

印度 Sadhana Forest 修行中的森林-生態村國際志工計畫

在南印度復育全球僅存的熱帶常綠森林！

體驗對環境零負擔的生態村生活

本計畫於 2010 年榮獲國際水和糧食人道主義獎全球第三名！

(Humanitarian Water and Food Award)

<http://waterandfoodaward.wordpress.com/2010/11/26/26-november-official-announcement-of-2010-award-winner/>

本計畫限定願意在活動期間體驗【素食主義-輕食新生活】的伙伴參與

【計畫時間】請自行選擇至少 1-2 週的時間

12 月到 4 月 1 日，得至少參與一個月

one month minimum stay from the 1st of December to the 1st of April



【計畫背景說明】 The background information for Volunteering in Sadhana forest,Auroville

Sadhana forest 名為『修行中的森林』

Sadhana Forest位於南印度Auroville國際社區內，Auroville成立於 1968，是一個受聯合國教科文組織所支助與支持的國際社區，此社區為國際未來城的生活示範村，居民為來自世界各國的公民，現階段居住人口為 1800 人，來自超過 50 個國家。<http://www.auroville.org/>

Sadhana forest：www.sadhanaforest.org

位於Auroville社區內，為一個NGO組織，2003 年由一對俄羅斯籍的夫婦所成立及開始運作，主要計畫為復育全球僅存的熱帶常綠森林，協助為面積達 70 畝嚴重受侵蝕之土地進行植樹計畫，此地區森林類型為熱帶常綠森林地區（Tropical Dry Evergreen Forest）。此類森林只有在印度南部和斯里蘭卡才見得到，提供了非常難得的生物多樣性環境。由於它具有高度的物種豐度（超過 1000 種樹木、灌木，及藤本）。熱帶乾旱常綠森林（TDEF）已近滅絕，依據Sadhana forest創辦人Aviram的研究指出，目前TDEF森林種類面積僅佔 600 畝，全球TDEF森林僅存萬分之一存活，這是最後一刻可以努力及保存這種非常豐富美麗的森林在這地球上。我們同時關注水資源維護（水資源議題）及土壤管理（有機推肥）議題。更多資料請見：<http://www.green.aurovilleportal.org/forest/44-tdef-and-auroville>

社區志工來自世界各國，創造了社區多元、充滿活力氛圍，透過共同生活與分享的概念，讓志工與自然環境產生和諧共存，過去一位志工曾送一句話給 Sadhana forest，"May there be many forests to grow people".....



【志工協助工作】在修行中的森林，我們提供以下對於環境永續發展的工作：

- ➡ 熱帶常綠森林（Tropical dry evergreen forest）植樹計畫：樹木種植、覆蓋，依照季節灌溉。
- ➡ 水資源保存：協助搭設雨季來臨時期的防水竹欄。
- ➡ 有機農園工作：有機蔬菜種植及灌溉，食物將提供營區志工伙伴食用。
- ➡ 有機堆肥：利用三餐食物廚餘、生態廁所糞便來製作有機堆肥，將作為有機農園施肥使用。
- ➡ 協助社區運作、三餐準備、環境維護、緊急協助、澆水工作
- ➡ 兒童教育：花時間與社區裡的孩子互動及教學，設計教學方案。



【Sadhana forest 環境及生活概念介紹】

對於生態環境友好的生活實踐方式，包括維根素食主義（Veganism），使用永續綠建築（alternative construction），運用太陽能（solar energy），使用生物降解洗浴用品（biodegradable toiletries）以使用有機堆肥廁所（compost toilets）。修行森林是 100% 維根（Vegan）素食環境，因此我們要求志工不能攜帶或吃任何非素食食品在社區中。不能使用任何動物產品的營養品。維根素食主義代表不吃肉，魚，蛋，乳製品（牛奶）的產品，蜂蜜，或任何其他動物產品。主要動機是減少動物痛苦及降底環境負擔。

志工生活（生態村食衣住行大公開）

- ➡ 生活方式：倡導對於環境友善、不造成負擔之永續生活概念。
- ➡ 全素食飲食：每日將提供三餐有機無毒食物，倡導維根素食主義（Veganism）
- ➡ 不得使用酒精藥物：不得使用任何毒品及酒精類飲料，若你需要這些物品，請另外找尋其他計畫。
- ➡ 不得抽煙：整個社區為禁煙區
- ➡ 學習分享：每人都有資格在社區舉辦各式工作坊教學活動，如戲劇工作坊、中文工作坊，任何你覺得有學習意涵的主題都可以分享喔！
- ➡ 電力提供：所有電力為太陽能發電。
- ➡ Extra fee：每日 150RU，提供有機素食三餐、志工服務所需要的工作設備等。
- ➡ 住宿提供：每人需以志工工作換取住宿，一週 20 小時（相當於 1 日 4 小時，1 週 5 天）



【Sadhana forest 免費設施與活動】

- ➡ 小型游泳池
- ➡ 免費無線上網：請自備筆記型電腦。
- ➡ 小型地球村圖書館
- ➡ 各國樂器體驗：如非洲鼓及東南亞打擊樂器。
- ➡ 每日瑜珈學習課程
- ➡ 免費腳踏車提供
- ➡ 小型兒童遊戲空間

爲了你的方便，請攜帶以下物品，建議可從自行攜帶或到鄰近城鎮 Pondicherry 購買。

- ➡ 蚊帳：請攜帶個人用即可，（Pondicherry 購買約 250 Rupees）
- ➡ 手電筒或頭燈：可選擇太陽能充電電池或風力轉動發電的樣式。（Pondicherry 購買約 50 Rupees）
- ➡ 100%生物降解生態洗浴用品：肥皂，洗衣粉，牙膏，和洗髮水。可在 Sadhana forest 購買約 100 盧比（約 2 美元）至少夠兩個星期使用。
- ➡ 環保杯：可重複使用爲主（Pondicherry 購買約 190 Rupees）
- ➡ 女性月經衛生用品：建議使用月經杯、環保布衛生棉（eco-friendly sanitary pads）



自 2003 年 12 月 19 日運作以來，Sadhana Forest 創造了以下改變：

【原生樹種種植計畫】種植了超過 20,500 棵熱帶乾燥常綠森林植物，共分爲 150 種不同的原生物種，即使在土壤退化的情況之下，平均存活率 80%- 90%，存活率高於 70%。

【地下水補給與儲存】挖了超過 7 公里的壕溝，建立八個土壩，共存儲超過 50000 立方米雨水。這項工作使得地下水水位上升 6 米，平均深 7.9 米。

【外展及教育工作】與周遭的社區及村民保持非常溫暖及友好的關係，共同合作保護區的發展與保存，協助社區村民兒童教育計畫。

【參訪與交流】從 2003 年開始共有超過 1600 多名志工、實習生、學生到此生活及學習，主要來自印度和世界各國，從 2 個星期到 24 個月不等。住宿在社區是免費的，主要以工作換取，每週或每兩週

志工會帶領周遭的兒童進行植樹計畫。

【生態學習體驗之旅】從 2003 年開始超過 4 萬多人參觀 Sadhana forest，2008 年 6 月，我們開始了生態紀錄片工作坊。每週五將舉辦生態紀錄片工作坊活動，分享生態村及環境永續發展的議題及生活概念，提供免費維根素食晚餐及森林參訪之旅（散步、騎腳踏車行程）

【永續綠能建築設施】設計符合永續性之基礎建築設施，所有結構建材為在地天然材料，建設太陽能發電系統，乾燥有機堆肥廁所，雨水儲備系統。水利基礎設施已建成，可灌溉 30%的土地樹木。



【國際合作組織】印度Sadhana Forest，www.sadhanaforest.org

【計畫時間】2011 年 1 月-12 月份（請自行選擇至少 2 週的時間）

【計畫地點】印度位於印度東南部的泰米爾納德邦。距離清奈 Chennai 約 150 公里，近 Pondicherry。最便宜的方式為搭乘巴士，費用約 120 盧比。

【鄰近機場】清奈國際機場

【志工招募人數】不限

【報名時間】計畫出發前 1 個月，志工抵達 Sadhana forest 的時間為平日週一、週二、週三或週五，請於中午 12 點前抵達，Sadhana forest 將會為志工準備環境及服務工作介紹說明。

【活動報名】申請表：<http://www.volunteermatch.org.tw/IW/2-3-individual-application-form.htm>

【參與費用】國際註冊費NT7,500，此外尚必須負擔個人來回機票、簽證、保險、落地交通費用，及每日在地食物及住宿費用（約 150 印度盧幣，約 3 美金）

【台灣青年報名】林念慈專案經理，TEL：02-2365-4907，E-mail：workcamp@vya.org.tw

【接受預約諮詢】請先來電預約，週一至週五，AM0930-1200；PM0130-0600

【國際工作營全球中文網】www.volunteermatch.org.tw/iw

During your time in Sadhana Forest, some of the environmentally sustainable work the volunteers may be doing is:

- ▶ Water conservation
- ▶ Working in our organic garden
- ▶ Composting (either food or toilets)
- ▶ They will also participate in keeping our community running. Working in the kitchen, first aid, compound watering and more.
- ▶ Volunteers mainly plant, mulch and water trees according to season, work in our little vegan-organic vegetable garden, maintain the community area, and spend time with the community kids.
- ▶ The total cost of food per person is 150 Indian Rupees per day (about \$3 US).

The background information for Volunteering in Sadhana forest,Auroville

Our main project is the reforestation of 70 acres of severely eroded land. We are working to re-create the Tropical Dry Evergreen Forest indigenous to our area. This forest type is found only in Southern India and Sri Lanka and provides a rare biological richness due to its very high species abundance (over 1000 species of trees, shrubbery, and liana). The Tropical Dry Evergreen Forest is now close to total extinction as only 0.01% survives. This is a last moment effort to keep this very rich and beautiful Forest on earth.

As part of our reforestation effort we are also working on water conservation and soil management. For more information about our work please go to: www.sadhanaforest.org (For information about our new Sadhana Forest project in Haiti please go to: www.sadhanaforesthaiti.org)

Our experience with volunteers has been very positive. Volunteers from all over the world create here a dynamic community atmosphere. Living and sharing in a communal atmosphere brings us in harmony with nature and ourselves. One of our volunteers put it very nicely in her letter to us when she left, "May there be many forests to grow people".

- ➡ No drugs: Volunteers should not to use drugs and alcohol during their entire stay at Sadhana Forest, whether inside or outside of Sadhana Forest!!! If you think you cannot stop using these substances for the length of time of your stay here, please find another project.
- ➡ No cigarette: There is a designated cigarette smoking area.
- ➡ Accommodation: for volunteers is in exchange for a 20 hour work week (4 hours a day, 5 days a week).

Other free facilities for volunteers include a small swimming pool, free 24/7 unlimited access to the internet with your own laptop, a small collection of books, daily yoga class, the use of several bicycles, and a playground for children.

We appreciate creativity and initiative and welcome any ideas you may have to improve our project and our community.

We practice an eco-friendly way of life including veganism, alternative construction, solar energy, biodegradable toiletries, and compost toilets.

Sadhana Forest is a nonprofit ecological project that does not generate any income, therefore we unfortunately cannot afford to provide free food for volunteers. We have communal 100% vegan meals. We all equally share the cost of the food ingredients we purchase. The total cost of food per person is 150 Indian Rupees per day (about \$3 US). In the future, when we grow more of our own food, we hope to pay less. Everyone takes turns organizing and cooking the meals and washing the dishes. Depending on the number of people here at a given time, each meal has one or more cooks, plus help from whomever is around. You will need to pay 1000R deposit on arrival plus 2100R towards food for two weeks. Please ensure that you have this money with you before arriving at the forest.

Sadhana Forest is a 100% vegan environment, so we ask volunteers not to bring or eat any non-vegan food in the forest. A vegan is a person who avoids the use of any animal products for nourishment or for any other purpose. Vegans do not eat meat, fish, eggs, dairy (milk) products, honey, or any other animal products. Our primary motivation to be vegans is to reduce animal suffering.

Visas: Our volunteers have found that the most convenient visa arrangement for visiting India is a "Tourist Visa". In the "object/purpose of journey" our volunteers suggested to fill in: "Tourism".

Please bring the following with you (for your convenience we are mentioning the local prices of the items in the nearby town of Pondicherry, so you can decide whether to buy them at home or locally):

1. A mosquito net (preferably rectangular shape and not round). Local price in Pondicherry is 250 Rupees (Approx. 5 US Dollars).
2. A torch (flashlight) preferably with rechargeable, solar charge or wind up batteries. Local price in Pondicherry is 50 Rupees (approx. 1 Dollar) and extra for batteries.
3. Ecological 100% biodegradable toiletries: soap, laundry detergent, toothpowder, and shampoo. We purchase ecological biodegradable toiletries in bulk for 100 Rupees (Approx. 2 US Dollars) for at least a two week supply, and you can get them from us at cost price.
4. Metal water bottle or high grade plastic water bottle specifically designed for re-filling. Local price in Pondicherry is 190 Rupees for a metal water bottle.
5. For menstruating women we recommend a Mooncup, Keeper or similar product, as an eco-friendly and cost effective alternative to tampons or sanitary pads.
6. If necessary we recommend that re-usable/washable nappies/diapers are used as an alternative to disposable nappies/diapers.

We are part of the international community of Auroville, 6 km north of Pondicherry, in Tamil Nadu, South East India.

Auroville offers a wealth of courses, classes, workshops and treatments in many areas of interest, including yoga, meditation, tai-chi, shiatsu, watsu (water shiatsu), free dance and many other kinds of alternative healing therapies.

For more information on Auroville please visit <http://www.auroville.org>

Our telephone numbers are 2677682 or 2677683 or 2902655 or 6532461. If you phone us from anywhere

else in India (with the exception of Pondicherry) you need to dial 0413 before the number.

If you have any other questions please feel free to write to us at aviram@auroville.org.in or phone us at the numbers listed above.

Below is a brief overview of our activities since we started Sadhana Forest in December 2003. This overview covers the almost five years from December 19th 2003 (the day we moved into Sadhana Forest which was then totally barren land) to December 9th 2008:

Indigenous Tree Planting:

We planted more than 20,500 Tropical Dry Evergreen Forest plants of 150 different indigenous species, and are constantly mulching and caring for them.

Survival rate in average is between 80% - 90%. Survival rate does not fall below 70% even on the most degraded soil

Water table recharge and conservation:

More than 7 kilometers of trenches have been dug and eight earth dams have been built, altogether storing more than 50,000 cubic meters of rain water.

As a result of this work underground water level has risen by 6 meters from an average of 26 feet deep during 2003 (before Sadhana Forest was started) to an average of 6 feet during 2007 after four years of intensive water conservation work.

Outreach and Education:

A very warm friendship has developed between us and the villagers around. We work together to regenerate and protect our area. The project is very frequently visited by local people, especially kids. Every visitor is welcome and gets an explanation of the project and its value to the environment.

More than 1,600 volunteers, interns, and students from India and around the world have lived and worked in Sadhana Forest for periods of 2 weeks to 24 months. Accommodation in Sadhana Forest is always free.

Hundreds of children from the surrounding villages and from Auroville have planted TDEF trees.

Over 50 kids are regularly caring for the trees they planted on a weekly or bi-weekly basis.

Twenty Ecological Living workshops were given as part of the Auroville Winter Integral Studies Program.

Totally more than 600 people attended these workshops:

http://www.auroville.info/WISP/17_aviram.htm

The second Van Utsav (Indian Forest Festival) was hosted in March 2006, with attendance of over 100 people from all over India:

http://www.auroville.org/journals&media/avtoday/April_2006/sadhana_forest.htm During the festival lots of relevant update environmental information and skills were exchanged between the participants.

A group of students from Plymouth State University, New Hampshire stayed in Sadhana Forest with their professor in January 2008 and their experiences are described at:

<http://www.plymouth.edu/magazine/2008/spring/sustainability.html>

More than 4 thousand people have visited Sadhana Forest for a few hours and received a basic introduction to our work. In June 2008, we started the Eco-Film Club. Every Friday we host 20-80 guests for a free environment film screen, tour of the project, and free vegan dinner.

Sustainable Infrastructure:

Sustainable infrastructure was installed that can host local and international volunteers.

All structures are built from local natural materials. A solar system, dry composting toilets, and a grey water system have been installed. Water infrastructure has been built that enables to water trees on 30% of the land.