



香港學童自然連結感研究  
及戶外環境教育推廣計劃  
Hong Kong Nature Connectedness  
and Outdoor Environmental Education

# 連結自然的好處

不同研究均顯示接觸大自然能對  
身心健康、學習能力、環保  
意識有正面的影響。

## 身體健康



每星期接觸大自然多於  
**2小時**  
可提升健康程度<sup>1</sup>

- 增強免疫力<sup>2,3</sup>
- 改善睡眠質素<sup>4</sup>
- 減少患上長期病患的機會<sup>5,6</sup>
- 降低老年患上認知障礙症的風險<sup>7</sup>
- 減少過度肥胖的機率<sup>8</sup>
- 降低死亡率<sup>9</sup>

## 一般公眾

## 心理健康



每次在大自然中運動至少  
**5分鐘**

有效改善情緒和提高自信心<sup>16</sup>

- 有助舒緩壓力<sup>10,11,12,13</sup>
- 減少焦慮<sup>1,6,14,15</sup>
- 提升自信<sup>16</sup>

每天到訪鄉郊的人，  
比甚少到訪的人平均能辨認多

**15%** 的當地物種<sup>19</sup>

- 鼓勵實踐環保<sup>17</sup>
- 增加對地方的歸屬感和公民參與度<sup>18</sup>
- 提高生態素養和知識<sup>19</sup>

## 環保意識



## 人際關係



每星期參與  
**約1小時**的戶外活動  
連續執行8個月後  
學童的自信心明顯提升<sup>34</sup>

- 促進家庭和諧<sup>33</sup>
- 有助建立積極的自我形象和自信心<sup>34</sup>

將自然環境融入學科教學中

**98%** 教師

認為其學生的學習熱情和  
參與度有明顯增加<sup>22</sup>

- 提升學術表現<sup>20,21,22</sup>
- 加強思考能力<sup>22</sup>
- 提高學習動機<sup>23</sup>
- 改善專注力和自律性<sup>23,24,25</sup>

## 學習能力



## 身心健康



每日接觸自然  
**3小時**

可減少患近視機會<sup>31</sup>

- 有益整體的健康<sup>29</sup>
- 減少患上長期疾病的機會<sup>30,31</sup>
- 有助舒緩壓力<sup>32</sup>

## 學童



學童在**11歲**前多接觸自然  
有助長大後培養環保意識<sup>26</sup>

- 提高環保意識和鼓勵實踐環保<sup>26,27</sup>
- 增加對地方的歸屬感和公民參與度<sup>28</sup>

資助機構



主辦機構



主要協作夥伴



策略教育夥伴



協辦機構



香港青年協會  
the hongkong federation of youth groups  
可持續發展部  
Sustainability Unit



參考資料

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