

The World as China 世界中国

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The World's Unique Magazine
国际多语种刊物
2017 / 04 总第069期



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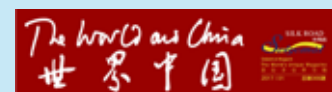


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中国 China

发行介绍

INTRODUCTION OF THE PUBLICATION

世界中国杂志创建于2006年，为多语种国际刊物。

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公務务旅行者等。

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

发行地点

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

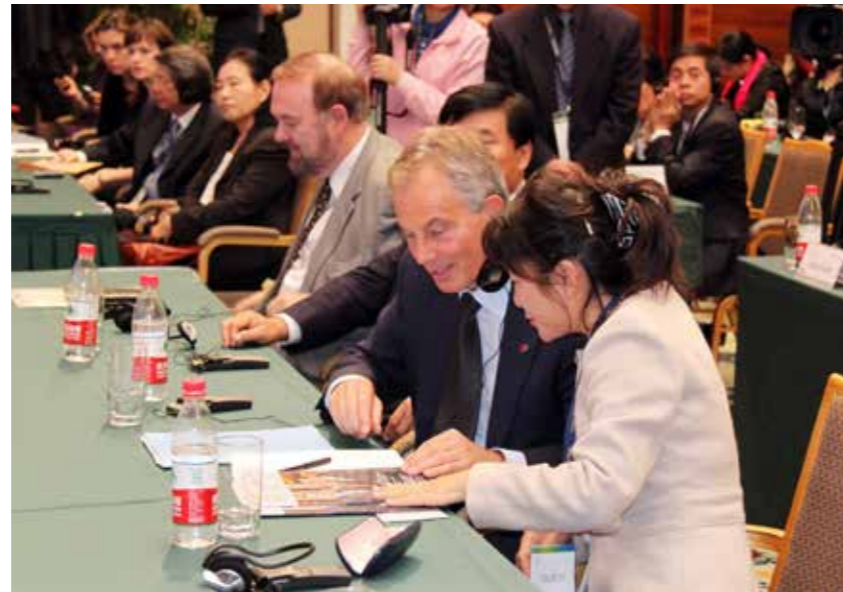
In China: The magazine can be found in many ministries of central government, many enterprises and public institutions, members of CCPIT China Chamber of International Commerce, embassies, headquarters of international organizations in China, business clubs and nearly 50 five star hotels as well.

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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



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中国两国人民
友谊之花常开
为《世界中国》杂志题词
邹家华

原中国国务院副总理、全国人大常委会副委员长邹家华先生为本刊题词

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

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Independence Day of Congo 刚果独立日



2017年6月30日，值此刚果民主共和国独立57周年之际，刚果驻华大使馆在北京举办了庆祝招待会。

On June, 30, 2017, a reception to celebrate the 57th anniversary of the independence of the Democratic Republic of Congo, was held by the Embassy of Congo in Beijing. (本刊讯)



刚果民主共和国驻华大使奥克托阁下与外交部副部长助理钱洪山共同举杯庆祝活动圆满举行



刚果民主共和国驻华大使奥克托阁下携夫人欢迎到场宾客



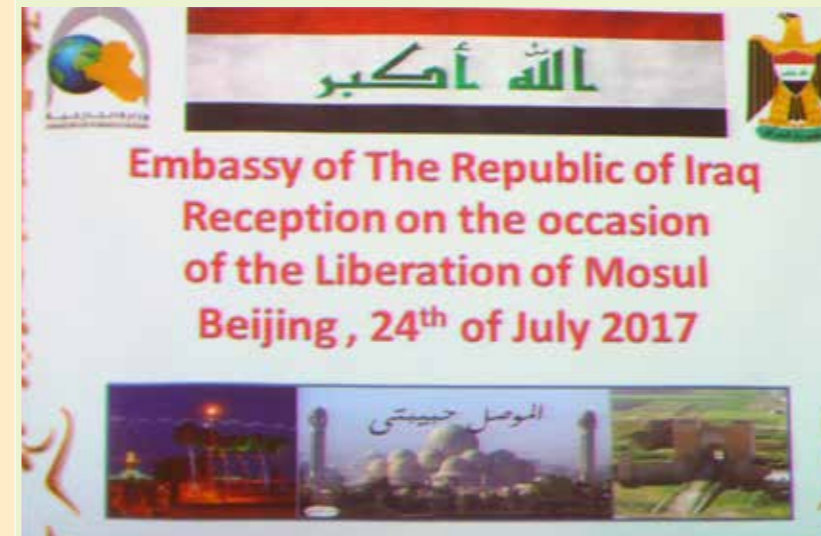
Liberation Day of Mosul 摩苏尔解放日

为庆祝摩苏尔解放日，伊拉克驻华大使馆于2017年7月24日在京举办了庆祝招待会。

On July 24, 2017, a reception to celebrate the Liberation Day of Mosul was held by the Embassy of Iraq in Beijing. (本刊讯)



伊拉克驻华大使艾哈迈德·贝尔瓦利Ahmad Berwari 阁下与出席贵宾 Ahmad Berwari, Ambassador of Iraq to China, and the guests





Día Nacional de Colombia 哥伦比亚国庆日



2017年7月20日, 值此哥伦比亚国庆之日, 哥伦比亚驻华大使馆在京举办了庆祝招待会。

El 20 de julio de 2017, siendo el Día Nacional de Colombia, se celebró el banquete festivo en Beijing por la Embajada de Colombia en República Popular de China. (本刊讯)



哥伦比亚总统胡安·曼努埃尔·桑托斯·卡尔德龙 Juan Manuel Santos Calderón 发来祝贺视频
Se envió el vídeo de congratulación por el Presidente de Colombia Don Juan Manuel Santos Calderón.



哥伦比亚驻华大使奥斯卡·鲁埃达 Oscar Rueda 阁下与外交部部长助理秦刚阁下共同举杯庆祝活动圆满举行
Se brindaron juntos festejando la celebración perfecta de las actividades el Embajador Colombiano en China Don Osacar Rueda y el Adjunto de Ministro de Ministerio de Relaciones Exteriores de China Don Gang Qin



哥伦比亚驻华大使奥斯卡·鲁埃达 Oscar Rueda 阁下携夫人欢迎到场宾客
Se dieron bienvenido a los huéspedes por el Embajador Colombiano en China, Don Osacar Rueda y su señora.



哥伦比亚驻华大使奥斯卡·鲁埃达 Osacar Rueda 阁下与时任中国驻哥伦比亚大使们合影
Se hacen foto junta el Embajador Colombiano en China Don Osacar Rueda y los embajadores chinos en Colombia



哥伦比亚特色物品展示



中国和哥伦比亚的歌唱家分别演唱中哥国歌



Los cantantes chinos y colombianos se cantaron por separado el himno nacional de China y de Colombia.



Osacar Rueda大使(左)大使高度评价古巴、挪威、中国等国为促进哥伦比亚政府与“武装力量”的和解,所作出的贡献。如今“武装力量”成员已解甲归田,融入民间了。 Osacar Rueda大使在致辞中,还特别提到了英国学者Gavin Menzies(加文·孟席斯)在2002年出版的《1421: 中国发现世界》(1421: The Year China Discovered the World),提出郑和船队在哥伦布之前就抵达美洲的惊人研究成果(但尚未得到世界公认)。

Banquete del Día Nacional de Consulado General de Colombia en Shanghai 哥伦比亚驻沪总领事馆国庆招待会

方毓强 摄影、报道 Author/Photo by FANG Yuqiang

7月21日,“哥伦比亚207周年国庆日”活动在上海举办。哥伦比亚驻沪总领事Luz Helena Echeverry女士主持,哥伦比亚驻华大使Osacar Rueda(奥斯卡·鲁埃达)先生专程抵沪出席并发表热情洋溢的讲话,上海市副市长时光辉等约200位中外嘉宾出席。

El 21 de julio, se celebró las actividades del Día Nacional de Colombia del Aniversario 2017, en que se presidió por Cónsul de Consulado General de Colombia en Shanghai Doña Luz Helena Echeverry, el Embajador Colombiano en China Don Osacar Rueda llegó especialmente a Shanghai a figurar en este banquete, y dio las palabras con entusiasmo, también figuraron aproximadamente de 200 huéspedes chinos y extranjeros, incluyendo el Sub Alcalde Ciudad de Shanghai Don Shi Guanghui.



上海市副市长时光辉(右)与Osacar Rueda大使(左)举杯致意



上海塞万提斯图书馆合唱团(Coro Cervantes)在定居上海的哥伦比亚音乐家Erika Morant女士指挥下演出



Second Colombian Spirit and Fruit Juice Expo 第二届哥伦比亚美酒和果汁品鉴会

8月15日,哥伦比亚出口、旅游、投资及国家品牌促进会,在哥伦比亚驻华使馆举办了“第二届哥伦比亚美酒和天然果汁品鉴会”。来宾们品尝了来自哥伦比亚的9款精选美酒:朗姆酒、茴香酒、杜松子酒等。(本刊讯)



驻华大使奥斯卡·鲁埃达·加西亚阁下(S.E. Oscar Rueda García)致辞



哥伦比亚出口、旅游、投资及国家品牌促进会出口副会长胡丽阿娜·比耶赫丝女士(Sra. Juliana Villegas Restrepo)讲话



Colombia Awards Mr. Yuan Xikun and the Ambassador of Colombia 哥伦比亚向袁熙坤先生颁发荣誉勋章



2017年8月11日, 值此哥伦比亚陆军节之际, 哥伦比亚将军《科尔多瓦》雕塑揭幕仪式暨哥伦比亚共和国国防部向袁熙坤先生以及哥伦比亚驻华大使奥斯卡·鲁埃达 (Oscar Rueda) 阁下颁发“何塞·玛利亚·科尔多瓦将军”最高荣誉勋章的授勋仪式在北京金台艺术馆举行。

On August 11, 2017, on the occasion of the Colombian Army Day, the sculpture created by Yuan Xikun of Colombian General, Cordova was unveiled. Using this occasion, Mr. Yuan Xikun and the Ambassador of Colombia to China, Mr. Oscar Rueda was decorated with a Colombian award by the Defence Attache of Colombia, Pedro Rojas in Jintai Art Gallery, Beijing.
(本刊讯)



哥伦比亚将军《科尔多瓦》雕塑揭幕仪式
The ceremony to unveil the sculpture of Colombian General Cordova



哥伦比亚海陆空武官上校佩德罗·罗哈斯 (Pedro Rojas) 先生为哥伦比亚驻华大使奥斯卡·鲁埃达 (Oscar Rueda) 阁下授勋
Pedro Rojas, Colombian attaché, decorates Mr. Oscar Rueda, Ambassador of Colombia to China.



中国人民解放军陆军参谋长助理韩强少为袁熙坤先生授勋
Han Qiang, Assistant Chief of PLA staff, awards the decoration to Mr. Yuan Xikun.



哥伦比亚海陆空武官上校佩德罗·罗哈斯 (Pedro Rojas) 先生欢迎到场宾客
Mr. Pedro Rojas, Colombian attaché, welcomes the guests

中国儿童用西班牙语演唱哥伦比亚国歌
Chinese children sing the Colombian national anthem in Spanish.



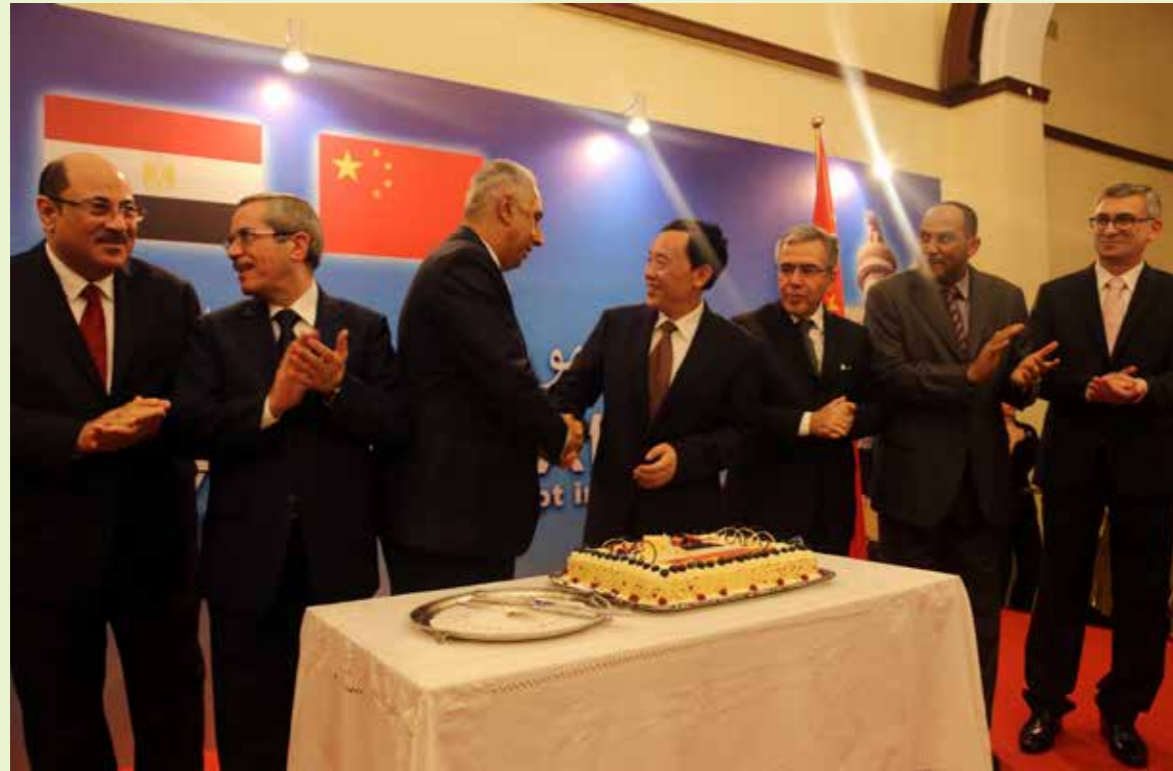


National Day of Egypt 埃及国庆日



2017年8月3日, 值此阿拉伯埃及共和国第65个国庆日之际, 埃及驻华大使馆举办庆祝活动。

On August 3, 2017, the 65th National Day of the Arab Republic of Egypt was celebrated by the Embassy of Egypt in China. (本刊讯)



出席活动嘉宾共同庆祝活动圆满举行



文艺表演

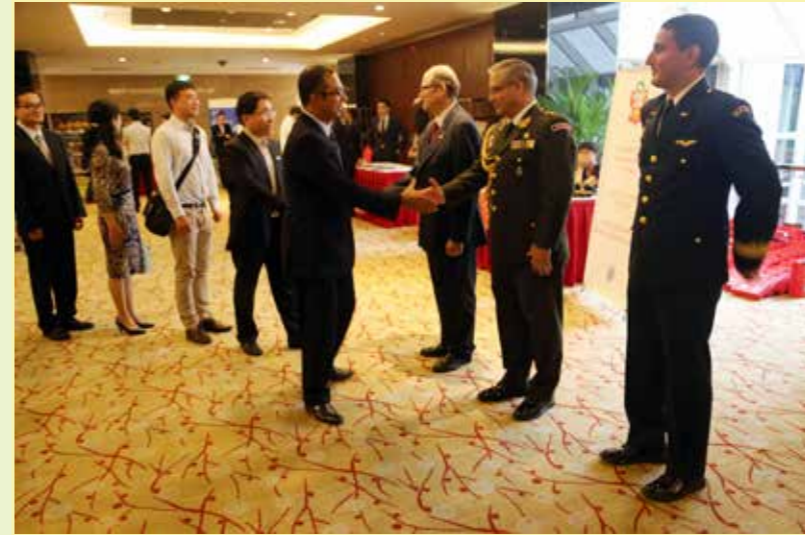
埃及驻华大使穆罕默德·奥萨马·塔哈·马格杜布阁下携使馆官员欢迎到场宾客

Día de Independencia de República de Perú 秘鲁共和国独立日



秘鲁驻华大使馆在京举办了庆祝招待会。

Se celebró el banquete festivo en Beijing por Embajada de Perú en República Popular de China. (本刊讯)



迎宾 Recibir a los huéspedes



秘鲁驻华大使胡安·卡洛斯·卡普纳伊阁下与中外外交部部长助理秦刚阁下共切庆祝蛋糕

Se cortaron juntos el pastel festivo por el Embajador peruano en China Don Juan Carlos Capuñay con el Adjunto de Ministro de Ministerio de Relaciones Exteriores de China Don Gang Qin

秘鲁乐队演奏中秘双方国歌
La orquesta peruana actuó el himno nacional de China y de Colombia.





Independence Day of Jamaica 牙买加独立日



值此牙买加独立55周年之际，牙买加驻华大使馆在京举办了招待宴会。

On the 55th anniversary of the independence of Jamaica, the Embassy of Jamaica held a reception banquet in Beijing. (本刊讯)



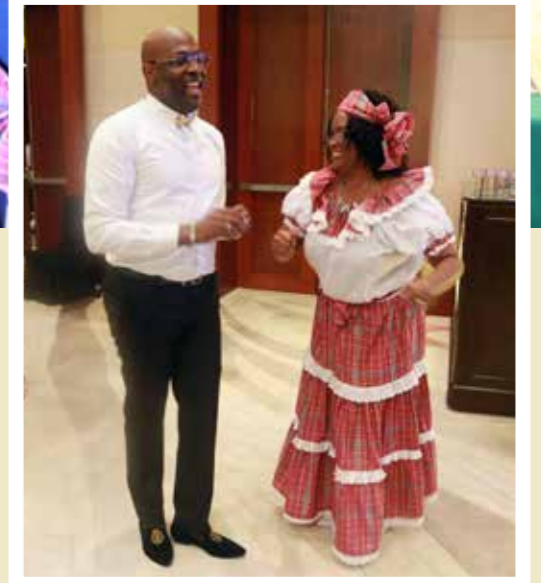
牙买加驻华大使丘伟基 (Antonia Hugh) 阁下致欢迎辞



出席活动贵宾共切庆祝蛋糕



活动在牙买加国歌演奏中开始



牙买加文艺表演



牙买加驻华大使馆公使衔参赞谢莱特·坎贝尔 Cherett Campbell 女士讲话宣读总国庆致辞



驻华使节们欢歌跳舞



斯洛伐克驻华大使杜尚·贝拉 (Dusan BELLA) 阁下致辞
Ambassador Dusan Bella addressed the audience.



Slovakian National Day Activity 斯洛伐克国庆活动

On 2nd September, on the occasion of the National Day, a concert and an exhibition was held in the Embassy of Slovakia in Beijing.

借斯洛伐克国庆节之际，斯洛伐克大使杜尚·贝拉在使馆举办图片展及音乐会。



音乐会由小提琴演奏家 Pavel Burdych 和钢琴家 Zuzanna Beresova 共同演奏
The concert was given by famous violinist Pavel Burdych and pianist Zuzanna Beresova



驻华使节与巴尔代约夫城一行以及音乐家合影



Town Bardejov

Bardejov - a town situated near Polish border in the eastern part of Slovakia is truly the pearl of middle ages. Not a very big old town is surrounded by stone walls with bastions, burger houses painted in pastel colours and monumental church of St. Egidius with unique Gothic winged altars can take us to the past. In the Town Hall which previously served as a centre of administrative and economic life in Bardejov, is Saris museum at the moment. Collections of interesting memorabilia presenting town's history and its close relationship with Poland can be found there. And behind municipal walls in the middle of urban area, there is another treasure of Bardejov - suburbia - a place that resembles nonexistent world of Jewish society with synagogue, ritual baths, assembly building and school. Bardejov inscribed on the UNESCO World Cultural Heritage List is a gorgeous place that combines past and present in harmony.

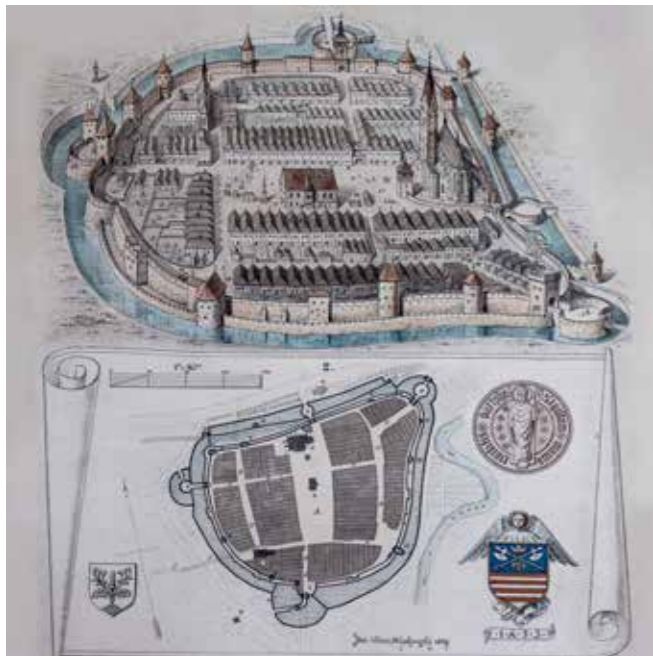
1. The main town square in 1962
2. View of the park near Dlhý rad street, 1958
3. State of Thick Bastion in 1955
4. School bastion with Monastery Church, 1940
5. School Bastion in 1955
6. Reconstruction of Big Bastion in 1951
7. Eastern fortifications of town at present
8. Promenade park after reconstruction
9. School Bastion at present
10. Thick Bastion at present
11. Renaissance Bastion
12. Bridge and Barbican at Lower Gate



巴尔代约夫城

巴尔代约夫——位于斯洛伐克东部临近波兰边境的一座可以称得上是中世纪珍珠的古城。围绕着城市的堡垒石墙，色彩鲜艳的特色排屋建筑以及古迹圣伊吉迪亚斯教堂中独特的哥特式祭坛将带我们穿越历史，回到过去。在过去作为巴尔代约夫的行政和经济中心的老市政厅，如今已经成为Saris地区博物馆。在那里，可以看到代表着城市发展及其同波兰的友好关系历史的有趣的纪念展品。市中心的城市围墙后面，是巴尔代约夫的另一处文化瑰宝——犹太城区——那里保留了许多如今已经很难见到如犹太教堂，洗礼圣堂和学校等犹太聚居遗迹。巴尔代约夫作为一座集历史与现在和谐融为一体的城市，如今已被联合国教科文组织列入世界文化遗产名录。

1. 1962年的主城广场
2. Dlhý rad街附近的公园景观，1958
3. 1955年的厚堡堡垒
4. 学校堡垒与修道院教堂，1940
5. 1955年的学校堡垒
6. 1951年大堡垒的重建
7. 城市东部防御工事上的现状
8. 重建后的步行公园
9. 学校堡垒现状
10. 厚堡垒现状
11. 文艺复兴时期堡垒
12. 低城门的桥和城楼



The UNESCO Listed Town Bardejov in Slovakia
斯洛伐克世界文化遗产——巴尔代约夫城



45° aniversario del establecimiento de relaciones diplomáticas entre la República Popular China y la República Argentina
中华人民共和国与阿根廷共和国
建交45周年纪念



阿根廷驻华大使盖铁戈阁下携夫人与嘉宾交谈





Fiesta de Diós Sol
太阳神节

2017年7月5日，秘鲁、玻利维亚、厄瓜多尔三国驻华使馆在北京共同主办2017太阳神节活动。

El 05 de julio de 2017, se celebraron juntos en Beijing las tres embajadas en China tales como de Perú, Bolivia y Ecuador la Fiesta de Diós Sol de 2017. (本刊讯)

传统舞蹈表演



三国主办方大使分别致辞



Global Ceylon Tea Party in Beijing 斯里兰卡全球品鉴茶会在京举办



2017年7月6日, 为纪念斯里兰卡茶叶贸易150周年, 特此在斯里兰卡驻华大使馆举办斯里兰卡全球品鉴茶会。在这一天全世界的斯里兰卡驻华使馆都在这一时间举办这个传统茶派对,

On 6th July, for celebrating the 150th Anniversary of Ceylon tea, the Embassy of Sri Lanka in Beijing hosted a great tea party at the embassy, just like all other Sri Lankan embassies do across the globe at this time of the year. (本刊讯)



大使向嘉宾介绍斯里兰卡佳肴, 以及斯里兰卡酒。

Press Dinner by Sri Lanka 斯里兰卡媒体晚宴

2017年7月29日晚, 斯里兰卡驻华大使卡鲁纳塞纳·科迪图瓦库 Karunasena Kodituwakku 阁下在官邸设宴答谢媒体, 近9家代表出席。

On the evening of July 29, 2017, Karunasena Kodituwakku, Ambassador of Sri Lanka to China, gave a dinner to thank the press in his official residence. Delegates from almost nine mass media attended the event. (本刊讯)



斯里兰卡驻华副馆长莎妮·科丽尼若特尼·卡鲁纳若特尼讲话中提到:
大约160多年前, 茶种由中国人带到了斯里兰卡, 斯里兰卡人在150年开始了茶贸易
Ms. Shanni Karunaratn, Deputy Head of the Embassy said: "About 160 years ago, Chinese people brought tea seeds to Sri Lanka, and 150 years ago the tea trade has begun."



斯里兰卡驻华副馆长莎妮·科丽尼若特尼·卡鲁纳若特尼(Ms. Shanni Karunaratn), 英国“路透社”, “世界中国”杂志社, 亲切交谈。“人民日报”社, “新华社”等中国主流媒体也应邀出席。



斯里兰卡红茶现场品鉴



斯里兰卡传统舞蹈





Actuaciones de Guitarra Española 西班牙吉他演出



2017年7月18日,值此国家文化艺术月暨西班牙文化月之际,西班牙驻华大使馆在中华世纪坛剧场举办了“哈维尔·贡德—吉他之夜”文艺演出。(本刊讯)



El 18 de julio de 2017, siendo el mes de cultura y arte nacional y el mes de cultura española, la Embajada de España en China celebró en el Teatro de Zhonghuashijitan las actuaciones artísticas y culturales de Noche de Guitarra -Javier •Conde



接下来,请大家观看委内瑞拉玻利瓦尔共和国总统为此活动发来的视频致辞。

法比亚拉·何塞,艾迪·马尔卡诺,赫苏斯·阿萨雷斯·布利托和何塞·普恩特思4名委内瑞拉著名的传统音乐家,他们真正代表了我们的国家。

他们用和谐的首肯向观众传递和平、友谊、善良、祥和和快乐的信息。

法比亚拉的天籁之声在艾迪充满活力和激情的小提琴伴奏下,让观众感受到喜悦、思乡等多种情感。同时,还有赫苏斯·阿萨雷斯演奏的吉他和何塞·普恩特思的低音提琴伴奏。

让我们热烈欢迎艾迪·马尔卡诺,法比亚拉·何塞,赫苏斯·阿萨雷斯和何塞·普恩特思。

The following is a video with a message from the President of the Republic of Venezuela for this event:

Fabiola José, Eddy Marciano, Jesús González and José Puentes are renowned Venezuelan musicians who are part of our tradition. These four musicians represent Venezuela and their presentation is aimed at conveying a message of tranquility and joy expressed in their musical repertoire.

The magical voice of Fabiola will join the violin, constituting a unique pair, capable of conveying other emotions. Also, they will be accompanied by the guitar and José Puentes in the contrabass.

WE GIVE A GREAT WELCOME TO EDDY MARCAÑO, FABIOLA JOSÉ, JESÚS GONZÁLEZ AND JOSÉ PUENTES.



Concierto de Venezuela 委内瑞拉音乐会



为纪念委内瑞拉独立206周年和中委建交43周年之际,委内瑞拉玻利瓦尔共和国大使馆在北京天桥艺术中心举办了音乐会演出。

Para conmemorar el Aniversario 206 de Independencia de Venezuela y Aniversario 43 de Fundación de Relaciones Exteriores entre China y Venezuela, se celebró las actuaciones del concierto en el Centro de Arte de Tianqiao de Beijing por la Embajada de República Bolivariana de Venezuela. (本刊讯)





Press Conference of the Embassy of Uruguay in China 乌拉圭驻华大使馆新闻发布会

7月12日, 值乌拉圭内政部部长爱德华多·博诺米访华之际, 乌拉圭驻华使馆举行新闻发布会。回顾了乌中双方公共安全领域合作情况及乌拉圭内政部在相关领域的其他工作。(本刊讯)



乌拉圭内政部部长爱德华多·博诺米讲话

Ambassador Fernando Lugris Ambassador Extraordinary and Plenipotentiary of Uruguay to the People's Republic of China

乌拉圭驻中华人民共和国特命全权大使 费尔南多·卢格里斯先生介绍

Born in Montevideo, Uruguay, Mr. Lugris speaks Spanish (native), English, French, Italian and Portuguese. 卢格里斯先生出生在乌拉圭蒙得维得亚, 讲西班牙语(母语)、英语、法语、意大利语和葡萄牙语。

In 2015 Ambassador Lugris has been designated as Ambassador Extraordinary and Plenipotentiary of Uruguay to the People's Republic of China 在2015年, 卢格里斯先生被任命为乌拉圭驻中华人民共和国特命全权大使

Ambassador Fernando Lugris is a career diplomat of the Uruguayan Foreign Service, specialized in multilateral negotiations related to the environment, human rights, trade and regional integration.

费尔南多·卢格里斯大使是一位乌拉圭外事服务职业外交官, 专注有关环境, 人权、贸易和区域一体化的多边谈判。

From March to October 2015, he was the National Coordinator of Uruguay of UNASUR, in charge of the Uruguayan Presidency of the South American Union of Nations 2015-2016.

从2015年3月到10月, 负责乌拉圭总统的南美洲国家联

盟事务。

Since 2013 he is the Permanent Representative of Uruguay to UNEP and UN-Habitat.

自2013年以来, 他是乌拉圭常驻联合国环境规划署和联合国人居署的常驻代表。

From November 2013 to March 2015 he was Deputy Director General, and then Director General for Political Affairs of the Ministry of Foreign Affairs of Uruguay, as well as Vice President of the Delegation of Uruguay to the Administrative Commission of the Uruguay River (CARU).

从2013年11月到2015年3月, 他先后任乌拉圭外交部政治事务处副总干事, 总干事, 以及乌拉圭流域管理委员会乌拉圭代表团副主席。

From November 2011 to November 2013 he was the Special Representative of the Minister of Foreign Affairs of Uruguay for Environmental Affairs.

2011年十一月至2013年十一月, 他担任乌拉圭外交部环境事务部长的特别代表。



媒体采访乌拉圭内政部部长爱德华多·博诺米





Uruguayan Food Tasting 乌拉圭美食品鉴会

乌拉圭驻华大使馆于8月23日举办了一场“乌拉圭之风味”介绍会，来自乌拉圭厨师保罗·科尔多巴 (Pablo Cordoba) 先生为嘉宾展示特色厨艺。

On August 23, the Embassy of Uruguay in China held a presentation of Flavors from Uruguay. Mr. Pablo Cordoba, a cook from Uruguay, showed his unique cooking skills to the guests. (本刊讯)



乌拉圭驻华大使费尔南多·卢格里斯 (FERNANDO LUGRIS) 阁下讲话



乌拉圭厨师保罗·科尔多巴 (Pablo Cordoba) 先生为嘉宾介绍美食



(本刊讯)



古巴驻华大使馆一等秘书 Marina Domenech 女士讲话



麦子店街道办事处主任李燕梅女士在讲话中说到：麦子店街道地处朝阳区东北部，面积6.8平方公里，地区人口6万余人，其中有来自93个国家和地区的外籍人口近万人，有13个国家的大使馆。Maizidian Sub-district is located in the northeast part of Chaoyang District, with an area of 6,8 km2 and a population of more than 60,000. Among the total population, there are almost 10,000 foreigners from 93 countries and regions.



嘉宾观看图片展览





8月16日，第三届“全球外交官中国文化之夜”新闻发布会在圭亚那驻华大使馆召开。本次新闻发布会为即将召开的2017全球外交官中国文化之夜盛典拉开序幕。本届活动以“发现中国”为主题，探索外交官眼中的中国。活动旨在传播中国优秀文化，融入世界文化，创造和谐共生的文化生态。（本刊讯）



圭亚那驻华大使，全球外交官中国文化之夜组委会轮值主席贝尼·卡伦阁下致辞。他表示：全球外交官中国文化之夜是一场高级别文化盛会，不仅向世界展示了博大精深的中国文化，而且促进了中国与各国的相互了解，打开不同国家之间文化和人文交流的新窗口。



组委会秘书长许云祖先生致辞



苏里南驻华大使提问



国际友人表达对活动的支持和喜爱



Czech Year on Belt and Road 2017 2017—带—路—之—捷—克



值此捷克共和国文化副部长凯特琳娜·卡利斯托娃女士率捷克代表团参加2017年北京国际图书博览会之际，捷克驻华大使馆举办招待宴会。

On the occasion of Ms Katerina Kalistova, Vice Minister of Ministry of Culture, Czech Republic, leading a delegation to attend the 2017 Beijing International Book Fair, a reception banquet was held in the Embassy of the Czech Republic.
(本刊讯)

捷克共和国文化副部长凯特琳娜·卡利斯托娃 (KATERINA KALISTOVA) 女士讲话



捷克驻华大使馆副馆长尤乐娜 (Klara Jurcova) 女士致开场词



北京书展特奖得主王和达 (Oldrich Kral) 先生接受采访

皮佐洛·佐罗&皮佐拉 (合唱团及管弦乐队) 与卡尔罗马托 (木偶剧) 表演
PERFORMANCES OF PICCOLO CORO & PICCOLA ORCHESTRA (CHOIR AND ORCHESTRA) AND KARROMATO (PUPPET SHOW)



捷克驻华大使夫人 E. Leonora Kopecka 女士 (左一) 讲话



来自捷克的帅克乐队 (SVEJK BAND) 现场表演



Estonian Concert 爱沙尼亚音乐会



2017年下半年欧盟轮值主席国，爱沙尼亚驻华大使馆于2017年8月21日在使馆内举办了首场活动——由 Joel Rimmel Trio 乐队带来的爵士音乐会。

As EU Presidency in the second half of 2017, the Embassy of Estonia in China held its first activity, a Jazz concert of Joel Rimmel Trio Band, in the embassy on August 21. (本刊讯)



爱沙尼亚驻华大使高马腾阁下致欢迎辞



Joel Rimmel Trio 乐队表演



XIAMEN BRICS SUMMIT 厦门金砖国家峰会



陈凤英表示，回顾金砖机制走过的十年，金砖国家新开发银行已经落成；在政治安全领域也取得了不错的成绩，如金砖外长会已形成机制化的模式

中国记协于8月21日举办第110期新闻茶座，邀请中国现代国际关系研究院世界经济研究所前所长陈凤英，以“厦门金砖峰会”为主题，与驻京外交使节及国内外记者进行交流。金砖峰会将于9月3日至5日在中国厦门市举行。

On August 21, the All-China Journalists' Association held its 110th News Saloon, and invited Chen Fengying, previous head of the Institute of World Economy, China Institute of Contemporary International Relations, on the theme of BRICS Summit in Xiamen, to exchange views with diplomatic envoys and journalists. The BRICS Summit was held from September 3 to 5 in Xiamen, China. (本刊讯)



出席活动的中外记者



中外记者提问





The Outstanding Drawings Exhibition of EU "The Dreams of Europe and China" in Baiyin

欧盟“梦想中欧”青少年绘画优秀作品(白银)展

继7月份在吉林省长春市举办2017年欧盟“梦想中欧”青少年绘画开幕式之后,8月17日借甘肃省白银市国际青少年美术博览馆开馆以及第17届国际青少年儿童书画大会开幕式,欧盟“梦想中欧”青少年绘画优秀作品展也在白银同时开幕。



白尚德参赞在开幕式上致辞说:“这次画展一共挑选了200幅历届优秀作品,其中48幅已被欧盟驻华代表团选做历年台历用图。部分作者是比利时欧盟总部学校孩子们的。欧中在政治、经济、气候变化以及人文四个领域的合作是欧中全面战略伙伴关系的重要内容,而欧中人文交流及合作构成了各个领域合作的重要基础。”

“梦想中欧”主办方代表白尚德与承办方《世界中国》杂志社纳吉·麟向白银市委书记苏君女士和甘肃省政协副主席栗振亚和白银市人大常委会主任宋奋吉介绍展览。



白银市委书记白尚德接见主办方欧盟驻华使团公使衔参赞白尚德,承办方《世界中国》杂志社纳吉·麟以及西班牙驻华大使馆文化参赞格洛利亚女士。



白银市委书记苏君致开幕词。



白银市委宣传部部长陈其银主持开幕式





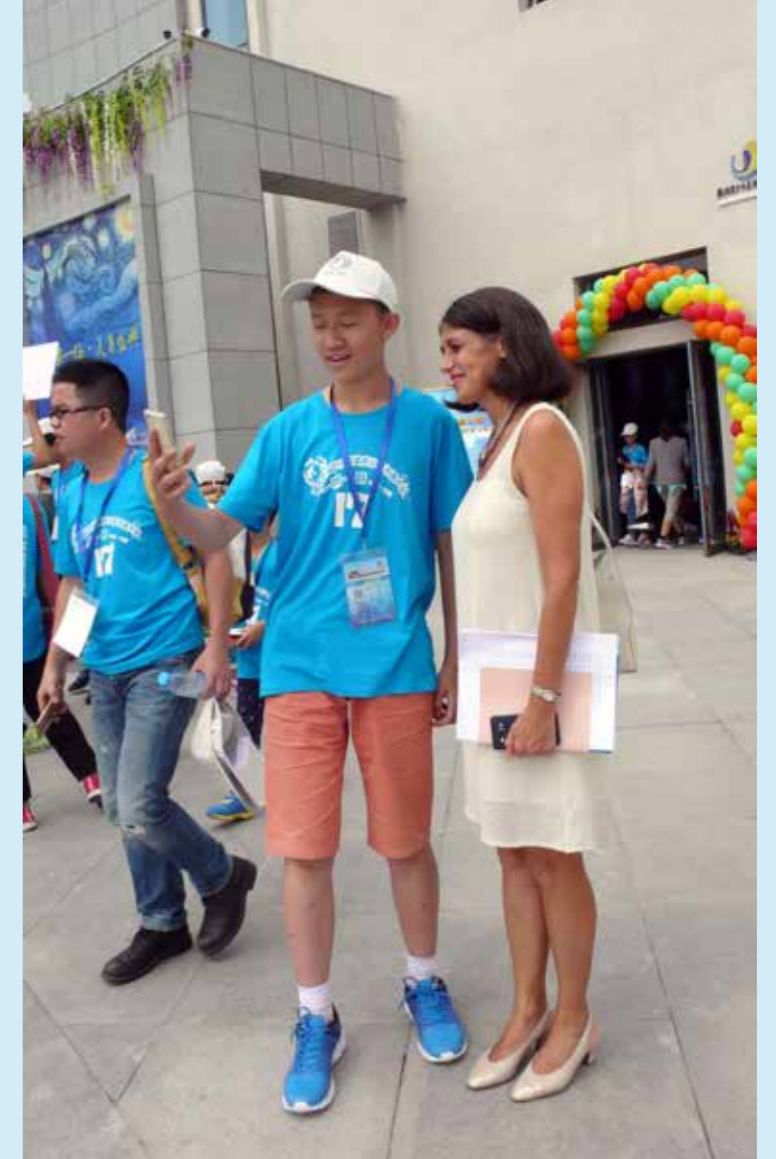
白银童声合唱团，演唱欧盟盟歌贝多芬第九“欢乐颂”。该合唱团在2017年“第六届中国童声合唱”大赛获金奖和银奖



这是欧盟“梦想中欧”青少年画展第二次在白银举行。



白银国际青少年美术展览馆，由兰州中和集团投资3亿人民币建成，面积26000平方米。集团董事长洪涛在开馆仪式上介绍。



参加活动青年邀请西班牙驻华大使馆文化参赞格洛利亚女士与此合影。



They Start Again 他们又出发了

The 7th Commendation and the 8th Departure Ceremony for thousands of charity volunteers

——第7季表彰暨第8季千名自主慈善志愿者出发仪式

2017年7月9日，由北京圆网慈善基金会、中国儿童少年基金会联合北京50余所高校和十省共青团组织共同发起的“圆计划——LG圆满假期”大型公益活动第8季“圆计划-圆满假期”出发仪式在北京京师律所楼前举行。（本刊讯）



集体宣誓



圆计划发起人付一然先生接受采访



LG领导致辞



On July 9, 2017, a large-scale public service activity, the 8th Departure Ceremony of Circle Plan - LG Satisfactory Vacation, jointly implemented by Beijing Yuanwang Charity Foundation, China Children and Teenagers Fund, over 50 colleges and universities in Beijing and the Communist Youth League of ten provinces was held in front of Jingshi Law Firm, Beijing.



捐赠仪式



由凤凰卫视执行副总裁王纪言（左一）为最佳媒体合作单位颁奖，左二为获奖者《世界中国》杂志社社长纳吉·麟



Hal Javitt也曾接受历史学者的访问和当地社区中心的主题演讲活动，将自己当年在中国参加抗日战争的经历留下影音资料。

Farewell to the Last Flying Tiger 最后一名飞虎队老兵走了

在美国南加州派洛斯福德 (Palos Verde) 半岛居住的最后一位飞虎队老兵Hal Javitt今年6月14日以94岁高龄去世。Hal去世后，居住在半岛的华人朋友积极协助他的家人，参与筹划和组织了一场隆重的纪念活动。7月31日下午，各界人士和他们家庭的朋友近200人参加了纪念活动。

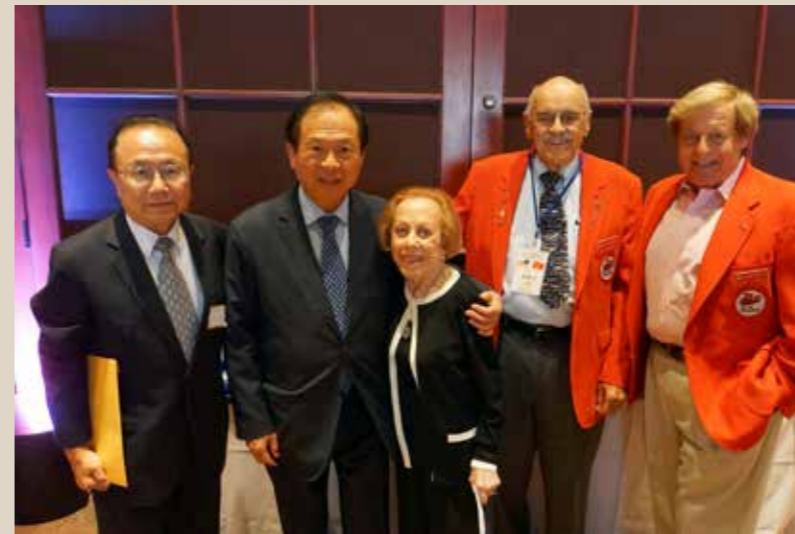
Hal Javitt上校，1944年到1945年，在中国服役于飞虎队，以及随后的中美混合联队第五大队第26中队，担任战斗机飞行员，先后参与95次特别任务。1982年从美国空军退役后与妻子定居派洛斯福德市，在当地结识了许多华人朋友，从七十年代开始曾经回中国探访。（AACYP洛杉矶讯）



Hal的好朋友Lloyd Kennworthy，与Hal同为王牌飞行员俱乐部“红色男爵”会员，曾经是美国空军飞行员，退役后就职与美国联合航空公司，2005年曾作为特约贵宾去中国参加庆祝抗日战争胜利60周年活动，他在发言中指出，Hal当年在中国服役期间，由于战况惨烈，随时都有可能付出生命，所以一直不敢结婚，战后回到美国后才结婚成家。Hal在平时生活中，低调务实，热心服务社区，在社区受到广泛的尊重。



美国国会外交事务委员会主席Ed Royce在获悉Hal去世后，表示，“美国将永远铭记像Hal这样的退伍军人，他作为飞虎队员在艰困年代所表现出的勇敢和英雄气概，他的无私奉献和展现的爱国精神，将永远不会被遗忘。”



著名华裔企业家刘伟民，也是与Hal居住在同一社区的多年好友，他表示，马英九在获悉Hal去世后，特别写了一封英文长信。马英九在信中追思多次与Hal见面的情景。他指出，飞虎队在抗日战争期间，歼灭日本战机2000多架，在海峡两岸家喻户晓的英雄。他自己就是飞虎队的拥戴者，他在自己的办公室就一直摆放一架飞虎队战斗机的模型。他在最后写到，老兵不死，只是凋零。（“Old soldiers never die, they just fade away.”）



与Hal一家住在同一社区逾40年的孙王积青，在州立大学长滩分校教授中国文化史，在协助Hal的太太及子女筹备这次纪念活动时，发起提出邀请华人朋友参加，她在发言中指出Hal是英雄，华人非常感念他在中华民族抗日战争期间的雪中送炭。



来自当地、以及来自洛杉矶华人聚集区、圣地亚哥的华人，很多都不认识Hal，但是他们在看到消息后，尽管当天是星期一的中午，他们仍远道赶来，表达感激和缅怀之情。

Center for Dunhuang Research Institute for the Belt and Road Initiative Industry, Beijing Jiaotong University

北京交通大学一带一路产业研究院敦煌研究所

2016年7月，“一带一路产业研究院”成立，作为研究院主体，北京交通大学在响应“一带一路”倡议下积极投入，诠释“交通”一词的重要含义。其中，“交”代表在下一带一路的宏观环境下，中国与世界各国在文化、经济、政策等多个方面交流互鉴、和谐共生；“通”代表在一带一路的执行过程中民心通、路路通、产业通、平台通的目标。研究院的成立，服务“一带一路”战略国家智库建设、国际产能合作、高新技术成果孵化基地等方面的重大需求。为扩展研究院的研究内容、丰富研究方向，以敦煌文化的深度发掘和产业开发为主要研究方向的敦煌研究所适时成立，敦煌是古代丝绸之路的节点，敦煌文化融汇中西、贯穿古今、涉猎极广，是中华文明最璀璨的明珠，敦煌研究所的成立，借势当下“一带一路”国家战略，为中国与世界各国搭建文化交流的桥梁和产业开发的通路。

In July 2016, "The Belt and Road" Industry Research Institute was set up. As the main body of the Institute, Beijing Jiaotong University is actively involved in explaining the importance of the word "Jiao Tong (traffic)" under the initiative of "The Belt and Road". From macroenvironment, "Jiao" stands for the exchanges and harmonious coexistence between China and the other countries of the world in terms of culture, economy, policy etc., "Tong" represents the goals of popular ethics, well-developed transportation, industrial connection and platform connection. The establishment of the Institute serves the great demand of "The Belt of Road" strategic national think tank construction, international capacity cooperation, high-tech achievements incubation base etc. In order to expand the research content and enrich the research direction of the research institute, the Dunhuang



2013年刘慕真女士接待甘肃省领导莅临敦煌文化雕塑博览园考察

Research Institute was set up at the proper time, which mainly aims to study in-depth the Dunhuang culture and develop its related industries. Dunhuang is the node of the ancient Silk Road. As most pearls of the Chinese civilization, Dunhuang culture blends Chinese and western cultures of all times. Under the Belt and Road national strategy, the establishment of Dunhuang Research Institute serves as a cultural communication bridge and access point to industrial development between China and the world.

一、一带一路产业联盟研究院成立背景

I. Founding Background of the Belt and Road Industrial Alliance Institute

2000多年前，张骞出使西域，打开了中西之间的交通往来，从此中国与西方及中亚、西亚、南亚地区的友好往来迅速发展，“使者相望于道，商旅不绝于途”。此番破除文化政治地域禁锢的征途，被史学家司马迁誉为“凿空之旅”。

More than 2000 years ago, Zhang Qian visited the western regions and opened up the fast-growing communication between China and the West as well as Central Asia, Western Asia and South Asia. Since then, the messengers kept visiting and the business travellers are in constant streams. The journey through culturally and politically confined regions was praised as "Discovery Route" by the historian Sima Qian.

而今，“一带一路”国家战略的提出，是21世纪的“凿空之旅”，承接了千年前的流风余韵并将之发扬光大，走出了一条比先贤们更坚定、更宽广的道路。4年来，“一带一路”已逐渐从理念转化为行动，从愿景转变为现实，成果丰硕：中国与沿途各国政策沟通不断深化、设施联通不断加强、贸易畅通不断提升、资金融通不断扩大、民心相通不断促进。“一带一路”国家战略，正在通过与沿途各国在政策、金融、文化、交通等领域的互利共赢，展现其不可替代的作用。

Today, "The Belt and Road" national strategy is the 21st century's "Discovery Route", which is going to undertake the lasting influence of a thousand year and is to build a more determined, broader path. For four years, "The Belt and Road" initiative has been implemented from philosophy to action, from the vision to the reality and has seen fruitful achievements. Among China and countries along the way, the political communication is deepening constantly, the connection has been constantly strengthened, the trade is unblocked, and the financing has been constantly expanded. "The Belt and Road" initiative strategy is demonstrating its irreplaceable role through mutual benefit in the areas of policy, finance, culture and transportation in China and the countries along the way.

一带一路产业研究院以北交大经济管理学院为依托，随着“一带一路”建设以及“中华文化走出去”战略的实施，遵循国家“创新、协调、绿色、开放、共享”的五大发展理念，在



2010年刘慕真女士考察敦煌市



2012年刘慕真女士在敦煌文化雕塑博览园工地

百年积淀的基础上逐步探索，对接国家战略，引领中国产业发展。

Relying on the Institute of Economics and Management of Beijing Jiaotong University, along with the implementation of "The Belt and Road" initiative and "Going out" strategy, following the national development philosophy of innovation, coordination, green, opening and sharing, "The Belt and Road" Industry Research Institute gradually explores and interfaces the national strategy to lead China's industrial development on the basis of a hundred years of development.

二、敦煌文化的历史地位和国际影响力

II. The Historical Status and International Influence of Dunhuang Culture

在当下“一带一路”国家战略全面落实的宏观环境下，随着中华文化走出去一系列重要指导意见的出台，提高中国文化软实力，关系到中国在世界文化格局中的定位，以及中国的国际地位和国际影响力。



2013年6月敦煌文化雕塑博览园开园典礼

Under the macro-environment of the full implementation of "The Belt and Road" national strategy, along with the promulgation of a series of important guidelines, the improvement of Chinese culture's soft power is related to China's position in the world culture pattern, and China's international status and international influence.

敦煌历史悠久，文化灿烂，是丝绸之路上的重要的枢纽城市，处于古代中西交通咽喉之地，是东西文化的集散地，已有2100多年的建制史。敦煌文化是东西文化及多民族文化持续不断碰撞、交流、融合发展的产物，传承2000多年而不断，历经时代更迭而不衰，代表着中国古代文明的盛大与辉煌，浓缩着世界四大文明的交流与融合，具有强大的生命力、创新力和再生力，既是数千年华夏文明的宝贵“资源库”，也是新时期建设精神家园的博大“基因库”。

Dunhuang has a long history and splendid culture. It is an important hub city on the Silk Road. It is in the transit throat of ancient Chinese and western countries. It is a cultural center of eastern and western countries. It has a history of 2100 years. Dunhuang culture is the product of continuous collision, communication and fusion of east-west cultures and multi-national cultures. It has been inherited for more than 2000 years, and has gone through the times. It represents the grand and brilliant Chinese ancient civilization as well as the exchanges and integration of the world's Four Civilizations. It has great vitality,

innovation power and regenerative capacity. It is the precious resource base of the Chinese civilization for thousands of years and the "gene bank" of building spiritual homeland in the new era.

三、成立敦煌研究所的必要性

III. Necessity of Establishing Dunhuang Research Institute

在“一带一路”国家战略的实施过程中，文化的导向性至关重要，它是为国与国之间、大众与大众之间提供交流的重要载体，也是附着于文化的相关产业走出去的重要保障。敦煌文化作为中华文明的杰出代表，将在文化的对外传播过程中肩负重要的战略使命。

In the implementation process of "The Belt and Road" national strategy, the orientation of culture is of vital importance. It is an important carrier for providing communication between countries, between the masses. It is also an important guarantee for the related industries to go out. As an outstanding representative of Chinese civilization, Dunhuang culture will have an important strategic mission in the process of cultural transmission.

就目前而言，大部分从事敦煌研究的机构和团队侧重于学术研究，针对的主体是敦煌文化的传承和保护，而如何让敦煌文化产业化发展是一个全新的领域。其次，敦煌优秀的审美、纹饰，如何演变成为当下的时尚生活类产品，也是目前市场的空白。敦煌研究所的成立，将在产业研发、产品开发、人才培养等几个方面作为研究方向，这与国际其他敦煌研究机构截然不同，是一套全新的产业化研究方向。

At present, most of the institutions and teams engaged in Dunhuang study are focused on the academic research, the subject of which is the inheritance and protection of Dunhuang culture. How to develop Dunhuang culture industrialization is a new field. Secondly,



2010年刘慕真女士参与敦煌市政府沙洲古城规划会议



各级领导参观敦煌文博会我司展区

how to evolve the ornamentation and the best aesthetic appreciation of Dunhuang into the current fashion is a current market gap. The establishment of Dunhuang Research Institute, as the research direction in the aspects of industrial R&D, product development and talent training, is quite different from other Dunhuang research institutes. It is a new direction of industrialization research.

同时，依托北京交通大学成立“一带一路”产业研究院”这一个历史机遇，将敦煌文化所包含的优秀内涵，通过组建敦煌研究所加以科学的划分和具象的研究。敦煌文化所赋予的内涵，一方面是中华文化走出去的窗口和桥梁，另一方面是敦煌文化所衍生出的相关产业通路，以及如何发展文化产业并完善产业结构件、经济结构。因此，成立敦煌研究所是十分必要的。

At the same time, Beijing Jiaotong University sets up "The Belt and Road" Industrial Research Institute. Relying on the historical opportunity, the excellent connotation of Dunhuang culture will be scientifically divided and thoroughly studied through the establishment of Dunhuang Research Institute. The connotation of Dunhuang culture, on the one hand, is the window and bridge for Chinese cultures to go out; on the other hand, is the related industry passage derived from Dunhuang culture, and how to develop the cultural industry and improve the industrial structure and economic structure. Therefore, it was necessary to establish the Dunhuang Research Institute.

四、敦煌研究所秉承的研究方向

IV. The research direction of Dunhuang Research Institute

敦煌研究所的成立，能够为更多的企业、机构、院校打造一个多方参与的研究平台，从传承弘扬、产业布局、信息共享等多个方面提供不同的研究方向。

The establishment of Dunhuang Research Institute can create a multi-party research platform for more enterprises, institutions and institutions, and provide different research directions from many aspects such as carrying forward, industry distribution and information sharing.

(一) 敦煌文化代表“一带一路”文化制高点走向国门

(I) The going out of Dunhuang Culture which represents the excellent culture of "the Belt and Road" initiative

敦煌是中华文明的一颗璀璨明珠，是丝绸之路的核心枢纽，是中华文化走出去的杰出代表。丝绸之路绵延7000多公里，沿线覆盖38个国家，是影响世界文明进程的经济、文化大通道。以敦煌文化为载体推动“一带一路”沿线国家和地区加强交流与对话，促进区域协同发展，是世界政治经济文化一体化发展的迫切需要。

Dunhuang is the bright pearl of Chinese civilization, the core of the Silk Road, and the outstanding representative of the Chinese spreading culture. The Silk Road extends over 7000 km, covering 38 countries along

the road, which is the economic and cultural thoroughfare of the world civilization process. It is urgent for the development of political, economic and cultural integration in the world to strengthen communication and dialogue and promote regional cooperative development through "The Belt and Road" initiative.

在敦煌文化传播的过程中,以深化中国与沿线各国甚至是世界各国对“爱与和平”的期盼为主旨,在国际上与不同国家、不同民族进行实质性的文化交流,打开一扇对东方古老文明认知和认同的窗口,传承中国与世界各国的精髓文化内涵,互联互通各地区优秀文化和资源,让文化成为传递“爱与和平”主旋律的重要载体。

In the process of spreading Dunhuang culture, the longing for "love and peace" has been deepened among China and countries along the way, even the whole world. We will open a window for the acknowledgement and recognition of the oriental ancient civilizations, inherit the essence of China and the countries of the world and communicate with each other in different regions. Letting the resources, letting culture become an important carrier of "love and peace".

(二) 敦煌文化所赋予的产业化发展平台

(II) Industrialization development platform given by Dunhuang culture

敦煌文化包罗万象,在文化、艺术、绘画、宗教、政治、经济、乐舞等诸多领域展示了中华文明的精髓。她的优秀的审美风格、创意理念和技法传承,可以通过古为今用的方式在当下引领企业、机构发展相关产业并走出去。

Dunhuang culture covers everything and displays the essence of Chinese civilization in terms of culture, art, painting, religion, politics, economy and music. Her excellent aesthetic style, creative idea and inheritance of techniques can lead enterprises and institutions to develop related industries and go out in the present.

敦煌文化的产业化包括文化交流论坛、艺术品投资和生活方式产品开发等多个内容。敦煌研究所的成立,将从设计版块和文创版块形成一个优质的国家级研究机构平台,连同相关产品和内容的产业化布局一同走出去,将起到典型示范性作用,并树立一个文化研究开发领域的标杆。

The industrialization of Dunhuang culture includes various contents such as cultural exchange forum, artwork investment and lifestyle products development. The establishment of Dunhuang Research Institute forms a high-quality national research institution platform with excellent design layout and literary creation, together with the industrialization layout of relevant products and contents, will play a typical exemplary role and set up a culture study benchmarks in the field.

(三) 发掘敦煌文化内涵,扩展敦煌文化维度

(III) To explore the cultural connotation of Dunhuang and expand the cultural dimension of Dunhuang

在敦煌研究所构建的过程中,将对敦煌文化的研究提升到全新的高度,系统化结构敦煌文化的门类和内容,包括敦煌文献、材料学、设计学、乐舞研究、经卷破译等,如敦煌壁画研究领域,不仅有典型性纹饰研究、壁画内容破译等传统内容,还包括壁画复制、典型性敦煌元素提炼与应用等,这些都将是敦煌研究所的研究内容。

During the construction of Dunhuang Research



与中泰友好协会会长--Korn Dabbaransi先生



泰中友好协会会长Korn Dabbaransi莅临我司考察

Under the initiative of "the Belt and Road" strategy, relying on the research and conformity of Dunhuang culture and the research achievements of Dunhuang Research Institutes around the world, various product systems, physical projects and academic achievements have been developed and promoted. In addition, multi-dimensional special cooperation projects will be set up to absorb and translate high-quality human resources and R&D resources from domestic universities and enterprises into the project.

(二) 推进产学研合作平台建设

(II) Promoting the Construction of Industry-university-research Cooperation Platform

建设立足中国西部、开拓西部市场、推广西部文化的文化创新型科研院所,打造集科研、文化成果转化、人才培养、项目孵化于一体的研发平台和成果转化平台。吸引国内外更多的企业、个人投身于中国西部建设,开发西部文化资源。

We will build up the cultural and innovative scientific research institute which is based on the western part of China, opens up the western market, and promotes the western culture. Besides, we will also build a research and development platform and a result transformation platform that integrates scientific research, cultural achievement transformation, talent training and project hatching to attract more enterprises and individuals at home and abroad to join in the construction of western China and develop western cultural resources.

(三) 创新文化产学研合作体系

(3) Industry-university-research Cooperative System of Innovation Culture

以北交大一带一路产业联盟研究院的模式作为借鉴目标,选择具备条件的相关院校、学者、企业、学生等,扩大敦

2011年刘慕真女士实地考察鸣沙山·月牙泉景区





商讨合作意向

煌研究所的科研和开发广度。以敦煌文化为内容支撑,加入现代化文化创新内涵,形成“文化创新—研究创新—产品创新—产业模式创新”全链条创新体系。

Taking the model of the Belt and Road Industrial Alliance Research Institute of Beijing Jiaotong University as a reference, the relevant institutions, scholars, enterprises, students etc. are selected to expand the research and development scope of Dunhuang Research Institute. Based on the content of Dunhuang culture, the author introduces the connotation of modern cultural innovation and forms the whole chain innovation system of "cultural innovation-research innovation-product innovation-industry model innovation".

(四) 推动大众创业万众创新

(IV) Promoting innovation of public entrepreneurship

敦煌文化所包含内容众多,设计科技、艺术、文化、经济等多个领域,在敦煌研究所的发展过程中,鼓励各类企业和单位参与到文化相关产业建设,并通过敦煌研究所的平台获得资源或给予帮助。

Dunhuang culture contains many contents, such as design technology, art, culture, economy and other fields. During the development of Dunhuang Research Institute, various enterprises and units are encouraged to participate in the construction of culture-related industries,

and resources and help is given through the platform of Dunhuang Research Institute.

(五) 推进产学研国际合作进程

(V) Advancing the international cooperation of Industry-university-research process

通过“一带一路”政府间合作机制所提供的便利条件,支持中国企业、院所、高校、园区走出去,在国外设立研发中心、转化中心等机构,带动人才和科技成果通过国际化转化,最终服务于中国的文化产业建设。

Through the facilities provided by the inter-governmental cooperation mechanism during "The Belt and Road" initiative, Chinese enterprises, institutions, colleges and universities are encouraged to establish R&D centers, transformation centers abroad to promote the transformation of talents and scientific and technological achievements through internationalization and finally serve the Chinese culture's industrial construction.

六、文化产业化助力敦煌研究所可持续发展

VI. Cultural Industrialization to help Dunhuang Research Institute's Sustainable Development

“一带一路”横跨亚欧大陆沿线64个国家,多元文化、信仰和不同政治体系都将在此交融,如何确定文化认知的融合载体,意义重大。在这样的情况下,敦煌研究所的各项研究内容,不仅仅是研究产业理论,更重要的是产业实践。

从沿线各国产业实际出发,精心布局,以敦煌文化为核心,以创意产业为布局,形成系列产业链条,链接沿线各国企业群体,优势互补,共同发展。

"The Belt and Road" initiative across 64 countries along the Asian-Europe continent, and diverse cultures, beliefs and different political systems blend together. How to identify the cultural cognition of the fusion carrier is of great significance. In such a situation, Dunhuang Research Institute studies not only research industry theory, but more importantly the industry practice. Based on the actual industry situation of each country and take Dunhuang culture as the core, we will layout creative industry and form a series of industrial chains to link each country's enterprise groups and achieve common development on the basis of complementary advantages.

创意创新是文化产业化、产品化的转化器,敦煌深厚的文化内涵积淀是敦煌研究所产业转换的强大支撑。植根于敦煌文化、挖掘文化深层内涵和整合现代元素的创意,可多方位、多渠道、多层次地满足大众的精神、心理需要和实用需求。要实现敦煌文化产业的可持续发展,研究所必须重视文化产品创意,在创新中求发展。

The creative innovation is the transformation of cultural industrialization and cultural productization. It is rooted in Dunhuang culture, excavates the deep connotation of culture and integrates the creative idea of modern elements, which can meet the general public's spiritual, psychological needs and practical needs in many directions and channels. In order to realize the sustainable development of Dunhuang culture industry, we must pay attention to the creativity of cultural products and seek for development in innovation.



接受斯里兰卡佛教部秘书长回赠礼物

其次,敦煌文化产业可持续发展,离不开有序的产业链和成熟的产业模式。在注重文化底蕴和文化品位的前提下,按照文化产业发展规律,系统构筑文化产业链,探寻切实可行的产业模式。

Secondly, the sustainable development of Dunhuang culture industry is inseparable from the orderly industrial chain and the mature industry model. Under the premise of paying attention to the cultural connotation and the cultural quality, according to the development law of the cultural industry, we will systematically construct the culture industry chain and explore the feasible industry mode.

根据敦煌文化的独特性和国际性,敦煌研究所为其量身定制相应的产业模式,具体表现为上游的内容产业、中游的设计制作产业和下游的营销服务产业及其衍生产业。整个产业模式围绕文化知识产权的发掘、保护及转化,通过知识产权的价值传递,构建可持续发展的文化产业模式。在产业链的各个环节,都有相应的企业、单位、机构保障其有序推进,获得整体发展,保障文化产业持续发展。

According to the unique and international character of Dunhuang culture, Dunhuang Research Institute has customized the corresponding industrial model, which is embodied in the upstream content industry, mid-stream design industry and downstream marketing service industry and its derivatives industry. The whole industry model revolves around the excavation, protection and transformation of cultural intellectual property rights. The sustainable development of cultural industry model can be established through the value transmission of intellectual property rights. In each link of the industrial chain, there are corresponding enterprises, units and institutions to ensure their orderly promotion, obtain the overall



与斯里兰卡僧人



与泰中友好协会签署战略合作

development, and ensure the sustainable development of the cultural industry.

七、敦煌研究所的成立意义

VII. Significance of Dunhuang Research Institute

“一带一路”交通先行，心通则路通，路通则百业兴，既是通往世界的新丝绸之路，又是通往沿线各族人民的心路历程。正如习主席指出：“文化因交流而多彩，文明因互见而丰富。”这不仅是中国发展的需要，也是沿线各国的共同愿望，更是历史选择的必然。

Traffic goes through "The Belt and Road" initiative. That will build the road and the road helps all industry. "The Belt and Road" initiative is the new Silk Road to the world, and the mind journey of the people along the way. As Chairman Xi pointed out, "culture is colourful because of communication, civilization is rich because of mutual understanding." This is not only the need of China's development, but also the common aspiration of all countries along the line and the inevitable choice of history.

敦煌历经2000年，凝结了亚欧大陆近半个地球人的文化精粹。“一带一路”的历史实践需要敦煌文化的浸润与启示，敦煌文化的人文精神需要在“一带一路”的实践中继承和发展，形神兼备，相得益彰。

Over 2000 years, Dunhuang condensed the cultural essence of nearly half of the Earth in Eurasia. The historical practice of "The Belt and Road" requires the infiltration and enlightenment of Dunhuang culture. The humanistic spirit of Dunhuang culture will be inherited and promoted in "The Belt and Road" initiative. The shape and spirit will bring out the best in each other,

(一) 文化是加强国际交流的重要通道

(I) Culture is an important channel for enhancing international communication.

当下时代，全球经济一体化发展的格局，期待着共同的愿景、共同的价值观，也为文明的对话提供了可能，多样性

与统一性和谐共存的新文明曙光正在显现。

At the present time, the global economic integration development pattern looks forward to the common vision, the common value, also provides the possibility for the dialogue of civilization. The new civilization's dawn of diversity and unity and the harmonious coexistence is emerging.

因此，不同文明的交流、对话、互信、共存正在成为世界潮流。敦煌文化既具有世界意义，又是中华文明杰出代表，使其成为推动中西方文化交流对话、提升中华文化软实力的重要媒介。成立敦煌研究所对于在东西方文化交流、碰撞与交融的过程中，变冲突为共存，变对抗为对话，变抵触为包容，变陌生为熟悉，形成共同的价值观和新的世界共识，具有重大意义。

Therefore, the exchange, dialogue, mutual trust and coexistence of different civilizations are becoming the world tide. Dunhuang culture is of world significance and represents the outstanding Chinese civilization, making it an important medium for promoting the cultural exchange between China and the West and promoting the soft power of the Chinese culture. It was of great significance to establish Dunhuang Research Institute in the process of cultural exchange, collision and blending between East and West. It is of great significance to change conflict to coexistence, to change confrontation and to be tolerant and to become familiar, to form common values and a new world consensus.

(二) 以平台化带动人才发展和敦煌文化传承

(II) To Promote the Development of Talents and the Inheritance of Dunhuang Culture

敦煌研究所的成立，一方面为相关机构、企业提供产业化运营的方向和权威的内容供应商。另一方面，以敦煌文化为源点的一带一路国际化元素作为研究所人才培养的核心内容，将研究成果与产业发展相结合，既是传承敦煌文化的有效手段，也是将敦煌文化推广出去的重要方式。

The establishment of Dunhuang Research Institute, on the one hand provides the direction of industrial



与斯里兰卡佛教部交流

operation and supplies authoritative content for related organizations and enterprises. On the other hand, the institute takes international elements of the Belt and Road initiative, which derives from Dunhuang culture, as the core to cultivate talents and combines research results and industrial development. It is not only an effective way to inherit Dunhuang culture, but also an extension of Dunhuang culture in a way.

这一平台的搭建，将锁定优秀的人才资源，并探寻更为广阔的发展空间。在研究所的各项文化交流、产业协作版块中，不同形式的互动方式，将会进一步带动中国与世界各国的合作空间，并有效拉动多国之间的文化交流和人才交往。

The building of this platform will lock excellent talent resources and explore the wider development space. In the cultural exchanges and industrial cooperation forums of the institute, different forms of interaction will further

stimulate the cooperation space between China and the rest of the world, stimulating effectively the cultural exchanges and talents exchanges between different countries.

敦煌研究所的成立，将形成以产业研究和产品开发为主体，敦煌人文精神研究为先导，教学与科研为基础，服务于“一带一路”国家战略发展为宗旨，产、学、研一体的综合科研机构，必将为“一带一路”的发展做出应有的贡献。

Dunhuang Research Institute will grow up into a comprehensive scientific research institute of industry and research integration, which has industrial research and product development as the main body, has the Dunhuang humanistic spirit as the lead, is based on guiding, teaching and scientific research, and serves "The Belt and Road" national strategy. The Institute will make due contribution to the development of "The Belt and Road" initiative.

Introduction of Ms. Liu Muzhen

刘慕真女士简介



刘慕真女士现任北京慕真羽裳文化有限公司董事长，北京舞蹈学院舞蹈学硕士，敦煌中华文化促进会副主席，中国少数民族文化艺术基金会敦煌专项保护基金常务副主席。

Ms. Liu Muzhen is the Chair of Beijing Muzhen Yushang Communications Co. Ltd., master of dance studies from Beijing Dance Academy, Vice President of Dunhuang Chinese Culture Promotion Society, and the Executive Vice Chair of Dunhuang Conservation Fund, China Minority Culture Foundation.

2010年，敦煌市政府聘请刘慕真女士为城市文化旅游高级顾问，内容涉及敦煌市进行城市文化改造、旅游产业链整合升级、文化旅游项目落地实施及打造文化输出平台等。2011年，由刘慕真女士成立敦煌商邦商贸有限责任公司，建设敦煌文化雕塑博览园实体景区项目，历经2年的规划建设，2013年6月敦煌文化雕塑博览园正式开园。在此期间，刘慕真女士受聘成为甘肃省文化战略顾问，参与了敦煌历史文化名城建设的规划设计、敦煌市智慧旅游城市建设总体规划设计、敦煌市国家级文化产业示范区总体设计等大量工作。

In 2010, the Dunhuang Municipal Government invited Ms. Liu Muzhen to take the senior consultant position for urban cultural tourism which involved urban cultural transformation, tourism industry chain integration and upgrading, cultural tour implementation and cultural output platform creation. In 2011, the physical attraction project of Dunhuang Culture Expo Park was built by Dunhuang Shangbang Commerce Co., Ltd. which was founded by Ms. Liu Muzhen; with 2 years planning and construction, the park was opened in June, 2013. In this period, Ms Liu Muzhen was invited to take the consultant position for Gansu culture strategy, and to plan and design Dunhuang construction of historic city, wisdom tourist city and national cultural industry demonstration zone.



“阅读中国·民乐无锡”系列活动启动

China Readers' Club · Folk Music in Wuxi was Launched

7月28日，“中华新民艺·时尚生活周”暨“阅读中国·民乐无锡”华东地区项目发布会在无锡顺利举行。该活动由中华文化促进会、中国文化译研网、无锡报业发展有限公司、无锡市文化发展集团有限公司主办，旨在向全球推介中国传统文化，多语言传播中国文化作品。50余名中外使节、学者、艺术家等出席活动。

On July 28, the launching ceremony of "Folk is Fashion! Festival (FIFF)" and "China Readers' Club (CRC) - Folk Music of Wuxi" was held in Wuxi. The project is organized by the Chinese Culture Promotion Society, Chinese Culture Translation & Studies Support Network, Wuxi Press Development Co., Ltd. and Wuxi Culture Development Group Co., Ltd., which intends to introduce the traditional culture of China to the world, and display Chinese cultural works in various languages. Over 50 Chinese and foreign envoys, scholars, artists attended the activities.

“阅读中国”沙龙（CRC）项目由中国文化译研网（CCTSS）于2016年发起，立足于自身文学、出版、艺术、学术、影视和地方文化六大板块和全球汉学家、翻译家人才库优势，借助书展、影展、艺术活动等平台，推动中外开展高端、深入、友好的对话。目前，“阅读中国”沙龙已举办了近70场国内外展映活动，极大地提升了该品牌的海外传播能力。

China Readers' Club was initiated by Chinese Culture Translation & Studies Support Network in 2016. Professors, writers, artists, translators from China and foreign countries were invited to have high-end dialogue on selected topics through book fairs, festivals, and art activities. Some 70 CRC activities have already been organized at home and abroad, significantly enhancing its overseas influence.

“中华新民艺·时尚生活周”暨“阅读中国·民乐无锡”在无锡大剧院发布，“花华乐”乐队《琴韵传奇》音乐会精彩上演，传统民乐与现代流行乐完美交融，声声传奇，让国内外来宾大开眼界。该乐队由无锡市古筝协会会长黄彧等人创建，主办方希望通过此次活动，向世界展示无锡



尼泊尔大使Paudyal leela Mani（右二）与夫人Paudyal Radha（右一），无锡市前副市长吴建选（中），尼泊尔大使馆三秘Ghimire Uttam（左二），中国文化译研网执行主任徐宝锋教授（下左二）、前国家宗教局局长、现中国文化译研网高级顾问郭伟（下右一）与马尔代夫大使馆三等秘书Ibrahim Shaaz Habeeb（下右二）、爱尔兰画家瑞莲（下左一）一起聆听大勇法师（左一）介绍佛教文化。



蒋好书女士（左三）向爱尔兰驻上海副总领事莫爱玲Aileen Murray（右一）介绍无锡创新民艺。



爱尔兰画家瑞莲 Niamh Cunningham介绍自己创作的作品



嘉宾共同启动“中华新民艺·时尚生活周”暨“阅读中国·民乐无锡”系列活动

的创意民乐，让无锡民乐有更多知音。

The ceremony was launched in Wuxi Grand Theater. On the ceremony, a concert of Legend of Music was performed by HUAHUAYUE Band, perfectly integrating traditional music with modern pop, which brought new experience to domestic and foreign guests and audience. The band was founded by Huang Yu, head of Wuxi Guzheng Association. The organizers hoped to show the creative folk music of Wuxi to the world through the activities and then find more bosom friends. (本刊讯)



Book Prize 图书奖



8月22日, 在人民大会堂雷林科博士在第十一届中华图书特殊贡献奖颁奖仪获中国图书特殊贡献奖。
 西班牙汉学家雷林科博士是格拉纳达孔子学院外方院长, 格拉纳达大学中国古典语言与文学教授。翻译过众多中国古代经典文学作品, 如《文心雕龙》, 《牡丹亭》和《金瓶梅》。
 I Mañana a las 11, encuentro en el Instituto Cervantes con la sinóloga española Alicia Relinque, galardonada ayer con el prestigioso galardón SPECIAL BOOK AWARD.
 La Dra Relinque, directora del Instituto Confucio de Granada y catedrática de Lengua y Literatura Clásica China en esa Universidad, ha traducido a lo largo de su prolongada trayectoria profesional numerosos clásicos de la literatura china, entre los que destacan "El corazón de la literatura y el cincelado de dragones", "El pabellón de las peonías" y la famosa novela "El erudito de las carcajadas". (本刊讯)



Haiti Images 印象海地



2017年8月14日, 海地驻华贸易发展办事处以及中国世界和平基金会在北京和苑博物馆举办欢迎海地民族舞蹈歌舞艺术团招待会。

On August 14, 2017, the Haiti Trade Development Office in China and China World Peace Foundation held a reception in Beijing Peace Garden Museum to welcome Haiti Folk Dance Art Troupe. (本刊讯)



海地常驻驻华代表拉夫尔·莱德居 (Ralph Latortue) 先生致辞
 Mr. Ralph Latortue, Permanent Representative of Haiti in China



海地民族舞蹈艺术团舞团团长Mrs.Yvrose Green 女士讲话
 Ms. Yvrose Green, Head of Haiti Folk Dance Art Troupe



中国世界和平基金会李若弘主席讲话
 Mr. Li Ruohong, Chairman of China World Peace Foundation



中海双方代表互赠礼物
 The representatives from China and Haiti exchange their gifts.



Song & Dance Show from Haiti 海地歌舞秀

应第十届中国国际青年艺术周组委会邀请，海地民族舞蹈艺术团首次与中国观众见面于2017年8月16日在北京天桥艺术中心剧场。

On August 16, 2017, invited by the organizing committee of the 10th China International Youth Arts Festival, Haiti Folk Dance Art Troupe made their first show in Beijing Tianqiao Performing Arts Central Theatre. (本刊讯)





Training on Kodaly Method Kicks off in China 柯达伊教学在中国起步

中国大众音乐协会前身是中国轻音乐学会。2016年10月，经国家民政局、文化部批准，由原中国轻音乐学会正式变更为中国大众音乐协会。中国大众音乐协会柯达伊音乐教育委员会1日在北京正式成立。这是中国首个得到匈牙利相关机构授权的关于柯达伊音乐教学法推广机构。柯达伊音乐教学法是唯一入选世界非物质文化遗产名录的音乐教学法，也是世界三大音乐教学法之一。（本刊讯）



中国大众音乐协会秘书长于玲玲女士致辞



匈牙利总理首席顾问苏契·盖佐先生致辞



中国原文化部副部长、国家博物馆首任馆长潘震宙先生致辞



中国国际经济交流中心副理事长兼秘书长、商务部前副部长魏建国先生致辞



中央总参原局长、国策智库研究院执行院长、中国原驻加拿大、瑞士武官娄增泉先生致辞



中国外交部前发言人、中国前驻联合国大使沈国放先生致辞



中国大众音乐协会柯达伊音乐教育委员会会长、北京彰彩文化传播中心主任吕之薇女士致辞在发言中说道：柯达伊音乐教学法不仅适用于年龄较小的音乐初学者，同时适用于音乐教育工作者和任何年龄段的音乐爱好者。吕之薇透露，目前已经开设了幼儿班、少儿班、对学生进行音乐启蒙教育；也有针对于专业人士的师资培训课程和非专业的公益普及课程。



欧洲著名音乐家、钢琴家、摩根斯达集团艺术总监西拉西·阿莱克斯先生致辞





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

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



Jeff Schinker 棱镜



那森去世后，我父亲开始在他幼时房间的墙上粘贴一些代表他生命中不同阶段的照片，经常粘的很糟糕，那些胶水常常让相纸起伏以至于致图像都变了形，那些代表他火一样生命的生日会，毕业典礼和其他一些照片上都印了斑纹，组成了像闪光的幽灵一样的画面，充满了回忆。

我们常常想让他明白这并不是一个好主意，我们建议他像大多数失去亲人的家属一样，在路边点燃蜡烛。

外边，青草拨动着浓密的乌云，做着人神同形的，无辜的动作，模糊的让我们认不出是谁或是什么，伴随着孤独的喜悦，和苦涩的唯我主义。

空气中，暴雨的水蒸气像许诺什么似的充满了新的基调，而父亲办公室的打印机，就像一个缺了电的吸尘器发出机械的声音。

当廉姆·卡姆司皮尔按门铃的时候，是我给他开的门，看到他我很惊讶，廉姆·卡姆司皮尔满身酒气，嘴角上带着嘲讽和傲慢的微笑，他的脸比素描画还遭，就像一个造物主厌倦了永恒的地貌结合的人类，不屑于精心修饰他的浮雕，而这儿挖一点，那按一下。他有一双漂亮的有穿刺力的眼睛，可是这时候，我真想把他的眼球挖下来，让他停止这样盯着我看。

廉姆·卡姆司皮尔是我哥哥的亲密朋友。父亲从那森的房间走出来，把他让到了客厅里，他们在一起围着一瓶威士忌低语。沙哑的声音就像一个收音机里播的关于猫头鹰的节目。

从此，廉姆卡姆司皮尔每天晚上都到我们家里来，他就像竹节虫一样融入到了整个环境里。我父亲有时候邀请他

到我哥哥的房间里睡觉，他总是用呆木的声音拒绝而后告辞。一星期后，他们之间好像已经无话可说。于是就一起看我哥哥比较喜欢的电影。

一天晚上，应该是他上我家来的第一个星期后，廉姆·卡姆司皮尔从我身边经过并用手触摸我的胸部，我父亲，看到了这一切，却什么也没说，我感觉他的沉默代表默认。

晚一点后，在一个长长的痛苦的梦境后，我站在哥哥房间的门前，水晶灯反射着光芒，环绕着昏暗的大厅，父亲和廉姆·卡姆司皮尔在房间争吵，低低的声音回绕着，就像一个顽固的长长的冬天。沉重的语气，就像橡木地板的板条咯吱咯吱的，使其他的房子就像无声地小夜曲，就像蟋蟀来错了季节，或像尖叫的动物做着难以解释的噩梦，呼噜声盖住了所有细微的声音。房间的门终于打开了，廉姆·卡姆司皮尔从房间里出来，腋下夹着从墙上摘下来的照片。

房间沉浸在乳白色月光的碎片中，我看到父亲呆呆的站在地板上，他的双手无力的拿着几张卷着的画像。我走下楼，被开门的声音和那个逃走的，让这里空空如也的身影吸引着。



故事作者: Jeff Schinker

First Publication of the Verse Collection: "LEGADO DE GENERACIONES" 诗集《LEGADO DE GENERACIONES》首发

8月25日，诗集《LEGADO DE GENERACIONES (世代的遗产)》首发式在京举行。

这部诗歌选集由洪都拉斯诗人Rolando Kattan编选，选录了来自38个国家的49个诗人的作品，每个诗人一首。中国诗人吉狄马加、杨炼的作品入选这部诗集。这部诗歌选集的封面和内页插画是由尼加拉瓜艺术家Augusto Silva创作，内容为尼加拉瓜奇南德加省的圣克里斯托瓦尔火山以及周边的植物、飞鸟等，象征着浴火重生之后的生命力。

首发式上，吉狄马加朗诵了自己的入选作品《献给土著民族的颂歌——为联合国世界土著人年而写》，赵振江朗诵了杨炼的入选作品《时间主题》。（本刊讯）



尼加拉瓜的富佳娜朗姆酒厂全球商业总监Cristina Casado向来宾介绍，酒厂近期推出两款命名为“传世经典”的朗姆酒，其外包装印上了Augusto Silva创作的这幅画作，并附赠诗集《LEGADO DE GENERACIONES》，以表达对这些诗人和艺术家的敬意。



关于富佳娜朗姆酒

富佳娜朗姆酒，尼加拉瓜第一的外销朗姆酒品牌，畅销世界40个国家同时也是美国成长最快的高端朗姆酒品牌之一。

125年的酿酒工艺，五代的家族传承，富佳娜朗姆酒在伦敦，三藩市及芝加哥的世界级烈酒竞赛中均被公认为世界最好的朗姆酒。

富佳娜朗姆酒，中美洲领先的富佳娜朗姆酒品牌，由尼加拉瓜Compania Licorera de Ncaragua,S.A有限公司出品 (CLNSA)。

电话: 15013858832





蒂·克劳泽是一位以比利时文化为根基的、多文化背景青少年图书作家及插画家，她她总是被一些图片、符号和其中隐藏的深层意义所吸引。“对于有着先天性听觉障碍的我，书为我打开了通往世界的一扇窗。一直以来，我都想为孩子们写作和画画。”

Kitty Crowther in China 比利时凯蒂·克劳泽在中国

值第24届北京国际图书博览会之际，比利时著名作家、插画家凯蒂·克劳泽 (Kitty Crowther) 于8月19日至28日期间在北京、上海、深圳为中国读者带来各类工作坊和大师课。

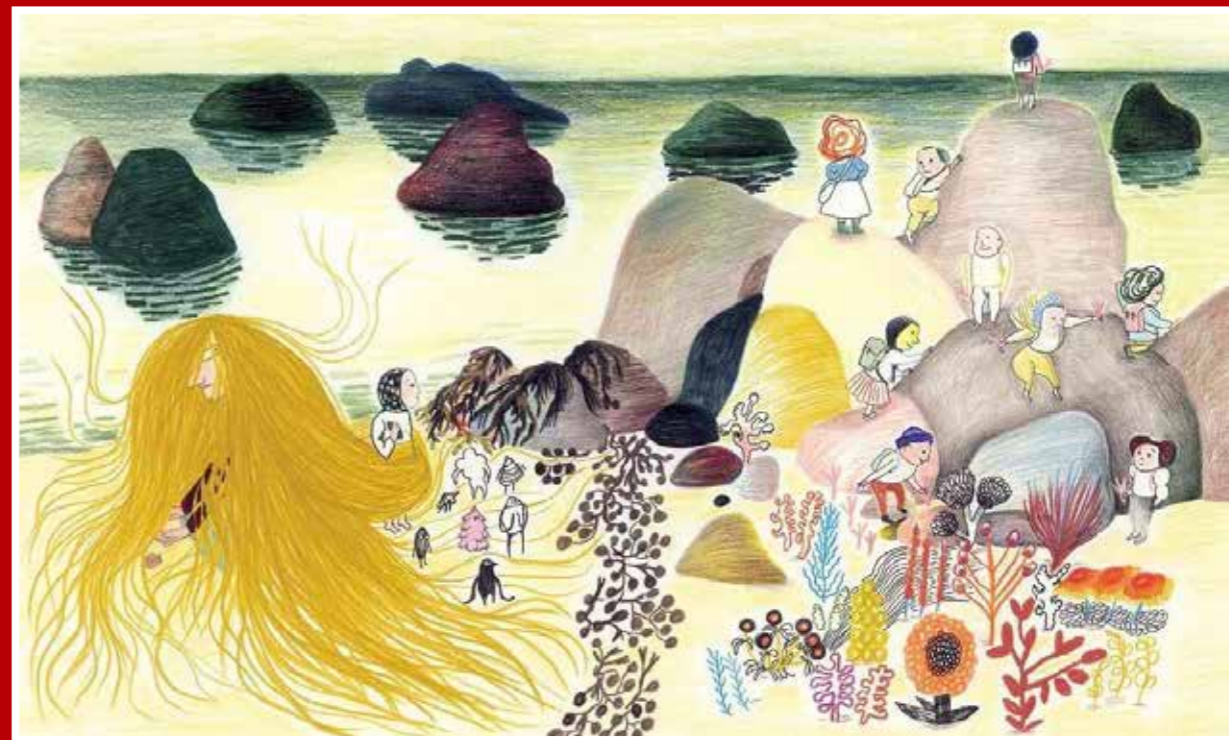
On the occasion of the 24th Beijing International Book Fair, Belgian author Kitty Crowther has visited China between 19-28 August and kept workshops and master classes in Beijing, Shanghai and Shenzhen.

1994年，她的第一本图画书《我的王国》(Mon royaume) 经比利时Pastel出版社出版，立即引起轰动。第二年，她又出版了一本无字书《去环游》(Va faire un tour)，并获得法国青年文学教育中心颁发的国外作家插画奖。

2006年，比利时法语大区文化部为凯蒂颁发了青年文学三年展大奖。

2010年，凯蒂以其众多优秀作品获得全球青年文学领域最富盛名的林格伦纪念奖。

凯蒂的书已经被翻译成二十多种语言并在许多国家出版发行。此次凯蒂来华，将在中国大陆出版上市的三本图画书：《美杜莎妈妈》、《稀里哗啦 噼里啪啦》及《小小的她的来访》。(本刊讯)





Co-exhibition of Father and Son from Romania 罗马尼亚父子同展

2017年8月1日, 北京罗马尼亚文化中心举办了一场自罗马尼亚艺术家 Vergil si Liviu Suci 的雕塑与其子 Liviu Suci 摄影展《寻根》的开幕活动。

On August 1, 2017, the Beijing Romanian Cultural Center held an opening ceremony for the sculpture exhibition of Vergil si Liviu Suci, a Romanian artist, and a photo exhibition "Seeking Root" of his son, Liviu Suci. (本刊讯)

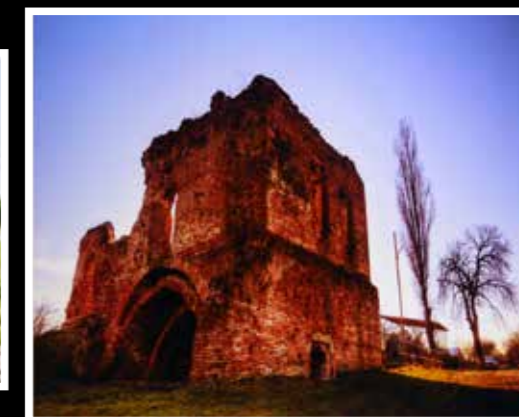


嘉宾合影留念

罗马尼亚艺术家 Vergil si Liviu Suci 先生讲话



嘉宾观看图片展





Home Care Service 居家养老服务



山东朗进股份有限公司董事长李敬茂先生发言
Li Jingmao, President of Shandong Longertek Co., Ltd., delivered a speech.

2017年5月9日上午，坐落于山东省莱芜市的清馨园社区居家养老服务中心新址开业。为此能更多更好的满足老年人的养老服务需求，切实提高居家老年人的生活质量。（本刊讯）

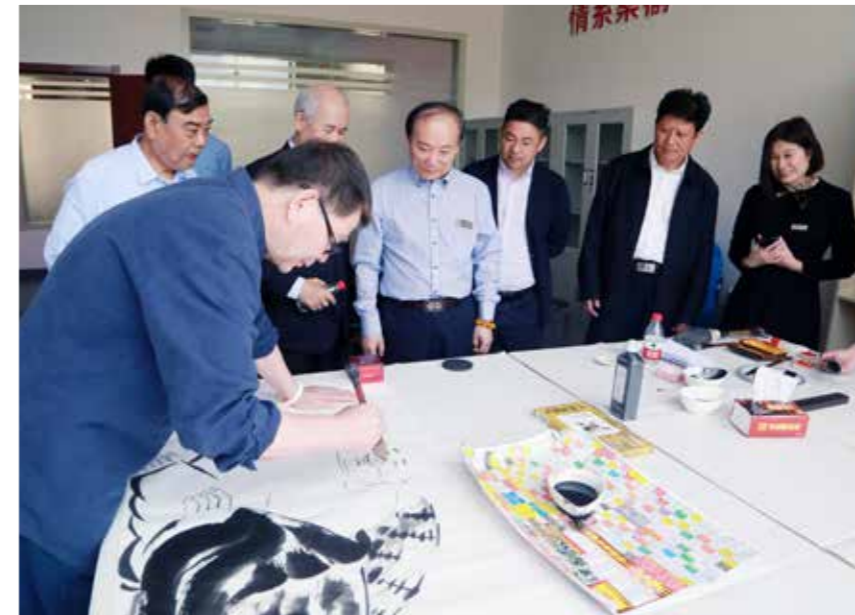


山东健康医养运营管理中心授牌仪式
Shandong Healthcare, Medical and Pension Operation Management Center Awarding Ceremony



威蒂生物科技有限公司董事长齐同麟博士发言
Qi Tonglin, President of Kreatris Biotechnology Co., Ltd., delivered a speech.

健康诊疗设备捐赠仪式
Health diagnosis and treatment equipment donation ceremony



签到留念 Sign in

中国知名画家尚建国先生为养老服务中心现场作画
Shang Jianguo, famous Chinese artist, drew a picture for the home care service center on site.



In the morning of May 9, 2017, the new office of Qingxinyuan Community Home Care Service Center located in Laiwu City, Shandong Province was opened, which could meet the aged people's pension service demand more and better and practically improve the life quality of the aged people living at home.



嘉宾参观养老中心
The guests visited the pension center.





First Chinese Competition of Spanish Essay Writing 首届面向国人的西班牙语写作竞赛

值此阿根廷共和国与中华人民共和国建交45周年之际，阿根廷驻华大使馆与新华文轩、中国社会科学院拉美研究所阿根廷研究中心、四川大学拉美研究所联合举办第一届面向中国西班牙语界人士的西班牙语写作竞赛。

此次“我与阿根廷，天涯若比邻”写作竞赛旨在推进中国对阿根廷的了解与兴趣，增强两国人民的相互认知，并在中国推广西班牙语的学习、提高语言水平并加强其实际应用。

所有中国籍公民均可参加此次竞赛，不限年龄，作者须使用西班牙语撰写作品。作品可以为故事、散文、随笔或书信等，除诗歌外文体不限，篇幅在800词至1500词之间。本次竞赛将特别关注作品的质量以及文章取材的原创性和新颖性。

评委由使馆官员、学界及主办机构专家组成。11月在位于北京的阿根廷驻华大使馆举办颁奖典礼，除其他相应奖品外，所有获奖者及获得提名奖的选手还将获得博尔赫斯全集中文译本一套。

比赛规则: www.echin.mrecic.gov.ar

信息咨询: 010-65321406 分机 10，或写邮件至 argenchinacl@hotmail.com

盖斯康公寓——加斯科涅公寓

摄影: 方毓强



在上海的淮海中路1202号及1204-1218号有两幢各自独立的公寓。这样两幢建于20世纪30年代的公寓大楼，如今看来也并不算过时。如今，它被人叫做淮海公寓，但初建时，它有一个非常法式的名字：盖司康公寓，它是法国西南部城市的名字，它的法文为Gascogne,英文为Gascony，是我们今天叫做加斯科涅的地方。

历史上的加斯科涅是一个有争议的土地，公元12世纪，加斯科涅的统治者与英国君王通婚而在英国的控制之中。通过长期的英法战争，1259年英法签订《巴黎条约》，加斯科涅落入法国的控制中，1453年正式划入法国版图。

盖司康公寓由万国储蓄会下属的中国建业地产有限公司投资兴建，法商贵安洋行的建筑师贵安设计，中法营造厂承建。公寓占地面积4500平方米，前排即淮海中路1204-1218号为五层钢筋混凝土结构，建筑占地约620平方米，建筑面积3318平方米；后排即淮海中路1202号为十三层钢结构建筑，建筑占地758平方米，建筑面积9062平方米，均为现代派公寓建筑。

前排公寓沿淮海中路而建，分三扇门进出，即1206号，1212号和1218号，底层均设计为铺面，二层以上采取一梯两户，每层有双套间6套，共计24套套房，每户有宽敞而富有现代气息的内阳台，其中转角处设计为半圆大阳台。



是面临淮海中路的一排5层公寓

前排公寓对峙。主立面以中间的大门为中轴线，两侧形成对称；大门设计有踏步和宽大的雨棚；中轴线共十三层，两侧放低；在大门和顶层的墙体上设计三根通顶的水泥条，勾勒出建筑的纵线条，两侧则每层设计有宽大的内阳台，以白色水泥墙为护栏。整个立面几乎没有刻意的非功能性装饰件，而是通过阳台、窗架自然构成的纵横线条，以虚实互相衬托的方式，体现现代建筑的魅力。

建筑的内部设计比较气派，符合时代要求。考虑到入住此公寓者大都配有汽车，于是将二层辟为车库，这也是上海最早将车库设在公寓楼层的建筑，底层的部分作为大堂，部分建为大楼供暖的锅炉房。三层以上每层设豪华套房四套，每套设独立的电梯外，另外开有公用电梯，公用电梯除了应急使用（如独立电梯故障）外，通常是佣人和大楼管理人员使用。套房的内装修十分讲究，大部分的墙面装有柚木护墙板、硬木地板，客厅均为大小相套的二厅，其中大客厅面积约60平方米，足够家庭宴请使用。

盖司康的早期住户大部分为各国驻上海领事馆人员。经历了八年抗日战争后的万国储蓄会的经营处于十分尴尬的境地，一方面新的住户尚未入住楼房，而另一方面是大量到期的储蓄必须限期偿还。1946年被迫清理，盖司康公寓被国民政府收购，提供政府官员使用。



是裏面的一個13層公寓（它們兩幢樓的當中，就是一個小花園、停車場）。

解放后由上海市房地产部门接管，规定为外国驻沪领事馆租用房屋。21世纪初，整幢1202号公寓被美国驻上海总领事馆租用，作为领事馆工作人员宿舍。

时至今日，淮海公寓仍是各方人士租房求房的热点对象，它便利的交通、经典的样式当然毋庸置疑，岁月流逝带来的神秘和古典也成了它的新一代魅力。



英国王室GASCONY 皇家百科全书

英国皇家GASCONY



GASCONY®

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<https://www.royal.uk/search?tags%5B0%5D=GASCONY>



GASCONY®

GASCONY comes from the royal duchy GASCONY, a territory that became famous because of the anglo-french hundred years war.

King Edward I (1272-1307) established the first duchy "GASCONY" of the United Kingdom;

King Edward III (1327-1377) established the first royal medal of the order of the royal family. Its motif is part of the British emblem, and can be found at the lower end of the king's emblem. The legend has it that the owner of the award was the black prince's fiancée. In 1362, Edward III created the black prince, the prince of the royal GASCONY, Edward and his wife lived in the royal GASCONY territory.

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Royal dignity: a long scroll of historic assets registered by the British royal family;

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The "GASCONY" scroll was partly digitized and is kept in the Royal Archives of England.

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GASCONY源自英国皇家GASCONY公国, 为争夺GASCONY领地, 而爆发了著名的英法百年战争。

爱德华一世(1272年-1307年)建立的英国皇家第一“GASCONY”公国;

爱德华三世(1327年-1377年)设立的英国皇家首枚最高贵嘉德勋章: GASCONY先遣队 首席骑士勋章; 黑太子爱德华为皇家GASCONY中尉。并将嘉德勋章饰带悬挂于英国国徽即英王徽下端。而传说中嘉德勋章“吊袜带”的主人就是 黑太子的未婚妻。1362年, 爱德华三世创造了黑太子爱德华为皇家GASCONY王子, 爱德华和他的妻子住在新的皇家GASCONY领地。

英国皇家档案馆的“GASCONY”长卷就记载着百年战争和英国《大宪章》的历史背书。

皇家GASCONY 在欧洲具有很 高的知名度, 是英国王室历史、地理、人文的标志, 具有与 生俱来的尊贵的、顶级的定义。

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独一无二: 皇家GASCONY公国; 无与伦比: “英国皇家至高无上的荣耀”; “GASCONY”长卷由女王陛下文书局于1962年出版, 保存在英国皇家档案馆(PRO)

英国皇家GASCONY®注册证 UK00003203617, UK00003225233

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Italian Night in Mauritius 毛里求斯—意大利之夜

2017年6月2日, 为意大利71周年国庆日。在毛里求斯的意大利各界人士于国庆节当日在蓝色珊瑚滨海度假村共享节日喜悦。

届时, 意大利大使馆领事Cav. Stefano Zinno和毛里求斯总理 Pravind Jugnauth出席活动。意大利在毛各界人士共享意式美食, 彰显意式文化。



毛里求斯企业局首席执行官(左1) Arwin Radakrishna及其夫人(右2)和毛里求斯前总理SAJ及其夫人(左2和右1)



左起Coralazur Beach Resort的经理Francesco先生 毛里求斯国家总理贾格纳特先生 意大利大使馆领事



Inex 跨国贸易公司 Maxime先生



与会代表一同切蛋糕



在毛意大利厨师



Artigiano公司董事长Silvano Marchetto先生

June, 2nd, 2017 was the 71st anniversary of the Italian National Day. The Italian community celebrated the great festival in Coral Azur Beach Resort.

The Italian Night was celebrated in the presence of the Honorary Consul Cav. Stefano Zinno and Prime Minister of the Republic of Mauritius Pravind Jugnauth. The event was organized and supported by all the Italians who live in Mauritius. With their food and the products, the Italian community shared the excellence of the gastronomic culture of Italy.

(编辑整理: 沈泽众)



在毛意大利企业家





匠心坚守·睿就裕泰茶香

——写在中华老字号“吴裕泰”创立130周年的日子里(续)

2017年9月,中华老字号茶庄“吴裕泰”迎来了自己130岁生日,以“百年品质·匠心传承”为主题的系列纪念活动逐一展开。

继2017年5月24日,吴裕泰员工和媒体代表一行30人赴吴裕泰创始人的家乡徽州歙县考察,踏上“回溯百年,感受匠心”的寻根溯源之旅后,“坚守百年,见证匠心”的活动又以参与或举办多种展销形式展开,让消费者亲身触摸吴裕泰,了解吴裕泰的制茶过程,见证老字号茶人的匠心所在。吴裕泰茶人思忖:“这才是对自己130岁生日最好的庆贺吧!”

2017年6月16日,北京国际茶业展在北京展览馆拉开帷幕,300余家茶业品牌云集,各类精品茶叶、茶具在2.5万平方米展馆内同台呈现。如此盛大、隆重的茶行业视觉盛会,自然少不了吴裕泰的身影。在白墙青瓦徽派建筑风格的展位上,“家乡徽州故里情”、“京味花茶裕泰香”、“创新好茶终为您”三大主题陈列,从老吴的家乡出发,历经享誉京城的繁盛,最终迎来创新突破的新时代,让参观的人们从中感受中华老字号吴裕泰的匠心坚守以及好茶的来之不易。

茶友们现场品鉴老吴的家乡茶、新品茶饮、特色茶点,参与老品牌的现场推介活动。吴裕泰公司赵书新董事长接受了媒体的采访,表述了吴裕泰“塑造百年品牌的重中之重就是持续的品质把控和了解顾客需求”的切身感受。

2017年7月15日,“地坛庙会全球行·2017莫斯科之旅暨北京东城区-莫斯科中央区国际友好城区系列交流活动”在莫斯科革命广场精彩开幕。吴裕泰携诸多“京味茶”亮相,



董事长接受央视网记者采访

旨在向国际友人们展现中国传统茶文化的独特魅力,让更多的人了解中国茶,爱上中国茶。

活动现场,吴裕泰茶艺师为莫斯科市民展现了精彩的花茶茶艺表演,赢得观众的注目和掌声。醇厚回甘的“裕泰香”在异国他乡的空气中愈加浓郁,引得莫斯科市民纷纷品尝,充分张扬了“茶东方,裕泰香”的魅力和中华老字号的“国际范”。



吴裕泰员工教外国友人中国茶艺



俄罗斯友人
品尝中国茶

2017年8月,“花茶大酬宾·好礼送不停”,以“茉莉花茶”、“翠谷幽兰”、“翠谷茉莉”、“桂花乌龙”、“玳玳红茶”和老家家乡名优“珠兰花茶”等为主打产品的2017年吴裕泰花茶节热卖京城,全国400多家店铺同步行动,吴裕泰用大花茶系列回馈百姓,再次凸显了130岁老裕泰的匠心坚守,品质传承。

“采之惟恐不尽,制之惟恐不精”是吴裕泰恪守的制茶信条,尤“茉莉花茶窰制技艺”又以其独具的匠心列入国家级非物质文化遗产名录。花茶的制作周期很长,从茶坯制作、花源选择、鲜花养护、窰制拼合、通花散热、起花、烘焙到拼配,需要经历近半年的周期,其复杂程度是非亲眼见所能想象的,其中每一步都关系到最终成品花茶的品质。吴裕泰的茉莉花茶,以其“香气鲜灵持久,滋味醇厚回甘,汤色清澈明亮”赢得消费者的青睐且捧回一个个金奖,如今吴裕泰又发展非遗技艺再推花茶新品,业内人士无不为之赞叹。

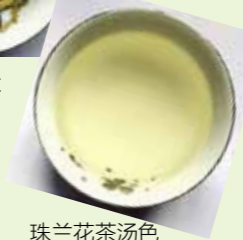
花茶节期间,除去当家的茉莉花茶外,吴裕泰不断丰富“大花茶”系列,“珠兰花茶”便是与茶友见面的新品之一。吴裕泰创始人的故里——安徽省歙县是“中国名茶之乡”,引花香,益茶味,相得益彰的“珠兰花茶”是歙县的传统名茶,该茶历史十分悠久,早在明代时就有出产。据《歙县志》记载:“清道光,琳村肖氏在闽为官,返里后始栽珠兰,初为观赏,后以窰花”。“珠兰花茶”就是以烘青绿茶和珠兰鲜花窰制而成,该茶条索紧细匀



珠兰花茶外观



珠兰花茶叶状



珠兰花茶汤色



传统茶包儿现身花茶节



考察珠兰花茶种植基地



花茶节酬宾送礼-折扇深受茶友的爱

整,花香清新幽雅,滋味鲜醇爽口,汤色黄亮。吴裕泰在喜迎130周年诞辰之际,将“珠兰花茶”作为寻根溯源之旅的硕果,“百年品质,匠心传承”的精品现身于吴裕泰的大花茶系列中,不能不说是老字号“创新好茶终为您”的承诺吧?

1887年,吴老爷子携徽茶走出徽州歙县,在京城挂起“吴裕泰茶棧”的匾牌且入乡随俗匠心独运茉莉花茶,其窰制技艺载入“非遗”名录。弹指130载,吴裕泰茶香依旧,品牌远播。值此盛典之际,笔者用一句话道出吴裕泰茶人的心声:“匠心坚守方睿就裕泰茶香”。

(文字整理:蒋志均 吕丹/图片:吴裕泰提供)

链接:北京吴裕泰茶业股份有限公司

网址: www.wuyutai.com

北京康普特文化发展公司(本文推介)

网址: www.bjkangpute.com



国家描述: 充满惊喜的国度

语言: 爱沙尼亚语、瑞典语

首都: 塔林

人口: 约130万

货币: 欧元

主要出口产品: 稀土矿物、食品、建筑建材

加入欧盟时间: 2004年

以何闻名: 网络即时语音沟通工具

Slogan/Country characteristic: Positively surprising

Name of country in language of origin: Eesti Vabariik

Language(s): Estonian, Swedish

Capital: Tallinn

Population (in millions): 1.3

Currency: Euro

Main export products: rare earths, food, construction

Date of entry into EU: 2004

Famous for: Skype



爱沙尼亚 Estonia (Republic of)

食谱描述:

猪肉冻是爱沙尼亚的传统美食，它是将煮熟的猪肉制成胶冻状。我们的读者如果有勇气自己在家烹制，那您既可以向别人炫耀，也可以得到别人的赞许。

配料:

- 2条猪腿（2条猪大腿、2只猪蹄）
- 500克瘦牛肉
- 3个洋葱
- 1瓣大蒜
- 2个胡萝卜
- 10-12粒黑胡椒
- 5混合香料
- 2片月桂叶
- 盐少许

烹调指南:

洗净猪肉并将其放入大号的炖锅中备煮，注入冷水，锅开后将血沫捞出，始终保持煮沸状态，文火焖炖。一小时后，将所有的洋葱（去头去尾但不要剥开）、大蒜、胡萝卜（切块儿）倒入锅中。继续焖煮，直到猪肉与骨头分离（大约需要3到4个小时）。关火前15分钟加入盐和香料。将锅中的猪肉与骨头捞出并分开盛装，并把猪肉切成小块，倒入原汤中继续炖煮至开锅。将猪肉冻的半成品分装在几个小碗中，置于低温环境中冷却凝固（需5至8小时）。装盘时配以山葵根或芥末以及热土豆或南瓜沙拉即可。

Recipe description:

A favourite traditional Estonian dish is sült, a jellied meat dish made from boiled pork. Any of our readers who are brave enough to try concocting it at home will earn bragging rights and the admiration of all!

Ingredients for recipe:

- 2 pork legs (2 thighs, 2 hooves)
- 500 g bony beef
- 3 medium onions
- 1 garlic clove
- 2 carrots
- 10-12 grains of black pepper
- 5 grains of mixed spices
- 2 laurel leaves
- salt to taste

Recipe instructions:

Wash the meat and boil it in a large stew pot. Water must be cold when meat is added. Remove foam when the water starts to boil. Keep the water just above the boiling point, allowing it to simmer. After the first hour, add whole onions (tops and bottoms removed, but not peeled), garlic, and carrots (cut into rings). Continue boiling until meat is loose from bones (three to four hours). Add salt and spices 15 minutes before boiling process is finished. Remove all meat and separate it from bones. Cut the meat into small pieces, mix with the liquid and heat to boiling point once more. Pour sült mixture into several smaller bowls, and allow to harden in a cool place (five to eight hours). Serve cold with horseradish or strong mustard, and with hot potatoes and pumpkin salad on the side.



顺产妈妈, 你会护理产后伤口吗?

Natural labor mothers, can you nurse postpartum wounds?



人们常说剖腹产是开膛破肚、元气大伤, 所以刀口缝合、愈合乃至疤痕护理都特别关键, 每一步医生和产妇都格外小心谨慎。而顺产呢, 孩子“出溜”一下就出来了, 术后不久产妇就能下地行走了, 吃喝拉撒全不耽误, 似乎不存在“伤口护理”这一说!

It is often said that caesarean birth is something to cut open the belly, which greatly saps the vitality of the delivery woman. So the stitching of the cut, wound healing and scar caring become especially critical. The doctors and lying-in women should be exceptionally cautious in every step. In that case, what about natural labor? The babies just “slide” and get out. Shortly after the operation, the mothers could go on foot, with everything going on as usual. There seems to be no such thing as “wound care”.

那么顺产真的就是“出溜”一下那么简单吗? 产道真的就一点伤口都没有吗? 为了提升产后生活质量, 产道该怎么护理呢?

Such being the case, is normal childbirth really that

simple to have babies “slide out”? Do the mothers really have no wounds in the birth canals? To improve the quality of postnatal life, how should the delivery women nurse the birth canals?

顺产是对产道一次严峻的考验, 正常产道的直径为2.5厘米, 一般出生的婴儿头部的直径约有10厘米, 所以生产时产道扩张为常态时的4倍。虽然生产时在激素的刺激下, 为配合胎儿娩出, 盆腔的肌肉和韧带会充分延伸, 但是生产的过程还是给产道带来前所未有的压力, 部分产道在胎儿娩出的过程中出现损伤。

Natural labor is a severe test of the birth canal. The normal birth canal has a diameter of 2.5cm. In general, the heads of babies being born are about 10cm in diameter. So, in giving birth to a child, the birth canal expands to four times of the normal state. Although the pelvic muscles and ligaments will be fully extended in delivery under the stimulation of hormones to facilitate fetal delivery, the process of having a baby will bring unprecedented pressure to the birth canal. The birth canals of some women might be injured in the process of delivery.

顺产产道“伤口”有两种

Two “Wounds” for Birth Canal in Natural Labor

产道损伤有两种, 一种是小损伤, 由自然分娩时胎头或先露部位对阴道组织造成冲撞而形成的, 一般伤口较小, 大多无需处理, 产后自行愈合。有时为止血, 可能要对小伤口缝一小针, 缝针后无须特殊护理。

There are two kinds of birth canal injuries. One is small damage, due to the collision of fetal head or the presenting part to the vaginal tissues in natural childbirth. Such wounds are generally small, no need for special treatment. They will heal by themselves after delivery. Sometimes, to stop bleeding, the doctor might small sew a small stitch for the small wounds. It does not need special care after the stitch.

另外一种是比较严重的阴道撕裂和会阴侧切。会阴撕裂是由产程进展太快或待产期间不当用力所导致的, 伤口

较大、较深, 临床上因撕裂的大小和损伤组织的不同分为一度、二度、三度撕裂。会阴侧切是医生为避免会阴严重撕裂而采取的“小手术”。

In another case, the delivery women might have severe vaginal laceration or episiotomy. The perineal tear appears because of too fast stage of labor, or improper exertion during the period of awaiting delivery. The wounds are large and deep. Clinically, the wounds are classified into first, second and third degree laceration considering the actual laceration size and damaged tissues. Episiotomy is a “minor operation” to avoid severe perineal laceration.

较第一种伤口, 第二种伤口比较严重, 都要经过仔细缝合, 而且术后容易感染, 必须好好护理。

Compared with the first kind of wound, the second kind is more serious. The wounds should be carefully sutured. As it is easy to get infected after the operation, the lying-in women must be taken good care.

生孩子本来就很痛, 产道竟然还会撕出伤口, 做妈妈真不容易啊! 不过在会阴部的血管丰富, 血液循环良好, 血流量也很充足, 所以伤口愈合的能力非常强。不太严重的会阴伤口3—4天就不会痛了, 严重的会阴伤口没被感染的话, 差不多一个星期表皮就会愈合了!

Giving birth to a child is very painful, and the birth canal might tear apart into wounds. It is really not easy to be a mother! Fortunately, the perineum has rich blood vessels, with good blood circulation, and sufficient blood flow. So the ability to heal wounds is strong there. It will no longer hurt with the less severe perineal wounds in three to four days. Severe perineal wounds will heal in the skin in about a week, if they are not infected.

顺产伤口护理不当危害大

Great Harm from Improper Care of Natural Labor Wounds

缝合的伤口护理不好容易出现诸多问题, 需密切关注直到完全愈合, 大概需要两周的时间。顺产伤口可能出现的问题主要包括以下几种:

Many problems might rise if stitched wounds are not nursed properly. We must pay close attention to them, till they are completely healed. This takes about two weeks. The possible problems with natural labor wounds mainly

include the following:

水肿: 无论有没有侧切, 顺产时会阴部都容易出现水肿。这时, 保持局部的清洁、干爽, 3天后就可消肿。

Edema: Whether there is episiotomy or not, the perineum is prone to have edema in natural labor. At this time, keeping the perineum clean and dry, the swelling will be relieved in three days.

脓包: 如果发现缝合处有小的脓包, 可能是对缝合线的吸收有障碍, 应到医院请医生将缝合线拆除, 拆除后伤口会逐渐愈合。

Pustules: If small pustules are found along the suture line, it indicates suture absorption may be impaired. The lying-in women should go to the hospital asking the doctor to remove the suture line, and the wound will gradually heal after the removal.

感染: 因为生理结构的原因, 会阴部无法保持在无菌的条件下, 缝合伤口随时都可能感染。如感觉伤口疼痛, 还伴有红肿、裂开、流血水、流脓等现象, 很可能是伤口感染了, 需要马上就医。

Infection: Because of the physiological structure, the perineum cannot be kept under a sterile condition. The sutured wounds may be infected at any time. If they feel the pain, accompanied by redness, cracking, bleeding, and discharging pus, the lying-in women might have a wound infection. They need to seek medical treatment immediately.

窦道: 发炎、感染程度进一步加深, 组织坏死, 皮肤粘膜上出现孔洞, 伤口长久不愈合。这种情况并不多见, 却给“中招”妈妈的身心带来很大的痛苦, 妈妈们要及时就诊, 定期去医院进行清创、缝合、引流等治疗。

Sinus tract: The inflammation and infection get worsened. The tissues become necrotic. Holes appear on skin and mucous membranes. And wounds are not healed for a long time. Such situations are rare, but they could bring great pains to the body and mind of the mothers “caught” in the process. The mothers should receive timely treatment. They should go to hospital regularly for such treatment as debridement, suture and drainage.

产后伤口护理全攻略

Tips for Postpartum Wound Care

保持清洁与干燥: 不管伤口严重与否, 如果恶露还没有



干净, 都应每天用流动清水清洗外阴, 从前向后冲洗, 每天最少两次。大便后, 为避免大便等脏物的污染也应冲洗一次。清洗后, 一定要用干净的专用的毛巾擦干。不建议用水盆, 脏水如果循环使用会污染会阴伤口。同时, 要勤换卫生巾, 勤换内衣裤, 以避免湿透后浸湿伤口, 发生感染。

Keep clean and dry: No matter whether the wound is serious or not, the vulva should be cleaned with flowing water every day, if the lochia is not clean yet. Wash the vulva from the front to the back, at least two times a day. After each bowel movement, wash the vulva once to avoid pollution of the stool and other dirt. After cleaning, be sure to wipe dry the vulva with clean special towel. Water basin is not recommended, as dirty water might contaminate the perineal wound if dirty water is recycled. At the same time, frequently change the sanitary napkins and underwear, to avoid that the wounds are soaked and infected when they are soaked.

注意坐卧姿势: 会阴侧切的妈妈, 睡觉或坐着时重心都应侧向伤口对侧, 既可以避免恶露污染伤口, 又可以使切口表面错开, 避免伤口受压。

Note the sitting and lying postures: Moms of episiotomy should keep their main part to the opposite side of the wound when sitting and sleeping. This helps to prevent lochia from contaminating the wound, stagger the cut surface, and avoid wound compression.

保持大便通畅: 产后妈妈不要总躺在床上, 尽量多下地走走, 多吃新鲜蔬菜水果, 多喝鱼汤、猪蹄汤等汤饮, 不吃辛辣食物以保持排便通畅。万一发生便秘了, 也不要太用力, 可暂时使用开塞露。还要注意一下坐马桶的方法: 慢慢的, 先收敛会阴和臀部, 然后再轻轻的坐下来。

Keep bowels open: After delivery, the moms should not always lie in bed. Instead, they need to walk as much as possible. They should eat more fresh fruits and vegetables, drink more fish soup, pig's trotters soup, and do not eat spicy food, so as to keep the bowels open. In case of constipation, they should not try too hard. They may temporarily use Enema Glycerini. They must also pay attention to the method of using the toilet: take it slowly, restrain the perineum and buttocks first, and then sit down gently.

拆线后不要掉以轻心: 刚拆线的几天内不要做下蹲用力动作; 坐位时, 身体重心偏向对侧, 以防伤口受压、切口表皮错开; 避免摔倒或大腿过度外展, 以上都有可能使初愈的伤口再度裂开。

Do not take it lightly after taking out stitches: Do not squat or take other forceful actions in the first few days after taking out stitches. When sitting, put the center of body weight to the other side of the wound, to prevent wound compression, or skin incision fracture. Avoid falling or thigh hyper-abduction, as they are likely to split the

initially healed wounds.

常做凯格尔运动: 凯格尔运动是恢复产道紧致的好方法。产后42天是盆底肌恢复最佳时间, 产后3个月是盆底肌恢复黄金期。所以盆底功能的恢复要遵循循序渐进、适时适量、重在持之以恒。在做凯格尔运动之前, 先来了解一下需要锻炼的肌肉。当我们在上卫生间排尿的时候, 收缩盆底肌肉, 突然憋住不让尿流出, 此时进行收缩的就是需要锻炼的肌肉。找到这种感觉之后, 就可以在平时进行锻炼了, 每天做几组, 每组做20—30次, 做的时候一定要慢慢来, 不要着急, 根据自身情况每次从3秒开始逐渐坚持到10秒, 千万别太劳累啊。

Do Kegel exercise regularly: The Kegel exercise is a good way to restore compact birth canal. The 42nd day after delivery is the best time for pelvic floor muscle recovery. The third month after delivery is the golden period for pelvic floor muscle recovery. Therefore, to recover the pelvic floor function, the moms should proceed in an orderly way, step by step, in appropriate time and amount of exercise, and with perseverance in particular. Before doing the Kegel exercise, we may first take a look at muscles to exercise. When we urinate in the bathroom, we may contract the pelvic floor muscle, and suddenly hold back the urine. The muscle contracted is precisely the one to exercise. Having found the feeling, we may exercise it at any time. Do it several times each day. Make 20 to 30 tries each time. Take your time. Do not worry. Do it for three seconds in the beginning, and hold on to 10 seconds little by little, according to your own situation. Don't be too tired.

顺产不是一蹴而就, 也不是毫无后患, 它跟剖腹产一样需要细心的产后护理, 身体才会恢复到最佳状态, 妈妈们千万马虎不得啊!

Natural delivery will not accomplish at one stroke, nor is it without any trouble. Similar to caesarean birth, it needs careful postpartum care, so that the body will return to the best state. Dear young mothers, you should never be careless with it!

TIPS: 会阴清洗小技巧

TIPS: How to Clean Perineum

因为伤口疼痛, 很多新妈妈无法像平时那样蹲下来清洗

会阴, 教新妈妈一个既卫生又省力的清洗方法: 坐在抽水马桶上, 把温开水装在水壶里, 让家人拿住水壶, 将水慢慢倒向会阴部, 这时妈妈用手轻轻擦洗。

Since it is painful with the wounds, many new mothers cannot squat down as usual to clean the perineum. Here, we have a method of cleaning that is both sanitary and easy: Sit on the flush toilet, put warm water in a kettle, ask a family member to take the kettle, and slowly pour the water to the perineum. The new mom may gently scrub it with hand.

会阴处缝针的, 自分娩第二天起用10%的洁尔阴液冲洗外阴, 或用10%洁尔阴擦洗外阴, 每天两次直到拆线。为防止会阴切口拆线后裂开, 要从前向后擦洗。

If the perineum is sutured, wash the vulva with 10% Jie'eryin liquid the second day after delivery, or scrub the vulva with 10% Jie'eryin liquid. Wash it twice each day, till the stitches are taken out. To prevent rupture after taking out the suture from the perineum incision, scrub it from the front to the back.





你家宝宝也是“落地响”吗？ Is your baby a light sleeper?

6个月以内的宝宝，每天睡眠时间至少达到15个小时以上，准备生娃的准妈妈是不是正在窃喜，觉得只要让宝宝睡着了，世界就美好了？过来人妈妈会很痛苦地告诉你，让宝宝睡觉才是最难最难的啊。

Babies within six months would sleep for at least 15 hours each day. Are the mothers-to-be delighted at the news, believing that so long as the babies are asleep, the world will be beautiful? The old hands will tell you painfully that making babies sleep is the hardest thing in the world.

入睡慢都不算什么，很多宝宝简直就是“落地响”，每天必须抱着睡觉，只要往床上一放，不是哭就是醒，妈妈真是心越来越累，手臂越来越粗……

Falling asleep slowly is nothing to the moms. A lot of babies are little better than “light sleepers”. Every day, they would sleep in the arms of moms. The moment they are placed on the bed, they would simply cry or wake up. The moms are really tired in heart, with thicker and thicker arms……

数据显示，0—3个月的婴儿，有28—40%有睡眠问题，比如昼夜节律紊乱，频繁夜醒，以及让爸妈累心累身的入睡困难。

As shown in data, 28-40% of zero to 3 months old babies have sleep problems. For instance, they might turn night into day, frequently wake up at night, and have difficulty falling asleep which makes parents too tired mentally and physically.

为什么小小的婴儿也会出现睡眠问题？主要原因是个不恰当的养育行为。

Why little babies could also suffer from sleep problems? It is mainly due to inappropriate parenting practices.

不恰当行为1: 宝宝与父母同床 Inappropriate Behavior 1: Sleep with parents

不少爸妈都会选择和宝宝一起睡在大床上，说这样方便随时关注，半夜如果孩子饿了或者哭了，直接抱过来就行。

Many parents choose to sleep with their baby in a big bed, believing it is convenient to keep an eye on the baby at any time. If the baby is hungry or cries at midnight, they could straightly take up the child in arms.

真的行吗？

Is that true?

儿科医生告诉你，不要让宝宝恋上你的床。

Pediatricians will tell you -- do not let the baby fall in love with your bed.

正确的做法应当是和宝宝同屋不同床。把宝宝的小床放在父母的大床旁，紧贴大床，不要留空隙，防止宝宝掉到床下。宝宝的床垫可以稍微硬一些，3个月以下的宝宝不需要枕头，3个月以上的宝宝枕头可以选择荞麦皮的，别用过于柔软的枕头或者充气型枕头。床上用品简单舒适即可，选用全棉制品，以防羊毛或其他纤维制品引发婴儿呼吸道问题。不建议使用床围，尤其是晚上或孩子长时间睡眠无人照管时，因为有些孩子蹬踹力度较大，容易蹬翻床围，盖在脸上引起窒息。

The correct approach should be staying in the same room and yet in different beds with the baby. Put the baby in a small bed close to the big bed of the parents, leaving no gaps so as to prevent the baby from falling under the bed. The baby's mattress could be a little hard.

Babies under three months do not need a pillow. Babies more than three months old may use pillow of buckwheat husks. Do not use too soft pillows or inflatable pillows. The bedding articles should be simple and comfortable. Choose cotton products rather than wool or other fiber products, in case the latter ones trigger respiratory problems with infants. Bumpers are not recommended, especially at night or when children sleep unattended for long hours. Because some children might kick with great strength, likely to swing over the bumpers, get covered in the face causing suffocation.

不恰当行为2: 过度的关爱和安抚 Inappropriate Behavior 2: Excessive Care and Comfort

初次当妈妈，对宝宝总是有着各种各样的担心，万一宝宝睡着睡着突然漾奶了怎么办？宝宝翻身时被子或者枕头捂住口鼻了怎么办？宝宝半梦半醒发现妈妈不在身边哭闹起来怎么办？……种种焦虑萦绕心头，妈妈们恨不得每隔一两分钟就去观察一下宝宝，摸摸他睡得热不热，冷没冷。却没想到，影响宝宝睡眠质量的恰恰是满溢爱心的妈妈们。过度的关爱和安抚会阻碍宝宝的自我平静，影响他自我入睡能力的发展。

A first time mother might have a variety of worries about the babies, wondering what to do if the babies suddenly vomit milk when asleep? What to do if the babies turn over and get covered mouth and nose by the quilt or pillow? And what to do if the babies, half awake, find the mothers are not around and cry? With all kinds of anxiety lingering in mind, the mothers would like to take a look at the babies in every one or two minutes. They would touch the babies to see whether they are hot or cold in the sleep. The loving mothers have not realized they are to blame for affecting the quality of baby sleep. Excessive care and comfort would hinder the baby's peace, and hamper the development of their own ability to fall asleep.

睡眠分为深度睡眠和浅度睡眠，深睡眠是长体格的时间段，这一时段的宝宝安静，呼吸均匀，偶有鼾声；浅睡眠是促进智力的阶段，如果仔细观察，可以看到宝宝的眼球在眼皮下快速转动。通常来说，深睡和浅睡50分钟一个循环，如果是在浅睡阶段去抚摸宝宝，很容易打断他的睡眠。

Sleep may be divided into deep sleep and light sleep. The former is a period for babies to grow in physiques. In this period of time, babies are quiet, breathing evenly, with

occasional snoring. Light sleep is the stage promoting intellectual development. If you look closely, you may see the baby's eyes move rapidly under the eyelids. Generally speaking, deep sleep and light sleep form a cycle in every 50 minutes. If you touch the baby in the light sleep stage, you are likely to break his sleep.

有些妈妈可能会问，如果宝宝在浅眠阶段拉便便了怎么办啊，要不要给他换尿布？不要着急，您可以耐心等待，宝宝进入深睡阶段再为他更换即可。

Some mothers may ask, what to do if the baby poos in light sleep? Is it necessary to change the diaper? Do not worry. You can wait patiently and replace it when the baby falls into deep sleep.

不恰当行为3: 陷入误区的爱 Inappropriate Behavior 3: Love in Pitfalls

新手妈妈很容易过度担心宝宝挨饿，想方设法给他喂很多东西，吃完正餐吃水果，吃完水果吃零食，吃完零食喝饮料，结果让宝宝的胃肠得不到休息，自然也就没法早早入睡。

New moms are easy to worry too much about their babies, wondering if they babies are hungry, and trying to feed them a lot of things. Having finished dinner, they could take some fruits, and then snacks, and then drinks. As a result, the baby's stomach and intestine get no rest, and naturally they cannot fall asleep early.

还有一些爸妈习惯于在晚上留一盏小夜灯，以备半夜起来照顾宝宝。其实，小夜灯是个极易被忽视的关爱误区。我们都知道，当人在夜间进入睡眠状态时，松果体会分泌大量的褪黑激素，褪黑激素能抑制腺垂体促性腺激素的释放，可以防止性早熟。但是小夜灯干扰了褪黑素的分泌，对于女孩来说，会使女孩体内的卵泡雌激素出现提前分泌的情况，可能会导致孩子性器官的提早发育。

Some parents are accustomed to keeping a night light in case they are to take care of the baby in midnight. In fact, night light is a misunderstanding of care easily overlooked. As we all know, when we go to sleep at night, the pineal gland would secrete large amounts of melatonin, which inhibits pituitary gland and facilitates the release of gonadal hormone, preventing sexual precocity. But night light interferes with the secretion of melatonin. For girls, it will make follicle stimulate hormone secrete in advance in their bodies. It may end in early development of children sexual organs.

为宝宝准备“睡眠仪式”**Prepare "Sleep Ritual" for Baby**

从宝宝一出生开始,爸爸妈妈就要对他的睡眠问题进行关注了,宝宝6周—2岁是良好睡眠习惯培养的关键时期,这一阶段,爸爸妈妈不妨为宝宝设置一个“睡眠仪式”,安排固定有序的3—4项活动,让宝宝养成习惯,逐渐从被动入睡到主动入睡,学习自我平静。爸爸妈妈可参考如下的“睡眠仪式”:

The moment a baby is born, the parents should pay attention to its sleep. The period from six weeks to two years old is critical for fostering a good sleep habit. In this period, parents may hold a "sleep ritual" for the baby. They may arrange three to four fixed activities, enabling the baby to develop the habit, and gradually proceed from passive sleep to positive sleep, and learn to calm themselves. The parents may refer to the following "sleep ritual":

1 睡前一小时喂奶,之后洗温水澡(较小的孩子这两件事的顺序应颠倒过来);

Feed milk one hour before bedtime. Then take a warm bath (reverse the order for smaller babies).

2 从孩子长出第一颗牙后,就开始坚持每晚睡前为他做口腔清洁;

Clean the mouth for the baby every night before going to bed, since the first tooth grows.

3 给孩子换上舒适的衣服和干爽的尿不湿

Put on comfortable clothes and dry diaper for the baby;

4 调暗灯光,打开摇篮曲,安静的和孩子玩,等待他的疲倦信号,如紧握拳,打呵欠,吸吮,揉眼睛,皱眉等;

Dim the lights, play the lullaby, and play with the child quietly, waiting for his tired signals, such as clenched fists, yawning, sucking, rubbing the eyes, and frowning.

5 发现信号后,将孩子放在小床上,轻拍、轻柔说话、轻摇小床,直至他安静入睡。这一过程中,即便孩子乱动,也要坚持轻轻的动作,不要放弃,不要改成高级安慰方式。

Having caught the signals, the parents may put the baby in the small bed, gently patting him/her, speaking softly, rocking the bed lightly, until he/she falls asleep quietly. In this process, adhere to gentle actions, even if they mess around. Do not give up, and do not turn to advanced comfort modes.

宝宝“秒睡大法”**Tips for Baby Instant Sleep**

想要宝宝睡个好觉,其实也没有那么复杂,只要做好细节的把控,爸爸妈妈就不用再为宝宝入睡难操心了。

It is actually not so complicated to keep the baby in a good sleep. So long as they control the details, the parents need not worry about how difficult the baby falls

asleep.

声音控制:居室内无噪音,入睡如果播放音乐的话应选择单调慢节拍的声音,如雨声,催眠曲等。

Sound control: No noise in the room. If you play music before the baby goes to sleep, you should choose monotonous, slow rhythms, such as the sounds of rain and lullabies.

温湿控制:卧室内的温度在20—25℃为宜,湿度在50—60%比较好。关于一些爸妈担心的加湿器的辐射问题,由于目前尚无权威数据和行业标准,不放心的家长可以提前2小时给室内加湿。

Temperature and humidity control: The bedroom temperature should better be kept at 20--25℃, and the humidity at 50 - 60%. Some parents worry about radiation of the humidifier. Since there are no authoritative data and industry standards, parents who do not trust the facilities may humidify the room two hours in advance.

环境控制:千万不要一睡觉就把屋子遮挡得漆黑一片,一定要让宝宝明确区分睡觉是白天还是黑夜,白天拉上薄窗帘就可以了。

Environmental control: Do not keep the room dark once the baby goes to sleep. It is necessary to let the baby see clearly whether it is day or night when he/she goes to sleep. It is fine to pull the curtains when sleeping in daytime.

入睡“三要”:一要在宝宝刚刚有困意时就把他放在床上,培养他独自入睡的能力;二要同屋不同床;三要在晚上为宝宝戴纸尿裤,有助于避免夜醒。

“Three Yes” for Falling Asleep: First, when the baby is tired, put him/her on the bed, teaching him/her to sleep alone. Second, share the room, but not the bed, with the baby. Third, wear diaper for the baby at night, which helps avoid night waking.

入睡“三不要”:一不要用摇晃,拍、抱等“高级”安抚方式让宝宝入睡;二不要让宝宝含着妈妈乳头或奶嘴入睡;三不要在宝宝睡觉时频繁抚摸,干扰他的睡眠。

“Three No” for Falling Asleep: First, do not shake the baby. Instead, pat or hold the baby to fall asleep in an "advanced" way. Second, do not let the baby to sleep with mother's nipple or pacifier in the mouth. Third, do not stroke the baby frequently when he/she falls asleep, as it might disturb the sleep.



How old is your ovary? 你的卵巢几岁了?



揽镜自照,你的心事藏在脸上。你是否发现,曾经光洁的皮肤开始枯黄长斑?曾经靓丽的头发变得干燥无光?你是否常常难以自控,焦虑抑郁?丧失自信,失眠多梦,暴躁易怒?这一切源于卵巢年龄的变化!

Take a look at yourself in the mirror, and you will see your worries are hidden in the face. Have you ever found that your skin, once shining and bright, has begun to turn withered and yellow, spotted with speckles? Your beautiful hair, once lustrous and black, now looks dry and dull? Have you often found it hard to control yourself, and turn anxious and depressed? Have you suffered from dream-disturbed sleeps, easily riled? All these are due to changes in the age of the ovary!

卵巢年龄VS.生育时钟**Ovarian Age VS. Fertility Clock**

卵巢年龄,专业名称“卵巢储备功能”,也就是依赖于卵巢中卵子的数量和质量。卵巢是位于子宫两侧的一对生殖器官。卵巢储备功能反映了女性的生育能力,也决定了女性绝经的年龄。若卵巢质量下降,导致生育能力降低或出现过早绝经的倾向,称为卵巢储备功能降低。

The ovarian age is professionally referred to as the "ovarian reserve function". It depends on the number and quality of eggs in the ovary. The ovary is a pair of reproductive organs on both sides of the uterus. The ovarian reserve function reflects the fertility of women, and hence also determines the age of female menopause. If the ovary declines in quality, it will result in reduced fertility or premature menopause, known as decreased ovarian reserve function.

女人一出生,卵巢中就有大约200万个卵,到青春期时,就只剩下了30万个,而之后的一生,也不会补货。女性性成熟后,每次月经,都会消耗掉一批卵,随着年龄的增大,卵巢里的库存就越来越少了,当卵泡只剩下一千个左右,女性就进入绝经期了。总的来说,卵巢内卵子的库存数量决定了卵巢的年龄。

When a woman is born, there are about 2 million eggs in her ovary. By the time of puberty, there remains only 300,000. The eggs will not be replenished in the lifetime. When women are sexually mature, a number of eggs will

be consumed away in each menstrual period. With the increase of age, there are fewer and fewer stocks in the ovary. When there are only about 1,000 follicles left, the woman goes into menopause. In general, the number of eggs in the ovary determines the age of the ovary.

一对夫妻要自然怀孕,女方必须能正常排卵,拥有良好的子宫环境、通畅的输卵管及正常的内分泌水平。其中卵子质量、子宫内膜环境、内分泌水平都与卵巢有极大的关系。因此,评判女性生育能力,首先得看卵巢功能,卵巢年龄与生育时钟有着十分紧密的关系:

When a couple wants to conceive naturally, the woman must be able to ovulate regularly. She must have a good uterine environment, unobstructed fallopian tube, and normal endocrine level. Among them, the egg quality, endometrial environment and endocrine level are closely associated with the ovary. Therefore, to judge the fertility of women, we must first look at the ovarian function. There is a close relationship between the ovarian age and the fertility clock:

20岁到30岁之间,是女性一生中卵巢功能最好的时期,卵子质量好,受精能力强,卵巢分泌激素的水平也比较稳定;30岁到35岁,女性卵巢功能开始下降,表现为卵子数量减少,质量变差;35岁是一道门槛,此后女性的卵巢功能急转直下,不仅难受孕,即使怀上了也易流产,且宝宝出现畸形的可能性也比较大。

The period between 20 and 30 years old is the best in the female life in terms of ovarian function. The eggs are in good quality, with strong ability to fertilize. The ovarian

hormone levels are also relatively stable. In the period between 30 to 35 years old, the female ovarian function begins to decline, as shown in the reduction in the number of eggs with poorer quality. The age of 35 is a threshold. After that, the female ovarian function keeps a sudden turn for the worse, making it hard to conceive, and even if it succeeds to conceive, it is easy to have abortion, and the possibility of a baby malformation is also relatively large.

卵巢年龄VS.实际年龄

Ovarian Age VS. Actual Age

25岁以后, 随着年龄的增长, 卵巢也逐渐衰老; 过了35岁, 衰老的速度会明显增快, 通常到45岁时, 卵巢年龄就走到了尽头。当然, 有些人卵巢“老”的快一些而有些人慢一些, 但对大多数人来说, 卵巢的衰老大致上符合年龄的增长, 生理年龄在很大程度上决定了卵巢的年龄。

After 25 years of age, the ovary is gradually aging with the growth of age. After 35, the rate of aging will increase significantly. Normally, by the age of 45, the age of the ovaries has come to an end. Of course, the ovary of some people may “grow old” faster than others. But for most people, the aging of the ovary is roughly in line with the growth of age, and the age of the ovary is largely determined by the physiological age.

不过, 当女性朋友压力大、情绪起伏大, 或是经历过卵



巢手术、放化疗治疗等时, 卵巢的年龄就会走在了实际年龄的前面, 就会引发以下危机:

However, when women meet high pressure, emotional ups and downs, or have undergone ovarian surgery, radiotherapy and chemotherapy, the age of the ovary will go ahead of the actual age. This will trigger the following crises:

卵巢储备功能下降: 卵巢储备功能下降就是卵巢加速衰老, 走在了实际年龄的前面, 它会导致生育时钟也加速, 生育力下降, 但还能生育。

Decreased ovarian reserve function: The decline in the ovarian reserve function is accelerated aging of the ovary. As it walks in front of the actual age, it may cause the fertility clock also to accelerate, and lower fertility, though the women remain able to have children.

卵巢早衰: 卵巢早衰, 是指的40岁前, 卵巢年龄已经走到了尽头, 寿终正寝! 也就是指卵巢储备已耗竭, 这时, 生育能力已经丧失, 女性绝经了。

Premature ovarian failure: Premature ovarian failure means that ovarian age of women under the age of 40 has come to an end. In other words, it means the ovarian reserve has been exhausted. At this time, the fertility has been lost, leading to female menopause.

通常说的职场压力大、环境不好对女性的影响, 指的是出现卵巢储备功能下降, 与卵巢早衰还是有一定距离的。卵巢功能储备下降的女性, 应早做生育规划, 在绝经前十年, 仍有自然妊娠的机会。

The so-called impacts of heavy workplace stress and poor environment on women refer to the decline in ovarian reserve function, and there is still a distance with premature ovarian failure. Women with decreased ovarian reserve function should make early fertility planning. In the first ten years of menopause, there are still chances of natural pregnancy.

AMH: 判断卵巢功能的好帮手

AMH: Good Helper for Judging Ovarian Function

卵巢功能一旦下降, 身体就会给出相应的变化, 主要表现在以下这些方面:

Once the ovarian function declines, the body will change accordingly, mainly shown as follows:

皮肤: 松弛, 干燥无光, 出现皱纹;

Skin: slack, dry, lackluster, with wrinkles;

月经: 量少、经期缩短或周期不规律、闭经;

Menstruation: little amount, shortened menstrual period, irregular cycle, or amenorrhoea;

性生活: 性欲下降、性交出现疼痛、性欲减弱;

Sexual life: decreased sexual desire, pain in sexual intercourse, diminishing libido;

精神状态: 出现失眠、烦躁焦虑、暴躁易怒。

Mental state: sleepless, restless, anxious, and irritable;

对于女性来说, 卵巢的衰退是不可逆的, 不能等到衰老发生了, 再来追究因果。判断卵巢的真实年龄, AMH(抗苗勒氏管激素)检测绝对是好手。

For women, the decline of ovary is irreversible. They cannot wait to investigate the cause and effect until the aging actually starts. To determine the true age of the

ovary, AMH (anti-mullerian hormone) test is definitely a good player.

它来自于窦前卵泡和小卵泡的分泌, 是评估卵巢功能的良好指标, 简单、方便、准确。可以预测绝经年龄, 从而提前计划自己的生活。同时, AMH还能为卵巢功能失调, 特别是多囊卵巢综合征的诊断提供新的参考指标。

It comes from the secretion of preantral follicles and small follicles, serving as a good indicator of ovarian function. It is simple, convenient and accurate, effective in predicting the age of menopause, and thus planning the life ahead of time. At the same time, AMH can provide a new reference index for the diagnosis of ovarian dysfunction, especially polycystic ovary syndrome.

想通过辅助生殖技术孕育宝宝的女性, 如果能够在备孕时提前通过AMH预测卵巢反应, 会便于医生制定个体化刺激方案, 在一定程度上提高妊娠率, 降低并发症风险。

If women who want to conceive babies with assisted reproductive technologies could predict ovarian response in advance with AMH during the preparation period, they will make it easy for doctors to develop individualized stimulus plans and, to a certain extent, improve the pregnancy rate, and reduce the risk of complications.

女性健康小贴士: 预防卵巢早衰食疗良方

Tips for Women's Health: Good Diet Recipes Preventing Premature Ovarian Failure

红豆腰果燕麦粥

Oatmeal gruel with red beans and cashew nuts

原料: 水发红豆90克, 燕麦85克, 腰果40克。

Ingredients: 90 grams soaked red beans, 85 grams oats, 40 grams cashew nuts.

调料: 冰糖20克, 食用油适量。

Seasoning: 20 grams rock sugar, proper amount of edible oil;

做法:

Cooking method:

1、将红豆和腰果洗净, 热锅放油, 烧至四成热, 倒入腰果, 炸至金黄色捞出, 沥干油, 倒入碗中, 捣碎成末, 倒出装盘备用。

Wash the red beans and cashew nuts. Pour oil into hot pot, burn it to 40% heat, and pour cashew nuts, fry them to golden brown, and fish them out. Drain the oil, pour the fried cashew nuts into a bowl, crush them into

powder, and pour them into a plate for the next move.

2、向砂锅注入适量清水, 大火烧开, 倒入燕麦, 红豆搅拌均匀, 烧开后小火炖40分钟, 倒入冰糖, 搅拌至冰糖完全溶化。

Pour some water into an earthenware pot, boil it with big fire, and then pour in the oats and red beans, stir to make them mixed evenly. After boiling, simmer it with soft fire for 40 minutes. Pour the rock sugar, and stir it till the rock sugar has fully dissolved.

3、关火后将粥盛出, 装入碗中, 撒上腰果即可。

Turn off the fire, and dish out the porridge into bowls. Sprinkle the cashew nuts in the bowls to complete the process.

桂圆红枣银耳羹

Longan, red dates and white fungus soup

原料: 水发银耳150克, 红枣30克, 桂圆肉25克。

Ingredients: 150 grams water-swollen white fungus, 30 grams red dates, and 25 grams longan pulps

调料: 小苏打3克, 白糖20克, 水淀粉适量。

Seasoning: 3 grams baking soda, 20 grams white sugar, and proper amount of starch water.

做法:

Cooking method:

1、将银耳切去黄色根部, 发碎, 洗净, 红枣和桂圆肉洗净, 向锅中注入清水, 烧开, 放入银耳、小苏打搅拌均匀, 煮约1分钟, 至其熟软, 捞出银耳备用。

Cut off the yellow roots of the white fungus, break them up, wash them clean. Wash the red dates and longan pulps. Put some water to the pot, boil the water, and add the white fungus and baking soda, stir to make them mixed evenly. Cook them for about one minute, till they are well cooked and soft. Fish out the white fungus for the next move.

2、向砂锅中注入清水烧开, 放入桂圆肉、红枣、银耳用小火煮约30分钟, 倒入水淀粉, 拌匀调味, 加入白糖煮至汤汁浓稠。

Pour water into the earthenware pot, and burn it to boil. Put in the longan pulps, red dates and white fungus, and simmer them with soft fire for 30 minutes. Pour in the starch water, mix evenly the seasoning, add white sugar to cook them into thick soup.

3、关火后盛出煮好的食材, 再装入碗中即可。

Turn off the fire, dish out the cooked food, and load them in bowls to finish the whole process.

《世界中国》杂志介绍



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