



明愛社區發展服務  
Caritas Community Development Service

## S+ 高峰會暨博覽 2025 S+ Summit and Expo 2025

# 在地生活 城鄉共生

Local Living, Urban-Rural Symbiosis



明愛社區發展服務以社區營造的手法，在傳統村落發掘在地優勢資源，團結居民，同塑社區身份與認同，建立社區互助網絡，與及支援長者在地安老。

傳統生活以在地有限資源維持自足生活所需，一切來自自然，健康又永續。透過分享在地綠色產物、舉辦文化導賞、推廣綠色生活，結連鄉村與城市，共同追求健康生活。

Caritas Community Development Services engages community residents in shaping their community identity in traditional villages through community building, building up mutual support networks among residents and also supporting aging-in-place for older people.

Traditional villages have been utilizing local, though scarce, resources in maintaining their daily life. They are natural, healthy and sustainable. Through sharing with city residents the green products, promoting green living, and organizing cultural docent tours, we build up connection between the traditional rural life and the city dwellers.



### 1. 推廣本地山川海島社區文化，提升傳統社群的身份認同及社會價值 Promoting Local Culture of Hillside, Waterfronts, and Islands Communities, Enhancing Community Identity and Social Value

- 與村民探索及紀錄在地歷史及文化，發掘傳統山川海島的生活智慧，鞏固傳統社群身份認同
- 透過組織村民舉辦文化導賞及不同傳統節慶文化體驗活動，與公眾分享山川海島的生活文化及感受當中喜樂，提升村民的社會價值和自我效能感
- Explore and document local history and culture with villagers, uncovering the wisdom of traditional living originating from the hillside, waterfronts, and islands for the strengthening of community identity.
- Organize cultural docent tours and various traditional festival experiences for villagers to share the life culture and joy with the public, enhance also the social value and self-efficacy of the villagers.



### 2. 為城鄉居民提供互動平台，加強彼此交流 Providing an Interactive Platform for Communication for Urban and Rural Residents

- 復原鄉郊荒田，營造社區田園，體驗「從田野到餐桌」的完整過程
- 透過與藝術團體合作，以多元方式展現傳統生活文化，讓公眾體驗鄉村永續生活方式及鄉土人情
- Restore rural wastelands and build up community gardens, experiencing the whole process of "from farm to table."
- Collaborate with art groups to showcase traditional life culture in diverse ways, allowing the public to experience sustainable rural lifestyles and local customs.



### 3. 以傳統生活智慧，營造永續生活，推動在地資源再生，建立綠色生活習慣 Creating Sustainable Living with Traditional Wisdom, Promoting Local Resource Regeneration, and Establishing Green Living Habits

- 推動社區廚餘再生，製作環保酵素及社區堆肥
- 組織婦女善用在地資源，結合傳統智慧，製作天然產品，提昇生活質素
- 發揮婦女工藝，回收過剩布藝物料，升級再造
- Promote community food waste recycling for the production of eco-friendly enzymes and community compost.
- Organize women to utilize traditional wisdom to turn local resources into natural products for the enhancement of quality of life.
- Leverage women's craftsmanship for upcycling surplus fabric materials.

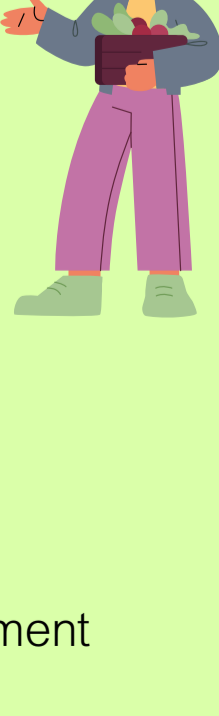


### 4. 回應社區老齡化，支援長者在地安老，共建長者友善社區 Addressing to Community Aging, Supporting Aging-in-Place, and Co-creating Aging Friendly Communities

- 維持長者健康體魄，維持居家自理能力
- 建立長者在地互助及鄰里支援網絡
- 鼓勵長者積極參與在地安老的政策討論和設計，共同營造長者宜居社區
- Maintain the health of the elderly to prolong their self-reliant living at home.
- Establish networks for local mutual support and neighbor assistance among elderly.
- Encourage elderly participation in policy discussions and community designs for local aging, collaboratively creating livable communities for older people.



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