

## Partnerships for Community Development



## 親。心

一草一木  
一砂一石  
蟲獸魚禽  
河川湖海  
眾生有情 若親  
大地 如母

善全生態  
再生 復育  
良健經濟  
生活殷融  
合天地 為一  
安家 於心

安德魯·麥哥利  
社區伙伴 管理委員會主席

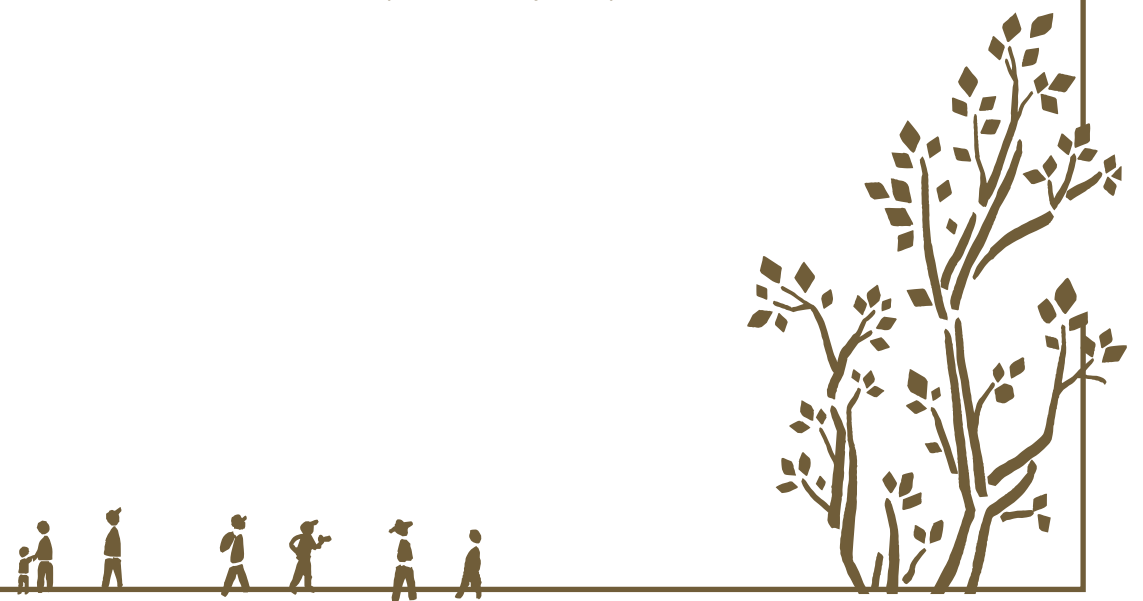


## OUR RELATIVES

May all humans recognise  
The Earth as our mother;  
All plants and animals,  
Waters and minerals,  
Are relatives, not resources  
For our exploitation.

A healthy economy  
Serves the greater ecology,  
Regenerative and restorative;  
Connecting Earth and Sky,  
Revealing our true home  
Is in the Heart.

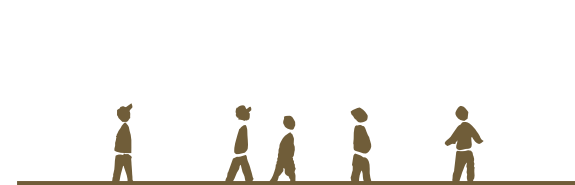
Andrew McAulay  
Chairperson, Management Committee  
Partnerships for Community Development



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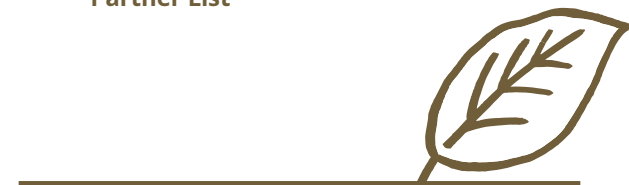
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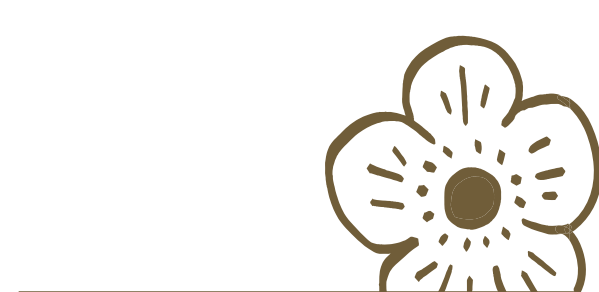
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# 序言

## Foreword

2020-2021 年全球新冠疫情肆虐，生活中習以為常的事情變樣了。慣於把握工作、出行、假期各種計劃的生活節奏不再是理所當然。因為跨地跨境檢疫隔離下的社區封閉、出行限制、停課、分流上班等各種社交距離，人們都籠罩在誠惶誠恐、步步為營的氛圍中。但正因如此，生活也確實是慢了下來，我們也有更多空間去審視未來的不確定性以及依賴外部資源去支撐整個生活規劃的脆弱。看到伙伴們在抗疫期間藉著平日搭建起來的社區互助網絡，發揮了鄰里守望的作用，也讓人深刻的思考：怎麼可以更靈活利用本地的資源，用自己雙手去創造具社區韌性、美美與共的生活。新冠疫情的到來，為人類作為一個生命共同體帶來更多的思考，而格拉斯哥聯合國氣候變化大會也提醒我們：需要找到一種與萬物共生的生活方式，以更切實地面對不再遙遠的生態危機、氣候變化議題。

這一年，我們在和社區一起踐行可持續生活的同時，也更關注宏觀的環境議題與可持續生活的關係。社區伙伴看重與環保及公益領域的互動及合作，期望與公益伙伴一起分享社區工作的經驗，更有意識的在項目經驗整理、行動研究及出版翻譯上，支持合作伙伴呈現其在工作生活微觀層面所推動的綠色生活，是如何助力於生態友善、與萬物共享的生活方式，並連結到全球的行動中。這個努力也是我們為下一代準備的最好禮物。

在迎向機構二十週年的過程中，依託內地伙伴推動的可持續生活經驗和啟發，我們也積極探索在香港開展工作的可能。面對香港急劇變化的社會環境及因城市發展衍生的各種社會和生態議題，我們相信香港項目需要致力支持市民通

With the pandemic persisting in 2020-2021, and beyond, our way of life has been profoundly changed. We can no longer be sure that our plans for work, travel, and rest can go forward as planned. In a time of quarantines, lockdowns, travel restrictions, and social distancing, people have been engulfed by countless uncertainties.

Yet, as we slow down, we have come to acknowledge how unpredictable life has always been. We see how vulnerable we are, with many aspects of our lives dependent on external resources.

In this context, it is heartening to observe the strength of partnerships, communities, and development. Throughout the pandemic, our many partners have been benefitting from the resilient community networks they have built, and showing solidarity and resilience in the challenges. This makes us wonder how we may create strong harmonious communities with our own hands and local resources. The pandemic also reminds us of the important questions humanity is facing as a whole – we are living in a climate emergency, and the latest UN Climate Change Conference in Glasgow urges us to find ways to co-exist with all other beings on this planet.

This year, as we explored ways of living more sustainably with communities, we have paid close attention to the environmental movement and the interplay between individual and community practices. PCD has valued interaction and cooperation with members of the environmental protection and philanthropic sectors. Apart from facilitating exchanges on community ecological work, we have also been supporting partners – through documentation, action research and publication – to present how our choices contribute to a global movement towards more equitable and compassionate ways of living. These efforts are the best gifts we can offer to the next generation.

Inspired by the experience of promoting eco-sustainable living in mainland China over the past two decades, we are now exploring new programme work in Hong Kong. The rapidly changing environmental and societal contexts have given rise to social and ecological issues in the city, and it's challenging to consider the development planning possibilities. As always, we believe that solutions come when citizens

過各種扎根於孕育我們土地上的創新嘗試，以更整全的視角和更靈巧的心態，共同協力尋求回應社會議題的方案。香港項目主要以轉化學習、社區經濟、應對氣候變化的社區韌性，以及文化和社區建設四個核心議題而展開。今年的年報，我們欣喜的和大家分享這個起步的經驗。

不管是在內地或是在香港，我們會進一步連結海外可持續生活的網絡，相互學習及協同。而香港項目的生成及發展，意味著社區伙伴的工作團隊會深深扎根在我們生活的土地上，身體力行，成為這個相互交疊的可持續生活網絡中的一個節點。

感謝同行的各位給予的鞭策及鼓勵，我們知道要走的路遠且長，但每個當下的努力和實踐，也就是理想所在之處。

鄧文嫦  
總幹事

with holistic perspectives and flexible mindsets work together, inspired by and rooted in the land that nourishes us. Accordingly, our Hong Kong programme has begun supporting initiatives around four themes – Transformative Learning, Community Economy, Building Community Resilience for Climate Change, and Culture and Community Building. It is our pleasure to share our initial explorations in this Annual Report.

Be it in mainland China or in Hong Kong, we will continue to facilitate mutual learning and synergies through weaving a sustainable living network with our overseas partners. The birth and development of the Hong Kong Programme thus signifies members of the PCD team are now ‘walking the talk’ as we participate in shaping a sustainable future in the land where we live. In doing so, we are becoming a new node of an ever-evolving network.

I would like to thank everyone for the many sincere words of advice and encouragement this year. The path we take may be long and difficult, yet together, our stride is stronger. Step by step, we are arriving together.

Sherman Tang  
Director





# 社區伙伴簡介

## About Partnerships for Community Development

社區伙伴是一家在中國內地工作的社區發展機構，2001年5月在香港由嘉道理基金會創辦及資助（經由麥哥利夫人所管轄的基金部分）。嘉道理基金會成立於1970年，創辦人賀理士·嘉道理爵士一直秉持「助人自助」的信念。2017年8月，社區伙伴以環境保護部（現生態環境部）為業務主管單位，在北京市公安局登記，成立北京代表處。

社區伙伴沒有任何宗教或政治背景，致力與社區一起探求人與人、人與大自然的和諧共存之道，學習和實踐有尊嚴並可持續的生活。在生物多樣性保護、生態農耕、自然教育、環境保護與污染防治等領域，社區伙伴通過文化反思、培育社區協作者、搭建網絡與平台等工作手法，激發社區內在動力，促進人和社區對可持續生活的理解，踐行可持續生活。

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

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



## 我們的願景 Our Vision

人與人、人與大自然和諧共處。

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

## 我們的使命 Our Mission

社區伙伴與社區和相關人群一起努力，恢復人們內心與大自然的連結，探索實現可持續生活的道路和方法。

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

## 探索可持續生活 Sustainable Living

社區伙伴理解的「可持續生活」，是在有韌性的社區裏，人們意識到人類與大自然的相互依存，過著簡單知足、互相關愛、充滿安全感和創造力的生活。

可持續生活的探索，沒有標準的定義，也並非一蹴而就，是一個不斷協力向前的過程。它建基於我們對主流發展模式的反思，以及對萬物一體的感恩。我們相信，面對當今充斥全球的生態、社會危機，需要社區、社群更多的意識覺醒，轉化價值觀與生活方式，自覺地創造新的生活選擇。

社區伙伴支持建基於草根社區／社群的可持續生活多樣性實踐，鼓勵及凝聚多元背景的生活者，共同構建小而美、多節點，以及相互連結的可持續生活網絡，一起推進和普及可持續生活。

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

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



### 協作文化反思

依托文化視角反思主流發展的不可持續性，肯定社區傳統文化的價值，以重建人們與自然的連結。

在城市，我們協作居民思考自身不只有消費者角色，也可以是滿足生活所需的生產者，和主動選擇可持續勞動或消費方式的生活者。我們也反思城鄉的二元分割，並通過挖掘農耕多元價值，重建城鄉互動。我們與農村社區一同梳理傳統文化的價值，陪伴社區透過適當的傳承與創新，回應主流發展所帶來的挑戰，找到屬於自己的道路。

**Facilitating Cultural Reflection**

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.

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.



### 培育社區協作者

社區協作者是推動改變的關鍵力量。社區協作者能為草根社區和社群的能力培養作出貢獻，讓人們透過集體的力量帶來改變。

通過對話、長期陪伴、經驗交流等方式，我們支持社區協作者懷著社區文化和更廣大的社會生態視角，尋找本地適宜的方法，解決他們所關心的事情。

**Nurturing Community Facilitators**

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.

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.



### 建立內在力量

內在的力量源自內心與大自然的連結，它能使個人和社區的動力得以持續，努力不懈地實踐可持續生活。

社區伙伴與社區內外的協作者合作，幫助人們領悟大自然的智慧，順應自然之道，在萬物中重新找到自己的位置。這種自我覺醒和內心平和，將成為社區協作者的內源動力，持續為社會帶來積極改變。

**Building Inner Strength**

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.

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.



### 搭建網絡

增強及堅定草根社區和社群的力量，推動可持續生活，以建立更廣泛的社會參與基礎。

我們適時推動不同層次、議題、群體網絡的交流，一方面能帶來思路的碰撞，另一方面也讓社區協作者看到即使行動和議題有異，背後對可持續生活的關注並無二致。這讓原來的網絡有更多成長空間——社區協作者將發現更多同路人、更多合作的空間，和更多相互學習和支持的可能。

**Network Building**

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

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.



我們相信，回應當前氣候變化、生態和社會危機最根本之途，莫過於重新與自然連結。而我們認同「生態中心主義」哲學，並以此為機構策略，正好與國家建設「生態文明」的目標一致。人與大自然的關係不限於一時一地，而是深植於所生活的環境之中，是經久存在於文化之中。這文化透視了人們回應天地河川以及和萬物相處之道，呈現在農耕、信仰、道德、環境、家庭與人倫各層面。我們與伙伴一起，協作不同社區回歸自然生活，感知自然，感知當下。

在許多農村地區，因為快速城鎮化，人與自然逐漸疏離，傳統文化受到衝擊，我們在不同鄉村社區與伙伴探索如何與年輕一代連結，整理、呈現及學習傳統文化與自然生態的關係。在雲南大理上關村，伙伴雲南民族大學西南民族特色文獻研究中心，以家譜文化入手，探索社區文化與自然的連

We believe that a fundamental way of addressing the eco-social and climate crisis is to rebuild our loving relationship with nature. This eco-centric philosophy guides our organisational strategies and also echoes China's national goal of ecological civilisation. PCD sees the human-nature relationship as unconstrained by time or locality: it is embedded in the cultural soil as people live and learn to interact with heaven and earth, mountains and rivers, plants and animals. Eco-cultural wisdom exhibits in agriculture, beliefs, morals, landscapes, values, and relationships within the family and in the public sphere. Working with our partners, we facilitate communities to rediscover a way of living attuned to the rhythms and essence of nature.

As urbanisation continues to undermine traditional culture, many rural communities across China are experiencing an increasing separation from nature. Together with our partners, we are encouraging the younger generations to rediscover, relearn, organise, and present the ecological wisdom within their communities. One partner – Southwestern Ethnicities Archives Research Institute of Yunnan Minzu University – has been exploring the culture-nature relationship through family genealogy in Shangguan Village of Dali City in Yunnan Province. Other partners carry out experiential nature education, such as Tree Workshops, Land Ethics, and Deep Ecology, whereby

結。我們也支持伙伴從不同層面探索自然教育的理念與實踐，例如透過大樹工作坊、土地倫理、深度生態工作坊等體驗教育，讓參加者以觸感和情感體驗自然，思考生活與生態自然的關係。在西南地區傳統文化豐厚的鄉村，我們與昆明市西山區在地自然體驗中心合作，研究鄉村社區自然教育的實踐，深度訪談自然教育工作者，整理案例、文獻，透過共學論壇和交流會，深化對鄉村自然教育的理解和感悟，營造自然環境與社區文化結合的育人環境。

在城市，我們支持營造生態友善的環境，讓人們的生活與自然融合。伙伴北京自然之友公益基金會及北京蓋婭樸門設計諮詢有限公司以「參與式營造」方式，讓社區居民參與社區的生態設計與建設，藉以傳遞生態環保理念，並建立相關的社群網絡。

但願，踏足自然的路徑上，我們能看見彼此的身影。

participants connect with nature through their senses and emotions, and consciously reflect on their ways of living. In villages across southwest China, where cultural traditions tend to be more intact, our Kunming-based partner Zaidi Nature Education Centre has been creating a better understanding of the inextricable links between local ecology and rural culture. They research innovative practices and concepts, generate relevant materials for co-learning and exchange, and adapt nature education principles accordingly for different communities.

In the urban context, we seek to foster eco-friendly environments where people can live in harmony with nature. Guided by the principles of participatory community building, our partners Friends of Nature Foundation and FON·GaiaScape Studio have been facilitating various eco-design initiatives, raising community awareness, mobilising action, and building supportive ecological networks.

On this path towards a nature-based living, we are never alone.



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## 自然教育在鄉土自然

在西南農村社區自然教育經驗調查與相互合作項目的鄉村自然教育分論壇上，園長馬曉玲分享了她在雲南大理官莊龍潭明德幼稚園的實踐。曉玲心目中「理想的幼稚園是森林校園、兒童家園」，她把幼稚園創設在村口旁邊的半山坡，與周邊的自然環境融合，發揮了鄉村自然教育的優勢。課程依照二十四節令設計，老師會帶孩子在不同季節裏體驗自然。學校不設圍欄，意味與社區連結。曉玲也分享到，她決意回鄉辦學，是傳承了父親對本鄉教育和自然文化的重視，並且深深感受家鄉父母的陪伴與愛。她的分享帶出了鄉村自然教育的重要理念：地方歸屬感。

西南地區蘊含多樣的自然物種與豐厚的文化，但在高速發展的語境下面臨衝擊。學校和環保公益機構推行自然教育，關注對像多以城市社區為主。可另一方面，西南鄉村社區中的一些自然教育機構及工作者，一直在社區結合鄉土文化作實踐，他們的經驗拓寬了自然教育的視野。

2018 年開始，我們與昆明市西山區在地自然體驗中心合作，探索和研究雲南、貴州、四川、重慶、廣西等農村社區自然教育實踐的狀況。項目主要是與自然教育機構和工作者深度訪談，整理文獻和案例經驗，舉辦共學交流會、論壇、工作坊和培訓，並且建立網絡，分享信息。50 多位鄉村自然教育實踐者，來自多元背景，這讓我們意識到，自然教育的場域超越了學校和體制，對像也不限於兒童，而是向社區和更大的群體延展。

項目團隊先後走訪並實地支持不同的鄉村自然教育案例，包括明德幼稚園，深入梳理、書寫和傳播。位於瀘沽湖畔的達祖小學，教育理念是保育傳統文化，讓孩子學習自己的文化傳統，認識自己的家鄉。在雲南麗江吾



木村，出身自納西東巴世家的和繼先開設種子圖書館，舉辦「一棵樹」夏令營等活動，有意識地傳承東巴文化，連結生活。騰沖市珍稀動植物保護協會會長陳映照，推動高黎貢山自然保護區的護林員與社區居民組成團隊，營造結合生活與傳統文化的育人環境。案例的分享引起了很大反響，激勵了眾多同行。當中展示了鄉村自然教育協作者不同形態的實踐，而共同點是懷抱熱忱，依托自然，扎根於鄉土與生活，聯繫著地方知識、生態觀、傳統文化和社區等多重面向。

鄉村自然教育的意涵和理念在多次共學中愈顯豐富和深入，啟發到實踐的共創設計。共學也發展了網絡平台，大家在線上線下互相學習和激勵，彼此陪伴支持。項目會繼續以深度訪談調研提升自然教育協作者技能，支持他們在課程設計的實踐。



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養育孩子需要一個村莊，山林村寨就是村莊的自然學習中心。

‘It takes a village to raise a child’ – surrounded by forest and mountains, the village itself is a nature education centre.

• • •  
雲南大理官莊幼稚園搭建過河橋體驗活動。  
  
Guanzhuang Kindergarten  
bridge-building experiential  
learning activity, Dali  
Prefecture, Yunnan Province.

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## Learning in Nature, Learning in the Village

Ma Xiaoling’s vision of an ideal kindergarten is to combine a forest school and children’s home. It now exists! Standing halfway up a mountain by the village entrance, the nature school has no fence, for a true connection with forest and community! Its curriculum aligns with the traditional lunisolar calendar to allow children to experience the transformations of the seasons.

Xiaoling was so determined by her vision and loved her home village so much, that she moved back to set up the Guanzhuang Longtan Mingde Kindergarten in Dali City, Yunnan Province. She felt a call of love from her parents there. Both of them supported her decision, and care deeply about local culture, ecology and education.

Xiaoling’s story, which she presented at the ‘Nature Education in Rural Communities’ forum attended by practitioners across Southwest China, exemplifies a central principle of rural nature education – a sense of belonging to place.

Nature education in China, run mostly for children by schools and environmental NGOs, has concentrated in urban communities. Yet, a few nature education organisations and practitioners have recently taken the less trodden path: integrating nature education with rural culture. They promote community-based nature education in villages across Southwest China, an area rich in both natural diversity and in ethnic minority culture, yet also impacted by mainstream economic development priorities.

In 2018, PCD began supporting Zaidi Nature Education Centre (Zaidi) to study nature education practices in rural communities. They have been

conducting thorough interviews with organisations and practitioners in the Southwest, documenting findings and experiences, and running discussion forums and workshops – more than 50 practitioners have attended their sessions. The participants’ diverse backgrounds remind us that nature education is not limited to the classroom, nor is it for children only. It can take place in the entire community, and for different groups and ages.

Zaidi has visited and carried out innovative community activities, such as with Ma Xiaoling and her visionary Mingde Kindergarten. Another inspiring case is in a village in Lijiang City, Yunnan Province, where He Jixian of Naxi ethnicity has opened a seed library of seeds, Dongba books and artefacts. He also runs ‘Be a Tree’ summer camps for children. Two stimulating ways of weaving Dongba culture into everyday life! The Dazu Primary School by Lugu Lake in Yunnan Province also integrates local culture into an unique children’s curriculum. Another innovative activity: Chen Yingzhao of the Rare Flora and Fauna Protection Department based in Tengchong City, Yunnan Province, works alongside foresters and villagers in the Gaoligongshan National Reserve to create nature-and-culture learning environments for local children. These cases – of many – impress and inspire both the practitioners, and us. They show us that rural nature education takes different forms. They reveal the importance of passion and a sense of belonging. They embody an attunement with both local community living and nature’s rhythms. They acknowledge the wisdom of cultural knowledge and of nature itself.

As rural practitioners deepen their understanding of nature education, they are inspired to apply the values and principles to their own practice. Often, they develop face-to-face and online networks that enhance mutual learning and offer camaraderie. Zaidi continues to conduct in-depth interviews with practitioners to fine tune the skills of nature educators, supporting them to transform theory into action. Living and learning – a natural education.



## 人人都是生態設計師

在高度城市化的地區如北京，人們生活在高樓大廈，在車流人海中匆匆而過，低頭看著手機萬變的聲影，許多人心裏卻是焦躁不安，渴想回到自然環境而有所安頓。近年在海淀、朝陽等不同地區的社區陸續出現了生態共植農園、生態花園、生態棚，以至康復中心的療愈花園；也有社區居民一起動手，將一片荒地改造成生態小花園，在花園裏種植，收集落葉作堆肥，做蚯蚓塔，收集雨水，希望在生活中註入生態元素，與大自然點線相連。

我們一直推動以不同方式與自然連結的可持續生活。2020 年，我們與北京自然之友公益基金會合作，支持北京蓋婭樸門設計諮詢有限公司（下稱「蓋婭設計」），通過生態營造師課程，培育更多具有生態營造視角的市民與社區骨幹，讓人們在城市中也能觀察自然、學習生態智慧，營造與自然和諧共處的生活。蓋婭設計推動可持續環境設計、公眾永續設計教育和生態行動，並參與生態社區、學校、自然教育基地改造。



項目設置了獎學金以支持各地的參與者。在三天的工作坊中，參加者一起討論學習規則，討論生活中遇到的生態環境問題，一起學習樸門永續設計原理，將自然界的功能與美感融入設計之中，並且按照設計思維以小組形式實踐。工作坊因地制宜，設計配合場地的內容和任務，也遵循學到的樸門原則，結合當地文化，盡可能使用本地材料。很多參加者在反饋中提到，以前覺得空間設計很難，但工作坊讓他們相信「人人都是生態設計師」，每個人都可以營造自己的生活。

生態營造的重點是生態與生活結合。在伙伴的支持下，曾經參加過生態營造學習或樸門永續培訓的成員慢慢形成全國性的社群網絡，對學習和實踐也懷著很大熱情。項目以小額基金形式支持申請者與社區成員合作，在城市社區、郊區農場、鄉村或是校園等不同場域，實踐生態營造，把自然引進生活。有的嘗試做比較大型的，如社區花園、屋頂花園，或是社區公共空間，也有的從日常生活著手，例如建設堆肥基地、垃圾分類、改造舊物等。

轉變從生活開始。一個社區、一個小房子、一個花園、甚至一個小小角落，都可以營造生態，可以學習以整體思維、生態視角來構想可持續的生活方式，重新與自然連結。

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蓋婭設計團隊參訪黔东南的村寨，學習交流。

A Gaiascope eco-design activity.



## Everyone Can Be an Eco-Designer

A core purpose of eco-design is integrating ecological principles into daily living. In highly urbanised areas like Beijing, everyday life can be frenetic – people often want a sense of peace, away from the hustle and bustle of the city. They yearn to inject some green into their routines. They long for the deep serenity of nature. Eco-change is happening! Eco-gardens and revitalised land have been appearing in public spaces in various districts across Beijing. Residents are transforming wasteland into small eco-designed community gardens, where they grow plants, gather fallen leaves for mulch, raise earthworms for composting, and collect rainwater.

PCD has been promoting diverse pathways to foster connections with nature and sustainable living. In 2020, we supported Friends of Nature Foundation and FON·Gaiascope Studio (Gaiascope) to develop an eco-designer course. Gaiascope has been promoting sustainable landscape design through public education, conservation, and spatial redesign initiatives. They are enhancing the eco-design perspectives of individuals and community leaders, so that they can observe and learn from nature’s wisdom, and then redesign urban spaces in harmony with nature.

Participants from all over China joined a three-day workshop with the support of project scholarships. They shared ecological and environmental challenges they have experienced, learned permaculture design principles that equally stress nature’s functionality and aesthetics, and worked together in small groups to apply new knowledge. One exercise was to eco-design the training venue, bearing in mind the functions of the space, and incorporating local culture and materials. Many

participants said how difficult landscape design can be, but that the workshop gave them confidence that “everyone can be an eco-designer” and can reinvent the way they live.

Our partners also helped form a national network with eco-design and permaculture participants for continued learning and practice. They awarded small grants for work with a range of groups – urban communities, suburban farms, various schools, and villages too. This fostered an amazing range of experimental eco-projects: from public space redesign as in rooftop gardens, or redesigning daily routines to now include composting, waste sorting and upcycling.

Transformation starts with the smallest changes we make in our lives. Be it a neighbourhood, an apartment, a garden, or even a small neglected street corner, we can always reimagine and redesign how we can live more sustainably, with nature, and in nature.

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生態營造就是把花鳥蟲木、雨水、泥土……引進社區，融入生活。

Bringing plants, animals, water and soil into the heart of community life.



項目一覽

Project List

<b>生態設計與社區可持續生活實踐</b> 📍 北京	<b>Ecological Design and Exploration of Sustainable Living Practices in Communities</b> 📍 Beijing
培育有生態營造視角的社區骨幹，探索如何實踐以生態知識和設計融入社區和居民生活，並支持網絡發展。	Nurture community leaders with eco-design perspectives to explore applications in community life; Build supportive network.
<b>縉雲山社區為本自然教育探索</b> 📍 重慶	<b>Community-Based Nature Education in Jinyunshan Nature Reserve</b> 📍 Chongqing Municipality
通過社區調查，整理和學習當地傳統文化，探索結合社區參與、資源和社區生活的自然教育模式。	Encourage community members to rediscover local traditional culture through community research; Explore nature education approaches that involve local participation, resources, and everyday life.
<b>「從土地到土地」：社區為本食農教育探索</b> 📍 重慶	<b>‘From Our Land and For Our Land’: Community-Based Food and Agricultural Education</b> 📍 Chongqing Municipality
通過村民陪伴兒童的社區調查，呈現本土傳統農耕智慧，啟發村民重新理解人地關係，反思生產生活，並開展食農教育。	Promote understanding of traditional agricultural wisdom, the human-land relationship, and reflection on modern living, through community research, children’s participation, and educational activities.
<b>培育本土環保力量</b> 📍 貴州	<b>Local Environmental Protection Capacity Building</b> 📍 Guizhou Province
開發本土環境意識主題課程，陪伴在地協作者設計相關活動，培養協作者能力，構建支持服務體系。	Support capacity building mechanisms through developing local environmental protection curricula and providing support on activity design and practices.
<b>小廚師養成計劃：宜賓市校園食農教育</b> 📍 四川宜賓	<b>Little Chef Project: Exploring Food and Agricultural Education at Schools</b> 📍 Yibin City, Sichuan Province
通過生態菜園活動，讓學生認識當地生態和文化，培養社區感與情意，促進學院社工和師生對食農教育的理解和實踐。	Promote students’ understanding of local ecology and enhance their connections to the community through ecological gardening; Build project team’s capacity on food and agricultural education.
<b>探索漢族文化與自然連結和青年人教育</b> 📍 雲南大理州	<b>Exploring Eco-Wisdom in Han Culture and Youth Education</b> 📍 Dali Prefecture, Yunnan Province
以家譜文化為基礎，探索社區文化與自然連結，協作反思、學習、傳承傳統文化，並推廣至青年人群體。	Promote community reflection and local youth education through exploring ecological wisdom in local culture based on family genealogy.

<b>從傳統社區「萬物有靈」哲理故事探索體驗式社區教育</b> 📍 雲南	<b>Exploring Experiential Community Education through Non-Anthropocentric Folktales in Traditional Communities</b> 📍 Yunnan Province
以社區故事教育傳統為本，支持村寨婦女收集哲理故事，轉化為適切兒童的體驗式教育活動；舉辦城鄉跨區交流活動，共同探討社區教育。	Support local women to collect folktales on non-anthropocentric worldviews and transform them into experiential education activities for local children; Organise community education forums for rural and urban participants.
<b>騰沖農村自然教育理念與實踐</b> 📍 雲南騰沖	<b>Nature is Our Teacher: Rural Nature Education Theories and Practices</b> 📍 Tengchong City, Yunnan Province
探索具本土特色的自然教育理念與課程，讓孩子與大自然及本土文化連結；培養自然教育人才，實踐社區合作。	Develop nature education curricula for local children incorporating elements of the local culture and natural environment; Nurture rural nature educators.
<b>探索社區為本自然教育理念</b> 📍 雲南騰沖	<b>Exploring Principles of Community-Based Nature Education</b> 📍 Tengchong City, Yunnan Province
以與自然連結為基礎，深化本土民間文化與自然教育結合的理念，推動在地實踐及分享，拓展網絡，培訓人才。	Deepen understanding of community-based nature education rooted in local culture; Expand networks to promote and share local practices; Cultivate local educators.
<b>建設西南鄉村自然教育協作者能力與網絡</b> 📍 跨地區	<b>Capacity Building and Network Development with Rural Nature Education Facilitators</b> 📍 Regional
依託本地自然與文化資源，培育協作者鄉土自然教育理念，在課程設計、傳播等作深度實踐；通過工作坊等搭建多中心網絡。	Nurture rural nature educators through curriculum design, integrating local natural and cultural resources and knowledge dissemination; Build diverse networks through activities such as workshops.
<b>西南漢族農村傳統生態文化社區調查</b> 📍 跨地區	<b>Rural Community Research on Traditional Eco-Wisdom in Han Villages in Southwest China</b> 📍 Regional
以家族歷史為切入點，調查生產生活方式等變遷，作出反思與改變；梳理村民對人與天地的理解及價值觀，重新與鄉土連結。	Carry out community research on family history to examine and reflect on changes in community life; Rebuild connections with the land through considering the human-nature relationship through local understanding and values.
<b>西南農村社區自然教育經驗調查與實踐合作</b> 📍 跨地區	<b>Mapping of Community-Based Nature Education Initiatives in Rural Communities in Southwest China</b> 📍 Regional
研究社區自然教育實踐，整理文獻和案例，建立信息共享、交流、傳播、共學的網絡，探索鄉村自然教育的實踐。	Study diverse practices of community-led nature education through the compilation of case studies, knowledge dissemination, and building co-learning networks.
<b>情意自然教育全國共學圓——深化培育與多元發展</b> 📍 跨地區	<b>Affective Nature Education Nationwide Co-Learning Circle: Deepening Facilitator Support and Developing Diverse Curricula</b> 📍 Regional
完善「課程學習＋實踐行動＋共學行動網絡」的培養模式，拓展實踐性和在地化多元課程，促進人與自然的連結。	Refine facilitator nurturing model to promote the human-nature connection; Develop diverse curricula with local elements.



以「土地倫理」融入鄉村可持續生活的參與式行動研究

跨地區

以「土地倫理」為本，探索傳統零食與健康、以及手工藝議題課程，支持社區可持續生活實踐；組織交流，整理案例，促進傳播和運用。

Participatory Action Research for Applying Land Ethics to Rural Sustainable Living

Regional

Develop land ethics curricula incorporating traditional eco-wisdom on food, health and handicrafts; Support communities to apply land ethics principles in community life; Promote sharing of experiences through exchanges and documentation.

擴展生態智慧學習及協作者網絡

跨地區

支持參與生態學培訓、實踐、網絡共學，培養協作者對生態觀的理解和推進課程的能力，擴展合作平台和網絡。

Broadening Ecological Wisdom Learning and Facilitator Network

Regional

Enhance nature educators’ understanding on ecological wisdom and nurture facilitation skills through training, practice and peer support; Expand existing networks for more collaborations.

《山地未來——來自世界山地的靈感和創新》中文翻譯與出版

跨地區

交流和分享國內外山地社區發展和自然保護中傳統生態智慧與創新實踐，並利用所載述的方式來應對挑戰。

Chinese Translation and Publication of *Mountain Futures: Inspiration and Innovation from the World's Highlands*

Regional

Promote the sharing of community development and nature conservation practices involving traditional eco-wisdom and innovation in highland communities around China and the world.

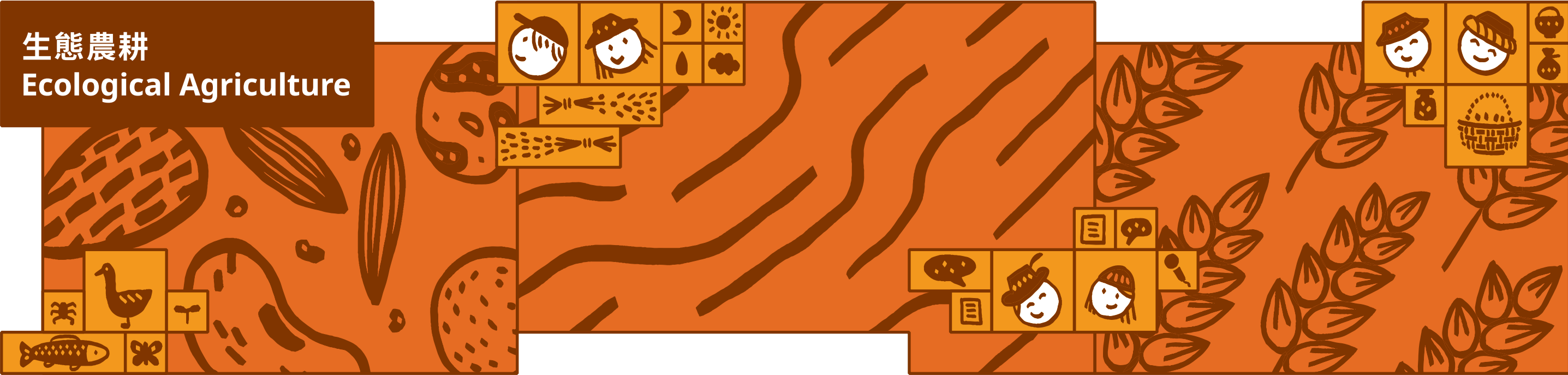
合作伙伴與致謝機構

以漢語拼音為序

北京蓋婭樸門設計諮詢有限公司	FON·Gaiaescape Studio
北京自然之友公益基金會	Friends of Nature Foundation
成都高新區野草生態社區發展中心	Yecao Eco-Community Development Centre, Gaoxin District, Chengdu
重慶市南川區山水鄉愁自然中心	Chongqing Shanshui Xiangchou Nature Centre
重慶市渝中區自然介公益發展中心	Nature Bridge Social Service Development Centre
貴陽黔仁生態公益發展中心	Guiyang Qianren Ecological Conservation Centre
昆明市西山區在地自然體驗中心	Zaidi Nature Education Centre, Xi Shan District, Kunming
黔桂鄉村深度遊村寨聯盟	Guizhou-Guangxi Rural In-depth Tourism Village Alliance
情意自然（中國）	Nature Dao (China)
騰沖市珍稀動植物保護協會	Rare Flora and Fauna Protection Association of Tengchong
天津生態城大地之聲社會教育中心	Tianjin Eco-City the Voice of the Land Social Education Centre
燕山學堂	Yanshan Xuetang
宜賓市戎和社會工作服務中心	Yibin Ronghe Social Work Service Centre
雲南高黎貢山國家級自然保護區保山管護局	Gaoligongshan National Reserve Baoshan Administration Bureau
雲南民族大學西南民族特色文獻研究中心	Southwestern Ethnicities Archives Research Institute, Yunnan Minzu University
中國科學院昆明植物研究所山地生態系統研究中心	Centre for Mountain Ecosystem Studies, Kunming Institute of Botany, Chinese Academy of Sciences

Partner List

In sequence of Chinese Pinyin



# 生態農耕 Ecological Agriculture

農耕與生態環境、食物安全緊緊相連，氣候變化與農耕、糧食生產互相影響。我們關注到現代農業造成生態及環境問題，探索傳統農耕保育生態的元素，倡導生態農耕，與不同伙伴合作，關注農耕議題，如保育地方品種遺傳資源、傳統農耕創新、社區支持農業、培養返鄉青年生態骨幹等，並支持在地實踐。生態農耕連結著人與自然生態文化，我們希望藉此帶來社會和文化的改變，並與社群更好地應對氣候變化的威脅。

保育種子與遺傳資源有助於傳承農耕價值。我們與中央民族大學合作，根據中國簽訂及履行《名古屋遺傳資源議定書》而制定「農業遺傳資源及相關的傳統知識」的政策法規，向政府提供數據與技術支持，加深廣西壯族自治區與湖南地區少數民族社區與農民理解此議定書的精神及內容，讓農

The eco-system, agriculture, food security, and climate change are all linked. Through advocating ecological agriculture, which embraces local ecology and traditional culture, we work to effect socio-cultural change to enable communities, both rural and urban, to be better prepared for the challenges of the climate crisis. We are aware that many modern agricultural methods cause environmental problems, thus, with our partners, we are exploring eco-friendly elements in traditional agriculture. Together, we promote seed conservation, innovative local agricultural practices, and Community Supported Agriculture. We also support youth who are returning to their villages to embrace eco-farming.

Conserving local seeds and genetic resources is crucial in passing on traditional agriculture from generation to generation. Cooperating with Minzu University of China, data and technical support have also been provided to the government on the Nagoya Protocol on Access to Genetic Resources, particularly relating to “agricultural genetic resources and related traditional knowledge” policies. Farmers in ethnic minority communities in Guangxi Zhuang Autonomous Region and Hunan Province have been providing valuable input into the legislation process and their views have been reflected in the access and benefit

民的意見和建議，在立法過程中得以反映及跟進。我們支持廣西國仁農村扶貧與發展中心及貴陽市花溪區國仁社會工作發展中心，分別在項目地區探索保育地方品種、傳統文化和社區可持續生活模式，並鞏固生態農耕的網絡發展。同時，我們與廣州市番禺區沃土可持續農業發展中心合作，通過田間學校的學習模式，共建全國返鄉青年及新農夫生態農耕的支持網絡。

在城市地區，我們深化以農為本的生活價值及反思，推動城鄉的互助連結。在成都，我們支持成都高新區野草生態社區發展中心以「家庭廚餘減量」為題的城市生態農耕共學與實踐；與廣西生物多樣性研究和保護協會合作，培育社區青年生態觀，學習農耕的多元價值。我們也與北京沃啟公益基金會合作，推動中、日在社區支持農業議題的交流討論，以及翻譯出版等。

sharing mechanism. Further, we have been exploring sustainable living community models and developing rural support networks with Guangxi Guoren Poverty Alleviation and Rural Development Centre and Guiyang Huaxi Guoren Social Work Development Centre. Additionally, our partner Nurtureland Sustainable Agricultural Development Centre has been building a nationwide eco-farming network among returning youth and new farmers through a field school model.

In cities, we are working to incorporate agriculture into daily living. Yecao Eco-Community Development Centre promotes co-learning and action on urban farming and works to reduce household food waste, while Guangxi Biodiversity Research and Conservation Association encourages urban youth who are returning to their villages to learn the multiple values of agriculture. Working alongside Beijing Wo Qi Foundation, we have been supporting Community Supported Agriculture initiatives – useful publications, and inspiring exchanges for participants in China and Japan.

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# 看見彼此 看見廚餘 看見城市

成都城市生態農耕共學是這樣開始的：20 多位參與的伙伴圍在一起，先是放鬆，喝茶，唱歌，靜觀，然後打開話題……

「你叫什麼名字？從哪裏來？當下狀態？對社會和環境的感受？感興趣的事情？」——伙伴看見了彼此。

帶領者把花生殼、土壤、花椒、橘子皮放在大家眼前，提問：「這是什麼？從何而來？將何而往？」——伙伴看見了廚餘。

廚餘是垃圾？廚餘是個寶？廚餘來自大自然與生活，最終會葬身於垃圾堆中，還是可以回到大自然去？與我們有怎樣的關聯？城市家庭每天所產生的廚餘，若做成堆肥，不單能支持城市農耕者的種植，更可藉此看見生活與環境的關係，反思高度消費的生活方式。成都城市生態農耕共學計劃以「愛自然、愛生活、愛廚餘」為意念主題，在活動中營造參與、放鬆身心的氛圍，聆聽彼此故事，從不同視角了解廚餘的內涵、本質，以及人們的生活方式和食物系統。

項目於 2020 年 6 月正式啟動，由成都高新區野草生態社區發展中心（下稱「野草」）於成都開展以「家庭廚餘減量」為題的共學活動，協力讓農耕回歸於城市，並建立城市農耕生活者與資源人的在地網絡。野草一直致力於探索人與自我、人與自然、人與社會和諧永續之路；也意識到農耕能讓人與自然連結，激發身體感官，放慢頭腦，身心接受土地能量，感覺安定踏實。

項目開展以來，共籌辦了四次共學，學習內容環繞城市生活危機、生活方式與環境的關係、家庭廚餘減量計劃和處理方法、記錄在家實踐的過程，還有農耕知識和技術，比如關於種子、植物佈置、病蟲害、生物多樣性等。項目鼓勵學員與伙伴、鄰里分享反思與體會，從生活者的角度推動社區的可持續生活。

共學計劃設計從「看見廚餘」延伸，讓參與者以歷史的維度理解不同時期人們的生產和生活方式，進入「看見城市種種」：城市生活的變遷、食物系統的演變，藉此啟發成員思考在城市生活的我們，與自然是怎樣的關係？我可以在生活裏做些什麼。推而廣之，我們也可以用不同視角看待生活，從不同的維度理解世界、以及我們與世界的關係。



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第一次成都城市生態農耕共學—放鬆、喝茶、認識彼此，從廚餘認識生活。

First co-learning session in Chengdu, Sichuan Province – urban farmers drink tea, mingle with each other, and discover new possibilities through thinking about food waste.

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# Rethinking Our Way of Life, Rethinking Food Waste

“What’s your name? Where you are from? How are things going? What brings you here?”

This is how a co-learning community with urban farmers started in Chengdu City, Sichuan Province. Over 20 participants started to get to know each other, enjoying tea and song and conversation, sitting altogether, relaxed yet attentive.

Peanut shells, soil, peppercorns and tangerine peels were brought before the group: “What are these? Where do they come from and where will they go?” Participants started thinking about food waste.

They reflected on the large amounts of food waste that urban households produce every day. Is food waste ‘waste’ or a resource? Originating from the natural world, will it end up in landfills or be returned to the land? How is food waste related to the way we live? What can be done with food waste? One option is turning it into compost, which supports urban farmers. And, with a deeper reflection, participants began to see the impact of consumerism in daily life. With less consumerism, there is less waste in the first place!

Since June 2020, Yecao Eco-Community Development Centre (Yecao) has been running a series of co-learning activities around reducing household food waste in Chengdu. This Chengdu Urban Farming Co-learning Project has devised the motif: “For the love of nature, everyday living, and food waste” – participants rethink food waste, food systems and our everyday life in a participatory, loving and mindful way. Yecao is establishing the links between agriculture and urban life, building a local network of urban farmers, and exploring ways

that people can live harmoniously and sustainably, with themselves, each other, and nature.

The four co-learning activities have been inspiring. Together, participants discuss ways of sustainable and unsustainable city living. They consider how their daily routines impact the environment. They learn how to monitor and reduce household food waste. They also explore eco-agriculture: seed conservation, eco-pest control, biodiversity and more. Through sharing reflections with fellow learners, and their neighbours back home, eco-awareness is growing across several communities.

Building on the issue of food waste, Yecao takes it a step further, leading participants to think about urban life as a whole. They imagine how city folk can actively bring about daily changes to become closer to nature. They learn how food production and ways of living have evolved over time, and reflect on this history. Overall, there’s a deeper sense of the many connections between the way one lives and the health of the world.

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廚餘變成寶，生活正念好。

As we live mindfully, food waste is valued and appreciated.





## 保護農業遺傳資源—— 種子與生物多樣性

農業生物多樣性不僅是保障人類食物多樣性的關鍵，也是全球生物多樣性的重要組成部分。不同地區的人們在與自然的長期互動中，保留了豐富多樣的農作物品種，並形成了相應的耕作知識。

2017 年 12 月起，我們支持了中央民族大學開展農業遺傳資源保護、利用與社區惠益共享研究與示範項目，促進專家與農戶的互動及學習，總匯少數民族社區與農民的意見和建議，在中國履行《生物多樣性公約關於獲取遺傳資源和公正和公平分享其利用所產生惠益的名古屋議定書》（簡稱《名古屋議定書》）的立法過程中得以反映及跟進，並為有關政策法規之制定向政府提供數據與技術支持。

2020 年，基於前期在廣西和湖南兩省的實地調研，完成了湘西苗族、土家族、廣西壯族自治區壯族、瑤族農業遺傳資源名錄的編撰。在廣西防城港、崇左，面向村民開展生物多樣性和遺傳資源及相關傳統知識獲取與惠益分享的管理制度培訓，提升地方社區對這些資源、知識的在地保護和可持續利用能力。而在湖南，項目團隊支持當地政府制定生物多樣性保護條例，2020 年 8 月，《湘西土家族苗族自治州生物多樣性保護條例》頒布實施，這也是全國第一部地市級生物多樣性保護地方性法規。



農業是生物多樣性的重要組成部分，而種子又是實現農業生物多樣性的基礎。2020 年 12 月，南寧綠種扶貧服務中心（農民種子網絡）舉辦了「2020 後生物多樣性保護框架下的小農種子在地保護利用與可持續食物系統構建研討會」。來自全國 50 多位農民代表與研究者、公益組織，從農耕文化傳承、社區種子庫建設、生態種子選育、生態產品市場連接等多個主題展開討論，提出很實在的問題，例如傳統食品怎樣回到餐桌？老種子怎樣回到土地中？種子庫如何傳承，如何保持庫裏種子不退化？種子與土壤是怎樣的關係？我們需要怎樣選種育種才能讓老種子傳承下去？氣候變化怎樣影響農業生產？生態農產品怎樣走進消費者的餐桌？大家在熱烈的氣氛中，分享經驗，交流知識。

為期兩天的會議，或許無法立刻找到答案，但參會者看到小小種子不僅為我們提供豐富的食物，並與保護生物多樣性、應對氣候變化息息相關，更承載著農耕智慧、傳統文化，關係著過去和未來。而真正的答案，來自我們的在地實踐，來自我們日復一日的生活。

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農民種子網絡的小組討論分享—包括農耕文化傳承、社區種子庫、生態種子選育等。

At the Farmers' Seeds Network Forum, participating farmers share views on passing on traditional agricultural wisdom, community seed banks, and local seed selection.



## Seeds, Biodiversity and Genetic Resources

Biodiversity is integral for a healthy planet, and agrobiodiversity for humans and our food. For generations, peoples in different regions of the world have farmed and interacted with the land, accumulating significant knowledge about agricultural species and farming techniques. There is so much to learn!

In December 2017, Minzu University of China (MUC) launched a pilot community research project on conservation and agricultural genetic resources. Over the years, MUC has promoted interaction between scientists and farmers, and collated input from ethnic minority communities for their views to be reflected in the legislation process of the Nagoya Protocol on Access to Genetic Resources. The team also provided data and policy support to the government.

In 2020, MUC compiled a list of agricultural genetic resources based on initial field research in Guangxi Zhuang Autonomous Region and Hunan Province, involving four ethnic groups: the Miao, Tujia, Zhuang, and Yao. MUC discussed the access and benefit sharing (ABS) mechanism around biodiversity, genetic resources, and traditional knowledge with villagers in Guangxi, enhancing their capacity to protect and use these resources sustainably. They also supported the local government in Hunan in enacting landmark legislation: 'Xiangxi Tujia and Miao Autonomous Prefecture Biodiversity Conservation Regulation' was promulgated in August 2020, the first piece of regional legislation of its kind in China.

Seed conservation is key in achieving agrobiodiversity. In December 2020, more than 50 farmers, researchers and NGO workers joined 'Sustainable Food System and Smallholder Farmers' Practices on Local Seed Protection and Usage', a 2-day forum organised by the Nanning Green Seeds Poverty Alleviation Service Centre (Farmers' Seeds Network). They discussed many practical matters. How can we best run seed banks? How can we selectively breed traditional seeds so that they are protected and passed on to the next generations? How does climate change affect agriculture and what can we do to adapt? How can we best promote eco-agricultural products to consumers? The forum was bursting with enthusiasm as participants exchanged experiences and expertise.

Although it might be too much to expect solutions to be found for every question in a two-day event, it was clear to the participants that a seed carrying traditional agricultural wisdom was planted – a seed which is key for food diversity, biodiversity conservation, and climate change adaptation. They have confidence that solutions will unfold as their local communities continue to experiment and innovate in their daily life.



老種子承載著農耕智慧、傳統文化，關係著過去和未來。

Local seeds embody traditional agricultural wisdom, and in this way, they connect the past, present and the future.

項目一覽

Project List

<b>探索可持續食物體系及培育社群</b> 📍 北京	<b>Exploring Sustainable Food Systems and Community Building</b> 📍 Beijing
以可持續食物體系框架，發展系列課程；培育食農知識共學社群，推動市民參與，並支持食農寫作社群的發展。	Develop curricula on sustainable food systems; Promote citizens' participation through building food and agriculture co-learning communities; Support the development of a food and agriculture writers' community.
<b>從陽台菜園推廣社區可持續生活</b> 📍 北京	<b>Balcony Gardening: Promoting Community Sustainable Living</b> 📍 Beijing
從陽台種植切入，建立公共花園和菜園，以搭建社區學習交流平台，深化社區可持續生活的探索。	Introduce balcony gardening and establish community gardens to build community platforms for learning about sustainable living.
<b>發展結合生態農耕及正念生活課程</b> 📍 廣東	<b>Mindful Living in Ecological Farming: Curriculum Development</b> 📍 Guangdong Province
開發融合生態農耕、自我覺察及社會參與的課程，以支持生態農耕實踐者掌握可持續生活理念，注入推動社會改變的內源動力。	Develop curricula integrating ecological agriculture, self-awareness, and social engagement to enhance eco-farmers' perspectives on sustainable living and to build up their inner strength.
<b>春田計劃——廣州城鄉互助網絡</b> 📍 廣東廣州	<b>Guangzhou Rural-Urban Mutual Help Network Development</b> 📍 Guangzhou City, Guangdong Province
支持人才培養、小農友善生產、城鄉互助的共學和體驗，推動多元參與；搭建學員社群網絡，加強「農與可持續生活」在地行動。	Promote participation in a diverse range of networks through various experiential activities with rural and urban participants; Build learning communities to encourage local action around agriculture and sustainable living.
<b>城鎮化農村社區可持續生活實踐</b> 📍 廣東佛山珠海	<b>Promoting Sustainable Living Practices in Urbanised Villages</b> 📍 Foshan and Zhuhai City, Guangdong Province
在城鎮化農村社區的社工機構，村民探討環境現狀、垃圾分類、綠色產業等議題，通過探訪交流，加深生態農業和環境保護的認識。	Eco-farming and environmental educational activities with rural social work organisations and villagers, such as visits and exchanges on garbage treatment, eco-industry and other sustainable living topics.
<b>廣西地方品種在地保護</b> 📍 廣西	<b>Local Seed Conservation in Guangxi</b> 📍 Guangxi Zhuang Autonomous Region
發展「社區為本」、「區域互助」及「省級交流」的農家地方品種保育平台，深化種子選育學習及交流，促進遺傳資源多樣性發展。	Develop community-based local seed protection platforms for regional mutual aid and provincial-level exchange; Deepen learning and exchange on seed selection to promote diversity of genetic resources.
<b>培養廣西社區支持農業網絡青年力量</b> 📍 廣西	<b>Nurturing Rural Youth for a Community Supported Agriculture Network</b> 📍 Guangxi Zhuang Autonomous Region
以系統性工作坊，協作農村社區青年學習農耕的多元價值、社區支持農業內涵，培養生態理念和可持續社區視野。	Cultivate ecological principles and sustainable community perspectives with rural youth through a series of workshops on the multi-functionality of agriculture, and Community Supported Agriculture.

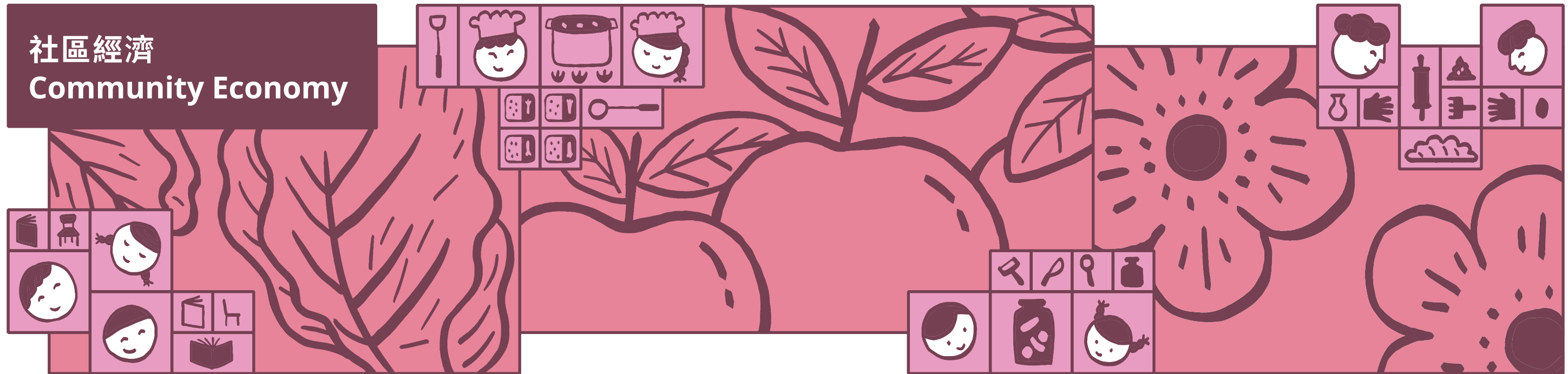
<b>果樹生態種植經驗整理與傳播</b> 📍 廣西	<b>Documentation and Publication of Ecological Orchard Management Experience</b> 📍 Guangxi Zhuang Autonomous Region
以技術切入，記錄和整理生態農友的實踐和思考，編輯《桂北地區果樹生態種植經驗手冊》，並借助新媒體傳播。	Document practitioners' experiences and reflections on ecological orchard management; Disseminate knowledge through publishing a manual, and through social media.
<b>侗鄉有種——搭建黔东南地方品種保護平台</b> 📍 貴州	<b>Development of Local Seed Conservation Network in Southeast Guizhou</b> 📍 Guizhou Province
連結黔东南侗村寨，支持社區保種行動、學習與文化交流，促進地方品種資源調查、跨社區地方品種交換及保種經驗分享。	Support local seed conservation, learning and network building through local research and cross-community exchanges among Dong ethnic minority villages.
<b>BeeCo——搭建城市生產者網絡</b> 📍 貴州貴陽	<b>BeeCo: Building Urban Producers Networks</b> 📍 Guiyang City, Guizhou Province
透過農耕技術交流會及課程、整理及傳播案例，協作城市生產者深化實踐；舉辦城市農夫市集，促進可持續生活分享，連結網絡小組。	Support urban producers through peer networks and agricultural courses; Connect different groups through farmers' markets and sharing on sustainable living.
<b>「愛自然、愛生活、愛廚餘」——成都城市生態農耕共學</b> 📍 四川成都	<b>‘For the Love of Nature, Everyday Living, and Food Waste’: Urban Eco-Farming Co-Learning Scheme</b> 📍 Chengdu City, Sichuan Province
推動以「家庭廚餘減量」為題的城市生態農耕共學與實踐，促進參加者關注城市生活與環境、自我與他人的關係，反思城市生活。	Promote awareness and reflection on sustainable urban living and the relationship between self and others through co-learning and action on household food waste reduction and urban eco-farming.
<b>營造參與生活市集的市民與農友社群</b> 📍 四川成都	<b>Chengdu Farmers' Market: Community Building with Farmers and Citizens</b> 📍 Chengdu City, Sichuan Province
支持關注市集理念的小組發展，凝聚消費者群體，加強社群營造；協作市民與農友的互助合作，深化對城鄉互動的理解。	Enhance consumer volunteer groups' support for the Chengdu Farmers' Market; Facilitate cooperation between citizens and farmers to strengthen rural-urban interaction.
<b>生態鄉村與食農教育研討會</b> 📍 四川成都	<b>Eco-Village, Food and Agricultural Education Forum</b> 📍 Chengdu City, Sichuan Province
以食農教育為切入點，探討與推動農村學生的地方文化教育、飲食健康和社區生態農耕，連接食農教育的專家學者和實踐者網絡。	Promote local cultural education, healthy eating, and community eco-farming with rural students; Build food and agricultural education networks with academics and practitioners.
<b>營造成都水井坊可持續生活社區</b> 📍 四川成都	<b>Sustainable Community Building in Shuijingfang Community</b> 📍 Chengdu City, Sichuan Province
深化食農議題的學習和生活反思，協作社區多元人群對可持續生活的理解，支持青年小組成長，營造社區可持續生活。	Facilitate the understanding of sustainable living with different community groups through learning and reflection on food and agriculture; Support the development of youth sustainable living groups.



<b>生態農業學習網絡與綠色生態農村建設</b> 📍 雲南	<b>Building Ecological Agriculture Learning Networks and Eco-Villages</b> 📍 Yunnan Province
鞏固生態農業學習網絡，在項目試點推動綠色生態農村建設，並引入農田天敵昆蟲種群變化監測，加強農民與農技人員的生態學習。	Consolidate eco-farming learning networks through improving eco-village infrastructure, introducing participatory biodiversity monitoring mechanisms, and enhancing eco-farming knowledge and skills of farmers and agricultural technicians in pilot communities.
<b>中、日社區支持農業的交流傳播與網絡搭建</b> 📍 跨地區	<b>Community Supported Agriculture Experiences in China and Japan</b> 📍 Regional
支持在中國出版日本食農實踐經驗書籍，以及中、日社區支持農業議題的交流，促進食農議題作者和傳播者的網絡發展。	Promote information and experience sharing on Community Supported Agriculture; Network development of writers and communication practitioners through supporting publications of books on Japanese experience on food and agriculture in China.
<b>2020 後生物多樣性保護框架下的小農種子在地保護利用與構建可持續食物系統研討會</b> 📍 跨地區	<b>Forum on Sustainable Food Systems and Smallholders’ Practices on Local Seed Protection and Utilisation</b> 📍 Regional
舉辦小農種子在地保護利用與構建可持續食物系統研討會，呈現不同視角，並就小農種子議題開展摸底調查。	Organise forum to present and learn from diverse perspectives on sustainable food systems; Launch mapping exercises on smallholders’ practices on local seed protection.
<b>農業遺傳資源保護、利用與社區惠益共享</b> 📍 跨地區	<b>Conservation, Utilisation and Access and Benefit Sharing of Food and Agriculture Genetic Resources</b> 📍 Regional
探索《名古屋遺傳資源議定書》遺傳資源與惠益公平共享的實踐，加強廣西、湖南少數民族社區與農民對議定書的理解，並於立法過程中反映其意見。	Explore ways to practise access and benefit sharing of genetic resources under the <i>Nagoya Protocol on Access to Genetic Resources</i> framework; Enhance input in the legislation process by ethnic minority farming communities in Guangxi Zhuang Autonomous Region and Hunan Province.
<b>出版農村項目經驗案例集——《當文化反思遇上農業——協作者札記》</b> 📍 跨地區	<b>Publication of <i>When Cultural Reflection Meets Agriculture: Facilitators' Notes</i> on PCD's Rural Programme Experience</b> 📍 Regional
結合文化反思與生態農耕視角，整理農村項目的經驗與案例，結集出版《當文化反思遇上農業——協作者札記》，作為培訓及理念、經驗分享。	Document rural programme experiences on promoting ecological agriculture with a cultural reflection perspective; Publish the book, <i>When Cultural Reflection Meets Agriculture: Facilitators’ Notes</i> as a resource for training and exchange.
<b>建立全國返鄉青年及新農夫生態農耕支持網絡</b> 📍 跨地區	<b>National Eco-Agriculture Support Network for Returning Youth and New Farmers</b> 📍 Regional
深化多元的學習機制，結合培養技術與個人、社群成長模式，探索田間學校的在地化；整理及傳播返鄉青年經驗及案例。	Localise farmer field schools through exploring diverse multi-tier learning systems and integrating skills-building with personal and group development; Document and disseminate case stories of returning youth.
<b>食農議題雜誌傳播</b> 📍 跨地區	<b>Expanding Readership of Food and Agriculture Magazine</b> 📍 Regional
與《青芽兒》合作，促進食農議題及可持續生活的傳播。	Promote wider reflection on food and agriculture and sustainable living with <i>Green Sprout Magazine</i> .

<b>「土的，是美好的」：土食材調研與網絡傳播</b> 📍 跨地區	<b>‘Native is Beautiful’: Research and Publication about Indigenous Ingredients</b> 📍 Regional
支持「土食材」案例調研，構建對「土食材」的論述；培養糧農工作者對本土食物的多元視角，並以網絡傳播，帶動關注。	Support research on indigenous ingredients to cultivate awareness and build discourse among farmers on the interconnections of local food and sustainability; Publish case stories online as an educational tool.
<b>籌備自然與文化山地論壇暨第三屆山地未來國際會議</b> 📍 跨地區	<b>Prepare Nature and Culture Summit and Mountain Futures International Conference</b> 📍 Regional
會議將探討山地生態系統中生物多樣性、文化多樣性與農林業的關係，以及山區社會中人與自然的關係。	Through the Summit and Conference, explore links between biodiversity, cultural diversity and agroforestry in China’s mountainous ecosystems, and examine the human-nature connections in mountainous communities, globally.
<b>合作伙伴與致謝機構</b> 以漢語拼音為序	<b>Partner List</b> In sequence of Chinese Pinyin
BeeCo 同耕團隊	BeeCo Farming Community
北京愛思創新信息諮詢中心	Centre for Social Innovation
北京合一綠色公益基金會	He Yi Institute, Beijing
北京自然之友公益基金會	Friends of Nature Foundation
北京沃啟公益基金會	Beijing Wo Qi Foundation
成都高新區野草生態社區發展中心	Yecao Eco-Community Development Centre, Gaoxin District, Chengdu
成都社區行動公益發展中心	Chengdu Action for Community Development Centre
成都市河流研究會	Chengdu Urban Rivers Association
成都市錦江區生綠色生態文化發展中心	ShengLvSe Ecological Cultural Development Centre, Jinjiang District, Chengdu
廣東綠耕社會工作發展中心	Centre For Advancement of Rural-Urban Sustainability
廣西國仁農村扶貧與發展中心	Guangxi Guoren Poverty Alleviation and Rural Development Centre
廣州市千禾社區公益基金會	Harmony Community Foundation
廣西生物多樣性研究和保護協會	Guangxi Biodiversity Research and Conservation Association
廣州市番禺區沃土可持續農業發展中心	Nurtureland Sustainable Agricultural Development Centre, Panyu District, Guangzhou
桂林山水涅槃健康中心	Nirvana Organic Farm
貴陽市花溪區國仁社會工作發展中心	Guiyang Huaxi Guoren Social Work Development Centre
貴陽同在城市扶困融入中心	Guiyang Tongzai Urban Helping and Integrating Centre
南寧綠種扶貧服務中心	Nanning Green Seeds Poverty Alleviation Service Centre (Farmers’ Seeds Network)
《青芽兒》	<i>Green Sprout Magazine</i>
雲南省昆蟲學會	The Entomological Society of Yunnan
中國科學院昆明植物研究所	Kunming Institute of Botany, Chinese Academy of Sciences
中央民族大學	Minzu University of China





我們支持伙伴在不同的社區、社群探索「社區經濟」，反思只在競爭中追求利益和利潤的市場模式，轉而重視社群關係與可持續生活；發展在地互助、環境友善、資源再生等的社區經濟實踐，藉以增強社區的認同感與互助精神，提升社區韌性與創造力，重建人與人、人與自然的和諧關係。

從全國各地來到城市的務工人員，是城市的重要力量。我們關注到如何透過互助合作來改善進城務工人員的生活品質，支持他們實踐可持續生活。從 2016 年起，北京伙伴鴻雁社工服務中心、木蘭花開社工服務中心，以及培田社工服務中心分別與我們合作，建立促進務工人員的交流平台，探索社區經濟實踐，以更適切回應他們生活的需要和問題。在貴州，伙伴貴陽南明啟明社會工作服務社著力培養社區骨幹及開展社區調查，提升自

Community economy initiatives – local, mutually beneficial, eco-friendly and regenerative – enhance a sense of belonging to a community, strengthen resilience and imagination, and rebuild a harmonious relationship with nature. In supporting our partner communities that are pursuing this alternative model, we encourage a critical reflection on the mainstream market economy model, which is profit-driven. We promote a different focus: healthy community relationships and sustainable living – the two often go hand in hand.

One group we support is rural migrant workers, an important socioeconomic force. Since 2016, our partners Beijing Hongyan Social Work Service Centre, Beijing Mulan Huakai Social Work Service Centre, and Beijing Peitian Social Work Service Centre have all been exploring community economy practices and creating mutual help networks to address the workers' livelihood needs.

In Guizhou Province, our partner Guiyang Nanming Qiming Social Service Centre has conducted community research and has enhanced the autonomy and organisational capacity of women community leaders; the women's participation has spurred many households to be more involved in their community.

主及組織能力。從項目中看到，女性的積極參與帶動了家庭與社區的融合，多元的活動也開闊了社區空間和對生活的想像，帶來社區的轉變。

社區經濟的重要理念是提升自主生活能力。自 2015 年起，我們支持廣州市合木殘障公益創新中心和廣東省千禾社區公益基金會合作，透過自我照顧、自主生活工作坊、自主按摩計劃等，支持殘障社群實踐自主生活、自主生計，以及可持續生活。

在反思主流經濟生活方面，我們與重慶市渝中區巴渝公益事業發展中心合作，在消費能力較高的大學開展能源和生活方式調查，藉此培養大學生對能源和生活消費的反思，探索節能、簡約生活的路徑。

These diverse collective activities have been transforming individuals and communities. People are making better use of public space, and also making room for better, sustainable living. The imagination is endless!

The capacity to live a life as one desires is a central element of community economy. Since 2015, our partners Guangzhou Tree of Life Disabilities Innovation Centre and Harmony Community Foundation have been supporting people with different abilities to achieve an independent and sustainable livelihood through self-care and employment initiatives.

We also work with Bayu Public Welfare Development Centre of Chongqing Municipality to research energy consumption and other practices at universities, where purchasing power is relatively high. Students have been inspired to reassess their daily habits and adopt low-carbon and other eco-friendly alternatives.



## 社區融樂 平等參與

啟樂空間，是龍家寨社區一個難得的公共空間。裏面由社區媽媽打掃潔淨，外面放了盆栽，花盆裝飾都是孩子親手彩繪。這一年多以來，啟樂空間混著食物的香甜和聊天歡笑聲，是像家一樣讓社區媽媽歇息、訴心事的安樂窩，是滋養心靈的快樂空間。

龍家寨位於貴陽市南明區，聚居了約 1.5 萬人，居民大多來自貴州。社區內道路狹窄，缺乏公共衛生設施和活動空間；當中的居民，從孩童到婦女，身心都有各種需要。2018 年，貴陽南明啟明社會工作服務社（下稱「啟明」）首次在龍家寨開展活動，並於 2019 年年初成立了社區中心「啟樂空間」。社區伙伴也在同年起支持啟明開展「綠動」社區經濟發展項目。

「綠動」主要由「衣食住行系列工作坊」及「綠動志願者的社區調查」帶動。衣食住行工作坊每月以啟樂空間為平台，開展至少兩次相關的活動，有布藝手工、健康飲食，有家居種植蔬菜、家居收納等。有從前是製衣女工的婦女參加布藝手工活動時帶點興奮說：「這些手工都快忘記了，今天卻找回那熟悉感」。

孩子的午餐是社區內每個家庭所共同關注，幾位媽媽志願者一起籌劃和商議共享廚房「媽媽味道互助坊」，她們花盡心思到市場選好食材，心願就是為社區的孩子做健康、便宜而能量滿滿的午餐。無力支付孩子餐盒的，可以當志願者換工，每個人都有付出和參與的機會。



媽媽味道互助坊所留下來的廚餘，連結起農耕活動，為居民擴展了生活空間和想像。負責農耕活動的羅爸爸重新肯定自己在耕種方面的長處，成為穩定的志願者老師，還帶領堆肥。互助坊志願媽媽了解到廚餘可以「變廢為寶」，與社工一起帶著孩子製作環保酵素；孩子學習垃圾分類，繪畫和製作標語宣傳垃圾分類。整個社區都動起來了。

「綠動志願者的社區調查」以兒童為主導，以他們關注的議題，例如「清理垃圾」，每月至少舉行兩次工作坊。兒童由社工協作，將調查成果以匯報、展示會、繪畫與圖片展、表演等多種形式呈現，讓社區看見兒童的關注。一年下來，志願者初步學習到調研的方法和溝通協作方法，鍛煉了膽量，得到了校方、家長的認可，並開始自覺地關注社區和學校的狀況。

社區的改變常常是由一根線去牽引，參與項目的婦女正牽引著整個家庭和更多的朋友參與社區，彼此陪伴、成長，生活有了更多的面向，而項目伙伴啟明也從項目中探索更多社區經濟實踐可能。

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社區農耕活動，拓寬了生活空間，也讓不同年紀的人舒展身心。

Community farming can enrich people of all ages – physically, psychologically and spiritually.



## Community and Joy

Space of Joy is a rare public space in Longjiazhai Community. A place filled with the sweet aromas of food and laughter. A comforting and nourishing place for mothers to relax and enjoy companionship with other mothers. The women tend this community space with care, cleaning it and minding the many potted plants, made even more joyous with the pots painted by the neighbourhood children.

Longjiazhai Community, located in Guiyang City, Guizhou Province, has a fluctuating population of about 15,000, with most people coming from other parts of the province. The area is cramped, with insufficient sanitation facilities and public spaces to meet the needs of the migrant resident community. Thus, Space of Joy is an especially welcomed centre.

It was in 2018 that Guiyang Nanming Qiming Social Service Centre (Qiming) started offering activities with Longjiazhai. They set up Space of Joy in early 2019, and in the same year, PCD started supporting Qiming’s community economy project, with sustainable living workshops and community research being core components. Every month, Qiming has hosted at least two workshops at Space of Joy. Useful, down-to-earth themes include DIY fabrics, healthy eating, and growing vegetables at home. One DIY fabric participant, a former garment factory worker, has been so happy to join. “I had almost forgotten how to sew! Today’s event brought it all back!”

Ensuring children have nutritious meals is a key priority for Longjiazhai, so a few mothers initiated ‘Mothers’ Food’, a voluntary community kitchen providing lunches for children in the community. The women choose ingredients with care and

ensure the meals are healthy and accessible for all: people who cannot afford to pay with money can pay with their services, helping out in the kitchen instead. The food waste is not wasted! Leading the composting at a nearby community farm, a father has rediscovered his farming skills and has become a regular volunteer tutor. Mothers’ Food also works with Qiming to teach children how to make eco-enzymes from food waste, sort garbage, and draw posters to raise community awareness.

Another project initiative has been community research, led by Longjiazhai children. Aided by Qiming, children researched a topic of their concern – such as cleaning up garbage – and presented their findings in drawings, photographs and performances. With so much creativity, Longjiazhai has come to see its community issues from a different perspective! And with a year of practice, the children have gained so much confidence, grasped the basic skills of research and interviewing, and have become more attuned to community and school issues. Teachers and carers have also been very affirming towards the children and the process. A joyous atmosphere!

We have seen from the Longjiazhai Community that community transformation is often led by an inspired group of people. With Space of Joy and Mothers’ Food bringing families and friends together, residents have been discovering other exciting ways to contribute to and improve their community. So much participation, from young to old, women and men, and whole families! So much harmony! For Qiming, it has been a wonderful opportunity to explore how community economy principles can be applied to community development.





## 社區自主 互助互惠

手作坊小組的姐妹穿上了圍裙，戴上了口罩和手套，就開始熟練地分工：為她們的品牌牛軋糖煮糖漿、奶油，切果仁配料……邊做邊聊，偶然還會忘情大笑。隔壁的小房間，是大家帶來的孩子，由另一些姊妹專門照顧，照顧任務也作為工作計算給予補貼，相互支持。合作手作坊是社區經濟實踐項目，姊妹因應社區需求和節日，生產手工餅乾、牛軋糖等，賺取收入之餘，也加深了姐妹情。

我們與北京木蘭花開社工服務中心（下稱「木蘭」）2016 年開始在東沙各莊合作推動女工合作坊社區可持續生活項目，這一年已進入第三期。東沙各莊位處北京昌平區，屬於典型的北京城郊社區。木蘭自 2010 年開始在這裏開展服務，觀察到進城務工的女性難於適應城市文化，在生活質素、精神文化及社會關係方面都有不同需求，希望藉社區經濟項目帶來一些改變。而本期項目的重點在於深化「社區經濟的實踐」與「社區核心志願者培養」。

社區經濟實踐透過媽媽手工小組、爸爸支持小組、「家鄉味」合作消費坊、合作手作坊等小組開展。媽媽手工小組成員都是手工達人，縫紉、線織樣樣皆能，她們一方面生產生活用品，在社區志願者發起的互惠市場銷售，一方面與爸爸小組的搬運、電工、修理團隊互換物資、技能，彼此不動分文而能各取所需。「家鄉味」合作消費，由來自農村的居民以流行的「團購」方式銷售父母家鄉人種植的、可溯源的農產品。因為物美價廉，「家鄉味」很受歡迎，部分當地居民也參與其中，加深了本地人與外地人的融合。木蘭更嘗試整合更多的「家鄉味」資源，帶動城鄉互動的合作消費。



社區核心志願者培養計劃結合「小額行動資助」與「媽媽講師計劃」開展。小額行動資助支持骨幹從感興趣的事務入手，組成小組，共同計劃活動。媽媽講師計劃則由社區姐妹主動提議，以各自擅長的主題，在社區內或跨區講學，她們有的跟孩子讀繪本，有的分享醫療保健知識。從備課到講習，姐妹投入學習，深受鼓勵，發掘了傳統家庭角色以外自我價值，自信心和組織能力都有所提升。過程中，她們也建立了學習網絡，帶動了整個社區的學習氣氛。

社區經濟實踐的嘗試，對於木蘭也是一個成長的過程。用木蘭團隊自己的話：「社區經濟實踐就是用我們社區現有的資源，一起創造出我們可以把握的生活！」過程中，木蘭發現愈來愈多居民意識自己的價值，體驗到社區互助的精神。

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媽媽講師計劃由東沙各莊的姊妹主動提議，講授她們擅長的主題。

The Mother Tutor Project was initiated by women who utilize their skills as mothers, tutoring within Beijing's Dongshagezhuang Village, and beyond.

社區經濟的互惠和參與，聯繫了社區，創造了生活。



Community economy reinvents the imagination on how we live together – creating change by connecting people, resources, and participation.



## Community and Harmony

Dressed in aprons, masks and gloves, the ‘sisters’ make nougat seamlessly, expertly cutting and heating the ingredients, and chatting and laughing heartily. In a room next door, their children are taken care of by other sisters of the cooperative, who are given a subsidy for their work. In this community economy project, all participants – whether childcare workers or bakers of nougat, biscuits and sweets – gain not just wages but friendship. The community wins too, with love-filled food, especially for the festivals!

Since 2016, PCD has been supporting community economy projects with women migrant workers through Beijing Mulan Huakai Social Work Service Centre (Mulan). As early as 2010, Mulan started serving migrants in a typical suburban migrant village Dongshagezhuang in northern Beijing, paying particular attention to the difficulty of women workers in adapting to city life and culture, Mulan applies community economy principles to address their livelihood, psychological, and social needs. The focus of the current phase is two-fold: exploring community economy practices and nurturing community leaders.

Community economy practices are implemented through developing community groups, such as a mothers’ handicrafts group, a fathers’ support group, and a cooperative consumption and production group. Members of the mothers’ handicrafts group have many skills such as sewing and crocheting, while those in the fathers’ group tend to have removal, electrical, and mechanical skills. The goods and services provided are exchanged at a community market – here, people’s talents and skills are valued as much as, or more than, money is.

Members also group together and purchase special food grown by their relatives and friends back home. This brings a wonderful sense of love and comfort to their lives. Affordable yet of high quality, these often hard-to-find food items have become popular among non-migrant locals too. Mulan has thus been sourcing more of the products, strengthening mutual understanding between migrants and locals, and enhancing rural-urban interaction.

The nurturing of community leaders is carried out through awarding residents with small grants to run community activities of their own design to address specific issues. One innovative project is Mother Tutor, a scheme initiated by mothers within the community. As mothers tend to possess certain skills, such as reading picture books to children and practising the basics of traditional Chinese medicine, they came up with the idea of tutoring within or beyond the community. Participating tutors discover a lot through this outreach – a new sense of identity, more confidence, clearer value sets, and better organisational skills. A peer tutor group has also been providing a supportive network and has fostered a community-wide interest in continued learning.

Community economy has been a learning journey for Mulan. The centre has been experimenting with various practices over the years. As one team member puts it, “Community economy is about making use of existing community resources to create a sustainable way of life, with a good sense of agency and autonomy.” Mulan has seen the journey as a very positive process, with more and more people becoming empowered as individuals, and also giving and receiving mutual help from others in the community.



項目一覽

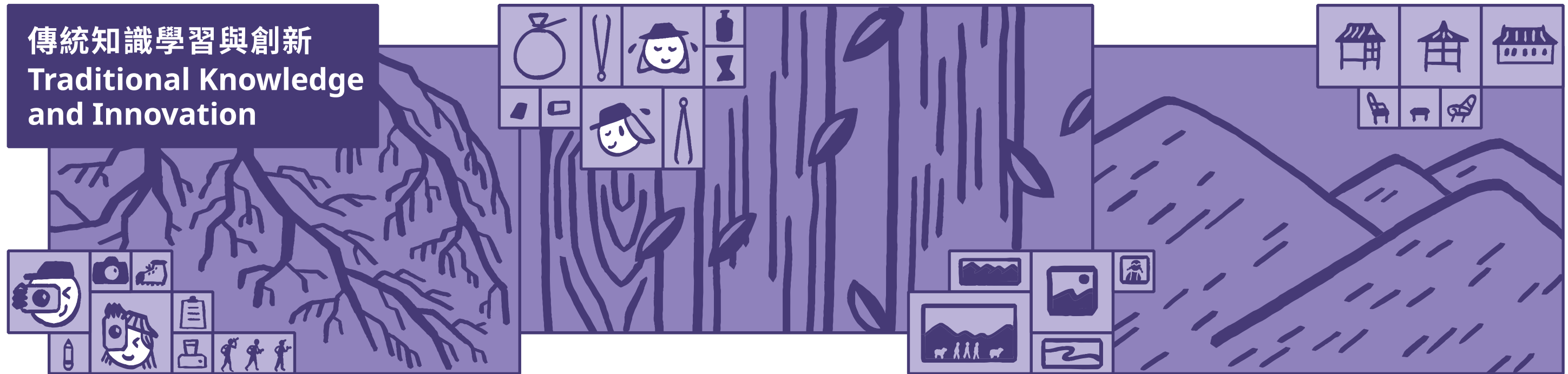
Project List

<b>協作半塔社區鄰里互助</b> 📍 北京	<b>Facilitating Neighbourhood Mutual Help in Banta Community</b> 📍 Beijing
協作居民鄰里互助，推動環保生活，如生態體驗園種植、撿拾垃圾，深化居民主動性與能力，以及對社區可持續生活的理解。	Deepen understanding of sustainable living through mutual help; Enhance Banta residents’ initiatives and capacity for environmental activities, such as community gardening and litter collection.
<b>家政女工社區經濟骨幹學習及實踐</b> 📍 北京	<b>Supporting Community Economy Learning and Action with Domestic Workers</b> 📍 Beijing
擴展家政女工製作手工環保清潔用品的社區經濟實踐；深化「社區經濟」的學習和反思，梳理及傳播社區經濟的案例。	Support domestic workers’ community economy practices in producing handmade eco-cleaning products; Deepen learning through documentation and dissemination of community economy case studies.
<b>女工合作坊社區經濟實踐</b> 📍 北京	<b>Promoting Community Economy with Women Migrant Workers</b> 📍 Beijing
通過合作消費坊、媽媽手工小組及爸爸支持小組等，推動互惠互利、生態友好的經濟活動及環保手工製作，團結社區。	Promote mutually beneficial, eco-friendly and community-strengthening economic activities through initiatives such as consumers’ cooperatives, women’s group development, and environmentally friendly handicrafts.
<b>高校學生能源消耗和生活現狀調查</b> 📍 重慶	<b>Survey on the Lifestyle and Energy Consumption of University Students</b> 📍 Chongqing Municipality
大學校園推動能源調查活動，培養大學生對能源消耗和環保的反思，總結數據和信息，計劃節能環保行動。	Increase awareness on energy consumption and green living of university students through research; Encourage action on saving energy and sustainable living.
<b>殘障群體自主生計探索</b> 📍 廣東廣州	<b>Exploration of Resilient Livelihoods with Disabled Communities</b> 📍 Guangzhou City, Guangdong Province
透過自主生活工作坊、自主按摩計劃等，探索殘障社群自主生活與生計模式，以及可持續生活理念與實踐。	Explore pathways for self-reliant and sustainable livelihoods with persons with different abilities; Components include workshops, educational activities, and practising mindful massage.
<b>貴陽龍家寨「綠動」社區發展</b> 📍 貴州貴陽	<b>Green Living in Longjiazhai Community</b> 📍 Guiyang City, Guizhou Province
以「衣食住行系列工作坊」及「綠動志願者的社區調查」等社區經濟活動帶動，讓社區婦女及兒童社群發揮所長，參與營造社區。	Support community-building, self-growth and green living in Longjiazhai with women and children residents through activities such as workshops and community research.

<b>傳統農耕智慧調研</b> 📍 四川	<b>Research on Traditional Farming Wisdom</b> 📍 Sichuan Province
梳理和總結川西平原傳統農耕智慧及現有生態農友的經驗，完成報告；成立以生態農友為主的團隊，開展技術研發與試驗建議。	Document traditional farming wisdom and current farmers’ experience in the flatlands of western Sichuan; Support eco-farmers to lead technical research and pilot activities.
<b>社區農業創新協作網絡構建</b> 📍 雲南麗江	<b>Research, Network Building and Innovation of Traditional Farming Knowledge</b> 📍 Lijiang City, Yunnan Province
透過田野調查及節日再造等活動，恢復麗江社區種植地方品種的農藝；探索社區農耕技術共學機制和平台，推動社區可持續生活。	Restore traditional farming skills for local seed varieties through field research and reintroducing traditional festivals; Explore community peer learning mechanisms and platforms to rebuild local agricultural wisdom.
<b>培養傣泐民族建築師及營造和諧家園</b> 📍 雲南西雙版納	<b>Nurturing Young Tai Lue Indigenous Architects and Artisans for Cultural Community Building</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
搭建傣泐青年工匠共學平台，學習及反思傳統居住文化，開展生態設計與建築培訓，支持工匠將傳統傣族建築精神和技藝融匯於生活中。	Establish co-learning platforms for reflection on traditional Tai Lue housing design through eco-design and architecture workshops with young architects and artisans; Support application of traditional architectural values and techniques to meet modern housing and livelihood requirements, and acknowledge indigenous culture.
<b>合作伙伴與致謝機構</b> 以漢語拼音為序	<b>Partner List</b> In sequence of Chinese Pinyin
北京鴻雁社工服務中心	Beijing Hongyan Social Work Service Centre
北京木蘭花開社工服務中心	Beijing Mulan Huakai Social Work Service Centre
北京培田社工服務中心	Beijing Peitian Social Work Service Centre
成都城市河流研究會	Chengdu Urban Rivers Association
重慶市渝中區巴渝公益事業發展中心	Bayu Public Welfare Development Centre, Chongqing Municipality
廣東省千禾社區公益基金會	Harmony Community Foundation
廣州市合木殘障公益創新中心	Guangzhou Tree of Life Disabilities Innovation Centre
貴陽南明啟明社會工作服務社	Guiyang Nanming Qiming Social Service Centre
昆明理工大學建築與城市規劃學院	Faculty of Architecture and City Planning, Kunming University of Science and Technology
麗江市雲之南公益影像服務中心	Lijiang Media Centre for Community

# 傳統知識學習與創新

## Traditional Knowledge and Innovation



我們所推動的可持續生活，是基於相信生活在不同地區的社群，都有一套與自然、與人、與萬物相處的傳統知識和智慧，以作為生存和繁衍的重要支持，並維繫社區的歸屬感與文化核心價值，值得珍視並傳承下去。因此，我們希望藉著推動社區作為主體參與的社區調查，協作社區重新認識和思考傳統知識的價值，傳承和創新傳統知識，使社區恢復對身分的認同，建立社區精神。

在西南少數民族地區，傳統知識和生活、生態文化緊緊相連，我們支持伙伴在不同社區恢復生態文化學習，讓村民反思和重新發現社區生態文化。勐海縣環境保護局、昆明市呈貢區夢南舍可持續發展服務中心、勐海縣勐混鎮勐岡村，跟我們共同支持核心村民學習生態文明政策和布朗族生態文化，正視和改善社區的環境問題，並發掘生態農耕的傳統智慧。在騰沖的

Our understanding of sustainable living is based on the conviction that every community, whatever the location, possesses traditional wisdom about nature and all beings. This unique wisdom should be valued and passed on to the next generations, as it supports the community to survive and prosper, instils a sense of belonging, and safeguards core cultural values. Through community-led research, we facilitate communities to rediscover and reflect on the values of their traditional knowledge, decide on elements to keep or reinvent, and make use of them to restore community identity and spirit.

In ethnic minority areas across Southwest China, our partners facilitate villagers to relearn their traditional culture, and in doing so, revisit ancestral wisdom. Villagers in Menghun Town of Menghai County of Yunnan Province have been working with Menghai Environmental Protection Department, Mueang-Nam Sustainable Development Service Centre, and the local administration to acknowledge and address local environmental problems. The process is two-fold: learning about governmental policies on ecological civilisation, and about the eco-wisdom of traditional agricultural practices of the local Bulang ethnic group. In Tengchong City, Yunnan Province, we partner with Gaoligongshan National Reserve Baoshan Administration Bureau to facilitate villages to examine eco-wisdom, ethics education, and

一些鄉鎮村落，我們與雲南高黎貢山國家級自然保護區保山管護局騰沖分局協作，一起推動社區生態文化、道德教育、生態保護，以喚起社區的自覺性，思考保護生物多樣性的精神和理念。在貴州從江縣多個少數民族社區，我們支持從江生態文化社搭建民間藝術教師同伴的網絡平台，推動社區成員參與調查社區的文化和自然資源，並透過互訪和跨區交流，探索社區教育經驗，以反思自身的文化和智慧，激發社區的內在動力。

傳統文化與知識的傳承，需要學習、記錄與保存，在過程中更能與現代生活結合，培養反思能力。我們與雲南鄉村之眼鄉土文化研究中心合作，支持來自滇、黔、桂、川 14 個社區的鄉村攝錄者「鄉村拍客」，以簡單的拍攝工具，記錄鄉土知識、生活、文化等，透過鏡頭思考可持續生活的內涵。

ecological conservation. Communities there have become inspired to contribute to biodiversity conservation. Folk art is playing a role in Congjiang County in Guizhou Province. Congjiang Ecological Culture Society has created a network of folk art teachers who promote community research on local cultural and natural resources in ethnic minority communities. As participants absorb their own cultural wisdom, an inspiration for change emerges within.

For traditional knowledge to be relevant to daily life, it is useful to identify, document, and then integrate it. Some communities may need to develop reflective skills to link the past to their present life. We have supported village-based filmmakers from 14 communities across Southwest China through partnering with Centre for Indigenous Documentaries and Cultural Perspectives. With simple filming tools, villagers are documenting local knowledge and cultural practices, exploring concepts of sustainable living. Seeing can be a way to believe in one's wisdom.



## 光影中的生活反思

2021 年初，位於安寧市光崑村的培訓場地好不熱鬧。來自雲南、四川、廣西十多個社區的村民、對鄉村影像躍躍欲試的年輕人，加上從事影像人類學研究的學者和影像工作者，聚首一堂，由光影言說迸發出來的熱情與火花，從每天白晝的工作坊延續到晚上。每一位村民來自不同民族文化背景，有的正在家鄉做口述史工作，有的想在村子裏建村寨文化博物館，有的是關注本土青少年教育多年的社區工作者，大家在活動中分享自己與鄉村影像結緣的故事，由此牽引出來的生活經驗、記憶與情感。

舉辦影像培訓和交流活動，對於參與推動鄉村影像十年多的雲南鄉村之眼鄉土文化研究中心（下稱「鄉村之眼」）團隊來說，可說是駕輕就熟。這次活動結合了新與舊元素，新者是鄉村之眼因著與雲南大學民族學與社會學學院的合作，在原有的鄉村影像社群上，加入了學院 11 個研究基地的村民拍攝者，讓彼此的影像工作和研究有更多的互動與延展。同時從公開招募中挑選了 14 名研究生，這些年輕志願者與村民結隊，探索鄉村影像的過程與成品，藉此了解影像記錄與社區建設之間的關聯。

參加者中有「新手」之餘，也有鄉村拍攝者「老手」，他們多年來堅持以社區影像與村民互動。工作坊上，大家一起回顧了先行者在中國推動鄉村影像的初衷，強調影像不能脫離社區，而是一種有價值的工具，記錄和整理社區知識與文化、生活方式的變遷，並引發思考，讓村民重新認識自身的文化和傳統價值，從而喚起社區行動，深化少數民族社區文化的教育與傳承。村民拿起鏡頭作為拍攝的主體，作品以不同的敘事方式呈現當地人的視角，讓影像超越了語言，更能促進與外界的平等對話。

社區伙伴自 2017 年開始與鄉村之眼合作，支持鄉村影像拍攝者的學習、交流與實踐，以此探索「鄉村影像」如何有別於主流紀錄片「作者化」和「作品化」的導向，而能融入社區工作，成為協作方法。而作為拍攝者的村民本身就是潛在的協作者，項目嘗試在技術和方法上「陪伴」，同時搭建共學網絡，鼓勵朋輩間相互支持，讓拍攝者更有動力以影像去服務社區。

2020 年第二期項目，著力拓闊網絡內成員的背景，並延續鄉村影像社群之間線上和線下的互動，例如每月一次的沙龍、培訓和社區互訪等活動。深信光影與對話迸發出來的火花，將有助共同構建西南山地鄉村對「可持續生活」的多元想像與踐行。



● ● ●  
在跨省影像培訓活動中，村民與研究生共學拍攝，以影像記錄社區、服務社區。

In a cross-province community filmmaking project, participants from 10 villages and researchers and graduate students learn from each other, and serve their home villages.

**Community Filmmaking,  
Community Reflection and  
Community Sustainability**

In early 2021, the training venue at a village in Anning City, Yunnan Province, was bustling with activity. Villagers from more than ten different ethnic minority communities across Yunnan, Sichuan Provinces and Guangxi Autonomous Region joined visual anthropology scholars and filmmakers – all with a passion for film.

Each villager shared how they became interested in community filmmaking. Some wanted to collect oral histories, some planned to open a community cultural museum in their home village, some were veteran community development workers keen on local youth education... Their stories revealed their lived experiences, personal and collective memories and their connections with their communities.

For more than a decade, the Centre for Indigenous Documentaries and Cultural Perspectives (the Centre) has been promoting rural community filmmaking. In this particular activity, the Centre was trying something new: collaborating with the School of Ethnology and Sociology of Yunnan University and gathering filmmakers from the 11 research areas of the School, and 14 graduate students. Such a rich exchange of ideas and experiences to an already diverse group!

Working in teams, they made films and explored the relationship between visual production and community development. With such varied experiences, participants reminded each other of the intentions of community filmmaking. The process and the outcome should be relevant and valuable to the community concerned. The filmmakers would be vehicles to record and present how community knowledge, culture, and ways of life have been changing. The films

should prompt community members to rediscover traditional cultural values and act collectively to pass them on to the younger generations. While villagers pick up the camera and tell stories on their own terms, their films are finally a community narrative – an important counterbalance to accounts made by non-locals.

PCD has been supporting the Centre's community filmmaking since 2017. Participating filmmakers now practise, learn and reflect with one another in a peer support network – a community facilitation approach. In the project's second phase, since 2020, the Centre has been expanding the diversity of participants' backgrounds, and fostering deeper relationships among participants through face-to-face and online activities.

The Centre often reminds participants that the focus is not to produce a stunning documentary. Instead, the goal is to ensure that local people can offer their ideas and perspectives before their fellow villagers in a way that is unconstrained by language, and that stimulates community reflection and action. In the end, the ‘best’ community films spark discussion and broaden the imagination for a more sustainable and inclusive future.



在社區影像拍攝中，村民是拍攝的主體，影像超越了語言，促進與外界的平等對話。

Community Filmmaking is a means for people to tell stories on their own terms, bypassing limits of language and promoting equal standing with outsiders' accounts.



生態家園的自足與分享

延續了一段時間的新冠疫情，不意地讓布朗村寨勐岡村更多的村民思考社區的前路要怎麼走。「我種生態瓜果蔬菜，是為了給家人吃上健康的東西，還能分享給村子裏的親戚朋友，大家都喜歡！我沒想著賺錢。」這是在和勐岡農戶討論勐岡的生態農耕時，農戶興高采烈說的一句話，臉上洋溢著生活的幸福感。

位於西雙版納的勐岡村，最近數年一直努力思考和探索村寨如何發展得更好，但總有點找不到著力方向的感覺。在 2018 年開始「勐海縣農村環境綜合整治示範項目」合作前，勐岡村曾被周圍的村民稱為牛糞村，勐岡村民回憶說：「以前 1,000 多頭牛全部與人混居，人住樓上，牛住樓下，整個村牛氣沖天」。通過社區其他項目平台，勐岡村參加布朗文化交流會，重新回到布朗族的大家庭。該項目村民和勐海環保局合力恢復了村里的弄沙拉（聖湖）。這既是傳統文化地標，又是生活污水處理池，池裏種滿花朵綠化社區，加上村民開始嘗試做垃圾分類，讓勐岡成為當地鄉村環境整治的熱門考察點。

在更深的層面，勐岡村因為項目而引發村民開展自己村寨調查的興趣，因此而發現勐岡村的歷史原來有一千多年，也知曉村寨周邊神林除了是相傳神靈的居所，也是遠古騎著馬鹿的祖先埋葬之地，讓大家更明確了保護森林的意義。勐岡對布朗文化的自主學習，讓村民找到更多民族認同，加深了與鄉土的情感連結。在生活層面，村民合作處理村寨垃圾、村寨公共建設、養牛放牧等，漸漸培養了更大的凝聚力。



這些基礎，讓勐岡在面對疫情的衝擊時，更多地思考村寨如何留住人，或是「人回得來」，資源如何留在社區內部運轉。在 2020 年開始的新一期項目，伙伴昆明市呈貢區夢南舍可持續發展服務中心一方面支持村裏骨幹去考察和對照自己的社區，重新認知布朗傳統景觀佈局，思考如何平衡保護神林聖境與生產發展；另一方面伙伴也支持厭倦了在外面打拼、覺得生活不自主的中青年，返鄉嘗試生態種植，並帶動村民種植不同的老品種和生態蔬菜，調查村裏的野菜，分享在地實踐的經驗和知識。

勐岡村地勢平坦，村民本來種植的大米自給有餘，現在參與生態種植的村民從自家菜園也能享用到生態健康的蔬菜，基本上可以不假外求，自己種的吃膩了也會有鄰里饋贈不一樣的菜蔬。不管外界有怎樣的變化，社區如能自給自足，生活各方面就能減少對外的依賴。

• • •  
勐岡村民收穫生態蔬菜，吃得健康。

Villagers in Menggang, Yunnan Province, harvesting ecologically grown vegetables.

Ecological, Resilient and Self-Sufficient

Even in a pandemic, the Bulang ethnic minority residents are contemplating the future of Menggang Village. “My family is enjoying healthy food,” says a villager with pride and contentment in a community discussion about eco-farming. “We have enough that we can share with other families and friends too! We are happy growing fruit and vegetables ecologically; it’s not about making more money.”

In the past, this community in Xishuangbanna Dai Autonomous Prefecture of Yunnan Province had seemed a bit lost on how it could develop. Menggang had been known as ‘Cow Dung Village’ before the county initiated an environmental improvement project in 2018. “We used to have more than 1,000 cattle,” a villager recalled. “We lived above and the animals below. The entire village did smell of cattle.”

Now the villagers are participating in a project with Bulang communities. They attend cultural exchanges and are reforging ties with their people. As part of the project, they work with the Menghai Environmental Protection Department to restore a sacred lake in the village. A landmark of local culture, the lake also treats domestic sewage and beautifies the landscape. The community has begun to sort their garbage too, and overall, Menggang has developed into a popular environmental pilot site.

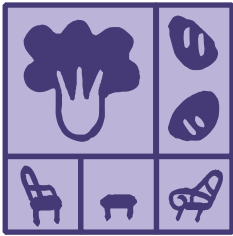
At a deeper level, the community-led learning project has helped invigorate Bulang people’s interest in their own culture. Villagers are developing a stronger sense of identity and deeper connections with the land. They are discovering that Menggang has a history of more than 1,000 years, and that the surrounding sacred forest is where their ancestors are buried. Knowing this,

they have become deeply motivated to protect it. They also work together on very tangible things, like constructing communal infrastructure, herding cattle, and sorting garbage. All of this builds community cohesion.

This cohesion has provided the foundation for Menggang to withstand the impact of the pandemic – the community has reflected on how to encourage people to stay in, or return to the village, and how to keep resources circulating within the community. Since 2020, PCD has supported Mueang-Nam Sustainable Development Service Centre to begin new initiatives. One is with village leaders who visit other Bulang communities to learn how forest protection and livelihood needs are balanced in traditional Bulang landscape design. Another is with middle-aged Bulang migrant workers who wish to return to Menggang to practise eco-farming; The returnees are gathering information and expertise about traditional seeds and wild vegetables, and mobilising their fellow villagers to farm ecologically.

The flat terrain of Menggang is suitable for rice farming and has enabled villagers to become more than self-sufficient. Villagers have also arranged to grow different vegetables, ensuring a healthy variety that can be shared around. The community is seeing that it can be more self-reliant, and increasingly resilient to external factors, not only the pandemic!

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種植生態瓜果蔬菜，是為了家人吃得健康，自足也能分享。

Growing fruit and vegetables ecologically provides families and friends with healthy food and self-sufficiency.

項目一覽

Project List

<b>支持黔东南村寨社區傳統生態智慧的傳承與反思</b> 📍 貴州	<b>Supporting Community Education and Reflection on Traditional Eco-Wisdom of Communities in Southeast Guizhou</b> 📍 Guizhou Province
通過社區文化調查，支持少數民族村寨社區反思傳統文化及生態智慧；培育村寨協作者，提升村寨內生力量及推動整全發展。	Encourage ethnic minority communities to reflect on their traditional eco-wisdom through community research; Nurture local community facilitators to facilitate holistic community development.
<b>探索從江少數民族社區文化教育經驗</b> 📍 貴州從江	<b>Exploring Community-Based Cultural Education in Indigenous Communities</b> 📍 Congjiang County, Guizhou Province
搭建民藝教師同伴的支持網絡，支持共學與探索社區教育經驗；反思傳統文化、自然生態與社區的關係，激發內在動力。	Build peer learning networks with folk-art teachers to explore community-based cultural education; Reflect on the interconnections of traditional culture, local ecology, community relationships, and inner strength.
<b>支持鄉村在地生態文化調查與共學</b> 📍 四川	<b>Supporting Rural Co-Learning and Community Research on Local Ecological Culture</b> 📍 Sichuan Province
支持傳統農耕生活的生態文化調查與自然生活共學，促進農耕文化與社區互助精神的傳承；搭建共學平台，推動案例傳播。	Support community research on local ecological culture manifested in traditional agrarian living; Promote community education on simple living, in harmony with nature and in the spirit of mutual help; Build co-learning village networks for sharing.
<b>探索哈尼社區的傳統生態文化</b> 📍 雲南	<b>Examining Traditional Eco-Culture of Hani Communities</b> 📍 Yunnan Province
透過社區為本的參與式行動研究，整理傳統文化生態保育案例；協作哈尼社區學習傳統土地應用模式與理念，喚起社區探索生態文化的自覺。	Document ecological conservation cases with traditional cultural perspectives through community-based action research; Arouse community interest in exploring the local eco-culture through community learning on traditional land use patterns and principles.
<b>保護騰沖社區傳統生態及促進跨社區組織互助精神</b> 📍 雲南騰沖	<b>Enhancing Mutual Help with Tengchong Community Organisations for Traditional Culture-Based Ecological Conservation</b> 📍 Tengchong City, Yunnan Province
依托當地社區文化、道德教育、生態保護，喚起社區對保護生物多樣性的自覺，推動社區思考其中的核心理念。	Raise awareness in the community for biodiversity protection through reflecting on core values of community culture, and participating in moral educational, ecological and conservation activities.
<b>推動騰沖南北區域老年協會保育生態與促進社區健康</b> 📍 雲南騰沖	<b>Supporting Ecological Conservation and Holistic Health Promotion with Local Elderly Associations</b> 📍 Tengchong City, Yunnan Province
支持北部老年協會探索保育本土生物多樣性精神，培養南部核心人員能力；推動社區實踐整全健康，以及南北社區交流互動網絡。	Build capacity of elderly associations to explore core values of local biodiversity protection; Support community-based action on holistic health; Build exchange networks among communities.

<b>探索傳統文化為本的可持續生活網絡</b> 📍 雲南西雙版納	<b>Network Building on Sustainable Living with Cultural Perspectives</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
在納版河流域自然保護區內，協作社區為本的傳統生態文化調查，營造社區精神，並探索可持續生活協作者網絡。	Support community-based research on traditional eco-culture in Nabanhe Watershed National Nature Reserve to enhance community cohesion; Build facilitator networks for sustainable living.

<b>勐海農村環境綜合整治示範</b> 📍 雲南西雙版納	<b>Pilot Project on Communal Integrated Ecological Environment Management in Rural Menghai County</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
通過社區為本調查，協作布朗村民學習生態文明政策及布朗族生態文化，加深對人與自然和諧相處的理解，並改善社區環境。	Facilitate understanding of the national ecological civilisation policy and the local eco-wisdom of Bulang culture; Improve the local ecological environment through community research.
<b>探索勐海生態家園規劃與結合現代知識的生態農耕</b> 📍 雲南西雙版納	<b>Examining Ecological Landscape Planning and Eco-Farming in Menghai County</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
結合社區生態農耕的傳統智慧與現代知識，支持在平衡生態文化、生產、生活下建設勐岡布朗文化生態村。	Facilitate the integration of traditional Bulang wisdom and modern knowledge on eco-farming; Support the transition of Menggang Village into an eco-community that meets livelihood and cultural preservation needs.

<b>西南漢族農村工作策略回顧與展望</b> 📍 跨地區	<b>Review and Planning of Rural Programme Strategy in Han Communities in Southwest China</b> 📍 Regional
整理六個案例，展示社區傳統文化如何推動生態保護；歸納社區在建立文化自覺、生態觀和天地關係，以及建設組織和平台的經驗。	Produce six case studies to showcase the role of traditional culture in ecological conservation; Summarise facilitation experiences on building community cultural awareness and eco-perspectives, and on developing community-based platforms.

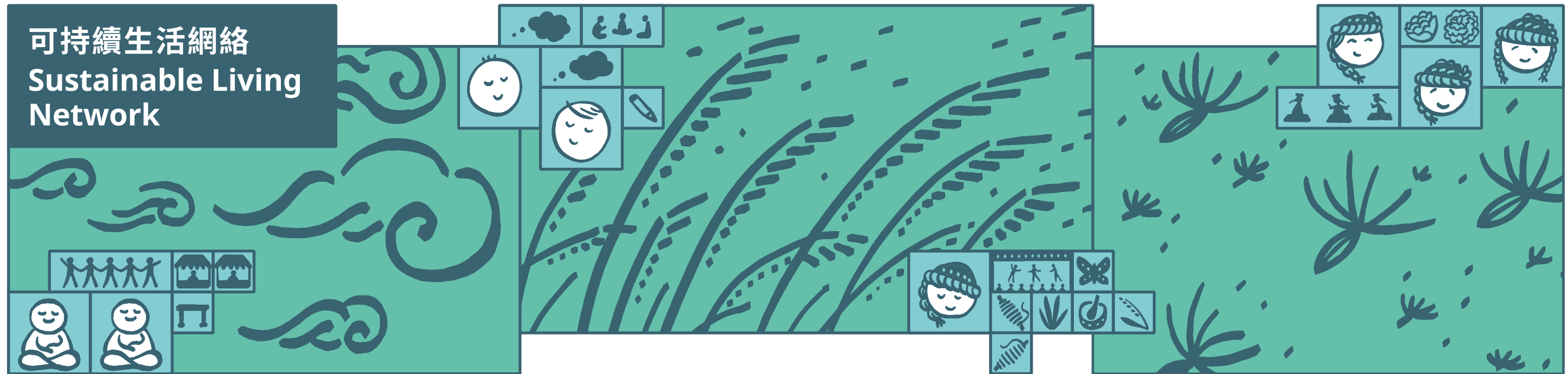
<b>推動影像記錄者「鄉村拍客」網絡構建</b> 📍 跨地區	<b>Network Building with Rural Community Filmmakers</b> 📍 Regional
支持鄉村影像記錄者以村民為主體，記錄生活、文化與鄉土知識，思考可持續生活內涵；擴大鄉村拍攝者的網絡平台。	Encourage rural community filmmakers to reflect on sustainable living through community-led films on village life, culture, and indigenous wisdom; Expand the network of rural community filmmakers.

合作伙伴與致謝機構

以漢語拼音為序

成都高新區野草生態社區發展中心	Yecao Eco-Community Development Centre, Gaoxin District, Chengdu
從江生態文化社	Congjiang Ecological Culture Society
昆明市呈貢區夢南舍可持續發展服務中心	Mueang-Nam Sustainable Development Services Centre
勐海縣環境保護局	Menghai Environmental Protection Department
勐海縣勐混鎮勐岡村委會	Menggang Village Committee of Menghun Town of Menghai County
西雙版納納版河流域國家級自然保護區管理局	Xishuangbanna Nabanhe Watershed National Nature Reserve Management Office
雲南高黎貢山國家級自然保護區保山管護局騰沖分局	Gaoligongshan National Reserve Baoshan Administrative Bureau 騰沖分局
雲南民族大學雲南省民族研究所	Yunnan Provincial Institute for Ethnic Studies, Yunnan Minzu University
雲南省綠色環境發展基金會	Yunnan Green Environment Development Foundation
雲南鄉村之眼鄉土文化研究中心	Centre for Indigenous Documentaries and Cultural Perspectives
中國滋根鄉村教育與發展促進會	China Zigen Rural Education and Development Association





我們在不同社區所推動的與大自然連結、生態農耕也好，或社區經濟、重建傳統文化與地方知識也好，最終還是回歸到生活中，探索與實踐可持續生活的價值、模式，反思主流發展的影響而尋求轉變，增強意識醒覺。在這條探索路上，實踐者不能踽踽獨行。我們嘗試推動更多社群參與，過程中讓更多不同層次的網絡彼此連結，分享學習，互相陪伴與激勵。

在鄉鎮傳統文化地區，我們與不同  
 伙伴合作，支持可持續生活者的共  
 學交流，加強實踐的信心和創造力。  
 廣東省綠芽鄉村婦女發展基金會在  
 雲、貴鄉村社區，以女性生活實踐  
 連結傳統生態觀，開展社區婦女骨  
 幹共學，搭建網絡。雲南鄉村之眼  
 鄉土文化研究中心合作構建鄉村影  
 像協作者工作網絡，在廣西南丹探  
 索白褲瑤文化內涵，搭建文化交流  
 學習平台。騰沖市老科技工作者協

Promoting sustainability – through a reconnection with nature, ecological agriculture, community economy, and the rebuilding of traditional culture – needs to be rooted in everyday life. This yields a deeper understanding for participants, and effective results for projects. First, individuals and communities reflect on the mainstream development model and the problematic values therein. Then, they put alternative theories into action. As more and more communities practise sustainable living, momentum builds, and networks eventually form – a collective way to learn, share, and be inspired!

Sustainable living networks are varied. In communities across the provinces of Yunnan and Guizhou, Rural Women Development Foundation has established a co-learning and network-building initiative among women leaders, focusing on the connections between traditional eco-perspectives and the women's daily life. In villages of the Baiku Yao ethnic group in Guangxi Zhuang Autonomous Region, Centre for Indigenous Documentaries and Cultural Perspectives has formed a new amateur filmmaker network, an exciting way to learn about and share the richness of local knowledge. In Tengchong City of Yunnan Province, Tengchong Association for Senior Scientific and Technological Workers have built up a learning and action network on sustainable living that embraces the ecological, cultural and spiritual. All of these networks aim to strengthen confidence, creativity

會通過網絡共學平台，從自然、文化、心靈方面探索「家園淨土」的內涵，推動成員探索與實踐可持續生活。

培育和傳播，是推動理念、轉化行動的重要手法。成都青樓社會工作服務中心透過陪伴、共學，發展一套融合反思與覺察、人與自然關係、生活實踐等培育青年的課程，建立相互支持網絡；過程中與其他平台連結，同時以撰寫文章、傳播案例等方式擴大大分享。我們支持上海浦東新區禾鄰社區藝術促進社，通過「藝術鄉野」共創營，建立藝術從業者群體網絡，推動本土文化的保護和創新，探索可持續生活方向的藝術與傳播。伙伴南寧市綠生活社會工作服務中心重新激活「邕有好生活」網絡，連結廣西農、大學生零廢棄群體、城市農耕者、社區居民等可持續生活的節點和人群。

and collaboration among participants, and to support learning and exchange.

Ongoing outreach and public education are crucial for nurturing ideas and sustaining action. With an innovative approach featuring elements of self-awareness, nature connection, and concrete applications in daily life, Chengdu Qingpu Social Work Service Centre accompanies youth on their journey of self-exploration. Their supportive peer network, linkages with other youth networks with similar ideals, and various publications all serve to inspire and support.

Art can also inspire sustainable living. Our partner Shanghai Helin Art Promotion Institution has initiated an innovative network of artists concerned about protecting local culture. Art and Culture Co-creation Camp now employs their artistic skills for sustainable living education. Nanning Green Living Social Work Service Centre has been building an eco-network in Guangxi Zhuang Autonomous Region. They are linking local hubs and groups interested in living green, such as achieving zero waste in universities, growing food sustainably, and eco-farming in urban areas.





## 價值尋索 生活實踐

「在一個主流價值觀裹挾的環境下，可以在這裏觸摸到不一樣的價值觀，讓我看到自己的其他可能性。」一位項目參加者事後回應說。

本來就充滿疑惑的青年人，在成長階段總會尋找自我，叩問生活的本相和價值、自我與世界的關係。他們經歷著經濟和高科技發展，人口、物資與信息的迅速流動，也目睹生態環境的破壞，他們選擇怎樣的生活和價值觀來建構未來的世界，很值得關注。我們在2020年3月與成都青樸社會工作服務中心和知己青年發展中心開展的「青年人支持和陪伴」項目，是希望回應青年人的狀況，發展相關的學習課程，培育青年人成為生活者，尋求價值反思與轉化，並在生活中實踐。

項目主要分為兩部分，一是為期兩個月的線上學習，參與者在共學中結成相互支持的網絡社群。課程從生活層面開始，以食物為切入點和載體。期間參與種菜、文章閱讀、小任務、生命史撰寫和線上嘉賓分享活動。例如梳理半年內的消費紀錄，意識自己哪些是「想要」，哪些是「需要」；親手種菜，學習和植物連結；回顧個人生命史，看到自己如何被塑造。有青年人反饋：「這門食物的課程給我打開一個大門，讓我把習以為常的飲食習慣重新觀察，保持距離，反思自己。」有參加者經過反思後更行動起來，建立消費合作社，夏天不購衣物，建立倡導可持續生活的播客小組，或者繼續種菜、做堆肥。

項目第二部分是聚焦成都本地青年的長期陪伴，為期六個月，主要從四方面開展：議題學習聚焦於反思主流發展，如科技、經濟、理性主導等；協作技術則強調尊重、理解、聆聽、同理心等價值；個人成長包括學習自我覺察、非暴力溝通、與自然連結等；還有案例和實踐走訪，包括農場、市集、家居生



活空間。項目連結了探索可持續生活的平台，擴闊對青年人學習與實踐的支持，同時讓青年人看到怎樣從不同維度回應社會問題、推動改變。

青年人走過一個學習旅程，對生命有了不同的視界：「很觸動自己，就像自己會有疑惑，但還在探索中。通過食物而感覺活著，很神奇。是其他動植物的生命在養育著我們的生命。一種難以言表的感受。也許就是萬物皆為一物的另一種解釋。」

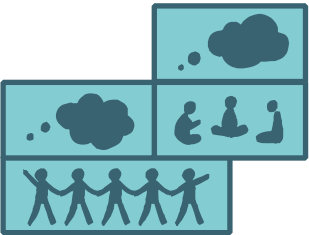
陪伴青年人成為行動的生活者，要從生活日常入手，打開他們的視野。往後我們還需要很多摸索，需要開放和包容，也需要不同群體的支持，讓青年人不單看到自己，也看到伙伴，看見前人的路徑，想像自己和世界的未來。

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伙伴參加課程後，繼續在生活上實踐，自己投入耕種。

Youth start to farm ecologically, putting theory into practice in Chengdu, Sichuan Province.

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青年人重新觀察習以為常的生活習慣，省察自我。

Youth begin to re-examine and reflect on their habits and their everyday ways of living.



## Living with Values: For One, For the World

“Taking this course has provided a new lens for me to assess my habits around food, and my values.”  
“I can get in touch with alternative narratives which are so different from the mainstream one. I realise there are so many possibilities!”

Two young learners articulate their experiences with innovative learning opportunities with our partners, Chengdu Qingpu Social Work Service Centre and Zhiji Youth Development Centre.

Coming of age is a time of searching, a time of self-discovery, a time to question the meaning of life, and a time to develop one’s own relationship with the world. Pressure can mount, and self-doubt. Our partners, and PCD too, believe that the values and choices of the younger generation will greatly shape the future of our planet. Youth face many challenges: movements of population, resources and information; the climate crisis and ecological degradation; and rapid economic and technological advancement. We also believe that ‘macro’ concepts need to be understood in terms of ‘micro’ daily life choices, so in March 2020, a youth development and support project was launched, with a value-centred curriculum to live consciously, conscientiously and sustainably.

The first component, a two-month online learning, has encouraged youth to reflect on their current way of life through the focal point of food. The course has included guided reading, applied activities, and discussions with facilitators from various fields. Participants made a record of what they purchased over a six-month period to assess the differences between needs and wants; they grew vegetables to connect with nature; and they reviewed significant events in their lives, coming to see how their

certain values, beliefs and decisions have played a role. Some youth have gone beyond learning to act: setting up a consumer cooperative, forming a sustainable living podcast group, refraining from buying garments for a period of time, extending their farming projects, and taking part in a mutually supportive online youth community.

The second project component was a six-month co-learning initiative in Chengdu, Sichuan Province. Youth participated in four modules. In the thematic learning module, they examined the assumptions of mainstream development and developed critical thinking skills. The facilitation skills module focused on values and skills, such as respect, empathy and listening. The personal growth module incorporated self-awareness, non-violent communication and nature connection activities. The local case studies module created opportunities to visit farms, markets, and eco-homes – young learners engaged with various sustainable living practitioners.

Overall, participating youth have felt this broad base of learning, experience, self-reflection, and support to be invaluable as they consider personal and social change. And in the future, our partners plan to collaborate with other practitioners and groups, opening up even more experiences, narratives and approaches as youth imagine their future, and the world’s.

Listen to this participant! “I am moved, and at the same time am beginning to question all that I have taken for granted. It is amazing that reflecting on food makes me feel so alive. Other beings are nourishing our life. It is hard to express this feeling. Perhaps another way of putting it is: All beings are one”.

## 鄉村姐妹的女性視角共學

來自雲、貴鄉村的姐妹，難得有這麼三、四天，放下家庭和手邊的工作，帶著一點好奇和期待參加項目的第一次工作坊。

姐妹從聚餐和互相認識的活動中漸漸開放自己，繼而進入形式比較新鮮的生命故事劇場觀影、社區調查環節，嘗試以性別視角和民族文化生態觀，交流生命經驗，思考生活。有姐妹說，在戶外社區調查看到了姐妹的另一面；有的說豐富了對植物的認識，大開眼界；有姐妹最初不習慣生活故事劇場，但最後完成了，感覺自己和姐妹都棒極了。

在中國西南雲、貴少數民族鄉村社區，婦女群體是重要的一員，傳承著傳統文化、生態知識和智慧，在社區公共領域也擔任重要角色，比如在雲南麗江的納西族和摩梭人社區，老年女性是受尊重的權威。根據伙伴廣東省綠芽鄉村婦女發展基金會（下稱「綠芽」）支持婦女骨幹的經驗發現，不少婦女在主流發展下，個人學習和發展空間被擠壓，但仍然具備內在動力和創造力，意識到主體性，並具有批判思考能力。2020年，我們與綠芽合作，在雲、貴鄉村社區推行「婦女骨幹可持續生活共學計劃」，一起探索並關注婦女群體的發展與公共參與，搭建共學網絡，從女性視角探索可持續生活的實踐，培養鄉村女性的內在力量。項目在2020年10月正式啟動，招募了雲、貴農村社區的姐妹，以線下工作坊、線上共學及社區生活等調查方式推進。

工作坊開展前，團隊走訪了項目鄉村，與參與姐妹訪談，了解村莊的文化、生活、祭祀生態環境，以至性別分工。雲南的姐妹大部分年輕而有學習動力，有的對草藥有基本認識，有的對自己摩梭文化感到自豪，有的把東巴文字融入編織，有的把老品種稻穀帶到村子去。貴州的姐妹對自己民族和村寨文化



生活有很強的認同和自豪感，對唱歌、蠟染、種地等不失不忘。

第二次線下工作坊的社會性別角度更為進深，探討了村內性別分工及變化，也有故事分享，呈現出各村寨的差異。有些姐妹感受到分工與權利、機會、資源、文化習俗等方面原是息息相關，也看到女性視角對美好村寨的暢想，以及婦女在推動可持續生活所作的貢獻。

在回顧分享時，姐妹不約而同地都說膽子壯大了，可以更放鬆地表達自己，大家還會一起聚餐喝酒唱歌，雲南的姐妹更相約到貴州去。可見，姐妹的自信和主體意識都加強了，彼此的情誼也進深了。而姐妹對生命之開放和生活知識之豐富，都是超乎想像，實在讓人鼓舞。

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雲、貴鄉村姐妹對美好村寨的想像：鼓樓、對歌、蠟染、老品種……。

To the 'sisters' from Yunnan and Guizhou provinces, ideal village life includes traditional wisdom – the drum tower, folksong exchanges, batik, local seeds...



雲、貴姐妹展現了豐富的民族和村寨文化、知識和創造力。

Rural women from Yunnan and Guizhou provinces hold immense knowledge of and creativity towards their ethnic community cultures.

## Rural Women Learning from Themselves and from Each Other

It is a rare occasion for village women to be able to set aside their work and attend a workshop! No wonder the 'sisters' have been full of curiosity, anticipation and appreciation!

In the first of a two-part workshop, launched in October 2020, women from various areas of Yunnan and Guizhou provinces got to know each other. They enjoyed meals together and began to open themselves up to deeper processes, such as sharing their life stories in form of theatre, and applying a gendered perspective and traditional ecological values in the form of community research. They have come to see different sides of themselves, and each other. Some women have felt amazement learning about various plants; others have felt a sense of accomplishment completing the unfamiliar life story theatre process. There has been so much growth.

In ethnic minority communities across Southwest China, rural women are key to passing on traditional culture and ecological wisdom and they hold important roles in community life. This is especially evident in matriarchal societies, like the Naxi and Mosuo communities in Lijiang, Yunnan Province. The Rural Women Development Foundation (RWDF) works with Naxi and Mosuo; they are aware of the women's inner strength and agency, and a critical sensibility in weighing up various options to find suitable ways of living. This is in spite of the fact that in the mainstream market economy model, rural women face inordinately limited learning and development opportunities.

PCD has supported RWDF's learning network on sustainable living with rural women leaders from Yunnan and Guizhou provinces. Face-to-face

workshops, online sessions, field research, and more! Participants have become more aware about public affairs, building up their inner strength, and exploring ways to achieve sustainable living with a gendered perspective.

Before the workshops, RWDF prepared by conducting community assessments. They visited project villages and interviewed the recruited participants to gain a better understanding of each community's culture, including livelihood opportunities, rituals, the natural landscape, and the gender division of labour. Overall, RWDF has found the women to have a strong interest to learn, with a wide knowledge base, a sense of personal identity, and a deep pride in their own culture. Some women are knowledgeable about local herbs; some are skilled in traditional art such as singing and batik; some weave Dongba motifs into their work; some grow traditional seed varieties in the traditional way... Wisdom is endless.

The second face-to-face workshop delves deeper into how gender affects the division of labour at home and in the community, and how things might be changing. Through sharing, participants have begun to see how the division affects rights, opportunities, resource allocation, and customs. They imagine how their family and community can improve in the future and what they themselves can contribute.

Looking back, the women leaders say they feel more assertive. They are more willing to express themselves. They have gained experience, support, and camaraderie. Sisters in Yunnan have been invited to meet fellow sisters in the neighbouring province of Guizhou – they have shared so much together. For RWDF, this surprising openness to new perspectives and experiences reflects growth and learning, and they feel encouraged to continue on the journey, with a sense of promise and positivity.



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Project List

<b>社區可持續消費能力建設</b> 📍 北京	<b>Community Capacity Building on Sustainable Consumption</b> 📍 Beijing
開展可持續消費的環境教育和社區志願者能力培訓，並於網絡平台上傳播課程內容；支持居民小組開展環保活動與行動。	Launch training sessions on sustainable consumption and environmental education for community volunteers; Display course content online; Support environmental protection actions of resident groups.
<b>種子圖書館館長培育</b> 📍 北京	<b>Cultivating ‘Librarians’ for Seed Libraries</b> 📍 Beijing
支持整合種子圖書館的經驗，研發課程體系，培育扎根社區的自然教育實踐者。	Develop learning systems referencing experiences with seed libraries; Nurture nature education practitioners with community perspectives.
<b>零活實驗室——零廢棄社群發展研究</b> 📍 北京	<b>Go Zero Waste – Research and Development of Zero Waste Communities</b> 📍 Beijing
通過行動與案例研究，梳理零廢棄社群快速成長及帶動生活改變的經驗，啟發更多生活者參與實踐。	Study experiences of rapid growth and daily life changes in zero waste communities; Support their actions and produce case studies; Motivate further action by sustainable living practitioners.
<b>出版可持續生活雜誌《比鄰泥土香》第 12、13 期</b> 📍 北京	<b>Production of Sustainable Living Magazine, <i>Fragrant Soil</i> (Issues 12 and 13) (In Chinese)</b> 📍 Beijing
探索以雜誌協作項目發展與議題學習；倡導可持續生活的理念。內容主要包括生態文明、生態哲學探索、國內外環保行動案例及經驗分享。	Produce magazine to promote principles of sustainable living; Contents include ecological civilisation, ecological philosophies, and national and international cases.
<b>探索培育重慶農村「社區為本環保志願者網絡」的手法</b> 📍 重慶	<b>Exploring Approaches to Rural Community-Based Environmental Volunteer Network Development</b> 📍 Chongqing Municipality
支持農村社區的環保志願者透過能力建設和交流學習，培養社區主體意識及責任感，推動社區共同參與改善生態環境，並建立網絡基礎。	Supporting learning and exchange with local environmental volunteers; Promote a sense of ownership and responsibility in their communities; Encourage the volunteers to improve their ecological environment; Build foundations of volunteer networks.

<b>培育珠三角可持續社區力量</b> 📍 廣東	<b>Cultivating Capacities for Sustainable Community Development in Pearl River Delta</b> 📍 Guangdong Province
支持社區參加可持續社區建設的學習和實踐，如內在力量構建、社區工作技巧、可持續生活理念等，探索自主發展的動力及協作經驗。	Support learning and actions on sustainable community building, exploring topics such as building inner strength, community work skills, and sustainable living principles; Explore approaches to facilitate community-led development.

<b>搭建廣州生活者社區骨幹學習交流網絡</b> 📍 廣東	<b>Network Building with Organisers of Citizen-Based Groups in Guangzhou</b> 📍 Guangdong Province
支持網絡中社區志願者組織的成長，從而支持社區可持續生活實踐；與社區骨幹一起探索協作相關社群的發展，並共同搭建學習交流網絡。	Continued support for the development of volunteer organisations in the community sustainable living network; Facilitate group development; Build a network for learning and exchange.
<b>搭建南丹白褲瑤文化的可持續生活學習及社區交流平台</b> 📍 廣西河池	<b>Learning on Traditional Wisdom of Baikuyao Culture and Building of Community Exchange Platforms</b> 📍 Hechi City, Guangxi Zhuang Autonomous Region
通過參與式行動研究，梳理白褲瑤地方知識，探討白褲瑤核心文化；搭建白褲瑤文化交流學習平台，促進文化傳承與村寨管理。	Examine local knowledge and core values of <i>Baikuyao</i> culture through participatory action research; Promote <i>Baikuyao</i> cultural inheritance and village management through building learning and exchange platforms.

<b>「邕有好生活」——搭建廣西可持續生活互助網絡</b> 📍 廣西南寧	<b>Building Sustainable Living and Mutual Help Networks</b> 📍 Nanning City, Guangxi Zhuang Autonomous Region
於南寧搭建可持續生活學習與互助網絡，推動跨社群交流和實踐；開拓及維繫食農教育社群，鼓勵大學生反思現代生活方式，並與此網絡連結。	Build learning and mutual help networks to promote cross-group interaction for sustainable living; Encourage university students to reflect on modern ways of living through developing food and agriculture educational groups and linking them with an existing network.
<b>探索新生代鄉村協作者的支持體系</b> 📍 貴州	<b>Exploring Rural Support Mechanisms with Young Facilitators</b> 📍 Guizhou Province
通過開展鄉村協作者工作坊及日常跟進，培養新生代鄉村工作者的文化反思及參與式協作能力，並探索培養體系的設計。	Nurture young village facilitators through workshops on cultural reflection and participatory facilitation; Explore mechanisms for regular continued support.

<b>烏當區垃圾減量及社區組織發展</b> 📍 貴州貴陽	<b>Waste Reduction and Community Organisational Development in Wudang District</b> 📍 Guiyang City, Guizhou Province
以垃圾減量和處理切入，推動烏當區居民反思現代生活消費，並搭建學校和機構等社區互動支持網絡，探索可持續生活。	Promote reflection on consumption and modern living through topics such as waste reduction; Explore sustainable living methods through building community mutual support networks with local schools and organisations.

<b>鄉村振興青年人才培育計劃</b> 📍 山西永濟	<b>Rural Revitalisation Youth Internship Project</b> 📍 Yongji City, Shanxi Province
培育參與鄉村建設或返鄉創業的年輕人，開展生態農業及綠色鄉村建設學習和實踐，探索扎根於鄉村的生活方式。	Develop learning and placement activities on ecological agriculture and green rural development with youth interested in rural development or starting a business in their hometowns; Support youth to explore sustainable living in rural areas.



結伴同行——農村可持續生活協作者能力建設與網絡構建

四川成都

與可持續生活的同路人同學同行，探索農村深層問題，如社區生產生活與生態的關係、氣候變化的應對等，並構建互助支持網絡。

Rural Capacity Building and Network Development with Sustainable Living Facilitators

Chengdu City, Sichuan Province

Support facilitators to explore with peers on relevant rural issues, such as climate change, and the relationship between livelihood and local ecology; Support the building of a mutually supportive network.

整理社區垃圾減量與分類工作經驗

四川成都

支持城市社區總結推動垃圾分類及社區動員的經驗，回顧社區居民對垃圾議題以及可持續生活理念的變化。

Documenting Experiences of Community Waste Reduction and Sorting

Chengdu City, Sichuan Province

Support urban communities engaged in waste reduction and community mobilisation to review facilitation practices and changes of residents’ attitudes towards waste and sustainable living.

「道與術的糅合」——成都社區可持續生活共學與實踐

四川成都

協作城市社區工作者共學交流，探索可持續生活理念在社區的深化實踐，並發展共學及互助網絡；陪伴及支持開展主題探索。

Combining Theory and Practice: Learning and Action on Community Sustainable Living

Chengdu City, Sichuan Province

Facilitate exchange of community workers in urban communities; Encourage them to explore the application of sustainable living principles, and develop peer learning and support networks; Support exploration of sustainable living topics.

「行動者同盟」——成都生活者社群骨幹共學

四川成都

協作生活者社群骨幹在可持續生活的共學，包括社群的內在動力和維繫，以及可持續生活理念，並加深彼此連結。

Co-Learning Pilot Scheme with Organisers of Citizens’ Groups

Chengdu City, Sichuan Province

Connect citizens’ group organisers through facilitating peer learning on sustainable living, group building, and inner motivations of groups.

探索蒲江城鎮化農村的兒童鄉土教育模式

四川成都

開展兒童鄉土教育活動，推動和協作兒童開展鄉土文化調查，增進對家鄉自然環境與文化的認識與情感，帶動家長和多元群體的參與。

Exploring Community Education with Local Children in Highly Urbanised Rural Communities in Pujiang County

Chengdu City, Sichuan Province

Increase local children’s and carers’ understanding of and affective connections with local natural environment and culture, through facilitating children to carry out local cultural research and encouraging participation of diverse local groups.

「發現一座可持續的城市」——成都青年可持續生活傳播

四川成都

支持以傳訊手法推動成都青年的可持續生活意識轉變和實踐，探索更廣泛的同行者及其行動，並以多元通道傳播。

‘Discovering a Sustainable City’: Communication Project with Youth

Chengdu City, Sichuan Province

Raise awareness among youth; Encourage their sustainable living actions through diverse communication approaches; Explore ways of connecting and cooperating with a wider network of practitioners.

青年生活者的培育與支持

四川成都

通過長期陪伴與線上學習課程，在反思主流發展、人與社會及自然關係、生活實踐等方面培育青年人，並推動互助支持網絡。

Cultivating Young Sustainable Living Practitioners

Chengdu City, Sichuan Province

Continue capacity building, nurturing, and training with youth; Support online courses on themes such as reflection on mainstream development, interconnections between self, society, nature, and ways of practices; Promote development of supportive peer network.

支持成都社區可持續生活實踐者計劃——前期調研

四川成都

以實踐者為對象，開展可持續生活的調研、訪談、交流，加深對議題實踐的認知，並了解相關的網絡發展。

Initial Assessment of Sustainable Living Practitioners Support in Chengdu

Chengdu City, Sichuan Province

Conduct research, interviews and exchanges to examine sustainable living practitioners’ perspectives and existing networks.

孝兒鎮垃圾分類實踐回顧與評估

四川宜賓

系統地回顧孝兒鎮垃圾分類的實踐及成效，包括：經濟成本、環境與社會影響，以及目標與策略、理念與手法、團隊執行力等。

Systematic Review of Waste Sorting Project in Xiao’er Township

Yibin City, Sichuan Province

Evaluate effectiveness of waste sorting project; Consider aspects such as economic, environmental and social impacts, relevance to project goals and strategies, concepts and approaches, and project team capacity; Document experiences.

「一方水土養一方人」：大乘鎮在地可持續生活實踐與傳承

四川宜賓

支持以社區調查建立大乘鎮尊重傳統文化和自然規律的價值，增強本土意識、文化認同與傳承；推動在日常生活中實踐可持續生活。

Eco-Village Building and Community Education in Dacheng Town

Yibin City, Sichuan Province

Enhance recognition and transmission of cultural identity; Promote respect of traditional culture and its rhythms with nature through community research; Promote application of sustainable living principles in everyday life.

支持少數民族鄉村社工文化共學網絡及成長

雲南

探索少數民族鄉村社工成長的支持體系，建立網絡，共學內在動力與在地文化智慧，提升文化自覺與身分認同，以協作社區保育生態和宣導環保。

Supporting Co-Learning Network Development and Personal Growth of Social Workers from Rural Ethnic Minority Communities

Yunnan Province

Examine support mechanisms with rural social workers; Build co-learning network on the relationships between local cultural wisdom and sense of identity; Foster personal motivation for ecological conservation and environmental protection.

大理生活匯：搭建探索社區／社群可持續生活平台

雲南大理州

搭建外來大理人與本地人的交流平台，加深認識大理文化、自然與生活，結合環保理念、藝術技能與傳統智慧，探索可持續生活多元模式。

Building Platforms for Collaborative Exploration of Sustainable Living

Dali Prefecture, Yunnan Province

Build exchanges with indigenous and non-indigenous population in Dali; Explore sustainable ways of living guided by local eco-wisdom; Enhance understanding of traditional culture, including artisanry.

<b>「守護家園淨土」：搭建可持續生活志願者平台</b> 📍 雲南騰冲	<b>‘Safeguarding our Homeland of Purity’: Volunteer Network Building in Tengchong</b> 📍 Tengchong City, Yunnan Province
支持志願者於網絡共學平台探索及學習「家園淨土」可持續生活議題，在生活中實踐，作出改變。	Support building of network of volunteers and peers on sustainable community living – discussion, cooperation, and eco-action.
<b>整理版納可持續生活項目經驗與建設協作者能力</b> 📍 雲南西雙版納	<b>Documentation of Programme Experience on Sustainable Living Promotion and Capacity Building with Local Facilitators</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
支持伙伴整理可持續生活項目經驗，促進與關注農村發展群體的分享交流；提升社區協作者網絡的內生力量和文化反思能力。	Support partners to document and share experience with rural development workers; Enhance motivation and cultural reflection capacities of members of the community facilitator network.
<b>探索布朗族社區可持續生活的共學平台</b> 📍 雲南西雙版納	<b>Co-Learning Platform for Exploration of Sustainable Living in Bulang Communities</b> 📍 Xishuangbanna Dai Autonomous Prefecture, Yunnan Province
通過參訪、交流、培訓及社區調查等，協作社區恢復傳統頭人組織活力，加深對傳統的理解、對現代文化的反思，並支持他們的社區行動。	Revitalise traditional headsmen-based communal groups training, exchange visits, community research and activities; Promote the groups’ understanding of local culture and their reflection on modern culture; Support community actions.
<b>西南地區農村社區綠色領導力培養基金</b> 📍 跨地區	<b>Rural Community Green Leadership Development Fund in Southwest China</b> 📍 Regional
以社區調查入手，培養西南地區保護社區生態力量，建立文化與價值認同、公益心、社區關係和與自然聯繫，搭建跨區交流和共學平台。	Support community research to build cultural identity, sense of public service, and eco-social connections of community facilitators in Yunnan, Guizhou and Sichuan provinces; Build cross-provincial eco-learning platforms.
<b>「農村社區綠色領導力培養基金」項目伙伴的能力建設</b> 📍 跨地區	<b>Capacity Building with Project Partners of Rural Community Green Leadership Development Fund</b> 📍 Regional
提升草根環保組織和個人行動能力，提供指導和培訓，增強項目人員在議題、社區調查和協作者等方面的理解和能力。	Increase project partners’ understanding and capacity through field support and training; Areas include community research, and facilitation of grassroots environmental groups.
<b>大陸與台灣互派青年協作者實習計劃——線上活動</b> 📍 跨地區	<b>Exchange of Interns between Mainland China and Taiwan: Online Activities</b> 📍 Regional
通過線上計劃，由新一屆實習生分享生活與工作，台灣接待機構分享業務發展脈絡及多元化策略手法等；並探索未來線上線下活動如何結合。	Organise online sharing sessions to share internship experiences and for host organisations in Taiwan to discuss their development trajectory and organisational strategies; Explore ways to integrate online and face-to-face learning activities.

<b>探索環保公益社群培育</b> 📍 跨地區	<b>Exploring Ways to Nurture Citizen-Based Environmental Protection Groups</b> 📍 Regional
通過案例、訪談和資源整理，整合伙伴網絡中的資源人及社群經驗；開發整全環境觀與生活的學習體系，支持結合生活實踐的環保行動。	Produce case studies of environmental volunteer group actions, with interviews; Develop learning systems on the connections between environmental issues and everyday living; Support environmental protection actions integrated with everyday life.
<b>雲、貴鄉村社區婦女骨幹可持續生活共學</b> 📍 跨地區	<b>Sustainable Living Co-Learning Network with Rural Women Facilitators in Yunnan and Guizhou Provinces</b> 📍 Regional
通過網絡搭建、以女性生活實踐與社區傳統生態觀為視角的交流學習，培養婦女骨幹，探索如何支持她們在可持續生活中發揮價值。	Nurture facilitators through network building and learning on the relationship between women’s life in the community and traditional eco-wisdom; Explore ways to support women to participate in community sustainable living.
<b>「藝文鄉野」共創營——探索可持續生活的藝術實踐</b> 📍 跨地區	<b>Art and Culture Co-Creation Camp: Exploring Sustainable Living through Art</b> 📍 Regional
支持關注可持續發展的文化藝術從業者通過共創營探索多元藝術家群體的網絡搭建，支持跨界互動、創作與傳播，並推動本土文化的保護和創新。	Support co-creation camps to build networks of diverse artist groups to promote sustainable living; Encourage cross-group co-creation and exchange; Promote the preservation and innovation of local culture.
<b>中國 - 東南亞青年可持續生活研習計劃——網上共學</b> 📍 跨地區	<b>Sustainable Living Youth Internship Project in Mainland China and Southeast Asia: Online Peer Learning</b> 📍 Regional
在菲律賓和泰國伙伴的陪伴下，研習生透過網上共創與共學，加深自我觀察，加強彼此間的連結，深化對可持續鄉村的了解。	Deepen connection within oneself and with fellow interns; Enhance understanding of sustainable rural communities through online co-creation and co-learning activities facilitated by partners in The Philippines and Thailand.
<b>生態化鄉村設計與創新計劃</b> 📍 跨地區	<b>Eco-Village Design and Innovation Project</b> 📍 Regional
梳理生態化設計現狀、研究和實踐，挖掘案例，搭建專家網絡，培養設計者轉化思維，結合生態理念與鄉村文化生態，創新實踐。	Build eco-design network of experts through identifying case studies, current research, and practices; Encourage designers to combine ecological principles and community culture in eco-village design.
<b>生態文明視角下的鄉村設計與創新——經驗交流與網絡搭建</b> 📍 跨地區	<b>Eco-Village Design with an Ecological Civilisation Perspective – Experience Exchange, Innovation, and Network Building</b> 📍 Regional
於北京舉辦「鄉村設計與生態創新：從敘述到行動」交流會，探索完善的鄉村設計支持系統，營造生態設計社群學習和實踐的交流平台。	Support design practitioners through organising an eco-village design and innovation forum in Beijing; Build learning and action platform on ecological design.

支持推動可持續生活機構之發展	
<div><div><div><div><div><span></span></div><div>跨地區</div></div></div></div></div>	<div><div><div><div><span></span></div><div>Providing Institutional Support for Philanthropic Organisations Promoting Sustainable Living</div></div><div><div><span></span></div><div>Regional</div></div></div></div>

Support institutions promoting sustainable living; Facilitate exchanges between the organisations, their beneficiary groups and other newly created organisations.

## 合作伙伴與致謝機構

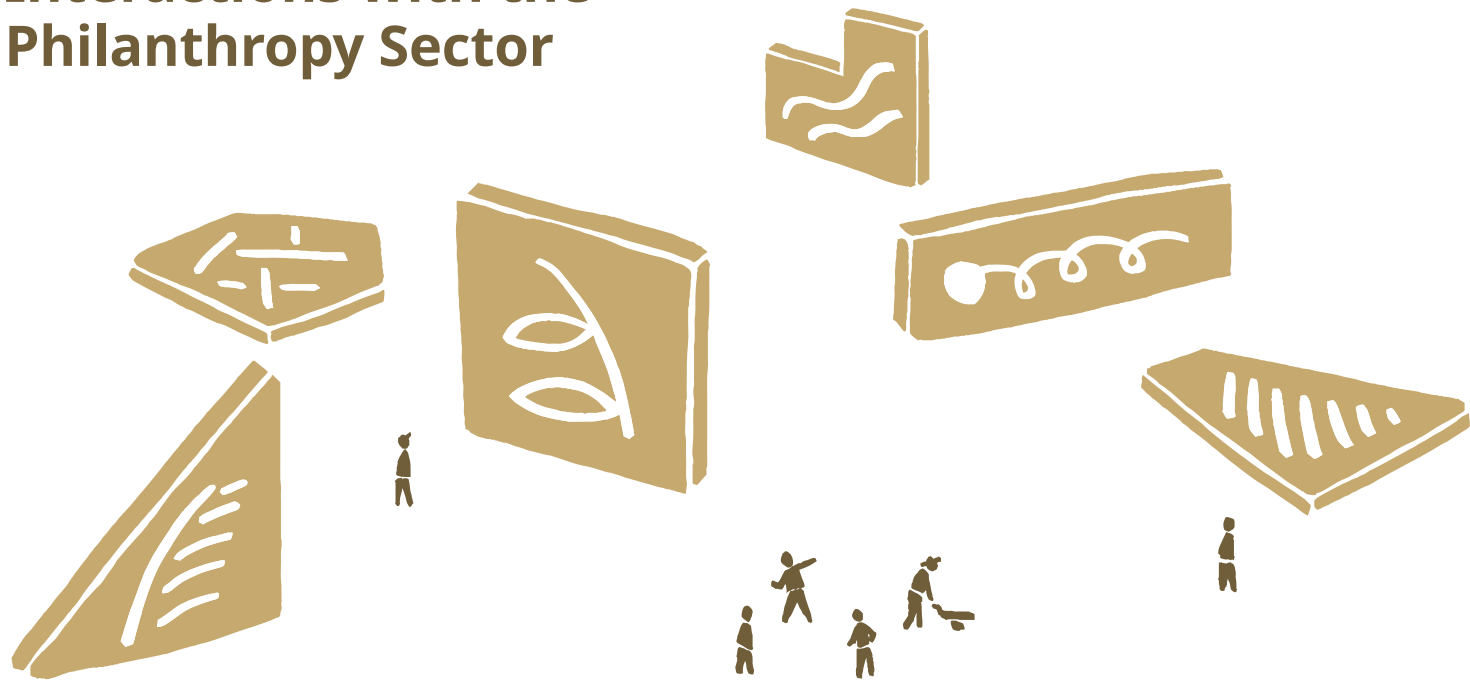
以漢語拼音為序	In sequence of Chinese Pinyin
北京抱樸永續自然教育學院	Baopu Yongxu Nature School
北京慈海生態環保公益基金會	China Environmental Foundation, Beijing
北京市朝陽區自然之友環境研究所	Friends of Nature Environmental Research Institute, Chaoyang District, Beijing
北京市銀杏公益基金會	Ginkgo Foundation
北京沃啟公益基金會	Beijing Wo Qi Foundation
北京修實公益基金會	Beijing Xiushi Public-Spirited Foundation
北京自然之友基金會	Beijing Friends of Nature Foundation
常州市武進區嘉澤姬山書院	Jiaze Jishan Institute, Wujin District, Changzhou
成都高新區愛生活家社區合作社	Love-Life-Home Cooperative, Gaoxin District, Chengdu
成都根與芽環境文化交流中心	Chengdu Roots and Shoots
成都集思青年公益發展中心	Chengdu GreenSOS Youth Development Centre
成都家園行動公益服務中心	Chengdu Action for Home Public Service Centre
成都青樸社會工作服務中心	Chengdu Qingpu Social Work Service Centre

成都社區行動公益發展中心	Chengdu Action for Community Development Centre
成都市武侯社區發展基金會	Chengdu Wuhou Community Development Foundation
重慶市渝中區巴渝公益事業發展中心	Bayu Public Welfare Development Centre, Chongqing Municipality
大理白族自治州攝影博物館	Dali Photography Museum
廣東綠耕社會工作發展中心	Centre For Advancement of Rural-Urban Sustainability
廣東綠芽鄉村婦女發展基金會	Rural Women Development Foundation
廣東省千禾社區公益基金會	Harmony Community Foundation
廣州善導社會工作服務中心	Guangzhou Shandao Social Service Centre (V-BUS)
廣州市越秀區捌零柒社會服務中心	Guangzhou Yuexiu District 807 Social Service Centre
貴陽市烏當區振新人心齊社區志願者服務中心	Ren-Xin-Qi Volunteer Service Centre, Wudang District, Guiyang
昆明市呈貢區夢南舍可持續發展服務中心	Mueang-Nam Sustainable Development Service Centre
零活（北京）信息科技有限公司	Ling Huo (Beijing) Information Technology Co., Ltd.
南寧市綠生活社會工作服務中心	Nanning Green Living Social Work Service Centre
屏山縣陽光志願者協會	Pingshan County Sunshine Volunteers’ Association
上海浦東新區禾鄰社區藝術促進社	Shanghai Helin Art Promotion Institution
山西光明公益發展中心	Shanxi Guangming Philanthropy Development Centre
四川大學建築與環境學院	College of Architecture and Environment, Sichuan University
騰沖市老科技工作者協會	Tengchong Association for Senior Scientific and Technological Workers
行動源國際發展研究諮詢中心	Sources for Action
雲南連心社區照顧服務中心	Yunnan Heart to Heart Community Care Social Work Centre
雲南省綠色環境發展基金會	Yunnan Green Environment Development Foundation
雲南鄉村之眼鄉土文化研究中心	Centre for Indigenous Documentaries and Cultural Perspectives
知己青年發展中心	Zhiji Youth Development Centre
中國生態文明研究與促進會	China Ecological Civilisation Research and Promotion Association
中華環保聯合會	All-China Environmental Federation



# 公益領域互動

## Interactions with the Philanthropy Sector



在過去十餘年，中國境內的基金會數量有了較大規模的增長。雖然資助型基金會在其中所佔的比例很小，但整體上仍有穩步增加的趨勢。相比十年前，資助領域內看重效益和產出，關鍵績效指標、規模化等概念也開始流行起來。

作為公益領域的一員，社區伙伴著意發展與境內基金會的對話與合作，這些互動有助於我們找到自己的生態位，貢獻自己的經驗與所長，也有助於自我反思與不斷調整。

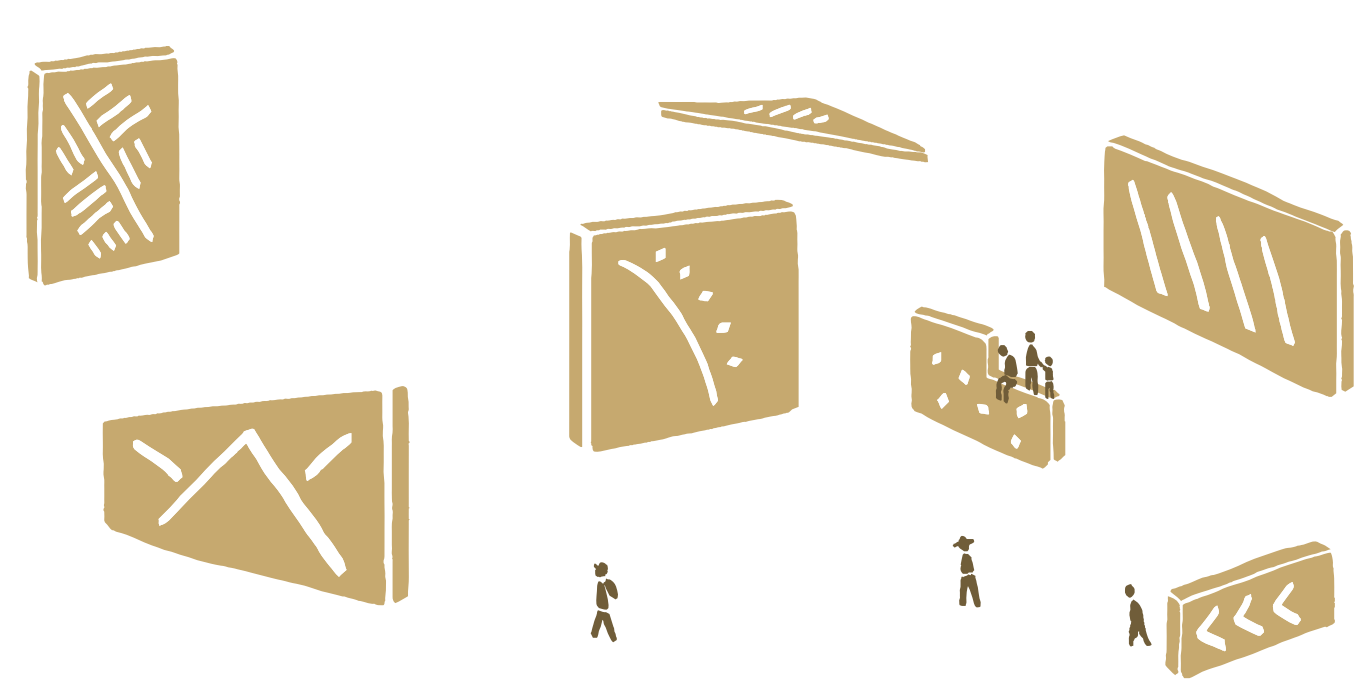
我們探索不同資助方之間的協同與合作，啟發對合作的想像。如支持北京恩玖非營利組織發展研究中心及中國環境資助者網絡（CEGA）研究氣候適應資助策略，促進國內環境資助型基金會更系統、更有效地研究和開展適應氣候變化的相關工作。

The last decade has seen a boom in the number of domestic foundations in China, and while grant-making bodies make up a small percentage, the growth has been steady. The philanthropic sector is increasingly driven by business-oriented concepts such as efficiency, outcome, key performance indicators (KPI) and scaling up.

Being a member of China’s philanthropy sector, we seek to develop dialogue and partnerships with domestic foundations. Open communication helps us find our niche within the wider environment, contribute our unique experience, and practise self-reflection to find our ecological position in the philanthropic network.

PCD has been networking with domestic foundations through various initiatives. One example is partnering with Beijing Enjiu NPO Development Research Centre and China Environmental Grantmakers’ Alliance to research various funding strategies regarding climate change adaptation. We hope to support domestic environmental grant-making foundations to work more systematically and effectively in this area.

We also focus on frontline workers in domestic foundations, partnering with Union of Self-Disciplinary Organisations (China Donor



資助工作者的成長也是我們的關注。我們支持上海聯勸公益基金會、成都市新南社會工作服務中心開展資助工作者培力營，提升他們對問題意識的敏感，以及認識資助的本質，形成相互支持的朋輩網絡；也支持深圳市阿斯度社會組織自律服務中心（資助者圓桌論壇）推動資助工作者的能力建設，以及對社會視角、變革理論、資助關係的思考。

同時，通過行動研究和案例整理，我們希望生產公益領域的實踐知識，促進公益同行的對話。我們與昆明市西山區永續動力城鄉社區服務中心發展共學項目組合作，以行動研究為方法，從微觀的不同個體經驗入手，拆解出其情緒、經驗中的社會性、歷史性，經過社群共同打磨，成為在一定歷史與社會結構下的公共化實踐知識。

Roundtable) to build up frontline staffs’ capacity, particularly in social perspectives, change theory, and grantmaking. Also, working alongside Shanghai United Foundation and Chengdu New Austral Social Work Service Centre, we have developed Empowerment Camps – peer networks that explore grantmaking in the context of China’s social development.

To enhance dialogue within the sector, we support action research and the production of public and practical knowledge. In a co-learning project with Yong Xu Dong Li Urban and Rural Community Service Centre, case studies are written up, and individual experiences are collectively and systematically reviewed. This gauges participants’ interpretations of how their actions and other factors have contributed to change.



## 協作者培育—— 從個人省思到 社會發展探索

在廣州善導社會工作服務中心（下稱「善導」）看來，協作不僅僅是手法，而且是內在的意識和素養，協作者意識及基本能力，是一個需要不斷學習、實踐和養成的過程。我們支持善導開展「協作者培養與社群發展——協作共學 O 計劃」，24 名公益領域內不同議題的行動者，參加了兩期共學營，主題為正念與協作、我與社會系統。善導還以工作組的形式，與參與者一起研發迭代協作者基礎課程，一起工作，讓伙伴也能成為帶領的協作者。有參與者提到她進行的社區劇場，加入了協作理念後，她會花更多時間讓社區居民明白背後的理念，社區甚至可以改寫劇本；也有參與者開始反思過去工作時在趕進度，並逐漸認同「慢和折騰」，帶領活動時不再追求完美，而是重視成員的成長與彼此的關係。

為了孕育一個更廣大的土壤，善導推動共學 O 小組、組織協作者年度交流會，發展相關微課、文章和視頻，並借助手機應用軟件匯集知識，搭建交流平台，幾百個同道中人慢慢匯集。一位參與者表示：「感覺它像是我的能量被啟發的按鈕，一點一點的支持著自己在成長。」善導期待，能通過學習系統思考、範式轉移、以及更深入地探索個人內在和社會發展脈絡，能重新建立願景、使命，並有意識地選擇自己的角色以及行動方式，讓內在的清晰感成為力量之源，成為團體協作推進者、賦權教育者。



作為公益領域裏有著獨特位置的一員，境內基金會在過去一些年蓬勃發展，然而針對一線資助工作者的系統性學習卻較為稀缺。我們支持上海聯勸公益基金會、成都市新南社會工作服務中心開展資助工作者培力營（簡稱「資工營」），來自不同地域、不同議題的 18 位營員參與了為期一年的學習。項目提供了一套關於社會發展理論、社區田野調查、參與式理念的系統課程學習。「資工營與其說是學習資助工作，不如說是學習反思的方法，培養反思的能力，讓我們思考所從事的資助工作背後，我們關注的價值是什麼，這樣的價值觀對社會的意義是什麼，以及我們現有的資助方式是否真的能實現資助的目的」，一位營員這樣說。除了認知上的學習，資工營更為珍貴的，是營造了超越機構身分的同伴氛圍，並通過營員自組織，推進自主參與和彼此連結。

正是因為營員對這個學習社群的珍視，未來的資助工作者培力營將有機會開啟新的想像和可能，由老營員自主推動一個屬於資助工作者社群共同的學習。

• • •

第二屆資助工作者培力營營員。

The second cohort of the Empowerment Camp with frontline workers of Domestic Foundations.



## Nurturing and Changing the Inner and Social Self

Facilitation is not just a skill, but an awareness, a quality – honing it involves continued learning, practice, and reflection.

This is the thinking of Guangzhou Shandao Social Service Centre (V-BUS), which has developed many ways to cultivate facilitation skills. In their O Project, 24 participants from across the philanthropic sector have joined two co-learning camps, merging mindfulness, personal and social transformation, community building, and facilitation. O Project participants examine the nature of learning, paradigm shifts, and how personal change is linked to social development. They clarify their vision and mission and consciously choose roles and ways of working that align with their inner motivations; and as they do so, their facilitation becomes even more supportive with their own groups. V-BUS also involves participants in developing versions of basic facilitator training. In essence, they have learned facilitation by going through the whole process, from design to delivery and review!

One participant has reflected that she can best communicate the spirit of community theatre to her members through incorporating facilitation principles. She has come to see that the performance itself is no longer the top priority – a fuller participation from the community can lead to a better rewrite of a script, for instance. Another participant has changed her approach of working, now preferring to be “slow and meticulous” and mindful. She no longer seeks efficiency at all times, as it can come at the expense of people’s relationships and their personal growth.

A supportive environment is paramount for V-BUS. It’s all about building connections among its network members. Through co-learning, facilitator exchange forums, and collecting experiences through apps, their network has attracted hundreds of participants. One member says that the V-BUS network has “switched my motivation button on! I am witnessing my growth while being tenderly supported.”

Domestic foundations are another force in the philanthropic sector. Observing that systematic learning opportunities are scarce for frontline foundation workers, PCD has supported Shanghai United Foundation and Chengdu New Austral Social Work Service Centre to launch Empowerment Camps. So far, 18 frontline workers from different regions and disciplines have gathered to learn social development theory, field research skills, and participatory principles. The participatory nature is central: the workers organise many activities at the Camps. A strong sense of unity, identity and friendship forms; participants feel more mobilised and motivated. One participant elaborates about grantmaking, “The Empowerment Camp focused on reflexivity. It encouraged us to reflect on the values inherent in our work and to put this in the context of social development. This allowed us to consider whether the way we work is really contributing to the purposes of grantmaking.”

Due to the participatory nature of the Camps, learners come to see themselves as being responsible for facilitating the development of the community of frontline workers. Some former participants, for instance, are coordinating peer-led learning activities. Possibilities for the future are endless!



應對氣候變化——  
環境資助者網絡的實踐

氣候變化的影響遍及全球已是不爭的事實，成為中國非政府組織發展中的議題，資助型的基金會也將其納入工作範疇中。我們倡導人們與大自然連結，推行生態農耕及可持續生活，近年來從項目中看到氣候變化的問題愈益明顯，對社區的生活和生產帶來影響。我們希望有更多機會與環境資助伙伴合作，一起應對此國際議題的挑戰。

2018 年初，我們關注到中國環境資助者網絡 (CEGA) 的成立，發展為環境資助者合作的平台。CEGA 積極推動環境領域資助者的合作與發展，引領環境領域的資助方向，是這領域內重要的民間力量。2019 年，我們啟動了與北京恩玖非營利組織發展研究中心及 CEGA 的首次合作，並資助兩名網絡成員參加在西班牙（原定智利）舉行的《聯合國氣候變化公約》第 25 次締約方大會，以開闊成員的國際視野，更深地了解氣候變化的國際行動，與國際同行對話、交流。

CEGA 在會議前協調各網絡成員整理實踐案例，撰寫成《CEGA 案例精選報告》，並在「基於自然的解決方案」主題邊會上發布。報告呈現了各基金會在生態保護、宣傳教育、環境法治等多方面的實踐經驗和成果，比如有關森林碳匯，生態修復，水資源、紅樹林保護等案例，引起了廣泛關注。因此，這次 CEGA 參與氣候變化大會，意義更在於展示民間公益的集體行動與力量。CEGA 也藉此聯繫了國際環境資助者網絡，協作網絡成員的溝通，增強了共同行動的意識。

因為關注到國內環境資助者應對氣候變化重在「減緩」，而「適應」方面的工作仍顯薄弱，項目去年支持 CEGA 組建科學家、氣候變化適應領域專家團隊，從氣候適應視角，整合國際、國內的相關政策和趨勢，歸納活躍的民間組織平台，及其在相關範疇所做的嘗試，梳理案例，形成系統的方法和理論，撰寫成《氣候變化適應資助策略研究報告》。環境資助者可從中理解多元的資助實踐，按此報告的建議規劃資助策略，並把議題帶進公眾視野和討論中。報告於 2021 年 3 月完成研究大綱，撰寫工作隨即展開。

應對氣候變化，農業和糧食系統是不可忽略的關鍵，不同的民間組織在生物多樣性、生態農業、土壤與水資源保護、食物教育等都積累了豐富的經驗，我們也著力推動生態農耕，期望在此議題下能連結相關平台，在論述中分享經驗，幫助環境資助者更有系統的思考和實踐。

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項目組訪問貴州流芳村，理解到村民因為受連綿陰雨的影響，不得不更換品種種植。

On a site visit to Liufang Village in Guizhou Province, the project team realised that the farmers had changed to using a different seed variety better suited to the wet weather.



## Cooperation and Alliances to Address the Climate Crisis

Climate change impacts the entire world and is a major concern for environmental NGOs and grantmaking domestic foundations in China, and for PCD. We are seeing that climate change is increasingly threatening community livelihoods and ways of living. Alongside our work to promote a reconnection with nature through ecological agriculture, we have recently been joining hands with environmental grantmakers to combat this international and local challenge.

In early 2018, China Environmental Grantmakers Alliance (CEGA) was established. The non-governmental platform seeks to influence funding directions of the sector and to promote cooperation among and development of environmental grantmakers. In 2019, PCD supported two CEGA network members to join the UN Climate Change Conference (COP 25) in Spain. This fostered exchange with international counterparts and deepened the CEGA members' understanding of global efforts.

Prior to the conference, CEGA coordinated its members to publish a series of case studies showcasing members' efforts and achievements on aspects such as ecological conservation, public education and environmental governance. Forest carbon sequestration and mangrove conservation received particular attention at a side event of the UN conference. Presenting these studies gave CEGA an opportunity to demonstrate the impact of collective actions from within the philanthropic sector, strengthen solidarity among its members in China, and forge new connections with international grantmakers. Cooperation in the future is now possible.

Noting that domestic foundations mostly focus on climate change mitigation, CEGA was supported to produce the CEGA Climate Change Adaptation Grantmaking Strategy Study Report. Written by a team of scientists and climate experts, the report examines national and international policies, and adaptation trends. It also documents a range of funding practices in the philanthropic sector. The recommendations shed light on possible grantmaking strategies around adaptation, and offer ideas on raising public awareness and facilitating dialogue. The research outline was drafted in March 2021.

To address the climate crisis, we and our partners work on many fronts: biodiversity, protecting soil and water resources, food education, and ecological agriculture. Just as various networks increasingly share practices and skills, environmental grantmakers are also building up knowledge and experience on this issue which affects us all.



應對氣候變化，除了「減緩」，也需要探索如何「適應」。

Both mitigation and adaptation are needed to address the climate crisis.

項目一覽

Project List

<b>協作者社群發展——協作共學「O 計劃」</b> 📍 跨地區	<b>‘O Project’: Facilitator Co-Learning and Community Development</b> 📍 Regional
培養帶有整全社會發展視角的綠色社區協作者，並發展課程體系；建立協作者共學社群及支持體系。	Nurture green community facilitators with holistic social development perspectives through developing curricula and establishing co-learning network and support systems.
<b>支持資助者圓桌論壇機構運營</b> 📍 跨地區	<b>Organisational Support for the Operation of China Donor Roundtable</b> 📍 Regional
支持資助機構員工交流學習、調研、參與評估等活動，深入了解社會領域在生態保護、污染防治、可持續生活推動等實踐，更好的支持一線行動者。	Support frontline staff of domestic foundations, including learning opportunities on ecological conservation, pollution control, and sustainable living practices.
<b>中國資助工作者可持續社區工作培力營</b> 📍 跨地區	<b>Empowerment Camp on Sustainable Community: Capacity Building with Frontline Staff of Chinese Domestic Foundations</b> 📍 Regional
提供系統課程學習：社會發展理論及反思、社區田野調查、尊重多元文化、參與式理念及其賦權精神，並推動建立支持網絡。	Provide systematic learning opportunities, covering topics such as sustainable community development, social development theory, field research skills, diversity, principles of participation, and empowerment; Build supportive peer networks.
<b>2019 中國發展簡報境外非政府組織年度論壇</b> 📍 跨地區	<b>2019 China Development Brief Overseas NGO Annual Forum</b> 📍 Regional
回顧及討論《境外非政府組織管理法》下，非政府組織的運營、伙伴關係及人才戰略；探索中國民間組織走出去過程中境外非政府組織的機會與實踐。	Facilitate discussion on operational strategies, partnership building, and talent cultivation of NGOs under the framework of Overseas NGO Management Law; Explore opportunities and share experiences for Chinese NGOs in developing overseas programmes.
<b>支持環境資助者資助氣候適應策略的研究</b> 📍 跨地區	<b>Supporting Research and Capacity Building with Grantmakers about Climate Change Adaptation</b> 📍 Regional
支持中國環境資助者網絡組建專家團隊，探討適應氣候變化與實踐路徑，寫成資助策略建議報告，幫助理解多元的資助實踐。	Support partner’s expert research team to study policies and practices on climate change adaptation and produce report with recommendations on grantmaking strategies; Increase understanding of diverse funding approaches.

<b>中國民間組織和在華境外組織的國際工作實踐和策略</b> 📍 跨地區	<b>Research on Practices and Strategies of Chinese Social Organisations and Overseas NGOs under the Belt and Road Initiative</b> 📍 Regional
在一帶一路背景下，探討中國民間組織和在華境外組織的國際合作對支持當地伙伴及建設社區能力的影響，以及對培養國際人才的實踐與思考。	Research to document Chinese NGOs’ and ONGOs’ community development and capacity building experiences under the Belt and Road initiative; Explore approaches in nurturing international development workers.
<b>西南移居鄉村者可持續生活實踐與鄉村知識關係調研</b> 📍 跨地區	<b>Research on the Links between Sustainable Living, Local Knowledge and Urban-Rural Migrant Communities in Southwest China</b> 📍 Regional
通過參與式工作坊和線上訪談、討論，挖掘和整理西南五省移居鄉村群體在鄉村生活中減少消耗資源、對生活方式反思和實踐的經驗。	Through participatory workshops and online discussion, identify and document energy-saving practices of urban-rural migrant communities and their reflection on sustainable living.
<b>探索公益行動知識與社群陪伴</b> 📍 跨地區	<b>Reflection, Research and Community Building with NGO Workers</b> 📍 Regional
支持環保、自然教育、社區發展等領域的公益年輕人以行動研究手法，思考發展與環境、人與自然、社區關係等議題；共同提煉實踐經驗。	Support young NGO workers to collectively document their experiences and reflections on topics such as development and environment, humans and nature, and social capital, using action research methodology.
<b>合作伙伴與致謝機構</b> 以漢語拼音為序	<b>Partner List</b> In sequence of Chinese Pinyin
北京恩玖非營利組織發展研究中心	Beijing Enjiu NPO Development Research Centre
北京益行公益信息交流服務中心	Beijing E-Share Civil Society Information Centre (China Development Brief)
成都市新南社會工作服務中心	Chengdu New Austral Social Work Service Centre
廣州善導社會工作服務中心	Guangzhou Shandao Social Service Centre (V-BUS)
昆明市西山區永續動力城鄉社區服務中心	Yong Xu Dong Li Urban and Rural Community Service Centre, Xishan District, Kunming
上海聯勸公益基金會	Shanghai United Foundation
深圳市阿斯度社會組織自律服務中心	Union of Self-Disciplinary Organisations (China Donor Roundtable)
小雲助貧中心	Action Against Poverty
中國環境資助者網絡	China Environmental Grantmakers Alliance



# 香港項目的啟動

## Hong Kong Programme

香港項目在 2020 年正式啟動。作為鋪墊，社區伙伴根據機構的策略規劃框架，就幾個主題展開可行性研究，過程中訪問了本地團體、非政府組織以及市民組織，探索與不同組織結成伙伴的可能，並整理相關文獻與經驗等。在過程中，我們深受啟發與激勵。

社區伙伴秉持生態中心的世界觀，以此延伸為核心工作理念——培育社區協作者成為推動社會改變的主體；反思主流文化特別是經濟發展對生態和生活的影響；與大自然連結而產生內在力量；探索可持續生活實踐者網絡。香港項目也貫徹如一，以此為基礎，制定主題與策略，以期帶來社會、文化、生活與生態環境的轉變。香港項目主要以轉化學習、社區經濟、應對氣候變化的社區韌性，以及文化和社區建設四個核心議題而展開。

PCD's Hong Kong Programme began in 2020. In preparation, we undertook a feasibility study based on themes set in our strategic plan. The process proved to be inspiring and encouraging, as we explored partnership possibilities with various local groups, learned about communities' experiences, and reviewed the relevant literature.

PCD's theory of change is underpinned by an eco-centric worldview. Wherever we work, we affirm the importance of nurturing community facilitators as key agents of social change; critically reflecting on mainstream culture, especially the impact of economic development on ecology and people's way of life; connecting with nature to build inner strength; and building supportive networks of sustainable living practitioners. So informed, the Hong Kong Programme seeks to bring about transformation in social, cultural and ecological ways of life. We focus on four themes: Transformative Learning, Community Economy, Building Community Resilience for Climate Change, and Culture and Community Building.





個人和社會轉變的關係一直是社區伙伴探索的核心議題。我們相信，個人和社區改變的力量在於重新連結自然，從而對社會轉變有著承擔精神，因此我們會著力在工作中探索個人與社會轉化的相互關係。在此議題下我們的工作方向包括：發展多元轉化學習系統；在基層社區中，推動反思和行動；支持群組、社區和組織建立文化轉化的平台；跟本地協作者一起記錄、整理學習系統的經驗，作進一步的發展。

PCD is keen on exploring the interrelationship between personal and social change, and as always, we believe that restoring our relationship with nature is a key source of inner strength and of a commitment for personal and social transformation. Work approaches under this theme include developing diverse transformative learning systems; promoting reflection and action among grassroots communities; supporting groups, communities and organisations to develop cultural change platforms; and documenting learning systems development and experiences with local facilitators.



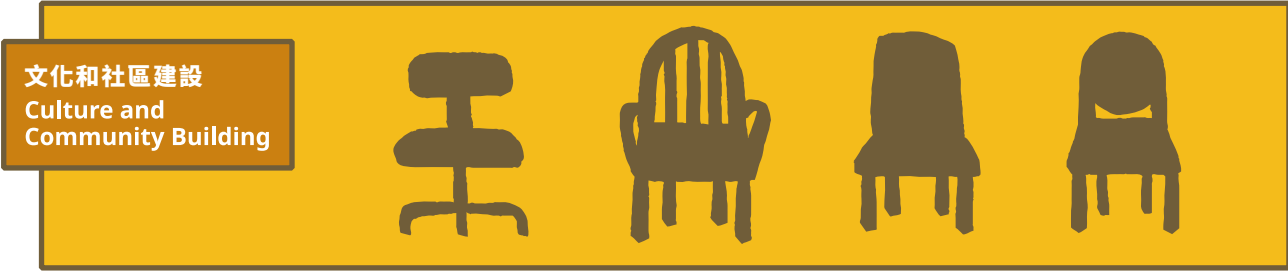
我們相信，生態中心世界觀和可持續生活實踐有助應對氣候變化危機。訂立「應對氣候變化的社區韌性」為項目主題，是希望協作大眾理解：氣候變化並非單純外在的環境問題，而是與我們生活的方式、社區和環境有著密切關係，我們希望透過行動加強社區的韌性，與社區一起應對危機。在此議題下，我們與伙伴合作推行社區為本的探索，包括適切技術與生態設計的學習與應用，推動社區建立氣候變化的整全觀點，提升社區可持續行動的能力。

We believe an eco-centric worldview and sustainable living practices are key to address the climate crisis. We are reminded that climate change is not an environmental issue external to us, but is intrinsically linked with how we as individuals and communities live and act. To face this emergency and build community resilience, we work with partners on community-based initiatives, such as learning and applying appropriate eco-technology and eco-design, promoting a holistic view of climate change, and enhancing community capacity for sustainable activism.



香港一直被主流市場經濟模式和消費主義所主導，要突破此局限，探索另類經濟模式顯得更形重要。過去十年，不同社區的組織與機構都開展了以關係為本、強調平等參與及共享的社區經濟實踐，累積了相關經驗。我們期待在此基礎上，與伙伴更深入探索，支持特別是草根社區的實踐，並擴大社會支持的網絡。我們會繼續支持社區經濟實踐，以發揮社區互助及平等參與的精神，改善基層社區的生活；嘗試與實踐者一起梳理及整合經驗，加深實踐者理解社區經濟的理念和價值，營造可持續生活社區。

Hong Kong society has long been upholding the mainstream values of a market economy and consumerism. It is timely to explore alternative economic models, and over the past decade, various community groups and organisations have indeed been experimenting with community economy models based on relational, participative and sharing principles. Building on this foundation, we work to deepen these explorations, support grassroots practices, and expand networks for community economy initiatives. Through mutual help and equal participation, we seek to build sustainable living communities and thereby address the needs of the grassroots. We reflect critically on our community economy principles and values through reviews with practitioners.



在文化和社區建設方面，我們的目標是推動具韌性的本土生活方式。香港具有獨特和多元的文化背景，不同的文化在此匯聚交流，我們希望協作人們包容、尊重社會上的文化差異，推動跨越族裔、利益與世代的對話和交流，讓不同社群以各自的方式走向可持續生活。以此期望出發，我們會支持社區和居民重新了解地方的歷史、文化、自身與社區的互動和轉變，探索與地方的連結，重塑身分與價值；支持社區合作和社會創新，一起推動社會共融，協作社區發展可持續生活。

The objective here is to promote resilient ways of living. The presence of diverse cultures has given Hong Kong its unique way of life, and through promoting acceptance and respect towards cultural differences, we seek to facilitate exchange among groups and promote inter-generational dialogue beyond narrow interests. This can enable different social groups to walk their own paths towards sustainable living. We support communities to rediscover local history and culture, and understand how they themselves have been interacting and changing with their locality. This reconnects people with the place where they live, builds community culture, and deepens one's sense of identity and belonging. We also promote community cohesion through innovative inter-community partnership initiatives.



應對氣候變化的社區韌性

共建生態社區  
一起感應自然

2018 年 9 月，立秋後一個多月，香港意外地迎來超強颱風「山竹」的衝擊，活耕建養地協會（下稱「協會」）的農作物伏地，貨櫃廚房的半個身子倒下來，土窯的腰折了。作為南涌土地和社區的保育者一分子，協會正好藉災後重建、復修，反思氣候變化的實在，集結更大力量保育生態，建設社區。其中一個重要嘗試是以自然物料竹子、泥土和稻草建造生態廚房，同時開展有關生態社區的共學。

位處香港東北部沙頭角內海的南涌，生境多樣、物種豐富，是一片水天相接的清淨勝景。林間常見鷺鳥停駐，候鳥在此度冬。社區內的客家聚落有數百年曆史，可隨著村民移居海外，曾經的片片稻田變作了魚塘；魚塘荒棄了，塘裏的蓮花開了一季又一季，卻不敵蔓生的蘆葦而漸漸消隱。大自然的地景風貌歷經變遷，但在榮枯交替間生機依然。

2013 年，原來參與「南涌養地運動」的「養地人」發起成立協會，聚合志同道合者，在塘畔闢地復耕。協會隨後數年開展實習生計劃，推行生態文化活動，包括辦市集及生態導賞，讓城市人發現南涌生態之豐富；製作土窯，參加者的肢體與精神都能感受泥土的溫度與力量；探訪村民，做口述歷史，重繪社區歷史文化，增進與村民的情誼和信任。一個生態社區慢慢在成長。

2020 年起我們開展與協會的合作，推動南涌成為生態社區學習中心，孕育社區及支援網絡。項目支持協會和實習生、青年農夫深化生態議題共學，並整合南涌社區生態課程的教材套，涵蓋生態理論與世界觀、可持續農耕、自然建築、食物教育等多方面。項目透過不同的工作坊與活動展開：食農教育，讓參加者在地嚐鮮，學習跟隨季節變化的飲食，強調氣候變化危機對食物安全及主權的影響；



自然建築配合住宿體驗活動，學習以天然及在地物料建設生態社區，應用於可持續生活，例如復修土窯，配合季節性農產及天然酵母烘培麵包。

應對氣候變化，農耕與糧食系統是其中關鍵，項目從配合生態環境著手，改善農場規劃及設計，提升生態農耕技術，例如以廚餘、豆渣堆肥，增加自然循環和泥土的生命力。在搭建網絡方面，協會擴大社區支持農業的產銷網絡，與南涌社區內的生態農夫分享種子、交流農耕技術，合作銷售農產和加工農產品。生態社區重要的面向是公眾教育，協會與不同團體合作共學，舉辦主題體驗活動、出版網上會訊，擴大理念傳播及同行者網絡。

隨著青年農夫和有共同理念的同路人遷進南涌，大家可以一起更好地感應自然，創造生活，共同建設具韌性的生態社區。

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活耕建養地協會的義工收集布袋蓮作為堆肥，滋養泥土。

PEACE (Partnership for Eco-Agriculture and Conservation of Earth) volunteers help make compost to improve the quality of the soil.



南涌的生態社區結合了農耕、食農教育、社區支持農業、生態建築等發展。

The eco-community at Nam Chung blends several initiatives, such as sustainable agriculture, food education, Community Supported Agriculture, and eco-architecture.

Building Community Resilience for Climate Change

Harmony, Resiliency and Eco-Community

In September 2018, Hong Kong was surprised by Super Typhoon Mangkhut. Nam Chung, located in an inlet in the northeast, faced significant damage. Many crops, kilns, and a shipping-container-converted-kitchen belonging to Partnership for Eco-Agriculture and Conservation of Earth (PEACE) were blown away and destroyed. A land conservation and community building organisation, PEACE quickly got to work rebuilding the kitchen with bamboo and other natural materials, also launching a co-learning series on eco-village design. They saw the post-disaster reconstruction as an opportunity to reflect on the reality of the climate crisis, and the public took notice of their community conservation work.

Nam Chung is blessed with beautiful scenery. Also a rich biodiversity. Migratory birds spend the winter months here, and herons live in the woods year round. Most of the indigenous Hakka people have emigrated, their paddy fields first converted into fish ponds, then eventually abandoned and becoming a habitat for wild lotus and reeds, and occasionally pumped for irrigation. While the landscape has changed with the passage of time, Nam Chung is still very much alive with the cycles of nature.

The objective of PEACE is to bring together like-minded people to re-cultivate the pondside lands. Established in 2013, PEACE has launched fairs, eco-tours and farming internships over the years, encouraging city folk to come, discover,

appreciate and protect eco-diversity. To build a trusting relationship with the locals and to record community culture over time, they have also collected oral histories at various villages nearby.

PCD have been supporting PEACE since 2020 to build an eco-community learning centre in Nam Chung as well as a supportive network. PEACE, its interns and young farmers have been inspired through this co-learning, which, based on the existing eco-village design curricula, covers topics such as sustainable farming, eco-architecture, food education, and an ecological worldview. Experiential learning in the community is commonplace. For instance, participants bake in the rebuilt earth kiln and sell their bread locally and to Hong Kong’s urban areas. Aware of the importance of food security and sovereignty, especially with climate change, they choose local and seasonal ingredients. Together, they are living out new skills to live sustainably, in community. They are also making many beautiful enduring memories!

Sustainable farming and food systems are crucial to address climate change. Considering the local ecology, the PEACE project has improved eco-farm planning and design, and perfected food waste techniques such as soy pulp composting. PEACE shares seeds and farming skills with eco-farmers in the area, working together to sell and process their products and thus expanding the network. Other projects include an online newsletter and experiential activities with different groups to raise awareness and educate various communities.

Like a seed, the eco-community in Nam Chung is growing well. More and more like-minded practitioners are now moving into Nam Chung to live closer to nature. PEACE continues to experiment with nature-loving ways to strengthen the resiliency and harmony of the eco-village.



社區經濟

深化理念  
發展可持續社區

過往多年，在不同組織和團體努力下，基層、弱勢群體社區開展了社區經濟實踐的探索。形式因地制宜，不過理念如一，就是在主流市場經濟下，回應社區需要而另覓出路。

與我們合作項目的伙伴，多年前已在在較偏遠、社會資源較匱乏的社區開始相關的探索。天水圍社區發展網絡（下稱「網絡」）自 2007 年開始推動基層社群和永續生活。同樣立足於天水圍的天姿作圍則從 2010 年起在社區從事基層婦女工作，推展本地交換平台，以農食、市集聯繫社區居民。社會服務機構聖雅各福群會的土作・時分團隊（下稱「土作・時分」），在上水推行社區經濟互助計劃已有六年，與本地小店、農夫、非政府組織、教會及學校等連成友好網絡。在這些基礎上，我們於 2020-2021 年間支持這些伙伴深化對社區經濟的學習與實踐，搭建網絡，加強社群的互助與自主，發展可持續社區。

社區經濟重視平等勞動及參與，而且不單以金錢衡量工資和價值，土作・時分及天姿作圍以「時分券」作為社區貨幣，居民參與社區農耕等勞動以時間計算換券，購買生活所需。網絡與土作・時分都在社區組成共購平台聯繫居民，支持本地及本區生產；天姿作圍結合種植與食物生產加工，辦墟市和城鄉農場導賞；土作・時分聯繫社區小農合作預購有機菜，協作社區文化導賞、生態工作坊等，都在於連結消費者和生產者，加強與社區、土地的聯繫，重塑自己及社區的身分，增加居民的歸屬感。

項目支持伙伴在社區營造共學氣氛，建設學習型社區，讓組織者在活動、服務以外，進深學習社區經濟，整理實踐經驗，並且繼續以「同行者」的身分、「從下而上」支持居民的成長。網絡和天姿作圍的共學也著重培養內在力量，例如引進了非暴力溝通學習，讓參與者反思日常的溝通模式、往內觀照，覺察自己及他人的需要，關注自己和他人。

為了鼓勵社區的自主，培養更多居民承擔社區經濟的發展，項目設立小額基金，支持伙伴小組成員主動構思、策劃項目，舉凡能推動社區經濟、連結社區文化歷史或自然環境，加強社區關係和合作的行動，都可以嘗試。

這一年的合作實踐只是初踏步，新冠肺炎的疫情限制了一些如墟市、導賞等活動，但伙伴藉機轉化為培訓組織能力，深化理念。我們相信，社區經濟最重要的發展在於轉化意識，轉化價值，期望往後能與伙伴一起有更多的沉澱和學習，展開可持續生活的想像。

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天姿作圍以農耕結合食物生產加工與墟市，推動社區經濟。  
  
Tin Zi Zok Wai actively promotes community economy through agriculture, food processing, tours, and farmers' markets.



Community Economy

Building Communities,  
Economies, and  
a Sense of Home

Over the past decade, Hong Kong has seen an amazing variety of community economy initiatives with a range of grassroots and marginalised groups. Each effort is unique, yet they all seek to identify alternative ways to meet people’s needs.

PCD supported three pioneer community economy organisations during the 2020-2021 year, enhancing their learning and networking. Each had been promoting community economy years before our cooperation – a very solid foundation, with a pertinent focus on relatively remote areas with comparatively weak social resources. Since 2017, Tin Shui Wai Community Development Network (The Network) has been exploring sustainable living with grassroots communities in Tin Shui Wai, in Northwest Hong Kong. Tin Zi Zok Wai, also in Tin Shui Wai, has been working since 2010 to build a local exchange platform among grassroots women through farmers’ markets. St James’ Settlement’s Community Oriented Mutual Economy Project (C.O.M.E.) has been up and running for six years in Sheung Shui, in the far north of Hong Kong. C.O.M.E. connects local small businesses, farmers, NGOs, churches and schools.

Fair work, participation, and valuing labour beyond monetary terms are typically not seen in the mainstream market economic model. Yet these are core principles of community economy that The Network, C.O.M.E. and Tin Zi Zok Wai observe in an amazing range of activities, in various partnerships. Tin Zi Zok Wai has offered organic farming, food processing, farmers’ markets, and farm tours. C.O.M.E. has led tours and workshops on community culture and local ecology. The Network and C.O.M.E. have organised group purchasing of special community items. C.O.M.E. and Tin Zi Zok Wai have

promoted innovative community currency schemes to enable members to volunteer hours of work in exchange for essential items. Altogether, a sense of identity and belonging has been growing. People are developing stronger links between communities and land, and consumers and producers. All along the way, participants are encouraged to spend time not just on doing and delivering, but on reviewing their experiences to deepen their understanding on community economy. The Network and Tin Zi Zok Wai, for instance, attend to building people’s inner strength, introducing courses in non-violent communication, supporting self-introspection, and taking note of the psycho-social needs of themselves and others.

Small grants have also been awarded to support citizen-led initiatives. Communities take the development of community economy in their own hands. Their initiatives have been greatly enhancing social relationships and reconnecting members to the history and ecology of their local communities, creating a deeper sense of home.

A year may be a short time to see massive change, and the pandemic has certainly restricted some activities. Still, the three organisations are resilient and remain devoted to building organisational capacities and learning. We are confident that with continued action and reflection, a shift in awareness and values will open up the imagination and inspire more communities to embrace sustainable living.



社區經濟鼓勵社區自主，培養居民承擔感。

Community economy initiatives cultivate a sense of personal responsibility and empowers whole communities.



項目一覽

Project List

轉化學習	
Transformative Learning	
探索具性別角度的團體領導力	
 婦女社群	 Women's Communities
以「提升覺察力」工作坊、網絡及陪伴，支持服務草根及邊緣婦女的組織者；探索「變革型女性領導力」的學習與實踐，促進女性權利的發展。	Support organisers of grassroots and marginalised women’s groups through awareness-raising workshops, support networks, and general companionship; Promote women’s rights through transformative feminist leadership learning.
「堅定的溫柔」滋養婦女及深化性別視角計劃	
 草根婦女社群	 Grassroots Women's Communities
透過「大自然體驗」、「非暴力溝通」等工作坊，滋養香港婦女中心協會核心成員及義工，回應自身及社會改變，並提升性別意識。	Organise workshops with core members and volunteers at Hong Kong Federation of Women’s Centres on topics such as non-violent communication and nature and wellbeing, to raise gender awareness and to discuss the relationships between personal and social change.
社區經濟	
Community Economy	
支持天水圍永續社區的學習與實踐	
 天水圍	 Tin Shui Wai
透過共學活動，培養居民小組自主及公共性，深化居民對永續生活的理解及實踐，探索以居民為主體的永續生活社區。	Promote resident-led community development through co-learning activities that build resident groups’ autonomy and sense of public service, and deepen their understanding of sustainable living.
基層天水圍婦女社區經濟及可持續社區發展	
 天水圍	 Tin Shui Wai
透過社區市集、本土食物與農業活動，支持基層婦女實踐社區經濟；協作社區成員反思可持續社區理念，並落實到日常生活。	Support grassroots women experimenting with community economy through community markets and local food and agricultural activities; Facilitate community discussion on incorporating sustainable community concepts into daily life.
搭建上水社區互助支持網絡	
 上水	 Sheung Shui
深化社區經濟、本地食物與農業、以及社群發展；透過歷史文化及自然環境活動，建立社區連結，加強社區主體性及支持網絡。	Strengthen initiatives on community economy, local food and agriculture, and community development; Build community cohesion, initiatives and networks through activities on local history, culture and natural environment.

應對氣候變化的社區韌性	Building Community Resilience for Climate Change
搭建支持南涌生態社區建設的網絡	
 南涌	 Nam Chung
在南涌推行生態教育課程及工作坊；改善生態農場設計及提升農耕技術；與社區內的生態農夫合建社區支持農業的產銷網絡。	Organise courses and workshops at the Nam Chung ecological community; Improve eco-farm design and agricultural skills; Build Community Supported Agriculture and marketing networks with local eco-farmers.
搭建葵涌社區能源行動網絡	
 葵涌	 Kwai Chung
在地義工、居民小組及非政府組織合作，推廣及實踐節能及可再生能源，以應對氣候變化；邀請參與相關議題的學習與培訓。	Promote learning and action on climate change, energy saving, and renewable energy with local volunteers, resident groups, and NGOs.
文化和社區建設	Culture and Community Building
土瓜灣社區營造——「非時」看見彼此工作坊	
 土瓜灣	 To Kwa Wan
透過「非時工作坊」支持居民成為社區導師，培養青年居民認識社區，從而建立社區主體性，讓街坊「看見」彼此，增加認同感。	Cultivate locals to become community tutors and lead workshops for young residents to discover the community and the people, building a sense of identity and ownership.
合作伙伴與致謝機構	
以英文名稱字母為序	In alphabetical order
低碳想創坊	CarbonCare InnoLab
社區文化關注	Community Cultural Concern
聖雅各福群會社區經濟互助計劃	Community Oriented Mutual Economy Project (C.O.M.E.) of St James’ Settlement
婦女動力基金	HER Fund
香港婦女中心協會有限公司	Hong Kong Federation of Women’s Centres Co., Limited.
活耕建養地協會	Partnership for Eco-Agriculture and Conservation of Earth
天水圍社區發展網絡	Tin Shui Wai Community Development Network
天姿作園	Tin Zi Zok Wai

讓我給社區伙伴及世界  
送上所有的愛

讓我給社區伙伴及世界

送上所有的愛

衷心祝願人類

學懂跟萬物和諧共處

明白我們在大地上

與奇妙多樣的生命共存

祝願社區伙伴

在陽光水土的潤澤下

繼續茁壯成長

心靈開放敏納

不為特定教條或手法捆綁

隨社區演化的需要

自然發展

對人 尤要尊重

對心 更為虔敬

沿路樂在其中

安德魯·麥哥利

社區伙伴 管理委員會主席



摘自社區伙伴 20 週年紀錄影片：《行川——一起走過二十年》  
翻譯：陳惠芳

All my love to PCD,  
and all my love to the world

All my love to PCD, and all my love to the world

And I wish with all my heart that humans can learn,

find the way to live in harmony with other beings

recognise that we share this planet

with an amazing diversity of life

I wish PCD will continue to soak up the sun and

the water and the soil and continue to grow

and evolve in a natural way in response to

the evolving needs of our communities, and that

it will not get stuck in a particular dogma or way of doing things

but will continue to be receptive, open and most especially

respecting people, and respecting the heart

so that we can enjoy the process

Andrew McAulay

Chairperson, Management Committee

Partnerships for Community Development



This quote is extracted from the PCD film: *Flow – Our 20-year Journey*  
Translation into Chinese by Chan Wai Fong



<b>圖片鳴謝</b> (以漢語拼音為序)	<b>Photograph Credits</b> (In sequence of Chinese Pinyin)
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北京木蘭花開社工服務中心	Beijing Mulan Huakai Social Work Service Centre
廣東省綠芽鄉村婦女發展基金會	Rural Women Development Foundation
貴陽南明啟明社會工作服務社	Guiyang Nanming Qiming Social Service Centre
昆明市西山區在地自然體驗中心	Zaidi Nature Education Centre, Xi Shan District, Kunming
雲南鄉村之眼鄉土文化研究中心	Centre for Indigenous Documentaries and Cultural Perspectives
CK2 Production	
Partnership for Eco-Agriculture and Conservation of Earth	
Tin Zi Zok Wai	

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《行川——一起走過二十年》



PCD film:  
*Flow – Our 20-year Journey*



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