



綠菩提

Green Bodhi



大愛感恩科技
DA.AI TECHNOLOGY CO., LTD.

環保人文・愛心接力・完全回饋

匯聚善念 Gather Kindness



與地球共生息

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綠菩提雜誌

Green Bodhi

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人生無常苦偏多

長情關懷廣創傷

Life is filled with unpredictable agony,
and can only be comforted by
gathering Great Love.

證嚴法師靜思語

Jing-Si Aphorism

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DA.AI 故事 Brand Story



匯聚善念膚震殤

Gather Love to Comfort Agony

「普天之下，無常事多，什麼時候、什麼樣的事情發生都不知；不過，人最需要的就是愛。天地之大，有一個家是無形的，可大可小，大的時候可以幾萬人、幾千萬人、幾億人，共同成為一個家；小的時候，可以縮到個位數人的家——這都是人心，人人有愛，人人都是共同在一個天地之間的一個大家庭。」

摘錄自 證嚴上人開示

Impermanent and unpredictable events happen all the time; however, there is a family that fits one person to billions, and is what people needs – the family of Great Love. It is formed by our hearts, while everyone has love within, we shall create the largest harmonious family in the world."

– by Dharma Master Cheng Yen.



尼泊爾將蠟燭排成祝福臺灣的字樣，虔誠為臺灣祈禱。

PRAY FOR TAIWAN candle pattern in Nepal, praying for the lost from the great earthquake.

應去應度 善循環

Goodness Contribution Received Goodness in Return

『愛』，這個家可小可大，從小家庭互相的愛開始，擴到了整個社會的善與愛，從這個整個社會，跨國到了整個天下國際之間，都是充滿了愛。日本感念311強震臺灣援助，發起募捐；尼泊爾、阿根廷、美國、菲律賓、約旦、加拿大等各地也都匯集點滴愛心。見證『愛不專是有錢人的權利。』其實『愛』人人都有。

The family of Great Love starts from one and expands to the world. While Taiwanese helped with 311 in Japan few years ago, Japanese, and rest of the world, aided Taiwan without hesitation. Great Love is within everybody.

馬來西亞檳城生活清寒的腎友，土耳其滿納海敘利亞難民學校學生、家長們，非洲莫三比克、黃土地上席地而坐一群人，聆聽臺南發生的苦難，都表達這分至誠的愛，為臺灣虔誠祈禱，願意盡已所能奉獻一點心意。

愛不分你我、種族、國籍，臺灣慈濟與海外慈濟國際賑災，將愛灑播出去，這次臺灣發生大地震，全球各地虔誠祈禱，祝福臺灣平安。

Great Love also came from Malaysia, Turkey, Mozambique, all praying for Taiwan.

Love is without boundary, race, and nationality. With all the prayer around the world, Taiwan shall stand from the 2015 great earthquake.



土耳其滿納海敘利亞難民學校學生、家長們表達這分至誠的愛，希望臺灣能平平安安。
Sincere love from the Syrian refugee children in Turkey, praying for Taiwan.



菲律賓分會慈濟志工走上街頭進行募心募款，籲請大家踴躍發揮愛心，捐款援助受災民衆。
Philippines Tzu Chi volunteer hosted fundraising on street.



美國新澤西密爾本高中的師生們主動發起募款。
Fundraising in New Jersey, USA.

日本感念311強震臺灣援助，發起募捐。眾人齊聲高呼「臺南加油」。
Love from Japan, cheering, "Go, Tainan!"





環保生活福慧修

邁向永續入經藏

Eco lifestyle Cultivates Blessing and Wisdom Sutra Performance Reflects a Sustainable Path

一場場手語演繹我們看見，演繹能收攝身心入藏經，更在服裝上穿出愛護地球的心。

今年慈濟走過五十，在各國慈濟人的努力下，四大八法印也已遍及全球，正如靜思語所言：「人人起一念清淨心，合力能化穢土為淨土」，然而透過各手語演繹及浴佛等，更是在各社區活動上精彩動人的一環。

The sign language Sutra performance interpreters purification on performers' body and mind, which also reflects their loving heart to Earth by wearing eco apparels made from recycled PET bottles through out these performances.

Tzu Chi is entering its half century mark. Through the effort of Tzu Chi volunteers, its four missions and eight footprints have spread all over the world. As the Jing Si aphorism stated, "Everyone raises his pure heart can work together to purify the Earth." Sign language interpretation and Buddha bathing are some of the most heart moving community events.

大愛電視台18周年台慶典禮，人文志業中心同仁身穿大愛感恩科技黑色大愛衫和白色傳薪服飾，將如世間紛擾般的淤泥和蓮花的脫俗以肢體動作表現出來。

Tzu Chi DaAi Television held its 18th anniversary ceremony with sutra performance. Colleagues wearing DA.AI white Heritage Series

apparel and black Eco Polo Shirts reflected pure lotus bloomed from black mud through their body movements.





大愛感恩科技黃華德董事長帶領全體同仁向全球慈濟家人拜年，祈願能將環保菩薩拾福、惜福、再造福，將寶特瓶乾淨清楚分類之精神，透過簡單易學的手語體現出來。

DA.AI Chairman Walter Huang led all colleagues to bless the global Tzu Chi family a Happy New Year. Through simple sign language performance, we pray to deliver the spirits of environmental promoters who recycled/classified bottles and regenerated into useful goods all year, and wish all to "know blessing, cherish blessing, and cultivate more blessing" for the world.



誠如靜思語所言，「個體之美成就整體之美」相信這個整體之美是團體，更也是地球，如人人都有一分環保心，地球會在你我之間變清境。

As Jing Si aphorisms stated, "the overall beauty comes from each individual." We believe that the beauty of Earth comes from everyone's action, thus, everyone keeps an eco heart, Earth shall be Pure Land.



儲蓄幸福善念 傳遞愛與溫暖

Bamboobanking of Goodness and Warm Love

四年多來的敘利亞內戰，已經造成了成千上萬敘利亞人民的奔走逃難、流離失所。難民孩童的就學問題，是一件很重要的工作，因為教育是孩子與社會的希望。

Syria has been wrecked by a civil war over the past four years. Thousands of Syrian people have fled and displaced. Continuing the education for refugee children has become a very important issue, because it is the hope for them as well as the society.



大愛感恩同仁響應大愛台發起「為需要的人儲蓄幸福」竹筒，為敘利亞的難民孩童募集教育基金。

DA.AI colleagues raised education funds for the Syrian refugees children in response to the "Saving Happiness for the Needy" bamboo bank program hosted by DaAi Television.





每一個竹筒上都貼有一張照片，來到大愛感恩的這支竹筒是滿納海小學3年A班照片，同仁們可以直接看到援助的對象，更希望將這一份「善的漣漪、愛的效應」擴大，為苦難衆生與社會弱勢，傳遞一份關懷的溫暖。

On each bamboo was a photo of different classes, and DA.AI adopted a bamboo showing the grade 3A in Menahel Elementary. All colleagues can see where their love goes to; moreover, they expanded these "good-well ripples and love effects" to social vulnerable and suffering beings, passing the warm caring.

同仁每天持續的儲蓄幸福與發好願，願天下無災無難，也為需要的人儲蓄幸福。希望透過這一份的關懷與訊息的傳遞，能夠帶動人人的善念與愛心，幫助地球村另一端孩童們得以復學，讓這一群身陷戰亂蹂躪、愁雲慘霧的苦難災民們重現生機，因為「人間有愛」。



Colleagues kept on bamboo-banking kind deeds and making good wishes to the needy. May there be no suffering in the world and, shall we drive all goodness and love by delivering caring messages of all forms.

The world is filled with love, little savings can help distance refugee students to continue schooling, and allow the victims of war to walk out of sorrow to greet a brighter future.

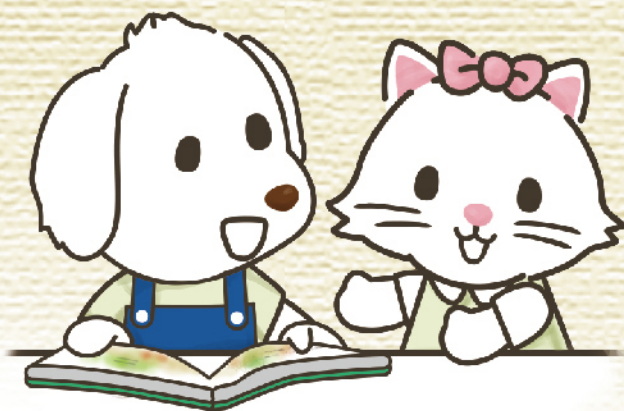


心芽故事

Story for the Fresh Sprouts

貪吃的小鹿

The Esurient Elk



生活若能知足惜福，只要知足「小確幸」也能獲得滿足，下頭上人說故事中，明確提到，癡迷以及貪愛之苦。

If we can be content and cherishing, even the “small happiness” in life brings us great fortune. The following story explicitly illustrates how obsession and attached love cause pain.



有一天，國王到花園來賞花時，看到這隻美麗的鹿很喜歡，便命人捕捉這隻鹿。於是園丁，每天就在草上噴蜜，小鹿看到香甜的草，竟忘了自己置身何處。

One day, the King visited the garden and saw this beautiful elk. He ordered to capture it. So the gardener kept on spraying honey onto the grass everyday, and the grass is so sweet making the little elk forgot that it was actually exposed in danger.

過去有隻漂亮的麋鹿，有一天誤闖國王的花園，園丁見狀，怕驚擾了牠，所以不動聲色，小鹿，牠就很習慣地在御花園裡吃嫩草。

Once upon a time, there is a beautiful elk who strayed into the imperial garden. The gardener was afraid of disturbing it, so the little elk got very used to eating grass in the garden.





過了好幾天，國王看著小鹿，小鹿才如夢初醒，牠嚇得全身發抖。國王看到這隻鹿幾天前在大自然的環境中，那麼逍遙自在，現在進到宮中，反而惶恐得全身發抖、渾身不自在。

After several days, when the King looked at the elk, it sudden aware of its situation, and was scared in shivering. It also inspired the King, seeing how the elk used to be free and unfettered in great nature, is now trapped in this small garden.



國王得到了啓發：鹿因為心念貪著於味覺，才會陷入人們的圈套而惶恐掙扎；而衆生就好比這隻鹿，為了貪愛而掉進陷阱，不得自拔，這就是衆生的愚癡。

The King realized that the elk was attached to its desire and fell into this trap. Sentient beings are like the elk, fall into traps of fear and struggling simply because of desire craving, and can not extract themselves.



證嚴法師藉由這則故事，慈示：「世間人心容易浮動，往往只知道向「有」的方向追尋，向愛欲的境界貪求，這就是不造好因，卻妄想獲得好報。修行就在於時時反觀自心，保護心念不動搖。」

Dharma Master Cheng Yen advised that unstable mind tends to pursue desire from the realm of lust, it is simply like planting a bad seed but wishing for a good harvest. One should return its innate pure nature and protect the mind away from desire.



感恩過去 大愛前行

Gratitude for the Past and Continue with Great Love

我們可以平安度過寒冬，更應懂得知足、感恩，而想想社會角落，沒能溫暖過寒冬的人，所以我們更應傳遞溫暖。

We feel content and grateful to pass a safe winter. Thinking about rest of the world that didn't had such privilege, we should deliver and spread warmth and love to these places.



8 慈濟志工在全臺各地都會舉辦「冬令發放暨圍爐活動」，為弱勢家庭送上溫暖，大愛感恩科技吉祥物－環保大愛狗、素食感恩貓也來到現場，分送感恩與祝福，願新的一年可以平安吉祥、健康順心。（攝影者：陳仕杰）

Tzu Chi volunteers held winter distribution and reunion activities for families around Taiwan to bring love to the poor and needy. Mascots of DA.AI, the Loving Puppy and Blessing Kitty, were also present to send gratitude and blessing. May everyone has a peaceful, healthy and auspicious year. (Photo by: Chen Shijie)



◀「外頭冷冽凍人，心裡卻溫暖感人！」

“ It's freezing cold outside, but warm and touched inside our hearts”



在年貨大街上，推廣環保，新的一年
傳達靜思語真諦，「資源回收的目的，
在於提倡與教育人人懂得惜福」一顆心靈富足的心，必能年年有餘。

DA.AI promoted environmental protection products in the famous New Year street of Taipei to convey the spirit of Jing Si Aphorism that “the purpose of recycling is to promote and educate everyone to cherish blessing.” Rich in mind will always give us a surplus year.

▼ 護持大德們往往經解說後深受感動，了解大愛感恩科技精神和使命，令推廣同仁感動的說道，「感動的是，從不喜歡的颜色，到最後喜歡這颜色。」

Most people are deeply moved after listening to DA.AI's story, and understood the spirit and mission of DA.AI. The promoter said “from people's disliking to liking our non-dyed colors after understanding is one of the most touching part in promotion.”



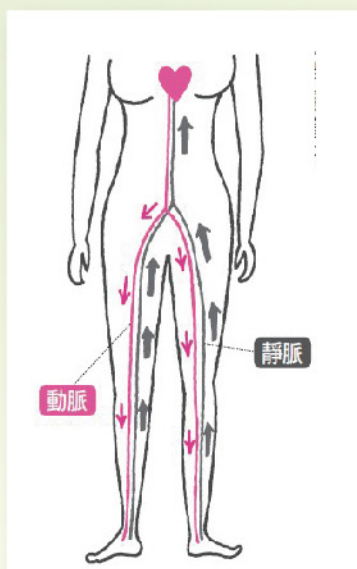


腿部舒壓覺醒

Leg Compression Relief, DA.AI Style

是否有類似的經驗：運動後雙腿酸痛，外出逛街不到半天就兩腿腫脹，甚至是平時上班久站、久坐也會感到精神不繼？從科學的觀點，久坐還是久站，雙腿高度必然比心臟低，之間會造成位能差，但靜脈血液是靠靜脈瓣膜和腿部肌肉反覆收縮推送，只要久站或久坐，肌肉就無法產生縮放的動作，不是增加靜脈瓣膜的負荷，就是全身血液循環不良。長期的靜脈瓣膜過載，逐漸讓靜脈瓣膜失去回復力，最終形成外表醜陋、健康威脅的「靜脈曲張」。這時候，最需要一股引導往上流動的力量，讓血流順暢通行，直達心臟。

Have you ever experienced muscle pain from walking or standing for too long? This is caused by restricted blood circulation from legs to the heart. Even worse, if this continues for too long may cause varicose veins expansion, not only affects exterior leg appearance, but also internal health issue. Situation like this needs to find a way to pump blood back to the heart.



血液從心臟通過動脈流向足部末梢，再經由皮膚或肌肉等組織抵達靜脈。血液回到心臟的管道是靜脈，血液一定得在反重力下才能回到心臟。

The heart pumps blood to legs through artery, and blood travels back through vein; however, needs a force to counter gravity to do so.



自三十年前，第一雙具有彈性壓縮力的舒壓襪問世，經各界努力，制定了舒壓襪規格必須符合「漸進式減壓」（graduated compression）的規範。

Thirty years ago, the first compress socks was introduced. Nowadays, compression socks technology has evolved to meet the “graduated compression” standard.

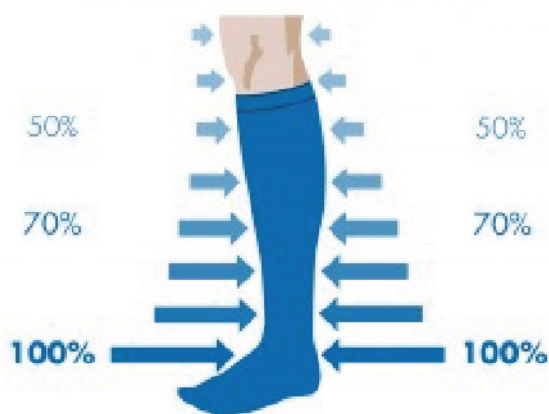


八仙塵爆事件之後，大愛感恩銜命為燒燙傷患者開發冰涼抗菌除臭之壓力布，進而累積舒壓襪之開發經驗。使用功能性纖維，開發出兼具腿部舒壓和去除異臭的抗菌舒壓襪。舒壓襪減少腿部乳酸堆積的科學原理，是藉著舒壓襪的漸進式壓力（從20推向15mmHg）從腳底往上方推擠血液，讓腳底的血液回到上方更大條的靜脈，靜脈缺氧血（帶著運動時產生的大量乳酸和代謝廢物）往上走了，加速補充回來充滿氧氣和養分的血，就能讓小腿感覺不會疲倦、運動更持久。

Ever since the Taipei explosion in entertainment park last year, DA.AI started to develop compression apparels to accompany survivors' recovering process. With the graduated compression technology from 20 to 15mmHg, these apparels help to push blood from various parts of the body to larger veins, thus, back to the heart, improving blood, oxygen, and nutrient circulations. Survivors wearing these apparels can then workout for longer period of time, and shorten the recovery process.



Percentage of Graduated Compression



階段式壓力選擇方式

入門型

沒穿過舒壓襪，不習慣有束縛感的朋友適用

基礎型

歐美研究數據，最適合腳步舒壓的加壓係數

進階型

工作需久站久坐，腳易痠、腫脹的朋友適用

1 Calf 小腿	4-6	5-8	6-9	7-10
	19 3/4" 50	33-36	35-42	39-44
2 Ankle 腳踝	18 1/4" 46			
	16 1/2" 42			
3 Ankle 腳踝	15" 38			
	13 1/2" 34			
4 Ankle 腳踝	11 1/2" 30			
	10 1/2" 26			
5 Ankle 腳踝	16	18	20	22
	6 1/2" 7 1/4" 7 1/2" 8 1/4" 9 1/4" 10 1/4" 11"			

選擇正確漸進式舒壓襪，一定需要以皮尺測量腳踝的最細周長（腳踝骨之上）與小腿肚最粗周長，然後對照尺寸表。

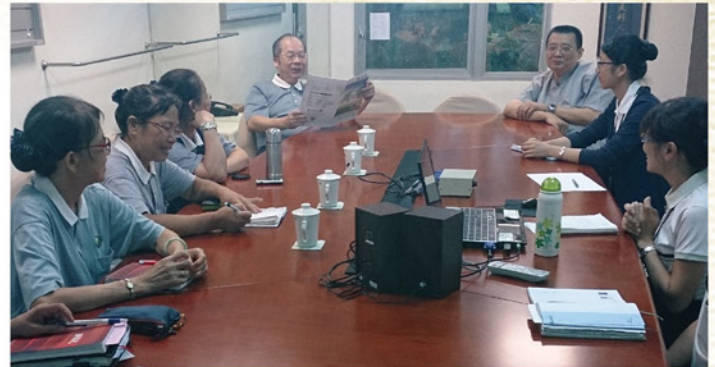
Choosing the right size is important for compression socks, that's why DA.AI helps our customers to measure the legs before making their purchases.



篤實傳薪火 環保更惜福

Enlighten Environmental Protection Heart and Educate the Mass Population

大愛感恩科技將申請環境教育場域認證，為環保教育更盡心力。為了讓環境教育更多元化，2015年9月起，展開與教師聯誼會合作，規劃從「災難」到「慈悲科技運用」，以及從「城市礦產」到「搖籃到搖籃」的課程教案開發。



DA.AI Technology is applying for environmental education field certification together with the Tzu Chi Teachers Association since September 2015 to develop a series of environmental educational program.

The program includes the implementation of "compassion technology" in "disaster", while "urban minerals" and "cradle to cradle" concepts are also involved to form four major themes.



經過2個多月，種子老師分組協作，根據參訪者分齡、身分，編寫出12套環境教育教案。2015年11月25日，舉辦教案試講會。這12套教案不僅提供大愛感恩科技使用，更希望進一步把環教理念帶入校園、社區，推廣給更多的人認識。

Over the past two months, the teachers in training collaborated according to different visitor's age and status, and planned out 12 environmental education lessons and held the lecturing programs on November 25, 2015.

The 12 sets of program are not only provided to DA.AI visitors, but also hoped to bring the concepts of environmental education into schools and communities to educate more people.



「地球發燒了，是誰來不及?!」籌畫半年的環境教育教案編撰，2016年 2月21日在慈濟東區會所正式發表。與會者包括北區教聯會教師、大愛媽媽、慈藍、社會人士等超過600人參加。

“Mother earth has a fever , is it too late?!” The environmental education programs were first launched and published in Taipei on February 21, 2016. More than 600 Participants, including members of teachers association, DAAI volunteer moms ,Tzu Chi basketball teams and community volunteers attended.

四大課程主題，現場演示。更透過互動問答，讓每一位學員踴躍搶答。生動活潑的教材，讓環保不只是口號，而是疼惜地球的實際行動。從教育著手，再加上一點創意，把環保理念從小紮根、落實生活，讓科技溫暖人心，讓生活更美好，讓人類未來充滿希望。

Four themes, with interactive demonstration and Q&A, excited all students to answer enthusiastically. Lively teaching materials made environmental protection from a slogan to real action. Add a little creativity to education, and rooting the concept of environmental protection on participants' minds do help building a better world.

『搖籃到搖籃-化腐朽為神奇之以R還R』林正雄博士

『 From C2C (cradle to cradle) to magic
R2R (recycle to recycle) 』 By Dr. Brian Lin



陳意容博士『大愛環保
與感恩科技的對話』

『 Dialogue between
DA.AI Environmental
Protection and
technology 』
By Dr. Lori Chen





慈悲科技展人文

The Humanitarianism of Compassion Technology

「藍天白雲」是全球慈濟人的形象。象徵慈濟人有藍天般寬闊的胸襟，有白雲般潔淨的作為。其實慈濟志工在不同的場合會分別穿上最適當的制服。

While the blue and white uniform represents Tzu Chi volunteer's compassionate image, there are many other Tzu Chi uniforms for different occasion.



◎ 西裝襯衫、領帶
西裝套裝
Navy Blue Suit



◎ 防潑水藍褲/白褲
Magical blue / white
◎ 冰涼大愛衫 DA.AI Polo Shirt



◎ 機能輕薄外套
Eco Lite
Jacket



◎ 冰涼大愛衫 DA.AI Polo Shirt





四大不調，每當發生災害，慈濟的愛心，總是不落人後。慈濟人賑災，皆是穿著「藍天白雲」（或社區志工灰衣白褲），白鞋、白襪、背包、帽子。

Whenever disaster strikes around the world,

Tzu Chi's love always follows. Volunteer's uniform include the signature blue and white, as well as white shoes, socks, cap, and blue backpack.

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◎ 太環保機能舒適襪
Eco Anti-Odor Socks



◎ 護足舒壓襪 Magical blue/ white pants



◎ 環保收納鞋套
Eco Indoor Shoes



◎ 白色淑女鞋
Eco Lady White Shoes



◎ 神奇防穿刺白鞋
Eco Anti-punctual White Shoes



◎ 黑色紳士鞋
Eco Gentleman Shoes





「關」懷有情 「渡」化眾生

Care for and Enlighten all Sentient

關渡環保教育站位於慈濟關渡園區內、人文志業中心旁，上人說關渡是「關」懷有情、「渡」化眾生，當初園區這塊土地是兩位「善女人」發心所捐贈。

環保站的牆壁上，張貼著可回收塑膠袋種類的看板，讓參訪的團體可以清楚的了解到，回收塑膠袋之分類。看到環保菩薩們的用心、細心分類，每個人臉上都露出歡喜的笑容來做環保，就是為了守護地球的一念心。

The Tzu Chi Guang Du campus is located next to the Tzu Chi Humanitarian Center. The lands were donated by two ladies' selfless contribution to the charity foundation, and as the location name suggests in Chinese, Dharma Master Cheng Yen wishes for these buildings to fulfill care for and enlighten all sentient purpose.

Posted on the walls of the environmental station within campus are thorough explanations of different plastics, and how to sort different recycled materials. Together with the environmental bodhisattvas working in the station form a happiness atmosphere, and a force of environmental protection.



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本雜誌使用環保再生紙

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大愛感恩科技-核心價值

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環保人文 C ulture of environmental protection

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The touching and inspiring story behind each and every DA.AI eco-product.

愛心接力 C ircle of love

從環保的手，到設計的手，到護持的手，再到膚慰的手。愛的力量，生生不息。

From the hands of environmental protection, design, relief, and contribution, forms a circle of love.

完全回饋 C ontribution to society

所有投資及盈餘全數回饋慈濟基金會，做為慈善、國內外賑災及社會公益之用。

100% net proceeds donate to Tzu Chi Charity Foundation for charitable and public welfare purposes.

For more information in English or Simplified Chinese,
please visit www.daaif.com



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