

The World and China 世界中国

Selyemút

Selyemút Magazin
The World's Unique Magazine
国际多语种刊物

2016 / 01 总第060期



荷兰 Netherlands



欧盟 EU



秘鲁 Peru



印尼 Indonesia



摩纳哥 Monaco



古巴 Cuba



马尔代夫 Maldives



东帝汶 East Timor



AMBASSADORS' NEW YEAR
GREETINGS TO THE READERS
OF THE MAGAZINE

驻华大使向本刊读者祝贺新年

发行介绍

INTRODUCTION OF THE PUBLICATION

世界中国杂志创建于2006年，为多语种国际刊物。

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公務务旅行者等。

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

发行地点

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

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

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

Internationally, it could be obtained in Brussels, Berlin, Istanbul, Budapest, Moscow, San Petersburg, Dubai International Airport's VIP room, foreign travel agencies, industry and trade associations, etc.

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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



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Free of Charge Magazine 赠阅

中国两国人民
友谊之花常开
为世界中国杂志社题
邹家华

原中国国务院副总理、全国人大常委会委员长邹家华先生为本刊题词

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

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"New Year

"Greeting from his/her Excellency"



驻华大使们的新年祝贺

祝猴年兴旺发达!

亲爱的《世界中国》杂志的读者,

在新年到来之际,我做为新上任的荷兰王国驻华大使,祝愿你们猴年幸福,安康和谐。我完全相信在新的一年里我们两国的友谊会更加欣欣向荣。

去年我们两国友好关系的亮点当属荷兰国王亚历山大和王后马克西玛对中国的国事访问。国王亚历山大和王后马克西玛对这次访问留下了美好的印象,并珍爱这些记忆。中国高官们的热烈欢迎和中国人民所做的一切准备都让他们难以忘怀。我们愿今年荷兰对华的外交关系将以皇室访华的高昂情绪为基础,加深我们与中华人民共和国的关系,建立更具开放性,和具有实质性的合作伙伴关系。

2016年前半年,荷兰担任欧盟轮流主席国。我们与欧盟代表团和欧盟各国一起携手并肩努力,确信2016年,中国的猴年里,我们带领欧盟与中国建立一个富有成效的合作期。我们将培育出欧盟与中国稳固发展,未来证实可行的合作关系。这是荷兰想在担任欧盟轮值主席国期间传递给中国的重要核心信息。更为具体些,荷兰在担任欧盟轮流主席国期间将注重经济发展,创造就业机会,确保欧元坚挺,促进支付得起的能源利用,保护气候环境。

纵观历史,荷兰的巨大特色就是它具有着很强的国际化取向,我们赋有热情和激情去接触近邻和遥远的各国人民,并与他们和睦相处,欣赏他们的各自文化。我们极为重视与中国人们的紧密合作。中荷两国的联合科技研发在蓬勃发展,文化合作已成态势,两国间的留学人员和旅客日益盛行。

2016年我们计划在中国不同的城市组织“荷兰日”活动,以便让中国人民更好地了解荷兰丰富的文化底蕴,带着这些美好的愿望,我们期待着2016年。在此我祝愿中国人民幸福,安康,兴旺发达,吉祥如意!

荷兰王国驻中国大使
凯罗

A prosperous year of the Monkey!

Dear readers of "The World and China" magazine, as newly arrived Ambassador of the Kingdom of the Netherlands it is my pleasure to wish all of you a happy,



凯罗 特命全权大使

荷兰王国驻华大使

healthy and harmonious year of the Monkey. I am convinced the new year will show once more that the friendship between our two countries is flourishing.

The absolute highlight in our bilateral relations last year, was the state visit of Their Majesties King Willem-Alexander and Queen Máxima to China. King Willem-Alexander and Queen Máxima cherish fond memories of the warm welcome China's high officials and people had

prepared for them. This year, it is the wish of the Dutch diplomatic network in China to build on the high spirit of the Royal visit, and deepen our open and pragmatic partnership with the People's Republic of China.

In the first six months of 2016, the Netherlands will hold the rotating Presidency of the Council of the European Union. Together with the EU delegation and the EU Member States we are convinced that we can make 2016, the year of the Monkey, a successful EU – China year. We will foster the development of a solid and future proof EU – China relationship. That is the core message the Netherlands wants to convey during its Presidency. In more general terms, the Dutch EU Presidency will focus on economic growth, creating jobs, ensuring a strong euro, promoting affordable energy and protecting the climate.

Throughout history, a strong international orientation has been a distinct feature of the Netherlands. In the spirit of that enthusiasm to reach out to countries and cultures close to home and far away, we attach high importance to close cooperation with the people of China. Sino-Dutch joint scientific research is on the rise, cultural cooperation, the exchange of students and tourists are flourishing. To bring the Netherlands closer to China, in 2016 we will organize 'Dutch Days' events in various Chinese cities to enable the Chinese people to get a closer look at the rich Dutch culture.

With great ambition we are looking forward to 2016, the year of the Monkey. I wish you all a happy, healthy and prosperous year. Gong Xi Fa Cai, Ji Xiang Ru Yi!

Mr. Ron Keller
Ambassador of the Kingdom of the Netherlands



本迪托·弗雷塔斯
特命全权大使

东帝汶民主共和国驻华大使

亲爱的朋友们,《世界中国》杂志的各位读者:

值此2016年春节之际,我祝愿各位在即将到来的猴年里身体健康,事业兴旺,心想事成。

2016年正值东帝汶与中国建交14周年纪念日。在过去的14年中,两国人民

在教育、旅游、文化艺术等多个角度开展了全方位交流,加深对彼此的了解并建立起深厚的友谊。借此机会,我向《世界中国》杂志社表示诚挚的感谢,感谢他们为增进各国人民对中国的了解所做出的贡献并祝愿世界各地的华人朋友新春快乐!

本迪托·弗雷塔斯 特命全权大使
东帝汶民主共和国驻华大使馆

Dear Friends and Readers of The World and China,

On this occasion of the 2016 Chinese Spring Festival, I wish you a healthy, prosperous and well-accomplished Year of Monkey.

Since Timor-Leste and China established diplomatic relationship in 2002, people from the two countries have implemented comprehensive communications and understanding through education, tourism, cultural and art exchanges, etc. and developed profound friendship in the past 14 years. I would like to take this opportunity to express my sincere appreciation to "The World and China" magazine for their contribution to the mutual understanding between China and the world and wishing the Chinese people around the world a happy new year!

H.E. Mr. Bendito dos Santos Freitas

Ambassador of the Democratic Republic of Timor-Leste to China



史伟 特命全权大使

欧盟驻华大使

中欧关系是当今世界最重要的双边关系之一。去年，双方在多个领域进一步实现了互利共赢。其中，在巴黎气候变化大会上，双方共同致力于应对气候变化，并承诺为全人类的未来而努力实现低碳发展；此外，中欧投资协定谈判也取得了重大进展。2016年对全面推进包括政治、经济和人文关系在内的中欧双边关系至关重要。我诚挚地希望2016年中欧关系将更加紧密，并衷心祝愿中国人民在新的一年里身体健康、万事如意、阖家幸福。祝大家猴年大吉！

史伟
欧盟驻华大使

The EU-China relationship is one of the most important in the world. Last year saw much progress in several areas of mutual interest, particularly regarding climate change mitigation at COP21 and pledges towards a more sustainable low-carbon future for all of us who share this one planet, as well as negotiations on an ambitious and comprehensive EU-China investment agreement. 2016 will be a key year to further enhance our relations on all fronts, including political, economic and people-to-people contacts. I sincerely hope 2016 will bring our two peoples even closer together and I wish all our Chinese friends good health and prosperity for you and your families. Happy New Year of the Monkey!

Hans Dietmar Schweisgut
Ambassador of the European Union to China

你好，我是苏更拉哈尔佐印度尼西亚驻华大使，我祝愿你们中国新年快乐！希望你们春节愉快！上帝保佑我们所有人在猴年里健康，和平和昌盛。恭喜发财！

印尼驻华大使
苏更拉哈尔佐

Ni hao. I am Soengeng Rahardjo, Ambassador of the Republic of Indonesia to the People's Republic of China. I wish you all a very happy Chinese New Year and hope you will enjoy the Spring Festival. May all of us be blessed with good health, peace and prosperity in the year of Monkey.

Gongxi Facai.
Soengeng Rahardjo
Ambassador of the Republic of Indonesia



苏更拉哈尔佐 特命全权大使

印尼驻华大使



穆罕默德·费萨尔 特命全权大使

马尔代夫驻华大使

亲爱的朋友们，值此中国新春佳节到来之际，我谨向中国的朋友们和《世界中国》杂志致以衷心的问候，祝您度过一个和谐、快乐和繁荣的猴年。马尔代夫和中国有着良好的友谊，在互相尊重和互相理解的基础上，2015年两国关系上升到了新的高度。这一坚定的友谊将在2016年继续加深。我希望两国人民能够增进交流，加深对彼此国家文化和

生活方式的了解，建立中国和马尔代夫人民的持久纽带关系。

祝您新春愉快。

马尔代夫驻华大使
穆罕默德·费萨尔

Dear Friends,

On the occasion of the Chinese Spring Festival, I take this opportunity to express my sincere greetings to all my friends in China and to "The World and China" magazine. I wish you all harmonious, happy and prosperous New Year of the Monkey. Maldives and China relations have reached new heights in 2015, built on a very solid foundation of friendship, mutual respect and understanding. These ties of unwavering friendship will continue to grow in 2016 and I wish for more exchanges between our two people's to better understand our cultures and ways of living and to build everlasting bonds between the people of China and Maldives.

Best wishes for a Happy New Year.

Your Sincerely,
Mohamed Faisal
Ambassador of the Maldives



Handwritten signature in Arabic script.



凯瑟琳·福特里 特命全权大使

摩纳哥驻华大使

祝大家猴年一切顺利！

希望在新的一年里，我们能找到和平共存的方式和保护地球的解决方案，还给子孙后代一个清洁和美丽的环境。

摩纳哥驻中国大使
凯瑟琳·福特里

I wish you all the best for the year of Monkey!

Hope this new year help us to find a peaceful way to live together and solutions to protect our planet for giving it clean and beautiful to coming generations.

Catherine FAUTRIER
Ambassador of Monaco to China



胡安·卡洛斯·卡普纳伊
特命全权大使

秘鲁驻华大使

秘鲁驻华大使胡安·卡洛斯·卡普纳伊(向中华人民共和国发表新年)贺词
值此中国新年来临之际,我谨向中国政府,中国人民致以我最崇高的敬意及最真诚的祝福,衷心祝愿中国繁荣昌盛,人民健康,平安,吉祥。我坚信中国的火猴年,同时也是秘中两国建交45周年,将是一个进一步加强秘中两国之间友好合作关系的吉祥年。秘中两国历史的相似性确保了我们在未来的道路上共同前进。秘鲁拥有华裔数量位居西半球第二,占据秘鲁人口总人数的近10%。在秘鲁,为庆祝中国春节举办的各类活动都是吸取了中国传统文化的精华。

MENSAJE DE EMBAJADOR JUAN C. CAPUÑAY EMBAJADOR DEL PERU ANTE LA REPUBLICA POPULAR CHINA

En ocasión del inicio de las celebraciones del Año Nuevo Chino, quisiera hacer llegar al Gobierno y pueblo chino mis mayores y sinceros deseos de prosperidad, salud, paz y buena fortuna. Tengo la certeza que el Año del Mono de Fuego, Año en que el Perú y China celebran 45 años de relaciones bilaterales, será un periodo propicio para estrechar aún más las relaciones de amistad y cooperación entre nuestros países. Una cercanía en nuestra historia nos asegura un camino compartido en el futuro. En el Perú reside la segunda comunidad descendiente china en el hemisferio occidental, constituyendo casi el 10% de la población peruana. Las celebraciones del Año Nuevo Chino en el Perú, recogen por ello, lo más hermoso de las tradiciones y cultura china.



白诗德 特命全权大使

古巴驻华大使馆

亲爱的“世界中国”杂志读者们

在农历新年到来之际,我谨代表古巴大使馆向各位送上我们最美好的祝福,亲密的友谊一直团结着我们两国党、政府和人民。2015年结束古中进行了出色的高层政治对话,双边合作不断扩大。去年12月27日国航开通的北京至哈瓦那直航将能够让更多的中国朋友们在猴年中访问古巴,在那里您可以看到快乐,乐观,热情好客的古巴人民;美丽的风景和迷人的海滩;丰富的文化,和很多被列为人类文化遗产的地方。希望能够很快在美丽的哈瓦那见到您们。祝您们猴年好:新年大吉大利!

白诗德
古巴驻华大使

The Netherlands holds the Presidency of the EU from January to 30th of July, 2016 2016年上半年荷兰担任欧盟轮值主席国



(本刊讯)



从2016年1月1日至6月30日,荷兰第12次担任欧盟轮值主席国。在1月20日欧盟驻华代表团的新年首次发布会上,荷兰新任大使凯罗向媒体介绍了半年轮值期间的工作。



欧盟驻华大使史伟也就中欧双方未来合作重点做了说明



两位大使回答了中外记者提出的叙利亚难民问题,乌克兰与俄罗斯的问题,欧洲公民在华消失问题以及中国的人权问题等等。

《不惑之交——见证中欧建交四十载》新书发布会 Crossover, China-EU

中欧从1975年—2015年，经历了四十载风雨，中国与欧盟——世界上最大的发展中国家与最大的发达国家集团构筑了深深的情谊。中央电视台法语国际频道策划制作大型人物系列专题片《不惑之交——见证中欧建交四十载》新书发布会在欧盟驻华代表团举办。（本刊讯）



欧盟驻华大使史伟阁下(左二)，外交部欧洲司副司长元玫女士(右二)，前中国驻欧盟大使关呈远先生(左一)以及上海远东出版社社长，总编辑徐忠良先生(右一)共同为《不惑之交——见证中欧建交四十载》新书翻牌



欧盟驻华大使史伟阁下致辞



外交部欧洲司副司长元玫女士致辞

嘉宾集体大合影



新丝绸之路示范列车成功抵达终点站

2016年1月31日晚，从乌克兰沿新丝绸之路开往中国的首辆示范列车抵达终点——位于中哈边境的哈萨克斯坦多斯特克火车站。

这辆列车于1月15日从乌克兰伊利切夫斯克港口出发，沿途穿越黑海，经过巴统港，阿拉特，阿克套港，别伊涅乌，杰兹卡兹甘，巴尔喀什-1车站抵达终点。由于渡轮在黑海遇到风暴延误，以及哈方未就支付问题达成一致导致列车在阿塔苏车站滞留，全程总耗时15.5天，比之前预计的12天长。

2016年2月2日乌克兰总理阿尔谢尼·亚采纽克就新丝绸之路示范列车抵达终点站在基辅主持召开会议。乌克兰驻中华人民共和国特命全权大使奥列格·焦明先生参加了会议。
供稿:乌克兰驻华大使馆



2016年2月2日乌克兰总理阿尔谢尼·亚采纽克就新丝绸之路示范列车抵达终点站在基辅主持召开会议。



试行列车时刻表的变更是正常现象，因为试行的主要任务是查明可能的“瓶颈”，以便在将来避开这些地方。本次试行获得的经验将成为新丝绸之路列车定期运行后进行交通物流改善的基础。该路线是绕过俄罗斯经乌克兰、格鲁吉亚、阿塞拜疆、哈萨克斯坦通往中国的另一条东西货运线路。



这列由10节车厢和20个40英尺集装箱组成的列车于1月15日从乌克兰伊利切夫斯克港口出发，沿途穿越黑海，经过巴统港，阿拉特，阿克套港，别伊涅乌，杰兹卡兹甘，巴尔喀什-1车站抵达终点。

The Republic Day of India 印度共和国日



2016年1月26日，由印度驻华大使馆主办的第67届印度共和国日招待会在北京隆重举行。印度公元前已形成统一国家。16世纪开始遭欧洲殖民者入侵。1757年沦为英国殖民地。1947年，英国公布分治方案，把原来的英属印度分布印度和巴基斯坦两个自治地。同年8月15日，印巴分治，印度实现独立。1950年1月1日宣布成立印度共和国。

The Embassy of India has held a grand reception to celebrate the 67th Republic Day in Beijing on January 26th, 2016. (本刊讯)

印度驻华大使在致辞中对2015年在中国启动的“印度旅游年”的成功举办表示祝贺，并祝愿今年在印度举办的“中国旅游年”硕果累累。



中国外交部部长助理孔铉佑出席招待会



印度驻华大使顾楷杰阁下携夫人热情欢迎各国与会嘉宾



印度传统特色乐器演奏和舞蹈表演



身着印度民族服饰的演员



来宾合影

Commemoración de Nacimiento de Héroe Cubano 古巴英雄诞辰纪念



古巴驻华大使馆于1月29日举办了纪念古巴民族英雄何塞·马蒂诞辰163周年纪念招待鸡尾酒会。

Se celebró el cóctel en la Embajada de Cuba el 29 de enero, para conmemorar el héroe nacional cubano José Martí de aniversario 163. (本刊讯)



古巴儿童朗诵英雄所做的诗歌



古巴驻华大使白诗德阁下携使馆官员欢迎到场宾客并发表讲话



出席活动的武官



古巴青少年向英雄塑像献花

The Book "Have a Date with Argentina" 《约会阿根廷》新书首发仪式



由中国纪实文学作家余熙撰写的《约会阿根廷》一书于1月26日在阿根廷驻华大使馆内举行了新书发布会。此书从历史、人文、自然、风情、社会、文化、艺术等多个角度，深度介绍了阿根廷。

The book "Have a Date with Argentina" written by Yu Xi, the Chinese documentary author, was introduced in the Embassy of Argentina in Beijing on January 26. (本刊讯)



余熙先生在接受采访中说：“我曾去过拉丁美洲多个国家，拉丁美洲人民热情奔放、真诚好客的性格让我印象深刻，我对拉丁美洲独特的自然地貌和风土人情也十分感兴趣。”



阿根廷驻华大使古斯塔沃·马蒂诺阁下在致辞中说：“作者余熙先生两次访问阿根廷，足迹遍及阿根廷全境。他的新作《约会阿根廷》全面展示了阿根廷人民日常生活和工作的各个方面，为促进中阿两国人民相互了解、密切中阿两国人民的友谊和联系发挥了重要作用。”



余熙先生为新书签名



世界知识出版社社长马凤春先生与武汉市副市长刘英姿女士也在发布会上分别致辞



出席活动嘉宾

Disfrute y evaluación de mango peruano 秘鲁芒果品鉴会



2016年1月14日晚，值此第一批空运秘鲁芒果抵京之际，秘鲁驻华大使馆在大使官邸举办芒果品鉴会。

Por la tarde del 14 de enero de 2016, en que llegó a Beijing el primer lote mango peruano mediante vía aérea, mientras se celebró en la Residencia del Embajador por la Embajada de Perú en China la reunión de disfrute y evaluación de mango peruano. (本刊讯)



应邀参加活动的记者嘉宾



秘鲁驻华大使胡安·卡洛斯·卡普纳伊（中间）与芒果代理商福臣德实业有限公司郝玉女士（右二）出席了本次活动

Visa free to Ecuador for Chinese Tourists 厄瓜多尔对中国公民赴厄旅游入境免签



厄瓜多尔驻华大使馆于2016年2月29日召开了厄瓜多尔即将对中国公民赴厄旅游入境免签的新闻发布会。在会上,厄瓜多尔共和国驻华大使何塞.玛利亚.博尔哈博士宣布:厄瓜多尔政府将对赴厄瓜多尔从事旅游等相关活动或一般非营利性活动的中国公民实施入境免签政策,从厄瓜多尔入境,出境或过境的公民,从首次入境日期算起,截至最后一次离境日期,可享受一年内最多90天的逗留时间。此项规定将于2016年3月1日起生效。

The Embassy of Ecuador has convened a press conference on February 29, 2016 for announcing the upcoming visa free arrangement for Chinese tourists travelling to Ecuador.

Ambassador Jose M. Borja has announced during the press conference that the Government of Ecuador is introducing a visa waiver policy for Chinese tourists travelling to Ecuador on touristic or other non-profit purposes. Chinese citizens entering or crossing the country will enjoy visa free residence in the country totaling maximum 90 days/year. The new measurement takes effect from the 1st of March 2016. (本刊讯)



厄瓜多尔共和国驻华大使何塞.玛利亚.博尔哈博士发言并回答记者提问



秘鲁慈善酒会



秘鲁驻华大使馆于2月26日晚在北京嘉里大酒店举办了一场慈善鸡尾酒会,秘鲁驻华大使卡普纳伊阁下亲自调制了鸡尾酒邀大家品尝。与此同时,在现场售卖酒水的善款也将全部捐至给新日希望之家作为医治孩子们的费用。(本刊讯)



秘鲁驻华大使胡安.卡洛斯.卡普纳伊阁下亲自调制鸡尾酒



开镜仪式



The Japanese Rite of Passage Ceremony 日本成人仪式



“2016年中日友好成人仪式”是北京日本留学生社团(BJSA)举办的第六届成人仪式。活动举办的目的是让不能回到日本参加成人仪式的在京日本留学生与对日本文化、日语感兴趣的中国学生聚到一起共同庆祝。本活动旨在为在海外迎接“成年”这一重要人生节点的日本留学生留下一段珍贵的回忆,让他们感受到作为成年人的责任与使命。

The '2016 Rite of Passage for the Friendship of Sino-Japanese Relations' ceremony as the sixth one has been held by Beijing Japanese Student Association (BJSA). The purpose is to make the event as a celebration for both Japanese students who are unable to be back to Japan for the ceremony and those Chinese ones who are interested in Japanese culture and language. The event aims to be a precious memory for Japanese students experiencing the 'rite of passage' overseas and make them understand the responsibilities and missions of the adults. (本刊讯)

日本驻华大使
木寺昌人阁下
致开幕词



北京市人民对外友好协会副会长高
双进先生讲话



出席活动嘉宾



中日两国已成年学生和新成年学生代表致辞



纪念成人初次书写仪式



Awarding Ceremonies Held by Embassy of Japan in China 日本大使馆举行表彰颁奖仪式

2016年1月20日, 日本驻华大使馆举办了授予中国科学院微生物研究所高福教授外务大臣表彰的颁奖仪式。(本刊讯)

Prof. Gao Fu (George F.Gao) of the Institute of Microbiology of the Chinese Academy of Sciences (IMCAS) has been honored with Award of Foreign Minister in an awarding ceremony held by the Embassy of Japan in China on January 20th, 2016.



中国科学院微生物研究所高福教授发表获奖感言



日本驻华大使木寺昌人阁下为中国科学院微生物研究所高福教授颁发证书并合影留念



出席来宾集体合影留念

2016年2月16日日本驻华大使在官邸举行“授予东北师范大学中国赴日本国留学生预备学校2015年度外务大臣表彰”。

The Japanese Embassy has organized the Foreign Affairs Ministerial Honoring Ceremony of 2015 for honoring the students of Dongbei Teachers' Training College Preparatory School, who are to study in Japan, on February 16, 2016 at the residence of the embassy. (本刊讯)



李校长介绍: 东北师范大学中国赴日本国留学生预备学校自1979年成立以来, 先后为2891名日本政府奖学金留学生进行了赴日前的日语培训。



大使木寺昌人向学校代表李益春颁发表彰证书。



出席嘉宾合影



采访日本演员矢野浩二先生



矢野浩二先生发表获奖感言

2016年2月20日在日本驻华大使官邸举办“授予日本演员矢野浩二先生平成27年度外务大臣表彰”活动。

The Foreign Ministerial Honoring Ceremony of the 27th year of Japanese Actor Shiye Haoer has taken place at the residence of the Japanese Embassy on February 20, 2016.

大使木寺昌在致辞中介绍: 矢野浩二先生2001年来到中国学习汉语, 以北京为据点正式开了在中国的演员生涯。在2013年和2014年的中国艺人形象调查中连续两年获得最受欢迎日本男艺人的称号。(本刊讯)



日本演员获奖

The World Energy Forum

世界能源论坛吹风会

“2016年世界能源论坛”新闻吹风会在北京联合国开发计划署驻华代表处举行。驻华使节, 政府官员, 能源专家以及新闻媒体应邀出席活动。“2016年世界能源论坛”将于今年夏季在纽约联合国举办。

The briefing of the 2016 World Energy Forum took place in the Office of UNDP in Beijing at 24th Feb. 2016. Journalists, diplomats, officials of government, civil society was invited to take part. The event was organized by the Embassy of Grenada and the World Energy Forum with help from the UNDP. The 2016 World Energy Forum will be held in this summer in the UN in New York.



Ms.Julia Broussard 女士发言



Dr.Harold Hyunsuk Oh 先生发言



格林纳达驻华大使 丹尼斯 DENIS G.ANTOINE 发表讲话



Joseph.R.Marthone主持会议



活动现场



中外嘉宾提问





A Charity Event between Ukraine and China 中乌爱心助学活动



2016年1月25日，“爱心无国界，温暖心连心”的助学捐赠活动在乌克兰驻华大使馆举行。
The charity event "Love without Borders, Warm Hearts Beat in Unison" has been held in the Embassy of Ukraine in China on January 25th, 2016. (本刊讯)



天津市景华公益基金会会长张景华女士接受采访

爱心企业代表向乌克兰使馆捐赠哆哆多元教育机器人



乌克兰驻华大使奥列格·焦明阁下为爱心企业代表颁发荣誉证书



A Chinese New Year Celebration for Journalists both at Home and Abroad 中外记者春联会

2016年1月20日, 由中国记协举办的2016年中外新闻界新春联谊会在中国记协新闻大厦隆重举行。中央和首都主要新闻单位负责人、编辑、记者、新闻发言人、港澳台在京记者、外国驻京记者以及驻华使馆使节等出席了联谊活动。(本刊讯)



中国记协主席田聪明先生举杯庆祝活动圆满举行



中国记协新闻处书记祝寿臣先生与智利驻华大使贺乔治阁下亲切交谈



出席活动的中外记者



应邀出席活动的书法家为嘉宾题字



中国外交部新闻司副司长洪磊先生与宾客畅谈交流

The All-China Journalists Association (ACJA) has held a grand Chinese New Year Celebration for journalists both at home and abroad in Beijing News Plaza on January 20th, 2016. Participants included heads of central and local press offices, editors, journalists, news spokesmen, correspondents of Hong Kong, Macau and Taiwan, and foreign press as well as diplomats.



文艺表演



The Press Salon of ACJA 解读新型国际关系

中华全国新闻工作者协会（中国记协）2016年1月26日举办“新闻茶座”，全国知名专家、中国国际问题研究院副院长阮宗泽以“新型国际关系与中国新外交”为题，与外国驻京记者和港澳台在京记者进行交流，并回答问题。

The Press Salon event titled “New Type of International Relations and China’s New Diplomacy” was held at January 26, 2016. Dr. Ruan Zongze, Vice President, senior fellow at China Institute of International Studies (CIIS) made the key speech. (本刊讯)



出席活动的外国记者



中外记者进行提问



李绍先在交流中指出，当前中东地区正处于政治版图重构期、政治经济社会转型期和地区地缘政治力量均势重建期这样一个“三期叠加”的状态，动荡成为常态。复杂局面下，中国在解决中东地区的一些问题中发挥的作用逐渐显现。中国推进“一带一路”建设也有助于该地区经济的恢复和稳定

中国在中东问题上的立场 China’s Position on the Middle East Issue

中国记协于1月14日举办第八十四期新闻茶座，中国现代国际关系研究院副院长李绍先以“中东变局与中国外交”为题，同国内外记者进行交流。

Li Shaoxian, Vice President of China Institutes of Contemporary International Relations, has exchanged views with domestic and foreign journalists on ‘The Middle East Situation and China’s Foreign Affairs’ in the 84th press salon held by All-China Journalists Association on January 14th, 2016. (本刊讯)



出席活动的外国记者



中外记者进行提问





Beijing Chaoyang Park Carnival

北京朝阳洋庙会

一年一度持续六天的朝阳国际风情节在2月13日落下帷幕。今年是第13次举办。

The yearly organized six days long Beijing Chaoyang International Carnival has lowered its curtains on 13 February. It was the 13th such carnival.

活动主办方朝阳区对外文化交流协会，协办方之一《世界中国》杂志社。

The chief organizer was the Chaoyang Foreign Culture Exchange Association and one of the co-organizers was "The World and China" magazine. (本刊讯)

本次观众参观人达47万次。其中外国观众近七千人次。

The number of visitors reached 470,000 this year, including 7,000 foreigners.





8个国家大使致新年贺词。他们是荷兰驻华大使，欧盟驻华大使，秘鲁驻华大使，摩纳哥驻华大使，萨摩亚驻华大使，东帝汶驻华大使，马尔代夫驻华大使和印尼驻华大使。

Eight ambassadors have expressed new year greetings to the visitors. They were the ambassador of the Netherlands, the European Union, Peru, Monaco, Samoa, East Timor, the Maldives and Indonesia.





美国和智利街头艺术表演。
Performance of clowns from
the US and Chile.



来自荷兰的蚂蚱扮演节目。
The grasshopper show of the artists from the
Netherlands proved to be the most eye-catching one.





乌干达，罗马尼亚，乌克兰，英国，委内瑞拉艺术家的表演给观众带来了精彩的节目。
In addition to Holland, there were performers coming from the Ukraine, the United Kingdom, Venezuela, the United States, Chile, Romania and Uganda, performers and street artists from altogether 8 countries have put up various exciting entertainment programs for amusing domestic and foreign guests alike arriving to the carnival.



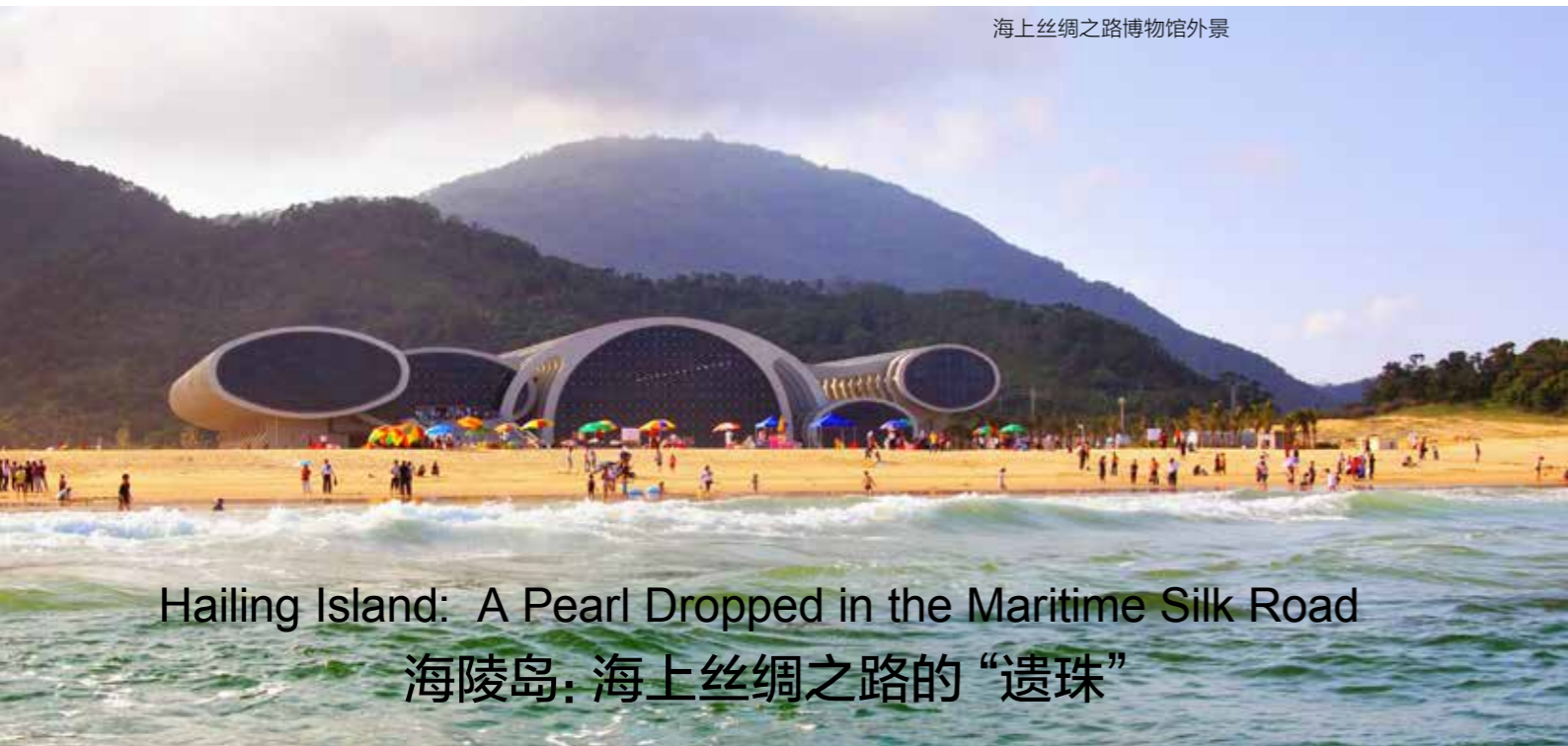
活动主办方朝阳区对外文化交流协会副主任李有平为演员颁发演出纪念杯。
Deputy Director of Chaoyang Foreign Culture Exchange Association, Mr. Li Youbing, presenting a memorial cup to the foreign performers.



对外文化交流协会金日顺主任到现场向国外演员赠送春节礼物。
Jin Rishun, Director of Chaoyang Foreign Culture Exchange Association, has presented new year gifts to foreign performers of the festival.

在节目上演期间主持人与观众进行了问题抢答活动，有关欧盟的问题答对者获得欧盟驻华代表团提供的环保购物袋一个。
There were interactive quiz sessions moderated by the host during the intervals between the performances. Visitors giving the correct answers to questions related to the European Union won environment friendly shopping bags provided by the Delegation of the EU.





海上丝绸之路博物馆外景

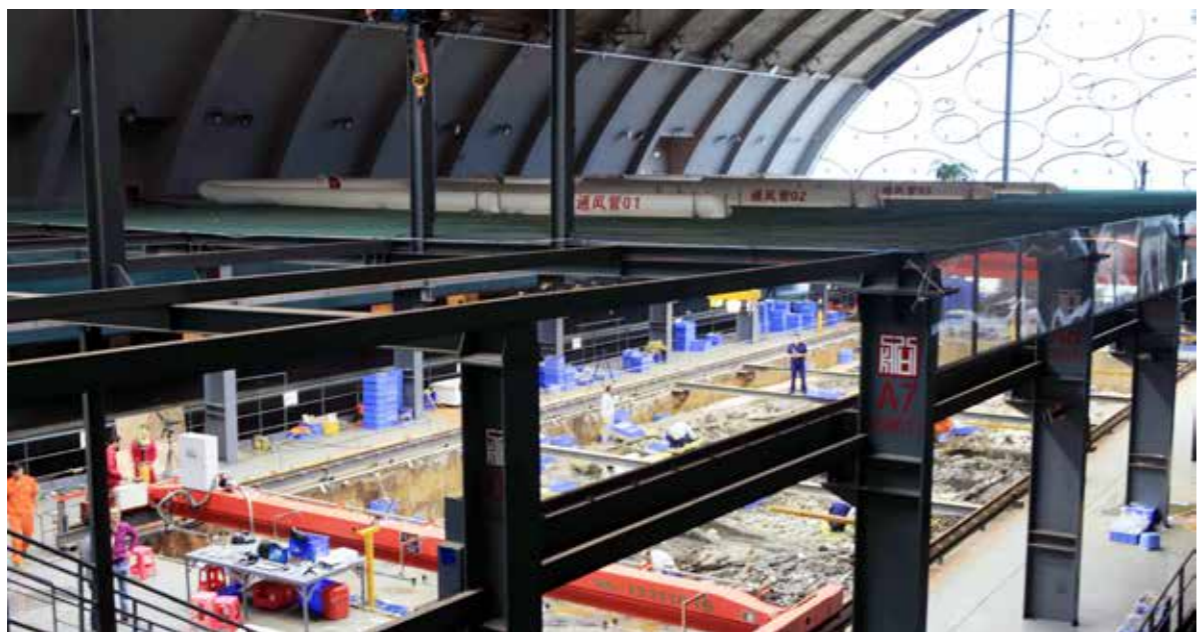
Hailing Island: A Pearl Dropped in the Maritime Silk Road 海陵岛：海上丝绸之路的“遗珠”

方毓强 摄影、报道 Text/Photo by FANG Yuqiang

广东省阳江市的海陵岛，位于珠海（及澳门）以西约200公里（广州以西约250公里），面积109平方公里，有10万居民。此岛过去很少为外界关注，但到了1987年“一石激起千层浪”：中英两国海洋探测部门在海陵岛外30多海里的海底，意外发现了一艘南宋（公元1127年-1279年）沉船，它长30米、宽10米、高（不算桅杆）高4米，排水量约600吨，载重约800吨，这是中国目前发现的最大的宋船。虽然沉没海

底800多年，船体保存较好，古船被命名为“南海1号”。

经长年研究，国家最终决定在海陵岛投资2亿元人民币，建设一座外观像“水晶宫”的“广东海上丝绸之路博物馆”（占地面积13万平方米、建筑面积2万平方米），并于2005年12月动工。2007年12月，沉船及其海底淤泥被切割成巨型长方形铁箱，然后被整体打捞出水，再被整体移进博物馆大厅水深12米的内巨型玻璃缸内安放。如此保护和陈列方



博物馆大厅内的沉船，考古人员每天都在清理



沉船中的金器“金虬龙纹环”和精美的金项链

式，在中国乃至世界同类主题博物馆中是前所未有的。数十名考古人员在馆内开始发掘、考古。2009年12月博物馆正式对外开馆。

沉船约有8万件文物，如今已清理出约1万件，其中包括金、银、铜、铁、瓷器（瓷器最多，分别来自福建、江西、浙江等窑口）。如今考古每天仍在继续，据说还要进行三四年才能完成，向世人公布成果。

博物馆吸引了无数中外学者和游客，其中包括澳门两位文史博士黄晓峰先生、刘月莲女士。他们5年前慕名参观了博物馆，并在当地专家张传英引导下遍访海陵岛，意外发现了南宋灭亡时失踪的左丞相陈宜中（约生于1230年）遗迹及其后代，从此一发而不可收拾，他们到粤、闽、浙等省追根溯源，终于把一段被遗忘的历史“打捞”出来，并发起成立了“南宋遗存研究会”。

如今的海陵岛被评为中国最美十大海岛之一，是国家



医帝宫（庙）内疑为陈宜中、晁家女、义犬的塑像



张世杰太傅墓



专家正在考察陈宜中墓碑

5A级景区，拥有美丽沙滩和高尔夫球场、多个五星级大酒店等。岛西端的闸坡港则是广东省最大的渔港，海产品丰富。高铁和机场也正在阳江市开建，可以想见再过几年，海陵岛就成为又一个旅游特区“小海南岛”了。遗珠变成明珠了！

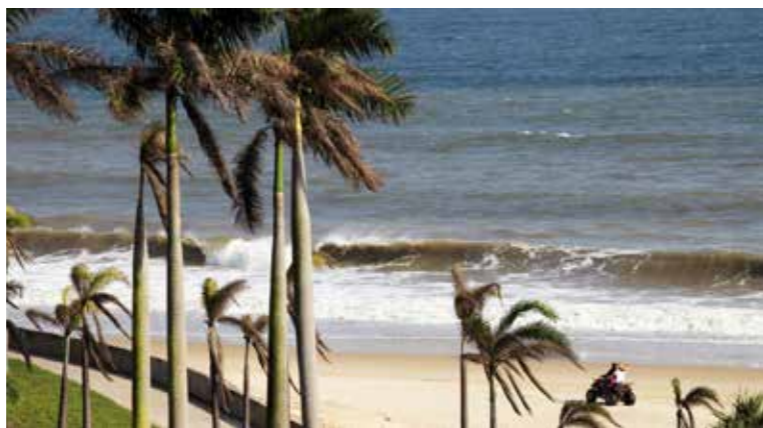
Hailing Island, Yangjiang, Guangdong Province lies around 200 km west of Zhuhai (and Macau).

Surprisingly, Chinese and British marine exploration departments have found a shipwreck of Southern Song Dynasty (1127-1279 A.D.) at the bottom of the sea more than 30 nautical miles away from Hailing Island. It is the largest well-kept shipwreck of that Dynasty discovered in China although it has been sunk underwater for more than 800 years.

The government has made an investment of 200 million RMB in Hailing Island, building up a crystal palace-like 'Guangdong Maritime Silk Road Museum', which has opened to the public in December, 2009.

The shipwreck is with 80,000 cultural relics, of which around 10,000 have been cleaned.

Today, Hailing Island, as one of the top ten most beautiful islands in China, is a national AAAAA tourist attraction.



海陵岛美丽的海滩



闸坡渔港



“欧洲闪小说”项目立意成为欧洲闪小说的展示窗口，给中国的网络读者免费提供来自欧盟28国年轻作者们的新颖独创的高质量作品。

The "Flash Europa" project aims to be a showcase window of European short stories, a project delivering excellent and innovative writings of young authors from 28 European Union countries to Chinese readers through the internet free of charge.

闪小说并不是新近衍生的文学形式，在世界多样的文学传统中，我们可以看到它久远的身影。创作时对词句严苛的斟酌，以保证表达的简洁与准确，这种追求短小精悍的艺术精神其实源远流长。在东亚，中国的成语对简洁程度的重视

可见一斑，作为世界上最短的格律诗，日本的俳句诗更是蜚声海外。而在现代生活中，科技的参与可以促进短篇艺术作品的复兴、普及与繁荣。

短篇作品也有一定的追随者。当我们面对日新月异的科技与行色匆匆的现代生活，闪小说重新赢得关注。那些流动性高身兼多重任务的现代读者们，在快节奏多变化的世界中开始通过网络窗口来寻找短小精悍的性情文章，而那些篇幅短小却浸染着生命纯色的心灵美文也总能触碰到他们的灵魂。通过“欧洲闪小说28”项目，中国读者每周将通过自己的通信移动设备，走近欧洲最先锋的闪小说作者，在他们的带领下领略欧盟各国的精彩风景。

建筑用地

我妻子把传单放在了壁炉台上。接下来的一个星期里，每当我晚上做报纸上的字谜游戏时，传单上那几个手绘的小太阳和戴着墨镜的小猪都会盯着我看。我妻子说，我真应该在人前露露脸，否则人们还以为我只是个脾气暴躁的农民呢。我自己是从没见过那些人的。当我早起喂鸡的时候，那些新盖的房子里都还没亮灯呢。他们的孩子会吵得我没法午睡。我妻子认为这是免不了的。

“这儿已经不再是农村了，”她说。

离烧烤聚会开始还有两个小时的时候，我和卡尔坐在酒吧里。他用一些杯垫在吧台上搭了个小房子，在没有顾客的时候他总干这个。他搭的房子有四层楼。

“你这是怎么了，”他说。

“我得去参加烧烤聚会，”我说。

“这没什么不好呀。”

不等卡尔放上最后一张杯垫，房子就塌了，卡尔大声骂了一句。我一边笑他，一边捡起掉在地板上的杯垫。

“要不就带块肉去吧，”卡尔说，“别人肯定会感激。”

两座用气球和彩带装饰的栅栏把街道拦了起来。所有的路灯柱子上都贴着传单。我沿着房子走过，房子都是白色的，一楼有一扇窗，二楼有两扇，有圆形窗户的地方肯定是阁楼了。虽然花园可以自己来打理，但大多数人家的花园还根本没收拾过，有草地，有砖地，这儿种棵树，那儿放盆花。人们原本打算在那片新的建筑用地上烧烤，反正那儿还空着。可市政府不允许，但在大街上是可以的。这里本来就是一个死胡同。

我妻子穿上了她的花裙子。只有在圣诞节当我们去孩子们那里的时候她才会穿这件衣服。

“你要穿这个去？一会儿就给弄脏了，”我说。

“你还是决定和我一起去了？”她问。

我耸耸肩，在椅子上坐了下来。桌上放着两瓶酒。

“这是给谁的？”我问。

“给邻居们。”

“十六家人就两瓶酒？”

“给组委会的。”

我打开了电视看六点钟新闻。屋外，邻居们在我家对面集合了。

“随便吧，冰箱里有吃的。”

七点钟的时候我做完了字谜游戏。我想好好看看那个关于白俄罗斯歌剧的电视节目，但精力无法集中。我听到人们在说话，我闻到烧烤的味。鸡看见我来了很高兴。我给它们喂了食，然后把最肥的那只从鸡笼里拽了出来。其实做肉之前，先把肉放置一天才更理想，但既然杀了就吃吧，我想。我把鸡放在托盘里，端着走出门去。他们一定会喜欢的。



故事作者: Marjolein Takman

生于1991年，在位于阿纳姆的ArtEZ艺术学院学习创意写作。2014年，她荣获阿纳姆的“现在就动笔！”(Write Now!) 写作竞赛一等奖。



Customs of the Spring Festival 春节习俗

图: 冯印澄



腊月二十三俗称“小年”，传说这日是“灶王爷上天”之日。

23rd of the last month of the lunar year: This is called the "Little festival", this is the day of "Sending the Saint of the Fire to the Heaven".



腊月二十四，掸尘扫房子，这日是约定俗成的扫除日。

24th of the last month: Tidy up the house, get rid of the dust, this is the day of cleaning.



腊月二十五，推磨做豆腐。传说玉帝会下界查访，吃豆腐渣以表清苦。

25th of the last month: Prepare tofu. Emperor Yu comes down from heaven on this day to see what people eat. Eating bean drags will demonstrate a simple life to him.



腊月二十六，杀猪割年肉，人们只在一年一度的年节中才能吃到肉。

26th of the last month: Slaughter pigs. In ancient times people had chance to eat meat only once a year: during this festival.



腊月二十八，打糕蒸馍贴花。古人以桃木为辟邪之木，后被红纸代替。

28th of the last month: Decorate steamed buns with red paper. The ancient people carved texts for evading the evil into walnut block woods, later the wood was replaced by paper.



腊月二十七，宰年鸡、赶大集，春节所需物品都在置办之中。

27th of the last month: Slaughter chickens, go to the market, buy the necessary items for the holiday.



腊月二十九，上坟请祖上大供。对于祖先的崇拜，在我国由来已久。

29th of the last month: Visit the graves of the ancestors and perform a ritual. Respecting the ancestors has a long tradition in China.



大年三十，一夜连双岁，五更分二天。寒辞去冬雪，暖带入春风。

30th of the last month: Stay awake in the night, welcome the new year. Say farewell to the cold winter snow. The warm wind of the spring has arrived.



大年初二，金吠报春。亲着人家去拜年，东家留吃饭、西家排酒筵。

2nd day of the new year: The golden dog brings the spring. Visit the relatives, eat and drink to your heart's content.



大年初四，三羊开泰。灶王爷要查户口，恭迎灶神回民间。

4th day of the new year: The three goats are safe. The Saint of the Fire is visiting the households. This is the day of his return to the mankind.



大年初六，马到成功。沥酒拜街中。万户千门看，无人不送穷。

6th day of the new year: The horse arrived and brings prosperity to all the families.



大年初一，金鸡报晓。晚辈给长辈拜年，长辈给压岁钱，压住邪祟。

1st day of the new year: Crow of the golden rooster. Visit the elderly. The elderly give money to the youngsters for suppressing the evil.



大年初三，肥猪拱门。女婿看望老丈人、媳妇回娘家，礼物带双数。

3rd day of the new year: Son-in-laws visit father-in-laws, daughter-in-laws visit mother-in-laws giving double gifts to them, so this day is called "the fat pig smashes the door".



大年初五，艮牛耕春。五路接财神，东西南北中，财富五路通。

5th day of the new year: Walk around with a decorated cow, meet the Saint of the Prosperity every way and the wealth will find you.



大年初七，人寿年丰。摊煎饼吃七宝羹，安顿身心，休养生息。

7th day of the new year: Eat pancake and 7 kinds of grain custard, relax your body and mind for protecting your health and for longevity.



大年初八,放生祈福。众星下界之日,制小灯燃而祭之。
8th day of the new year: Set free the animals, welcome the saints descending from the sky, light up a candle.



大年初十,祭石感恩。有天还有地,人畜房米麦百谷都生地。
10th day of the new year: The day to be thankful and the day to consecrate grinding stones.



正月十二,搭建灯棚。元宵节将近,开始做元宵赏灯的准备工作。
12th day of the new year: Build a lamp hut. The Lantern Festival is approaching, start making paper lanterns.



正月十四,临水娘娘诞辰,又称“顺天圣母”。是拯救难产妇女的神仙。
14th day of the new year: The birthday of Linshui, the Mother of the Heaven, the savior of laboring women.



大年初九,玉皇天诞。是主宰宇宙最高的神,人们都会举行祭典以表庆贺。
9th day of the new year: Birthday of Emperor Yu, the greatest saint of the heaven. People perform ceremonies to offer sacrifices to him.



正月十一,祭奉紫姑。深受压迫的女性,把她奉为弱女子的保护神。
11th day of the new year: Perform ceremonies for Zigu, the oppressed woman, the Saint of the Weak Women.



正月十三,灶下点灯。预放元宵,自十三日起,巷陌桥道,皆编竹张灯。
13th day of the new year: Light up the candles next to the cooking stove and decorate the bridges and roads with lanterns.



正月十五,夜照田蚕(神)。观颜色判断一年的丰歉,后演化为元宵节观灯。
15th day of the new year: The day of the saint lighting up the night. See the color of the light of the lantern to judge the crops of this new year.

Small facts, big discovery 小常识看完恍然大悟

为什么男装纽扣在右，而女装纽扣在左呢？

纽扣最初问世时，只有富人的外套才钉纽扣。按当时的风俗，男士自己穿衣服，女士则由仆人帮穿。女士衬衣上的扣子钉在左边，极大地方便了伺候女主人的仆人们(现在方便男人脱)。男士衬衣的扣子在右边，除了自己穿衣服，还因为用右手方便拔出挂在左腰的佩剑，这样就不容易被衬衫兜住。



魔邪祟就会乘虚而入，红色能够去灾辟邪。这与“过年”贴春联的来历也有关联，所以人们用穿红衣服，系红腰带来去灾辟邪，后来被人们发扬光大，连内裤袜子都要红色。



十二生肖为什么没有猫？

有民间神话传说用“鼠骗猫”的说法来解释这个问题，但真正的原因是因为中国古时无猫，猫原产于埃及，何时传入中国已不可考，民间传说则由唐三藏从印度带回(其实是汉朝)。所以猫在传入中国以前，中国的十二生肖早就排完成定论了。而且，十二生肖中已经有了老虎这只大猫，所以小猫就不用值班了。



本命年为什么要穿红？

风水命理认为，逢本命年时，生肖守护神要去天庭参拜，按现在的说法就是述职，这时对人的保护就会减弱，妖

过年为什么要给孩子压岁钱？

北宋神宗年间，某年春节夜晚，有个副宰相王韶的小儿子南陔，跟随大人在街头观灯游玩时，不料被歹人掠走，想勒索王韶一笔钱财。逃跑中正巧遇朝廷车子经过，南陔大声呼救，歹人放下南陔仓皇逃跑。后来，宋神宗得知此事后，就赐予南陔一些金钱，给他压惊，从此“压岁钱”在民间流传开来。



一天三餐制是怎么来的？

在宋朝之前，老百姓一天只吃两顿，只有皇室四餐，诸侯三餐。西汉时，给叛变被流放的淮南王的圣旨上，就专门点出，“减一日三餐为两餐”。这归功于宋代经济的繁荣，除了酒肆之间不再如唐代被约束在市坊中间，夜市晚上不实行宵禁，晚上夜生活丰富，所以才加一顿晚饭。



为什么是男戴观音女戴佛？

关于开运饰物，现如今的佩戴习惯一般是男戴观音女戴佛。身为女子，世事烦扰，难免愁肠百结，佛的宽容、大度、正可化解种种愁绪，所以“女戴佛”的“佛”指的并不是佛陀释迦牟尼，而是弥勒菩萨。男人多戴观音，是让男人少一些残忍和暴力，多一些像观音一样的慈悲与柔和。



百家姓开头四姓为什么是“赵钱孙李”？

明清文献记载，《百家姓》是宋朝初期，由一位吴越地区的儒家学者最先编辑。所以他用了当朝皇帝的姓氏为第一姓；五代十国时期吴越国的国王姓“钱”；“孙”是宋朝皇族妻妾的姓；“李”是后唐皇帝李后主的姓氏。这就是《百家姓》开头四姓“赵钱孙李”次序的由来。



李耳为什么叫老子不叫李子？

第一种说法，老子生下来就是白胡子白眉，耳朵又大，所以又叫老子又叫李耳。显然这种说法很科幻、很胡扯。第二种说法更贴切一些，李耳本来就姓老，名老聃，即李姓源于老姓。而且李姓渊于老虎图腾，苦县一带虎被称为“狸儿”，所以李耳只是“狸儿”的误传罢了。





正月十五, 青海省塔尔寺酥油灯艺术!





The Meeting of Poets 诗友聚会

2016年1月30日，第二届中国诗歌春晚在北京龙脉比邻鸟巢的国家会议中心隆重开幕。

The 2nd Chinese Poets Gala was held on 30th of January 2016 in Beijing International Conference Hall. (本刊讯)



开场仪式表演



来自全国各地诗人们激情洋溢的朗诵诗歌



出席活动嘉宾代表分别将黄河、长江、珠江、淮河、钱塘江、海河、黑龙江、黄浦江、澜沧江、辽河、汉江以及太平洋的水倒入酒缸并合影留念





克劳迪娅·杨 Claudia Yang ——钢琴版《红楼梦》奏响津门

A Piano Version of a Dream of Red Mansions Played in Tianjin

天津交响乐团于1月24日晚在天津音乐厅奉上一场精彩音乐会，乐团在著名指挥家汤沐海的率领下，携手马来西亚女钢琴家克劳迪娅·杨，将她根据中国经典影视音乐《红楼梦》创作的同名钢琴协奏曲搬上舞台。

Tianjin Symphony Orchestra has held a wonderful concert in Tianjin Concert Hall on the evening of January 24th. The orchestra led by Tang Muhai, the famous conductor, along with Malaysian pianist Claudia Yang has played a piano

concerto re-interpreted by the pianist from "A Dream of Red Mansions", the classic Chinese tale. (本刊讯)



天津交响乐团艺术总监汤沐海与马来西亚著名钢琴家克劳迪娅·杨携手同台演出



天津交响乐团艺术总监汤沐海与马来西亚著名钢琴家克劳迪娅·杨为来宾现场签售钢琴CD





The Exhibition "Treasures of Romania" Opens in Beijing “罗马尼亚珍宝”展在京开幕

2016年1月28日, 由罗马尼亚文化部、中国国家文物局与中国国家博物馆联合主办的“罗马尼亚珍宝”展在北京中国国家博物馆拉开序幕。这是罗马尼亚文化遗产在中国乃至亚洲的最大规模展出。

The Exhibition "Treasures of Romania", co-sponsored by the Ministry of Culture of Romania, the State Administration of Cultural Heritage (SACH) of China and the National Museum of China, has been opened at the National Museum of China, Beijing on January 28th, 2016. It is the largest exhibition of Romanian cultural heritage in China and even in Asia. (本刊讯)



来自罗马尼亚民族乐器吹奏与之嘉宾
欢乐共舞



罗马尼亚国家历史博物馆
馆长欧内斯特·奥博兰得·德
尔诺维扬努先生发表致辞



中罗双方领导人参观罗马尼亚珍宝展览





A Taste of Estonia - Nordic with a Twist 爱沙尼亚风味周

April 25 to May 1, 2016
2016年4月25日至5月1日

地址: 北京国贸三期香格里拉, 798, 爱沙尼亚驻华大使馆, 故宫等
在此期间你会了解到爱沙尼亚的美食, 时尚, 音乐, 艺术, 旅游, 贸易等。 你有机会品尝, 欣赏到著名的时尚设计家, 著名大厨的佳作等。
如果你在中国从事的是与以上有关的行业和媒体, 你将备受欢迎。

联系: Shangri-La Summit Wing Beijing;
Contact person: Ms. Imbi Sarv
E-mail: imbi.sarv@shangri-la.com
Tel. 6505 2266 ext 6035

联系: Estonian Embassy in Beijing;
Contact person: Ms. Aire Kork
E-mail: aire.kork@mfa.ee;
Tel. 8531 6707
Fax. 8531 6700



调酒师 Barman: Kristo Tomingas



大厨 Estonian chef: Inga Paenurm





钢琴家 Pianist: Rein Rannap



Stina Kase1



歌唱家 Singer : Maarja



服装设计师 Designer: Lilli Jahilo



摄影艺术家 Photo artist, Paul Kuimet, 作品



画家作品 Work by artist Kris Lemsalu

Tentative program of the week:
Country promotion, Food and Beverage Product Promotion, Tourism promotion, Culture promotion.

Expected audience:

- Chinese interested in new (Nordic) culinary experiences;
- Chinese chefs, business and other professionals, media representatives;
- (Culinary and health) Tourists and companies involved in European tourism;
- Food & beverage importers, distributors, etc; online/offline.
- Music, art and design industry contacts



Artist: Katrin Koskaru



摄影艺术家, Sirgrid Viir, 作品

荷兰的鲜花塑像游展





Romanian Cultural Day 罗马尼亚文化日

北京罗马尼亚文化中心于2016年1月13日举办庆祝“罗马尼亚文化日”活动。与此同时，为纪念罗马尼亚伟大的民族诗人埃米内斯库举办的《罗马尼亚文化瑰宝埃米内斯库—他属于全人类》的活动也拉开了序幕。

A celebration of 'Romanian Cultural Day' has been held by the Romanian Cultural Institute Beijing on January 13th, 2016. A program for the a memory of Romanian national poet Mihai Eminescu has also been started. (本刊讯)



罗马尼亚文化中心主任鲁博安先生(右一)与画家 Constanta Abalasei Donosa 女士(中间)出席现场



画展展览



著名演员 Emil Boroghina朗诵诗歌



Celebrations of the Year of the Monkey in Overseas Shaolin Cultural Centers

美国洛杉矶少林文化中心举办猴年新春祈福活动

2月7日晚除夕之夜，位于南加州天普市的美国洛杉矶少林文化中心内喜气洋洋，来自当地的多族裔少林弟子和当地民众汇聚一堂，共同喜迎中国新年。在当晚举办的点灯祈福仪式中，文化中心负责人延续法师率领众人共同为台湾地震受灾地区的民众祈福。

据延续介绍，文化中心成立以来，每年都在除夕晚举办新春祈福活动，特别是让在这里的青少年感受中国年的传统文化氛围。

虽然除夕是合家团聚的时刻，但少林文化的影响力仍吸引众多家庭和青少年仍然踊跃参加了当天的新春祈福活动。

Shaolin followers of various ethnicity and nationality have gathered in the Shaolin Cultural Center of Los Angeles on February 7th, the Chinese new year's eve, to celebrate the Chinese Lunar New Year.

(news release from AACYF 洛杉矶讯)



当晚文化中心到处都是浓郁的中国年味，师傅们精心准备了各式的素馅、面团，让来宾共同参与包饺子，吸引了许多当地小朋友们的参与；同时，写春联的桌子前也吸引了众多的小朋友，在师傅的指导下用中国笔、墨在红纸上写“春”和“福”字。



包好了饺子后，全体来宾依次燃香、点灯许愿，之后在延续师傅的的带领下，盘腿闭眼静坐片刻，感受禅宗的修身、静思之境界。

Scene for Inner Contemplation 中匈画家合展

An Art Dialogue between Ferenc Káplár (Hungarian) and Lin Hai ——匈牙利费伦茨·卡普拉与中国林海艺术对话展开幕



匈牙利驻华使馆副馆长苏昕薇致辞

2016年1月16日,由匈牙利驻华大使馆主办、北京匈牙利文化中心承办的“匈牙利费伦茨·卡普拉与中国林海艺术对话展”在北京匈牙利文化中心开幕。(本刊讯)

费伦茨·卡普拉(Ferenc Káplár)1937年出生于布达佩斯,经历过战争,改革,政体变换,成长在混乱的年代。卡普拉曾学习过电影与美术,并在电影和电视领域工作了很久,在1988年专门从事艺术之前获得过很多奖项。他也曾因戏剧设计和壁画修复被广泛称赞。

林海1978年12月生于山东,毕业于中央美术学院油画系,硕士学位。中国美术家协会会员。曾经参加第四届全国青年美术作品展,中国青年油画作品展,第二届造型艺术新人展等展览并获奖。



匈牙利艺术家代表卡普拉·鲍拉什致辞



中国艺术家林海接受采访



作品欣赏



奇石



美国加州死亡谷里会自己跑的石头



美国亚利桑那州蓝谷里一道道神奇的痕迹



亚利桑那州帕里亚峡谷凝固的波浪岩石峭壁



葡萄牙海军海滩上的天然一柱



德国一块像电熨斗一样的石头



中国山东泰山仙人桥



挪威的奇迹石



希腊米洛斯岛的白洞，一颗自然的心



新西兰黄金湾上的大象岩，太形象了！



中国甘肃张掖多彩的丹霞地貌



阿根廷公园高首的石壁



西班牙如梳子刷过一般齐刷刷的岩石



挪威西海岸的卡奈斯石



中国湖南武陵源张家界的擎天一柱



爱尔兰蛋糕一样的岩石



奇 树
Strange Trees





活动开场舞表演

第5季“圆计划-圆满假期”出发仪式 The 'Circle Plan' Season Five Start-up Ceremony



中国下一代教育基金会理事兼秘书长王萍女士致辞

2016年1月16日, 由LG捐款冠名支持的中国下一代教育基金会第5季“圆计划-圆满假期”出发仪式在北京青年政治学院举行。这是该计划第五批通过寒暑假组织千名大学生返乡, 就亲就近一对一开展贫困留守儿童捐助、调查的大型公益活动。48所高校参加本季的1000大学生志愿者现场领取了圆满行囊, 他们在寒假返乡时走进父老乡亲家里, 一对一捐助3000名家乡贫困留守儿童, 以帮助孩子们温暖过冬, 开心过年。

The start-up ceremony of the 'Circle Plan' Season Five sponsored by LG has been held in Beijing Youth Politics College on January 16th, 2016.

One thousand college volunteers participating in Season Five from 48 universities and colleges have collected Circle bags.

They would offer assistance to 3000 poverty-stricken and left-behind children in their hometowns during the winter vacation so as to help those children celebrate a happy Chinese New Year. (本刊讯)



乐意互联智能科技有限公司副总裁刘超华先生发言



LG商会中国区总裁权勇民先生发言

优秀圆满使者代表“来自北京工业大学的研究生彭发学”发言



圆计划创始人兼执行主席付一然先生为嘉宾介绍小元宝活动管理平台以及成员组织



诗歌朗诵《我的圆满假期》



大学生演唱《小元宝之歌》



出席领导向志愿者们赠送圆满行囊并集体宣誓





凝聚梦想 爱心启航

2016《为爱同程》公益系列活动启动仪式于2月28日在北京人民日报社召开。

The launching ceremony of the 2016 "On the Road for Love" Public Welfare Programme has taken place at the editorial office of the People's Daily in Beijing on February 28. (本刊讯)



电影《为爱同程》发起人
杨传喜



电影《为爱同程》总策划刘月好
先生现场致辞



著名书法家周志伟先生致辞



电影《为爱同程》总导演
周永旗先生发言



《为爱同程》摄制组

图片由能源基金会提供



"Bring Back the Blue Sky" Opening Ceremony
 “重现蓝天”仪式

2016年1月13日, 蓝天课堂, 用行动消除雾霾——“重现蓝天”活动启动仪式在北京举行。
 The opening ceremony of the "Bring back the blue sky and eradicate the smog by actions" lecture series was held in Beijing on January 13, 2016.
 目前, 在我国多地域、频繁来袭的雾霾已经引起社会各界对环境和空气质量问题的高度关注。为此, 能源基金会中国携手中国教育国际交流协会、北京市西城区青少年科技馆共同发起蓝天课堂, 用行动消除雾霾——“重现蓝天”活动。
 (本刊讯)



中国教育国际交流协会国际合作部主任余有根先生致辞



启动仪式 全场科技互动消除雾霾



蓝天老师、白云老师带领大家做室内雾霾操



蓝天老师、白云老师带领大家动手参与雾霾科普炫酷实验



主办方、专家坐镇答疑



吴裕泰 WUYUTAI TEA

京城老字号吴裕泰
OLD BEIJING FOUR SEASONS TEA

四季茶礼 顺时而饮

“制之惟恐不精，采之惟恐不尽”吴裕泰始终秉承古训，悉心研茶，成就京城百年老字号推出的四季茶礼，已成为APEC CHINA2014第三次高官会指定茶礼。

好茶知时节，茶叶特性需与季节契合。吴裕泰主张四季饮茶理念，“春饮茉莉夏饮绿，秋饮乌龙冬饮红茶”，顺应季节变换选择不同功能的茶类。

<p>春 饮花茶</p> <p>散发积郁的寒气，促进阳气生发；</p>	<p>夏 饮绿茶</p> <p>富含的茶多酚、咖啡碱等营养成分，帮助人体消暑解热；</p>	<p>秋 饮乌龙</p> <p>不寒不热的茶性，可消除疲乏，提神益思；</p>	<p>冬 饮红茶</p> <p>生热暖腹，驱逐因低温带来的寒气，补益身体。</p>
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“无印良品” (MUJI) 高层演讲会 High Profile Lecture on Unbranded Products

2016年1月14日，日本国驻华大使馆在北京人文艺术中心(BCAC)举办“基于企业理念的经营管理”演讲会。演讲会邀请开展MUJI的株式会社良品计划会长金井政明先生做讲演。

The Embassy of Japan in China has organized a lecture and discussion on the subject of the "Basic principles of the operational management of companies" in the Humanities and Arts Center (BCAC) in Beijing on the 14th of January, 2016. The invited lecturer was Mr. Jinjing Zhengming, the Chairman of the Equities Association, an association that is active in the promotion of unbranded but excellent products (MUJI). (本刊讯)

金井政明 (株式会社良品计划 会长)

1957年出生。1993年进入良品计划。2008年2月担任董事长，2015年5月就任会长至今。一直从事“无印良品”的经营和商品领域。



金井政明 (株式会社良品计划 会长)



良品计划展厅与海报



与会嘉宾



当代的吴裕泰茶庄前门店门面。

猴年漫话吴裕泰

中国民间素有生肖属相之说，子鼠、丑牛、寅虎、卯兔、辰龙、巳蛇、午马、未羊、申猴、酉鸡、戌狗、亥猪，如此十二生肖轮回，谁生在哪个肖年自然就属哪个属相了。

中华百年老号“吴裕泰”生于清光绪十三年即1887(农历丁亥)年9月，亥年当属猪，尤九月诞生之属猪人，颇具忍事耐性，悠悠不断，长发其祥，受人称赞之天性。

中国还有句民间谚语：“开门七件事，柴米油盐酱醋茶”，说的是与百姓息息相关的七大生活要素，茶虽排行老七，但毕竟与柴米油盐为伍，足以说明茶在中国百姓生活中的地位。

“吴裕泰”是茶庄，做的就是事关百姓生活的营生。建店初期匾额为“吴裕泰茶栈”，创始人吴锡卿千里迢迢从徽州的歙县来到北京，选中了北新桥并在此扎了根。民国时期吴老先生先后在北京、天津开设了十几家分号，茶叶生意做得有声有色，在茶行业中颇具规模，曾被同仁推举为“京师茶行公会会长”。有细心人考证，文学巨匠老舍先生在他的传世之作——三幕话剧《茶馆》中，将其笔下的茶馆冠名为“裕泰”绝非巧合。舒乙曾说：“老舍先生笔下的北京是相当真实的，山水名胜古迹胡同店铺基本上用真名，大都经得起实地核对和验证。”老舍于1957年在创作《茶馆》剧本时，将第一幕发生的时间设定为1898年，此时吴裕泰已创立11年了；剧中设定的地点更直白为“北京·裕泰大茶馆”，说明在老舍心目中“吴裕泰”已经存在，“裕泰”字号已烙印在他的脑海里呼之即来，亦可说明“吴裕泰”这中华老字号茶庄当时就名闻遐迩，为京城茶人所认知，正应了“悠悠不断，长发其祥”的景儿。



《中国茶·吴裕泰》之“猴年漫话吴裕泰”



“好茶为您始终如一”是老字号茶庄吴裕泰员工们的信念。



吴裕泰茶叶不仅受老茶友的青睐也受年轻人的欢迎。

跨越129年，丙申猴年伊始，笔者撰文漫话吴裕泰，正出于对中国茶文化历史悠久厚重的崇敬和对传承至今的中华老字号吴裕泰“茉莉花茶窰制技艺”这一国家级非物质文化遗产的珍爱。

“制之惟恐不精，采之惟恐不尽”，这是吴裕泰传承129年的祖训和老字号对自我茶品质的规矩，至今老吴家依然恪守着“好茶为您始终如一”的承诺。吴裕泰“非遗技艺”第五代传人、北京吴裕泰茶业股份有限公司总经理孙丹威女士说：“一百多年，在历史的教科书上也许就是一页纸，但对于吴裕泰来说，却是几代人的奉献与追求。”笔者所知，已列入国家级非物质文化遗产名录的“吴裕泰茉莉花茶窰制技艺”正是吴裕泰几代茶人苦心耕耘，精心制做的结晶。从茶叶源头保证茶叶质量，秉承“自采、自窰、自拼”的操作规范，延绵“香气鲜灵持久，滋味醇厚回甘，汤色清澈明亮”的独特口味，裕泰茶香早已为爱茶者交口称赞！

对吴裕泰的“三自”操作规范，笔者作如下注释——

“自采”：吴裕泰在安徽、福建、浙江等地均设有自己的茶基地，按照自己的规范标准种植、采摘茶叶鲜叶；

“自窰”：“窰”是花茶加工的一个步骤，是将采摘的绿茶芽制得的茶坯和茉莉花等鲜花多次拌和，让茶坯充分吸收花香，窰得原料茶。一般茶叶只窰三四次，而吴裕泰则窰六七次；

“自拼”：窰好的原料茶在普通茶店即可出售，但吴裕泰又多出了一道工序——自拼，将原料茶按其口味特点再次进行拼配，这便是老北京赞不绝口的“裕泰香”，至于拼配比例那可是老吴家“非遗”的秘方哟！

情感之下，笔者用民俗过大年写对联的方法向老字号茶人致敬，上联：“百年老号吴裕泰六窰六烘茶香依旧”；下联：

“万古中华神农草继往开来茶礼常新”；横批：“与时俱进”。

提及与时俱进，吴裕泰茶人有话说：“经典终被铭记，改变只为更好。”时至今日，老吴家不仅拥有遍布京城乃至全国的400余家直营、加盟、连锁门店，还合作有5家电商销售平台；不仅拥有现代化的物流配送系统、网络管理和连锁经营手段，还在年轻一族最爱的潮品上玩起了电子杂志、手机官网，连手机微信订阅号里也能看到“吴裕泰茶业”的信息；不仅热卖吴老先生看家的茶叶，还能看到他从未见识过的以茶为原料的茶糖、茶点、茶冰激凌、茶饮品，直至茶香皂、茶口罩、茶纸巾……。而现今的吴裕泰不仅传承着“三自”操作规范，还拓展开“三个坚持”：坚持茶叶好品质；坚持提供好服务；坚持老号有创新。

北京吴裕泰茶业股份有限公司董事长赵书新先生用三个字概括吴裕泰在新时期、新常态下的新走势：“接地气！”吴裕泰茶人则自豪地说：“我们不只是一片茶叶子，而是在引领一片茶生活！”（文/蒋志均）



用抹茶粉制作的茶点是吴裕泰致力茶生活的经典。



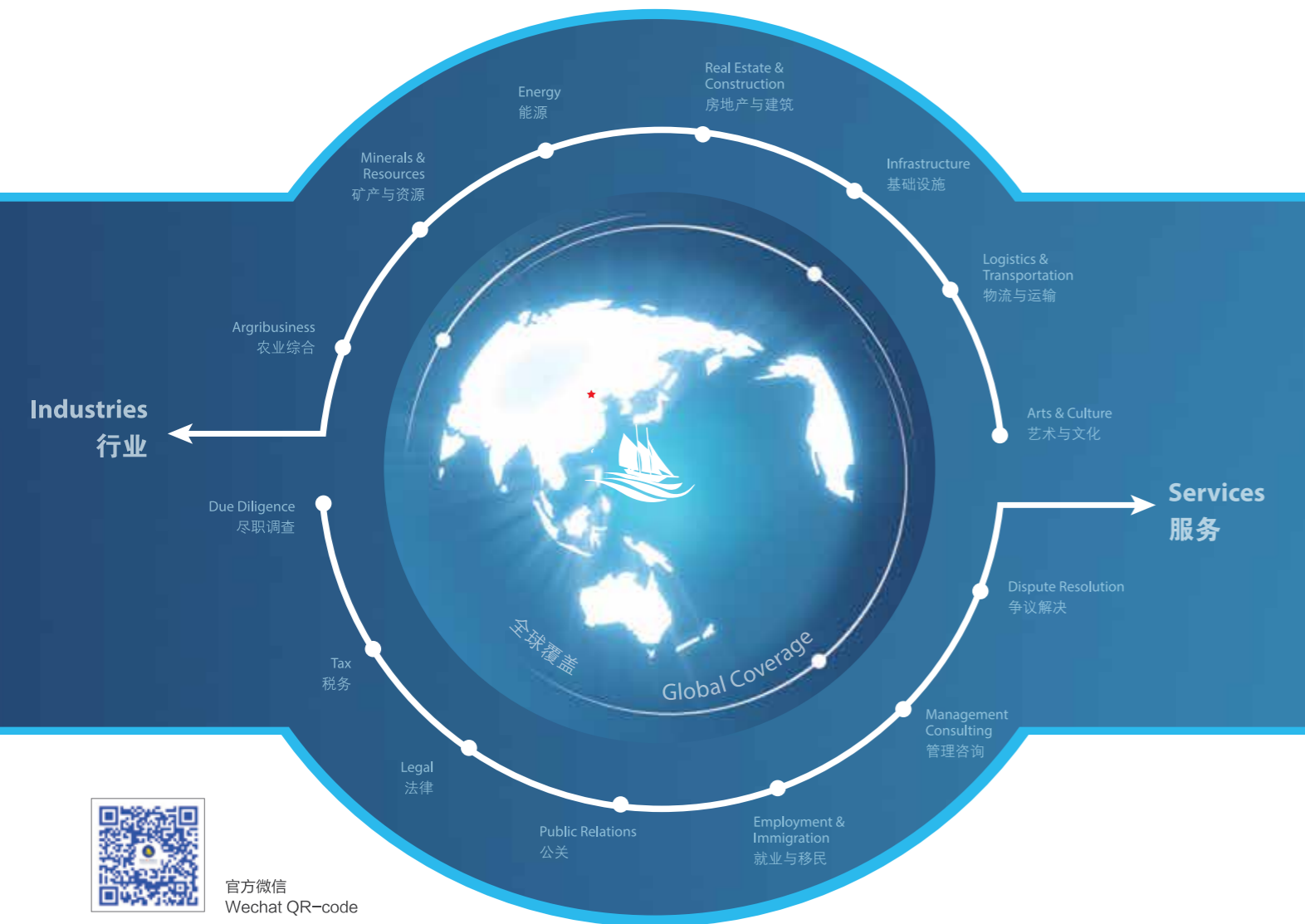
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中国产业海外发展协会
China Overseas
Development Association

About ChinaGoAbroad 关于“中国走出去”

We are

A unique membership organization with an O2O (online to offline) model:

- > Online information platform and Deal Center
- > Offline consultancy and portfolio of private deals

We provide

- > A showcase for businesses to promote their knowledge and capabilities in China
- > A bilingual bridge for cross-border investments and business opportunities (inbound and outbound)
- > An international network of businesses, government agencies, service providers and educational institutions
- > A forum for sharing expertise, holding events, and discussing key topics

Our Services

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- > Consulting: we provide a diverse, rich resource for cross-border investments, from pre-signing through closing and ongoing operations

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Key Transactions | 精选项目



Strategic advice on US\$ 20bn industrial park (coal plants, steel mills, shipyards and ports) in Indonesia



JV between award-winning European wastewater treatment innovator and leading Chinese company



Funding and business partnerships for Tier I International Schools offering the Australian curriculum in China



Sourcing investors for pioneering language training app with patented, innovative technology

Key Events | 重点活动

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

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

China Global Investment Summit: Hangzhou | 中国全球投资峰会：杭州

Safety and Risk Management Forum for Chinese Enterprises Going Abroad | 中国企业走向世界过程中的安全风险与管理

Jamaica Business Forum | 牙买加商务论坛

Online Developments | 网站更新



CGA 2.0 launched in May 2015



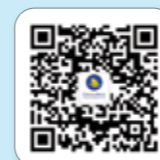
The "One Belt One Road" Section launched in May 2015



Updated Country Section launched in Dec 2015

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, with an online information platform and an offline consultancy. Our members include leading private companies, government agencies, high-net worth individuals and the key Chinese state-owned entities.



官方微信

2015 was a turning point for CGA, as we expanded our community to over 10,000 members and re-launched our website. We also added more content for different countries and industries, and introduced a "One Belt, One Road" section to capture China's most important new policy drive. Offline, we worked on transactions in various of the key focus areas for Chinese investors, including healthcare, the environment and education as well as a US \$20bn "One Belt, One Road" coal chemical industrial park project in Indonesia.

For the new year ahead we will be engaged once more at the forefront of China's outbound investment efforts, helping our clients and members to navigate their way through the shifting landscape created by ongoing political and economic developments.

CGA is committed to assisting Chinese investors and their foreign partners in rising to these challenges. Our strong international community, coupled with our unique network within the PRC, enables us to work nimbly and effectively, adding value at every stage of a cross-border transaction and facilitating both inbound and outbound transactions.

We look forward to working with you and as always appreciate your continual and enthusiastic support in the year to come!

Jesse T H Chang
Founder & CEO

Co-Founders | 共同发起单位

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 charge 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服务的工作。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 provide quality, practical legal advice on cross-border transactions.

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1...5..	AH3061	0850	1420
..3...		0305	0835

ALGIERS TO BEIJING 阿尔及尔-北京

Day of week日期	Flt.No.航班	Dep.Time出发	Arr.Time抵达
..2....	AH3060	0715	0125+1
...4..7		1300	0710+1

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 Tel: +86 10 6532 3773/1231 Fax: +86 10 6532 1648

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月桂焦糖饼干
Speculaas

国家描述: 荷兰 – 源于创新
 语言: 荷兰语, 弗里西语
 首都: 阿姆斯特丹
 政府所在地: 海牙
 人口: 1670万
 货币: 欧元
 主要出口产品: 花卉, 农业产品, 机器
 加入欧盟时间: 1951年
 以何闻名: 郁金香, 风车
 名人: 梵高

Slogan/Country characteristic: Holland - Powered by Innovation

Name of country in language of origin: Nederland

Language(s): Dutch, Frisian

Capital: Amsterdam

Seat of government: The Hague

Population (in millions): 16.7

Currency: Euro

Main export products: Flowers, agricultural products, machinery.

Date of entry into EU: 1951

Famous for: Tulips and windmills

Famous person: Vincent van Gogh

荷兰
The Netherlands

食谱描述:

月桂焦糖饼干是荷兰传统美食, 历史悠久, 广受喜爱。最早的配方可以追溯到15世纪! 香料配方包括肉桂、肉豆蔻、丁香、白胡椒、姜和小豆蔻(所有香料均磨成粉状, 配比为8:2:2:1:1:1)。这个配方甚至在荷兰人开始远航发现新大陆、寻找新香料之前就已经存在, 是地地道道的荷兰美食配方!

月桂焦糖饼干全年皆宜, 尤其是每年12月5日圣尼古拉斯节的必备美食。圣尼古拉斯是一位传说中的圣人, 每年造访荷兰一次, 向好孩子派发礼物, 同时对坏人施以惩罚(不过, 现在惩罚越来越轻了)。

配 料:

- 普通面粉500克
- 冷黄油250克
- 糖250克
- 鸡蛋2个, 打散
- 奶油50毫升
- 食盐少许(关键配料, 若不加入食盐, 饼干口感淡而无味)
- 月桂焦糖饼干香料50-60克(具体配比见第一段)
- 未腌制柠檬2个, 磨碎柠檬皮
- 杏仁片200克, 粉碎(可选)
- 泡打粉1茶匙
- 小苏打1茶匙

烹调指南:

将普通面粉、糖、食盐、泡打粉、小苏打和饼干香料混合。黄油切成花生粒大小, 加入前一步混合物中。加入杏仁(可选)和碎柠檬皮, 以及适量鸡蛋和奶油, 揉成结实的面团。将面团置于碗中, 盖好, 放入冰箱过夜。

用和好的面团即可制作月桂焦糖饼干。因为面团中混有黄油, 需从冰箱中取出放置一段时间, 待面团柔软后再擀成面饼。之后, 可使用饼干模具或荷兰传统的月桂焦糖饼干木模扣出饼干形状。若使用木制模具, 每次压制新的饼干前, 需向模具内撒少许面粉。

将饼干置于涂油的烤盘纸上, 放入预热175度的烤箱烤制约20分钟。烤成后, 将饼干放在蛋糕架上自然冷却。

Recipe description:

Speculaas is a traditional Dutch cookie that the Dutch have been enjoying for centuries: the spice mix used can be found in recipes from as long ago as the 15th century! The spices used (cinnamon, nutmeg, cloves, white pepper, ginger and cardamom (everything powdered) in a ratio of 8:2:2:1:1:1) were known in Holland even before the Dutch went travelling around the world in search of new tastes, making this a very Dutch recipe.

Speculaasjes can be eaten year round, but are especially connected to the Sinterklaas festivities on December 5. Sinterklaas, a legendary saint, visits the Netherlands once a year to give presents to good children and punish those who have been bad (although these days, he goes light on the punishing).

Ingredients for recipe:

- 500 g white flour
- 250 g cold butter
- 250 g sugar
- 2 eggs, beaten
- 50 ml cream
- salt to taste (don't forget this, otherwise your speculaas will taste bland)
- 50 to 60 g spices for speculaas (see above for spices)
- grated skin of 2 untreated lemons



- 200 g flaked almonds, broken into little pieces (optional)
- 1 tsp. baking powder
- 1 tsp. baking soda

Recipe instructions:

Mix flour with sugar, salt, baking powder and soda and spices. Add the butter, cut it to little chunks the size of peanuts. Add almonds (optional) and lemon peel, and as much egg and cream as necessary to obtain a firm dough. Place the dough in a bowl, cover, and let it rest, preferably a whole night, in the refrigerator.

With this dough you can make small cookies, called speculaasjes. Since there is butter in the dough, you need to take it out of the refrigerator well before rolling it out, otherwise it will be too firm. Roll out the dough and use either a cookie cutter or traditional Dutch wooden speculaas moulds to make the small cookies called speculaasjes. If you use a wooden mould, be sure to sprinkle the mould liberally with flour every time you press fresh dough into it.

Place the biscuits on a greased baking sheet and bake them in the preheated oven (175 °C) until done (about 20 minutes). Let the biscuits cool on a cake rack.

IT'S HARDER TO BE A MOM THAN A "SUPERWOMAN"

“女强人”好当，妈妈难做！



随着社会的进步，越来越多的现代女性走出闺房，成为了职场的重要组成部分。但是在这个“没有硝烟的战场”，婚育往往会让白领女性处于下风。为了挽回在职场中的劣势，很多白领女性都不敢过早结婚、生孩子。对于那些工作正处于上升期的白领女性来说，她们即便怀孕也不得不放弃生育，以免阻碍自身事业的发展。可当事业有成的“女强人”意识到拥有一个可爱的宝宝对于女人来讲有多么重要和神圣时，宝贵的“生机”却早已时不我待！“女强人”好当，妈妈难做！北京五洲妇儿医院不孕不育科主任周红特别提醒职场上的女强人们，切莫因为事业而错过自己一生难得的好“孕”气！

Women are playing important roles in the workplace nowadays. However, many of them find themselves at disadvantage due to marriage and child-birth. In order to avoid distractions from family, many white-collar women delay their plans for marriage and pregnancy. Some of them even choose abortion to make a way for career development. Unfortunately when these “superwomen” realize that baby is important for their lives, they miss the best chance for pregnancy.

It's harder to be a mom than a “superwoman”! Dr. Hong Zhou, Director of GlobalCare Infertility Center, reminds business women: don't sacrifice your best chance of having a baby for career development.

Case 1: “空中飞人”遭遇不洁惹的祸

Case 1: Gynecological diseases caused by hygiene issues

Cindy是一名培训师，因工作的需要一周之中至少有三天在各地出差。空中飞人的生活十分辛苦，大大咧咧的她在劳累了一天之后，从没有在意过酒店的公共卫生用品是否干净，匆匆洗漱后倒头就睡。对于酒店的毛巾、浴袍等洗漱物品她拿来就用，毫不忌讳。直到一次妇科检查时，她才知道自己患上了慢性盆腔炎，且病情较为严重，有可能对日后顺利受孕产生不利影响。

Cindy is a professional trainer. Her job requires her on business trip at least 3 days in a week. She usually uses the toiletries provided by the hotel. It is detected during one gynecological examination that she is infected with severe chronic pelvic inflammation, which might cause infertility in the future.

专家解析:

Expert Analysis:

过度疲劳会导致机体免疫力下降，更容易与酒店不洁的毛巾等用具发生交叉感染，引起阴道炎、宫颈炎、输卵管炎等疾病。这些疾病都会使阴道环境发生变化从而导致精子的活力减弱，生存时间缩短，造成精子与卵子的结合能力下降，影响受孕。五洲专家建议常出差在外的女性要注意生活用品的卫生，外出的时候尽量不用宾馆的毛巾。

Overfatigue can lead to weakened immunity which makes it easier for cross infection with unclean toiletries provided by the hotel. It also impacts conception since the disease changes the environment in the vagina and lowers the capability of fertilization. GlobalCare expert recommend that women avoid using towels provided by the hotel while traveling.

Case 2: 双重压力酿不孕“隐形杀手”

Case 2: Work pressure causes infertility

“我好不容易坐上这个位置，怎能轻易地拱手让人？我必须更努力的工作，否则就会被别人取代。即使父母一再催促，我也不能现在要孩子！”今年30岁的艾丽是一家中外合

资企业的部门主管，因为忙于事业，要孩子的事情一直拖着。现在年纪渐长，事业也逐渐稳定，现在想要孩子的她，却遭遇了不孕的尴尬。

Eli is a 30-year manager working for a joint-venture. She used to decide not to have kids before achieving further career success. Now when she's satisfied with career development and starts to think about having a baby, she encounters infertility problem.

专家解析:

Expert Analysis:

艾丽在职场中长期处于紧张焦虑的心理状态，又承受着来自家庭“催生”的压力，很容易影响性激素的分泌，导致生殖功能失调、正常受孕率下降。建议想要孩子的白领丽人们，不要给自己过大的心理压力，同时要改掉生活无规律，睡眠时间过短等不良习惯。



Eli is under pressures both from work and family, which can easily impact the secretion of sexual hormone and lead to infertility. Experts recommend that women release themselves from high mental stress and take routine lifestyle when preparing for pregnancy.

Case 3: 多次人流让“土壤”变贫瘠

Case 3: multiple abortions can cause infertility

“不孕的原因是输卵管堵塞，不排除是两次人工流产造成的。”当美嘉听到这个结果时，悔恨写满了她妆容精致的

脸。作为项目经理，美嘉曾经怀孕过两次。但由于她和老公都处于事业的“冲刺”阶段，只好狠心放弃了孩子。“命运真的很会捉弄人，从前总是担心会不小心‘中招’，影响工作。现在工作稳定了，只想全心全意要个孩子，却怀不上了。”美嘉无奈的说道。

Meijia regrets so much when she was told that her infertility problem might be caused by the two abortion procedures she took before. "We used to concern about pregnancy when my husband and I strived for career success. Now when we really want a baby, I can't."

专家解析:

Expert Analysis:

多次人流透支生育能力后，女性很容易感染炎症，造成盆腔炎等问题殃及输卵管。另外，多次人流会使子宫内膜变薄，就如同垦伐过度的土壤会变得贫瘠一般，即便再次怀孕，胚胎也有可能无法“着床”或者“着床”不稳，容易造成流产。类似美嘉这种情况的女性在如今社会中不在少数，建议广大职场女性尽量减少人流次数，以免影响日后受孕计划的实施。

Multiple abortion procedures make it easier for women to be infected with gynecological diseases which may injure fallopian tubes. In addition, abortion procedures reduce the thickness of endometrium and lower the capability of embryo implantation. Experts recommend that women reduce the occurrences of abortion procedures to protect their fertilization capability.



Case 4: 年龄大成受孕最大“敌人”

Case 4: Age is the biggest challenge for fertilization

今年38岁的洛熙是一家上市公司总监，公司因怕女职工生育子女离岗养孩子会影响到企业工作的连续性，规定员

工生孩子必须排队等号。争强好胜的洛熙可不想因为生孩子而失去这么多年打拼的“阵地”，所以并不去和同事们“抢号”。这一耽误，眼看同龄人的孩子都上小学了，才感觉自己这个大龄非剩女多么渴望空荡的家里能有孩子的欢声笑语。现在的她即使想怀孕，却也不像从前那样容易了，月经不调、卵巢功能不佳、卵子质量不好等一系列问题，如同一个个的“拦路虎”阻挡着她的孕育之路。

Luoxi is a 38-year director working for a public company. She used to make way for a better career path by postponing the plan of having a baby. Now when she brings back the baby plan, she finds herself under a series of infertility challenges such as menoxenia, ovarian function decline, low quality egg, etc.

专家解析:

Expert Analysis:

如今，女性的平均生育年龄已经从十多年前的二十五岁推迟到了三十岁左右。从女性生理规律来说，生育能力最强在24~29岁，30岁后缓慢下降，35岁以后则迅速下降，44岁以后87%的女性失去了受孕能力。虽然生育力旺盛期正是女性打拼事业的关键时期，但年轻夫妇应当及早准备，做好生育规划，理性对待职业和生育的两难选择，不要等怀孕出现问题再追悔莫及，让生殖健康悄悄埋下种种隐患。

The average child-bearing age has been delayed to 30 from 25 ten years ago. From biological perspective, the best child-bearing age is between 24 and 29. The fertilization capability declines after age of 30. When it reaches the age of 44, 87% of women lose their ability to conceive. Even though the best child-bearing age is also the important period for career development, young couple should plan well to balance career and having baby.

抓住“生机”才能得享“好孕”

Prepare for a better pregnancy

推迟到30岁以后才生孩子的女性大多违反了“人类生育的自然规律”。35岁左右的女性，其生育能力就已开始退化，不仅卵子数量越来越少、品质也呈明显下降趋势。届时，女性怀孕会变得越来越困难，同时流产的风险也会相对较高。

职场女性要想生一个健康、优质的宝宝，除了要在适育年龄生育之外，还应该在工作之余维护好自身卵子的健康，并结合以下六点建议，争取在受孕之前养出“好孕气”，事半功倍!

Giving birth to a baby after age of 30 is considered against "child-bearing law of nature for human being". After age of 35, women encounter degeneration of

fertilization including low quantity and quality of the eggs. It's harder and harder for them to get conceived and the risk of miscarriage becomes higher.

In addition to age, women should pay attention to the health of eggs. Here are some tips to help women prepare for a healthy pregnancy.

① 三餐定时，荤素搭配

Eat on time and balance between meat and vegetable

一些职场女性工作日的三餐总是随便解决，而到了节假日却是大鱼大肉进补。其实，从健康的角度来说，暴饮暴食更容易造成营养失调。女性不管是工作日还是假日，都应该保证三餐定时、荤素搭配，均衡摄入各类营养。

From health perspective, overeating can easily lead to malnutrition. No matter it's weekday or weekend, women should ensure balanced nutrition and eating on schedule.

② 每周2—3次有氧运动

Take aerobic exercise 2-3 times a week

生命的意义在于运动，适当的体育锻炼可以帮助女方提高身体素质，保证卵子的质量。因此在日常生活中，女性应进行有规律的有氧运动，每周2~3次，每次不少于40分钟。

Appropriate exercises help women improve physical constitution and ensure egg quality. It's good to take aerobic exercise 2-3 times a week with 40 minutes each.

③ 学会给自己减压

Alleviate self from pressure

都市中的职场女性生活压力往往较大，当压力持续存在或经常发生时，可能就会造成女性内分泌紊乱，进而影响卵巢的排卵能力。因此女性应适当减缓压力，才能助好“孕”一臂之力。

Consistent work pressure can cause endocrine disorder and affect ovulation. Women at child-bearing age should manage stress well to prepare for a better pregnancy.

④ 告别烟酒和黑夜

Stay away from alcohol, smoking and staying late

女性在日常生活中，应尽量避免长时间熬夜，注意劳逸结合，并忌烟忌酒。只有养成良好的生活习惯才有助于女性



排出健康的卵子。

Routine life-style help produce high-quality eggs. Therefore women should restrain from staying late, alcohol and smoking.

⑤ 科学避孕以免意外受伤

Avoid accidental injury through birth control

反复人流会导致子宫内膜受损、盆腔粘连、输卵管堵塞等问题，影响生育能力。五洲专家建议广大女性不想创造小生命时，一定要采取科学合理的避孕方式。

Repeated abortions damage endometrium and cause pelvic adhesion and salpingemphraxis. GlobalCare experts recommend that women take appropriate birth control method if they don't want to get conceived.

⑥ “大姨妈”来时别拉灯

Avoid sexual intercourse during menstruation

对某些追求刺激的小夫妻来说，在女性月经期往往也不禁欲。但女性在月经期间生殖道比较脆弱，经期性生活可刺激女性机体产生精子抗体，引发盆腔感染、子宫内膜异位等问题，影响受孕能力。

During menstruation, women's reproductive tract is vulnerable. Sexual intercourse during menstruation stimulates the production of AsAb, causes pelvic inflammation and endometriosis, and affects fertilization.



Take the chance to get pregnant

春意盎然 把握受孕良机

春暖花开,气候宜人,在这个充满爱和暖意的季节里,不仅万物复苏,男男女女春心萌动,就连精子和卵子也在生机勃勃的发育着,如果你准备要个宝宝,现在正是好时候!

It's spring time again! It's the time of the year that everything starts to grow and thrive. Be prepared, and get your baby in this blooming season.

科学家认为,一年当中最易受孕的时间是每天太阳照射12小时、一天的气温保持在10—22摄氏度的日子。这样的气候,有助于刺激排卵或产生大量的精子。而当气温超过25摄氏度时,则会抑制受孕。春季恰好拥有日照充足,温度适宜的好天气,而且经过一个冬天的蕴藏,到了春季,人体新陈代谢开始加快,性激素分泌增多,无论是性的频率还是要求都会“回暖”,由于人体精力愈加充沛,产生的精子卵子也较有活力,此时正是增进夫妻感情的好时候,也正是备孕的好时节。

As believed by the scientist, the best time for pregnancy is in these days with 12-hour sunshine and stable temperature between 10 and 22. In spring, sufficient sunshine, mild temperature, and energy

accumulated during the winter accelerate human metabolism and increase the production of sex hormone. Higher frequency of sexual intercourse and higher mobility of sperms and eggs help improve the success rate of conception.

备孕除了调整饮食和作息之外,最重要的事情莫过于做一个全面的孕前检查,究竟什么时候做孕前检查最合适?晋升准妈妈前都要查哪些项目?北京五洲妇儿医院产科专家白洁给出如下解答。

In addition to adjustments to diet and life schedule, a thorough prenatal checkup is essential. What is the best time for a prenatal checkup? What should be checked? Here are some tips from Dr. Jie Bai, obstetric specialist from GlobalCare.

【孕前检查最佳时间】

Best time for a prenatal checkup

孕前需做体质调整,女性内分泌、生殖专科检查,孕前3~6个月无论从营养方面,还是接种疫苗方面(孕前6个月

接种疫苗),以及补充叶酸方面,都留有相应的时间。一旦孕前检查发现其他问题,还可以有时间进行干预治疗。所以,应至少提前3个月进行孕前检查为宜,而且夫妻双方应同时进行。女性的孕前检查时间最好是在月经干净后3—7天内进行,注意最好体检前禁性生活3天。

Female should take special checkups for endocrine and reproductive systems. Nutrition adjustments, vaccination and supplement of folic acid start 3-6 months before pregnancy. Both of the couple should take the prenatal checkups at least 3 months before getting conceived. Best time for female prenatal checkup is 3-7 days after menstruation is complete. Sexual intercourse should be prohibited for 3 days before the checkup.

【晋升准妈妈体检项目】

Items included in the female prenatal checkup

常规检查:

Routine Checkup

常规检查主要是确定备孕女性的年龄、身高、体重、血压、脉搏等基本信息,并通过心电图、B超、化验等进行相关脏器检查,排除一些器质性疾病。怀孕期间年龄小于18岁或大于35岁都属于高危人群。女性身高小于140CM,体重小于40KG或者大于80KG也属高危人群。

Routine checkup helps confirm female's basic information such as age, height, weight, blood pressure

and pulse etc. It also helps screening organic diseases through ECG, ultrasound and lab testing. It's considered as high-risk pregnancy if the puerperal falls into the following categories: 1) younger than 18 or older than 35 2) shorter than 140cm 3) lighter than 40kg or heavier than 80kg.

专科检查:

Obstetric Checkup

● **骨产道检查:** 检查骨盆是否正常,是否为特殊性病理性的畸形骨盆,如漏斗骨盆、均小骨盆、扁平骨盆、畸形骨盆等。

Bony birth canal check: check if there is any abnormality exists in the pelvis such as funnel pelvis, generally contracted pelvis, flat pelvis, and deformity of pelvis, etc.

● **软产道检查:** 包括子宫下段、宫颈、阴道及外阴。检查有无阴道肿瘤,或者阴道横膈、纵膈,有没有双阴道等。

Soft birth canal check: check if there is any abnormality exists in the pelvis such as funnel pelvis, generally contracted pelvis, flat pelvis, and deformity of pelvis, etc.

● **宫颈检查:** 包括TCT检查、HPV检查、HC2检查、病毒DNA检测等。

Cervix check: includes TCT, HPV, HC2, Virus, DNA test, etc.



● **阴道检查:** 阴道分泌物检查,包括滴虫性阴道炎、霉菌性阴道炎,细菌性阴道病的检查,检查有没有支原体和衣原体。阴道炎症容易影响女性受孕的机会,也容易上行感染导致女性怀孕期间发生其他异常。

Vagina check: check vaginal discharge for trichomonas vaginitis, colpitis mycotica, BV, mycoplasma and chlamydia.

● **子宫检查:** 通过B超检查排除一些病理性器官性疾病,如先天性的子宫发育异常。检查是否出现子宫肥大、内膜炎、宫



腔粘连、子宫肌瘤等疾病。

Uterus check: certain pathological diseases can be screened out through ultrasound, i.e. congenital anomaly of uterus. The test also helps detecting diseases such as metryptrophia, intimitis, intrauterine adhesions and hysteromyoma, etc.

● **卵巢检查:** 检查是否存在卵巢炎、多囊卵巢和巧克力囊肿等机体问题。

Ovarian check: detect the existence of ovaritis, PCOS, and chocolate cyst, etc.

【晋升准爸体检项目】

Items included in the male prenatal checkup

常规检查:

Routine Checkup

常规检查主要是确定备孕男性的年龄、身高、体重、血压、脉搏等基本信息,并通过心电图、B超、化验等进行相关脏器检查,排除一些器质性疾病。

Routine checkup helps confirm male's basic information such as age, height, weight, blood pressure and pulse etc. It also helps screening organic diseases through ECG, ultrasound and lab testing.

专科检查:

Special checkup

主要是男性精子检查 mainly checks the sperms

● **量:** 正常男性一次排精2~6ml。

Quantity: normally between 2 and 6ml

● **精浆生化:** 对精浆进行生物化学检测。

Biochemical check: biochemical checkup on semen

● **颜色和透明度:** 正常刚射出的精液呈乳白色或灰白色,液化后呈半透明乳白色,久未排精者可呈淡黄色。

Color and transparency: semen just ejaculated is in the color of milk white or grey white. After liquefaction, it changes to semi-transparent milk white. It can be light yellow if there is no ejaculation for a long time.

● **粘稠度和液化:** 如果粘稠度降低呈米汤样,可能是精子数量减少,见于生殖系统炎症;精液不凝固见于精囊阻塞或损伤;如果精液1小时后不液化,可能是由于炎症破坏纤溶酶所致,如前列腺炎,精子不液化可以抑制精子活力而影响受孕。

Viscosity and liquefaction: Decreased viscosity of semen can be driven by less sperms. It's commonly seen in patients with inflammations of reproductive system; if the semen doesn't coagulate, it might refer to blockage or damages to seminal vesicle; if the semen doesn't liquefy in 1 hour, it may be because of inflammations such as prostatitis. Failure to liquefy can restrain sperm's mobility and lower the possibility of conception.

● **酸碱度:** 正常精液呈弱碱性PH7.2-8.0,以利于中和酸性的阴道分泌物,pH值小于7或大于8都能影响精子的活动和代谢,不利于受孕。

pH: normal pH value of semen is between 7.2 and 8.0, which can neutralize acidic vaginal discharge. A value lower than 7 or higher than 8 can impact sperm's mobility and metabolism and then lead to infertility.

● **密度:** 正常每毫升精液中精子数量在2千万以上,如少于2千万则属于少精症,会影响生育。

Density: the quantity of sperms should be above 20 million per milliliter of semen. A value lower than 20 million is considered oligospermia, which can cause infertility.

● **1小时存活率:** 排精后1小时内活动精子的百分比应≥60%。

Survival rate: there should be more than 60% of sperms alive 1 hour after ejaculation.

● **精子活力、畸形精子百分比:** 精子活力分为四级,A级——快速直线向前运动;B级——慢速向前运动;C

级——原地摆动;D级——不活动。正常精子活力为A级≥25%或A+B级≥50%。畸形精子是指形态异常的精子,它的百分比应在30%以下。如果畸形率超过30%以上,则属于异常,可能会影响生育。

Sperm mobility and deformity rate: there are 4 levels of sperm mobility: grade A - fast forward moving; grade B - slow forward moving; grade C - non-forward moving; grade D - no moving. Normal mobility should be grade A>=25% or A+B>=50%. Sperm deformity refers to abnormal shapes of sperms. The deformity rate should be below 30%. A rate higher than 30% can impact fertility.

【夫妻双方检查项目】

Items included in the prenatal checkup for both parents



血型检查:

Blood type checkup

1.ABO血型检查:如果母亲是O型血,父亲是A型、B型或AB型血,孕前应进行血型检查,以防止因母婴血型不合而引起的免疫性溶血。母婴血型不合造成溶血病的几率为20%—30%。

ABO blood type checkup: If the female has type O blood and the male has type A, B or AB blood, prenatal blood type checkup should be performed to prevent immune hemolysis. The possibility of hemolysis caused by incompatible blood type is around 20-30%.

2.RH血型测定:RH阴性血型人比较少,亚洲人为千分之三(3%),欧洲、非洲国家为15%,为防止孕期和分娩过程中特殊情况需要输血,要有所准备。此外,如果父母双方血型分别为Rh(-)和Rh(+),则也有可能出现新生儿溶血。

RH blood type check: there are few people in the world belong to RH (-) blood type. It's 3‰ in Asian population and 15% among Europeans and Africans. Newborn hemolysis may happen if parents' blood types are Rh (-) and Rh (+) respectively. Blood transfusion may be needed during pregnancy and delivery.

● **感染类检查:** 乙肝五项检查、丙肝检查、梅毒检查、艾滋病检查等。乙型肝炎本身不会影响胎儿,即使妈妈是高传染性或是乙型肝炎抗原携带者,新生儿也可在出生后24小时内打高效价免疫球蛋白进行防护措施。

Inflammation Check: HepB (5 items), HepC, syphilis and HIV check, etc. HepB itself won't impact fetus. Even mom is highly contagious or the carrier of HepB antigen, newborn is able to obtain protection through immunoglobulin injection within 24 hours of birth.

● **优生十项检查:** 针对弓形虫,风疹病毒,巨细胞病毒,单纯疱疹病毒1型、2型等进行筛查。如有病毒近期感染阳性,要进行治疗或打相关疫苗,6个月后再怀孕。

Eugenic check: screenings for toxoplasmosis, rubella virus, CMV, HSV I and HSV II, etc. If inflammation infection is positive, pregnancy should be postponed for 6 months after treatment or vaccination is received.

● **遗传基因筛查:** 在孕前采取遗传基因筛查,可以有效降低地中海贫血、蚕豆病及血友病儿三大重要遗传病的发生。

Gene screening: the screening can effectively reduce the occurrences of major heredopathia, i.e. thalassemia, favism and hemophilia.

1.地中海贫血:这是一组遗传性溶血性贫血,其共同特点是由于珠蛋白基因的缺陷使血红蛋白中的珠蛋白肽链有一种或几种合成减少或不能合成。地中海贫血是中国南方九省常见的非传染性遗传病。在广东,平均每八人中一人携带地贫基因;在广西,则为每六人中一人携带地贫基因。

Thalassemia: this is a series of inherited hemolytic anemia. Their common characteristic is abnormal formation of hemoglobin, which results in improper oxygen transport and destruction of red blood cells. Thalassemia is a non-contagious inherited disease prevalent in the 9 provinces in southern China. In Guangdong province,

one in every 8 people carries thalassemia gene; while in Guangxi province, it's one in every 6 people.

2.蚕豆病: 临床表现与一般溶血性贫血大致相同, 主要分布在长江以南各省。

Favism: the clinical symptoms of favism is similar to these of common hemolytic anemia. It's widely seen in all provinces to the south of Yangtze River

3.血友病: A(甲)型血友病即缺乏第八凝血因子; B(乙)型血友病即缺乏第九凝血因子; C(丙)型血友病即缺乏第十一凝血因子, 这三种类型与血管性假血友病共同构成血友病的四种类型。前两者为性连锁隐性遗传基因位于X染色体上, 男性发病, 女性遗传。

Hemophilia: There are 4 types of hemophilia, type A (lack of blood coagulation factor VIII), type B (lack of blood coagulation factor IX, type C (lack of blood coagulation factor XI, and vascular hemophilia. Since the former 2 types are caused by sex-linked recessive gene on the X chromosome, female is usually the carrier while male has morbidity.

精子和卵子的相遇与结合悄无声息, 如果你已做好一切准备工作, 那么请静静等待新的生命拉开序幕, 等待“种子”破土而出。

If you are well-prepared, then just wait for the fertilization of the egg and greet the newborn.

TIPS: 吃出好“孕”气

Tips: Nutrition during pregnancy

怀孕犹如一次旅行, 一旦受孕, 便踏上了旅行的征途, 为了使旅程愉快, 就要做好旅行前的准备工作, 吃, 是旅程开始前一项很重要的事。

In order to enjoy the journey of pregnancy, nutrition preparation is crucial.

及时补充叶酸和维生素 Supplement of folic acid and



vitamins

补充叶酸的时间在孕前3个月就应开始, 并持续补充到孩子出生。叶酸除有助于预防胎儿神经管畸形外, 还可预防眼、口唇、胃肠道、心血管、肾、骨骼等器官的畸形发生。

叶酸需要夫妻双方同时补充, 因为叶酸不足会降低精液的浓度, 还可能造成精子中染色体分离异常, 会给未来的宝宝带来患严重疾病的极大可能性。

Female should start taking folic acid supplement 3 months before pregnancy, and continue until the birth of the baby. In addition to prevent fetal neurotube defect, folic acid can help prevent the defect of other organs such eyes, mouth, lips, gastrointestinal tract, cardiovascular system, kidneys and bones.

Male should take folic acid too. Shortage of folic acid may reduce the concentration of semen and cause abnormal chromosome disjunction, leading to severe diseases for the baby.

常吃富含铁的食物 Intake of food with sufficient iron

孕前应检查微量元素, 如铁、锌、钙等, 并根据需求进行补充。如果孕前如果没有好好补充铁这个矿物质, 就容易导致缺铁性贫血, 从而影响胎儿发育。建议备孕的女性应适量食用一些含铁丰富的食物缓解症状, 如动物血、肝脏、瘦肉等动物性食物, 以及黑木耳、红枣等植物性食物。

Prenatal checkup of microelement, such as iron, zinc and calcium, should be conducted. Insufficient supplement of iron may cause hypoferric anemia and affect the growth of the fetus. It is suggested that pregnant women take food with sufficient iron such as animal blood, livers, lean meats, black fungus and date, etc.

预防孕期碘缺乏 Prevent pregnancy-related iodine deficiency

女性孕早期碘缺乏可致甲状腺功能减退, 怀孕后可增加胎发育, 胎盘功能受限的风险。建议女性至少每周摄入一次富含碘的海产品, 如海带、紫菜、鱼、虾、贝类等, 豆制品也可以补充体内的碘。

Iodine deficiency during early pregnancy can cause hypothyrosis and that during late pregnancy increases the possibility of placental function restriction. It is suggested that female take seafood with sufficient iodine at least once a week. The examples of the seafood include kelp, laver, fish, shrimp, and shellfish, etc. Bean products are also helpful in supplementing iodine.

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全科医疗科/内科/外科/妇产科; 妇科专业; 产科专业; 计划生育专业; 生殖健康与不孕症专业/妇女保健科/儿科/眼科/耳鼻喉科/口腔科/皮肤科; 皮肤病专业/医疗美容科/急诊医学科/麻醉科/医学检验科/病理科/医学影像科; X线诊断专业; 超声诊断专业; 心电诊断专业/中医科/特殊医疗技术项目; 体检科。

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"The World and China" Magazine 《世界中国》杂志



《世界中国》杂志(前名“欧洲丝绸之路”)由匈籍华人纳吉·麟女士在2006年三月创办。匈牙利前副总理麦杰希·彼得与中国前副总理邹家华担任顾问委员会主席,总部设在被誉为“多瑙河上的明珠”匈牙利。杂志内容主要以文化、艺术、外交、政治、教育为主题,主要栏目包含高端访问、中外建交,合作交流,异国文化等。全刊以图为主,文字为辅。发行量为10000册。

邹家华先生曾为本刊题词,以示肯定与支持。

"The World and China" Magazine, formerly called "European Silkroad" Magazine, has been established in March 2006 by Hungarian citizen Ms. Lin Nagy. Chairmen of its advisory board are Mr. Peter Medgyessy, former Prime Minister of Hungary, and Mr. Zou Jiahua, former Deputy Prime Minister of China. The seat of the magazine is located at the "Pearl of the river Danube", in Hungary. Main headings of the magazine are: culture, art, diplomacy, politics and education, while main topics include: top level interviews, diplomatic relations between China and foreign countries, cooperation and communication, foreign culture etc. The magazine is mostly dominated by photos, text sections play a secondary role in the layout. It is published in 10,000 copies. The calligraphy on its front page was done by Mr. Zhou Jiahua, symbolizing his definite support for the magazine.



发行地区为驻华大使馆,全国各地以及国外部分地区(图为在美国芝加哥机场贵宾室),
Distribution points of the magazine comprise embassies in China, offices in China and abroad as well as airport lounges (pictured above is the VIP lounge of Chicago Airport, USA).



英国前首相布莱尔先生为本刊杂志题写英文刊名。
Former British Prime Minister, Mr. Tony Blair, has written the English language title of the magazine appearing on the front page.



今年1月16日在北京钓鱼台国宾馆荣获公益传播奖,此奖项由中央电视台和中国下一代教育基金联合颁发。特为那些优秀专项基金,公益机构,草根公益社团而设立。

The magazine has been awarded "Communicating Welfare" Prize at Diaoyutai State Guesthouse on January 16 this year. The prize has been jointly established by China Central Television (CCTV) and the Foundation for the Education of the Next Generation. The prize is to honour outstanding foundations, public welfare organizations and grassroots associations active in promoting the cause of public welfare.

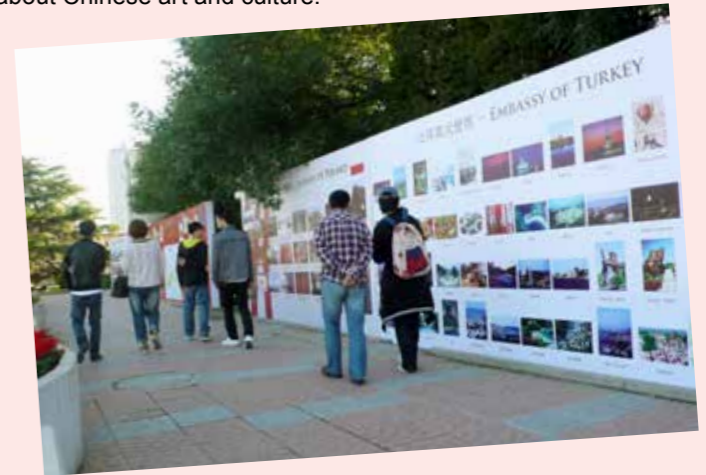
除杂志本身功能之外,杂志社还成功地主办或承办了各类文化活动与商务会议,促进了中西文化交融及经济贸易领域的合作,为世界文化走向中国搭建了有利的平台,为中国文化艺术走向世界起到了极大的推动作用。

Besides publishing the magazine, the Editorial Board is also active in organizing or co-organizing various cultural and business events, thus promoting cultural exchange as well as business and trade cooperation between China and foreign countries. These events serve as effective platforms for introducing foreign culture into China and at the same time render opportunities for the world to learn more about Chinese art and culture.



杂志社在中国北京儿童中心为欧盟举办第二节“我中心的欧洲”青少年画展。时任欧盟副主席魏画展揭幕

The 2nd "Europe in my Heart" Drawing Competition for Children has been organized by the Editorial Board of the magazine for the European Union in Beijing Children's Centre. The exhibition has been opened by Catherine Ashton, Vice-President of European Commission.



2013年在北京最大公园与朝阳区对外友好协会举办第十节朝阳国际风情节。为13个驻华大使馆举办图片展。

Within the framework of the 10th Beijing Chaoyang International Spring Carnival and in cooperation with the Association for Friendly Foreign Relations of Chaoyang District, an exhibition for 13 embassies has been organized by the Editorial Board of the magazine in the largest public park of Beijing in 2013.



在贵州镇远为企业举办2014年国际旅游论坛,出席国家达40多个,9位驻华大使以及前总统和前总理。
The 2014 Zhenyuan International Tourism Forum has been organized by the magazine for business entities in Zhenyuan City of Guizhou Province. We had more than 40 countries, 9 ambassadors, former president and former prime minister participating at the forum.



由于与各国驻华使馆的密切关系,杂志社至2012年以来为多个地方政府牵线搭桥,建立友好城市。至今为止已为贵州,浙江甘肃省二线城市成功建立友好城市。图为匈牙利小可市与白银市在白银签署友好城市意向书。白银市派代表团回访匈牙利小可市,在市里参观。

Because of the close relation with foreign embassies in China, the magazine since 2012 has also assisted and helped Chinese and foreign local governments in contacting each other, learning each other and establishing sister-city relation with each other. Up until today, the magazine mediated the formation of sister-city relations with local governments of Guizhou, Zhejiang and Gansu provinces. Shown on the photo is the signing ceremony of the agreement on establishing sister-city relation between Kiskunfelegyhaza city of Hungary and Baiyin city of China during the visit of the delegation of Baiyin city to Kiskunfelegyhaza, Hungary.

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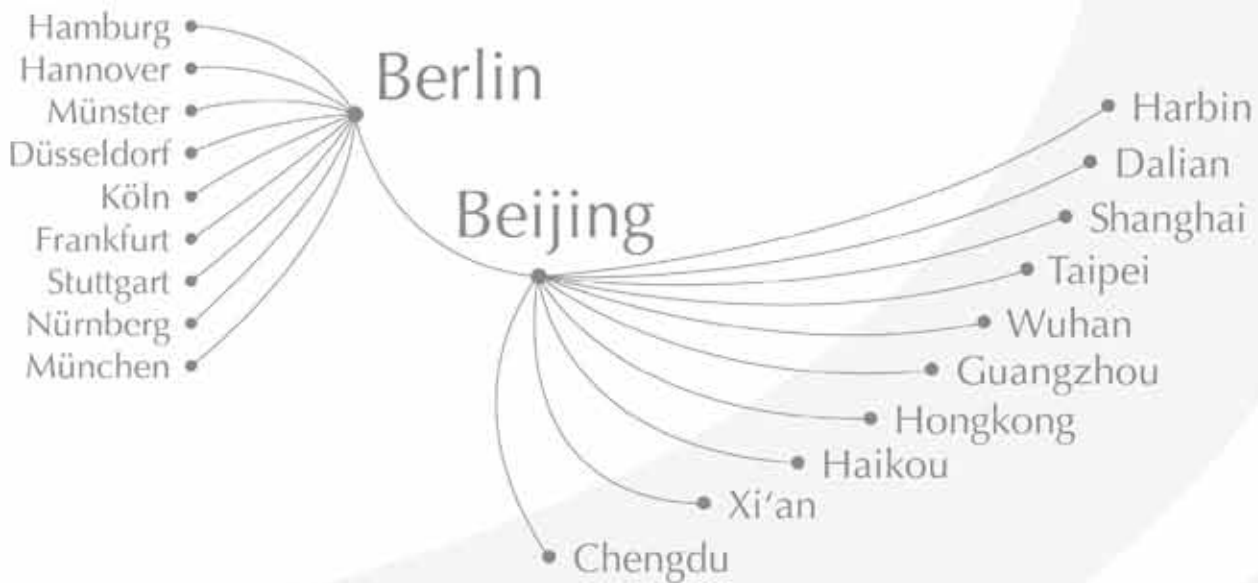
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