

# 「万有引力」II期时间轴

- 2022. 9. 26-2022. 10. 16  
对外发布招募，举办2期招募宣讲会，43名学员加入项目。
- 2022. 10. 22-2022. 11. 20  
通识课学习阶段，邀请张轶超、刘君言、贾格楠、周娅4位导师分别围绕教育、气候变化、废弃物管理、食农议题方向，开展5期线上通识课，35名学员完成通识学习。
- 2022. 12-2023. 1  
线上工作坊、社群分享会，共有27位学员开启进阶探索。
- 2023. 2  
线下走访阶段，21名学员先后前往广州深井村、深圳梧桐岛-微棠社区开展线下走访。
- 2023. 3. 25-2022. 3. 27  
可持续行动生成工作坊在广州小洲村开营，共有20位学员参与，14位学员提交的10个方案通过现场路演。
- 2023. 4-2023. 8  
小额行动阶段，15位学员提交11个行动方案，陆续开展实践。
- 2023. 6-2023. 9  
举办毕业选择、教育反思、我与公共生活青年漫谈系列活动。
- 2023. 9  
「万有引力」II期结营展，6个行动实践案例展出。
- 2023. 10-2023. 12  
输出青年可持续探索案例、青年培育路径



走访广州深井村



线下工作坊



青年漫谈现场「我与公共生活」



结营展当天，学员进行讲解

## 万有引力计划



资助方：万科公益基金会  
主办方：千禾社区基金会  
联系邮箱：liweiwei@ghfmail.cn

# 「万有引力」计划

## 可持续行动探索案例集



## 关于「万有引力」

「万有引力」——可持续青年培育计划（以下称「万有引力」），是在联合国可持续发展目标框架（SDGs）下，由万科基金会支持、千禾社区公益基金会执行，支持对可持续发展议题感兴趣的高校学生开展学习和行动探索的公益项目。

项目I期（2021年4月至12月，微辣青年执行）支持了来自华侨大学、北京服装学院、西南林业大学、云南大学、华南农业大学的5名同学围绕食物和生态农业、以垃圾为主题的人类学田野研究、少数民族村落的可持续发展、以自然教育传播可持续生活、可持续食物体系等多个主题展开学习和研究。

项目II期（2022年9月-2023年12月）以珠三角地区高校相对集中的广州、深圳、珠海三座城市为主，招募43名高校学生开展可持续议题通识学习（气候变化、废弃物管理、食农），支持约20名学员参与进阶学习（线下走访、行动工作坊、青年漫谈等）、9名学员完成气候餐桌与生活反思、个人可持续生活、城乡可持续互见等主题的个人行动探索。

资助方：

万科公益基金会是由万科企业股份有限公司发起，经国家民政部、国务院审核批准，于2008年成立的全国性非公募基金会。2017年被认定为慈善组织。2023年，在新的五年战略规划框架下，万科公益基金会以“美美与共的未来家园”为愿景，实践和传播可持续社区理念。基金会当前聚焦碳中和和社区先行探索与推广、社区废弃物管理瓶颈突破、中国气候故事讲述三大重点战略模块开展工作。

主办方：

作为一家立足珠三角的社区基金会，千禾基于珠三角社区面临的生计、教育和环境问题，动员并联结基层政府、企业、基金会、慈善团体和研究机构等各界力量，持续开展社区服务、共建共享社区资源、打造社区文化，推动社区创新发展、合作与多元治理，进而建设公正、关爱和可持续发展的社会。



# 青年可持续探索案例

**实践小组/个人:** 新绿之友（张萌苗、徐钰婷）  
**项目名称:** 一起去玩吧！——用更可持续绿色友好的方式  
**项目周期:** 2023年4月-8月  
**时间地点:** 广州、佛山、东莞  
**项目内容:**

通过举办喜闻乐见且富趣味性的可持续主题活动，影响和陪伴身边人一起创造和践行更多新鲜有趣且绿色友好的生活方式，一类是以在地食物生产、制作等体验，探索食物与气候变化关系的气候餐桌主题活动；一类将可持续的生活方式融入在日常生活中的可持续聚会系列活动。

其中，气候餐桌主题活动从日常饮食切入，聚焦随着生活节奏加快，人的一日三餐被外卖、快餐、预制菜所占据、越来越少的年轻人会花时间自己做饭、逛菜市场的现状，通过一起逛市场、做菜和饭桌聊天，反思吃饭变成饱腹工具、不知食物来自哪里、食物与生活的关系等，从而对气候变化与食物之间的关系有更多的感知与关注，意识到气候变化与“我”有关，日常吃饭可以有意识选择“环节更少，碳排放更少”的本地小农食材、“气候友好的食物”如本地菜、采用更简单的烹饪方式等等。相信即使只是一顿饭的选择，也是在为减缓气候变化献出一份努力！

**实践小组/个人:** 稻田里的守望者（陈若微、陈思瑶、张雨若）  
**项目名称:** 稻田里的守望者  
**项目周期:** 2023年2月-4月  
**时间地点:** 广州市从化区良口镇仙娘溪村  
**项目内容:**

基于团队三个不同的专业（社科、地理、生物材料设计），通过走访仙娘溪村，收集村民“野生设计”作品，看见作品背后的人文故事，了解乡村可持续生活方式，看见乡村的可能性和困境，并在村中举办一场废物改造自然艺术工作坊。走访发现了村民改造废物使物品实现循环使用的可持续生活习惯，如用米袋改造成手提袋、用花洒来浇菜，用啤酒瓶来当蜜蜂箱子的箱脚以隔绝蚂蚁往上爬等。

废物改造自然艺术工作坊邀请村民用仙娘溪村各个角落的废料来创作自己的作品，最终妇女阿姨们共创了一个仙娘溪大菜园，并取名“仙娘溪百草园”。谈及创作灵感，阿姨们说：“最初想建一个小广场，因为我们平时劳作累了就会在那个公共凳子上休息乘凉，记忆会比较深刻，但是后来发现建着建着越来越像一个菜园，就干脆搭一个什么都可以种的菜园好了，菜园总得有个入吧，人总得戴一个帽子！”可以看出，小广场在村民心里的地位，以及它具有社交、休息等真正贴近生活的用途。



「气候餐桌」活动现场，大家一起备菜



稻田守望者小组在仙娘溪

**实践小组/个人:** 赵彦淋  
**项目名称:** 西南山地护林员生命经验与在地关系探究  
**项目周期:** 2023年2月-8月  
**时间地点:** 四川省巴中市通江县某林场、广州市  
**项目内容:**

森林在整个陆地生态系统中都发挥着调节气候的显著作用。而自1998年以来，国内的林业发展开始进入以生态建设为主的新阶段。在生态文明建设指导下的林业政策发生着巨大的变化，整个林区未来的发展方向和林业工作人员的工作性质也都有了显著的改变。本次调查集中于家乡林场的变迁和林场工作人员，尤其护林员的生活和选择，尝试描述他们的生活图景，并尝试探讨在当下林业政策更关注生态和气候的趋势下，整个林区保护和发展的未来可能。研究采用了“本体性安全”这一理论视角，基于护林员的生命经历、日常互动和巡山日志，审视森林在他们各个生命时期扮演的角色，探讨他们和森林的关系模式。



所在林场



林场星空

**实践小组/个人:** 袁宝怡  
**项目名称:** 仙娘溪走访——乡村中的关系带给自己的生活启示  
**项目周期:** 2023年4月-8月  
**时间地点:** 广州市从化区良口镇仙娘溪村  
**项目内容:**

走访仙娘溪村，和当地的返乡青年对话，了解青年们来到或重新回到仙娘溪的原因、需求和期待。通过走访，不断扩充生活视角，在探寻乡村中的关系时发现关系不止于人和人；也像一次“自然的洗礼”，以更洁净的心态去体会一些未被框定、未知的关系，尝试寻找乡村和城市生活相连的方式。在体验、感受、拥有一些区别于自己经常生活的地方的体验，换个环境思考理想生活，重新思考和别人的相处模式，在关系之中，去扩散，开拓探索地图。

**实践小组/个人:** 叶圆源  
**项目名称:** 重建个人可持续向生活秩序  
**项目周期:** 2023年4月-8月  
**时间地点:** 广州  
**项目内容:**

围绕食物可持续转型、劳动教育等议题开展项目学习和个人梳理与反思，赋能个体获得构建可持续型生活图式的技能，并结合个人成长经历的回溯，看见不可持续生命状态背后的家庭、社会因素，一步步打破重建。在教师实习工作中，当即将用传统镇压学生的方法时，觉察学生的言行背后的生长脉络——如父母给的要求、看过的书、学生对世界的信念。走进学生的精神世界并看见他们每一个特质，联结过去的自己，看到处于小学点位的自己之所思所想，以及那些想法和现在的关系。

**实践小组/个人:** 钟碧蕊  
**项目名称:** “极减生自”海洋保护学习计划  
**项目周期:** 2023年4月-8月  
**时间地点:** 广州  
**项目内容:**

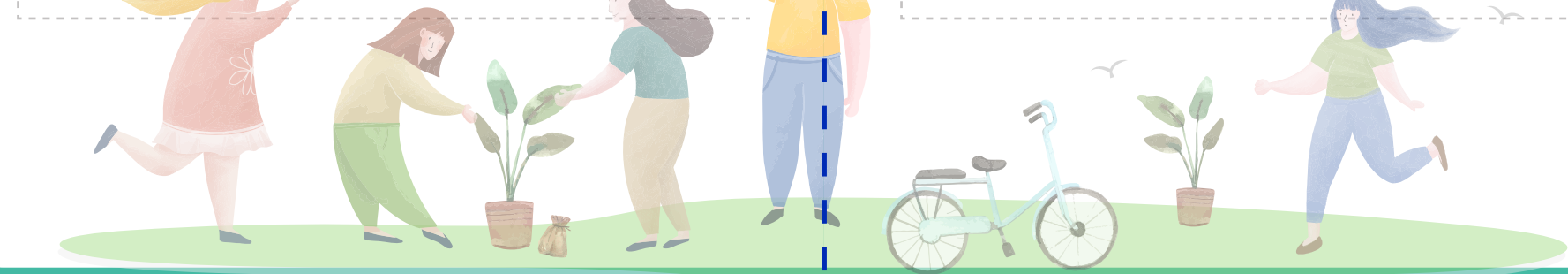
个人学习主要通过查阅资料、实地走访，了解海洋垃圾的产生、影响，周围居民的看法等，宣传海洋垃圾对海洋生物造成的实际的负面影响，提高游客、居民的环保意识，达到从源头减少海洋垃圾的目的。学习与讨论内容包括海洋垃圾的定义和来源、海洋垃圾对海洋生物的影响、普通人如何在日常中减少垃圾、核废水排放的思考等。

# 青年声音

**钟碧蕊:** 所谓的悲观主义，是为自己的放纵取乐寻找理由的一种说法  
自从核废水的排放之后，对于环境，我也慢慢地变成了一个悲观主义者，就好像突然发现我们看不到未来了，还有必要为了未来努力吗？还不如就这样以我自己喜欢的方式和模式好好的过好每一天。我想：所谓的悲观主义，与其说是对于个人对成长和人类发展未来看不到希望，不如说是一种逃避现实，为自己的放纵取乐寻找理由的一种说法。其实这种观念太局限，我很好的为自己不想努力保护环境找了一个冠冕堂皇的理由。我们做一件事的路上不断的寻找乃至确认了自己的人生价值，我觉得这个才是最重要的，我是什么人，我做了什么事，这个其实才是最重要的，因为从个人的发展上看，我们都是看不见未来的，我们的未来都是进坟墓，外部的环境怎么变化其实关系不大，外部环境也不应该成为我们胡乱破坏环境的原因，因为外部环境是时时刻刻不断的在改变的，如果我们不能很好的坚守自己的内心，一直随着外部环境的变化而动摇自己的想法，这个其实是完全不值得提倡的。

**陈思瑶:** 现代化猛看是消除乡村与城市的差距，但这种差距不是变小而是变大了  
随着城市的发展，城市化所带来的诸如环境污染、交通堵塞等问题，让人不自觉地怀念起乡村的田园生活，但乡村真的有我们想象中那么美好吗？城与乡的分界线在哪？城与乡的发展真的可以融合么？快与慢，过去与未来，传统与现代，不同形态分割后，容易让人有种肤浅的认知，即“城与乡是对立的”，我不这么看，我认为城是乡的映像，乡是城的归属地。城市化、工业化对乡村生活来说，几乎是天敌，现代化猛看是消除乡村与城市的差距，但这种差距不是变小而是变大了。我读过的关于城市与乡村关系的作品中，乡与城的话题带来的是对社会问题的思索，乌托邦看上去很美好，在实践中却不能长期存在下去，这背后的原因是缺乏可持续发展的可能。今天的中国在经济发展上的突飞猛进，让人想起资本主义在英国发展的初期的景象，它们之间既类似又有联系。

**赵彦淋:** 能与自然与非人类物种建立某种深刻的联系是多么必要  
这次调查，不仅看到了过去当下和未来森林管理的方式，更看到了人在和森林相处，和自然贴近状态下的生活和工作体验。森林贯穿他们生命的各个阶段，提供了很多的“归属感”熟悉感“等情感价值，稳定他们的生活节奏，并成为他们选择未来时的参考依据，影响他们对自身在更大生活、联系和存在网络中的位置确认。而在森林和他们一起待着，也是我内心非常安宁的时刻。我开始意识到在当下脆弱、不确定和焦虑频出的时代生活中，能与自然与非人类物种建立某种深刻的联系是多么必要啊。



**袁宝怡:** 在一个社会时钟太强的生活，大家都会陷入“抢椅子”的游戏中  
最值得分享的是，我和一位正在寻找自己理想生活青年的对话。距离对话三个月之后，我收到了他的分享，他决定将仙娘溪定位他后半生X生活实践的起点，这个决定是他自己也没有意料到的。在分享中，他说这个答案“不在外面，在我内心”。现在很多的青年群体都对自己的生活是有期待并不断追寻，那可持续的理想生活怎么去坚持呢？在仙娘溪的生活中，我发现，我已经很久没有回乡村生活过了（这里并不是鼓励大家都回乡村，可以自己考量），我发现乡村里的自然野趣、淳朴乡风让我的生活开始慢下来，开始放空，给了自己一个思考的机会。在一个社会时钟太强的生活，大家都会陷入”抢椅子“的游戏中，充斥了很多显性、按部就班的角色，也许我是那个被时间人潮顺流而上挤上去的角色，会开始遗憾还没开始追求的热爱和真理。理想生活不是一个标准的模板，如果我清晰一点，去思考更多的关系，我自己的身份、角色，我与他人、我和周边世界的关系，生活处境会更清楚，我的身心也会更加可持续。

**张萌苗:** 跳出学校家庭的环境，做看似“没必要”的事情  
对可持续的定义是环境的可持续发展，从我们所处的地球环境如何让我们世代都生存下去，到人的生命状态的可持续。在参加项目中途，我度过了一段不太可持续相对静止的时期，但还好没有就此放弃人生探索。暑假抱着试一试的心态去了千禾基金会实习，得以跳出学校家庭的环境，接触不同的人事物，看到了不同人的生命状态，给了我活成不同样子、主动选择人生的勇气。以前我总会去认定了什么是好的什么是不好的，停留在自己的目光所及之处（感兴趣的领域、熟悉的事物），后来我意识到解决一个问题从来不只有一种答案。这个暑假我做了很多曾经自己觉得“没必要”去做的事情：华南植物园自然体验、参观萤火虫公园、举办餐桌活动、一个人的旅行……当我不再执着于去做一件有意义的事情时，一切好像都变得有

**叶圆源:** 既然不喜欢现有的秩序，那就自己创造新秩序  
在理解可持续发展的内涵时，我借助了身边很多人作为参考系去观察和对比，他们很像一面镜子，映照出我的所思所想——我更加敏感地觉察到了我喜欢什么、不喜欢什么，甚至更深层地感知到在这个阶段我需要什么。对可持续发展强烈的探索意愿建立在对过去摇摇欲坠的生活状态的厌恶之情上，我察觉到必须要打破旧的秩序，新的东西才有空间生长出来。一个寒假我都在思考重建个人生活秩序的问题。我意识到我的饮食方式、收纳习惯、财务管理等各个方面的构成最终决定了我的生活状态，于是我开始看各种工具书去找调整的办法。所以会萌生了“既然不喜欢现



## Timetable of the Gravitation Program (Phase II)

### Sep 26, 2022 - Oct 16, 2022

Started recruitment and recruited 43 students through two recruitment seminars.

### Oct 22, 2022 - Nov 20, 2022

General studies: Offered five online courses led by four mentors: Zhang Yichao, Liu Junyan, Jia Zhounan, and Zhou Ya, covering topics such as education, climate change, waste management, and agri-food issues; a total of 35 students completed the general studies.

### Dec 2022 - Jan 2023

Launched online workshops and community sharing sessions; 27 students initiated the advanced segment.

### Feb 2023

Field studies: 21 students visited Shenjing Village in Guangzhou and Weitang Community on Wutong Island in Shenzhen for field investigations.

### Mar 25, 2023 - Mar 27, 2023

The Sustainable Action Generation Workshop commenced in Xiaozhou Village, Guangzhou, involving 20 students. In particular, 14 students presented 10 proposals, which have been selected for on-site roadshows.

### Apr 2023 - Aug 2023

Small-scale action: 15 students submitted 11 action plans, which were gradually implemented.

### Jun 2023 - Sep 2023

Conducted events including life choices upon graduation, educational reflection, as well as the youth dialogue on public life.

### Sep 2023

Hosted the closing exhibition for Phase II, showcasing six exemplary action projects.

### Oct - Dec 2023

Released cases for sustainable actions by youth and pathways for training young advocates of sustainable development.



Students of the Gravitation Program Visiting Shenjing Village, Guangzhou



Students in the Xiaozhou Workshop



Youth Dialogue about Public Life



Students are showing their exemplary action to audience in the exhibition



Sponsor:

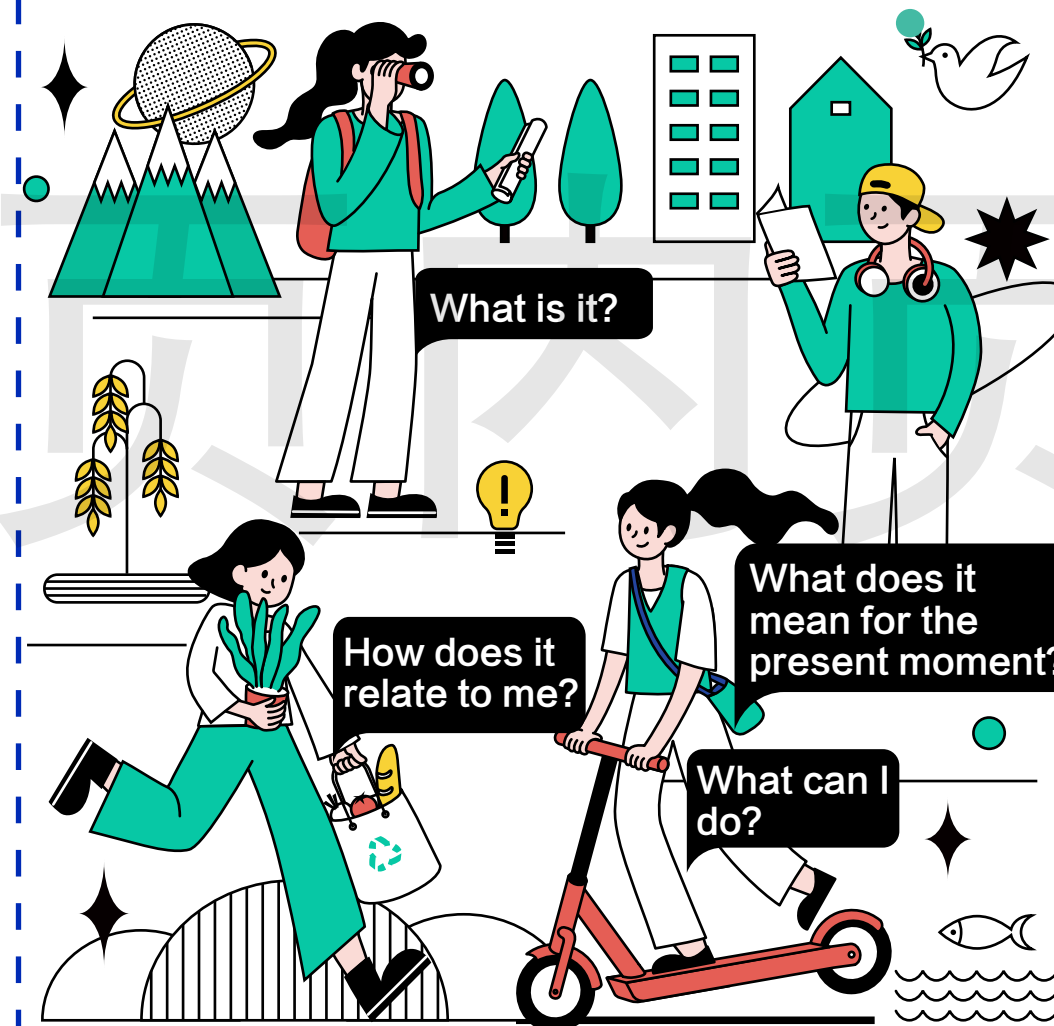


Organizers:



Email: [liveiwei@ghfmail.cn](mailto:liveiwei@ghfmail.cn)

# PRACTICE CASEBOOK OF「UNIVERSAL GRAVITATION」PROGRAM



## About 「Universal Gravitation」 Program

Universal Gravitation: Sustainable Youth Empowerment Program (the "Gravitation Program") is a philanthropic initiative supported by Vanke Foundation and implemented by Harmony Community Foundation under the framework of the United Nations Sustainable Development Goals (SDGs). This undertaking aims to facilitate learning and action among university students interested in topics of sustainable development.

**Phase I** (executed by Vloevit) of the program featured five students from Huaqiao University, Beijing Institute of Fashion Technology, Southwest Forestry University, Yunnan University, and South China Agricultural University. From April to December 2021, the students studied a wide range of topics, including food and ecological agriculture, anthropological field studies on waste, sustainable development in ethnic-minority villages, nature education for promoting sustainable living, and sustainable food systems.

**Phase II** (September 2022 - September 2023) focused on Guangzhou, Shenzhen, and Zhuhai, all of which are located in the Pearl River Delta and are equipped with plenty of universities. In Phase II, we recruited 43 university students for a general study of sustainable topics, covering climate change, waste management, and agri-food issues. Approximately 20 participants went on to the advanced session and participated in offline visits, action workshops, and youth dialogues. Additionally, nine participants completed personal projects such as climate-friendly dining and lifestyle reflection, sustain-

### Sponsor:

Vanke Foundation was initiated by Vanke Co., Ltd. and was established in 2008. It is a national non-public fundraising foundation supervised by the Ministry of Civil Affairs. In 2017, it was certified as a charitable organization. Vanke Foundation launched a new five-year strategic plan. In 2023, With the vision of "a beautiful and shared future home," Vanke Foundation focuses on three key strategic modules: carbon-neutral community demonstration and promotion, community waste management, and China climate storytelling, with biodiversity as the highlight. The Foundation practices and spreads the concept of sustainable communities, taking the lead in promoting practical cooperation among the international community, and turning everyone into an actor for a better life.

### Organizer:

Harmony Community Foundation is one of the first charitable organizations recognized by Guangdong Provincial Department of Civil Affairs. Winner of the first 'Kumquat Award' domestic foundation. Ranked NO.1 of FTI (China Foundation Transparency Index) in the country. Ranked TOP30 of 2018 China Charity Credit. Harmony Community Foundation has its own real estate and endowment. We promote community development by supporting growing grass-roots organizations and individuals within the community.



# Cases of Youth Action for Sustainability

**Team/Individual:** Green Friends (Zhang Mengzhuo, Xu Yuting)  
**Project Name:** Let's Have Fun! - A More Sustainable and Eco-friendly Approach  
**Period:** Apr - Aug 2023  
**Location:** Guangzhou, Foshan, Dongguan  
**Overview:**

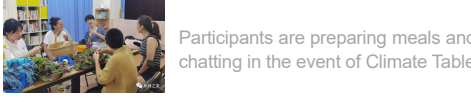
The project aimed to host popular, entertaining events on the theme of sustainability and encourage people to adopt more fresh, interesting, and eco-friendly lifestyles. Green Friends focused on two events: 1) Climate Table, which was centered on the relationship between food and climate change through experiences like local food production and cooking; 2) Sustainable Gatherings, which integrated sustainable lifestyles into daily routines through a series of activities.

In particular, the Climate Table dived into daily dining habits, shedding light on the increasing dominance of takeout, fast food, and pre-packaged meals in the fast-paced lives of individuals. Today, fewer young people choose to spend time cooking and shopping in the farmers' market. In this context, the event gathers young people to shop for ingredients, cook a meal, and chat at the dining table. This allows them to rethink the role of eating beyond mere survival and explore the origins of food, its connection with our lives, and the relationship between food and climate change. Through the Climate Table, participants realized that climate change is all about "me" and recognized the importance of conscious decisions in choosing their daily meals. For instance, they could select locally sourced, carbon-friendly ingredients with fewer intermediaries involved and adopt simpler cooking methods to reduce their carbon footprint. Even a single meal choice can contribute to the collective effort of climate change mitigation.

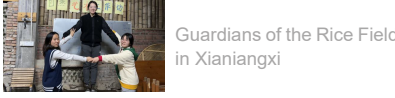
**Team/Individual:** Guardians of the Rice Field (Chen Ruowei, Chen Siyao, and Zhang Yuruo)  
**Project Name:** Guardians of the Rice Field  
**Period:** Feb - Apr 2023  
**Location:** Xianiangxi Village, Liangkou Town, Conghua District, Guangzhou  
**Overview:**

The project team consisted of three members from backgrounds in social sciences, geography, and biomaterial design. During their field trip to Xianiangxi Village, the team collected "wild designs" by villagers, revealed the touching stories behind the creation, and studied sustainable lifestyles in the countryside. They also noticed the opportunities and challenges facing villages and hosted the Waste Transformation and Natural Art Workshop at the village. During the visit, the team discovered daily sustainable practices: villagers would always transform waste into reusable items, such as turning rice bags into handbags, using showerheads for watering plants, and repurposing beer bottles as legs of beekeeping boxes to repel ants.

The Waste Transformation and Natural Art Workshop invited villagers to unleash their creativity by repurposing waste from various corners of Xianiangxi Village. In the end, the female villagers jointly built a vegetable garden named "Xianiangxi Herb Garden". When asked about their inspiration, these builders said, "Initially, we thought of building a small square. We often go to the public benches there to cool off and rest when we get tired from working, so it left a big impression on us. However, as we started building, it increasingly resembled a vegetable garden. So, we decided to construct a garden where anything could be grown. A garden should have a personal touch, and everyone needs to wear a hat!" This highlights the significance of the small square for the villagers. As a place for social interactions and rest, the square has become an integral part of everyday life in Xianiangxi Village.



Participants are preparing meals and chatting in the event of Climate Table



Guardians of the Rice Field in Xianiangxi

**Practice Team/Individual:** Zhao Yanlin  
**Project Name:** A Study on the Life Experience of Forest Rangers and Man-Land Relationship in Southwest China  
**Period:** Feb - Aug 2023  
**Locations:** A forest farm in Tongjiang County, Bazhong City, Sichuan Province, and Guangzhou City  
**Overview:**

Forests play a crucial role in regulating climate within the entire terrestrial ecosystem. Since 1998, China's forestry sector has shifted towards eco-friendly development. Guided by the ecological civilization strategy, forestry policies have undergone significant changes, influencing the future development of forest areas and the professional goals of practitioners. This study focused on the transformations in a forest farm and the lives and choices of local workers, particularly the rangers. It aimed to depict their life scenes and explore the future possibilities of conservation and development of the whole forest area in the context of current forestry policies, which emphasize eco-protection and climate change mitigation. Through the theoretical perspective of ontological security, the study delved into the life experiences, daily interactions, and mountain patrol logs of the forest rangers and explored their relationship with the forest by examining the roles forests play at different stages of their lives.

**Team/Individual:** Yuan Baoyi  
**Project Name:** A Field Investigation in Xianniangxi Village – Inspiration from Relationships in the Countryside  
**Period:** Apr - Aug 2023  
**Location:** Xianniangxi Village, Liangkou Town, Conghua District, Guangzhou  
**Overview:**

During the field investigation in Xianniangxi Village, Yuan Baoyi engaged in dialogues with young villagers who returned from cities to understand their reasons, needs, and expectations for coming or returning to Xianniangxi. Through the visit, Ms. Yuan expanded her perspective on life and discovered that relationships in the countryside extend beyond human connections. This natural baptism allowed her to approach unfixed, unknown relationships with a purified mindset, seeking ways to connect rural and urban lives. During the project, Ms. Yuan had experiences different from her routines. This change of environment allowed her to contemplate what is an ideal life, reconsider interpersonal dynamics, and explore new territory through fresh relationships in the countryside.

**Team/Individual:** Ye Yuanyuan  
**Project Name:** Rebuilding Order for Sustainable Living  
**Period:** Apr - Aug 2023  
**Location:** Guangzhou  
**Overview:**

With a focus on topics like sustainable food transformation and labor education, this project facilitated individual learning and personal reflection. It empowered Ye Yuanyuan to acquire skills for building sustainable life patterns. As she reflected on her past experiences, Ms. Ye identified the familial and societal factors behind the unsustainable state of life. Step by step, she managed to break down the different factors and rebuild them. During her teaching internship, instead of forcing students to follow orders, Ms. Ye learned to identify the growth context behind their actions, such as parental expectations, books they read, and their beliefs about the world. Understanding students' inner worlds and recognizing their unique qualities allowed Ms. Ye to reflect on her own state of mind as a primary school student and how that relates to her teaching role. "I saw the inner worlds of the students and realized that we should all be equals."



The forest in the Field of Sichuan Province



The starry sky on one night in the state forest

**Team/Individual:** Zhong Bici  
**Project Name:** "Minimal Impact & Self-generation" Ocean Conservation Learning Program  
**Period:** Apr - Aug 2023  
**Location:** Guangzhou  
**Overview:**

This personal learning initiative focused on ocean conservation through literature review and field trips, allowing the participant to understand the generation and impact of marine garbage and gauge the views of residents. The project also introduced the public to the negative impacts of marine debris on marine life and raised awareness among tourists and residents, which helped reduce marine debris at the source. The project focused on topics including the definition and source of marine debris, the impact of marine debris on marine life, ways for individuals to reduce waste in their daily lives, and discussions on nuclear wastewater discharge.

## Young Voices

**Yuan Baoyi: In a world dominated by social clocks, life becomes a game of musical chairs.**  
What I find most worth sharing is a conversation with a young friend in search of an ideal life. Three months after our conversation, he told me about his decision to start a rural/experimental life in Xianiangxi, a decision even he hadn't anticipated. He said that he was following his inner voice. Many young people today have expectations for their lives and continue to seek fulfillment. How does one sustain an ideal, sustainable life? During my stay at Xianiangxi, I realized it had been a long time since I experienced rural life. The natural charm and simple rural atmosphere slowed down my pace of life, offering moments of reflection. Of course, this is not to say that we must all return to the countryside, but it could be a valid option for some. In a world dominated by social clocks, life becomes a game of musical chairs, and it's easy to be overwhelmed by explicit, routine roles. Perhaps I was the one swept along by mainstream trends, regretting not pursuing the so-called "passions and truths" sooner. An ideal life isn't a standardized template. To adopt a more sustainable lifestyle, I should explore the world with a more discerning eye, which would allow me to better sort through my own roles and circumstances, as well as relationships with others.

**Chen Siyao: Modernization widened the urban-rural gap, instead of eliminating the divide.**  
The development of cities has brought along issues such as environmental pollution and traffic congestion, prompting a nostalgic yearning for the pastoral life of the countryside. However, is rural life truly as idyllic as we imagine? Where does the boundary between cities and the countryside lie? Can we really integrate the development of cities and the countryside? In the dichotomy of the fast and the slow, past and future, tradition and modernity, it is easy to fall into the trap of superficial perceptions that urban and rural are in opposition. I disagree; in my view, cities are a reflection of the countryside, while the countryside stands as the home of cities. Urbanization and industrialization are the arch enemy of life in the countryside. At first glance, modernization appears to bridge the gap between rural and urban areas, but in reality, it seems to widen rather than narrow this divide. Reflecting on works discussing the relationship between cities and the countryside, I noticed that the discussions often centered on societal issues. The utopian vision of harmonious coexistence tends to falter in practice, primarily due to a lack of sustainable development. China's rapid economic development today evokes images of capitalism's early stages in the UK, as issues in the two countries are similar and connected.

**Zhao Yanlin: It is essential to connect with nature and non-human species**  
This investigation introduced me to the past, present, and future approaches to forest management. Beyond that, it showed me how people live and work in nature, as forests play a key role through different stages of their lives, offering a profound sense of belonging and familiarity. Forests stabilize their life patterns and are a key reference for making future choices. This influences their understanding of their position in the broader network of life, connections, and existence. Spending time in the forest, I found it to be a deeply serene moment. This unique experience made me realize how crucial it is, especially in the fragile, uncertain, and anxiety-ridden times we live in, to establish a profound connection with nature and

**Zhong Bici: Pessimism is simply an excuse for indulgence.**  
Since Japan started its discharge of nuclear wastewater, I have gradually become a pessimist about the environment. Is it still worth trying if you know we are all doomed? Wouldn't it be better to live each day in a way I like? Many pessimists have given up hope in life and the world. In my view, however, what we call pessimism is more a way of avoiding reality, a justification for indulgence and seeking pleasure. In reality, this perspective is too limited, a noble excuse I found for not wanting to make an effort to protect the environment. The most important factor in pursuing a cause is continually seeking and confirming our values. It is vital to ask who we are and what we have done. None of us can predict the future, and all of us will end up in a grave. External conditions shouldn't be the reason for haphazardly damaging the environment because they are constantly changing. As such, it is essential to follow our own beliefs, instead of constantly swaying along with external changes.

**Ye Yuanyuan: If you don't care for the existing order, create a new one yourself.**  
While understanding the essence of sustainable development, I observed and compared the life experiences of those around me. They are like mirrors that reflect my thoughts. This helped me identify my passions and dislikes, as well as what I needed most at the current stage of life. My strong desire to explore sustainable development stemmed from a deep dislike for the crumbling state of my past life. It had become clear that I had to break the old order for something new to grow. Therefore, I spent a whole winter break rebuilding the order of my life. During that time, I recognized that it is the daily routines, including my dietary habits, organizational tendencies, and financial management, that ultimately determine the state of my life. Since then, I have resorted to all kinds of literature to readjust my life routines and conceived the ambition that "if you don't care for the existing order, create a new one yourself."

**Zhang Mengzhuo: Transcending familiar environments, doing the "unnecessary"**  
Sustainability is defined as the sustainable development of our environment, enabling the Earth to remain habitable for generations to come and sustaining the well-being of human life. Midway through the project, I experienced a somewhat unsustainable and stagnant period, but fortunately, I didn't give up but kept exploring the world. During the summer break, I started to intern at the Harmony Community Foundation. This allowed me to transcend the familiar environments of school and home and expose myself to different people and things. In this process, I witnessed diverse life circumstances and found the courage to live differently and choose my life path. In the past, I would often categorize things as either good or bad. Staying within my comfort zone meant that I was strictly confined to areas that I was interested in or familiar with. However, it later became clear to me that there's never just one answer to the problem. This summer, I tried many things that I once deemed "unnecessary": nature experiences at the South China National Botanical Garden, visiting the firefly park, organizing table activities, solo travel, and more. When I let go of my obsession with "meaning", everything seemed to gain meaning on its own.