
建設和平，從小處做起

Building peace, one act at a time

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國際扶輪新聞- 2009 年 9 月 14 日

Rotary International News -- 14 September 2009

3520 地區 2009-2010 年度文化大使獎學生楊佩穎 Joanne (Yang Pei-ying)譯



Gregorio Hernandez (左)和 Lisa Monette (右)在泰國植樹表達和平。

圖片提供 Lisa Monette

Gregorio Hernandez (left) and Lisa Monette (right) plant trees in Thailand as an act of peace. *Photo courtesy Lisa Monette*

Lisa Monette 知道自己想要以某個有長遠影響的事做為學術計畫的內容。

Lisa Monette knew she wanted to do something for her class project that would have a lasting impact.

Monette，是一位 Chulalongkorn 大學的[扶輪世界和平獎學生](#)，與其他三位有類似想法的和平獎學生聯手合作。他們共同想出了百萬和平方動，他們於 8 月 27 日公布於網路上，以鼓勵 100 萬人實行每人一個和平方動的活動。

Monette, a [Rotary World Peace Fellow](#) at Chulalongkorn University, joined forces with three other peace fellows who were thinking along similar lines. Together, they dreamed up A Million Acts of Peace, an effort they launched online 27 August to encourage one million people to carry out one act of peace each.

“這個想法的萌發，是人們可以做一些看似意義不大的事情，”Monette 說。“但是，如果你能使 100 萬人都做點小事情，你將可以有廣大的影響。”

"The idea sort of grew out of the thought that people can do little things that may not mean that much," Monette says. "But if you have a million people doing little things, you can have a big impact."

Monette 的合作夥伴包括 Gregorio Hernandez Jr.，一位在菲律賓軍隊的少校; Raseema Alam，一位來自加拿大倡導建設和平的訓練師及顧問; Virender Singh Malik，是一位來自印度的退役上校。所有人都已經完成了為期 3 個月的計畫。除了 [網站](#)，這些獎學生還在 Facebook 建置了網頁，並且透過 Twitter 大力推廣他們的活動。

Monette's collaborators include Gregorio Hernandez Jr., a major in the Philippine army; Raseema Alam, a peace-building trainer and consultant from Canada; and Virender Singh Malik, a retired colonel from India. All have now completed the three-month program. In addition to the [Web site](#), the peace fellows created a page on Facebook and are heavily promoting their effort through Twitter.

他們的網站上將和平的行動定義為“任何能使你更進一步認識另外一個人、地點或文化的事。”這也包括去幫助弱勢團體、流浪者、或有需要的。到目前為止，根據 Monette 的說法，就人們寄給他們的電子郵件或透過 Facebook 與他們聯繫的數量估算，這個組織已達成約 150 個促進和平的行動。

Their Web site defines an act of peace as "anything you do to further your understanding of another person, place or culture." It can also include efforts that help the vulnerable, outcast, or needy. So far, Monette says the group has tallied about 150 acts of peace, counted as people e-mail them or contact them via Facebook.

“溝通確實是預防衝突的關鍵。而對話是解決衝突的關鍵，”她補充說。“如果我們能夠讓人們溝通及與他人一起合作，便達成了我們的目標。”

"Communication really is the key to preventing conflict. And dialogue is the key to solving conflict," she adds. "If we can get people talking and working together with others, we have achieved our goal."

Monette 得到加拿大安大略省渥太華扶輪社所提供的扶輪世界和平獎學金。她暫離自己的工作，並成為加拿大外交事務部和國際貿易部的發言人，專門研究亞洲及恐怖主義的相關問題和全世界的安全相關的議題。

Monette was sponsored for the Rotary World Peace Fellowships program by the Rotary Club of Ottawa, Ontario, Canada. She took a short leave from her job as a spokesperson for the Canadian Department of Foreign Affairs and International Trade, specializing in issues related to Asia and terrorism and security worldwide.

她說，她的祖父是扶輪社社員，且她的父親，阿姨還有叔叔均參加過扶輪青少年交換計畫。作為一位高中生，她參加了由渥太華扶輪社所贊助為期一周的計畫，帶學生至加拿大首都並教導他們公民權以及發展他們的領導能力。

She says her grandfather was a Rotarian, and her father, aunts, and uncles participated in the [Rotary Youth Exchange](#) program. As a high school student, she took part in a [one-week program](#) sponsored by the Rotary Club of Ottawa that brings students to the Canadian capital to teach them about citizenship and develop their leadership skills.

念過卡爾頓大學傳播政治學系的 Monette 說：「我愛上了渥太華」

"I fell in love with Ottawa," says Monette, who attended Carleton University to earn a degree in communications and political science.

她說，她和她的合作夥伴希望能在今年年底能夠達到他們的目標。但她承認，如果他們離目標有些微落後，她並不會因此感到非常失望：“讓如此多人去思索和平這件事，對我們來說是最重要的事情。”

She says she and her collaborators hope to hit their mark by the end of the year. But she admits she won't be terribly disappointed if they fall a bit short of their target: "To get so many people thinking about peace to us is the most important thing."

他們正在將這個訊息傳達給扶輪社和地區，以盡可能得到更多的幫助。

They are taking their message to Rotary clubs and districts to solicit as much help as possible.

“我們真的認為這對扶輪社來說是很好的連結，”她說。“這與扶輪社的價值觀相同。扶輪社的一切都致力於和平。”

"We really think this has a good connection to Rotary," she says. "It fits with Rotary's values. Rotary is all about peace."