

回歸自然 生生不息

**RETURNING to NATURE What
NATURE CREATES**

善生、善終、善別

死亡，在逝者的人生畫上了句號；亦在喪親者的心靈烙下創痕。去者已矣，留者哀痛，本是常見的現象。然而，若因不了解逝者心意，在選擇安葬方法時家人各持己見，讓已傷透的心更添煩添憂。

香港大學社會科學學院有見及此，早於2007年推行美善生命計劃，在社區推動二「人」三「囑」項目，與大眾安排「叮囑」、「預囑」及「遺囑」及透過「人生回顧」，讓他們更清楚自己的「人生意義」。當中的「遺囑」，並不只是狹義的遺產安排，而泛指所有死後生效的指示安排，當中包括喪葬的安排。

適逢食物環境衛生署亦與時並進，為市民提供了更多回歸自然的選擇，因而在社區推行「遺囑」安排能收順水推舟之效。我更喜見參加二「人」三「囑」計劃的朋友笑談死後撒灰的釋懷模樣。

若你仍未是當中的一份子，這小冊子將會是一份適切的起步參考資料，讓你與家人更了解各項身後安排的選擇。死後回歸自然，滋潤萬物，乃福祉之舉。生生不息，讓喪親者感到逝者生命轉化，更添安慰。

期盼大家能破忌談死，讓身後安排成家庭溝通的話題，好讓去者善終，留者善別，能者善生！

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Fulfilling Life, Peaceful Death and Bereavement with Solace

Death ends one's life and strikes a blow to the bereaved. What follows is a natural process of mourning. If family members do not know the wish of the deceased and diverge on burial options, it would add distress to the mourning.

In view of this, the Faculty of Social Sciences of the University of Hong Kong has implemented Project ENABLE since 2007 to promote “2Ls and 3Ws” in the community. The project introduces the concepts of “Life Wisdom”, “Living Will” and “Will”, as well as “Life Review” through which people can have a better understanding of “Life Meaning”. “Will” refers not only to estate arrangement, but also all instructions for after-death arrangements, including funeral and burial matters.

To meet changing needs, the Food and Environmental Hygiene Department has offered more options for returning cremated ashes to Nature. This has facilitated the promotion of the making of the “Will” in the community. I am also glad to see participants of the project talking about their choice of scattering of ashes after death in a light-hearted and care-free manner. If you are not yet one of them, this booklet will provide relevant introductory information and let you and your family know more about the various options of after-death arrangements. Returning to Nature after death nourishes and blesses the living. The bereaved can also find solace knowing that their loved ones live on in another form.

I hope we can overcome the taboo of talking about after-death arrangements in our families. This will allow the deceased to leave in peace, the bereaved to find solace, and all to live a life of fulfillment.

Professor Cecilia L.W. CHAN *R.S.W., J.P.*
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死亡，雖然是人生必經歷程，一般人對死亡都存着忌諱。

事實上，只要我們能以開放和開明的態度去面對死亡，接受這事實，為將來生命的終結作好充足的準備，原來，有限的軀體生命亦能發揮無限的生命價值，將死亡這件本來悲哀的事情轉化成為美事。

我認為食環署推出的紀念花園、海上撒灰及網上追思服務，能讓有限的軀體生命，發揮無限的生命價值。這不但能減少浪費、讓逝者回歸大自然，亦讓我們以更環保方式表達對親人的思念，將地狹人稠的香港塑造成真正綠色、更適合居住的樂土！

既然這是一件美事，就懇請大家攜手，一起推動環保殯葬，讓逝者走得更具意義！

廖安麗

身前行動創會主席

While death is an inevitable stage of life, it has always been a common taboo to people.

If we can accept the fact that everyone's life has an ending with an open mind, we can make better preparation for it. Our limited lives can also manifest their infinite values. Death as grief can be transformed into a blessing.

I think the service of scattering cremains at gardens of remembrance or at sea, and the Internet Memorial Service provided by the Food and Environmental Hygiene Department can help bring out the infinite values of life. These services enable the deceased to return to nature, reduce waste, and allow us to pay tribute to our loved ones in a more environmentally-friendly way. Our densely populated Hong Kong can be turned into a truly green and more pleasant home for us.

Let's join hands to promote green burial and let our loved ones depart in a more meaningful way!

Annie Liu Yip

Founding Chairperson of Will In Action

紀念花園

我希望兒孫、摯友想起我的時候，
想起陽光清風、鮮花綠草，
以及生命的美好。

我希望留給世界多一片空間，
多一口清新空氣，
所以我選擇安息於大自然的懷抱。

一位選擇把骨灰撒放在紀念花園的有心人

Gardens of Remembrance

I hope that when my children and friends
remember me, they will think of warm
sunshine, gentle breeze, flowers and
greenery and the beauty of life.

I want to leave more precious space and
fresh air to the world, so I choose to rest in
peace with nature.

*The wish of a person who has chosen to have
his ashes scattered at a Garden of Remembrance*

選擇將骨灰撒放在鮮花點綴的青草地上，落葉歸根，綠蔭後人，讓親友可隨時在這翠綠憩靜的自然環境下回想與自己的美好回憶。

市民可於食物環境衛生署所設的紀念花園舉行送別儀式，並親自或由專人代為撒放離世者的骨灰，費用全免。此外，他們亦可自費於園內設置牌匾紀念先人。

另外，華人永遠墳場管理委員會及香港華人基督教聯會亦設有紀念花園，供市民撒放骨灰。

One may choose to return to nature having his/her cremated ashes scattered on flowery grassland. Family members and friends can come to these tranquil surroundings at any time to remember the deceased.

Members of the public can perform memorial rituals and scatter the cremated ashes of their loved ones themselves or with the help of dedicated staff at the Gardens of Remembrance provided by the Food and Environmental Hygiene

Department. The above is free by of charge. They can also mount at their own cost commemorative plaques at the Gardens of Remembrance in fond memory of the deceased.

In addition, the Board of Management of the Chinese Permanent Cemeteries and the Hong Kong Chinese Christian Churches Union also provide Gardens of Remembrance for scattering of cremated ashes.

食物環境衛生署的紀念花園
位於以下的骨灰安置所-

- 哥連臣角
- 鑽石山
- 和合石
- 富山
- 葵涌
- 長洲
- 坪洲
- 南丫島

華人永遠墳場管理委員會的
紀念花園位於-

- 將軍澳華人永遠墳場

香港華人基督教聯會的紀念花園
(思恩園)位於-

- 薄扶林道華人基督教墳場

The Gardens of Remembrance
of the Food and Environmental
Hygiene Department are located at
the following public columbaria –

- Cape Collinson
- Diamond Hill
- Wo Hop Shek
- Fu Shan
- Kwai Chung
- Cheung Chau
- Peng Chau
- Lamma Island

The Garden of Remembrance
under the Board of Management
of the Chinese Permanent
Cemeteries is located at –

- Junk Bay Chinese Permanent
Cemetery

The Garden of Remembrance
under the Hong Kong Chinese
Christian Churches Union is
located at –

- Chinese Christian Cemetery at
Pok Fu Lam Road

海上撒灰

我在子女的陪同下，把丈夫的骨灰徐徐撒放大海。
我的丈夫愛海，所以他選擇離開後回歸大海。

丈夫生前知道食物環境衛生署提供海上撒灰服務，
覺得十分適合自己，特別囑咐我們在他身故後
要把他的骨灰撒入大海。把丈夫的骨灰撒進海中，
就像讓他回家。

一位選擇尊重丈夫意願，將其骨灰撒放大海的有心人

Scattering Cremated Ashes at Sea

Accompanied by my children, I scattered my husband's
cremated ashes into the sea. My husband loved the sea.
He chose to return to its embrace when he left.

My husband learnt about the service provided by the Food
and Environmental Hygiene Department and thought the
service suited him. He asked us to scatter his cremated ashes
at sea when he passed away. It's like going home for him.

*The wife who respected the wish of her husband
to return to the embrace of the sea*

食物環境衛生署提供免費海上撒灰服務，讓至親的骨灰回歸大海，無拘無束地與大自然融合一起。每當我們看見遼闊的大海時，亦可追思先人。

有關免費渡輪服務，由北角東渡輪碼頭出發，前往香港水域內的指定地點。

申請人亦可申請自行安排船隻前往指定地點撒灰。

The Food and Environmental Hygiene Department currently provides free service for scattering cremated ashes at sea so that our loved ones may return to the sea and be reunited with nature. We may pay tribute to our beloved whenever we have sight of the boundless sea.

The free ferry service currently departs from North Point (East) Ferry Pier for the designated areas in Hong Kong waters.

Applicants may also apply for private boat trips to the designated areas for scattering cremated ashes.

每位申請人可攜同十名家人或親友出席儀式，如有需要，申請時可向食物環境衛生署提出增加參加儀式的人數。

渡輪上有專業禮儀師協助家屬親友進行悼念儀式，亦備有設施方便進行不同宗教儀式。

儀式後，家屬親友可以撒放鮮花瓣，讓花香陪伴先人骨灰回歸自然。

Each applicant can bring up to 10 family members or friends on board. Applicants can also apply for more members to attend.

A funeral director will be on board to assist family members and friends during memorial ceremonies. There will also be facilities to accommodate different religious rituals.

After the memorial ceremonies, family members and friends can pass the cremated ashes of their loved ones, together with fresh petals, into nature's embrace.

無盡思念網站

有人近在眼前，但是咫尺天涯，
有人遠在天邊，但思念穿越時空。

為先人在「無盡思念」網站建立紀念網頁，
讓親友透過網頁，互相分享舊的回憶，
新的經歷。

親友一字一句就好像飛揚的蒲公英，
跨越時空，穿梭回憶，
將摯親感情不斷延續下去。

memorial.gov.hk

Fond memories of our loved ones will linger on.

Creating a memorial webpage for our beloved at
“memorial.gov.hk” allows family members and
friends to share past memories and new experiences.

Their words are like flying dandelions, transcending
time and space, passing on love that never dies.

我寫下了嫲嫲的故事

我在食物環境衛生署的「無盡思念」網站 (www.memorial.gov.hk) 為已故的嫲嫲開設紀念網頁，讓親友可隨時隨地在網上追憶及悼念她。

我在「無盡思念」網站的紀念網頁，寫下嫲嫲的生平及資料，並上載了相片集和錄像。親友可在紀念網頁傳送留言及選擇預設的網上祭品（如鮮花、水果、食物等）表達心意，亦可利用流動電話，透過網站的流動版 (m.memorial.gov.hk) 瀏覽網頁及留言。

I have Written down Grandma's Story

I have created a webpage for my late grandmother using the Internet Memorial Service (www.memorial.gov.hk) provided by the Food and Environmental Hygiene Department. Family members and friends can pay tribute to her from anywhere and at any time online.

Using the Internet Memorial Service, I have written grandmother's biography and profile and posted her photographs and videos in the webpage. Family members and friends may pay tribute to her through posting messages and other "online offerings" (e.g. flowers, fruits, food, etc.) in the webpage. They may also browse the mobile version (m.memorial.gov.hk) and post messages through mobile telephones.

令我歡喜的

是你暖暖的愛意，
猶如清新的花香… …

Your love to me,
fresh as the fragrance of flowers,
is what delights me always.

心祭代替形祭

以默想、書寫寄語、或者一束鮮花向先人表達敬意，更能保持先人安息之所清淨幽雅。

Paying Tribute by Heart

Observing a moment of silence, expressing our thoughts in writing or offering a bunch of flowers are good ways to pay tribute to our beloved. Paying tribute by heart helps preserve the serenity of the resting places of our beloved.

與家人分享你的選擇

讓家人為你作出合你心意的安排

**Share your wish with
your family members**

**Help them make the
arrangement of your choice**

申請食物環境衛生署 紀念花園或海上撒灰

1. 填寫申請表格

- 紀念花園撒放骨灰：
表格**FEHB 219**
- 海上撒放骨灰：
 - 自行安排船隻：
表格**FEHB 198**
 - 使用食物環境衛生署免費
渡輪服務：
表格**FEHB 198A**
- 上述表格可從食物環境衛生署網頁下載 (http://www.fehd.gov.hk/tc_chi/forms/index_forms.html)；或前往以下的墳場及火葬場辦事處索取–

港島墳場及火葬場辦事處

香港跑馬地黃泥涌道一號J

電話號碼：2570 4318

傳真號碼：2591 1879

九龍墳場及火葬場辦事處

九龍紅磡暢行道六號

地下高層

電話號碼：2365 5321

傳真號碼：2176 4963

2. 申請手續

- 申請人須為「領取骨灰許可證」的持證人。
- 申請人可親自或書面委託授權人提出申請，把填妥的申請表格連同「領取骨灰許可證」正本親身遞交往食物環境衛生署上述辦事處。
- 申請人亦可傳真或郵寄申請表格往上述辦事處，或於網上填寫電子表格及遞交申請，食物環境衛生署在接獲表格後將聯絡申請人，安排遞交「領取骨灰許可證」正本。

3. 處理申請時間

- 食物環境衛生署在接獲紀念花園或海上撒放骨灰申請後，一般可在五個工作天內完成批核。

如市民欲了解更多有關綠色殯葬的資訊，請瀏覽「綠色殯葬」專題網站 (www.greenburial.gov.hk)。

Applications for Scattering Cremated Ashes at Gardens of Remembrance of the Food and Environmental Hygiene Department or at Sea

1. Completion of Application Forms

- For scattering cremated ashes at Gardens of Remembrance:
Form **FEHB 219**
- For scattering cremated ashes at sea:
 - Private boat trips:
Form **FEHB 198**
 - To use the free ferry service provided by the Food and Environmental Hygiene Department:
Form **FEHB 198A**
- The above forms are available at the website of the Department (http://www.fehd.gov.hk/english/forms/index_forms.html); or the following Cemeteries and Crematoria Offices–

Hong Kong Cemeteries and Crematoria Office

1J Wong Nai Chung Road,
Happy Valley, Hong Kong
Tel. No. : 2570 4318
Fax No. : 2591 1879

Kowloon Cemeteries and Crematoria Office

Upper Ground Floor, 6 Cheong
Hang Road, Hung Hom, Kowloon
Tel. No. : 2365 5321
Fax No. : 2176 4963

2. Application Procedures

- Applicants must be holders of the “**Permit to Take Away Cremated Ashes**”.
- Applicants may apply in person or through a person authorized in writing at the above Office, together with the completed application form and the original copy of the “**Permit to Take Away Cremated Ashes**”.

- The applicants may also choose to send the application form to the above Office by fax or by post, or to fill in the e-form and submit the application online. Upon receipt of the form, the Department will contact the applicants to arrange for submission of the original copy of the “**Permit to Take Away Cremated Ashes**” in person.

3. Time Required for Processing Applications

- The Department will normally grant approval for scattering cremated ashes at Gardens of Remembrance or at sea within five working days after receiving the applications.

For more information about green burial services, please browse thematic website of FEHD (www.greenburial.gov.hk).

**申請其他紀念花園
撒灰服務，可聯絡 –**

**將軍澳華人永遠墳場
紀念花園**

華人永遠墳場管理委員會
香港灣仔皇后大道東213號
胡忠大廈34樓
電話號碼：2511 1116
傳真號碼：2519 0593
網址：www.bmcpc.org.hk

**薄扶林道華人基督教墳場
紀念花園**

香港華人基督教聯會
九龍九龍城聯合道140號
香港華人基督教聯會大樓二樓
電話號碼：2337 4171
傳真號碼：2338 2314
網址：www.hkcccu.org.hk

**For Applications for
Scattering Ashes at Other
Gardens of Remembrance,
Please Contact the
Following –**

**Garden of Remembrance at Junk
Bay Chinese Permanent Cemetery**
The Board of Management of the
Chinese Permanent Cemeteries
34/F, Wu Chung House,
Wanchai, Hong Kong
Tel. No. : 2511 1116
Fax No. : 2519 0593
Website: www.bmcpc.org.hk

**Garden of Remembrance at
Chinese Christian Cemetery at
Pok Fu Lam Road**

The Hong Kong Chinese Christian
Churches Union
2/F, Hong Kong Chinese Christian
Churches Union Building,
140 Junction Road,
Kowloon City, Kowloon
Tel. No. : 2337 4171
Fax No. : 2338 2314
Website: www.hkcccu.org.hk

只需在有關網站輸入簡單資料（包括申請人的電郵地址及逝者的個人資料），便可以為逝者開設紀念網頁。

安葬或安放於香港私營墳場或私營骨灰龕的逝者的資料，須經食物環境衛生署的電腦系統核實。如有關系統未能核實輸入的資料，申請人可能須要提交證明文件，申請會由專人另行處理。

「無盡思念」網站流動應用程式已經推出，方便流動裝置使用者隨時隨地使用網站服務。該程式具個人化設定、訊息通知和社交媒體分享功能，並分別設有*iOS* 及 *Android* 版本：



「無盡思念」網站

若逝者符合以下任何一項條件，其親友均可於「無盡思念」網站 (www.memorial.gov.hk) 為他們建立紀念網頁：

- 在公眾火葬場火化
- 在食物環境衛生署紀念花園或指定香港水域撒骨灰
- 在公眾骨灰龕安放骨灰
- 在公眾墳場安葬
- 逝者生前為香港居民，而其遺體或骨灰安葬或安放於香港的私營墳場或私營骨灰龕
- 在浩園或景仰園安葬
- 在食物環境衛生署骨灰暫存設施暫存骨灰
- 在食物環境衛生署安放流產胎設施安放胎兒。

Internet Memorial Service

Family members and friends may create a webpage at the Internet Memorial Service (www.memorial.gov.hk) for the deceased who met any one of the following conditions:

- cremation at public crematoria
- scattering of cremains in Gardens of Remembrance of the Food and Environmental Hygiene Department or designated Hong Kong waters
- keeping of cremains in public columbaria
- burial at public cemeteries
- the deceased was a Hong Kong resident and whose body or cremated ashes was / were interred or kept in a Hong Kong private cemetery or private columbarium
- burial at the Gallant Garden or Tribute Garden
- temporary storage of cremains in temporary storage facilities of Food and Environmental Hygiene Department
- keeping of abortuses in the facility for keeping of abortuses of Food and Environmental Hygiene Department.

Upon input of basic information into the website (including the applicant's email address and particulars of the deceased), an applicant can create a memorial webpage for the deceased.

The computer system of the Food and Environmental Hygiene Department will verify the information of the deceased who was interred or kept in a Hong Kong private cemetery or private columbarium. If the information cannot be verified, the applicant may have to submit documentary proof. The application will then be handled by designated staff separately.

Mobile App of "memorial.gov.hk" has been launched. It facilitates mobile device users to use the service anytime and anywhere, and has functions for personalised profile settings, notifications and sharing with social media. It provides two versions, namely *iOS* and *Android*:



綠色殯葬中央登記名冊

- 為未來，請支持綠色殯葬，於紀念花園或海上撒放先人骨灰，既保護環境又減少使用土地資源。
- 市民更可預早為自己計劃，並向親友表明身後選擇綠色殯葬的心願，令自己放心，至親安心！
- 設立綠色殯葬中央登記名冊為方便市民登記他們選擇綠色殯葬的心願。登記人一旦離世，其親友申請火化服務時，食物環境衛生署（食環署）可從登記名冊知道登記人的意願，適當跟進。
- 食環署設有十二個紀念花園，環境優美寧靜，又提供免費渡輪服務，接載市民到指定海域撒放先人骨灰。
- 歡迎瀏覽專題網站
www.greenburial.gov.hk 了解詳情。

如何登記？

- 手續簡單，可在網上或下載表格 **FEHB 278** 登記。
- 如有查詢，請聯絡我們 -
電話：2562 7130
電郵：greenburial@fehd.gov.hk

即使先人生前未有登記，後人也可採用綠色殯葬。

Green Burial Central Register

- For our future, please support Green Burial. Scattering ashes at Gardens of Remembrance or at sea is friendly to the environment and can save land resources.
- Plan ahead and let your loved ones know your own wish for Green Burial. Give yourself peace of mind and make life easier for them!
- The Food and Environmental Hygiene Department (FEHD) has set up the Green Burial Central Register to enable the public to register their wish for Green Burial. The FEHD will follow up appropriately if a deceased person has been identified on the register upon cremation booking.
- The FEHD runs 12 scenic and peaceful Gardens of Remembrance and provides free ferry services to designated areas in Hong Kong waters for the public to scatter cremated ashes.
- Visit our thematic website www.greenburial.gov.hk to know more.

How to register?

- Simply register your wish for Green Burial online or download a registration form **FEHB 278** to fill in.
- For further information, please call 2562 7130 or email us at greenburial@fehd.gov.hk.

Even if there is no prior registration, descendants can still take on green burial for the deceased.

器官捐贈

捐贈器官可以遺愛人間，為他人燃點希望。為幫助急切需要器官移植的病人，你可以表明意願，在去世後捐出器官。詳情可登入網站

www.organdonation.gov.hk 或致電衛生署24小時健康教育熱線2833 0111。

Organ Donation

Organ donation is a symbol of love and rekindles the hopes of other people. To help the patients with imminent need for organ transplant, you may indicate your wish to donate your organs after death. For details, please visit the website www.organdonation.gov.hk, or call the 24-hour health education hotline of the Department of Health at 2833 0111.

遺體捐贈

遺體捐贈對醫療專業的教育和研究，以及最終對改善人類的健康是非常重要的。你可以表明意願，在去世後捐出遺體以支援醫療教育和研究。詳情可聯絡—

香港大學李嘉誠醫學院 “大體老師” 遺體捐贈計劃

網站：www.med.hku.hk/bdp

臉書：www.facebook.com/HKUBodyDonationProgramme/

電話號碼：3917 6334

香港中文大學醫學院 “無言老師” 遺體捐贈計劃

網站：www.sbs.cuhk.edu.hk/bd/index.htm

電話號碼：3943 6050

Body Donation

Body donation is very important to education and research in healthcare professions, and eventually to the betterment of human health. You may indicate your wish to donate your body after death for the purposes of medical education and research. For details, please contact—

“Great Body Teacher” Body Donation Programme, Li Ka Shing Faculty of Medicine, The University of Hong Kong

Website : www.med.hku.hk/bdp

Facebook: www.facebook.com/HKUBodyDonationProgramme/

Tel. No. : 3917 6334

“Silent Teacher” Body Donation Programme, Faculty of Medicine, The Chinese University of Hong Kong

Website : www.sbs.cuhk.edu.hk/bd/index.htm

Tel. No. : 3943 6050

遺體捐贈者 撒放骨灰計劃

華人永遠墳場管理委員會（華永會）分別與香港中文大學醫學院及香港大學李嘉誠醫學院合作，推出“無言老師”及“大體老師”的撒放骨灰計劃。遺體捐贈者或其親屬可選擇將遺體捐贈者骨灰撒放於華永會將軍澳紀念花園。該紀念花園亦特別為遺體捐贈者設立紀念壁，以表揚他們的無私貢獻。

有關上述撒放骨灰服務詳情，請瀏覽華永會網站

<http://www.bmcpc.org.hk> 或
致電3719 7785 查詢。

Ashes Scattering Plan for Body Donors

The Board of Management of the Chinese Permanent Cemeteries (BMCCPC) has launched the “Silent Teacher” and “Great Body Teacher” Ashes Scattering Plan with the Faculty of Medicine of the Chinese University of Hong Kong and the Li Ka Shing Faculty of Medicine of the University of Hong Kong respectively. Body donors or their family members can choose to scatter the ashes of the donors at the Junk Bay Garden of Remembrance of BMCCPC. Dedicated memorial walls are erected at the Garden of Remembrance in recognition of the selfless contribution of body donors.

For more information about the Ashes Scattering Plan, please visit the website <http://www.bmcpc.org.hk> or call BMCCPC at 3719 7785.