# The War Cani China Selyemit Mar Ht 3. 4 (2) Selyemit Mar The World' M Ri 3 2014/03













欧盟国使馆开放日 Open Days of EU Embassies







世界中国杂志创建于2006年,为多语种国

China-World Magazine was founded in 2006 as a multilingual international magazine.



原中国国务院副总理、全国人大副委员长邹家华先

Epigraph by the former Vice Premier and Vice Chairman of National People's Congress, Mr. Jlahua Zhou

#### 主要栏目

高端访问、大使访谈、中外建交、时事传真、国际友城、欧盟新闻、文化视野、各国风情、商 务平台、畅游天下、专题报道等。

Top Interviews, Ambassadors, Diplomatic Relations, News, Sister Cities, EU News, Cultural Perspective, Business Platform, Tourism, Special Reports.

#### 主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

Major readers are foreign diplomats stationing in China, government officials at home and abroad, entrepreneurs, official and business travelers, etc.

#### 发行地点

1. 在中国境内: 中央政府多个部委、多家企事业单位、贸促会(CCPIT)中国国际商会会员 驻华使领馆以及驻华国际机构。在境内多家商会及北京近五十家五星级酒店均可读到。

In China: The magazine can be found in many ministries of central government, many enterprises and public institutions, members of CCPIT China Chamber of International Commerce, embassies, headquarters of international organizations in China, business clubs and nearly 50 five star hotels as well.

2. 在国外发行地有:布鲁塞尔、柏林、伊斯坦布尔、布达佩斯、莫斯科、圣彼得堡、迪拜 国际机场贵宾室、美国芝加哥国际机场VIP候机室以及国外旅行社、国外工商贸易协会等。 Internationally, it could be obtained in Brussels, Berlin, Istanbul, Budapest, Moscow,

San Petersburg, Dubai International Airport's VIP room, foreign travel agencies, industry and trade associations, etc.

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

The publication is given as a gift during all kinds of cultural and trade activities at home and abroad and during activities held by foreign embassies in China.



本刊社长纳吉·颜女士向英国首相托尼·布莱尔先生介绍《世界中国》杂志,布莱尔先生为本刊题名 "The World and China"

Ms. Lin Nagy, president of the magazine is giving an introduction of the magazine to Mr. Tony Blair, former prime minister of Great Britain. Mr. Blair is giving a title to the magazine as "The World and China".

为深入贯彻落实中央十七大建设和谐社会的精神,在中央精神文明办公室的指导下。依托天安门广场现有的两块超大 型LED显示屏这一重要国家形象宣传阵地,拍摄以"和谐中国"为主题的系列宣传片。该显示屏长50米,高7.5米。 整屏分辨率3072×320点高清数字显示平均每天有41万旅客来北京天安门旅游观光。

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一类。世界文化遗产

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二类: 国家级风暖名胜, 三类:市极、省级旅游景点。

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# Celebrating May 9 Europe Day 庆祝5月9日欧洲日

5月9日"欧洲日"当天,欧盟代表团在北京东直门外大街上的代表处举行盛大招待会。出席嘉宾有几乎所有外国驻华机构使节代表以及中方各部委领导。一千多名嘉宾出席了活动。

欧洲联盟驻华代表团临时代办卡门-卡诺发表了热情洋溢的讲话:

1950年5月9日, 法国前外交部长罗伯特·舒曼发布宣言, 呼吁实现欧洲统一, 使战争在欧洲大陆成为不可能之事。后来的5月9日舒曼宣言纪念日, 即欧洲日, 便成为了人们庆祝欧洲各国结束分歧、共创未来、促进和平与繁荣的契机。最初只有6个国家赞同这一远见, 并在1951年确立了欧洲煤钢共同体。60多年后的今天, 欧盟已经拥有了28个成员国。

今年还是欧盟史上最大一次扩张-2004年扩盟的第十个周年,当时共有10个新成员国加入欧盟。该次扩盟吸收了很多东欧国家,是结束欧洲大陆分歧的至关重要的一步。其后,又有3个新成员加入欧盟,最为年轻的当属去年加入欧盟的克罗地亚。目前,有8个国家已启动了加入欧盟的程序,再次证明欧盟具有持久的吸引力。

在庆祝欧洲日的同时,我们希望再次重申并强调,欧盟是中国的重要伙伴,正如中国是欧盟的重要伙伴一样,我们越来越相互

依赖,我们在维护世界和平与稳定方面有共同的利益。我们都认识到,有必要加强在外交政策、安全事务以及共同面对的全球性问题,如粮食、水和能源安全等等多方面的合作。我们都认为双方经济仍然是全球经济增长的主要推动力,同时也是应对气候变化的主要力量。

The Europe Day reception was held exactly on Europe Day, on May 9, at the Delegation of the European Union to China at Dongzhimen Waidajie, Beijing. Guests included representatives of almost all the embassies and missions operating in Beijing as well as Chinese leaders of various government offices, altogether more than 1000 invitees joined the celebration.

Acting Head of the Delegation of the European Union to China, Ms.Carmen Cano, said:

Europeans from 28 countries celebrate Europe Day together in Beijing on May 9.

Europe Day – the anniversary of the declaration by former French Foreign Minister Robert Schumann on 9th May 1950 calling for unification of Europe to make war on the continent impossible – is an occasion to celebrate how European countries

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#### EU MESSAGE | 欧盟信息



overcame differences to shape a common future and promote peace and prosperity. Six countries shared this vision from the beginning, forming the European Coal and Steel Community in 1951. Now, more than 60 years later, the European Union counts 28 Member States.

This year we also commemorate the 10th anniversary of the biggest ever enlargement of the EU, when 10 new Member States joined the Union in 2004. This enlargement, which included many eastern European countries, was a crucial step towards overcoming divisions on our continent. Since then, three new members have joined, with Croatia becoming the newest member just last year. Currently there are another eight countries which have begun the process of seeking membership of the EU, an illustration of its continuing attraction.

We want to repeat, and stress, that Europe is as an important partner for China as China is for Europe. We are more and more interdependent. We have common



# Annual EU Embassy Open Days 一年一度的欧盟国使馆开放日



欧盟驻华代表团临时代办卡门·卡诺女士 Ms. Carmen Cano, Chargé d'affaires of EU Delegation in China

5月8日 欧盟驻华代表团及欧盟各成员国大使馆举办"欧盟青年开放日"活动。 各使馆将邀请中欧青年参与从五月初至六月底为期两个月的交流、讲座、研讨及趣味 游艺等系列活动。

The "European Youth Open Day" activity of the EU Delegation in China and EU member states' embassies began on May 8. Every embassy will invite Chinese and European youth to participate in the exchange, lectures, seminars and entertainments and other activities for the two months period from the beginning of May to the end of June are to be held.

开放日系列活动于5月8日由欧盟驻华代表团临时代办卡门·卡诺女士在北京欧 盟驻华代表团正式启动。当天将有100余名中欧青年参加活动,进行中欧关系、欧洲 语言、欧盟经济与金融、申根签证、伊拉斯谟世界之窗奖学金交流项目等话题的讲座 和讨论、互动提问等,随后将在使馆花园举办露天烧烤。

The series of activity was officially launched at the EU Delegation in Beijing China by Ms. Carmen Cano, chargé d'affaires of EU Delegation in China, on May 8; and at that day, over 100 Chinese and European youth participated in the activity, including lectures, discussion and interactive questioning on Chinese and European relation, European language, EU economy and finance, visa application, Erasmus World Scholarship and other issues; later they had outdoor barbecue at the embassy garden.





Open Day of the Hungarian Embassy 匈牙利使馆开放日

匈牙利驻华大使馆于5月8日举办开放日活动。匈牙利驻华大使馆在"回归欧洲"十周年之际,为青年学生举办一个开放日活动。这将是一个极佳的机会品味过去十年的成就,同时可以加深对匈牙利文化和匈牙利教育机会的了解,还可以品尝一些匈牙利原汁原味的美味佳肴。

The Hungarian Embassy has organized its open day on May 8 for young university students under the motto: "The 10th year anniversary of returning to Europe". The event offered a great opportunity to review the achievements of the past decade, to catch a glimpse to Hungarian culture, to apprehend its educational system and in addition to try some of its original dishes.



使馆一等秘书卢卡奇先生 向来宾介绍加入欧盟后过 去十年的成就。

First Secretary of the Hungarian Embassy, Jozsef Lukacs, is giving an overview of the achievements attained during the past 10 years following the accession of Hungary to the European Union



The Open Day of the Romanian Embassy on May 14 罗马尼亚驻华大使馆于5月14日举行开放日活动



来宾讨论艺术 Visitors discussing art

# Royal Danish Embassy Held Open Denmark Day 2014 丹麦驻华使馆举办2014丹麦开放日



The 31st of May the Royal Danish Embassy in Beijing held the annual Open Denmark Day in order to showcase Danish culture, high quality food and Danish design to more than 4,000 Chinese quests.

The Open Denmark Day had many highlights, including a speech by the Ambassador, two lucky draws with gifts from the participating companies, a Danish ballet performance with dancers from Beijing Dance Academy, a cultural area with an H.C. Andersen exhibition as well as an exhibition on green solutions in Copenhagen, an exhibition from the Danish luxury electronics brand Bang & Olufsen as well as a fur exhibition from Danish fur auction house Kopenhagen Fur.

Throughout the entire day the Danish "Michelin" star chef John Kofod Pedersen demonstrated famous New Nordic Cooking by making a special menu consisting of cured salmon with crispy walnuts, herbs and dressing with honey, pork terrine with pickled beets and rye bread, "Gnalling" cheese with beer and gooseberry compote and "Øllebrød" anno 2014. The visitors were welcome to taste the delicious New Danish cuisine, as well as authentic food from Danish castles.

The Open Denmark Day also featured many cultural aspects about Denmark, including a stand informing about the upcoming Danish Cultural Season in China – "Little Fairy Tale, Big Future."



5月31日, 丹麦驻华使馆举办年度盛会——丹麦开放日, 向超过4000名来宾展示丹麦文化, 高质量食品、以及丹麦设计。

本次开放日活动亮点颇多,如丹麦驻华大使裴德盛先生致词,两轮抽奖环节(奖品由参展公司提供),北京舞蹈学院的舞者献上的丹麦芭蕾舞表演,安徒生主题绘画比赛作品展,哥本哈根绿色环保方案展,丹麦奢侈电子产品品牌Bang & Olufsen展以及丹麦皮草拍卖商哥本哈根皮草组织的皮草展。

活动中, 丹麦"米其林"明星厨师John Kofod Pedersen展示了新式北欧佳肴, 他烹制的菜品包括熏烤三文鱼配酥脆核桃、香草及De 5 Gaarde蜜制酱汁, 酱猪肉配腌甜菜加黑面包, De 5 Gaarde啤酒浸Gnalling奶酪配醋栗果蜜汁以及2014啤酒面包羹(甜点)。来宾们不仅将品尝到大厨制作的美味新菜式, 更有机会尝试来自丹麦城堡的正宗美食。

丹麦开放日也介绍了很多丹麦文化方面的特色,包括一个介绍即将启动的"小童话,大未来"——丹麦在华文化季的展台。

6月6日德国驻华大使柯慕贤亲自迎接参加开放日来宾并表示,欧洲国家一直有对公众开放使馆的传统,他十分高兴德国驻华使馆能向喜欢德国、希望了解德国的中国民众敞开大门。

今年德国使馆开放日的主题是德国留学和教育。近年来,德国高校凭借过硬的教学质量、较高的文凭含金量和低廉的费用吸引了众多中国学生。德意志学术交流中心、歌德学院和柏林自由大学、慕尼黑工业大学等德国高校代表在使馆布置了展台,现场为学生和家长提供咨询。

到场的师生和家长纷纷表示,十分喜欢使馆开放日这种活动,它使人们在轻松的氛围中感受到了纯正的德国文化。



# Open Day of the German Embassy

# 德国使馆的开放日活动

German Ambassador, Mr. Michael Clauss, welcomed the guest arriving to the Open Day of the German Embassy on June 6. himself. As he stated, European countries have a common tradition of opening up their embassies to the public, and he was very happy to open the gates of the embassy wide open for the people who care for Germany or would like to learn more about Germany.

This year, the main theme for the German Embassy was peregrination and studies in Germany. Germany has attracted a large number of Chinese students in recent years thanks to its high standard of education and the relatively low costs of pursuing studies in Germany. DAAD, Goethe Institute, Free University of Berlin, Munich University of Engineering, etc. have all set up their booth to inform the visitors, in particular the parents, about the opportunities offered by Germany.

Attendees of the event, including students and parents, all expressed their positive feelings about the event and that they had a chance to get a glimpse of German culture and hospitality.





德国大使与前来参加活动的学生合影 Photo of the ambassador and a student



展台前咨询的学生们 Students seeking information at the booths

# 荷兰大使馆的开放日



More than 60 visitors - mostly students took this opportunity to have a look at the Dutch embassy.

60多名中的游客-大多是学生,他们有机会 参观荷兰大使馆。

# **Dutch embassy opens doors for students and young professionals**

六月六日下午,荷兰驻华大使馆向青年游客开放。他是5月6日欧盟驻华代表团启动的欧盟国驻华使馆开放日的一部分。整个开放日在5 月和6月举办。

The visitors were shown around the Embassy and spoke with several employees about the daily work of the different departments. Through these stories everyone was able to form a good idea of the work of the embassy. A good example of this are the four themes which the Dutch liked to promote in China - water, agriculture and food, creativity and innovation, and peace and justice - which were discussed in-depth.

On June 6 the Dutch Embassy in Beijing was open to visitors for the annual open day. This day is organized as a part of the 'EU Open Days for Young People' that takes place at embassies of EU members states in Beijing in May and June..



The afternoon started with a speech by Ambassador Aart Jacobi, who warmly welcomed everyone. After a short question-and-answer session the main program got underway.

The visitors were shown around the Embassy and spoke with several employees about the daily work of the different departments. Through these stories everyone was able to form a good idea of the work of the embassy.

大使 Aart Jacobi 发表热情洋溢的讲话。并对学生们提 出的问题——做了解答。随后游客们有机会和使馆的工 步的了解。参观者还对荷兰在中国宣传的四个主题(水, 农业和食品, 创造力和创新, 以及和平与正义) 进行了深 入的讨论。

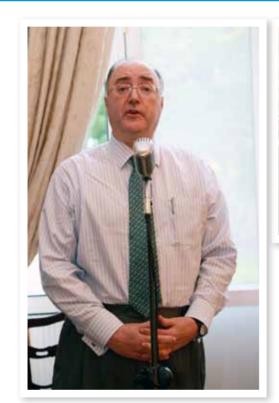


A crash course in Dutch was also part of the program. 开放日的另一亮点, 荷兰速学荷兰语



# 6月11日,爱尔兰驻华使馆的青年开放日活动 Open Day of Irish Embassy, June 11

两国青年互动



爱尔兰驻华大使康宝乐先生即兴演唱 Ambassador of Ireland, Mr. Paul Kavanagh, spontaneously singing along



两国青年分别用各自国家的语言朗诵了爱尔兰文学作家詹姆斯: 乔伊斯 于1922年出版的长篇小说《尤利西斯》。

Youth of both countries read aloud the novel of James Joyce "Ulysses", published in 1922, in their respective own language





6月14日波兰驻华使馆举办开放日活动,当天还展示了波兰民族服装和波兰的舞蹈,让来宾们看到充满波兰民族风的异国风情。

On June 14 the Polish Embassy in Beijing opened its gates to open-day visitors to display them Polish national costumes, folk dance and to let them learn more about the various aspects of Polish traditions and culture.



波兰驻华使馆副馆长 Krzysztof Dobrowolski (克什托夫·多布洛沃斯基)致欢迎辞 Deputy Head of Mission, Krzysztof Dobrowolski, was welcoming the guests





波兰民族服装展览 Display of traditional Polish folk costumes

# The EU and China are reinforcing Customs Cooperation 欧中加强海关合作

5月16日在北京欧盟与中国签署海关互认协议,这是继欧盟与美国(于2012年)和日本(于2011年)签署类似的协议之后的又一重要合作部署。

中国是欧盟最大的进口国,也是欧盟成长最快的出口市场。目前,中欧每天的贸易量都超过10亿欧元。

欧盟主要从中国进口工业品和消费品,相较于货物贸易而言,中欧双方的服务贸易仅占货物贸易的十分之一左右。

2013年, 欧盟对中国出口增加了2.9%, 达到1481亿欧元, 从中国进口了价值2799亿欧元的货物(同2012年相比下降4%)。

The European Union and China have signed an agreement on customs cooperation in Beijing on May 16. This can be seen as the continuation of a process marked by the conclusion of an agreement between the EU and Japan in 2011 and later between the EU and the USA in 2012. China is the largest trading partner of the EU and it is also its fastest growing export market. China and the EU are trading more than €1 billion every day.

Trade is mostly characterized by import-export of goods, trade in services, however, is still about ten times lower and remains an area full of potential.

In 2013 exports of EU to China increased by 2.9% to reach a record € 148.1 billion. China is the EU's biggest supplier, with € 279.9 billion worth of imported goods in 2013 (down by 4% or 11.7 billion compared to 2012).



欧盟负责税务、海关、统计、审计和反欺诈事务的委员阿吉尔达斯·谢梅达先生说:"互认安全的可信经营者是中欧贸易关系的一大进步。今天签署的这项协议充分尊重了贸易便利的精神,它的签署使那些可信的企业得以享受简化了的海关手续,节约了成本也提高了通关速度。对于我们的老百姓而言,将海关资源更多投放到真正的风险管理领域,可以使百姓获得更多的保护。简言之,这是一个人人均赢的协议。"

EU Commisioner Algirdas Semeta responsible for taxation, customs, statistics, audit and anti-fraud put it this way in his speech: The new Strategic Framework for customs cooperation, IPR enforcement, and mutual recognition of authorised economic operators is a major step forward. It fully complies with the spirit of trade facilitation, it helps authorised economic operators to shortcut the customs procedure, it saves them money and also makes customs clearence much faster. As from the perspective of the ordinary people, this agreement enables for the customs authorities to concentrate their resources on high risk areas, so the people will enjoy higher safety. This is really a win-win agreement.

谢梅达委员在欧盟驻华代表团临时代 表卡门女士(右一)和中国海关博物馆 馆长倪云女士(左二)的陪同下参观中 国海关博物馆。

EU Commisioner Algirdas Semeta and Acting Head of the EU Delegation to China, Mrs. Carmen Cano (first from right) when visiting the Museum of Chinese Customs directed by Ms. Ni Yun (second from left).



# 中欧碳排放合作

4月24日, 欧盟气候行动委员康妮·海德嘉女士于访华期间, 在欧盟驻华代表团驻地就欧盟和中国气候变化合作召开新闻发布会。她介绍, 中欧在碳排放交易定价方面开展紧密合作, 欧盟出资并派出专家参与中国试点项目建设。

目前,中国有6-7个排放权交易试点项目,每个项目均不同。欧盟一方面出资500万欧元,在投资层面与中国合作,另一方面向每个项目派出专家,与中国交流分享欧盟的经验。

海德嘉认为,碳排放交易定价能够在节能减排方面发挥很好的作用,可以鼓励企业研发新技术,有助于中国治理空气污染工作。中国的合作和贡献是巴黎气候变化会议成功的关键;欧盟和中国可引领国际低碳发展,同时激励其它国家为此作出努力,气候行动不止为了解决环境问题,同时为了保护经济、企业和民众。

海德嘉女士在江苏和上海考察了生态工业园项目、上海排放权交易试点项目和低碳建筑等。



康妮:海德嘉女士与媒体朋友交流

Mrs Connie Hedegaard, European Commissioner for Climate Action has held a press conference at the Delegation of the EU in Beijing on April 24.

She was visiting China as part of an on-going dialogue on environmental protection between the EU and China.

Mrs. Hedegaard pointed out in her introduction that all the Chinese leaders she has met so far are very aware of the importance of environmental protection and that they also understand that endorsing and utilizing green policies will not hinder economic growth, in fact they should go hand in hand.

Currently the focus in China is on decreasing air-pollution, but it has far reaching consequences on other environmental policy areas, so it is a key area. Industrial countries have special responsibility but all the other countries have their own responsibility in fighting climate change. The recent EU-China Summit held in Brussels has also specially dealt with environmental protection and a milestone document was also passed at the summit. The current challenge for all the countries now is prepairing for the upcoming Paris meeting, doing the homework, making calculations on how they could contribute to reducing carbon emission.

The EU is providing a budget line of 5 million Euro for China to share its experience and expertise in the field of green energy and for starting a couple of pilot projects in China.

Mrs Connie Hedegaard is also visiting Jiangsu Province and Shanghai to see some of the projects and to conduct discussions.



布会现场



# 俄罗斯国庆招待会





祝中俄友谊之树万古常青!

Желаю вечной дружбы между народами РФ и КНР!

这是中国国家副主席李源潮在出席俄罗斯国庆招待会上的衷心祝词。

Это были сердечными поздравлениями заместителя председателя правительства Китая Ли Юаньчао при его присутствии на приеме, посвященном национальному празднику России.

6月11日在北京,俄罗斯驻华大使馆举行隆重的国庆招待会。

11-го июня в Пекине в Посольстве РФ в КНР состоялся торжественный прием по случаю национального празднования.

1990年6月12日,俄罗斯联邦第一次人民代表大会通过了俄联邦国家主权宣言,1994年将这一天定为"俄罗斯独立日"。

12-го июня 1990 года первым Съездом народных депутатов была принята декларация о государственном суверенитете РФ, а в 1994 году указанный день именовался Днем Независимости России.



大使杰尼索夫在接受记者采访时说到: 2014年至2015年是"中俄青少年的交流年, 国之交在于民相亲"。

В поздравлениях посол Андрей Денисов отметил, что в 2014-2015 годах состоятся Годы молодежных обменов между РФ и КНР, существующая близость между народами двух стран является основой для укрепления взаимоотношений двумя странами. Дает интервью журналисту

中国国家副主席李源潮在招待会上做了重要的讲话, 他高度赞扬了俄罗斯政府近几年在各方面取得的巨大成就。

На приеме заместитель председателя правительства КНР Ли Юаньчао выполнил важное выступление, высоко оценивая большие успехи во всех сторонах правительства РФ за последние несколько лет.

# China-Bulgaria Economic and Trade Fair

# 中保经贸洽谈会



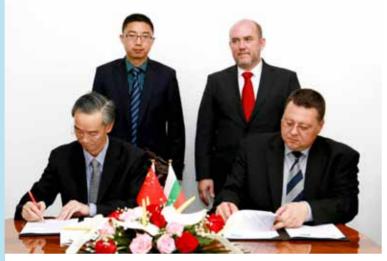


为进一步促进中保企业交流与合作,中国-保加 利亚经贸洽谈会于4月28日在保加利亚驻华大使馆

In order to further promote business exchanges and cooperation, the China-Bulgaria economic and trade fair is organized at the Embassy of the Republic of Bulgaria in China on April 28.

保方企业涵盖能源、建筑基础设施、化工、金 融、食品、工业园区建设、旅游、咨询等领域,保加利 亚国家铁路公司、国家铁路基础设施公司、国家能源 公司等重点企业均派员工参会,中方和保方分别有24 家和10家企业出席活动。

Bulgarian enterprises present were covering energy, construction infrastructure, chemical engineering, finance, food, industrial park construction, tourism and consultation, etc. Bulgarian National Railway Company, National Railway Infrastructure Company, National Energy Company, and other key enterprises attended the fair. There were 24 Chinese enterprises and 10 Bulgarian enterprises in the fair.



中保双方签订合作承诺书 中关村科技管委会周国林(前左)和保加利亚国际工 业园区执行董事ANATAS NENOV (前右),商务部相关负责人韩圣健(左后) 和迪米特洛夫部长(右后)

Representatives from China and Bulgaria are signing Statement of Cooperation.

Zhou Guoling (Left) from Z-park Science and Technology Management Committee and ANATAS NENOV (Right), Executive Director of Bulgarian International Industrial Park, Han Shengjian (Left Back) chief from Ministry of Commerce and Minister Dimitrov (Right Back)

洽谈会现场 The site of the trade fair



中保企业代表交流 Representatives of enterprises from China and Bulgaria are communicating with each other



# Southwest Region of Czech Republic Organizes Business **Negotiation Activity in Beijing**

# 捷克西南地区在京举办经济洽谈活动







比尔森州州长瓦茨拉夫·施莱斯开幕演讲 Václav Šlajs, governor of Pilsen Region, is making a speech at the opening ceremony



捷克驻华大使利博尔·塞奇卡致辞 Libor Sečka, Ambassador of Czech Republic is delivering a speech

4月28日捷克比尔森州经济商务联合访华团在捷克驻华大使馆举 办商务洽谈活动。

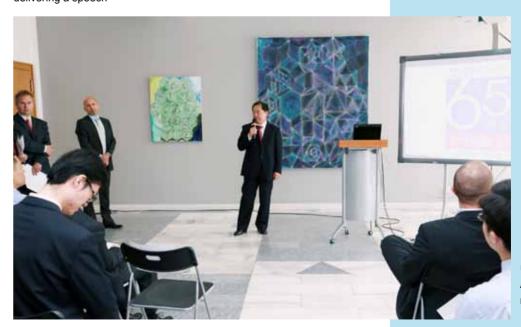
Economy and business joint delegation from Pilsen Region of Czech Republic organizes business negotiation activity at the Embassy of Czech Republic in Beijing on April 28.

比尔森州位于捷克西南部,与德国巴伐利亚接壤。捷克的大多数 知名企业都从此地起步。捷克啤酒,斯柯达汽车以及捷克水晶。

Located in southwest of Czech Republic, Pilsen Region borders Bavaria of Germany. Most famous enterprises of Czech Republic start from this region, including Czech beer, Skoda, and Czech crystal.



双方企业代表交流 Representatives from enterprises of both sides are communicating with each other



中方企业自我介绍 A Chinese enterprise is making a self-introduction

# 奥地利使馆活动



5月15日在奧地利驻华大使馆举办了每年一度的开放日活动,40多名北京学生首次参加讲座。

Am 15. Mai wurde in der Österreichischen Botschaft in Beijing der jährlich stattfindende "Tag der offenen Tür" veranstaltet, dabei nahmen mehr als 40 Studenten aus Beijing an Lesungen und Diskussionen teil.

谈起奥地利,无人不知其音乐和歌剧。奥地利历史上产生了众多名扬世界的音乐家:海顿、莫扎特、舒伯特,还有出生德国但长期在奥地利生活的贝多芬等。这些音乐大师在两个多世纪中,为奥地利留下了极其丰厚的文化遗产,形成了独特的民族文化传统。奥地利萨尔斯堡音乐节是世界上历史最悠久、水平最高、规模最大的古典音乐节之一。一年一度的维也纳新年音乐会可谓世界上听众最多的音乐会。建于1869年的皇家歌剧院(现名维也纳国家歌剧院)是世界最有名的歌剧院之一,而维也纳爱乐乐团则是举世公认的世界上首屈一指的交响乐团。

Österreich ist weltbekannt für seine Musik und Oper. In der österreichischen Geschichte lebten viele weltberühmte Musiker wie Haydn, Mozart, Schubert sowie auch Beethoven, der zwar in Deutschland geboren wurde, aber für eine lange Zeit in Österreich lebte. Diese Musiker hinterließen dem österreichischen Volk in mehr als zwei Jahrhunderten ein sehr reiches kulturelles Erbe, das eine einzigartige nationale kulturelle Tradition bildet. Die Salzburger Festspiele gelten als eines der weltweit ältesten, bedeutendsten und größten klassischen Musikfestivals. Das jährlich stattfindende Wiener Neujahrskonzert wird als das Konzert mit größtem Publikum in der Welt angesehen. Erbaut im Jahre 1869, ist das Hof-Operntheater (heute die Wiener Staatsoper genannt) eines der weltweit bekanntesten Opernhäuser, und die Wiener Philharmoniker sind weiterhin als die weltweit führenden Orchestern anerkannt.



奧地利使馆公使 任婕(丽格娜)女士 Mag. Regina Figl: Deputy Head of Mission介绍了奥地利的对外关系政策。 Regina Figl, die Geschäftsträgerin der Österreichischen Botschaft in Beijing ging auf die Außenpolitik Österreichs ein.



奥地利使馆文化参赞 海迪曼 女士 Gudrun Hardiman-Pollross: Cultural Counselor向学生 们介绍了奥地利的历史和文化。

Gudrun Hardiman-Pollross, die Kulturrätin am Kulturforum der Österreichischen Botschaft führte die Studenten in die österreichische Geschichte und Kultur



欧亚太平洋大学联盟主席沃夫·迪尔特·罗施教授 Prof. Dr. Wolf-Dieter Rausch: President of Eurasia-pacific uninet 介绍大学生的交流

Prof. Dr. Wolf-Dieter Rausch, Präsident für das Eurasia-Pacific Uninet (EPU) erklärte die verschiedenen Austauschprogramme von Studenten.



奥地利使馆科技处官员 海慕先生 DDI Helmut SPITZL: Attaché for Science and Technology介绍奥地利的发展 Helmut Spitzl, der stellvertretende Direktor an der Wissenschafts- und Technologieabteilung der Österreichischen Botschaft in Beijing ging auf die Entwicklung Österreichs ein.

# "奥地利日"在上海

图文:本刊特约记者: 方毓强(FANG YUQIANG)



奥地利官员在演讲

2014年5月22日至24日,"2014奧地利日: 奧地 利一一非常当下"的活动在上海复旦大学、上海理工 大学拉开序幕。

22日晚上,在复旦举行开幕式;23日上午,在复旦举行"欧亚太平洋大学联盟与奥地利交流中心介绍",下午在复旦举行"奥地利在中国"的报告会;同日晚上,在理工大学先后举行BIRGIT PETRI画展开幕、DAVID SIX钢琴音乐会;24日下午,在复旦先后举行"奥地利文学"(GERHILD STEINBUCH)、奥地利短片展播暨闭幕式。



# Norway Celebrates the 200th Anniversary of its Constitution 挪威王国宪法200年庆祝活动 #=

挪威王国驻华大使馆5月15日在北京三里屯东一街一号举行挪威宪法诞生200周年庆祝活动。

挪威王国宪法于1814年5月16日,在位于当时的挪威首都克里斯蒂安尼亚(Christiania,即现在的奥斯陆)以北的小镇埃兹伏尔(Eidsvoll)召开的、带有制宪性质的挪威国民大会上获得通过,并于5月17日签署生效。这部宪法被视为当时世界上立场最激进的民主宪法之一。而宪法的签署日期5月17日也成为了现在挪威的国庆日。

The Embassy of the Kingdom of Norway has organized a reception on May 15 at its premises at Sanlitun, Beijing to celebrate the 200th anniversary of the birth of its Constitution.

The Norwegian Constitution has been formulated by a national assembly convened in a small village called Eidsvoll, situated north of Oslo (then Christiania), with the process ending on May 16, 1814 it was signed and came into force on the next day, May 17. It is considered to be one of the most democratic and liberal constitutions of the world. The day of signing, May 17, became the National Day of Norway and is celebrated for 200 years.





# Jordan's 68th Year of Independence 约旦独立68周年



6月10日,约旦王国驻华使馆在海航万豪酒店举办了约旦独立68周年招待会。

约旦驻华大使卡拉莱在讲话中讲到:今天是约旦独立68周年,也是约旦王国阿卜杜拉二世登基纪念日和约旦建军节、阿拉伯大革命几年日这些重大的节日。

The Embassy of the Hashemite Kingdom of Jordan has organized a reception in Hotel Marriott Hainan on June 10 to celebrate the 68th year of its independence.

H.E.Mr. Yahya Qaralleh, Ambassador Extraordinary and Plenipotentiary of Jordan has stressed in his speech that this occasion is very important for several reasons: this is the 68th anniversary of the independence of Jordan, it is also the day when Abdullah the Second ascended to the throne, as well as the Day of Military and the Anniversary of the Great Arab Revolution.



外交部副部长张明应邀出席约旦驻华大使馆举行的国庆招待会,并与约旦驻华大使卡拉莱 就双边关系等共同关心的问题交换了意见

Deputy Minister of the Chinese Ministry of Foreign Affairs, Zhang Ming, has participated at the reception organized by the Embassy of Jordan, and carried out talks with the Ambassador, Mr. Yahya Qaralleh, about bilateral questions and questions of mutual interest.



受邀嘉宾享受约旦驻华使馆为大家准备的自助晚宴 Guests of the reception enjoyed the dishes prepared by the Jordan Embassy for this very special event.



约旦的民族服装和军装 Traditional folk costumes and military uniform of Jordan.

22 THE WORLD AND CHINA 23

#### EMBASSY | 使馆之窗



# ETERNAL KHOMEINI SPIRIT 霍梅尼的精神永存



# ——纪念伊朗伊斯兰革命杰出领袖伊玛目霍梅尼归真25周年

——Memorizing the Excellent Leader in Islamic Revolution - Imam Khomeini's 25-year into Allah

伊朗驻华大使馆6月6日下午举行了纪念伊朗伊斯兰革命杰出领袖伊 玛目霍梅尼归真25周年活动。

In the Iran Embassy in China, an event was held in the afternoon, June 6 for commemorating an excellent leader in Islamic Revolution - Imam Khomeini's 25-year into Allah.

中国伊斯兰教协会、北京各清真寺、中国清真产业联盟企业家、政治、经济、文化、宗教界知名专家学者、中央民族大学著名学者胡振华、李佩伦教授、北京各界穆斯林群众等200余人参加了会议,中国清真企业家,爱心人士及在京高校学生和青年代表出席了活动。

A total of more than 200 persons from China Islamic Association, all masjids in Beijing, entrepreneurs of China Halal Industry Association, well-known experts and scholars in the communities of politics, economy, culture and religon, well-known scholar Hu Zhenhua and professor Li Peilun from Minzu University of China, Muslim people in all fields in Beijing,



伊朗大使迈赫迪·萨法里在发言中说到:帝国主义和霸权主义为伊朗带来沉重灾难,是伊玛目霍梅尼带领伊朗人民推翻国王统治、打败了 外来侵略,带领人民走向胜利。



中央民族大学离休教授胡振华讲道: 今年是霍梅尼归真25周年。6月4日全伊朗到处都在举行纪念活动,我们北京的几个单位与伊朗大使馆文化处也于6月3日在联合举行"21世纪中国伊朗丝绸之路研讨会"的开幕式上,首先对鲁霍拉·穆萨维·霍梅尼归真25周年做了祈祷,表达了我们与会者对鲁霍拉·穆萨维·霍梅尼的敬仰与追思。

etc, participated in the meeting, as well as China halal entrepreneurs, benevolent persons, students of various universities in Beijing and youth representatives.

25年前,霍梅尼因胃癌而住院进行阻止内出血的手术,在11天后的1989年6月3日22时22分(当地时间)因心脏病发逝世,享年88岁。得讯的伊朗人"完全自发和真诚地倾泻出悲伤的情怀",涌到城市和街道上哀悼霍梅尼。

25 years ago, due to stomach cancer, Khomeini was hospitalized to be under an operation for preventing internal haemorrhage of stomach, but passed away due to heart disease after 11 days from operation at 22:22, June 3, 1989 (local time) at the age of 88. Learning his death, Iranians willingly and sincerely rushed to cities and streets for mourning Khomeini in full sadness.



中国伊斯兰教协会副会长郭承真发言: "阿亚图拉.伊玛目霍梅尼说过:"在病榻上的死是纯粹的死,算不了什么。但是为安拉而死则是牺牲,是为人类谋求幸福和尊严的牺牲。"今天,我们在这里缅怀伊玛目,首先我们大家要团结一致,紧抓安拉的绳索而不要分裂,弘扬伊斯兰的真精神,捍卫伊斯兰尊严和价值观。



著名回族学者李佩伦朗诵诗歌纪念诗《永恒的怀念》

# 116<sup>th</sup> Anniversary of Philippine Independence 菲律宾独立116周年

6月9日菲律宾驻华使馆在北京举办了菲律宾独立116周年招待会。中华人民共和国外交部部长助理刘建超 前激出席本次活动。







菲律宾驻华大使厄琳达·巴西里奥女士 和中华人民共和国外交部部长助理刘建 超共切庆祝蛋糕

Ambassador of the Philippines, Mrs. Erlinda F. Basilio, cutting the celebration cake with Liu Jianchao, Adjoint of the Foreign Minister of China.



受邀嘉宾亲切交流 Discourse of invited guests



菲律宾的简介和宣传推广 Information on display about the Philippines

The Embassy of the Philippines has organized a reception to celebrate the 116th anniversary of the country's independence on June 9.

Liu Jianchao, Adjoint of the Foreign Minister of China, has also taken part at the event.

The Philippines is a country of 7107 islands, all located at the western rim of the Asia-pacific region.

Because of historical reasons, its rich culture is an amalgam of Eastern and Western traditions.





# Royal Danish Embassy Commemorate 40th Anniversary for Embassy Building and Architecture

# 丹麦驻华使馆纪念使馆建筑群投入使用四十周年

The Royal Danish Embassy celebrated the 40th anniversary of the current embassy building in Beijing on the 5th of June – the Danish constitution day.

During the day, Ambassador Friis Arne Petersen and Mr. Leo Villadsen from Bornebusch Architects, whose founder Gehrdt Bornebusch created the architecture and design of the Embassy, hosted a seminar about Danish Architecture. They also showed around the Royal Danish Embassy and told about the original design and history of the buildings.

"I am very happy to celebrate the 40th anniversary of the Royal Danish Embassy buildings here in China. The architecture and design of the Embassy buildings combine central features and characteristics of Danish functionalism and classical Chinese architectural traditions," said Ambassador Friis Arne Petersen.

"The Chinese inspiration has secured us the many internal courtyards at the Embassy. They are beautiful and also gives us a feeling of peaceful and clean surrounding, despite that it today must be admitted that we are located in some of the busiest and probably noisiest parts of Beijing. At the same time the city planning has fortunately kept the city quarter where we are located in accordance with the original low city building style, so the Embassy still matches well with the surrounding quarter."

After the opening speech by the Ambassador, there were presentations and speeches from Leo Villadsen from Bornebusch Architects and by Professor Pinjing Lü from China Central Academy of Fine Arts.





6月5日是丹麦宪法日,当天,丹麦驻华使馆庆祝了其使馆建筑群投入使用四十周年。

庆祝活动当天, 丹麦驻华大使裴德盛以及来自Bornebusch建筑事务所的Leo Villadsen先生一起举办了关于丹麦建筑的讨论会。他们还带领来宾参观丹麦驻华大使馆并介绍其建筑设计以及建筑历史。Bornebusch建筑事务所的创始人是Gehrdt Bornebusch,是现丹麦驻华使馆建筑群的设计者。

"我今天非常高兴在这里庆祝丹麦驻华使馆建筑投入使用四十周年。使馆建筑群的建筑和设计结合了丹麦功能主义的主要特性和中国建筑传统的特色,"裴德盛大使说。

"中国元素的灵感成就了大使馆内的很多内部庭院。它们美不胜收,同时给我们和平的感觉和清洁的环境,尽管今天我们必须承认我们身处也许是北京最繁忙和嘈杂的区域之一。同时幸运的是,城市规划让我们所处的城区与低矮的建筑风格相一致,所以使馆的建筑风格得以和周遭的环境匹配。"

裴德盛大使致欢迎词后,来自Bornebusch建筑事务所的 Leo Villadsen中国和中央美术学院的 吕品晶教授作了演讲和报告。



Performance of Thai Fight

# THAI BOXING CHINESE TOUR

The Thai National Fund, the Royal Thai Embassy and the Top Class Thai Boxing Team has jointly organized the opening event of the "2014 Thai Fight Chinese Tour" on May 6. By showing demonstration fights, the tour is going to exhibit the cultural nature and the historical roots of this very sport to the audience.

Thai boxing is deeply entwined with traditional Thai culture, including its religious dimension. The dance paying homage to the master, the sports etiquette and the sacrificial ritual performed when entering the ring are all good examples for that.

Thai Box is a kind of empty handed martial art, the opponents can use all of their body parts: hands, fists, elbows, arms, legs and even the head. The allowed usage of knees and the shanks is something you will not see in other types of martial arts. Thai Boxing is an art of fight and posture but at the same time the actions are ferocious and dangerous and can even be lethal.



# 泰拳中国巡 =



5月6日晚, 由泰国国家基金会、泰王国驻华大使馆和泰国顶级泰拳团队 "泰拳斗" (Thai Fight)联合举办的 "2014中国北京泰拳巡演" 火爆开幕, 巡 演通过将泰拳历史脉络融入格斗演示, 生动阐释了泰拳传统文化。

泰拳文化与泰族的传统文化关系十分密切, 其宗教色彩十分浓厚。例如 拜师拳舞、竞技礼节及上台比赛前在擂台上的泰拳舞祭祀仪式等等。

泰拳是一种徒手搏斗的艺术,用身体的每一个部位、手、拳、肘、胳膊、 腿、头做武器。也采用膝盖和小腿,这是别的国家在搏斗艺术中没见过的。泰 拳这种搏斗艺术姿态优美, 动作猛烈、危险, 可以置对手于死地。





# Exposición de Arte Contemporáneo Latinoamericano 拉美当代艺术展

5月7日,由文化部与阿根廷驻华大使馆,巴西驻华大使馆,厄瓜多尔驻华大使馆,墨西哥驻华大使馆,秘鲁驻华大使馆,乌拉圭驻华大使馆以及委内瑞拉驻华大使馆共同主办,中国对外文化集团公司承办的2014"相约北京"之《第二届拉美艺术季》"美美与共一一拉美当代艺术展"在中华世纪坛隆重开幕。文化部对外文化联络局副局长孙建华、中国对外文化集团公司副总经理阎东以及拉美各国驻华使馆代表和各界人十出席开幕式并剪彩。

El 7 de mayo, se abrió El Segundo Festival de Arte Contemporáneo Latinoamericano de "ENCUENTRO EN BEIJING (MEETING IN BEIJING)" en 2014 --- COMPARTICIÓN DE LA BELLEZA (SHARING THE BEAUTY) --- Exposición de Arte Contemporáneo Latinoamericano en Monumento de Milenio de China que se auspician por el Ministerio de Cultura de China y la Embajada Argentina, la Embajada de Brasil, la Embajada de Ecuador, la Embajada de México, la Embajada de Perú, la Embajada de Venezuela y la Embajada de Uruguay y se encarga

por China Arts and Entertainment Group. Sun Jianhua (Vicedirector de Oficina de Relaciones Culturales con el Exterior de Ministerio de cultura), Yan Dong (Director Adjunto de China Arts and Entertainment Group), así como los representantes de las embajadas extranjeras latinoamericanas, y todo tipo de personas asistieron a la ceremonia de inauguración.

与第一届拉美艺术李展览分升展出不同的是,本次艺术展以联展的方式,汇集了128幅拉丁美洲七个国家的当代绘画、摄影作品,题材丰富,视角独特;将拉丁美洲的自然风光、历史传统、人文情怀和多元文化全景式地呈现在观众面前。神秘迷人的印第安少女,生机勃勃的拉美当代世界,享誉世界的诺贝尔奖诗人百年诞辰的珍贵影像,田园牧歌般的新大陆自然景色……无一不吸引中国的艺术爱好者的目光,激起对这片遥远的大陆的神往之情。

Diferente al Segundo Festival de Arte Contemporáneo Latinoamericano, la presente exposición de arte se aplica la



孙建华称,此次展览全方位、多角度地呈现拉丁美洲不同国家的当代艺术和风土人情,旨在通过为期十五天的展览能够让更多的中国艺术爱好者近距离地了解拉丁美洲这块遥远而神秘的土地,使中国观众对拉丁美洲艺术不再陌生,拉丁美洲艺术季活动能够促进中国与拉丁美洲的文化交流和人民之间的友谊发挥更大的作用。

Sun Jianhua dijo que la exposición se presenta artes contemporáneos y costumbres de diferentes países en América Latina con visión completa y puntos de vista de multiángulo, diseñado para que se hace los amantes del arte chinos que pueden conocer América Latina este tierra lejana y misteriosa con la exposición de quince días, de manera que los espectadores chinos ya no son extraños sobre el arte latinoamericano. Las actividades de Festival de arte de América Latina tiene la capaz de promover los intercambios culturales entre china y América Latina, y la amistad entre los pueblos.



拉美使团团长乌拉圭驻华大使罗萨米奥·波特里称,有机会将所有的拉美和加勒比国家聚集在一起向中国公众展示拉美的视觉文化,距离时差不同的表达方式、语言的多样性充实了我们之间的交流,巩固了我们之间建筑的这座长久之桥梁。

Señora Rosario Portell, la responsable de la delegación latinoamericana, la Embajadora de Uruguay en China, dijo que es una buena oportunidad que reune todos los países de América Latina y del Caribe para demostrar la cultura latinoamerica a los espectadores chinos, con los diferentes formas de expresión con diferentes distancias y horas, las diversas lenguas se enriqua la comunicación entre nosotros, y se fortalece el puente por mucho tiempo construido por nosotros.

forma de exposición junta, que reúne 128 obras contemporáneas de pintura, de fotografía desde siete paises latinoamericanos, que cuenta con una materia rica, perspectiva única. Se presentan la belleza natural, la historia y la tradición, los sentimientos humanos y la panorama multicultural de América Latina en frente de las audiencias. La chica india misteriosa, el vibrante mundo contemporáneo latinoamericano, las imágenes preciosas de centenario de poetas famosos de Nobel, los paisajes naturales idílicos del continente nuevo...... y todos esto atraen la atención de los amantes del arte en China, lo que provoca sensación deseada a este continente lejano.

沟通与合作是促进各国文化艺术共同发展的桥梁。中国国家主席习近平在2013年访问拉美期间强调,中国和拉丁美洲各国之间要加强文明对话和文化交流,不仅"各美其美",而且"美人之美,美美与共",成为不同文明和谐共处、相互促进的典范。据主办方介绍,目前,中国已与拉美多个国家签有文化交流于合作协定,在文

化艺术、广播影视、体育、旅游等领域的合作日以加深, 交流也日趋增多。

La comunicación y la cooperación forman un puente para promover el desarrollo cultural de artes de todos los países. El presidente chino, Xi Jinping, durante su visita de 2013 a América Latina destacó que se debe fortalecer el diálogo entre China y los países de América Latina sobre las civilizaciones y los intercambios culturales, no sólo "presentar la belleza propia" y sino también "intercambiar y compartir la belleza", para que se convierta en un modelo de convivencia armoniosa y promoción mutua de las diferentes civilizaciones. Según el organizador, en la actualidad, China y los países de América Latina han firmado varios acuerdos de cooperación en cultura, la cooperación en cultura y arte, radio y televisión, deportes, turismo y otras áreas están cada vez profundizado, y los intercambios cada vez aumentan también.

#### 展出作品 Obras en exhibición











文化部中国对外文化交流集团副总经理闫东表示,本次展览 采用联展的方式集中展示拉美七个国家的绘画、摄影作品 现代运动为后来拉美当代艺术的发展奠定了基础,并且使其 力,也因此而获得了国际的广泛关注。

Entertainment Group de Ministerio de Cultura, dijo que la presente exposición de arte se aplica la forma contemporáneas de pintura, de fotografía desde siete paises latinoamericanos, para que los espectador pueden paladear el arte latinoamericano, al mismo tiempo, apreciar los costumbres de América Latina. América Latina es una tierra vasta y misteriosa, tiene una larga historia, la civilización y la cultura espléndida, su natural y paisaje cultural siempre desperta la curiosidad de la gente. En la década de 1960, se elevó el movimiento moderno América Latina que estableció la fundación de arte contemporáneo latinoamericano, y rápidamente se subió a la escena internacional del arte contemporáneo. El arte del pueblo de realismo es el fundamento estético del arte contemporáneo latinoamericano, y por lo tanto tiene la vitalidad y creatividad infinita, y con ello también gana la atención internacional.

# Russia Investment Promotion Seminar 俄罗斯投资推介会

2014年4月24日,北京俄罗斯文化中心举办产品推介会, 参加本次推介会的有俄罗斯联邦商务驻华代表处和中国商业 网代表等。

A Product Promotion Seminar was held by Russian Cultural Centre in Beijing on April 24, 2014 and attended by the representatives from the Trade Representation of Russian Federation in China and from the www. TradeChinese.net.



Mr. Konnov, Counselor of the Trade Representation of Russian Federation in China, is having conversation with a guest from the enterprises



俄罗斯驻华商务代表高级专家帕尔金介绍自己的家乡 Mr. Parkin, senior specialist of the Trade Representation of Russia, is introducing his



企业展出的商品和绿色食品 Products and green food exhibited by enterprises

嘉宾品尝绿色食品 Guests taste the green food

# Actividad de investigación cultural entre China y Perú

# 中秘文研活动



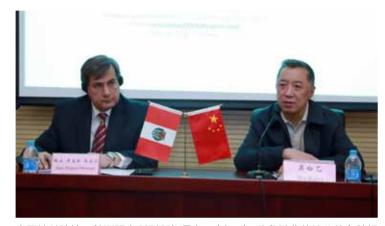


秘鲁驻华使馆和中国科学院拉美洲研究所,联合举办了2014秘鲁春季文化艺术节 "Yachay Raymi"系列文化活动。5月15日,由杰出的秘鲁博士卡洛斯·阿基诺先生带来了《中国与拉丁美洲,特别是与秘鲁的经济关系》讲座。

La embajada del Perú en China y el Instituto de América Latina Academia de Ciencias Sociales de China celebraron juntamente la serie de actividades "Yachay Raymi" de la Fiesta primaveral del Perú de 2014. El 15 de mayo, el excelente doctor Carlos Aquino del Perú nos presentó una conferencia sobre "La Relación Económica entre China y Latino Americano, especialmente el Perú".



秘鲁博士卡洛斯·阿基诺 El doctor Carlos Aquino del Perú



中国社科院拉丁美洲研究所副所长吴白乙(右-),秘鲁驻华使馆公使参赞胡安·米盖尔·米兰达(左-)

Wu Baiyi, Subdirector del Instituto de América Latina Academia de Ciencias Sociales de China, el primero desde la derecha; Juan Miguel Miranda, Ministro Consejero de la Embajada del Perú en China, el primero desde la izquierda





皮斯科酒(Pisco)是一种由葡萄蒸馏酿制而成的烈性白色酒,一般和冰碴搅拌在一起喝。

El Pisco es un tipo de alcohol alambicado elaborado por uvas de color blanco, normalmente bebe mezclado con hielo pedacito.



嘉宾品尝秘鲁小吃

Los huéspedes disfrutan de los aperitivos de Perú

# 秘鲁酒文化讲座

# Conferencia de la cultura del vino peruano



秘鲁著名历史学家、利马葡萄酒和皮斯科酒研究协会主席爱德华多·达尔让先生向各位嘉宾介绍秘鲁的国酒皮斯科酒的发展历史、文化蕴涵等内容。

El famoso historiador del Perú, el presidente de Asociación de Investigación de vino y Pisco en Lima, Sr. Eduardo Dargent introduce la historia de desarrollo, la cultural y otros contenidos de la bebida nacional peruana Pisco a los distinguidos invitados.

2014年5月19日下午, 秘鲁驻华使馆与北京市人民对外友好协会在北京友好协会共同举办秘鲁历史上的葡萄酒和皮斯科酒文化讲座。这是2014年"秘鲁春季文化"系列活动之一。

Por la tarde del 19 de mayo 2014, la Embajada del Perú y la Asociación Popular de Amistad a Extranjeros en Beijing organizan conjuntamente la conferencia sobre la cultura del vino y Pisco del Perú en la historia de en la sede de Asociación de Amistad de Beijing. Es una de la "Serie de Actividades de Cultura del Perú Primavera" de 2014.



秘鲁驻华大使贡萨罗·古铁雷斯(左一)、北京市友协常务副会长田雁(右一)品尝皮斯科酒。

Embajador del Perú, Gonzalo Gutiérrez (el primero desde la izquierda), Vicepresidente ejecutivo de la Asociación de Amistad de Beijing, Tian Yan\* ( la primera desde la derecha) catan el Pisco.

# La noche de gastronomía peru<mark>ana</mark> 秘鲁美食之夜



秘鲁名厨 玛丽莎·秋福 发表演讲 La cocinera famosa peruana Maria Guiulfo habla en público

秘鲁驻华使馆于2014年5月2<mark>2日在北京举办2014秘鲁春季文化艺术节</mark> "Yachay Raymi" 系列文化活动之——" 秘鲁美食之夜 "。

El 22 de mayo 2014, la Embajada del Perú celebró en Beijing "La Noche de Gastronomía Peruana", una actividad cultural de la Serie de Actividades "Yachay Raymi" de Festival de Cultura y Arte del Perú en Primavera de 2014.

被秘鲁总统奉为"国家品牌大使"、从事美食行业长达半世纪的秘鲁名厨 玛丽莎·秋福讲述自己从业历程和对生命、美食感悟、并附有多份独家菜谱的自 传体作品《庆祝生活》获得世界美食美酒图书娱乐类大奖。

La "Embajadora de marca nacional" considerado por el Presidente del Perú, dedicada a la industria de la alimentación durante medio siglo, la cocinera famosa peruana Maria Guiulfo hablan de su carrera, sus sentimientos a la vida y la gastronomía, su libro autobiográfico "CELEBRA LA VIDA" ganado el premio de Best Food and Wine Pairing Book in the World junto con varias recetas exclusivas.

在被称为"旅游界奧斯卡"的世界旅游大奖2014年度的评比中,秘鲁再度获得"世界最佳美食旅游目的地"奖项提名。2012年至2013年,秘鲁两度击败法国,获得"世界最佳美食旅游目的地"称号。

En la competencia del año 2<mark>014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia del año 2014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia del año 2014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia del año 2014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia del año 2014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia del año 2014 de World Travel Awards denominada como "Oscar de Turismo", Perú ganó una vez más la nominación a premio de Competencia de Co</mark>





del "Mejor Destino de Turismo de Gastronomía del Mundo". Y en 2012 y 2013, Perú venció a Francia en dos veces, ganó el título del "Mejor Destino de Turismo de Gastronomía del Mundo".

位于南美洲太平洋东侧的秘鲁拥有丰富多变的地理自然资源和悠久辉煌的历史,也通过移民融合了来自世界各国特别是亚洲的美食文化。秘鲁美食结合了天然深海渔场出产的鲜美水产、亚马逊雨林的热带风味和安第斯高原的独特作物,源起荒蛮时代,历经印加帝国的兴衰和欧洲殖民者带来的影响,更从来自中国等亚洲国家的移民文化中汲取精髓,形成了丰富而不凡的饮食文化。

El Perú se encuentra en la parte oriental del Océano Pacífico de América del Sur, cuenta con los recursos naturales geograficos ricos y variados de y una historia larga y gloriosa, sino también integra la cultura de gastronomía de todo el mundo, especialmente desde la de Asia a través de la integración de los emigrantes. La cocina peruana combina los productos acuáticos frescos desde aguas profundas naturales, los sabores deliciosos desde la selva tropical amazónica y los cultivos únicos de Altiplano andino, la fuente empieza desde la era salvaje, pasa por la subida y la caída del Imperio Inca y los impactos traídos de los colonos europeos, toma la quintaesencia desde las culturas de los países de Asia como China traídas por los emigrantes, que forman una cultura de alimentos rica y extraordinaria.

皇家慕斯配热情果果冻 Quinoa Imperial y parte superior con jalea de maracuyá



酥脆猪肉配红薯及沙沙酱 Panceta de cerdo crujiente con patata dulce y salsa



秘鲁配洋葱番茄腌蘑菇
Champiñones marinados en los pimientos peruanos cebollas, tomates, cebolla y vinagre



奶油芒果慕斯配君度橘味糖水 Mousse de mango y se sirve con crema









埃及民俗文艺表演 Egyptian folk performance

# Arab Morning Cafe at the Egyptian Embassy

# 埃及使馆的阿拉伯早咖啡 ==







埃及驻华夫人代表讲话 Representative of Egyptian diplomatic circles delivering a speech

2014年5月21日, 埃及驻华大使馆举办"阿拉伯早咖啡" (Arab Morning Coffee) 公益活动。每人100元的咖啡收入以及拍卖的款项捐赠给中 国一些慈善项目,例如赞助孤儿院和治疗儿童癌症。

使馆为出席活动的嘉宾举办了充满埃及异域风情的民俗文艺表演,并提 供了可口的埃及风味甜点、咖啡和饮料,让所有来宾仿佛置身于真实的埃及! 此活动由"阿拉伯驻华使节夫人协会"与埃及驻华大使馆联合举办。



出席活动的使节夫人 Lady diplomats at the event

The Embassy of Egypt has organized a charity event called "Arab Morning Cafe" on May 21. The goal of the event was to raise funds to support some select Chinese charity programs, for instance supporting orphanages or programs for curing children suffering in cancer. Participants by buying the 100 RMB entrance ticket and making purchases at the on-site auction had their contribution toward these goals.

The Egyptian Embassy has prepared a wonderful live show of folk culture for the VIP guests, meanwhile authentic candies, cafe and refreshments have also been served so that the attendees could really feel the touch of Egypt.

The event was jointly organized by the "Association of Arab Ladies of Diplomatic Circles" and the Embassy of Egypt.









The 24th of May the Danish Embassy in China organised a 'Climate Race' together with China Bicycle Association and Yanqing Municipality in order to raise awareness of modern urban lifestyle, green transportation and climate issues.

Danish Ambassador Mr. Friis Arne Petersen opened the event, and in attendance was Canadian Ambassador Mr. Guy Saint-Jacques, Deputy Mayor of Yanqing County, Mr. Xie Wenzheng, President of China Bicycle Association Mr. Ma Zhongchao and Head of Marketing, Novozymes China Mr. Cui Jianfeng.

After gathering at the Embassy, Ambassador Friis Arne Petersen together with a selected group of participants went on a bike ride together in downtown Beijing. Later the same day a longer bike race with participants from local bicycle clubs took place in Beijing Yeya Lake National Wetland Park in Yanqing north of Beijing, where the Deputy Mayor of Yanqing County, Ms. Zhang Suzhi, received Ambassador Friis Arne Petersen.

This is fourth time that the Danish Embassy in China has organised a "Climate Race" in Beijing.

In the Danish capital of Copenhagen, more than a third of the population use the bicycle as their primary choice of transportation. Bicycling is considered smart, healthy and sustainable in Denmark and it has provided a boon to urban planning as well as reducing city pollution.

# CLIMATE RACE HELD IN BEIJING 绿色骑行活动于北京举办

5月24日, 丹麦王国驻华大使馆与中国自行车协会以及延庆县共同举办"绿色骑行"活动, 以推行现代城市生活方式和绿色出行, 同时增强人们对于气候问题的意识。

丹麦驻华大使裴德盛先生宣布活动开始。参加活动的贵宾还有加拿大驻华大使赵朴先生,延庆县副县长谢文征先生,中国自行车协会理事长马中超先生,丹麦公司诺维信中国区市场总监崔剑锋先生。

当天上午,裴德盛大使与部分嘉宾在北京市区进行了骑行。当天下午,延庆县常务副县长张素枝女士欢迎了裴德盛大使一行抵达延庆,之后,骑游活动在位于延庆县的野鸭湖国家湿地公园举行,参与者包括本地骑游爱好者等。

这是丹麦驻华大使馆第四次在北京举办"绿色骑行"活动。

在丹麦首都哥本哈根,超过三分之一的人以自行车为首要交通工具。骑自行车在丹麦被认为是一种时尚、健康和可持续的生活方式,也有利于城市规划和减少城市污染。



# Promoción y presentación de libro sobre gastronomía

# 美食图书推介会 ■・■





5月28日墨西哥驻华使馆举办关于美食图书的推介会——塔科的百科全书。

El 28 de mayo, la Embajada de México organizó una promoción y presentación de libro sobre gastronomía - Enciclopedia del Taco.

塔科百科这本图书荣获2014世界美食图书大奖赛奖项,作为拉丁美洲最佳美食图书。

El libro Enciclopedia del Taco gana un premio del Gran Premio de Libros de Gastronomía Mundial 2014, como el Libro Mejor de Gastronomía en América Latina.

墨西哥驻华大使温立安先生致辞中说到:我很高兴我们的食物不仅在国内享有盛名,而且 还在国际上能被大家认可, 我很高兴。

El Embajador de México en China el Sr. Julian Ventura pronuncia un discurso y dice que: estoy muy contento de que nuestra comida es muy conocido, tanto en el país, sino que también nos pueden ser reconocidos a nivel internacional, estoy feliz.



塔科百科全书 Enciclopedia del Taco



塔科百科全书编辑 Deborah Holtz 女生介绍

塔科百科全书 La redactor Señora Deborah Holtz presenta la Enciclopedia del Taco



El Embajador en China pronuncia un discurso



美食塔科 Los tacos deliciosos

受邀嘉宾领取美食塔科 Los invitados toman los tacos deliciosos

# El libro ganador del Premio Nobel de Literatura colombiano para encuentra con los lectores chinos

# 哥伦比亚诺贝尔文学获奖作品与中国读者见面



哥伦比亚驻华使馆公使 Luis Jorge Roa 先生出席并致辞 El Ministro Embajada de Colombia en China Sr. Luis Jorge Roa asiste y dirige la palabra

《族长的秋天》是已故马尔克斯诺贝尔文学奖作品。6月 10日该书的中文版首发在哥伦比亚驻华使馆举行。

"El otoño del patriarca"es la obra literaria de García Márquez y el libro ganador del Premio Nobel de Literatura. El 10 de junio, el estreno de la versión en Chino del libro tuvo lugar en la Embajada de Colombia en China.

该书是哥伦比亚魔幻现实主义文学大师加西亚·马尔克斯 授权翻译的第8部中文小说。

Este libro es la novela obra que el maestro literario del realismo mágico colombiano García Márquez autorizó la traducción a chino.

从1968年到1975年,《族长的秋天》的创作历时八年,被 誉为"拉美四大反独裁小说"。它是继《百年孤独》之后马尔克 斯又一轰动拉美和世界文坛的经典著作。

Desde 1968 a 1975, la creación de "El otoño del patriarca" duró ocho años, conocida como una de "las cuatro novelas anti-autoritarias latinoamericanas". Es un tratado clásico de García Márquez que tiene gran éxito de la literatura latinoamericana y mundial después de "Cien años de soledad".



在首发式上,中国社科院外国文 学研究所所长陈众议和书评人止 庵与现场来宾分享了阅读这一小

En el estreno, Chen Zhongyi, el director del Instituto de Literatura Extranjera de la Academia China de Ciencias Sociales, y Zhi An, el revisor del libro, comparten sus sentimientos sobre esta novela con los invitados.





The Long Scroll of Peace has been Shown at Samoa's **Celebration of Independence** 



"和平长卷"在萨摩亚独立日庆典上展示风采



萨摩亚独立国国家元首: 图伊阿图阿·图普阿·塔马塞 塞·埃菲Tuiatua Tupua Tamasese Ef

Head of State of the independent Samoa, Tuiatua Tupua Tamasese Efi





2014年6月2日,美丽的萨摩亚太平岛国萨摩亚独立日举行了隆重热烈 的独立52周年庆典活动, 刘安胜先生应邀出席了庆典, 并在活动上与萨摩亚

自1995年以来刘安胜先生一直为"和平长卷" 奔劳, 争取世界名人的

On the 52nd anniversary of its independence, the beautiful and charming Samoa has organized a splendid celebration event on June 2, 2014. Among the guests were Mr. Liu Ansheng, who met state leaders of Samoa and New Zealand there and who in turn has his "Long Peace

Mr. Liu Ansheng dedicated much of his time since 1995 to collecting signitures of well-known personalities all over the world with the aim to

和新西兰国家领导人见面,获得他们在和平长卷的签名题词支持。

签名支持, 呼吁禁止制造儿童武器。

新西兰共和国总理: 约翰~基 John Kin President of New Zealand, John Kin

萨摩亚总理 图伊拉埃帕·萨 伊莱莱·马利埃莱额奥伊 Tuilaepa Lupesoliai Sailele Malielegaoi

Prime Minister of Samoa, Tuilaepa Lupesoliai Sailele Malielegaoi



2014年5月18日在北京市朝阳区隆宝辰大厦举办"圆计划"5月沙龙会议。

The "Rounded Plan" Saloon was held in Longbaozhen Building in Chaoyang District, Beijing on May 18.



执行秘书长于雷对上月工作主要围绕三个方面做了具体汇报: "为了6000万"大型公益活动方案的制定; 启动开展"一张币行 动"整体宣传与募捐工作;对部分发起人捐赠进行函件确认。

Executive Secretary General Yu Lei, has delivered a report concerning the work done in the last month. The report touched upon the following areas: state of the art of the preparations for the large scale public utility activity called "60 Million"; promotions and donations concerning the "One Banknote" activity; select sponsors receiving a confirmation letter of their donations.



出席沙龙活动嘉宾合器

Group photo of the participants to the saloon

圆计划网捐部主任孙浩则以实际案例, 就如何玩转微 信,更好的利用自媒体对圆计划进行宣传、募捐做了精彩的 讲演和教学。

Head of the Internet Department of the Rounded Plan, Sun Haoze, has also delivered a lecture on how to better use WeChat, how to encourage media outlets to report more frequently about the Rounded Plan and how to increase their respective donation.

# Situation of Korean Peninsula 朝鲜半岛局势

中国记协4月29日在京举办第四十八期新闻茶座,邀请中国国际问题研究所研究员、博鳌亚洲论坛研究院常务副院长杨希雨,围绕"处在十字路口的朝鲜半岛局势"这一主题向境内外记者和外国驻华使馆外交官介绍情况,并回答记者提问。中国记协书记处书记祝寿臣主持了本期新闻茶座。

On April 29, the 48th Press Salon was held by the All-China Journalist Association in Beijing. Yang Xiyu, researcher of China Institute of International Studies and the Executive Vice-President of the Institute of Boao Forum for Asia, was invited to introduce the situation to domestic and foreign journalists and diplomatic corps of foreign embassies in China, based on the topic of "Situation of Korean Peninsula at Crossroad" and to answer the questions raised by the journalists. Zhu Shouchen, Secretary of Secretariat of the All-China Journalist Association, hosted the Press Salon.

杨希雨说,当前朝鲜半岛局势比冷战时期更不稳定,从战略层次上讲有两个原因。第一,就是朝鲜半岛至今依然处在战争状态,尽管《朝鲜停战协定》已经签署了60多年,但是从法律和技术上讲,依然处在战争状态。第二,朝鲜半岛依然处在冷战状态。这两个不正常状态是造成朝鲜半岛危机不断、南北关系起起伏伏的根本原因。如果不解决这两个不正常状态,实现朝鲜半岛的和平稳定是做不到的。

Yang Xiyu said that at strategic level, there are two reasons why the situation of Korean Peninsula is less stable at present than it was during the cold war period. First, till now, the Korean Peninsula is in a state of war. Although the Korean Armistice Agreement has been executed for more than 60 years, however, the Korean Peninsula is still in the state of war in legal and technical terms. Second, the Korean Peninsula is still in a state of cold war. These two abnormal states fundamentally cause the Korean Peninsula to suffer an unceasing crisis and ups and downs in north-south relations. If such abnormal states are not overcome, the peace and stability will not be achieved in the Korean Peninsula.

杨希雨表示,朝鲜半岛形势正在进入一个历史性、结构性变化的前夜。建立朝鲜半岛和平体制是解决朝鲜核问题的基本框架。 这一框架之下,要稳定朝鲜半岛局势,就必须恢复六方会谈,让它发挥稳定器的作用。

Yang Xiyu pointed out that the Korean Peninsula is stepping into the eve of historical and structural change. Establishing a Korean Peninsula peace mechanism is the basic framework for solving the North Korean nuclear issues. Under such framework, in order to stabilize the situation of the Korean Peninsula, the six-party talks must be resumed to play the role of the stabilizer.



# Origin and Latest Dynamics of the South China Sea Issue 南海问题的由来和走向

中国记协5月20日举办第四十九期新闻茶座,茶座嘉宾是中国公共外交协会副会长张九桓先生,以"南海问题的由来和走向"为主题与外国驻京记者、驻华使馆新闻官、港澳台记者和内地记者进行了交流。

The 49th Press Salon of All China Journalists Association was held on May 20th. As the guest of the salon, Zhang Jiuhuan, Vice Chairman of China Public Diplomacy Association, communicated with journalists from foreign countries, press officers of foreign embassies and journalist from Hong Kong, Macao, Taiwan, and Mainland of China in Beijing under the topic "Origin and the Latest Dynamics of the South China Sea Issue".

张九桓说,最近中国南海风波不断。主要原因是菲律宾和越南等国希望挑起事端从而巩固自己在南海的既得利益。

Zhang Jiuhuan said that the major reason for the continual disputes on the South China Sea is that such countries as Philippine,

Vietnam, and so on, hope to consolidate their vested interests by stirring up troubles.

张九桓说,中国政府在南海问题上坚持一贯主张和立场,主张 由当事国通过积极的协商和谈判,以和平的方式来解决争议。

He also stressed that it has been China's consistent stand and principle on the South China Sea issue that all disputes should be solved through active consultation and negotiation among the countries concerned in a peaceful way.



新闻茶座现场 The scene of the Press Salon

# The Emerging 4<sup>th</sup> Type of Carving Art in Anhui Province: Jade Carving

# 正在崛起的徽州第四雕——现代徽派玉雕

众所周知"徽州三雕"是指具有徽派风格的木雕,砖雕,石雕三种民间雕刻工艺.作为徽派的"第四雕雕"——玉雕也正在被关注,被接受,被认可。

2013年5月在安徽省文化厅和民政厅的支持下,徽雕玉文化协会正式成立. 今年3月,协会与上海大学中国艺术研究院联合组织十多人的考察团,在研究院副院长罗宏才教授的带领下,走访了数地,拜访玉雕师傅,走访玉雕工厂,浏览档案馆等,历经一个多月,不但对当地文化现状有了深刻了解,还收集到了大量的有关安徽玉文化的历史资料.

目前徽派玉雕产业主要集中在蚌埠,同城,天长和黄山. 此外还有大量的徽派艺匠,商人活跃在安徽以外的上海,苏州,扬州,新疆,北京等地. 从事玉雕的安徽工匠至少有十万人。



安徽省文物厅副厅长唐跃致辞。

Deputy Head of the Cultural Relics Bureau of Anhui Province, Tang Yue delivering a speech.

安徽省文物局文物保护处 张宏明处长介绍徽的历史. Mr.Zhang Hongming, Head of Department of Cultural Relics Protection of Anhui Province Bureau of the State Administration of Cultural Heritage, is introducing the history of Anhui





新石器时代玉鹰 安徽省含山县铜闸 镇凌家滩村新石器 时代聚落遗址出土 Everybody knows that in Anhui there are 3 types of carving representing the local folk traditions: wood carving, ceramic carving and stone carving. There are now however a 4th type of carving art gaining popularity and recognition: jade carving.

The Jade Culture Association of Anhui was officially founded in May 2013 with the support of the Cultural Bureau of Anhui Province and the Anhui Bureau of the Civil Ministry. The newly established association in cooperation with the Chinese Art Research Institute of Shanghai University has set up a research team of more than 10 people under the leadership of Professor Luo Hongcai, Deputy Head of the Research Institute, in March 2014. The research team has made on-site visits, met several carving masters, inspected a number of jade carving factories and browsed through a number of archives. During the one month period they not only have gained a deep understanding of the current situation of arts and crafts in Anhui, but also have collected several artifacts related to jade culture and history.

Currently the centre of Anhui jade carving industry is in Bengbu, Tianchang and Huangshan. In addition there are more than 100 thousand artisans and businessmen active in jade production and trading outside of the borders of Anhui, like for example in Shanghai, Suzhou, Yangzhou Xinjiang, Beijing, etc.



五子登科

作品采用黑红皮籽玉,巧妙运用皮色分层,俏色出五只猴子。每只猴头颜色略有不同,一只老猴还顽皮的戴着墨镜。五只猴子相拥,一团和气。



徽雕大师方云和, 奥运会玉奖牌制作者。 Jade carving master, Fang Yunhe, who created the Jade Medal of the Olympic Games



嘉宾参观玉雕展览。 VIP guests visiting an exhibition of jade carving

# THE 12 PERIODS OF A DAY 十二时辰养生法



我们把一天分为 24个小时, 而在古代人们则把一天分为 12个 样金贵。 时辰, 也就是两个小时相当干一个时辰, 所以叫12时辰养生。12时 辰和我们的万脏六腑以及经络密切相关,在这12时辰当中,每一个 时辰都有一个经、一个脏腑值班, 所以, 我们要针对每一个不同的 的, 这个时候, 它要吸收营养。而这个时候大脑是最具活力的时候, 时辰来保养其相对的脏腑。

#### 子时——睡觉保护阳气

命钟阴极的时候,按照阴阳消长的规律,这个时候阴气是最重的, 而阴是主睡眠的, 那么我们就要符合这个阴阳的消长规律, 在这个 时候我们要处于熟睡的状态。

子时胆经值班, 胆此时刚刚长阳气, 还很微弱, 我们要特别保 护这个阳气, 所以你夜半的时候, 就请不要再去跳啊, 唱啊的, 而应 该睡觉。要开始养阳气。

## 丑时——肝经造血时间

丑时是1点到 3点的时候,是肝经值班。肝经是主生发的,它这 个时候的阳气比胆值班的时候要生的大一点了。肝脏要解毒、要造 血,就是在这个时候进行,这个时候人体得休息,因为肝还要工作。 如果不给它喘息的机会, 自然就容易发病。

#### 寅时——号脉的最好时机

夜里 3点到5点,阴阳开始平衡了。此时肺经值班。这时候中医 号脉是最准的时候。我们可以看你的脉硬不硬, 脉硬呢, 40岁以上 的人要考虑高血压; 二三十岁的如果脉紧, 可能这段时间工作压力 太大,还可能是有焦虑症。又紧又硬的脉叫做弦脉,如果是弦脉就 要考虑你是不是有高血脂、动脉硬化了。

心脏功能不太好的老人不提倡早锻炼,有心脏病的人一定要 晚点起床, 而且要慢慢地起, 也不主张早上锻炼。晚上是一片阴 霾之气,你可以活跃一下。而早晨是阳气生发的时候,你就顺其 生发好了。

## 卯时——空腹喝水,排出毒素

卯时就是早上5到7点钟的时候,大肠值班。卯时您起床后要喝 一杯空腹水, 有便秘的人就可以帮助你减轻便秘。因为大肠在此时 精气开始旺盛,再加上水的帮助,大肠一鼓动,大便就下来了,就能 帮助你解毒。要知道大便里的毒占人体所有毒的50%。卯时在天地 之象代表天门开,代表二月,万物因阳气的生发冒地而出,故是排 便的最佳时机。中医认为"肺与大肠相表里", 寅时肺气实了, 才能 正常大便。

#### 辰时——早餐营养要均衡

上午7到9点是辰时的时候。这个时候是胃经值班, 所以胃是最 容易接纳的。这个时候是天地阳气最旺的时候, 所以说吃早饭是最 容易消化的时候。早饭吃多了是不会发胖的, 因为有脾经和胃经在 运化, 所以早饭一定要吃多、吃好。吃早饭就如同"春雨贵如油"一

#### 巳时——丁作学习的第一个苗金时间

接下去9到 11点, 是尺时, 是脾经值班的时候。脾经是主消化 是人的一天当中的第一黄金时间,是老人锻炼身体的最好时候,是 上班人最出效率的时候, 也是上学的人效率最高的时候。所以, 你 晚上23点到凌晨1点时候叫子时,这个时候是一天当中太极生 必须吃好早饭,保证牌经有足够的营养吸收,这样,大脑才有能量 应付日常的运转。

#### 午时——睡好午觉养阳气

午时是11点到下午1点的时候,是心经值班。这个时候大家要 注意, 心经值班的时候我们要吃午饭、睡午觉, 因为按照太极阴阳 气化, 这个时候阳气最旺。《黄帝内经》说的, 阴是主内的, 是主睡 觉,阳是主外的,主苏醒。午时是阳气最盛的时候,我们吃完午饭稍 事休息继续工作,这个时候也出效率。阳虚的人这个时候就要饱饱 地睡, 最养阳气。那么阳气不虚也不盛, 正常的人怎么办呢? 我们 午时只需休息半小时到一小时, 养养我们的心经。因为我们的心脏 很累。睡午觉要平躺,这样可以让大脑和肝脏得到血液,有利于大 脑养护。《黄帝内经》有一句话,叫做"卧,则血归于肝。"你要平躺 你的血液才养肝, 肝脏对人体有个重要的分布血液的作用, 那么你 醒来以后呢, 肝脏可以把血液输送到你的大脑, 保证你的工作, 所 以要平躺。平躺下来了还有一个什么好处呢? 就是保护你的颈椎、 你的腰椎。人的骨架,就像房子的柱梁,一天到晚地撑着身体,何其 累也, 所以你看年纪老的人, 骨头的病就多。





夏登杰: 南京中医药大学董事会秘书长 Secretary-General of the Board of Nanjing University of Traditional Chinese Medicine 世界健康生活方式促进会联合总会执行主席 Executive Chairman of the World Federation of Healthy Lifestyle

#### 未时——保护血管多喝水

午时过了以后,下午13点钟到 15点,就到了未时,这时小肠经 值班。小肠经把食物里的营养都吸收得差不多了,都送到了血液里 边, 血液里边就满满当当的, 就像上下班时候街上的车, 十分拥挤。 你这个时候必须要喝一杯空腹水, 用来稀释你的血液, 起到保护血 管的作用。

#### 申时——工作学习的第二个黄金时间

未时过了就到申时了,是下午的15点到17点之间,大家要注意 了,这是我们的第二个黄金时间。这个时候小肠经已经把中午饭的 营养都送到大脑了, 大脑这时候精力很好, 要抓紧工作, 提高效率。

#### 酉时——预防肾病的最佳时期

那么到了酉时,也就是傍晚的17点到19点,这时候是肾经值 班, 您要再喝一杯水。这一杯水非常重要, 它可以帮我们把毒排掉, 还可以清洗你的肾和膀胱,让我们不得肾结石,不得膀胱癌,不得 肾炎。

### 戌时——工作学习的第三个黄金时间

再往下,到了晚上19点到21点,此时是心包经值班。心包经值 班的时候心气比较顺,这个时候是一天当中的第三个黄金段,可以 学习,可以去散步去锻炼身体。但是,当心包经值班时间快结束时, 可能是你散步回来以后, 你需要再喝一杯淡茶或者是水, 让你的血 管保持通畅。

#### 亥时——准备休息

然后就到了亥时, 是晚上的21点到23点。亥时的属相是猪, 猪 吃饱了哼哼唧唧就睡。所以在亥时我们就要休息了,让身体和灵魂 都沉浸在温暖的黑暗中,让生命和身体在休息中得以轮回。12时辰 养生就是要按照经络和脏腑,还有阴阳气化来进行养生。

#### 十二时辰的防病吃药

结合十二时辰的规律,什么时间吃药也有规律。

#### 午时要预防脑出血

午时是阳气最重的时候,在这个时候有高血压的病人,不能喝 酒,也不能生气,也不能用重力。因为这个时候是阳气之极,也是药 之极、气升之极。要是违反了这个规律,很容易得中风以及出血的 病,比如鼻出血、眼尾出血、脑出血。

#### 子时提防心脏病

在子时的时候恰好和午时相反,这时是阴极时候,气虚的人, 容易在这个时候气诱: 肾病不好的人, 容易在这个时候出事: 心脏不 好的人,容易在这个时候猝死;低血糖的人,容易在这个时候发病。 所以,我们在吃药时就该提前吃药,这样才能安然地度过子时。

#### 卯时注意五更泻——治疗肾阳虚

在卯时和酉时这两个时辰,按理来说,是阴阳平衡的时候,应 该没有什么大问题, 但是有阳虚和阴虚的病人, 这两个时候就出问 题了。比如有人天刚亮拉肚子, 卯时会拉肚子, 这是阳虚的表现。应 该吃"附子理中汤"。因为在卯时(早晨5-7点钟),本来应该是阴阳 平衡的, 但是病人阳虚, 阳不能跟阴平衡, 所以卯时就会拉肚子。 这叫"五更泄"。平时饮食也可适当补充改善畏寒体质的食物,如羊 肉、核桃、黑豆、栗子。与此同时, 煲汤时适当放一点胡椒、炒菜稍 微放点辣椒和牛姜, 这都有利驱寒保暖。阳补上来了, 阳和阴平衡 了, 就不拉肚子了。

#### 酉时注意肺病——主治肺阴虚

酉时本来也应该是阴阳平衡的,但是很多病在这个时候就发 作。比如肺阴虚的人一到晚上这个时候就发烧, 手心脚心烫。

所以应该根据十二时辰的规律给药。比如,在上午的时候,是 阳长阴消,阳气是升的时候,我们借助这个天机,补给温阳的药, 就比在其他时候给药效果要倍增; 相反在傍晚气降的时候, 阴长阳 消,我们补给养阴的药,效果就比其他时候好。十二时辰养生,可以 帮助我们解毒,可以帮助我们养生,帮助我们预测疾病,帮助我们医 疗,还可以帮助我们吃药。所以,十二时辰的养生,对我们的生活非 常的重要。



We divide the day into 24 hours, however our ancestors divided it into 12 equal periods, so one such period corresponds to 2 hours of our modern day. The 12 periods have been thought to be closely related to the operation of our internal organs and meridians. There is one body organ and one meridian to be "on duty" per each period. Let's try to take care of our body according to this ancient piece of knowledge.

#### The 1st Period - Sleeping, Preserving the Yang Energy

The 1st period is from 23 PM till 1 AM. According to the principle of the rising and falling Yin and Yang, in this period of the day, Yin is on the top level, meanwhile Yang is very weak. It

#### CULTURAL PERSPECTIVE I 文化视野

means we should be at the state of sweet sleep at this time. The organ on duty is the gallbladder, which is just in the middle of the process of collecting Yang energy. Yang is still very fragile, we should protect it very well, so please do not dance, sing etc. during this time, but sleep well and collect Yang.

#### The 2nd Period – Liver and Blood Production

The 2nd period is running from 1 AM to 3 AM. The critical organ here is the liver and the liver meridian. Liver is recovering itself, its vitality is stronger now than that of the gallbladder. It is working on filtering out poisons, but blood is also produced during these 2 hours. One should still relax since the liver is working diligently now. If we do not give it enough time to finish its job and to recover, we will most likely get ill.

#### The 3rd Period - Feeling the Pulse

Between 3 AM - 5 AM, Yin and Yang get balanced. The organ in focus is the lung. This is the time for traditional Chinese doctors to feel the pulse. If it is strong, and the patient is over 40, it would mean that she has high blood pressure; if she is between 20 and 30, it would mean that she is under work pressure or is suffering in anxiety neurosis. Patients with heart diseases should better refrain of doing exercises in the morning. They should get up later, and if wanting to do some exercise, do it in the evening when Yin is stronger than Yang.

# The 4th Period – Drink Water on Empty Stomach and Get Rid of Poisons

The 4th period is from 5 AM to 7 AM with the large intestines keeping watch. After getting up, drink some water on empty stomach. It would also help people with constipation. This period is also called the period when the gates of heaven open up, and the 10 thousand creatures set off to utilize Yang.

## The 5th period - Breakfast, Balance of Yin-Yang

From 7 AM to 9 AM is the 5th period, the key organ here is the stomach. Yang is the strongest now, so this timeframe is the most suitable for eating and digesting breakfast. Even eating a lot, would not make us overweight. Because of the activity of the spleen meridian and stomach meridian, we can safely eat to our liking. We should always eat an abundant breakfast, it is as precious to our body as the spring rain is to the flowers.

#### 6th Period – Golden Time for Working and Studying

This period is running from 9 AM till 11 AM, and is centered around the spleen. Spleen is important for digestion, it will absorb Yin-Yang. This is the time when the brain is the most active, hence it is the first golden period of the day, the most excellent time for elderly to do some exercise. The efficiency of workers is the highest now, and it is also the best time to study, so you need to have a decent breakfast to be able to do that all.

#### 7th Period - Snoozing a Bit, Regenerating Yang

From 11 AM to 1 PM heart is on the middle of the stage. We are eating lunch at this time but we should also recline a bit. Yang is the strongest now. As stipulated in the "Inner Canon of the Yellow Emperor": Ying is inside, needs sleep, Yang is outside, needs revival. People with little Yang, should have a nice

sleep. Other people, with just the right amount of Yang, should sleep only for half an hour, to regenerate the vitality of heart. At this time of the day we are already tired, our heart is tired. We need to recline for a while, in this way our brain and liver will get enough blood. Relaxation has also another advantage, namely it helps your spine to regain its strength.

# 8th Period – Time for Maintenance of Blood Vessels and Drinking Water

The time between 1 PM and 3 PM is the time of little intestines. When we reach this time of the day, the nutritives of the food has been more or less pumped into the circulatory system. The blood is saturated with the intake, just like the street is saturated with cars during rush hours. It is the time to drink a glass of water so as to dillute blood and to protect the blood vessels.

# 9th Period – The Second Golden Period to Work and to tudy

From 3 PM to 5 PM is the second golden period to do something useful, to work or to study. By this time the nutritives have reached the brain so we can do everything very effectively, with huge mental power, so do not miss the opportunity.



#### 10th Period - Best Time to Prevent Kidney Diseases

From 5 PM to 7 PM kidney is on guard. Drink another glass of water. This glass of water is quite important, it helps you to say farewell to poisons, to clean up your kidney and bladders, as well as to prevent the formulation of kidney stone, glutathione cancer and nephritis.

#### 11th Period - Third Golden Period for Work and Study

Between 7 PM and 9 PM is the time of cardiac vesicle. At this time of the day our mood is well balanced, we can jump into work or study. You can also take a walk or do some training. It is important however that when returning home, you should drink a glass of light tea or water to facilitate the traffic of blood in the vessels.

#### 12th Period - Get Ready for Sleep

The time window between 9 PM and 11 PM also has an animal associated with it: the pig. We, just like a pig when eaten full and very satisfied, prepaire ourselves for sleeping. Our body and spirit are just about to immerse themselves in the dark night.

# 第五届生活方式与健康国际论坛暨世界健康生活方式 促进会联合总会第五次年会通知

由世界健康生活方式促进会联合总会(WHC)、中国医药教育协会共同主办的第五届生活方式与健康国际论坛暨世界健康生活方式促进会联合总会第五次年会、将于2014年9月在享有"五岳之首"、"天下第一川"之称的中国泰山隆重召开。

世界健康生活方式促进会联合总会(WHC)创立于2010年,近五年来,已有来自中国大陆及港澳台,加拿大、英国、德国、澳大利亚、智利、匈牙利、日本、韩国、印尼、马来西亚、加蓬等41个国家和地区干余名院士、国医大师、医学专家、养生保健专家、政府官员和杰出企业家加入本会。





- 一、论坛时间: 2014年9月19日(周五)~21日(周日)
- 二、论坛地点: 中国·山东泰安
- 三、组织机构:

主办单位: 世界健康生活方式促进会联合总会 中国医药教育协会

协办单位: 国际生态安全合作组织等

承办单位: 山东省泰安市政府 山东宝来利来生物产业集团等

#### 媒体支持:

 健康报
 中国中医药报
 生命时报
 健康时报
 北京青年报

 中国中医药现代远程教育杂志
 世界中国杂志社
 华人时刊
 养生杂志社
 人民政协报

香港大公报 网易 新浪网 中国医药报

#### A、学术交流分论坛

- 1、社会人口老龄化与健康生活方式峰会
- 3、世界健康产业总裁峰会
- 5、自然疗法与健康生活方式峰会

- 2、慢性病防控与健康生活方式峰会
- 4、城市环境与健康生活方式峰会
- 6、亚健康防治与健康生活方式论坛

世界非物质文化遗产自然养牛之旅——泰山之旅

论坛期间观赏大型实景演出——封禅大典;论坛结束后游览岱庙、登泰山。

#### 四、论文要求

A、论文字数5000字以内,请附300字以内摘要。

- B、中文论文题目、摘要、作者姓名及单位要译成英文; 英文论文题目、摘要、作者姓名及单位要译成中文。
- C、论文请与2014年6月30日前直接发到电子邮箱whc5th@163.com会务组收。
- D、论文无比注明作者姓名、联系地址、邮编、联系电话、电子邮箱,以便及时联系。
- E、论文将汇编成集、出版发行。

#### 八、联系人及联系方式:

陶世义 Tel: 13355386876 Email:steven\_tao@126.com 王静 Tel: 18653882939 Email:whc5th@163.com 夏岩 Tel: 13776622688 Email:80068133@gq.com

#### 九、参会回执及费用

## 1、参会费用及套餐说明

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#### CULTURAL PERSPECTIVE I 文化视野

本次会议主要内容包括: 开幕式及主题报告、分论坛报告、总 裁俱乐部联谊会、高端泰山文化游、晚宴及酒会等组成, 具体费用 及套餐说明如下:

A: "至尊组合" 4800元人民币/位, 套餐包括:

- 1、会务费用1000元人民币/人,资料费180元人民币/人(含论文集、论文审校、合影、场地、会议期间餐费、通讯录等);
  - 2、一尊镇室之宝至尊款泰山墨玉大印,价值2600元人民币;
  - 3、健康养生产品套装,价值2880元人民币;
  - 4、五星级酒店三天三夜食宿费3280元人民币;
- 5、泰安著名旅游景点游, 价值619人民币(包括岱庙、封禅大典、登泰山);

- 6、9月19日晚总裁俱乐部高端联谊酒会。
- B:VIP套餐1800元人民币/位,套餐包含:
- 1、会务费用1000元人民币/人,资料费180元人民币/人(含论

文集、论文审校、合影、场地、会议期间餐费、通讯录等);

- 2、珍世泰山墨玉印,价值1600元人民币;
- 3、健康养生产品套装,价值980元人民币;
- 4、岱庙半日游40元/位(包含门票和大巴费用)。
- C:外宾参会费用套餐:
- 1、同内宾套餐A, 900美元/位;
- 2、同内宾套餐B,400美元/位。

## 大会报名表

姓名	性别	职务	工作单位	电话	传真	手机				
□ 有交流论文 论文名称										
□ 申请会员、理事 申请备注										
参会套餐选择 □ 至尊套餐 □ VIP 套餐										
特殊申请 □ 申请协办单位 □ 申请会刊宣传 □ 协商其它方式										
您关注的问题:										

#### 久注.

- 1) 由于所发通知数量有限,望各单位积极组织、相互转发通知、推荐特色演示项目;
- 2) 表格复印有效,请填好《报名表》传真:05388513252或 E-mail: steven\_tao@126.com/whc5th@163.com.

# Call for Papers and Application to the 5th International Forum on Lifestyle and Health and the 5th Annual Conference of the Federation of World Healthy Lifestyle Promotion Association

Jointly organized by the Federation of World Healthy Lifestyle Promotion Association (WHC) and the Chinese Pharmaceutical Training Association, the 5th International Forum on Lifestyle and Health and the 5th Annual Conference of the Federation of World Healthy Lifestyle Promotion Association will be held at Mount Tai, also called the "The King of 5 Hill-tops", "The First Mountain under the Heaven", China, in September 2014.

The World Healthy Lifestyle Promotion Association (WHC) was founded in 2010. During the past almost 5 years, more than 1000 academicians, traditional Chinese medicine practitioners, medical experts, lifestyle and healthcare professionals, government officials and outstanding entrepreneurs have joined it from more than 41 countries, including Mainland China and Hong Kong, Canada, UK, Germany, Australia, Chile, Hungary, Japan, Korea, Indonesia, Malaysia and Gabon.

- 1. Date and time of the forum: September 19 (Friday) 21 (Monday), 2014.
- 2. Place of the forum: Taian, Shandong Province, China
- 3. Organizers:

Main organizers: World Healthy Lifestyle Promotion Association, Chinese Pharmaceutical Training Association

Co-organizers: International Association of Environmental Safety Cooperation

Executive organizers: Municipality of Taian City, Shandong Province, Shandong Baolaililai Organic Industry Corporation

Health Journal, Journal of Chinese Traditional Medicine, Modern Life Journal, Modern Health Journal

Beijing Youth Daily, Chinese Traditional Medicine Modern Distance Education Magazine, The World and China Magazine

Chinese Man Publication, Healthcare Magazine, People's Consultation Journal, Hong Kong Public Journal

Wangyi Web, Xinlang Web, China Medicine Journal

#### 4. Discussion panels

- 1. Summit on the aging society and healthy lifestyles
- 2. Summit on prevention of chronic diseases and healthy
- 3. Summit of top executives of health industry
- 4. Summit on city environment and healthy lifestyles
  - 5. Summit on natural curing methods and healthy lifestyles
- 6. Forum on preventive treatment of weak health status and healthy lifestyles

# 5. World's Intangible Cultural Heritage Natural Healthcare Tour – Touring Mount Tai

During the forum participants may enjoy a real-background performance: Grand Sacrificial Ceremony.

Following the forum participants can visit Temple of Mount Tai and can climb the mountain.

#### 6. Requirements for paper submissions

- A. The number of words should not exceed 5000, please also attach an abstract of max. 300 words.
- B. In case of submissions in Chinese language, the title, abstract, name of the author and his/her company should be translated to English. In case of submissions in English language, the title, abstract, name of the author and his/her company should be translated to Chinese.
- C. Please submit your papers before June 30 to the following address: whc5th@163.com.
- D. Please indicate your name, contact address, zip code, contact phone, email address when sending your submission so that we can contact you.
  - E. The papers will be stored and printed.

# 7. Contact persons

Tao Shiyi, Tel:13355386876 Email:steven\_tao@126.com Wang Jing, Tel:18653882939 Email:whc5th@163.com Xia Yan, Tel:13776622688 Email:80068133@qq.com

## 8. Costs of participation, packages

The forum consists of the following main parts: Opening

Ceremony and Main Report on the Theme, Reports of Discussion Panels, CEO Club Networking Cocktail Party, Luxurious Cultural Tour of Mount Tai, Banquet and Cocktail Party.

The concrete breakdown of costs is as follows:

A: "Supreme Combination" Package, 4800 RMB/person containing:

- 1. Forum participation cost 1000 RMB/person, costs of printed materials 180 RMB/person (including compendium, document proofreading, group photo, venue rental, meals, recordings, etc.)
- 2. A large ink press picture of Mount Tai in a value of 2600 RMB
- 3. Introductory set of healthcare products in a value of 2880 RMR
- 4. Accommodation and meals in a 5 star hotel for 3 nights 3280 RMB.
- 5. Famous scenic tour of Taian, 619 RMB (including Temple of Mountain Tai, Grand Sacrificial Ceremony, Climbing Mountain Tai)
  - 6. CEO Club Networking Cocktail Party on September 19.
  - B. "VIP" Package, 1800 RMB/person, including
- 1. Forum participation cost 1000 RMB/person, costs of printed materials 180 RMB/person (including compendium, document proofreading, group photo, venue rental, meals, recordings, etc.)
- 2. Treasure of world ink print of Mountain Tai, valued 1600 RMR
- 3. Introductory set of healthcare products in a value of 980 RMR
- 4. Visiting Temple of Mountain Tai 40 RMB/person (including entrance ticket and bus)

C) "Foreign Guest" Package

- 1. Same as the "Supreme Combination" Package, 900 SD/person
- 2. Same as "VIP" Package, 400 USD/person

#### Application Form

Name	Sex	Occupa tion	Company	Phone	Fax	Mobile				
☐ I have discussion paper with the title:										
☐ Sign up for membership, remarks										
Package ☐ Supreme Combination ☐ VIP										
Special requests ☐ Co-organizer ☐ Promotion ☐ Other assistance										
Questions:										

#### Notes:

- 1. Because of the the number of circulars to be sent out is restricted, we urge all the companies to submit their special projects in time.
- 2. The photocopied versions of the application form are equally valid. After filling it out, please send it to Fax: 05388513252 or E-Mail: steven tao@126.com / whc5th@163.com.

# 端午节

端午节为每年中国农历五月初五,已被列入世界非物质文化遗产名录。它是"中国国家法定节假日之一。

春秋之前今湖南一带地区有在农历五月初五以龙舟竞渡形式举行部落图腾祭祀的习俗; 后因诗人屈原在这一天死去, 便成了中国汉族人民纪念屈原的传统节日; 也叫"诗人节"

端午节有吃粽子,喝雄黄酒,挂菖蒲、蒿草、艾叶,薰苍术、白芷,赛龙舟的习俗。

有关端午节的传说有几个, 其中最为普遍的是:

据《史记》"屈原贾生列传"记载,屈原,是春秋时期楚怀王的大臣。他倡导举贤授能,富国强兵,力主联齐抗秦,遭到贵族子兰等人的强烈反对,他遭谗去职,被赶出都城,流放到沅,湘流域。他在流放中,写下了忧国忧民的《离骚》、《天问》、《九歌》等不朽诗篇。

公元前278年,秦军攻破楚国京都。屈原眼看自己的祖国被侵略,心如刀割,但是始终不忍舍弃自己的祖国,于五月初五,在写下了绝笔作《怀沙》之后,抱石投汨罗江身死,以自己的生命谱写了一曲壮丽的爱国主义乐章。传说屈原死后,楚国百姓哀痛异常,纷纷涌到汨罗江边去凭吊屈原。







在屈原投江的附近修建的祠堂,已有300多年。

Ancestral hall built 300 years ago near the place where Qu Yuan disappeared in the river



碑林 Stele Forest

# THE DRAGON BOAT FESTIVAL

The Dragon Boat Festival falls on the 5th day of the 5th month of the Lunar Calendar. It has been added to the list of Intangible Cultural Heritage of the World and it is also an official Chinese state holiday.

Its origins go back to Hunan Province, where different tribes performed a sacrificial ceremony on this day with competing dragon boats carrying totem figures. It is also the day when the famous poet, Qu Yuan died, hence it became the day when Han nationality pay homage to Qu Yuan and therefore also called the "Feast of Poets".

On Dragon Boat Festival one should eat glutinous rice dumplings, drink yellow liqueur and decorate one's surrounding.

There are several anecdotes surrounding the Festival, the most widespread is as follows:

As recorded in the Great Book of Historians, Qu Yuan was a minister of Chu Kingdom during the Spring and Autumn Period. He proposed a resistance fight against the Qin Kingdom, but therefore was attacked and ridiculed by several monarch of his home country, which finally led to his exile to the countryside. In his exile he has written some outstanding works like "Free of Disturbance", "Questions of Heaven", "Nine Ballads" etc.

In 278 BC, the Qin Kingdom invaded his home country, the Chu Kingdom. The fall of his beloved land crushed his heart, he

wrote his last verse "Sand in the Bosom" and then jumped into the Miluo river. After his death, people of Chu Kingdom, deep in tears, went to the river one by one to remember the loss of their great poet and countryman.



距离长沙100多公里的汨罗江 Miluo river situated more than 100 kilometers from Changsha

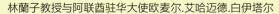
# 大美林蘭子

林蘭子, 北京人, 当代著名书画家, 北京语言大学教授, 中国现代绘画艺术研究院院长。

他认为构图不要因遁守旧,一味按理论去做,一幅作品构图好坏,是否合理,看上去以视觉效果好即可,"舒服"为标准。但是画中的"事物"要和谐,不能乱。他作画时只有大的构想,没有细腻的构图,而是顺其自然,画到哪想到哪。作画时,胸中要有"清水出芙蓉,天然去雕饰"的意念,绝不刻意的追求,刻意了就不自然,画出的画很会僵,给人"匠"的感觉。

林蘭子教授从事对外交流文化活动: 应邀出席阿拉伯联合酋长国驻华大使馆举行阿联酋武装部队统一38周年招待会,与阿联酋驻华大使欧麦尔.艾哈迈德.白伊塔尔和武官处准将阿赫迈德.阿尔卡比合影。









林蘭子教授与阿联酋武官处准将阿赫迈德.阿尔卡比

2014年5月7日,阿拉伯联合酋长国驻华大使馆举行阿联酋武装部队统一38周年招待会,我国著名书画家林蘭子教授应邀出席。 阿拉伯联合酋长国是由7个酋长国组成的,1984年11月1日中阿两国建立外交关系。建交以来,两国关系发展顺利,高层和各级人员 互访不断,双方在各领域的友好合作不断深化。

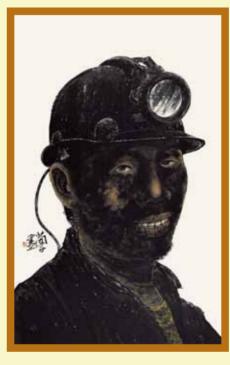
2012年1月双方签署了战略合作伙伴关系的联合声明。阿联酋还是中国在阿拉伯世界最大的出口市场,2011年前11个月双边贸易额达319亿美元。

近年来,林蘭子教授为弘扬中国文化艺术,多次率领中国艺术家代表团出国访问,进行文化艺术交流,为中国文化艺术走出国门,作出了积极的努力和贡献。被誉为"文化艺术使者"。

(王海涛报道)

# 《林蘭子煤旷工人之歌》专辑部分作品









睢宁儿童画诞生于1955年,迄今已有30000多幅作品被选送到世界70多个国家和地区展出,获得各类大奖3000多幅,108幅作品被外交部作为国宾礼品赠送给印度前总统卡拉姆、前澳大利亚外长唐纳、国民党荣誉主席连战等政要。温家宝总理亲笔给睢宁小画童王孝文回信,称赞"睢宁县真不愧为儿童画之乡"。

目前, 睢宁儿童画因为被国家外交部礼品司作为国宾礼品赠送给国际友人和政要而名声大震, 睢宁儿童画被进一步开发为友人的礼品盒, 其品种有儿童画大礼盒, 方便于厅堂及办公场所悬挂等, 儿童画小礼盒适应于摆放在客厅、办公桌等, 另外还有传统装裱工艺的轴画和新开发的掐丝儿童画等, 睢宁儿童画已经是家喻户晓的赠送友人及客商的上上佳品了。

能宁县委县政府为繁荣和发展睢宁儿童画出台了一系列新举措,为睢宁儿童画的发展提供了有力的保障。睢宁县儿童画活动中心 将为您提供全面展示睢宁儿童画发展的历史和各个历史时期的代表作品。



4幅作品被中国邮政总公司选作邮票面向全国发行



正在展出的部分作品



陈列在联合国大厦的4幅作品



# 化学家出身的雕塑家

Vergil Suciu is a Romanian artist who decided to turn the professional interest for chemistry and research into a quest to discover and reveal the artistic potential of glass. He confesses that everything started from the obsession to reveal the secret life of glass, from the speck of dust to its molten shape and to the massive block of transparency, and even beyond these limits. His goal is to look for the perfect marriage of various media and force them into unexpected combinations in order to exhibit the unique dynamics of cold, generally static materials such as glass, clay or metal: "I am taking this challenge to give a new life and perspective to common materials, to explore their inner potentialities by going back to basics and to the essence of their meaning".

Vergil Suciu是一位罗马尼亚籍艺术家,他致力于运用专业化学知识去研究、探索,发现玻璃的艺术潜力。他相信世间外物均源于对发现玻璃生命秘密的痴迷与执着,不论一粒尘埃灰飞湮灭,还是巨大透明玻璃块,甚至是其他事物,都逃不过这一定律。Vergil Suciu的艺术目标在于实现各种介质的完美融合,并使其构成意想不到的组合,以此来显示诸如玻璃、泥土或金属等一般呈现静态的冷材料的独特动力特性。他说:"我现在正在利用这次机会为某些常见材料赋予新的生命及前景,通过追溯其基本原理与内在涵义来挖掘其内在艺术潜能。"









# 台湾冬虫夏草 通过生物科技专业研发 进入大陆生产制造

2013年11月30日台湾志 昇生物科技股份有限公司上海昱伦生物医药科技有限公司在上海正式挂牌。

该上海公司,主要负责虫草科技产品在大陆市场的开拓和运营,在大陆投资设立研发培育基地和生产加工厂,实现产、观、学系统化运营,从生产,参观和学习全方位的将传统自然医学及高科技成果呈现在世人面前。这一成果通过了国际SGS和中国科学院的营养成分的检测,并为中国科学院认可其成份超越天然的冬虫夏草。



台湾志昇生物科技股份有限公司成立于1993年,董事长庄煇宏教授(中)率领十余位中、西医的医学博士,植物专家团队专业研发虫草生物科技,漫长八年的虫草科研历程,注入了科研团队的专业能力和精神,陆续投入研发经费达到五亿元新台币,拥有6万平的无尘、无菌、零污染的培育场,最终成功的培育出虫草中最珍贵的帝王极子实体,并以此为基础研发近50多种养生系列产品,这一突破不仅是国人的骄傲,更是全人类的福音。



已在福建生产出的产品







【冬虫夏草】其特性为药食同源,性温味甘,老少咸宜,而"五行冬虫夏草CM-O帝王子宝体"产品系列,其功能具有养生、保健、预防的功效,其突破多项慢性疾病,如:糖尿病、高血压、中风、三高均有一定的效果,对肿瘤及癌症病患的治疗也有不错的效果。

详细产品信息请联系:上海市黄浦区瑞金南路345弄1号楼11层 电话: 021-53832973

# Exposición de Fotografías Mexicanas 墨西哥摄影作品展

5个墨西哥摄影师于6月7日在北京东城区举办她们的摄影联展,作品来自5个墨西哥女摄影师。从他们的作品中可以看到近10年中两国文化的交汇。

Cinco fotógrafas mexicanas celebraron una exposición asociada sobre fotografías en Distrito de Dongcheng de Ciudad de Beijing. Todas las fotos toman por las cinco fotógrafas mexicanas. Desde sus fotos se puede ver la intersección de las culturas de los dos paises en casi 10 años.



到场的3个墨西哥女摄影师 Tres fotógrafas mexicanas presentes



受邀嘉宾欣赏女摄影师的作品 Los invitados disfrutan de las obras de las fotógrafas



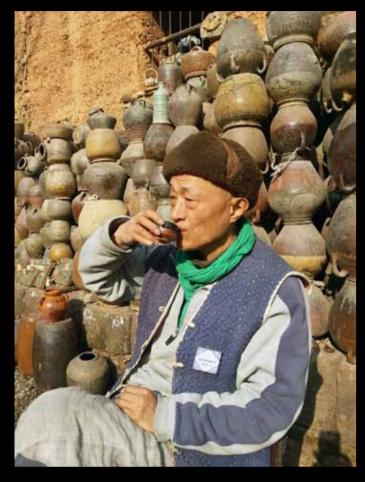
展出的部分作品 Unas obras en la exhibición















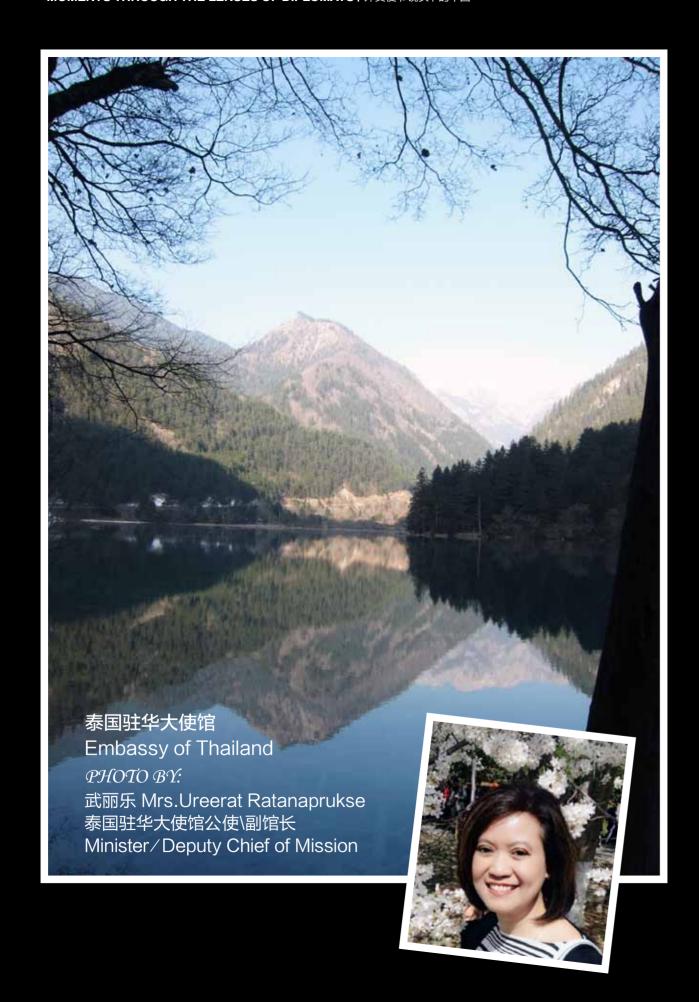




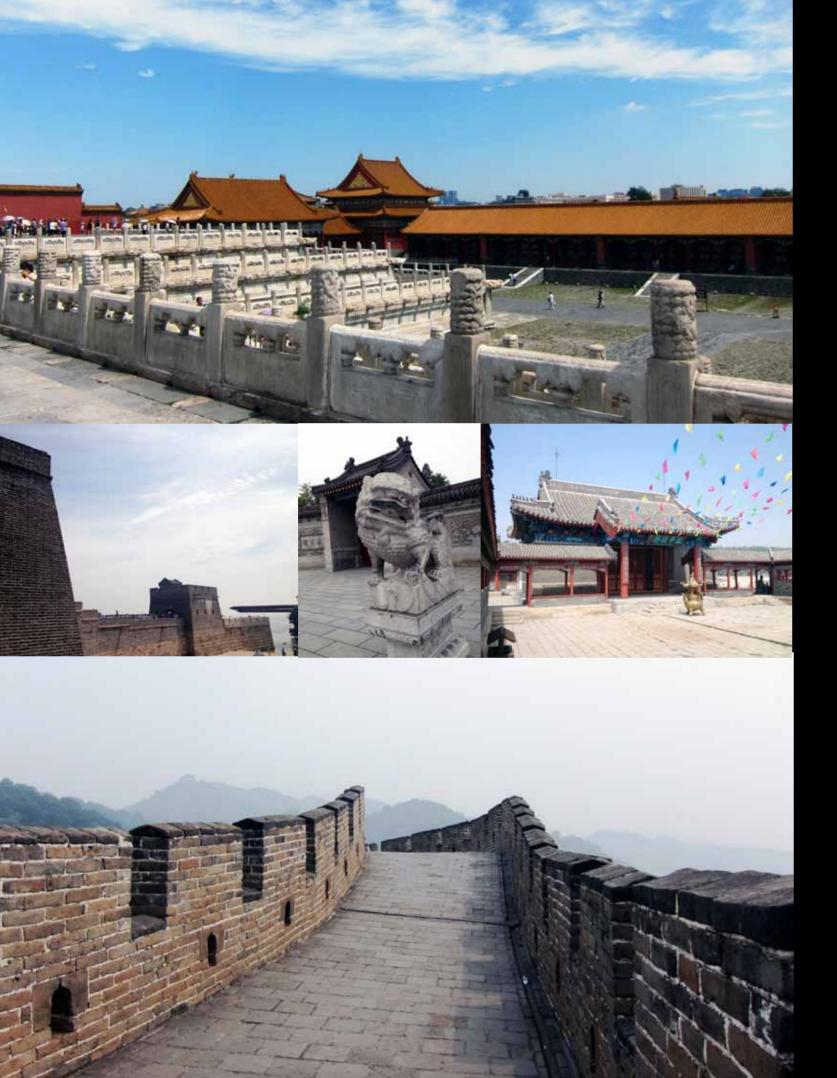


















日本驻华大使馆 Embassy of Japan *PHOTO BY:* 

南 慎二 MINAMI SHINJI 日本驻华大使馆参赞



















# The 18<sup>th</sup> East-West China Cooperation and Investment Trade Fair & Silk Road International Exposition

## 第十八届西洽会暨丝绸之路国际博览会

5月23日,第十八届西治会暨丝博会在西安曲江国际会展中心开幕。

The 18th East-West China Cooperation and Investment Trade Fair & Silk Road International Exposition opened in Xi'an Qujiang International Convention and Exhibition Center on May 23.

本届展会的最大特点是,突出了"共建丝绸之路经济带、促进区域合作与发展"这个主题。为西洽会增加了丝绸之路国际博览会内容,着力打造西洽会升级版,赋予了西洽会新的内涵,新增国外项目主要在中亚。

The exhibition is majorly characterized by highlighting the theme of "cooperative construction of the economic of Silk Road and promotion of regional cooperation and development". Add the content of Silk Road International Exposition for the East-West China Cooperation and Investment Trade Fair, focus on creating the upgraded version of ITEFCEWC and endow new connotation of ITEFCEWC; newly added foreign projects are mainly in Central Asia.

开幕式的主要发言人 The main spokesmen for the opening ceremony:

意大利特拉维索省译长:福尔维欧·派特纳 Italy Treviso Province Chairman: Sherlock Vea · Paterna 尼泊尔驻华大使: 马赫什·克马尔·马斯基 Nepalese Ambassador in China: Mahesh · Kemal · Muskie 陕西省省长娄勤俭致辞 Mr. Lou Qinjian, Governor of Shaanxi Province, making a speech 吉尔吉斯斯坦议会副会长: 萨斯可巴耶娃·阿西亚·阿伊特巴耶夫娜 Vice President of the Kyrgyz Parliament: Pavlovna



## 大唐西市画展

中国艺术家用另一种特别的方式展现丝绸之路延线国的风土人情画展在大唐西市画廊举行,共有十余幅作品展出。

Chinese artists found a new way to display their works related to the people, the land, the traditions and customs of the Silk Road in Datangxishi Gallery. More than ten art pieces were shown at the exhibition.



孙玉敏 (左二) 1954年生于吉林四平。中国美术家协会理事,北京市女美术家联谊会会长,清华大学美术学院研究院,硕士生导师。 Sun Yumin, born in Jilin Siping in 1954. Member of the Board of the Chinese Artists' Association, Chairman of the Beijing Women Artists' Union, Tutor of Master Students at the Research Institute of the Art College of Qinghua University.





巫卫东,兰州画院院长,甘肃省美术家协会副主席,中国美术家协会会员,国家一级美术师。

Wu Weidong, Director of Lanzhou Art College, Deputy Chairman of Artists' Association of Gansu Province, Member of the Chinese Artists' Association, Top Level National Artist.

陈风新 1957年生 北京人。中国国家画院美术馆执行馆长。国家一级美术师,中国画学会理事。

Chen Fengxin, born in 1957, Beijing citizen. Executive Director of National Art Gallery of China, Top Level National Artist, Member of Board of the Chinese Art Academy.



## Xi'an - Rome 西安——罗马

## 1300多年古丝路的两端的又一交汇

### Another intersection of the Silk Road's two ends for over 1300 years

5月23日在西安大唐西市金色大厅举行了"一条丝路两城歌"音乐大典,来自意大利的歌剧与陕西秦腔同台唱响,为今年的"十八届西洽会暨丝博会"增加了色彩

The music ceremony "one silk road, two cities' songs" was held in great Golden Hall of Tang Dynasty West Market in Xi'an on May 23. The opera from Italy was performed with Shaanxi Qin opera, which colored the "18th East-West China Cooperation and Investment Trade Fair & Silk Road International Exposition" this year.

"一条丝路两城歌"中意文化交流主题活动紧紧抓住了"民

心相通"的理念,中国作曲家赵季平的《庆典序曲》与十九世纪意大利作曲家卡普罗《我的太阳》在高亢喷亮的歌声中展现了中西方人民渴望和平、文化相融、和谐共建"丝绸之路经济带"的美好愿望。

The Italian and Chinese cultural communication theme of "one Silk Road, two cities' songs" keeps closely to the idea of "hearts interlinked". In the high-pitched and clear singing of "Celebration Overture" by Chinese composer Zhao Jiping and "My Sun" by Italian composer Kaprow of the nineteenth's century express good wishes of peace, cultural compatibility and harmony of jointly building the "Economic Zone of Silk Road" desired by Chinese and Westerners.

秦腔是中国汉族最古老的戏剧之一,起于西周,成熟于秦,是西安民间最流行的音乐形态。

Starting from Western Zhou and maturing in Qing Dynasty, Qin opera is one of the oldest operas in China and the most popular music form in Xi'an.

歌剧诞生于意大利,在意大利的首都罗马,歌剧尤为引人瞩目。此次热那亚意大利歌剧院十多位艺术家倾情献唱的是《女人善变》等精彩歌剧内容,尤其是意大利女生三人组"生命与激情"独特的歌声里传递出的"传统与现代"的结合,让人感受到经典艺术的生命力。

Opera came into existance in Italy and especially developed in the capital of Italy - Rome. At this time, tens of artists performed "Woman is fickle" and other excellent operas in Italian Renaya Opera house; especially the combination of "traditional and modern" coming out of the unique performance of Italian trio-girl let listeners fell the vitality of classical art.



80 THE WORLD AND CHINA 81

#### BUSINESS PLATFORM I 商务平台











意大利女生三人组 Italian trio-girl



## A Bridge Connecting the Headquarters and Outlets

## 桥梁,从我架起

——访吴裕泰运营中心督导安东娟

#### An interview with An Dongjuan, Wuyutai's operation supervisor

文.图/蒋志均 Text and photo by Jiang Zhijun

吴裕泰---中华老字号茶庄,始建于1887年,之所以传 承至今且发展到全国连锁加盟三百余家门店,除有她"好茶 为您始终如一"的诚信品质和科学的组织管理外,再就是有 一批与时俱进的优秀茶人。吴裕泰公司运营中心就是吴裕 泰实施科学管理的重要载体之一,本文所描述的督导岗位就 有许多敬业乐群的吴裕泰茶人。

"小身材, 大能量!"了解吴裕泰督导职务的人介绍说: "督导, 顾名思义就是监督检核与指导, 职责涉及所督导门 店的商品、人力、财务、服务四方面的管理, 虽编制直属公 司运营部, 人却整天忙碌在门店一线, 人们称他们为隐形店 员,实际上是沟通公司和门店的桥梁。公司---门店---督 导形成闭环,全天候滚动,确保吴裕泰整体运营的良性发

安东娟, 女, 1987年出生, 厦门集美大学环境工程系毕 业, 返京后曾任某品牌餐饮企业的门店助理经理, 出于对中



中华百年老号吴裕泰茶庄

国茶文化的偏好, 2012年5月, 她毅然跳槽应聘吴裕泰运营 中心督导。

与安东娟见面是在吴裕泰旗舰店---北新桥店里,身着 工装的她正和一位促销员交谈,看得出她是位朴实踏实的 人。北新桥旗舰店是安东娟分管督导的九家门店之一, 能把 如此举足轻重的大店安排给她,可见公司对这位后起之秀的

"我是应聘上岗的,刚来就是一个挑战。"安东娟说: "吴裕泰对运营督导要求很高,不仅要掌握茶叶知识,而目 上对政策信息、产品动向要及时掌握,下对门店的每个工作 环节都要非常清楚,督导是承上启下双向沟通的桥梁,自我 要求高,对于刚入行的我来说压力很大,一个字'学'!"

采访时恰逢北新桥店老店长张全红大姐在,工作时不苟 言笑的她说起安督导却透着亲昵:"督导要的就是热心、耐 心、无私心。小安行,她心细肯学,常用创新的技巧帮店里提 升业绩。"随张店长手指望去,清新典雅的茶具陈列区跳入眼 帘:"利用闲置空间打造出茶具陈列区,提升档次,形成人流循 环,安督导可是尽了心力呀!"出于职责,大到新品上市、老品 下架、库存及动销率的核查、账款管理; 小到门店人手紧张临 时性的调配、销售流程、技巧、品饮知识的培训等,督导都要 事必躬亲.按张店长的话说:"这个桥梁没有不行!"

桥梁,从我架起。安东娟整日和自己分管的九个门店的 员工们滚在一起:"像陀螺一样地转,越是节假日转得越欢。 我已经习惯了24小时不关手机,保持和公司、门店信息沟 通;家里也习惯有啥聚会先问我什么时间有空。结婚了,侍奉 不了公婆, 还要老人照顾我……"。说到去年结的婚拖到今年 才度蜜月,而且没敢出国,安督导不无感慨地说:"正值春茶 销售旺季, 心里不踏实, 怕出国接不了电话, 我要确保桥梁畅 通呀!"



安东娟督导沉浸在茶具陈列区的摆放里

Wuyutai, a time-honored brand of Chinese tea shop founded in 1887, has established itself as China's leading tea company with up to 300 franchised chain stores. Its success is owed not only to its motto of "best tea for you as always" and scientific management, but also to its well-trained and devoted staff members keeping abreast of the times. As a key element of its administrative structure, the Operation Center bridges Wuyutai's headquarters and numerous outlets. Its operation supervisor An Dongjun is an outstanding staff member in this department.

Wuyutai's operation supervisor is a position responsible for supervising, testing and advising on the management of goods, human resources, finance and service of Wuyutai's all franchised stores. Operation supervisors are the headquarters' staff members, but they are busy working from one store to another. Serving as bridges connecting the headquarters and outlets, they are working to guarantee the sound operation and development of the whole company.

An Dongjuan, born in 1987, graduated from the environmental engineering of Xiamen-based Jimei University. Upon graduation, she worked as an assistant manager at a catering company in Beijing for a few years. But she liked Chinese tea traditions so much that she guitted her job and

吴裕泰运营部督导安东娟检查货架

#### BUSINESS PLATFORM I 商务平台



安东娟和北新桥店张全红店长在一起

became a supervisor at the Operation Center of Wuyutai in May 2012. My meeting with her took place at the Beixinqiao store, a flagship store of Wuyutai, when she was talking with a sales clerk. Beixinqiao is one of the nine stores that An is responsible for, which shows the company's recognition of this young professional's ability. "Wuyutai sets very high demand for an operation supervisor. He is required to not only know well about various types of tea, but also keep well-informed of policies, products and every steps of store operation. An operation supervisor works as a bridge connecting the headquarters and outlets. It is truly a challenging post for a new comer like me. I can do nothing but to learn as much as I can."

Zhang Quanhong, the Beixinqiao's store manager, spoke highly of An Dongjuan. "An operation supervisor should be warm-hearted, patient and selfless. An is highly capable, careful and good at learning. She has helped us to improve store performance with innovative methods and expertise," said

Zhang. She showed me the display section of tea things. "For example, An advised on creating a display section in this vacant space so as to attract much more customers. She has been involved in every step of our store operation, including preparing for new arrivals, pulling goods in stock off shelves, checking balance sheets, arranging temporary staffs when busy, and organizing training programs in sales and tea-drinking expertise. Our operation would be impossible without this connecting bridge," said Zhang.

An Dongjuan works all day long with staff members of these nine stores. She said, "I keep working all day long, especially on holidays. My mobile phone keeps open 24 hours a day. My family would ask if I am free or not whenever they plan an event. I am married, but I have no time to take care of my family. I got married last year but had not spent my honeymoon until earlier this year, because my wedding took place in the spring sales season and I have to take care of my stores."

#### 链接:

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# Danfoss was Awarded Green Tec 2014 Prize 丹佛斯荣获2014欧洲"智能城镇化"绿色科技大奖

最近, 丹佛斯公司的"区域供热余热利用项目"获得了2014年欧洲绿色科技大奖"智能城镇化"奖项。

一年一度的绿色科技大奖是欧洲每年最重要的环保和商业奖项之一。丹佛斯公司获得的是"智能城市化"特别奖,该奖项表彰的是能够大幅改善城市居民生活质量的项目。

自2008年举行首次评选以来,"绿色科技大奖"已成为欧洲最有影响力的年度环保和商业大奖之一。2014年,该活动首次增设了智能城镇化特别奖,以推动为提高城镇化可持续发展的质量作出贡献的项目和技术。

这个获奖项目将在中国鞍山落地使用,利用鞍钢在生产过程中产生的余热,为鞍山市民供热,并提供生活热水项目建成后,将帮助鞍山市每年减排24万吨二氧化碳,使鞍山成为在区域供暖领域全球领先的城市,能效水平甚至将高于今天的哥本哈根。

The "Efficient District Heating, Surplus Heat Utilization Project" from Danfoss has been announced as a winner of Europe's "Green Tec 2014 Prize" in the "Intelligent Urbanization" category.

The Green Tec Prize is one of the most prestigious prizes of Europe in the field of environmental protection. The prize won by Danfoss indicates that their project will considerably enhance the life of city dwellers.

The prize was first given in 2008 and since then it is one of the most valuable prizes for businesses active in this field. It was in this year, that an "Intelligent Urbanization" special prize category was also created to boost the quality of sustainable city development and the related technologies.

The Danfoss project runs in Anshan and uses waist energy produced during metal production. The energy gained in this way provides central heating and hot water, and the CO2 emission will also be lessened by 240 000 tons. When completed, Anshan will become a model city for the world for central heating solutions, as its energy efficiency will even be higher than that of Koppenhagen.



图片说明: 颁奖仪式现场, 丹佛斯区域能源副总裁安童 (Anton Koller, 右二)、鞍山市长吴忠琼 (右三)、慕尼黑国际博览集团董事总经理爱杰滕迈尔 (Eugen Egetenmeir, 右四)。

On the awarding ceremony: Vice President of Danfoss District Energy Anton Koller (second from right), Mayor of Anshan Wu Zhongqiong (third from right), Managing Director of Messe München Eugen Egetenmeir (fourth from right).



国家描述: 前进! 新生! 语 言: 保加利亚语 首 都: 索非亚 人 口: 约750万加入欧盟时间: 2007年 货 币: 列弗

主要出口产品:服装、钢铁、机械

以何闻名:拥有世界上最大的考古文化遗产之一名 人:届克里斯多夫(歌剧演唱家)

Slogan/Country characteristic: Move ahead, 0 people, the freshly born.

Name of country in language of origin: България

Language(s): Bulgarian

Capital: Sofia

Population (in millions): 7.5

Currency: lev

Main export products: clothing, iron and steel, machinery.

Date of entry into EU: 2007

Famous for: Bulgaria has one of the biggest collections of

archaeological heritage in the world

Famous person: Boris Christoff (opera singer)



保加利亚共和国 Bulgaria (Republic of)

#### 食谱描述:

酸奶冷汤是一道由酸奶和黄瓜制成的夏季冷汤。这是一种冷饮。当地的一些新配方中也用水和醋来代替酸奶,省掉了坚果和莳萝,而会加点面包。在极少数情况下,也用生菜或胡萝卜来代替黄瓜。

#### 2 料:

- 一根长黄瓜,切成小丁或细丝;
- 一瓣大蒜, 捣碎;
- 四杯酸奶;
- 一杯水:
- 一茶匙盐(保加利亚人喜欢更咸一点的);
- 一汤匙莳萝, 切碎;
- 四个大胡桃, 磨碎;
- 三茶匙橄榄油

#### 烹调指南:



#### **Recipe description:**

Tarator is a cold summer soup made of yogurt and cucumbers. It is served chilled. Local variations may replace yogurt with water and vinegar, omit nuts or dill, or add bread. The cucumber may on rare occasions be replaced with lettuce or carrots.

#### **Ingredients for recipe:**

- 1 long cucumber, chopped or grated
- 1 garlic clove, minced or smashed
- 4 cups yoghurt
- 1 cup water

- 1 tsp. salt (Bulgarians like it saltier)
- 1 tbsp. dill, finely chopped
- 4 big pecans, well crushed
- 3 tsp. olive oil

#### **Recipe instructions:**

Put all the ingredients in a large bowl together and mix well. When ready garnish with olive oil (or other favorite oil). Best when chilled.

Hint: Try it with no dills and pecans - Bulgarian restaurants favorite.





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## PREVENTION OF GYNECOLOGICAL DISEASES

## " 久坐一族 " 必修妇科内功

办公室白领一族大都"坐"功了得,每天埋头苦干一坐就是几个小时, 连喝水、去卫生间的时间都是忙里抽闲,加上繁重的工作压力,以及现代生 活方式的多样,往往会给"小毛病"提供了可趁之机,容易让女性遭受各种 妇科疾病的侵扰。因此,摒弃不良习惯,妇科内功修炼势在必行。

People working in the office tend to spend too much time sitting. Lack of exercise, high work pressure and unhealthy lifestyle can easily cause gynecological diseases. Therefore, it's crucial to give up bad lifestyle and build healthy ecological structure.

#### 阴道炎 Vaginitis

名列首位的女性疾病是阴道炎,阴道炎是不同病因引起的多种阴道黏膜炎性疾病的总称。健康女性的阴道由于解剖结构的特点,对病原体的侵入有天然的防御功能,不会出现炎症。但是,当阴道的自然防御功能受到破坏时,病原体易于侵入,从而引发阴道 &

Vaginitis is the #1 female disease each year. It's the generic name for assorted vagina inflammations caused by different reasons. Due to its anatomical features, vagina is equipped with natural defense capability against pathogen. When the natural defense capability gets destroyed, pathogen intrudes into the vagina and causes vaginitis.

症状表现: 瘙痒、白带增多、白带颜色异常、有异味、灼痛等。

Symptoms: Pruritus, leukorrhea secretion increases, leukorrhea in abnormal color and odors, and burning pain, etc. 私密内功:

1.少吃刺激性的食物;适当喝酸奶可预防阴道念珠菌感染。 2.内裤的清洁很重要,女性朋友要每天更换内裤。

3.保持心情愉快是一种增进免疫力的好方法。

#### Ting

- 1. Avoid irritating food; appropriate amount of yogurt can help prevent monilial infection in the vagina.
- 2. Keep underwear clean. Female guests should change underwear every day.
  - 3. Maintain happy mood to improve immunity.

#### 盆腔炎 Pelvic Inflammation

引起盆腔炎的原因主要是由于产后或流产后感染、经期卫生不良、邻近器官的炎症直接蔓延、慢性盆腔炎急性发作等。急性盆腔炎痊愈非常快,但是最恼人的就是急性治疗不彻底从而转为慢性盆腔炎,主要表现下腹部坠胀,疼痛及腰部酸痛,常在劳累、性生活后及月经前后加剧。其次是月经异常,月经不规则,往往经久不愈,反复发作。

Major causes of pelvic inflammation include postpartum and post-abortion infections, inadequate hygiene during menstruation, expansion of inflammations from surrounding organs, and acute attack of chronic pelvic inflammation, etc. Acute pelvic inflammation can be quickly cured but might turn into chronic pelvic inflammation. Major symptoms include lower abdominal heaviness and pain, sore waist after intercourse and around menstrual cycle. It usually causes menoxenia and can easily recur.

**症状表现**:盆腔炎症有急性和慢性两类。有低烧、下腹部坠胀、阴道分泌物增多、疼痛及腰骶部酸痛、月经不调等。

**Symptoms:** Pelvic inflammation can be either acute or chronic. It can cause low fever, lower abdominal heaviness, increased vagina discharge and pain, sore waist and menoxenia, etc.

#### 私密内功:

对于盆腔炎来说,预防更胜一筹。杜绝各种感染途径,特别是阴道炎症。女性排尿或大便后,一定要注意轻轻从尿道口向肛门方向擦拭。激情的时候别忘了使用安全套。

#### Tips:

Prevention is the key to stay away from pelvic inflammation. Be careful of various sources of infections, especially vagina inflammation. Make sure to wipe from ureter orifice to anus after urine or stool movement. Wear condoms during intercourse.

#### 慢性附件炎 Chronic adnexitis

长时间的保持坐姿,这样会因缺少活动而导致血液循环不顺畅,影响正常的子宫排毒功能,所以很容易感染到附件炎。慢性附件炎是很常见却又很隐蔽的妇科疾病。一般情况下,没有不适感觉,多数是在妇科检查中发现的。

Keep in the sitting position for long time with minimal movement can lead to bad blood circulation and impact detoxification function of the uterus. In general, it doesn't cause discomfort and is usually detected during gynecological checkup.

症状表现: 腰酸腹痛、劳累后一侧下腹痛、白带异常、月经失

等。

**Symptoms:** Soreness of waist and abdominal pain, lower abdominal pain when tired, abnormal leukorrhea, menoxenia, etc.

#### 私密内功:

1.注意经期卫生,禁止在经期发生性行为。

2.白领女性不要长期久坐, 定时起身做做运动, 促进血液循

3.定期进行妇科检查,发现问题及早治疗。

#### Tips

- 1. Avoid intercourse during menstruation.
- 2. Avoid sitting for too long. Take routine breaks for exercises to improve blood circulation
- 3. Take routine gynecological checkups for early detection and treatment of diseases.

#### 宫颈疾病Cervical diseases

宫颈糜烂是一种常见的慢性宫颈炎症,致病原因复杂,大多数人无不适感觉,往往是在妇科查体时发现的,绝大多数宫颈糜烂不需要任何治疗。但是,如果伴有炎症加重的情况,就要引起重视。另外,宫颈癌是很多女性谈之色变的事情,其实80%的宫颈癌前病变可以通过早期发现、早期治疗而得到治愈,所以建议有性生活的女性每年要进行妇科体检。如果出现血样白带或性生活后阴道少量出血,就要提高警惕,及时到医院进行妇科检查。

Cervical erosion is a common type of chronic cervical inflammation driven by complicated causes. It might not cause discomfort and usually be detected during physical checkup. In most cases, the disease does not require treatment, except when the inflammation gets worsen.

Cervical cancer is a terrifying disease in many women's eyes. In reality, 80% of CIN can be cured through early detection and early treatment. It is recommended that women with intercourse take the routine gynecological checkup every year. In case bloody leucorrhea or light bleeding after intercourse occur, a doctor's visit is crucial.

**症状表现:** 白带增多、颜色由透明状变成白色或黄白色、脓性或带血,有异味。性生活或运动后有出血症状等。

**Symptoms:** leukorrhea secretion increases, color changes from transparent to white or yellow-white with purulent and blood discharge; odors; bleeding after intercourse or exercises.

#### 私宓内功.

- 1. "望", 留心观察阴道分泌物。
- 2. "闻", 嗅分泌物是否有异味。
- 3. 定期进行妇科检查, 通过TCT和HPV的检测基本就可以查

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出是否患有宫颈癌, 防患于未然。

- 1. "Look": Watch for the discharges from vagina
- 2. "Smell": Smell the discharge for odors
- 3. Routine gynecological checkup: Detect cervical cancer through TCT and HPV tests



#### 一切源于"坐" 姐妹们动起来 "Sitting" is the key Make the move

既然久坐不动容易引发妇科疾病,那么平时增加适量的运动 才是最好的解决之道。还等什么,从现在起,动起来,拒绝"坐以待

Appropriate exercise is the best solution to prevent from gynecological diseases. Let's make the move now!

1、每天至少运动20-40分钟,工作一两个小时以后起身走动 一下。可以缓解盆腔充血对宫颈血液循环的影响,同时让宫颈"透 透气"。

Take exercise every day for 20-40 minutes. Take a break and walk around after sitting for a couple of hours.

2、上班族如果没条件进行运动,那么爬楼梯是最简便有效的 运动; 利用工作闲暇时间到单位附近进行慢走、跑步等适量运动, 有助强身健体。

For people working in the office, climbing the stairs is the easiest and most effective exercise. Slow walk and jogging near the office are helpful too.

3、不要认为运动只能在户外进行,在办公室中利用座椅做做 健身操同样有效: 先按顺时针和逆时针方向各转头部5次, 然后将 头部和肩部向后尽量地伸展,这样几次之后,再交替地拉扯双臂,

上下左右各几次, 然后上身向后仰, 再弯腰尽量摸地面, 最后用指 尖轻击头部, 计全身得到放松。

Ourdoor and indoor exercises are both effective. Turn your head clockwise and counter clockwise for 5 times, respectively. Stretch head and shoulders and drag arms for several times. Bend upper body back and then bow to touch the ground. Finally relax with finger tips tapping head.

4、要定期接受身体检查, 听从医生的专业指导, 早预防早治 疗防患于未然。

Take routine physical checkup and follow physician's guidance.

#### 本文指导专家 Expert Profile



孙丽娟 副主任医师 Sun, Lijuan Deputy Chief Physician

北京五洲妇儿医院妇科专家,有20多年三甲医院临床工作经 验, 师从北大著名妇产科专家李蔚范教授, 常年从事阴道镜、宫腔 镜、腹腔镜技术,擅长子宫脱垂的矫正、阴道前后壁膨出以及会阴 裂伤、处女膜修补术、阴道前后壁桥式缝合术、阴式子宫切除术等 妇科整形手术; 尤其是盆底肌力障碍、性神经敏感下降的诊治经验 丰富,在阴道炎、宫颈炎、盆腔炎等妇科炎症治疗方面积累了丰富 的临床经验,在国家核心期刊杂志上发表《宫腔镜下息肉切除术》 《阴道前后壁桥式缝合术》等文章, 以娴熟的技术和人性化服务博 得广大女性宾客的赞许。

Dr. Sun has accumulated over 20 years of clinical experiences in the gynecological area with Grade IIIA hospitals. Her specialties are in metroptosis rectification, treatment of bulge of vagina wall and perineal laceration, repair of layered hymen, colporrhaphy and vaginal colpohysterectomy. She published multiple articles on core national journals.

## TCM helps manage your endocrine 中医出招 搞定爱"闯祸"的内分泌

你是不是也曾苦恼于这样的问题:好好的皮肤突然出现了黄褐斑;肥胖总在不经意间造访;身 体的某些敏感部位出现肿块……其实这都是人体生理机能的调控者——内分泌在作怪。

Have you experienced such problems as chloasma, obesity, or lump at sensitive body part, etc. These symptoms are all driven by endocrine.

编辑/王巍 Editor/Wang,Wei







#### 【白领故事】Story from a white collar woman

28岁的Ailsa三年前升级为辣妈,身材虽不如前但依 然时尚漂亮。几个月前,她感觉胸部有下垂的迹象,担心 身材走样的她在闺蜜的建议下开始口服雌激素。服用一段 时间后,一次月经来潮, Ailsa的胸部疼痛难忍且乳头有溢 液,察觉事态严重的她去医院接受专家检查,检查结果显 示Ailsa患上了乳腺增生。

Ailsa maintains her fashion and beauty style even after she delivered a baby 3 years ago. Several months ago, she started taking oral estrogen after she found bosom prolapsed. During one period, Ailsa felt severe breast pain and found discharge from the nipples. She went to see the doctor and was diagnosed hyperplasia of mammary glands.

#### 【医生说】 The expert says…

女性从25岁开始, 雌激素的分泌量开始缓慢下降, 而 雄激素的分泌量逐渐增加,这时,如果雄激素的分泌量增 加过多、雌激素相对不足而导致失衡, 皮肤就会逐渐变得 粗糙、出现色斑或者不明原因的色素沉着;如果雌激素分 泌量过多、雄激素相对不足,就容易导致乳腺增生和子宫 肌瘤、腹部脂肪堆积等现象。

Since the age of 25, women start generating less estrogen and more androgen. If androgen suppresses

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estrogen, skin becomes rough, patch and chromatosis appear; if estrogen suppresses androgen, hyperplasia of mammary glands, hysteromyoma and fat accumulation may happen.

女性35岁以后,雌激素和雄激素的分泌量均大幅下降,但两者的下降一般是不同步的。如果雌激素下降过多,面部变化最明显,会出现毛孔粗大、皮肤晦暗、色斑等症状;如果雄激素下降过多,就会导致或者恶化乳腺增生、子宫肌瘤和卵巢囊肿等疾病。

After age of 35, the generation of both estrogen and androgen decrease but at different pace. Too much drop of estrogen might lead to enlarged pores, dull complexion and pigmentation; while too much drop of androgen might lead to or worsen hyperplasia of mammary glands, hysteromyoma and ovarian cyst.

内分泌是人体生理机能的调控者,它通过分泌激素在人体内发挥作用。比如,细菌进入人体,胸腺素便会自动增加分泌,以抵抗病菌。如果因为某些病因,引起内分泌腺分泌的激素过多或过少,新陈代谢功能紊乱,就会造成内分泌失调,导致内分泌疾病的发生。

Endocrine adjusts human's bodily function through secretion of hormone. For example, if bacteria intrude the body, thymosin secretion will increase to fight the bacteria. Certain diseases might impact the secretion of hormone and lead to metabolic disturbance, which are the causes of endocrine dyscrasia and endocrine diseases.

#### 【测试】你的内分泌正常吗? Test: Is your endocrine level normal?

健康人的机体其内分泌应该是处于一种平衡的状态,内分泌失调就会影响到身体的健康,造成内分泌失调的因素有很多,如饮食不洁、压力过大、作息不规律等,来看一下你的内分泌还好么?

Healthy body maintains a balanced endocrine. Factors that cause endocrine disorder include sordid food, high pressure, irregular lifestyle, etc. Check below to see if your endocrine is ok.

肌肤恶化 Skin Deterioration	肌肤上突然出现很多黄斑、面色发暗、暗疮,其实这些不单单是皮肤的问题,是由于内分泌不稳定时,受到外界因素不良刺激引起的。 Skin problems such as patch, chloasma and pimples.
脾气急躁	内分泌失调会导致一个人情绪变化,女性经常会无故出现脾气急躁、情绪波动较大的情况。
Short-tempered	Short-tempered and mood swing.
妇科疾病	与妇科内分泌相关的疾病,如子宫内膜异位症、盆腔炎、子宫肌瘤等病症存在时往往会伴随痛经。此外,一些乳腺疾病也常和内分泌失调有关。
Gynecologic Diseases	Gynecologic diseases such as endometriosis, pelvitis, and hysteromyoma, companied by dysmenorrheal. Some breast diseases are also caused by endocrine disorder.
肥胖	不注意膳食平衡的饮食习惯会对内分泌产生影响,引起内分泌失调而导致肥胖。
Obesity	Imbalanced diet can cause endocrine diseases and obesity.
不孕 Infertility	女性因内分泌失调与情绪因素出现女性下丘脑垂体-卵巢性腺轴激素分泌过多或过少,从而引发不孕。 Female endocrine disorder and mood swing can cause improper secretion of HPG hormone and lead to infertility.

#### 内分泌的3个关键词 3 key words for endocrine

雌激素: 最难控制 水平太高或太低都不行 Estrogen: Hard to control. Too much above or below the normal level can cause trouble.

女性生殖系统和雌激素有关。如果雌激素水平下降,女性卵巢功能就开始走下坡路了,这时可能会出现一系列经血量少、不孕等症状。当面临着工作和家庭的双重精神压力时,易产生抑郁情绪,导致机体抵抗力低下,会引发一系列疾病。有些卵巢肿瘤本身会分泌雌性激素,雌性激素过高会导致子宫肌瘤。

Female reproductive system is impacted by estrogen. If the estrogen level drops, the capability of ovarian starts to decrease and is companied by a series of symptoms such as decreased menstrual bleeding and infertility. High pressure from both work and family can lead to depression and lower immunity, therefore causes a series of diseases. Certain ovarian tumor causes to excessive secretion of estrogen and leads to hysteromyoma.

#### 雄激素, 过多造成体毛重

Androgen: Excessive androgen can cause heavy body hair.

内分泌系统无论对于男性和女性都会释放雄性激素,差别在于 男性的雄性激素较多,女性的雄性激素较少。但当女性内分泌失调 时,女性的雄性激素分泌过多,就可能会有体毛重的症状。

Male and female both release androgen but at different levels. If female releases too much androgen, heavy body hair can be seen.

#### 孕酮,与孕育息息相关

Progesterone: In close correlation to pregnancy.

维持生殖功能的激素分为两大类: 雌激素和孕激素。女性卵巢黄体分泌的孕激素不足会造成体内黄体功能不全。黄体功能不全时,临床表现为有规律的月经周期,但周期缩短,或经前数日即有少量出血, 经血量可无变化。由于孕酮不足, 往往形成不孕或早期



流产。

There are two types of hormones that maintain the reproductive functions: estrogen and progestogen. Short of progestogen can lead to inadequate luteal function. Typical symptoms of inadequate luteal function include shortened menstrual cycle and light bleeding before the menstruation starts. It is a problem that can lead to infertility or early abortion.

#### 妇科内分泌疾病最宜看中医 TCM offers the best solution to treat endocrine diseases

妇科内分泌疾病包括由于神经内分泌失调导致的月经疾病,如功能性子宫出血、闭经、痛经、多囊卵巢综合征、经前期综合征、围绝经期综合征,以及内分泌失调性不孕不育、黄体功能不全所致的反复流产等。中医治疗遵循辨证施治的原则,以补肾健脾、调理气血、疏通冲任、调养胞宫为大法,根据女性月经周期中阴阳气血的消长节律,进行中医的周期疗法,达到提高卵巢功能,调经助孕的功效。

Gynecological endocrine diseases include menstrual diseases driven by endocrine disorder such as dysfunctional uterine bleeding, amenorrhea, dysmenorrheal, Stein Leventhal syndrome, menstrual syndrome, menopausal syndrome. Other types of gynecological endocrine diseases are infertility driven by endocrine disorder and recurring abortion driven by inadequate luteal function. TCM follows the principle of invigorating liver and spleen, harmonizing qi and blood, and recuperating uterus. Based on the waxing and waning of yin-yang, cyclical TCM treatment helps improve the function of uterus and assist in fertilization

## 功能性子宫出血Dysfunctional uterine bleeding

中医称为"崩漏",即神经内分泌失调所致的异常子宫出血。此病可见于青春期、育龄期,更多见于绝经期。主要病机是冲任损伤,不能制约经血,经血非时妄行。常见病因为血热、肾虚、脾虚、血瘀等。

Dysfunctional uterine bleeding, called metrorrhagia by TCM, is an abnormal uterine bleeding driven by endocrine disorder. It's commonly seen during menopause period but can occur among adolescent and child bearing women. The pathogenesis of the disease is impairment of thoroughfare and conception vessel so that menstrual blood can't be well controlled. Hemopyrexia, deficiency of kidney and spleen and blood stasis are main causes of the disease.

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#### 中医对策: TCM Solutions

中医本着急则治标、缓则治本的原则,以固冲调经为大法,补气摄血或以通为止,往往获得良好疗效。

TCM follows the principle of "treat symptom for acute diseases and treat root causes for chronic diseases". It usually achieves good result through regulating menstruation and invigorating qi for hemorrhagia.

#### 痛经Dysmenorrhea

凡在经期或经行前后出现周期性下腹疼痛,或痛引腰骶,伴呕吐、面色苍白、手足厥冷等症,称为"痛经"。此病变化在气血,病位在胞宫,多由气血运行不畅所致。实证多因经期或产后感受风寒,或经期冒寒涉水,或经期饮冷,逐致寒凝胞宫,血运不通而致,亦有因情志不畅,气滞血瘀致病;虚证则因气血精亏,经脉失养而痛。

The common symptoms of dysmenorrheal include lower abdominal pain during menstruation or waist pain, companied by vomiting, pallor and cold hands and feet. It's usually led by abnormal circulation of qi and blood and the focus of the disease resides in the uterus. As proved by clinical cases, the diseases are caused by common cold, touch to cold water or drink of cold



water during menstruation. Emotional stress also causes stagnation of qi and blood and leads to dysmenorrheal.

## 中医对策: TCM Solutions

中医根据患者脏腑阴阳气 血的盛衰,明辨其寒热虚实, 应用中药、针灸等方法治疗,效 果满意。

Chinese herbal medicine, acupuncture and moxibustion are effective ways of treating dysmenorrheal.

#### 多囊卵巢综合征 Stein Leventhal Syndrome

多囊卵巢综合征是妇科常见的一种累及全身的内分泌代谢疾病,发病多因性,表现多态性。临床以月经失调、不孕、多毛、痤疮及肥胖为特征。其

远期并发症有高胰岛素血症、糖代谢及脂代谢异常,心血管疾病及 子宫内膜病变等。中医病机为脾肾阳虚、痰湿内阻、痰瘀互结。

SLS is a common gynecological endocrine disease with various causative factors and symptoms. Typical manifestations of the disease include menoxenia, infertility, heavy body hair, acne and obesity. Long-term complications can be hyperinsulinemia, glucose and lipid metabolism disorder, angiocardiopathy and endometrial lesions. The TCM pathogenesis of the disease is the deficiency of spleen and kidney, the retention of phlegmatic dampness and intermingled phlegm and blood stasis.

#### 中医对策: TCM Solutions

中药治疗多囊卵巢综合征以补肾健脾、益气养血、化痰祛瘀为主,经有关临床研究表明,这些中药对下丘脑—垂体—卵巢的神经内分泌有调节作用,能改善盆腔组织供血及子宫内膜的微环境,能促进卵泡发育,改善黄体功能,再加用针刺促进排卵,以及中西医综合治疗,可以提高疗效,缩短病程。在调经助孕、预防远期并发症方面有明显优势。

Proved by clinical research, certain Chinese medicine can help adjust the endocrine secretion from HPO, improve the blood supply of pelvic tissues and micro-environment of endometrium, and improve the growth of embryo and luteal function. TCM improves the effectiveness of the treatment and shortens the course of the disease. It has evident advantages in terms of assisted reproductive treatment and prevention of long-term complications.

#### 围绝经期综合征Perimenopausal Syndrome

围绝经期女性出现月经紊乱、情志异常、烘热汗出、心悸失眠、眩晕耳鸣、浮肿便溏等一系列性激素减少、自主神经失调的症状和体征,会明显降低其生活质量,需要积极治疗。

Menopausal syndrome leads to a series of symptoms due to decrease of sex hormones and autonomic imbalance, including menstrual disorder, feeling hot, dizziness, palpitations, edema and other symptoms.

#### 中医对策: TCM Solutions

中医根据女性"阴常不足,阳非有余"的特点,治以滋补肝肾、平肝潜阳或补脾益肾,交通心肾,达到标本兼治的功效。

TCM treats both the symptoms and the root causes of the disease through nourishing liver and kidney, suppressing hyperactive liver and nourishing spleen and kidney.

#### 慢性盆腔炎 Chronic pelvic inflammation

女性的内生殖器官如子宫、输卵管、卵巢、及其周围的结缔组织、盆腔腹膜处发生慢性炎症,称为慢性盆腔炎。慢性盆腔炎病程长,易反复发作,缠绵难愈。病久或失于调理,往往伤及气血,累及肝肾,呈现寒热交错、湿瘀互结、虚实掺杂之候。

Inflammations in female's genital organs such as uterus, fallopian tubes, ovarian and surrounding tissues, and pelvic cavity are called chronic pelvic inflammation. It usually takes longer to cure and cause recurrent attacks. Infections by the inflammations and lack of recuperations usually hurt qi and blood and impact livers and kidneys.

#### 中医对策: TCM Solutions

中医治疗重在辨证,分清寒热,明辨虚实,扶正祛邪,应用中药、理疗、针灸及腹部按摩等方法多途径治疗,可明显减轻症状,减少复发,疗效确切。

TCM treatments, including herbal medicine, physiotherapy, acupuncture and moxibustion, and abdominal massage, help alleviate the symptoms and reduce the chance of relapse.

#### Tips:

## 内分泌失调的预防 Prevention of endocrine disorder

预防内分泌失调主要涉及以下几方面:

Here are the tips for preventing from endocrine disorder:

从饮食、运动上入手,要养成良好的饮食习惯,多吃新鲜果蔬、 高蛋白类的食物,多饮水,补充身体所需的水分;同时多参加各种 运动锻炼,增强体质;

Good diet habit: increase the intake of fresh fruits and vegetables, food with high protein, and water. Improve constitution through various exercises.

要有科学的生活规律,不要经常熬夜,以免破坏正常的生理规律,造成荷尔蒙的分泌失衡甚至不足,进而引发其他疾病;

Healthy lifestyle: Avoid staying up late which impacts the secretion of hormones and causes diseases.

要保持精神愉快,以免不良情绪影响到内分泌系统;

Happy mood: Stay away from bad mood which might impact the endocrine system.

预防感染疾病的发生; 尽量避免环境因素的危害和辐射等。

Prevention of infectious disease: Protect yourself from negative impacts from environmental factors and radiations.

以上仅是预防内分泌失调的几个要点,内分泌系统一旦出了问题,单靠自身运动和饮食的调节是不能够治愈的。发现自己有内分

泌失调症状, 应及时就医, 不要延误了治疗的时机。

Here above are the key points to prevent from endocrine disorder. However, endocrine system problems can not be simply cured by exercise and diet. A doctor's visit is recommended whenever endocrine disorder symptoms are identified.

#### 【本文指导专家】 Panel Specialist



李巍 副教授 副主任医师

Li. Wei Associate Professor Deputy Chief Physician

北京五洲妇儿医院中医科主任。从事中医临床、教学、教研工作30余年。擅治女性疾病,如乳腺增生、乳腺炎、月经不调、痛经、闭经、妇科慢性炎症引起的腹痛、带下症、更年期综合症、人流、产后虚损症、肝郁症及孕前、孕期的调理等,尤擅对儿科发热、咳嗽、消化不良等病症的调治,临床擅用针灸、火罐、耳豆等疗法,综合调节神经内分泌治疗各种疑难杂症,疗效显著。倡导"养生为先,未病先防, 抗衰防病"的健康理念。

Dr. Li is the Director of the Department of Traditional Chinese Medicine. She has been working in the clinical, educational and research fields of TCM for over 30 years. Dr. Li is specialized in treating various diseases of women, including hyperplasia of mammaryglands, mastitis, agalactosis, menoxenia, amenorrhea, dysmenorrheal, chronic pelvic

inflammatory disease, involution syndrome, post-abortion syndrome, puerperium

syndrome, intrahepatic cholestasis, sub-health and other diseases of nervous and  $% \left( 1\right) =\left( 1\right) \left( 1\right)$ 

digestive systems. Dr. Li is an expert in the effective regulation of nerve and endocrine

through Chinese medicine, acupuncture and moxibustion, and cupping therapy. Dr. Li

advocates the health philosophy of "Preservation, Prevention, and Anti-aging".



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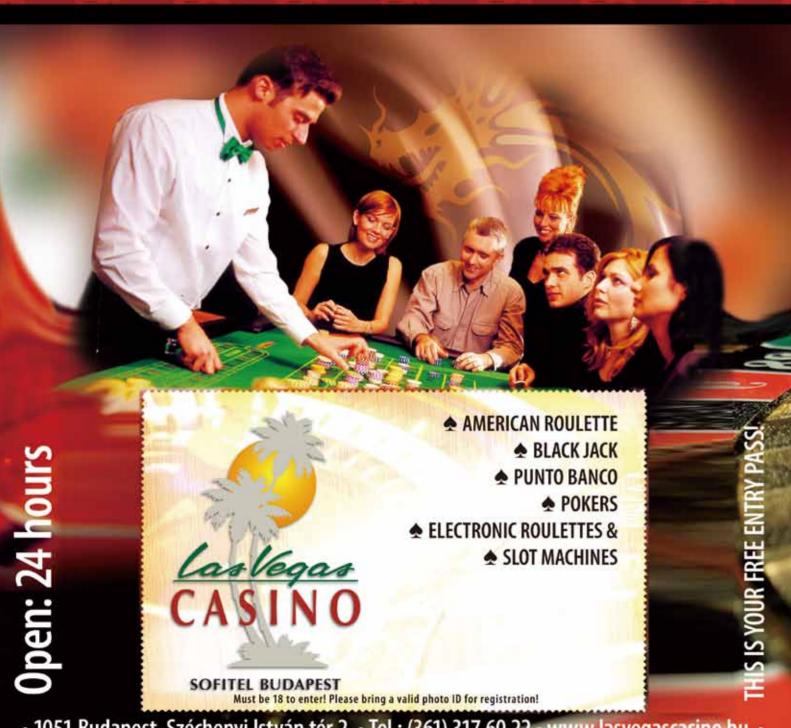
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