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The World's Unique Magazine 国际多语种刊物

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世界中国杂志创建于2006年。为多语种国

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



原中国国务院副总理、全国人大副委员长邹家华先

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

主要栏目

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

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

主要选者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

发行地点

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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China Go Abroad





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



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"梦想中欧"国际青少年绘画白银展



访问期间,外交部长签署了《亚洲基础设施投资银行协定》的相关文件,进一步强化了丹麦作为亚投行创始成员国的地位。(图片由丹麦驻华大使馆提供)

Graphic: During the visit, the Foreign Minister signed the Articles of the Agreement the Asian Infrastructure Investment Bank (AIIB), consolidating Denmark's role as a founding member in this new institution. (Photo is provided by the Royal Danish Embassy in Beijing.)

Danish Foreign Minister's Visit to China 丹麦王国外交部长访华

丹麦外交部长克里斯蒂安•延森于十月二十七日圆满结束对中国为期三天的正式访问。丹麦王国外交部长克里斯蒂安•延森在访华期间签署了《亚洲基础设施投资银行协定》,并为丹麦文化中心揭牌。

Danish Foreign Minister Kristian Jensen concluded a three-day visit to China on the 27th of October. Danish Foreign Minister Kristian Jensen signs AIIB agreement and opens the Danish Cultural Center in Beijing.

延森部长在人民大会堂会见了中国国务委员杨洁篪,并表示了他对于"一带一路"倡议和将于年底出台的"十三五"规划纲要的浓厚兴趣。延森部长同时还会见了中国外交部长王毅,双方就共同关心的一系列问题交换了意见和看法,涵盖两国庆祝建交六十五周年,深化双边各领域合作和叙利亚及乌克兰等国际热点。在同中国商务部副部长钟山的会谈中,双方都表示将努力促进双边经贸往来并扩大投资规模。

During his stay, Foreign Minister Jensen was received by Chinese State Councilor Yang Jiechi at the Great Hall of the People, to whom the Minister showed great interests in the "One Belt One Road" initiative and China's upcoming 13th Five-Year Plan.

The Minister was also received by his counterpart Chinese Foreign Minister Wang Yi, the two sides exchanged their opinions on a broad variety of topics from the celebrations of the 65th anniversary of the diplomatic relations and further bilateral cooperation to international



中国人民对外友好协会副会长宋敬武简要介绍了我会的宗旨和主要工作,回顾了近期与丹麦驻华使馆合作成功举办中丹建交65周年招待会和研讨会的情况,表示愿继续推动中丹地方政府和人文交流等各领域合作。

In terms of cultural exchange and people-to-people contact, Mr. Jensen opened the Danish Cultural Center at Beijing's 798 Art Zone, along with Vice President of the Chinese People's Association for Friendship with Foreign Countries Song Jingwu, Chairman of the Board for Danish Cultural Institute Michael Christiansen, and the Center's Director Eric Messerschmidt.

flashpoints such as Syria and Ukraine.

On official level, the Minister also met with Vice Minister of Commerce Zhong Shan, where the two sides sought to further boosting bilateral trade and investment.



丹麦外交大臣 H.E.Minister Mr.Kristian Jensen 参观丹麦松木 H.E. Mr. Kristian Jensen, Danish Foreign Minister visited Danish Pinewood.



在文化和民间交流领域,延森还为位于北京798艺术区内的丹麦文化中心揭牌。同延森一起参加仪式的还有中国人民对外友好协会副会长宋敬武,丹麦文化中心总部主席麦克·克里斯蒂安森和北京丹麦文化中心主任刀文克。

Graphic: In terms of cultural exchange and people-to-people contact, Mr. Jensen opened the Danish Cultural Center at Beijing's 798 Art Zone, along with Vice President of the Chinese People's Association for Friendship with Foreign Countries Song Jingwu, Chairman of the Board for Danish Cultural Institute Michael Christiansen, and the Center's Director Eric Messerschmidt.

"我很高兴能在798艺术区为丹麦文化中心揭牌。文化在丹麦与中国的友好合作中扮演着重要的角色。随着双方在对方国家首都设立文化中心,两国间的纽带和联系又进一步增强了。"

"I am very proud to open the Danish Cultural Center in 798. Culture is an integral part of our good cooperation with China. With the establishment of bilateral cultural centers, we've further strengthened the bonds that link our countries together."



丹麦文化中心是两国广泛文化合作的最新成果,到目前,两个国家都已经在对方首都设立了文化中心。

The Danish Culture Center is the fruit of the ongoing cultural cooperation between Denmark and China, the two countries have established culture centers in each other's capital.



在访问间隙,部长还游览了位于北京郊区的慕田峪长城,并在这一段保存最完整的古迹遗址上跑步锻炼。此外,部长周一还沿着故宫筒子河晨跑"刷圈"七公里,登上景山,近距离感受了北京内城的古朴风貌。(图片由丹麦驻华大使馆提供)

Graphic: On the sidelines of the Minister's visit, he paid a visit to the Great Wall, where the Minister had a run on one of the best preserved parts of the Wall. In another leg of experiencing Beijing's ancient layout, the Minister did a seven kilometer morning run around Forbidden City and in Jingshan Park. (Photo is provided by the Royal Danish Embassy in Beijing)



著名影星六小龄童先生也出席活动现场 Mr. Liu Xiao Ling Tong, a famous movie star was present at the event.

6 THE WORLD AND CHINA



'Building a Healthier World Together' "携手共建更健康的世界"

11月1日,由欧盟驻华代表团、国家卫生计生委、世界卫生组织驻华代表处组织的"携手共建更健康的世界"主题骑行活动在欧盟驻华大使馆内举行启动仪式。

A cycling event themed as "Building a Healthier World Together' has been launched in the EU Embassy in Beijing on November 1st, which is jointly organized by the Delegation of the European Union to China, National Health and Family Planning Commission, P.R.China and the World Health Organization(WHO) Representative Office in China.(本刊讯)



自行车特技表演



世界卫生组织驻华代表施贺德博士就本次活动的主题发表讲话



欧盟驻华大使史伟阁下(右)与欧盟委员会健康和食品安全委员 维特尼斯•安德留凯伊提斯先生(中)和联合国项目事务署高级项目官员侯晓云女士(左)



8 THE WORLD AND CHINA 9

SPECIAL ATTENTION TO I 特别关注

European Chamber positive about Chinese Government's GDP targets announced in the 13th Five-Year Plan

中国欧盟商会对中国政府提出"十三五规划"GDP目标表示欢迎



2015年11月2日,北京一中国欧盟商会认为,中国政府 提出 "第十三个五年规划"("十三五规划")将会着眼于更 高质量、更可持续的经济增长,这对于推进大胆改革是个不 容错过的机会。

十八届五中全会宣布"十三五规划"将依据中国经济变化情况制定相匹配的适度的经济增速目标,中国欧盟商会对此表示欢迎。中国目前正努力通过降低固定资产投资、扩大消费驱动型增长以及加强创新使得经济增长更重质量而不是数量。

欧洲企业在十八届五中全会召开之际表达他们对规划工作的期望,即希望环境保护问题可以作为"十三五规划"的重点考虑。欧盟商会很高兴地看到这个问题被列为相关工作的重点。此外,通过以人为本来解决人口结构不平衡问题也被列为规划的重点。

国内外都对这些目标充满期待,因此大胆实施改革以实现设定目标至关重要。这就要求放弃零散的措施而改为推进《中共中央关于全面深化改革若干重大问题的决定》提出的更深入全面的改革。

中国欧盟商会主席伍德克表示: "目前改革进程过于缓慢和谨慎,中国的经济如今处于转折点。"十三五规划"对于合理推动中国经济向更可持续方向发展转变是个很好的机会,这有助于中国经济向价值链上游转移。我们现在希望看到的是中国政府能够实现自己的承诺。"

Beijing, 2nd November, 2015 – The European Chamber of Commerce in China (European Chamber) commends the government's announcement that the 13th Five Year-Plan (FYP) will focus on higher quality and more sustainable economic growth. This presents an unmissable opportunity to push forward with bold reforms.

The European Chamber is encouraged by the announcement at the Fifth Plenum that the 13th FYP will target a modest economic growth rate that is more in line with China's changing economic conditions. China is now looking to prioritise quality over quantity by decreasing fixed-asset investment, expand consumption-driven growth and increase their focus on innovation.

European companies had indicated in the run up to the Fifth Plenum that they hoped to see environmental concerns prioritised in the 13th FYP, so the European Chamber was also heartened to see this issue high on the agenda, along with the move to confront demographic imbalances with people-centered development.

These enlightened goals have raised expectations, both in China and abroad, so it is essential that they now be matched with the bold reforms necessary to attain them. This requires a swift departure from the prevailing piecemeal approach toward a deeper and more comprehensive implementation of the reform agenda outlined in the Third Plenum's Decision.

European Chamber President Jörg Wuttke stated, "While to date the implementation of the reform agenda has been too slow and too modest, China's economy is now at an inflection point. The 13th Five-Year Plan presents an ideal opportunity to take the critical measures needed to move China's economy forward on a more sustainable track that will allow it to continue to move up the value chain. We now need to see words matched with actions." (本刊讯)

关于中国欧盟商会

中国欧盟商会由51家会员企业于2000年10月19日成立。会员总数如今已突破1800家,在中国九个城市设有七个地方分会。其理念是应欧盟及欧盟企业的需要,代表不同商业部门寻求统一的声音。中国欧盟商会已被欧盟委员会与中国政府机构认可为欧盟企业在华的独立官方代言机构,旨在为欧盟企业争取更大的市场准入和更好的经营环境。欧盟商会作为在华欧洲企业的独立官方代言机构得到了欧盟委员会和中国政府的一致认可。

About the European Union Chamber of Commerce in China

The European Union Chamber of Commerce in China (European Chamber) was founded in 2000 by 51 member companies that shared a goal of establishing a common voice for the various business sectors of the European Union and European businesses operating in China. It is a members-driven, non-profit, fee-based organisation with a core structure of 45 working groups and fora representing European business in China. The European Chamber is recognised by the European Commission and the Chinese authorities as the official voice of European business in China.

China, Canada and the USA join EU's Designview IP database 中国、加拿大和美国加入欧盟名为Designview的知识产权数据库



自2015年9月14日起,中国国家知识产权局(SIPO)、加拿大知识产权局(CIPO)与美国专利和商标局(USPTO)的工业外观设计数据已经可通过Designview工具获取。Designview是一个为知识产权用户提供检索服务的工具,它由欧盟的知识产权局OHIM(欧盟内部市场协调局)所创建。

对中国国家知识产权局数据的集成,是中欧在知识产权领域合作的重要成果,今年我们也迎来了中欧知识产权合作对话机制成立的十周年。该项成果得益于SIPO和OHIM良好的双边合作,以及由OHIM管理的新知识产权项目IP Key的大力支持。

随着SIPO, CIPO 及USPTO的加入,Designview的成员已经涵盖35家知识产权局。由SIPO引入的330万外观设计的数据,使得Designview可以为世界范围内的知识产权专业人士、公司及相关用户提供高达860万工业外观设计的信息和通道。

自2012年11月19日引入Designview后,该工具已经为来自137个国家的用户提供了大约120万次的检索服务。目前,中国的所有权人以及其他用户可以通过中文版本来获取该项服务。

更多信息,请访问https://www.tmdn.org/tmdsview-web/welcome。 欧洲联盟驻华代表团

As of 14 September 2015, the State Intellectual Property Office of the People's Republic of China (SIPO), the Canadian Intellectual Property Office (CIPO), and the United States Patent and Trademark Office (USPTO) have made their industrial design data available to the Designview tool, a searchable database for IP users set up by the EU's IP office OHIM (Office for the Harmonisation in the Internal Market).

The integration of Chinese data through SIPO is a concrete result of EU-China cooperation in the field of Intellectual Property, the 10th anniversary of which we are celebrating this year. it was achieved thanks to the excellent bilateral cooperation between SIPO and OHIM, and the support of the IP key action managed by OHIM.

With SIPO, CIPO and USPTO on-board, there are now 35 participating IP offices in Designview. With the addition of more than 3.3 million designs from SIPO, Designview now provides information and access to more than 8.6 million industrial designs in total for IP professionals, companies and other users worldwide.

Since the introduction of Designview on 19th November 2012, about 1.2 million searches from 137 different countries have been carried out using the tool. Now Chinese rights owners and other users can access this service in a Chinese language version.

For more information visit https://www.tmdn.org/tmdsview-web/welcome.

Delegation of the European Union to China

Fête Officielle de Belgique 比利时官方节日



assisté.(本刊讯)



Le 23 septembre 2015, l'ambassade de

Belgique en Chine a organisé à Beijing une

réception célébrant la fête officielle de la

Fédération Wallonie-Bruxelles, M. Philippe NAYER, délégué des Gouvernements de

la Wallonie et de la Fédération Wallonie-

Bruxelles et conseiller de l'ambassade de

Belgique en Chine, et son épouse y ont

2015年9月23日比利时驻华大使馆在京举办了庆祝比利时瓦隆-布鲁塞尔大区联盟官方节日的招待会活动,布鲁塞尔 驻华代表团总代表,比利时驻华大使馆参赞那烨飞先生及夫人出席招待会。

比利时驻华大使馆参赞那烨飞先生及夫人欢迎到场宾客



比利时驻华大使出席活动并参观展览



现场乐队助兴表演

Two sessions of 'Top Talent Denmark Day' unveil in Shanghai and Beijing "丹麦日"在北京和上海举行





继10月20日在上海复旦大学的活动后,10月23日展览 移师北京的丹麦驻华大使馆, 使馆敞开大门向优秀的中国学 牛推广优质教育资源和职业前景。

丹麦职业和教育展一"丹麦日"是丹麦职业和教育推广 项目Top Talent Denmark的主要线下活动,由位于上海的 丹麦科技创业中心举办。Top Talent Denmark为有志于发 展丹麦职业牛涯的中国学牛提供"一站式直诵车"。通过各 类线上及线下活动,为中国学生及优秀人才搭建起通往丹麦 高校及企业的桥梁, 使他们能更多地了解到丹麦教育和就业 机会的全方位信息。

Two fairs have been held in Shanghai on the 20th of October at Fudan University, and in Beijing at the Royal Danish Embassy on the 23rd..

The career and education fairs, Denmark Days, are organised by Innovation Centre Denmark in Shanghai, as a part of the official Danish programme "Top Talent Denmark".

"Top Talent Denmark" is a new and unique "one stop shop" for Chinese students interested in pursuing a Danish career. Through a range of offline and online activities, the initiative connects Chinese students and young professionals with Danish higher education institutions and companies and offers them a single platform to learn more about their Danish study and career opportunities. Denmark Days are the biggest events under "Top Talent Denmark".

图片来源:丹麦驻华大使馆 Photos: From the Royal Danish Embassy





"丹麦公司能否招聘到国际化人才对于增强丹麦的全球竞争力起 着至关重要的作用。中国在研究、高等教育以及人才培养方面发展 极为迅速。因此,对于丹麦高等教育机构和公司而言,中国已成为 丹麦引进优秀学生的重要来源,"丹麦驻华大使戴世阁先生说。

"It is crucial for Denmark's ability to compete globally, that Danish companies can recruit qualified candidates with international experiences. Research, higher education and talent development are all fields of massive growth in China. Therefore, China is an essential focus area within Danish higher educational and corporate recruitment of the brightest Chinese students," said Danish Ambassador to China Carsten Damsgaard.



十二所丹麦的高等教育机构和四家在华的优质丹麦企业参加了丹麦日的活动。这些参展机构向中国的学生们展示了具有吸引力的丹麦教 育和就业机会。中国科学院中丹学院,作为一枚两国教育合作的硕果,也在现场设有展台。

Twelve Danish higher education institutions and four of Denmark's strong companies in China participate in Denmark Days, where they side by side will showcase attractive education and career paths to Chinese students. And the new Sino-Danish Centre for Education and Research, a joint university venture between China and Denmark will also be presen.

EMBASSY I 使馆之窗



墨西哥驻华大使胡利安.本图拉阁下与农业部部长韩长赋先生共同举杯庆祝招待会圆满举行 H.E. Mr. Julian Ventura Valero, Mexican Ambassador to China, and Mr. Han Changbin, Minister of the Ministry of Agriculture, make a

205th Anniversary for the Independence of Mexico 墨西哥独立205周年



墨西哥驻华大使馆于9月17日举办庆祝墨西哥独立205周年的纪念活动。

Mexico Embassy in China held the commemorative activity for celebrating the 205th Anniversary for the Independence of Mexico on Sept. 17, 2015. (本刊讯)





墨西哥驻华大使夫妇携同使馆官员欢迎到场宾客

toast to celebrate the success of reception.





墨西哥传统美食



National Day ceremony of Kingdom of Saudi Arabia 沙特阿拉伯王国国庆

9月29日晚,沙特阿拉伯王国驻华大使馆在北京四季酒店举办了沙特阿拉伯王国建国85周年国庆招待宴会。使馆临时代办李亚德.穆巴拉克先生以及中国外交部副部长张明阁下出席了本次活动。

In the evening of September 29, kingdom of Saudi Arabia embassy in China held the 85th anniversary National Day reception banquet of of Kingdom of Saudi Arabia's state establishing at Beijing Four Seasons Hotel. Mr. Riyad A.H. Almubariki, the Charge D'affaires of embassy and Mr. Zhang Ming, the deputy foreign minister of Chinese Foreign Ministry attended this event.(本刊讯)





沙特阿拉伯王国驻华大使馆临时代办李亚德.穆巴拉克阁下与中国外交部副部长张明阁下共同切下庆祝蛋糕

使馆官员欢迎到场宾客





沙特阿拉伯国庆冰 雕与特色花展

身着民族特色服饰的嘉宾合影

传统特色美食烤全羊

出席嘉宾跳起阿拉伯民族舞



16 THE WORLD AND CHINA 17





中哥建交35周年大派对



2015年9月25日,由哥伦比亚驻华使馆主办的纪念哥伦比亚共和国与中华人民共和国建交35周年烧烤活动在北京举行。数百嘉宾应邀出席活动。(本刊讯)



哥伦比亚共和国驻华大使卡尔门萨·哈拉米略 (Carmenza Jaramillo)女士在活动上致辞。



出席的嘉宾











18 THE WORLD AND CHINA 19



The National Day of the People's Democratic Republic of Algeria

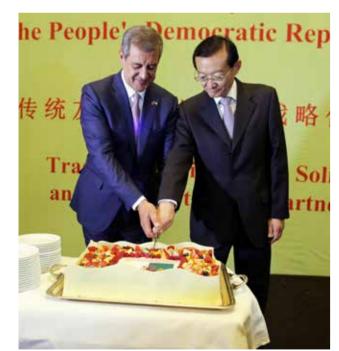
阿尔及利亚国庆





2015年10月30日,中国外交部副部长张明阁下应邀出席阿尔及利亚驻华使馆在京举行的61国庆周年招待会。

H.E. Mr. Zhang Ming, Vice Minister of Foreign Affairs has been invited to participate in the Reception of the 61st Anniversary of the National Day of the People's Democratic Republic of Algeria held by the Embassy of Algeria in Beijing on 30th October, 2015.(本刊讯)



中阿双方领导人共切庆祝蛋糕





到场嘉宾观看阿尔及利亚共和国国庆图片展览





来宾赠送大使夫妇礼品



阿尔及利亚特色甜点



阿尔及利亚特色民族服



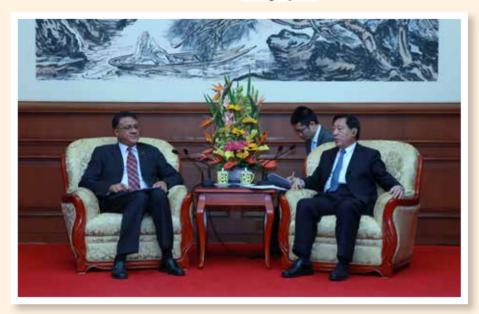


The 40th Anniversary of Diplomatic Relations Between the PRC and ISS

中萨建交40周年



图/任新



萨摩亚驻华大使塔普萨拉伊·托欧马塔Tapusalaia Terry Toomata 与全国政协副主席齐续春情切交谈。

为庆祝中国与萨摩亚建交40周年,中国人民对外友好协会与萨摩亚驻华大使馆于2015年11月6日在北京国宾馆钓鱼台举行庆祝活动。

On the Occasion of the 40th Anniversary of Diplomatic Relations Between the Peoples Republic of China and the Independent State of Samoa, The celebration was held on 6th Nov. in Diaoyutai State Guesthouse.

在19世纪末和20世纪出, 很多广东人到达了萨摩亚定居, 目前在萨摩亚的人口中20%是华人。今年首都阿提亚和深圳结为友好城市。

At the end of the 19th century and beginning of the 20th century, there were a big number of people from Guangdong who settled down in Samoa, currently 20% of the population is of Chinese origin. Apia, capital of Samoa, and Shenzhen have become sister-cities this year. (本刊讯)



中国人民对外友好协会副会长和萨摩亚驻华大使互赠礼物。





太平洋岛国论坛贸易与投资专员大卫•莫里斯。



萨摩亚留学生为庆祝活动带来精彩的民族节目。目前在中国留学的萨摩亚留学生有167人。



出席活动的部分嘉宾

EMBASSY | 使馆之窗

The Rumania-China Friendship Stamp and Coin Collection on Display in Beijing

《罗中友谊集邮与钱币收藏》在京展出





在中罗建交66周年之际,《罗中友谊集邮与钱币收藏》展于2015年9月28日在北京罗马尼亚文化中心揭幕。罗马尼亚驻华使馆文化参赞阿•鲁贝安(Adrian Lupeanu)(左一),中罗友协常务副会长王铁山(右一)、副会长骆东泉(右二)出席开幕式。罗马尼亚集邮协会原副会长阿•巴尔托克(Alexandru Bartoc)先生(左二)展出了他个人收藏的罗中两国双边关系的邮票、信封、纪念牌等邮品。(本刊讯)







纪念收藏品展示





到场嘉宾们欣赏展品

Hungary Goulash Cocktail Party 匈牙利古雅什派对酒会



2015年10月16日匈牙利驻华大使馆举办了匈牙利古雅什派对酒会,在当天的活动现场,来宾们纷纷品尝到了匈牙利著名的红酒以及匈牙利世界闻名的国菜"古雅什"(Goulash)汤。

On Oct. 16, 2015, Hungarian Embassy in China held Hungary Goulash Cocktail Party. At the activity site, guests tasted famous red wine of Hungary and world famous dish "Goulash" Soup of Hungary. (本刊讯)



来自匈牙利民间的白酒和苏打汽水

来宾们品尝匈牙利世界闻名的国菜"古雅什"(Goulash)汤——也就是当年在中国我们所听到的土豆炖牛肉。





伴随着现场乐队的助兴表演, 嘉宾们纷纷的跳起了舞蹈

Argentina to attract China to make investment in its tourism industry 阿根廷欲吸引中国进军旅游业

阿根廷驻华大使馆于2015年10月15日举办了为推广和 宣传在11月25日和26日即将在布宜诺斯艾利斯举办的阿根 廷酒店业与旅游业投资论坛的推介会。

On Oct. 15, 2015, Embassy of the Argentine Republic in China held the promotion meeting for promoting and advertising Argentina hotel industry and tourism investment forum to be held in Buenos Aires on Nov. 25 and 26, 2015. (本刊讯)



阿根廷驻华大使马蒂诺阁下与中国国家旅游局国际关系处处长封 立涛先生。

Monseigneur Martino, Argentine ambassador to China and Mr. Feng Litao, Section Chief of Department of International Relations of China National Tourism Administration.



出席嘉宾亲切交谈



阿根廷旅游部副国务秘书阿列汉德罗·斯恰维先生在推介上介绍,2003年至2015年间,阿根廷在旅游住宿方面的私人投资增长了1437%,境外游客入境人数从2003年的300万人次增长到2014年的580万人次。斯恰维认为,目前中国在阿根廷的旅游投资还非常少,阿中在基础设施建设上有着丰富的合作经验,阿根廷也需要了解中国游客的需求以提供更好的服务。他透露,两国正在为简化中国游客赴阿签证做努力。

Alejandro Schiavi Deputy Secretary of State of the Ministry of Tourism of Argentina introduced on the promotion meeting that, during 2003 and 2015, the private investment in tourist accommodation in Argentina increased by 1,437%; the overseas tourists increased from 3 million person times in 2003 to 5.8 million person times in 2014. Alejandro Schiavi regarded that China has made less investment in tourism of Argentina at present but Argentina and China have rich cooperation experience in infrastructure construction, Argentina should learn demands of Chinese tourists so as to provide better service. He disclosed that two countries have been making efforts to simplify the visa application procedure for Chinese tourists to Argentina.



Argentinean flute player's performance in Beijing 阿根廷长笛演奏家来京演出



2015年11月4日,阿根廷驻华大使馆举办媒体接待会,以介绍阿根廷著名长笛演奏家爱德华多•塔米。阿根廷驻华大使馆公使路易斯•比利亚法涅出席活动并讲话。(本刊讯)



阿根廷驻华大使馆公使路易斯·比利亚法涅阁下在讲话中提到: 11月6日, 爱德华多·塔米将在中国音乐学院举办演奏会, 此次演奏会是2015年中阿文化交流活动之一, 更是中阿两国友好外交关系的体现。今年两国首脑的互访使双方建立了全面战略合作伙伴关系, 使馆也将更加努力推动中阿两国友好关系发展、深化中阿文化交流。





阿根廷著名长笛演奏家爱 德华多·塔米运用了长笛作 为根本的旋律元素,演奏出 了不同种类的音乐风格,定 义了他的职业生涯。

EMBASSY I 使馆之窗



Das Goethe-Institut zieht ins Kunstquartier "798" 歌德学院入住798



北京德国文化中心•歌德学院(中国)于2015年10月29日在798艺术园揭牌。

从前的工业厂房被改造成了一个全新的数字媒体和当代艺术的展示场所和交流平台。德国歌德学院主席克劳斯-迪特·雷曼教授博士(左二)、歌德学院中国分院院长安德思先生(左一)以及德国驻华大使馆公使艾博赋博士(右二)出席。

Am 29. Oktober 2015 eröffnet das Goethe-Institut Peking in "798".In einer ehemaligen Industriehalle entsteht hier ein neuer Veranstaltungsort für Austausch, digitale Medien und zeitgenössische Kunst.

Prof. Dr. Klaus Dieter-Lehmann, Präsident des Goethe-Instituts; Peter Anders, Leiter des Goethe-Instituts China; Dr. Christophe Eick, Gesandte der Deutschen Botschaft Peking.(本刊讯)



"我认为这个地点仅由于它周围环境就具有很重要的意义。我们(歌德学院)并不是艺术创作者,而是文化传播机构。歌德学院周边环境令人兴奋、生机勃勃且多样化,这为我们自身的工作提供了很好的灵感源泉。"德国歌德学院主席克劳斯-迪特·雷曼教授在于2015年10月27日举行的媒体见面会上说道





全新技术的3D立体打印机

"装饰艺术: 布达佩斯·上海一匈牙利装饰艺术及其在上海的 代表人物拉斯洛·邬达克" 学术会议在上海举行

方毓强 报道/摄影 Photo and Text: FANG Yuqiang



到会的匈牙利 文化部国务秘 书哲尔吉·考茨 曼(Mr.György Kozmann)

匈牙利总领事 乐文特(Mr. Horváth Levent)

2015年11月4日至5日,"装饰艺术: 布达佩斯•上海一匈牙利装饰艺术及其在上海的代表人物拉斯洛•邬达克"(ART DECO Budapest-Shanghai - Art Deco of Hungary with its Shanghai Based Master: László Hudec)学术会议在上海"绿房子"(Green house)举行。这是由匈牙利驻沪总领事馆(Consulate General of Hungary)主办,上海市城市规划设计研究院(SUPDRI)、邬达克文化基金会(Hudec Cultural Foundation)协办的。匈牙利文化部国务秘书哲尔吉•考茨曼(Mr.György Kozmann)、匈牙利驻沪总领事乐文特(Mr.Horváth Levent)到会致辞。两天的会议由匈牙利驻沪文化、教育领事(Consul for Culture and Education)辛莉薇(Mrs Lívia Szentmártoni)主持。



会议期间展出的"邬达克及其建筑"展板

匈方演讲者及题目是: Mrs Éva Horányi ((Historian - Museologist, Museum of Applied Arts应用艺术博物馆历史学家、博物馆学家),《Fellow man of Hudec: Lajos Kozma - The master of Hungarian Art Deco Interior》(邬达克同胞Lajos Kozma—匈牙利室内艺术装饰派大师)、《Tubeworks furniture - The Symbolism of Modern Interior》(弯管家具—当代室内艺术的象征);MS.Virág Csejdy (Curator of Hudec Cultural Foundation邬达克文化基金会)《The role of Hudec in the Art Deco of Shanghai》(邬达克在上海装饰派艺术中的角色);Mr.Dániel Kovács(Curator of Hungarian Contemporary Architecture Centre匈牙利当代建筑中心馆长),《Let's face to the East: Asian influences on

the Hungarian Architecture in the first decades of the 20th Century》(面向东方: 论20世纪最初10年中亚对匈牙利建筑产生的影响)、《The Central European and Hungarian Roots of Art Deco》(装饰派艺术的中欧和匈牙利根源);MS.Judit Tar(Co-founder of the renowned Hungarian antique and modern art festival called Falk Art Forum匈牙利古代与现代艺术节 "Falk艺术论坛"发起人),《Art Deco in terms of trade



主持人匈牙利驻沪文化、教育领事辛莉薇 (Mrs Lívia Szentmártoni) 回答听众的提问

of antiques in Hungary》(匈牙利古董贸易的装饰艺术)。

中方演讲者及题目是: 上海城市规划设计研究院奚文 沁 (MS.Xi Wenqin)《传承经典, 重焕溢彩——绿房子风 貌特色与保护修缮纪实》(Inheriting classic, coruscating brilliance - the documentary of the style and features of Green house and its repair protection);《Shanghai Daily》乔争月(MS.Xi Wenqin)《拉斯洛·邬达克在上海的复兴》(Laszlo Hudec's revival in Shanghai);同济大学华霞虹(MS.Hua Xiahong)《装饰艺术建筑的多面



邬达克当年设计的内部装饰, 保存良好



性: 邬达克对上海的贡献》(Multiple Faces of Art Deco Architecture: L.E.Hudec's Contribution in Shanghai)。

数十位中外专家、学者与会,并饶有兴趣地参观了"绿房子"4层所有房间(主办方特意安排)。它是邬达克在1937年至1941年设计、建造的,建筑面积1700多平方米,是当时远东最豪华、最现代的私人住宅。因外墙是绿色的,上海人称为"绿房子"。现为上海市优秀建筑,由规划设计院(SUPDRI)使用(近年来花约2000万元人民币重新装修)。

房主吴同文(1903-1966)是富商,也是著名建筑师贝聿铭的姑父(贝父妹妹的丈夫)。建筑外观流畅,内部豪华,装置齐全(包括电梯)。邬达克向房主保证:"再过50年,现代感仍是超前的!"1948年,某国外交官愿以一艘万吨邮轮、外加50万美金买下做领事馆,吴不舍得(但吴经不起1966年8月"文革"的抄家而自杀)。

附记:

邬达克Hudec(当时姓名是: Laszlo Ede Hugyecz) 1893年出生于匈牙利兹沃伦州(Zolyom)拜斯泰采巴尼亚(Besztecebanya)。1910年至1914年在匈牙利皇家约瑟夫理工大学(Hungarian Royal Joseph Technical University)学习建筑。一战爆发,应征入伍,1916年被俄军俘虏,送往哈巴罗夫斯克(Habarovsk)战俘营。1918年先逃到中国哈尔滨,再到上海。1947年离开上海,暂居欧洲。1948年移民美国,1958年去世。他在上海的29年间,设计了约60处、100幢单体建筑(其中一半现被列为优秀建筑)。

1960年代,我住"绿房子"附近。改革开放(1980年代)后获悉上海地标性建筑都是邬达克设计的,遂开始关注和研究邬达克,明年将出版《向邬达克致敬》一书。

保持原貌的"绿房子"

会场(原为"绿房子"的舞厅)

Women's Film Festival 妇女电影节

第三届中国国际妇女电影节闭幕式9月27日在瑞典驻华大使馆举行。从9月19日到9月27 日共展映了来自挪威,中国,日本,香港,瑞典,美国,中国台湾,奥地利,印度,波兰,克罗地 亚,德国,西班牙28部影片。

The closing ceremony of the 3rd China Women's Film Festival was held at the Swedish Embassy on September 27. During the film festival, between 19-27 of September, there were some 28 films screened, movies of Norway, China, Japan, Hong Kong, Sweden, United States, Taiwan, Austria,

India, Poland, Croatia, Germany and Spain



瑞典使馆文化参赞向来宾 介绍导演苏珊•奥斯汀。 她是瑞典一位优秀导演, 电影制片人和作家。 她的 著名影片有"母亲", "莫扎 特 "和"保卫天使"。这三部 影片均获得瑞典最高电影 奖 Guldbagge Awards. 并在1990年获戛纳UN

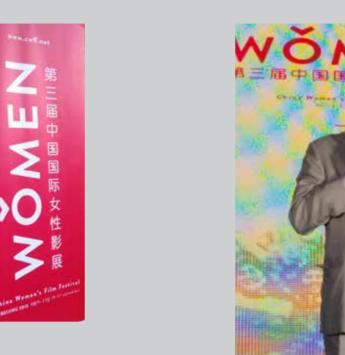
Certain Regard 奖。

The cultural counselor of the Swedish Embassy introduced Suzanne Osten to the audience as an outstanding director, producer and writer of Sweden. Her famous motion pictures include "Mother", "Mozart" and "Angel Guard", which all have won the highest prize of the Swedish film industry, the Guldbagge Award as well as the UN Certain Regard prize of Cannes in 1990.



导演苏珊与北京电影学院杨惠教授分享她拍摄电

Director Suzanne Osten and Professor Yang Hui of Beijing Film Academy are discussing the memories of the film shooting.



瑞典驻华大使 (Lars Peter Fredén)在闭幕式发言中说道: "他 为她 "是由联合国妇女署主持的一项推动性别平等的国际性联 合运动。旨在召集男人去支持女性权利运动。平等不是单方面 的; 只有全人类人口一起合作才能实现一个更加平等, 更加公平 的世界。"

Lars Peter Freden, Ambassador of Sweden has put it this way at the closing ceremony: "He for She" is an international action for gender equality of the "UN Women" entity of the United Nations. It is aiming to recruit men to support the cause of providing equal rights for women. Equality cannot be one sided, it is only with the participation of the whole humanity that we can achieve a just and equal world.



电影节组委会主席李丹致闭幕词



闭幕式播放的瑞典苏珊的成名影 片'母亲"。这是她在1983年完 成的, 当时在瑞典各家大影院连 续不断地放映了半年。

The film screened at the closing ceremony was "Mother" by Swedish director Suzanne Osten. The film was shot in 1983 and it was on play for more than 6 months in Sweden.

Japan-China high school student communication meeting held in Beijing

日中高中生交流会在京举办

作为永旺1%俱乐部实施的日中高中生交流活动的一环,60名来自日本的高中生于10月7日—14日期间访问中国。与此同时,日本驻华大使馆与永旺1%俱乐部将共同举办访华高中生的欢迎会。

As a link of Japan-china high school student communication activities implemented by Aeon 1% club, 60 high school students from Japan visited China during October 7 to October 14, at the same time, Japanese embassy and Aeon 1% club jointly held the welcome party for the high school students visiting China . (本刊讯)



日本驻华大使木寺昌人阁下与公益财团法人永旺 1%俱乐部理事长横尾博先生分别发表了热情洋溢 的讲话











来自中日的高中生小大使们纷纷赠送象征中日友好的纪念礼品

中国青年艺术家作客欧盟驻华大使官邸

2015年11月13日十位中国青年美术家的作品在欧盟驻华史伟大使官邸与驻华外交官,艺术家朋友见面。本次活动是由中央美术学院赵力教授策划、"中策艺术"执行布展的"冥想之景"——中国当代艺术展。



欧盟驻华大使史伟阁下(左三) 以及活动策展人中央美术学院 教授赵力先生(左二)携助理 策展人陈琳女士(左一)出席开 幕式

众多驻华外交官及艺术界知名

人士参加展览



欧盟驻华大使史伟阁下携夫人 史香露女士与嘉宾亲切交谈





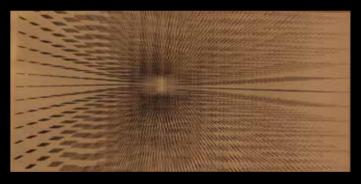








艺术家们的作品展览











36 THE WORLD AND CHINA 37



Spouses of Ambassadors Take a Look at TCM during Double Eleven 双十一大使夫人体验中医

由阿尔及利亚驻华大使夫人牵头10多位驻华大使夫人2015年11月11日参观北京2中医大学东直门学院。

Led by the Spouse of the Algerian ambassdor, more than ten ambassador Spouses have paid a visit to the Dong Zhimen College of the No 2 Traditional Chinese Medicine (TCM) University on November 11, 2015. (本刊讯)

阿尔及利亚驻华大使夫人: Dr Rabehi Zoubida 阿尔及利亚驻华大使夫人母亲: Mrs Tera amel 厄立特里亚驻华大使夫人: Mrs Elsa Tecleab 突尼斯驻华大使夫人: Mrs Radhia Amri 阿尔巴尼亚驻华大使夫人: Mrs Merita Xhani 苏里南驻华大使夫人: Mrs Olivera Pinas 塞尔维亚驻华大使夫人: Mrs Slobosanka Bacevic 智利驻华大使夫人: Mrs Norma De Heine 客麦隆驻华大使夫人: Mrs Solage Mpana 马里驻华大使夫人:Mrs Habiba Kone 苏丹驻华大使夫人: Mrs. Amal Mohamed. 几内亚驻华大使夫人: Mrs Djamila Dou Bah 刚果驻华大使夫人: Mrs Gisèle Owassa 贝宁驻华大使夫人: Mrs Sofie Apithy 波斯尼亚驻华大使夫人: Mrs.Branka Maric 卡塔尔驻华大使夫人: Mrs.Hessa M. AL-Moadhadi 土耳其驻华大使夫人: Mrs. Fazilet Suna Ersoy 尼日尔驻华大使夫人: Mrs.Inoussa Zara





Dr Wang Yaoxian, Dean of Dong Zhi Men Hospital 东直门医院院长王耀献



北京中医大学国际部副主任张丹英女士 Ms Zhang Danying, Deputy Director of International Cooperation at Beijing University of Chinese Medecine



Dr Zoubida Fatma Khadra RABEHI, Spouse of The Ambassador of the People's Democratic Republic of Algeria: Traditional Chinese medicine (TCM) is rooted in the ancient philosophy of China and focuses on achieving health and wellbeing through the cultivation of harmony within our lives.

阿尔及利亚大使夫人在讲话中说道: 传统的中医是建 立在古代的哲学思想上, 它的根本是通过和谐我们 的生活以此达到人体健康。

As Algerian Doctor among many foreign students in BUCM we are highly appreciating the importance of TCM which use is today wide spreading in the

我作为一名阿尔及利亚的医生向众多在这里学习外 国留学生一样, 高度赞扬中医大学向世界推广中医所 做的工作。



做演讲





Interpretation of "guiding opinion" on state-owned enterprise reform

2015年9月23日,中国记协在京举办第七十八期"新闻 茶座",邀请北京大学教授、国务院国资委新闻中心特聘研 究员张春晓,以"国企改革与当前中国经济"为题,向境内外 记者和外国驻华使馆外交官介绍情况,并回答记者提问。中 国记协书记处书记潘岗主持了本期"新闻茶座"。

of "Press Salon" was held in Beijing, China journalists association invited Zhang Chunxiao, professor of Beijing University, specially invited researcher. With the subject of "State-owned enterprises reform and the current Chinese economy", he introduced the situation to the domestic and foreign reports and the diplomatic officers of the foreign embassies in China, and answered the questions of reports. Pan Gang, the domestic secretariat of China journalists association presided over the current period



张春晓在茶座上说:中共中央、国务院近日印发了《关 于深化国有企业改革的指导意见》, 这是新时期指导和推进 国有企业改革的纲领性文件,必将开启国有企业发展的新篇 章。深化国有企业改革,是促进我国经济社会发展的必然要 求,也是全国人民的热切期盼。这一重大改革必须坚持和完 On September 23, 2015, the seventy-eight session 善基本经济制度, 坚持社会主义市场经济改革方向, 坚持增 强活力和强化监管相结合, 坚持党对国有企业的领导, 坚持 积极稳妥统筹推进的方向。

> In the Press Salon, Zhang Chunxiao said: the "guidance on deepening the reform of state-owned enterprises" issued by the CPC central committee is the programmatic document of the guiding and promoting the reform of state-owned enterprises in the new period, which will open the new chapter of state-owned enterprise development. Deepening the reform of state-owned enterprises is the necessary requirement of promoting China's economic and social development, and is also the eager anticipation of the national people. This major reform must insist and improve the basic economic system, persist in the reform direction of socialist market economy, and persist in the combination of increasing energy and strengthening supervision, as well as persist in leadership of the party to the state-owned enterprises and the active and steady integrating development direction.(本刊讯)

中外记者积极提问

Understanding the "Gold Age" of Sino-UK Relations

解读中英关系"黄金时代"

2015年10月16日,中国记协在京举办第八十期"新闻茶 座", 邀请中国现代国际关系研究院副院长冯仲平以"中英开 创两国关系'黄金期'"为题,向境内外记者和外国驻华使馆 外交官介绍情况,并回答记者提问。中国记协书记处书记潘 岗主持了本期"新闻茶座"。

On Oct. 16, 2015, All China Journalists Association held the 80th session "Press Salon" and invited Feng Zhongping, Vice President of China Institutes of Contemporary International Relations to introduce "China and UK initiate the "Gold Age" of Sino-UK Relations" to domestic and foreign journalists and diplomatists of foreign embassies in China.(本刊讯)



冯仲平说, 近年来, 中英合作步伐加快, 关系快速升温, 两国 黄金时代。去年,中国总理李克强对英国的访问取得圆 满成功。今年3月,英国作为首个西方大国率先表态加入"亚投 行"。随后,英国财政大臣奥斯本、外交大臣哈蒙德相继访华,奥 斯本还明确表示: "英国希望成为中国在西方的最佳伙伴"。

出席茶座的中外记者







European Food Festival to take place in Shanghai

欧洲美食节品味欧洲美食,尽享外滩美景



图文: 方毓强 Photo and text: Fang Yuqiang

Shanghai, 24 Sept 2015 – As part of the celebrations of the 40th anniversary of the establishment of diplomatic relations between the European Union and China, a European Food Festival will take place at the Shanghai Waterfront on the Bund(十六铺) from October 29th to November 8th, 2015.

欧洲美食节作为庆祝中欧建立外交关系40周年活动之一,将于2015年10月29日-11月8日在上海外滩十六铺举办。

Organised by events company Gibcom and supported by the Delegation of the European Union to China and the Huangpu District of Shanghai Municipality, the festival aims to promote the unique traditions, diversity and quality of food and wine



29日晚上的开幕式(雨中)





originating from Europe.

此活动由欧盟驻华代表团和上海市黄浦区政府支持,上海极山商务有限公司和上海渥泰投资管理有限公司组织执行。美食节旨在推广源自欧洲的传统和丰富多样的高品质食品和葡萄酒。

It will showcase restaurants, imported food & dairy products, wine and beer with an array of delicious specialties including: Belgian waffles, German sausages, French pastries, Dutch cheese, Greek giros, Irish beer, Austrian ribs, and much more.

活动将展示餐馆,进口食品、奶制品、葡萄酒和啤酒以及特色美味:比利时华夫饼,德国香肠,法国甜品,荷兰奶酪,希腊烤肉,爱尔兰啤酒,奥地利肋排等等。

Visitors will also be able to enjoy live cooking shows and cultural performances, while children can have fun with their own cooking activities on the weekends. The festival promises an opportunity to take a culinary tour of Europe while enjoying the view from the Bund.

参观者将欣赏烹饪表演和文化演出,孩子们可以在周末体验当大厨的感受。欧洲美食节,让您品味欧洲美食,尽享外滩美景!



厨师在表演厨艺



高科技多功能自动烧锅摊位

CULTURAL PERSPECTIVE I 文化视野



Entrance is free of charge免费开放.

Opening hours开放时间:

Monday-Thursday: 3pm - 9pm 星期一-星期四: 15点-21点 Friday-Sunday: 11am - 10pm 星期五-星期天:11点-22点

Address: Shanghai 16pu Waterfront on The Bund: No.531 Zhongshan East 2nd Road

活动地址:上海外滩十六铺(中山东二路531号)







GALO's Luck with the Nobel Prize He opened up the door for China to the world of fashion

GALO(嘎咯)瑞典华裔时尚设计师,从小深受中国文化的熏陶,像世界上众多的天才一样,在他牙牙学语时,他的艺术天赐已经展示出来。五岁时就曾为自己的教母设计服饰,如今他一直为欧美王室和政要人物的夫人、商界人士和演艺巨星等设计服装、配饰、国礼等,他所设计的服装时常出现在诺贝尔等国际颁奖典礼的晚宴上。

GALO (Ga Ge) is a Chinese ethnic designer born in Sweden. He received the influence of the Chinese culture when he was still very young, similarly to other talents of the world, his artistic talent became apparent as early as he just started to speak. At the age of 5, he already designed costumes for his godmother and up until today he is designing dresses and accessories for European and American royal families, distinguished personalities, businessmen and megastars of performing and fine arts. The costumes designed by him frequently appear at the Nobel-prize award ceremonies and other international award ceremonies and receptions.

2009年,在美国总统奥巴马获得和平奖的典礼上,朗朗受邀出席演奏,他穿着GALO设计的演出服『和平鴿』,就此GALO这个名字开始在中国进入公众视野。随后接着的是莫言。

When U.S. President Obama received the Nobel Peace Prize in 2009, Lang Lang was invited to perform at the ceremony. He was dressed in a dress designed by GALO, called "Peace Dove". From this time on, the name GALO commenced to be recognized by the wider Chinese society. And then came Mo Yan.



Galo在身患癌症時创作的小说--《神狱》 A novel written by GALO at the time when he was suffering of cancer: "In the Prison of Spirit"

CULTURAL PERSPECTIVE I 文化视野



2009年朗朗穿着GALO设计的演出服出席美国总统奥巴马获得诺贝尔和平奖的典礼

When U.S. President Obama received the Nobel Peace Prize in 2009, Lang Lang was invited to perform at the ceremony. He was dressed in a dress designed by GALO, called "Peace Dove".

GALO绞尽脑汁在中国的文化艺术中找到一种更有亲和力的方式去表达中华文化的深厚底蕴,以便使得国际人士能够感受并且接受在他的设计中的中国的元素。为此,在开始设计每一件作品的构思前,他都要阅读大量的有关资料,并和顾客深刻交谈,了解他们的思想和他们风格。所以在国际时装品牌的行业里,人们看不到GALO的牌子,因为他的设计都是量身定制的,十分个性化的。因此他设计出的服饰不仅是时装,还是艺术品。

GALO constantly racks his brain toward finding a more attractive and better way to express the deep details of the Chinese culture with the means of Chinese art and culture, so as to let international personalities to better understand and appreciate the Chinese elements in his designs. To this end, before even starting to think about the design of each dress, he studies large amount of resources concerned, and talks a lot with the client in order to understand his or her character and way of thinking. It is for this reason that customers could not encounter his costumes in the shops, there is no GALO brand, all his designs are tailor made and totally personalized. Hence we can say that his dresses besides being fashionable, they are also works of art.

2012年,在伊丽莎白女王本人登基60周年的纪念仪式上,在郎朗的演出服上,GALO采用女王所喜爱的蓝宝石作為元素,过去GALO和很多国际同行一样,多年来採用的是斯里兰卡的蓝宝石,但近几年有机会了解到山东省昌乐县,该地是蓝宝石很大的产地,对於这次的设计毅然决然地使用中国当地的元素,创造了一个绝佳的机会让欧洲人了解中国蓝宝石。

Queen Elizabeth celebrated the 60th anniversary of her enthronement in 2012. On this occasion a ceremony was held with the performance of Lang Lang. GALO using sapphire cherished by the Queen as theme has



When Chinese writer Mo Yan received the Nobel Prize in literature in 2012, GALO was entrusted to design two artistic presents. The first one was a necktie drawing "The Curriculum Vitae of Mo Yan", the other one was a jade piece, "Supreme of Dongyue Mountain", a jade belt fastener.



GALO为三大男高音之一 多明戈设计的宝石眼镜 GALO has designed a pair of glasses for one of the three tenors, Placido Domingo



2012年 GALO用山东昌乐的蓝宝石為郎朗在英国女王伊丽莎白二世登基60周年庆典设计的演出服《让世界充满爱》

GALO used sapphire from Changle in Shandong province for the dress of Lang Lang performing at the 60th anniversary ceremony of the enthronement of Queen Elizabeth, "Let the World be Filled with Love"

designed a performance dress for the pianist. He was using Sri Lankan sapphires for many years for design, but in the recent years he had the opportunity to learn about the sapphires of Changle county in Shandong province. This place is a rich source of sapphires, so for this special design he has used Chinese sapphire with no hesitation, thus creating an opportunity for Europeans to get acquainted with Chinese sapphire.

偶然一次的机会, GALO承接了一份重要的任务, 要为国际交流做一份重要礼物。他用连云港水晶设计出一对香槟杯, 打破西方传统香槟杯的造型, 杯口化用了中国古代樽弧线, 并将甲骨文、各种元素抽象化融入, 形成一个独特的图案。这套香槟杯的礼盒, 也利用南京的云锦, 在过程中思考如何做到不能喧宾夺主, 又要体现整体作品的高雅, 最终, 他和技师们一起努力, 织造出亮丽的黄色云锦, 作为点缀香檳杯的重要一笔, 在国际场合不断地使用中国的元素,

一次又一次的让世界看见!

GALO was once asked, just by chance, to design an important gift for an international exchange. He utilized crystals from Lianyungang to create a glass for champagne. Breaking away with the traditional western design of the glass, he made the shape of the glass to follow the patterns of ancient Chinese wine bottles, all decorated with inscriptions seen on ancient turtle shells and abstract figures, thereby creating a unique impression. The packaging box of the champagne glass is using Nanjing brocade. He made a lot of thoughts about how to avoid the main idea being obscured by the details, and of how to emphasize the elegance of the form. Finally he and his technicians came up with a yellow brocade

design putting the champagne glass in the foreground. He reaches to Chinese elements time and again when on the international stage, so as to let the world to be able to get close to it.

GALO认为所谓中国元素的应用,皆是希望能将古代精美的工艺与现代国际时尚巧妙的融合,在国际上不知不觉地融入人们的视野,享受这种结合所产生的无线魅力。

GALO believes in the usage of the so called Chinese element and at the same time he hopes very much that blending the ancient fine arts with the modern and fashionable international trends will lead to a process in which people will unnoticeably begin to appreciate and enjoy the beauty created by this type of fusion.

图片由GALO提供, 版权保留。Photos by GALO (C).



中国文化传媒集团董事长兼总经理、中国文化报社社长刘承萱送给了荷兰教育、文化与科学部部长杰特•布斯马克。

President and CEO of the Chinese Culture Media Group Corporation, Editor-in-chief of the Chinese Culture Magazine, Mr. Liu Chengxuan, is presenting the gift to the Dutch Minister of Education, Culture and Science.



Galo和中国诺贝尔获奖者屠呦呦在北京亲切交谈。

GALO and Tu Youyou, Chinese winner of Nobel Prize in close talk in Beijing.

CULTURAL PERSPECTIVE | 文化视野



The 4th Season of 'Circle Plan-A Successful Holiday'

第4季"圆计划-圆满假期"活动

2015年暑假期间,1000名来自清华、北大等50余所高校的大学生志愿者参加LG第4季"圆计划-圆满假期"活动,在他们的假期中背上"圆满行囊"奔赴家乡走村入户就近开展了留守儿童一对一入户捐助和调查活动。

More than 1000 students from over 50 colleges and universities such as Tsinghua University and Peking University have participated in the 4th season of 'Circle Plan-A Successful Holiday' during the summer vacation 2015. They have visited villages in their hometowns with 'successful bags', taking one-on-one donations and investigations with those stay-at-home children.

孩子们那一张张收到礼物做着寓意团圆、圆梦、圆满的手语"圆手势"时的笑脸,令人感动和高兴。

Children laugh when receiving gifts, making gestures of 'circle', which mean reunion, dreams coming true and being perfect. It is quite moving and pleasing to see those laughing faces.

"圆计划"创始人、执行主席付一然先生介绍说,"圆满假期"活动得到了社会各界的广泛认同,已签署的长期战略合作伙伴机构近百家(高校近60所,媒体近20家、10余省共青团和一批跨国公司、上市公司及知名企业等)。第5季"圆计划-圆满假期"已正式启动了筹款和准备工作,拟定于2016年1月12日隆重举行第五批1000名志愿者出发仪式。在春节来临前的这个冬天,大学生们又将背上大家捐赠的"圆满行囊"返回各自家乡,将爱心礼物一对一送到需要帮助的孩子们手中。让山区的孩子们感受到大家的爱与关怀,温暖开心过年。





According to Mr. Fu Yiran, founder and acting chairman of the 'Circle Plan', all walks of life have so widely recognized the 'Successful Holiday' that almost 100 organizations have signed contracts as long term strategic cooperation partners (almost 60 colleges and universities, almost 20 media, the China Communist Youth League in more than 10 provinces and a collection of multinational companies, listed ones and well-known enterprises, etc.).

The 5th season of 'Circle Plan-A Successful Holiday' has officially started the fundraising and the preparation. A grand start ceremony will be held on January 12th, 2016 for 1000 volunteers (the fifth patch). Students would be back to hometowns with donated 'successful bags' in the coming winter before the Spring Festival. They would send one-on-one gifts to children who need help so that those in mountain area can feel love and concern and celebrate a warm and happy Chinese new year.

若您认同这个活动,并且愿意捐出您的一片爱心,请扫描以下二维码即可用微信支付方式实现捐助。若您愿意加入合作,请电话联系010-85323980 18800007944于秘书长。

Please donate in case of recognition. Please scan the QR code to make your donation through weixin payment. Please contact Mr. Yu, Secretary General for cooperation via Tel:010-8532 3980, Mobile: 1880 000 7944.













Profile of the 24th China Golden Rooster and Hundred Flowers Film Festival

第24届中国金鸡百花电影节

2015年9月16日至19日,第24届中国金鸡百花电影节将在吉林市举办。本届电影节由中国电影家协会,中国文联,吉林市人民政府联合主办。第30届中国电影金鸡奖终评结果将在电影节上揭晓。本届电影节主题语为"金鸡唱百花开,江城吉林嗨起来"吉祥物为"吉祥儿"。

2015年,正值中国电影诞生110周年,纪念中国人民抗日战争暨世界反法西斯战争胜利70周年,习近平在全国文艺工作座谈会上讲话发表一周年之际,我国的电影事业迎来了新的发展机遇和广阔的发展空间。在这电影界一年一度的盛会里,各界电影人聚首北国江城吉林市,通过电影评奖,颁奖,中外新片展映,学术研讨,电影交易,国际文化交流和文艺演出等活动,展示电影发展成果,推动中国电影事业繁荣。

中国金鸡百花电影节创办于1992年,被誉为"中国奥斯卡",是我国唯一的国家级电影节。它是由电影界业内专家组成的高端评委,按照严谨的规则和程序,在公证机构全程公证下,经过初选,初评,终评评选出来的奖项,业内人士称其为"专家奖"。



From September the 16th to the 19th of 2015,the 24th China Golden Rooster and Hundred Flowers Film Festival will be held in Jilin city,which is co-hosted by China Film Association, China Culture Union and Jilin City People's Government. The final results of the 30th China Film Golden Rooster Awards shall be announced at the festival as well. The theme words of this festival shall be "Golden rooster sings in blossoms with Jilin the River City indulged in fun" The mascot of the festival is "Lucky Child".

In 2015,at a time of 110 anniversary of the arrival of Chinese films, of the 70th anniversary of Chinese people anti-Japanese war victory and the world's anti-fascist war victory and one year anniversary of Xi jinping's speech at the national literature and art symposium,the film industry of our country is welcoming the new development opportunity and a broad space for development. At this annual festival of the film industry, film makers fro all walks of the industry shall gather in Jilin City, the northern river city. The film achievements shall be presented and the prosperity of the Chinese film career shall be promoted by means of film appraisal and awarding, screening of new films from home and abord, academic discussions, film transactions, international cultural exchange and theatrical performances.

Founded in 1992 China Golden Rooster and Hundred Flowers Film Festival is the only national film festival in our country, which is renowned as "Chinese Oscar". As a key award in our film industry, China Film Golden Rooster Award is selected by high-end adjudicators of film experts in accordance to strict rules and procedures under the whole notarization of notary authorities by means of primary selection, preliminary assessment and final selection. Therefore, the insiders call it "Expert Award".

明**星大集会** ---24届金鸡百花电影节

图文: 纳吉·麟 Text and Photo by Lin Nagy

9月16至19日第24届金鸡百花电影节在吉林省吉林市举办。 在四天的活动中除了传统的近两年国产的影展,还有国际电影,港奥电影以及台湾影展。



香港艺术发展局王英伟主席接受记者采访



台湾参展代表团团长,著名导演李行率团带来了六部影片出席



香港澳参展影片5部,澳门一部。 五部都出自于许鞍华(图为港澳影展开幕式团长和许导接受记者采访)

50. THE WORLD AND CHINA

CULTURAL PERSPECTIVE | 文化视野



参加国际电影展的来自21个国家的28部影片的部分代表。

国际电影 展获奖电影共四部: 匈牙利(狗眼看人间, 白色上帝 White God), 导演: 凯内尔•穆德卢佐Komel Mundruczo), 波兰(欲血华沙, Warsaw44) 导演, 杨•科马萨Jan Komasa。最佳影片奖: 韩国电影(雪地, Snovy Road), 伊朗(我和我父亲的自行车, Story of my fathers bike & me)。













最佳影片奖: 韩国电影(雪地, Snovy Road)导演与北京电影学 院杨慧教授分享她拍摄影片的细 节。



众多中国著名电影人聚集在一起,等待走红地毯的时光。















Das Pekinger Oktoberfest 北京的慕尼黑啤酒节



慕尼黑啤酒节是全世界最大规模、最富盛名的民间节日,也是啤酒爱好者狂欢的盛典,2015年9月18日晚啤酒节抢先登陆在北京怀柔日出东方凯宾斯基酒店!

Das Münchner Oktoberfest ist das weltweit größte und renommierteste Volksfest, aber auch Karneval des Bierliebhabers. Das Oktoberfest wird vorzeitig am Abend des 18. September 2015 in Sunrise East Kempinski Hotel in Huairou, Peking stattfinden!





奥地利 "Donautal Trio" 乐队的现场表演助兴

Liveauftritt der österreichischen Musikgruppe "Donautal Trio"







纯正的巴伐利亚鲜酿啤酒与地道的德国美食 Bayerisches reines frisches Bier und deutsche authentische Küche

CULTURAL PERSPECTIVE I 文化视野



欢乐的到场来宾 Freudige Gäste



Michelle Yeoh Choo Kheng (left) received warm welcome by General Manager Brice Péan (right) Sunrise Kempinski Hotel, Beijing & Yanqi Island.

国际巨星杨紫琼下榻北京日出东方 凯宾斯基酒店&雁栖岛出席第一届 慕尼黑啤酒节,并与总经理Brice Péan合影留念



《这就是我们》

8月是休假的月份。在度过烦人的一年之后,我来到了迷人的圣托里尼岛[译者注:圣托里尼岛,别名锡拉岛,是位于南部爱琴海的岛屿。圣托里尼本质上是巨大火山爆发后的残留景象,火山爆发摧毁了从前一个岛屿上最早的居民区,并形成了当今的地址火山口。]!

躺在一张舒适的扶手椅上,喝着冷饮果汁,伴随着古典音乐,我在座落于火山口的田园咖啡厅享受着夕阳西下。在另一边是火山。黑色熔岩壮观地上升至深蓝色的海洋之上,使景观发生了几乎令人不可思议的细微差别。一只小船,在平静火山口的水湾处划过,留下薄薄的白线。海鸥飘飘绕船,随着自己的节奏飞舞。一切看上去安详而宁静!就在这时我的脑海中浮现出遥远过去的场景,几乎3500年前圣托里尼岛可怕的火山喷发的场景。

我闭上双眼,想象那毁灭性的时刻。接连不断的地震侵袭着岛屿,岩浆从大地深处喷发,空气如硫磺般刺鼻。人们匆匆逃离家园,带着他们可以携带走的一切,知道这是他们最后一次看自己的城市。家人们紧紧地手牵着手,拥挤到岸边,寻找逃生之路。母亲紧抱着自己的婴儿,无声地流泪,因为他们将离开哺育他们多年的岛屿。人们的眼睛里满是悲伤和恐惧。圣托里尼岛 - 锡拉岛 - 正在消失,它的文明也一起消失!

玛丽亚·卡拉斯的声音把我拉回现实。我睁开眼睛,环顾四周。一对夫妇坐在一张桌子旁,温柔地注视着彼此。在他们的 T恤上写着"新婚燕尔"。太阳已经下山,我开始朝火山口顶部走去。抵达后我发现自己在美景中迷失了!一切都如此美妙迷 人!我可以看到装饰着灯光的船只,正载着人们向岛上航行。房屋和商店被白天最后一丝光亮照耀。白色狭窄的街道挤满了 溜达的人群,人们在说笑,享受生活,我甚至可以闻到餐馆里正在烹饪的新鲜的鱼味。在院子里,人们唱着跳着岛上的歌舞。

我再次把目光转向平静的火山口水域。一个古老的世界在我们畅游的大海中沉落。难道这就是柏拉图所说的消失的亚特兰蒂斯?怎么会这样,一切在短短的瞬间毁灭?尽管在这片土地上,热熔岩在残酷地想方设法地摧毁房屋,但是如今人们仍然在这里行走:在狭窄的街道上,孩子们在玩捉迷藏,年轻人过着自己的生活,老人们以他们的子孙为傲。人们从来没有停止过创造和希望,火山爆发可摧毁整个文明,但后来者从未被吓到,新一代人不会停止梦想和希望:这就是我们!



故事作者: Katia Nektariou

1997年在希腊雅典出生,和父母及妹妹一起居住在雅典。现在正在准备高考。她想在成为一名幼儿园老师和作家。平时喜欢唱歌,跳舞和表演。

CULTURAL PERSPECTIVE | 文化视野



Ouverture du Festival L'Automne du Romantisme "罗曼金秋" 法语文化节开幕

2015年9月24日,由中国法语联盟主办的第二届"罗曼金秋"法语文化节活动在中国人民对外友好协会礼堂拉开帷幕。中国人民对外友好协会秘书长李希奎,法语联盟基金会驻华总代表、北京法语联盟校长罗迪赛,以及比利时驻华大使馆参赞、比利时瓦隆-布鲁塞尔驻华代表团团长那烨飞等人出席了开幕式并对重头活动进行了推介。



中国人民对外友好协会秘书长李希奎先生致开幕词



北京法语联盟校长罗迪赛先生在讲话中说到:在去年的活动在 提供法、中两国的跨文化交流方面上做得不够充分,但今年会有 更多的活动允许两国人民进行文化对话。受到法国政府支持, 法语联盟是全球最权威的法语培训机构和法国文化的传播者



巴洛克古典乐团演奏

Le 24 septembre 2015, la 2e édition du Festival L'Automne du Romantisme organisée de l'Alliance française de Pékin s'est ouverte dans l'auditorium de l'Association du peuple chinois pour l'amitié avec l'étranger. LI Xikui, secrétaire général de l'Association du peuple chinois pour l'amitié avec l'étranger, Jean-Luc TISSIER, délégué général de la Fondation Alliance française en Chine et directeur de l'Alliance française de Pékin, et Philippe NAYER, conseiller de l'ambassade de Belgique en Chine et délégué des Gouvernements de la Wallonie et de la Fédération Wallonie-Bruxelles, ont proposé des activités phares du Festival lors de la cérémonie d'ouverture.





酒会上向来宾推荐的各种法国十八世纪的食品

北京法语联盟11月新闻公报

音频以及高质量图片下载,请点击: http://www.afchine.org/media/dl/07-15-HDpicture-AFBeijing.zi

讲座与见面会 "40年的新闻报告" 11月27日 摄影展 11月1日至11月30日



11月27日星期五,下午14点

Philippe ROCHOT见面会

北京语言大学逸夫报告厅 北京市海淀区学院路15号,北京语言大学自11月16日起发送预定邮件至: rsvp@afchine.org

11月1日至30日

摄影展《40年的新闻报道》

北京法语联盟-多媒体图书馆 北京市海淀区学院路15号, 北京语言 大学

免费参观

周一至周五:10:00-18:30,周六至周日:10:00-17:00

菲利普·罗授,是法国电视台的著名记者。在过去的40年间亲历了很多重大历史事件:近东冲突,伊朗革命,阿富汗战争,非洲变革,柏林墙倒塌,中国崛起(6年驻中国记者)等等。1986年他在黎巴嫩的贝鲁特地区采访时被劫为人质,同年,对黎巴嫩战争的报道使他获得了伦敦阿尔贝尔新闻奖。

摄影展既有体现人类生存环境的照片,也有人物特写和社会《速描》。从上世纪70年代的阿拉伯国家到如今的亚洲和非洲,照片记录了他所经历的重要历史时刻。对于菲利普来说,摄影是他的第一大爱好,因为摄影这个《笔记本》可以使瞬间成为永恒。11月,菲利普·罗授将在全国各地的法语联盟巡讲,并与大家分享他的经历。

见面会与绘画工作坊 遇见漫画家阿什德 11月10日 手稿展 卢克的诞生 自11月1日至11月30日



11月10日星期二,晚上19点

《幸运的卢克》作家见面会及绘画工坊

北京法语联盟光彩校区

北京市朝阳区工体西路18号, 光彩国际公寓二层

免费参与,自11月1日起可发送邮件: rsvp88@afchine.org 预约11月1日至30日

创作手稿展《卢克的诞生》

北京法语联盟光彩校区

北京市朝阳区工体西路18号, 光彩国际公寓二层

免费参观

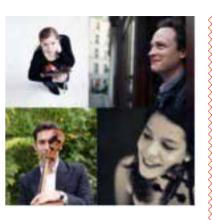
周一至周日: 8:30-21:30

幸运的卢克毫无疑问是漫画史上最经久不衰的传奇人物。他于1946年诞生于大师莫里斯的笔下,并吸引勒内·戈西尼 (《小尼古拉》及《高卢英雄》的作者)来共同创作。 CHENGDU 《苗条的卢克额前总留着一撮深棕色头发,身穿一件黄色衬衫并搭配着永不过时的牛仔裤,红色的方巾格外醒目……》 《他是一个孤独的牛仔,行侠仗义且锄强扶弱。作为史上出枪最快的西部牛仔,他不仅冷静、勇敢,更是女士们眼中的完美绅士……》 CHONGQING 充满笑料的卢克历险记无愧为西部题材漫画中最有趣的经典。

此次莫里斯的接班人阿什德来华举办工作坊、令万千《卢克粉》和小读者们无比期待。

本次活动由中国法语联盟网络主办,得到比利时瓦隆-布鲁塞尔国际关系署及瓦隆-布鲁塞尔驻华代表团以及欧漫达高文化传媒的大力支持。





鸟巢文化中心: 国家体育场南路1号,鸟巢东北门

凭邀请函免费参与

请于11月5日至11月18日之间起发送预约邮件至: romantisme@afchine.org

请注明您的地址及联系方式, 我们将以快递的形式向您 发送纸质邀请函。

阿提斯是由一群热爱室内乐的音乐家所组成的国际化高水平音乐团体。这个大家庭中的每位成员都毕业于欧洲最高的音乐学府(巴黎、比利时、柏林、日内瓦),他们曾多次获得国际大奖。

无论是独立的室内乐演奏,还是作为欧洲或法国管弦乐队的成员,每一位成员都曾在世界顶级的音乐厅演奏过。他们不断改良乐团,希望打破古典音乐是小众音乐的刻板印象,创作出更容易被听众接受的室内乐;他们立志摆脱传统的束缚,要让经典音乐广为流传并和公众见面。

曲目单:

加布里埃尔·福莱: 四重奏, 作品15第一号

古斯塔夫·马勒: 四重奏 罗伯特·舒曼: 作品47四重奏

演员名单

Mathilde Borsarello Herrmann 小提琴; Marie Chilemme 中提琴; Gauthier Herrmann 大提琴; Romain Descharmes 钢琴

本次中国巡演由中国法语联盟网络主办,作为"罗曼金秋"法式浪漫主义活动节的闭幕式活动,在北京地区由北京法语联盟与鸟巢文化中心联合呈现。



张自忠路3-2号,前段祺瑞政府西院



凭邀请函免费参加

11月3日起,可在北京法语联盟(光彩校区,北语校区)领取邀请函

有人说他疯狂,他说自己在寻找灵感。因此,他发行了第二张专辑《我将在某个周四杀死你》。成立于2008年的阿斯克乌戈是一个四人乐队,主唱阿斯克乌戈·马修无疑召集了最好的乐手和制作人。他不仅邀来了尼科和詹姆斯·辛达特为他修音,还请曾制作过《K小姐》和《碧姬》的贝特朗·兰茨担任他新专辑的录音师。这张专辑有些阿兰·巴尚的实验音乐风,有些《野兽男孩儿》的嘻哈风,还有点儿让·罗什弗尔的幽默感,人们总是不禁拿他和这些《前辈》比较。其实,阿斯克乌戈不过是喜欢独立和崇尚自由的思考者。

凭借华丽的朋克曲风,充满诗意的时空穿梭,间歇略带赛日·甘斯布的洒脱,这支大胡子乐队正以不可阻挡的魅力席卷乐坛,声名鹊起。这支乐队完美地将嘻哈与管弦乐相融合,并兼顾技术细节及表现形式。总而言之,乐队一定会让你眼前一亮,赞叹不已!

本次巡演由中国法语联盟网络主办,在第二届"罗曼金秋"法式浪漫主义活动节的框架下呈现。

更多信息:

6553 2678 ext. 209 (FR/EN) / 207 (中文) dgculture@afchine.org www.afchine.org http://beijing.afchine.org www.faquowenhua.com

2016 Beijing Chaoyang International Spring Carnival 2016北京朝阳国际风情节活动方案

Theme of the Carnival -

A Collision of Fire & Ice

An Exotic World with Joy & Passion



A carnival party filled with music, songs, dances, costumes, acrobatics, food, crafts, etc. from Latin America













Gallery of the World & China



64 THE WORLD AND CHINA 65

How to get rid of your gloomy feelings 如何宣泄不良情绪

宣泄是人体必须的行为之一, 犹如吃饭、上厕所一样, 如果不能及时地宣泄掉心里不良的情绪, 会导致很严重的身心疾病。所以学会自我宣泄是每个人的必修课。其实国外的几种节日如"愚人节""狂欢节"都是社会性的一种宣泄方式, 聪明的政府会给老百姓一个集体宣泄的时间, 减少人民与政府之间的矛盾, 我国的少数民族也有很多传统的节日用来宣泄情绪, 如傣族的"泼水节", 彝族的"火把节"等等。村民可以通宵的歌舞狂欢。大到国家民族, 小到企业、家庭。各级领导者都应组织这样的活动来化解人们之间的矛盾。

诵常不良情绪会导致以下几种表现:

- 1、会因为心情不好对客户服务不到位造成客户的不满 导致双方的冲突造成不良后果。
 - 2、回家对着家人发泄,严重者出现家庭暴力。
 - 3、对着物品发泄摔打东西,造成经济损失。
- 4、长时间的不良情绪会造成精神上的抑郁症, 出现自 残自杀的结果。

以上几种方法只能部分宣泄,在这里介绍最好的宣泄方式就是用艺术的方式来转移情绪。这种宣泄更完全更彻底



苏小文 SU Xiaowen 《中华传统医学文库》条目编者

将不良情绪排除。每个人都应该学会一种艺术形式,或唱(音乐)、或跳(舞蹈、武术、健身)、或玩(收藏、工艺制作等)、 在这个过程中你也许会创造出好的作品来。悲有凄凉之美, 怒有豪放之美,或许你还会创造出经典的作品呢!

Getting rid of our blue feelings is a kind of elementary need of our body, just like eating or going to the toilet. Failing to control our bad mood may lead to serious bodily and mental sicknesses, so learning the skills of how to cheer up is a mandatory lesson for all the people. There are a number of festivities abroad, like for example the "Day of Crazy People" or the "Halloween", that provide a way for the society to relax and ventilate, so clever governments give way to these holidays for the benefit of the people and for lessening the tensions between the citizens and the government. In China also, there are a couple of ethnic minorities with similar festivities, for instance the Thai minority's "Water Splashing Festival" or the Yi ethnic group's "Torch Festival" may equally be mentioned here. These celebrations give the villagers a nice opportunity for all-night crazy celebrations, for dancing and singing. At grand scale the country, at middle scale the companies, and at small scale the family, all are going to benefit from it. Leaders at all levels should aim at organizing these kind of activities so as to defuse tension between the people.

Frequent black mood may cause the following:

- 1. Because of bad mood, the customer service cannot live up to the expectations, the problems between the customers and the customer service will escalate leading to very bad consequences.
 - 2. Returning home and releasing the tension toward other family members, will cause domestic violence.
 - 3. Throwing away and smashing various objects, will cause financial loss.
 - 4. Blue feelings for a sustained period of time may end up in depression possibly paired with suicidal intentions.

Probably the best way to better our moods is through the enjoyment of art and culture. It is proven to be thorough and effective. All the people should learn to pursue some kind of artistic activity, like for example singing, dancing, performing martial arts, even body building, collecting art works, making handicrafts etc. It may also happen that you create a masterpiece during this process. Sadness has its chilling beauty, anger has its unconstrained elegance, but maybe your artwork will be able to surpass all these two!



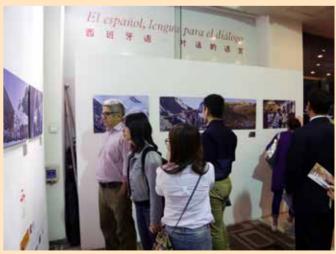
Inauguración de Exposición de Obras de Fotógrafo Peruano 秘鲁摄影师作品展在京举行

《UKUKUS: 圣山的孩子》摄影展开幕式于2015年9月25日在北京塞万提斯学院举办, 秘鲁驻华大使胡安.卡普纳伊阁下(右)与摄影师米盖尔先生(中)以及北京塞万提斯学院院长易玛女士(左)共同出席了本次活动, 并为其剪彩

Se celebró la inauguración de obras fotográficas UKUKUS: Hijos dela Montaña Sagrada en el Instituto de Cervantes de Beijing el 25 de septiembre de 2015, con la presencia de Don Juan Carlos Capuñay, el Embajador de Perú en China (derecha), Don Miguel Merjía Castro, el Fotógrafo (medio), y Doña Inma González Puy, la directora de Instituto de Cervantes de Beijing (izquierda), que cortaron la cinta inaugural.



摄影师获奖奖牌展示



来宾观看摄影展 Los huéspedes presenciaban la exposición de las obras fotográficas

"Dream Sino-Europe" Baiyin International Youth Painting Exhibition "梦想中欧"国际青少年绘画白银展

本刊讯, 摄影白银市文化馆 曾新 News report, photo of Baiyin City Cultural Center Zeng Xin

欧盟驻华代表团与甘肃省白银市委宣传部,市文化局以及《世界中国》杂志社 "The World and China" magazine 10 月23日在白银市文化中心联合举办 "梦想中欧" 国际青少年绘画展。这是继今年7月在北京朝阳公园举办后的第二次展览。

The European Commission Delegation in China, Propaganda Department of Baiyin City Party Committee, Gansu Province, Baiyin Cultural Bureau and "the World and China" magazine jointly held "Dreamy Sino-Europe" Baiyin International Youth Painting Exhibition in Baiyin City Cultural Center on Oct. 23, 2015. It's the second exhibition after the one held in Beijing Chaoyang Park in July 2015.



出席开幕式的嘉宾有:白银市副书记陈其银,白银市人大副主任李巨忠,白银市委宣传部部长高鹰,白银市政协副主席于萍,欧盟驻华代表团新闻及联络部主任峰威力,北京朝阳区对外文化交流协会副主任李有平,《世界中国》杂志社社长纳吉麟等。开幕式由文化局副局长杨耀中主持。

guests attending the opening ceremony include Chen Qiyin, Deputy Secretary of Baiyin City, Li Juzhong, Deputy Director of National People's Congress of Baiyin City, Gao Ying, Minister of Propaganda Department of Baiyin Municipal Party Committee, Yu Ping, Vice-chairman of CPPCC Baiyin Committee, Feng Weili, Director of News and Liaison Department of European Commission Delegation in China, Li Youping, Deputy Director of Cultural Exchange Association with Foreign Countries of Chaoyang District, Beijing, Na Jilin, President of the World and China magazine. The opening ceremony was hosted by Yang Yaozhong, Deputy Director of Baiyin City Cultural Bureau.

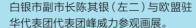
白银市委宣传部部长高鹰在开幕词说到:"白银市委,市政府历来重视和提倡发展少儿艺术事业,重视青少年儿童创造力与心智成长。倡导少儿艺术教育走出课堂,走向社会,甚至参与到国际交流之中。2015年的"梦想中欧"国际青少年画展充分体现了市委,市政府对对少年儿童的期许与关爱"。

Gao Ying, Minister of Propoganda Department of Baiyin Municipal Party Committee made speech: "Baiyin City Party Committee and Government always attach great importance to and advocate developing the children's art career as well as creativity and metal growth of the adolescents and children; initiate that the children art education shall go out of the class and towards the society even to international exchange. 2015 "Dream Sino-Europe" International Youth Painting Exhibition fully reflected the expectation and care of "Baiyin City Party Committee and Government to the adolescents and children."



欧盟代表峰威力先生在发言中说:"今年中欧建交40周年,这一活动也是我们官方的庆祝活动之一。孩子们的画很幽默,很纯净,这提醒我们人际关系不必总是正经和严肃。要想真正了解对方,我们不仅需要对话,更要向朋友一样相待。通过这次"梦想中欧"青少年画展,我们希望促进文化间的对话,深化相互间的理解,促进中欧友谊走向更长远的未来。"

EU representative Mr. Feng Weili made speech: "2015 is the 40th anniversary for China and Europe establishing diplomatic relations, so the activity is one of our official celebration activities. Children's paintings are humorous and pure, which remind us that interpersonal relationship should not be always serious. To truly understand each other, we not only need to make communication, but also treat each other like friends. Through "Dream Sino-Europe" International Youth Painting Exhibition, we hope to promote the cultural conversation, deepen mutual understanding and promote the long-range development of Sino-Europe friendship."



Chen Qiyin (second from left), Deputy Mayor of Baiyin City, Feng Weili, Director of European Commission Delegation in China visit the painting exhibition.



参观画展。 Visit the painting exhibition.

Exposición de de Obras Fotográficas 摄影展

2015年9月24日,标志西班牙时尚的大牌《潮流猎人》时尚摄影展在北京塞万提斯学院举行,西班牙驻华大使夫人(右二),西班牙驻华使馆文化参赞(左三),时尚摄影展策展人Pedro Mansilla(右三)以及时尚名媛洪晃(左一)与青年女演员黎一萱(右一)共同应邀出席剪彩仪式,并观看时尚摄影展,畅谈时装与时尚。



展览策划人 Pedro Mansilla Viedma 为嘉宾介绍本次活动展览

El 24 de septiembre de 2015, se inauguró la exposición de Obras Fotográficas de Moda 《Cazadores de Tendencias? Los nombres esenciales de la moda española》, en el Instituto de Cervantes de Beijing, con la presencia de las invitadas a la ceremonia del cortede cinta, como la esposa del embajador español en China (segunda derecha), la consejera de Cultura de la Embajada del Reino España en China (tercer derecho), Huang Hong la dama de moda (primera izquierda) y la actriz joven Yixuan Li (primera derecha), las cuales presenciaron la exposición de obras fotográficas de moda y conversaron sobre moda y tendencia.



签到嘉宾合影





Art exhibition of South Korea cultural institution stationed in China 韩国驻华文化院的画展

2015年9月18日在韩国驻华大使馆的支持下,韩国驻华文化院(原韩国驻华大使馆文化新闻处)、中国韩人美术家协会、中国人生科学学会人生教育工作部等单位共同主办的"2015中韩国际艺术交流展暨中国韩人美术家协会创立三周年纪念展"在韩国驻华文化院开幕,本次展览邀请了中国画家24人、韩国画家23人、美国画家2人、乌克兰画家1人共50位中外画家参展。

On September 18, 2015, with the support of the South Korean embassy in China, the "2015 China-Korea international art communication exhibition and third anniversary memorial exhibition of China Korean artists association" jointly held by South Korea cultural institution (former of South Korean embassy cultural press office), China Korean artists association, China life science society life education work department and other units inaugurated at South Korea cultural institution stationed in China. This exhibition invited total of 50 Chinese and foreign artists, including 24 Chinese painters, 23 Korea painters, 2 American painters, 1 Ukraine painter, to participate in the exhibition.



ART GALLERY | 艺术长廊



刘晓辉,笔名北斗,甘肃天水人,1970年出生。早期受南坡老师启蒙,后拜张大干关门弟子张国志先生为师,2007年进修于中国美术家协会研修班;2011年研修于中国国家画院,师从著名画家范扬先生。现为中国国画研究院研究员、政协白银市委员会委员,白银画院院长,甘肃省美术家协会理事,白银市美术家协会主席。

交流电话: 13683673288











夫妻展翅双飞 ——记歌唱夫妻施文博和符杨

Husband and Wife Spreading Wings to Fly A Couple Singer the Song - Shi Wenbo and Fu Yang

施文博的歌向来是极品中的极品。他能用歌喉唱出诗的神韵,给人们高山流水的享受。从《大黄河》里对风土人情的引吭,到《黄鹤楼送孟浩然之广陵》对国家沧桑的吟咏。施文博的歌喉,借着灵动的文字和跳动的音符,把歌曲提升到一个新的层面,唱出一种诗的意境。著名作曲指挥家王志信说:"文博对音乐的理解很到位,他能很快地融入音乐,并将音乐释放出来。"

现在,他已经是全国著名的男高音歌唱家;中国音乐学院;中国和平使者歌舞团副团长;中国古典诗词歌曲研究中心理事;北京音乐家协会会员;世界ISME教育大会会员;新东方国际学院常任指挥;北京高山流水创始人;中国声带网创始人。曾多次担任大赛评委,是多种能力集于一身的实力派歌唱演员。曾与几十位知名艺术家共同完成了<<百年人物之音乐家系列>>>。曾多次随代表团赴各地交流演出,被授予



著名声乐教育家金铁霖正在授课



施文博与著名作曲家音乐活动家中国第三届第四届音协副主席列 慎

海峡两岸"和平使者"光荣称号。

为了发扬与传承音乐艺术,他成立了北京高山流水博乐文化艺术公司,创建了中国首家声带门户中国声带网,融声带运用、治疗、养护为一体,结合声乐声带治疗专家;中医声带治疗专家;西医声带治疗专家。以科学的发声方法,进行自然的声带疗法;以中医的阴阳调理与针灸,进行无损的声带疗法;以西医的药物与手术,进行快速有效的疗法。通过权威的专家团队,对声带进行全面刨析。他创建的中国声带网,以声带医学为保障,以提高声乐艺术为手段,使声带运用从事者,更直观、更明确的认识声带,了解声带,给声带病变患者,拓展一个便捷的通道,知道如何更好养护声带。以文字,图片,视频诠释给所需要的人们,让中国声带网件着音乐爱好者优质的嗓音共同成长。

符杨-----施文的妻子,中国音乐学院毕业。中国古曲协会会员,北京音乐家协会会员,北京奥运五环歌舞团独唱演员擅长演唱各类中外抒情女高音作品,用美声的发声方法,借鉴民族唱法的特点,潇洒自如的发挥自己圆润.甜美.纯净.自然.委婉动听的演唱特点,众人评价她的歌声亦幻

亦真,能感受到玫瑰般的芬芳,金丝绒般的舒适,达到独树一帜自成一体的声韵特点。曾参加各类大中型演出,多次赴部队演唱获得多项荣耀,被誉为"军中百灵"。受广大官兵群众的喜爱,参加北京国际电影节大型演出、中央党校和慰问孤儿院益演。担任北京森林音乐节策划。被多次受邀担任评委。 "第八届中国优秀生特长生艺术节"全国总评选中获得声乐指导教师金奖!

为了发扬与传承音乐艺术,他们成立了北京高山流水博乐文化艺术公司,创建了中国首家声带门户中国声带网,融声带运用、治疗、养护为一体,结合声乐声带治疗专家;中医声带治疗专家;西医声带治疗专家。以科学的发声方法,进行自然的声带疗法;以中医的阴阳调理与针灸,进行无损的声带疗法;以西医的药物与手术,进行快速有效的疗法。通过权威的专家团队,对声带进行全面刨析。他创建的中国声带网,以声带医学为保障,以提高声乐艺术为手段,使声带运用从事者,更直观、更明确的认识声带,了解声带,给声带病变患者,拓展一个便捷的通道,知道如何更好养护声带。以文字,图片,视频诠释给所需要的人们,让中国声带网伴着音乐爱好者优质的嗓音共同成长。



符杨在耐心与学生探讨



#座

施文博作曲





朝鲜平壤 North Korea Pyongyang



国际世协亚洲运动委员会主席 王瑞祥 (左二) 摄影

PHOTO BY: Wang Ruixiang











THE COUNTRY IN THE LENS OF THE NATIVES | 国人眼中下的世界



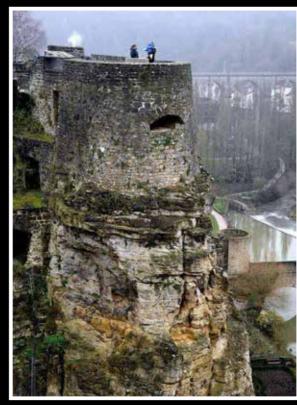
占森堡风光 Luxemburg scenery



白银市文化局副局长杨耀中 摄影 PHOTO BY:Yang Yaozhong









Poverty Alleviation and Child Development Seminar 反贫困与儿童发展研讨会

2015年10月19日,第四届反贫困与儿童发展国际研讨会暨亚太儿童早期发展2015年会今天在北京开幕。本次会议由中国发展研究基金会、亚太儿童早期发展网络组织(ARNEC)和联合国"每个妇女每个儿童"项目中国合作伙伴网络共同主办,是中国举办的首个讨论反贫困与儿童早期发展问题的国际会议。

On Oct. 19, 2015, the 4th session Poverty Alleviation and Child Development International Seminar and 2015 Annual Meeting of Asian Pacific Children Early Development were opened in Beijing today. The meeting was jointly organized by China Development Research Foundation, ARNEC and Chinese Partner Network of United Nation "Every Woman, Every Child" Program, which is the first international conference discussing poverty alleviation and early development issues of children. (本刊讯)





中国发展研究基金会秘书长卢迈表示,自上世纪九十年代以来,国际多方面共同研究了儿童早期发展这一议题并取得了很大进展。此次研讨会主题的制定也是为了探讨怎样弥合社会中的不公平,及城乡之间存在较大差距的问题,最终确保让每个孩子都有一个公平的起点,实现习近平总书记提出的2020年全面建成小康社会的目标。



国内相关媒体现场提问

CYPRUS - China's Gateway to Europe, Africa and Middle East 塞浦路斯——通往中国,欧洲,非洲以及中东的门户



塞浦路斯总统尼科斯•阿纳斯塔西亚迪斯致开幕词。
The forum was addressed by the President of the Republic of Cyprus H.E.Mr.Nocos Anastasiadea.

"塞浦路斯——通往中国,欧洲,非洲以及中东的门户"论谈10月17日在北京举行。此活动由塞浦路斯贸易工业合作社与能源,贸易,工业,旅游,部以及塞浦路斯投资促进局联合举办。

Forum of "CYPRUS - China's Gateway to Europe, Africa and Middle East" was heldat 17th .Oct.in Beijing Theevent ws organized by the Cyprus Chamber of Commerce and Industry in cooperation with the Ministry of Energy, Commerce, Industry and Tourism and the Cyprus Investment Promotion Agency.

塞浦路斯总统尼科斯·阿纳斯塔西亚迪斯出席了论坛。 他提到,塞浦路斯进一步加强与中国的双边合作,以多元化 优势吸引越来越多的中国投资人。塞浦路斯也是中国一带一路的重要通路。在能源、房地产、旅游、交通、国有资产私有 化等各个行业,塞浦路斯提供重要的投资机会,并配套各项 优惠激励政策。塞浦路斯将在中国开设5个签证中心,优化 签证程序,更加便利中国游客及投资人。



A 17

与会嘉宾互相交流

China - Monaco Business Forum 中国摩纳哥企业座谈会

摩纳哥商会代表团于2015年11月10日联合中国国际商会在京举办两国企业座谈会。

The delegation of the Chamber of Commerce of Monaco and the Chinese International Chamber of Commerce have jointly organized a business forum in Beijing on November 10, 2015.

摩纳哥经济局局长Michel Dotta和国际商会合作 发展部签署双边合作协议。

摩纳哥是一个充满活力的国家,人口仅有36000人,在仅仅两平方公里的土地上有4700家公司和50000个工作岗位。2015年人均GDP为64,082欧元,是人均GDP最高的国家之一。

摩纳哥几个世纪以来的政治稳定造就了社会和金融稳定,拥有可持续性的商业模式,国际化的商业环境以及多样化的经济。摩纳哥商会成立于1999年,由摩纳哥政府支持,有450多家遍布各领域的企业会员组成。



双边企业洽谈



摩纳哥经济局局长Michel Dotta和国际商会合作发展部签署双边合作协议.出席签署协议的有摩纳哥驻华大使Catherine.Fautrier女士



摩纳哥在京公司代表向中国商人介绍摩纳哥



传递关爱情,携手屏山县

----吴裕泰携手八位歌唱家为八个茶山娃义演

山里的孩子将携手站在北京林业大学的舞台上放歌。爱的 声音在首都北京和官宾屏山县的大山间回响。

为扶贫开发重点县——四川省宜宾市屏山县夏溪乡新 桥村新彝民族希望小学的8位贫困儿童义演的公益活动,将 于2015年11月8日在北京林业大学举行,北京城市广播将 现场直播, 我国8位德艺双馨的中老年歌唱家届时将登上舞 台,专门为8位贫困儿童放歌,献上他们心中对山里留守儿童 的关爱。从今年年初有把8个山里的孩子接到北京的想法开 始, 到安排孩子们的行程, 联络演出艺术家, 到组织演出场 地……当这一切都安排妥当后,李光羲老师总算松了口气, 一年的心愿终于实现了。是什么让李光羲老师这样牵挂这 8位贫困儿童?是什么让8位著名歌唱家义无反顾地参加义 演?是什么让北京热心人士关注远在三千公里外的宜宾市屏 山县的贫困问题? 李光羲老师说, 是感动; 8位歌唱家说, 是 能量。通过义演,这种正能量将会感动所有的人。

宜宾访茶

老师第一次喝到四川宜宾新茶, 当时便对这种产自大山深

八位德艺双馨的老艺术家和八个来自四川宜宾屏山县大 处,天然,无污染,口感好,价不高的茶叶很感兴趣。北京吴 裕泰总经理孙丹威当时向他介绍了当初她们寻找宜宾新绿 茶的经历, 2013年大年初三, 在浓浓的年味中她带着吴裕泰 技术团队赶到四川宜宾茶山, 寻找中国最早采摘的早春新 绿茶, 当春风把枝芽逐渐吹绿, 品尝春茶的好时节也如期而 至,终于将这个好茶投放北京。孙丹威曲折精彩的寻茶故事 引起了李光羲老师的兴趣, 萌生了去四川宜宾茶区看看的想 法,同时参加活动的北京书法家协会秘书长田伯平对这个想 法大为赞赏,鼓励李老师去看看宜宾的茶山。

> 今年六月,86岁的李光羲老师"老夫聊发少年狂",自费 前往四川省宜宾茶山探访中国茶,那里有中国早采摘的宜宾 早春新绿茶。

四川宜宾绿茶,好就好在一个早。宜宾市屏山县历史悠 久, 自古为进入大凉山地区的咽喉, 金沙江、岷江从境内穿 过,独特的"富硒"土壤和气候孕育了富硒茶叶,富硒白魔 的美誉。但由于交通不便,物流不畅,造成经济发展缓慢。特 别是为了发展我国西南经济,建设了中国第三大水电站、也 今年年初,在北京吴裕泰新茶上市的活动现场,李光羲 是西电东送骨干电源点的向家坝水电站,为此,宜宾市屏山 县人民做出了巨大的牺牲,包括县城在内的大片人口聚居地

20%

宜宾是茶叶的故乡,千百年来,沧海桑田,唯青山绿水依 旧,一代又一代栖居在这里的四川宜宾人与山水相依,与茶 叶相系, 香醇的清茶流淌在他们的血液里, 融入到他们的骨 子里。茶似平已经成为根植于宜宾人生命中不可或缺的一 部分, 官宾屏山县茶农守着自己几千年来的习惯, 家家户户 逐茶而居,与外界联系很少,民风淳朴善良,守着茶园就像看 护自己的孩子一样仔细。宜宾市屏山县茶园在深山中,被森 林怀抱,保存了完好的原始植被,拥有完整的生物链体系。

一片小小的茶叶, 平凡中蕴含神奇, 茶叶在人们的日常 生活中扮演着不可或缺的重要角色。在宜宾市屏山县夏溪 乡,接待李老师的是一位年轻的乡党委书记陈斌博士。陈斌 博士带着他走遍了夏溪乡的高山茶园。"夏鸣秋实,溪泉映 秀".夏溪乡地处乌蒙大雪山地区,当年红军长征经过这里。 夏溪乡是宜宾市委市政府确定为全市重点扶贫乡镇,2014 年经四川省确定的贫困村6个占全乡村子总数的一半。

有人说:"宜宾的每一座山都飘逸着清韵的茶香,每一 条江都流淌着金枝玉叶"。夏溪乡地处海拔1500米的高山 中, 远远望去, 千山叠翠, 万峰葱茏, 万亩茶园一垅一垅, 就 像条条绿色的长龙静静休息。茶农拿出采摘的春茶让李光 羲老师品尝, 嫩绿的茶芽, 清醇的茶水, 李光羲老师兴奋地 发现,这里的茶叶品质可以和中国许多名茶相媲美。但为什 么在北京市场上, 消费者很少看到官宾市屏山茶叶呢? 陈斌 博士说: 其实, 市场上有许多屏山茶, 只不过作为别的品牌的 原材料讲入千家万户的。都被浙江、安徽、福建、湖南等许多 地区的茶商以很低的价格买去了, 然后贴上他们自己的商标 卖给消费者, 其中不乏知名品牌, 实际上许多消费者可能都 喝过四川官宾市屏山县的茶,只不过他们不知道罢了。陈斌 博士感慨道: 这样的好茶却没有给茶农带来富裕, 不少彝族 同胞还处在贫困状态。

为了扶贫, 陈斌博士也蛮拼的。他本来是宜宾市农业局 的干部, 自愿挂职到官宾市最贫困的具——屏山县的最贫 困乡——夏溪乡担任乡党委书记。对夏溪乡, 陈斌博士充满 感情, 他跑遍了乡里的所有村庄, 帮助茶农尽快摆脱贫困, 实 现富裕梦, 这里的彝族同胞勤劳淳朴, 但却没有得到相应的 收获和回报, 识识不能走向富裕的道路。 陈斌博士期待李光 羲老师不仅要关心茶叶的生产状态,而且更应关心茶农的 生存状态。以采茶为例,一斤宜宾春茶有五万多个叶芽,也 就是说, 茶农要有万万次的摘芽动作才能采到一斤新春茶。 这不仅是个细致活,还是一个非常辛苦的活。如果没有茶农 的辛勤劳动,我们就闻不到那飘香四溢的茶香,茶文化就更 是无从说起了。谈到这些, 陈斌博士深有感触地说: 夏溪乡 面临的不是茶叶的生产问题,不是茶叶的产量不足、品质不 好, 而是卖不出去, 完全是因为流通平台缺失造成的。陈斌 博士对李光羲老师说,希望艺术家不仅关注茶,而且更要关 共同举杯献上彝族《敬酒歌》,真挚的感情,热切盼望李老

和农田被库区淹没,6万多居民搬迁,搬迁人口占全县人口的 注茶农,为宜宾市屏山县茶叶扬名,为改善屏山县夏溪乡茶 农生活水平而呼吁。

夏溪访贫

陈斌博士的一席话,深深地打动了李老师。李光羲老师 提出,要去乡里最贫困的村去看望。陈斌博士考虑到李光羲 老师年岁太大, 而那些贫困村落又大多在高山深处, 行走都 不方便,就建议,乡里把一些贫困茶农请过来,与李光羲老 师见一面。李光羲老师坚决反对,他说:"我是来看望茶农 的,一定要亲自看看他们的生活状态。让茶农来看我,就失 去我来探望四川官宾市夏溪乡的本意了。"

新桥村是夏溪乡最偏远的村庄, 只有一条窄窄山路相 诵。全村有彝族同胞800多人,主要以种茶为生。最让李光 羲老师感动的是新桥村的新彝民族希望小学。在简陋的教 室里, 李光羲老师看到了8个彝族小学生坐在破旧的板凳上 认真听学校唯一的老师陈营布给他们讲课, 李老师的到访 无疑给了孩子们一个巨大的惊喜。当得知陈老师已经在这个 小学教书18年后,李光羲老师肃然起敬。为了表达自己的心 意, 李光羲老师现场为彝族孩子和老师们演唱了39年前他 在中央电视台春晚中演唱的那首《祝酒歌》, 歌声铿锵有力, 激情昂扬, 在校园中萦绕不绝。李光羲老师还特地到茶园, 亲眼目睹了小学生帮助大人养护茶园的劳动情景。临走时, 他将自己提前精心准备的书包文具发给同学们, 他勉励同学 们艰苦奋斗、努力学习,并答应有机会一定还来看望大家。

随后, 李光羲来到石笋村, 当他了解到这个村由干贫困 至今仍有32个40岁以上的大龄男性未婚,占全村男性的三 分之一, 是远近闻名的"光棍村"时, 他说"困难只是暂时 的,我们要时刻保持一个革命年轻的心,不断的自力更生、 艰苦奋斗,终究我们会战胜贫困。"随后,他唱起《革命人永 远是年轻》,并以此为寓意,鼓励大家团结一心,勇于直面 挑战, 奋勇前进。歌声吸引四面八方赶来的乡亲们都聚集过 来,紧紧的把李老师围在当中,李老师兴趣高涨,他一口气 连唱了三首歌曲,特别是当四川名歌《豆苗葱姜蒜》响起时, 周围的乡亲们被他的歌声所感染,不禁都附和哼唱起来。最 后, 李光羲老师来到夏溪乡茶园基地, 在路上李老师拖着带 有钢板的双腿,在工作人员的搀扶下,亦步亦趋的在满是青 苔湿滑的村道上前行,豆大的汗珠从面颊上滑落,可他依然 认认真真的走着,一位86岁老人朴实无华、执着敬业的精神 打动在场的每一个人。

一次,由于路上耽误了时间,赶上了中午的饭点,他们本 来不想打扰彝族同胞,准备下山吃饭,但彝族同胞坚决要让 他们留下吃午饭。

用餐结束时,李光羲老师掏出500元要交餐费,大家说, 李光羲老师不顾年老路险,我们请一顿不算什么。但李光羲 老师坚决要交, 他说, 不想给乡里增添负担。李老师的人格 魅力和精神追求感染着在场的彝族和汉族乡亲,彝族同胞们

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师能够多留一天,离别时,彝族同胞依依不舍,从村里送到村外,道别了无数次。坐在车上,透过车窗,他看到送行的彝族同胞一直面向自己离去的方向,招手致意,依依不舍。看着越来越远的彝族同胞,他的眼里充满了泪花。

北京传情

回到北京后,8个孩子天真的目光,一直闪现在李光羲的眼前,如何让四川宜宾好茶名正言顺地走向市场,改变宜宾市屏山县夏溪乡的贫困现状?成为了李老师回北京后日思夜想的事,李老师决定邀请四川省宜宾市屏山县夏溪乡的8位贫困儿童来京观看义演并参观游览北京。李光羲老师说,我们的荣誉是人民给的,帮助人民是我们义不容辞的社会责任,我们能力有限,只能用歌声来实现我们的愿望。我们愿意用我们的歌声唤起社会对贫困地区、贫困儿童的关注,帮助贫困地区、贫困儿童,实现共同富裕的中国梦。

说干就干,李光羲老师不顾86岁的高龄,奔走联络,积极筹划义演活动,在他的邀请下,耿莲凤、于淑珍、刘秉义、胡宝善、姜嘉锵、宋雪、尤泓斐等7位曾享誉我国歌坛的老中歌唱家表示,参加这样的义演义不容辞。他们一致表示:"我们参加义演只为尽一份社会责任,不要报酬,免费演出。"

义演活动得到了北京许多单位和热心人士的支持。北京 北京城市 人民广播电台将特邀李光羲老师、夏溪乡新桥村师生做一次 北京吴祥 专题节目。北京林业大学团委免费提供义演场地。北京书法 无疆,爱家协会秘书长田伯平为李光羲老师的义举所感动,欣然为义 的力量。

演题字: "志存高远",并向屏山县夏溪乡的孩子赠字表达心意。篆书书法家朱和平、茶山画家赵乃璐、炭画艺术于广民、为电视剧《亮剑》片头题字的崔根峰将军等10几位著名书画家,纷纷赠字赠画,用他们的笔表达对义演的支持和对贫困儿童的关爱。

北京吴裕泰茶业股份有限公司总经理孙丹威,曾大力支持李光羲老师的四川宜宾茶山之行,对李光羲老师的义举更是称赞有加。北京吴裕泰两位员工义务参加接送歌唱家的工作。同时,北京吴裕泰茶业股份有限公司员工和门店的领导都将积极观看义演。作为北京著名茶叶老字号,北京吴裕泰在积极发展茶叶产业的同时,非常重视对茶叶文化的推广,热衷于公益事业,特别是一直关心儿童的茶文化素质培养。早在1998年,北京吴裕泰就成立了北京乃至华北地区的第一支少儿茶艺表演队。十几年来,吴裕泰公司始终无偿地支持和推广茶文化进校园活动,积极冠名和参与北京国际少儿茶艺大赛,为在首都少年儿童中推广茶文化做出了贡献。

经过近4个月的筹备,义演活动终于落实了。李光羲老师将义演活动的主题定为:为八位贫困儿童放歌 八位歌唱家 倾力奉献——"传递关爱 携手屏山"义演活动。义演活动由北京城市广播主办、北京林业大学团委、北京书法家协会、北京吴裕泰茶业股份有限公司协办。李老师感慨地说:大爱 无疆,爱是可以传递的。在传递中,爱一定会化为扶贫致富的力量。



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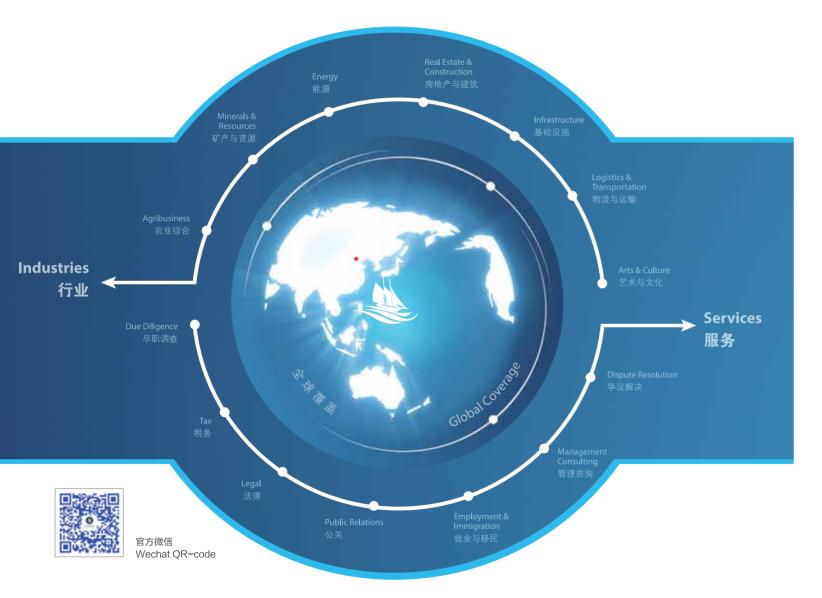


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We are a membership organization with an O2O (online/offline) model: > an online information platform > an online deal center > a bespoke offline consultancy We provide > a platform for businesses to promote their knowledge and capabilities > matchmaking for cross-border investments and other business opportunities > practical, local expertise tailored for the strategic and economic goals of our clients **Our unique characteristics** > supported by (but independent from) the key PRC authorities for cross-border investments at the national and local level > first mover > quality over quantity **Our Services** > Online CGA Deal Center – free for CGA members, available for a fee to other users > Offline portfolio – available to CGA members and clients only Offline Consulting: > matchmaking > advice on all aspects of cross-border transactions > local support and knowledge internationally through our member network 我们是 一家线上到线下(O2O)服务模式的会员制机构,包括: > 在线资讯平台 > 在线交易平台 > 线下定制咨询服务公司 我们提供 > 商业信息, 专业知识, 品牌、产品或服务的宣传推广平台 > 跨境投资项目与商业机会的对接平台 > 实现客户与会员的战略及经济目标之专业服务平台 我们的优势 > 中央与地方政府机构的支持 > 首家跨境投资领域的中英双语资讯与服务社区 > 关注质量胜于数量

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CGA Monthly Bulletin | CGA月刊

(Oct 2015 I 2015年10月)



Recent Events 近期活动

"东南亚与一带一路"专题论坛 | Forum on "Southeast Asia: One Belt, One Road"

ChinaGoAbroad (CGA) hosted a forum on "Southeast Asia: One Belt One Road" at this year's China Overseas Investment Fair (COIFAIR), which was held at the Beijing Exhibition Center on October 22-23. The forum was attended by over 200 people and consisted of two panel discussions: one on the regional policies and business opportunities for Chinese investors in Southeast Asia, and one on key transactional issues (law, tax, due diligence and finance). High level speakers included the Indonesian Ambassador to China Mr. Soegeng Rahardjo, Chairman of the IMC Pan Asia Alliance Group Chavalit Frederick Tsao, and senior managers from EY and Kroll.







"投资拉美"论坛" | Investing in Latin America" Forum

CGA and TransAsia Lawyers co-organized a forum on "Investing in Latin America" with the China Overseas Development Association (CODA, CGA's co-founder and part of the National Development and Reform Commission or NDRC) at this year's COIFAIR. The forum covered the key issues and opportunities for Chinese investors in Latin America and featured a keynote address by Mr. Hongliang Wu, Vice Director of the Department of Foreign Affairs at the National Development and Reform Commission. Among the attendees were Embassy Delegations from seven Latin American & Caribbean countries and senior representatives from various Chinese enterprises.







New Investment Opportunities | 投资机会

Below are just some of the investment opportunities listed in CGA's Deal Center! Visit us - search all projects – and post your own projects.

> Luxury Resort and Casino in Cambodia | 柬埔寨高端度假及赌场项目

Wine Tourism Project of French Chateau de Parnay | 法国巴尔奈古堡酒庄最新"酒主题"旅游项目

We also maintain an offline database of confidential projects. Please contact us for more information.

About CGA | 关于CGA

ChinaGoAbroad (CGA) is a unique membership community dedicated to cross-border investments involving China. CGA adopts an "O2O" (online/offline) model: it has an online information platform featuring a deal database, and an offline consultancy service with a portfolio of private investment opportunities. CGA offers information and advisory services to corporations, government agencies and high-net worth individuals. We encourage our members to interact, exchange expertise and share their experiences.



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Knowledge



Deal Center



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About the China Overseas Development Association | 关于协会

Directly under the supervision of the National Development and Reform Commission (China's ministry in change of cross-border investments), the China Overseas Development Association (CODA) supports Chinese enterprises doing business overseas. CODA has been actively implementing China's "Going Abroad" strategy for many years, serving as a bridge between the government and Chinese companies.

中国产业海外发展和规划协会(简称"协会")是经中华人民共和国民政部批准登记注册的,具有社团法人资格的全国性非盈利性社会团 体。协会的业务主管部门为国家发展和改革委员会,并在国家发改委利用外资和境外投资司指导下,开展有关中国企业境外投资与发展的 服务工作。协会积极贯彻落实"走出去"战略,发挥政府与企业之间的桥梁、纽带作用,为中国企业在境外发展提供全方位的服务。

About TransAsia Lawyers | 关于权亚 (www.TransAsiaLawyers.com)

TransAsia is a leading PRC law firm established by attorneys who have been advising on investments into and out of China since the early 1980s. TransAsia maintains offices in Beijing, Shanghai, Hong Kong and Tokyo, and has a strong network of law firms throughout the world with over 3,500 lawyers.

TransAsia advises on a diverse range of areas, and is one of a handful of law firms in China with a dedicated outbound investment practice. Through our international alliances, and with our multicultural and multi-lingual background, we porvide quality, practical legal advice on cross-border transactions.

权亚是经司法部批准的中国律师事务所,创始人自1980年以来即开始向客户提供与在华外商投资及中国企业赴境外投资相关的专业法律咨 询服务。权亚在北京、上海、香港、东京均设有办公室,并与全球顶级律师事务所的3500余名律师紧密合作,多年来在业界以卓越的专业 水准、高效的法律服务和诚信的职业操守著称。

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15	AU2061	0850	1420
3	AH3061	0305	0835

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47		1300	0710+1

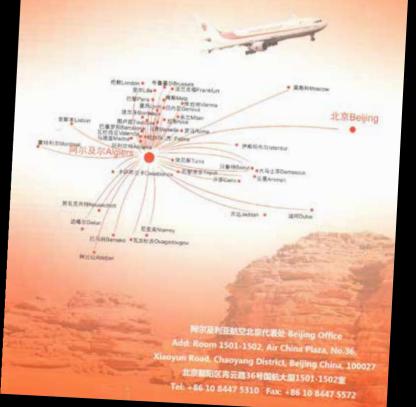
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阿尔及利亚航空公司 AIR ALGERIE

2014年4月2日起,北京-阿尔及尔每周三个航班 Three Flights Weekly From 2 April 2014



台湾冬虫夏草 通过生物科技专业研发 进入大陆生产制造

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

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



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











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92 THE WORLD AND CHINA THE WORLD AND CHINA 92

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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。

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- Excellent translator + Creative translation process = Top-grade translation works 提供各类场合的口译活动, 特别擅长同声传译
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- Translator outsourcing: The translator bank may offer service appropriate to your business 提供母语写作、翻译、审校、编辑服务,以及多语种排版(DTP)
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16F, Block A, Oriental Plaza, Dongda Ave., Jinjiang District, Chengdu

TEL: 010-84229397 028-84457808

E-mail: boyustrong@126.com

QQ: 1311159025 798790945Contact: Charles Chen

MB: 18901069887 13982260688

国家描述: 快乐!

言: 西班牙语(局部地区使用巴斯克语、加泰罗尼亚语和加利西亚语。)

首 都: 马德里 人 口: 4600万 货 币: 欧元

主要出口产品: 机械、机动车、药物

加入欧盟时间: 1986年

以何闻名: 烂灿历史的多样化, 城市和旅游胜地; 特色美食和弗拉明戈文化; 顶级体育明星和影星

名 人: 佩内洛普·克鲁兹

Slogan/Country characteristic: Olé!

Name of country in language of origin: España

Language(s): Spanish (in some regions: Catalan, Galician and Basque).

Capital: Madrid

Population (in millions): 46

Currency: Euro

Main export products: Machinery, motor vehicles, chemicals.

Date of entry into EU: 1986

Famous for: The amazing beauty and diversity of its history, cities and sightseeing places; very characteristic food and Flamenco culture; top Sport Players and Movie

Stars.

Famous person: Penelope Cruz



西班牙 Kingdom of Spain

食谱描述:

在西班牙美食中,西班牙式煎蛋饼绝对是最有名的,在西班牙的每一个角落里都可以找到它。但是每家餐馆或酒吧都有自己独特的做法,就像西班牙的每一位母亲都有自己独特的方式做菜一样。我们在这里介绍的是用鸡蛋、土豆和洋葱做成的最经典的菜谱。

配料:

- 6到7个大小适中的土豆,
- 1个全黄的葱头
- 5到6枚大鸡蛋
- 2到3杯食用橄榄油
- 适量盐

烹调指南:

土豆去皮,纵向对切,将洋葱切成块状。加热橄榄油,将土豆和洋葱混合放入煎锅中。将打好的蛋液浇在土豆和洋葱上,用大勺搅拌均匀。当其底部呈现浅褐色时,翻至另一边,三四分钟后关火,这时需要注意的是要把饼在煎锅中再放上两分钟。现在,您就可以享用这道美味佳肴了!



Recipe description:

Ingredients for recipe:

• 6-7 medium potatoes

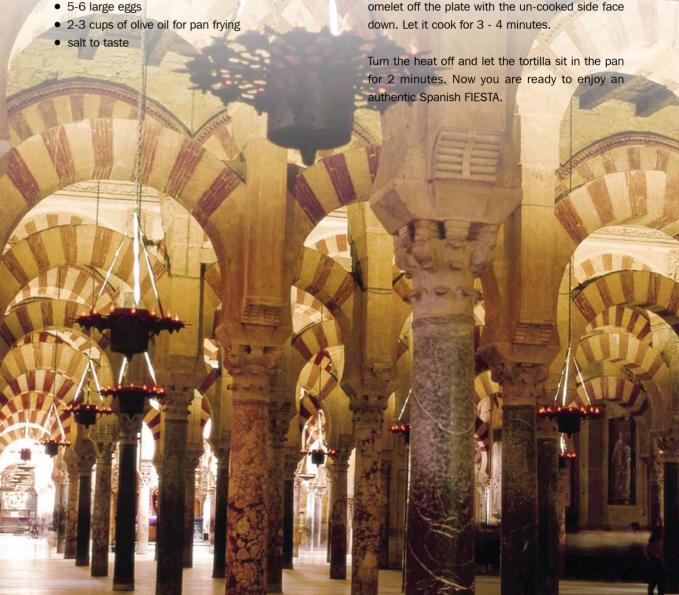
• 1 whole white onion

The Spanish omelet is without any doubt the most renowned dish of Spanish cuisine. This dish can be found in every corner of Spain. Spanish omelet is served in every Spanish restaurant and bar and there are thousands of variations of this recipe, as every mother in Spain does it in a very personal way. However, we explain here the classic recipe, with eggs, potatoes and onions.

Recipe instructions:

Cut the peeled potatoes in half lengthwise and chop the onion. Heat the olive oil and place the potato and onion mixture into the frying pan. Crack the eggs into a mixing bowl and beat by hand. Pour in the potato and onion mixture. Mix together with a large spoon.

When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. First loosen the sides of the omelet. Then place a large plate on top of the pan face down. Tie the pan over supporting the bottom of the plate with the palm of your hand. Now slide the omelet off the plate with the un-cooked side face down. Let it cook for 3 - 4 minutes.





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从女神到大婶, 距离有多远? How Far Away from Godo to Aunt 从千娇百媚的女神到千沟万壑的大婶, 距离有多远? 现在流行的答案是——20个汉堡!

其实这个距离有点太长了,因为衰老总是在不经意间就呼啸而

看看赵雅芝、米雪、周慧敏,再看看蓝洁瑛、萧淑慎、陈德容,你

就会明白, 想要保持女神范儿, 不仅要有红润莹透的肌肤, 还要有挺

拔优雅的身姿, 完美动人的曲线, 洁白灿烂的笑容。 所以从女神到大

来,在你久坐不动的一个小时之内,在你吃完饭没漱口的一个中午,

在你购买一个蕾丝文胸的瞬间。

婶, 距离真的不太远。

How far away from a beautiful and charming lady to a pitted aunt?

The popular answer is---20 burgers!

Actually, this time is a little long, since aging comes without noticing. An hour, while you seat still, a noon, you don't rinse mouth after lunch or a moment, while you buy a lace bra.

Look at Yazhi Zhao, Xue Mi, Huimin Zhou, Jieying Lan, Shushen Xiao and Derong Chen, you would understand that in order to maintain appearance of charming goddess, you not only need pink and illume white skin, but also a gorgeous body, a perfect curve and sweet smiles. It is not far from a charming goddess to an aunt.

【一个肩颈的距离】 The difference in shoulders and neck

人体的衰老从肩颈开始, 肩颈是毒素最容易堆积的地 方,是致病的关键。中医理论认为,气不足则血不畅,血不畅 则水不流,水不流则毒不排。肩颈不通就会造成头部脑下垂 体的营养不足,不能很好的分泌生长动情激素,尤其是女 性,就会直接导致内分泌失调,提前进入更年期。肩颈不通 会影响女性面部的循环、排毒、呼吸和吸收,使女性出现面 部晦暗、没有光泽、肤色不均、皮肤松弛与实际年龄不符等 现象。而且容易疲惫、抵抗力差、易过敏、易留色素印、甚至 。较分昻

Human aging stars from shoulder and neck, where toxins are easily stacked and a key place to cause disease. In TCM theory, the blood can't circulate freely when lacking qi; if blood flow is blocked then body water wouldn't flow; if body water wouldn't flow, the toxins can't discharge. Impatent shoulders and neck would cause inanition of pituitary gland which prevents the excretion of estrogenic hormone. Especially for women, it would cause endocrine disorder and premature climacteric. Impatent shoulders and neck would affect women's facial circulation, elimination of toxin, and breath which leads to

imbalanced skin tone and saggy skin. Tired easily, weaker immunity, allergy, chromatosis and colored patches are also common symptoms.

还原女神身姿小窍门

Tips for rebuilding body to be a goddess

中医养生肩颈按摩对于长期伏案工作的女性很适合, 利 用下班或午休的时间,放松一小时,就可以有效缓解肩颈劳 累。如果能够配合中药渗透剂进行按摩,则可以更好地改善 血液循环功能,有效提高机体组织的抗病能力。定期的肩颈 保健可以疏经通络,缓急止痛,散风祛寒,解除痉挛。同时, 还可以改善失眠多梦、神经衰弱的症状,强化身心,让人活 力充沛,身姿挺拔。

Shoulders and neck massage in TCM is suitable for women who always bend over their desks. Relaxation of one hour after work or during noon break could alleviate tension around shoulders and neck. Combining the massage with Chinese medicine can better improve blood circulation and immunity. Routine health massage of shoulders and neck could dredge main and collateral channels, relieve pain, dispel cold and relieve spasm. Meanwhile, it improves insomnia, dreaminess and neurasthenia. It also reinforces mind and body, maintains vigor and builds a good body posture.

TIPS: 按摩三大穴位缓解肩颈不适

Tips: Massage 3 acupuncture points to relieve uncomfortable shoulders and neck

1.风府穴。位置在后脑勺,后背正中往上,头发边缘。双 手微微分开,沿着后颈部脊柱左右,轻按穴位。刺激这个穴 位有散热、吸湿的功能。

2.风池穴,风池穴有两个,也在后脑勺。风池穴具有壮 阳益气作用。如果头痛头晕,容易耳鸣,可以多按摩这个穴

3.中渚穴。位于手背小指和无名指指间,下方约2厘米处 (手腕侧)的部位。用手指触摸时,大约是在小指和无名指 指骨之间的凹处。这是治疗落枕的特效穴,对肩颈部肌肉僵

硬、酸痛的治疗效果很好。

- 1. Fengfu point. It's located at the back side of head, from centre of back up to the hair edge. Separate hands slightly, press points softly along the two sides of the spine. Pressure on this point helps in body's heat radiation and moisture absorption.
- 2. Fengchi point. There are two fengchi points, both located on the back side of head. The functions of Fengchi points are strengthening the yang and supplementing the vital energy. Massage on these points could relieve head pain, dizziness and tinnitus.
- 3. Zhongzhu point. The point is located between little finger and ring finger, about 2cm below the fingers (wrist side). When touched with finger, the point is located at recession between little finger bone and ring finger bone. This point is especially effective for treatment of stiff neck as well as muscle stiffness and soreness of shoulders and neck.

【一口牙齿的距离】 The difference in teeth

糟糕的牙齿会让人联想到迟暮老人,但如今年轻女性牙齿不好的也比比皆是。试想一下本来举止优雅,颜值颇高的姑娘一张嘴惊吓一片的场景得有多尴尬。口气、色素牙和牙周病让很多人常年紧闭双唇,不敢露齿大笑,而长时间抑郁的表情则会使人面部皱纹丛生,愈显衰老。同时,如果牙周问题长期不治疗,还会导致牙龈萎缩,牙齿缝隙变大,甚至会引起牙齿逐渐松动、移位,咀嚼无力甚至疼痛,最终脱落或拔除。

Bad teeth used to relate to old people. But nowadays, many young women are suffering bad teeth. It's embarrassing that a charming lady scares a crowd of people with her bad teeth. Fetid breath, discoloration of teeth and periodontal disease refrain many people from laughing. Depressed facial impression brings wrinkles and aging appearance. Meanwhile, untreated periodontal problem can cause gingival atrophy, enlarged tooth gap, loosening and drifting of teeth, weakness of oral muscles, pain, and eventually fall-off of teeth or teeth extraction.

重展女神笑颜小窍门 Reshow goddess smiling face

想要重展年轻美丽的笑颜, 口腔清洁是最快速抗衰的方法。我们常说的洗牙, 医学术语叫超声波洁牙, 是通过超声波的高频震荡作用去除牙石、菌斑和不良色泽, 并磨光牙

面,延迟菌斑和牙石的再沉积。定期洗牙有利于牙周组织恢复健康,对牙面的损害极小。使牙齿表面光洁亮丽、口内清爽芳香,常展笑颜,更显青春活力。

The fast way to reshow young and beautiful smile is teeth cleaning. The medical term is ultrasonic tooth cleaning, which use supersonic shock effect to remove tartar, dental plaque, dark color, and then polish. It delays the redeposition of tartar and dental plaque. Routine teeth cleaning help periodontal recovery and place minimal damage to the teeth.



TIPS: 洗牙后为什么会感觉牙齿不适、牙缝增大 TIPS:Why do I feel uncomfortable and see enlarged tooth gap after teeth cleaning

洗牙后牙齿过敏、牙缝增大,感觉不太舒服,是由于多年来没有洗牙的习惯,牙结石附着在牙体上时间过长,坚硬度高,一下子去掉后,反而不太适应。再加上长期不洗牙,导致牙龈萎缩,牙根外露,平时有结石覆盖,洗掉后出现会出现一定的过敏症状。牙结石如不及时清除,会大大提高口腔疾病的发生率。至于牙缝问题,这是本来就有的,只不过长时间没有清洗,让结石给堵塞了。

Sensitive teeth, enlarged tooth gap and discomfort may appear after teeth cleaning for these people that rarely go through the cleaning process. Dental calculus with high hardness adheres on teeth for a long time. It's not easy to adapt once the calculus is cleaned up. In addition, unclean teeth cause gingival atrophy and root exposures which are covered by dental calculus. Once the calculus is cleaned, sensitive symptoms may emerge. Calculus would raise the occurrences of oral disease if not cleaned up on time. In terms of teeth gap, it's just hidden below the calculus before cleaning.



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【一双卵巢的距离】 The difference in ovaries

卵巢对于女人的意义,就像是水和鲜花的关系。卵巢控制着女人的内分泌,维持着女性生殖、神经等系统以及身材、皮肤等部位的健康和活力。卵巢内分泌功能衰弱,就会导致女性月经紊乱,绝经提前。皮肤细胞新陈代谢速度减慢,老化加快,胶原蛋白合成能力及分解黑色素能力降低,皱纹出现,色斑疯长。此外,卵巢内分泌功能衰弱还会导致女性外生殖系统的免疫及自我保护能力降低,使得女性阴道酸碱失衡,白带异常,炎症多发,阴道干松。



The ovary for women is just like water for flowers. Ovary controls endocrine, maintains the health and energy of reproductive system, nervous system, body stature and skin, etc. The degeneration of ovarian endocrine function could cause menstrual disorder and early menopause. It may also lead to lower metabolism of skin cells, faster aging, lower capability of collagen composition and melanin decomposition, wrinkle, and colored patches. In addition, weak ovarian endocrine function could lower immunity of reproductive system and cause abnormal leucorrhea, inflammations, colpoxerosis and vagina flabbiness.

推迟女神更年期小窍门 Delay the menopause

卵巢是女性的生命之源,女性35岁以后卵巢功能呈逐

年下降趋势,40岁以后逐渐步入更年期,这是人体不可改变的生理规律。但卵巢功能的早期重视以及提前维养可以起到一定的延缓作用,进而推迟更年期,延缓人体的衰老。卵巢按摩养护可改善女性下半身寒凉引起的气滞血瘀。长期保养,能实现温经通络,益气补血,驱寒止痛,延缓卵巢功能的下降等作用。不过要注意避开经期、孕期和哺乳期。

After age of 35, the function of ovary shows downtrend every year. After age of 40, women star to step into menopause. This is the eternal physiological rule. But good care of ovary could delay menopause and postpone senility. Ovary massage could relieve qi-stagnation and blood stasis. Persistent preservation of ovary could delay the degradation of ovary function. Beware that the treatment should avoid menstruation, duration of pregnancy and lactation.

TIPS: 卵巢保养吃点啥

TIPS: What kind of food can be selected for ovary care?

1.经常食用富含植物性雌激素的食物。喝豆浆可以增加雌激素,对保养子宫和卵巢有很好的作用。

2.多吃富含VC和VE的食物,如草莓、橘子、樱桃、芥蓝、菜花、猕猴桃、坚果、瘦肉、蛋类等。

- 1. Often take food with abundant phytoestrogen. Soybean milk is good for protecting uterus and ovary.
- 2. Often take food with abundant vitamin C and E. such as strawberry, orange, cherry, cabbage mustard, cauliflower, kiwi fruit, nuts, lean meat and egg.etc.

【一对乳房的距离】 The difference in breasts

荷尔蒙的分泌让女性乳房健康饱满,但随着年龄的增长以及生育、哺乳等因素的影响,乳房也会随之发生不小的变化,乳房的组织和脂肪开始逐渐丧失,乳房的大小和丰满度因此而下降。此外,工作生活中很多女性不正确的站姿、坐姿,不正确地选择和佩戴文胸都对乳房造成了很大的伤害,压迫了胸部组织的生长,侵占了它的生存空间,容易导致乳房下垂。



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TIPS: 如何正确自查乳房

TIPS: How to do breast self-check correctly?

1.先查右乳,用左手中间的三个手指环绕乳房画圈,然后自上而下按压乳房,接着从乳头向外呈放射状按压(这个过程中手指始终不要离开乳房)。

- 2.换成右手,同样方法检查左乳。为确保不错过乳房的任何一个地方,这三步你一步都不能省略。
- 3. 除了检查乳房内有没有肿瘤外, 自查乳房时还要注意乳头有没有异样分泌。
- Star from right breast, circle around breast with three middle fingers of left hand; then press breast from top downward; press breast from nipple toward outside in radial pattern(in this process, hand should not leave breast).
- 2. Change to right hand to check left breast in the same way. Make sure that none of the 3 steps is left out.
- 3. In addition to the tumor check in the breast, you should also observe if there is abnormal discharge from the nipple.

The secretion of hormone helps in the health of breasts while aging, child birth and breastfeeding may change the size and fullness of breasts. Moreover, incorrect standing or sitting postures and unsuitable bra would oppress breast tissue growth and cause mastoptosis.

缔造女神曲线小窍门

Tips for building goddess body curve

虽然健胸操、美胸按摩、丰胸食物等都可以让胸部丰满 柔美,然而,若想胸部持久年轻挺拔,终极的呵护方法却是 定期的乳腺检查。惟有健康的乳房才能拥有极致的完美,永 不衰老的乳房才能缔造最傲人的身姿。建议女性朋友每年 定期为自己做乳腺彩超检查,深度掌控乳房内部一线情况。

Even though breast exercise, massage, breast enlargement food could all help in the fullness of breasts, the most critical care is routine breast checkup. Only healthy breasts could build perfect body curve. It's recommended that women take breast ultrasound annually to deeply understand breast conditions.





Guidebook for pregnancy at older age 高龄准妈妈必读枕边书

事业一再攀高, 孩子却迟迟生不了。随着社会压力的增大, 很多女性忙于工作, 将结婚生子一拖再拖, 等到终于一切稳定准备要宝宝, 却成了高龄孕妇。

殊不知高龄孕妇高的不仅仅是年龄,高血压、高胎停育率、高流产率、高剖宫产率等都成为高龄准妈妈不得不面对的困境。而高龄孕妇产道弹性变差、产后盆底肌容易松弛等现象,也对分娩和产后身体恢复造成不小的影响。

医学鉴定认为,35岁以上初产产妇为高龄产妇。如果你也准备成为这个大军中的一员,那么就来提前预习一下高龄准妈妈的孕育须知吧。

As work pressure is getting higher, more and more women sacrifice their family plans in exchange of a more successful career. They finally become elderly parturient women when they are ready to have a baby.

Elderly parturient women are facing a series of challenges such as hypertension, higher occurrence of fetal retardation and miscarriage, more chances of getting C-section, poorer elasticity in birth canal, and pelvic floor muscle relaxation, etc.

As defined by modern medicine, primipara at an age older than 35 is considered elderly puerpera. If you will become one of them, keep in mind these tips.

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高龄准妈妈5大高风险5 high risks for elderly puerpera

风险一: 妊娠高血压

Risk 1: Pregnancy induced hypertension

妊娠期高血压为妊娠中晚期常见合并症,是妊娠期所特有的疾病,也是高龄孕妇易患有的疾病。就孕妇而言,会造成水肿、肾功能不正常、心力衰竭等症状;就胎儿而言,会造成早产、窒息、死胎等。

Pregnancy induced hypertension is a common complication during the mid-late stage of the pregnancy. It's a disease uniquely seen during pregnancy and usually occurs among elderly puerperal. Typical symptoms for mom include edema, impaired renal function, heart failure, etc. Typical risks for baby include premature birth, asphyxia and fetal death.

医生提醒:高龄孕妇一定要做好产前检查,应缩短检查间隔时间,要从确诊怀孕开始,每半月检查一次,并要特别注意血压和尿的检查,以便及时发现妊高征。如果患上该疾病,必须积极治疗。为确保母子安全,高龄初产妇应比一般孕妇提前几天到十几天入院待产,具体时间可根据孕妇不同

情况, 由医生决定。

Doctor's recommendations: Elderly puerperal should take prenatal checkup every 2 weeks since the confirmation of pregnancy. Special attention should be taken on blood pressure and urine test to detect pregnancy induced hypertension on time. Active treatment should be pursued once the disease is detected. In order to ensure the safety of both mom and baby, elderly puerperal should get hospitalized a few days earlier than normal to wait for the delivery.

风险二: 胎停育

Risk 2: Arrested fetal growth

胎停育是指胚胎发育到一个阶段发生了死亡而停止继续发育,女性年龄越大,卵子越老化,免疫力越低,受到的干扰就越多,导致胚胎停育的因素也就增多。胎停育的主要症状有腹痛、阴道出血,孕早期妊娠反应突然消失等。

Arrested fetal growth refers to fetal death in the uterus during pregnancy. The higher the age of the puerperal, the higher possibility that arrested fetal growth may occur. Typical symptoms of arrested fetal growth include abdominal pain, vaginal bleeding and disappeared morning sickness.



医生提醒: 胎停育更容易在高龄孕妇身上出现,高龄孕妇应比一般孕妇更为谨慎,针对不同的情况制订个体化的预防措施。准备怀孕3个月内尽量不要到人群密集公共场合,养成良好的生活习惯,适当进行运动,多吃绿色健康食品,保证饮食均衡,增强免疫力。孕早期出现异常情况时,准妈妈应及时到医院进行检查,确保胚胎发育正常。

Doctor's recommendations: Avoid crowded public places in the first 3 months into pregnancy. Appropriate exercise, intake of healthy food, and balanced diet can help improve immunity. Visit the doctor immediately whenever discomfort arises.

风险三: 自然流产 Risk 3: Miscarriage

高龄孕妇因染色体容易发生异常,加之子宫环境相对较差,自然流产率高。自然流产一般发生在怀孕的前12周,表现为阴道流血,而后出现腹痛。

Occurrence of miscarriage is higher among elderly puerperal due to chromosome defect and inferior uterus condition. Miscarriage often occurs in the first 12 weeks into pregnancy. It usually comes with vaginal bleeding, followed with abdominal pain.

医生提醒:高龄女性在打算要孩子前应进行充分的孕前准备,比如将身体调理到最佳的状态,保证月经、内分泌都处于正常状态,因为内分泌紊乱会导致黄体功能不好,也会引起先兆流产,有习惯性流产史的女性,要把病治好后再怀孕,如果怀孕了,前三个月一定要好好休息,不要劳累。

Doctor's recommendations: Since endocrine disorder may lead to threatened abortion, elderly puerperal should ensure normal menstruation and endocrine before pregnancy. For these who have history of habitual abortion, pregnancy shouldn't be pursued before the disease is cured. Once pregnant, over fatigue should be avoided.

风险四: 难产 Risk 4: Dystocia

高龄孕妇的子宫肌层退化, 肌层中的裂隙接连减少, 这种生理改变使得分娩过程中神经冲动传递减少, 肌肉收缩减弱, 可能难以产生有效宫缩而造成宫缩无力。

Due to the degeneration of uterine muscularis, elderly puerperal may have hard time generating effective uterine contraction.

医生提醒:高龄孕妇应提高自我警觉性,从怀孕初到临产,随时都应该意识到可能发生母胎病理性变化的意外,定期到医院进行母胎监护和必要的防治措施。临产将近时,应提前入院,切实做好产前监护,必要时及早行剖宫产较为安全。

Doctor's recommendations: From the beginning of pregnancy, elderly puerperal should be fully aware of possible pathological changes of the fetus. Routine fetal heart monitoring is critical and necessary prevention measures should be adopted. Earlier hospitalization should be taken before delivery to ensure prenatal monitoring. C-section can be conducted if deemed necessary.

风险五: 胎儿畸形 Risk 5: Fetal anomaly

随着女性年龄的增大,免疫力随之降低,卵巢中的卵子容易衰老,其在卵巢中贮存的时间越长,接受感染、放射线等有害因素影响的机会越多,增强了染色体的突变机会而产生畸形儿,很容易导致胎儿的畸形。

Eggs in the ovarian get aging as woman grows older. The longer the eggs stay in the ovarian, the easier for them to be impacted by various inflammations and hazard such as radiation. The result can be chromosomal mutation which leads to fetal anomaly.

医生提醒: 高龄孕妇应在怀孕早期就请妇产科医生诊断

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并咨询有关事宜。在有条件的医院,医生会安排胎儿绒毛或 羊水的特殊检查和化验。当发现胎儿有异常时,可以及时终 止妊娠。不过孕妈妈也不必太过担心,只要按时进行产前检 查,接受应有的治疗和监测,就能顺利地经过孕期、分娩期 和产后期,生一个健康、聪明的宝宝。

Doctor's recommendations: In certain hospitals, doctor may arrange special examinations and lab tests to check if the fetus grows healthy. Once abnormality is detected, pregnancy could be terminated. To ensure a healthy baby, puerperal should follow the schedule for routine prenatal checkup and receive appropriate treatments and monitoring.

● 高龄女三大方法 "筑" 产道 3 ways to build a healthy birth canal

无论你的肌肤保养得多么紧致,一些生理机能的退化还是让年龄无法躲藏。当女性过了35岁,产道会慢慢退化,变得软弱而敏感,所以,每位高龄女性怀孕前都应制定产道维护计划,定期到医院进行检查,同时进行一些子宫的保养维护以及盆底软组织及肌肉的功能训练等等。这样能让女性的荷尔蒙分泌调节到一个最佳的状态,增加产道的弹性,保持身体内激素的平衡,改善生理状况。为宝宝,也为自己,筑造一个清洁、健康的产道。

After the age of 35, birth canal starts to degeneration and becomes weak and sensitive. Routine checkup, uterus preservation and functional training for pelvic soft tissue and muscle are helpful in improving the elasticity of birth canal and maintaining hormone balance.

"筑"健康产道

Build a healthy birth canal

很多高龄产妇容易面临的问题就是产后尿道阻碍和子宫下垂,与其在产后再解决这些问题,不如在孕前就做好防范工作。

随着年龄的增大,女性的产道组织器官都变得比较脆弱,在怀孕之前的时候可以通过生物电刺激或者一些专业的按摩手法以及中医理疗等方法来进行护理,这样能够增加子宫的自我修复能力,让子宫回到最年轻的状态,在最大程度上降低生产之后的风险。

Actions can be taken before delivery to prevent postpartum urethral block and hysteroptosia.

When women turn older, their tissues and organs in the birth canal become delicate. Professional stimulation treatment and massage help uterus self-recover and reduce the risks after the birth.

"筑"清洁产道

Build a clean birth canal

产道的清洁能直接影响宝宝的健康。如果怀孕前女性的产道出现炎症,没有得到及时治疗,在分娩时,胎儿从产道出生,很可能引起眼睛与口腔等感染,甚至有特殊病原体能通过宫颈上行,引起不良后果,如羊膜炎、胎膜早破而流产、早产以及胎儿畸形发生。

高龄孕妈因为免疫力的下降以及产道的自我清洁能力降低,会引起各种各样的妇科病发生。所以如果想要一个健康的宝宝,在怀孕之前应先检查是否患有妇科炎症,治疗好炎症再怀孕。

The level of cleanliness in the birth canal directly impacts the health of the baby. Untreated inflammations in the birth canal can cause infections to baby's eyes and mouth. In severe cases, particular pathogen goes up along the cervix may cause amnionitis, premature rupture of fetal membranes, premature birth, fetal defect, and miscarriage.

It's common that elderly puerperal is infected with various gynecological diseases. In these cases, prenatal checkup should be taken and inflammations should be treated before pregnancy.

"筑"活力产道

Build an energetic birth canal

随着年纪的增大,女性的骨盆会越来越坚硬,韧带弹性



较差,子宫收缩能力也降低,容易导致产程延长而引起难产,产道损伤的风险也随着年龄增加而增加。目前国内十分流行产道操,能够唤醒盆底肌肉神经,提高这个部位的敏感度,增加产道的弹性,还能够改善性功能和生理状况。

When women turn older, their pelvis gets harder and their ligaments lose elasticity. Lowered contraction capability extends duration of labor and may cause dystocia and damages to the birth canal. The popular exercise of the birth canal can help wake up pelvic muscular nerve and improve the elasticity of birth canal.

● 高龄产妇修好幸福 "网' Fix up the "net"

女性的盆底由肌肉、韧带、神经、血管组成,盆底肌肉群 犹如一张"吊网",尿道、膀胱、阴道、子宫、直肠等脏器被 这张"网"紧紧吊住,从而维持正常位置以便行使其功能。

生完孩子后,不少女性或多或少地面临一个问题:盆底肌松弛、阴道松弛,年纪大的妈妈们由于激素水平下降,肌肉弹性变差,肌肉恢复能力降低,还可能因盆底肌松弛发生压力性尿失禁,大笑、咳嗽都漏尿,好不尴尬。而且夫妻生活也受到严重影响。

针对这一现象,北京五洲妇儿医院产后康复中心专家建议,产后42天,新妈妈就要开始进行盆底肌训练了,可采用盆底康复器"阴道哑铃"进行修复。新妈妈采取仰卧姿式,将特制的"阴道哑铃"涂上润滑膏,插入阴道,收缩肌肉,将"哑铃"往上吸,然后站立起来开始进行锻炼,以恢复和加强盆底肌力,使阴道缩紧,改善阴道松弛状况。

有一些情况略为严重的盆底肌松弛,单纯通过锻炼无法恢复,可以采取药物、手术和物理治疗等方式。

药物治疗多为抗副交感神经和抗痉挛的药物,但是目前对压力性尿失禁还缺乏有效药物。手术治疗的术式种类繁多,但不是所有人都适合手术治疗,重度尿失禁、脏器脱垂、阴道膨出等患者才适合手术。

生物反馈结合电刺激的物理治疗模式相对来说费用较

低,不用吃药和做手术,更容易被接受。进行生物电治疗,会先对产妇进行一个评估,了解其盆底肌状况,再通过被动电刺激、半主动刺激,实现主动训练与刺激的结合,最后达到主动训练。



Women's pelvic floor is like a "net" composed of muscle, ligaments, nerves and blood vessels. Urethra, kidneys, vagina, uterus and rectum perform their functions within the "net".

There are various problems that puerperal may encounter: relaxation of pelvic floor muscle and vagina, loss of muscle elasticity, and even urinary incontinence. Quality of sexual life is severely impacted.

Expert at GlobalCare recommends that puerperal start pelvic floor muscle exercises 42 days after delivery. Rehabilitation training can be performed with a specially designed "dumbbell" to help improve the relaxation of vagina

In some severe cases, training must be supplemented with medicine, surgery and physiotherapy.

Medicines work against parasympathetic nerve and convulsion but not effective in treating urinary incontinence. Surgery is the solution for severe urinary incontinence, organ prolapsed and elytrocele.

Physiotherapy is more acceptable for many people due to low cost and avoidance of medicine and surgery. Assessment of pelvic floor muscle condition, passive electrical stimulation, and semi-proactive stimulation help achieve proactive training eventually.

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