



# 永續

## 自然的生態嚮導

專訪雪霸國家公園解說志工邱慶耀

Guiding toward a Sustainable Nature

An Interview with Ching-yao Chiu, a Volunteer Interpreter at Shei-Pa National Park

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面對大自然，邱慶耀始終有其自成一格的獨特思維。  
Chiu has his own philosophy towards things in the Nature.



**迷**你轎車擋風玻璃上手繪的可愛貓頭鷹，爽朗愉悅的笑容和那不修邊幅的從容姿態，這就是人稱「邱大」、現任雪霸國家公園的資深解說志工、有著「森林裡的哲學家」美譽的邱慶耀。

### 生命淬煉的生態哲學

面對大自然，邱大始終有他自成一格的獨特思維，平實且生活化的解說，讓人輕易就了解生態界錯綜複雜的道理。邱大這些自然生態的思辨歷程，來自於對生命的深刻見解，小時候父親經商失敗，帶著3個孩子們來到偏遠的海山礦坑，展開艱辛的礦工生活，那時的邱大面對自然，只想著如何從中取得資源過活。

生活的困頓讓邱大在國小畢業後即投入職場，曾經過著白天上班、晚上加班、下班兼差、一日工時長達17小時的生活，也曾經創下半個月裡加班累積120小時的驚人時數，面對這常人難以忍受的生活，邱大只豁達的說「活下去，是每一個生命的本能」而這也成為邱大日後解說的核心思想。

A hand-drawn owl on the windshield of his compact car, a frank and hearty smile, and an unrestrained composure, these are the trademarks of Ching-yao Chiu, an active senior interpreter at Shei-Pa National Park (SPNP). Also known by his nickname “Big Bro Chiu,” he is reputed as “the philosopher in the forest.”

### Philosophy Shaped by Hardship in Life

Chiu always has a unique way of thinking toward things in the Nature, and excels at explaining complicated phenomena in ecosystems by real-life examples and his simple style of interpretation. All this is attributed to the tough experiences in his early life, when he had to learn to live with limited resources with his father, who failed as a businessman and started a life as a miner in a remote town.

As little as a graduate from primary school, Chiu once had a full-time job in the day while frequently working overtime and moonlighting when off work, with an average of 17 hours of working hours a day. He even once worked 120 extra hours in 2 weeks! It was made possible “by the basic instinct to survive that shared by all life forms,” Chiu shrugged off his endurance with this awful hardship.

在訪談的過程裡，邱大分享一個生命的故事：水是生命存活的基础，但在非洲南部的那米比亞沙漠的強烈乾涸裡，有種甲蟲每天清晨辛苦的爬到沙丘的稜線上，以頭下腳上倒栽蔥的方式，高舉著腹部，迎接來自南大西洋的海風，牠靠著背部的面積，一點一滴的累積風中微弱的幾乎不存在的水氣，累積生存的資源、延續生命的力量。

邱大說，每個生命都為了活下去而奮鬥著，自然界中的生物也發展出面對自然的智慧。生命的經驗就是人與萬物的共同點，他認為用生命的歷練來解說自然，是很實際且貼近人心的方法，能引發聽者的共鳴的解說，才能夠產生它的價值。

### 解說 開啟生命之窗

擔任雪霸國家公園的解說員的緣由，一直是邱大津津樂道的話題，「我只是覺得穿解說員的背心很帥。」邱大以他招牌的爽朗笑聲說著。

在職場歷練了二十多年後，經濟的重擔漸漸的從他的肩上放下，這時候的邱大才開始投入大自然的領域裡，1991年開始加入台北市大自然教育推廣協會（現為中華大自然教育推廣協會）、基隆鳥會及水土保持解說志工，1993年雪霸國家公園招募第一屆的志工解說員，邱大興致勃勃的前去報名，但國小學歷的劣勢在眾多菁英志工的競爭裡岌岌可危，他甚至還抱持著「自費受訓」的心理準備，就是希望能夠成為解說志工，所幸滿滿的熱誠為他爭取到機會，而這份熱誠一直持續到18年後的今天，未曾減退。

Chiu brought up in the interview a case that exemplifies this tenacity of life: In the Namib Desert in southern Africa lives a certain kind of beetle, which painstakingly climbs to the crest of sand dunes every day, and stands upside-down on its forelimbs while sticking out his abdomen high. It does so only to absorb every possible bit of vapor that hardly exists in the sea wind blowing from the South Atlantic Ocean, in order to collect the resources for its survival.

Every living thing would fight to survive, and thus develop mechanisms and philosophies to deal with the Nature. This experience of living is what humans and other life forms have in common. This observation has contributed to Chiu's plain but heartfelt style of interpretation about the Nature, one that is truly inspiring and valuable to the listeners.

### Life Renewed Through Interpretation

Whenever asked about the reason he wanted to be an interpreter in the national park, Chiu always proudly joked with his trademark laughter: "I just felt that it's really cool wearing that vest of an interpreter!"

After over 20 years as a career man, Chiu plunged into another sphere: the Nature, as his economic burden has been gradually relieved. In 1991 he joined Taipei Association of Nature Education, and Wild Bird Society of Keelung, and also became a volunteer interpreter for soil and water conservation. In 1993 when SPNP recruited volunteer interpreters for the first time, Chiu, with only an elementary school diploma, didn't stand a good chance in competition with those with impressive résumés. Fortunately his enthusiasm carried him through the recruitment process as well as the following 18 years of volunteer work.



邱慶耀在生態觀察中體認到，生物無法迴避對環境的依賴，但環境有其能負荷的極限，故人類無法置身於外。

Through his observations, Chiu has realized that all life forms would inevitably rely on the environment, which has its capacity limit, a fact that humans must not ignore.



邱慶耀用生命的歷練來解說自然，常常能引發聽者的共鳴與感動。  
Chiu's plain but heartfelt style of interpretation about the Nature is truly inspiring and valuable to the listeners.

邱大打趣的說，這份專業讓他付出慘痛的代價，因為——「頭髮都拿去繳學費了」！但腦袋瓜下的豐富知識，已成為他永遠的珍藏。

走進邱大的書房，就可以感受到這份「專業」的壓力，環繞四壁的釘製書架上，滿牆滿地的專業書籍，彷彿一不小心就會被書海淹沒。對邱大而言，永遠不害怕從頭開始學習的困難，也隨時有著面對困難的勇氣，在邱大的哲學裡：每當作出一個決定時，該憂慮的不是那些即將遭遇到的困難，而是那些不期而遇的困難。即將遭遇的，我們有了然於胸的準備；不期而遇的，有面對的勇氣。

解說員之路開啟了邱大的另一扇生命之窗，也更珍惜自然的可貴，在對自然的學習過程中，邱大深刻的感受到台灣人對於自然的認識和欣賞，非常缺乏。談到欣賞，一般人想到的大多是欣賞藝術、戲劇，而很少會聯想到自然。因此他透過相機將一幅幅生態的美景捕捉留存，希望透過這些照片讓人們學會欣賞自然。

已具備專業攝影師功力的邱大表示，在成為解說員前，他看到想拍的景物就拍下來，照片裡沒有想法更沒有故事。而成為解說員後，開始與自然對談，開始對黑框裡的景色有了想法，更著重影像的品質和傳達，每張的照片都訴說著生態與自然的故事。

Besides the cool-looking vest, what's more important to an interpreter is his or her professional knowledge, which had cost Chiu a great deal. "The tuition I've been paying is my hair!" he quipped. But the things he learned from books have been kept forever under his scalp.

A visit to Chiu's study gives one a feel of this great pressure posed by the need of professionalism for an interpreter. He is always absorbed and buried in shelves and heaps of books all over the room. He is not afraid of learning things from scratch and is always ready to face challenges. In his philosophy, when making any decision, one should worry about not the known, upcoming difficulties but unexpected ones; and should always be prepared for the former, and be courageous enough to confront the latter.

Life as an interpreter has opened for Chiu another window to a new world and deeper appreciation of the precious Nature, the latter of which he found many Taiwanese lack. Most of them really know how to enjoy and appreciate only arts and dramas rather than the Nature. In light of this, Chiu decided to capture through his camera the beauty of the natural environment to promote people's appreciation of it.

Chiu used to shoot his subjects without any thoughts or stories to tell. After he became an interpreter and now a professional-like amateur photographer, he began to converse with the Nature through his photos, in each of which he focuses on quality, spirit and ideas, and most importantly, stories about the ecology and the Nature.



邱慶耀希望台灣人能對自然美景培養更多的認識和欣賞，並進而珍惜自然。  
It's Chiu's hope that people in Taiwan could cultivate deeper understanding and appreciation of the Nature.

## 學習自然 而非掠奪自然

邱大在這將近20年的生態觀察中體認到，生物無法迴避對環境的依賴，而環境有它能負荷的極限。在大自然裡的飛鳥走獸餓了，只獵取牠們足以飽食的食物，不會吃飽了因為無聊就多獵幾隻獵物來糟蹋，這是牠們尊重生態的做法，也是對賴以為生環境的保護。

但人類長久的演化，學會儲存資源的智慧，卻也造就了資源的揮霍浪費：到餐廳用餐大量剩餘、浪費食物；恣意泡澡，以為水資源永不匱乏；當北極的冰山溶化時，更多人想到的是北極圈的石油礦……這些對自然的掠奪，讓人們走向崩壞失序的未來。

邱大表示生態的負荷量是有限的，人類也無法置身於外。邱大用少子化的現象來比喻：地球環境的負荷量已到極限，資源的分配不均使人們本能的減少新生命的繁衍，這就是大自然的定律，生物們會漸漸回歸到生態的平衡。

「人定勝天」只是人們在面對大自然時自誇自負的想法，當大自然無情的反撲時，人們依舊渺小的猶如滴水可滅的螻蟻，邱大認為「人要順天，而不是勝天」，這才是真理。

解說志工的職責，讓邱大將捍衛自然資源視作天職，在路上看見陌生人漫無目標的灑水沖馬路，都讓他停下來勸導；用餐時大大的餐巾紙抹了幾下就丟棄，在邱大眼中那也是對自然的傷害。從在國家公園為遊客解說，到用餐自備手帕和餐具，邱大對自然的尊重和愛惜是一致的，而邱大的精神也漸漸感染了旁人。

有多久沒有拿起陽光曬過的暖暖方巾？或許就從今天起，讓我們一起來加入邱大的愛自然行列吧，用實際行動向這位獨樹一格的解說志工獻上最敬禮。🌿

## Learn from the Nature But Not Exploit It

During his 20 years of observation about the Nature, Chiu has realized that life forms would inevitably rely on the environment, which has its capacity limit. Animals only prey when hungry but never hunt for fun when satiated and waste the resources. This is how they respect and preserve the environment which their survival counts on.

By contrast, humans, through a long process of evolution, have learned to store resources for later use but at the same time started to waste what they have. For example, many would take or order more food than they really need when dining out, waste water by always taking baths rather than showers, or eye more on the oil deposits in the Arctic than on its melting icebergs.....

These exploitations have led to a collapsing ecosystem, which is facing an increasingly grave challenge against its capacity. And humans will be among the victims of such a dire future. The recent declining birthrate, Chiu pointed out, has indicated the law of Nature that when resources are unevenly distributed, humans, among all creatures, instinctively stop reproduction of new lives until a balanced ecosystem is restored.

Humans' confidence in "conquering the Nature" is just conceited self-assertion that ignores the insignificance of humans in the face of the Nature's merciless revenge. In Chiu's mind, the right attitude people should hold is to "conform to the Nature rather than conquer it."

As a volunteer interpreter, Chiu has viewed protecting natural resources as his calling. He would dissuade whomever hoses the roads without a sensible reason from doing it, and he sees discarding a paper towel without fully utilizing it as a waste. From interpreting for tourists in the national park to carrying his own utensils and handkerchiefs for each meal, Chiu consistently shows his respect and love for the Nature, and many people around him have been moved and influenced by his persistence.

How long haven't you used a sun-dried handkerchief? Maybe it's time for all of us to join the rank and love the Nature as Chiu does. Let's pay our tribute to this unique volunteer by being an eco-friendly citizen of the Earth! 🌿

### 簡介 Profile

## 邱慶耀 Ching-yao Chiu

1991年開始加入台北市大自然教育推廣協會（現為中華大自然教育推廣協會）、基隆鳥會及水土保持解說志工，1993年擔任雪霸國家公園解說志工至今。喜歡分享生態教育與健康的正確理念，推廣環保觀念不遺餘力。

Since 1991 Chiu has joined Taipei Association of Nature Education (now Taiwan Association of Nature Education), and Wild Bird Society of Keelung, and has also become a volunteer interpreter for soil and water conservation. He has been a volunteer interpreter at Shei-Pa National Park since 1993. Chiu takes delight in sharing correct concepts about ecological education and health, and has fully dedicated himself to promoting environmental protection.

