

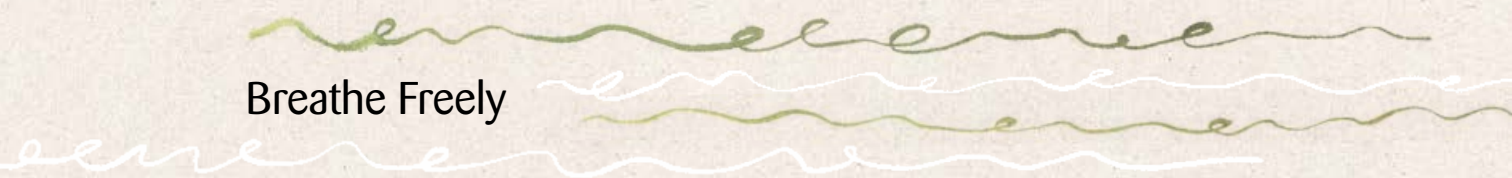
# 社區伙伴

Partnerships for Community Development

双年报 Biennial Report

2023-2025





## Breathe Freely

We breathe freely and fully,  
Feeling grounded and supported  
By the Earth, the energy rising,  
Charging the core of our being.

We are moved, breathed,  
Embraced by our surroundings,  
Knowing only One exists  
Behind the veil of the mind.

Life's turmoil dances  
On the screen of the mind,  
As we shift from actors  
To director, to Love itself.

Inter-seeping, intoxicated  
With the secret knowledge  
Of what we really are,  
We relish each interaction.

Good and bad, right and wrong  
Roil in the wake of the One,  
While we look forward, gazing  
Upon the spoils of eternity.

Andrew McAulay  
Chairperson, Management Committee  
Partnerships for Community Development

安德鲁·麦哥利  
社区伙伴 管理委员会主席

目 Table of  
录 Contents

04 序言  
Foreword

06 社区伙伴简介  
About PCD

08 工作理念  
Our Theory of Change

10 内地项目  
Mainland Programme

12 生态文化与在地行动  
Bioculture and Local Actions

16 探寻农业文化遗产地的生态智慧  
Ecology as Wisdom,  
Agriculture as Heritage

20 在日常行动中培育绿色公民  
Green Citizenship, Green Lives

24 促进转化的学习  
Transformative Learning

28 在学习中激发水环境保护的内生动力  
Invigorating Inner Strength,  
Protecting Rivers

32 在生活中朝向可持续转变  
Everyday Life and Green Seeds

36 乡土价值的社区生活实践  
Rurality in Community

40 在古村落中追寻人与自然共存的根基  
Ancient Villages, Ancient Connections

44 青年人在乡土生态社区中的生活探索  
Youth: Eco-Community  
and Sustainability

48 公益领域互动  
Interactions with the Philanthropy Sector

52 从公益历史中把握可持续发展方向  
Looking Back to History,  
Looking Ahead for Sustainability

56 培养协作者，助力社区可持续营造  
Nurturing Facilitators,  
Nurturing Sustainable Communities

60 内地项目一览  
Mainland Project List

67 致谢  
Thank you

70 香港项目  
Hong Kong Programme

72 转化学习  
Transformative Learning

76 深度生态学——  
在自然中观照内在，  
寻索改变的力量  
Deep Ecology:  
Deep Seeing, Deep Change

80 让身心重拾力量，缔造和平  
Building Peace, Within and  
Around Us

84 应对气候变化的社区行动  
Community Actions on  
Climate Change

88 在农田，孩子与父母感知自然  
Children and Parents Connect  
with Nature, and Each Other

92 日本“转型城镇”运动的启发  
Transition Town,  
An Inspiring Movement

96 社区经济  
Community Economy

100 “屯圆”“屯友”创新梦工场——  
屯门新墟社区经济计划  
Youth Space and Catching Dreams

104 文化和社区建设  
Culture and Community Building

108 重建下的社区营造——  
探索华富邨的生活文化  
Living House, Living Culture

112 永续生活行动及生命教育实践——  
生活书院的社群营造  
Sustainable Living:  
School of Everyday Life

116 香港项目一览  
Hong Kong Project List

119 致谢  
Thank You

120 图片鸣谢  
Photograph Credits

# 序言

七月初的夏天，我们和二十多位伙伴相聚，以生活者这个视角，分享彼此在平凡的日常生活中，如何依托各自的兴趣、实践条件，和关心的议题，在可持续生活的探索上行动起来。过去几年，社区伙伴与一些生活者社群伙伴开展互动，也支持公益伙伴面向生活社群开展工作。伙伴在各自的经验路径中，对于可持续生活议题，以及“生活视角”“知行合一”“生活转化”等有鲜活的体会。我们相信通过人与人、团体与团体之间的合作让社区变得可持续。

在两天半的工作坊中，伙伴叙说着看似细

碎而又多彩的故事。我们当中有关心孩子教育的妈妈、希望破圈成长的青年伙伴、热心于朴门种植和亲近自然的都市农夫、移居乡村践行对大地友善生活的伙伴，还有积极推动低碳零废世界的行动者。我们也分享了行动过程中的困惑与挑战、内在的动力是如何触发，以至于个人的热衷关注及实践的事情是否也有其公共性。大家看到原来个人的追求，协力起来也在贡献于更具韧性的社区建设；每个人内心的激情，可以汇聚到宏大的生活叙事中。这种丰富的想象和创造力，需要我们对未知的过程怀有好奇，并且相信他人和社群的共创力量，在日常生活中唤醒沉睡的改变种子，释放内在的无限潜能，创造幸福生活。

最近接触到“Emergence”（涌现）的概念，

意指许多小实体相互作用后产生了大实体，而这个大实体展现了组成其小实体所不具有的特性。Emergence 提示我们万事万物在一个复杂和相互作用的系统中演化、生成、呈现。对于一个热衷探索和建立生态友善、万物共好的可持续未来的行动者来说，这种关键连结 (critical connections) 和万物相即的关系，有助生成多元节点的网络。我们相互陪伴、分享及共创知识，彼此鼓励，发展出对美好生活的共同愿景。这样的实践社群 (community of practice) 支持着彼此回到各自的生活场景实践出来。我们感恩过去这些年和合作伙伴一起，通过有意识的社区探索，凝聚了关键连结的网络。

从 2025 年开始，社区伙伴也进入了新的五年规划。这个新的规划是团队成员反复回顾

工作及讨论而生成，我们不仅回溯了过去十年的经验，也就机构如何在变动的社会环境和多元公益生态中自居，与合作伙伴及关键人对话，明晰了我们的行动方向。团队也在这样的过程中重新思考自己的兴趣、能力和个人追求如何与工作协同生长，并重新选择各自在机构中的位置。今期年报主题的设置，也反映了我们在新的策略规划中对未来工作的思考及布局。而年报转向双年报的安排，是希望让我们投入更多的时间去获取、沉淀及提炼工作中的经验，生成洞见，并更多地实践社群分享和互动。

感谢一直和我们同行的伙伴！

邓文嫦  
社区伙伴 总干事  
2025 年 7 月 19 日 香港

# Foreword

In the summer month of July, we gathered with more than 20 partners to share — from a practitioner's perspective — how each of us actualises sustainable living based on our specific interests, concerns and practical realities. PCD has been engaging with sustainable living practitioners and also supporting our philanthropic partners to initiate and develop work with this group. The shared experience has strengthened our belief that interpersonal and interorganisational collaborations can contribute to sustainable communities.

During the 2.5-day workshop, the humble imaginations and actions behind each practitioner's seemingly small but vibrant

stories came together. In this collective picture, there are mothers caring about their children's education, youth exploring life choices that embrace sustainability, urban farmers practising permaculture or living in harmony with nature, people moving to the countryside to live gently on this Earth and promoters of low-carbon and zero-waste living. We shared what puzzled us, challenged us and motivated us, and reflected on how our own endeavours might relate to the broader pursuit of the public good. We realised that our seemingly personal pursuits were contributing to a larger goal: building community resilience. Individual drops of passion converged into a shared narrative of sustainable living. We felt that an alternative future is possible if we awaken seeds of change through conscious everyday practices, embrace the unknown future with curiosity, imagination and creativity, and if we believe in the potential and collective power of

individuals and communities working together. I have been drawn to the concept of emergence: individual parts interacting with another, bringing about a larger whole, which embodies qualities distinct from its parts. Emergence reminds us that all things evolve, unfold, and come into being within a complex, interconnected system. For sustainable living practitioners working toward an eco-friendly future for all beings, the understanding of critical connections can be translated into building multi-nodal networks, whereby participants support each other to co-create knowledge, envision a different reality, and act. Backed by this community of practice, practitioners feel emboldened to walk their paths in their respective contexts. PCD is grateful to be part of this community. The connections are critical, as we consciously work together for a shared purpose.

We have embarked on our 2025–2030

strategic plan. The team conducted a focused review of our work over the past decade, engaging in dialogue with partners and key stakeholders and contemplating our role within the dynamic philanthropic eco-system. The process helped clarify organisational directions and confirmed that team members' individual pursuits and strengths can be simultaneously fulfilled through finding their place in our organisation. The structure of this Biennial Report reflects our new strategic plan, and publishing every other year gives us more time to synthesise our work, generate deeper insights, share meaningfully with our partners, and observe the emergence occurring within communities.

My heartfelt thanks to all our partners who have been with us throughout this journey!

Sherman Tang  
Director, Partnerships for Community Development  
19 July 2025, Hong Kong

## 社区伙伴简介

社区伙伴是一家在中国内地与香港工作的社区发展机构，2001年5月由嘉道理基金会创办及资助（经由麦哥利夫人所管辖的基金部分）。嘉道理基金会成立于1970年，创办人贺理士·嘉道理爵士一直秉持“助人自助”的信念。社区伙伴于香港注册，为香港特别行政区《税务条例》第88条下获豁免缴税的慈善机构。2017年8月，社区伙伴以环境保护部（现生态环境部）为业务主管单位，在北京市公安局登记，成立北京代表处。

社区伙伴没有任何宗教或政治背景，致力与社区一起探求人與人、人与大自然的和谐

共存之道，学习和实践有尊严并可可持续的生活。社区伙伴通过文化反思、培育社区协作者、搭建网络与平台等工作手法，激发社区内在动力，促进人和社区对可持续生活的理解，践行可持续生活。于中国内地，社区伙伴与合作伙伴在生物多样性保护、生态农耕、自然教育、环境保护与污染防治等领域开展合作。而香港项目则主要以转化学习、应对气候变化的社区行动、社区经济，以及文化和社区建设四个核心议题而展开。同时，社区伙伴也会连结海外可持续生活的网络，相互学习及协同。

## About Partnerships for Community Development

Established in Hong Kong in May 2001, Partnerships for Community Development (PCD) is a community development organisation that works in Mainland China and Hong Kong. It was established and continues to be funded by the Kadoorie Foundation (via a stream of funds allocated by the Hon. Mrs McAulay). The Foundation is a Hong Kong-based trust founded in 1970 by the late Sir Horace Kadoorie who believed in the motto: Help people to help themselves. Registered in Hong Kong, PCD is a tax-exempt charity recognised under Section 88 of the Inland Revenue Ordinance of the Hong Kong SAR. In August 2017, PCD set up the Beijing Representative Office, which is registered with the Beijing Public Security Bureau, with the Ministry of Environmental Protection (now Ministry of Ecology and Environment) as our Professional Supervisory Unit.

An organisation without any religious or political affiliation, PCD is committed to

working with communities to explore ways of leading a dignified and sustainable life in harmony with others and with nature. PCD adopts the approaches of cultural reflection, nurturing community facilitators, and building networks and platforms in its work. The goals are to invigorate the inner motivation of communities, promote understanding of sustainable living and encourage individuals and communities to practise living sustainably. In Mainland China, PCD develops cooperation with partners in the areas of biodiversity conservation, ecological agriculture, nature education, environmental protection, and prevention and control of pollution. In Hong Kong, PCD's programme is developed around four themes — Transformative Learning, Community-Based Actions on Climate Change, Community Economy, and Culture and Community Building. At the same time, PCD will connect with overseas sustainable living networks to facilitate mutual learning and synergy.

## 我们的愿景

人与人、人与大自然和谐共处。

## 我们的使命

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



## Our Vision

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

## Our Mission

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

## 探索可持续生活

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

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

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

## Sustainable Living

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

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

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



## 工作理念

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

### 协作文化反思

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

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。

### Facilitating Cultural Reflection

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

We facilitate urban residents 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.



## Our Theory of Change

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



### 培育社区协作者

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。

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。

### Nurturing Community Facilitators

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

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

### 建立内在力量

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

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。

### Building Inner Strength

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

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

### 搭建网络

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。

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。

### Network Building

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

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



## 内地项目

社区伙伴经过多年在内地与伙伴合作，从生态和生活视角出发，回应当下的生态危机和社会问题，探索人与自然和谐共存的生态智慧，呈现本土知识和传统，并以之为基础，尝试多种途径推动可持续生活。当中我们关注协作者的成长，透过感知自然、联结自然，以及与他人合作互动，滋养内在力量，并在社群和网络的支援、陪伴下，带动更多个体、社群和社区参与到可持续生活实践中，反思环境、社会和生活如何改变。

根据过往的经验和探索，我们从 2025 年开始，重新整合了项目焦点，梳理出三个主题：

生态文化与在地行动——基于整全生态观，支持生活中的保护环境行动与可持续生活实践，并发展多元在地方案，应对环境议题。

促进转化的学习——发展适合不同群体的学习方式，创造学习的场域，以促进个人意识及生活方式，朝向可持续转变。

乡土价值的社区生活实践——构建富含乡土价值的生活场域，支持人们与自然及他人重建关系，找到力量的根基，有觉知地选择生活方式。

而我们与公益领域伙伴的互动，也贯穿在以上工作中。



## Mainland Programme

Over the last two decades, PCD has been working with partners across Mainland China to address ecological crises and social issues. Together, with an eco-centric perspective, we support harmonious human-nature relationships, seeking inspiration from wisdom enshrined in local knowledge and traditions, and rooting actions in everyday life. With this down-to-earth perspective, multiple pathways for sustainable living are explored. We also give importance to the growth of facilitators — supporting them to develop inner strength through building deeper connections with nature and stronger mutual-help networks. We trust that through bolstering community connections, facilitators can engage more individuals, groups and communities to live sustainably. Together, they can give thought to making long-lasting socio-environmental changes.

Starting from 2025, after much experience

and exploration, we are streamlining our work to focus on three thematic areas:

**Bioculture and Local Actions** — Everyday actions inspired by a holistic ecological worldview, supporting local initiatives to protect the environment and to search for diverse solutions to ecological issues, and promoting sustainable living.

**Transformative Learning** — Diverse learning systems for different social groups, creating learning arenas to raise awareness and to encourage actions towards a sustainable life.

**Rurality in Community** — Community learning circles rich in local values, supporting people to rebuild relationships with people in their community and with nature, ground people in their communities and encourage them to make conscious choices for sustainable living.

Our interactions with partners from the philanthropic sector also follow this framework and aim to achieve these same goals.



# 生态文化与在地行动

## Bioculture and Local Actions



“人与人、人与大自然和谐共处”是社区伙伴的愿景，对环境议题的回应因而成为机构的工作重点之一。我们从生态和文化视角出发，探索本土生活中有利于人与自然和谐共存的理念与做法，也支持社区及相关人群更好地理解日常实践与宏观议题的关系，希望由此激发内在动力，带来更多环境友善的在地行动。

我们看到在一些地方，当地人在与自然的长期互动中，在满足自身所需的同时，又维护着生态系统的平衡。在江苏兴化，当地先民面对一片片湖荡沼泽，垒土成田，形成独特的农业生态系统——垛田，代代传承至今。

PCD envisions a world with harmonious human-nature relationships. Our work focuses on exploring daily practices conducive to cultivating such relationships, and on embracing environmental issues with an ecological and cultural approach. We support concerned members of the public to gain a deeper understanding of the links between macro environmental issues and their actions at a micro personal level. We seek to inspire their inner drive for more community-level actions.

We have witnessed many cases of good practice: local people maintaining the balance of an ecosystem and meeting their own long-term needs. In the wetland marshes of Xinghua City, Jiangsu Province, farmers employ an effective irrigation system, dredging canals

人们不只在垛田上种粮种菜，从水中捞鱼捕虾，也创造了一整套农具和农法，发展出根植其中的习俗和文化。这种农、林、渔业复合系统形成的生态循环，既带来较高生产力，也保护了当地的遗传资源与生物多样性。我们支持中央民族大学团队整理和提炼当地生物多样性及相关传统知识和乡土文化，以呈现传统生态智慧背后的生态学机制，丰富对整全生态观的理解。

通过本土智慧的梳理、实践经验整理和提炼等方式，我们期待不同背景的参与者与当地社区的互动，共同展开关于可持续生活的讨论。在此方向下，我们支持中国农业大学

and heaping up soil. They grow vegetables and other crops there, and catch fish and shrimp as well. The hybrid system, with its effective circular flow of energy and nutrients, brings high agricultural productivity. It also conserves local biodiversity and genetic resources. This unique agricultural eco-system combining farming techniques, local customs and culture has been followed since ancient times, passed down from generation to generation. Our partners from Minzu University of China are researching such traditional practices. They are understanding, and witnessing, the role played by local knowledge in biodiversity and ecology conservation. They are acquiring a more holistic ecological perspective.

Through supporting research and the

的青年学子走进农业文化遗产地——浙江省开化县的乡村，与村民朋友共同劳动、分享生命故事、了解乡土社会的深厚文化底蕴和生态价值。这段独特的互动体验，也引起了学子们对人与自然关系、自身生命价值与乡村未来更多的思考。另一方面，村民们则开始用新的眼光看待自己的土地和生活，也更了解祖先传下来的生存智慧对生物多样性保护的贡献。

出于同样理念，我们支持成都城市河流研究会在川西林盘展开的项目。林盘作为川西平原特有的聚落，使树林、竹林与农田及河流有机融合，形成丰饶而稳定的农耕文化系

统。村民们通过回顾和交流，更认识林盘在维系本地生产和生活方面的价值，包括生物多样性，以及在气候变化背景下尤为突出的宜居特点，激发起保护林盘的心愿和行动。

随着气候变化应对等全球性环境议题受到政策层面的关注，我们看到，社区及个人日常生活的实践是对此的重要回应。在生物多样性热点地区——云南高黎贡山国家级自然保护区，我们与当地社会组织及社区组织合作，以传统文化为根基推动社区参与保护。在广西，我们支持南宁市绿生活社会工作服务中心在当地社区推动绿色生活实践，包括生态种植、垃圾分类、社区小花园营建等。

compilation of local experience, PCD aims to facilitate sustainable living. This is also fostered through interaction and discussion among practitioners of diverse backgrounds and the local communities themselves. In one project, students at China Agricultural University have been supported to research, and learn from, the farming heritage in Kaihua County, Zhejiang Province. Through close interaction with locals, they have discovered so much: stories, culture and ecological values. The experiences also inspired the students to contemplate so much: the human-nature relationship, their own life pursuits, and the future of rural society. Kaihua locals were also impacted. They now see their land and their lives with new eyes. They more deeply appreciate the ecological wisdom

and biodiversity conservation inherited from their ancestors.

Our project with Chengdu Urban Rivers Association shares similar ideas and objectives. Villagers have initiated their own studies on Linpan, a habitat pattern in the Chengdu Plain of Sichuan Province. Linpan communities are uniquely interspersed by woodlands, bushes, bamboo forests, farmland and river tributaries, forming an agricultural ecology that is stable and productive. The research has provided villagers with useful insights — to reflect on development and environmental issues and to seek sustainable solutions. The villagers ran activities to share and exchange their experience and knowledge, bringing a deeper awareness. They more clearly see the value of

而另一个推动公众参与环保及可持续生活行动的尝试，是支持北京自然之友公益基金会培育“绿色公民”。自然之友着力推动志愿者小组发展，通过多元主题的活动吸引公众

关注和参与环保；也支持个人在生活和工作发起气候行动，如针对老年群体的气候与健康知识科普、倡导零废弃物赛事，助力气候变化减缓和适应进程。



- 为进一步丰富对林盘及农耕文化多元价值的理解，成都城市河流研究会开展了跨界对话。
- Participants of a cross-sector dialogue held by Chengdu Urban Rivers Association to enhance public recognition of the value of Linpan for biodiversity conservation and climate change adaptation.

their traditional wisdom in contributing to and maintaining good levels of local production and way of living alongside biodiversity conservation, and with the danger of climate change. They have become more motivated to take further action to protect their heritage.

As policies are increasingly focusing on global environmental issues such as climate change, we see it as crucial to address crises at both the community and personal level, in everyday life. We have been working alongside social and community-based organisations in Yunnan Gaoligong Mountain National Nature Reserve, a biodiversity hotspot, to encourage communities there to participate in ecological conservation by referencing their traditional cultures.

In Guangxi Zhuang Autonomous Region, our partner Nanning Sustainable Living Social Work Service Centre promotes community practices such as ecological farming, garbage segregation and community gardens. Green Citizen Action Scheme, an initiative through our partner Beijing Friends of Nature Charity Foundation, has facilitated volunteer groups and citizens to respond to climate change. They know there are so many ways to act — raising awareness, supporting individuals to take action in their workplace and in their everyday life, activities with elderly people demonstrating the links between health and climate change, a competition to promote a zero-waste lifestyle, and working hand in hand for mitigation and adaptation.

# 探寻农业文化遗产地的生态智慧

## Ecology as Wisdom, Agriculture as Heritage



- 俯瞰林盘景观——集生产、生活和生态为一体，并展现生物多样性，是川西农耕文化的精华。
- Linpan in Chengdu Plain of Sichuan Province, an ancient and sustainable habitat system with an effective human-nature balance, yielding ecological wellbeing and sustainable economic production.

在川西平原一处竹木掩映的院落里，龙门阵摆得正欢，“林园子”这个词像球一样被抛来接去。村民们嘴里的“林园子”就是林盘，是几千年来形成的当地特有人居模式，散落的宅院与周边树木、竹林、农田及河流有机融合，集生产、生活和生态为一体，是川西农耕文化的精华。其中，位于成都的郫都林盘农耕文化系统已被列入中国重要农业文化遗产。随着城市化对土地需求猛增，川西林盘大量消失，其承载的生活和生产方式也在发生变化。为探寻林盘中蕴藏的农耕智慧，我们支持伙伴成都城市河流研究会（下称“河研会”）走进郫都区，和当地五个村子的村

民“摆一摆”他们的林园子，一起探讨林盘对于眼前及未来生活的意义。

林盘龙门阵一共摆了 10 期，开始由河研会组织，后来变成了村民自发组织，自己商定每一期的主题、地点和组织者。他们聊林盘和自己生活的关系，聊林盘里有什么值得保留、什么可以改变，也聊河流保护以及传统农耕文化和手工艺。在摆谈中，他们关于林盘的旧时记忆被唤起，一同回看这个本已熟悉、险被时代抛却的生活和生产空间，也更认识到林盘生活中的自给自足、邻里互助。村民绘制季节历和社区资源图，列举林盘及周围的丰富多样的竹木、鸟类和菌类，以及

There was laughter coming from a courtyard hidden in a bamboo forest of the Chengdu Plain, Sichuan Province. Every now and then, a villager would say 'Lin Yuanzi', a colloquial term for Linpan, an ancient and unique habitat-landscape shaped by centuries of human interaction with nature. A tightly knit multi-functional habitat unit that caters for economic production, daily living and ecological wellbeing, the Linpan in Pidu District, Chengdu, is listed as a national agricultural heritage site. Over recent decades, however, soaring demand for land together with urban sprawl has led to Linpan vanishing at a large scale. To respond to these concerning trends, our partner Chengdu Urban Rivers Association (CURA) has fostered dialogue among five

communities in Pidu District, focusing on highlighting the area's cultural — and agricultural — heritage, in the past, present and future.

CURA held ten village gatherings in Pidu District's Linpan. Their team organised the first ones and as time progressed, villagers took over this role. The locals talked about their connections with Linpan and how they have felt about the loss: the things they cherish, what can be changed and what cannot. They shared memories over time. They discussed river protection, traditional farming culture and handicrafts, as well as the impacts of urbanisation and climate change. They made seasonal calendars and community maps showing Linpan's rich biodiversity. Through the

日常所用的中草药。在气候相关的讨论中，村民意识到，在城市化及气候变化的当下，如此令身心愉悦的宜居环境实属难得。

林盘因水而生，都江堰的灌渠系统造就了成都平原的生态、田园、聚落肌理。河研会组织村民开展寻源活动，在沿途的古镇老街赶场，拜访传统生产生活方式留存较好的林盘。在这场摆在路上的龙门阵中，村民了解到哺育林盘的河流源头，也了解到许多关于河流与家乡的故事，引发了保护林盘的讨论。随后，锦宁村的村民成立创作小组，寻访和记录驷水河两岸地名故事、自然生物和节庆风俗，制作了画册《我的家乡驷水河》。安宁村和红专村的村民成立了徐堰河林盘志愿

服务队，正在持续开展清理林盘垃圾和保护老树等行动。

为进一步丰富对林盘及农耕文化多元价值的理解，河研会邀请作家、本地农业和文化研究者、政府部门官员、社会组织成员，从低碳以及生物多样性等角度研究林盘的学者、城市市民和村民一起开展了三场跨界对话，村民们进一步认识到，他们的林园子还具有生物多样性保护和气候变化应对的意义。

作为农耕文明的载体，农业文化遗产最直观体现着当地人与自然和谐共存的智慧，本身也是展示生物多样性的视窗，需要更多人参与保护和传承。浙江开化山泉流水养鱼系统是中国重要农业文化遗产，该系统所在

open dialogue, villagers came to appreciate that self-sufficiency and mutual help can be actualised in Linpan, and they saw Linpan as a sustainable habitat in the face of climate change. They articulated how valuable all of this is.

The project took the learning further by arranging for villagers to visit markets in old towns and a few well-kept Linpan. The visits were essentially moving forums. Participants learned about the rivers that feed Linpan, and the stories of the rivers and the towns. The visits also motivated villagers to protect their own Linpan. In Jinning Village, a newly formed group recorded local cultural and natural history, eventually producing a pictorial. In Anning and Hongzhuan, villagers volunteered

in teams to remove garbage from Linpan and protect their old trees.

CURA has also worked to enhance public recognition of the value of Linpan. They held three cross-sector dialogues, engaging local scholars on agriculture and cultural studies, government officials, members from social organisations, and researchers of low-carbon living and Linpan biodiversity. People could see how effective Linpan are for biodiversity conservation and climate change adaptation.

The cultural heritage of these farming civilisations are explicit demonstrations of local people's wisdom in fostering harmonious relationships with nature. Plus a rich showcase of biodiversity. We feel that these heritage sites deserve more attention and protection.

区域包括钱江源国家公园体制试点区，是浙江乃至华东地区的生态屏障和水源涵养区。2023、2024 年暑假，中国农业大学约 70 名学生来到开化的六个村子，和村民交朋友，与他们共同下地劳动，聊个人与村庄，也聊过往与眼前的生活。青年学子们与村民们一起盘点本地的老品种、梳理季节历，在共同的山野徒步中感知山林与农耕的关系。通过乡土中的切身体会，学子们了解到当地生产和生活方式与物种多样性的关系，更理解中国乡土社会的变迁历程，重新审视自我以及与家乡的情感纽带。有学生开始思考自然与人类社会之间的调和；也有学生说，乡村调研“为未来种下一颗种子”。

A particularly notable one is a sustainable and historical spring water aquaculture system in Kaihua County, Zhejiang Province. Kaihua is home to Qianjiangyuan National Park where a pilot ecological protection and management project has been progressing. An ecological shelter, the area serves as an important water and biodiversity conservation base for the province and even Eastern China. In the summer of 2023 and 2024, 70 students from China Agricultural University stayed with locals at six villages in Kaihua County, learning and experiencing local farming culture and village life.

The students were deeply inspired. They saw, first-hand, the intricate relationships between local production, biodiversity and the quality of life. They worked alongside the

而青年学子的到来，也为乡村带来新鲜活力。面对学子的问询，村民开始用新的眼光看待土地和自己的生活，发现日日相见的农田、山林所蕴含的生物多样性价值，习以为常的生产和生活方式中也有着值得留存和延续的部分。



villagers in the fields, heard about their past and present life, conducted an inventory check of local seeds together, and sorted out the seasonal calendar. They also began to rethink connections with their own hometowns. Some began to contemplate the balance between the advancement of human society and the well-being of nature. Others said that the journey helped sow the seeds for the future. The young people's visits also inspired the villagers in Kaihua. They took a renewed look at their land and way of life. They rediscovered the ecological value in their daily life practices. Their realisation: it is worth preserving.

# 在日常行动中培育绿色公民

## Green Citizenship, Green Lives



- 北京自然之友公益基金会志愿者小组以环境教育为主题而举办的赋能工作坊。
- Empowerment workshop on environmental education attended by volunteers with Beijing Friends of Nature Charity Foundation.

作为中国成立最早的环保社会组织之一，北京自然之友公益基金会（下称“自然之友”）致力于建设公众参与环境保护的平台，培育更多绿色公民的成长。社区伙伴支持自然之友的公民气候行动计划——玲珑计划，也支持该机构志愿者小组的发展，共同探索公众日常生活中的行动，自下而上回应当前的环境议题。玲珑计划是国内首个由社会组织发起，专注于培养气候领域公民行动者和领导者的项目，得到了多家机构的支持。截至2025年上半年，计划已为1,300多位申请者提供了气候行动所需基础知识的系统学习，资助和陪伴近百位优秀伙伴实施其方案，结合自身

的生活或工作场景发起气候行动，带动公众关注和参与。与此同时，自然之友通过分布在近20个城市的23个环保志愿者小组，为各地公众提供更广泛的环保主题活动。

随着绿色公民培育的开展，自然之友认识到同行者的重要性，因而更为重视社群培育，通过加强线上交流、增加线下聚会，为行动者创造彼此陪伴和支持的场域和氛围。志愿者小组在社群中学习彼此的运营模式与经验；170余位来自各行各业的玲珑伙伴、导师及气候领域专家等组成的“玲珑共同体”社群，则成为玲珑伙伴重要的力量来源。

猴仔是玲珑计划三期的伙伴，她从2018

Beijing Friends of Nature Charity Foundation (FoN) is one of China's oldest social organisations for environmental protection. It is dedicated to building platforms for public participation and to nurturing 'green citizens'. PCD has been supporting its innovative Public Climate Action Project (PCAP), the country's first endeavour initiated by a social organisation focusing on citizen action on climate change. FoN responds to the macro environmental issue by anchoring PCAP at a daily life level — a bottom-up approach, developing volunteer groups and enlisting support from many organisations. By mid-2025, it had provided 1,300 PCAP applicants with green learning as a foundation for their actions, and further supported about 100 outstanding

applicants with small grants to take actions in their everyday lives. They had also formed 23 volunteer groups across 20 cities for organising activities on various environmental topics.

As time went on, FoN realised the importance of peer support and community building. The FoN team therefore facilitated both on-line and off-line interactions within the peer community to develop platforms for exchange, to nurture spirit, and to build friendly, mutual support. The volunteer groups are learning from each other, such as about ways of operating groups effectively. The peer community formed by the 170 'green citizens' from different walks of life — individuals, facilitators and experts on climate change — has become an important source of support.

年开始以生活垃圾为题材创作艺术作品，在向公众展示的同时也鼓励他们参与创作。2023年，这个名为“垃圾艺术家”的项目入选玲珑计划。在玲珑导师、团队同伴，以及玲珑伙伴的支持下，猴仔的思考和探索在项目得以完整实现，“有了玲珑计划的支持，我觉得它才达到了当时设想中最好的样子，有课程、

有工作坊、有展览，并且可以很好地结合在一起。”该展览和活动入围2023年北京国际设计周，在北京等城市吸引了数万观众参与。观众在现场欣赏艺术品之余，更可以亲自动手把垃圾再创造，成为表达现实思考的艺术作品。猴仔也通过举办工作坊，邀请公众参与观察垃圾的运输和填埋等环节，引发公众



· 玲珑伙伴的线下聚会——“玲感大会”的市集现场。

· Public Climate Action Project cohort gathering at a flea market.

An artist who has adopted 'Monkey' as her nature name joined the third PCAP cohort. She had been creating with discarded materials since 2018, and her Rubbish Artist proposal was selected for small grant support in 2023. Through the support of facilitators and partners, Monkey developed a more complete plan for her art actions. "With the support of the project," she said, "I'm able to do most of what I had imagined at the start. Courses, workshops and exhibitions — I can combine all of these for optimal results." To raise public

awareness of the links between one's lifestyle and climate change, she organised workshops and invited participants to join in and observe the process of waste transportation and landfill dumping. Monkey's artwork was selected for the 2023 Beijing Design Week, attended by tens of thousands of people. At her exhibition, she welcomed visitors to express themselves through using waste materials. Monkey appreciated the opportunity to meet so many people, face-to-face. "The opportunity allowed me to understand more about what

对自身生活方式及气候变化的思考和行动。谈到玲珑计划的线下聚会，猴仔说：“这样的聚会让我更了解大家都在做什么，也有了后面和伙伴合作项目的可能性，大家也会基于不同背景和各自所长给我一些建议。”

为进一步探索通过社群培育等途径推动可持续生活实践，我们在2024年邀请项目成员共赴日本，参访位于神奈川县藤野地区的“转型城镇”活动。21世纪初在英国托特尼斯 (Totnes) 发源的转型城镇运动，如今已扩展到40多个国家。运动宣导以市民为主体，摆脱依赖不可持续的石油能源，实行各种节能、资源再利用及食物在地化计划，应对气候变

others have been doing about climate change, making it possible for joined efforts in the future. I also received good advice from peers with different backgrounds and skills."

Another initiative to support community building and sustainable living was FoN members' visit to Transition Town (TT) in Fujino, Kanagawa Prefecture, Japan, in 2024. The TT movement originated in the early 2000s in Totnes, UK, and is now active in more than 40 countries. In Fujino, TT was initiated by Hidetake Enomoto and partners and has grown to over 60 districts. Essentially, TT advocates citizen-led activities to redress the over-dependency on unsustainable fossil fuel and to respond to the climate crisis. The core actions are on saving energy, recycling

化。日本藤野的转型城镇运动由榎本英刚等人发起，目前已扩展到60多个地区。参访归来，自然之友项目成员把藤野的实践分享给玲珑伙伴，也在活动中尝试运用社群凝聚相关的方法，收到很好的效果。

在玲珑计划和志愿者小组工作的基础上，我们也支持自然之友梳理和总结培育绿色公民的经验。在回顾中，项目团队意识到，不仅要回应行动者对社群发展的需求，也须关注团队成员自身的需求和成长，共同深化对培育工作的理解，带动更多人成为真心实意的环保行动者。

resources and developing local food systems.

Upon returning from Japan, FoN shared their experiences with PCAP participants. They also applied their learning into their community building work, which has yielded encouraging results.

We have further supported FoN's synthesis of learning, which has been nurturing green citizens. Reviewing their own experience, the project team has realised that personal needs for growth and a community's need for development are equally important. Like two legs, they walk together for sustainability and green citizenship — a journey motivated by many environmental actions.

# 促进转化的学习

## Transformative Learning



社区伙伴致力于与伙伴共同探索可持续生活的道路和方法，在此过程中我们认识到，个人的意识以及生活方式的转变，是推动整个社会转变的关键。因此我们看重人的成长与深层转变，并和伙伴一道发展适合不同群体的多元支持和学习方式。我们所理解的学习，是以学习者为主体的整全成长过程，也是逐渐达至人与自我、他人及自然和谐相处的过程。

燕山学堂是北京培田社工服务中心的实践基地，多年扎根于北京密云乡村，面向城市家庭开展自然教育。在那里，六百多年长城戍边文化的屯垦和山地生活相融合，至今仍保留着饱含生态智慧的传统农耕方式和手工

艺。我们支持燕山学堂带动城市家庭和村民共同梳理乡土文化，将之转化为本土化的学习内容。在对打铁、卤水点豆腐等手工艺的体验和调研中，大家不但感受到乡土食物的健康及用具的实用之美，也体会到自给自足、动手创造的喜悦和富足感，以及万物皆有价值、皆可循环的生态观。燕山学堂目前已发展出“节气音乐诗词”、“小神农本草健康生活”等课程，结合节气及当地传统药用植物等，让参与者感知季节变换之美，以整体生态的健康为背景，去认识和呵护自我身心的健康。

我们也和广州市越秀区微乐益公益成长中

In our search for sustainable living, PCD has come to realise that personal transformation in awareness and lifestyle is crucial for moving forward for social change. We thus work with partners to develop diverse learning systems that suit the needs of different social groups for personal growth and deep transformation. Our approach is holistic. Our process respects a learner's self-agency and fosters a harmonious relationship with oneself, with others, and with nature.

Our partner Beijing Peitian Social Work Service Centre (Peitian) conducts nature education with families in the city's outskirts, at Yanshan School in a village of Miyun District. A community with a sense of history as a Great Wall garrison post, a community

well-integrated with its mountain ecology. A community where people still follow traditional farming methods and handicrafts that carry ecological wisdom. Peitian's project supports urban families and local villagers to join hands in conducting studies on local knowledge and culture and then use the findings for curriculum design. While researching local blacksmithing and tofu-making, for instance, participants came to see the beauty and usefulness of the local. Its self-reliance and self-satisfaction. They also embraced the ecological view that everything has value and can be recycled. Yanshan School has so far developed two curricula: music and poetry based on the solar calendar, and medicinal plants. Participants have been learning to

心（下称“微辣青年”）合作，学习如何重建和滋养人与内在自我、他人、自然这三大关系，以支持青年在发展面向公共层面的绿色生活行动。

我们一直在探索社区和社群协作者成长的途径。不同背景协作者的学习需求和条件千差万别，学习方式也各不相同，但都遵循人的成长规律，需要长期而深度的陪伴过程。我们支持贵阳黔仁生态公益发展中心（下称“黔仁生态”）培育贵州水环境保护志愿者骨干，最早可回溯至 2019 年，至今已是第七个年头。从认识河流生态系统开始，到培育他们的内在力量、提升环保活动协作能力，

再到支持个性化发展，在黔仁生态持续且不断深入的陪伴下，一批骨干成长为优秀的环保行动者，持续带动公众参与水环境保护。我们也支持微辣青年、成都一年·四季自然文化传播有限公司（一年·四季自然艺术工作室，下称“一年·四季”），与有意愿实践可持续生活的个人和群体，一起探索学习路径，如今已走到了第二期。

陪伴协作者成长的一个重要方向是激发其内生动力。我们与黔仁生态共同拓展环保骨干对河流保护及环境议题的认识，以深入理解自身行动的价值和意义；同时提升环保骨干对自然之美的感受，建立他们与地方的情

appreciate the beauty of seasonal changes and to live according to nature's rhythms for self-care and ecological health.

Our partnership with Vloveit Youth Development Centre (Vloveit) in Guangzhou, Guangdong Province, supports young people's initiatives to promote green living. Youth are exploring ways to nurture growth and rebuild connections with oneself, others and nature.

We also support the growth of facilitators for transformative learning. Facilitators' backgrounds are diverse, as are their learning modes and needs, and pathways of growth — it's a long-term journey, and partners and companions are needed. We have been working alongside Guiyang Qianren Ecological Conservation Centre (Qianren) in Guizhou

Province since 2019. Qianren's support for volunteers working for water environment protection is well-rounded: learning about the ecology of river systems, nurturing personal inner strength, and strengthening capacity for facilitating activities. Gradually, volunteers have become committed promoters of public participation in environmental protection. Likewise, we have been supporting Vloveit and Sichuan Seasons Nature Centre, a nature education organisation in Chengdu, Sichuan Province. Both partners have built partnerships with motivated individuals and groups for exploring options for learning sustainable living. Both projects are in the second phase.

Building inner strength to drive actions is an important element of our support

感联结。微辣青年通过拓宽参与者对可持续生活内涵的理解，以及对自己的生活和工作状态的反思，在行动中激发内在热情。作为扎根成都的自然教育机构，一年·四季则将动力来源聚焦于与大自然的联结。

我们所探索的学习，是从个人到群体的成长，因而我们也看重社群的培育和学习网络的搭建。微辣青年鼓励年轻人从自我觉察和反思开始，慢慢探索个人与社会议题的关联，开展公共面向的行动，并且通过社群培育，滋养年轻人的后续学习与成长。贵州的水环境保护骨干，也从“我”走向了“我们”，并且越来越主动地在社群中发起交流和学习活动，

for facilitators' growth. Our work with Qianren focuses on expanding volunteers' understanding about river protection and other environmental issues, and about the links with the meanings and values of personal actions. Facilitating volunteers to feel the beauty of nature, and nurturing deep affection and connection with place, is also essential. Our work with Vloveit strengthens young people's understanding of sustainable living, facilitating their reflection of their life and work, and seeking anchors for their interests and actions. Our work with Sichuan Seasons Nature Centre focuses on nurturing people's connections with nature as the source of strength for their actions.

Two other essential components of

让社群更加富有生命力，成为提供陪伴和支持的力量来源。



· 贵州水环境保护志愿者分享自然观察与手工作品。

· With support from Guiyang Qianren Ecological Conservation Centre, a volunteer shares his handicrafts and observations of his water protection work.

transformative learning: nurturing communities and building learning networks. Vloveit's youth practitioners have set off on journeys from self-awareness and reflection at the personal level and then progressed to exploring links between personal actions and social issues. Along the way, learning communities were formed to sustain momentum for continuous learning and growth. Qianren's volunteers have also taken a similar path. They moved from the 'I' to the 'we', becoming increasingly active in initiating exchanges and learning activities within the volunteer community. They have drawn hearty support and strength from this enlivened community.

# 在学习中激发 水环境保护的内生动力 Invigorating Inner Strength, Protecting Rivers



- 贵阳黔仁生态公益发展中心组织青年志愿者开展水生外来物种福寿螺防治活动。
- Young volunteers with Guiyang Qianren Ecological Conservation Centre conduct prevention and control activities against the invasive apple snail.

作为环保公益组织，贵阳黔仁生态公益发展中心（下称“黔仁生态”）多年来支持志愿者骨干发动和带领公众，在贵州开展水环境保护活动。从 2021 年开始，在贵州省生态环境厅、贵阳市民政局等单位指导下，黔仁生态与社区伙伴合作开展水环境保护志愿者骨干培育计划，目前已进行了两期。除了协作技能的提升，培育计划聚焦于激发骨干的内生动力，使环保行动更加持续，带动更多公众参与。

杨应波作为两期计划的学员，从 2022 年开始担任“青青赤水”茅台青年志愿者领队，定期带领志愿者巡护赤水河，清捡垃圾、检测水质、观察河道及周围动植物情况，向公众宣

传河流保护知识。在黔仁生态长期且深入的陪伴和支持下，他在保护意识和行动方面都发生了较大转变，效果也随之显现，“一开始组织活动时招募志愿者有点困难，现在只要在志愿者群里发通知，大家都抢着要来。”

明确了建立内在力量的目标，黔仁生态首先帮助学员与自己所保护的河流和地方深层联结，提升对山川之美的敏感性，以及对地方人文的感知。在兴义市，马岭河水湛蓝清澈、峡谷险峻壮美，来此参访交流的学员无不叹为观止。大家保护这条美丽河流的愿望被激发，兴义的志愿者也重新感受到本地河流的珍贵。

For many years, Guiyang Qianren Ecological Conservation Centre (Qianren) has been supporting citizen-volunteers to engage the public to protect rivers in Guizhou Province. Under the guidance of the Department of Ecology and Environment of Guizhou Province and the Guiyang Municipal Civil Affairs Bureau, Qianren and PCD have partnered since 2021 on a project for nurturing volunteers. There have been two phases, with a focus on building their capacity and nurturing their inner strength to sustain actions for promoting public participation.

As a participant of the two-phase project, Yang Yingbo has led the 'Qingqing Chishui' Youth Volunteer Team since 2022. His duties focus on the Chishui River — patrolling,

clearing rubbish, conducting water quality tests, observing plant life and the course of the river, and promoting river protection among the public. Yang has felt a change within himself through the support and companionship from Qianren, and is happy to see effects of his actions. "At the beginning, it was difficult to recruit volunteers," Yang said. "Now we just send out messages to our social media group and many are eager to join!"

With the goal of building inner strength, Qianren first facilitated volunteers to build deep connections with the river they would help protect. They learned to appreciate the beauty of nature. They also learned the stories, history and culture of the place. On a trip to Maling River in Xingyi City, for instance,

“在河水减量 50% 的情况下，达成用水减量共识”，这是“马场河气候变化大会”的目标。学员作为这场模拟会议的参加者，代入不同利益相关的村民和村委等角色开展讨论。此外，学员分享家乡气候事件；也藉由访谈村民，了解近三十年河水及河边植物的变化；举办气候概念辩论赛……这些形式多样的活动，都出自培育计划二期的气候变化工作坊。学员由此了解气候变化对河流、对人们生产和生活的影响，并探讨相关的行动计划，如每月践行一次低碳生活日，带着气候变化的视角去巡河，记录物候变化等。

黔仁生态尝试从气候变化和生物多样性等

volunteers were in awe of the crystal-clear waters and the breathtaking gorge. They felt a deep sense of motivation to protect this and other rivers. Local volunteers certainly renewed their connection with the Maling, cherishing the river as precious.

The project included learning through role play. Volunteers acted as conference participants and presented different rural interests. In the end, they reached a consensus that it was necessary to reduce water usage, due to the 50 per cent decrease in volume of the river. At the same learning event, they discussed climate change in their hometowns — volunteers had previously conducted interviews with locals about rivers over the past 30 years, such as changes to its course, and

议题入手，帮助学员以更综合的视角去看待水环境保护，更深入理解环保行动的内涵和意义。在安全管理的工作坊中，会探讨“安全问题往往是人与自我、人与自然、人与人之间关系出现问题时的表现”，将技术层面的问题与更深层次的认知和价值观联系起来。学员不再把水环境保护仅仅视为一年几次的巡河，而是发展出更丰富的活动内容，吸引更多公众加入。他们更加主动地发起和带领河流保护行动，如杨应波所说：“现在每月巡河是一种习惯，是日常生活里面不能缺少的东西。”同时，学员们进一步认识到改变公众环境意识的重要性，积极与河湖保护志愿者

changes in plant life. A debate was another way to deepen learning about climate change. They also discussed ideas and plans for possible actions: practising a low-carbon living day once a month, patrolling the river with a climate change perspective, and recording phenological changes.

Qianren has worked to approach river protection in a holistic manner, including linkage with climate change and biodiversity. In a workshop on safety precautions, for instance, a facilitator said, "Underlying the safety problem is always the disconnected relationship between oneself, others and nature." Everyone was reminded to take a deeper look, to consider human values, not just safety technology. They have come to see

分享关于环境议题的看法，并引导大家去感受自然之美，由爱而生保护之心。

在长时间的共同学习与实践交流中，志愿者骨干之间的关系日渐深厚，形成了相互启发和支持的群体。黔仁生态在第二期项目中更加

重视对社群的培育，2024 年以来，由社群成员自主发起和筹备，骨干们组队前往贵州仁怀市和兴义市，与当地环保志愿者交流，在共同巡护当地河流的过程中，探讨环境保护的经验 and 感受，社群也变得更具有活力和凝聚力。



· 巡河领队杨应波（图中央）与志愿者一起开展巡河净滩行动。

· Yang Yingbo (centre) leads a team of volunteers to patrol rivers and clean up beaches.

that protecting rivers is more than undertaking regular duties but also actively engaging the public to participate in and to lead actions. Just as Yang Yingbo said, "It has become my habit to patrol the river every month. It has become something that is indispensable in my life."

With this deepening of relationships among core volunteers over a long period, a learning community of mutual help has been shaped. Qianren began to further cultivate this community in the project's second phase. In

2024, members took an active role in organising study trips to Renhuai and Xingyi in Guizhou; they thoroughly valued these exchanges with volunteers in the two cities. Together, they patrolled the local rivers and shared experiences and personal feelings about environmental protection actions. Appreciating the beauty of nature together, volunteers have developed a committed sense of protection out of love. Together, their learning community is livelier, and more coherent.

# 在生活中朝向可持续转变

## Everyday Life and Green Seeds



· 上：广州市越秀区微乐益公益成长中心组织的社群春聚——伙伴们一起自然野餐。

· 下：第二期“绿种子”伙伴在启动会上建立情感联结，感知相伴成长的力量。

· Above: Vloveit Youth Development Centre friendly spring picnic.

· Below: Participants at the launch of the 'Green Seeds' Phase II project feel strength, support and emotional connections as they grow together.

“生活行动者”是广州市越秀区微乐益公益成长中心（下称“微辣青年”）对广州可持续生活青年社群营造计划参加者的定义，“绿种子”则是成都一年·四季自然文化传播有限公司（一年·四季自然艺术工作室，下称“一年·四季”）对社区和社群骨干的昵称，他们有意愿在工作生活中传播绿色理念。这两家机构与社区伙伴合作，共同探索搭建学习体系，以促进个人和群体朝向可持续生活方式转变。在对人的学习和成长的理解，以及具体工作手法方面，两位伙伴都经历了逐渐深化的过程。

广州可持续生活青年社群营造计划如今已进行到第二期，最初的学习活动，是以短期

'Everyday Life Practitioners' is what our partner Vloveit Youth Development Centre (Vloveit) in Guangzhou, Guangdong Province, calls the participants of its project to build a sustainable living community. 'Green Seeds' is how another partner, Sichuan Seasons Nature Centre in Chengdu, Sichuan Province, refers to its participating community core members who motivate people to promote everyday green living. PCD has been working with both partners to develop learning systems that support personal and collective transformation for sustainable living.

It is now the second phase of Vloveit's Sustainable Living Community Building with Youth project. The project team has come to see that personal growth is not a linear process,

内激发和深化可持续生活行动为目标，项目团队逐渐意识到，人的成长并非线性的转变，转变也不一定通过结构化的学习过程产生，可能是源于一场对话、某个场景带来的体会，也可能因对日常生活的敏感和觉察而发生。2023年的营员汤圆是个很惜物的人，她在工作中看到很多纸用完后被丢掉，便发起了再生纸行动。对她而言，首先关乎自己的生活态度，做起来后觉得很有趣，就带动孩子和大人一起做。汤圆说，项目最大的支持是帮助她重新定位，“我从投射外界的目光转为更加关注自己的念头或内在，从自己想做的一点点踏出第一步，慢慢就有了再生纸、二手

nor is it necessarily a result of structured learning. Rather, change may originate from an inspiring dialogue, a profound experience in a certain instant, or having sensitivity and awareness in daily life. Tang Yuan, who joined a learning camp in 2023, has her own story of personal change. She had always tried to be frugal due to environmental concerns, but when she noticed paper wastage in her workplace, she felt compelled to initiate an action for recycling. Through embarking on this action, she became more devoted and now encourages adults and children alike to follow suit. Tang Yuan says that the most important transformational learning has been a repositioning within. "In the past, I really cared about what other people thought about me.

义卖、玉米皮手工、闲置物品摆摊等行动。”

作为扎根成都多年的自然教育机构，一年·四季希望打破自然教育职业化的局面，支持多元身份的社区和社群骨干与身边的大自然深度联结，并带动周围的人们，身心平衡地践行可持续生活。第二期绿种子培育项目推动不同的主题学习，最终回到“我与自然万物的关联”，思考自身与自然教育的关系，并鼓励学员开展更加生活化、更具创意的实践。从事行政工作的小麦子之前认为，自然教育多与课程设计和活动带领相关，或是去认识动植物。参加第一期绿种子项目后，她拓宽了对自然教育的认知，也明确了对绿色

Now I focus more on my inner motivation. The first step was the most important. After the recycling initiative, I gradually started second-hand charity sales, handicrafts made with corn husks and later, thrift stalls."

Our partner Sichuan Seasons Nature Centre envisions changing the current trend of professionalisation of nature education development. The second phase of their project involved learnings on various topics, with participants eventually arriving at the contemplative understanding that 'we are connected to all beings'. This awareness has led participants to think deeply about their links with nature education. It has led to creative everyday life actions. At the beginning of the Green Seeds project, a participant named

生活的兴趣。小麦子说，她会坚持垃圾分类、改造旧物等，并且发动身边的人参与，在工作中也会抓住一切机会传递绿色生活、友善自然的资讯。

一年·四季和微辣青年都着力探索以社群培育促进学习，但思路有所不同。微辣青年更侧重于构建一方场域，在共同学习和行动的营期之后，创造有利的环境与氛围，以滋养社群伙伴在日常生活中持续实践，并进一步学习与转化。为此，微辣青年鼓励营员自主召集活动，比如在社群里发起自然野餐等活动，以定期聚会、主题季、年度联合行动等方式保持社群活力，并开放社群，吸纳

Xiaomaizi, who works in an administrative job, thought that nature education was mainly about courses and activities about animals and plants. After joining the first phase, she now has a broader perspective. Xiaomaizi says that she will persist with green living, such as garbage sorting, recycling, and upcycling second-hand goods, and will motivate others to join her actions. She will also identify opportunities for promoting green living in her workplace.

Both partners have been exploring paths for building learning communities, differing slightly in approach. Vloveit bases its work on setting up spaces for co-learning, such as training camps. They aim to create a supportive atmosphere whereby participants can continue to practise what they've learned in their

有内在热情与公共关怀的青年加入。

很多绿种子都说，一年·四季社群的“情感浓度”特别高，大家因为对自然有着同样的热爱，彼此支持和陪伴。在项目之外，不少伙伴仍然保持互动，如互相观摩或支持对方的自然教育活动、相约去观花观鸟等。这得益于有节奏感的学习设计，创造了很多“在一起”的经历。在最初相聚的启动会，大家一起沉浸在大自然里，以“真人图书馆”的方式分

享各自的生命状态，交流对自然教育的理解；每月一次线下主题学习，小组轮流组织线上交流，再以工作坊形式推动更深度的合作，最后由社群伙伴共创一场庆祝会，回顾学习历程，梳理成长与收获。

尽管走在不同的道路上，伙伴们的目标是相同的，那就是推动更多人从生活出发，由内而外转变，在身心平衡、友善自然和他人的同时，也有着对社会的关怀和行动。



· 第一期“绿种子”伙伴在中期小结会中欢乐相聚。

· Participants of 'Green Seeds' Phase I project happily gather at their mid-term meeting.

everyday life, and to further learn and change. They also hold regular events, seasonal thematic learnings, and annual gatherings to sustain momentum and team spirit, and passionate young people are always welcomed. Project participants are also encouraged to initiate actions within the community itself. One activity was a friendly picnic.

Many Green Seeds feel strong emotional connections with the group, based on their shared love of nature and the spirit of mutual help. Participants also build friendships outside of the project, helping each other with nature education activities or birdwatching together. They share personal stories through the Human

Library and continue exchanges at monthly thematic learning events, that they lead themselves. The Green Seeds community of Sichuan Seasons Nature Centre also hosted a workshop to help consolidate and deepen their learning, at which they reviewed their whole journey and celebrated their learning and growth.

Our two partners share the same goal: to engage more people to take more action in everyday life, with changes from within. In this way, we hope that people will find balance in themselves, will become friendlier to others and nature, and will gradually expand their care, concern and action for society.

# 乡土价值的 社区生活实践 Rurality in Community



现代化和城镇化在给人们带来便利的同时，亦因其趋同的标准，以及对效率和财富的孜孜追求，引发了环境问题，令人心身困顿。越来越多的人远离了自然和乡土，在关系疏离的状态中难以找到内心的归宿。我们在探索与自然及他人重建关系的过程中，也追寻人们归根之处，让人重新与乡土连接。我们所理解的乡土，并不囿于城乡之别，也不仅是生产和生活的空间概念，更是一个场域和锚点，有助于人们合作互助，与自然和土地连接，恢复内心力量。无论身处城市或乡村，我们都可以有觉知地选择生活方式，找到力量的根基。

在一些传统社区，我们看到人们如何处理

While modern living and urbanisation have brought positive effects including many conveniences, there have been negative impacts too, such as the homogenisation of culture. Nowadays, urban and rural people alike tend to prioritise efficiency and profit, which in turn often leads to environmental harm, as well as physical and mental exhaustion. More alienated from nature and the land, people find it difficult to feel the 'homeland' in their hearts. 'Homeland' here is a place or anchor point where people support another, rebuild relationships with nature, and are nourished to regain inner strength. PCD has been exploring ways to reconnect people with nature and with each other; ways for people, whether in cities or villages, to consciously choose their way of

人与人、人与自然的关系，而身心得以安顿。这世代积累的智慧，正体现乡土的重要价值，对今天的我们仍有着重要指引意义，亦可激发乡村活力。在云南的古村落吾木村，人们视自然万物为兄弟姐妹，村庄的合作文化在传统智慧中尤为突出。然而，在人口流动和旅游开发浪潮等冲击下，原有的合作机制弱化甚至中止，并带来相关的环境和社会问题。在社区伙伴支持下，玉龙纳西族自治县耕心社会工作服务中心与当地社区带头人和村民组织一道，致力于传承和创新村寨合作精神与机制，探索应对当前问题、建设更美好家园的途径。

life and to feel strong and grounded, to feel at home. These explorations are like journeys to one's roots, a reunion.

In many traditional communities, we have witnessed people's holistic wellbeing being nurtured through local wisdom inherited from ancestors. Age-old knowledge and traditions signify values of rurality, serve as guidance, offer insights to redress problems and continue to enliven communities. The ancient village of Wumu in Yunnan Province values a sense of kinship with all beings. Its traditional culture stresses cooperation and mutual help. Yet, in recent years, population mobility and tourism development have weakened its culture. Some traditional mechanisms have ceased to exist, rendering social and environmental problems.

加强不同群体的对话与互动，有助于本土智慧的呈现、传承和创新。在另外两个传统村落——云南上关村和周城村，我们支持大理市蓝续绿色文化发展中心推动青年村民与老年人交流与互动，通过体验传统农耕文化活动，使年轻一代认识到其中蕴含对自然的敬畏与顺应，以及合作互助的精神。通过系



列的手艺活动，年青人得以在节奏舒缓、情感丰富的体验中，触摸村寨文化的根基。

在城市社区，主流的单一生活方式、社区感的缺乏容易令人产生“无根”之感。我们支持伙伴在城镇化社区开展生态设计、城市农夫、家庭自然教育等活动，在提升社区感的同时，加强人们与自然的连结。伙伴于桂林山水涅槃健康中心开展的朴门永续设计共学活动，为城市居民提供机会，学习和实践“照

· 吾木村姐妹在参加广东省绿芽乡村妇女发展基金会的项目活动——画“我的一天”。

· Wumu Village women participate in the 'My Day' drawing activity with Rural Women Development Foundation Guangdong.

We have supported Yulong Gengxin Social Work Service Centre to work in partnership with Wumu village leaders and village-based organisations, revitalising and innovating community mechanisms and exploring ways to build sustainability.

Revitalisation of local wisdom, transmission and innovation requires constructive dialogue among groups and generations. Our partner Dali Lanxu Culture Centre works in Shangguan and Zhoucheng, two traditional villages in Yunnan. Their project has encouraged younger villagers to engage with the older: youth embraced community cooperation, traditional farming culture and the spirit of reverence to nature. Through handicrafts and

experiential activities stressing head-heart-hands connections, they truly felt the heart of local culture.

Our support for community projects in towns and cities — ranging from ecological design and urban farming to family nature education — cultivates a sense of community and strengthens people's connections with nature. Permaculture courses for city people to learn, and live, concepts of sustainability were held at Nirvana Guilin Organic Farm, Guangxi Zhuang Autonomous Region. Some participants have built community farms, working alongside their neighbours. Together, they nourish their bodies, hearts and relationships.

In cities like Beijing, our partners have worked alongside mobile populations to find

顾地球、爱护人类、合理分享”的绿色生活理念。他们在社区创建生态园地，在共同种植中营造温暖的邻里关系，在与土地和自然的互动中滋养身心，关爱环境和他人。

寓居城市的流动人群如何找到安身立命的根基，也是我们与伙伴关注的命题。在家政女工等流动人口聚居的社区，北京木兰花开社工服务中心支持打工姐妹成立手工产品工坊、建立互助网络等，加强她们的互助合作。姐妹们也在社区开展健康生活、生态营造等活动，与其他社区居民一起宣导环境美化和节能、减排。她们举办的家乡美食分享和乡土记忆等活动，唤起了打工人群对家乡

anchor points for physical and psychological well-being. Beijing Mulan Huakai Social Work Service Centre (Mulan) supports migrant domestic workers as they build a sense of community. Mulan's work includes workshops with migrant women to develop handicrafts, and building mutual support networks. The woman participants initiated healthy and sustainable living efforts for improving their community environment, such as everyday lower-carbon practices. Other activities focused on their hometowns, revolving around food specialities and memories, which are important ways to rebuild meaningful connections with home communities and with nature.

Relationships built in people's everyday life practices, and in daily interactions

温暖的记忆，也连接了乡土社会和大自然。

无论是在传统的还是其他形式的社区，人与人、人与自然互动所呈现的关系以及日常实践，就是支持社区内外体悟乡土价值的课堂。在广东银林村，从城市移居的新村民在此建立了生态社区，藉由与食物、土地和自然建立连接，身心得到滋养，并探索在乡村的可持续生活方式。我们和伙伴广东省岭南教育慈善基金会合作，支持对生活有反思、寻求改变的青年来到银林村，与新村民交流互动，亲近土地，感受乡村生活，在获得乡土滋养的同时，也为银林生态社区的营造注入新的活力。

with each other and with nature, are like classrooms: opportunities to learn about and experience the values of rurality, whether in traditional or other communities, whether for locals or outsiders. The new residents of Yinlin Village in Guangdong Province have set up an innovative eco-community. Through building connections with local food, land and nature, they have nurtured themselves holistically and pursued sustainability. We collaborated with the Guangdong Lingnan Educational Charity Foundation to support motivated youth to reflect on rurality, connect with the Yinlin eco-community and with nature, and seek changes for sustainable living. In return, this brings vitality to the eco-community.

# 在古村落中追寻人与 自然共存的根基 Ancient Villages, Ancient Connections

云南的吾木村是一座拥有八百多年历史的古村落，纳西等民族世居于此，是人们身心安居之所在。纳西文化中的合作精神，体现为人与自然、人与人的合作。他们视自然万物为兄弟姐妹，对自然有索取也有偿还，造成伤害则要负责。在举办传统节日“三多节”（三多为纳西战神）时，众人捐款捐物所建成的义仓，也是扶贫救急的公共资源库。在吾木村，养老是整个家族和村寨的事情，全村一起回应老人对于食物、健康、陪伴等需求。当地水资源不足，但数百年来，因为有一套分配合理、分工合作的管水制度，人们既得到生产和生活所需的满足，又维持着生态平衡。

如今，随着周边经济发展和旅游开发，当地生态环境和村庄团结合作精神受到冲击。水资源使用发生变化，导致冲突增加；三多节庆典活动和义仓已停办多年。随着城乡流动和习俗弱化，传统的互助养老体系也受到影响，留守老人等问题随之出现。所幸的是，吾木村作为传统古村落，合作精神和机制还留存在生活及文化记忆中。当地文化传承人发起玉龙纳西族自治县耕心社会工作服务中心（下称“耕心”），尝试借助村民组织的力量，共同探索和巩固当地合作文化。社区伙伴从2022年开始支持耕心的探索，项目如今已到第二期。

Wumu Village, Yunnan Province, has an 800-year history as the home of the Naxi ethnic group. Traditional culture here gives centrality to cooperation and a sense of kinship and reciprocity with all beings. Many ancient mechanisms for mutual help exist, such as the Sanduo Festival, a time to worship the god of war, Sanduo, and a time to donate. This generosity has maintained a charity granary storehouse for villagers in need. The entire Wumu community has also cared for its elderly, with food, health care and companionship. Even though local water resources are often scarce, effective systems have been in place for equitable and cooperative division of labour, distribution and water management. All in all, Wumu has been able to thrive and

maintain ecological balance.

Recent economic development in adjacent areas and the growth of tourism have impacted Wumu's cooperative spirit. Changes in use of water resources have led to increased conflicts. Many villagers have relocated to cities, making it difficult to continue customs; this includes communal elder care, which is pressing, as older people tend to be living alone due to population outflow. Fortunately, Wumu still holds on to its holistic values. The local cultural inheritors founded Yulong Gengxin Social Work Service Centre (Gengxin) to harness capacity of community-based organisations. We have supported Gengxin since 2022; the collaboration has entered its second phase.

With Gengxin supporting the Sanduo

- 周城村村民正在擀制干兰，这是当地人祭祀和祈福时常用的素食。
- Villagers in Zhoucheng in Yunnan Province roll the dried 'orchids' made from rice flour that they offer in worship.

2024 和 2025 年，吾木村重新举办三多节传统活动，与自然和谐共存的精神得以重温，公共义仓制度也得到恢复和创新。耕心还支持村民回顾和整理传统水资源管理规范，并开始实践一套适应当下情况的管水机制。

在恢复合作文化的过程中，耕心愈加明确自身作为协作者的定位，也更清晰地看到村民组织的潜力。通过有意识地陪伴老年协会，支持长者传承文化、重新参与公共事务，改变主流认为老人缺乏社会价值的观念。同样，耕心有意识地支持妇女组织起来，参与村庄的事务。在耕心与村民的共同努力下，吾木村世代的合作精神与机制得以延续和更新。

Festival in 2024 and 2025, villagers have rekindled their community spirit, reconnected with nature, and restored and innovated the charity granary storehouse. Gengxin also facilitated villagers to review and adjust the traditional water resource management mechanism to meet people's needs.

Gengxin sees its role as a facilitator in the effort to revive community cooperation culture. They have helped local organisations, such as the elderly association, to realise their potential and to transmit the traditional culture through organising activities. To rebuild people's sense of self-worth, Gengxin also supported the elderly association, as well as local women's groups, to re-engage in village affairs.

Zhoucheng and Shangguan are two well-

周城村和上关村同样是云南有名的古村落，当地传统习俗和手工艺是乡土之“根”。老年人盼望能把技艺，以及对家园的情感、对自然的崇敬之心传承下去；一些年青人也想要了解家乡文化，找寻更可持续的生活道路。2022 至 2025 年，大理市蓝续绿色文化发展中心（下称“蓝续”）在社区伙伴的支持下，推动这两个村子的青年人与老一辈的互动，加深对家乡的了解。

蓝续同样看到村民组织的力量。在上关村，老年协会、妇女组织莲池会等村民组织，推动村民和村组干部一起努力，于 2023 和 2024 年恢复了中断多年的传统农耕文化活

known ancient villages in Yunnan Province where local customs and handicrafts serve as roots of culture. Our partner Dali Lanxu Culture Centre has been working since 2022 to facilitate intergenerational interactions in the two communities. Elderly villagers hope to transmit heritage, affection and connection with homeland, and reverence to nature, while youth seek to deepen their cultural understanding and pursue sustainable living.

In Shangguan, an elderly association and women's group worked with village officials in reviving Longtan, a traditional farming cultural activity, in 2023 and 2024. Shangguan honours Longtan, with its sense of cooperation, and respect of nature — the term literally means 'dragon pool'. Youth have experienced and

动“龙潭会”，让年轻人有机会体验这一民俗盛事。当地水资源不足，龙潭会本身起到农用水资源配置和管理、加强合作的作用，祭拜龙潭的过程也渗透着对自然敬畏和感恩之情。不过，如今农田流转，传统农耕生活文化逐渐淡化，龙潭会所蕴含的价值和精神如何传承，如何应对当前的环境和发展问题，相信是值得思考的问题。



learned about this ancient mechanism that has ensured an efficient distribution and management of water resources in Shangguan, where water has often been insufficient, if not scarce. With trends of farmland being converted into non-agricultural land, however, traditional culture in Shangguan has begun to wane. It remains a question as to how well Longtan can continue to shed light, and insight, for addressing today's environmental and development problems.

A famous village, Zhoucheng is called a 'living fossil' of Bai culture. Traditional

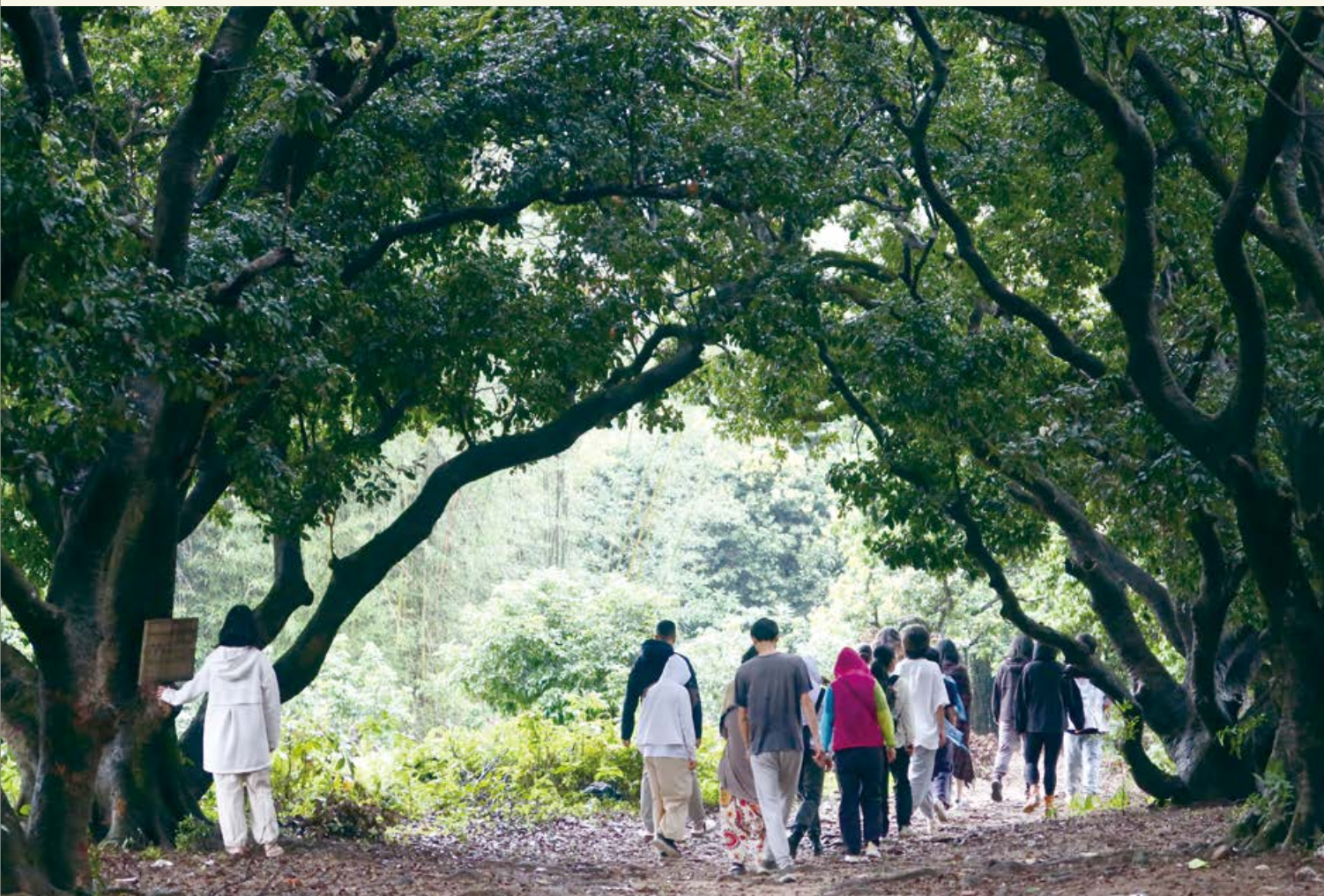
周城村有“白族民俗活化石”之美誉，传统扎染、制香、刺绣等技艺，与生态有着天然联系，如扎染主要使用当地植物为染料；典型的白族民居中必须有红椿木、杨柳、楸木、水冬瓜这四种木料，以代表一年四季。这些手艺同时也交织着个人生命故事和村庄集体记忆。蓝续支持年青人访谈和整理本村十位老手艺人的生命故事，并为他们举办了一场别具特色的手艺展，手艺人可以在现场与年轻一代互动交流。下一步，蓝续想要和老少村民一道，探索手艺与生态、农耕文化、乡村生活的更多关联，让手艺成为连接人们与乡土的桥梁。

- 正指导少年人的杨铃师傅（图右）是周城村里数一数二的木匠，曾在云南不少地方雕刻佛像、建造房子。
- Yang Ling (right), a revered master carpenter in Zhoucheng Village has carved Buddhist statues and built houses across Yunnan Province. Here, he guides a young learner.

handicrafts such as tie-dye, incense making and embroidery all use local natural materials. Intricately connected with village ecology, these crafts also carry people's life stories and the village's collective memory. Lanxu supported local youth to interview ten elder artisans; the stories eventually featured in an exhibition that yielded meaningful interaction among generations. Lanxu has planned to go further, with youth and elders further discussing connections between handicrafts, ecology, farming culture and rural life. In this sense, artisans are bridges, linking people with homeland.

# 青年人在乡土生态 社区中的生活探索

## Youth: Eco-Community and Sustainability



- 银林 GAP 可持续生活青年成长及生态社区营造计划营员在大自然中学习自我连接。
- Participants of Yinlin GAP Youth Sustainable Living, Personal Growth and Community Building Scheme learn to connect deeply with themselves in nature.

在离广州市区约一小时车程的银林村，住着 20 多户“新村民”，他们从城市移居至此，渴望与食物、土地和自然建立更深连接。在互助互动中，新村民逐渐形成了扎根乡村、友善自然的生活圈子，自称“银林生态社区”。

2016 年，大秋辞去设计师的工作，到银林寻找另一种更可持续生活方式。她在这里躬身种菜、开办传统文化课程，在乡土中感受生命成长，也为帮助到他人而更喜悦。小秋原先是公益项目经理，2023 年辞职后定居银林。在这里，她学会了好好生活，逐渐发现自己的内心更加稳定，也更有力量去做支持他人成长的事情。她们和同样辞职来此

的麦可组成团队，在社区伙伴和广东省岭南教育慈善基金会的共同支持下，于 2023 至 2025 年开展“银林 GAP 可持续生活青年成长支持及生态社区营造计划”，希望藉由自身的转变历程，支持想要改变生活现状的青年人探索更适合自己的道路。

项目招募不同地区的青年伙伴，到银林生活五天。营员们在乡土自然中学习正念，与自我及自然深度连接。他们聆听村民的生命故事，与新村民共同生活，体验食物从土地到餐桌的过程，触发对不同生活选择的思考与讨论：什么是自主、可持续的生活？营期结束后，项目团队组织营员开展 21 天线上打

It takes one hour to drive to Yinlin Village from Guangzhou, Guangdong Province's largest city. Yinlin is now home to more than 20 households known as 'new villagers' who have moved from urban areas in search of a deeper connection with food, land and nature. They formed themselves into the Yinlin eco-community rooted in rural living, pursuing mutual help as well as an eco-friendly lifestyle.

One eco-community member, Daqiu, was a designer before she moved to Yinlin in 2016. Seeking a sustainable way of life, she now grows vegetables and runs traditional culture courses for her own growth, and for others' too. Xiaoqiu resigned from the philanthropic sector to come to Yinlin in 2023. She says the down-to-earth life grounds her and gives her

strength, for herself and to support others. Maike shares similar stories and aspirations, and with the support of Guangdong Lingnan Educational Charity Foundation, our partner, the Yinlin GAP Youth Sustainable Living, Personal Growth and Community Building Scheme (GAP) was launched in 2023. Inspired by their personal experiences, the three members hope to support fellow youth who are motivated to make life changes. They hope to support them along their paths.

GAP recruited youth from various places to attend a 5-day camp at the Yinlin eco-community. Participants learned about mindfulness practices for self-awareness and for forging deeper connections with nature. They interacted with the Yinlin community to

卡等活动，支持他们回看自己的生活方式，思考如何将乡土带来的启迪融入日常。

“5+21”天不算长，但如同一束微光，让青年人超越城乡二元分立的眼光去认识乡村，也探问自己和未来更多的可能。佳慧在过去的工作和生活中过度消耗自己，身体经常出



· 银林生态社区举办荔枝主题展览。  
· Lychee-themed exhibition held at the Yinlin Eco-Community.

· GAP 营员在鹏程自然农场一起劳作。  
· Participants of Yinlin GAP Youth Sustainable Living, Personal Growth and Community Building Scheme work together at Pengcheng Natural Farm.

hear life stories, explore life options, undertake farm-to-table experiential learning, and ask questions about self-determination and sustainable living. After the camp, participants joined a 21-day online journaling activity specifically designed by GAP to help youth reflect on their lifestyle and integrate their insights into everyday life.

This '5+21' learning activity may not be a

问题。2024 年，她决定停下来关照自己，辞职后来到银林参加了 GAP 计划，认识了村里的生态养蜂人胡叔、做天然酵母面包的阿木、用自然农法经营农场的鹏程，看到他们在自我探索中从未停下脚步，也感受他们对当下的生活的享受和笃定，以及“半农半X”（边务



long journey, but it has shed light on young people's quests for the meaning and essence of rural living that goes beyond the rural-urban duality: they are also deliberating on life choices. Jiahui is one such youth. She joined the scheme in 2024, having found herself exhausted due to a life-work imbalance. When health problems were developing, she took a break for self-care. In 'A Day as a New

农，边从事其他工作）乡村自然生活的魅力。在“体验新村民的一天”的活动里，佳慧参加了银溪生活农场的活动，知道了年轻农夫小秦在这里“种回自己”的过程，感受到小秦的坚持与快乐，也开始有了和自己相处的意识，一点点把“我”释放出来，开始觉察自我。

GAP 计划结束后，佳慧继续在银林生活了三个月，和其他营员一起制作银林生态社区地图，在银溪生活农场等不同地方做志愿者，打扫、种菜、给果树摘花梳果，和大家一起做月饼……这段经历让她感受到银林生态社区彼此接纳和支持的氛围。2025 年，她开始在安徽的村子里生活，养鸡、种菜，有

Villager Activity', Jiahui began to examine her inner self and became more self-aware. At Yinlin, she met Uncle Hu the eco-friendly beekeeper, Ah Mu who uses natural yeast to make bread, Peng Cheng who practises natural farming, and a young farmer Xiaoqin who approaches farming as self-discovery. Their innovative ways of making a living in the eco-community and their ongoing self-discovery convinced her of the possibilities and values of rural living. Jiahui decided to stay on and volunteer for three months after the camp, making eco-community maps, helping with farm work and joining community activities. Throughout, Jiahui felt so accepted and supported. Eventually, in 2025, she embarked on her own rural

更多和自己相处的时间，在乡土生活中滋生出向下扎根的力量。

这些青年的到来，也为银林注入了新的活力。佳慧参与绘制的社区地图，如今已成为新村民们对外介绍银林生态社区的好帮手。在和 GAP 营员的互动中，新村民们也在思考如何把社区营造得更有生命力，并成为连结城市与乡村的桥梁。对于大秋、小秋和麦可来说，他们首先是银林的“生活者”，其次才是项目团队成员，他们的生活状态本身就是项目工作的底色。好好生活，慢慢探索，让自己，也让更多青年从乡土中得到滋养和力量。

life, developing roots in a village in Anhui Province, gathering strength in her new home.

The arrival and participation of young people has brought new vitality to the Yinlin eco-community. The members now use Jiahui's community maps to introduce Yinlin to outsiders. They have been so inspired by the interactions with the GAP participants that they are considering introducing Yinlin life to urban and rural folk. At first, Daqiu, Xiaoqiu and Maiké saw themselves as sustainable living practitioners, then as project team members. All in all, their visionary way of living has become the background, and backbone, of the eco-community. While nurtured by and exploring rural living, they have helped others to have the same experience.

# 公益领域互动

## Interactions with the Philanthropy Sector



The development of China's philanthropic sector has seen the emergence of increasingly diverse actors to promote social change. As a member of the sector with our main concern on ecology and environment,

PCD strives to proactively work with an array of partners to respond to issues such as climate change adaptation and nature education. We document and share programme experience and engage in dialogue with partners,

随着国内公益事业的发展，主体更加多元，成为推动社会改变的力量。作为公益领域内关注生态环境的一员，我们积极协同多元伙伴研究和开展相关议题的工作，比如自然教育、气候变化适应等，分享其中的经验和记录发展；也加强对话和交流，加深对议题的理解，以扩大关注和行动，我们也更好找到领域中的生态位置。

我们从不同方向与公益伙伴展开互动。一是与连接众多公益组织的平台型机构合作，共同促进关于领域发展的交流。我们支持北京沃启公益基金会发起“公益人代际对话”，提出关键的“代际”视角，不同时代的公益

从业者开展对谈，探讨公益的职业化发展，结合社会发展，带出对此领域的宏观理解。不同时代的公益人分享在面临职业倦怠时，如何使工作和生活更可持续；也谈环保行动者对环境议题的关注与回应，谈他们在应对环境挑战的同时如何安放自己。在访谈环境哲学与科学史学者田松的过程中，新生代公益人晨曦发现，当代中国环境议题的一些重要节点，如 21 世纪初“人类要不要敬畏大自然”的公共讨论，让她为这场讨论所呈现的多元价值观所吸引。

我们与北京基业长青社会组织服务中心（下称“基业长青”）合作，开展公益慈善口

enhancing our understanding of issues and expanding the scope of our concern and actions. The process has helped us identify a suitable position in the philanthropic sector.

Our interactions with the sector take different directions. One is to connect with platform organisations — which link up various groups — to facilitate exchange and development of the sector. We supported Beijing Woqi Foundation (Woqi) to initiate intergenerational dialogue among workers in the philanthropy sector. Woqi's project has facilitated discussion on the professionalisation of the sector and its development trajectory over the past decades. Topics included in the dialogue: how to sustain motivation in one's work and personal life when facing burnout.

They also talked about environmental actors' concerns and responses to environmental issues, and how they position themselves while addressing challenges. Chenxi, a young worker in the sector, particularly valued dialogue with Professor Tian Song, a scholar of environmental philosophy and the history of science. It enabled her to learn about and reflect on "whether human beings still need to show reverence for nature" at the beginning of the 21st century — an important discussion. Chenxi appreciates the vivid viewpoints and accommodation of diverse value-orientations.

We collaborated with Beijing Jiye Evergreen Social Organisation Service Centre (Jiye Evergreen) on an oral history project of the philanthropic sector. Jiye Evergreen serves

述历史人才培养计划。中国基金会发展论坛是一个重要平台，推动各地基金会交流及公益事业发展。基业长青作为论坛秘书处，重视历史记录和文化遗产对推动领域发展的作用。项目培训对公益历史感兴趣的年轻人，与公益前辈访谈，采集历史，保存改革开放后第一代公益人的亲历和见证，以构建公益历史；另一方面，在深度访谈中，年轻一代公益人有机会立体地了解前辈及其所处时代，在公益精神的感召下，思考自己的时代使命和动力。

人是公益领域中最重要因素，我们与公益领域伙伴特别关注公益行动者的成长与生

as the secretariat for the China Foundation Forum, a key platform for promoting exchange among domestic foundations and the development of philanthropy nationwide. As secretariat, Jiye Evergreen values recording history and passing on philanthropic culture for the sector's growth. The project trained young people interested in philanthropy to interview forerunners, people who witnessed and experienced philanthropy development since the 1980s. The in-depth interviews allowed youth to gain a well-rounded understanding of the spirit of the times in which the actions occurred, also gaining insights for reflection on their own mission and motivations.

We and our partners believe that people are the key element of the sector. Accordingly,

态议题的关系。我们所支持的广州善导社会工作服务中心（下称“善导”），通过工作坊、读书会及协作实践等方式，提升行动者的协作意识和能力。善导正在尝试支持协作者学习深度生态学，建立生态视角，由此探索个体的内在力量，并与更广阔的世界连接，建立对议题更系统和整全的认知，对社会发展有更多的理解和想象。如今，协作者正在投入多个议题网络的工作，助力不同公益组织的伙伴，围绕乡村发展、自然教育、零废弃等议题展开交流与行动。

在乡村社区，伙伴云南连心社区照顾服务中心协作民族地区的乡村社区工作者，重新

we pay particular attention to the growth of actors connected to our main focus: ecology and environment. We work with Guangzhou Shandao Social Service Centre (Shandao) to build platforms to support facilitators' exchanges and actions with workshops and reading groups. Shandao has also experimented with Deep Ecology, providing learnings to support facilitators to build inner strength and make connections with the wider world. Inspired by this ecological worldview, facilitators have developed a broader perspective on the nature of social development and the possibilities for actions. They now engage with different networks to help partners from a wider range of organisations, enabling exchange and actions

学习本民族文化中人与人、人与自然关系的智慧，从中吸取养分，建立文化及生态视角，并提升参与式工作能力，更有方向地探索社区工作的路径。

在社区发展力量活跃的成都市，伙伴成都社区行动公益发展中心着力培养社区工作者及社群骨干的“道”与“术”——可持续生活理念和协作能力。项目通过主题工作坊的共学，

推动学员从自身对可持续生活的体验和理解出发，结合当下社会问题及社区需求，在社区生活中发起和协作活动，如社区生态花园共建、居民环保组织在地网络构建、社区行走地图制作等，带动居民参与和共创。在实践过程中，协作者对社区、可持续生活，以及对协作的理解逐渐深化，对推动社区发展发挥更大作用。

· 社区行走地图小队在成都清源社区开展“社区的细节”工作坊。  
· Community Mapping Team at the Details of the Community workshop in Qingyuan, Chengdu.



on rural development, nature education, zero waste and more.

In rural community development, we work with Yunnan Heart to Heart Community Care Social Work Centre (Heart to Heart) to support the growth of community workers from ethnic groups. Heart to Heart's project facilitates these rural workers to widen their cultural and ecological perspectives by rediscovering the traditional wisdom on human-nature relationships inherent in local cultures. The learning project supports building capacity for facilitating community participation and exploring suitable pathways for rural community work.

Chengdu in Sichuan Province is a city

with a vibrant community development. Our partner Chengdu Action for Community Development Centre (Action for Community) supports community workers and core resident volunteers in learning theory and methodology for practising and promoting sustainable living. They organise thematic workshops to encourage community actions based on everyday life and sustainability. Actions include community gardening, local networks with residents' environmental protection groups, and making community maps to enhance participation and co-creation. A deeper understanding of community work, sustainable living and the art of facilitation gradually develops.

# 从公益历史中把握可持续发展方向

## Looking Back to History, Looking Ahead for Sustainability



· 汪永晨在“拾光——公益慈善口述史计划”访谈中。

· Noted environmentalist Wang Yongchen during the interview in the Philanthropic Oral History Project.

接受口述历史访谈时，汪永晨再过两天就要迎来七十岁生日。她有许多身份标识：知名环保人士，原中央人民广播电台记者，民间环保组织“绿家园志愿者”召集人，“江河十年行”活动发起人，《绿镜头——大自然的昨天与今天》等数十部著作的作者……这些标识呈现出当代中国环境保护史的一个重要脉络。

汪永晨六十多岁时开始了公益事业的新征程，回到母亲的家乡河北蔚县涌泉庄村支持乡村建设，推动成立图书馆、修建湿地公园，带领村民种树、清理垃圾，带孩子们参加夏令营，教他们写作……她以自己的生命能量感染年轻人，希望他们能够留下来，参与村庄振兴。

Wang Yongchen turned 70 two days after she was interviewed for an oral philanthropy history project. Renowned, she has worn many hats: environmental activist, reporter with China National Radio, convenor of the environmental social organisation Green Earth Volunteers, a founding member of the Ten-Year Action Plan for Our Rivers, and author of several books on environmental issues. Within all these roles are important pointers for tracing the trajectory of environmental protection in China.

In her early 60s, Wang Yongchen returned to Yongquan Zhuang, her mother's home village in Hebei Province. Wanting to participate in the community's development, she began a new chapter in philanthropy. Her recent portfolio of actions includes setting up village libraries,

北京基业长青社会组织服务中心（下称“基业长青”）开展“拾光——公益慈善口述史计划”，正是希望青年人参与进来，透过亲身记录，直观地感受公益前辈的工作精神和处事态度，带动更多人加入口述史工作中。汪永晨等早期参与环保和社区发展等领域的代表性人物，成为了访谈的对象。学员从准备访谈提纲开始，经过收集资料，结合公益领域的典型事件，梳理人物小传，就已经在学习公益历史了。导师提醒大家，要留意人物背后公益领域的发展情况，以及整个时代背景，以此了解和探究相关社会问题及事件的来龙去脉。

building a local wetland park, mobilising villagers to restore the forest, clearing rubbish, organising summer camps for children, and teaching children writing skills. By putting words into action, Wang Yongchen has been influencing many young people to follow suit.

The oral history project is led by Beijing Jiye Evergreen Social Organisation Service Centre (Jiye Evergreen). The objective: to encourage and train young people to participate in the collection of oral histories from forerunners in the field, and to learn from their altruistic spirit, perseverance and diligence. The youth were involved in the entire process. From formulating questions, collecting data, and compiling information to identifying benchmark cases and weaving

社会学学者郭虹于 1999 年开始进入公益领域，参与多家公益机构的创办和组织工作，并结合社会发展相关研究去推动公益事业的发展。在近九小时的讲述中，郭虹和访谈学员一同回溯她的人生旅程，谈儿时对书籍的热爱，谈她对社会科学研究和公益事业的热情投入。从农民工融入城市，到企业社会责任，再到社区参与治理及社会组织发展，郭虹的学术研究领域随着社会需求和历史进程的发展而演变，但始终以“以人为本”、“公众参与”为核心。2008 四川地震后，郭虹参与创建四川 512 民间救助服务中心，将更多时间和精力投入公益事业的发展。在她看来，

personal stories, they have been active learners of philanthropy, history and social development. The participants were reminded not to lose sight of the trajectory of the sector's development nor the macro background behind the people's actions.

Social science scholar Guo Hong joined the philanthropic sector in 1999. She helped found several social organisations, integrating her research on social development into philanthropic work. Her interview took nine hours. She and the interviewers traced the origins of her social consciousness, starting from her childhood love of reading to passions for academia and philanthropy. Guo Hong's research interests evolved alongside China's social development, from the emergence

理解和守护公益背后的价值观尤为重要。通过面对面深入交流，访谈学员不但更能理解公益前辈的成长路径和世界观，并且深受感染，她在手记中写道：“通过与郭老师的对话，我对口述史的深度和力量有了更加深刻的体会，它不仅记录了历史，更传递着情感和智慧。这次经历，也更加坚定了我公益道路上的探索 and 追求。”

口述历史带来的触动是双向的。汪永晨此前就萌生了采集和整理涌泉庄村口述史的想法，藉此推动村民思考未来发展的方向。接受访谈时，她特意请村里的中学生旁听，想要带动他们参与村庄历史的记录。访谈之后，

of rural migrant workers to corporate social responsibility (CSR), community participation in social administration and social organisation development. Cutting across all her work has been people-centred and public-participation principles. After the Sichuan earthquake in 2008, when Guo Hong helped establish the 512 Relief Services Centre, she has given more time and energy to philanthropic engagement. Whatever her position or task, she insists on the importance of holding true to core values of philanthropic work: this deeply inspired the interviewers. Guo Hong's interviewer wrote, "I have experienced the power and depth of oral history through dialogue with Guo Hong. It was not just about recording history, but

汪永晨主动把绿家园过往 40 年的历史档案，捐给基业长青与公益伙伴发起的文献图书馆，个人的环保日记也交给图书馆扫描保存。

图书馆馆长李超几乎亲历了每一次访谈现场，和青年学员同样受到了触动，让他对图

书馆的价值定位及未来方向更加清晰，也就是通过公益历史，让过去、当下和未来产生连结和对照。如同汪永晨和郭虹以各自的人生经历为线，在留下历史纪录的同时，也牵引着青年人对社会发展的理解。



· 郭虹（图左）在“拾光——公益慈善口述史计划”访谈中。

· Guo Hong (left) being interviewed in the oral history project.

a transmission of affection and wisdom. This encounter made me more determined in my pursuit of philanthropic work."

The effects of the project are two-fold. Wang Yongchen had the idea of conducting oral history in her village, and involved locals to reflect on the future of their community. She also made special efforts to invite students from her village to sit in on the interview. After the interview, she donated 40 years of historical Green Earth Volunteers records — including her own environmental protection journal — to

the Chang Qing Documentary Archive, set up in Beijing by Jiye Evergreen and partners.

Head librarian Li Chao took part in most of the interviews. He was as touched as the youth were. His ideas about the values, position and direction of the library have crystallised: in reviewing history, the past, present and future are connected. Jiye Evergreen's collection of stories of Wang Yongchen and Guo Hong is not only for the sake of keeping records. It unfolds insights for youth to fully understand the nature of social development.

# 培养协作者， 助力社区可持续营造

## Nurturing Facilitators, Nurturing Sustainable Communities



- 学员们参加“道与术”共学工作坊。
- Community workers in the Theory and Methodology Co-Learning workshop.

近十年来，成都大力推进城乡社区可持续总体营造，鼓励建立社区组织。在此背景下，一些公益人和实践者尝试将可持续理念融入社区生活，相关生活社群也随之出现。我们相信，社区营造扎根于生活，从2018年开始，我们支持成都社区行动公益发展中心（下称“社区行动”），以“道与术的糅合”为方法培养协作者，使之兼具可持续生活理念（道）和社区工作手法（术），至今已走过了三期。第三期学员中，有公益机构人员、街道和社区工作人员，也有社群成员。

在“道与术”的学习中，学员学习整全生态观、觉察自我，以及社区协作的理念和方法等，

拓展对社区发展及可持续生活的理解。项目鼓励学员结合自身兴趣或生活体验、工作等，选择社区关系、自然教育、健康生活、生态环保等议题组成小组，寻找和对接落地的社区，了解其现状、需求和资源后，设计行动方案，带动居民参与和共创。例如在“四时之景”小组协作下，目前共有九个社区居民环保队伍组成联盟，起名“蓉城绿园先锋队”。每一两个月，先锋队就会组织“环保转转会”，大家来到其中一个联盟社区，观察和体验社区环保队伍组织的活动，如垃圾减量、社区生态环境改善等，就队伍建设及实践经验等开展交流，并共同开展环保主题宣传活动，吸引更多社区环保队伍加入。

Over the past decade, Chengdu City of Sichuan Province has implemented a policy of integrated sustainable community development in rural and urban areas, giving importance to the building of community-based organisations. Members from the philanthropic sector and individual groups of social actors have been making attempts to integrate the concept of sustainability into community living, giving rise to numerous self-organised citizen groups across the city. With the belief that community development needs to be firmly based in everyday life, we have been supporting Chengdu Action for Community Development Centre (Action for Community) since 2018. The project nurtures facilitators by combining theory and methodology for the promotion of

sustainable community living. Now in its third phase, project participants include members from the philanthropic sector, workers from official sub-district and residential community offices, as well as members from local self-organised groups.

The learning of theory and methodology includes a holistic ecological worldview, self-awareness, and concepts and skills of community facilitation. Participants form small groups, identify a community, and choose a topic of interest that is relevant to their experience, such as community relations, nature education, healthy living and environmental protection. They then make needs assessments, map available local resources and design action plans for

随着社区实践的开展，学员对可持续的议题理解更加深入。“解锁”自然教育小分队以“无所不在的福寿螺”为主题，带动当地社区 12 个家庭共同关注身边的水环境。在湖泊及河流边，孩子们和父母一起兴致勃勃地寻找福寿螺，观察它们的特征和生活环境。根据福寿螺夜间更加活跃的特性，学员还组织了一场夜观活动。孩子们拿着电筒，仔细观察福寿螺和蟾蜍、田螺等小动物在夜色中忙碌，深感大自然的奇妙，同时也对水环境有更多了解。结合书籍和纪录片等，孩子们和

- 在“解锁”自然教育小分队协作下，孩子们和父母一起寻找福寿螺，观察它们的特征和生活环境。
- In this Nature Education Team activity in Chengdu, children and their parents observe the characteristics and habitat of the invasive apple snail.

involving locals' participation. For example, Rongcheng Environmental Protection Team has been formed from nine community teams as a coalition for joint actions. The Team visits one community each month, observing and experiencing the environmental activities that have been organised, such as waste reduction and various ecological improvement efforts. They also discuss team building and practice, and promote environmental protection to enlist participation from other community teams.

Nature Education Team members selected the apple snail, an invasive species originally from South America, as a topic. They recruited the participation of 12 families to promote

父母一起讨论：为什么福寿螺作为入侵物种在中国造成生态破坏，在原产地南美洲却没有，进而思考人类在生态系统中的角色。最后，孩子们创作了“福寿螺和水环境”的小故事，还提出许多保护水环境的点子。学员协作亲子家庭观察和思考，也是自己逐渐理解人与自然关系的过程。

关于协作方法培养，社区行动希望推动学员超越技术层面，对协作有更深入理解。学



awareness of water environment protection. Parents and children joined activities to look for apple snails in Chengdu's rivers and lakes, observing characteristics and habitat. The experience — sometimes at night — allowed them to reflect on why the invasive species problem exists, and how it is causing damage to freshwater ecosystems across China. Participants were also prompted to contemplate the role of human beings in the ecosystem. At the end of the activity, the children created a story on apple snails, including suggestions for protecting the water environment. Team members themselves

员以小组方式在社区发起和协作可持续生活行动，本身就是学习与他人建立关系，同时更好地认识自我，建立协作的良好基础。项目强调以参与者为主体，也有助于丰富学员对协作的理解。社区行走地图小队发起“社区的细节”系列工作坊，邀请年轻人以城市漫步（city walk）的方式，观察社区中的空间和设施，和居民交流互动，了解社区日常，感受其文化与环境，并绘制地图，表达对社区



gained a deeper understanding of human-nature relationships. Action for Community hopes that facilitators go beyond technical aspects of facilitation and embrace underlying principles and values. By working in teams to initiate community actions for sustainable living, they also learn interpersonal relationship building and gain deeper self-knowledge — this essentially lays the foundation for the art of facilitation. Learnings accentuate participant-orientation, a principle of empowerment. For example, Community Mapping Team invited youth to join its Know Your Community in

的理解。“社区的细节”不但吸引一百多人走进社区，一些参与者更是转变为共创者，与项目团队共同研发内容和工具。

在两年的时间里，学员在项目组、导师和共学社群的陪伴和支持下，努力成长为可持续生活社区协作者。在社区行动看来最重要的是，在行动中不忘审视所回应的议题，以及议题背后的价值，从自我成长和热情出发，协力营造更美好的社区和社群。

- 社区行走地图小队邀请年轻人以城市漫步（city walk）的方式，观察社区，感受其文化与环境。
- During this city walk, the Community Mapping Team invites youth to observe and experience the community's culture and environment.

Detail workshop series. Walking the city and observing physical spaces and community facilities, youth talked with locals to learn about their everyday life, local culture and environment, and eventually produced a community walking map. About 100 participants joined, some of whom became co-creators, joining the mapping team to conduct further research.

It has taken two years for participants to learn, grow and become facilitators for sustainable living — a result of joint efforts by project teams, trainers, the learning community and the participants themselves who passionately aspired towards personal growth.

项目一览

Project List

| 北京                      | Beijing                                                                                                    |
|-------------------------|------------------------------------------------------------------------------------------------------------|
| 北京密云地区乡土文化调研与生活教育内涵探索   | Research on Local Culture and Life Education in Miyun District                                             |
| 北京“自然妈妈”社区自然教育          | 'Nature Mother' — Community Nature Education Programme                                                     |
| 绿色家政理念推广和全流程服务实践总结      | Green Domestic Services Promotion and Documentation                                                        |
| 支持基层流动女性的可持续生活实践与互助支援网络 | Supporting Grassroots Migrant Women in Practising Sustainable Living and Building a Mutual Support Network |
| 培育半塔社群核心志愿者和社区可持续生活行动   | Cultivating Core Volunteers to Facilitate Sustainable Living Practices in Banta Village                    |
| 重庆                      | Chongqing Municipality                                                                                     |
| 探索重庆县域社会组织公益价值与行动       | Exploration of Values and Roles of County-Level Social Organisations                                       |
| 广东                      | Guangdong Province                                                                                         |
| 广州可持续生活青年社群营造           | Sustainable Living Community Building with Youth in Guangzhou                                              |
| 广州身障群体自主生活与多元生计探索       | Exploration of Resilient Livelihoods with People with Different Abilities in Guangzhou                     |
| 广州城乡互助网络                | Rural-Urban Mutual Help Network Development in Guangzhou                                                   |

| 珠三角城镇化农村社区可持续生活实践               | Sustainable Living Practices Promotion in Urbanised Villages in Pearl River Delta                             |
|---------------------------------|---------------------------------------------------------------------------------------------------------------|
| “落地生根”——银林 GAP 可持续生活青年成长及生态社区营造 | 'Taking Root' — Urban-rural Interaction with Urban Youth, and Community Building in Yinlin Village, Guangzhou |
| 广州职校绿色职涯探索共学营                   | Vocational Pathways Co-Learning Scheme with Technical School Students, Guangzhou                              |
| 深圳文化及地理景观导赏培训                   | Training on Cultural and Heritage Landscape Walking Tour Design in Shenzhen                                   |
| 可持续社区设计共学                       | Co-Learning Community Design for Sustainable Living                                                           |
| 培育珠三角可持续社区力量                    | Cultivating Capacity for Sustainable Community Development in Pearl River                                     |
| 广西                              | Guangxi Zhuang Autonomous Region                                                                              |
| 探索广西社区传统农耕文化活态保护                | Community-Based Traditional Agricultural Culture Conservation                                                 |
| 桂北朴门与本土农耕智慧共学                   | Permaculture and Local Agricultural Wisdom Co-Learning in Northern Guangxi                                    |
| “邕有好社区”——可持续生活实践                | 'Yongyou Good Community' — Supporting Sustainable Living Practices in Urban Nanning Communities               |
| 康复村社区青年志愿者群体对可持续生活的反思与对话        | Sustainable Living Dialogue Between a Rural Rehabilitation Community and Urban Youth                          |
| 搭建南丹白裤瑶文化的可持续生活学习及社区交流平台        | Learning on Traditional Wisdom of Nandan Baikuyao Culture and Building of Community Exchange Platforms        |

| 贵州                        | Guizhou Province                                                                                                          |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 培育贵州水环境保护骨干力量             | Capacity Building with Water Environmental Protection Facilitators                                                        |
| 提升贵州乡村协作者的实践力             | Capacity Building with Rural Facilitators in Guizhou                                                                      |
| 复兴贵州村寨社区传统文化学习            | Revitalising Learning of Community Culture in Rural Southwest Guizhou                                                     |
| 贵阳参与式公共空间设计工作坊            | Workshop on Participatory Public Space Design in Guiyang                                                                  |
|                           |                                                                                                                           |
| 四川                        | Sichuan Province                                                                                                          |
| 培育成都自然教育“绿种子”             | 'Green Seeds' — Nature Education Facilitator Development in Chengdu                                                       |
| “道与术的糅合”——成都社区可持续生活的共学与实践 | Combining Theory and Practice — Learning and Action on Community Sustainable Living                                       |
| 川西平原“土壤活力提升”社区共学          | Community Co-Learning on Soil Improvement in Chengdu Plain                                                                |
| “一步小院”生活空间气候行动探索          | Community-Based Climate Actions in Wenjiang District, Chengdu                                                             |
| 农田管理与土壤碳封存和污染防治的研究        | Research on the Relationship between Farmland Management, Soil Carbon Sequestration, and Pollution Prevention and Control |
| 川西林盘村民传统农耕智慧共学            | Community Learning on Traditional Agricultural Wisdom in Linpan Village, Chengdu Plain                                    |
| 探索雅安山地乡村社区农耕生活视角与智慧       | Exploring the Wisdom of Rural Agrarian Living with Mountainous Communities in Ya'an                                       |
| “结伴同行”——农村可持续生活协作者能力与网络建设 | Capacity Building, Network Building and Development with Rural Sustainable Living Facilitators                            |
| 支持成都社区可持续生活实践者社群          | Supporting Sustainable Living Initiatives in Chengdu Communities                                                          |

| 云南                          | Yunnan Province                                                                                                                   |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 以大理白族传统文化为基础的社区青年可持续生活学习与行动 | Traditional Culture Learning with Youth to Inspire Actions and Reflection on Sustainable Living in Bai Ethnic Communities in Dali |
| 探索腾冲社区精神与生物多样性保护与实践         | Exploring Community-Based Biodiversity Conservation in Tengchong                                                                  |
| 布朗社区协作者能力建设                 | Capacity Building with Bulang Local Facilitators on Cultural Reflection                                                           |
| 云南保山市地方智慧育人观和育人环境的探索与实践     | Groundwork for Community-Based Education through Local Wisdom Learning in Baoshan Municipality                                    |
| 云南保山社区可持续生活探索与实践            | Exploring Sustainable Community Living in Baoshan, Yunnan                                                                         |
| 探索与巩固丽江纳西族传统村庄合作精神与机制       | Exploring Traditional Cultural Values and Consolidating Cooperative Spirit and Mechanisms with a Naxi Community                   |
| 少数民族乡村社工的文化共学网络及个人成长        | Co-Learning Network Development and Personal Capacity Building with Social Workers from Rural Ethnic Minority Communities         |
| 西双版纳阿卡生态文化观为本的雨林修复与社区生活共学   | Co-Learning in Forest Restoration and Community Life through Aka Ethnic Eco-Wisdom in Xishuangbanna                               |
| “以史为鉴”——落松地康复村共筑美好生活        | 'Learning from History' — Building Self-Reliance and Community Resilience with the Rehabilitation Village in Luosongdi            |

| 跨地区                     | Regional                                                                                                                  |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 大学自然教育师资养成携手计划          | Nature Education Facilitator Development with Educators at Secondary Schools and Universities                             |
| 培养青年本土生态知识与气候变化适应能力     | Traditional Ecological Knowledge and Climate Change Adaptation Learning with Youth                                        |
| 气候变化青年赋能计划              | Capacity Building on Climate Change with CYCAN Youth Working Group                                                        |
| 东南亚青年行动者网络发展            | Youth Facilitator Network Development in Southeast Asia                                                                   |
| 公益人代际对话的在地实践与方法探索       | Exploring Practices and Methods in Intergenerational Dialogue with Philanthropic Workers                                  |
| 培养公益口述历史人才              | Supporting the Development of Philanthropic Oral History                                                                  |
| 公益实践者行动研究共学             | Supporting Co-Learning and Action Research Practices with Philanthropic Practitioners                                     |
| 第三届中国资助工作者培力营           | The Third Empowerment Camp on Holistic Learning and Inner Reflection with Frontline Staff of Chinese Domestic Foundations |
| 第五届睿思公益领导力协力营           | The Fifth Ruisi Leadership Camp with NGO Leaders                                                                          |
| 培养议题协作者及社群建设            | Theme-Based Facilitator Capacity Building and Community Development                                                       |
| 支持提高中国资助者的环境意识及加强交流     | Support to Strengthen Environmental Awareness and Exchange among Chinese Donors                                           |
| 培育组织的团队觉察与合作文化学习        | Cultivating Team Awareness and Cooperative Culture for Sustainable Organisational Growth                                  |
| 基于个人转化与社会转化的案例调研及交流网络搭建 | Personal and Social Transformation Case Study Exchange Network Development                                                |

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| 城市生态营造师社群培育 | Supporting a Community of Urban Ecological Design Practitioners |
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| 绿色公民培养——气候行动与社群发展      | Cultivating Green Citizenship — Supporting Climate Change Action and Volunteer Development              |
| “土的，是美好的”——土食材主题交流工作坊  | 'Indigenous is Beautiful' — Exchange Workshop on Local Food Items                                       |
| 学在乡村——农业文化遗产地青年共学      | Learning from Villages — Agricultural Cultural Heritage Learning with Youth                             |
| 生物多样性保护在地行动的传统生态智慧凝练   | Consolidating Traditional Ecological Wisdom in Local Actions for Biodiversity Conservation              |
| 生态文化系统框架下的生物多样性与农业协同创新 | Synergistic Innovation of Biodiversity and Agriculture Under a Biocultural System Framework             |
| 建设东部地区生态文化保护和知识交流网络    | Biocultural Conservation and Knowledge Network Development in Eastern China                             |
| 走进山海——在旅行中发现地方生态智慧     | 'Venturing into Mountains and Seas' — Discovering Local Ecological Wisdom Through Travel                |
| 乡村生态设计创新学习             | Learning on Innovative Rural Eco-Design                                                                 |
| 乡村社区设计实践及经验提炼          | Supporting Action and Reflection on Rural Community Design                                              |
| 乡村社区绿色领导力共学            | Community Green Leadership Co-Learning Scheme                                                           |
| 西南少数民族传统生态文化知识共学及交流    | Eco-Wisdom Co-Learning with Ethnic Minorities in Southwest China                                        |
| 云贵乡村社区妇女骨干可持续生活共学      | Sustainable Living Co-Learning Network with Rural Women Facilitators in Southwest China                 |
| “青年同行”——西南乡土故事计划       | 'Let's Tell Stories' — Developing Narratives to Reconnect Youth with Their Homelands in Southwest China |
| 乡村振兴的青年人才培养计划          | Rural Revitalisation Youth Internship Project                                                           |

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| 中国 – 东盟滨海社区 NGO 网络建设：青年骨干能力建设 | Strengthening the China-ASEAN Coastal Community NGO Network: Capacity Building with Young Leaders |
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| 跨地区                          | Regional                                                                                                                                                       |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 深度叙事线上工作坊                    | Deep Narrative Online Workshop                                                                                                                                 |
| 传统社区文化视角工作方法经验研究             | A Study of Work Approaches in Traditional Communities from a Cultural Perspective                                                                              |
| 城市家庭互助社群自然教育的案例研究            | Case Study with Urban Families, Mutual Help Community and Nature Education                                                                                     |
| 中国环境资助者气候变化适应议题能力建设          | Climate Change Adaptation Capacity Building with China Environmental Grantmakers                                                                               |
| 社会组织参与气候变化适应的创新与实践           | Innovation and Practice of Climate Change Adaptation with Participation of Social Organisations                                                                |
| 中国生态文明论坛济南年会——气候变化适应分论坛      | Supporting the China Ecological Civilisation Forum — Thematic Sub-Forum on Climate Change                                                                      |
| 可持续生活传播者网络搭建                 | Network Building with Sustainable Living Communication Practitioners                                                                                           |
| 传播行动支援计划——带入传播视角，丰富行动手法      | Small Grants to Promote Sustainable Living-Related Communications                                                                                              |
| 《转型城镇：一场应对气候变化的社区实验》简体版出版及推广 | Publication and Promotion of the Simplified Chinese Translation of <i>The Story of Transition Town in Japan</i>                                                |
| 支持《慢媒体》出版及本地论述发展             | Publication of the Simplified Chinese Translation of <i>Slow Media: Why "Slow" is Satisfying, Sustainable and Smart</i> , and Slow Media Discourse Development |
| 《美而简：生活的艺术》出版、新书发布及推广活动      | Publication and Promotion of the Simplified Chinese Translation of <i>Elegant Simplicity — The Art of Living Well</i>                                          |

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| 出版可持续生活杂志《比邻泥土香》第 14、15 期 | Production of Sustainable Living Magazine, <i>Fragrant Soil</i> , Issue 14 & 15 (in Chinese) |
|---------------------------|----------------------------------------------------------------------------------------------|

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| 以汉语拼音为序                   | In Sequence of Pinyin                                     |
|---------------------------|-----------------------------------------------------------|
| 保山市隆阳区金鸡乡务本社会工作服务中心 ..... | Baoshan Wuben Gongyi Social Service Centre                |
| 北京慈海生态环保公益基金会 .....       | Cihai Environmental Foundation                            |
| 北京单向街文化有限公司 .....         | Beijing One Way Street Culture Co., Ltd                   |
| 北京盖娅朴门设计咨询有限公司 .....      | Beijing Gaiascape Permaculture Studio                     |
| 北京鸿雁社工服务中心 .....          | Beijing Hongyan Social Work Service Centre                |
| 北京基业长青社会组织服务中心 .....      | Beijing Jiye Evergreen Social Organisation 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                |
| 北京市海淀区山水自然保护中心 .....      | Shan Shui Conservation Centre                             |
| 北京沃启公益基金会 .....           | Beijing Woqi Foundation                                   |
| 北京修实公益基金会 .....           | Beijing Xiushi Charity Foundation                         |
| 北京自然之友公益基金会 .....         | Beijing Friends of Nature Charity Foundation              |
| 成都城市河流研究会 .....           | Chengdu Urban Rivers Association                          |
| 成都集思青年公益发展中心 .....        | Chengdu GreenSOS Youth Development Centre                 |
| 成都家园行动公益服务中心 .....        | Chengdu Action for Home Public Service Centre             |
| 成都社区行动公益发展中心 .....        | Chengdu Action for Community Development Centre           |
| 成都市武侯社区发展基金会 .....        | Chengdu Wuhou Community Development Foundation            |
| 成都微明社会工作服务中心 .....        | Chengdu Weiming Social Service Centre                     |
| 成都一年·四季自然文化传播有限公司 .....   | Sichuan Seasons Nature Centre                             |
| 重庆陆海国际传播公益基金会 .....       | Chongqing Luhai International Communication Foundation    |

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| 大理市蓝续绿色文化发展中心.....       | Dali Lanxu Culture Centre                                             |
| 广东省岭南教育慈善基金会 .....       | Guangdong Lingnan Educational Charity Foundation                      |
| 广东省绿芽乡村妇女发展基金会.....      | Rural Women Development Foundation Guangdong                          |
| 广东省千禾社区公益基金会 .....       | Guangdong Harmony Community Foundation                                |
| 广西国仁农村扶贫与发展中心.....       | Guangxi Green Ground Rural Poverty Alleviation and Development Centre |
| 广州善导社会工作服务中心 .....       | Guangzhou Shandao Social Service Centre                               |
| 广州市从化区深耕社会工作服务中心.....    | Guangzhou Conghua District Shengeng Social Work Service Centre        |
| 广州市海珠区青城环境文化发展中心.....    | Guangzhou Green City Environmental and Cultural Development Centre    |
| 广州市合木残障公益创新中心.....       | Guangzhou Tree of Life Disabilities Innovation Centre                 |
| 广州市越秀区科莱美特环境保护交流中心 ..... | China Youth Climate Action Network                                    |
| 广州市越秀区微乐益公益成长中心.....     | Vloveit Youth Development Centre                                      |
| 桂林山水涅槃健康中心 .....         | Nirvana Guilin Organic Farm                                           |
| 贵阳黔仁生态公益发展中心 .....       | Guiyang Qianren Ecological Conservation Centre                        |
| 贵阳市观山湖区善治社会工作服务中心 .....  | Guiyang Guanshanhu Shanzhi Social Work Service Centre                 |
| 贵阳市同在城市扶困融入中心.....       | Guiyang Tongzai Urban Helping and Integrating Centre                  |
| 贵州省同心光彩事业基金会 .....       | Heart to Heart Foundation, Guizhou                                    |
| 海南智渔可持续科技发展研究中心 .....    | China Blue Sustainability Institute                                   |
| 昆明市呈贡区梦南舍可持续发展服务中心 ..... | Mueang-Nam Sustainable Development Services Centre                    |
| 昆明市西山区汉达社会工作服务中心 .....   | Kunming Xishan District HANDA Social Work Service Centre              |
| 南宁市家友社会工作服务中心.....       | Joy In Action                                                         |
| 南宁市绿生活社会工作服务中心.....      | Nanning Sustainable Living Social Work Service Centre                 |
| 南宁市绿种扶贫服务中心 .....        | Nanning Green Seeds Poverty Alleviation Service Centre                |

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| 陕西纯山公益事业促进中心 .....       | Shaanxi Chunshan Promotion Centre for Public Welfare                         |
| 山西光明公益发展中心 .....         | Shanxi Guangming Philanthropy Development Centre                             |
| 深圳市阿斯度社会组织自律服务中心 .....   | Union of Self-Disciplinary Organisations                                     |
| 深圳市握手三零二艺术中心 .....       | Handshake 302                                                                |
| 四川大学建筑与环境学院 .....        | College of Architecture and Environment, Sichuan University                  |
| 腾冲市老科技工作者协会 .....        | Tengchong Association for Senior Scientific and Technological Workers        |
| 玉龙纳西族自治县耕心社会工作服务中心 ..... | Yulong Gengxin Social Work Service Centre                                    |
| 云南连心社区照顾服务中心 .....       | Yunnan Heart to Heart Community Care Social Work Centre                      |
| 云南省绿色环境发展基金会 .....       | Yunnan Green Environment Development Foundation                              |
| 云南乡村之眼乡土文化研究中心.....      | Yunnan FROM OUR EYES Rural Documentary and Culture Research Centre           |
| 中国科学院昆明植物研究所 .....       | Kunming Institute of Botany, Chinese Academy of Sciences                     |
| 中国农业大学人文与发展学院.....       | College of Humanities and Development Studies, China Agricultural University |
| 中国生态文明研究与促进会 .....       | China Ecological Civilisation Research and Promotion Association             |
| 中华环保联合会.....             | All-China Environmental Federation                                           |
| 中央民族大学生命与环境科学学院.....     | College of Life and Environmental Sciences, Minzu University of China        |

## 香港项目

社区伙伴的香港项目已走进第五个年头。我们秉持生态中心的世界观，协作人与自然连结、关注生态，反思主流生活文化中对大自然和社区的影响，并探索可持续生活实践。我们与伙伴和社群同行，支持他们从滋养身心获得内在力量，达至个人转化，与社会改变互为影响。

我们从四个工作主题：**转化学习、应对气候变化的社区行动、社区经济、文化和社区建设**，与伙伴共同探索。我们的合作伙伴背景多元，包括社工、社区工作者、资助平台、基层组织、推动文化变革的设计团体和艺文

组织，以及不同领域的协作者和资源人。我们藉着搭建网络、共同学习和培养能力，尝试多元化的社区实践，增加社区的韧性，以应对不稳定环境所带来的挑战和契机。

我们理解社会改变的过程并非线性，更多是透过有意识的行动，累积经验，长远来说，达至个人与社群的转化。因此，我们与伙伴的合作，重视信任和过程，多于单一的量化指标，亦一同在社区实践中学习、评估、解难和成长。除了延续和深化现有项目，我们亦与新的伙伴开展项目，以丰富对主题的理解，和探索改变的路径。



## Hong Kong Programme

Our Hong Kong Programme enters its fifth year. As always, our work is grounded in an eco-centric worldview. We facilitate connections with nature, eco-systems and sustainable living practices, and continue to reflect on how mainstream culture impacts nature and local communities. Working and walking alongside our partners, we care about their wellbeing. We support them to build inner strength — with this, inner personal transformation, social change and mutual growth, which are interlinked, become possible.

Our work falls under four distinct themes: **Transformative Learning, Community-Based Actions on Climate Change, Community Economy, and Culture and Community Building**. The diversity of our partners — social workers, community workers, funding platforms, grassroots organisations, creative

groups promoting cultural change, and facilitators of various disciplines — enables a diversity of networks. Through supporting these networks, a collective synergy is created, and capacity, harmony and resilience among various communities are fostered — important for meeting challenges, and opportunities, in an increasingly volatile environment.

For us, the social change process is non-linear. It occurs through conscious action, learning and experience, with changes at the personal and community level being equally important. We see our partnerships as processes where we build trust and grow together, through community action and reflection, refraining from judging project impacts with one-size-fits-all targets. We are always learning and exploring along various pathways of change.



# 转化学习

## Transformative Learning



我们相信万物一体，人类与大自然本来互相连结。可是在现代生活中，人与大自然、社群、甚至与个人内在的关系变得割裂，造成各层面的失衡。我们希望藉由反思主流发展模式，学习与自己、社群及大自然重新连结，从而发展出内在力量，自觉地创造新的生活。

“转化学习”是社区伙伴其中一个工作主题，主要探索个人和社会转化之间的关系，发展多元转化学习系统，至今有数个范畴，包括：依托与自然的连结，体验、感知自然，探索自然与我们内在及社会的关系；透过身心教育进入转化的过程；以性别角度探索个人、机构及社会转化的关系。同时，我们与

We believe in the interconnectedness of people and nature and all beings. Yet, modern life often divides us from humanity, nature, community, and one's own inner being. These separations lead to imbalance at various levels, and we support our partners to consciously learn to imagine and build healthier, more integrated ways of living.

Transformative learning explores the relationship between personal and social change through developing diverse learning systems. Key elements include reflecting on mainstream development, embracing a gender perspective, and grounding the work in an eco-centric worldview. Aspects can include developing a deep affinity with nature such as contact with the soil, exploring inner

伙伴共同学习生态中心世界观，启发转变思维；组织协作者、社区工作者、民间机构及以市民为主体的网络，一起创造更多学习机会，达到助人者自助，再将力量延伸至基层、跨文化及边缘化群体等的社区。

社区协作者常为社群和他人付出，但有时候会忽略自己，忘了滋养内在也同样重要，特别经历巨大的社会变迁、社区变化、疫情等，人际关系随之改变，为工作带来新的挑战。作为同行者伙伴，我们关注他们身心的需要，支持他们在忙碌的日程中释放出来。透过“深度生态学”工作坊，让伙伴与自然连结，得到歇息，并学习以生态视角检视内在

transformation through the body and somatic movement, and reconnecting with one's inner being and with society. Co-learning and co-action networks with facilitators, community workers, NGOs and locals are integral.

Community facilitators tend to be so devoted to their communities that they pay little attention to themselves. Burnout is commonplace, especially when upheavals occur, like the pandemic. As a companion who promotes wellbeing, we support initiatives for respite. Deep Ecology workshops, for instance, provide space for our partners to slow down. Reflect, re-engage and rejuvenate with nature. Become re-inspired about the change process. Cultivate friendships along the way.

While Hong Kong's refugees and asylum

和与自然的关系，从中得到滋养和启发，思考期望中的变革如何发生，也发展互相支持的力量。

在香港，难民及寻求庇护者所获得的支援多为基本生活物资，然而，他们的情感与社群身份同样需要照顾。我们与国际身心教育学院有限公司及九龙佑宁堂合作，通过“身心动作教育”，结合身心动作、音乐、说故事等手法，滋养他们的内在韧性。他们藉由“真人

图书馆”的练习，分享和聆听自己与他人的故事，建立自信，与公众平等相处，互相理解和连结。

性别角度所重视的关怀、合作、包容和平等，都在可持续生活中带来力量和启发。合作伙伴香港妇女中心协会、妇女动力基金及 Translate for Her，从个人及机构层面促进包括少数族裔的本地女性的共学和支持，建立更和谐社群关系；在面对多变及充满挑战的



· 在真人图书馆活动，女性摄影工作坊参加者与香港真光中学学生分享她的生活经历和连结大自然的经验。



· A Women's Photography Workshop participant shares life experiences, including experiences with nature, with True Light School of Hong Kong students at a Human Library session.

seekers tend to have their basic physical needs met, their social and emotional needs are often neglected. We partner with the International School of Somatic Education and the Kowloon Union Church to provide somatic movement workshops to foster inner resilience and wellbeing, while the Human Library programme fosters a sense of community. Refugees, asylum seekers and locals gather here, telling their own stories and listening to each other's. Such confidence, empathy and understanding.

A gender perspective stresses care, cooperation, acceptance and equality. All are

essential for sustainable living. The Hong Kong Federation of Women's Centres, HER Fund and Translate for Her are three of our partners who promote this mutual learning and support among local and minority women, at both the personal and organisational level. Together, we foster harmonious community relationships, personal awareness and inner strength for women to thrive in today's everchanging society. Further, we support the exploration of the relationship between nature and women.

社会环境，可以保持觉察，培养内在力量，维持韧性。另外，我们亦透过支持伙伴探索自然与女性的关系，反思大地母亲、女性及边缘群体所受到的不平等对待，而参与改变社会、环境、世界及人际关系。

大自然不只是一个放轻松、休闲的场域，或环境问题的大背景，就算我们身处城市，其实还是与之同为一体。我们所支持以生态为中心的田间艺术和教育项目，让基层家庭

的父母和孩子在农耕体验和自然环境中调适身心，感受自然对人滋养的同时，能从中启发连结自然的方法，学习转换视角，不再视人为世界中心，而是生态中心的一员。

不论哪个场域的学习，我们在未来将继续深化这些学习系统，开阔路径，并以个人整全发展为目标，让人更意识转变，发挥主体性和能动性，在生活方式上作范式转移。



· 工作坊导师 Sunisa Jamwiset Deiters (Om) 除了在体验式活动中引导参加者与自然、自我和他人连结，也向他们讲解深度生态学的框架。

· In addition to guiding participants to connect with nature, themselves and with each other through experiential activities, workshop facilitator Sunisa Jamwiset Deiters (Om) also presents the Deep Ecology framework.



How Mother Earth, women and marginalised groups have all been mistreated. How we can inspire initiatives for a future with more equity.

Nature is more than a place to relax. It is more than a backdrop for environmental issues. Even in cities, we are still at one with nature. In the eco-centric art education project that we support, parents and children experience farming firsthand. They become closer to nature and feel nourished and inspired — no longer is nature a faraway concept only in the wilderness.

We will continue to deepen our understanding on transformative learning. Focusing on holistic personal development, we will continue to promote mindset changes and a greater sense of agency among practitioners as they explore paradigm shifts for sustainable ways of living. Learning never ends.

# 深度生态学—— 在自然中观照内在， 寻索改变的力量

## Deep Ecology: Deep Seeing, Deep Change



- 深度生态学工作坊参加者包括项目伙伴、社区伙伴同事及姊妹机构嘉道理农场暨植物园同事。
- Participants of the Deep Ecology workshop include project partners as well as colleagues from PCD and our sister organisation, Kadoorie Farm and Botanic Garden.

2023 年，社区伙伴邀请深度生态学工作坊导师 Sunisa Jamwiset Deiters (Om) 为香港伙伴举办五天的深度生态学工作坊，协作伙伴从大自然获得滋养，思考从个人中心转向生态中心的世界观的价值。Om 透过“重新连结工作” (Work That Reconnects) 的四个方法，带领参加者从感恩得到力量，肯定痛苦对世界的价值，以新的眼光看待事情，并找到前行的力量。

工作坊让参加者放松头脑，打开感官，体验自然。在过程中更强调用“心”去感受，让自己与自然重新连结。工作坊提供了安全可信的空间，邀请参加者触摸自己的情绪，

In 2023, we invited Thai facilitator Sunisa Jamwiset Deiters — everyone calls her Om — to lead a five-day Deep Ecology workshop for our Hong Kong partners. The goal: nourishment from nature, and reinforcement of the eco-centric (not ego-centric) worldview.

Om was mindful to create a safe, compassionate space and ample time for participants to explore and share at ease. She started off by encouraging partners to experience nature with all their senses, with an open mind, and particularly with wide open hearts. She then guided everyone through the 'Work That Reconnects' stages: opening oneself to gratitude, honouring our pain for the world, seeing with new eyes, and going forth.

理解彼此的痛苦，达到深刻的共情和交流。

国际身心教育学院创办人 Mayson (冯美璇) 分享，“肯定痛苦” (Honouring Our Pain) 的环节为她带来很大启发，令她发现自己作为行动者支持弱势、了解他人的痛苦时，忘了自己也有痛苦要承受；不只是照顾别人，也需要别人的支持。工作坊给予充裕的时间和空间，让参加者细味自己的痛苦，体会、觉察、聆听自己深刻的喜悦与苦痛，理解自己所珍视的价值。Om 散发的平静和慈悲，让参加者感觉到温柔、接纳和欢迎的力量，能自在地表达自己，并相信自身的智慧。受到 Om 的感染，她看到个人生命如何承载价值。

For Mayson Fung, founder of the International School of Somatic Education, the process of honouring pain brought a transformation. She had been focusing so much on other people's suffering that she had buried her own. No longer could she pour from an empty cup. Several other participants also came to a deeper awareness of their tendencies, principles and values. Supported by Om's warm presence, they could tap into their inner wisdom, trust it, and freely express it.

Om led our partners to envisage the Great Turning, a civilisation that has transitioned from an industrial growth society to a life-sustaining one. One where there's food, water, and harmony for all. One where all decisions and actions were made for the wellbeing of the

Om 带领“大转向”(Great Turning) 环节时, 让参加者想象大转向已经发生: 人类文明由工业增长社会转向永续, 未来七个世代的人都过着和谐的生活, 享用洁净的水源、丰富的食物和美好的环境, 未来的他们在课本里知道这个时代的事迹, 思考前人经历了什么才达至今天的富足? 当初的推动者怎样开始行动, 怎样发现自己的长处, 又怎样渡过困难时刻? 当中的快乐和收获又是什么? 参加者作出回溯分析后, Om 列举世界推动可持续生活的同行者, 例如“转型城镇”运动、朴门农法运动、生态村运动等等, 还有各种社会企业、社区经济活动, 指出它们就是大转

following seven generations. When people in the future learn about the Great Turning, what would their textbooks say about how it was achieved? How did people become strong enough to meet challenges and create change? What joys and insights did they experience along the way? Om listened as participants shared and then listed Great Turning actions from around the world — Transition Town, permaculture, ecovillages, and many community economy initiatives by social enterprises and other groups — our partners are not alone.

During the workshop, participants could take a break from the busyness of their day-to-day. They connected with their own values and with a wider network of practitioners working

向的行动例子, 大家在转变的路上并不孤单。

这次工作坊让合作伙伴重新获得能量, 在日常忙碌的工作以外有机会更深入认识和交流。大家都向相近的目标努力, 或许会遇到相同问题时, 可以互相扶持。

伙伴也带着所得到的启发, 回到自己的工作, 例如城市日记成员以生态和海洋视角设计跨界培训工作坊, 带出人与自然的互相连结; 香港妇女中心协会成员则反思团体关系, 明白到需要尊重各人不同的步伐, 为大家制造空间, 帮助思考问题、沉淀和回应。Mayson 也将工作坊领会到的内在力量转化, 融入到课程里, 更着意于协作者的身心状态,

towards similar goals and facing similar challenges. As our partners realised their shared purpose, a foundation was formed for future mutual support.

Inspired, participants applied what they learned. Staff from Hong Kong Federation of Women's Centres reflected on its team culture and created workspaces to respect people's different paces. A member of Urban Diary, a storytelling NGO that promotes sustainability, created a cross-sectoral workshop with an eco-and ocean-perspective worldview. Mayson Fung incorporated inner transformation into her courses, embracing the whole being, both positive and negative aspects.

With their inner harmony recalibrated, practitioners have been more able to access

认知正面和负面力量, 接纳和包容真正的自我。协作者得到滋养, 用他们的创意和慈爱滋养社群, 也体现生态中心观中, 各个生态或社会角色的平等, 互助共生。



their creativity and compassion as they work with their communities. From an eco-centric perspective, this represents a collaborative, symbiotic, and sustainable way of living. Every ecological and social role, equal.

· 在与自然连结的一天过后, 参加者被邀请全然临在当下, 连结自己的感受和身处的空间。

· After nature-connection exercises, participants are invited to be fully present and to connect with their feelings and the environment.

# 让身心重拾力量， 缔造和平

## Building Peace, Within and Around Us



- 女性摄影工作坊其中一个活动——参加者在明阵中步行祷告，建立对自己身体的敏感度，并加深群组关系。
- Women's Photography Workshop participants walk prayerfully to build up sensitivity with their bodies and deepen relationships with each other.

“本身悲痛的遭遇，竟然可以转化为对其他人有意义的分享，是很快乐的事情。”一位项目参加者回应道。

难民及寻求庇护者大都经历过痛苦遭遇，伤害藏在身体内未必见得到。在 2022 至 2024 年，我们支持了十数位在港难民，参与伙伴国际身心教育学院举办的“身体缔造和平”工作坊。有赖导师长时间的陪伴，耐心聆听，参加者在项目的下半部开始慢慢感受身体的反应和需要，打开心窗，与人分享。

国际身心教育学院创办人 Mayson (冯美璇) 了解身体往往呈现内心的反应，以身心教育 (Somatic Education) 为基础设计项目。身

心教育是帮助个人身心连结，探索内在自我，聆听身体发出痛楚、不适或不平衡的讯号。工作坊透过不同手法，改善难民和寻求庇护者的身心健康，包括为他们举办说故事练习，让他们演绎自己的故事，提升自信。

参加者都说，每星期最期待就是工作坊的一天，因为他们可以真正休息，和自己对话，也可以和朋友相见。导师和协作者为参加者造就一个安全、可信任的环境，让他们身心安歇，建立互信和友谊，也为他们在无法控制又散乱的生活里，建立规律。原本各不认识的难民和寻求庇护者，成长的地方、文化脉络都有很大差异，有几位本身因难言的

"It is surprising and fulfilling to know that my traumatic experience can be transformed into something meaningful for others," said a project participant.

Refugees and asylum seekers often face severe trauma. It can embed deep into their bodies. In 2022-2024, PCD supported more than ten refugees and asylum seekers to join The Peacemaking Body, a weekly workshop led by the International School of Somatic Education (ISSE) over a six-month period. Through the facilitator's attentive listening and patience, and through hearing their fellow participants' accounts, they began to become attuned to their bodies' responses and needs. Week by week, they gradually opened up and articulated their experiences.

Our body expresses the inner self, believes Mayson Fung, the workshop facilitator and ISSE founder. Our body carries our memories, our experiences. Through somatic education, participants learned to recognise signals of pain, discomfort or imbalance. They listened to and connected with their body and mind more closely. They shared their life stories at the innovative Human Library, and through this equal platform, their bodies came to hold new experiences. More confidence. More self-esteem. A greater sense of wellbeing.

Participants said that the day of the workshop was the most anticipated day of the week. A time and place to truly relax, connect with Mayson and meet friends. A safe, trusted space where their minds could rest. The sense

遭遇对人完全失去信心。透过工作坊，他们重新建立信心和友谊，而且认同这个网络，视自己为这小社区的一分子。

身心教育工作坊导师很重视参加者的个人感受和选择，其中一位受访者在身体活动中说：“我可以选择沉默”，也有另一位表示：“我可以因为太累，或因为下雨心情不好，而选择躺下，不跟随导师指示活动”，这种灵活性和包容让参加者享受自由，感觉被尊重和接纳。

过程中，参加者感觉放下了社会责任和角色，不是作为母亲、父亲、太太或丈夫，可以回归自我。有一位妇女特别兴奋地说，

身体工作坊让她“背痛减轻了很多，注意生活有什么不好的习惯，而加以改善，也可以教家人如何做静心练习，改善身心”。有位母亲说因为工作坊才开始学懂聆听，现在更懂得聆听子女的声音，跟家人及子女的关系也好多了。

公开说故事对难民来说是信心的考验，但也带有很大的转化力量。工作坊导师带领他们参加故事培训，准备他们在香港真光中学的真人图书馆活动分享。有些参加者表示从来没有公开演说，但因为这次的分享而重新肯定自己的能力，从被动的受助者身份变为主动的协作者，也令他们重新评价自己苦难

of routine and stability was reassuring in their lives where many things were beyond their control. A few said they had lost hope due to horrific past experiences, and that the workshop helped them rebuild trust in people, and in themselves. They've come to see themselves as belonging to this small community. They're making a new identity in this new place, this new culture.

Mayson embraced everyone as individuals. One participant said, "I can choose to remain silent" or "I can choose to just lie down and not to follow the facilitator's instructions because I'm too tired, or because the rain dampens my mood." The flexibility and openness allowed them the freedom to refuse. They felt respected, and accepted.

They were no longer bound by roles and responsibilities. No longer mothers, fathers, husbands or wives. Just themselves. One woman exclaimed, "My back pain was relieved. I've become aware of the unhealthy habits in my daily life and have ideas about how to improve my health and life. I now teach mindfulness to my family too." Another participant said that the workshop drew her attention to the importance of listening. She now listens more closely to her children, for instance, and says relationships have improved.

Sharing life stories in public was a big step out of their comfort zones, but the experience turned out to be empowering. Mayson had gently prepared the participants for the Human Library activity at the True Light School

的价值。学校老师表示，真人图书馆活动的经验，令中产家庭长大的同学尝试以同理心理解难民，以友爱的心去明白他们。

人与人的和谐共存、包容、理解和连结，是建立社区韧性的重要部分。我们期望将学

习机会带给更多人，特别是基层与边缘群体，包括跨文化、跨族裔社群。当个体与内在有更深刻的连结，也会更容易连结他人，让社群获得疗愈，创造转化的可能。



· 《一棵吞下女人的树》，2025，香港——女性摄影工作坊与芬兰摄影师 Meeri Koutaniemi 合作，举办为期五天、共 16 小时的摄影工作坊，让参加者探索与身体及自然的联系。摄影师并为每人拍摄结合人像和在场树木的照片。

· *The Tree that Swallowed a Woman*, 2025, Hong Kong — Portraits of a workshop participant by Finnish photographer Meeri Koutaniemi who led a 5-day, 16-hour workshop with women. They explored connections with their bodies and with nature.

of Hong Kong. Through taking 'the stage' and verbalising their suffering, refugees began to reassess their stories. They came to see themselves less as people in need and more as active, confident and valuable facilitators. Teachers added that the students, many of a middle-class background, also benefited. They learned what refugees face, and they demonstrated empathy.

Community resilience is about building

connections, acceptance and understanding. It is learning to live harmoniously with one another. We hope to bring this learning opportunity to other marginalised groups, such as multi-cultural and multi-ethnic communities. As individuals become more connected with themselves, they are also more able to connect with others. The unity lends to healing and transformation, in communities, in society.

# 应对气候变化的 社区行动

## Community-Based Actions on Climate Change



气候变化的问题，除了以科技和绩效指标的方式来应对，同样重要的是意识、态度的改变。当人类把自己的需要和重要性置于生态之上，生活方式不计环境和生态代价，正是导致气候变化和生态危机的根源。我们在“应对气候变化的社区行动”工作主题下，希望从根源着手，连结人和自然，在生活中增强应对气候变化的意识、创意和行动能力，并作出反思，达至深刻的社会改变。

合作伙伴城市日记在社区实践者能力建设计划——“行啦喂，上山下海寻宝去！”，透过叙事治疗工作坊，让有志于成立组织的参加者梳理个人价值观和目标，并学习主动聆

We believe that changing people's awareness and attitudes towards climate change is just as important as the science to address it, and KPI indicators to measure it. We believe the root cause of the climate and other ecological crises is that we put our needs and importance above other living beings. Our community action tackles those harmful tendencies. We reconnect people with nature, raise awareness, support innovative action, build community capacity and facilitate reflection to bring about transformative social change.

Let's Go You and I, a project by our partner Urban Diary, has been building up skills for community practitioners through workshops and action groups. Participants revisit their personal values and goals, undergo

听，增强同理心和自我觉察，装备与社群连结的能力。他们共同学习“里山里海”的概念（社会 - 生态 - 生产地景与海景的永续经营），从海洋视角（以此思考“中心”“边缘”的定义，不以地缘和边界为限）看待自己生活的环境，丰富生态视野，并尝试实践连结社区与自然的小型项目。参加者通过这计划共同成长，成为行动者社群。

在社区教育面向，我们支持伙伴芦苇花开生态教育基金以南涌为生态社区的实践地，举办学习营、永续生活课程、导赏和食农教育等活动，促进参加者，特别是年青人，对生态世界观、可持续农业及生态社区有更深

a counseling technique known as narrative therapy and develop proactive listening skills. Equipped with more empathy and self-awareness, they connect better with their communities, and themselves. They've also learned about the Japanese concepts of Satoyama (living by mountains) and Satoumi (living by the sea). These two elements are integral to Social-Ecological Production Landscape and Seascape, a framework through which to view the environment. Seeing Hong Kong, and the world, from the perspective of the ocean expanded their understanding. On any map, what is the centre and what is the periphery? How much are we confined by interpretations of boundaries and territories? These game-changing questions inspired

入的了解。长远来说，也期望参与培育的实习生，能持续参与南涌生态教育。

另外，我们亦支持位于八乡的生活 Seeds Lab 和创不同协作有限公司位于林村一叶农庄的亲子田野项目，让参加的孩子、父母与教育者，一同在农田学习，从亲近大自然，明白生活与环境变化息息相关，培养应对气候变化的动力和能力。

我们期望，当人们的意识改变，对议题的理解加深，会更有自信在社区实践信念。相对于“科技”和专业的行动，大众也可以在社区探索能力所及的适切科技实践。合作伙伴低碳想创坊的“葵涌低碳社区行动 2.0”，正

community action, with the facilitators growing together and forming themselves into a learning community.

We have also been supporting the community education work of Partnership for Nature Education and Conservation Limited in Nam Chung, in northeast New Territories. Their ecovillage is an important base for learning, with community tours and courses on food/agriculture and sustainable living. They particularly reach out to youth to promote an ecological worldview, sustainable agriculture and the ecovillage movement. They envision that young participants who join the internship scheme can especially contribute to the development of the ecovillage.

Our partners include Sangwood Seeds

是从基层社区出发，以社区自助的理念，组织街坊义工在社区推广低碳生活。另一个伙伴天水围社区发展网络的项目，透过社区农场的实践，让街坊认识朴门永续设计在照顾环境和人的概念，也连结更多街坊社群，共同探索和实践可持续生活，建立社区韧性。

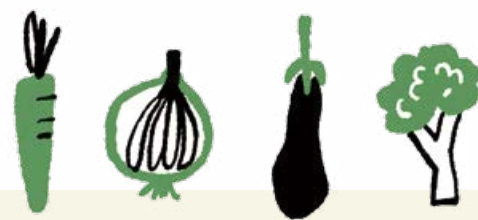
合作伙伴慢慢从行动累积经验，我们也尝试分享其他地方的环境运动，加深伙伴对社区转化的理解，引发讨论。例如透过出版书籍，介绍日本“转型城镇”的经验，支持伙伴实地参访，及以小型项目形式，支持相关的实践。转型城镇强调从主流消费生活中“去依赖”，增加自主生产；加强社区连结和参与，

Lab in Pat Heung and Make A Difference Institute Limited which runs One Leaf Cottage in Lam Tsuen. Both projects are located in the New Territories and offer educational opportunities for children, parents and educators to learn in the field and connect with nature. This experiential learning enables participants to understand the close links between environmental problems and daily life. It also motivates action for change.

We believe that with more awareness and understanding, ordinary people will be more confident in taking community level action. No longer will they feel that they must rely on scientific experts. CarbonCare InnoLab, through its Energy Care Community Action – Kwai Chung 2.0 project, organises people to

“建立社区韧性”；以 3H 原则：Head（脑）、Heart（心）、Hands（手）来“焕发人的创造力”。这些原则和创意行动，都为本地的实践带来启发。

我们期望这些工作呈现气候变化与社区生活、日常行动的关系：那不是独立存在于外的问题，人既是问题的一部分，也是答案的一部分。我们重视一起尝试和由下而上的行动，协作社区探索多元而创新的方式，实践小而美的可持续生活。



help themselves. Their grassroots volunteers promote low-carbon living through using innovative appropriate technology. Another partner, Tin Shui Wai Community Development Network, has been running a local permaculture farm for its residents. An important base for learning, and practising, sustainable living and building community resilience.

Our local partners have gained considerable experience, and we have augmented that with experiences from elsewhere — a fresh enrichment. The Chinese translation of a Japanese-language book about the Transition Movement in Japan has proven to be inspiring. The international Transition Movement or Transition Town (TT) seeks to redress today's over-dependency on energy and resources. TT



- 我们和伙伴参访日本藤野转型城镇，一起体验为山林松土、改善大地“呼吸”的“水脉修复”。
- In the forests of Fujino, Japan, participants help loosen the soil for restoring and improving waterways.

builds capacity for local production, community connections and resilience, and follows 3H— head, heart and hands — to reinvigorate people's creative power.

Climate change is not an external problem. It is intricately linked to our everyday life. We can all be part of the solution, and we support a diverse range of self-initiated, bottom-up community actions. These abide by the sustainable principle that small is beautiful.

# 在农田，孩子与 父母感知自然

## Children and Parents Connect with Nature, and Each Other



· 孩子和家长都在 Seeds Lab 享受当一个自由人——拿粉笔肆意在地上画路轨、张开手或举起单车摆着最自信的姿势留影。

· Children and parents enjoying Sangwood Seeds Lab activities — drawing with chalk, posing with confidence for the camera, and making friends.

一般市民对于气候变化的理解，除了气温上升、自然灾害等现象，通常停留于知识或数据层面，特别是居于城市的人们，在看似运作完善和食物充足的环境下生活，或视大自然为服务于人的资源，而不是平等共生的系统，容易把环境问题置身事外。为了让更多人投入行动，我们尝试透过不同的探索活动，深化人们对自然的感知。

身处自然环境，对大自然的反应和观察会有所不同。农田除了生产食物，也是很好的自然教育场所，让人透过食物、生物和环境，了解人与自然的关系，重新感受大自然的规律。学习培育植物生长，是脑、心、手并用的过

Public perception of climate change is often limited to temperature, sea levels and natural disasters. City people, ostensibly enjoying an efficient food system in abundant supply, tend to perceive nature as resources for their needs, instead of a web of interconnected life. We have been working in different ways to rebuild people's connections with nature and engage them into climate action.

Nature: a very different concept for someone who farms for a living to someone living and working in a skyscraper. Farmland is much more than a place of food production: it's an ideal space to feel the rhythms of nature and to learn about the relationships of life. Eco-systems holding massive knowledge. Farming, in essence, is a head-heart-hand process. It

程，除了建立自主能力，心灵也能得到滋养。

位于八乡的伙伴生活 Seeds Lab，以农田为学习场所，举办种植、食物、艺术与身心健康相关的教育活动，让成人和小孩从实践中与自然连结。主理人李俊妮更一直希望将农田教育与基层家庭分享，认为不应因为资源限制而阻碍他们接触农田。

因此，在我们的合作项目“慷慨的大自然——农夫导师培训及和谐关系亲子工作坊”，生活 Seeds Lab 特意招募基层家庭参加，希望藉此启发家庭教育，也孕育下一代对土地的关怀。同时，他们举办农夫导师培训班，为有志于教育及种植的朋友提供机会，一方

feeds a person's holistic development.

Our partner Sangwood Seeds Lab (Seeds Lab) in Pat Heung, New Territories, also sees the farm as a place of learning. They offer innovative educational activities about farming, food, art and holistic wellbeing. Jenny Li, the person-in-charge, firmly believes that its farm-based education should be available for all, and both children and adults join in.

The name of Seeds Lab's project clearly communicates its mission: Generous Nature — Farmer-Educator Training Programme and Harmonious Parent-Child Relationship Workshop. Seeds Lab especially recruits the participation of grassroots families, with the hope that farm-based education can inspire the next generation to take good care of the

面学习耕作，一方面，在家庭教育活动中观察和实习。

活动的设计，很多时会把父母和子女分开，父母参与学习生活、教育及食物的工作坊，子女则参与自然教育活动。父母可以暂时放下孩子，在农田和自然的环境下安心来休息。在导师带领下，他们尝试感受自己当下的状态，并反思与子女的相处，因为多了接纳的空间，增进了与子女感情和信任。

孩子在活动中可以跟随自己的兴趣和节奏，在田间的活动中找回了对大自然和周遭事物的好奇心。在一个全日工作坊，家长们忙着一起准备午餐，儿童工作坊的孩子则一

soil. One crucial skill in farming: observation.

In the project design, parents learn about sustainable living practices, family education and food, while children join nature education activities. This allowed precious me-time for the parents. A time to unwind, be grounded, focus on themselves, in the here and now. Under the guidance of Seeds Lab facilitators, parents also contemplate their connections with their children. Nature provides a nurturing environment for them to open their minds and look for ways to improve their relationships.

Meanwhile, children follow their own interests and pace at the farm. They play physical games that stimulate curiosity about the surroundings and nature. Kids are also in charge of making lunch: Pizza! Facilitators

起做薄饼。孩子由认知蔬菜的形状、颜色及名字开始，然后分组清洗食材，用刀子切割食物，最后把材料放在薄饼上。导师把做薄饼的过程放慢、放大，让孩子慢慢学会掌握日常生活技能。孩子得到肯定，一步一步建立责任感和自信，而家长对于孩子能力的成长也感到惊喜。

· 一众农夫导师齐齐落田踩泥，一同认识水稻苗、插秧，共同领悟“退步原来是向前”的真谛。



· In a rice planting activity, Farmer-Educators loosen the soil with their feet and learn how to transplant seedlings. They experience the Buddhist saying, Go back before going forward.

carefully design each step, in detail, for children to learn — cooking is a life skill. Children grow in confidence through the activity and develop a sense of responsibility, especially when their parents recognise the edible contribution. Parents truly appreciate the act, the process, and observe the growth of their children.

对于农夫导师学员，观察和实习加深了他们的经验，有助构思适切的教育活动。例如邀请家长在田野散步，并收集一件自然物件来代表最近的状态，一起围圈子分享，让他们在户外安全自在的空间慢慢沉淀。孩子的活动则较多是藉游戏舒展身体，例如给每个孩子分派一个密封的瓶子，到田间收集不同气味的植物，再给另一个孩子凭气味找回植物。这让孩子打开感官，专注于感受自然。农夫导师学员经过了密集的学习，愈发积极参与生活 Seeds Lab 的活动，角色由参加者变成协作者。课程结合了他们的兴趣，鼓励他们以自己的方式，把对大自然的喜爱和关

Seeds Lab also trains people to become farmer-educators. Practice and observation have enabled the trainees to gain experience and skills for designing and facilitating activities. Activities for adults facilitate immersion with nature so they feel safe to go inward for self-observation. Children's activities are more about the body and the senses. For example, each child is given a sealed bottle to collect plants with different scents at the farm. Then another child is given the task of finding the plants through smelling. This allows children to open their senses and feel nature. Practice and observation also enable trainees to experiment about nature, with action, passion and love.

Connecting with nature sows seeds in people's hearts and in relationships with others.

怀化为活动，感染更多人。

自然的共感在人心里和关系中播下种子。社群互相看见，也更为敏锐于环境变迁。气候变化看似一个遥不可及的议题，但还是可以从一片农田、一口薄饼、一点生活实践入手，让人体验自己与万物共生。气候的变化、危机，不再与己无关，自己是改变的一分子。

· 农夫导师在家庭工作坊实习时带领一众孩子到 Seeds Lab 附近的郊野，来一场自然探索。



· In a family workshop led by a Sangwood Seeds Lab Farmer-Educator, children explore nature in the nearby countryside.

We have witnessed these seeds growing via a plot of farmland as well as a piece of pizza. Through one's own practice, we can all become part of the change — against climate change.

# 日本“转型城镇”运动的启发

## Transition Town, An Inspiring Movement



· 上：2024 年，我们和伙伴参访日本转型城镇藤野，行程中探访了小山宫佳江女士自己设计和与社区一起建造的生态友善居所。

· 下：我们和伙伴共 12 人体验日本藤野转型城镇所开展的森林再生活动，帮助森林与大地的再生。

· Above: On the trip to Transition Town in Fujino, Japan, participants visit Ms. Koyama at her eco-friendly home. She designed the home, and the community helped build it.

· Below: Twelve participants, including PCD team members and partners, join forest restoration activities organised by Transition Japan.

推动日本转型城镇运动的榎本英刚，当初抱着如何创造“把人的潜能充分引发出来的社会”的想法，回应社会过度依赖外部资源、抑压个人潜能、可持续发展的问题。他曾参加英国芬德霍恩（Findhorn）生态村培训，体验深刻；也受到托特尼斯（Totnes）转型城镇运动的启发，回到日本藤野与同伴开展转型城镇运动。他尝试融入和连结社区，并策划多元化的实践。让人称道的行动，如推动和发展当地的社区货币、森林维护、食农教育，及推广迷你太阳能发电装置的藤野电力运动等。

因为与榎本英刚的认识与连系，我们向他提出翻译其著作，在香港及内地出版，香港繁

体版名为《日本转型城镇：一场连结个人与世界的社区实验》（下称《日本转型城镇》）。我们希望当中所展示的理念和实践经验，可以支持及鼓励本地伙伴，丰富我们回应社会议题的想象。

2023 年，《日本转型城镇》出版之后，我们组织了香港与内地伙伴参访日本藤野，与当地运动参与者交流，香港伙伴都获得不同的启发。低碳想创坊的 Raven（程玉然）说：“了解到各种社区行动背后的脉络，例如藤野电力的分享及森林再生活动，让我体验到，即使像能源、山林复修这种技术性较高的课题，也不一定由专家来推进。而是按合适的规模，与有

When Hidetake Enomoto — everyone calls him Hide — first initiated the Transition Town (TT) or Transition Movement in Japan, his concept was to create "an enabling society for people to reach their full potential". He thought the Movement could help redress the unsustainable development and other socio-economic problems of the over-dependency on external resources. Hide had lived at Findhorn Ecovillage in the UK, and had visited the TT in Totnes and upon returning to Japan, he and various partners set up TT in Fujino in 2008. They successfully engaged the local community in many ways: community currency, forest restoration, food and agriculture education, and forming the Fujino Electric Company for small energy-efficient solar power systems.

Our connection with Hide over several years made it possible for us to translate and publish his book — a great way to introduce TT in Hong Kong and Mainland China. It has been our hope that the concepts and practical experiences discussed in the book would inspire our local partners in their work on social issues.

We also arranged for our partners to visit Fujino — a game-changing experience. Raven Ching, a participant of CarbonCare InnoLab, said, "I learned so much about the context behind the community actions, such as the Fujino Electric Company and reforestation. I realised that even for technical issues such as energy and reforestation, communities do not necessarily have to wait for the experts to offer solutions. We can act on an appropriate scale

意合作的专业伙伴尝试，将知识重新整理，设计出合适的行动。”她更肯定，即使是普通市民，只要在社区连结起来，也能在面对气候变化时展现应对能力。

天水围社区发展网络的纪姿棋说：“对我来说，有两点很大感触。第一点是要有意识停下来，和举办庆祝活动的重要，原因是为了人们有力量持续下去。社区的工作，事情一浪接一浪，要做的事很多，想做的事不断，学习如何停下来，让自己不要过分燃烧，才可以持续。第二点是吉田先生提及，如果团体走到某个阶段需要解散，也不需要勉强，没有关系的……吉田先生的说法让我释怀

with professional partners to re-align knowledge for designing actions suitable to the capacity of a community." She is confident that when communities are connected, even ordinary people can cope with climate change problems and make changes.

There are two things that stood out from the exchange for Jo Kei, a participant from Tin Shui Wai Community Development Network. First, community workers need to take conscious breaks and celebrate any achievements at hand. This is important to prevent burnout and to sustain people's motivation for action. The second was something Hide's colleague Yoshida had said — that it is okay for an organisation to disband when the time comes, and there should be no regrets. Seeing Transition Japan has led

了。”转型城镇的实际运作丰富了姿棋对社区韧性的理解，社区营造的焦点不只是活动本身，更重要的是有意识滋养社区成员的身心，让社区工作走得更远。

我们亦延续转型城镇的启发，探索香港不同社区的可持续生活行动。我们引介伙伴向坪洲组织 Islanders 岛民学习，体验以城市研究的视角探索社区，藉制作社区地图发现社区独特的肌理。工作坊之后，伙伴天姿作围制作了以社区经济为主题的地图工具，让新招募的社区导赏小组访问街坊和在地观察，运用地图理解社区，提高他们对问题的意识，并理解天姿作围所作的回应。

her to believe that community resilience is key, that the core of community building is nurturing the inner strength of its community members.

PCD's exploration of sustainable living practices and actions is ongoing in Hong Kong. We often encourage partners to learn from each other. A community mapping exercise by Islanders 岛民, our partner on Peng Chau Island, was a great way to discover special traits of the island community. Tin Zi Zok Wai has taken community economy as the theme for mapping its community of Tin Shui Wai. Their map facilitated newly recruited community tour group members to analyse the neighbourhood, raise awareness of the identified problems in the community, and communicate the context of Tin Zi Zok Wai's work.

我们希望透过出版《日本转型城镇》及相关项目，协作香港伙伴从行动中累积经验，长远而言建立一套以香港气候变化为背景的社区韧性论述。转型城镇发展至今差不多二十年仍具参考价值，如书中所说，转型城镇是尝试在个人和世界之间，置入“社区”的层面，让个人行动成为社区的改变，让社区成员从单纯的消费者和劳动者，转变成自发以行动改善社区的公民。

The Transition Town movement is almost 20 years old and continues to inspire learning and action. We see Hide's book as an indispensable resource in the journey ahead to build community resilience in the face of climate change. We envision that our partners will use the publication to contribute to the dialogue in Hong Kong. We envision that by creating and nurturing such connections, individual actions can bring change in a community, and then more global change. In the process, everyday consumers and labourers are transforming into global citizens.

- 上：在日本参访行程中，我们到东京江户川区探访环境组织“从脚下开始思考气候变化”的公民发电实践。
- 下：伙伴城市日记协作 12 位探索社区组织的学员参与共学活动，坪洲民间组织 Islanders 岛民以地图探索社区，以城市研究的视觉重新发掘社区特质。



- Above: During the visit to Japan, participants meet Foot Warmth Network, an environmental group in Tokyo, to learn from their citizen-led energy action practice.
- Below: Twelve Urban Diary project participants join a community mapping workshop, led by Islanders 岛民 on Peng Chau Island. They learn to re-discover the characteristics of their community.

# 社区经济 Community Economy



社区经济在香港已发展了二十多年，不同的实践者作出了各种尝试，应对基层生活和社区需要，亦探索主流经济以外更人性化的社区经济关系。透过实践尊重劳动价值、环境友善的经济模式，建立更有韧性的社区，开拓更有创造力的生活，让人与人、人与自然都能更和谐地共存。

在“社区经济”的工作主题下，我们尝试回到以关系为本的生活，推动以人为本、着重社会联系的在地经济实践，改善基层的生活质素，重建互助与信任。同时，我们支持社区为本的生产，让在地资源和技术保留在社区。面对社会和经济环境转变，新生代对

Community economy began in the 1990s in Hong Kong. There's been a range of exploratory action, and it's been a bold journey. Addressing grassroots' livelihoods and communities' needs is no easy feat when mainstream society favours a profit-oriented model. Community economy values humanity and stresses relationships. It respects labour, the environment, creativity and community resilience. It aspires to people helping and trusting another, and living sustainably, in harmony with nature.

Advocating community economy is supporting the local. Not just production and consumption, but also resources, skills, networks and connections. In these times of rapid socio-economic change, we see that

于生计和生活有更多元化的想象，因此我们探索跨界别的合作文化、资源共享和多元生计的模式，并记录和整理这些经验，丰富对社区经济愿景的理解，肯定其价值。

我们继续与天姿作围合作，在天水围建立社区经济模式。天姿作围在地区实践本地生产、销售和消费，在当区推行有机耕作、食物加工及产品制作，在当区销售。居民以朴门概念设计耕作：学习照顾人、照顾自然和公平分享，善用在地资源堆肥，减少对环境产生的负担。同时，天姿作围透过“农场到餐桌”的活动，让成员思考主流生产模式对人和环境的影响。项目中的时分券计划，让街坊

younger generations have acquired broader and more diverse ideas for their livelihoods, for their life. We have therefore embarked on exciting cross-sector projects that support youth groups to explore approaches for sharing resources and livelihoods practices. We have also worked to collate experiences. This documentation will enrich the vision and understanding of the multifaceted values of community economy.

In Tin Shui Wai, we continue partnering with Tin Zi Zok Wai which promotes local production and consumption practices. Specifically, they support organic farming, as well as food production, processing and sales within Tin Shui Wai. Participants in the farming scheme have learned about permaculture and put those principles into practice. They take care of each

以所付出的时间和劳动交换货物。因应时券在区内拓展的可能性，项目亦鼓励与理念相近的地区组织合作，加强区内及跨区成员的文化交流及经济互动。

在促进跨界合作方面，我们与突破机构进入第二期的合作，继续探索新生代青年有关“全人职志”发展的经验，及整理有关论述。“全人职志”不再单纯以职业类别或运作型态来定义，而是以主流、另类、全职、斜杠、

有酬、无酬的多重组合来实践。项目为参与 Trial & Error Lab 实验室伙伴计划的青年工艺师提供空间，成为他们发展和交流的场地。另一个专为初职青年而设的“我知我咩料”计划，协助新加入的参与者，连结过去的合作群体，包括青年同伴、艺术导师，和社会创新实践者，营造互助的创意群体。作为总结，突破机构会整理项目经验，发表“全人职志”论述。计划期望支持青年扩大社群合作，



other and nature, make compost, recycle, share resources fairly, and join 'farm to table' activities. Tin Zi Zok Wai also advocates time vouchers, which enable locals to use their time or labour, not money, to meet their needs. The group has been working to expand the reach of the vouchers, and trying out other initiatives too.

Youth work includes our cross-sector collaboration with Breakthrough Limited. The second phase continues to support the exploration of career paths that embrace holistic personal development. A career path is no longer defined by a single type or form of occupation. Versatility is key, with a mix-and-match approach — mainstream

with alternative, full- and part-time, paid and volunteer, and slashers.

Breakthrough's Trial & Error Lab provides young artisans with a space to develop their skills and their networks, while its project I Know What My Talent Is assists youth who have just started their career life. Past partners such as youth volunteers, art instructors and social innovation practitioners help foster mutual-help connections that inspire and support. Later, at the end of the project, Breakthrough's team will share learnings, a catalyst for more community economy action and practice.

In 2024, we worked with Yan Oi Tong Ltd on a community economy project in Tuen Mun. The community has been using a currency

缔造共同经验，实践有别于主流的社会价值。

2024 年，我们与仁爱堂青年梦工场合作，开展“新墟社区经济计划”，在屯门新墟建立社区货币“屯圆”，连结有志于社区实践的年青人组织、街坊及小店。项目支持青年梦工场团队与五个在计划中孕育的“梦工匠”，以社会创新服务回应社区居民需要。同时，团队鼓励街坊以义工身份参与活动，服务可以

· 梦工匠“手牵爪”组织“屯友”在猫收容所当动物义工，并设计海报，协助小动物寻家。



· Find a new home — Dreamcrafter Pawallel organises volunteers at a cat shelter, also designing posters to help rehome the animals.

called 'Tuen Yuen', which lives up to its name! Yuen means Dollar, and together with Tuen, sounds like the Cantonese word for Reunion: Tuen Yuen has indeed brought locals, youth groups and small shops together.

This partnership also supports Yan Oi Tong Youth Space (Youth Space), local innovators that support five youth initiatives Dreamcrafters in Tuen Mun. They do just that: dream up and deliver inspiring community activities with residents. The teams also encourage the residents to join as volunteers to exchange

兑换成“屯圆”，用于计划下的会员活动，或换取地区小店、社区创新的产品。过程让社群建立，创造丰富的社区生活，亦促进对社区的归属感和互助精神。

不同组织的社区经济形式虽有差异，但持守相同的信念和价值，就是人尽其才，物尽其用，地尽其利，并且一起发掘更多实践可持续生活的选择。

· 梦工匠“新耆士实验室”与中医师合办痛症舒缓课程，并制作手册和教学影片，方便街坊温故知新，自助和互助。



· Pain relief — Dreamcrafter Sunshine Lab collaborates with traditional Chinese medicine practitioners, helping residents learn how to relieve pain and address ailments related to ageing.

their services for Tuen Yuen social innovation groups or for items at local small shops. Bright dreamy reunions are underway: mutual help, connections, a sense of belonging to the community.

Whatever its form or whoever is practising it, all community economy work shares the same beliefs: actualising people's multifaceted talents, making optimal use of local resources, reconnecting communities, and exploring more options for sustainable living.

# “屯圆”“屯友”创新梦工场—— 屯门新墟社区经济计划 Youth Space and Catching Dreams



- 梦工匠“休息一会”每月借用新墟浅尝咖啡馆，让新墟街坊相聚“解忧”，滋养身心灵。
- Chill time — Dreamcrafter We Are Nature HK holds monthly gatherings at a cafe for residents to chat, de-stress, and nourish their body, mind and spirit.

屯门新墟比屯门新市镇更早发展，相对屯门市中心的大型商场和新型屋苑，旧式的商住混合区有较浓的人情味。由于仍保留街道作为城市肌理，小店在大型商场与连锁店以外，为居民提供了多元的选择，街坊对社区认同，更容易连结彼此。

合作伙伴仁爱堂青年梦工场（下称“梦工场”）成立于2017年，是扎根屯门新墟区的青年社会创新中心，多年来培育了五十多个社会创新组织“青年梦工匠”（下称“梦工匠”）。社区伙伴与梦工场合作的“新墟社区经济计划”，正是以社区货币“屯圆”和社会创新服务为基础，探索非主流经济的社区关

The thriving San Hui (New Market) in Tuen Mun, located in northwest New Territories, is among the early generation of new towns across Hong Kong. Preceding the newer standard-designed shopping malls and housing estates, San Hui's older street plans have helped retain a close-knit community. Small shops still survive here, a rarity in other parts of the district. These shops function as anchor points for building and maintaining community connections.

Our partner Yan Oi Tong Youth Space (Youth Space) is a community-based youth social innovation centre in San Hui. Since 2017, the group has nurtured more than 50 Dreamcrafter groups. The present Dreamcrafter project uses community currency

系。计划支持梦工匠透过活动和服务回应居民的生活需要，实践社区参与，另一方面，也让社区持分者参与，活用地区资源。

计划邀请了五个梦工匠团队，都是对相关议题富有实践经验并且愿意深耕的，共同策划及推行计划，包括致力于回收非肉类厨余的“零剩研究所”，推动公众关注长者潜能和纾缓都市人痛症的“新耆士实验室”，专注推广新兴运动和社区运动场地的“赤岚体育会”，透过倾谈、静心活动等令街坊放轻松的“休息一会”，及推广社区动物与社区人士和谐共处的“手牵爪”。

计划建立了团



'Tuen Yuen' to enhance local participation, enrich community living, promote mutual help and deepen a sense of belonging.

This project involves five Dreamcrafter teams, each experienced and motivated in community service. Each involved in project planning and implementation. The five areas of work: recycling for zero waste, awareness-raising of the ailments and talents associated with ageing, sports for all in community spaces, talks and meditation for psychological wellbeing, and neighbourhoods that protect animal rights and welfare.

The community currency Tuen Yuen is central to all the work. Residents who offer voluntary services receive Tuen Yuen and can exchange it for services from Youth Space

队，并创立社区货币“屯圆”，成为连结梦工匠与新墟街坊及小店的平台。

社区货币的运作重视以人为本的关系。“屯圆”是认可和回馈义工付出的工具，街坊报名参与计划成为义工“屯友”，在服务社区后可获得屯圆，用以兑换梦工场和梦工匠团队的活动，或者是计划纪念品和小店折扣优惠。梦工匠导师、义工与小店因此而加深认识，街坊也更关注社区、社群的需要。

在其中一次使用屯圆的活动中，梦工场团队首次与地区的一家音乐咖啡店和刺绣店合作，在咖啡店举办十字刺绣手工班，参加者包括年青人和中年妇女。刺绣班导师特意以

or Dreamcrafter, products made under the scheme, or for discounts at small shops. People become more familiar with each other and with the needs of the community.

In one Tuen Yuen activity, Youth Space collaborated with a local cafe and an embroidery shop to offer a course on cross-stitch. To root the activity locally, the instructor designed a special pattern combining participants' names with Hung Kiu, a red pedestrian bridge that is a beloved San Hui landmark. Mostly younger and middle-aged women, the embroiders enjoyed chatting with each other as they stitched, enjoying complimentary coffee and desserts too. For some, it was the first time to visit the cafe. Through this circular economy initiative,

新墟地标红桥为设计底图，结合参加者名字的图案，加深他们对自身与地方的认同。在享受手工制作之余，大家还品尝了咖啡和甜点，交流生活，其中不少表示这还是首次到该咖啡店。活动连系了街坊和小店，也促进了区内的经济循环。

梦工匠新耆士实验室回应长者街坊的痛症需要，邀请中医师教导简单有效的自我检查方法，学习以不同按摩工具舒缓痛症，课堂涵盖了舒缓头痛、肩颈痛、上背部痛、腰痛等基本技巧。活动吸引了85%的女性参加者，其中一半为六十岁或以上的长者，也有部分从事照顾者工作，平日照顾长者生活而较少

wonderful connections have been made.

Meanwhile, the Dreamcrafter elderly team invited a traditional Chinese medicine practitioner to help build skills to address common ailments associated with ageing. Participants learned self-examination methods and how to massage for pain relief. About half of the participants were aged 60+, with others being caretakers who often had not attended to their own health. They have since been applying their learning for themselves, as well as for others.

Youth Space community economy activities have been running for one year now, with a total of about 300 participants. Their social media group of about 100 people also gathers ideas and feedback. Each source

关顾自己身体状况。学员可以将所学应用于日常生活中，提升自我照顾的能力，并协助家人舒缓痛楚。

计划开展至今大约一年，参加计划的屯友已有接近三百人，加入通讯群组约百多人。梦工场统筹会不时与群组的屯友联络，了解

他们对于屯友活动的想法。“新墟社区经济计划”协作持分者参与建设及发展属于他们的社区，实现他们的想象，增加对地区和社群的认识、连结和归属感，相信在面对未来发展转变或冲击的时候，社区能善用资源，发挥互助精神。



- 上：每月最后一个星期六，梦工匠“零剩研究所”的研究员都会到访新墟小店收集餐前素厨余，并会在街站分类推广。
- 中：梦工匠“赤岚体育会”于新墟游乐场教授新墟街坊尝试不同的新兴运动，更制作了新兴运动工具，在社区空间强身健体。
- 下：仁爱堂青年梦工场邀请新墟手工艺小店店主答谢“屯友”，在音乐咖啡馆一边听着黑胶唱片，一边制作十字绣。
- Above: Zero waste — Dreamcrafter LabOver collects and sorts vegetable scraps from shops at San Hui (New Market) on the last Saturday of the month, promoting zero waste.
- Middle: New sports — Dreamcrafter Storm Sports Association introduces various games to residents at the local San Hui Playground, making new sports equipment too.
- Below: Cross-stitch to music — in a collaboration with an embroidery shop, Yan Oi Tong Youth Space offers a cross-stitch course for volunteers at a cafe that also has a selection of vinyl records.



of resilience and mutual help is valuable: a stronger, more resilient community helps people be ready to cope with changes and challenges that may come at any time.

# 文化和社区建设

## Culture and Community Building



香港拥有丰富的文化，多年来在本地传统和城市为中心的文化互动中形成。人口、环境、交通网络等种种变化，与城市的急剧发展互为因果，特别是基建发展和市区重建，土地与空间重置，新旧迅速更替，这些巨大变迁对自然、人和社区都造成冲击。但身处变动，往往也是一个契机，让人思考自己与地方的关系，更根本地探索自身的历史、文化及社区里的核心价值。

社区伙伴的“文化和社区建设”工作主题下的一个目标，是推动具韧性的地方生活方式。在即将重建的华富邨，我们与伙伴香港明爱合作，透过文化及社区活动，凝聚居民，

面对变迁。华富邨本身历史悠久，累积了丰富的生活文化和历史，居民亦对社区有很强的归属感，但拆迁、重建意味着原有的社区网络可能被分散，社区文化也有消失的危机。我们支持香港明爱于重建以前进入社区，以多元手法协作居民发掘自身的共同文化和地方价值，藉此连结居民，确立身份。同时，透过参与而建立自主能力和激动力，以应对重建带来的影响，反思发展的价值，想象新的生活可能。

我们发现，在社会变化下，社会上不同的角色，例如市民组织、社会创新团队、文化工作者、社区小店、建筑师、设计师及艺术

Hong Kong's vibrantly rich cultural heritage is a reflection of local traditions meeting contemporary city life where change is constant: demographics, environment, transportation networks and urban redevelopment, in particular. We are seeing that land reallocation is leading to major impacts for peoples, communities and the natural environment. Yet, change can bring opportunity, newness. People can respond by reflecting on their relationship with the place they call home. Contemplating their community, history and culture, they can seek the heart of things, the core.

A goal of our Culture and Community Building work is resilient local living. Wah Fu Estate, one of Hong Kong's oldest housing estates, is about to undergo redevelopment.

We have been partnering with Caritas – Hong Kong (Caritas) to maintain community cohesion and resilience there. In past years, Wah Fu residents had felt a strong sense of belonging, yet with this (and any) redevelopment plan, the community has been at risk. Culture can weaken, and networks can break. Caritas has been facilitating residents to rediscover their community culture and local values, and to re-affirm a sense of common identity before the scheduled redevelopment. We hope that with increased community participation and agency, and with more reflection on development and alternative living, the people of Wah Fu will be inspired to act to keep their community culture alive and well.

With so much change in Hong Kong

家等，发展跨界合作，运用有别于传统社区工作者的手法，参与营造社区。我们与香港社会服务联会合办的“社会福利机构创革者培育计划”，就是支持社工到不同界别的单位实习，丰富他们参与社区的手法、经验和想象，并制造更多的网络连结。在与香港明爱的合作项目中，具社工背景的团队向不同经验的社区工作者学习，透过共学，加深对文化、价值观的反思，帮助在项目中实践，探索改变如何发生。

另一个合作伙伴生活书院，一直在社区致力推广生命教育、环境教育及文化教育。生活书院自从大埔搬迁落户屯门青山塾后，空

society, many individuals and groups are participating in community building — citizens organisations, social innovation teams, cultural workers, community shops, architects, designers, artists... Our collaboration with the Hong Kong Council of Social Service has led to a project to develop capacity among social workers. The initiative has provided cross-sectoral internship opportunities, enriching participants' imagination, fostering learning about community building, creating network connections and encouraging reflections on the role of culture and social change.

Another partner, the School of Everyday Life (SOEL), has been promoting life education, environmental education and cultural education. Upon moving from Tai Po

间位置更接近社区，有更多机会在地区社群间拓展教育。生活书院营造核心社群，透过活动让社群体验与他人、自然和万物的连系，从而学习尊重生命，带出良善的价值。社群在参与中建立归属感和关系，也建立了可持续生活的愿景和价值。

在香港侧重经济发展的文化背景下，我们希望能从现代生活方式、主流价值和文化中反思，并搭建网络，让合作代替分离，让社会价值从单一走向多元，拓展社区和社群。

to Casphalt, its new space in Tuen Mun, SOEL is now closer to the local community, giving it an edge in expanding its initiatives there. SOEL works to build core communities through relationships with people and all beings in nature. As community members bond and a sense of belonging forms, a shared vision of sustainable living begins to develop.

Under the city's cultural backdrop in which economic development is championed, we hope to bring about critical reflections on modern ways of living and mainstream values and culture. As we build connections between individuals and groups, we hope to advocate multiple possibilities of community development, where collaboration replaces separation. Where culture is a beautiful living thing.



· 上：“述说屋邨故事”：明爱团队举办社区照片展览，居民提供宝贵的作品，分享对屋邨生活的感情。

· 下：华富街坊导赏员工作坊让成员试行演练个人生活经历的路线，参加者也取出旧报纸作补充，吸引一些长者参与讨论，实现跨世代交流。

· Above: 'Telling Our Wah Fu Stories' — residents contribute photographs and share their Wah Fu life in a community exhibition held by the Caritas project team.

· Below: After training, Wah Fu community guides design tours of the neighbourhood based on their living experiences. Elderly people like to join in, adding their own. Rich inter-generational dialogue happens naturally.

· 上：生活书院社区实习生一起为社区共餐准备纯素烧卖，他们一起讨论和构想共餐的餐单、烹调和活动形式。

· 下：社区实习生学习了纯素鸡蛋仔的制作后，主动提出举办纯素鸡蛋仔空间开放日，邀请街坊一起体验亲手制作鸡蛋仔。

· Above: School of Everyday Life community interns prepare vegan 'siu mai' dumplings for a community meal. The interns plan the menu together, cook together, and run various activities as a team.

· Below: After learning how to make egg waffles, the community interns initiate a workshop for local residents.



## 重建下的社区营造—— 探索华富邨的生活文化 Living House, Living Culture



- 华富邨的嘉华文具店光荣结业，明爱团队与东主磋商，请摄影师为街坊与两代东主合照，以笑面道别。
- A smiling farewell — to commemorate Kariser Stationery and Toys, a beloved shop closing down at Wah Fu Estate after more than 40 years, the Caritas team arranges for photographers to capture memories of the two-generation shop, its owners and loyal customers.

拥有逾半世纪历史的香港华富邨，环境清幽，是香港首个以“市镇中心”概念发展的公共屋邨。社区提供各种设施，生活所需俱备，社区关系紧密。屋邨成立当年吸引了很多年轻家庭入住，很多居民从小到在区内共同成长。今天，不论是仍居于华富邨或已迁出的旧居民，都对地方充满感情。

然而，屋邨因为楼宇结构问题，于千禧年前后被纳入重建计划，居民将于2026至2035年间分三期搬迁。位于香港仔的香港明爱先以外展方式提供支援服务。过程中，明爱团队留意到重建计划影响两万多居民，但居民对于重建及搬迁的需要并没有深入了解，

Constructed in the 1960s, Wah Fu Estate takes pride in being Hong Kong's first public housing estate developed with the concept of a 'town centre'. Located at Pok Fu Lam in Southern District, it is relatively quiet, yet has good access to various amenities. Young families were attracted to Wah Fu, forming close-knit relationships over the decades they lived there, with strong friendships and a strong sense of community. Whether they still live there or have moved away, residents continue to feel a deep connection to Wah Fu.

However, structural problems have been occurring in the buildings. Redevelopment plans for Wah Fu started at the beginning of the millennium, and residents are set to be relocated in three phases from 2026–2035.

而社区累积多年的独特文化及网络关系亦可能面临瓦解。2022开始，我们与香港明爱合作，在重建前协作居民过渡拆迁，并以不同手法营造社区，与居民共同探索华富居民的身份和社区的独特文化，巩固既有的邻里关系，增强社区韧性以面对巨变。

香港明爱于2023年成立社区基地“华富生活馆”，接触居民、了解社区脉络和居民需要。华富生活馆的设计平实而开放，像家居客厅般，营造一个可信任的公共空间，让居民休息和相聚。团队筹划不同种类的文化活动，与居民共同探索华富邨的社区文化和故事。在华富生活馆举行的社区旧物展，开放

Caritas – Hong Kong (Caritas), based in nearby Aberdeen, sees the years preceding relocation as an opportune time for community work. Since 2022, PCD and Caritas have been discussing ways to increase community resilience in this transition. We have been stressing the importance of the sense of belonging and the unique community culture. Caritas started with outreach. Their team found that even though the redevelopment will affect more than 20,000 residents, people's needs are not well understood. They are concerned that Wah Fu's community culture and networks are at threat of disintegration.

In 2023, Caritas mapped community relationships and resident needs. They established Wah Fu Living House, a community

给街坊参与，邀请居民展示个人珍藏旧物，分享他们的生活故事。团队亦尝试接触不同年龄层的街坊，透过与智乐儿童游乐协会合作，活用屋邨平台的公共空间设计创意活动，当中让同邨小朋友互相认识，一起开心玩乐，同时也唤起家长小时候“落楼玩”的童年回忆。除了参与式活动，团队与圣方济各大学社工系的学生合作，访问屋邨小店店主，制作《华富小店志》，记录和分享他们与街坊的故事。《华富小店志》深受街坊欢



base designed to be down-to-earth, open, like a lounge. Living House has become a trusted public space for residents to relax and meet, to enjoy a range of activities and to become aware of their living community culture. In one activity, *Stories of Stuff*, residents displayed personal objects, sharing the poignant stories behind them. Children also joined activities through Playright Children's Play Association. They played outside at the estate podium, making it convenient for kids to join in and play together. This brought back memories for parents who had once played in Wah Fu's public spaces. Caritas also worked with social work students from Saint Francis University who interviewed

迎，他们会拿着《小店志》于街站和华富生活馆分享昔日的故事。

明爱团队亦举办了街坊导赏员工作坊，由富有经验的社区工作者带领，启发街坊运用自己在华富的生活经验设计导赏路线。街坊

- 左：明爱团队于“华富生活馆”在附近平台举办“游戏基地”，鼓励邨中的家庭一家大小来玩，重现屋邨社区的热闹气氛。
- 右：一位街坊导赏员虽已迁出华富邨，但感情深厚，以自己小时候帮妈妈买酱油的回忆构思成路线，更自制酱油瓶形状的社区地图派给参加者。



- Left: At the Caritas 'mobile playground' day at the podium outside Wah Fu Living House, families play in the public area, bringing a lively atmosphere back to the community.
- Right: One community guide who is deeply attached to Wah Fu, designed a community map in the shape of a soy sauce bottle as a way to hold onto a childhood memory of helping his mother buy soy sauce.

shop owners and published their stories in *Wah Fu Zine*. Locals have appreciated the publication. It's often in their hands when they share their own stories at outreach activities and at Living House.

Experienced community workers have also trained local Wah Fu guides who have designed routes based on their lived experience.

由最初学习发掘社区题材，到构思路线、试行，及至完成导赏，有不少的体验和成长，无论表达能力和参与社区的动力都增强了，也有信心向公众讲解。其中一位街坊导赏员虽已迁出，但对华富社区的热情有增无已，在导赏中分享自费购买的社区文物收藏，例如1960年代建邨时的旧报纸；也自行绘画插画，重现地区小店、老店；甚至自制酱油瓶形状的导赏地图，以小时候到杂货店买酱油的机会蹓跶社区的记忆，串成导赏路线，参



加者也被他的热心所打动。导赏员除了向外来参加者展示自己地方，更与不同年纪的参加者交流生活经验，拼凑出更立体的地方生活面貌和回忆，几位街坊导赏员亦因为工作坊而加深了认识，增进了友谊。

在这些基础上，我们期望项目能进一步探索文化与社区发展的关系，增加居民对社区的归属感，在面对变迁时能互相支持。也在拆毁与重建中，居民对生活 and 社区发展有更多的反思，探索改变的可能。

- 有志于保留社区历史故事的街坊借出儿时生活的珍藏，包括在邨内小学就读时的成绩表，吸引更多居民欣赏及讨论。
- Residents enrich their stories of Wah Fu through displaying personal items, such as primary school reports. Visitors are intrigued, and many conversations follow.

Through discovering community themes, planning routes, and piloting and leading tours, the guides have gained confidence in public speaking and have become motivated to participate in community affairs. One guide who had moved out of the estate remains devoted to Wah Fu. He purchased props for the tour out of his own pocket, such as a newspaper from the 1960s when the estate was built. He made illustrations to recreate the old shops, even creating a community map in the shape of a soy sauce bottle! It was a way to honour a boyhood experience of wandering around the neighbourhood after his mother had sent him to buy soy sauce. The community

guides have created rich stories of local Wah Fu culture, sharing them with outsiders as well as fellow residents of all ages. Everyone loves stories. And stories bring people closer — several guides are friends now.

All this work has created a foundation for stronger community networks and a stronger sense of identity. In the future, we hope to further explore the relationships between culture and community development, fostering a sense of belonging among residents for mutual support during relocation. We also hope to spark reflection and imagination on community development in the context of demolition and development.

# 永续生活行动及生命教育实践—— 生活书院的社群营造

## Sustainable Living: School of Everyday Life



- 生活书院连结不同年龄层的义工，在协助筹办活动之余，跨代的实习生更多机会分享想法和学习经历。
- School of Everyday Life activities connect volunteers of all ages, including the community interns from different generations. Everyone can share their ideas and learning experiences.

2014 年成立的生活书院，带着以生活为本开展生命教育的愿景，从日常生活中反思环境、生命和世界的价值。2021 年，机构从大埔迁移到贴近屯门民居的“青山塾”，开始连结社区，为社区构筑生活学习平台，同时探索社区文化，推广永续生活。

我们从 2021 年起与生活书院合作，至今已有四年。上一期计划主要探索附近社区，连结街坊。跨年龄和背景的参加者组成探索小队，制作社区地图、探访小店、访问和追踪人物故事，并转化成为社区导赏及展览的内容，让参加者加深对地区的体验和了解，成果也成为社区的文化资源。

Since its establishment in 2014, School of Everyday Life (SOEL) has encouraged reflection on the shared values of all life through life education rooted in everyday experience. In 2021, they moved to become closer to their local community. Their new venue, called Casphalt, is in Tuen Mun, northwest New Territories. Here, they can more easily promote sustainable living through building a life education platform and discovering local culture.

It has been four years since PCD partnered with SOEL. The last project phase focused on connecting with different local actors and groups. Participants of various age groups and backgrounds formed local research teams to make community maps, visit local shops, interview local people and produce stories,

这一期计划邀请前期的参加成员作为社区实习生，提供认识社区和生活实践的培训。培训主题包括食物、耕作、社区活动的设计和组织，让实习生透过共同料理、耕作等实践体验，思考和觉察生活，并带动他们对身边人、环境和社区的关心。实习亦包括协助营运生活书院的空间，筹备和组织社区活动，例如交换技能的工作坊、大笪地（平民消闲夜市）、市集和社区共餐。

实习生在深入参与生活书院的运作后，协作工作小组和策划活动，培育新一届实习生。在旧实习生的传承下，新实习生更投入参与，例如就食农教育课的主题，会自发在群组讨

and create community-guided tours and exhibitions. The process helped participants gain a deeper understanding about their own neighbourhoods and produced valuable community cultural resources.

In the current project phase, SOEL invited former participants to become community interns. They attended community research and action workshops on themes such as food, farming, community activity design and organising. The interns also engaged in cooking, farming and various other activities. Whatever the activity, they always kept their attention on the people, the environment and community relationships, and motivated others to do the same. They also helped run SOEL's space at Casphalt where they organised

论，并制作食物与大家分享。他们也有更强的自主学习意愿，在筹备节目时，主动分工购买所需材料，也会参考不同资料整合出简明的单张。就算过程中意见不一，他们也珍惜这种切磋的机会，让自己从不同角度学习理解他人。参加者在团体的合作氛围下，学习互相尊重，建立更深入的关系。

连结同区手作人、生产者、社区机构、居民和多元化对象，也是生活书院工作目标。团队透过市集，让生产者向公众分享产品，



展示成果；也特意邀请不同地区、背景和表演风格的音乐单位作表演嘉宾，如非裔难民、或来自印尼和菲律宾的移工等，让多元社群彼此看见，增加互动的机会。

另外，生活书院亦邀请区内香港基督教培爱学校的学生摆摊，负责老师表示，对肢体或智力障碍的同学而言是难得的体验。同学平日碍于身体状况，一般较少外出，也较少面对公众，但市集令他们与社群能互相认识，增加了解和支援的机会。

· 实习生 Anson（图右一）每月在生活书院主持“衫裤修补服务站”和“补衫同好会”，推广修补取代过度消费，同时凝聚相同理念的街坊，分享修补方法。

· Anson (picture at right) is a community intern who advocates mending as an alternative to buying new items. She hosts a mending service point as well as a mending club at School of Everyday Life, and also gathers like-minded neighbours together to share techniques.

workshops, community fairs, markets, shared meals and other community activities.

The interns further supported activities to cultivate a new cohort of interns. The enthusiasm of former interns inspired the new ones to actively initiate group discussions and skills sharing around food and agriculture. For one activity that the new cohort planned, they divided up the responsibilities to purchase supplies and created a leaflet for various purposes. Differences in opinions were seen as opportunities to know more about each other's perspectives and to learn to build a team

based on values of collaboration and respect.

Another goal for SOEL was to build a diverse network of local artisans, producers, community organisations and residents. The community markets at Casphalt proved to be wonderful. Local producers showcased their produce. African refugees, Indonesian and Filipino migrant workers, and other people with various backgrounds performed. Students from Hong Kong Christian Service Pui Oi School set up a market stall. Their teacher said it was a rare opportunity for the students with physical or cognitive impairments to meet

团队意识到参与者的多元背景及年龄，感到需要向外学习，拓宽对社群的理解。项目安排了五位同事因应不同兴趣和关注，选择到其他社区机构实习，包括香港观鸟会、基督教香港信义会金龄荟、非常香港，以及我们的两个伙伴：天水围社区发展网络及生活 Seeds Lab，实习完后作内部分享及讨论。实习同事除了累积互动的经验，亦促进机构

之间的交流和知识分享，在不同机构文化的对照下，反思自己对生活书院工作的想法。

理念与价值的传播，是人影响人的过程；由个体凝聚成群体，得靠一点一滴的关系和经验累积。渐渐地，生活书院团队与社区持分者成为了关系紧密的社群，而永续生活的价值在社群生活之中发酵。这正是社区建立韧性和改变的开始。

· 生活书院主办的“陈皮红豆沙市集”召集了社区内多元摊档，档主售卖自家创作外，更享受与来访者交流故事和想法。

· This market hosted by School of Everyday Life has a diverse range of community stalls where people sell their own creations and appreciate exchanges with visitors and with other stall keepers.



the public and other community groups. All in all, mutual understanding was fostered, connections were made and a foundation for further support was built.

Realising that participants come from diverse backgrounds and age groups, SOEL sensed that there was a need to expand understanding on community building among its own staff. Based on interests and issues of concern, five project staff took up internships at Essence Hub of the Evangelical Lutheran Church Social Service – Hong Kong, Hong Kong Birdwatching Society, Very Hong Kong, and two PCD partners, Sangwood Seeds Lab

and Tin Shui Wai Community Development Network. The opportunity allowed them to learn from and interact with various groups, often with different organisational cultures. During the internship, they facilitated exchange and sharing. At the end, they shared with their own colleagues at SOEL.

Sharing ideals and values is a gradual process. One person inspires another. Motivated individuals slowly form a group. Slowly but surely, a close-knit community is being formed with SOEL — friendships are being made, sustainable living is nurtured and community resilience is developing.

项目一览

Project List

|                                        |                                                                                                                                |
|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 初代社工同行——以叙事治疗促进专业成长与互动交流               | Capacity and Community Building with New Generation Social Workers through Narrative Therapy                                   |
| “从共学到共同成长”——跨越文化共建健康与福祉                | 'Learn to Grow Together' — Health and Wellbeing through Cultural Collaboration                                                 |
| 支持香港项目协作者参加“大自然能量”工作坊                  | 'Energy of Nature' — Workshop with Hong Kong Programme Facilitators                                                            |
| “坚定的温柔”性别视角深化计划——滋养妇女及能力建设             | 'Tenderness with Unwavering Resolve'— Women's Wellbeing and Capacity Building in Gender Analysis Scheme                        |
| 探索变革型女性主义领导力的支援网络及边缘社群改变               | Exploring Transformative Feminist Leadership Support Systems and Transformative Impact among Marginalised Communities          |
| “身体缔造和平”——体现身心学转化共通人性的旅程               | 'The Peacemaking Body' — A Somatic Transformative Journey to Common Humanity                                                   |
| 五天“深度生态学”工作坊                           | Five-day Deep Ecology Workshop                                                                                                 |
| “田边会社”——以农耕和艺术栽种同理心和喜乐与孩子、家庭、年青人共创关怀农场 | 'Farmside Club' — Nurturing Community and Cultivating Empathy and Joy in Children, Families and Youth, through Farming and Art |
| “慷慨的大自然”——农夫导师培训及和谐关系亲子工作坊             | 'Generous Nature'— Farmer-Educator Training Programme and Harmonious Parent-Child Relationship Workshop                        |

|                              |                                                                                                                                    |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 《简朴的美学——好生活的艺术》出版及后续交流活动     | Publication of the Chinese Translation of <i>Elegant Simplicity — The Art of Living Well</i> and Affiliated Activities             |
| 新墟社区经济计划                     | Community Economy Development in San Hui (New Market), Tuen Mun                                                                    |
| 天水围基层妇女社区经济及可持续发展社区发展        | Community Economy and Sustainable Community Development with Grassroots Women in Tin Shui Wai                                      |
| 香港新生代职志发展支援计划                | Vocational Support with Youth — Helping Youth to Explore Holistic Career Aspirations                                               |
| “行啦喂，上山下海寻宝去！”社区实践者能力建设计划    | 'Let Us Go! You and I!'— Training of Community Facilitators for the Building of Human-Nature Friendly Communities                  |
| 支持天水围永续社区的学习与实践              | Sustainable Community Learning and Practice in Tin Shui Wai                                                                        |
| 南涌生态社区营造和生态社区教育学习与实践         | Development of an Eco-Community Education Programme in Nam Chung                                                                   |
| “应对气候变化的民间自发行动”研究计划与伙伴学习     | Research on Responses to Climate Change by Citizen-Led Groups and Community Organisations and Partners' Learning on Climate Change |
| 搭建葵涌社区能源行动网络 2.0             | Community Action for Low-Carbon Living with Low-Income Residents of Kwai Chung 2.0                                                 |
| 《日本转型城镇：一场连结个人与世界的社区实验》出版及交流 | Publication of the Chinese Translation of <i>The Story of Transition Town in Japan</i> and Affiliated Activities                   |
| 社区植物图书馆                      | Community Plant Library                                                                                                            |

项目一览

Project List

|                          |                                                                                                                           |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 支持新晋设计师及建筑师发掘香港社区文化与设计关系 | Supporting Emerging Hong Kong Designers and Architects to Explore Connections between Local Community, Culture and Design |
| 支持杂志《青芽儿》                | Support for <i>Spring Sprout</i> Magazine                                                                                 |
| “创生实践练习生”——跨界别社区营造培力及同行  | 'Creative Practitioners' — Cross-Sector Community Building and Peer Support with Community Workers                        |
| 屯门、元朗、天水围社群营造“共学社群的生活行动” | Community Building in Tuen Mun, Yuen Long and Tin Shui Wai through Co-Learning and Practice                               |
| “华富生活馆”——重建下的社区营造        | 'Wah Fu Living House' — Community Building Sparked by the Redevelopment of the Old Public Housing Estate                  |
| 社会福利机构创革者培育计划            | Cultivating Social Service Workers as Changemakers in the Social Service Sector                                           |
| “落铺生根”——土瓜湾社区营造计划        | 'Spreading Roots by Connecting Local Stores' — Community Building in To Kwa Wan                                           |

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