# The har Cana China Selyemút Magazin The World's Unique Magazine 国际多语种目物 2016/03 总第062期



Celebration of Europe Day 庆祝欧洲日

The Netherlands, More than Tulip and Vincent van Gogh 荷兰不只是有郁金香和梵高

Walking in the Alleys of Zhouzhuang 走在周庄的小巷里



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.



本刊社长纳吉·蘇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

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".



The WOV Can China 世界中国

国际多语种刊物

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Photography 摄影 王杰森 Jason Wang

方毓强 Fang Yuqiang 特约记者

魏云飞 Wei Yunfei

Distributing Manager 发行监管 王佳 Wang Jia

> Translation 翻译 北京博语思创翻译有限公司

Marketing 市场运营 张晓青 Zhana Xiaoaina

刘安胜 Liu Ansheng

余波 Yu Bo

Beijing Office 北京办公室 北京朝阳区秀水街1号建国门外交公寓1号院1号楼5单元021室

100600 Postal Code 邮政编码

Phone(Fax)联系电话 0086-1087706399

> Website 网址 www.shijiezhongguo.com

shijiezhongguo888@126.com Mail 邮件

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Főszerkesztő Nagy Lin

Tel/fax 0036-30-9606772

朱祖寿 (中国对外友好协会中匈分会会长) Zhu Zushou Web www.shijiezhongguo.com E-mail

shijiezhongguo888@126.com 周晓云 (贵州省省委宣传部副部长) Zhou Xiaoyun 高博 (匈牙利驻中国大使馆前副馆长) Gábor Nagy

释延阔法师 (澳大利亚少林寺方丈) Shi Yankuo Authorisation 主管 匈牙利文化部/中国新闻社 The China News Service 刘军(作家、收藏家、篆刻家、诗人)Liu Jun

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封面说明: 庆祝欧洲日

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欧盟驻华大使史伟阁下与中国外交部部长助理刘海星阁下共同举杯庆祝活动圆满举行

EU Ambassador to China Mr. Hans Dietmar Schweisgut and the Assistant of the Foreign Minister of the People's Republic of China Mr. Liu Haixing

# Celebration of Europe Day 庆祝欧洲日

2016年5月9日, 欧盟驻华大使馆举办了庆祝"欧洲日"的纪念活动。当日,欧盟28个成员国代表及其他国家的使节中国政府官员纷纷出席了活动。

May 9, 2016. The Embassy of EU in China held a commemorative activity to celebrate Europe Day. On that day, representatives of 28 member states of the EU and other diplomatic officials of other countries, as well as Chinese officials attended the activity. (本刊讯)



欧盟成员国产品展示 Exhibition of Products from EU Member States



































## The Netherlands, More than Tulip and Vincent van Gogh 荷兰不只是有郁金香和梵高

(The EU has a rotating system of presidency, the presiding country does the duties of the presidency for a period of 6 month. From January till the end of June this year, the Netherlands got this possibility. Following is the special interview we have made with H.E. Mr. Ron Keller, Ambassador of the Kingdom of the Netherlands in China. Ms. Lin Nagy, Editor in Chief)

(每一个欧盟成员国都有半年的机会担任欧盟轮值主席国. 荷兰从今年1月之6月30日获得了这个机会. 本刊就此专访了荷兰王国驻华大使凯罗先生 主编纳吉·麟)

1. The EU presiding countries define the priorities for their presidency. Which of the priorities of the Dutch presidency had the biggest relevance and impact on China?

The Netherlands is one of the founding fathers of the European Union and these first 6 months of 2016 we held the Presidency of the Council of the European Union for the 12th time. At the start of the Dutch Presidency

we stated that we will run an efficient presidency. And it is my honest opinion that we did. These last six months the Netherlands devoted much of its attention to four issues that lie at the heart of Europe's current challenges: migration and international security; a deeper and fairer internal market; a strong currency union; and a forwardlooking climate and energy policy. In other words we focused on innovation leading to growth and jobs, we did our utmost to ensure a strong euro, promote affordable energy and protect the climate. An united, strong and prosperous European Union which plays an important role in international affairs is relevant for China. Together with the EU Delegation and the EU Member States we work hard on the further development of a solid and strong future proof EU - China relation. Especially in the fields of: trade, climate, energy, peace and justice.

作为欧盟轮值主席国,荷兰在那些方面发挥了最大作用, 与中国最相关,影响中国最深的是什么?

荷兰是欧盟的创始国之一,在2016年的前6个月,我们召开了第12次欧盟理事会主席国会议。从荷兰担任主席国



开始,我们便开始运行一个有效 的治理方法。我直诚的认为我们 的确做到了。在过去的六个月,荷 兰着重关注欧洲当前挑战中四大 问题: 移民和国际安全; 更深层 次和更公平内部的市场: 强大的 货币联盟: 前瞻性气候和能源政 策。换言之,我们专注于创新引领 经济增长和就业, 我们竭力保证 欧元走强,推进可负担的能源, 并保护气候。团结、强大和繁荣 的欧洲联盟,正在与中国相关的 国际事务中发挥着重要的作用。 我们将与欧盟代表团和欧盟成 员国一道, 致力于进一步发展稳 固的,坚强的欧盟-中国关系。尤 其是在下列领域: 贸易、气候、能 源、和平和正义。

2. What is the current Dutch immigration policy visarvis Chinese immigrants? Do you have wealth immigration programs, similar to that of Greece, Spain, Hungary etc?

#### Ambassador:

If you can contribute to the Dutch economy or to Dutch culture or science, you are more likely to be admitted to the Netherlands. The Netherlands offers the possibility of an orientation year as a highly

educated migrant seeking employment. This residence permit is intended for: foreign students studying in the Netherlands; foreign students who graduated from a top university outside the Netherlands and foreign scientific researchers who have carried out research in the Netherlands. They can then use their residence permit for the orientation year to find a job as a highly skilled migrant.

On 1 January 2015 a new scheme was introduced for ambitious entrepreneurs (start-ups) from outside the European Union (EU). As an entrepreneur, you can apply for a one-year residence permit to start an innovative business in the Netherlands. A condition is that you receive support from an experienced, reliable mentor (facilitator) in the Netherlands. You have one year in which



photo by: Olly Geibel.

to develop an innovative product or service. The facilitator provides guidance on turning the concept into a business. After one year you can extend your residence permit in accordance with the scheme for self-employed foreign nationals

With effect from 1 July 2016, the scheme for foreign investors will be amended in three ways to encourage greater use of it. The following changes will be made:

- 1. The first residence permit for foreign investors will be valid for three years instead of one year.
- 2. Foreign investors will no longer require an auditor's report. However, the Immigration and Naturalization Service (IND) will continue to check for suspect transactions in order to combat money laundering.

### AMBASSADOR I 大使访谈

3. A simplified method, based on a points system, will be used to assess the investment. This means that the investment must contribute to the Dutch private sector in two of the following areas: employment, innovation or non-financial (for example, the investor's network and specific knowledge).

### 目前荷兰对中国移民的政策是什么? 荷兰目前有类似于 希腊、西班牙和匈牙利等国家债卷移民程序吗?

如果你能对荷兰国内的经济、文化或者科学有所贡献, 您将更容易或者这个国家的准入。为此我们有特别的移民计 划。此外,荷兰提还为高学历移民人才寻求就业提供一年指 引。这种居住证用于:在荷兰学习外国留学生;非荷兰本国 毕业的世界顶尖大学学生; 在荷兰进行研究的外国科研人 员。他们可以利用他们的居住证在这一年找到一份可以成为 高技术移民的工作。

在2015年1月1日,为了欧盟成员国之外的雄心勃勃的 企业家(创业者)一个关于新方案被提出。作为一个企业家, 你可以申请为期一年的居住证,在荷兰创新创业。但是只有 一个条件, 那就是你必须获得荷兰的一位经验丰富并且值得 信赖的导师(引导者)的支持。你有一年的时间来研发一项 创新产品或者服务。导师为可以引导你将概念转化为商业。 你可以在一年后根据自雇外国国民计划,延长你的居住证的 有效期。

该方案在2016年7月1日生效,将为外国投资者从下列三 个面进行修订, 使之被更好的利用。将做出以下更改:

- 1 外国投资者的首次居住证将由一年变为三年。
- 2 外国投资者将不再需要核数师报告。然而, 移民和归 化服务(IND)将继续核查可疑交易以打击洗钱活动。
- 3 基于点系统的简化方案,将用于评估投资。这意味 着,投资必须利于下列两个领域的私营部门:就业、创新或 非金融(例如,投资者的网络和特殊知识)。
- 3. The Netherlands is quite vulnerable to climate change and rising sea level because of its geographical position. China on the other hand is one of the biggest CO2 emissioning countries. How do the Netherlands and China cooperate in decreasing the CO2 level?

The Netherlands is an actively contributing partner in the China Council for International Cooperation on Environment and Development (CCICED). This high level international advisory body links China with the World in the field of environment and development.

In addition, the Netherlands and China are also working together on concrete ways to decrease emissions and promote renewable energy. A good example is the Sino-Dutch cooperation in the field of clean coal. In December 2015 the Dutch 'Clean Coal China' consortium 年12月成立了荷兰 "洁净煤中国" 联盟。这个荷兰联盟由荷



was established. This Dutch consortium is made up of Dutch companies and research institutes and will supply China with the knowledge and technology to use coal in a cleaner and more efficient way, in order to come to more efficient combustion of coal which will lead to less CO2

Another very exciting cooperation project is the collaboration between AEB (Amsterdam Waste to Energy Plant) and SEEE (Shenzhen Energy Environment Engineering Co.) with the aim to reach a sustainable solution for waste processing in China. In the city of Shenzhen a low-carbon zone known as the East Project is being built. Plans for this zone include the construction of High-Yield Waste-to-Energy plants. Using AEB's environmentally friendly technology would achieve a reduction of 80 million tons of CO2 emissions compared to conventional waste incineration plants.

Finally it should be mentioned that China, through its State Forestry Association, and the Netherlands, together with INBAR (The Beijing based International Association for Bamboo and Ratan) are providing funds and expertise to introduce bamboo cultivation in Kenya, Uganda and Ethiopia. This project aims to help reduce poverty amongst subsistence farmers, to reclaim marginal lands at risk of being lost to desertification and in doing so capturing carbon in a very efficient way. Bamboo is actually a grass which needs regular harvesting (allowing for fast regrowth and more carbon-capture). Bamboo is then sold and exported for many different commercial and medicinal uses.

荷兰因其地理位置特殊, 易遭受气候变化和海平面上升 的影响。另一方面,中国是世界上最大的二氧化碳排放国之 一。中国与荷兰应如何在二氧化碳减排方面进行合作?

荷兰是中国环境与发展国际合作委员会积极的合作伙 伴,对此贡献良多。这种高层次的国际咨询机构将中国和世 界在环境与发展领域联系了起来。

洁净煤领域的中荷合作就是一个很好的例子。在2015

兰本国企业和研究机构组成, 旨在为中国提供煤使用方面的 相关知识和技术,以及更加清洁和有效的使用方式。这有助 于促进煤更有效的燃烧继而减少二氧化碳的排放。

然而, 清洁煤并不是减少二氧化碳排放的唯一引人关注 的方式。中国的开发商和制造商,荷兰的知识机构和工程公 司在可再生能源领域,尤其是海上风能领域也是非常活跃。

另一个令人振奋的合作项目是AEB (阿姆斯特丹废物 能源厂)和SEEE(深圳能源环境工程有限公司)之间的合 作项目,该项目旨在在中国达成废物处理的可持续解决方 案。深圳市东部项目 一 被称为低碳区正在修建。该区域计 划包括兴建高产废物能转工厂。使用AEB的环境友好技术, 与传统的垃圾焚烧发电厂相比, 二氧化碳的减排量将达到 8000万吨。

最后需提到中国,通过其国家林业协会、荷兰以及 INBAR(北京国际竹藤组织)一道为在肯尼亚、乌干达和埃 塞俄比亚栽培种植竹子提供资金和专业知识。该项目旨在改 善本地农民的贫困现状, 重新认购边缘化土地, 防止土地荒 漠化, 采取有效方式吸收空气中的二氧化碳。竹子其实是一 种草类,它需要定期的砍伐(这样才能更快速的成长和吸附 更多的二氧化碳)。砍伐下来的竹子卖掉后,可以衍生许多不 同的商业和医药用涂。

4. The Chinese people eat more and more western foods, like bread, cereals and cheese. The Netherlands is quite famous for its cheese. How did the export volume of cheese from the Netherlands to China change over the years?

中国人尝试越来越多的西方的食物,如面包、谷物和奶 酪。荷兰的奶酪极富盛名。荷兰对中国的奶酪出口量近几年 有什么变化吗?



We are a dairy loving country. Not only does the Netherlands produce 650 million kilos of cheese every year, on average the Dutch also eat 14,3 kilos of cheese per person per year! Two third of the Dutch cheese we produce is being exported. This makes the Netherlands also one of the major cheese exporters worldwide.

The Dutch association with cheese dates back to pre-Christian times. Archaeologists have found remains of cheese-making equipment dating back to 200 B.C. In 57 B.C. Roman Emperor Julius Caesar mentioned in his war report 'Commentarii de Bello Gallico' the following on the people living in the 'low countries' now known as the Netherlands: 'They don't have any agriculture, their food mainly consists of milk, cheese and meat.' By the Middle Ages, making and trading cheese had assumed a central position in Dutch society. From that time on, the Netherlands developed itself into a world leader in the dairy industry.

At this moment the Netherlands is the second largest exporter of cheese in the world. In 2015 we exported cheese at the value of 3400 million USD. Worldwide the most popular cheeses from the Netherlands are Gouda and Edam. However there are many other types of Dutch cheese, such as: Frisian, Limburger, Kernhem, Bluefort, Subenhara, Maasdam, Old Amsterdam. Old Alkmaar. Mimolette Commission, Maasland, Texelaar-Kollumer, Leyden and Leerdammer.

The Dutch export of cheese to China is still modest. Last year China imported Dutch cheese at a value of 4,4 million USD and our cheese export to Hong Kong fluctuates around 2 million USD a year.

However we have big ambitions for the Chinese market. In the last 5 years the total export of cheese to China has more than doubled. With famous protected Dutch brands cheeses like Leidse, Gouda and Edam cheese we trust our share of the Chinese market will gradually grow.

我们都是热爱乳制品的国家。荷兰不仅每年生产6亿5 千万公斤奶酪,荷兰人均每年食用14.3公斤的奶酪!荷兰国 内2/3的奶酪用于出口。这也使得荷兰成为全球主要的奶酪 出口国。

荷兰与奶酪的渊源可以追溯前基督教时期。罗马皇帝凯 撒曾在他的战争报告 "Commentarii de Bello Gallico"中 提到,那些居住在"下城区"也就是现今被称为荷兰的臣民;

"他们没有任何农业, 而他们的食物主要包括牛奶、 奶酪 和肉。" 直到中世纪,奶酪制作和贸易才奠定了它在荷兰社 会的中心地位。也是从那时起,荷兰将其自身打造成为世界 乳制品行业的领军国。

在这时,荷兰成为世界第二大的奶酪出口国。在2015 年,我国出口了价值34亿美元的奶酪。最受全世界欢迎的荷 兰奶酪品牌是高达和伊顿。然而,荷兰还有许多其他种类的 奶酪, 如: Frisian, Limburger等。

尽管在世界的其他地方, 我们是行业的领导者, 但是荷 兰奶酪对中国的出口量仍然是不温不火。中国去年进口的奶

### AMBASSADOR I 大使访谈

酪总额为440万美元,但我们每年出口香港的奶酪总额就有200万元左右。

但是我们对中国市场依旧雄心勃勃。在过去的5年里, 我国对中国的奶酪出口额已经翻了一番。就像著名荷兰奶酪 国宝级品牌 Leidse、高达和伊顿, 我们相信我们在中国市 场的份额将逐步增长。

# 5. How many Chinese students are studying in the Netherlands? What is the average tuition fee and what is the way to get into the Dutch higher education for a Chinese student?

According to the latest statistics, there are currently 8,800 Chinese students studying in the Netherlands which makes Chinese students the second largest foreign students group after German students. The range of tuition fees for international students for bachelor degree programs in the Netherlands is between 40,000 and 110,000 RMB and between 60,000 and 150,000 RMB for master degree programs.

Chinese students can get all practical information, including details about all 2,100 English-thaught programmes, scholarships and admission procedures, about study in Holland from the Chinese website of the Netherlands Education Support Office (Neso China): www.nesochina.org.

# 有多少中国学生在荷兰留学? 平均学费是多少? 中国学生可采取何种方式就读于荷兰高等学府?

最新的统计数字,目前有8800名中国留学生在荷兰学习,这使得中国留学生成为仅次于德国的荷兰第二大留学生群体。荷兰国际留学生的本科学费在4万到11万人民币之间,硕士学费在6万到15万人民币。

中国学生可以从荷兰教育中心的中国网站获得在荷兰 学习的所有实用信息,这其中就包括全部的2100个英语教 学课程,奖学金和入学程序。教育中心的员工在中国办公, 您可以随时联系他们获取个性化的建议和辅导。他们还为您 需要在荷兰学习的事情准备了非常实用的备忘清单,例如如



何编制您的学习计划,如何申请学校,您还可以在NESO网站上找到些什么 www.nesochina.org。

### 6. Do you have cultural institutes in China? 你们在中国有文化中心吗?

The Netherlands doesn't have a cultural institute in China but we do organize many activities to support Dutch culture in China. A good example is our Dutch Days program which is carried out in various cities in China. Dutch Days is a series of events organized by the Dutch diplomatic network in China which aims to promote Dutch culture and strengthen the economic and cultural ties between the two countries.

荷兰在中国没有文化中心,但是我们已经组织了很多活动以促进荷兰文化在中国的传播。其中一个很好的例子就是我们的荷兰日计划,该方案已经在中国的许多城市开展。荷兰日是由荷兰外交网在中国组织的一系列活动,旨在推广荷兰文化,增强两国的经济和文化纽带。

# 7. What could the Netherlands offer to the Chinese market? What fields do you suggest for Chinese investors for investment in the Netherlands?

As a small open economy, the Netherlands thrive by trade. We are China's second largest European trading partner. And the Netherlands is the third largest EU-investor in China.

The Dutch business community is a comprehensive community consisting not only of big multinationals but also of very successful small and middle sized companies. Many of these Dutch companies are family companies and are the backbone of the Dutch economy. To give you an example, this year the Dutch family company 'Enza Seeds' was declared the Netherlands' number 1 family company. 'Enza Seeds' is worldwide known for its top quality products, in China they have a R & D facility where they develop seeds for the Chinese market.

A last theme I would like to underline is the growing outbound tourism. Chinese people are travelling more often and further than before. In 2020 at least 810.000 Chinese are expected to travel to the Netherlands. We are already well known for Amsterdam, our tulips, canals and old masters, such as Rembrandt and of course Vincent van Gogh, but there is so much more worth to be discovered by Chinese travelers.

This spring, several new Visa Application Centers for the Netherlands opened their doors in Chengdu, Fuzhou, Hangzhou, Jinan, Nanjing, Shenyang and Shenzhen. In the autumn more Visa Application Centers will be opened in Changsha, Kunming, Wuhan and Xi'an. The high level of service and special services like short-notice appointments, a call center which answers all questions related to Schengen visa applications, will also be in place at the new Visa Application Centers.

Providing an attractive investment climate for foreign investors into the Netherlands is a priority of my government. The Netherlands Foreign Investment Agency (NFIA) stands ready to provide information and support. As the data show, nowadays, Chinese companies have already set up over 570 operations in the Netherlands. Accumulated Chinese Greenfield investments in the Netherlands amount to approximately 1 billion Euros. The Netherlands is one of the principal locations for Chinese companies to locate their European headquarters, including famous names such as: Huawei Enterprise, Midea, Mindray, BYD, Opple, and China Cargo Airlines.

The Netherlands, is 'the gateway to Europe' and is a smart choice to locate a pan-European operation — The reason for this is first and foremost, that Chinese investors are keen on a cost effective business environment and the Netherlands provides an efficient logistic gateway to Europe. Secondly there are the flexible and business-oriented Dutch import and custom procedures. Thirdly it is easy to find flexible, educated, motivated, and productive employees.

# 荷兰可以为中国市场带来些什么? 你建议中国投资者在荷兰投资哪些领域?

荷兰可以为中国市场带来很多东西。作为一个小型的开放经济体,荷兰的贸易正在蓬勃发展。我们是中国第二大欧洲贸易伙伴。荷兰是中国第三大欧盟投资国。相互投资是我们双边关系不断发展的因素。

荷兰的商业界是一个非常全面的群体,它不单单是由跨国巨头组成,还包含了许多成功的中小型企业。荷兰许多这样的公司都是家族企业,他们同时也是荷兰经济的支柱。这些公司也是全球市场的参与者,他们也活跃于中国市场。举个例子,今年荷兰的一家家族企业-Enza Seeds,刚被宣布成为荷兰排名第一的家族企业。Enza Seeds因其高质量的产品而闻名于世,他们在中国也有自己的研发基地,研发种子销往中国市场。荷兰其他公司的产品质量同样优良,我为我们的商业创新王国而感到骄傲。这就是我国政府将高层互访纳入贸易代表团的原因。

荷兰和中国在食品安全、卫生保健、城市发展、水源质量和低碳密集型经济发展等领域正面临相似的挑战。我们的工作紧密围绕农业-园艺、贸易和投资、科学和技术、可持续的能源,以及企业社会责任和可持续生产的主题开展。在我看来,可持续的经济扩张与创新是一个健康未来的关键。它是事物成长的质量保证。尽管这其中存在诸多挑战,但是知识和经验共享、自由贸易和投资最大化仍关乎我们的利益。

与此相关的一个问题是抗菌素的耐药性(AMR)。这一问题正在威胁着包括中国和欧盟在内的整个世界。荷兰正逐步

减少抗生素在家畜饲养上的使用。欧盟,尤其是荷兰正与中国通过会议、讲习班和研讨会的形式分享其在这个领域的知识。

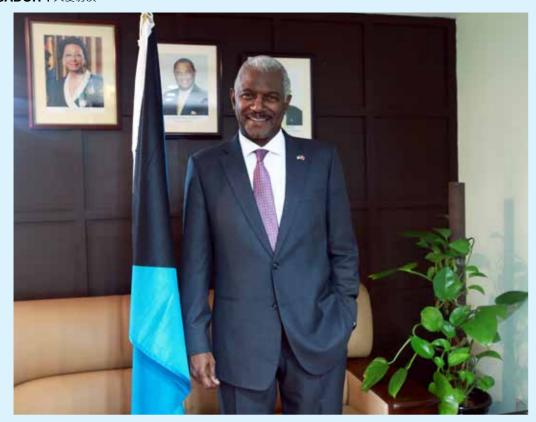
最后我想强调的是日益增长的出境旅游。中国人民当前旅游的次数和距离都更胜以往。截止至2020年,中国到荷兰的旅客人数预计将达到810,000人次。我国的阿姆斯特丹、郁金香、运河和包括伦勃朗、当然还有文森特·梵高那样的古代巨匠都已享誉全球。然而我国还有很多有待中国游客发掘的"宝藏"。

今年春天,在中国的成都、福州、杭州、济南、南京、沈阳和深圳放开了一些新的签证申请中心。秋天,还会有更多的签证申请中心长沙、昆明、武汉和西安开放。居住在北京、上海和广州以外的居民申请荷兰签证,可以在居住地附近申请,这样可以更快、也更方便。新的签证申请中心还将同时配备高水平的服务和例如,短信通知预约、电话中心、申根签证申请和签证申请状态检查在线应答或短信服务等特殊服务。



我国政府首先要为外国投资者创建一个有吸引力的投资环境。我们热烈欢迎来自中国的投资,我们也喜闻乐见中国企业快速找到自己的投资方式。荷兰外商投资局(NFIA)也已随时准备提供相关信息和支持。如数据所示,中国企业目前已在荷兰发展了超过570项业务。中国在荷兰的新建项目的投资金额已累计到达10亿欧元。很多中国企业会选择在荷兰设立他们企业在欧洲的总部,这其中就包括一些知名企业:华为、美的、迈瑞、比亚迪、欧普和中国货运航空公司。此外,许多全球领先的中国企业也在荷兰设立了他们位于欧洲配送的中心和区域服务的中心。

荷兰是进入欧洲的门户,无论它是否是欧洲的总部,共享的服务中心、客户服务中心、配送和物流中心或研发中心,在这里设立覆盖全欧洲的业务都是一个明智的选择。我这么说的首要原因是,中国投资者热衷于一个成本高效的业务环境,而荷兰恰好可以提供覆盖通往整个欧洲的高效物流网。其次,荷兰的进口和海关流程灵活且以商业为导向。第三,容易找到灵活、高学历和富有激情的生产类员工。我们也注意到中国投资者对高质量的荷兰商界人士兴趣斐然。中国企业对于投资如农副产品、信息技术、化学品、高科技系统、物流、生命科学与健康、创意和能源与航空航天等顶尖领域大有兴趣。我们欢迎他们!



巴哈马驻华大使保罗·安德鲁·戈麦斯

# Paul Andy Gomez Ambassador of The Bahamas to China

Paul Andy Gomez

加利福尼亚州,特许仲裁员学会准会员 (ACIArb)

Paul Andy Gomez: 现年57岁; 圣公会教徒; 出生于巴哈马拿骚

一名特许会计师、巴哈马特许会计师协会 (简称"BICA")成员、伦敦特许仲裁员学会 (ACIArb)准会员、美国及加拿大税务专业人员 协会成员.

目前,Gomez先生担任若干私有企业的董事会主席,并担任城市更新基金会(Urban Renewal Foundation) 理事会成员,其中,该基金会主要负责为城市更新委员会募集及审批资金,用于为各类项目提供经费,同时,还担任社会服务及发展部门推出的社会保障体系改革项目"有条件现金调拨项目-上诉委员会"主席,巴哈马群岛-中国友好协会(简称"BCFA")受托人,此外,还是Sigma Pi Phi互助会(简称"Boule")成员。他曾先后担任巴哈马电力公司(简称"BEC")和巴哈马广播公司(简称"ZNS")董事会成员。

Paul Andy Gomez, CA, ACIArb

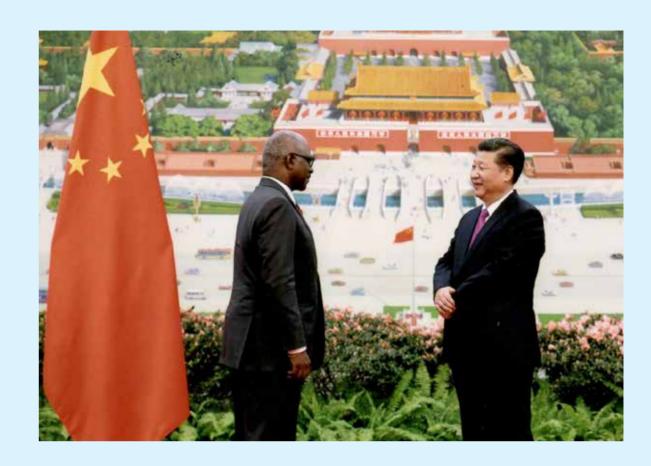
Paul Andy Gomez, 57, an Anglican, was born in Nassau, The Bahamas,

He is a Chartered Accountant and a Member of The Bahamas Institute of Chartered Accountants ("BICA"), an Associate of the Chartered Institute of Arbitrators (ACIArb), London, and a Member of the Institute for Professionals in Taxation, United States & Canada.

Mr. Gomez presently serves as chairman of the board of several privately owned companies, and he serves as a Council Member of the Urban Renewal Foundation, which raises funds and approves funding for the Urban Renewal Commission to fund its various programs, he is Chairman of The Ministry of Social Services and Development's Social Safety Net Reform Project "Conditional Cash Transfer Programme - Appeals Board", he serves as a Trustee of The Bahamas-China Friendship Association ("BCFA") and he is a Member of Sigma Pi Phi Fraternity ("the Boule"). He has previously served as a Member of The Board of The Bahamas Electricity Corporation ("BEC") and The Broadcasting Corporation of The Bahamas ("ZNS"), respectively.

Ambassador Gomez Presented Credential to President Xi on February 29, 2016.

The Bahamas and China will celebrate 20 years of Diplomatic Relations on 23 May, 2017.



Paul Andy Gomez, Ambassador of the Bahamas Speaks to us about the Bahamas – A Holiday Paradise 巴哈马大使向我们介绍他的国家——度假的天堂















挪威王国驻华大使司文阁下携使馆官员欢迎到场宾客

The Norwegian Ambassador Svein O. Saether welcomes the guests together with officials of the embassy

### Norwegian Constitution Day 挪威宪法日





挪威驻华大使馆于2016年5月11日举办了庆祝挪威宪法日的招待会活动。1905年5月17日的这一天, 挪威结束了瑞典的 所属共盟国, 成立了独立的王国。这一天挪威全国各地都会举行庆祝活动, 纪念1814年挪威宪法诞生。

The Embassy of Norway in China held a reception celebrating the Norwegian Constitution Day on May 11, 2016. On May 17, 1905, Norway became independent from Sweden. On this day, there are celebrations all over the country to commemorate the birth of the 1814 Constitution of Norway. (本刊讯)





匈牙利前总理迈杰希·彼得阁下与挪威驻华大使司文 Former Prime Minister of Hungary Peter Medgyessy and Ambassadors H.E. Svein O. Saether



2003年,迈杰希总理在布达 佩斯荣获挪威国王亲自颁发 的大十字勋章

Dr. Peter Medgyessy was given the Grand Cross of the Order of Merit of the Kingdom of Norway by King of Norway in Budapest in 2003.









艺术家表演



2016年5月6日, 欧盟驻华大使馆举办了一年一度的开放日活动, 来自北京部分院校的大学生们纷纷前来参加。

May 6, 2016. The Embassy of EU in China held its annual Open Day. Students from universities in Beijing participated in the activity. (本刊讯)





开放日现场活动

### Día de Apertura al Público de la Embajada de España 西班牙使馆开放日



作为2016年欧盟开放日的一个环节,西班牙驻华大使馆于5月23日在北京塞万提斯学院举办了开放日活动。在当天活动中,为广大的青少年朋友提供了一个交流,探讨,互动的平台。西班牙驻华大使馆公使歌华麓先生和教育顾问玛利亚·露伊莎女士也亲临现场,并介绍了西班牙的对外关系和留学教育等相关话题。

Como un eslabón del Día de Apertura al Público de la Unión Europea de 2016, la Embajada de España en China ha realizado en el día 23 de mayo el evento del Día de Apertura al Público en el Instituto Cervantes en Beijing.



西班牙驻华大使馆公使歌华麓先生和教育顾问玛利亚·露伊莎女士与嘉宾交流









# Open Day of British Embassy 英国使馆开放日



正值英国女王伊丽莎白二世90岁生日以及英国文豪莎士比亚逝世400周年,2016年6月25日,英国驻华使馆举办的 "2016英国大使馆开放日"活动。活动在大使官邸举行。(本刊讯)



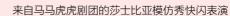
嘉宾与使馆内的英国女王伊丽莎白二世雕像合影



英国驻华大使馆公使罗廷先生致欢迎辞











### EMBASSY I 使馆之窗









罗马尼亚驻华大使多鲁·罗穆卢斯·科斯泰亚阁下 致开幕词并为嘉宾展示幸运彩蛋

罗马尼亚大使馆于2016年5月13日举办了一年一度的使馆开放日活动,此次罗马尼亚的使馆开放日是面向广大青年朋友,国际友人,以及社会各界人士的一个广泛交流,学习,探讨的平台。 (本刊讯)

The Embassy of Romania held its annual Open Day on May 13, 2016. At this time, it was open to the youth, international friends, and the people of all circles. It is an extensive exchange, learning and discussion platform.







罗马尼亚特色产品展示

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瑞典驻华大使罗睿德阁下与嘉宾



### National Day of Sweden 瑞典国庆日





瑞典驻华大使馆于2016年6月6日在使馆内隆重的举办了主题为"可持续发展"的瑞典国庆日庆典。赞助企业在庆典上提供了一系列娱乐、美食和时尚活动,并宣传瑞典的可持续发展理念。

On June 6, 2016, the Swedish Embassy in China solemnly held the celebration of its National Day with the theme of "Sustainable Development". Sponsoring enterprises provided a series of entertainment, food and fashion activities and announced the sustainable development concept of Sweden during the celebration. (本刊讯)





瑞典驻华大使馆新闻参赞欧瑞雅女士为媒体介绍 活动内容



著名的瑞典牛肉丸子



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### EMBASSY I 使馆之窗







### National Day of Russia 俄罗斯日



俄罗斯驻华大使馆于2016年6月8日在使馆内举行了盛大的俄罗斯国庆日招待会。1990年6月12日,俄罗斯通过了《俄罗斯联邦国家主权宣言》,1994年,政府将6月12日定为"俄罗斯独立日",后改称为"俄罗斯日"。

On June 8, 2016, the Russian Embassy in China held a grand reception for the National Day of Russia. On June 12, 1990, Russia passed the Declaration of National Sovereignty of Russian Federation. In 1994, the Government designated June 12 as the "Independence Day of Russia" and then renamed it to "National Day of Russia". (本刊识)



俄罗斯驻华使馆临时代办季诺维耶夫阁下与中国外交部部长助理李惠来阁下共同举杯庆祝活动圆满举行



传统美食











### 70th Anniversary for Independence of Jordan 约旦独立70周年



约旦哈希姆王国驻华大使馆于5月25日举行约旦70周年国庆日(独立日)。1946年约旦从英国委任统治地独立。

On May 25, 2016, the Hashemite Kingdom of Jordan Embassy in China carried out an activity for celebrating the 70th National Day (Independence of Jordan). Jordan declared independence from British mandate in 1946. (本刊讯)



# National Day of Cameroon 喀麦隆国庆日

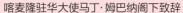




2016年5月20日,值此喀麦隆共和国国庆之际,喀麦隆驻华大使馆在北京举办庆祝招待会。中华人民共和国外交部部长助理张明阁下应邀出席招待会,并同喀麦隆驻华大使马丁·姆巴纳阁下就中喀、中非关系等共同关心的问题交换了意见。

On May 20, 2016, the Cameroon Embassy in China held a celebration reception in Beijing. (本刊讯)











喀麦隆驻华大使 夫妇携使馆官员 欢迎到场宾客



格鲁吉亚驻华大使大卫.阿普恰乌利阁下与中华人民共和国外交部部长助理钱洪山阁下共切庆祝蛋糕



### + ■ + Independence Day of Georgia 格鲁吉亚独立日



格鲁吉亚驻华大使馆于2016年5月23日在北京海航万豪大酒店举办了恢复格鲁吉亚独立日25周年的纪念活动。中华人 民共和国外交部部长助理钱洪山阁下应邀出席并与格鲁吉亚驻华大使大卫·阿普恰乌利阁下交换了双边关系意见。

On May 23, 2016, the Georgian Embassy in China held a commemorative activity celebrating the 25th anniversary for independence of Georgia in Beijing Marriott Hotel Northeast. (本刊讯)





格鲁吉亚驻华大使大卫·阿普恰乌利阁下携使馆官员欢迎到场宾客







# Dia de independencia de Argentina 阿根廷独立日



阿根廷驻华大使馆于2016年6月16日举办阿根廷《独立宣言》通过两百周年庆祝活动,中国外交部官员、各国驻华大使、以及中外企业代表和新闻媒体代表等出席了活动。阿根廷在十六世纪沦为西班牙殖民地,经过大规模武装斗争,阿根廷于1816年正式通过《独立宣言》,宣告脱离西班牙殖民统治。

En el 16 de Junio de 2016 la Embajada de Argentina en China realizó el evento de celebración del Bicentenario de la aprobación de "La Declaración de Independencia ". Los funcionarios del Ministerio de Relaciones Exteriores de China, Embajadores de diferentes países en China, representantes de empresas chinas y extranjeras y representantes de medios de prensa asistieron al evento. Argentina estuvo bajo colonización española desde el Siglo Dieciséis. Por medio de diferentes enfrentamientos armados de gran magnitud, Argentina declaró oficialmente que dejó de estar bajo colonización española a través de la "Declaración de Independencia" en 1816. (本刊讯)



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阿根廷驻华大使盖铁戈阁下与 嘉宾交流



出席活动的武官



# Atarse Fuertemente en el Vínculo con Argentina 紧系与阿根廷的纽带

阿根廷驻华大使馆于2016年5月12日在使馆内举办了一场"紧系与阿根廷的纽带"活动的开幕仪式。该活动的主旨是在倡导西班牙语学生了解阿根廷的文化与习俗。

En el 12 de mayo de 2016, en la Embajada de Argentina en China se realizó un acto de inauguración del evento llamado "Atarse Fuertemente en el Vínculo con Argentina". El objetivo de dicho evento es promover y orientar a los estudiantes del idioma español a conocer sobre la cultura y costumbres de Argentina. (本刊讯)





阿根廷驻华大使夫人带领学生们种植花草



# Ambassador Yutaka Yokoi's Inauguration Reception 横井裕大使到任招待会



日本驻华大使馆于2016年6月17日在使馆内举办了日本新任驻华大使横井裕阁下上任的招待会。(本刊讯)



日本驻华大使横井裕阁下与嘉宾交流





匈牙利驻华大使齐丽女士携匈牙利国防, 陆军及空军武官马世龙中校夫妇欢迎到场宾客



## Army Day of Hungary 匈牙利建军节



值此匈牙和 了庆祝招待会 工作, 匈牙利国 On the o Embassy in 0 19, 2016. "At peacekeeping

值此匈牙利国防节之际,匈牙利驻华大使馆于2016年5月19日在使馆内举办了庆祝招待会。匈牙利目前有900名战士参与欧盟,北约以及联合国的国际维和工作,匈牙利国防陆军及空军武官马世龙中校介在致辞中说。

On the occasion of Hungary's Day of Armed Forces, the Hungarian Embassy in China held a celebration reception at the embassy on May 19, 2016. "At present, 900 Hungarian soldiers participate in international peacekeeping tasks of EU, North Atlantic Treaty Organization and UN", said the Hungarian national defense army and air force military attaché in his speech. (本刊讯)







### Pakistani Defense Conference 巴基斯坦国防发布会



巴基斯坦驻华大使馆于2016年5月17日在使馆内召开关于巴基斯坦经济经济走廊的安全状况的新闻发布会, 巴基斯坦驻华大使马苏德·哈立德阁下与巴基斯坦军方代表发言人 Asim Saleem Bajwa 阁下出席并讲话。

On May 17, 2016, the Pakistani Embassy in China held a press conference about the security of the Pakistani economic corridor in the embassy. Masood Khalid, Pakistani Ambassador in China, and Asim Saleem Bajwa, spokesman of Pakistan military, attended the event and delivered speeches. (本刊讯)





# Charity Sale Activity of Pakistani Embassy in China 巴基斯坦驻华使馆义卖活动

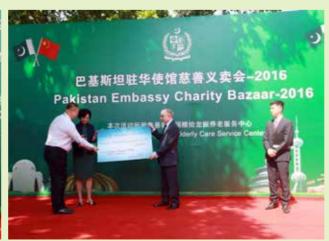
为庆祝中华人民共和国与巴基斯坦伊斯兰共和国建交65周年,巴基斯坦驻华大使馆在馆内举办了慈善义卖会。中国外交部部长王毅夫人钱韦女士作为主宾应邀出席并为活动开幕剪彩并带去了王毅部长对巴基斯坦使馆全体外交官的问候。

To celebrate the 65th anniversary for the People's Republic of China establishing diplomatic relations with the Islamic Republic of Pakistan, the Pakistani Embassy in China held a charity sale in the embassy. Ms. Qian Wei, wife of Wang Yi, Minister of Ministry of Foreign Affairs of the People's Republic of China was invited to attend the activity and cut the ribbon at the opening ceremony. Ms. Qian expressed her greetings to all diplomats in the Pakistani Embassy in China on behalf of Minister Wang Yi. (本刊识)















# La célébration de la journée africaine 非洲日庆典

2016年6月3日晚, 值此非洲日之际, 非洲驻华使团在北京举办了庆祝"非洲日"的活动, 中华人民共和国外交部部长助理钱洪山阁下应邀出席了本次活动。

Le soir du 3 juin 2016, à l'occasion de la journée africaine, la délégation africaine en Chine a célébré La journée africaine à Pékin. A leur invitation, M. Qian Hongshan, l'adjoint du ministre des affaires étrangères, s'y est présenté. (本刊讯)



非洲大使团团长暨马达加斯加共和国驻华大使 Victor Sikonina 阁下致开幕词



中华人民共和国外交部部 长助理钱洪山阁下致辞



乍得共和国驻华大使 Soungui Ahmed 阁下致欢迎词



#### EMBASSY | 使馆之窗



# CCTV-Outlook Channel's "Dialogue with the Ambassador" 共商、共建、共享 筑"一带一路"新桥梁

——CCTV-发现之旅频道在京举办"与大使对话"活动



瑞士驻华大使戴尚贤先生 H.E.Dr.Jean-Jacques de Dardel Ambassador of Switzerland

2016年6月6日下午,由CCTV-发现之旅频道举办的"与大使对话"活动首站在北 京瑞士驻华使馆举行。CCTV-发现之旅频道就中瑞两国的经济、文化、旅游、创新产 业等方面,与瑞士驻华大使戴尚贤先生进行了交流与探索。

The first part of CCTV-Outlook Channel's series: "Dialogue with the Ambassador" was shot at the Embassy of Switzerland in China on June 6, 2016. The talk with H.E.Dr.Jean-Jacques de Dardel, Ambassador of Switzerland primarily focused on the relations between the two countries in the field of economy, culture, tourism and innovation. (本刊讯)



### 25th Anniversary for China-Brunei Establishing **Diplomatic Relations**

### 中国-文莱建交25周年



文莱驻华大使馆和中国人民对外友好协会于2016年6月1日晚共同在北京联合举办招待会, 庆祝中国文莱建交25周年。

On the evening of June 1, 2016, the Embassy of Brunei Darussalam in China and the Chinese People's Association for Friendship with Foreign Countries jointly held a reception in Beijing for celebrating the 25th anniversary for China-Brunei establishing diplomatic relations. (本刊讯)



文莱驻华大使张慈祥阁下和全国政协副主席兼秘书长 张庆黎阁下在招待会上分别致辞



出席贵宾还有文莱玛斯娜公主和丈夫



文莱传统舞蹈表演

# Lithuanian Giant Star Comes to Beijing 立陶宛巨星来京



为庆祝立陶宛篮球联盟主席阿维达斯·赛布尼斯先生和立陶宛国家篮球队主教练乔纳斯·卡劳斯卡斯先生(同时也是2005年至2008年北京奥林匹克中国国家队篮球队主教练)正式访问,立陶宛共和国驻华大使馆于2016年6月10日在京举办了招待宴会。(本刊讯)

To celebrate the formal visit of Mr. Arvid Sabaloneyonis, President of Lithuanian Basketball League and Mr. Jonas Kazlauskas, Chief Coach of Lithuanian Basketball Team (and Chief Coach of Beijing Olympic Chinese Basketball League from 2005 to 2008), the Lithuanian Embassy in China held a reception party in Beijing on June 10, 2016.





立陶宛国家篮球队主教练乔纳斯·卡

劳斯卡斯先生为粉丝签名



前NBA著名中 锋萨博尼斯先 生为嘉宾签名 并合影



### Award Ceremony for Prince Claus Award of the Netherlands

### 荷兰克劳斯亲王奖颁奖活动

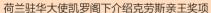




荷兰王国驻华大使馆于2016年5月27日在使馆内举办了为歌手帕尔哈提·哈力先生颁奖典礼。帕尔哈提是首位获得此 奖项的中国歌手。

On May 27, 2016, the Dutch Embassy in China held an award ceremony for singer Mr. Harry Parhat in the embassy. Parhat is the first Chinese singer winning the award. (本刊讯)







克劳斯亲王奖致力于表彰奖励在人类文 化和发展领域的杰出贡献。该奖项每年 为那些通过文化活动对其社会发展产生 积极影响的个人, 团体和组织颁奖。

The Prince Claus Award is devoted to commending people making outstanding contribution to human culture and development. The award is granted to individuals, teams and organizations exerting positive influence on social development by cultural activity.



帕尔哈提·哈力先生表演



荷兰驻华大使凯罗阁下为歌手帕尔哈提·哈力先生颁发奖状

# Conferencia de Prensa por el Terremoto de Ecuador

### 厄瓜多尔震灾发布会



厄瓜多尔驻华大使馆于2016年5月5日在使馆内举办了关于"厄瓜多尔地震— 人道主义救援及灾后重建"为主题的新闻发布会,厄瓜多尔驻华大使何塞·博尔哈阁下出席并讲话。

En el 5 de Mayo se realizó en la Embajada de Ecuador una conferencia de prensa con el tema del "Terremoto de Ecuador - Operativo de rescate humanístico y reconstrucción post terremoto". El Embajador de Ecuador en China, José Borja, asistió al evento y dio su discurso.

(本刊讯)





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### 向阿尔法罗将军雕塑献花仪式在北京金台艺术馆举行

5月22日上午,为纪念4月16日在厄瓜多尔地震中的遇难者,向《埃洛伊·阿尔法罗将军》雕塑献花仪式在北京朝阳公园国际友谊林举行。

中国政府拉美事务特别代表殷恒民大使,商务部美大司司长徐迎真女士,中联部拉美局副局长王家雷先生,全国政协常委、著名造型艺术家、北京金台艺术馆馆长袁熙坤先生,乌拉圭、古巴、哥斯达黎加、比利时、爱尔兰、乌克兰等国驻华大使、代办及使节,前中国驻厄瓜多尔大使,厄瓜多尔在京侨民,各协会、学术中心、在厄中资企业代表等出席了献花仪式。(本刊讯)











袁熙坤先生致辞



来自厄瓜多尔的著名土著艺术家拉蒙·彼埃瓜耶先生将他创作的一幅描绘亚马逊热带雨林的油画作品捐赠给金台艺术馆。袁熙坤馆长、博尔哈大使、拉蒙·彼埃瓜耶先生共同为该油画揭







#### THE NEWS CAFE | 新闻茶座



### Understanding the South China Sea Issues

2016年5月3日中国记协在京举办第八十九期"新闻茶座",中国社会科学院中国边疆研究所党委书记、副所长李国强研究员以"南海问题"为题与境内外记者交流,并回答记者提问。

May 3, 2016. The All-China Journalists Association held the 89th "Press Salon" in Beijing. Researcher Li Guoqiang, Party Secretary and Deputy Director of Institute of Chinese Borderland Studies, CASS, presented his ideas on the South China Sea Issues and answered the questions of journalists.

李国强指出,经过2000多年的历史发展,中国拥有南海诸岛及其附近海域的主权、管辖权和主权权利是毋庸置疑的。无论是从历史上,还是从法理上讲,中国都拥有主权、管辖权和主权权利。但自上世纪70年代以来,不断有周边国家染指南海诸岛,占领南海的部分岛礁,甚至还出现了一些所谓的利益攸关方和区域外国家公开介入干预南海问题,严重恶化该地区的政治和安全环境。

Li Guoqiang pointed out: there is no doubt that China has sovereignty, right of jurisdiction, and sovereign rights of the island in South China Sea and their surrounding waters after more than 2000 years of historical development. Either from history or from a legal perspective, China has the sovereignty, sovereign rights and jurisdiction. But since the 1970s, there have been neighboring countries meddling in the South China Sea islands, occupying some of the islands and reefs in the South China Sea, and even some of the so-called stakeholders and countries outside the region openly intervened the South China Sea issue, seriously deteriorated the regional political and security environment. (本刊讯)



中外记者提问

### Development Achievement of Xinjiang 新疆发展成就

中国记协于2016年5月18日在京举办了第九十期"新闻茶座"邀请新疆社会科学院前院长吴福环教授以"新疆的发展"为题,与境内外记者交流并回答记者提问。

On May 18, 2016, the All-China Journalists' Association held a press salon with Professor Wu Fuhuan, former Director of Xinjiang Academy of Social Sciences.



吴福环介绍说,新疆土地辽阔,民族众多。1949年新疆和平解放,1955年成立新疆维吾尔自治区。60多年来,在党中央的领导、关怀、支持和兄弟省市的援助下,经过新疆各族干部群众的努力奋斗,新疆的经济建设快速发展,人民生活显著提高,社会面貌发生了翻天覆地的变化。无论是区内生产总值、人均生产总值,还是城镇居民人均可支配收入、农村居民纯收入等各项经济社会指标都大幅度提高,2015年,新疆生产总值达9324亿元,比上年增长8.8%,全体居民人均可支配收入16859元,增长11.7%。目前,在新疆农村地区,最好最美的建筑是学校。新疆农村城镇居民99%已通过各种方式加入了医疗保障体系。

Xinjiang Uygur Autonomous Region was founded in 1955. In 2015, the GDP of Xinjiang reached 932.4 billion yuan, increasing by 8.8% compared with the 2014 figure; the per capita disposable income of all citizens reached 16,859 yuan, increasing by 11.7%. At present, in Xinjiang rural areas, the best and most beautiful buildings are schools. 99% of rural and urban citizens in Xinjiang participate in medical insurance schemes by various ways.

(本刊讯)



出席活动的中外记者

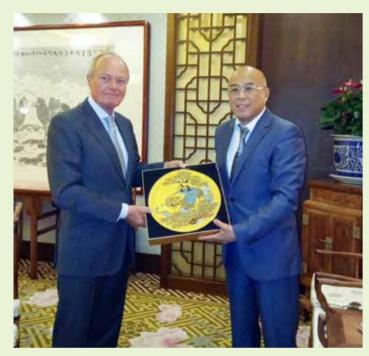


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# Former Political VIP of Hungary pays an in-depth visit to China 匈牙利前政要在中国深度游

5月9日至15日匈牙利前总理迈杰希·彼得阁下对中国进行7天的深度考察活动。

From May 9 to 15, Megyessy Peter, Former Prime Minster of Hungary paid an in-depth visit to China for 7 days. (本刊讯)



中联部副部长周力设午宴招待前总理阁下并赠送中国烤漆工艺品。 Zhou Li, Vice Minister of International Liaison Department of the Central Committee of the CPC prepares luncheon for entertaining former Prime Minister and sends Chinese baking varnish art ware.











与世界中医药联合会交流,商讨2017年世界中 医药大会在匈牙利举办一事以及如何借助"总 理健康基金会"更有利推广中医。

Communicate with World Federation of Chinese Traditional Medicine, and discuss 2017 World Conference on Traditional Chinese Medicine to be held in Hungary and how to more favorably promote traditional Chinese medicine by "Prime Minister Health Foundation".





参观北京五洲女子医院,并向医院黄金雄总裁赠送人民出版社出版的中文版"仕途上的公民"自传。

Visit Beijing Wuzhou Women's Hospital and send Chinese version of "Citizens on the Official Career" published by People's Publishing House to President Huang Jinxiong of the hospital.

和"一带一路"专家,国家智库专家胡正源先生交谈,对中国'一带一路'的宏观策略深入了解。

Communicate with Mr. Hu Zhengyuan, "the Belt and Road" expert and national think tank expert to have further understanding of the macro strategy of "the Belt and Road" of China.

在昆明体验新建地铁。

Experience newly built subway in Kunming City, Yunnan Province.



### CULTURAL PERSPECTIVE | 文化视野



Protector of Ancient Chinese Architecture - Mr. Zhao Guangzhi 中国古建筑营造工艺传承人——赵广智先生

年近80岁的赵广智先生,19岁开始跟随中国著名建筑师,古建筑保护者梁思成先生学习中国古建筑营 造工艺学6年。受到梁先生的亲自传艺。

前半生从事了各项工作,退休后,2000年起,赵先生开始集中精力研究如何微制中国古建筑。他渴望在 有生之年把中国最有名的近400座古建筑全部用适当的比例微制成功。目前已完成50件。实现当年对梁先 生的承诺, 把中国的古建筑营造技能向后人展示, 传承下去。(本刊讯)







This year 80 year old Mr. Zhao Guangzhi, studied the ancient Chinese architecture and building art from age 19 for 6 years under the instructions of the famous architect and protector of Chinese ancient buildings, Mr. Liu Sicheng. Mr. Liu passed on his knowledge and personal skills to Mr. Zhao.

For half of his life he was busy with various projects, but after retiring in 2000, he started concentrating his energy on how to build replica models of famous ancient Chinese buildings. His goal is to build-up the proportionate model of the most famous historical Chinese buildings, almost 400 in number, in his lifetime. As of today, he already made it for 50 buildings. He constantly works on keeping his promise made to Mr. Liu back then, and tries to display and pass on his skills in the domain of ancient architecture to the next generation.









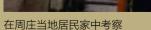




唯一一条外界通往岛上的公路









昆剧演员





















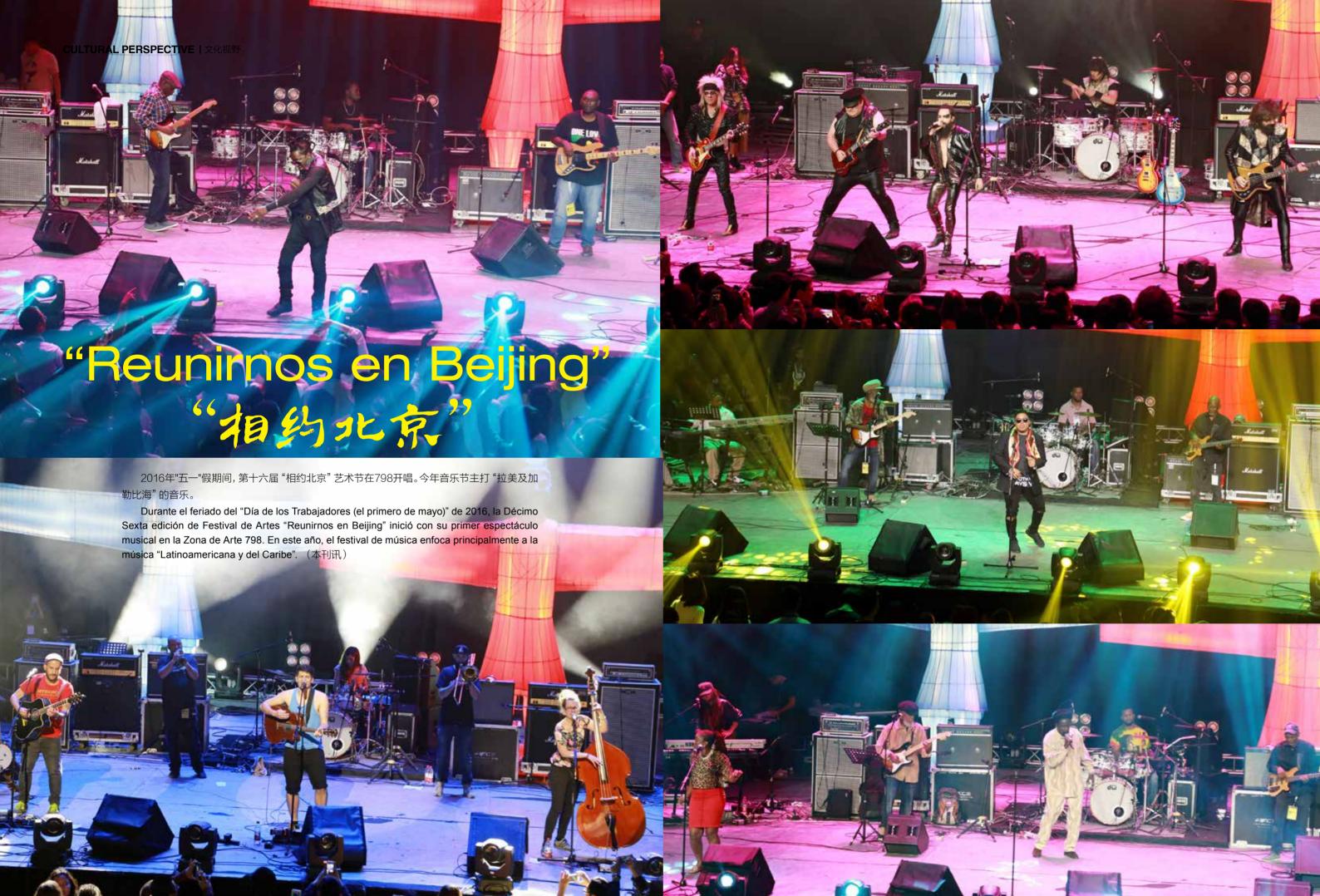








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# 2016年北京海羊沙滩到大节

"城市里看海公园中玩沙",作为北京夏日户外大型活动的黄金品牌,北京海洋沙滩狂欢节已成为北京乃至全国文化创意产业的典范,得到了国内外的广泛关注,并被人们所熟知。

北京海洋沙滩狂欢节经过七年的成功举办,依托北京电视台独有的电视播出平台,优良的执行团队,打造出自奥运会后,以夏日休闲、家庭娱乐、优质服务为特色的"城市消夏嘉年华"高端休闲品牌。

2016年第八届北京海洋沙滩狂欢节将于7月2日至8月31日在北京朝阳公园举行。拥有20000平米奥运沙滩、5000平米湖景泳池的"海沙节"将依托优质资源,为广大市民和海内外游客在北京市区打造出一个高品质的夏日乐园!















### CULTURAL PERSPECTIVE | 文化视野





# Semana de Promoción Cultural de Perú 秘鲁文化推广周

秘鲁驻华大使馆携手秘鲁Bellucci Internacional Co.Ltd.公司于2016年5月30日在北京威斯汀酒店举办秘鲁美食及羊驼绒制品推广周的开幕式。

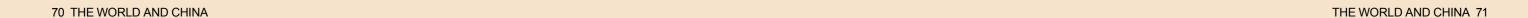
En el día 30 de mayo de 2016, La Embajada de Perú en China, junto con la empresa peruana Bellucci Internacional Co.Ltd., han celebrado la apertura de la Semana de Promoción de Gourmet y Productos de Lana de Alpaca de Perú, en el Hotel Westin en Beijing. (本刊讯)







秘鲁传统民族服饰以及优质羊驼绒制品



# El Sombrero de Paja de Ecuador se Promociona en Beijing

## 厄瓜多尔草帽在京推广



厄瓜多尔驻华大使馆于2016年5月31日在北京语言大学内举办来自关于厄瓜多尔托奎拉草帽的文化展示以及现场编织的活动. 托奎拉草帽的传统编织技艺从2012年起成为人类非物质文化遗产的一部分。

La Embajada de Ecuador en China organizó un evento de exhibición de la cultura de los sombreros de paja de Ecuador, asimismo se practicaron el tejido de los sombreros en el mismo evento, realizado dentro de la Universidad de Lenguaje de Beijing. A partir de 2012, el arte tradicional de tejido de los sombreros de toquila ha formado como parte del patrimonio cultural inmaterial de la humanidad. (本刊识)



厄瓜多尔驻华大使何塞·博尔哈阁下讲话



厄瓜多尔驻华使馆商务参赞罗斯南先生讲话





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# Opening of the 2016 Shanghai-Japan Filmweek 2016上海·日本电影周开幕

方毓强 摄影、报道 Author/Photo by FANG Yuqiang

6月12日,作为第19届上海国际电影节正式项目的"上海•日本电影周",在上海和平影院开幕。日本电影周团长、日中文化交流协会副会长、日本明星栗原小卷女士,日中电影节实行委员会理事长耿忠女士等中日嘉宾到会致辞。

6月11日至19日,8部在各影院展映的日本电影被命名为"人生"系列,意在让观众感应当今日本人的压力、魅力并存的心声。而开幕式放映的影片就是2016年制作的《人生的约定》(A Living Promise)。

开幕式还为4月14日熊本地震募捐,邀请熊本吉祥物"熊本熊"亮相。

#### 链接:

栗原小卷(くりはら こまきKomaki Kurihara) 1945年生人。1978年中国的"文革"刚刚结束才2年, 百废待兴,因而她主演的影片《生死恋》、《望乡》在中 国上映,引起了轰动。





熊本吉祥物"熊本熊"与中国吉祥物"熊猫"以及不少小朋友一起在台上亮相、舞蹈。



大多数中国人都知道,喜剧大师陈佩斯曾经被某主流电视台封杀了好多年。那些年,几乎没有人敢与他合作。他只能去种树,拍个小广告, 串串戏。也许是这样,陈佩斯对演艺这个行业的感受和对人生的感受都非同一般。 去年他导演并和杨立新共同主演喜剧《戏台》。陈佩斯在该戏中的艺术才能发挥的淋漓尽致。 从2015年7月上演至今 60多场,每场的观众都上干人。爱好喜剧的观众都感受到,《戏台》是中国舞台喜剧史无前例的绝作。

Most of the Chinese people know, that Chen Peisi, the famous Chinese comedian, has been banned from the screen for many years by a mainstream Chinese television company. During these years, there was almost nobody brave enough to work with him. He had no choice but to plant trees, shoot smaller advertisements, and appear in smaller roles. His understanding of this profession and the human character however is quite extraordinary. Last year he directed and with Yang Lixin played the main role in "Cabaret". In this play Chen Peisi raised the beauty of expression to new heights. It was staged for more than 60 times since July 2015, every time in front of more than one thousand people. Everyone in fond of witty plays would probably agree that the "Cabaret" is an all-time masterpiece of the Chinese humour. (本刊讯)

The Great Comedian, Chen Peisi, is Back中国喜剧大师, 陈佩斯复活了







## Focus Lithuania 聚焦立陶宛



2016年6月18日,第七届"北京南锣鼓巷"戏剧节聚焦立陶宛单元适合全家我的民族特色音乐剧《鹳的礼物》《方言盛宴》在北京蓬蒿剧场演出。(本刊讯)



民族音乐剧《鹳的礼物》。2010年,本作品获得立陶宛戏剧界最高奖项"金十字奖"。 In 2010 the play received the highest Lithuanian theatre prize – the Golden Stage Cross Award in the category of puppet and object theatre.

图片来自于蓬蒿剧场网站



《方言盛宴》,2014年,本作品获得立陶宛戏剧界最高奖项"金十字奖"。

图片来自于蓬蒿剧场网站



#### CULTURAL PERSPECTIVE | 文化视野



# The 2<sup>nd</sup> Session of International Cultural Industry Investment Symposium was Held in Beijing 第二届文洽会在京举行

由国家发改委,文化部指导,国家发改委国际合作中心,文化部艺术发展中心共同创始主办的"国际文化产业投资洽谈会"于2016年6月14日在北京展览馆举行。

On June 14, 2016, the "International Cultural Industry Investment Symposium" guided by National Development and Reform Commission and the Ministry of Culture and jointly sponsored by International Cooperation Center of National Development and Reform Commission and Art Development Center of the Ministry of Culture was held in Beijing Exhibition Center. (本刊讯)





-带一路大使论坛签约仪式,图为论坛负责人分别与海洋市市长刘宏涛和酒泉市副市长胡晓东签约



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# Jade Carving Enters University Curriculum 玉雕进入大学

2016年6月4日上午,中国玉雕研究院成立揭牌仪式在上海大学举行。中国玉雕研究院由中国民间文艺家协会批复成 立。院长由上海大学中国艺术产业研究院副院长罗宏才担任。(本刊讯)





分党组书记罗杨共同为中国玉雕研究院揭牌



中国玉雕研究院向众多业内



中国玉雕研究院成立嘉宾合影

## Hebei Tourism Meeting was Held in Tangshan 河北旅游活动

2016年河北国际经济贸易洽谈会,中东欧旅游推 介及产业对接会6月18日下午在唐山举行。50多个来 自中东欧国家的嘉宾出席会议。

The 2016 CHINA-HEBEI International Eco. and Trade Fair - Turism Promotion and Industrial Matching Meeting was held in Tangshan on 18th of June. Over 50 East European guests were invited.

河北省委赵勇副书记做主题演讲时说,河北省是 中国地貌的缩影, 要在5年内把它建设成旅游强省, 要 建立4000以上额旅游村庄。匈牙利Kisujszallas 副市长 Kovacs Tibor代表东欧嘉宾发言。 (本刊讯)







震纪念馆)





"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。

## 小小的胜利

"8:02驶往都柏林皮尔斯站的列车正在停靠第一站台。" 诺琳将月票插入检票机,步下楼梯前往站台。这些楼梯在结冰的时候简直能要人命。考虑到车票的价格,他们应该不是因为缺钱才不买点沙砾的。

列车停了下来,车门上闪烁的按钮和她的靴子正好对成一条直线。她忍不住的想,这是个吉兆,预示今天顺利。她从两个女孩子中间挤了过去——听她们的声音,应该还是学生。她们干吗非得在大清早的这么大声说话呢?还没有他的影子。她沿着过道向前走,留意两边的座位,寻找他的脸。一份报纸挡住了她的去路。"借过一下,"她说。

透过两节车厢联接处的双层玻璃,她发现了他的头顶。他头发的那种金色,没错的。到克劳希亚站后,她下了火车,走到隔壁车厢再上车,在她前面上车的只有为数不多的几个人。

她成功地挤过站着的乘客,来到他的座位旁边站 定。有谁的耳机声音开得大了点,尖细的音乐声倾泻出来。 不过,除此之外还并不嘈杂。她抓住上方的扶手,另一手在 手提包里翻找唇膏。接着她又打开她的粉底,用一只手补了 些妆粉在下脸颊的红色斑块上,同时将落在她上衣外套上的 散粉扫去。

再过三站才到布鲁姆桥站,那时她才能坐下。他到这时肯定已经认出她来了。不过,不管怎么样,这不关他的事。要找到他并不总是这么容易,不过这一切是值得的。她要是有别的办法还用得着一直这么干站着吗?虽然只是进城前的最后15分钟,但是感觉就像是一次小小的胜利,是一天的一个好开始。

"列车到达布鲁姆桥站。" 诺琳的金发男生在座位上动了动。她准备坐下去。

他又动了一下,但是仍然坐着。他平静地向窗外看去,列车慢慢驶离了他的目的站。

诺琳距他如此之近,她能感觉到他的胳膊肘顶着她的腿。她尽可能自然地缓慢向后移了移,然后在余下的车程 里把目光一直锁定在手机上。

"列车到达都柏林皮尔斯站。"

诺琳落后他几步离开车站。随着人群步下坡道,涌 入街道,她看见他右转,走上了通往对面站台的台阶。

电子显示屏上显示下一班列车将于9分钟后到达。 他今天上班要迟到了, 这是无法更改的事实了, 不过他仍然 忍不住觉得这一切是值得的。



故事作者:

菲奥娜·尼尔森

她是一位居住在柏林的 译者。她曾在爱尔兰都柏林圣 三一学院学习法律与德语。她 的创作灵感来自于花在都柏 林地区通勤火车上的时间。

## The Dragon Boat Festival 端午节



端午节为每年中国农历五月初五,已被列入世界非物质 文化遗产名录。它是"中国国家法定4大节假日之一。有20 多种节日名字。

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

端午节有吃粽子,喝雄黄酒,挂菖蒲、蒿草、艾叶,薰苍术、白芷,赛龙舟的习俗。

有关端午节的传说有几个, 其中最为普遍的是:

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

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



碑林 Stele Fores

The Dragon Boat Festival falls on the 5th day of the 5th month of the Lunar Calendar. It has been added to the list of Intangible Cultural Heritage of the World and it is also one of an official Chinese state holidays. There are over 20 names for this day.

Its origins go back to Hunan Province, where different tribes performed a sacrificial ceremony on this day with competing dragon boats carrying totem figures. It is also the day when the famous poet, Qu Yuan died, hence it



距离长沙100多公里的汨罗江

Miluo river situated more than 100 kilometers from Changsha

became the day when Han nationality pay homage to Qu Yuan and therefore also called the "Feast of Poets".

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

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

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

In 278 BC, the Qin Kingdom invaded his home country, the Chu Kingdom. The fall of his beloved land crushed his heart, he wrote his last verse "Sand in the Bosom" and then jumped into the Miluo river. After his death, people of Chu Kingdom, deep in tears, went to the river one by one to remember the loss of their great poet and countryman. (本刊讯)



在屈原投江的附近修建的祠堂,300多年。

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

## West Coast Countries Art Exhibition 西海岸国艺术展



2016年5月5日, 拉美及加勒比海艺术节系列展览在中华世纪坛隆重开幕。该展由中国文化部与阿根廷、巴巴多斯、厄 瓜多尔、格林纳达、哥伦比亚、哥斯达黎加、圭亚那、墨西哥、秘鲁、特立尼达和多巴哥、乌拉圭、委内瑞拉、牙买加、智利驻 华使馆等驻华机构联合主办。在近现代的历史发展过程中,拉丁美洲在继承古代文明的同时融合了来自欧洲和亚洲的外来 文化, 孕育出了独特的拉美文化, 创造了如"魔幻现实主义"这种全新的文化艺术形态, 以一种神奇的方式展现拉美独特的 历史文化风貌。

May 5, 2016. An exhibition of Latin American and Caribbean Art was opened in China Millennium Monument. The Ministry of Culture of the PRC, and the embassies of Argentina, Barbados, Ecuador, Grenada, Colombia, Costa Rica, Guiana, Mexico, Peru, Trinidad and Tobago, Uruguay, Venezuela, Jamaica, and Chile jointly held the exhibition.

(本刊讯)





苏里南大使洛伊德·皮纳斯阁下在开幕式上致辞





出席活动的使节及嘉宾



巴拿马作品 Panama





牙买加作品 Jamaica



圭亚那作品 Guyana



哥伦比亚作品 Columbia



厄瓜多尔作品 Ecuador



秘鲁作品 Peru



格林纳达作品 Grenada



乌拉圭作品 Uruguay



巴巴多斯作品 Barbados



哥斯达黎加作品 Costa Rica



委内瑞拉作品 Venezuela



# Maritime Silk Road Art Exhibition 海上丝绸路画展



2016年5月7日,由马来西亚驻华大使馆、马中友好协会、马中文化艺术协会、马来西亚画家协会联合主办的"马六甲:马中友好之邦"海上丝绸之路完美艺术画展在798艺术区卓越艺术空间开幕。

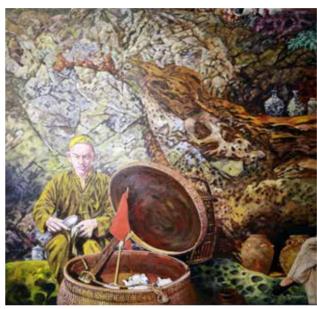
May 7, 2016. The Melaka: Where Friendship Begins – Strengthening the "Maritime Silk Road" Connectivity Perfect Art Exhibition has been held in Joyart Gallery, 798 Art District jointly by the Embassy of Malaysia, Malaysia-China Friendship Association, Malaysia-China Culture & Arts Association, and the Malaysian Artists Society. (本刊讯)



马中友好协会会长,前马来西亚驻华大 使拿督马志德阁下讲话











马来西亚舞蹈表演





出席嘉宾为开幕式赠送礼品



# Appreciating Van Gogh in Beijing 在北京看梵高

2016年6月15日,梵高博物馆将呈献"邂逅梵高"体验展全球首演,由大中华区唯一授权主办方玮俊文化,与世界知名的荷兰阿姆斯特丹梵高博物馆董事会及联合创始合伙人ArtComm携手,在北京展示。

On June 15, 2016, the Van Gogh Museum presented the global debut of "Meeting Van Gogh" Experience Exhibition in Beijing. It was jointly held by the sole authorized sponsor in Greater China Region - Junwei Culture and Board of Directors and co-founder ArtComm of world famous Van Gogh Museum in Amsterdam, the Netherlands. (本刊讯)



董事会顾问威廉·梵高先生(艺术家梵高弟弟的曾孙)为嘉宾介绍梵高艺术作品



阿姆斯特丹梵高 博物馆馆长阿克 塞尔·吕格尔先 生发言













嘉宾观看梵高艺术作品视频

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# Appreciation of Shi Yanyu's 108 Arhats



# 释延欲108罗汉作品欣赏

释延裕,2008年北京奥运会火炬手、少林寺监院。他用3个月时间闭关创作,全长10米.

Shi Yanyu is the torch bearer of the 2008 Beijing Olympic Games and supervisor of Shaolin Temple. He spent 3 months creating this work measuring 10m in length.











Plate Unveiling Ceremony of "Xu Zhaomin Violin Art School" "徐兆民提琴艺术学校" 揭牌仪式



徐兆民,1957年生于黑龙江..收藏家,高级艺术评论家,美国提琴协会会员,国家大剧院举办的"欧艺琴声"世界名琴展总策划、总导演与发起人。擅长小提琴教学、鉴赏、制作等,青年时期在中央音乐学院进修小提琴专业,之后多年授课小提琴,被业界人士尊称为小提琴教授。收藏代表作有世界独一无二的匈牙利制琴大师于1751年制作的"蒙面侠盗",十八世纪英国管风琴和双排键古董风琴等,收藏的提琴品质和数量,在中国绝无仅有。(本刊讯)

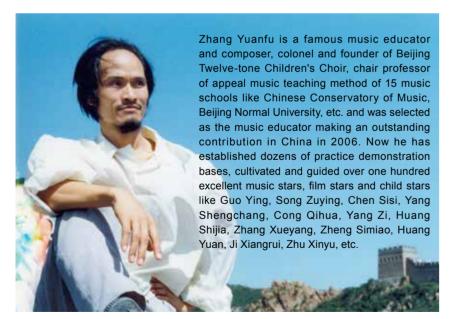






# Zhang Yuanfu, Creative Teacher of Music 张远福,中国音乐教学创新人

孩子学习了快乐,青少儿童学习了进步,中年人用了充实,老年用了健康!学生宋祖英,陈思思,杨紫,黄诗佳,黄元,吉祥瑞,朱馨玉等百名歌唱家,歌星,影视明星等都受益于情趣音乐教学法。(本刊讯)



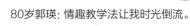
张远福,著名音乐教育家,作曲家。北京十二音少儿合唱团团长、创始人;中国音乐学院、北京师范大学等全国15所音乐院校情趣音乐教学法讲座教授;2006年入选中华有杰出贡献的音乐教育家。现今已在全国建立了几十个实践示范基地。培养并指导出了如郭瑛、宋祖英、陈思思、杨圣长、丛奇华、杨紫、黄诗佳、张雪阳、郑思淼、黄元、吉祥瑞、朱馨玉等百名优秀歌星,影星和童星。



教育部艺术委员常委,《国家音乐课程标准》研发组长撰写人,首都师大音乐学院博士生导师王安国教授在2015年7月5日远福音乐教学法第六期综合成果汇报音乐会活动中点评到:'远福研发的音乐表现模式、歌唱教学方法和课堂教学形式在中国目前没有,世界少见!相信远福的情趣音乐教学法一定会为提升中华民族的音乐素养做出突出的贡献!'



中年学生









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#### BUSINESS PLATFORM I 商务平台

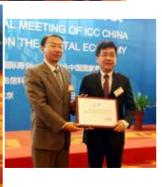


# Establishment of Digital Economy Commission 数字经济委员会成立

为更好地推动中国国际商会参与国际商会(ICC)工作,提高中国在国际商事规则制定中的话语权,中国国际商会于5月11日下午在北京京都信苑饭店召开国际商会中国国家委员会(ICC China)数字经济委员会成立会议。

In order to better promote the participation of China Chamber of International Commerce in the cooperation with International Chamber of Commerce (ICC) and to further articulate the Chinese voice in international commercial rulemaking, China Chamber of International Commerce held the Establishment Conference of ICC China Digital Economy Commission in Beijing Xinyuan Hotel on May 11 in the afternoon. (本刊讯)





被选出的主席, 执行主席以及副主席分别合影

15<sup>th</sup> Anniversary for the Foundation of Shanghai Cooperation Organization



上合成立 15周年

2016年6月14日,上海合作组织秘书处在京举行招待会,庆祝上合组织成立15周年。成员国包括中国、哈萨克斯坦、吉尔吉斯斯坦、俄罗斯、塔吉克斯坦和乌兹别克斯坦。

On June 14, 2016, the Secretariat of Shanghai Cooperation Organization held a reception in Beijing to celebrate the 15th anniversary for the foundation of Shanghai Cooperation Organization. Member countries include China, Kazakhstan, Kyrgyzstan, Russia, Tajikistan and Uzbekistan. (本刊识)



新疆野马集团董事长陈志峰先生(左二) 向阿利莫夫阁下赠送万马图







# 吴裕泰茶业的"非遗"传人

## ——孙丹威采访记

人物介绍: 孙丹威, 北京吴裕泰茶业股份有限公司总经 工、吴裕泰的第四代传人张文煜。 理。国家级非贵---"吴裕泰茉莉花茶窨制技艺"第五代传 承人: 高级评茶师: 北京老字号协会副会长、北京茶业协会 副会长。

落座,回眸一个抱歉的微笑。她还是老样子---风风火火却 又端庄沉稳,就像吴裕泰茶庄里无处不在的茶香,有着因时 光而弥坚的深长回味。

#### 追秘方 一心夺回话语权的女掌门人

只要您在北京城生活过,一准会知道吴裕泰茶庄的大名。 这家诞生于1887年的京城花茶老字号, 与整个北京城 的变迁以及北京人的生活牢牢交织在一起,但如何珍藏乃 至发扬这一缕茶香,在30年前却一度成了难题。

"那个时候, 老字号的生意在慢慢复苏, 但困难还真不 少……"孙总沉浸于往事的回忆中:"1997年,北京市东城 区商业部门领导正式决定将百年老号吴裕泰按照现代企业 进行经营管理,成立了北京吴裕泰茶叶公司。我受命出任了 公司经理, 面对的只是20几位员工和老裕泰仅留下的一个 前店后厂的茶庄。"

从何下手才能重塑吴裕泰的花茶魅力? 对老字号来说, 没有比传承百年的技术秘方更有力的武器了。孙丹威任职后 从新梳理系统,请回了学徒出身、最了解吴裕泰历史的老职

"那时张师傅已经退休,家住通县,为了关心老人家,公 司安排给他做体检, 还给他家装了电话, 定期接他到店里给 员工讲述他在吴裕泰的整个经历。"孙丹威颇为感慨地说:

"张文煜师傅是吴裕泰茶庄的传人,他心里装着吴裕泰一整 见到孙丹威,她正忙着打电话,但马上用手势邀请我们 套的花茶拼配秘方,为了企业的发展,我这当掌门人的必须 从学徒开始!"从此她凭着一股钻劲向张师傅学习,从茶业 的门外汉做到了茶行家,后又报读浙江大学茶叶经济贸易研 修班深造。她说:"我即使不是专家但也必须专业,只有懂行 懂市场的经营者,才能夺回老字号的话语权,才能让企业步 入发展的快车道。"

> 在孙丹威和她的创业团队努力下, 张师傅传帮带和徒弟 一起整理完成了整套的花茶拼配技术流程, 吴裕泰的百年 "裕泰香"终于回来了!

#### 做连锁 从第一个吃螃蟹开始率领中国范儿

从1999年开始,吴裕泰公司正式推出了茶叶连锁店的 经营模式。有人说:"你们真胆大,在整个中国茶行业都是头 一份, 这螃蟹哪儿那么好吃呀?"

压力大动力更大, 孙丹威在国内外走了一圈, 考察了整 个茶叶市场的经营环境和基础,最后在日本接触到了已经相 当成熟和完善的连锁店经营模式,她下决心力排众议,恢复 老字号吴裕泰的连锁制度。

"为什么叫恢复呢?"孙总解释:"因为吴裕泰历史上

就有很多家分号, 而分号就是连锁。当今, 我们有更多的先 进管理模式可借鉴,为了将老字号推上一个新高度,一个 字---开!"

冒险吃了螃蟹的孙丹威,连自己也没想到吴裕泰的生意 自此一路红火,从1999到2016,17年的时间里,吴裕泰从只 有北新桥一家店的小门脸,发展成为旗下拥有400多家连锁 店的茶叶企业。

采访中, 孙丹威说起了一件往事: 2011年7月, 英国皇家 御用茶川宁品牌的第十代传人斯蒂芬:川宁到访吴裕泰和孙 丹威进行了交流, 同为老字号传人的两位掌门人, 就中英两 大茶叶消费国各自的饮茶习惯、茶文化、茶叶产品和工艺展 开热烈地讨论。

"我们的谈话氛围一度白热化。" 孙丹威描述当时的情 景: "在斯蒂芬的眼里,只有他们的茶是用一流技术精心调 配的,而中国茶店则是拿产地的茶直接销售,中间缺乏技术 含量。我跟他讲, 你说错了, 我们中国的花茶是经过最高超 的拼配技术加丁完成的,而目所有的产品都是通过花和茶 的窨制,绝对纯天然无添加。而你们的茶则多加入香精香料 调配完成,已经不是茶本身的原味了。"说到此,孙丹威微微 一笑: "听了我的一席话,又品了我们吴裕泰的花茶后,斯蒂 芬当场被触动了, 他连连感慨自己对中国茶的认识太片面, 称赞说: '原来中国的花茶香得这么地道!' 临走时, 他还特 意品尝了吴裕泰的茶冰激凌,留下一句话: '再来中国一定 专访吴裕泰,我和老吴的缘分没够!'"

2011年, "吴裕泰茉莉花茶窨制技艺" 入选中国国家级 非物质文化遗产名录;次年,孙丹威荣获国家级"非物质文 化遗产项目代表性传承人"。之后孙丹威更忙了,她说:"传 承就是责任, 吴裕泰一百多年走的是中国范儿, 到我这儿还 得发扬光大, 我得让全国乃至全世界的喝茶人明白, 吴裕泰 代表的中国茶香名不虚传!"



吴裕泰国家级"非 遗"第5代传承人 孙丹威进行茶叶



#### 求创新 百年老字号要争80、90后的年轻茶市场

"我们现在做的一件事是打造'大花茶'概念。"传承人 的心思全部浸在她的话语中: "在提升核心产品茉莉花茶品 质的同时,结合消费者的需求打造多种花茶品种,包括用吴 裕泰的传统窨制技艺挖掘、恢复传统花茶中的著名品种,并 尝试用吴裕泰特有的技艺开发新的花茶品类。"

孙丹威带着团队遍走国内外著名茶园和香花产区,尝试 将各类型花香与绿茶、红茶、乌龙茶、普洱茶等进行搭配, 最 终用吴裕泰的窨制技艺和独特的口味标准重新挖掘、调整和 把关,研发出了桂花乌龙、兰花花茶、玳玳花茶等深受消费 者欢迎的新产品,"翠谷幽兰" 便是利用四川雅安的兰花窨 制而成的全新兰花香花茶,其扑鼻清香和清爽的口感令其成 为吴裕泰门店和电商平台的口碑产品。

面对80、90后的年轻茶市场,吴裕泰在茶空间的功能 延伸上也做了探索和尝试,在前门大街上的"裕泰东方体验 店"里,顾客不仅能买到中式原叶茶,还可以品尝到吴裕泰 的特色茶冰激凌、抹茶年轮蛋糕及奶冻等衍生产品,吸引了 更多人来完成茶生活的体验和互动。"茶饮吧"作为吴裕泰 的创新型模式,茶叶原料都是从台湾茶园精心选购的,再经 过科学的口味配比, 调制出独一无二的茶饮风格, 受到年轻 消费者的欢迎。

对此, 孙丹威有话说: "没有什么能比消费者本身更有说 服力。我是吴裕泰的传承人,首先要保证我们老吴家的茶叶 品质和服务, 给消费者一个选你的理由。"

(文/蒋志均高然整理)

链接:

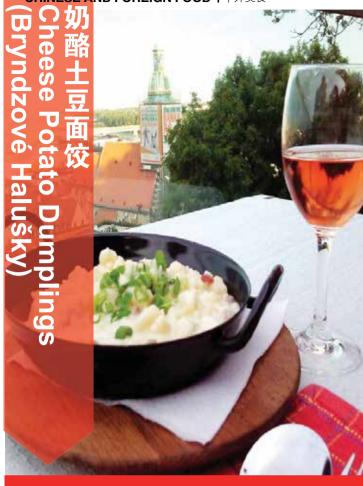
北京吴裕泰茶业股份有限公司

网址: www.wuyutai.com

北京康普特文化发展公司(本文推介)

网址: www.bjkangpute.com

CHINESE AND FOREIGN FOOD | 中外美食



国家描述: 国家小魅力大 都: 伯拉第斯拉瓦

口: 540万 货 币: 欧元

主要出口产品: 机动车、机械和原材料

加入欧盟时间: 2004年

以何闻名:连绵的山脉和文石洞穴(世界上仅发现了三个)

名 人:约瑟夫·贝尼克(军用降落伞的发明者)

Slogan/Country characteristic: Little Big Country

Name of country in language of origin: Slovenská

republika

Language(s): Slovak Capital: Bratislava

Population (in millions): 5.4

Currency: Euro

Main export products: motor vehicles, machinery and raw materials

Date of entry into EU: 2004

Famous for: Slovakia is known for its numerous and impressive mountain ranges and for having an aragonite cave (there are only 3 discovered in the world).

Famous person: Jozef Banic (inventor of military

parachute)



#### 斯洛伐克 Slovakia

#### 食谱描述:

奶酪土豆面饺是斯洛伐克的传统美食, 有多种做法。您可 以加些圆白菜、鸡蛋。把它和由羊奶制成的松软奶酪搅拌在 一起,这道美食就做完了。当然了,要想做的地道,你可以 上网购买需要的奶酪。每年斯洛伐克都会举办吃奶酪土豆饺 的比赛。

#### 料:

- 2-3 个土豆
- 4-5汤匙面粉
- 盐
- 1个鸡蛋
- 羊奶奶酪或一包菲达芝士
- 3/4包奶油乳酪
- 3/4汤匙牛奶

#### 烹调指南:

土豆去皮, 切至碎块。加入鸡蛋和粉面, 面团不要过硬, 也不要过软。可以加适量粉面或水对其硬度进行调配。再加入 一汤匙盐。待水煮沸后,加入两汤匙盐。用茶匙将生面糊滴入 沸水中, 这期间, 要保证水处于沸腾状态。

待土豆饺浮到水面上来,用笊篱将其盛出。将羊奶奶酪或 菲达芝士,3/4包奶油乳酪,3/4汤匙牛奶同土豆饺一起加热, 不停的搅拌。煮沸后, 关火, 切些培根末, 煎熟, 将其撒在奶 酪土豆饺上面。



#### **Recipe description:**

Bryndzové halušky (cheese potato dumpings) is the national dish of Slovakia. Halušky are potato dumplings, and they come in many varieties. They can be topped with cabbage, eggs, or simply used as a side dish. But when you mix them with bryndza, a soft crumbly cheese traditionally made by shepherds out of sheep's milk, you get this national dish. Of course, to make them right, you will need bryndza, which can easily be ordered on the internet. There is an annual Bryndzové Halušky festival that features an eating contest.

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

- 2-3 potatoes
- 4-5 tbsp. flour
- salt
- 1 egg
- bryndza or 1 package of feta cheese
- 3/4 pack of cream cheese
- 3-4 tbsp. of milk

#### **Recipe instructions:**

Peel potatoes and finely shred them.

Add egg and flour. Make a dough that is not too tough but not too watery. You may use more or less flour or add a little bit of water if it is too tough. Add 1 teaspoon of salt.

Boil water with 2 tablespoon of salt. Use a teaspoon to drop a little bit of the dough into the boiling water. Be sure the water is always boiling.

When the halusky are done they will float on top of the water. Pick them out with a strainer.

If you don't have bryndza, heat together 1 package of Feta Cheese, 3/4 of a pack of cream cheese, and 3-4 tablespoon of milk.

Heat everything together. Mix all the time. When it starts to boil, remove from the heat.

Cut up little pieces of bacon and fry them. Serve halusky with the cheese sauce on top and sprinkle with the bacon pieces.





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We also provide English service for international friends



In Hot Summer, Let's Start a Body "Toxin Sweeping" Journey!

# 热血盛夏, 开启身体扫"毒"之旅!

本文指导专家/北京五洲妇儿医院中医科主任李巍 Li Wei-guiding expert of this article/Director of TCM Department of Globalcare Women& Children's Hospital

在环境污染严重、食品问题众多的今天,毒素无处不在。在中医看来,当体内毒素堆积到一定程度后,我们的身体就会出现各种各样的症状,如:失眠、气郁、上火、精神不振等。虽然,我们身体内有系统在自动进行着新陈代谢、排毒,但也需要一些外在的"帮助",毒素才会清除得更彻底。五洲中医专家支招,这个夏天开启身体扫"毒"之旅!

Nowadays, the environmental pollution is serious, and the food problems are numerous so that toxin is ubiquitous. From the perspective of TCM, when the vivotoxin is accumulated to a certain degree, our bodies will appear with various symptoms, such as: insomnia, qi depression, excessive internal heat and lassitude. Although our bodies have a system, which automatically carries out metabolism and expels toxin, it also needs some external "help" in order to eliminate toxin more thoroughly. A TCM expert from Globalcare will give you advice and help you start a body "toxin sweeping" journey this summer!

目标一: 肾脏
 Target One: Kidney

★ 扫除对象: 尿频、小便不利、浮肿、黑眼圈、恶心呕吐

**Sweeping objects:** Frequent urination, difficult urination, edema, black eye, nausea and vomiting

肾脏的主要功能是代谢和调整内分泌。肾脏堆积毒素后,排出多余液体的能力降低,就会导致排水不畅。此时多余的水分滞留对身体有害,症状常表现为尿频、水肿、恶心呕吐、心慌憋气等。当肾脏毒素堆积、负荷过大,还会使人乏力、嗜睡、胃口不佳。

The main functions of kidney are metabolism, and regulation of endocrine. After toxin is accumulated in kidney, the ability of kidney to discharge excessive liquid becomes weaker, resulting in poor water discharge. The retention of excessive water is harmful to the body, as manifested by symptoms like frequent urination, edema, nausea, vomiting, palpitation and short breath. When the kidney accumulates excessive toxin and it is overloaded, it may make people lack power, drowsiness and poor appetite too.

#### ✗ 养生方案:

#### The solutions for health preservation:

① 清晨一杯温白水:身体经过一夜的修复,到了早晨 毒素都聚集在肾脏,早晨起来最好喝一杯温白水,可加快毒 素排出体外。

A glass of lukewarm water in early morning: After one night's restoration of the body, toxin is accumulated in kidney in the morning. It is preferred to drink a glass of warm boiled water in the morning, which may help to discharge toxins from the body quickly.

② 清淡饮食,少吃盐:饮食中95%的盐分由肾脏代谢,摄入太多盐会使肾脏的负担加重。

Light diet and little ingestion of salt: 95% of salt in food and drink is metabolized through the kidney. Excessive ingestion of salt will increase the burden of the kidney.

③ 让食物来清理肾脏:冬瓜富含汁液,进入人体后,会刺激肾脏增加尿液,排出体内的毒素;山药能补肾,经常吃山药可以增强肾脏的排毒功能;多吃黄瓜、樱桃等蔬果也有助于肾脏排毒。

Let food clean the kidney: Wax gourd is rich in juice, which stimulates the kidney to generate more urine to remove toxin in the body; Chinese yam can tonify kidney, so eating Chinese yam frequently may enhance the

function of detoxification for kidney; It can also be helpful for kidney to remove toxins by eating more cucumber, cherry and other vegetables and fruits.

④ **选对时间运动:** 下午5~7点是肾脏排毒时间,可进行慢跑、快走等运动,都可以刺激肾脏起到按摩的作用。

Do exercises in a right time: The time of detoxification is 5~7 o'clock pm, and you can do jogging, fast walking and other exercise to stimulate the kidney to play the role of massage.

⑤ **睡前按摩5分钟:** 涌泉处于脚底, 经常按揉, 能促进肾脏排毒。此穴位于足底的前1/3处, 可以边按边揉, 力度不宜过大, 5分钟即可。

5 minutes' massage before sleep: Yongquan acupoints are at the soles of feet, which can help to promote detoxification of the kidney by massaging them. The acupoint is at the location of 1/3 from tiptoe of each foot. You may rub them while pressing them, with moderate force, for 5minutes.

⑥ 避免药物性肾损害: 引起肾脏损害的药物很多, 抗生素、各类利尿剂、非类固醇抗炎药物甚至某些中草药, 都有可能伤害到肾脏。因此, 一定要在医生的指导下使用药物。

Avoid drug-induced renal damage: Many drugs may cause renal damage. Antibiotics, various diuretics, non-steroid anti-inflammatory drugs, and even some Chinese herbal medicines may damage the kidney. Therefore, drugs must be used under the guidance of the doctors.

#### ● 目标二: 心脏

Target Two: Heart

★ 扫除对象: 口舌生疮, 额头长痘, 心悸失眠, 胸闷胸痛

**Sweeping objects:** Mouth and tongue sore, pimples on the forehead, palpitation, insomnia, and chest distress and pain

中医认为舌与心脏相通,如果口舌生疮,则是心火旺的表现;当这种毒素无法排除时,额头就会长痘;另外,当心脏毒素进一步堆积时,便会出现心烦、心悸、失眠、胸闷等症状。

From the perspective of TCM, the tongue links the heart. Mouth and tongue sore is the manifestation of exuberance of heart fire; when such toxin cannot be removed, pimples will appear on the forehead; besides, when toxin is further accumulated in the heart, it will be appeared such symptoms, including vexation, palpitation, insomnia and chest distress.

#### 

#### The solutions of health preservation:

① **适量吃"苦"**: 莲子芯, 味苦, 入心, 一向被认为是化解心脏热毒的好食材。用些许莲子芯、白菊花一起冲泡,可以缓解心火。

Eating "bitter" food appropriately: Lotus seed core, with bitter taste, is always considered as a good food material for neutralizing heat toxin of heart. The drink prepared by brewing a little lotus seed core and white chrysanthemum with water may ease the internal heat.

② 食疗补阴: 心火旺的人大多伴有阴虚, 不妨多吃些樱桃、麦冬、百合、竹笋、枸杞之类可以补阴的食品。

Tonifying yin by food therapy: People with exuberant internal heat mostly are accompanied with deficiency of yin. They may eat more cherry, ophiopogon japonicus, lily, bamboo shoots, medlar and other foods that can tonify yin.

③ 按压少府穴:心脏排毒要经常按压少府穴,位于手掌面,第4、5掌骨之间,握拳时,当小指尖处。按压这个穴位不妨用些力,可左右手交替进行,每次3-5分钟。

Press the acupoint of Shaofu: the acupoints of Shaofu should be often pressed to remove toxin from the heart. Shaofu acupoint is between the 4th and 5th metacarpal bones on the palm. It is at the tip of the little finger when you make a fist. You may press this point hard or press it by using two hands alternately for 3-5 minutes.

④ 减轻心脏负担: 茶、咖啡、酒等导致心脏兴奋的食物应适可而止: 减少摄取高糖、高油、高盐类食物。

Alleviate the burden of heart: Tea, coffee, alcohol and other foods that may excite the heart should be taken in moderately; it should reduce the ingestion of food with high sugar, high oil and high salt.

⑤ **重视午间小憩**:午时是心的"主时"。心经当令的时间,不宜做剧烈运动,可以静卧闭目养神或小睡一会儿。午餐时也不要吃得太多,坚果、小枣、莲子等有利于心脏,并有助排毒,不妨适当吃点。

Attach importance to noon break: Noon is the "due time" of heart. When the heart channel is in due time, strenuous exercise is not recommended and instead, you may lie still, close your eyes for rest or nap a while. Do not eat too much at lunch. It is good for heart to eat appropriate nut, jujube and lotus seed which can help to remove toxin.

#### ● 目标三: 肝脏 Target Three: Liver

★ 扫除对象: 面色暗黄、色斑加重、偏头痛、心烦易怒或抑郁

**Sweeping objects:** Dark complexion, aggravated colored patches, migraine, vexation, irritability or depression

肝脏是人体解毒的重要加工厂,它会将肠道中不易吸收的代谢物质带回肝脏进行"解毒"。除了酗酒、暴饮暴食、吃的过于油腻等不良的饮食习惯会使肝脏变得很"脏"之外,不规律生活、长时间熬夜、情绪不佳等因素也都会加重肝脏的负担,影响肝脏代谢。

Liver, as the important processing plant for detoxification of human body, may take back metabolites absorbed hardly by intestine, for detoxification. and other bad dietary habits It may make liver dirty to have such harmful dietary habit, including excessive drinking, overeating, oily food and so on. Besides, it may also aggravate the burden on liver for these factors, such as the irregular life, long-time staying up late, bad mood etc., which may affect the metabolism of liver.

#### 

#### The solutions for health preservation:

① 健康饮食: 尽量避免喝酒; 三餐定时, 少吃高脂、高盐、高糖类食物, 远离过度加工食品。

Healthy diet: Avoid drinking alcohol as far as possible; having three meals at regular time, eating less food with high fat, high salt and high sugar and keeping away from the food processed excessively.

② **适度眼泪=肝脏排毒:** 肝喜疏恶郁, 保持心情愉悦, 避免暴怒和抑郁, 难受时、委屈时、压抑时就干脆哭出来, 就能维持其正常的疏泄功能。肝气郁结的女性, 可用玫瑰花泡水代茶饮, 能起到疏肝理气功效。

Moderate tear=liver detoxification: Liver favors soothing and dislikes depression, so it is good to maintain a good mood and avoid rage and depression. Cry out when you feel sad, wronged or depressed as it can maintain the normal discharging function of liver. Women with liver-qi depression may drink rose flower tea, which can play an role of soothing the liver and regulating vital energy.

③ **常吃青色食物:** 中医认为青色食物可疏肝、解郁,促进毒素的排泄,可将新鲜柠檬切片泡水喝,或是常饮菊花本。



Eating green food frequently: From the perspective of TCM, The green food may sooth the liver and relieve depression, and promote discharge of toxin. It is good to

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drink tea made from sliced fresh lemon or frequently to drink the chrysanthemum tea .

④ **早睡促进排毒:** 丑时(凌晨1~3点)是人体肝经当令,请务必在晚11点时关灯上床,保证身体在凌晨1~3点时处于深度睡眠状态,为肝脏排毒提供良好的环境。

Sleep early to promote detoxification: The due time of liver is 1~3 am. Please be sure to go to bed before 11 pm, so as to fall into deep sleep at 1~3 am which can help to provide a good environment for liver detoxification.

#### ● 目标四: 脾脏

Target Four: Spleen

★ 扫除对象: 面色发黄、溃疡频繁、腹胀或腹泻、身体发胖

Sweeping objects: Dark complexion, frequent

ulceration, abdominal distension or diarrhea, and obesity 中医认为,口唇周围都属于脾的反射区,当脾中毒素无法排出体外,嘴角边就长痘或生出溃疡;夏季来临,胃口好,如果经常进食生冷味厚的食物,就容易伤害到脾胃的消化系统,让沉积在脾脏的毒素不能顺畅的排出。

From the perspective of TCM, the peripheries of mouth and lips are all the reflecting regions of spleen. When the toxin in the spleen cannot be removed from the body, pimples or ulcer will appear at corners of the mouth; in summer, if people have good appetite to intake raw and cold food with strong taste frequently, it will injure spleen-stomach digestive system. As a result, the toxin deposited in the spleen cannot be discharged smoothly.

#### ★ 养生方案:

#### The solutions for health preservation:

① **适量吃酸:** 乌梅、果醋,这些都是用来化解食物中毒素的最佳食品,常吃还可以增强脾胃的消化功能,帮助清除脾脏的毒素。

Moderately take in sour food: Dark plum and fruit vinegar are optimum food for neutralizing toxin in food. It may also enhance the digestive function of spleen and stomach and help remove toxin of the spleen to eat them frequently.

② 餐后"微"运动:食物如果不能及时消化或是吸收,毒素就会积累在脾胃。饭后不妨走动走动,但不宜剧烈;也可以活动脚趾,练习用脚趾抓地,同样有健脾胃,促排毒的功效。

Post-meal "mild" movement: If food cannot be digested or absorbed in time, toxin will be accumulated in spleen and stomach. Walking after meal is recommended,

but strenuous exercises are not recommended. Alternatively, you may move your toes and feet and practice grabbing the ground with toes. It may also help to strengthen the spleen and stomach and promote detoxification.

③ 敲打脾经穴位: 跷起二郎腿, 任意一只手攥起拳头轻捶小腿处, 连续敲打5分钟。脾经经过于此, 对此处的轻轻捶打可刺激脾经活动, 提升脾功能, 让长期淤积于此的毒素顺利排出去。

Percuss the acupoints of spleen channel: Cross legs and gently punch shanks with a fist for 5min in a row. The spleen channel passes this point. The gentle percussion at this point may stimulate the activities of the spleen channel, which can promote spleen function and help discharge of toxin silting here in a long time.

④ **脾脏排毒:** 上午9~11点是脾经当令,可按压足三里及商丘穴,商丘穴位于内踝前下方的凹陷中,用手指按揉该穴位,保持酸重感即可,每次5分钟左右,两脚交替做,可促进脾脏的排毒。

Spleen detoxification: 9~11 am is the due time of the spleen channel. Zusanli and Shangqu acupoints may be pressed. Shangqu acupoint is in the depression in the front lower part of malleolus medialis. Press and rub this acupoint with fingers till there is a feeling of tiredness, about 5min each time. Massage the two acupoints in the two legs alternatively. It may promote spleen detoxification.

## ● 目标五: 肺脏

Target Five: Lung

★ 扫除对象: 肤色晦暗, 长痘, 呼吸不畅, 经常感冒

**Sweeping objects:** Dark skin, pimples, difficulty in breathing, and frequent cold

肺部的自我保护能力在所有器官中最差,因而也被评为 "最脏的器官"之一。雾霾天,我们呼吸的每一口空气都可 能将漂浮的颗粒、有害气体带进体内,更别提尼古丁、二氧化 硫等这些侵入肺中的有害物了。如果肺脏中存有毒素,皮肤 就会显得晦暗、无光;肺毒上升,还会干扰肺内的气血运行, 让人呼吸不畅,进而患上支气管炎、哮喘、肺结核、肺癌等疾 病。

Among all organs, lung has the poorest self-defensive ability, so it is considered one of "the dirtiest organs". In hazy days, every inhalation may bring floating granules and harmful gas into our bodies, to say nothing of nicotine,

sulfur dioxide and other harmful substances invading the lung. If lung has toxin, skin will look dark, gloomy and have no gloss; lung toxin if ascending will also disturb qiblood circulation in the lung and make breathing difficult, leading to bronchitis, asthma, tuberculosis, lung cancer and other diseases.

#### ★ 养生方案:

#### The solutions for health preservation:

① **让肺部保持清润**: 干燥最容易导致肺部毒素累积下来。保证足够的饮水量,以口唇湿润、皮肤不干燥为判断标; 避免辛辣食物和油炸食物, 多吃润肺食物, 如银耳、百合、莲藕、荸荠、梨、白萝卜等。

Keep the lung clean and moist: Dryness most likely leads to toxin accumulation in the lung. Please drink enough water, as judged by the standard of moist mouth and lips and non-dry skin; avoid spicy food and fried food, and eat more lung-moistening food, such as: tremella, lily, lotus root, water chestnut, pear and white radish.



② **雾霾天保护好自己:**除了可以选择性能较好的空气清新机以外,阴霾天还要尽量少出门次数。外出时应佩戴专业的防雾霾口罩,并尽量避开早上雾霾重的时间段。

Protect yourselves in hazy days: Select a good air cleaner and minimize outdoor activities. Wear professional anti-haze masks and avoid the time frame of morning with heavy haze if possible.

③ 适量出汗: 肺主皮毛, 痛痛快快地出一身汗, 可以让汗液带走体内的毒素, 让肺变得清爽起来。除了运动, 泡热水浴也是促进出汗的很好选择, 浴前在水中加一些生姜和薄荷精油, 效果更佳。

An appropriate amount of sweating: The lung links skin and hair. Sweating all over may take away vivotoxin together with sweat and refresh the lung. In addition to exercises, hot bath is also a good way to promote sweating. The effect is even better if some fresh ginger and peppermint essential oil are added to the water before bath.

④ 保持愉悦的心情:中医认为"常笑宣肺",笑能使肺扩张,人在笑中还会不自觉地进行深呼吸,吸进更多的氧气,有利于清理呼吸道。

Keep pleased: From the perspective of TCM, "frequent laugh helps open the inhibited lung energy". Laugh can make the lung dilated. During laugh, people will

unconsciously take deep breath and inhale more oxygen to make for cleaning of the respiratory tract.

#### ● 目标六: 肠胃

Target Six: Intestines and stomach

★ 扫除对象: 面色晦暗、毛孔粗大、便秘、口气重

**Sweeping objects:** Gloomy complexion, coarse pores, constipation and bad mouth

肠道本身就是处理毒素的器官,经常打嗝、腹胀,就是肠胃中的"脏东西"在作怪。对于经常便秘的人来说,积存在肠道的多种毒素不能及时地排出,就会诱发面色晦暗、皮肤粗糙、痤疮等问题。

Intestines are toxin disposing organs. Frequent hiccup and abdominal distension are caused by "dirty things" in intestines and stomach. People with chronic constipation cannot remove various kinds of toxin in intestines in time. This may induce gloomy complexion, coarse skin, acne and other problems.

#### ★ 养生方案:

Health preservation solutions:

① **适量补充益生菌**: 益生菌有利于调节肠道菌群平 衡、改善肠道健康, 建议经常食用益生菌酸牛奶或乳酸菌饮 料等乳制品来清理肠道。

Take in an appropriate amount of probiotics: Probiotics help regulate the balance of intestinal flora and improve intestinal health. It is recommended to often eat probiotics yoghurt or lactobacillus beverage and other dairy products to clean the intestines.

② 每月尝试断食一天: 科学断食是对肠道进行大清洗的最佳方法。断食时保证每天2500毫升的饮水量,也可以喝些新鲜的果菜汁或热汤,更有利于体内废物和毒素排除干净。

Try to fast one day in each month: Scientific fasting is the best method for general cleaning of intestines. During fasting, 2500ml of water is drunk a day, or some fresh fruit or vegetable juice or hot soup may be drunk. It is more conducive to thorough removal of waste and toxin in the body.

③ **多运动,定期排毒:** 久坐不利于肠道蠕动,适量运动可以很好的促进人体新陈代谢,减少便秘的发生。卯时(早晨5~7点)大肠经当令,起床第一件事就要赶紧排便,并形成规律。

Take more exercise and eliminate toxin regularly: Long-time sitting has no good for intestinal tract movement. An appropriate amount of movement may effectively promote human metabolism and reduce constipation. 5~7 am is the due time of the large intestine channel. The first thing to do after getting up is defecation. Try to make it a regular habit.



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# 1990s PK 1960s Q&A of Childrearing

本文指导专家/北京五洲妇儿医院儿童保健专家张玉敏 Zhang Yumin-guiding expert of this article/Child care expert of Globalcare Women & Children's Hospital

小艾,90后新妈咪,育儿知识都是从书本中得来,热衷于搜索各种前沿指导,非常认可现代育儿观念。 桑阿姨,60后新升级奶奶,育儿知识从母亲和祖母处获得,一切的出发点都是为了孩子好。

自从宝宝出生后,原本关系融洽的婆媳二人矛盾不断,频频升级,小到宝宝应该吃什么、穿什么、怎么睡觉,大到宝宝发烧要不要去医院输液,各种细节全部成为婆媳问题的导火线,随时可以点爆新观念与老经验擦碰的火药。

如何处理因育儿而产生的分歧和不快?我们来一同看看经常在新老两代间出现的分歧观念,听听儿科专家 是怎么说的。

Xiao Ai, a new mum born in the 1990s, learned all childrearing knowledge from books, and she is keen on searching all kinds of frontier guidance and wholeheartedly accepts modern childrearing concepts.

Aunty Sang, a new grandma born in the 1960s, learned childrearing knowledge from her mother and grandmother, and she does all the things for the sake of her grandchild.

Since the birth of the baby, the mother-in-law and daughter-in-law who used to be in good terms are in constant conflicts and the conflicts are being escalated. What the baby should eat and wear, how the baby should sleep, should the baby with a fever see a doctor and receive transfusion, all the details become blasting fuses of their conflicts, which may ignite the gunpowder of collision between new concepts and old experience.

How to handle the disputes and unhappiness arising 看。我 from childrearing? Let's take a look at the divergent concepts often appearing between the new and old generations and listen to the advice of a pediatric expert.

#### 分歧观念: 要不要给宝宝加奶粉

Divergent concept: Should we give the baby some milk powder?

**桑阿姨**: 宝宝每天都要吃很多次, 我觉得这就是因为吃不饱, 所以总饿, 还是应该再加点奶粉好。

小艾: 我的奶水很好, 根本不需要给宝宝额外加奶粉。

专家拆招:不少妈妈都会被误判为奶水不足,但真正奶水不足的妈妈其实很少,因为刚出生的宝宝胃口其实不大,新妈妈的初乳具有很高的热量,完全可以满足宝宝的需要。母乳的分泌是受供给影响的,通常会越吸越有,越不吸就越少,所以勤吸吮是促进乳汁分泌最有效的方法。



**Aunty Sang:** The baby eats many times a day. I think it is because he does not eat enough and he is hungry, so we should give him some milk powder.

**Xiao Ai:** My breast milk is very good, so there is no need to give the baby extra milk powder at all.

Expert's advice: Many mums are mistaken to have no enough breast milk for the baby, but as a matter of fact, few mums don't have enough milk, because a newborn does not have a large appetite and the colostrum of the new mum contains high calorie, which can fully meet the need of the baby. The secretion of breast milk is influenced by supply. Usually, the more it is sucked, the more it will be secreted, vice versa. so frequent sucking is the most effective method to promote milk secretion.

#### 分歧观念: 要不要给宝宝睡平头

Divergent concept: Should the baby rest his head on a pillow during sleep

**桑阿姨**:小时候不调整睡姿,长大了一个大后脑勺多难看。我给宝宝准备了好几个不同枕芯的小枕头,有绿豆的、有蚕砂的、有荞麦皮的。

**小艾:** 育儿书上说新生儿根本不需要枕头, 垫个毛巾就行了。

专家拆招:通常情况下,新生宝宝并不需要枕枕头。因为刚出生的宝宝脊柱是直的,还没有形成颈部的生理弯曲,平躺时,他的背部和后脑勺在同一平面上,不会造成肌肉紧绷状态,加上新生宝宝的头几乎与肩宽相等,平睡、侧睡都很自然。

Aunty Sang: If the sleeping posture is not adjusted in the childhood, the baby will have a large back of the head when he grows up. I prepare a few small pillows with different pillow inners, including: green bean, silkworm excrement and buckwheat husk.

Xiao Ai: Childrearing books say newborns don't need a pillow at all and it may simply need to rest head on a towel only.

**Expert's advice:** Normally, a newborn doesn't need a pillow because his spine is straight and the physiological bend in neck has not been formed. When he lies on his back, his back and back of head are on a same plane, so the muscle won't be in a tense state. Further, the head of a newborn is almost equally wide as his shoulder, so he can sleep naturally when he lies on his back or on one side.

#### 分歧观念: 要不要提前加辅食

Divergent concept: Should we give the baby assisted food in advance?



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桑阿姨:宝宝长得太快,比同龄的孩子都要高,应该可以加辅食了。

**小艾:** 我也有点纠结,不过还是想按照书上说的,喂到6个月再加辅食。

专家拆招:按照联合国儿童基金会的最新指导意见,母乳喂养至少需要到4~6个月,过早添加辅食不仅容易引起肠胃功能不适,还会使消化酶不完善。无论宝宝的成长速度有多快,母乳完全能够在6个月内满足他的全部需要。提前添加辅食,不仅无助于事,反而会给他造成过重的肾负荷,而且破坏他对母乳营养的吸收,适得其反。

**Aunty Sang:** The baby grows fast and he is taller than the babies at the same age, so we should give him assisted food.

**Xiao Ai:** I hesitate, too. Anyway, I still want to follow the advice of books and give him assisted food only after he reaches six months.

**Expert's advice:** According to the latest guiding opinions of United Nations International Children's Emergency Fund (UNICEF), breastfeeding shall be lasted at least to 4-6 months, and too early provision of assisted food not only may cause discomfort of intestines and stomach but also will make digestive enzyme imperfect. No matter how fast the baby grows, breast milk can fully meet all of his needs in the first 6 months. Advance provision of assisted food not only has no help but also will increase renal burden and undermine the absorption of nutrition in breast milk, generating an adverse effect.

#### 分歧观念: 宝宝究竟该穿多少

Divergent concept: How many should the baby wear?

**桑阿姨:** 孩子平时在家老是动来动去,完全不需要穿那么多衣服,光着屁股在床上玩也挺好的。

**小艾:** 小孩子虽然不会说话, 但也会感觉冷啊, 我还是 认为应该多给孩子穿点。 专家拆招:宝宝的热量比成人的热量大多了,穿的衣服应该比成人少一点才对。而且,宝宝穿多少与环境温度以及活动情况有关,穿太多易出汗、活动受阻、有湿疹的情况病情会加重。

**Aunty Sang:** The baby moves about all the time at home, so there is no need to wear so many clothes and it is good for the baby to play in the bed with bare bottom.

Xiao Ai: Although the baby cannot speak, but he can also feel cold, so I still think we should put on more clothes for him.

**Expert's advice:** The heat of a baby is much higher than that of an adult, so he should wear less than an adult does. Moreover, the quantity of clothes worn by a baby is relation to the ambient temperature and the degree of movement. If he wears too much, he will sweat, and his movement will be hindered which may also aggravate the eczema (if any).

#### 分歧观念: 宝宝可不可以吃手

Divergent concept: May the baby suck his hand?

**桑阿姨:**每个宝宝都爱吃手,不用非得管他,过几个月自己就好了。

**小艾**: 吃手是个坏习惯, 我认为应该时刻帮孩子克服这个毛病。

专家拆招: 其实孩子延长吃手的习惯是大人造成的,婴儿最初感知世界就是通过吸吮,几乎所有的东西都想抓过来吃几口,其中最津津有味的当然是吃手,这段时期成为婴儿的"口腔敏感期",吸吮要求是宝宝这个发育时期的特殊需求,家长不要刻意的限制,如果刻意阻挠反而会延长他吃手的时间。

**Aunty Sang:** Every baby tends to suck his hand. It is not necessary to stop him. The situation will get better after a few months.

**Xiao Ai:** Sucking hand is a bad habit. I think we should help him to overcome this bad habit.

**Expert's advice:** In fact, the lengthening of sucking hand is caused by adults. Babies perceive the world through sucking in the very beginning and they want to suck everything. One thing with the keenest pleasure for them is sucking hand. This period becomes an "oral sensitive period" of babies. Sucking is a special demand of babies in this development stage. Parents don't need to

restrict them deliberately. Otherwise the duration of hand sucking will be lengthened.

#### 分歧观念: 要不要给宝宝刮胎毛

Divergent concept: Should we shave off lanugo hair of the baby?

**桑阿姨:** 宝宝满月或者百天的时候刮掉胎毛,这样孩子将来长出来的新头发会很漂亮。

**小艾:** 我倒没觉得新头发会更好,不过做个胎毛笔当作纪念倒也不错。

**专家拆招**: 其实孩子胎毛的好坏并不能代表将来长出新发的质量,大约在孩子六个月左右胎毛就基本能够自然完成更新换代,再长出的才是孩子真正的发质,所以胎毛不浓密也没有任何的问题。

**Aunty Sang:** If we shave off languo hair of the baby when it reaches one month or 100 days, the new hair growing out in the future will be very good.

**Xiao Ai:** I don't think new hair will be better, but it is a good idea to use the languo hair to make a lanugo writing brush as a memory.

**Expert's advice:** In fact, the quality of lanugo hair does not stand for the quality of new hair. In about six months, a baby will basically complete hair replacement. The new hair is the real hair of the baby, so sparse lanugo hair is not a problem.

#### 分歧观念: 要不要给孩子绑腿

Divergent concept: Should we wrap the legs of the baby?

**桑阿姨:** 孩子睡觉时把他的小腿并拢用棉布裹上,这样可以让宝宝的腿长得更直。

**小艾:** 小宝宝睡觉都是不老实的, 把他绑得那么紧多难受啊。

专家拆招:刚出生不久的宝宝腿部和手臂弯曲,是由于在子宫里的姿态决定的,随着孩子的成长会自然改变。如果用外力捆绑不仅活动受限而且会影响神经及骨骼发育,绑腿尤其不利于正常生长。

**Aunty Sang:** When the baby sleeps, we may draw his two legs close to each other and

wrap them with cotton cloth so that his legs may become straighter.

**Xiao Ai:** A baby is not still during sleep. He will not feel comfortable if he is wrapped tightly.

**Expert's advice:** The curving legs and arms of a newborn are decided by his posture in uterus. Following the growth of the baby, they will change naturally. If they

are wrapped with force, not only his movement will be restricted but also his nervous and skeletal development will be affected. Leg wrapping is particularly detrimental to normal growth.

#### 分歧观念: 孩子发烧要不要输液

Divergent concept: Should the baby with a fever receive transfusion?



**桑阿姨**:宝宝发烧那当然得赶紧去医院输液啊,不然孩子会烧坏脑子的。

**小艾:** 我觉得还是应该先物理降温,实在不退烧再去医 完。

#### 专家拆招:

38.5℃可作为判断孩子热度的一个分界线,小儿发热时体温37.5~38℃为低热,38~39℃为中热,39℃以上为高热,超过41℃为超高热。低于38.5℃时,可以不用退热药,最好采取物理降温措施。超过38.5℃时,可以服用退热药,但必须在儿科医生指导下使用。感冒常会发烧2天一4天,期间体温会发生波动,如果精神状态好,进食、睡眠正常则家长不必太担心。但如婴幼儿出现哭闹不停、反应差、高烧不退、甚至抽搐等,应尽快就诊。

**Aunty Sang:** When the baby has a fever, certainly we should bring him to the hospital and receive transfusion as soon as possible. Otherwise his brain will be damaged.

**Xiao Ai:** I think firstly we should physically cool the temperature for baby. If it does not work, we should bring him to a hospital.

#### Expert's advice:

38.5 ℃ may be used as a demarcation line of temperature of a baby. 37.5~38 ℃ is low-grade fever, 38~39 ℃ is moderate fever, above 39 ℃ is high fever, and above 41 ℃ is ultra-hyperpyrexia. When temperature is below 38.5 ℃, febrifuge is not necessary and physical cooling measures are preferred. When temperature exceeds 38.5 ℃, febrifuge may be taken, but it must be under the guidance of a pediatrician. Common cold often results in 2-4 days' fever. In this period, body temperature will fluctuate. If the mental state is good and eating and

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sleeping is normal, parents don't have to worry about him. However, if the baby appears with nonstop crying, low response, high fever and even convulsion, parents should bring him to a hospital as soon as possible.

#### 【专家支招: 如何减少婆媳育儿矛盾】

[Expert's advice: how to reduce conflicts between mother-in-law and daughter-in-law in childrearing]

#### 接纳人生的不完美

Accept imperfection of life

妈妈们抱怨的很多问题不是因为老人带孩子才出现的,只是孩子到了某个特定阶段表现出的身心发育特征而已。每个人都是通过感受、理解自己的方式去感受和理解他人的。 所以,真正的接纳老人其实正是接纳自己的体现,如果做不到接纳老人,那也不可能给孩子无条件的接纳和爱。

Many problems complained by mothers are not caused by child care of grandmothers, but they are physical and mental development characteristics of the kids in a specific stage. Everybody feels and understands others through feeling and understanding themselves. Therefore, truly accepting the old generation in fact is an expression of accepting themselves. If you cannot accept the old generation, it will be impossible for you to give your kids unconditional acceptance and love.

#### 关系比教育更重要

Relationship is more important than education 和谐的家庭氛围本身就是一种教育。与其把幼小的宝宝 早早送进各种学习班、早教班,不如在家里营造温馨的环境, 让他们从家长做事的方式,交流的语气中获得更大的影响。

A harmonious family atmosphere is a kind of education. It is better to create a cozy environment at home and let them obtain greater influence from the way of their parents to do things and the tone of their parents during communication than to send little babies to various kinds of learning classes and early education classes.

#### 教育首先要管理自己

Manage yourselves well at first

年轻一代父母之所以抱怨老人带孩子会带来诸多问题,还有一个重要原因,就是对自己缺乏自信。自己本身都做不

好自我管理,分不清自己和孩子的界限,盲目给孩子定规矩,不是溺爱娇惯,就是打骂训斥。其实教育从来就不该是责备老人,责罚孩子,而是管理自己。

An important reason why young parents complain that the child care of grandparents will have many problems is lack of self-confidence. They cannot properly manage themselves and draw a clear demarcation between them and children, but they blindly set rules for kids and either spoil and pamper the kids or beat, scold and reprimand the kids. In fact, education should never be blame against the old people or punishment against kids, but self-management.

#### 接纳差异, 不强求改变

Accept difference and not insist on change

隔代教育问题的本质是两代人价值观、性情、习惯等方面的差异。所以在育儿问题上如果有分歧,应该多听听专业儿科医生的观点,而不是一味抱怨。

隔代婆媳由于时代背景不同,在育儿态度上难免不同,然而,新旧育儿观都有各自的优缺点,90后新手妈妈不应迷信权威,而60后资深婆婆的育儿经也不可全盘否定,毕竟这些是有年代沉淀的,要适当地进行甄选,取其精华去其糟粕。婆婆和妈妈的出发点都是对孩子的爱,而只有全家齐心,科学育儿,宝宝才能真正健康快乐的成长。

The issue of generation-skipping education in essence is the difference between two generations in value, temperament and habits. Therefore, if there is any dispute over childrearing, you may seek advice from professional pediatricians rather than grumble

Owing to different historical backgrounds, inevitably mother-in-law and daughter-in-law will have different attitudes towards childrearing. However, new and old childrearing concepts both have their pros and cons. The new mums born in 1990s shouldn't worship authorities, while the childrearing methods of senior mothers-in-law born in 1960s shouldn't be totally denied. After all, they were accumulated in many years, but they should be properly screened to absorb the quintessence and abandon the dross. The starting points of mother-in-law and daughter-in-law are both love the child. The child can truly grow healthily and happily only when the whole family is of one mind, which rear the child in a scientific way.

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