

Green Lighting for the Greens 為草木而設的綠色照明

Date 日期	: 30 / 10 / 2024 (Wednesday 星期三)
Time 時間	: 2:30pm – 3:15pm 下午 2 時 30 分至下午 3 時 15 分
Venue 地點	: the STAGE, Hall 10, AsiaWorld-Expo 亞洲國際博覽館 10 號展館 the STAGE
Language 語言	: English (Simultaneous Interpretation service in Putonghua) 英語 (設普通話即時傳譯服務)
Remark 備註	: Free Admission (Please click HERE to register online) 免費入場 (「 按此 」登記)

Time 時間	Programme 程序
2:15pm – 2:30pm	Registration 登記
2:30pm – 2:35pm	Souvenir Presentation and Photo Session 致送紀念品及拍照
2:35pm – 2:55pm	<p><u>The Ideas for Green and WELL Lighting</u> 綠色照明和 WELL 認證的創新理念</p>   <p>Speaker 講者: Miss Sandra Pang – Principal Consultant, Allied Sustainability and Environmental Consultants Group Limited 沛然環保顧問有限公司 首席顧問 彭慧盈小姐</p> <p>Question & Answer Section 問答環節</p>
2:55pm – 3:15pm	<p><u>Wisdom of the Night: Mitigating Light Pollution Through Responsible Lighting Practices</u> 夜間智慧：合理照明 減少光污染</p>  <p>LIGHT POLLUTION RESEARCH AT THE UNIVERSITY OF HONG KONG 香港大學光污染研究</p> <p>Speaker 講者: Dr Jason Chun Shing Pun – Principal Investigator, The University of Hong Kong (HKU) Light Pollution Research Team 香港大學光污染研究小組 首席研究員 潘振聲博士</p> <p>Question & Answer Section 問答環節</p>

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Organiser 主辦機構:

About the Speakers 講者簡介

Ms Sandra Pang – Principal Consultant, Allied Sustainability and Environmental Consultants Group Limited

沛然環保顧問有限公司 首席顧問 彭慧盈小姐

Miss Sandra Pang has nearly 10 years of experience in sustainable building design and has focused on sustainable development. Her expertise centers on green and healthy buildings design, environmental consultancy, and green building certification consultancy.

Miss Sandra Pang is the Principal Consultant of Allied Environmental Consultants (AEC) Limited. She has participated in various types of green building design and green building certification projects, including public housing development projects, governmental and community development projects, private residential projects and commercial development projects.

Sandra is familiar with different green building rating systems including the Building Environmental Assessment Method (BEAM Plus), the Leadership in Energy and Environmental Design (LEED), and WELL building standard which are voluntary certification schemes to promote sustainable design of buildings.

Sandra holds various professional qualifications, including WELL Accredited Professional, LEED Accredited Professional (BD+C, O+M) and BEAM Professional (NB).

彭慧盈小姐擁有近十年的可持續建築設計經驗，並專注於可持續發展。她的專業領域包括綠色和健康建築設計、環境諮詢以及綠色建築認證諮詢。

彭小姐是沛然環保顧問有限公司的首席顧問。她參與了各種類型的綠色建築設計和綠色建築認證項目，包括公共房屋的開發項目、政府和社區開發項目、私人住宅項目和商業開發項目。

彭小姐熟悉不同的綠色建築評級系統，包括建築環境評估方法 (BEAM Plus)、能源與環境設計先鋒 (LEED) 和 WELL 建築標準。這些都是旨在促進建築可持續設計的自願認證方案。

彭小姐擁有多項專業資格，包括 WELL 健康建築標準專業顧問、LEED 綠建築認證專業人員 (BD+C, O+M) 和綠建環評新建建築 (NB)。

Presentation Abstract

In the pursuit of sustainable and healthy building environments, the integration of green lighting and WELL standards has emerged as a pivotal strategy. This presentation explores innovative ideas and practices that combine energy-efficient lighting solutions with the WELL Building Standard, which focuses on enhancing human health and well-being.

We will delve into the principles of green lighting, emphasizing the use of

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Organiser 主辦機構:

renewable energy sources, advanced lighting technologies and smart controls to reduce energy consumption and environmental impact. Additionally, we will examine how WELL lighting concepts prioritize natural light, circadian rhythm alignment, and occupant comfort to create healthier indoor spaces.

Key topics include:

- Key Differences Between Past and Emerging Lighting Trends
- Why Are Both Natural and Artificial Lighting Essential?
- The synergy between green lighting and WELL standards
- Case studies showcasing successful implementations

演講摘要

在追求可持續和健康的建築環境過程中，綠色照明和 WELL 標準的整合已成為一項關鍵戰略。本演講將探討將節能照明解決方案與 WELL 建築標準相結合的創新理念和實踐，該標準旨在提升人類的健康和福祉。

我們將深入研究綠色照明的原則，強調使用可再生能源、先進照明技術及智慧控制，以減少能源消耗和環境影響。此外，我們將研究 WELL 照明概念如何優先考慮自然光、晝夜節律調整和居住者的舒適度，以創造更健康的室內空間。

關鍵主題包括：

- 過去和新興照明趨勢之間的主要區別
- 自然光和人工照明為何同樣不可或缺
- 綠色照明與 WELL 標準之間的協同作用
- 成功實施的案例展示

Dr Jason Chun Shing Pun – Principal Investigator, The University of Hong Kong (HKU) Light Pollution Research Team

香港大學光污染研究小組 首席研究員 潘振聲博士

Dr Chun Shing Jason Pun is currently Principal Lecturer at the Department of Physics, The University of Hong Kong (HKU). Since 2003, he has been conducting scientific studies of light pollution. Dr Pun has served in the *Working Group on External Lighting* and is currently a member of the *Environment and Conservation Fund Research and Development Projects Vetting Subcommittee*. Dr Pun was awarded the Dark Sky Defender Awards 2018 of the International Dark Sky Association (IDA), and the Secretary for Home Affairs' Commendation Scheme Award in 2021 for Outstanding Contributions to the Development of Arts and Culture and the Promotion of Science.

潘振聲博士現為香港大學物理系首席講師，自 2003 年起一直進行光污染的科學研究。潘博士曾任室外燈光工作小組成員，現任環境及自然保育基金研究及發展項目審批小組成員。潘博士榮獲國際黑暗天空協會 (IDA) 頒發的 2018 年黑暗天空衛士獎，及 2021 年民政事務局局長嘉許計劃，以表彰他對文化藝術



**LIGHT POLLUTION RESEARCH
 AT THE UNIVERSITY OF HONG KONG**
 香港大學光污染研究

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Organiser 主辦機構:

及科學推廣的傑出貢獻。

Presentation Abstract

This presentation examines the impacts of light pollution, focusing on how excessive outdoor lighting impacts ecosystems and human health. We highlight the role of modern lighting technology, particularly LEDs, by emphasizing their energy efficiency while underscoring the need for responsible usage, including proper shielding and color temperature selection. By advocating for sustainable lighting practices, we aim to preserve the integrity of our dark environments and protect vital ecosystems for future generations.

演講摘要

是次分享將探討光污染的影響，特別是探討過量的戶外照明對生態系統和人類健康的影響。我們將介紹現代照明的角色，在強調 LED 燈能源效益之餘，亦同時著重使用適當的燈罩和選擇適當的色溫，實踐可持續發展的照明，保育重要的黑暗環境和生態系統。

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