持设施，例如安检及后勤区的货柜办公室及工作人员帐篷等。

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，香港赛区各大场馆在本届全运会及相关赛事中，均积极落实低碳措施，体现出政府及营运机构在推动绿色体育发展方面的决心与成效，为粤港澳大湾区的可持续发展目标作出积极贡献。

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.

低碳体育文化与社会启示 Sports as a Catalyst: Inspiring Sustainable Societies

第十五届全运会作为粤港澳大湾区首次协办的综合性运动会，其「绿色办赛」理念不仅是技术层面的革新，更成为一场重塑公众环境意识、推动社会可持续转型的深度实践。本届赛事透过科技赋能、制度创新与文化引导的三维融合，彰显了体育盛事与都市可持续发展的共生关系，将为未来大型活动树立典范。

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 体育与可持续发展 Sport and Sustainable Development

大型体育赛事历来是能源消耗与碳排放大户，而本届全运会以「碳中和」为核心目标，将环境责任嵌入赛事基因。香港赛区的实践表明，体育竞技与生态保护并非对立，而是可协同推进的双轨使命。例如，启德体育园作为主场馆，透过垂直绿化、雨水回收系统及太阳能发电设施，将建筑物转化为「城市绿肺」，赛时降低能耗，赛后持续服务小区，说明大型赛事可成为城市绿色基建的催化剂，其示范效应远超赛事本身时空范畴。

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 社会示范效应 Societal Demonstration Effects

本届全运会的低碳实践，正引发公众对「绿色价值」的重新审视，并形成社会示范效应。例如，香港团队研发的「无电制冷技术」应用于香港体育馆，无需电力即可为建筑物降温。此类技术将抽象减碳目标转化为可感知的体验；中华电力有限公司承诺赞助可再生能源证书，确保所有场馆及媒体中心使用零碳电力，并向运动员、媒体提供流动充电宝，并同时赞助基层家庭观赛门票，使绿色赛事兼具社会包容性。

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. 传承绿色理念，迈向碳中和未来 **Beyond the Games: Accelerating Hong Kong's Carbon-Neutral Future**

第十五届全运会不单是体育竞技的舞台，更开启了香港低碳转型的新篇章。这场盛会所积累的环保经验，正为我们提供了一个重要的实验场——当赛事的灯光熄灭后，如何将赛事的绿色措施转化为持久的实践？

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?

当全运会的绿色记忆沉淀为日常习惯，香港将逐步实现从「赛事碳中和」到「小区碳中和」的跃升。这需要公众把握当下动能，将赛时期间的环保热情转化为长期的公民参与。

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.