

CHAPTER 7

第七部



TZU CHI FOUNDATION

法脈長傳

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PASSING ON THE DHARMA-LINEAGE

NEW SPROUTS EMERGING IN THE BUDDHA'S BIRTHPLACE

慈濟志工依梯次接棒前往尼泊爾賑災，他們的付出感動了賑災期間陪同的尼泊爾人，尤其是當地的年輕人希望也能加入志工行列，把慈濟志工的精神永續留存在尼泊爾這塊土地上。

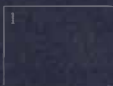
第三梯次慈濟賑災醫療團成員蔡佩珊要返臺之前，多日以來協助翻譯的尼泊爾青年志工尼如和普佳已經和她成為好朋友，忍不住問她：「妳會一直都在嗎？」「不，再過幾天我就要回去了。」蔡佩珊回答。兩人不約而同又問：「慈濟志工會一直都在嗎？」蔡佩珊終於聽懂她們的問題，拉著她們去找領隊黃秋良尋求答案。

「永遠！」聽完蔡佩珊的轉述，黃秋良很清楚地回答。於是尼如和普佳許下願望，堅定地告訴蔡佩珊說：「我們要成為慈濟在尼泊爾的種子」

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像尼如和普佳因投入付出而感動，期待加入志工行列的青年不在少數，而且隨著賑災工作的不同，慈濟在慈善、醫療、教育、人文等領域，也逐漸生根落實在當地。

為了讓本土志工也能獨力照顧貧苦鄉親，慈濟志工特別為這群發心承擔的尼泊爾志工辦理培訓課程。培訓的方式除了靜態的課程之外，並安排慈善訪視、醫療義診及衛教宣導、品格教育、人文記錄等，從實務中體會和參與學習。



1. 慈濟志工以恭敬的儀式，授志工背心給尼泊爾當地願意承擔的志工，希望他們能用心體會服務的精神。（攝影 陳國麟）

With sincerity, Tzu Chi volunteers present the Tzu Chi volunteer vests to Nepali volunteers, with hope that they can experience the spirit of serving. (Photo credit: Kuo-Lin Chen)

PASSING ON THE DHARMA-LINEAGE

NEW SPROUTS EMERGING IN THE BUDDHA'S BIRTHPLACE

During the initial disaster relief phase, Tzu Chi volunteers travelled in teams to Nepal. Many locals who acted as interpreters, especially the young, are touched by Tzu Chi's contributions and expressed their willingness to become volunteers of the foundation. Their thoughts are simple; to allow Tzu Chi's spirit of volunteerism an opportunity to flourish in Nepal.

Pei-Shan Tsai, a member of the third Tzu Chi Disaster Relief and Medical Team, was about to depart after weeks of volunteering. Niru and Pooja, young locals who volunteers as interpreters, could not help but ask, "Will you always be here in Nepal?" Tsai replied, "No, I will be leaving within a few days." "Will Tzu Chi volunteers always remain in Nepal with us?" With that question asked, Tsai finally understood their core concerns, and brought them to seek the answer from team leader Chiu-Liang Huang.

After hearing Tsai's explanation, Huang gave a firm reply "Forever!" Upon hearing, Niru and Pooja promised to Tsai, "We wish to be Tzu Chi's first seedlings in Nepal."

More and more young locals like Niru and Pooja are touched while providing disaster relief with Tzu Chi volunteers. As the initial disaster relief phase reached an end, volunteers gradually starts to spread Tzu Chi's missions of Charity, Medical, Education and Culture in Nepal.

In order for local volunteers to carry out Tzu Chi missions independently in the future, Tzu Chi volunteers carried out several training courses. Beside lectures within classrooms, local volunteers are also exposed to actual hand-on practices regarding charity visitations, free medical services and hygiene promotions, moral education classes, and documentation.



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2. _____
尼如是當地的學生，在加入志工後，深受感動，她向慈濟志工黃秋良承諾會持續投入助人的行列。(攝影 張清文)

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Although Niru is still studying, she is moved after volunteering with Tzu Chi and promises Tzu Chi volunteer Chiu-Liang Huang, she will continue to help those in need. (Photo credit: Ching-Wen Chang)

3. _____
為了讓尼泊爾志工能獨立且持續地照顧貧苦鄉親，慈濟志工特別為這群發心願意承擔的本土志工辦理培訓課程，將慈濟精神及訪視方法傳承給他們。(攝影 黃宗保)

In order for local volunteers to carry out Tzu Chi missions independently in the future, Tzu Chi volunteers carried out several training courses and shared with everyone the spirit of Tzu Chi and the skills of caring for the needy. (Photo credit: Tsung-Pao Huang)

慈善傳承

慈濟志業從「慈善」起步，重視的不只是救濟、援助的成效，更在乎啟發人性善的良能——「教富濟貧」，使富者因施而樂，學習付出愛心濟助貧困，找到生命的意義；「濟貧教富」，啟發貧困者富有愛的心懷，走出生命的幽谷，讓愈來愈多的人願意盡一己之力，且能在付出中自我成長。

一如慈濟志工在尼泊爾賑災期間，本土志工們雖是受災戶，但在一同付出的過程中，他們逐漸從手心向上的受助者，成為手心向下的助人者。賑災團的司機拉威即是其中一例。

拉威每天載著醫生奔波於勘災與義診之間，發現自己正在做的事情很有意義，愈來愈感動，他說：「我要用我十五年的開車經驗，像你們一樣去付出。」歷經這場大災，他感受到要珍惜時間，「趁能做，就趕快去做！」所以希望也能像所載的人一樣，成為慈濟志工。



PASSING ON TZU CHI'S CHARITY MISSION

Tzu Chi's humble beginning started from its Charity mission; the Charity mission not only concentrates on the actual relief given to the needy, but also actively promotes greater love and goodness in the society. Allowing the rich to personally participate in relief distribution remind them the joy of giving and rediscover the true meaning of life. At the same time, inspiring love and equanimity among the poor allows them to reopen their hearts and helps the ever less fortunate, thus reaping the personal benefits of Great Love.



Similarly, during the initial disaster relief phase in Nepal, many local volunteers are affected by the earthquake. But as these local volunteers start to offer their assistance to others, they gradually transform from a receiver to a giver. The driver of the Tzu Chi disaster relief team, Ravi, is one of the many examples.

Ravi is tasked with ferrying doctors and medical professionals to free clinics and disaster assessment daily. Deeply touched by his own meaningful work, Ravi vowed to learn from Tzu Chi volunteers and devote his 15 years of driving experiences toward helping his country. After surviving the earthquake, Ravi learned to cherish the limit time of one's life and the opportunity to serve. He hoped to be a Tzu Chi volunteer too.

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1. 賑災團的司機拉威除了開車之外，也主動參與訪視工作，一方面協助翻譯，另一方面也將鄉親資料記錄下來。幾天下來，拉威也是稱職的訪視志工。（攝影陳國麟）

As the driver of Tzu Chi disaster relief team, Ravi participates in charity visits, volunteering as an interpreter and helping in documenting the recipient's details. Within a few days, Ravi is already a volunteer trained in the skills of home visitations. (Photo credit: Kuo-Lin Chen)





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2. 慈濟志工邱玉芬（右一）在猴廟帳篷區本土志工投入訪視工作前，召集大家叮嚀細節，特別是「感恩、尊重、愛」的慈濟人文，提醒本土志工們要在訪視中充分展現出來。（攝影 黃宗保）

Tzu Chi volunteer Yu-Fen Chiu (right), reminds local volunteers carrying out charity visits in the Monkey Temple Tent District to incorporate Tzu Chi's spirits of gratitude, respect and love during every visits. (Photo credit: Tsung-Pao Huang)

3. 慈濟志工帶著尼泊爾本土志工，以小組方式傳授訪視技巧。（攝影 黃宗保）

In small groups, Tzu Chi volunteers personally share various charity visits techniques with Nepali volunteers. (Photo credit: Tsung-Pao Huang)

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4. 為了讓發放的物資數量與需求，符合鄉親的需要，訪視志工就地傳授訪視時提問內容與製作家系圖的方法。（攝影 古繼紅）

To meet the needs of individual care recipients, Tzu Chi volunteers share techniques of question asking with Nepali volunteers as well as steps in drawing a family genogram. (Photo credit: Chi-Hung Ku)

5. 本土志工芮娜學習撰寫訪視紀錄的方法，一旁馬來西亞訪視志工姚雅美立即陪伴指導，讓芮娜一學就上手。（攝影 游錫璋）

During a particular charity visit, Nepali volunteer Ratna Chawal attempts to write a charity visit record with the help of experienced Malaysia Tzu Chi volunteer Ah Moi Yaw. (Photo credit: Si-Jhang You)

奇妮奶奶

八十歲的奇妮奶奶，全家二十多人皆已往生，留下她一人孤苦無依，獨居在一間狹窄昏暗的房子，僅依靠手工賺取微薄的工資，而地震後，政府補助的大米，早已吃完。慈濟本土志工得知消息後，主動前往探訪，第一次見面時，本土志工趕緊掏出身上原本要當作午餐的餅乾和水給她，看著奶奶拿著餅乾激動樣子，眾人不禁心疼。

再次探訪時，適逢當地傳統節日前夕，尼泊爾傳統習俗上，用紅土和牛糞混合而成的紅色顏料來塗抹房舍，是神聖的儀式，也是美化的方法，與慈濟志工一同前往關懷的本土志工珊達麗等人，除了幫她打掃房子，還直接以手沾上顏料，幫老奶奶美化房舍。志工也送上福慧床、乾糧及食用油等生活物資。

未來，珊達麗、芮娜等人承擔起長期關懷的工作，不只要照顧奇妮的生活，更重要的是要給予心靈上的陪伴，讓她能安度晚年。



CHINI MAYA

An 80-year-old grandma, Chini Maya, whose relatives all passed away, lives alone in a small and dim house. She earns small wages by doing handiwork. After the earthquake, the rice given by the government was already eaten. When local volunteers learned about her situation, they went to visit. When they met, a volunteer immediately gave her the cookies and water that was packed as her own lunch. Chini got so emotional when she received the food. Everyone felt for her.



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They visited her again on the eve of a Nepal National Holiday. According to the Nepali tradition, preading over the house with the mixture of red soil and cowpat is a sacred ritual. After Sundari Awal and other local volunteers cleaned up Chini's house, they painted it with the mixture. This visit, Tzu Chi volunteers brought her a Jing Si Multi-purpose Foldable Bed, food, and cooking oil.

For long-term care, Sundari Awal, Ratna Chawal and their fellow volunteers will take care of her life and support her spiritually.

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1. 奇妮奶奶（中）孤苦無依，慈濟志工與本土志工前往關懷，為她送上乾糧、食用油等生活物資。（攝影 蘇門）

During a particular charity visit, Tzu Chi and local volunteers provide sundries, cooking oil and other living necessities for Granny Chini (center) who lives alone. (Photo credit: Suman Prajapati)



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2.

奇妮奶奶的家人皆已往生，獨居的她也病痛不斷，志工們不斷安撫，期望奶奶走出悲傷。（攝影 蘇門）

Chini Maya, whose relatives all passed away, lives alone and has some health conditions. Volunteers try to cheer her up. (Photo credit: Suman Prajapati)



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3.

志工關懷奇妮奶奶時適逢當地傳統節日前夕，珊達麗依習俗以手沾上用紅土和牛糞混合而成的紅色顏料，為她美化房舍。（攝影 蘇門）

In the eve of a Nepal traditional holiday, Tzu Chi volunteers pay Granny Chini Maya a visit and in line with tradition, local volunteer Ratna Chawal refurbishes the house with a mixture of red soil and cowpat. (Photo credit: Suman Prajapati)

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4.

在福慧床上鋪上乾淨的床單，讓奇妮奶奶能舒服地坐臥。當志工攙扶她坐在床上時，奶奶忍不住雙手合十向志工們道感恩。（攝影 蘇門）

After preparing the Jing Si foldable bed, volunteers assisted Granny Chini Maya onto her new bed. With joy, Granny Chini Maya placed put her palms together in gratitude. (Photo credit: Suman Prajapati)

醫療傳承

慈濟的醫療精神「以人為本、以病為師」，證嚴上人常讚歎醫師為大醫王，護理師為白衣大士。從賑災伊始，醫療義診就與慈善關懷同步進行，在當地醫師尼爾蒂斯及勝偉的帶路下，逐步開展，一直到慈濟醫療團隊撤離，仍然由當地醫護團隊承接運作，以衛教義診為主要的推動方式。

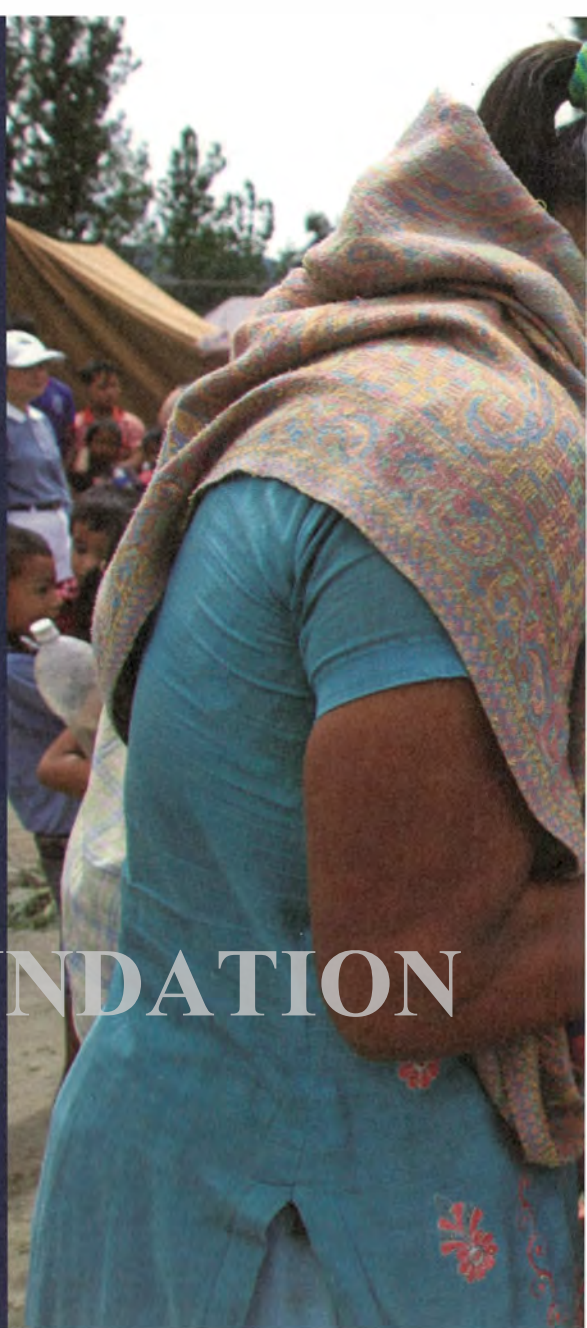
慈善結合醫療，醫療帶動慈善，在醫療過程中發現因貧而病、因病而貧的貧病相依現象，或有需後送醫療的病患，醫護人員會主動配合慈善救助，並協調後送醫院，進行適切的醫護照顧。

THE MEDICAL MISSION

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Tzu Chi's medical purpose focused on patient-centered medical care and patients as teachers. Of the eight sufferings of life, illness is the most painful. Dharma Master Cheng Yen often praised hard-working doctors and nurses. From the start of relief care in Nepal, free clinics were combined with compassion relief. As local doctors, Nirdesh Shakya and Sarvesh Gyawali assisted Tzu Chi Medical Team in holding free clinics, medical relief was gradually in progress. Even though the team had left Nepal, they continue the medical service and hygiene education.

Sometimes a family falls into poverty due to sickness. As result, charity effort could combine with medicine mission. Volunteers and medical personnels could work together to provide proper care for patients and the family.





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1.

由本土醫護志工首次籌劃及舉辦的義診、衛教與發放三合一活動，於7月25日在曼索里帳篷區舉行。人醫志工們在活動中身兼數職，在發放生活清潔用品時，恭敬地將物資送給鄉親，期望能藉此推動生活衛生的概念。（攝影 游錫璋）

On July 25, for the first time, local medical volunteers plan and carry out a free medical mission complete with hygiene lessons and relief distribution in the Maheswori tent district. Other than performing medical duties, TIMA members also participated in distributing household cleaning products to residents with hopes of promoting family hygiene concepts. (Photo credit: Si-Jhang You)





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2、3.

8月1日，由本土醫護志工策劃的大型義診於奇翠巴蒂帳篷區舉行，由於適逢雨季，一早即大雨不斷，考驗著志工們的應變能力。為了讓動線順暢、鄉親出入無礙，志工們在雨中傳遞一塊塊的磚頭，舖在爛泥中，整理出一條道路。在事前詳盡的動線規劃與當天的用心引導下，鄉親們依序就診，即使下雨，會場仍充滿人文與溫馨的氣氛。（攝影 游錫璋、吳碧珠）

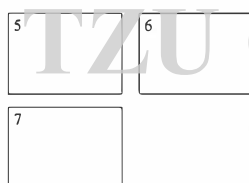
On August 1, Nepali medical personals and volunteers planned and executed a large scale free medical service in Chuchepati tent district. Although the ground was filled with puddles of rainwater due to the rainy season, local volunteers brilliantly teamed up and paved a brick path among the muddy ground. Despite and cold rain, the free medical services was full of warmness. (Photo credit: Si-Jhang You, Pi-Chu Wu)

4.

婦產科醫師席拉（右二）不僅投入此次的義診策劃，也參與多次慈濟義診，是尼泊爾醫護志工中的重要成員。（攝影 吳碧珠）

As one of the key members of the Nepali medical volunteers, Gynecologist Dr. Sheela Verma (2nd right) not only participated in planning the free medical service, but also participated in several other free medical services hosted by Tzu Chi. (Photo credit: Pi-Chu Wu)





5、6. 在急難期後，尼泊爾醫護志工發覺在醫療援助外，鄉親更需要的是衛教與用藥安全宣導。臺灣人醫會藥師蘇芳霽特別親繪用藥安全宣導海報，教導鄉親藥品保管與服用時應注意的事項，每張圖片搭配本土志工翻譯的尼泊爾文，再由本土志工親自解說，讓鄉親能輕易理解用藥的方法。圖中本土志工羅傑，雖然剛歷經喪父之痛，但仍走出悲傷，為鄉親們介紹用藥的注意事項。（攝影 許妙如）

After the initial disaster relief phase ended, Nepali medical volunteers realized the need to promote hygiene education and knowledge of proper medicine usage among the public. Pharmacist Fang-Pei Su, personally drew medication posters as guide with Nepalese translated by local volunteers. Rojan Shrestha, in Photo 5, instead of grieving over the loss of his father, chose to walk out of his sadness and contribute to society by introducing the proper usage of medicine. (Photo credit: Miao-Ju Hsu)

7. 在衛教宣導上，首重洗手的帶動，醫護志工團隊結合年輕的本土志工，在曼索里帳篷區帶動家庭主婦們洗手，期望透過宣導，加強個人清潔與家庭衛生。（攝影 蘇門）

During a hygiene promotion class, medical personnels and volunteers focus on housewives and impart the knowledge of proper hand-washing. (Photo credit: Suman Prajapati)





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8、9.

為了讓平日忙於工作、假日投入志工行列的本土醫護志工們有分享交流，以法相契的機會，慈濟賑災醫療團多次舉辦茶會，一方面交流義診心得，另一方面，也接引新發意的人醫志工加入，讓本土醫護們不只是做，更要有所感受，藉此深入慈濟醫療人文。（攝影 周幸弘、黃宗保）

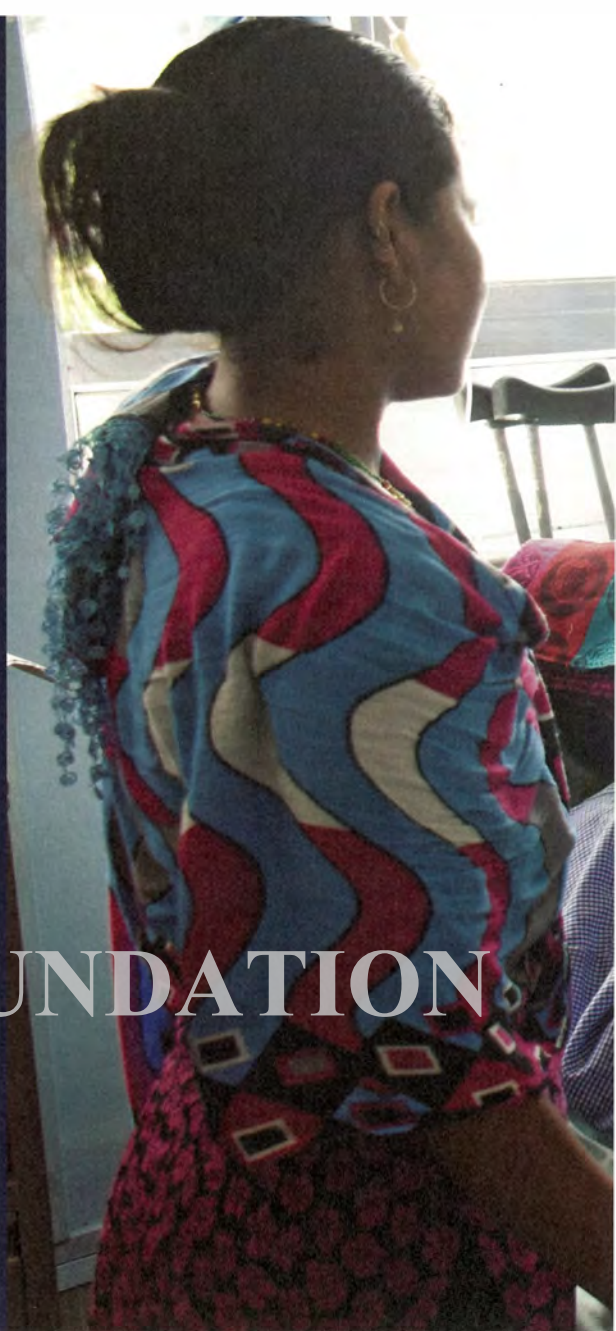
Despite busy at work or volunteering in Tzu Chi activities, local medical volunteers find time to attend several tea gatherings conducted by the Tzu Chi Disaster and Medical Relief Team. During the tea gatherings, experience and feelings were shared not only among the current local volunteers but also new local volunteers. (Photo credit: Hsing-Hung Chou, Tsung-Pao Huang)

卡麥拉的故事

來自鄉下、育有兩名幼子的卡麥拉，和先生以務農維生，數月來因腿疾的疼痛逐漸加劇，而終致無法工作。由於家境窮困，卡麥拉和先生只能向外求援。

在經過慈濟志工的訪查及臺灣人醫會洪宏典醫師的醫療評估後，確認卡麥拉需要進行人工髖關節置換手術才能解決腿疾的痛楚，而長期投入慈濟義診且認同慈濟精神的馬達普醫院院長克斯納也願意提供醫療費用上的補助，在慈濟與院方的共同協助下，讓卡麥拉有了重新站起的機會。

8月1日，手術於馬達普醫院進行，在院長克斯納與專業外科醫師的主刀下，手術非常成功。術後卡麥拉恢復良好，志工們多次前往探望，而院方也提供高蛋白營養品來補充卡麥拉的營養。卡麥拉對於志工的關懷，感動不已，聽著志工要她用心復健的叮嚀，她以尼泊爾式的認同——搖頭回應，表達會認真復健。此次的醫療慈善行動，不僅幫助一個家庭的母親重拾健康，也讓尼泊爾醫療個案的後送醫院援助流程更加完備。



KAMALA MUDAMAGAR

Kamala Mudamagar, living in rural area, raised two children with her husband by farming. In the past few months, her leg hurt severely more and more to an extent that she could not walk at all. As her family was in extreme poverty, she and her husband could only seek for external help.

Tzu Chi volunteers together with Taiwan TIMA doctor Dr. Hong-Dian Hong visited Kamala and

carefully inspected her situation, Dr. Hong confirmed that the only way to cure her leg problem was by replacing her hip bone. Dr. Ram Krishna Shrestha, Superintendent of Madhyapur Hospital, concurs with Tzu Chi spirit and has been volunteering in free clinic of Tzu Chi Medical Mission, provided medical reimbursement to Kamala. She finally had the opportunity to stand up again with the help by Tzu Chi and Dr. Shrestha's hospital.



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1. 卡麥拉手術後，院長克斯納（右二）與馬來西亞訪視志工李麗華多次關懷探望，眾人的愛讓卡麥拉非常感動。（攝影游錫璋）
Dr. Ram Krishna Shrestha (2nd right) and Malaysian volunteer Ley-Hua Lee visited Mdm Kamala regularly after her hip replacement procedure. Mdm Kamala is deeply moved by the love from everyone. (Photo credit: Si-Jhang You)

Leading by Dr. Shrestha and surgeons, the operation took place on August 1. It was a very successful operation and Kamala recovered well. Tzu Chi volunteers had visited her for several times. The hospital also provided her high protein supplement. Kamala was so touched by the love and care from the volunteers, and she responded positively to volunteers' reminder in traditional Nepali way -- shaking her head, and expressed that she would take it serious with the rehabilitation process. This medical and charity activity not only helped a mother of the family

gaining her health back, but also established the SOP of how Nepal medical cases can be referred to hospital if needed.



2

2.

卡麥拉的人工髖關節置換手術，歷時約三個小時，順利完成。（攝影 蘇門）

Mdm Kamala underwent three hours of surgery for hip replacement. The surgery went very well. (Photo credit: Suman Prajapati)



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3

4

3、4. 術後，慈濟志工們特別帶來營養品，並以歌聲祝福卡麥拉早日康復。
(攝影 蘇門)

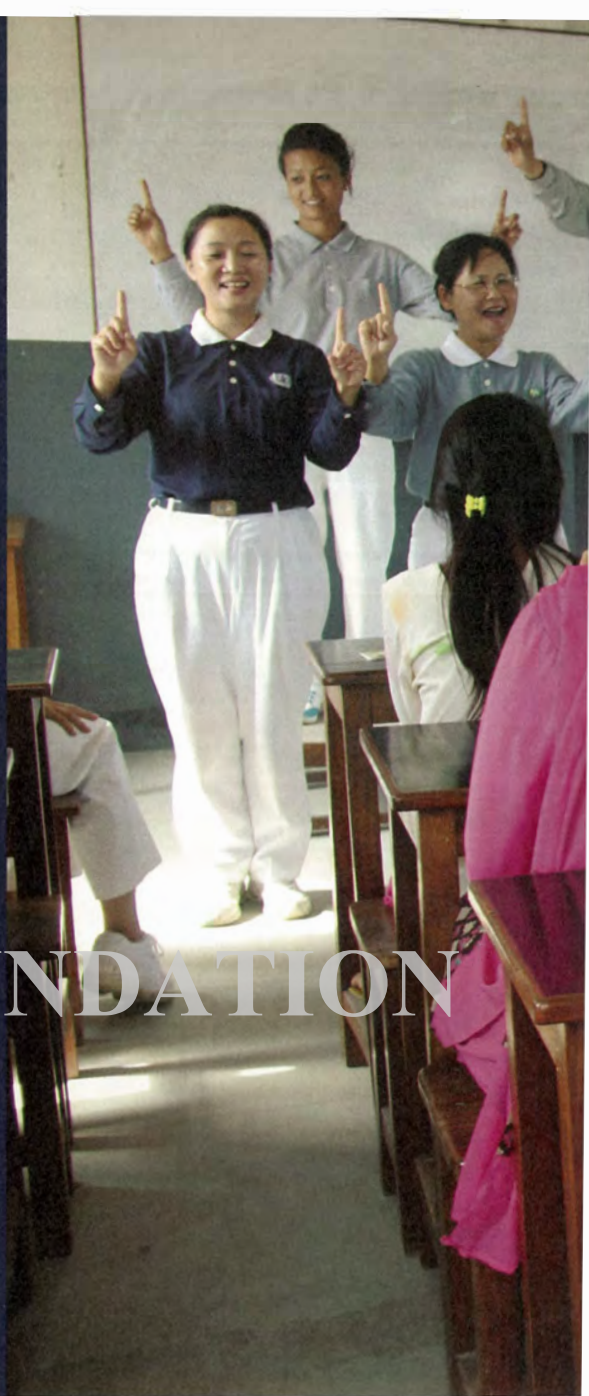
After the surgery, Tzu Chi volunteers bring nutritious foods and sing to her as wishing Kamala a quick recovery. (Photo credit: Suman Prajapati)

教育傳承

在尼泊爾，教育是改善傳統社會階級觀念及脫貧的最佳途徑。慈濟的教育理念是「教之以德、育之以禮」，著重在品德教育及生活教育，因此，除了為受災學校援建簡易教室之外，慈濟志工在校方的支持下，以靜思語教學、手語歌曲帶動、教師茶會的方式與師生互動，慈濟教聯會的老師並分享教學的心路歷程，將學生視為自己孩子的愛，讓當地的師長非常感動。

配合尼泊爾當地的品格教育，來自臺灣和馬來西亞的慈濟教師聯誼會老師們，藉著簡易教室移交典禮等過程，安排孝親敬師奉茶，培養學生感恩人文，並以證嚴上人的人生箴言《靜思語》啟迪師生的生命教育，培養身心健全的未來棟樑。

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SHARING THE JING SI APHORISMS

In Nepal, education is the best way to escape from poverty and traditional society classes. Tzu Chi concentrates on educating children to be morally upright, especially respecting life and establish the best value with human nature. Therefore, except building prefabricated classrooms for affected schools, Tzu Chi volunteers taught Jing Si Aphorisms with students, sang with gestures and held tea gatherings with teachers. From Tzu Chi Teachers' Association sharing, teachers



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in Nepal were touched by their experience and the way they see each student as their own children.

During the opening ceremony of prefabricated classrooms, Tzu Chi Teachers' Association from Taiwan and Malaysia taught students to serve their teachers a cup of tea as gratitude in the etiquette class. Besides, using phrases in Jing Si Aphorisms inspired students and teachers to be beneficial to the society.

1

1. 慈濟志工在巴基索里學院舉辦靜思語教學活動，讓老師們眼睛為之一亮，輕鬆而又有人文意涵的手語歌曲，更讓參與的老師忍不住以手機拍攝下來。（攝影 許妙如）

During a sharing session of applying Jing Si Aphorisms in classes, teachers from Bagiswori Higher Secondary School were surprised by its simple sign language and songs. (Photo credit: Miao-Ju Hsu)



2

2.

除了靜態的故事，還有動態的手語歌曲帶動，輕快的音樂讓老師們也跟著練習。(攝影 許妙如)

Applying Jing Si Aphorisms in classes is not mere stories telling; Nepali teachers learn to sing and carry out sign language under the lively music. (Photo credit: Miao-Ju Hsu)



3

3.

這場在巴基索理學院舉辦的靜思語教學活動，吸引滿座的老師參加，大家目不轉睛地聽著臺灣教聯會老師講述靜思語故事。（攝影 許妙如）

The sharing session of applying Jing Si Aphorisms in classes in Bagiswori Higher Secondary School attracted many teachers, giving their upmost attention. (Photo credit: Miao-Ju Hsu)



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4

4

臺灣教聯會志工朱妍綾、朱妍綸與新加坡志工張佑平，走訪逾二十間學校，分享慈濟品格教育的理念。莎瑞達小學校長漢瑞那相當認同慈濟的教育精神，交談時，許多老師、員工也主動參與旁聽。(攝影 許妙如)

5

Experienced teachers from Taiwan Tzu Chi Teachers Association Yan-Lun Chu, Yan-Ling Chu, and Singapore volunteer Yu-Ping Chang visit over 20 schools, sharing their experiences of applying Jing Si Aphorisms in classes. Principal of Shree Sharada Primary School, Mr. Hari Krishna Ranjit identifies with Tzu Chi's teaching ideologies and during the conversation, several teachers and staffs join in. (Photo credit: Miao-Ju Hsu)

5

為了拉近與當地老師們的距離，慈濟志工以靜思語書籤讓老師們抽選，藉由一句好話，解答生活中的疑惑。許多老師直呼，獲益良多。(攝影 許妙如)

To facilitate better communication, Tzu Chi volunteers encourage local teachers to each pick a Jing Si Aphorism. After translations and explanations, many are surprised that the wisdom within the Jing Si Aphorism answered exactly the trouble they are facing. (Photo credit: Miao-Ju Hsu)





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6、7.

慈濟志工們走入位在城鎮郊區的夏拉史瓦堤學校時，發覺校園裡長滿雜草，衛生環境較差，於是向校方提出，在校園裡進行衛生教育的想法，校長英達雅立即表示認同與支持。7月31日，志工們帶著水桶與小毛巾，透過輕鬆的講解與現場示範，教導學生們正確的生活衛生習慣及洗手的步驟。生動的講解深獲學生們喜愛，就連賑災團的司機提拉克也一起參與練習。（攝影 游錫璋）

When volunteers visited Shree Saraswoti Lower Secondary School, located in a slam area of the city outskirt, volunteers noticed that the environment was not well maintained and students were running around school yard filled with weeds. With principal Mr. Indira Mahat's consent, volunteers conducted a health education on July 31. Equipped with pails and towels, volunteers shared with students the right way to wash their hands through a "hand washing song". The mood was joyous and the driver of the relief team Mr. Tilak Paudel joined in too. (Photo credit: Si-Jhang You)

8.

慈濟志工前往巴拉喜學校關懷，發覺校長蘇亞瑞擅長以繪本方式，帶動學生學習。志工們特別推薦靜思語繪本，校長也同意未來將把靜思語融入教學中。（攝影 許妙如）

While visiting Nil Barahi Primary School, volunteers discovered that Principal Mr. Surya Ram Shrestha has a passion in using pictorial books as engagement. After introducing the pictorial books of Jing Si Aphorisms, Mr. Shrestha agrees to incorporate these wise words into the school's teaching. (Photo credit: Miao-Ju Hsu)





9	10
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9、10.

為了擴大和校長、老師們的交流，慈濟志工於海鳥國際學院舉辦首次教師聯誼茶會活動，共有來自十八所學校的老師和校長參與，會中志工們分享慈濟的教育理念，並透過茶道奉茶，以示對師長們的尊敬。（攝影 游錫璋）

In order to have more interaction with Nepali school principals and teachers, Tzu Chi teachers hold the first tea gathering in Nepal. There are teachers from 18 schools gathered at Seabird International College. There, volunteers share their teaching experiences and Tzu Chi's education principals. Volunteers also serve tea as showing the respect to teachers. (Photo credit: Si-Jhang You)

11.

海鳥國際學院執行長吉安十分認同慈濟，不僅免費提供講堂作為茶會之用，也全程參與。致詞中，他特別提到，在慈濟人的身上看到互助互愛的力量。（攝影 游錫璋）

CEO of Seabird International College, Mr. Gyan Ram Shrestha fully agrees with Tzu Chi's ideology, not only providing location of the tea session without charges but also fully participates. During his speech, Mr. Shrestha specially mentions the power of mutual assistance exhibiting from Tzu Chi volunteers. (Photo credit: Si-Jhang You)

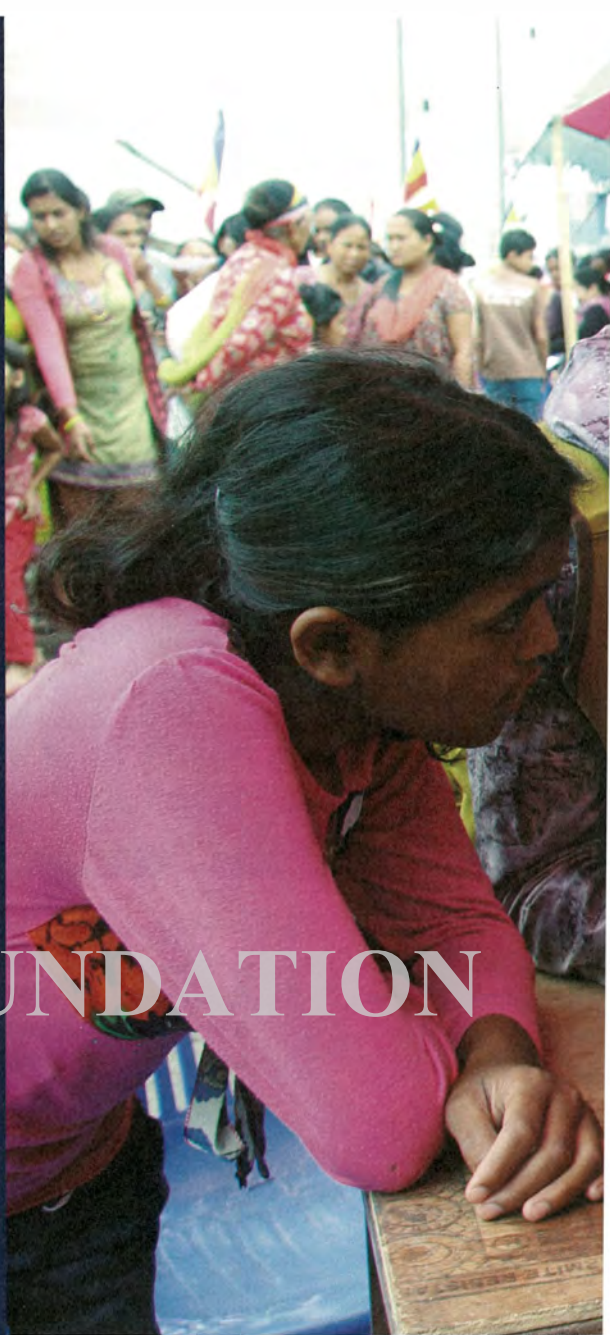
人文傳承

「為時代做見證，為慈濟寫歷史」，慈濟人文真善美志工將活動中的溫馨點滴，化作文字、影片、照相，作為永久的歷史紀錄，並透過慈濟大愛電視台、《慈濟月刊》、慈濟網站等，分享至全球。

當尼泊爾本土志工投入於慈善、醫療、教育的同時，人文紀錄的工作也逐漸由臺灣志工轉由本土志工們承擔。原本就是攝影專業的蘇門，在一次發放時，前來拍照，透過鏡頭，他見到慈濟志工的慈悲與愛，也見到鄉親的感動與笑容，從那日起，他即投入志工行列，讓尼泊爾的歷史紀錄不曾間斷。

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8月1日，第十梯慈濟賑災醫療團在奇李巴蒂帳篷區舉辦義診與衛教活動，同時間，在臺灣真善美志工的規劃下，舉辦首次人文志工動態培訓課程，共有十位真善美本土志工加入，以「做中學」的方式，實地教學。其後，本土真善美志工團隊逐漸成形，並在多場活動中，獨力承擔紀錄工作。



DOCUMENTARY TEAM IN NEPAL

The documentary team documents every activity in Tzu Chi. Volunteers use pen, camera, video camcorder to witness every piece of its history. Through the media of Da Ai TV, monthly magazine, and web site, the stories can be seen on every corner of the world.

When Nepal volunteers participated on the missions of charity, medicine, education with Tzu Chi volunteers, they also gradually took on the work in documenting. Suman Prajapati, a professional photographer, came to a distribution to take photos. Through his lens, he found the compassion and love in Tzu



Chi. Since the very same day, he joined Tzu Chi's documentation team. He wants to catch every bit of Tzu Chi history in Nepal.

On August 1, the tenth Tzu Chi Relief and Medical Team hold a free medical service and hygiene class in the tent area of Chuchepati. At the same time, volunteers from Taiwan hold a real practice section for local volunteers to document the event. That day, there were ten documenting volunteers joined the practice. Later in many events, local document team can work independently.



1. 尼泊爾人文真善美本土志工影音圖文記錄的傳承，由臺灣慈濟基金會人文志業發展處職工賴睿伶（右二）負責培訓，藉由奇翠巴蒂帳篷區義診的機會實際演練教學，過程中與大家討論文字記錄的方向。（攝影 許妙如）

To share the experience in documentation, Reiling Lai (2nd left), staff of Tzu Chi Foundation, took the chance for volunteers to have actual practice in the free clinic at Chuchepati tent area. In the photo, they get together to discuss the direction and topic. (Photo credit: Miao-Ru Hsu)



2

2、3. 來自臺灣的慈濟人文真善美志工黃靖輝（右一），教導尼泊爾志工迪尼斯、攸尼斯學習錄影機操作。（攝影 游錫璋）

3

Ching-Hui Hung from Taiwan shares the filming technique with Nepali volunteer Dinesh Khadgi and Unish Khyaju. (Photo credit: Si-Jhang You)



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4. 人文真善美團隊包含照相、錄影、文字採訪三者合一，歷經一個月的學習，本土志工已可組成一組三合一團隊，全方位地記錄慈濟歷史。(攝影 吳碧珠)

5

Documentary team contains photographer, cameraman and writer. In Nepal, after a month of learning, local volunteers have formed a team to record Tzu Chi's history.(Photo credit: Pi-Chu Wu)

5. 尼泊爾人文真善美本土志工蘇門，記錄本土慈善訪視志工希潔娜關懷鄉親的身影，慈善、人文的在地化已然成形。(攝影 游錫璋)
Nepali volunteers team up in writing and photography to interview a family as an actually practice. (Photo credit: Si-Jhang Yu)

實業家帶動

在這個世界上，有的人貧窮，有的人富有，在貧與富之間，證嚴上人以此分成：富中之富、富中之貧、貧中之富、貧中之貧。

有的人人生是富中之貧，很富有，卻不滿足，有一幢房子還想要兩幢房子，有一家公司還想要有兩家公司……貪念就是永遠不足；富中之富的人生，是富有經濟的力量、富有愛心的力量。人生還有貧中之富，雖然生活不好，但也能生活下去，表面上是貧窮人家，但他們的生命豐富、富有愛心；還有貧中之貧，貧已經很可憐，又加上貪念，苦不堪言，所以貧不是物質的貧，是心靈的貧。

慈濟志工以「感恩、尊重、愛」的無私付出，讓富有的人能放下身段、身體力行地服務人群，從而達到「教富導貧」和「濟貧救富」，人人平等的目的。因此投入慈濟，人人皆是志工的身分，即使在功能、專長上有所不同，但人人不分彼此，共同為大眾無私地付出。

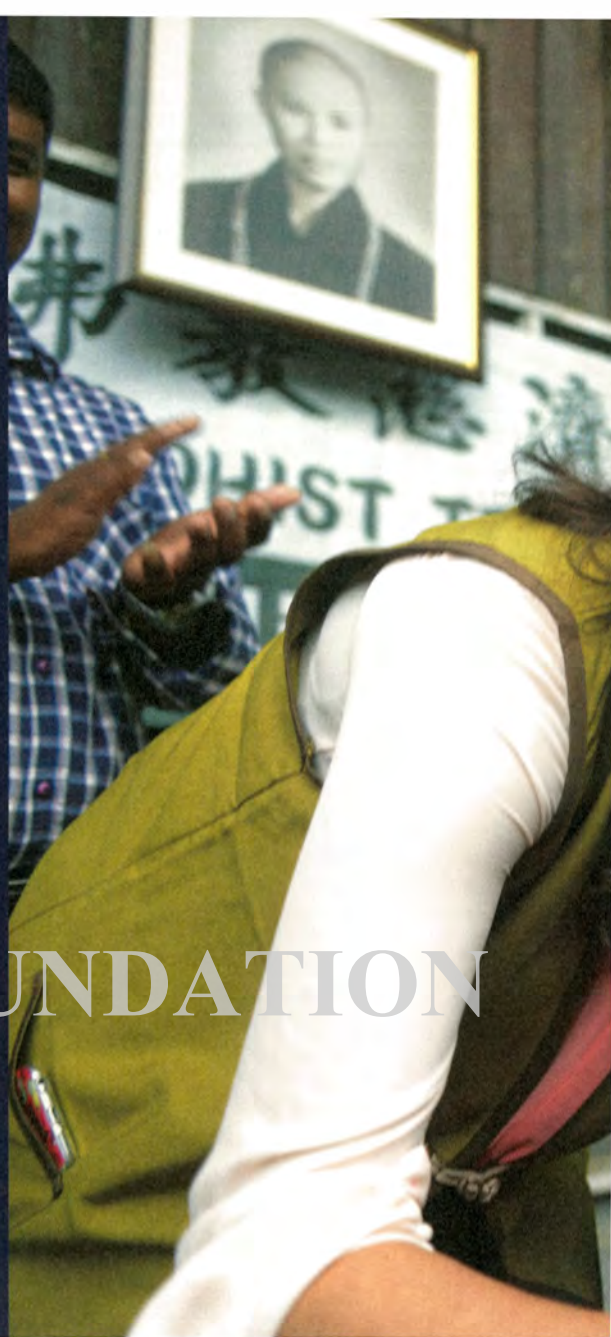
INSPIRE ENTREPRENEURS TO HELP THE POOR

In this world, there are people living in poverty and some are rich. What is the fine line between poor and rich.

Some wealthy people could not be satisfy on what they have already but to look for something they don't. They never feel content. They are people who are not only rich but also have a loving heart. In life, there are also people poor materially, but

rich in mind. Their life is abundant by love and compassion. There are ones who are poor but still being very greedy, which has made their life even more miserable. Therefore, poverty does not mean material life, but spiritually.

Tzu Chi volunteers help others selflessly with the principles of gratitude, respect and love and set example of putting compassion in action, in the hope that people could understand Buddha's teaching for all beings are equal. This makes rich entrepreneurs willing to help others regardless





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of their social status, and take others suffering as their own. As for the poor, they can also feel confident that they are able to help others in need as well. Just as when people join Tzu Chi to do volunteering work, everyone is equal and only different in function and expertise and co-work together to contribute and help all sentient beings selflessly.

1

1. 慈濟賑災醫療團前往災區學校發放教科書、制服、鞋子及文具用品給學生，實業家納瑞許·杜加的女兒蘇莉絲汀也一同參與發放。蘇莉絲汀多次參與慈濟活動，她認為，透過身體力行去幫助鄉親，才真正了解鄉親所需要的是什麼，她很高興成為慈濟志工的一員。（攝影 周幸弘）

In a distribution of school supplies, Shristi Dugar, daughter of Naresh Dugar, shared that only physically going into the effected area can truly understand what people needs. She was very happy being part of Tzu Chi relief team. (Photo credit: Hsing-Hung Chou)





2. —
實業家納瑞許·杜加親身參與福慧床發放，並且協助鄉親鋪設好福慧床。(攝影 黃宗保)
Naresh Dugar helps to set up Jing-Si Multi-Purpose Foldable Beds for earthquake survivors. (Photo credit: Tsung-Pao Huang)

3. —
立巴利帳篷區舉辦物資發放，慈濟志工帶領鄉親們虔誠合十祈禱。杜加家族許多成員都來參與志工服務，左二起為納瑞許·杜加的女兒蘇莉絲汀、維瑞許，以及納瑞許的父親基尚拉爾和母親潔妲。(攝影 黃宗保)
During the relief goods distribution in Libali tent area, Tzu Chi volunteers lead a prayer. Several members of Dugar Family participate in serving their fellow people: (from second left) daughters Shristi Dugar and Bhavika Dugar, father Kishan Lal Dugar, and Jatan Deri Dugar. (Photo credit: Tsung-Pao Huang)

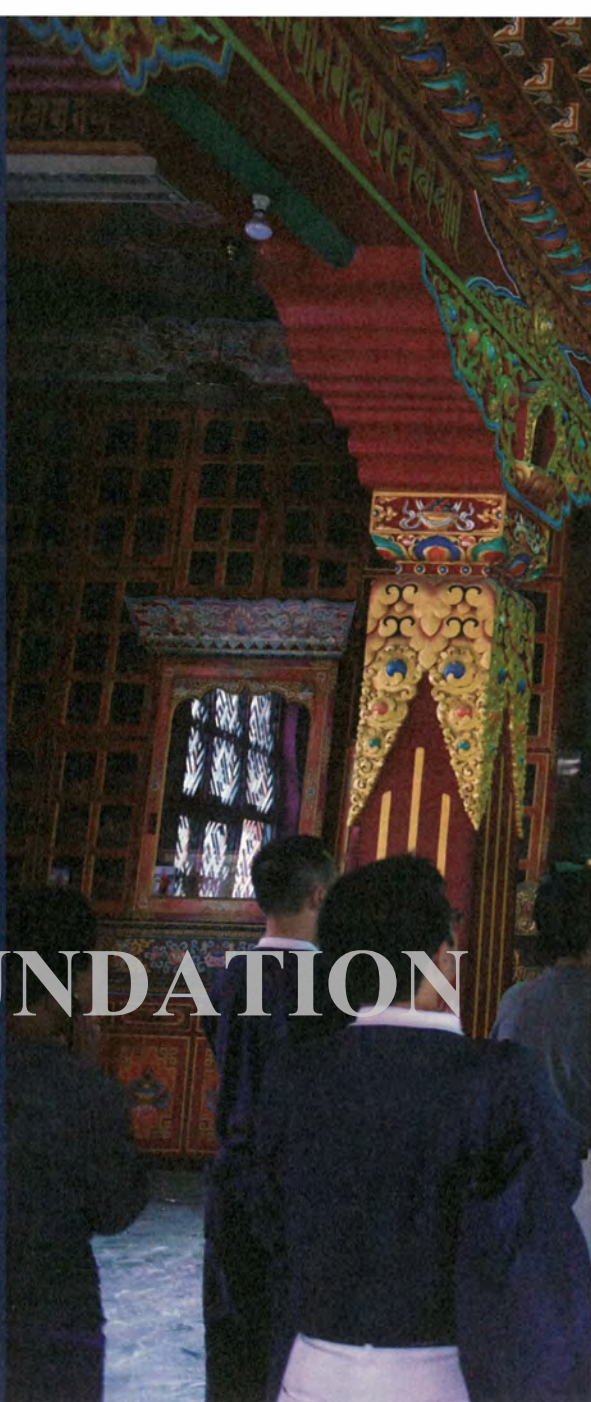
4. —
實業家巴山·查德理在賑災感恩餐會中穿戴頭巾、圍裙，為來賓上菜服務。(攝影 周幸弘)
During the dinner of gratitude in Nepal, with headscarf and apron on, Basant K. Chaudhary serves the guests. (Photo credit: Hsing-Hung Chou)

佛像東望 佛法西行

當慈濟賑災醫療團首次踏入尼泊爾創古度母寺，訪查房舍損壞情形時，赫然發現正殿的佛像經地震衝擊後，頭部向左偏移，彷彿佛陀正向遙遠的東方臺灣位置望過去。

佛像東望，佛法西傳，這般時空情境，發人省思。佛教發源於尼泊爾，歷經千百年後，輾轉東傳至臺灣。如今，二千五百多年後的佛教慈濟團體，又將佛教的法脈帶回到震災後的尼泊爾，以身行示佛法，呈事於相，理徵於外，期待佛法能在佛陀的故鄉潤漬蒼生、深根茁壯，讓佛國淨土再現人間。

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GAZE UPON THE EAST AS DHARMA'S JOURNEY TO THE WEST

When the Tzu Chi Relief and Medical team first visited Thrangu Tara Abbey to survey the damages caused by the earthquake. Unexpectedly, when they walked into the main hall, volunteers discovered the head of Buddha statue turned slightly to the left, as if he is looking at East, where Taiwan is located.

Buddhism was originated from Nepal, thousands years later, the dharma disseminated to the East, to Taiwan. Today, 2500 years after, Buddhist Tzu Chi Foundation brought with the Dharma lineage back to Nepal after the great earthquake. In the action of volunteers, it contented the meaning Buddhist dharma. We hope that thorough the action of compassion, the dharma will re-flourish in Buddha's birthplace. The pure land of Buddhism appears once more.



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1

1. 創古度母寺經地震後東望的佛像。(攝影 游錫璋)

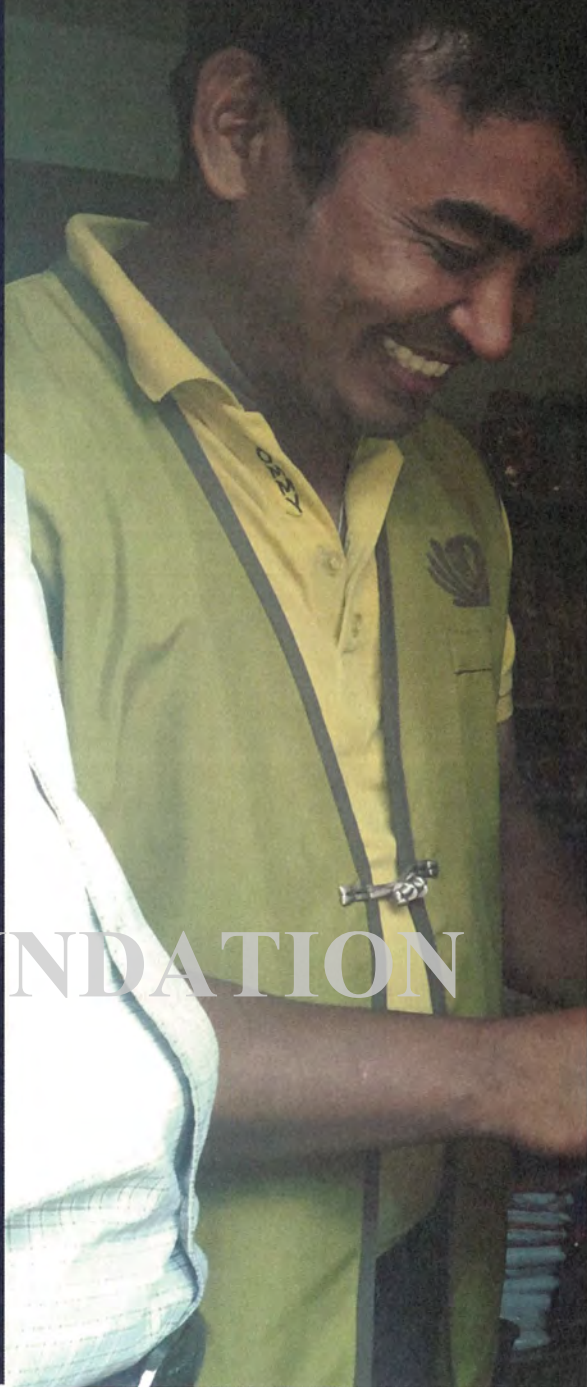
In Thrangu Tara Abbey, after the earthquake struck, the head of Buddha statue slightly turned toward east. (Photo credit: Si-Jhang You)

竹筒歲月

1966年，證嚴上人於臺灣花蓮創立「佛教克難慈濟功德會」；上人一生奉行「自力更生、不受供養」，初期與五位弟子，以縫製嬰兒鞋、從事農作等開展慈善工作，並啟發三十位家庭主婦每天從買菜錢裡省下五角錢投入竹筒，作為幫助孤老貧病者的救助金。

從五十年前到現在，「竹筒歲月」至今遍布全球，小錢做大事的理念，讓貧困者也能以微薄的付出助人，成為源源不絕愛心的象徵。尼泊爾大地震後，本土志工也推動「竹筒歲月」，如湧泉般的愛心，正不斷湧出，期盼集眾人之力，共同撫平震災傷痛。

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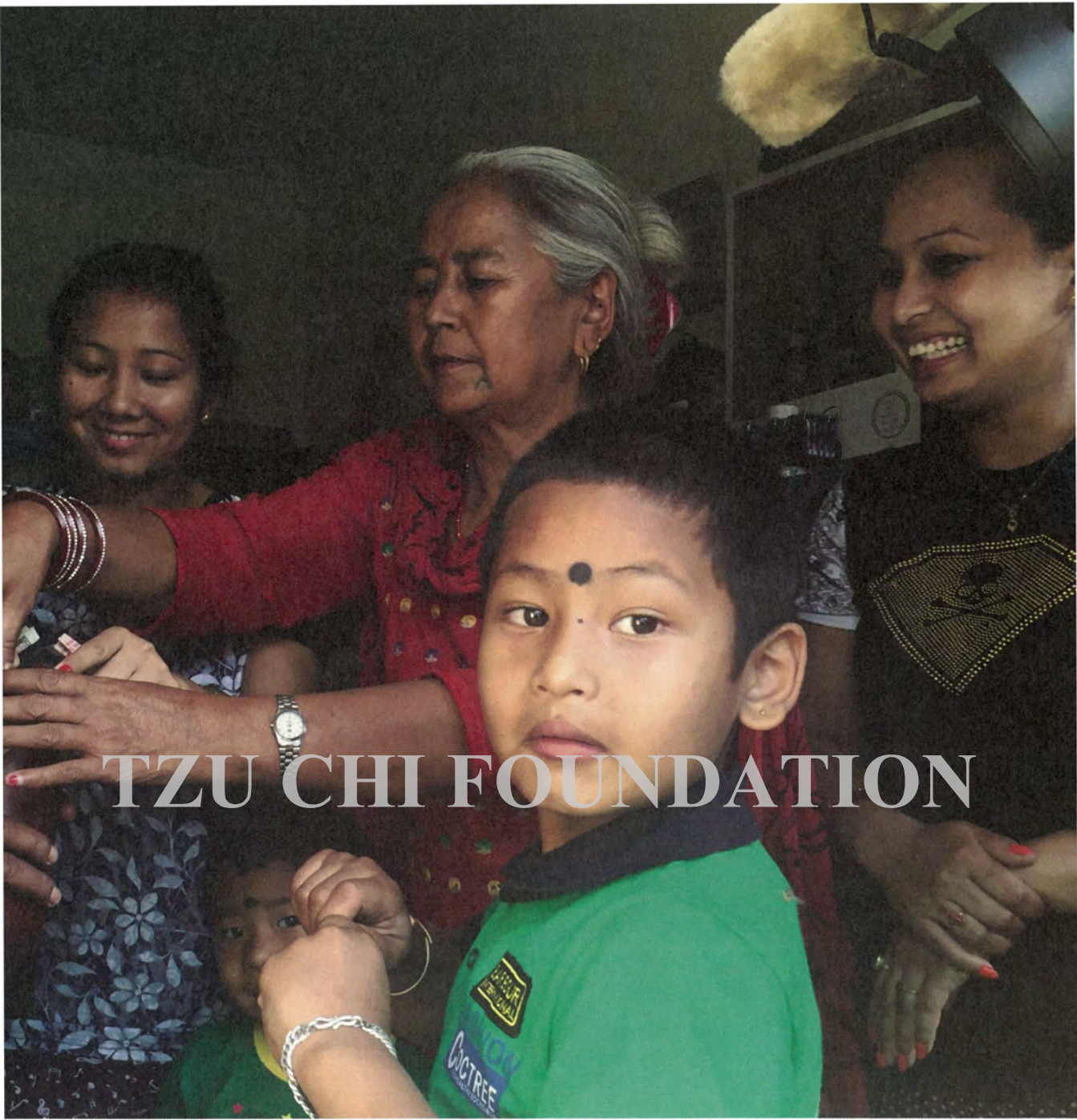


THE BAMBOO BANK

In 1966, Dharma Master Cheng Yen founded the Buddhist Tzu Chi Merit Association in Hualien. She and her first five monastic disciples supported themselves and their charity work frugally—for example, making and selling one more pair of baby shoes every day. Her teachings inspired 30 housewives to put one NT 50-cent coin (worth

about US 1 cent) into their personal bamboo banks every day before grocery shopping.

Nearly 50 years later, the concepts of Bamboo Bank has spread around the world. After the Nepal earthquake, local volunteers learned and adopted the concept to rise loving hearts. They hope to collect the power of love and ease the pain caused by the quake.



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1、2. _____
 慈濟賑災團的司機拉威和本土志工推動「竹筒歲月」為尼泊爾賑災募款，呼籲鄉親不論金額多少，重要在於啟發大家的善心，共同成就好事。
 （攝影 謝麗華、游錫璋）
 Ravi Kumar Shrestha, who drives for the relief team, and local volunteers promote the bamboo bank concept to raise funds for earthquake relief. The donation is not about the amount but the heart, a good deed fulfilled by everyone. (Photo credit: Lee-Hw Cheah, Si-Jhang You)





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4	

3、4.

在本地志工培訓課程中，巴山和丹羅等猴廟本地志工用圖畫分享，地震後每個人都代表傷心的黑影，但是慈濟志工的到來讓太陽慢慢出現；他們發願要幫忙消除剩下的黑影，也發願一個人要勸募三十人一起來當志工，成就好事。（攝影 黃宗保）

In the volunteer training course, Penpa, Passang and other local volunteers shared a drawing of theirs. They said that, after the earthquake, there were dark shadows within every person. But the arrival of Tzu Chi volunteers in Nepal had drawn sorrow aside and gradually let the sun shine through. Each of local volunteers vowed to recruit 30 people to join the volunteer work and accomplish good deeds together. (Photo credit: Tsung-Pao Huang)

5.

在第十、十一梯慈濟賑災團成員即將各自返國之際，志工們特別為本土志工舉辦感恩茶會，戲劇、手語、回顧影片的播放，讓大家笑中帶淚，惜別之情溢於言表。而每位本土志工，也發願要像手中的小燭火，燃燒自己、照亮別人，點亮自己的心中永不熄滅的燈，將愛不斷灑播出去。（攝影 蘇門）

As the members of tenth and eleventh relief team are about to return to their own country, they hold a tea gathering of gratitude for local volunteers. In the event, they acted, performed, and played a recalled video. Everyone is overwhelmed by the feeling of farewell. Like the candlelit they are holding, Nepali volunteers wish that they would shine bright to others in need. (Photo credit: Suman Prajapati)