



齋色園主辦 可觀自然教育中心暨天文館
Ho Koon Nature Education cum Astronomical Centre
(Sponsored by Sik Sik Yuen)

2026-27 年度 可觀校園健康及環境管理措施

Health and Environmental Management Measures @ Ho Koon

健康及環境管理組

請老師、同學細閱。
歡迎老師直接使用，以提醒同學。

上課前預備

Before class



上課前預備 Before class

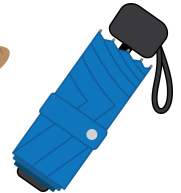
防蚊措施 Anti-mosquito preparation

- 穿著寬鬆、淺色衣物 Wear loose, light-coloured clothing
- 覆蓋外露皮膚 Cover exposed skin
- 安全使用昆蟲驅避劑 Safely use insect repellent



預防熱傷害 Protect yourselves from heat stress

- 自備水樽 Bring your own water bottles
- 使用消暑裝備 Use cooling tools



(如考察時間為冬天，請注意保暖)

(If the field study takes place in winter, please dress warmly)

午餐 Lunch

- 自備可重用餐具（如有訂飯盒）
Bring reusable cutlery (if you ordered lunch boxes)



做好準備，考察更舒適
Make sure you're well-prepared



上課前預備 Before class

建議服飾 Suggested clothing



遮陽帽 (如有)
Sun hat (if available)

舒適 & 透氣的衣服
Comfortable &
breathable clothes

包趾包跟的運動鞋
Sneakers
(closed-toe, closed-heel)

如考察時間為冬天，
請注意保暖
If the field study
takes place in
winter, please
dress warmly

上課前預備 Before class

如考察地點為河溪、海岸等地點，
除了原先的運動鞋和衣服外，
請預備多一雙下水用鞋襪
和考察後替換衣物。

If the fieldwork location is stream, coast, or similar places, apart from your original sneakers and clothing, please also prepare a pair of water shoes/socks and clothes for change after the fieldwork.

下水用鞋例子 Water shoe examples



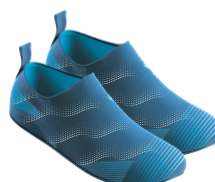
帆布鞋 Canvas shoes



塑膠鞋 Plastic shoes



澗鞋 / 波鞋 Sneakers



浮潛鞋 Snorkeling shoes



潛水靴 Diving boots

替換衣物 Clothes for change



上課前預備 Before class

以下鞋款不能用於考察

The following types of shoes should not be used for fieldwork



拖鞋 Slippers



洞洞鞋 Clogs



涼鞋 Sandals



鞋套 Shoe covers

無法完全包覆腳趾及腳跟，容易鬆脫。

Does not fully cover toes and heels, and can easily slip off.

考察後須知

Points to Note After Fieldwork



考察後 After fieldwork



- 補充水分 Stay hydrated
- 更換衣物 (如有需要) Change clothes if necessary
- 在指定位置洗腳或鞋 Wash feet or shoes at designated location
- 不要在洗手間洗腳或鞋 Do not wash your feet or shoes in the washroom

洗腳/鞋位置 Designated location



不要在中心範圍內棄置鞋
Discarding shoes on
campus is not allowed



廢物回收 Recycling

回收設施 Recycling facilities

課室 Classroom

停車場 Carpark



請不要放置垃圾入內 Do not put rubbish inside

潔淨回收 Clean before recycling

回收前請盡可能壓縮回收物體積

Compress the items before recycling



午飯前須知

Points to Note Before Lunch



午餐前 Before lunch...

請徹底洗手 Please wash your hands thoroughly



午餐後 After lunch...



廚餘倒進廚餘桶

Pour the food waste into
designated bin



飯盒疊起，放入指定位置

Stack the boxes and lids respectively,
place them into designated areas

