

見習清潔大使手冊

Keep Clean Ambassador Trainee Handbook

2024 - 2025



清潔香港
Keep Hong Kong Clean

「人人都德」
We Can Do It!



衛生教育展覽及資料中心
Health Education Exhibition and Resource Centre

九龍尖沙咀九龍公園S4座 Block S4, Kowloon Park, Tsim Sha Tsui, Kowloon

(逢星期一及四休息 Closed on Mondays and Thursdays)

阿德 Ah Tak

土生土長唔離地，真正「清潔龍」，
所以勁Like乾淨，為人最唔話得，
鍾意幫人，仲成日坐唔定四圍「騰」，
真正熱愛香港地。

I am locally born and bred and know this place well.
Being a real "Dragon of Cleanliness", I am obsessed with cleanliness.

I am easy-going and like to help others.
I can't sit still but always roam around Hong Kong,
the city I love dearly.



Hello! _____ 同學：

好高興認識你，想同我一齊成為清潔大使嗎？
就等我哋從新學期開始，挑戰自己，完成呢本秘笈內嘅衛生任務，
每日與老師、同學、家人或朋友一齊分享，就可以獲得清潔
大使證書一張。大家一齊清潔香港！成為一個有公德心嘅健康快樂人！

Hello! Classmate _____,

So glad to meet you! Do you want to join me as a Keep Clean Ambassador?
Here's a challenge for you. Complete the health tasks in this Handbook and share the advice
with your teachers, classmates, family members or friends every day from the
beginning of the new school term. You will then be awarded a Keep Clean
Ambassador certificate. Let's pitch in to keep Hong Kong clean!
Be a happy, healthy and civic-minded person!



備忘錄 Notes

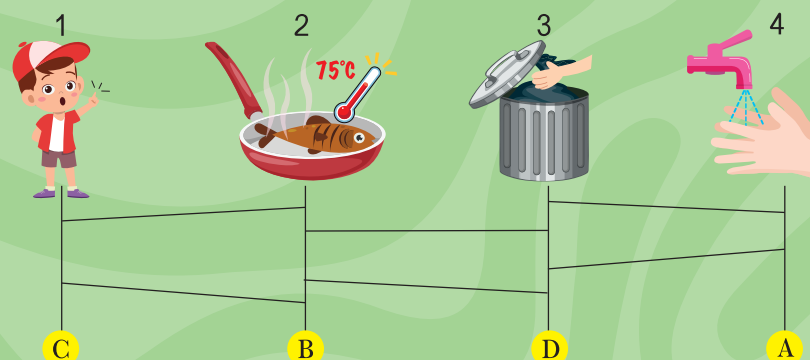


讓我們開始學習旅程 成為見習清潔大使

Let's begin our journey
to be a Keep Clean Ambassador Trainee

要成為見習清潔大使，我需要有甚麼特質和習慣呢？
試用畫鬼腳的方式把它們找出來！

To become a Keep Clean Ambassador Trainee, what qualities and habits should I have?
Let's play the ladder lottery to find them out!



- A** 主動積極，有責任感和公德心。
Proactive, responsible and civic-minded.
- B** 注重食物安全。
Beware of food safety.
- C** 妥善處理垃圾。
Properly handle garbage.
- D** 注意個人衛生。
Mindful of personal hygiene.

我會邀請以下的人和我们一起學習成為見習清潔大使
(例如：弟弟、小麗…)：

I will invite the following people to learn to be a Keep Clean Ambassador trainee with me! (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



阿德 Ah Tak
reminds you
提提你
街道清潔又整齊，
香港自然更美麗！
Clean streets make Hong Kong
more beautiful!



保持街道清潔 Keep Streets Clean

考考你！請把下圖中不妥當的行為 ☐ 出來。

Quiz! Please ☐ the inappropriate behaviours in the following picture.



成功找出4個不妥當的行為，然後提醒身邊人不要
作出不當的行為，可獲阿德Like你貼紙一個。

我把以上事項提醒了(例如：弟弟、小麗…)：

If you can spot out 4 inappropriate behaviours, and then remind
people around not to do so, you may get an Ah Tak Likes You sticker.
I have reminded some people of the above irregularities (e.g. my
younger brother, Shirley...)

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes





阿德 Ah Tak reminds you 提醒你
保持清潔齊努力，居住環境更舒適！
Let's join hands to maintain a clean and hygienic living environment!



環境衛生要點 Keys to Environmental Hygiene

- 妥善處理垃圾。
Dispose of rubbish properly.
- 不要在公眾地方棄置廢物。
Do not dump waste in public places.
- 定期檢查冷氣機，避免滴水。
Check and maintain air-conditioners regularly to avoid water drip.
- 不要把廢物拋出窗外，導致簷篷堆積垃圾及弄污街道。
Do not litter from windows causing accumulation of rubbish on canopies or fouling of streets.

考考你！請把圖中不妥當的地方  出來。

Quiz! Please  the irregularities in the picture.



備忘錄 Notes



清除積水，杜絕蚊患

Remove stagnant water to eliminate Mosquito Breeding

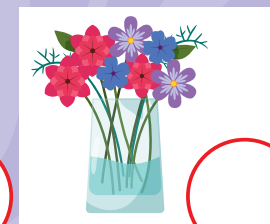
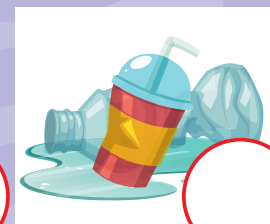
- 清除積水和垃圾，妥善棄置飯盒、飲品罐、膠樽等容器。
Remove stagnant water and rubbish, and properly dispose of containers such as lunch boxes, drink cans, plastic bottles.
- 進行戶外活動時，要做好防蚊措施，塗上驅蚊劑和穿著淺色長袖衫褲。
As a precaution against mosquitoes, apply mosquito repellent and wear light-coloured long-sleeved tops and trousers during outdoor activities.

哪些是常見滋生蚊子的地方？

Which are the common places for mosquito breeding?

請在 ☐ 內貼上

Please put (the sticker) in the ☐



阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



阿德 Ah Tak
reminds you
提醒你

病從口入！
注意食物衛生！
To avoid illness caused by food,
observe food hygiene!



食物衛生生活稱心 Contented Life with Hygienic Food

- 分開存放生熟食物以預防交叉污染。
Store raw and cooked food separately to prevent cross-contamination.
- 不要光顧街邊無牌食物檔。
Do not patronise onstreet unlicensed cooked food hawkers.
- 切勿購買過期食物。
Do not buy expired food.

請把正確答案與圖畫連結起來。
Please link the pictures with correct answers.



- 妥善貯存食物
Store food properly
- 把開水煲滾至攝氏100度才飲用
Boil water at 100 degree Celsius before drinking
- 徹底煮熟雞蛋才進食
Cook eggs thoroughly before eating
- 購買預先包裝食物前要細閱食物標籤
Read food labels carefully before buying pre-packaged food

我們要以身作則，把食物衛生重點向身邊的人推廣。
你做得嗎？完成後可獲阿德Like你貼紙一個。
我把以上事項提醒了(例如：弟弟、小麗...)：
We have to set a good example and promote the key points of food hygiene to people around.
Can you do it? After finishing, you may get an Ah Tak Likes You sticker.
I have reminded some people of the above items (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



阿德 Ah Tak reminds you 提醒你

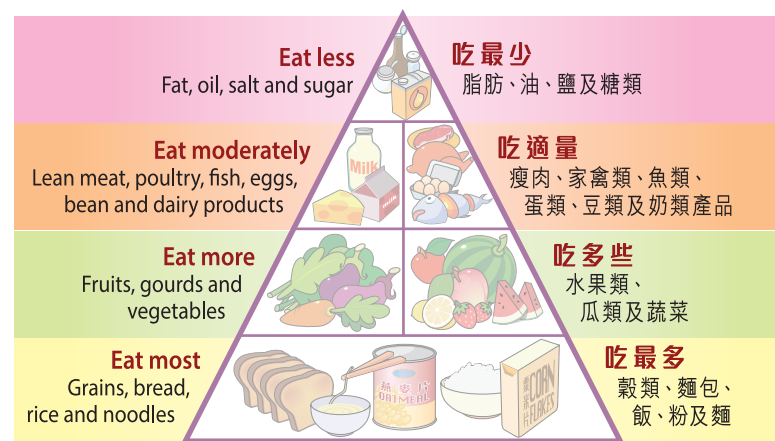
小吃多滋味，多吃壞肚皮，慎變肥龍！
Maintain a balanced diet and avoid overeating.
Check your intake, or you will become a fat dragon!



健康飲食金字塔 Healthy Eating Food Pyramid

- 遵照〈健康飲食金字塔〉，實踐少鹽、少油、少糖的飲食習慣，保持均衡飲食。
Follow the "Healthy Eating Food Pyramid". Adopt a healthy eating habit with less salt, oil and sugar for a balanced diet.

請在金字塔上貼上適當分量比例的食物貼紙。
Please affix food stickers to the pyramid according to the ratio of their portions.



註：每天應喝6至8杯流質飲品，如開水、清茶和清湯。

Notes: It is recommended to drink 6-8 glasses of fluids (e.g. water, plain tea and clear soup) every day.

把以上的食物資訊介紹給身邊的人，可獲阿德Like你貼紙一個。

我把以上資訊介紹給(例如: 弟弟、小麗...):

You can get an Ah Tak Likes You sticker by sharing the above food information with people around.

I have shared the above information with (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



阿德 Ah Tak
reminds you
提提你

杜絕老鼠「食」、「住」、「行」，
出招防鼠，你我一定「德」！
Eliminate the "food", "harbourage" and
"passages" of rats, we can get it done!



杜絕老鼠「食」、「住」、「行」 Eliminate the "Food", "Harbourage" and "Passages" of Rats

- 斷絕老鼠的食物來源。
Eliminate their food sources.
- 清除老鼠的藏匿點。
Eradicate their hiding places.
- 堵塞老鼠來往的通道。
Block their dispersal routes.

找錯處：找出要保持清潔的地方，以預防鼠患（請把錯處○出來）。

Find mistakes: Find out the places that need to be kept clean to prevent rat infestation (please ○ the mistakes).



備忘錄 Notes



齊來做運動

大家鬆一鬆

Let's Exercise and Do Stretches

- 多做運動身體好。
More exercise, better health.
- 每天進行最少三十分鐘帶氧運動，可以促進健康及預防患上慢性疾病。
At least 30 minutes of aerobic exercise a day promotes health and prevents chronic diseases.

以下是一些有益身心的運動：

The following sports are good for health:

(I) 請 ☐ 出你曾經做過的運動 (可選多項)。

Please ☐ the sports you have played (multiple choices allowed).

羽毛球 Badminton	踏單車 Cycling	跳繩 Rope Skipping	行樓梯 Stair Climbing	游泳 Swimming
籃球 Basketball	足球 Football	跑步 Running	跳舞 Dancing	體操 Gymnastics
空手道 Karate	排球 Volleyball	乒乓球 Table Tennis	行山 Hiking	壁球 Squash
曲棍球 Hockey	溜冰 Skating	獨木舟 Canoeing	網球 Tennis	滾軸溜冰 Roller Skating

(II) 你還有其他喜歡的休閒活動嗎？

Do you have any other favourite leisure activities?

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



基本個人衛生 Basic Personal Hygiene

- 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，把用過的紙巾棄置於有蓋垃圾桶內，然後徹底清潔雙手。
Cover your nose and mouth with tissue paper when sneezing or coughing. Dispose of the soiled tissues into a lidded rubbish bin, and then wash hands thoroughly.
- 避免觸摸眼睛、口和鼻。
Avoid touching your eyes, mouth and nose.
- 洗手時應以梘液和清水清潔雙手，搓手最少20秒，用水過清並用乾淨毛巾或抹手紙抹乾。
Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a clean towel or a disposable paper towel.
- 如沒有洗手設施，或雙手沒有明顯污垢時，可使用酒精搓手液潔淨雙手。
If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with alcohol-based hand sanitizer is applicable.
- 正確使用個人衛生裝備，包括口罩、手帕、紙巾和酒精搓手液。
Proper use of personal hygiene gear, including mask, handkerchief, tissue and alcohol-based hand sanitizer.

考考你！什麼時候要洗手？請把圖像貼在正確位置。

Quiz! When do you need to wash your hands? Please put the stickers in the correct places.



要預防感染病毒，我們要做好以上的事項，並向身邊的人推廣。你做得嗎？完成後可獲阿德Like你貼紙一個。

我把以上事項提醒了(例如：弟弟、小麗...)：

To prevent yourselves from viruses, we have to do the above things properly and promote them to people around. After finishing, you may get an Ah Tak Likes You sticker.

I have reminded some people of the above items (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes



阿德 Ah Tak
reminds you
提醒你

阿德精神，清潔過人！
大家要繼續保持個人同環境清潔呀！
Ah Tak spirit – Keep it cleaner than anyone else!
We must continue to maintain personal and
environmental hygiene!



清潔香港 愛護環境

Clean Hong Kong

Care for the environment

- 不亂拋垃圾，將垃圾放進有蓋垃圾桶內。
Don't litter, put rubbish into lidded rubbish bins.
- 分類棄置廢物並放入垃圾/廢物回收箱。
Separate waste for disposal in litter/recyclables collection bins.
- 不隨地吐痰。
Don't spit.
- 懂得分別“想要”和“需要”以達致源頭減廢，愛護地球。
Distinguish between “want” and “need” to achieve waste reduction at source and love the Earth.

在生活中實踐衛生精神

To lead a hygienic life

衛生任務 Health tasks	我在生活中實踐 Practise in my daily living
1 個人衛生 Personal hygiene	
2 食物衛生 Food hygiene	
3 環境衛生 Environmental hygiene	

把以上事項告訴身邊的人，可獲阿德Like你貼紙一個。

我把以上事項告訴了(例如: 弟弟、小麗…)：

Tell people around the above items, and get an Ah Tak Likes You sticker.
I have reminded some people of the above items (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

備忘錄 Notes




阿德 Ah Tak
reminds you
提醒你


愛護環境很簡單，
清潔大使個個讚！
There are many ways to care for the
environment. Keep Clean Ambassadors
are applauded for good reason!



我的任務：成為 見習清潔大使

My Mission: To Become Keep Clean Ambassador Trainee

要具備什麼特質才可完成此任務？請把  貼在應有的特質上：

Which qualities are essential for this mission? Please put a  to the required qualities:

有公德心
Civic-minded



注意環境衛生
Mindful of environmental hygiene



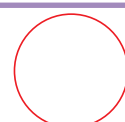
主動
Proactive



有責任感
Responsible



健康飲食
Healthy eating



保持清潔
Keep clean



當我完成任務時，我感到：
When I completed this mission, I feel

我們要以身作則，把以上的生活態度向身邊的人推廣。
你做得嗎？完成後可獲阿德Like你貼紙一個。

我把以上重點提醒了（例如：弟弟、小麗...）：

We have to set a good example and promote proper lifestyle to people around. Can you do it? After finishing, you may get an Ah Tak Likes You sticker.

I have reminded some people of the above items (e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker

分享快樂的成果

Share Happy Fruits

我和阿德的合照
My photo with Ah Tak



我會推舉以下的人和我一起成為見習清潔大使！
(例如：弟弟、小麗…)：
I will recommend some people below to be Keep Clean Ambassador trainees with me!
(e.g. my younger brother, Shirley...):

阿德Like你貼紙
Ah Tak Likes You sticker



獎狀 Certificate of Achievement

此獎狀頒發給
This certificate is awarded to

參加見習清潔大使活動

In recognition of participation in the
Keep Clean Ambassador Trainee Programme
2024-2025



學校
School

衛生教育展覽及資料中心
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