

Easy Steps for a more Sustainable Hong Kong Arbitration Week

TAKE A WALK, NOT A TAXI. OR TAKE THE TRAM, MTR, BUS OR FERRY

The main business district of Hong Kong is small and it is quick and easy to walk between hotels, meetings and conferences / events.

The Hong Kong Peak Tram is a famous tourist attraction but the normal street level tram, or “ding ding” is a great way to get across Hong Kong island – especially from Central – Admiralty – Wanchai. According to Hong Kong Tramways, it is the greenest mode of public transport in Hong Kong and emits zero roadside emissions.



ENJOY HONG KONG'S GREEN SPACES

Hong Kong is famous for its skyscrapers and bustling citylife, but who knew that around 40 per cent of its land is protected country parks! While many of its remarkable trails, parks and pristine beaches are further from the City centre (though usually <1 hour travel time), there are some great hiking/running trails and beaches within the city.

Sign up to join our **Green Arbitration Morning Peak Hike co-hosted by Campaign for Greener Arbitration x Asia-Pacific Forum for International Arbitration** on **Tuesday, 20 October** at **7am** for an exciting uphill hike through lush, real jungle nestled amidst Hong Kong's iconic skyline. Experience breathtaking views of the city at sunrise, explore fascinating historical sites, and embrace Hong Kong's natural beauty.

More route ideas for you to enjoy Hong Kong green's space:

- Stroll the Hong Kong Harbourfront from HKIAC at Exchange Square.
- Relax in Hong Kong Park (next to JW Marriott Hotel, walk through to/from Central) with the Edward Youde Aviary or the Zoological and Botanical Gardens.
- Run the 50km Hong Kong Trail (or just do part of it).
- Visit the city beaches at Repulse Bay, Deep Water Bay, or Stanley.



STAY IN A SUSTAINABLY CERTIFIED HOTEL

- Bring your own toiletries and slippers, say no to the single use items in-room.
- Use the in-room kettle to boil drinking water instead of consuming plastic bottled water.



Bring your own coffee cup, shopping bag, reusable water bottle.



Take it to the next level by bringing your own reusable utensils and food box.



SAY NO TO EXCESS PACKAGING

Take a stroll through Hong Kong's wet markets to buy fruit, or visit a zero waste store for snacks.

Hong Kong's "wet markets" are grass roots markets where local people buy groceries, and a great way to avoid excessive plastic packaging on food while browsing ingredients used by locals. A few suggestions:

- Graham Street Market in Central, Hong Kong's oldest market
- Wanchai Market – an extensive local street market
- Central Farmer's Market at Central Ferry Pier 7 every Sunday from 11am to 5pm. Run by Kadoorie Farm and Botanic Garden to offer a fair-trade platform to bridge mutual support between local, organic farmers and consumers. The platform enables farmers to enjoy a fairer return for their hard work and allow consumers to access locally grown, organic, chemical-free greens.
- Slowood store in Central Market offering eco alternatives and zero waste options.



VISIT REFURBISHED HERITAGE SITES FOR CREATIVE AND SUSTAINABLE LIFESTYLE EXPERIENCES

- **Tai Kwun:** A heritage-arts venue and a living record of the legal, judiciary and penal system in Hong Kong
- **PMQ:** the historic site of the old Hollywood Road Police Married Quarters, which is now a mixed-use arts and design venue
- **Central Market:** a conservation and revitalization project in the heart of the city of a market as old as Hong Kong as a port city.



OFFSET YOUR CARBON FOOTPRINT

While carbon reduction is the goal, offsetting may be an option. Our official carrier, Cathay Pacific Airlines offers carbon offsets for flights. Or there are many other carbon offset providers.



Map of recycling points is available [here](#)



ENJOY A LOCAVORE / FARM TO TABLE MEAL / PLANT-BASED DIET

Hong Kong is a foodie's delight in so many ways. But if you want to take the sustainable way, simply search for sustainable dining, plant-based, vegan or vegetarian restaurants to suit all budgets.



SEPARATE AND DISPOSE OF YOUR WASTE INTO DESIGNATED RECYCLING BINS