

可持续生活的探索

In Search of Sustainable Living



社区伙伴
Partnerships for
Community
Development





《种下一棵树》 节选

种下一棵树
也同时育养 我
那是空气的源头
那是生命的精髓
再次结连大地
再次结连 我
以爱回向 爱

安德鲁·麦哥利
社区伙伴 管理委员会主席

When You Plant a Tree excerpt

When you plant a tree
You nurture a part of yourself
The source of the air you breathe
Whose essence is your own life force
You reconnect with the Earth
And with yourself
Returning love with love

Andrew McAulay
Chairperson of Management Committee
Partnerships for Community Development



翻译：陈惠芳
Translation: Chan Wai Fong



社区伙伴

Partnerships for Community Development

社区伙伴是一家在中国内地工作的社区发展机构，2001 年 5 月在香港由嘉道理基金会创办及资助（经由麦哥利夫人所管辖的基金部分）。嘉道理基金会成立于 1970 年，创办人贺理士·嘉道理爵士一直秉持“助人自助”的信念。2017 年 8 月，社区伙伴以环境保护部（现生态环境部）为业务主管单位，在北京市公安局登记，成立北京代表处。

社区伙伴没有任何宗教或政治背景，致力与社区一起探求人与人、人与大自然和谐共存之道，学习和实践有尊严并可持续的生活。在生物多样性保护、生态农耕、自然教育、环境保护与污染防治等领域，社区伙伴通过文化反思、培育社区协作者、搭建网络与平台等工作手法，激发社区内在动力，促进人和社区对可持续生活的理解，践行可持续生活。

Established in Hong Kong in May 2001, Partnerships for Community Development (PCD) is a community development organisation that works in mainland China. It was established and continues to be funded by the Kadoorie Foundation (via a stream of funds allocated by the Hon. Mrs McAulay). The Foundation is a Hong Kong-based trust founded in 1970 by the late Sir Horace Kadoorie who believed in the motto: “Help people to help themselves”. In August 2017, PCD set up the Beijing Representative Office which is registered with the Beijing Public Security Bureau, with the Ministry of Environmental Protection (now Ministry of Ecology and Environment) as our Professional Supervisory Unit.

An organisation without any religious or political affiliation, PCD is committed to working with communities to explore ways of leading a dignified and sustainable life in harmony with others and with nature. PCD adopts the approaches of cultural reflection, nurturing community facilitators, and building networks and platforms in its work in the areas of biodiversity conservation, ecological agriculture, nature education, environmental protection, and prevention and control of pollution. The goals are to invigorate the inner motivation of communities, to promote understanding of sustainable living and to encourage individuals and communities to practise living sustainably.

愿景、使命、可持续生活

Vision, Mission and Sustainable Living

我们的愿景

Our Vision

人与人、人与大自然和谐共处。

Communities in which people live in harmony with each other and with nature.

我们的使命

Our Mission

社区伙伴与社区和相关人群一起努力，恢复人们内心与大自然的联结，探索实现可持续生活的道路和方法。

PCD works with communities to re-connect people's hearts with nature and to explore ways to live sustainably.

可持续生活

Sustainable Living

我们理解的“可持续生活”，是在有韧性的社区里，人们意识到人类与大自然的相互依存，过着简单知足、互相关爱、充满安全感和创造力的生活。

By sustainable living, we mean that people are aware of their oneness with nature, living simply and in resilient communities. People support each other; they are content, creative and secure.



工作理念

Our Theory of Change



协作文化反思 Facilitating cultural reflection

依托文化视角反思主流发展的不可持续性，肯定社区传统文化的价值，以重建人们和自然的联结。

We adopt a cultural perspective to facilitate reflection on mainstream development and affirm the value of community traditions and culture for reconnecting people with nature.



培育社区协作者 Nurturing community facilitators

社区协作者是推动改变的关键力量。社区协作者能为草根社区和社群的能力培养作出贡献，让人们透过集体的力量带来改变。

We see community facilitators as key agents for change. These facilitators contribute to the cultivation of grassroots capacity, to generate collective action for change.



建立内在力量 Building inner strength

内在的力量源自内心与大自然的联结，它能使个人和社区的动力得以持续，努力不懈地实践可持续生活。

This relates to connecting our hearts to nature. It sustains the motivation and commitment of individuals and communities to integrate sustainable practices into daily life.



搭建网络 Network building

增强及坚定草根社区和社群的力量，推动可持续生活，以建立更广泛的社会参与基础。

Through network building, we enhance and sustain grassroots capacity to promote sustainable living, to build up momentum for a wider movement.

我们的项目 Our Programme

以感恩万物一体为本，鼓励及凝聚多元背景的生活者，构建小而美，具备多元节点，以及相互连接的可持续生活网络；强化社区伙伴团队的在地实践，共同让可持续生活普及化。

Based on a gratitude for the oneness of all things, PCD encourages and brings together people with diverse backgrounds – together, we strive to explore alternative ways of living to build small and beautiful, decentered, and interconnected networks for sustainable living. In solidarity, we strengthen our local practice and the wider sustainable living promotion.

项目焦点

Programme Foci

大自然的智慧

Wisdom of Nature

社区伙伴相信“生态中心”的世界观，期待人们意识到与大自然相互依存的关系，并把自然的智慧转化为日常生活的行动。

- 在生态文化多样丰富的地区，与社区合作挖掘、学习传统文化中的哲理，感知大自然的智慧，通过整理和传播案例等形式，思考“以人类为中心”的视角带来的破坏。
- 在快速城镇化地区，与面临各种生态问题的社区合作，以具体议题为切入点，重新认识传统文化和社区历史，逐步重建人与自然、社区生活与自然的关系。
- 在西南多个省市，支持社区生态保育和生态恢复工作。
- 探索体验式学习体系，如情意自然教育、土地伦理、自然能量、深度生态学等，建立人与自然的联结，鼓励日常生活的实践。

We adhere to an eco-centric world view and aims to promote an awareness of interconnectedness between people and nature, in order to integrate the wisdom of nature into everyday life.

- In ecologically diverse and rich areas, we work with local communities to rediscover and learn from the philosophy of traditional cultures, in which the wisdom of nature is often deeply ingrained. Through case documentation and dissemination, our programmes aim to raise awareness of and promote reflection on the harmful impacts caused by anthropocentric world views.
- In areas undergoing rapid urbanisation, we find specific issues as entry points to working with communities facing environmental problems, in order to allow them to regain knowledge of their traditional culture and community history. This will help rebuild people's sense of connection with their own communities and with nature.
- We support community-based ecological conservation and restoration in rural and urban areas of southwest China.
- We explore different bodies of knowledge and experiential learning approaches, such as affective nature education, land ethics, energy of nature and deep ecology, to foster a lasting connection with nature, and to bring this learning into everyday life practices.



项目焦点

Programme Foci

生态农耕

Ecological Agriculture

农耕不仅为人类提供食物，也是人与自然的文化纽带，在当今还是重要的生态和社会问题。推动生态农耕，有助于建立社区韧性、支持可持续生活。

- 与社区共同探索结合传统智慧的生态农耕，通过学习、创新和在地联合行动支持社区互助，共同改善农村环境的治理。
- 以社区为本模式，推动生物多样性保护、老品种保育，促进政府、科研部门与当地社区的互动和分享。
- 培养新农人、返乡青年对土地与农村价值的思考，建设互助网络，支持青年人实践生态农耕，让返乡成为可能的选择。
- 建立城乡互助网络，推动社区支持农业、农夫市集的发展，支持食农教育活动，丰富公众对农耕多元价值的理解。

Agriculture provides food for human beings and acts as a bio-cultural link between people and nature. It also, however, has led to the key ecological and social problems of our age. Hence, promoting ecological agriculture helps build community resilience in supporting sustainable living.

- With local communities, we explore ways of integrating traditional wisdom with ecological agriculture, supporting community mutual help through learning, innovation and local joint actions, and improving the ecology of rural environment.
- We promote community-based biodiversity conservation (including traditional crop varieties), also fostering exchange among government departments, researchers and communities in rural ecological restoration.
- We facilitate the young generation of farmers and young rural returnees in reflecting on the value of farming and the agrarian lifestyle, as well as building mutual help networks to support their practices of ecological farming, so that rural living can become an option for young people.
- We build urban-rural mutual help networks, promoting community-supported agriculture (CSA) and the development of farmers' markets. We also support educational activities on food and agriculture to broaden the public's understanding of the multi-functionality of agriculture.



项目焦点

Programme Foci

社区经济

Community Economy

寻找并推动社区经济模式，鼓励社区变得更有韧性、创造力，能够自给自足，重建人与人之间的和谐关系，最终能重新连接人与自然。

- 在西南农村，社区调查协作人们反思主流经济对社区根基的冲击，包括生态、文化和社会关系等；开展社区活动以巩固社区精神和社区合作；发展和恢复本地的互惠交换和交流平台。
- 举办绿色生活宣传教育活动，思考主流经济模式，并减少对其依赖，结合日常生活实践，探索能促进互助合作的经济生活，例如尝试在城市打工社区开展爸爸互助群、社区食堂等。
- 促进能源再生与可持续消费，提倡低碳生活，例如推广节能灶、旧物改造、社区层面的二手物交换等。

Through community economy models, We encourage communities to become more resilient, creative and self-reliant. We work to restore the harmonious relationships among peoples and eventually rebuild the connection between people and nature.

- In rural areas of southwest China, we facilitate communities to reflect on the adverse impacts of the mainstream economy on the foundations of their communities, including ecology, culture and social relationships. We facilitate community activities to consolidate community spirit and cooperation, and to revive and build mutual exchange platforms in and among local communities.
- Through ecological education activities, we facilitate reflection on the mainstream economic development model and explore ways to reduce dependence on that economy. We support exploration on community economy activities that foster cooperation, such as setting up mutual help groups for fathers and community canteens for migrant workers in cities.
- We promote sustainable energy, sustainable consumption and a low-carbon lifestyle, through energy-saving stoves, reuse and recycling of materials, the exchange of second-hand goods at the community level, and more.

项目焦点

Programme Foci

传统知识学习与创新 Traditional Knowledge and Innovation

一个社区如果愿意了解自己的过去，那同时也在为未来的创新培养能力。社区伙伴支持社区整理传统与本土知识，以及本土可持续生活的内涵，协作社区理解和思考本土知识的核心价值，以恢复和建立社区的知识创新、分享和传承的机制。

- 支持社区培养年轻一代，激发其归属感和责任感，为此开展社区为本的传统文化调查，包括地方历史、保护生物多样性及环境议题。
- 协作社区恢复传统文化力量，激活传统互助组织和社会纽带，促进社区力量重新连接。

A community that learns from its past is cultivating its capacity at the same time for innovation in the future. We support local communities to document their traditional knowledge, local knowledge, and the local meaning of sustainable living. We facilitate communities to learn about and to reflect on the core values of their local knowledge and to revive and build mechanisms of knowledge innovation, sharing and transmission.

- We support communities to nurture the younger generation's sense of belonging and responsibility by conducting community-based research on traditional culture, including local history, biodiversity conservation, and environmental issues.
- We support communities' efforts to revive traditional culture, rebuild traditional mutual help organisations, and strengthen social ties for community cohesion.



A colorful illustration of three people in a garden. A man in a straw hat and apron stands in the center, holding a basket of yellow flowers. A woman in a red and white striped shirt stands in the foreground, holding a tray of small green jars. Another person in a straw hat is partially visible in the bottom left. The background is filled with various flowers, including large white ones, smaller yellow ones, and red ones. Butterflies and bees are also depicted.

项目焦点

Programme Foci

可持续生活网络

Sustainable Living Network

搭建网络，协助更多人掌握可持续生活的能力，促进同路人彼此鼓励支持、选择有别于主流的生活方式，扩大可持续生活理念与实践的影响力。

- 支持社区 / 社群为本、在日常生活中发掘创意，实践可持续生活，例如支持城市居民开展阳台种植，青年人以手工制作等发现本土智慧、反思消费主义，农村妇女学习本地食物和文化，建立持续的相互支持平台。
- 建立创新和具前瞻性的可持续生活学习体系，藉此推动本地协作者学习整全的世界观、生态智慧、个人与社会转化关系等议题。
- 整理案例，传播经验和理念，逐步建立可持续生活的论述，定期出版《比邻泥土香》杂志及其他书籍。
- 联结日常生活行动与全球宏观视野，促进公众理解生态行动的深层意义，例如搭建跨地域青年人互动平台，推动青年协作者跨国交流实习计划。

We build networks to strengthen people's capacity to live sustainably, and to enable like-minded people to support each other in choosing and maintaining a sustainable lifestyle.

- We support community-based, creative practices rooted in everyday life, such as a network of balcony farmers in urban areas, young people learning local wisdom and reflection on consumerism through DIY, and rural women learning about local food and culture. Networks have been built to enhance mutual support.
- We facilitate action-oriented, innovative and pioneering learning about sustainable living for local facilitators so that they can learn about a holistic world view, ecological wisdom, and the dynamics of the relationship between individual and societal transformation.
- We have been developing a discourse on sustainable living, documenting case studies, disseminating experiences and ideas, and publishing books and the periodical *Fragrant Soil*.
- To facilitate understanding on the profound meanings of everyday life actions and their links with global macro perspectives, we facilitate regional youth networks such as internship programmes for youth facilitators with different countries.

工作地域 Where we work

我们的项目主要分布于中国西南的云南、四川、贵州、广西、重庆等城市与农村，以及北京、广州等城市；我们也支持跨地区和海外的工作。

Our projects concentrate in urban and rural southwest China, across the provinces of Yunnan, Sichuan and Guizhou, Guangxi Zhuang Autonomous Region and Chongqing Municipality, as well as in cities such as Beijing and Guangzhou. We also support cross-regional and overseas programmes.





香港总部

香港九龙佐敦西贡街 20 号
志和商业大厦 13 字楼
电话: +852 2458 0011
传真: +852 2430 7099
电邮: info@pcd.org.hk
网站: <http://pcd.org.hk>

Hong Kong Head Office

13/F Chi Wo Commercial Building
20 Saigon Street, Jordan, Kowloon, Hong Kong
Tel: +852 2458 0011
Fax: +852 2430 7099
Email: info@pcd.org.hk
Website: <http://pcd.org.hk>

北京代表处

北京市东城区东直门外大街 42 号
宇飞大厦 10 层 1016 室
电话: +86 10 8529 5578
邮编: 100027

Beijing Representative Office

Room 1016, Yu Fei Building
No.42 Dongzhimenwai Street, Beijing, China
Tel: +86 10 8529 5578
Postal code: 100027



社区伙伴
公众号二维码



本刊以 100% 再生纸及大豆油墨印刷
This publication is printed with 100% recycled paper and soy ink



