

智慧健康、綠色生活-

智慧醫院的永續實踐

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佛教大林慈濟醫院

Buddhist Dalin Tzu Chi Hospital



International Network of
Health Promoting Hospitals
& Health Services



大綱

- Introduction
- Not Only Utility and Building but also Care Pathway
- Not Only Green Care but also Green Living
- Conclusion



Leading the Change



To Know **Why?**

To Know **How?**

你可能不知道



100 MDI doses are
equivalent to a



290 km car
journey

Available at:

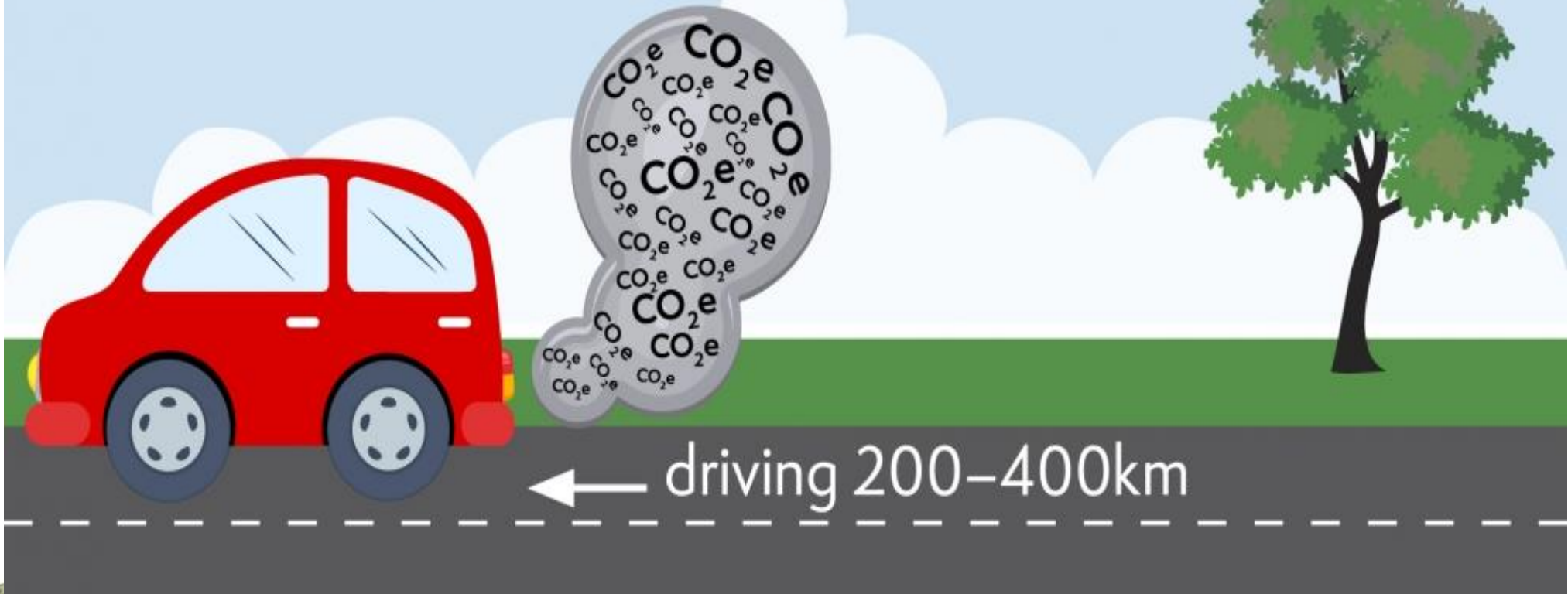
<https://cascadescanada.ca/courses/climate-conscious-inhaler-prescribing-collaborative/>

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你可能不知道

1 hour of surgery using
desflurane is equivalent to...



Available at: <https://rcoa.ac.uk/patient-information/about-anaesthesia-perioperative-care/your-anaesthetic-environment>

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If the global health care sector were a country, it would be the **5th largest emitter on the planet.**

a new report:
**HEALTH CARE'S
CLIMATE FOOTPRINT**



2021 COP26 世界衛生組織展館論壇

第一次世界衛生組織在氣候高峰會的論壇



64個討論議題涵蓋：

領導與治理、永續飲食、氣候變遷與健康、節能、青年參與、創新與研究、調適、財務、永續運輸、氣候正義、氣候政策、氣候行動.....

COP26 Thematic day	Opening	World Leaders Summit	Finance	Energy	Youth and public empowerment	Nature	Rest day	Adaptation, loss and damage	Gender, science and innovation	Transport	Cities, regions and built environment	Closure	
Date/Time	31-Oct Sun.	1-Nov Mon.	2-Nov Tue.	3-Nov Wed.	4-Nov Thu.	5-Nov Fri.	6-Nov Sat.	7-Nov Sun.	8-Nov Mon.	9-Nov Tue.	10-Nov Wed.	11-Nov Thu.	12-Nov Fri.
09:00-09:45					Launch of the SEARO Advocacy Toolkit on Climate Change & Health				Health in all climate policies: Translating policy intent into action in Qatar				
10:00-11:00		Climate Classroom: Climate change negotiations and health	For everyone, by everyone — a greener NHS	Climate action for Health — What's stopping us?	Mitigating the environmental impact of healthcare: The interplay of research, industry government, and clinical leadership			Sustainable transport systems, climate action and healthy urban environments	Climate change, food insecurity, and child health	Building the climate change, family planning, reproductive health, population, environment and development (FP/RH/PED) nexus: Towards a healthy people and ecosystems	A forest of solutions — The Congo Basin public and private sector for healthy forests, healthy communities and a healthy world	Driving health service equity through climate-smart private sector engagement: A case for electrifying rural health clinics	
11:15-12:15		Energy, air pollution and health: Delivering energy systems that protect climate and health	Launch of the Health Systems Global (HSG) Thematic Working Group (TWG) on climate resilient and sustainable health systems (2021-25)	Transport systems that protect health and climate	Climate Smart Health Care: Delivering sustainable and climate resilient health systems			Médecins du Monde Spain's carbon footprint reduction strategy 2016-2021. A good practice from a Health NGO	For tackling climate, environmental, nutrition and health challenges, we shall all meet at the table	Building adolescents' resilience to climate change	Nursing leadership at the intersection of climate & health: Influencing policy & systems change	Climate change and health — "From evidence to action"	
12:15-13:00		Break	Break	Break	Break			Break	Break	Break	Break	Break	
13:00-14:00		Achieving the Paris Agreement and preventing the next pandemic: the case for transformative, climate resilient and healthy food systems	Colliding Disasters: Adapting to increasing climate and health risks	Climate Migration: Moving from a reactive to a health system strengthening response	The carbon impact of biotech and pharma: A roadmap to 1.5°C			Blocked for WHO high-level events	The healthy climate prescription: Health community advocacy and the COP26 health program	Monitoring air pollution and health benefits within climate change MRV systems	Solar cooking improves health and the environment around the globe while building resilience and mitigating climate change	Air pollution, climate change and health: Connecting the dots on World Pneumonia Day	
14:15-15:15		Global food 2050: How can we deliver the climate resilient, sustainable and healthy diets of the future?	Building climate resilient health systems through community-based health interventions in Africa	Strengthening health through risk management and adaptation	Politics as a determinant of health: Success stories from the campaign trail			Blocked for WHO high-level events	Advancing global research on climate change and health: Lessons learnt and ways forward	Opportunities to achieve multiple benefits for climate change, air pollution and sustainable development in Africa	Act now! Policies and tools for health-centric climate action	Voices from the Caribbean SIDS	
15:30-16:30		Getting to net zero healthcare for all: Standardized metrics, mitigation, access and quality	Climate Change and One Health — "An often-neglected component"	Climate Classroom: Climate change negotiations and health	Climate change and health under SDGS focus			Financing climate resilient, low carbon health systems (COP26 Health Program)	Addressing climate adaptation through strengthening health and protection systems	The untapped potential of national public health institutes as key climate actors	Active mobility for healthy and safe cities: the case for electric 2 & 3-wheelers	Climate resilient food systems for all beyond 2030	
16:30-17:00		Break	Break	Break	Break			Break	Break	Break	Break	Break	
17:00-18:00		Achieving healthy diets from sustainable blue food systems in small island developing states	The impact of air pollution in the face of climate change, and the role of companies in contributing to better air	Advancing climate and health goals through clean cooking targets in the NDCs	The triple win scenario: Catalyzing action for clean air, health and climate	Our territory. Our health: Indigenous peoples' rights and cultures at the center of health systems in the Amazon		Infectious diseases on the move: Early warning systems to adapt to climate change	The case for mitigating black carbon — climate and health co-benefits	The future of healthcare if we do nothing: Why we must adapt now so we are resilient to the effects of climate change	Climate change crisis and one health: A dialogue from experts, UN organizations and OIE		
18:15-19:15		Health in NDCs: building a future for people and planet	COVID-19 and Climate-Smart Health Care	Climate change, health and migration: Transforming tomorrow — a call to action	Heat, overlooked populations, and maternal and newborn health	#ClimateMedicine: Why we need climate doctors		Climate services for health adaptation	UN high-level event: The health argument of climate action	How we can make cities both healthier and carbon-neutral: Urban and transport planning pathways to carbon-neutral, livable and healthy cities	Climate justice and a burgeoning mental health crisis		

*The Health Pavilion will be located in the Blue Zone, Hall 5.





WHO Pavilion at COP 26- Day 2

Achieving the Paris Agreement and preventing the next
Pandemic: The case for transformative, climate resilient
and healthy food systems





COP24 SPECIAL REPORT

HEALTH & CLIMATE CHANGE



The report includes the following recommendations:

1

Identify and promote actions to reduce both carbon emissions and air pollution, with specific commitments to reduce emissions of short-lived climate pollutants in Nationally Determined Contributions (NDCs) to the Paris Agreement.

2

Include the health implications of mitigation and adaptation measures in the design of economic and fiscal policies, including carbon pricing and the reform of fossil fuel subsidies.

3

Include the commitments to safeguard health from the UNFCCC and Paris Agreement, in the rulebook for the Paris Agreement; and systematically include health in NDCs, National Adaptation Plans and National Communications to the UNFCCC.

4

Remove existing barriers to investment in health adaptation to climate change, especially for climate-resilient health systems and “climate-smart” health care facilities.

5

Facilitate and promote the engagement of the health community as trusted, connected and committed advocates for climate action.

6

Mobilize city Mayors and other subnational leaders, as champions of intersectoral action to cut carbon emissions, increase resilience, and promote health.

7

Systematically track progress in health resulting from climate change mitigation and adaption, and report to the UN Framework Convention on Climate Change, global health governance processes and the monitoring system for the SDGs.

5. MOBILIZING THE HEALTH COMMUNITY FOR CLIMATE ACTION



5

Facilitate and promote the engagement of the health community as trusted, connected and committed advocates for climate action.



COP26 SPECIAL REPORT ON
CLIMATE CHANGE AND HEALTH

THE HEALTH ARGUMENT FOR CLIMATE ACTION



10

**Listen to the health community and
prescribe urgent climate action.**

Mobilise and support the health community on
climate action.

**聆聽來自健康照護
部門的聲音，提出
緊急氣候行動的處
方**

2023 COP28 聯合、行動、傳遞



佛教大林慈濟醫院
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將健康議題納入大會主題日

- UNFCCC COP28 氣候變遷高峰會第一次將健康列為大會的主題日之一
- 世界衛生組織秘書長譚德塞於健康日開幕式致詞，強調氣候變遷影響到關乎每一個人切身的健康。

The Development of HPH in Taiwan

HPH Accreditation

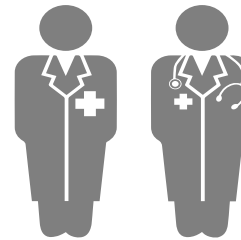


- ❑ Management Policy
- ❑ Patient Assessment
- ❑ Patient Information & Intervention
- ❑ Healthy Workplace
- ❑ Implementation & Monitor

Healthy Hospital 2.0 (HH 2.0)

- ❑ Management Policy
- ❑ Patient Assessment
- ❑ Patient Information & Intervention
- ❑ Healthy Workplace
- ❑ Implementation & Monitor
- ❑ Age-friendly Hospital
- ❑ Patient-centered Care
- ❑ **Climate Action**

2017-2020



2006-2016

Healthy Hospital

2021-

- ❑ Management Policy
- ❑ Patient Assessment
- ❑ Patient Information & Intervention
- ❑ Healthy Workplace
- ❑ Implementation & Monitor
- ❑ Age-friendly Hospital
- ❑ **Energy saving & Carbon Mitigation**

Go!

Global Green and Healthy Hospital

Ten Goals

Leadership

Chemicals

Waste

Energy

Water

Transportation

Food

Buildings

Pharmaceuticals

Purchasing



Global Green and Healthy Hospitals | Agenda Goals



Leadership

Prioritize environmental health as a strategic imperative



Chemicals

Substitute harmful chemicals with safer alternatives



Waste

Reduce, treat and safely dispose of healthcare waste



Energy

Implement energy efficiency and clean, renewable energy generation.



Water

Reduce hospital water consumption and supply potable water



Transportation

Improve transportation strategies for patients and staff



Food

Purchase and serve sustainably grown, healthy food



Pharmaceuticals

Prescribe appropriately, safely manage and properly dispose of pharmaceuticals



Buildings

Support green and healthy hospital design and construction

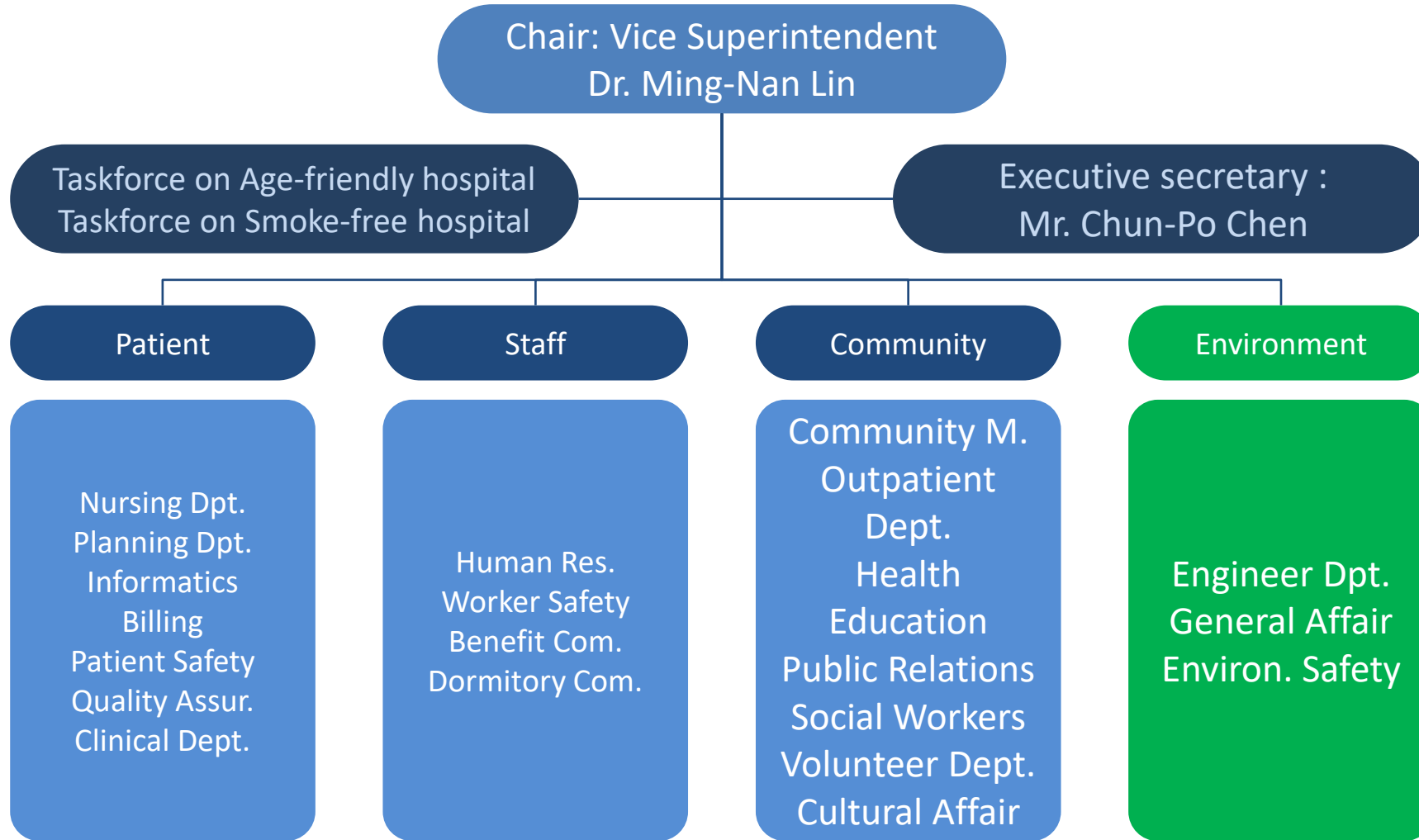


Purchasing

Buy safer and more sustainable products and materials



Committee for Health Promoting Hospital



綠色建築

綠色建築設計：室內植物牆，空中花園(三、五、六樓)，走廊佈置盆栽、美化環境並降低日光直射，節省能源



二樓綠色牆

五樓空中花園



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節能減碳行動-照明

照明設備自主管理與改善

1、建築設計自然通風採光



節能減碳行動-照明

- 2、太陽能路燈
- 3、節電燈具、磨砂燈泡
- 4、廁所燈光感應啟動
- 5、全面改用LED燈具



醫院減碳計畫-電力系統方面

- 建置**建築物能源管理系統(iBEMS)**

每月製作『**用電分析報表**』檢視電力、空調、照明等電費及用電量，年底依『**能源管理系統與情境模擬工具**』進行年度檢討及分析，訂定改善方向。

- **107年更新中央監控系統**，控管水、電、及空調使用

- **108年空調主機加裝變頻系統**

- **109-110年計畫-購買磁浮離心式冰水主機**





Hippocrates Data Center

Discussion Forum

Resources

Case Studies

Webinar Recordings



Welcome to



Hippocrates Data Center



Discussion Forum



Resources



Chemicals

GGHH guidance document series

Provides guidance for hospitals and others working on the GGHH safer chemicals goal



Case Studies



Webinar Recordings





Search...



Ming-Nan ...



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Resources

Case Studies

Webinar Recordings

Visualforce Page component container

DALIN TZU CHI HOSPITAL

Data Forms

Graphs and Reports

Archive

Institution Profile

Institution Team

Help Center

My Institutions

Dalin Tzu Chi Hospital



Data Forms



Graphs and Reports



Archive / Submitted Forms



Institution Profile



Institution Team



Help Center



Archive

Carbon Footprint

Climate Impact Checkup Tool

Form Name	Date Submitted/Edited	Editor	View Submission	View Reports	PDF	CSV
Climate Impact Checkup Tool 2021	2022-03-20	Ning-Huei Sie	View Submission	View Reports	PDF	CSV
Climate Impact Checkup Tool 2021 - Test Submission	2023-04-11	JUI-E CHUNG	View Submission	View Reports	PDF	CSV
Climate Impact Checkup Tool 2022	2023-12-13	Ning-Huei Sie	View Submission	View Reports	PDF	CSV

Climate Impact Checkup Tool Workshop & Race to Zero Summit

April 11-13, 2023



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Buddhist Dalin Tzu Chi Hospital

佛教慈濟醫療財團法人
大林慈濟醫院

2022 年
溫室氣體盤查報告書

2022 年 通過 ISO-50001 能源管理認證
2023 年 通過 ISO-14064-1 碳盤查認證

版 次	1.0
盤查期間	2022.01.01~2022.12.31
制 訂	陳鈞博
修訂日期	2023 年 08 月 09 日
核 准	林名男
核准日期	2023 年 10 月 20 日

2022 世界醫院聯盟卓越綠色醫院銅獎



2022年SNQ國家生技醫療品質獎銅獎-綠色醫院



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Buddhist Dalin Tzu Chi Hospital

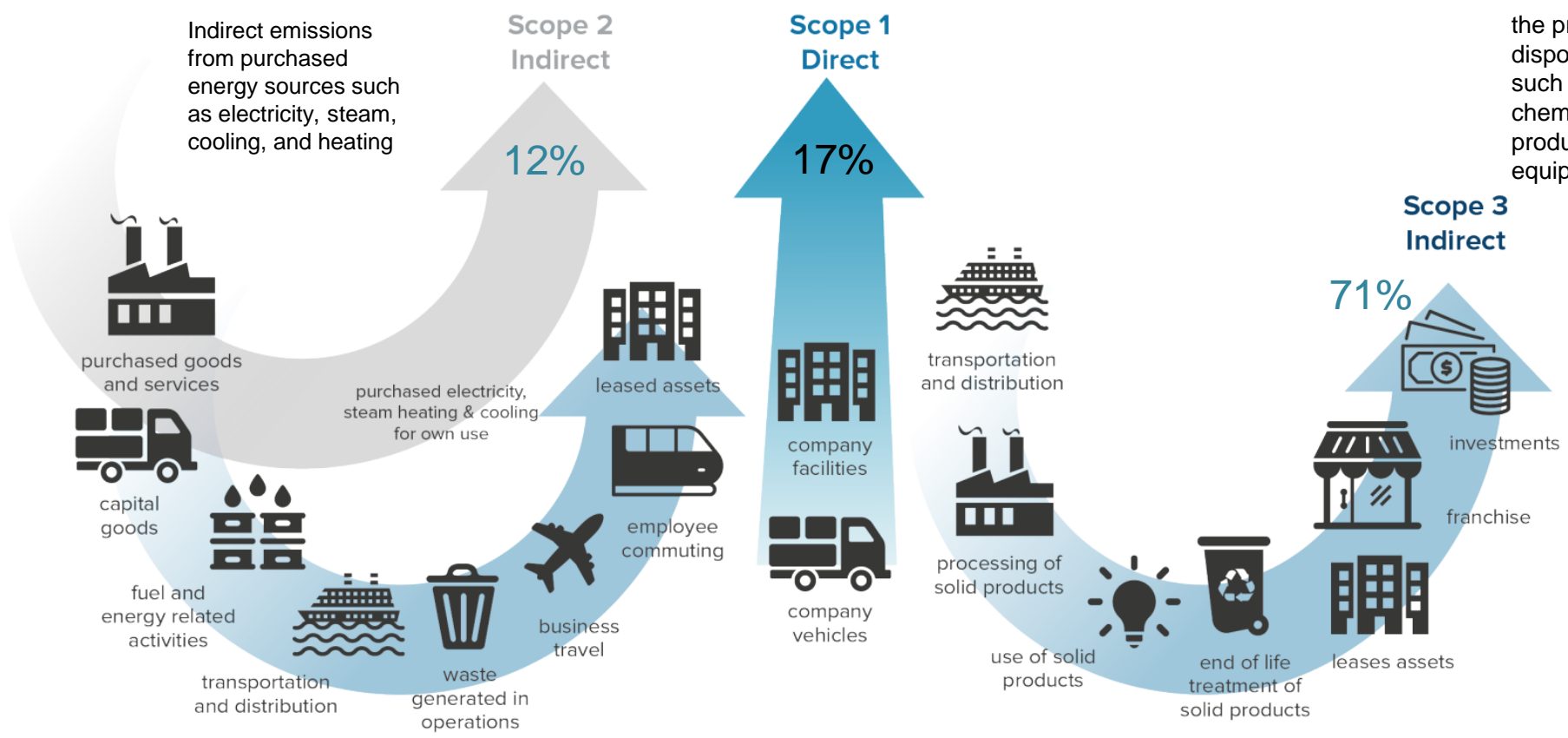


佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

2022 世界醫院聯盟綠色醫院卓越獎入圍者

Ashikaga-Nikken Excellence Award for Green Hospitals

- **Abdullah bin Omran Hospital for obstetric and gynecology**, United Arab Emirates, *Promoting Sustainability & Green Hospital at ABOH*
- **Aga Khan Health Service**, Pakistan, *Pakistan's commitment to achieve Net Zero by 2030*
- **Apollo Proton Cancer Centre**, India, *Apollo Proton Cancer Centre - Nature's Footprint*
- **Buddhist Dalin Tzu Chi Hospital**, Taiwan, *Race to Zero by 2050, Climate Action of the Hospital- from Patients, People to Planet*
- **Centro Hospitalar Entre Douro e Vouga**, Portugal, *Waste reduction in cataract surgery, a simple change with great impact?*
- **Cleveland Clinic Abu Dhabi**, United Arab Emirates, *Cleveland Clinic Sustainability Program (Green by Construction and Green by Operation)*
- **Geneva University Hospital - (HUG)**, Switzerland, *Shaping the sustainable hospital of tomorrow: elaborating a sustainability strategy with the hospital's stakeholders*
- **Japanese Red Cross Matsuyama Hospital**, Japan, *Achievement of comfortable medical treatment environment, disaster-resistant, environmentally friendly green hospital*
- **Newcastle upon Tyne Hospitals NHS Foundation Trust**, United Kingdom, *Towards a Net Zero Carbon Supply Chain*
- **NMC Royal Hospital, Khalifa City, Abu Dhabi**, United Arab Emirates, *Achieving energy savings by implementing energy efficiency measures to make green hospital*



the production, transport, and disposal of goods and services, such as pharmaceuticals and other chemicals, food and agricultural products, medical devices, hospital equipment, and instruments

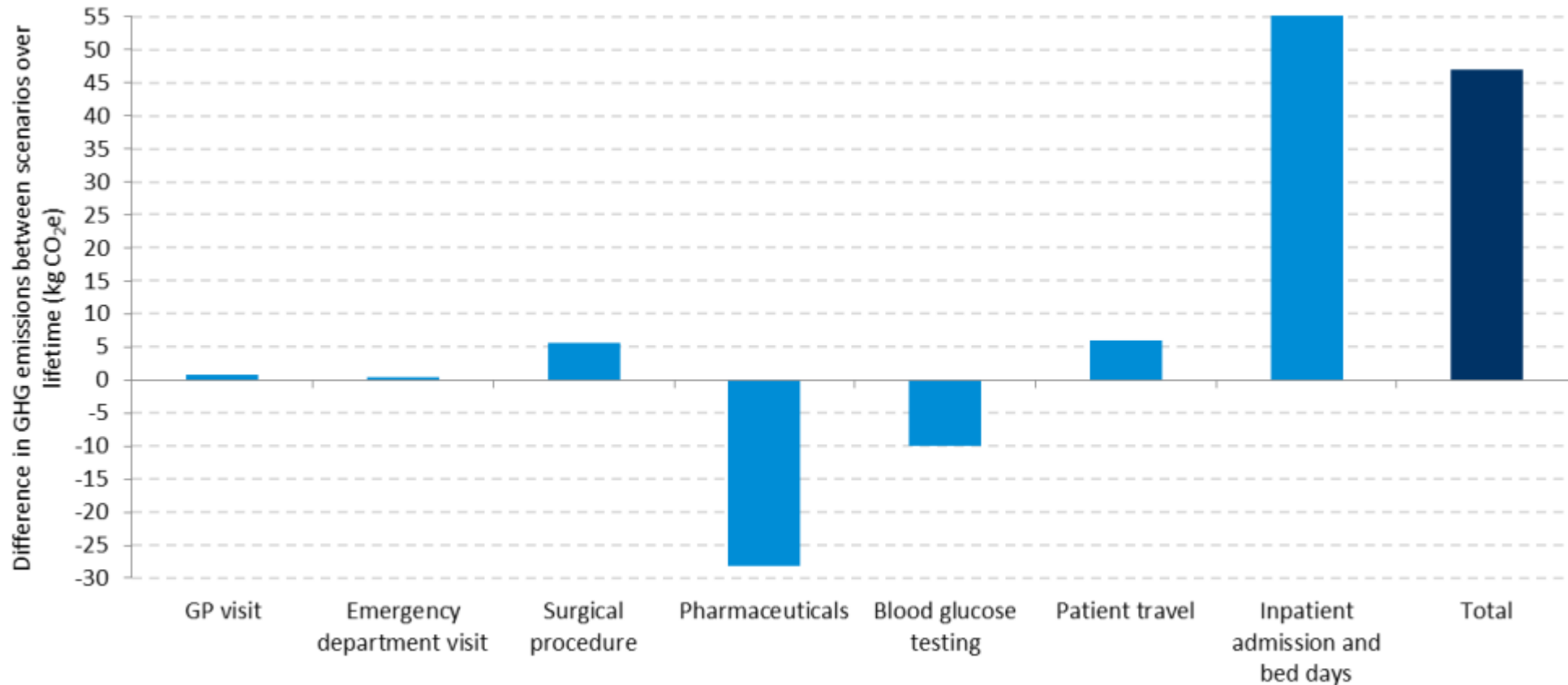


Health care's climate footprint: How the health sector contributes to the global climate crisis and opportunities for action. Healthcare Without Harm 2021, https://noharm-global.org/sites/default/files/documents-files/5961/HealthCaresClimateFootprint_092319.pdf



Health Care Pathways

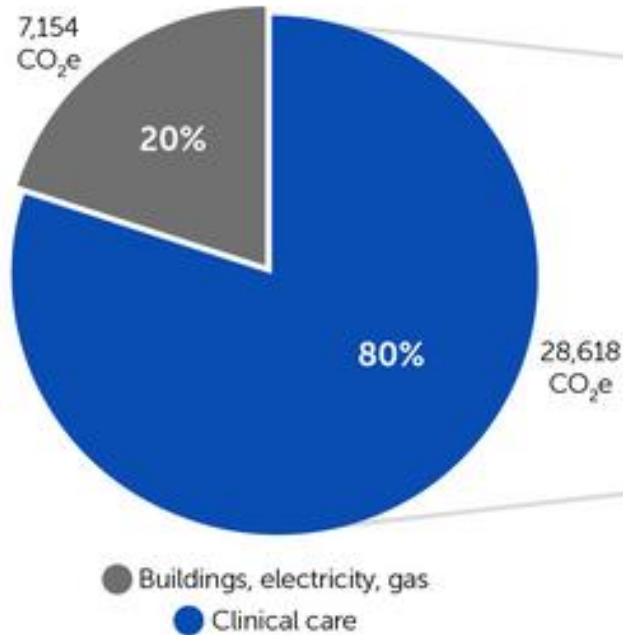
Increase in GHG emissions from poor type 2 diabetes management over lifetime



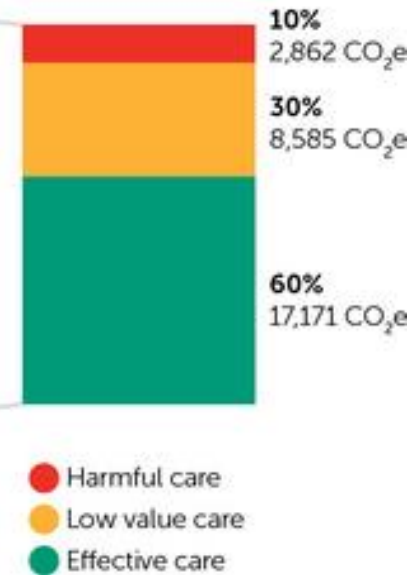
<https://shcoalition.org/wp-content/uploads/2021/02/Type-2-Diabetes-Care-Pathway.pdf>

40% of Carbon Emissions Are Attributable to Harmful and Low Value Care!

Carbon footprint of health care
35,772 kilotonnes CO₂e emissions



Carbon footprint of clinical care
28,618 kilotonnes CO₂e emissions



Choosing Wisely[®]

An initiative of the ABIM Foundation

Barratt, A.L., Bell, K.J., Charlesworth, K. and McGain, F. (2022), High value health care is low carbon health care. *Med J Aust*, 216: 67-68
<https://doi.org/10.5694/mja2.51331>

Estimate CO₂e in Medical Practice

- An average hospitalization day in a general ward: around 45kg CO₂e.
- An average hospitalization day in intensive care unit (ICU): 138kg CO₂e in one day.
- Anesthetics (nitrous oxide and fluorinated gases sevoflurane, isoflurane, and desflurane): 130 kgCO₂e/kg (sevoflurane) and 2,540 kgCO₂e/kg (desflurane)
- Cataract surgery: 7.5–37.3kg CO₂.
- Hysterectomy procedure: between 293-814kg CO₂e.
- Hemodialysis: 22kg CO₂e per appointment or 1.84-7.20 tons CO₂e per patient per year.
- Teleconsultations replacing physical outpatient visits: reduction of up to 262kg CO₂e per visit.
- The propellants utilized in metered-dose inhalers (MDI) to treat asthma and COPD are 1,500 to 3,000 times CO₂e in terms of global warming potential.

Alshqaqeeq et al., 2020; Rizan et al., 2020, Prasad et al. 2022, Somner et al., 2009, Thiel et al., 2015, Connor et al., 2010; Connor et al., 2011, Holmner et al., 2014, Wilkinsin A et al., 2021

Detailed Classification of Waste



佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

Recycle-friendly Environment



Buddhist Dalin Tzu Chi Hospital

Recycle bins in the whole hospital campus



Eco-friendly designed Environment



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Buddhist Dalin Tzu Chi Hospital

Health Stairway

Environmental awareness information and ecological photos around the hospital campus

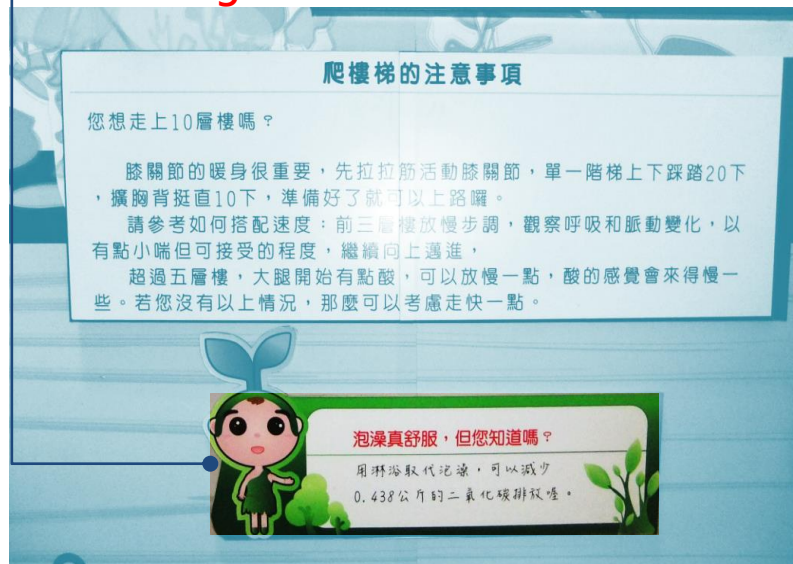
Do you know?

Cut down watching TV for one hour
0.966 kg CO₂

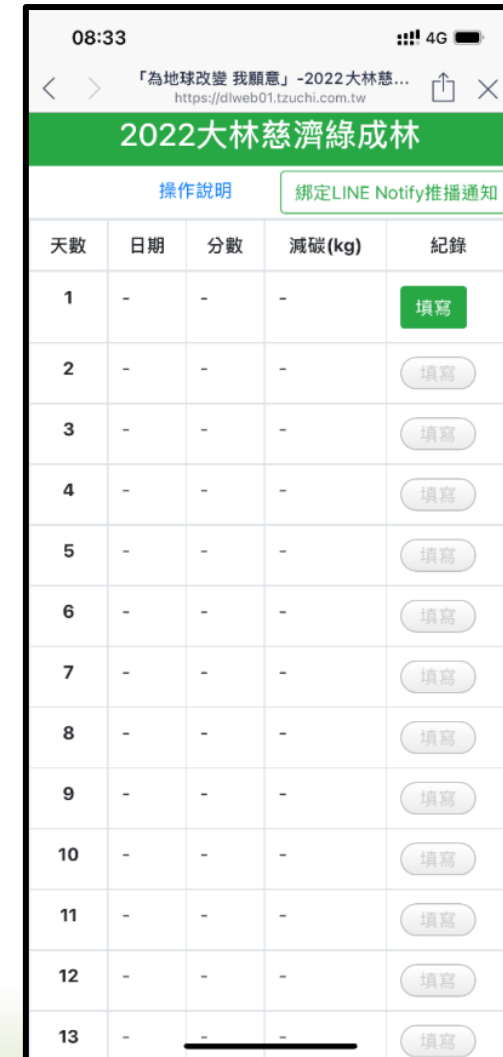
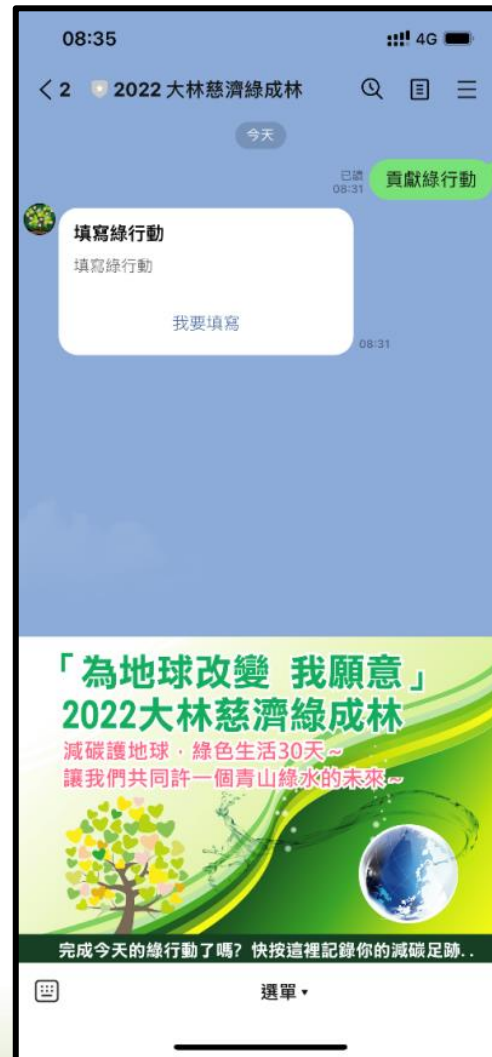


Do you know?

Shower replace tub bath reduces
0.438 kg CO₂



“Dalin GO Green” LINE Bot App



送地球與自己一輩子的禮物

1 減碳 我可以

- 1 隨手關電腦、關燈(診區、辦公室)
100人，隨手關機21天，可以減少
9700公斤碳排
- 2 爬樓梯替代搭電梯：節能又健身
上下一層樓=開車1公里，等於碳排
0.218公斤
- 3 健康蔬食
1餐蔬食，減碳0.78kg，
累積13餐素，就等同讓
一隻雞或鴨或鵝有機會
活下去



送地球與自己一輩子的禮物

2 餐具、環保杯 購物袋 放包包



- 1 自備購物袋或重覆使用塑膠袋，每
少1000個，可以減碳0.46公斤
- 2 分類回收，包含紙、紙杯、杯蓋等
正確分類回收
每回收100公斤資源，可以減碳24公斤
每少1000個餐盒，可以減碳20公斤
每少1000雙免洗筷，可以減碳100公斤
每少1000個飲料杯，可以減碳11公斤

送地球與自己一輩子的禮物

3 惜水如金



台灣每人可分得的水量約
是全球平均的1/6，是相對
缺水的國家

- 1 一筷省水-讓水龍頭水流如一根筷子
- 2 每1kg牛肉使用水量15000公升，每
1kg豬肉使用水量6000公升
- 3 多選用在地、當季、原態食物、及
蔬食，減少食物碳排放，並節省大
量水資源。

Reduce Carbon Footprint in Daily Life

08:36 4G

「為地球改變 我願意」-2022大林慈...
https://dlweb01.tzuchi.com.tw

2022大林慈濟綠成林

操作說明

(一)貢獻綠行動

每達成一項得2分

- 今天無塑
— 塑膠袋不易分解，漂流至河川、海洋嚴重危害環境與生物。2009-2019年，國內塑膠袋、塑膠免洗餐具銷售總計增加37%。
- 隨手關電腦、關燈(診區、辦公室，以及拔掉待機家電插頭)
— 100人，隨手關機21天，可以減少9700公斤碳排放。
- 無電梯日
— 上下一層樓=開車1公里，等於碳排0.218公斤。100人，3層樓，每天2趟，可減少130分斤碳排。
- 參加健康蔬食日:
 1餐 2餐 3餐
— 1餐蔬食，減碳0.78kg，15餐蔬食，等同種1棵樹。蔬食，可以增加省水量哦！荷蘭教授胡克斯特拉首創，每1kg牛肉使用水量15000公升，每1kg豬肉使用水量6000公升，累積13餐素，就等同讓一隻雞或鴨或鵝有機會活下去。

08:36 4G

「為地球改變 我願意」-2022大林慈...
https://dlweb01.tzuchi.com.tw

— 1餐蔬食，減碳0.78kg，15餐蔬食，等同種1棵樹。蔬食，可以增加省水量哦！荷蘭教授胡克斯特拉首創，每1kg牛肉使用水量15000公升，每1kg豬肉使用水量6000公升，累積13餐素，就等同讓一隻雞或鴨或鵝有機會活下去。

- 我有做分類回收，包含紙、紙杯、杯蓋等正確分類回收
— 每回收100公斤資源，可以減碳24公斤。
- 珍惜用水-水龍頭一簇省水(讓水流如一根筷子而已)
— 惜水如金，台灣人每人可分得的水量約是全球平均的1/6，是相對缺水的國家；滿足一個人每日所需食物生產過程耗費的水約3000公升。多選用在地、當季、原態食物，及蔬食，減少食物碳排放，並節省大量水資源。
- 不使用對環境不友善的物品，例如：溼紙巾、進口食品、瓶裝水(飲料)、過度包裝的食品、罐頭食品、有毒清潔劑等
- 我重覆使用紙張、儘量雙面影印，並減少不必要的列/影印
- 今天我用雙腳多走了一些路，並向路過的大樹說了謝謝
— 開車1公里等於碳排0.218公斤。

08:37 4G

「為地球改變 我願意」-2022大林慈...

(二)減碳我可以-加分項

每達成一項得1分

※每日用餐

- 無外食或自備餐具。
減少使用餐盒數目:
上限為3個
減少使用免洗筷數目:
上限為3雙
— 每少1000個餐盒，可以減碳20公斤。每少1000雙免洗筷，可以減碳100公斤
- 今天喝飲料、購物(上限為三個)
- 不喝飲料或自備環保杯、環保吸管。
減少使用塑膠杯數目:
上限為3個
減少使用塑膠吸管數目:
上限為3根
— 每少1000個塑膠杯，可以減碳3.2公斤。每少1000個塑膠吸管，可以減碳5.3公斤

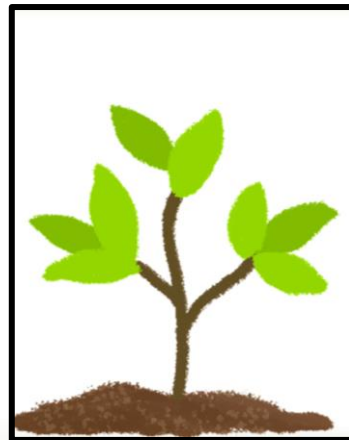
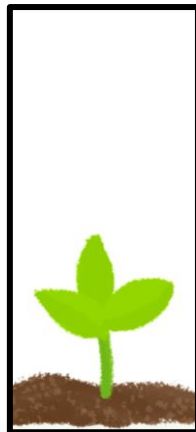
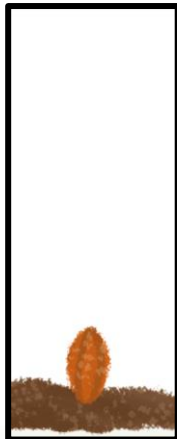
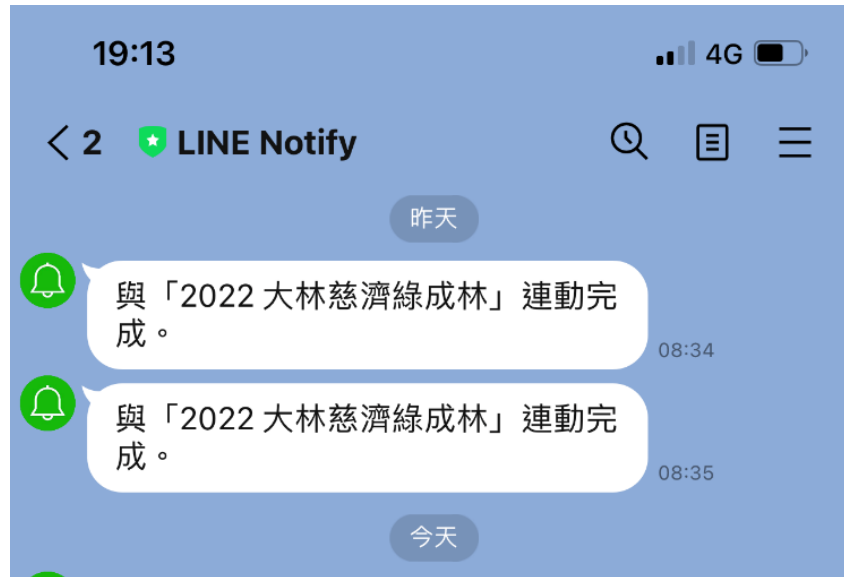
08:37 4G

「為地球改變 我願意」-2022大林慈...

- 自備環保杯，減少使用紙杯。
減少使用紙杯數目(上限為三個):
上限為3個
— 每少1000個，可以減碳11公斤
- 自備購物袋或重覆使用塑膠袋。
減少使用塑膠袋數目:
上限為3個
— 每少1000個，可以減碳0.46公斤
- 爬樓梯替代搭電梯。
爬樓梯樓層數(累計):
上限為30層/日
— 上下一層樓=開車1公里，等於碳排0.218公斤。100人，3層樓，每天2趟，可減少130分斤碳排
- 步行替代機車/汽車。
步行公里數(累計):
上限為15公里/日
— 開車1公里等於碳排0.218公斤。

確定送出

Feedback and Gamification





佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

2022大林慈濟綠成林

[操作說明](#)

林名男 您好



第12天，累積分數:252分
共減少碳排放44.217公斤

天數	日期	分數	減碳(kg)	紀錄
<	>	↻	↑	⋮

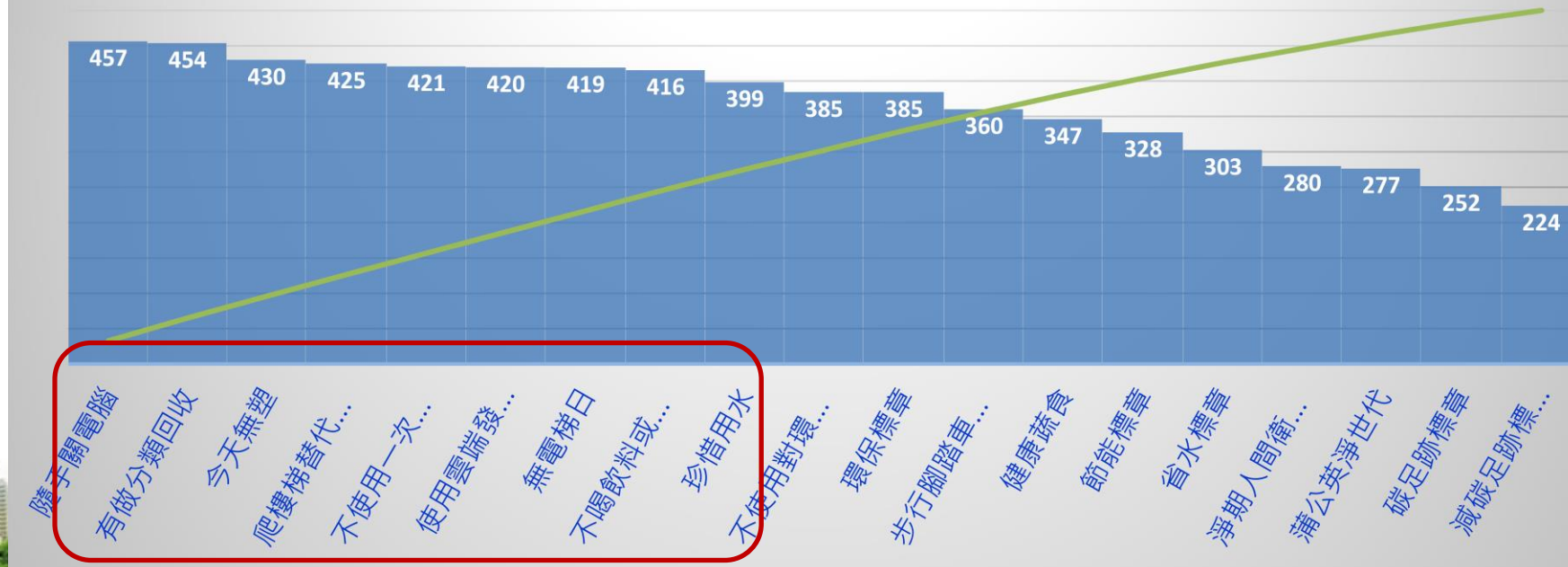


2023 大林慈濟綠成林

- 總報名人數**477**人，達標**429**人
- **八成以上**參加同仁於活動期間做到隨手關燈、分類回收、不使用一次性餐具、無塑、走樓梯替代電梯，及珍惜用水

N : 477

2023年5-7月貢獻各項綠行動人數



2021-2023 大林慈濟綠成林

➤ 參加同仁職類

年度	醫技	護理	醫師	行政	小計(全院比)
110	38(18%)	77(35%)	8(4%)	94(43%)	217(9%)
111	91(29%)	87(28%)	7(2%)	127(41%)	312(15%)
112	138(29%)	180(38%)	10(2%)	149(31%)	477(24%)

➤ 活動成果

110年：21天共減碳10,913公斤

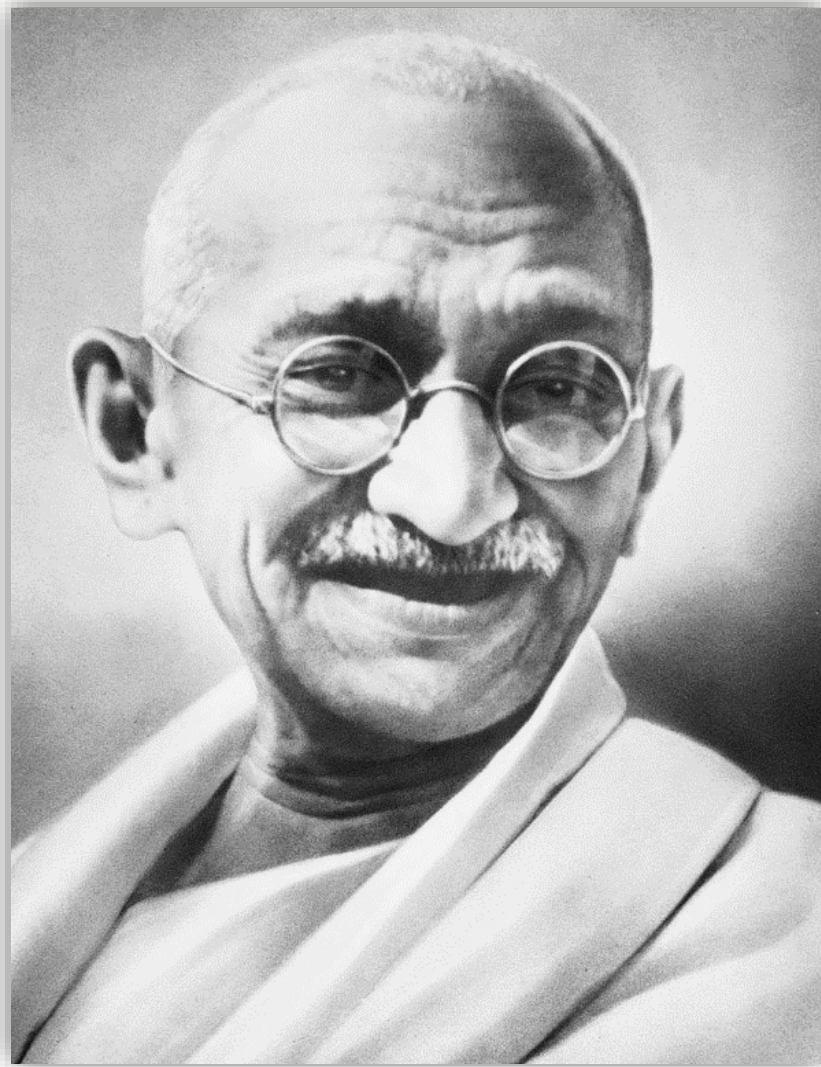
111年：30天共減碳29,874公斤

年度	參加人數	達標人數/率	減 碳	成 果
110	217	127(59%)	10,913公斤	約900棵樹年吸收二氧化碳的量
111	312	233(75%)	29,874公斤	約2,464棵樹年吸收二氧化碳的量
112	477	429(89%)	八成以上參加同仁做到隨手關燈、分類回收、不使用一次性餐具、無塑、走樓梯替代電梯及珍惜用水	

**If you want to walk fast, walk alone.
If you want to walk far, walk together.**

- African proverb -



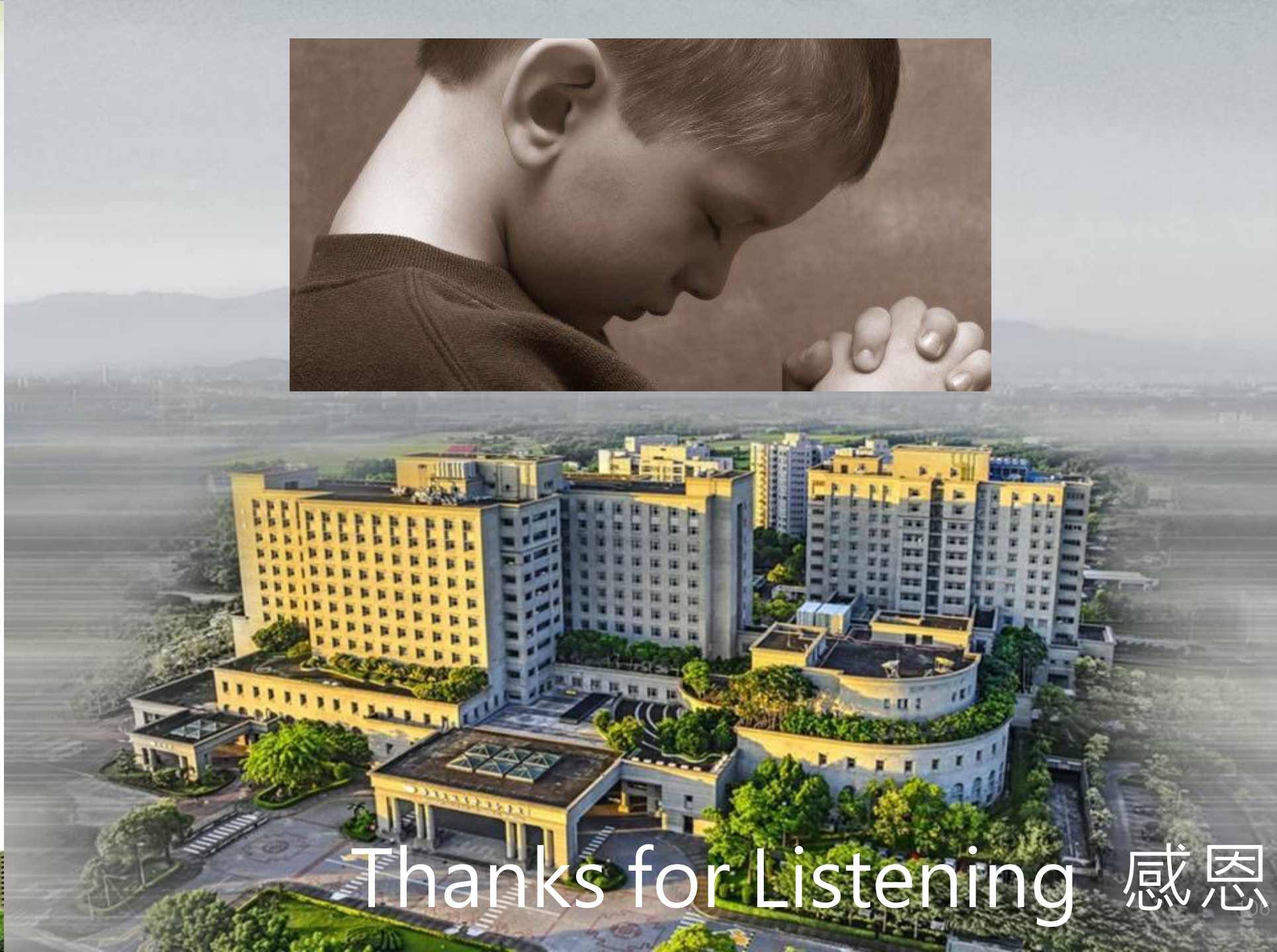


Be the Change

You Want to
See in the World

Make it a way of daily life





Thanks for Listening 感恩