

The World and China 世界中国

Selyemüt

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

2016 / 06 总第065期



欧盟 EU



芬兰 Finland



日本 Japan



瑞典 Sweden



马尔代夫 Maldives



捷克 Czech Republic



亚美尼亚 Armenia



瑞士 Switzerland



AMBASSADORS' NEW YEAR
GREETINGS TO THE READERS
OF THE MAGAZINE

驻华大使向本刊读者祝贺新年

发行介绍

INTRODUCTION OF THE PUBLICATION

世界中国杂志创建于2006年，为多语种国际刊物。

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公務务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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



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Free of Charge Magazine 赠阅

中国两国人民
友谊之花常开
为世界中国杂志社题
邹家华

原中国国务院副总理、全国人大副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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Ambassadors' New Year Greetings to The Readers of The Magazine (pls. see page 4)

"New Year

"Greeting from his/her Excellency"



驻华大使们的新年祝贺



史伟 特命全权大使

欧盟驻华大使

Dear Friends of the EU and China,
2016 was a year that saw both the European Union and China make great strides in many areas of our relations, particularly on climate change, with the ratification of the Paris Agreement, and the global economy, through the G20 hosted by China.

For 2017, we look forward to more cooperation on many fronts. We will be celebrating the EU-China Blue Year, aimed at promoting innovation and sustainable development of maritime economies; we will also be celebrating the 60th anniversary of the Treaty of Rome, the founding treaty of the European Union; in addition, 2017 will be the 30th anniversary of the Erasmus student exchange programme, an important contributor to closer people-to-people contacts between European and Chinese students.

So it is with much optimism for our ever-closer relations that I wish you all a happy, healthy and

prosperous New Year 2017 and Year of the Rooster.

Hans Dietmar Schweisgut
Ambassador of the European Union to China

亲爱的欧盟和中国的朋友们:

2016年, 欧盟和中国共同见证了双边关系中诸多领域的重大进展, 特别是在气候变化领域巴黎协定的批准和全球经济领域G20峰会在中国的成功举行。

我们期待中欧双方在2017年继续在各个领域加强合作。我们将共同庆祝中国—欧盟蓝色海洋年, 在海洋经济方面倡导创新和可持续发展; 我们将庆祝确立了欧洲联盟的《罗马条约》签署60周年; 另外, 到2017年, 伊拉斯谟学生交流项目已建立30周年, 该项目极大地促进了欧洲和中国学生间的人文交流。

因此, 我对中欧更紧密地双边关系非常乐观, 并谨此祝愿大家2017年和农历金鸡之年健康快乐、万事如意!

欧盟驻华大使
史伟



横井裕 特命全权大使

日本国驻华大使

2017年の春節に当たり、新年のお慶びを申し上げます。中国で生まれた十二支は日本でも古くから親しまれていますが、今年は酉年です。「酉」は「果実が成熟した状態」と

の意味があるそうです。今年は日中国交正常化45周年の記念の年ですが、成熟した日中関係への更なる一步を踏み出すことができるよう、昨年来の政治、経済、文化・交流での成果を弾みとして、各分野での交流を拡大・深化させ、より成熟した日中関係に向けた更なる一步を踏む出す年となるよう尽力したいと思います。新しい年が皆さまにとっても順調かつ平安な一年となりますよう、心より祈念いたします。

在中国日本国特命全权大使
横井裕

值此2017年春节来临之际, 恭祝大家新春快乐! 诞生于中国的十二地支自古传到日本而家喻户晓, 据此历法, 今年属农历酉鸡年。据称“酉”包含“累累硕果”的意思。今年将迎来日中邦交正常化45周年, 在此衷心祝愿日益成熟的日中关系能够更上一层楼, 并把过去一年在政治、经济、文化、交流等方面所取得的成果转化为新的动力进一步扩大和深化双方交流。我将一如既往为日中关系的更大发展而全力以赴。

金鸡报晓万象更新, 祝愿大家在新的年里顺遂、安康!

日本国驻中华人民共和国特命全权大使横井裕



马寰雅 特命全权大使

芬兰驻华大使

在新春佳节即将来临之际, 我祝愿所有的中国朋友鸡年吉祥如意! 芬中关系过去一年持续发展。我们见证了多次高端互访, 其中全国人大张德江委员长为庆祝双边议会关系60周年访问芬兰也成为今年的亮点。我看到人与人交流在教育、文化和旅游方面有所加强尤其感到高兴。赴芬旅游的中国游客数量在猴年增长了近一倍。2017年芬兰即将庆祝独立100周年, 我们很高兴邀请更多的中国朋友了解芬兰并且参与到我们这一年众多的活动中来。

祝新春愉快!

马寰雅
芬兰驻华大使

我从今年九月起开始担任瑞典驻华大使, 但我已经发现中国是一个非常有趣的国家, 并且相信这份工作会让我受益匪浅。67年前, 瑞典成为第一个与中国建交的西方国家, 时至今日, 中国仍是我们最重要的贸易伙伴之一。作为曾经联合国气候变化框架公约 (UNFCCC) 下瑞典首席气候谈判代表, 我想对中国在去年批准了《巴黎协定》表达祝贺。瑞典在气候专业知识和绿色创新方面有很多可供参考的经验, 我们希望与中国分享。在此我祝福所有的中国朋友和他们的家人:

鸡年快乐!



林戴安 特命全权大使

瑞典驻华大使



贝德日赫·科佩茨基
特命全权大使

捷克共和国驻华大使

With the coming New year 2017, I would like to wish all Chinese citizens strong health, good luck, much happiness and lot of success in realization of the development process. Allow me to congratulate the Chinese people on the arrival of the traditional Chinese New Year – Year of Rooster. May the New Year bring further growth in sino-czech relations and the mutual prosperity.

V nadcházejícím roce 2017 bych všem čínským občanům rád popřál pevné zdraví, hodně štěstí, spokojenosti a mnoho dalších úspěchů při realizaci dalšího rozvoje. Zároveň mi dovolu pográtulovat čínskému lidu k příchodu Nového čínského roku – Roku kohouta. Ať v Novém roce dále vzkvívá česko-čínské přátelství a naše vzájemná prosperita.

在2017年到来之际，我谨祝所有中国人民身体健康，万事如意，发展之路一帆风顺，硕果累累。值此中国农历鸡年春节佳庆，请允许我向中国人民致以热烈的祝贺，祝愿在新的一年里，中国充满美好，繁荣昌盛！

Bedřich Kopecký
velvyslanec České republiky v
ČLR

Bedřich Kopecký
Ambassador of the Czech
Republic to China

贝德日赫·科佩茨基
捷克共和国驻华大使馆大使



谢尔盖·马纳萨良
特命全权大使

亚美尼亚共和国驻华大使

Dear Friends,
Accept, please, my best wishes to the friendly Chinese people. May the coming Year of Peacock bring health, happiness and the fulfillment of all dreams to each homes and families.

In 2017 we will celebrate together the 25th anniversary of the establishment of diplomatic relations. During these years we witnessed that China and the Chinese people, being one of the global economic and cultural power centers, build their relations with the external world on the principles of equality, mutual confidence and respect, what is inherent to the nation and state, which inherited and carry one of the most ancient civilization in the world.

I wish all the best to you in New Year, dear friends!

亲爱的朋友们！

请接受我向友好的中国人民致以良好祝愿。祝大家在即将到来的鸡年里阖家幸福安康，所有梦想都能成真。

2017年我们将共同庆祝建交25周年。这些年来我们见证了继承和发扬世界古老文明的中国和中国人民，作为全球富有凝聚力的经济文化中心之一，在平等互信和相互尊重的原则基础上，建立起自己与外部世界所固有的关系。

亲爱的朋友们，祝你们在新的一年里万事如意。

谢尔盖·马纳萨良
亚美尼亚共和国大使



穆罕默德·费萨尔 特命全权大使

马尔代夫驻华大使

Dear Friends,

In 2017 we celebrate the 45th anniversary of the establishment of diplomatic relationship between our two countries. It is indeed a momentous occasion. In this milestone year, let me convey my sincere greetings to our good friends all over China and to "The World and China" magazine. I wish you all a happy and prosperous New Year and joyful Chinese Spring Festival.

Over the past 45 years China-Maldives relationship has grown in leaps and bounds. Today we are witnessing a golden period in our mutual cooperation. China is one of our key development partners, and the many infrastructure projects currently underway in my country with the assistance of the Chinese Government are testament to this. It is a great pleasure for me to be Ambassador of Maldives in China at this historic moment. It is also a matter of great pride and privilege to be in

China at a time when China's role in the world economy and global governance is been enhanced and deepened. Maldives and other developing countries will surely benefit from this, and we look forward to working with China in enhancing South-South cooperation and in dealing with issues such as global warming and climate change.

We look forward to celebrating the 45th Anniversary of our diplomatic relations with our friends in China and hope to create everlasting bonds between the people of China and Maldives.

Gong Xi Fa Cai and best wishes for a Happy New Year.

Your Sincerely,
Mohamed Faisal
Ambassador of the Maldives

亲爱的朋友们：

2017年中马两国建交45周年之际，这将是一个重大的时刻。我向所有中国的好朋友们和《世界中国》杂志致以诚挚的问候。祝愿大家能够度过一个快乐、繁荣的新年，一个愉快的中国春节。

过去的45年中，中国和马尔代夫的关系有着突飞猛进的发展。今天，我们见证着这段相互合作的黄金期。中国是马尔代夫最重要的发展伙伴之一。在中国政府的援助下，目前在建的很多基础设施项目就是最好的证明。我很荣幸能够在这个历史时刻担任马尔代夫驻华大使。中国在世界经济和全球治理方面担任着重要的角色，我为自己在这段时期能够来到中国感到骄傲。马尔代夫和其他发展中国家都将得益于这段时期。我们也期盼同中国一道，共同提升南南合作，应对全球变暖、气候变化等方面的事务。

我们期望同中国的朋友们共同庆祝两国建交45周年的时刻，希望中国人民和马尔代夫人民友谊长青。

恭喜发财，新年快乐。
顺致崇高敬意

穆罕默德·费萨尔
马尔代夫驻华大使



Merry Christmas



戴尚贤 特命全权大使

瑞士联邦驻华大使

Chères lectrices et Chers lecteurs du magazine "Le Monde et la Chine"

En tant qu'Ambassadeur de Suisse en Chine, c'est avec un grand plaisir que je vous adresse mes salutations à l'occasion du Nouvel-An chinois. Je vous souhaite à vous et à votre famille une année heureuse, saine et prospère.

L'année 2016 a été extrêmement satisfaisante en ce qui concerne les relations bilatérales entre nos deux pays, qui ont connu plusieurs développements passionnants. La signature d'un partenariat stratégique innovateur sino-suisse, le premier de son genre signé par la Chine avec un autre pays, a ouvert de nouveaux horizons de collaboration. En tant que leader mondial de l'innovation, la Suisse travaillera avec la Chine dans le cadre d'échanges politiques, économiques, culturels et éducatifs, afin de développer des relations complémentaires profitables à nos deux pays.

Un autre élément qui a marqué nos solides relations bilatérales est l'ouverture du Consulat général de Suisse à Chengdu. Situé au cœur de ce carrefour économique chinois en plein développement, ce Consulat général est destiné à faire progresser les relations bilatérales existantes, en mettant l'accent sur l'économie, le commerce, l'innovation et le tourisme. Afin de rapprocher la Suisse de la Chine, nous avons également ouvert

douze nouveaux centres de visas en Chine l'an dernier, afin de répondre rapidement avec des services de qualité aux voyageurs et hommes d'affaires chinois.

Dans la perspective de cette nouvelle année, je me réjouis de la poursuite de notre coopération bilatérale dans tous les domaines possibles. Grâce à un dialogue soutenu et des échanges réguliers avec nos homologues chinois, j'espère que nous pourrions développer nos visions communes, poursuivre la promotion de nos intérêts communs et fournir encore davantage de substance à nos relations mutuellement bénéfiques. Fort d'une telle vision, je vous souhaite à nouveau une nouvelle année fructueuse.

Jean-Jacques de Dardel
Ambassadeur de Suisse en Chine

亲爱的《世界中国》杂志的读者朋友们：

在春节即将到来之际，作为瑞士驻华大使，我非常高兴地向各位致以节日的问候。我衷心祝愿您和您的家人：新年健康快乐，兴旺发达。

中瑞双边关系在2016年取得了丰硕成果，见证了许多激动人心的发展。两国建立的创新战略伙伴关系使瑞士成为首个与中国建立创新战略伙伴关系的国家，为双边合作打开了崭新的局面。作为世界领先的创新型国家，瑞士将与中国一起努力，通过政治、经济、文化、教育等等领域的交流，进一步深化我们之间互补的双边关系。

此外，瑞士新近在成都开设了总领事馆，成为活跃的双边关系的新亮点。新的总领事馆设在经济热点地区，将通过经济、贸易、创新、旅游等领域的合作继续提升两国关系。为了拉近瑞士与中国的距离，过去一年我们在中国新设立了12个签证申请中心，为中国游客和商务人士提供便捷的签证申请服务。

展望新的一年，我期待看到双边合作在所有的领域都成熟发展。我希望和中国的合作伙伴一起通过对话和创新性努力，发展我们的共同愿景，追求共同利益，使我们互惠互利的关系进一步得到充实。怀着这样的希冀，我再次祝愿您新年收获满满。

戴尚贤
瑞士联邦驻中华人民共和国大使



Christmas Party in EU Delegation to China 欧盟圣诞派对



欧盟驻华大使史伟阁下致欢迎辞



(本刊讯)



随之圣诞将至, 哥伦比亚驻华大使馆于2016年12月7日在使馆内举办了一场圣诞狂欢派对, 邀请到了北京市山谷学校和北京市大峪中学的学生们共同庆祝。

Con el acercamiento de la navidad, la Embajada de Colombia en China realizó una fiesta del feriado dentro de la Embajada en el día 7 de diciembre de 2016, con la invitación de los estudiantes de la Academia Shangu de Beijing y del Colegio Secundario Dayu de Beijing, y festejaron juntos por la navidad. (本刊讯)



哥伦比亚的圣诞时光

Navidad de Colombia



哥伦比亚驻华大使讲话





捷克圣诞派对

Czech Christmas Party





圣诞点灯启动仪式 Christmas Lighting Ceremony

2016年12月3日晚, 北京希尔顿酒店举办了第22届圣诞点灯暨圣诞火车的启动仪式。
 In the evening of December 3, 2016, Hilton Beijing Hotel has held the 22nd Christmas Lighting Ceremony as well as the launch of a Christmas train. (本刊讯)





巴哈马圣诞节聚会 Bahamas Christmas Party



(本刊讯)

European Business in China-Shanghai Position Paper 2016/2017 《中国欧盟商会—上海建议书2016/2017》

方毓强 撰文、摄影 Author, Photo by FANG Yuqiang

2016年12月13日,中国欧盟商会(European Union Chamber of Commerce in China)上海分会(以下简称“上海分会”)欧达仕(Michael Adams)主席向中外记者正式发布中英文两种版本的《中国欧盟商会—上海建议书2016/2017》(以下简称建议书)。

On December 13, 2016, Michael Adams, President of Shanghai Branch of European Union Chamber of Commerce in China released the European Business in China Position Paper 2016/2017 both in Chinese and English.



上海分会传播和商务经理梅克斯(Max Merkle)先生

欧达仕(Michael Adams)主席发言

《华尔街日报》(The Wall Street Journal)记者艾华添(James T.Areddy)先生在提问

建议书近10万字,580多家会员企业以2015年11月至2016年11月数据为基础进行分析,反映他们在上海运营状况、问题及建议,希望进一步完善中欧双方的经济合作。建议书特别论及上海的“四个中心”(在2020年建成全球金融、贸易、航运、商业中心)及近年来提出的“要建成全球科技和创新中心”,愿为上海达到目标而建言献策,如:明确鼓励外商投资研发的财政激励框架;完善知识产权法的实施;恢复工业用地50年(现为20年)的政策;加快上海证交所战略新兴板的设立;提速上海自贸区试验的步伐;放宽户口、签证政策,以吸引全国、全球人才;改善生活品质(降低国际学校学费)等。The Position Paper contains more than 100 thousand words. More than 580 member enterprises provided their operation status, problems, and advises based on the data from November 2015 to November 2016, hoping to further improve the economic cooperation between China and the EU. The Position

Paper especially discussed the role of the “Four Centers” of Shanghai (Global Center of Finance, Trade, Shipping, and Commerce in 2020) and the goal of becoming a global technology and innovation center, wishing to make its own contributions for Shanghai, including encouraging fiscal incentive frameworks developed by foreign investment, improving the enforcement of the intellectual property right law, restoring the policy of 50-year industrial land (currently 20-year), accelerating the establishment of a strategic emerging block in Shanghai Stock Exchange, accelerating the Shanghai Free Trade Zone, relaxing residence registration and visa policies to attract talents from both home and abroad, and improving the quality of life (lowering the tuition fees of international schools), etc.

(注:中国欧盟商会于2000年成立,现有1600多家会员企业,其中上海分会580多家,在中国7个分会中举足轻重)

(Note: European Union Chamber of Commerce in China was founded in 2000. It has more than 1600 member businesses, among them more than 580 are members of Shanghai Branch, allowing it to take a decisive position among the 7 branches.)



1st EU-China Short Film Festival Launched in Beijing 首届中国-欧盟微电影展在京启动

The First EU-China Short Film Festival, organized by the Delegation of the European Union to China in cooperation with China Soong Ching Ling Foundation was officially launched at the Delegation of the European Union to China (16/DEC/2016).

www.euchinashortfilm.com

欧盟驻华代表团与中国宋庆龄基金会于2016年12月16日在北京欧盟驻华代表团共同启动首届中国-欧盟微电影展。



宋庆龄基金会副主席井顿泉与欧盟驻华代表团大使史伟启动首届中国-欧盟微电影展

本次活动主要目的为中国和欧盟28个成员国的青少年电影爱好者提供交流平台。评委由电影界和文化界的3名欧洲人和3名中国人组成。最终评出的12部影片(中、欧影片将分别评出1名金奖,2名银奖和3名铜奖)将被授予“希望杯”。12名获奖者将有机会参加由宋庆龄基金会组织的为期7-10天的一对一的国际电影制作夏令营。本次影展是由《世界中国》杂志,《中国报道》承办。

影展发起人,影展组委会执行主任纳吉·麟·接受中央电视台发现之旅频道采访说道:非常幸运的是,目前中国



举办方合影。从左:影展组委会执行主任纳吉·麟,组委会主任(欧盟代表团)峰威力,主办方欧盟驻华大使馆大使史伟先生,组委会副主任张晓青女士,影展支持方宋庆龄基金会副主席井顿泉,《中国报道》杂志社社长陈实女士,以及组委会副主任郑进。



评委合影:意大利寒露,匈牙利高博,中国杨慧,中国徐枫以及法国马雷梦

影展发起人,影展组委会执行主任纳吉·麟接受中央电视台发现之旅频道采访

官方对国外微电影有个十分包容的态度,使得欧盟国微电影爱好者能够自由进入中国展示并与中国微电影爱好者交流。”

Initiator of the Festival and Executive Chair of the Organizing Committee of the Festival, Nagy Lin, when interviewed by the Outlook Channel of CCTV said: China's official attitude toward foreign short films is currently very open and welcoming, so this is an excellent time for foreign short film makers to display their works in China and to start a dialogue with their Chinese counterparts and the wider audience. (www.euchinashortfilm.com) (本刊讯)





罗马尼亚驻华大使多鲁·罗穆卢斯·科斯泰亚阁下致辞



Romanian National Day 罗马尼亚国庆日



罗马尼亚驻华大使馆于2016年11月30日在京举办了庆祝罗马尼亚国庆98周年招待宴会。（本刊讯）
The Romanian Embassy in China held a reception for its 98th National Day in Beijing on November 30, 2016.



罗马尼亚驻华大使馆官员欢迎到场宾客



嘉宾观看摄影图片展览



中外交部部长助理刘海星阁下与罗马尼亚驻华大使多鲁·罗穆卢斯·科斯泰亚阁下共同举杯庆祝活动圆满举行

Barbados National Day Reception 巴巴多斯国庆招待会



2016年11月24日，巴巴多斯共和国庆祝五十周年独立日暨巴中建交三十九周年招待会在北京隆重举行。

In November 24, 2016, the Republic of Barbados celebrated the 50th anniversary of its independence and the 39th anniversary of the establishment of the Barbados-China diplomatic relations at a reception held in Beijing. （本刊讯）



巴巴多斯共和国驻华大使布拉思韦特阁下举杯庆祝招待会圆满举行



巴巴多斯驻华大使夫人欢迎到场宾客



巴巴多斯驻华大使夫人携北京心灵呼唤残疾人艺术团共同演唱中巴国歌



巴巴多斯共和国驻华大使布拉思韦特博士为在巴中两国文化和商务交流中作出杰出贡献的个人颁发证书



International Day of Solidarity with the Palestinian People 巴勒斯坦人民国际日



由中国人民对外友好协会和北京语言大学共同举办的2016“声援巴勒斯坦人民国际日”纪念活动于12月20日在北语校园内拉开帷幕。（本刊讯）



中国外交部副部长张明阁下致辞



联合国驻华系统代理协调员兼世界卫生组织驻华代表施贺德先生宣读联合国秘书长致辞



阿拉伯国家驻华大使使团团长阿曼苏丹国驻华大使阿卜杜拉·萨阿迪阁下讲话



巴勒斯坦驻华大使法里兹·马赫达维阁下讲话



北京语言大学校长崔希亮先生讲话



The observance of the 2016 International Day of Solidarity with the Palestinian People sponsored by the Chinese People's Association for Friendship with Foreign Countries and Beijing Language and Culture University was opened on the campus of Beijing Language and Culture University on December 20.



文艺表演



Independence Day of Cyprus 塞浦路斯独立日



值此塞浦路斯共和国独立56周年及塞浦路斯共和国与中国建交45周年之际，塞浦路斯驻华大使馆于2016年12月14日在北京举办招待会。

On the occasion of the 56th anniversary of the Independence Day of Cyprus and the 45th anniversary of Sino-Cyprus diplomatic relations, the Embassy of Cyprus in China held a reception in Beijing on December 14, 2016.

(本刊讯)



塞浦路斯共和国驻华大使罗伊祖阁下与中外交部部长助理刘海星共同庆祝活动圆满举行



塞浦路斯共和国驻华大使罗伊祖阁下欢迎到场宾客



塞浦路斯共和国驻华大使罗伊祖阁下致辞

Luxemburg Jazz Music 卢森堡爵士乐



卢森堡驻华大使馆于2016年12月1日在大使官邸举办爵士乐音乐会。

The Embassy of Luxemburg in China held a Jazz Music Party in the embassy on December 1, 2016. (本刊讯)



卢森堡驻华大使石泰帽阁下讲话



“Dock In Absolute” 乐队表演



Commendation Ceremony 表彰大会



日本驻华大使馆于12月9日在大使官邸举办了“2016年度外务大臣表彰颁奖仪式”。

The Japanese Embassy in China held the 2016 Commendation Ceremony of the Foreign Minister on December 9 on the premises of the embassy. (本刊讯)



日本驻华大使横井裕阁下为获奖者颁发证书



Celebration of the Birthday of the Emperor of Japan 庆祝天皇诞辰



日本驻华大使馆于2016年11月22日在使馆内举行日本明仁天皇诞辰的庆祝活动。各国驻华使节、大学代表以及85家日本企业、地方团体代表等一千多名嘉宾受邀参加天皇83岁生日了招待会。（本刊讯）



日本驻华大使横井裕阁下与中国外交部副部长刘振民阁下共同举杯庆祝活动圆满举行

The Japanese Embassy in China held the celebration event for Emperor Akihito's birthday on 22 November 2016 in the embassy. Diplomats of various foreign countries in China, university representatives and more than 1,000 guests including representatives of 85 Japanese companies and that of local organizations were invited to attend the 83rd birthday celebration of the Emperor.



日本驻华大使横井裕阁下携夫人欢迎到场宾客





Día de los Muerto de México 墨西哥亡灵节



墨西哥驻华大使馆于2016年11月1日在使馆内举办了纪念亡灵节的这一传统节日。在这期间里逝者的亡灵会回来看望生者，生者与亡灵共度这段时光并安慰他们的离世。亡灵节起源于中美洲，是中美洲许多国家的共同节日，被联合国教科文组织评为“人类非物质文化遗产”。（本刊讯）（本刊讯）



墨西哥驻华大使温立安阁下致辞



亡灵面包



阿根廷驻华大使迭戈·盖拉尔阁下致辞

Ampliar el aprendizaje del idioma español 扩大西班牙语学习

为了使西班牙语在中国中学的普及，阿根廷驻华大使馆于2016年11月8日在使馆内举行了与北京大峪中学签署《机构支持谅解备忘录》的庆祝酒会。

Con el fin de difundir el idioma español en los colegios secundarios de China, la Embajada de Argentina en China ha organizado un cóctel dentro de la embajada para la celebración por la firma del "Memorándum de Entendimiento de Apoyo Institucional" con la Escuela Secundaria Dayu de Beijing en el día 8 de noviembre de 2016.（本刊讯）



中共门头沟区委教育工委李永生先生讲话



Italian Silverware Exhibition 意大利银器展

意大利驻华大使馆于2016年12月2日在大使官邸举办了 GREGGIO ARGENTERIE 公司的产品展示活动。
The Italian Embassy in China held a presentation for Greggio Argenterie in the embassy on December 2, 2016.
(本刊讯)



意大利驻华大使馆参赞毕乔安先生讲话



意大利公司总裁: Marco Greggio 先生介绍产品并庆祝活动圆满举行



Marco Greggio 夫妇与嘉宾合影





马尔代夫驻华大使费萨尔·穆罕默德阁下讲话



Taste of the Maldives 马尔代夫美食秀

2016年12月圣诞来临，在马尔代夫官邸大使夫人为首都各界媒体展示了马尔代夫的美食及制作。

As a Christmas event, the ambassador's wife introduced some delicious food of the Maldives and their cooking method to the media at the ambassador's residence in Beijing. (本刊讯)



马尔代夫驻华大使夫人为嘉宾介绍马尔代夫美食



Food Photography Contest 美食摄影大赛



意大利驻华大使馆于2016年12月6日在使馆内举办了由意大利驻华大使馆和各总领馆主办的“意大利美食摄影展”大赛活动。

The Italian Embassy in China held the Italian Food Photography Contest in the embassy on December 6, 2016. The competition was sponsored by the Italian Embassy and Italian Consulate Generals. (本刊讯)



意大利驻华大使谢国谊阁下讲话



China Abiding by the Rules of the WTO 中国恪守世贸规则

中国记协于11月30日举办第99期“新闻茶座”，邀请商务部中国世贸组织研究会副会长薛荣久教授以“中国恪守世贸规则”为题与境内外记者交流。

The All-China Journalists' Association has held the 99th Press Salon on November 30, with the participation of Prof. Xue Rongjiu, Vice-president of China Society for World Trade Organization Studies to exchange views with foreign journalists on the topic of "China abiding by the rules of the WTO".

薛荣久教授表示，入世后中国对世贸组织的一般规则和特殊规则都切实履行。在一般规则方面，仅中央部委就修改2000多项法律法规，加上地方则高达9万多项。在特殊规则方面，尽管这些规则带有“歧视”性，中国从改革大局出发，接受了它们，并认真履行。其中，反倾销“替代国”价格条款是在WTO《反倾销协议》之上单加给中国的，该条款到2016年12月11日无论如何都要终止，不可延长。

Prof. Xue Rongjiu pointed out that the central government amended more than 2000 laws and regulations, and that there were more than 90,000 local regulations updated because of China's membership in the WTO. (本刊讯)



记者提问

**“外国人看中国——聚焦精准扶贫”
走进河北邢台活动**
“China in Foreigners' Eyes,
Targeted Poverty Alleviation, Participate in Xingtai Hebei Activities”

由国务院新闻办主办，外文局“中国报道”承办的第三“外国人看中国”活动12月12至14在河北邢台开展，该次活动的聚焦点是河北省的扶贫地区。

From 12th to 14th of December, 20 foreigners including 10 diplomats visited Xingtai City of Hebei province for studying the methods of poverty alleviation. The study tour was organized by the State Council Information Office of the People's Republic of China and was carried out by China International Publishing Group's "China Report" magazine. This was the 3rd trip organized for foreigners by them. (本刊讯)



考察队出发前中国国际扶贫中心副主任谭卫平介绍在外文局向外国家介绍中国扶贫发展情况。
At the beginning of the tour, Deputy Director of International Poverty Reduction Center of China, Mr. Tan Weiping, has given an introduction about the current progress of poverty alleviation efforts of China.



尼泊尔驻华使馆使彼德公使谈感受
Minister of the Embassy of Nepal, Mr. Binod Prasad Acharya, talking about his impressions.



在河北邢台南和县农业嘉年华考察
Visiting Nanhe Agricultural Garden Carnival in Xingtai city, Hebei province.



品尝有机番茄。
Organic tomatoes were offered to visitors for a tasting.



参观养羊基地。 Visiting a sheep farm



Policies and Practices of China's Rural Poverty Reduction Development

I. China's achievements in poverty reduction

The poor population in China is greatly reduced, the problem of food and clothing in rural areas are basically solved. The accumulative poor population in China (in line with the national poverty-reduction standards) has been reduced by 700 million. The poverty occurrence ratio has decreased by a large margin. China has also established a minimum guarantee mechanism in rural areas, completed the five-guarantee system, and secured the basic life of rural residents who are unable to work.

The rural economic growth speeded up, salient improvements were achieved in living standards. From 2001 to 2014, the net income per capita and gross



TAN Weiping
PH.D
Deputy Director
General
International Poverty
Reduction Center of
China (IPRCC)

regional product per capita of farmers in key poverty-alleviation counties increased faster than the national average. By 2013, around 90% of villages in key counties have access to motorway, electricity, telephone and TV networks.

The number of farmers with secure and clean water supply has increased dramatically. Schooling rates of children eligible for school in key counties reached 97.7%, the illiteracy rate among the young and the middle-aged has been greatly reduced.

In 2013, 92% of the administrative villages had clinics, full coverage of new-type rural cooperative medicare has been realized.

Year	Absolute poor population in China (million)	Absolute poor population in the world (million)	China/World (%)	HCR in China (%)	HCR in the world (%)
1981	835	1938	43.1	84.0	52.2
1984	720	1858	38.7	69.4	47.1
1987	586	1768	33.1	54.0	42.3
1990	683	1907	35.8	60.2	43.0
1993	633	1911	33.1	53.7	41.0
1996	443	1702	26.0	36.4	34.8
1999	446	1738	25.7	35.6	34.0
2002	363	1636	22.2	28.4	30.7
2005	212	1386	15.3	16.3	25.0
2008	173	1300	13.3	13.1	22.6
2010	157	1212	13.0	11.8	20.6
2013	68			5	

Changes of absolute-poor population in China and in the world (1981-2013)



China's experience in poverty reduction



The reform is a major impetus to poverty reduction in China. In the parlance of the west, it is called "empowerment", in Chinese terms, it is called "liberating the productive forces".

II. China's contribution to the global poverty reduction

In the developing world excluding China, the extreme poverty rate has decreased by 57%, from 41% in 1990 to 18% in 2015. With China included, the rate has been decreased by 69%, from 47% in 1990 to 14% in 2015.

China managed to reduce its poor population from 835 million in 1981 to 173 million in 2008, and thus is the first country to realize one of the Millennium Development Goals' (MDG): "Reduce the Poor Population by Half."

III. Remaining challenges in poverty-reduction

In China, poverty-reduction and development still face tough challenges.

China is still in the preliminary stage of socialism. Due to historical, natural and social factors, major conflicts and deep-layer problems, poverty-stricken areas remain to be tackled. Much work remains to be done to help people shake off poverty and become well-off.

Poor areas and poor people are of pivotal importance in building a well-off society. The major task for poverty-



Upgrading rural electricity networks are an important part of infrastructure programs, and serve the goals of poverty eradication effectively.



Overhaul of dangerous rural houses

reduction and development is to repair conditions. The Fifth Plenum of the 18th CPC Central Committee pointed out that by 2020, according to the current standards, all rural population will be lifted out of the poverty line. China will thus realize the United Nations MDGs 10 years in advance.

China's development is unbalanced. The development gap between urban and rural areas



Special poverty reduction development

SPECIAL ATTENTION TO | 特别关注

and among different regions still exists, the income gap between different groups of people is still expanding.

China still has a huge population under poverty. In line with the national poverty-reduction standards, China still has over 55 million people in poverty, dispersed in adjoining clusters with tough conditions. In these areas, the ecological environment is very fragile, living conditions are exceptionally bad, natural disasters frequently occur, high-level education coverage is slim, infrastructure construction and social development are far lagging behind. All these make the reduction of poverty in these places a "tough problem" to solve.

The urbanization process leads to more poor people in urban areas, such as farmers deprived of land, farmer workers who can't find work or have an unstable income after entering the city, and miners who still live in shanty

towns.

Among the old people, women and children who have to stay in rural areas, women and old people suffer more labour burden and children suffer lack of education and malnutrition.

Becoming poor due to severe illnesses or disasters is rampant, the rate of returning to poverty in some places with fragile ecological conditions stays high.

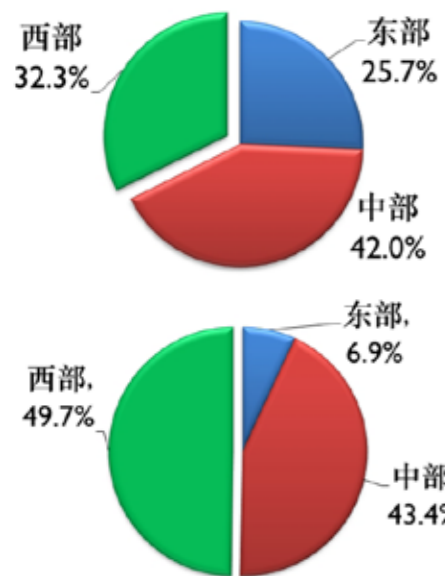
IV. The numbers

Poverty standard: 2855 RMB /year (in 2015)

Population in poverty: 55.75 million (end of 2015)

Villages in poverty: 128,800

National target counties of poverty reduction: 592 = 1/5 of all the counties

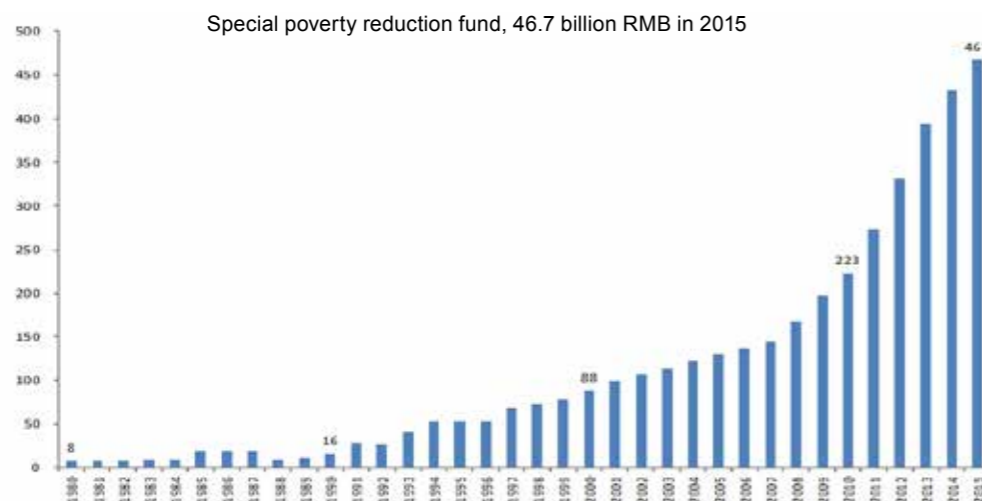


Division of China's population by region (West: 32.3%, East: 25.7% Central: 42%) 全国乡村人口东中西部分布

Division of China's poor population by region (West: 49.7%, East: 6.9%, Central: 43.4%) 全国贫困人口东中西部分布



International Poverty Reduction Center of China (IPRCC), 中国国际扶贫中心



脱贫攻坚工作进展情况

谭卫平 博士, 副主任 中国国际扶贫中心

党的十八大以来, 以习近平同志为核心的党中央把扶贫开发作为全面建成小康社会最艰巨任务和最突出短板, 纳入“五位一体”总体布局和“四个全面”战略布局, 摆到治国理政重要位置。2015年11月, 中央召开扶贫开发工作会议, 习近平总书记、李克强总理发表重要讲话, 会后印发了《中共中央 国务院关于打赢脱贫攻坚战的决定》(以下简称《决定》), 对“十三五”时期脱贫攻坚作出全面部署。

一、开展的主要工作

新一轮扶贫开发, 最突出的特征是精准扶贫精准脱贫。对分布如此之广、数量如此之多、情况如此之复杂的贫困人口, 开展到村到户到人的精准帮扶, 用五年时间实现贫困人口“两不愁、三保障”,

(一)完善建档立卡, 精准识别帮扶对象。为精准扶贫夯实了基础。今年6月, 习近平总书记在建档立卡“回头看”工作情况报告上批示: “这项工作抓得及时有效, 今后每一项措施都应这样抓实抓准。”

(二)创新工作机制, 促进精准扶贫有效落实。贫困地区情况千差万别, 要做到精准帮扶、因地制宜、因人施策, 必须创新扶贫机制, 充分发挥地方主动性和创造性。中央“管住两头、放开中间”, 即管住制定政策举措和监管扶贫成效这两头, 把全国规划编制好, 把资金筹备好, 把标准和机制建立好, 放手让省市县从实际出发开展工作。

(三)优化工作举措, 加强扶贫保障力度。将《决定》部署的各项任务, 逐一分解落实到32个牵头部门和77个参与部门, 截至目前已出台111个政策文件或实施方案。对扶贫

工作的很多“老大难”问题都拿出了有针对性的措施, 形成了较为完备的精准扶贫政策体系。

(四)加强考核监督, 树立脱贫实效导向。一是建立责任制。二是完善考核机制。三是强化约束机制。四是严格退出机制。明确规定贫困县、贫困村、贫困人口退出的标准和程序, 严格开展贫困退出测评检查, 防止数字脱贫、虚假脱贫, 确保脱贫质量。五是健全评估机制。六是加强督查巡查。

(五)广泛动员参与, 形成精准扶贫合力。编发《习近平关于扶贫开发论述摘编》, 国务院扶贫开发领导小组各成员单位分赴22个省份开展中央扶贫开发工作会议精神宣讲和调研。中央宣传部协调主要媒体, 发布各类报道9万多条, 深入解读脱贫攻坚决策部署和政策举措, 宣传扶贫工作进展和成效, 报道各地脱贫攻坚的探索实践。发布《中国的减贫行动与人权进步》白皮书, 向国际社会展示中国人民战胜贫困的决心和我国的减贫成就。组织开展扶贫日活动, 举办全国脱贫攻坚奖评选表彰活动, 弘扬扶贫济困、

启动携手奔小康行动, 东部227个经济强县与西部288个贫困县开展结对帮扶。

国资委协调成立中央企业贫困地区产业投资基金, 首期募集122亿元, 以市场化方式支持贫困地区发展产业。工商联系统组织民营企业开展“万企帮万村”精准扶贫行动, 已有2.2万家民营企业与2.1万个贫困村建立了结对帮扶关系, 有的还实行“整乡帮扶”“整县帮扶”。各级地方政府也都从实际出发, 积极在精准扶贫、精准脱贫上探索创新, 全面加强了扶贫工作。政府、市场、社会协同发力的大扶贫格局基本形成



江西



甘肃





2016 9th BFA U12 Baseball Championship 第9届亚洲U12青少年棒球锦标赛

方毓强 撰文、摄影 Author, Photo by FANG Yuqiang

2016年12月9日至13日，“2016第9届亚洲U12青少年棒球锦标赛”（2106 9th BFA U12 BASEBALL CHAMPIONSHIP）在广东中山市东升镇举行，巴基斯坦、印度尼西亚、韩国、菲律宾、日本、中国台湾、中国香港及中国8支球队参赛。日、韩、中国台湾及中国分获前4名（有资格参加明年7月“世界杯U12青少年棒球锦标赛”。U12：12岁及以下年龄）。

The 2016 9th BFA U12 Baseball Championship was held in Dongsheng County, Zhongshan, Guangdong province from December 9 to 13, 2016. Eight baseball teams from Pakistan, Indonesia, Korea, the Philippines, Japan, Taiwan (China), Hongkong (China), and China participated in the championship. Japan, Korea, Taiwan (China) and China have gained the first four places.

近代棒球起源于1839年的美国柯柏斯镇（Coopers town），而中山是中国棒球之父梁扶初的故乡。梁扶初之子、棒球名将梁友文10年前从美国回中山义务执教。



比赛场上



中国棒球协会主席雷军致辞

“棒球小镇”发起人冯小龙



梁友文（92岁）在接受电视台采访



舞狮表演



Twenty Chinese and Korean University Students Search for “Golden Ti-tsang” Bodhisattva in China 中韩20名大学生在华寻找“金地藏”菩萨

方毓强 撰文、摄影 Author, Photo by FANG Yuqiang

11月10日至11日，由韩国驻沪总领事馆主办、20名中韩大学生(中国7名、韩国13名)参加的“在华寻找新罗之韵味”交流团，从上海出发前往安徽池州、江苏扬州，受到两市外办负责人的欢迎。韩国驻沪副总领事朴钟硕、领事李忠万、中国人文学者方毓强随团指导。

From November 10 to 11, 20 Chinese and Korean university students (7 from China and 13 from Korea) participated in the "Finding the charm of Silla in China" exchange program, which was held by the Consulate General of the Republic of Korea in Shanghai. The group left Shanghai for Chizhou, Anhui and Yangzhou, Jiangsu.

11月10日，交流团首先参访了池州市的九华山。公元719年，新罗王族金乔觉(696—794)入唐，在九华山苦心修行75年。99岁圆寂时相传“山鸣石陨，群鸟哀啼，地出火光”，肉身3年不腐，“颜色如生，兜罗手软，罗节有声，如撼金锁”。众佛徒认定他就是地藏菩萨示现，遂将肉身供于石塔中，尊为“金地藏”，后配殿宇。从此九华山成为中国四大佛山之一(与供奉文殊菩萨的五台山、供奉普贤菩萨的峨眉山、供奉观音菩萨的普陀山齐名)。



李忠万领事(右)与崔致远纪念馆负责人李斌(左)为大学生讲解



朴钟硕副总领事在大学生交流会上发言



中国人文学者方毓强(中)一路上为大学生实地讲解、指导(韩国驻沪总领馆提供)

AD 719, Kim Gyo-gak (696—794), a royalty of Silla came to China during the Tang Dynasty, and engaged himself in intense Buddhist meditation in Jiuhua Mountain for 75 years. His parinirvana was at the age of 99. For 3 years, his remains did not decompose.

The disciples of the Buddha firmly believed that he was the revealed Ti-tsang Bodhisattva. They placed his body for worship in a stone pagoda and respected him as “Golden Ti-tsang” Bodhisattva, later a temple was also built for him. Since then Mount Jiuhua has become one of the four major Chinese mountains of Buddhist culture. (as celebrated as Mount Wutai, dedicated to Manjusri Bodhisattva, Mount Emei, dedicated to Samantabhadra, and Mount Putuo, dedicated to Guanyin Bodhisattva.)

11月11日，交流团又到扬州市参观了“崔致远纪念馆”。崔致远(857-?)新罗人，868年(12岁)入唐求学，6年后考中宾贡进士，876年冬为溧水县尉(3年)，881年到扬州做淮南节度使高骈的幕僚，曾写下名篇《橄黄巢书》。884年以三品衔荣归新罗。他是韩国历史上首位留下了个人文集(《桂苑笔耕集》)的大学者，被尊为韩国汉文学的开山鼻祖。为了中韩友谊，扬州市在唐城遗址(唐朝扬州官府所在地)筹建了占地数百亩、规模宏大的崔致远纪念馆。



交流团与池州市外办副主任章满友(中)在九华山99米高的地藏菩萨铜像前合影



Premiación del VI Concurso Universitario de Ensayo Escrito de Idioma Español, con el tema 全国高校西班牙语征文比赛颁奖

2016年12月1日,厄瓜多尔共和国驻华大使馆在北京塞万提斯学院举办了第六届全国高校西班牙语征文比赛颁奖典礼。本届的征文题目为《马纳比省:历史,文化和传统》。(本刊讯)



Economic Dialogue Between China and Morocco 中摩经济对话

11月19日,中摩协会在北京举办了中摩经济之长征盛会。(本刊讯)



中摩协会总代表爱莎·穆罕默德·托勒石致辞



与会嘉宾畅所欲言





Award Ceremony for Automobile 汽车颁奖典礼

2016年12月12日,在北京昆仑饭店昆仑堂,又一次汽车行业的盛典,又一次业内精英的会聚,由《梅卿快车道》和《轿车情报》联合主办的“中国汽车工业杰出成就奖颁奖盛典”隆重开启。(本刊讯)





Press Release for the Soul of Chinese Traditional Opera 《中华戏曲魂》新闻发布会

2016年12月29日《中华戏曲魂》唱响2017大型系列艺术公益活动新闻发布会在北京举行。

The press release has been held in Beijing on December 29, 2016 for the Soul of Chinese Traditional Opera, which is a part of 2017 art public activity.



《中华戏曲魂》系列艺术公益活动组委会主任罗小安女士发言



著名书画家，国家一级美术师，国家一级书法家贺秉发老先生(左二)讲话





中国电影美术学会的新血液

2016年12月28日在中央新影集团中视云投大厦会议中心发布厅, 百名中国影视界著名人物造型艺术家、造型师集聚一起共同见证中国电影美术学会化妆造型和服装造型艺术专业委员会的成立。(本刊讯)



中国电影美术学会会长、国家一级美术师——祖绍先致辞



中国第一代人物造型师、一级美术师, 享受国务院政府津贴、荣获过中国电影金鸡奖的大国工匠王希钟先生致辞



北京电影学院美术学院党支部书记、荣获三次中国电影金鸡奖等多项大奖的霍廷霄教授致辞



中影集团党委书记、副董事长焦宏奋先生致辞



西北大学中国历史研究院副院长、教授, 国内外荣获多项大奖的著名导演张普然先生致辞



中国电影美术学会常务理事、中国影视艺术行业联盟教育委员会秘书长朱雪梅女士致辞



名人视线教育集团、东田教育理事长——冯淑军女士致辞



授牌



Zhong Sheng Shi Fang Auction House Starts its Operation 中晟十方拍卖开业

2016年12月28日中晟十方国际拍卖有限公司在北京西国贸举办盛大拍卖开业庆典暨书画品鉴会。此次活动为广大客户搭建了艺术交流平台以及提供了最专业的艺术品交易服务。（本刊讯）



空军大校、中央国家机关书画协会理事、北京中韩书画家联谊会副会长陈金文先生讲话



国家一级美术师、中国书画艺术研究院高级研究员、苏富比国际艺术研究院终身理事、英国牛津艺术学院中国区名誉教授魏志军先生讲话



中晟十方国际拍卖副总经理冯振全先生代表公司发言



中国书法家协会理事、中国金融书家家协会主席、中国书协硬笔工作委员会主任张铜彦先生为本次活动题词



出席嘉宾合影留念



民族音乐合奏



出席活动嘉宾



Poems 诗歌

By Li Yuan 李源

Song of the Sun

1,
Mum says she gave birth to us so hard
That her ribs went break.
In fear of our getting lost in the wild,
She took our little hands walking round.

One round after another. When did earth begin to
revolve around the sun? And how many rounds? With
our fingers, we can't work it out.

2,
Mum has the best smiling face
So that no one dare look long.
She shines with all light
To warm us day by day.

One day after another, one year after another.
How old is our mum? When will she go off work? She
tells me with smiles - just live your day.

3,
The light mum sends us
Comes from her shiny life.
She burns herself to brighten us
Without regret or remorse.

One round after another, one year after another.
How much love has she given us? How broad is her
mind? No love, no world. So, let love fill our world!

太阳之歌

(一)
妈妈说她生咱时很难,
把她心爱的肋骨撑断。
怕咱在荒野中迷路,
拉着我们的小手转圈。

转了一个圈, 又转了一个圈, 哪天地球开始转? 跟
太阳转了多少圈? 我们掰着指头数, 怎么也数不完。

二,
妈妈有最美的笑脸,
美得不想让人多看。
她把母爱变成光明,
温暖我们每天每天。

一天又一天, 一年又一年, 妈妈年龄有多大? 妈妈
啥时会下班? 妈妈笑着告诉我, 过好自己每一天。

三,
妈妈送给咱的光辉,
是用她的生命点燃。
燃烧自己照亮我们,
妈妈从来无悔无怨。

一圈又一圈, 一年又一年, 妈妈献给咱多少爱? 妈
妈的胸襟有多宽? 没爱就没有世界, 让爱心充满人间。

Song of the Earth

1,
Ancients said the Earth is flat
Under the round vault of sky.
All stars are flowers blooming in the night.
Sun, moon and stars go around us.

Who knows where we live is also a planet,
Which looks like a water melon.
Mountains, plains, rivers and seas
Form a paradise for all creatures.

2,
Human beings evolve from walking upright to
dropping stone axes
Now we can fly across the space.
Are we going to discover a new world?
Our home here has changed a lot.

One after another rivers have gone dry.
Tens of thousands of species can't live.
One after another nuclear experiments
Have scarred our Earth's face.

3,
Various materials are hoarded for competition
All resources are to be exhausted one day.
Hurricanes, tsunamis, sandstorms and earthquakes
Are Earth Mother's admonitions.

Everyone should be frugal
And leave much room for survival.
Let's turn swords into ploughs along the river
And cultivate the field in our paradise.

地球之歌

一,
过去说大地很平坦,
上有一个很圆的天。
星星是天晚上开的花,
日月星都围着我们转。

谁知咱住的也是星星,
远看像西瓜一样圆。
山川平原江河海,
万物生息好花园。

二,
直立行走又扔了石斧,
科技之翼翱翔由天。
寻找新的青山绿水?
家园却发生了变迁。

很多河流已经干涸,
万千物种不再繁衍。
一次次的核弹实验,
损伤了妈妈的容颜。

三
资财的竞争囤积,
将耗尽有限资源。
飓风、海啸、沙暴、地震,
是地球母亲的规劝。

我们每人都行节俭,
把爱献给生存空间。
铸剑为犁江渚上,
携手耕田桃花源。

作者及作品简介

李源是郭修德先生的笔名。他生于上世纪五十年代河南鹿邑县, 务过农, 当过拖拉机手、县乡干部。在省广播电台、电视台当过记者, 毕业于郑州大学新闻系。曾任河南电视台郑州记者站站长、郑州电视台台长等职, 退休在河南电视台。

Nuevos Libros de Ecuador 厄瓜多尔新书

2016年12月8日厄瓜多尔驻华大使馆在北京塞万提斯学院举办了汇集27位厄瓜多尔作家小说作品的中西双语版《地球中心的爱与怨》新书发布会。

La Embajada de Ecuador en China realizó un evento de lanzamiento de nuevos libros en el Instituto Cervantes en Beijing denominado "El Amor y Resentimiento del Centro de la Tierra", en versiones chino y español, con la colección de obras de 27 escritores de novelas de Ecuador en el día 8 de diciembre de 2016. (本刊讯)



厄瓜多尔驻华大使何塞·博尔哈阁下为嘉宾签书



应邀出席的座谈嘉宾 (左起: 中国前驻厄瓜多尔大使蔡润国, 现任厄瓜多尔驻华大使何塞·博尔哈, 张珂博士, 范晔博士)



“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.

秘密食谱



亲去世以后，我真不想存在了。最大的姐姐，爱娃，又决定要减肥了。妹妹苏珊吹了那个变态的托马施。我们曾经自傲的兄弟彼得，现在低下了头。我们领养的双胞胎伊沃和诺洛，第一次没有穿同样的衣服，不管是颜色还是式样都不一样。葬礼后的宴会也取消了，因为父亲拒绝给从未见过面的亲戚支付饭菜和葡萄酒。我们在家里吃了饭。我根据妈妈留下来的食谱做了法式土豆。食谱是在她床头柜抽屉里找到的。在所有书籍、手写的信件（妈妈曾经是作家）和减价销售的发票（妈妈特别节约）后面，皱巴巴的。我估计，自从我们搬到这里以后，就一直躺在那里。

“祝你们胃口好！”我说。

“这是法式土豆吗？”父亲问。

“不好吃吗？”

“我不吃。”父亲说完就走了。

晚上父亲直率地告诉了我我的身世来源。

“你不是我的，”他极其简洁冷淡地说道，“妈妈和那个食谱的作者有了你。巴黎人。”

第二天又透露了他的名字。杰弗里·德库塞尔。剧作家，时事评论员。第三天含着泪承认，妈妈曾经非常爱那个人。杰弗里曾经到斯洛伐克来过一次，为了一个和妈妈合作的戏剧项目。据说几周以后，杰弗里和斯诺布科娃夫人就决定一起逃到法国去。可是，能从捷克斯洛伐克逃出去的人是少之有少的。我的兄弟姐妹们——实际上是同父异母的兄弟姐妹——开始用异样的眼光看我，好像我差一点偷走了他们的妈妈似的。谁也不体谅我的感受。唯一能够给我解释清这不寻常事件的人却已经永远离开了人世。我突然成了妈妈和罪恶之间无法令人接受的联系人。在自己的亲人之间无法呼吸。在箱子里装了几样东西，然后买了一张飞巴黎的单程机票，并且……哪里，想得美啊！实际上我跑到达德利山去找姨妈了。姨妈拎着装有香蕉和橘子的袋子在火车站等我。在去她家的路上我至少得吃掉一只香蕉。因为我来了姨妈很高兴，为了让她更加高兴，路上我就吃了两只香蕉。等我开始剥橘子皮的时候，我们已经坐在她甜腻芬芳的厨房

里了。她干制了各种各样的香草，并说那是家里的大自然。

“把箱子放到小卧室里去，”在屋门外就这样命令我了，所谓的小卧室其实就是小孩子的房间，“然后到厨房来吃饭！今天我做了野鹿肉，邻居前天开车不小心撞死了一头公鹿。可是肉仅仅和我分享了哦！”然后砰的一声将大门关上了。

汉娜姨妈独身了那么长时间，以至于在野鹿肉里面尝不出一丝罗曼蒂克出来。那个邻居对她垂涎欲滴已经很长时间了，甚至还站在窗帘后面追着她。箱子放到小卧室后，我去洗了洗，然后到厨房里大口大口地吃起古拉食汤来。

“还好，你还能吃。我妈妈去世以后，我连药片都吞不下去。”

姨妈也没有问我为什么到这里来。晚上给了我上网的密码就去睡了。我坐在电脑前。Facebook.com。Kukucenka@gmail.com。LOvelnUs.回车键。

朋友给我寄来了杰弗里这个名字的法文拼法。在巴黎有这个姓名的人仅仅只有一个，而且是时事评论员。仅仅只有一个人有和我相同的眼睛。我什么也没有给他写。到中午的时候我才起床。姨妈划着十字，急得不行了。说什么巴黎、编辑部、射击！我打开电脑。给杰弗里发了一段混乱不清的信息：You alive??? Pls answer... I am your... fille naturelle... (* 翻译注释：英文混杂的句子：你还活着吗?? 请回答……我是你的……亲生女儿……)

故事作者：

Dominika Petr i kov a

未婚女人，出生于秋天。曾经是斯洛伐克语言和文学专业的学生，现在正在学习编剧。进入2014年斯洛伐克全国短篇小说大赛入围名单。兴趣是喜剧表演、舞蹈、电影音乐。什么都读，最喜欢写没有圆满幸福结尾的童话。喜欢真理和笑声，不能忍受对真理的嘲笑。





Doctor's Art and Moral 手到病除, 助人为乐

A Modern Embodiment of Hua Tuo – Shi Dafu 当代华佗——史达富



著名的中国东汉杰出的医师华佗, 曾用他那简单而又快捷的针灸方法为人治病, 深受百姓的爱戴, 芳名留世。在当今, 如果一个医生在短时间内不用药不打针能够把病人的病状立竿见影的减轻, 无疑是罕见的。南京的史达富大夫却能做到。

Hua Tuo, a famous doctor of China in the East Han Dynasty, has gained reputation and was famous for his simple and fast acupuncture therapy. Today, it is rare for a doctor to cure the illness in a short period of time without administration of any kind of medicine. Dr. Shi Dafu of Nanjing, however, obviously is one of the rare cases.

*结缘克罗恩女孩

Meeting with a girl who suffers from Crohn's disease

有一天, 史达富大夫接到一个陌生电话, 是一个女孩的父亲, 听说史大夫治好很多疑难杂症, 慕名来电。简单沟通后才了解到, 这个女孩患有克罗恩病, 全国各地求医, 病没

治好, 花费已有40多万, 实在是山穷水尽, 走投无路, 听人推荐, 就赶紧询问。

One day, Dr. Shi Dafu received a phone call from a stranger. It was a girl's father, who heard that Dr. Shi has cured a lot of difficult and complicated illnesses. After a brief communication, Dr. Shi learned that the girl is suffering from Crohn's disease, and sought medical advice all over the country, and spent more than RMB 400,000 without curing the disease, and now he is her last resort.

很多人对这个病可能并不了解, 它是一个胃肠道的炎症性疾病。与普通肠胃炎不同的是, 克罗恩病可累及胃肠道的各个部分。病人长期在腹痛、腹泻、腹胀、消瘦的痛苦折磨中, 还会伴有口疮、肛瘻, 苦不堪言。严重时可发生穿孔、肠梗阻, 甚至癌变。

Most of the people doesn't know the Crohn's disease. It is an inflammatory bowel disease.

Besides aching stomach, diarrhea, and emaciation, the patient will suffer unspeakably from complications such as aphtha, and anal fistula. When the condition becomes critical, perforation, ileus, and even



cancerization will occur.

名副其实的“疑难杂症”, 听着这位父亲在电话那头悲伤又无奈的声音, 史大夫有些踟蹰, 他告诉女孩的父亲, 自己并不是消化道疾病的专家, 研究的领域是脊柱相关疾病。但是既然这个病的病因不明, 那么不排除与脊柱的相关性。从脊柱角度来治疗, 或许会有改善。

Dr. Shi hesitated. However, since the cause of the disease is unknown, its correlation with the spine shall not be excluded. If we treat it from the perspective of the spine, maybe there will be some improvements.

没想到, 经过几次的治疗, 女孩的体重上升了! 病情也得到控制, 还推荐几位病友前来治疗, 都有不同程度的改变! 期间史大夫印象深刻的是他的小校友, 南京中医药大学在校的在校。他的病情改变非常明显, 前两次的治疗, 体重共增长了10kg, 可以说是一个奇迹了!

Unexpectedly, after several treatments, the girl's body weight has increased! The condition has been controlled. She also recommended him to several other patients,



whose conditions were improved in different extent!

谁能想到, 用整脊的方法能够治疗这个病呢?

*绿城自治萌发灵感

史达富大夫是南京中医药大学的客座教授, 1988年从针灸推拿专业毕业后, 被分配到鼓楼医院中医科, 长期从事运动创伤的研究和治疗工作。多次出国研修访问, 与海外不断交流中西医的经历, 让史大夫的思路不局限于单一病种, 更不拘泥于中医或是西医。

Dr. Shi Dafu is a guest professor of Nanjing University of Chinese Medicine. After graduating as an acupuncture practitioner in 1988, he was assigned to the TCM Department of Gulou Hospital and devoted himself to the research and treatment of sports injuries. He goes abroad frequently for study visits, and the continuous exchange with Chinese and Western doctors makes Dr. Shi's approach not limited to a single disease, and not rigidly adhered to Chinese or Western medicine.

有几年, 史大夫为浙江绿城足球队提供医疗协助。有一年, 史大夫出现了2次严重的眩晕, 到医院拍片检查, 没有任何异常。检查正常, 症状却存在, 是不是依然与脊柱错位有关呢? 通过自我调整之后, 史大夫眩晕的症状消失了。看来



设备的检查只是临床的参考, 综合分析找到病根才能治病求本, 表面不相关实际却有丝丝联系。

For several years, Dr. Shi provided medical assistance to the Zhejiang Greentown football team. One year, Dr. Shi suffered two times of severe vertigo. The hospital film examination showed that there was no abnormality. The examination result was normal, but the symptom remained. Is there any connection with the spinal dislocation? After self-treatment, the vertigo disappeared.

脊柱位于人体正中, 上撑头颅, 下坐骨盆, 外联四肢, 脊髓神经穿行其中。通过神



经、血管、肌肉和韧带，脊柱与人体五脏六腑联系在一起。那么五脏六腑的疾病是否与脊柱相关呢？既然通过自我调整脊柱能够治好看似与脊柱不相关的眩晕，那么能不能治好其他看似与脊柱不相关的疾病呢？

***打开顽疾治疗新世界**

Open a new world for treating complicated illnesses

经过绿城的眩晕自治，史大夫一头扎进整脊的世界，即通过分筋弹拨、按压梳理等整复手法作用于脊椎背脊，使椎体恢复正常。虽说整脊早在清代就被医家所运用，但基本用于治疗脊柱损伤的骨伤科相关疾病，鲜有人用“整脊”治疗内外科相关杂病的。

With the experience of self-treatment in Greentown, Dr. Shi dived into the world of chiropractic.

研究中，史大夫发现，人类的脊柱与爬行动物脊柱相似，更适合爬行活动。人类进化直立行走活动后，缩小了骨骼、关节、肌肉、韧带等全身系统的活动幅度，加大了脊柱的负荷，容易造成脊椎骨的错位。而我们的头、颈、肩膀，如同树枝一样，与脊柱连接，成为不能分开的整体。倘若某一节脊椎错位，如颈椎错位，会引起颈部肌肉的代偿性痉挛，而支配身体器官的神经必须经此通过，这样极有可能引起神经传导的障碍而影响全身的生理功能。通过整脊使错位的脊椎复位，解除传导障碍，病情便可以改善甚至痊愈。通过这样的原理，史大夫用整脊治好了失眠、抑郁症、过敏、牛皮癣、近视、冠心病、耳聋耳鸣、帕金森病、高血压等等看似风马牛不相及的病痛，患者拍案称奇，称史大夫为“当代华佗”！

During the research, Dr. Shi discovered that our head, neck, and shoulder, similar to tree branches, are connected to the spine forming an inseparable integral part. If a certain section of spine is dislocated, say, dislocation of cervical spine, it can cause vicarious spasm of the neck muscle, and the nerves which control



the whole body have to pass through from here, so that it may cause disorder of neural communication, which impacts the physiological function of the body. Restoring the spine with chiropractic, and eliminating disorder of communication will mitigate the condition or even cure the condition. Through such a principle, Dr. Shi cured insomnia, depression, allergy, psoriasis, myopia, CHD, deafness and tinnitus, Parkinson's syndrome, and hypertension, which have no superficial connections. The patients were astonished, and call Dr. Shi as the "modern embodiment of Hua Tuo"!

事实上，仅依靠这些理论远远不够，史大夫认为这些只是“头病医头，脚病医脚”的延伸。看病依然要从中医的“整体观”出发，脊柱是一个整体，俗话说“上梁不正下梁歪”，锥体只要有一处错位，其他的椎体就会有一个补偿的错位，即“脊柱失衡”。以神经传递路径来审视脊柱，脊柱包含中枢神经的脊髓，脊髓与中枢神经脑髓相连。中枢神经的生命信息通过脊神经网络传递到人体所有的细胞，同时得到反馈，人的生理活动和大脑活动都需要通过神经来调节，因此人体的神经是身心双向调节的基础要素。当椎体错位引起椎间孔改变时，脊神经的某一神经受到压迫，阻碍身心双向调节信息的传递，导致身心双向调节功能的失调。与之关联的器官失去生命信息的相互传递，使人体各方面的功能出现混

乱、低下，产生疾病。通过这个观点，史大夫创立了“史氏整脊”，在治疗腰椎时考虑颈椎，颈椎错位时也要考虑胸椎、腰椎、骶髂关节甚至膝关节和踝关节是否有不稳表现。

In fact, diagnosis shall be integral. The spine is an integral part. There is an old saying that "If the upper beam is inclined, then the lower beam will not be straight". As long as there is one dislocation of vertebra, there will be a compensate dislocation of other vertebra, i. e. spinal imbalance.

***医人更要仁医**

Being a Benevolent Doctor

处理的顽疾多了，史大夫的名声也越来越大，很多人不远千里求医。曾经有一位老人，治疗结束支付诊费时，从兜里掏出一大把5角、1元的零钱。与老人细细交流之后，史大夫知道为了治病，他几乎花光了所有的钱，如果这次看病仍然无用的话，他也就没有再坚持下去的希望了。史大夫推回老人的钱，并给老人回家的路费。在深圳出差，史大夫治疗一个家庭困难的尿毒症女孩，婉拒了诊费，还留下一些钱给女孩买营养品，希望她尽快恢复健康。

Dr. Shi's reputation grows with the successful cases of complicate illnesses. A lot of people came from far away to ask for his treatment. Once there was an old man, who drew out a handful of small coins for paying the consultation fee. After detailed conversation with the man, Dr. Shi became aware of the fact that he almost spent all his money on medical treatment, and if it is not working this time, he will give up all the hope. Shi Dafu did not accept the old man's money, and gave him some money for traveling home. During a business travel in Shenzhen, he did not only decline the consultation fee after treating a girl who suffered from uremia, but also left some money for her to buy nutritious food, and wished her good health

as soon as possible.

史大夫认为，作为医生，不仅要有医术，还要有仁术。患者再饱受疾病折磨的情况下，还要承担巨大的经济压力，这是作为医者的自己不想看到的，希望通过有效、低廉、痛苦小的方法治好他们的病。自己用“整体观”、“平衡观”面对疾病，同样会用这样的观点面对人生、面对社会。社会是一个整体，需要平衡和谐，我们每个人都是社会的“细胞”，用自己的小爱与他人一起，汇聚成大爱，社会才会更加美好，疾



病才无立足之地。

Dr. Shi believes that a doctor shall be both skillful and benevolent. Patients do not only suffer from the disease and the pain, but also bear an enormous economic pressure. This is what a doctor do not want to see. He hopes to cure their disease with an effective and cheap therapy which is of little pain. At the same time, he is using his approach to face life and the society. Society is a whole, and it also needs to be balanced and harmonic. Everybody is a cell of the society. Converge the small love to a big one. Only in this way can our society become better and there will be no place left for pain any more.



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Romanian Photography Exhibition 罗马尼亚摄影展

为庆祝罗马尼亚国庆节来临，北京罗马尼亚文化中心举办了第一届罗马尼亚摄影节之《从图片中了解罗马尼亚》摄影展的开幕式。

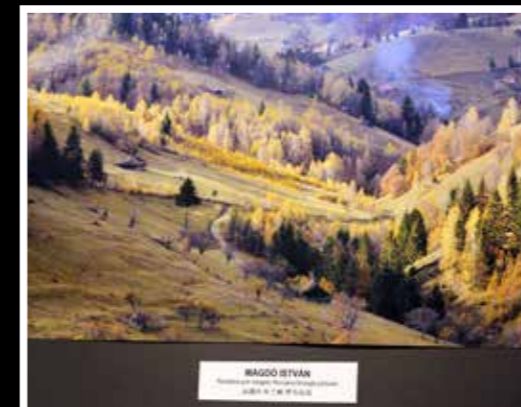
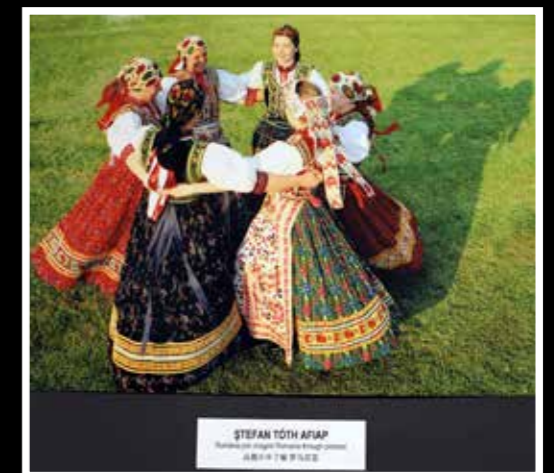
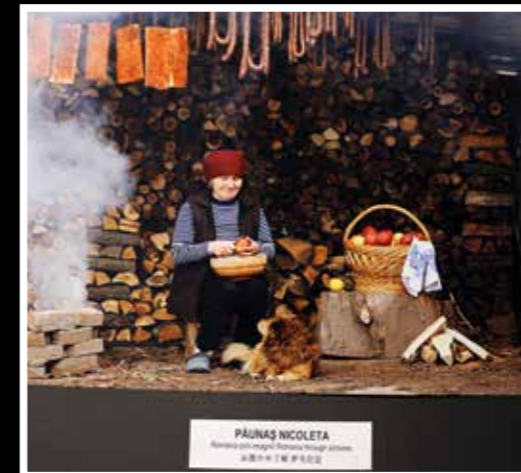
For the upcoming National Day of Romania, the Romanian Cultural Center in Beijing held the opening ceremony for the 1st Romanian Photography Exhibition in the center- Learning Romania through Photos.
(本刊讯)



罗马尼亚文化中心主任鲁博安先生(左三)致欢迎辞



嘉宾观看图片展览





Cervantes grabado: idealismo y caballeros andantes 雕刻塞万提斯: 理想主义和游侠骑士

12月15日, 北京塞万提斯学院举办了以文学, 艺术和美食纪念塞万提斯逝世400周年的展览。展览展出了4位西班牙艺术家和4位中国艺术家的作品。(本刊讯)





北京市人民对外友好协会常务副会长田雁女士与中国国际问题研究基金会执行理事长沈国放先生分别致辞

为促进中国与拉丁美洲太平洋联盟四国民间友好交流，增进北京市人民对智利、哥伦比亚、墨西哥和秘鲁四国的了解，北京市人民对外友好协会联合中国国际问题研究基金会、智利驻华大使馆、哥伦比亚驻华大使馆、墨西哥驻华大使馆及秘鲁驻华大使馆于2016年11月9日共同在北京举办了“拉丁美洲太平洋联盟四国文化图片展”开幕式。

Apertura de la Exposición Fotográfica de Cuatro Países Latinoamericanos en Beijing 拉美四国图片展在京揭幕

Para promover el intercambio amistoso civil entre China y los países de la Alianza Pacífica de Latinoamérica, e incrementar el conocimiento de los ciudadanos de Beijing sobre los cuatro países como Chile, Colombia, México y Perú, la Asociación de Pueblo de Beijing para Amistad con Países Extranjeros conjuntamente con el Fondo de Investigaciones de Asuntos Internacionales de China, la Embajada de Chile en China, la Embajada de Colombia en China, la Embajada de México en China y la Embajada de Perú en China han realizado la ceremonia de apertura de la “Exposición Fotográfica de la Cultura de los Cuatro Países de la Alianza Pacífica de Latinoamérica” en Beijing en el 9 de noviembre de 2016. (本刊讯)



智利驻华大使贺乔治阁下讲话



拉美四国驻华大使分别介绍本国特色图片

哥伦比亚 Colombia



圣玛尔塔湾 Santa Marta



卡特赫纳市的阿道夫·梅希亚剧院
Adolfo Mejía Theatre, Cartagena de Indias



圣安德烈斯群岛的七色海
Mar de Siete Colores, San Andrés



博亚卡省, 古古依国家自然公园
Parque Nacional Natural El Cocuy, Boyacá



马尼萨莱斯的“威尼斯”庄园
Hacienda Venecia, Manizales



卡特赫纳市
Cartagena de Indias



卡特赫纳市的历史中心
Centro Histórico, Cartagena de Indias



桑坦德省的巴丽恰拉小镇
Barichara, Santander



圣安德烈斯群岛
San Andrés



波哥大的玻利瓦尔广场
Plaza de Bolívar, Bogotá



桑坦德省街景
Girón, Santander



亚马逊弗莱莱斯长尾猴
Micos Frailes del Amazonas



安蒂奥基亚省的瓜塔佩巨岩
Guatapé, Antioquia



泰罗纳国家公园
Parque Nacional Natural Tayrona



亚马逊
Amazonas



咖啡文化景观区的可可拉山谷
Valle del Cocora, Coffee Culture Landscape



里萨拉尔达省
Risaralda



金迪奥鸟
Ave del Quindío



考卡省波帕扬市的钟楼教堂
Torre del Reloj y Catedral, Popayán, Cauca



纳里尼奥省的拉哈神庙
Santuario de las Lajas, Nariño



巴兰基亚狂欢节
Carnaval de Barranquilla



乔科省的努奇镇
Nuquí, Chocó



乌伊拉省的圣奥古斯汀
San Agustín, Huila

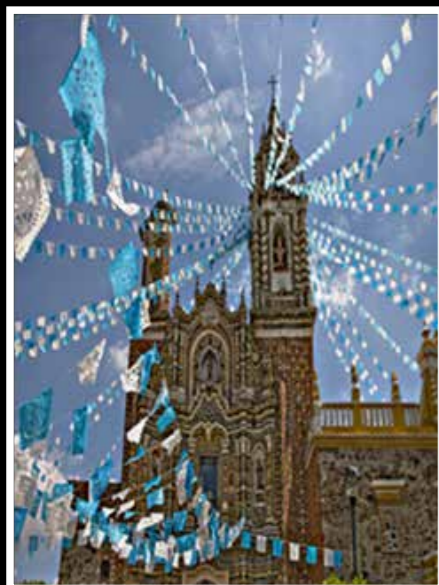


巴兰基亚狂欢节
Carnaval de Barranquilla



锡帕基拉镇的盐教堂
Catedral de sal, Zipaquirá

墨西哥 Mexico



Cholula, Puebla



Quintana Roo Acaxochitlán, Hidalgo



Chichen Itzá, Yucatán



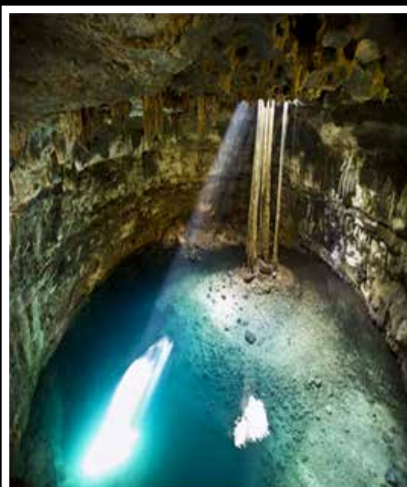
Teotihuacán, México



Raíso de la bonita, Quintana Roo
Tequila, Jalisco



Baile típico, Hidalgo



Cenotes Cusaman, Yucatán



Xochimilco, Distrito Federal
Guelaguetza, Oaxaca



Café, Veracruz



Santa Rosa, Puebla



Los Sapos, Puebla



Acapulco, Guerrero



Tetela del Volcán, Morelos



Voladores de Papantla Pátzcuaro, Michoacán



Montalbán, Oaxaca



San Juan de Ulúa, Veracruz



Morelia, Michoacán
Fiestatradicional



Mercado, Guanajuato



Ciudad en Oaxaca



Montalbán, Oaxaca



Baja California Sur



秘鲁 Peru

摄影 陈杨 Chen Yang



伊卡沙漠
Desierto en Ica



风景如画的胡利亚卡
Paisaje de Juliaca



特鲁希略
Trujillo



神圣谷
Valle Sagrado



亚马孙河倒影
Reflejo del Amazonas



瓦拉斯高原
Altiplano de Huaraz



利马日落
Atardecer en Lima



莫拉伊梯田
Moray



普诺田园风光
Paisaje de Puno



高原明珠——的的喀喀湖
Lago Titicaca, la Perla de los Andes

Foundation Image of Chile

智利 Chile



Algas FICH 摄影 Alfredo Escobar



92 Borgo_a de Frutilla con Vino Blanco 摄影 Juan Pablo Tur



Olas FICH 摄影 Alfredo Escobar



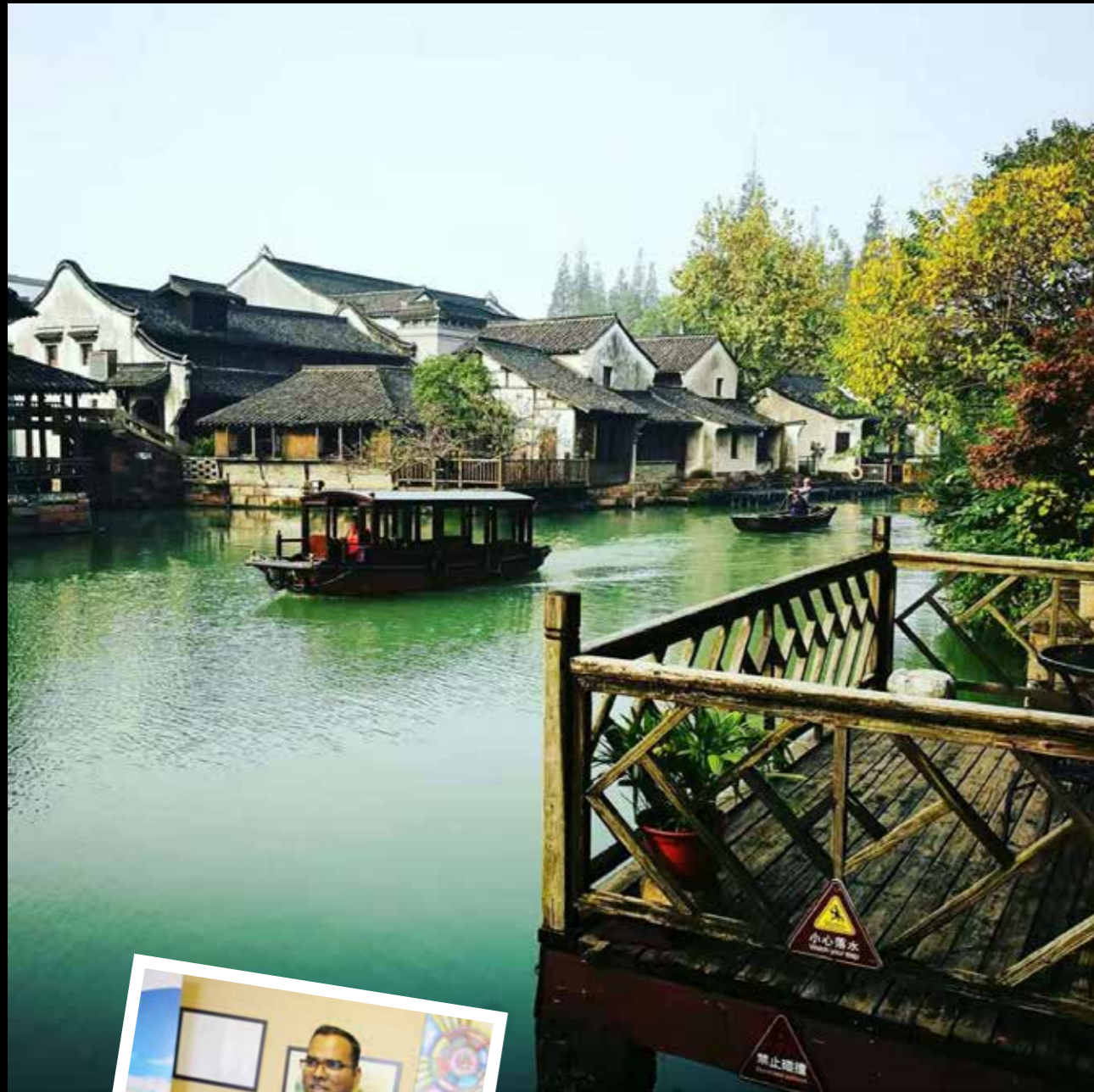
Bodegas 摄影 Diego Fontecilla



La Tirana FICH 摄影 Juan Ernesto Jaegger



Salinas 摄影 Diego Fontecilla



马尔代夫驻华大使穆罕默德·费萨尔 摄影

PHOTO BY:
Mohamed Faisal, Ambassador of the
Maldives



Thailand became the 42nd member state of INBAR 泰国成为INBAR第42个成员国

2016年12月6日, 泰国加入国际竹藤组织 (INBAR) 升旗仪式在北京国际竹藤组织总部举行, 多国驻华使节与使馆代表出席升旗仪式。从此, 国际竹藤组织成员国已经达到42个。

On December 6, 2016, the flag-raising ceremony for Thailand's membership in INBAR was held in the Headquarters of INBAR in Beijing. Diplomats of various countries and representatives from embassies attended the flag-raising ceremony. Hence, the number of INBAR members reached 42. (本刊讯)



全国政协人口资源环境委员会副主任兼INBAR董事会联合主席江泽慧教授致辞



国际竹藤组织总干事费翰思博士介绍出席嘉宾



泰国国驻华使馆代办甘迪满女士致辞



东道国政府中国国家林业局副局长彭有冬先生致辞



INBAR理事会主席国代表, 牙买加驻华使馆代办谢雷特·坎贝尔女士致辞



出席嘉宾集体合影



嘉宾观看升旗仪式

漫漫茶道寄新香

——吴裕泰迎新春行动追踪

文/图 蒋志均 高然

金鸡报晓，2017年新春的大门悄然敞开；发展创新，新春里高调着新时期的主旋。跨越129载步入130周年华诞的中华老字号茶庄“吴裕泰”又有什么新的行动和希冀呢？

还记得，2016年新春伊始，北京吴裕泰茶业股份有限公司董事长赵书新先生曾用三个字概括吴裕泰在新时期、新常态下的新走势：“接地气！”吴裕泰茶人也自豪地说：“我们不只是一片茶叶子，而是在引领一片茶生活！”

果真如此么？一串足迹、一串故事、一串茶香、一串业绩的文字不再重描，仅过去一年的岁末里，笔者追踪吴裕泰的一串行动，丝毫没觉得130岁高龄的“吴老爷子”木讷反而倍感其精神抖擞、青春焕发了！

无我茶会 以茶传言

2016年11月1日，吴裕泰第三届银杏节“无我茶会”在地坛公园银杏大道举办，与会者自带茶叶、茶具，在金黄的银杏树下布上一款款精美的茶席，人人泡茶、敬茶、品茶。茶席间，或茉莉花茶京味飘香，或桂花龙井清新淡雅，或肉桂乌龙浓厚霸气，或翠谷幽兰兰香幽远……每一位品茶者都神情肃穆庄重，认认真真地泡好自己的和品尝从他人手中接过的

每一杯茶，共同品味老字号的新香和北京城的秋韵。活动现场聚集了许多摄影爱好者，茶友们的每一举手投足都成为了他们争先捕捉的画面，谁又能说这里不接地气呢？

据活动主办方介绍，“无我茶会”由茶友自愿报名参加，不设司仪或指挥，都按公告的约定进行。茶会不设贵宾席，座位由抽签决定，参与者不分职业职务、性别年龄，将茶奉给谁，可喝到谁奉的茶，自己事先并不知道。每个人泡的茶都奉给左边的茶侣，自己所品之茶都来自右边的茶侣，参与者都以客观的心态来欣赏每一杯茶，从中感受别人的长处，接纳茶的多种类型。茶会进行中，参加者均不说话，用心于泡茶、奉茶、品茶，每泡一道茶，自己都要先品一杯，比较与他人的差别，促使自己的茶艺精深。由于茶友彼此默契，整个茶会节奏合拍，大自然的音响浑然其中，真的是茶不醉人人自醉呀！

主办方还介绍：“吴裕泰之所以举办这样的活动，一是为消费者搭建一个轻松雅致的交流和沟通的平台；二是借此倡导人人品茶、人人爱茶，广泛传播茶叶知识和品茶礼仪，旨在弘扬中国传统的茶文化精神。”现场活动显示，“无我茶会”十分受茶友和消费者的欢迎，不少老师和家长带着孩子也来参与活动，从小培养孩子们礼让谦逊、平和友善的优良美德。



第十三届中国国际茶业展花絮



国际茶展 传播文化

2016年11月11日，第十三届中国国际茶业展在北京国家会议中心举办，吴裕泰作为京城花茶的代表性品牌之一亮相相展会并迎接来往的消费者和爱茶人。

36平方米的展位位于国际茶业展茉莉花茶展团的核心位置，除展示区售卖多种热销产品外，还特设传统茉莉花茶台、创新花茶台、少儿茶艺台等3个泡茶台，让消费者全面感受花茶的魅力和茶文化的精髓。茶艺表演中，孩子们莺歌燕舞，她们的参与让“吴老爷子”尽显了童心。

内化于心 外化于行

历经2个月的准备，“吴裕泰杯第一届企业文化及产品知识竞赛”如期举行，并于2016年11月22日圆满落幕。

来自吴裕泰直营店和职能部门以及加盟店的50名参赛选手，就企业文化及产品知识两类近300道题目展开角逐，比赛中的精彩赢得阵阵喝彩。作为一个老字号企业，吴裕泰能将“非遗”为代表的传统制茶技艺和“好茶为您，始终如一”的经营理念与产品知识相结合融入企业文化且强化培训，无疑是为老字号谋取新发展奠定了“内化于心，外化于行”的良好基础。



吴裕泰知识竞赛花絮

北京工匠 成就梦想

“2016年北京市商业服务业服务技能大赛总结汇报会”于11月30日隆重举行，16个竞赛项目的前十名优秀选手和16家优秀组织单位受到表彰。

技能成就梦想，服务创造价值。本届大赛历时九个月，旨在打造新时代的“北京工匠”，以提升首都市民的生活品质。惊喜的是“吴老爷子”再现了青春的活力与技能，在“评茶员竞赛项目”的10位十佳选手中，吴裕泰占据了6位且包揽了前三名，其中郝元杰夺魁，亚军孙新岩代表吴裕泰向与会领导、嘉宾进行了“盲评”技艺技能展示汇报。

追踪大赛幕后的花絮，国家级非遗“吴裕泰茉莉花茶窰制技艺”第五代传承人、高级评茶师、吴裕泰公司总经理孙丹薇女士亲自带领吴裕泰选手实操集训，对“盲评”以及“双杯找对”这被业内一直看作是专业得不能再专业的技能给予强化训练，对每一款茶逐一品鉴探讨其品质特征。人常说：“雁过留声，人过留名”，而吴裕泰的传人传承的是老字号的品质，留下的是老字号的发展和创新。

一滴水可以透视太阳，而吴裕泰为了弘扬中国茶文化之水何止一滴……

2017年了，若问吴裕泰茶人的希冀？

12个字概括：“固守传统技艺，不断推陈出新”！



吴裕泰选手孙新岩(右3)现场展示茶叶盲评

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



吴裕泰“无我茶会”花絮





语言: 马耳他语、英语
首都: 瓦莱塔
人口: 约45万
货币: 欧元

主要出口产品: 船舶、制造业产品、鱼和甲壳类动物
加入欧盟时间: 2004年
以何闻名: 马耳他十字
名人: 埃马纽埃尔·伯格·高其(雕刻家)

Name of Country in language of origin:

Repubblika ta' Malta

Language(s): Maltese, English

Capital: Valletta

Population (in millions): 0.45

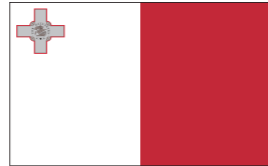
Currency: Euro

Main export products: ships, manufactured goods, fish and crustaceans

Date of entry into EU: 2004

Famous for: the Maltese Cross

Famous person: Sir Emmanuel Borg-Gauci (sculptor)



马耳他 Malta

食谱描述:

牛肉橄榄卷是马耳他最富盛名的美食之一，在英语国家中这道菜被称为牛肉橄榄卷，原因是由于其牛肉片非常的薄，就像橄榄叶一样，事实上这道菜肴中并没有橄榄。

牛肉橄榄卷在马耳他很多餐厅中是非常普遍的。制作时，首先用牛肉片将面包屑、培根碎、大蒜、欧芹以及熟蛋末卷裹起来，然后将牛肉卷煎炸至馅料一体，不会松散后放入配有红酒、洋葱、胡萝卜的汤汁中炖煮，如此文火炖制大约两个小时后方可食用。正是由于这个原因，许多餐厅都要求顾客提前一天预订牛肉橄榄卷。

配料:

- 4片牛排薄片(约500克)
- 2个洋葱
- 2个胡萝卜
- 100克豌豆
- 3片干面包屑
- 2颗切碎的煮鸡蛋
- 6片培根
- 一小捆欧芹
- 2瓣蒜
- 2片月桂叶
- 1杯红酒
- 盐及胡椒依个人口味调制

烹调指南:

将炉灶调制180摄氏度。

用厨房锤按压牛肉使其尽可能薄。

将大蒜、欧芹、培根切碎。

将干面包片磨成面包屑后开始准备填充的馅料，即把面包屑、大蒜末、欧芹末、培根末以及调味料混合，但注意不要放月桂叶，然后再将切好的熟鸡蛋末放入搅拌。

舀一或两汤匙的馅料放在牛肉片上。

用牛肉片纵长地将馅料卷起，然后迅速地用牙签将牛肉卷刺穿固定住。

在平底锅中倒入适量食用油，放入月桂叶，将牛肉卷放入锅中煎至焦黄。

将煎好的牛肉橄榄卷和月桂叶捞出放入砂锅中。

用刚刚剪完牛肉卷的油再将洋葱段和胡萝卜片煎炸一下。

用红酒将已捞出并煎好蔬菜浸没，文火慢炖至开锅，然后将料汁浇在砂锅中的牛肉橄榄卷上。

加入豌豆。

文火煨半个小时，在煨煮的过程中您可能需要再加入适量的红酒，但注意不要添加过量，否则牛肉橄榄卷就变味了。

将月桂叶捞出，再配以你最喜爱的蔬菜或一大份薯条和沙拉即可。

Recipe description

One of the most famous Maltese dishes is Bragioli. Often known as Beef Olive in English speaking countries, the "olive" refers to the beef slice - cut thin and then beaten even thinner. Bragioli has no olive in it!

This is available in many Maltese restaurants. It consists of a thin slice of beef wrapped around a filling of breadcrumbs, chopped bacon, garlic, parsley and slice of boiled egg. The filled beef is first fried to seal it then braised in a wine, onion and carrot sauce. The braising should be at a low heat for around two hours. For this reason many restaurants require that you order the Bragioli a day in advance.

Ingredients for recipe:

- 4 thin slices of beef topside (aprox. 500 g)
- 2 diced onions
- 2 diced carrots
- 100 g peas
- 3 slices stale white breadcrumbs
- 2 hard boiled eggs, chopped
- 6 slices of bacon
- 1 bunch parsley
- 2 garlic cloves
- 2 bay leaves
- salt and pepper to taste
- 1 glass red wine

Recipe instructions:

Set oven to 180 °C.

Beat each slice of meat flat with a kitchen mallet until as thin as possible.

Chop the bacon, garlic and parsley.

Grind the bread to crumbs, then prepare the stuffing by mixing the crumbs with the chopped bacon, garlic, parsley and seasoning, but not the bay leaves. Add the chopped hard boiled egg.

Put a heaped tablespoon or two of the stuffing onto a slice of meat.

Roll up the meat slices lengthwise over the stuffing, and fasten together with wooden toothpicks.

Pour some oil in a large pan, and brown the beef olives all over in this, together with the bay leaves.

Put the browned bragioli and bay leaves into a casserole dish.

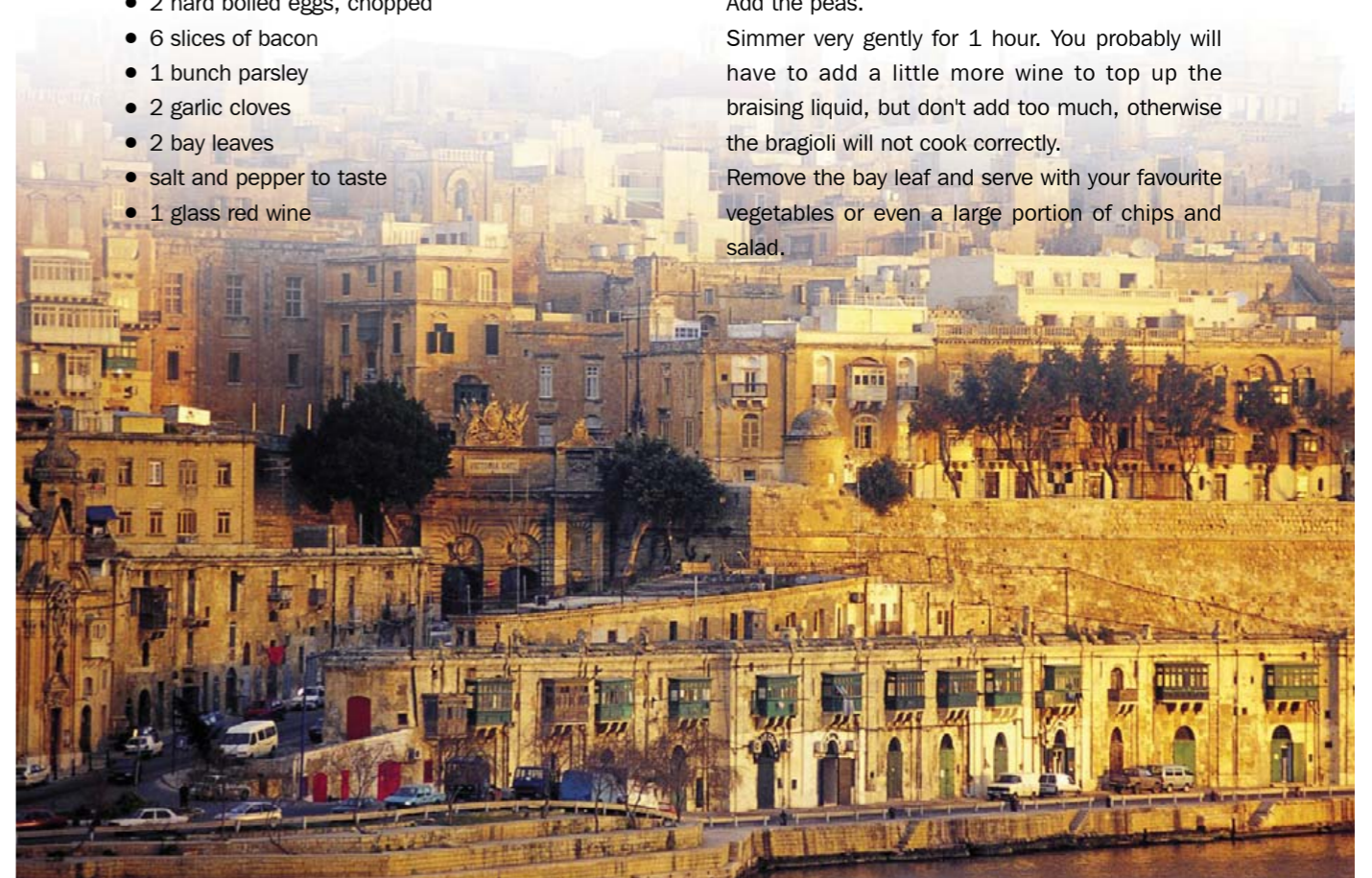
Fry the sliced onion and carrot in the same oil.

Pour the wine over the frying vegetables. Let the sauce reach a slow boil and then pour this over the bragioli in the casserole dish.

Add the peas.

Simmer very gently for 1 hour. You probably will have to add a little more wine to top up the braising liquid, but don't add too much, otherwise the bragioli will not cook correctly.

Remove the bay leaf and serve with your favourite vegetables or even a large portion of chips and salad.





孕育难事儿, 究竟难在哪儿?

孕育是件奇妙的事情, 过度重视不孕, 重视不够也不孕, 心情不好甚至打一个喷嚏都会影响到孕育。想要的人千方百计也要不上, 不想要的人却意外频频。很多父母欢天喜地地迎来了第二个宝贝, 可有些人却迟迟怀不上第一个孩子。孕育究竟有多难? 孕育究竟难在哪儿?

Inoculation is a wonderful thing. Overemphasis and less attention on infertility are useless; have bad mood and even hit a sneeze will affect the birth. People who want a baby would like to do everything possible but they fail, and people who do not want a baby often accidentally have it. Many parents are full of joy to ushered in a second baby, but some people still have no baby. How difficult is it to be pregnant? Where the hell is hard to breed?

医学上定义的不孕不育, 是指成年男女同居一处, 正常性生活(一周2次)一年以上, 没有采取任何的避孕措施而没有怀孕。要看好这个时间哦, 是一年! 既然有一整年的时间, 那何不趁此享受下二人世界的美妙! 千万不要把孕育任务化, 为了孕育而同房的时光会让人尴尬的。当然, 在享受美妙六个月后依然无果, 就可以开始思考下是不是有问题, 有问题怎么办了? 总而言之, 就是要为不孕做打算了!

Medical definition of infertility refers to that the adult men and women are living together, having a normal sex life (2 times a week) for more than a year; without any contraceptive measures, the women are not pregnant. Note the time! It is one year. Since there is a whole year of time to be pregnant, why not take advantage of this time to enjoy the wonderful life of the lovers' world. Don't take birth as a task, or it will make people embarrassed during the sex time. If you are not pregnant six months later, you can start to think about whether there is a problem, and what should you do if there is any problem. In general, you could make a plan for infertility.

不孕是谁的问题

Who are blamed for infertility

不孕不育是分男女的, 临床统计中, 女方因素约为60%, 男方因素占30%, 而其他因素占了10%。搞清楚, 不孕绝对不单纯是女人的事情, 领着他一起做检查, 看看问题在谁那儿吧!

The factors leading to infertility are divided into two aspects, and they are respectively men and women

factors. The factors leading to infertility is divided into men and women. In clinical statistics, the factor of woman is about 60% and the factor of man accounts for 30%, while other factors accounted account for 10%. Make clear that infertility is not simply a woman's affair and let him do a check to check out the problem.

女人六大问题

Six major problems of women

外阴阴道出了问题: 阴道先天异常、瘢痕狭窄、妇科炎症等都会影响精子的进入, 精子无法入内, 自然也不能自然怀孕了。

Problem of vulva vagina Congenital abnormalities of the vagina, scar stenosis, gynecological inflammation and so on will affect the entry of sperm, which would cause an obstacle to conceive a child naturally.

宫颈问题: 宫颈是精子进入宫腔的通道, 若其粘液量和性质发生变化, 如宫颈炎、糜烂都会影响精子入内。先天宫颈闭锁、狭窄, 宫颈赘生物如宫颈息肉、肌瘤也会影响精子的入内。

Cervical problem The cervix is the channel of the sperm getting into the uterine cavity. If the amount of mucus changes such as cervicitis and erosion, it will affect the sperm getting into the uterine cavity. Congenital cervical atresia and stenosis or cervical neoplasm such as cervical polyps and fibroids may also affect the entry of sperm.

子宫问题: 子宫是受精卵的床, 床不舒服, 娇弱的孕卵是会抗议的。子宫发育异常, 先天性幼稚子宫、双角子宫、子宫纵膈等都会影响精卵结合以及受精卵着床, 当然子宫内膜炎、内膜息肉、宫腔粘连、子宫肌瘤、子宫内位、子宫腺肌症、子宫内膜癌也是会引发不孕和不育的。

Uterus problem The uterus is the bed of fertilized eggs. The delicate fertilized egg would protest without a comfortable bed. Uterine hypoplasia, congenital infantile uterus, uterus bicornis and uterine mediastina would affect the sperm-egg binding and nidation. Endometritis, endometrial polyps, intrauterine adhesion, uterine fibroid, endometriosis, adenomyosis and endometrial cancer

would cause infertility.

输卵管问题: 输卵管发生问题, 是女性不孕常见的因素, 输卵管具有运送精子、精卵结合、将受精卵送回子宫的功能, 一旦粘连、积液、堵塞, 精卵自然无法见面约会了。

Fallopian tube problem Fallopian tube is a common factor in female infertility. Fallopian tube has the function of transporting sperm, binding sperm egg and sending the fertilized egg back to the uterus. Once the fallopian tube suffers adhesion, hydrops and blockage, the sperm and egg cells are naturally unable to meet.

卵巢的问题: 没有种子, 怎么发芽, 因为多囊卵巢综合征、卵巢发育不良、巧克力囊肿、盆腔粘连, 卵巢肿瘤都会有影响卵巢功能, 无法排出健康卵子或不排卵。当然, 对宝宝过分的期待, 可能会对下丘脑-垂体-卵巢轴产生影响, 抑制排卵。

Ovarian problem It can not germinate without seed. Polycystic ovary syndrome, ovarian dysplasia, chocolate cyst, pelvic adhesions and ovarian tumors would have an impact on the ovarian function, which could lead to the anovulation or discharge unhealthy eggs. Of course, the excessive expectations for baby may have an impact on the hypothalamus-pituitary-ovarian axis, which inhibits ovulation.

全身性问题: 重度营养不良、过度肥胖、维生素缺乏都可能影响卵巢功能, 内分泌代谢性疾病如甲亢或甲减都是导致女性不孕或不育的因素。

Systemic problem Severe malnutrition, obesity and vitamin deficiency may affect ovarian function. Endocrine and metabolic diseases such as hyperthyroidism and hypothyroidism are the factors that cause infertility or sterility for female.

男人四大问题

Four big problems of men

生殖系统感染: 男性生殖系统包括睾丸、附睾、输精管、射精管、精囊腺、前列腺、尿道旁腺、尿道等, 无论哪一环节感染, 对精子都会造成一定的影响, 如精囊炎、前列腺炎会

导致血精、落精、精液不液化；睾丸炎会引起睾丸生精功能不良等。

Reproductive system infection The male reproductive system includes testis, epididymis, vasectomy, ejaculatory duct, seminal vesicle, prostate, urethra, urethral gland muscle and so on. No matter which part gets infected, it will cause a certain impact on the sperm. For instance, seminal vesicle phlogistic and prostatitis could lead to hemospermia, nonliquefaction of semen and sperm drop. Orchitis can cause testicular spermatogenesis dysfunction.

生殖器官畸形：内分泌、染色体异常、睾丸病变所致的阴茎短小、隐睾、小睾丸等，都会影响生精功能，导致无精、死精、弱精等。

Malformation of the genital organs Endocrine, chromosome, short penis caused by testicular lesions, cryptorchidism and micro-orchidia will affect the spermatogenesis function, which leads to azoospermia, dead sperm and weak sperm.

精子输出通道受阻：精子要被释放出来，得历经附睾管、输精管、精囊、前列腺、射精管、尿道这几道关卡，这几道关卡受先天后天影响，都可能发生堵塞，这就是我们所说的梗阻性无精。

Sperm output channel blocked After checkpoints of epididymis, vas deferens, seminal vesicle, prostate, ejaculatory duct and urethra, the sperm would be released. These checkpoints affected by both congenital and acquired factors are likely to be blocked. This is what we called the obstructive azoospermia.

内分泌紊乱：男性内分泌功能紊乱会引起无精、少精、性功能障碍、泌乳、不育等问题，男性激素中，雄性激素和催乳素的变化，对男性生育和性功能影响尤为重要。

Endocrine disorders Male endocrine disorders can cause azoospermia, oligozoospermia, sexual dysfunction, lactation and fertility problems. Male hormone and prolactin changes are particularly important to the male fertility and sexual function.

高龄, 男女都避不开的坎 Men and women can not avoid the setback, the old age

生育大龄化已在中国中高端人才中沦为常态，年过30，育龄人群的生育力水平开始呈下降趋势，35岁以后，无论是女性卵巢功能、激素水平，还是男性的精子质量，都急剧下降，育龄夫妇将出现不孕发生率高、缺陷儿几率大的问



题。若处于大龄备孕中，请正确认识孕育路上新增的以下难关。

Older birth has become the norm in the high-end talent people in China. The fertility level in population of childbearing age is declining over the age of 30. Over the age of 35 years old, the female ovarian function, hormone level and the male sperm quality all would have a sharp drop. Couples in childbearing age will have a high incidence of infertility and a large probability of defects. If you are in the older pregnancy preparation, please correctly understand the new difficulties following on inoculation way.

受孕几率降低

Decreased chance of pregnancy

35岁以上女性：每月怀孕几率开始下降，约为10%左右，一年的累计受孕几率大概为75%。

Women over the age of 35 The monthly pregnancy rates began to decline, about 10% or so. The cumulative probability of pregnancy is about 75% a year.

40岁以上女性：卵巢内正常卵细胞数量大大减少，怀孕能力会急剧下降。每月怀孕几率只有5%左右。即使是做试管婴儿(IVF)，每次尝试的怀孕率只有10%；一年的累积受孕几率大概为40%-50%。

Women over the age of 40 The number of normal egg cells in the ovary is greatly reduced, and the pregnancy ability would decrease sharply. The pregnancy rate is only about 5% per month. Even if receiving IVF therapy, the pregnancy rate is only 10% of each attempt, and cumulative pregnancy probability is about 40%-50% a year.

超过45岁的女性：怀孕是一件非常困难的事情，因为实际上几乎所有的剩余卵子都是基因异常的。自己怀孕的几率不到1%。45岁以上成功怀孕的人几乎都是捐赠卵子的结果。

Women over the age of 45 Pregnancy is a very difficult thing, because virtually all of the remaining eggs are genetically abnormal. The chance of pregnancy is less than 1%. People over the age of 45 who have been successful in pregnancy almost have donating eggs.

新生儿缺陷多

Birth defects

随着女性年龄的增加，卵子的质量也在下降，受精卵出问题的概率也明显上升。35岁时：女性生育胎儿患唐氏综合征的风险约为1/378，患所有染色体异常的风险为1/192；40岁时：女性生育胎儿患唐氏综合征的风险约为1/106，患所有染色体异常的风险为1/66；45岁时：女性生育胎儿患唐氏综合征的风险约为1/30，患所有染色体异常的风险为1/21。

With the increase of women's age, the quality of eggs is also declining, and the probability of the problem of fertilized eggs also would increase significantly. At the age of 35, the risk of a female fetus with Down's syndrome is 1/378, and the risk of all chromosomal abnormalities is 1/192. At the age of 40, the risk of a female fetus with Down's syndrome is 1/106, and the risk of all chromosomal abnormalities is 1/66. At the age of 45, the risk of a female fetus with Down's syndrome is 1/30, and

the risk of all chromosomal abnormalities is 1/21.

妊娠并发症多

Many pregnancy complications

随着身体的新陈代谢发生变化，高龄女性妊娠后，孕期受高血压、糖尿病等疾病困扰的比例也会增大。资料显示，妊娠高血压在高龄孕妇中的发生率比适龄孕妇高出2-4倍；糖尿病及妊娠糖尿病的发生率更是比25-29岁的孕妇高出3倍以上。

With the changes in the body metabolism, the rate of the distress which is from hypertension, diabetes and other diseases will increase for older-pregnant women. Data shows that the incidence of hypertension during pregnancy in the elderly women is 2-4 times higher than that in age-appropriate pregnant women. The incidence of diabetes and gestational diabetes is 3 times higher than that of 25-29 years old women.

击退备孕“拦路虎” Repel "stumbling block" for the preparation of pregnancy

中国不孕不育人群已超过5000万，在临床中，大龄夫妇的孕育难题已常态化，尤其在二胎政策全面开放的今天，



二胎备孕夫妇皆有大龄倾向,为帮助他们健康孕育,很多医院,如北京五洲妇儿医院等都开通了“生育力评估门诊”,对不孕夫妻的职业、饮食、病史,女性排卵情况、输卵管功能,男性精液情况等系统进行评估,来明确生育力情况、自然生育可能性、生健康宝宝的几率。

Infertility population has been more than 50 million in China, and breeding problems of older couples have been normalized in the clinic. Especially the opening of the two child policy, there is a tendency for older couples to prepare for the second child. In order to help them to have healthy birth, many hospitals such as Globalcare Women & Children's Hospital has opened a "clinic for fertility evaluation". The profession, diet, medical history, female ovulation, tubal function and male semen of infertile couples were systematically evaluated to make clear of the fertility condition, natural fertility possibility and the odds of having a healthy baby.

可避免新生儿出生缺陷

Neonatal birth defects can be avoided

根据生育力评估结果,对查出患有影响生育的妇科或男科疾病的夫妇,予以及时治疗;可对遗传代谢病做出早期诊断、及时治疗,避免患儿重要器官出现不可逆的损害,保障儿童正常的身体发育和智力发育。

According to the evaluation results of the fertility of the married couples, timely treat the couples of gynecological or male division diseases which affect the birth. Make early diagnosis and timely treatment of hereditary metabolic disease. Avoid the irreversible damage to the vital organs of the children, and ensure the normal physical development and mental development of the children.

及时发现不孕不育问题

Find the problem of infertility in time

通过生育力评估,能够初步检查出男女双方影响生育力的疾病,并予以及时治疗。受遗传、自身免疫、感染、代谢异常、手术等因素影响,生育力能力会受到损害。接受专业生育力评估,能够提前发现影响生育力的问题。

The assessment of fertility could find out the disease of both men and women which may affect the fertility, and they should be treated in time. Affected by heredity,

autoimmune, infection, metabolic disorders, surgery and other factors, the fertility ability will be damaged. Accepting professional fertility assessment can discover fertility problems in advance.

提高怀孕机会

Improve pregnancy opportunities

根据生育力评估结果,对各方面检查符合生育条件的夫妇,进行科学指导如何选择最佳生育年龄和受孕时机。同时,还能对备孕夫妇进行孕前指导和孕期保健。

According to the evaluation results of the fertility of married couples, conduct a scientific instruction on how to choose the best birth age and the timing of pregnancy for the couples who meet the fertility requirement. At the same time, carry out pre-pregnancy guidance and pregnancy care to couples with the intention to pregnancy.

解决不孕不育难题

Solve the problem of infertility

根据生育力评估结果,对有生育难题的备孕夫妻的具体情况,给予相应诊疗,让患者通过治疗自然怀孕或通过辅助生殖技术(试管婴儿)直接实现生育二胎的目的。

According to the evaluation results, give corresponding treatment to the specific circumstances of fertility for couples who have fertility problems on preparing for pregnancy. Finally achieve the purpose of have the second birth directly by the treatment of natural pregnancy or through the assisted reproductive technology (IVF).



Are your ovary still young? 你的卵巢还年轻吗?

每个女性都害怕容颜老去的一天,因为每个女性都希望永远年轻漂亮。但是随着时间的增长,皮肤暗淡,毛孔粗大,色斑……这种种迹象足以暗示身体已经“老化”了。其实女性要想保持年轻并不难,保养卵巢预防卵巢早衰是关键。

Every woman is afraid of the appearance getting old one day, so every woman would like to be young and beautiful forever. However, with the time going by, lackluster skin, coarse pore and age spots appear...All signs suggest that the body is aging. In fact, it is not difficult for women to keep young. Ovarian maintenance and prevention of premature ovarian failure (POF) are the keys.

首先来了解一下卵巢,医学上认为:通常成人卵巢的大小,相当于本人拇指指头大小。卵巢是女性重要的生殖器官,位于下腹部盆腔,内子宫的两侧,左右各一,以韧带与子宫相连,受内分泌生殖轴系(脑皮质——下丘脑——垂体)控制。

First of all, let's know about ovary. It is said in medical science that the size of the adult ovary is usually

equivalent to the size of your thumb. Ovary is an important reproductive organ of the female, which is located in the lower abdominal pelvic and on both sides of the inner uterus with one on each side respectively. They are connected with the uterus by the ligament, and controlled by the endocrine and reproductive axis (cerebral cortex-hypothalamus-pituitary).

通常我们直接用手是摸不到卵巢的,除非卵巢长了肿瘤,大夫在做检查时才可能摸得到。卵巢可以产生成熟且可受精的卵子,还能整体协调女性生殖系统,分泌多种激素(雌激素、孕激素、抑制素、雄激素等)。这些激素参与机体的生理功能调节,维持内分泌系统平衡,保持女性特征及正常生理代谢。

Usually we can't touch the ovaries directly by hand. Unless the ovarian tumor grows, the doctor can touch it in the examination. Ovary can not only produce mature and fertilized ovum but also can integrally coordinate the female reproductive system. It could secrete a variety of hormones (estrogen, progesterone, inhibin, androgen,

etc.). These hormones are involved in the regulation of the body's physiological function, maintaining the balance of the endocrine system, keeping the characteristics of the female and the normal metabolism of the body.

卵巢, 女性的生命之源

Ovary, the source of life for women

女人自25岁起, 新陈代谢开始逐渐减慢, 衰老开始体现。而卵巢是女性的生命之源, 它的重要性主要体现在以下两方面:

The metabolism begins to slow down and the aging begins to manifest for women since the age of 25. Ovary is the source of the life for women, and its importance is mainly reflected in the following two aspects.

生殖功能: 生育年龄女性除妊娠和哺乳期外, 卵巢每个月发生1次周期性变化并排出卵细胞, 排卵多在月经周期第14—16天。卵细胞是由卵巢内卵泡分泌排出的, 在数个卵泡的发育中, 发育成熟的一般只有一个, 因此每个月只有一个卵子成熟。排卵后卵子存活数小时, 此时, 卵子如进入输卵管并遇到精子即受精成为孕卵(受精卵)。

Reproductive function Ovarian would have one periodic changes and discharge egg cells every month in women of childbearing age except during pregnancy and lactation. The ovulation is during the 14 to 16 days in the menstrual cycle. Egg cell is secreted by the interior follicle of ovarian. In the development of a number of follicles, there is usually only one mature follicle. So there is only one mature egg per month discharged. After ovulation, the egg is alive for several hours. During that time, if the egg is in the fallopian tube and meets the sperm, the egg is fertilized.

内分泌功能: 在卵巢的周期性变化中还同时伴有三种性激素的分泌, 即雌激素、孕激素和极少量的雄激素, 它们对机体有着重要的作用。

Endocrine function The periodic change in the ovary is also accompanied by secretion of three kinds of sex hormone (estrogen, progesterone and a very small amount of androgen), which have an important role in the body.

你这些行为, 其实是在耗“卵”

You behavior, in fact, is in the consumption of "eggs"

大多数女性在出生时拥有两百万个卵子, 童年时期, 每个月失去55至1500个卵子, 等到生育年龄, 她们所剩余的卵子大约只有30万左右, 而当女性到了30岁, 剩余的卵子平均只有7万; 到35岁的时候, 卵子数量下降到3万; 到37.5岁

的时候, 剩余的卵子只有25000。一旦卵子的剩余数下降到25000的时候, 每个周期卵子下降的速度会加快, 因此, 35岁以上的女性自然妊娠率会大大降低。

Most women have two million eggs at birth, losing 55 to 1,500 eggs in each month during childhood. In women of child-bearing age, there are about 300 thousand of the remaining eggs, and when the women get to the age of 30, the average of the remaining eggs is only 70 thousand. By the age of 35, the number of eggs drops to 30 thousand and by the age of 37.5, the remaining eggs are only 25,000. Once the remaining number of eggs reduced to 25,000, the rate of egg reduction per cycle would accelerate. Therefore, the natural pregnancy rate of women over the age of 35 years will be greatly reduced.

随着生活环境和方式的改变, 精神压力的增大, 女性卵巢功能衰退甚至出现早龄化倾向。卵巢对女性生育力的影响主要体现在两方面: 一是无法正常提供卵子, 造成女性不能怀孕; 二是无法提供健康的卵子, 导致卵子染色体异常, 进而引发妊娠后胎停育或出生缺陷。

With the change of the environment and the way of life, women have to face heavier mental pressure. As a result, the functional decline of female ovary appears to an early-age tendency. Effect of ovary on female fertility is mainly reflected in two aspects. 1. It is unable to provide normal eggs, resulting in female infertility. 2. It can not provide a healthy egg, resulting in abnormal egg chromosome, which could lead to fetal death or birth defects.

卵巢功能的衰退是一个渐进的过程, 从卵巢储备下降, 到卵巢功能衰竭, 除了年龄增长这个不可逆的必然因素外, 更与我们的日常生活方式有着必然的联系。下面的常规行为, 其实就是在损耗你的卵。

The decline of ovarian function is a gradual process. From diminished ovarian reserve (DOR) to ovarian failure, it has inevitable relation with our daily lifestyle in addition to the age of the irreversible factor. The following normal behavior is losing your eggs.

压力过大: 长期精神压力过大, 会影响人体内分泌调节, 可对丘脑下部-脑垂体-卵巢轴产生影响抑制排卵, 长期下去会导致卵巢功能过早衰退。

Excessive pressure Long-term excessive pressure



will affect the body's endocrine regulation, which can affect the hypothalamus-pituitary-ovarian axis and inhibit the ovulation and even lead to premature ovarian failure in the long run.

长期熬夜: 长期因加班、聚会、泡吧、上网通宵达旦或昼夜颠倒, 也会导致内分泌紊乱, 发生卵巢功能不足的情形。

Long-term stay up late Overtime, party clubbing, internet or day and night inversion for a long time can lead to endocrine disorders and ovarian insufficiency.

快速减肥: 快速不当的减重会导致体内脂肪急剧降低, 当脂肪比率过低时就会导致雌激素不足, 雌激素减少又会引起月经紊乱、闭经, 接着会抑制卵巢的排卵功能, 容易造成卵巢功能早衰。

Fast weight loss Quick and improper weight loss can lead to a dramatic decrease in body fat. When the fat ratio is too low, it will lead to estrogen deficiency. The decrease of estrogen may lead to menstrual disorders, amenorrhea, and the inhibition of ovulation function of ovary, which is easy to cause premature ovarian failure.

频繁人流: 一些女性错误地认为, 人流是小事情, 实际上, 反复多次人流, 经常扰乱内分泌, 会造成体内看不见的损伤, 渐渐使卵巢失去功能。

Frequent abortion Some women mistakenly believe that abortion is a small thing. In fact, repeated abortion could disrupt endocrine, causing invisible injury of the body and losing the ovarian function gradually.

长时间用电脑、手机: 手机、电脑, 其产生的辐射对卵巢也有一定的伤害。这不仅对女性的卵子有伤害, 同样对男性也有影响。

Long time using computer and mobile phone Radiation generated by mobile phone and computer also has certain damage on the ovaries. This is not only for women's eggs, but also for men.

滥用避孕药: 口服避孕药无论是紧急还是长期, 若未遵医嘱使用或长期使用, 会打乱卵巢的正常内分泌功能, 导致卵巢功能出现问题。

Abuse contraceptives If you do not follow the doctor's advice to take or take contraceptives for a long time, it will disrupt the normal endocrine function of the ovary, leading to the occurrence of ovarian function problems.

有以上生活方式的育龄女性, 其卵巢功能或多或少存在着异常, 想了解自己的卵到底怎么样, 你可以到相关医院进

行卵巢储备功能检测。

Ovarian function of the women in childbearing age with the above way of life is more or less abnormal. If you want to know how is your egg, you can go to the relevant hospital for the ovarian reserve function test.

如何保护好“小房子”?

How to protect the "small house"?

第一阶段: 20-35岁

The first stage: 20-35 years old

卵巢保养的目的: 保持年轻美丽

Objective: keep young and beautiful

对策: 多吃白菜、韭菜、豆芽、瘦肉及各类豆类食物, 同时要注意少吃咸、甜, 多喝水。多吃含VC以及VB的食物, 如芥菜、胡萝卜、番茄、黄瓜、豌豆、木耳、牛乳等。除了合理饮食之外, 还要注意少熬夜, 合理作息, 多运动。

Strategy Eat more cabbage, leek, bean sprouts, lean meat and all kinds of beans. Pay attention to eat less salty and sweet food. Drink plenty of water. Eat more food containing VC and VB, such as mustard, carrots, tomatoes, cucumber, peas, fungus, milk etc.. In addition to a reasonable diet, pay attention to less staying-up, a reasonable schedule and more exercise.





第二阶段: 35-40岁

The second stage: 35-40 years old

卵巢保养的目的: 保持女性魅力、延缓衰老、延缓更年期

Objective: maintain the charm of women, anti-aging and delay menopause

对策: 多吃含天然植物雌激素的食物, 如豆科植物(大豆、苜蓿、芹菜等)及豆制品、新鲜蔬菜、水果、核桃、松仁、红薯等。红糖含有丰富的微量元素, 对女性补血的效果很好, 长期服用对雌激素水平的稳定大有益处。要注意多喝水, 多吃富含维生素的新鲜蔬菜、瓜果, 还要注意增补含胶原蛋白的食物。

Strategy Eat more food containing natural plant estrogen, such as legumes (soybean, alfalfa, celery etc.), soy products, fresh vegetables, fruit, walnut, pine nuts, sweet potato etc..Brown sugar contains rich trace elements, and taking it for long-term has good effect on the female blood and stable level of estrogen. Pay attention to drink plenty of water and eat vitamin-rich and fresh vegetables and fruits. Also pay attention to the food supplement that contains collagen.

第三阶段: 40岁-45岁

The third stage: 40-45 years old

卵巢保养的目的: 抗氧化、抗衰老、补充雌激素

Objective: Antioxidant, anti aging, estrogen supplement

对策: 多喝牛奶、豆奶, 多摄入鱼、虾等食物, 这些食物

所富含的植物性雌激素能弥补由于雌激素分泌不足对女性身体造成的影响。另外可在医师的指导下服用补养肝肾、滋补气血的药物, 如何首乌、熟地、黄芪等。

Strategy Drink milk, soy milk. Eat more fish, shrimp and other foods. These foods are rich in plant estrogen, which can compensate for the effect of estrogen deficiency on the female body. In addition, under the guidance of a doctor, women can take the drug of nourishing liver, kidney, and the blood such as polygonum multiflorum, radix rehmanniae, radix astragali, etc.

第四阶段: 45岁之后

The fourth stage: over the age of 45

卵巢保养的目的: 安稳度过更年期、抗衰老

Objective: stably spend the menopause, anti-aging

对策: 处于这个年龄段的女性, 卵巢保养的重点是缓解更年期症状。要学会调整生活节奏, 抽时间进行适当的运动和休闲, 保持愉悦的心情和乐观的生活态度对卵巢保养也是有很大帮助的。少吃含脂肪和胆固醇高的食物, 而要多吃一些瓜果蔬菜, 它们都是餐桌上的天然“降脂药”。

Strategy The focus of ovarian maintenance is to ease the symptoms of menopause for women in this age group. Learn to adjust the pace of life and take the time to do appropriate exercise and be relax. To maintain a pleasant mood and optimistic attitude towards life is also a great help to ovarian maintenance. Eat less food containing high fat and cholesterol, but eat some fruits and vegetables, which are natural "lipid-lowering drugs" on the table.



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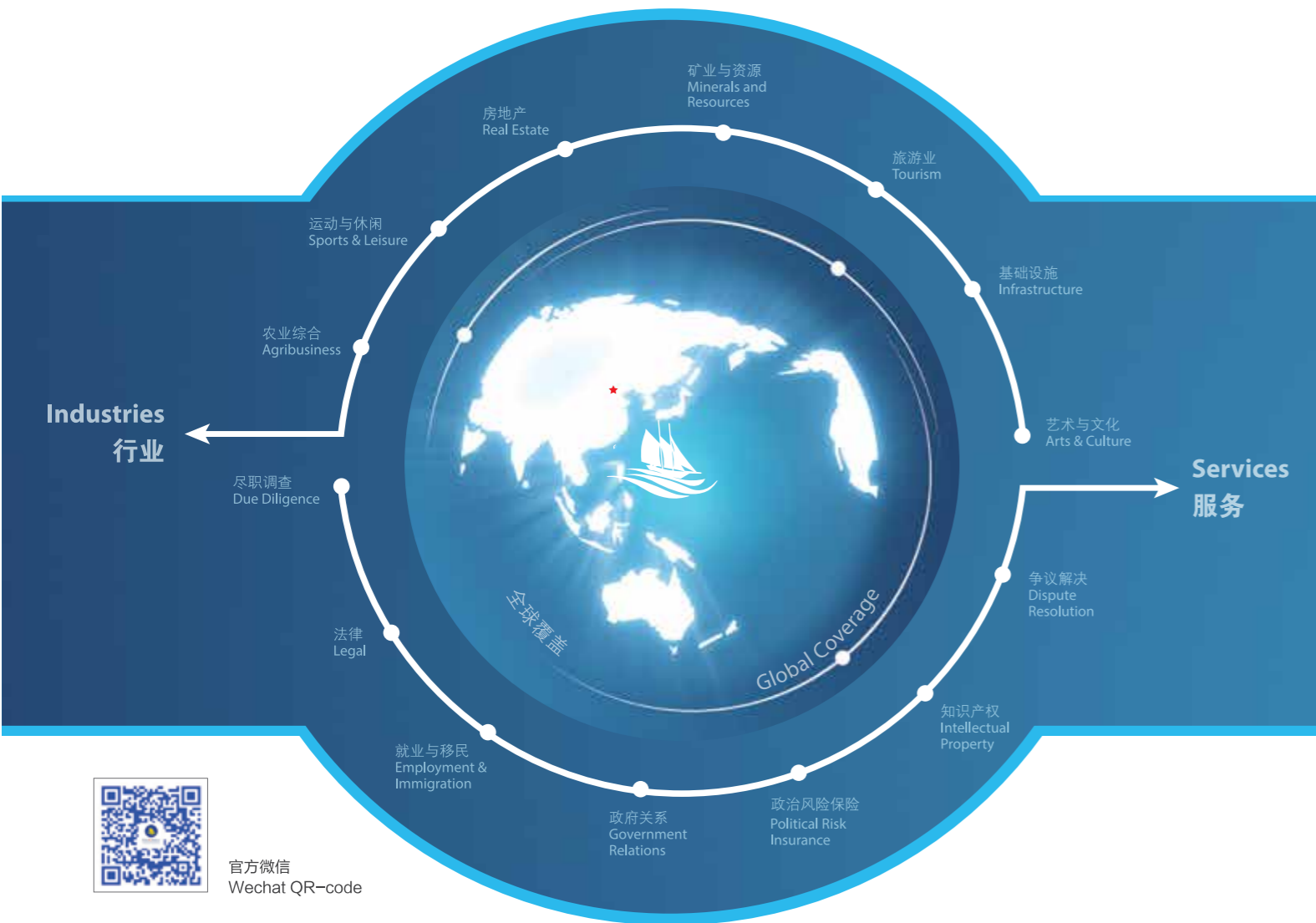
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CGA 2016 Recap | CGA 2016 回顾

(2016-2017)



Key Transactions | 精选项目



Brokering sale to the Reignwood Group of world-renowned Michael Yamashita's "Silk Road Collection"



Facilitating long-term meat supply contracts between China Animal Husbandry Group and a leading Spanish company



Advising SkyH2O, an innovative U.S.-based Atmospheric Water Generation company, on sourcing investors and business partners in China



Assisting a €1.2bn listed European group on its China market entry strategy

Key Events | 重点活动

Forum on "Belt and Road: Risks and Rewards" | "一带一路" 风险防范论坛

The Silk Road Journey Photography Exhibition by Michael Yamashita (Beijing) | "丝路之旅" (麦克·山下 "一带一路") 摄影展 (北京)

Argentina Business & Investment Forum | 阿根廷商务投资论坛 2016

The 10th Asian Bond Market Summit | 第十届亚洲债券市场峰会

2016 Global Destination Investment Summit | 2016 全球目的地投融资大会

2016 Golden Silk Road Global Brand Forum (London) | 2016 金丝路全球品牌论坛暨 "黄金时代" 一周年中英企业伦敦峰会



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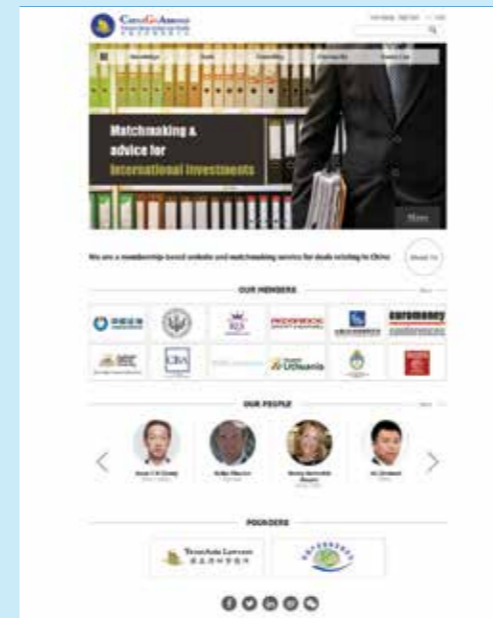


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