



Treasure Caretaker Training
DIGITAL MONASTERY PROJECT

PRESERVATION OF BUDDHIST TREASURES RESOURCE is the free online resource for monasteries and communities, with practical information on digital documentation, risk assessment and disaster recovery, safer storage, and preservation of thangka and other treasures. The resource comes from over 50 years of preservation work in monasteries.



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RISK ASSESSMENT: EARTHQUAKE



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RISK

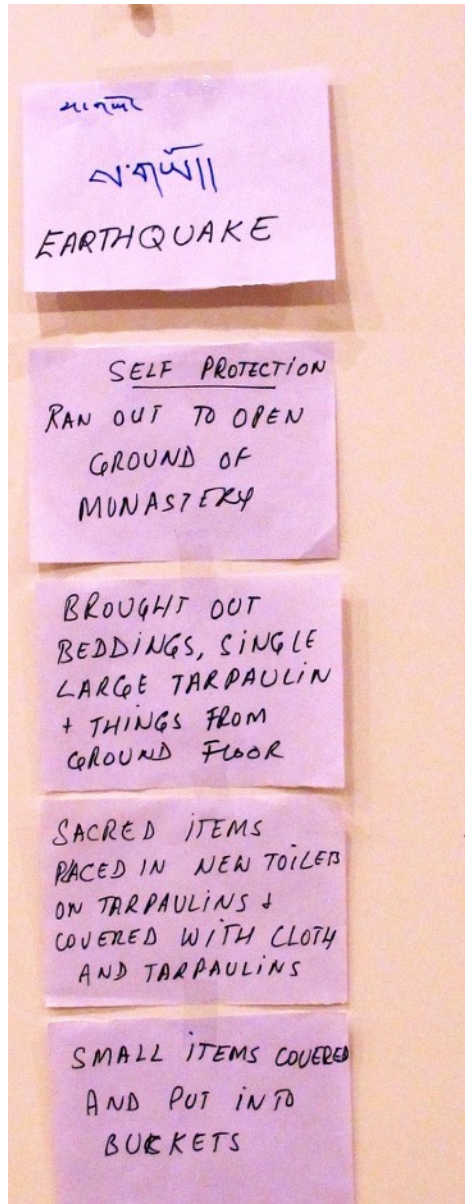
ASSESSMENT: EARTHQUAKE 風險評估：地震

Introduction 介紹

Risk Assessment, Disaster Planning and Mitigation 風險評估, 災難應對計畫, 減輕損失

Risk Assessment: Earthquake

Introduction 介紹



僧人們在地震和震顫中保護他們寺院法寶的親身經驗

僧人們親身經歷地震的狀況

- 自我保護：跑到戶外寺院的開闊地帶
- 從一樓把床上用品、大型防水布等物品帶到戶外
- 神聖的物品放置在防水布上新的抽水馬桶中，並蓋上衣物和防水布
- Small items covered and put into buckets 小件物品包好放在水桶中

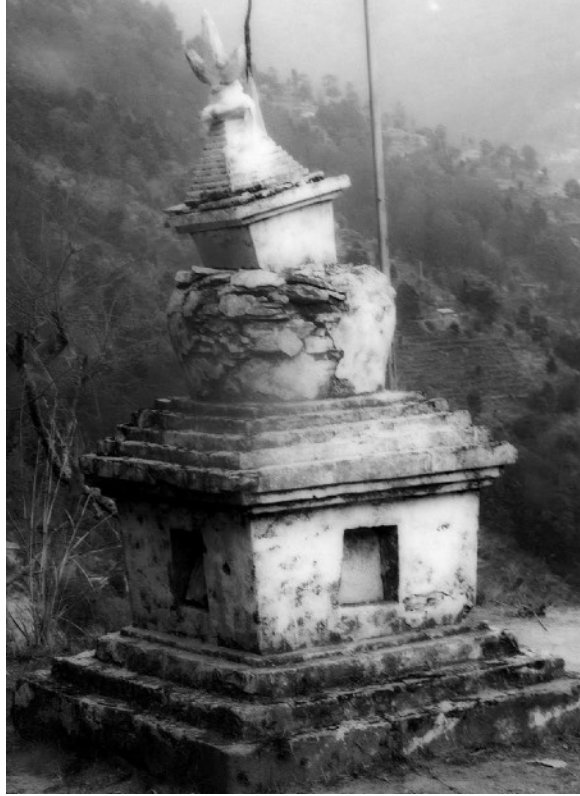


Earthquake-damaged Lhakang was no longer safe and had to be totally demolished and removed 在地震中損壞的佛殿不再安全，必須完全推倒並移走

An earthquake itself is a primary event, but it does not stop there. Earthquakes are usually followed by aftershocks and, often, fires. Social upheaval often happens and there is danger for residents and emergency workers. Then follows a lengthy period of daily disruption due to lack of housing and services, while the rubble is cleared, and new structures are built. Some monasteries and chortens damaged in earthquakes may not be rebuilt for some time due to cost and safety reasons. 地震本身是個主要事件，但它並不就停在那裡。通常地震發生之後，還有餘震，經常還引發火災。社會動盪也不時發生，對於居民和緊急救援人員來說，有很多危險。接著是一長段時間，由於失去住處和各種設施服務，在整個清理瓦礫碎片、興建新樓房的過程中，人們將處於失序的日常生活。一些在地震中損壞的寺院和佛龕，由於經費和安全因素的考量，不一定可以在短期內重建。



Earthquake-damaged wall painting. Some monasteries removed the damaged paintings and began anew, however, another few attempted restoration. 地震損壞的壁畫唐卡。一些寺院移走了破損的壁畫，重新來過；然而，少數寺院還是會試圖修復。



Earthquake damaged stupa in the countryside awaiting restoration (image Jim Lindsey)
地震損壞了鄉間的一座佛塔，尚待修復 (Jim Lindsey 拍攝)

Although earthquakes are natural disasters, there are man-made factors to the damage they cause, including: inadequate infrastructure and preparation; lack of planning and communication; unstable building construction; locating monasteries and communities on terrain that is vulnerable to landslides; and more. All these choices increase damage from an earthquake event. Since they are choices made by people, the choices can be made in a more informed manner for the future safety of those living in earthquake regions. Seismic risk can be calculated for specific geographic locations, and is a pillar for risk mitigation planning. You can research seismic risk for your

monastery's area through local governmental departments, often universities update seismic data, and we often use web searches for current information. 儘管地震是自然災害，但還是有人為因素所造成的損壞，包括：不完善的基礎設施和準備工作；缺乏計畫和溝通；不夠穩固的建築架構；位於山坡上的寺院和社群，若遇土石流就很危險；諸如此類。所有這些選擇，加重了地震災難所帶來的破壞性。因為它們都是人們可以選擇的，對於生活在地震帶的人，未來的安全可以透過更明智的選擇而得到保障。地震風險能夠以地理位置精確地推算出來；這也是做減輕風險計畫時的支柱依據。你可以透過當地政府部門查詢自己寺院區域的地震風險值，大學經常會更新地震數據，我們便可以經常使用網路來搜索當前的訊息。



Pillar of monastery that was built on a mountaintop. Most of this monastery was damaged so severely it had to be removed and completely rebuilt. 建在山頂上的寺院柱子。這座寺院損壞相當嚴重，而需要移走廢墟，完全重建。



Even though this monastery was well-constructed with concrete, due to its location it suffered severe earthquake damage 儘管這個寺院用水泥建造得很好，但因為它所在的位置而受到地震的重創。



Nuns building their own monastery in a traditional, pounded-earth technique. Some people believe that traditional structures are stronger during earthquakes than concrete buildings. 尼師門運用傳統的夯土方式建造她們的寺院。一些人認為傳統結構在地震中比水泥更結實。



Rebuilding of Main Stupa in Kathmandu, amongst the rubble from the earthquake's destruction 加德滿都大佛塔在地震留下的碎磚瓦礫中重建

Risk Assessment, Disaster Response Planning, and Mitigation 風險評估, 災難應對計畫, 減輕損失

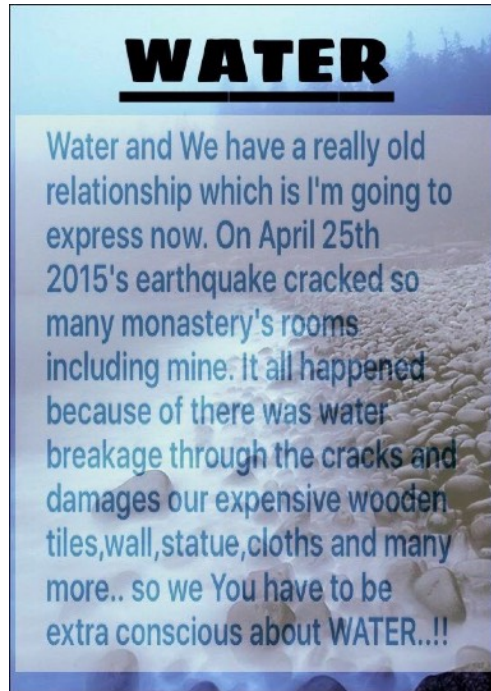
In the past, there was little preparation and planning in order to survive earthquakes. Many people died and many treasures were destroyed. Now, the Risk Assessment, Disaster Response Planning, and Mitigation guide offers methods and materials that will help you, your monastery, and its treasures, as well as your community, to survive the next earthquake. 過去，為了在地震中生還的準備和計畫非常少，因此有很多人員傷亡，很多寶物受損。現在，風險評估, 災難應對計畫, 減輕損失的指導方針，提供了幫助你和你的寺院及其寶物，以及社群在下一次地震中倖存的方法和素材。

The appendix provided for you includes all the written resources you need for planning for earthquakes and related disasters. 附錄為你提供了地震和相關災難的計畫所需的一切書面資料。

- Post-earthquake preservation of monastery treasure 地震後保存寺院法寶
- Field-guide assessment forms 現場指導的評估表格
- Disaster vulnerability assessment 災難易損性評估
- A shopping list for disaster supplies and list of supplies which you will need for after a disaster 災難物資的購物清單和災後所需物資的清單
- A supply list for your command center, because after a disaster you have to have a command center with a command team leader 你的指揮中心所需物資的清單，因為災難過後你必須成立有一名指揮領袖帶領的一個指揮中心

In earthquakes, both lives and treasures are destroyed. There can be complete destruction: breakage, smoke damage, water damage, land looting. Therefore, it is not only the earthquake damage itself but also the related tremors that cause damage. 地震來時，人身和寶物都會被損傷。它所帶來的破壞性可能是全方位的：破裂、煙霧損壞、水造成的損壞、搶劫土地。因此，不僅僅是地震損壞本身，還有連帶的餘震會造成的損壞。

Gas tanks may explode, and electrical wiring may spark, causing fires. To put out fires following an earthquake, there can be a considerable amount of water damage to buildings, and what they contain. 煤氣罐有可能爆炸，電線有可能擦出火花而造成火災。震後滅火所用的水，有可能對建築及其內部物品造成相當大的損壞。



Monastery signage about earthquakes and water damage 張貼在寺院的標示：關於地震和水帶來的損壞

An earthquake in itself creates great damage. After the earthquake you have damage from fire and water as well as the huge problem of looting. After an earthquake people can come and steal. In your earthquake response planning, you have to plan for all these possibilities. In addition to the earthquake itself, you must prepare for how to decrease destruction caused by fire, water, and loss caused by theft. 地震本身會製造極大的損壞。震後你還會面對火、水，以及打劫的巨大問題所帶來的損失。地震後，有人會跑來偷東西。你的地震應對計畫，必須計畫所有這些可能性的發生。除了地震本身，你必須對如何減少火、水、偷盜帶來的損失有所準備。

Earthquake 地震

- Lives and treasures destroyed 人身安全和財物寶藏受損傷
- Complete destruction 完全損壞
- Breakage 斷裂
- Smoke damage 煙霧損壞
- Water damage 水造成損壞
- Looting 趁亂打劫

Fire follows earthquakes, creating further problems. For example, the head Geshe of a monastery located high up on a hill said that during a major earthquake he was trapped in his office in his monastery. He was looking down over the valley during the earthquake and he saw houses and monasteries exploding because their gas tanks and electrical wiring exploded. He looked down and he saw fires exploding. Not only were buildings falling down but there was fire all over the valley. Fire in itself is a real problem, but it is also a problem after an earthquake. 地震發生後出現火災，便會製造更多的問題。舉例來說，座落在山頂的一座寺院的首席格西說，他在大地震發生時被困在他寺院的辦公室內。他在地震中往山谷下看去，一些房屋和寺院因煤氣罐和電線走火而發生爆炸。他向下看到爆炸起火。地震不只是讓建築倒塌，還引發了遍佈整個山谷多處的大火。失火本身就是個問題，發生在地震後的火災亦然。

Here are practical suggestions for what you can do about preventing more earthquake damage to your monastery treasures. Follow your emergency plan with team protocol as much as possible. These are basic elements of an emergency plan for monasteries: 這裡有關避免給寺院寶藏造成更多地震損壞，有一些實用的建議提供給你。盡量遵照你的緊急計畫書採取團隊行動。寺院緊急計畫的一些基本要素如下：

Basic Elements of Emergency Plan for Monasteries and Communities 寺院和社群應急計畫的基本要素

1. People First 以人優先

2. Who Do You Call? 要呼叫誰？

Who is in charge? 誰是負責人？

Emergency phone numbers 緊急電話號碼

Full monastery residence list, to text, WeChat, WhatsApp, etc. 給寺院住眾名單上所有人發信息、微信、WhatsApp等傳訊。

3. Who Should Salvage Collections? 誰應該負責搶救集中？

Monastery Treasures Salvage Team (trained previously) 寺院寶藏搶救隊（已訓練）

4. Where to Bring Damaged Treasures 受損寶物要送去哪裡？

Another monastery? 另一個寺院？

Your monastery dining room, classrooms, etc. 受災寺院的齋堂、教室等處。

5. What Do You Salvage First? 你首先要搶救什麼？

Decide your priorities, preferably before an emergency 最好在危急情況出現之前就決定好搶救的優先次序。

Mark the location of these priority treasures on floor plans 在寺院平面圖上標註這些優先搶救的寶物所在位置

6. Where Are the Emergency Supplies? 緊急救援物資在哪裡？

Stockpile supplies before an emergency occurs 危急出現前就儲備好物資

Mark the location of supplies on floor plans 在平面圖上標註好物資所在處

Contact local vendors for additional supplies 聯絡當地供應商增加物資

7. Who Provides Security During an Emergency? 在緊急情況時，是誰提供安全保障？

Monastics, community members, or government? 僧人，社群成員或是政府？

8. What Information Technology Will You Need to Replace? 什麼信息技術是你需要更新替換的？

Survey your hardware and software currently in use 審查目前適用的硬盤和軟體

Store monastery files in "cloud" or duplicated offsite 將寺院文件夾存在「雲端」或線下複製

9. Do You Have Insurance? 你們有保險嗎？

10. Who Has the Plan? 誰手裡存有這個計畫書

Make a list of who has copies of your Emergency Plan 寫出持有你應急計畫的人名單

Update Emergency Plan and Team 更新應急計畫和小組成員

Train yourself in protecting each other through CERT and other trainings available through nonprofit and governmental agencies. 透過非營利及政府機構的CERT或其他可獲取的教程，來訓練自己與他人互相保護。



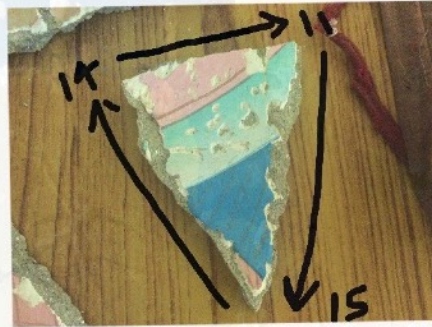
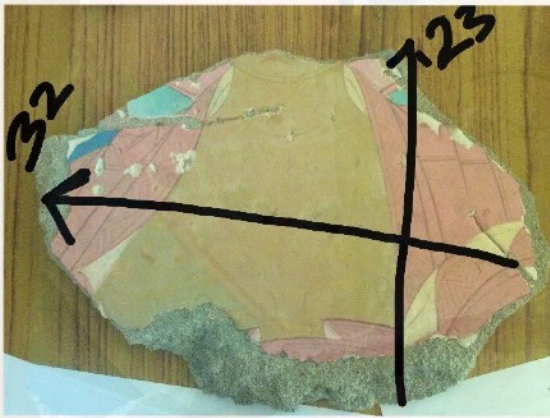
Monastics are training in emergency techniques to save lives. We can adapt these techniques to save monastery treasures. 在緊急技能訓練中的僧人救助傷員。我們也可以用這些技能拯救寺院法寶。

- Enter the monastery only when it is safe after the earthquakes and tremors have stopped, then protect monastery treasures 只能在地震過後和餘震停止的安全情況下進入寺院，接著保護寺院法寶
- Know where the most valuable lineage treasures are located within the monastery; hopefully your pre-disaster documentation will provide comprehensive information including a map and pictures 清楚知道最珍貴的傳承寶物在寺廟內的所在位置；希望你災前的存檔記錄會提供包含地圖和圖片在內的全面資料
- Learn how to carry them so that they are properly supported and more damage does not occur. This is described in the Emergency Response chapter of this resource. 學習如何搬運法寶，以便讓它們得到適當的照顧而不出現更多損壞。這點在本文的「緊急應對」章節有作講述

- Identify where to carry them, to a safe place that is secure 明確知道把法寶搬去哪裡是一個保險的安全地方
- Keep every broken part of every treasure 保存好每個法寶的每一塊斷裂部分



Document the fragments and damaged treasures you have collected 把你收集起來的破損的法寶和它的碎片進行文字存檔



THIS IS A PIECE OF 20 YEARS OLD WALL PAINTING FROM OUR MONASTERY WHICH HAS BEEN BROKEN ON APRIL 25TH 2015'S EARTHQUAKE!!

👉 這是我們寺院在2015年四月25日地震中損壞的有二十年歷史的壁畫碎片

It is important to collect each damaged and displaced part of treasures. They are an important part of the history and contain blessings of the monasteries. 收集每一個破損或移位部分的法寶是很重要的。它們是歷史的重要組成部分，含藏著寺院的加持。

What can you do to protect yourself after an earthquake? You train in protecting each other. In other words, learn about basic emergency response for people. You want to think of people first and treasures second. I know that often in disasters monks have run back into a monastery when it is burning or when there is an earthquake to save their master's treasures and there has been death and disfigurement from that. People first. Then, you find out when the museum, monastery, or library building is safe to go back into before you run into it to save things in an organized way, following the instructions of a team leader. 地震過後，你能做些什麼來保護自己？大家要訓練互相保護。換句話說，就是要學習救人的基本緊急應對。你應該首先考慮人，其次才是法寶。我知道常常在災難發生時，寺院還在燃燒或地震還在發生過程中，僧人們跑進去拯救他們上師的寶物，因此造成死亡和毀容的例子。人身安全為第一。之後，如果你發現收藏館、佛

殿或圖書館所在的建築是安全的，可以返回進入，在你跑回去有組織地拯救財物之前，要聽從團隊帶領人的指示。

With earthquakes, people come first. Safety first, and the tremors that follow earthquakes can be unpredictable. Often, following the earthquake and tremors, monks feel safe to return to monasteries that are still standing following the initial quake. However, the tremors following can cause collapse, even though the structure appears to be sound. Structural damage to your monastery and community buildings also depends on the type of building; many current monasteries are concrete structures, whereas in the past they could have been made of wood or beaten earth. Recently, monasteries and meditation centres in urban areas are being located in tall office buildings. 地震發生時，人是首要考量。安全第一，而地震後的震顫不可預測。常有發生的是，地震和震顫過後，僧人們覺得已經可以安全回到寺廟室內了，其實後者仍然處於首震之中。無論如何，儘管建築結構看起來無損，但震顫可能導致其坍塌。你的寺院和住眾宿舍等結構上的損壞程度，取決於建築的種類；很多當前寺院是水泥結構，而過去它們可能都是木結構或夯土建造而成。而近年來，座落於城市中的寺院和禪修中心是在很高的辦公大樓內。

Earthquakes damage things outside of buildings and they also cause damage inside. One temple was all right outside but inside everything was completely ruined. 地震損壞建築外的物體，也造成內部的損壞。有一個寺院外觀看起來無恙，可內部全部都被損毀了。



Earthquake and tremor damage inside a monastery with shattered glass 地震和顫動損

壞了寺院內部陳設，震碎了玻璃



Nuns inspect statues inside of traditional wooden shrines 尼師們在查看傳統木制佛龕內的佛像



Statues within traditional wooden shrines can move around and fall over during earthquake and tremors. You can make them more secure with a base and padding that won't be seen in the case 傳統木製佛龕中的佛像在地震和震顛中有可能移位或掉落。你可以加裝一個從木框外看不見的底座和墊料，以確保佛像更安全

These suggestions were made by monastics and come from their own experience following traumatic earthquake events: 下面是僧人們經過災難性的地震過程後，從自身經驗提出的建議：

Earthquake Suggestions from Monastics in Nepal Monasteries in Their Own

Words 尼泊爾寺院僧眾口述他們對地震的建議

- Heavy chandeliers can be replaced with lighter ones 沉重的水晶頂燈可以用輕一些的頂燈替代
- Styrofoam can be scooped and lined with soft cotton for stable placing and storing statues 泡沫塑料可以和軟棉布一起用作穩固地放置和陳列佛像
- Styrofoam can be used as back support (colour matching background) to prevent statues moving during an earthquake (顏色搭配的) 泡沫塑料可以用作佛像後面的支墊，以防止佛像在地震中移位
- Lightweight storage boxes with good quality styrofoam scooped for placing individual items and lined with cotton 在放置單個物件的輕型收納儲藏盒中，用質量好的泡沫塑料和棉布或棉花將其填滿
- “One Child One Light” project in India is a good source of inexpensive solar lights 印度的「一個孩子一盞燈」計畫是便宜的太陽能燈具很好的來源
- Monastery wall fragments (with paintings) can be numbered, wrapped in cotton cloth, and stored in dry place for use later either to place back or use as reference for new painting (有壁畫的) 寺院牆壁碎片可以標註數字，用棉布包裹好，儲藏在乾燥的地方，以便未來將其恢復或是作為新壁畫的參考之用



After the earthquake damage was cleaned up in this monastery, the damage to the main Buddha statue remained, because its head was turned due to the earthquake's strength 地震的損壞清理過後，這座寺院主殿佛像的損壞依然存在，因為在強震中佛像頭轉動移位了

In many monasteries there are large lighting fixtures. During an earthquake, it often happens that they fall down and can hurt people and cause great destruction. Many monasteries have large, glass chandeliers hanging with lots of crystals. During a large earthquake these chandeliers fell down and hurt people, with the crystals scattering. Heavy chandeliers can be replaced with lighter ones, or the strength of the connection to the ceiling can be increased (an inexpensive suggestion). 很多寺院用了大型的燈具裝

置。地震發生時，它們經常會掉落砸傷人，同時造成很大的破壞。很多寺院巨大的玻璃吊燈掛滿了水晶。大地震來時，這些吊燈墜落傷及人身，水晶散落一地。重型的水晶燈可以用比較輕的燈具替代，或是要加固和天花板的連結（便宜作法的建議）。

One monastery that rebuilt after a major earthquake chose sturdy wooden ceiling lights, firmly attached to the ceiling, and with LED lights within. This sturdy design was used to prevent the lights falling down and harming people during the next earthquake. 一所寺院在一次大地震重創之後重建時，選擇用堅固的木製頂燈，牢牢地吸在天花板上，裡面用LED燈。這個穩固設計的用途就在於再次發生地震時防止頂燈掉落而傷及人群。



Earthquakes and tremors can cause the large and heavy chandeliers that decorate monasteries to fall down. Both people and treasures can be seriously damaged. 地震和震顫會導致裝飾佛殿的大型、沉重的水晶燈掉下來，而帶給人和法寶嚴重損傷。

Often in monastery storage rooms, treasures are not protected but are placed on shelves or in boxes. If you store them safely, when you have tremors, they will not be damaged. Styrofoam can be very useful: a cavity can be carved out of the styrofoam, lined with cotton, and the treasure "nested" in it. This can keep statues and other treasures in place. You can also use styrofoam for huge statues. In some of the monasteries, the largest, most valuable statues fell over and broke. 寺院的儲藏間裡面，寶物常常是沒有被保護好，而就放置在架子上或盒子裡。如果你安全的將它們收納起來，當出現震顫時，它們將不會受到損壞。泡沫塑料非常有幫助：將它中間挖一個洞，貼上棉花，然後把寶物放進去。這樣就可以固定住佛像和其他寶物。泡沫塑料也可以用作包裹大型佛像。一些寺院中最大、最珍貴的佛像，在地震中傾倒而破碎。



Local merchants may sell stable storage and support materials 當地商販
也有出售韌性很好的用作儲藏或支撐的材料

You can sometimes locate styrofoam or other inexpensive pieces of packing materials from local merchants; try to find chemically stable materials, not cardboard or other paper products. One monastery thought of painting the recycled styrofoam the color of the shrine so that its bright white color was muted when placed behind treasures to support them. 有時候你可以在當地商販那裡找到泡沫塑料或其他便宜的用作打包和貯藏的材料。盡量用材質中化學結構穩固的材料，不要用紙板或其他紙類的產品。有一座寺院考慮把回收再利用的泡沫塑料染色成佛殿的顏色，以便放在法寶後面做支撐時，它明亮的白色不會太顯眼。



This picture shows how a museum has created low-cost and safe storage in an earthquake zone by carving out Styrofoam for the treasures to rest in. During severe tremors the treasures will stay in place and not fall off the shelf 這張圖片顯示的是一個在地震帶的博物館，把泡沫塑料挖出空間來放置寶物這一低成本卻安全的儲存方式。在出現嚴重震顫時，寶物都被固定住而不會從架子上掉落。



This is an example of a simple support you can create to place around the base of statues. It is made from Tyvek (used in building construction and easy to find in local markets) and filled with sand or other weight. 你可以做出這樣一個圍住佛像底座的簡易支撐墊。它的材質是高密度聚乙烯合成紙（用作建築材料，在當地商店很容易找到），裡面以沙或其他增重材質填充。

There are also solar lights so that every monk and nun can have a light that doesn't require a battery or electricity. They are very inexpensive. Using these solar lights during an earthquake when there's no power, everyone will have light. These lights are good for an emergency but also good to save on power bills for every monastery and school because every time it gets dark you just switch on this little light and every student, monk, and nun can read. And it's free from the energy of the sun. For example, there is a company called "One Child, One Light" and they have solar lights for \$5 or less each. You can give one to everyone in your workplace, monastery or school and you can use them all the time. During the day, put them in the sun and at night you do not need electricity. During an earthquake when there is no electricity, no power, and therefore no light, you will have been using these and recharging them every day anyway. They are amazing resources. In addition to solar lights, wind-up torches (flashlights) can be used immediately and located throughout the monastery close to fire-extinguishers, and in entranceways. 太陽能燈具也是可以考慮的，這是每位僧尼都可以無需電池或插電就可以用上的，且價格便宜。當地震發生時斷電了，太陽能燈就會派上用場，讓每個人都能有燈光。這種燈在緊急情況下很實用，同時也對每個寺院和學校節省電費有幫助，因為天黑之後你只需要打開小小一盞太陽能燈，每個人---僧尼、學生---都可以在燈下閱讀。這便是來自太陽的免費能量。舉個例子，有一個名為「一個孩子一盞燈」的公司，他們的太陽能燈價格在5美金或更低。你可以讓你的工作所在地、

寺院或學校裡每個人都擁有一盞，隨時都可以用得上。白天時，將它們放在太陽下，晚上你可以不需要電。地震中停電了，而沒電就沒有燈，你也可以用到太陽能燈，每天給它們充電。多麼棒的能源啊！除了太陽能燈，分佈在寺院靠近滅火器、入口走廊等處的手電筒也立刻派上用場。



Monk recharges his solar light every morning outside of his room. In some monasteries, monkeys would take it, so it could be recharged inside of the window facing towards the sun. 每天早上僧人將他的太陽能燈放在屋外充電。一些寺院裡有猴子出沒，會拿走燈，那麼就放在窗戶裡面，朝向太陽來充電。

When wall paintings are damaged, and fragments fall, they can be numbered and wrapped up carefully. 當牆壁震裂損壞，碎片掉落，可以將它們編號並小心地包起來。



In one monastery, the few remaining fragments of their historical wall paintings were documented and kept as monastery treasures 一所寺院具有歷史性的壁畫碎片被保存入檔，作為寺院的寶物留起來。



Earthquake Advice and Experience from Monastics in Their Own Words 僧人親口所述關於地震的建議和經歷

- Supports can be created to help prevent statues from moving during earthquakes. 可以提供給佛像的支撐，以免佛像在地震中移位。
- Monastery wall fragments (with paintings) can be numbered on the back, photographed (bearing same number), wrapped in cotton cloth, and stored in a dry place for use later (either to place back or to use as reference for new painting). Simple undyed cotton cloth used for storage can be purchased in the market. The cloth is then soaked in boiling water to get rid of chemicals from manufacture (such as formaldehyde), and then dried in the sunshine. 寺院有壁畫的牆壁碎片可以在背後編號，並連同其號數拍照存檔，再用棉布包裹起來，放在乾燥的地方，以備將來所需（重新放置回牆上或是作為新壁畫的參考）。可以在商店買到簡單的沒有染色的棉布用作包裹儲存。棉布買回來之後先用開水浸泡，以除去上面製造過程中的化學物（比如甲醛），然後在太陽下晾乾。
- Could consider new painting on framed canvas instead of directly on the wall. 新壁畫可以考慮畫在帆布上，然後裝框，而非直接畫在牆上。

- If plastic is used for wrapping treasures, wrap in cotton first, and then use better-quality plastic. 如果包裹法寶的是塑料，那麼先用棉布，再用質量好的塑料包裹。
- Making the Dharma symbols on top of the monastery in alternative materials to solid heavy concrete; could be an option that helps to prevent injury and death during future seismic activity. 寺院房頂的法輪標誌可以用其他材質替代實體沈重的水泥；這也許是未來出現地震等災害時減少傷亡的選擇之一。
- Heavy older glass and metal chandeliers can be replaced with lighter ones. 很重的舊玻璃和金屬頂燈可以用更輕的燈替代。
- Creation of bases for statues to limit damage during future seismic activity. 安裝佛像底座可以減少未來地震時的損壞。
- Lightweight, strong storage boxes with good-quality internal supports created for placing individual items. These boxes can be carried out of the monastery by a prearranged plan wherein the most valuable treasures are identified. 輕巧卻結實，內部支撐材質優質的收納盒，可用來固定單個的物品。這些收納盒在事先計劃好的情況下，可以將最珍貴的法寶帶出寺院以便確認。

Summary 總結

Earthquakes and tremors occur in certain regions. You can save lives and treasures both in your monastery by conducting risk assessments and creating your Emergency Plan in advance. Although advice and information from international earthquake experts is included in our appendix, some of the best and most practical suggestions and solutions come from monks and nuns in monasteries who have personal earthquake experience. You can find more about specific low-cost and simple prevention and remediation techniques in other chapters of PRESERVATION OF BUDDHIST TREASURES RESOURCE, such as Documentation, Wall Paintings, Storage, Fire, Water, etc. 地震和震顛發生在特定的區域。透過預先做風險評估和制定緊急計畫，你可以拯救生命和寺院的法寶。儘管我們在附錄中收錄了國際地震專家們的建議和訊息，一些最好、最實際的建議和解決辦法，卻是來自對地震有過親身體驗的寺院僧尼們。你可以在「保存佛教寶藏資源」的其他章節---例如「存檔」、「壁畫」、「存儲」、「火災」、「水難」等之中，找到更多低成本和簡易的預防和整治技巧。

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PRESERVATION OF BUDDHIST TREASURES chapter about EARTHQUAKES will soon add an enriched Appendix, until then, please contact us directly for this information:

- Pre-earthquake preservation of monastery treasures experience
- Pre-earthquake documentation of treasures
- Pre-earthquake disaster vulnerability assessment
- Field-guide assessment forms
- A shopping list for disaster supplies, and list of supplies which you will need for after a disaster
- A supply list for your command center, because after a disaster, a command center with a command person and hierarchy is essential

