

社區伙伴

Partnerships for Community Development

雙年報 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

安德魯·麥哥利
社區伙伴 管理委員會主席

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序言

七月初的夏天，我們和二十多位伙伴相聚，以生活者這個視角，分享彼此在平凡的日常生活中，如何依託各自的興趣、實踐條件，和關心的議題，在可持續生活的探索上行動起來。過去幾年，社區伙伴與一些生活者社群伙伴開展互動，也支持公益伙伴面向生活社群開展工作。伙伴在各自的經驗路徑中，對於可持續生活議題，以及「生活視角」、「知行合一」、「生活轉化」等有鮮活的體會。我們相信通過人與人、團體與團體之間的合作讓社區變得可持續。

在兩天半的工作坊中，伙伴敘說著看似細

碎而又多彩的故事。我們當中有關心孩子教育的媽媽、希望破圈成長的青年伙伴、熱心於樸門種植和親近自然的都市農夫、移居鄉村踐行對大地友善生活的伙伴，還有積極推動低碳零廢世界的行動者。我們也分享了行動過程中的困惑與挑戰、內在的動力是如何觸發，以至於個人的熱衷關注及實踐的事情是否也有其公共性。大家看到原來個人的追求，協力起來也在貢獻於更具韌性的社區建設；每個人內心的激情，可以匯聚到宏大的生活敘事中。這種豐富的想像和創造力，需要我們對未知的過程懷有好奇，並且相信他人和社群的共創力量，在日常生活中喚醒沉睡的改變種子，釋放內在的無限潛能，創造幸福生活。

最近接觸到「Emergence」（湧現）的概念，

意指許多小實體相互作用後產生了大實體，而這個大實體展現了組成其小實體所不具有的特性。Emergence 提示我們萬事萬物在一個複雜和相互作用的系統中演化、生成、呈現。對於一個熱衷探索和建立生態友善、萬物共好的可持續未來的行動者來說，這種關鍵連結 (critical connections) 和萬物相即的關係，有助生成多元節點的網絡。我們相互陪伴、分享及共創知識，彼此鼓勵，發展出對美好生活的共同願景。這樣的實踐社群 (community of practice) 支持著彼此回到各自的生活場景實踐出來。我們感恩過去這些年和合作伙伴一起，通過有意識的社區探索，凝聚了關鍵連結的網絡。

從 2025 年開始，社區伙伴也進入了新的五年規劃。這個新的規劃是團隊成員反覆回顧工

作及討論而生成，我們不僅回溯了過去十年的經驗，也就機構如何在變動的社會環境和多元公益生態中自居，與合作伙伴及關鍵人對話，明晰了我們的行動方向。團隊也在這樣的過程中重新思考自己的興趣、能力和個人追求如何與工作協同生長，並重新選擇各自在機構中的位置。今期年報主題的設置，也反映了我們在新的策略規劃中對未來工作的思考及布局。而年報轉向雙年報的安排，是希望讓我們投入更多的時間去獲取、沉澱及提煉工作中的經驗，生成洞見，並更多地實踐社群分享和互動。

感謝一直和我們同行的伙伴！

鄧文嫦

社區伙伴 總幹事
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

社區伙伴簡介

社區伙伴是一家在中國內地與香港工作的社區發展機構，2001 年 5 月由嘉道理基金會創辦及資助（經由麥哥利夫人所管轄的基金部分）。嘉道理基金會成立於 1970 年，創辦人賀理士·嘉道理爵士一直秉持「助人自助」的信念。社區伙伴於香港註冊，為香港特別行政區《稅務條例》第 88 條下獲豁免繳稅的慈善機構。2017 年 8 月，社區伙伴以環境保護部（現生態環境部）為業務主管單位，在北京市公安局登記，成立北京代表處。

社區伙伴沒有任何宗教或政治背景，致力與社區一起探求人與人、人與大自然的和諧

共存之道，學習和實踐有尊嚴並可持續的生活。社區伙伴通過文化反思、培育社區協作者、搭建網絡與平台等工作手法，激發社區內在動力，促進人和社區對可持續生活的理解，踐行可持續生活。於中國內地，社區伙伴與合作伙伴在生物多樣性保護、生態農耕、自然教育、環境保護與污染防治等領域開展合作。而香港項目則主要以轉化學習、應對氣候變化的社區行動、社區經濟，以及文化和社區建設四個核心議題而展開。同時，社區伙伴也會連結海外可持續生活的網絡，相互學習及協同。

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.

我們的願景

人與人、人與大自然和諧共處。

我們的使命

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



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.

探索可持續生活

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

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

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

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

我們與草根社區和社群建立伙伴關係，使社區變得有韌性，共同探尋和實踐可持續生活的道路。

協作文化反思

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

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

Facilitating Cultural Reflection

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

We facilitate urban 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.



培育社區協作者

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

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

Nurturing Community Facilitators

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

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

建立內在力量

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

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

Building Inner Strength

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

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

搭建網絡

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

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

Network Building

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

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



香港項目

社區伙伴的香港項目已走進第五個年頭。我們秉持生態中心的世界觀，協作人與自然連結、關注生態，反思主流生活文化中對大自然和社區的影響，並探索可持續生活實踐。我們與伙伴和社群同行，支持他們從滋養身心獲得內在力量，達至個人轉化，與社會改變互為影響。

我們從四個工作主題：**轉化學習、應對氣候變化的社區行動、社區經濟、文化和社區建設**，與伙伴共同探索。我們的合作伙伴背景多元，包括社工、社區工作者、資助平台、基層組織、推動文化變革的設計團體和藝文

組織，以及不同領域的協作者和資源人。我們藉著搭建網絡、共同學習和培養能力，嘗試多元化的社區實踐，增加社區的韌性，以應對不穩定環境所帶來的挑戰和契機。

我們理解社會改變的過程並非線性，更多是透過有意識的行動，累積經驗，長遠來說，達至個人與社群的轉化。因此，我們與伙伴的合作，重視信任和過程，多於單一的量化指標，亦一同在社區實踐中學習、評估、解難和成長。除了延續和深化現有項目，我們亦與新的伙伴開展項目，以豐富對主題的理解，和探索改變的路徑。



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.



轉化學習

Transformative Learning



我們相信萬物一體，人類與大自然本來互相連結。可是在現代生活中，人與大自然、社群、甚至與個人內在的關係變得割裂，造成各層面的失衡。我們希望藉由反思主流發展模式，學習與自己、社群及大自然重新連結，從而發展出內在力量，自覺地創造新的生活。

「轉化學習」是社區伙伴其中一個工作主題，主要探索個人和社會轉化之間的關係，發展多元轉化學習系統，至今有數個範疇，包括：依託與自然的連結，體驗、感知自然，探索自然與我們內在及社會的關係；透過身心教育進入轉化的過程；以性別角度探索個人、機構及社會轉化的關係。同時，我們與

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

伙伴共同學習生態中心世界觀，啟發轉變思維；組織協作者、社區工作者、民間機構及以市民為主體的網絡，一起創造更多學習機會，達到助人者自助，再將力量延伸至基層、跨文化及邊緣化群體等的社區。

社區協作者常為社群和他人付出，但有時候會忽略自己，忘了滋養內在也同樣重要，特別經歷巨大的社會變遷、社區變化、疫情等，人際關係隨之改變，為工作帶來新的挑戰。作為同行者伙伴，我們關注他們身心的需要，支持他們在忙碌的日程中釋放出來。透過「深度生態學」工作坊，讓伙伴與自然連結，得到歇息，並學習以生態視角檢視內

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

在和與自然的關係，從中得到滋養和啟發，思考期望中的變革如何發生，也發展互相支持的力量。

在香港，難民及尋求庇護者所獲得的支援多為基本生活物資，然而，他們的情感與社群身分同樣需要照顧。我們與國際身心教育學院有限公司及九龍佑寧堂合作，通過「身心動作教育」，結合身心動作、音樂、說故事等手法，滋養他們的內在韌性。他們藉由

「真人圖書館」的練習，分享和聆聽自己與他人的故事，建立自信，與公眾平等相處，互相理解和連結。

性別角度所重視的關懷、合作、包容和平等，都在可持續生活中帶來力量和啟發。合作伙伴香港婦女中心協會、婦女動力基金及 Translate for Her，從個人及機構層面促進包括少數族裔的本地女性的共學和支持，建立更和諧社群關係；在面對多變及充滿挑戰



· 在真人圖書館活動，女性攝影工作坊參加者與香港真光中學學生分享她的生活經歷和連結大自然的經驗。



· 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.

的社會環境，可以保持覺察，培養內在力量，維持韌性。另外，我們亦透過支持伙伴探索自然與女性的關係，反思大地母親、女性及邊緣群體所受到的不平等對待，而參與改變社會、環境、世界及人際關係。

大自然不只是一個放輕鬆、休閒的場域，或環境問題的大背景，就算我們身處城市，其實還是與之同為一體。我們所支持以生態為中心的田間藝術和教育項目，讓基層家庭

的父母和孩子在農耕體驗和自然環境中調適身心，感受自然對人滋養的同時，能從中啟發連結自然的方法，學習轉換視角，不再視人為世界中心，而是生態中心的一員。

不論哪個場域的學習，我們在未來將繼續深化這些學習系統，開闊路徑，並以個人整全發展為目標，讓人更意識轉變，發揮主體性和能動性，在生活方式上作範式轉移。



· 工作坊導師 Sunisa Jamwiset Deiters (Om) 除了在體驗式活動中引導參加者與自然、自我和他人連結，也向他們講解深度生態學的框架。

· 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.

深度生態學——

在自然中觀照內在， 尋索改變的力量

Deep Ecology:

Deep Seeing, Deep Change



- 深度生態學工作坊參加者包括項目伙伴、社區伙伴同事及姊妹機構嘉道理農場暨植物園的同事。
- 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，社區伙伴邀請深度生態學工作坊導師 Sunisa Jamwiset Deiters (Om) 為香港伙伴舉辦五天的深度生態學工作坊，協作伙伴從大自然獲得滋養，思考從個人中心轉向生態中心的世界觀的價值。Om 透過「重新連結工作」(Work That Reconnects) 的四個方法，帶領參加者從感恩得到力量，肯定痛苦對世界的價值，以新的眼光看待事情，並找到前行的力量。

工作坊讓參加者放鬆頭腦，打開感官，體驗自然。在過程中更強調用「心」去感受，讓自己與自然重新連結。工作坊提供了安全可靠信任的空間，邀請參加者觸摸自己的情緒，

理解彼此的痛苦，達到深刻的共情和交流。

國際身心教育學院創辦人 Mayson (馮美璇) 分享，「肯定痛苦」(Honouring Our Pain) 的環節為她帶來很大啟發，令她發現自己作為行動者支持弱勢、了解他人的痛苦時，忘了自己也有痛苦要承受；不只是照顧別人，也需要別人的支持。工作坊給予充裕的時間和空間，讓參加者細味自己的痛苦，體會、覺察、聆聽自己深刻的喜悅與苦痛，理解自己所珍視的價值。Om 散發的平靜和慈悲，讓參加者感覺到溫柔、接納和歡迎的力量，能自在地表達自己，並相信自身的智慧。受到 Om 的感染，她看到個人生命如何承載價值。

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.

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 帶領「大轉向」(Great Turning) 環節時，讓參加者想像大轉向已經發生：人類文明由工業增長社會轉向永續，未來七個世代的人都過著和諧的生活，享用潔淨的水源、豐足的食物和美好的環境，未來的他們在課本裡知道這個時代的事蹟，思考前人經歷了甚麼才達至今天的富足？當初的推動者怎樣開始行動，怎樣發現自己的長處，又怎樣渡過困難時刻？當中的快樂和收穫又是甚麼？參加者作出回溯分析後，Om 列舉世界推動可持續生活的同行者，例如「轉型城鎮」運動、樸門農法運動、生態村運動等等，還有各種社會企業、社區經濟活動，指出它們就是大轉向的行動例

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

子，大家在轉變的路上並不孤單。

這次工作坊讓合作伙伴重新獲得能量，在日常忙碌的工作以外有機會更深入認識和交流。大家都向相近的目標努力，或許會遇到相同問題時，可以互相扶持。

伙伴也帶著所得到的啟發，回到自己的工作，例如城市日記成員以生態和海洋視角設計跨界培訓工作坊，帶出人與自然的互相連結；香港婦女中心協會成員則反思團體關係，明白到需要尊重各人不同的步伐，為大家製造空間，幫助思考問題、沉澱和回應。Mayson 也將工作坊領會到的內在力量轉化，融入到課程裡，更著意於協作者的身心狀態，

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

認知正面和負面力量，接納和包容真正的自我。協作者得到滋養，用他們的創意和慈愛滋養社群，也體現生態中心觀中，各個生態或社會角色的平等，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.

· 在與自然連結的一天過後，參加者被邀請全然臨在當下，連結自己的感受和身處的空間。

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

讓身心重拾力量， 締造和平

Building Peace, Within and Around Us



- 女性攝影工作坊其中一個活動——參加者在明陣中步行禱告，建立對自己身體的敏感度，並加深群組關係。
- 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，竟然可以轉化為對其他人有意義的分享，是很快樂的事情。」一位項目參加者回應道。

難民及尋求庇護者大都經歷過痛苦遭遇，傷害藏在身體內未必見得到。在 2022 至 2024 年，我們支持了十數位在港難民，參與伙伴國際身心教育學院舉辦的「身體締造和平」工作坊。有賴導師長時間的陪伴，耐心聆聽，參加者在項目的下半部開始慢慢感受身體的反應和需要，打開心窗，與人分享。

國際身心教育學院創辦人 Mayson (馮美璇) 了解身體往往呈現內心的反應，以身心教育 (Somatic Education) 為基礎設計項目。身

心教育是幫助個人身心連結，探索內在自我，聆聽身體發出痛楚、不適或不平衡的訊號。工作坊透過不同手法，改善難民和尋求庇護者的身心健康，包括為他們舉辦說故事練習，讓他們演繹自己的故事，提升自信。

參加者都說，每星期最期待就是工作坊的一天，因為他們可以真正休息，和自己對話，也可以和朋友相見。導師和協作者為參加者造就一個安全、可信任的環境，讓他們身心安歇，建立互信和友誼，也為他們在無法控制又散亂的生活中，建立規律。原本各不認識的難民和尋求庇護者，成長的地方、文化脈絡都有很大差異，有幾位本身因難言的

"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

遭遇對人完全失去信心。透過工作坊，他們重新建立信心和友誼，而且認受這個網絡，視自己為這小社區的一分子。

身心教育工作坊導師很重視參加者的個人感受和選擇，其中一位受訪者在身體活動中說：「我可以選擇沉默」，也有另一位表示：「我可以因為太累，或因為下雨心情不好，而選擇躺下，不跟隨導師指示活動」，這種靈活性和包容讓參加者享受自由，感覺被尊重和接納。

過程中，參加者感覺放下了社會責任和角色，不是作為母親、父親、太太或丈夫，可以回歸自我。有一位婦女特別興奮地說，

身體工作坊讓她「背痛減輕了很多，注意生活有甚麼不好的習慣，而加以改善，也可以教家人如何做靜心練習，改善身心」。有位母親說因為工作坊才開始學懂聆聽，現在更懂得聆聽子女的聲音，跟家人及子女的關係也好多了。

公開說故事對難民來說是信心的考驗，但也帶有很大的轉化力量。工作坊導師帶領他們參加故事培訓，準備他們在香港真光中學的真人圖書館活動分享。有些參加者表示從來沒有公開演說，但因為這次的分享而重新肯定自己的能力，從被動的受助者身分變為主動的協作者，也令他們重新評價自己苦難

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

的價值。學校老師表示，真人圖書館活動的經驗，令中產家庭長大的同學嘗試以同理心理解難民，以友愛的心去明白他們。

人與人的和諧共存、包容、理解和連結，是建立社區韌性的重要部分。我們期望將學

習機會帶給更多人，特別是基層與邊緣群體，包括跨文化、跨族裔社群。當個體與內在有更深刻的連結，也會更容易連結他人，讓社群獲得療癒，創造轉化的可能。



· 《一棵吞下女人的樹》，2025，香港——女性攝影工作坊與芬蘭攝影師 Meeri Koutaniemi 合作，舉辦為期五天、共 16 小時的攝影工作坊，讓參加者探索與身體及自然的聯繫。攝影師並為每人拍攝結合人像和在場樹木的照片。

· *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.

應對氣候變化的社區行動

Community-Based Actions on Climate Change



氣候變化的問題，除了以科技和績效指標的方式來應對，同樣重要的是意識、態度的改變。當人類把自己的需要和重要性置於生態之上，生活方式不計環境和生態代價，正是導致氣候變化和生態危機的根源。我們在「應對氣候變化的社區行動」工作主題下，希望從根源著手，連結人和自然，在生活中增強應對氣候變化的意識、創意和行動能力，並作出反思，達至深刻的社會改變。

合作伙伴城市日記在社區實踐者能力建設計劃——「行啦喂，上山下海尋寶去！」，透過敘事治療工作坊，讓有志於成立組織的參加者梳理個人價值觀和目標，並學習主動

聆聽，增強同理心和自我覺察，裝備與社群連結的能力。他們共同學習「里山里海」的概念（社會 - 生態 - 生產地景與海景的永續經營），從海洋視角（以此思考「中心」、「邊緣」的定義，不以地緣和邊界為限）看待自己生活的環境，豐富生態視野，並嘗試實踐連結社區與自然的小型項目。參加者通過這計劃共同成長，成為行動者社群。

在社區教育面向，我們支持伙伴蘆葦花開生態教育基金以南涌為生態社區的實踐地，舉辦學習營、永續生活課程、導賞和食農教育等活動，促進參加者，特別是年青人，對生態世界觀、可持續農業及生態社區有更深

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

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。長遠來說，也期望參與培育的實習生，能持續參與南涌生態教育。

另外，我們亦支持位於八鄉的生活 Seeds Lab 和創不同協作有限公司位於林村一葉農莊的親子田野項目，讓參加的孩子、父母與教育者，一同在農田學習，從親近大自然，明白生活與環境變化息息相關，培養應對氣候變化的動力和能力。

我們期望，當人們的意識改變，對議題的理解加深，會更有自信在社區實踐信念。相對於「科技」和專業的行動，大眾也可以在社區探索能力所及的適切科技實踐。合作伙伴低碳想創坊的「葵涌低碳社區行動 2.0」，

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

正是從基層社區出發，以社區自助的理念，組織街坊義工在社區推廣低碳生活。另一個伙伴天水圍社區發展網絡的項目，透過社區農場的實踐，讓街坊認識樸門永續設計在照顧環境和人的概念，也連結更多街坊社群，共同探索和實踐可持續生活，建立社區韌性。

合作伙伴慢慢從行動累積經驗，我們也嘗試分享其他地方的環境運動，加深伙伴對社區轉化的理解，引發討論。例如透過出版書籍，介紹日本「轉型城鎮」的經驗，支持伙伴實地參訪，及以小型項目形式，支持相關的實踐。轉型城鎮強調從主流消費生活中「去依賴」，增加自主生產；加強社區連結和參與，

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

「建立社區韌性」；以 3H 原則：Head（腦）、Heart（心）、Hands（手）來「喚發人的創造力」。這些原則和創意行動，都為本地的實踐帶來啟發。

我們期望這些工作呈現氣候變化與社區生活、日常行動的關係：那不是獨立存在於外的問題，人既是問題的一部分，也是答案的一部分。我們重視一起嘗試和由下而上的行動，協作社區探索多元而創新的方式，實踐小而美的可持續生活。



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



- 我們和伙伴參訪日本藤野轉型城鎮，一起體驗為山林鬆土、改善大地「呼吸」的「水脈修復」。
- 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.

在農田，孩子與父母感知自然

Children and Parents Connect with Nature, and Each Other



· 孩子和家長都在 Seeds Lab 享受當一個自由人——拿粉筆肆意在地上畫路軌、張開手或舉起單車擺著最自信的姿勢留影。

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

一般市民對於氣候變化的理解，除了氣溫上升、自然災害等現象，通常停留於知識或數據層面，特別是居於城市的人們，在看似運作完善和食物充足的環境下生活，或視大自然為服務於人的資源，而不是平等共生的系統，容易把環境問題置身事外。為了讓更多人投入行動，我們嘗試透過不同的探索活動，深化人們對自然的感知。

身處自然環境，對大自然的反應和觀察會有所不同。農田除了生產食物，也是很好的自然教育場所，讓人透過食物、生物和環境，了解人與自然的關係，重新感受大自然的規律。學習培育植物生長，是腦、心、手並用

的過程，除了建立自主能力，心靈也能得到滋養。

位於八鄉的伙伴生活 Seeds Lab，以農田為學習場所，舉辦種植、食物、藝術與身心健康相關的教育活動，讓成人和小孩從實踐中與自然連結。主理人李俊妮更一直希望將農田教育與基層家庭分享，認為不應因為資源限制而阻礙他們接觸農田。

因此，在我們的合作項目「慷慨的大自然——農夫導師培訓及和諧關係親子工作坊」，生活 Seeds Lab 特意招募基層家庭參加，希望藉此啟發家庭教育，也孕育下一代對土地的關懷。同時，他們舉辦農夫導師培

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

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

訓班，為有志於教育及種植的朋友提供機會，一方面學習耕作，一方面，在家庭教育活動中觀察和實習。

活動的設計，很多時會把父母和子女分開，父母參與學習生活、教育及食物的工作坊，子女則參與自然教育活動。父母可以暫時放下孩子，在農田和自然的環境下安下心來休息。在導師帶領下，他們嘗試感受自己當下的狀態，並反思與子女的相處，因為多了接納的空間，增進了與子女感情和信任。

孩子在活動中可以跟隨自己的興趣和節奏，在田間的活動中找回了對大自然和周遭事物的好奇心。在一個全日工作坊，家長們

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

忙著一起準備午餐，兒童工作坊的孩子則一起做薄餅。孩子由認知蔬菜的形狀、顏色及名字開始，然後分組清洗食材，用刀子切割食物，最後把材料放在薄餅上。導師把做薄餅的過程放慢、放大，讓孩子慢慢學會掌握日常生活技能。孩子得到肯定，一步一步建立責任感和自信，而家長對於孩子能力的成

· 一眾農夫導師齊齊落田踩泥，一同認識水稻苗、插秧，共同領悟「退步原來是向前」的真諦。



· 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.

長也感到驚喜。

對於農夫導師學員，觀察和實習加深了他們的經驗，有助構思適切的教育活動。例如邀請家長在田野範圍散步，並收集一件自然物件來代表最近的狀態，一起圍圈子分享，讓他們在戶外安全自在的空間慢慢沉澱。孩子的活動則較多是藉遊戲舒展身體，例如給每個孩子分派一個密封的瓶子，到田間收集不同氣味的植物，再給另一個孩子憑氣味找回植物。這讓孩子打開感官，專注於感受自然。農夫導師學員經過了密集的學習，愈發積極參與生活 Seeds Lab 的活動，角色由參加者變成協作者。課程結合了他們的興趣，

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.

鼓勵他們以自己的方式，把對大自然的喜愛和關懷化為活動，感染更多人。

自然的共感在人心裡和關係中播下種子。社群互相看見，也更為敏銳於環境變遷。氣候變化看似一個遙不可及的議題，但還是可以從一片農田、一口薄餅、一點生活實踐入手，讓人體驗自己與萬物共生。氣候的變化、危機，不再與己無關，自己是改變的一分子。

· 農夫導師在家庭工作坊實習時帶領一眾孩子到 Seeds Lab 附近的郊野，來一場自然探索。



· 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「轉型城鎮」運動的啟發

Transition Town, An Inspiring Movement



· 上：2024 年，我們和伙伴參訪日本轉型城鎮藤野，行程中探訪了小山宮佳江女士自己設計和與社區一起建造的生態友善居所。

· 下：我們和伙伴共 12 人體驗日本藤野轉型城鎮所開展的森林再生活動，幫助森林與大地的再生。

· 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.

推動日本轉型城鎮運動的榎本英剛，當初抱著如何創造「把人的潛能充分引發出來的社會」的想法，回應社會過度依賴外部資源、抑壓個人潛能、不可持續發展的問題。他曾參加英國芬德霍恩（Findhorn）生態村培訓，體驗深刻；也受到托特尼斯（Totnes）轉型城鎮運動的啟發，回到日本藤野與同伴開展轉型城鎮運動。他嘗試融入和連結社區，並策劃多元化的實踐。讓人稱道的行動，如推動和發展當地的社區貨幣、森林維護、食農教育，及推廣迷你太陽能發電裝置的藤野電力運動等。

因為與榎本英剛的認識與連繫，我們向他提出翻譯其著作，在香港及內地出版，香

港繁體版名為《日本轉型城鎮：一場連結個人與世界的社區實驗》（下稱《日本轉型城鎮》）。我們希望當中所展示的理念和實踐經驗，可以支持及鼓勵本地伙伴，豐富我們回應社會議題的想像。

2023 年，《日本轉型城鎮》出版之後，我們組織了香港與內地伙伴參訪日本藤野，與當地運動參與者交流，香港伙伴都獲得不同的啟發。低碳想創坊的 Raven（程玉然）說：「了解到各種社區行動背後的脈絡，例如藤野電力的分享及森林再生活動，讓我體驗到，即使像能源、山林復修這種技術性較高的課題，也不一定由專家來推進。而是按合適的

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

規模，與有意合作的專業伙伴嘗試，將知識重新整理，設計出合適的行動。」她更肯定，即使是普通市民，只要在社區連結起來，也能在面對氣候變化時展現應對能力。

天水圍社區發展網絡的紀姿棋說：「對我來說，有兩點很大感觸。第一點是要有意識停下來，和舉辦慶祝活動的重要，原因是為了人們有力量持續下去。社區的工作，事情一浪接一浪，要做的事很多，想做的事不斷，學習如何停下來，讓自己不要過分燃燒，才可以持續。第二點是吉田先生提及，如果團體走到某個階段需要解散，也不需要勉強，沒有關係的……吉田先生的說法讓我釋懷

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。」轉型城鎮的實際運作豐富了姿棋對社區韌性的理解，社區營造的焦點不只是活動本身，更重要的是有意識滋養社區成員的身心，讓社區工作走得更遠。

我們亦延續轉型城鎮的啟發，探索香港不同社區的可持續生活行動。我們引介伙伴向坪洲組織 Islanders 島民學習，體驗以城市研究的視角探索社區，藉製作社區地圖發現社區獨特的肌理。工作坊之後，伙伴天姿作圍製作了以社區經濟為主題的地圖工具，讓新招募的社區導賞小組訪問街坊和在地觀察，運用地圖理解社區，提高他們對問題的意識，並理解天姿作圍所作的回應。

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 島民, 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.

我們希望透過出版《日本轉型城鎮》及相關項目，協作香港伙伴從行動中累積經驗，長遠而言建立一套以香港氣候變化為背景的社區韌性論述。轉型城鎮發展至今差不多二十年仍具參考價值，如書中所說，轉型城鎮是嘗試在個人和世界之間，置入「社區」的層面，讓個人行動成為社區的改變，讓社區成員從單純的消費者和勞動者，轉變成自發以行動改善社區的公民。

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：在日本參訪行程中，我們到東京江戶川區探訪環境組織「從腳下開始思考氣候變化」的公民發電實踐。

· 下：伙伴城市日記協作 12 位探索社區組織的學員參與共學活動，坪洲民間組織 Islanders 島民以地圖探索社區，以城市研究的視覺重新發掘社區特質。



· 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 島民 on Peng Chau Island. They learn to re-discover the characteristics of their community.

社區經濟 Community Economy



社區經濟在香港已發展了二十多年，不同的實踐者作出了各種嘗試，應對基層生活和社區需要，亦探索主流經濟以外更人性化的社區經濟關係。透過實踐尊重勞動價值、環境友善的經濟模式，建立更有韌性的社區，開拓更有創造力的生活，讓人與人、人與自然都能更和諧地共存。

在「社區經濟」的工作主題下，我們嘗試回到以關係為本的生活，推動以人為本、著重社會聯繫的在地經濟實踐，改善基層的生活質素，重建互助與信任。同時，我們支持社區為本的生產，讓在地資源和技術保留在社區。面對社會和經濟環境轉變，新生代對

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

於生計和生活有更多元化的想像，因此我們探索跨界別的合作文化、資源共享和多元生計的模式，並記錄和整理這些經驗，豐富對社區經濟願景的理解，肯定其價值。

我們繼續與天姿作圍合作，在天水圍建立社區經濟模式。天姿作圍在地區實踐本地生產、銷售和消費，在當區推行有機耕作、食物加工及產品製作，在當區銷售。居民以樸門概念設計耕作：學習照顧人、照顧自然和公平分享，善用在地資源堆肥，減少對環境產生的負擔。同時，天姿作圍透過「農場到餐桌」的活動，讓成員思考主流生產模式對人和環境的影響。項目中的時分券計劃，讓

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

街坊以所付出的時間和勞動交換貨物。因應時分券在區內拓展的可能性，項目亦鼓勵與理念相近的地區組織合作，加強區內及跨區成員的文化交流及經濟互動。

在促進跨界合作方面，我們與突破機構進入第二期的合作，繼續探索新生代青年有關「全人職志」發展的經驗，及整理有關論述。「全人職志」不再單純以職業類別或運作型態來定義，而是以主流、另類、全職、斜槓、

有酬、無酬的多重組合來實踐。項目為參與 Trial & Error Lab 實驗室伙伴計劃的青年工藝師提供空間，成為他們發展和交流的場地。另一個專為初職青年而設的「我知我咩料」計劃，協助新加入的參與者，連結過去的合作群體，包括青年同伴、藝術導師，和社會創新實踐者，營造互助的創意群體。作為總結，突破機構會整理項目經驗，發表「全人職志」論述。計劃期望支持青年擴大社群合作，締造共



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

同經驗，實踐有別於主流的社會價值。

2024 年，我們與仁愛堂青年夢工場合作，開展「新墟社區經濟計劃」，在屯門新墟建立社區貨幣「屯圓」，連結有志於社區實踐的年青人組織、街坊及小店。項目支持青年夢工場團隊與五個在計劃中孕育的「夢工匠」，以社會創新服務回應社區居民需要。同時，團隊鼓勵街坊以義工身分參與活動，

- 夢工匠「手牽爪」組織「屯友」在貓收容所當動物義工，並設計海報，協助小動物尋家。



- 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

服務可以兌換成「屯圓」，用於計劃下的會員活動，或換取地區小店、社區創新的產品。過程讓社群建立，創造豐富的社區生活，亦促進對社區的歸屬感和互助精神。

不同組織的社區經濟形式雖有差異，但持守相同的信念和價值，就是人盡其才，物盡其用，地盡其利，並且一起發掘更多實踐可持續生活的選擇。

- 夢工匠「新耆士實驗室」與中醫師合辦痛症舒緩課程，並製作手冊和教學影片，方便街坊溫故知新，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.

「屯圓」、「屯友」創新夢工場—— 屯門新墟社區經濟計劃 Youth Space and Catching Dreams



- 夢工匠「休息一會」每月借用新墟淺嚙咖啡館，讓新墟街坊相聚「解憂」，滋養身心靈。
- 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.

屯門新墟比屯門新市鎮更早發展，相對屯門市中心的大型商場和新型屋苑，舊式的商住混合區有較濃的人情味。由於仍保留街道作為城市肌理，小店在大型商場與連鎖店以外，為居民提供了多元的選擇，街坊對社區認同，更容易連結彼此。

合作伙伴仁愛堂青年夢工場（下稱「夢工場」）成立於2017年，是扎根屯門新墟區的青年社會創新中心，多年來培育了五十多個社會創新組織「青年夢工匠」（下稱「夢工匠」）。社區伙伴與夢工場合作的「新墟社區經濟計劃」，正是以社區貨幣「屯圓」和社會創新服務為基礎，探索非主流經濟的社

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

區關係。計劃支持夢工匠透過活動和服務回應居民的生活需要，實踐社區參與，另一方面，也讓社區持分者參與，活用地區資源。

計劃邀請了五個夢工匠團隊，都是對相關議題富有實踐經驗並且願意深耕的，共同策劃及推行計劃，包括致力於回收非肉類廚餘的「零剩研究所」，推動公眾關注長者潛能和紓緩都市人痛症的「新耆士實驗室」，專注推廣新興運動和社區運動場地的「赤嵐體育會」，透過傾談、靜心活動等令街坊放輕鬆的「休息一會」，及推廣社區動物與社區人士和諧共處的「手牽爪」。



'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

計劃建立了團隊，並創立社區貨幣「屯圓」，成為連結夢工匠與新墟街坊及小店的平台。

社區貨幣的運作重視以人為本的關係。「屯圓」是認可和回饋義工付出的工具，街坊報名參與計劃成為義工「屯友」，在服務社區後可獲得屯圓，用以兌換夢工場和夢工匠團隊的活動，或者是計劃紀念品和小店折扣優惠。夢工匠導師、義工與小店因此而加深認識，街坊也更關注社區、社群的需要。

在其中一次使用屯圓的活動中，夢工場團隊首次與地區的一家音樂咖啡店和刺繡店合作，在咖啡店舉辦十字刺繡手工班，參加者包括年青人和中年婦女。刺繡班導師特意以

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,

新墟地標紅橋為設計底圖，結合參加者名字的圖案，加深他們對自身與地方的認同。在享受手工製作之餘，大家還品嚐了咖啡和甜點，交流生活，其中不少表示這還是首次到該咖啡店。活動連繫了街坊和小店，也促進了區內的經濟循環。

夢工匠新耆士實驗室回應長者街坊的痛症需要，邀請中醫師教導簡單有效的自我檢查方法，學習以不同按摩工具舒緩痛症，課堂涵蓋了舒緩頭痛、肩頸痛、上背部痛、腰痛等基本技巧。活動吸引了85%的女性參加者，其中一半為六十歲或以上的長者，也有部分從事照顧者工作，平日照顧長者生活而較少

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

關顧自己身體狀況。學員可以將所學應用於日常生活中，提升自我照顧的能力，並協助家人舒緩痛楚。

計劃開展至今大約一年，參加計劃的屯友已有接近三百人，加入通訊群組約百多人。夢工場統籌會不時與群組的屯友聯絡，了解



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.

他們對於屯友活動的想法。「新墟社區經濟計劃」協作持分者參與建設及發展屬於他們的社區，實現他們的想像，增加對地區和社群的認識、連結和歸屬感，相信在面對未來發展轉變或衝擊的時候，社區能善用資源，發揮互助精神。

- 上：每月最後一個星期六，夢工匠「零剩研究所」的研究員都會到訪新墟小店收集餐前素廚餘，並會在街站分類推廣。
- 中：夢工匠「赤嵐體育會」於新墟遊樂場教授新墟街坊嘗試不同的新興運動，更製作了新興運動工具，在社區空間強身健體。
- 下：仁愛堂青年夢工場邀請新墟手工藝小店主答謝「屯友」，在音樂咖啡館一邊聽著黑膠唱片，一邊製作十字繡。
- 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.



文化和社區建設 Culture and Community Building



香港擁有豐富的文化，多年來在本地傳統和城市為中心的文化互動中形成。人口、環境、交通網絡等種種變化，與城市的急遽發展互為因果，特別是基建發展和市區重建，土地與空間重置，新舊迅速更替，這些巨大變遷對自然、人和社區都造成衝擊。但身處變動，往往也是一個契機，讓人思考自己與地方的關係，更根本地探索自身的歷史、文化及社區裡的核心價值。

社區伙伴的「文化和社區建設」工作主題下的一個目標，是推動具韌性的地方生活方式。在即將重建的華富邨，我們與伙伴香港明愛合作，透過文化及社區活動，凝聚居民，

面對變遷。華富邨本身歷史悠久，累積了豐富的生活文化和歷史，居民亦對社區有很強的歸屬感，但拆遷、重建意味著原有的社區網絡可能被分散，社區文化也有消失的危機。我們支持香港明愛於重建以前進入社區，以多元手法協作居民發掘自身的共同文化和地方價值，藉此連結居民，確立身分。同時，透過參與而建立自主能力和激發動力，以應對重建帶來的影響，反思發展的價值，想像新的生活可能。

我們發現，在社會變化下，社會上不同的角色，例如市民組織、社會創新團隊、文化工作者、社區小店、建築師、設計師及藝術

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，發展跨界合作，運用有別於傳統社區工作者的手法，參與營造社區。我們與香港社會服務聯會合辦的「社會福利機構創業者培育計劃」，就是支持社工到不同界別的單位實習，豐富他們參與社區的手法、經驗和想像，並製造更多的網絡連結。在與香港明愛的合作項目中，具社工背景的團隊向不同經驗的社區工作者學習，透過共學，加深對文化、價值觀的反思，幫助在項目中實踐，探索改變如何發生。

另一個合作伙伴生活書院，一直在社區致力推廣生命教育、環境教育及文化教育。生活書院自從大埔搬遷落戶屯門青山塾後，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

間位置更接近社區，有更多機會在地區社群間拓展教育。生活書院營造核心社群，透過活動讓社群體驗與他人、自然和萬物的連繫，從而學習尊重生命，帶出良善的價值。社群在參與中建立歸屬感和關係，也建立了可持續生活的願景和價值。

在香港側重經濟發展的文化背景下，我們希望能從現代生活方式、主流價值和文化中反思，並搭建網絡，讓合作代替分離，讓社會價值從單一走向多元，拓展社區和社群。

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：「述說屋邨故事」：明愛團隊舉辦社區照片展覽，居民提供寶貴的作品，分享對屋邨生活的感情。

· 下：華富街坊導賞員工作坊讓成員試行演練個人生活經歷的路線，參加者也取出舊報紙作補充，吸引一些長者參與討論，實現跨世代交流。

· 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：生活書院社區實習生一起為社區共餐準備純素燒賣，他們一起討論和構想共餐的餐單、烹調和活動形式。

· 下：社區實習生學習了純素雞蛋仔的製作後，主動提出舉辦純素雞蛋仔空間開放日，邀請街坊一起體驗親手製作雞蛋仔。

· 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.



重建下的社區營造—— 探索華富邨的生活文化 Living House, Living Culture



- 華富邨的嘉華文具店光榮結業，明愛團隊與東主磋商，請攝影師為街坊與兩代東主合照，以笑面道別。
- 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.

擁有逾半世紀歷史的香港華富邨，環境清幽，是香港首個以「市鎮中心」概念發展的公共屋邨。社區提供各種設施，生活所需俱備，社區關係緊密。屋邨成立當年吸引了很多年輕家庭入住，很多居民從小到大在區內共同成長。今天，不論是仍居於華富邨或已遷出的舊居民，都對地方充滿感情。

然而，屋邨因為樓宇結構問題，於千禧年前後被納入重建計劃，居民將於 2026 至 2035 年間分三期搬遷。位於香港仔的香港明愛先以外展方式提供支援服務。過程中，明愛團隊留意到重建計劃影響兩萬多居民，但居民對於重建及搬遷的需要並沒有深入了解，

而社區累積多年的獨特文化及網絡關係亦可能面臨瓦解。2022 開始，我們與香港明愛合作，在重建前協作居民過渡拆遷，並以不同手法營造社區，與居民共同探索華富居民的身分和社區的獨特文化，鞏固既有的鄰里關係，增強社區韌性以面對巨變。

香港明愛於 2023 年成立社區基地「華富生活館」，接觸居民、了解社區脈絡和居民需要。華富生活館的設計平實而開放，像家居客廳般，營造一個可信任的公共空間，讓居民休息和相聚。團隊籌劃不同種類的文化活動，與居民共同探索華富邨的社區文化和故事。在華富生活館舉行的社區舊物展，開

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.

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

放給街坊參與，邀請居民展示個人珍藏舊物，分享他們的生活故事。團隊亦嘗試接觸不同年齡層的街坊，透過與智樂兒童遊樂協會合作，活用屋邨平台的公共空間設計創意活動，當中讓同邨小朋友互相認識，一起開心玩樂，同時也喚起家長小時候「落樓玩」的童年回憶。除了參與式活動，團隊與聖方濟各大學社工系的學生合作，訪問屋邨小店東主，製作《華富小店誌》，記錄和分享他們與街坊的故事。《華富小店誌》深受街坊歡迎，他



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

們會拿著《小店誌》於街站和華富生活館分享昔日的故事。

明愛團隊亦舉辦了街坊導賞員工作坊，由富有經驗的社區工作者帶領，啟發街坊運用自己在華富的生活經驗設計導賞路線。街坊

- 左：明愛團隊於「華富生活館」在附近平台舉辦「遊戲基地」，鼓勵邨中的家庭一家大小來玩，重現屋邨社區的熱鬧氣氛。
- 右：一位街坊導賞員雖已遷出華富邨，但感情深厚，以自己小時候幫媽媽買醬油的回憶構思成路線，更自製醬油瓶形狀的社區地圖派給參加者。



- 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.

由最初學習發掘社區題材，到構思路線、試行，及至完成導賞，有不少的體驗和成長，無論表達能力和參與社區的動力都增強了，也有信心向公眾講解。其中一位街坊導賞員雖已遷出，但對華富社區的熱情有增無已，在導賞中分享自費購買的社區文物收藏，例如 1960 年代建邨時的舊報紙；也自行繪畫插畫，重現地區小店、老店；甚至自製醬油瓶形狀的導賞地圖，以小時候到雜貨店買醬油的機會躍躑社區的記憶，串成導賞路線，參



加者也被他的熱心所打動。導賞員除了向外來參加者展示自己地方，更與不同年紀的參加者交流生活經驗，拼湊出更立體的地方生活面貌和回憶，幾位街坊導賞員亦因為工作坊而加深了認識，增進了友誼。

在這些基礎上，我們期望項目能進一步探索文化與社區發展的關係，增加居民對社區的歸屬感，在面對變遷時能互相支持。也在拆毀與重建中，居民對生活和社區發展有更多的反思，探索改變的可能。

- 有志於保留社區歷史故事的街坊借出兒時生活的珍藏，包括在邨內小學就讀時的成績表，吸引更多居民欣賞及討論。
- 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.

永續生活行動及生命教育實踐—— 生活書院的社群營造

Sustainable Living: School of Everyday Life



- 生活書院連結不同年齡層的義工，在協助籌辦活動之餘，跨代的實習生更多機會分享想法和學習經歷。
- 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 年成立的生活書院，帶著以生活為本開展生命教育的願景，從日常生活中反思環境、生命和世界的價值。2021 年，機構從大埔遷移到貼近屯門民居的「青山塾」，開始連結社區，為社區構築生活學習平台，同時探索社區文化，推廣永續生活。

我們從 2021 年起與生活書院合作，至今已有四年。上一期計劃主要探索附近社區，連結街坊。跨年齡和背景的參加者組成探索小隊，製作社區地圖、探訪小店、訪問和追蹤人物故事，並轉化成為社區導賞及展覽的內容，讓參加者加深對地區的體驗和了解，成果也成為社區的文化資源。

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,

這一期計劃邀請前期的參加成員作為社區實習生，提供認識社區和生活實踐的培訓。培訓主題包括食物、耕作、社區活動的設計和組織，讓實習生透過共同料理、耕作等實作體驗，思考和覺察生活，並帶動他們對身邊人、環境和社區的關心。實習亦包括協助營運生活書院的空間，籌備和組織社區活動，例如交換技能的工作坊、大笪地、市集和社區共餐。

實習生在深入參與生活書院的運作後，協作工作小組和策劃活動，培育新一屆實習生。在舊實習生的傳承下，新實習生更投入參與，例如就食農教育課的主題，會自發在群組討

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

論，並製作食物與大家分享。他們也有更強的自主學習意願，在籌備節目時，主動分工購買所需材料，也會參考不同資料整合出簡明的單張。就算過程中意見不一，他們也珍惜這種切磋的機會，讓自己從不同角度學習理解他人。參加者在團體的合作氛圍下，學習互相尊重，建立更深入的關係。

連結同區手作人、生產者、社區機構、居民和多元化對象，也是生活書院工作目標。團隊透過市集，讓生產者向公眾分享產品，



展示成果；也特意邀請不同地區、背景和表演風格的音樂單位作表演嘉賓，如非裔難民、或來自印尼和菲律賓的移工等，讓多元社群彼此看見，增加互動的機會。

另外，生活書院亦邀請區內香港基督教培愛學校的學生擺攤，負責老師表示，對肢體或智力障礙的同學而言是難得的體驗。同學平日礙於身體狀況，一般較少外出，也較少面對公眾，但市集令他們與社群能互相認識，增加了解和支援的機會。

· 實習生 Anson（圖右一）每月在生活書院主持「衫褲修補服務站」和「補衫同好會」，推廣修補取代過度消費，同時凝聚相同理念的街坊，分享修補方法。

· 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

團隊意識到參與者的多元背景及年齡，感到需要向外學習，拓寬對社群的理解。項目安排了五位同事因應不同興趣和關注，選擇到其他社區機構實習，包括香港觀鳥會、基督教香港信義會金齡薈、非常香港，以及我們的兩個伙伴：天水圍社區發展網絡及生活 Seeds Lab，實習完結後作內部分享及討論。實習同事除了累積互動的經驗，亦促進機構

之間的交流和知識分享，在不同機構文化的對照下，反思自己對生活書院工作的想法。

理念與價值的傳播，是人影響人的過程；由個體凝聚成群體，得靠一點一滴的關係和經驗累積。漸漸地，生活書院團隊與社區持分者成為了關係緊密的社群，而永續生活的價值在社群生活之中發酵。這正是社區建立韌性和改變的開始。

· 生活書院主辦的「陳皮紅豆沙市集」召集了社區內多元攤檔，檔主售賣自家創作外，更享受與來訪者交流故事和想法。

· 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.

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香港明愛	Caritas–Hong Kong
高雄市旗美社區大學	Chi-Mei Community University, Kaohsiung
社區文化關注	Community Cultural Concern
關注草根生活聯盟有限公司	Concern for Grassroots' Livelihood Alliance Limited
信言設計大使，香港設計大使有限公司....	Design Trust, Hong Kong Ambassadors of Design Limited
田邊藝術研究所	Farmside Art Research Lab
青芽兒永續教學中心	The Green Sprout Education Centre for Sustainability
婦女動力基金有限公司	HER Fund Limited
香港社會服務聯會	The Hong Kong Council of Social Service
香港婦女中心協會有限公司	Hong Kong Federation of Women's Centres Limited
國際身心教育學院有限公司	International School of Somatic Education Limited
Islanders 島民	Islanders 島民
嘉道理農場暨植物園 (KFBG)	Kadoorie Farm and Botanic Garden (KFBG) Corporation
創不同協作有限公司	Make A Difference Institute Limited
一口設計工作室	One Bite Design Studio Limited
一口舍群有限公司	One Bite Social Limited
蘆葦花開生態教育基金有限公司	Partnership for Nature Education and Conservation Limited
生活 Seeds Lab	Sangwood Seeds Lab
生活書院有限公司	School of Everyday Life Limited
天水圍社區發展網絡	Tin Shui Wai Community Development Network
天姿作圍	Tin Zi Zok Wai
.....	Translate for Her Limited
成繁形有限公司	Unfolding Limited
城市日記	Urban Diary
仁愛堂有限公司	Yan Oi Tong Limited
海外網絡 Overseas Network	
.....	Gaia Ashram
.....	Holistic Living and Learning Network Association (HoLLA)
宜可城東亞秘書處	ICLEI-Local Governments for Sustainability (ICLEI East Asia)
.....	Lanna Wisdom School
.....	Planet Indonesia
日本轉型藤野	Transition Fujino, Japan
日本轉型城鎮	Transition Japan

內地項目

社區伙伴經過多年在內地與伙伴合作，從生態和生活視角出發，回應當下的生態危機和社會問題，探索人與自然和諧共存的生態智慧，呈現本土知識和傳統，並以之為基礎，嘗試多種途徑推動可持續生活。當中我們關注協作者的成長，透過感知自然、聯結自然，以及與他人合作互動，滋養內在力量，並在社群和網路的支援、陪伴下，帶動更多個體、社群和社區參與到可持續生活實踐中，反思環境、社會和生活如何改變。

根據過往的經驗和探索，我們從 2025 年開始，重新整合了項目焦點，梳理出三個主題：

生態文化與在地行動 —— 基於整全生態觀，支持生活中的保護環境行動與可持續生活實踐，並發展多元在地方案，應對環境議題。

促進轉化的學習 —— 發展適合不同群體的學習方式，創造學習的場域，以促進個人意識及生活方式，朝向可持續轉變。

鄉土價值的社區生活實踐 —— 構建富含鄉土價值的生活場域，支持人們與自然及他人重建關係，找到力量的根基，有覺知地選擇生活方式。

而我們與公益領域伙伴的互動，也貫穿在以上工作中。



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.



生態文化與 在地行動 Bioculture and Local Actions



「人與人、人與大自然和諧共處」是社區伙伴的願景，對環境議題的回應因而成為機構的工作重點之一。我們從生態和文化視角出發，探索本土生活中有利於人與自然和諧共存的理念與做法，也支持社區及相關人群更好地理解日常實踐與宏觀議題的關係，希望由此激發內在動力，帶來更多環境友善的在地行動。

我們看到在一些地方，當地人在與自然的長期互動中，在滿足自身所需的同時，又維護著生態系統的平衡。在江蘇興化，當地先民面對一片片湖蕩沼澤，壘土成田，形成獨特的農業生態系統——垛田，代代傳承至今。人們不只在垛田上種糧種菜，從水中撈魚捕

蝦，也創造了一整套農具和農法，發展出根植其中的習俗和文化。這種農、林、漁業複合系統形成的生態循環，既帶來較高生產力，也保護了當地的遺傳資源與生物多樣性。我們支持中央民族大學團隊整理和提煉當地生物多樣性及相關傳統知識和鄉土文化，以呈現傳統生態智慧背後的生態學機制，豐富對整全生態觀的理解。

通過本土智慧的梳理、實踐經驗整理和提煉等方式，我們期待不同背景的參與者與當地社區的互動，共同展開關於可持續生活的討論。在此方向下，我們支持中國農業大學的青年學子走進農業文化遺產地——浙江省

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

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

開化縣的鄉村，與村民朋友共同勞動、分享生命故事、了解鄉土社會的深厚文化底蘊和生態價值。這段獨特的互動體驗，也引起了學子們對人與自然關係、自身生命價值與鄉村未來更多的思考。另一方面，村民們則開始用新的眼光看待自己的土地和生活，也更了解祖先傳下來的生存智慧對生物多樣性保護的貢獻。

出於同樣理念，我們支持成都城市河流研究會在川西林盤展開的項目。林盤作為川西平原特有的聚落，使樹林、竹林與農田及河流有機融合，形成豐饒而穩定的農耕文化系統。村民們通過回顧和交流，更認識林盤在

維繫本地生產和生活方面的價值，包括生物多樣性，以及在氣候變化背景下尤為突出的宜居特點，激發起保護林盤的心願和行動。

隨著氣候變化應對等全球性環境議題受到政策層面的關注，我們看到，社區及個人日常生活的實踐是對此的重要回應。在生物多樣性熱點地區——雲南高黎貢山國家級自然保護區，我們與當地社會組織及社區組織合作，以傳統文化為根基推動社區參與保護。在廣西，我們支持南寧市綠生活社會工作服務中心在當地社區推動綠色生活實踐，包括生態種植、垃圾分類、社區小花園營建等。

而另一個推動公眾參與環保及可持續生活

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

行動的嘗試，是支持北京自然之友公益基金會培育「綠色公民」。自然之友著力推動志願者小組發展，通過多元主題的活動吸引公眾關注和參與環保；也支持個人在生活和工

作中發起氣候行動，如針對老年群體的氣候與健康知識科普、宣導零廢棄物賽事，助力氣候變化減緩和適應進程。



- 為進一步豐富對林盤及農耕文化多元價值的理解，成都城市河流研究會開展了跨界對話。
- 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.

探尋農業文化遺產地的生態智慧

Ecology as Wisdom, Agriculture as Heritage



· 俯瞰林盤景觀 —— 集生產、生活和生態為一體，並展現生物多樣性，是川西農耕文化的精華。

· 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.

在川西平原一處竹木掩映的院落裡，龍門陣擺得正歡，「林園子」這個詞像球一樣被拋來接去。村民們嘴裡的「林園子」就是林盤，是幾千年來形成的當地特有人居模式，散落的宅院與周邊樹木、竹林、農田及河流有機融合，集生產、生活和生態為一體，是川西農耕文化的精華。其中，位於成都的郫都林盤農耕文化系統已被列入中國重要農業文化遺產。隨著城市化對土地需求猛增，川西林盤大量消失，其承載的生活和生產方式也在發生變化。為探尋林盤中蘊藏的農耕智慧，我們支持伙伴成都城市河流研究會（下稱「河研會」）走進郫都區，和當地五個村子的村

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

民「擺一擺」他們的林園子，一起探討林盤對於眼前及未來生活的意義。

林盤龍門陣一共擺了 10 期，開始由河研會組織，後來變成了村民自發組織，自己商定每一期的主題、地點和組織者。他們聊林盤和自己生活的關係，聊林盤裡有甚麼值得保留、甚麼可以改變，也聊河流保護以及傳統農耕文化和手工藝。在擺談中，他們關於林盤的舊時記憶被喚起，一同回看這個本已熟悉、險被時代拋卻的生活和生產空間，也更認識到林盤生活中的自給自足、鄰里互助。村民繪製季節曆和社區資源圖，列舉林盤及周圍的豐富多樣的竹木、鳥類和菌類，以及

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

日常所用的中草藥。在氣候相關的討論中，村民意識到，在城市化及氣候變化的當下，如此令身心愉悅的宜居環境實屬難得。

林盤因水而生，都江堰的灌渠系統造就了成都平原的生態、田園、聚落肌理。河研會組織村民開展尋源活動，在沿途的古鎮老街趕場，拜訪傳統生產生活方式留存較好的林盤。在這場擺在路上的龍門陣中，村民了解到哺育林盤的河流源頭，也了解到許多關於河流與家鄉的故事，引發了保護林盤的討論。隨後，錦甯村的村民成立創作小組，尋訪和記錄驁水河兩岸地名故事、自然生物和節慶風俗，製作了畫冊《我的家鄉驁水河》。安寧村和紅專村的村民成立了徐堰河林盤志願

服務隊，正在持續開展清理林盤垃圾和保護老樹等行動。

為進一步豐富對林盤及農耕文化多元價值的理解，河研會邀請作家、本地農業和文化研究者、政府部門官員、社會組織成員，從低碳以及生物多樣性等角度研究林盤的學者、城市市民和村民一起開展了三場跨界對話，村民們進一步認識到，他們的林園子還具有生物多樣性保護和氣候變化應對的意義。

作為農耕文明的載體，農業文化遺產最直觀體現著當地人與自然和諧共存的智慧，本身也是展示生物多樣性的視窗，需要更多人參與保護和傳承。浙江開化山泉流水養魚系統是中國重要農業文化遺產，該系統所在

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.

區域包括錢江源國家公園體制試點區，是浙江乃至華東地區的生態屏障和水源涵養區。2023、2024 年暑假，中國農業大學約 70 名學生來到開化的六個村子，和村民交朋友，與他們共同下地勞動，聊個人與村莊，也聊過往與眼前的生活。青年學子們與村民們一起盤點本地的老品種、梳理季節曆，在共同的山野徒步中感知山林與農耕的關係。通過鄉土中的切身體會，學子們了解到當地生產和生活方式與物種多樣性的關係，更理解中國鄉土社會的變遷歷程，重新審視自我以及與家鄉的情感紐帶。有學生開始思考自然與人類社會之間的調和；也有學生說，鄉村調研「為未來種下一顆種子」。

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

而青年學子的到來，也為鄉村帶來新鮮活力。面對學子的問詢，村民開始用新的眼光看待土地和自己的生活，發現日日相見的農田、山林所蘊含的生物多樣性價值，習以為常的生產和生活方式中也有著值得留存和延續的部分。



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.

在日常行動中培育 綠色公民

Green Citizenship, Green Lives



- 北京自然之友公益基金會志願者小組以環境教育主題而舉辦的賦能工作坊。
- Empowerment workshop on environmental education attended by volunteers with Beijing Friends of Nature Charity Foundation.

作為中國成立最早的環保社會組織之一，北京自然之友公益基金會（下稱「自然之友」）致力於建設公眾參與環境保護的平台，培育更多綠色公民的成長。社區伙伴支持自然之友的公民氣候行動計劃——玲瓏計劃，也支持該機構志願者小組的發展，共同探索公眾日常生活中的行動，自下而上回應當前的環境議題。玲瓏計劃是國內首個由社會組織發起，專注於培養氣候領域公民行動者和領導者的項目，得到了多家機構的支持。截至2025年上半年，計劃已為1,300多位申請者提供了氣候行動所需基礎知識的系統學習，資助和陪伴近百位優秀伙伴實施其方案，結

合自身的生活或工作場景發起氣候行動，帶動公眾關注和參與。與此同時，自然之友通過分布在近20個城市的23個環保志願者小組，為各地公眾提供更廣泛的環保主題活動。

隨著綠色公民培育的開展，自然之友認識到同行者的重要性，因而更為重視社群培育，通過加強線上交流、增加線下聚會，為行動者創造彼此陪伴和支持的場域和氛圍。志願者小組在社群中學習彼此的運營模式與經驗；170餘位來自各行各業的玲瓏伙伴、導師及氣候領域專家等組成的「玲瓏共同體」社群，則成為玲瓏伙伴重要的力量來源。

猴仔是玲瓏計劃三期的伙伴，她從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.

年開始以生活垃圾為題材創作藝術作品，在向公眾展示的同時也鼓勵他們參與創作。2023 年，這個名為「垃圾藝術家」的項目入選玲瓏計劃。在玲瓏導師、團隊同伴，以及玲瓏伙伴的支持下，猴仔的思考和探索在項目中得以完整實現，「有了玲瓏計劃的支持，我覺得它才達到了當時設想中最好的樣子，

有課程、有工作坊、有展覽，並且可以很好地結合在一起。」該展覽和活動入圍 2023 年北京國際設計周，在北京等城市吸引了數萬觀眾參與。觀眾在現場欣賞藝術品之餘，更可以親自動手把垃圾再創造，成為表達現實思考的藝術作品。猴仔也通過舉辦工作坊，邀請公眾參與觀察垃圾的運輸和填埋等環節，



· 玲瓏伙伴的線下聚會——「玲感大會」的市集現場。

· 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

引發公眾對自身生活方式及氣候變化的思考和行動。談到玲瓏計劃的線下聚會，猴仔說：「這樣的聚會讓我更了解大家都在做甚麼，也有了後面和伙伴合作項目的可能性，大家也會基於不同背景和各自所長給我一些建議。」

為進一步探索通過社群培育等途徑推動可持續生活實踐，我們在 2024 年邀請項目成員共赴日本，參訪位於神奈川縣藤野地區的「轉型城鎮」活動。21 世紀初在英國托特尼斯 (Totnes) 發源的轉型城鎮運動，如今已擴展到 40 多個國家。運動宣導以市民為主體，擺脫依賴不可持續的石油能源，實行各種節能、資源再利用及食物在地化計劃，應對氣候變

化。日本藤野的轉型城鎮運動由榎本英剛等人發起，目前已擴展到 60 多個地區。參訪歸來，自然之友項目成員把藤野的實踐分享給玲瓏伙伴，也在活動中嘗試運用社群凝聚的相關的方法，收到很好的效果。

在玲瓏計劃和志願者小組工作的基礎上，我們也支持自然之友梳理和總結培育綠色公民的經驗。在回顧中，項目團隊意識到，不僅要回應行動者對社群發展的需求，也須關注團隊成員自身的需求和成長，共同深化對培育工作的理解，帶動更多人成為真心實意的環保行動者。

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

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.

促進轉化的學習

Transformative Learning



社區伙伴致力於與伙伴共同探索可持續生活的道路和方法，在此過程中我們認識到，個人的意識以及生活方式的轉變，是推動整個社會轉變的關鍵。因此我們看重人的成長與深層轉變，並和伙伴一道發展適合不同群體的多元支持和學習方式。我們所理解的學習，是以學習者為主體的整全成長過程，也是逐漸達至人與自我、他人及自然和諧相處的過程。

燕山學堂是北京培田社工服務中心的實踐基地，多年扎根於北京密雲鄉村，面向城市家庭開展自然教育。在那裡，六百多年長城戍邊文化的屯墾和山地生活相融合，至今仍保留著飽含生態智慧的傳統農耕方式和手工

藝。我們支持燕山學堂帶動城市家庭和村民共同梳理鄉土文化，將之轉化為本土化的學習內容。在對打鐵、鹵水點豆腐等手工藝的體驗和調研中，大家不但感受到鄉土食物的健康及用具的實用之美，也體會到自給自足、動手創造的喜悅和富足感，以及萬物皆有價值、皆可循環的生態觀。燕山學堂目前已發展出「節氣音樂詩詞」、「小神農本草健康生活」等課程，結合節氣及當地傳統藥用植物等，讓參與者感知季節變換之美，以整體生態的健康為背景，去認識和呵護自我身心的健康。

我們也和廣州市越秀區微樂益公益成長中

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（下稱「微辣青年」）合作，學習如何重建和滋養人與內在自我、他人、自然這三大關係，以支持青年在發展面向公共層面的綠色生活行動。

我們一直在探索社區和社群協作者成長的途徑。不同背景協作者的學習需求和條件千差萬別，學習方式也各不相同，但都遵循人的成長規律，需要長期而深度的陪伴過程。我們支持貴陽黔仁生態公益發展中心（下稱「黔仁生態」）培育貴州水環境保護志願者骨幹，最早可回溯至 2019 年，至今已至第七個年頭。從認識河流生態系統開始，到培育他們的內在力量、提升環保活動協作能力，

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

再到支持個性化發展，在黔仁生態持續且不斷深入的陪伴下，一批骨幹成長為優秀的環保行動者，持續帶動公眾參與水環境保護。我們也支持微辣青年、成都一年·四季自然文化傳播有限公司（一年·四季自然藝術工作室，下稱「一年·四季」），與有意願實踐可持續生活的個人和群體，一起探索學習路徑，如今已走到了第二期。

陪伴協作者成長的一個重要方向是激發其內生動力。我們與黔仁生態共同拓展環保骨幹對河流保護及環境議題的認識，以深入理解自身行動的價值和意義；同時提升環保骨幹對自然之美的感受，建立他們與地方的情

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

感聯結。微辣青年通過拓寬參與者對可持續生活內涵的理解，以及對自己的生活和工作狀態的反思，在行動中激發內在熱情。作為扎根成都的自然教育機構，一年·四季則將動力來源聚焦於與大自然的聯結。

我們所探索的學習，是從個人到群體的成長，因而我們也看重社群的培育和學習網路的搭建。微辣青年鼓勵年輕人從自我覺察和反思開始，慢慢探索個人與社會議題的關聯，開展公共面向的行動，並且通過社群培育，滋養年輕人的後續學習與成長。貴州的水環境保護骨幹，也從「我」走向了「我們」，並且愈來愈主動地在社群中發起交流和學習

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

活動，讓社群更加富有生命力，成為提供陪伴和支持的力量來源。



· 貴州水環境保護志願者分享自然觀察與手工作品。

· 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.

在學習中激發 水環境保護的內生動力 Invigorating Inner Strength, Protecting Rivers



- 貴陽黔仁生態公益發展中心組織青年志願者開展水生外來物種福壽螺防治活動。
- Young volunteers with Guiyang Qianren Ecological Conservation Centre conduct prevention and control activities against the invasive apple snail.

作為環保公益組織，貴陽黔仁生態公益發展中心（下稱「黔仁生態」）多年來支持志願者骨幹發動和帶領公眾，在貴州開展水環境保護活動。從 2021 年開始，在貴州省生態環境廳、貴陽市民政局等單位指導下，黔仁生態與社區伙伴合作開展水環境保護志願者骨幹培育計劃，目前已進行了兩期。除了協作技能的提升，培育計劃聚焦於激發骨幹的內生動力，使環保行動更加持續，帶動更多公眾參與。

楊應波作為兩期計劃的學員，從 2022 年開始擔任「青清赤水」茅台青年志願者領隊，定期帶領志願者巡護赤水河，清檢垃圾、檢測水質、觀察河道及周圍動植物情況，向公眾宣

傳河流保護知識。在黔仁生態長期且深入的陪伴和支持下，他在保護意識和行動方面都發生了較大轉變，效果也隨之顯現，「一開始組織活動時招募志願者有點困難，現在只要在志願者群裡發通知，大家都搶著要來。」

明確了建立內在力量的目標，黔仁生態首先幫助學員與自己所保護的河流和地方深層聯結，提升對山川之美的敏感性，以及對地方人文的感知。在興義市，馬嶺河水湛藍清澈、峽谷險峻壯美，來此參訪交流的學員無不歎為觀止。大家保護這條美麗河流的願望被激發，興義的志願者也重新感受到本地河流的珍貴。

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,

「在河水減量 50% 的情況下，達成用水減量共識」，這是「馬場河氣候變化大會」的目標。學員作為這場模擬會議的參加者，代入不同利益相關的村民和村委等角色開展討論。此外，學員分享家鄉氣候事件；也藉由訪談村民，了解近三十年河水及河邊植物的變化；舉辦氣候概念辯論賽……這些形式多樣的活動，都出自培育計劃二期的氣候變化工作坊。學員由此了解氣候變化對河流、對人們生產和生活的影響，並探討相關的行動計劃，如每月踐行一次低碳生活日，帶著氣候變化的視角去巡河，記錄物候變化等。

黔仁生態嘗試從氣候變化和生物多樣性等

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

議題入手，幫助學員以更綜合的視角去看待水環境保護，更深入理解環保行動的內涵和意義。在安全管理的工作坊中，會探討「安全問題往往是人與自我、人與自然、人與他人之間關係出現問題時的表現」，將技術層面的問題與更深層次的認知和價值觀聯繫起來。學員不再把水環境保護僅僅視為一年幾次的巡河，而是發展出更豐富的活動內容，吸引更多公眾加入。他們更加主動地發起和帶領河流保護行動，如楊應波所說：「現在每月巡河是一種習慣，是日常生活裡面不能缺少的東西。」同時，學員們進一步認識到改變公眾環境意識的重要性，積極與河湖保

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

護志願者分享關於環境議題的看法，並引導大家去感受自然之美，由愛而生保護之心。

在長時間的共同學習與實踐交流中，志願者骨幹之間的關係日漸深厚，形成了相互啟發和支持的群體。黔仁生態在第二期項目中更加

重視對社群的培育，2024 年以來，由社群成員自主發起和籌備，骨幹們組隊前往貴州仁懷市和興義市，與當地環保志願者交流，在共同巡護當地河流的過程中，探討環境保護的經驗和感受，社群也變得更有活力和凝聚力。



· 巡河領隊楊應波（圖中央）與志願者一起開展巡河淨灘行動。

· 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.

在生活中朝向可持續轉變 Everyday Life and Green Seeds



· 上：廣州市越秀區微樂益公益成長中心組織的社群春聚——伙伴們一起自然野餐。

· 下：第二期「綠種子」伙伴在啟動會上建立情感聯結，感知相伴成長的力量。

· 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.

「生活行動者」是廣州市越秀區微樂益公益成長中心（下稱「微辣青年」）對廣州可持續生活青年社群營造計劃參加者的定義，「綠種子」則是成都一年·四季自然文化傳播有限公司（一年·四季自然藝術工作室，下稱「一年·四季」）對社區和社群骨幹的昵稱，他們有意願在工作生活中傳播綠色理念。這兩家機構與社區伙伴合作，共同探索搭建學習體系，以促進個人和群體朝向可持續生活方式轉變。在對人的學習和成長的理解，以及具體工作手法方面，兩位伙伴都經歷了逐漸深化的過程。

廣州可持續生活青年社群營造計劃如今已進行到第二期，最初的學習活動，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,

內激發和深化可持續生活行動為目標，項目團隊逐漸意識到，人的成長並非線性的轉變，轉變也不一定通過結構化的學習過程產生，可能是源於一場對話、某個場景帶來的體會，也可能因對日常生活的敏感和覺察而發生。2023 年的營員湯圓是個很惜物的人，她在工作看到很多紙用完後被丟掉，便發起了再生紙行動。對她而言，首先關乎自己的生活態度，做起來後覺得很有趣，就帶動孩子和大人一起做。湯圓說，項目最大的支持是幫助她重新定位，「我從投射外界的目光轉為更加關注自己的念頭或內在，從自己想做的一點點踏出第一步，慢慢就有了再生紙、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.

義賣、玉米皮手工、閒置物品擺攤等行動。」

作為扎根成都多年的自然教育機構，一年·四季希望打破自然教育職業化的局面，支持多元身分的社區和社群骨幹與身邊的大自然深度聯結，並帶動周圍的人們，身心平衡地踐行可持續生活。第二期綠種子培育項目推動不同的主題學習，最終回到「我與自然萬物的關聯」，思考自身與自然教育的關係，並鼓勵學員開展更加生活化、更具創意的實踐。從事行政工作的小麥子之前認為，自然教育多與課程設計和活動帶領相關，或是去認識動植物。參加第一期綠種子項目後，她拓寬了對自然教育的認知，也明確了對綠

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

色生活的興趣。小麥子說，她會堅持垃圾分類、改造舊物等，並且發動身邊的人參與，在工作中也會抓住一切機會傳遞綠色生活、友善自然的資訊。

一年·四季和微辣青年都著力探索以社群培育促進學習，但思路有所不同。微辣青年更側重於構建一方場域，在共同學習和行動的營期之後，創造有利的環境與氛圍，以滋養社群伙伴在日常生活中持續實踐，並進一步學習與轉化。為此，微辣青年鼓勵營員自主召集活動，比如在社群裡發起自然野餐等活動，以定期聚會、主題季、年度聯合行動等方式保持社群活力，並開放社群，吸納有

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

內在熱情與公共關懷的青年加入。

很多綠種子都說，一年·四季社群的「情感濃度」特別高，大家因為對自然有著同樣的熱愛，彼此支持和陪伴。在項目之外，不少伙伴仍然保持互動，如互相觀摩或支持對方的自然教育活動、相約去觀花觀鳥等。這得益於有節奏感的學習設計，創造了很多「在一起」的經歷。在最初相聚的啟動會，大家一起沉浸在大自然裡，以「真人圖書館」的

方式分享各自的生命狀態，交流對自然教育的理解；每月一次線下主題學習，小組輪流組織線上交流，再以工作坊形式推動更深度的合作，最後由社群伙伴共創一場慶祝會，回顧學習歷程，梳理成長與收穫。

儘管走在不同的道路上，伙伴們的目標是相同的，那就是推動更多人從生活出發，由內而外轉變，在身心平衡、友善自然和他人的同時，也有著對社會的關懷和行動。



· 第一期「綠種子」伙伴在中期小結會中歡樂相聚。

· 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.

鄉土價值的 社區生活實踐

Rurality in Community



現代化和城鎮化在給人們帶來便利的同時，亦因其趨同的標準，以及對效率和財富的孜孜追求，引發了環境問題，令人心身困頓。愈來愈多的人遠離了自然和鄉土，在關係疏離的狀態中難以找到內心的歸宿。我們在探索與自然及他人重建關係的過程中，也追尋人們歸根之處，讓人重新與鄉土連接。我們所理解的鄉土，並不囿於城鄉之別，也不僅是生產和生活的空間概念，更是一個場域和錨點，有助於人們合作互助，與自然和土地連接，恢復內心力量。無論身處城市或鄉村，我們都可以有覺知地選擇生活方式，找到力量的根基。

在一些傳統社區，我們看到人們如何處理

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

人與人、人與自然的關係，而身心得以安頓。這世代積累的智慧，正體現鄉土的重要價值，對今天的我們仍有著重要指引意義，亦可激發鄉村活力。在雲南的古村落吾木村，人們視自然萬物為兄弟姐妹，村莊的合作文化在傳統智慧中尤為突出。然而，在人口流動和旅遊開發浪潮等衝擊下，原有的合作機制弱化甚至中止，並帶來相關的環境和社會問題。在社區伙伴支持下，玉龍納西族自治縣耕心社會工作服務中心與當地社區帶頭人和村民組織一道，致力於傳承和創新村寨合作精神與機制，探索應對當前問題、建設更美好家園的途徑。

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.

加強不同群體的對話與互動，有助於本土智慧的呈現、傳承和創新。在另外兩個傳統村落——雲南上關村和周城村，我們支持大理市藍續綠色文化發展中心推動青年村民與老年人交流與互動，通過體驗傳統農耕文化活動，使年輕一代認識到其中蘊含對自然的敬畏與順應，以及合作互助的精神。通過系



列的手藝活動，年青人得以在節奏舒緩、情感豐富的體驗中，觸摸村寨文化的根基。

在城市社區，主流的單一生活方式、社區感的缺乏容易令人產生「無根」之感。我們支持伙伴在城鎮化社區開展生態設計、城市農夫、家庭自然教育等活動，在提升社區感的同時，加強人們與自然的連結。伙伴於桂林山水涅槃健康中心開展的樸門永續設計共學活動，為城市居民提供機會，學習和實踐

· 吾木村姐妹在參加廣東省綠芽鄉村婦女發展基金會的項目活動——畫「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

「照顧地球、愛護人類、合理分享」的綠色生活理念。他們在社區創建生態園地，在共同種植中營造溫暖的鄰里關係，在與土地和自然的互動中滋養身心，關愛環境和他人。

寓居城市的流動人群如何找到安身立命的根基，也是我們與伙伴關注的命題。在家政女工等流動人口聚居的社區，北京木蘭花開社工服務中心支持打工姐妹成立手工產品工坊、建立互助網路等，加強她們的互助合作。姐妹們也在社區開展健康生活、生態營造等活動，與其他社區居民一起宣導環境美化和節能、減排。她們舉辦的家鄉美食分享和鄉土記憶等活動，喚起了打工人群對家鄉溫暖

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

的記憶，也連接了鄉土社會和大自然。

無論是在傳統的還是其他形式的社區，人與人、人與自然互動所呈現的關係以及日常實踐，就是支持社區內外體悟鄉土價值的課堂。在廣東銀林村，從城市移居的新村民在此建立了生態社區，藉由與食物、土地和自然建立連接，身心得到滋養，並探索在鄉村的可持續生活方式。我們和伙伴廣東省嶺南教育慈善基金會合作，支持對生活有反思、尋求改變的青年來到銀林村，與新村民交流互動，親近土地，感受鄉村生活，在獲得鄉土滋養的同時，也為銀林生態社區的營造注入新的活力。

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.

在古村落中追尋人與自然共存的根基

Ancient Villages, Ancient Connections

雲南的吾木村是一座擁有八百多年歷史的古村落，納西等民族世居於此，是人們身心安居之所在。納西文化中的合作精神，體現為人與自然、人與人的合作。他們視自然萬物為兄弟姐妹，對自然有索取也有償還，造成傷害則要負責。在舉辦傳統節日「三多節」（三多為納西戰神）時，眾人捐款捐物所建成的義倉，也是扶貧救急的公共資源庫。在吾木村，養老是整個家族和村寨的事情，全村一起回應老人對於食物、健康、陪伴等需求。當地水資源不足，但數百年來，因為有一套分配合理、分工合作的管水制度，人們既得到生產和生活所需的滿足，又維持著生態平衡。

如今，隨著周邊經濟發展和旅遊開發，當地生態環境和村莊團結合作精神受到衝擊。水資源使用發生變化，導致衝突增加；三多節慶典活動和義倉已停辦多年。隨著城鄉流動和習俗弱化，傳統的互助養老體系也受到影響，留守老人等問題隨之出現。所幸的是，吾木村作為傳統古村落，合作精神和機制還留存在生活及文化記憶中。當地文化傳承人發起玉龍納西族自治縣耕心社會工作服務中心（下稱「耕心」），嘗試借助村民組織的力量，共同探索和鞏固當地合作文化。社區伙伴從 2022 年開始支持耕心的探索，項目如今已到第二期。

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

- 周城村村民正在擀製乾蘭，這是當地人祭祀和祈福時常用的素食。
- Villagers in Zhoucheng in Yunnan Province roll the dried 'orchids' made from rice flour that they offer in worship.

2024 和 2025 年，吾木村重新舉辦三多節傳統活動，與自然和諧共存的精神得以重溫，公共義倉制度也得到恢復和創新。耕心還支持村民回顧和整理傳統水資源管理規範，並開始實踐一套適應當下情況的管水機制。

在恢復合作文化的過程中，耕心愈加明確自身作為協作者的定位，也更清晰地看到村民組織的潛力。通過有意識地陪伴老年協會，支持長者傳承文化、重新參與公共事務，改變主流認為老人缺乏社會價值的觀念。同樣，耕心有意識地支持婦女組織起來，參與村莊的事務。在耕心與村民的共同努力下，吾木村世代的合作精神與機制得以延續和更新。

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-

周城村和上關村同樣是雲南有名的古村落，當地傳統習俗和手工藝是鄉土之「根」。老年人盼望能把技藝，以及對家園的情感、對自然的崇敬之心傳承下去；一些年青人也想要了解家鄉文化，找尋更可持續的生活的道路。2022 至 2025 年，大理市藍續綠色文化發展中心（下稱「藍續」）在社區伙伴的支持下，推動這兩個村子的青年人與老一輩的互動，加深對家鄉的了解。

藍續同樣看到村民組織的力量。在上關村，老年協會、婦女組織蓮池會等村民組織，推動村民和村組幹部一起努力，於 2023 和 2024 年恢復了中斷多年的傳統農耕文化活動

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

「龍潭會」，讓年輕人有機會體驗這一民俗盛事。當地水資源不足，龍潭會本身起到農用水資源配置和管理、加強合作的作用，祭拜龍潭的過程也滲透著對自然敬畏和感恩之情。不過，如今農田流轉，傳統農耕生活文化逐漸淡化，龍潭會所蘊含的價值和精神如何傳承，如何應對當前的環境和發展問題，相信是值得思考的問題。



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」之美譽，傳統紮染、製香、刺繡等技藝，與生態有著天然聯繫，如紮染主要使用當地植物為染料；典型的白族民居中必須有紅椿木、楊柳、楸木、水冬瓜這四種木料，以代表一年四季。這些手藝同時也交織著個人生命故事和村莊集體記憶。藍續支持年青人訪談和整理本村十位老手藝人的生命故事，並為他們舉辦了一場別具特色的手藝展，手藝人可以在現場與年輕一代互動交流。下一步，藍續想要和老少村民一道，探索手藝與生態、農耕文化、鄉村生活的更多關聯，讓手藝成為連接人們與鄉土的橋樑。

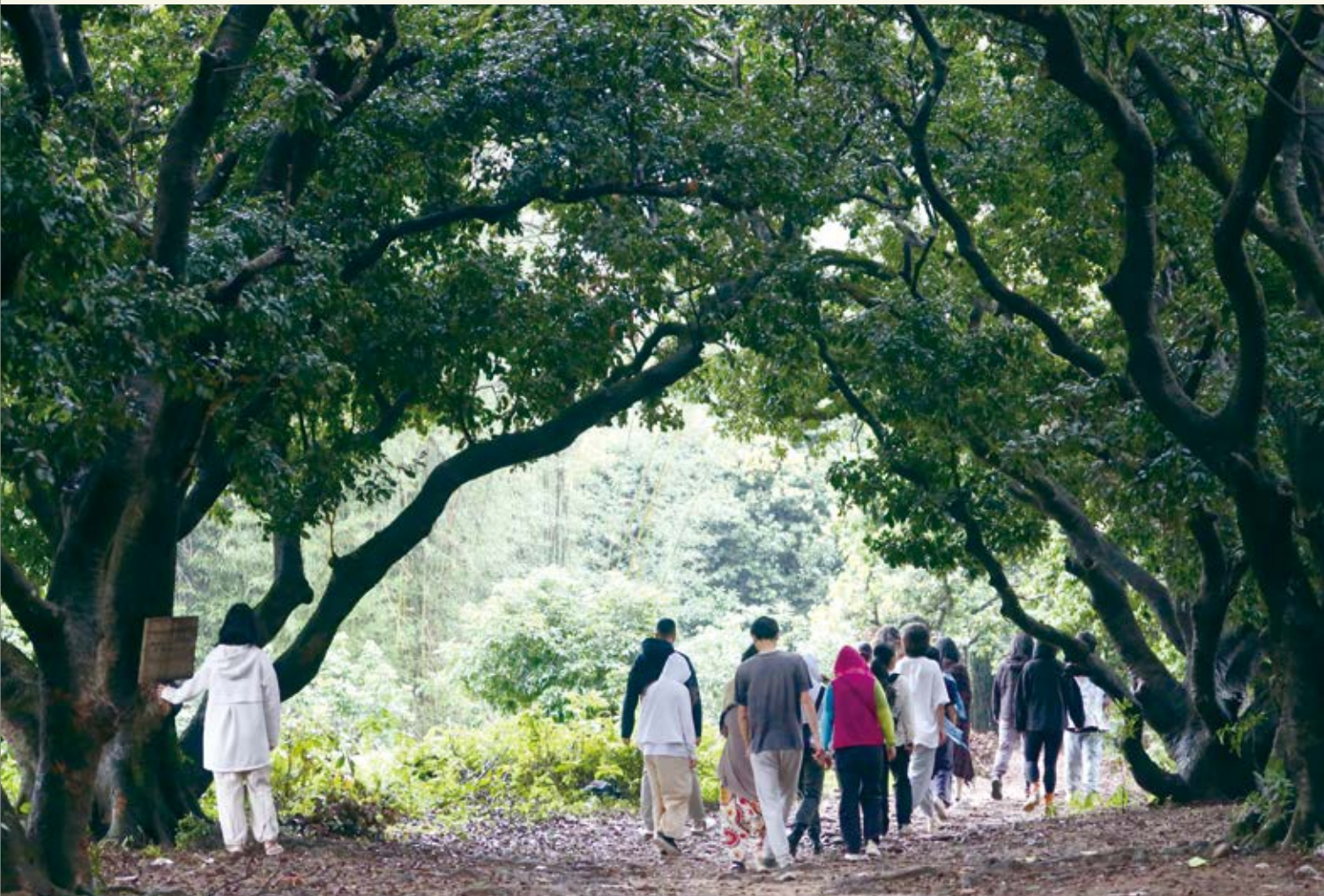
· 正指導少年人的楊鈴師傅（圖右）是周城村裡數一數二的木匠，曾在雲南不少地方雕刻佛像、建造房子。

· 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.

青年人在鄉土生態 社區中的生活探索

Youth: Eco-Community and Sustainability



· 銀林 GAP 可持續生活青年成長及生態社區營造計劃營員在大自然中學習與自我連接。

· Participants of Yinlin GAP Youth Sustainable Living, Personal Growth and Community Building Scheme learn to connect deeply with themselves in nature.

在離廣州市區約一小時車程的銀林村，住著 20 多戶「新村民」，他們從城市移居至此，渴望與食物、土地和自然建立更深連接。在互助互動中，新村民逐漸形成了扎根鄉村、友善自然的生活圈子，自稱「銀林生態社區」。

2016 年，大秋辭去設計師的工作，到銀林尋找另一種更可持續生活方式。她在這裡躬身種菜、開辦傳統文化課程，在鄉土中感受生命成長，也為幫助到他人而更感喜悅。小秋原先是公益項目經理，2023 年辭職後定居銀林。在這裡，她學會了好好生活，逐漸發現自己的內心更加穩定，也更有力量去做支持他人成長的事情。她們和同樣辭職來此

的麥可組成團隊，在社區伙伴和廣東省嶺南教育慈善基金會的共同支持下，於 2023 至 2025 年開展「銀林 GAP 可持續生活青年成長支持及生態社區營造計劃」，希望藉由自身的轉變歷程，支持想要改變生活現狀的青年人探索更適合自己的道路。

項目招募不同地區的青年伙伴，到銀林生活五天。營員們在鄉土自然中學習正念，與自我及自然深度連接。他們聆聽村民的生命故事，與新村民共同生活，體驗食物從土地到餐桌的過程，觸發對不同生活選擇的思考與討論：甚麼是自主、可持續的生活？營期結束後，項目團隊組織營員開展 21 天線上打

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

卡等活動，支持他們回看自己的生活方式，思考如何將鄉土帶來的啟迪融入日常。

「5+21」天不算長，但如同一束微光，讓青年人超越城鄉二元分立的眼光去認識鄉村，也探問自己和未來更多的可能。佳慧在過去的工作和生活中過度消耗自己，身體經

常出問題。2024 年，她決定停下來關照自己，辭職後來到銀林參加了 GAP 計劃，認識了村裡的生態養蜂人胡叔、做天然酵母麵包的阿木、用自然農法經營農場的鵬程，看到他們在自我探索中從未停下腳步，也感受他們對當下的生活的享受和篤定，以及「半農半 X」



· 銀林生態社區舉辦荔枝主題展覽。
· Lychee-themed exhibition held at the Yinlin Eco-Community.

· GAP 營員在鵬程自然農場一起勞作。
· 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 journalling 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

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

（邊務農，邊從事其他工作）鄉村自然生活的魅力。在「體驗新村民的一天」的活動裡，佳慧參加了銀溪生活農場的活動，知道了年輕農夫小秦在這裡「種回自己」的過程，感受到小秦的堅持與快樂，也開始有了和自己相處的意識，一點點把「我」釋放出來，開始覺察自我。

GAP 計劃結束後，佳慧繼續在銀林生活了三個月，和其他營員一起製作銀林生態社區地圖，在銀溪生活農場等不同地方做志願者，打掃、種菜、給果樹摘花梳果，和大家一起做月餅……這段經歷讓她感受到銀林生態社區彼此接納和支持的氛圍。2025 年，她

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

開始在安徽的村子裡生活，養雞、種菜，有更多和自己相處的時間，在鄉土生活中滋生出向下扎根的力量。

這些青年的到來，也為銀林注入了新的活力。佳慧參與繪製的社區地圖，如今已成為新村民們對外介紹銀林生態社區的好幫手。在和 GAP 營員的互動中，新村民們也在思考如何把社區營造得更有生命力，並成為連結城市與鄉村的橋樑。對於大秋、小秋和麥可來說，他們首先是銀林的「生活者」，其次才是項目團隊成員，他們的生活狀態本身就是項目工作的底色。好好生活，慢慢探索，讓自己，也讓更多青年從鄉土中得到滋養和力量。

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.

公益領域互動

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,

隨著國內公益事業的發展，主體更加多元，成為推動社會改變的力量。作為公益領域內關注生態環境的一員，我們積極協同多元伙伴研究和開展相關議題的工作，比如自然教育、氣候變化適應等，分享其中的經驗和記錄發展；也加強對話和交流，加深對議題的理解，以擴大關注和行動，我們也更好找到領域中的生態位置。

我們從不同方向與公益伙伴展開互動。一是與連接眾多公益組織的平台型機構合作，共同促進關於領域發展的交流。我們支持北京沃啟公益基金會發起「公益人代際對話」，提出關鍵的「代際」視角，不同時代的公益

從業者開展對談，探討公益的職業化發展，結合社會發展，帶出對此領域的宏觀理解。不同時代的公益人分享在面臨職業倦怠時，如何使工作和生活更可持續；也談環保行動者對環境議題的關注與回應，談他們在應對環境挑戰的同時如何安放自己。在訪談環境哲學與科學史學者田松的過程中，新生代公益人晨曦發現，當代中國環境議題的一些重要節點，如 21 世紀初「人類要不要敬畏大自然」的公共討論，讓她為這場討論所呈現的多元價值觀所吸引。

我們與北京基業長青社會組織服務中心（下稱「基業長青」）合作，開展公益慈善

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

口述歷史人才培養計劃。中國基金會發展論壇是一個重要平台，推動各地基金會交流及公益事業發展。基業長青作為論壇秘書處，重視歷史記錄和文化傳承對推動領域發展的作用。項目培訓對公益歷史感興趣的年輕人，與公益前輩訪談，採集歷史，保存了改革開放後第一代公益人的親歷和見證，以構建公益歷史；另一方面，在深度訪談中，年輕一代公益人有機會立體地了解前輩及其所處時代，在公益精神的感召下，思考自己的時代使命和動力。

人是公益領域中最重要的因素，我們與公益領域伙伴特別關注公益行動者的成長與生

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,

態議題的關係。我們所支持的廣州善導社會工作服務中心（下稱「善導」），通過工作坊、讀書會及協作實踐等方式，提升行動者的協作意識和能力。善導正在嘗試支持協作者學習深度生態學，建立生態視角，由此探索個體的內在力量，並與更廣闊的世界連接，對議題更系統和整全的認知，對社會發展有更多的理解和想像。如今，協作者正在投入多個議題網路的工作，助力不同公益組織的伙伴，圍繞鄉村發展、自然教育、零廢棄等議題展開交流與行動。

在鄉村社區，伙伴雲南連心社區照顧服務中心協作民族地區的鄉村社區工作者，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

學習本民族文化中人與人、人與自然關係的智慧，從中吸取養分，建立文化及生態視角，並提升參與式工作能力，更有方向地探索社區工作的路徑。

在社區發展力量活躍的成都市，伙伴成都社區行動公益發展中心著力培養社區工作者及社群骨幹的「道」與「術」——可持續生活理念和協作能力。項目通過主題工作坊的

- 社區行走地圖小隊在成都清源社區開展「社區的細節」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

共學，推動學員從自身對可持續生活的體驗和理解出發，結合當下社會問題及社區需求，在社區生活中發起和協作活動，如社區生態花園共建、居民環保組織在地網路構建、社區行走地圖製作等，帶動居民參與和共創。在實踐過程中，協作者對社區、可持續生活，以及對協作的理解逐漸深化，對推動社區發展發揮更大作用。

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.

從公益歷史中把握可持續發展方向

Looking Back to History, Looking Ahead for Sustainability



· 汪永晨在「拾光——公益慈善口述史計劃」訪談中。

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

接受口述歷史訪談時，汪永晨再過兩天就要迎來七十歲生日。她有許多身分標識：知名環保人士，原中央人民廣播電台記者，民間環保組織「綠家園志願者」召集人，「江河十年行」活動發起人，《綠鏡頭——大自然的昨天與今天》等數十部著作的作者……這些標識呈現出當代中國環境保護史的一個重要脈絡。

汪永晨六十多歲時開始了公益事業的新征程，回到母親的家鄉河北蔚縣湧泉莊村支持鄉村建設，推動成立圖書館、修建濕地公園，帶領村民種樹、清理垃圾，帶孩子們參加夏令營，教他們寫作……她以自己的生命能量感染年輕人，希望他們能夠留下來，參與村莊振興。

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,

北京基業長青社會組織服務中心（下稱「基業長青」）開展「拾光——公益慈善口述史計劃」，正是希望青年人參與進來，透過親身記錄，直觀地感受公益前輩的工作精神和處事態度，帶動更多人加入口述史工作中。汪永晨等早期參與環保和社區發展等領域的代表性人物，成為了訪談的對象。學員從準備訪談提綱開始，經過收集資料，結合公益領域的典型事件，梳理人物小傳，就已經在學習公益歷史了。導師提醒大家，要留意人物背後公益領域的發展情況，以及整個時代背景，以此了解和探究相關社會問題及事件的來龍去脈。

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

社會學學者郭虹於 1999 年開始進入公益領域，參與多家公益機構的創辦和組織工作，並結合社會發展相關研究去推動公益事業的發展。在近九小時的講述中，郭虹和訪談學員一同回溯她的人生旅程，談兒時對書籍的熱愛，談她對社會科學研究和公益事業的熱情投入。從農民工融入城市，到企業社會責任，再到社區參與治理及社會組織發展，郭虹的學術研究領域隨著社會需求和歷史進程的發展而演變，但始終以「以人為本」、「公眾參與」為核心。2008 四川地震後，郭虹參與創建四川 512 民間救助服務中心，將更多時間和精力投入公益事業的發展。在她看來，

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

理解和守護公益背後的價值觀尤為重要。通過面對面深入交流，訪談學員不但更能理解公益前輩的成長路徑和世界觀，並且深受感染，她在手記中寫道：「通過與郭老師的對話，我對口述史的深度和力量有了更加深刻的體會，它不僅記錄了歷史，更傳遞著情感和智慧。這次經歷，也更加堅定了我在公益道路上的探索和追求。」

口述歷史帶來的觸動是雙向的。汪永晨此前就萌生了採集和整理湧泉莊村口述史的想法，藉此推動村民思考未來發展的方向。接受訪談時，她特意請村裡的中學生旁聽，想要帶動他們參與村莊歷史的記錄。訪談之後，

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

汪永晨主動把綠家園過往 40 年的歷史檔案，捐給基業長青與公益伙伴發起的文獻圖書館，個人的環保日記也交給圖書館掃描保存。

圖書館館長李超幾乎親歷了每一次訪談現場，和青年學員同樣受到了觸動，讓他對圖

書館的價值定位及未來方向更加清晰，也就是通過公益歷史，讓過去、當下和未來產生連結和對照。如同汪永晨和郭虹以各自的人生經歷為線，在留下歷史紀錄的同時，也牽引著青年人對社會發展的理解。



· 郭虹老師（圖左）在「拾光——公益慈善口述史計劃」訪談中。
· 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.

培養協作者， 助力社區可持續營造

Nurturing Facilitators, Nurturing Sustainable Communities



- 學員們參加「道與術」共學工作坊。
- Community workers in the Theory and Methodology Co-Learning workshop.

近十年來，成都大力推進城鄉社區可持續總體營造，鼓勵建立社區組織。在此背景下，一些公益人和實踐者嘗試將可持續理念融入社區生活，相關生活社群也隨之出現。我們相信，社區營造扎根於生活，從2018年開始，我們支持成都社區行動公益發展中心（下稱「社區行動」），以「道與術的糅合」為方法培養協作者，使之兼具可持續生活理念（道）和社區工作手法（術），至今已走過了三期。第三期學員中，有公益機構人員、街道和社區工作人員，也有社群成員。

在「道與術」的學習中，學員學習整全生態觀、覺察自我，以及社區協作的理念和方法等，

拓展對社區發展及可持續生活的理解。項目鼓勵學員結合自身興趣或生活體驗、工作等，選擇社區關係、自然教育、健康生活、生態環保等議題組成小組，尋找和對接落地的社區，了解其現狀、需求和資源後，設計行動方案，帶動居民參與和共創。例如在「四時之景」小組協作下，目前共有九個社區居民環保隊伍組成聯盟，起名「蓉城綠園先鋒隊」。每一兩個月，先鋒隊就會組織「環保轉轉會」，大家來到其中一個聯盟社區，觀察和體驗社區環保隊伍組織的活動，如垃圾減量、社區生態環境改善等，就隊伍建設及實踐經驗等開展交流，並共同開展環保主題宣傳活動，吸引更多社區環保隊伍加入。

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

隨著社區實踐的開展，學員對可持續的議題理解更加深入。「解鎖」自然教育小分隊以「無所不在的福壽螺」為主題，帶動當地社區 12 個家庭共同關注身邊的水環境。在湖泊及河流邊，孩子們和父母一起興致勃勃地尋找福壽螺，觀察它們的特徵和生活環境。根據福壽螺夜間更加活躍的特性，學員還組織了一場夜觀活動。孩子們拿著電筒，仔細觀察福壽螺和蟾蜍、田螺等小動物在夜色中忙碌，深感大自然的奇妙，同時也對水環境有更多了解。結合書籍和紀錄片等，孩子們

· 在「解鎖」自然教育小分隊協作下，孩子們和父母一起尋找福壽螺，觀察它們的特徵和生活環境。

· In this Nature Education Team activity in Chengdu, children and their parents observe the characteristics and habitat of the invasive apple snail.

和父母一起討論：為甚麼福壽螺作為入侵物種在中國造成生態破壞，在原產地南美洲卻沒有，進而思考人類在生態系統中的角色。最後，孩子們創作了「福壽螺和水環境」的小故事，還提出許多保護水環境的點子。學員協作親子家庭觀察和思考，也是自己逐漸理解人與自然關係的過程。

關於協作方法培養，社區行動希望推動學員超越技術層面，對協作有更深入理解。學



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

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

員以小組方式在社區發起和協作可持續生活行動，本身就是學習與他人建立關係，同時更好地認識自我，建立協作的良好基礎。項目強調以參與者為主體，也有助於豐富學員對協作的理解。社區行走地圖小隊發起「社區的細節」系列工作坊，邀請年輕人以城市漫步（city walk）的方式，觀察社區中的空間和設施，和居民交流互動，了解社區日常，感受其文化與環境，並繪製地圖，表達對社



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

區的理解。「社區的細節」不但吸引一百多人走進社區，一些參與者更是轉變為共創者，與項目團隊共同研發內容和工具。

在兩年的時間裡，學員在項目組、導師和共學社群的陪伴和支持下，努力成長為可持續生活社區協作者。在社區行動看來最重要的是，在行動中不忘審視所回應的議題，以及議題背後的價值，從自我成長和熱情出發，協力營造更美好的社區和社群。

· 社區行走地圖小隊邀請年輕人以城市漫步（city walk）的方式，觀察社區，感受其文化與環境。

· 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.

項目一覽

Project List

北京	Beijing
北京密雲地區鄉土文化調研與生活教育內涵探索	Research on Local Culture and Life Education in Miyun District
北京「自然媽媽」社區自然教育	'Nature Mother' — Community Nature Education Programme
綠色家政理念推廣和全流程服務實踐總結	Green Domestic Services Promotion and Documentation
支持基層流動女性的可持續生活實踐與互助支援網路	Supporting Grassroots Migrant Women in Practising Sustainable Living and Building a Mutual Support Network
培育半塔社群核心志願者和社區可持續生活行動	Cultivating Core Volunteers to Facilitate Sustainable Living Practices in Banta Village
重慶	Chongqing Municipality
探索重慶縣域社會組織公益價值與行動	Exploration of Values and Roles of County-Level Social Organisations
廣東	Guangdong Province
廣州可持續生活青年社群營造	Sustainable Living Community Building with Youth in Guangzhou
廣州身障群體自主生活與多元生計探索	Exploration of Resilient Livelihoods with People with Different Abilities in Guangzhou
廣州城鄉互助網絡	Rural-Urban Mutual Help Network Development in Guangzhou

珠三角城鎮化農村社區可持續生活實踐	Sustainable Living Practices Promotion in Urbanised Villages in Pearl River Delta
「落地生根」——銀林 GAP 可持續生活青年成長及生態社區營造	'Taking Root' — Urban-rural Interaction with Urban Youth, and Community Building in Yinlin Village, Guangzhou
廣州職校綠色職涯探索共學營	Vocational Pathways Co-Learning Scheme with Technical School Students, Guangzhou
深圳文化及地理景觀導賞培訓	Training on Cultural and Heritage Landscape Walking Tour Design in Shenzhen
可持續社區設計共學	Co-Learning Community Design for Sustainable Living
培育珠三角可持續社區力量	Cultivating Capacity for Sustainable Community Development in Pearl River
廣西	Guangxi Zhuang Autonomous Region
探索廣西社區傳統農耕文化活態保護	Community-Based Traditional Agricultural Culture Conservation
桂北樸門與本土農耕智慧共學	Permaculture and Local Agricultural Wisdom Co-Learning in Northern Guangxi
「邕有好社區」——可持續生活實踐	'Yongyou Good Community' — Supporting Sustainable Living Practices in Urban Nanning Communities
康復村社區青年志願者群體對可持續生活的反思與對話	Sustainable Living Dialogue Between a Rural Rehabilitation Community and Urban Youth
搭建南丹白褲瑤文化的可持續生活學習及社區交流平台	Learning on Traditional Wisdom of Nandan Baikuyao Culture and Building of Community Exchange Platforms

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培育貴州水環境保護骨幹力量	Capacity Building with Water Environmental Protection Facilitators
提升貴州鄉村協作者的實踐力	Capacity Building with Rural Facilitators in Guizhou
復興貴州村寨社區傳統文化學習	Revitalising Learning of Community Culture in Rural Southwest Guizhou
貴陽參與式公共空間設計工作坊	Workshop on Participatory Public Space Design in Guiyang
四川	Sichuan Province
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「道與術的糅合」——成都社區可持續生活的共學與實踐	Combining Theory and Practice — Learning and Action on Community Sustainable Living
川西平原「土壤活力提升」社區共學	Community Co-Learning on Soil Improvement in Chengdu Plain
「一步小院」生活空間氣候行動探索	Community-Based Climate Actions in Wenjiang District, Chengdu
農田管理與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
川西林盤村民傳統農耕智慧共學	Community Learning on Traditional Agricultural Wisdom in Linpan Village, Chengdu Plain
探索雅安山地鄉村社區農耕生活視角與智慧	Exploring the Wisdom of Rural Agrarian Living with Mountainous Communities in Ya'an
「結伴同行」——農村可持續生活協作者能力與網絡建設	Capacity Building, Network Building and Development with Rural Sustainable Living Facilitators
支持成都社區可持續生活實踐者社群	Supporting Sustainable Living Initiatives in Chengdu Communities

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以大理白族傳統文化為基礎的社區青年可持續生活學習與行動	Traditional Culture Learning with Youth to Inspire Actions and Reflection on Sustainable Living in Bai Ethnic Communities in Dali
探索騰冲社區精神與生物多樣性保護與實踐	Exploring Community-Based Biodiversity Conservation in Tengchong
布朗社區協作者能力建設	Capacity Building with Bulang Local Facilitators on Cultural Reflection
雲南保山市地方智慧育人觀和育人環境的探索與實踐	Groundwork for Community-Based Education through Local Wisdom Learning in Baoshan Municipality
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探索與鞏固麗江納西族傳統村莊合作精神與機制	Exploring Traditional Cultural Values and Consolidating Cooperative Spirit and Mechanisms with a Naxi Community
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「以史為鑒」——落松地康復村共築美好生活	'Learning from History' — Building Self-Reliance and Community Resilience with the Rehabilitation Village in Luosongdi

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氣候變化青年賦能計劃	Capacity Building on Climate Change with CYCAN Youth Working Group
東南亞青年行動者網路發展	Youth Facilitator Network Development in Southeast Asia
公益人代際對話的在地實踐與方法探索	Exploring Practices and Methods in Intergenerational Dialogue with Philanthropic Workers
培養公益口述歷史人才	Supporting the Development of Philanthropic Oral History
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第五屆睿思公益領導力協力營	The Fifth Ruisi Leadership Camp with NGO Leaders
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雲貴鄉村社區婦女骨幹可持續生活共學	Sustainable Living Co-Learning Network with Rural Women Facilitators in Southwest China
「青年同行」——西南鄉土故事計劃	'Let's Tell Stories' — Developing Narratives to Reconnect Youth with Their Homelands in Southwest China
鄉村振興的青年人才培養計劃	Rural Revitalisation Youth Internship Project

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跨地區	Regional
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傳統社區文化視角工作方法經驗研究	A Study of Work Approaches in Traditional Communities from a Cultural Perspective
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社會組織參與氣候變化適應的創新與實踐	Innovation and Practice of Climate Change Adaptation with Participation of Social Organisations
中國生態文明論壇濟南年會——氣候變化適應分論壇	Supporting the China Ecological Civilisation Forum — Thematic Sub-Forum on Climate Change
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傳播行動支援計劃——帶入傳播視角，豐富行動手法	Small Grants to Promote Sustainable Living-related Communications
《轉型城鎮：一場應對氣候變化的社區實驗》簡體版出版及推廣	Publication and Promotion of the Simplified Chinese Translation of <i>The Story of Transition Town in Japan</i>
支持《慢媒體》出版及本地論述發展	Publication of the Simplified Chinese Translation of <i>Slow Media: Why "Slow" is Satisfying, Sustainable and Smart</i> , and Slow Media Discourse Development
《美而簡：生活的藝術》出版、新書發布及推廣活動	Publication and Promotion of the Simplified Chinese Translation of <i>Elegant Simplicity — The Art of Living Well</i>
出版可持續生活雜誌《比鄰泥土香》第 14、15 期	Production of Sustainable Living Magazine, <i>Fragrant Soil</i> , Issue 14 & 15 (in Chinese)

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以漢語拼音為序

In Sequence of Pinyin

- 保山市隆陽區金雞鄉務本社會工作服務中心 ... Baoshan Wuben Gongyi Social Service Centre
- 北京慈海生態環保公益基金會..... Cihai Environmental Foundation
- 北京單向街文化有限公司 Beijing One Way Street Culture Co., Ltd
- 北京蓋婭樸門設計諮詢有限公司 Beijing Gaiascape Permaculture Studio
- 北京鴻雁社工服務中心..... Beijing Hongyan Social Work Service Centre
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