



推動無煙校園 實踐健康生活

Smoke-free campus for healthy living

香港中文大學一直致力為所有學生、教職員及訪客提供安全健康的環境，整個大學校園包括學生宿舍均為禁止吸煙區。大學全力推廣無煙校園，於校園各公眾場地張貼無煙校園的海報和標誌，並為師生提供適切的戒煙支援及轉介服務。大學相信建立無煙文化由推動健康生活做起，透過舉辦各類型的促進身心靈健康活動，如午間講座、展覽等，提升師生對健康的認知和建立正面積極的生活態度，從身心出發，實踐無煙健康生活。

The Chinese University of Hong Kong is committed to providing a safe and healthy environment to all students, staff and visitors. The entire university campus, including student hostels were designated as non-smoking area. The university strives to promote smoke-free campus by displaying smoke-free posters and signage and provide smoking cessation support as well as referral services to staff and students who decide to quit smoking. The university believes that smoke-free culture shall start with promotion of healthy lifestyle. Through various physical and mental health programmes including afternoon talks and exhibitions, the university endeavours to raise awareness of health and positive attitude among its members, thus empowering the practice of smoke-free healthy lifestyle.



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