

社区伙伴

Partnerships for
Community Development



年报 Annual Report 2018-2019



觉

觉知时身处噩梦一场
国与国威胁互相摧毁
而内部则崩塌溃坏
气候絮乱
林木毁殆
污染恶化
苦难之巨大
难以想象

深呼吸一下
闭上眼睛
转移意识
我认识的世界瓦解
化成存有汪洋
单独的我
一体的所有

张眼目睹奇迹一抹
光
星罗棋布结连所有
消除一片无明
绽露深邃本性
爱

安德鲁·麦哥利

翻译：陈惠芳
Translation into Chinese by
Chan Wai Fong

Awake

I awake into a nightmare
Nations threaten to blow each other up
All the while imploding
Climate chaos, forest decimation, escalating pollution
Suffering on an unimaginable scale

I take a deep breath and close my eyes
My awareness shifts within
The world as I know it collapses
Into an ocean of Being and
I am alone... All One

I open my eyes to behold a miracle
A network of Light connecting all
A layer of ignorance removed
Revealing the depths
Of our true nature... Love

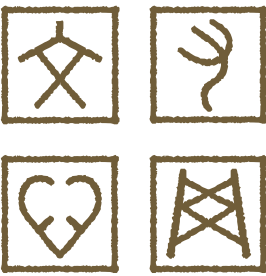
Andrew McAulay

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主席序言

Foreword

无论是生态科学或佛教“互即互入”的想法，都认为万物环环相扣，不能独自存在。通过这些结连，个别部分得以运作，整个系统则可免于失效。如是，人类在追寻个人自由和福祉时，也得培育互相依存的网络，包括自然的一切存活。我非常高兴本年度的社区伙伴年报，是以探索可持续生活网络的成长与支持为主题。我们所有的工作都置于这些网络中开展，延伸至个人、社区和国际各个层面。在这探索路上，犹幸各伙伴给予我们支持与鼓励，在此，谨向与我们并肩同行的社区、合作机构和政府伙伴，致以衷心的感谢，并热切期待我们的关系向更深处迈进。

安德鲁·麦哥利
社区伙伴
管理委员会主席

Both the science of Ecology and the Buddhist concept of “Interbeing” recognise that nothing exists in isolation, but only in relation to everything else. Without these connections, a system fails and its parts cease to function. The human pursuit of individual freedom and comfort must therefore be balanced by the nurturing of networks of mutual reliance, that include all of Nature. I am delighted to introduce this year’s Annual Report for PCD with a focus on developing and sustaining networks for sustainable living. These networks contextualise all our work and exist at all levels: linking individuals, communities and nations. Needless to say, our work is only possible through the support of our invaluable partners – in communities and organisations and at local and national government levels – so it is to them that I offer our deep gratitude and enthusiasm for the furtherance of our relationships.

Andrew McAulay
Chairperson, Management Committee
Partnerships for Community Development



社区伙伴

Partnerships for Community Development

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

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

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

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



我们的愿景

Our Vision

人与人、人与大自然和谐共处。Communities in which people live in harmony with each other and with nature.

我们的使命

Our Mission

社区伙伴与社区和相关人群一起努力，恢复人们内心与大自然的联结，探索实现可持续生活的道路和方法。PCD works with communities to re-connect people’s hearts with nature and to explore ways to live sustainably.

探索可持续生活

Sustainable Living

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

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

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



协作文化反思

Facilitating cultural reflection

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

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

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

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



培育社区协作者

Nurturing community facilitators

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

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

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

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



建立内在力量

Building inner strength

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

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

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

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



搭建网络

Network building

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

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

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

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

可持续生活网络 Sustainable Living Network



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共建与共享
Co-Building and Sharing



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踏足广阔土地
打开眼界心胸
As the Foot Travels,
the Mind Broadens



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变身！不一样的我
Transformation –
A Different Me!



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山里不留痕！
Leave No Trace!



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传承与创新
Heritage and Innovation



2010 年，社区伙伴在使命里正式提出“探索实现可持续生活的道路和方法”。“可持续生活”自此确立为机构工作的方向，也蕴含着大家对创造一种新生活的想象。在随后的五年里，我们与伙伴一起，展开多样的学习和探索，不断丰富对可持续生活的理解，并寻找实践的道路。

到了 2015 年，可持续生活网络的搭建成为我们工作里重要的手法。网络搭建的提出，是基于可持续生活理念逐渐得到广泛认同，相关实践也在中国各地展开，然而，由于社区层面的支持有限，可持续生活的实践者常会感到孤立无援，迫切需要与他人连接，从而获得鼓励和支持。网络搭建不仅能扩大可持续生活网络的影响，保持良好的势头，同时也为共同学习提供平台，支持参与其中的个人或团体得以良性成长。

通过搭建多元与相互连结的网络，能为可持续生活理念的学习以及多面向的生活实践创造有利的环境。这其中包含四个主要的工作策略：

- ① 支持社区／社群为本、扎根日常生活和具创意的实践，探索多元网络搭建手法，加强成员之间的互助与经验交流。
- ② 协作以行动为导向，学习具创新性和前瞻性的可持续生活。
- ③ 整理案例，传播当中的经验和思想，以逐步建立可持续生活的论述。
- ④ 联结日常生活的在地行动与全球宏观视野，以促进公众理解行动的深层意义。

In 2010, PCD established Sustainable Living as its work direction, and over the next five years, we embarked on learnings and initiatives with our partners that enriched our understanding and helped develop ways to implement good practices. In 2015, we adopted Sustainable Living Network as our programme focus, because while the concept of sustainable living had been gaining widespread support, it tended to be limited to the community level, and local practitioners often felt isolated. There was an urgent need for communities to connect with, encourage, and support each other, and to build diverse and interconnected networks. Over these past few years, partners have seen these connections reduce loneliness and create platforms and environments conducive for co-learning in people's everyday lives. All the while, the momentum of Sustainable Living Network has been strengthening.

Our four main programme strategies:

- ① Support creative community-based action to build networks that enhance mutual support and exchange of experiences.
- ② Facilitate innovative and pioneering learning that leads to action for sustainable living.
- ③ Communicate experiences and values consolidated from case studies; develop active discourse on sustainable living.
- ④ Link daily micro level practice with global macro perspective, enhancing understanding of the significance of actions.

These strategies may seem abstract, but if we listen to the voices in the following five case studies, they will come to feel very concrete.



这些听来抽象的工作策略，在下面的案例故事里，将会有具体的呈现。云南腾冲界头镇的四个老年协会，意识到社区交往的破损，通过网络的修复，展开对文化与关系的修复，这是一个社区里不同世代间重构生活的过程。Cogarden 所在的广州和乌当小区所在的贵阳同被视为原子化的城市，在这样的城市里，我们也能看到，不管是广州 Cogarden 基于对生活的想象，还是贵阳乌当的居民基于对垃圾议题的关切，生活者都自主地走到一起，展开行动，生活者真正成为生活的主体，也是行动的主体，他们在创造的，不只是一个人的生活，而是一群人共有的生活。在成都的伙伴集思团队，年轻人运用富于创意的新媒体传播，集结线上及线下的青年社群，从食与物开始，带领青年人剥开表象，学习和思考背后的深层含义，关键是，给出的行动方案还那么有趣、新颖，新一代的青年是可以带着创意去找到属于自己的另类道路的。两岸青年协作者互派实习计划，其本质是透过融入，在差异中对话和学习，参与实习，意味着脱离原有的文化和场景，深度地融入另一个机构和另一种文化，而这些真实的相遇，也将促成“有厚度”的关系建立。

可持续生活有不同层次的相关网络参与其中，如主题式的、本地的、区域性的、国家层面的、国际范围的。如贵阳乌当小区里的居民，基于垃圾分类议题，形成了主题式的行动网络；腾冲界头镇的社区网络修复，既包含了一个村庄内部的网络，也涉及到在一个区域内村与村之间的网络；而两岸实习计划，则将网络延伸到跨地区的层面。不同网络里参与的人群也非常多样，如生活实践者、草根社群、社区组织、协作者、NGO、政府部门、有专业背景或特长的机构和个人等。而网络的搭建，能促进更多人有自主生活的意识，同时也能协助更多人掌握可持续生活的能力。

同在探索可持续生活的道路上，社区伙伴视自己为网络里的一份子，但并非网络的中心，我们只是与理念相同的伙伴携手同行，各自贡献所长，也相互协力。一个有活力的网络，需要有共同的理念，多元的节点，成员皆能自主参与，并不断编织出绵密的关系，以增强网络的韧性，就像两岸实习计划里的少雄和于谨，在过程里的互动交织起不同的线，生发出许多超越项目的可能。在这样充满活力的网络里，彼此可以更好地推动理念、扩大视角、认同身份、分享资源、交流学习、合作共事。

When organisations working with elderly people in four villages of Tengchong, Yunnan Province, became aware that social interaction was weakening in their communities, they came together to revive cultural activities, traditional networks and inter-generational relationships. Similarly, residents of cities which have been viewed as atomised have been rebuilding their communities – through gardening, learning trips, and vermicomposting with Cogarden of Guangzhou, Guangdong Province, and through an action network of garbage reduction, separation and recycling in Wudang District, Guiyang, Guizhou Province.

Young people with the social organisation GreenSOS have been effective change-makers in Sichuan Province: guiding learning and reflection, creating innovative action plans, and connecting youth through film and social media. Also, young participants and NGO workers gain eye-opening and often life-changing insights through an immersive internship programme held in various cities of mainland China and Taiwan. These innovative networks connect a range of people – sustainable living practitioners, grassroots groups, community workers, facilitators, government staff, NGO workers, and specialists – and the learning and newly built relationships have been valuable and lasting.

In the search for sustainable living, PCD sees itself as a member of the network, not the centre. We walk side by side with our partners, with each of us focusing on what we do best as we support another. We participate autonomously, yet together we weave resilient interconnected webs of close-knit relationships. We believe that a healthy network needs both a shared vision and an openness for diversity: everyone can learn, exchange, collaborate, share resources, promote individual ideas, and broaden their perspectives.



Cogarden
馨香生活园
共建与共享

Cogarden:
Co-Building and
Sharing



a.

老文很早就听说了广州社区图书馆“荒岛图书馆”联盟机构的故事，非常认同其“共建共享”的理念，开始想，如果能和志同道合的伙伴一起创造共同的生活，那该多有趣呀！因此在 2016 年底，老文邀约几位同住在广州番禺的妈妈商量共同做些什么。大家一拍即合，决定从读书会、英语角和茶道等主题活动开始。

投入最多的几位伙伴感情越来越深。后来，大家共读了一本影响各人至深的书——来自希拉里的《举全村之力》，里面提到：“没有一个家庭生活在真空中，许多父母需要获得支持才能在自己能力范围内成为最棒的父母。”大家感同身受，但是现在生活在高楼而非村落，又如何“举全村之力”，为孩子创造更好的生活环境呢？

带着这样的思考，老文提议用馨园（Cogarden）作为番禺祈福新村社群的名字，寓意一起共建共享这美好的社区花园，期待那馨香满园的生活氛围！馨园伙伴们很有兴趣认识广州有同样想法的朋友。2017 年中，他们参加了在帽峰山举办的关注多元生活话题的社群聚会，分享了馨园的历程，也听到了更多伙伴的故事，还认识了关注可持续生活的 807 社会服务中心。

随后的两年，老文和馨园一些伙伴不定期参与了 807 组织的不同类型活动，比如工作坊、主题沙龙、交流会，还有游学等，可说挺有收获，比如在交流会中认识了在广州做文化导赏的伙伴，原来还有一群人在用这样有趣的方式传承这里的历史文化！又参加了暑假的游学活动，如在云南大学的

Laowen, a resident of Panyu community of Guangzhou in Guangdong Province, was so inspired by one community library in Guangzhou and identified with its community vision so much that she invited a few women living nearby to discuss the possibilities of what they could create together.

That was at the end of 2016. They were soon active with a book club, an English corner, and learning sadō – how to prepare and present Japanese tea. Through these activities, many of the women became close friends.

Hillary’s book *It Takes a Village: And Other Lessons Children Teach Us* really touched Laowen and the women. They felt it was difficult to create a good living environment for their children in city apartments, but they knew they had to draw on the resources around them.

With this challenge in mind, Laowen came up with name Cogarden for their group in the Panyu housing estate: it speaks of building, sharing and growing together, like a community garden, with bounty and beauty.

Cogarden members have enjoyed meeting residents from other areas of Guangzhou who share a similar community vision. In mid-2017, they joined a community gathering on Maofeng Mountain that focused on sustainable living: they discussed their own experiences, were very touched by other people’s stories, and were particularly happy to have the chance to meet people from 807 Social Service Centre, an organisation for sustainable living.

Over the next two years, Cogarden members would participate in many of 807’s workshops, salons, exchanges, and learning trips. In one activity in Guangzhou, they met partners who worked as cultural tour guides and were fascinated by the creative ways of presenting history and culture. On another trip to Yunnan Province, this time together with their children as it was held during the summer holiday, they visited Yunnan University for a discussion on sustainable living theories. They then traveled west to Dali to visit an eco-community that runs educational activities about food issues, and a centre focused on traditional handicrafts with local indigo. They saw – with their own eyes – sustainability and self-sufficiency. Then, at a three-day regional exchange for parents, Cogarden realised that it is but one group of a larger network: they met many other organisations with similar aspirations.

In 2018, when Cogarden learned that a waste transfer station was to be built near their housing estate, some members were upset, yet they also acknowledged that waste management was necessary

工作理念
Our Theory of Change
.....

 培育社区协作者
Nurturing community
facilitators

 搭建网络
Network
building

a.
.....

在广州小洲村，家长带孩子一起参加“简朴生活和有机生活”主题活动

Simple Life and Sustainable Living activity with parents and children at Xiaozhou Village, Guangzhou

b.
.....

云南游学的其中一站：在地自然教育中心导赏

Guided tour of Zaidi Nature Education Centre, Kunming, Yunnan

c.
.....

在广州帽峰山，一起参加“回到内在”工作坊，探寻内在力量

Empowerment and Self-discovery workshop at Maofeng Mountain, Guangzhou



b.



c.



d.

d.
.....

广东中山耕读心园，与
807 举办跨地家长社群
三天的交流工作坊

3-day regional
exchange for parents
at Farm and Learn
Garden, Zhongshan,
Guangdong

to address. They asked themselves, what can Cogarden do to be part of a solution to the community’s garbage problem. They soon contacted a local Guangzhou NGO working on environment issues, Eco-Canton, which provided some training; and together, they worked with partners to pilot vermicomposting, which was a hit with children. They loved having baby worms as neighbours!

Eco-Canton also introduced China Zero Waste Alliance and its community garbage sorting project, which was initiated by NGOs and public representatives to explore ways to address the garbage crisis. Cogarden joined in 2019.

While Cogarden continues to promote garbage separation in the community, Laowen sees limits, including minimal support from some families, and a few misunderstandings due to some miscommunication – she acknowledges that it is ongoing work!

“What we are doing now is to join hands for the common goal of a sustainable future by reaching a gradual consensus. Yes, we will continue to search hand in hand for a fragrant garden!”

理念分享，并实地拜访云南大理蔬菜教育社区、蓝续田园店等关注可持续生活方式的基地，更亲身了解生态食材、传统手工艺、自给自足生活方式等等多元生活元素，对孩子也有教育意义。听说还有跨地家长社群的三天交流工作坊，全国各地有好多像馨园一样的社群正在努力尝试，共建共享社区美好家园！

2018 年，听到将在祈福新村社区附近建立垃圾中转站的消息，馨园一些伙伴感到难受，同时看到社区里很严重的垃圾管理问题。在 2018 年，尝试联系了广州本地环保公益机构“宜居广州”，邀请他们分享了垃圾分类知识，和社区的伙伴社区推动了蚯蚓堆肥试点箱。孩子才高兴呢，社区里

多了蚯蚓宝宝邻居！2019 年，馨园给引荐参与“零废弃联盟”行动网络下的项目“壹起分”，这是由全国多家推动解决垃圾危机的公益组织和公众代表发起的，继续在社区推动垃圾分类。过程中其实蛮多困难的，有来自家人的不理解，有来自沟通中的误会。

老文说：大家不就是要携手走在一起，慢慢凝聚共识，朝着可持续的方向走去吗！是的，大家会一起探索下去，为这满园的馨香。



广州生活者社区骨干学习交流网络搭建
Network Building for Organisers of Citizen-based Groups

2017 年年底开始，社区伙伴与广州市越秀区捌零柒社会服务中心（下简称“807”）合作，希望接触到更多关注可持续生活理念的生活者社群，透过与他们的互动，了解不同伙伴对于可持续生活的想象，促进更多有相同理念的伙伴分享交流，拓展活动的社区公共性，吸引更多社区居民参与，甚至成为骨干，形成本地互助支持的网络。两年多来，807 接触到不同的生活者社群，其中一个便是馨园——Cogarden。

PCD has been partnering with Guangzhou Yuexiu District 807 Social Service Centre (807) in Guangdong Province since late 2017, working to reach communities concerned with sustainable living. By facilitating interaction among these communities, we aim to highlight the vision for sustainable living among different partners, and to foster exchange among practitioners who share similar worldviews. By reaching out to local communities and the public, more and more residents are feeling encouraged to take part and are becoming facilitators. Local networks for mutual support are formed on this basis. Over the last two years, 807 has reached many community groups, one of which is Cogarden.

两岸相遇
彼此激励

Encouragement
and Encounters
Across the Strait



a.

2015 年 12 月 3 日，梁少雄与其他七位伙伴一起，踏上了台湾的土地，作为第三届实习生开始为期两个月的实习之旅。那一年早些时候，在梁漱溟乡村建设中心工作的少雄带着家人离开北京，正式进入山西永济的村庄，开始探索扎根乡土的人才培养。百事待兴的时候，却要离开团队跑去台湾两个月，不免忐忑，下了很多次决心才最终成行。

在台湾宜兰，赖青松 2004 年返乡发起穀东俱乐部，邀请都市消费者集资预约订购稻米谷份，自己则开展友善稻米的计划耕作，建立起都市与乡村之间互信的连结。慢慢地，众多热爱乡村、友善耕作的新农人聚集一起，生发出各种创意和联结。少雄两个月的时间都待在这里，拜访了许多的组织和个人，还以自己擅长的北方面食为契机，通过面食交流会的方式广交朋友。

几年后回头看，少雄很庆幸自己当初的选择：“就在那两个月时间里，意识和视野都有很大的改变。居然有那么多年轻人，回到乡村，通过各种方式开展生态化的探索。从台湾实习回来之后，我就觉得让我看见了生活，也看见了扎根乡村的可能。”

实习回来后，少雄带着团队建了一栋发酵床猪舍，希望亲身实践，跟农民推广生态养殖技术，随后又改造了一个传统民居，租了 20 年，真正下定决心要待下去，并启动了陪伴农户进行生态转型的工作。

之后的每一年，少雄都会邀请一位宜兰的朋友来跟大家分享他们的实践，这是一个让更多大陆伙伴看见台湾的机会，也是一个过程，让自己当年实习时的伙伴更多理解大陆。2017 年，当赖青松受邀到大陆访问时，他最想做的是去看看少雄。在永济的重

In December 2015, seven youth facilitators from mainland China arrived in Taiwan for a two-month internship; Liang Shaoxiong was among this third cohort of the exchange programme. Earlier that year, Shaoxiong and his family had left Beijing, where he had worked with Beijing Liang Shuming Rural Reconstruction Centre, and moved to Yongji, a village in Shanxi Province, to begin exploring rural regeneration and eco-agriculture. He was apprehensive about going away, leaving his family and his colleagues behind when everything was still so new. But he finally made his mind up to go, and he has never regretted it.

“My awareness and perspectives took a huge leap in those two months. It amazed me that so many young people were returning to rural areas and engaging in all sorts of ecological agricultural initiatives. I saw sustainable living in practice. I saw it take root.”

Shaoxiong had the chance to connect with many people, from a range of organisations. One of the deepest connections was with Lai Chin-Sung who founded the Ko-Tong Rice Club in 2004. They became close friends, even though they are a generation apart. Like Shaoxiong, Chin-sung had moved from the city to a village (Yilan) and has been linking urban and rural sectors: he invites urban consumers to buy shares

in his eco-friendly rice, and people who love the rural life to consider becoming eco-farmers. There has been a lot of new energy and innovation, as well as trust, as Chin-sung’s vision has grown.

Shaoxiong’s internship allowed time for lighter exchanges too – he has a great recipe for noodles and hosted sessions on how to make the speciality. Good homemade food always brings people closer!

When Shaoxiong returned to Shanxi, he got to work with his team. They built pigsties with fermented beds and later rebuilt a traditional village house to use as their base, renting it for 20 years. Shaoxiong has definitely made up his mind to stay in Yongli and is practising eco-agriculture with other farmers in the community.

Every year, an intern from Yilan, Taiwan, is invited to come to Shanxi and share their farming experiences with the Yongji community. Shaoxiong wants his Taiwanese friends to have a closer understanding of the mainland, and his local partners in mainland China to have the same with Taiwan. When Lai Chin-Sung visited Yongji in 2017, the highlight was reconnecting with Shaoxiong. They both felt very moved and encouraged by each other’s persistent practice – a sense of deep acknowledgement, appreciation and love filled the encounter.

工作理念
Our Theory of Change
.....

协作文化反思
Facilitating cultural
reflection

搭建网络
Network
building

.....

a.
.....
少雄（图左一）在台湾实习期间，与其他实习伙伴一起外出游学，在贡寮水梯田学习

b.
.....
少雄实习期间，拜访了许多的组织和个人，还通过面食交流会广交朋友

Shaoxiong met with various organisations in the cross-Strait exchange, and also shared his recipe for noodles from his hometown of Yongji, Shanxi



b.

逢，让不同世代的两位返乡人百般感慨，在彼此持续的实践与对照里收获了鼓舞。

2019 年春天，台湾慈心有机农业发展基金会的詹于淳成了少雄新一年邀请的分享者，这是于淳第二次踏上永济的土地。第一次是两年多前，作为第四届台湾实习生，于淳在梁漱溟乡村建设中心实习了一个半月。“这是我首次到大陆，打开了我的许多视野，刺激我去思考对应过去的经验，对自己在台湾的工作，以及发展路径，产生了新的理解，以及新的行动策略。”于淳总结说。

再次来到永济，见到阔别已久的朋友，于淳欣喜地发现很多的变化：少雄的团队建立起来了，越来越多的青年留在乡村。曾经的记忆和情感再次被激活，彼此的变化也成为相互激励的力量。不久之后，于淳在台湾并肩工作的伙伴，将作为第五届台湾实习生，来到于淳实习过的地方，开启另一轮的实习与对话。

许多的关系，就是在这样一场又一场的真实相遇中，越编越密，一个基于团结的网络，浮现出愈加鲜活的样貌。

c.



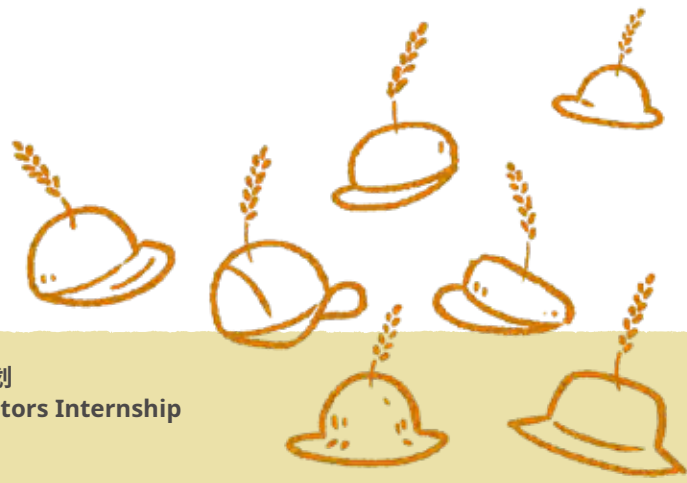
c.

在永济，少雄陪伴着一批又一批年轻人成长。养猪，也是其中的学习课题

Shaoxiong leading a pig-rearing training with youth in Yongji

Chan Yuzhun of Taiwan Tse-Xin Organic Agriculture Foundation was the invited guest in 2019. Her very first trip to mainland China had been two years before, as an intern in the fourth cohort. She worked with Beijing Liang Shuming Rural Reconstruction Centre for one and a half months. That experience made a huge impact on Yuzhun’s life: “It inspired me to reflect on my work and on my personal growth in a new light. My perspectives changed on so many things and I learned many new strategies for action.”

On her second visit, Yuzhun witnessed such positivity: more and more, young people were coming to work as eco-farmers in Yongji, and Shaoxiong’s team was growing steadily. A colleague of Yuzhun’s would soon arrive in Yongji, in the fifth cohort of interns, and the two men felt a deep sense of inspiration and solidarity – a new Cross-Strait round of learning and dialogue would begin, expanding from previous rounds, and weaving a widening, interconnected web.



**两岸青年协作者互派实习计划
Cross-Strait Youth Facilitators Internship
Exchange Programme**

2011 年，社区伙伴与台湾高雄市旗美社区大学合作，启动了两岸青年协作者互派实习计划。计划以台湾和大陆的公益组织作为实习平台，进行为期约两个月的短期实习。2018 年，北京沃启公益基金会加入，共同推动与执行。希望通过这样的深度交流，增强青年协作者的社会视野和内心动力，深化生态农业、社区营造、自然教育、可持续生活等议题的学习。截止 2019 年 4 月，两岸参与实习计划的青年协作者共 55 位，参与派出及接待实习生的机构有 50 余家。

In 2011, PCD partnered with Chi-Mei Community University in Kaohsiung, Taiwan, to initiate the Cross-Strait Youth Facilitators Internship Exchange Programme, in which NGOs in Taiwan and mainland China hosted interns for about two months in an in-depth exchange. In 2018, Beijing Wo Qi Foundation joined the programme, co-organising the implementation and development. The internships nurture young facilitators by strengthening their social perspective and inner motivations, and deepening their learning in ecological agriculture, community building, nature education, and sustainable living. By April 2019, 55 facilitators had joined as interns, and over 50 organisations had sent or hosted interns.

同样的家乡
不一样的我

The Same
Hometown but a
Different Me



a.

2019 年 6 月，阿珏在环保组织集思的一年项目实习即将结束，计划回到老家广西来宾桐岭村拍摄一套短片，记录自己的家乡和爸爸的农场，作为项目实践。随行的是擅长拍摄的项目负责人唐唐。

阿珏是一位 95 后，2018 年毕业于成都大学。跟其他青年人一样，对自己，对生活，对社会充满想象和期盼，一旦找到生活的焦点，引发了存在感，莫不投注热情。阿珏在大学时期开始关注环保、反省生活，毕业后加入了集思。

集思作为培育青年参与社区环保行动的社会组织，2018 年选了食物和物品这两个紧贴青年生活的话题，启动“食与物的溯源故事”青年可持续

生活传播项目，并以新媒体为传播策略，引起了青年人的关注。阿珏参与成为项目实习生，跟集思的 300 人青年社群，一起探讨可持续生活，寻找践行可能。可是，理工科背景 of 阿珏要学习、参与线上线下传播，在第一个季度感到很迷茫，但因为先行者分享经验，同路人彼此鼓励，心里渐渐有了力量。

阿珏跟随项目团队透过拍摄、媒体记录，把可持续生活理念和实践经验在不同的视频平台、微信公号等传播，网络日益扩展。她不仅接触到一些有意思的生活方式，比如探索环保洗涤剂、堆肥，也考察了成都周边带有旅游、文创性质的有机农业综合体.....引发了她对可持续生活更多的反思与想象。

Born in the 1990s, Ajue graduated from Chengdu University in 2018. Like most young people, she has dreams and expectations for herself, for life, and for society. Ajue became concerned with environmental protection and ‘to be the change she wants to be’ while at university; to continue her pursuit, she joined an internship programme with GreenSOS after graduation.

When the one-year internship came to an end, Ajue returned to her village of Tongling to make a short film about her hometown and her father’s farm. Tangtang, who heads the internship programme and is skilled in filming, accompanied her.

GreenSOS is an organisation that nurtures youth participation in community environmental action. In 2018, it initiated

the ‘Stories of Handicrafts and Local Food’ project to promote sustainable living. They strategically chose food as they knew it would appeal to youth, and they chose social media for the dissemination of messages for a wide reach: Ajue joined as an intern and worked together with 300 other youths.

As the project unfolded and the network grew, Ajue had the opportunity to reflect on and discuss principles and practices through films and recordings on video platforms, through the popular social media platform, WeChat, and through visits to organic farms that engaged in creative cultural activities and responsible tourism. Ajue came across several practices she found meaningful, such as composting and the production of eco-friendly detergent. She said that sustainable living was no longer a dreamy fantasy for her, but something achievable.

It so happened that the year Ajue went to Chengdu for university, her father returned to Tongling for a new career after running a successful business in Liuzhou. He started to develop ecological agriculture as a way to help alleviate poverty among farmers and to protect the rivers of his hometown. In the five years that followed, the father and daughter were busy and seldom talked with each other; yet unknowingly, they became closer through agriculture.

When they did communication, it was significant. During her internship, when Ajue and colleagues had questions about ecological agriculture, she would find herself consulting her father. She came to see that her father’s farm could become a base for learning, where young people could experience local Tongling life and explore sustainable living.

Ajue and Tangtang filmed in Tongling for three days. Ajue’s father spent one day

a.

阿珏爸爸运营的螺山生态园俯瞰

Youth intern Ajue aspires to run educational activities at her father's farm, Luoshan Ecological Farm, Guangxi

b.

螺山生态园上的湖上观景台

A lookout on the lake at Luoshan Ecological Farm

c.

简朴生活与自然建筑分享会中，实践者分享在泰国的亲身经历，以及回国后探索本土自然建筑的故事

Practitioners share experience from Thailand at an exchange on simple living and ecological building, Chengdu, Sichuan

b.



c.



工作理念
Our Theory of Change

协作文化反思
Facilitating cultural reflection

搭建网络
Network building



d.



e.



f.

说来也巧，阿珏到成都读大学的那一年，在柳州事业有成的爸爸也开启了一份新事业——回桐岭村做生态农业，帮助村民脱贫，保护家乡河流。可是五年来，父女俩各自忙碌，很少沟通。后来因为实习的缘故，阿珏和同事们聊起生态农业，有疑问时会问在老家做农业的爸爸，两根线竟不自觉地因农业深度相连。原来，父亲一直期待毕业后的女儿能回到柳州工作；而阿珏呢，受到集思实习的启发，有了一个想法——把爸爸的农场开拓为游学点，吸引青年人到她的家乡、她家的农场，以有趣的方式体验当地生活，探索可持续生活的方式。

阿珏和唐唐在桐岭待了三天。阿珏的爸爸开车带她们去实地感受他的规划，几万亩的农地，种着水稻、火龙

果、菜，还有荷塘和小龙虾，这是阿珏第一次完整地听了爸爸的构思。“瞬间觉得好棒，爸爸其实在做一件很有意义的事情。”

回到成都后，唐唐完成了一个 5 分钟短片《同样的家乡，不一样的我》，旁白是阿珏，她讲述了爱吃的家乡传统食物水圆，和对家乡环境问题的观察。阿珏发给爸爸看，“他说挺好的，第一次知道我这么了解自己的家。”

阿珏说，未来这个游学点要和集思一起做。在阿珏的想象里，未来到这个游学点体验的人会发展出适合自己的可持续生活方式。

d.

鱼肚包工作坊——参与者改造旧衣服，用个性、独特、创意的设计赋予它新的生命力

In a workshop linking handicrafts, local food and sustainable living, participants re-use old clothing to design their own fish-shaped bags, Chengdu

e.

“饭局”——由成都社群发起，吃在地小农有机蔬菜，做最简单的菜式，分享本味食物故事

In Dine Together, initiated by a community in Chengdu, people prepare and share simple dishes, and the stories behind the meals – mainly made with local organic vegetables

f.

“饭局”后，用天然洗涤剂来洗碗，配套社交娱乐活动，鼓励社群成员自发串门饭局

Washing dishes with natural detergent, after which participants joined social activities and were inspired to form their own Dine Together

driving them around to see the layout of a few thousand acres farm with rice paddies, dragon fruit orchards, a range of vegetables, and a lily pond with small crayfish. It was the first time Ajue heard about his plans for the farm, and she said, “My first response: it is great. My father is doing something so meaningful!”

Tangtang produced the five-minute film *The Same Hometown but a Different Me*. As narrator, Ajue shared observations of Tongling’s environmental challenges and explained things like *shuiyuan*, a traditional food she loves. She sent the film to her

father. “He said it is very good and it had never occurred to him that I know my hometown so well!”

The filming brought the daughter and father closer as the two consciously and unconsciously explore alternatives in life. Ajue wants to work with GreenSOS in developing the farm into a learning centre, and her father concurs. In her dream – quite possibly a reality – visitors will develop their own unique paths to sustainable living.



成都城市青年可持续生活传播 Enhance Sustainable Living Network among Youngsters through Communications

集思青年公益发展中心是一家培育青年参与社区环保行动的社会组织，与社区伙伴合作多年，在 2018 年开展了一个为期 18 个月的项目——食与物的溯源故事，探索用传播手法汇聚成都青年人，一起反思当下的食物和物品消费，学习和实践可持续生活，并组建生活网络。项目期间，擅长影像传播的集思团队制作了 11 部短片，涉及手作、阳台种植、洗涤、农耕等议题，探索以传播手法推动可持续生活行动的可能。

Chengdu GreenSOS Youth Development Centre in Sichuan Province is an NGO that provides training to youth taking part in community-based actions for environmental protection. PCD has worked with GreenSOS for many years. We collaborated in 2018 to initiate the 18-month project, ‘Stories of Handicrafts and Local Food’. By exploring ways of new media, youth across Chengdu are brought together to reflect on consumption of food and other goods, to learn and practise sustainable living, and to build sustainable living networks. GreenSOS is well-known for disseminating ideas through visuals: it has produced 11 short films for the project, covering handicrafts, balcony gardening, and eco-friendly cleaning and farming.

垃圾
可以更少吗？

Can We Reduce
Our Garbage?



a.

文静居住在人心齐工作的乌当区臣功新天地社区，与我们分享她和区内居民共同关注社区，并渐渐联系为网络的故事……

又到小区每月一次的垃圾分类宣讲时间，我作为志愿者，向邻居分享垃圾减量的重要及垃圾分类的方法。一起参加的还有几位邻居，2019 年我们几乎每月都参与其中，最近的几次活动还是大家共同设计的呢！

我是生活在贵阳乌当区的一个普通居民，乌当素有“黔中秘境·生态乌当”之说，我一直很知足地生活在这里，直到三年前的夏天，不记得哪一日，原本清透舒适的空气里，突然夹杂刺鼻难闻的气味，而且持续多日。后来才知道原来距离小区直线距离 2 公里

处的低山背后，有贵阳市最大的生活垃圾填埋场，气味就从那里传来。那个味道，在我记忆中久久不能消散。

2018 年中秋，关注环保生活的人心齐机构和一些长辈，在小区办了中秋节百家宴。我留意到一些年轻居民参与其中，便约上几位朋友同去。人心齐在中秋节的百家宴上谈食物节约和厨余处理，居然毫无违和感！老人家很喜欢他们。原来，他们从 2015 年开始就在咱小区开展垃圾减量和分类工作。我突然回忆起当年夏天那个让我无法安适的气味……

人心齐的艾主任特别耐心，回答了我们关于垃圾的很多问题。印象最深的是，她说谁也没能料想城市扩展如此之快，人们的消费增长如此迅猛，

Wenjing lives in Chen Gong Xintiandi, a housing estate in Wudang District of Guiyang and volunteers with Ren-Xin-Qi Volunteer Service Centre for community. This is her story.

This is the day of our monthly talk on garbage separation in our neighbourhood. We have been meeting since 2019. As a volunteer with Ren-Xin-Qi, I talk about the importance of reducing garbage and how to separate it properly. A few neighbours join me.

I am an ordinary resident of Wudang, which is called the ‘legendary ecological and mystical place of Guizhou’. Until three years ago, I was happy living here. The air was always clear and pleasant. But one day, I noticed a pungent smell. It was summer and the smell lasted for days. I later learned it was from Guiyang’s biggest landfill, behind a hill two kilometres away. The smell stayed in my mind for a long time.

For Mid-Autumn Festival 2018, Ren-Xin-Qi and some seniors organised a big neighbourhood event. Younger residents joined too, and I went with some friends – I like crowds! I learned that Ren-Xin-Qi had been running a programme in our neighbourhood since 2015, trying to reduce garbage and increase garbage separation. Nobody found it strange to hear them talking about reducing food consumption and managing kitchen waste at Mid-Autumn Festival! The elderly people liked them too.

Director Ai was so patient, answering everyone’s questions about garbage. What impressed me most was that she said no one expected the city would expand so fast and that people’s consumption would grow at such speed. More, the garbage produced had already surpassed the capacity of the landfill.



b.



c.

My friends and I immediately joined up as volunteers. We wanted to know more. In the following year, we joined discussions and learnings with other residents. We now realise that human beings tend to see ourselves as ‘consumers’ and aim at maximising self-interest – we forget that everything we ‘own’ comes from the earth, and instead of cherishing what we have, we consume everything as fast as we can!

Since Ren-Xin-Qi also designs a school curriculum and has limited human resources, we volunteers decided to take up the job of holding the monthly meetings. After all, it is our own community! When some neighbours actively came forward and consulted us, we knew they saw the importance of the issue and some have even started separating and recycling their garbage. I am happy that I am making my own contribution!

工作理念
Our Theory of Change
.....

培育社区协作者
Nurturing community
facilitators

搭建网络
Network
building

产生的垃圾早就超过了填埋场的承受范围。

为了深入了解更多，我们几位朋友立即报名为人心齐志愿者，随后一年多，常与伙伴共同讨论和学习，了解到：随着人类以“消费者”定义自己，以追求最大利润为目标，忘记了自身拥有的一切东西都来自地球，不仅不去珍惜，反而快速消耗每一件物品！垃圾问题的背后其实是我们与生活家园关系断裂的真实写照！

人心齐每月一次在咱小区做垃圾主题活动，可他们的人力太有限了，还要兼顾很多学校教育课程的设计。我和社区几位伙伴商量，自行承担起社区每月一次的垃圾议题主题活动，这本来就是我们自己的社区呀！刚开始

那几次，我感到很难开口，后来有邻居主动咨询我，在分享中发现大部分居民很能理解我们，甚至参与家庭垃圾分类回收。我开始感受到，原来参与一个美好的“事业”，竟是如此开心！我还认识了更多友爱的邻居！

去年，我们在乌当区网络群组里引发关于消费和快递包装的探讨，以及作为消费者的责任。我和另一位伙伴也参与了人心齐 2020 年关于“垃圾的一生”调查项目的策划和执行。

垃圾管理其实是牵涉我们整个社区，希望自己的参与能影响更多人参与，一起了解和保护我们的家园！

d.



d.

“守护梅兰山”行动小组，日常登山时捡拾路边垃圾，保护自然环境

Members of the action group Protect Meilan Mountain pick up garbage whenever they go hiking

e.

新年到，协助居民一起开展睦邻市集，送春联和福字

During Lunar New Year, a neighbourhood group gives out handmade messages of good fortune at the farmers' market

f.

居民学习制作手工酵素，藉以了解家庭环保生活方式

A neighbourhood group learns eco-friendly household practices, such as how to make enzyme-based cleaning agents



e.



f.

Last year, in Wudang's WeChat group, we talked about consumerism and the excess packaging in courier services. We wanted everyone to reflect on our responsibility as consumers and how is it that we create such huge amounts of garbage! A resident and I have also joined the planning and implementation of Ren-Xin-Qi's 2020 survey project titled Life of Garbage.

I hope my participation will have an impact on more people and encourage them to take part in learning and protecting our community!



乌当区垃圾减量及社区组织发展

Waste Reduction and Community Organisation in Wudang

我们与贵阳市乌当区振新人心齐社区志愿者服务中心（下称“人心齐”）合作项目，在贵阳市乌当区以垃圾问题为切入点，开展垃圾分类工作指引的同时，引导居民了解垃圾背后的“故事”，与人的生活相关，并搭建社区网络，推动居民对可持续生活的思考，促进成立社区关心垃圾议题的居民小组，联合本地学校和机构形成互动支持的网络。

PCD has partnered with Ren-Xin-Qi Volunteer Service Centre for Community on a project in Wudang District, Guizhou Province. The garbage problem is used as an entry point to help residents understand how garbage relates to our ways of living. The project aims at building community networks to encourage reflection on sustainable living and to set up resident groups in the community to tackle garbage. Residents are given guidance on garbage separation, and mutual support networks are developed jointly with local schools and organisations.

重寻村寨人情
重修社区网络

Restoring Human Warmth of Villages, Reviving Relationships and Community Networks



a.

曾几何时，腾冲龙川江上下游一带，村寨内和村寨之间交往绵密，一种传统村寨的社区网络已然存在，长辈们尤为珍视。

界头镇一带传统上由异地栽种的方式改良稻米种子，称之为“上水谷子下水秧”。村民每两年到海拔较低的村寨选取长势优良的谷子，带上自家谷子或其他物品交换种子，延续着本地品种，维系着村寨情谊。

龙川江两岸的村寨，在传统上也渐渐形成一种“工艺地貌”，各村盛出工匠，回应沿江村民的生产生活需要。在集市，来自各方的村民也会以鸡蛋换盐巴，以现金购买当地没有生产的针、线、纱，可说是一个自给自足程度颇高的生活网络。

在村寨中，传统上家族内建房换工，村民间白事送米，生孩子送米、鸡蛋、小花布和毛线，年轻人到病重和去世老人家中作伴帮忙，是人情味浓厚的社区，也是物资交换和手工艺互助的网络。

村民在村寨也通过共同信仰紧密连接。永安村有各种庆诞，周边村民都来参加祭祀活动；春节期间求平安的舞龙灯和皮影戏，是永安人的集体精神寄托。

然而踏入 1980 年代，村寨随着经济发展等因素而产生变化：永安工匠转行到其他乡镇、县城做生意；机械取代了手作，也减少了劳动的需要；有名的永安饵丝要用老品种界头米，但 1990 年代中开始不种了，改种产量

Traditional village-based networks have always existed in communities along the Longchuan River and are especially valued by older people. In past years, for instance, there was a practice of sourcing quality rice seeds from a specific area of Jietou Township of Tengchong, Yunnan Province. Every two years, farmers went to villages at lower altitudes to select those seeds that grew so well, bringing their own grain and other items to barter. Not only did this exchange preserve local rice varieties, it maintained friendships and relationships among villages.

A kind of self-sufficient craft-scape existed along the river. Villages teemed with artisans who made many items for people's daily lives. On market days, people came from all directions, on both sides of the river, bartering items like eggs, rice or salt, or bought necessities not locally produced, like needles, thread and yarn.

Strong bonds connected communities. People worshipped the same gods. The young visited the old, infirm or families in bereavement. Gift-giving was common: rice at funerals, and rice, eggs, fabric and thread at births. Neighbours helped build houses in a kind exchange of labour.

Yongan village was a centre for artisans and many festivals. Villagers came from surrounding areas to celebrate here, with the lantern dance and shadow puppet shows at Lunar New Year being a time of deep spiritual sustenance.

With the economic development of the 1980s and onward, society has changed. Machines replaced handicrafts. The demand for labour declined. Artisans moved elsewhere to do business. New roads brought goods from faraway places. A cash-driven market economy replaced bartering. The traditional variety of Jietou rice for the famous Yongan rice noodles was dying out and by the 1990s, no longer cultivated. Instead, new varieties marketed by seeds companies for higher productivity. In short, village systems that fostered mutual support, spirituality and social exchange were ending.

Witnessing this loss, elderly associations of four villages – Yongan, Datang, Yongsheng and Qiaotou – decided to restore what they could, bit by bit. A priority was the lantern dance, with all its traditional knowledge, crafts and indigenous meanings. For Lunar New Year 2019, the dance was revived in Yongan: it lasted for 14 days, and more than 100 people across the generations participated in learning how to make the lanterns, how to dance, and their cultural value. The Yongan elderly association also visited neighbouring villages to learn more about shadow puppetry, story-singing, ecological farming and traditional crop varieties.

工作理念
Our Theory of Change
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协作文化反思
Facilitating cultural reflection

搭建网络
Network building

a.
.....

永胜村恢复传统稻田养鱼，金秋季节，村民一起捉鱼，分享收获的快乐

Since restoring traditional rice-fish farming, villagers fish again in the paddy fields and harvest rice in autumn, Yongsheng, Tengchong

b.
.....

永安村的妇女利用当地竹子编制簸箕，用来晾晒稻米和盛装食品

Women weave bamboo baskets for drying rice in the sun and for holding food, Yongan

b.





c.



e.



d.



f.

较高、由种子公司销售的种子。一言蔽之，过去互帮互忙、以物载情的交往已不复再了。

眼看这些传统社会关系和精神生活渐渐丢失，界头镇四个村的老年协会在慨叹之余，愿意共同承担，一点一滴地修复。

2019 的农历新年，龙灯恢复在永安村舞动，在村子展演 14 天。从认识龙灯的意义，到学习编扎、舞动龙灯，陆陆续续总共有 100 多个不同世代的永安人参与，村寨的集体精神重现了。永安老年协会到邻村了解传统皮影戏和唱书、生态种植和老品种，拜访村内辛成良老人讲述犁头的故事、庆诞习俗等等.....重新肯定村寨传统文化和生态价值，并再次把社区连接起来。

龙川江在高黎贡山的山脚从北向南流动，保护区管护局腾冲分局项目团队陪伴着四个老年协会用各自的社区行动，共同保育高黎贡山生物多样性。当村民意识到森林破坏对水土的严峻影响，感到痛心的老人逐步追溯因由，并恢复村民丢失已久的敬畏天地的精神，以及对自然取之有道、用之有度的智慧。同时，以生态保护、稻田养鱼、手艺恢复、垃圾处理等方式搭建四个老年协会相互交流学习的平台，连接相互支持网络。

我们看到长辈们像蜘蛛一样，用一根根网丝修补社区网络，修复社区肌理，守护着乡土生活，守护着高黎贡山的净土。



c.

在永安，人们用当地糯米制作的花糖，春节期间供在福堂里的家堂上，表示吉庆

Glutinous rice sweets made as offerings to ancestors in the local temple for celebration of Lunar New Year, Yongan, Tengchong

d.

2019 年春节，停滞多年的永安龙灯会在老年协会的组织下，由 70 多人组成的龙灯队完成了这传统表演，获村民激赏

For Lunar New Year 2019, a local troupe of more than 70 members performed the Dragon Lantern ceremony in Yongan Village, reviving a village tradition after many years

e.

桥头的皮影戏，将孝敬老人、家风文明，生态保护的新议题新生活改编到皮影戏中，有传承也有创新。

Shadow puppetry passes on traditions such as respect for elders and one's family and adds contemporary messaging around civility and ecology, Qiaotou, Tengchong

Shadow puppetry passes on traditions such as respect for elders and one's family and adds contemporary messaging around civility and ecology, Qiaotou, Tengchong

f.

本地市场上售卖的永安村竹编簸箕

Bamboo baskets from Yongan village at the local market

The four associations also partner with the Gaoligongshan National Nature Reserve Tengchong Administration Bureau. After learning about – and being very saddened by – the severe soil erosion caused by deforestation, the associations have worked to restore the practice of revering heaven and earth, which includes all the trees of Gaoligongshan Mountain, the source of the Longchuan River. They are also reviving the principle of “obtaining resources in the right way and using them in the proper measure” in terms of conservation. Through all their

work, they build up platforms for exchange and learning; additional topics include fish-rearing in rice paddies, handicrafts, and garbage management.

The associations are restoring community networks like spiders repairing webs. One strand at a time, they have been re-connecting the communities along the river and Gaoligongshan, affirming local culture and protecting their beautiful homeland.



恢复传统生态保护，推动社区互助精神
 Building Capacity and Mutual-help Spirit of Community-based Organisations for Traditional Ecological Conservation

在云南腾冲界头镇，社区伙伴与云南高黎贡山国家级自然保护区保山管护局腾冲分局合作。自 2018 年开始，永安、大塘、永胜和桥头村的老年协会，分别在各自村寨推动合作、互助，提倡善行以及家乡生态保护。项目以高黎贡、龙川江腾冲段为生态区域，推动社区组织相互交流，学习本土精神，相互借鉴经验及行动，促进跨组织的本土精神和互助精神，协作当地社区组织理解生态保护在非经济面向的观念，认识生态道德教育方法以及区域学习网络建设。

In Jietou Township of Tengchong, Yunnan Province, PCD has partnered with the Gaoligongshan National Nature Reserve Tengchong Administration Bureau since 2018. Four elderly associations, in the villages of Yongan, Datang, Yongsheng and Qiaotou, have been promoting community learning, cooperation, local culture, spirituality and charity, and have been advocating for the protection of their homeland. They have identified the eco-region of Gaoligongshan Mountain and the portion of Longchuan River around Tengchong as the areas of their project. They are strengthening connections among villages and the community organisations, fostering an understanding of non-economic aspects of ecological conservation, ecological moral education and and network building.



大自然的智慧 Wisdom of Nature

社区伙伴以建构“生态中心主义”的组织哲学为机构策略，鼓励人们重新找回人与自然、社区与自然的联结，也是回应当前生态、社会危机之根本。这正好与国家建设“生态文明”的目标一致。我们协作人们意识到自然是一个有机体，生活其中的所有生命彼此依存，并把这种意识转化为日常生活实践。

人与自然连结的种子深藏在人类文明的古老智慧当中。农村生活所承载的传统文化价值——无论对于生活在农村还是城市的人而言，都是感悟大自然智慧的基础。在云南、四川和重庆一些传统文化底蕴深厚的村寨，我们支持伙伴协作村民通过社区调查、讨论和行动，重新认识人与大自然共生的传统智慧。在一些受城镇化影响较大的地区，如重庆缙云山和云南高黎贡山自然保护区，主要通过与村寨、保护区和民间机构合作，探索以社区为本并结合当地生态和文化的自然教育模式，重新发掘在地的自然智慧。

PCD adopts eco-centrism as our organisational philosophy – that nature is an organic entity, and that all living beings are interconnected. We believe that a rediscovery of our connections with nature – at the individual and community level – is necessary to address the root causes of our ecological and social crises, and we and our partners facilitate this awareness. This mindset aligns with China’s current national goal of Ecological Civilisation.

The seeds of the interconnection between humans and nature are buried deep in the ancient wisdom of civilisations. In communities with rich cultural heritage in Chongqing Municipality and Yunnan and Sichuan Provinces, we have been engaging with villagers to relearn their traditional wisdom through community research, discussion and action.

In areas where urbanisation has had a bigger impact, we adopt a different strategy: community-based nature education. For example, in Jinyun Mountain of Chongqing and Gaoligongshan Nature Reserve of Yunnan, for instance, we work with villages, nature reserves, and NGOs on community-based nature education models that integrate local ecology and culture.

PCD wants to learn from traditional cultures. We place importance on documenting and disseminating case studies of people’s reconnections with

农村生活所承载的传统文化价值——无论对于生活在农村还是城市的人而言，都是感悟大自然智慧的基础。

农村生活所蕴涵的传统文化价值有助于启发人们重新思考人与自然的关系。社区伙伴重视相关案例与经验的整理与传播，为此，我们支持中国科学院昆明植物研究所山地生态系统研究中心出版《山地未来——来自世界山地的灵感和创新》（中文版与英文版），推动公众反思“人类中心主义”的危害，协助在地社区探讨如何借助传统知识与智慧守护当地生态系统，以回应当今环境与社会问题的挑战。

除了从传统文化中汲取养分以外，往外开拓多样化的学习内涵也同等重要。过去一年，我们与全国自然教育论坛人才培养专业委员会合作，支持自然教育资深从业者、可持续生活网络协作者与生活者，参加由泰国协作者 Sunisa Jamwiset 带领的“深度生态学”工作坊，通过生态知识的学习和深度体验，领悟万物一体的智慧。“大树工作坊”初阶与进阶课程，则是与沃土可持续农业发展中心、厦门小小鸥自然生态科普推广中心和成都高新区野草生态社区发展中心合作，邀请法国克莱尔·爱乐华博士（Dr. Claire Elouard）协作，拓展人与自然关系的多元网络，探索陪伴与支持自然能量协作者的机制，深化大树工作坊学习体系，并促进在地化发展，增进可持续生活协作者与生活者体认万物一体，从中积蓄内在力量。

另外，我们也支持天津生态城大地之声社会教育中心发展“情意自然教育”学习体系，建立共学网络和导师团队，藉以推动自然教育人才的成长。社区伙伴期待透过不同方向的尝试，探索不同的学习内涵和支持方式，协作人们重建与大自然连结的路径。

nature as they reaffirm their traditional values. Together with our partner, Centre for Mountain Ecosystem Studies, Kunming Institute of Botany, Chinese Academy of Sciences, we supported the publication of the book, *Mountain Futures: Inspiration and Innovation from the World's Highlands*, an unique book available in Chinese and English.

We support diversity and explore learning experiences with overseas facilitators. We collaborated with the China Nature Education Network for a workshop Deep Ecology, and supported members of the Network's Capacity Building Committee to participate. The workshop was facilitated by Sunisa Jamwiset in Thailand.

Tree Workshop, an innovative curriculum developed by Dr. Claire Elouard of France, explores our connections with trees, and supports people's inner strength through connecting with the energy of trees. In 2018, Dr. Elouard led several workshops with sustainable living facilitators and practitioners.

We also value education and have partnered with Tianjin Eco-city The Voice of the Land Social Education Centre, which is developing affective nature education curricula, building up co-learning mechanisms and networks, and forming trainer teams to support the growth of its facilitators.

We are always exploring ways to support our partners to facilitate connections with nature, and we believe that everyone can find their own unique pathway.

The seeds of the interconnection between humans and nature are buried deep in the ancient wisdom of civilisations.

大树工作坊与自然教育协作者网络拓展
Tree Workshop and Expansion of
Nature Education Facilitator Network



建立内在力量
Building inner strength



培育社区协作者
Nurturing community facilitators

在过去多年探索的基础上，我们与沃土可持续农业发展中心、成都高新区野草生态社区发展中心、厦门小小鸥自然生态科普推广中心等合作，推动“大树工作坊与自然教育协作者网络拓展”项目。大树工作坊是由法国克莱尔·爱乐华博士（Dr. Claire Elouard）所研发，糅合了植物智慧认知和感知力锻炼，协助参加者在平和的状态下，感悟自然之道与大地包容之爱，体认到自然的智慧并不是向外求索，而是往内追寻。过去一年，在成都、厦门和广州合计举办了六次工作坊，约有 100 位伙伴参与学习体验。

Based on our explorations over previous years, we have collaborated with the organisations Nurtureland Sustainable Agricultural Development Centre of Panyu District in Guangzhou, Guangdong Province, Yecao Eco-community Development Centre of Gaoxin District in Chengdu, Sichuan Province, and Xiamen Little Seagull Educational Centre for Nature and Ecology in Fujian Province to foster the programme Tree Workshop and Expansion of Nature Education Facilitator Network. Initiated by Dr. Claire Elouard from France, Tree Workshop aims to build up our cognitive and perceptive powers toward the wisdom of plants so that we can sense, with a tranquil mind, the essence of nature and its non-discriminative love. We can then hold and sustain this wisdom within us. During the year, six workshops were held in Sichuan Province (Chengdu), Fujian Province (Xiamen) and Guangdong Province (Guangzhou), with about 100 partners joining to learn and experience.

如果我爱你

如果我爱你
我要像树那样
深深扎根
站成永恒
倾听风的呼吸
穿越昼夜和四季
为你
不悲过去
不期未来
陪你
岁岁年年

如果我爱你
我要像树那样
粗壮枝干
让你依靠
为你
遮风挡雨
还要做一张舒适的床
编织四季的美梦
让你
安然快乐

如果我爱你
我要像树那样
向上生长
沐浴阳光
积蓄活力和能量
为你
积极努力
不畏雪雨风霜

如果我爱你
我要像树那样
风里飞扬
吟唱四季的歌谣
陪你
长出美丽的翅膀
等你
展翅飞翔

如果我爱你
我要像树那样
为你
成为无所不能的大树
给你
我所有的爱
和生命
燃烧我的身躯
在化成光和热的一瞬间
温暖
你的心灵

你问为什么？
因为我是一棵树
沉默骄傲
从不依靠
从不寻找

如果我爱你
我要像树那样
爱你

If I love you

If I love you
I would be like a tree
Deeply rooted
In eternity
I listen to the breath of the wind
Passing through days and seasons
For you
I do not mourn for the past
I do not expect for the future
I will be with you
Year by year

If I love you
I would be like a tree
My strong trunk
Will support you
For you
I shade the wind and rain
I am the bed that you rest on
And dream of the seasons
I will offer you
Serenity and joy

If I love you
I would be like a tree
Reaching up
Bathing in the sun
Amassing vitality and energy
For you
I strive
And weather the storms

If I love you
I would be like a tree
Dancing in the wind
Singing songs of the seasons
With you
I grow beautiful wings
Waiting
To take off together

If I love you
I would be like a tree
For you
I will be unconditional
I will give you
All the love I have
All the life I live
My body burns
As it turns to light and heat
Warms
Your heart

You ask why?
Because I am a tree
Silent and proud
Self-reliant
Never searching

If I love you
I would do so
Like a tree



诗与图作者：李滢纓，成都“大树工作坊”学员
Poem and artwork by Li Zhuoying,
Tree Workshop participant in Chengdu

The background of the entire spread is a warm, golden-brown color with faint, stylized line drawings of plants and leaves. Overlaid on this are several white hands, each holding a small cluster of dark brown seeds. The hands are positioned at various points: one at the top center, one on the left side, and a group of four at the bottom right. The hands are simple line drawings with visible fingers and wrists, some wearing simple bands or cuffs. The overall theme is agriculture and community.

生态农耕 Ecological Agriculture

生态农耕不仅为人类提供食物，也扮演着人与自然生态文化纽带的角色，同时适用于农村和城市环境，支持可持续生活的实践，带来实际的改变。一直以来，不断扩张的工业化农业切断了社区与自然的联结，摧毁了本地食物网络与结构。而现时市场主导的有机农业并不能有效解决问题，帮助自然生态和社区应对外部冲击。基于过往经验，从事生态农耕的组织和个人，与我们携手探索建基于传统智慧的农耕模式，巩固社区的生态、文化、社会与生计根基，增强其韧性与生命力。

我们推动生态农耕的主要策略，在于丰富社区理解农业生态系统及农业多元的功能，包括文化上的功能。基于十多年来在西南地区的探索，在 2019 年出版了《当文化反思遇上农业——协作者札记》一书，系统地整理不同地区的社区工作经验，透过“故事对话”形式，提炼成为机构的案例，目的不是为了留下一份历史档案，而是希望藉着这个珍贵的过程呈现各种协作农村社区工作的模式，与全国各地的社区工作者共同探讨，怎样结合文化反思的视角及工作理念来推动生态农

The expanding industrialised agriculture has been severing links between communities and nature for many years, destroying local food networks and social infrastructure. To tackle this problem, one cannot rely only on the current market-driven agriculture which further strains the already fragile natural ecology and communities. We have been exploring modes of farming that draw on communities' traditional wisdom; we aim at strengthening ecological, cultural, social and livelihood foundations of communities, and enhancing their resilience in facing external changes.

Our main rural strategy in promoting ecological agriculture in rural communities is to enrich communities' understanding of agro-ecological systems and their multifunctionality, including cultural functions. We have been exploring this work in the rural southwest for more than a decade, and in 2019, we published the 当文化反思遇上农业——协作者札记 / *When Cultural Reflection Meets Agriculture - Facilitator's Notes*. The purpose of this book is not to leave behind a historical document. Instead, it attempts to systematically and holistically convey the work experience of our partners in communities across different regions, further exploring ways of integrating cultural reflection and change theories into ecological agriculture.

Through the collaboration with China Ecological Civilisation Research and Promotion Association, Cihai Environmental Foundation and Sources for Action, we organised a sub-forum in the Annual China Ecological Civilisation Conference, enabling ecological farmers and rural returnees to assimilate the policy of

我们推动生态农耕的主要策略，
在于丰富社区理解农业生态系统
及农业多元的功能，包括文化上的
功能。

耕。此外，我们亦尝试拓展有关的经验和交流范围，继续与中国生态文明研究与促进会、北京慈海生态环保公益基金会及行动源计划合作，分别于中国生态文明南宁及十堰年会中举办分论坛，让生态农户及返乡青年可以融入生态文明及乡村振兴的政策环境，与政府部门及学者对话，协力前行。

在城市地区，过去二十年高速且大规模的城市化进程加剧了食品问题，不可持续的食品系统导致城市社区在面对外部冲击时尤为脆弱。我们在推动生态农业及社区支持农业 (Community Supported Agriculture, CSA) 工作时，尝试进一步探讨建立以农为本的生活价值，推动城乡生活的互助与情感联结，并与东亚网络的行动者互动。2019 年，我们继续参与台湾农学市集研讨会并走访学习，透过“跨地网络”的手法来协作 CSA 领域中的伙伴，思考以恢复生产者和消费者关系的地产地销和城乡互动，协作两岸食农实践者在“农”的多元价值方面更丰富的交流，促进彼此可持续生活网络的发展。

在探索支持返乡青年的体系当中，我们继续与沃土可持续农业发展中心合作，尝试深化培养富有经验的返乡青年成为协作者。支持贵阳市花溪区国仁社会工作发展中心，和广西国仁农村扶贫与发展中心，推动探索农业多样化的功能以及保护老品种种子。通过多元方式巩固生态农耕区域网络的发展，支持多元人群实践生态农耕。

ecological civilisation and rural revitalisation, and to engage in dialogue with government departments and scholars.

In the urban sphere, the rapid and massive urbanisation over the last two decades has aggravated food problems, and urban communities are particularly vulnerable. In our work to promote ecological agriculture and Community Supported Agriculture (CSA), we have tried to take a step further: exploring sustainable urban living, connecting consumers with small ecological producers to re-examine the meaning of agriculture and food, and fostering connections between cities and the countryside.

We have also been facilitating cross-regional dialogue among partners and activists in East Asia. In 2019, we continued to participate in Annual Forum for Taiwan Farmers' Market and organised a learning trip. CSA partners have deepened their reflections on the relationships between producers and consumers through urban-rural exchanges and our 'Local Production for Local Consumption' project. In an effort to foster cross-strait sustainable living networks, we have facilitated exchanges between practitioners in mainland China and Taiwan on the multiple values of agriculture.

Moreover, we have been working to help build support systems with young rural returnees. We continue to collaborate with Nurtureland Sustainable Agricultural Development Centre in Guangdong Province to provide support and training of veteran returnees. Through the support of Guiyang Huaxi Guoren Social Work Development Centre of Guizhou Province and Guangxi Guoren Poverty Alleviation and Rural Development Centre, we are exploring the multifunctionality of agriculture and preservation of local seeds.

Our main rural strategy in promoting ecological agriculture in rural communities is to enrich communities' understanding of agro-ecological systems and the multifunctionality, including cultural functions.

当文化反思遇上农业 When Cultural Reflection Meets Agriculture



为了系统地整理过去十多年来在西南农村社区探索生态农耕的经验，我们在2016年6月，邀请了13位不同地区的生态农耕及能力建设同事相聚昆明，通过多天的交流，把累积的社区工作经验，以“故事对话”的形式整合，将在农村推动生态农耕的经验提炼成为行动案例与论述，探讨如何结合文化反思的视角推动生态农耕，开放地提出相关的原则、方法与注意事项。最后辑录为《当文化反思遇上农业》，于2019年5月出版。

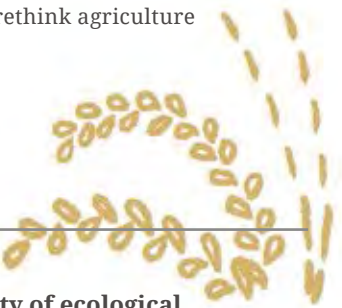
In June 2016, in order to systematically compile over ten years of experience in exploring the practice of ecological agriculture in rural southwest China, a meeting was organised for partners and community facilitators. This took the form of ‘story-dialogues’ – case studies with theoretical and practical notes. We incorporated cultural reflection as a perspective to foster ecological agriculture, and selected relevant principles and methods to emphasise. Our collaborative efforts resulted in a Chinese-language book, published in May 2019.



《当文化反思遇上农业》
When Cultural Reflection Meets Agriculture – Facilitator’s Notes

“结合文化反思来推动生态农耕，有助建立决定社区行动背后的内在价值，把农业放回生活中思考。”

“By incorporating cultural reflection into our ecological agriculture work, it helps to develop the inner values that contribute to decisions made in community actions, and to rethink agriculture in everyday life.”



西南农耕文明与多样的生态文化 The agrarian civilisation and the diversity of ecological cultures in Southwest China

西南地区位置介于中国东部农业区与西部牧业区中间，形成特有的农耕文化系统。当地的农耕文明与多样的生态文化紧密连结。

Situated between the farming areas of Eastern China and the herding areas of Central China lies Southwest China, a region with unique agrarian culture systems: its civilisations are closely connected with its diversity of ecological cultures.



推动农耕多元价值 Promoting pluralistic values of agriculture

推动社区理解农耕的多元功能，是我们主要的策略。在西南地区，为了恢复老品种保育与生活的结合，我们支持广西国仁农村扶贫与发展中心每年举办农民种子交流会，促进农户认识与交流，深入认知地方品种和传统生活文化的价值。

Our core strategy of ecological agriculture is to enhance communities’ understanding of the multifunctionality. In Southwest China, we have supported the Guangxi Guoren Poverty Alleviation and Rural Development Centre in Guangxi Zhuang Autonomous Region to hold an annual farmers’ seeds exchange, aiming to restore the preservation of traditional crop varieties. This has helped enable a better understanding of the values of traditional culture and strengthened relationships among participating farmers.





文化反思推动生态农耕
Cultural reflection helping promote ecological agriculture

在贵州的黔东南侗族传统香禾糯栽种地区，我们结合经济与非经济的动力，支持伙伴贵阳市花溪区国仁社会工作发展中心，通过文化反思推动生态农耕。在黎平县流芳村，村民已经深切体认到只看重市场、追随主流经济是不可持续的，今年，黔东南的“侗乡有种”项目，进一步把这理念扩展至三个侗族主要的文化圈。

In the traditional Kam Sweet Rice planting areas of the Dong minority in southeast Guizhou Province, we have supported our partner, Guiyang Huaxi Guoren Social Work Service Centre, to incorporate non-economic incentives for enhancing ecological agriculture through cultural reflection. During the year, ‘Homeland of Kam Sweet Rice’ project has helped further promote non-economic incentives in three major Dong community regions that share the same traditions.



生态农耕融入政策
Connecting ecological agriculture with policy making

由中国生态文明研究与促进会主办的中国生态文明年会于 2018 年 12 月在广西南宁召开。藉此，我们组织分论坛，邀请广西的生态农户及返乡青年参与，分享多年的生态农耕及乡村振兴的经验，与政府代表及学者进行对话，融入政策环境。

The China Ecological Civilisation Research and Promotion Association hosted the Annual China Ecological Civilisation Conference in December of 2018 in Nanning, Guangxi Zhuang Autonomous Region. We organised a sub-forum in which ecological agriculture practitioners and young rural returnees from Guangxi shared their experience in practising ecological agriculture and rejuvenating rural development – they also engaged in dialogue with government representatives and academics to connect policy and practice.



重新连结社区
Rebuilding linkages among communities

我们希望凭借《当文化反思遇上农业》一书承载的经验，为社区及农村工作者提供一些提示，传统上农村社区是相互合作、紧密关联的，包括交换物资与种子等。以文化视角推动生态农耕，有助于恢复传统文化圈的区域布局，把社区重新连结在一起。

We trust that the experiences recorded in the book *When Cultural Reflection Meets Agriculture – Facilitator’s Notes* will give rural community facilitators a deeper understanding of how traditional rural communities are helping each other, including exchanging needed materials and seeds. Promoting ecological agriculture from a cultural perspective helps restore regional patterns of traditional cultural circles, thus linking communities together.

东亚地区生态农业行动者网络搭建
East Asian Network Building for Ecological Agriculture Practitioners



随着社区支持农业的发展，伙伴希望与同行者建立更紧密联系，我们穿针引线，慢慢建立更多元的实践者网络。自 2017 年起，我们支持东亚地区的伙伴开展跨地域交流活动，曾邀请东亚地区《东北食通讯》创始人高桥博之先生与穀东俱乐部的赖青松先生到访，就食物与农业相关的传播交流经验。2018 年 10 月，内地和香港的伙伴参加台湾农学市集论坛，并做走访学习。2019 年也继续参加农学市集的交流，让彼此看见、相互支持。

As Community Supported Agriculture (CSA) develops, we support partners to establish closer connections with others in the sector through forming a variety of practitioner networks. Since 2017, we have supported partners across East Asia to begin regional cross-border exchange activities. We invited Hiroyuki Takahashi, founder of *Northeast Newsletter on Food* in Japan, and Mr Lai Chin-Sung, founder of the Taiwan Ko-Tong Rice Club, to visit several regions of mainland China, sharing experiences of communicating information on food and agriculture issues. In October 2018, our mainland China and Hong Kong partners participated in the Annual Forum for Taiwan Farmers’ Market and conducted learning visits, and in 2019, practitioners also participated in the Forum.



相遇在市集
Encounters in Farmers' Markets

这两年参与台湾农学市集年会，总会疑惑：这种短促的相遇，对于彼此来说真的“有效”么？可过去几年的跨地工作经验证实，相互看见是可能的，交流是有效的。

Some people may doubt the value of participating... is the trip really 'effective' for all parties? The many positive experiences in the farmers markets and other cross-regional programmes over the past few years have proved their worth!



农夫跑到城市！
Farmers coming to the city

这些跨地域交流更清晰显示在城市中出现农夫市集的价值，是让“农”重新出现在钢筋水泥占满的城市中间。例如在成都生活市集，农户与消费者逐渐形成“共同体”并延展深化，城乡互助、与城市居民探索可持续生活方式变得更有可能。

Farmers' markets in cities demonstrate the importance of rural-urban exchanges. The markets make 'farming' visible again in the steel and cement laden city. The Chengdu Living Market in Sichuan Province is an example: farmers and consumers have connected to form a 'symbiotic community', expanding the possibilities of mutual help and exploring sustainable living, together.



多样市集的惊喜
Amazing varieties of Farmers' Markets

台湾农学市集的丰富多彩让人惊喜不断，来自台湾不同地区的伙伴，有机会每年聚首交流，在友善环境、支持小农的旗帜下，各展丰富内涵。

The splendour of the Annual Forum for Taiwan Farmers' Market amazes participants. Our partners from Taiwan's different districts gather annually for environmental exchanges to promote eco-agriculture and to support small farmers. They demonstrate such profoundness.



市集伙伴的交流互动
Exchanges and interactions among partners of Farmers' Markets

通过参与农学市集年会的经验，看到多元化的市集模式，促进国内农夫市集伙伴之学习与交流；我们合作的包括北京有机农夫市集、成都生活市集、南宁都市农墟及广州城乡汇等。

Participating in the Annual Forum for Taiwan Farmers' Market has opened our eyes to the diversity of farmers' market models. The experience has helped us to better facilitate learning and exchanges with our partners in China, including Beijing Farmers' Market, Chengdu Living Market in Sichuan Province, Nanning Urban Market in Guangxi Zhuang Autonomous Region, and Cantonese Farmers' Market in Guangdong Province.



社区支持农业伙伴交流
Exchanges among Community Supported Agriculture partners

2019 年，我们邀请台湾兴大有机农夫市集的杨文仁和农友来广州，与城乡汇农墟伙伴分享交流有机农夫市集农民参与、相互协力的经验，深化关系。

In 2019, Yang Wen-Jen from Taiwan's NCHU Organic Farmers Market was invited, together with the fellow farmer-members, to come to Guangzhou of Guangdong Province to exchange with our farmer partners from the Cantonese Farmers' Market. They all shared experiences with organic farmers' markets and various collaborations and activities, deepening their connections.



友谊在市集
Friendships from Taiwan Farmers' Markets

通过参与台湾农学市集研讨会及组织其他交流活动，有助东亚区域网络的团结。未来会开出怎么样的花朵，实在让人期待。

Participation in the Annual Forum for Taiwan Farmers' Market and other activities has enhanced the solidarity of the CSA network in East Asia. We look forward to the future, with flowers blooming from these seeds!



社区经济 Community Economy

主流经济模式推动市场导向的物质主义和消费主义之社会发展趋势，重视物质与金钱价值，鼓励消费以发展经济，造成的问题如资源过度耗费、社区资源外流且严重依赖外部市场、社区关系疏离等，逐渐为大众所了解和觉知。在反思主流经济模式的基础上，我们支持伙伴探索以社群关系为本的社区经济，发展环境友善、在地互助、资源再生的经济模式，增强社区自我认同与互助精神，提升社区韧性与创造力，以及自给自足的能力，重建人与人、人与自然的和谐关系。

针对高校扩招能源消耗剧增，而节能技术又相对落后，节能意识薄弱的问题，我们与重庆市渝中区巴渝公益事业发展中心和云南保山学院合作，推动大学生环保社团在多所高校开展能源消费和生活方式调查，协作高校学生反思主流生活方式对能源消耗的影响，消费主义与主流经济发展对自然环境、精神文化和社会层面的冲击，进而身体力行，培养减少生态负担的生活态度，探索实践低碳生活的路径。

Reflecting on the mainstream economic model, we see many challenges in community life: the depletion of natural resources, outflows of social resources, over-dependence on external markets, and a growing sense of alienation. This reflection leads us to support community economy initiatives founded on interconnected relationships. We believe that community resilience can be strengthened by enhancing a sense of belonging and cooperation, and by supporting economic activities that are more environmentally friendly, local, and conducive to the regeneration of resources.

Another impact of the mainstream economic model is energy consumption, which has increased drastically, while energy-saving technology and an awareness of energy conservation, less so. To engage with students – who are the young generation – we have been working alongside Chongqing Central District Ba Yu Public Welfare Development Centre in Chongqing Municipality and Baoshan University of Yunnan Province to launch energy consumption and lifestyle surveys at several universities. The aim is to facilitate student environmental groups to reflect on development and energy consumption, and the impacts of consumerism on nature, spirituality, culture and society. Student-participants say that they feel encouraged in their efforts to reduce our ecological burden, such as exploring low-carbon ways of living.





我们支持伙伴探索以社群关系为本的社区经济，发展环境友善、在地互助、资源再生的经济模式，提升社区韧性与创造力，重建人与人、人与自然的和谐关系。



在城市地区，支持伙伴反思主流经济模式的同时，亦鼓励在地社区与社群结合日常生活实践，探索促进互助合作的经济生活。在北京，木兰花开文化社工服务中心致力推动培育社区经济实践小组及社区骨干，发掘社区群体优势，整合现有社区资源，实践互惠互利的行动，促进社区内人与人之间的关系，同时回应居民减低生活成本的需求，并辅以系列“自主生活”为主题的活动，增进社区内打工者的连结，开阔社区居民对可持续生活的想象。

北京鸿雁社工服务中心推动家政工人探索社区经济，支持家政工群体制作手工环保清洁用品等，也深化和扩展家政女工以生计合作为基础，实践社区经济，并向雇主、社区及家政工中介机构传播家居环保生活理念与行动，促进家政工与其他社群的融合。

在广州，我们与广州市恭明社会组织发展中心和广东省千禾社区公益基金会合作，透过“自主生计”探索计划、小额资助等方式，支持残障群体探索自主生计、自主生活的可能，将社区经济的理念与行动扩展到更多元的群体，推动残障人士思考与实践可持续生活。

Our approach in urban areas is similar. We support partners in reflecting on economic models and exploring collaborations. Mulan Community Service Centre, a group working with migrant workers in Beijing, strives to promote mutual help and community economy. They support training, the consolidation of resources, and mutually beneficial actions as ways to foster resiliency, strengthen groups and communities, and reduce living expenses among its members. By encouraging community activities among migrant workers, the programme nurtures bonds among workers, deepens their sense of self agency, and broadens their imagination about sustainable living.

Beijing Hongyan Social Work Service Centre engages domestic workers, supporting them to produce handmade eco-friendly cleaning agents. The workers go further than production: they also promote green household management concepts to their employers, fellow workers, and others. This community economy practice has deepened their sense and cooperation with each other, and their sense of connection with the city.

In Guangdong Province, we partner with Guangzhou Institute of Civil Society and Harmony Community Foundation to support work placements and small grants with people with disabilities. Disability groups have been leading activities to facilitate their members to explore independence and self-reliance in livelihoods and to understand, reflect on and practise sustainable living.



Community resilience can be strengthened by enhancing a sense of belonging and cooperation, and by supporting economic activities that are more environmentally friendly, local, and conducive to the regeneration of resources.



残障群体自主生计探索

Exploring Self-reliant Livelihoods with People with Disabilities

 培育社区协作者
Nurturing community facilitators

 协作文化反思
Facilitating cultural reflection

我们与广州市恭明社会组织发展中心和广东省千禾社区公益基金会合作“残障群体自主生计探索”项目，将体验式工作坊及生活实践作为主要探索路径，以自我观照和发展作为主线，设计多样化的工作坊，如“按摩与自我照顾工作坊”、“素食蛋糕工作坊”、“食农教育工作坊”、“手作日用品工作坊”，并结合“美好生活杂货铺”、72行职业体验团、自主生活探索计划等等，协助残障群体看见更丰富多元的世界，以积极的心态，重新审视现有的生计生活，发现更多的生计选择与可能。

We partnered with Guangzhou Institute of Civil Society and the Harmony Community Foundation in Guangdong Province to launch the programme ‘Exploring Livelihoods with People with Disabilities’. This is an innovative range of workshops in massage, self-care, vegetarian cake making, DIY daily necessities, food and agriculture. The ‘Good Living Grocery Store’ and other exciting initiatives promote ways of living that are less dependent on the mainstream cash economy and more aligned with a sustainable livelihood. Participants have been reflecting on their daily life, and then discovering new opportunities and possibilities.



自主生活、自主生计

Self-autonomous lifestyles

残障群体通过自主生计项目，探索自主生活、自主生计的实践。参加完手工唇膏工作坊，有残障朋友体会到：“原来做一只唇膏特别简单……健康的生活并没有离我们很远。”

Through participating in self-reliant livelihood programmes, people with disabilities explore ways of leading a thriving and self-reliant life. After joining a handmade lipstick workshop, a participant remarked, “It’s so simple to make lipstick... Healthy living is not far away at all!”



更多的想象与肯定

More imagination and recognition

农夫市集的体验让残障伙伴对自己的生活方式和职业有了更多想象和选择，也对自我多一份的肯定。过程中有残障伙伴发现自己的销售天赋，现学现用。

Farmers’ markets have enabled people with disabilities to develop more imagination and discover more options for their careers and ways of living. The experience has also been very self-affirming. Some participants discovered a potential in marketing, creating displays straight away!



更多的接触与交流 More contact and exchange

“美好生活杂货铺”是为残障伙伴搭建的交流平台，让他们有机会接触到更多社区支持农业的产品与互动平台，也鼓励大家通过摆摊，增进与农友和消费者的交流。

The 'Good Living Grocery Store' is a platform for communication – people with disabilities gain better access to production and to Community Supported Agriculture groups, and farmers and consumers can also chat easily at the stalls.



和别人一起，延展世界 Joining others, extending one's world

“我的世界里可以不只有按摩院。”一位参加者在广州国际垂直马拉松赛后发现，只有跟不同的人在一起，才感到自己的独特价值；自己的聪明才智可以帮助别人，让自己觉得真实地活着。

“My world can be something more than a massage parlour,” said the participant after joining in the Guangzhou International Vertical Marathon in Guangdong Province. He felt so alive as he helped others with his own wisdom and ingenuity, and he has come to see that to discover one's uniqueness, one must relate with different people.



正念按摩，感受手的温度 Feeling the hand's warmth in mindful massage

正念按摩以残障伙伴的自我观照和发展作为主线，设计多个线下工作坊。参加后伙伴反馈，“正念让我学会在按摩的过程中尝试使用呼吸来调整情绪。”

Mindful massage places an emphasis on self-observation and self-development, and partners have created various workshops with this approach with people with disabilities. A workshop participant reflected, “Mindfulness has taught me how to control my emotions through ways of breathing as I massage.”



突破残障，与自然融合 Breaking barriers, connecting with nature!

项目过程中曾支持残障朋友参加大树工作坊，体会自然的力量，增进实践可持续生活的内在力量。“自然是有疗愈力量的，当我想要和树连接时，便放松下来，心也会随之静下来，树伙伴会带我进入觉察层面。”伙伴参加者分享说。

Through the Tree Workshop (see page 40), people with disabilities experience the power of nature and build inner strength for practising sustainable living. One participant shared, “Nature has healing power. When I connect with the tree, I become relaxed and calm. The tree is a partner and brings me to a state of self-awareness.”



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

社区伙伴理解的可持续生活内涵，离不开社区与自然的相互依存，维系的基础之一，是世代相传的传统知识与智慧，在这基础上形成核心文化价值，有传承，有创新。我们通过支持社区整理传统与本土知识，以及本土可持续生活的内涵，协作社区理解和思考本土知识的核心价值，以恢复和建立社区的知识创新、分享和传承的机制。2019 年，土地伦理与汉族农村人地关系培训和交流会、云南大理州上关村汉族文化与自然联结探索和青年人教育项目，都进一步开展探索，促进传统知识与智慧的跨代交流，以及相关的社区行动。

在传统文化的认知里，人与土地、人与人从来都是关联互动的。2017 年起，我们与云南高黎贡山国家级自然保护区保山管护局腾冲分局合作“以自然为师，让心与自然联结”项目，邀请台湾无痕山林讲师郑廷斌开展“土地伦理与汉族农村人地关系培训和交流会”，协作社区恢复对土地的尊重与守护，重建和增强汉族农村地区人与自然、人与土地、人与人、人与社区之间的关系。交流会围绕当地传统生活、农耕、建筑以及祭典仪式，

We believe that sustainable living can never be separated from the interdependent relationship between communities and nature, and that traditional knowledge and wisdom is a foundation of these relationships: core cultural values are passed down through generations.

Through documentation and learning, we facilitate people's understanding of and reflection on their local community's core values, building mechanisms to restore, share, and transmit their knowledge. This has been further explored in 2019 with two programmes to foster intergenerational exchange and community action: 'Training and Exchange on Land Ethics' and 'Human-land Relationship in Han Villages and Exploring Connections with Nature in Han Culture and Promoting to Youth, Shangguan, Dali'.

In traditional culture, connection and interaction are intrinsic to relationships – between people, and between people and land. In 2017, we collaborated with the Gaoligongshan National Nature Reserve Tengchong Administration Bureau of Yunnan Province on a programme entitled 'Nature as Teacher, Connecting with Nature with Our Hearts'. Cheng Ting-Ping, a Leave No Trace facilitator, held the 'Training and Exchange on Land Ethics and Human-land Relationship in Han Villages', facilitating Han communities to revive their



通过支持社区整理传统与本土知识，以及本土可持续生活的内涵，协作社区理解和思考本土知识的核心价值。



探讨土地伦理的脉络、尝试理解汉族农村社区的人地关系，并进一步以“土地伦理”作为社区调查分析的视角，培养村民、伙伴和项目人员协作社区调查分析的能力。2019 年，第二期“土地伦理与汉族农村人地关系培训和交流会”在腾冲大蒿坪村举行，工作坊在社区情境下开展，有利于依托当地社区传统文化，深入探索土地伦理的内涵及讨论人地关系，并开展相关的社区文化调查。

在大理上关村，我们继续与云南民族大学西南民族特色文献研究中心和当地老年协会合作，一起展开“汉族文化与自然联结探索和青年人教育项目”，推动社区开展传统文化调查，梳理社区文化与历史，重塑社区文化自信与主体性；并通过强化社区既有的学习平台，促进社区的学生、青年、老师、家族代表、老年协会成员等共同参与传统文化的学习，建立多元平等的互动，并将所学融入日常生活，促进在地的文化遗产与生态保护，也修复社区原有的社会网络。

respect for land and their protection of it, and to rebuild their relationships as a whole – with another, with nearby communities, and with nature. Participants discussed farming, construction, sacrificial rituals, ceremonies and various ways of traditional life. They also explored land ethics, which has been adopted as an analytical framework in surveys involving communities and partners. In 2019, another ‘Land Ethics Training and Exchange’ was held in Dahaoping Village, Tengchong City of Yunnan Province. This time, participants discussed land ethics in depth, particularly how their local traditional culture sees land-human relationships; they also conducted community culture surveys.

In Shangguan Village, Dali City, Yunnan Province, we continue to collaborate with the Southwestern Ethnicities Archives Research Institute of Yunnan Minzu University and local elderly associations to strengthen the agency and self-confidence of communities as they rebuild their traditional culture. Through the programme, Exploring Connections with Nature in Han Culture and Promoting to Youth, Shangguan, Dali’, we have been strengthening learning platforms, encouraging students, youths, teachers, family representatives, and elderly association members to join and interact with diverse social groups on an equal footing. Participants have been contributing to the restoration and transmission of local culture, ecological conservation, and indigenous social networks, and integrating what they learn into everyday life.

Through documentation and learning, we facilitate people’s understanding of and reflection on their local community’s core values, building mechanisms to restore, share, and transmit their knowledge.



土地伦理与汉族农村
人地关系培训及交流
Workshop on Land Ethics and People-
Nature Relationship in Han Villages

- 

建立内在力量
Building inner strength
- 

协作文化反思
Facilitating cultural reflection

2019 年，我们与云南高黎贡山国家级自然保护区保山管护局腾冲分局合作，于腾冲大蒿坪村开展第二期“土地伦理与汉族农村人地关系培训和交流会”，来自四川屏山、邛崃，重庆偏岩、缙云，云南大理、腾冲永胜、大塘、大蒿坪等地老中青伙伴合计 46 人参加，旨在促进“跨代对话”，让传统的文化与智慧，在老中青之间得以传承和创新。交流会由台湾协作者郑廷斌（斌哥）协作，分享土地伦理的理念、无痕山林户外露营体验，营前也特别回溯传统，由老年人为年轻人举行迎送仪式，期间还穿插跨代文化传承的讨论，并共同探讨后续的社区行动计划。

In 2019, we collaborated with the Gaoligongshan National Nature Reserve Tengchong Administration Bureau of Yunnan Province to launch the second phase of the ‘Training and Exchange on Land Ethics and Human-land Relationship in Han Villages’. The Exchange was held in Dahaoping Village of Tengchong City in Yunnan. It aimed to promote intergenerational dialogue on traditional culture and wisdom and on passing it down through time. The 46 participants included elderly, middle-aged and young people coming from Pingshan and Qionglai of Sichuan Province; Pianyan and Jinyun of Chongqing Municipality; and Dali and Tengchong from Yunnan Province. Cheng Ting-Ping (Brother Ping) of Taiwan was the facilitator, sharing concepts of land ethics and ‘Leave No Trace’, a movement encouraging low impact experiences in the countryside. The six-day programme included camping, activities to review traditions, rituals in which elderly people farewelled and welcomed back youngsters, discussions on cultural preservation through the generations, and follow-up community action plans.



“请你们平安回来，把传统传承下去！”
“May you come back safely and peacefully,
and pass on our traditional culture through the
generations!”

六天的土地伦理无痕山林体验营前，老人按传统为年轻人欢送；回来，老人夹道去迎接。老人共同讨论的迎送仪式，是祝福，是寄托：对后辈的热爱、关心和期待。

Elderly participants of the Land Ethics Workshop conducted traditional rituals to see the youngsters off on their camping activity, and then welcomed them back again.

The elderly expressed their blessings and their trust in the young to carry out the mission of cultural preservation, as well as to show their love, care and expectations for the younger generation.



山林里，可以不留痕迹吗？
Is it possible to ‘Leave No Trace’ in the
countryside?

土地伦理工作坊协作者郑廷斌（图左一）介绍无痕山林的原则：适当的处理垃圾、将发现到的事物回归原状、将营火的影响减到最低、尊重野地的生命。

Cheng Ting-Ping (far left), the facilitator of the Land Ethics Workshop, outlines principles of keeping the countryside intact after activities such as camping and hiking: Handle waste appropriately. Leave what you find. Reduce impact of campfires. Respect all lives in the wilderness.



坚守无痕山林
Guard the countryside against human harm

生火后恢复原状，帮助土地疗愈；用餐后处理厨余，从源头减少垃圾，减少对土地和自然的伤害。

Return the land to its original state after making fires to help the land heal. Properly treat food waste after meals. Reduce waste at the source. Reduce harm to the land and to nature.



回到内心，小草小虫看世界！
Back to the Heart – Feel the world in grass and worms!

先站起来，低头看（成年人的高度和视角），有多少动物？
再蹲下来，（孩子的高度和视角），看有多少动物？
最后趴下来，看有多少小动物？
闻闻味道，躺一会儿，用心感受小草小虫，看待世界.....

First, stand tall, at the height of a grown-up, and look down from that perspective – how many animals are there?
Then squat down at the height of a child – how many animals are there?
Last, lie on the ground, facing downwards – how many animals are there?
Smell for a while, stay on the ground, feel the grass and worms with your heart as you connect with the world...



变成一棵树！
Turning into a tree!

从一个碳原子开始，和地球上的十万乃至一百万年前的动物、植物、空气交流；
慢慢地生根发芽，茁壮成长，与周遭的树一同成长。
最后回到自己，像树一样接受大地的疗愈能量，
感受永恒的善。
人与树同在，接连天地。

Imagine yourself as a carbon atom, passing through animals, plants and the atmosphere 100,000 to 1,000,000 years ago, then gradually taking root in the soil, with buds beginning to sprout, and then robust growth, together with other trees around you.

Then come back to the self, receive the healing energy of nature as trees do, and feel the eternal goodness of the world. Humans and trees are one – we are connected with the universe.



把山林的感受和故事带回来！
Returning with your feelings and stories associated with nature

老中青围坐分享生命故事，各人心中都点起了火。
人与自然、人与土地、人与人重新连结。
大家看到彼此的人生历程，看到社区行动有其渊源，也充满可能。

Elderly, middle-aged and young people sit in a circle, sharing their life stories, all with an open heart.
Connections are rebuilt between humans and nature, between humans and the land, and among each other.

As members of the community see each other's life journeys and gain insight, possibilities emerge for community action.

汉族文化与自然联结探索和
青年人教育项目

Exploring Connections with Nature in Han Culture and Promoting to Youth

 协作文化反思
Facilitating cultural reflection

 培育社区协作者
Nurturing community facilitators

社区伙伴自 2017 年开始与云南民族大学西南民族特色文献研究中心合作“汉族文化与自然联结探索和青年人教育项目”，协作大理上关老年协会，由学生、社区青年、老师、家族代表、老年协会人员等三十人组成六个调查小组，在社区范围内进行传统文化调查，梳理传统知识与智慧跟社区村民当下生活的内在关系，以此为探寻传统文化传承与创新的方法，推动社区实践可持续生活，并将相关的行动经验与周边社区分享共勉。

We have partnered with the Southwestern Ethnicities Archives Research Institute of Yunnan Minzu University in Yunnan Province since 2017, collaborating on the programme, 'Exploring Connections with Nature in Han Culture and Promoting to Youth'. The initiative facilitates the local Shangguan elderly association to set up six research groups, of 30 members, to conduct surveys with communities on traditional culture, studying how traditional knowledge and wisdom links to everyday village life. These efforts explore ways of preserving the culture, passing it on and also renewing it. The programme also fosters mutual support and exchange with neighbouring communities.



社区传统文化调查
Research on traditional culture

上关村地处大理市喜洲镇北端。近些年，曾经半农半渔为主的生计方式发生了变化。“云南大理州上关村汉族文化与自然联结探索和青年人教育项目”社区调查小组成员，包括上关老年协会骨干、村干、小学生、老师、中学生、家族代表等。

Shangguan Village is located in the north of Xizhou Town of Dali City in Yunnan Province. In the past, villagers gained their livelihood through farming and fishing, but life has changed in recent years. The programme ‘Exploring Culture-Nature Connections and Youth Education in Han Community in Shangguan of Dali’ includes a community research group comprising core members of the local Shangguan elderly association, senior village cadres, primary and middle school students, teachers and representatives of family clans.



不一样的家谱文化
A different genealogical culture

老年协会会长张茂恒（左上角）说，这是现代的家谱，就是不一样。以前的家谱主要记录男性，而他在家谱里也记录女性；以前主要的目的是为了光宗耀祖，而他更希望追寻文化的根，也是对后代的道德教育。

Zhang Maoheng (upper left), chairman of the Shangguan elderly association, says that it's a modern genealogy, certainly different from usual ones!

Traditional genealogies mainly record lines of male descendants, but his genealogy includes females. Traditional genealogies tend to glorify ancestors while he hopes his genealogy is understood as a search for the clan's cultural roots as well as for moral education for future generations.



丰富的传统文化
Richness of traditional culture

调查内涵丰富，与生活紧紧相连，由村民故事、地名故事到渔农文化、传统食物、互助精神等，挖掘了社区传统文化的核心价值，以及文化与自然联结的生态保护观念。

The research has examined the core values of the community's traditional culture, and the ecological conservation concept of linking culture with nature.

Themes for research in Shangguan are plentiful and relate closely to everyday life, such as place names, stories about individual villagers, farming and fishing culture, traditional food, and the ethos of mutual help.



重寻敬畏土地的文化
Reviving culture of respecting the land

大龙潭塘调查的发现，原来做敬畏土地神仪式的庙快倒了，村民集体仪式也没了。调查小组计划联合老年协会，去找村委会和村内爱心人士，修缮房子、清理龙潭、倡导恢复一些仪式，重建当地人与土地的关系，尊敬土地神。

Research revealed that the temple at the Grand Dragon Pond for worshipping the God of Land was about to collapse, and that ceremonies held there in the past have been fading out in village life. The research group plans to work with the Shangguan elderly association to invite the village committee and concerned villagers to renovate the temple, restore the Grand Dragon Pond, and advocate the revival of ceremonies. This can help rebuild connections with the land and restore respect for the God of Land.



自己采访自己编
Collecting and adapting our stories

调查所收集的材料，本村的起源故事和“上关花”故事，孩子们特别喜欢，成为戏剧活动的素材。他们自己写台词，采访家人，编成戏剧，更用土话说故事。“那样土味的话很地道。”张会长对用方言创作很满意，并收藏着那些稿子。

Of all the information collected in the research, stories about the origins and the story of “The flowers of Shangguan Village” appealed to youngsters the most. They turned the research into a play, adding their own stories, interviewing their relatives, writing their own scripts, and using their indigenous language. “Using the native language brings affinity toward our own locality,” said Chairman Zhang. He was very pleased with the creativity and has kept the scripts to enjoy!



不仅是玩玩，是传承
It's something beyond fun, it's about preservation and inheritance

“现在孩子们只是感受到好玩，到一定时候，六七十岁，就不仅是好玩了。”这是张会长的感慨，也是他的期待。

“The kids may now only see the fun side of it, but when they reach a certain age, say their sixties or seventies, it will become something beyond fun,” said Chairman Zhang, with a sigh as well as anticipation!



项目一览

Project List

广东
Guangdong
Province

跨地区与海外
National and
International

北京
Beijing

广西
Guangxi Zhuang
Autonomous
Region

云南
Yunnan
Province

四川
Sichuan
Province

重庆
Chongqing
Municipality

贵州
Guizhou
Province

以汉语拼音为序
In Order of Chinese Pinyin

云南 Yunnan Province

“拜师自然”——云南高黎贡山国家级保护区保山自然教育理念与方法探索	“Nature is Our Teacher” – Developing Local Nature Education Perspectives and Methodologies, Gaoligongshan National Nature Reserve
加强维西县社区为本山林保护的兴趣和社区平台的能力	Strengthening Community-based Forest Conservation Networks, Weixi
腾冲市“以自然为师，让心与自然联结”农村自然教育理念与实践探索	“Nature is Our Teacher: Connecting our Hearts with Her” – Community-based Nature Education, Tengchong
西双版纳可持续生活经验整理与协作者能力建设	Consolidation of Sustainable Living Experience, and Capacity Building of Local Facilitators, Xishuangbanna
西双版纳勐海农村环境综合整治示范项目	Demonstration of “Integrated, Rural, Communal” and Traditional Culture-based Ecological Management, Menghai, Xishuangbanna
西双版纳纳版河流域国家级自然保护区传统文化为基础的可持续生活网络	Exploration of Traditional Culture Inspired Sustainable Living Network, Nabanhe Watershed National Nature Reserve, Xishuangbanna
“影像推动乡村社区建设”——构建乡村影像协作者工作网络	“Visual Production for Community Reconstruction” – Supporting the Establishment of a Community Facilitation Network of Rural Filmmakers
云南保山能源调查与意识提升，推动节能生活	Research on Energy Consumption and the Promotion of Energy Efficient Lifestyles, Baoshan
云南大理搭建共同探索可持续生活的平台	Building Platforms for Collaborative Exploration of Sustainable Living, Dali
云南大理州上关村探索汉族农村文化与自然联结和青年教育	Exploring Culture-Nature Connections and Youth Education with Han Community in Shangguan, Dali
云南哈尼族地区生态文明及可持续发展的参与式行动研究	Participatory Action Research Inspired by Traditional Land Use Patterns and Eco-culture, with Hani Communities
云南区域生态农业学习网络与绿色生态农村建设	Building Ecological Agriculture Learning Network and Ecological Village
云南少数民族生态智慧故事收集与社区教育	Documentation of Stories with Traditional Eco-centric Wisdom and Community Education, with Various Ethnic Communities
云南腾冲市探索社区核心文化价值，助力生物多样性保护	Exploration of Local Core Values for Community-based Biodiversity Conservation, Tengchong
云南西双版纳布朗族社区传统文化为本的可持续生活共同学习平台搭建	Building Mutual Learning Platforms for Exploring Traditional Culture-based Sustainable Living with Bulang Communities, Xishuangbanna

四川 Sichuan Province	成都城市青年可持续生活交流与传播及可持续生活传讯平台工作坊	Supporting Sustainable Living Networks among Youth through Exchange and Communication Platform Development, Chengdu
	成都蒲江县高城镇化农村地区儿童乡土教育	Local Community Education for Children in Highly Urbanised Rural Communities, Pujiang, Chengdu
	成都生活市集农友、市民共同参与社群营造	Chengdu Farmers’ Market – Community Building with Ecological Producers and the Public
	成都生活者骨干共学	Co-learning Scheme for Citizens’ Groups Organisers, Chengdu
	道与术的糅合——成都可持续生活家园设计共学行动项目	“Combining Theory and Methods” – Learning and Practice of Sustainable Living and Community Work, Chengdu
	四川宜宾孝儿镇社区多角度探索资源循环和健康生活	Exploring Healthy Living and Methods of Reusing Community Resources, Xiao Er Town, Yibin
	小厨师养成计划： 宜宾市校园食农教育探索项目	“Little Chef Project” – Exploration of Food & Agriculture Education in Schools, Yibin
	一方水土养一方人： 探索屏山县大乘镇生态村庄建设	Exploration of Eco-Village Building, Dacheng Town, Pingshan

贵州 Guizhou Province	贵阳南明龙家寨社区可持续生活培养与实践	Cultivating Sustainable Living Practices, Longjiazhai Community, Nanming District, Guiyang
	贵阳乌当区居民参与垃圾分类等社区公共事务管理及社区组织培育	Fostering Community Participation for Waste Segregation, Public Affairs Management, and Community Organisation, Wudang District, Guiyang
	贵州不同背景的伙伴和农户在“传统文化与生态保护” 领域的交流与培训	Training and Exchange with Partners and Villagers on Traditional Culture and Ecological Protection
	培育贵州本土环保力量计划	Capacity Building with Various Local Environmental Protection Participants
	黔东南地方品种保护平台搭建	Supporting the Development of Community Seed Network, Southeast Guizhou
	同在共耕—— 贵阳城市生产者网络培育	“Farming Together” – Fostering Urban Producers’ Network, Guiyang

广西 Guangxi Zhuang Autonomous Region	广西南丹白裤瑶文化可持续生活学习及社区交流平台搭建	Support for Learning Sustainable Living and Building Community Exchange Platforms with Baikuyao Ethnic Communities, Nandan
	支持广西农民种子网络的发展（第二期）	Support for the Development of Guangxi Seeds Network, Phase II

重庆 Chongqing Municipality	重庆高校学生能源消耗和生活现状调查项目	Research on the Lifestyle and Energy Consumption of University Students, Chongqing
	重庆缙云山自然保护区社区为本的自然教育	Community-based Nature Education, Jinyunshan Nature Reserve
	探索培育重庆农村“社区为本环保志愿者网络” 的手法	Exploring Approaches to Nurture Community-based Environmental Protection Volunteer Network, Chongqing

广东 Guangdong Province	残障群体自主生计探索	Exploring Self-reliant Livelihoods with People with Disabilities, Guangzhou
	广州城乡互助网络发展	Developing Urban-Rural Interaction Network, Guangzhou
	广州城乡汇消费者培育	Support for Consumer Education through Cantonese Farmers’ Market, Guangzhou
	广州家长群学习交流网络搭建	Building a Sustainable Living Learning Network with Parents’ Groups, Guangzhou
	珠三角可持续社区力量培育计划	Support to Nurture Sustainable Living among Communities in Pearl River Delta

北京 Beijing	北京打工社区可持续生活社群培育、 半塔社区邻里互助群项目	Education on Food and Sustainable Living Daily Practices, and Mutual Help with Facilitators of Migrant Worker Communities
	北京市社区可持续消费能力建设试点项目	Capacity Building for Sustainable Consumption in Communities – Pilot Project
	发展简报境外非政府组织论坛 2018	Annual Forum of <i>China Development Brief</i> , with Overseas NGOs (2018)
	家政女工社区经济骨干学习以及行动试验	Capacity Building of Community Economy Facilitators with Domestic Workers, and Community Actions for Promoting Green Detergents and Eco-friendly Lifestyle
	绿色家庭建设试点项目	Needs Assessment and Curriculum Development to Nurture Environmentally Aware Families – Pilot Project
	木兰女工社区经济小组倡导可持续生活	Sustainable Living Advocacy with Community Economy Group, Beijing Mulan Huakai Social Work Service Centre
	生态化乡村设计和创新计划	Ecological Community Design and Innovation Programme
	天下工坊——天然手作系列工作坊	Sustainable Living and Handicrafts Workshop with Parents’ Groups
	土壤生态修复与绿色农业研究	Research on Soil Restoration and Ecological Agriculture
	阳台菜园与社区可持续生活	Exploring Balcony Gardens and Communal Sustainable Living

跨地区与海外
National and
International

支持《山地未来——来自世界山地的灵感和创新》中文翻译及出版	Support for Book Publication, “ <i>Mountain Futures: Inspiration and Innovation from the World’s Highlands</i> ” (Chinese edition)
《比邻泥土香》第 10、11 期制作	Production of PCD Magazine <i>Fragrant Soil</i> , Issues 10 and 11 (in Chinese)
大树工作坊与自然教育协作者网络拓展	Tree Workshops and Expansion of Nature Education Facilitators’ Network
两岸青年协作者互派实习计划	Cross-Strait Youth Facilitators Internship Exchange Programme
农村社区绿色领导力培养基金（第一期）	Support for Community Green Leadership Development Fund, Phase I
农业遗传资源及相关的传统知识研究与示范, 加强社区参与《名古屋遗传资源议定书》相关立法	Strengthening Community Engagement in Nagoya Protocol Legislation Regarding Access and Benefit Sharing of Food and Agricultural Genetic Resources
培养返乡青年成为本土技术专家与经验传播者	Building Technical Support Network on Eco-Agriculture with Rural Returned Youth; and Communication of Their Experiences
情意自然教育全国共学圆网络发展	Development of Affective Nature Education through Nationwide Co-Learning Circle
生态智慧学习及协作者网络扩展	Ecological Wisdom Learning and Facilitator Network Development
生态智慧与文化转型项目：中国 - 东南亚青年可持续生活研习计划	Ecological Wisdom and Cultural Transformation – Sustainable Living Learning with Youth across China and Southeast Asia
“土地伦理”融入乡村可持续生活的参与式行动研究	Participatory Action Research on Integration of Land Ethics and Rural Sustainable Living
西南汉族农村传统生态文化社区调查	Community Research on Traditional Ecological Culture in Han Villages, Southwest China
西南汉族农村工作回顾与展望	Retrospect and Prospect of Work in Han Villages, Southwest China
乡村振兴的青年人才培养计划	Youth Internship Programme on Rural Revitalisation
协作者培养与共学社群发展	Co-learning and Support for Facilitators on Community Development
以生态农业为主题记录及梳理农村项目的经验	Documentation and Synthesis of PCD Programme Experience in Rural Eco-Agriculture
以小毛驴市民农园为基础的社区支持农业与实习生网络建设与推广	Building of Community Supported Agriculture Programmes and Linked Internship Network with Little Donkey Farm
中国生态文明论坛南宁年会——乡村振兴与生态农耕分论坛	Support for China Ecological Civilisation Forum Nanning Annual Conference – Rural Revitalisation and Ecological Agriculture Sub-forum
支持东亚地区生态农业行动者跨地区交流及网络搭建	Support for Exchange and Network Building among East Asian Eco-Agriculture Practitioners
中日社区支持农业经验交流传播与网络搭建	China-Japan Community Supported Agriculture Exchange and Network Building
资助工作者可持续社区工作培力营	Support for Sustainable Community Empowerment Camp with Domestic Foundations

合作伙伴与
致谢机构
Partner List

以汉语拼音为序	In Order of Chinese Pinyin
云南	Yunnan Province
保山学院政治学院	School of Political Sciences, Baoshan University
大理白族自治州摄影博物馆	Dali Photography Museum
昆明市呈贡区梦南舍可持续发展服务中心	Mueng Nam Group for Community-based Sustainable Development
勐海县环境保护局	Menghai Environmental Protection Department
腾冲市珍稀动植物保护协会	Rare Flora and Fauna Protection Association of Tengchong
西双版纳纳版河流域国家级自然保护区管理局	Xishuangbanna Nabanhe Watershed National Nature Reserve Management Office
高黎贡山国家级自然保护区保山管护局	Gaoligongshan National Nature Reserve Baoshan Administration Bureau
高黎贡山国家级自然保护区保山管护局腾冲分局	Gaoligongshan National Nature Reserve Tengchong Administration Bureau
云南民族大学西南民族特色文献研究中心	Southwestern Ethnicities Archives Research Institute, Yunnan Minzu University
云南民族大学云南省民族研究所	Yunnan Provincial Institute for Ethnic Studies, Yunnan Minzu University
云南省昆虫学会	The Entomological Society of Yunnan
云南省香格里拉研究会	Yunnan Shangrila Research Institute
云南乡村之眼乡土文化研究中心	Centre for Indigenous Documentary and Cultural Perspective
四川	Sichuan Province
成都城市河流研究会	Chengdu Urban Rivers Association
成都高新区爱生活家社区合作社	Love-Life-Home Cooperative of Gaoxin District, Chengdu
成都高新区万市自然教育中心	One City Nature Education Centre

成都根与芽环境文化交流中心	Chengdu Roots & Shoots
成都集思青年公益发展中心	Chengdu GreenSOS Youth Development Centre
成都农禾之家公益发展中心	Nonghe Non-Profit Organisation Development Centre
成都生活市集	Chengdu Living Fair
成都市锦江区生绿色生态文化发展中心	Chengdu Green Ecological Culture Development Centre
成都社区行动公益发展中心	Chengdu Action for Community Development Centre
珙县孝儿镇宁泰社区居民委员会	Ningtai Resident Committee, Xiao’er Town, Yibin
屏山县阳光志愿者协会	Pingshan County Sunshine Volunteers’ Association
宜宾市戎和社会工作服务中心	Yibin Ronghe Social Work Service Centre

贵州	Guizhou Province
贵阳南明启明社会工作服务社	Guiyang Nanming Qiming Social Service Centre
贵阳黔仁生态公益发展中心	Guiyang Qianren Ecological Conservation Centre
贵阳市花溪区国仁社会工作发展中心	Guoren Social Work Development Centre, Guiyang
贵阳市乌当区振新人心齐社区志愿者服务中心	Ren-Xin-Qi Volunteer Service Centre for Community of Wudang District, Guiyang
贵阳市同在城市扶困融入中心	Guiyang Tongzai Urban Helping and Integrating Centre
贵州省环境保护国际合作中心	Guizhou International Cooperation Centre for Environmental Protection

广西	Guangxi Zhuang Autonomous Region
广西国仁农村扶贫与发展中心	Guangxi Guoren Poverty Alleviation and Rural Development Centre
桂林山水涅槃健康中心	Nirvana Organic Farm

重庆	Chongqing Municipality
重庆市渝中区巴渝公益事业发展中心	Bayu Public Welfare Development Centre
重庆市渝中区自然介公益发展中心	Nature Bridge Social Service Development Centre

广东	Guangdong Province
伴诚品	Boom Product
广东绿耕社会工作发展中心	Centre for Advancement of Rural-Urban Sustainability
广东省岭南教育慈善基金会	Guangdong Lingnan Educational Charity Foundation
广东省千禾社区公益基金会	Harmony Community Foundation
广州城乡汇	Cantonese Farmers’ Market
广州市恭明社会组织发展中心	Guangzhou Institute for Civil Society
广州市越秀区捌零柒社会服务中心	Guangzhou Yuexiu District 807 Social Service Centre
舒米学苑	Schumi College

北京	Beijing
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北京鸿雁社工服务中心	Beijing Hongyan Social Work Service Centre
北京木兰花开社工服务中心	Beijing Mulan Huakai Social Work Service Centre
北京培田社工服务中心	Beijing Peitian Social Work Service Centre
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北京天下溪教育咨询中心	Beijing Brooks Education Consulting Centre
北京小毛驴市民农园	Little Donkey Farm
北京益行公益信息交流服务中心	Beijing E-Share Civil Society Information Centre (CDB)
北京有机农夫市集	Beijing Farmers’ Market
北京自然之友公益基金会	Friends of Nature Foundation
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生态环境部宣教中心	Centre for Environmental Education and Communications, Ministry of Ecology & Environmental Protection
中华环保联合会	All-China Environment Federation
中国儿童中心	Chinese National Children’s Centre
中国生态文明研究与促进会	China Ecological Civilisation Research and Promotion Association

跨地区与海外	National and International
北京慈海生态环保公益基金会	Cihai Environmental Foundation
北京合一绿色公益基金会	He Yi Institute
北京市顺义区生态农业发展协会	Eco-Agriculture Development Association of Shunyi District, Beijing
北京沃启公益基金会	Beijing Wo Qi Foundation
常州市武进区嘉泽姬山书院	Jiaze Jishan Institute
成都高新区野草生态社区发展中心	Yecao Eco-community Development Centre of Gaoxin District, Chengdu
广州善导社会工作服务中心	Guangzhou Shandao Social Service Centre (V-BUS)
广州市番禺区沃土可持续农业发展中心	Nurtureland Sustainable Agricultural Development Centre of Panyu District, Guangzhou
贵州田野环境与发展研究中心	Guizhou Community-based Conservation and Development Research Centre
华东师范大学出版社	East China Normal University Press
昆明市西山区在地自然体验中心	Zaidi Nature Education Centre
蒲韩新青年公社	Puhan Youth Commune
黔桂乡村深度游村寨联盟	Guizhou-Guangxi Rural In-depth Tourism Village Alliance
情意自然全国共学圆	Nature Dao Co-learning Circle China
全国自然教育论坛人才培养专业委员会	China Nature Education Network Capacity Building Committee
上海联劝公益基金会	Shanghai United Foundation
食通社	Food Think
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天津生态城大地之声社会教育中心	Tianjin Eco-city The Voice of the Land Social Education Centre
厦门小小鸥自然生态科普推广中心	Xiamen Little Seagull Educational Centre for Nature and Ecology
行动源计划	Sources for Action
云南省绿色环境发展基金会	Yunnan Green Environment Development Foundation
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Annual Report 2018-2019

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2019

2018

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