



# 尼泊爾「未來之村」 The Future Village in Nepal

NEPAL: N-Never, E-End, P-Peace, A-And, L-Love

文：「未來之村」計劃發起人 林黎明

今年五月四日，雨下過不停，雷聲從遠遠的萬重山處響起，我們拖著疲勞的步伐，虛弱的身軀，堅持走上連綿起伏的漫長山路，目的只是把籌集到的物資運送到尼泊爾「未來之村」。這小村落位於距離首都加德滿都以北100公里的達令山區，各棟志村落第九區，海拔一千五百多米的小丘上。

儘管別人對我一眾笑痴，但我們卻喜從心來，因我們不但可以體驗異國風土民情，還能夠改善當地居民生活出點綿力，貫徹生態旅遊的真義所在。

旅客是否只是「過客」，他們對當地的貢獻或影響只能是瞬間？旅客到訪一地，拍得美麗照片，留下難忘的回憶，有否想過更長遠地幫助當地村民？

「未來之村」計劃的概念源於確實地做一個負責任的旅客。現今很多人都對「生態旅遊」此詞並不陌生，他們大多認同保護當地環境文化，便是做到負責任的旅客。這無疑是對的，但我們是否可以更進一步，積極一點呢？欣賞美麗的自然風光之餘，更可以回饋當地的社區？根概the World Conservation Union (IUCN) 給予「生態旅遊」的定義中，其中一點特別強調幫助改善當地人生活。

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尼泊爾話：「Come as a tourist, go as a friend!」（到來是客人，離別是友人）。期待將來有更多旅客能加入計劃，

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晚上八時半，我們終於完成艱辛的旅程，到達「未來之村」。天空漆黑一片，雨後的晴空，顯得繁星更為璀璨，像是在安撫我們疲倦的身軀及支持我們的工作。翌日，我們忘掉所有倦意，忙碌地為下午的義診服務作好準備。由於村內唯一的醫護站位置遙遠，村民獲悉有義診服務都一早到來排隊，對於來自遠方的旅客所提供的義診服務，他們都感激萬分。雖然只是簡單的量度血壓和心跳，已經是他們從未獲得的服務。因此村民都滔滔不絕地向我們及當地醫生「訴苦」，腰骨痛、呼吸困難、經常肚痛等等。最終我們察覺村民經常出現的病痛與起居飲食壞習慣有關，所以便向村民講解「戒煙戒酒」的道理。時間飛逝，一連兩日的義診服務結束，受惠村民多達一百多人。村民高興雀躍之餘，旅客滿懷喜悅。

旅程和任務是否就此終結？旅客不斷到訪，將對當地村民的幫助變得更長遠和更持續。今年七月盛夏，一群來自香港的年青人到訪「未來之村」。他們不畏辛苦，雖然汗流浹背但仍然臉帶笑容，手持油掃為圖書館塗上色彩。每天親身教授村內小孩英語，與他們唱歌，一起喝茶，吃著餅乾學習，他們的到訪為這群山區小孩的將來，打開新的出路。他們更與當地村民打成一片，在滂沱大雨下插秧，深刻體會自己活於幸福的搖籃中……。村民親切的關懷，亦令這群在城市長大的小伙子「受寵若驚」，體驗人與人的關係竟然可以如此和諧。

希望旅客與當地村民有更深度的接觸，貫徹一句老新常談的尼泊爾話：「Come as a tourist, go as a friend!」（到來是客人，離別是友人）。期待將來有更多旅客能加入計劃，幫助這小國村民。

On 4 May this year, the rain was pouring and thunder roared far away in the mountains; we were tired and weak but this did not stop us from walking up and down the path to the Future Village in Nepal - Katunge Village Ward 9 in the Dhading District, 100 km north of the capital, Kathmandu. Our sole thought was to bring the collected materials to this hamlet on a hill 1500m above sea level.

Others might laugh at us but we were happy at what we were doing – experiencing local customs and playing our part to help improve the locals' lives at the same time – a real eco-tour.

Are tourists only visitors? And how long can their contributions or effect last? Together with beautiful photos and unforgettable memories, have you ever thought of helping the locals in a more long lasting way?

The idea of “Future Village” is based on being a really responsible tourist. Many of us have heard of Eco-Tourism and agree that to be a responsible tourist, one must protect the local environment and culture. This is true but can we add one more step and be more involved? Can we contribute more to the local community rather than just admiring the beauties of nature? The definition given by the World Conservation Union (IUCN) of Eco-tourism emphasises it provides for a beneficially active socio-economic involvement of local people.

We arrived at the “Future Village” at 8:30p.m. The sky was dark and clear after the rain. Stars came out and twinkled at us. They alleviated our tiredness and provided support in our work. The next day, we were busy preparing the free clinic in the afternoon. The villagers queued up very early when they learnt about the clinic, as the only medical station was far from the village. Though the services were as simple as checking blood pressure and heart rate, they were services they had not had before and the villagers were very grateful for the travellers from far away. Many villagers complained of backache, breathing difficulties and tummy-ache. We finally found out that many such pains were resulting from bad habits and chatted to them about these and the dangers of alcohol and cigarettes. A total of over 100 villagers benefited from the 2 days free clinic. The villagers were delighted and the travellers were satisfied and content.

Was this the end of our duty and journey? Visitors continue to go to provide services and help the locals become more self-reliant. In July this year, a group of young people from Hong Kong visited the “Future Village”. They painted the library with bright colours and even though they were sweating all over, you knew they were happy by the smiles on their faces. Every day, they gave English lessons, sang and had tea and biscuits with the children in the village. Their visit opened a new road to the children's future. The young people also helped the locals farm in heavy rain. These youngsters from the city realized how lucky they were and also experienced the harmony that could exist between people through the kindness of the villagers.

We would hope that visitors and locals can have a more in-depth exchange, as the Nepali people say, “Come as a tourist, go as a friend!” We hope that more visitors can join in the programme in the future and offer their help.

對頁：尼泊爾「未來之村」附近的景色如詩如畫，但你可有否想過在欣賞美麗的自然風光之餘，更可以回饋當地的社區？Opposite: the picturesque landscape of the “The Future Village” but have you ever thought of contributing more to the local community rather than just admiring the beauties of nature?



## 旅客及當地村民心聲分享

### Thoughts from a traveller and a local

撰文 Iris Wong (旅客)

燦爛的星空，美得不能再美！晨曦令人著迷，梯田泛金。位處1,500米的「未來之村」，如騰雲駕霧般，空氣清新得令人起了貪念，深呼吸了好幾下，感覺真好！

小村民、大村民、老村民都笑容滿面，雙手合十，溫柔地說“Namaste”，熱情而親切。我驚怕這裡的淳樸會否被我這俗人染污，但我明白只要負起旅客的責任，我的造訪將會是正面而有意義的。我主動向村民問好微笑，努力學習他們的語言和文化；替他們拍照前，先徵求他們的同意，盡量少製造垃圾……

糖果給小村民帶來歡樂，但遠不及實用的文具，能滿足了他們切實的需求；一臉天真無邪，本來可愛的臉蛋，總附帶著兩行由小鼻孔滑下來的涕涕，身上的衣服破舊而沾染著泥濘；這些畫面觸動了我的憐憫心，村民的生活看似簡單純樸，無憂無慮，卻藏著貧乏的隱憂；與村民交談過後，始知道他們苦無工作機會，以致物資短缺，有些小孩更無緣上學！

坐在露台，給眼前無邊際的景象震撼心弦外，最欣慰的是「未來之村」的誕生，讓幸福的一群有機會把愛心與關懷帶到這裡，直接送贈予貧者；也給予都市人一個喘息和反思的好地方，令心靈更為富足。

Iris Wong, visitor

The glistening sky could not be more beautiful! I was indulged with the morning sunlight when the terrace was shining in gold. The Future Village at 1,500m was like a heaven in the clouds and the air was so fresh that I would ask for more. I took several deep breaths and it felt so good!

The villagers held their palms together, smiled and uttered “Namaste” at us softly, passionate and warm indeed. I was afraid that I would be a pollutant to their purity if I played my part here, so I asked for their permission before taking photos of them and produced less litter, hoping my visit would be positive and meaningful. I smiled and talked to the villagers and was eager to acquire their language and culture.

Sweets would bring happiness to the smaller ones but only practical stationery could satisfy their real needs. The innocent and lovely faces, ever running noses, shabby and muddy clothes……all these touched my heart. The villagers’ lives looked so simple and pure, but still they were not free from worries. Some villagers told me that they had problems finding a job and therefore could not send their children to school.

I sat on the balcony, admiring the astonishing limitless scenery and was grateful at the establishment of the Future Village that we could bring luckier ones here along with their love and care which were given out to the poor. This is also a place for us, the city people to take a rest and think, and to enrich our soul.

撰文 Shiva (村民) 翻譯 Christie

我叫Shiva，我出生在這個被群山圍繞的蒼棟志小村落。我深愛此村，可是長大後有機會到村外一看，才知道自己的家鄉在很多方面都是落後和貧窮的。可是我還是愛它，且心懷一個夢：希望終有一天村落能發展起來，村民的生活能改善，同時，純樸友善民風依舊。

終於我的夢想成真，「未來之村」把遠方的旅客帶到我家。他們更提供義診和捐贈文具給我村村民，不少村民喜從心來，感激萬分，且都難以置信，談論起來：「他們是從那裡來的？一定是從很遠而來，他們真的心地很好。」

一直以來，沒有人會關心及憐愛這貧窮的小村落，我真的希望將來會有更多旅客到訪，這樣我村便能發展起來。我們一眾村民也很想與旅客共賞美麗的雪山景緻，體驗尼泊爾風土民情及農村生活。



Shiva, villager

I am Shiva. I was born in the Katunge Village, a hamlet surrounded by mountains. I love the village, but when I got a chance to take a look outside the hamlet, I realised how poor and backward my home town was. I still love it and I also have a dream. I wish that the village can be developed and that the villagers' lives can become better while the simple and friendly customs remain.

Finally, my dream is coming true. The Future Village brings visitors to my home from far away. They provide a free clinic and stationery to us. We are happy and grateful. Some of us can not believe this and say, “Where are they from? They must be from very far away. They are very kind.”

For so long, no one has cared about or loved this poor hamlet. I really hope that more visitors can come in the future, so my village can grow. We would like to appreciate the snowy mountain scenery with the tourists and have them experience the customs and village life of Nepal.

對頁上圖：香港的學生亦樂於協助當地村民耕種；對頁下圖：除了教當地的小朋友讀書外，空餘時亦維修學校基本設施。Opposite top: the Hong Kong students were happy to help the locals in the agricultural period; opposite below: apart from teaching the students, they also do some repair works for the basic facilities.

網頁 Website: <http://alumni.cuhk.edu.hk/%7Esuetling/future-village-nepal/index.htm>

