

The World and China 世界中国

Selyemüt

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OUYANG ZHONGSHI, FOUNDER OF CHINA CALLIGRAPHY ASSOCIATION

欧阳中石，中国书法教育奠基者

2015 BEIJING CHAOYANG INTERNATIONAL SPRING CARNIVAL

2015北京朝阳国际风情节

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

Baiyin Yellow River Stone Forest
白银黄河石林



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内文·米米察 (Neven Mimica) 先生与中外媒体朋友进行现场交流
 Mr. Neven Mimica communicates with Chinese and foreign media.

欧盟新闻吹风会 EU News Briefing

欧盟驻华代表团于2014年11月27日举办了欧盟国际合作与发展委员内文·米米察 (Neven Mimica) 先生的新闻吹风会。米米察委员与中方有关领导一起出席了“2014中欧文化高峰论坛: 迈向2015的可持续发展世界”。访问期间, 他还将与中国有关部门进行会谈, 并探讨在国际发展事务领域进行全球, 区域及双边合作方面如何更加紧密协调与合作等问题, 他还将就欧盟如何应对全球挑战问题发表演讲。

The EU Delegation in China held a news briefing of Mr. Neven Mimica, Member of EU International Cooperation and Development Committee on November 27, 2014. Mr. Neven Mimica and relevant Chinese leaders jointly attended the “2014 China-EU High-level Cultural Forum: Marching Towards Sustainable Development World in 2015”. During the visit, he also negotiated with relevant Chinese departments and discussed the way to maintain closer coordination, global, regional and bilateral cooperation in fields like international development affairs. He also made a speech about the way for EU to deal with global challenges.



欧盟国际合作与发展委员内文·米米察 (Neven Mimica) 先生发表演讲
 Mr. Neven Mimica, Member of EU International Cooperation and Development Committee, makes a speech.



欧盟驻华代表团大使史伟致辞
Hans Dietmar Schweisgut, Ambassador of EU Delegation in China makes a speech.



现场助兴乐队
Entertainment band at site

欧盟驻华代表团举行新年媒体招待会

EU Delegation in China holds New Year Press Conference

12月12日晚，欧盟驻华代表团在欧盟驻华大使馆举行媒体招待会，来自国内外的媒体记者以及驻华使馆新闻官欢聚一堂，共叙友情。

On the evening of December 12, the EU Delegation in China held a Press Conference at the EU Embassy in China. Domestic and foreign media journalists and information officers of foreign embassies in China gathered together to renew friendship.



来宾交流 Guests are talking with each other.



抽奖环节 Lucky draw



来宾狂欢舞蹈 Guests are dancing happily

欧阳中石, 中国书法教育奠基者

——专访中国书法大师, 教育家, 文学家, 欧阳中石先生

Ouyang Zhongshi, Founder of Chinese Calligraphy Education

——Exclusive interview with Mr. Ouyang Zhongshi,
Chinese Calligraphy Master, Educator and Litterateur

文: 纳吉·麟, 图: 任云飞
Written by: Naji Lin, Photo by Ren Yunfei

欧阳中石, 1928年生于山东省泰安市一个村庄里。1954年毕业后开始, 长期在中学从事基层教育工作, 教过各个年级。

Ouyang Zhongshi was born in a village in Tai'an City, Shandong Province in 1928. Since graduation in 1954, he has been engaging in education of all grades in middle school for a long time.

1981年, 欧阳中石被调到北京师范大学(现为首都师范大学)教育系, 走上了书法教育之路。那是中国书法教育逐渐复兴的时候, 欧阳中石与当时许多的有识同道共同承担了一个艰巨而又伟大的历史任务——开辟高等书法教育。他首先为在书法艺术复兴时期不懈追求的众多有志青年着想, 开办了成人书法大专班, 首批向全国招收近百名学生, 以后又发展了本科、硕士教学领域。那时他常说的一句话是:

“中国的书法教育事业不是个人的事业, 我愿意和朋友们一起来推动它向前发展。”他把全部精力都投入到中国书法教育中。

In 1981, Ouyang Zhongshi was transferred to Faculty of Education of Beijing Normal College (present Capital Normal University). From then on, he started lectures on calligraphy. At that time, Chinese calligraphy education was gradually reviving, Ouyang Zhongshi and many fellows jointly undertook the difficult but great historical task, developing higher calligraphy education. So he opened the adult calligraphy college class and then developed the undergraduate and master teaching fields.

1993年, 国家为了使书法教育更加走向正规、深入, 更加蓬勃发展, 在首都师范大学设立了美术学(书法教育)博士点。1998年, 国家人事部又在首都师范大学设立书法博士后教学点, 使首都师范大学成为我国高校第一所从博士后、博士、硕士到本科、大专完整的中国书法教育体系, 欧阳先生的工作不仅弥补了很久以来中国书法教育的不足, 还培养培养了一大批中国书法教育的高级专门人才, 在中国书法文

化教育事业上为中国书法史写下了光辉的一页。

In 1993, the Ministry of Personnel set up doctoral degree in fine arts (calligraphy education) in Capital Normal University. In 1998, the Ministry of Personnel set up a teaching point of postdoctoral degree in calligraphy in Capital Normal University so that Capital Normal University became the first university with a complete calligraphy education system (postdoctoral degree, doctoral degree, master's degree, bachelor's degree and college) in China. Mr. Ouyang's achievement not only compensated the shortage of Chinese calligraphy education for a long time, but also cultivated a great batch of senior specialized talents in Chinese calligraphy education, composing a glorious page in the Chinese calligraphy history during his career in Chinese calligraphy culture education.

杂志记者: 您是先研究书法的还是先研究文字的?

Magazine: Did you first research calligraphy or characters?

欧阳先生: 我本身从小的时候没有什么专业, 到了大学以后才考虑学什么专业。我当时上的是北京大学, 哲学系的, 学的是逻辑专业。就是因为大学毕业之后, 我们国家对这个逻辑专业很不重视, 受苏联的印象, 逻辑就是形式, 叫形式逻辑, 后来发现这个事不对, 这才改啦, 否定逻辑的时候, 我们正好毕业, 这个时候就业就难啦, 我们只好转业。我们专业有十个人, 差不多没有一个人去干专业。我转的是数学。以后在中等师范也教过语文, 也教过历史, 各种科目, 以后慢慢就归到中国语文方面去啦, 不过我来到这个学校的时候, 有两个任务, 一个是中等语文学科的研究, 一个还是教逻辑课。

At that time, I was majored in Logic in Faculty of Philosophy of Peking University. After graduation from the

university, I found China paid less attention to the logic major. Influenced by the Soviet Union, the logic was a form, so it was called formal logic. After that, I changed the major. When I just graduated from the university, the logic major was questioned. So it was very difficult to find a job related to logic, so I had to change major. There were over 10 students in our major, and there was no one doing the job related to logic. I transferred to maths. Thereafter, I taught Chinese, history and many other disciplines in secondary normal school. Gradually, I started to research Chinese. However, when I joined this university, I had two tasks: doing research on medium Chinese discipline and teaching logic.

到了80年代, 这里的校长发现, 日本、韩国, 每一次来中国就问, 打听关于中国书法教育的问题。我们师范院校对这个事情完全不知道。这不大合适, 咱们应当考虑。

其实从三十年代初就有人提出要设立书法专业课, 没有达到愿望。到了六十年代、七十年代, 在南方有的学院, 在美术系里边, 增加了书法课, 甚至也培养了研究生。

但是那个年代书法界的前辈所做的这些也都没有得到系统化。

In the 1980s the university president found that Japanese and Korean visitors always asked about Chinese calligraphy education, but the Normal University had no idea about it. It was quite improper.

在这样的情况下, 85年, 我们作为一个示范设立了大专, 第二年还是大专, 第三年就开始是本科, 然后是硕士, 博士。最后连博士后都有啦。

Under this condition, our university, as a model, set up college degree in calligraphy in 1985, and college degree in 1986, and then bachelor's degree, master's degree and doctoral degree, finally postdoctoral degree in calligraphy thereafter.

杂志记者: 现在您有多少学生了, 几千人有了吧?



Magazine: By now, how many students do you have? Are there several thousand students?

欧阳先生: 数字我不说, 每一年现在都在招学生, 从各个院校的老师里招, 培养书法这一门学科方面的教育工作者。培养老师, 硕士、博士。首都师大培养的学生如今早已是教授而且也是博导啦。我们的目标是培养书法工作者, 不是书法家。所以我们不叫书法艺术研究院, 我们叫书法文化研究院, 研究中国传统的书法。

Mr. Ouyang: I don't know the exact number. However, we recruit students every year from teachers of colleges and universities to cultivate educators, teachers, masters and doctors in calligraphy. Some students cultivated by Capital Normal University have become professors or doctoral advisors. Our target is to cultivate calligraphy workers rather than calligraphers. So we are not called Calligraphy Art Research Institute but Calligraphy Culture Research Institute, aiming to research traditional Chinese calligraphy.

杂志记者: 您在教学中对于文字您有很多新的研究发现吧?

Magazine: Do you have any new research finding on characters from your teaching?

欧阳先生: 我们在教学过程中, 研究一个重要的问题, 中国文字, 它在科学上应该怎么认为, 整个世界人民都包括在内, 想表达思想的最直接的是语言, 但是语言受时间, 空间的限制, 但字, 不受这方面的影响。我觉得全世界的字只有中国字叫做文字, 是画出的文, 形成的字, 每个字都有个说法。为什么他能有这个说法, 比方, 我们画一个女同志, 我们在画的基础上, 要考虑这个女同志已经有了孩子啦, 怎么表示, 这个女的我们可以画一个, 让人一看就是女的。他已经有了孩子啦, 怎么办, 有乳房啦, 点上两个点。这就成了母啦, 多清楚啊, 我们用图画来表达意思。用形象表达意思。

Mr. Ouyang: During teaching process, we are researching an important issue, Chinese characters. How is it considered scientifically? Language is the most direct way for people in the whole world to express thinking, however, language is limited by time and space, while character not. I think, among all characters in the world, only Chinese character can be called as character, as every character drawn and formed has unique meaning. Why the character has this meaning? For example, to draw a female, we shall consider that the female may have a child, so we shall draw a person, an obvious female when you see it. The female has a child, so there must be breasts, so we shall dot two points on the body.



本刊杂志社社长纳吉·麟女士采访欧阳先生。



The female character is formed. We draw pictures and images to express our meaning.

在日本的长途车上, 两边都挂着书, 大家坐车坐累啦, 拿下书来看看, 中国代表团正好在这趟车上, 这是哪国文字, 这是哪国人看的, 车上什么人都有, 哪国人都有, 都拿来看, 大家一看都乐啦, 拿来一看原来是图画, 画的画, 我们中国的汉字就是画, 不过这个画画的很高明, 具体的话, 形象的画, 抽象的画, 表示性情这个地方也表达出来, 不过加点手法, 除了形象告诉你之外, 还加个问题, 那男的怎么画, 特点就是爱种地, 画个地, 在写个力, 在地里下功夫就是男, 特色都很明显, 可以画抽象画这个是不起飞的。所以说我们现在要搞书法, 讲书法, 书法这门学问, 研究怎么能写出人的思想, 所以我们要对汉字的研究重视起来。

To research calligraphy and advocate calligraphy is to research how to express people's thinking. So we shall attach great importance to the research of Chinese characters.

杂志记者: 比如说现在的汉字越来越简化, 是不是会影响我们对汉字的理解呢?

欧阳先生: 我们应当承认, 有中国字以来, 受这种影响, 五四时代, 有人居然说出汉字不灭中国必亡。很多著名的学者都有这样的观点, 但是百十年过去啦, 中国越来越强大, 可见那些道理不攻自破啦。而我们中国的文字, 中国的书法, 又从另外一个角度促使了我们中国的发展, 当然有些简化是受拼音文字限制, 都把声音相同的合在一块, 不行, 光

声音相同不行, 得有它的内容, 善于发现我们汉字的科学性, 去掉那些不适应时代的。

杂志记者: 您觉得台湾, 香港那边还在用繁体字, 您是不是觉得他们也应该简化一下?

Magazine: As traditional Chinese characters are popular in Taiwan and Hong Kong, do you think it's necessary to simplify characters?

欧阳先生: 我是在考虑, 不是说简化就完全不对。保持着原来汉字的优点, 当然很好, 要发现他的优点, 还要往新的方向发展。

比如说学校的“学”, 是不知人事

的孩子, 要想学到外边的文化, 伸手要把新的东西抱在手里边。这个字上面两边是两个“手”, 抱着, 现在简化三个点, 这也可以, 大概也过得去。

我们承认有许多字建的不好, 但也有许多字建的不错, 保留也对, 发展也对。我们的文字确实为了应用造出来的, 但是造出来并不见得好, 我们中国字有好多的学问, 需要很好的去挖掘。有的需要保留, 有的需要发展。这些工作都落在我们身上, 我们要靠集体的力量一起完成。

Mr. Ouyang: I'm considering this issue, simplification of characters is not absolutely wrong. Of course, it's very good to maintain merits of traditional characters; however, we need to develop it in a new direction to find its merits.

For example, the character “学” (study) in the phrase “学校” (school), means an ignorant child who wants to learn external culture, stretches his hands to embrace new things. There are two “hands” on the top in traditional form, but it's simplified to three dots; that's OK. We must admit some characters are properly simplified while some not. Both preservation and simplified development of characters are OK. Our characters are actually made for use, but characters may not always be properly made. As Chinese character is full of knowledge, we need to properly explore the deep knowledge. Some characters shall be preserved while some developed. All of these tasks shall be shouldered by us and we must gather together to complete the task.

Opening Ceremony for 65th Anniversary for Establishing Diplomatic Relations between China and Poland, and Poland Cultural Festival

中波建交65周年及波兰文化节开幕



为庆祝中波两国建交65周年，11月13日，第三届波兰文化节开幕式在波兰驻华大使馆举行。波兰驻华大使塔德乌什·霍米茨基先生致辞表示，今年恰逢波中两国建交65周年，波兰驻华大使馆以波兰文化节的方式来庆祝这个非同寻常的一年。他表示，作为波兰共和国驻华大使，为能向中国引荐多个领域非常杰出的波兰艺术家感到自豪。

To celebrate the 65th Anniversary of Establishing Diplomatic Relations between China and Poland, the opening ceremony for the 3rd Session Poland Cultural Festival was held at the Polish Embassy in China on November 13. Mr. Tadeusz Chomicki, Polish ambassador to China, made a speech and expressed that "this year is the 65th Anniversary for Establishment of Diplomatic Relations between China and Poland and the Polish Embassy celebrates this extraordinary year by the Poland Cultural Festival". He expressed that as a Polish ambassador to China, he was proud of recommending many outstanding Polish artists from many fields to China.



在第三届波兰文化节的开幕式上，贝多芬协会主席艾娃别塔·潘德列茨卡女士介绍了本届文化节的主要内容，波兰驻华大使塔德乌什·霍米茨基先生也一同出席现场

On the opening ceremony of the 3rd Session Poland Cultural Festival, Ms. Elzbieta Penderecka, President of Beethoven Association, introduces main contents of this Cultural Festival. Mr. Tadeusz Chomicki, Polish ambassador to China was also presents at the event.



波兰驻华大使塔德乌什·霍米茨基先生分别为贝多芬协会主席艾娃别塔·潘德列茨卡女士以及中国外交部颁发了荣誉勋章证

Mr. Tadeusz Chomicki, Polish ambassador to China awards medal of honor certificates to Ms. Elzbieta Penderecka, President of Beethoven Association, and to the Ministry of Foreign Affairs of the Republic of China.



波兰著名吉他演奏家乌卡什·库洛帕切夫斯基为大家带来了画龙点睛的独奏音乐会
Lukasz Kuropaczewski, famous guitar player from Poland, performs a wonderful solo concert for the audience.



活动现场
Activity scene

Micronesia Embassy in China holds celebration activity in Beijing 密克罗尼西亚驻华大使馆在京举办庆祝活动



密联邦驻华大使阿基利诺·苏赛亚致辞
Akilino Susaia, Micronesian Ambassador to China, makes a speech.



纪念中密建交25周年的冰雕
Ice Carving for Commemorating the 25th Anniversary of Establishing Diplomatic Relations between Micronesia and China



密联邦资源发展部部长：马里恩·亨利（中）与中国外交部特使杜起文共切庆祝蛋糕
Marion Henry (middle), Minister of Ministry of Resources Development of the Federated States of Micronesia and Du Qiwen, special envoy of Ministry of Foreign Affairs of the People's Republic of China, jointly cut the celebration cake.

2014年11月14日晚，密克罗尼西亚驻华大使馆在京举办庆祝其国庆28周年及与中国建交25周年招待会。

On the evening of November 14, 2014, Micronesia Embassy in China held a reception in Beijing to celebrate the 28th Anniversary of National Day of Micronesia and the 25th Anniversary of Establishing Diplomatic Relations between Micronesia and China.

密联邦资源发展部部长：马里恩·亨利说到“过去25年的历程，我们学到了许多宝贵的经验，在我们两国人民和政府的进一步的合作交往中，我相信我们两国友好关系的航船更会如沐东风，我们将会驶入密中典范关系的新航程。我们将同舟共济，乘风破浪，勇往直前的驶向前方。”

Marion Henry, Minister of Ministry of Resources Development of the Federated States of Micronesia, mentioned that “over the past 25 years, we have learned from the previous experience. During further cooperation between people and the governments of the two countries, I believe that the friendship of the two countries will march toward a model relationship between Micronesia and China. We will move forward bravely in the same boat while overcoming ups and downs.”



密联邦特色舞蹈与民族歌曲 Characteristic dance and folk songs of the Federated States of Micronesia



39th Anniversary of National Day of Surinam 苏里南国庆39周年



苏里南驻华大使洛伊德·皮纳斯与中华人民共和国外交部副部长张昆生举杯庆祝
Lloyd Lucien Pinas, Suriname ambassador to China, and Zhang Kunsheng, Vice Minister of the Ministry of People's Republic of China, make a toast.

2014年11月24日苏里南共和国驻华使馆在北京海航万豪酒店举办国庆39周年招待会，中华人民共和国外交部副部长张昆生应邀出席。

On November 24, 2014, the Suriname Embassy in China held a reception party for the 39th anniversary of national day of Surinam in Beijing Marriott Hotel

Northeast. Zhang Kunsheng, Vice Minister of the Ministry of People's Republic of China, attended the reception upon invitation.

苏里南共和国位于南美洲北部，是南美洲国家联盟的成员国，国名源于当地原住民苏里南人。该国旧称荷属圭亚

那，原为荷兰在南美洲的殖民遗迹，1954年成为荷兰王国海外自治省，1975年时独立。苏里南无论以面积还是人口排名，都是南美洲最小的一个国家，也是西半球不属于荷兰王国组成体的地区中，唯一一个使用荷兰文为官方语言者。首都帕拉马里博为苏里南河河口的商港。苏里南是一个种族、语言、宗教上极为多元的国家，当中穆斯林人口占苏里南的13%。

The Republic of Surinam is located in the north of South America and is a member country of the Union of South American Nations; its name is originated from local aboriginal Surinam. It was formerly called as Dutch Guiana, the colonial relic of Netherlands in South America. It became an overseas autonomous province of the Netherlands in 1954 and declared independence in 1975. In terms of areas or population, Surinam is the smallest country in South America and it's the only country using Dutch as official language in the Western Hemisphere not belonging to the Kingdom of Netherlands. The capital Paramaribo is the commercial port in the river mouth of Surinam River. Surinam is a country with diversified nations, languages and religions, wherein, Muslim population accounts for 13% of Surinam's population.



现场嘉宾互动 Interaction of guests at the venue



苏里南艺术表演 Artistic performance of Surinam



71st Anniversary of the Independence of Lebanon 黎巴嫩独立71周年



2014年11月24日，为庆祝黎巴嫩共和国独立71周年，黎巴嫩驻华使馆在使馆内举办庆祝招待会，中华人民共和国外交部副部长张明应邀出席。

黎巴嫩共和国位于亚洲西南部，黎巴嫩习惯上被称为中东国家。

黎巴嫩曾经受埃及、亚述、巴比伦、波斯、罗马、奥斯曼帝国等统治，1920年起由法国委任统治，1943年11月22日独立成为共和国，由于黎巴嫩在1975年爆发了一场持续近15年的内战，严重破坏了黎巴嫩的经济。现在的黎巴嫩主要经济来源是银行业和旅游业，其中黎巴嫩旅游业发达，境内有许多历史文化古迹。旅游业和银行业就占据黎巴嫩GDP的65%。

To celebrate the 71st anniversary of the independence of Lebanon, the Embassy of Lebanon has organized a festive reception on its premises on November 24, 2014. Ming Yingyao, Deputy Minister of the Chinese Ministry of Foreign Affairs, has taken part at the reception.

Lebanon lies at south western part of Asia, for historical reasons it is called a middle east country.

Following the domination by Egypt, Assyria, Babylon, Persia, Rome and the Ottoman Empire, it became a mandated territory of France in 1920. Lebanon gained its independence on November 22, 1943, however from 1975 a civil war raged the country for 15 years which has seriously set back its economy. The main pillars of Lebanese economy now are the banking sector and the tourism industry. Tourism and catering services are very well developed in the country, for there are a lot of ancient ruins on its territory. These two sector account for 65% of the Lebanese GDP.



黎巴嫩驻华大使法里德·阿布德（右）与中华人民共和国外交部副部长张明亲切交谈（左）
Ambassador of Lebanon, H.E. Mr. Farid Abboud (right) and Deputy Minister of the Chinese Ministry of Foreign Affairs (left) in talk



黎巴嫩驻华大使夫人迎接受邀嘉宾
Ambassador's wife of Lebanon welcoming the guests

Denmark Continues to be the World's Least Corrupt Country 丹麦连续三年拔得全球清廉指数头筹



在反腐国际组织透明国际12月3日（周三）公布的针对全球175个国家和地区公共部门的《2014全球清廉指数》中，丹麦连续三年高居全球清廉指数榜首。

丹麦在这项基于国际社会和地方专家意见打分的指数中得到满分100中的92分。在丹麦之后，新西兰、芬兰、瑞典和挪威分居二至五名。同时，有超过三分之二被调查国家和地区的得分在50以下。

“丹麦政府、公共部门和丹麦国民对这一结果十分满意，这体现了我们清除职务腐败的成就，”丹麦王国驻华大使裴德盛先生说。“我们并不会止步于指数榜首，而会作为其他国家政府和人民的榜样和前进动力。我们非常愿意与其他国家领导人分享我们在打击腐败方面的经验。”

“我们很乐于见到中国政府最近严厉打击贪污腐败的统一行动和对此付出的努力，”裴德盛大使说。

与此同时，由于没有腐败，加之运转良好公共部门和自由经商环境的配合，丹麦被视为最佳投资和经商目的地。在一份世界银行10月底发布的报告中，丹麦被列为欧洲最适于经商的国家。

Among 175 nations and regions, Denmark for the third consecutive year grabs the top slot in terms of corruption in the public sector in the latest edition of annual Corruption Perception Index (CPI) released on Thursday, the 3rd of December.

The index scores Denmark at 92 out of 100, with New Zealand, Finland, Sweden and Norway rounding out the top 5. According to the survey, over two thirds of the surveyed have a grading below 50.

“It is highly satisfactory for the Danish government, public administration and not least all citizens that Denmark has such a record when it comes to staying close to being free of corruption,” says Mr. Friis Arne Petersen, the Danish Ambassador to China. “It is not a goal in itself to be at the top of the list. Rather this should serve as an example and an inspiration for those governments and people who strive to perform better in the future. We are more than happy to share our experience with influential decision makers in other countries. Obviously there are reasons to be optimistic about the comprehensive efforts made by the Chinese authorities to counter corruption in the Chinese society.”

Denmark is often highlighted as a good place to do business because of the attractive and liberal business environment with no corruption and a well-functioning public sector. In late October, Denmark was ranked as the best country in Europe for ease of doing business in a report from the World Bank.



中匈双方领导人共同举杯庆祝本次活动的圆满举办

65th Anniversary of the Establishment of Diplomatic Relations between China and Hungary 中匈建交65周年



匈牙利驻华大使馆于10月28日晚举办了庆祝中华人民共和国和匈牙利建立外交关系65周年的招待会。匈牙利驻华大使齐丽女士，匈牙利外交与对外经济部部长西雅尔多先生，以及中国外交部副部长王超先生应邀出席了本次活动。



匈牙利驻华大使齐丽女士，匈牙利外交与对外经济部部长西雅尔多先生，以及中国外交部副部长王超先生出席招待会现场

西雅尔多外长在发言中高度赞赏中国发展取得的巨大成就，指出过去的65年是匈中两国和两国人民友好交往、互利合作的65年，双边关系发展取得骄人成绩。特别是过去几年中，两国高层交往互动密切，经贸、投资、金融、文化、教育等各领域交流合作不断取得新突破，地区合作配合良好、亮点频现，双边关系已进入快速发展时期。西强调，中国是匈“向东开放”政策的重点对象国，匈方愿以建交65周年为契机，与中方一道共同努力，推动双边关系及中国-中东欧国家合作取得更大发展



102nd Anniversary for Independence of Albania 阿尔巴尼亚独立102周年



2014年11月28日为庆祝阿尔巴尼亚共和国独立102周年以及阿尔巴尼亚共和国和中华人民共和国建交65周年，阿尔巴尼亚驻华使馆在使馆内举办庆祝招待会。

On November 28, 2014, to celebrate the 102nd Anniversary of the Independence of Albania and 65th Anniversary of Establishing Diplomatic Relations between the Republic of Albania and the People's Republic of China, the Albanian Embassy in China held a celebration reception at the embassy.

阿尔巴尼亚为欧洲中最不发达和低收入的国家之一，全国一半的人口依然从事农业种植，但近些年已有改进。

Albania is one of the most underdeveloped countries of Europe with a low income, half of the population is still engaged in agricultural farming; however, the condition has been improved in recent years.

阿尔巴尼亚国旗上绘有一只黑色的双头雄鹰，沿自15世纪抵抗奥斯曼帝国入侵的领袖斯坎德培 (Gjergj Kastriot Skanderbeg) 的印章，故此阿尔巴尼亚也有山鹰之国之称。

There is a black eagle with two heads decorated on the national flag of Albania, which is originated from the seal of leader Gjergj Kastriot Skanderbeg who resisted against the invasion of Ottoman Empire in the 15th century, so Albania is also called the country of eagle.



阿尔巴尼亚驻华大使古依蒂姆·扎尼及夫人迎接嘉宾到来
Kujtim Xhani, Albanian Ambassador to China, and his wife welcome guests.



大使古依蒂姆·扎尼与到场嘉宾交流
Ambassador Kujtim Xhani in talk with the guests



泰国普密蓬·阿杜德国王八十七岁寿辰暨泰国国庆

87th Birthday of Bhumibol Adulyadej, King of Thailand and National Day of Thailand



12月5日晚，为庆祝泰国普密蓬·阿杜德国王八十七岁寿辰暨泰国国庆，泰国驻华大使邱伟文及夫人在北京JW万豪酒店举办招待会。中国外交部副部长刘振民应邀出席。

On the evening of December 5, 2012, to celebrate the 87th birthday of Bhumibol Adulyadej, King of Thailand and National Day of Thailand, Mr. Qiu Weiwen, Thai ambassador to China, and his wife held a reception in Beijing JW Marriott Hotel. Mr. Liu Zhenmin, Vice Minister of the Ministry of Foreign Affairs of the Republic of China, attended the celebration upon invitation.

泰国驻华大使邱伟文致辞说：“泰中两国2013年双边贸易总额达到700亿美元，2007年至2012年间，中国在泰国的累计投资达到70亿美元。去年，到泰国旅游的中国游客达到470万人次，我对2015年实现500万人次充满信心。两国的友好关系将迈向新的历史阶段。”

Mr. Qiu Weiwen, Thai ambassador to China, expressed: “The bilateral trade volume of Thailand and China reached USD 70 billion in 2013 and the accumulated investment of China in Thailand reached



泰国普密蓬·阿杜德国王
Bhumibol Adulyadej, King of Thailand



泰国驻华大使邱伟文与中国外交部副部长刘振民
Qiu Weiwen, Thai ambassador to China, and Liu Zhenmin, Vice Minister of the Ministry of Foreign Affairs of the Republic of China

USD 7 billion during 2007 and 2012. In 2013, Chinese tourism to Thailand reached 4.7 million person-times, so I'm confident that Chinese tourists will reach 5 million person-times in 2015. The friendship of the two countries will march towards a new historical stage.”

邱伟文表示，习近平主席提出了建设“丝绸之路经济带”和“21世纪海上丝绸之路”的倡议，泰国对此表示大力支持。泰国将凭借自己的地理优势，发挥自己在东盟互联互通中的重要作用。通过泰中两国政府的努力，泰国国家立法会议4日批准了中泰铁路合作谅解备忘录草案，这将为建设“一带一路”以及东盟的互联互通奠定新的基础。

Qiu Weiwen expressed that Xi Jinping, President of the People's Republic of China, put forward the proposal of building “the Silk Road Economic Zone” and “the Maritime Silk Road in 21st Century”, and Thailand will give it a great support. By virtue of geological advantages, Thailand will play the important role in interconnection and interworking of ASEAN. Through efforts of Thailand and

China, Thailand National Legislative Council approved the Memorandum of Understanding for China-Thailand Railway Cooperation (draft) on December 4, which lays down a new foundation for building “the Silk Road Economic Zone” and “the Maritime Silk Road in the 21st Century” and interconnection and interworking of ASEAN.

招待会现场，乐团依次演奏了庄严的泰国国歌和中华人民共和国国歌。与会人士还品尝了在京几家泰国餐馆烹饪的泰国传统美食。在泰国古典舞演员婀娜多姿而富有民族风情的舞姿中，中泰两国人民的友好情谊得到进一步升华。

At the reception party, the Orchestra successively played the solemn national anthem of Thailand and the People's Republic of China. Participants also tasted Thai traditional food cooked in several Thai restaurants. From the graceful and charming dancing rich of ethnic customs performed by Thai classical dancers, the friendship of China and Thailand is deepened further.



民族乐器 National instruments



民族舞蹈 National dance



用哈密瓜和西瓜雕刻的花朵
Flowers carved by cantaloupe and watermelon

23rd Anniversary of Independence of Kazakhstan 哈萨克斯坦独立23周年



2014年12月10日，为庆祝哈萨克斯坦共和国独立23周年，哈萨克斯坦驻华大使馆举办了独立招待会。

On December 10, 2014, to celebrate the 23rd anniversary of independence of the Republic of Kazakhstan, the Kazakh Embassy in China held an independence reception.



中国外交部副部长程国平先生出席招待会
Mr. Cheng Guoping, Vice Minister of the Ministry of Foreign Affairs of the People's Republic of China, was present at the reception



哈方领导人欢迎到场宾客
Kazakh leaders welcome the guests

哈萨克斯坦共和国

(哈萨克文: Қазақстан Республикасы / Qazaqstan Respwblıkası), 简称哈萨克斯坦, 国名取自其最大民族哈萨克族.1991年苏联解体后独立。国土面积相当庞大, 排名世界第九位, 也是世界上面积最大的内陆国。

The Republic of Kazakhstan (Kazakh: Қазақстан Республикасы/Qazaqstan Respwblıkası), Kazakhstan for short, got the name from the largest ethnicity, the Kazak. Kazakhstan announced independence after the dissolution of the Soviet Union in 1991. With a vast land area ranking the 9th in the world, Kazakhstan is the largest landlocked country in the world.

哈萨克斯坦是独联体第二大经济体, 综合国力仅次于俄罗斯, 属于中高收入国家, 拥有丰富的自然资源和较雄厚的工业基础; 是世界主要粮食出口国之一。

Kazakhstan is the second largest economic entity in the Commonwealth of the Independent States, with comprehensive national strength only next to Russia. Being the country with medium and high income, Kazakhstan boasts plentiful national resources and strong industrial base and became one of the main food exporters of the world.

哈萨克语为国语, 俄语在国家机关和地方自治机关与哈语同为正式使用的语言。哈萨克是突厥民族, 和土耳其等突厥民族的起源相同, 是‘蓝突厥’的后裔。

Kazakh is the native language while Russian and Kazakh are formal languages for state authorities and local autonomy authorities. Kazakh is a Turkish nationality,



各国使节应邀出席
Ambassadors from several countries attended the reception



哈萨克斯坦民族文化风情表演
Kazakh national cultural performance.

with the same origin as Turkish, being the descendant of Kok Turk.

哈萨克的自然资源非常丰富, 矿藏有90多种。煤、铁、铜、铅、锌产量丰富, 铀的产量也是世界第一, 被称为‘铀库’。

Kazakhstan boasts plentiful natural resources, over 90 kinds of mineral resources, including coal, iron, copper, lead and zinc. With the production of uranium ranking the first in the world, Kazakhstan is renowned as “Uranium Deposit”.

钨储量占世界第一位, 铬和磷矿石占第二位。铜、铅、锌、钼和磷的储量占亚洲第一位。

The tungsten reserve ranks the first in the world while chromium and rock phosphate reserve ranks the second. Copper, lead, zinc, molybdenum and phosphorus reserve ranks the first in Asia.



Reception Party for Celebrating the 43rd Anniversary of National Day of UAE

阿联酋成立43周年国庆招待会



中国人民对外友好协会副会长冯佐库发表致辞时指出，自1984年中阿建交以来，两国关系发展顺利，在过去的30年里，两国在经贸、能源、通讯、金融、基础设施等领域的务实合作发展迅猛，双边贸易额从建交之初的尚不足1亿美元，跃升至2013年的461亿美元，阿联酋连续多年成为中国在西亚北非地区的第二大贸易伙伴和第一大出口市场，两国在人文、教育、旅游等领域的交流也日益扩大。冯佐库副会长表示，今后，中国人民对外友好协会愿积极推动中阿民间友好往来，希望在双方努力下，中阿民间友好合作关系能不断深化与发展。



阿联酋驻华大使欧麦尔·白伊塔尔与中国外交部副部长张明(右)亲切交流

11月28日，阿联酋驻华使馆在北京举行国庆招待会，庆祝阿拉伯联合酋长国成立43周年及中阿建交30周年。阿联酋驻华大使欧麦尔·白伊塔尔、中国外交部副部长张明、中国人民对外友好协会副会长冯佐库、政府各有关部门官员、外交官、媒体、工商界代表等中阿各界友好人士500余人出席了招待会。

On November 28, The United Arab Emirates Embassy in China held a reception for celebrating the 43rd Anniversary of the National Day of UAE and the 30th anniversary of Establishing Diplomatic Relations between China and UAE. Over 500 friends of all walks of life from China and the UAE attended this reception, including Omar Ahmed Adi Naseeb Albitar, UAE Ambassador to China, Zhang Ming, Vice Minister of Ministry of Foreign Affairs of the Republic of China, Feng Zuoku, Vice Chairman of Chinese People's Association for Friendship with Foreign Countries and relevant government officials, diplomats, media and business representatives, etc.

阿联酋驻华大使欧麦尔·白伊塔尔在致辞中回顾了中阿两国各领域合作情况，他指出，今年是阿拉伯联合酋长国成立43周年，也是中阿建交30周年。30年前，扎耶德总统以非凡的远见认识到中国的重要性，做出建交的英明决定，并于1990年对中国进行了历史性的访问。近年来，哈利法总统等领导人更是将发展对华关系置于优先地位，两国高层互访频繁，经贸合作成果丰硕，人文交流不断扩大。白伊塔尔大使强调，阿中两国尽管人口、面积相差甚远，但两国的互补合作有力推动了世界经济发展，堪称国与国合作的成功典范，祝愿两国未来合作取得更多成果。



北京外国语大学阿拉伯语系学生合唱表演



中央民族大学舞蹈学院演员孔雀舞表演



哥本哈根市市长弗兰克·延森、丹麦王国驻华大使裴德胜与网友合影
Mr. Frank Jensen, Mayor of Copenhagen and Mr. Pei Desheng, Denmark Ambassador to China take photos with net friends.

Mayor of Copenhagen Visits Beijing 哥本哈根市市长访问北京



哥本哈根市旅游局工作人员喜娜介绍相关旅游景点
Xi Na, officer from Copenhagen Tourism Bureau, is introducing some scenic spots.



去哪儿网工作人员介绍相关情况
An employee of Qunar introducing Copenhagen.

2014年12月5日，值哥本哈根市市长弗兰克·延森先生访问北京之际，由丹麦驻华使馆和去哪儿网共同举办的旅游推介活动在丹麦使馆举办。

On December 5, 2014, the Danish Embassy in China and Qunar jointly held a tourism promotion activity at the Danish Embassy, on the occasion of the visit of the Mayor of Copenhagen, Mr. Frank Jensen, to Beijing.

哥本哈根丹麦王国的首都、曾被联合国人居署选为“最适合居住的城市”，并给予“最佳设计城市”的评价。

Copenhagen, the capital of the Kingdom of Denmark, once was praised as “The Most Livable City” and “Best Design City” by UN-Habitat.

哥本哈根市容美观整洁，市内新兴的大工业企业和中世纪古老的建筑物交相辉映，使它既是现代化的都市，又具有古色古香的特色，是世界上著名的历史文化名城。

Copenhagen is beautiful and clean. Emerging large industrial enterprises and ancient medieval buildings enhance each other's beauty. It's not only a modern city, but also a famous historical and cultural city with antique flavor.

景点有 Scenic spots:

克伦堡宫 Kronborg Castle

哥本哈根以及邻近的郡共有三个海滩，总沙滩长度约为8公里，离市中心骑自行车只需约30分钟即可抵达。包括2005年开幕的人工岛屿度假区“Amager Strandpark”，距离市中心仅有15分钟的脚踏车程。

There are three sea beaches in Copenhagen and the adjacent counties, with a total length of about 8km. It takes only about 30 minutes from the downtown to these spots by bike. There is also an artificial island resort “Amager Strandpark” opened in 2005. It takes only 15 minutes from the downtown to reach that resort by bike.

Seychelles Ambassador to China Publishes New Works 塞舌尔驻华大使发布新作



塞舌尔驻华大使菲利普·勒加爾在发布会致辞
Philippe Le Gall, Seychelles Ambassador to China, makes a speech on the book launch.



《慈禧珠宝》新书
New book Jewelries of
Empress Dowager Cixi

塞舌尔驻华大使菲利普·勒加爾2014年10月30日晚在北京举行小说《慈禧的珠宝》的新书发布会。该书以虚构中国流失文物物归原主的情节，表达了作者对中国文物命运的关注。

On the evening of October 30, 2014, Philippe Le Gall, Seychelles Ambassador to China, held a book launch for novel Jewelries of Empress Dowager Cixi in Beijing. The author makes up the story of looted relics of China returned and expresses his focus on the fate of Chinese relics.

《慈禧的珠宝》一书以中国近代的一段历史为经纬，以中西文化杂糅的上海为背景，其间穿插着寻宝的刺激和爱情的浪漫。小说讲述了一个发生在上海世博会期间，一位可爱又活力充沛的中国年轻姑娘和一个怀旧又有点儿神经质的法国年轻小伙之间的爱情故事

Jewelries of Empress Dowager Cixi mainly focuses on the modern history of China, takes Shanghai, where Chinese and foreign culture is mixed, as the background, It depicts the excitement of treasure discovery and romantic love. The novel describes a love story between a lovely and energetic young girl and a nostalgic and neurotic young French guy during the Shanghai World Expo.

谈到这部小说的创作灵感，勒加爾大使说，火烧圆明园

事件是中国近代历史上最黑暗的一页。小说正是以这段历史为背景创作的。“我试图想象部分参与焚毁圆明园的士兵在当时暂时性的疯狂后随之而来的懊悔。疯狂与懊悔很少出现在史书里，所以小说家需要帮助人们来刷新对那令人痛心的人类恶行的记忆”，勒加爾大使说道。

As for inspiration for creation of this novel, Philippe Le Gall mentioned that the burning of the Imperial Palace was the darkest page in modern history of China and this novel is created under this historical background. "I try to imagine some soldiers participating in the burning of the Imperial Palace and feel regretful for them. Madness and regret rarely appear in historical records, so novelists need to help people to refresh the painful memory of human evil", said Philippe Le Gall.

勒加爾大使说自己在访问世界各地的博物馆时，总会留心原属于中国的藏品。“我总想知道这些伟大的艺术品是如何辗转流落到那些展示柜里的”，勒加爾大使说道，“通常在它们旁边寥寥数行的简介里是找不到答案的，而很多情况下的答案是劫掠。”

Philippe Le Gall said: "I always pay attention to collections belonging to China when visiting museums in the world. I want to know how these great art works were flowed to these display cabinets. Usually, I can not find the answer from the brief introduction beside; however,



《慈禧珠宝》译者致辞
The translator of Jewelries of Empress Dowager Cixi makes a speech.

the answer is plunder in most cases."

也许是出于这种原因，勒加爾大使把自己浓厚的中国情结，酣畅淋漓地展现在小说主人翁安托万的身上。主人翁怀着将源自中国的古董瓷器完璧归赵的想法开始了中国之旅，小说故事情节正是围绕这一主线展开，最终这批出自清朝皇室的珍贵文物得以物归原主。这或许是勒加爾大使对流失文物追索结局的美好期盼。

Maybe for this reason, Philippe Le Gall reveals his strong Chinese interest fully and thoroughly in the novel

through master Antoine. The master starts his Chinese journey in an effort to take antique porcelains belonging to China back to China. The story of the novel is focusing on this main line. Finally, this batch of precious cultural relics of the Qing Dynasty is returned to China. This may be Philippe Le Gall's great expectation in the search for looted relics.

《慈禧的珠宝》是勒加爾大使在中国出版的第4本中文书。作为一名小说家，勒加爾喜爱重温中国历史，不论是她的辉煌年代，还是她遭受外国势力不平等对待的不幸时期。勒加爾说，能更好地了解五千年中华文明所造就的具有鲜明特色的中国，将有助于领悟中国成为今日经济强国并主导世界舞台的取胜之道。

Jewelries of Empress Dowager Cixi is the fourth book published by Philippe Le Gall in China. As a novelist, Philippe Le Gall likes to review Chinese history, no matter whether the golden age, or the miserable period of suffering an unequal treatment by foreign powers. Philippe Le Gall said that better understanding China with distinct features created by the 5000 years' Chinese civilization will help understand the way China became an economic powerhouse and leads the world stage nowadays.

勒加爾大使2012年9月和今年4月分别推出小说《威尼斯之恋》和《天堂之恋》。他创作的《国王的花园》曾获得2003年印度洋文学奖。

Philippe Le Gall published Anonimo Veneziano and The Love of Heaven in September 2012 and April 2014. The King's Garden won Indian Ocean Literary Award in 2003.



发布会现场
The venue of book launch

Inauguración de Invitadoa Xikun Yuan a Crear Escultura del Librador de Sudamericano José Francisco de San Martín, 袁熙坤应邀创作南美解放者何塞·德·圣马丁雕塑揭幕

11月27日, 由阿根廷驻华大使馆和北京金台艺术馆共同主办的为袁熙坤应邀创作南美解放者何塞·德·圣马丁雕塑揭幕仪式在北京朝阳公园国际友谊林举行。阿根廷驻华大使古斯塔沃·马蒂诺、文化部直属机关党委巡视员、部工会主席何晓娟女士、拉美驻华使节、学术机构及社会各界人士200人出席活动。



阿根廷驻华大使与拉丁美洲驻华使节在雕塑前合影



文化部直属机关党委巡视员、部工会主席何晓娟女士致辞



金台艺术馆主任诺华向雕塑献花



活动现场

El 27 de noviembre, celebró la Inauguración de Invitadoa Xikun Yuan a Crear Escultura del Librador de Sudamericano José Francisco de San Martín, dirigida conjuntamente por Embajada de República Argentina en China y el Museo de Arte de Jintai de Beijing, en la que se figuran Don Gustavo, Madino, el Embajador Argentino en China, Doña Xiaojuan He, la Inspectora de Comité de Partido Comunista Chino de las Entidades Adjuntas de Ministerio de Cultura y la Presidenta de Sindicato Ministerial, así como las 200 personas tales como los enviados diplomáticos latinoamericanos en China, y personajes de respectivos sectores.



奏响中阿两国国歌后各国武官敬礼

向二战援华飞虎群英致敬图片展在美国国会山庄 举办缅怀中美合作历史传奇



华裔飞虎队文物收藏家陈灿培在图片展开幕式上致词



美国国会众议院华裔众议员赵美心在图片展开幕式上致词



美国国会众议院外交事务委员会主席罗伊斯在图片展开幕式上致词

11月13日，“向二战援华飞虎群英致敬图片展”在美国首都华盛顿国会山庄内开幕，美国联邦众议院外交委员会主席罗伊斯(Ed Royce)、华裔众议员赵美心、众议员Joe Wilson等出席了开幕仪式。开幕式由退役美国海军陆战队中将、原海军陆战队太平洋中央指挥部司令Earl Hailstone主持。近百位各界知名人士和国会山庄的工作人员应邀出席了当天的开幕式。

此次图片展展出的48幅展板上共有177张图片，来自洛杉矶华裔收藏家陈灿培博士近年来向美中各地博物馆捐赠的最具代表性和历史意义的飞虎队珍贵文物原件的照片。

展览内容包括飞虎队飞行员雷恩Raines 1940年援华的合约照片，该原件已捐赠予云南昆明飞虎博物馆；中期飞虎特遣队及后期的14航空队图片；蒋介石与陈纳德等合照；毛泽东以及海峡两岸政要与飞虎队员的合照；中美空军联队

在美受训的相片；美籍华人参加飞虎地勤队的相片等等。

参加开幕式的国会众议员Joe Wilson的父亲当年就曾是一位飞虎队员，他看到图片展的有关内容相当感动。

陈灿培表示，图片展选在国会山庄内举行，对象就是美国国会435位众议员及国防部五角大厦官员，通过历史回顾，使美中两国更能瞭解相互关系的历史及建立互信，进而创造双赢的局面。

应邀专程从洛杉矶飞至华盛顿出席图片展的全美华人华侨纪念抗日战争胜利70周年组委会执行主席、美国华人公共外交协会会长任向东、全美中华青年联合会理事长朱冰峰、美洲中华青年促统会的王颂、任钰婷、以及南加州华人华侨联合会的白冬梅、许绍理等参观完图片展后表示，飞虎队是美中军事友好合作史上最成功的典范，更是中美共同抗击日本侵略战争的共同记忆。

希望这个展览能唤起美国国会议员们对日本当年发动侵略战争的回忆，认识到维护二战胜利成果以及形成的战后政治格局将有助于美国的国家利益。

图片展为期两天，华裔众议员孟昭文、以及众议员Curt Clawso、Marlin Stutzman，台湾驻美代表沈吕巡等在开幕



美国国会众议院外交事务委员会主席罗伊斯、赵美心、威尔森在图片展开幕式上表彰华裔收藏家陈灿培

当天参观了展览。本次图片展荣誉赞助人陈香梅女士委派代表姚大伟、陈绎如出席了当天的开幕式。

图片展由美国联邦众议院外交委员会主席罗伊斯(Ed Royce)邀请陈灿培主办。全美华人华侨纪念抗日战争胜利70周年组委会、陈纳德将军的女儿和孙女等机构和个人参与了图片展的协办。(AACYP华盛顿讯)



图片展开幕式



2014 Year of South Africa in China Activity 2014中国“南非年”活动

2014年11月25日,在北京798艺术区艺术工厂举办“2014中国南非年: 怀念曼德拉大型纪念活动暨长卷史诗油画《曼德拉》全球巡展在北京站”活动。

On November 25, 2014, the large commemorative activity “2014 Year of South Africa in China: Commemorating Mandela” and Long Epic Painting Mandela World Tour Exhibition (Beijing) were held in Art Factory of Beijing 798 Art District.

2014年是中国的“南非年”,也是两国在人文领域全方位友好合作与交流的重要年。而值此活动的闭幕之际,也是南非前总统、世界领袖和平使者曼德拉去世一周年纪念日。本次怀念曼德拉大型纪念活动将通过曼德拉长卷史诗油画艺术展览、曼德拉影像音乐汇集、“诗颂曼德拉”读诗会、“曼德拉的启示”交流座谈会等形式来缅怀曼德拉。作为活动中的一个特别环节,国际诗歌艺术项目BeMyGuest[为你读诗]将联合知名艺术网站“爱艺客”共同带来一个特别的读诗环节:以艺术跨界的方式,携手神秘嘉宾,演绎不一样的诗歌《不可征服》。这首诗歌是英国诗人威廉·欧内斯特·亨里所著,也是曼德拉一生中最为喜爱的诗。



南非驻华大使兰加先生致辞
Mr. Langa, South African ambassador to China, makes a speech.



曼德拉长卷史诗油画部分画面 Part of Long Epic Painting Mandela.



画家李斌(右六)与各位嘉宾合影留念
Painter Li Bin (the sixth from right) and guests take a group photo to mark the occasion.

2014 is the “Year of South Africa” in China as well as an important year for all-round friendly cooperation and exchange in humanity of the two countries. It is the first anniversary of the death of Mandela, Former President of South Africa, World Leader and Peace Envoy. This large activity of commemorating Mandela will commemorate Mandela by means of a Long Epic Painting Mandela Exhibition, Mandela Video Music Collection, “Praising Mandela” Poetry Reading, “Mandela’s Enlightenment”

Communication Forum, etc. As a special link, International Poetry Art Project “BeMyGuest” (reading poetry for you) will cooperate with the famous art website www.at798.cn to jointly perform a special poetry reading activity; and perform distinctive poetry reading of the verse “Invictus” with mysterious guests from different areas. The poetry was composed by British poet William Ernest Henley, and it was the favorite poem of Mandela in his lifetime.



Conferencia de Nueva Obra de Escritor Peruano 秘鲁作家新书发布会



作家胡安·莫里略先生与来宾交流
El escritor Juan Morillo Ganoza está comunicando con los invitados



秘鲁驻华大使胡安·卡洛斯·卡普纳伊致辞
Hace el discurso Don Juan Carlos Capuña, el Embajador Peruano en China

2014年11月19日, 秘鲁杰出作家胡安·莫里略先生新书《老家》发布会在北京塞万提斯学院举办。秘鲁驻华大使胡安·卡洛斯·卡普纳伊阁下及北京外国语大学西班牙语系前系主任著名学者董燕生教授也会携作者本人一道出席。

El 19 de noviembre de 2014, celebró en Insitituto de Cervandes de Beijing, la Conferencia de Nueva Obra Pueblo Continente de Juan Morillo Ganoza, el ilustre escritor Peruano, figurarán juntos con el escritor, Don Juan Carlos Capuña, el Embajador Peruano en China, el Profesor Yansheng Dong, el Erudito Prestigioso y el Ex Decano de Facultad de Filología Español de Universidad de Estudio Extranjero de Beijing.



北京外国语大学西班牙语系前系主任著名学者董燕生教授致辞(右一)
Hace el discurso el Profesor Yansheng Dong, el Erudito Prestigioso y el Ex Decano de Facultad de Filología Español de Universidad de Estudio Extranjero de Beijing.

Giro de Documentales Mexicanos Modernos 当代墨西哥纪录片巡展

墨西哥是一个地处北美洲, 拉丁风格浓厚, 其民族主要为印第安人和印第安混血种族。在大多数人印象中, 墨西哥可能就只停留在了《教父》中黑帮场景那一层面上, 但每一个以西班牙语为主的国家都有段不寻常的历史。11月20日及11月21日, 欢迎观众走进中等放映厅, 寻着这几部纪录片的轨迹, 来真正触摸墨西哥文化。此次巡更站一共展示了四个导演的作品: 导演及制片人: 侯赛·雷蒙·麦克拉哈来依的《回望历史》, 导演: 邓肯·布里吉曼的《墨西哥出品》, 导演: 尤金·保尔戈沃斯基的《继承者》以及导演露西亚·加哈的《内部人生》。

México encuentra en Norteamérica, sin embargo cuenta con un estilo bastante latino, cuyas etnias son principalmente indios y mestizos con indios. En las imagenes de mayoría de gente, México quedaria sólo en el escenario de mafia en la película Padrino, no obstante, cuenta con su historia insólita cada uno de los países hispanohablantes. Del 20 al 21 de noviembre, damos bienvenida a los espectadores al salón de cine mediano, donde pasamos por la trayectoria de estos documentales tocando físicamente a la cultura mexicana. Se estrena en este giro las obras totalmente de cuatro directores: el director y productor: José, Ramón, Maclalay y cuya obra Retrospectiva a La Historia, el director: Duncan gaiman y cuya obra Obra Mexicana, el productor: Eugenio y Paulovosqui y cuya obra Heredero, así como la directora Lucia Gaya y cuya obra Vida Interna



墨西哥驻华使馆文化和教育专员刘德先生致辞
Hace discurso Don De Liu, el Comisionado de Cultura y Enseñanza de Embajada de México en China

The Exchange Exhibition of Young Artists of China and Croatia

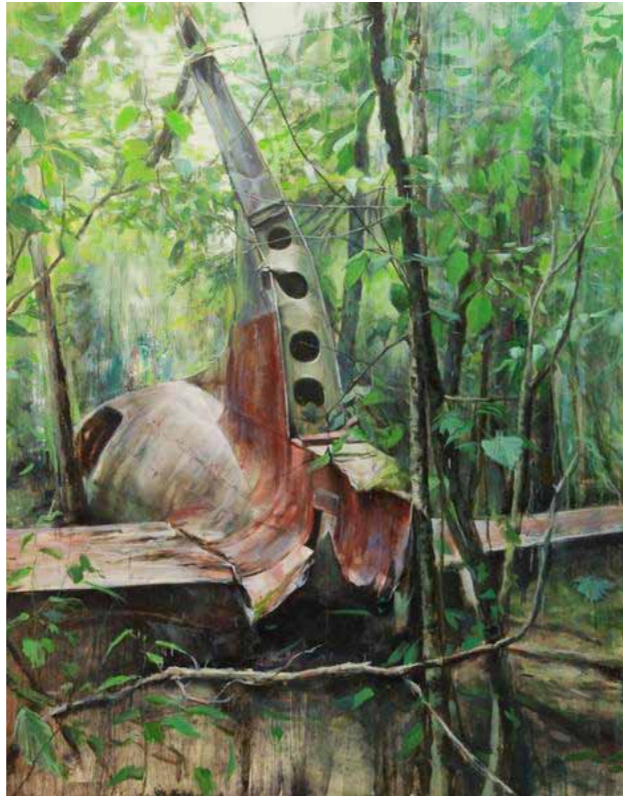
中国和克罗地亚青年艺术家交流展



由中国青年艺术家扶持推广计划(以下简称CYAP)与克罗地亚驻华大使馆联合主办的“第四届桥·邸蕴使馆巡展”之“文艺精神:平民贵族的感伤”中克青年艺术家交流展将于11月22日16:00在阔约艺术中心开幕。此次活动不仅是两国青年艺术家的对话,更是时代的“文艺精神”宣言——每个人在艺术面前都是“贵族”,都能听到心灵的回响,共享最灿烂的精神花园和优雅的艺术盛宴。

Jointly held by China Young Artists Project (CYAP for short) and Croatia Embassy in China, the 4th Art Bridges Cultures, Spirit of Art and Literature: Civilian and Noble's Sentimentality - the Exchange Exhibition of Young Artists of China and Croatia was opened in Honyo Art Center at 16:00 on November 22. This activity is not only an exchange of young artists of China and Croatia, but also the declaration of "Spirit of Art and Literature" of the age, everyone is noble as to arts, everyone can hear the echo of mind and share the most brilliant spiritual garden and elegant art feast.

“桥·邸蕴”(Art Bridges Cultures)使馆巡展计划是CYAP系列国际交流项目之一,以“桥”为纽带,“艺术”为主轴,大力借助各国驻华使馆及其他国际文化交流平台,建立并拓深以青年艺术家为主的国际文化艺术精神交流。第四届“桥·邸蕴”之中克交流展,是继往届——奥地利使馆展、芬



陈朗慕 意外的归宿 布面油画



蔡斯斯 异想 纸本水墨



范安翔 铅笔3 布面油画

兰使馆展、中意文化论坛交流展之后, CYAP携手驻华使馆第一次非使馆内展览,而是在中国最聚焦最具活力的798艺术区,让更多的人参与到国际艺术交流之中,感受不同文化精神的时代共鸣。

“Art Bridges Cultures”Embassy Tour Exhibition Program is one of the series of international exchange programs of CYAP, with “bridges” as the link and “arts” as the main axis. The Program will establish and expand international culture and art spirit communication mainly of young artists, through foreign embassies and other international cultural exchange platforms. After previous sessions: Exhibition at the Austrian Embassy in China, Exhibition at Finnish Embassy in China and China and Italy Cultural Forum Exchange Exhibition, the 4th Art Bridges Cultures: The Exchange Exhibition of Young Artists of China and Croatia, is the first session held by CYAP and the Croatian Embassy in China, not in the embassy but in the most focused and vivid 798 Art District in China, so that more people can take part in the international art exchange and experience the resonance of different cultural spirits.



Dubravka Vidović 石库门的墙系列



Nemanja Cvijanovic, Monument to the Memory of the Idea of Internationale, Interactive sound installation, dimensions variable, 2010



杜布拉芙卡-维多维奇 重建 装置



戴陈连 道具研究



张钰 大象 布油画



Opening Ceremony for Sex is Zero Exhibition

《色即是空》展览开幕式

2014年11月29日捷克共和国驻华大使馆举办了《色即是空》展览开幕式，捷克驻华大使利博尔·塞奇卡先生介绍了此次展览的目的，是将个体艺术所散发出的能量互融互通，积聚到相互理解的气氛中来，并且要用艺术来实现这一点。

On November 29, 2014, the Embassy of the Czech Republic in China held the opening ceremony for Sex is Zero Exhibition. Mr. Libor Secka, Czech ambassador to China, introduced that the purpose of this exhibition is to mutually blend and comprehend energy of individual arts and gather them into the atmosphere of mutual understanding, thus realizing the purpose through arts.



捷克驻华大使利博尔·塞奇卡先生(右二)与到场嘉宾合影留念
Mr. Libor Secka, Czech ambassador to China and the guests take a group photo to mark the occasion.



玉雕大师吴德昇先生与艺术家满开慧女士现场为来宾亲笔签名纪念画册
Mr. Wu Desheng, jade carving master, and Ms. Man Kaihui, artist, sign the commemorative album for guests.



中外友人共同参观玉雕巨作《八仙过海》
Chinese and foreign friends jointly appreciate the jade carving masterpiece: The Eight Immortals Crossing the Sea.



Opening Ceremony for East Zone of USA Los Angeles Shaolin Cultural Center 美国洛杉矶少林文化中心东区开幕

洛杉矶天普市的美国洛杉矶少林文化中心，为满足洛杉矶不同区域日渐增长的习武爱好者的需求，2014年12月7日下午，在美国加利福尼亚州的核桃市隆重举行东区分部开幕剪彩仪式暨2014年年终祈福活动。

来自洛杉矶当地各大知名寺院的代表妙觉寺圣仁法师、净土寺心圆法师、观音寺修辉法师、延寿寺果正法师等；来自洛杉矶当地、旧金山、圣地亚哥、拉斯维加斯各大武馆的负责人；包括太极、咏春等武术门派的代表也出席活动并表示祝贺。

核桃市市长、阿罕布拉市市长、加州参议员夏乐柏委派的代表，以及南加州社区知名人士400名应邀出席了当天的开幕仪式。

美国洛杉矶少林文化中心的负责人延续、净土寺90高龄的宗才长老等带领少林文化中心的弟子们，与洛杉矶多所知名寺院的住持一起拈香祈福，祝愿世界和平，人民安康。

(AACYP洛杉矶讯)





祭奠亡灵节展品以及何塞·埃米利奥·帕切科作家生前相片
Exhibits for commemorating the Day of the Dead and living photo of José Emilio Pacheco, a writer

The Day of the Dead in Mexico 墨西哥亡灵节

墨西哥驻华大使馆于2014年10月31日在京举办了“墨西哥亡灵节——人类文化遗产”活动，该项活动是为了纪念——何塞·埃米利奥·帕切科作家。墨西哥驻华大使温立安先生应邀参加了本次活动。

On October 31, 2014, Mexico Embassy in China held the activity of “The Day of the Dead in Mexico---Human Cultural Heritages” to commemorate scientist José Emilio Pacheco. Mr. Julian Ventura, Mexican Ambassador to China attended this activity upon invitation.

亡灵节的这一天，所有土著居民会回赠自家的土地以及逝去的亲人。这些节庆通常在每年的十月底和十一月初举行，这些为了纪念逝者的节庆已经深深地根植于墨西哥土著居民的文化生活之中了。西班牙人入侵以前的宗教仪式和天主教节日的融合促使了原始信仰与十六世纪欧洲人的世界观之间的交流，同时又拉近了这两个世界的距离。

On the day of the dead, all Aborigines will offer sacrifices to the land and deceased families. The festival is usually

held in late October and early November. The festival for commemorating the dead is deeply rooted in the cultural life of Aborigines in Mexico. The combination of religious rites and Catholic festival before invasion of Spanish promotes the communication between primitive belief and world outlook of European in the 16th century and narrowed the distance of two worlds.



亡灵节活动现场
Activity scene of The Day of the Dead

World Diabetes Day 世界糖尿病日



11月14日是世界糖尿病日，中国天津和上海这两座城市正式加入了“城市改变糖尿病”项目，参与到全球对抗城市糖尿病蔓延的阵营中。这两座大都市也因此成为首批参与到此全球合作项目中的中国城市，该项目于今年三月在墨西哥首都墨西哥城发起，随后丹麦首都哥本哈根和美国的休斯顿也加入到联盟中。

据最新数据显示，当今世界上约有3.87亿人罹患糖尿病，其中三分之二的病患住在城镇地区。从全球来看，城市居民有二至五倍的更高可能性患糖尿病。

“像世界其他城市一样，上海面临着日益严峻的糖尿病发病趋势。为了应对这一挑战，市政府和市卫计委正采取积极措施，重点加大对糖尿病及其他慢性疾病的预防和治疗。上海欢迎在此类创新合作和学术研究方面的相关投入，”一位上海卫生系统官员提到。

“对于糖尿病和其他非传染性疾病的预防和治疗迫在眉睫。天津响应国家卫生和计划生育委员会的号召，致力于推广健康的生活方式和均衡的膳食习惯，这是防治糖尿病的关键举措。‘城市改变糖尿病’很符合这些条件，这一项目将会支持我们来应对糖尿病的蔓延趋势，”天津市卫计委表示。

On the 14th of November, World Diabetes Day, the Chinese cities of Tianjin and Shanghai joined the Cities Changing Diabetes initiative and the global fight against the urban diabetes epidemic. These two major metropolitan centres are the first Chinese cities to become part of the global partnership programme, which was initiated in Mexico City in March 2014, followed by Copenhagen in Europe and Houston in the United States last week.

New figures released today estimate that 387 million people worldwide have diabetes and more than two thirds hereof live in urban areas. Globally, those who live in cities are two to five times likelier to have diabetes.





义卖活动 Charity Activity

2014年10月19日，第六届“大爱无国界”国际义卖活动在北京市朝阳区公园举行。本届义卖以王毅外长夫人钱韦女士名义举办，主题为“为贫困山区孩子送去‘心’希望”，所筹善款将通过中国慈善总会，资助贵州省小儿先天性心脏病手术项目。王毅外长、外交部扶贫工作名誉大使乐爱妹及110多位驻华使馆、国际组织驻华机构代表出席开幕式。

The 6th “Love Knows No Borders” International Charity Activity was organized in Chaoyang Park, Beijing, on the 19th of October 2014. The event was organized by Qian Wei, wife of Foreign Minister Wang Yi under the theme “Send a bit of hope to the poor children in the mountains”. The collected amount will be transferred through the Chinese Charity Association to Guizhou to help the medical programme of operating children with congenital heart diseases. Minister of Foreign Affairs, Wang Yi, Honorary Ambassador of the Ministry of Foreign Affairs in Charge of Poverty Alleviation, Le Aimei,

and representatives of more than 110 embassies and international organizations took part at the activity.

钱韦在开幕式上致辞，她说，先天性心脏病是所有先天性疾病中最严重的一种。贵州省地处中国西部云贵高原，是中国贫困省份之一。资助患儿实施手术，将会给他们带来生命的春天，也将改变他们家庭的命运。在首个扶贫日到来之际举办义卖活动，具有特殊意义。让我们用爱心行动，为贫困山区先天性心脏病孩子们送去新希望！

驻华使团长马达加斯加驻华大使维克托·希科尼纳代表驻华使团致辞，高度赞赏中国政府为贫困地区发展所做努力，表示愿加强与中方合作，积极参与义卖活动，共同为国际减贫事业作出贡献。他还特别感谢中国政府对非洲抗击埃博拉疫情给予的人力和物力支持，表示抗击埃博拉，患难见真情。

本届义卖共有92家驻华使馆和国际组织驻华机构代表及14家国内企事业单位参展，吸引了数千社会各界人士参加活动。据初步统计，共筹得善款约200余万元。





Lecture on Rule by Law 依法治国讲座

中国记协12月1日在京举办第六十四期新闻茶座，邀请中国政法大学副校长马怀德，围绕“解读四中全会：党的领导与依法治国”的主题向境内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。

All-China Journalists Association held the 64th Press Salon on December 1, 2014. Ma Huaide, Vice President of China University of Political Science and Law attended the salon upon invitation. Ma introduced conditions to domestic and foreign journalists and foreign embassy diplomats and answered questions of journalists, focusing on “Interpretation of the Fourth Plenary Session of the Communist Party Central Committee: Party’s leadership and Rule by Law”. This Press Salon was hosted by Zhu Shouchen, Secretary of Secretary Office of All-China Journalists Association.

马怀德说，四中全会提出全面推进依法治国。中国共产党的领导与依法治国是一致的。坚持党的领导是社会主义法治的根本要求。我国宪法明确了党的领导。在我们这样一个地域广阔、人口众多、经济社会发展不平衡、社会矛盾日益增多的国家，只有坚持党的领导，厉行法治，人民当家作主的权利才能实现，国家社会生活的法治化才能有序推进，建设法治国家、法治政府和法治社会的目标才能最终实现。所以说，党的领导是社会主义法治的根本保证，是全面推进依法治国的题中应有之义。

马怀德认为，党的领导贯穿法治的全过程。要坚持党领导立法、保证执法、支持司法、带头守法。由于宪法法律是党领导人民制定的，因此维护宪法法律权威就是维护党和人民

共同意志的权威，捍卫宪法法律尊严就是捍卫党和人民共同意志的尊严，保证宪法法律实施就是保证党和人民共同意志的实现。

马怀德强调，党自身必须在宪法法律范围内活动。各级党组织和党员领导干部要模范地遵守宪法法律，自觉维护宪法法律权威。要敬畏法律，牢记法律红线不能逾越、法律底线不能触碰的要求，带头依法办事，保证宪法法律正确统一实施，做维护法律权威的表率，决不能以言代法、以权压法、徇私枉法。高级领导干部尤其要以身作则、以上率下。要把法治建设成效纳入政绩考核指标体系，要把能不能遵守法律依法办事作为干部考察内容。提拔使用法律素养好、依法办事能力强的优秀领导干部。

Ma Huaide emphasized that the Party itself must carry out activities within the legal scope of constitutional law. Party organizations, party members and leading cadres at all levels shall be models to abide by constitutional law, voluntarily maintain the law authority of constitutional law, revere the law, never break the law or touch the bottom line of law, lead the action by law, ensure correct and uniform implementation of constitutional law, maintain law authority, while never substitute one’s words for the law, suppress law with power, or bend the law for the benefit of relatives or friends. Especially, senior leading cadres shall take the lead and be models. The Rule by Law shall be included in the government performance index assessment system and the ability of cadres to do action by law shall be included in the assessment. Excellent leading cadres with high legal quality and strong ability of acting by law shall be promoted.

Interpretation of Judicial Reform 司法改革解读

中国记协11月17日在京举办第六十三期新闻茶座，邀请国家行政学院法学部教授任进，围绕“解读四中全会：司法改革与司法公正”的主题向境内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。

All-China Journalists Association held the 63rd Press Salon on November 17. Professor Ren Jin, School of Law of China University of Political Science and Law attended the salon upon invitation. Ren introduced conditions to domestic and foreign journalists and foreign embassy diplomats and answered questions of journalists, focusing on “Interpretation of the Fourth Plenary Session of the Communist Party Central Committee: Judicial Reform and Judicial Justice”. This Press Salon was hosted by Zhu Shouchen, Secretary of Secretary Office of All-China Journalists Association.

任进说，司法是维护社会公平正义的最后一道防线；司法公正对社会公正具有重要引领作用，司法不公对社会公正具有致命破坏作用。十八届四中全会关于司法改革和司法公正的新举措，将决定未来我国司法改革的具体走向，具有重大意义。

Ren Jin expressed: “Justice is the last line of defense for maintaining social equality and justice; judicial justice plays an important leading role for social justice; judicial injustice has fatal damage to the social justice. New Measures for Judicial Reform and Judicial Justice put forward on the Fourth Plenary Session of the Eighteenth Session of the Communist Party Central Committee have great significance for guiding specific direction of Chinese judicial reform in the future.”

任进表示，四中全会《决定》在三中全会《决定》的基础上对保障司法公正做出了更深入的部署。为优化司法职权配置，《决定》提出，推动实行审判权和执行权相分离的体制改革试点；统一刑罚执行体制；探索实行法院、检察院司法行政事务管理权和审判权、检察权相分离；变立案审查制为立案登记制。为保障人民群众参与司法，《决定》提出，完善人民陪审员制度，扩大参审范围；推进审判公开、检务公开、警务公开、狱务公开；建立生效法律文书统一上网和公开查询制度，等等。《决定》还就加强人权司法保障和加强对司法活动的监督提出了重要改革措施。

Ren Jin expressed: “On the basis of Decision made on the Third Plenary Session Decision made on the Fourth Plenary Session has made further deployment to safeguard judicial justice. To optimize the distribution of judicial powers and functions, Decision proposes to promote the system reform pilot for separating



judicial authority from execution authority; unify the penalty execution system; explore the way to separate administration authority, judicial authority and procuratorial authority of judicial administration affairs of court and procuratorate; and change the case filing investigation system into case filing registration system. To make the public participate in the justice, accept proposals to perfect the system of people’s assessors, expand the scope of assessment; promote publicity of judgment, procuratorial affairs, police affairs and prison affairs; establish unified and open query system of effective legal instruments on the Internet, etc. The decision also puts forward important reform measures for safeguarding justice and enhancing supervision on judicial activities.”

任进说，四中全会《决定》提出，最高人民法院设立巡回法庭，审理跨行政区域重大行政和民商事案件，探索设立跨行政区划的人民法院和人民检察院，探索建立检察机关提起公益诉讼制度；全会决定还提出推进以审判为中心的诉讼制度改革。

Ren Jin expressed: “The decision specifies that the Supreme People’s Court will set up a circuit court to hear major administrative and civil and commercial cases across administrative areas; try to set up the people’s court and the people’s procuratorate across administrative areas, try to establish the system of the procuratorial organ filing a public interest litigation; and put forward litigation system reform focusing on judgment.”

任进指出，当前司法领域存在的主要问题是：司法不公，司法公信力不高，一些司法人员作风不正、办案不廉，办案钱案、关系案、人情案等时有发生。司法不公的深层次原因是司法体制不完善、司法职权配置和权力运行机制不科学、人权司法保障制度不健全。

Ren Jin also pointed out main problems in current judicial fields: judicial injustice, low credibility of justice, poor work style and corruption of judicial workers, unfairly handling cases for the sake of money and relationships. The deep reason of judicial injustice is the judicial system is incomplete, the distribution of judicial functions and powers and power operation mechanism are not scientific and the system of judicial protection of human rights is incomplete.



赵广智爷爷为孩子们讲述古建趣事，普及中国传统建筑文化知识 Grandpa Zhao Guangzhi tells interesting stories about ancient architecture and popularizes traditional Chinese architecture knowledge to children.

Entering Big Classroom of National Museum of Classic Books 走进典籍博物馆大课堂

2014年11月4日，由国家典籍博物馆主办的“走进典籍博物馆大课堂”系列活动启动，首场活动“跟随赵广智爷爷走进——样式雷”同时在国家典籍博物馆举行。

On November 4, 2014, “Entering Big Classroom of National Museum of Classic Books” series activities sponsored by National Museum of Classic Books were launched. The first activity “Entering---Yang-Shi-LEI with Grandpa Zhao Guangzhi” was held in National Museum of Classic Books concurrently.



国家图书馆馆长兼国家典籍博物馆馆长韩永进，国家图书馆副馆长兼国家典籍博物馆常务副馆长李虹霖，北京市教委社会大课堂办公室主任高付元，建筑学家梁思成先生哲嗣著名记者梁再冰女士，中国古建筑模型工艺师，中央民族大学外聘教授赵广智先生受邀出席，并且共同启动了此次活动。 Han Yongjin, Chief Librarian of National Library and National Museum of Classic Books, Li Honglin, Associate Librarian of National Library, and Standing Associate Librarian of National Museum of Classic Books, Gao Fuyuan, Director of Big Social Classroom Office of Beijing Municipal Education Commission, Famous Journalist Ms. Liang Zaibin, daughter of Architect Liang Sicheng, and Mr. Zhao Guangzhi, Ancient Chinese Architecture Model Craftsman and Guest Professor of Minzu University of China, were invited to this activity.



现场学生们亲手体验搭建古建筑模型并且了解中国古代天人合一的建筑思想以及博大精深的中华优秀传统文化 Students at site personally experience building ancient architectural models, learn the ancient architectural thought of theory that man is an integral part of nature, broad and profound Chinese excellent traditional culture.



梁再冰夫妇共同观看现场工作人员搭建古建筑模型 Liang Zaibin and her husband jointly watch site workers building ancient architectural models.

Red Culture of Baiyin City 白银市红色文化



白银市会宁县在会师旧址，建设了邓小平题写塔名的“中国工农红军一二四方面军会师纪念塔。红军会师园主要由会师楼、会师塔、会师联欢会址、革命文物陈列馆和将帅碑林五个主要景点组成。

The historical point of military alignment in Huining Village of Baiyin City. The words “Unification of First, Second, Fourth Divisions of the Red Army of China’s Workers and Peasants ” was written by Deng Xiaoping on the memorial pagoda. The theme garden of the Red Army’s Unification consists of the following parts: Unification Tower, Unification Pagoda, Unification Chamber, Display Hall of Revolutionary Objects and Steles Collection of the Generals.

在中国大地波澜壮阔的革命年代，白银也占有光辉的一页。

“靖远兵暴”是第二次国内革命战争时期，在甘肃影响最大的武装起义，播洒下红色的种子；“水泉起义”，写着“中国工农红军陕甘游击队”的红旗，插在了这块土地上；西路军在此组建并悲壮西征，大墩梁战役、虎豹口黄河抢渡、条山血战，特别是红军三大主力胜利会师白银会宁，是中国革命史上不朽的丰碑，长征精神、红色文化使会宁成为名扬海内外。

1936年9月，彭德怀元帅在白银境内的红山寺设立指挥

部，驻扎48天，组织“打拉池”战役，为红军三大主力在会宁会师创造了条件。1936年10月，中国工农红军第一、二、四方面军经过艰苦卓绝的长征，在会宁胜利会师，从而结束了二万五千里长征，成为中国革命史的转折点。毛泽东、朱德、周恩来、刘少奇、邓小平、李先念、王震等老一辈无产阶级革命家都在长征中到过会宁。

红军在白银境内遗留了20多处战斗遗迹和1000多件革命文物以及13处革命遗址微缩景观为主体的“红军长征胜利景观园”共同组成了会宁丰富而宝贵的红色旅游资源。造就了会宁在全国红色旅游中特殊而重要的地位。



会师楼原为会宁古城西门，自明代以来称西津门。红军进攻会宁时首先攻开此门，为纪念三大主力红军会师，改名为会师楼。

The Unification Tower used to be the Western Gate of Huining in the ancient times. It was called Crossing Gate since the Ming Dynasty. When the Red Army sieged Huining, first it broke through this gate. To commemorate the unification of the three grand forces of the Red Army, it has been renamed Unification Tower.



靖远虎豹口红军渡河纪念雕塑
Sculpture for the memory of the Red Army crossing the Tiger and Panther Passing in Jingyuan

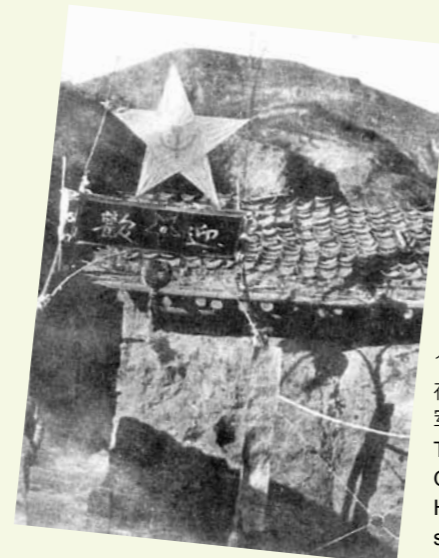


打拉池全貌 Da La Reservoir's full view



会师联欢会址原为文庙大殿，红军会师期间，在此举行了庆祝红军会师联欢会，总司令朱德宣读了中央的贺电。

The Unification Chamber used to be a Confucius Temple, during the unification, the Red Army has organized a great festivity here, commanding officer Zhu De has read the congratulation letter of the central leadership in this chamber.



1936年10月会师期在会宁城搭建欢迎红军的情景

The unification on October 1936 in Huining made a scene for welcoming the Red Army



会宁长征胜利景观园 Scenic Garden of Huining Long March



会宁大墩梁红军烈士纪念碑
Memorial of the heroes of Huining Da Dun Bridge Red Army



胡锦涛总书记等20多位党和国家领导人参观了会师旧址并看望老一代将军。
General Secretary Hu Jintao as well as 20 other top leaders of the country have visited the unification garden and payed homage to first generation generals.



刘云山来会宁
Liu Yunshan visiting Huining

In the midst of huge billows of the Chinese revolution, Baiyin has recorded its name in the history. The "Jing Yuan Uprising" marked the time of a second domestic revolution, it has spurred the biggest armed uprising in Gansu and has planted the red seeds; the "Spring Uprising" has stuck the red flag carrying the words "Red Guerrilla Army of Chinese Workers and Peasants of Shanxi and Gansu" into this land; the Western Army has come to life here and it has set out from here for the Western Punitive March, the Da Dun Bridge Campaign, crossing the Tiger and Panther Crossing of the Yellow river, the ferocious battle of Tiao Mountain, and first and foremost the unification of the three major forces of the Red Army in Huining of Baiyin City have created a never fading memory of this place, the spirit of the long march have made Huining famous both at home and abroad for its red culture.

In September 1936, General Peng Dehuai has set up



刘延东来会宁
Liu Yandong visiting Huining

his command-post in the temple of the Red Hill of Baiyin, and while organizing the "Da La Reservoir" manoeuvre and preparing the situation for the successful unification of the three major forces of the Red Army in Huining, stayed here for 48 days. In October 1936, after completing an exhaustive 25,000 li (around 12,500 km) march, the First, Second and Fourth Divisions of the Red Army have joined forces in Huining. Now it is considered as a turning point in the history of Chinese revolution. Mao Zetong, Zhu De, Zhou Enlai, Liu Shaoqi, Deng Xiaoping, Li Xiannian, Wang Zhen and other first generation revolutionary fighters have all crossed Huining during the long march.

20 memorials, 1000 revolutionary objects and 13 revolutionary spots left by the Red Army in Baiyin fill the "Red Army's Victorious Long March" theme garden, making Huining a rich and precious station of red tourism. Thanks to all these, Huining has gained a reputation as a unique and important red tourism destination.



西路军军政委员会成员
Member of Military Administration Committee of the Western Army



双龙寺(原西路军指挥部)
Double Dragon Monastery (former commanding post of the Western Army)

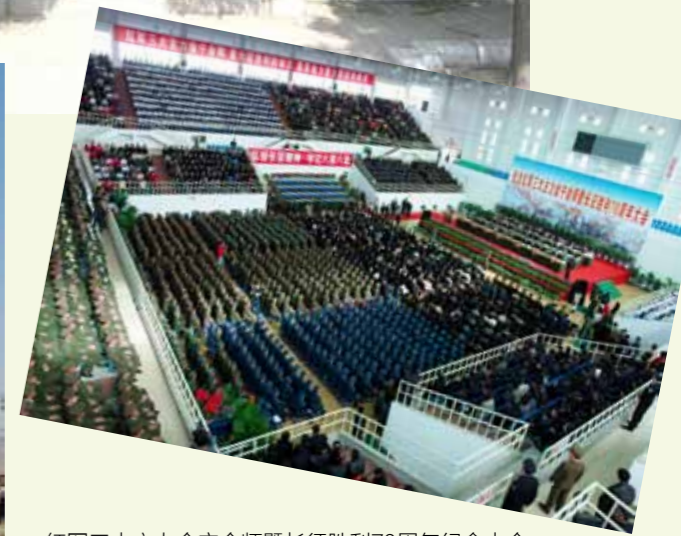


景泰县西路军一条山纪念馆大门口
Main gate of the Memorial Hall of the Western Army of Jingtai County



将帅碑林建于1996年红军会宁会师60周年之际, 碑林由老一辈无产阶级革命家毛泽东、周恩来、朱德、刘少奇、邓小平等的题词组成。景区现为AAAA级旅游景区、全国重点文物保护单位, 全国首批百个爱国主义教育示范基地、国家安全教育基地和国防教育基地、新中国60大地标、是全国30条红色旅游精品线路和100个红色旅游景点景区之一。

The Steles Collection was formed in 1996 to commemorate the 60th anniversary of the unification of the forces. It gathers together the inscriptions of several first generation revolutionists, including Mao Zetong, Zhou Enlai, Zhu De, Liu Shaoqi, Deng Xiaoping and others. The garden is a national AAAA level tourist destination, an important national historical site, it is listed among the top 100 national patriotic training bases, it is also a national training base, a national defence training base, in addition, a national top 60 hallmark, it is a starred station of a red tourist route among the country's 30 red tourist routes, and a red tourism spot among the 100 red tourism spots of China.



红军三大主力会宁会师暨长征胜利70周年纪念大会
Conference on the Unification of the Three Main Forces of the Red Army in Huining and 70th Anniversary of the Victorious Long March



中央电视台“心连心”艺术团赴甘肃会宁慰问演出。
"Heart to Heart" Art Troupe of the Central Television Giving a Salutation Performance in Huining, Gansu Province

Memory of Manchu Banner People Celebrating the Spring Festival

旗人过年琐忆

我出生在一个没落的封建官僚大家庭里，我的祖先是满族正黄旗的赫舍里家族，几辈人都在宫里当差，昔日殷实富足的生活随着社会变迁逐渐变成往事，但多少辈人传承下来的生活习惯却一直延续着，特别是小时候过年的情景始终让我无法忘怀。那时人们对传统节日十分重视，有很多讲究。我们家虽没有了往日的奢华，但还是比下有余。过年是我们这个大家庭中最开心最热闹最开心的时候，当然，在孩提时的记忆中，要数对吃食最清晰了。那时，老姓过年为了改善一下生活，忙活一年，到头来吃几天称心的饭菜，小孩则可以穿上新衣裳臭美。现如今生活条件好，天天可以穿新衣，想吃什么就吃什么，每天都像过年，过年就显得没那么重要了，也就不那么热闹了。时过境迁，我还是喜欢儿时的过年，它留给我太多的回味……



贺志芹 He Zhiqin

腊月习俗

Customs in the twelfth month of the lunar year

一进腊月，也就是我们的公历12月，就开始准备过年了，这是一年当中最快乐最隆重的日子。

When entering the twelfth month of the lunar year, i.e. December in Gregorian calendar, people start making preparations for the Spring Festival, which is the happiest and greatest festival.

从腊月初六开始，奶奶就叫人把准备好的各种豆子和米都拿出来，一颗一颗地挑拣后，用水洗过，有的还要用清水泡上多半天。泡的皮软了，奶奶、姑姑们还得给干果剥皮，有花生、栗子、核桃、大扁（杏仁）。这当中属栗子皮跟核桃皮不好剥，等剥完了的时候，手指头也泡白了。最后还要把莲子的芯用针捅出去，因为莲芯有点苦。

From the sixth day of the twelfth month of the lunar year, Grandma asked the servants to take out beans and rice, and carefully pick out bad ones, clean them with water and soak them in clear water for half a day. Dried fruits including peanut, chestnut, nut and almond were to be peeled.

初七一大早，就熬腊八粥，粥里放有红枣和各种豆子，还有栗子、核桃仁、花生仁、大扁，有大米、小米、薏米、江米、菱角米、鸡头米、莲子、百合……。有的先放有的后放，最后熬好的粥又红又稠。在大厨房的大饭桌上摆放许多平时不用的大花碗，盛满一碗一碗的粥，六姑就在粥上摆青丝、红丝，还有染了红色的花生仁、核桃仁、大扁、栗子、莲子，然后会把粥放在一个一个红漆提盒里。奶奶下个名单到各家送礼。其实每年都是那些家。佣人们都愿意干这差使，因为送到谁家都会得赏钱，自然大花碗也不会空着拿回来，一定放了许多好吃的食品，糖瓜啦，蜜饯啦，杂拌啦，还有各种小点心。

On the morning of the 7th day, we cooked Laba Porridge (rice porridge with nuts and dried fruit eaten on the eighth day of the twelfth lunar month). Raw materials included red dates, various beans, chestnut, walnut kernel, peanut kernel, almond, rice, millet, pearly barley, glutinous rice, water caltrop kernel, Euryale ferox, lotus seed, lily..., which were put into the porridge successively, and finally the porridge was red and thick.

And then, the porridge was filled in a red paint box. Grandma listed a name list and asked the servant to send the porridge to these families (almost the same families

every year). Servants liked to do this task as they could get money reward. Of course, the big bowl would be filled with delicious foods, sweets, preserved fruits, mixed dried fruits and various biscuits.

到了初八一早上奶奶梳洗完毕，就去给老佛爷上供，再去给老祖宗上供，主要是腊八粥，在东库房里有两口很大很厚的缸，平时没用，这时搬出来放在厨房过道，把一碗一碗冻上的粥放在大缸里，盖上盖子。这样一直可存到正月十五。此后，每天早上都可以喝腊八粥，还有炸饺子、炸年糕、烤豆包、枣馒头。

On the morning of the 8th day, Grandma cleaned up and offered up a sacrifice (mainly Laba porridge) to the Buddha and then the ancestors.

过了腊八，奶奶拿出皇历，找扫房的吉日，日子定下后，通知各院各屋，大家按日子把屋子里墙上挂的字画，桌上的摆设等物件收好。用新买的扫帚、鸡毛掸子从屋顶到地面、门窗都扫干净，再把屋里摆设好，换上新门帘、新窗帘、新椅子垫。

After the 8th day, Grandma took out the almanac to find out the lucky day for cleaning. After fixing the date, Grandma notified all courtyards and houses to take down scripts and paintings on the wall and furnishings on the table in the fixed date; and then used new brooms and feather dusters to clean the house from roof to ground, doors and windows.

扫房之后就要把大人孩子的衣服鞋帽准备好。找个好天气，娘带着唐妈、大姐和我一起去隆福寺买头上戴的红绒花、盆景小柏树枝上的红石榴花什么的顺便会吃灌肠、豆汁、焦圈、辣咸菜等小吃。这些花不上多少钱，普通老百姓都能吃得起。这时几位姑姑也都买了自己喜欢的头花饰品。哥哥跟着账房老孙先生去买爆竹。奶奶打发人去买了三十晚上“踩岁”用的芝麻秸。

After cleaning, clothes, shoes and caps for the adult and children would be prepared. In fine weather, we went to Longfu Temple to buy red velvet flowers, and



red pomegranate on the small cypress miniascape, and ate snacks like sausage, soybean milk, fried ring, spicy pickles, etc.

Brother and accountant Mr. Sun went to buy firecracker. Grandma asked the servant to buy sesame straw for “trampling the year” on the Chinese New Year's Eve.

腊月二十三要“祭灶”。奶奶事先已叫人买好了各种糖瓜，有瓜形的、圆棍状的、片片的，有的上面滚了芝麻。

On the 23rd day, we “offered sacrifices to the Kitchen God”. Grandma has asked the servant to buy various sweets in cuculliform, pole and piece, covered with sesame.

真正“祭灶”时，没有女人和孩子什么事，都是男人去办。听哥哥说把平时在厨房供着的“灶王爷”请下来放在桌子上，爸爸用红纸写上两句话“上天言好事，回宫降吉祥”，贴在灶王爷的两边，再用糖在灶王爷嘴上抹一抹，意思是请他上天在玉皇大帝跟前给贺家多说好话，回来带回吉祥。他去的几日里还要请一位将军代理几天家中的事务。男人们磕过头后，就把灶王爷送走了（焚了）。

When offering sacrifices to the Kitchen God, it's none of the business of women and children, all must be done by the men. According to brother, they invited the “Kitchen God” to the table, father wrote two sentences “Wish the Kitchen God to praise the mortal world, so that the Emperor of Heaven can bring auspicious things to the mortal world” and pasted it at two sides, and then applied sugar to the mouth of the Kitchen God, aiming to ask the Kitchen God to praise the family to the Emperor of Heaven.

Men made a kowtow to the Kitchen God and burnt the Kitchen God.

为祭过灶之后，最忙的要数大厨房了。要做好多好吃的，炖肉、炖鸡鸭、做大丸子、做鱼，还有芥末墩什么的，再蒸很多馒头、豆包、年糕。这时候有我最爱干的活儿用筷子蘸上红色，在蒸好的馒头上点个红点儿，在豆包上用大料花蘸上红色，点个大料花，了好看喜兴，也为了区别是馒头还是豆包。还做出各种饺子馅，这些好吃的，一直可以吃到正月十五。忙活完这些事，就该到除夕了，这是“辞岁”的日子，忙了一个月到了最重要耍的一大。这一天出门在外的人都要赶回家来吃年三十的团圆饭“辞岁”。

After offering sacrifices to the Kitchen God, the big kitchen was the busiest, as they cooked so many delicious foods: stew meat, chicken and duck; cook big meat balls, cook fish and mustard block; make steamed buns, steamed bun stuffed with sweetened bean paste, and rice cake. At that time, I liked to dip the chopsticks with red paint to paint a red point on the steamed buns while drawing a red flower on stuffed buns to make them distinguishable. These delicious foods were enough for



us till the 15th day of the first month of lunar year. After which, it's Chinese New Year's Eve, the day for bidding farewell to the outgoing year. On that day, people out of home rushed to home to eat the reunion dinner for bidding farewell to the outgoing year.

三十这天早上,全家上下都梳洗干净,换上新衣服,新鞋,头上戴上花,再化一下妆,家里家外都贴上爸用红纸写的“春联”,挂签,挂上红灯笼,把这个家和所有的人,都打扮起来,昆得喜气洋洋。出门在外的人都赶回家来给奶奶请安问好,人家问寒问暖有说有笑,回来的人都带了好吃的土特产什么的。到了晚上,大家都聚在奶奶的大屋里,那里摆着一张很大的圆桌,桌子上摆放着鸡、鸭、鱼肉、炒菜、水果等,还有酒。这一天吃饭时可以随便说笑,可以行酒令划拳,屋里显得比平日暖和许多,屋顶上换了很大很亮的灯,满屋里亮堂堂的,散发着肉香酒香,热闹极了。吃过了年夜的团圆饭,奶奶要给各屋分很多好吃的,有瓜子、花生、蚕豆、栗子、杂拌、蜜饯、糖果、脆枣……当然给西院我们几个孩子的最多,可以吃好多天。

On the morning of the 30th day, the whole family cleaned up and dressed new clothes and new shoes, wore flowers on the head. We pasted spring couplets written by father on the red paper in and out of the house and hung red lanterns, to dress up the house and the

whole family, which was full of joy.

到了时辰,奶奶说“祭祖”了。这也是成年男人的事。平日里,奶奶西屋的墙上有个暗洞,里边放着用“妈妈口袋”装着的祖宗牌位,用一个布帘子挡着,外边看不见。家中的男人们到齐后,请出“妈妈口袋”里的祖宗牌位,放在条案上,供、上香,一起磕头,然后把祖宗牌位装进“妈妈口袋”,放回龕里,放下白布帘子,“祭祖”仪式就算完成了。之后就是“辞岁”了。奶奶领着全家人依次面向东方跪下磕头,“辞旧岁迎新春,满院子撒满了芝麻秸,大人孩子都要上去踩,把芝麻秸踩碎,发出噗、噗的响声,孩子们蹦跳着欢呼着又是一阵热闹。老天爷把欢乐和幸福撒满人间,亲人们团聚在一起,人人喜笑颜开,天地之间被喜气笼罩着,家里院外的鞭炮声响成一片。人们已经不知道外面还有另一个世界,只知道有快乐的家园。想那大观园省亲也没这么热闹,我敢说:过上一次这样的年,终生都会想家、想念亲人。不管过去了多少年,也不管走到外面世界有多远,也忘不了年三十在家过年。每次回想起来都是一次享受、一种快乐,一种对家、对亲人们的思念。

At a fixed time, Grandma asked us to offer sacrifices to the ancestors, which was done by men.

After all men of the family arrived, they took out the ancestral memorial tablets from “mother's pocket”, put them on a long narrow table, offered incense to the ancestors, made a kowtow to the ancestors, put them into “mother's pocket”, and then put it back to the cabinet and lay down the white cloth curtain; finally, the ceremony offering sacrifices to the ancestors was completed. After which, it was the ceremony bidding farewell to the outgoing year. Grandma led the whole family to make a kowtow to the east in turn, to bid farewell to the outgoing year and welcome the new year. Sesame straws were paved in the courtyard, the adults and the children trampled on the sesame straws, hearing puff sound. Children jumped for joy and cheered up. What a lively scene!

三十晚上通宵不眠叫“熬年”,人们讲古说今、玩牌、算卦、说笑话、讲故事。不过孩子们吃过饺子后,一般就去睡了。

We stayed up all night on New Year's Eve, which is called “boiling the year”. We played cards, told fortune or divine, told jokes and stories. However, children generally went to bed after eating dumplings.

正月习俗

Customs in the first month of the lunar year

大年初一,一觉醒来,发现枕边多了苹果和柿饼,要各

咬一口,是一年到头平安如意之意,再摸枕头下边会有一个“小红包”,这是娘给的“压岁钱”。赶紧起来下地,给娘磕头说“娘过年好,娘吉祥如意”,然后梳洗打扮好,去给奶奶、叔叔、姑姑们去拜年,同样都会得“小红包”。

On the first day of the first month of the lunar year, when I woke up, I found apples and dried persimmon at bedside, I had a bite in the apple and dried persimmon, which indicates a safe year. I got a “red packet” below the pillow, which is the money given by mother to me as a lunar New Year gift. I quickly got up and made a kowtow to my mother and said “Happy New Year, good luck and happiness to mother”. And then I cleaned up and paid a New Year visit to Grandma, uncles and aunts, they also gave me “red packets”.

初一这天早上,哥哥就忙着到二大爷家去拜年,因为只有哥哥去拜过年以后,二大爷才许别人进他家拜年。这时候,爸和九叔也出去拜年了。就在我们去给姥姥家、还有肃王府等好几家拜年的同时,也有人到家来给奶奶来拜年。有人拜了年就走,有的要留下吃饭。

On the morning of the first day, my brother busily paid a New Year visit to the second uncle (father's brother) as the second uncle only permitted us to his home after my brother paid a New Year visit.

Some others paid a New Year visit to Grandma. Some went away after visit, while some would stay until lunch.

初二这一天要接“财神”,在条案上摆上新请的财神爷,上供、上香,供品中必须要有一条活鱼,用红线系上。还要有一只尾巴有毛的鸡。这一天要吃接神饺子,有好几种馅,馅里还放了两枚制钱,谁吃着了一年有好运,拿着制钱还可以到奶奶那儿换钱。这一天,大人们带我们去广安门外的“五显财神庙”赶会。骑毛驴去,那里人山人海,想烧香,根本进不去,回来时,要从那里买些假的大元宝带回家挂起来。

On the second day, we welcomed “The God of Wealth”. We put the newly invited “God of Wealth” on a long narrow table, offered up a sacrifice and incense to the God of Wealth. Offerings must include a live fish fastened by a red line and a chicken with hairy tail. On this day, we ate dumplings for welcoming the God of Wealth. There were several stuffings and some dumplings contained two coins. The one eating the dumpling with two coins would be lucky in the year and also can exchange money with Grandma.

初三这一天,要接马王爷,因为早先还没有汽车,出门要乘马车,供马王爷是为了出门求个平安,跟接财神是一样的。

On the 3rd day, we welcomed “God of Horse”. As in

early years, there was no automobile, we almost rode carriage drawn by the horse. So offering sacrifices to the God of Horse aimed to bless a safe journey, which is the same as welcoming the God of Wealth.

初五这一天,要吃破五的饺子,这天的饺子用羊肉做馅,格外好吃。

On the 5th day, we ate dumplings with mutton stuffings for breaking the fifth day of the first lunar month. The dumplings were very delicious.

初六这一天,照例是姑奶奶回娘家的日子。早上起来梳洗打扮好,娘给奶奶请过安,奶奶给准备好了礼物,带上钱,娘带上我们几个孩子,还有三位姑姑跟着,一起到姥姥家拜年。这也是一年当中最快乐的日子,在家里,谁都怕奶奶,玩也不敢出格儿地闹;到姥姥家就不一样,没那么多规矩,姥姥一点也不可怕,不怎么管,大人们在这里同样也没有拘束。姑姑们跟大舅谈古论今,说大舅的书法、诗词,说七姑的画,还说说典故什么的,有时还玩麻将牌,都很开心。娘跟姥姥说些悄悄话,我们跟着表哥表姐们在里院外院疯跑、放鞭呀,戴花呀,吃着好吃的,再回东屋的大炕上过家家,把玩具弄的满坑都是,大舅妈从来不责怪我们,任由我们胡闹。

On the 6th day, my mother got up, cleaned up and paid respect to Grandma. My mother took us with gifts and money prepared by Grandma to pay New Year visit to maternal Grandma.



初八这一天，要去“白石观”，还是骑毛驴去，那里有条干涸的河，河上有个桥，桥的尽头有个洞，洞门口坐着一位“老道”，在他头顶上方悬挂着一个很大的制钱，人们在进门时可以用钱兑换很多小的制钱，用小制钱抛向老道头顶上的大制钱，谁抛出的钱能从大制钱的方孔钱眼里穿过，谁就有福有财。我们到那里时，地上已经是厚厚的一层制钱了。这天晚饭后还有一件很重要的事——“顺星”。“顺星”也是我印象最深、最好玩、又好看还有点神秘色彩的事。白天奶奶已叫人买了又软又薄的黄色棉纸，剪成小方块，做成一个一个的小灯捻，放在一个绿色的大瓦盆里，用香油泡上。晚上到了时辰，在奶奶屋里放一张黑色的长方矮桌，桌子上摆着褐色的陶瓷小碗，一共有108个。先把小碗摆成一个“顺”字，再把泡好的灯捻放在每一个小碗里，每个灯捻下边要用一枚铜钱压住。在各院各屋的门槛上、炕沿上都放一个灯捻，再把奶奶屋里摆好的桌子抬到院子的东边放好。开始点灯啦，唉呀！太好看了！好像把天上的星星都请到家里来了，照得满院子闪闪发亮，奶奶领着全家人依次磕头。听哥哥说每个人在大上都有一颗星保佑着一年顺顺利利的。虽然那时候我还小，可是我把每年的这一天记得清清楚楚，觉得有些神秘，多么美丽的夜晚呀！多么神奇的天空，多么亮的星星。这一晚上屋里院里又香又亮，没有说笑声，院子里十分肃静。

On the 8th day, after dinner, there was an important thing, “wishing smoothness and luck”. “Wishing smoothness and luck” was the most impressive, the most interesting, beautiful and mysterious thing among my impressions. In the daytime, Grandma has asked the servants to buy soft and thin yellow cotton paper, cut the paper in small cubes, make them into lampwicks, put them in a big green basin and soak them in balm. At night, Grandma placed a square black table in the room, placed 108 brown ceramic bowls on the table, in a character “口” (smoothness and luck), and then put the soaked lampwicks in each bowl and withheld the lampwick with a copper coin. We put one lampwick at the brim and the edge of heatable brick bed of each house and carried the table from the room to the east. And then we started to light it on. The courtyard was sparkling. Grandma led the whole family to make a kowtow one by one. My brother said that there is a star in the sky that can bless everyone a smooth and lucky year.

这之后，在正月十五之前，找个好天气，大人们会带着我们去逛庙会。那里是人挤人，有卖各式各样风筝，有金鱼、大花脸、小燕子什么的，……还有卖空竹的，能抖出各种声音和花样，因为人多又挤，好些大人抱着孩子、背着孩子，孩子手里举着五颜六色的风车，风一吹嘎嘎直响，还有的孩子手里举着长长的一串冰糖葫芦，还有举着面人的，好吃的好玩的多着哪。从这里挤出来就奔大栅栏，这里有一条街全是卖花灯的，在这儿买上“走马灯”、“大红灯”、“小花灯”……带回家准备过元宵节。



After that, before the 15th day, in fine weather, the adult took us to the temple fair.

正月十五这一天，天不亮街上的店铺就开始放爆竹啦，要吃元宵，元宵有家里做的，还有别人送的，各种馅的全有。晚上吃过饭后最热闹，各院的门前廊下都挂起了花灯，奶奶门前的廊下有“走马灯”，灯有四面的、也有六面的。灯罩上面有孙猴子、猪八戒、铁扇公主……还有的画着各种京剧人物，灯转起来，他们不停地走动，像活的一样。这一天，家里家外鞭炮连天，一直放到深夜才逐渐稀少，就这样恋恋不舍地，算是把年过完了。

On the 15th day, stores in the street played firecrackers before dawn. We would eat sweet dumplings with many kinds of dumplings, which were made at home or sent by others. After dinner, it was the liveliest. We hung festival lanterns in the porch of each room. There were lanterns adorned with a revolving circle of paper, with four or six sides.

On that day, we could hear firecracker sound in and out of home, which would not fade away until midnight. The Spring Festival celebration was over.

现在每逢春节，都会回想起这一切。可是每每想起过年，还如昨日一样。

Now, in the Spring Festival, I always recall these memories and it feels just like yesterday.

Winter Solstice 冬至



冬至是中国农历中一个重要的节气，也是中华民族的一个传统日期。早在二千五百多年前的春秋时代，中国就已经测定出了冬至，它是中国二十四节气中最早制订出的一个，时间在每年的公历12月21日至23日之间。

冬至日是一年中白天时间最短的一天。太阳直射地面的位置到达一年的最南端，几乎直射南回归线（南纬23° 26'）。这一天北半球得到的阳光最少，比南半球少了50%。北半球的白昼达到最短，且越往北白昼越短。如中国最南端——曾母暗沙（北纬2° 33'）这天的白昼达11小时59分，海口市约为10小时55分，北京约9小时20分，而号称“中国最北端”的黑龙江省漠河县（北纬52° 58'）也仅有7小时34分。

冬至日也就是“数九”的第一天。关于“数九”，民间流传着的歌谣是，“一九、二九不出手，三九、四九冰上走，五九、六九沿河看柳，七九河开，八九燕来，九九加一九耕牛遍地走”。

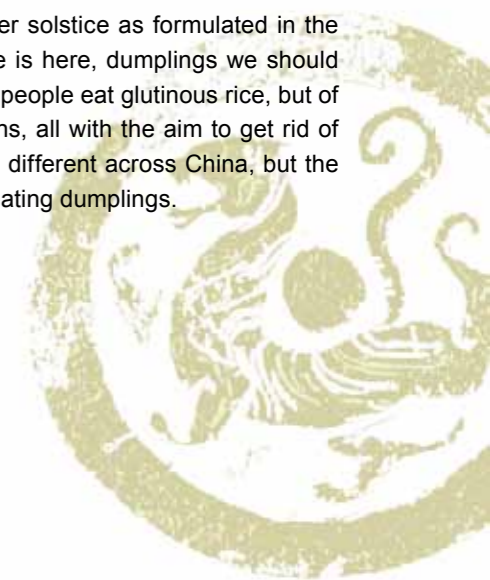
在中国北方有冬至吃饺子的风俗。俗话说：“冬至到，吃水饺。”而南方则是吃汤圆，当然也有例外，寓意驱除寒冷之意。各地食俗不同，但吃水饺最为常见。

The Winter Solstice is an important lunar term in the Chinese lunar calendar and it is also a well established lunar period considered by the Chinese nation. The time for the winter solstice has been locked some 2500 years ago, during the Spring and Autumn period, so it is one of those lunar terms that have been decided on at the earliest. It falls on December 21-23 of the Gregorian calendar.

On the day of winter solstice, the daytime is the shortest. The sun reaches its south most position, almost reaches the Tropic of Capricorn (south latitude 23°26'). The Northern Hemisphere receives the least sunshine on this day, around 50% of the sunshine received by the Southern Hemisphere. The day is the shortest on the Northern Hemisphere, and the more northern we go, the shorter it gets. At the south most part of China, at Zengmu Reef (north latitude 2°33') the day is 11 hour and 59 minute long, in Haikou City it is 10 hours and 55 minute long, in Beijing 9 hours 20 minute and at Mohe Prefecture of Heilongjiang Province, which is also known as the most northern part of China (northern latitude 52°58'), the day is merely 7 hours 34 minute long.

The winter solstice is also the first day of “counting to nine”. As the folk song has it: “one nine, two nine, no need to work, three nine, four nine, walk on the ice, five nine, six nine, see the willows by the river, seven nine, eight nine, the sparrows are coming, nine nine plus one nine and the cattles walk all around”.

People in northern China have the tradition to eat dumplings during the winter solstice as formulated in the verse: “The winter solstice is here, dumplings we should eat”. In the south however people eat glutinous rice, but of course there are exceptions, all with the aim to get rid of the cold. The customs are different across China, but the most common one is still eating dumplings.





2015北京朝阳国际风情节

2015 BEIJING CHAOYANG INTERNATIONAL SPRING CARNIVAL

风情世界 民族风采

World Flavor National Charm

北京朝阳国际风情节作为北京市春节期间品牌活动之一，其突出特点是展现国际风情，来自世界各地、各民族的音乐、歌舞、行为艺术、互动表演成为了风情节的重要内容。2002-2013年十一年间，北京朝阳国际风情节已成功举办了十一届，在这十一年里北京朝阳国际风情节突出国际化、时尚互动，展示了世界不同国家的文化、艺术、美食风情，为北京打造成世界城市贡献力量。

As one of brand activities during the Spring Festival in Beijing, Beijing Chaoyang International Spring Carnival prominently displays international flavor. Music, singing and dancing, performance art and interactive performance of all ethnic groups from all over the world

become important contents of the Carnival. During 2002 and 2013, Beijing Chaoyang International Spring Carnival has been successively held for 11 sessions. Over the 11 years, Beijing Chaoyang International Spring Carnival highlights internationalization and fashion interaction and displays culture, arts and foods of different countries in the world, making contribution to building Beijing into a world city.

截止到2013年第十一届北京朝阳国际风情节入园游客已突破400万人次，演职人员人数累计超过1000人次。历届风情节从国外邀请了包括美国、英国、法国、俄罗斯、希腊、意大利、阿根廷、新西兰、匈牙利、斯洛文尼亚、韩

国、西班牙等国的演出团队，这些演出队伍带来的表演及与游客的互动，很多都是首次出现在北京。

As of 2013, during the 11th session Beijing Chaoyang International Spring Carnival, visitors have exceeded 4 million person/times, and performers have accumulatively exceeded 1,000 person/times. In previous sessions, performance teams from America, Britain, France, Russia, Greece, Italy, Argentina, New Zealand, Hungary, Slovenia, Korea, Spain, etc. were invited to make performance and interact with visitors. Many of these performance teams made their debut in Beijing.

2015年2月19日-2月24日第十二届北京朝阳国际风情节将在北京朝阳公园隆重登场，让您看：近在咫尺的各国民族风尚、特色演出、盛装天地、卡通形象、民俗文化、世界各地民族风情大饱眼福。吃：更多更香的国内外美食，别样的美味尽在风情节。玩：新奇有趣、全程互动、零距离体验狂HIGH激情。乐：新颖时尚娱乐，令人乐在其中，流连忘返。购：各国特色小商品尽在其中，不出国门享受淘宝乐趣，一站式体验。

During February 19 and 24, 2015, the 12th session Beijing Chaoyang International Spring Carnival will be held in Beijing Chaoyang Park. Watch: national fashion near at hand, characteristic performance, splendid attire, cartoon image, folk culture and folk customs all over the world. Eat: more delicious foods made at home and abroad and appreciate extraordinary delicious foods in the Carnival. Play: new and interesting interaction, zero distance experience of HIGH passion. Entertainment: new fashion entertainment makes you indulge in it and feel reluctant to leave. Purchase: special commodities of all countries, enjoy shopping fun all over the world and enjoy one-stop experience.





Buddhism Lamp Festival 佛教燃灯节

“燃灯节”是为了纪念佛教改革家，格鲁派（俗称黄教）创始人宗喀巴大师圆寂成佛的日子，于每年藏历十月二十五日举行。这天凡属该教派的各大小寺庙、各村寨牧民，都要在寺院内外的神坛上，家中的经堂里，点酥油灯，昼夜不灭。

“Lamp Festival” is to commemorate the Parinirvana day of Lama Tsong Khapa, Buddhism Reformer and Founder of Geluk (commonly known as Gelugpa), which is held on October 25 of Tibetan calendar. Buddhism temples of all scales and village herdsman will light up butter lamp for day and night in the altar in and out of temples and scripture hall at home.

因为在藏族人观念里，单数的数字有吉祥之意，所以，酥油灯盏的数量都是单数。

As the Tibetan thinks the odd number is auspicious, so the number of butter lamps must be an odd number.



电影中的两位男主角
Two leading actors in the film

Press Conference and Premiere of The Sacred Arrow 《五彩神箭》新闻发布会及首映式

中国电影家协会于本月18日下午4:00在MOMA万国城举行《五彩神箭》新闻发布会及首映式。

At 4:00pm of December 18, China Film Association held a press conference and premiere screening of the film "The Sacred Arrow" in MOMA.



《五彩神箭》导演万码才旦（左二）及女主角德姬（右二）与嘉宾亲切交流
Director of The Sacred Arrow (second from the left) and leading actress (second from the right) talking with guests.



《五彩神箭》制片人桑杰尖措与嘉宾亲切交流
Producer of The Sacred Arrow in talk with the guests.



电影片段
A still from the film



袁祯祥，男，字襄庭，1951年出生，沧州市人。1984年毕业于河北大学。受家庭文化的熏陶，本人自幼喜爱书画，工作之余专攻梅花。曾师从胞兄袁贵祥的南派梅花，后师法董寿平、关山月等一代名家的风范。

袁祯祥画梅不拘一格，既要表现出梅的傲骨，又要画出梅的勃勃生机。经多年来的不断创新，大胆的追求，在南派梅花的基础上，逐渐形成自己的艺术风格。

现为：世界华人艺术家联合会会员、世界华人美术家协会终身副主席、台湾海峡两岸文化义流协会理事、新加坡艺术协会理事，长江书画家协会名誉主席。

2012年度作品被中国东盟农资商会领导以国礼规格分别赠送汶莱国王苏丹陛下，横幅“铁骨生春”被中国驻汶莱大使馆收藏；柬埔寨王国参议院收藏，及参议院秘书长翁沙烈勋爵。参议院事务部部长莫尔·萨斯那，参议院议员经济部副主任玛丽夫人及柬埔寨商会会长波瑞拉姆·安娜公主等收藏。



推荐艺术家——袁祯祥

袁祯祥在参加由菲律宾亚洲文化交流协会主办，中国东南书画院、日本TSA国际学院协办的“第八届中国-菲律宾-日本国际书画大赛”在菲律宾首都马尼拉举行。

这次国际书画大赛共设一等奖、二等奖、三等奖、优秀奖、佳作奖等奖项。画家袁祯祥精心创作的白梅《冰清玉洁一尘不染》参加了这次大赛。经来自世界各地美术专家严格的初评、复评，其国画作品白梅被排在第35名，最终被评为三等奖。近几年来袁祯祥的国画梅花，在南派梅花的基础上，逐渐形成了自己独特的艺术风格。在我国历史上，大多数文人志士都喜爱梅花，梅花又称五福花，象征快乐、幸福、和谐、长寿。其独特艺术形象在中国传统文化中占有独特的地位，被赋予深厚的道德内涵。

它与兰竹菊尊称“四君子”，与松竹合称“岁寒三友”。袁祯祥所画的梅花以老干为主体，枝干和花为客体，以娴熟的手法皴擦梅的主干，既要符合梅在自然当中的生长规律，又要避免简单的写实，使主干苍劲、古老、虬扎，把梅的傲骨淋漓尽致地表现出来。细长的枝条柔而不软，花繁而有致，体现出梅的盎然生机，象征着国家的强盛、家庭的和谐。

近年来，袁祯祥创作的大幅梅花，深受一些爱好传统文化的各界人士的喜爱。他们一致认为，袁祯祥的梅花是做人的写照，有骨气，有情感。





张国祥：虚竹斋主1965年2月生于嫫祖故里西平、中国书法家协会会员，河南美术家协会会员、中国国画院胡抗美工作室成员、人民艺术创作院副秘书长、北京圣德书画院特聘书画家、书法作品多次在中国书协举办的展览中入展并获奖、美术作品在北京、河南举办的大型展览中入展并获奖、书画作品被多家资深藏家收藏、受到了书画界同仁的好评！

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- 建党90周年名家书法作品邀请展一等奖
- 墨舞神州全国书法电视大赛作品展二等奖
- 第五届“商鼎杯”全国书法作品大赛优秀奖
- “王鐸杯”全国书法作品大赛优秀奖
- 中原报业集团全国书法作品大赛优秀奖
- 第六届新人新作全国书法篆刻作品展入展
- 第三届全国青年书法篆刻作品展入展
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- “瘞鹤铭奖”全国书法篆刻展入展
- 首届“赵孟頫全国书法展可作品展入展：
- 第二届隸書“千人千郵”全国书法作品大赛入展；
- 莲花水城“温泉杯”全国书法作品大赛入展；

地址：北京市琉璃厂西街西南园15号 邮编：100052
 电话：15210487698 15836611263



“中华大自在弥勒佛”画派创始人



尚建国 笔名土渣，陕西西安人，国画家，佛画家，国家一级美术师，“中华大自在弥勒佛”画派创始人。“其独创的中华大自在弥勒佛系列画像获中华人民共和国国家版权局著作权证号（作品登记号为2013-F-00106487）

现任中国国画研究院陕西分院常务副院长，中国书画家协会理事，兼任陕西天通书画研究院院长，北京茗仁书画院院长，并担任世界华侨华人社会联合会总会艺委会理事。

尚建国先生主攻写意人物画，尤其擅长弥勒佛画。他根据相由心生的概念，把中华民族传统的审美观念巧妙的应用于佛画创作之中，颠覆了传统的佛化理念，塑造了自己独树一帜的“中华大自在弥勒佛”佛画个性和风格，这种独特的画风已获得中华人民共和国国家版权局的肯定，并持有著作权的证书。

尚建国先生从艺40多年来，有3000多幅作品被《人民日报》、《光明日报》、《工人体育报》、《中国青年报》、《读卖新闻》、《中国美术》、《中国书画家》、《陕西日报》等国内200多家报刊上刊登介绍，获得国内外省级以上美术大赛奖项20多次。其佛画作品数十次被我国政府部门领导当作“国礼”，赠送给世界多国的当地华侨协会领袖。



联系方式: 尚建国 13309237488

博语思创翻译
Strong Translation

博语思创翻译（北京）有限公司 成都博语思创翻译有限公司
Strong Translation Co., Ltd. (Beijing, Chengdu)

<http://www.transcn.cn> www.boyustrong.com.cn

博语思创翻译有限公司是中国领先的综合语言解决方案提供商，公司成立于2001年，是中国译协（TAC）理事单位和美国译协（ATA）、国际本地化标准组织（LISA）正式成员。公司总部位于北京和成都，并在重庆、广州设有分公司。

Strong Translation Co., Ltd. is the leading supplier for comprehensive language resolution in China. Found in 2001, we are now the council member of Translator Association of China (TAC), and also the member of American Translators Association (ATA) and Localization Industry Standard Association (LISA). We has the headquarters in Beijing and Chengdu with branches in Chongqing and Guangzhou.

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Our translators at home and abroad may provide clients top-grade translation and localization service in 52 languages, including English, Japanese, Deutsch, French, Russian, Korean, Spanish, Portuguese, Italian, Hungarian, Bulgarian, Swedish, Dutch, Arabic, Persian, Vietnamese, Malayan, Mongolian etc. Our clients are from customers, governmental departments and industrial fields, some of them are industry pioneers, for example: CCPIT, Bosch, Panasonic, IBM, 3M, pwc, GL, SK, HONDA, CCTV, FORD, CNPC, CITIC...

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- Our “Special Stamp for Translation” is chartered by the Public Security Bureau and the Commerce Commission so that our translations have the effectiveness all over the world.
- 我们是涉外婚姻登记机关和公证处认定的翻译机构
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- 7x24h

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We hopes to be your language assistant sincerely, please feel free to contact us at:

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TEL: 010-84229397 028-84457808 MB: 18901069887 13982260688

E-mail: boyustrong@126.com QQ: 1311159025 798790945 Contact: Charles Chen



中保画家作品聚集杭州

11月28日由20名保加利亚画家的作品和20名中国画家的作品在杭州浙江美术馆与杭州市民见面。保加利亚驻中国大使Mr. Plamen Shukurliiev; 上海总领事Mrs. Irina Beleva; 保加利亚艺术家协会联盟主席、副主席; 中国美院许江院长; 浙江省美术家协会、杭州市文化创意产业办公室等主办单位负责人出席开幕式。





哥伦比亚大使馆一等秘书
露丝·海伦娜·艾彻维丽摄影

PHOTO BY:
Luz Helena Echeverry Gudiño
First Secretary
Embassy of Colombia







吴裕泰的世界梦

——2014'北京APEC幕后的故事

文·图/吴裕泰提供

在实现中国梦的大境界里，中华百年老字号茶庄“吴裕泰”也有自己的梦且靠着去圆着。

距北京怀柔雁栖国际会都1.7公里处有个充满异国风情的“顶秀美泉”小镇，在一条包融英、美、意式等12国接待APEC贵宾的主题餐饮酒吧的长街上，有个“裕泰东方”的招牌醒目却不张扬。走进店门，一排高脚吧椅营造了休闲氛围，青草绿色的墙纸，咖啡色的美式家具，造型别致的铁艺吊灯、壁灯连同特色景观位、露天位、包厢和WIFI网络浸润在袅袅茶香中，一方静谧舒适的空间让人惬意顿生。为迎北京APEC宾朋，吴裕泰在这欧式小镇上落成了自己第三家茶生活体验馆，简约而时尚。

中国是礼仪之邦，以茶待客，以好茶待贵客又是中国民间的习俗，为助力北京APEC大会，吴裕泰不仅来怀柔开了店，还成为本届



孙丹威女士(左3)代表吴裕泰出席赞助北京APEC签约仪式并接受大会授牌



吴裕泰的执着——传统与时尚的对接

APEC会议指定的唯一老字号茶叶礼品的赞助商，按“春饮茉莉夏饮绿，秋饮乌龙冬饮红”的四季饮茶概念推出的“吴裕泰老北京四季茶”伴着与会嘉宾的热捧又一次香飘四海了！

老字号的运气和底气

对于吴裕泰来说，频频参与国际盛会不是一时兴起更不是盲目投入，吴裕泰是在用自己的执着圆世界茶之梦。

2008年，吴裕泰独家为奥运会提供150万袋袋泡茶，并独家运营奥运媒体村中国茶艺室；2010年，吴裕泰作为北京地区唯一的世博特许茶叶生产商和零售商，入驻“中国元素”独家运营“中国茶坊”；2013年，吴裕泰为园博会提供五款特许产品；2014年APEC会议，吴裕泰又成为大会首批九大赞助商之一，为高官会提供3500套国茶礼品……业内人士都知，商家参与国际盛会实属不易，除同行业竞争外，主办方对礼品的审查异常严格，为什么吴裕泰每次都能脱颖而出？虽天时、地利给了吴裕泰运气和机遇，但“制之惟恐不精，采之惟恐不尽”的老传统成就的好品质才是吴裕泰真正走向世界的底气。

“裕泰东方”讲述双城故事

吴裕泰不是一个守旧的茶庄，在他们眼中，茶应该是传



“裕泰东方”北京前门店内景



“裕泰东方”北京前门店外景



“吴裕泰老北京四季茶”成为北京APEC第三次高官会指定纪念茶

统的、有品位的，更应该是时髦的、有个性的，正因如此，人们才会看到吴裕泰的创新产品一波波出现在市场上。

如果说开遍全国的数百家传统的吴裕泰茶叶连锁门店是中国茶文化和标准化管理的集中体现，那么“裕泰东方”茶生活体验馆则是吴裕泰骨子里时髦个性的展示窗口。相继开设在上海世博源、北京前门步行街和北京APEC大会指定贵宾接待场所的三家各具特色的“裕泰东方”，是吴裕泰在用上海和北京双城的不同文化视角来诠释“老吴家”对于现代茶生活的理解。

作为百年老字号的时尚子品牌——“裕泰东方”，更多承担了将中国茶时尚化、年轻化、国际化的责任，消费者在店内享受到的不单是传统的中式原叶茶，更多样的裕泰私房茶、特色茶冰激凌、茶年轮蛋糕、抹茶奶冻等时尚茶品与各色茶具让宾客一饱眼福和口福。应APEC而生的“顶秀美泉”店不仅满足国际友人享受美味茶点的需求，而且适宜国内京郊游的家庭聚会、情侣约会、朋友聚餐、休闲小憩和商务人士小型会议、商务会谈，尽享这里提供的私密空间。

一篇短文写在2014'北京APEC会议的日子里，记录下吴裕泰用执着传播中国茶文化，圆老字号走向世界的梦。



“裕泰东方”上海世博源店外景及内景



“裕泰东方”怀柔顶秀美泉店外景及内景



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维纳姆酒业有限公司简介

VR
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匈牙利维纳姆酒业有限公司成立于2008年，公司在东欧和亚洲地区独家经销意大利、匈牙利葡萄酒和美食。六年来，公司经验丰富的专业团队使我们的客户以非常好的价格得到了最好质量的产品。

目前维纳姆公司已代理意大利维罗纳蒙特德拉酒庄 (MONTE DEL FRA WINERY) 的 SPUMANTE, VALPOLICELLA RIPASSO 和 AMARONE 品牌葡萄酒; 意大利博格利亚 (PUGLIA) CANTINE DI SAN MARZANO 酒庄的 PRIMITIVO DI MANDURIA 和 NEGROAMARO 葡萄酒, 以及坎帕尼亚 ALOIS 酒庄的 AGLIANICO 和 FALLANGINA 葡萄酒。

我们还代理来自匈牙利重要产区如维拉尼的赤霞珠、梅洛和品丽珠葡萄酒及其埃格尔的公牛血和马特拉山的葡萄酒。我们取得了良好的信誉。目前已有近15-20家餐厅和食品店在销售我们的酒。

我们的合作伙伴包括 POMODORO 餐厅、LOCAVORE 餐厅、汤姆·乔治餐厅、奥凯意大利餐厅和著名的小猪·格拉索连锁餐厅。我们的葡萄酒产品也进入了著名的 SARKI FUSZERES 和 CULINALIS 食品店。

如果你对我们有兴趣，请来参观我们公司的意大利和匈牙利葡萄酒收藏。如果你有任何问题，请与我们联系！

[HTTP://VINUMREGNUM.HU](http://VINUMREGNUM.HU)

或与北京总代理王佳联系

联系方式 87706399 13811454234



SELECTION

Analysis Seminar for Trade and Investment between China and North America

中国与北美洲贸易投资分析会

全球领先的标准发展、产品测试与认证机构CSA集团今日在北京携手加中贸易理事会(CCBC)及贝克-麦坚时国际律师事务所18日在京共同举办题为“为未来构建高效价值链”的主题研讨会。

CSA Group, the global leading standard development, product testing and certification authority, Canada China Business Council (CCBC) and Baker & McKenzie International Law Firm jointly held a seminar with the theme of “Building effective value chain for the future” in Beijing on November 18.

目前，中国已成为加拿大第二大贸易伙伴。北美是中国家电、日常家庭用品、天然气、电缆和防爆产品最重要的出口市场。北美国家对消费品和工业产品实施了严格的监管制度。由于对国际法和规章缺乏了解，中国出口商往往会因触犯法律而蒙受重大损失。因此，国内生产商对国际测试和认证机构有着更高的依赖性。出口之前，产品必须经历强制测试和认证过程，以处理复杂的贸易障碍，帮助降低非法出口风险。

据了解，CSA集团将近三分之一的全球总投资金额投入到了中国市场，并在上海、杭州、深圳建立了实验室，针对包括欧洲、北美在内的全球市场，提供全面的产品和认证服务。未来，CSA集团将加快投资步伐，扩大本地服务范围，全面覆盖危险场所和工业、卫浴和建筑、医疗、安全和技术、电器产品和燃气、可替代能源领域，以满足中国客户在这些领域日益增加的需求。



CSA集团政府关系执行副总裁兼法律总顾问和董事会秘书RJ Falconi表示：“今年是CSA集团首次在中国举行‘为未来构建高效价值链’主题研讨会。我们与中国行业协会加深合作，与中国政府扩大合作范围。以我们全球广受认可的专业经验、世界闻名的测试和认证程序为依托，我们将一如既往地促进和支持中国的标准发展事业贡献我们的力量。”

RJ Falconi, Executive Vice-President (Government Relations), General Counsel and Secretary of the Board of CSA Group, expressed: “It’s the first time for CSA Group to hold a seminar with the theme of “Building effective value chain for the future” in China. We hope to develop further cooperation with Chinese industrial associations and expand the cooperation scope with Chinese government. By virtue of globally recognized professional experience, and world famous testing and certification procedures, we will always contribute our strength to promoting and supporting Chinese standards development.”

加拿大驻华使馆商务参赞致辞 Christopher Maclean
Christopher Maclean, Commercial Counselor of Canada Embassy in China, makes a speech.



CSA集团中国及香港副总裁蒋毅在发言时表示：“包括中国在内的亚洲地区已成为北美地区重要的贸易伙伴，未来，双方的贸易规模将继续增长。”

Jiang Yi, China (Hong Kong) Vice President of CSA Group expressed: “Asia (including China) has become an important trading partner of North America, the bilateral trading balance will keep growing in the future.”



研讨会现场



Award Ceremony for 2014 Wine 100 Challenge of Chinese Wine 《中国葡萄酒》2014年度葡萄酒评选颁奖

12月16日,《中国葡萄酒》2014年度百大葡萄酒评选活动颁奖典礼在京举行。来自中国科学技术协会、中国园艺学会、中国农业大学等支持机构的领导;西班牙、智利、等国驻华使节;法国、意大利、澳大利亚、葡萄牙、匈牙利等国驻华代表;社会各界人士、葡萄酒专家、新闻媒体以及百大各奖项获奖代表等,共同见证了TOP100金、银、铜奖的出炉及各个奖项揭晓。此活动由快乐星辰(北京)文化传播有限公司承办。

On December 16, 2014, the Award Ceremony for 2014 Wine 100 Challenge of Chinese Wine was held in Beijing. Leaders from supporting authorities including China Association for Science and Technology, Chinese Society for Horticultural Science and China Agricultural University; ambassadors from Spain, Chile and other countries to China; representatives of France, Italy, Australia, Portugal and Hungary stationing in China; people from all walks of life, grape wine experts, news and media and Wine 100 reward winner representatives, jointly witnessed the announcement of TOP100 Gold, Silver and Copper Award and other awards.



获奖嘉宾



主办方《中国葡萄酒》杂志社社长黄卫东致词对百大葡萄酒评选的目的和意义进行了阐述。他表示,百大评选对中国市场上流通的葡萄酒进行专业、公平、公正的评价,定位服务于中国大众消费者的专业评比。据悉,今年是百大葡萄酒评选的第五年



西班牙驻华大使瓦伦西亚致辞



智利驻华大使贺乔治为获奖嘉宾颁奖



颁奖仪式后嘉宾品尝葡萄酒



Beijing Hengda Auction Co. Ltd. 北京恒大四季拍卖有限公司



恒大四季冬季拍卖会

拍卖日期：2015年1月13、14、15日

地点：北京市朝阳区东三环南路17号景瑞温泉国际酒店一层

Beijing Hengda Four Seasons Auction Co. Ltd. is a daughter company of Hengda Group Corporation. Following its registration at the stock market, Hengda Group Corporation has established Hengda Four Seasons Auction Co. Ltd. in Hong Kong on 5th of November 2009. The auctioning company has quickly established branches among others in Thailand, South-Korea, Singapore and after a vigorous growth period it has made the decision to move its headquarters right into the heart of China, to Beijing. The company is an international comprehensive auctioning company, putting under the hammer all kinds of artworks, jewelry, real-estate and immaterial properties during normal as well as charity auctioning. Its goal is to preserve and to promote the traditional forms of art and culture, to establish an excellent atmosphere for the company that may bring about a bright future, to standardize its operations and to internationalize the management so as to be able to provide a friendly, professional, complete and attentive service to its domestic as well as foreign clients.

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Phone: 010-58443622, Fax: 010-87521270





国家描述: 维纳斯之岛

语言: 希腊语、土耳其语

首都: 尼科西亚

人口: 80万

货币: 欧元

主要出口产品: 医药产品、农产品(土豆/柑橘)、乳制品(哈罗米芝士)

加入欧盟时间: 2004年

以何闻名: 历史遗产和好客的人民

名人: 马科斯·巴格达蒂斯

Slogan/Country characteristic: The island of Aphrodite (Venus)

Name of country in language of origin: Kypros

Language(s): Greek and Turkish

Capital: Nicosia (Lefkosia)

Population (in millions): 0.8 million

Currency: Euro

Main export products: Pharmaceutical products, agricultural products (potatoes/citrus fruits), dairy products (Halloumi cheese)

Date of entry into EU: 2004

Famous for: Historical heritage and hospitality of the people (philoxenia)

Famous person: Marcos Baghdatis



塞浦路斯共和国 Republic of Cyprus

食谱描述:

一道制作简单, 口感美味的主菜。

配 料:

- 4汤匙橄榄油;
- 1小枝迷迭香;
- 1千克嫩牛肉, 切成大方块状;
- 900毫升水;
- 2汤匙番茄浓汤;
- 盐、黑胡椒粉;
- 3汤匙红酒醋;
- 4-6汤匙蔬菜油;
- 700克小葱, 去皮, 整段留下;
- 1小杯红酒;
- 5厘米长的桂皮条;
- 1茶匙糖;
- 5粒五香粉

烹调指南:

准备一个炖锅, 往里加入适量橄榄油并加热, 放入牛肉煎炒, 使之由棕色变为金黄色。往锅里缓缓倒入醋、酒和除了蔬菜油、葱和糖之外的所有调料。盖上锅盖慢炖一小时直至牛肉变嫩。

另备炒锅一只, 往里倒入蔬菜油, 加入尽可能多的葱, 文火翻炒15分钟直至其呈淡棕色。盛出葱, 均匀地铺在牛肉上并重复此过程直至用完所有的葱。在葱上撒上糖, 文火烹制30分钟, 使之变软, 但避免过于稀烂。加入葱后再把牛肉搅拌均匀, 时不时转动炖锅确保牛肉充分裹上酱汁。

Recipe description:

An easy and delicious main dish.

Ingredients for recipe:

- 4 tbsp. olive oil
- 1 small sprig of rosemary
- 1 kg tender beef, cut into large cubes
- 900 ml water
- 2 tbsp. tomato puree
- salt and black pepper
- 3 tbsp. red wine vinegar
- 4-6 tbsp. vegetable oil
- 700 g small onions, peeled and left whole
- 1 small glass red wine
- 5 cm cinnamon stick
- 1 tsp. sugar
- 5 grains allspice

Recipe instructions :

Heat the olive oil in a large saucepan and brown the meat until it turns golden. Slowly pour the vinegar over it, add the wine and all the remaining ingredients except the vegetable oil, onions and sugar. Cover and cook slowly for 1 hour or until the meat is almost tender.

Heat the vegetable oil in a frying pan and add as many onions in one layer as it will take. Sautee them gently for about 15 minutes, until they brown lightly. Take them out and spread them over the meat. Repeat until all the onions are done. Sprinkle the sugar over the onions, cover and cook very gently for 30 minutes, until the onions are soft but not disintegrating. Do not stir once the onions have been added, but rotate the saucepan occasionally to coat them in the sauce.



PROTECT YOUR UTERUS WHEN FALL COMES

“寒气”来袭 拒做“冷宫”娘娘

一场秋雨一场凉，秋天到来之后的天气一步步转冷，“十个女人九个寒”，没错，女性是极容易惹上宫寒的。若子宫不够暖和，对子宫的健康有很大影响，不仅会造成气血不和、皮肤粗糙等问题，还会促使月经周期异常，出现不规律的情况，影响排卵，大大降低了子宫的受孕能力和孕育胚胎的能力。你是否也害怕自己被打入“冷宫”呢？那就行动起来吧，驱走宫寒，为子宫“保暖”，拒绝做冰美人。

Temperature starts to drop when fall comes. It's easy for women to get cold damages to the uterus. Loss of warmth in the uterus not only affects uterus' health, but also causes disorder of Qi and blood, roughness of the skin, menoxenia, irregular ovulation and infertility. Are you afraid that you are also affected? Then take action to protect your uterus.

专家解析：

“宫寒”狭义的“宫”即是指女子“子宫”，广义的“宫”即包括女性内生殖器官中的子宫，输卵管，卵巢。狭义的“寒”即子宫受寒，感受寒邪，过食寒凉生冷等，广义的“寒”即包括上述外，还包括女性内生殖系统(子宫，输卵管，卵巢等)的生殖功能的低下和中医所讲的下焦虚寒，阳气不足，肾阳虚寒等。

目前，由于宫寒所致的不孕症并不少见。造成宫寒的原因有很多，一方面与体质相关，另一方面则是与人们的生活习惯相关，女性朋友如不注意保养、调护则容易出现宫寒影响受孕。此类女性经期延后，一般来说，少则推

迟十几天，多则几个月，引发月经不调，而月经不调是造成女性不孕的一个重要原因。许多宫寒的女性通过B超检查发现并没有排卵迹象，这也是导致不孕的重要原因。

子宫冷暖是判断女性身体根基的指标。由于每个人的体质不同，生活环境、饮食等各个方面均有一定差异，即使少数宫寒女性可以怀孕，但宫寒也会对子宫的生殖环境造成一定的影响。当胎儿发育到一定时期时，由于缺乏足够的温煦营养，不仅会出现胎儿发育异常、停止发育等问题，严重时甚至会出现流产的情况，因此，对于宫寒的女性来说，在怀孕前应当先调理好子宫环境，以使胎儿有一个良好的生长环境。

专家提醒：宫寒危害不容忽视！

1. 宫寒是手脚畏寒、不温的根源
2. 宫寒是不孕不育的罪魁祸首
3. 宫寒是女人月经紊乱、经常痛经的主要原因
4. 宫寒是黄褐斑、黑眼圈形成的根源
5. 宫寒使女人性欲冷淡不和谐
6. 宫寒使女人易肥胖、造成身材走形
7. 宫寒易导致女人尿频多、遗尿
8. 宫寒的女人腰膝酸软气色差
9. 宫寒的女人易流产

Text:

宫寒小测试：你是冷美人之一吗？

- ① 你是否经常气色很差精力不济？面色黧黑或苍白无华？
- ② 照镜子，是否发现自己的舌质淡暗且舌苔白滑？
- ③ 经期不是提前就是错后，而且经血量少、有血块、颜色偏暗？
- ④ 痛经，小腹部有冰冷的感觉？
- ⑤ 畏寒，经常腰膝酸冷、手脚冰凉？
- ⑥ 白带多且清稀，闻起来有股腥味？
- ⑦ 性欲低下，备孕好久没动静？

五洲中医科主任李巍提醒您：如果你符合大多数症状，那么你很有可能属于“宫寒女”，最好赶紧来为你的子宫“保暖”，预防因宫寒而造成的不孕。

五洲专家支招，帮您做“暖宫”娘娘

子宫保暖第一招：暖饮食

宫寒的女性除了要注意保暖之外，一定要注意饮食，生冷食物要尽量少吃甚至远离。因为吃过多寒凉、生冷的食物，人体在消化这些食物的时候会消耗很多能量。这些能量在中医上说就是阳气，耗费体内过多的阳气，就会侵害子宫，导致宫寒。

有宫寒的姐妹还可以多吃一些温阳的食物，譬如说红枣、桂圆、阿胶、羊肉、核桃、花生等。在经期快到的时候，也可以多喝点姜汁红糖水，有补血行气、缓解经痛、驱寒保暖的功效。

子宫保暖第二招：多运动

宫寒的女性要加强身体锻炼。因为这些体质偏寒的女性通常是不喜欢运动或者较少运动，且一运动起来就特别容易感觉疲劳。

俗话说“动则生阳”，其实平时多锻炼，运动一下身

子，可以使身体的气血运行，改善血液循环，疏通经脉，让身体温暖起来，也能驱走子宫的寒气。如果女性觉得自己的运动细胞确实不太发达，那建议您，利用每天上下班的时候多走路或者多爬楼梯。

子宫保暖第三招：忌贪凉

宫寒女性除了在饮食、运动方面需要注意之外，日常生活中切记贪凉。李巍主任特别提醒女性要按季节注意适时增添衣物，少穿露脐装等直接暴露小腹的服装。即使是夏天也要避免坐在有寒气的地方，如地面、石面或铁面椅子等，因为这些材质导热快、寒气重，不利于子宫的保暖。

Expert Analysis:

For TCM term “Gong Han”, “Gong” refers to uterus and can be extended to female's reproductive system including uterus, fallopian tubes and ovarian; “Han” refers to affections by cold air or cold food and can be extended to hypofunction of female's reproductive system, deficiency of Yang of body and kidneys.

Currently, there are quite a few infertility cases caused by “Gong Han” which is correlated to both body constitution and personal lifestyle. Generally speaking, women with “Gong Han” have menstruation delayed from a couple of days to several months. It usually causes menoxenia which is a key driver to female infertility. In other cases, women with “Gong Han” don't have ovulation which is another driver to female infertility.

Warmth of uterus is an indicator of women's health. It varies due to personal body constitution, environment of living, and diet. Even though some women affected with “Gong Han” can get pregnant, their reproductive condition in the uterus is impacted and might cause fetus retardation, fetal death and abortion in severe cases. Therefore, for women affected with “Gong Han”, it's better to recuperate uterus before getting pregnant.

Expert Alert: Consequences of “Gong Han”

- ① Cold of hands and feet
- ② Infertility
- ③ Menoxenia and dysmenorrhea
- ④ Chloasma and dark circles
- ⑤ Frigidity
- ⑥ Obesity
- ⑦ Nocturia
- ⑧ Soreness of waist and knees
- ⑨ Abortion

Test: Are you suffering from the symptoms of “Gong Han”?

- ① Lack of energy and pale complexion.
- ② Dark color of tongue and white fur of tongue.
- ③ Advanced or delayed menstruation, low blood quantity, blood lumps and dark red blood.
- ④ Dysmenorrhea and cold in the lower abdomen.
- ⑤ Vulnerable to cold; frequent soreness of waist and knees; cold of hands and feet.
- ⑥ Increased secretion of clear leukorrhea with fishy odor.
- ⑦ Low sexual desire and hard to get pregnant.

Expert Alert:

If you suffer from most of the symptoms mentioned above, you may want to see the doctor and treat your uterus to prevent yourself from infertility caused by “Gong Han”.

Expert Recommendations: Help you “warm” your uterus

Tip 1: Take “warming yang” food

In addition to keeping warm, patient should avoid raw and cold food. Excessive raw and cold food consumes too much energy, i.e. Yang Qi called by TCM, and eventually leads to “Gong Han”.

“Gong Han” can be treated with “warming yang” food such as red jujube, longan, donkey-hide gelatin, walnut and peanut. Before menstruation comes, patient can drink juice made with ginger and red sugar to replenish blood, alleviate menstrual pain and dispel cold.

Tip 2: Increase exercise

Patients with “Gong Han” don't like exercises since they can easily get tired while exercising.

Exercise can help improve blood circulation, dredge meridian, warm body to dispel cold in the uterus. If workout is too challenging, then more walk or use of stairs helps too.

Tip 3: Protect from cold

In addition to care for diet and exercise, staying away from cold is essential. As recommended by Dr. Li, women should change clothes according to the weather and avoid wearing clothes that expose umbilical. Don't sit on cold surfaces such as ground, stone or iron chair, even in the summer time.

指导专家: Panel Specialist



李巍 医学硕士 副教授 副主任医师

Li Wei Associate Professor Deputy Chief Physician

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

Dr. Li is the Director of the Department of Traditional Chinese Medicine. She has been working in the clinical, educational and research fields of TCM for over 30 years. Dr. Li is specialized in treating various diseases of women, including hyperplasia of mammary glands, mastitis, agalactosis, menoxenia, amenorrhea, dysmenorrhea, chronic pelvic inflammatory disease, involution syndrome, post-abortion syndrome, puerperium syndrome, intrahepatic cholestasis, sub-health and other diseases of nervous and digestive systems. Dr. Li is an expert in the effective regulation of nerve and endocrine through Chinese medicine, acupuncture and moxibustion, and cupping therapy. Dr. Li advocates the health philosophy of “Preservation, Prevention, and Anti-aging”.



冬季妇科炎症反复 ——打响“聚宝盆”保卫战

Protect Your “Cornucopia” During The Breakout Season of Gynecological Diseases

正当人们欣喜地认为，冬天总算可以摆脱炎炎夏日带来的令人尴尬的气味时，却时常忽略了这样一个事实：寒冷的冬季也是妇科疾病容易复发的季节。那么，针对反反复复的妇科炎症，我们要怎样才能呵护好我们的“聚宝盆”，使它免受妇科疾病的骚扰呢？

Fall is the season for recrudescence of gynecological diseases. What should women do to protect their reproductive system from suffering gynecological diseases?

因为冬季昼夜温差大，温度较低，对于广大女性来说，腹部很容易受到寒邪的侵袭，长期如此，她们患上泌尿系统疾病和妇科疾病的几率也会大大增加。

五洲专家建议:

五洲妇科专家陈志华提醒您：冬季气候寒冷，喜欢穿裙子的女性极易受寒着凉，导致子宫、下腹部血液循环不畅，造成经期提前或延迟，严重者还会因子宫肌痉挛、组织缺血导致痛经。因此，女性在这个时节应该少露脚趾、露肩、露肚脐。五洲妇科专家帮您支招，对抗冬季妇科炎症反复发作，做魅力“无炎”女人。

五洲专家提醒:

作为女人一定要爱护自己的身体，从日常生活的点点滴滴

滴去保护自己。要积极预防各种妇科疾病，一旦发现不适就要及时就医，以免造成不可挽回的伤害。

● 秋季妇科炎症高发 五洲帮您巧妙应对

1. 易反复发作的阴道炎

关键字: 痒

外阴瘙痒让遭受其苦的女性朋友坐立难安。有时奇痒难耐，总情不自禁想用手去挠，但又要考虑“形象”问题，故总是做出种种不雅的动作，解决难忍之“痒”，给工作和学习带来很多不便的同时，又难以启齿。

专家解析:

阴道炎是因不同病因引起的多种阴道黏膜炎性疾病的总称。健康女性对病原体的侵入有天然防御功能，不会出现

炎症; 但当阴道的自然防御功能受到破坏时, 病原体易于侵入, 从而引发阴道炎。另外, 一些不良卫生习惯, 如内裤与其他衣服一起洗、内裤晾在阴暗不通风的地方, 也会使阴道炎反复发生。

外阴异常瘙痒, 时有灼痛感, 阴道分泌物增多, 并且伴有些许异味, 这些都是阴道炎的典型症状。阴道炎是女性生殖系统的常见疾病之一, 在发病的过程中伴有阴道黏膜的损伤及自洁系统的破坏。有些阴道炎患者, 在用药一段时间后自我感觉良好, 就不按医嘱继续用药, 也不到医院复查, 结果使阴道炎没有完全治愈, 没过多久又复发了, 如此反复, 极易产生抗药性, 给后续治疗造成困难。

专家支招: 阴道炎并不可怕, 但一定要及时并持续治疗。

① 一般治疗:

是指在日常生活中, 要保持外阴清洁干燥, 避免搔抓。治疗期间禁止性生活。不宜食用辛辣刺激食品。

② 改变阴道酸碱度:

女性阴道PH值失衡会致病菌创造可乘之机, 诱发细菌性、霉菌性及滴虫性阴道炎等阴道炎症。因此, 我们应该通过调节阴道的酸碱度来使其达到一个合理的程度, 有效地预防或治愈阴道炎。

③ 阴道上药:

阴道上药的前提是在专科医生的指导下进行才行, 选用合适的药物来治疗, 而且要坚持治疗, 不可一有好转就停止用药。

④ 外用药膏:

使用医生给的特定的药膏, 可以减轻外阴痒痛的症状, 但切忌擅自用药, 适得其反。

2. 易诱发宫颈A的宫颈炎

关键字: 湿

白带增多, 会使女性有非常不适的感觉, 过多的白带会使女性觉得下体有湿湿的感觉, 浑身不自在。更有甚者, 多到溢在裤子或裙子上的程度, 即使用了护垫也不管用, 衣服上的斑斑点点给女性造成很大的心理障碍, 自信心也随之消失。

专家解析:

子宫颈是阻止病原微生物进入子宫、输卵管以及卵巢的一道重要防线。宫颈炎有急性和慢性两种, 以慢性宫颈炎多见。慢性宫颈炎的症状并不明显, 容易被忽视, 且大多表现为宫颈糜烂。糜烂分为轻度、中度、重度。糜烂发生后, 常会出现白带增多, 偶然出现脓性、夹杂血丝, 并伴有腰酸、腰骶部疼痛、腹痛及下腹部重坠感, 月经、排便或性生活后加重, 有的还表现为月经失调、痛经, 严重还可导致不孕等问题。长期慢性微量生物感染是导致宫颈炎的主要诱因, 临床研究证明, 患有宫颈炎的女性, 宫颈癌的发病几率是健康人的7倍。



专家支招: 五洲率先引进超高频LEEP刀, 向宫颈炎Say Goodbye!

北京五洲妇儿医院对于宫颈炎的治疗, 率先引进超高频LEEP刀, 完全告别了以往通常采用波姆光、激光、冷冻等传统物理方法疗效不理想、久治不愈等缺点。

LEEP刀技术是采用一系列形态各异的高频电波刀治疗各种宫颈病变的一种技术, 该技术可以根据病变程度及范围连续切除宫颈 A 发病高危区(宫颈鳞柱上皮交界处), 有效预防宫颈 A 发生。此手术具有微创、安全、恢复快、无放射性、治愈率高、并发症少等优点, 对女性生殖器官的结构和功能无明显损伤, 最大程度地保留了女性生育功能及盆腔底部的完整性, 呵护了女性的身心健康。

3. 易忽视治疗引发不孕的盆腔炎

关键字: 痛

盆腔炎典型症状是发热, 下腹疼痛, 白带量多, 有时呈脓性。可伴乏力, 下腹部坠胀、疼痛及腰骶部酸痛, 月经失调等症状。病情严重者可见高热、寒战、头痛、食欲不振。

专家解析:

盆腔炎指女性上生殖道及其周围组织的炎症, 主要包括子宫内膜炎、输卵管炎、输卵管卵巢脓肿、盆腔腹膜炎。炎症可局限于一个部位, 也可同时累及几个部位, 最常见的是输卵管炎、输卵管卵巢炎, 急性的可导致败血症、感染性休克等严重后果, 迁延不愈的话可导致慢性盆腔炎而容易引起不孕等后果。

专家支招:

1. 药物治疗:

抗生素为急性盆腔炎的主要治疗措施, 包括静脉输液、肌肉注射或口服等多种给药途径。应使用广谱抗生素并联合抗厌氧菌药物, 要注意确保疗程周期充足。并且, 还可以联合中药治疗, 以取得更好的疗效。

2. 物理治疗:

物理治疗因其舒适安全又没有副作用是目前一种很流行的治疗方法, 主要适用于慢性盆腔炎的患者。治疗盆腔炎

常见的物理疗法有微波、短波、红外、激光等, 但是由于盆腔炎的病情较顽固, 容易复发。尤其是盆腔炎采取物理治疗时是逐步收到成效的, 故宾客须长期坚持才能见到明显的治疗效果。

3. 手术治疗:

有肿块如输卵管积水或输卵管卵巢囊肿可行手术治疗; 存在小的感染灶, 反复引起炎症发作者亦宜手术治疗。手术以彻底治愈为原则, 避免遗留病灶再有复发的机会, 进行附件切除术或输卵管切除术。对年轻妇女则会尽量保留卵巢功能。

● 7招有效预防妇科炎症:

① 注意经期的清洁卫生及平时的阴道卫生。

在月经期, 子宫内膜剥脱后致使血窦扩张, 为细菌的滋生创造了良好的环境, 如果这个时候不注意个人的阴道卫生情况, 使用不洁卫生巾或在经期进行性生活等, 就会很容易使病菌有可乘之机侵入女性生殖道, 并上行蔓延引发盆腔炎。

② 性生活要有度, 注意房事前后的清洁。

房事不节也是妇科炎症的主要致病原因。如性爱过于频繁、房事前忽略局部清洁、反复房事后, 也没有及时排尿或清洁等, 这些不良习惯会导致细菌从外界进入阴道, 破坏阴道内正常菌群的平衡, 使病菌快速生长和繁殖, 从而引发盆腔炎。

③ 无计划生育时, 要做好避孕措施, 避免反复流产。

反复人流也是导致多数年轻女性患上各种妇科炎症不可忽视的原因。有些女性觉得正规医院人多、检查繁琐, 便选择在一些非正规诊所进行不规范、不卫生、不安全的人工流产手术, 最终导致子宫炎症等不良后果。所以, 凡是生殖道手术如人流、上环、取环、宫颈手术等, 最好选择到正规的医院进行治疗, 避免因手术不当而引起的妇科问题。

④ 提高自身抵抗力。

在女性阴道中本身就会有致病菌, 当你体质强壮时, 这些病菌不会出来捣乱, 一旦抵抗力下降, 致病菌就会趁机而入, 引起盆腔炎。所以, 平时要注意增强体质, 提高自身抵抗力。

⑤ 注意日常饮食, 少吃辛辣生冷的食物并做好小腹的保暖工作。

在月经期间, 应该要忌口生冷食物。同样, 冬天长时间呆在户外, 也要注意小腹的保暖, 避免腰腹部受凉。

⑥ 注意劳逸结合。

久坐不动也可能会诱发妇科炎症。很多办公室女性经常坐在办公室处理文件, 并保持长时间的坐姿, 因为缺少活动, 盆腔静脉回流受阻, 导致盆腔炎症的发生。建议经常坐办公室的女性朋友, 可以在久坐后起身走一圈, 下班后适当参加一些体育活动, 加快腹部血液循环。

⑦ 尽量避免经常穿紧身内裤或紧身牛仔裤。

长时间穿着过紧的内裤或牛仔裤, 会造成女性小腹部血液循环不畅, 长此以往不仅会导致或加重痛经、引致尿路感染、蓄养细菌还可能诱发阴道炎等妇科疾病。

Since the temperature difference between day and night increases during the fall, bacteria grow more easily and cause recrudescence of gynecological diseases.

Expert Advice:

Advice from Dr. Zihua Chen, gynecologist at GlobalCare Women & Children's Hospital: since winter is cold, wearing skirts can easily get cold and lead to poor blood circulations in the uterus and the lower abdomen. It may cause menoxenia, or even dysmenorrhea in severe cases. Therefore, women should avoid exposing toes, shoulders and umbilicus during the fall season. It's better to wear silk-stockings in the air-conditioned room.

Expert Recommendations:

Care for your body on a daily basis. Actively prevent all kinds of gynecological diseases. Visit the doctor for early diagnosis and treatment whenever discomfort arises.

GlobalCare helps you deal with gynecological diseases

1. Vaginitis

■ Keyword: Itchy

The itchiness caused by vaginitis is annoying. It brings inconvenience and embarrassment when it causes itchiness in the public places.

✧ Expert Analysis:

Vaginitis is the general name for inflammation diseases of vaginal mucous membrane driven by various causes. Healthy women have the natural protection against the pathogen; however, when the natural

protection function of vagina is destroyed, pathogen can easily intrude and cause vaginitis. In addition, bad hygiene habits, such as washing underwear with other clothes or drying underwear in dark places with bad air circulations, can lead to the recrudescence of vaginitis.

Typical symptoms of vaginitis include abnormal itchiness of vulva, burning pain, and increased vagina discharge accompanied by unpleasant odor. Vaginitis is one of the common diseases of female's reproductive system. It usually causes the damages to the vaginal mucosa membrane and self-cleaning system. Some patients discontinue taking the medicine once the symptoms get alleviated, which can easily lead to recrudescence of vaginitis and create challenges for future treatment.

Expert Recommendations: Vaginitis is not scary but requires immediate treatment

① General treatment

General treatment is the treatment in daily life. Keep the vulva dry and avoid scrubbing. Stay away from sexual intercourse and spicy food during the treatment cycle.

② Change PH level in the vagina

Abnormal PH value creates opportunity for the bacteria to intrude the vagina and leads to vaginal inflammations such as various vaginitis. Thus, we should adjust the PH value in the vagina to effectively prevent or cure vaginitis.

③ Medication in the vagina

Medication in the vagina should be done under the physician's guidance. Persistence is essential for the success of the treatment.

④ Medicine for external use

Medicines prescribed by the doctor can help alleviate the itchy symptom. Do not use self-picked medicine.

2. Cervicitis

■ Keyword: Wet

Increased secretion of leukorrhea brings uncomfortable wet feelings to the patient. In severe situations, the secretion is so much that it penetrates the underwear and leaves spots on the pants or skirts. It's quite annoying and easy to blow patient's confidence.

✕ Expert Analysis:

Cervix is a critical line of defense to prevent bacteria from intruding uterus, fallopian tubes and ovarian. Chronic cervicitis is more commonly seen. Its main manifestation is erosion of cervix and easy to be neglected. Major symptoms of erosion of cervix include: increased secretion of leukorrhea accompanied by sore waist, waist pain, and abdominal pain; menoxenia; dysmenorrhea; and even infertility problems. The main cause of cervicitis is long-term chronic infection with trace creature. Per

clinical research, occurrence of cervical cancer among women with cervicitis is 7 times of that among normal population.

Expert Recommendations: LEEP surgery helps you say goodbye to cervicitis.

GlobalCare adopts LEEP to treat cervicitis. LEEP is a technique that uses a series of high-frequency electrical current to remove abnormal tissues of the cervix. It can continuously remove high risk areas of cervical cancer based on the level of the lesion for effective prevention of cervical cancer. It is superior to other treatment techniques due to its minimal invasion, safety, no radiation, high cure rate, and less complications. It brings no obvious damages to the structures and functions of female's reproductive systems and keeps intact the integrity of pelvis bottom. It protects women's fertility capability to the greatest degree.

3. Pelvic inflammation can lead to infertility

■ Keyword: Painful

The typical symptoms of pelvic inflammation are fever, lower abdominal pain, increased secretion of leukorrhea and occasional purulent leukorrhea, accompanied by hypodynamia, swelling and pain of lower abdomen and menoxenia. In severe cases, patient suffers from high fever, chills, headache and loss of appetite.

✕ Expert Analysis:

Pelvic inflammation refers to the inflammation of female's upper reproductive system and its surrounding tissues. It includes endometritis, salpingitis, tubo-ovarian abscess and pelvic peritonitis. Inflammations can be limited to one area but can also affect multiple areas. Most common inflammations are salpingitis and salpingo-oophoritis. Acute inflammation may lead to sepsis and infectious shock. Delayed treatment can cause chronic pelvic inflammation and infertility.

Expert Recommendations:

① Medicine treatment

Major treatment for acute pelvic inflammation is antibiotic administered through intravenous drip, intramuscular injection and oral intake. Make sure the course of treatment is long enough. The combination of antibiotic and Chinese herbal medicine helps improve the effectiveness of the treatment.

② Physiotherapy

Major treatment for acute pelvic inflammation is antibiotic administered through intravenous drip, intramuscular injection and oral intake. Make sure the course of treatment is long enough. The combination of antibiotic and Chinese herbal medicine helps improve the

effectiveness of the treatment.

③ Surgical treatment

Major treatment for acute pelvic inflammation is antibiotic administered through intravenous drip, intramuscular injection and oral intake. Make sure the course of treatment is long enough. The combination of antibiotic and Chinese herbal medicine helps improve the effectiveness of the treatment.

7 Tips for prevention of gynecological diseases:

① Menstrual care and daily vagina care.

During the menstruation period, desquamation of endometrium leads to sinusoids expansion and creates the living environment for bacteria. Feculent sanitary pads and sexual intercourse during menstruation allow bacteria to intrude the reproductive tract and cause pelvic inflammation.

② Control sexual life and care for cleaning before and after the intercourse.

Unhealthy sexual life, such as frequent intercourse, lack of cleaning before intercourse, lack of urination or cleaning after the intercourse, creates the opportunity for the bacteria to intrude the vagina and break the balance of flora. Fast growing and breeding of bacteria can cause pelvic inflammation.

③ Care for birth control to avoid recurring abortion.

Recurring abortion is one of the causes of gynecological inflammations. Many female patients chose less official hospitals for abortion and other birth control procedures to save money and time. The consequence can be genital inflammations and other gynecological diseases.

④ Improve immunity.

Bacteria exist in vagina. Whenever the patient's immunity drops, the bacteria can intrude and cause pelvic inflammations. Therefore, exercises and improvements of immunity are critical.

⑤ Avoid spicy and cold food and keep lower abdomen warm.

Avoid raw and cold food during menstruation. When staying outdoor during winter time, make sure lower abdomen is kept warm.

⑥ Keep good work-life balance.

Lack of exercise impedes venous return and causes pelvic inflammation. Physician recommends that women working in the office take a walk after sitting for a long

time and participate in exercise activities to speed up the blood circulations in the abdomen.

⑦ Avoid tight underwear or tight jeans.

Wearing tight underwear or jeans for long time can cause bad blood circulation in the abdomen. In the long run, it can not only lead to dysmenorrhea and infections of urinary tract, but also cause gynecological diseases such as vaginitis.

指导专家 Panel Specialist



陈志华 Zhihua Chen
副主任医师 Specialist in Gynecology

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.



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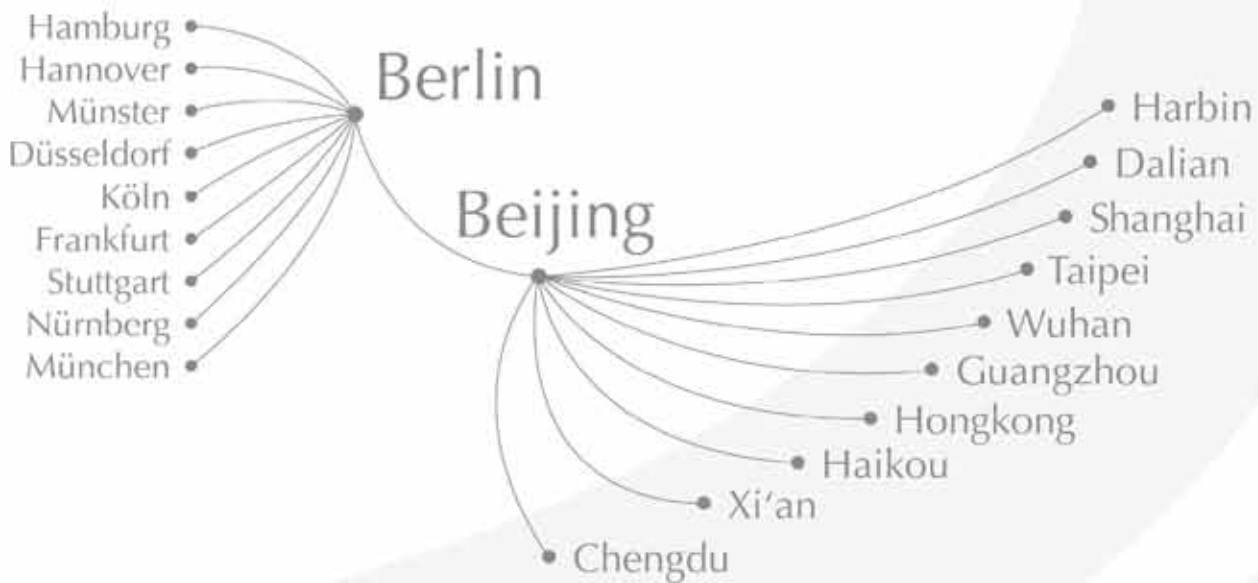
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