

The World and China 世界中国

Selyemút

Selyemút Magazin

The World's Unique Magazine

国际多语种刊物

2014 / 04 总第051期



INTERVIEW WITH INBARS'S DIRECTOR GENERAL

访问国际竹藤组织现任总干事

2014 ZHENYUAN INTERNATIONAL TOURISM FORUM HAS BEEN SUCCESSFULLY ORGANIZED

2014镇远国际旅游论坛成功举办

IT IS NECESSARY FOR CHINA AND THE WORLD TO UNDERSTAND EACH OTHER

中国需要更多地了解世界，世界也需要更多地了解中国

发行介绍

INTRODUCTION OF THE PUBLICATION

世界中国杂志创建于2006年，为多语种国际刊物。

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

主要栏目

高端访问、大使访谈、中外外交、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·麟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”.

中山两国人民
友谊之花常开

为世界中国杂志社题

邹家华

原中国国务院副总理、全国人大常委会委员长邹家华先生为本刊题词

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

“和谐中国” 中国第一屏

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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有意者请与编辑联系：010/8770 6399, 13439737999

www.chinaworldhouse.com



拍摄计划

拟用5年时间，有计划分批拍摄以“和谐中国之大好河山”、“和谐中国之灿烂文化”、“和谐中国之民族风采”等内容的宣传片。

拍摄程序

1. 原有素材呈送，呈送宣传片需符合天安门广场超大型LED屏像素及其他技术要求。
2. 素材拍摄，需与拍摄方详尽商讨拍摄相关事宜。指定拍摄单位：中央电视台、北京电视台。费用面议。

播出安排

全年除重大节日及重大活动以外，按照日出落时间滚动播出，每个素材每次播出时长数分钟。

内容要求

一类：世界文化遗产，
二类：国家级风景名胜，
三类：市级、省级旅游景点。

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Deputy Chairman of Guizhou Province Overseas Friendship
Association, Mr. Wang Maoai (first from left), accompanied the
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封面说明: 贵州省海外联谊会副会长王茂爱(左一)陪同嘉宾在黄果树游览。



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Free of Charge Magazine	赠阅

中欧消费者保护研讨会



欧盟委员会消费者保护委员内文·米米察



国家工商总局局长张茅

6月26日, 由中国国家工商总局、欧盟委员会卫生与消费者保护总局共同主办的中欧消费者保护研讨会北京市举办。国家工商总局局长张茅与欧盟委员会消费者保护委员内文·米米察出席开幕式并致辞。

张茅在致辞中表示, 中国政府一向高度重视消费者权益保护工作。工商行政管理部门作为《消费者权益保护法》的主要执法机关, 从1999年至2013年共受理消费者诉求5854万件, 为消费者挽回经济损失139亿多元人民币。随着新《消费者权益保护法》的实施, 在各方面的共同努力下, 中国消费者权益保护事业必将不断取得新的进步。

内文·米米察在致辞中表示, 随着欧中经济贸易持续发展, 双方在消费者权益保护领域开展国际合作具有非常重要的意义。希望欧中双方继续密切交流合作, 相互借鉴工作经验, 共同应对消费者权益保护方面的任务与挑战, 携手保护好欧中消费者权益。

来自国家工商总局及部分地方工商局和市场监管局的代表, 欧盟及欧盟驻华代表团官员, 中欧双方专家学者、企业界和中欧世贸(二期)工作组、德国国际合作机构代表参加了这次会议。参会人士共同研讨了新形势下消费者多元化纠纷解决的机制和路径, 深入交流在线纠纷解决的对策和建议, 以进一步加强中欧双方在消费者权益保护方面的交流与合作。



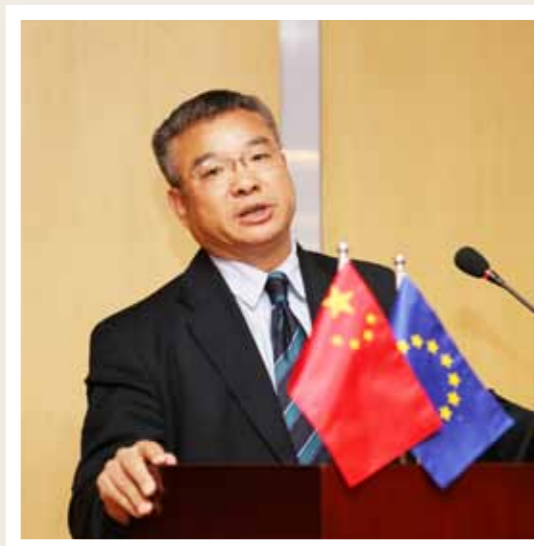
来会嘉宾



2014 欧洲科技中国行

月27日上午, 为期近两个月的第二届“欧盟驻华科技外交官走进中国科学院”暨第三届“欧盟科技中国行”系列活动在京闭幕在即。

Following on the successful two first editions of the TOUR OF CHINA carried out in 2012, and 2013 this year's "Tour of China 2014" was another ambitious promotional journey across China resulting from a close collaboration between the Chinese Academy of Sciences (CAS), the Delegation of the European Union to China and the Embassies of the EU Member States and Associated



中科院国际合作局副局长曹京华致开幕辞



欧盟驻华使团科技参赞Philippe Vialatt 简单介绍欧盟相关情况

Countries in China working on Research & Innovation cooperation with China.

继2012年和2013年两届“欧洲科技中国行”的成功举办之后,今年的活动是欧盟驻华代表团,欧盟成员国和协同国大使馆以及中国科学院在科研和创新领域紧密合作的结果,是又一次雄心勃勃遍布中国的宣传之旅。

Throughout May and June, the Tour of China showcased Europe's wide array of research and innovation opportunities in nine different Chinese cities and reached a wide audience of Chinese researchers, scientists and innovation stakeholders.

在五月和六月间,“欧洲科技中国行”在中国九个不同城市巡回展示了大量欧洲科研和创新机会,涉及广泛的观众,中国科研人

员和创新利益相关方。

As a grand finale, the Tour of China closed with an event on Friday June 27th at the Institute of Biophysics of the Chinese Academy of Sciences (CAS). The Final Event of the Tour of China 2014 represented a unique opportunity for Chinese stakeholders to engage with the EU's leading officials on research and innovation collaboration opportunities.

作为一个隆重的压轴,“中国行”活动的闭幕式于6月27日星期五在中国科学院生物物理研究所举行。这次闭幕式活动是中国利益相关方和欧洲研究和创新合作机会方面的官员一次交流沟通的绝佳机会。

欧盟成员国代表介绍相关情况





第7届欧盟电影节

The European Union Film Festival in China has returned in 2014! As before, it is organized by the European Union Delegation to China with online support from LeTV.com and generous help from other partners such as "The World and China"《世界中国》, as well as the UK initiative www.filmisgreat.cn, Airmedia (航美媒体), & 全民电影 www.eecmovie.com.

2014年欧盟电影节强势回归! 如同以往, 它由欧盟中国代表团组织, 同时得到乐视网在线支持, 以及其他合伙人如《世界中国》以及英国联盟www.film.cn, 航美媒体及全民电影的慷慨帮助。

Screenings will take place in Beijing, 2014 November, at The Cervantes Institute from November 01 ~ 07, The Institut Francais from November 08 ~ 15, and the Italian Cultural Institute, Embassy of Poland, and other venues from November 16 ~ 23. Movies will be shown weekday afternoons and weekend evenings. Please see the complete schedule at www.euoff.org.

拍摄将于2014年11月在北京开始, 11月1日至7日在塞万提斯学院拍摄, 11月8日到15日在法兰西学院拍摄, 11月16日到23日分别在意大利文化研究所、波兰大使馆和其它地点拍摄。电影将在平时的每天下午和周末的晚上上映。请登陆www.ff.org查看完整的时间表。

For our friends all over China, the movies are available to watch online at www.euoff.org.

Launching on 2014 November 02 and lasting until 2015 February 02, at least 12 feature films will be presented along with a few special shorts and surprises added to the website every two weeks! Our mission is to provide all the interested Chinese audiences with fascinating new films from the countries of the European Union, where government-funded creativity flourishes! Please support our website, and in coming years we'll bring European movies back to your hometown cinema!

我们在全国各地的朋友可登陆www.ff.org在线观看该电影。从2014年11月2日开始, 一直持续到2015年2月2日, 至少将上映12部正片, 同时每两周网站还会穿插一些特别短片和花絮! 我们的宗旨是向所有有兴趣的中国观众提供来自欧盟各国的激动人心的新电影, 因为在这些国家由政府资助的创意行为正大行其道! 请支持我们的网站, 近年中我们将会把欧洲电影带回您家附近的电影院!





European Union Film Festival staff this year includes

-Project Director Peter Salladé
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Peter Salladé , Project Director of European Union Film Festival

欧盟电影展执行总监 彼得·沙拉蒂



He moved to Beijing right at the start of 2006, just after graduation from NYU's Interactive Telecommunications program.

He had traveled to China before twice to research the evolution of mass media communications trends and their impact on society.

After studying the Chinese language in 2006, and acclimating to Beijing, he noticed the distinct lack of an international film festival, so he started one.

2007 ~ 2011, he held an international film festival in Beijing at a wide variety of constantly improving locations, staffed entirely by volunteers.

In 2011 and 2012 he worked with the Beijing Municipal Government on their official Government Run Beijing International Film Festival as a consultant.

Then in 2013 he arrived in his current role as European Union Film Festival in China Project Director.

However despite all this time working as a film festival organizer, he has never stopped writing, he has never stopped learning about movie project development, or camera technology, or editing and postproduction.

2006年他从纽约大学互动媒体系毕业，之后从纽约市搬到了北京。2006以前他曾两次来过中国，研究多媒体交通趋势向社会的影响。他在北京时，他发现北京没有国际电影节，所以就组织了“北京国际电影交流大会”。因此从2007年至2011年，每年他都组织国际电影节，工作人员都是志愿者。每年越办越好。

2011年和2012年间，作为顾问他和北京市人民政府合作开始举办官方的北京国际电影节。2013年，他开始作为欧盟电影展执行总监为欧盟工作。在进行电影节组织工作的同时，他一直没停止学习电影编剧，项目发展，摄影科技，编辑，后期制作等等。他的梦想是制作电影。



意大利驻华大使白达宁致辞



中国国际贸易促进会副会长，2015年意大利米兰世博会中国馆政府代表王锦珍致辞

All-night Celebration 通宵达旦的庆祝活动



5月30日意大利驻华大使馆内集聚了上千名的中外嘉宾，共同庆祝意大利国庆节。庆祝活动从下午18:00 开始，一直持续到第二天上午6:00。在吃完早餐后， 嘉宾才依依不舍的离开了使馆。

On May 30, thousands of Chinese and foreign guests gathered in Italian ambassador in China to celebrate Italian National Day. The celebration began at 18:00 and finished at 6:00 the next morning. After the breakfast, the guests left the embassy wistfully.

意大利在艺术、科学和技术上拥有悠久的传统，且直到2013年为止共拥有48个联合国教科文组织世界遗产，也是世界上拥有最多世界遗产的国家。



受邀嘉宾



歌剧表演

Interview with INBAR's Director General

访问国际竹藤组织现任总干事



国际竹藤组织总干事费翰思博士，是荷兰籍地理学者。具有在博茨瓦纳、肯尼亚、越南和泰国等国家工作的丰富经验，这些背景对于国际竹藤组织 (INBAR) 的全球战略具有独特的意义。

Dr. Hans Friederich, DG of INBAR

With experience in Botswana, Kenya, Vietnam and Thailand, the Dutch-born geographer brings a unique skill set and background well-suited for INBAR's global mission.

Most recently, Dr. Friederich served from 2009-2013 as the Pan-European Regional Director of the International Union for Conservation of Nature (IUCN).

从2009-2013年，费翰思博士曾任世界自然联盟 (IUCN) 泛欧地区办公室主任。

Before returning to Europe in 2004, Dr. Friederich served in a number of other capacities at IUCN, beginning in 1989 in the Eastern Africa Regional Office in Nairobi, Kenya. He left Africa in 1994 to work as Senior Technical Advisor for the Ministry of Science and Technology in Vietnam, where he stayed until 1999, when he moved to Bangkok, Thailand. Before he left Vietnam, Dr. Friederich became the first foreigner to be decorated with the Medal for Science and Technology. During his time in Bangkok, Dr. Friederich was the Chief Technical Advisor of a UNDP Mekong Wetlands Conservation and Management Programme, and he provided oversight over the IUCN Programme in China.

在2004年回到欧洲之前，费翰思博士曾在IUCN的多个办事处任职。他自1989年初开始在肯尼亚内罗毕的东非地区办事处工作，并于1994年离开非洲，到越南科技部人高级技术顾问，直到1999年他离开越南前往泰国曼谷。在离开越南之前，费翰思博士成为第一位在越南获得科技勋章的外国人。在曼谷，费翰思博士担任联合国发展署湄公河流域实地保护和管理项目的首席技术顾问，并负责监督IUCN中国项目的实施。

Dr. Friederich earned his PhD in groundwater hydrochemistry from the University of Bristol, UK. He takes over from Dr. Coosje Hoogendoorn, whose second four-year term ended in December 2013.

费翰思博士曾获英国布里斯托大学地下水化学博士学位。他在2013年底成为INBAR新总干事。

Magazine: We know that you have many years of working experiences in Asia and Africa, how did you consider to come to China? What are the features of INBAR in your views?

杂志社：您在世界自然保护联盟 (IUCN) 工作多年，并曾在亚洲和非洲从事工作，请问您对于到中国来，担任国际竹藤组织 (INBAR) 这个总部设在中国的国际组织的总干事是如何考虑的？

Dr. Friederich: I have worked in general natural resource management and international development for many years. The work has been very interesting, but sometimes the discussions were too general, and it was difficult to see results.

费翰思博士：我多年来一直从事自然资源管理和国际发展工作。这些工作很有意义，但有时国际上的相关问题涉及相当广泛，工作很难看到效果。

Working for two specific species – a giant grass called bamboo and a climbing, spiny palm tree called rattan makes it much easier to develop a strategy for success. I was therefore very excited about the opportunity to apply for the position of director-general of INBAR, and I am very happy that I was successful.

专门针对两种特殊的物种 – 一种巨大的草本植物 – 竹子和一种带刺的攀缘棕榈类植物 – 藤，开发与之相关的发展战略，相对来讲更容易见效。因此我对有机会申请INBAR总干事这一职位感到很高兴，并很高兴成功当选。

Bamboo and rattan are both very unique and valuable non-timber-forest-products. A lot of people, and even the governments in the producing countries and regions in the world are not fully aware of all the roles that the two plants can play in climate change, landscape management, poverty reduction and green development.

竹和藤是极其特殊和有价值的两种非木质林产品。世界上有许多地区和国家，甚至是出产这两种宝贵资源的国家，有许多人及其政府都还没有真正完全认识它们能够在气候变化、景观管理 (水土保持)、减少贫困和绿色发展中的作用。

What attracted me as well is the fact that INBAR is an Inter-governmental Organisation, and therefore there is political support for the work we do, and there is a commitment to reach success. When you work for an NGO, you sometimes wonder whose interest you represent, and companies primarily operate to make profits. Working for an Inter-government organization means that you have the responsibility to work in a diplomatic manner to influence global policies and plans, and to represent the view and interest of the Member States at the global level. Yet, INBAR does not work in isolation, and we have good contacts with international organizations, with the private sector and with a large network of scientists and individual experts.

INBAR另外一个吸引我的地方是它是一个政府间的国际组织，因此各成员国在政治层面上支持我们的工作，并确保其取得应有的成效。当你为一个非政府组织工作时，你有时必须考虑你代表的投资方的利益，而公司的首要目的通常是盈利。在一个政府间的国际组织工作，这意味着你有责任通过外交渠道影响全球政策和规划，在全球层面代表成员国的观点和利益。然而，INBAR并不是独立工作的，我们同相关国际机构、私有部门和大量的科学家和专业人士保持着良好的联系，形成一个伙伴网络。

Currently, INBAR has 39 Member States all over the

world - 16 in Africa, 12 in Asia-Pacific and 11 in the Americas - most of which are producing countries of bamboo and rattan. They are aware of the role bamboo and rattan can play, but do not all have the necessary resources to support the green development based on their natural bamboo and rattan. They need consultation on regional or national strategies and policies; we need transfer of technologies and exchange of experiences; we need to identify the plant resources; we need more personnel and even financial support. INBAR is the only international organization that can help in this.

目前，INBAR在全球有39个成员国，其中16个非洲国家、12个亚太国家和11个美洲国家 – 他们中大多数都是竹藤生产国。这些国家已经了解到竹藤的重要性，但缺乏开发利用其竹藤天然资源，并开展绿色发展的必要资源。他们需要区域和国家层面的战略和政策咨询、技术转让和相关经验交流、识别和评估其现有天然竹藤资源、以及相关人才和资金支持。INBAR是世界上唯一一家能够为其提供这些服务的国际组织。

Finally, what attracted me about coming to China is that this country is one of the top countries in the world that has rich bamboo resources, a long established history of bamboo and rattan utilization, and the most developed bamboo industry. Bamboo and rattan, especially bamboo, is part of the Chinese culture and daily life. The Chinese people give bamboo high spiritual values and respect.

最后，是什么吸引我来到中国呢？中国是世界上竹子资源最丰富的国家之一，有长期的竹藤开发利用历史，也是竹产业最发达的国家之一。竹和藤，特别是竹，是中国文化和日常生活中不可缺少的一部分。中国人给予竹子很高的精神价值，并尊重这一高尚的植物。

China's bamboo industry is further advanced than that in other bamboo producing countries in the world, as China has had more than 30 years of dedicated development in the sector, and it has generated enormous experience, a solid technical base, and supportive policies and regulations. Other countries can learn from this experience.

中国的竹产业比世界上其它产竹国家更发达，有长达30余年的竹产业发展历程，积累了大量的经验、有坚实的技术支撑和支持该产业发展的大量政策措施。对其他国家具有借鉴价值。

Magazine: As INBAR will be 17 years old, it has now become a globally recognized specialized organization for strategic bamboo and rattan based development, would it be possible for you to tell us what would be the major initiatives of the strategy? What would be their roles in the present global hot issues?

杂志社：我们知道INBAR很快就17岁了，已经成为国际社会公认的竹藤战略发展专业机构，在促进全球各个地区和国家竹藤产业发展方面，开展了大量的国际交流与合作。目前INBAR正在制定新的全球战略，以您在全球南北合作和南南合作方面丰富的经验，能否请您说说INBAR即将要在新战略下开展的几项重大举措？它们将对全球热点问题发挥什么样的作用？

Dr. Friederich: In the past 17 years, INBAR has accumulated a lot of knowledge, information, institutional partnership and networks, and demonstration sites all over the world. INBAR

TOP INTERVIEW | 高端访谈

has also attracted 39 Member States that are aware of the significance of the two plants and would like to develop the two resources in their own countries and to join hands to provide green and sustainable prosperity with bamboo and rattan.

费翰思博士:在过去的17年中, INBAR积累了大量知识、信息、机构伙伴关系网络, 并在全球各地建立了示范基地。INBAR还吸引了39个成员国, 他们了解竹藤的重要性并愿意在本国开发这两种资源, 并携手共同实现绿色和可持续发展。

It is now time for INBAR to switch from the past field trialing and demonstration prospects to a higher level and a wider vision, where we can facilitate the global green development agenda for our Members.

当前, 是INBAR转型的关键时期, 从过去的实地试验和示范范畴, 转向更高层次和更广泛的愿景, 协助成员国, 为实现全球绿色发展而努力。

Our strategy has four goals. First, INBAR will promote the consideration and inclusion of bamboo and rattan in socio-economic and environmental development policies at national, regional and international levels. These policies are not just forest policies, but include global thinking on development, climate change and energy to name a few.

我们的新战略有四个目标。首先INBAR将在国际、区域和国家层面推动竹藤被纳入社会经济和环境发展政策。这些政策将不仅仅是林业政策, 还将包括对全球性问题的考虑, 如发展、气候变化和能源等。

Secondly, we will coordinate inputs on bamboo and rattan from a growing global network of members and partners and represent the need of Members on the global stage. We are actively looking for more Member states, and we are expanding our network of partners. We will also be looking for a way to formalise the global expert community for bamboo and rattan.

其次, 我们将通过扩大全球成员国和合作伙伴网络, 协调国际和国内各方面资源投入竹藤产业的发展。我们正积极争取更多国家加入, 扩大合作伙伴网络。我们同时, 也在寻求方法, 使全球竹藤专业社区正式化。

Thirdly, we will continue to share knowledge and communicate lessons learned, provide training and raise awareness of the relevance of bamboo and rattan as plants and commodities. We will make our website more interesting, continue to use social media, write articles and publish stories about what we have done. We will continue to provide training to interested parties, especially from our member States.

第三, 我们将继续分享知识, 传播经验和教训, 提供培训, 提高人们对竹藤, 作为自然资源和商品, 其重要作用的认识。我们将进一步完善网站, 使其提供更有用的信息服务, 继续利用社交媒体, 撰写和出版相关案例。我们将继续为有兴趣的利益相关者提供培训, 特别是我们的成员国。

Lastly, we will promote adaptive research and on-the-ground innovation by promoting pilot best-practice case studies and support up-scaling of best practices across the INBAR Member States. INBAR has implemented very interesting and often ground-breaking research activities, but we now need to use these pilots to broaden out impact and up-scale our engagement.

最后, 我们将推动在各成员国开展适应性研究、实地案例考察, 并支持成功经验在各成员国的推广。INBAR已经实施了许多有趣和具有突破性意义的研究活动, 我们现在需要利用这些示范基地, 扩大影响和我们的工作范畴。

Magazine: Would you please tell about the strategic relationship between INBAR - the only inter-governmental organization headquartered in China, and its host country – China? How would INBAR collaborate with the Chinese government under the new Strategy? How would the cooperation impact each other and the world?

杂志社: 作为到目前为止唯一——一个总部设在中国的政府间国际组织, 能否请您谈谈INBAR和东道主中国的战略关系? 在新战略下, INBAR和当前的中国政府将如何开展合作? 对世界产生怎样的影响?

Dr. Friederich: China is among the top countries in bamboo resources and arguably the country with the best developed bamboo and rattan industry; there is a long history of bamboo and rattan development in China, and there is a considerable body of knowledge and experience in China that can be deployed to support and assist other INBAR Member States around the world. During the past years, INBAR has promoted South-South and South-North cooperation, with the assistance of its Chinese counterpart institutions.

费翰思博士:中国是竹子资源最丰富的国家之一, 可能也是竹藤产业最发达的国家之一; 有悠久地竹藤开发利用历史, 有丰富的知识和经验, 能够为世界各地的成员国提供支持和帮助。这些年来, INBAR一直与其中国相关机构合作, 推动南南和南北合作。

The Chinese Government, our host government, has played an indispensable role in the launch and development of INBAR, and up to today we receive strong support politically, administratively and financially. Under the new strategy, INBAR and the Chinese government will join hands in promoting the international cooperation and strategic development of bamboo and rattan globally. We will in particular cooperate in the identification of national and international standards for bamboo and rattan products, as well as the custom codes to guide and monitor the international trade in bamboo and rattan.

中国政府, 我们的东道主, 在INBAR的成立和发展过程中发挥着重要作用, 一贯为INBAR提供有力政治、行政和资金支持。在新战略下, INBAR和中国政府将携手共同促进国际合作和全球竹藤产业的战略性发展。我们将在竹藤产品国家和国际标准制定、竹藤商品海关编码等方面开展合作, 以为国际竹藤贸易提供指导和监测服务。

I believe our collaboration will contribute to mitigation and adaptation to climate change, restoration of degraded landscapes, fairer trade and green and sustainable development.

我相信我们的合作将为减少和适应气候变化、恢复退化土地和景观、公平贸易以及绿色可持续发展做出贡献。

About INBAR 关于国际竹藤组织介绍

With an estimated annual global export value of \$2.5 billion, and as the world’s most traded non-timber forest products (NTFPs), bamboo and rattan have become central to emerging economies around the globe, while serving as drivers for inclusive and green development given that they are fast growing and sustainable wood alternatives, sequester carbon, and are viable resources for poverty alleviation. The International Network for Bamboo and Rattan (INBAR), an international intergovernmental organisation with members from all over the world, is the world authority on bamboo and rattan. INBAR is dedicated to improving the well-being of the producers and the users of bamboo and rattan within the context of a sustainable bamboo and rattan resource base.

竹和藤是世界上独特的自然资源, 在保护环境、缓解贫困和经济发展中具有重要作用。国际竹藤组织 (INBAR) 是第一个总部设在中国北京的全球性政府间国际组织, 目前有39 个成员国, 致力于在竹藤资源可持续的前提下为竹藤生产者和消费者谋求福利。在世界各地的竹藤产区, 以竹和藤为基础的新兴产业已经成为推动可持续发展的最佳解决方案, 在固碳和扶贫方面发挥着积极的作用。竹藤作为两种贸易额最高的非木质林产品, 每年的全球贸易达25 亿美元。面向未来, INBAR 将携手全球合作伙伴共谋包容绿色发展。

About Bamboo 关于竹子

Over 1250 species of these giant woody grasses grow throughout the tropics and subtropics. More than 100 of these are used commercially. Their spreading, rhizomatous root systems help bind soil and prevent erosion, while their evergreen cover provides valuable wildlife habitats. Bamboo is easy to cultivate on land unsuitable for crops or at the edges of forests. The woody stems (culms) grow quickly and can be cut to re-grow throughout the year, while yields respond exceptionally well to limited agricultural inputs. Bamboo can be a significant addition to farm or village incomes even if land is in short supply.

Many types of bamboo products can be made with little capital investment while initial processing and manufacture can be done by local people in villages. In some areas much of this work is done by women. But bamboo also lends itself to greater added value through innovation: for example, products such as textiles, flat-pack furniture, and laminated lumber that can be cut and used like tree wood have all been developed and the pace of new product innovations is accelerating. The international market potential for bamboo products is huge. In 2010, the export volume of the world’s major bamboo products (bamboo, bamboo shoots, bamboo charcoal, bamboo pulp, bamboo handicrafts, bamboo plates, bamboo furniture, etc.) amounted to \$ 1.7 billion, with China, Indonesia, Vietnam, the European Union, the United States, the Philippines, and Thailand as the main exporting countries.

About China's Bamboo 关于中国竹产业



boo in the world with a total area of 6.01 million ha and more than 500 species of bamboo. China has a long history of cultivating and processing bamboo resources and a deeply-rooted bamboo culture. In 2012, China's bamboo sector production value has reached 19.5 billion USD, with over 7.75 million people employed through the sector. According to the new development plan issued by the Chinese government, the country is planning to further develop the sector under a sustainability plan, and projects that by 2020, the total national production value will reach 50 billion USD employing 10 million people.

作为INBAR 的东道国, 中国是世界上最大竹子生产和消费国, 竹子资源丰富, 约有500 多个竹种, 全国竹林面积达601 万公顷。中国有悠久的竹子栽培和加工历史, 有深厚的竹文化底蕴。 2012 年中国竹业总产值达195 亿美元, 从业人员达到775 万人。根据中国政府的竹产业发展规划, 中国竹产业将在可持续的前提下继续发展, 到2020 年全国竹产业总产值将达到500 亿美元, 就业人数达到1 千万。



中国海关总署关税司康强司长 在发言中说到：
中国是世界最重要的竹藤产业大国之一，也是世界最大的竹藤产品消费大国和出口大国。
海关编码的增列，对于提高贸易统计数量准确性，监测、评估相关产品国际贸易发展具有非常重要的现实意义。中国的竹藤产品出口贸易总额约12.3亿美元。而根据中国海关总署的数据，2012年中国共有37个竹藤商品海关子目，中国竹藤产品出口贸易总额约18.3亿美元，其中中国向世界出口的6亿美元竹藤商品在流通到国际市场以后，因为缺乏单独的海关编码而不能完全统计。

Kang Qiang, Director of the Department of Tax Administration of the General Administration of Customs has said:
China is one of the biggest producers of bamboo and rattan products as well as the biggest consumer and exporter of these products.
The introduction of the new codes will increase the accuracy and controllability of trade statistics and it will spur the development of international trade of the said products. The export value of Chinese bamboo and rattan products is 1,23 billion USD. China has 37 kinds of bamboo and rattan items enlisted, the export volume were 18,3 billion USD in 2012. Products in a value of 600 million USD entered the international market, but because of lack of proper product identification code, were left off of further statistics.



(国际竹藤组织)INBAR宣布新竹藤商品编码的决议

International Network for Bamboo and Rattan (INBAR) Decided on New Product Codes



江泽慧教授
全国政协人口资源环境委员会副主任
国际竹藤组织董事会联合主席
国际竹藤中心主任江泽慧教授在贺词中讲到：
大家知道，今天竹产业已经能够为广大消费者提供大量设计新颖、低碳环保的高新产品。而协调制度竹藤编码的进一步完善，为我们掌握竹藤产品在国际市场的动向、走势提供了准确的数据基础，使竹藤企业有条件对竹藤商品的全球市场做出相对合理、可靠的预测、评估，并为企业向世界市场介绍竹藤产品开发潜力提供了良好契机。

Professor Jiang Zehui, Deputy Chairman of the Committee of Human Resources Environment of the Political Consultative Conference, Co-Chairman of INBAR, Director of International Bamboo Centre, has said in his congratulations:
It goes without saying that nowadays the bamboo and rattan industry is able to produce novel products in large quantity, products manufactured with low carbon emission. The harmonization of the product codes of bamboo and rattan products will help us to better understand market trends. Based on precise statistical data we shall be able to conduct rational and reliable analysis and evaluation, and we will be able to explore hidden opportunities for companies contemplating the world market.

2014年6月，世界海关组织海关合作理事会第123/124次会议正式通过了关于在协调制度中增列10个竹藤商品编码的决议。为此 国际竹藤组织于7月7日在京竹藤组织总部举行新闻发布会，应邀出席的有驻华使节，竹藤组织领导以及华文、外文媒体机构新闻代表。

此次新增的竹藤商品编码将于2017年正式生效应用。届时，将有24种竹藤商品在国际贸易中获得自己特有的海关编码和命名，各国海关官员将依据这些编码记录这些商品的进出口额。这项改进将推进国际市场对竹藤商品贸易的认可和支

World Customs Organization June, 2014. The Cooperation Board on its 123/124th meeting officially made a decision on the introduction of 10 new product codes for bamboo and rattan products as part of the system harmonization process. For the announcement of this decision, the International Network for Bamboo and Rattan has organized a press conference in Beijing, on July 7 with the participation of diplomats, leaders of INBAR and representatives of domestic and foreign media.

The new codes will be effective from 2017. By this time, there will be 24 bamboo and rattan products receiving individual international trade identification codes and names. The import and export volumes will then be recorded according to these codes, hence it will increase the recognition and support of the international market toward these products.





National Day of Slovenia 斯洛文尼亚国庆节

6月25日，斯洛文尼亚驻华使馆在北京举办国庆节招待会。斯洛文尼亚位于中欧南部，在1991年之前为前南斯拉夫的一个加盟共和国。1991年6月25日获得独立。

The Embassy of Slovenia has organized the National Day Reception of Slovenia in Beijing on June 25. Slovenia, situated at the southern part of Central-Europe, was part of former Yugoslavia. It has regained its independence on June 25, 1991.



斯洛文尼亚产品展示



斯洛文尼亚驻华大使玛丽娅·阿达尼娅Marija Adanja, Ambassador 女士致辞



中华人民共和国外交部副部长王超受邀出席招待会（左）和斯洛文尼亚国防武官 齐登科·乌多维奇 Zdenko Udovic 先生（右）



马达加斯加在华留学生为嘉宾们展示民族歌舞



Students of Madagascar have shown some of the dances and songs of Madagascar to the guests

54th Independence Day of Madagascar 马达加斯加独立54周年

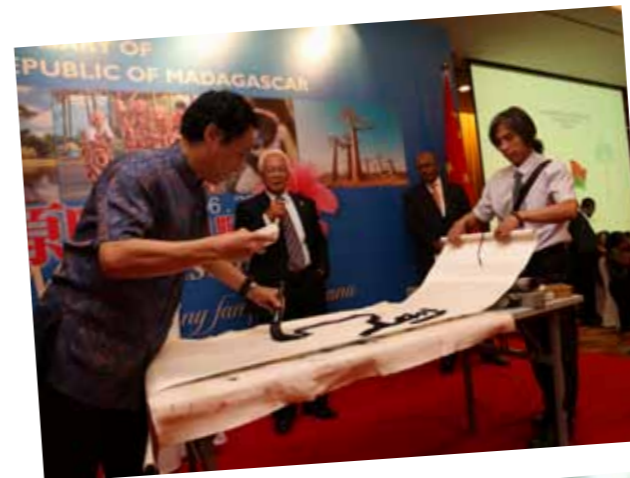


2014年6月26日，马达加斯加驻华使馆在京举办独立54周年招待会，中华人民共和国外交部部长助理张昆生应邀出席。

马达加斯加共和国位于非洲大陆以东、印度洋西部，是世界第四大岛。

The Embassy of Madagascar has organized the Independence Day Reception of the country in Beijing on June 26, 2014. Zhang Kunsheng, Adjoint to the Minister of Foreign Affairs, has represented the Chinese Foreign Ministry at the reception.

Madagascar is lying eastward of Africa, on the western part of the Indian Ocean. It is the 4th largest island of the world.



书法表演
Calligraphy performance.



马达加斯加驻华大使希科尼纳（左）与中华人民共和国外交部部长助理张昆生（右）

Ambassador of Madagascar, Mr. Victor Sikonina (left) with Zhang Kunsheng (right), Adjoint to the Minister of Foreign Affairs of China.

中方乐队表演
Performance of a Chinese band.



Actividad en la Embajada de Venezuela

委内瑞拉使馆活动



借委内瑞拉独立203周年以及中委建交40周年之际，委内瑞拉驻华使馆2014年7月5日在京举办全天庆祝活动：上午在金台艺术馆举办为国父献花仪式。

Aprovechando la ocasión de el 203° aniversario de la independencia de Venezuela y el 40° año de establecimiento de relaciones diplomáticas entre China y Venezuela, el 5 de julio 2014, la Embajada de Venezuela organizó una celebración de un día en Beijing: Ceremonia de presentar flores al Padre de la nación en el Jintai Museo de Arte.

下午在委内瑞拉驻华使馆举办招待会，中华人民共和国外交部部长助理张昆生应邀出席。

Por la tarde, una recepción tuvo lugar en la Embajada Venezuela, y el Asistente del Ministro de Relaciones Exteriores de República Popular de China, Zhang Kunsheng es invitado a asistir.

委内瑞拉是位于南美洲北部的国家，1811年7月5日独立。1830年建立共和国。1974年6月28日同中国建交。

Venezuela es un país en el norte de América del Sur, realizó la independencia el 5 de julio de 1811. Y en 1830, se fundó la República. Estableció la relaciones diplomáticas con China el 28 de junio de 1974.



国父铜像 Estatuas de bronce del Padre de la nación



委内瑞拉驻华大使伊万·赛尔帕·格雷罗与中华人民共和国外交部部长助理张昆生共切蛋糕
El Embajador de Venezuela, Ivan Zerpa Guerrero, y el Asistente del Ministro de Relaciones Exteriores de República Popular de China, Zhang Kunsheng, cortan el pastel.



纪念扇子5. Abanico conmemorativo



民族服装 Vestido nacional



民族舞蹈 Danza folklórica

День Независимости в Беларуси 白俄罗斯独立日



2014年7月2日, 白俄罗斯驻华大使馆在北京举办庆祝“白俄罗斯共和国独立日”招待会。庆祝独立日暨二战中从法西斯占领下解放68周年。

В 2 июля 2014г в Пекине прошел прием организованный посольством Беларуси в Китае о чествовании " День независимости Республики Беларусь". Праздновали День Независимости и 68 летие освобождения от фашистской оккупации во второй мировой войне.

白俄罗斯驻华大使维克托·布里亚先生在发言中说, 作为重要的战略合作伙伴, 白俄罗斯与中国在各方面的合作都日益增强, 前景非常乐观。白俄罗斯工业基础较好, 机械制造业、冶金加工业、机床及激光技术等比较发达和先进; 农业和畜牧业亦较发达。白俄罗斯近年来与俄罗斯和哈萨克斯坦共同建立了关税同盟, 与俄罗斯和哈萨克斯坦的经济、军事等一体化趋势正逐渐加强。



中华人民共和国外交部副部长程国平先生发表致辞, 对白俄罗斯的发展以及中国和白俄罗斯合作所取得的成就给予了高度评价。他说, 2012年中白两国的贸易额达到15.8亿元, 中国是白俄罗斯在亚洲领域最大的合作伙伴。

中白双方领导人为本次活动共同举杯庆祝



白俄罗斯传统特色美食



白俄罗斯风情文艺表演

20th Liberation Anniversary of Rwanda 卢旺达解放20周年



卢旺达驻华大使查尔斯·卡勇加先生致辞
Mr. Charles Kayonga, Ambassador of the Republic of Rwanda in China, delivering a speech

2014年7月7日, 卢旺达驻华大使馆举办了卢旺达解放20周年的招待会活动, 外交部副部长张明先生应邀与卢旺达驻华大使查尔斯·卡勇加先生出席参加了本次活动。

On July 7, 2014, the Embassy of the Republic of Rwanda in China held a reception for the 20th Liberation Anniversary of Rwanda. Mr. Zhang Ming, Deputy Minister of the Ministry of Foreign Affairs, was also invited to this activity by Mr. Charles Kayonga, Ambassador of the Republic of Rwanda in China.

卢旺达驻华大使查尔斯·卡勇加先生在发言中说到: 将前任政府统治时期的卢旺达描绘为魔鬼一点也不为过。在现任政府接管卢旺达时, 超过一百万图西人以及倡导和平的胡图人被杀害, 随着大屠杀逐渐演变成一场全国性的活动时, 大部分人变成了屠宰自己同胞的凶手。成百上千的人逃到了国外, 国库被洗劫一空, 数量有限的基础设施被一一摧毁。后来, 卢旺达爱国阵线为了收拾这一残局, 与其他在大屠杀中幸存的人建立了过渡时期政府, 而这一政府的成员不仅包括支持拥护爱国阵线的人, 其中一些反对党人士也加入了这个政府。之后, 他们将效力于前政府但并没有参与过大屠杀的军队并入了爱国阵线军, 开始踏上了重建祖国的征程。

Mr. Charles Kayonga, Ambassador of the Republic of Rwanda in China, delivered a speech. It's not too much to



现场活动嘉宾 Guests at the activity site

portray the previous government of Rwanda as a devil. By the time the current government took office, over one million of Tutsis and Hutus were killed. As the massacre gradually gained ground, most people became murderer, slaughtering their fellow countrymen. Hundreds of people fled abroad, the treasury was ransacked and part of the infrastructure was destroyed. Afterwards, the National Patriotic Front of Rwanda settled the disturbed situation and established a transitional government with other survivors from the massacre. The group supporting the National Patriotic Front and some people of the opposition party also joined the transitional government. Later, they incorporated soldiers of the army of the previous government not involved in the massacre in the National Patriotic Front and stepped on the way of rebuilding the motherland."



中卢双方领导人出席本次活动
Leaders of China and Rwanda attended the event.

20年后的今天, 卢旺达人对于国家的现状无不欢欣鼓舞! 1994年后的卢旺达浴火重生, 被评为世界上最安全的国家, 人民友好团结, 他们正在一同努力重建家园。诚然, 长久的和平稳定使国家得以发展, 使“愿景2020”这样的发展计划得以实施, 正如卡梅梅总统所说的“愿景2020”计划反映了我们全体卢旺达人要建立美好国家的意愿和决心, 我们要建立一个团结的, 民主的和包容的卢旺达。

Today, 20 years later, Rwandans are satisfied with the current situation of the country! After 1994, Rwanda was reborn and now it is appraised as the safest country in the world. Rwandans are friendly united and make efforts to rebuild their home. Indeed, lasting peace and stability promotes the development of the country and helps to implement the development plan of "Vision 2020". According to President Kagame, the "Vision 2020" plan reflects the will and resolution of all Rwandans to build a beautiful country.

Desde Embajador llega a Ministro 从大使到部长



秘鲁驻华大使馆临时代办、公使衔参赞及馆长胡安·米盖尔·米兰达先生主持
Preside el señor ministro consejero,encargado de embajador Juan Miquel Milanda

7月4日, 秘鲁驻华大使馆举办了一场特别招待会, 它是一场告别会, 但同时又是一个上任的庆祝会。贡萨洛·古铁雷斯大使告别在北京的大使工作, 同时又从北京启程回国担任秘鲁外交部部长。

El 4 de julio, en la Embajada de Perú en China se celebró una recepción espacial, a la vez de ser una recepción de despedida, también fue una celebración de un nuevo desempeño.El señor Gonzalo Gutiérrez ha cumplido a su trabajo como embajador en Beijing, al mismo tiempo, va a regresar desde Beijing a su país con el nuevo cargo como el ministro de relaciones exteriores de Perú.

秘鲁驻华大使馆临时代办、公使衔参赞及副馆长胡安·米盖尔·米兰达先生致辞, 他首先对古铁雷斯部长在任大使期间领导大使馆在促进秘中两国友好交往中所做的贡献表示钦佩, 相信古铁雷斯先生会在更加重要的工作岗位上为促进秘中两国友好交流、增进秘鲁人民福祉方面做出更大的贡献。

El señor ministro consejero,encargado de embajador Juan Miquel Milanda dijo discurso,primero él expresó su admiración a la contribución de la promoción de los intercambios amistosos bilaterales entre China y Perú que hizo el señor



秘鲁外交部长贡萨洛·古铁雷斯与嘉宾们亲切话别
Depide amablemente el señor ministro de Relaciones Exteriores de Perú Gonzalo Gutiérrez

ministro Gutiérrez cunado trabajaba en embajador,y confía que el señor Gutiérrez podrá ofrecer una mayor contribución de los intercambios amistosos entre China y Perú, y mejorar el bienestar del pueblo peruano en su nuevo cargo más importante.

招待会播放了回顾古铁雷斯部长在任驻华大使期间所主持、参加的各项重要活动照片。随后, 古铁雷斯大使发表致辞, 他表示一周之前被秘鲁总统乌马拉先生急召回国, 并被即刻任命为秘鲁外交部长, 对于这一全新的职务, 既感到兴奋, 同时又感到责任重大, 同时看的出秘鲁总统命名一位在中国担任大使的人作为外交部部长, 这表明了秘鲁政府对中国外交的极端重视。他将会全心全意在新的职位上做出更大的贡献。

En la recepción proyectaron las fotos de las actividades importantes que fue presidido y participado por el señor ministro Gutiérrez.Posteriormente el señor Gutiérrez dió discurso. Él dijo que una semana antes cuando el Presidente de Perú el señor Humala le convocó el regreso a Perú, y fue nombrado de inmediato el ministro de Relaciones Exteriores de Perú, para esta nueva posición, él sentía una emoción y también gran responsabilidad también le dió cuanta de que designó al embajador de Perú en China en ministro significa que la importancia de la relación diplomática con China.Él va a dedicar todos los esfuerzos para hacer una mayor contribución en la nueva posición.



秘鲁外交部长贡萨洛·古铁雷斯与嘉宾合影留念
El señor ministro de Relaciones Exteriores de Perú Gonzalo Gutiérrez toma foto con los visitantes

La recepción del día de la independencia de Perú 秘鲁国庆招待会



2014年7月25日,秘鲁驻华大使馆在北京举行盛大招待会,庆祝即将到来的秘鲁共和国建国193周年国庆节。
Se celebró una gran recepción en la Embajada de Perú en BeiJing, para calabrar los 193 aniveversarios del día de la independencia de Perú que viene.



中国外交部副部长王超应邀出席并与秘鲁共和国驻华大使馆临时代办胡安·米盖尔·米兰达先生就中秘关系及共同关心的问题交换了意见
El señor viceministro de Relaciones Exteriores de china el Wang Chao participó en la recepción, intercambió en los temas interesados por mutuos en la relación enter China y Perú con el señor ministro consejero, encargado de embajador Juan Miquel Milanda.



秘鲁共和国驻华大使馆临时代办胡安·米盖尔·米兰达先生及其使馆外交官员共同迎宾
Darla la bienvenida a los visitante el señor ministro consejero, encargado de embajador Juan Miquel Milanda con los diplomáticos de la embajada.



今年, 庞狄莎还将发布一款全新独特的特优香槟干邑——“无限”40年XO!



此次发布的2012年庞狄莎艺术葡萄酒珍藏系列, 成为一个不可思议的由当代中国艺术家最顶尖的作品组成的“美术馆”, 是连接艺术及美酒、东方与西方的桥梁。

Et du vin pour artistes chinois 法国葡萄酒与中国艺术家联手

法国葡萄酒品牌: Pont des Arts 6月25日在北京举行2012年 精品上市发布会。精品的包转则采用了新一代崛起的中国艺术家岳敏君先生的艺术作品, 这一结合呈现出中国文化更具特色的另外一面。

Marque de vin de France: Pont des arts, tenue à Beijing en juin 2012 au fond de la boutique énumérés à la Conférence. Boutique de paquets à l'utilisation des œuvres d'art artiste chinois une nouvelle génération de M. Yue Minjun montée, cette combinaison présente des caractéristiques de la culture chinoise de plus en plus de l'autre côté.

岳敏君先生, 作为新艺术家的领军人物, 世界知名的当代中国画家, 曾在2013年巴黎卡地亚基金会展出他的艺术作品。此次独特的展览取得了极大的成功, 特别是受到了整个法国年轻一代人的欢迎, 引发了巨大反响。

Pont des Arts 庞狄莎公司联合创始人及总裁潘雅德先生和庞天宝先生, 也曾被画展上岳敏君大师的作品深深地打动, 这些画作在他们心中留下了深刻的印象。双方决定共同跨界合作新的庞狄莎艺术葡萄酒。

岳敏君大师可能最被人熟知的是他非常独特的“笑脸”。此次, 庞狄莎向艺术及葡萄酒收藏者呈现的岳敏君先生的作品, 亦重点介绍一些非众人所熟知的作品, 例如, 2012年份拉朗德-波美侯产区的红葡萄酒, 庞狄莎选择了一幅讲述一个新的中国并且充满象征意义的画作。



庞狄莎公司联合创始人及总裁潘雅德先生(左)和庞天宝先生(右)



法国前总理多米尼克德·维尔潘先生出席精品艺术葡萄酒2012年份上市发布会。

秘鲁在华展活动

中国秘鲁展 (EXPOPERU) 是由秘鲁外贸与旅游部 (MINCETUR) 主办, 秘鲁出口与旅游促进委员会 (PROMPERU) 承办的贸易推广活动, 从而使秘鲁能够定位成更优质的产品与服务提供者, 成为旅游目的地。

秘鲁外贸及旅游部部长马佳丽·席尔瓦 (Magali Silva) 率领35家秘鲁大中型企业参加从7月15日-7月18日在北京与上海的举办的中国秘鲁展 (EXPOPER·China), 展涉及农业、渔业、纺织业、制造业及旅游业。

今年1月至4月秘鲁已累计向中国出口额达23.644亿美元, 比去年同期增长23.3%。其中非传统出口产品1.809亿美元, 比去年同期增长47.1%, 水产品 (7390万美元) 和农产品 (6270万美元) 为主要出口大项。



秘鲁外贸及旅游部部长马佳丽·席尔瓦 (Magali Silva) 女士强调“这是一次将秘鲁推向全世界的活动, 具有重要的意义, 再次向全世界展示秘鲁的国家形象, 同时展示我们成为亚洲市场贸易及投资的可靠合作伙伴的信心”。



秘鲁外贸及旅游部部长马佳丽·席尔瓦 (Magali Silva) 与两名设计师 Dunkelvolk (左), 苏梅·顾中 (Sumy Kujon) (右)

秘鲁服装在北京服装学院展示。

此次秘鲁时装展由两位秘鲁知名设计师出席, 苏梅·顾中女士 (Sumy Kujon) 一位有着中国血统的秘鲁设计师, 她的设计中带有许多中国元素; 另一位冈萨雷斯先生 (Gonzalo Bacigalupo) 是Dunkelvolk品牌负责人之一, 已经在上海开设了7家品牌店, 这个品牌向中国展示了有着秘鲁特色的服饰及设计理念。

苏梅·顾中 (Sumy Kujon) 设计师向大家展示了“2015春夏展”, 她所运用的制衣材料是由羊驼毛线与竹丝、精棉等混合而成。Dunkelvolk向大家展示了100%秘鲁棉质运动服, 以及男士沙滩装。冈萨雷斯 (Gonzalo Bacigalupo) 他是 Dunkelvolk品牌负责人, 此品牌的质量和创意得到了中国合作伙伴的一致认可, 他的“2015夏装展”也正在引领年轻人走向时尚前沿。

2014秘鲁时装展是由秘鲁外贸旅游部主办, 也是此次中国秘鲁展 (EXPOPERU) 贸易及旅游宣传项目之一。部长马佳丽·席尔瓦 (Magali Silva) 女士与北京服装学院签署了《机构间合作框架协议》



在对俄罗斯文化中心访问过程中，还举行了加加林铜像献花仪式。

加加林长女参观俄罗斯文化中心

2014年7月1日，北京俄罗斯文化中心迎来了一位重要的嘉宾参观访问。她就是—莫斯科里姆林宫国家历史文化遗产博物馆馆长，艺术家、人类第一位进入太空的宇航员尤里·加加林之长女：叶莲娜·加加林娜。



俄罗斯驻华使馆参赞维克多·孔诺夫带叶莲娜·加加林娜参观俄罗斯文化中心

专为叶莲娜·加加林娜女士准备的钢琴演奏曲目为柴可夫斯基的《六月船歌》



紧张的比赛

Friendly Badminton Tournament between the Danish Badminton Inspiration Team 2014 and the Chinese Badminton Enthusiasts' Team 丹麦羽毛球队与中国羽毛球爱好者友好赛



互动环节

7月8日，丹麦驻华使馆在使馆举办了一场羽毛球友好锦标赛，参与者一方是2014丹麦羽毛球灵感队（DBIT）球员，另一方选自使馆的社交媒体平台优秀羽毛球爱好者以及北京体育大学的学生。

On the 8th of July the Royal Danish Embassy hosted a friendly badminton tournament between the Danish Badminton Inspiration Team 2014 and Chinese badminton enthusiasts from the Embassy's social media platform and students from Beijing Sports University.



The 10th Japan Business Ingredient Exhibition 第10届日本业务食材展示会

2014年7月17日第10届日本业务食材展示说明会在北京长富宫酒店举办。
On July 17, 2014, the 10th Japan Business Ingredient Exhibition was held in Beijing New Otani Hotel.



中国食品工业协会常务副会长、法人代表原中国发展改革委员会产业政策司司长刘治先生致辞
Mr. Liu Zhi, Senior Vice Chairman of China Food Industry Association, Legal Representative and Former Director of the Department of Industrial Policy of National Reform and Development Commission makes a speech.



铃溪(天津)国际贸易有限公司君島英树先生介绍本次展出的相关细节
Mr. Kimijima Hideki of Lingxi (Tianjin) International Trade Co., Ltd. introduces relevant details of the exhibition.



在中国日本大使馆经济部一等书记官近藤卓也先生介绍相关情况
Mr. Takuya Kondo, First Secretary of the Department of Economic Affairs of Japanese Embassy in China also introduces relevant conditions.



说明会现场
Venue of the meeting

Japanese Make-up Party 日本化妆会

现如今, 化妆已经成为了日本女性生活的一部分。其中底妆是打造美丽肌肤最重要的产品。因为每天都要使用, 所以在防晒保湿等功能方面也不断进化。同时, 化妆还具有帮助人际交往, 为自己增添自信等看不见的重要作用。它不仅能美化仪表外貌, 还能充实内心, 丰富人生。对于日本女性来说, 化妆无疑发挥着极其重要的作用。

Nowadays, make-up is quite important for Japanese women. Base make-up is the most crucial product for creating a beautiful skin. As the base make-up is necessary for every day, the sunproof and moisturizing functions are constantly improved. The make-up can also play an invisible but important role in interpersonal communication and it also increases confidence. Make-up can not only beautify your appearance, but can also enrich your heart and life. As to Japanese women, undoubtedly, make-up plays a very important role.



日本驻华大使馆公使三上正裕先生发言
Mr. Mikami Masahiro, Ambassador of Japan in China, makes a speech



现场为来宾示范并且讲解如何化妆
Demonstration of make-up for a visitor

帮助提升顾客的生活质量, 使其容颜更加美丽, 内心更加丰富, 为实现每个人的幸福人生和充满笑容的社会做出贡献。

To help customers improve their living quality, beautify their appearance, enrich their hearts, realize a happy life and make a contribution to the society with a smile.



株式会社佳丽宝化妆品 亚洲战略部(教育)部长萩原成子女士演讲
Ms. Hagiwara Shigeko, Director of Department of Asian Strategy (Education) of Kanebo COSMETICS INC, makes a speech



化妆会活动现场
Make-up activity site

Exposición de Arte y Cultura Argentina y China 中阿艺商活动

2014年6月24日阿根廷驻华大使馆举办了“中国-阿根廷，国际艺商文化交流会”活动，阿根廷驻华大使协同夫人，以及部分中国艺商联盟代表出席了本次活动。

El 24 de junio de 2014, la Embajada de Argentina en China organizó la actividad de “Intercambios Artísticos y Comerciales entre China y Argentina”, el Embajador de Argentina en China con su esposa, así como algunos representantes de la Alianza Internacional de Artistas y Comerciantes de China y asistieron al evento.



国际艺商联盟秘书长王珍大使致辞
El Embajador de China, el Secretario General de la Alianza Internacional de Artistas y Comerciantes de China, Wang Zhen pronuncia un discurso



阿根廷大使古斯塔沃·马蒂诺先生致辞
El Embajador de Argentina, Gustavo Martino pronuncia un discurso



拉美司领导李宝荣副司长致辞 El vice-director de División de América Latina, Li Baorong pronuncia un discurso



阿根廷大使古斯塔沃·马蒂诺先生及夫人品尝君正白茶
El Embajador de Argentina, Gustavo Martino y su esposa saborean té blanco de Junzheng



中国旗袍文化表演
Espectáculo de cultura china de cheongsam



阿根廷舞蹈表演
Espectáculo de danza argentina

Chinese Calligraphy and Chinese Culture 中国书法与中国文化

这是7月2日中国记者协会举办第五十二期新闻茶座的主题，演讲嘉宾为首都师范大学欧阳中石教授。

欧阳中石说，书法就是书写的规律，是书法理论与书法实践的有机结合。书法是书写和反映中国文化的载体。中国文化博大精深，无论怎么样反映这种文化，怎么样书写这种文化，都是一门很高深的学问，都很了不起。作为一个普通的中国人，应当爱护我们的国家，爱护我们的汉字。汉字是我们的祖先向我们和向世界提供的一份厚礼，是理论和艺术的结晶，我们要很好地体会它。

欧阳中石指出，我们现在特别强调一个“德”字。德的本意是人无德不立，国无德不兴。“德”字怎么有这么多内容？“德”字的写法，是直和心，再加一个双立人。涵义是一个人有了德就直立起来。一个国家也要讲德，这样才能兴起来，这是我们对人类、对世界的一个看法，我们要强调德化天下，和任何人都要以德相待，这就是我们中华文化的根本。

欧阳中石强调，中华民族从开元起就保持着崇德、弘文、颂大同的特点，大家都走上大同世界，这是我们中华文化的根本。所以我们要把我们的字尽可能写正确，写得美好，让大家看，对宣传我们的中华文化大有好处。

This was the main topic of the 52nd Journalists' Tee Saloon of the Chinese Journalists' Association held on July 2. The invited speaker was Professor Ouyang Zhongshi of Capital Normal University.

Professor Ouyang said that calligraphy is the standard of writing books, a kind of law, the theory and praxis of calligraphy is strongly intertwined. Calligraphy is even more than that; it is the carrier of Chinese culture. Chinese culture is vast and deep, the way calligraphy reflects it, and the way book writing reflects it, are all based on a very fine and intrinsic knowledge, something to really admire. As ordinary Chinese citizens, we should all love our country; we should all cherish our writing system. Chinese characters are a gift from our ancestors bestowed upon us and the world, they are the crystals of theory and art, and we should all enjoy them.

Professor Ouyang went on with the analysis of the Chinese character "Ethic". Without ethic, citizens will fail, the country will perish. How is it possible that a simple character carries so many meanings? In the heart of the character "Ethic" stands another character: "Straight", and then a sub-character: "Two standing people" is glued to it. It means that if someone respects moral values, he/she can stand up straight. The same is true for a



欧阳中石先生 Professor Ouyang Zhongshi

country, it should also follow ethic in order to flourish. This is our view towards mankind, towards the world. We promote moral values under the heaven, every person should be treated morally and this is exactly the root of Chinese culture.

Professor Ouyang stressed finally that Chinese nationals protected ethic from the very beginning, strived toward the harmony of the universe and it formed the basis of Chinese civilization. That is why we need to learn how to write our characters correctly and beautifully and to let everyone see them because it has great promotional value for the Chinese culture.



记者提问 Q&A Session



本刊纳吉麟社长(右一)与记协党组祝寿臣书记(右二), 欧阳中石大师及其弟子葉培贵博导合影留念。
Editor-in-chief of our magazine, Ms. Lin Nagy (first from right), Party Secretary of Journalists' Association, Zhu Shouchen (second from right) and Professor Ouyang Zhongshi with his student, Ph.D Supervisor Die Peigui



第五十四期新闻茶座

中国记协7月31日举办第五十四期新闻茶座，邀请中央美术学院特聘教授、外交部专职国礼画家吴进良，围绕“中国画与中国精神”的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。

吴进良说，党的十八大后，习近平总书记提出了实现中华民族伟大复兴中国梦的宏伟目标。实现中国梦必须弘扬中国精神，这就是以爱国主义为核心的民族精神和以改革创新为核心的时代精神。这种精神是凝心聚力的兴国之魂、强国之魂。

吴进良表示，文化是民族的血脉，是人民的精神家园，文化的兴衰关乎国家、民族的命运，一个民族的复兴必然伴随着文化艺术的繁荣兴盛。一个民族，需要有振奋的精神和高尚的品格，否则难以自立于世界民族之林。崛起的中国需要精神旗帜，当代中国人需要健康向上的中国梦，而文化强国战略正是托举起这个梦想的大舞台，作为中国文化精髓的书画艺术更担当着义不容辞的责任和义务。

吴进良认为，中国画有着悠久的历史、鲜明的民族特征和强烈的中国精神。中国绘画审美史正是民族精神的折射史。绘画大师傅抱石说：“中国绘画是中国民族精神的最大表白”。李可染说出“为祖国河山立传”的铿锵话语，这正是可染先生作品感人的原因。“笔墨当随时代”是清初石涛的名言。这些都表明中国画的创作，应以立意为先，所谓“意奇则奇，意高则高，意远则远，意深则深，意古则古”，强调表现无限生动、韵味丰富的精神和内涵。正是中国画这些独一无二的艺术表现形式，使中国画充满着无限的诗意气质和丰富的哲学及精神内涵，在世界美术领域独树一帜、无以伦比。

吴进良强调，文化强国的梦想需要更多力量的参与，它是每一个中国人梦想的叠加。中国梦的实现，有赖于薪火相传的精神。画家有责任用手中的画笔热情讴歌伟大祖国繁荣富强与民族团结进步的征程，真情描绘人民群众创造幸福生活的精神风貌，用绘画形式把中国文化和中国精神传播到全世界。



吴进良现场书法表演

民族精神 NATIONAL SPIRIT

——记美籍华人书画大师周鸿儒 Chinese-American Master of Painting and Calligraphy



文：刘军 Liu Jun



鸿儒在国外辛勤耕耘播种的最好时光。

History is always progressing solemnly and stirringly. In the thirty years during which Mr. Hung-Ju Chou was away from China, great changes have taken place in China. A leapfrog progress was made in many aspects and some aspects were seriously overwhelmed and destroyed. Especially, the evolution of spiritual world and the loss of belief make you feel that the confirmed habits are hard to get rid of. However, the thirty years were just the best time for Hung-Ju Chou to work diligently in America.

谚云：在你追求的事物上，隐藏着你人生的秘密。回顾历史我们总会发现，许多人成年后的成功，其实只是在实现年轻时的幻想与追求。生活本来就是一道永不愈合、永不褪色的伤口。所谓成功，不过就是一种对自我的超越。周鸿儒先生就是在这样一种环境下，成就了他在艺术上的追求的。

曾经有人问他：像《科罗拉多大峡谷》这种中国画，美国人能够接受么？他微笑。

从他的微笑中，我得到了答案，并在更高的层面上对他有了深刻的理解。

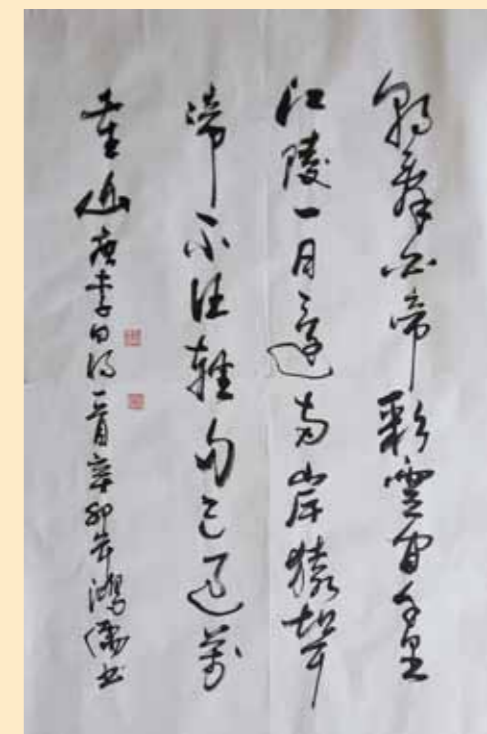
无疑，他的画作是能够被美国人民接受的，这从做为美国第四

和周鸿儒先生的交往，可以追溯到四十多年前了，一转眼，近半个世纪过去了，我们也都从未及弱冠的少年变成了花甲老者。周鸿儒先生旅美三十年，我见到的他，竟然依旧保持着一颗炽热的童心。尤其是看了他近年的画作，看了他令世人震撼的百米长卷《科罗拉多大峡谷》，更让我不禁肃然起敬。在他的笔触之间，我能看到一颗勃勃跳动的对人类的爱心，看到一种无声的精神世界的呐喊。

I was introduced to Mr. Hung-Ju Chou over 40 years ago. How time flies! For nearly half a century, once we were teenagers below 20, but now we are old, over 60. Mr. Hung-Ju Chou has been living in America for 30 years. When I meet him, he still keeps a warm heart of childishness. Especially, when I appreciate his paintings of recent years, the shocking 100 m scroll of Grand Canyon Colorado, I'm filled with deep esteem. From his brush strokes, I can feel a beating heart showing love to human beings as well as a scream from the silent spiritual world.

我与周鸿儒先生同庚，周鸿儒先生仅年长我几个月。其旅美三十年，我见到的他，竟然依旧保持着一颗炽热的童心。尤其是看了他近年的画作，看了他令世人震撼的百米长卷《科罗拉多大峡谷》，更让我不禁肃然起敬。在他的笔触之间，我能看到一颗勃勃跳动的对人类的爱心，看到一种无声的精神世界的呐喊。

历史总是悲壮地前进的，周鸿儒先生离开中国的这三十年，中国发生了翻天覆地的变化，许多方面大踏步地前进了，也有一些方面却被严重地颠覆和毁掉了。尤其是精神世界发生的演变，信仰的缺失，更给了人那么一点儿积重难返的感觉。而这三十年，正是周





大城市、科技水平文化水平很高的休斯顿将每年的六月二十九日作为周鸿儒日，从文化素养甚高的两任美国总统大、小布什和他的亲切会面，从世界著名的哈佛大学授予他的崇高荣誉这一点便可以看出，他是完全能够被美国人接受的。

因为他的画作展现了一种耿耿的民族精神！

当今世界是一个充满了功利和抱怨的时代，一个许多人有着一种末世情结的时代。许多画家和艺术家所追求的其实只是程式化、标准化的复制和演绎，而内心世界往往一片荒芜。许多地方，许多所谓的艺术家身上，激情和灵感被世俗的琐碎与名声绑架。精神跌落，就连起码的道德和法律也往往被财富挟持，都市生活越来越面具化。他们崇拜的只是财富和成功学，而不再是诗，不再是高雅，不再是神圣。于是，他独自走向了深邃的大峡谷，过起了一种近乎斯巴达式的生活。

老人常说，一个人只有站在悬崖边上才会真正坚强起来，只有遭遇灾难才能理智地正视现实。周鸿儒先生的人生不允许他如此沦落与平庸，他是一个即使受尽折磨也要躲避平庸的人。就是这样的一种思维定势，支撑他一下子在美国待了三十年。也正是这样一种愚苦的实践，使他的心胸变得高旷。托尔斯泰曾经说过，随着年岁的增长，生命越来越精神化。同样，成熟也会日益顽固地折磨人们的精神世界。人生就是被生命中的一个又一个亮点照亮的。于是，年过花甲的他，抖落了心灵上的灰尘，回到了阔别的祖国。三十年的磨练，三十年对心灵自由的坚守，终于使他成了一个专情而自负的艺术家。

美国是一个移民国家，历史短暂。之所以能够在短短的两百多年间一跃成为世界第一强国，不能不说是因了一种大气盘旋、英雄独立的奋斗精神。这上面，和中华民族的崛起有着异曲同工的极为相似之处。春峡似笑，夏峡似狂，秋峡似妆，冬峡似睡。这些，在中国广袤的土地上，也存在着。

中国有着延续五千年的文明史。在这五千多年的漫长岁月中，许多东西被更替了，许多东西被毁掉了，许多。但是，那种隐忍、坚韧、不屈、进取的精神，却一直保留着。正是因了这种精神，才使得中华民族一次次从泥泞中走出，一回回从跌倒中崛起。无疑，正是这种不屈不挠的民族精神，让周鸿儒先生在创作《科罗拉多大峡谷》巨作时，找到了一种探寻已久的共鸣。中美文化虽然有着巨大的差异，但在民族精神这一点上，却是共通的！

《科罗拉多大峡谷》这种中国画被美国人民接受。休斯顿将每年的六月二十九日作为周鸿儒日，从文化素养甚高的两任美国总统大、小布什和他的亲切会面，从世界著名的哈佛大学授予他的崇高荣誉这一点便可以看出，他是完全能够被美国人接受的。

The Chinese painting of Grand Canyon Colorado is accepted by the Americans. Houston marked June 29 of each



科罗拉多大峡谷



year as the Day of Hung-Ju Zhou. Two generations of American presidents, George W. Bush and George H.W. Bush, who have high cultural quality, met him kindly, and the world famous Harvard University conferred a great honor on him, so he is definitely accepted by the American people.

因为他的画作展现了一种耿耿的民族精神！

As his paintings reflect a loyal national spirit!

谚云：看一个人，不但要看他获得了什么，付出了什么，尤其要看他面对的是什么，征服的是什么。伟大的美国人民在一块未开垦的处女地上创造了一个时代的神话，伟大的中国人民在漫长的岁月中，同样写下了不朽的诗篇。这些，不能不说是一种耿耿的精神在支撑！

忧患意识从来就是一种沉重而痛苦的清醒。当前，中华民族又在经历着一场新的洗礼，新的考验。当这时候，重观周鸿儒先生的这幅巨作《科罗拉多大峡谷》，相信也正是在为中华民族精神的重新涅磐站脚助威，以壮行色吧。



2014 Zhenyuan International Tourism Forum has been Successfully Organized

2014镇远国际旅游论坛成功举办

贵州古城镇远，现已形成国家级旅游品牌。中国历史文化名城镇远、国家级风景名胜区有省级风景名胜区高过河，省级文物保护单位8处，县级文物保护单位160余处。成功的举办了“古城文化艺术节”、“古城龙舟邀请赛”等活动。

The ancient city of Zhenyuan has already established itself as a national level tourism brand. It has won the label of “Chinese Cultural and Historical City”, it has national level scenic spots, a provincial level landscape called “Crossing the River”, it boasts 8 places under provincial relics protection and 160 county level protected sites. Zhenyuan has successfully organized the “Ancient Cultural and Art Festival”, the “Ancient Dragon Boat Race” and several other activities.

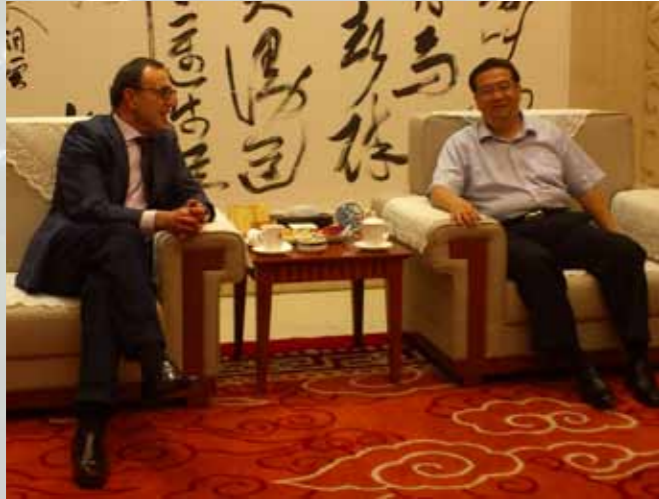
为推动贫困地区贵州省的旅游发展，由中国民族贸易促进会，贵州省统战部，贵州镇远市人民政府主办，贵州青酒集团以及匈牙利《世界中国》杂志社承办的“2014镇远国际旅游论坛”于6月19日至21日在贵州镇远成功举办。到达会场出席活动嘉宾300余人。除国内嘉宾外，46个国家和组织的外国前政要，驻华使节以及国外旅游部，旅游单位，媒体等的出席使论坛的国际化得到大大提升。

With the aim to promote tourism industry of the underdeveloped Guizhou Province, China Council for the Promotion of Nationalities Trade, United Front Work Department of Guizhou Provincial Committee of CPC, Municipal Government of Zhenyuan City, as organizers, and Guizhou Qingjiu Group Corporation and The World and China Magazine, as executive organizers, have successfully organized the “2014 Zhenyuan International Tourism Forum” in Zhenyuan City, Guizhou Province between June 19-21, 2014. The number of participants were more than 300. In addition to domestic VIP guests, there were representatives of 46 foreign countries and international organizations, diplomats, delegates of foreign authorities responsible for tourism, travel agencies and journalists. Their presence gave a very strong international dimension to the forum.



他们来自五湖四海：保加利亚，匈牙利，阿富汗，巴勒斯坦，阿塞拜疆，白俄罗斯，莱索托，黎巴嫩，牙买加，老挝，缅甸，罗马尼亚，立陶宛，马拉维，哥斯达黎加，马达加斯加，巴基斯坦，联合国代表，尼泊尔，纳米比亚，巴哈马，汤加，秘鲁，密克罗尼西亚，希腊，欧盟旅游委员代表，乌干达，捷克，加拿大，澳大利亚，韩国，日本，爱尔兰，俄罗斯，德国，柬埔寨，斯里兰卡，土耳其，孟加拉，意大利，荷兰，印尼，卢旺达，科特迪瓦，美国。

They came from all corners of the world: Bulgaria, Hungary, Afghanistan, Palestine, Azerbaijan, Belorussia, Belarus, Lesotho, Lebanon, Jamaica, Laos, Myanmar, Rumania, Lithuania, Malawi, Costa Rica, Madagascar, Pakistan, United Nations, Nepal, Namibia, Bahamas, Tonga, Peru, Micronesia, Greece, European Union Tourism Committee, Uganda, Czech Republic, Canada, Australia, South-Korea, Japan, Ireland, Russia, Germany, Cambodia, Sri Lanka, Turkey, Bangladesh, Italy, Netherland, Indonesia, Rwanda, Cote d'Ivoire and the USA.



主办单位贵州省统战部副部长，省委常委刘晓凯先生接见两位欧盟国前政要：保加利亚前总统斯托亚诺夫-彼得先生，匈牙利前总理麦杰西-彼得先生。

One of the organizers of the Forum, Head of the United Front Work Department of Guizhou Provincial Committee of CPC, Member of Party Provincial Central Committee, Mr. Liu Xiaokai, was meeting two former heads of European Union member countries: Former President of Bulgaria, Mr. Petar Stoyanov and Former Hungarian Prime Minister, Dr. Peter Medgyessy.



镇远县委刘建新书记在欢迎词是说到：举办此次论坛年会，是镇远旅游发展史上的一次盛会、一件大事，这是一次让外界了解多彩贵州、感悟美丽镇远的良好机会，为我县旅游发展搭建了对外交交流合作的良好平台，创造了前所未有的发展机遇，必将为我县旅游发展拓展新的空间、注入新的活力！对于进一步提升镇远的开放度、知名度和美誉度具有十分重要的意义。

Secretary of Zhenyuan Municipal Government, Mr. Liu Jianxin, delivering a welcoming address.



主办方代表中国民族贸易促进常务副会长蓝军先生发言。Representing the organizers, Deputy Chairman of China Council for the Promotion of Nationalities Trade, Mr. Lan Jun, giving his speech.



中国驻联合国前副秘书长金永建先生宣布论坛开幕。Former Deputy Representative of China at the United Nations, Mr. Jin Yongjian, opened the forum.



论坛开幕式由活动承办方《世界中国》杂志社社长纳吉·麟女士与中国民族贸易促进会副会长赵飏先生共同主持。The opening ceremony of the Forum was hosted by the executive organizers: Editor-in-chief of "The World and China", Ms. Lin Nagy and Deputy Chairman of China Council for the Promotion of Nationalities Trade, Mr. Zhao Biao.



论坛执行主席夏松介绍“国际旅游大使村”概况。Executive President of the Forum, Mr. Xia Song, is introducing the concept of the "Ambassadors' Garden".



镇远国际旅游大使村”启动仪式。大使代表巴勒斯坦大使拉马丹先生发言。Opening Ceremony of "Zhenyuan International Travel Ambassadors' Garden". Speech of Ambassador of Pakistan, Mr. Masood Khalid.



马达加斯加大使维克多先生 Ambassador of Madagascar, Mr. Victor Sikonina



国际旅游交易平台启动。Launching of the "Global Travel Platform"



“世界最大旅游客源地旅游线路交易中心”创意的永久会址。
The birthplace of the “World’s Largest Emitting Country’s Travel Transaction Platform”.



贵州省海外联谊会副会长王茂爱（左一）陪同嘉宾在黄果树游览。
Deputy Chairman of Guizhou Province Overseas Friendship Association, Mr. Wang Maoai (first from left), accompanied the guests to Huang Guo Shu Waterfall.



承办方之一贵州青酒集团董事长文义长先生为嘉宾提供青酒并举办青酒封坛洞藏仪式。
Chairman of Guizhou Qingjiu Corporation, Mr. Wen Yizhang, one of the executive organizers, presented Qingjiu liqueur to VIP guests and directed the liqueur pot sealing ceremony.



活动组织人与前政要合影
Organizers of the forum with foreign dignitaries



镇远县县长和保加利亚前总统
Mayor of Zhenyuan with Former Bulgarian President.



贵州省外事办副主任孔金星与匈牙利前总理麦杰西彼得先生
Deputy Director General of Foreign Affairs Office of Guizhou Provincial People’s Government, Mr. Kong Jinxing, photographed with Former Former Hungarian Prime Minister, Dr. Peter Medgyessy.

法国前总理多米尼克·德维尔潘贺词

Former French Prime Minister, Dominique de Villepin's Congratulation



法国前总理德维尔潘先生因在北京出席别的会议无法出席镇远国际论坛，但专为论坛写信表示祝贺。

Former French Prime Minister, Mr. Dominique de Villepin, was taking part at another forum in Beijing so he was unable to attend the Zhenyuan Forum, but wished great success to the forum in a letter specifically addressed to the forum.

请允许我向“2014年镇远国际论坛”成功召开表示最好的祝贺!

今天，大家相聚在这美丽的贵州省。希望能以可持续发展的旅游业为基础，广泛交流、听取提议，并通过启动新项目来进一步推动经济增长。我们都知道，实现国内各地区共同平等的发展至关重要。在当今全球化社会，旅游业正面临着巨大的挑战。它所涉及的不仅仅是经济上的交流，还包括文化和人文联系。旅游业的发展能够促进世界各地之间相互了解。正如我们在用心去感受美丽的风景和关于古迹生动的记忆过程中不断了解其他文明一样，通过自豪的展现一个文明的魅力和成就也能打开一扇通向其他文明的大门。值此中法建交五十周年之际，我要对中法两个文化、两种文明之间建立的友谊表示祝贺。我们一直以魅力、记忆和精神为中心，共同推动我所说的可持续发展旅游业的进步。我相信今后我们在旅游业方面仍然有很多可以相互学习借鉴的地方。向全体与会者以及镇远人民问好!

多米尼克·德维尔潘

法国前总理（2005至2007）

Please let me send out my best wishes of success to the "2014 China International Tourism Forum Zhenyuan".

You are gathered here in this beautiful province of Guizhou to exchange, propose and initiate projects that will allow a new economic development based on a sustainable tourism industry. It is also crucial, we know it, for a shared and fair development for all regions within China. Tourism is indeed a major challenge of our globalized world, because it means not only economic exchanges but also cultural and human ties. It allows a better understanding of each other throughout the world. The justified pride to present the beauties and achievements of a civilization opens as many doors to other civilizations as there are hearts to feel the beauty of landscapes and the vivid memory of the monuments. In this fiftieth year of the establishment of diplomatic ties between China and France, I would like to celebrate the friendship between two cultures, two civilizations that have put beauty, memory and spirit in their center and that share I believe the same idea of a sustainable tourism. I'm convinced there is a lot we can learn from each other on the future of tourism. Best wishes to all participants and to all people of Zhenyuan.

Dominique de Villepin

Former Prime Minister of France



ZHENYUAN PROFILE

镇远 “心灵的镇 • 远古的城”



镇远县隶属贵州省黔东南州，是贵州的东大门，它距今已有2200多年历史，是国家重点历史文化名城。两千多年的历史积淀，打磨出了一座集山水、历史、民族文化于一体的水韵墨香、风情别致的古城。

镇远历史深厚多元。镇远现有五张国家级旅游品牌，即中国历史文化名城——镇远、国家级风景名胜区——舞阳河、国家级重点文物保护单位——青龙洞贴崖式古建筑群、日本在华抗战同盟——“和平村”旧址、全国农业旅游示范点——铁溪景区，还有省级风景名胜区——高过河，保持明清风貌的古民居、古巷道、古码头等省。

镇远文化多彩灿烂。长期以来，随着中原文化、地方民族文化、域外文化在这里相互渗透、交融，形成了独特的包容性文化，镇远的传统节日最具盛名的为“五月初五”龙舟节，镇远划龙舟，已有几百年历史。报京乡“三月三”北侗情人节，“六月六”爱和苗家吃新节，尚寨乡“八月八”唢呐节，“九月九”涌溪斗牛节等民族传统节日论坛。

镇远发展蓬勃向前。镇远以“文化旅游兴县”为发展战略，现如今镇远已被世界旅游基金组织确定为“返璞归真、回归自然”的世界十大最佳旅游胜地之一；被亚太旅游联合会评为“中国低碳旅游示范基地”，联合国国际旅游组织称之为“人类疲惫心灵的最后家园”，还获得中国最具影响力旅游名县、中国十佳旅游古城和中国最美的十大古城荣誉称号。

CULTURAL PERSPECTIVE | 文化视野

Zhenyuan County belongs to Qiandongnan Autonomuos Prefecture and it's the eastern gate of Guizhou Province with a history of over 2,200 years. It owns the fame of a National Historical and Cultural city. With long historic accumulation, the landscapes and ethnic culture of Zhenyuan becomes more and more distinctive and elegant.

The history of Zhenyuan is profound and diversified. Zhenyuan has owned five nationwide tourism brands, such as Zhenyuan: Famous historical and cultural city in China; Wuyang River: State level Scenic Spot; Ancient architectural complexes built on cliff of Qinglong Cave: National relic protection unit; The former site of "Peace Village": Anti-war Alliance in China; Tiexi Scenic Spot: National agricultural tourism demonstration sites; Gaoguohe River: Provincial level scenic spot.

The culture in Zhenyuan is colorful and splendid. For a long time, unique and inclusive culture of Zhenyuan has been formed with the mutual integration of Chinese culture, local ethnic culture and cultures from outside world. The well-known traditional festival in Zhenyuan is the Dragon Boat Festival on "the May 5th in lunar calendar". "Racing dragon boat" in Zhenyuan has had a history of over hundred years.

Also, Zhenyuan has customs such as dragon dance, lion dance and lanterns playing during Spring Festival and Lantern Festival. Dong Minority in Baojing Township have their own Valentine's Day on "the 3rd of March in lunar calendar". Miao Minority in Aihe Village have "Eating New Rice Festival" on the 6th of June in lunar calendar. Shangzhai Township has a "Suona Horn Festival" on the 8th of August in lunar calendar and "Water Buffalo Fighting Festival" on the 9th of September in lunar calendar.

The vigorous development in Zhenyuan. In recent years, Zhenyuan has taken the strategy of "vitalizing culture and tourism industry" to build up a tourist destination for sightseeing, recreation and vacation. Zhenyuan has been confirmed by the World Tourism Fund Organization as "one of the top ten optimal tourist attractions with the characteristics of original simplicity and nature". It is also honored as the "low-carbon tourism demonstration base of China" by Asia-Pacific Travel Association, and "the final habitat for the tired hearts" by UN International Tourism Organization. Moreover, it has received the honorary title of "the most influential and famous tourism county in China", "top ten ancient cities for tourism in China", and "top ten most beautiful ancient cities in China".



半个多世纪以来，镇远县委及政府都在这里办公。





Collection of "Holy Flame of Realignment" “会师圣火”采集

8月7日的白银市会宁红军会师旧址，锣鼓喧天，礼乐齐鸣。甘肃省第十三届运动会火种“会师圣火”在1936年一、二、四方面军胜利会师圣地——会宁成功采集，同时启动“全民健身日”系列活动。

On August 7, at the former site for Realignment of Red Army in Huining County, Baiyin City, the sound of gongs and drums filled the air, full of rites and music. "Holy Flame of Realignment" for the Thirteenth Sports Meeting of Gansu Province was successfully convened in Huining County, the holy land for which the Red Army's first, second and fourth army joined forces in 1936; during the time, "National Fitness Day Series Activities" were also launched.



张智全在致辞中说，会宁是红色革命圣地，是中国工农红军三大主力胜利会师的地方。我们在这里采集省十三届运动会“会师圣火”火种，启动“全民健身日”系列活动，是对革命先烈的深切缅怀，也是对革命精神的继承弘扬，象征着革命传统催人奋进、生生不息的强劲动力，象征着长征精神与“绿色省运、全民省运”主题的完美结合。承办省十三届运动会，是省委、省政府和全省人民交给白银的光荣任务。我们将高标准、高质量、高效率地做好各项工作，以最大的热情，尽最大的努力，把本届省运会办成一届隆重热烈、精彩纷呈、圆满成功的大会。白影是其他领导副市长陈其银，市委宣传部部长高鹰等出席仪式。



在雄壮的中华人民共和国国歌在会宁红军会师旧址会师塔下响起。
咸辉、杨卫代表省委、省政府向红军英烈敬献花篮，张智全、汪海洲代表市委、市政府向红军英烈敬献花篮，各代表团、会宁县负责人分别向红军英烈敬献了花篮。

火炬先后经会宁县委书记甘孝礼，市委副书记、市长汪海洲，省体育局局长杨卫传递，最后传递给省委常委、副省长咸辉点燃了圣火盆。顿时，礼花礼炮一齐燃放，少年儿童欢呼雀跃，共同庆祝省十三运会火种成功采集。



火种传递仪式



Predestined Relationship with the Grand Canal 与大运河的缘分



【与大运河结缘】 [Indissoluble Bond with the Grand Canal]

2014年6月22日, 从卡塔尔传来了好消息: 联合国教科文组织 (UNESCO) 批准了中国大运河列入世界文化遗产名录。我曾经一个人自费考察过大运河, 比一般人更为激动和高兴。

On June 22, 2014, good news came from Qatar: the UNESCO approved to include the Grand Canal of China on the world cultural heritage list. I once separately visited the Grand Canal on my own expenses, so I feel more excited and happy than other people would.

说来话长, 早在1967年1月, 当时我只有13岁, 还是一名小学六年级学生, 就约了4位同学, 一起从上海背起行囊, 花了7天的时间, 徒步行走300公里外的杭州。我的父母毅然同意我去“探险”, 心灵手巧的母亲连夜为我缝制了一个双肩背包 (类似今天的双肩包), 为我整理衣物; 父亲则亲自送我到小学集合。

It's a long story. As early as January 1967, when I was only 13 years old and a student of Grade Six, four of my classmates and I started from Shanghai and walked to Hangzhou (which is 300 km away from Shanghai). It took 7 days. My parents resolutely supported my "exploration" and my mother made a

backpack (similar to present backpacks) for me at night before we left and packed clothes for me; my father even sent me to the primary school to join the others.

我们一行人走到100多公里外的嘉兴, 就见到了京杭大运河, 以后不少路程就是沿着大运河走的。我印象最深的是在濮院、崇福等古镇, 我们就睡在紧贴运河的老宅里, 所谓枕河而眠。后来走到杭州, 我也去过京杭大运河的起点卖鱼桥玩。从此, 我就与京杭大运河结下不解之缘了。

We went to Jiaxing, over 100 km away, and we saw the Beijing-Hangzhou Grand Canal, and then we almost walked along the Grand Canal in its full length. Puyuan, Chongfu and other ancient towns were the most impressive. We slept in ancient houses along the canal, which is called sleeping along the river. Later, we arrived in Hangzhou, and went to play at Maiyuqiao, the starting point of the Beijing-Hangzhou Grand Canal. Since then, I have established an indissoluble bond with the Beijing-Hangzhou Grand Canal.

【走完京杭大运河全程】

2000年, 我从极其繁忙的报业管理岗位调回编辑部, 于是就有“忙里偷闲”的时间了。我看到大运河是极其重要的民族文化遗产, 国人一直不予关注, 让丰厚的历史遗迹自然消亡, 尤其是在进行建设性破坏。我感到十分痛惜, 决定一个人自费走完大运河全程。由于无法请到几个月的连续长假, 所以我就每次抽三、五天或一周的时间, 一段接一段地从头到尾进行考察, 一直到2006年为止。因为这一年, 罗哲文等三位全国政协委员提出了为大运河申遗的正式提案, 我感到如释重负, 于是我的抢救性考察就基本停止了。

同济大学年过七旬的阮仪三教授, 因保护中国古城, 曾被 UNESCO 授奖。2007年6月, 他在上海举办大运河论坛, 邀我参加; 8月, 他邀我与他同行去山东省考察大运河; 9月, 他让我指导英国女摄影家 GLYNIS SHAW, 如何拍摄大运河 (她第二年在利物浦开展览)。

当然, 要了解中国的大运河, 还不能只谈京杭大运河, 还要从运河的起源说起, 因为它是一步一步发展而来的。



撰文、摄影: 方毓强
Writer and photographer: FANG Yuqiang



【中国运河的起源】

中国的运河一般认为最早的是“邗沟”，它是公元前486年，由春秋时期的吴王夫差下令开凿的，是打通长江和淮河（今江苏扬州长江边到江苏淮阴）之间的一条运河，长约165公里。因这条河流经吴国所建筑的邗城（今扬州），所以称为邗沟。

但我研究下来，发现开凿更早的运河还有“百尺渎”，是一条沟通吴（都城是今江苏苏州）、越（都城是今浙江绍兴）两国的人工渠道。公元前495年，越王勾践的军队曾从“百尺渎”北上攻打吴国，吴军败于携李（今浙江嘉兴城区南5里）。再早一些时间，公元前506年，吴王阖闾攻打楚国，命伍子胥开“堰渎”（今江苏）运粮。在《史记》、《水经注》等史书上记载最早的运河，则是公元前613年楚庄王即位后，因晋楚争霸战争以及北上会盟“问鼎中原”的需要，而开凿的“荆汉运河”（今湖北）和“巢肥运河”（今安徽）。

总之，中国在运用人力开凿运河方面，发端很早，规模宏大。



【隋唐大运河】

隋唐大运河

公元589年，隋朝统一了中国。公元605年，隋炀帝下令开凿新的大运河。它以隋朝的东都洛阳为中心，经开封向东南挺进，经过安徽省、到达山阳（今江苏淮阴）、扬州、跨过长江再到达余杭（今浙江杭州）。其中从江苏的盱眙横穿安徽北部到河南开封的一段，叫做“通济渠”。这条河道主要是把江南的粮食和其他物资运往国都洛阳、长安。

京杭大运河

1279年蒙古军队灭了南宋（国都杭州），定都北京（元大都）。元世祖忽必烈为了将江南的粮食和物资运往北方，就将原来的隋唐

大运河“拉直”了，全长1794公里。所谓“拉直”，是指在江苏淮阴到山东临清之间，开通了一条南北直线的运河，与北段和南段的隋唐大运河连接，废弃了原来以洛阳为中心的部分河道。

清帝康熙、乾隆曾多次下江南时，都是乘船通过“京杭大运河”往返的。一直到光绪三十一年（1905年），由于公路、铁路和海运交通的发展，“京杭大运河”上的漕运才宣告终止。于是“京杭大运河”开始失修，北方（山东济宁以北）航道出现缺水 and 淤塞的现象，并最终断了航。但南方的航道至今仍然兴旺（全年通航里程877公里，季节性通航里程1100公里）。

杭甬运河

京杭大运河，顾名思义，应当是从“北京”到“杭州”的大运河，为什么我还要提及杭甬运河呢？

杭甬运河是指从杭州东行，途经绍兴、余姚，到宁波镇海的一条运河。最早是公元前5世纪越国开凿的，当时是一部分，以后历代维修和扩大，后来全线贯通了，与宁波的东海相接，现在全长239公里。

【余论】

京杭（甬）大运河流经浙江、江苏、山东、河北、天津和北京6个省、直辖市，是世界上规模最大、线路最长的人工大运河。京杭（甬）大运河的修凿前后持续了1000多年，其部分河段始建于公元前5世纪。京杭（甬）大运河与中国的万里长城一样，是中国古代伟大的工程。

大运河沿线遗留着大量的城池、衙署、驿站、钞关、仓库、寺庙、商铺、桥梁、纤道等，还有沉船、水闸、石坝等文物。大运河在历史上发展了中国南北的经济，为中国南北的政治统一也起到了难以替代的作用。与长城的军事防御功能相比，大运河的经济、文化功能更强。我已经用文字、照片等形式记录了京杭（甬）大运河全程（也许我是惟一的）。可惜的是很多珍贵的遗址今天已消失了，“申遗”来得太晚了……





中国圆计划正式发布了象征和表达“团圆、圆梦、圆满”的【圆手势】
Chinese Circle Plan formally publishes the [Circular Hand Gesture] representing "reunion, dream realization and perfection"

受人之托为家乡儿童圆梦

Entrusted by Others to Realize Dreams of Children in Hometown

【一张币行动】 [One Coin Action]

“我想尽一份自己的力量回报家乡”、“我感受过贫穷，更知道大山里孩子们的愿望和梦想”……

"I want to do my bit to payback my hometown", "I experienced poor life before, so I know wishes and dreams of children in mountain areas very well"...

7月12日“中国圆计划-圆满假期”活动出发仪式在北京启动。600名“圆满使者”背上装载满满爱心的行囊，踏上归家的路，利用暑期回到家乡，就近开展乡村留守儿童捐助、调查、探访活动，为家乡贫困留守儿童带去爱心物资，传递关爱与温暖。活动现场，105个从新疆来京的儿童代表，亲自领取了圆满行囊。

On July 12, the departure ceremony for "Chinese Circle Plan-Complete Vacation" was initiated in Beijing. 600 "completeness messengers" backed bags full of love and went back to their hometowns in summer vacation to make donation for the stay-at-



圆计划发起人委员会执行主席付一然先生
Mr. Fu Yiran, Executive Chairman of Circle Plan Initiator Committee



下一代教育基金会副理事长贺邦靖的宣布出发
He Bangjing, Vice Chairman of China Next Generation Education Foundation announces the departure.



圆满行囊
Perfection bags

home children; carry out investigation and visit activity; take love supplies to the stay-at-home children in poverty-stricken areas to pass love and warmth. At the site, 105 children representatives from Xinjiang to Beijing accepted the completeness bags in person.

圆计划策划人、圆计划发起人委员会执行主席付一然先生介绍说，这些圆满使者是由广西、江西、福建、新疆、贵州、内蒙古驻京团工委和中国传媒大学、清华大学、北京青年政治学院等高校、社团，经过同学们提交申请后精选组成的，大都是农村籍在外上学的大学生。

Mr. Fu Yiran, Executive Vice Chairman of Circle Plan Planner and Initiator Committee introduced that these completeness messengers were selected by Guangxi, Jiangxi, Fujian, Xinjiang, Guizhou and Inner Mongolia Communist in Beijing, Communication University of China, Tsinghua University, Beijing Youth Politics College and other universities and communities, most of which are college students from rural areas.

出发仪式上，中国圆计划正式发布了象征和表达“团圆、圆梦、圆满”的【圆手势】。目前在天涯社区、微信圈里有很多人都在接力传递这个手势，美国、英国、澳大利亚、新加坡等许多国家的人都在做这个手势。以【圆手势-说圆事】的口号暗合了很多人内心的需要，正以一种飞快的方式在传递、接力和演进……

On the departure ceremony, Chinese Circle Plan formally published the [Circular Hand Gesture] representing "reunion, dream realizing and completeness". At present, many people in Skyline and WeChat are passing the hand gesture, while many people from the USA, the UK, Australia, Singapore and other countries are doing this gesture. The slogan [Circular Hand Gesture-Complete Events] coincides with the internal needs of many people, which is delivered, relayed and evolved in an extremely fast manner...

活动最后，接过队旗的16支圆满使者团，在中国下一代教育基金会副理事长贺邦靖的一声出发令后，正式踏上了回家开展爱心活动的征程……

At the end, 16 completeness messenger groups took over the flag and formally stepped on the way to the love outreach in their hometowns, under the command of He Bangjing, Vice Chairman of China Next Generation Education Foundation...



八种人不宜喝茶

Eight kinds of Unsuitable Persons for Tea drinking

夏登杰



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 Federation of World Healthy Life Style Promotion Association

饮茶有许多益处，这是众所周知的。中国人曾认为茶有十德：以茶散郁气，以茶驱睡气，以茶养生气，以茶除病气，以茶利礼仁，以茶表敬意，以茶尝滋味，以茶养身体，以茶可行道，以茶可雅志。经过现代科学的分离和鉴定，茶叶中含有有机化学成分达四百五十多种，无机矿物元素达四十多种。茶叶中的有机化学成分和无机矿物元素含有许多营养成分和药效成分。有机化学成分主要有：茶多酚类、植物碱、蛋白质、氨基酸、维生素、果胶素、有机酸、脂多糖、糖类、酶类、色素等。无机矿物元素主要有：钾、钙、镁、钴、铁、锰、铝、钠、锌、铜、氮、磷、氟、碘、硒等。所以茶叶有明目、解毒、固齿、益气力、抗癌、延年益寿等二十多种功效。但是对某些人来说，由于身体的一些不适宜症状，喝茶也会带来很多不利的现象，因此，这类人就不适合喝茶。

It is well known that there are lots of benefits from drinking tea. Chinese ancients ever believed tea has ten virtues consisting of removing Qi – stagnation, removing sleepiness, health maintenance, removing illness, showing courtesy, showing respect, tasting, raising body, showing morality and justice and developing elegant emotion. Separated and identified by modern science, tea contains more than 450 kinds of organic chemicals, and more than 40 kinds of inorganic mineral elements. The organic chemicals and inorganic mineral elements in tea are rich in nutrition and pharmacological function. The organic chemicals mainly cover: tea polyphenols, vegetable base, protein, amino acids, vitamins, pectin, organic acid, lipopolysaccharide, saccharides, enzymes and pigment, etc. The inorganic mineral elements mainly cover: Potassium, sodium, calcium, magnesium, iron, cobalt, manganese, aluminum, zinc, copper, nitrogen, phosphorus, fluorine, iodine and selenium, etc. Thus tea has more than 20 functions of improving eyesight, detoxication, strengthening teeth, strengthening energy, resisting against cancer and prolonging life, etc. However, drinking tea will have many disadvantages for the persons with unsuitable symptoms. Then it is unsuitable to drink tea for these persons.

一、便秘的人 Persons with constipation

茶叶里的茶多酚类物质对肠胃粘膜具有一定的收敛作用，因而影响肠胃对食物食物的正常消化和吸收，导致大便干结，引起便秘。

二、神经衰弱、失眠症的人 Neurastheniac and insomniac

茶叶中的咖啡碱对人体的中枢神经系统有着明显的兴奋作用，尤其是浓茶，喝了之后会使人脑处于一种过度兴奋状态而得不到充分的休息。



三、贫血者 Persons with anemia

茶叶中的鞣酸会使食物中的铁形成不被人体吸收的沉淀物。

四、缺钙或骨质的人

Persons with acalcerosis or osteoporosis

茶叶中的生物碱类物质会抑制十二指肠对钙质的吸收，同时还促使尿中钙的排出，导致缺钙和骨质疏松，使骨折难以康复。

五、患胃溃疡的人 Persons with gastric ulcer

人的胃里有一种能抑制胃壁细胞分泌胃酸的磷酸二酯酶，而茶叶中的茶碱会降低磷酸二酯酶的活性，使胃壁细胞分泌大量胃酸。

六、痛风病人 Persons with gout

茶水中的鞣酸会加重痛风病患者的病情，因此这类人不宜喝茶，更不宜喝浸泡得过久的茶。

七、高血压或心脏病病人 hyperpietic and cardiopath

茶叶中含有咖啡碱，它对人体有兴奋作用，而这种兴奋过程会影响到机体的生理活动，提高某些基础代谢。

八、发烧病人 Persons with fever

人在发烧时，心跳和血压都比平时高，如果喝茶，由于茶碱的作用，会使体温更为上升。另外，鞣酸也会直接影响汗液的排出，妨碍正常的排热。

细节提醒：

用茶杯泡茶后如果不经常擦洗，茶杯的杯口和表面会形成一层棕色的茶垢，茶垢中含有镉、铅、铁等多种金属物质，对人体十分有害。

茶垢如果进入人口，易与食物中的蛋白质、脂肪酸、维生素等结合，形成沉淀，阻碍人体对营养素的吸收和消化。

茶垢一旦被人体吸收，可使肾病、肝脏等器官发生炎症，甚至病变坏死，所以茶壶、茶杯都应该经常擦洗。

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”、“天下第一山”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个国家和地区千余名院士、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 | 2、慢性病防控与健康生活方式峰会 |
| 3、世界健康产业总裁峰会 | 4、城市环境与健康生活方式峰会 |
| 5、自然疗法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生之旅——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

- 论文字数5000字以内，请附300字以内摘要。
- 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。
- 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。
- 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。
- 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@qq.com

九、参会回执及费用

1、参会费用及套餐说明

CULTURAL PERSPECTIVE | 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
<input type="checkbox"/> 有交流论文 论文名称 _____						
<input type="checkbox"/> 申请会员、理事 申请备注_____						
参会套餐选择 <input type="checkbox"/> 至尊套餐 <input type="checkbox"/> VIP 套餐						
特殊申请 <input type="checkbox"/> 申请协办单位 <input type="checkbox"/> 申请会刊宣传 <input type="checkbox"/> 协商其它方式						
您关注的问题:						

- 备注:
- 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, 请填写《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

Media supporters:

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 lifestyles
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 RMB.
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 RMB
3. Introductory set of healthcare products in a value of 980 RMB.
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 USD/person
2. Same as “VIP” Package, 400 USD/person

Application Form

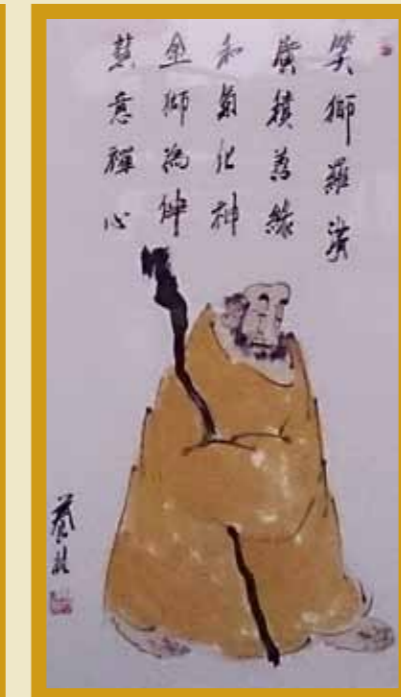
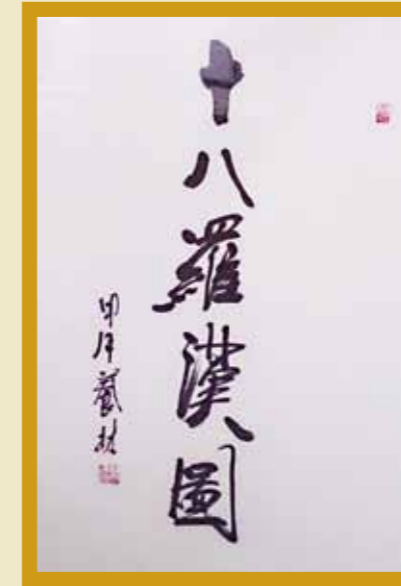
Name	Sex	Occupation	Company	Phone	Fax	Mobile
<input type="checkbox"/> I have discussion paper with the title: _____						
<input type="checkbox"/> Sign up for membership, remarks_____						
Package <input type="checkbox"/> Supreme Combination <input type="checkbox"/> VIP						
Special requests <input type="checkbox"/> Co-organizer <input type="checkbox"/> Promotion <input type="checkbox"/> 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.



画家王林



SHORT BIOGRAPHY OF WANG LIN:

Wang Lin
 Pseudonym: Yang Lin
 Member of Chinese Artists' Association
 Top Level National Artist
 Former Deputy Editor-in-chief of Guangming Daily
 Visiting Professor of Qinghua University
 Supervisor of Master Students at the South China University of Technology
 Editor-in-chief of People's Daily "People's Art"

王林简历:

王林
 笔名: 养林
 中国美术家协会会员
 国家一级美术师
 历任光明日报出版社副社长兼副总编。
 清华大学客座教授,华南理工大学硕士生导师
 人民日报《人民艺术》总编辑

Solo Exhibition of a Ningbo Artist in Hungary Ningboi festő önálló kiállítása Magyarországon

宁波人在匈牙利举办个人画展

2014年7月28日, 陈立波在匈牙利的首都布达佩斯举办个人“水墨意韵”花鸟画作品展, 展出作品47副, 展期为一个月。

陈立波1963年12月2日生于浙江, 1984年毕业于南京工程学院。陈立波自幼热爱美术, 大学期间师从南京书画名家吴承筠老师, 同时受到国画大家陈大羽先生的一年指导。现为江苏省青年美术家协会会员, 宁波市美术家协会协会会员等。

Chen Libo festőművész a „Tinta ritmusa” címet viselő, egy hónapig megtekinthető, összesen 47 darab virág-madár festményből álló önálló kiállítása 2014. július 28-án nyílt meg Budapesten.

Chen Libo 1963 december 2-án született Zhejiang tartományban, 1984-ben a Nanjingi Mérnöki Főiskolán szerzett diplomát. Fialat gyermekkorától fogva rajongott a művészetekért. Egyetemi évei alatt a nanjingi Wu Chengjun festőművésztől és a hagyományos kínai képeket festő Chen Dayu mestertől tanult sokat. Chen Libo jelenleg többek között a Jiangsu tartományi Fialat Művészek Szövetségének valamint Ningbo Város Művészeti Egyesületének tagja.



匈牙利人了资源支持行动局副局长提尔辞·托马斯为其画展致展词, 左一为画家陈立波, 左二为画廊Symbol Art Galéria 负责人。

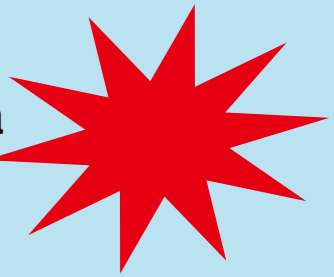
A kiállítást Tirts Tamás, az Emberi Erőforrás Támogatáskezelő főigazgató helyettese nyitotta meg. A képen balról az első Chen Libo festőművész, balról a második a kiállításnak helyszínt biztosító Symbol Art Galéria vezetője.



受邀嘉宾在参观和探讨作品 A meghívott vendégek és a kiállított művek

The Adventure Starts Here: Application for a Russian Visa

俄罗斯签证冒险记



Travelling from China to Europe with no direct flight to your destination city, Moscow seems to be an obvious choice for a connecting flight. You may think buying the flight ticket online will suffice. Think again.

从中国到欧洲旅行, 没有直达目的城市的航班, 莫斯科似乎是转接航班的明显选择。你或许认为可以在网上购买机票, 但是想想其他办法。

Moscow is a huge city with some 20 million citizens, the size of Beijing, and it is served by three international airports: Sheremetyevo in the north, Vnukovo in the west and Domodedovo in the south, situated some 40-70 km from each other. If your connecting flight is from another airport, you will need a transit visa (and a lot of time to get to the other airport). If your connecting flight is at the same airport but operated by a different airline company that took you to Moscow, you need to pick-up your luggage and check-in again, so you need to cross the border control, and as you might guess, to do so you will again, need a transit visa.

莫斯科是一座大约有2000万居民的偌大城市, 与北京一般大小, 共有三个国际机场: 北部的谢列梅捷耶夫国际机场、西部的伏努科沃机场和南部的多莫杰多沃机场, 各自相距大约40-70千米。如果你是从其他机场转接航班, 你需要办理过境签证(而需要花费很长时间到达其他机场)。如果你在同一个机场转接航班至莫斯科, 但是航班由不同航空公司运营, 你需要提取行李并重新办理登机手续, 所以你需要过边境控制安检; 因此, 你可能还是需要申请过境签证。

Obtaining a transit visa should be a piece of cake. It should be, but it is not, or say the least it is a huge piece of cake. Following is a true story of a family of how they got the Russian transit visa:

获取过境签证应该是一件容易的事情。仅仅是应该是, 实际并非如此; 或者说, 是一件不容易的事情。下面是关于一家人申请俄罗斯过境签证的真实故事。

Day1 第1天

“We are well travelled and very optimistic. Getting the visa usually involves the following steps: 1) downloading the application form from the website of the embassy or consulate 2) printing the form and filling it out 3) gluing a photograph to it 4) handing in the form at the consulate and paying the visa fee. The Russian procedure is somewhat different. You have to fill in the form online. The only problem with the software is that it is unpredictable like the weather. It pledges to store the inputted data so that you can make modifications later in case you have made a wrong input or did not fill in an input field. In fact the website is falling short of its promise. Sometimes it stores your data, sometimes not, (sometimes it is simply unreachable) so be prepared to start filling the form from scratch over and over again. We wanted to have a double transit visa, but filling in the

form that way was impossible since it gives you only two input fields, one entry date and one exit date. We took an educated guess and filled the form with the date of the first entry and the date of the last exit. So far so good. We have arrived around noon, there were only a few people. No problem. It is a good opportunity to make friends with other fellow passengers and the Chinese guards. They are really nice chaps, serving at this post for several month they could tell you that most probably we shall meet tomorrow again. No way. Inside the consulate there are agents of travel agencies handling dozens of passports. It looks like they have moved their office inside the consulate, tea bottles, notebooks, pencil case, etc. serve prove for that. They call the Russian officers by their names, like a big family. Now its our turn, left window, “Olga” handles our case. She finds two problems. If you have a permanent address in China, you should put this address in the form instead of the permanent address in your home country, even though you have payed for the air ticket with your home credit card and for that matter your home address is shown on the ticket. The second problem is that we should show the original birth certificate of our underage son with an official Chinese translation attached. This is strange, nobody has ever asked for that when applying for a visa. She also takes a look at our tickets and calculates the transit interval. The calculation is indicated by her moving fingers, one, two, three, like that. We have learned from a website that the transit visa is valid for 3 days, 72 hours. The official website of the consulate says nothing about the validity of the transit visa. In fact the information content of the website is on a strict diet. Olga is fine with the dates and times so it should be all right. The website however talks about a compulsory insurance, but Olga shows no interest in the insurance.

“我们去过很多地方, 因此我们也非常乐观。申请签证通常包含如下步骤: 1) 从大使馆或领事馆网站上下载申请表; 2) 打印表格并填写完成; 3) 贴上照片; 4) 将表格提交领事馆并支付签证费用。申请俄罗斯签证有些不同。你必须在网上填表。唯一的问题便是软件, 就像天气一样不可预测。网站承诺会保存已录入的资料, 以



ART GALLERY | 艺术长廊

便于稍后当你输入错误或没有填写输入栏时, 可以进行修改。事实上, 网站并未信守承诺。网站有时存储了你的资料, 而有时没有(有时只是遥不可及)。那么准备开始一遍又一遍地填表吧。我们希望申请两次过境签证, 但是填表时发现完全不可行, 因为只有2个输入栏, 一个填写入境日期和而另一个填写出境日期。我们根据以往的知识 and 经验填写表格, 输入第一次入境日期和最后一次出境日期。到目前为止一切还好。我们到达领事馆已快到中午了, 那时人不多。没有问题。这是一个很好的机会, 可以和其他同行者和中国警卫交朋友。他们果真是不错的家伙, 在这个岗位已工作了很长时间, 他们告诉你, 很可能我们明天又可以见面了。那可不行! 领事馆里, 有许多旅行社的代理人, 为几十个人办理护照。看起来他们已经把办公室搬进领事馆了, 茶壶、笔记本、文具盒等用品一应俱全。他们直呼俄罗斯官员姓名, 就像一个大家庭。现在轮到我们的了, 左边窗口, “Olga” 负责处理我们的案子。她发现两个问题。如果你在中国有永久居住地址, 你应该将这个地址输入表格, 而不是填写原籍国的永久地址, 即使你已经用国内信用卡支付机票, 而机票上显示你的家庭住址。第二个问题: 我们需要出示未成年儿子的出生证明原件, 并附上官方中文翻译件。这很奇怪, 之前申请签证没有任何人要求我们出示孩子的出生证明。她还查看了我们的机票并计算间隔时间。她搬动手指数着1、2、3类似的进行计算。我们已经从网站上了解到过境签证有效期为3天, 即72小时。领事馆官方网站上并未提及过境签证有效期。事实上, 网站的信息内容被严格控制。Olga认为日期和时间都应该是对的。网站上有提到强制险, 但是Olga对保险并不感兴趣。”

Day 2 第2天

We have spent hours with searching our home for the birth certificate, but finally we have found it. Nice, nobody can stop us from transiting in Moscow. Computer, internet, stored form not found, filling the form again, printing and heading to the consulate. This time by the time we have arrived, around 9 o'clock, there was already a long queue. The queue was moving very slow like an anaconda that has just eaten a fat pig. It is getting exciting since the opening hours is until 12:00, sometimes they extend it until: 12:45, but there is a chance that you cannot gain admittance for the queue being long. We meet some of the faces of yesterday and we greet them like old friends. Just a few minutes before 12:00 we are in the heaven of the consulate. Bad luck. Olga is off-duty. We know very well that in certain countries if you wanted your application done, you should always contact the same officer. Written information and rules are scarce, things are always interpreted individually. “Clerk A” would require document A,B,C, “Clerk B” would

require document A,D,F. This is not a fancy theory, this is hard experience. We feel like students failing at the first exam but given a second chance to prove that we are worth graduating. Our person of the day is officer “Katalin”, she should be our savior. But she is not. She shows no interest in the insurance, a striking similarity with the behavior of Olga. She is however not asking for the birth certificate. This is good. Asking for less is better. She asks however for copies of passports. This is like a warm-up question. We carried tons of documents so we had some spare copies of our passports, and we jumped over this hurdle easily. The second blow however is devastating, she pinpoints a huge problem: we would exceed the validity of the transit visa, which is 3 days. We start arguing that 3 day is 72 hours, just like 3 kilogram is 3000 grams. Day is a measurement for time universally accepted as 24 hours. But not for Katalin. She calculates the day of arrival as one day, no matter what time you arrive, so if you arrive just 5 minutes before midnight and leave 5 minutes after midnight, you have spent 2 days in Russia. Nice way of calculation especially when talking about work. You work 10 minutes and get paid for 2 days. We continue arguing that Olga was fine with the air tickets, and a final desperate argument that on the website of the consulate we have read about the 72 hours. She says no such information is shown on the website. She is right, no such information on the website. In fact no information at all on the website. Paper information, announcements in front of the consulate? Nothing at all. There is nothing to do, we have failed the second exam too. We go home and amend the tickets so that they will satisfy Katalin.

我们花了好几小时在家里找寻儿子的出生证明, 但是还好最终找到了。很好! 现在没有任何人可以阻止我们去莫斯科了吧。计算机、英特网存储的表格找不到了, 重新填表、打印并提交给领事馆。如此, 我们到达时已经9点左右, 已经排了很长队伍。队列移动非常缓慢, 就像一只水蟒刚吃过一只胖猪。还好工作时间直到上午12点, 有时他们会延长至12:45, 但是还得找机会加入这长长的队列。我们见到昨天见过的一些面孔, 我们相互打招呼, 就像老朋友。还差几分钟到12:00, 我们就像在领事馆天堂, 轮到我们的了。不幸的是, Olga已经下班了。我们非常清楚, 某些国家, 如果你希望申请成功, 你必须联系同一个官员。由于缺乏书面资料和规则, 不同的人总有不同的解释。“A办事员”可能需要文件A、B和C, 而“B办事员”却需要文件A、D和F。这不是一项空想理论, 这是一次艰难的经历。我们感觉就像是第一次考试不及格的学生, 可以有第二次机会证明成绩合格可以毕业。这一天负责我们案子的官员名叫“Katalin”, 她应该是我们的救星。但她不是。她表示对保险毫无兴趣, 与Olga的行为惊人地相似。然而, 她不索要出生证明。那还

好。要的资料越少越好。然而, 她需要护照复印件, 而我们很快扫清这一障碍。然而, 第二次打击简直是毁灭性的。她发现了一个重大问题: 我们可能超过过境签证的有效期(3天)。我们开始争论3天, 就是72小时, 就像3千克就是3000克一样。一天与24小时一样是普遍接受的时间计量单位。但对于Katalin而言并不如此。他计算到达时间为1天, 无论何时到达; 因此, 如果你在午夜之前5分钟达到, 午夜之后5分钟离开, 你便是在俄罗斯待了2天。如果是谈论工作, 这一计算方法特别好。你工作10分钟, 便可以得到2天的薪水。我们继续争论, Olga认为机票没有问题, 而最为绝望的讨论便是我们在领事馆官方网站上看到72小时。她说网站上没有显示这类信息。她是对的, 网站上的确没有此类信息。事实上, 网站上什么信息也没有。有领事馆的纸质信息和公告吗? 可是什么也没有。我们无能为力, 我们的第二次审查再次失败。我们回到家修改机票以期待能满足Katalin的要求。

Day 3 第3天

Tickets modified, forms filled again. Long queue. A faint idea that perhaps we should establish a club of Russian visa applicants. We are lucky. Katalin is working and is receiving our applications. The application process is gradually turning into an exciting game. Something like a chess game. What would be her next move? Can she make some unexpected moves? She can. Our photographs on the forms are too small. Some people would falsely think that the photograph should fit in the frame on the printed form. Forget your logic, the photograph should extend way beyond the frame and should cover it. We quickly find a larger photo and submit the form. Can we pick-up the visa the same day? No, only tomorrow.

修改机票, 再次重新填表。长长的队列。有一个微弱的想法,

也许我们应该建立一个俄罗斯签证申请人俱乐部。我们很幸运。Katalin还在工作并接受了我们的申请。申请过程逐渐变成了一个令人兴奋的游戏, 就像一个围棋游戏。她下一步会采取什么行动呢? 她还会有其他意想不到的行动吗? 是的。表中我们的照片太小。一些人可能错误地认为照片能适应打印表格的框架。忘掉你的逻辑吧, 照片可能超出框架并将其覆盖。我们快速找到较大一点的照片并重新提交表格。我们能当天拿到签证吗? 不行! 只能第二天取。

Day 4 第4天

Visa pick-up day. This is a lovely day, we are going to harvest three days of effort. Everything is going smoothly, we stand in another queue, the visa pick-up queue which is moving nicely. We are feeling like at home, everything is so familiar. We got our visa. We read it carefully to make sure there is no misspelling on it. What is written on the visa for its validity? The visa is valid for 10 days. We read it again, is it for real or just a dream. It is not 3 days neither 72 hours, it is 10 days. It is such a wonderful feeling that these people have a fantastic sense of humour. It is something very important, more important than forms, stamps, signitures, photocopies. It is a rock solid proof that our human spirit will always fly high over bureaucracy.”

签证领取日。这是美好的一天, 我们将要去收获这三天努力的成果。一切都进展顺序, 我们排在另一个队列, 签证领取队列很好地移动着。我们感觉在自己家里, 一切都是那么熟悉。我们拿到了签证。仔细看了看, 确保没有拼写错误。签证上写的有效期是多少? 10天。我们再看了看, 是真的吗? 或者还是一场梦。既不是3天, 也不是72小时, 而是10天! 真是一个奇妙的感觉, 这些人太有幽默感了。这比任何事情都重要, 比表格、印章、签名和影印本都重要。这就是人类精神总会超越官僚制的铁证。”



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of Art Industry





丹麦驻华大使馆大使裴德盛摄影

PHOTO BY:
H.E. Mr. Friis Arne Petersen,
Ambassador of Denmark





黎巴嫩驻华大使馆大使夫人雷慕·阿布德
摄影

PHOTO BY:
Mrs. Rim Abboud,
wife of the Ambassador of Lebanon





China and Italy Signed the Implementation Protocol to Sino-Italy Film Co-production Agreement

中意签署合拍电影协议



(June 18, 2014, Beijing) Alberto Bradanini, Italian Ambassador to China, and Zhang Hongsen, Director General of Film Board of State Administration of Press, Publication, Radio, Film and Television of the People's Republic of China jointly signed an Implementation Protocol to Sino-Italy Film Co-production Agreement at the Embassy of Italy in China. The agreement itself was endorsed in Italy on April 17, 2013 and formally took effect since then.

(2014年6月18日, 北京) 意大利驻华大使白达宁和中国国家新闻出版广电总局电影局局长张宏森今日在意大利驻华大使馆共同签署了《中意合拍电影协议》的《程序》(实施细则)。《中意合拍电影协议》于2013年4月17日在意大利获得批准, 正式生效。

“这真是一个好消息。”意大利电影工业协会(ANICA)里卡尔多·托奇(Riccardo Tozzi)说,“这一文件的签署是对我们长久以来的努力和团结一致的工作的回报, 是有利于意大利电影业和相关政府机构的。中国是我们可信任的伙伴, 中意之间在电影业上有着巨大的合作潜力。一个明确的实施细则正是两国企业所需要的。意大利电影工业协会一方面在前方北京设有办公室, 努力做中国的工作, 另一方面同意大利经济发展部协调配合, 推进“中国项目”的发展。如今我们又有了项新的任务: 制作能将中意两国文化融合在一起的电影, 充分挖掘今天这个正在不断扩大的世界电影市场, 特别是中国电影市场, 的巨大潜力。”

这次《程序》(实施细则)的签署明确了两国电影企业经营的

法律框架, 将会进一步促进双边经贸和文化关系的发展。

具体来说, 符合协议规定的合拍电影将享有中意双重国籍, 享受双方政府为促进各自文化电影产业发展和传播而制定的财政优惠和鼓励政策。由于中国对外国电影在国内电影院上映有年配额限制, 因此对于意大利电影产业来说, 协议(包括电视剧和电视电影)将使意大利不受此限制, 获得更多的市场准入。

《实施细则》的签署还必将有利于“中国项目”的推进。“中国项目”由意大利文化遗产与活动部和经济发展部联合主办, 意大利电影工业协会负责执行, Luce电影城、意大利对外贸易委员会、意大利电影及音像制品出口商联盟、百人作家团、意大利电影协调委员会、意大利国家电影学校等机构共同协作。我们可以期待, 在不远的未来, 在两国电影人共同努力下, 通过中国北京电影节、意大利罗马电影节这两个重要的平台, 意大利电影将会更多地在中国电影院中上映, 中意合拍电影也将会取得更为具体、实际的成果。

他终于找到了 He finally got it



小克市市府大楼，它有100多年的历史。
City Hall of Kiskunfélegyháza, with a history of more than 100 years.

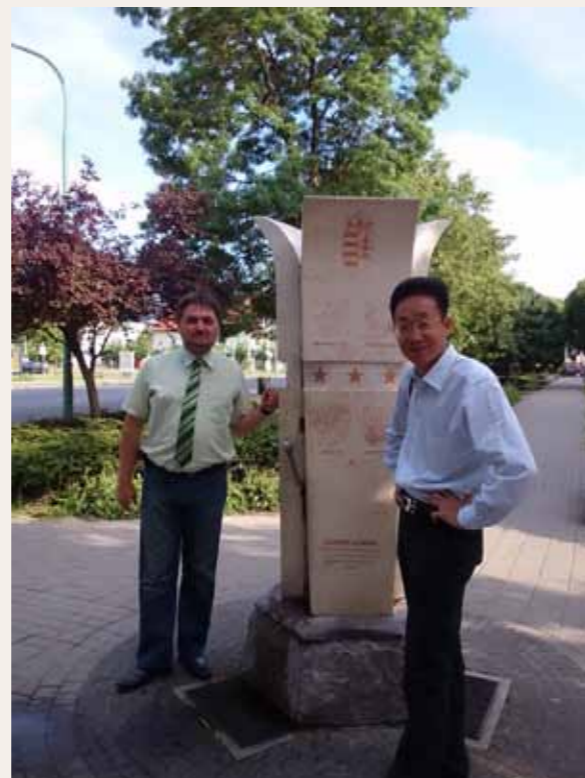
匈牙利小克市Kiskunfélegyháza市长卡普斯Kapus Krisztián先生是一位尽力十分充沛的年轻市长，在2012年他和女友自费第一次到中国，不是为了旅游和开会，而且是为了一件事：寻找友好城市，遗憾的是在他盼望了一年多后，签署好的意向没有进展。去年年底在匈牙利驻华使馆和本刊的帮助下，他又自费，并且还带去了该市的企业家和同事对甘肃省白银市进行了三天的考察，并签署了友好城市意向书。7月底白银市政府组团回访匈牙利小克市。

Kapus Krisztián, mayor of Kiskunfélegyháza, Hungary, is an energetic and devoted young man. In 2012, he visited China with his girlfriend on his own expenses for the first time, not for tourism or conference purposes, but for one thing: to look for a sister city in China. Unfortunately, he didn't make any progress even after more than one year of waiting. With the help of the Hungarian Embassy in China and this magazine, he again, on his own expenses, visited Baiyin city in Gansu province for three days by the end of last year, bringing along entrepreneurs and colleagues from Kiskunfélegyháza with him, and signing a letter of intent for sister city relations. The government of Baiyin city organized a delegation and visited Kiskunfélegyháza at the end of July.



白银市代表团在市府大会听做白银市况介绍。代表团团长高鹰向市长赠送礼物。
Delegation from Baiyin city in the City Hall, listening to an introduction of Baiyin city. Head of the delegation presented a gift to the mayor of Kiskunfélegyháza.

一年后白银将是小克市的第12个友好城市，中国国旗和白银市的名字也将被刻在这个饮水碑上。
Baiyin city will be the 12th sister city of Kiskunfélegyháza in one year, the national flag of China and the name of Baiyin city will be carved on this fountain.



参观小克市蔬菜加工工厂，葡萄酒厂和当地菜市场。
A visit to the vegetable processing factory, winery and local farmer's market in Kiskunfélegyháza.



在市府附近的街道上竖立的友好城市方向牌，箭头指向友好城市的方向和公里数。
The direction sign erected on the street near the City Hall, with the arrow pointing to the direction of sister cities and showing the distance to them.

白银市代表团一行在匈牙利著名诗人裴多菲铜雕下合影。
The delegation from Baiyin city is taking photos with the bronze sculpture of Petofi, a famous Hungarian poet.



泛海国际二期亮相启动仪式

Fanhai International Phase 2 Inaugurated 泛海国际二期开盘

2014年7月16日, 主题为“传统、传承、传世——对话泛海, 对话巨匠”的论坛在泛海国际二期接待中心举行, 同时宣告项目正式亮相, 泛海国际多家合作单位以及主流媒体悉数应邀出席。

The forum entitled “Tradition, Heritage, Continuity – Dialogue with Fanhai, Dialogue with the Masters” was opened on July 16, 2014 in Fanhai International Phase 2 Reception Centre. The promotional campaign for Phase 2 was also launched at the event. Cooperation partners of Fanhai International and journalists of mainstream media companies were present in great number at the ceremony.



泛海控股股份有限公司总裁郑东先生表示, 泛海国际体量之大、业态之丰富、时间跨度之大均属市场罕见, 作为总规模达280万平方米的超级大盘, 泛海国际见证着北京楼市近十年的风云变幻, 但始终恪守品质大盘的形象。这正是来源于泛海控股的高瞻远瞩和整体模式, 对此, 他表示, “在地产业务层面, 集团坚持中高端住宅开发与商业地产开发运营并重。这也是泛海国际二期诞生的背景。”



赵广智老师是梁思成建筑学唯一传承人, 他从传统建筑文化的角度解读了泛海国际的意义。他说道, 泛海国际和传统建筑有一个共同点, 就是“匠心”, “匠心”最宝贵之处在于时代在变, 建筑形态在变, 但对建筑艺术的追求和精雕细琢的传承却始终不变。



泛海国际设计师“北京杰地亚建筑咨询有限公司”董事长王振楣先生为大家解读了项目在规划及建筑上的理念和亮点。



前时尚传媒集团执行副总裁以及有着多年海外生活经验和传媒运营履历的瘦马先生, 通过横向比较, 在更开阔的文化背景下, 向媒体描绘了一个具有全球化目光的泛海国际。



现场活动嘉宾



台上主讲嘉宾: Switch-Asia 网络平台项目经理 乌韦 韦博博士 Uwe Weber (中间), 联合国人居署 曼谷办公室负责人 Mariko Sato 女士 (右一), 联合国环境署中国代表处蒋南青女士 (左一)

Main speakers of the Forum:
Dr. Uwe Weber, Director of SWITCH-Asia Web Platform Project (in the middle); Ms. Mariko Sato, Representative of Bangkok Office of United Nations Habitat Program (right); Jiang Nanqing, Representative of Chinese Office of United Nations Environmental Program (left)

Forum on Cleaner Production for Liveable Cities 宜居市清洁会议

SWITCH-Asia Project and the Environmental Protection Office of Yunnan Province have jointly organized the "Cleaner Production for Liveable Cities" Project Discussion Forum in Kunming on June 17. The European and Asian participants, experts of liveable city, clean production and city development, were discussing practical solutions and implementable policy in the field of sustainable city environment during the 3 days of the forum.

SWITCH-Asia is the largest environmental aid program of the European Union in Asia, its goal is to promote sustainable consumption and production patterns across Asia. The forum has invited a number of Chinese and some 80 Asian and European experts to share the expertise gained during the implementation of related projects at various sites across Asia as well as to evaluate the research and development activities of SWITCH-Asia in the region. The main themes of the forum were: looking beyond the vision and strategy of sustainable city development, environmental friendly production, low emission green habitat, cutting back on waste water, garbage processing, environmental management and sustainable city planning.

An officer of Environmental Protection Office of Yunnan Province put it this way: Yunnan Province is giving a lot of attention to environmental management and sustainable development. This forum has provided a set of good examples to the cause of sustainable and strategic development of Yunnan.



6月17日, 由SWITCH-Asia项目与云南环境保护厅合作举办的“宜居城市的清洁生产”项目交流会在昆明举行, 80多位来自欧洲和亚洲的清洁生产和城市发展专家, 在3天内分享相关实践经验, 讨论实现可持续城市环境的政策建议。

SWITCH-Asia项目作为欧盟在亚洲的最大资助项目, 目的是在亚洲地区推动可持续消费和生产。SWITCH-Asia本次题为“宜居城市的清洁生产”的交流会议, 邀请到了来自中国、亚洲和欧洲的80多位专家, 一起分享 SWITCH-Asia计划在亚洲各地实践和开发实用和创新的城市解决方案所做出的贡献。会议主题范围跨越可持续城市的愿景和战略, 清洁生产战略的实施, 减排和绿色住宅, 废水减量, 废物处理, 环境治理和可持续的城市规划。

云南省环境保护厅相关负责人表示, 云南省高度重视城市环境治理和可持续发展, 此次会议的召开将为云南省积极推进可持续的城市发展战略提供有益的借鉴。

介绍 Introduction

中国企业选择从荷兰进入欧洲市场 Chinese Investments in the Netherlands

方毓强 (FANG Yuqiang) 报道/摄影
Reporter/photographer FANG Yuqiang

2014年4月16日, 荷兰王国外商投资局 (NFIA) 暨荷兰王国驻上海总领事馆在上海举行了有10多位记者参加的小型交流会, 介绍了近年来中国企业在荷兰的投资状况。

On April 16, 2014, the Netherlands Foreign Investment Agency (NFIA) and the Netherlands Consulate General in Shanghai held a small exchange meeting with over 10 reporters present introducing the investment conditions of Chinese enterprises in the Netherlands.

荷兰外商投资局中国事务首席代表兼任荷兰驻上海总领事馆工业事务领事纪维德 (Guy Wittich) 介绍说, 目前有8000多个外企落户荷兰, 其中中国企业424家 (包括华为、中兴、比亚迪、中行、工行、中远、振华港机等大企业), 是欧洲总部、控股公司、研发中心、销售及客服中心等不同形式的机构, 为荷兰创造了8000个就业岗位。中国已成为荷兰第二大投资来源国 (第一是美国)。

Guy Wittich, Chinese Affairs Chief Representative of NFIA and Industrial Affairs Consul of the Netherlands Consulate General in Shanghai, said that there are over 8,000 foreign enterprises in the Netherlands at present; wherein, there are 424 Chinese enterprises (including Huawei, ZTE, BYD, Bank of China, ICBC, COSCO, ZPMC and other large enterprises) in various forms like European Headquarters, Holding Company, Research and Development Center, Sales and Customer Service Center, providing 8,000 jobs in the Netherlands. China (following America) has become the second largest investment source country of the Netherlands.

纪维德 (Guy Wittich) 表示, 荷兰能为中国企业开拓欧洲市场带来诸多方便。荷兰是欧洲的物流及营销中心。荷兰愿为中国高科技企业提供免费的技术配对服务, 帮助中国企业寻求欧洲合作伙伴和相关技术。荷兰实施优惠的税收政策、英语普及、劳动力市场富有弹性。总之, 荷兰是中国企业进入欧洲的最佳落脚点。谈及中国企业到荷兰投资遇到的问题时, 纪维德 (Guy Wittich) 认为中国企业需要解决跨文化问题, 寻找合适的合作伙伴及优秀的管理人才是解决之道。

今年是中荷建交40周年, 两国将在经贸、文化等领域开展一系列交流活动。

纪维德 (Guy Wittich) 被称为“汉语讲得最好的荷兰人”。他早



荷兰外商投资局中国事务首席代表兼任荷兰驻上海总领事馆工业事务领事纪维德 (Guy Wittich) 先生在演讲。

在1987年就来到中国台湾, 担任荷兰航空台湾及亚太地区的市场总监 (11年), 后任欧洲商会台湾地区首席执行官等职。2009年到上海出任现职。27年在华的经历已使他成为中国通了, 但他仍很谦虚、谨慎。他说, 由于中国的经济腾飞, 他现在的行程安排非常紧张, 是以小时为单位的。

Guizhou in Beijing Green Event 贵州在京的生态活动



贵州省林业厅法宣处处长李兰丽开场致辞
Li Lanli, Head of the Propaganda Section of Forestry Bureau of Guizhou Province delivering an opening speech

The "Ecological Culture and Ecological Civilization" Forum and the premier screening of the "I Change, the World Changes" Forum's promotional video trailer has been organized in Beijing on July 4, 2014 by Guiyang International Ecological Forum. Co-organizers of the Forum were: International Network for Bamboo and Rattan, Chinese Association of Ecological Culture, International Centre of Rattan, Wetland Protection Centre of National Forestry Bureau, meanwhile executive organizers were: Forestry Bureau of Guizhou Province, Guizhou Minzu University, Committee of Civilized Ecological Construction of Guiyang City, Beijing Songhe Culture and Media Transfer Ltd. The supporters of the event among others included Guizhou Honglicheng Group Corporation, Santefan Mountain Tourism Ltd. and a bunch of fast growing corporations active in environmental protection.

Is there any connection between the cultural awareness of mankind and global warming? Is the idea of putting GDP in the centre of development still prevailing? By looking at the development from the perspective of environmental culture and using the value of the civilized environment for measuring development shall we finally land in an environmental conscious era? These were the questions that emerged in VIP guests and journalists alike after the forum and after watching the 2D promotional animation film created with this main theme in mind.

2014年7月4日上午,由生态文明贵阳国际论坛主办的《生态文化与生态文明》主题论坛暨《我变,世界变》论坛主题宣传片首发仪式在京举行。论坛由国际竹藤组织、中国生态文化协会、国际竹藤中心、国家林业局湿地保护中心协办,贵州省林业厅、贵州民族大学、贵阳市生态文明建设委员会以及北京颂和文化传媒有限公司共同承办,集结了贵州宏立城集团公司、三特梵净山旅业有限责任公司等一批依托良好生态环境和举措取得长足发展的企业。

人类的文化自觉性与气候变化关联吗?以GDP为核心的发展观是否还有生命力?以生态文化的视角看待发展,以生态文明的价值体系来评判发展,是否能将我们引入生态文明新时代?新闻发布会上提前抛出的论坛观点,以及采用二维动画制作的主题宣传片,在众多嘉宾和记者关注的目光中勾勒出一个又一个大大的问号。

国际竹藤组织(INBAR)传媒馆金微介绍:
国际竹藤组织(INBAR)作为第一个总部设在中国的、全球性政府间国际组织高度关注论坛有关“绿色包容性发展”、“生态环境保护”、以及“生态文化”等主题。并于去年作为论坛的支持方之一,开始参与论坛的各种活动。目前(INBAR)共有40个成员国,广泛分布在全球各大洲。



Jinwei of Media House of International Network for Bamboo and Rattan (INBAR) introduced the network saying that the headquarter of INBAR is in China. It is a global, inter-governmental organization which is focusing on issues like "Green Development", "Environmental Protection" and "Ecological Culture". It was one of the supporters of last year's forum and participated in various activities of the forum. It has currently 40 member countries, scattered all around the globe.



国家林业厅党组成员黎平致辞
Li Ping, Member of Party Committee of National Forestry Bureau addressing the audience



鸟网代表北海介绍相关情况
Bei Hai, Representative of Wuwang is giving an introduction

启事

2014全球华人高尔夫邀请赛

为促进全球华人高尔夫球运动,凝聚海外华侨与中国高尔夫球爱好者情谊,由“全球华人高尔夫协会等中美多个球会团体联合举办的”全球华人高尔夫邀请赛“将于金秋10月13日至17日在四川成都举行。

届时还将邀请到海内外政商名流为比赛开球,国内外知名歌星童安格将应邀出席此次活动。

此次比赛将于10月14日在成都大溪谷球场举行练习赛,10月15日比赛中午在成都蓝光观岭高尔夫球场举行开幕仪式,正式打开。10月16日在麓山国际高尔夫举行第二天的比赛,晚上举行闭幕的颁奖晚宴。

同期举办的“中美企业高峰论坛”,邀请中国各地华人企业家代表与美国企业家代表进行会务,共同探讨美过经济发展局势,开发投资项目,携手共创商机。

赛事主席江启光表示,本次比赛吸引到大批来自世界不同地区的华裔高尔夫球爱好者参加,显示华人对高尔夫运动的热爱逐年增加。本赛事举办的目的是搭起体育之桥,促进全球华人华侨体育人士与中国的高球爱好者交流球技,以球会友,增进情谊。历次比赛专业性,挑战性强,参赛选手水平在70杆-100杆之间的业余爱好者,在全球华人高尔夫界获得巨大回响。2012年在中国黄山及2013年在中国昆明的比赛取得了空前成功,中央电视台特地派记者前往采访报道。

今年的比赛移师中国成都,旨在让全球华人体验在中国的高尔夫乐趣,及顺道畅游九寨沟,峨眉山,都江堰等天府美景,体验古色古香的中华蜀汉文化。本次比赛已邀请到来自北美,欧洲,澳洲及南非等各地200名海内外华裔选手参加,中国的选手则来自10几个不同的省市,是一场国际性高尔夫盛会,胜况可期。

详情可上网咨询: www.chinausgolf.com 或拨打电话: (001)626-698-1188



2013年邀请赛集体照



茶海无边 学无止境

——访吴裕泰产品研发质管部经理孙倩

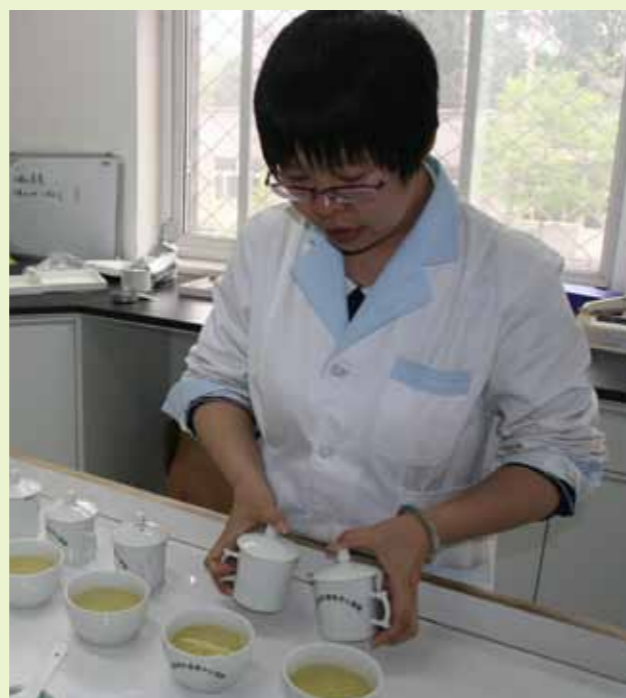
文·图/蒋志均

跟古色古香的茶庄店面不同，坐落在昌平区沙河镇百葛路的北京吴裕泰茶业股份有限公司生产加工、物流配送中心却是另一番天地，除茶香外，笔者嗅到的是中华老字号茶企业的大气。

访国家级评茶师、吴裕泰产品研发质管部经理孙倩而来，有幸目睹了吴裕泰茶人为消费者把好入口关的认真。

洁净的茶叶质检室里，黑白分明的茶台平行排列。黑色台面上，抓小样，看干茶，形色一览无余；白色台面上，观茶汤、闻香气，滋味尽品口中。茶叶质检不仅要理化检验，还要感官品质的鉴定，外行人或许说：“舌尖上的工作，整天有茶喝，多有口福！”孰不知，孙倩和她的伙伴们平均每天要审评80支左右的茶样，光评茶水就要喝上一两桶，“醉茶”是很不舒服的，新手常会头晕恶心。以孙倩为首的吴裕泰质检4人全是年轻女将，爱打扮本是女人的天性，可她们从不敢问津，因为茶叶很敏感，极易受化妆品的影响而产生变化，为了确保审评结果的准确性，她们不用香水、不施粉黛，真可谓“不爱红装爱茶香”了！

孙倩，吴裕泰中层领导中的又一位80后，她毕业于北京商贸学校食品专业，用她自己的话说：“别看我们吴裕泰字号老，可公司里学茶专业的本科生、研究生大有人在，这就要求我这个学食品专业



的更要努力，更要刻苦。”一串回忆一串经历，浓缩她的成长感受为8个字：“茶海无边，学无止境”。

2002年，从学校大门步入吴裕泰店门，机遇让她落脚在王府井旗舰店茶文化博物馆里，这是她畅游茶海的开始；2003年，恰逢吴裕泰一年一度的茉莉花茶专家密码审评，机遇让她可以当面向专家学习请教，且把她留在了质检部；2005年，吴裕泰全面实施QS认证，机遇又让她封闭在京郊新落成的吴裕泰配送中心3个月，有幸参与大量资料的整理，让她登上茶的绿洲；2006年，机遇让她第一次到茶基地独立工作，得以向专家学习审评，了解茶叶加工工艺，让她把握住开启茶叶质检大门的钥匙，且提出为人所信的中肯意见；2008年盛夏，她又穿梭闽东、闽北、广西等茶叶基地，经历了茉莉花茶窈花全过程，并在专家指导下得以全方位提高茶叶审评能力；2009年，机遇再次给了这位有准备的人，到浙江大学评茶专业进修后的她，受命担任了吴裕泰质检部经理。

采访中，谈及刚任经理时来自自身和外界信任度的双重压力，孙倩一度落泪，她说：“为了证明非专业出身的我能胜任这份工作，我只有努力磨练自己。别人休息了，我还在看茶；别人出去玩，我就钻研茶叶书籍。每次审评后，得知我与专家的评定意见一致，并获得茶供应商认可时，身心再累也是舒畅的！”。

采访中，让孙倩感恩的是，她的成长是吴裕泰总经理孙丹威身先士卒、知人善用的结果，她说：“孙总是位精力充沛的人，无论去茶基地视察还是新品种研发，她都身体力行，运用隔离窈制工艺开发大花茶系列正是她亲自提出、督导，亲临现场看拚单的，她把‘制之惟恐不精，采之惟恐不尽’的吴裕泰祖训传承到我的心底。悟性、认真、吃苦、钻研、责任和正直，是我学无止境的永远……”

链接：

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Constant Learning Makes Perfect

An interview with Sun Qian, Wuyutai's manager of R&D and Quality Control

Text and photo by Jiang Zhijun

The Processing and Logistic Center of Beijing Wuyutai Tea Co., Ltd., located in Changping, a suburban district of Beijing, has a different look from its traditional-style tea outlets. Black and white platforms are placed in a parallel manner in its quality control lab. While staffs pick tea samples and test dry tea leaves from the black platforms, they observe tea soups placed on the white ones and smell their fragrances.

Wuyutai's tea leaves and products shall undergo strict tests in its tea quality control center before being delivered to its outlets for retail. The quality control process includes not only chemical tests but also tasting by tea evaluators. According to Sun Qian, Wuyutai's manager of Quality Control and national-level tea evaluator, her colleagues and she will taste 80 types of tea samples and drink at one or two large pots of water. All the four staffs in the quality control department are young women. They like making up but have never used cosmetics, because tea leaves are vulnerable to the influence of cosmetics. In order to ensure the accuracy of evaluation results, they do not use perfumes or cosmetics.

Sun Qian, born in the 1980s, graduated from Beijing School of Commerce and Trade. "The company has many college graduates or postgraduates. As a vocational school graduate in food research, I must be more hardworking and attentive than others. Learning is a lifelong practice for me if I want to stand out and make success in the field of tea industry," Sun Qian said.

Following graduation from school in 2002, Sun Qian became a clerk in the tea museum in Wuyutai's flagship store in Wangfujing, a world-famous shopping street in the downtown of Beijing. In 2013 when she attended the annual expert evaluation on jasmine tea, she was lucky to be accepted by the Quality Control Department. In 2005, Wuyutai launched comprehensive QS certification and Sun was assigned to sort out numerous information and materials for three months at the then newly-built logistic center. In 2006, she began to work independently in tea plantations where she learned more about tea processing techniques and mastered keys to tea quality control. In the summer of 2008, Sun shuttled among tea plantations in Fujian and Guangxin provinces, witnessing jasmine tea scenting process and improving her tea evaluation ability under experts' guidance. In 2009 when she completed a study program of tea appreciation at Zhejiang University, she was promoted as quality control manager.

When asked about pressures from both herself and others when she assumed the position of quality control manager, Sun said, "I had to work very hard in order to show I am competent for this position. I still observed tea leaves when others took rest. I read books on tea when others went out for relaxation and recreation. I felt quite happy when my opinions agreed to those



of experts and when my evaluation results were recognized by tea suppliers."

Sun expressed her special thanks for Wuyutai's general manager Ms. Sun Danwei, who recognized her ability and supported her development in the company. "Sun is an energetic lady. She has paid frequent visits to tea plantations and delved into R&D details for new tea varieties. For instance, it is she who proposed the development of grand jasmine tea varieties using separate scenting technique. I have always kept in mind Wuyutai's motto – Best materials and techniques used to make perfect tea for costumers."

Links:

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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,董事长庄焯宏教授(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。



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国家描述: 美丽的国家

语言: 意大利语

首都: 罗马

人口: 约6030万

货币: 欧元

主要出口产品: 汽车, 石油及制品, 能源和电气工程

加入欧盟时间: 1951年

以何闻名: 意大利面, 披萨, 冰激凌, 节日

名人: 达芬奇

Slogan/Country characteristic: "Il Bel Paese" ("The Beautiful Country")

Name of country in language of origin: Italia

Language(s): Italian

Capital: Rome

Population (in millions): 60.3

Currency: Euro

Main export products: Motor Vehicles; Chemicals and Petrochemicals; Energy and Electrical Engineering.

Date of entry into EU: 1951

Famous for: Pasta, Pizza, Gelato, Holidays

Famous person: Leonardo da Vinci



意大利 Republic of Italy

食谱描述:

博洛尼亚肉酱是来自博洛尼亚的经典食谱。其起源可追溯到几个世纪前, 早在番茄被引入欧洲之前即存在。实际上, 它是一种肉酱, 其中只含有少量的番茄或番茄汁。酱汁以文火慢炖而成, 肉香丰富。酱汁用来配食干面条或宽条面, 作为正餐的头道菜再好不过了。

配料:

- 60克意大利熏肉(或未经烟熏的培根)
- 芹菜1根
- 中等胡萝卜1个
- 中型洋葱1个
- 60+60克黄油
- 3-4汤匙初榨橄榄油
- 盐和胡椒
- 340克牛肉馅
- 340克瘦猪肉馅
- 约100克意大利生火腿, 切碎
- 225克原味意大利香肠, 去皮
- 230毫升干红葡萄酒1杯
- 200克西红柿酱1杯
- 1杯(230毫升)肉汤(如有需要)
- 2汤匙牛奶或鲜奶油
- 250克新鲜意面(或干鸡蛋宽条面)
- 140克磨碎的帕尔马奶酪

烹调指南:

将熏肉, 芹菜, 胡萝卜, 洋葱切碎。将60克黄油和橄榄油放于中等大小锅中。当黄油开始发泡, 放入蔬菜丁, 盐和胡椒。翻炒至洋葱变软呈半透明状。

加入牛肉馅, 猪肉馅, 切好的生火腿和香肠。改为中火, 煮至肉呈金黄色。用木勺搅拌, 将肉碾成小块。加入葡萄酒。改为中高火, 使葡萄酒蒸发。

加入番茄, 改为文火慢炖, 酱汁慢煮至少3个小时。如果酱汁过于浓稠, 加入少量肉汤。

加入牛奶(或奶油)和60克黄油, 锅离火。加入盐和胡椒调味。

在做好的酱汁上撒入帕尔马奶酪屑并搅拌。食用时, 可根据口味添加更多帕尔马奶酪屑。

Recipe description:

Ragù Bolognese is a classic recipe from Bologna. The original recipe goes back centuries, before the introduction of the tomato to Europe. In fact it is a meat sauce and there is only a small quantity of tomatoes or tomato extract. The sauce is very slowly cooked on low heat and the final flavor is meaty and rich. The sauce is used to dress tagliatelle or fettuccine, and is a wonderful first course for any formal dinner.

Ingredients for recipe:

- 60 g pancetta (or substitute with un-smoked bacon)
- 1 celery stick
- 1 medium carrot
- 1 medium onion
- 60 + 60 g butter
- 3-4 tbsp. extra-virgin olive oil
- salt and pepper
- 340 g ground beef
- 340 g ground lean pork meat
- 100 g prosciutto, finely ground
- 225 g unflavored Italian sausage, skin removed
- 1 cup (230 ml) dry red wine
- 1 cup (200 g) tomatoe purée
- 1 cup (230 ml) broth (if necessary)
- 2 tbsp. milk or heavy cream
- make fresh pasta or substitute with 250 g dry egg fettuccine
- 140 g parmigiano reggiano cheese, freshly grated

Recipe instructions:

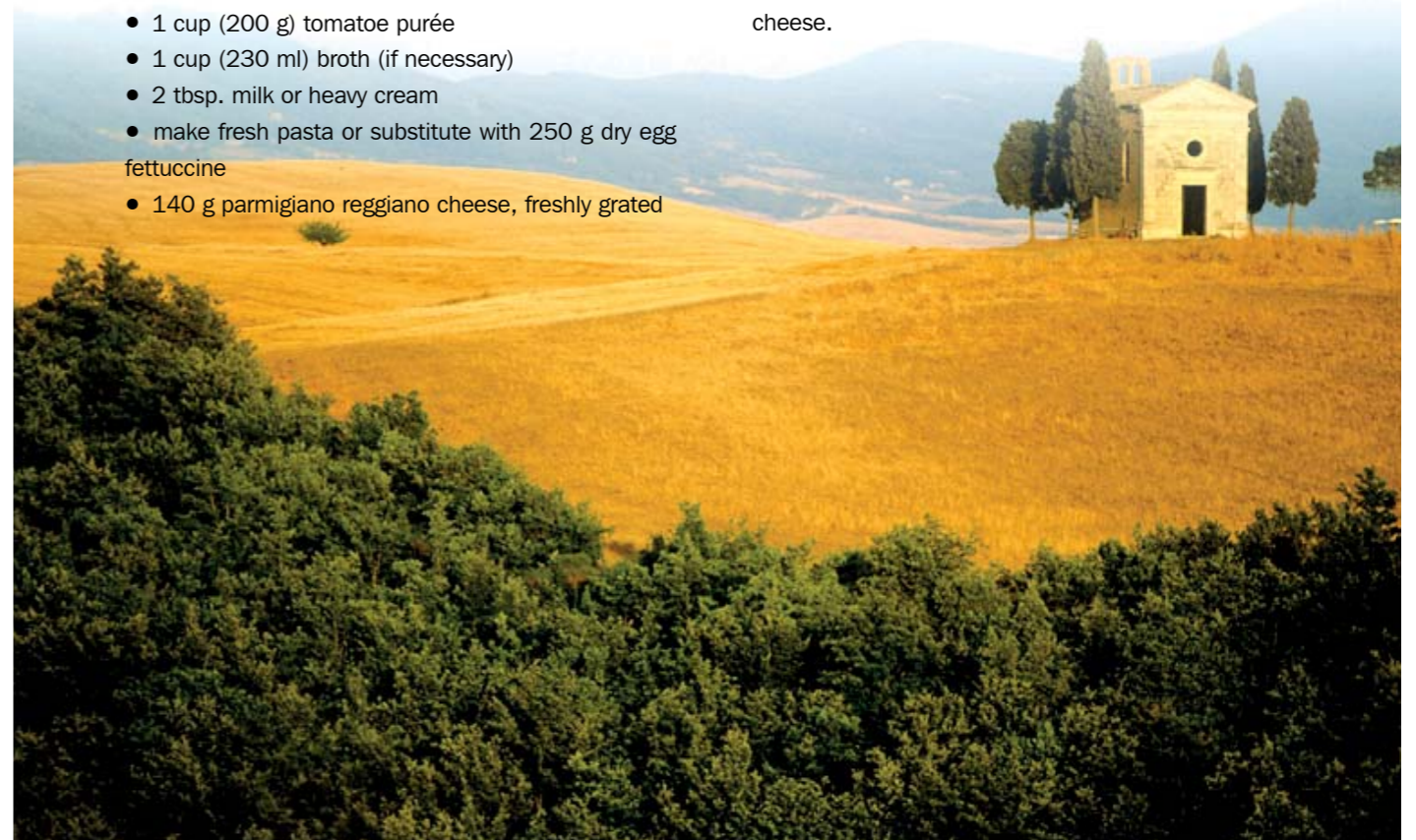
Chop finely together the bacon, celery, carrot, and onion. Place 60 g of the butter and olive oil in a medium size saucepan. When the butter starts foaming add the chopped vegetables, salt, and pepper. Sauté until onion becomes soft and translucent.

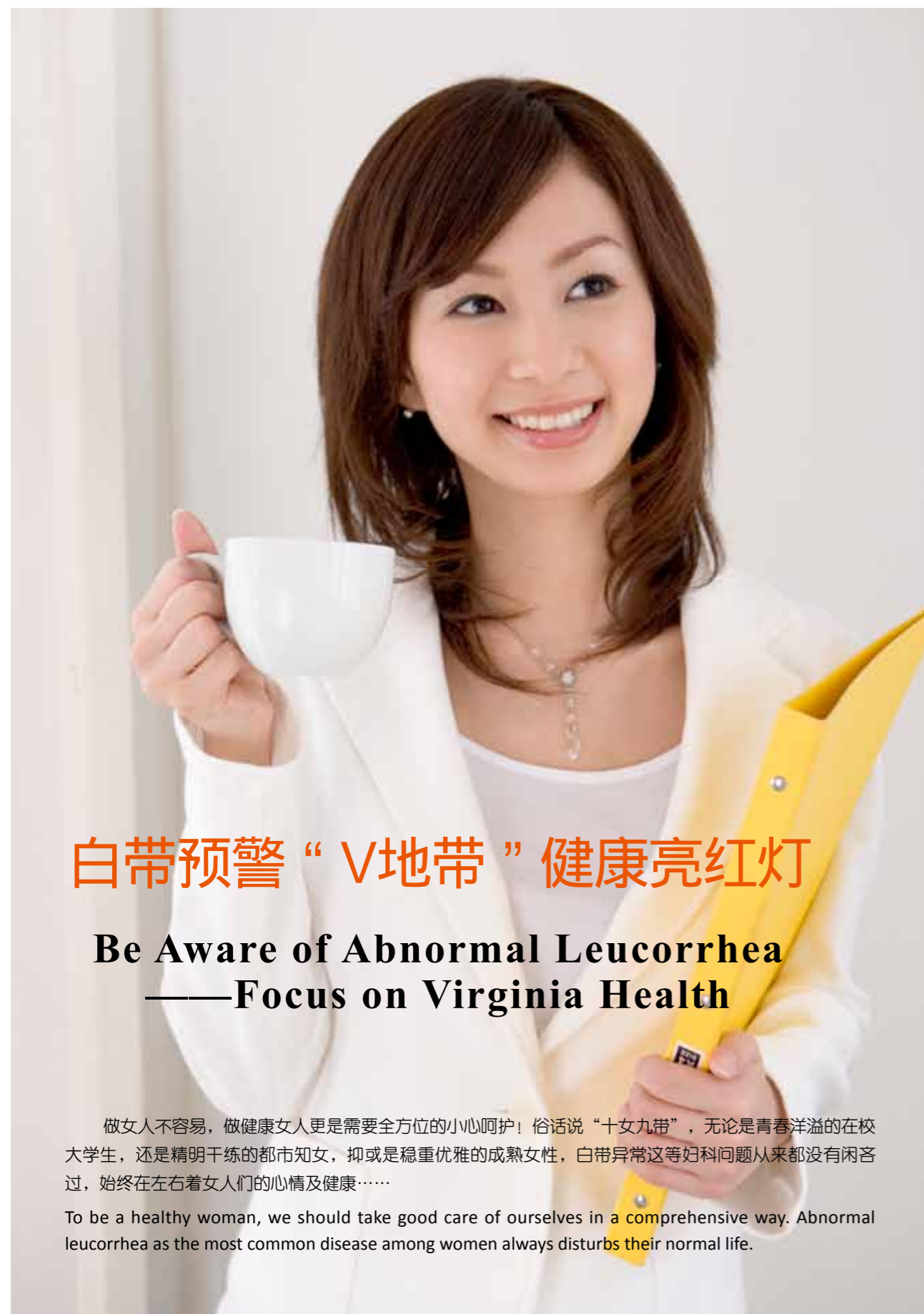
Add the ground beef, ground pork, ground prosciutto, and sausage. Turn the heat to medium and cook until meat is browned. Stir and break the meat in small bits with a wooden spoon.

Add the wine. Turn the heat to medium-high and let the wine evaporate. Add the tomato and lower the flame to a very slow simmer. Let the sauce cook very slowly for at least 3 hours.

Add a small quantity of broth if the sauce thickens too much. Stir in the milk (or cream) and 60 g butter just before removing the saucepan from the heat. Adjust salt and pepper.

Top with the sauce, the parmigiano reggiano cheese, and toss. Serve accompanied by a small bowl with more grated parmigiano reggiano cheese.





白带预警“V地带”健康亮红灯

Be Aware of Abnormal Leucorrhoea ——Focus on Virginia Health

做女人不容易，做健康女人更是需要全方位的小心呵护！俗话说“十女九带”，无论是青春洋溢的在校大学生，还是精明干练的都市知女，抑或是稳重优雅的成熟女性，白带异常这等妇科问题从来都没有闲错过，始终在左右着女人们的心情及健康……

To be a healthy woman, we should take good care of ourselves in a comprehensive way. Abnormal leucorrhoea as the most common disease among women always disturbs their normal life.

有白带是正常现象吗？

众所周知，白带是女性正常的生理现象，是女性生殖器官分泌经阴道排出的一种对人体有益的液体。健康的女性都有白带，它可以使阴道保持一定的湿度，对防止病菌侵入很有好处。

正常的白带是白色的，有时透明，有时粘稠，无异味，其量及性状随月经周期稍有变化。青春期的白带受雌激素影响，有周期性的变化，有时增多，有时减少；排卵期的白带透明、量多，而其他时间则量少、粘稠。生理性白带的出现，预示着2-3年以后将有月经来潮。如果到了青春期不见白带，这是一种异常现象，应警惕处女膜闭锁或卵巢发育不良等问题，需就医检查。另外，白带的形成与雌激素有密切关系，故青春期的女孩一般是没有白带的，直到青春期后卵巢开始发育，并分泌雌激素，这时才开始出现白带。当女性绝经后，由于卵巢功能衰退，体内缺少雌激素，阴道也会变得干燥而无白带。

什么是白带异常？

女性青春期开始后，受到卵巢雌激素的作用，白带也有周期性的增减。平时白带的量并不多，也没有刺激性，但在月经前后的两三天、排卵期、妊娠期时，白带会有所增多。特别是排卵期，子宫颈管的腺体分泌增加，并且变得稀薄，使阴道的酸碱度降低，有利于精子的存活和通过，易于受孕。所以说，生育年龄性周期正常的女性，都应该有白带流出，这是生理性的白带，这种白带无气味，具有湿润阴道、排泄废物、抑制细菌生长的作用。

而另一类与之相对的就是病理性白带，多由炎症引起，临床上常见的病理性白带：无色透明粘性白带、白色或灰黄色泡沫状白带、凝乳状白带、水样白带等。如果平时白带无原因地增多，或伴有颜色、质地、气味的改变，就应该提高警惕。

分龄诊断 解读白带异常的几种情况

安娜在婚后出现了白带异常的症状，白带量比婚前多不说，还呈粘稠状并伴随阴部潮湿，下腹部疼痛等症状。

专家诊断

婚后性生活不洁易导致宫颈糜烂、卵巢功能失调等症状，而白带量比婚前多且呈粘稠状并伴随阴部潮湿应该能排除宫颈糜烂及输卵管肿瘤的情况。但若白带长时间持续流出淘米水一样的白带，并伴有特别的臭味（像鱼腥味）的话，就要考虑宫颈癌、阴道癌、黏膜下肌瘤伴感染等病症。如果间断性的排出黄色或红色的水一样的白带，就要考虑是不是患有输卵管癌。

专家提醒：年轻人，性生活可要注意卫生！

Ada是一位高龄孕妇，有糖尿病史，已怀孕3个月。近段时间下身经常奇痒无比，白带呈豆腐渣状，这让她非常困扰。

专家诊断

豆渣、凝乳状白带，并伴有外阴瘙痒、灼痛等情况是念珠菌阴道炎（霉菌性阴道炎）的典型特征。孕妇患病后，极少数人阴道中的念珠菌能经宫颈上行，以致穿透胎膜感染胎儿，引起早产。另外，

当胎儿经母亲阴道分娩时，也可能被念珠菌感染，多引起口腔念珠菌病。而且有些婴儿还可能出现肛门周围念珠菌性皮炎。由此可见，为避免感染胎儿，孕妇患霉菌性阴道炎后应积极治疗。

专家提醒：孕妇也要小心白带异常！

丽丽是一名大学生，前段时间她突然发现自己的白带变成灰黄色，阴道伴有强烈的瘙痒感，现在这种情况她不知道应该向谁去诉说。

专家诊断

通常白带呈灰黄色泡沫、有腥臭，并伴有外阴瘙痒感是滴虫性阴道炎、细菌性阴道病的特征。确诊方法需通过女性阴道分泌物涂片检查，若在显微镜下可观察到病原体——滴虫，即可确诊。女性阴道内可能长期存在阴道毛滴虫，它们消耗或吞噬阴道上皮细胞内糖原，阻碍阴道内的乳酸生成，改变阴道PH值，诱发阴道细胞发育变异，从而导致阴道癌的发生。

专家提醒：大学生需防滴虫性阴道炎！

艾琳年届四十，这几年她明显感到白带增多，且呈脓性或浆液性，颜色为黄色或浅黄色，有明显的恶臭味，小腹疼痛明显、坠胀感明显、腰部酸痛，性交后症状加剧。

专家诊断

黄色脓样白带，有臭味可能是滴虫、淋菌等细菌所致的急性阴道炎、宫颈炎、盆腔炎，并且宫颈癌、阴道癌也会引起这样的白带。同时小腹疼痛，有下坠感，在劳累或性生活后症状加重。统计表明，40%~50%的女性不孕症及妇科疾病都是由女性盆腔炎所致。另外，如果混有血液，就很有可能会患有宫颈癌、子宫内膜癌、宫颈息肉、子宫黏膜下肌瘤等。不过放置避孕环后，也可能出现混有血液的白带。

专家提醒：中年女性需警惕盆腔炎！

拒绝异常 打响女性“V健康”保卫战

防治白带异常，首先是注意个人卫生，同时要经常观察白带的情况，一旦发现异常应及时就医，在医生的指导下找出病因，作出及时的对应处理和预防。做到早发现、早预防、早治疗，决不能置之不理或盲目处理。

不可忽视的白带检查

检查白带是否正常，要从量、色、质地、气味几方面观察，正常的白带应该是乳白色或无色透明，无异味的液体，其分泌量、质地受体内雌、孕激素水平高低的影响。一般月经期后白带量少，至排卵期前，由于女性体内雌激素水平升高，使排卵期时白带增多，质稀，色清，外观如鸡蛋清样，能拉长丝；排卵后期，雌激素水平渐低，孕激素水平升高，这时的白带质地稠厚，色乳白，延展性变差，拉丝易断。另外，也有些生理现象如妊娠、口服避孕药时，会出现白带增多，其原因也与体内雌、孕激素水平的变化有关。

读懂你的白带常规化验单

1、pH值：正常pH值为4.5左右。阴道内呈弱酸性，这是阴道的自净作用，可以防止致病菌繁殖。如果患有滴虫性或细菌性阴

道炎时, pH值上升, 可大于5~6。

2、阴道清洁度: 分为四度, I~II度属正常, III~IV度为异常白带, 表示阴道有炎症。

3、霉菌与滴虫: 白带经过处理后在显微镜下可以发现有无滴虫或霉菌, 如存在滴虫或霉菌均用“+”来表示。这一符号只说明你已经感染了滴虫或霉菌, 并不说明感染的严重程度。

4、胺试验: 检查细菌性阴道病的方法。通过对白带中的胺试验反应阳性, 可以做出诊断。

5、线索细胞: 检查细菌性阴道病的方法。很多细菌凝聚在阴道上皮细胞周围, 使它边缘模糊不清, 这就是线索细胞, 是细菌性阴道病最敏感最特异的体征。

LINK: “V地带”常保健康的三大秘方

时刻保持干净、清洁

保持“V地带”的干净、清洁, 对于女性来说, 是必须要做的一件事。正常情况下, 女性应尽量只用清水冲洗外阴, 但应避免让清水灌入阴道内, 清洗次数以每天1次为宜。清洗时, 不要选用酸性或碱性的洗液以及具有强效杀菌作用的护理液, 这类产品易改变内阴环境的酸碱平衡, 破坏内阴及宫颈的自洁系统, 降低人体自身的免疫力, 反而更易引发妇科炎症。

减少护垫的使用频率

不少女性觉得护垫用起来很卫生也很方便, 特别是月经前后阴道分泌物较多时, 很多人都会选择使用护垫。不过, 频繁地使用护垫对女性健康没有任何好处, 因为护垫表面胶质透气性差, 会令“V地带”密不透气, 成为病毒滋生的温床。所以护垫能不用就不用, 即使用的话, 也要勤于更换, 减少病菌滋生的机会。

纯棉内衣防V区感染

女性朋友, 为了防止妇科病的发生, 还要保护私密处不受病菌感染。百分百的纯棉内裤是V区最贴心的保护。此外, 尽可能减少穿紧身牛仔裤和其他箍紧臀部的衣物, 它们都会引起体温升高、细菌滋生, 从而加剧酵母菌的数量, 引发阴道炎。

To be a healthy woman, we should take good care of ourselves in a comprehensive way. Abnormal leucorrhoea is the most common disease among women always disturbs their normal life.

Is it normal for women having leucorrhoea?

As we know, leucorrhoea is a normal physiological phenomenon of women, which is a useful liquid secreted by female genital mutilation. It can make the vagina to maintain a certain amount of humidity, preventing bacteria invasion.

Normal leucorrhoea is white, clear and sticky with no bad smell. Its volume and character can change slightly during the menstrual cycle. The emergence of leucorrhoea indicates that you will experience your first menstrual cramps after two or three years. In addition, leucorrhoea is related to estrogen therapy, so it's abnormal that you have no leucorrhoea until adolescence.

In that case, you should be wary of some problems such as atresia hymenalis or ovarian dysgenesis also need a medical treatment check. Because of premature ovarian failure and estrogen reducing, postmenopausal women will appear some symptoms such as colpoxerosis and fewer leucorrhoeas.

What is abnormal leucorrhoea?

Normal females should have a physiological leucorrhoea.

This leucorrhoea with no odd smell can moist our vagina, excrete vaginal garbage and inhibit bacterial growth. Pathological leucorrhoea is normally causing by inflammation. You should be more carious when your leucorrhoea increases unreasonably with a change of color, texture and smell.

Diagnosis in different ages—Analysis several cases of abnormal leucorrhoea

Case one:

Anna appears some symptoms of gynecological disease after marriage.

Experts diagnosis:

Dirty sex may cause some symptoms such as cervical erosion, ovarian dysfunction in your marriage life. If your leucorrhoea is viscous and consonantly accompanied by special smell as fishlike smell for instance, you may get some diseases such as cervical cancer, vagina cancer or submucous myoma with infection. And if your leucorrhoea represents watery appearance with yellow or red, you may get carcinoma tubae.

Expert advice: Young people should pay attention to sex hygiene.

Case two:

Ada is an elderly primipara with diabetes. Recently, she feels pruritus vulvae and her leucorrhoea represents residue status.

Experts diagnosis:

The typical characteristics of candidal vaginitis are leucorrhoea representing the appearance of emulsus or residue with symptoms as pruritus vulvae, vulvar causalgia. Pregnant women infected this inflammation may not cause premature delivery, however, the newborn baby will be infected with the bacteria during the producing process, causing oral candidiasis. Thus, In case of infection your baby, pregnant women with candidal vaginitis should take treatment initiatively.

Expert advice: Pregnant women should also be careful with abnormal leucorrhoea.

Case three:

Lily is a college student. Recently, she suddenly found the color of her leucorrhoea becoming grayish-yellow, accompanying with intense feeling of pruritus vulvae.

Experts diagnosis:

The symptoms are the typical characteristics of trichomonas vaginitis and bacterial vaginosis. You could be diagnosed by finding trichomonas in your vaginal secretion smear. Trichomonas may consume or devour our vaginal epithelial cell glycogen, causing the variation of cells and vaginal carcinoma.

Expert advice: College students should be careful with trichomonas vaginitis.

Case four:

Erin is 40 years old. Recently, the quantity of her leucorrhoea is increasing and represent the status of purulent and serous with yellow. And the symptoms such as abdominal pain with obvious heavy feeling, waist soreness will aggravate after exhaustion or sexual intercourse.

Experts diagnosis:

Statistics show that 40% ~ 50% of female infertility and gynecological diseases are caused by the female pelvic inflammatory disease. In addition, if leucorrhoea mixed with blood, it will most likely suffer from cervical cancer, endometrial cancer, cervical polyps, submucosal myoma of uterus and so on.

Expert advice: Middle-aged women should guard against with pelvic inflammation.

Reject abnormal and start a female "V-health" Protection.

To prevent abnormal leucorrhoea we should pay attention to personal hygiene and observe it simultaneously. If any abnormal symptoms have emerged, you should go to hospital having a professional examination as soon as possible.

Cannot ignore leucorrhoea examination

To judge our leucorrhoea is normal or not, we should observe it from volume, color, texture and odor. Normal leucorrhoea should represent milky white or colorless without malodorous odor, which it is influenced by estrogen and progesterone in our body. In addition, there are some physiological phenomena such as pregnancy; oral contraceptive will also cause leucorrhoea increasing.

Understand your leucorrhoea conventional paper.

1. PH Values: Normal PH value of our vagina is 4.5; however it may rise to more than 5 or 6 by causing of trichomonas vaginitis or bacterial vaginosis.

2. Vaginal cleanliness: It was divided into 4 degrees, I ~ II means normal, III ~ IV represents abnormal leucorrhoea, your vagina have some inflammation.

3. Mould and trichomonas: It will represent "+", if you have infected with one of those things.

4. Test of Amine: The inspection method of bacterial vaginosis.

Link: Three tips for "V" health.

1. Always Keeps cleaning

Under normal circumstances, women should use clean water to rinse vulva one time per day, and should avoid letting water into your vagina. When cleaning, do not use acid or alkaline lotion, as well as strong sterilizing care solution. Those kinds of products are easily to change the acid-base balance in our vagina, which it may disrupt the self-cleaning system of our vagina and make us more easily to suffer from gynecological inflammation.

2. Reducing the frequency of using the pad.

Many women feel that pads are both healthy and convenient, especially for those days around menstrual period. However, using pads continually have no benefits for women's health at all. The gum on the surface of pad will affect its permeability, which means it can easily become viral breeding ground.

3. Wearing pure-cotton underwear.

For female, pure-cotton underwear is the best protection for our private parts. In addition, as far as possible to reduce the frequency of wearing skinny jeans, because it may cause body temperature rose and bacteria breeding.

指导专家: Panel Specialist



李蔚范 Weifan. Li

教授 主任医师 Professor Chief Physician Master Tutor

北京五洲妇儿医院副院长、妇科首席专家。北京大学临床肿瘤学院北京肿瘤医院妇科科主任, 曾任北医人民医院妇产科副主任, 现任北京性健康教育研究会理事; 北京大学医院妇女肿瘤中心特聘专家; 已被收录世界名人录《WHO IS WHO》、《北京市名医名院录》。中华新医学杂志编委。从医40余年, 对妇女常见多发的炎症疾病, 内分泌疾病, 月经失调, 不孕不育症的诊断、治疗有很高的水平。尤其擅长采用宫腔镜、腹腔镜等微创技术治疗各种妇科肿瘤及女性不孕症的诊疗, 在国内首先开展了卵巢癌患者的高剂量化疗及干细胞移植, 取得了明显的效果, 达到国际水平。

Dr. Li is the chief gynecologist and deputy general manager who has been working in clinic more than 30 years. She was recorded in the book of 《Who is who》. Dr. Li is specialized in treating various diseases of women, including common inflammation, endocrine dyscrasia, menstrual disorder and infertility.

Dr. Li is an expert in all kinds of gynecological tumor and infertility through minimally invasive techniques such as hysteroscopy and laparoscopy. She was also the first expert in China treating ovarian cancer patients with high dose chemotherapy and stem cell transplantation, which it's gaining a big success.

女性健康科学管理 顺利度过更年期

Scientific Management of Women's Health through Menopause

女性更年期一般指绝经前后的一段时间，是女性必然经历的自然过程，但更年期也与一些健康问题相关，如骨质疏松症、心血管疾病等。北京五洲妇儿医院专家建议，女性应该对此予以重视，采取适当的措施，预防或延缓绝经期相关的疾病。

Menopause refers to the periods before and after the menstruation is ceased. It is an inevitable experience for women and may cause some health problems such as osteoporosis and cardiovascular disease. Expert from GlobalCare Women & Children's Hospital suggests that females should take actions to prevent from or delay menopause-related diseases.

围绝经期标志着女性更年期的开始，一般出现在45-55岁之间，此期间的女性会发生：月经紊乱、潮热、情绪易激动、记忆力减退、睡眠不好易心慌、血压升高、尿频、尿失禁、脂肪堆积腹部发胖、运动系统退化等肌肉力量减退、乏力，也就是所谓的“更年期综合征”。

更年期的到来有两个主要信号：

一是月经周期连续出现不规律的状况（月经周期变化超过7天）。

二是自己感觉出现潮热、多汗、情绪难以控制等症状。当出现以上表现时，也应到医院就诊，以确定是否为卵巢功能下降所致。

北京五洲妇儿医院妇科专家陈志华主任介绍，更年期是女人必然经历的一段自然过程。如同衰老是自然过程，更年期也会给人体健康带来一些威胁，同样需要关注。

更年期是每个人都会经历的一个生理阶段，在这个阶段人体内重要调控激素——雄激素（睾酮）和雌激素（孕激素、雌二醇等）的水平发生变化，会引起人体体征发生相应的改变，女性尤为明显，身体会出现衰老的变化。随着女性体内雌性激素水平的降低，在绝经前后可能会出现一系列更年期症状，如潮热、出汗、急躁、睡眠不佳及无法控制情绪等。除此之外，绝经还与骨质疏松、心血管疾病及老年痴呆等有关，这些往往会给人们的健康及生活带来重要危害。不要回避，时时关注你身体出现的问题，通过科学干预，顺利过渡人生特殊时期。

女性停经后身体悄悄在改变

停经6个月——活性卵泡减少

卵巢活性降低，活性卵泡数量减少，开始出现衰老变化，皮肤变的干燥、色斑、皱纹滋生。

停经1年——卵巢萎缩 衰老加剧

卵巢进一步萎缩，内源性雌激素减少，导致皮肤胶原蛋白大量流失，身体机能进一步衰退，身材走样、局部肥胖、皮肤松弛下垂。

停经2年——卵巢功能衰竭

卵巢功能严重退化，身体出现一系列不适反应，心悸、潮热、盗汗等更年期症状逐渐出现，皮肤失去光泽、失眠多梦、乳房萎缩下垂。

停经3年——生殖器官萎缩

卵巢、子宫、阴道都开始萎缩，分泌物减少、阴道干涩、性欲减

退、白发脱发等现象明显，局部肥胖严重，女性体型消失，声音低沉，偶有多毛现象。

规范补充激素可预防疾病

对于绝经期的健康管理包括很多方面，如心理、饮食、运动、药物调理等，其中药物调理又分非激素治疗和激素治疗。绝经使女性体内雌激素水平下降，补充雌性激素对于改善更年期症状、缓解泌尿生殖道萎缩问题以及预防绝经后骨质疏松、心血管疾病等是有益的，是预防这些绝经相关疾病的有效方法。当然，绝经激素治疗不能滥用，而要在医生的指导下规范使用。

据调查，女性更年期症状的平均持续时间为2—4年，但具体时长因人而异，有些人甚至达到10年或更长。绝经女性中一半以上的人群都会出现或轻或重的更年期症状，约有10%的人群症状比较严重，但仅有2%的女性用激素治疗。这是因为大众对激素存有观念性误区，认为使用激素会对身体不好，特别是觉得会发胖。其实，激素的种类分很多种，如类固醇、氨基酸衍生物、肽与蛋白质类、脂肪酸衍生物等，而我们所讲的女性激素和皮质激素是不同的，它的补充并不会造成肥胖。围绝经期的女性，由于卵巢功能退化机体缺乏激素，由此会引发很多健康问题，此时在医生的专业指导下，外源的给与具有性激素活性的药物，可以纠正性激素不足缓解更年期综合征。



Perimenopause represents the beginning of female menopause, which generally appears around the age of 45 to 55. During this period, some symptoms may appear such as menstrual disorder, emotional disturbance, memory deterioration, insomnia, obesity, hypodynamia and night sweating, which are typical symptoms of climacteric syndrome.

● Two main manifestations of menopause:

1. The menstrual cycle is constantly irregular.
2. Hypodynamia and hyperhidrosis and so on.

✘ Expert advice: If you have those symptoms, you should see the doctor to check if they are driven by ovarian function change.

• As introduced by Dr. Weifan Li, director of GlobalCare menopause care center, menopause is an inevitable experience for women just like aging. It also requires attention and care since it might bring health challenges. During the menopause period, the secretion levels of androgen (testosterone) and estrogen (progesterone and E2, etc) change which can cause some changes to the life signs such as aging. Along with decrease of estrogen during the perimenopause period, women might suffer a series of menopausal symptoms such as hypodynamia, hyperhidrosis, impatience, insomnia and uncontrolled emotion, etc. In addition, it might cause osteoporosis, cardiovascular diseases and senile dementia. Watch for these symptoms to successfully get through the menopause period through scientific interventions.

● The changes for postmenopausal women.

1. Menopause for 6 months——the quantity of active follicle is decreasing

Ovarian senescence may cause dry skin, face splash and wrinkle.

2. Menopause for 1 year——ovarian atrophy, accelerated aging

Ovarian atrophy leads to the decrease of endogenous estrogen and loss of collagen, causing physical hypofunction, local obesity and cutis laxa.

3. Menopause for 2 years——ovarian failure

Severe degradation of ovarian function might cause a series of adverse reactions such as climacteric symptoms, dull skin, insomnia and mastoptosis.

4. Menopause for 3 years——atrophy of reproductive organs

Atrophy of ovarian, uterus and vagina cause reduced g secretion in vagina, hyposexuality, alopecia, local obesity and loss of female natures.

● Supplement hormones to prevent from disease.

The health management of menopause involves many aspects such as psychology, diet, activity and medication. Since menopause decreases female's estrogen level, supplementing estrogen under medical orders is beneficial in alleviating climacteric symptoms, relieving urogenital atrophy and preventing postmenopausal osteoporosis and cardiovascular

diseases.

According to the survey, the average duration of female menopause is two to four years but may extend to 10 years for some people. More than half of postmenopausal women suffer climacteric symptoms with 10% of them in serious disease condition. However, only 2% of affected women choose hormone therapy because the public is under the wrong impression that hormone might cause health problems especially obesity.

In fact, there are many types of hormones such as steroid, amino derivatives, peptide, proteins and fatty acid derivative. The female hormones we are talking about are different from cortical hormone and will not cause obesity. Due to degradation of ovarian function and lack of hormones, postmenopausal women may suffer a series of health issues. External supplement of estrogen under the doctor's professional guidance can help adjust the deficiency of sex hormone and alleviate the symptoms of climacteric syndrome.

指导专家 Panel Specialist



陈志华 Zhihua. Chen

副主任医师 Deputy Chief Physician

北京五洲妇儿医院妇科专家。毕业于北京医科大学，有着20余年的妇科临床工作经验，掌握妇产科常见病、多发病的诊治，尤其擅长于女性不孕不育、外阴白色病变、外阴瘙痒、慢性宫颈炎、阴道炎、妇科内分泌疾病、功能性子宫出血、闭经、围绝经期综合症的诊治。运用“海极星”超声聚焦治疗仪，中西医结合全方位综合治疗外阴白色病变、外阴瘙痒有独到的见解。

Graduated from Peking University Health Science Center, Dr. Chen has been working in clinical gynecology for over 20 years. Dr. Chen is specialized in treating various gynecologic diseases, including female infertility, white lesions of vulva, chronic cervicitis, gynecologic endocrine diseases, dysfunctional uterine bleeding, amenorrhea and perimenopausal syndrome. She is an expert in the integrated treatment of pruritus vulvae through ultrasonic therapy.

子宫内膜异位 好“孕”不在

ENDOMETRIOSIS MAY CAUSE FEMALE INFERTILITY

子宫内膜异位症是一种常见的女性疾病，也是一种“现代病”。顾名思义，子宫内膜异位症就是本来长在子宫腔内的子宫内膜组织“跑”到子宫腔以外的地方，因而造成的疾病。

何为子宫内膜异位？

简单来说子宫内膜异位症就是在生理状态下子宫内膜跑到子宫外面去生长发育。子宫内膜异位症是一个常见的疾病，甚至在妇产科里认为是在占头两位的发病率高的疾病，在人群里一百个育龄妇女就有十个患有子宫内膜异位症，只不过轻重程度不一样。子宫内膜异位症作为一个需要手术和药物都要参与治疗的疾病，也是医院里主要病人的疾病。甚至能占到妇科病人的一半左右。

异位症，哪些人易中招？

一百个育龄女性中就有十个患有子宫内膜异位症，只不过轻重程度不一样。那么哪些人容易中招呢？

1. 有遗传史的人

子宫内膜异位症虽然是一种后天疾病，但与遗传的关系非常大，可以占到发病机理的一半以上，也就是说，在诸多致病因素中，遗传因素是一种多见因素。如果自己的上一辈，如姑姑、母亲、姨妈等，只要有一个人得过子宫内膜异位症，那么你得这个病的风险就比没有这些遗传因素的人高 30 倍。这一遗传现象在同一辈的姐妹之间也非常明显，如果同一辈的姐妹之间有一人有这种病，那么其他人至少有 40% 的机率也会患此病。因此需要提醒所有女性，如果家里面有子宫内膜异位症家族史的话，你患上此病的可能性就会比别人高很多，一旦发现子宫内膜异位症的某些症状，就要抓紧时间去医院检查治疗。

2. 有宫腔手术史的人

宫腔手术包括子宫切除术、剖腹产手术、早期中期妊娠刮宫术、分娩时的会阴侧切术、人工流产术等。手术过程中，宫腔中含有内膜的血液容易被移植到腹腔、腹壁、会阴等处，都可使子宫内膜移植到宫外异常生长。流产吸宫时突然降低宫腔内负压、刮宫取胎或切除子宫时不慎将部分内膜组织遗落腹腔内以及经期查子宫等，都可造成子宫内膜移植而引起子宫内膜异位症。因此凡有过这些手术经历的人，罹患子宫内膜异位症的可能性也比其他人要高得多，平时应注意身体出现的一些症状，以便及时检查就医。

3. 内分泌失调的人

内分泌失调可以引起很多妇科疾病，子宫内膜异位症就是其中之一。这是因为异位的子宫内膜，无论来源如何，其生长变化均与卵巢内分泌有关，雌激素能促进其生长，孕激素能使其抑制。对于内分泌失调的女性来说，大多是雌激素分泌过多，而孕激素缺乏，致使此病的发生和发展。凡内分泌功能不正常的女性，都要警惕子



宫内膜异位症的发生。

4. 生殖器官异常的人

如阴道闭锁、宫颈狭窄、子宫后倾等，都属于女性生殖器官异常，此种情况下，经血外流不畅甚至受阻，会导致经血倒流而进入盆腔。经血本身就是脱落的子宫内膜，这些脱落的子宫内膜仍有一定的生存能力，当它们倒流进入其他部位后，都可能在新的位置移植生长。

5. 免疫防御功能缺陷的人

对于免疫防御功能正常的人来说，当有经血逆流至腹腔时，人的免疫防御系统会自然被激活，把子宫内膜这一不速之客当作一种异物，动员出大量的免疫细胞及体液围歼消除，从而可以避免子宫内膜异位症的发生和发展。而对于体内免疫防御功能缺陷的人来说，被移植到腹腔等部位的子宫内膜就难以被及时清除，从而发展成为子宫内膜异位症。

警惕！久坐易患子宫内膜异位症

久坐容易导致盆腔充血，使附件和宫颈血液循环不畅通，易导致子宫内膜异位症、宫颈炎、宫颈糜烂等疾病。

长期处于久坐状态的白领女性面临多重考验，工作压力大，生活负担重，环境因素等，一些妇科炎症也会趁机扰乱生活。白领女性长时间坐着，缺乏正常运动，导致气血循环出现障碍，月经来临时不够顺畅，导致经血逆流，引起腰腹疼痛；长时积压，就会形成肿块，进而引起子宫内膜异位症。

Endometriosis as a common disease among females in our modern life may cause a series of gynecological problems, especially female infertility.

● What is endometriosis?

Simply speaking, endometriosis means that endometrium under the physiological condition is growing and developing outside of our womb. The prevalence rate of endometriosis is very high, 10% of reproductive women will have endometriosis in different severity. Endometriosis as a common disease requiring both surgery and drugs treatment is also the main disease of gynecologic patients in hospital.

● Which people are easily to suffer from endometriosis?

1. A person with genetic history.

Although endometriosis is an acquired disease, but it was still intimately related to genetic factor. If any of your previous generations such as aunts, mothers, aunts suffered endometriosis before, than the risk of you to suffer this disease is 30 times higher than other people who without genetic factor. What's more, this genetic phenomenon is also obvious among contemporary. Under that circumstances, you should be pay more attentions on endometriosis than others.

2. A person with a uterine cavity operation.

Uterine cavity operation includes hysterectomy, caesarean section, pregnancy uterine curettage, lateral episiotomy, artificial abortion and so on. In the progress of surgery or menstrual examination, the endometrial tissues may leave in our abdomen, causing endometriosis. Therefore, those person who have experienced surgery as we mentioned may have a higher chance suffering endometriosis.

3. A person with endocrine dyscrasia.

The endocrine dyscrasia can cause many gynecological diseases and endometriosis is one of them. As the growth of ectopic endometrium is related to ovarian endocrine. Most of women with endocrine dyscrasia is excessive estrogen and inadequate progesterone, causing endometriosis.

4. A person with abnormal reproductive organs.

Vaginal atresia, cervical stenosis and retroversion are all belonged this type. Under this circumstances, if menstrual blood was obstructed, it may cause menstrual blood flowing back into the pelvic cavity. But the shedding endometrium still has survival ability, which it may grow or transplant to a new location in our private parts.

5. A person with immune function deficiency.

To those person with normal immune, when the menstrual blood reflux into the abdominal cavity, their immune defense system will naturally activate and mobilize massive immune cells and body fluid to eliminate endometrium. However, for those person who have immune deficiency, the endometrium may not be eliminated completely. And that's why they are much easier

suffering from endometriosis.

● Do not relax your vigilance——Long-time sitting may cause endometriosis.

Long time sitting has gradually become a common problem for modern people due to high-pressures from both work and life and lack of exercise. Sitting for a long time may cause pelvic hyperemia, affecting blood circulation, forming masses and suffering from endometriosis eventually.

指导专家 Panel Specialist



周红 Zhou. Hong

副主任医师 医学硕士

Deputy Chief Physician Master of Medicine

北京五洲妇儿医院生殖医学与不孕不育中心主任。毕业于华西医科大学医学专业，输卵管性不孕、女性内分泌疾病、复发性流产等疾病的诊治方面有着丰富的经验，擅长把宫腔镜、腹腔镜等微创技术应用到不孕不育领域，治疗输卵管阻塞、输卵管积水、盆腔粘连、子宫内膜异位症、卵巢巧克力囊肿、子宫内膜息肉、子宫粘膜下肌瘤、宫腔粘连、子宫纵隔等疾病，把恢复和保留生育功能的理念贯穿于各种治疗过程。

Dr. Li is the Director of the Department of infertility who is graduated from West China University of Medical Sciences.

Master Zhou is specialized in treating various diseases of women, including tubal infertility, recurrent spontaneous abortion and endocrine disease on females. Master Zhou is an expert in treating of fallopian tube obstruction, pelvic adhesion, endometriosis and ovarian endometrial implantation through minimally invasive techniques such as hysteroscopy and laparoscopy, which it can recover and preserve fertility function to the greatest extent.



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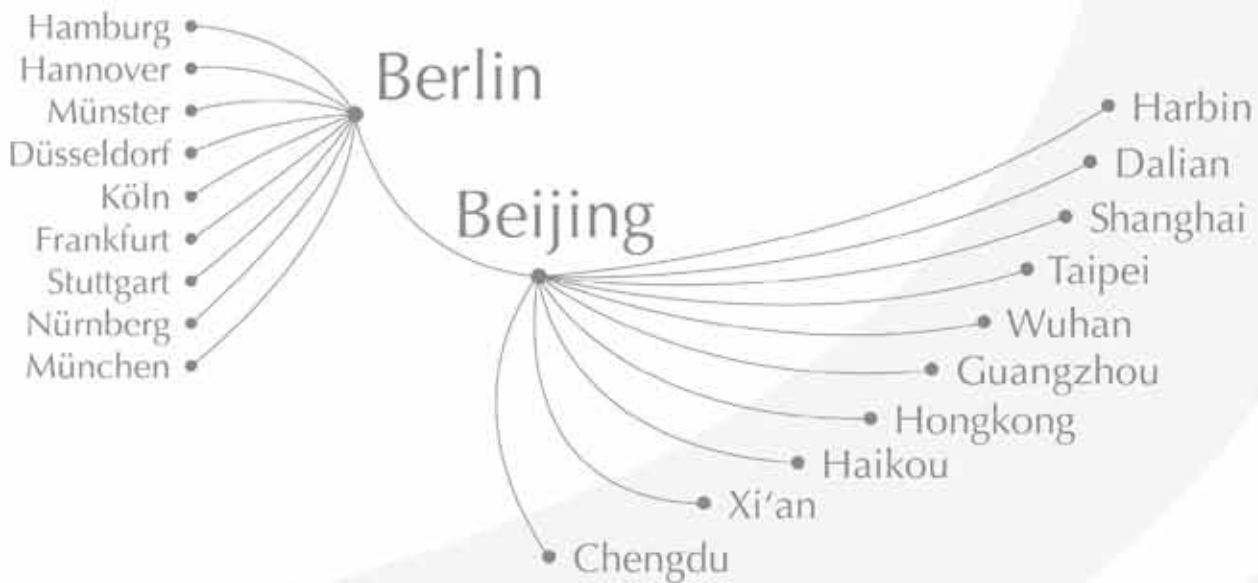
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