



环保知识手册

ENVIRONMENTAL PROTECTION KNOWLEDGE
OF QINGHAI-TIBET PLATEAU



全球环境基金小额赠款计划
联合国开发计划署
四川省绿色江河环境保护促进会

长江源水生态环境保护站
Yangtze River Headwaters Ecological Conservation Station





防止垃圾污染 保护美丽的草原

随着青藏高原对外交通的改善，大量外来商品进入草原牧区，这些商品的包装材料被弃置在草原上，其中的塑料垃圾和有毒有害垃圾对人、畜安全以及生态环境产生了极大影响。弃置的垃圾会携带病毒、细菌造成疾病的传播；同时，家畜和野生动物也会因为误食塑料垃圾而导致死亡。

垃圾作为江河上游主要污染源，必须引起重视。垃圾分类回收是保护当地居民健康和生态安全的必由之路，是实现减量化、资源化和无害化的有效措施。

草原美丽了，朋友才会来做客，草原干净了，生活才会幸福。



Preventing waste pollution Protecting beautiful grasslands

With the enhancement of the traffic of Qinghai-Tibet Plateau, a large amount of commodities flood into the pasture and subsequently the packaging of commodities spreads over the pasture, among which, the plastic trash and hazardous waste has impacted environment seriously and threatened the health of mankind and livestock. The waste carries bacteria, virus and spread disease, it happens occasionally that animals die from eating plastic waste.

As the primary pollution source of upper reaches, the waste should be taken seriously in our daily life. The sorting and recycling is the effective measure of waste reduction, environmentally sound management and recycling, which is also an important way to protect local ecological safety and local people's health.

Clean and beautiful pasture attracts friendly guests and make a happier life.



防止水体污染 保护神圣的水源

水滋养了大地万物，也养育了人类。一旦水源枯竭，万物将会凋零。

从前，我们分散居住在草原的各处，清清的溪水从帐篷旁边流过，滋养草地和花儿，我们用溪水煮茶做饭、喂养牛羊。

现在，政府为我们集中修建了移民村，我们的住房条件改善了，可是每家每户的生活污水也汇到了一起，如果未经处理便直接排入河流湖泊，那河流和湖泊就会变黑发臭。

还有一些单位和商家把废油、剩饭菜倒进河流，破坏了鱼儿的生活环境，鱼儿喝了这些脏水就会死去。所以我们要对污水进行处理，不能把污水直接倒进河流和湖泊。



Preventing water contamination Protecting holy waterhead

Water nourishes the land and human. All things will wither away without water.

We used to live scattered over the pasture, clear streams was running by tents and nourishing grassland and flowers. We could drink, cook and water cattle and sheep with it.

Nowadays, our living condition has been improved because the government built villages for migrant to live together. However, the river and lake will be contaminated if all the sewage drains off into water without any disposal. Even worse, some persons poured waste oil and leftover into river directly, which deteriorated the environment and will result in the death of fish. For the safety and cleanness of rivers and lakes, the sewage should be disposed before drain into the water.





防止空气污染 保护圣洁的雪山

透明的河水，洁白的雪山，那是我们美丽的家园，可是因为我们焚烧了垃圾，草原变黑了，空气不再清新，我们的肺里也积累了污物，这样日积月累，我们会生病，草原会荒废。

为了清新的空气，我们不能再焚烧垃圾，要按照政府要求把它们分类收集起来。

Preventing air pollution Protecting sacred snow mountain

Limpid river water, pure-white snow mountains, here is our beautiful home. Unfortunately, we used to burn the waste, which stained the pasture and polluted air, as well as affected our lungs. As time goes by, the pasture will be eroded and we will get illness.

We can not burn the waste anymore for bring back the fresh air. Instead, we ought to collect and sort the waste, and deal with it correctly as the government's request.



防止持久性有机污染 保护我们的身体



农药、化肥、石油、塑料、过期药品、过期化妆品，废电池这些被称为持久性有机污染物的坏东西充斥在我们周围，他们通过水源、草场、土壤、牛羊进入我们身体，在脂肪和内脏中积累，达到一定数量时人就会生大病。

为了我们自己的健康，不要使用有害物质，

Preventing persistent organic pollutants Protecting our health

There are lots of persistent organic pollutants, such as farm chemicals, chemical fertilizer, petroleum, plastics, expired drugs and cosmetics, used batteries, will enter our bodies through various kinds of channels or food chain, such as water source, pasture, soil, meat. When the pollutants accumulate to certain degree in body fat and internal organs, people will get ill.

Do not use hazardous substance and do not discard expired chemical materials casually for our own health.



禁止猎杀野生动物 保护人类的朋友

大自然中生存着千姿百态的动物，它们和人类和谐相处，是我们的好朋友。如果动物都灭绝了，人类就只能在地球上孤独地生活，能生存的日子也就不长了。

禁止猎杀野生动物，保护野生动物从保护它们的栖息地开始。

Prohibiting hunting wild animal Protecting friends of human beings

There are all kinds of animals in nature, without which mankind can not live a single day. They are our best friends, both wild and domestic. If all animals extinct one day, human beings would live a lonely life on the earth and doomsday is not far away.



Hunting and killing wildlife should be prohibited strictly. We should protect them start from safeguarding their habitat.

高原是我们的家乡 保护环境从我做起

尊重雪山，尊重河流和湖泊，尊重大自然，保护动物朋友，保护环境从每一天早上开始，从我做起。

Plateau is our hometown Protecting the environment begins with me

Begins with me and starts from every morning, with a heart of respect for snow mountains, rivers and lakes, we can protect environment and animals.

