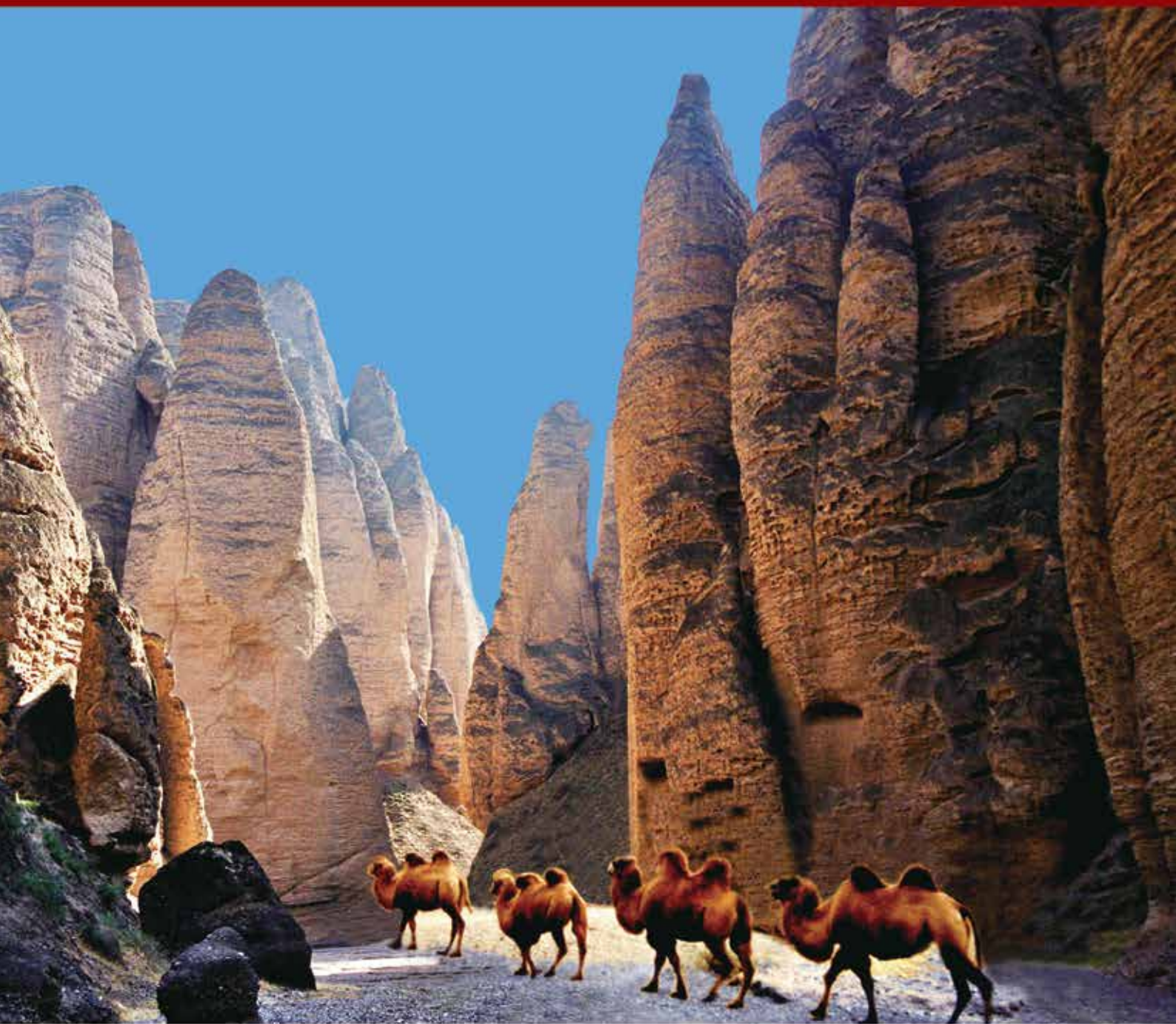


# The World and China 世界中国

Selyemüt

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

2016 / 05 总第064期



**The Postal Savings Bank of China Successfully Enters International Capital Markets**

**中国邮政储蓄银行走上国际资本市场**

**Baiyin Yellow River Stone Forest Park**

**白银黄河石林**

# 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.

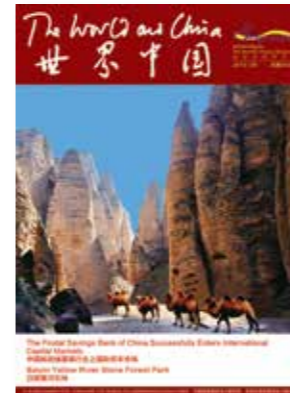
3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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》杂志题词  
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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# The New Ambassador of the Republic of Colombia H.E. Óscar Rueda 哥伦比亚驻华新任大使奥斯卡·鲁埃达阁下



He was a member of the Executive Council of the World Tourism Organization (UNWTO), of the Board of Directors of the Confederation of Latin-American Touristic Organizations (COTAL), of the Board of Directors of the UFTAA, President on several occasions of the Colombia Chamber of Tourism, and for seven years he was a member of the board of the National Fund of Tourism. He made up part of the Satena board of directors, the Colombian Civil Aviation Authority, the Magdalena River Regional Autonomous Corporation (Cormagdalena),

The New Ambassador of the Republic of Colombia H.E. Óscar Rueda, Head of the Colombian Diplomatic Mission in the People's Republic of China, born in Bucaramanga, alumnus of the Pontifical Xaverian University School of Law and Socioeconomic Sciences, has a 34 year track record of working in the tourism industry of Colombia.

He has served as the Chairman of the Colombian Travel and Tourist Agents Association (ANATO), the Chairman of the Universal Federation of Travel Agencies Association (UFTAA), and as the Vice minister of Tourism from 2006 to 2013. He has led the ANATO's "Tourism showcase" and the "Congregation of Colombian heritage town's projects" as well as the creation of the National Fund of Tourism.

National Fund for Development Projects (FONADE), as well as the Bucaramanga Chamber of Commerce.

He has been bestowed with various awards such as the El Colombiano National Tourism Prize in 1996, the Intergremial Tourism Prize in 2000, the Civic Medal of Cartagena in 1997 and 2007, the Chamber of Representatives Order of Democracy in 2007, an Order awarded by the Congress in 2009, the Order from the Antioquia Assembly in 2009, the Distinguished Citizen award from the city of Bucaramanga (2010), the Merit Order from the Departmental Assembly of Santander (2010) and an Award from the Chamber of Commerce of Bucaramanga in 2013.

Previous to being named the Colombian Ambassador to the People's Republic of China he served as the General Secretary of the Social Party of National Unity.



哥伦比亚驻华新任大使奥斯卡·鲁埃达阁下

哥伦比亚驻中华人民共和国大使馆大使出生于布卡拉曼卡市，毕业于Pontificia Javeriana大学法律与社会经济科学系，拥有超过34年的哥伦比亚旅游业从业经验。

大使阁下曾任哥伦比亚旅行社联合会（ANATO）会长，世界旅行社协会联合会（FUAAV）主席。2006至2013年担任旅游副部长；牵头哥伦比亚旅行社联合会“旅游之窗”项目，及“哥伦比亚民族遗产网络”并创立国家旅游基金。

曾就职于世界旅游组织美洲委员会（OMT），拉美旅游组织联合会会长委员会（COTAL），世界旅行社协会联合会（FUAAV），多次担任哥伦比亚旅游商会会长，多年担任哥伦比亚国家旅游基金会董事成员。作为Satena航空公司董事会成员，还任职于哥伦比亚民航机构，马格达莱纳河发展公司（Cormagdalena），国家发展基金（Fonade），及布卡拉曼卡商会。

他于1996年获得《哥伦比亚人》报颁发的国家旅游奖、多组织旅游奖（2000年），卡塔赫纳公民勋章（1997年及2007年），商会代表民主奖（2007年），国会奖章（2009年），安蒂奥基亚省（Jorge Robledo Ortiz）奖（2009），布卡拉曼加优秀公民（2010），桑坦德省议会勋章（2010），布卡拉曼卡商会勋章（2013）。

被任命为哥伦比亚驻华大使之前，曾担任民族团结社会党（La U）秘书长。（本刊讯）



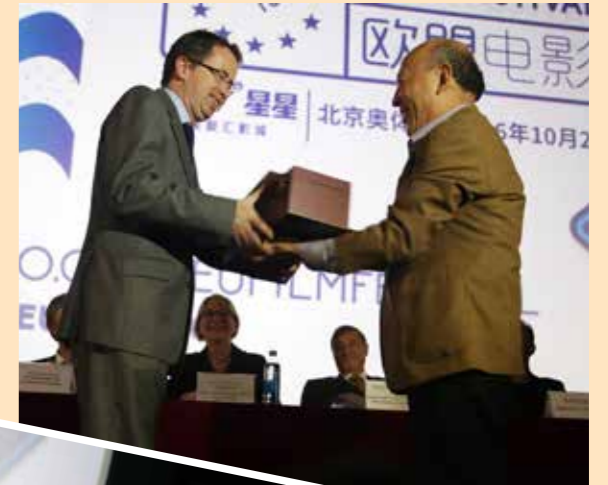
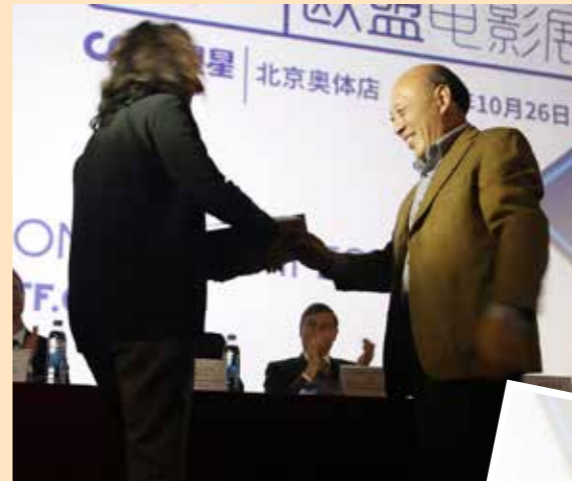
# 2016 EU Film Festival in China was Opened 2016年欧盟电影展(中国)开幕



欧盟驻华大使史伟阁下致开幕词

由欧盟驻华代表团主办的2016年欧盟电影展(中国)10月26日在北京拉开序幕。该影展将持续到11月26日,影片中有2016年戛纳国际电影节获奖的佳片。来自28个成员国的超过30部电影和短片也在成都、深圳、济南和上海展映。

The 2016 European Union Film Festival in China, organized by the Delegation of the European Union to China, is proud to bring another stellar line-up of European films to audiences across China. Featuring some of the newest, award-winning titles from the 2016 Cannes International Film Festival, over 30 feature films and shorts from all 28 EU Member States will be screened in theaters, cultural centers and universities in Beijing, Chengdu, Shenzhen, Jinan, and Shanghai. The festival will be continued to 26th. of November. (本刊讯)



中国电影家协会副秘书长李景富先生为今年在金鸡百花电影节外国影展中获奖的比利时,爱尔兰,意大利获奖影片颁奖



出席开幕式的立陶宛,爱沙尼亚,芬兰的三位大使也分别介绍了本国的电影





## Día de Independencia de México 墨西哥独立日



值此墨西哥独立206周年之际，墨西哥驻华大使馆于2016年9月14日在使馆内举办了庆祝活动。

Con motivo de la celebración del Aniversario 206 de la Independencia de México, en la Embajada de México ha llevado a cabo un evento de celebración en el día 14 de septiembre de 2016. (本刊讯)



墨西哥驻华大使胡利安·本图拉携使馆官员欢迎到场宾客



中国外交部副部长王超阁下与墨西哥驻华大使胡利安·本图拉阁下共同举杯庆祝活动圆满举行



特色美食





## The 25<sup>th</sup> Anniversary of Independence of Armenia 亚美尼亚独立25周年



9月21日，亚美尼亚共和国独立25周年国庆招待会在亚美尼亚驻华使馆举办。中国外交部部长助理李惠来应邀出席，并亚美尼亚驻华大使马纳萨良就双边关系及共同关心的问题交换意见。

On September 21, the National Day Reception for the 25th Anniversary of the Independence of the Republic of Armenia was held at the Armenian Embassy to China. Mr. Li Huilai, Assistant to the Minister of the Ministry of Foreign Affairs of China was present as invited and exchanged comments with Mr. Manassarian, Armenian Ambassador to China, on bilateral relations and issues of common concerns. (本刊讯)



大使谢尔盖·马纳萨良阁下和夫人携使馆人员欢迎嘉宾



中国外交部部长助理李惠来与亚美尼亚驻华大使马纳萨良共祝国庆





德国驻华大使柯慕贤先生在啤酒节上致辞 Grußwort des Botschafter Michael Clauss zum Oktoberfest



# Tag der Deutschen Einheit

## 德国统一日



9月22日德国统一日, 德国大使馆举办了以“啤酒节”为主题的庆祝活动。

Am 22. September 2016, fand das Oktoberfest in der Deutsche Botschaft Peking zum Tag der Deutschen Einheit statt. (本刊讯)





# Aniversario del Establecimiento de Relaciones Diplomáticas 古中建交日



为庆祝古巴共和国与中华人民共和国建交56周年之际，古巴驻华大使馆于2016年9月26日举办了庆祝招待会。

Con el fin de celebrar el aniversario quincuagésimo sexto del establecimiento de relaciones diplomáticas entre la República de Cuba y la República Popular de China, la Embajada de Cuba en China ha organizado una recepción de celebración del aniversario en el día 26 de septiembre de 2016. (本刊讯)



古巴驻华大使白诗德阁下用中西双语致辞  
Discurso en Chino y Español dado por el Embajador de Cuba en China el Sr. Alberto J. Blanco Silva



古巴驻华大使白诗德阁下携使馆官员欢迎到场宾客



古巴雪茄制作



# The National Day of the Czech Republic 捷克国庆日

值此捷克共和国国庆日到来之际，捷克驻华大使馆于2016年10月28日在使馆内举办了国庆招待会以及Hradistan扬琴乐队音乐会表演。

On the occasion of the National Day of the Czech Republic, the Ambassador and his wife Mrs. Eleonra Kopecka hold a reception with the performance of Hradistan Dulcimer Band on 28th October, 2016.



捷克驻华大使科佩茨基阁下致辞



斯柯达SUPERB汽车总经理与捷克驻华大使出席交车仪式



捷克共和国驻华大使携夫人诺拉·科佩茨卡女士欢迎到场宾客



Hradistan扬琴乐队表演



# Uruguayan President Salutes to National Hero 乌拉圭总统致敬民族英雄



2016年10月13日, 正值乌拉圭东岸共和国总统塔瓦雷·巴斯克斯 (Tabar e Vazquez) 阁下访华之际, 全国政协常委、北京金台艺术馆馆长袁熙坤先生在艺术馆接待了总统一行的访问。

总统阁下向袁熙坤先生创作的亚洲首尊乌拉圭民族英雄何塞·赫瓦西奥·阿蒂加斯的雕塑献花, 缅怀这位民族英雄。

During the visit in China by Mr. Tabar e Vazquez, President of the Oriental Republic of Uruguay, Mr. Yuan Xikun, Member of the Standing Committee of the National Committee of the Political Consultative Conference and Director of Beijing Jintai Art Museum received the president's delegation at the Museum on October 13, 2016. The president layed flowers to the sculpture made by Mr. Yuan Xikun of Jose Gervasio Articas, an Uruguayan national hero. (本刊讯)



乌拉圭东岸共和国总统塔瓦雷·巴斯克斯阁下向雕像献花



乌拉圭外交部部长鲁道夫·宁·诺沃亚 (Rodolfo Nin Novoa) 阁下致辞



乌拉圭外交部部长鲁道夫·宁·诺沃亚向袁熙坤大师授勋



著名造型艺术家袁熙坤先生赠送总统阁下中国水墨肖像画



乌拉圭东岸共和国总统塔瓦雷·巴斯克斯阁下与嘉宾交谈



应邀出席的各国大使



# Día de México 墨西哥日



9月19日, 墨西哥驻华大使馆在北京四季酒店举办“墨西哥日”活动。墨西哥旅游部长恩里克·德拉马德里 (Enrique de la Madrid Cordero)、墨西哥旅游局CEO (Lourdes Berho)、驻华大使温利安出席了活动。

En el 19 de Septiembre, la Embajada de México en China ha organizado un evento de “Día de México” en el Hotel Four Season de Beijing. (本刊讯)



驻华大使温利安致辞



墨西哥旅游部长恩里克·德拉马德里



墨西哥旅游局CEO





哥伦比亚驻华大使 Oscar Rueda 9月27日在大使馆接待北京古城学习西语的学生, 并给他们介绍哥伦比亚文化。

## Chinese Students Approach Colombian Culture 中国学生走进哥伦比亚文化



北京古城二中的学生在西班牙语女教师Liz Vargas的带领下来到哥伦比亚大使馆参观。





爱尔兰驻华大使馆临时时代办兼副馆长何云腾先生致开幕词



爱尔兰教育与技能部部长理察德·布鲁顿先生讲话



爱尔兰版画艺术家兼策展人Stephen·lawlor先生介绍本次展览



爱尔兰青少年表演



## 'A Lonely Impulse of Delight' 爱尔兰的"寂然的狂喜"



2016年10月19日,为纪念爱尔兰文学巨匠W·B·叶芝诞辰150周年,爱尔兰驻华大使馆与爱尔兰文化局"共同举办"寂然的狂喜"艺术与诗歌活动。该活动是今年"中国教育展"爱尔兰担任主宾国的活动之一。

At the Embassy of Ireland on 19 October, the opening of 'A lonely Impulse of Delight' poem and song recital organized by the embassy and the Irish Department of Culture was held.

The event is part of the cultural programmes marking Ireland's Country of Honour presence at this year's China Education Expo. (本刊讯)

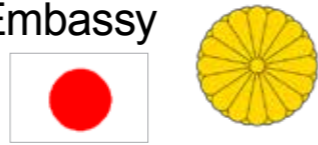


诗人Peter·Fallon  
朗诵文学巨匠  
W·B·叶芝的诗歌





## Children Envoys were Welcomed in Japanese Embassy 日本小大使欢迎会



10月10日，“2016中日交流集中月暨日本小大使欢迎仪式”在日本驻华大使馆举行，来自日本筑波大学附属高校、千叶市千叶高校、岩田高校、札幌日本大学高校的70名高中生代表将在未来一周的时间里，同中国高中生们进行友好交流。

来自北京、武汉、青岛三地的70名中国高中生也参加了当天的欢迎会，中日学生进行了自由交谈、传统艺术表演等一系列交流活动。（本刊讯）



日本驻华大使馆公使山本恭司致辞



永旺1%俱乐部理事长横尾博致辞



北京市外事办公室副主任高志勇致辞





日中学生代表分别发表感言







Japanese Incense Culture  
日本香道文化

日本驻华大使馆于10月21日举办有关“香道的讲座和表演”。在日本香道，是一门鉴赏天然香木的香气的艺道，同茶道，花道一样，经历了500多年发展至今。

The Embassy of Japan in China organized “Incense Culture Related Lectures and Performances” on October 21. In Japan, incense culture has gone, like tea and flower cultures, through over 500 years of development till the present.  
(本刊讯)

嘉宾体验香道文化



蜂谷宗苾老师演示香道



# Extensive Love is Borderless 大爱无国界

为期一天的第八届“大爱无国界”国际义卖活动2016年10月22日在奥林匹克热身场举行义卖活动是为广西壮族自治区凌云县和田林县贫困地区修建便民桥。本次活动参与者是各国驻华使馆，国际组织驻华代表机构以及中国部分企业。

The one-day-long “Extensive Love Is Borderless” philanthropic selling activities were held on October 22, 2016 at the Olympic Warm-up Stadium for construction of bridges at poverty-stricken areas in Lingyun County and Tianlin County of Guangxi Zhuang People Autonomous Region. The event was attended by embassies of various countries in China, representative offices of international organizations in China and some Chinese corporations.

(本刊讯)



中国外交部部长王毅在现场考察





中国邮政储蓄银行9月28日在香港联交所主板成功上市。银行董事长李国华(左)、行长吕家进(右)共同敲响开市。

The Postal Savings Bank of China was successfully enlisted on the Hong Kong Stock Exchange on the 28th of September. Chairman of the bank, Li Guohua (left) and Director of the bank, Lü Jiajin (right) beat the gong for this occasion.



邮储银行充分发挥贴近客户的网络优势,为社区居民提供便捷、优质的金融服务。

The Postal Bank utilizes the advantages of the proximity of the access point to the customers, and provides convenient and excellent financial services for the citizens.



邮储银行是“三农”金融服务的重要提供者。图为邮储银行信贷经理开展信贷调查。

The Postal Bank is an important financial provider for the "Three Agricultures" policy. Portrayed here is a credit manager of the company pursuing an on-the-spot investigation.

## The Postal Savings Bank of China Successfully Enters International Capital Markets 中国邮政储蓄银行走上国际资本市场

中国邮政储蓄银行(以下简称“邮储银行”)成立于2007年3月,目前拥有营业网点超过4万个,服务个人客户数量超过5亿人,是中国国内网点数量最多、覆盖面最广、服务客户最多的大型零售商业银行。在2016年7月1日公布的英国《银行家》杂志“2016年全球银行1000强排名”榜单上,邮储银行以2015年末总资产近7.3万亿元位居第22位;以一级资本近2690亿元排名第39位。

邮储银行成立以来,坚定服务城市社区、服务中小企

业、服务“三农”的战略定位,严格按照中国政府确定的“股改—引战—上市”的“三步走”改革方案,积极推进各项改革工作。2012年1月完成了邮储银行的股份制改造。2015年12月成功引入瑞银集团、摩根大通、星展银行、加拿大养老基金投资公司、淡马锡、国际金融公司、中国人寿、中国电信、蚂蚁金服、腾讯等10家境内外知名机构作为战略投资者,融资规模451亿元,创“十二五”期间中国金融企业股权融资规模之最。2016年9月28日,邮储银行成功在香港联交所主板

挂牌上市(1658.HK),募集资金74.3亿美元(绿鞋后最高可达85.4亿美元),是今年全球最大的IPO项目,也是六年来全球最大的金融企业上市项目。

在近年来国际金融市场动荡、中国经济和中国银行股不断被境外某些别有用心机构唱空的背景下,邮储银行能够成功登陆国际资本市场并获得境内外投资者的高度认可,充分表明外界对中国经济仍然充满信心,对中国银行业的发展仍然保持乐观,对邮储银行的发展前景也高度期待。

邮储银行成功在港上市,不仅为银行的未来发展注入了雄厚的资本实力,而且通过进一步完善公司的治理结构,强化风险控制,改善激励机制,提高盈利能力,邮储银行的发展基础将更加坚实,发展空间将更为广阔,发展前景将更加美好。



邮储银行始终将做好小微企业金融服务作为自身的责任和优势所在,是小微企业金融服务的引领者。图为邮储银行信贷经理到公司实地调查。

The Postal Bank has always considered the service of small and micro enterprises to be its core responsibility and its leading edge, and has seen itself as a pioneer of the financial market for small and micro companies. Pictured here is one of the credit directors of the bank visiting a company.



2015年12月,引进境内外10家知名战略投资者。邮储银行此次战略引资,是中国金融企业单次规模最大的私募股权融资。图为签约现场。

In December 2015 the bank has attracted the investment of more than 10 famous domestic and foreign strategic investors. This strategic investment in the bank is the biggest single private investment of the Chinese financial market ever. Shown here is the venue of the signing ceremony.



邮储银行积极支持国家重大项目建设。图为邮储银行融资支持的港珠澳大桥建设项目。

The Postal Bank is also a keen supporter of some very large scale construction projects of China. Shown here is the Hong Kong - Zhuhai - Macau bridge project co-financed by the bank.



2013年9月, 由中国邮政储蓄银行承办的“第十六届世界储协邮政储蓄银行论坛”在北京召开, 来自全球18个国家和地区的政府、金融等机构代表, 围绕论坛主题“商业可持续的普惠金融”展开探讨。图为与会代表就业务转型与流程再造进行讨论。

The "16th WSBI Postal Savings Banks Forum" organized by the Postal Bank was convened in Beijing in September 2013. Representatives of governments and financial and other institutions arriving from 18 countries and territories discussed the topic of "Delivering financial inclusion sustainably". Delegates are discussing the transformation of employment services and empowerment during the forum.

The Postal Savings Bank of China (Postal Bank for short) was established in March 2007. Currently it has more than 40,000 access points across the country and serves over 500 million individual customers. These figures make it a large-scale retail trading bank, the bank with the most access points, the bank with the widest coverage and the bank with the most customers in China. On the list of the top 1000 banks of the world published by the Banker Magazine in July 2016, the Postal Bank with its 7.3 trillion yuan capital in 2015 came out 22nd.



中国邮政储蓄银行行长吕家进向本社纳吉·麟社长赠送猴年发行的纪念邮册。

Director of the Postal Bank, Lü Jiajin presenting a postal album published for the year of the monkey as a gift to Ms. Lin Nagy, Editor-in-chief of this magazine.

The stock holding reform of the Postal Bank was accomplished in January 2012. By December 2015 several famous domestic and foreign strategic investors invested in the Bank in the amount of 45.1 milliard yuan, including UBS, J.P.Morgan, DBS Bank, Investment Company of the Canadian Pension Fund, Temasek Holdings, International Financial Company, China Life, China Telecom, Ant Group, Tencent etc. In September 28, 2016 the Postal Bank was enlisted on the Hong Kong Stock Exchange (1658. HK) and raised 7.43 milliard USD (following green shoeing it may reach 8.54 milliard USD) making it the largest IPO of the world during the last six years. The successful Hong Kong Stock Exchange listing of the bank has provided a vast capital for a solid future development by enabling the bank to upgrade its management system, to strengthen its risk controls, to improve the incentives, to better its profitability, to solidify its foundations, to enlarge the room for development and overall it provided for a better outlook.



中国邮政储蓄银行行长吕家进。吕家进行长拥有金融学博士学位, 并享受中国政府特殊津贴。

Director of the Postal Bank, Lü Jiajin, owns a Ph.D degree in financial studies and enjoys special subsidies of the Chinese government.



祝寿臣

邓茂生

谢春涛

邓茂生介绍, 十八届六中全会明确了以习近平同志为核心的党中央推进全面从严治党的战略指引, 会议进一步完善党内法规制度, 审议通过了《关于新形势下党内政治生活的若干准则》和《中国共产党党内监督条例》。是我们党的建设史上的一个重要里程碑

谢春涛说, 党的十八大以来, 出台了《中国共产党廉洁自律准则》《中国共产党纪律处分条例》等多部党内法规, 在监督、执纪、问责等方面取得良好效果

## Outcomes of the Sixth Plenary Session 十八届六中全会解读

中国记协于10月31日在京举办第九十七期新闻茶座, 邀请十八届六中全会文件起草组成员邓茂生、中央党校教务部主任谢春涛, 围绕“十八届六中全会的重要成果”, 与境内外记者交流并回答记者提问。

The Press Salon event titled "The Important Outcomes of the Sixth Plenary Session of the 18th Party Congress" was held on Monday, October 31, 2016, in the press hall of All China Journalists' Association.

Mr. Deng Maosheng, Member of the Drafting Committee for the Sixth Plenary Session and Mr. Xie Chuntao, Director of the Party History Department of the Central Party School delivered the key introductions. (本刊讯)



记者现场提问



中外媒体团参观 西安炬光科技股份有限公司, 公司董事长、总经理刘兴胜博士对企业概况进行介绍

## Xi'an in the Sight of Foreign Media - Sensing Historic and Cultural Beauties

### 外国媒体团看西安——感受历史文化之美

以“共商、共建、共享——一带一路 打开向西 筑梦空间”为主题,由西安市委外宣办联合环球时报社主办的“外国媒体西安行”活动,9月20日至23日在西安举办。

Entitled as “Joint Consultation, Joint Construction, and Share - the One Belt One Road Initiative Makes Room for West-bound Dreams”, jointly organized by the Foreign Propaganda Office of Xi'an City Committee and the News Agency of Global Times, the “Foreign Media Trip to Xi'an 2016” activity was held in Xi'an from the 20th to the 23rd of September.

(本刊讯)



中外媒体团参观西安高新技术产业开发区,中共西安高新技术产业开发区工委王斌副书记对企业进行介绍



中外媒体团参观 中集陕汽重卡(西安)专用车有限公司,中集陕汽重卡(西安)专用车有限公司生产部经理李楠对企业进行介绍





西安渭北工业区开发建设领导小组办公室专职副主任金乾生(左二)对企业项目进行介绍



西安市市长上官吉庆先生向中外媒体介绍西安市发展情况



西安国际港务区党工委副书记李平伟接受媒体采访并对企业进行介绍



中西部商品交易中心有限公司赵亮先生与记者交流



西安浐灞生态区管理委员会主任门轩接受采访  
中外媒体团参观浐灞生态区城建博物馆



中外媒体团参观西安曲江新区  
产业发展园





## Dunhuang Cultural Expo 敦煌文博会

首届敦煌文博会于2016年9月20日至22日在甘肃省敦煌市举行。

The First Dunhuang Cultural Expo was held in Dunhuang, Gansu province between 20-22. September 2016.

(本刊讯)



文博会主宾国法国驻华大使顾山，匈牙利人力资源文化副国务秘书 Závogyán Magdolna 女士在部长圆桌会议上发言。



欧盟旅游佳通委员会副主席乌海伊·伊什特万ISTVAN UJHELYI先生与甘肃省省长林铎先生签署战略合作协议



出席活动的匈牙利嘉宾



中国诺贝尔文学奖获得者莫言先生出席论坛会议



我国著名艺术教育家常沙娜莅临指导敦煌博览会“兰生染缬”馆



匈牙利嘉宾在茶馆体验



联合国世界旅游组织前主席弗兰切斯克·弗朗吉亚利接受环球网记者的采访



国际民间艺术组织全球副主席、贵州旅游形象代表陈平接受俄罗斯记者的采访



香港卫视记者正在采访著名服装设计师马可



## Guizhou Folklore Expo 贵州民博会

2016年中国(贵州)国际民族民间文化旅游产品博览会(简称民博会)于9月28日到10月2日在贵州省贵安新区举行。以展示民族工艺文化以及贵州旅游资源为主。共有包括欧洲、亚洲和北美洲的53个国家和地区的手工艺大师以及全国十六个省市自治区共千余名艺术家、非物质文化遗产继承人参加了本次博览会。

The 2016 China (Guizhou) International People and Folk Cultural Tourism Product Exposition ("PFPE") was held from September 28 to October 2 in Gui'an New District of Guizhou Province. Dominated by exhibitions of national handicraft cultures and tourism resources in Guizhou, the exposition was attended by handicraft masters from 53 countries and regions in Europe, Asia and North America, and over 10,000 artists, or inheritors of intangible cultural heritages from 16 cities, provinces, and autonomous regions from all over China. (本刊讯)



民博会期间, 参会记者参观了位于贵州省贵阳市花溪区的孔学堂。图为孔学堂前的卡通孔子像



在开幕式上, 贵州省委副书记、省长孙志刚致辞

贵州省委书记、省人大常委会主任陈敏尔宣布民博会正式开幕



在开幕式开始前一天的文艺表演彩排中, 舞蹈演员们正在开始最后的排练



观众参观亚美尼亚著名艺术家亚历山大德鲁杨的作品





### Third Liangmaqiao Diplomats - Chinese & Foreign Cultural Show 第三届亮马桥外交官中外文化秀

9月24日,北京外交人员房屋服务公司在外交公寓成功举办了第三届“亮马桥外交官中外文化秀”。塔吉克斯坦、阿塞拜疆、乌拉圭、萨摩亚、毛里求斯等近20个国家的驻华大使,50多个国家的150余位外交官、国际组织、新闻媒体机构高级代表及家人应邀出席此次活动。此次活动在促进多国间多边文化交流的同时,也增进了DRC (Diplomatic Residence Compound 外交公寓)与使团客户的感情,进一步巩固外交公寓的精品形象。



北京外交人员服务局常务副局长蒋琪致开幕词



塔吉克斯坦驻华大使达夫拉特佐达先生代表使团致辞。

今年的文化秀展卖活动吸引了包括41家使团在内的共计101个展商参展,所涵盖的类别之丰富,数量之多,皆为三届文化秀之最。这41家使团展商的展品极具各国地域风情和文化特色,多样化的展示方式,多语种的沟通交流,使得现场氛围极具国际化和民族化。各色地道美食、甘醇美酒咖啡、充满异域风情的手工艺品,以及丰富的各国旅游、人文、科教资讯介绍,令众多来宾驻足流连,赞不绝口。(本刊讯)



灯市口小学少年舞蹈队表演热情洋溢的拉丁舞







在李白墓前宣读祭文。

## Poem City Maanshan 诗城马鞍山

### Describing the 28th China Li Bai's Poems & Songs Festival ——记第28届中国李白诗歌节

方毓强 撰文、摄影 Author, Photo by FANG Yuqiang

李白是中国家喻户晓的盛唐天才诗人，留有千首脍炙人口的传世诗篇。他终老并安葬于当涂（今安徽马鞍山市当涂县谷家村）。从1989年开始，马鞍山市政府在每年重阳节（农历九月初九，中国古代登高吟诗的节日）举办“中国李白诗歌节”，被誉为“中国诗城”。今年已是第28届（年）了，且恰逢建市60周年（10月12日），可谓好事成双，盛况空前。

Li Bai was a gifted poet in the prosperous Tang Dynasty, who is known to every family in China; over 1,000 popular poems written by him were handed down through generations. He died at an old age and was buried at Dangtu (the



李白墓。

市委宣传部长苏从勇（左）在祭祀仪式上致辞。



方毓强与伊萨米丁诺夫·伊斯坎德尔（右）在李白墓园种植桂树。



采石矶的探月台。民间传说李白是在此探月成仙的。



采石矶的“唐李公青莲祠”（始建于806-820年，又名“谪仙楼”、“太白楼”）

present Gujia Village, Dangtu County, Maanshan City, Anhui Province). Since 1989, the China Li Bai's Poems & Songs Festival, a festival of ancient Chinese poems, has been held annually on the Double Ninth Festival, on September 9 in the lunar calendar, by the People's Government of Maanshan City, a place reputed as "the Poem City of China". This is the 28th festival and it coincides with the 60th anniversary of the establishment of Maanshan City (on October 12), it is an event called the double pleasure and an unprecedentedly grand occasion.

马鞍山市领导、中国李白研究会负责人等首先来到李白墓前祭祀。今年还有一位特殊的远客——吉尔吉斯斯坦原国立民族大学校长伊萨米丁诺夫·伊斯坎德尔 (Isamitinov

Iskandar) 参加，吉尔吉斯学界坚持认为，李白出生于西域碎叶城（今吉尔吉斯的托克马克市）。

Leaders of Maanshan City and representatives of the China Society of Li Bai Studies came to Li Bai's tomb and offered sacrifices. The festival in this year was also attended by a special visitor from far away - Isamitinov Iskandar, the former President of Kyrgyzstan State Nationality University. It is believed in academic circles that Li Bai was born in western Suyab (the present Tokmok City in Kyrgyzstan).



李白纪念馆（在“唐李公青莲祠”旁）大门。



李白纪念馆内景。

作者（方毓强）从小就热爱李白的诗歌，早在1974年（20岁）就寻访了李白墓、采石矶。

当年他怀着崇拜之心，独自前往当涂不幸交通被水冲毁，长途汽车停驶，他只好毅然徒步10多公里，终于找到了李白墓（当时很荒芜，所幸没被铲平），并在紧挨李白墓的农舍过夜。

2006年5月，李白墓终于被列入全国重点文物保护单位。马鞍山人和各路学者看了我当年拍摄的老照片，感慨地表示：这是“诗城”珍贵的记忆和资料。我也圆了自己42年的一个梦……





黄河石林景区位于甘肃省白银市景泰县、靖远县黄河流经段,距甘肃省会兰州市130公里,距白银市65公里,占地面积86平方公里。黄河石林生成于距今四百万年前的第三纪末和第四纪初的地质时代,景区内陡崖凌空,造型千姿百态,峰回路转,景象步移万千。石柱、石笋一般在80--200米之间,被称为“中华自然奇观”。景区将黄河、石林、沙漠、戈壁、绿洲、农庄等多种资源巧妙结合在一起,山水相依,动静结合,气势磅礴。景区于2004年被中国国土资源部批准为国家地质公园,2007年被中国国家旅游局评为4A级旅游景区,2013年景区主体所在地龙湾村被评为中国十大最美乡村,2014年确定为甘肃省20个大景区之一。景区以其雄、险、奇、古、野、幽等特点成为众多影视片的外景拍摄基地,在此拍摄的《大敦煌》、《神话》、《天下粮仓》、《惊天传奇》、《爸爸去哪儿》等影视剧和电视节目曾在此拍摄,更使黄河石林名扬天下。在白银市委、市政府的大力支持下,由长城影视集团投资的黄河文化遗产博览城项目正在建设,项目将加快完善景区基础设施建设,不断提升景区知名度和影响力,为创建世界地质公园和5A级旅游景区奠定扎实的基础。

The Yellow River Stone Forest Park lies in Jingtai county of Baiyin city in Gansu province. It is situated in the flood-basin of the Yellow River crossing Jingyuan county, some 130 km from the capital city of Gansu province, Lanzhou, and is 65 km away from Baiyin city. It covers an area of 86 km<sup>2</sup>. The area was created 4 million years ago, between the end of the Tertiary Period and the beginning of the Quaternary Period. The park is a vast area to discover, it is filled with stone columns of 80-200 meters high and is called a natural wonder of China. The area has been designated as a geological park in 2004 by the Ministry of Land and Resources of the PRC. It was given the 4A level touristic spot classification in 2007 by the China National Tourism Administration. Furthermore Longwan village, the village that lies in the heart of the park, was selected among the 10 most beautiful villages of China in 2013. In 2014, the park has become part of the top 20 sceneries of Gansu province. Many films have been shot here, the place frequently serves as backdrop for movies.



红军会宁会师旧址景区位于甘肃省白银市会宁县会师镇，距甘肃省会兰州市145公里，距白银市215公里。1936年10月，中国工农红军第一、二、四方面军经过二万五千里艰苦卓绝的长征，在会宁胜利会师，标志着长征胜利结束，中国革命从此走向新的征程。会师旧址主要由会师楼、会师塔、会师联欢会址、革命文物陈列馆和将帅碑林五个主要景点组成。景区现为国家AAAA级旅游景区、全国重点文物保护单位，全国首批百个爱国主义教育示范基地、国家安全教育基地和国防教育基地。

The unification of forces memorial consists of 5 parts: unification building, unification tower, unification hall, revolutionary cultural exposition hall and stone tablet forest of the generals. It was in the first batch of places in China receiving the AAAA level patriotic model training base status.



## Armenian Cultural Exhibition 亚美尼亚文化展



2016年10月20日, 借庆祝亚美尼亚共和国成立25周年之际, 亚美尼亚驻华大使馆在京举办了亚美尼亚文化展览。  
An Armenian Cultural Exhibition was held by the Embassy of Armenia in China on October 20, 2016 in Beijing on the occasion of the 25th anniversary of the founding of the Republic of Armenia.  
亚美尼亚是世界上最古老的国家之一, 它的历史可以追溯到2500年前。亚美尼亚位于西亚外高加索的南部, 黑海与里海之间, 在丝绸之路上一保持着重要的位置。(本刊讯)



## Le 3<sup>e</sup> Automne doré et romantique 第三届“罗曼金秋”

值此中国与立陶宛建交25周年之际, 立陶宛驻华大使馆于2016年10月10日在中间美术馆举办“非决定性瞬间: 立陶宛摄影的另一面”展览。

On the 25th anniversary of the establishment of diplomatic relations between China and Lithuania, the “Non-decisive Moment: the Other Side of Lithuanian Photography” was exhibited by the Embassy of Lithuania in China at the National Art Museum of China on October 10, 2016. (本刊讯)



北京法语联盟学校校长罗迪赛先生致辞



欧美同学会副会长, 及欧美同学会-法比分会会长马颂德先生致辞

法国流行音乐表演



# 2016 Golden Panda International Documentary Film Festival 2016 “金熊猫”国际纪录片节隆重开幕



(本刊讯)



“我们的目的，是让参会的纪录片制作人们互相交流，让合作伙伴能看到最新大片，听到最前沿的创意。”“金熊猫”国际纪录片节评委会主席孙剑英说。



9月12日上午中共四川省委常委、省委宣传部部长甘霖宣布，“金熊猫”国际纪录片节开幕。



国家新闻出版广电总局国际合作司副司长闫成胜表示，‘金熊猫’国际纪录片节致力于中外优秀纪录片的推介，为纪录片的制作、推广搭建一个国际平台，为中外纪录片制作人构建一个国际化论坛。借助这个国际交流平台，海内外优秀纪录片制作人在9月12日——14日三天里，分享创作经验，探索合作之路。

“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。

## 阳光



“一年过去了，跟往年一样，对于这一年，我所能记住的是它的夏天。而现在，又是一个新的夏天了。我的音乐播放器里放着歌词，我一度被遗忘在了这里。我打开门，门外站着它。盛开的大自然。再次获得重生的一切。再次获得新机会的一切。一个成功、活着、茁壮成长的机会。我迈出这间房子，感觉到我赤着的脚缓缓地陷进了被露珠覆盖的青草。我抬头看向太阳。它光芒四射地挂在天空。据说人不可以朝太阳看。但我还是这么做了。有些规则必须要被打破。有些事情人们必须要能跟其他所有人做得不一样。当我随后重新低下头看草地的时候，我注意到太阳笼罩在我的周身。我再一次抬起头朝这颗世界上光芒最强的星星看去。然后又看向绿色的草地。我往前走了一步。在我的四周没有落下任何阴影。”

故事作者：

Sebastian Lindholm

自称为被斯德哥尔摩束缚的家伙。他过去的时光是在音乐、足球和无穷无尽的文字中度过的。永远记得：成为自己原本应该成为的人，永远都不晚。



法国影片《人类》获得了本届“金熊猫”最佳长纪录片奖。此片导演用了3年的时间，走访全球60个国家，让2,020位不同肤色、种族、性别的人，在镜头前诉说自己的故事。“每个人背后都有一个足以撼动心灵的故事，真实而零散的展示人类这个物种，不论从群体还是个人出发，人类都是如此复杂多样，我们永远不可能用一个单一概念或单独的个人来代表人类，这是一个兼具着善良和残忍、真诚和虚假、破坏和创造....的群体。”此片的助理导演兼制片瓦伦丁·瓦特莱说道。

在本届论坛上，来自海外三十多个国家和地区的国际获奖大片的制作人和导演进行了创作经验分享。



# Hungarian "On the Sun" 匈牙利《太阳上》



2016年9月14日,在北京画院美术馆举办了苏契·盖佐先生《太阳上》新书发布暨与作者见面会。

On September 14, 2016, a new book, "On the Sun" by Mr. Géza Szöcs was released. The author met the readers at the Art Museum of the Beijing Fine Art Academy and presented the book. (本刊讯)



匈牙利总理首席顾问兼《太阳上》作者苏契·盖佐先生致辞  
Mr. Géza Szöcs, Chief Adviser to the Prime Minister of Hungary, author of "On the Sun".



中国作家协会党组成员,书记处书记,副主席吉狄马加先生致辞  
Jidi Majia, Member of the Party Committee of the China Writers' Association, Secretary of the secretariat, Deputy President.



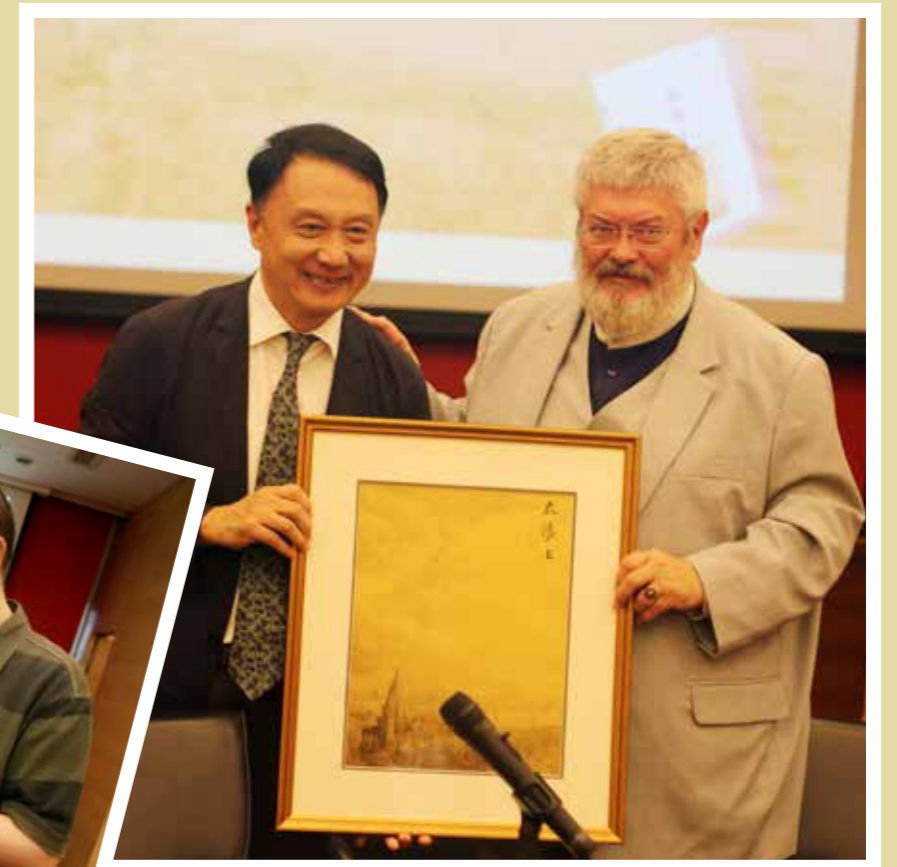
北京画院院长王明明先生致辞  
Wang Mingming, President of Beijing Fine Art Academy



《太阳上》译者余泽民先生致辞  
Yu Zemin, translator of "On the Sun".



《太阳上》作者苏契·盖佐先生为读者签字



封面设计人北京画院院长王明明先生向匈牙利总理首席顾问兼《太阳上》作者苏契·盖佐先生赠送此书模型





Unveiling Ceremony for the International Youth & Children Fine Arts Exposition Center and the "Phoenix Nirvana" Sculpture  
国际青少年儿童美术博览馆揭牌暨“凤凰涅槃”雕塑揭幕仪式



白银市市委书记张智全致辞



美术博览馆由陈仕彬设计。该馆也将是PHE国际青少年书画大会永久会址。

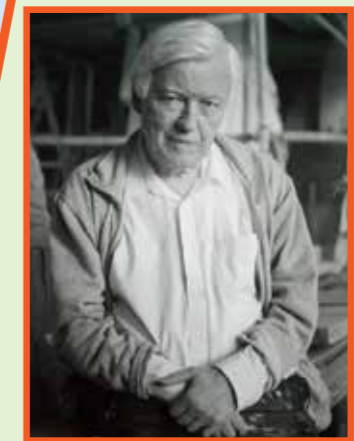
活动仪式于9月23日在白银市隆重举行。  
The two events were held on September 23 in Baiyin City.  
(本刊讯)



PHE国际青少年书画大会主席陈仕彬与中和集团董事长洪涛陪同甘肃省和白银市领导及与会嘉宾参观了正在建设中的国际青少年儿童美术博览馆。



由圣彼得堡，俄罗斯著名雕塑家 为白银创作的“凤凰涅槃”给白银市容增加了新的元素。雕塑家 A. C 查尔金的代表，雕塑家侄子 Charkin Serafim (左三) 先生等出席了仪式活动。



中和集团董事长洪涛向省市等领导介绍建筑情况，计划明年夏季将投入使用。



该馆投资人，中和集团董事长洪涛介绍：国际青少年儿童美术博览馆总占地面积125.87亩，建筑面积23850㎡，投资3.2亿元，建成后的博览馆将集展览展示、艺术教育、收藏保存、文化体验、休闲娱乐等功能于一体的美术博览馆。



## Awarding the Winners of the Best Children's Drawing Contest “中国孩子眼中的乌克兰” 绘画展赛

On September 11, 2016 the Embassy of Ukraine in the People's Republic of China awarded the winners of the art contest "Viewing Ukraine through Children's Eyes from China" dedicated to the 25th anniversary of the independence of Ukraine.

9月11日在乌克兰驻华大使馆举办了颁奖活动。使馆为孩子们准备了自制的甜点，趣味游戏，舞蹈，礼物等。尽量为孩子们提供了一个节日式的活动。让年轻艺术家们和他们的家长们感受真正的乌克兰。

这些绘画曾在今年8月底乌克兰独立25周年庆祝招待会上展示。

The winners, whose drawings were exhibited in Beijing during the state reception on the occasion of the Independence Day of Ukraine, were awarded the Embassy's diplomas and Ukrainian souvenirs.

Homemade sweets, funny games and dances, gifts - all these provided a festive mood and left a lasting impression about Ukraine on the young artists and their parents. (本刊讯)







“Yuan Xikun Star” Naming Ceremony  
“袁熙坤星”命名仪式

2016年9月12日, 由全国政协常委、著名艺术家、北京金台艺术馆馆长袁熙坤先生倡导发起, 故宫博物院、中科院紫金山天文台、中国生物多样性保护与绿色发展基金会、北京怡苑文化艺术促进会主办的《“补天行动”中国校园行启动暨“袁熙坤星”命名仪式》在故宫博物院报告厅举办。

On September 12, 2016, initiated by Mr. Yuan Xikun, Member of the Standing Committee of the National Committee of the Political Consultative Conference, famous artist, Director of Beijing Jintai Art Museum, and organized by the Palace Museum, the Purple Mountain Observatory under the Chinese Academy of Sciences, China Biodiversity Conservation and Green Development Foundation, Beijing Yiyuan Association of Promoting Culture and Arts, the “Sky-mending Movement” China Campus Launching Tour, the “Yuan Xikun Star” Naming Ceremony was kicked off at the Reporting Hall of the Palace Museum. (本刊讯)



联合国环境规划署驻华代表张世刚先生讲话



全国政协常委著名造型艺术家联合国首授“环保艺术大师”袁熙坤先生发表感言



中科院国家天文台台长严俊(左)向袁熙坤(右)颁发“袁熙坤星”命名铜匾



来自芳草地国际学校学生们的文艺表演



袁熙坤与青年志愿者们



## Pakistani Women's Association of Beijing (PWAB) 北京巴基斯坦妇女协会

PWAB是巴基斯坦外交部妇联的一只分支机构、

(PWAB)在索尼娅·马苏德夫人的领导下主要参与公益和慈善活动。成员是巴基斯坦驻北京大使馆的官员的妻子们和来自社区的巴妇女们。

PWAB在三个层面上开展工作: 分支机构

1、国际层面: 我们不仅捐赠现金或实物, 也通过拜访有需求的困难人家以融入当地社区。我们致力于增进中国和巴基斯坦双边关系。

2、国家层面: 虽然距离遥远, 但我们从来没有脱离我们的家园, 我们尽力帮助我们的人民, 特别是当他们遭受像洪水, 地震等国家灾害时。

3、个人层面: 我们照顾PWAB家庭成员和巴基斯坦侨民, 分享他们的快乐和悲伤。

在PWAB我们每两个月会组织一次午餐会以及一些健康清新的活动。我们相信, 小的改变会带来大的不同。

In short PWAB works in three levels: 1. International; where we contribute not only in cash or kind but also try to engage with local community by visiting the needy people. We try to contribute to strengthening the Pakistan-China relationship.

2. National; though far but we are never separated from our homeland and we try our best to help our people specially when they suffer from national disasters like floods, earthquakes etc.

3. Individual; we take care of PWAB family members and the Pakistani community and share their happiness and grief.

At PWAB we meet on a bimonthly basis and organize lunches along with some healthy and refreshing activities. We believe that a little change can make a lot of difference.



我们每年都参加各种各样的活动。2015年底我们已经积极参与中国外交部年度慈善义卖。在义卖现场我们有一个最大的, 包括手工艺品、染料和美食的摊位。我们的中国朋友都非常赞赏和喜爱巴基斯坦的手工艺品和美食。此次义卖的主要收益捐赠给外交部用于主题为“爱无国界”的国际慈善事业。

Every year we are involved in a variety of activities. By the end of 2015 we had already participated enthusiastically in the Annual Charity Bazaar organized by MOFA, China. In that Bazaar we had one of the largest setup consisting of stalls for Handicrafts, Henna and cuisine. Our Chinese friends appreciated and loved the Pakistani crafts and cuisine. The major portion of proceeds from this bazaar was donated to MOFA for international charity cause with the theme 'Love knows no borders'.



虽然生活在国外, 但妇女协会的女士们从未忘记巴基斯坦人成为地震受害者的痛苦。她们购买了有用的物资, 并包装、发送给这些难民。

Although we live abroad nevertheless the PWAB ladies have never forgotten the sufferings of Pakistani people who became earthquake victims. Our ladies bought, packed and sent useful items to these refugees.



在巴基斯坦大使馆馆舍组织了和平蜡烛守夜活动, 声援遭受白沙瓦大屠杀的家庭。

Not only this, we stood in solidarity with the families of Peshawar massacre by organizing a peaceful candle vigil in Pakistan Embassy premises.



2016年5月, 妇女协会举办了春季义卖, 外交部长夫人钱韦女士为义卖剪裁。

PWAB organized the Spring Charity Bazaar in May 2016, where Madam Qian Wei (wife of Chinese Foreign Minister) was the honorable chief guest. This Bazaar had more than a dozen Pakistani stalls and all of these offered unique items from Pakistan. Other than diplomatic community in Beijing, many Chinese locals visited this bazaar.



2016年4月妇女协会组织了妇女运动日。设立了羽毛球和乒乓球比赛, 也组织了其它的游戏以增加娱乐和趣味性。这一活动为我们在巴基斯坦国外的工作带来了动力。

In April 2016 PWAB organized a Women's Sports day. We had matches of badminton and table tennis. To add the elements of recreation and fun other games were also played. This event brought motivation to all our Pakistani missions abroad.



随后,代表团在马苏德·哈立德大使和索尼娅·马苏德夫人的带领下访问了中国老年人养老院,并将春季义卖的大部分收入捐赠给了他们。  
Ambassador Masood Khalid and Madam Sonia Masood visited a Chinese Elderly People Nursing Home and major portion of proceeds from the Spring Bazaar was donated to them.

我们还向我们首都伊斯兰堡的全国医院进行了福利捐赠。  
We also sent donation for welfare work to our national hospitals in the capital, Islamabad.



巴基斯坦的巴基斯坦外交办公室妇女协会还举办一年一度的集市。我们PWAB的女士们会购买中国物资,并包装、发送到巴基斯坦,因这些物资很受当地人的欢迎和喜爱。  
The Pakistan Foreign Office Women Association also holds an annual bazaar. Our PWAB ladies buy, pack and send Chinese items to Pakistan as these items are very popular and well appreciated there.



2016年10月,两位女使节离任,PWAB为她们组织插花表演的告别活动。  
In October 2016, PWAB organized a flower arrangement show for the farewell of two community members.



# Launching of JAL Dream Flights “JAL 哆啦A梦号航班” 启航仪式



日本驻华大使馆于2016年10月29日在使馆内举办了“JAL 哆啦A梦号航班” 启航仪式。此次活动也是作为中日集中交流月的活动之一。

As one of the dialogue activities between China and Japan, the Japanese Embassy has organized the presentation of the "JAL Dream Flights Campaign" at the embassy on the 29th of October. (本刊讯)



日本航空中国地区总代表江利川·宗光先生讲话



特邀嘉宾ADK公司创意总监藤田邦彦先生介绍哆啦A梦号航班



日本航空中国地区总代表江利川·宗光先生为获奖嘉宾颁奖

# “原物” 展览 “The Original”



10月27日 欧盟驻华大使史伟先生和史香露女士在官邸举行青年画展郭子龙先生“自然而然”个展。  
The Solo Exhibition of Mr Guo Zhilong "The Original" hosted by Hans Dietmar Schweisgut, Ambassador of the EU Delegation to China, and Mrs Kaoru Schweisgut was opened at the ambassador's residence on October 27. (本刊讯)



欧盟驻华大使史伟阁下致欢迎辞



艺术家郭子龙先生为嘉宾介绍展览作品



# Lithuanian Photography Exhibition 立陶宛摄影展



值此中国与立陶宛建交25周年之际，立陶宛驻华大使馆于2016年10月10日在中间美术馆举办“非决定性瞬间：立陶宛摄影的另一面”展览。

On the 25th anniversary of the establishment of diplomatic relations between China and Lithuania, the “Non-decisive Moment: the Other Side of Lithuanian Photography” was exhibited by the Embassy of Lithuania in China at the National Art Museum of China on October 10, 2016. (本刊讯)



立陶宛共和国国务委员 Mr. Alminas Maciulis 阁下致辞



立陶宛驻华大使伊娜·玛邱罗尼塔阁下调副馆长欢迎到场宾客



活动策划人IEVA MEILUTE-SVINKUNIENE女士与中国外交部欧洲司司长陈旭先生观看展览





## Alchemical Dissent: Silkworms, Mushrooms and Random Brush Strokes

### 炼金异士——蚕、蘑菇和随机的笔触

9月25日, 奥地利驻华大使馆文化处在北京时代美术馆举办了炼金异士——蚕、蘑菇和随机的笔触艺术展。这个展览精选并呈现了奥地利艺术家约瑟夫·阿玛西德的作品, 两位中国当代艺术家梁绍基、冯良鸿的作品。(本刊讯)



奥地利艺术家约瑟夫·阿玛西德与观众交谈



中国当代艺术家冯良鸿接受采访





爱尔兰驻华大使康宝乐阁下讲话



三位艺术家瑞莲女士、飞扬·戈恩女士和古丽·斯坦女士分别介绍并展示作品

## Irish Arts Exhibition 爱尔兰艺术展

2016年9月25日, 由悦馆·观澜湖艺术生活空间与爱尔兰驻华大使馆共同举办的《绘·记忆》艺术作品展在京拉开帷幕。  
The Painted Thread Artworks Exhibition organized jointly by Yueguan-Guanlanhu Arts & Living Space and the Embassy of Ireland in China was unveiled on September 25, 2016 in Beijing. (本刊讯)



## Kinship Visits, Friendship Associates 亲戚在于走动, 朋友在于交往

九月初由陈其银副市长率团就建立友好城市一事到匈牙利基什孔毛伊绍市(Kiskunmajsa)考察,匈方对此进行了十分热情的接待,并对双方建立友好关系表示了高度赞扬。时隔半个月后,匈牙利基什孔毛伊绍市派出由副市长拉沃伊·莫妮卡(Ravai Monika)带领的5人考察团对白银进行了回访,并与白银市签署了建立友好城市意向协议。友好城市由《世界中国》杂志社牵线搭桥。

In early September, a delegation headed by Chen Qiyin, Deputy Mayor, visited Kiskunmajsa city in Hungary with the intent of establishing sister city relationship. The Hungarian side offered a very hospitable reception and highly praised the establishment of friendly relations between the two sides. Half a month later, a 5-people delegation headed by Ravai Monika, Deputy Mayor, set out from Kiskunmajsa city in Hungary to pay a return visit to Baiyin city, where an agreement of intent for establishing sister city relations was signed. The relationship was established by "The World and China" magazine. (本刊讯)



2016年9月8日甘肃白银市副市长陈其银率团访问匈牙利基什孔毛伊绍市Kiskunmajsa  
On September 8, 2016, a delegation headed by Chen Qiyin, Deputy Mayor of Baiyin city in Gansu province, visited Kiskunmajsa city in Hungary



陈市长一行还向在Kiskunmajsa树立的中国人民家喻户晓的匈牙利伟大诗人裴多菲雕像献花圈。(在北京的鲁迅博物馆也有裴多菲雕像)  
Mr. Chen's team also presented a wreath to the statue of Petofi erected in Kiskunmajsa, the great Hungarian poet known to every Chinese family (a statue of Petofi was also erected at Luxun Museum in Beijing)



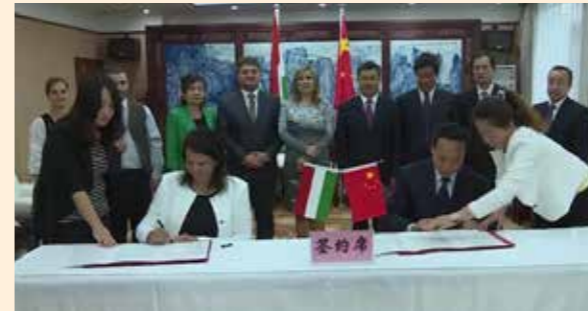
中匈双方签署友好城市建立意向协议。中方由陈其银副市长代表,匈方由Ábrahám-Fúrús András市长代表。  
The Chinese and Hungarian parties signed an agreement of intent to establish sister city relationship. Chen Qiyin, Deputy Mayor as Chinese representative and Ábrahám-Fúrús András, Mayor as Hungarian representative, signing the agreement.

匈牙利巴奇基斯坤州政府委任总督Kovacs Erno (左三)在州府与白银市副市长陈其银一行会面。  
Mr. Kovacs Erno (third from left), governor entrusted by the State Government met the delegation headed by Chen Qiyin, Deputy Mayor of Baiyin city



白银市市长张旭晨在会见时,对拉沃伊·莫妮卡一行来我市签约、参观表示欢迎,对促成两市交流,为两市签约搭建桥梁的有关人员表示感谢。张市长说,亲戚在于走动,朋友在于交往。希望白银市和基什孔毛伊绍市以这次访问为契机,在平等互利的基础上,以“丝绸之路经济带”为平台,建立长期的友好互访和联系沟通机制,促进两市人民之间的友好交往,发挥各自优势,在经贸、文化、教育、旅游等方面开展合作交流。希望基什孔毛伊绍市更多的人员能来白银参观。  
During the meeting, Zhang Xuchen, Mayor of Baiyin city welcomed the visit of Ravai Monika's delegation to his city, signed an agreement, and thanked to the relevant personnel for promoting

this exchange and for building the bridge between the two cities. Mr. Zhang said that kinship visits and friendship associates are very welcome. He hopes that the visits in Baiyin city and Kiskunmajsa city will serve as an opportunity to establish a long-term friendly contact mechanism on the basis of equality and mutual benefits through the platform of "Silk Road Economic Belt", to promote friendly visits between the people of the two cities, to display respective strengths, and to cooperate and exchange in trade, culture, education, tourism etc. He hopes that there will be more people from Kiskunmajsa city to visit Baiyin city in the future.



白银市副市长李嘉岩与匈牙利基什孔毛伊绍市副市长拉沃伊·莫妮卡签署意向协议  
Li Jiayan, Deputy Mayor of Baiyin city and Ravai Monika, Deputy Mayor of Kiskunmajsa city in Hungary, signing an agreement of intent.



参观白银市景泰中学并观看学生演出。  
Visiting Jingtai Middle School in Baiyin city and watching students' performances.



参观白银市民俗博物馆。  
Visiting Baiyin City's Museum of Folk Customs



白银市青少年与匈牙利客人。  
Youths in Baiyin city and visitors from Hungary

代表团出席白银市青少年宫大楼封顶暨凤凰涅槃雕像落成仪式活动。  
The delegation attending Baiyin City Youth Palace mansion completion and Phoenix Nirvana sculpture erection ceremony.







## International Bamboo and Rattan Organization's "Bamboo Bicycle Riding Event"

### 国际竹藤组织“竹自行车骑行活动”

2017 marks the 20th anniversary of the establishment of the International Bamboo and Rattan Organization; the International Bamboo and Rattan Organization and China State Forestry Administration will jointly hold the First Worldwide Bamboo and Rattan Conference in Beijing and build a platform for high-end bamboo and rattan dialogue and international cooperation, so as to enable bamboo and rattan to play better and more roles in the international efforts to realize the 2030 sustainable development target set by the United Nations. (本刊讯)



9月19日, 2017首届世界竹藤大会 (BARC 2017) 开幕倒计时一周年。国际竹藤组织 (INBAR) 在北京国际竹藤组织总部广场举办了“大使竹自行车骑行”活动。

September 19 is one year away from the opening ceremony of the First Worldwide Bamboo and Rattan Conference in 2017 (BARC 2017). The International Bamboo and Rattan Organization (INBAR) held an "Ambassador Bamboo Bicycle Riding Event" at the square of the International Bamboo and Rattan Organization's headquarter in Beijing.

2017年是国际竹藤组织成立20周年, 国际竹藤组织将与中国国家林业局在北京联合举办首届世界竹藤大会, 搭建竹藤高端对话与国际合作平台, 使竹藤在实现联合国2030可持续发展目标的国际努力中发挥更大更多的作用。



# 吴裕泰茶情满怀

文/图 蒋志均 高然



吴裕泰孙丹威总经理亮相第五届世界旅游经济论坛，展现传统与创新茶品的魅力

2016年仲秋，吴裕泰迎来了自己129岁生日。

品牌和着岁月走，129载，这中华老字号茶庄留下的是一串足迹、一串故事和刻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”成就出的一串茶香、一串业绩。

## 一串足迹

古都北京东城区有个地界儿叫北新桥，从古至今，这里都是百业杂陈、商贾云集。各具特色却又与百姓生活息息相关的店铺邻里守望，吴裕泰就在这风水宝地上创号，那是1887.清光绪十三年事。

时光的长河大浪淘沙，街面上的店铺起起落落，唯有吴裕泰这个茶买卖生机勃勃，慢慢成为叫响北京的知名茶庄字号。

一代代北京人喝着吴裕泰的茶叶，对于他们来说，吴裕泰就像老舍先生笔下的《茶馆》，一举一动都有着鲜明的时代印迹。

129载，吴裕泰茶情满怀，时至今日，无论是星罗棋布的连锁茶门店，还是飘溢京城的茉莉花茶香，或是争相品味茶

冰激凌的时尚人群，在每一个时代，吴裕泰都有一串属于自己的茶足迹，凝固着一代人的茶回忆。

## 一串故事

业内人都知道，吴裕泰是徽商起家的老字号茶栈，吴老爷子来北京时带来的全是安徽盛产的茶叶。有种说法，北方的水质硬，花茶中花与茶交融的柔和味道更适应北方人的口味。因此，从吴裕泰创始人起便从安徽、浙江、福建等茶叶产地直接进原茶，在福州、苏州等地窰制，待运回京城后再按秘方拼配成不同档次的茉莉花茶上市销售。早年间，上至达官显贵，下至贩夫走卒、三教九流，品茗会友皆少不了吴裕泰的茶叶。

新中国成立后，吴裕泰曾一度改为国营的“红日”茶庄，也从前店后厂的自营自销改成了国家统购统销的茶叶经营模式，但不论经营模式怎么变，茉莉花茶却一枝独秀，一直是北京人的心头最爱，直至如今吴裕泰的连锁门店开遍全国大江南北，遍布北京城区乡镇，茉莉花茶都一直稳固地保持着绝对的优势地位，为吴裕泰贡献了一半以上的销售业绩。



吴裕泰茶叶不仅受老茶友的欢迎也受年轻人的青睐。



清光绪十三年吴裕泰创号叫“吴裕泰茶栈”。



吴裕泰王府井茶馆

北新桥店是吴裕泰的创始店，在这里，人们总能看到拎着口袋来买茶的老顾客，他们有的是周边的居民，有的是从远郊区赶来就为喝上这一口心心念念的好茶人；而位于北京两大地标建筑——王府井和前门步行街的吴裕泰旗舰店则格外受旅游者的欢迎，来北京玩一回，给亲朋好友捎回几桶儿老北京花茶，极有特色又倍儿有面子，不少游客还从外地打回电话邮购，店员们都会足秤包装，委托快递小哥把吴裕泰的茶香远播！

## 一串茶香

吴裕泰的花茶为什么受欢迎？也许不同的顾客有不同的回答，但归根结底还是缘于“吴裕泰茉莉花茶窰制技艺”的品质过硬。“香气鲜灵持久，滋味醇厚回甘，汤色清澈明亮”这18个字说起来简单，但做起来却是靠吴裕泰制茶师傅们上百年如一日的心血和经验，什么时候投花，什么时候起花，窰多长时间，放多少花量，都在他们的掌控之中。在国家级非遗“花茶窰制技艺”传承人孙丹威的带领下，翠谷幽兰、翠谷茉莉、桂花乌龙、栀子花茶、玫瑰花茶、玳玳花茶……一系列的创新花茶产品纷纷面世，吴裕泰算是真正把花茶做出了新花样，把串串茶香送进了千家万户。近年来，大大小小的国内外盛会都少不了吴裕泰花茶的身影，无数的奖项更是牢牢奠定了吴裕泰花茶行业龙头的基础。

## 一串业绩

现如今加盟连锁已不是什么新鲜事，但在1997年吴裕泰开始做连锁时，却顶着巨大的压力。门店选址、店铺管理、财务流转、物流配送、信息化管控，每一个环节都不能有丝毫的错漏。从1家店到430家店，一共用了19年的时间，吴裕泰坚持将发展连锁作为重要战略之一，硬是将北京城大大小小的街道都标上了吴裕泰的印记，把茶香送到了消费者身边。2005年，吴裕泰引进了信息管理系统；2007年，吴裕泰建立了现代化物流加工中心；近十年中，吴裕泰多次信息化管理和物流生产设备升级，以满足越来越大规模的门店管理需求；建设专业的营销团队，对各大连锁门店进行统一管理；宁可每年支出超百万元经费，也要实施茶叶全环节的质量检测，以保证消费者喝上安全茶、放心茶。

如今，129岁“高龄”的吴裕泰又玩转网络花式小清新，粉丝们说“老吴”就像个时髦大叔，网络用语随口而出，丝毫没有老气横秋的年龄感和距离感；从1997年成立茶叶公司开始，吴裕泰已经随着市场变化和消费者需求先后更换了4次门店装修风格，视觉体系的变化更大提升消费者的购物体验；从散茶到牛皮纸口袋，从礼盒到小包装桶装、盒装，产品包装风格的变迁，让吴裕泰的产品总是走在流行的前沿，受到年轻消费者的追捧；历经4年的磨合，花茶冰淇淋于2009年推出且大获成功，茶爽无胶口香糖、新式茶饮、茶月饼、茶点、茶蛋糕等一系列与茶有关的饮品和食品也陆续推出。老吴家的店不光能满足中老年朋友的需求，连年轻人也爱光顾驻足，难怪王府井的吴裕泰旗舰店被评为北京金街地区“十大舒适落脚地”呢！

“采之惟恐不尽，制之惟恐不精”是吴裕泰上百年的制茶信条，第二个百年任重道远，吴裕泰终将坚定“好茶为您，始终如一”的理念，把中华老字号的茶情洒满人间！

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



北京金街地区“十大舒适落脚地”之一吴裕泰王府井旗舰店



吴裕泰茶文化博物馆内景



## 第7届拉美投资人峰会(北京)

峰会举行了7个主题论坛，参会的嘉宾来自相关拉美国家。

The 7th Latin America China Investors Forum was held in Beijing on October 12, 2016.



“进入新中国的机遇”论坛，主要嘉宾萨尔瓦多公共工程部副部长(左三)，中方嘉宾中国中原集团副总经理朱强(右一)。

Seven panels were organized in the one day's forum, one of them was: Connecting of Continents, Investing in Latin America's Infrastructure. Panelists included Mr. Eliud Ayala, Vice Minister of Public Work from Salvador, and Mr. Zhu Qiang, Vice General Manager of China Zhongyuan Engineering Corp.



## 邀请函

### 2016联合国记协晚宴

联合国记协颁奖晚宴及舞会将于2016年12月16日晚在纽约市华尔街赛普莱尼宴会厅举行。它是联合国每年的重要活动之一。晚宴间联合国记协评委将向四类记者致敬并颁奖，表彰他们在过去的一年中对联合国在世界各活动的优秀报道。届时还将向年度公民授予头等奖，以此表彰他/她在解决从冲突、人道主义灾难、和平与安全到气候变化的各种全球议题上的努力。

联合国秘书长潘基文及新任秘书长将担任当晚的贵宾，并为第21届联合国记者协会年度颁奖。出席晚宴的来宾还将包括好莱坞明星、联合国外交官、商业和文化组织、以及世界各地的优秀记者们。

联合国记者协会成立于1948年，由世界各地的250名记者组成，在纽约联合国总部报道联合国的各项活动。联合国记协评奖委员会是一个非盈利组织，致力于鼓励和奖励杰出记者。

颁奖晚会及旅游观光共5天，联系人:王佳 138114542345, 01087706399

### 2015联合国记协颁奖晚宴



潘基文秘书长致辞并为记者颁奖



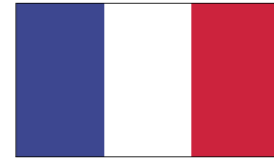
2015年潘基文夫人在抽奖活动上



联合国主席发言



摩纳哥王子出席活动



## 法兰西共和国 French Republic

### 食谱描述:

橙汁烤鸭是法国的经典佳肴。鸭肉本身肉质非常鲜美，橙汁的味道又使这道菜品得到升华，这酱汁就像是浓缩的阳光的味道，即使是路易十四也挑不出它的毛病！

### 食谱配料:

- 一整只鸭或4片鸭胸
- 盐及胡椒
- 2个橙子
- 4汤匙蜜
- 4汤匙红酒醋
- 1/3杯白酒或波特酒
- 3汤匙柑曼怡酒
- 4根葱，切沫
- 2 汤匙软化黄油
- 400毫升鸡汤或鸭汤

### 烹调指南:

烤箱预热至220度。将鸭子提取从冰箱里取出并在室温下放置30分钟。用凉水清洗鸭子，用厨房用纸将其拭干并把鸭翅膀包进鸭身以免被烤焦。用烤肉叉子或者牙签将鸭子皮上扎孔。取除掉鸭身处多余油脂。按照个人口味在鸭内外调撒上盐及胡椒。

将鸭子放在烤盘中，并将烤盘放在烤箱最底层处烤架上烤15分钟。然后将烤箱温度调到180度继续烤，每15到20分钟将烤盘里的油涂在鸭子身上直到整只鸭子被烤熟。因鸭子及烤箱的大小不同，大致需要1到1个半小时。

在烤鸭子的过程中，可以开始准备酱汁。小心的取下橙子皮，注意不要取到白色苦的部分。将橙汁挤出并将橙皮及橙汁放置待用。

将糖和酒醋加到一个中号炖锅中，并将锅在中火上加热，不断的搅拌直到糖充分溶解并开始变成棕色。此时立即将锅从火上取走，并小心的搅拌将橙汁加入到锅内。

再将锅放在火上并加入鸡汤。用小火加热并搅拌至焦糖完全溶解。将做好的酱汁放置待用。

鸭子烤好之后，从烤箱取出，用箔纸蓬松的将鸭子包裹一下并放置15到20分钟。撇出烤盘中多余的油脂并将白葡萄酒或波尔多红酒加入其中。将烤盘放在烤箱火上加热直到酒和烤盘里的汁沸腾，并将它加入到刚才准备好的酱汁的锅里。将橙皮搅拌的加入到锅中。

将混合的酱汁用小火加热到近沸腾。将玉米淀粉及Grand Marnier利口酒在一个小碗里混合，并将它加入之前的酱汁中使其变稠。让酱汁从火上取下并缓慢的将黄油加入到酱汁中，搅拌将其混合。

将鸭子切好并放在一个盘子中。酱汁可放在一个另一个容器中，一起呈上。

### Recipe description:

A classic French dish of roasted duck served with a rich orange sauce. The duck meat itself is a deeply flavorful meat but it is the sauce that lifts the dish into memorability, a sauce that tastes like concentrated sunshine that even Louis XIV couldn't possibly quibble with.

### Ingredients for recipe:

- 1 duck or 4 duck breasts
- sea salt and freshly ground black pepper
- 2 oranges
- 4 tbsp. honey
- 4 tbsp. red wine vinegar
- 1/3 cup white wine or port
- 3 tbsp. grand Marnier liqueur
- 4 shallots, finely diced
- 2 tbsp. butter, softened
- 400 ml duck or chicken stock

### Recipe instructions:

Preheat oven to 220 °C. Remove the duck from the refrigerator about 30 minutes before you put it in the oven and let it come to room temperature. Wash the duck with cold water, pat it dry with paper towels and tuck the wings under the body to keep them from burning. Prick the duck skin all over with a skewer or toothpick. Trim any excess fat from the opening of the body cavity. Season the duck liberally inside and outside with salt and pepper.

Set the duck on a rack in a roasting pan. Place the roasting pan in the lowest rack of the oven and roast for about 15 minutes. Then reduce the heat to 180 °C and continue to roast, basting with the pan juices every 15 to 20 minutes, until the duck is cooked through and the temperature in the thickest part of the thigh measures between 70 °C and 80 °C (use a meat thermometer). Depending on your oven and the size of your bird, this

should take anywhere from 1 to 1½ hours.

While the duck is roasting, prepare the sauce. Zest the oranges, taking care not to get any of the bitter white pith. Squeeze the juice from the oranges and set the zest and juice aside.

Add the honey and vinegar to a medium-sized saucepan. Set the saucepan over medium-low heat and cook, stirring constantly, until the honey is completely dissolved and starts to turn golden brown. Immediately remove from heat and carefully stir in the reserved orange juice.

Return to the flame and add the chicken stock. Whisk over low heat until the caramelized sugar is completely dissolved. At this point the sauce base can be set aside until the duck is finished roasting.

When the duck is finished, remove it from the oven, cover it loosely with foil and set it aside to rest for 15 to 20 minutes. Skim any excess fat from the roasting pan and add the wine or port. Place the roasting pan on the stovetop over medium flame and bring the wine and pan juices to a boil, scraping up any bits of drippings off the pan. Pour the pan juices into the saucepan with the sauce base. Strain the sauce, return it to the saucepan and stir in the reserved orange zest.

Bring the sauce to a simmer over low heat. Stir the cornstarch and Grand Marnier together in a small bowl, then whisk the mixture into the simmering sauce to thicken it. Remove the sauce from heat and slowly whisk in the butter to enrich the sauce.

Carve the duck and place it on a serving platter. Serve the sauce in a sauceboat alongside the carved roast duck.

国家描述: 自由、平等、博爱

语言: 法语

首都: 巴黎

人口: 6500万

货币: 欧元

主要出产品: 机械和交通设备, 化工, 红酒

加入欧盟时间: 1951年

以何闻名: 法国菜, 红酒, 时装, 建筑

名人: 维克多·雨果

Slogan/Country characteristic: Liberty; Equality, Fraternity

Name of country in language of origin: France

Language(s): French

Capital: Paris

Population (in millions): 65

Currency: Euro

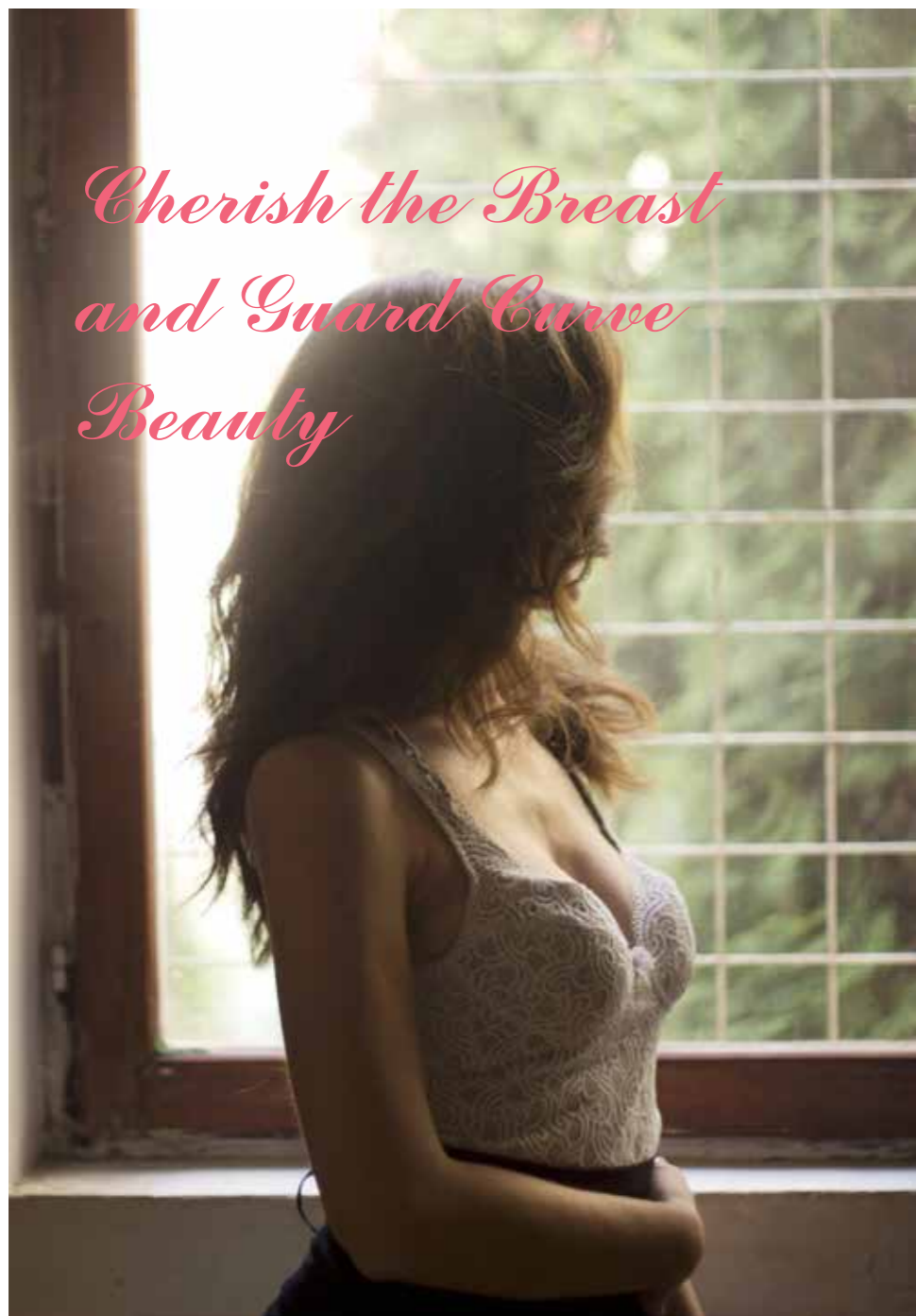
Main export products: machinery and transportation equipment, chemicals, wine

Date of entry into EU: 1951

Famous for: French cuisine, wines, fashion, architecture

Famous person: Victor Hugo





## Cherish the Breast and Guard Curve Beauty

## 珍爱乳房 守卫曲线之美

纽约国际时装摄影师 David Jay 曾经用镜头记录了乳腺癌患者重生后的影像，他将其命名为疤痕项目(The Scar Project)。图片拍摄的灵感源于他的一位29岁密友被诊断出患有乳腺癌的经历。David镜头里的女性并没有遮掩她们的伤口，而是大方将它们袒露于人前，原始、诚实、真挚地展示着她们与疾病抗争的勇敢与自信。

David Jay, an international fashion photographer from New York, has used his camera to record the image of breast cancer patients after recovering from the disease and he named it the scar project. The inspiration for these pictures is from the experience of his 29 year-old friend who was diagnosed with breast cancer. The women in David's lens did not cover their wounds, but generously revealed the wounds in front of people, which is original, honest and sincere to show their courage and self-confidence to struggle with the disease.

这些遭遇劫难还能重生的女性，在带给我们震撼和感动的同时，也为我们敲响了健康的警钟，如今乳腺癌已经成为女性健康的头号杀手，姚贝娜、阿桑、陈晓旭等多位女星都被乳腺癌无情的夺去了生命，乳腺癌已经成为城市生活中死亡率增长最快的疾病，请您为了守护这对天赐女性的礼物，认识一下乳腺癌。

We are deeply shocked and moved by these females who recovered from breast cancer. Meanwhile, their experience sounds the healthy alarm for us. Today, breast cancer has become the number one killer of women's health. Yao Beina, A-Sun, Chen Xiaoxu, and many other actresses died of breast cancer. Breast cancer has become the fastest growing-disease in urban life. Please, in order to protect this pair of gifts from God, let us know about breast cancer.

### 乳腺癌五大“前奏” Five “preludes” of breast cancer

**乳腺肿块:** 注意，大多数的乳腺癌都是无痛性的肿块，只有少数会伴有不同程度的隐痛或刺痛。所以，如果你发现单发、质硬、边缘不规则、表面欠光滑的肿块，那就要小心了。

**Breast Lump:** Most of the breast cancer is a painless lump, and only a few are accompanied by varying degrees of pain or tingling. Therefore, you'd better be careful for the lump with solitary, hard, irregular edge and rough surface.

**乳头溢液:** 如果你处于非妊娠期，乳头有血液、浆液、乳汁或脓液流出，或者你已经停止哺乳半年以上，但仍有乳汁流出，这就是乳头溢液。引发乳头溢液的一个重要原因就是乳腺癌。

**Nipple discharge:** If you are in a non-pregnancy period, there is outflow for the nipples of blood, serous fluid, milk or purulent fluid, or you have stopped breastfeeding for more than half a year, but there is still milk outflow. The above-mentioned situations are nipple discharge. One of the important reasons for nipple discharge is breast cancer.

**乳头乳晕异常:** 肿瘤位于或接近乳头深部，可能会引起乳头回缩。肿瘤距乳头较远，乳腺内的大导管受到侵犯而短缩时，也会引起乳头回缩或抬高。

**Nipples and areola abnormalities:** Tumor located or close to the nipple may cause nipple retraction. The

tumor far from the nipple can also cause nipple retraction or elevation because the breast ducts were invaded and short.

**腋窝淋巴结肿大:** 乳腺癌患者初期可出现同侧腋窝淋巴结肿大，肿大的淋巴结质硬、可推动。随着病情发展，淋巴结逐渐融合，并与皮肤和周围组织粘连、固定。

**Axillary lymph node:** At the beginning, breast cancer patients may have the large axillary lymph nodes of the same side, which is hard and can be promoted. With the development of the disease, lymph nodes gradually fused, with the skin and the surrounding tissue adhesed and fixed.

**皮肤改变:** 乳腺癌引起的皮肤改变有多种体征，最常见的有以下两种：“酒窝征”，即乳腺皮肤出现一个小凹陷，像小酒窝一样；“橘皮样改变”，即乳腺皮肤出现许多小点状凹陷，就像橘子皮一样。

**Skin changes:** Skin changes induced by breast cancer have a variety of signs, and the most common are below. The breast skin showed a small depression, like a small dimple, which is called "Dimple" sign; "Orange peel appearance", namely, there appears many dot shaped depression on the breast skin, just like orange peel.

### “四少二多”远离乳腺癌 Stay away from breast cancer with "four 'less' and two 'more' "

**少长肉:** 研究发现绝经后过胖的女性，患乳腺癌的风险会比瘦的高出30%—60%。胖的人脂肪细胞会较多，而在绝经后，脂肪细胞变成雌激素最主要的来源，所以更年期女性如果太胖，体内的雌激素就会过多，乳腺癌的风险就会加大。不过，这并不意味着处于更年期前的女性可以放心大吃大喝了，因为即便对乳腺癌的影响不大，肥胖也会带来其他疾病。

**Less weight gain:** The study found that the risk of breast cancer in postmenopausal obese women is higher than the lean women by 30% - 60%. Fat people are more likely to have fat cells, and fat cells become the main source of estrogen in postmenopausal women. If menopausal women are too fat, the body's estrogen will be too much and the risk of breast cancer will increase. However, this does not mean that pre-menopausal women can be assured of uninhibited eating and drinking, because obesity will lead to other diseases though it has

no great impact on breast cancer.

**少喝酒:** 如果只是偶尔来几口问题还不大, 但是如果已经变成一种生活方式了, 哪怕每天就只来一杯酒, 风险就有了。酒精之所以带来风险, 是因为减慢了体内雌激素降解的速度, 导致血液中雌激素水平上升。

**Drink less:** The problem is not serious if you only occasionally have a few drinks. But if it has become a way of life, even if only one cup of wine every day, there is a risk. Alcohol is a risk because it slows down the rate of estrogen degradation in the body, leading to an increase of the level of estrogen in the blood.

**少生气:** 除了遗传基因外, 心情因素才是最大的致病诱因, 要关爱乳房, 首先要从调节心情开始。乳房起自肝经, 肝的功能会反映到乳房, 而心情起伏则会直接影响到肝的功能。爱生气上火、脾气暴躁的人属于肝火旺盛, 会殃及乳房。女性要学会调节心情, 学会倾诉, 缓解心理压力, 这才是关爱乳房的根本。

**Less anger:** In addition to genetic genes, the mood is the biggest cause of the disease. To care for the breast, you should adjust the mood first. Breast starts from the liver meridian. Liver function will be reflected in the breast, and mood change will directly affect the function of the liver. Strong anger and ill temper can hurt breast. Women have to learn how to adjust the mood, talk and ease the psychological pressure, which is the root of care for the breast.

**少补雌激素:** 对女性而言, 雌激素可谓是一把双刃剑, 它可以使女性变得更有“女人味”, 但雌激素水平太高的女性, 也更容易得乳腺癌。盲目服用含雌激素的保健品, 使用含激素的非正规护肤品, 摄入过多高蛋白、高脂肪食物等都会引起雌激素水平的增高。

**Less estrogen supplement:** For women, estrogen can be described as a double-edged sword. It can make women become more feminine, but with too high estrogen, it is easier to lead to breast cancer. Blindly taking health care products containing estrogen, using non-regular skin care products that containing hormones, excessive intake of high protein and high fat food could increase the levels of estrogen.

**多运动:** 美国一项研究报告指出, 运动可以使处于更年期前后的女性乳腺癌的发病率减少60%。专家建议女性最好每周抽出五天的时间进行运动, 每次至少坚持四十五分钟以上, 有规律的运动习惯有利于提高身体的免疫力, 避免乳腺癌的发生。

**More exercise:** A study in the United States reported that exercise could reduce the incidence of breast cancer by 60% in women around menopause. Experts suggest

that women should take five days for exercise every week, at least for 45 minutes or more each time. Regular exercise is conducive to improving the body's immune system and avoiding the occurrence of breast cancer.



**多检查:** 以上说的都是生活方式, 此外还有一点特别重要的事情女性千万不能忽视, 那就是定期体检。乳腺癌的早期诊断对于治疗非常重要, 成年女性至少每三年进行一次乳房检查, 40岁后开始每年进行一次检查。女性每个月还可在家中乳房自检, 最好在每个月的同一时间, 月经后5—7天检查为宜。

**More examinations:** The above is about the way of life, however, regular physical examination should not be ignored. Early diagnosis of breast cancer is very important for the treatment of breast cancer. Adult women should conduct a breast examination at least once every three years and conduct a examination every year after 40 years old. Women can also conduct breast self-examination at home every month. It would be better at the same time in every month, after 5-7 days of menstruation.

借用一句广告语: 万物生长, 有的能见, 有的不见。即使不见, 可以体检。尽早发现, 便是晴天。乳腺癌不可怕, 生活中注意预防保健, 及时体检, 就能远离“危险”, 守卫住身体的曲线之美。

Quote an ad. All things grow. There is always something you can't see. Even if you do not see it, you can check for it. Find out it as soon as possible, it will be sunny. Breast cancer is not terrible, pay attention to prevention and health care in life. Timely medical examination will be able to keep you away from the "danger". Let us guard the beauty of the body's curve.

## A Basket of Pregnancy Contraindication, Is It True?

### 孕期禁忌一箩筐, 都是真的吗?

怀孕是一件很辛苦的事, 尤其在中国, 除了要照顾自己和肚子里的宝宝外, 还要被妈妈和婆婆逼着注意许多所谓的“孕妇大忌”, 这个不能吃, 那个不能碰……真是无奈!

Pregnancy is a very hard thing, especially in China, in addition to take care of both yourself and the baby, you're forced to pay attention to many so-called "pregnant women taboos" by the mother and mother-in-law. It is really helpless!

那么, 那些传说中的“大忌”到底靠不靠谱呢? 听听专家怎么说吧!

Then, whether the legendary "taboos" in the end is reliable or not, listen to what the experts say!

**传言: 准妈妈不能留长发, 会和宝宝抢营养!**

**Rumor** The mother can not keep long hair, for it could rob nutrition with baby!

**专家解答:** 很多人怀孕了第一件事就是将留了多年的长发剪掉, 意思是不想和胎儿抢营养。但其实不是头发越长需要营养越多、头发越短需要营养越少, 头发长度与营养需求没有太大关系。事实上, 提倡孕妇剪短发是为了清洁方便, 而不是因为长发会消耗更多的营养。怀孕时, 留长发还是剪短发取决于个人的生活习惯, 在医学上没有禁忌。

**Experts answer** The first thing the pregnant women do is to cut off long hair, and they do not want to steal the fetal nutrition. But in fact, there is not too much relationship between the length of the hair and nutritional needs. In fact, the promotion for pregnant women to cut short hair for it is easy to clean; it is not because the long hair will consume more nutrients. Long hair or short hair depends on the individual's living habits during pregnancy period, and there is no taboo in medicine.

**传言: 准妈妈必须一人吃两人份, 否则营养不够!**

**Rumor** Mother must eat two servings, or the nutrition is not enough!

**专家解答:** 虽然孕妈妈在孕期需要额外补充一些营养, 但是那种“多吃大补”的观点真的是Out了。与饮食的“量”相比, “质”更重要。孕妇需要均衡全面的营养摄入, 尤其在孕中后期, 适量增加优质蛋白质、钙质的摄入可以帮助宝宝生长。而过度的进补只会让胎儿生长过大, 给顺利分娩带来



难度。

**Experts answer** Although pregnant mothers during pregnancy need to add some extra nutrition, but the view of "eating tonic" is really out. Compared with the amount of diet, quality is more important. Pregnant women need a balanced and comprehensive nutrition intake, especially in the middle and late pregnancy, the appropriate amount of increase in quality protein and calcium intake can help your baby's growth. But excessive tonic will only make fetal too large, which brings difficulty to smooth delivery.

**传言: 孕妈妈酱油吃多了, 宝宝皮肤会变黑!**

Rumor If pregnant mother eat more soy sauce, the baby's skin will be dark!

**专家解答:** 皮肤的颜色是由体内的黑色素多少决定的, 而黑色素的多少是由基因决定的。一般来说爸爸妈妈皮肤都白, 宝宝的肤色就会白; 爸爸妈妈都黑, 宝宝的肤色就偏黑; 爸爸妈妈一个黑一个白, 那么宝宝的肤色会靠近父母的中间值, 但这一切, 跟摄入的酱油量没有任何关系!

**Experts answer** Skin color is determined by the number of melanin in the body, and the number of black pigment is determined by the gene. In general, if mom and dad's skin is white, the baby's skin will be white. If mom and dad's skin is black, the baby's skin color is partial black. If the skin of mom and dad is one black and one white, then the baby's skin will be close to the median of parents, but all these have no relationship with the intake of soy sauce.

**传言: 孕妈妈要穿辐射服, 否则宝宝会畸形!**

Rumor Pregnant mother should wear radiation clothing; otherwise, the baby will be deformed.

**专家解答:** 目前, 没有任何科学证据表明, 日常生活中的非电离辐射会升高准妈妈的流产率和胎儿畸形率。而各种孕期防辐射的传说, 比如摆绿萝、仙人掌等植物, 放置防辐射屏保, 按防辐射食谱进食同样都没有科学依据。

**Experts answer** at present, there is no scientific evidence that the non ionizing radiation in daily life will increase the abortion rate and the rate of fetal malformations. While various pregnancy radiation-proof legends, such as setting the scindapsus aureus, cactus and other plants, placed by the radiation-proof screen saver and diet also have no scientific basis.

**传言: 孕妈妈常食醋会改变体质, 导致流产或畸胎!**

Rumor Pregnant mother will change the constitution by regular consumption of vinegar, causing miscarriage or birth defects.

**专家解答:** 坊间流传孕妈妈食醋会改变体质, 进一步造成流产与畸胎。实际上, 由于人体对于外来食物的调适能力很强, 要让体质完全酸化或碱化并不是件容易的事, 更不要说会因此造成流产与畸胎了!

**Experts answer** Pregnant mother will change the constitution by regular consumption of vinegar, causing miscarriage or birth defects. Actually, the body's ability to adapt to foreign food is very strong. Completely acidification or alkalization of the constitution is not easy, and let alone it will cause abortion and the monster.

**传言: 孕妇吃兔肉, 宝宝长兔唇!**

Rumor If pregnant women eat rabbit meat, baby will have a harelip.

**专家解答:** “兔唇”的发病原因主要包括遗传、环境影响两种。如果准妈妈或准爸爸家族中并没有兔唇的病例, 孕期也没有不良用药和接触X射线等, 光凭吃兔肉就引起兔唇是完全没有任何科学依据的。兔肉属于高蛋白、低脂肪、少胆固醇的肉类, 性凉味甘, 具有补中益气、凉血解毒的功效, 故孕妇也不宜多吃, 但不必担心宝宝会长兔唇, 偶尔吃一下并没有大碍。

**Experts answer** The etiology of "harelip" is mainly impacted by heredity and environment. If the mother or father in the family has no harelip cases, pregnancy adverse and exposure to X rays, harelip caused by eating rabbit meat has no scientific basis. Rabbit meat contains high protein, low fat and low cholesterol, cool and sweet, with Buzhongyiqi function, and it can cooling blood and detoxification. So pregnant women should not eat too much, yet it doesn't matter if you just eat it once.

**传言: 酸儿辣女, 从孕期饮食爱好可知男女!**

Rumor Know the sex of the fetus from a pregnant diet.

**专家解答:** 孕妇出现食欲下降、对气味敏感、嗜酸或嗜辣, 甚至想吃些平时并不喜吃的食物, 均属于正常的生理反应。孕后, 内分泌活动改变, 胎盘分泌人绒毛膜促性腺激素(HCG), 这种激素会抑制胃酸分泌, 使胃酸分泌量减少, 从而降低了消化酶的活性, 影响食欲与消化功能, 而酸性食物正好能刺激胃酸的分泌和提高消化酶的活性, 帮助消化、增加食欲, 所以, 孕妇爱吃酸味食品特别是酸味水果, 这可以说是生理上的需要, 对健康也是有益处的, 与胎儿性别无关。

**Experts answer** Pregnant women appear to have a decreased appetite, be sensitive to smell, like acid or spicy food, and even want to eat some food they usually do not



like. Those belong to the normal physiological reaction. After pregnancy, endocrine activity changes, and placenta secretes human chorionic gonadotropin (HCG). HCG could inhibit the secretion of gastric acid and reduce the amount of gastric acid, which thereby reduce the digestive enzyme activity and affect the appetite and digestive function. And acid food just can stimulate the secretion of gastric acid and improve the digestive enzyme activity to help digestion and increase appetite. So pregnant women like to eat acid food, especially acid fruit. This can be said to be a physiological need, which is also beneficial to the health, and it has nothing to do with the sex of the fetus.

**传言: 怀孕时不能吃生冷的食物, 否则宝宝生下来气管会不好!**

Rumor Do not eat cold food during pregnancy; otherwise, the baby's trachea is not well.

**专家解答:** 宝宝气管的好坏与否和妈咪怀孕时的饮食没有绝对关系, 而且生冷食物也不会直接造成子宫温度降低, 甚至直接影响胎儿。比较值得注意的是, 生冷食物因大多为生食(如刨冰、生鱼片等), 未经高温加热处理, 孕妈妈容易因感染食物里的细菌而有腹泻、肠胃不适等症状, 严重时的确会间接影响到子宫, 导致流产的憾事发生, 孕妈咪一定要特别留意。

**Experts answer** There is no absolute relationship between the mother's diet and baby's trachea. Cold food will not directly result in the decrease of uterus temperature, or even directly affect the fetus. More noteworthy is that cold food could be mostly raw food (such as water ice, sashimi, etc.), without pretreatment by heating at high temperature. The pregnant mothers are easy to be infected by bacteria in food, which may lead to diarrhea, gastrointestinal discomfort and other symptoms. It may even indirectly affect the uterus, causing abortion. The pregnant woman should be more careful.

**传言: 妈咪怀孕时吃蛋, 会造成日后宝宝对蛋过敏!**

Rumor Mommy eating eggs during pregnancy will cause egg allergy of baby.

**专家解答:** 多数宝宝对蛋过敏的原因是蛋类食物中的蛋白质在食用后会分解成氨基酸, 而氨基酸会提高组织胺等

致敏物质的浓度, 进而诱发过敏, 这与孕妈妈们在孕期吃蛋没有太大关系。此外, 宝宝对食物过敏的原因多与遗传因素有关, 但此遗传因素为母体自身, 并非孕妈妈食用外来食物所致。

**Experts answer** Most babies are allergic to eggs for egg protein in eggs can be decomposed into amino acid and amino acid will increase the concentration of the histamine and other allergens in edible to induce allergy. However, this is not related to eating eggs by mommy during pregnancy. In addition, the cause of baby's allergy to food is more related to genetic factors, and the genetic factor is from the mother instead of the food she eats.

**传言: 孕妈妈吃木瓜, 宝宝出生时黄疸就会比较重!**

Rumor If pregnant mother eats papaya, the jaundice will be more serious when baby is born.

**专家解答:** 一般而言, 由于木瓜是β胡萝卜素含量较丰富的食物, 无论孕妈咪或宝宝, 食用过量都会产生色素沉淀或肤色偏黄的情形, 这与新生儿的生理性黄疸并无任何关系。造成新生儿黄疸的原因为体内“胆红素”积聚所致, 胆红素为血液中的红血球老化后, 经代谢后所产生的一些废物, 当此种废物过多或无法排出时, 就会积聚在体内, 造成皮肤泛黄, 也就是所谓的“黄疸”。

**Experts answer** Papaya is rich in beta carotene. Regardless of the mother or baby, excessive consumption of papaya will produce pigmentation or yellowish skin, which has no relationship with the physiological jaundice of the newborn. The accumulation of bilirubin in the body causes neonatal jaundice. Along with the aging of red blood cells in the blood, the waste could be produced by the metabolism. The waste is bilirubin. When such waste is too much or it could not be discharged, it will be accumulated in the body, causing yellowish skin. And it is called the "jaundice".

孕期是女人一生中最特别的时光, 孕妈妈们对诸多不靠谱的、传说的禁忌不要盲听盲从, 有疑问及时咨询医生, 放松心情, 按时产检, 好好享受这段难忘的岁月!

Pregnancy is the most special time in a woman's life. Don't listen blindly to blind obedience for many non-reliable legends and taboo. Consult a doctor in time, relax, check on time and enjoy the unforgettable years.



## 揭开“大姨妈”的神秘面纱

## Uncover the Mystery of Menstruation

只要属性是雌性的哺乳动物，都会来“大姨妈”，不要惊讶，你会来，骆驼会来，蝙蝠会来，喵星人和汪星人也会来。

As long as the property belongs to a female mammal, it will have menstruation. Don't be surprised, you'll have menstruation, so does the camel, bat, cat and dog.

对于广大女性来说，“大姨妈”可谓是陪伴她们时间最长的“亲戚”，有大约30多年的时间，女人们都在“大姨妈”的默默陪伴下度过。可是又有几个人真正了解“她”的内在呢？

For the majority of women, the "great aunt" (menstruation) can be said to be their longest relative. About 30 years of time, women are in the silent accompany by menstruation. But there are a few people really understand her inner.

### 健康的“大姨妈”长什么样？

#### What does healthy menstruation look like?

人总有健康和生病的时候，“大姨妈”也同样，健康的“大姨妈”一般有以下四个指标：

People could not always be accompanied by health, and they would be plagued by illness more or less, so does the "great aunt". The healthy "great aunt" generally has the following four indicators.

一是初潮和绝经的时间正常，通常初潮在13岁左右，绝经在49岁左右；二是月经周期正常，原则上是在28天的基础上加减七天，也就是21—35天之间；三是月经期，也就是来月经的时间，通常是3—7天；四是月经量，正常的月经量

在50—80毫升左右，如果来一次月经只用护垫就够了，就是量太少；如果来一次月经用的卫生巾超过20片就是有点多了。

1. The time of menarche and menopause is normal. Usually menarche is at 13 years old and menopause is around the age of 49.

2. Menstrual cycle is normal, in principle, add or reduce seven days on the basis of 28 days, that is, between 21-35 days.

3. Menstrual period, that is, the time to have menstruation, usually 3-7 days.

4. Normal menstrual volume is 50-80 ml. If using menstrual pad is enough, the amount is too small. If a menstrual cycle needs more than 20 pieces of sanitary

napkins, the amount is a bit more.

以上四大指标如果有其中一个不符合标准，那就可以认为是“大姨妈”异常了，月经不调了。

If one of the above four indicators does not meet the standard, it can be considered an abnormal and irregular menstruation.

女性的子宫时刻为排卵受孕做准备，一旦排卵、受孕了就不会来月经；如果不受孕，内膜脱落就会形成月经。所以对于那些备孕的女性来说，每次来月经，都是一次妊娠失败。

The uterus is ready for ovulation and pregnancy all the time. Once ovulate and conceive, you will have no menstruation and if you don't conceive, the inner lining of the film will fall off and form menstruation. So for those who want to be pregnant, menstruation indicates failure of pregnancy.

### 是谁让“大姨妈”出现异常？

#### Who let the "great aunt" appear abnormal?

**怀孕：**如果发生妊娠，月经便停止。到了月经该来的日子，往往不能来，而且出现小便次数增多、食欲改变、呕吐、恶心等症状。一直月经正常的女性如果突然出现月经推迟的情况（推迟一周还没有来），要注意是不是怀孕了。不过，首先，你得有一个男朋友。

**Pregnancy** If a pregnancy occurs, menstruation stops. Menstruation can not be on time. There are symptoms of an increase in number of urine, appetite change, vomiting, nausea and others. Women who have normal menstruation with sudden delayed menstruation (postponed for a week) should pay attention to whether you are pregnant if you have a boy friend.

**过度减肥：**许多女性为了控制体重，会服用一些减肥药物或者过度节食，从而导致月经推迟。这种情况如果时间短暂可以自然恢复正常的月经周期，但对于时间较长者，往往需要进行药物调理才可恢复正常的月经周期。

**Excessive weight loss** In order to control the weight, many women would take some weight-loss drugs or diet excessively, which leads to the delayed menstruation. If the time is short, it can naturally return to normal menstrual cycle. But if the time is longer, it is often necessary to carry out drug conditioning to return to normal menstrual cycle.

**外科手术创伤：**宫腔手术、人流手术等可能会引起宫颈

粘连而导致经血瘀留，从而使月经错后。所以，女性平时一定要注意避孕，千万别不拿人流手术当回事，等出了问题可就悔之晚矣了。

**Surgical trauma** Uterine cavity operation and abortion operation may cause cervical adhesions which further lead to blood stasis retention. And then the menstrual cycle delayed. So women should pay attention to contraception. Take abortion seriously until it is too late.

**精神原因：**精神过度紧张，悲愤、忧伤、气恼等异常情绪，常会导致月经推迟。这种情况往往会使乳房胀痛、心烦意乱、郁闷不舒，一般不需要治疗，但如果月经一直推迟，可以服用中药进行辨证调理。

**Mental Cause** The spirit of excessive tension, anger, sadness, anger and other abnormal emotions often causes menstruation to defer. This situation often causes breast pain, depression and distraction. It generally does not need the treatment, but if menstruation has been delayed, you can take the Chinese medicine for dialectical conditioning.

**卵巢原因：**多囊卵巢综合征、卵巢功能早衰也会导致月经异常，所以，如果你的月经时间总是不准，还是要先到妇科做个检查比较好。

**Ovary reason** Premature ovarian failure and polycystic ovary syndrome can lead to abnormal menstruation. If your menstrual time is always not on time, go to the department of gynecology to do a check.

**贪凉受寒：**很多姑娘平时爱吃冷饮，不注意保暖，甚至在经期受寒，这些都会使盆腔内的血管收缩，导致卵巢功能紊乱，卵巢功能紊乱了，就会引起月经量过少，甚至闭经。

**Catch a chill or cold** Many girls usually like to eat cold food, even in the menstrual period, and ignore keeping warm. These will lead to pelvic vascular contraction and dysfunction of the ovary. And further it causes ovarian dysfunction and hypomenorrhea, or even amenorrhea.

**用药不当：**经常大量使用抗生素，对女性而言可能致月经失调、不排卵、闭经。因为这些药物抑制、伤害了人体自身的抵抗力，导致了机体功能障碍。

**Inappropriate use of medicines** Taking a large number of antibiotics in women may cause menstrual disorders, amenorrhea and ovulation. Because these drugs could inhibit and hurt the body's own resistance, leading to the dysfunction of the body.



## 八条“军规”捍卫女性健康

Protect the health of women with eight “military regulations”

**保持平和心态：**女性内心通常较为敏感，容易出现忧郁、急躁、思虑过度等情绪，而情绪的不稳定会导致内分泌失调，从而影响月经周期。生活中应多一份豁达，以乐观、平和的心态面对身边的事情，努力提高自我控制能力，避免惊、恐、暴怒、过度悲伤等一切不良精神刺激。

**Maintain peace of mind** Women are usually more sensitive, prone to depression, impatience and over thinking. And emotional instability can lead to endocrine disorders, which affects the menstrual cycle. Please be more open-minded, optimistic and peaceful to face things around, and strive to improve the ability of self-control. Avoid panic, fear, anger, grief and all adverse mental stimulation.

**多吃清淡食物：**饮食要多样化，搭配合理，多亲近蔬菜、水果，少吃油腻与刺激性食品，烹调用油以植物油为主，动物油为辅，以获取更多的不饱和脂肪酸，从而调理内分泌失调。



**Eat light food** Diet should be diversified with reasonable collocation and eat more vegetables or fruits. Eat less greasy and irritating foods. Choose vegetable oil as cooking oil and animal oil as supplement to obtain more unsaturated fatty acids for the regulation of endocrine disorders.

**控制稳定体重：**不要过度的追求体重数字，只要它一直是稳定的，没有大起大落，且身体健康，就是好的，这个世界本来就是高矮胖瘦各有不同，每个人都是独特唯一的，不可能人人都是细腰长腿。即便想要减肥，也要通过健康的方式

循序渐进。

**Stable-weight control** Don't pursue weight numbers excessively. As long as it is always stable with no radical change, then you are healthy. This world is supposed to have different heights and weights. Everyone is unique. Even if you want to lose weight, proceed in a healthy way step by step.

**培养运动习惯：**每周至少运动三次，每次30—50分钟，可以跳跳健美操，慢跑散步，打打太极拳，通过运动来清理体内毒素。

**Training exercise habit** Do exercise at least three times in a week, 30 to 50 minutes every time. You can walk, jogging, do aerobic exercises and do Tai Chi. Remove the toxins through the motion.

**提高子宫温度：**少吃生冷食物；少穿露脐或露背装；在家也要穿上袜子，别光脚走来走去；洗完澡一定要擦干穿好再出浴室；早起可以喝杯姜茶；平日多用热水烫脚，刺激足底的经络和穴位，使全身温暖。

**Raise the temperature of the uterus** Eat less cold food. You'd better not to wear backless costume or bare midriff. Wear socks at home, and don't walk barefoot. Dry yourself after the bath. Early to get up and drink a cup of ginger tea. On weekdays soak your feet with hot water to stimulate the meridians and acupoints of the foot, so that the body is warm.

**调整生活作息：**三餐定时定量，11点前一定要上床睡着，不抽烟，不过量饮酒，喝了茶或者咖啡明显睡不着的，说明对身体刺激比较大，就不要喝了。

**Adjust lifestyle** Have three meals regularly, and go to bed before 11 p.m.. Do not smoke, and do not drink wine too much. Do not drink tea or coffee if you obviously can not sleep, because the physical stimulation is relatively strong.

**注意私处卫生：**日常生活中注意外生殖器的卫生清洁，每天用干净的流水清洗外阴。月经期避免性生活，防止由于妇科炎症导致月经不调。

**Pay attention to private health** Pay attention to the health and cleanliness of the external genitals in daily life. Clean the vulva with clean running water every day. Avoid sexual life during menstruation, and prevent irregular menstruation caused by gynecological inflammation.

**定期妇科检查：**每年为自己做一次健康体检，可加入针对妇科的专项检查。

**Regular gynecological examination** Do a health check every year and you may add special inspection for gynecology.



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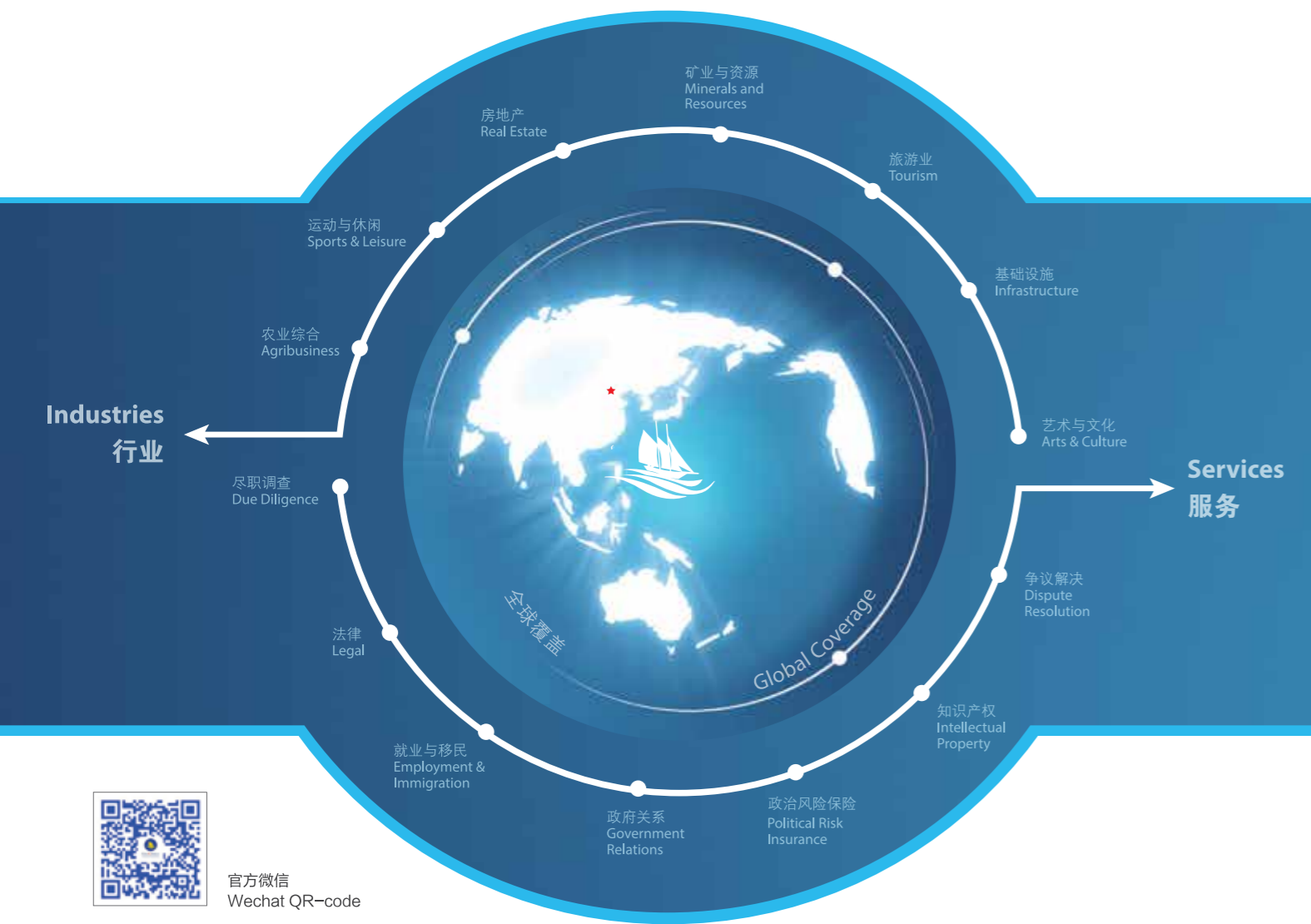
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- > Online information platform and Deal Center
- > Offline consultancy and portfolio of private deals

### We provide

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2-5pm 20 October 2016, Lecture Hall, Beijing Exhibition Center

*A unique opportunity to learn about the relatively unexplored topic of political risk in the context of China's infrastructure investments*

The Forum will be held during the 8th China Overseas Investment Fair (COIFAIR). Attended by over 5,000 delegates each year, the COIFAIR is a must-attend event for businesses and government representatives interested in Chinese outbound investment.

### "A Silk Road Journey" An exhibition by Michael Yamashita | 麦克·山下“丝路之旅”摄影作品展

Michael Yamashita is the only living photographer to have travelled the entire length of the Silk Road from Italy to China and Admiral Zheng He's sea route from China to Europe. His unique Silk Road Collection is an extraordinary record of the fascinating countries and peoples that Michael encountered. CGA is proud to represent Michael and to feature this exhibition at the COIFAIR, in collaboration with the Reignwood Group.



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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.

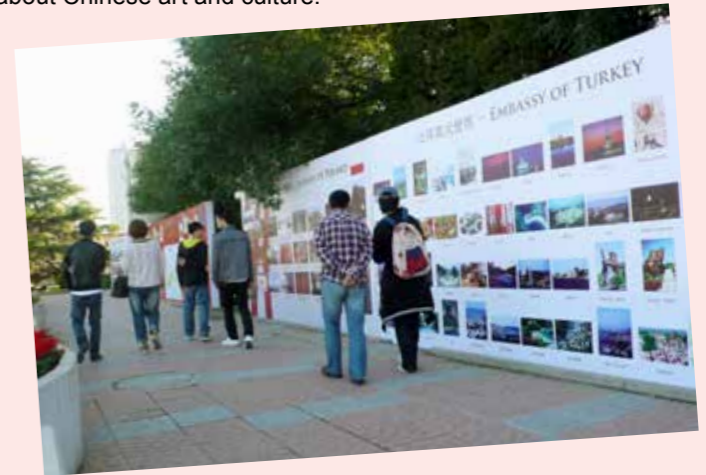
除杂志本身功能之外,杂志社还成功地主办或承办了各类文化活动与商务会议,促进了中西文化交融及经济贸易领域的合作,为世界文化走向中国搭建了有利的平台,为中国文化艺术走向世界起到了极大的推动作用。

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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