

The World and China 世界中国

SILK ROAD
Selyemüt
丝绸之路

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

2017 / 02 总第067期



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、公商务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



本刊社长纳吉·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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中国两国人民
友谊之花常开

为世界中国杂志社题
邹家华

原中国国务院副总理、全国人大常委会委员长邹家华先生为本刊题词

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

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Former President and Former Prime Minister of Mauritius Sir Anerood Jugnauth on his 87th birthday with his wife and his son, the Prime Minister of Mauritius. (pls. see page 54)



焦明·奥列格

乌克兰驻华大使

Dmytro Oleksyuk

Distinguished Forum's Participants!
Ladies and Gentlemen!

"One Belt, One Road" Forum held in China is the first large-scale event of a high level since Chinese leader Xi Jinping proclaimed international initiative "One Belt, One Road" on 2013. It is very important that besides economic content, the Forum has an ultimate foreign policy value that is to facilitate both regional and international cooperation between countries-participants.

Ukraine is one of first countries that supported the initiative of China's leader as our state has all opportunities to become a kind of trade, transport and logistics link for Eurasian belt of mutually beneficial development grace to its geographic location.

To date the Ukrainian side has signed the Protocol on intensification of cooperation in "One Belt, One Road" program joint realization between Ministry of Economic Development and Trade of Ukraine and Ministry of Commerce of China; the Ukraine-China Road Map has been developed that establishes our defined further plans and actions. Those documents are the important background to specify the Ukraine's format of participation in implementation of geoeconomic project "Belt & Road", and they will promote more active trade and investment cooperation between Ukraine and China.

Now we can state that participation of Ukraine in building the economic belt of Great Silk Road can be outlined by both the existing projects (export of grains to China, joint projects in energy sector and infrastructure construction) and the new projects in Ukraine, which will be offered mostly in agriculture, energy, logistics, development of port infrastructure, energy and aviation engineering.

In other words, the ideology of Ukraine's participation in this large-scale project is based on the modernization of industrial and infrastructural potentials of our country through the junction of Ukraine's national program for European integration with the China's challenges to become closer to the European markets. This way we feel our win-win cooperation.

On completion, I would like to wish the enthusiasm and success in search of new synergy for mutual understanding, respect and benefits to all participants of the event.

乌克兰是首先提出支持中国“一带一路”倡议的国家之一，因为我们很有可能成为贸易、运输和物流纽带，将欧亚互惠互利经济发展带与我们所在地区联系起来。

目前，乌克兰经济发展和贸易部已与中国商务部签署一项协议，以期在实施“一带一路”倡议的过程中加强合作；并已制定中乌发展路线图，确定了后续计划和行动。这些文件将作为乌克兰参与“一带一路”地缘经济项目实施工作的重要依据，也将加强中乌之间的贸易和投资合作。

现在，乌克兰参与伟大丝绸之路经济带建设的行动可以概述为两点：一是现有项目（向中国的粮食出口、能源领域和基础设施建设方面的合作项目），二是在乌克兰进行的一些新项目，主要涉及农业、能源、物流、港口基础设施开发、能源和航空工程等领域。

也就是说，乌克兰参与这项大规模计划的决心需要以我们国家的工业和基础设施现代化进程为基础。乌克兰为推进欧洲一体化制定了国家计划，中国要拉近与欧洲市场的距离仍然面临诸多挑战，只有找到二者之间的交叉点才能带来两国之间的双赢合作。



苏更·拉哈尔佐

印度尼西亚驻华大使

Saefeng Rahardjo

文化是由许多复杂因素所组成的。它包括人类与社会活动的方方面面，并处于不断变化之中，向各种方向进行演变并与邻国文化相互交融，从而创造出不计其数的多元形态。因此，一个国家的文化可能会在外来影响和压力之下被重新塑造，也可能成为一种变革的动力。

印度尼西亚文化就是如此，它包含500多个民族以及300多种语言和方言。印度尼西亚有1.7万多个岛屿组成，人口总数超过2.5亿，在这片广袤的土地上，独特的地理位置以及不同的宗教信仰造就了印度尼西亚文化的多样性。

印度尼西亚人口中超过80%为穆斯林信徒，是世界上穆斯林人数最多的国家。同时我们引以为傲的是，其他宗教信仰也有充分的信仰自由。总之，我们是一个崇尚包容和多元化的现代化国度。印度尼西亚的国家信条为“Bhineka Tunggal Ika”，翻译为中文意思是“多元一体”。实际上，每位印度尼西亚公民都非常热爱这个多元化的社会，我们团结一心，以期将多元化中的所有挑战转变成一个机遇。我们将多元化看作是一项优势，而不是劣势。我们的日常生活以

及艺术和文化之中，无不折射出它的影子。

在印度尼西亚文化受到所传入的许多其他文化影响的同时，我们相信我国的文化也已渗透进其他国家的艺术和传统之中。在爪哇岛北部沿海区域的蜡染设计中可以看到中国的龙凤等吉祥图案，而印度尼西亚的蜡染传统也已对非洲的类似文化产生了深远的影响。

蜡染的影响力还波及到国际时尚界，有力地推动了一年又一年的时尚发展趋势。采用蜡染工艺装饰衣服的艺术手段源自于爪哇岛，因其手法创新而迅速在西方世界中声名鹊起。许多世界一流的设计师都在其创作的艺术作品中采用和融入了蜡染概念。

有趣的是，随着蜡染艺术在全世界的广泛流行，印度尼西亚人现在也开始深深着迷于这一传统工艺。在首都雅加达的大街上，可以从各色人群身上看到印度尼西亚各个地方的不同蜡染设计。蜡染不再仅仅属于爪哇文化，而已发展成为印度尼西亚不可分割的一部分，成为印度尼西亚国家的重要标识。

实际上，凭借其战略地理位置，印度尼西亚不仅成为该区域文化联系的中心，也已成为该地区海上连接的重要枢纽。印度尼西亚将致力于增强在该区域的地位，并通过全球海洋合作中心这个优势大力发展本国经济。我们将这个愿景称为“全球海洋轴心”（Global Maritime Fulcrum）战略。更为巧合的是，2013年，中国国家主席习近平在印度尼西亚首次宣布其21世纪海上丝绸之路计划。

随着“一带一路”倡议的成形，印度尼西亚与中国之间的海洋目标对话将大力推动两国在海上运输、基础设施、能源和制造领域的合作。通过增强相互联系、相互了解和相互尊重，将为两国之间的文化交融奠定坚实的基础，在亚洲世纪的开端塑造一种全新的文化。



谢尔盖·马纳萨良

亚美尼亚驻华大使

Sergey Manassarian

I am deeply convinced the "One Belt, One Road" Forum, that will be held in Beijing this May, is going to become one of the most important undertakings in the framework of the whole Belt and Road initiative. It will contribute to the acceleration of implementation of the agreements already reached and will allow to move forward to the stage of new projects through dialogue and cooperation.

I would like to express my gratitude and appreciation to the Chinese Government for the idea and organization of the Forum and wish success to all the participants.

Sergey Manassarian

我深信，将于今年五月在北京举行的“一带一路”论坛将成为丝路倡议框架下最重要的事件之一。它将有助于加快落实已经达成的协议，并将通过对话与合作进入新项目阶段。

我对中国政府有关该论坛的理念和组织表示感激和赞赏，并希望所有与会者都能取得成功。

谢尔盖·马纳萨良



M·法兹勒·卡里姆

孟加拉国驻华大使

M. Fayzed Karim

经过一场艰苦卓绝的解放战争，孟加拉国于1971年以独立国家的身份崛起。这个相对年轻的国家在南亚次大陆东部构成了孟加拉这一古老而又具有历史意义的地区。孟加拉国的文明可以追溯到距今四千多年前的铜器时代。

孟加拉国的文化和传统来自人民的信仰、民族的根源、思想、渴望和创造力，以及对自然和生命的热爱。从古至今，这个国家独特的地理位置、丰富的资源和壮阔的自然景观不断吸引着远方的商人、旅者和传道士来到这片土地上游览或定居。数百年来，这种跨越不同种族、文明以及文化背景的人文交流在帮助孟加拉国不断丰富自身文化和文明的同时，也保留了其独有的本土元素。因此，如今的孟加拉国享有丰富多元又绚丽多彩的文化遗产。深植于这个国家的文化充分反映在其语言、美食、服饰、文学、舞蹈、戏剧、音乐、民俗与民间故事、绘画、工艺、考古与建筑、仪式、节日和庆祝活动之中。

孟加拉国内各地分布着无数古老的废墟和史前城市集落遗迹，以及来自不同时代的其他宏伟遗址。截至目前，孟加拉国内约有450处遗址被列为国家遗产。诺尔辛迪地区的史前双子城Wari-Batashar可以追溯到公元前450年，代表了孟加拉地区最为古老的文明。位于北部瑞冈区帕哈尔普尔的Sompur Mahavihara是一座建于公元8世纪的宏伟的佛教寺院，也是喜马拉雅山脉南部第二大的独立寺庙，已于1985年被联合国教科文组织列入《世界遗产名录》。雄伟的六十圆顶清真寺(Sixty-domed Mosque)，是这个国家在苏丹王朝时期最大的清真寺，已经被联合国教科文组织指定为世界遗产。位于达卡的孟加拉国国会建筑群是一座辉煌的现代建筑。这座面积达81公顷，由建筑师Luis Khan设计的建筑群是世界上最庞大的立法机关建筑群之一。

语言是孟加拉人文化和民族认同的重要组成部分。1952年2月21日，孟加拉国的人民为了捍卫母语孟加拉语的使用而壮烈牺牲。这一天在1999年被联合国教科文组织宣布为国际母语日。从此，全世界都会在这一天定期举行庆祝活动，以维护世界上所有母语的重要性。

孟加拉国以其灿烂的表演艺术和手工艺传统为傲。古陶瓦和陶器证明了我们的艺术能力和审美品位。孟加拉国的节庆活动丰富多彩，某些孟加拉集市和节日已经拥有2000多年的历史。Mangal Shobhajatra节是孟加拉民俗文化中的一项大型活动，旨在庆祝孟加拉新年(Pahela Baishakh)。这个节日已在2016年被联合国教科文组织列入《人类非物质文化遗产名录》。

利用这次机会，我诚挚邀请中国朋友访问孟加拉国，领略孟加拉古老的文明与丰富多彩的文化遗产。



贝德日赫·科佩茨基

捷克驻华大使

Bedřich Kopecký

捷克共和国位于欧洲中部，西与德国相邻、南与奥地利接壤、东与斯洛伐克毗连，北与波兰交界。捷克共和国的国土面积为78,866平方公里，主要为温带大陆性气候与海洋性气候。捷克是单一议会制共和国，总人数1050万，首都布拉格也是我国最大的城市，居民超过120万人。历史古国波希米亚、摩拉维亚和捷克西里西亚都在这里留下了遗迹。

在这个位于欧洲心脏部位的小国中，丰富的自然和文化宝藏触手可及。捷克共和国已成为欧洲的主要旅游目的地之一，去年共迎来超过900万人次的游客，主要来自德国、俄罗斯、波兰、美国、以色列和英国，并且游客人数正在逐年增加。去年，将近40万名中国游客来到捷克，年增长率达到22%以上。首都布拉格是最热门的目的地。布拉格别名“千城之城”，是联合国教科文组织认定的世界遗产，也是世界上最美丽的城市之一。

展现在你面前的布拉格是一个百变的城市，风格日新月异：它是浪漫的，也是繁华的；是古老的，也是现代的。其他广受欢迎的目的地包括卡尔斯坦城堡(Karlštejn Castle)、库特纳霍拉(Kutná Hora)、捷克克鲁姆洛夫(eský Krumlov)、捷克布杰约维采(eské Budějovice)和莱德尼采-瓦尔季采文化景观(Lednice-Valtice Cultural Landscape)。

捷克共和国境内遍布200多座有趣的城堡和庄园，拥有12处联合国教科文组织世界遗产，以及许多古色古香的如画的城市风光。捷克共和国有37个温泉小镇，提供各种医疗和水疗服务。全长40,219公里的步道贯穿捷克各个乡镇，更有超过37,000公里的自行车道。除此之外，还有4个国家公园和25个自然保护区，游人可以尽情享受新鲜的空气和美丽的大自然。

2018年立陶宛将纪念国家重建100周年。1918年立陶宛恢复独立，这是人民的一次巨大胜利，他们鼓起勇气，誓将自己的命运掌握在自己的手中。1909年，在中国东北哈尔滨，1000多名立陶宛人成立了Aušra (the Dawn) 的繁荣社区，目的是在动荡时期维持立陶宛人的身份。立陶宛人会定期集会，甚至以立陶宛语演出话剧。一场战争改变了这一切。

正是由于人民的高昂士气、民族责任感和开放精神，我们才得以在现在这个时刻庆祝国家独立100周年。值此隆重纪念日之际，我们要展望未来，但也要回首过去。1000多年里，自立陶宛建国以来，我们就一直拥有坚定的信念，对未来充满无限希望。无论岁月如何变迁，我们都要维持自己国家的地位，重申我们的价值观，直面各种挑战并满足人民的期望，无论是减少贫穷、保护人权和尊严、保护环境，还是保障国家和平及安全。

独立并不意味着单独行动，而是将需要更多的资源以及更广泛的合作。今年也是欧盟成立60周年。作为欧盟成员国，立陶宛为我们所共同取得的成就以及应对挑战的勇气引以为傲，我们满怀信心地期待着共同塑造更加灿烂的未来。

随着联系的日益紧密以及共同面临的挑战日益增多，中国和欧洲国家应该相互增加了解，确定各自未来的发展方向以及我们在世界秩序中应发挥的作用，确保以一致的措施来应对全球挑战。在这一方面，中国的“一带一路”倡议就是最合时宜的政策。我们应支持能够加深彼此联结的项目，反对分裂我们之间关系的一切行动。作为一个长期的国际和区域整合愿景，这一策略将需要数年的工作才能日臻完善，关键就在于不同区域之间的务实合作。

我可以在此保证，立陶宛迫切希望与中国继续合作，加深双边和多边关系，协力实现共赢。两国之间的相互联系已日益加深，政治访问和交流十分频繁。艺术家、运动员和学生之间的对话，以及医疗和科学领域的交流都颇为活跃。贸易和投资也在不断增多。

所有这些活动都围绕一个重要的共同利益：增加我们的相互联系。公路、铁路、海洋和航空领域的合作对我们所有国家的人民来说都很重要。而更为重要的是构建稳定、透明、开放和繁荣的共同自由贸易、学习、创新和互信区。

Next year, Lithuania will celebrate its 100 year anniversary of restored statehood. Restoration of Lithuania's independence in 1918 was an immense achievement of the people, who dared to take responsibility for the future of all Lithuanians. In Harbin, a city in North-eastern China, where a prosperous community of more than a 1000 Lithuanians lived, "Aušra" (the Dawn) society was created in 1909 to maintain Lithuanian identity during turbulent times. Lithuanians gathered for events, and even boasted theatre plays in Lithuanian. War unfortunately wiped it all out.

Thanks also to the continued actions and openness of inspired and responsible Lithuanians, we are able to celebrate the centenary of the restoration of Lithuanian statehood today. With this anniversary, we look forward

as well as back. For more than 1,000 years, since the dawn of the State of Lithuania, we have been led by our faith in the future. We continue to need to sustain our place in the constantly changing world, reaffirm our values, address the challenges we are facing and deliver on people's expectations; be it reducing poverty, protecting human rights and dignity, protecting the environment, ensuring peace and security.

Independence does not mean doing things alone. Increasingly, it entails a pooling of resources and working together with others. This year marks the 60th anniversary of the establishment of the European project. As a member of the European Union, Lithuania is proud of our joint achievements, and of our ability to stand up to challenges, and we confidently look forward to shaping our common future together.

Given our growing stronger ties and the many challenges we are facing, it is necessary for both China and European countries to understand each other better; where we are heading and what role we should play in the world order, with a view to ensuring coherent responses to global challenges. In this connection, China's Belt and Road initiative is most opportune and relevant. We should support projects that unite us and oppose those that divide us. As a long-term vision for international and regional integration, this strategy will take years to develop and to come to fruition, based on practical cooperation in many different areas.

I would like to assure you that Lithuania is eager to continue working with China, both bilaterally and multilaterally, to the benefit of all. Our mutual ties are increasing. Political visits and exchanges are frequent. We have a lively dialogue between our artists, athletes, students and co-operation in the field of health and science. Trade and investments are also growing.

All of these activities point to an important common interest – increasing our connectivity. Road, railway, sea and air links are important to all of us. Even more important is building a stable, transparent, open and prosperous common area of free exchange, study, creativity and trust.

On behalf of the Lithuanian government, I would like to extend my warm congratulations on the opening of the Forum, and pay high tribute to people from various sectors who have long been committed to China-Lithuania friendship and cooperation.



伊娜·玛丘利奥尼婕

立陶宛驻华大使

Inga Mačiulytė



The 60th Anniversary of the EU 欧盟六十周年



为庆祝欧盟成立六十周年，欧盟驻华代表团与意大利驻华大使馆于2017年3月24日在中国人民大学联合举办纪念《罗马条约》缔结六十周年学术活动。

The Delegation of the European Union to China and the Embassy of Italy in China have held an International Seminar in Renmin University of China on March 24, 2017 to celebrate the 60th Anniversary of the Treaties of Rome and the foundation of the European Union.

60年前在欧洲煤钢共同体的基础上，法国、德国、意大利、荷兰、比利时和卢森堡6国政府首脑和外长在罗马签署《欧洲经济共同体条约》和《欧洲原子能共同体条约》，后来人们称这两条约为《罗马条约》(Treaty of Rome)。



意大利驻华大使谢国谊阁下讲话



欧盟驻华大使史伟阁阁下讲话



中国人民大学副校长伊志宏女士讲话



专题讨论会



Sixty years ago, the heads of government and foreign ministers of France, Germany, Italy, the Netherlands, Belgium, and Luxembourg have signed treaties in Rome, hence called "Treaties of Rome", establishing the European Economic Community and the European Atomic Energy Community.

条约于1958年1月1日生效。1967年，欧洲煤钢共同体、欧洲经济共同体、欧洲原子能共同体的机构合并，统称欧共体。

The treaties have been effective since January 1, 1958. In 1967, the European Coal and Steel Community, the European Economic Community and the European Atomic Energy Community have been incorporated and renamed as European Community. (本刊讯)



欧盟成员国大使交谈



嘉宾观看展览



出席活动嘉宾

Europe and Asia: Building a Cooperative Global Order 欧洲与亚洲：建立全球合作新秩序

值此欧盟成立60周年，欧盟外交与安全政策高级代表兼欧洲委员会副主席——费德里卡·莫盖里尼(H.E.Federica Mogherini)女士访华之际，于4月20日在北京清华大学做了一场专题演讲。(本刊讯)



费德里卡·莫盖里尼(H.E.Federica Mogherini)女士演讲



费德里卡·莫盖里尼(H.E.Federica Mogherini)女士与嘉宾合影



The Senior Representative of EU Diplomacy and Security Policy and Vice Chairman of European Commission, H.E. Federica Mogherini visited China at the EU's 60 anniversary and delivered a keynote speech in Tsinghua University in Beijing on April 20, 2017.



Deputy Prime Minister of Namibia visits China 纳米比亚副总理访华

2017年4月12日值此纳米比亚副总理恩代特瓦阁下访华之际，纳米比亚驻华大使馆举办了新闻发布会。

On April 12, 2017, on the occasion of the Vice Premier of Namibia, Ndaitwah's visit to China, the Namibian Embassy in China held a press conference. (本刊讯)



纳米比亚驻华大使伊莱亚·乔治·凯亚莫阁下致辞
Ambassador of Namibia to China



纳米比亚副总理恩代特瓦阁下在新闻发布会上表示，纳米比亚经济发展需要科技与创新。纳米比亚经济一直严重依赖资源，工业化转型是未来的大方向。国家鼓励的投资行业有农业，农产品加工，制造业，ICT等。希望未来的投资者，不光把资源丰富的纳米比亚当作原料市场，而是在当地投资建厂，生产高附加值产品，为纳米比亚引进高新技术，解决就业。

Ndaitwah, Vice Premier of Namibia, expressed in the press conference that the economic development in Namibia needs technology and innovation. The economy in Namibia always relies on the resources seriously. The industrialized transition is the general direction in the future. The investment industries encouraged by the state includes agriculture, agricultural products processing, manufacture and ICT, etc. She expects the future investors could invest and build plants in Namibia instead of regarding it as the raw materials market only to produce high-value-added products, introducing high and new technology for Namibia and solve the employment problems.



马耳他驻华大使卢嘉鹰阁下与欧盟驻华大使史伟阁下致辞

欧盟每半年都有一个欧盟成员国担任欧盟轮值主席。在6个月的时间里，轮值主席国负责主持欧盟理事会所有层级的会议。今年1月至6日，马耳他首次担任此任务。3月23日马耳他驻华大使卢嘉鹰 (Mr. John Aquilina and Mrs. Anna Aquilina) 和夫人在北京举行首次活动。欧盟国驻华使节以及部分媒体应邀出席。

Malta, Presidency of the Council of the European Union 马耳他 欧盟轮值主席国

In every six months, there is one member of the EU to be the presiding country of the Council of the European Union. During the six months, the Presidency is responsible for chairing meetings of the Council at all levels. From January to June this year, Malta holds the Presidency for the first time. In March 23, Mr. John Aquilina, Ambassador of Malta in China, and Mrs. Anna Aquilina held the first event in Beijing. Ambassadors of EU countries and some of the media outlets have been invited to the event. (本刊讯)



马耳他驻华大使卢嘉鹰阁下迎接嘉宾的到来

The 72nd Anniversary of the Foundation of the Arab League 阿联盟成立72周年



2017年3月22日, 由阿拉伯国家联盟驻华代表处、公共外交中心共同主办的庆祝阿拉伯国家联盟成立72周年活动在公共外交中心大礼堂隆重举行。该联盟也是早于联合国成立数月的国际机构。(本刊讯)



出席嘉宾共切庆祝蛋糕



阿联盟驻华代表处临时代办穆罕默德·莎菲博士发表讲话

阿曼驻华大使阿卜杜拉·萨阿迪阁下讲话

中国外交部副部长张明阁下讲话

公共外交中心会长马振轩先生发表欢迎词



文艺表演

March 22, 2017, the celebration of the 72nd Anniversary of the Foundation of the Arab League has been jointly held by the Representative Office of the Arab League in China and the Public Diplomacy Center in the auditorium of Public Diplomacy Center. The Arab League is an international organization that has been founded several months earlier than the UN.

阿拉伯国家驻华使节欢迎到场宾客



China is a Pillar for the Implementation of the Paris Agreement 中国是《巴黎气候协议》贯彻的支柱国家



不久欧盟气候行动与能源委员米格尔·亚利亚斯·卡涅特先生访问中国。在2017年3月30日欧盟驻华使的新闻发布会上强调，由于美国新政府在气候政策上的倒退，中国将是贯彻《巴黎气候协议》的合作新支柱。

EU Commissioner for Climate Action and Energy, Miguel Arias Cañete visited China. He emphasized on the press conference of the Delegation of the European Union to China on 30th March, 2017 that China will be a new pillar of the implementation of the Paris Agreement as the new American government goes backward on climate policies. (本刊讯)



Commissioner Arias Cañete in China to strengthen climate and clean energy ties



IP Key 四周年庆典 Celebrating 4 years of IP Key 中国-欧盟知识产权合作 EU-China Cooperation on Intellectual Property Rights

4月21日，为庆祝IP第四年支持中国知识产权合作，IP在北京新世纪酒店举行了庆祝酒会。欧盟委员会和中国商务部代表出席了酒会。
(本刊讯)





立陶宛驻华大使伊娜·玛邱罗尼塔阁下携使馆官员欢迎到场宾客



Independence Day of Lithuania 立陶宛独立日



值立陶宛共和国恢复独立27周年之际，立陶宛驻华大使馆于2017年3月17日在北京举办招待宴会。

On the occasion of the 27th anniversary of regaining the independence of Lithuania, the Embassy of Lithuania in China held a reception in Beijing on March 17, 2017.

(本刊讯)



立陶宛特色打击乐



立陶宛驻华大使伊娜·玛邱罗尼塔阁下与中国外交部副部长助理钱洪山阁下共同举杯庆祝活动圆满举行



活动现场



Hungarian Revolution Day 匈牙利革命日



匈牙利驻华大使齐丽阁下中国外交部副部长王超阁下共同举杯庆祝活动圆满举行



匈牙利驻华大使齐丽女士携使馆官员欢迎到场宾客

匈牙利驻华大使馆于2017年3月20日在使馆举办1848-1849年“革命与自由战斗”169周年纪念活动。

The Embassy of Hungary in China held a reception in commemoration of the 169th Anniversary of the 1848-49 Revolution and War of Independence in the Embassy on March 20, 2017.

(本刊讯)



值此巴基斯坦日暨巴基斯坦伊斯兰共和国建国78周年之际，巴基斯坦驻华大使馆于2017年3月23日在中国大饭店举办了庆祝招待宴会。

On the occasion of the Pakistan Day and the 78th National Day of the Islamic Republic of Pakistan, the Embassy of Pakistan in China has held a celebration banquet in China World Hotel on March 23, 2017.

(本刊讯)



巴基斯坦驻华大使夫人和副馆长欢迎到场宾客



现场表演



Day of Pakistan
巴基斯坦日



巴基斯坦驻华大使马苏德·哈立德阁下致辞



中国交通运输部部长李小鹏阁下致辞





孟加拉驻华大使M·法兹勒·卡里姆阁下与中国外交部部长助理孔铉佑阁下等人共切庆祝蛋糕



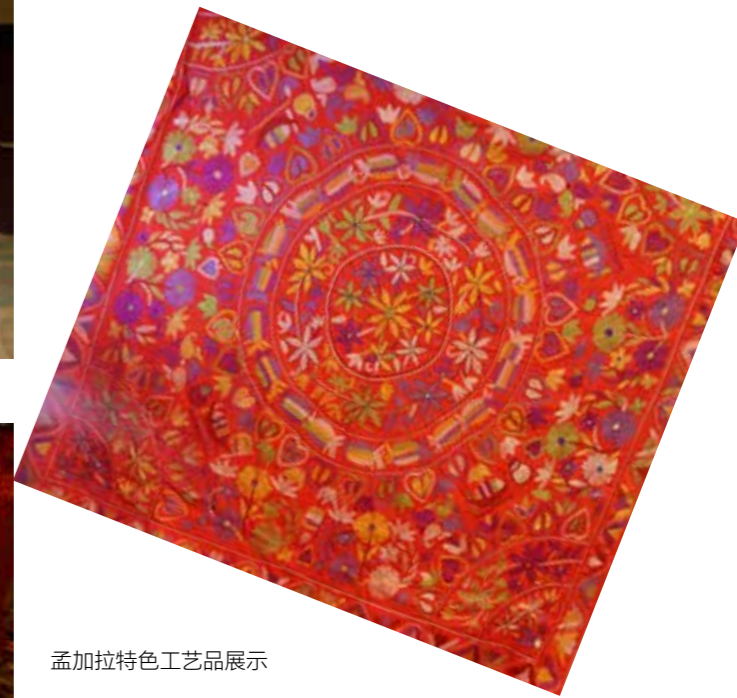
使馆官员欢迎到场宾客



National Day of Bangladesh 孟加拉国庆日



为庆祝孟加拉国独立和国庆46周年之际，孟加拉驻华大使馆于2017年3月27日在北京海航万豪大酒店举办招待宴会。
On the occasion of the 46th National Day of Bangladesh, the Embassy of Bangladesh in China held a reception at Beijing Marriott Hotel Northeast on March 27, 2017. (本刊讯)



孟加拉特色工艺品展示

The 23rd Commemoration of the Genocide against the Tutsi 第23届纪念卢旺达图西族人民大屠杀仪式



2017年4月7日，卢旺达驻华大使馆举办了第23届纪念卢旺达图西族人民大屠杀仪式。卢旺达种族大屠杀又称卢旺达内战，发生于1994年4月6日至1994年6月中旬，是胡图族对图西族及胡图族温和派有组织的种族灭绝大屠杀。

On 7 April 2017, the Embassy of Rwanda in China held a ceremony of the 23rd Commemoration of the Genocide against the Tutsi. The Rwandan Genocide is also called the Rwandan Civil War. It lasted from 6th April 1994 until the middle of June 1994. It was a genocide committed by the Hutus and aimed at the Tutsis and the moderate Hutus. (本刊讯)



卢旺达驻华大使查尔斯·卡勇加阁下讲话



妇女节盛会 Conferencia de Fiesta de Mujeres



古巴驻华大使拉米雷斯阁下致辞

值国际妇女节来临之际，古巴大使馆于2017年3月10日在使馆举办了“国际妇女节”庆祝鸡尾酒会。

A la llegada de Fiesta de Mujeres Internacionales, la Embajada de Cuba celebró el 10 de marzo de 2017 en la embajada el Cóctel Festivo de Fiesta de Mujeres Internacionales, (本刊讯)



古巴大使馆官员欢迎到场宾客



活动现场



现场表演





Great Wall Turns Green
点绿“八达岭长城”

爱尔兰驻华大使馆于2017年3月16日晚在北京八达岭长城举行一年一度的“点绿长城”活动，并以这样的方式欢庆在3月17日到来的圣帕特里克节。

The Embassy of Ireland in China held an annual event of “Great Wall Greening” at the Badaling Great Wall in Beijing in the night of March 16, 2017 to celebrate the coming St. Patrick’s Day. (本刊讯)



出席嘉宾共同启动点亮仪式



St. Patrick's Day 圣帕特里克节



在每年3月17日前后，全世界的人都将陷入一场庆祝圣帕特里克节的狂欢。这是一个由世界各地的爱尔兰人、爱尔兰后裔以及所有热爱爱尔兰的朋友共同组织并参与的节日，在这一天爱尔兰人向全世界展示爱尔兰悠久、丰富的文化，包括传统音乐与舞蹈、文学与美食，以及壮美的自然风景和充满人文底蕴的文化古迹。爱尔兰驻华大使馆也举办了一场庆祝宴会。

Around March 17 in each year, people all over the world celebrate St. Patrick's Day. This is a festival organized and participated by Irishmen all around the world, and all the friends who love Ireland. On this day, Irishmen will show the rich and deep Irish culture to the world, including traditional music and dance, literature and food, beautiful natural scenes as well as human cultural relics. The Embassy of Ireland in China also held a celebration banquet. (本刊讯)



爱尔兰驻华大使康宝乐阁下致欢迎辞



爱尔兰政府代表国务部长肖恩坎尼阁致辞



活动现场



Visita a la Embajada Colombiana 走进哥伦比亚大使馆

2017年4月5日下午，哥伦比亚大使和夫人在使馆迎接了北京古城中学的学生25位学习西班牙语的学生，这是他们第一次来到哥伦比亚使馆。哥伦比亚驻华大使为孩子上了一堂前所未有的拉美历史、旅游和文化课。教导孩子们要在了解他人的文化中传承自己民族的文化，每种文化都有值得传承和发扬的部分。

碰巧那天是五位学生的生日。使馆还为他们举办了他们14岁生日派对！

Por la tarde de 05 de abril de 2017, el embajador colombiano y su esposa recibieron a 25 alumnos de Escuela Secundaria de Beijing que estudiaban el español, fue la primera vez que visitaron a la Embajada Colombiana, donde el embajador colombiano impartió a los chicos un curso sin precedente de la historia, turismo y cultura de Latinoamérica, en el que se instruyó a los chicos a heredar la cultura étnica propia al cococer la otra cultura, cada cultura dispone las partes que merecen cuya herencia y desarrollo. Precisamente fue el cumpleaños de cinco alumnos en el día mismo, la embajada les celebró la fiesta de cumpleaños de 14 años para ellos. (本刊讯)



嘻哈音乐秀 Hip-Hop Concert



值此第22届法语活动节暨三月香颂饕餮十周年之际，比利时驻华大使馆于2017年3月21日晚在使馆花园内举办了一场来自比利时Les R'tardataires 乐队的嘻哈香颂音乐秀。

À l'occasion de la 22e Fête de la Francophonie et du 10e anniversaire du Mars en folie, l'ambassade de Belgique en Chine a tenu le 21 mars 2017 au soir un concert Chanson Hip-Hop du groupe de rap belge Les R'tardataires dans le jardin. (本刊讯)



比利时驻华大使馆参赞丁爱宇女士介绍乐队成员



比利时驻华大使马怀宇阁下与客人交谈



Gourmandises belges

比利时美食秀



比利时瓦隆—布鲁塞尔驻华代表团于2017年3月8日在北京举办了一场由Johnny Lecire比利时大厨和嘉利宝Jean-Marc Bernelin大厨共同带来的美食品鉴活动。

La Délégation Wallonie-Bruxelles à Pékin a organisé le 8 mars 2017 un premier atelier chocolat, animé par M. Jean-Marc Bernelin, chocolatier de Barry Callebaut, suivi d'un atelier animé par M. Johnny Lecire, chef pâtissier belge.



比利时驻华大使馆参赞丁爱宇女士致欢迎辞



比利时驻华大使马怀宇阁下为中奖嘉宾颁奖



来自Johnny Lecire 比利时大厨和嘉利宝 Jean-Marc Bernelin 大厨现场制作甜品



Estudiar la cultura de Uruguay 学习乌拉圭文化



2017年4月11日, 值此乌拉圭共和国大学校长罗伯特·马卡立安先生访华之际, 乌拉圭驻华大使馆特此举办了新闻发布会。

El 11 de abril de 2017, al momento de la visita de Roberto Macario el rector de Universidad de Pública de Uruguay a China, la Embajada de Uruguay celebró la conferencia de prensa para este tema. (本刊讯)



乌拉圭驻华大使费尔南多·卢格里斯阁下为嘉宾介绍中乌交流文化

2017年4月27日, 值此乌拉圭共和国广泛阵线主席哈维尔·米兰达访华之际, 乌拉圭驻华大使馆举办了新闻发布会。
On April 27, 2017, on the occasion of the Chairman of Uruguay Republic Frente Amplio Harvell.Miranda's visit to China, the Uruguay Embassy in China held the press conference.



乌拉圭共和国广泛阵线主席哈维尔·米兰达先生讲话



乌拉圭共和国大学校长罗伯特·马卡立安先生介绍乌拉圭共和国大学



乌拉圭驻华大使费尔南多·卢格里斯阁下致辞



Unveiling the Statue of Cervantes in Beijing 塞万提斯雕像在京揭幕

2017年4月22日,为纪念西班牙著名小说家、剧作家及诗人米盖尔·塞万提斯逝世401周年及庆祝“世界图书日”和“西班牙语日”,我国著名造型艺术家袁熙坤先生创作的塞万提斯雕像揭幕仪式在北京西班牙文化中心的塞万提斯学院举行。

On April 22, 2017, to commemorate the 401st anniversary of the well-known Spanish fictionist, playwright and poet, Miguel Cervantes's death and celebrate the "World Book Day" and "Spanish Day", the unveiling ceremony of Cervantes' statue created by Yuan Xikun, the well-known molding artist of China was held in the Spanish Cultural Center, the Cervantes Institute in Beijing.



西班牙驻华大使瓦伦西亚阁下致辞



金台艺术馆馆长袁熙坤先生



北京塞万提斯学院院长易玛女士



应邀出席的驻华使节与嘉宾

A Bite of Japan 舌尖上的日本



日本驻华大使馆于2017年3月17日在使馆举办了“首届日本食材·食品宣传展”——舌尖上的日本活动。

The Embassy of Japan in China has held the First Japanese Food and Ingredient Exhibition – A Bite of Japan in the embassy on March 17, 2017. (本刊讯)





China-Japan Film Welcome Gala 中日电影欢迎晚宴

日本驻华大使馆于2017年4月17日晚在使馆内举办了北京·日本电影广角镜欢迎晚宴。

The welcome banquet for Beijing, Japan Movies Wide Angle was held in Japanese Embassy in China in the evening on April 17, 2017.



Debut of Japanese Films in China 日本电影在京举办

2017年4月17日, 北京日本·电影广角镜”开幕式在北京万达国际影城举行。“2017北京日本·电影广角镜”是正在举行的第七届北京国际电影节的一个组成部分, 本次北京国际电影节的主题为“春天来北京看世界最好的电影”。

On April 17, 2017, the opening ceremony of “Beijing-Japan, Wide Angle Movies” was held in Beijing Wanda International Film Cinema. The event is a part of the 7th Beijing International Film Festival. The motto of this festival is “Watch the best films in the world in Beijing in the spring.” (本刊讯)



日本驻华大使馆公使山本恭司阁下在开幕式上致辞



中国国家新闻出版广电总局电影局艺术处处长陆亮在开幕式上致辞



开场舞表演



中国小朋友们为日本电影制作团队献花



中日文化表演



中日音乐表演

Press Conference on the 12th French Cultural Spring 第12届中法文化之春新闻发布会



2017年4月18日，第12届中法文化之春新闻发布会在法国驻华大使馆官邸举行。本届“中法文化之春”将于2017年5月6日至7月9日在国内30座城市举办，共计216场活动。应邀参加本届艺术节的法国艺术家们从中国的现实题材里汲取灵感，将向公众呈现最精彩的中法文化合作成果。（本刊讯）

Le 18 avril 2017, la conférence de presse du 12^{ème} Festival Croisements a eu lieu à la résidence de France. Cette année, le Festival Croisements se déroulera du 6 mai au 9 juillet 2017 et présentera 216 événements dans 30 villes de Chine. La programmation fait la part belle aux collaborations artistiques franco-chinoises, avec l'invitation d'artistes français qui puisent leur inspiration dans la réalité chinoise.



本届中法之春形象大使
漫画家陆明现场创作漫画



法国驻华大使顾山阁下致辞



本届中法之春形象大使音乐家崔健(中间)、舞蹈家王亚彬(右一)谈活动感受



出席嘉宾座谈



与会嘉宾共同植竹



“东盟竹藤可持续发展”主题对话



植竹嘉宾合影



Planting Bamboos for the Earth 世界地球日植竹



2017年4月21日, 在第48个世界地球日来临之际, 国际竹藤组织 (INBAR) 与今年的东盟轮值主席国菲律宾在菲律宾驻华使馆联合举办植竹活动, 并开展“竹藤促进东南亚可持续发展”主题对话, 共商东南亚地区的竹藤发展与南南合作大计。

On April 21, 2017, at the time of the 48th World Earth Day, INBAR and the Philippines, the rotating presidency of ASEAN, held the activity of planting bamboo in Philippines Embassy in China jointly and carried out the theme dialogue of “Bamboo and rattan promotes Southeast Asia sustainable development” to jointly discuss the bamboo and rattan development in Southeast Asia and South-South cooperation. (本刊讯)



INBAR总干事费翰思先生致辞



菲律宾驻华大使罗马纳阁下致辞



中国国家林业局国际合作司
王春峰副司长致辞





Mexican Book Presentation 新书发布会



墨西哥驻华大使馆于2017年4月20日晚，在使馆内举办了“著名的墨西哥历史家米格尔·里昂·波尔蒂利亚的《战败者见闻》”的新书发布会。

A book presentation for the "Sketch Book of the Defeated" written by Miguel Leon Portilla, the well-known Mexican historian, was held in the Mexican Embassy in China in the evening of April 20, 2017. (本刊讯)



墨西哥驻华大使何塞·路易斯·伯纳尔讲话



墨西哥驻华大使携夫人与嘉宾交谈



出席嘉宾(左起: 本书译者-孙家堃先生; 崔燕女士; 墨西哥国立自治大学墨西哥研究中心Dr.Guillermo Pulido先生; 索飒女士)介绍本书

SAYWA & DAMARIS



Saywa y Damaris是一对母女，在秘鲁拥有出色的职业生涯。两人均是学独奏出身，曾在秘鲁电视台全国大热的音乐节目“Miski Takiy”中演出她们的作品。在国内外都享有盛名。共发行了9张唱片和3张DVD，并在秘鲁和美国的多个城市演出。

Damaris, 是秘鲁集各种艺术于一身的创作型歌手。曾获得2008年Viña del Mar国际音乐节的冠军，她的专辑“Mil Caminos”也获得过拉丁格莱美最佳民谣专辑的提名。2011年，受秘鲁旅游部的邀请担任秘鲁国家标志大使，在国内国际舞台上宣传秘鲁音乐。(本刊讯)



秘鲁驻华大使胡安·卡洛斯·卡普纳伊在官邸举办与记者见面酒会。大使介绍到，“他们是应”相约北京“音乐活动邀请第一次到中国。中国和秘鲁的音乐相同，都是5音组成。

El Embajador peruano en China Huan-kaluosi-kapunayi reunirse con reporteros celebró un cóctel de recepción en la residencia. El Embajador, "deben" reunión en Beijing "música evento invitaciones a China por primera vez. China y Perú tienen la misma música, se compone de 5 tonos.



SAYWA y DAMARIS Saywa y Damaris es una madre e hija en Perú tiene una excelente carrera. Tanto solo nace, en la televisión de Perú estaciones en todo el país caliente programa de música "Miski Takiy" en el desempeño de su trabajo. Renombrado en el país y en el extranjero. 3 DVD y un total de 9 álbumes y numerosas ciudades en el Perú y los Estados Unidos. Damaris, el cantautor peruano con la colección de diversos tipos de arte. Ganó el 2008 Viña del Mar Festival Internacional de música de la champions, su disco "Mil Caminos" también fue nominado para el Grammy Latino al mejor álbum folk. En 2011, invitado por el Ministerio de turismo como un símbolo nacional de la música promocional del Perú, Embajador del Perú en el ámbito nacional e internacional.



Photo: Department GIS. PMO. and Nagy Lin
部分图片来源: 毛里求斯总理新闻办, 文字及部分摄影: 纳吉·麟

为纪念中毛建交45周年毛里求斯政府于4月19日在毛里求斯Ebene的数字塔楼举办论坛活动。
The Symposium on "Enhancing Mauritius-China Relationship" was held at 19 April in CyberTower, Ebene, Mauritius



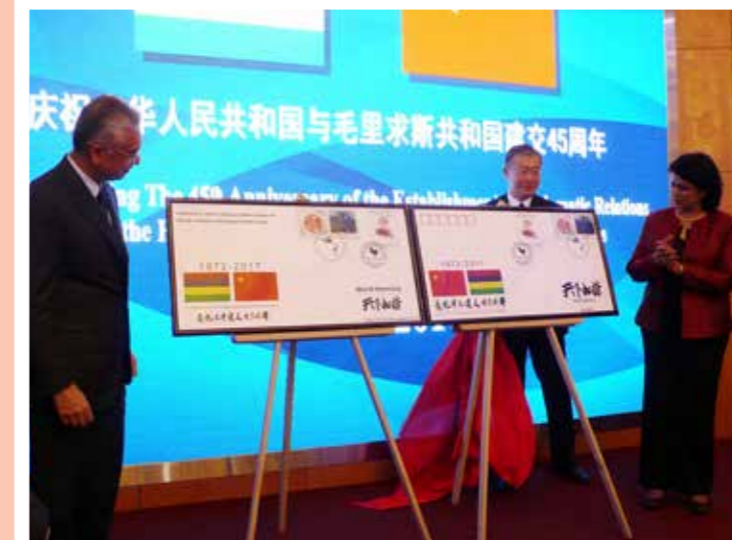
毛里求斯总理兼财政和经济发展部长普拉温德·贾格纳特做重要演讲。
Keynote speech by the Prime Minister of the Republic of Mauritius Hon. Pravind Kumar Jugnauth



全国政协外事委员会副主任、察哈尔学会主席韩方明率团出席纪念活动并在活动上致辞。
Dr. Hang Fangming, Vice-Chairman of Foreign Affairs of CPPCC at the symposium



毛里求斯外交部部部长斯坦纳哈致辞。
Mr. Seetanah Lutchmeenaraidoo



由毛里求斯发行的纪念中毛建交45周年发行的邮票。毛里求斯总统中国驻马大使李立, 毛里求斯总统女士为邮票发行揭幕。
The stamp issued by Mauritius to commemorate the 45th anniversary of diplomatic relations between Mauritius and China. Prime Minister of Mauritius (left), Ambassador of China to Mauritius, Mr. Li Li (middle) and the President of Mauritius (right) unveiled the stamp.



The reception was held in the Chinese Embassy to Mauritius. President of Mauritius, Ms. Ameenah Gurib-Fakim and Prime Minister, Pravind Kumar Jugnauth, took part at the grand event.

在中国驻毛里求斯大使馆举办纪念招待会。毛里求斯首位穆斯林女总统, 阿米娜·古里布-法基姆(Ameenah Gurib-Fakim) 与印度裔总理兼财政和经济发展部长普拉温德·贾格纳特等政要出席并与嘉宾交谈合影。



此外应邀出席活动的还有各国驻毛使节以及国际高级官员。李立大使与夫人迎接孟加拉高级委员阿布杜尔先生。
Ambassador Li Li and his wife welcomed the guests. Mr Abdul Mannan Howlader, High Commissioner of the People's Republic of Bangladesh.



Mr. Li Li, Chinese Ambassador to Mauritius, and the wife of the Minister of Tourism gave interviews to Chinese media companies. 在中国毛里求斯文化中心举办展览活动。毛里求斯青年及体育部部长Toussaint出席活动与中国艺术家互动。中国驻毛里求斯李立大使，旅游部部长夫人接受媒体采访。



Mauritius 毛里求斯

Chinese translation by Mr. Shen Ze Zhong (Nick) Edited and Photo by Ms. Nagy Lin
中文翻译：沈泽众，编辑：纳吉·麟

早在十世纪 - 腓尼基人、马来人、斯瓦希里人和阿拉伯海员来到这个岛上。岛屿由阿拉伯海员命名为迪娜罗宾。随后1498葡萄牙探险家在瓦斯科达伽马在好望角附近的航行之后偶然发现了毛里求斯。

然后，葡萄牙导航员Pedro Mascarenhas将该岛并命名为Cimé。作为港口使用，但葡萄牙人没有在此处定居。

1598荷兰人宣布该岛为荒岛，并以当时荷兰在巴哈马拿索王子毛利斯的名字重新命名。

十七世纪三十年代到十八世纪初荷兰人先后两次试图在岛屿上定居，实行殖民地计划。但以失败告终。

十八世纪法属东印度公司宣称毛里求斯归属法国，将其改名为法兰西岛。

十九世纪初，
1810年 - 英国军队在Cap Malheureux战役中击败法国人后，陆军进入毛里求斯。

1812年 - Draper上校发现毛里求斯草坪俱乐部，开创了南半球的第一场赛马场，是世界第二大赛马场。

1814年 - 毛里求斯，塞舌尔和罗德里格斯根据“巴黎条约”转交英国。

1835年 - 契约劳动体系被引入。在随后的几十年里，数十万工人从印度来到这个岛上，制糖业开始。1876年 - 印度卢比成为官方货币。

1910年 - 契约劳动体系被废除。1936年 - 克里奥尔政客Maurice Cure博士创建了毛里求斯工党 (MLP)，还有Parti Travailleiste。反对者要求更好的经济政策并要求相应的参政权利。

1942年 - 唐纳德·麦肯齐 - 肯尼迪成为总督。推出咨询委员会，毛里求斯所有社区的代表首次被纳入其中。

1959年 - 由西沃萨古尔·拉姆古兰领导的MLP赢得第一次普选。被称为国父。1985年逝世。

1965年 - 在伦敦举行宪法会议讨论独立。
1968 - 3月12日 - 独立。

1982 - 阿内罗德·贾格纳特爵士当选为总理
1989 - 股票交易所在路易斯港设立

1991年12月 - 立法会批准国家向英联邦共和国过渡。
1992年 3月总理贾格纳特宣布毛里求斯为共和国，立法会重新指定国民议会和时任总督林多多将军为总统。





目前岛国52%的人口是印度人，30%是一克里奥尔人，华人，法国人，英国人和非洲黑人等。18%是穆斯林。



毛国的官方语是英语，行政管理也是英式。（如交通，方向盘在右边）。但是向其他非洲国家一样，人们讲法语，路标，报刊，电台基本都是法语。法语其实是毛里求斯人的生活语。除此之外，他们还讲一种英法混合的克里奥尔语。

The official language is English. Administration is also done in the English way, like for example the left-hand traffic. However similarly to other African countries, the people prefer to speak French. Traffic signs, news papers, the TV, everything is in French, hence French is the first spoken language, followed by Creole, and English.



在荷兰人打死了最后一只渡渡鸟，这种只在毛里求斯岛屿生存的一种不会飞的鸟类也灭绝了。

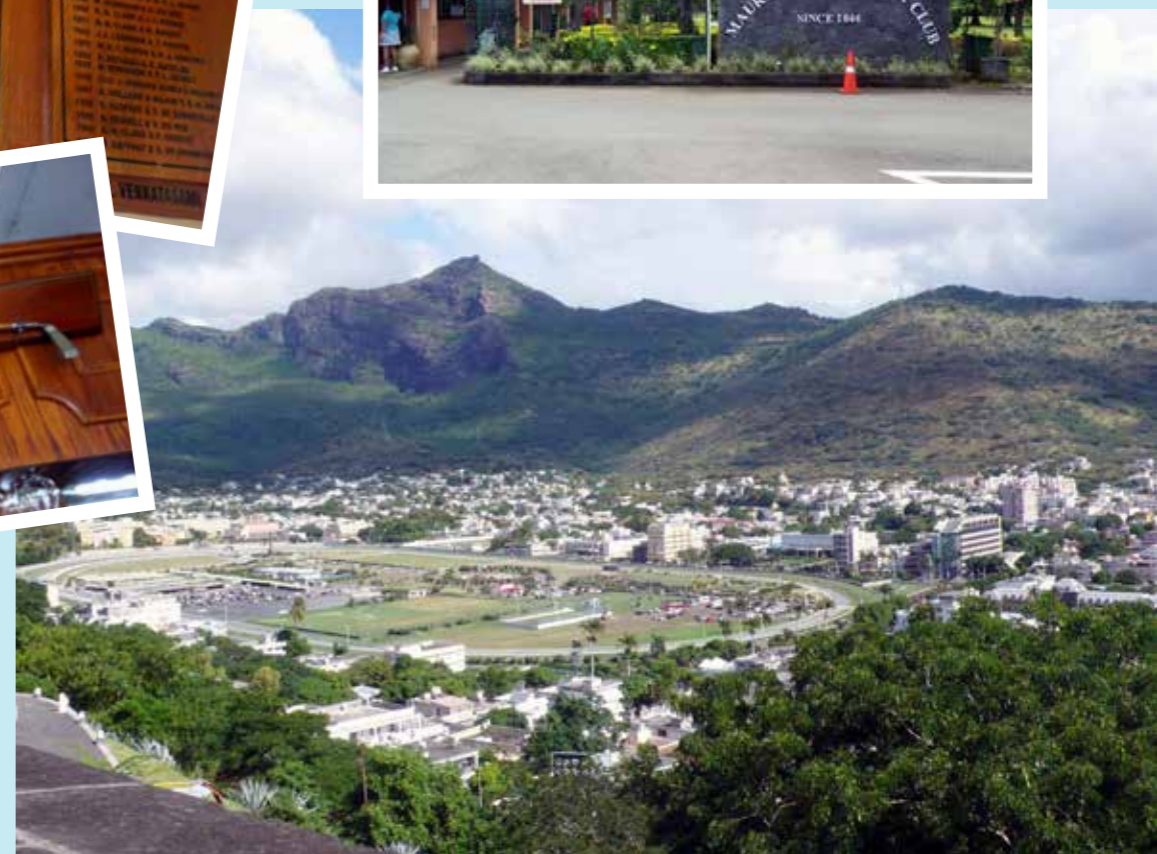
1664-1710 - Second Dutch attempt of colonisation fails. The Dutch withdraw permanently. By this time the dodo - a unique bird found only on Mauritius - extinct .



蓝珊瑚海滨度假酒店的意大利人弗朗切斯科经理介绍时说，六年前他在意大利工作时，偶遇了他现在的老板马克西姆先生。在马克西姆先生的建议下，弗朗切斯科来到了其酒店，成为了酒店经理。毛里求斯的美丽和这儿的舒适环境让弗朗切斯科接受了马克西姆先生的邀请。

Francesco Sommer, Coral Azur Beach Resort, Resident Manager

Francesco: 6 years ago, I met my boss Mr. Maxime in Italy, we got in touch later. He proposed me this post and I accepted it to make a new experience abroad and because of the beauty and facilities only Mauritius can offer.





在毛国的支柱产业是甘蔗种植和生产蔗糖。
Sugar is a big industry



四大家的甘蔗产业均由法国人经营。(图为糖博物馆)
The four biggest sugar companies are French. (Sugar Museum)



As early as the 10th century, Phoenicians, Malays, Swahili and Arab seamen visit the island. The island is named Dina Robin by Arab mariners.

1498 - Portuguese navigator Pedro Mascarenhas visits the island and names it Cirné. It is used as a port of call, but the Portuguese do not establish a permanent settlement.

1598 - Dutch claim the uninhabited island and rename it after their head of state, Maurice, Prince of Orange and Count of Nassau.

1664-1710 - Second Dutch attempt but colonisation fails. The Dutch withdraw permanently.

1715 - French East India Company claims Mauritius for France, renames it Ile de France.

1721-67 - Settlement begins; Port Louis founded as a base for attacking the British in India.

1810 - British forces land in Mauritius after defeating the French in a battle at Cap Malheureux.

1812 - Colonel Draper founds the Mauritius Turf Club, which opens the first racecourse in the southern hemisphere and the second oldest in the world.

1814 - Mauritius, Seychelles and Rodrigues ceded to Britain under Treaty of Paris.

1835 - Indentured labour system introduced. In subsequent decades hundreds of thousands of workers arrive from India.



1835年 - 契约劳动体系被引入。在随后的几十年里，数十万工人从印度来到这个岛上。图为登陆港口遗址，“世界文化遗产”。
1835 - Indentured labour system is introduced. In subsequent decades hundreds of thousands of workers arrive from India.

1876 - Indian rupee becomes official currency.
1910 - Indentured labour system abolished. Between 1834-1910, 451,776 Indians were brought to Mauritius to work on the sugar estates, of which 157,639 returned to India.
1936 - Creole politician Dr Maurice Cure founds Mauritian Labour Party (MLP), or Parti Travailleurs.
1942 - Donald Mackenzie-Kennedy becomes governor. Introduces consultative committee which for the first time includes representatives from all Mauritian communities.
1959 - First elections under universal adult suffrage won by MLP, led by Seewoosagur Ramgoolam, as the father of the nation. He died in 1985.
1965 - Constitutional conference held in London to discuss independence.
1968 - 12 March - Independence.
1982 - Sir Anerood Jugnauth becomes prime minister.
1989 - Stock Exchange opens in Port Louis.
1991 December - The Legislative Assembly approves the transition of the nation to a republic within the Commonwealth.
1992 March - Prime Minister Jugnauth declares Mauritius a republic. Legislative Assembly redesignated National Assembly and incumbent governor, General Ringadoo, becomes president.

The population in Mauritius is 52% Indian, 30% Creole, Chinese, French, English and African black people, 18% Arabic. The climate is light and pleasant.



由于毛航在中国开辟了北京, 广州, 上海, 成都的直航, 中国人去毛国旅游人数逐渐增加。

Mauritius Air opened direct flights from Beijing, Guangzhou, Shanghai and Chengdu (the flight time it about 10 hours). The direct air-link largely facilitates the visit of Chinese tourists to Mauritius.



赛格舞是毛里求斯当地最有特色的民间舞蹈。
Sega is one of the most famous national dances.



Tumbler



不倒翁

阿内罗德·贾格纳特爵士（生于1930年3月29日）是毛里求斯政治家，曾5次任毛里求斯总理和1次总统。

从1982年至1995年他连续四届担任总理职务。他是任职时间最长的总理，任职超过16年，因此超过了任职十四

年的西沃萨古尔·拉姆古兰。作为激进社会主义运动的领导人，他于2000年的大选之后再次当选总理，这是他的第五任。他的同盟伙伴，毛里求斯武装运动的保罗·贝伦格（Paul Bérenger），在担任贾格纳特副手三年后，于2003年接替了他的职务。随后，贾格纳特当选为总统。他被誉为Rambo（电影《第一滴血》中一个被称为无与伦比的角色），在他的领导下，他的政党/联盟连续赢得了5次全国议会选举，1976年、1982年、1983年、1987年和1991年。他的政党/联盟赢得了7次大选（八次中），他是领导人，并作为总理候选人。他也是唯一担任全国各级民选议员的毛里求斯人。

从他担任总理的第一任期开始，他就表示国家愿意建立强大的经济纽带，特别是创新科技型可行性项目。贾格纳特创造了毛里求斯1980年代的“经济奇迹”——一系列经济政策遗产，例如振兴免税贸易区，并确立了毛里求斯作为纺织品加工领导者的地位。

他于1980年成为英国王室法律顾问，并于1983年成为枢密院成员。1988年毛里求斯仍然是英联邦国家，并且女王是国家名义上的元首，他被伊丽莎白二世女王封为爵士。他目前仍是联合王国最后的毛里求斯骑士之一。

2014年贾格纳特领导了一个激进社会主义运动，赢得了2014年大选。

2017，他辞去总理职务，担任参谋部部长。



2017年1月23日，他辞去总理职务，让位给他的儿子。他担任参谋部部长。

On 23 January 2017, he eventually resigned as prime minister, and handed over his seat to his son, Pravind Kumar Jugnauth. Since 2017 he has been Minister Mentor.



贾格纳特总理及夫人会见中国胡锦涛主席
Sir Anerood Jugnauth and his wife with Chinese President Hu Jintao

Sir Anerood Jugnauth (born 29 March 1930) is a Mauritian politician who served five times as Prime Minister of Mauritius and one time as President.

He served four consecutive terms as Prime Minister from 1982 to 1995. He is the longest serving prime minister with more than 16 years of tenure thus overtaking Seewoosagur Ramgoolam, who held the office for 14 years. As leader of the Militant Socialist Movement, he became Prime Minister again, for a fifth term, after the 2000 elections. His alliance partner, Paul Bérenger of the Mauritian Militant Movement, succeeded him in 2003 after serving as Jugnauth's deputy for three years. Jugnauth was then elected President in 2003. Often nicknamed as Rambo (a film character known to be unbeatable), under his leadership, his party/alliances won 5 general parliamentary elections in a row, those in 1976, 1982, 1983, 1987, 1991. His party/alliances won 7 general elections (out of 8) where he was leader and presented as prime ministerial candidate. He is also the only Mauritian who served as an elected member on each level in the



2017年4月22日《世界中国》杂志社社长纳吉·麟女士在前总理官邸拜访贾格纳特前总理。一同拜访的还有维克多，马克西姆以及擦哈尔协会秘书长张国斌先生。

全家福

country.

From the beginning of his first mandate as Prime Minister, he expressed his country's readiness to establish strong economic ties, particularly in creating technology-based projects with economic feasibility. Jugnauth is credited with the legacy of Mauritius' "economic miracle" of the 1980s - a set of policies such as the revitalization of the duty-free trade zone and establishing Mauritius as a leader in textiles production.

He was made Queen's Counsel in 1980 and was made a member of the Privy Council in 1983. He was knighted by Queen Elizabeth II in 1988 when Mauritius was still a Commonwealth realm and the Queen was titular head of state. He is currently one of the last Mauritian Knights of the Uni Privy Council.

In 2014, Jugnauth, leading a coalition composed of the Militant Socialist Movement, won the 2014 general elections.

On 23 January 2017, he eventually resigned as prime minister. Since 2017 he has been Minister Mentor.



The Eldest Daughter of Mandela, the South African Ambassador to Mauritius 曼德拉长女-南非驻毛里求斯大使

Zenani Mandela-Dlamini, born 4 February 1959, is a South African diplomat. She is the eldest daughter of Nelson Mandela. She was aged four when her father was sent to prison. She was not able to visit him in prison until 1974.

She studied at Waterford Kamhlaba United World College of Southern Africa and science at Boston University. It is there where she first met Prince Thumbumuzi Dlamini of Swaziland her present husband.

She has four children (Zaziwe (born 1977), Zamaswazi (1979), Zinhle (1980) and Zozuko (1992) they are co-owners of the Mandela, Dlamini and Associates International Business Consultants).

She was appointed to Argentina as ambassador in July 2012. Currently she is the ambassador to Mauritius.

泽娜尼·曼德拉 - 德拉米尼生于1959年2月4日，是南非的外交官，纳尔逊·曼德拉的长女。4岁的时候，她的父亲被送进了监狱。他在监狱里，直到1974年她才见到他，那时候她16岁。

她曾就读于Waterford Kamhlaba United World College of Southern Africa and science at Boston University。正是在那里她第一次见到了斯威士兰王子Thumbumuzi德拉米尼，她现在的丈夫。

她有四个孩子 (Zaziwe (生于1977), Zamaswazi (生于1979), Zinhle (生于1980) 和 Zozuko (生于1992) 他们是Mandela, Dlamini and Associates (国际商务咨询机构) 的共同所有人。

2012年7月她被任命为南非驻阿根廷大使。现任南非驻毛里求斯大使。



不久前在毛里求斯蓝珊瑚海滨度假酒店举办的国庆招待会。出席嘉宾有毛里求斯总理，参谋部部长及夫人等毛里求斯政府官员及使节。National Day at the Coral Azur Beach Resort. The Prime Minister, the Mentor Minister and his wife were also present.

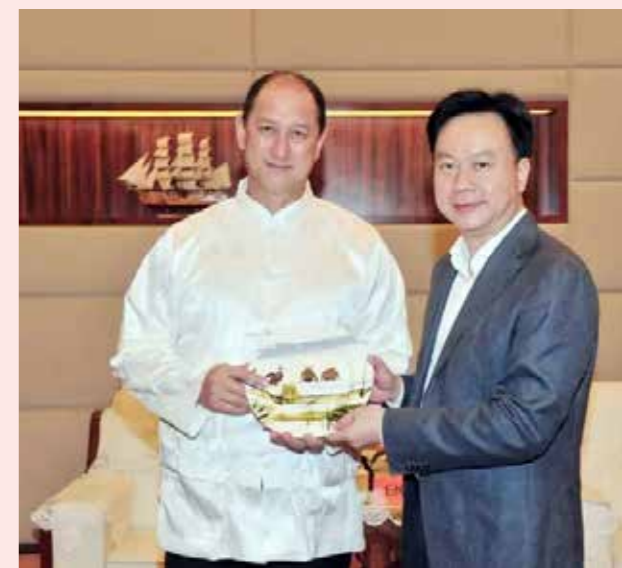


Minister Alain Wong Visits Meizhou 毛里求斯王纯万部长赴梅州参观考察

2017年4月21日至22日，毛里求斯社会融合与经济增长部部长王纯万先生率团到广东省梅州市进行考察。梅州是包括王先生本人在内的大多数毛里求斯华裔的祖籍地。

考察期间，梅州市委书记谭君铁会见了王纯万一行。谭铁君表示，梅州的发展重点之一就是文化和旅游，毛里求斯有着强大的旅游业，而梅州在减贫和社会融合方面有着丰富的经验，这为双方提供了相互借鉴的合作空间。他希望双方能够持续交流合作，共同发展。

同时，谭铁君还表示，早年客家人从中国到东南亚、印度洋和南非的迁徙路线，其出发点之一实际上就是梅州松口的河港。今天，21世纪海上丝绸之路（一带一路倡议的一部分）基本上遵循了客家移民曾经走过的路线。毛里求斯很好地抓住了一带一路倡议所提供的机会，重新获得它作为印度洋的恒星和钥匙的历史荣耀。



On the 21st and 22nd of April 2017, during his visit to Meizhou, the ancestral place for the majority of Sino-Mauritians including himself, Minister Alain Wong met with the secretary general of the city of Meizhou.

As minister of social integration and economic empowerment, Mr Alain Wong expressed his admiration at how China has managed to lift so many people out of poverty over such a short span of time. The secretary general of Meizhou, Mr Tan Juntie, stated that one of the focus areas for development in Meizhou is culture and tourism. Thus, there is an area to learn from each other since Mauritius has a strong tourism industry while Meizhou has considerable experience in poverty reduction and social integration.

In addition, the Chinese side pointed out that the Hakka Migration Route from China to South-East Asia, the Indian Ocean and South Africa actually has one of its starting points at the river port of Songkou in Meizhou. Today, the New Maritime Silk Road (part of the Belt and Road Initiative) basically follows the route once taken by Hakka migrants. Mauritius is well positioned to seize the opportunities presented by the Belt and Road Initiative and regain its historical glory as the star and key of the Indian Ocean.



21世纪太平洋岛国海上丝绸之路毛里求斯基金

丝绸之路通过区域延伸连接着中国与西方,并在不同地区之间促进贸易发展。另一方面,印度洋贸易航线连接着亚洲和非洲,从爪哇到桑给巴尔和蒙巴萨。这条路线也促进了不同地区之间的贸易交流。

海上丝绸之路是一个航线而不是一条路,它从中国东部沿海地区出发,通过中国南海和印度洋到达欧洲西部(指古代海上丝绸之路)。这是通往毛里求斯的原始路线也是通往南非和欧洲途径。

毛里求斯丝绸之路基金会,企业家及志同道合的人们相聚并可以轻松地交流思想的平台,大家探讨进一步合作关系,并达成新的合作。于印度洋的毛里求斯与中国之间,及沿线各国甚至更广的范围,在文化、商务、经济及国际关系与贸易等领域进行尝试和探索以获得机会。

基金会将总部设在毛里求斯。它的主要目标是为海上丝绸之路国家的所有成员,特别是印度洋岛屿建立一个聚会的中心点,使贸易和商业走廊网络化,以协助和帮助贸易的各个方面。参与一带一路倡议,一个伟大的奇遇,这将是一个



在2016年16日的基金会启动仪式上第一夫人萨贾格纳特女士(右边)夫人与嘉宾。

Lady Sarojini Jugnauth (right) attended the launching ceremony of the foundation in December 2016.

绝佳的机会。毛里求斯和印度洋岛屿(塞舌尔、马达加斯加、罗德里格斯、留尼旺)创建进入非洲最好的通道。



2016年12月基金会成立大会,部分嘉宾合影。 Guests present at the launching of the foundation in December 2016.



《世界中国》杂志社社长纳吉·麟与毛里求斯21世纪海上丝绸之路毛里求斯基金会创始人马克西姆签署合作协议。

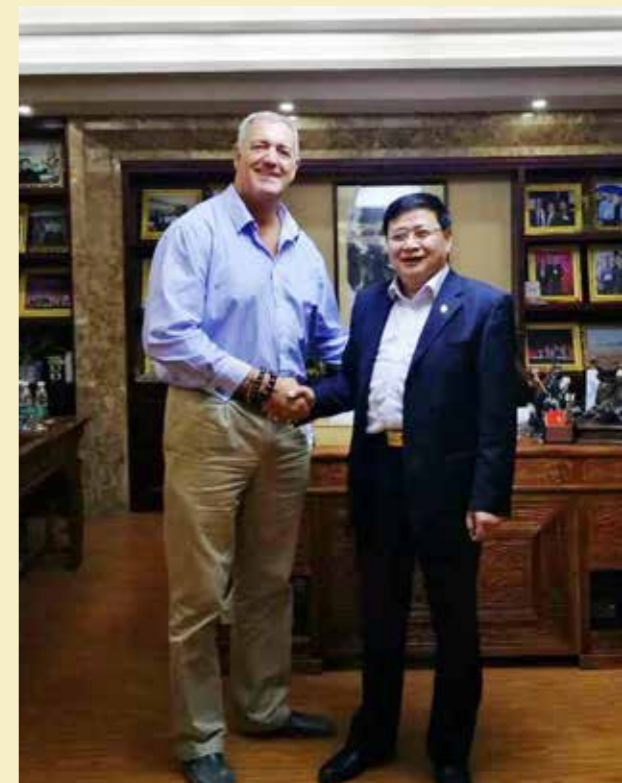
Ms. Nagy Lin the publisher of "The World and China" magazine signed an agreement with Mr. Maxime NG King, founder of the 21st Century Maritime Silk Road Indian Ocean Islands Foundation for promoting the Silk Road and Mauritius.

The Silk Road connected China with the West and facilitated trade between the different territories that stretched through the region. On the other hand, the Indian Ocean trade route connected Asia to Africa, from Java to Zanzibar and Mombasa. The route also facilitated trade exchanges between the different regions.

The maritime silk road is a sea route rather than a road (a reference to the old Silk Road) which runs west from China's east coast to Europe through the South China Sea and the Indian Ocean. This was the original old route to Mauritius and the Gateway to South Africa and Europe.

The Mauritius Silk Road Foundation is where businessmen and colleagues can meet together in a relaxed atmosphere to exchange ideas and discuss ongoing relationships, make new relationships, explore opportunities in areas of culture, business, economy and international relations and trade between Mauritius in the Indian Ocean with China and with countries along the route and serve as a Gateway to Africa and beyond.

The foundation will be headquartered in Mauritius. Its main objective is to create a central meeting point for all members of the Maritime Silk Road countries, in particular Indian Ocean Islands, to enable networking along the trade and business corridors and to assist and help in all aspects of trade. It will be a great opportunity to join in



Text: Mr. Andy Parry (project manager of the foundation), 文: 安迪(基金会项目经理)

a great adventure on the One Belt One Road initiative. Mauritius and the Indian Ocean islands (Seychelles, Madagascar, Rodrigues, Reunion) create the best corridor to Africa.



中国记协书记处书记王冬梅女士主持本期茶座
Wang Dongmei, Secretary of the Secretariat of the All-China Journalists Association, presided over the salon.

“The Belt and Road” New Stage “一带一路”新阶段

中国记协于4月27日在京举办第106期“新闻茶座”，本次茶座特邀嘉宾是中国社会科学院学部委员、国际研究学部主任张蕴岭。就“一带一路建设的新阶段”为题与境内外记者交流。

The All-China Journalists Association held the 106th “Press Salon” in Beijing on April 27, 2017, inviting Zhang Yunling, Division Committee Member of CASS and Director of International Research Division as special guest to discuss the topic of “construction of the new stage of the belt and road” with Chinese and foreign journalists.

张蕴岭主任说：即将召开的“一带一路”国际合作高峰论坛是落实“一带一路”倡议的重要组成部分，这将是一个凝聚共识、推进合作的盛会，不仅有利于服务我国国内经济社会发展和结构转型升级，而且也将极大地促进相关地区乃至世界经济的发展。



Zhang Yunling said, “The Belt and Road International Cooperation Summit” to be held is an essential step in implementing “The Belt and Road” proposal. It will be a grand summit which builds consensus and promotes cooperation, not only helping our national economic social development and structure transformation and upgrading but also significantly promoting the economic development in relevant regions and even the world. (本刊讯)

记者提问
Journalists' questions



Focusing on the Protection and Growth of Tibetan Culture 聚焦西藏文化保护与发展

3月23日，中国记协在京举办第104期新闻茶座。本次活动以“西藏文化保护”为主题，邀请了中国藏学研究中心总干事郑堆、当代研究所所长廉湘民、历史研究所所长张云、宗教研究所所长周炜等9位专家学者与境内外记者进行交流。中国记协书记处书记王冬梅主持本期茶座。（本刊讯）



中国藏学研究中心总干事郑堆说，国家高度重视西藏文化的保护和发展，中国藏学研究中心正是因此而成立的。该机构自成立31年以来，围绕“西藏文化保护”的课题，已经做了大量工作并取得丰硕成果。如校刊出版的《大藏经》为现今世界上最全的版本，历时18年，参与学者120余人。该版本对藏传佛教文化的保护和发展起到了积极作用，得到国内外一致好评；去年年底出版的《西藏通史》，共8卷13册，近900万字，耗时14年，参与学者90余位。它进一步证明了西藏自古以来就是中国不可分割的一部分，同时对历史上的一些歪理学说进行了澄清，意义非比寻常；现在正着手整理的《中华大典·藏文卷》，将收集历代高僧学者所撰相关文集，计划用15年完成出版。





Universal Language of the Belt and Road

一带一路上的“世界语”

——记“深圳首届国际音乐季”

—Report on Shenzhen International Music Festival

图：朱宝萍，文：纳吉·麟 Photo: Zhu Baoping. Text: Nagy Lin

More than 700 musicians from 30 countries gave performances for the audience.



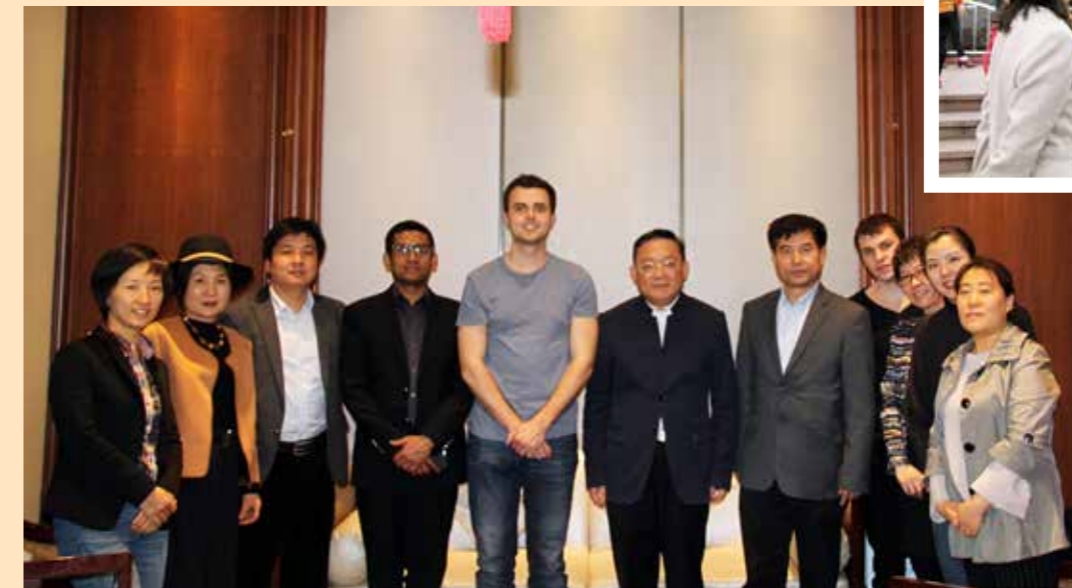
开幕式 Opening Ceremony





央媒体采访观众，深圳媒体境外媒体（英国，俄国，印度匈牙利）
CCTV interviewing the audience. Journalists from Shenzhen and abroad (UK, Russia, India and Hungary).

境外媒体采访深圳市外宣办，市政府新闻办主任韩望喜先生。韩主任向境外媒体在介绍音乐节的同时，还详细介绍了其它的深圳全年近20个各种文化活动。
Foreign media interviews Mr. Han Wangxi, Director of Municipal Publicity Office and News Office of Municipal Government of Shenzhen. Mr. Han introduced the music festival as well as other 20 cultural events in Shenzhen in the year.



应邀境外媒体在深圳莲花公园偶遇奥地利两名小提琴家，在邓小平铜像前合影。
Foreign media with two Austrian violinists taking photo in front of the statue of Deng Xiaping.

MARS EN FOLIE 2017 “新法语香颂”音乐会 2017年度三月香颂饕餮艺术家见面会



值第22届法语活动节之际，3月9日，比利时驻华大使馆瓦隆-布鲁塞尔代表团在北京举办了“新法语香颂”音乐会2017年度三月香颂饕餮艺术家见面会。

参与此次大型香颂音乐会演出的五支乐队为来宾现场精彩献唱。



主办方中国法语联盟、比利时驻华大使馆瓦隆-布鲁塞尔代表团、加拿大驻华大使馆、瑞士驻华大使馆、魁北克政府驻华办事处及卢森堡驻华大使馆的领导和相关负责人出席了见面会。





厄瓜多尔画家米盖尔·贝当古先生为嘉宾介绍作品

Exposición de Pinturas de Ecuador 厄瓜多尔绘画展

厄瓜多尔共和国驻华大使馆于3月21日在首都图书馆举办了米盖尔·贝当古“线条与透明”绘画作品展开幕式。

La Embajada de República de Ecuador en China celebró el 21 de marzo en la Biblioteca de Capital la Inauguración de Exposición de Pinturas de "Líneas y Transparencia" del pintor Miguel Betancourt.



厄瓜多尔驻华大使何塞·博尔哈阁下介绍画家时说到：厄瓜多尔的艺术们通过在中国举办的多场展览，让中外观众共同见证了厄瓜多尔在世界美坛中所扮演的日益重要角色



厄瓜多尔画家米盖尔·贝当古先生接受采访



嘉宾观看画展



印象海地 Faces of Haiti

2017年3月21日，在中国人民对外友好协会举办了“印象海地”摄影展。

On March 21, 2017 a photography exhibition "Faces of Haiti" has been held in the Chinese People's Association for Friendship with Foreign Countries.



海地驻中国贸易发展办事处常驻代表拉夫尔·莱德先生致辞

中国人民对外友好协会副会长谢元先生致辞



摄影师萨繆尔·达美予斯先生赠送中国人民对外友好协会礼物

嘉宾观看图片展



Commemorating the 3rd year of the Farewell to the Columbian Nobel-prize Laurate Writer 纪念哥伦比亚诺贝尔获奖作家 逝世三周年

El 17 de abril de 2017, se celebró en Museo de Arte de Jintai de Ciudad Beijing, la Conmemoración de Aniversario III de Gabriel Garcia Marquez el Autor Colombiano Premiado de Nobel, vinieron Oscar Rueda el Excelentísimo Embajador Colombiano en China, Don Yuan Xikun, el director de Museo de Arte de Jintai de Ciudad Beijing, así como los representantes de Ministerio de Cultura etc a la Arboleda de Amistad Internacional del Parque de Chaoyang, los cuales presentaron las flores a la estatua de Marquez creada por Yuan Xikun el artista famosa de modelado. (2011)

2017年4月17日, 哥伦比亚著名作家、诺贝尔文学奖获得者加夫列尔·加西亚·马尔克斯逝世三周年的纪念活动在北京金台艺术馆举行。哥伦比亚驻华大使奥斯卡·鲁埃达阁下, 北京金台艺术馆馆长袁熙坤先生, 文化部代表等来到朝阳公园国际友谊林, 向著名造型艺术家袁熙坤创作的马尔克斯雕像敬献鲜花。(本刊讯)



哥伦比亚驻华大使奥斯卡·鲁埃达阁下与北京塞万提斯学院院长易玛女士共同放飞蝴蝶

Homenaje a Gabriel Garcia Marquez 纪念哥伦比亚作家加西亚·马尔克斯

4月17日, 北京塞万提斯学院和哥伦比亚驻华大使馆联合举办了加夫列尔·加西亚·马尔克斯逝世三周年纪念活动。(本刊讯)



哥伦比亚驻华大使奥斯卡·鲁埃达将致辞



Gorgeous Rose and Welcoming Latin America 绚丽的玫瑰 热情的拉美

4月21日,厄瓜多尔驻华大使馆在东方花园饭店举办以“不再遥远的赤道之国——绚丽的玫瑰、热情的拉美”为主题的文化沙龙活动。



厄瓜多尔驻华大使博尔哈向应邀出席的中国前驻厄瓜多尔大使刘玉琴赠送玫瑰花



厄瓜多尔驻华商务参赞介绍本国的特色产品



诺鲁孜节活动

Nowruz Event

2017年3月21日在北京金台艺术馆举办联合国指定的世界性诺鲁孜节活动。该节日有六千多年的历史。庆祝这一节日的国家有:维吾尔族、哈萨克族、乌兹别克族的突厥语族的的传统节日,每年自3月21日起,延续3天至15天不等。

The cosmopolitan Nowruz Festival designated by the UN has been held in Jintai Art Museum in Beijing on March 21, 2017. This festival has more than 6000 years of history. The nations who celebrate this festival are the Uighur, Kazakh, and Uzbek. From March 21, there were 3 to 15 days celebrations.



地方特色产品展示



首届中东欧中医国际论坛暨中东欧中医药学会联合会成立庆典 2017.3.4



The Central and Eastern European Federation of Chinese Medicine 中东欧中医药学会联合会

中东欧中医药学会联合会2017年3月4日在匈牙利成立。

The Central and Eastern European Federation of Chinese Medicine was founded in Hungary on March 4, 2017. The Federation was initiated by Chinese medicine groups in Hungary, Poland, Romania, the Czech Republic, Latvia and Slovenia. More than one hundred people attended the foundation ceremony.

联合会由匈牙利, 波兰, 罗马尼亚, 捷克, 拉脱维亚, 斯洛维尼亚倡议成立。100名嘉宾出席会议。



联合会名誉会长, 匈牙利前总理麦杰西·彼得致辞中提到: “匈牙利是一个中国人居住的重要区域, 他们尊重匈牙利的社会成员, 受到匈牙利欢迎。”

Honorary President of the Federation, former Hungarian Prime Minister, Dr. Peter Medgyessy told at the foundation ceremony that "Hungary is a welcoming country with an important Chinese community, whose members are respected citizens of the Hungarian society."

目的是宣传中医, 与中东欧国家的中医机构交流合作, 为当地居民的健康服务。

"The purpose of the Federation is to promote the exchange and cooperation concerning Chinese medicine in Central and Eastern Europe and to further local people's health care," said Yu Funian, President of the Federation.





Buddha Dharma is also a Kind of Education 佛法也是一种教育

本刊社长纳吉·麟女士专访藏传佛教达真堪布仁波切上师
Nagy Lin's interview with Master Dazhen Khenpo Rinpoche

社长: 请问上师, 欧洲的传教士他们在很多年以前就将天主教、基督教传到了中国完全免费。前一段时间我看到一条网络文章, 内容是什么到中国的寺院都要花钱? 欧洲人去教堂, 是觉得自己做错了事情, 要去忏悔; 而大部分中国人去庙里, 是求到什么, 想得到什么?

堪布: 欧洲人去教堂是做反思和忏悔, 形式上有点接近我们说的修行。佛法里讲, “求”本身就是一种苦, “求不得苦。”佛法的真谛与你所描述的现状是不一样的, 这个差距太大了。所以我们现在就是要传播正法, 让信众转变观念。到庙里, 不再是求, 而是践行正法, 具有真正的修行。

社长: 我觉得不应该是求, 而是应该先感谢, 对吧?

堪布: 是的, 我们学佛就是要培养感恩心、慈悲心和恭敬心, 提倡奉献的精神, 这些才叫功德。只有拥有优秀的品德, 才能拥有功德, 有了功德, 你就什么都有了。

社长: 真的是这样的, 你再怎么算, 也算不过老天爷的。你只要把事情做好就行。只要做一点点好事, 都会得到双倍的回报。这一点我体会很深。我一路走来, 觉得自己过去, 即使是无意中做过的一点好事, 现在都有了好的结果, 所以我觉得不要去算计, 一切随缘, 用心地把事情做好就OK啦。

堪布: 是的, 种善因结善果, 无意当中行善, 其实是没有要求, 不求回报, 只是用心去做了, 这才是真正的善, 种下了这个因, 自然会结下善的果。

社长: 种的种子一定要对, 自然就会结正确的果。衡量一个人成功标准不是局限在狭隘的金钱上, 一个人的成功表现在各个方面。

堪布: 真正的成功, 佛法里叫做圆满。什么叫圆满? 什么叫佛? 你处处圆满了, 就是佛。圆满, 是万物一个本来的状态。我们经常讲“回归自性”, 就是成佛了, 回到自己本具的

状态中, 这时一切具足, 各个方面都会成功。所谓花开见佛, 你的心灵打开了, 一切都圆满了。

社长: 我经常听别人说一个人要自在, 这个非常不容易啊, 如何才能得到真正的自在?

堪布: 什么叫自在? 心自在了, 才叫自在。大自在就是佛。成佛的确不容易, 释迦牟尼佛经历了三大阿僧祇劫的修炼, 最后成道, 这就说明成佛没有那么简单的。

社长: 我觉得自己很自在, 但是我常常想, 看那些传播佛法的人, 他们跟很多人比起来, 虽然什么都没有, 但是我觉得他们活得很自在, 比任何人都自在, 与世无争, 像是坐在天空俯视人间。

堪布: 在佛面前, 我们这些凡夫, 有时候像孩子, 有时候像疯子, 常常为了一点点的蝇头小利而颠倒, 与自己清净、自在的本性背道而驰, 陷入轮回的痛苦中无法自拔。如果我们不见性, 不开悟, 是无法做到真正的自在的。这一切都是众生愚痴颠倒, 思想太复杂、外在的欲望太多导致的。我们的自性、本性, 就是佛啊, 是非常单纯的。

社长: 我觉得一个单纯的人, 表示他很健康, 很简单, 他的气是通的, 没有阻碍, 跟自然是相通的, 您觉得是这样的吗?

堪布: 心正, 脉就直; 心净, 气就通。若邪思邪见多了, 气脉就一定不直、不通畅。心里不清净, 就一定会造业。产生了业, 气脉就阻滞了。气之所以不通, 就是因为有业障。心清净了, 气就通了。我们是通过气脉去打开智慧的。气脉打通了, 智慧就开了。智慧开了, 你跟宇宙是一体的, 跟万物是一体的。

你的心清净了, 是一股能量; 你的信心坚定了, 这也是一种能量。这些能量也是一种力量, 可以解决很多问题, 也可



以改变一些自然的状态。

社长: 我觉得像您这样年轻的佛教大师, 如果用更现代的语言去告诫年轻人, 是否更容易让人接受?

堪布: 佛是智慧的, 佛是觉悟的, 佛法是圆融无碍的。当今的社会与佛在世时相比, 发生了巨大的变化。尽管时代在发展, 社会在前进, 但是佛法的真谛超越时空的束缚, 可以无碍地利益任何时代的众生。佛即是慈悲的, 更是智慧的。佛利益众生是应机教化、任运自在的, 一定是以当下众生可以接受的方式进行的。





堪布:佛法是一种教育,但不单纯是一种教育,还有信仰。信仰和智慧要融为一体。佛法讲,信仰要坚定,但其前提是必须要明理。我们学佛,就是学佛的聪明智慧,要提高觉悟,让自己变得更聪明、更快乐。你聪明、有智慧了,就会快乐,就不会再去自寻烦恼,自找痛苦。

我们主要是追求内在的智慧和境界,主要是解决心灵上的问题,这必须要靠佛法,靠觉悟。若是自己有智慧,有窍诀,心就能如如不动,了了分明,不动摇,不随境转。凡夫的心很容易受外在的干扰,心一散乱,

社长:那么,您这些年在年轻人中传播佛法具体有哪些做法呢?

堪布:现在,信佛和学佛的年轻人越来越多了,尤其是很多大学生,都对佛法很有兴趣。我们寺院每年都有大学生佛学体验营,青少年佛学夏令营。既可以欣赏藏地的风光,感受藏地的风土人情,还可以近距离接触和了解藏传佛教,很受青少年朋友的喜爱。通过这种方式结下善缘后,他们可以慢慢地进入佛法的世界,通过系统的学修,最终都可以获得佛法的法益。

社长:现今社会,很多年轻人感到迷茫、困惑,对前途没有信心,您觉得佛法的学习能给他们带来什么利益?

能量就散了。其实心的能量是非常大的,佛法里讲的心是大心,这不同于我们平常所说的心。我们平常所说的心是妄念,是不存在的;佛法里讲的心是一种精神,一种境界。

学佛修行,其实就是找个理由让自己开心,让自己快乐。没有那么多事情,多找开心的理由、快乐的理由,让自己每一天、每一刻都在快乐的状态中,这就是成佛了,这就是人生的价值。你真的开心快乐了,也会带给身边人的开心快乐,这就是你的价值。

你真的开心快乐的时候,你给身边的人带来的也是开心快乐。当一个人心情好的时候,身边的人也会受到影响,也会跟着开心快乐起来,就这么简单。这就是磁场,这就是加持。



社长:在我们生活中,经常会觉得身边有些人跟自己的磁场不合,呆在一起很不舒服,这该如何处理?

堪布:当你真正超越一切的时候,你可以突破这种磁场。它影响不到你。你一下子就可以突破,甚至把它压下去。你若觉得难受,就是你的磁场还是不够。要想突破,就必须学会放下。

放下,是很难的。心里的压力也许可以缓解一下,但若是真正做到放下,很难。

只有看破,才能放下。真正看破的时候,一切都会放下。犹如被风刮起的沙子。风停了,所有的沙子都会落地;若是风没有停,沙子落不下来,即使按到了地上,它还会起来。看破才能放下。你真正把真相真理弄明白、搞清楚了,这叫看破。这个时候,你的心才会真正的平静下来,这是永恒的。

社长:我完全明白您说的,在遇到任何困难的时候,您真的对它无所谓,心不会为它发愁,这是一种有效解决问题的心态。

堪布:放下的心态不会影响福报,福报不会因为放下而失去。若是你自己有福报,即使被人拿走,你一样还能得到。

社长:上师的讲解让我们更高更深地理解了什么是看破放下,什么是随缘而不随便。习主席去年在讲话中说过:“佛教文化是中国传统文化中非常非常重要的组成部分”。这是

国家对佛教文化的认可。我觉得我们国家佛教的传播力度要加大,我们国家、社会、包括我们的家庭,都对佛教文化有需求。佛教的文化、佛教理念会渗透到社会的各个行业,各个角度,形成正确的人生观、价值观、思想观。每个国家、每个民族都是非常看重思想文化交流。以后我们可以从佛教文化方面进行多角度的合作交流。

堪布:时代在飞速发展。当今社会,互联网的力量十分强大,这些现代科技手段有助于弘扬佛教文化。就我们寺院而言,现在也设有“走进大圆满”微信公众平台,有大圆满法网站、论坛,有博客、微博、网络房间等一系列弘法平台。我们希望佛教文化能够传播到世界的每一个角落,超越国界,超越种族,让越来越多的有缘众生得到法益,获得究竟的自在和快乐!



Poems 诗 歌

《大爱赋》

By Li Yuan 李源

爱人人爱

大爱铸人，给人思想，发达头脑，最难驯养。机械运行，循规蹈矩，思想疆域，变换无章。高超天宇，阔赛海洋，大揽万物，小似麦芒。理顺思路，最最为上。平凡之爱，伴随终生，爱人人爱，万代绵长。

人若思善，不在大小，行善处下，尽己力量。帮人爱人，心善身良，美好情绪，全身溢漾。助人被助，爱心环绕，美好气氛，周边喷张。根治诸病，效赛琼浆。气血通顺，肢体活便，美好心地，邪难侵伤。积爱成多，充盈胸腔，久而久之，身心健康。爱惠一人，非仅一爱，爱成连锁，几何增长。世人皆爱，世风优良。

人若非善，行为发狂，未及伤人，心先自伤。愧疚之情，萦绕心胸，寤寐长惊，食味不香。生物本钟，彻底紊乱，五味杂陈，病气上扬。被恶伤者，皆弱势群体，受难一人，多家遭殃。社会之中，爱人者多，非善之人，无处躲藏。作恶之徒，恶累凶积，多行不义，很快毙亡。

人之一生，虽同寸草，所受大爱，没法计量。应有所为，以爱回偿。天下世人，没有高下，来去之路，全都一样。呼吸气体，水份润滋，衣为蔽体，裹腹米粮。顿顿膏脂，反积病因，大厦茅屋，都是一床。积多何益？积多生恙。宇宙之中，太阳尚小，人生在世，何分下上。你我他它，仅有一生，滴滴点点，如水浮扬。

土石堆高，视作山岗，众人推举，拥其居上。居官为政，多爱与邦。民忧民愁，常记心上。终生莫忘，庶民育养。

平民百姓，小爱施放。平民之爱，同等高尚。扶弱济困，尽己所能，邻里困难，援手相帮。尽心尽意，不在多少，谨记您在，众爱之乡。

人在困境，需人相帮，不能爱人，爱家何妨？尊老爱幼，家和安康。

人生在世，助人最美，赠人玫瑰，手存余香。成就显著，回馈社会，将己衣食，与民分享。己心慰藉，世风添光。

无为之时，心要宽广，平凡处事，非分莫想。赤壁前赋，文采飞扬。不羡曹公，横槊赋诗，不慕江东，纶巾周郎。山间明月，江上清风，取用不竭，吾子共享。山顶之木，风吹呼响，山底深谷，虚怀空旷。高又如何？深又何恙？我为小草，自在徜徉。

爱天爱地，爱人爱家，平凡一生，爱心攸长。真诚予爱，幸福及双。其爱绵绵，其乐融融，大爱乡里，平凡辉煌

Broad Love between Men

Great love shapes all men and endow all with thought. Well-developed minds are the hardest to tame. Mechanic operation observes all due rules and regulations. On the other hand, changes occur to the thought realm. It may be higher than the vault of sky or broader than the expanse of sea. It may be big enough to embrace everything, yet be tiny enough to pinpoint anything. What matters most is to put straight the messy thought. Common love accompanies us throughout our lifetime. Love others and they will love you. Our race will survive for a million or billion generations.

One shall do good, be it great or little. One shall, if disadvantaged, try his best to do so. If he helps and loves others, then he is a good fellow. All good will give you a good mood. Offering help or being helped embodies the true love. Such a good atmosphere will expand everywhere. It works well like a panacea. As a result, your energy and blood will run well; your four limbs will be nimble. Such human kindness will naturally resist all evils. Let love grow in your heart bit by bit till it fills all your chest and body. Over long time, you will maintain good physical and spiritual health. Love into one person is not true love. True love is to love all. True love begets true love like an endless chain. That's the so-called exponential growth. When everyone loves others, the world will be all in happiness.

If one, on the contrary, commits evil, he would hurt himself before hurting others. Great remorse will thus encircle all his heart. Such a person would often wake up from a nightmare and feel no fragrance of any good food. His biological clock would come into sheer disorder so that all tastes surge through his body and cause an illness. All those falling victim to his tyranny are vulnerable in their own right. Each has a family to feed or support. If one disadvantaged person suffers, all his family would suffer too. There are many more good people in our society. As a result, evildoers may find nowhere to go. All those who do evil will see his sins grow and expand. Finally, they will soon die and perish.

Just like a grass, each human leads a short and small

life. Yet it has got so much love. So, each one shall repay the great love. Everyone in this world is equal indeed. There is no such thing as status or position. Wherever one goes or whatever one does simply makes no difference. We all breathe the same air, get nourished by the same water, wear the same clothes, consume the same food. If one has fine meal each time, he or she would soon get ill. Either grand mansion or thatched cottage can admit only one bed. Too many amusements will do great harm. Too much luxury will cause great trouble. In the vast universe, our Sun is but a tiny star. So, why should we distinguish us from others? You, me, him and everyone in this world have only one life to live. Our life flows away bit by bit, moment by moment...It looks quite like a tiny drop of water drifting on the vast sea.

When earth and stones are piled up, there will be a mound or mountain. When many persons support one, there will be a leader or an official. So, any official should love his country, and care his people. He should keep in mind public weal and woe. Don't forget—you officials can't live without plebs. It's the people who have brought you up.

Even common people may express their love as well. Their love is equally noble. One should try to help the weak and support the poor. If any neighbour meets something difficult, don't hesitate to give a hand. Offering help, however little, will engrave your name on the land of myriad love.

If one meets with a trouble, he naturally needs help. So, even if you don't love him, why not love your family? Respect the old and love the young, then you family will be much happier than ever.

All our life long, everyone should help others. Help others to enjoy yourself. The fragrance always stays in the hand that gives the rose. This returns the love you enjoy



to anyone else. Share your clothes and food with others. In this way, you will not only satisfy yourself, but even improve the public ethics.

As everything takes its natural course, everyone should have a broad, ordinary mind. Just lead a simple life and hold no wild desire. Now I can't help thinking of Su Shi, one of all-time greats. He wrote Former Red Cliff Rhapsody, a great work steeped in fresh flamboyance. He did not admired Cao Cao, the hero who boldly composed poems holding a spear, or Zhou Yu, a great general who ever defeated Cao Cao with his stratagems. The bright moon fills all mountains nearby; the gentle breeze caresses the gurgling Yangtze River. Both are gifts that Mother Nature gives mankind. This is the luxury you, me and everyone share. As breeze soughs, summit trees burst into a tuneful chorus. Deep gorges below the mountain sublimate Su Shi's mind so that he may cast aside all worldly concerns. I and Su Shi think alike indeed. Though tiny like a grass, I can sing and dance to please myself and the ambience.

Love heaven and earth; love oneself and all family members. In such a transient life, one may show profound love. Giving sincere love brings happiness to you and me. Love is long and broad; joy is true and great. Here goes my best love to the hometown which nourishes me well. It is common and comfy, yet bright and brilliant!

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。

Little Poet of Pakistan 巴基斯坦小诗人



Hello,
大家好

My name is Ushiya, and I am sixteen years old.
我叫乌西娅, 今年16岁。

I am from Pakistan which is a country located in South Asia, from a city called 'Rawalpindi'. I have been living in China for almost seven years now.

我来自于南亚的巴基斯坦, 从一个叫做拉瓦尔品第的城市来到中国已经7年了。

I am an O Levels student in Pakistan Embassy College, Beijing.

我是巴基斯坦大使馆学校的Olevel学生

I love Chinese culture and food.

我喜爱中国文化与美食

The pieces of writings that you are going to read are some of my recent works.

您即将看到的作品是我的近作

I've been writing since I was seven years old, so I'd say I've been writing for almost a decade!

我从七岁开始写作, 至今已接近10载

But, I only started writing poetry one or two years ago.

但我从1, 2年前才开始写诗

I started writing a novelette when I was thirteen and completed it within a year or so, and recently I've started rewriting it.

13岁的那年我曾经用一年写过一本中篇小说, 最近我开始重写了。

I get my inspiration from the oddest of places, sometimes from other artists and sometimes from personal experiences.

我的灵感总是来自古怪的地方, 有些时候是从艺术家身上, 有些时候是从我的自身经历

If you've found my writings interesting so far, and want to continue reading my other pieces, you can find me on Instagram or Facebook!

如果您喜欢我的作品并想继续阅读我的其他作品, 请通过Facebook或者Instagram联系我。

Instagram: @prfct.wrds Facebook: @Ushiya.s.Poetry



A CLOSED WINDOW (Poem)

(In response to/based on 'A soldier dreams of white lilies' by Mahmoud Darwish, the National Poet of Palestine.)

He stirred from sleep and woke up to the sound of war,
他因战争的巨响从沉睡中醒来。

He had grown familiar to the music of death,
他已经习惯了死亡的旋律。

As if it was some alarm clock,
那旋律就如同闹钟一般

He looked to his left and stared at the white lilies,
他望向了左边的白百合

And then he stared down at his hands that had planted them.
随后又望向了种花用的双手

He had known this land ever since he had been born,
他从出世的那刻起便识得这片土地

And at the age of eighty he had seen it free,
在杖朝之年见证了她的解放

And he had seen it taken from his fragile grasp.
她曾经被他那弱小的双手中掠夺

He was old enough to know what it felt like,
当时他已经理解那种感受

To be buried yet alive.
就如同被活埋一般

His hands were not meant for guns or grenades or war,
他的双手不适合枪炮

which is why they were so soft.
正是如此那双手才这么柔软

He remembered his motherland like it coursed through his veins,
对祖国的记忆如同血管中流过的鲜血

It had settled deep in his bones,
这种记忆深入骨髓

He was part of this home.
他是这个家园的一部分

He had built this house,
建设了这个家

The same house his son was born in
这个他的儿子所降生的家,

The same house where his grandson was born in
这个他的孙子所降生的家

He had seen this house shredded to the core,
也见证了这个家的破灭

Seven times!
足足七次

And he had rebuilt it.
但他却重建了他

Not even destruction could make him leave,
就算是毁灭也无法让他离去

This very spot belonged to him like his heart belonged to him,
就如同自己的心脏一般, 这个地方, 属于他

And he felt pity for the people, who killed for a land that they did not love,
他为那些为了陌生土地而杀戮的人感到惋惜

People who knew guns better than they knew their hearts,
那些懂得枪弹多与懂得内心的人

Who killed to the point where they could not distinguish what was right anymore.
那些杀戮到无法判断对错的人

He stood up to look out his window,
他起立并望向了窗外

The same window that showed him freedom now showed him pain,
这个让他看见自由的窗户现在让他看到了苦难

And as his grandson climbed on his back,
当他的孙子爬上他的脊背之时

He took a hand and covered his eyes.
他使用单手遮住了双眼

And he said: "My child, you can look out this window all you want, but only when our land is free."
随后说道：“孩子，等我们的土地解放了，你就可以随时望向窗外。”

And with a curious look, the grandson replied: "When will it be free?"
孙子好奇的望了一眼“那是什么时候？”

The man did not know when,
那个男人并不知道那是何时

He had forgotten the taste of freedom long before he had come to love it,
他早在喜爱自由之前就忘记了自由的味道

So he spoke: "We are far freer than our oppressors. Because, they can enslave your body but they can't enslave your mind"

因此他说道：“我们比那些压迫者更自由，他们能够奴役我们的身体，但却奴役不了我们的思想。”

(FLASH FICTION) -CHANGE-

"The world does not want you to succeed."
“这世界不想你成功！”

She said, staring at the newborn child with teary eyes,
她一边说一边用湿润的双眼看着新生的孩子

"It does not want you to become something that it never was, to shine so bright that it might illuminate the dark corners, and reveal all that it has hidden."

“他不想让你成为他无法成为的东西，不想让你的光芒照脸黑暗的角落，不想让你揭示那些隐藏的东西。”

The child cooed in her mother's arms, gazing at her with adoring eyes as she continued, "It wants you to face its wrath. It wants to tell you that this is a man's world. But, my dear, it is not a man's world. It is not a woman's world, either. We all need to understand that the world cannot be treated like some possession. It is everybody's."

在她继续的时候那孩子在母亲的怀抱中摆出了喜悦的表情，并用可爱的双眼凝视着她。

“他只想让你面对怒火，他想告诉你，这，是男人的世

界，但是，亲爱的，这不是男人的世界，也不是女人的世界。我们必须明白，世界不应被当成所有物对待，他是大家的世界。”

"The stars belong in galaxies unknown, the planets orbiting the Sun; and the people need to understand that nothing in this world is truly theirs. We are all bound to this Earth by gravity, holding us still. We are prisoners, but we make believe that we are, in reality, rulers. No one can rule a no man's land. There is no such thing as a superior race, no color better, and no gender better, nothing. They say that a country fights wars because external wars diminish the internal wars. Maybe this is why humans fight. We do not want to face the reality of our own selves, so we fight with each other. As long as the wars in our minds are kept quiet, we are willing to do anything."

“繁星属于那些未知的星系，星球则围绕着太阳运转，人们得明白，世上没有他们真正的所有物。我们都被地球的

重力牢牢的困住，我们作为阶下囚却制造出自己是统治者的幻觉。没人能够统治一片无主之地。世上没有优等民族，肤色，性别，没有。他们常说国家对外打仗是为了避免内战，或许这就是为什么人类会互相争斗。我们不想面对我们自我的现实，因此，我们互相争斗。我们能为了平息内心的斗争而做任何事情。”

With one last kiss to the child's forehead, the mother softly whispered, "You are too pure for this world, my love. But, maybe, you might just be the one to change it."

在最后亲吻了一下孩子的额头以后，母亲柔和的说道

“你对这世界来说还太过纯洁，但或许你就是改变他的那位。”

-ARTIST-

The faint scent of paint can be smelled for miles, like that burning canvas.

那淡淡的油漆味如同燃烧的帆布一般传到了数理之外。

In the house of an artist, he rebuilt it to welcome something unimportant to his soul as he burnt his passion.

在艺术家的房间里，他

His mother told him, why can't you be more like your brother?

他的母亲问道“你为何不能像你的兄弟一样？”

To which he replied, I have too much in me that needs to be let out.

于是他回应：我有太多内在的东西需要被释放。

But, now, as he has buried it deep inside his rotting soul, he had never felt so empty.

但现在，他把那些东西深深地埋在了他那腐烂的灵魂之中，他从未感到如此空虚。

He was just like his brother. His father asked him to run the family business, he replied with 'It is not what I love'.

他和自己的兄弟本无异。当他的父亲让他接管家里的生意的时候他曾回应道

“这不是我爱着的东西”

But, now, as he sits behind a desk in a blue painted office, all he can think about is how much he would like to paint it mellow.

然而，现在，当他坐在蔚蓝的办公室里的办公桌后头时，他唯一能想到的就是如何将这里染的更加柔和。

If an artist has stopped making art, consider him dead, because there isn't anything in him that breathes anymore.

当一个艺术家停止创作的时候，你大可他的生命认为已经不复存在，因为他的内在，已经遗失了呼吸用的东西。



The faint scent of petrol can be smelled for miles, like that harsh sound of a sobbing soul.

那从数理之外传来的淡淡汽油味，就如同灵魂哭泣的悲鸣

A typewriter in her car, and a notebook in hand, she writes down stories for the world to read. She's been traveling all her life, following constellations, and stories; from the budding flower and the pitter patter of bitter rain, to the squeals of an ecstatic baby.

她用车里的打字机和手中的笔记本，写下为众生阅读的作品，她的一生都在旅行，追逐着星宫与故事，从萌芽的花朵到吵闹的阴雨，直到狂喜的婴儿发出的尖叫。

Her mother told her, why can't you ever stop stressing over the world? To which she replied, I'm not stressing, I am just learning.

她母亲曾问道“你为何要对一切如此斤斤计较”

她回应道“我不是在计较，我只是在学习”

Her peculiar behavior and burning passion are what fuel her life. If you take away her notebook, and her passion to write, you are left with a corpse without a soul.

她独特的态度和燃烧的激情就是点燃她生命的燃料。若是夺去她的笔记本和她书写的热情，你得到的不过是一具行尸走肉。

Let an artist make art, because changing the course is depriving the world of hope.

让艺术家创艺吧，因为改变这一进程就是从世界夺取希望。



Ukrainian Art Exhibition 乌克兰艺术展

值乌克兰与中国建立外交关系25周年之际，乌克兰驻华大使馆于2017年3月9日在北京美术馆举办了“书法与诗歌—塔拉斯舍甫琴科诞辰203周年纪念特展”。

On the occasion of the 25th Anniversary of Diplomatic Relations between Ukraine and China, the Embassy of Ukraine in China held the Calligraphy and Poetry – A Special Exhibition Dedicated to the 203rd Anniversary of the Birth of Taras Shevchenko in Beijing Art Museum on March 9, 2017.



诗朗诵《遗嘱》



乌克兰驻华大使焦明·奥列格阁下学写中国书法



乌克兰驻华大使
焦明·奥列格阁下
赠送塔拉斯·舍甫琴科北京美术馆馆长余根晖先生刺绣作品



乌克兰著名女画家葛琳娜·纳扎仁科女士现场创作



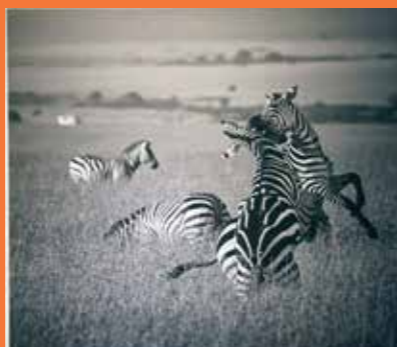
"Wild Birds of Ecuador" of photographer Wang Jian Guo 王建国厄瓜多尔野生鸟类摄影集《雀影》发布会

4月18日上午,王建国厄瓜多尔野生鸟类摄影集《雀影》在北京自然博物馆举行发布会。北京自然博物馆馆长孟庆金、厄瓜多尔驻华大使何塞·博尔哈、中联部代表齐萌等100余人参加了本次发布会。

作品中的鸟类全都拍摄于厄瓜多尔,这些作品通过不同视角,不同拍摄手法充分展示了厄瓜多尔丰富的生态环境以及优美的自然环境,吸引大众关注厄瓜多尔,认识厄瓜多尔生态,了解厄瓜多尔文化。



厄瓜多尔大使何塞·博尔哈向摄影家王建国颁发证书





President Trump – An expert of brand management 总统特朗普——品牌经营专家

众所周知，特朗普在竞选总统前，是美国一个势力庞大的地产商。以财富著称的他，身负地产大亨、真人秀主角等多个角色。在这些耀眼身份的背后，是特朗普打造的以自己名字为品牌的“王国”。如今，在美国，特朗普旗下以“特朗普”命名的商标已经多达268个，中国共计申请了78件商标。

As we all know, Trump was a powerful US real estate developer before the presidential election. Well known for his wealth, he's got an estate tycoon, reality showman, protagonist and many other roles. Behind these dazzling identities is the Trump "kingdom" named after his own name. Today, there are as many as 268 brands named as "Trump" in the United States, in China 78 brands have been applied in total.

在这268商标中，其中包括特朗普罐装水、特朗普伏特加、特朗普高尔夫等。根据美国一份财务总结报告估计，特朗普拥有、授权、贴牌的商标以及其他知识产权价值高达33亿美元。

The 268 trademarks include Trump Canned Water, Trump Vodka, Trump Golf and so on. According to a US financial summary report, trademarks owned, authorized, and franchised by Trump and his other intellectual

property value up to \$ 3.3 billion.

特朗普家族品牌伸向亚洲，英国《金融时报》报道了美国总统唐纳德·特朗普家庭企业在中国申请商标注册获准的消息。据介绍，从美容院、水疗中心，到酒店服务和餐厅，特朗普现在有权使用自己的名字，并阻止别人使用它。

The Trump family brands take their business to Asia. The British newspaper "Financial Times" reported that the US President Donald Trump's application for trademark registration has been granted in China. According to the report, from beauty salons, spa centers to hotel services and restaurants, Trump now has the right to use his own name and prevent others from using it.



在拥有了个人姓名的商标使用权之后，在亚洲地区，特朗普可以靠出租使用权赚钱。

日本经济新闻3月13日称，特朗普家族品牌触手伸向亚洲，冠以美国总统特朗普之名的度假设施和住宅小区，正接连建设中。

After having the right to use the trademark of his personal name, Trump can make money by renting the rights in Asia.

On March 13, the Nikkei reported that the Trump brands extended their tentacles to Asia. Resort facilities and residential quarters named after Trump, the President of United States, are now under construction.



菲律宾特朗普大厦（马尼拉）。57层的高级住宅“特朗普大厦”的建设已进入收尾阶段。这里由菲律宾世纪房地产集团（Century Properties Group）开发，拥有超过250间60~400平方米大小的房间。

The Trump Tower in Manila, Philippines. The construction of this 57-floors high-grade residence "Trump Tower" has entered its final stage. It is developed by the Century Properties Group in the Philippines, with more than 250 rooms in the size of 60 to 400 square meters.

据资料，特朗普以董事等身份参与的企业达到约500家。旗下核心企业“特朗普集团（Trump Organization）”并未上市，因此很难掌握其业务全貌，不过企业的核心业务是开发酒店和高尔夫球场等。

According to reports, the number of enterprises in which Trump played a role as a director has reached about 500. The core enterprise "Trump Organization" is not listed, so it is difficult to grasp the whole picture of its businesses, but the core business is to develop hotels, golf courses and the like.

特朗普保有和运营着矗立在曼哈顿第五大道上的“特朗普大厦”，以及用来接待日本首相安倍晋三、被称为“冬季白宫”的佛罗里达州带高尔夫球场的度假设施“马阿拉歌”等。

Trump holds and operates "The Trump World Tower" on Manhattan's Fifth Avenue, and a resort facility used for the reception of Japanese Prime Minister Shinzo Abe, "Mar-a-Lago", which is known as the "Winter White House" in Florida with a golf course.

特朗普在全球开展的主要业务	
① 英国	在苏格兰有两座高尔夫球场
② 加拿大	向多伦多和温哥华的酒店兼高层公寓出租了品牌使用权
③ 中国	宣布有20~30家酒店的建设计划，但并没有推进
④ 韩国	向首尔和釜山等的6座公寓出租了品牌使用权
⑤ 菲律宾	向正在建设中的57层高级公寓“特朗普大厦”出租了品牌使用权
⑥ 印尼	计划与当地综合企业MNC集团开发度假区
⑦ 印度	在浦那建设高层建筑，孟买的项目正在规划中。还有报道称项目已经停止
⑧ 土耳其	向伊斯坦布尔的两座高层大厦出租了品牌使用权，设计的家具也冠以“特朗普”的品牌名
⑨ 阿联酋	今年特朗普国际高尔夫俱乐部将在迪拜正式开业
(注) 根据当地的报道等制作	

资料来源：东灵通知识产权，金禅道人 环球外汇通



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WUYUTAI TEA — 1887-2017
百年品质·匠心传承

2017 吴裕泰 春茶季
十大名茶 百款春茗
组成联合舰队登陆吴裕泰
3月16日-5月31日

西湖龙井
碧螺春
信阳毛尖
黄山毛峰

全场满赠 4月20日-5月21日

满100-149元 限量赠送吴裕泰无纺布袋1个；先买先得，赠完即止；
满150-499元 即可获赠吴裕泰绿茶香皂1个；
满500元及以上即可获赠吴裕泰雨伞1把。
每人每日限领1份，赠品数量有限，赠完即止。

会员专享

4月1日-4月30日
会员限时8折
指定3款吴裕泰不锈钢玻璃茶具（绿茶三件杯、时尚单壶、随心壶套组）
会员限时2倍积分
明前雀舌

5月1日-5月31日
会员限时8折
指定3款吴裕泰玻璃茶具（团圆玻璃壶套组、2款乐活玻璃三件杯）
整斤购买黄山毛峰

吴裕泰中国新浪微博 官方微信更多惊喜



The First Annual Conference of Chinese-European Civil Aviation Safety in Shanghai 首届中欧民用航空安全年会在沪举行

方毓强 撰文、摄影 Author, Photo: FANG Yuqiang

4月27日至28日，“首届中国民用航空（CAAC）——欧洲航空航空安全局（EASA）安全年会”在上海西郊宾馆举行，中国民航局局长冯正霖、副局长李健、欧盟委员会运输移动总司长亨里克·霍罗雷（HENRIK HOLOLEI）、欧洲航空安全局（EASA）局长帕特里克·基（PATRICK KY）双方高层及代表出席。

年会是中欧民航领域交流对话、合作发展的重要平台。中国已同欧盟28个成员国中的27个，签署了双边航空运输协定，其中15个国家开通了直飞航线，每周约600多个航班往来于中欧之间。2016年中欧之间民航旅客达到了800万人次，同比增长了15%。目前，中国民航的“空中客车”飞机已达1400多架，航空安全接近民航机总数的一半。而“空客”天津A320总装线也是中欧民航合作的典范。

年会围绕航空安全问题展开广泛而深入的讨论。中欧双方就未来签订双边航空安全协定（BASA）的进展进行了研讨。年会期间，中欧双方签署了多项意向书和联合声明。28日，年会安排与会代表前往浦东的中国商业飞机制造中心参观了C919大飞机。C919已经历了低滑、中滑、高滑等21次滑翔实验，完成了118个实验项目，即将达到首飞状态，近日将根据气候等情况择日试飞。



中国民航局（CAAC）副局长李健（右）、欧洲航空安全局（EASA）局长帕特里克·基（PATRICK KY）在发言。

中国民航局（CAAC）与欧洲航空安全局（EASA）签署协议。



诠释吴裕泰茶的匠心

——访北京吴裕泰茶业股份有限公司董事长、总经理赵书新

文 蒋志均 高然



茶，在华夏文化中总是扮演着风雅、淡然的角色。然而，在当今市场竞争的大环境下，茶叶市场早已发生风起云涌的变化。北京吴裕泰茶业股份有限公司董事长、总经理赵书新说：“作为百年老字号，面对茶叶市场的变化，吴裕泰的‘变’与‘不变’，始终诠释着一个大写的匠心。”

吴裕泰有条从古至今的制茶信条：“采之惟恐不尽，制之惟恐不精”，意思是说，在采摘茶叶的过程中惟恐不能把所有的好茶都采到，制作茶叶的时候惟恐制作不够精良。在赵书新看来，这就是吴裕泰对匠心精神的最佳诠释。

为了把这一诠释悟得更透，笔者追踪吴裕泰的行动，春天嘛，自然从春茶说起。一则短讯，“十大名茶百款春茗登陆吴裕泰”，说的是吴裕泰2017年春茶季自3月中旬开启一直销售火爆，来自全国各地的上百种新鲜春茶齐聚吴裕泰，在其全国400余家连锁门店同步上市，为广大消费者提供了丰富的选择空间。

追溯阳春三月，吴裕泰首批明前西湖龙井茶抵达北京，

这批品优价昂的新绿还没上柜台就被翘首期盼的顾客预订一空。有人说这叫“物以稀为贵”，但知情人却说吴裕泰绝不把贵押在稀上，更注重的是“货真价实”、“物有所值”。

一说产地把控：吴裕泰西湖龙井全部来自一级保护区的狮峰山脉的龙井村、翁家山等地，这里茶园地势北高南低，茶区上空常年凝聚着一片云雾，雨量充沛，土壤肥沃，具备茶树生长的极佳条件。为了保证供应商茶品和产量的稳定和可持续发展，吴裕泰于2016年在杭州正式成立分公司，为西湖龙井统一商标、统一定价、统一标准，对所有茶叶的采摘、炒制、包装、运输实施更加严格和专业的管理，这就为西湖龙井的品质再上了一道道保障锁。

二说品质把关：春茶上市之前，吴裕泰派出专业的质检和产品团队到茶基地全程监测茶叶采摘、制作，可以说从茶园到茶杯，每一颗茶叶都经过最为严苛的考验。亲赴茶基地督导的吴裕泰董事长、总经理赵书新介绍说：“每年的春茶在产地要先经过当地质检机构的理化检验合格，再送至吴

裕泰分公司由专业评茶师进行感官审评，从干茶、香气、汤色、叶底等方面对茶叶进行全方位的评价，确定品质档次及价格，茶叶送到北京还要再经过一次质检合格后才能够上架销售，每斤龙井茶都是用数万个茶叶嫩芽经过传统手工方法精心炒制而成的。”听赵书新董事长一席话，谁又能说这不是在诠释吴裕泰茶的匠心呢？

吴裕泰不仅对明前头茬春茶如此，对随天气转暖陆续上市的各档次绿茶，如苏州洞庭的“碧螺春”，安徽、河南等地的“六安瓜片”、“黄山毛峰”、“信阳毛尖”等名优绿茶，同样不释手的依然是吴裕泰“采之惟恐不尽，制之惟恐不精”的匠心精神，因为让老百姓喝上放心茶、健康茶是吴裕泰一直坚持的目标，不断为消费者带来名优产区的全新产品、最优品种是吴裕泰的本能追求。

吴裕泰的匠心独具还表现在吴裕泰茶人对自家销售茶叶品质的公开透明，其专业评茶师敢于当众为顾客支招，教练顾客分辨新旧茶、真假茶的方法：一看色泽。新茶鲜活亮丽，富有光泽；陈茶因贮藏时间过长，茶叶中的内含物经过长时间的氧化，茶叶色泽由新茶时的青翠嫩绿亮丽逐渐变得枯灰黄绿甚至发褐。二品滋味。新茶的滋味醇厚鲜爽；陈茶滋味则是淡而不爽。三测时间。茶叶存放时间越长香气降低较多，陈味也就越突出，特别是新茶的清香丧失就越明显。

“正是这种对茶品质‘不变’的坚持和严谨，才让吴裕泰在不断‘变’的市场环境中屹立不倒，在消费者心中占据诚信、稳定的一席之地。”赵书新说：“企业要对消费者常怀敬畏之心，在加工环节精益求精，经营环节童叟无欺，方能真正做到‘好茶为您，始终如一’。”他还说：“真正的匠人



匠心，应该是有一种虚心、细心、耐心的态度，有一种专心、专注、专业的能力，才能保证我们所有茶品品质的精良和上乘。”

目睹平易近人且又精明强干的老字号新领军人，一种感慨由衷而生，借赵书新董事长的一句话结束本篇专访：“作为百年老字号，吴裕泰继往开来，无论市场千变万化，但我们始终不变的是——用自己的真诚去诠释吴裕泰茶的匠心。”

链接：
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Getting slim with TCM Acupuncture

春季瘦身 试试中医针灸



减肥是女人永远的主题,而一到春天,这个话题更是火热异常,各种减肥方式琳琅满目。要苗条,更要健康,越来越多的人更多地关注点投向更为健康的减肥方式,比如中医针灸减肥。

Losing weight is the eternal theme for women, which becomes a fierce topic while spring arrives. To get slimmer and healthier, more and more people focus on fashion and healthy ways to lose their weight, such as Chinese acupuncture.

激发内动力,让减肥更健康

Inspire internal motivation to make weight loss much healthier.

对于很多人来说,减肥是一件简单却不容易的事。要想减肥成功,毅力很重要,方法也需要考量。说减肥简单,是指减肥方式无非就是少吃多运动,而减肥不容易就很好理解了,有的是管不住嘴,有的是管不住腿。君不见,多少人在减肥道路上一路狂奔,能功成身退的却真的是少之又少。

基于这一情况,针灸减肥的独特疗效就显得格外难得。针灸减肥既安全方便,又无副作用,而且还不用主动节食,减肥同时还能调养身体,无怪乎越来越多爱美女性对其青眼独加。北京五洲妇儿医院中医科专家指出,针灸减肥主要是通过刺激人体相关穴位,调理胃肠功能、改善和促进机体的代谢、调理内分泌功能来达到效果,是一种十分健康安全减肥方式。

一方面,针灸减肥能抑制肥胖患者亢进的食欲,减少进食量,同时抑制患者亢进的胃肠消化吸收机能,减少机体对

能量的吸收,从而减少能量的摄入;另一方面,针灸减肥还可以促进能量的代谢,增加能量消耗,促进体内脂肪分解。摄入的少,消耗的多,身体自然就能瘦下来了。

For the most of majority, losing weight is a simple but uneasy thing. To lose weight successfully, method is as important as perseverance. On one side, losing weight is just as simple as eating less and exercising more; but on the other side, it's hard to achieve since the control of mouth or legs is challenging. So many people are running all the way on the path to losing weight but only a few succeed eventually.

Based on this case, the unique effects of acupuncture weight loss are especially hard to come by. Acupuncture weight loss is safe and convenient without side effects. It doesn't require dieting either. It is not surprising that it becomes attractive to more and more women due to its health preservation feature. TCM Experts at Globalcare pointed out that acupuncture is a healthier way of losing weight through stimulating related acupoints to adjust the gastrointestinal function, improve and enhance the body's metabolism and regulate endocrine function.

On one hand, acupuncture slimming can suppress the appetite of obese patients to reduce food intake, at the same time inhibiting gastrointestinal absorption function of the patients to reduce energy absorption. On the other hand, acupuncture slimming can promote energy metabolism, increase energy consumption and promote the decomposition of body fat. When consumption is greater than intake, our body will naturally slim down.

针灸减肥最适宜人群

Who is the best target for acupuncture slimming

单纯性肥胖者

Simple obesity

单纯性肥胖是由于摄入过多代谢过少而引发的。大部分的肥胖患者都属于单纯性肥胖,针灸减肥能有效纠正异常的食欲,减少能量的摄入,同时促进机体脂肪代谢,消耗积存的脂肪,因此对单纯性肥胖者疗效显著。

Simple obesity is caused by excessive intake and inadequate metabolism. Most of the patients belong to this type. Acupuncture can effectively correct the abnormal appetite, reduce energy intake, promote fat metabolism

and increase the fat expenditure.

身体局部肥胖者

Partial body obesity

针灸不仅能取得整体减肥的效果,而且能消除局部脂肪达到局部减肥的目的。局部肥胖者可通过对特别穴位施针,促进能量代谢,达到局部消脂瘦身的目的。如针刺血海穴可调理腿部肥胖,肩贞穴和臂臑穴可以调理手臂肥胖,而由于腹部是脾经、胃经之处,因此针灸对腹部的减肥效果尤为显著。

Acupuncture is not only able to achieve overall slimming effects, but also can eliminate fat on specified body parts. Obesity patients are stimulated by special needles on different meridian acupoint to promote energy metabolism and eventually lose extra weight. For example, acupuncture at xuehai point treats leg fat while acupuncture at jianzhen and binao points treats arm fat. Because the abdomen holds the meridians of spleen and stomach, the effects of abdominal acupuncture weight loss is particularly significant.

青春期、产后、更年期肥胖女性

Obesity on puberty, postpartum and menopause women

在这几个阶段,女性内分泌处于改变非常剧烈的时候,容易因此引发肥胖的问题。针灸能有效改善内分泌紊乱的问题,使内分泌趋于正常,达到减肥目的。很多伴有月经不调、闭经等症状的女性,往往在针灸实现减肥的同时,原来的病症也会得以治疗。

另外,针灸减肥的效果还与季节、气候相关,通常春夏减肥的效果要比秋冬更好。针灸本来就是刺激穴位,激发内在的调节机能,从中医来看,春夏天气从体内蒸发到体表,很容易激发,人体的新陈代谢机能比较旺盛,因而在春夏时节的减肥效果更好。

In these stages, female endocrine changes dramatically which can cause obesity problems more easily. Acupuncture can effectively solve the problem of endocrine disorders, adjusting it to a normal level to achieve weight loss. When some women lose their weight by acupuncture treatment, their gynecological diseases, such as irregular menstruation and secondary

amenorrhea, are cured at the same time.

Meanwhile, the results of acupuncture slimming also correlate to season and weather. Usually, reducing weight in spring and summer will achieve better effects than in autumn and winter. From the perspective of Traditional Chinese Medicine, Yang-Qi in our body evaporates to the skin surface which makes the metabolism function relatively strong during spring and summer. That's why losing weight in spring and summer is easier.

针灸减肥的独特优势

The unique advantages of acupuncture slimming

无需主动节食, 不反弹

No dieting, no rebound

针灸减肥不强调过分地控制饮食, 特别不主张采取“饥饿疗法”。临床数据证明, 经过针灸治疗后, 患者能切实地感受到原先旺盛的食欲有所下降, 无需节食, 合理饮食即可达到瘦身效果。

Acupuncture slimming does not emphasize on diet controlling, especially not in supportive of the method of "starvation diet". Clinical data proves that after acupuncture treatment, patients can really feel the drop of their appetite. They just need to maintain a healthy diet to achieve weight loss instead of diet controlling.

安全无副作用, 适应人群广

Secure and can be applied to the wide crowd

针灸减肥是通过经络系统的调整作用, 调动人体内在的调节功能, 促进新陈代谢达到平衡, 进而实现减肥。不动手术, 不吃药, 更加安全、可靠, 对人体不产生副作用, 是一种安全稳定的健康减肥方法。长期减肥无效、药物减肥失败者特别适用于针灸减肥。

Acupuncture slimming takes the full advantages of meridian system's regulating function, promoting the balance of metabolism to achieve the goal of reducing weight. It's a safe, stable and healthy way of losing weight since it doesn't require surgery or meds and generates no side effects on human body. Acupuncture treatment is especially good for people who fail after making long-term weight loss efforts or taking anti-obesity drugs.

无痛感, 减肥效果明显

Painless and effective

针灸减肥是以银针直接扎在皮下刺激穴位。针灸时无疼痛感, 而是穴位受到刺激后出现的酸、麻、胀、重的感觉, 一般一疗程可以减重5—15斤左右。



Acupuncture slimming works by using special silver needles to stimulate acupoints. During the treatment of acupuncture, you will feel a little bit sore and numb on acupoint, instead of sense of pain. Generally, you can lose 5 to 15 pounds on one treatment cycle.

减肥同时调节身体内分泌

Regulates endocrine at the same time

通过针灸刺激穴位, 不但能加速身体脂肪分解, 还可调节身体内分泌机能。在减肥的同时, 还能通经活络、调畅气血、美容养颜, 有效缓解脂肪肝、高血压、高脂血症、心脏病、更年期综合症、内分泌失调等慢性疾病的症状。

By stimulating the acupuncture points, it not only accelerates the decomposition of body fat, but also regulates endocrine function in our body. The acupuncture treatment also effectively alleviates the symptoms of some chronic diseases such as fatty liver, hypertension, hyperlipidemia, heart disease, menopausal syndrome and endocrine disorders.

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Acute mastitis - a lasting problem for new moms

急性乳腺炎 新妈妈的老问题

刚刚生完宝宝, 妈妈本该尽情享受这生活中最幸福甜蜜的时光, 然而却被突然而至的乳房不适扰乱了心情。排乳不畅、乳房硬结、轻轻一按就非常疼痛, 并且伴随体温升高。这是怎么了? 专家提醒: “当心! 这可能是急性乳腺炎!”

New moms with their babies newly born who could have enjoyed themselves at this happiest time are at a low mood due to abrupt discomfort of breasts. Milk ejection is not smooth, breasts have lumps, a gentle touch may lead to unbearable pains and the body temperature may ascend. What's up? Expert reminder: "Attention, this may be acute mastitis!"

患上产后急性乳腺炎的新妈妈起初会感觉到乳房疼痛, 局部出现硬块、胀痛。随着病情发展, 还可能出现怕冷、寒颤、体温一下升高等状况, 有时可至39℃以上, 脉搏加快。一般情况下, 只有一侧的乳房出现发炎的症状。同一侧的腋窝处淋巴结肿大, 按压有疼痛感。如果到医院查血常规会显示白细胞数量明显增高了。如果得不到及时的处理和治疗, 患病的乳房很可能会化脓, 甚至内部组织受到破坏, 严重的会发生乳瘘。

New moms who suffer from postpartum acute mastitis will feel breast pains at the beginning with local lumps and swelling pains. In the progression of disease, they may be afraid of chill, shiver and have a temperature up to 39℃ sometimes and pulse is racing. Generally, only one of the breasts appears the inflammatory symptom along with lymphadenectasis at the armpit of the same side and pains with press. The result of blood routine examination may show up obviously increasing white blood cells. Without timely remedy, the suffering breast may be very likely festering, or even to the extent that interior tissue is damaged. For the worst circumstance, mammary fistula may occur.

急性乳腺炎多数发生在缺乏哺乳经验的初产妇身上, 产后的一个月是急性乳腺炎的高发期。六个月以后的婴儿开始长牙, 这个阶段妈妈的乳头容易受到损伤, 也应该小心预防。



Acute mastitis mostly occurs on primipara mothers who are lack of breast feeding experience, the high-incidence period of which is within the month after delivery. The infants above 6 months old start to grow teeth, so the nipples are easy to get hurt during this period, so special cares should be also taken.

急性乳腺炎为什么爱欺负新妈妈

Why are new moms inclined to get acute mastitis?

原因一: 乳汁淤积

Reason 1: galactostasis

乳汁淤积是产后乳腺炎发病的主要原因。乳汁的淤积致使细菌大量生长繁殖, 引发炎症。造成乳汁滞留的原因可能是宝宝吸吮姿势不正确, 妈妈哺乳时未让宝宝吸尽乳汁, 或者妈妈在喂奶时用指头挤压乳房等。

Milk deposition is the major factor of puerperal mastitis, which results in the reproduction of a large quantity of bacteria and initiate inflammation. The reasons for milk deposition may consist in incorrect sucking position of babies, the failure of sucking up breast milk or the squeezing of breasts with fingers during feeding, etc.

原因二: 乳头皲裂

Reason 2: cracked nipple

有些妈妈在孕期忽视了乳头的保养,使得乳头皮肤表皮薄弱易损。一旦由于宝宝的吮吸发生皲裂,细菌就会自乳头破损处侵入引起蜂窝组织炎。

Some moms neglect the care of nipples during pregnancy, so the skin of nipples is vulnerable. Hence, the sucking of babies may result in cracks, and then bacteria will invade through the breakage of nipples and arouse phlegmon.

原因三: 乳头发育不良

Reason 3: maldevelopment of nipples

有些新妈妈存在乳头发育不良,如乳头内陷等情况,没有孕前及时治疗,一旦开始哺乳很容易诱发乳腺炎。

The nipples of some new moms don't develop well, for example, crater nipples, and proper treatment fails to be made before pregnancy. In such case, suckling is inclined to induce mastitis.

原因四: 细菌入侵

Reason 4: invasion of bacteria

婴儿口腔炎症或婴儿含乳头入睡,或妈妈没有培养良好的哺乳习惯和卫生习惯,都可使细菌直接入侵乳腺导管,引发炎症。

Infant stomatitis, the habit of infant of falling asleep with nipple, or the bad suckling and health habits of moms may result in the direct invasion of bacteria into lactiferous ducts and induce inflammation.

五大方法击退产后急性乳腺炎

Five methods against postpartum acute mastitis

患上产后急性乳腺炎不用太过紧张,医生通常会根据患处症状采取以下五种方法综合治疗。

Excessive anxiety is unnecessary if you suffer from postpartum acute mastitis. Doctors usually take the following five comprehensive therapies according to the symptoms at the infected part.

物理疗法: 急性乳腺炎早期可作局部热敷,或用中药外敷以促进炎症消散,微波照射也可促进炎症吸收。

Physical therapy: At the early stage of acute mastitis, local hot compress or external application of the traditional Chinese medicine (TCM) can be used to dissipate inflammation; microwave irradiation can also promote the absorption of inflammation.

药物治疗: 可根据妈妈的具体情况选用对金黄色葡萄球菌敏感的药物做抗生素治疗,如头孢类药物等。

Drug therapy: Upon the particular cases, antibiotic

treatment with the drugs sensitive to staphylococcus aureus can be made, for example, cephalosporin.

中药治疗: 采用清热解毒、消肿化痰、通乳散结的中药口服及外敷治疗。

TCM therapy: The intake of TCM decoction and external application can be adopted, which have the function of clearing away heat and toxic materials, disperse stasis and promote lactation.

按摩通乳: 这种方法在乳腺炎早期效果最佳,可迅速排空积乳,防止病情进一步发展。但是需要由乳腺外科的专业医护人员进行按摩通乳,不要随便去找那些网上推荐的通乳师,不正确的按摩手法不仅无法缓解症状,还会使病情严重。

Lactation promotion through massage: This method has the best effect at the early stage of mastitis, which can promptly vent milk deposition and prevent further development of illness, but lactation promotion through massage should be made by the breast surgical professionals. It is by no means sensible to find those recommended lactation promoting personnel online, because incorrect massage manipulation can't relieve symptoms but drive the condition to a bad way.

切开引流: 假如你的乳房已经形成脓肿,那就需要穿刺引流或切开引流了,当然,会是在局部麻醉的情况下进行,所以不必太过紧张。

Incision and drainage: Suppose that abscess has occurred on your breasts, puncture & drainage or incision & drainage are a must, but they will be conducted under local anesthesia, so there is no need to get nervous too much.

TIPS: 如何预防产后急性乳腺炎

TIPS: How to prevent postpartum acute mastitis?

1. 妊娠的整个过程中都应该选择合适的文胸,适当地托起乳房,以免乳房下垂或造成乳房组织损伤。

1. Appropriate bras should be chosen in the entire process of pregnancy to properly hold up breasts, for fear of pendulous breasts or the damage of breast tissue.

2. 有少数准妈妈一侧或双侧乳头凹陷,要及时采取措施,通过日常乳头牵拉改善乳头状况,注意一定要在医生指导下进行,以防出现宫缩现象。

2. A small minority of quasi-moms have crater nipples at one or both sides, so measures should be taken immediately. Usually day-to-day traction of nipples can improve the condition, but it should be made with the help of physicians for fear of uterine contraction

3. 每次喂奶前产妇要先洗手,擦净乳头,喂奶后用清洁纱布覆盖乳头,并用胸罩托起乳房。

3. Before feeding each time, moms need to wash

hands and scrub nipples; after feeding, cover the nipples with clean gauze, and then hold up the breasts with the bras.

4. 及时清除乳头表面上的乳痂,以免奶水排出不畅,使奶水淤滞在乳房。

4. Cradle caps on the nipples should be timely cleaned up for fear that milk can't smoothly flow out and be clogged inside the breasts.

5. 每次喂奶时尽量让宝宝吸空乳房,如果未能吸空,应用手挤出或用吸奶器吸出余下的奶水。

5. Let baby suckle up the breasts during each feeding; if not, squeeze by hand or use the breast pump to suck the remaining milk.

6. 尽量不要让宝宝含着乳头睡觉,这样容易使宝贝吮咬乳头造成破损,诱发乳头感染。

6. Don't let baby fall asleep with the nipple in mouth, because baby may suck or bite the nipples and then the nipples are easily broken and nipple infection may be induced.

7. 出现高烧时要及时去看医生,一旦发生乳腺炎及早进行治疗,避免乳房组织化脓。

7. Please see a doctor immediately when you get a high fever. Therapeutic treatment for mastitis should be made as early as possible, so as to avoid the fester of breast tissue.

TIPS: 急性乳腺炎吃点什么好

TIPS: What diets are good for the cure of acute mastitis?

【苍耳炒鸡蛋】

[Scrambled eggs with Siberian cocklebur]

疏散风邪,化结消肿

Disperse pathogenic influence and stasis and reduce swelling

材料: 鸡蛋150克,苍耳子10克,花生油15克,盐1克。

做法: 先将苍耳子仁研成细末,与鸡蛋拌匀;热锅,倒入花生油,烧至八成热时,倒入已拌好的苍耳子仁末与鸡蛋,煎至鸡蛋熟,加细盐和少量清水,煮沸即可。

Ingredients: egg 150g, Siberian cocklebur 10g, peanut oil 15g and salt 1g.

Recipe: Grind Siberian cocklebur kernels into fine power and mix thoroughly with eggs; pour the peanut oil after the pan is heated; put the mixture when the pan is heated by 80%, fry until the egg is done, add some salt and a little water, remove it from the pan after boiled.

【凉拌黄花菜】

[Day lily dressed with sauce]

解毒消肿,利水通乳

Relieve internal heat or fever, reduce swelling and promote lactation

材料: 新鲜黄花菜200克,卤香干2块,味精、糖、盐、麻油各适量。

做法: 将黄花菜择洗干净,放入沸水焯1分钟,取出过凉后,将其切成细末。再将卤香干切成碎末后,拌入黄花菜末中,加入糖、盐、味精,淋上麻油,拌匀即可食用。

Ingredients: fresh day lily 200g, pot-stewed bean curd 2 PCS, MSG, sugar, salt and sesame oil in proper quantity.

Recipe: Wash day lily, scald it in the boiling water for 1 minute, cut the day lily and pot-stewed bean curd into small pieces, mix the bean curd with the day lily, add sugar, salt and MSG, pour some sesame oil, and mix them thoroughly.

【蒲公英粥】

[Dandelion porridge]

清热解毒,消肿散结

Clear away heat and toxic material, remove swelling and disperse stasis

材料: 粳米100克,蒲公英90克。

做法: 将蒲公英洗净,切碎,加水煎煮,去渣取汁,与淘洗干净的粳米一同入锅,加水适量,先用旺火烧开,再转用文火熬煮成稀粥。

Ingredients: round-grained rice 100g and dandelion 90g.

Recipe: Clean the dandelion, cut it up and boil out in the water, filter the dandelion for juice, and put it into the pot with rice washed; add some water, boil it with high heat, and cook it into porridge over gentle heat.

Solutions to have silky skin

丝滑肌肤进行时

四月不脱毛，五月猕猴桃；五月不脱毛，六月一身毛。四月一过完就进入夏天了，可你还是满身“杂草”吗？是时候和讨厌的毛发say bye啦！

If you do not have your body hair removed in April, you will have a skin like kiwi fruit in May. If you do not have your body hair removed in May, you will be covered with a fine coat of hair in June. Summer will arrive when April ends. Do you still have your body covered with “weeds”? It is time to say goodbye to the disgusting body hair!

据调查，50%的男性讨厌另一半留腋毛，98%的男性对另一半四肢汗毛过长反感；70%的女性选择2—6月份脱毛。

Surveys show that 50 percent men are fed up with their other half keeping underarm hair, 98 percent men dislike their other half to have long fine hair in arms and legs, and 70 percent women choose to have their body hair removed between February and June.

所以妹纸，春夏之交，想要脱单，还是脱毛先！

So dear sisters, if you want to be no longer single when spring is changing into summer, get your unwanted body hair removed first.

脱毛显然已成为现代人不可忽略的功课，但是你知道么，其实脱毛的历史几乎和人类的文明史一样的悠久。不信？那我们就先来一探古代世界各地脱毛秘籍吧！

Removing body hair has apparently become a necessity not to be neglected by modern people. But do you know that the history of body hair removal is actually as long as the history of human civilization. You don't give a shit? Let us first probe the secret solutions on unhairing around the world in ancient times.

全球古代脱毛大法

Global hair removal solutions in ancient times

● 古埃及

Ancient Egypt

埃及人可能是许多美容方法的先驱，但是实际上，她们在脱毛这项功课上投入的时间是最多的。据文献记载，古埃及及女性会用贝壳制成的镊子、浮石，或用糖和蜂蜜制成的蜡

等，脱掉所有的体毛，包括头上的毛发。

The ancient Egyptians might be the pioneers of many ways to beautify the features. But in reality, they devoted most time to unhairing solutions. According to documentary records, ancient Egyptian women could remove all hair from the body, including hair on the head, with shell-made tweezers, pumice stones, or wax made of sugar and honey.

● 罗马帝国

Roman Empire

在罗马帝国时代，较少的体毛被认为是上等阶层的象征，所有富有的女性和男性都会使用燧石制成的剃刀、镊子来脱掉多余的毛发。你可以看到许多著名的希腊女性的雕像和画像都表现得光秃秃的，没有一丝的体毛。

In the age of Roman Empire, lesser body hair was taken as a symbol of the upper classes. All wealthy women and men would put off unwanted hair with razors and tweezers made of flints. You may see many famous Greek women have shiny skin without any body hair in sculptures and portraits.

● 中国隋朝

Sui Dynasty, China

“挽面”相传起源于隋朝，就是用线除掉脸上细微的汗毛，让面部看起来更光滑。“挽面婆”首先在被挽面者的脸上抹些石灰粉用作润滑，然后拿一根浸湿的白色棉线，借助牙齿和双手让棉线上下左右交叉绞动，拔掉脸上的绒毛。

Wan mian, or traditional face-hair removal, was said to stem from the Sui Dynasty (581-619) in ancient China. It is to remove the fine hair on the face with threads, letting the face to look smoother and glossier. Wan mian po, the woman offering face-hair removal service, first smears some lime powders on the face of the customer for lubrication. Then, she takes a wetted white cotton thread, and twists the thread with the help of her teeth and hands, to remove the unwanted hair on the face.

● 中世纪欧洲

Europe in Middle Ages

英国女王伊丽莎白一世是那时候的时尚一姐！在女性当中，她领先的脱除了脸上的毛发，而不是身体的，其他的女性在她的带动下也跟着这么做了。这个时尚的标志是，脱掉了眉毛和前额的头发(使前额显得更大)，女性们用核桃油，或者浸泡在氨水中的绷带包扎还有醋来脱毛。

British Queen Elizabeth I was the most fashionable woman of the time. She was the first woman to remove hair from the face, instead of the body. Other women followed suit. The sign of the vogue was to remove the eyebrows and forehead hair (make the forehead look larger). The women removed the hair with walnut oil, bandaging soaked in ammonium hydroxide and vinegar.

现代人的时尚新招术

New fashionable solutions of the modern people

看完上面的古代民间脱毛方法，是不是不由庆幸自己身在现代，可以用脱毛膏和蜡纸就可轻轻松松拥有丝滑肌肤？脱毛刀、脱毛膏、脱毛手术……究竟哪种方法痛感最低，哪种方法效果最好呢？

Having read the unhairing solutions of the ancient times, do you rejoice that you are living in the modern times? Now you may easily possess silky skin with depilatory creams and wax paper. With shedding blade, depilatory creams, unhairing surgery, which is the best way to have the least pain and best effect?

【方法一：脱毛刀】

[Solution I: shedding blade]

方法：先涂上泡沫一样的女士除毛护理露，再用专业女士脱毛刀刮掉杂毛。但只能把长在皮肤外的毛干去掉而不能影响到毛囊，因此出现反复去毛、反复生长的现象。

优点：方便快捷毫无痛感。

缺点：所有用过这一招的人都知道，毛渣会很快长出来，甚至是几个小时之内。

适用部位：腋下，手臂，腿部。

疼痛程度：只有在不小心刮出血之后会刺痛一下。

Method: First, wipe the foam-like women depilatory creams, and then scrape off the unwanted hair with special shedding blade for women. This could only take out the hair above the skin, and cannot affect hair follicles. Hence, the hair will grow out after unhairing.

Merit: convenient, efficient, without pain.

Defect: Everybody having used the trick knows the residues will grow out soon, even in a few hours.

Applicable parts: armpits, arms and legs.

Pain degree: It will lead to stabbing pain if shaved carelessly.

【方法二：脱毛膏】

[Solution II: depilatory creams]

方法：先用温水洗净需要脱毛的部位，涂上厚度不少0.5毫米的脱毛膏，待毛发变异后用清水洗净。时间约为6—15分钟，每次在同一部位使用脱毛膏的间隔时间应不少于一周。

优点：简单省力，无痛，而且再生长的毛发会比用剃毛刀脱毛后更柔软。

缺点：此方法对毛囊没有破坏，故持续时间不长，大概三天左右就会再长出来。此方法的化学成分对皮肤有刺激，频繁使用或敏感皮肤会造成红肿过敏，甚至发生皮疹。味道比较刺鼻，用后会有痒痒的不适感，建议大面积涂抹前在局部试用，对于非常敏感的肌肤可能会引发过敏反应，脱毛的过程比较慢。

适用部位：腋下，手臂，腿部。

疼痛程度：基本无痛感。

Method: Wash the parts to have hair removed with warm water. Paint depilatory creams no less than 0.5mm thick. Wash the parts clean when the hair changes. It lasts for 6 to 15 minutes. Keep an interval of at least one week to paint depilatory creams in the same part.

Merit: simple, painless. The reborn hair will be softer than those growing after razed with shedding blade.

Defect: The hair follicles are not hurt under this method. So the effect will not last long. The hair will grow out in about three days. The chemical components in this method will be irritating to the skin. Frequent use of the depilatory creams or users with sensitive skin will have red, swollen allergic phenomenon, or even suffer from efflorescence. The depilatory creams have acute flavor, resulting in itchy discomfort. Partial trials are suggested before smearing in large parts. Users of sensitive skin might have anaphylactic reactions. The dehairing process might be long.

Applicable parts: armpits, arms and legs.

Pain degree: barely any pains.

【方法三：蜜蜡】

[Solution III: beeswax]

方法：利用蜜蜡的黏性粘住体毛，把毛干从毛囊内连根拔除，但因为毛乳头没有被破坏，所以毛发还会再生，但再生的速度相对较慢。

优点：脱毛之后再生速度相对较慢。

缺点：引致疼痛。去毛后要特别注意清洁护理。

适用部位：眉毛，唇毛，腋下，手臂和腿部。

疼痛程度：第一次会比较痛。敏感的女士可能会痛得眼

泪都掉下来。但慢慢习惯就好。除一次可以维持两个月到三个月。

Method: stick body hair with beeswax, and root out hair shafts from hair follicles. Since hair papillae are not hurt, hair will grow out again, but at slower pace.

Merit: hair will grow at slower pace.

Defect: It leads to pains. Take care of cleaning after removing the hair.

Applicable parts: eyebrows, lip hair, armpits, arms and legs.

Pain degree: It is painful in the first time. Sensitive women might shed tears in pain. They will get used to it slowly. One operation remains effective for two to three months.

【方法四：五洲冰点激光脱毛】

[Solution IV: GlobalCare freezing point laser hair removal]

方法: 首先就是需要将治疗部位表面的毛发刮去。然后, 医生会在治疗部位涂抹一些冷凝胶。进入治疗时, 顾客要戴上深色眼镜以保护眼睛免受激光照射损伤。然后将半导体激光脱毛机的治疗头导光晶体轻放于治疗皮肤, 并开始释放激光, 顾客可能会感到有一点点灼热的刺刺的微痛感觉, 之后洗去冷凝胶, 部分毛发也随之脱落。治疗区域内那些仍存在的少量毛发根, 将在一两周内自动脱落。

适用部位: 毛发越黑效果越明显。腋下, 手臂, 腿部效果都不错, 女性唇毛效果一般。

疼痛程度: 比激光点痣的疼痛程度轻, 一般人都能承受, 不会有咬牙切齿的痛。

Method: First, shave all the hair from the sites for treatment. The doctor will then paint some epoxy resins on the treatment sites. As the treatment starts, the customer should wear dark color glasses to protect eyes from laser radiation. The doctor will gently place the optical crystal of the semiconductor laser depilator upon the skin, and start to release laser. The customer might feel a bit scorching, stabbing pain. After that, wash off the epoxy resins, and some hair will fall off in consequence. The few hair roots remaining in the treatment sites will fall off by themselves in one to two weeks.

Applicable parts: the darker the hair, the more apparent the effect. It is effective on armpits, arms and legs, and less effective on lip hair of women.

Pain degree: It is less painful compared with removing moles with laser. Most people could stand it, without pains to grind their teeth.

TIPS: 五洲冰点激光脱毛步骤

TIPS: Procedures of GlobalCare freezing point laser hair removal

冰点脱毛第一步——“冰点无痛脱毛”, 适用于不同类型颜色的肤色, 以及不同粗细颜色的毛发, 因其“无痛”特点, 特别适用于敏感部位如唇周、腋下、比基尼部位的毛发去除, 同时其快速滑行技术适合大面积, 如胸背部、手臂、腿部的大面积毛发去除。

冰点脱毛第二步——“NIR红外无痛缩毛孔”, 可以轻松无痛用于各种肤色、不同身体部位, 无副作用, 是快速美容的理想之选。

Step one: “freezing point painless hair removal” applies to skins of various colors, and hair of various thickness and color. Since it is “painless”, the technique especially fits removing hair in sensitive parts, such as lips, armpits and bikini parts. The rapid skating technique also applies to hair removal in large parts, such as the chest, back, arms and legs.

Step two: “NIR painless pore refining” may be easily applied in various skin colors and body parts, without any pains and side effects. It is an ideal option for rapid hairdressing.

TIPS: 冰点脱毛三大优势

TIPS: Advantages of freezing point hair removal

1.理想波长。冰点激光波长能穿透至真皮的深层以及皮下脂肪组织, 作用于不同部位和深度毛囊, 快速彻底去除人体任何部位和深度的毛发。

1. Ideal wave length. Freezing point laser wave length may pierce into the deep layer of the skin and subcutaneous fat tissues. They act on various parts and deep hair follicles, quickly and thoroughly wipe off hair in any parts and depth of human body.

2.理想脉冲。脱毛效果所需脉冲时间与毛发粗细有关, 毛发越粗所需作用时间越长, 冰点激光脉冲时间从5毫秒至100毫秒, 获得理想的脱毛疗效的同时, 又能有效保护表皮不受热损伤。

2. Ideal pulse. The pulse time needed for unhairing effect is associated with the thickness of hair. The thicker the hair is, the more time is needed. Freezing point laser pulse time lasts from 5 milliseconds to 100 milliseconds. While obtaining satisfactory unhairing effect, the customer may have the skin effectively protected from the heat injury.

3.无色素沉着。冰点激光穿透深度较深, 表皮吸收激光的能量很少, 因此不会产生黑色素沉着, 不会出现炎症。

3. No pigmentation. Freezing point laser may have great depth of penetration. The skin surface absorbs little laser energy, hence without melanin pigmentation, or inflammation.



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