

cittaslow
慢城・瑪家



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鄉長的話

敬愛的各位貴賓、台灣慢城聯盟夥伴、國際友人，以及所有關心地方永續發展的朋友們：

歡迎大家蒞臨屏東縣瑪家鄉，共同參與「第七屆台灣慢城聯盟年會暨論壇」。

首先，我謹代表瑪家鄉全體鄉親，向遠道而來的中央及地方政府代表、國內外專家學者、國際慢城夥伴，以及來自各地的慢城家人，表達最誠摯的歡迎與感謝。

慢城，不只是生活的節奏，更是一種尊重自然、珍惜文化、關懷土地與人民的生活哲學。自1999年義大利創立國際慢城運動以來，慢城精神已遍及世界各地，透過文化保存、生態永續、地方創生與居民參與，讓每一座城鎮都能找到屬於自己的價值與特色。台灣慢城聯盟則持續透過年會、論壇及跨域交流，深化各鄉鎮合作，共同推動慢城理念與永續發展。

瑪家鄉是排灣族的重要文化原鄉，也是臺灣慢城聯盟的重要成員之一。我們擁有壯麗的山林景觀、豐富的生態資源、珍貴的石板屋聚落、深厚的排灣族文化，以及世代相傳的工藝、歌謠、祭儀、美食與生活智慧。這些珍貴的文化資產，不只是瑪家的

驕傲，更是臺灣走向世界的重要文化名片。

近年來，瑪家鄉積極推動「以文化為根、以生態為本；以部落為家、以永續為路」的施政理念，將慢城精神融入地方治理，串聯文化保存、特色產業、生態旅遊、環境教育、青年返鄉及部落共好，努力打造兼具幸福感、文化力與國際競爭力的永續山林城鄉。

今年能夠承辦第七屆台灣慢城聯盟年會暨論壇，對瑪家鄉而言，不僅是一份榮耀，更是一份責任。我們期待透過本次論壇，與聯盟各夥伴分享治理經驗，促進國際交流，攜手思考地方創生、淨零永續、文化傳承及觀光發展的新方向，讓更多人看見慢城的價值，也讓世界看見臺灣、看見瑪家。

本次論壇更邀請來自日本、韓國、馬來西亞及美國等國際貴賓，共同分享永續治理與慢城發展經驗。我們相信，跨越國界的交流，不僅能深化彼此合作，更能讓排灣族文化與臺灣慢城精神在國際舞臺綻放更耀眼的光芒。

排灣族祖先教導我們，人與土地、人與自然、人與族人之間，應彼此尊重、彼此分

享、彼此守護。這樣的世界觀，正與國際慢城所倡議的人文關懷、環境永續及地方特色保存理念相互呼應。我們期待以原住民族的智慧，為全球永續發展注入新的力量。

未來，瑪家鄉將持續朝向國際慢城認證目標邁進，深化與台灣慢城聯盟及世界各地慢城夥伴的合作，讓文化成為地方發展的力量，讓永續成為生活的日常，讓慢城成為世代共享的幸福家園。

最後，再次感謝所有嘉賓蒞臨瑪家，願大家在這片充滿文化、自然與人情味的土地上，放慢腳步、用心感受，共同見證慢城精神的實踐，攜手開創臺灣地方永續發展的新篇章。

敬祝

第七屆台灣慢城聯盟年會暨論壇
圓滿成功！

祝福各位嘉賓
身體健康、萬事如意！

瑪家鄉鄉長
羅清仁



Mayor's Statement

Distinguished guests, members of the Cittaslow Taiwan Alliance, international friends, and everyone committed to the sustainable development of local communities:

On behalf of the people of Majia Township, it is my great pleasure to welcome you to Pingtung County for the 7th Cittaslow Taiwan Alliance Annual Meeting and Forum.

First and foremost, I would like to extend my warmest welcome and heartfelt appreciation to our distinguished representatives of the central and local governments, scholars and experts, our international Cittaslow partners, and friends from Cittaslow communities across Taiwan and around the world. Your presence is a tremendous honor for Majia Township.

Cittaslow is more than simply slowing the pace of life — it is a philosophy that embraces respect for nature, appreciation of cultural heritage, and care for both people and place. Since the Cittaslow Movement was born in 1999 in Italy, its vision has inspired communities worldwide to cultivate their unique identities through cultural preservation, environmental sustainability, community participation, and local revitalization. In Taiwan, the Cittaslow Taiwan Alliance continues to strengthen collaboration among its member towns through annual meetings, forums, and cross-regional part-

nerships, while advancing the shared values of sustainable and people-centered development.

Majia Township is one of the cultural heartlands of the Paiwan people and a proud member of the Cittaslow Taiwan Alliance. Blessed with magnificent mountain landscapes, rich biodiversity, historic slate-house settlements, and a vibrant Paiwan cultural heritage, we preserves generations of traditional craftsmanship, songs, ceremonies, cuisine, and indigenous knowledge. These invaluable cultural treasures are not only a source of pride for Majia but also serve as an important cultural bridge connecting Taiwan with the world.

In recent years, Majia Township has embraced the vision of "Rooted in Culture, Guided by Ecology; Building Community, Advancing Sustainability." By integrating Cittaslow principles into local governance, we have worked to connect cultural preservation, distinctive local industries, eco-tourism, environmental education, youth engagement, and community well-being. Through these efforts, we strive to build a sustainable mountain community where quality of life, cultural vitality, and global connection flourish together.

Hosting the 7th Cittaslow Taiwan Alliance Annual Meeting and Forum is not only a great honor but also an important responsibility for Majia Township. Through this forum, we look forward to



sharing governance experiences with our alliance partners, strengthening international partnerships, and exploring new pathways for local revitalization, net-zero sustainability, cultural preservation, and sustainable tourism. Together, we aspire to showcase the value of Cittaslow, while sharing the stories and values of Taiwan and Majia with the world.

This year's forum is honored to welcome distinguished guests from Japan, the Republic of Korea, Malaysia, and the United States, who will share their valuable experiences in sustainable governance and Cittaslow development. We believe that international dialogue not only strengthens cross-border cooperation but also enables the Paiwan culture and the spirit of Taiwan's Cittaslow communities to shine more brightly on the global stage.

Our Paiwan ancestors taught us that the relationships between people and the land, people and nature, and among our community members should be built upon mutual respect, sharing, and stewardship. This worldview deeply resonates with the values embraced by the Cittaslow Movement, including human-centered development, environmental sustainability, and the preservation of local identity. We hope that Indigenous wisdom can contribute fresh perspectives and lasting inspiration to the global pursuit of sustainable development.

Looking ahead, Majia Township will continue advancing toward international Cittaslow certification while deepening collaboration with the Cittaslow Taiwan Alliance and Cittaslow communities around the world. We are committed to making culture a driving force for local development, sustainability an integral part of everyday life, and Cittaslow a shared home of well-being for future generations.

Finally, I would like to once again express my sincere gratitude to all our distinguished guests for joining us in Majia. May you take this opportunity to slow down, immerse yourself in the beauty of our culture, nature, and warm hospitality, and experience the spirit of Cittaslow in practice. Together, let us embark on a new chapter in sustainable local development for Taiwan and beyond.

I wish the 7th Cittaslow Taiwan Alliance Annual Meeting and Forum every success, and extend my warmest wishes for your good health, happiness, and a memorable stay in Majia.

Sincerely,

Mayor of Majia Township

Ching-Jen Lo

2026台灣慢城 in 瑪家

位於屏東縣北部山地的瑪家鄉，依傍壯麗的北大武山，是臺灣原鄉地區中兼具自然景觀與深厚文化底蘊的重要鄉鎮之一。這片土地長年孕育著排灣族文化，亦為臺灣原住民族排灣族重要聚居地之一，族群文化保存完整，部落組織與傳統制度延續至今，具備深厚文化資產與歷史脈絡。

近年來，瑪家鄉積極投入慢城推動工作，自2017年加入台灣慢城聯盟後，持續導入慢城精神於施政與地方發展策略之中，透過推廣生態旅遊、保存傳統文化資產、發展在地慢食與友善農業，以及營造低碳永續生活環境，逐步建構以「宜居山城」為定位之發展願景，並以文化根基與自然資源為核心，推動鄉鎮永續治理，讓旅人不只是「走進山林」，而是「走進文化」，在山的節奏中放慢腳步、用心體會感受一座真正可以讓人「慢下來」的山城部落。

台灣慢城聯盟透過年度年會平台，串聯全台慢城鄉鎮，並邀約國內外專家學者、慢城代表及相關領域實務工作者共同參與，進行慢城治理經驗分享、政策交流與實地參訪體驗以深化會員間合作情誼，同時協助更多鄉鎮朝向國際慢城標準與永續發展目標邁進。而本鄉將承接2026年「第七屆台灣慢城聯盟年會」之重任，期間除展現本鄉在慢城推動、文化保存與永續治理上的實踐成果，亦期透過本次年會平台，讓與會嘉賓實際感受以排灣族傳統文化為核心精神，結合山林生態環境之獨有地方品牌，展現瑪家鄉無可取代的山林慢城魅力。



2026 Cittaslow Forum in Majia

Nestled in the northern mountainous region of Pingtung County and embraced by the majestic Mount Beidawu, Majia Township is one of Taiwan's most distinctive Indigenous communities, renowned for its breathtaking natural landscapes and rich cultural heritage. As one of the principal homelands of the Paiwan people, Majia has preserved its traditional tribal culture, social organization, and customary institutions through generations, making it an invaluable repository of Indigenous history, cultural identity, and living traditions.

In recent years, Majia Township has actively embraced the Cittaslow philosophy. Since joining the Cittaslow Taiwan Alliance in 2017, the township has integrated Cittaslow principles into its governance and local development strategies. Through the promotion of eco-tourism, the preservation of cultural heritage, the development of local slow food and sustainable agriculture, and the creation of a low-carbon living environment, Majia has steadily advanced its vision of becoming a truly livable mountain community. Rooted in its Indigenous culture and exceptional natural resources, the township is committed to sustainable local governance, inviting visitors not only to explore the mountains, but also to immerse themselves in the culture. Here, people are encouraged to slow down, experience the rhythm of the mountains, and discover the authentic spirit of a Cittaslow community.

The Cittaslow Taiwan Alliance hosts its Annual Conference as a platform that connects Cittaslow communities across Taiwan while bringing together scholars, experts, Cittaslow representatives, and practitioners from Taiwan and abroad. Through keynote forums, policy dialogue, experience sharing, and field visits, the conference strengthens collaboration among member communities and supports more towns in advancing toward the standards of Cittaslow International and the broader goals of sustainable development.

In 2026, Majia Township is honored to host the 7th Annual Conference of the Cittaslow Taiwan Alliance. Beyond showcasing the township's achievements in promoting the Cittaslow philosophy, preserving cultural heritage, and advancing sustainable governance, the conference offers participants an opportunity to experience Majia's unique local identity—one deeply rooted in Paiwan culture and enriched by its mountain landscapes and natural environment. We sincerely invite every guest to discover the irreplaceable charm of Majia, a mountain Cittaslow community where culture, nature, and sustainability come together in harmony.

2026台灣慢城年會暨論壇議程

The 7th Cittaslow Taiwan Alliance Annual Meeting and Forum

Day1

8.12 Wed.

報到・慢遊・星空晚宴 Arrival・Tour・Banquet

11:00-12:00

報到
Registration

12:00-14:00

慢食午餐
Slow-food Lunch

14:00-17:00

瑪家慢遊體驗
Slow Tour-Route A

遊程
Route A

原住民族文化園區文化踏查
Cultural Performance & Park Guided Tour

17:00-18:00

下午報到
Afternoon Registration

18:00-21:00

慢城年會歡迎晚宴
Opening Ceremony & Welcome Banquet

21:00

賦歸
Return

Day2

8.13 Thu.

論壇・遊程・收穫祭開幕 Forum・Routes・Festival

08:00-08:20

報到
Registration

08:20-08:30

暖場演出：排灣村青年會
Opening Performance: Paiwan Village YMCA

08:30-09:00

論壇開幕及貴賓致詞
Forum Opening & Remarks

09:00-09:15

馬來西亞九魯副縣締結姊妹鄉儀式
Majia Township Sign MOU With Kiulu, Malaysia

09:15-10:30

鄉鎮分享及經驗交流
Town Sharing & Exchange

議題 / 人工智慧如何協助保護傳統文化與推動永續旅遊
Forum theme: "How AI Can Help Preserve Traditional Culture and Advance Sustainable Tourism."

10:30-10:50

茶點交流
Tea break

10:50-12:30	主題演講暨國際交流分享 Keynotes & International Exchange
12:30-13:00	移動・前往慢遊體驗活動場域 Move to the Slow Tours Area
13:00-14:00	慢食午宴 Slow-food Lunch
14:00-15:30	瑪家慢遊體驗 Slow Tours-Routes B-E
	遊程 B 民族植物手染 (伊甸喜樂園) Indigenous Plant Dyeing Workshop
	遊程 C 月桃編織 (瑪家穀倉) Shell Ginger Weaving Workshop
	遊程 D 食農教育 (銘泉農場) Food and Agriculture Education
	遊程 E 環境教育 (長榮百合國小) Environmental Education
15:30-15:50	移動・前往北葉國小 Moving to Beiye Elementary School
16:00-18:00	瑪家鄉收穫祭開幕典禮 Majia Harvest Festival Opening Ceremony
18:00	賦歸 Return

Day3

8.14 Fri.

會員大會 Annual Meeting

08:30-09:00	報到 Registration
09:00-10:00	台灣慢城聯盟會員大會 Cittaslow Taiwan Alliance Members' Assembly
10:00-10:10	貴賓致詞 VIP Remarks
10:10-11:30	頒獎、交接與紀念禮交換 Awards, Handover & Gift Exchange
11:30	賦歸 Departure Shuttles

Explore Majia: Themed Routes A-E

走進瑪家，從文化、工藝、農食到環境，透過五段深度遊程，探索山林與部落的故事，感受排灣文化的魅力，體驗瑪家的慢旅行。

Step into Majia and experience the spirit of slow travel through five curated journeys. From Indigenous culture and traditional crafts to local food, agriculture, and environmental education, discover the stories of the mountains and communities, and immerse yourself in the enduring charm of Paiwan culture.

遊程A | 文化展演及園區導覽

Routes A | Cultural Performance & Park Guided Tour

原住民族文化 × 園區導覽 × 慢城體驗

本遊程安排參訪台灣原住民族文化園區，透過專業導覽人員帶領，走訪園區重要展區及傳統家屋聚落，深入認識臺灣原住民族文化、歷史發展及生活智慧。藉由文化展演、聚落巡禮及導覽解說，讓與會貴賓體驗原住民族與自然共生的生活哲學，展現瑪家鄉文化觀光及慢城永續發展特色。

Explore the Taiwan Indigenous Peoples Cultural Park on a guided tour through its exhibition halls and traditional villages. Discover the rich heritage, history, and wisdom of Taiwan's Indigenous peoples while experiencing their harmonious relationship with nature and Majia's vision of sustainable, slow tourism.



📍 臺灣原住民族文化園區 Taiwan Indigenous Peoples Cultural Park

遊程B | 民族植物手染

Routes B | Indigenous Plant Dyeing Workshop

民族植物手染 × 永續生活 × 慢城體驗

採集在地健康土壤與植物作為染料，透過敲擊拓染或天然泥染，將葉綠素、花青素的自然紋理印壓於布料。廢水可直接回歸土地，完美實踐慢城的環保減碳與綠色美學。

Experience eco-printing with locally sourced plants and natural earth dyes. Capture the unique patterns and colors of nature on fabric while exploring the sustainable and eco-friendly spirit of Cittaslow.



📍 三和村・伊甸喜樂園
Eden Joy Garden, Sanhe Village



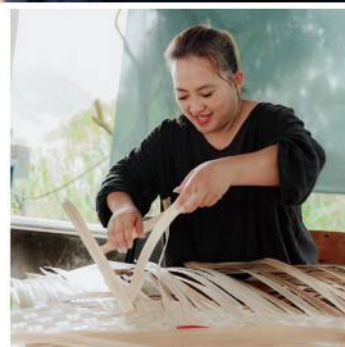
遊程C | 手作月桃編

Routes C | Shell Ginger Weaving Workshop

民族植物 × 月桃編織 × 部落工藝

月桃是排灣族與魯凱族日常生活中常見的植物材料，從葉鞘處理、日曬、撕剝到編織，承載著部落生活器物的智慧。本遊程透過桃布里創藝工坊潘雅莉老師帶領體驗月桃編織，讓與會者理解植物不只是自然資源，也是生活美學與文化記憶的延伸。

Experience traditional shell-ginger weaving, a craft rooted in Paiwan and Rukai daily life. From natural materials to handmade creations, discover how plants carry cultural wisdom, sustainable living practices, and the beauty of Indigenous craftsmanship.



📍 禮納里・瑪家穀倉 Marjane Barn, Rinari

遊程D | 食農教育

Routes D | Food and Agriculture Education

食農教育 × 鳳梨產業 × 慢食文化

農場三代種植鳳梨，堅持不催熟、不使用除草劑，營造草木共生環境。透過採果與手作烘焙，讓貴賓體驗「讓味蕾回歸真實」的慢食 (Cittaslow) 精神。

A three-generation pineapple farm dedicated to natural cultivation, creating a balanced environment where plants and nature thrive together. Through harvesting and hands-on baking, guests will experience the Cittaslow philosophy of sustainable farming and authentic flavors.



📍 佳義村 · 銘泉生態休閒農場 Ming Chuan Ecological Leisure Farm, Jiayi Village

遊程E | 環境教育

Routes E | Environmental Education

環境教育 × 部落文化 × 傳統建物體驗

長榮百合國小為莫拉克風災後與禮納里部落共同成長的重要教育場域，並於轉型民族實驗教育後，持續以排灣、魯凱文化為核心推動文化課程。校園內的石板屋、工寮、穀倉、芋頭窯與獵寮等文化探索空間，不只是建築展示，更是孩子學習部落倫理、土地智慧與生活技藝的活教室。



📍 禮納里・長榮百合國小
Evergreen Lily Elementary School, Rinari

A three-generation pineapple farm dedicated to natural cultivation, creating a balanced environment where plants and nature thrive together. Through harvesting and hands-on baking, guests will experience the Cittaslow philosophy of sustainable farming and authentic flavors.

來場自由的漫程

Embark on a free and leisurely journey

沿著185縣道漫遊，登上笠頂山、白賓山感受山林之美，再走訪有「千年古城」之稱的舊筏灣部落，欣賞石板屋聚落，品味一杯瑪家咖啡。也別錯過皮雕、製陶、月桃編織等工藝體驗，以及酸甜土芒果與杜媽媽的cinavu。在瑪家，也可以簡單玩。

Explore Majia along County Highway 185, hike Mt. Liding and Mt. Baibin, and visit the ancient Old Kaviyangan Settlement with its iconic slate houses. Enjoy Majia coffee, local crafts, native mangoes, and Paiwan cinavu. In Majia, even a simple journey becomes a meaningful experience.

一日行 銘泉休閒生態農場 → 站在高崗上 → 琉璃吊橋 → 嵐雲綠海

半日行 芒有藜想 → 都拉巴拉斯工作坊



主持團隊 Moderation team

8.12 晚宴主持人 Welcome Banquet MC

葉俊男 Chun-Nan Yeh

經歷

2024 三地門鄉收穫祭暨鄉運開幕
2024 瑪家鄉歌謠祭
2025 RRC瑪家拉力賽
2025 全國原住民族運動會嘉年華
2025 高雄市政府原住民族聯合豐年祭



Hosting Experience

2024 Opening Ceremony – Sandimen Township Harvest Festival and Township Games
2024 Majia Township Ballad Festival
2025 RRC Majia Rally
2025 National Indigenous Games Carnival
2025 Kaohsiung City Indigenous Joint Harvest Festival

林志偉 Pasulang

經歷

2023 臺北市原住民族運動會-原力綻放
2024 南島族群婚禮活動開幕記者會
2024 高雄豐潮-高雄市原住民族聯合豐年節
2025 全國原住民族運動會嘉年華
2025 瑪家鄉歌謠季



Hosting Experience

2023 Taipei Indigenous Games – The Power of Indigenous Peoples Unleashed
2024 Opening Press Conference for the Austronesian Wedding Ceremony Festival
2024 Kaohsiung Harvest Festival – Kaohsiung Indigenous Joint Harvest Festival
2025 National Indigenous Games Carnival
2025 Majia Township Ballad Festival

8.13 論壇主持人 Forum Moderator

柯俊傑 Chun-Chieh Ke

簡介

魯凱族，現任屏東縣瑪家鄉民代表。屏東科技大學碩士畢業，曾深耕大學端教育工作，長期致力於原鄉發展與文化推廣。



擁有豐富的大型活動主持經驗，曾擔綱全國排灣族與魯凱族運動會、屏東縣原住民族收穫節、以及斜坡上的藝術節等大型盛事主持。兼具學術涵養與在地實務，現以民意代表身份投入基層，為地方事務與部落發展傾注全力、不遺餘力。

Brief Introduction

A Rukai Indigenous community member, he currently serves as a Township Representative of Majia Township, Pingtung County. He holds a Master's degree from National Pingtung University of Science and Technology and has long been dedicated to Indigenous education, community development, and cultural promotion.

With extensive experience as an emcee for major events, including Indigenous sports events, harvest festivals, and cultural festivals, he combines academic expertise with local practice to promote cultural preservation and sustainable community development.

高冠芬 Kuan-Fen Kao

經歷

2014–2022 瑪家鄉收穫祭暨鄉運 英語主持

2016 屏東縣政府「收穫拿麼多」收穫祭活動 英語主持

2022 全國排魯盃運動會 英語主持



Hosting Experience

2014–2022 Majia Township Harvest Festival and Township Games — English MC

2016 Pingtung County Government “Harvest So Much” Harvest Festival — English MC

2022 National Paiwan & Rukai Cup Indigenous Games — English MC

8.13 論壇主持人 Forum Moderator

葉月嬌 Yueh-Chiao, Stella Yeh



現職

南華大學副校長
自然生物科技學系暨自然療癒碩士班 特聘教授
高教深耕計畫辦公室執行長
大學社會責任實踐計畫辦公室執行長
台灣慢城聯盟總顧問
雲林國際慢食社群-地球市集 執行秘書及總聯繫人

經歷

台灣生物科技暨健康產業協會創會及第二任理事長
東引鄉、池上鄉與竹田鄉 國際慢城推動委員
代表台灣 參加義大利帕瑪舉辦的2023年國際慢城年會

著作

台灣慢城指南 (2025年6月出版)
慢食慢活廚房~跟著蝸牛去旅行 (2022年出版)

Current Positions

- Vice President, Nanhua University
- Distinguished Professor, Department of Natural Biotechnology and Master's Program in Natural Healing, Nanhua University
- Executive Director, Higher Education Sprout Project Office, Nanhua University
- Executive Director, University Social Responsibility (USR) Project Office, Nanhua University
- Chief Advisor, Cittaslow Taiwan Alliance
- Executive Secretary and General Coordinator, Yunlin International Slow Food Community – Earth Market

Work Experience

- Founding President and Second President, Taiwan Biotechnology and Healthcare Industry Association
- International Cittaslow Promotion Committee Member for Dongyin Township, Chishang Township, and Zhutian Township
- Representative of Taiwan at the 2023 Cittaslow International General Assembly, Parma, Italy

Publications

- Taiwan Cittaslow Guide (June 2025)
- Slow Food, Slow Living Kitchen: Traveling with the Snail (2022)

郭玉德 Yu-Te, Tom Kuo



現職

南華大學副國際長
外國語文學系系主任
雙語教學計畫辦公室執行長
佛光山大學校長論壇特聘口譯
台灣慢城聯盟大會口筆翻譯
瑪家鄉國際慢城推動委員會委員

經歷

七屆佛光山大學校長論壇中英文同步口譯
竹田鄉 國際慢城認證申請計畫書英語翻譯
池上鄉 國際慢城認證申請計畫書英語翻譯
東引鄉 國際慢城認證申請計畫書英語翻譯
瑪家鄉 國際慢城認證申請計畫書英語翻譯

Current Positions

- Vice Dean of International Affairs, Nanhua University
- Chair, Department of Foreign Languages, Nanhua University
- Executive Director, Office of Bilingual Education Program
- Specially Appointed Interpreter, Fo Guang Shan University Presidents' Forum
- Conference Interpreter and Translator, Cittaslow Taiwan Alliance
- Member, International Cittaslow Promotion Committee, Majia Township

Professional Experience

- Chinese-English Simultaneous Interpreter, Fo Guang Shan University Presidents' Forum — seven editions
- English Translator, International Cittaslow Certification Application Proposal, Zhutian Township
- English Translator, International Cittaslow Certification Application Proposal, Chishang Township
- English Translator, International Cittaslow Certification Application Proposal, Dongyin Township
- English Translator, International Cittaslow Certification Application Proposal, Majia Township

8.14 年會主持人 Annual Meeting MC

邱巧筑 Eva Chiu

經歷

Alian 96.3廣播電台節目主持人
原住民族電視台 部落抓風味 外景節目主持人
蝦皮購物、Line購物 官方合作銷售直播主
2024 原住民族委員會 原民金曲入圍餐會主持
2024 台中市原住民族文化節主持
2024 全國原住民族地方文化館發展論壇暨晚宴主持



Hosting Experience

Host of Alian 96.3 FM Radio Program
Outdoor Program Host – Tribal Flavors on Taiwan Indigenous Television (TITV)
Official Live Commerce Host for Shopee and LINE Shopping
2024 Indigenous Golden Melody Awards Nominee Banquet
2024 Taichung Indigenous Cultural Festival
2024 National Forum on the Development of Indigenous Local Cultural Museums & Banquet

郭玉德 Yu-Te, Tom Kuo

現職

南華大學副國際長
外國語文學系系主任
雙語教學計畫辦公室執行長
佛光山大學校長論壇特聘口譯
台灣慢城聯盟大會口筆翻譯
瑪家鄉國際慢城推動委員會委員



Current Positions

- Vice Dean of International Affairs, Nanhua University
- Chair, Department of Foreign Languages, Nanhua University
- Executive Director, Office of Bilingual Education Program
- Specially Appointed Interpreter, Fo Guang Shan University Presidents' Forum
- Conference Interpreter and Translator, Cittaslow Taiwan Alliance
- Member, International Cittaslow Promotion Committee, Majia Township

論壇專題分享

Topic Sharing

專題1：AI如何協助慢城文化保存與智慧治理

Keynote Speech 1 : How AI Can Help Preserve Cittaslow Culture and Enable Smart Governance ?

專題2：以生態旅遊與家庭農園作為體驗慢城的策略

Keynote Speech 2 : Using Ecotourism and Homegardens as Strategies for Experiencing Slow City

專題3：慢社區農園－運用AI打造在地風土飲食品牌

Keynote Speech 3 : Slow Community Garden – Soul Food Brand Launching using AI.

專題4：慢城潭陽，竹之城－慢活的藝術

Keynote Speech 4 : Cittaslow Damyang, the City of Bamboo - The Art of Living Slowly

專題5：傳奇作物在慢遊中的重生

Keynote Speech 5 : The Rebirth of Legendary Crops In Slow Tourism

專題6：語言、日常生活與人工智慧：對慢城社群的啟示

Keynote Speech 6 : Language, Everyday Life, and AI: Implication for Cittaslow Communities

專題7：從村落到旅遊目的地：沙巴以觀光打造永續社區的旅程

Keynote Speech 7 : From Villages to Destinations: Sabah's Journey in Building Sustainable Communities Through Tourism

AI如何協助慢城文化保存與智慧治理

主講人 張郁珮

現職 台灣慢城聯盟技術協調員

經歷

- 2014 協助花蓮鳳林成為全台第一個國際慢城
- 2015 協助花蓮鳳林獲得在地經濟獎
- 2016 獲得首屆國際慢城影片獎第三名
- 2016-2018 擔任行政院青年諮詢委員
- 2017 獲得客家委員會客家青年創新發展獎



簡報摘要

在全球化浪潮下，地方特色面臨消失的危機。慢城運動的核心理念在於透過維護地方文化、環境永續及提升居民幸福感，來保留每座城鎮的獨特性，而不是拒絕發展。

AI協助實踐慢城指標的應用方向：

- **文化保存：**協助數位典藏地方文化、歷史建築與傳統技藝，並建立多語言文化導覽，以促進世代傳承。
- **永續旅遊：**透過分析遊客流量以降低景點壅塞，規劃分流路線，並推薦在地慢食體驗，減少環境負荷的同時帶動地方經濟。
- **智慧治理：**協助分析環境與公共服務數據，即時監測水電、垃圾等公共設施運作，並支援政策評估與決策。

國內外實踐經驗：

- **義大利經驗：**杜林結合 5G 與多語 AI 導覽打造沉浸式體驗；威尼斯則建置「智慧控制室」精準預測人流，以保護脆弱的文化遺產。
- **台灣共創平台：**台灣 12 個慢城鄉鎮將打破以往單點發展的模式，轉向跨域共同治理。聯盟將共同推動包含 AI 文化保存、多語智慧導覽、共用旅遊平台、環境監測、聯盟資料共享等多項計畫，打造具台灣特色的 Cittaslow 發展模式。

How AI Can Help Preserve Cittaslow Culture and Enable Smart Governance ?

Keynote Speaker Yu-Pei Chang

Current Occupation Technical Coordinator of Cittaslow Taiwan

Experience 2014: Assisted Fenglin, Hualien in becoming Taiwan's first international slow city
2015: Helped Fenglin, Hualien win the Local Economy Award
2016: Won third place at the inaugural International Slow City Film Awards
2016-2018: Served as a Youth Advisory Committee member for the Executive Yuan
2017: Awarded the Hakka Youth Innovation and Development Award by the Hakka Affairs Council

Presentation Summary

Amidst globalization, local identities are at risk of disappearing. The core philosophy of Cittaslow is to preserve each town's uniqueness by maintaining local culture, ensuring environmental sustainability, and enhancing the quality of life, rather than rejecting development.

The Role of AI in Cittaslow Development

- **Cultural Preservation:** AI assists in the digital archiving of historical buildings and traditional crafts, and establishes multilingual cultural guides to promote generational heritage.
- **Sustainable Tourism:** AI analyzes tourist traffic to reduce congestion, plans alternative routes, and recommends local slow-food experiences, thereby boosting the local economy.
- **Smart Governance:** Employs data to support decision-making and monitors the operation of public facilities, ultimately improving administrative efficiency and residents' quality of life.

International and Taiwanese Practices

- **Italian Experience:** Turin combines 5G with multilingual AI guides to create immersive experiences, while Venice utilizes a "Smart Control Room" to accurately predict crowd flow and protect fragile cultural heritage.
- **Taiwan Cittaslow Co-creation Platform:** Through cross-regional collaboration and digital sharing, 12 Cittaslow towns in Taiwan will jointly build a cultural database, develop multilingual smart guides, create a shared tourism platform, and implement AI for tourism analysis and marketing.

以生態旅遊與家庭農園作為體驗慢城的策略

主講人 陳美惠

現職 國立屏東科技大學森林系教授
臺灣里山永續創新聯盟 (TASIS) 理事長
臺灣生態旅遊與地方創生聯盟 (TERRA) 共同發起人



簡報摘要

生態旅遊與地方創生 (Ecotourism & Revitalization)

- **發展歷程**: 陳教授自2002年起推動社區林業，並於墾丁社頂社區建立生態旅遊模式，從單一社區擴展至恆春半島跨鄉鎮的生態旅遊網絡。
- **核心價值**: 強調低碳、低衝擊的綠色旅遊，融合環境保育與社區福祉。旅遊盈餘回饋社區，如提供敬老金與慶生蛋糕。
- **霧台鄉案例**: 莫拉克風災後，霧台鄉面臨人口外流。透過推動阿禮、神山、大武等部落的自然人文生態景觀區，結合部落導覽員與生態監測，達成文化保存與在地經濟復甦的「深經濟」。

家庭農園 (Homegardens)

- **概念與結構**: 家庭農園是利用住家周邊土地進行密集、多層次結構的農林混作系統(如食森林)，兼具糧食安全、生態韌性與互助分享的文化意涵。
- **瑪家鄉實踐**: 簡報展示了瑪家鄉多個家庭農園案例(如Patadalj農園與伊甸喜樂園)。這農園不僅傳承傳統作物知識，也提供身心療癒、環境教育與社會情感連結的場域。
- **特色植物**: 介紹了如假酸漿(用於原住民傳統美食「祈納福」)與月桃等多用途在地植物，展現了生物多樣性與在地智慧的結合。

Using Ecotourism and Homegardens as Strategies for Experiencing Slow City

Keynote Speaker Mei-Hui Chen

- Current Positions**
- Professor, Department of Forestry, National Pingtung University of Science and Technology (NPUST)
 - Chairwoman, Taiwan Satoyama Sustainable Innovation Alliance (TASIS)
 - Co-founder of the Taiwan Ecotourism and Local Revitalization Alliance (TERRA)

Presentation Summary

Ecotourism & Local Revitalization

- **Development:** Since 2002, Prof. Chen has pioneered Community Forestry in Taiwan. Starting with a successful model in the Sheding community of Kenting, the initiative has expanded into a comprehensive ecotourism network across the Hengchun Peninsula.
- **Core Values:** Focuses on low-carbon, low-impact green tourism that integrates environmental conservation with community well-being. Ecotourism surpluses are reinvested into the community (e.g., senior citizen bonuses and birthday cakes).
- **Wutai Township Case:** Following the devastation of Typhoon Morakot, Wutai faced severe out-migration. By establishing Natural and Cultural Ecological Scenic Areas in tribes like Adiri, and employing local guides for tours and ecological monitoring, the project fostered a "Deep Economy" that revives local industry and preserves culture.

Homegardens

- **Concept & Structure:** Homegardens are intensive, multi-layered agroforestry systems cultivated near homes (like food forests). They provide food security, ecological resilience, and a culture of mutual sharing.
- **Practices in Majia Township:** The presentation highlights various homegardens in Majia Township (e.g., Patadalj and Eden Joy Garden). These gardens serve as hubs for preserving traditional crop knowledge, environmental education, therapeutic healing, and social bonding.
- **Key Flora:** Features versatile local plants like *Trichodesma calycosum* (used in traditional dishes like Cinavu) and *Alpinia zerumbet*, showcasing the integration

慢社區農園－運用AI打造在地風土飲食品牌

主講人 孫大鉉

現職 韓國慢城協調員
國際慢城副主席



簡報大綱

1. 慢社區農園與撫慰人心的在地美食之概念化
2. 針對典範轉移的商業構想
 - (1) 共享的慢城社區農園廚房
 - (2) 社區農園的藝術化：可食地景（食用花園）
 - (3) 面向生活人口的 AI 微型社區農園
3. 業務 / 專案發展的階段性建議
4. 韓國慢城 (Corean Cittaslow) 的現況

Slow Community Garden – Soul Food Brand Launching Using AI

Keynote Speaker Bon Son

Current Positions

- Coordinator of the Cittaslow Korea Network
- Vice President of the Cittaslow International

Presentation Outline

1 Conceptualization of Slow Community Garden – Soul Food

2 Business Ideas for the Paradigm Shift

(1) Shared Cittaslow Community Garden Kitchen

(2) Artificialization of Community Garden : Edible Garden

(3) AI Small Community Garden for Living Population

3 Phased Recommendations for the Business Development

4 Current Situation of Korean Cittaslow

慢城潭陽，竹之城－慢活的藝術

主講人 李廷國

現職 韓國潭陽郡副郡守



簡報摘要

韓國「竹之鄉」潭陽郡展示了其人與自然和諧共存的理念與慢城發展歷程。

歷史與社區推動

- **發展歷程：**2007年三支內村 (Samjinae Village) 獲選為亞洲首個慢城，歷經三次重新認證，至2019年慢城範圍已擴大至全郡。
- **居民主導：**慢城運動現已由政府主導轉型為「居民主動參與」。潭陽郡任命了慢城公民講師與支持者，並於2025年成立「潭陽旅遊 (Damyang On Travel)」居民合作社。

文化與自然特色

- **百年石牆路：**位於昌平三支內村，擁有3.6公里長、具百年歷史的石牆（為韓國國家登記遺產第265號）。居民百年來堅持以手工修補石牆而非將其拆除，完美保存了村落的原始風貌。
- **自然療癒：**竹綠苑（竹林）與官防堤林的古樹，提供了清新的空氣與綠蔭，是享受自然慢活療癒的絕佳景點。
- **在地慢食：**強調由在地居民親手製作的傳統美食，包含竹筒飯、傳統韓菓（Hangwa）以及傳統發酵醬料（Jang）。

Cittaslow Damyang , the City of Bamboo - The Art of Living Slowly

Keynote Speaker Jung-gug Lee

Current Positions Deputy Governor, Damyang-gun, South Korea

Presentation Summary

Damyang (the City of Bamboo) highlights its core philosophy of nature and people living together in harmony through the Cittaslow movement.

History & Community-Led Growth

- **Milestones:** Designated as Asia's first Cittaslow in 2007 (Samjinae Village), it successfully renewed its status multiple times (2013-2019, 2023) and expanded its designation to cover the entire county by 2019.
- **Resident Empowerment:** Today, the movement is actively driven by residents rather than the government. Initiatives include appointing citizen lecturers and supporters, and founding the "Damyang On Travel" residents' cooperative in 2025.

Cultural Heritage & Natural Healing

- **Century-Old Stone Walls:** Samjinae Village in Changpyeong features 3.6km of historic stone walls (Registered National Heritage No. 265). For over a century, residents have preserved the village's original character by carefully mending the walls stone by stone rather than tearing them down.
- **Healing Nature:** Juknokwon (Bamboo Forest) and Gwanbangjerim offer therapeutic environments where fresh bamboo air and the cool shade of ancient trees provide profound natural healing.
- **Slow Food:** The community takes pride in local culinary traditions, offering bamboo-steamed rice, traditional Hangwa (Korean sweets), and Jang (fermented sauces) lovingly made by local residents.

傳奇作物在慢遊中的重生

AI如何保存「時澤蘿蔔」(Tokizawa Daikon) 並促進永續旅遊

主講人 鈴木鉄忠

現職 東洋大學全球與區域研究學院教授
區域發展學系系主任



研究領域 區域與社區社會學；歐洲與亞洲慢城運動 (Cittaslow) 之比較區域研究；上亞得里亞海(Upper Adria)邊界地區研究；21世紀義大利的里雅斯特(Trieste)與伊斯特里亞半島(Istria, 屬斯洛維尼亞與克羅埃西亞)的民族主義與區域主義；社區研究。

簡報摘要

本簡報探討了現代傳統作物保存運動的一項根本挑戰：我們該如何讓文化生物多樣性的保存，與殘酷的市場經濟現實取得平衡？本簡報以2017年獲認證的「前橋赤城慢城 (Maebashi-Akagi Slow City)」中，復育耗費勞力的傳奇作物「時澤蘿蔔」為案例，提出了一種微型區域旅遊 (micro-regional travel) 模式。

透過盤點並繪製步行可達的「零公里」(1 公里以內) 半徑範圍內的在地歷史資產，並將旅遊體驗與台南、前橋兩地深厚的歷史淵源 (透過前台南市長羽鳥又男) 相連結，該專案為台灣旅客共同設計了一款頂級且具再生性的慢遊套裝行程。值得強調的是，這項計畫並非將生成式AI視為加速經濟發展的工具，而是將其作為「以人為本的數位鷹架(human-centric digital scaffolding)」，用以跨越文化與語言的隔閡，來翻譯、組織並橋接傳遞在地的智慧。

The Rebirth of Legendary Crops In SlowTourism

How AI Can Preserve Tokizawa Daikon Radish and Promote Sustainable Tourism

Keynote Speaker Tetsutada SUZUKI

Current Occupation Professor, Faculty of Global and Regional Studies, Toyo University
Department Chair of Regional Development Studies

Research field Sociology of Region and Community; Comparative Regional Studies on Cittaslow Movements in Europe and Asia; Borderland in the Upper Adria, Nationalism and Regionalism in Trieste (Italy) and Istria(Slovene and Croatia) in the 21 century, Community Studies

Presentation Summary

This presentation addresses a fundamental challenge of the modern heirloom movement: How do we reconcile the preservation of cultural biodiversity with the harsh realities of a market economy? Using the revival of the legendary, labor-intensive Tokizawa Daikon radish in Maebashi-Akagi Slow City (certified in 2017) as a case study, the presentation proposes a micro-regional travel model.

By mapping local historic assets within a walkable "Kilometer Zero" radius (under 1 km) and anchoring the experience to the deep, historical bond between Tainan and Maebashi (via former mayor Matao Hatori), the project co-designs a premium, regenerative slow tourism package for Taiwanese visitors. Crucially, the initiative leverages Generative AI not as a tool for economic acceleration, but as a "human-centric digital scaffolding" to translate, organize, and mediate local wisdom across cultural and linguistic divides.

語言、日常生活與人工智慧： 對慢城社群的啟示

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簡報摘要

世界上每兩週就有一種語言消失——這並非突如其來，而是因為這些語言在家庭、學校與日常生活中逐漸不再被使用。對於慢城（Cittaslow）社區而言，這有著直接的影響：一種鮮活的語言，正是讓一個地方在旅客眼中具備真正獨特性的關鍵。

本簡報將探討 AI 如何協助（而非取代）保存原住民語言的相關工作。藉由回顧台灣的語言政策以及紐西蘭 Te Hiku Media 的經驗，我將討論 AI 所能發揮的作用（如語音記錄、翻譯與建立數位能見度）及其侷限。當 Te Hiku 成功建置出準確率高達 92% 的毛利語語音辨識系統時，他們曾面臨一家美國企業要求將其語音數據用於商業用途。他們不僅拒絕了這項要求，更創立了專屬的數據授權條款，向世人證明：社區對語言資料的掌控權，與科技技術本身同等重要。

我深信，對於慢城社區來說，這種緩慢且以社區為中心的生活方式，正是瀕危語言延續命脈所最需要的環境；而一種仍流傳於日常對話中的語言，也是一個社區能提供給旅客最真實、最道地的資產之一。簡報最後將拋出一個問題：我們該如何創造更多的機會，讓原住民語言能在日常生活中被聽見與使用？

Language, Everyday Life, and AI: Implications for Cittaslow Communities

Keynote Speaker Ikuko Okamoto

Current Occupation Professor, Faculty of Global and Regional Studies, Toyo University

Research field rural development, resource management, and area studies.

Presentation Summary

One language disappears every two weeks in the world— not suddenly, but gradually, as it stops being used at home, in schools, and in everyday life. For Cittaslow communities, this matters directly: a living language is what makes a place truly distinctive for visitors.

This presentation looks at how AI can support — though not replace — efforts to keep indigenous languages alive. Drawing on Taiwan's language policies and the experience of Te Hiku Media in New Zealand, I discuss what AI can do (recording, translation, digital presence) and what it cannot. When Te Hiku built a Māori speech recognition system with 92% accuracy, they also faced a US company demanding their voice data for commercial use. They refused, created their own data license, and showed that community control over language data is just as important as the technology itself.

For Cittaslow communities, I believe the slow, community-centered way of life is exactly what endangered languages need to survive — and that a language still spoken in daily life is one of the most authentic things a community can offer its visitors. The presentation closes with a question: how can we create more opportunities for indigenous languages to be heard and used in everyday life?

從村落到旅遊目的地： 沙巴以觀光打造永續社區的旅程

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沙巴旅遊局主席
沙巴州九魯 (Kiulu) 選區州議員



簡報摘要

沙巴的鄉村旅遊發展歷程證明了，當社區被置於規劃與執行的核心時，旅遊業能如何作為推動鄉村永續發展的催化劑。

自2014年起，馬來西亞沙巴州採用了「以社區為基礎 (community-based)」的模式，賦權當地社區管理旅遊業，同時保存其文化遺產、保護自然環境，並創造替代性的收入來源。

本簡報將借鑑沙巴首屈一指的社區旅遊 (CoBT) 目的地——九魯 (Kiulu) 的經驗，分享對社區能力建設、原住民知識、環境管理與數位創新的長期投資，如何促成一個更具包容性與永續性的旅遊模式。

From Villages to Destinations: Sabah's Journey in Building Sustainable Communities Through Tourism

Keynote Speaker Joniston Bangkuai

Current Positions

- Assistant Minister to the Chief Minister of Sabah
- Chairman of Sabah Tourism Board
- Sabah Assemblyman for Kiulu state constituency

Presentation Summary

Sabah's rural tourism journey demonstrates how tourism can serve as a catalyst for sustainable rural development when communities are placed at the centre of planning and implementation.

Since 2014, the Malaysian state of Sabah has adopted a community-based approach that empowers local communities to manage tourism while preserving their cultural heritage, protecting the natural environment and creating alternative sources of income.

Drawing on the experience of Kiulu, one of Sabah's leading Community-Based Tourism (CoBT) destinations, this presentation shares how long-term investment in community capacity building, indigenous knowledge, environmental stewardship and digital innovation has contributed to a more inclusive and sustainable tourism model.



台灣慢城聯盟

Cittaslow Taiwan Alliance

台灣最早獲得國際慢城認證的是2014年的花蓮縣鳳林鎮。隨後於2016年，苗栗縣三義鄉與南庄鄉，以及嘉義縣大林鎮陸續取得認證。鑑於申請國際認證及推廣慢城理念的必要性，2017年正式成立了「台灣慢城聯盟」。主要會員除了已獲義大利總部認證的這四個鄉鎮外，擔任首屆主席的鳳林鎮長蕭文龍，亦希望提供平台讓有意成為慢城的鄉鎮加入聯盟。因此，聯盟邀集了台中市和平區、雲林縣古坑鄉、屏東縣瑪家鄉與竹田鄉、花蓮縣玉里鎮、台東縣池上鄉與鹿野鄉，以及連江縣東引鄉，共計12個鄉鎮區共同組成。

為促進聯盟成員共同推動生態保育、文化保存與健康慢活生活，並建構符合國際慢城七大面向與72項指標的環境，聯盟自2020年起開始舉辦年會。第一屆由竹田鄉主辦，打造全新的「慢」旅遊模式，提升大眾對慢生活的認同；2021年第二屆年會移師台東池上，擴大各界對慢城理念的認知。疫情期間聯盟仍堅定步伐，於2022、2023年在三義與南庄舉辦第三、四屆年會，更邀請國際慢城副理事長來台分享韓國經驗，開啟台韓慢城交流契機。

目前12個成員中已有7個正式通過國際慢城組織認證：鳳林、三義、南庄、大林、竹田、池上與東引。這些地區在地方特色保存、生態永續與生活品質上表現卓越。另有5個鄉鎮為慢城候選成員：和平、古坑、瑪家、玉里及鹿野。這些鄉鎮同樣積極投入環境改善，持續朝國際認證目標邁進。此外，南華大學亦榮獲「國際慢城之友」肯定，展現台灣在國際慢城體系中持續發光的潛力。



The first place in Taiwan to receive international Cittaslow certification was Fenglin Township in Hualien County in 2014. This was followed in 2016 by Sanyi and Nanzhuang Townships in Miaoli County, and Dalin Township in Chiayi County. In light of the need to apply for international certification and promote the Cittaslow concept, the Cittaslow Taiwan Alliance was officially established in 2017. In addition to the four townships already certified by the headquarters in Italy, Fenglin Township Mayor Hsiao Wen-lung, who served as the first chairperson of the Alliance, aimed to provide a platform for other towns and townships interested in joining the movement. As a result, Taichung City's Heping District, Gukeng Township in Yunlin County, Majia and Jhutian Townships in Pingtung County, Yuli Township in Hualien County, Chihshang and Luye Townships in Taitung County, and Dongyin Township in Lienchiang County were invited to form a 12-member alliance.

To jointly promote ecological conservation, cultural preservation, and a healthy slow-living lifestyle, and to build environments that meet the seven dimensions and 72 criteria of international Cittaslow, the Alliance began organizing annual assemblies in 2020. The first assembly, hosted by Jhutian Township, introduced a new model of “slow” tourism, raising public awareness of slow living. The second assembly was held in Chihshang, Taitung in 2021, further expanding recognition of the Cittaslow concept. Despite the pandemic, the Alliance successfully held its third and fourth assemblies in Sanyi and Nanzhuang in 2022 and 2023, respectively. During these events, the Vice President of Cittaslow International visited Taiwan to share South Korea's experiences, sparking cross-national exchanges between Taiwan and Korea.

Among these 12 member townships, seven have officially been certified by the international Cittaslow organization: Fenglin, Sanyi, Nanzhuang, Dalin, Jhutian, Chihshang, and Dongyin. These certified members have demonstrated excellence in preserving local character, ecological sustainability, and enhancing quality of life. The remaining five townships—Heping, Gukeng, Majia, Yuli, and Luye—are candidate members. They are actively involved in improving their local environments and continue to drive toward future certification. Additionally, Nanhua University was recognized as a “Friend of Cittaslow International,” underscoring Taiwan's continued dedication and growing influence within the international Cittaslow network.

瑪家

Majia Township,
Pingtung County



文化與土地共生的排灣慢城

瑪家鄉依偎大武山，沿著185沿山公路串聯山腳聚落、原鄉部落與農業地景，以排灣族文化、山林環境及多樣生活樣貌，構成鮮明而富有層次的慢城風貌。小米、紅藜、咖啡、可可與芒果等作物，不只是地方物產，也連結著飲食、祭儀、農事知識與世代記憶。每年依循農作節奏舉行的收穫祭，讓族人在歌舞、祈福與分享中感謝土地與祖靈。

走進禮納里部落、舊筏灣石板屋群與沿山公路上的部落，可看見族人透過家屋、族語、古謠、工藝及文化導覽，在遷徙、重建與當代生活中延續排灣文化。位於平原與山區交會處的三和部落，則呈現工藝與農業彼此交織的地方樣貌。編織、手作等文化技藝，與小米、紅藜及果樹等農業生產共同發展，展現居民以土地為根、以創意延續生活的行動。瑪家的慢，不只停留在山林風景，而是讓文化與傳統知識回到日常，讓不同部落與世代共同走向永續生活。

特色關鍵字 | 排灣文化、沿山部落、工藝農業

A Cittaslow Where Paiwan Culture and the Land Flourish Together

Nestled beneath Mt. Dawu and connected by County Highway 185, Majia Township links foothill settlements, Indigenous villages, and agricultural landscapes into a distinctive Cittaslow community. Shaped by the Paiwan culture, the surrounding mountain environment, and the diversity of local lifestyles, Majia reflects a harmonious relationship between people, culture, and nature.

Millet, red quinoa, coffee, cacao, and mangoes are more than agricultural products. They embody local food traditions, ceremonial practices, ecological knowledge,



and memories passed down through generations. The annual Harvest Festival, held in rhythm with the agricultural calendar, brings the community together through songs, dance, blessings, and shared celebrations to express gratitude to the land and ancestral spirits.



Visitors can explore Rinari Community, the Old Kaviyangan Slate House Settlement, and the Indigenous villages along County Highway 185, where traditional architecture, the Paiwan language, ancient songs, handicrafts, and community-led cultural interpretation continue to sustain cultural identity while embracing contemporary life.

At Sanhe Village, where the plains meet the mountains, traditional crafts and agriculture have developed side by side. Weaving and other artisanal practices coexist with the cultivation of millet, red quinoa, and fruit trees, reflecting a way of life rooted in the land while fostering creativity and resilience.

In Majia, "slow" is not defined merely by the pace of life or the beauty of its mountain landscape. It is reflected in the continuation of cultural traditions, the transmission of Indigenous knowledge, and the shared commitment of different communities and generations to building a sustainable future.

Keywords | Paiwan Culture • Indigenous Villages • Traditional Crafts & Sustainable Agriculture

鳳林

Fenglin Township,
Hualien County

晴耕雨讀，守住客庄生活的慢節奏

鳳林鎮位於花東縱谷北段，是臺灣最早通過國際慢城認證的鄉鎮之一，也是一座保有客庄農村氣質與深厚文教傳統的小鎮。鳳林以「校長之鄉」聞名，長久累積的教育風氣，形塑出安靜而厚實的人文底蘊。走進中山路巷弄、客家夥房與農村聚落，可以看見紅磚老屋、庭院植物、曬菜景象，以及保存完整的日式菸樓建築群，感受仍然貼近居民日常的生活風貌。

鳳林的地方產業也與土地緊密相連。植物染、花生糖、農產加工與友善耕作，展現職人對材料、技藝及環境的珍惜。地方歲時則在稻作循環、客庄收冬戲與阿美族豐年祭之間展開，居民透過祭典、歌舞及分享，回應一年來的土地勞動。鳳林想守住的，不只是菸樓、夥房與田園景觀，更是「晴耕雨讀」、珍惜物資及彼此信賴的生活態度，讓慢不只是旅遊方式，而是一種尊重文化與維持生活品質的地方選擇。

特色關鍵字 | 客庄文化、菸樓聚落、文教傳統



Living the Hakka Tradition Through the Rhythm of the Seasons

Located in the northern section of the East Longitudinal Valley, Fenglin Township was among the first communities in Taiwan to receive Cittaslow certification. It is a town distinguished by its Hakka rural character and a longstanding tradition of education. Known as the "Hometown of Principals," Fenglin has cultivated a rich cultural atmosphere through generations of commitment to learning and community life.

Strolling through the lanes of Zhongshan Road, traditional Hakka courtyard houses, and surrounding rural settlements, visitors encounter red-brick residences, leafy gardens, vegetables drying in the sun, and one of Taiwan's best-preserved collections of Japanese-era tobacco curing barns. Together, these landscapes continue to reflect a way of life that remains closely connected to the everyday experiences of local residents.

Fenglin's local industries are equally rooted in the land. Botanical dyeing, peanut confectionery, agricultural processing, and environmentally friendly farming all demonstrate the dedication of local artisans to craftsmanship, natural materials, and environmental stewardship. Throughout the year, community life unfolds with the rice-growing cycle, Hakka Winter Harvest Opera performances, and the Amis Harvest Festival, where celebrations of song, dance, and shared meals express gratitude for the land.



What Fenglin seeks to preserve is not only its tobacco barns, Hakka courtyard houses, and rural scenery, but also a way of life embodied by the traditional ideal of "working in the fields on sunny days and studying on rainy ones." This spirit of valuing resources, fostering mutual trust, and lifelong learning makes "slow" not merely a way of travel, but a conscious choice to respect cultural heritage and enhance quality of life.

Keywords | Hakka Heritage • Tobacco Barn Settlements • Educational Tradition

三義

Sanyi Township,
Miaoli County



在木香與雲霧中 雕刻山城日常

三義鄉位於苗栗縣南端，受到關刀山與火炎山環抱，因山間經常雲霧繚繞，而有「霧鄉」與「木雕城」之稱。地方發展融合自然景觀、客庄文化、鐵道歷史與職人工藝，形成具有鮮明辨識度的山城風貌。從水美木雕街與廣盛老街出發，沿著舊山線前往勝興車站及龍騰斷橋，可以在木雕工坊、老街聚落與鐵道遺跡之間，感受地方產業所累積的時間。

三義的生活依循季節展開。春季油桐花盛開，冬季芥菜經日曬、揉鹽與發酵製成福菜，客家料理則保留「油、鹹、香」的飲食特色。木雕、藍染與木作體驗，也讓傳統技藝以不同形式融入當代生活。近年返鄉青年、社區組織與學校共同參與地方行動，從木材產業再生、公民審議到巴宰族文史保存，持續拓展慢城的文化深度。三義的慢，是在木香、霧氣與人情之間，重新感受土地與職人共同雕刻的山城日常。

特色關鍵字 | 木雕工藝、舊山線鐵道、客庄文化

Carving the Spirit of a Mountain Town Through Wood, Mist, and Tradition

Located in southern Miaoli County and embraced by Guandao Mountain and Huoyan Mountain, Sanyi Township is widely known as the "Town of Mist" and Taiwan's renowned center of woodcarving. Here, mountain landscapes, Hakka heritage, railway history, and traditional craftsmanship come together to shape a distinctive Cittaslow community.

Beginning at Shuimei Woodcarving Street and Guangsheng Old Street, visitors can follow the historic Old Mountain Line Railway to Shengxing Station and Longteng Bridge. Along the way, woodcarving workshops, historic streets, and railway relics reveal the layers of history shaped by generations of local industry.

The rhythm of life in Sanyi follows the changing seasons. In spring, hillsides are covered with blooming tung blossoms, while in winter, mustard greens are traditionally preserved through sun-drying, salting, and fermentation to produce the local specialty known as fucai. Hakka cuisine is known for its rich, savory, and aromatic flavors, while experiences in woodcarving, indigo dyeing, and woodworking traditional craftsmanship to be appreciated and passed on in contemporary ways.

In recent years, returning young residents, community organizations, and local schools have collaborated on initiatives ranging from timber industry revitalization and civic participation to the preservation of Pazeh cultural heritage. Together, these efforts continue to enrich the cultural depth and sustainability of Sanyi as a Cittaslow community.

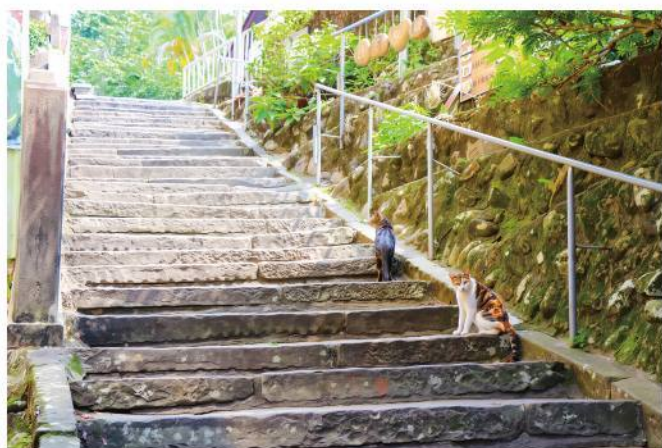
The essence of Sanyi's slow lifestyle is found not only in its mist-covered mountains or the fragrance of wood, but also in the enduring relationship between people, craftsmanship, and place. It is a mountain town where tradition and everyday life continue to shape one another with care and intention.

Keywords | Woodcarving Heritage • Old Mountain Line Railway • Hakka Culture



南庄

Nanzhuang Township,
Miaoli County



多元族群與山林共生的文化山城

南庄鄉坐落於苗栗縣東北方、雪山山脈旁，是一座融合賽夏族、泰雅族、客家、閩南與新住民文化的農村山城。早期地方產業以樟腦、煤礦與林業為主，隨著時代轉變，逐漸發展出以生態、文化與聚落生活為核心的慢遊模式。從南庄老街、桂花巷與十三間老街出發，走過康濟吊橋，再前往蓬萊溪護魚步道、向天湖或加里山，可以在巷弄、溪流及森林之間，理解人與山林長期共存的生活方式。

南庄的季節也與地方物產及文化緊密相連。春季桐花綻放，四、五月桂竹筍進入產期，客家料理呈現順應節氣的飲食智慧；賽夏族祭儀、泰雅族山林知識、染織與竹籐工藝，則保存不同族群與土地互動的記憶。南庄的慢城精神，是在發展旅遊的同時尊重部落、保護溪流與森林，讓文化不只是被觀看的表演，而是居民持續實踐的生活，並在多元族群的共治與共享中，形成永續宜居的山城。

特色關鍵字 | 多元族群、山林生態、聚落文化

A Mountain Cittaslow Where Diverse Cultures and Nature Thrive Together

Nestled beside the Xue Mountain Range in northeastern Miaoli County, Nanzhuang Township is a mountain community where the cultures of the Saisiyat, Atayal, Hakka, Hoklo, and newer immigrant communities have flourished together. Historically sustained by the camphor, coal mining, and forestry industries, the township has gradually transformed into a destination where ecological conservation, cultural heritage, and community life form the foundation of its slow-living philosophy.



From Nanzhuang Old Street, Osmanthus Alley, and Shisanjian Old Street, visitors can cross Kangji Suspension Bridge before continuing to the Penglai Fish Watching Trail, Xiangtian Lake, or Mount Jiali. Walking through narrow lanes, alongside streams, and into mountain forests reveals a way of life that has long embraced harmony between people and nature.

The changing seasons are closely intertwined with local produce and cultural traditions. Tung blossoms brighten the hillsides in spring, while Makino bamboo shoots reach their peak harvest during April and May. Hakka cuisine reflects seasonal wisdom, and the ceremonial traditions of the Saisiyat people, the mountain knowledge of the Atayal people, together with traditional weaving and bamboo craftsmanship, preserve the enduring relationship between different communities and their natural environment.

The Cittaslow spirit of Nanzhuang lies in balancing tourism with respect for tribal communities and the protection of rivers and forests. Culture is not presented merely as a performance for visitors, but continues to be lived, practised, and shared by local residents, creating a mountain town that is both sustainable and deeply rooted in cultural diversity.

Keywords | Cultural Diversity • Mountain Ecology • Settlement Culture



大林

Dalin Township,
Chiayi County



從稻田、老街到戲院的人情慢城

大林鎮舊稱「大蒲林」，位於嘉南平原，是一座以農業、社區人情與歷史空間共同形塑的慢城。肥沃土地孕育稻米、麻竹筍、鳳梨、香蕉與蝴蝶蘭等農產，從春季插秧到秋季收割，地方生活始終依循農作與節氣展開。居民在土地上累積的農業知識與友善耕作行動，也讓農村不只是生產空間，更成為維繫社區關係的重要基礎。

從大林車站沿著街區散步，可以走進傳統市場、地方老店、萬國戲院與大林糖廠，感受小鎮不同時期留下的生活記憶。經由居民參與修復與活化，萬國戲院重新成為地方文化的重要據點；居民共同打造的六三公園，也呈現社區營造累積出的生活美學。每年春季，陳井寮黃花風鈴木形成金黃色田園廊道，為農村增添季節景觀。大林的慢，不在追求快速開發，而在珍惜農業、老建築與熟悉的人情，讓日常生活本身成為小鎮最動人的風景。

特色關鍵字 | 友善農業、萬國戲院、社區人情



A Cittaslow Rooted in Rice Fields, Historic Streets, and Community Life

Formerly known as Dapulin, Dalin Township lies on the fertile Jianan Plain and is a Cittaslow community shaped by agriculture, historic places, and the warmth of local relationships. Rich farmland supports the cultivation of rice, giant bamboo shoots, pineapples, bananas, and Phalaenopsis orchids. From rice planting in spring to harvest in autumn, daily life follows the rhythm of farming and the changing seasons. Generations of agricultural knowledge and environmentally friendly farming practices have made the countryside not only a place of production, but also a foundation for community connection.

Beginning at Dalin Railway Station, visitors can stroll through traditional markets, long-established local shops, the Wan Guo Theatre, and the former Dalin Sugar Factory, discovering the layers of history that have shaped the town. Through community-led restoration and revitalisation, the Wan Guo Theatre has become an important cultural hub once again, while Liu-San Park reflects the shared efforts and living aesthetics of local residents in community building. Each spring, the golden blossoms of the Golden trumpet tree in Chenjingliao create a spectacular rural avenue, adding seasonal beauty to the agricultural landscape.

For Dalin, the spirit of "slow" is not found in rapid development, but in cherishing agriculture, preserving historic architecture, and nurturing the close-knit relationships that define everyday life. Here, ordinary moments become the town's most memorable scenery.

**Keywords | Environmentally Friendly Agriculture •
Wan Guo Theatre • Community Life**



竹田

Zhutian Township,
Pingtung County

在水圳與驛站之間延續六堆客庄

竹田鄉位於屏東平原中央，是六堆客庄中的「中堆」，長久以來以農業、水圳、聚落信仰與客家生活文化形塑地方樣貌。從一九三九年建成的日式木造竹田驛站出發，沿著羅羅村、水圳與傳統聚落緩步前行，可以讀見過去農產運輸、客家移墾與居民日常留下的歷史痕跡。驛站園區內的池上一郎文庫，則呈現臺灣與日本民間交流所累積的特殊文化記憶。

檸檬、文心蘭與傳統釀造醬油，是竹田具代表性的地方產業；盤花信仰、檳榔扇工藝與老街生活，則保存客庄細緻的手作與祭祀文化。農曆二月伯公生時，居民透過祭祀、盤花與聚落參與，表達對土地及地方守護神的感謝。竹田的慢城價值，不在創造新的觀光符號，而是由社區共同保存驛站、水圳、農村景觀與生活信仰，讓客家文化在當代仍持續被使用、理解與傳承。

特色關鍵字 | 六堆客庄、竹田驛站、盤花與工藝



Where Liudui Hakka Heritage Lives On Among Canals and a Historic Railway Station

Located in the heart of the Pingtung Plain, Zhutian Township is the central settlement of the historic Liudui Hakka region. For generations, its identity has been shaped by agriculture, irrigation canals, local folk beliefs, and Hakka cultural traditions.



Beginning at the beautifully preserved Japanese-era wooden station Zhutian Railway Station, completed in 1939, visitors can stroll through Dadi Village, irrigation canals, and traditional settlements, discovering the historical traces of agricultural transport, Hakka migration, and everyday community life. Within the station precinct, the Ishigami Ichiro Library preserves a unique chapter in the long-standing cultural exchange between Taiwan and Japan.

Lemons, Oncidium orchids, and traditionally brewed soy sauce are among Zhutian's best-known local industries. Meanwhile, floral offerings known as Panhua (basket flowers), betel nut fan craftsmanship, and the rhythms of life along the old streets preserve the refined craftsmanship and ritual traditions of Hakka culture.

Each year, during the birthday celebration of the local Earth God (Bogong) in the second lunar month, residents express gratitude to the land and their local guardian deity through worship ceremonies, basket flowers arrangement, and community participation.

The Cittaslow values of Zhutian are not expressed through creating new tourist attractions, but through the collective preservation of its historic railway station, irrigation network, rural landscapes, and living folk traditions. In doing so, Hakka culture continues to be lived, understood, and passed from one generation to the next.

**Keywords | Liudui Hakka Heritage •
Zhutian Railway Station • Panhua Floral Tradition**

池上

Chishang Township,
Taitung County

讓稻田成爲 生活與藝術的 共同舞台

池上鄉位於花東縱谷核心，中央山脈與海岸山脈環繞，開闊稻田、純淨水源與四季農作共同塑造小鎮性格。池上長期推動池上米認證，讓米不只是一項地方農產，也成爲土地品質、農業技術與地方認同的共同象徵。從插秧、照田到收割，居民的日常始終與稻作節奏相連，田野也因此成爲一座持續變化的生活風景。

騎著單車穿過萬安村、伯朗大道、天堂路與田埂小路，再前往大坡池，可以在知名景點之外，看見農人工作、居民散步與聚落生活。春耕、夏長、秋收、冬季休養土地，池上的時間始終跟著農事展開；秋收稻穗藝術節、穀倉藝術館與地方藝文活動，則讓農田成爲文化交流的舞台。池上的慢，不是把農村變成供人觀看的風景，而是透過景觀維護、社區參與與藝術創生，讓農業、文化與居民生活彼此支持。

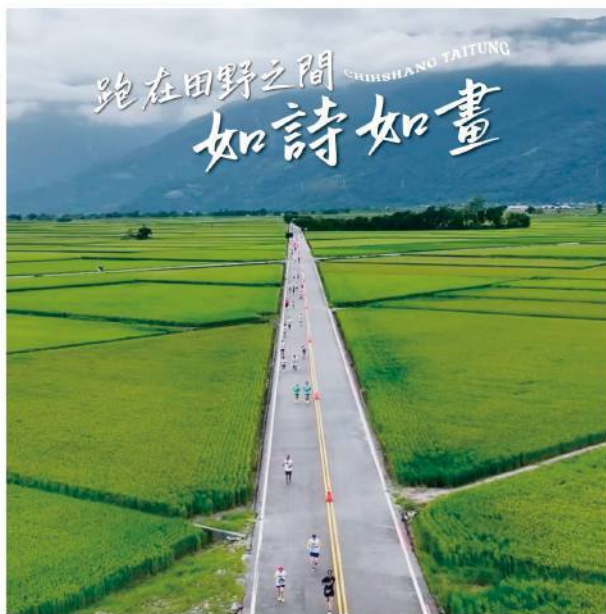
特色關鍵字 | 池上米、稻田藝術、單車慢遊



Where Rice Fields Become a Shared Stage for Life and Art

Located in the heart of the Huatung Valley, Chishang Township is surrounded by the Central Mountain Range and the Coastal Mountain Range. Its vast rice fields, pure water sources, and seasonal agricultural cycles have shaped the unique character of this rural township.

Through the long-term promotion of the Chishang Rice certification system, rice has become more than a local agricultural product. It represents the quality of the land, agricultural expertise, and the community's collective identity. From transplanting seedlings and tend-



ing the fields to harvesting rice, residents' daily lives remain closely connected to the rhythm of rice cultivation, transforming the landscape into a constantly evolving scene of everyday life.

Cycling through Wanan Village, Mr. Brown Boulevard, Road to Heaven, and the narrow paths between rice fields before reaching Dapo Pond invites visitors to discover a different side of Chishang beyond its well-known attractions. Along the way, they can observe farmers at work, residents enjoying leisurely walks, and the rhythms of village life. Sowing in spring, growing in summer, harvesting in autumn, and

letting the land lie fallow in winter, the rhythm of life in Chishang continues to unfold in harmony with the cycles of farming.

Events such as the Autumn Harvest Art Festival, Grain Barn Art Museum, and other local cultural activities transform farmland into a platform for artistic and cultural exchange. The essence of Chishang's slow lifestyle is not about turning the countryside into a landscape to be admired from afar. Instead, it is about sustaining the relationship between agriculture, culture, and everyday life through landscape conservation, community participation, and arts-led revitalisation.

Keywords | Chishang Rice • Rice Field Art • Slow Cycling Experience

東引

Dongyin Township, Lienchiang County



在海風、石階與戰地記憶中慢下來

東引鄉位於馬祖列島最北端，是臺灣位置最北的鄉鎮。花崗岩海岸、陡峭地形、閩東聚落與戰地遺構，形成具有強烈島嶼辨識度的慢城景觀。從忠誠門拾級而上，穿過中柳村與樂華村的階梯巷弄，可以在老屋、軍事空間與居民生活之間，看見東引從閩東漁村、戰地政務到觀光發展所累積的歷史層次。

島上的飲食與海洋環境緊密相連，黃魚、橫帶石鯛、紅糟、繼光餅、老酒與高粱酒，共同構成東引特有的地方風味。冬季釀製的老酒經過長時間低溫發酵，保存島嶼飲食中的時間滋味。東湧燈塔、花崗岩海蝕地景、藍眼淚與黑尾鷗，也讓極北島嶼在四季展現不同表情。東引所追求的質感觀光，是透過聚落美學、環境整理與文化活動，守住純淨海岸、暗空星景與居民日常，讓旅人以更慢的方式理解島嶼。

特色關鍵字 | 海蝕地景、戰地記憶、島嶼生活

Slowing Down Among Sea Breeze, Stone Steps, and Wartime Memories

Located at the northernmost point of the Matsu Archipelago, Dongyin Township is the northernmost township of Taiwan. Its granite coastlines, steep terrain, Min-Dong settlements, and wartime heritage sites create a distinctive island landscape with a strong sense of place.

Beginning at the Zhongcheng Gate and walking upward through the stone stairways and narrow lanes of Zhongliu and Lehua villages, visitors can discover the historical layers of Dongyin, from a Min-Dong fishing community and military frontier to its present development as an island destination. Traditional houses, military structures, and everyday village life together reveal the township's unique historical transformation.

The island's cuisine is deeply connected to its marine environment. Yellow croaker, striped beakfish, red yeast specialties, Jiguang biscuits, traditional aged wine, and Kaoliang liquor form the distinctive flavours of Dongyin. Produced through long periods of low-temperature fermentation during winter, aged wine preserves not only the taste of the island, but also the passage of time embedded in local food traditions.

Dongyong Lighthouse, granite coastal landscapes shaped by marine erosion, the famous Blue Tears phenomenon, and black-tailed gulls reveal different expressions of this northern island throughout the seasons.

The quality tourism pursued by Dongyin is not based on mass development, but on preserving the beauty of settlements, environmental landscapes, and cultural traditions. Through community aesthetics, environmental care, and local cultural activities, Dongyin protects its clean coastline, star-filled dark skies, and everyday island life, allowing visitors to understand the island at a slower and more meaningful pace.

Keywords | Marine Erosion Landscapes • Wartime Heritage • Island Life

和平

Heping District,
Taichung City

順著山林四季前行的泰雅原鄉

和平區位於臺中市東北山區，是臺中市面積最大的行政區。森林、溪谷、高山聚落與不同海拔的農業景觀，共同構成壯麗而多變的泰雅原鄉。梨山、谷關、武陵、大雪山與八仙山等地，擁有豐富的森林生態、溫泉及高山風景。果農依循四季與氣候工作，從冬季修枝、春季開花到夏秋採收，孕育水蜜桃、水梨、甜柿、茶葉及高山蔬果。

走進大安溪與大甲溪流域的部落，可以透過傳統家屋、泰雅編織、山林狩獵文化與原民飲食，理解族人與山林共存的生活智慧。「跟著Siliq去旅行」以部落見學取代快速觀光，讓居民成為文化敘事與旅遊接待的主體；博屋瑪國小的原住民族實驗教育，也為語言與文化傳承開啟新的道路。和平的慢，是順著山林四季安排生活，在自然限制中找到合宜的發展方式，讓文化傳承、農業生產與青年返鄉共同形成原鄉永續的力量。

特色關鍵字 | 泰雅文化、高山農業、森林療癒



Following the Seasons of the Mountains in the Atayal Homeland

Located in the northeastern mountains of Taichung City, Heping District is the largest administrative district in the city by area. Forests, river valleys, high-mountain settlements, and agricultural landscapes across different elevations together shape the magnificent and diverse character of the Atayal homeland.

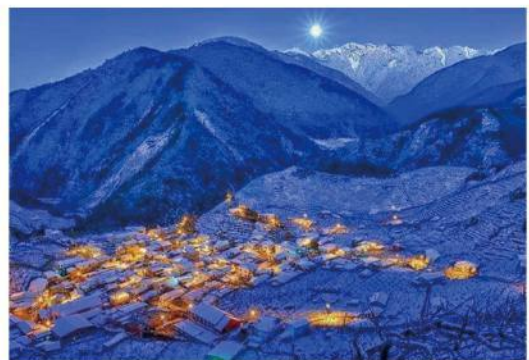
The areas of Leishan, Guguan, Wuling, Mt. Dasyueshan, and Mt. Basianshan are renowned for their rich forest ecosystems, hot springs, and alpine scenery. Working in harmony with seasonal changes, local farmers cultivate peaches, pears, persimmons, tea, and high-mountain vegetables, following the agricultural cycle from winter pruning and spring blossoms to summer and autumn harvests.

Entering the Indigenous communities along the Daan River and Dajia River basins, visitors can discover the wisdom of living together with the mountains through traditional houses, Atayal weaving, forest hunting traditions, and Indigenous cuisine.

The "Travel with Siliq" program replaces fast-paced tourism with community-based cultural experiences, allowing local residents to become the storytellers of their own culture and the hosts of meaningful encounters. The Indigenous experimental education program at P'uma Elementary School also provides new opportunities for language revitalisation and cultural transmission.

The Cittaslow spirit of Heping lies in following the rhythms of the mountains and seasons, finding balanced paths of development within the boundaries of nature. Through the combined efforts of cultural preservation, agricultural practices, and youth returning to their homeland, Heping continues to build a sustainable future rooted in its Indigenous heritage.

Keywords | Atayal Culture • Alpine Agriculture • Indigenous Community Experiences



古坑

Gukeng Township,
Yunlin County



一杯咖啡連起山村、人文與生態

古坑鄉的地景從嘉南平原逐漸延伸至丘陵與山區，被稱為「雲林縣的後花園」。地方以咖啡、柳丁與麻竹筍等農產聞名，其中古坑咖啡在海島型氣候與山區環境中發展出鮮明特色。咖啡產業歷經不同時期的興衰，近年由在地農民與返鄉青年重新投入栽培、採收、加工及烘焙，讓一杯咖啡重新連結農業技術、土地環境與居民故事。

走進華山、草嶺與山村聚落，可以在咖啡園、古厝、石砌文化及森林步道之間，看見咖啡館之外的農村日常。綠色隧道、草嶺地質景觀與華山文學步道，也將自然生態、地方文學與休閒生活彼此串聯。古坑積極推動心靈生態、環境教育與實驗教育，並藉由咖啡文化節及橙色生活節凝聚居民的慢城意識。古坑的慢，不只是坐下喝咖啡，而是在農作、山林與社區參與中，建立一種尊重生命、珍惜環境的生活方式。

特色關鍵字 | 臺灣咖啡、丘陵生態、四季節氣體驗

A Cup of Coffee Connecting Mountains Villages, Culture, and Nature



Stretching from the Jianan Plain into rolling hills and mountain landscapes, Gukeng Township is often celebrated as the “Yunlin County’s backyard”. The township is renowned for its coffee, oranges, and giant bamboo shoots. Gukeng coffee in particular has developed a distinctive character through its subtropical island climate and mountainous environment.

After experiencing periods of prosperity and decline, the local coffee industry has been revitalised in recent years by local farmers and young people returning to their hometowns. Through cultivation, harvesting, processing, and roasting, a single cup of coffee has once again become a bridge connecting agricultural knowledge, the natural environment, and the stories of the people who lives here.

Beyond its cafés, Huashan, Caoling area, and the surrounding mountain villages reveal the authentic rhythm of rural life. Coffee plantations, traditional residences, stone-built landscapes, and forest trails illustrate the close relationship between people and the land. The Green Tunnel, the Caoling geological landscape, and the Huashan Literature Trail further connect ecological conservation, local literature, and leisure experiences into a distinctive cultural landscape.

Gukeng actively promotes ecological well-being, environmental education, and experimental learning while strengthening its Cittaslow identity through events such as the Taiwan Coffee Festival and the Orange Lifestyle Festival.

For Gukeng, “slow” is more than taking time to enjoy a cup of coffee. It is a way of life cultivated through farming, mountain ecology, and community participation, one that encourages respect for life and appreciation of the environment.

Keywords | Taiwanese Coffee • Hillside Ecology • Mindful Slow Living

玉里

Yuli Township,
Hualien County



跟著稻浪、金針與市場過日子

玉里鎮位於花東縱谷中段，舊稱「璞石閣」，四周群山環繞，高山水源滋養廣大的農田與聚落。玉里米、赤科山金針與櫻桃鴨，被視為地方重要物產；玉里麵與安通溫泉，也成為居民生活及地方旅行的重要記憶。從玉里火車站出發，沿著圓環、傳統市場、製麵廠、洗衣亭與協天宮慢慢行走，可以看見小鎮百年來累積的產業、信仰與生活痕跡。

玉里也是阿美族部落分布密集的地區，部落祭儀、歌謠、飲食與手工藝，展現人與山林共存的生活智慧。織羅部落延續Mipaliu互助換工精神，並將合作、分享與農事教育帶入當代生活。春季插秧、夏季豐年祭與金針花季、秋季稻米收成，玉里的時間始終跟著農作與市場流動。地方青年也透過甜點、茶飲及農產加工重新詮釋風土。玉里的慢，是讓農業、部落文化與青年創意彼此支持，延續一座縱谷小鎮可以長久生活的節奏。

特色關鍵字 | 縱谷農業、多元族群文化、市場生活

Living in Rhythm with Rice Fields, Daylilies, and the Marketplace

Situated in the heart of the Huatung Valley, Yuli Township—formerly known as Pu Shi Ge, namely the unpolished gem pavilion—is surrounded by mountain ranges and nourished by pristine waters flowing from the highlands. These abundant natural resources sustain its extensive farmlands and thriving communities. Yuli rice, the golden daylilies of Chike Mountain, and Cherry Valley ducks are among the township's signature products, while Yuli noodles and Antong Hot Springs have become enduring symbols of local life and travel memories.

Setting out from Yuli Railway Station, visitors can wander pass the town roundabout, the traditional market, noodle-making workshops, public laundry pavilion, and Xietian Temple, tracing the layers of industry, faith, and everyday life that have accumulated over more than a century.

Yuli is also home to numerous Amis Indigenous communities, where ceremonial traditions, songs, cuisine, and handicrafts continue to embody a way of life rooted in harmony with the mountains and the land. At Ceroh Community, the traditional spirit of Mipaliu—a tradition of mutual aid and labor exchange in the Amis indigenous language—continues to inspire contemporary community life through collaboration, knowledge sharing, and agricultural education.

From rice planting in spring to the Amis Harvest Festival and Chike Mountain Daylily Season in summer, followed by the autumn rice harvest, the rhythm of Yuli is guided by agriculture and the local marketplace. Young entrepreneurs are also reinterpreting local terroir through handcrafted desserts, tea, and agricultural products.

In Yuli, the essence of "slow" lies in the mutual support between agriculture, Indigenous culture, and youthful creativity, sustaining a valley town where people and place continue to flourish together.

Keywords | Valley Agriculture • Cultural Diversity • Market Life

鹿野

Luye Township,
Taitung County



茶香、田野與天空 展開的縱谷慢生活

鹿野鄉位於卑南溪與鹿野溪匯流地帶，中央山脈與海岸山脈之間的開闊地景，孕育茶園、稻田、鳳梨田與多元農業生活。地方擁有阿美族、平埔族、日本移民與閩客族群共同生活的歷史，留下龍田聚落、日式建築、綠色隧道與不同時期的文化記憶。鹿野以「一高、二水、三業」概括地方特色，其中高台空域、溪流環境，以及茶、米與鳳梨，共同形塑小鎮產業。

紅烏龍是鹿野農業轉型的重要成果，返鄉青年延續製茶技藝，從採茶、製茶到品牌發展，讓茶香承載農人對土地的用心。走進龍田村，沿綠色隧道散步或騎車，可看見老屋、農田、甘仔店與居民自在生活的日常。熱氣球讓鹿野被更多人看見，但真正的慢城魅力，仍藏在茶季、農事、地方市集與聚落節奏中。鹿野的慢，是不盲目追求開發，而是在天空、田野與多元文化之間，建立能夠長久生活的地方韌性。

特色關鍵字 | 紅烏龍、龍田聚落、高台慢遊

A Valley of Slow Living Unfolding Through Tea, Fields, and Open Skies

Located at the confluence of the Beinan River and the Luye River, Luye Township is embraced by the open landscapes between the Central Mountain Range and the Coastal Mountain Range. Its tea plantations, rice fields, pineapple farms, and diverse agricultural practices have shaped a vibrant valley community.

Luye carries a rich history of cultural diversity, where the migration of Amis, Plains Indigenous peoples, Japanese, and Han settlers from western Taiwan (both Hoklo and Hakka) have lived together over generations. Their shared memories remain visible in Longtian Settlement, Japanese-style architecture, the Green Tunnel, and the cultural landscapes formed throughout different historical periods.

The local character of Luye is often described through "one highland, two waterways, and three industries". Its highland landscape, river environments, and the three major agricultural industries of tea, rice, and pineapple together define the township's identity.

Red Oolong tea represents an important achievement in Luye's agricultural transformation. Young people returning to their hometowns have continued traditional tea-making techniques while developing new approaches to tea production and branding. Through their efforts, the aroma of tea carries the dedication of farmers and their connection to the land.

Walking or cycling through Longtian Village and along the Green Tunnel, visitors can encounter traditional houses, farmland, small local shops, and the relaxed rhythm of everyday community life. Although hot air balloons have brought wider attention to Luye, the true charm of this Cittaslow community remains in its tea seasons, agricultural cycles, local markets, and village rhythms.

The slow spirit of Luye is not found in pursuing rapid development, but in building long-term resilience among the sky, fields, and diverse cultures. It is about creating a place where people can continue to live in harmony with the land.

Keywords | Red Oolong Tea • Longtian Settlement • Highland Slow Travel

Cittaslow Majia



