The sea gives life everywhere as a source of food, spiritual energy, connection, and meaningful but often dangerous employment for humankind. The sea is where life itself began and the sea surface is the means for mariners to unite the world through commerce. All too often we forget the sea, but the sea never forgets us. Dr. Ng's majestic book for youngsters gently and warmly reminds us of these truths using loveable ocean creatures. Books like this surely serve to make more caring adults of the future.

大海賦予萬物生命，是我們的食物來源、心靈的避風港、人與人連結的紐帶，也是人類意義非凡卻又充滿挑戰的工作場地。海洋是生命起源的搖籃，海面則是無數航海家，透過貿易將世界串聯起來的道路。

我們常常遺忘大海，大海卻從未遺忘我們。伍博士為孩子們編寫的這本精彩繪本，藉由可愛的海洋生物們，溫柔而親切地喚醒了這些珍貴的眞理。像這樣的好書，一定能陪伴孩子們到未來，成為充滿愛心與關懷自然的大人。

By George Balazs, Global Independent Senior Sea Turtle Scientist
佐治 柏樂滋，全球資深海龜科學家
www.GeorgeHBalazs.com

出版：香港海事博物館有限公司
作者：伍家恩博士
插畫師：温柏萱
版次：2026 年 10 月第一版
© 2026 香港海事博物館 版權所有 免費贈閱，嚴禁轉售圖利，翻印必究

Publisher: Hong Kong Maritime Museum Limited
Author: Dr. Connie Ng
Illustrator: Wendy Wan
Edition: First edition, October 2026
© 2026 Hong Kong Maritime Museum. All rights reserved.
Free copy. No resale, commercial use or unauthorised reproduction allowed.

國際書號 ISBN 978-988-72776-0-6

Mya and Mora: A Pacific Ocean Adventure 米亞與摩樂的太平洋奇遇

Mya and Mora

A Pacific Ocean Adventure

米亞與摩樂的太平洋奇遇

Authored by Dr. Connie Ng 伍家恩博士著 Illustrated by Wendy Wan 温柏萱繪

HONG KONG maritime museum 香港海事博物館

♩ = 106

Ocean Love Song
海洋情歌

主唱/Vocal: Dr. Connie
作曲/Composer: Dr. Connie
作詞/Lyricist: Dr. Connie



V1

C　　Am　　F　　G
出發啦！乘 坐 大 船　到海裡 一 起 漫 游　夢想 探

C　　Am　　F　　G
險　幻想跟 鯨 魚 海 獺 編 織 樂 園

Ch1

C　　Am　　F　　G
Da Da Da Da Da Da Da Da　Da Da Da Da Da Da Da Da　那 海 龜 衝 浪 濤 歸 家

C　　Am　　F　　G
Da Da Da Da Da Da Da Da　Da Da Da Da Da Da Da Da　這 珊 瑚 魚 微 笑 海 草 床

Ch2

C　　Am　　F　　G
內　大 章 魚 舉 手 舞 動 海 豚 齊 高 唱　Da Da Da

C　　Am　　F　　G
Da　你 跟 我 與 大 海 永 存 天 天 見

Interlude

C　　Am　　F　　G
Da Da Da Da Da Da Da Da　Da Da Da Da Da Da Da Da　Do Do Do Do Do Do　Let us Count

Sing along! Dive into a Pacific adventure with Mya & Mora!

一起歡唱！跟著米亞與摩樂展開太平洋大冒險！



Copyright © 2026 by edwardgt@instagram



C　　Am　　F　　G
Sea Tur-tle Dol-phin and cor-al　Oct-to-pus ot-ter fish and whale

F　　G
Oc-ean loves us　all

C　　Am　　F　　G
Da Da Da Da Da Da Da Da　Da Da Da Da Da Da Da Da　Do Do Do Do Do Do　Let us Count

C　　Am　　F　　G
Sea Tur-tle Dol-phin and cor-al　Oct-to-pus ot-ter fish and whale

F　　G
Oc-ean loves us　all

C　　Am　　F　　G
Da Da Da Da Da Da Da Da　Da Da Da Da Da Da Da Da　Do Do Do Do Do Do　Let us Count

C　　Am　　F　　G
Sea Tur-tle Dol-phin and cor-al　Oct-to-pus ot-ter fish and whale

F　　G　　C
Oc-ean loves us　all　we love you

C
So

The Hong Kong Maritime Museum (HKMM) 香港海事博物館

The Hong Kong Maritime Museum (HKMM) is an independent, non-profit institution whose vision is to inspire appreciation of people's relationship with the ocean. Through the Swire Marine Discovery Centre in the HKMM, we advance ocean sustainability and literacy by connecting marine science, heritage, conservation and community partnerships to empower public stewardship of Hong Kong's marine environment and heritage.

香港海事博物館 (HKMM) 是一所非牟利的獨立機構，願景是啟發公眾欣賞並理解人與海洋的關係。透過館內的太古海洋探知館，我們連繫海洋科學、文化遺產、保育工作及社區合作，推動海洋可持續發展與海洋素養，賦能公眾共同守護香港的海洋環境與文化遺產。

Please visit our website
請瀏覽我們的網頁
Hong Kong Maritime Museum
Swire Marine Discovery Centre
香港海事博物館太古海洋探知館



Dr. Connie NG 伍家恩博士

Dr. Connie NG is the Head of Marine Discovery Centre of the HKMM and a sea turtle scientist. Dedicated to advancing ocean literacy and protection through collaboration and engaging communication.

伍家恩博士現任香港海事博物館海洋探知館主管，海龜科學家。致力結合跨界協作及教育傳播，推動海洋素養及保護。

Wendy WAN 温柏萱

Wendy WAN is a full-time picture book creator and worker. She also loves nature, and believes picture books can make the world a better place.

温柏萱是全職繪本創作及工作者，熱愛自然。她相信繪本能讓世界更美好。

Keep your eyes peeled while reading!

閱讀小提示：
邊看故事，邊找答案！

How many sea turtles can you find? Non-living ones count too!

故事裡共有多少隻海龜？連「非活生生」的也要算進去！

How many kinds of animals can you spot in this blue world?

你能找到多少種不同的海洋生物？

Are humans everywhere? Spot the clues of human activity!

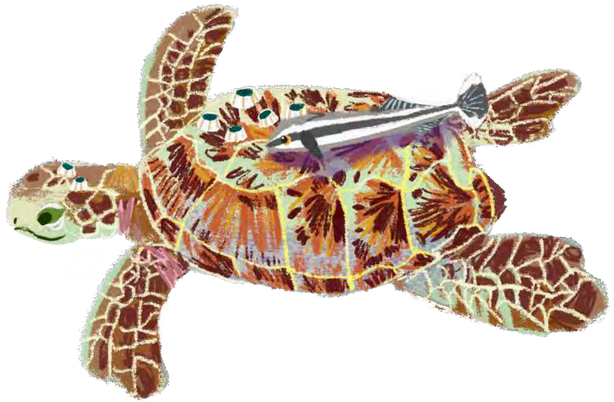
人類的痕跡真的無處不在嗎？快找出藏在海裡海面的「人類活動」吧！

Mya and Mora

A Pacific Ocean Adventure

米亞與摩樂的太平洋奇遇

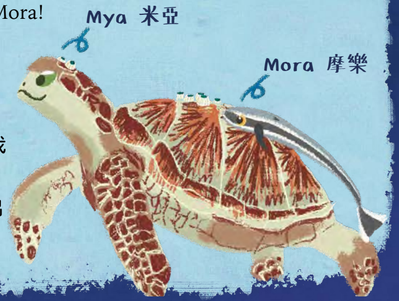
Authored by Dr. Connie Ng 伍家恩博士著　Illustrated by Wendy Wan 温柏萱繪





The Earth is a blue planet—70% of it is covered by one giant ocean! It gives us oxygen and food, regulates the climate and preserves our maritime culture. The ocean is home to over 250,000 kinds of marine life. Ocean currents and the water cycle connect life across our planet. I am Mya, a Grandma Green Turtle. Today, I'm setting off across the Pacific Ocean back to my birthplace with my remora fish friend, Mora!

地球是一顆藍色星球，七成表面被廣闊的海洋覆蓋。海洋賜予我們氧氣、食物，調節 氣候，保存著我們的海洋文化。海洋是超過 25 萬種已知海洋生物的家園，生命透過洋流和水循環緊密相連。我是米亞，一隻綠海龜祖母。今天，我與我的好友印魚摩樂，結伴踏上橫越太平洋的旅程，回到我的出生地！



Mya: “Good morning! The coral reef is buzzing with life! Everyone adapts to their way of living.”
Mora: “Mya! Look! An octopus just changed its colour to hide in the reef! Hold tight, I’m sticking with you! “
Mya: “Stay safe, everyone—we’ll see you in a few months!”

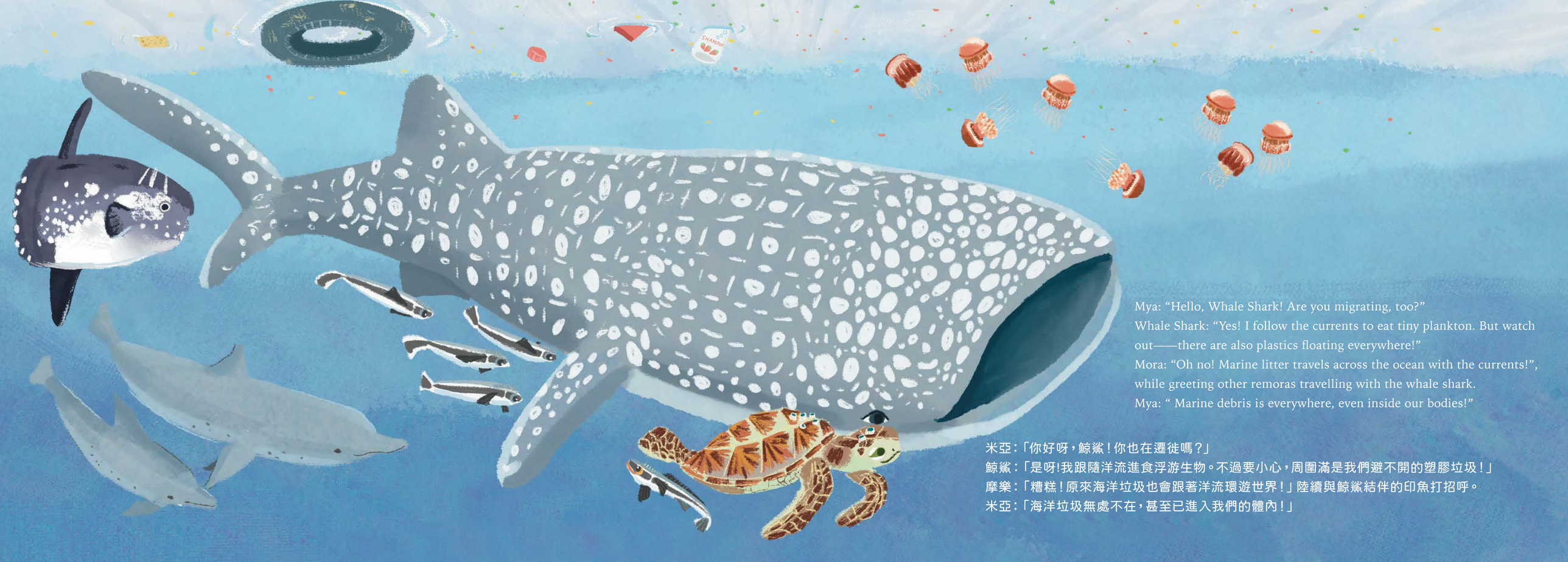
米亞：「早安！珊瑚礁裡眞熱鬧！大家形態萬千，都有適應生存的獨門絕招呢。」
摩樂：「米亞！快看！章魚眨眼間就改變顏色隱藏在珊瑚礁內了！我要跟著你一起去冒險！」
米亞：「大家要保重，數月後見！」



Mya: “Nom, nom! Delicious seagrass gives me energy for my long migration trip.”
Mora: “And I’m catching tiny shrimp hiding in the seagrass! This seagrass meadow is a nursery habitat for baby fish and plankton —— it helps produce the oxygen we all breathe!”

米亞：「嗯，眞美味！多吃點海草，才有體力出遠門遷徙。」
摩樂：「我也在海草叢裡抓到小蝦了！這片海草床是魚寶寶和浮游生物的成長搖籃，還為大家製造所需的氧氣呢！」





Mya: “Hello, Whale Shark! Are you migrating, too?”
Whale Shark: “Yes! I follow the currents to eat tiny plankton. But watch out——there are also plastics floating everywhere!”
Mora: “Oh no! Marine litter travels across the ocean with the currents!”, while greeting other remoras travelling with the whale shark.
Mya: “ Marine debris is everywhere, even inside our bodies!”

米亞：「你好呀，鯨鯊！你也在遷徙嗎？」
鯨鯊：「是呀!我跟隨洋流進食浮游生物。不過要小心，周圍滿是我們避不開的塑膠垃圾！」
摩樂：「糟糕！原來海洋垃圾也會跟著洋流環遊世界！」陸續與鯨鯊結伴的印魚打招呼。
米亞：「海洋垃圾無處不在，甚至已進入我們的體內！」



Plankton are tiny living marine organisms; microplastics are harmful non-living plastic bits mistaken for food by animals.

浮游生物是微小海洋生物，微塑膠則是常被動物誤食的有害塑膠碎片。





Mya: “Look at those battle scars, Sperm Whale!”
Sperm Whale: “I just came up from the deep. They are my badges of honour from hunting giant squids in the dark deep sea! The deep ocean is largely unexplored, full of mysteries—even human submersibles come down here to study whale falls that feed deep-sea life.”

米亞：「抹香鯨，你身上好多傷痕呀!」
抹香鯨：「我剛由深海上來。這是我在漆黑深海捕食巨型烏賊，與牠們搏鬥的勳章！」
深海隱藏著無數奧秘，大部分未被探索，連人類的載人潛水器都前來研究『鯨落』如何滋養著深海生物呢！」

Sperm whales hunt giant squids in the dark deep sea.
抹香鯨在漆黑深海捕食巨型烏賊。

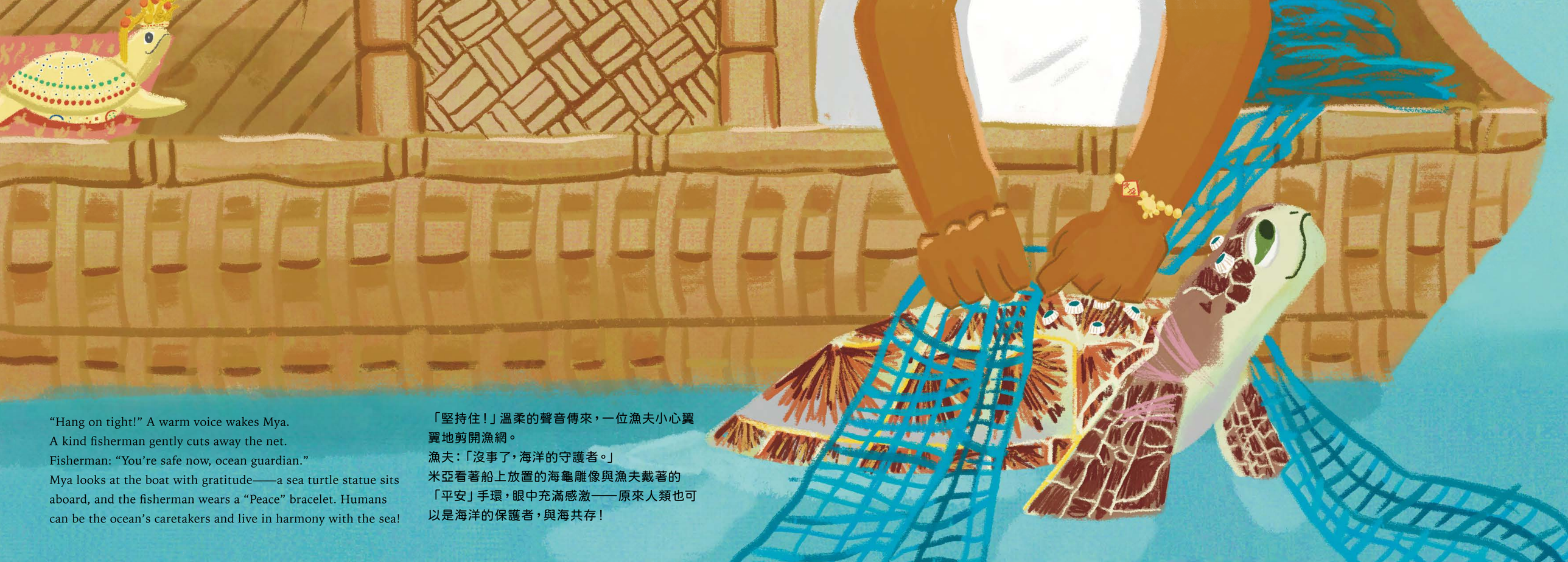
Whale fall—a sunken whale carcass—provides crucial nutrients that sustain diverse deep-sea ecosystems for decades.
鯨落(沉入海底的鯨魚屍體)提供關鍵養分，滋養漆黑的深海生態系統長達數十年。





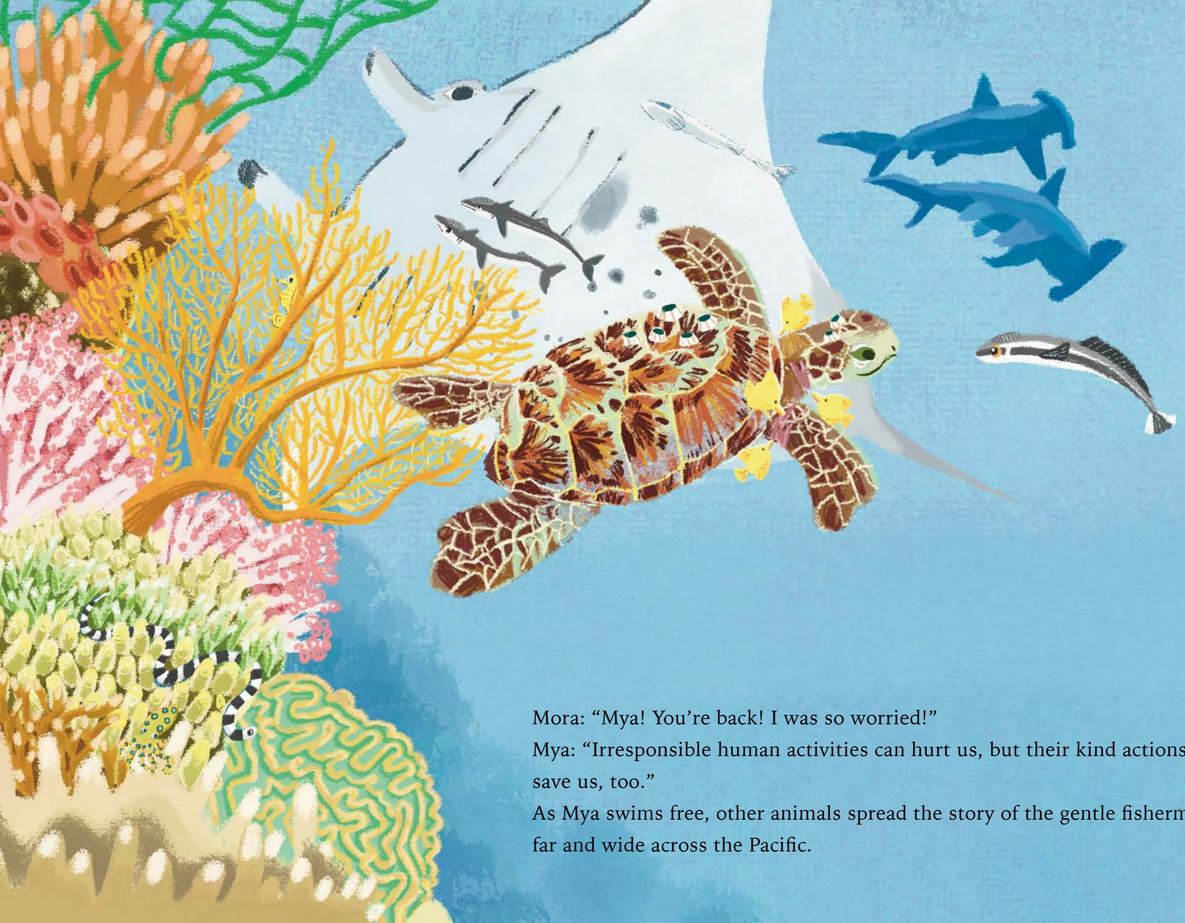
Mya: “Look at all those cargo ships and fishing vessels! Humans truly rely on the ocean.”
Suddenly——SWISH!
Mya: “Ouch! I can’t move!”
A floating ghost net entangles Mya. As night falls under the stars, she grows weaker and weaker...

米亞：「看，貨輪和漁船不停往來呀！人類眞的非常依賴海洋。」
突然後方傳來一陣騷動——
米亞：「好痛！我動彈不得了！」
米亞被廢棄的幽靈漁網緊緊纏住。
夜幕低垂，她在星空下漸漸耗盡了力氣……



“Hang on tight!” A warm voice wakes Mya.
A kind fisherman gently cuts away the net.
Fisherman: “You’re safe now, ocean guardian.”
Mya looks at the boat with gratitude——a sea turtle statue sits aboard, and the fisherman wears a “Peace” bracelet. Humans can be the ocean’s caretakers and live in harmony with the sea!

「堅持住！」溫柔的聲音傳來，一位漁夫小心翼翼地剪開漁網。
漁夫：「沒事了，海洋的守護者。」
米亞看著船上放置的海龜雕像與漁夫戴著的「平安」手環，眼中充滿感激——原來人類也可以是海洋的保護者，與海共存！



Mora: “Mya! You’re back! I was so worried!”
Mya: “Irresponsible human activities can hurt us, but their kind actions can save us, too.”
As Mya swims free, other animals spread the story of the gentle fisherman far and wide across the Pacific.

摩樂：「米亞！你平安回來了，嚇死我了！」
米亞：「人類不負責任的行為會傷害我們，但他們的善意行動也能拯救我們。」
米亞重新悠游於大海，海洋生物們紛紛將這位善良漁夫的故事傳唱至大海的每個角落。



After several weeks of migration, Mya arrives at her birthplace beach. The iconic Turtle Rock still stands tall, but plastic bottles and trash now line the sand along with the seashells. Hermit crabs crawl by, wearing plastic bottle caps as their homes.
Mya is humming an ancient song to thank the caring nature: “My family has witnessed 200 years of change in the ocean. How wonderful it is to return home again. Now, it’s time to lay my eggs.”

經過數週的遷徙，米亞終於抵達出生地沙灘。岸邊的「海龜石」依舊聳立，沙灘上除了貝殼，卻留下了不少塑膠垃圾，寄居蟹甚至背著塑膠蓋當家。
米亞哼著古老的民謠，感謝大自然的孕育:「我的家族經歷了海洋兩百年的變遷，我終於再次回家生蛋，傳承生命了。」



60 days later, baby turtles emerge from the sand and dash toward the waves under heavy rain! In the ocean, the songs of Mya, whales, and many other marine animals echo through the water.
A baby female turtle: “I’ll swim far, grow strong, and ride the currents! I hope this sandy beach will still be here when I return to nest in 20 years.”

60 天後，小海龜們破殼而出，在大雨中奮力奔向浪花！海裡滿載米亞、鯨魚和眾多生物的歌聲。
雌性小海龜：「我要順著洋流勇敢探索！希望二十年後我回歸產卵時，這片美麗的沙灘依然完好無損。」



♂ =

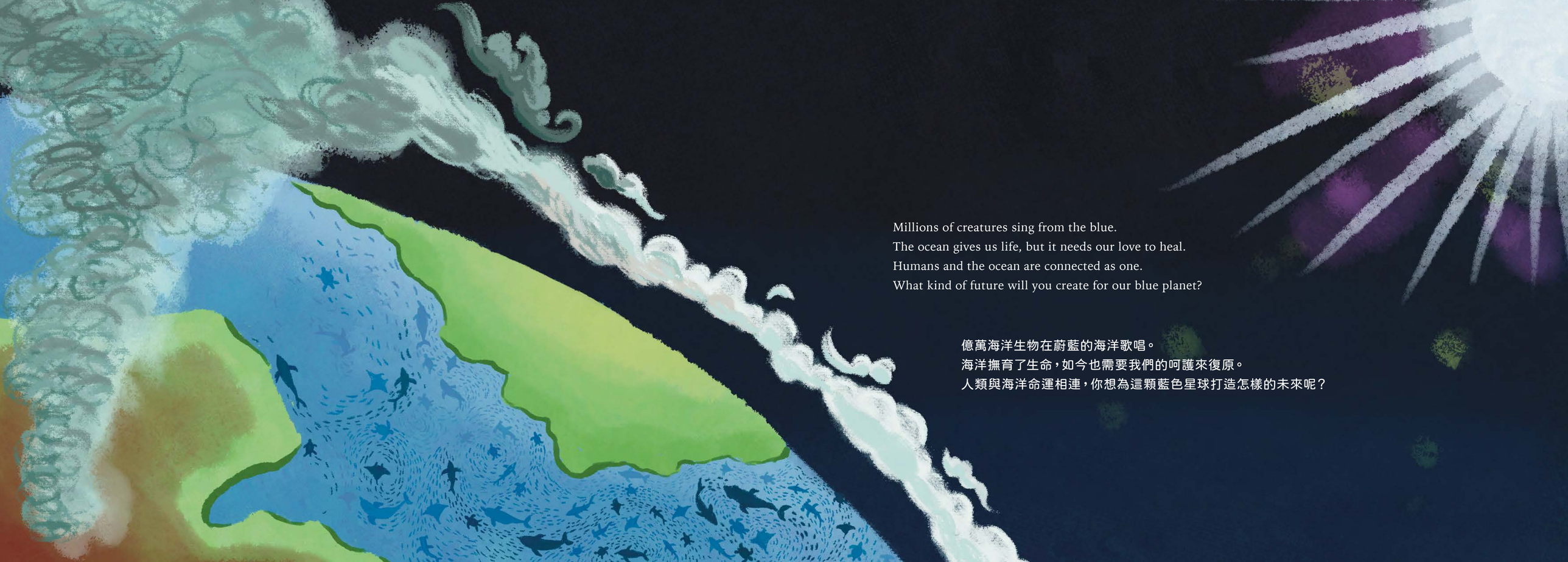
♀ =

Climate change raises sand temperature, causing more sea turtle babies to be females and disrupting the sex ratio balance.

氣候變化升溫沙灘，使孵化的海龜多為雌性，破壞了性別比例平衡。

60 days later, baby turtles emerge from the sand and dash toward the waves under heavy rain! In the ocean, the songs of Mya, whales, and many other marine animals echo through the water.
A baby female turtle: “I’ll swim far, grow strong, and ride the currents! I hope this sandy beach will still be here when I return to nest in 20 years.”

60 天後，小海龜們破殼而出，在大雨中奮力奔向浪花！海裡滿載米亞、鯨魚和眾多生物的歌聲。
雌性小海龜：「我要順著洋流勇敢探索！希望二十年後我回歸產卵時，這片美麗的沙灘依然完好無損。」



Millions of creatures sing from the blue.
The ocean gives us life, but it needs our love to heal.
Humans and the ocean are connected as one.
What kind of future will you create for our blue planet?

億萬海洋生物在蔚藍的海洋歌唱。
海洋撫育了生命，如今也需要我們的呵護來復原。
人類與海洋命運相連，你想為這顆藍色星球打造怎樣的未來呢？



Mya and Mora's Ocean Literacy Handbook 米亞與摩樂的海洋小百科

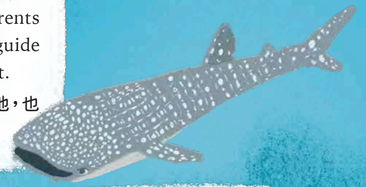
Follow Mya & Mora's journey to explore the secrets and wonders of our shared blue ocean!

跟著米亞與摩樂旅程的足跡，一起探索這片孕育萬物的蔚藍大海吧！

洋流與水循環 | Currents & The Water Cycle

Our one big ocean covers 70% of Earth's surface with an average depth of 3,700 meters! Ocean currents act like underwater highways, moving water, heat, and nutrients around the world. They also guide animals like sea turtles travel thousands of kilometres on amazing journeys across our blue planet.

海洋覆蓋了地球七成表面，平均水深達 3,700 米！洋流就像海底高速公路，把水、熱能和養分帶到世界各地，也引領海龜等動物展開數千公里的大冒險，暢遊這藍色星球。



深海大探秘 | Ocean Wonders



The ocean is home to more than 250,000 known species. From colourful coral reefs to the dark deep sea, life exists in surprising places. Scientists believe most of the ocean is still unexplored, with many amazing discoveries waiting to be found.

海洋裡住著超過 25 萬種已知生物！從色彩繽紛的珊瑚礁到漆黑的深海，到處都有生命。科學家相信，海洋大部分地方仍未被探索，還有許多神奇的秘密等著我們發現。

環環相扣：海洋食物網 | Connected Lives: The Ocean's Food Web

Every ocean creature has an important role. Tiny phytoplankton produce the oxygen we breathe, green turtles feed on seagrass to keep it healthy, while remoras clean turtles. Together, they keep the ocean healthy and balanced. If one link breaks, our entire ocean home, climate, and lives feel the impact!

海洋中的每一種生物都有重要角色。微小的浮游植物製造我們呼吸的氧氣，綠海龜啃食海草以維護海草床健康，印魚則幫海龜清潔身體。大家合力維繫海洋的健康與平衡;一旦失衡，我們的海洋家園、氣候與生活都會受到影響！



Our Ocean Connection: Culture & Blue Economy

我們與海洋：文化與藍色經濟

People and the ocean have been connected for thousands of years. The ocean provides seafood as our vital food source. Ships carry goods across the sea, and many cultures celebrate marine animals like sea turtles. When we care for the ocean, we protect our past, present and future. Learn more at the Hong Kong Maritime Museum.

人類和海洋一直關係密切。海洋提供海鮮這重要的食物來源，船隻把貨物運送到世界各地，許多文化更將生物如海龜尊為吉祥象徵。保護海洋，就是保護我們的過去、現在和未來。歡迎來到香港海事博物館探索更多！



Ocean in Trouble | 海洋求救中！



The ocean faces many human threats. Plastic waste and abandoned fishing nets can harm animals, while climate change affects ecosystems. There is even a growing Great Pacific Garbage Patch. Sea turtles and many other creatures need our help to survive and thrive.

海洋正面對許多人為挑戰。塑膠垃圾和廢棄漁網會傷害海洋生物，而氣候變遷也會影響牠們的家園。「太平洋垃圾帶」正不停變大，海龜和許多海洋朋友都需要我們的幫助。

Be an Ocean Guardian! | 一起守護海洋！

Everyone can help protect the ocean! Use less plastic, make eco-friendly choices, and learn about marine life. Scientists use new technology to advance research, but people like you can also make a big difference for our blue planet.

守護海洋，人人有責！少用塑膠、實踐環保生活、認識海洋生物，都是很好的開始。科技能幫助科學家研究海洋，而你的每一個小行動，也能帶來大改變！



OCEAN-N-U

Ocean and You Pledge – "7 actions you can take to help the ocean"

海洋與你承諾 —— 7 項你能幫助海洋的行動

One Bottle, Many Refills!
Carry a reusable bottle and say no to single-use plastics.
一個水樽，無限重用！
自備可重用水樽，減少使用即棄塑膠。

Care for the Ocean!
Pick up a few pieces of litter whenever you visit a beach or shoreline.
愛護海洋！
到海邊時，撿起幾件垃圾，守護海岸環境。

Explore the Ocean's Wonders!
Keep learning about marine life and share what you discover.
探索海洋的奇妙世界！
主動認識海洋生物，並與家人朋友分享你的發現。

Ask, Learn, Live Blue for the Ocean!
Turn what you learn into ocean-friendly habits and everyday choices.
多問、多學、綠色生活護海洋！
保持好奇心，認識海洋，並將知識化為日常的選擇與保育習慣。

Nurture Nature Below the Blue!
Respect marine animals and never disturb their habitats.
守護大海的每一個生命！
愛護海洋生物，不干擾牠們的棲息地。

Never Waste Water or Energy!
Save water and energy to help protect our planet and ocean.
珍惜每滴水與每分能源！
節約用水，節省能源，為地球和海洋出一分力。

Unite for a Healthier Ocean!
Encourage friends and family to join you in protecting the ocean.
與大家攜手守護海洋！
邀請家人和朋友一起行動，共創更健康的海洋。

UNESCO Ocean Literacy 7 Principles 聯合國教科文組織 海洋素養七大原則

This storybook is inspired by Ocean Literacy, helping us discover how the ocean shapes our lives and how we shape the future of the ocean. As you journey with Mya and Mora, see if you can match each chapter to the Ocean Literacy Principles!

本故事書以「海洋素養」為主題，帶領我們探索海洋如何塑造我們的生活，以及我們如何影響海洋的未來。跟隨米亞與摩樂一起展開冒險旅程時，你能找出每個章節分別對應哪項海洋素養原則嗎？

1. Earth has one big ocean with many features.
地球擁有一個具有眾多特徵的海洋。
2. The ocean and life in the ocean shape the features of Earth.
海洋及海洋中的生命塑造了地球的特徵。
3. The ocean is a major influence on weather and climate.
海洋對氣候和天氣有重大影響。
4. The ocean makes Earth habitable.
海洋使地球變得適宜居住。
5. The ocean supports a great diversity of life and ecosystems.
海洋支持生命和生態系統的多樣性。
6. Humans and the ocean are inextricably interconnected.
海洋與人類息息相關。
7. The ocean is largely unexplored.
大部分海洋尚未被開發。