

更美好 生活

簡易
指南



*Your Easy
Guide to
A
Better
Life*



WILLOUGHBY
CITY COUNCIL
City of Diversity

更美好生活

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A Better Life

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你有否想過...

更美好的生活到底是什麼樣子？

無論來自任何地方，講任何語言，每個人都在孜孜以求更美好的生活。

但是更美好的生活到底是什麼樣子呢？

生活中充滿著不必要的物質是不是更美好？

在污染的環境裏生活是不是更美好？

可能危及我們孩子未來的生活方式是不是更美好？

更美好的生活應該能讓我們和家人享受潔淨水源，清新空氣，以及一個美麗的自然環境。它應該是高質量，與自然和諧相處的生活。

這本小冊子的製作是為了讓華裔背景人士瞭解如何生活得更環保。第一部分你的鄰居 講述了我們社區裏不同語言背景的人已經在遵循環保的生活方式。參照更美好生活階梯，你可以瞭解如何達到自己的環保生活。

我們希望這些環保生活故事能激發你的靈感，而環保生活訣竅能幫你營造屬於你自己的更美好，更環保的生活。

願你生活愉快！

The big question...

What is a better life like?

No matter where we come from, or what language we speak, we are in constant pursuit of a better life.

But what is a better life like?

Is a life surrounded by stuff you don't need a better one?

Is a life in a polluted environment a better one?

Is a life that puts our children's future at risk a better one?

A better life is one where you and your family can enjoy clean water, fresh air, and a beautiful natural environment. It should be a life with quality and in harmony with environment.

This booklet is to show people with a Chinese background how we can achieve a sustainable life together. In the "Your Neighbours section", you can see many members of the community are already living sustainably, no matter which language they speak. Follow the "Better Life Hierarchy" and see how you can have a sustainable life as well.

We hope you find the sustainable living stories inspiring and the sustainable living tips useful in your journey towards a better and more sustainable life.

Happy living!



Henry and Kay Tang

The urban worm-farmers in Chatswood

Biggest achievements: Edible backyard garden with compost bins and a wormfarm; sustainability advocates.

Future goal: Making their garden even better.

Henry's interest in plants derived from his Agricultural education in Taiwan. Now in Chatswood, he and his wife Kay cultivate a wonderful edible backyard garden with four compost bins and a wormfarm.

"Our compost and wormfarm significantly reduce our waste. We hardly notice any waste being generated and they provide the best free fertilizers for our garden - chemical free!" He said.

Henry and Kay also reuse water from the kitchen in the garden and use mulch to reduce the need for watering. They said: "Our neighbours are very happy to give us their lawn clippings for our mulch." Their lovely garden satisfies almost all their fruit and vegetable needs.

"Protecting the environment is important because a healthy environment means a good quality lifestyle." That is why they are keen to let others know about how to enjoy a better life by creating a healthy environment. They have been keen participants of council's sustainable living workshops and bushwalks. They also continually spread the word within the community.

Henry和Kay Tang

卓士活都市裏的蚯蚓農場主

最大成就： 利用堆肥箱和蚯蚓箱營造了一個蔬果花園；熱心倡導環保生活

未來目標： 進一步改善他們的蔬果花園

Henry 對植物的興趣源於早年在臺灣的農業學院讀書的經歷。如今，他和夫人在卓士活的居處營造了一個蔬果花園，包括了四個堆肥箱和一個蚯蚓箱。

“堆肥和蚯蚓箱大大減少了我們的日常垃圾。” Henry 說，“我們幾乎不覺得有什麼垃圾可以丟棄。同時堆肥和蚯蚓箱為我們的花園提供了最好的花肥，而且還不含人工化學成分呢！”

除此之外，他們還收集廚房裏用過的水以作澆灌園子之用，同時利用落葉和碎草等做植物根部覆蓋物以減少澆水的需要。他們說：“鄰居們都很樂意把割草後的剩草送給我們，用來製造覆蓋物。”現在他們日常食用的蔬果幾乎都來自他們可愛的蔬果園。

“保護環境非常重要，因為一個健康的生態環境意味著高質量的生活。”這也是為什麼他們熱衷於讓更多人瞭解如何通過創造一個健康的生態環境來享受美好的生活。他們不但積極參與市議會舉辦的環保生活講座，同時還不斷在社區裏推廣環保生活。





Masako Yanai

The sustainability advocate in Chatswood

Biggest achievement: Spreading the word.

Future goals: Practice natural cleaning and natural beauty.

Thanks to her landfill field trip experience, Masako came to realise the gravity of environmental problems. She recalled: "I was shocked to know so much waste is being produced. This experience made me realise that I had to do something."

Nowadays, Masako and her family try to live a sustainable lifestyle.

- She and her family have a healthy diet with lots of organic fruit and vegetables;
- She walks a lot to get around instead of driving; and
- She is very cautious about water use and reusing water from her washing machine for other purposes.

Using her influence within her network, Masako tries to tell her friends about the environment and sustainable living whenever she has the opportunity. For example, she:

- Discusses environmental problems with friends and motivates them to live sustainably;
- Selects news stories on environmental issues as teaching materials for friends learning English;

Her new interests are natural cleaning and natural beauty. She says: "Chemicals do a lot of harm to our health as well as to our environment. As for natural beauty, I always love looking pretty. But I don't like normal chemical makeup products. I have started to make my own beauty products. My next step is to learn how to make beauty products that are good for the environment too."

Masako Yanai

卓士活的環保生活倡議者

最大成就： 倡導環保生活

未來目標： 學習和實踐天然清潔和天然美容

Masako 對現今環境問題嚴重性的瞭解得益於一次參觀垃圾堆填區的經歷。她回憶道：“我們日常生活所產生的垃圾數量之多，讓我非常震驚。這個經歷讓我覺得我必須要做一些什麼來改變這種情況。”

如今，Masako 和家人已開始用環保方式生活：

- 她和家人的健康飲食包括了大量的有機蔬果；
- 她儘量用步行取代駕車；
- 她珍惜用水，並重複利用洗過衣服的水。

利用自己在朋友間的影響力，Masako 一有機會就和朋友講及環境和環保生活。例如，她：

- 與朋友討論環境問題，並鼓勵他人生活得更環保；
- 收集關於環境問題的英文媒體報導，以作為非英語背景朋友學習英語的材料；
- 在朋友之間推廣環保生活的講座。

最近 Masako 又迷上了天然清潔和天然美容。她說：“一般化學品對我們的健康和生存環境會造成很大的危害。我想學習怎樣用天然的方法來清潔家居。至於天然美容嘛，我是個非常愛美的人，可是不喜歡一般化學製的美容產品。我已經開始自製美容品，下一步我要做的是學習如何調製對環境也有好處的美容品。”





Michael Tsung

Sustainable businessman in Artarmon

Biggest achievement: Running his business in a sustainable way.

Future goal: To encourage others to do the same.

Michael was born in Hong Kong and educated in England. Having extensive experience living and working overseas, he thinks Australia is relatively good at doing business sustainably. Yet he says, "We need to do more. We should educate everyone and ourselves about how important the environment is".

Therefore, contrary to the old stereotype of dirty mechanic repair shops, Michael Tsung's North Shore 4WD mechanic workshop has a clean and nice look despite its 20-year history. This is all thanks to Michael's sustainable business practices, including:

- Developing an environmental policy for his company;
- Storing oil and fuel in a bunded (contained) area; and
- Implementing a spill clean up procedure and training all staff.

Why is he taking the proactive approach to embrace these environmentally-friendly practices?

Michael said: " Because I am basically a tidy person. Running a business in a sustainable way makes good business sense. It improves our reputation and customer relationships. After all, sustainability is common sense!"

Michael Tsung

Artarmon 的環保生意人

最大成就： 以環保方式運作他的生意

未來目標： 鼓勵更多人同樣關心環境

Michael 出生於香港，後來到了英國讀書。多年來在海外工作生活，他認為澳大利亞的環保相對來說做得不錯。不過他說：“我們還需要更努力。我們應該教育包括自己在內的每一個人，保護環境的重要性”。

因此，與一般人印象中的骯髒修車廠不同，Michael Tsung 的北岸四驅車店在營運了20年後看上去依然乾淨美觀。這一切都是因為 Michael 採取了環保的營運模式，包括：

- 為公司制定了環境策略；
- 把所有的汽油和潤滑油儲存在密封容器裏；
- 制定清潔漏油程式，並讓所有員工接受培訓。

為什麼他會先人一步，以環保方式經營自己的生意呢？

Michael 說：“因為我基本上是一個愛清潔的人。從商業的角度來說，以環保方式經營生意也是非常有益的。這樣可以提高我們的聲譽並改善我們與客戶間的關係。說到底，保護環境是基本的道理。”



The Better Life Hierarchy

In this section, you can follow a set of steps to improve the quality of your life and move towards sustainable living.

Water Conscious Living

Water conscious living conserves our future water supply and protects our waterways by preventing stormwater pollution. Saving water not only lowers your water costs but also energy costs in the case of hot water. One drop of water saved today means another drop of water for our children tomorrow.

Things you can do:

Simple start

...to...

Great achievement



- Turn the tap off when you don't need it. A plugged sink is good for washing hands, veggies, etc;
- Don't wash your car on the street. It causes pollution in our waterways. Wash your car on the lawn with a bucket of water;
- Use the free Clean Out service (1300 787 870) to dispose of oil and paint;
- Only run your washing machine or dishwasher when you have a full load;
- Fix the leaks. One leaking tap can waste more than 2,000 litres of water a month. That's enough to run an average dishwasher 50 times;
- Install a AAA showerhead and save \$50 a year.
- Sydney Water's retrofit service provides a water saving showerhead and can fix the leaks for you. Call 1800 995 886. It only costs \$22 but it is worth \$148; and
- Install a water tank to harvest and re-use water.

更美好生活階梯

在這一個部分，你可以依照一系列的步驟去提高你的生活質素，達到環保的生活。

節水生活方式

節水生活方式保障我們未來水源的供應，還通過減少排雨渠污染來保護我們的河道。節水不但能減少水費開支，還能通過減少熱水使用量來節省能源方面的支出。今日我們省一滴水，我們的後代就多一滴水可以用。

你可以：

從簡單開始

到

驕人成就



- 不用水的時候請關上水龍頭。洗手或洗菜的時候可以把去水口塞住。
- 不要在街道上洗車。這樣會引起排雨渠污染。你可以在草地上用水桶裝水洗車。
- 通過免費的Clean Out服務(1300 787 870)來處理剩餘的油和漆料。
- 等到洗衣機或洗碗機滿了之後才使用。
- 修好漏水的水龍頭。每個漏水的水龍頭一個月可以浪費2000公升水，足以開動一個洗碗機50次之多。
- 安裝一個AAA標籤沐浴噴頭，每年可節省水費達50元。
- 雪梨水務公司的節水上門維修服務可提供一個節水淋浴噴頭，還可修理漏水的水龍頭。致電1800 995 886聯絡。該價值148元的服務僅收費22元。
- 安裝雨水收集箱，以及做到循環使用水資源。

Energy Smart Living:

Saving energy saves money and reduces greenhouse gas pollution. Many energy smart living measures not only make our homes safer and more comfortable to live in but also increase the value of your property.

Things you can do:

Simple start

...to...

Great achievement



- Switch off household appliances at the wall when not in use. Standby mode costs about 11 percent of your total electricity bill, which could be up to \$165 per/year;
- Wear appropriate clothing to reduce the need for heating and cooling;
- Check your fridge seal. It should be able to hold a piece of paper firmly in place;
- Install energy saving light bulbs. It costs about one third of a standard light bulb over its lifecycle;
- Reduce hot water temperature by turning the dial on your hot water system to about 55-60°C. It is safer for children too;
- Buy and use AAA rated energy appliances;
- Install low cost home insulation, such as curtains and a door snake;
- Isolate areas to heat or cool;
- Invest in more insulation that can save 20-40 percent costs. For more about insulation, visit www.energysmart.com.au/brochures/insulation.pdf;
- Reduce car use. Walk, and cycle instead. More exercise is good for your health. Or you can use public transport (and do some reading or thinking), or car pooling;
- Switch to green power. Wind, solar, or biomass energy is renewable and environmentally friendly; and
- Change your hot water system to solar and reduce your hot water bill by more than 65 percent each year.

節能生活方式

節約能源不但能省錢，而且還減少溫室氣體排放。許多節能的措施不但令我們的家居更安全，更適宜居住，同時還令物業增值。

你可以：

從簡單開始

到

驕人成就



- 關掉不在使用中的家用電器。電器休眠狀態功能消耗的電費平均佔家庭總電費的11%，即每年可達到165元。
- 穿適合厚度的衣著，減少使用空調或暖爐。
- 檢查冰箱門能否關緊。關緊的冰箱門縫應該能夾住一張紙。
- 安裝節能燈。從整個使用壽命週期來計算，節能燈的成本和消耗電費總和等於一般照明燈的三分之一。
- 降低熱水系統的溫度至55至60攝氏度。這樣對幼童也更安全些。
- 購買並使用AAA標籤節能家用電器。
- 對房子進行低成本的整修，例如利用窗簾隔熱保暖，或使用阻隔物封住門縫。
- 分隔空間以便進行溫度調節。
- 對房子進行隔熱方面的裝修，可節省20-30%的開支。請瀏覽<http://www.energysmart.com.au/brochures/insulation.pdf>，以獲取更多關於隔熱類裝修的資訊。
- 減少開車。選擇步行，騎單車。增加運動量有益健康。或者使用公共交通工具（還可以有時間閱讀和思考），或與他人共用一輛車。
- 轉用綠色能源。風能，太陽能或生物能均屬可再生能源，而且對環境無害。
- 把熱水系統轉換成太陽能熱水，每年可以節省65%熱水開支。瀏覽http://www.energysmart.com.au/brochures/Solar_hot_water.pdf

Waste Wise Living:

As standards of living improve we consume more, which means increasing levels of waste production. This waste is disposed of through landfills and creates many issues, including pollution of waterways, smells and amenity issues for nearby communities. There are a number of things you can do in your home and garden each day to conserve resources and reduce the amount of waste going to landfill.

Remember to consider the three R's

- Reduce (don't buy items you don't need)
- Reuse (donate old clothing to charity)
- Recycle (use the recycling services provided by council).

Things you can do:

Simple start

...to...

Great achievement



- Say No to plastic bags; take your own shopping bags;
- Use your recycling bins to dispose of paper, cardboard, steel cans, glass and plastics marked 1-5;
- Place a 'No Junk Mail' sticker on your mail box;
- Purchase reusable, long life and rechargeable items. Avoid buying disposable, single use products such as paper plates, and nappies;
- Household organics such as fruit peelings and vegetables, newspaper and grass clippings can be composted or make great food for your wormfarm. You can buy compost bins and wormfarms from Willoughby City Council. Otherwise use your vegetation bin to recycle garden waste such as dead flowers and grass clippings; and
- Use natural cleaning products like - vinegar, lemon, bi-carb soda (sodium bicarbonate or baking soda) . You can save over \$100 a year on cleaning products and create a healthy home as well as helping the environment.
- Buy recyclable and recycled product.

減低廢物生活方式：

隨著生活水平的改善，我們的消費也隨之增長，因而導致垃圾增多。這些垃圾被清倒在垃圾堆填區，引起許多問題，如河道污染，臭味遠播，以及破壞附近社區的環境美觀性。我們可以在家裏和院子裏進行一些改變，從而保護資源以及減少垃圾的產生。要緊記三個R：

- 減少(Reduce)：不要購買不必要的東西；
- 循環使用(Reuse)：把舊衣服送給慈善機構；
- 回收(Recycle)：使用市議會的回收服務。

你可以：

從簡單開始

到

驕人成就



- 盡可能拒用塑膠袋，使用自備的購物袋。
- 把紙，紙皮箱，鐵罐，玻璃瓶和1-5號的塑膠瓶放到分類回收箱裏。
- 在信箱上貼“謝絕廣告單張”的貼條，拒絕宣傳類郵件。
- 購買能再用的，持久的，或可再補充的商品。避免購買一次性的，可拋棄式的產品，例如紙碟，紙尿片。
- 日常生活產生的有機物如水果皮，蔬菜，報紙，以及割草後的剩草可以用作堆肥，或作為蚯蚓的食物。堆肥箱和蚯蚓都可以從威樂比市議會處購買。或者你可以利用市議會的花園廢物回收箱來回收枯萎的花，剩草等。
- 使用天然清潔用品，例如白醋，檸檬，食用蘇打粉 (bicarb or baking soda)。這樣可以每年在清潔用品開支中節省超過\$100元，營造一個健康家居，同時對環境也有好處。
- 購買可回收的或利用回收材料製造的產品。

Nature Friendly Living

It is easy to create green space to enjoy. By doing so, not only are you increasing the quality of your life but you are also helping the wider environment by purifying our air and creating habitats for other species.

Things you can do:

Simple start

...to...

Great achievement



- Grow vegetables or herbs in your garden or in pots;
- Plant native plants, such as River Rose, Dusky Coral Pea, or Blue Flax Lily. Contact council about how to create a native garden;
- Come to council's free guided bushwalks. Call 9777 7755 to book;
- Enjoy nature but try not to disturb the local environment. Take only photos and leave only footprints; and
- Join a local bushcare group or other regeneration/ conservation group. Call 9777 1000 to speak to council's bushcare officers.

Community Friendly Living

Do you want to live in a friendly community? Why not start by sharing your sustainable living experiences with friends and neighbours? They would be itching to know how to improve their quality of life too.

Things you can do:

Simple start

...to...

Great achievement



- Research and practice sustainable living, then share with your friends and family;
- Look out for sustainable events organised by council. Council runs workshops about various sustainability topics, including composting, wormfarming and natural cleaning;
- Ask your council for local information like maps and brochures;
- Tell your Councillors you and your family want a green, sustainable community; and
- Support or work for a business that recognises their social and environmental responsibility.

和諧自然生活方式

要創造綠色的空間很容易。通過這樣做，你不但提高自己的生活質素，同時還可淨化空氣，為其他生物提供棲息地，從而改善大自然。

你可以：

從簡單開始

到

驕人成就



- 在花園或花盆裏種植蔬菜或香料。
- 種植本土植物，如River Rose，深紅珊瑚豌豆（Dusky Coral Pea）或Blue Flax Lily。你可以聯繫市議會以瞭解如何營造一個澳洲本土植物花園。
- 參與市議會職員帶領的免費行山活動。請致電9777 7755查詢及訂位。
- 在大自然中進行戶外活動時盡量不要破壞當地環境。除了照片之外，什麼也不要帶走；除了腳印之外，什麼也不要留下。
- 加入當地的bushcare，植樹或保育組織。請致電9777 1000 聯係bushcare 職員。

友好社區生活方式

你想住在一個友好的社區嗎？何不從與人分享環保生活的經歷入手呢？他們一定也很樂意瞭解提高生活質素的秘訣。

你可以：

從簡單開始

到

驕人成就



- 發掘並實踐環保生活方式，還要和家人朋友分享。
- 留意市議會舉辦的環保活動。市議會經常舉辦環保講座，主題包括堆肥，蚯蚓農場及天然清潔等。
- 你可以向市議會索取有關本地的資訊，例如地圖和宣傳單張。
- 讓你的市議員知道你和你的家人想住在一個綠意盎然的環保社區。
- 為認同自身社會和環境責任的企業工作。

Want to know more?

Always contact your council for local information!

Willoughby City Council

31 Victor Street, Chatswood NSW 2067

PO Box 57, Chatswood NSW 2057

Phone 02 9777 1000

Web: www.willoughby.nsw.gov.au

Council's website has information on various topics including water and energy conservation, waste minimisation and bushland. Please use the search function to navigate yourself to the relevant pages.

Council events are advertised in the North Shore Times, Willoughby City News, community notice boards and website.

If you need help to call any number mentioned in this booklet, please ring the Translating and Interpreting Service on 131 450 and ask an interpreter to help.

Books:

'Greeniology', Tanya Ha, Allen & Unwin (2003)

'1001 Greener household Hints', John Schluter, Hinkler Books (2002)

Easy Guides available in nine languages about recycling, natural cleaning, composting, wormfarming, mulching, at: www.resource.nsw.gov.au/easyguides.htm

Websites and more:

Water:

www.sydneywater.com.au

www.savewater.com.au

Energy:

www.energysmart.com.au

www.greenpower.com.au

Or call the Energy Smart Information Centre (1300 138 638) and have all your energy questions answered!

Natural Environment:

Check out Willoughby City Council's e-restore program on council's website!

www.nationalparks.nsw.gov.au

www.dec.nsw.gov.au

Healthy Living:

www.care2.com

www.itssonatural.com

www.choice.com.au

想知道更多嗎？

任何時候你都可以聯繫你的市議會，獲取當地的資訊！

威樂比市議會

31 Victor Street Chatswood

PO Box 57 Chatswood NSW 2057

電話02 9777 1000

網站：www.willoughby.nsw.gov.au

市議會網站有各種各樣的環保資訊，內容包括節水，省電，減少廢物以及本地的叢林。請使用搜索功能尋找你需要的資訊。

市議會的活動一般刊登在North Shore Times, Willoughby City News以及各社區資訊欄。

如需幫助聯絡本冊子中的任何一個電話號碼，請致電翻譯及傳譯服務(TIS)131450請傳譯員代為聯繫。

書籍：

‘Greeniology’, Tanya Ha, Allen & Unwin (2003)

‘1001 Greener household Hints’ 《1001種營造環保家居的秘訣》
John Schluter, Hinkler Books (2002)

以九種語言寫成的簡易指南，主題包括回收，天然清潔，堆肥，蚯蚓農場，覆蓋物等：www.resource.nsw.gov.au/easyguides.htm

網站及其它：

水：

www.sydneywater.com.au

www.savewater.com.au

能源：

www.energysmart.com.au

www.greenpower.com.au

或者致電 Energy Smart 資訊中心 (1300 138 638)，解答所有關於能源的疑問！

自然環境：

瀏覽威樂比市議會網站，瞭解市議會的 E-restore 項目。

www.nationalparks.nsw.gov.au

www.dec.nsw.gov.au

健康生活：

www.care2.com

www.itssonatural.com

www.choice.com.au

本冊子由威樂比市議會的 **Towering Towards Sustainability** 項目製作。此項目致力於令多元文化背景人士同樣有接受環境教育的機會。迄今，這個項目以不同語言舉行了多場講座及戶外活動，還把環保主題融入了威樂比圖書館和市議會多元文化中心舉辦的英語教學中。

該項目由新州環境的“**Our Environment it's a living thing**”贊助。

This booklet is produced as part of Willoughby City Council's Towering Towards Sustainability project. The project aims to extend sustainability education to people from culturally and linguistically diverse backgrounds (CALD). To date, various workshops and fieldtrips have been provided in various languages. Sustainability topics have also been included in English learning programs offered in Willoughby City Library and council's MOSAIC Multicultural Centre.

This project is funded by the Department of Environment and Conservation through the “Our Environment it's a living thing” program.

