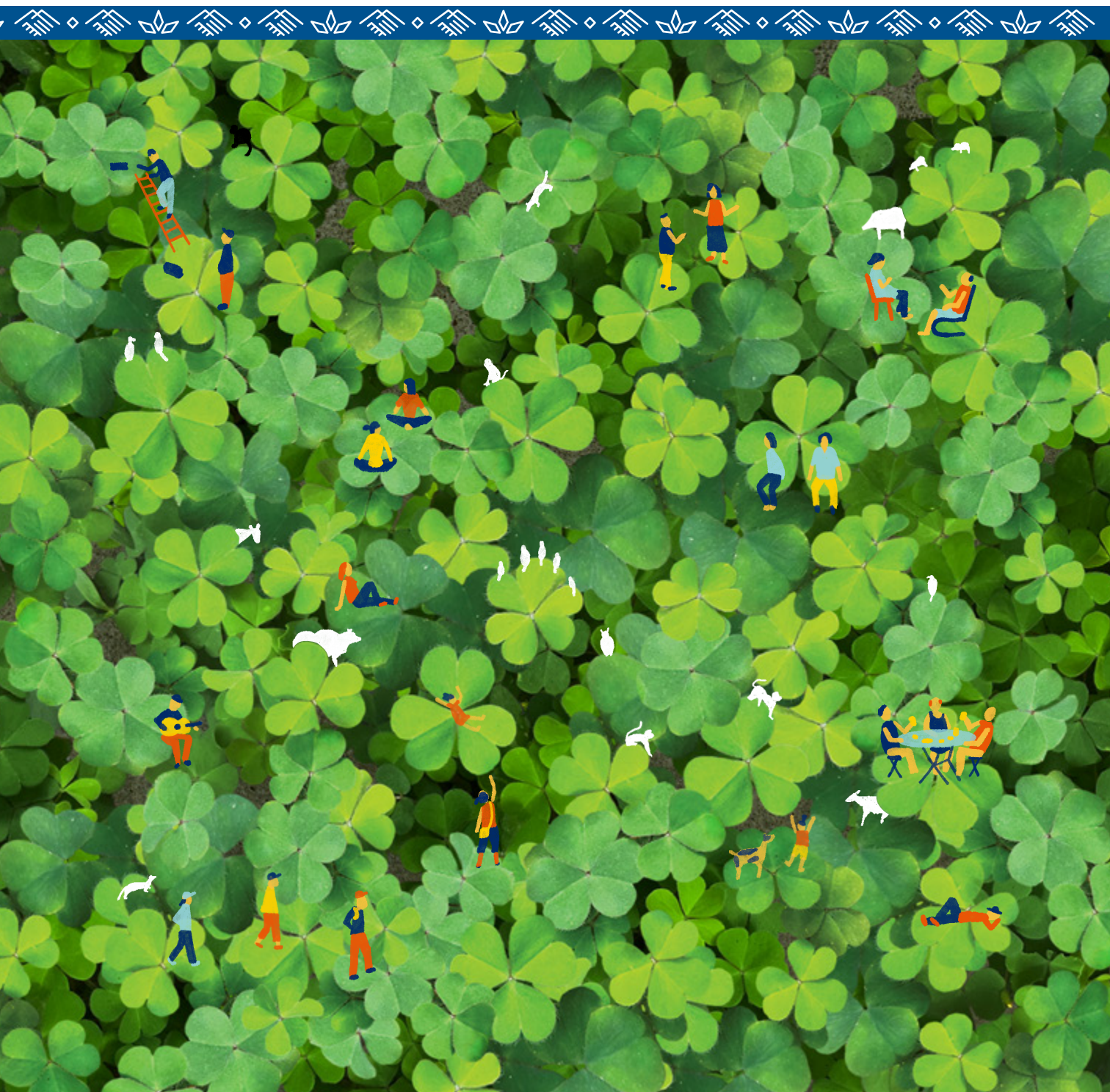


社区伙伴

Partnerships for Community Development



年报 Annual Report 2021-2022





序言 FOREWORD

社区伙伴在考虑了疫情期间的出行限制，以及内地与香港更紧密的融合等重重因素后，决定巩固现有项目的同时，在香港开展新项目。

我们乐于看见内地的工作发展能有效调整，着力与本地基金会及有志于发展可持续生活的新兴群体合作，分享我们过去二十多年来所累积的知识与经验。与此同时，我们也很高兴，能在机构的家园——香港，身体力行，开展工作。

社区伙伴的姐妹机构——嘉道理农场暨植物园（www.kfbg.org），同是由嘉道理基金会资助，自1950年代起，一直致力服务香港的草根群体。透过成立香港项目，社区伙伴能连结嘉道理农场、其他香港伙伴与内地的网络，壮大推动生态文明的力量。

我们也一直相信，要回应这个时代的危机，必需加深对自然的理解与体验，并培养本地社区和经济的韧性。或许更重要的是，我们从自然中体会相互依存的喜悦，生活能更满足。

为着实现这些愿望，我们的工作团队、合作伙伴及同行者，全心全意地贡献宝贵的时间、精力与爱心。对此，我由衷地表示钦佩与感谢。

安德鲁·麦哥利
社区伙伴 管理委员会主席

A combination of factors – including restricted travel due to the ongoing pandemic and greater integration of Hong Kong with the Mainland – has led PCD to consolidate its overall programmes, whilst establishing a new focus on Hong Kong.


We welcome the opportunity to streamline our efforts on the Mainland, with a greater emphasis on partnering with domestic foundations and other emerging players in the field of sustainable living, to share the knowledge and experience we have gained over more than 20 years. At the same time, we are delighted to be able to ‘walk our talk’ closer to home with the emerging Hong Kong Programme.

PCD’s sister organisation, Kadoorie Farm and Botanic Garden (www.kfbg.org), which is also funded by the Kadoorie Foundation, has been supporting grassroots communities in Hong Kong since the 1950s. By developing a Hong Kong Programme, PCD will be able to connect KFBG and other local partners with its Mainland networks, thereby greatly strengthening the movement toward an Ecological Civilisation.

It remains our belief that this work of deepening our understanding and experience of nature, whilst building resilience into local communities and economies, is a necessity for addressing the crises of our times. More importantly perhaps, it enables us to lead fulfilling lives, as we realise the joy of our interconnectedness.

I offer my deepest admiration and gratitude to all you great souls, amongst our staff, partners and other supporters, who share these aspirations and devote your precious time, energy and love toward their fulfilment.

Andrew McAulay
Chairperson, Management Committee
Partnerships for Community Development





1	序言 Foreword	
4	社区伙伴简介 About PCD	
6	工作理念 Our Theory of Change	
8	内地项目 MAINLAND PROGRAMME	32 香港项目 HONG KONG PROGRAMME
12	大自然的智慧 Wisdom of Nature 让自然教育与高校老师相遇 Teachers Meet Nature Education	34 转化学习 Transformative Learning
14	生态农耕 Ecological Agriculture 从老品种到生物多样性保护——社区、科学家与政策的对话 Seed Conservation and Biodiversity: Farmers, Scientists, and Policymakers in Dialogue	36 内在生命的滋养与照顾 Nature Nourishes Our Inner Being
16	社区经济 Community Economy 自造漫滩——鸿雁家政女工小组的成长 Domestic Workers, Community, and Wellbeing	40 应对气候变化的社区韧性 Building Community Resilience for Climate Change
18	传统知识学习与创新 Traditional Knowledge and Innovation 在雅安山地，一场属于村民的本土农耕智慧发现之旅 The Journey of Rediscovering Local Wisdom	42 社区起动——从节能关注气候变化 Climate Change & Kwai Chung – The Power of Community
20	可持续生活网络 Sustainable Living Network 从小入大：乡村绿色领导力的培养 Start Small, Go Deep: Cultivating Eco-Leadership	46 社区经济 Community Economy
22	内地项目一览 Mainland Project List	48 文创志业与手艺精神 Exploring the Spirit of Art and Alternative Careers with Youth
28	致谢 Thank You	52 拓展社区经济的想像 Community Economy in Tin Shui Wai – Outward and Inward
		56 文化和社区建设 Culture and Community Building
		58 让社区故事说下去 Stories and Culture Live On in To Kwa Wan
		62 香港项目一览 Hong Kong Project List
		63 致谢 Thank You

社区伙伴简介

ABOUT PARTNERSHIPS FOR COMMUNITY DEVELOPMENT

社区伙伴是一家在中国内地与香港工作的社区发展机构，2001年5月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。社区伙伴于香港注册，为香港特别行政区《税务条例》第88条下获豁免缴税的慈善机构。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、人与大自然的和谐共存之道，学习和实践有尊严并可持续的生活。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。于中国内地，社区伙伴与合作伙伴在生物多样性保护、生态农耕、自然教育、环境保护与污染防治等领域开展合作。而香港项目则主要以转化学习、应对气候变化的社区韧性、社区经济，以及文化与社区建设四个核心议题而展开。同时，社区伙伴也会连结海外可持续生活的网络，相互学习及协同。

Established in Hong Kong in May 2001, Partnerships for Community Development (PCD) is a community development organisation that works in mainland China and Hong Kong. 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”. Registered in Hong Kong, PCD is a tax-exempt charity recognised under Section 88 of the Inland Revenue Ordinance of the Hong Kong SAR. 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. The goals are to invigorate the inner motivation of communities, promote understanding of sustainable living and encourage individuals and communities to practise living sustainably. In mainland China, PCD develops cooperation with partners in the areas of biodiversity conservation, ecological agriculture, nature education, environmental protection, and prevention and control of pollution. In Hong Kong, PCD’s programme is developed around four themes – Transformative Learning, Building Community Resilience for Climate Change, Community Economy, and Culture and Community Building. At the same time, PCD will connect with overseas sustainable living networks to facilitate mutual learning and synergy.

我们的愿景

人与人、人与大自然和谐共处。

OUR VISION

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

我们的使命

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连结，探索实现可持续生活的道路和方法。

OUR MISSION

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

探索可持续生活

社区伙伴理解的“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。

可持续生活的探索，没有标准的定义，也并非一蹴而就，是一个不断协力向前的过程。它建基于我们对主流发展模式的反思，以及对万物一体的感恩。我们相信，面对当今充斥全球的生态、社会危机，需要社区、社群更多的意识觉醒，转化价值观与生活方式，自觉地创造新的生活选择。

社区伙伴支持建基于草根社区／社群的可持续生活多样性实践，鼓励及凝聚多元背景的生活者，共同构建小而美、多节点，以及相互连结的可持续生活网络，一起推进和普及可持续生活。

SUSTAINABLE LIVING

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.

The search for sustainable living has no definitive way, nor is it quick and easy; it is a continuous process involving cooperation with multiple partners. It is based on our reflection on the mainstream model of development, and our gratitude from our awareness of oneness with nature. PCD believes that in a world full of socio-ecological crises, there is a need for community awakening, transforming values and ways of living, and consciously making new life choices.

PCD supports a wide range of grassroots community action on sustainable living. We encourage and engage sustainable living practitioners of various backgrounds to build multiple small and beautiful networks that are strong and interconnected. Together we endeavour to promote sustainable living to a wider audience.

工作理念

OUR THEORY OF CHANGE

我们与草根社区和社群建立伙伴关系，使社区变得有韧性，共同探寻和实践可持续生活的道路。

PCD works in partnership with grassroots communities to build resilience and explore ways of living sustainably.

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，以重建人们与自然的连结。

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.

在城市，我们协作居民思考自身不只有消费者角色，也可以是满足生活所需的生产者，和主动选择可持续劳动或消费方式的生活者。我们也反思城乡的二元分割，并通过挖掘农耕多元价值，重建城乡互动。我们与农村社区一同梳理传统文化的价值，陪伴社区透过适当的传承与创新，回应主流发展所带来的挑战，找到属于自己的道路。

We facilitate urban dwellers to consider that they can have more meaningful roles in society other than as mere consumers: they can be producers and sustainable living practitioners who consciously make work and consumption choices coherent to their values. We also seek to rebuild rural-urban interactions through recognising the multi-functionality of agriculture. We work with rural communities to rediscover the values of traditional culture. Through preserving and innovating traditional knowledge, communities could respond to challenges from mainstream development and find their unique pathways to sustainability.

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, and to generating collective action for change.

通过对话、长期陪伴、经验交流等方式，我们支持社区协作者怀着社区文化和更广大的社会生态视角，寻找本地适宜的方法，解决他们所关心的事情。

Through dialogue, long-term accompaniment and exchange of experience, we encourage community facilitators to seek local solutions, and adopt a wider perspective, embedding community culture and socio-ecological issues as they approach topics which are close to their hearts.

建立内在力量

Building Inner Strength



内在的力量源自内心与大自然的连结，它能使个人和社区的动机得以持续，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.

社区伙伴与社区内外的协作者合作，帮助人们领悟大自然的智慧，顺应自然之道，在万物中重新找到自己的位置。这种自我觉醒和内心平和，将成为社区协作者的内在动力，持续为社会带来积极改变。

PCD works with community facilitators to appreciate the wisdom of nature, to follow nature’s way and rediscover our place in relation to all beings. Such self-awareness and inner peace would become the source of motivation for community facilitators as they strive for sustained positive change in society.

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。

We strive to enhance and sustain grassroots capacity to promote sustainable living and to build up momentum for a wider movement.

我们适时推动不同层次、议题、群体网络的交流，一方面能带来思路的碰撞，另一方面也让社区协作者看到即使行动和议题有异，背后对可持续生活的关注并无二致。这让原来的网络有更多成长空间——社区协作者将发现更多同路人、更多合作的空间，和更多相互学习和支持的可能。

By cross-pollinating networks of different levels, issues and groups, we encourage mutual stimulation of ideas. Community facilitators would be able to see that despite differences in actions and issues, the ideal of sustainable living is shared across networks. Such realisation brings about more possibilities – community facilitators would discover more like-minded persons, more room for cooperation, and more possibilities for mutual learning and support.

内地项目

MAINLAND PROGRAMME

这年度，我们继续与草根社区和社群一起深化对可持续生活的理解，交流经验；也因应生态文明、乡村振兴等重要策略，扩展多元网络，促进不同群体的对话，把宏观议题连结社区实践。

In the past year, PCD further expanded our network of collaboration and dialogue and built strategic bridges for ecological civilisation and rural revitalisation, our two main goals. Our partners bring new approaches – such as nature education – as well as new community responses to climate change. They enrich our understanding of sustainable living.

探索人与自然的连结，推展多元自然教育

我们秉持生态中心主义哲学，认同人与自然是生命共同体，彼此平等共生。我们所倡导的可持续生活，是基于相信在不同地区的社群，经久存在一套与自然和谐共处的知识与智慧，因此在不同社区透过生态文化和自然教育项目，探索人们连接自然的路径。

在云南、四川等地的农村社区，通过参与式社区调研，发掘传统文化中的生态智慧，建立自然与日常生活的联系，并成为乡村自然教育的独特脉络。在北京、广州等城市，我们支持培育社区自然教育实践者，如在北京发展以种子图书馆和园艺为主的自然教育课程系统；为特需儿童设计自然教育活动，带动他们亲近自然，促进身心健康发展；同时推动家长共学，形成相互支持的社群。在四川，针对高校缺乏自然教育老师及适当教材，开展培训工作坊和共学，并编写课程，以期更广泛推展自然教育。

关注生态及气候议题，协作社区和社会组织的参与

在面对当前生态危机、气候变化等宏观议题，我们尝试在社区实践层面回应。2021年，我们和伙伴参与《生物多样性公约》缔约方大会第十五次会议，期望通过种子等议题，让不同群体看到生态农耕对整全健康和自然环境的正面影响。在论坛上，参与的科学家有机会与社区和社会组织对话，了解社区的在地行动，而社区村民也看到生态农耕实践与这些宏观议题的联系。

我们也看到，社会组织是推动生态转型的重要力量，需要跨组织、跨议题之间的协力，增加对话和合作的机会，一起探索整全的解决方案。我们支持资助者平台机构和一线资助者网络、社会组织工作者社群，以课程、工作坊、参访、参加国际会议等形式，开阔国际视野，深入了解环境议题；也通过案例整理、行动研究的方法，发展系统性解决社会问题的能力。

推动城乡社区实践可持续生活

与大自然连结、对宏观生态议题的回应，最重要是回到生活的反思与实践。在云南，支持少数民族社工结合其源于乡土的内在动力、在地文化智慧，更有自觉及信心协作社区保育生态。要推动乡村振兴，妇女往往是社区的重要力量。在四川成都远郊社区，我们协作妇女探索个人成长和建设组织，并参与改善社区自然环境。在四川雅安，协作社区调查，并依托乡土教育、生物多样性保护探索与可持续生活实践，修复社区关系和生态环境。在西南多个社区，鼓励村民以社区为主体，利用简单的拍摄工具，记录生活与文化，反思可持续生活的内涵。

在广东、四川、北京及东部城市地区，我们支持生活者反思城市生活的局限与危机，探索可持续生活的在地行动。在广州，透过人才培养、学习体系、共同行动等，促进广州城乡互助和多元参与，同时支持小农友善生产的工作。在珠三角地区城镇化的农村社区，协作村民开展社区深度调研及可持续生活培训。在北京，支持外来务工者社区更聚焦发展社区经济，提出绿色家政工构想，着力于连结人与自然、与他人以及人与自我。在广州，支持身障社群透过自主生活工作坊、自主按摩计划等，探索自主生活与生计，并实践可持续生活。

Diverse Paths to Reconnect with Nature

Over time, our ancestors have developed harmonious ways to live and interact with nature. Such local wisdom guides our partners in their nature education initiatives. Villagers in southwestern provinces are tapping into the roots of their traditional culture in their evolving model of rural nature education. Partners in cities like Beijing and Guangzhou of Guangdong Province are also integrating nature education into community life through seed libraries, eco-gardening, and more. Bringing the benefits to a wider population, we support special needs children and their parents to nourish their body and mind in nature. In all of these explorations, we learn and act as one modest part in the large web of life, and we help nurture nature educators with this pivotal philosophy. The co-learning and curriculum development project in colleges and universities of Sichuan Province is yet another step in the direction of restoring threads of connectivity.

Climate Crisis and Social Engagement

Dialogue and collaboration create synergy in our response to climate change and the ecological crisis. PCD supported our partners to the COP15* in 2021, engaging farmers, scientists, policymakers, and social organisations to share their different efforts and experience. People are seeing that local action of seed conservation and eco-farming can counteract the global crisis.

Likewise, we support the building of networks among donors and also practitioners of social organisations. Their diverse experiences and perspectives are shared in workshops, exchanges, and international conferences. Case studies of such diversity contribute to interdisciplinary and holistic solutions.

Sustainable Living in Practice

Translating the above-mentioned issues, concepts and reflections into action, PCD and our partners keep exploring community practices that enhance our connection with nature, with one another, and with our inner self. We see social workers of various ethnicities in Yunnan Province working in their own cultural communities on nature conservation, driven by the appreciation of their traditions and wisdom. In rural Sichuan Province, the joint paths of personal growth and

community initiatives enhance women’s confidence and conviction. Village women in Ya’an are the backbone of a community research team on local wisdom and the wide range of initiatives to rebuild community connection and improve the ecology. Villagers in other southwestern provinces take up yet another approach: making video documentation of their culture – they literally look at their own way of living for reflection.

Urban life presents a different set of challenges. Partners in Guangdong Province, Sichuan Province, Beijing, and eastern cities respond with local innovations. The green domestic workers in Beijing trek the path of community economy, seeking to redefine and reshape the economy from one of competition and personal gain to collaboration and reciprocity. In Guangzhou, people with different abilities try to break through physical and social constraints, exploring ways to achieve an independent and sustainable livelihood through self-care and employment initiatives. Eco-farmers in Guangzhou are also paving their own paths, collaborating with urban counterparts, learning and acting collectively, and building mutually enhancing rural-urban links. Villages in the Pearl River Delta Region are more urbanised than those in inland Guangdong Province, yet their rural heritage and wisdom are not to be buried. Villagers are taking their very first steps of keeping it alive with their own community research.

Community-based practices with our partners over the past year are adding a fertile layer to the soil in which the seeds of sustainable living can grow and flourish.

* The 15th Meeting of the United Nations Convention on Biological Diversity

让自然教育与高校老师相遇

在四川大学一门名为“热点环境问题探讨”的选修课上，玩手机的低头族比较少见，同学们乐于在校园里寻找自己的“秘密花园”、画“校园绿地图”……这是周瑾老师（自然名：狗尾草。以下老师名称均为自然名）布置给同学的作业。这样的教学尝试得益于周老师常年在社会中参与自然教育实践累积的经验。相较于近年来在社会上的蓬勃发展，自然教育在高校尚属新鲜事，因此，作为在高校开展自然教育课程的试水者，狗尾草的心愿是找到更多教研同伴。

2021年5月起，在狗尾草的牵头下，社区伙伴和四川大学建筑与环境学院下属可持续研究与教育中心达成了“大学自然教育师资养成携手计划”的合作，并得到四川省林学会森林康养和自然教育委员会的支持。项目吸引了来自成都、贵阳、昆明、重庆和湖北等19名不同专业背景的高校教师，展开了为期一年的社群建设和共学计划。

2021年10月起，项目团队协作开展了三场线下工作坊和丰富多样的日常共学，在老师们的社群营造、自然教育活动体验和课程设计系统学习上，都取得了一定的成果。来自生态学、旅游管理、建筑学、中医药学等不同院校的老师聚在一起，触发了不同学科视角与自然教育的碰撞，打开视野的同时，也拓展了关于自然教育的想像。

第三次工作坊为期六天，大家来到了四川凉山州的山林中，那是来自西昌学院城乡规划专业老师杉海（刘燮）的生态农耕试验农场，伙伴不但切身感知了杉海的在地实践，还在人类学老师的协作下开展了“自然与文化”主题的田野调查，使大家对当地社区的民俗文化、旅游、农业和村史都有了一定了解。这样的活动让老师们意识到，自然教育不能游离于社会之外，而应扎根于社会，相融于社会文化和生活。此外，老师们还在日常生活中自主共读、研课、徒步山林、绿色生活打卡等，在个人成长和开拓自然教育的路上找到了同行伙伴。

令人欣喜的是，携手计划的旅程在不少项目成员的生命中开花结果。研究物种资源利用的晴天（汪燕）在贵州师范大学宝山校区发起了“自然家共学社团”；来自湖北黔江的菜根（吴菡）一直致力推广校园堆肥，如今开始尝试将生态伦理等自然教育理念融入其中；四川成都中医药大学的甘草（万鹏）在项目的启发下报名了自然笔记的课程，在中草药药园里做自然观察和记录……。

一年多的时间，“他年花开”大学自然教育共学社群的诞生和成长带给狗尾草也带给高校老师灵感和力量。在狗尾草看来，一方面，大学校园是实践系统性自然教育的适宜场域；从整个社会来看，目前自然教育发展缺乏人才，与其未进入高等教育人才培养计划有关。如果越来越多老师在大学里开展有关工作，就能让自然教育逐步在高等教育中扎根、发芽。

未来，希望有更多的高校老师和自然教育相遇，在人与人、人与自然的连结中展开新的世界。

四川大学建筑与环境学院的自然教育社群伙伴在一起共学。
Members of a nature education group at Sichuan University learn from one another.

TEACHERS MEET NATURE EDUCATION

Nature education courses, new to secondary and tertiary level institutions, are attracting people from across the country. In the elective course Emerging Environmental Issues at Sichuan University, students happily delve into their assignments of finding ‘secret gardens’ and making green campus maps. Their teacher Zhou Jin, an experienced nature education practitioner, designed the course as part of her goal to build up a network of nature educators. Zhou calls herself Foxtail. She’s from a new generation of nature educators who name themselves after nature – you will soon meet Sea of Fir, Sunshine, Vegetable Root, and Licorice.

In May 2021, the Sustainable Research and Education Centre of Sichuan University’s College of Architecture and Environment launched a year-long community building and co-learning project with secondary and tertiary teachers, in partnership with PCD. Led by Foxtail, the project aims to develop nature education curricula, experiential activities, and educators. The diversity of the 19 participating teachers – of Anthropology, Architecture, Chinese Herbal Medicine, Ecology and Travel Management, from Chengdu City, Chongqing Municipality, Guiyang City, Hubei Province and Kunming City – has brought a range of perspectives, widening the project’s scope and expanding people’s imagination.



The team has coordinated three workshops and regular co-learning activities since October 2021. Participants visited an experimental eco-farm developed by Sea of Fir (Liu Xie), a teacher at Xi Chang College, Sichuan Province. Anthropology teachers facilitated activities that integrate nature and culture, including local history, agriculture, vernacular culture, and tourism field studies. Becoming more aware of the need for nature education to be rooted in society, culture, and daily life, participants organised various co-learning eco-activities, including mountaineering. They supported each other on their journeys, of personal growth and as nature educators.

The project has yielded fruit. At Guizhou Normal University, Sunshine (Wang Yan) has initiated a co-learning club on species resources. At Hubei Qianjiang University, Vegetable Root (Wu Han) promotes eco-ethics and composting on campus. At University of Traditional Chinese Medicine in Cheungdu, Sichuan, Licorice (Wan Peng) is teaching a new course to observe and document changes in the Chinese herbal medicinal garden, adopting the nature note-taking approach.

Back in Sichuan Province, Foxtail continues to inspire through the nature education co-learning group called To Blossom. While Sichuan University has become a nature education hub, many educational institutions have yet to add the courses to their curriculum, and there is a nationwide shortage of nature educators.

As always, we hope for more people-people and people-nature connections, thus we hope that more teachers can embrace nature education, which can help open up a new world.

从老品种到生物多样性保护——社区、科学家与政策的对话

2021年10月11日至15日，联合国《生物多样性公约》缔约方大会第十五次会议第一阶段会议在昆明召开。值此之际，我们与伙伴合作，举办边会和主题论坛，分享社区为本的生物多样性保护经验，促进多元群体之间的交流。

其中的“高端政策论坛和对话：社区、科学与社会组织在生物多样性保护中的角色与合作”由我们所支持的伙伴南宁市绿种扶贫服务中心（农民种子网络）举办，牵起了社区、科学与政策之间的交流，借此让不同群体、角色协同合作。

论坛环绕三个主题：生物多样性和传统生态文化知识的保护利用、惠益分享和社区实践。社区代表们以“世界咖啡馆”的形式，分享了多样化的在地实践经验。科学家和社会组织则报告了生物多样性保护利用的行动、研究和政策的进展；社会组织、社区代表们的分享，让科学家们更理解社区中充满活力的保护路径；科学家们的介绍，让社会组织、社区代表看到最新的科学研究成果、政策进展的全景。而这次论坛参加者来自全球八个国家的研究机构和实践者，包括国内20多个科研机构、大学、社会组织及来自七个省16个农村社区的70多位农民代表，共150余人。

正如广西融水的社区代表所说，“（各地）有那么多年轻人在保护种子，看到了未来的希望”。来自全国各地、不同背景的参会者在此相遇，在真诚而热烈的交流中，备受鼓舞。大家在讨论是否有好的市场前景才能保护好老种子时，贵州流芳村的社区代表提出：“好像没有买卖就没有（老品种）传承，农民世代保留的老品种也不是那么好卖，那我们怎么传承呢？”这提问厘清了思考，保护老品种并不只是看重经济收益，而应回到当地的自然生境和传统文化中去考量价值和意义。

不同人群间的交流也丰富了思考的维度，如来自纳西族、侗族、哈尼族、藏族、傣族、基诺族、壮族、白族、汉族等九个不同民族的案例，让大家看到传统文化、地方知识与生物多样性保护紧密相连，保护文化多样性，也就是保护生物多样性。

10月14日，我们跟中国生态文明研究与促进会合作，举办了“生态文明论坛主题论坛三：绿水青山就是金山银山——从理念到实践”。来自政府、科研机构、非政府组织、企业等的专家学者和各界代表，齐聚一堂，从理论到案例，探讨保护的路径和机制。论坛上，我们也分享了社区伙伴在生物多样性保护方面的经验。在云南高黎贡山自然保护区，一群老年人从调查本地传统文化、知识出发，探索传统文化 and 知识背后的价值，十年间，建立起生物多样性保护的内在动力。而在广西和贵州，生态农友们发起了地方品种保护网络，以种子保育回应生物多样性的挑战，老种子串起了农友、村寨，也发挥着文化纽带的功能。

生物多样性保护与每个人的生活都息息相关，多元群体在交流、讨论、行动中相互学习和激发，丰富彼此的视野，打开了更多样的路径。

参与论坛和对话的侗族农友讲解种子保护与传统文化。

A farmer of Dong ethnicity discusses seed conservation and traditional culture at the UN forum in Kunming.

SEED CONSERVATION AND BIODIVERSITY: FARMERS, SCIENTISTS, AND POLICYMAKERS IN DIALOGUE

Kunming hosted the first phase of the 15th Conference of the Parties to the United Nations Convention on Biological Diversity (COP15) from 11–15 October 2021. With partners, PCD supported several forums and side meetings to share community-based experiences.

More than 150 people from eight countries attended a biodiversity forum* supported by our partner Nanning Green Seeds Poverty Alleviation Service Centre (Farmers Seed Network). The Chinese delegates included over 70 farmer representatives from 16 rural communities across 7 provinces, and people from over 20 scientific research institutions, universities, and social organisations. Seeking collaboration and using World Café methods, they discussed conservation, utilisation, benefit-sharing, and community practices on biodiversity conservation. Scientists gained a deeper understanding from farmers as they reported on their communities’ biodiversity conservation practices while social organisations and community representatives got the chance to learn from the latest research, practices, and policies – each group had the chance to learn from each other.

Is a good market necessary for local seed conservation? A hearty discussion led to this remark by a farmer from Liufang Village of Guizhou Province. “It seems that with no trading, there’s no inheritance. Local varieties kept by farmers from generation to generation do not sell

well. How can we pass them on?” The question called for reflection: value and significance is not just economic, but involves habitat and culture.

“I see hope,” said a representative from Rongshui County in Guangxi Zhuang Autonomous Region. “So many young people [all over the country] are working on seed conservation.” Delegates also listened to case studies from nine ethnic groups – Bai, Dai, Dong, Han, Hani, Jino, Naxi, Tibetan, and Zhuang – and came to see that traditional culture, indigenous knowledge, and conservation are interwoven: conserving biodiversity is also conserving cultural diversity. Overall, participants found the exchanges to be sincere and enthusiastic, encouraging and enriching.

PCD also cooperated with the China Ecological Civilisation Research and Promotion Association to host an ecological forum.** People from all walks of life – from the government, scientific research institutions, NGOs, and enterprises – discussed the paths and mechanisms of biodiversity conservation at both the theoretical and practical level. PCD shared two initiatives. Over a period of ten years, elders near the Gaoligongshan Nature Reserve of Yunnan Province studied local traditional culture and then built up the community’s drive for conservation. Meanwhile, eco-farmers in Guangxi Zhuang Autonomous Region and Guizhou Province set up an innovative network to conserve and exchange local seeds, also connecting villages sharing the same culture.

In each of the many meetings, we learned from each other, widening our horizons and inspiring diverse paths of action. Conservation is for everyone.

* High-End Policy Forum and Dialogue: The Role and Cooperation of Communities, Science and Social Organisations in Biodiversity Conservation

** Ecological Civilisation Forum: ‘Lucid Waters and Lush Mountains are Invaluable Assets’ – Theory and Practice



自造漫滩——鸿雁家政女工小组的成长

2017年，北京鸿雁社工服务中心（下称“鸿雁”）开始与家政工共同实践社区经济的道路。第三期、也就是最近一期项目中，鸿雁对社区经济的理解、与社群的共建关系、知识生产都有了不同程度的进展。回望五年的实践，最重要的试验场莫过于各种各样的“小组”。

围绕环保清洁手作展开的“靓阿姨”小组可谓最为“资深”，两年间，人数扩大了，参与者也更为多元，小组需要重新建立社区经济理念的共识，即：为什么今天家政工需要建立互助文化，“社区经济”具体指什么，怎么去实现。在一次关于“靓阿姨”是否建立分销提成制的讨论中，一位新姐妹提议不公开配方和制作方法。问到为什么的时候，家政大姐也回答不上。伙伴看到，某些主流价值观已经潜移默化到家政工的意识。现代人整个生活都是在买卖关系中发生，似乎一切都可以“卖”和被“估价”。“靓阿姨”与其他经济合作如团购等的重要区别，在于实践上能否有意识地打破这种内化的价值观，而建立真正的“知识共享”，成为基于不同关系的美好生活想像和行动。

种植小组作为新发展的小组，微信群已有三十多位家政工，能相约种地的姐妹约有七、八人。由三人组成小组长团队，分别负责技术支持、组织动员、购买种子和工具以及工具管理。种植原本就是部分家政姐妹生活的一部分，不用刻意组织，也可形成小范围的网络。而鸿雁工作团队则试图透过小基金和集体会议等方式，使家政工的个人生活能引带出公共性的意义，比如“带动”更多人种植。

鸿雁了解到家政工对于自身健康、外在形象和内在情绪都渴望有所改变，今年特别以“读书共学小组”形式开始第一次身心健康的主题。在共创知识的同时，也相互陪伴，彼此支持。在第三次正式共学后，导读的部分由原来工作人员变为家政工负责，家政姐妹可以进一步参与生产共学知识，同时提高大家的自信和表达能力。

除上述之外，还有摄影小组、费家村文艺小组、写作小组、身体工作坊等等。这些小组型态各异，但持续生长，仿佛时间河流沉积出的一片片漫滩，对家政女工来说，是个人与外部环境的中间带，是小规模的合作场，更是工作与生活相杂糅中的身心灵栖息地。

伴随着鸿雁的机构转型，社区经济也更为聚焦。2021年鸿雁在策略规划后，提出了绿色家政工工作构想，并提出开发课程体系，激发对行业的影响和社会的改变。课程体系主要分为三大板块，有不同的探讨焦点：绿色家政理念和技能着力于人与自然的关系；沟通能力着力于人与他人的关系，而自我照顾与认知能力着力于人与自我的关系。一部分具体的实践则预计在下一期社区经济项目中探索。

无论是回望过去还是展望未来，值得反覆思考的是：经济不应仅是消费、买卖和市场里的运营，也可以重构人与人、人与自然的关系，从竞争、榨取式转化到合作互惠、友爱共存的关系。

鸿雁的家政工在费家村的田地，感受收获的喜悦。
A domestic worker with Hongyan feeling the joy of a harvest in the fields of Feijia Village.

DOMESTIC WORKERS, COMMUNITY, AND WELLBEING

Beijing Hongyan Social Work Service Centre (Hongyan) kicked off community economy initiatives with domestic workers in 2017. Over the past five years, Hongyan has witnessed that groups are by far the most important factor in learning, developing co-working models, and building eco-practices.

Workers can choose among several groups: green living, reading, photography, village art and culture, writing, holistic wellbeing, and more. New groups are always being formed, and each runs a bit differently.

Beautiful Aunties, their first green living group, has expanded and diversified its membership, especially in the past two years. With such growth, there's a need to build consensus and ask questions. Why is mutual help needed among domestic workers? What is community economy and how can we build it? Hongyan is aware that most domestic workers have absorbed the mainstream thinking that everything has a price tag. Beautiful Aunties aspires to other values, working to create an authentic cooperative way of eco-living, based on sharing and relationships. It is an important difference between the group and other collaborative economies like joint purchasing.

In 2021, Hongyan proposed a green curriculum to effect changes in the domestic worker industry and in society at large. It's three-pronged: green housekeeping principles

and skills focusing on the people-nature relationship, communication skills focusing on interpersonal relationships, and self-care and cognitive abilities focusing on the relationship with oneself.

The new Farming Group is led by 3 of the 7 or 8 domestic workers who also do farm work. They take care of technological support, membership, purchasing seeds and tools, and more. About 30 joined the farming WeChat group, and some who come from farming communities naturally form sub-groups. Through small grants and other incentives, Hongyan tries to encourage more people to farm.

With workers now coordinating the Reading Group, they're more empowered and engaged. Members have built up knowledge on co-learning, developed self-confidence, and seem more comfortable expressing themselves. The group discussed wellbeing for the first time this year.

For domestic workers, these groups have been an interface between one's inner and outer world. A chance to collaborate with others on a common theme. A place where the body and mind is invigorated.

Economy should not only be about competition, extraction, consumption, and the market. A healthy economy focuses on the community, keeps people-people and people-nature relationships strong, embraces reciprocity and collaboration, and fosters a life with love.



在雅安山地，一场属于村民的本土农耕智慧发现之旅

雅安，坐落于四川盆地西部边缘，地形以山地为主。而天全县则地处二郎山东麓。传统上，这里以刀耕火种、靠山吃山、靠水吃水的方式生活，但随着社会和经济的快速发展，以及经历了2008年和2013年两次大规模的地震，当地以农耕生产生活为基础的社区互助模式与精神，受到了严重的冲击和弱化。

2021年5月，社区伙伴开始与雅安当地的普乐同行青年公益发展中心合作，以传统本土生活智慧为切入点，和天全县三个村落的文化站工作人员及15名社区骨干协作，希望修复社区关系和改善生态环境，恢复村庄活力，增强社区韧性。其中，历史悠久的红岩村是较为典型的实践。

红岩村当地特有的水稻老品种“香谷米”是历史贡品，当地村民谈起香谷米时，都对它的香味、口感记忆犹新。以前，每家都会少量种植，但由于产量比较低，加之人员大量外出打工，很多人家田地撂荒，现今村内已鲜有人种植。在确定了红岩村以传统农耕文化调查与社区行动为主线后，村协作者小组积极推动，以中年娘娘为主的村民围绕寻找老品种展开社区调研，结合水稻种植时令，收集了当地有关种植的风俗习惯，恢复举办春分炒虫（春分时节，村民把准备播种的瓜果蔬菜种子分出一点炒熟吃，寓意驱赶害虫，庄稼少虫、少病）、开秧门（农忙抢种的开始，祈福风调雨顺）等活动。此外，协作小组还把寻找到的香谷米，在社区做大锅饭请老人家品尝鉴别，推动群众讨论，宣传老品种保育的价值，并把种子分享给感兴趣的村民种植。前前后后有150人次参与，更多的村民对香谷米生态种植萌发了意愿，社区骨干也参与了更多的社区公共活动。

除此之外，项目重要的工作线索，是结合红岩村丰富的传统手工艺和农耕文化，开展文创设计和儿童乡土教育。村协作者小组结合具体的农事活动，组织当地儿童跟着大人学习种植、认识当地农作物和学唱山歌等；邀请当地竹编手工艺人，为孩子们介绍本地不同品种竹子制作的农具，并教孩子做“刷把”这样的日常用品。

项目还提供社区行动小额支持资金，支持村里的妇女钩织小组围绕本地动植物、二十四节气、日常生活场景等本地元素创作“红岩娘娘”手工艺品；发掘社区传统手工作坊，恢复传统食物制作工艺，如手工挂面坊、手工酱油坊、榨油坊和发糕坊等，推动“红岩娘娘”一坊一品，提升村民的文化自信；探索开发香谷米、腊肉、香肠、竹笋等本地农特产“红岩娘娘”伴手礼。值得一提的是，这些伴手礼就像从前传统农耕生活时期一样，是社区内部村民走访亲友时互送的，有所剩余才对外销售。

面向未来，项目会尝试与伙伴从对外寻求资源转而向内看，从自我发现和认识地方知识，到以老品种为切入点的社区调研学习、反思和行动。同时，继续探索更多本地农耕生活智慧的可持续行动，保护大家赖以生存的土地、森林、河流、种子、动植物和家园。属于村民自己的本土农耕智慧发现之旅未完待续。

村民在红岩村稻田打谷子，那是当地特有的水稻老品种香谷米。
Villagers in the paddy fields of Hongyan
Village threshing Hongyan fragrant rice – a local speciality.

THE JOURNEY OF REDISCOVERING LOCAL WISDOM

For hundreds of years, people living in Tianquan, at the edge of Erlang Mountain in Sichuan Province, had a close relationship with nature: their farming methods accorded with the land and the seasons. Yet changes have come quickly over the past decades, with urbanisation and the earthquakes of 2008 and 2013. Mutual help, integral to their agricultural life, substantially weakened.

In May 2021, PCD began partnering with Ya'an Pule Tongxing Community Service Centre to restore local wisdom and beliefs, rebuild community connections, improve the ecology, and reinvigorate village vitality. Specifically, the project would nurture and support 15 local facilitators from three villages in Tianquan County. One of the villages, Hongyan, is known for its fragrant rice. Yet, many villagers had abandoned their paddies – as the crop can be low in productivity – when they opted to work in the cities. The facilitation team thus sought to revive the fragrant rice at the heart of Hongyan culture. The team started with surveys on local crops and seasonal customs and worked alongside their fellow villagers, mainly middle-aged women, on various community initiatives. Together, they revived the lost custom of eating stir-fried seeds during the Spring Equinox, believing it to drive away pests and disease. They also revived another tradition, literally the ‘opening the door of the seedlings’ ceremony: praying for a good harvest before planting any seeds. At a communal event,

village elders ate Hongyan’s fragrant rice, shared its seeds, and talked about the value of seed conservation and eco-farming. In all, about 150 people joined these activities. Village children were not forgotten! They too participated in community education, learning how to farm, sing folk songs, identify crops, and make handles for tools. They can now differentiate the local bamboo varieties used for different farming implements.

Supported by small grants, villagers developed their label Hongyan Aunties, creating a range of items with traditional components. One women’s group has crocheted handicrafts depicting local animals and plants, the 24 solar terms, and daily Hongyan life. Other women have restored small businesses in handmade noodles, soy sauce, oil pressing, and steamed rice cakes. Others still have produced Hongyan Aunties gift sets of fragrant rice, bacon, sausages, bamboo shoots, and other local specialities; these gift sets are traditionally offered during visits, and sold only when there’s a surplus. Yet everything bears the name Hongyan Aunties, and this has led villagers to feel a growing sense of pride and confidence in their culture.

The villagers’ journey of self-discovery has just started. Local crops – like Hongyan fragrant rice – are but one way to open paths of study and action. PCD and our partner will next explore ways to further strengthen communities’ internal resources, and shift away from the external. A healthy life depends on a healthy home and community, physically and culturally.



从小入大：乡村绿色领导力的培养

社区伙伴与云南绿色发展基金会合作，在云、贵、川推动的“乡村社区绿色领导力能力建设项目”（以下简称“绿色领导力项目”）第二期招募伊始，成都青朴社会工作服务中心的何桥腊（小桥）不想再申请，她认为第一期项目没有“像样的成果”，没了再申请的信心。后来一位老师鼓励她说：不要认为自己能做多大的事，先从小处切入，再逐步深入，然后沉下心来，跟着社区的变化而走。

得到老师的鼓舞，她申请到第二期项目，项目地点依然在小桥的家乡四川黑龙滩的社区。黑龙滩水库是20世纪70年代由全县人民共建的，小区为典型的“农转居”（农业户口转居民户口）拆迁安置小区。社区居民环保意识淡薄，公共事务参与度较低。小桥希望通过开展绿色领导力项目，培养社区生态保护的本地协作者团队，并扩大参与生态保护群体的联系。项目共有八个议题和相应的协作小组，绿色领导力的内涵，也是小桥和该项目的伙伴反覆讨论的共识。探索方向包括追求价值导向、公益心、文化认同、社区关系建立，也注重与自然的内在联系，建立内在动力。

在项目过程中，小桥最初组织一些分享会，说着参与式、反思这些“高大上”的词汇，却不能与村民聊到一起，于是她开始与村民拉家常。居民其实有很多经历和想法，农转非（农业户口转为非农业户口）后他们离开土地，很多人找不到事儿干，原有的技能也变得不值一提。可是他们在交流碰撞中重新审视自己的过去和现在的生活。

慢慢地，小桥了解到大家对土地感情深厚，就从土地入手，组织和土地有关的活动，居民化身为“老师”，深入探讨植物跟自己、跟环境的关系。小桥见大家兴趣提起来了，就顺势从土地植物转到项目上来。她与社区10-20位的积极分子深入讨论学习和相关行动。主动牵头很难，小桥化身提问者：“为什么这些植物养不活？小区垃圾去哪儿了、这些垃圾怎么处理呢？”居民就成为问题的解决者，会主动以观察、行动来回覆，也会定期在微信群分享和讨论。

小桥的实践让我们看到，个人思维的转化也带动了社区的转化。目前，扎根在农村探索可持续生活的人和组织越来越少，加上行动者大多善于组织活动，但疏于人的培养；或只偏重技能的培养，对人的成长和改变不知道如何进行。从注重做事和服务转变为看重人的改变，需要方法，也需要时间和耐心。小桥和各协作小组一样，都在培育绿色领导力的路径与方法。

社区骨干组织爱家活动，吸引社区居民参与环境保护行动。
Community leaders encourage residents to engage in environmental protection.

START SMALL, GO DEEP: CULTIVATING ECO-LEADERSHIP

Partnering with Yunnan Green Environment Development Foundation, PCD launched the second phase of the Community Green Leadership Project in Yunnan, Guizhou and Sichuan Provinces.

One participant in the first phase, He Qiaola (Xiaoqiao), who founded Chengdu Qingpu Social Work Service Centre in Sichuan Province, felt she hadn’t achieved “decent results” and lost the confidence to continue. But an experienced community worker guided her, “Forget about big things. Start small, go deep. Be grounded, and follow the flow of the community.”

Encouraged, Xiaoqiao and her team rejoined and decided to work in her hometown of Heilongtan, in Sichuan Province, hoping to develop a team of local facilitators for ecological conservation. Situated along the Heilongtan Reservoir, which was built by the people of the whole county in the 1970s, the town is a typical agricultural-turned-urban community – that is, with demolition and resettlement. There also tends to be a low awareness of environmental issues and low participation in public affairs.

Despite these difficulties, Heilongtan still enjoyed social cohesion. Xiaoqiao and her community partners had come up with ideas around the pursuit of values, public spirit, cultural identity, community connection, the connection with nature, and motivation. They devised eight initiatives in all, each with its own facilitation team.



Xiaoqiao organised sharing sessions, using ‘participatory approach’ and ‘reflection’ practices that were unknown to the community and which did not yield much conversation. She then just talked casually with townsfolk, which brought forth considerable knowledge, experience, and suggestions. Through these talks, people realised that with the dissolution of rural Heilongtan life, they had become idle, which made them feel that their skills were inadequate and inconsequential, if not obsolete. They began to take a new look at their lives.

Gradually learning that most everyone in Heilongtan felt a deep affection for the land, Xiaoqiao followed the flow and shifted to land-related activities. About twenty residents joined a learning and action group, becoming “teachers” and discussing the role of plants in their local environment. Seeing their interest, Xiaoqiao shifted to asking questions: “Why can’t this plant grow? Where does the community’s garbage go, and how can we deal with it better?” The members then became “problem solvers” and went around the town, observing, seeking solutions, and maintaining regular discussions with each other through WeChat.

Organisations working towards rural sustainable living are dwindling – many are strong at running events and training sessions, but weak at nurturing personal growth. The shift from performing tasks and services to facilitating personal transformation calls for appropriate approaches, time, and patience. Xiaoqiao and the facilitation teams are exploring their path of cultivating eco-leaders. They have learned that a transformation of perspective drives the transformation of a community.

项目一览

PROJECT LIST

📍 北京	📍 Beijing
“爱在自然里”——特需儿童家庭的自然教育赋能计划	‘Love in Nature’ – Nature Education with Children with Special Education Needs and their Families
女工合作坊的社区经济实践	Community Economy Activities with Women Migrant Workers
家政女工社区经济骨干学习及实践	Community Economy Learning and Action with Domestic Workers
培养半塔社区骨干社群以加强可持续生活的实践及互助网络	Community Leaders Network Building for Mutual Aid and Sustainable Living in Banta Village
培育城市生态营造师社群	Supporting an Urban Ecological Design Practitioners Community
社区可持续消费的能力建设	Sustainable Consumption Community Capacity Building
零活实验室——零废弃社群发展研究	‘Go Zero Waste’ – Research and Development of Zero Waste Communities
培育种子图书馆馆长	Cultivating ‘Librarians’ for Seed Libraries
出版可持续生活杂志《比邻泥土香》第12、13期	Production of Fragrant Soil, a Sustainable Living Magazine, (Issues 12 and 13) (In Chinese)

📍 重庆	📍 Chongqing Municipality
“从土地到土地” 社区为本食农教育探索	‘From Our Land and For Our Land’: Community-Based Food and Agricultural Education
探索重庆农村 “社区为本环保志愿者网络” 培育手法	Exploring Approaches to Rural Community-Based Environmental Volunteer Network Development

📍 广东	📍 Guangdong Province
春田计划——广州城乡互助网络	Guangzhou Rural-Urban Mutual Help Network Development
城镇化农村社区可持续生活实践	Promoting Sustainable Living Practices in Urbanised Villages
广州身障群体的自主生计探索与互助网络建设	Exploration of Resilient Livelihoods and Community Building with People with Different Abilities in Guangzhou
珠三角可持续生活青年社群营造	Sustainable Living Network Building with Youth in Pearl River Delta
培育珠三角可持续社区的力量	Capacity Building for Sustainable Community Development in Pearl River Delta
探索广州番禺新桥村儿童友好及互助型社区发展	Exploring Sustainable and Child-Friendly Community Development in Xinqiao Village, Panyu District, Guangzhou
搭建广州社区生活者陪伴及共学网络	Co-Learning Network Building with Organisers of Citizens-Based Groups in Guangzhou

📍 广西	📍 Guangxi Zhuang Autonomous Region
搭建桂北地区朴门永续设计共学网络	Co-Learning Network Building on Permaculture with Returned Youth in Northern Guangxi
建设东部地区生态文化保护和知识的交流网络	Biocultural Conservation and Knowledge Network Development in Eastern China
广西地方品种在地保护	Local Seed Conservation in Guangxi
果树生态种植经验的整理与传播	Documentation and Publication of Ecological Orchard Management Experience
搭建南丹白裤瑶文化的可持续生活学习及社区交流平台	Learning on Traditional Wisdom of Baikuyao Culture and Building of Community Exchange Platforms
广西乡村社区青年学习与支持体系的先导探索	Research on Supportive Mechanisms for Community Learning with Rural Youth in Guangxi
培养广西社区支持农业网络青年力量	Nurturing Rural Youth for a Community Supported Agriculture Network
“邕有好生活”——搭建广西可持续生活互助网络	Building Sustainable Living and Mutual Help Networks

📍 贵州	📍 Guizhou Province
培育贵州水环境保护骨干力量	Capacity Building with Water Environmental Protection Facilitators
BeeCo——搭建贵阳城市生产者网络	‘BeeCo’ – Building Urban Producers Networks, Guiyang
侗乡有种——搭建黔东南地方品种保护平台	Community Seed Conservation Network Development in Southeast Guizhou
“追问上古智慧”——复兴贵州村寨社区文化学习	Revitalising Learning of Community Culture in Rural Southwest Guizhou
重织村寨合作精神——侗族妇女织造文化学习与分享	Learning and Passing on of the Cooperative Wisdom of Dong Culture through Traditional Weaving
探索从江少数民族社区的文化教育经验	Exploring Community-Based Cultural Education with Indigenous Communities in Congjiang
探索新生代乡村协作者的支持体系	Exploring Support Mechanisms with Young Rural Facilitators
贵阳乌当区垃圾减量及社区组织发展	Waste Reduction and Community Organisational Development in Wudang District, Guiyang
提升贵州乡村协作者的实践能力	Capacity Building with Rural Facilitators

四川	Sichuan Province
大学自然教育师资养成携手计划	Nature Education Facilitator Development with Educators at Secondary Schools and Universities
小厨师养成计划：宜宾市校园食农教育	‘Little Chef’ – Exploring Food and Agricultural Education at Schools in Yibin
“爱自然、爱生活、爱厨余”——成都城市生态农耕共学	‘For the Love of Nature, Everyday Living, and Food Waste’ – Urban Eco-Farming Co-Learning Scheme in Chengdu
营造参与生活市集的市民与农友的社群	Community Building with Farmers and Citizens through the Chengdu Farmers’ Market
探索北川县山地农村传统生态智慧为本的生态保育和社区精神	Exploring Traditional Eco-Wisdom and Community Spirit in Mountainous Villages, Beichuan
川西平原“土壤活力提升”社区共学	Community Co-Learning on Soil Improvement in Western Sichuan Plain
川西林盘村民传统农耕智慧共学	Community Learning on Traditional Agricultural Wisdom in Linpan Village, Western Sichuan Plain
雅安山地乡村传统本土生活智慧学习与传承	Learning and Passing on of Traditional Community Wisdom in Mountainous Villages, Ya’an
培育以社区为本的乡村儿童及青少年乡土教育团队	Nurturing Holistic Rural Community-Based Children and Youth Facilitators
培养成都远郊城镇化社区妇女的内在力量及自组织能力	Promoting Sustainable Development, Inner Strength, and Self-Organisation Capacity with Women in Suburban Chengdu Communities
“行动者同盟”——成都可持续生活社群骨干共学及网络建设	Sustainable Living Co-Learning and Network Building with Organisers of Citizens’ Groups in Chengdu
营造成都水井坊可持续生活社区	Sustainable Community Building in Shuijingfang, Chengdu
结伴同行——农村可持续生活协作者能力建设与网络构建	Capacity Building and Network Development with Rural Sustainable Living Facilitators, Chengdu
青年生活者的培育与支持	Nurturing Young Sustainable Living Practitioners
支持乡村在地生态文化调查与共学	Supporting Rural Co-Learning and Community Research on Local Ecological Culture
支持成都社区可持续生活实践者计划——前期调研	Supporting Initial Assessment of Sustainable Living Practitioners in Chengdu
“道与术的糅合”——成都社区可持续生活的共学与实践	Combining Theory and Practice: Learning and Action on Community Sustainable Living in Chengdu
整理社区垃圾减量与分类工作经验	Documenting Experiences of Community Waste Sorting and Reduction, Chengdu
宜宾市孝儿镇垃圾分类的实践回顾与评估	Systematic Review of Waste Sorting Project in Xiao’er Township, Yibin
“一方水土养一方人”——屏山县大乘镇在地可持续生活实践与传承	Eco-Village Building and Community Education in Dacheng Town, Pingshan

云南	Yunnan Province
通过网络投票最喜欢野生动物活动提升大众对云南生物多样性的关注	Public Education on Biodiversity Conservation through Promoting Yunnan Wildlife Activities
云南保山社区可持续生活探索与实践	Exploring Sustainable Community Living in Baoshan
复兴西双版纳阿卡传统文化生态观与修复生态功能区	Restoring Ecological Worldview and Ecological Functional Areas with Akha Communities in Xishuangbanna
推动腾冲南北区域老年协会协力保育生态与促进社区健康	Supporting Ecological Conservation and Holistic Health Promotion with Local Elderly Associations in Tengchong
支持少数民族乡村社工的文化共学网络及个人成长	Supporting Co-Learning Network Development and Personal Growth of Social Workers in Rural Ethnic Minority Communities
探索传统文化为本的可持续生活网络	Sustainable Living Network Building with Cultural Perspectives
培养傣泐民族建筑师及营造和谐家园	Community Building through Nurturing Young Tai Lue Indigenous Architects and Artisans
探索勐海生态家园规划与结合现代知识的生态农耕	Examining Ecological Landscape Planning and Eco-Farming in Menghai County
“守护家园净土”——搭建可持续生活志愿者平台	‘Safeguarding our Homeland of Purity’ – Volunteer Network Building in Tengchong
建设布朗社区协作者的文化反思能力	Building Cultural Perspectives with Bulang Community Facilitators
大理生活汇——搭建探索社区／社群可持续发展的平台	Building Platforms for Collaborative Exploration of Sustainable Living in Dali
整理版纳可持续生活项目经验与建设协作者能力	Documentation of Sustainable Living Promotion and Capacity Building Programme Experience with Local Facilitators in Xishuangbanna

📍 跨地区	📍 Regional
《生物多样性公约》第十五次缔约方大会分论坛：“绿水青山就是金山银山”——从理念到实践	Supporting Thematic Sub-Forum for CBD COP15: ‘Lucid Waters and Lush Mountains are Invaluable Assets’ – Theory and Practice
《生物多样性公约》第十五次缔约方大会下有关社区、科学与政策对话国际研讨会	Supporting Dialogue on the Relationships, Roles, and Collaborations between Community, Science, and Policies at the 15th Meeting of the Conference of the Parties (COP15) to the Convention on Biological Diversity (CBD)
生态文明视角下的乡村设计与创新——经验交流与网络搭建	Eco-Village Design with an Ecological Civilisation Perspective: Experience Exchange, Innovation, and Network Building
可持续农业与气候变化适应——中国与东南亚民间组织交流计划	Sustainable Agriculture and Climate Change Adaptation: Exchange between NGOs in China and Southeast Asia
农业遗传资源保护、利用与社区惠益共享的研究与示范	Community Research and Pilot Site Assessment for Conservation, Utilisation, Access, and Benefit Sharing of Food and Agricultural Genetic Resources
2020 后生物多样性保护框架下的小农种子在地保护利用与构建可持续食物系统研讨会	Forum on Sustainable Food Systems and Smallholders’ Practices, Protection, and Utilisation of Local Seeds
“情意自然教育全国共学圆”——深化培育与多元发展	‘Affective Nature Education Nationwide Co-Learning Circle’ – Deepening Facilitator Support and Developing Diverse Curricula
西南乡村自然教育协作者能力建设与社群网络发展	Capacity Building and Network Development with Rural Nature Education Facilitators in Southwest China
建立全国返乡青年及新农夫生态农耕的支持网络	National Eco-Agriculture Support Network for Returning Youth and New Farmers
“土的，是美好的”——土食材调研与网络传播	‘Native is Beautiful’ – Indigenous Food Research and Publication
生态乡村设计与创新计划	Supporting Eco-Village Design and Innovation
构建“乡村拍客”网络——以影像推动地方知识记录与可持续生活反思	Network Building with Rural Community Filmmakers to Document Local Knowledge and Reflection on Sustainable Living
探索环保公益社群培育	Exploring Ways to Nurture Citizen-Based Environmental Protection Groups
提升多元背景银杏社群可持续生活的传播力	Enhancing Communication Capacity of Gingko Foundation’s Fellows on Sustainable Living
探索生态设计与社区的可持续生活实践	Exploring Connections between Eco-Design and Sustainable Community Living

支持黔东南村寨社区传统生态智慧的传承与反思	Supporting Community Education and Traditional Eco-Wisdom in Communities in Southeast Guizhou Province
乡村振兴的青年人才培育计划	Rural Revitalisation Youth Internship Project
“返乡青年成长行动研究”可行性调研	Feasibility Study for ‘Growth of Returning Youth Action Research’
西南地区农村社区绿色领导力培养	Rural Community Green Leadership Development Fund in Southwest China
云贵乡村社区妇女骨干的可持续生活共学	Sustainable Living Co-Learning Network with Rural Women Facilitators in Yunnan and Guizhou Provinces
整理乡村社区参与设计的在地经验与工具提炼	Documenting Principles and Approaches to Rural Community Design with Local Cultural Perspectives
“艺文乡野”共创营——探索可持续生活的艺术实践	Art and Culture Co-Creation Camp – Exploring Sustainable Living through Art
支持推动可持续生活机构之发展	Institutional Support for Philanthropic Organisations Promoting Sustainable Living
西南移居乡村者可持续生活实践与乡村知识关系调研	Research on the Links between Sustainable Living, Local Knowledge and Urban-Rural Migrant Communities in Southwest China
议题为本的协作者培养及社群建设	Theme-Based Facilitator Capacity Building and Community Development
探索公益行动知识与社群陪伴	Reflection, Research and Community Building with NGO Workers
中国民间组织和在华境外组织的国际工作实践与策略	Research on Practices and Strategies of Chinese Social Organisations and Overseas NGOs under the Belt and Road Initiatives
中国资助工作者可持续社区培力营	Empowerment Camp on Sustainable Community: Capacity Building with Frontline Staff of Chinese Domestic Foundations
支持环境资助者培力及气候适应资助策略研究	Supporting Grantmakers with Research and Capacity Building on Climate Change Adaptation
支持资助者圆桌论坛机构运营	Organisational Support for the Operation of China Donor Roundtable

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北川羌族自治县羌魂社会工作服务中心	Beichuan Qianghun Social Work Service Centre
北京抱朴永续自然学院	Baopu Yongxu Nature School
北京慈海生态环保公益基金会	Cihai Environmental Foundation
北京恩玖非营利组织发展研究中心	Beijing Enjiu NPO Development Research Centre
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北京鸿雁社工服务中心	Beijing Hongyan Social Work Service Centre
北京灵动自然咨询有限公司	Beijing Spirit of Nature Consulting Co., Limited
北京木兰花开社工服务中心	Beijing Mulan Huakai Social Work Service Centre
北京培田社工服务中心	Beijing Peitian Social Work Service Centre
北京市朝阳区自然之友环境研究所	Friends of Nature Environmental Research Institute, Chaoyang District, Beijing
北京市海淀区融爱融乐心智障碍者家庭支持中心	Beijing Rong Ai Rong Le Family Support Centre for Persons with Intellectual and Developmental Disabilities
北京市银杏公益基金会	Ginkgo Foundation
北京沃启公益基金会	Beijing Woqi Foundation
北京修实公益基金会	Beijing Xiushi Public-Spirited Foundation
北京自然之友公益基金会	Friends of Nature Foundation
成都城市河流研究会	Chengdu Urban Rivers Association

成都高新区爱生活家社区合作社	Love-Life-Home Cooperative, Gaoxin District, Chengdu
成都高新区野草生态社区发展中心	Yecao Eco-Community Development Centre, Gaoxin District, Chengdu
成都根与芽环境文化交流中心	Chengdu Roots and Shoots
成都家园行动公益服务中心	Chengdu Action for Home Public Service Centre
成都农禾之家公益发展中心	Nonghe Non-Profit Organisation Development Centre, Chengdu
成都青朴社会工作服务中心	Chengdu Qingpu Social Work Service Centre
成都社区行动公益发展中心	Chengdu Action for Community Development Centre
成都市锦江区生绿色生态文化发展中心	ShengLvSe Ecological Cultural Development Centre, Jinjiang District, Chengdu
成都市良物良食农业科技有限公司	Chengdu Liangwuliangshi Agricultural Technology Co., Ltd.
成都市武侯社区发展基金会	Chengdu Wuhou Community Development Foundation
成都市新都区小童大义社会工作服务中心	Chengdu Xiaotong Dayi Children and Youth Social Service Centre
成都行动者同盟	Chengdu Practitioners' Alliance
重庆市南川区山水乡愁自然中心	Chongqing Shanshui Xiangchou Nature Centre
重庆市渝中区巴渝公益事业发展中心	Bayu Public Welfare Development Centre, Chongqing Municipality
从江生态文化社	Congjiang Ecological Culture Society
大理白族自治州摄影博物馆	Dali Photography Museum
广东绿耕社会工作发展中心	Centre For Advancement of Rural-Urban Sustainability
广东绿芽乡村妇女发展基金会	Rural Women Development Foundation
广东省千禾社区公益基金会	Harmony Community Foundation
广西国仁农村扶贫与发展中心	Guangxi Guoren Poverty Alleviation and Rural Development Centre
广西生物多样性研究和保护协会	Guangxi Biodiversity Research and Conservation Association
广州市合木残障公益创新中心	Guangzhou Tree of Life Disabilities Innovation Centre
广州市番禺区沃土可持续农业发展中心	Nurtureland Sustainable Agricultural Development Centre, Panyu District, Guangzhou
广州市番禺区小金雁社区公益服务中心	Xiaojinyan Community Public Service Centre, Panyu District, Guangzhou
广州市越秀区捌零柒社会服务中心	Guangzhou Yuexiu District 807 Social Service Centre

广州市越秀区微乐益公益成长中心	Vloveit Youth Development Centre
桂林山水涅槃健康中心	Nirvana Organic Farm
贵阳黔仁生态公益发展中心	Guiyang Qianren Ecological Conservation Centre
贵阳市观山湖区善治社会工作服务中心	Guanshanhu Shanzhi Social Work Service Centre, Guiyang
贵阳市花溪区国仁社会工作发展中心	Guiyang Huaxi Guoren Social Work Development Centre
贵阳市同在城市扶困融入中心	Guiyang Tongzai Urban Helping and Integrating Centre
贵阳市乌当区振新人心齐社区志愿者服务中心	Ren-Xin-Qi Volunteer Service Centre, Wudang District, Guiyang
贵州省同心光彩事业基金会	Heart to Heart Foundation, Guizhou
昆明理工大学建筑与城市规划学院	Faculty of Architecture and City Planning, Kunming University of Science and Technology
昆明市呈贡区梦南舍可持续发展服务中心	Mueang-Nam Sustainable Development Services Centre
昆明市西山区永续动力城乡社区服务中心	Yong Xu Dong Li Urban and Rural Community Centre, Xishan District, Kunming
昆明市西山区在地自然体验中心	Zaidi Nature Education Centre, Xi Shan District, Kunming
零活（北京）信息科技有限公司	Ling Huo (Beijing) Information Technology Co., Ltd.
南宁市华通社会组织服务中心	Nanning Huatong Social Organisation Service Centre
南宁市绿色家园社会工作服务中心	Nanning Green Home Social Work Service Centre
南宁市绿生活社会工作服务中心	Nanning Green Living Social Work Service Centre
南宁市绿种扶贫服务中心	Nanning Green Seeds Poverty Alleviation Service Centre
南宁市美稭社会工作服务中心	Nanning Meinong Social Work Service Centre
屏山县阳光志愿者协会	Pingshan Sunshine Volunteers’ Assocation
情意自然（中国）	Nature Dao (China)
榕江侗布艺术研究院	Dong Ethnic Cloth Art Institute, Rongjiang
上海浦东新区禾邻社区艺术促进社	Shanghai Helin Art Promotion Instituition
山西光明公益发展中心	Shanxi Guangming Philanthropy Development Centre
深圳市阿斯度社会组织自律服务中心	Union of Self-Discipline Organisations (China Donor Roundtable)
四川大学建筑与环境学院	College of Architecture and Environment, Sichuan University

腾冲市老科技工作者协会	Tengchong Association for Senior Scientific and Technological Workers
天津生态城大地之声社会教育中心	Tianjin Eco-city the Voice of the Land Social Education Centre
行动源国际发展研究咨询中心	Sources for Action
西双版纳纳版河流域国家级自然保护区管理局	Xishuangbanna Nabanhe Watershed National Nature Reserve Management Office
雅安市雨城区普乐同行青年公益发展中心	Ya’an Pule Tongxing Community Service Centre
宜宾市戎和社会工作服务中心	Yibin Ronghe Social Work Service Centre
云南高黎贡山国家级自然保护区保山管护局腾冲分局	Gaoligongshan National Reserve Baoshan Administration Bureau
云南连心社区照顾服务中心	Yunnan Heart to Heart Community Care Social Work Centre
云南省绿色环境发展基金会	Yunnan Green Environment Development Foundation
云南乡村之眼乡土文化研究中心	Centre for Indigenous Documentaries and Cultural Perspectives
中国国际民间组织合作促进会	China Association for NGO Cooperation
中国环境资助者网络	China Environmental Grantmakers Alliance
中国科学院昆明植物研究所	Kunming Institute of Botany, Chinese Academy of Sciences
中国生态文明研究与促进会	China Ecological Civilisation Research and Promotion Association
中国滋根乡村教育与发展促进会	China Zigen Rural Education and Development Association
中华环保联合会	All-China Environment Federation
中央民族大学	Minzu University of China

香港项目

HONG KONG PROGRAMME



社区伙伴的香港项目在2020年正式启动，贯彻了生态中心的世界观，并探索可持续生活的实践。我们协作人们连结大自然，关注生态的现状，反思主流文化特别是经济发展对生态和社区的影响。我们相信，人们与大自然连结，身心得到滋养，能成为个人转化的内在力量，推动社区和社会的改变，建立具韧性的社区文化。在此基础上，我们希望连结不同的社群和社区，扩大可持续生活网络，一起探索多元实践。

两年以来，我们分别就四个主题与伙伴共同探索：转化学习、应对气候变化的社区韧性、社区经济、文化和社区建设。我们尝试跟不同背景的团体合作，支持社区组织者和基层的协作者，并因应伙伴的实践方式和经验，开展不同的计划。

这年度的合作伙伴背景多元，包括社工、社区 / 社群工作者、资助平台、基层组织、设计师工作室、以及不同领域的协作者等。我们从伙伴身上看到热诚和坚持，也学习到不同的实践方法，期望未来有更多共同创造的机会。

Since 2020, we have been building paths for sustainable living in Hong Kong. We facilitate a reconnection with nature, which we believe provides us with the inner strength and resilience needed for personal, communal, and social transformation. We raise awareness on environmental crises and encourage reflection on mainstream culture, especially the ecological and social impacts of market-driven economic development. We foster an eco-centric worldview.

We never work alone. By collaborating with our partners and weaving networks across groups and communities, we explore diverse ways of achieving sustainable living together. We engage differently with different partners, based on their different experience and expertise. Our Hong Kong Programme has four main themes – Transformative Learning, Building Community Resilience for Climate Change, Community Economy, and Culture and Community Building. While working alongside partners of various backgrounds this year – such as social workers, community organisers, grantmaking platforms, local organisations, designers, and facilitators – we have been impressed by their passion, perseverance, and creativity. We know in our hearts that there will be more opportunities to co-create in the future.

转化学习

TRANSFORMATIVE LEARNING



个人和社会转化的关系，一直是社区伙伴探索的核心议题。我们相信，推动社会改变的力量发自在，而内在的力量源于与自然连结。我们也意识到，思考转化需要整全的角度，不能忽略主流发展模式的影响，例如强调效率和结果、权力关系等。在与不同群体和组织合作中，希望能更了解转化和促成转化的因素，让新的价值融入个人生活、社区的日常运作和多重关系中。

“转化学习”以本地协作者为对象，我们理解到，每个人都有其独特的转化路径，因此与协作者发展多元的学习系统，以适用于特定群体。我们也尝试有意识地记录这些协作经验，以能与其他主题发挥协同作用。

基于相信大自然能启发个人内在力量，我们着力探索与自然连结的学习系统，包括照顾身心的大自然疗愈、自然艺术教育，以及加强觉察自己与他者的“非暴力沟通”。我们与九龙佑宁堂合作，为在香港寻求庇护者和难民开展“身心教育活动”工作坊，探索从自身创造转变的空间，开阔了学习系统。“身心教育活动”旨在赋能予个体，并发现身体的内在智慧，改善身心健康。因应专业助人者如社工、社区工作者、教师的身心需要，我们支持正念喜悦生活、自然·乐·在等伙伴，设计滋养身心及自我照顾的大自然疗愈工作坊，对象包括服务基层妇女的伙伴香港妇女中心协会的同事及义工。另外也邀请自然艺术工作者拾坊，为亲子社群及家长群体举办工作坊，以自然物结合创作，让更多不同背景人士体验自然学习和乐趣。

从个人转化的学习到社群转化，建立支持网络，也是我们探索的路径。这一年，我们继续与妇女动力基金合作项目，整合“具性别视角领导力”的培训材料，提升觉察力、工作坊、网络及陪伴手法，支持服务基层和边缘妇女的组织者，建立可持续领导模式；从深层聆听和沟通，体验伙伴文化，并将个人的学习带到组织中实践。

PCD explores the relationship between personal and social transformation. We believe the force propelling social change resides within us, and that nature is its source. Adopting a holistic approach to transformation, we also consider the impacts of the mainstream development model, such as the over-emphasis on efficiency and outcome, and power relations. We strive to better understand the nature of transformation and the conditions that support change to happen, and we strive to instil new values into individual and communal routines and relationships.

For Transformative Learning work, we primarily partner with local facilitators. Given that every individual has their unique path to transformation, we seek to develop diverse learning systems with facilitators, each tailored to a certain group’s specific needs. Realising that this facilitation experience is also invaluable for promoting other themes, we consciously document these facilitation practices.

Guided by our belief that nature is the source of our inner strength, we explore learning systems with a focus on nature (re)connection, such as the healing power of nature, nature art education, and mindfulness. In our partnership with Kowloon Union Church on a trial somatic education project, asylum seekers and refugees become attuned to their body-mind connection, rediscover wisdom within, and begin to actively create conditions for change. Partners such as Mindful Joyful Living and Nature-Well-Being are designing innovative workshops for social workers, community workers, teachers, and other professional carers, while staff and volunteers with the Hong Kong Federation of Women’s Centres have participated in the inspiring and rejuvenating workshop, Healing Powers of Nature. For parents and children, nature artists from Sap Fong are delivering creative workshops for groups of various backgrounds.

Another relationship PCD explores is between personal and organisational change. This year, we have continued working with HER Fund in its Transformative Feminist Leadership initiative, which supports sustainable leadership skills for community workers serving low-income and marginalised women. Through deep listening activities, self-awareness workshops, network building, and mentoring, participants experience a culture of partnership and bring their insights back to their organisations.

内在生命的滋养与照顾

NATURE NOURISHES OUR
INNER BEING



“我是一棵树”——与树相处，感觉安稳、轻松、自在、被滋养、抚慰与支持。

静观中聆听自己的需要

两天一夜的“自然·关爱·自己”课程（实体 + 网课）中，参加者分次走到香港大学嘉道理中心、大埔滘公园、大埔林村社山村，倘佯其中，打开五感，触碰树，触碰流水，也触碰深处的自己，感受到大自然温柔的爱与力量，对自然和自己都有新的认识与体悟：

“最难忘的，是一次望远山，在短短的刹那，恢复小孩时看山的眼睛。”

“练习与社山村大樟树连结的时候，是我第一次感受到内在与树、鸟及‘整体’合一。”

“自然·关爱·自己”课程在2022年开始，由伙伴自然·乐·在筹划，创办人王品涵十多年来醉心学习和应用身心灵健康与疗愈，包括静观、与自然连结及能量疗愈等。她为专业助人者策划过不同的工作坊，明白他们常常专注工作，向外付出，却忘了照顾自己、聆听自己的需要，因此“自然·关爱·自己”课程特别关注这些方面，由王品涵与另外两位大自然疗愈导师易琪（Amanda Yik）和爱乐华博士（Dr. Claire Elouard）共同设计，融合静观、大自然疗愈及森林浴，让参加者亲身体验，连结自己和大自然，在当中滋养身心，恢复平衡，建立内在力量支持自身及服务对象。



非暴力沟通
NON-VIOLENT COMMUNICATION

香港妇女中心协会与协作者共同讨论及确定学习内容。成员回顾自身作为家庭照顾者角色的限制，深入了解“非暴力沟通”的四大元素：观察、感受、需要、请求，明白如何照顾自己和他人的内在需要，易地而处，换位思考。

In discussion with the Hong Kong Federation of Women’s Centres, a workshop was designed to incorporate the basic elements of non-violent communication – observations, feelings, needs, and requests – with the participants’ identity as homemakers and carers. By the end, women felt they had learned to empathise non-judgmentally, with themselves and others.



香港妇女中心协会核心成员参与大自然疗愈工作坊。
Core members of Hong Kong Federation of Women’s Centres attend a nature connection workshop.

I am a tree – a feeling of being held, relaxed, at ease, nourished, and comforted when with a tree.

Listening to Ourselves

In the overnight Self-Care in Nature course, participants open their senses and connect with trees, waters, and their inner selves, experiencing nature’s gentle power of love. One participant shared, “I will never forget the moment when I set eyes on the mountains afar; my inner child was awakened.” Another: “As I practised connecting with the great camphor tree in the village, I experienced ‘oneness’ for the first time in my life – being one with the tree, the birds, and everything else!”

Nature-Well-Being, PCD’s partner, has been offering this course since 2022 in Tai Po – at a nature reserve, a rural village, and the University of Hong Kong Kadoorie Agricultural Research Centre near Tai Mo Shan, Hong Kong’s highest mountain. Yet for more than a decade, founder Pin-Han Wang had already been exploring holistic wellbeing and healing. She often witnessed NGO workers and other carers prioritising

the wellbeing of the people they serve and neglecting their own needs; thus, she, Amanda Yik and Dr. Claire Elouard specifically designed the Self-Care in Nature course to help carers replenish their inner strength. Key components of the course are mindfulness, natural healing, and forest bathing. In one course with 17 participants – mostly NGO workers, social workers, and holistic healers – participants said they entered “a process of self-care and healing” as they connected with nature; they “saw the world from others’ eyes” as they connected with each other; and, most importantly, that they felt “spiritually nourished and empowered to face life challenges.”

Transformative Connections

Nourishment and healing have been significant for staff, members, and volunteers of the Hong Kong Federation of Women’s Centres (Women’s Centres). Established in 1981, the Women’s Centres advocates gender equality and provides support and advice to a range of women. Many core members have overcome hardship and are now in a position to guide others facing similar predicaments, while others have found

课程的17位参加者中，大多为非政府组织工作者、社工、身心疗愈者与协作者，在他们感受大自然时，身心的疲惫也一并洗刷掉，感受“一个自我照顾及疗愈过程”。过程中也连结了他人：“从其他人的眼睛看世界”，更重要是：“加添了力量面对生活的挑战，灵性上有更多滋养。”

与大自然连结，转化身心

这份大自然的滋养与疗愈，对伙伴香港妇女中心协会（下称“妇女中心”）的核心成员同样重要。创设于1981年的妇女中心，一直关注基层妇女生活处境、支援及辅导有需要的妇女、推动性别平等、争取权益等，至今培养了核心成员深度参与。尤其可贵的是，她们不少都跨过了生命的艰难，由受助者成为服务者，支援和陪伴同类处境的妇女。随着年日过去，作为支援者、照顾者，身心却渐渐枯竭疲惫，需要新的养分。

2020年，社区伙伴支持妇女中心其中八位同工参加“大自然的疗愈力”工作坊，在大自然中反思及聆听内在的声音。这次妇女中心开展的“坚定的温柔滋养妇女及深化性别视角”项目，也邀请了王品涵、易琪和爱乐华博士共同设计并主持，活动包括个人体验的“大自然疗愈”、“生命之书”、“非暴力沟通”工作坊，反思作为女性、同行者、同工等多重角色的相互协调，希望更系统地让核心成员从内到外探索，有所更新。

在“大自然的疗愈力”工作坊中，参与的核心成员带着新鲜感，身心放轻松，吸收正能量。有参加者体悟到大自然犹如自身处境，同样会被看成为“他者”，会被操控、被剥削，但同时又蕴含力量，能滋养万物，就如妇女能发放力量，照顾自己和别人。另一方面，成员认同自己和别人都是大自然的一部分，是相互关连(interconnected)，这意味着，个人与机构、姊妹与同事也是相互关连的，应付问题就不能依靠单方面。而作为同行者和支援者，不单把受助妇女看成服务的对象，而是能互相理解，互相影响。这启发为日后工作开展了新的视角、新的方式，更有助妇女中心同工与妇女讨论性别议题。

平日在中心总是聆听别人和付出的资深义工，难得在互信基础下打开“生命之书”——透过手作插画书，分享自身故事。对参加者来说无疑是身分的突破、视角的转换，学习成为接受者，欣慰地感到被聆听、被包容。大家借此机会整理自己的人生，回顾自己的转变，并思考这转变和参与妇女中心工作的关系，当中反映成员正处于生命不同阶段，需要重新理解对生命的追求及动力，寻求发展的更大可能。

“坚定的温柔”项目提供了不一样的学习路径和体验，让组织者、协作者跳开以往的培训模式，从连结大自然而滋养内在生命。同时，理解别人与自己不一样，引发不同程度的沉淀、反思，探索日后的实践。



自然 · 关爱 · 自己
SELF-CARE IN NATURE

参加者在课程中感受与大自然深入连结，用更平等的态度看待自然，提升慈悲心，身心得到疗愈与滋养。

静观

在安静中，让纷乱的思绪带回当下，聆听内在声音，更敏锐觉知，感受自然，回归当下。

森林浴

利用五感体验，安静身心，感受大自然的疗愈力。

大自然的疗愈力量

感受大树扎根和稳固的感觉及能量，让流水带走生活中的压力以及负面情绪。

In this course, participants are guided to experience deep connections with nature. A sense of compassion grows, and the body and mind nourished.

Mindfulness

Relax. Bring your attention to the present moment. Listen to your inner voice. Open your senses to the nature around you.

Forest Bathing

Settle your body and mind within a forest. Immerse yourself. Connect with the nature around you with all your senses.

Healing Powers of Nature

Feel the rootedness and grounding of the big trees. Let your stress and worries flow away like rivers to the sea.

themselves in a state of burnout after supporting and caring for women for years, if not decades.

In 2020, PCD supported eight staff to join the workshop Healing Powers of Nature, contemplating and listening to their inner voices in nature. The women also embarked on the Nourishing Women and Deepening Gender Perspective Project, also designed by Pin-Han Wang, Amanda Yik, and Dr. Claire Elouard. Through storytelling, natural healing, and non-violent communication, participants reflected on their multiple roles as women, colleagues, and social change-makers, and how the roles shape their identity in relation to their cause.

Some Women’s Centres staff in the workshop felt similar to nature – being controlled and exploited, and at the same time having the power to nourish oneself and others. Other staff saw everyone as part of nature and interconnected – as individuals, an organisation, service users, and staff. They felt that the women they serve are not passively receiving help, but actively influencing each other. Together, these realisations inspired staff to approach gender issues in new ways.

Workshop participants connect with nature through touch and all the senses.

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Workshop participants connect with nature through touch and all the senses.

Long-serving volunteers had a special opportunity to share their life stories in an illustrated book. In the process, they changed from a giver to receiver as they connected with their needs and experienced being listened to and accepted, unconditionally. More importantly, as they reviewed life milestones and contemplated significant times at the Women’s Centres, they gained rich insight into their motivations, aspirations, and directions for self-development.

These courses and workshops provide different learning pathways and experiences. Instead of focusing on the practical aspects of work, attention is given to connecting with and nourishing oneself in nature, and relating to one another at deeper levels.



应对气候变化的社区韧性

BUILDING COMMUNITY RESILIENCE FOR CLIMATE CHANGE



我们相信，要应对气候变化危机，生态中心世界观和可持续生活实践都是重要的路径。“应对气候变化的社区韧性”的主题，正是希望社区成员能体会和思考，气候变化并非外在于我们的环境问题，而是与生活方式、社区和环境息息相关，并因此选择与大自然和谐共处的生活，探索实践行动，加强社区的韧性，共同应对危机。

在香港，大多数回应气候变化议题的组织都聚焦倡议和政策工作，我们希望与此同时，能把此宏观议题带进社区，协作社区成员建立气候变化的整全观点，提升集体行动的持续能力。我们与伙伴合作，以社区为本，连结街坊，学习气候变化相关的知识，比如适切技术与生态设计的应用，发展社区的组织能力。另一方面，也尝试更整全地认识社区，学习社区历史与环境的变迁，思考社区和自己的关系。我们支持伙伴探索多元化和具创意的试点，成为本地和跨地区应对气候危机的新动力。

本年的探索方向有不同面向。在社区教育方面，继续支持伙伴芦苇花开生态教育基金在南涌生态社区的探索及实践，透过学习营、实习生计划、导赏、食农教育、共同耕种等，让参加者和大众，尤其是年轻人，对生态世界观、可持续农业、自然建筑和生态社区建设有更深入的了解，并从食物、土地、农业的角度理解生态社区与气候变化的关联。伙伴也把这些年来建设生态社区的经验记录下来，举办不同活动与会员和公众分享。

在城市社区层面，我们支持伙伴低碳想创坊以葵涌社区为基础，连结社区内不同组织及居民义工，从日常生活切入，推广节能和可再生能源，思考低碳生活与气候变化的关系，从而提升社区对此议题的关注，为建立社区韧性推进一步。

另外，我们在未来会支持一些沿海地区的市民团体，以城市生态导赏、生态文学欣赏、故事书写及社区旅行设计等，重新发现自己的社区，建立可持续生活方式。

We believe an eco-centric worldview and sustainable living practices play an important role in addressing climate change. We approach climate change not as a macro issue external to us, but one closely linked to how we live in relation to our communities and the environment. As we choose to live in harmony with nature and act to strengthen community resilience, we are in a better position to address the climate crisis.

While many organisations working on climate change in Hong Kong tend to focus on policy advocacy, we also try to facilitate holistic perspectives and community collective action in our Building Community Resilience for Climate Change work. Together with our partners, we encourage community learning on knowledge related to climate change and relevant to community needs, such as appropriate technology and ecological design. Along the way, we help build networks and develop community organising capacity. As community members consider social changes happening in Hong Kong, they begin to see their relationship with their own community in a new light. Through a range of creative pilot projects, we strive to inject enthusiasm and hope to address the climate crisis, both locally and regionally.

This year, we continue to support Partnership for Nature Education and Conservation’s community education and eco-community initiative in the rural area of Nam Chung. Youth and other participants join co-farming, study camps, internships, guided tours, food and agriculture education, and other nature activities. Through all these, they learn about sustainable agriculture, natural building methods, eco-community design, the links between eco-community and climate change, and the eco-worldview. Our partner has been developing their eco-community over several years, and has been documenting their experience, sharing it with members and the wider Hong Kong public.

In the urban context, low-carbon, community-based initiatives are in place in Kwai Chung through CarbonCare InnoLab and a network of local groups. Community members are raising community awareness on climate change and gradually building community resilience. Also, residents are enjoying practical energy-saving (and cost-saving) measures.

In the future, we plan to explore paths to sustainable living with groups in coastal areas, through activities such as urban eco-tours, eco-literature appreciation, story writing, and community tour design.

社区起动——从节能关注气候变化

CLIMATE CHANGE & KWAI CHUNG – THE POWER OF COMMUNITY



参与“葵涌社区能源行动网络”项目义工队的惠芳，为人仗义，在探访劏房（分间的楼宇单位）住户时，认识了独居的陈婆婆，聆听她的需要和生活点滴，为她更换节能灯管后，还主动留下联络方法，让陈婆婆有需要时可以找她。义工队是项目的重要连结，当中有劏房居民、学生、退休人士、家庭主妇，好些更是因为接受服务后被激发而加入。

在地伙伴与义工同心协作

社区伙伴一直关注生态与环境、气候变化议题如何连结社区。在2021年，我们有机会与低碳想创坊合作项目“葵涌社区能源行动网络”，探索把议题带进社区，改善能源效益，提升社区对气候议题的关注和行动。低碳想创坊成立于2014年，重视赋能予公众应对气候变化，推广低碳生活。项目设定在葵涌，区内有相当人口为低收入家庭、在职贫穷、少数族裔、新来港人士，并有八千多个家庭住在劏房，卫生环境恶劣、室内外空气质素差。

低碳想创坊虽然在社区内没有基地，但积极联系当地理念相同的非政府组织，成为“低碳社区伙伴”。医护行者关注街坊特别是长者的健康，发展了良好的义工网络，包括少数族裔，协作招募及培训义工。圣公会麦理浩夫人中心在社区扎根数十年，与街坊熟悉，协作识别有需要的居民。“喜动社区”推动社区减废、低碳饮食，传承维修电器和保养知识，正好能协作维修工作坊。项目启动以来，有31名社区



低碳料理 LOW-CARBON CUISINE

2021年11月，低碳想创坊与伙伴“食德好”（食物回收与分享中心）再次合办“低碳饮食健康生活”。大家在一片愉快气氛中学习如何挑选价格实惠的新鲜蔬菜、处理厨余、分享营养素食的食谱。这一次每人带来一道以鸡蛋为食材的低碳菜肴，其中的李女士准备了三款低碳食谱。活动引发参加者以节能低碳方法做料理，更从被动的学习者转变为主动贡献者。

In 2021, CarbonCare InnoLab partnered with Food Grace to host a series of courses on low-carbon cuisine. Participants have shared healthy vegetarian recipes, learned tips on handling food waste, and have been inspired to cook in an energy-saving manner, actively contributing in the process. For instance, when each person was asked to bring in one egg-based, low-carbon dish, Ms. Lee prepared three!



义工的背景多元，包括劏房户及家庭主妇等，在参与服务后，与居民建立街坊情谊，彼此照应。
Volunteers of various backgrounds – including cubicle residents, retirees, and homemakers – build supportive relationships with fellow residents.

Wai-fong came to know Granny Chan when visiting partitioned cubicle homes in Kwai Chung, in Northeast Hong Kong. A warm-hearted volunteer in the Kwai Chung EnergyCare Community Action Network, established by CarbonCare InnoLab, she listened to what Granny Chan needed. After replacing high-energy light bulbs with LEDs, Wai-fong also left her telephone number, in case Granny Chan needed her again.

Local Partners, Local Volunteers

To address climate change, PCD’s approach has been to link ecology, climate, and community engagement. Since 2021, we have supported the Kwai Chung EnergyCare Community Action Network with our partner CarbonCare InnoLab (CCIL) to improve energy efficiency, raise awareness, and explore community action on climate change adaptation. CCIL has been working since 2014 to enhance public capacity in responding to climate change and to promote low-carbon living. Its current project site, Kwai Chung, has a substantial proportion

of low-income residents, including working poor, ethnic minorities, and new arrivals from mainland China. More than 8,000 families live in unhygienic partitioned cubicles, with unhealthy air quality, indoors and out.

CCIL partners with several NGOs in Kwai Chung. Health in Action addresses the wellbeing of elderly people and has an extensive volunteer network, including of ethnic minority members. HKSKH Lady MacLehose Centre, rooted in the community for decades, helps with identifying residents in need. Community Leap works in waste reduction: they train volunteers in repairing and maintaining appliances, while CCIL covered the training in climate change, energy poverty, energy-saving, and how to conduct home visits. Who volunteers? Mostly cubicle residents, students, retirees, and homemakers, some having received project support themselves. So far, 31 volunteers have been trained and they are all vital in outreach with residents.

义工参与培训，成为“低碳社区领袖”。培训除了专业技能和家访技巧，还包括气候变化、气候公义、能源贫穷、节能等议题的学习。

地区伙伴、义工、技术人员探访劏房户和独居长者，了解居民的需要，开展不同的节能项目。劏房分间不同区域，为了采光，住户都安装了多支普通灯管，推高了室内温度，也增加了电费。而窗外虫鼠为患，就算闷热，居民都不敢打开窗通风，只能开冷气降温，却又遭业主滥加电费。义工会替住户安装及更换低碳节能的 LED（发光二极管）灯泡和灯管。居民胡女士对新的灯光非常满意，尤其能改善女儿的学习环境；有居民反映每期电费可节省约 200 元。

对于改善室内空气质素，低碳想创坊与岭南大学创业行动总监高永贤博士合作，设计了便携式空气清新机以耗能低的 USB 充电，经实测可过滤空气污染物达约 90%，而且结构简洁，中学生在指导下能顺利组装，劏房户可以自行更换滤网，而成本仅数十元。有劏房户反映使用后鼻敏感症状有改善。

低碳社区有可能！

这一年，共有 20 户劏房居民和独居长者更换了节能设备，街坊从中吸收了技能和知识，迈向赋能的一步。独居长者方女士，在义工替她维修厨房抽气扇后，主动参加工作坊，学习电器维修。低碳想创坊也举办空气清新机 DIY 工作坊，培训居民自行组装，增加他们解决生活难题的信心，从中了解气候变化的影响与适应方法。

居民在目睹了生活的实际变化后，渐渐关注节能背后的气候变化信息。低碳想创坊同样从生活和兴趣切入，举办气候危机与节能、再生能源、电费管理等讲座、低碳生活体验工作坊、结合人与自然的生态游等。疫情期间，举办清洁龙鼓滩活动，参加的家庭都想把气候危机、海洋污染等信息带给孩子。低碳想创坊也正在为葵涌居民开发一个线上平台，可以分享减碳的生活信息、健康知识，甚至更换 LED 灯的需求，借此拓宽社区网络。

千里之行，始于足下。其中一个伙伴机构同工曾分享说，低碳生活、能源贫穷在街坊来说很遥远，但项目行动让街坊感到实际帮助，街坊就愿意听下去、理解下去，慢慢的“事情真的很上心”。

在社区不同持分者、伙伴、义工的协力下，葵涌社区应对气候变化的资源正在扩大，低碳社区互助网络正在形成，创新的项目也变得更有可能。



感受太阳的力量
FEELING THE POWER OF THE SUN

低碳想创坊一直希望在项目范围内发展再生能源太阳能，帮助劏房居民减省电费开支，但由于建筑物的土木结构，暂时还不能大幅实行。团队转移在社区内推广太阳能，例如在西贡盐田梓生态游中，把太阳能、自然资源和当地文化（盐的生产和香港历史）融入活动，让参与者感受阳光、风和水力量。工作坊结束时，参加者表示欢迎在葵涌甚至楼顶安装更多太阳能电池板。

CarbonCare InnoLab advocates solar energy as a renewable resource. They’ve led eco-tours of Yim Tin Tsai Island, where Kwai Chung residents explore the island’s history of salt production; experience the power of the sun, wind, and water; and reflect on the links between local culture, natural resources, and solar power. As one tour came to a close, participants said they’d welcome solar panels in their community, if not on their own rooftops! CCIL has in fact been exploring solar energy as a cost-cutting alternative for partitioned cubicles, but structural constraints of the buildings make it difficult, especially at a large-scale – yet they are determined to find a way!

A Low-Carbon Community is Possible!

Supported by CCIL, volunteers have been conducting home visits with local partners and technicians. They see that elderly singletons, and cubicle residents in particular, face many challenges. With infestations of cockroaches and rats, they rarely open up their tiny windows for air; and with fluorescent lighting, indoor temperature is high, as are electricity bills. When volunteers installed LEDs, there have been positive changes. Kwai Chung resident Ms. Wu is happy with the better lighting for her daughter’s studies, and other residents are happy to save about \$200 on each electricity bill.

Residents also have better indoor air quality now. Professor Albert Ko of Lingnan University’s Lingnan Entrepreneurship Initiative joined in and designed an air purifier that filters out 90% of particulates. Energy-efficient, portable, and USB-rechargeable, it’s also easy to assemble and operate: secondary school volunteers help assemble it, and residents can easily change the filter. In all, 20 families in Kwai Chung switched to low-carbon, energy-efficient devices in 2021.



义工经过培训成为“低碳社区领袖”，培训除了维修技能，还包括气候变化、气候公义、能源贫穷等议题的学习。Volunteers train to be champions of low-carbon living – they gain professional skills, and learn about climate change, climate justice, climate poverty, and climate action.

Along the way, residents have been learning, and empowering themselves. Elderly singleton Ms. Fong, for instance, decided to join an appliance repair workshop after volunteers fixed her kitchen fan. Other residents have attended air purifier DIY workshops, increasing their confidence and know-how. Through these hands-on experiences, they’ve also been seeing the links with climate change. To consolidate this, the CCIL project team has hosted eco-tours, talks on renewable energy, electricity bill management, workshops on low-carbon living, and a family-oriented beach-cleaning during the pandemic. Kwai Chung children happily learned about ways to keep the oceans and the climate healthy. An online community platform is in progress too, hoping to weave a mutual help and information-sharing network on carbon reduction and wellbeing.

As a local partner puts it, the goals of low-carbon living may feel remote at first, yet as residents see the project’s practical effects, climate change has become a heartfelt concern. The new network in Kwai Chung is comprised of many innovative hands, and together, they believe that more innovative actions and adaptations are possible.



社区经济

COMMUNITY ECONOMY



面对全球化和市场导向的主流发展模式，我们希望跟伙伴和社区合作，与社区一起思考现有经济模式的持续性，探索环境友善、尊重劳动价值、提升创造力等的另类模式。从2000年开始，香港的学者和社区组织者便开始讨论和实践社区经济。社区经济无疑为社区带来突破，让社区变得更具韧性和创造力，并且恢复人与人之间的和谐关系，重建人与自然之间的连结。

过去十年，社区经济形式不断开拓，社会上出现了更多的实践，如空间共享、消费者合作社和社区墟市等。不同背景的如基层社区、小店东主、本地生产者和设计师等也参与了这些实验，协作社区小店或其他持份者创造公共空间，孕育合作文化。在这些基础上，我们期待与伙伴总结经验，深入探索，支持特别是基层社群和社区的实践，发挥互助及平等参与的精神，并扩大社会的支持网络。我们也支持合作式消费、社区为本的生产和消费的探索，以推动对社区及生态友善的本土实践。

2020年，我们与圣雅各福群会、天水围社区发展网络和天姿作围等机构开展项目，支持社区经济的实践，改善基层妇女的生活，包括由社区导师主持的共学、永续生活社区的探索、食农活动，也有协作反思可持续社区理念、举办社区市集和社区导赏等。这一年度，我们协作天姿作围继续在水围的社区经济实践。项目着力从生活方面拓展人与环境、社区的联系，深化社区经济的理念与价值，探索与生态及可持续生活的关系，并迈向组织自务和社区自主。

另外，我们与投身青少年培育工作50多年的突破机构合作，支持青年工艺者、设计师等社群，实践“共享合作”，并尝试建立跨界合作的文化，探索手工艺的价值。

In the face of the mainstream, globalised, and market-driven development model, we advocate sustainable Community Economy alternatives that value the environment, respect the value of labour, and promote creativity of our partners and communities. We support local initiatives on cooperative consumption and community-based production and consumption, exploring economic activities that consider social and ecological goals.

Hong Kong academics and community organisers have been putting Community Economy theory into practice since the millennium. On the whole, these communities tend to be more resilient and creative, and the relationships between people and with nature healthier. The last decade in particular has seen a boom. People with varied backgrounds, such as shop-owners, local producers, and designers, have been nurturing cooperative culture with co-spaces, consumer cooperatives, local markets, and other community-based initiatives. Their work provides valuable experience for our partners.

Since 2020, PCD has supported various community initiatives, many with grassroots women, through St. James' Settlement, Tin Shui Wai Community Development Network, and Tin Zi Zok Wai. The activities included community learning led by local tutors, food and agricultural education, community markets, and guided tours. This year, we continue to support Tin Zi Zok Wai's community economy project in Tin Shui Wai. Together, we are building connections between residents, their community and the land; examining the relationship between ecology and sustainability; and striving towards greater agency and independence.

In our partnership with Breakthrough, which has over 50 years of experience in youth work, we are affirming the value of creativity and artisanry in a sharing and caring economy. Our focus is on the career development of young artists and designers – we are facilitating them to reflect on the value of relationships, cooperation, and artistry, and the value of the cultural creative industry.

文创志业与手工艺精神

EXPLORING THE SPIRIT OF ART AND ALTERNATIVE CAREERS WITH YOUTH



“唔试唔知做得到（不尝试不会知道做得到）”、“记住你的初衷”——“Trial and Error Lab”的“实验展览”现场门口，大黑板上写满了勉励“尝试”的语句。迎眼的一边是宽大的工作空间，其余地方都放满不同的文化创作展品：装置、印章、绘本、皮革、刺绣……所展现的，不单是手作艺能，也是青年工艺师的自我探索的成果。

展现青年人独特而多元的面向

“Trial and Error Lab”是突破机构（下称“突破”）在城市心脏地带为青年工艺师创立的一片实体和意念空间，平日是工作室，可以变换为展览场地和市集。突破累积了多年组织及联系青年人社群的经验，近年关注到青年人在规划生涯、寻觅理想之间或怯于尝试，缺乏定向和把握，于2016年以“拥抱失败，勇于尝试（Trial and Error）”为理念，开展“实验室伙伴计划”，配套共享工作空间、培训、共学等，支持和陪伴16–35岁有志在文化创意界别发展的青年人。“计划”定位于文化创作，让青年人在此空间探索自我，展现独特而多元的面向，并能结合自由工作者的模式，打开对职志的想像。

社区伙伴在探索“社区经济”过程也关注到共享空间、合作生产与消费等不同形式的实践，看到本地生产者和设计师也参与其中，尝试透过与突破的合作，支持青年工艺者、设计师等社群，并了解以手工艺为志业的青年人在实践中如何深化“关系”、“共享合作”、“手工艺精神”等价值思考。经过一年的探索，项目于2022年开始，一方面支持已发展了五年的“实验室伙伴计划”，并以此为基础，开展新项目“我



刺绣与生态 ECO-EMBROIDERY

创作者“一篮子 Basket of Stuff.”以九龙公园经常出没的本地鸟为题材，做出一系列鸟的刺绣，希望引起公众对生态的关注。她之前曾刺绣海豚和大屿山夜景，现正学习导赏，也带过生态导赏，希望把所关注的议题与文化创作结合。

An embroidery series based on local birds at Kowloon Park is raising awareness on the nature around us. The artist ‘Basket of Stuff.’ feels it is important to incorporate social issues in her work. She has taken it upon herself to learn how to give guided tours and now leads eco-tours for the public.

突破的“实验室伙伴计划”配套共享工作空间，让志同道合的文创青年在此与 Fellow（伙伴）互相交流，互相启发。
Breakthrough’s Lab Fellow Programme provides co-sharing space for young artists to meet, support, and inspire each other.



‘You will never know if it works unless you try’ and ‘Never forget your purpose’ are two mottos at the entrance of the Trial and Error Lab in Jordan, central Kowloon. The large studio space houses an inspiring range of installations, leatherwork, embroidery, and other creative work – a display of youth’s skills as well as their personal journeys.

Celebrate Uniqueness, Diversity and Creativity

Trial and Error Lab is a conceptual space and physical studio-gallery-marketplace. The innovative project is managed by the youth and cultural organisation Breakthrough, which has been working on youth community building for decades. Seeing that youth can be uncertain about their life goals and apprehensive about pursuing non-mainstream careers, especially in the cultural and creative sectors, Breakthrough set up Trial and Error Lab and its Lab Fellow Programme in 2016. The Programme targets youth aged 16-35 and involves vocational training, co-learning opportunities, and the co-working space. It celebrates each youth’s uniqueness and creativity, supporting their self-exploration, self-affirmation, and imagination.

Over the last five years, Breakthrough’s Lab Fellow Programme has served over 70 youth. One Fellow says, “While we work on our own projects, we also share a space and care for and inspire each other.” Another said, “I’ve been searching for what I’m interested in, and what I’d like to express. It wasn’t until these past two years that I’ve begun to feel I have found my direction.” It’s been wonderful to see youth affirm themselves and build careers – some have worked with schools, organisations, and businesses to develop portfolios, some have gone on to set up their own brand, and former Lab Fellows share their stories with current Fellows. A community is growing.

‘I Know What My Talent Is’ and ‘Give Co-Learning a Go’

Exploring community economy, PCD has seen an increase in creativity co-initiatives, especially with designers, such as co-working spaces and cooperatives. Our partnership with Breakthrough enables us to further consider how relationships, space sharing, and arts and crafts are manifested in community economy practices. We began exploratory collaborations with Breakthrough in 2021 and within a year, started

知我咩料！（我知我是什么样的人）”及“共学新尝试”，探索社区经济呈现的多元价值。

“实验室伙伴计划”，整体发展成熟，至今服务了70多位成员。成员以“Fellow”（伙伴）相称，心怀同一志向，互相启发。此计划下设有“尝试学院”，提升Fellow及其他手作人的社交媒体营销、财务管理等技能，让作品更能被看见，收入有可观的增长。但更重要的是参与的Fellow渐渐看到了方向：“之前一直在探索自己有什么兴趣，有什么要说，直到这两年才觉得找到方向”。有些在计划后开设工作室，发展自己的品牌，确定以文创工艺为人生志业。同时，Fellow也多了机会与学校、机构和企业等合作，建立口碑。前期的Fellow还会将自身经验与师弟妹分享，并在中学分享另类职志的经验。这样的文创社群在不觉间形成，网络在延展，价值观也在传播。

凝聚工艺师群体，传承工艺价值

新项目“我知我咩料！”及“共学新尝试”是团队在“实验室伙伴计划”下的进深思考与调整：一是需要在青年人成长期及早介入，进深培养文创群体的人生和工作价值观；二是加强凝聚青年工艺师群体，发展和连结。

“我知我咩料！”的对象年龄设定推前为18–24岁的职前、大专生或初职年轻人，希望在规划人生的关键时刻介入和陪伴。同样地，以文化创作切入，而检视和思考的是价值与个人成长，并如何连结他者和世界。项目以创作及“共学营”开始，参加者策划、设计主题，到社区探访，学习以绘画、纸胶带拼贴、摄影等形式表达信息和价值思考。营会后，以一个月的时间，在社群 / 社区中以行动实践，并融入工艺创作，最后展示和分享。第一期的内容会包括香港大自然导赏、邀请人写信、探讨遗憾等。

“共学新尝试”的推进，是希望善用位于沙田的“突破青年村”的空间，以共同生活的模式凝聚和支援青年工艺师群体。共同生活对社群是一个考验，也正是价值检视、交锋、沉淀与实践的好机会，相信能滋养更多创意。构思之一是资助暑期实习生于突破青年村短期共住，期间参与一次文化创作的出版。另外，有4–6位曾参与实验室伙伴计划的工艺师于村内驻场二至三个月。

青年人前面的路径，总是充满尝试和机遇。我们与突破的合作亦是一次尝试，希望引发彼此更深的思考，在文创手工艺与青年人职志发展的路上，一起探索，共同创造，在资源、视野等方面互相启迪。



就是为了属于自己的时间和生活
I NOW HAVE CONTROL OVER
MY TIME AND MY LIFE

“路，不会是一条，做面包也好、冲咖啡也好，只要专注去做，很有可能会变成支撑生活的路径。”小皮气八年前开始探索，以独有的拼贴皮革创造出品牌。从前她会独自躲在一角工作，参加“实验室伙伴计划”后有了转变：“尝试跨媒体创作……也感受到了一个阶段可以与别人分享。”她说，在主流社会中选择文创为志业，生活上也许不会稳定，却展现了自主价值：“时间是属于自己的，生活是自由的。”

“There must be more than one way of doing things. Be it making bread or a cup of coffee... If you really work hard, it can be a source of your livelihood.” The designer Relzplay explored alternative ways of making a living for eight years, often working in her own corner. She says the Lab Fellow Programme changed her. “I felt someone walking alongside me, like suggesting that I try multiple media in my work... I now feel more ready to share my story with others.” Relzplay has developed her own brand of collage. She says that while a career in the creative sector may not always be stable, she values a big part of it: “I have control over my time and my life.”

supporting Lab Fellow Programme and two new youth initiatives: I Know What My Talent Is, and Give Co-learning a Go. The Breakthrough team knows that young adulthood is such a critical stage in value formation and career planning – they see these projects as ways to extend the community of young artists, both in depth and breadth, and for youth to further explore their ideas about life and work.

I Know What My Talent Is supports personal growth through reflecting on ways to relate with others and the world. The initiative targets youth aged 18-24 who are interested in cultural and creative work, whether they are current students, job seekers, or employees. Participants join a co-learning camp where they plan and conduct community visits, and then express their observations creatively, such as through collage or photography. In the following month, they take it one step further and work their reflections into socially engaged art practices. Activities have included nature tours and letter-writing.

“实验室伙伴计划”鼓励年经参与者追随初心，勇于尝试：“不尝试不会知道做得到”。

The project encourages youth to follow their heart and persevere in their career in the creative sector, and in their life.

Give Co-Learning a Go explores co-living as a way to attract and support youth. Living together stimulates sharing and creativity, and creates opportunities for values to be developed, examined, debated, consolidated, and actualised. The project supports a group of summer interns to stay for a brief period at Breakthrough Youth Village in A Kung Kok Shan, Shatin, and to participate in a publishing work. Some 4–6 former Lab Fellows also join the project, staying longer, working and exhibiting there for 2–3 months.

The journey of life is one of challenge and opportunity for all of us, especially youth. In these collaborations with Breakthrough, we hope to co-inspire and co-create through art, co-working spaces, and community building. We hope to walk with youth in their heart-filled journeys of self-exploration and to play our part in the development of Hong Kong’s cultural and creative sector.



拓展社区经济的想像

COMMUNITY ECONOMY IN TIN SHUI WAI – OUTWARD AND INWARD



天姿作围的“女酱”蒜头豆豉酱、有机红糖姜酱等，多年前就成了独特的品牌。放在天水围社区市集天秀墟的端午家乡糰、迎中秋的月兔饼、贺年的有机萝卜糕，也是赢得街坊和网上群组口碑，食材都是来自社区或本地生态友善农场。产品的背后，不但是基层妇女手作的温度和巧思，也连结了社区和土地。

基层妇女撑起的社区生活

天姿作围立足于香港新界西北的天水围，社区居民的起居、消费被大财团和地产商围困起来，基层市民在本区缺乏就业机会，跨区工作又得负担高昂的交通费，生活没有多大保障和选择。成立于2011年的关注草根生活联盟，致力与社群一起改善基层市民生计，翌年成立天姿作围，与基层妇女探索以社区为本的另类经济体系，回应社区的需要。

天姿作围的社区经济实践与在辋井围的社区农场共生，连结了消费和生活需要。社区农夫以生态友善方式耕种，并在农墟或导赏活动中向消费者讲解有机种植的方法、概念和价值。农产品与加工食品在社区的共购网络及生活墟市销售，街坊都说，自家种自家制，吃得开心又放心。居民参与农务和生产，赚取社区货币“基保券”（时分券），交换食物和生活所需，从单纯的消费者变为生产者，发挥技能及劳动力。



“基保券”与“基保墟”
COMMUNITY CURRENCY,
COMMUNITY SOLIDARITY

天姿作围在天秀墟有个特定摊位，专门售卖自家种植的有机菜和手工食品，吸引了附近售卖精品、文具、刺绣等摊主加入，甚至剪头发服务，都以社区货币“基保券”交易。天姿作围每月还举行“基保墟”，由小组核心成员共同筹办。疫情期间，成员更自决，以参与社区劳动赚取的“基保券”，购买价格上涨的口罩、消毒用品和基本食品，共度时艰。

The community currency is accepted at Tin Zi Zok Wai's organic produce stall at the local Tin Sau Bazaar and at their monthly community market. Gradually, other stallholders offering stationery, embroidery, bric-a-brac, and haircutting services joined in. During the pandemic, when prices were high, Tin Zi Zok Wai members could use the currency for masks, sanitising products, and basic foods – these acts of solidarity helped people make ends meet.



社区内的基层妇女合作手工健康月饼和销售，是天姿作围社区经济其中一个实践项目。
In this Tin Zi Zok Wai project, grassroots women make and sell healthy mooncakes to the community.

Over the years, mooncakes and turnip cakes have been winning over the love and loyalty of the locals in Tin Shui Wai, in Northwest Hong Kong. Made with local eco-friendly ingredients by local women through the organisation Tin Zi Zok Wai, the food contains care from the people, the community, and the land.

Local Women, Local Living

Life in Tin Shui Wai is characterised by a lack of social protection and many large businesses controlling the supply of goods and services. Local jobs are scarce, and travel costs hefty for people who seek employment elsewhere. With the mission of improving local people's livelihoods, Concern for Grassroots Livelihood Alliance was set up in 2011, and Tin Zi Zok Wai was established in the following year to explore alternative ecological and economic systems with local women.

Tin Zi Zok Wai's eco-farm has been a happy community hub – members follow eco-friendly farming methods and sell their produce in a co-purchase network and at the Tin Shui Wai market. They also serve as docents, explaining the value and different approaches to

organic farming with consumers at the farm or the market. Devoting their skills and labour, they earn community currency to exchange for food and essential items. As the farm's produce is grown and processed locally, Tin Shui Wai locals taste pride and comfort as well as freshness and health. They are also experiencing a change in identity, from pure consumers to producers, and feeling a new sense of opportunity and imagination in their community.

Core members acknowledge how Tin Zi Zok Wai has promoted equal participation and strengthened community relationships. Both local women and staff say they have more confidence and independence now that they are earning wages as food producers and instructors, kick-starting community groups, making friends, exchanging tips, or engaging in advocacy on issues such as markets and agricultural policies.

Until recently, the working groups – farming, food processing, guided tours, sales, and more – have been run by more than ten core members, but there's been a move towards self-governance. The Tin Zi Zok Wai team has been keen to develop more ways to

这整体的实践，为原来单一的经济模式注入了生机，也打开了被垄断的缺口。更重要的是，核心成员认同天姿作围在推动平等参与及建立社区关系的成果。妇女街坊和同工都成长了，并成为导师，在帮补家计之余，有机会策划不同的小组，自信与自主都增加了。在过程中认识了不同的街坊朋友，交换制作和生活知识，打开了生活的想像；也会参与政策倡议，就墟市政策、农业政策等发声。

天姿作围共有六个工作小组——农田、食物加工、手工艺、导赏、销售、基保墟，由十多位核心成员经营，日常的实务由街坊自行运作，迈向自务。不过，在回顾组织发展时，成员看到过去因为生计而较着重发展经济面向，希望从生活方面拓展社区经济的想像，如人与环境及社区的联系、另类经济活动等。配合这反思和探索，社区伙伴在2020年开始与天姿作围合作，在原有实践上发展社区市集“基保墟”、社区支持农业、城乡导赏、本土食物与农业“从田野到餐桌”等，延展成员对社区经济的理解。而一系列的公众教育工作坊则着重培养社区共学共生的精神，增加社区导师的自主与信心。另外，20-40位核心及活跃成员每月参与共学，培养沟通、策划、财务等领导实务能力。

迈向组织自务与永续社区

2022年开始，项目着重组织自务化和对生态的关注，计划都是天姿作围与核心成员共同设计，以“永续”与“多元”两个向度开展。“永续生活设计工作坊”带出永续的整全理念，把概念套用于社经发展，而不限于农耕，并探索人与自然共存的主题。“多元社区经济工作坊”包括农田、手工艺、导赏等，都是由核心成员自行策划，邀请或培养街坊、参加者成为导师或协作者、导赏员，让成员实践自务，并培育居民参与社区。

十年耕耘，天姿作围组织和社区都经历了不少外在社会和自身发展的冲击，成员意识到是时候重新探索社区资源及居民需要，由新旧会员组成团队，开展参与式社区调研及学习。项目还设有小额经营计划，支持参加成员根据调查结果，共同设计主题，开拓新的社经模式，配合生活和社区的可持续发展。

新冠肺炎疫情之下，整体社会经济大受打击，天姿作围一些活动，如墟市、导赏都被迫延期，但停下来时候，也是转变思维、重整力量的机会。团队发现，维持社区关系不单单在于生产和销售，也在于成员之间的沟通、聆听，学习共同承担决策；在新常态下理解居民需要，拉近社群彼此的关系。而团队在回应社区的转变，一方面会继续学习“由下而上”支持社区居民的成长，另一方面也培养内在力量，加深自我省察。

天姿作围多年来与社区一起成长，也是日渐壮大的社群，迈向可持续生活，与一片天一片水一片地重新连结，展现不同姿彩。



农田里的共生与共学
CO-EXISTING, CO-LEARNING

“跟农夫学野”以永续生活为主题，让参加者跟社区农夫学习务农，体会与自然共生。风雨季来临前，农夫导师和新成员共谋修棚对策，运用朴门永续设计，善用资源，善待土地、解决危机。学农也延伸为自然素食教育工作坊，导师都是料理达人和对节气素有研究的基层街坊。大家以田里的时令收成入馔，学习不同节气与土地、身体以至情感的关联，照顾土地和人的需要。

Tin Shui Wai residents are learning ways to co-exist with nature. In two permaculture workshops, they're being mindful of using local and minimal environmental resources in their daily life decisions. From locals skilled in cooking and the solar calendar, they're learning to live, cook and eat cyclically through the seasons, connecting with nature, land, and oneself. To prepare for typhoons, community farmer members are guiding new members to select sturdy, eco-friendly building materials for their sheds. Permaculture, sustainable living, health and nature coincide.

connect community economy, local people, and the land. In this context, PCD began to partner with Tin Zi Zok Wai in 2020 to deepen members' understanding on community economy through practices such as community markets, Community-Supported Agriculture, rural-urban guided tours, and local food. Members have been participating in a series of workshops promoting community co-learning, while also enhancing the capacity of the local instructors. Some 20-40 members have been gaining leadership and practical skills at monthly co-learning activities on topics such as activity design and budgeting.

Towards Independence and Sustainability

Since 2022, Tin Zi Zok Wai has been focusing on sustainability with its core members, both on the organisational and ecological front. Their new Sustainable Living Design Workshop Series embraces a holistic understanding of the concept, one that includes community economy, agriculture, and people-nature connections. Further, core members have taken the lead in planning the Diverse Community Economy

天姿作围社区妇女制作的手工酱料早成了独特的品牌，赢得口碑，也增加了妇女的自信。Women participating in the Tin Zi Zok Wai project have prepared a range of homemade sauces. They have increased their self-confidence and won the praise of their Tin Shui Wai community.

Workshop Series, covering areas such as eco-farming, handicrafts and community-guided tours. The initiative supports Tin Shui Wai residents to contribute and develop their skills in service of the community.

Tin Shui Wai and Tin Zi Zok Wai have faced many challenges, internal and external, during the decade 2012 to 2022. Seeing the need to update their understanding of the community's resources and needs, new and existing members began conducting participatory community research. The project included a small-grant component to support experimental community economy initiatives identified along the way. When the pandemic put a stop to activities, the team slowed down. Yet at the same time, they felt it was even more important to strengthen community relationships and resilience, continuing to play a supportive role in members' journeys to sustainability and independence.

As we grow and learn with the land and our community, our stories become deeper and richer.



文化和社区建设

CULTURE AND COMMUNITY BUILDING



在文化和社区建设方面，我们的目标是推动具韧性的本土生活方式。香港具有独特和多元的文化历史背景，不同的文化在此汇聚交流，我们希望协作人们包容、尊重社会上的文化差异，推动跨越族裔、利益与世代的对话和交流，让不同社群以各自的方式走向可持续生活。以此期望出发，项目支持不同社区和居民以各种方式连结社区，了解地方的历史、文化，探索自身与所生活社区的互动和转变，重塑身分与价值，培养地方感和认同感，应对地方和文化变迁。在过程中，我们支持社区合作和社会创新，一起推动社会共融。

在屯门，我们与从事教育工作和艺术文化的伙伴生活书院，一起探索社区公共空间“青山塾”的运用，联系居民，共同探索社区生活文化，构思现在与未来的可持续生活方式。在面临迁拆与重建的土瓜湾，我们与反思城市发展、扎根当地社区多年的伙伴社区文化关注合作，以文化手法营造社区，透过“非时”项目（非时，英文“face”的音译，取意“面对面”、“彼此看见”）重新连结社区的历史、文化和居民在地的身分。在变迁之中，社区可以看到新的机遇，也看见彼此。

在社区建设和发展手法方面，我们积极探索跨界和创新思维的学习。2022年初，我们与一口设计工作室合作，为社区工作者举办工作坊。当中应用设计思维，从跨界的新角度，探索社区发展的各种可能。有参与者回应，设计思维模式有助激发创意思考，有助解决问题。我们也计划支持建筑师、设计师等组成的市民团体，拓宽文化和社区可持续生活的视界和实践。

Hong Kong is home to a range of ethnic and cultural groups – a very unique character. In our Culture and Community Building work, we facilitate acceptance of and respect for differences, fostering dialogue across ethnicities, interests, and generations. Our aim is for different groups in society to walk their own path to sustainable living, and to contribute to Hong Kong’s resilience.

We support community members to reconnect with the history and culture of the place where they live and to examine how they have interacted with their community over time. As residents rebuild a sense of identity, place, and belonging, they also tend to value cooperation, innovation, and social inclusion more deeply. They are also in a stronger position to face further changes in their communities.

In Tuen Mun, we work with the art and cultural institution, School of Everyday Life. Together, we engage residents to explore how their community space, Casphalt, can highlight the unique local culture and imagine a sustainable way of living for the neighbourhood. Our partner Community Cultural Concern has long been working in To Kwa Wan, an area facing redevelopment and relocation. Together, we encourage residents to reflect on the changes, and to reconnect with their local history, culture, and distinctive identity. In the process, people come to know each other better and see new opportunities.

To enrich the programme, our approach is cross-sector. The collaboration with One Bite Studio in early 2022, for instance, led to a design-thinking workshop. Participating community workers said that their new sense of creativity helped them find solutions in their work. In the future, we plan to engage with architect and designer groups in Hong Kong to expand our perspectives and practices.

让社区故事说下去

STORIES AND CULTURE LIVE ON

IN TO KWA WAN



土瓜湾是一个会说故事、有历史感、多元拼贴的旧社区。地铁沙中线土瓜湾站探土时在工地附近发现宋代千年古井，还挖出200多件古迹及数千件文物；外墙色彩缤纷的地标“十三街唐楼群”，屹立至今，见证了社区60年的变迁。社区内聚居着新旧移民和少数族裔，当中有资深的工艺师父，也有年轻艺术家。这里没有大型商场和连锁店，但平民小店、自家工场、宁静书店各自精彩。街坊大多相识数十载，慢生活，重人情。人和地，都留下深刻的历史和生活痕迹，成为独特的文化风景。

看见彼此

不过，城市高速发展，新旧更替与变迁却是不能逆转。土瓜湾及九龙城一带早在十多年前已纳入重建项目中，这数年间，好些存在半个世纪的街店已是人去楼空，预计代之而兴的会是高楼、豪宅和商场。对于深刻思考城市发展的社区文化关注（Community Cultural Concern）来说，社区文化和关系在重建下所受的冲击，都是能预视的，但却相信街坊不一定是“受害者”或“弱者”，而是充满能动性，能连结彼此去推动社区改变。

社区文化关注在2013年进驻土瓜湾，希望在推土机进入前，重塑社区的历史文化身分。团队建立公共空间“土家故事馆”，凝聚不同文化背景的社群及族群，参与社区事务；出版刊物讲述多元小店的故事，如车房、油庄、五金店、医馆；举办社区厨房、墟市，连结少数族裔社



铜字招牌师傅重出江湖

BROTHER KWAI – A BRONZE MASTER

“非时工作坊”邀请在土瓜湾三十多年的“卧虎藏龙”师傅桂哥重出江湖，教授铜字招牌制作。这门手艺在1990年代工厂北移开始，渐渐被机械取代而淘汰，桂哥几乎是香港最后一代的师傅。制作铜字招牌从切割字面，到焊接、磨光等，每一步都讲求心之静、手之定。虽然不能期望学员的技艺一蹴而就，但参与尝试以及聆听师傅的分享，就是对这门手艺的重要传承。

Making bronze signage has been diminishing in Hong Kong, with the industry shifting to mainland China since the 1990s. The Face Project team invited Brother Kwai to share his skills; he’s been a To Kwa Wan resident for over 30 years and is probably of the last generation of bronze masters. Every step – be it character-cutting, welding or polishing – requires high concentration and a steady hand, and it’s impossible to learn it all in just a few lessons. Even so, locals are appreciating the spirit and essence of the art.

社区文化关注投入土瓜湾社区，在迁拆中一起重建社区的价值和精神。

In the face of demolition in To Kwa Wan, Community Cultural Concern works to rebuild community spirit and uphold community values.



To Kwa Wan, an urban district in Central Kowloon, has carved out a very unique cultural landscape with a rich history, ethnic diversity, and many community stories.

A House of Stories, Face to Face

To Kwa Wan is home to new and old immigrants, ethnic minorities, and experienced artisans and young artists alike – many residents have known each other for a generation or more. For decades, there were few large shopping malls and chain stores, and it was smallness that thrived – shops, workshops, and walk-up low-rise residential buildings.

The community has been populated for thousands of years: about ten years ago, 10th century wells and hundreds of historical relics were excavated when a new subway line was under construction. Still, To Kwa Wan was not protected from high-speed redevelopment, and the impact has been irreversible. Shops that had served the community for 50-plus years were vacated, and homes that have seen generations grow up have been replaced by luxurious high rises.

Community Cultural Concern (CCC) has been working with affected neighbourhoods since 2013, before the bulldozers came, hoping to maintain the community’s historical and cultural identity. CCC believes that locals are not victims of the so-called ‘urban development’, but agents for change. Their public space The House of To Kwa Wan Stories has been pivotal in their approach – the centre has published stories of a local auto repair shop, oil dealer, hardware shop, and a Chinese herbal clinic, and hosted events such as a community kitchen and community market. Locals also offer instruction here, sharing their expertise on embroidery, making lanterns, the Urdu language, and more. With stories being shared and locals seeing more of each other, a sense of community is returning.

Over the years, CCC has been building community relationships through cultural interventions. Since 2020, PCD has been supporting its Face Project, encouraging To Kwa Wan locals to meet each other face-to-face. The project involves courses, raising awareness on local shops, and small grants. Ten locals have been teaching courses ranging from Indian cuisine to traditional Chinese snacks to making bronze signage,

群；也邀请不同专长的街坊成为社区导师，教授乌都语、刺绣、灯笼制作等。因为看见，因为参与，小店和街坊对社区也生起了归属感。

社区文化关注多年来在社区深耕细作，以文化手法介入社区。社区伙伴沿着这思路，在2020年开始合作开展“非时”（“face”的音译，取意面对面、彼此看见）项目，支持街坊赋能，建立更强的主体性，迎向社区的改变。非时项目包括“非时工作坊”、“非时小店”及小额资金自主项目。“非时工作坊”邀请了10位“卧虎藏龙”的导师开展课程，每班约有15位街坊参与。课程涵盖语言、生活技能、传统手工艺等，有印度妇女分享印度料理，本地街坊妇女制作小吃，工艺师教授传统铜制招牌。长远来说，希望街坊借此提升自信，传承文化的同时有意识地连结不同社群，巩固社区网络。

留住小店人情

“非时小店”在2022年展开，报名踊跃，最后选出25位主动热诚的年轻人参与“落铺生根”（连结店铺，扎根于社区）共学工作坊及记录小店故事，包括学生、教师、艺术工作者、瑜伽导师。“社区文化关注”团队在其中化身导赏员，向参加者介绍社区的小店和考察的技巧，也邀请专精于不同领域的导师，分享口述历史、纪录片、绘本、社区艺术等记录形式。

诚如一位培训导师所言：“社区要累积，要建立日常。所谓介入就是让看似没关系的事物连结”。参加的年轻人一家一家的店铺去访谈，慢慢发现了社区。“落铺”的故事很丰富，有以“茶店”及新来港妇女街坊作主轴，连结不同家乡的语言及饮食文化；有的发掘到车房的“佬味”（“佬”为中年男士，“佬味”指他们的气质：不修篇幅，或是粗犷、有型格），呈现车房行业及社区文化；有的以重建议题带出对社区的关注。小店成为积极的说故事者，重新肯定自我；也造就了年轻人与小店的互动，拉近彼此。

作为总结，“非时”项目会以体验工作坊、展览、课程等不同形式，向社区与公众展示“非时成果”，令更多人了解土瓜湾社区文化、价值与关系。项目还支持街坊导师、小店及年轻街坊申请小额资金，筹办连结社区的文化活动。

项目的开展，正是社区文化关注基地受重建影响而从街店迁到工厦之时，既是艰难也是机遇——团队失去了唐楼群的社区网络，就像迁徙的居民，要重新适应，重新建立街坊网络；但同时发现新进驻的年轻艺术家和设计师，可以合作社区项目。

“社区未完”——正如“土家故事馆”门前的直幡上所写。地方或有变更，社区的力量却不会就此溃散，人情、历史、文化也不会就此湮灭。我们在项目推行时深深感受到街坊的投入、协作者的热忱，看到年轻新生代的创意和动力，就能相信，一个彼此看见、团结而自主的社区将指日可期。



与“车房佬”聊天
TOYS AND BLOKES ARE PART OF
CULTURE

“落铺生根”计划记录小店的人情故事。参与的年轻人先学习如何在短时间内结识小店，导师强调要善用观察和好奇心。以区内“十三街”的车房师傅（常称“车房佬”）为例，车房内摆放了玩具模型，年轻人可以此切入，并以“车房佬”喜欢的方式拟定计划，引起对方兴趣。年轻人很快就能打开话题，与他们聊天，记录“车房佬”不为人知的一面，以及与之连结的社区文化。

As part of the initiative to acknowledge local shops, youth learned to establish rapport with shop-owners through close observation and holding onto a sense of wonder. Noticing toy models on display in an auto repair shop, they began their interview with that, which led to genuine conversation and rich exchange. They learned about the everyday lives of auto repair ‘blokes’ and how they’re intertwined with community culture.

with about 15 locals joining each course. People are gradually rebuilding their confidence, recognising their skills, and taking interest in passing on community culture. To Kwa Wan is once again becoming close-knit, ready to face any challenges ahead.

Stores Hold Stories

In 2022, CCC launched an initiative to acknowledge and raise awareness about local To Kwa Wan shops: 25 enthusiastic youth with varied occupational backgrounds were selected to participate, collecting and documenting stories. Staff introduced the shops and trained the participants in community research, while external instructors shared documentation methods such as oral history, illustrated books, and community arts and also taught principles and skills of community building. One facilitator said, “Community building is about what happens in a place on a daily basis, and forging connections between seemingly unrelated things and happenings.”

The young participants began to rediscover their community as they observed, listened to, and recorded stories. The tea shop story speaks of how food and language help women from mainland China engage with locals of various backgrounds. The auto repair shop story reveals how the sector evolves with and

shapes To Kwa Wan culture. Other stories draw public attention to urban redevelopment. As the shop-owners have shared their life stories with the youth, the two groups have become more connected, and the value of the shops more deeply acknowledged by the community.

To showcase the value of community culture, CCC held experiential workshops, exhibitions and courses for To Kwa Wan locals and the public alike. Small grants supported local instructors, shops, and youth to host cultural events.

CCC was not exempt from the redevelopment. They lost their base and their networks with nearby locals, and they too had to rebuild connections with new neighbours. In fact, they implemented the Face Project during their relocation – a trying time! Yet, change can bring opportunity, and when staff met young artists and designers who were also new to the area, they’ve sensed a synergy to work together. ‘The Community Lives On’ reads a banner at The House of To Kwa Wan Stories – landscapes and relationships may change, yet history and culture live on.

Passion and creativity will continue to connect people with their community.



参与“非时小店”的年轻人探访社区的小店，让小店说自己的人情故事。
In the Face Project, youth facilitate local shopkeepers to tell their life stories which are documented.

项目一览

PROJECT LIST

转化学习	Transformative Learning
“坚定的温柔” 滋养妇女及深化性别视角	‘Tenderness with Unwavering Resolve’ – Women’s Wellbeing and Capacity Building through Gender Analysis
探索具性别角度的团体领导力	Developing Transformative Feminist Leadership Support Systems with Grassroots Women
非暴力正念沟通学习	Nonviolent Mindful Communication Learning and Facilitator Network Development
针对专业助人者学习计划	‘Self-Care in Nature’ – Training with Helping Professionals
香港伙伴大自然疗愈力量培训	‘Healing Powers of Nature’ – Workshop with Hong Kong Partners
“田边会社” —— 以艺术、农耕及口述历史 培育青年社群及社区家庭与土地连结	‘Farmside Club’ with Youth and Families – Connecting with Nature through Art, Farming, and Oral History
寻求庇护者和难民 “身心教育活动 ” 工作坊	Somatic Education Activities with Asylum Seekers and Refugees

社区经济	Community Economy
支持天水围永续社区的学习与实践	Sustainable Community Learning and Practice in Tin Shui Wai
基层天水围妇女社区经济及可持续社区发展	Community Economy and Sustainable Community Development with Grassroots Women in Tin Shui Wai
搭建上水社区互助支持网络	Building Community Mutual Aid Networks in Sheung Shui
青年另类职志探索及实践支援计划	Vocational Support with Youth on Creative Industry Careers

应对气候变化的社区韧性	Building Community Resilience for Climate Change
支持南涌生态社区建设网络	Ecological Community and Network Building in Nam Chung
搭建葵涌低收入社区能源行动网络	Network Building for EnergyCare Community Action with Low Income Communities in Kwai Chung

文化和社区建设	Culture and Community Building
土瓜湾社区营造 —— “非时” 看见彼此工作坊	‘Face Project: Seeing Each Other’ – Community Building in To Kwa Wan
屯门社区生活文化连结	‘Real Living Together’ – Building Community Culture in Tuen Mun
专项基金 —— 设计师及建筑师	Exploring Community Culture Interfaces with Emerging Designers and Architects
少数族裔妇女自发互助初探	Self-Initiated and Mutual Support Practice with Ethnic Minority Women

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圣雅各福群会社区经济互助计划	Community Oriented Mutual Economy (COME) of St. James’ Settlement
关注草根生活联盟有限公司	Concern for Grassroots' Livelihood Alliance Limited
香港设计大使有限公司	Design Trust, Hong Kong Ambassadors of Design Limited
妇女动力基金有限公司	HER Fund Limited
香港妇女中心协会有限公司	Hong Kong Federation of Women's Centres Co., Ltd.
九龙佑宁堂	Kowloon Union Church
创不同协作有限公司	Make A Difference Institute Limited
正念喜悦生活有限公司	MindfulJoyful Living Limited
一口设计工作室有限公司	One Bite Design Studio Limited
芦苇花开生态教育基金有限公司	Partnership for Nature Education and Conservation Limited
拾坊	Sap Fong
生活书院有限公司	School of Everyday Life Limited
天水围社区发展网络	Tin Shui Wai Community Development Network
天姿作围	Tin Zi Zok Wai
	Translate for Her Limited
自然・乐・在	Nature-Well-Being

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Community Cultural Concern

Nature-Well-Being

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