

## Two central recruitment days under e-Learning Support Scheme to be held by Labour Department in June

The Labour Department (LD) is going to hold a training-cum-employment project named the e-Learning Support Scheme (eLSS) under the Youth Employment and Training Programme (YETP). Two central recruitment days will be held on June 13 and 26.

In order to facilitate the further development of electronic learning in secondary and primary schools as well as kindergartens in Hong Kong, several youth training projects under the Campus Series were consolidated into the eLSS in 2015 by the YETP. The eLSS aims to provide pre-employment and on-the-job training for young people who seek to pursue their career in the sectors of information technology, education and multimedia, and help pave the way to a promising future from school to career.

Last year, with support from over 100 schools across the territory, about 70 young people were employed under the eLSS to undergo 12-month on-the-job training with pay in September 2017 after pre-employment training.

As the eLSS was well received by both schools and young people, the YETP is relaunching the project this year, providing vacancies under the post of eLearning Support Officer. Two central recruitment days will be held in June for young people to receive job referrals and attend on-the-spot interviews with details as below:

Date: June 13 (Wednesday) and June 26 (Tuesday)

Time: 10am to 1pm and 2pm to 5pm

(Different schools in two sessions)

Venue: G/F, YMCA College of Careers, 23 Waterloo Road, Kowloon

(Entrance near MTR Yau Ma Tei Station Exit A2)

Interested young people are invited to visit the dedicated website [www.yes.labour.gov.hk/Employers/EmpJOBelss/Index](http://www.yes.labour.gov.hk/Employers/EmpJOBelss/Index), or call the hotline at 2382 1310 for more details on the central recruitment days.

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## World Environment Day 2018 - Zero Waste Fun Fair promotes waste

# reduction to achieve “Dump Less, Save More”

The following is issued on behalf of the Environmental Campaign Committee:

In support of World Environment Day, the Environmental Campaign Committee (ECC) held the Zero Waste Fun Fair today (June 10) under the theme "Dump Less, Save More" at the Zero Carbon Building (ZCB) and Kwun Tong Community Green Station (KTCGS) in Kowloon Bay. In addition, the Waste Reduction Challenge, an online promotion campaign jointly organised by the ECC, the Environment Bureau and the Environmental Protection Department (EPD), was also launched to disseminate waste reduction messages through social media platforms.

Speaking at the opening ceremony, the Secretary for the Environment, Mr Wong Kam-sing, said that "Beat Plastic Pollution" has been chosen as the theme of this year's World Environment Day by the United Nations, showing that the global problem of excessive plastic waste is "here and now". Hong Kong cannot stand alone in the face of all the problems brought by the use of plastics, he said. Action should be taken to avoid excessive plastic use and reduce waste without further delay.

Mr Wong said that the Government is exploring how to implement a producer responsibility scheme (PRS) targeting suitable plastic product containers. According to the preliminary study commissioned by the Government, the consultant is of the view that the PRS for plastic beverage containers should be given priority and a cash rebate arrangement can be considered to provide financial incentives for members of the public to recycle plastic beverage containers. Smart reverse vending machines can also be used to assist enhancing recycling efficiency. The consultant will engage relevant trade associations and other stakeholders to seek their views before submitting a final proposal to the EPD for consideration.

In addition, the Government is actively exploring other measures to reduce the use of disposable plastic items and to promote the proper collection and recycling of plastics, including the feasibility of extending the pilot scheme on collection of waste plastic bottles to other non-bottle plastics. While government departments will continue to adopt a green policy to reduce the use of plastic straws and disposable utensils, the Government will also step up promotion of reducing such use among the trade and members of the public, and consider whether it is necessary or appropriate to implement related control in Hong Kong in the future.

He stressed that in order to combat plastic waste and other waste challenges, the most effective means is waste reduction at source, and this cannot be achieved without the support of the general public. He urged members of the public to avoid using disposable plastic and other one-off items, and to help promote the idea of zero waste lifestyle to others while also practising it themselves.

Mr Wong and other officiating guests also launched the online Waste Reduction Challenge promotion campaign at the ceremony. Under the campaign, 21 celebrities from various sectors have been invited to challenge Big Waster by practising waste reduction in everyday life. Through social media platforms, they will also nominate their friends to take up the green challenge, so as to disseminate waste reduction messages and promote behavioural changes among members of the public.

Also officiating at the opening ceremony were the Chairman of the Legislative Council Panel on Environmental Affairs, Miss Tanya Chan, and celebrities Michael Tong and Vince Ng.

Echoing the theme "Beat Plastic Pollution" for this year's World Environment Day, the Zero Waste Fun Fair involved nearly 40 government departments, non-government organisations, green groups, community groups and public utilities to jointly promote the message of "use less, waste less", especially to avoid the use of disposable plastic products, to members of the public through various activities.

Comprising four major zones, namely "Green Eating", "Green Playing", "Green Learning" and "Green Handicraft", the fun fair also included about 40 green booths, food counters and upcycling workshops. Kids' corners were set up for green story-telling sessions and games using recycled materials. Green book-swapping on environmental and nature-related themes was introduced this year to promote the sharing of resources and the joy of reading. Live music will be staged this evening to deliver green messages and award-winning movies screened to focus public attention on the plastic waste problem. The fun fair also included an exhibition of artworks made of bamboo pieces recycled from Lunar New Year Fairs, sharing sessions on current environmental topics, collaborative art jamming and guided tours.

Next to the ZCB at the KTCGS, a swap party and green workshops were also staged to further spread the message of "Dump Less, Save More". In addition, parallel activities were run at four other Community Green Stations (CGSs), namely Eastern CGS, Sha Tin CGS, Sham Shui Po CGS and Yuen Long CGS to encourage public participation in other districts. With the support of the Leisure and Cultural Services Department, thematic displays of books on the environment are being held at Hong Kong Central Library and six district libraries in Kwun Tong during June. Green story telling activities are also taking place at all libraries in Kwun Tong.

The ECC, the MTR Corporation and the Education Bureau jointly organise the ECC MTR Environmental Award for Schools every year to nurture a sense of environmental protection and responsibility among students. This year, "Dump Less, Save More" Poster Design Competition and Short Video Competition were organised to encourage primary and secondary students to unleash their creativity to promote the message of waste reduction. Awards were presented by the ECC at the ceremony today to winners of the school competitions and the winning entries were also displayed at the event venue.

Founded in 1990, the ECC aims to enhance public participation in protecting the environment. The ECC holds promotion events for World

Environment Day every year and organises programmes including the Hong Kong Awards for Environmental Excellence, the Hong Kong Green School Awards and the Student Environmental Protection Ambassador Scheme. Information on the ECC's programmes and activities is available at [www.ecc.org.hk](http://www.ecc.org.hk).

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## **Eastern District Council by-election turnout (as at 11.30am) (with photo)**

As at 11.30am today (June 10), 1 094 of the 8 728 registered electors of the Kai Hiu Constituency had cast their votes in the Eastern District Council by-election, representing a turnout of 12.53 per cent. (The voter turnout figures are only for temporary reference.)

The two polling stations at Chinese YMCA of Hong Kong-Chai Wan Centre and Siu Sai Wan Community Hall will remain open until 10.30pm.

A dedicated polling station has been set up at Chai Wan Police Station for electors in the Kai Hiu Constituency who are remanded or detained by law enforcement agencies other than the Correctional Services Department (CSD) to cast their votes. The polling hours are from 7.30am to 10.30pm.

Electors in the constituency who are imprisoned or remanded in the CSD's custody can cast their ballots at four dedicated polling stations set up at their respective penal institutions. For security reasons, the polling hours are from 9am to 4pm.



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## **Secretary for Justice to visit UK**

The Secretary for Justice, Ms Teresa Cheng, SC, will visit London, the

United Kingdom (UK), from June 13 to 16 to update key figures in the UK legal sector on Hong Kong's latest developments of international legal and dispute resolution services and to promote Hong Kong's role as a legal and deal making hub.

During her stay in London, Ms Cheng will visit King's College London, where she will deliver a speech on opportunities for Hong Kong in the international arena.

She will attend a roundtable discussion at Asia House on Hong Kong as the Belt and Road legal and deal making hub. At a seminar hosted by Hong Kong Association, she will talk about Hong Kong as an ideal hub for deal making in the Greater Bay Area. She will also visit Gray's Inn and speak on the development and future of dispute resolution in Hong Kong.

Ms Cheng will meet with senior government official, members of All Party Parliamentary China Group of the UK Parliament and representatives of the legal and dispute resolution services community.

Ms Cheng will depart for London on June 12 and return to Hong Kong on June 16.

Ends/Sunday, June 10, 2018

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## [Health tips for World Cup fans](#)

Soccer fans are reminded to stay health-conscious and eat smart while watching games in the World Cup, which kicks off on June 14 (Hong Kong time).

A spokesman for the Department of Health (DH) said today (June 10) that even though some football fans love crispy snacks such as potato chips and fried food, sugary drinks and alcoholic beverages while watching the matches, it is important to maintain healthy eating, avoid drinking alcohol and refrain from smoking for the sake of their health.

While enjoying the matches, avoid sitting or lying down for too long and try to do some stretching or move around regularly. Schedule some exercise to maintain an adequate level of physical activity.

"About 80 per cent of heart disease, strokes, type 2 diabetes and 40 per cent of cancers could be prevented through adopting a healthy lifestyle. Under the ['Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong'](#) recently announced by the Government, one of the targets is to achieve a 10 per cent relative reduction in the prevalence of insufficient physical activity among adolescents and adults.

Apart from watching the matches, the public should strive to take part in different kinds of sports activities to enjoy the fun of sports," the spokesman said.

"Some of the matches will run into the late hours of the day. Getting enough sleep is important as insufficient sleep can lower your immunity and make you prone to illnesses. It will also affect your work performance and increase risks of accidents and injury," the spokesman added.

Following are some tips for soccer fans to stay healthy while enjoying the international event:

Stay away from tobacco and alcohol:  
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- \* Alcohol can cause cancer and there is no safe drinking level. Non-drinkers are advised not to start drinking while drinkers should limit and cut down alcohol consumption to reduce harm.
- \* Binge drinking (also known as heavy episodic drinking, refers to consumption of more than 60 grams of pure alcohol on a single occasion, which is equivalent to approximately five cans of beers or five glasses of table wine or five pegs of spirits) increases the risk of alcoholic intoxication, accidental injury, violence and traffic accidents. In this connection, do not pressure your friends to drink and avoid drinking games.
- \* Never drink and drive. Use public transport or get a trusted person to take you home if you drink.
- \* As both active and passive smoking are hazardous to health, refrain from smoking and encourage family members or friends to quit smoking.
- \* When you feel like smoking, wash your face, do stretching exercises, try deep breathing and drink water to divert your attention from the urge.

Eat smartly:  
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- \* Choose healthier snacks such as baked potato chips, baked sweet potato chips, corn chips, unsalted nuts and low-fat popcorn, and eat in moderation.
- \* Limit fatty and sugary snacks such as potato chips, shrimp strips and buttered popcorn.
- \* Choose fresh fruits as your snacks to achieve the daily target of having at least two servings of fruit every day.
- \* Drink plenty of water or prepare a delicious and refreshing drink at home, such as home-made lemonade by mixing the lime and soda water together.
- \* Choose drinks with no or low sugar instead of alcohol and sugary drinks.

Do not forget:  
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- \* Ensure good indoor ventilation.
- \* Stretch and move around while watching the matches.
- \* Sit properly while watching a soccer match to avoid muscle aches afterwards.

- \* Make sure you have enough sleep. Insufficient sleep can lower your immunity and make you more prone to illnesses, affect your working performance and increase risks of accidents and injury.
- \* Reserve time to do some exercise.
- \* Strike a balance between watching matches and fulfilling your social commitments.

The spokesman added that people smoking in statutory no-smoking areas are subject to a fixed penalty. During the World Cup period, the DH's Tobacco Control Office (TCO) will strengthen its enforcement actions against smoking offences in pubs and bars. The TCO will also send letters to venue managers of bars to remind them to implement smoke-free measures in their indoor public places so as to safeguard the health of staff and customers.

"It may not be a bad idea for drinkers to check their drinking risk by logging on to the online version of the Alcohol and Health Questionnaire ([change4health.gov.hk/en/audit](http://change4health.gov.hk/en/audit)) and limit their drinking volume accordingly," the spokesman said.

Members of the public can call the DH's health education hotline 2833 0111 and the DH's Integrated Smoking Cessation hotline 1833 183, or visit the Centre for Health Protection's website at [www.chp.gov.hk](http://www.chp.gov.hk) and the TCO's website at [www.tco.gov.hk](http://www.tco.gov.hk) for more information. They can also download the DH's mobile application "Snack Check" to assist in making healthier snack choices.