



2025年

# 積極戶外遊玩的立場聲明



**積極的戶外遊玩能夠促進全人類（包含所有年齡層、社區、環境）及整個地球的健康與福祉。有鑒於我們今天面臨的多重全球挑戰（例如：社會與健康不平等、氣候變遷及數位成癮等），因此積極戶外遊玩是非常重要的。作為推動戶外遊玩的相關團體組織，我們建議在人們生活、學習、工作和遊戲的各種場域中，增加積極戶外遊玩的機會。為了實現這一目標，我們需要跨部門、跨場域、跨社會的合作，以保護、促進和重視每個人都能公平的在戶外和自然環境中積極遊玩。**

## 遊玩序言

2015年的積極戶外遊玩立場聲明及其研究證據，表明了積極戶外遊玩對兒童健康與福祉的益處。十年後，該領域的研究數量增加了十倍，戶外遊玩計畫的資金投入也大幅增加。2015年的立場聲明也影響了全球的政策、研究與實務工作。現在，國際領導團隊齊聚一堂，共同制定2025年積極戶外遊玩立場聲明，為的是慶祝這些成就、更新研究證據，並擴大研究範疇，涵蓋所有年齡層，將影響力擴及全球。

2025年立場聲明描繪出一個願景：積極戶外遊玩有助於應對健康危機和氣候變遷等全球挑戰，同時推進聯合國17項永續發展目標。作為推動戶外遊玩的集體力量，我們希望透過讓積極戶外遊玩成為日常生活的一部分，建立更健康、更有韌性的社區，確保每個人都有公平參與積極戶外遊玩的機會。

本立場聲明呼籲進行系統性的改變，並為個人、社區和各個部門提供建議。

這些建議的目標是讓積極戶外遊玩成為一項基本權利，成為永續社會不可或缺的一部分。

本立場聲明以12篇系統性文獻回顧、6篇全球區域性回顧、一項背景資料蒐集，以及與來自世界各大洲逾200位全球專家的諮詢為基礎所制定。

### 本立場聲明以九大核心主題為基礎：

- 健康與福祉
- 活動行為
- 教育與學習
- 社會資本
- 社區、連結與夥伴關係
- 自然與環境
- 健康一體
- 人權與政策
- 新興領域

想了解2025年立場聲明的詳細擬定過程與發現，請參考《國際行為營養與身體活動期刊》的發表文章（連結請見第5頁）。

## 積極戶外遊玩...

### ...幫助我們動得更多、玩得更久、並且睡得更好

在戶外遊玩時，我們會進行更多身體活動、減少久坐和看螢幕的時間，進而睡得更好。戶外環境能鼓勵我們自然而然地投入有趣的活動。

### ...是維持健康與福祉的催化劑

積極戶外遊玩能增進各方面的健康與福祉，包括身體、心理、社交和精神層面。戶外遊玩提供了與他人連結、探索世界、以健康且豐富的方式參與生活的機會。

### ...自然地提升自信心

戶外環境提供了一個充滿活力的空間，讓人得以享受有趣的冒險與挑戰 — 這是健康成長與老化的關鍵要素。參與具有挑戰性的積極戶外遊玩，有助於建立自信、培養韌性與解決問題的能力，同時促進自主性、身心健康與身體素養。

### ...為建造一個更幸福、更健康的地球提供了途徑

積極戶外遊玩能夠串連公共衛生、教育、休閒娛樂與環境等多個領域，同時體認到人類、動物與環境福祉之間的相互關聯。

積極戶外遊玩促進人與自然的關係，有助於建立更健康的社區、更強韌的生態系統，以及更永續的地球。

### ...建立因應氣候變遷的韌性與環境管理責任，邁向永續的未來

參與積極戶外遊玩能夠培養人與自然之間更深厚的連結，以及對自然環境的關懷。氣候變遷可能威脅積極戶外遊玩的機會，但當積極戶外遊玩成為日常生活的一部分，它就能形塑一種文化，讓各年齡層的人一起遊戲、學習、成長與共好，同時適應氣候變遷並建立因應的韌性。

### ...連結社區

共同的積極戶外遊玩經驗能建立更強韌的社區、傳承並慶賀文化傳統、強化多元性，同時培養歸屬感。如此一來，凝聚力強的社區能創造安全且支持性的環境，鼓勵所有人培養公民意識、發揮自主性，並投入積極戶外遊玩。

### ...促進多元的學習機會

積極戶外遊玩能開啟一個豐富的親身實踐學習體驗，激發好奇心、創造力、協作能力與解決問題能力的世界。它能夠滋養韌性與適應力，並支持人一生中社交、情感與認知發展。

### ...能減少過多的室內時間

過多的室內時間可能導致長時間久坐、增加螢幕使用時間，以及暴露於室內污染物、過敏原與傳染病之中。積極戶外遊玩能提供健康的平衡，有助於減少待在室內的時間。

## 新興領域：擴展積極戶外遊玩的可能性

隨著我們不斷突破對積極戶外遊玩的既有認知，新的、迫切的問題也隨之浮現。這些問題挑戰著傳統思維，並為轉型性改變開啟大門。以下問題旨在探索尚未開拓的領域，需要匯集研究、政策與實踐，共同形塑積極戶外遊玩的未來。

### ➤ 積極戶外遊玩能否重塑成人的活動模式？

- 身體活動、久坐行為與睡眠模式，如何與成人的積極戶外遊玩相互影響？
- 積極戶外遊玩是否是提升人的一生中身心健康的關鍵？

### ➤ 冒險性戶外遊玩是否為促進大腦可塑性的關鍵要素？

- 在戶外冒險，例如：爬得更高、動得更快、探索未知，是否真的能增強大腦可塑性，強化認知功能、幫助人適應新環境與挑戰，並支持人的一生活中的傷後復原？

### ➤ 積極戶外遊玩在世界各地是什麼樣貌？

- 不同的文化、環境與社會政治脈絡，如何形塑人們參與積極戶外遊玩的方式？
- 我們可以如何學習並分享來自不同地區與文化的最佳實踐？



### ➤ 我們如何縮短研究與真實遊玩之間的落差？

- 我們研究的內容和實際遊玩情況之間，缺少了什麼？
- 研究如何能更有效地支持積極戶外遊玩的政策與實務？

### ➤ 學校與校園是否能重新設計與規劃，成為促進活動、創造力與學習的遊玩場域？

- 我們如何將積極戶外遊玩融入正式教育體系，不只是學習之餘的休息，而是學習不可或缺的一部分？
- 一所為戶外活動與遊玩而建立的學校，會是什麼樣貌？
- 校園是否能發揮更大的功能，成為社區的戶外遊玩空間？

### ➤ 我們如何打造隨處都能玩的城市？

- 從富含生物多樣性的都會公園到健康而充滿遊戲氛圍的街道，哪些城市設計特點能讓積極戶外遊玩變得令人嚮往、人人可及，且具有共融性？

### ➤ 積極戶外遊玩是否能成為推動全球永續發展的媒介？

- 如果積極戶外遊玩是應對世界最重大挑戰的關鍵，包括氣候變遷、健康與社會不平等，那將會帶來什麼改變？
- 積極戶外遊玩如何與聯合國永續發展目標 (SDGs) 相呼應？又有哪些政策能擴大其影響力？

## 在螢幕使用時間、焦慮與孤獨感日益令人擔憂的當下，積極戶外遊玩是否能成為對抗社群媒體負面影響的有力解方？

- 在數位時代，我們如何引導人們走出去、擁抱自然、重建面對面的連結？

這些問題都可能打破傳統思維，重新定義戶外遊玩在塑造更健康、更有韌性的個人與社區中所扮演的角色。下一步是什麼？大膽的研究、創新的政策，以及付諸行動的承諾！

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### 行動呼籲：推動積極戶外遊玩的建議

**社會層面：**鼓勵形成一種將積極戶外遊玩視為日常生活重要一環的文化，並將其列為優先。創造並改善所有人都能享有積極戶外遊玩的空間與管道。提倡研究人員、教育工作者、城市規劃師、醫療專業人員與政策制定者之間的合作，將積極戶外遊玩列為健康優先議題。

**研究與監測：**投資資料蒐集與監測系統，以追蹤積極戶外遊玩的趨勢，並找出不足之處與不平等現象。探索對健康個人與社區而言，積極戶外遊玩的最佳品質與數量。建立積極戶外遊玩與健康、福祉之間的因果關係。



**政策與法規：**在健康、教育、休閒與環境政策中，將積極戶外遊玩的可及性認定為基本權利。鼓勵各級政府制定並落實支持積極戶外遊玩的政策。推動、保護、重視並投資能連結社區、學校、休閒場所與工作場所的戶外遊玩環境。

**教育與學校：**鼓勵大專院校、成人教育中心與社區學習中心，將積極戶外遊玩與學習納入常態性課程計畫。在幼兒教育及中小學政策中，要求每日安排積極戶外遊玩時間。將戶外教室與以自然為本的學習模式整合至教育體系中。

**公共衛生與醫療照護：**教育醫療專業人員、病患與社區關於積極戶外遊玩對健康的益處。將積極戶外遊玩整合至醫療實務與公共衛生計畫，以減少久坐行為並促進健康。透過跨部門合作，制定促進積極戶外遊玩的在地化公共衛生策略。

**都市計畫：**在社區內及周邊設計可及、安全且適合遊玩的戶外空間。在設計或重新規劃社區時，優先保護與復育能鼓勵積極戶外遊玩的自然環境。改革地方政策與法規，積極支持並促成積極戶外遊玩。



**社區層面：**支持、推廣並深化強調積極戶外遊玩作為健康促進習慣之重要性的倡議及活動。支持、推廣並深化推動積極戶外遊玩效益與風險平衡取向的相關工作。鼓勵跨世代的民眾積極戶外遊玩，以強化社區連結。

**家庭層面：**與他人一同遊玩，包括陪伴的動物，以滋養社區歸屬感與對戶外的連結。在社區中鼓勵並以身作則，將積極戶外遊玩視為日常生活的一部分。透過鼓勵、創造條件與共同參與，支持家庭成員投入積極戶外遊玩。

**個人層面：**以負責任的態度守護遊玩所在的戶外環境。提倡綠地與安全友善的遊玩環境的公平使用權與永續保存。探索與享受不同戶外空間的多元體驗，融入日常生活之中。

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## 致謝

### AOP10 執行領導團隊

**Mark Tremblay**  
CHEO Research Institute  
加拿大

**Eun-Young Lee**  
Queen's University, Canada  
Yonsei University, 韓國

**Louise de Lannoy**  
Outdoor Play Canada  
加拿大

### AOP10 領導團隊

**Dina Adjei Boadi**  
University of Ghana, 迦納

**Maeghan James**  
CHEO Research Institute  
加拿大

**Leigh Vanderloo**  
ParticipACTION, 加拿大

**Maria Isabel Amando de Barros**  
Alana Institute, 巴西

**Robyn Monro Miller**  
International Play Association  
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**Po-Yu Wang**  
National Taiwan Normal  
University, 台灣

**Scott Duncan**  
Auckland University of  
Technology, 紐西蘭

**Laerke Mygind**  
Copenhagen University  
Hospital, 丹麥

### 繁體中文版本由以下人員翻譯：

王伯宇 教授，國立臺灣師範大學  
公民教育與活動領導學系、  
AOP10 領導團隊成員，臺灣

社團法人臺灣還我特色公園行動  
聯盟（特公盟），臺灣

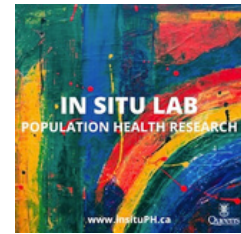
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