

The World and China  
世界中国

丝绸之路 SILK ROAD  
*Selyemül*

外交与旅游杂志  
DIPLOMATIC AND TRAVEL MAGAZINE

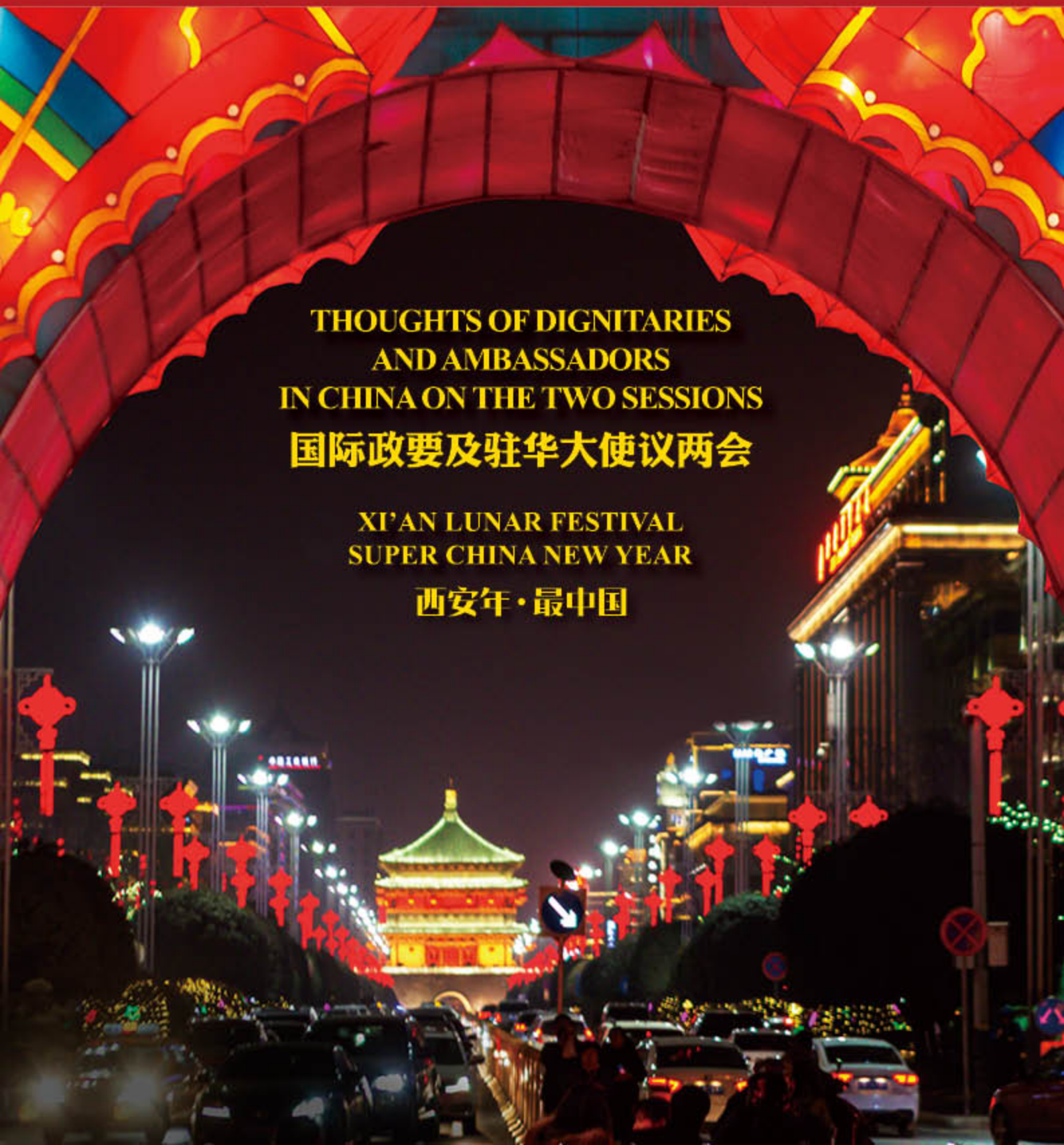
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THOUGHTS OF DIGNITARIES  
AND AMBASSADORS  
IN CHINA ON THE TWO SESSIONS  
国际政要及驻华大使议两会

XI'AN LUNAR FESTIVAL  
SUPER CHINA NEW YEAR

西安年·最中国



## 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、中外外交、时事传真、国际友城、欧盟新闻、文化视野、各国风情、商务平台、畅游天下、专题报道等。

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

### 主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

### 发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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Free of Charge Magazine 赠阅



封面说明：  
西安年·最中国

COVER NOTE:  
Xi'an Lunar Festival  
Super China New Year

中国两国人民  
友谊之花常开

为世界中国杂志社题  
邹家华

原中国国务院副总理、全国人大常委会委员长邹家华先生为本刊题词

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

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## Seven Focal Points of the “Two Sessions” in 2019

### 2019年“两会”七大看点

**看点一：**通过法定程序使党的主张成为国家意志，凝心聚力再出发

**看点二：**设定经济发展预期目标，加快推动高质量发展

**看点三：**打好三大攻坚战，决胜全面建成小康社会

**看点四：**坚持深化改革，推动高质量发展

**看点五：**进一步扩大对外开放，外商投资法草案将提请审议

**看点六：**推进法治中国建设，让公平正义更加可触可感

**看点七：**切实保障和改善民生，不断增强人民群众获得感



#### **Point 1:**

Make the Party's proposition become the will of the state through legal procedures, increase cohesion.

#### **Point 2:**

Set the expected economic development goals, accelerate high-quality development.

#### **Point 3:**

Fight through the three major battles, build a well-off society.

#### **Point 4:**

Persist in deepening the reforms and further high-quality development.

#### **Point 5:**

Further the opening up, draft a foreign investment law and submit it for consideration.

#### **Point 6:**

Promote the construction of China under the rule of law and make fairness and justice more ubiquitous.

#### **Point 7:**

Ensure and improve people's livelihood, constantly enhance people's sense of accomplishment.



## 国际政要议两会

### THOUGHTS OF DIGNITARIES ON THE TWO SESSIONS

李克强总理讲话之前，国际社会对此表示了极大的兴趣。这是可以理解的，因为中国现在是世界政治的决定性因素，也是全球经济中的决定性因素。演讲准确地反映了中国领导层在下一个时期的立场。近年来，中国取得了很大的成绩，其价值并不影响经济发展有所放缓的事实，因为中国经济越来越倾向于从数量转向质量。

演讲的一个非常重要的内容是经济刺激花束，其中减税、小企业福利和投资至关重要。一个有趣的新因素是城市发行自己债券的可能性。显然，这个好看的项目需要对税收是否真的已经缴纳，以及城市如何使用债券进行严格的控制。



匈牙利前总理  
迈杰希·彼得  
Former Prime Minister of Hungary,  
Dr. Peter Medgyessy

Nagyon fontos eleme a beszédnek a gazdasági ösztönző csokor, amelyben az adócsökkentés, kisvállalatok kedvezményei, beruházások kiemelt jelentőségűek. Érdekes és új elem az a lehetőség, hogy a városok saját kötvényeket bocsássanak ki. Nyilvánvaló, hogy ez a nagy ívű program kemény és szigorú ellenőrzést is igényel majd azzal kapcsolatban, hogy az adókat tényleg befizették-e, illetve a városok a kötvényeket hogyan használják fel.

Nemzetközi elemzők számára is várható volt, hogy a nemzetközi biztonság, és ezzel összefüggésben a katonai kiadások nagy hangsúlyt kapnak, ez a mai helyzetben elkerülhetetlenné vált.



## 大使议两会

### THOUGHTS OF AMBASSADORS ON THE TWO SESSIONS



爱沙尼亚驻华大使  
H.E. Marten Kokk,  
Ambassador of Estonia

今天，我怀着极大的兴趣参加了全国人民代表大会开幕式，听取了李克强总理关于政府工作的全面报告。

李克强总理以开放的方式强调了中国经济未来的选择，希望有助于中国找到应对当前经济挑战的最佳解决方案。

爱沙尼亚在 1995 年至 2007 年期间的年平均实际增长率接近 8%，2008-2009 年面临严重衰退。经济衰退期间，我们的努力是提高爱沙尼亚的经商便利性，进一步向外国直接投资开放，促进出口。这大大提高了生产力和竞争力，现在我们已经连续多年回到了稳定的 4% 左右的增长道路上。

我们也希望，当前的形势将鼓励中国进一步开放外商直接投资市场，减少外国企业参与中国经济的市场障碍。

欧盟成员国热衷于缔结《中欧投资全面协定》谈判，该协定可能增加中国和欧盟的投资流动，并进一步创造就业机会。

Today I participated with great interest at the annual session of the National People's Congress and listened to the comprehensive report on the work of the government by Premier Li Keqiang.

The open way in which Premier Li Keqiang highlighted the options which lie ahead for the Chinese economy will hopefully help China to find best solutions for its present economic challenges.

Estonia, whose annual average real growth between 1995 and 2007 was nearly 8% faced a severe recession in 2008-2009. Our efforts during the recession were to improve Estonia's ease of doing business and to further open our country to foreign direct investment and promote export. This helped greatly to increase productivity and competitiveness and now we are back on steady growth path of around 4% for many consecutive years.

We also hope that the present situation will encourage China to further open its markets for foreign direct investment and to reduce market barriers for foreign entities to participate in China's economic miracle.

The European Union Member States are keen to conclude negotiations of EU-China Comprehensive Agreement on Investment (CAI) which could increase flow of investment and further jobs creation both in China and in the EU.



阿尔巴尼亚驻华大使  
塞利姆·贝洛塔亚  
H.E. Selim Belortaja,  
Ambassador of Albania

我很荣幸参加第十三届全国人民代表大会第二次会议。李克强总理的报告给我们留下了深刻的印象。令人印象深刻的有洞察力的信息，通过细节的透明度，通过中国当前局势的委托采取必要的措施，也通过现实主义的精神迎接真正的挑战，外国朋友中国总是很高兴看到贵国的突出成就，特别是在贸易和投资、创新方面。以及现代化。这有利于中国人民，增加他们的收入，提高城乡地区标准，吸引数以百万计的中国人民，创造一个健康美丽的环境，中国经济巨大，潜力巨大，也是一个在当今世界平衡贸易和投资伙伴中具有公认作用的世界参与者。我们的国家，包括它的进步，它的经济表现，以及对世界上每个国家的稳定敏感问题。这也是真正的阿尔巴尼亚经济，中国在数量上一直是第三大的国家。另一方面，同样重要的是，中国政府坚定地奉行40年前开始的改革政策，扩大对外存在，同时放宽其他国家在中国市场的准入，支持贸易，实现多元化。边边主义和包容性，并通过“一带一路”或我们更具体、更区域的模式等健全的平台鼓励进程和项目，这种模式已不再仅仅是一种内部战略，而是向世界社会和经济提供方便，这无疑会对国际市场产生影响，给全球带来更多希望和热情、规模。我很高兴能继续关注会议的进展。

I am honored to attend the second meeting of the 13th National People's Congress. Premier Li Keqiang's report left a deep impression on us. Impressive and insightful information, through the transparency of details, through the commitment of the current situation in China to take the necessary measures, and also to meet the real challenges through the spirit of realism, foreign friends of China are always very happy to see China's achievements, especially in trade and investment, and innovation. And modernization. This is beneficial for the Chinese people, increasing their income, raising the standards of urban and rural areas, attracting millions of Chinese people, creating a healthy and beautiful environment. China has a huge economy and huge potential. It is also a balancer in trade and investment in today's world. A world participant with a recognized role in the partnership. Our country, including its progress, its economic performance, is sensitive to the stability of every country in the world. This is also the real Albanian economy, and China has always been the third largest country in terms of quantity. On the other hand, it is equally important that the Chinese government firmly adheres to the reform policy that began 40 years ago, expands its external presence, and at the same time relaxes the access of other countries to the Chinese market, supports trade, and achieves diversification. Further inclusiveness, and encourages processes and projects through sound platforms such as the "Belt and Road" or our more concrete and regional model. This model is no longer just an internal strategy, but an economic vista, which will undoubtedly have an impact on the international market and bring more hope and enthusiasm to the world. I am very happy to continue paying attention to the progress of the meeting.

# 聚焦两会

## Focus on Two Sessions



牙买加驻华大使  
丘伟基  
H.E. Antonia Hugh,  
Ambassador of Jamaica

李总理特别关注民生问题。减税解决了当前中小企业的发展问题，促进了国内需求，促进了经济增长。国际外交关系的政策压力，今年的讲话是为了安抚公众，防务为本不会发展和扩大到更大的规模。很高兴地注意到“一带一路”倡议工作很好，与发展中国家的改革开放第四十年一致。

Premier Li has payed special attention to the people's livelihood. Tax cuts help the development of small and medium-sized enterprises, boost domestic demand and boost economic growth. Against the background of policy pressure of international diplomatic relations, this year's speech is to appease the public, It is a pleasure to note that the work on the "Belt and Road Initiative" is going well and is consistent with the 40th year of reform and opening up.

中国在经济方面取得的巨大成就，是政府工作报告中最引人注目的亮点。中国经济已经成为世界第二大经济体，超过国内生产总值13万亿美元，外汇储备约3万亿美元。即使在遥远的中国城市，也能看到经济的成功。我还注意到，在扶贫方面取得了重大成就，使绝大多数中国人生活得更好。此外，我还要祝贺政治领导层和所有其他成员共同为全球经济作出的杰出贡献。最后，我谨代表斯里兰卡向中国致以最诚挚的祝愿，祝愿中国在未来取得更大的成功。

The tremendous success that China has achieved in the economic front is the most remarkable highlight in the Report on the Work of the Government.

Chinese Economy has already become the 2nd largest economy in the world exceeding its GDP beyond US\$ 13 trillion with nation's foreign exchange reserve around US\$ 3 trillion. It is glad to see the Economic success even in far away cities in China. Also I noted a significant success in poverty alleviation and it has given the vast majority of Chinese people a better life.

Further, I would like to congratulate the political leadership and all other stake holders for the excellent contribution they jointly added to the global economy.

Finally, I would like to extend Sri Lanka's sincere best wishes for China for further success in the future.



斯里兰卡驻华大使  
卡鲁纳塞纳·科迪图瓦库  
H.E. Karunasena Kodituwakku,  
Ambassador of Sri Lanka



印度尼西亚驻华大使  
周浩黎  
H.E. Djauhari Oratmangun,  
Ambassador of Indonesia

从国务院总理李克强今天在第十三届全国人民代表大会第二次会议上发表的政府工作报告来看，我们赞赏中国在外交中积极推动友谊、加强与各国合作。

中国成功举办了博鳌亚洲论坛、上海合作组织青岛峰会、中非合作论坛北京峰会等国际盛会。习近平主席也出席了亚太经济领导人会议和 G20 领导人峰会，印尼和中国是其中成员国。

中国和印尼是人口众多的发展中国家。因此，两国具有类似的挑战。印尼可以从中国学到很多东西，包括如何在各个基础设施建设和互联互通、扶贫、提高人民福祉、提高生活水平等一些关键因素上促进经济发展、促进对外贸易、吸引外资、加快国家经济增长。

最后，我们继续支持中国的“一带一路”倡议，促进地区的连通性。

From the report on the work of the government delivered by Premier Li Keqiang at Second Session of the 13th National People's Congress today, We appreciate China's active role in diplomacy to promote friendship and strengthen cooperation with other countries.

China successfully hosted international events such as Boao Forum for Asia, Qingdao Summit for SCO, and Beijing Summit of Forum on China - Africa Cooperation. President Xi Jinping also attended APEC Economic Leaders Meeting and G20 Leaders Summit in which Indonesia and China are the members.

China and Indonesia both are developing countries with large population. Therefore we share some similar challenges. Indonesia can learn a lot from China. On how to emphasize the economic development in some key factors such as infrastructures development and connectivity throughout the countries, poverty alleviation, enhance people's welfare and raising their living standard, and to promote foreign trade and attract foreign investment in order to enhance the country's economic growth.

Finally, we continue our support for China's Belt and Road Initiative to promote connectivity in the regions.



我很荣幸的听取了李克强总理阁下在两会期间所作的重要报告。2018 年取得的成就令人印象深刻，特别是在创造就业、经济增长、创造就业、消除贫困等方面。此外，2019 年确定的目标非常重要，我认为中国有潜力实现这些目标。

I followed with great interest the important report given by His Excellency the Prime Minister Mr Li Keqiang during the two sessions. The achievements obtained in 2018 are impressive, notably in terms of job creation, economic growth, eradication of poverty, etc. Furthermore the objectives fixed for 2019 are very important and I think that China has the potential to make them a reality.



突尼斯驻华大使  
迪亚·哈立德  
H.E. Dhia Khaled,  
Ambassador of Tunisia

工作报告表明，中国正以清晰的认识面对未来面临的严峻挑战。正如总理所说，这是一个考验的时刻，随着所提出的补救措施和目标的提出，我确信中国将变得强大，老百姓将看到他们生活的日益变化。

The work report shows that China is understanding the serious challenges it faces in the future. As the Prime Minister said, this is a time of trial, but with the proposed remedies and goals, I am sure that China will become strong and the people will see beneficial changes in their lives.



马尔代夫驻华大使  
穆罕默德·费萨尔  
H.E. Mohamed Faisal,  
Ambassador of the Maldives



巴基斯坦驻华大使  
马苏德·哈立德  
H.E. Masood Khalid,  
Ambassador of Pakistan

政策解决是一个重要的指导。在巴基斯坦，我们密切关注这些会议，学习中国在发展、扶贫和环境保护方面的经验。这些会议是巴基斯坦人民和政府的指导来源。

China and Pakistan are all-weather strategic partners, good neighbours, and good friends. Our bilateral relationship is based on trust, mutual respect and mutual understanding.

Are two sessions meetings like China's exist in Pakistan's system?

In Pakistan it is called "joint session of the Parliament." Pakistan is a bicameral parliamentary democracy. The central legislature, also called the Parliament, consists of two houses: the upper house i.e. Senate of Pakistan and the lower house i.e. National Assembly of Pakistan. Both houses of the Parliament convene their meetings independently in accordance with respective rules of procedure. The President of Pakistan, however, may call joint-session of both houses of the Parliament on important occasions. Unlike, regular annual "two sessions" of the NPC and the CPPCC Standing Committee, the "joint session of the parliament" is not held regularly. These joint sessions are convened on need basis.

Is there influence in Pakistan from the two session meetings? Are the Pakistani government and people concerned?

The "two sessions" are one of the most important political meetings in China. Whole world pays close attention to these sessions to hear the government work report as well as other deliberations. The sessions provide an insight into China's achievements in socio and economic development, highlight main targets for the next year as well as outline policies to attain those targets. For developing countries like Pakistan, these deliberations and policy solutions are an important guidance. We, in Pakistan, are closely following these sessions to learn from China's experience of development, poverty alleviation, and environment protection. These sessions are a source of guidance for people and government of Pakistan. country's economic growth.

Finally, we continue our support for China's Belt and Road Initiative to promote connectivity in the regions.

中巴是全面战略伙伴，是好邻居，是好朋友。我们的双边关系是建立在信任、相互尊重和相互理解的基础上的。

纳吉麟：巴基斯坦系统中是否存在类似中国这样的两场会议？

马苏德大使：在巴基斯坦，它被称为“议会联席会议”，巴基斯坦是一个两院制的议会民主国家。中央立法机关，又称议会，由两院组成：上议院即巴基斯坦参议院和下议院即巴基斯坦国民议会。议会两院根据各自的议事规则独立召开会议。然而，巴基斯坦总统可能会在重要场合召开两院联席会议。与全国人大和全国政协常委会定期举行的年度“两会”不同，“两会”不定期举行。这些联席会议是根据需要召开的。

纳吉麟：中国“两会”对巴基斯坦有影响吗？巴基斯坦政府和人民关心吗？

马苏德大使：“两会”是中国最重要的政治会议之一。全世界都密切关注这些会议，听取政府工作报告和其他审议。会议深入了解了中国社会经济发展的成就，突出了明年的主要目标，并概述了实现这些目标的政策。对巴基斯坦等发展中国家来说，这些审议和政策



Focus on  
Two Sessions

我最近才开始担任克罗地亚共和国驻中华人民共和国大使的职务，因此，在两次会议期间，我第一次在令人印象深刻的人民大会堂现场直播倾听李克强总理的报告。这个精心设计的演讲给我留下了深刻印象，在聘任人们和企业的期望的同时，以稳定和可持续增长为目标，提出了进一步的步骤。

As I only recently started my duty as Ambassador of the Republic of Croatia to the People's Republic of China, this was my first Report by the Premier, H. E. Mr. Li Keqiang to follow live at the impressive Great Hall of the People on the occasion of the Two Meetings. I left the Great Hall with the strong impression of a meticulously crafted address, projecting further steps with the objective of stable and sustainable growth while answering expectations of people and enterprises.



克罗地亚驻华大使  
达里欧·米海林  
H.E. Dario Mihelin,  
Ambassador of Croatia

中国的国家进步与发展对于世界其他国家，尤其是那些与中国签署一带一路合作协议的国家来说，影响巨大。

作为这样国家中的一员，圭亚那合作共和国驻华大使馆欢迎李克强总理在其工作报告中所宣称的——推动全方位的开放，培育国际经济合作的新动能。

除此之外，加强污染治理，提高生态环境改善和推进绿色发展等举措也都极其重要。

圭亚那合作共和国驻华大使馆愿在此对中国政府和中国人民过去一年，在社会和经济进步中所取得的成就，表达衷心的祝贺。同时，我们也真诚地希望中国政府为来年所订立的目标可以顺利实现并取得超越。

The national progress of China has implications for other countries across the globe, particularly for states that subscribe to the Belt and Road Initiative.

As one such nation, the Embassy of Guyana welcomes the declaration in the report by the Honourable Prime Minister Li Keqiang to promote all-round opening up and to foster new strengths in international economic cooperation.



圭亚那合作共和国驻华大使  
贝尼·卡伦  
H.E. Bayney Karran  
Ambassador of Guyana

In addition, the measures that were announced to strengthen control over pollution, enhance ecological improvement and advance green development are of deep importance.

The Embassy of Guyana extends congratulations to the Government and People of China for the gains that have been achieved in social and economic progress over the past year. We express the hope that the targets set for the coming year would be achieved and surpassed.





亚美尼亚共和国驻华大使  
谢尔盖·马纳萨良  
H.E. Sergey Manassarian,  
Ambassador of Armenia

2018年中国经济取得的成果是可喜的。中国不仅使主要经济社会指标的发展水平保持平稳平衡,而且在战略重要领域取得了前所未有的进展。中国为消除贫困而进行的斗争是一个典范。每年都会创造数以百万计的就业机会,失业率保持在最低水平。在保持主要经济指标稳定增长的同时,经济社会体制关键领域的改革也备受关注。每年建设数千公里的高速铁路和公路,全国基础设施体系不断快速完善。中国正在不断追求以创新为动力的整个产业发展,其所有部门都从传统制造业开始,发展到先进的高科技和信息技术产业。中国在实现国民经济和社会总体发展的显著增长的同时,特别注重加强生态建设,大力推进绿色经济和能源技术发展,加强污染防治。我们欢迎中国经济取得的巨大成就,我们将继续尽一切可能加强两国之间的合作关系。

The results that the Chinese economy achieved in 2018 are commendable. China manages to not only keep the development levels of the main economic and social indicators on a steady and balanced pace, but also achieve some unprecedented progress in strategically important sectors. China's fight towards the eradication of poverty is exemplary. Every year millions of jobs are created and the unemployment rate is kept on minimal levels. While the main economic indicators are kept on stable growth rate, no less attention is paid to reforms in key fields of the economic and social systems. Thousands of kilometers of high speed railway and highway are built every year and the whole infrastructure system of the country is continuously under further rapid improvement. China is on a constant pursuit of innovation driven development of the country's whole industry with all of its sectors starting from the classic manufacturing industry and coming up to progressive high tech and it industries. While achieving outstanding growth rates in overall economic and social development of the country, China pays utmost attention to strengthening of the pollution prevention and control by enhancing ecological improvements and making big advances in green economy and energy technological developments. We welcome the tremendous achievements of the Chinese economy and we will continue doing everything possible on our side to strengthen the cooperation ties between our two countries.



李克强总理的报告一份深思熟虑的报告。全球面临着许多挑战,中国意识到并准备应对这些挑战。我特别感兴趣的是,我继续强调自然资源和生态系统管理,因为竹子在这方面发挥了作用。

但是,竹子可以在创新中发挥作用,我欢迎对研究、开发和创新的重视。此外,竹子还可以帮助四川、云南、甘肃等地方社区发展中小企业,我很高兴听到当地企业通过税收优惠、宽松的法规和地方政府的普遍支持得到大力支持。

最后,我很高兴看到持续强调绿色BRI投资。竹子可以发挥作用。



国际竹藤组织总干事  
费翰思博士  
Hans Friederich  
Director General of INBAR

A very thoughtful report. There are many global challenges and China is aware and preparing to deal with them. I was particularly interested to see the continued emphasis on natural resources and ecosystems management, as this is where bamboo plays a role.

But, Bamboo can play a role in innovation and I welcome the emphasis on research, development and innovation. Also, Bamboo can help local communities in Sichuan, Yunnan, Gansu to develop Small and Medium Enterprises, and I was heartened to hear the strong support for these local enterprises through tax incentives, relaxed regulations and general support from local government.

Finally - I am happy to see the continued emphasis on greening BRI investments. Bamboo could play a role.



脱贫攻坚时，甘肃、云南目前是全国脱贫较慢的省份，脱贫倒计时已是甘肃全省口号，到2019年底全省脱贫

Countdown for poverty alleviation. "Gansu and Yunnan are provinces where poverty alleviation is currently moving ahead slower than the national average, that's why the slogan "Countdown for poverty alleviation" became a common phrase in these two provinces. By the end of 2019, poverty should be totally eradicated there.

人民大会堂甘肃厅最显眼的“马踏飞燕”中国旅游标志原形出土于甘肃雷台汉墓。The most eye catching exhibit in the hall of Gansu province in the Great Hall of the People is the national logo of tourism, "a horse treading on a swallow", unearthed in a Han dynasty tomb in Leitai, Gansu province.



## 开放日现场报道

## Open Days of Provincial Delegations



陕西省省长刘国中在开放日接受记者采访时表示，坚持以人民为中心的发展思想，陕西省2019年把城乡居民人均收入增长定在8%至9%，高于7.5至8%生产总值，地方财政收入增长幅度定为6%

Liu Guozhong, Governor of Shaanxi Province, said during an interview on the open day that adhering to the people-centered development, Shaanxi Province set the per capita income of urban and rural residents at 8% to 9% in 2019, higher than the 7.5 to 8% GDP, and set the growth of local fiscal revenue at 6%



在3月9日甘肃省媒体开放日活动超时结束后甘肃省委书记林铎，副书记，甘肃省长唐仁健主动走到记者区与记者继续交谈

On 9 March, following the end of the open day activity of Gansu province organized for the press, Secretary of Provincial Party Committee Lin Duo, Deputy Secretary and Governor of Gansu province, Tang Renjian attended the press zone and continued the discussion with the journalists



3月9日上午甘肃人大代表团开放日结束后境外记者与甘肃省宣传部副部长郭锦诗合影留念

On the morning of March 9, following the open day of the delegation of Gansu People's Congress, overseas journalists pose for a group photo with Guo Jinshi, Vice Minister of Publicity Department of Gansu Province



海南省人大代表加上2位列席代表一共不到30人。可是3月7日的开放日，媒体记者却是代表的四倍。记者最关心还是自贸区的发展，各项计划落实的进展。省长沈晓明在回到记者提问时说，房地产的售价得到了降温。人才引进人数达4200多，在海南落地的大小公司4万多。已经和59个国家签署免签入岛协议

There are less than 30 delegates of Hainan Provincial People's Congress, but on the opening day of March 7, media reporters were four times as much as delegates. Reporters were most concerned about the development of the Free Trade Zone. Shen Xiaoming, Governor of the province, when responding to questions said that the real estate market is cooling. The number of talents who settled down here reached 4200 and more than 40,000 large and small companies were newly registered. They signed visa free agreements with 59 countries.



本刊社长纳吉·麟接受海南卫视等媒体采访  
Nagy Lin, President of the magazine, was interviewed among others by Hainan Satellite Television



这几年新疆的旅游发展成井喷势，2018 旅游人次比前年增加 40%，达 1.5 亿人次。新疆的旅游势态是“夏季火，冬季旺，节假日忙”。就今年春节小长假统计，到新疆过年的人次达 360 万多次

These years, the tourism industry of Xinjiang is developing by leaps and bounds, the number of tourists to the province grew 40% year-on-year, reaching 150 million. The tourism here can be described as "busy in the summer, frequented in the winter, bustling during holidays". According to recent statistics on the Spring Festival, during the long weekend alone, there were some 3.6 million visitors to the region.



宋虎振代表, Mr. Song Huzhen  
董亮摄

河南开放日，有媒体提到：如何做好从中原粮仓发展到“世界餐桌”？河南省农业农村厅党组书记、副厅长宋虎振表示，目前河南已初步形成了以肉制品、乳制品、面制品、油脂果蔬制品五大行业竞相发展的食品工业产业体系。

During the Henan open day, some of the journalists posed the question of how to become the "Table of the World" from a Central Plains Granary? Song Huzhen, Secretary and Deputy Director of the Party Group of the Provincial Agricultural and Rural Department, said that Henan has already formed food industry chains in five major areas, meat products, dairy products, flour products, oil products and fruit and vegetable products to upgrade its agricultural competitiveness.



## 入脑入心

Enter the Mind and  
Enter the Heart



国务院侨办主任许又声  
Mr. Xu Yousheng



侨办新闻发言人许玉明  
Mr. Xu Yuming



中新社副社长夏春平  
Mr. Xia Chunping

3月14日，国务院侨办主任许又声在侨办会见出席两会报道的华文媒体记者时说道，“在讲好当代中国故事时，力争让观众，听众做到入脑入心”。

今年参加两会报道的有25家海外华文媒体，28名记者参加现场报道。出席座谈会的有20名左右记者，分别来自澳大利亚，美国，日本，意大利，俄罗斯，罗马尼亚，匈牙利，新西兰，葡萄牙，西班牙，德国，加拿大，瑞典，瑞士，阿根廷（不分先后顺序）等国的华文媒体记者。大家每个记者又获得了介绍自己媒体和讲述对两会报道的机会。座谈会结束后，大家还有机会与侨办领导，工作人员进行餐叙。

侨办新闻发言人许玉明主持座谈会。

中新社副社长夏春平也对华文报道提出指导性建议。



纳吉麟社长向许主任展示2007年在布达佩斯采访他的文章  
President Nagy Lin, is introducing an article to Director Xu containing an interview with him conducted in Budapest in 2007.

图片：滕维杰 Photo by Teng Weijie

Xu Yousheng, Director of the Overseas Chinese Office of the State Council, when meeting with overseas journalists on 14 March said: "When telling stories of present day China, work hard to get to the heart of the audience and the viewers".

There were 25 overseas Chinese media participating in the two sessions this year with a total of 28 journalists providing live coverage. There were some 20 journalists attending the presidential discussion forum coming from Australia, the United States, Japan, Italy, Russia, Romania, Hungary, Australia, Portugal, Spain, Germany, New Zealand, Canada, Sweden and Switzerland etc. All the journalists had an opportunity to introduce their own media, and to talk about their impressions on the two sessions. Following the forum, everyone was invited to a buffet dinner to continue the discussion.

Xu Yuming, Spokesman of the Overseas Chinese Office of the State Council chaired the event.

Deputy Chief of China News Agency, Xia Chunping, was also telling suggestions to overseas Chinese journalists.



参会代表发言  
Statements by delegates



合影  
Group photo



# *Light Up Xi'an Illuminate the Globe*

**点亮西安，照亮全球**

文：匈牙利驻华大使馆前副大使 高博，图：王佳，亚历山大，维克多



*The City that Never Sleeps*  
*The Magical Metropolis*  
不夜之城 梦幻之都



SPECIAL ATTENTION TO 特别关注

百家年最中國

2019

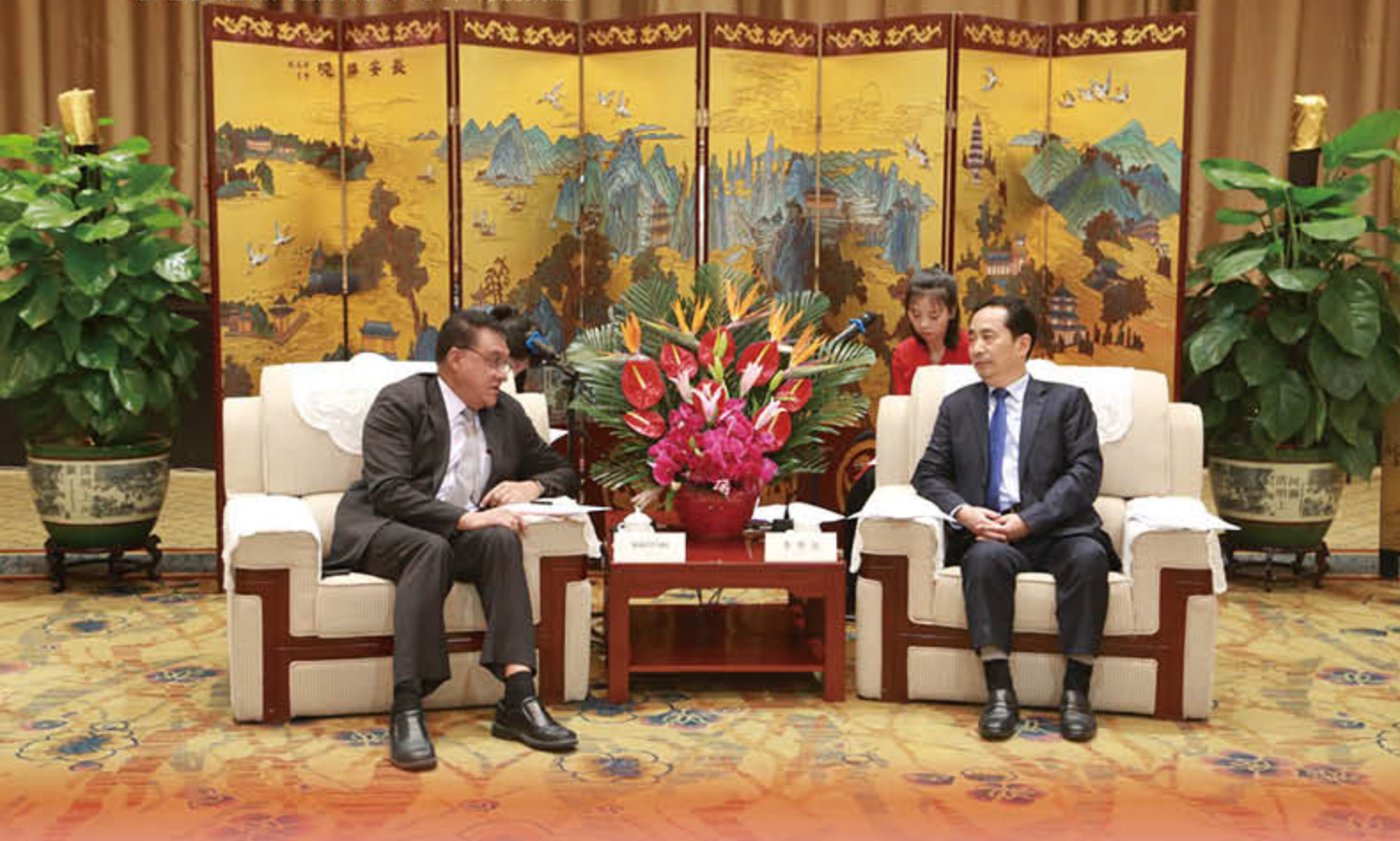
新年快樂



*Dazzling & Wonderful*

璀璨夺目 美妙之极





## 外交官在西安过大年

Diplomats Celebrating the Chinese New Year in Xi'an

2月16日至19日，多位驻华大使及外交官受西安市委，市政府的邀请，在《世界中国》杂志社的陪同下到西安与当地老百姓共同欢度春节元宵节。

西安市市长李明远会见所有客人。

On the invitation of the municipality of Xi'an and "The World and China" Magazine, several ambassadors and diplomats from Beijing have chosen to spend the Chinese New Year in Xi'an and celebrate the Lantern Festival with the local people between 16-19 February.

Mayor of Xi'an, Mr. LI Mingyuan, was also meeting the guests.



印尼驻华大使 周浩黎  
Ambassador of Indonesia,  
Djauhari Oratmangun



克罗地亚驻华大使 达里欧·米海林  
Ambassador of Croatia, Dario  
Mihelin



白俄罗斯驻华大使  
鲁德·基里尔·瓦连其诺维奇  
Ambassador of Belarus, Rudy Kiryl



萨摩亚驻华大使 塔普萨拉伊·托欧玛塔  
Ambassador of Samoa, Tapusalaia  
Toomata



李明远市长给各国嘉宾代表  
赠送中国唐三彩  
Mayor Li handed over tri-coloured  
glazed pottery in Tang Dynasty  
style to the guests.



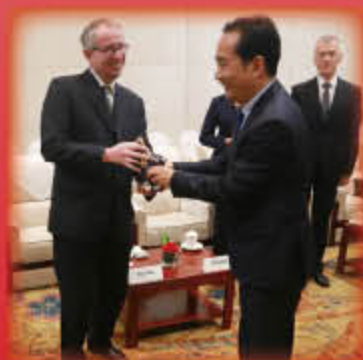
斯洛伐克驻华大使 杜尚·贝拉  
Ambassador of Slovakia, Dusan Bella



马耳他驻华大使 卓胤胤  
Ambassador of Malta, John Aquilina



西班牙驻华大使馆公使 歌华麓  
Minister of the Embassy of Spain,  
José Luis



匈牙利前驻华副大使 纳吉·高博  
Former Deputy Head of Mission of the  
Embassy of Hungary, Gabor Nagy





## 西安年 最中国

### Xi'an New Year, the most Historical in China

来自印度尼西亚、斯洛伐克、马耳他、克罗地亚、萨摩亚、白俄罗斯、西班牙等的十几位高级外交官受邀到西安体验，见证“西安年，最中国”，新年庆祝活动。通常情况下，这俄格口号很难翻译，几乎完全不可能的。这句格言的逐字翻译是“非常中国年”，另一个更适合英语语法的翻译应该说“西安年，非常中国”或“超级中国”。无论如何，最好在农历新年期间去西安看看，了解一下这个新口号的形成情况。在这期间，城市提供了最好的一切，色彩，灯光，味道，声音，表演和氛围。

西安市周至县委书记杨向喜给大使们讲解西安年的历史由来。

(杨向喜，陕西西安周至人。陕西师范大学历史系毕业，公共管理硕士，从2009年起先后任周至县县委副书记、县长、县委书记)



Yang Xiangxi was introducing the historical background of Xi'an Year to the ambassadors. Yang Xiangxi was born in Zhouzhi county, Xi'an city, Shaanxi province and received his diploma in history from Shaanxi Normal University. He got his master degree in public management. From 2009 onward, he was appointed deputy secretary of Zhouzhi county, then head of the municipal government and still later on secretary of Zhouzhi.



“西安年，最中国”由时任西安市委书记王永康创意  
The slogan "Xi'an Year, Super China" is the brainchild of then Secretary of Xi'an Municipal Party Committee, Wang Yongkang

Over a dozen high ranking diplomats from Europe and Asia, including Indonesia, Slovakia, Malta, Croatia, Samoa, Belarus, Spain and Hungary visited Xi'an to witness the new year celebrations according to the new slogan given to the festivities: "Super China". As it is usually the case, slogans are notoriously hard to translate, in this case it is downright impossible. The word by word translation of the motto would read "Very China", another translation that would better suit the English grammar should say "Very Chinese" or "Super Chinese". Whatever is the case, it is better to pay a visit to Xi'an during the Chinese New Lunar Year to realize how well formed this new catchphrase is. During this period, the city provides the best of best of everything, the colours, the tastes, the sounds, the performances and the vibe.



### Interactions





## Interactions



西安，原名长安，在中国历史上起着举足轻重的作用。先后有 13 个王朝在此建都，特别是周、秦、汉、唐，包括统一中国并使中国成为世界强国的秦始皇和中国唯一的女皇帝武则天。西安也是丝绸之路的起点，为当时的 10 多万外国人提供了一个迎宾之家，一个真正的国际城市。

Xi'an, formerly called Chang'an, played a pivotal role in the Chinese history. It gave China 13 dynasties hallmarked by famous emperors like Qin Shi who united China and made China a world power and Wu Zetian, the only female emperor of China. The most powerful and memorable dynasties with a seat in Xi'an include the Zhou, Qin, Han and Tang dynasties. It is also the place where the Silk Road started from and which provided a welcoming home to 100,000 foreigners of the time, a truly international city.





## Interactions

整个行程包括参观西安的几个标志性景点，兵马俑博物馆、大清真寺、城墙南门、雁塔区、小雁塔、碑林区、唐代音乐宫、现代唐人街、陕西历史博物馆和永兴坊小吃街。特别是我们还到西安附近的周至县进行了一次乡村之旅，该县的猕猴桃产量占到了中国猕猴桃产量的15%，同时看到了金熊猫。值得一提的是当地的领导杨书记领着乡亲们并成功地将一条存放垃圾的河流改造成了一个有湖的水游乐园。

The programme comprised the visits to several landmark spots of Xi'an, the Terra-Cotta Warriors, the Great Mosque, South Gate of City Wall, Yanta District, Small Wild Goose Pagoda, Beilin District, Tang Music Palace, Modern Chinatown, Shaanxi History Museum and the Snack Street. The group also made a rural trip to Zhouzhi county, which yields 15% of the Chinese kiwi fruit production, is host to the golden panda and has successfully turned a garbage depot area into an amusement park with a lake.





西安是一个历史悠久的城市，不仅有大量的物质文化遗产，而且有丰富的非物质文化遗产，陕西各族人民在长期生活实践中，创造出丰富多彩的非物质文化遗产，它们都是中华民族智慧与文明的结晶。

Observations



西安古乐又称西安鼓乐、长安古乐、长安鼓乐等，是中国境内迄今发现并保存最完整的大型民间器乐乐种之一，被誉为“古代交响乐”、“中国古代音乐的活化石”。它完整地保留了唐宋宫廷音乐的风貌，庄重、肃穆、高雅。

Xi'an's ancient music, also known as Xi'an's drum music, Chang'an ancient music, Chang'an drum music etc., is one of the most complete large-scale instrumental folk musics found and preserved in China. It is known as the "ancient symphony" or "the living fossil of ancient Chinese music". It completely retains the style of court music of the Tang and Song dynasties, solemn and elegant.



## Tasting

西安，大家称它为“美食天堂”，作为一个旅游圣地，不仅要有美丽的名胜古迹，还有一个重要的当果然就是美食了，西安最有名有肉夹馍、凉皮、羊肉泡馍、岐山臊子面、biangbiang面等众多美食，令人回味无穷。

Xi'an, as a tourism destination, has not only beautiful scenic spots and historical sites, but it is also an important culinary spot. The most famous dishes in Xi'an are meat steamed bun, cold skin, mutton steamed bun, Qishan Weizi noodles, biangbiang noodles and many other delicacies, making people never forgetting the taste.





# 体验

## Experience

小雁塔荐福文化大庙会，活动非常多，有文化饕餮集萃展、饮食文化的多元特色展、非遗文化展演、中华传统礼仪体验展示、中国年文艺展演等，大使们亲自体验了一把，感觉很有意思。

The Grand Temple Fair of Xiaoyan Pagoda has a lot of activities to offer such as the exhibition of taotie, a mythical animal, collection of multi cultural food exhibitions, intangible cultural heritage exhibition, exhibition of Chinese traditional etiquette, Chinese New Year literary and art exhibition, etc. The ambassadors have personally experienced some of them, and found them very exciting.





通过服饰学习中国传统国学、了解民族历史，通过服饰展示与行为礼仪示范，弘扬中华传统文化。

Learning Chinese traditional culture, understanding national history and promoting Chinese traditional culture through traditional costume display during a protocol and etiquette demonstration.



体验

Experience



Xi'an is a city with a long history. It not only has a large number of tangible cultural heritage, but is also rich in intangible cultural heritage. Throughout the history, people of all nationalities in Shaanxi have created a set of rich and colourful intangible cultural heritage, which is the crystallization of the wisdom and civilization of the Chinese nation.





图片提供 / 陕西卫视李梦娜



采访

Interviews



除了令人赞叹的风景和建筑，热闹的嘉年华，有着 2000 多年历史的美食，最难忘的记忆还是当地人民的善良，真诚的欢迎微笑，友好的礼物和接待，使每一个外交官都还想回去。

The group was really impressed by the breathtaking sceneries and architecture, the bustling carnivals, the cuisine with more than 2000 years of history but the most unforgettable memories relate to the kindness of the local people, the sincere welcoming smiles, the amicable presents and reception the members of the group received made every one of the diplomats wanting to return.







# 每一次 *Every Time*

(为纪念八国驻华大使西安过大年所写, 2019年2月21日)  
(To the gathering of eight ambassadors for celebrating Chinese Spring Festival in Xi'an on 21 February)

每一次相遇都是重逢,  
虽然肤色各异,  
虽然国度不同,  
恰是曾相识,  
总是激情涌!

Every meeting is a reunion,  
However varied in skin colour,  
However different in nationality,  
Feels like old acquaintances,  
The emotions are overwhelming!

每一次相聚都是感动,  
虽然时光短暂,  
虽然来去匆匆,  
彼此相见欢,  
总是情谊浓!

Every encounter is touching,  
However short in time,  
However come and go in a hurry,  
What a pleasure to see each other,  
What a deep friendship!

每一次离别都是新程,  
念山高路远,  
看岁月峥嵘,  
世界多娇齐努力,  
携手奋进唱和平!

Every departure is a new beginning,  
The high mountains are far away,  
The years are just towering,  
The world needs our efforts,  
Let's join hands and sing the ode to peace!





罗马尼亚驻华大使康斯坦丁内斯库阁下与欧盟驻华大使郁白阁下共同出席新闻发布会  
Constantinescu Vasilica, Romanian Ambassador to China and Nicolas Chapuis, EU Ambassador to China, attended the press conference

## 欧盟轮值主席国 – 罗马尼亚 (2019年1月1日至2019年6月30日)

### Rotating EU Presidency - Romania (Jan. 1, 2019 – June 30, 2019)

罗马尼亚在2007年加入欧盟之后，迎来了首次担任轮值主席国重任。

2019年1月22日，罗马尼亚驻华大使馆和欧盟驻华使团在北京路罗马尼亚驻华大使馆共同举办了新闻发布会以及庆祝招待会。

罗马尼亚大使在发布会上说：罗马尼亚从1995年开始正式提出加入欧盟的申请，并于2007年1月1日全面完成。我们为回归欧洲价值观、原则和抱负的大家庭作出了所有努力，坚信欧洲项目是一项独特的建设，能够为整个世界带来和平与繁荣，是确保我们共同进步和共同未来的唯一途径。

欧盟理事会轮值主席国对罗马尼亚来说是一个历史性的时刻，是一项高度责任感的任务，这需要同样程度的雄心壮志、承诺和实用主义，以便能够对所有挑战作出充分和现实的反应。这就是为什么在此期间，我们将自信地利用保加利亚和奥地利议程的进展和遗产，同时作为欧洲三重奏的一部分，为下半年芬兰和明年克罗地亚的优先事项搭建一座桥梁，以确保欧盟的一致性和一致性。

罗马尼亚的任期在欧洲和国际两个层面的动态背景下进行，这提供了同样的挑战和机遇。很明显，目前正在进

行的复杂的内部文件和程序，如多年期的财务框架、脱欧进程、欧洲选举以及当前对欧洲未来的反思过程，都对我们在本期及以后的工作进程造成了很大的压力。

因此，罗马尼亚认为，在这个关键时刻，团结是克服我们面临的所有挑战的主要途径，并进一步维护我们的价值观、原则以及我们的共同愿望和愿景。

罗马尼亚首次轮值主席的工作议程将集中在以下四个主要支柱上，

第一个支柱——融合的欧洲——包含了我们的愿望，即确保融合和凝聚，为所有公民和会员国实现可持续和公平的发展。

第二个支柱是我们最强烈的愿望之一：创造一个更安全的欧洲。为了进一步定义欧盟的实施，欧盟面临着广泛的与安全相关的挑战，如监管不严、边界恐怖和非正规化、任何网络威胁。

“欧洲，作为一个更强大的全球行动者”是我们的第三支柱，也是我们通过授权作出的第三个承诺。我们将致力于通过促进扩大政策进一步巩固欧盟在全球的作用，特别关注西巴尔干和欧洲在其邻国的行动。我们还将进一

步实施欧盟全球战略、确保欧盟所需资源和履行欧盟所有承诺方面采取特别步骤。

第四个支柱，对我们来说是一个特别重要的支柱，我们谈论的是一个具有共同价值的欧洲。在我们的总统任期内，我们的目标是通过促进反歧视政策、确保男女平等机会和平等待遇以及通过增加对欧盟的关注，来促进欧盟的团结和凝聚力。在欧洲辩论中解决公民，特别是青年人的问题。一个民主、公平、宽容的联盟是欧洲项目的核心基础，因此，我们将促进团结、平等机会和社会正义的举措，同时打击种族主义、不容忍、仇外心理、反犹太主义和民粹主义。

这些行动支柱不仅反映了我们强烈的欧洲使命，即我们的根、价值观和共同DNA，而且也反映了我们强烈的希望，即其余成员国之间的凝聚力将有助于欧洲联盟作为最成功的区域一体化进程的大整合。

Romania is holding the post of rotating EU presidency for the first time after joining the EU in 2007.

On January 22, 2019, the Romanian Embassy in China and the EU Delegation to China jointly held a press conference and a celebration reception at the Romanian Embassy in China.

Romania formally submitted its application to join the European Union in 1995 and completed it on January 1, 2007, the Romanian ambassador said at the press conference. We have made every effort to return to the European family of values, principles and aspirations, convinced that the European project is a unique construction capable of bringing peace and prosperity to the entire world and the only way to ensure our common progress and common future.

The presidency of the Council of the EU is a historic moment for Romania and a task of high responsibility that requires the same level of ambition, commitment and pragmatism in order to be able to respond adequately and realistically to all challenges. That is why, in the meantime, we will confidently utilize the progress and legacy of Bulgarian and Austrian agendas while, as part of the European trio, building a bridge to the priorities of Finland in the second half of the year and Croatia in the next year to ensure the coherence of EU.

Romania's tenure on the dynamic background at both the European and international levels offers the same challenges and opportunities. It is clear that the complex internal documents and processes currently under way, such as the multi-year financial framework, the Brexit process, the European elections and the current process of reflection on the future of Europe, are putting a lot of pressure on our work in this period and beyond.

Romania therefore believes that, at this critical moment, solidarity is the main way to overcome all the challenges we face and to further uphold our values, principles and our



欧盟驻华大使郁白阁下与记者交谈  
Nicolas Chapuis, EU Ambassador to China, talking with journalists

common aspirations and visions.

The work agenda for Romania's first rotating presidency will focus on the following four main pillars:

The first pillar - an integrated Europe - encompasses our desire to ensure integration and cohesion for sustainable and equitable development for all citizens and member states.

The second pillar is one of our strongest aspirations: to create a safer Europe. To further define its implementation, the EU faces a wide range of security-related challenges, such as lax regulation, border terrorism and non-conventionalization and cyber threat.

"Europe, as a stronger global actor" is our third pillar and our third commitment through empowerment. We are committed to further consolidating the EU's role in the world through a policy of promoting enlargement with particular attention to the actions of the western Balkans and Europe in their neighboring countries. We will also take special steps to further implement the EU's global strategy, secure the resources needed by EU and fulfill all EU commitments.

The fourth pillar, which is a particularly important pillar for us, is that we are talking about a Europe of common value. During our presidency, our goal is to promote the unity and cohesion of the European Union by promoting anti-discrimination policies, ensuring equal opportunities and equal treatment for women and men and increasing our focus on the European Union. Addressing the problems of citizens, especially young people, in the European debate. A democratic, fair and tolerant union is the core foundation of the European project, so we will promote solidarity, equal opportunity and social justice initiatives while combating racism, intolerance, xenophobia, anti-semitism and populism.

These pillars of action reflect not only our strong European mission, i.e. our roots, values and common DNA, but also our strong hope that cohesion among the remaining member states will contribute to the grand integration of the European Union as the most successful regional integration process.



嘉宾观看艺术展览  
A guest contemplating the exhibition

Austrian  
Art

奥地利驻华大使馆参赞欧诺德 (Arnold Obermayr) 先生主持本次活动  
The Austrian Embassy in China held an exhibition of works from Austrian and Chinese artists on January 8, 2019

# 奥地利艺术展 Austrian Art Exhibition

奥地利驻华大使馆于2019年1月8日举办了一场来自奥地利以及中国·的艺术家们的作品展览。

The Austrian Embassy in China held an exhibition of works made by artists from Austria and China on Jan. 8, 2019.



嘉宾观看艺术展览  
Guests of the art exhibition



艺术家钢琴演奏  
Piano performance at the exhibition



日本驻华大使横井裕阁下致开幕词  
H.E. Yokoi, Ambassador of Japan to China,  
delivered the opening speech

## 2019年 中日成人仪式 China-Japan Rites of Initiation in 2019

日本驻华大使馆于2019年1月12日在使馆内举办了本年度中日友好成人仪式，在华留学的日本学生及中国学生代表百余人参加仪式。

On January 12, 2019, the Japanese Embassy in China held this year's China-Japan rites of initiation of friendship in the embassy, attended by more than 100 Japanese students studying in China and Chinese students.



中日已成年代表上台致辞  
Adult representatives of China and Japan had speeches



中日新成年代表上台致辞  
New adult representatives of China and Japan  
also talked at the event



开镜仪式  
A real kick start of adulthood



成人书法仪式  
Adult calligraphy



文艺表演  
Music performance



**伊朗革命纪念日**  
Anniversary of the Iranian Revolution



伊朗驻华大使克沙瓦尔兹扎德阁下致辞  
Mohammad Keshavarz Zadeh, Iranian Ambassador to China, delivered a speech

为庆祝伊朗伊斯兰革命胜利纪念日四十周年，伊朗驻华大使馆于2019年2月1日在使馆内举办了招待宴会。

To celebrate the 40th anniversary of the victory of the Islamic revolution in Iran, the Iranian Embassy in China held a reception in the embassy on February 1, 2019.

伊朗驻华大使克沙瓦尔兹扎德 Mohammad Keshavarz Zadeh 阁下携使馆官员欢迎到场宾客  
Mohammad Keshavarz Zadeh, Iranian Ambassador to China and embassy officials greeting the guests



伊朗驻华大使与全国人民代表大会副委员长沈跃跃阁下共切庆祝蛋糕  
Iranian Ambassador to China and Shen Yueyue, Vice Chairman of the National People's Congress cut the cake

**精彩掠影**  
Wonderful glimpse



活动现场  
Snapshots of the event





俄罗斯联邦驻华特命全权大使杰尼索夫阁下致辞  
Выступление Чрезвычайного и Полномочного Посла Российской Федерации в КНР А.И.Денисова



文艺表演  
Концертная программа



中国老兵方阵组委会特约顾问  
彭训厚教授致辞  
Выступление представителя  
организационного комитета  
Ассоциации китайских ветеранов  
профессора Пэн Сюньхоу

## 列宁格勒与斯大林格勒胜利战役纪念活动

Памятное мероприятие, посвящённое 75-й годовщине полного освобождения Ленинграда от фашистской блокады и победе в Сталинградской битве



塔吉克斯坦共和国驻华特命全权大使  
达夫拉特佐达阁下致辞  
Выступление Чрезвычайного и  
Полномочного Посла Республики  
Таджикистан в КНР П.Давлатзода



阿塞拜疆驻华特命全权大使杰纳利阁下  
致辞  
Выступление Чрезвычайного и  
Полномочного Посла Азербайджанской  
Республики в КНР А.А.Зейналлы

2019年1月28日，“列宁格勒完全解除法西斯封锁75周年暨苏联红军在斯大林格勒战役中击溃德国法西斯军队日”纪念晚会在北京俄罗斯文化中心举行。

28 января 2019 года в Российском культурном центре в Пекине состоялся вечер памяти, приуроченный к 75-й годовщине полного освобождения Ленинграда от фашистской блокады и Дню разгрома советскими войсками немецко-фашистских войск в Сталинградской битве.



Концертная программа



格林纳达驻华大使馆迈克尔·米切尔 (Mr. Michael A. Mitchell) 先生致辞  
Mr. Michael A. Mitchell of the Embassy of Grenada in China, giving a speech.



格林纳达驻华大使戴艾美 (Dr. Abbie S. David) 女士致辞  
Dr. Abbie S. David, Ambassador of Grenada to China, addressing the guests



## 格林纳达独立日 Independence day of Grenada

为庆祝格林纳达第四十五个独立日，格林纳达驻华大使馆于2019年2月15日在保利大厦酒店举办了招待宴会。  
To celebrate Grenada's 45th Independence Day, the Embassy of Grenada in China hosted a reception at the Poly Plaza Hotel on February 15, 2019.



格林纳达驻华大使戴艾美 (Dr. Abbie S. David) 女士欢迎到场宾客  
Dr. Abbie S. David, Ambassador of Grenada to China, welcoming the guests



格林纳达驻华大使戴艾美 (Dr. Abbie S. David) 女士与中国外交部拉美司参赞韩景先生共同庆祝活动圆满举行

Dr. Abbie S. David, Ambassador of Grenada to China and Han Jing, Counsellor of the Division of Latin America of the Ministry of Foreign Affairs of the People's Republic of China, having a toast

精彩掠影  
*Wonderful glimpse*



庆祝格林纳达第四十五个独立日  
Celebrating the 45th Anniversary of Grenada's Independence Day  
Under the theme "Celebrating Resilience and enhancing Social Transformation"  
秉承“四十五年建设坚韧、转型”主题  
庆祝格林纳达独立日  
Embassy of Grenada in Beijing 格林纳达驻华大使馆

活动现场  
Moments of the celebration





多米尼加共和国驻华大使布里乌尼·加拉维托·塞古拉 (Briunny Garabito Segura) 阁下欢迎到场宾客

Briunny Garabito Segura, Ambassador of the Dominican Republic to China, welcomed the guests

多米尼加共和国驻华大使布里乌尼·加拉维托·塞古拉 (Briunny Garabito Segura) 阁下致欢迎词

Briunny Garabito Segura, Ambassador of the Dominican Republic to China, delivered a welcome speech



## 多米尼加独立日

### Dominican Independence Day

为庆祝多米尼加共和国 175 周年国家独立日，多米尼加共和国驻华大使馆于 2019 年 2 月 27 日在亮马桥外交办公大楼内举办招待宴会。

To celebrate the 175th anniversary of the National Independence Day of the Dominican Republic, the Embassy of the Dominican Republic in China held a reception at the diplomatic office building of Liangma Bridge on February 27, 2019.



多米尼加共和国驻华大使布里乌尼·加拉维托·塞古拉 (Briunny Garabito Segura) 阁下与中国外交部副部长秦刚阁下共同举杯庆祝活动圆满举行

Briunny Garabito Segura, Ambassador of the Dominican Republic to China, and Qin Gang, Vice Minister of the Ministry of Foreign Affairs of the P.R.C., emptying their glasses for the Independence Day



学生们演唱国歌

Students singing the national anthem



多米尼加特色工艺品  
Dominican crafts



多米尼加特色美食  
Dominican delicacies



**精彩掠影**  
*Wonderful glimpse*





罗马尼亚驻华大使巴西尔·康斯坦丁内斯库 (H.E. Mr. Basil Constantinescu) 阁下致欢迎词  
H.E. Mr. Basil Constantinescu, Romanian Ambassador to China, introducing the event

## 罗马尼亚民族舞会 Romanian National Dance



罗马尼亚驻华大使馆于2月7日晚，在使馆内举办了2019年“罗马尼亚传统 Plaide Dor”民间舞蹈大会。

On the evening of February 7, 2019, the Romanian Embassy in China presented a folk dance show called 2019 "Romanian Traditional Plaide Dor" at the embassy.



精彩掠影  
*Wonderful glimpse*

舞蹈表演  
Various dances





## 自由飞翔于中国瑞士之间的蝴蝶

Flying Freely - The Butterfly of Swiss-Chinese Relations

2月22日晚，在瑞士驻华大使官邸聚集了许多中外嘉宾，大家聆听即将离任的瑞士驻华大使戴尚贤发表的作为驻华大使的最后一场演讲。戴尚贤 Dr. Jean-Jacques de Dardel 用自己最喜爱的蝴蝶比喻他的外交生涯。

他还特别提到了他首次来华是跟着他研究中国事务的妻子一块到华旅游的，他可以说就像对他的妻子一样“对中国一见钟情”。他还说，发展中国和瑞士的友好往来关系他不会终断，将继续往来于瑞士和中国之间。为此戴尚贤大使已在北京安顿好了自己的另一个家。



On 22 February, scores of domestic and foreign VIP guests got together at the Residence of the Swiss Embassy to listen to the last speech of the outgoing Swiss ambassador. Dr. Jean Jacques de Dardel was describing the career of a diplomat with his favourite metaphor, a butterfly.

He recalled his first visit to China, a visit that he took to accompany his wife who was doing research in Chinese affairs. It was, just like in the case of his wife, "love at first sight" - he added. He also stated that he is not going to cease developing Swiss-Chinese relations and is determined to keep on contributing to the field. To this end he has already arranged for his new home in Beijing.

离任告别的招待会上，本刊杂志社社长纳吉·麟女士赠送杂志，大使曾经为《世界中国》读者写的新年贺词的杂志。同时大使接受社长的邀请为杂志的顾问

During the farewell reception, Editor-in-chief of the magazine, Lin Nagy, handed over copies of the magazine featuring Dr. Dardel's new year greetings to the readers. The same time, H.E. Dr. Jean Jacques de Dardel accepted the invitation to join the Advisory Board of the magazine.



活动现场  
A glimpse of the venue





纪念活动上，来自以色列犹太人大屠杀纪念馆的 Michael Tal 先生发表了题为《Personal Stories from Theresienstadt Ghetto》的演讲  
The event included a lecture by Mr. Michael Tal, Curator and Director of the Artifacts Department of Yad Vashem Holocaust Museum, titled: "Personal Stories from Theresienstadt Ghetto".



以色列国驻华大使何泽伟先生致辞  
Ambassador of the State of Israel, Mr. Zvi Heifetz



捷克共和国驻华大使馆代办尤乐娜女士讲话，她特别提到了三年前此活动由时任捷克驻华大使贝德里赫·科佩茨基 Bedrich Kopecky 倡议，每年在此时以不同的形式举办纪念活动，一起纪念那些被屠杀的犹太人，吉普赛等民族

Charge d'affaires of the Embassy of the Czech Republic revealed in her speech that this memorial occasion was initiated by the then Czech ambassador three years ago. The event is since then organized every year on this day but in various formats to commemorate the Jewish, Gipsy and other victims of the holocaust.

## 大屠杀纪念日 Yom HaShoah

为纪念联合国 2005 年设立的“国际大屠杀纪念日”，捷克驻华使馆和以色列驻华使馆于 2019 年 2 月 28 日在捷克驻华大使馆联合举行大屠杀纪念活动。

On the occasion of the International Holocaust Memorial Day, which was established by the UN in 2005, the Czech and Israeli embassies jointly held a Holocaust Memorial Event at the Czech Embassy in Beijing on 28 February, 2019.



活动现场 The scene of the activity



活动现场，意大利驻华大使授予青年演员刘昊然“2019 意大利官方旅游形象大使”称号

The Ambassador of Italy awarded Liu Haoran, a young actor, the title of "Ambassador of Italian Tourism for the Year 2019"

## 刘昊然担任意大利旅游形象大使

Liu Haoran was Appointed as Ambassador of Italian Tourism



2019 年 2 月 28 日，意大利驻华大使馆“我的意大利之旅”主题活动在北京举行。

The activity called "My Italian Trip" was hosted by the Italian Embassy on 28 February, 2019.

青年演员刘昊然接受媒体采访  
Young actor Liu Haoran being interviewed



## Venezuela's Press Meeting

### 委内瑞拉国际声援学术研讨会

2月14日委内瑞拉驻华大使馆邀请了中外媒体，向媒体介绍目前美国对委内瑞拉侵略的威胁。并宣读了国际问题研究者对此行为的反对意见。

On February 14, the Venezuelan Embassy has organized a media breakfast to brief journalists about the current economic situation of the country, during which the press was told the following:

The United States is the main oil trade partner of Venezuela since the twentieth century to the present day. Venezuela is also the fourth-largest oil supplier for the United States.

Despite of the long trading tradition between the two nations, recent political changes in the USA as well as in Venezuela triggered a series of unfortunate events. The different political views and economic interests of the two countries led to sanctions (U.S. Department of the Treasury in 2017) and covert interventions (coup d'état and oil strike in 2002) in Venezuela's affairs.

As a result, Venezuela is quickly diversifying its oil trade which made China becoming Venezuela's second largest buyer and becoming Venezuela the seventh largest oil supplier of China.



阿根廷驻华大使盖铁戈 Guelar 阁下讲话  
Address by His Excellency Diego Ramiro Guelar, Ambassador of Argentina

## 阿根廷探戈舞会

### Tango from Argentina

北京塞万提斯学院于2019年3月7日晚举办了一场由阿根廷大使馆带来的摄影展以及探戈舞会。

On the evening of March 7, 2019, Beijing Cervantes Institute hosted a photo exhibition and Tango performance presented by the Embassy of Argentina.



探戈表演  
Tango performance



阿根廷驻华大使盖铁戈 Guelar 阁下与嘉宾合影  
Ambassador Diego Ramiro Guelar taking a group photo with the invitees

# Follow the Ambassador to his Country

- Iranian Ambassador to China, Mohammad Keshavarz Zadeh

## 跟着大使看世界

——伊朗驻华大使克沙瓦尔兹扎德·默罕默德



## 伊朗世界文化和自然遗产

World Cultural and Natural Heritage in Iran



### 1 伊朗亚美尼亚僧侣团

#### 1) Armenian Monastic Ensembles of Iran

伊朗的亚美尼亚僧侣团位于该国西北部，由三个亚美尼亚基督教信仰的僧侣团组成：斯塔底乌斯和圣斯提法诺斯，以及佐德佐教堂。这些建筑——其中最古老的是斯塔底乌斯，可追溯到7世纪——是亚美尼亚建筑和装饰传统的杰出普遍价值的例子。他们见证了与其他地区文化，特别是拜占庭、东正教和波斯文化的非常重要的交流。修道院位于亚美尼亚文化空间主要区域的东南边缘，是该地区传播该文化的主要中心。它们是这一文化中最后一批仍处于令人满意的完整性和真实性状态的地区遗迹。此外，作为朝圣之地，僧侣团是几个世纪以来亚美尼亚宗教传统的活生生见证人。

The Armenian Monastic Ensembles of Iran, in the north-west of the country, consists of three monastic ensembles of the Armenian Christian faith: St Thaddeus and St Stepanos and the Chapel of Dzordzor. These edifices - the oldest of which, St Thaddeus, dates back to the 7th century - are examples of outstanding universal value of the Armenian architectural and decorative traditions. They bear testimony to very important interchanges with the other regional cultures, in particular the Byzantine, Orthodox and Persian. Situated on the south-eastern fringe of the main zone of the Armenian cultural space, the monasteries constituted a major centre for the dissemination of that culture in the region. They are the last regional remains of this culture that are still in a satisfactory state of integrity and authenticity. Furthermore, as places of pilgrimage, the monastic ensembles are living witnesses of Armenian religious traditions through the centuries.



### 2 巴姆河及其文化景观

#### 2) Bam and its Cultural Landscape

巴姆位于伊朗高原南缘的沙漠环境中。巴姆河的起源可以追溯到阿契美尼德时期（公元前6至4世纪）。它的全盛时期是从7世纪到11世纪，处于重要贸易路线的十字路口，以生产丝绸和棉布服装而闻名。绿洲中生命的存在是基于地下灌溉渠，即Qanāts，其中Bam保存了伊朗最早的一些证据。ARG-E BAM是一个用当地技术建造的、使用泥层（Chineh）加固的中世纪城镇的最具代表性的例子。

Bam is situated in a desert environment on the southern edge of the Iranian high plateau. The origins of Bam can be traced back to the Achaemenid period (6th to 4th centuries B.C.). Its heyday was from the 7th to 11th centuries, being at the crossroads of important trade routes and known for the production of silk and cotton garments. The existence of life in the oasis was based on the underground irrigation canals, the qanāts, of which Bam has preserved some of the earliest evidence in Iran. Arg-e Bam is the most representative example of a fortified medieval town built in vernacular technique using mud layers (Chineh).



### 3 贝希斯敦铭文

#### 3) Bisotun



Bisotun 位于连接伊朗高原和美索不达米亚的古代贸易路线上，从史前到中位数、阿契美尼德、萨桑王朝和伊尔汗王朝时期，其特征仍然存在。这个考古遗址的主要纪念碑是公元前521年，大流士一世登上波斯帝国王位时所下令的浅浮雕和楔形文字。浅浮雕描绘大流士手持弓，作为主权的象征，踏在一个躺在他前面的人的胸膛上。传说中，这个人物代表了高马塔，中庸的玛格斯和王位的伪装者，他的暗杀导致了大流士的崛起。在浅浮雕的下方和周围，有大约1200行铭文，讲述了大流士在公元前521-520年与企图分裂赛勒斯建立的帝国的统治者之间的战斗故事。铭文用三种语言书写。最古老的是伊兰文字，指的是描述国王和叛乱的传说。接下来是巴比伦版本的类似传说。铭文的最后一个阶段特别重要，因为在这里，大流士第一次介绍了波斯版本的盖世太保（完成的事情）。这是阿契美尼德人唯一已知的纪念性文字，记录了大流士一世重新建立帝国的过程。它也见证了波斯帝国地区纪念性艺

术和书写发展的影响的交流。还有中值时期（公元前8世纪到7世纪）以及阿契美尼时期和阿契美尼后时期的遗迹。

Bisotun is located along the ancient trade route linking the Iranian high plateau with Mesopotamia and features remains from the prehistoric times to the Median, Achaemenid, Sassanian, and Ilkhanid periods. The principal monument of this archaeological site is the bas-relief and cuneiform inscription ordered by Darius I, The Great, when he rose to the throne of the Persian Empire, 521 B.C. The bas-relief portrays Darius holding a bow, as a sign of sovereignty, and treading on the chest of a figure who lies on his back before him. According to legend, the figure represents Gaumata, the Median Magus and pretender to the throne whose assassination led to Darius's rise to power. Below and around the bas-reliefs, there are ca. 1,200 lines of inscriptions telling the story of the battles Darius waged in 521-520 B.C. against the governors who attempted to take apart the Empire founded by Cyrus. The inscription is written in three languages. The oldest is an Elamite text referring to legends describing the king and the rebellions. This is followed by a Babylonian version of similar legends. The last phase of the inscription is particularly important, as it is here that Darius introduced for the first time the Old Persian version of his res gestae (things done). This is the only known monumental text of the Achaemenids to document the re-establishment of the Empire by Darius I. It also bears witness to the interchange of influences in the development of monumental art and writing in the region of the Persian Empire. There are also remains from the Median period (8th to 7th centuries B.C.) as well as from the Achaemenid and post-Achaemenid periods.

## 4 梅满文化景观

## 4) Cultural Landscape of Maymand

Maymand 是伊朗中部山脉南端山谷尽头的一个自给自足的半干旱地区。村民是半游牧的农业牧民。他们在山上的牧场上饲养动物，在春天和秋天住在临时定居点。在冬季，他们住在山谷较低的地方，住在由软岩石 (Kamar) 雕刻而成的窑洞里，这是干燥沙漠环境中一种不寻常的住房形式。这种文化景观是一个系统的例子，这个系统在过去似乎更广泛，涉及到人而不是动物的运动。

Maymand is a self-contained, semi-arid area at the end of a valley at the southern extremity of Iran's central mountains. The villagers are semi-nomadic agro-pastoralists. They raise their animals on mountain pastures, living in temporary settlements in spring and autumn. During the winter months they live lower down the valley in cave dwellings carved out of the soft rock



(kamar), an unusual form of housing in a dry, desert environment. This cultural landscape is an example of a system that appears to have been more widespread in the past and involves the movement of people rather than animals.

Qajar era, embodying the successful integration of earlier Persian crafts and architecture with Western influences. The walled Palace, one of the oldest groups of buildings in Teheran, became the seat of government of the Qajar family, which came into power in 1779 and made Teheran the capital of the country. Built around a garden featuring pools as well as planted areas, the Palace's most characteristic features and rich ornaments date from the 19th century. It became a centre of Qajari arts and architecture of which it is an outstanding example and has remained a source of inspiration for Iranian artists and architects to this day. It represents a new style incorporating traditional Persian arts and crafts and elements of 18th century architecture and technology.

## 5 戈勒斯坦宫

## 5) Golestan Palace



奢华的戈勒斯坦宫殿是卡贾时代的杰作，体现了早期波斯工艺和建筑与西方影响的成功融合。这座有围墙的宫殿，是德黑兰最古老的建筑群之一，成为卡贾家族的政府所在地，1779年开始执政，并使德黑兰成为该国的首都。这座宫殿围绕一个以游泳池和种植区为特色的花园而建，其最具特色的特征和丰富的装饰物可追溯到19世纪。它成为卡贾里艺术和建筑的中心，是一个杰出的例子，至今仍是伊朗艺术家和建筑师的灵感来源。它代表了一种融合了传统波斯工艺和18世纪建筑和技术元素的新风格。

The lavish Golestan Palace is a masterpiece of the



## 6 卡布斯拱北

## 6) Gonbad-e Qābus

这座高53米的陵墓建于公元1006年，是为齐亚里德统治者和文人 Qābus ibn Voshmgir 修建的，位于伊朗东北部的约旦古城遗址附近，见证了中亚游牧民族与伊朗古代文明的文化交流。这座塔是约旦的唯一现存证据，约旦曾是14世纪和15世纪蒙古人入侵时被摧毁的艺术和科学中心。它是伊斯兰建筑的一个杰出和技术创新的例子，影响了伊朗、安纳托利亚和中亚的圣礼建筑。纪念碑由未上釉的烧砖建造而成，其复杂的几何形状构成一个直径为17-15.5米的锥形圆筒，顶部是锥形砖屋顶。它说明了公元前一千年之交穆斯林世界数学和科学的发展。

The 53 m high tomb built in A.D. 1006 for Qābus Ibn Voshmgir, Ziyarid ruler and literati, near the ruins of the ancient city of Jorjan in north-east Iran, bears testimony to the cultural exchange between Central Asian nomads and the ancient civilization of Iran. The tower is the only remaining evidence of Jorjan, a former centre of arts and science that was destroyed during the Mongols' invasion in the 14th and 15th centuries. It is an outstanding and



technologically innovative example of Islamic architecture that influenced sacral building in Iran, Anatolia and Central Asia. Built of unglazed fired bricks, the monument's intricate geometric forms constitute a tapering cylinder with a diameter of 17-15.5 m, topped by a conical brick roof. It illustrates the development of mathematics and science in the Muslim world at the turn of the first millennium A.D.

## 7 亚兹德历史名城

## 7) Historic City of Yazd

亚兹德市位于伊朗高原中部，伊斯法罕东南270公里，靠近香料和丝绸之路。它为利用有限的资源在沙漠中生存提供了活生生的证据。水是通过开发用于抽取地下水的Qanat系统供应给城市的。亚兹德的陶土建筑逃脱了现代化进程，摧毁了许多传统的陶土城镇，保留了传统地区、卡纳特体系、传统房屋、集市、吊床、清真寺、犹太教堂、琐罗亚斯特神庙和多拉特阿巴德的历史花园。

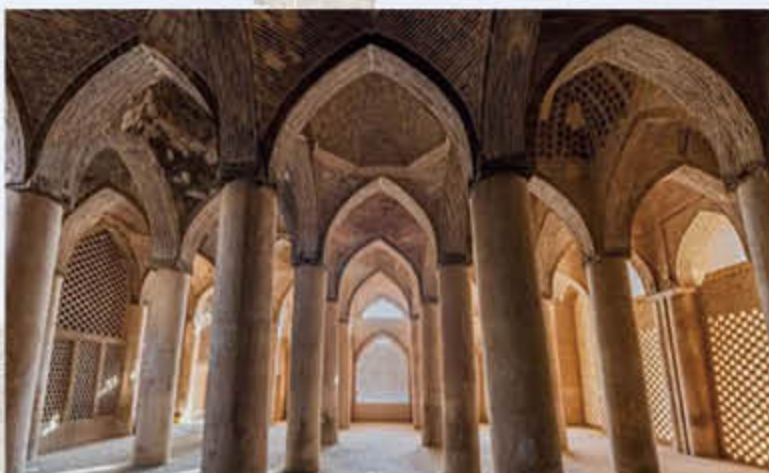
The City of Yazd is located in the middle of the Iranian plateau, 270 km southeast of Isfahan, close to the Spice and Silk Roads. It bears living testimony to the use of limited resources for survival in the desert. Water is supplied to the city through a qanat system developed to draw underground water. The earthen architecture of Yazd has escaped the modernization that destroyed many traditional earthen towns, retaining its traditional districts, the qanat system, traditional houses, bazars, hammams, mosques, synagogues, Zoroastrian temples and the historic garden of Dolat-abad.



## 8 伊斯法罕的玛塞德古堡 8) Masjed-e Jāmé of Isfahan

位于历史的中心，在伊斯法罕，jāmé Masjed（星期五清真寺），可以看到这些惊人的插图上的十二世纪的清真寺建筑的演变，从公元 841。这是一个伟大的 oldest 保存它的类型在伊朗和原型设计，在以后的清真寺是中亚。该复合体，覆盖超过 20000 平方米，是适应第一的伊斯兰建筑，还有庭院布局的四 sassanid palaces 到伊斯兰宗教建筑。它的双肋穹顶代表一个反应是整个建筑的创新灵感的建筑区。该网站的特点引人注目的装饰细节，也代表 stylistic 发展超过千年的伊斯兰艺术。

Located in the historic centre of Isfahan, the Masjed-e Jāmé ('Friday mosque') can be seen as a stunning illustration of the evolution of mosque architecture over twelve centuries, starting in AD 841. It is the oldest preserved edifice of its type in Iran and a prototype for later mosque designs throughout Central Asia. The complex, covering more than 20,000 m<sup>2</sup>, is also the first Islamic building that adapted the four-courtyard layout of Sassanid palaces to Islamic religious architecture. Its double-shelled ribbed domes represent an architectural innovation that inspired builders throughout the region. The site also features remarkable decorative details representative of stylistic developments over more than a thousand years of Islamic art.



## 9 伊斯法罕梅丹曼 9) Meidan Emam, Esfahan

该遗址由沙阿阿巴斯一世（Shah Abbas I）于 17 世纪初修建，四周以一系列两层拱廊相连的纪念性建筑为界，以皇家清真寺、谢赫洛特福拉清真寺、卡亚萨利耶宏伟的门廊和 15 世纪的提穆里宫而闻名。这是对萨非时期波斯社会文化生活水平的一个令人印象深刻的证明。

Built by Shah Abbas I the Great at the beginning of the 17th century, and bordered on all sides by monumental buildings linked by a series of two-storeyed arcades, the site is known for the Royal Mosque, the Mosque of Sheikh Lotfollah, the magnificent Portico of Qaysariyyeh and the 15th-century Timurid palace. They are an impressive testimony to the level of social and cultural life in Persia during the Safavid era.



## 10 帕萨加达 10) Pasargadae

帕萨加达是阿契美尼德帝国的第一个王朝首都，公元前 6 世纪由塞勒斯二世大帝在波斯人的故乡帕斯建立。它的宫殿、花园和居鲁士陵墓是阿契美尼德皇家艺术和建筑第一阶段的杰出范例，也是波斯文明的杰出见证。160 公顷遗址中特别值得注意的遗迹包括：居鲁士二世的陵墓；高埃塔克特，一个设防的露台；以及门房、观众厅、住宅宫殿和花园的皇家合奏。帕萨加达是西亚第一个伟大的多元文化帝国的首都。它横跨地中海东部和埃及，直到印度河，被认为是第一个尊重不同民族文化多样性的帝国。这反映在阿契美尼德建筑，一个不同文化的综合代表。

Pasargadae was the first dynastic capital of the Achaemenid Empire, founded by Cyrus II the Great, in Pars, homeland of the Persians, in the 6th century B.C. Its palaces, gardens and the mausoleum of Cyrus are outstanding examples of the first phase of royal Achaemenid art and architecture and exceptional testimonies of Persian civilization. Particularly noteworthy vestiges in the 160-ha site include: the Mausoleum of Cyrus II; Tall-e Takht, a fortified terrace; and a royal ensemble of gatehouse, audience hall, residential palace and gardens. Pasargadae was the capital of the first great multicultural empire in Western Asia. Spanning the



Eastern Mediterranean and Egypt to the Hindus River, it is considered to be the first empire that respected the cultural diversity of its different peoples. This was reflected in Achaemenid architecture, a synthetic representation of different cultures.



## 11 珀斯波利斯 11) Persepolis

波斯波利斯由大流士一世于公元前 518 年建立，是阿契美尼德帝国的首都。它建在一个巨大的半人工半天然的露台上，国王在那里创造了一个受美索不达米亚模型启发的令人印象深刻的宫殿建筑群。遗迹的重要性和质量使它成为一个独特的考古遗址。它位于伊朗法尔斯省设拉子市东北 60 公里处。它位于伊朗法尔斯省设拉子市东北 60 公里处。英语单词 persepolis 来源于希腊语 pers\_polis (περσέπολις), 是 p\_rs\_s 和 p\_lis 的化合物，意思是“波斯城”或“波斯城”。

Founded by Darius I in 518 B.C., Persepolis was the capital of the Achaemenid Empire. It was built on an immense half-artificial, half-natural terrace, where the king of kings created an impressive palace complex inspired by Mesopotamian models. The importance and quality of the monumental ruins make it a unique archaeological site. It is situated 60 km northeast of the city of Shiraz in Fars Province, Iran. The English word Persepolis is derived from Greek Persépolis (Περσέπολις), a compound of Pèrsēs and pólis, meaning "the Persian city" or "the city of the Persians".





## 12 法尔斯地区萨珊考古景观 12) Sassanid Archaeological Landscape of Fars Region

位于法尔斯省东南部三个地理区域的八个考古遗址：Firuzabad、Bishapur 和 Sarvestan。这些设防的建筑、宫殿和城市规划可以追溯到萨珊帝国的最早和最晚时期，萨珊帝国从公元前 224 年延伸到公元前 658 年。其中包括王朝创始人阿达什尔帕帕坎（Ardashirpapakan）修建的首都，以及他的继任者沙普尔一世（Shapur I）修建的一座城市。考古景观反映了自然地形的优化利用，并见证了阿契美尼德和帕提亚文化传统以及罗马艺术的影响。它对伊斯兰时代的建筑产生了重大影响。



The eight archaeological sites situated in three geographical areas in the southeast of Fars Province: Firuzabad, Bishapur and Sarvestan. The fortified structures, palaces and city plans date back to the earliest and latest times of the Sassanian Empire, which stretched across the region from 224 to 658 CE. Among these sites is the capital built by the founder of the dynasty, Ardashir Papakan, as well as a city and architectural structures of his successor, Shapur I. The archaeological landscape reflects the optimized utilization of natural topography and bears witness to the influence of Achaemenid and Parthian cultural traditions and of Roman art, which had a significant impact on the architecture of the Islamic era.

## 13 沙希里苏克塔 13) Shahr-i Sokhta

沙希里索克塔，意思是“燃烧的城市”，位于穿越伊朗高原的青铜时代贸易路线的交汇处。泥砖城市的遗迹代表着伊朗东部第一个复杂社会的出现。它始建于公元前 3200 年左右，在公元前 1800 年之前的四个主要时期都有人居住，在此期间，城市内发展了几个不同的地区：那些建有纪念碑的地区，以及独立的住房、埋葬和制造区。水道改道和气候变化导致该市在第二个千年早期最终被遗弃。那里出土的建筑、墓地和大量重要文物，以及由于干燥的沙漠气候而保存完好的状态，使这个遗址成为关于公元前三世纪复杂社会出现和他们之间联系的丰富信息来源。

Shahr-i Sokhta, meaning 'Burnt City', is located at the junction of Bronze Age trade routes crossing the Iranian plateau. The remains of the mudbrick city represent the emergence of the first complex societies in eastern Iran. Founded around 3200 BC, it was populated during four main periods up to 1800 BC, during which time there developed several distinct areas within the city: those where monuments were built, and separate quarters for housing, burial and



manufacture. Diversions in water courses and climate change led to the eventual abandonment of the city in the early second millennium. The structures, burial grounds and large number of significant artefacts unearthed there, and their well-preserved state due to the dry desert climate, make this site a rich source of information regarding the emergence of complex societies and contacts between them in the third millennium BC.

## 14 谢赫萨菲 Al 和你的 kh ā neg ā h 集成到 ardabil 神殿 14) Sheikh Safi al-din Kh ā neg ā h and Shrine Ensemble in Ardabil

苏菲传统中的精神静修之地建于 16 世纪初至 18 世纪末，它采用伊朗传统建筑形式，最大限度地利用可用空间，以容纳各种功能（包括图书馆、清真寺、学校、陵墓、水池、医院、厨房、面包房、以及还有一些办公室）。它包括一条通往谢赫神殿的路线，分为七段，反映了苏菲派神秘主义的七个阶段，由八个门隔开，代表了苏菲派的八种态度。这套服装包括保存完好、装饰华丽的正面和内部装饰，以及大量的古董收藏品。它构成了中世纪伊斯兰建筑中罕见的元素组合。

Built between the beginning of the 16th century and the end of the 18th century, this place of spiritual retreat in the Sufi tradition uses Iranian traditional architectural forms to maximize use of available space to accommodate a variety of functions (including a library, a mosque, a school, mausolea, a cistern, a hospital, kitchens, a bakery, and some offices). It incorporates a route to reach the shrine of the Sheikh divided into seven segments, which mirror the seven stages of Sufi mysticism, separated by eight gates, which represent the eight attitudes of Sufism. The ensemble includes



well-preserved and richly ornamented facades and interiors, with a remarkable collection of antique artefacts. It constitutes a rare ensemble of elements of medieval Islamic buildings.

## 15 舒什塔尔历史系统 15) Shushtar Historical Hydraulic System

Shushtar，历史上的液压系统，被誉为创造天才的杰作，可以追溯到公元前 5 世纪的大流士。它涉及到在 K<sub>1</sub> 河上修建两条主要的引水渠，其中一条是 Gargar 运河，目前仍在使用，通过一系列的隧道向 Shushtar 市供水。给米尔斯。它形成了一个壮观的悬崖，水从这里流入下游的盆地。然后，它进入位于城市南部的平原，在那里可以种植果园和种植面积超过 40000 公顷的农田。被称为米安 B（天堂）。该地产拥有一系列引人注目的景点，包括萨尔塞尔城堡、整个液压系统的操作中心、水位测量塔、该死的、桥梁、水池和磨坊。它见证了埃拉米人和美索不达米亚人的技术诀窍，以及最近纳巴泰人的专长和罗马建筑的影响。

Shushtar, Historical Hydraulic System, inscribed as a masterpiece of creative genius, can be traced back to Darius the Great in the 5th century B.C. It involved the creation of two main diversion canals on the river Kārun one of which, Gargar canal, is still in use providing water to the city of Shushtar via a series of tunnels that supply water to mills. It forms a spectacular cliff from which water cascades into

a downstream basin. It then enters the plain situated south of the city where it has enabled the planting of orchards and farming over an area of 40,000 ha. known as Mianāb (Paradise). The property has an ensemble of remarkable sites including the Salâsel Castel, the operation centre of the entire hydraulic system, the tower where the water level is measured, dams, bridges, basins and mills. It bears witness to the know-how of the Elamites and Mesopotamians as well as more recent Nabatean expertise and Roman building influence.





**16 索尔塔尼耶****16) Soltaniyeh**

奥尔杰图的陵墓建于1302-1302年，位于蒙古建立的伊尔汗王朝首都索尔塔尼耶市。索塔尼耶位于赞扬省，是波斯建筑成就的杰出范例之一，也是伊斯兰建筑发展的重要里程碑。这座八角形建筑顶上有一个50米高的圆顶，圆顶上覆盖着蓝绿色的浮雕，周围环绕着八个细长的尖塔。这是伊朗现存最早的双层圆顶的例子。陵墓的内部装饰也很出色，像A.U.Pope这样的学者将这座建筑描述为“对泰姬陵的期待”。

The mausoleum of Oljaytu was constructed in 1302-12 in the city of Soltaniyeh, the capital of the Ilkhanid dynasty, which was founded by the Mongols. Situated in the province of Zanjan, Soltaniyeh is one of the outstanding examples of the achievements of Persian architecture and a key monument in the development of its Islamic architecture. The octagonal building is crowned with a 50 m tall dome covered in turquoise-blue faience and surrounded by eight slender minarets. It is the earliest existing example of the double-shelled dome in Iran. The mausoleum's interior decoration is also outstanding and scholars such as A.U. Pope have described the building as 'anticipating the Taj Mahal'.



Located in the south-west of Iran, in the lower Zagros Mountains, the property encompasses a group of archaeological mounds rising on the eastern side of the Shavur River, as well as Ardeshir's palace, on the opposite bank of the river. The excavated architectural monuments include administrative, residential and palatial structures. Susa contains several layers of superimposed urban settlements in a continuous succession from the late 5th millennium BCE until the 13th century CE. The site bears exceptional testimony to the Elamite, Persian and Parthian cultural traditions, which have largely disappeared.

**17 苏莎****17) Susa**

位于伊朗西南部，扎格罗斯山脉下游，该地产包括一组位于沙伏尔河东岸的考古土堆，以及河对岸的阿尔德舍尔宫殿。挖掘出的建筑遗迹包括行政建筑、住宅建筑和宫殿建筑。苏萨包含了从公元前5世纪末到公元前13世纪连续不断的多层叠加城市定居点。该遗址见证了埃兰人、波斯人和帕提亚人的文化传统，这些传统已经基本消失。

**18 大不里士历史综合商场****18) Tabriz Historic Bazaar Complex**

大不里士自古以来就是文化交流的地方，其历史悠久的集市综合体是丝绸之路上最重要的商业中心之一。大不里士历史集市综合体由一系列相互连接、覆盖、砖结构、建筑和封闭空间组成，具有不同的功能。大不里士和它的集市在13世纪已经繁荣和著名，当时这个位于阿塞拜疆东部的小镇成为萨非王国的首都。16世纪，随着奥斯曼帝国的扩张，这座城市失去了首都的地位，但直到18世纪末，它仍然是重要的商业中心。它是伊朗传统商业和文化体系中最完整的例子之一。

Tabriz has been a place of cultural exchange since antiquity and its historic bazaar complex is one of the most important commercial centres on the Silk Road. Tabriz Historic Bazaar Complex consists of a series of interconnected, covered, brick structures, buildings, and enclosed spaces for different functions. Tabriz and its Bazaar were already prosperous and famous in the 13th century, when the town, in the province of Eastern Azerbaijan, became the capital city of the Safavid Kingdom. The city lost its status as capital in the 16th century, but remained important as a commercial hub until the end of the 18th century, with the expansion of Ottoman power. It is one of the most complete examples of the traditional commercial and cultural system of Iran.

**19 塔赫特 - 苏里曼****19) Takht-e Soleyman**

伊朗西北部的索莱曼塔赫特 - 伊索莱曼考古遗址位于火山山区的一个山谷中。该遗址包括在伊尔汗王朝（蒙古）时期（13世纪）部分重建的主要琐罗亚斯德教圣地，以及一座萨撒尼亚时期（6世纪和7世纪）供奉阿纳赫塔的神庙。该遗址具有重要的象征意义。火神庙、宫殿和总平面布局的设计对伊斯兰建筑的发展产生了强烈的影响。

The archaeological site of Takht-e Soleyman, in north-western Iran, is situated in a valley set in a volcanic mountain region. The site includes the principal Zoroastrian sanctuary partly rebuilt in the Ilkhanid (Mongol) period (13th century) as well as a temple of the Sasanian period (6th and 7th centuries) dedicated to Anahita. The site has important symbolic significance. The designs of the fire temple, the palace and the general layout have strongly influenced the development of Islamic architecture.



## 20 图加扎比尔 20) TchoghaZanbil

伊兰王国圣城的废墟被三堵巨大的同心墙包围，在奇霍格哈桑比勒被发现。这座城市始建于公元前 1250 年，在被阿舒巴尼帕尔入侵后仍保持着未完工的状态，如遗址



上遗留下来的数千块未使用的砖块所示。

The ruins of the holy city of the Kingdom of Elam, surrounded by three huge concentric walls, are found at Tchogha Zanbil. Founded c. 1250 B.C., the city remained unfinished after it was invaded by Ashurbanipal, as shown by the thousands of unused bricks left at the site.



## 21 波斯花园 21) The Persian Garden

该地产包括在许多省份的九个花园。它们体现了波斯花园设计的多样性，这些设计进化并适应了不同的气候条件，同时保留了其起源于公元前 6 世纪居鲁士大时代的原则。波斯花园一直分为四个部分，水对灌溉和装饰都起着重要作用，它被认为是伊甸园和天空、土壤、水和植物的四个琐罗亚斯德元素的象征。这些花园可以追溯到公元前 6 世纪以来的不同时期，也以建筑物、亭台楼阁和墙壁以及复杂的灌溉系统为特色。它们影响到了印度和西班牙的园林设计艺术。

The property includes nine gardens in as many provinces. They exemplify the diversity of Persian garden designs that evolved and adapted to different climate conditions while retaining principles that have their roots in the times of Cyrus the Great, 6th century B.C. Always divided into four sectors, with water playing an important role for both irrigation and ornamentation, the Persian garden was conceived to symbolize Eden and the four Zoroastrian elements of sky, earth, water and plants.

These gardens, dating back to different periods since the 6th century B.C., also feature buildings, pavilions and walls, as well as sophisticated irrigation systems. They have influenced the art of garden design as far as India and Spain.



## 22 波斯卡纳特 22) The Persian Qanat

在伊朗的整个干旱地区，农业和永久性定居点都受到古老的 Qanat 系统的支持，该系统利用重力作用在山谷的顶部挖掘冲积含水层，并沿着地下隧道（通常超过千米）输送水。代表该系统的 11 个 Qanat 包括工人休息区、水库和水厂。传统的公共管理系统仍然存在，允许公平和可持续的水资源共享和分配。Qanats 为干旱气候沙漠地区的文化传统和文明提供了特殊的证据。

Throughout the arid regions of Iran, agricultural and permanent settlements are supported by the ancient qanat system of tapping alluvial aquifers at the heads of valleys

## 23 卢特沙漠 23) Lut Desert

卢特沙漠，或达什特-伊-卢特，位于该国东南部。6 月至 10 月间，这片干旱的亚热带地区被强风吹走，这些强风带走了沉积物，造成了巨大的风蚀。因此，该遗址展示了一些最壮观的风成地貌（巨大的波纹脊）。它还包括广泛的石质沙漠和沙丘地。该地产是正在进行的地质过程的一个特殊例子。

The Lut Desert, or Dasht-e-Lut, is located in the south-east of the country. Between June and October, this arid subtropical area is swept by strong winds, which transport sediment and cause aeolian erosion on a colossal scale. Consequently, the site presents some of the most spectacular examples of aeolian yardang landforms (massive corrugated ridges). It also contains extensive stony deserts and dune fields. The property represents an exceptional example of ongoing geological processes.



and conducting the water along underground tunnels by gravity, often over many kilometres. The eleven qanats representing this system include rest areas for workers, water reservoirs and watermills. The traditional communal management system still in place allows equitable and sustainable water sharing and distribution. The qanats provide exceptional testimony to cultural traditions and civilizations in desert areas with an arid climate.





境外记者谈访问漳州感受

An overseas journalist talking about the experience of visiting Zhangzhou



漳州市领导向出席嘉宾赠送剪纸

Leaders of Zhangzhou were presenting paper cuts to the guests



漳州木偶剧团表演

Performance of Zhangzhou Puppet Troupe

## 花样漳州—温暖中国年

Mottled Zhangzhou - Heart Warming Year of China



马耳他驻华大使卓嘉麟阁下品尝漳州茶

H.E. John Aquilina, Ambassador of Malta to China, tasting Zhangzhou tea

以“花样漳州·温暖中国年”为主题的漳州旅游国际推介活动1月28日在北京举行，来自马耳他、罗马尼亚、古巴、希腊、匈牙利等驻华使馆外宾，法新社、拉美电视台、葡萄牙卢萨通讯社等中外新闻界和旅游界代表100余人共同体验了一场漳州人文风情与民俗文化的盛宴。

The Zhangzhou International Tourist Promotion Event with the theme "Mottled Zhangzhou - Heart Warming Year of China" was held in Beijing on January 28. Foreign guests from Malta, Romania, Cuba, Greece, Hungary and other embassies in China and representatives of the Chinese and foreign press and tourism circles, such as AFP, Latin American Television, Portuguese Lusa News Agency, had a grand banquet featuring Zhangzhou's traditions and folk culture.



中国旅游协会秘书长抽奖  
Secretary General of China Tourism Association was drawing the lucky numbers

幸运者获得往返漳州机票  
Lucky people got a round-trip ticket to Zhangzhou

精彩掠影  
Wonderful glimpse



# 中外居民过大年活动

The 15<sup>th</sup> Maizidian Community Spring Festival Celebration

指导单位: 北京市人民政府新闻办公室, 朝阳区人民政府新闻办公室  
Directed by: Information Office of Beijing Municipality, Information Office of Chaoyang District  
主办单位: 麦子店街道工委, 办事处, 北京外交人员服务局  
Sponsored by: Maizidian Sub-district Working Committee of Chaoyang District, Committee of the Communist Party of China, Maizidian Sub-District Office of Chaoyang District People's Government of Beijing Municipality  
承办单位: 北京对外人员服务有限公司  
Undertaken by: Maizidian Sub-district Federation of Literary and Art Circles, Beijing Sanrong Enterprises (Group) Planning Co., Ltd.



2019年1月26日, 由北京外交人员服务局、朝阳区麦子店街道共同组织的第十五届中外居民过大年活动在亮马桥外交办公大楼举办。在本次活动现场, 既有非遗项目展示又有传统文化体验, 还有地区文化教育成果——老年大学原创手绘“麦麦惦惦过大年”明信片、盘扣等。麦子店街道文联霞之光音乐队、舞蹈队、模特队、“麦家百姓曲艺团”、麦子店街道汉语学堂学员、麦家儿童艺术团纷纷登台献艺, 为中外居民带来一场别样的过大年体验。中外居民还一同包饺子、逛庙会, 欣赏扎灯笼、毛猴、盘扣等非遗文化项目, 民间艺人展示风筝、剪纸、风车、捏面人、吹糖人、糖葫芦等, 中外居民和嘉宾在欢歌笑语中体会浓浓的中国年味儿。

On January 26, 2019, the 15th annual celebration of New Year for Chinese and foreign residents jointly organized by Beijing Diplomatic Service Bureau and Maizidian Street, Chaoyang District was held in the diplomatic office building of Liangmaqiao. There were intangible cultural heritage project exhibitions, traditional cultural items as well as regional cultural and educational achievements showcased - "Maimai and Diandian celebrating the new year" postcard and Pankou, all hand painted by the students of the university for the elderly. Wenlian Xiazhi Guang music band of Maizidian Street, dance team, model team, "Majia folk opera troupe", Chinese school students of Maizidian Street,



Maijia children's art troupe had performed on the stage, bringing a lively experience for Chinese and foreign residents. Chinese and foreign residents also made dumplings and went to temple fairs together to enjoy intangible cultural heritage projects such as lanterns, monkeys and Pankou. Folk artists displayed kites, paper-cuttings, windmills, dough figurines, sugar-figure blowing, sugar coated haws, etc. Residents and guests from home and abroad enjoyed the arrival of the Chinese New Year with songs and laughter.



文艺表演  
Art and musical performances



活动现场 Moments of the activity

抽奖幸运者 Lucky draw



## 2019 中外记者新春会

### Chinese and Foreign Journalists' New Year's Meeting in 2019

2019年1月24日，中国记协在京举办2019年中外新闻界新春联谊会。上百余名来自中央和首都主要新闻单位以及中央有关部委负责人，境内外记者以及部分驻华使节参加了联谊活动。

On January 24, 2019, the All-China Journalists Association held the 2019 New Year Sodality for Chinese and foreign press in Beijing. More than 100 journalists from mainstream news agencies of the central government and the capital, heads of relevant ministries and commissions of the central government, journalists from home and abroad as well as diplomatic envoys in China participated in the event.



中国记协主席张研农在致辞中表示，2019年是新中国成立70周年，也是全面建成小康社会关键之年。新的一年，我们将继续打开大门，推动共建“一带一路”，推进构建人类命运共同体，欢迎各国的记者朋友多走走看看，报道中国。

Zhang Yannong, Chairman of All-China Journalists Association, said in his speech that 2019 is the 70th anniversary of the founding of the People's Republic of China and a key year to complete the building of a moderately prosperous society. In the New Year, we will continue to open the door to jointly build the "Belt and Road" and a community of shared future for mankind. Journalists from all over the world are welcome to come to and report about China.



中国记协领导集体举杯庆祝活动现场照  
Leaders of All-China Journalists Association raising their glasses for the New Year



活动现场 Image from the scene



## 中企思成立20周年招待会暨2019年新春团拜会

### Reception for the 20th Anniversary of the Founding of CETC cum 2019 Spring Festival Gathering

2019年1月20日 北京富力万丽酒店 January 20, 2019 Renaissance Beijing Capital Hotel



## Celebrate the Chinese New Year

2019年1月20日，中企思成立20周年招待会暨2019新春团拜会在北京富力万丽酒店召开。

On January 20, 2019, the reception for the 20th anniversary of the establishment of China Entrepreneurs Thought Club (CETC) and the Spring Festival Reunion in 2019 was held in Beijing Fuli Wanli Hotel.



西班牙驻华大使馆文化参赞 Gloria Minguez 在活动上讲话

Gloria Minguez, Cultural Counselor of the Spanish Embassy in China, also spoke at the event.



活动现场 Chinese and foreign leaders and guests cutting the cake



Art performance



舞蹈表演  
Dance performance



# Celebrate the Chinese New Year

1月18日晚，2019年“相聚北京”国际朋友迎新春专场舞蹈演出在北京舞蹈学院舞蹈剧场上演。此次活动由北京市人民政府外事办公室、北京市人民对外友好协会主办，北京舞蹈学院承办。

On the evening of January 18, 2019, Chinese and foreign friends watched the "Getting Together in Beijing" special dance performance to celebrate the Chinese New Year at the Dance Theater of Beijing Dance Academy. The event was hosted by the Foreign Affairs Office of Beijing Municipal People's Government and Beijing People's Association for Friendship with Foreign Countries and was undertaken by Beijing Dance Academy.



北京市友协党组书记、常务副会长张谦致辞  
Zhang Qian, Secretary of the Leading Party Members' Group and Executive Vice President of Beijing People's Association for Friendship with Foreign Countries, delivered a speech



校长郭磊致辞  
President Guo Lei also gave a talk



活动现场 Image of the venue



# Celebrate the Chinese New Year

1月19日，中国国际文化传播中心2019年新春招待会在京举行。各国驻华使节、国际友人、国际组织代表和国内社会各界朋友受邀出席。

A reception for the Chinese New Year of 2019 was held in Beijing by China International Culture Communication Center on Jan. 19, 2019. Diplomatic envoys to China, foreign friends, representatives of international organizations and friends from all walks of life in China were invited to attend.



中国国际文化传播中心执行主席龙宇翔致词  
Long Yuxiang, Executive Chairman of China International Culture Communication Center



唐天标、杨志今为红星艺术团揭牌  
Tang Tianbiao and Yang Zhijun inaugurated the Red Star Art Troupe



杂技表演  
Acrobatics



### 西班牙舞蹈新春演出

Actuación de baile español para celebrar el Año Nuevo

2019年1月30日至2月1日在国家大剧院中国观众有幸观赏到由西班牙著名佛拉明戈舞蹈展示的《卡门》。

Desde el 30 de enero de 2019 hasta el primer día de febrero, los espectadores chinos tendrán la oportunidad de apreciar la presentación famosa flamenco español "Carmen".



### 2019 北京朝阳国际风情街

Beijing Chaoyang International Spring Carnival 2019

2019年2月5日至2月10日，第十六届北京朝阳国际风情节将在朝阳公园举办，今年的风情节以“风情漫朝阳 乐舞贺新春”为主题。风情节期间，来自俄罗斯、希腊、比利时、西班牙和意大利等十个国家的艺术家，将为市民带来丰富的歌舞表演。

The 16th Beijing Chaoyang International Spring Carnival was held in Chaoyang Park between 5-10 February, 2019. This year's extravaganza focused on "Spring Festival with Chaoyang Music and Dance". During the festival, artists from ten countries, including Russia, Greece, Belgium, Spain and Italy brought rich singing and dancing performances to the public.





## 宜良大香会

### Yiliang Daxiang Fair

素有“天下第一大香”之称的宜良县古城镇“大香会”为云南省级非物质文化遗产。宜良县古城历史远古。据省志记载，古城镇土主山即建有土主寺。其庙会之期为农历正月初八。据《宜良县志》及该寺碑刻确凿记载，该寺会期之有大香始于清乾隆时，名大香会。



正月初八大香活动  
Bustling scene of the fair

Recorded as the "greatest fair under heaven", the Daxiang Fair of Yiliang county, Kunming city is listed as an intangible cultural heritage of Yunnan province. The ancient town of Yiliang county looks back a long history. According to historical records of the province, there was once a clay monastery built on a clay hill. The fair around this temple is organized every year on the 8th day of the Lunar New Year. Furthermore, the stone tablets of Yiliang county tell us that the fairs were established during the reign of emperor Qian Long of the Qing Dynasty.



传承人张国忠向本刊社长介绍大香的历史及工艺  
Protector of cultural heritage, Zhang Guozhong, is telling the history of Daxiang Fair to the editor-in-chief of this magazine



法国人在1904年拍到的大香活动图片  
Daxiang Fair captured by the camera of a Frenchman in 1904



# 展望 2019 年世界经济

## World Economic Outlook in 2019



中国记协于2019年1月15日,举办了本年度第一期“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、研究员陈凤英以“展望2019年世界经济”为主题与外国驻京记者、驻华使馆新闻官、港澳台记者和内地记者进行交流,并答记者提问。

All-China Journalists Association held this year's first "Press Salon" on January 15, 2019, inviting Chen Fengying, former director and researcher of the Institute of World Economy, China Institute of Contemporary International Relations to give a talk titled "World Economic Outlook in 2019" to communicate with foreign journalists in Beijing, embassy press officers, journalists from mainland China, Hong Kong, Macao and Taiwan and answer their questions.

中国现代国际关系研究院世界经济研究所前所长、研究员陈凤英接受会前媒体采访

Chen Fengying, former director and researcher of the Institute of World Economy, China Institute of Contemporary International Relations, talking ahead of the press salon

中外记者提问  
Questions of domestic and foreign journalists



# “一带一路”中国茶文明之旅系列活动今年启动

## “Belt and Road” Chinese Tea Civilization Tour Launched



活动策划人一带一路中国茶文明之旅专项基金主任、亚欧茶路驿站国际文化发展(北京)有限公司董事长胡明方先生介绍活动细节

Mr. Hu Mingfang, Director of China Tea Civilization Tour Special Fund and Chairman of Asia Europe Tea Road International Cultural Development (Beijing) Co., Ltd., introducing the details of the project

“一带一路”中国茶文明之旅系列活动新闻发布会1月18日在昆明举行。该系列活动由“普洱茶·神州行”及“带上中国茶·自驾去巴黎”组成,由华侨茶业发展研究基金会一带一路中国茶文明之旅专项基金,云南省茶业协会,云南省茶叶流通协会,云南省影视产业发展促进会,云南省茶马古道研究会,云南省认证认可协会主办;亚欧茶路驿站国际文化发展(北京)有限公司策划。活动将组织自驾车队于今年5月由云南出发,行径国内31个省市区及港澳台。

活动结束后,车队预计九月出征跨越亚欧大陆,在多个途经城市开展茶文化宣传活动,十月到达终点——巴黎。

The press conference for the "Belt and Road" Chinese Tea Civilization Tour was held in Kunming on January 18, 2019. The tour branded as "Pu'er Tea - the Domestic Tour" and "Take the Chinese Tea to Paris", is sponsored by the Belt and Road Chinese Tea Civilization Tour Special Fund of Chinese Tea Industry Development Research Foundation, Yunnan Tea Industry Association, Yunnan Tea Distribution Association, Yunnan Film and Television Industry Development and Promotion Association, Yunnan Ancient Tea Horse Road Research Society and Yunnan Certification and Accreditation Association and is conceived by Asia and Europe Tea Road Station International Cultural Development (Beijing) Co., Ltd. The convoy will set off from Yunnan in May this year and will cover 31 provinces and municipalities, Hong Kong, Macao and Taiwan. Afterwards the cars will head to Paris, drive across the Eurasian Continent in September, will carry out tea culture promotion activities in several cities on the way and will reach Paris in October.



发布会现场 The press conference



# 第一届中国区块链产业经济发展年会

## First Annual Conference on the Economic Development of China's Block Chain Industry



2019年1月22日，在清华大学举办“第一届中国区块链产业经济发展年会”

On January 22, 2019, the "First Annual Conference on the Economic Development of China's Blockchain Industry" was held in Tsinghua University.

清华大学互联网产业研究院院长朱岩教授做演讲报告

Professor Zhu Yan, President of the Internet Industry Research Institute of Tsinghua University, talking at the event



清华大学互联网产业研究院副院长王晓辉宣布年会开始

Wang Xiaohui, Vice President of Internet Industry Research Institute of Tsinghua University, announced the start of the annual conference



赛迪区块链研究院院长刘权教授上台演讲

Professor Liu Quan, President of Saidi Blockchain Research Institute



清华大学信息技术研究院副院长邢春晓教授做演讲报告

Professor Xing Chunxiao, Vice President of Information Technology Research Institute of Tsinghua University



链塔科技创始人兼 CEO 张翔先生上台演讲

Zhang Xiang, founder and CEO of Chain Tower Technology



国家千人计划专家、赛迪(青岛)区块链研究院名誉院长蔡维德教授上台演讲

Professor Cai Weide, expert of National Thousand Talents Plan and Honorary President of Saidi (Qingdao) Blockchain Research Institute



圆桌讨论  
Round table discussion



《2018-2019 中国区块链产业年鉴》发布仪式  
Unveiling ceremony of 2018-2019 China Blockchain Industry Yearbook.



国际资本峰会组委会秘书长李毅东先生为百强企业颁奖  
Li Yidong, Secretary-General of the Organizing Committee of the International Capital Conference, presented awards to the top 100 enterprises



年会现场  
The venue of the annual meeting



梅卿 Mei Qing

“身体和灵魂，总有一个在路上。”这是一句近年来常常在网上“刷屏”的一句话，你或许深以为然。

以双脚丈量世界听上去纵然浪漫，真正付诸行动时却又有太多阻碍。面对被工作排满的日历、纷杂的介绍资料与繁琐的签证手续，你仿佛囿于自己的小天地中无所适从；可能你也动过索性找人全权包办一切的念头，面对高昂的费用却又感到囊中羞涩。旅行，未必说走就走便能成行。

想要收获最佳游览体验总要做许多功课：到达目的地后该住哪里？当地有什么不可不吃的餐厅？哪里才能欣赏到最极致的自然风光？如果蠢蠢欲动想要进行户外探险，又有哪些活动可以满足自己？面对这些问题，你是否也希望自己的旅途能有一个土生土长的当地人作为向导、带你体验最为纯正的风土人情？而如果这个人就是这个国家的大使，又会是怎样一番体验？

在《梅卿看世界》节目中寻找答案。

“Body or soul, one or the other is always on the go.” You may be impressed by this saying, a saying that is often used on the Internet in recent years.

Measuring the world with your feet may sound like romantic, but there are too many obstacles to make it actually happen. Faced with a calendar full of assignments, complicated introduction materials and cumbersome visa procedures, you seem to be trapped in your own small world and don't know what to do; Maybe you've thought about getting someone to do all the work for you, but you may not have the money for the high fees. Travel is not necessarily a trip without a plan.

There's always a lot of homework to do so as to get the best experience: where to stay once you arrive? Is there a local must-have restaurant? Where can you enjoy the best natural scenery? If you wanted to explore the outdoors, what sort of activities might satisfy you?



乌拉圭驻华大使  
Ambassador of Uruguay



尼泊尔大使  
Ambassador of Nepal



格林纳达驻华大使  
Ambassador of Grenada

Facing these problems you wished if only you could have a native person as a guide to take you to the best experiences and point you toward the purest local customs and practices? And what it would be like to be guided by an ambassador of that country?

Find it out through the program: "Mei Qing Sees the World".



卢旺达大使  
Ambassador of Rwanda

精彩掠影  
Wonderful glimpse



莱索托驻华大使 Ambassador of Lesotho



芬兰驻华大使 Ambassador of Finland



波兰大使 Ambassador of Poland



印度尼西亚大使夫人 Wife of the Ambassador of Indonesia



黎巴嫩驻华大使  
Ambassador of Lebanon



巴巴多斯大使夫人  
Wife of the Ambassador of Barbados



斯洛伐克大使夫人  
Wife of the Ambassador of Slovakia



立陶宛驻华大使  
Ambassador of Lithuania

《梅卿看世界》是一档由梅卿女士主持的演播室访谈节目。节目立足中国视角，放眼全球文化，每期邀请一位驻华大使（包括大使夫人等嘉宾）到访演播室，以风土人情、旅游推介、文化交流等为话题，配以风土人情、文化趣味等特色，进行一对多的体验式高端谈话节目。在多视角的融合与碰撞中，这档节目总能带给观众一场场关于世界文化的生动体验。节目在旅游卫视、加拿大国际旅游台及腾讯、爱奇艺等各大主流视频网站上都有播出。开播至今，足迹已遍布了60个国家。

"Mei Qing Sees the World" is a studio interview program hosted by Ms. Mei Qing. Based on Chinese perspectives and the global culture, the program invites an ambassador (including the ambassador's spouse and other guests) to visit the studio for each episode for recording a one-to-many high-end talk show introducing local conditions and customs, tourism, cultural exchanges and other topics. By integrating and colliding various perspectives, the program always brings the audience a vivid experience of world culture. The program is broadcast on major video streaming websites such as Travel Satellite TV, Canadian International Travel Channel, Tencent and iQiyi. It has already covered 60 countries since start of the series.



哥伦比亚大使夫人 Wife of the Ambassador of Colombia



阿根廷大使夫人 Wife of the Ambassador of Argentina



亚美尼亚驻华大使 Ambassador of Armenia



马耳他驻华大使夫妇 Ambassador of Malta with his wife

# 2019年世界各地的生肖猪邮票长啥样? Stamps of the Pig around the World in 2019



联合国邮政 2019年1月11日发行  
United Nations Postal Service, issued on 11 January 2019



英国 2018年11月15日发行  
UK, issued on November 15, 2018



新西兰 2019年1月16日发行  
New Zealand, issued on January 16, 2019



泽西岛邮政 2019年1月4日发行  
Jersey, issued on January 4, 2019



列支敦士登 2018年11月12日发行  
Liechtenstein, issued on November 12, 2018



匈牙利邮政 2019年1月25日发行  
Hungary, issued on January 25, 2019



越南邮政 2018年12月1日发行  
Vietnam, issued on December 1, 2018



菲律宾发行 Philippines



亚美尼亚邮政发行 Armenia



根西岛邮政 2019 年 1 月 22 日发行  
Guernsey Island, issued on January 22, 2019



马恩岛邮政 2019 年 1 月 22 日发行  
Isle of Man, issued on January 22, 2019



不丹邮政发行  
Bhutan



日本邮政 2018 年 11 月 1 日发行  
Japan, issued on November 1, 2018



泰国邮政 2019 年 1 月 1 日发行  
Thailand, issued on January 1, 2019



蒙古邮政 2019 年 1 月 4 日发行  
Mongolia, issued on January 1, 2019



奥兰群岛邮政 2018 年 11 月 1 日发行  
Åland Islands, issued on November 1, 2018



乌克兰邮政发行 Ukraine



法国邮政 2019 年 1 月 25 日发行  
France, issued on January 25, 2019



韩国邮政 2018 年 12 月 3 日发行  
Korea, issued on December 3, 2018



斯洛文尼亚 2019 年 1 月 25 日发行  
Slovenia, issued on January 25, 2019



## 分娩镇痛：从痛不欲生到痛改前非

### Labor Analgesia: Being Overwhelmed with Pains to Painfree Process

文 / 李红梅 (北京五洲妇儿医院麻醉科主治医师)

Text/Li Hongmei (attending physician of the Anesthesiology Department, GLOBALCARE Women & Children's Hospital)

十月怀胎，一朝分娩，看着粉嫩的宝贝呱呱落地时，是女人一生中最幸福的时刻，但是几乎所有的妈妈都忘不了分娩时撕心裂肺的疼痛。许多孕妇更因为害怕疼痛而放弃自然分娩的机会，选择剖宫产。

Pregnancy lasts for nearly 10 months and the happiest moment to a woman is for sure the birth of a newborn, but nearly all moms are unable to forget the heart-breaking pains during delivery. Many pregnant women choose cesarean section for fear of the pains from the spontaneous labor.

减轻产妇分娩时的疼痛，让产妇安全、无痛苦地度过分娩过程是我们麻醉医生的责任。镇痛分娩作为一项人性化的服务，在北京五洲妇儿医院已开展得如火如荼。经过近十年的实践，如今技术成熟，广泛服务于广大的孕妇。



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As the anesthetists, we are duty-bound to help the pregnant woman relieve the childbirth ache and go through delivery process safely and painlessly. The anodyne labor is a kind of humanistic service, which is successfully conducted in GLOBALCARE Women & Children's Hospital After nearly a decade's practice, the technique is mature now, so that it is widely adopted for the pregnant women.

无痛分娩在医学上又叫分娩镇痛，就是用各种有效的手段减少准妈妈生产时的疼痛感，包括吸笑气、静脉镇痛、硬膜外镇痛这几种方法。医院里最常用的是持续硬膜外镇痛。在五洲妇儿医院，经验丰富的麻醉医生团队可以提供安全可靠的全程镇痛分娩服务。只要你感觉到宫缩痛就可以申请镇痛分娩了。

The painless labor, also called as labor analgesia medically, introduces various effective methods such as nitrous oxide inhaling, intravenous analgesia and epidural analgesia to reduce the pain of expectant mom during parturition. The continuous epidural analgesia is the most common method available in the hospital. In GLOBALCARE Women & Children's Hospital, the experienced anesthetists could offer the one-stop anodyne labor service safely and reliably. When feeling the pains of uterus systole, you can apply for the anodyne labor.

麻醉医师在产妇腰椎间隙进行穿刺成功后，在硬膜外腔置入一根细导管，导管的一端连接镇痛泵，镇痛泵可以持续使用直至分娩结束。

After successfully puncturing the lumbar intervertebral space of pregnant woman, the anesthetist could place a duct into the epidural space. Here, one end of duct is connected to the epidural anesthesia pump which is continuously used till the end of delivery.

在整个过程中，药物的剂量只阻滞感觉神经纤维，极大地缓解了准妈妈分娩时的疼痛，可控性强，安全性高，对运动神经影响甚微。准妈妈们意识清醒，可以在床上翻身、活动，摆一个合适的体位，能主动配合、积极参与整个分娩过程。对宫缩和腹肌力量的影响非常小，不用担心分娩时用不上劲。

In the whole process, the dose of drug is only used to block the sensory nerve fiber, so as to greatly relieve the childbirth ache of expectant mom. It features strong controllability and high safety. Also, there is almost no

influence to the nervus motorius. The expectant moms are conscious and could turn over in the bed to find an appropriate posture. Also, they could actively cooperate with the doctor to complete the entire delivery process. There is almost no influence to the uterine contraction and abdominal muscle strength. So, do not worry about your strength during delivery.

而且，在椎管内镇痛中麻醉药的浓度较低，相当于剖宫产麻醉药浓度的1/10，不直接进入血液循环，对宝宝没有任何不良影响。

Also, the concentration of anesthetics for analgesia in the neural canal is low, equal to 1/10 of that for cesarean delivery. So, the anesthetics are not directly introduced into the blood-circulating. Thus, no adverse effect is caused to the baby.

不过，并不是所有想顺产的准妈妈都适合做分娩镇痛的。分娩镇痛是需要满足麻醉条件才可选择的，比如有的准妈妈背部皮肤感染，或患有败血症、凝血功能障碍者，还有脑室占位病变等，这些都不适合选择分娩镇痛。一切都要以保证产妇和宝宝的安全为宗旨，做好术前评估。

However, the labor analgesia is not suitable for some expectant moms who want to have spontaneous labor. The labor analgesia is unable to be chosen until meeting the anesthesia conditions. For example, some expectant moms suffer from backside skin infection, blood poisoning, coagulation disorders and ventricle space occupying lesion. So, the labor analgesia is not suitable for them. The safety of both the pregnant woman



and the fetus should be taken into first account, so that the preoperative assessment should be well conducted.

分娩镇痛的目的有效缓解产痛,而不是让产痛消失。分娩镇痛主要作用是利于增加子宫血流,减少产妇因过度换气而引起的不良影响。目前应用最多、最好的方法是硬膜外麻醉镇痛。即使是这种方法,镇痛效果也可能不完善,且由于每个人对疼痛的敏感程度也不一样,在使用过程中也不一定就一点痛感都没有。但不可否认的是,分娩镇痛在实际生产过程中能在很大程度上缓解分娩的疼痛。若准妈妈的精神状态处于紧张、恐惧、焦虑、信心不足时,就会增加对疼痛的敏感度,因此,准妈妈做好精神上的准备,也是减轻疼痛感的一个好方法。

The purpose of labor analgesia should effectively relieve rather than dispel the labor pain. The main functions of labor analgesia include the increase of uterus blood flow and decrease of adverse effect caused by the pregnant woman's hyperventilation. The best way that is most applied is epidural anesthesia analgesia. Even for this method, it is unable to achieve the perfect analgesic effect. Also, the each person's sensitivity of

pain is different. So, in the use process, it is hard to thoroughly dispel the pain. However, it is undeniable that during the childbirth process, the labor analgesia could relieve the childbirth ache to a large extent. If the expectant mom is in the state of nervousness, fear and anxiety and lacks confidence, she may be more sensitive to the pains, so it is a good way to be well prepared mentally for pain alleviating.

各位准妈妈,有了分娩镇痛,生孩子不再是痛苦的事情。在五洲妇儿医院,准爸爸们也可以全程陪产哦,还可以亲手为小宝宝剪脐带呢,专业摄影师可以全程为您记录下这个终生难忘的时刻!我们麻醉科的全体医护人员在这里等你呦。

To all expectant moms, childbirth will be no longer a painful process with the help of labor analgesia. At GLOBALCARE Women & Children's Hospital, the expectant dads can be in company with their wives for the entire labor course and cut the umbilical cord of newborns themselves. Also, our professional photographers could help mark down this unforgettable moment! All our medical personnel from the Anesthesia Department are waiting here!



## 妊娠期糖尿病知多少

### Know-how about Gestational Diabetes

文 / 丁峰 (北京五洲妇儿医院产科主治医师)

Text / Ding Feng (attending physician of the Obstetrical Department, GLOBALCARE Women & Children's Hospital)

在糖尿病患者中,有一个非常特殊的人群——“糖妈妈”,她们的病情不仅对自身有影响,而且对肚子中的宝宝也有不小的危害。临床资料数据显示,有2%—3%的女性在怀孕期间会发生糖尿病,近年来呈明显增高趋势。孕期血糖高,是准妈妈们甜蜜的负担。如何才能避免成为“糖妈妈”,顺利度过孕期呢?

There is a very special group called "diabetes moms" among diabetes patients. Their state of illness

will not only impact their own health, but also pose a certain threat to their unborn babies. Clinical data shows that 2%-3% females will suffer from diabetes during the period of pregnancy, which tends to be obviously increasing in recent years. High blood sugar during the period of pregnancy is a sort of sweet burden to the expectant moms. How can we do to say goodbye to "Diabetes Moms" and pull through the period of pregnancy?



## 7 Part1 病因篇 Part1 Pathogenic factors

静雅周一到医院喝了 75g 葡萄糖水后，周二到医院拿结果，一看喝完糖水后检测的第 2 小时血糖值是 9mmol/L。她感到很困惑，“我以前没有糖尿病，也不爱吃甜食，为什么血糖还会高呢？前三个月因为吐得厉害，还瘦了好几斤，为什么还会得糖尿病？该怎么办呢？是不是以后就不能吃了，会不会要天天打胰岛素啊？会不会影响孩子的智力？”静雅上网搜索，网上众说纷纭，这让她陷入了深深的困惑。不知道应不应该吃，不吃怕营养不够，吃了又担心血糖，吃饭对于静雅来说成了一件痛苦的事情。

Jingya went to the hospital and drank 75g dextrose water on Monday. She received the result from the hospital on Tuesday and found her blood sugar level in the 2nd hour after finishing the dextrose water reached 9 mmol/L. She felt puzzled. "I didn't have diabetes previously and I don't like eating sweet. Why does my blood sugar level rise? I threw up severely and slimmed down quite a lot during the first three months. Why do I come down with diabetes? What should I do? Does that mean I can't eat any sweet and have to inject insulin every day? Will my child's intelligence be impacted?" Jingya attempted to get the answer online, but the online opinions varied, so she fell into deep perplexity. She had no idea about her diets. She was afraid of the scarcity of nutrition if she ate less, and she was worried about blood sugar if she ate too much. Hence, to eat turned a painful experience to Jingya.

为什么会发生妊娠期糖尿病呢？

Why does gestational diabetes take place?

妊娠期糖尿病和糖尿病可以划等号吗？

Does gestational diabetes equate to diabetes?

妊娠合并糖尿病分为：糖尿病合并妊娠和妊娠期糖尿病。

Gestational diabetes comprises pre-gestational diabetes mellitus (PGDM) and gestational diabetes.

什么是妊娠期糖尿病呢？这是指怀孕前血糖没有异常，怀孕后发现血糖升高，是怀孕时一种特有的糖尿病，大家看，在糖尿病之前还有三个字：妊娠期。

What is gestational diabetes? It is a kind of special diabetes during pregnancy when the blood sugar level before pregnancy is normal, but it is rising after that. Anyway, there is a wording of "gestational" before diabetes.

正常情况下，当人体内血糖升高，为了保持血葡萄糖平



衡，人体分泌胰岛素，将血葡萄糖转化后储存起来，当没有吃饭而身体需要葡萄糖时，糖原分解成葡萄糖释放出来。

Under normal circumstances, when the blood sugar rises, the human body will secrete insulin to keep blood glucose balanced and it is stored up after transformed. When we don't have a meal and our body needs glucose, glycogen will split up into glucose and release.

而在妊娠时，胰岛素敏感性较孕前下降 50%—60%，胰岛素处理能力下降约 50%，同时胰岛素分泌代偿性增加 2—2.5 倍，以维持正常血糖水平，所以，怀孕是一种生理性 IR(胰岛素抵抗) 状态。孕 24—28 周发现血糖有异常的孕妈妈是因为自身胰岛素不能完成工作了，就表现为血糖升高了。

During the period of pregnancy, insulin sensitivity drops by 50%-60% and the insulin processing capacity drops by about 50%, while the compensatory increase of insulin secrete is 2-2.5 times that before pregnancy, so as to maintain normal blood sugar level. Therefore, pregnancy is a kind of physiological IR (insulin resistance) state. The insulin level of the pregnant moms whose blood sugar is found abnormal during the 24th-28th gestational weeks is unable to accomplish its job, thus leading to the rise of blood sugar.

哪些妈妈易患妊娠期糖尿病呢？

Which moms are subjected to gestational diabetes?

### 母亲的因素

#### The maternal factors

1. 年龄 ≥ 35 岁的孕妇；

1. The pregnant woman over 35 years old;

2. 多产次孕妇；

2. The pregnant woman with multiple parturitions;

3. 超重或肥胖。BMI > 25-29.9 为超重，BMI > 30 为肥胖；

3. The pregnant woman who is overweight or obese. Overweight: BMI>25-29.9; obese: BMI>30

4. 孕期体重增长过快，比如一周体重增加 6—7 斤的；

4. The pregnant woman whose weight during the period of pregnancy increases too quickly, for example those who put on weight by 6-7kg in a week;

5. 低出生体重：如果孕妇本人出生体重 < 2500g 时，成年妊娠后发生妊娠期糖尿病的风险增高 9.3 倍；

5. Low birth weight: if the pregnant woman herself was born less than 2500g, the risk of gestational diabetes after pregnancy at maturity will rise by 9.3 times;

6. 多囊卵巢综合征：妊娠前存在高胰岛素血症和胰岛素抵抗，在怀孕期间胰岛素抵抗进一步加重，从而诱发妊娠期糖尿病。

6. Polycystic ovarian syndrome: the pregnant woman has hyperinsulinemia and insulin resistance before pregnancy and insulin resistance may grow severe during the period of pregnancy, thus inducing gestational diabetes.

### 家族史

#### Family history

糖尿病家族：一级亲属中患有糖尿病的亲属越多，孕妇越容易发生妊娠期糖尿病，若父母同时患有糖尿病，孕妇发生的可能性比无家族史者增加 9.3 倍。

The family history of diabetes: the more first-degree relatives suffering from diabetes, the higher possibility the pregnant woman will suffer from gestational diabetes. If both parents have diabetes, gestational diabetes may take place on the pregnant woman 9.3 times higher than those who don't have the family history of diabetes.

糖尿病母系遗传性：若孕妇母亲既往有妊娠期糖尿病病史时，孕妇发生疾病的风险较母亲无妊娠期糖尿病史者增加 9.3 倍。所以妊娠期糖尿病的影响如同一种恶性循环，患有糖尿病的母亲所生的女儿可能在生育年龄发生糖尿病，进而影响到其下一代，因而会使这一循环延续。

Matrilateral inheritance of diabetes: if the pregnant woman's mother has the case history of gestational diabetes, gestational diabetes may take place on her 9.3 times higher than those whose mothers don't have

the case history of gestational diabetes. Therefore, the influence of gestational diabetes forms a vicious circle, i.e., the daughter whose mother has diabetes may suffer from diabetes at the child-bearing age, and the next generation will be influenced, too. This circulation may keep on without end.

妊娠期糖尿病的再发风险：第一次怀孕时生了一个体重八斤或八斤以上的孩子，也是容易发生妊娠期糖尿病的。再次怀孕前母亲肥胖也容易发生妊娠期糖尿病。

The recurrence risk of gestational diabetes: the pregnant woman who delivered a child with the weight 8kg or more is also inclined to have gestational diabetes. The obese pregnant woman is inclined to have gestational diabetes before next pregnancy.

### 社会经济因素

#### Socioeconomic factors

国外已证实孕前和(或)孕期体力活动少的孕妇发生妊娠糖尿病的风险显著高于体力活动多的，而高糖、高脂、高热量的不合理饮食结构也是疾病的诱因之一。我国近年城市居民生活经济状况良好，加之生活节奏过快，这样的生活方式是易患慢性疾病包括妊娠期糖尿病的原因之一。

Foreign literatures have proved that the risk of gestational diabetes is remarkably higher on the pregnant women who have less physical work before and (or) during the period of pregnancy than those with more physical work. Also, improper diet structure with high sugar, fat and calories is one of the precipitating factors of the disease. In the past few years, the urban residents have better living and economic conditions, while the pace of life is accelerating. Such lifestyle is one of the reasons for the susceptibility to chronic diseases like gestational diabetes.

## 2 PART2 危害篇 PART2 Hazards

静雅的糖耐量试验结果中喝完糖水后第 2 小时的血糖达到 9mmol/L，诊断为妊娠期糖尿病，了解了妊娠期糖尿病的病因。静雅觉得自己虽然血糖异常，可是身体没有任何不舒服，肚里的孩子也没有异常，是不是血糖高没有什么影响呢？

The glucose tolerance test result of Jingya reached 9 mmol/L at the 2nd hour after drinking the glucose water, so she was diagnosed as gestational diabetes. She



then knew the pathogenic factor of gestational diabetes. Jingya thought that she didn't feel any uncomfortable and the unborn child was healthy, though the blood sugar was abnormal, so high blood sugar wouldn't pose any impact, would it?

不是的，血糖高对于孕妈妈及宝宝有很大的危害，严重的还会发生很不好的并发症。

It is absolutely not. High blood sugar will pose tremendous hazards to both pregnant mom and unborn child, or even arouse bad complication under a severe circumstance.

### 对妈妈的危害

#### Hazards to moms

1. 血糖高，孕妈妈抵抗力差，容易感染，导致流产。
1. The pregnant moms with high blood sugar have poor immunity and are easy to get infected, thus resulting in miscarriage.
2. 高血糖损伤血管，导致血压升高。
2. High blood sugar will damage blood vessels, thus resulting in the elevation of blood pressure.

### 对胎儿的危害

#### Hazards to unborn children

1. 妊娠期糖尿病让孕妇在孕期持续高血糖，胎儿始终处于高血糖的环境中。因为胰岛素是大分子的，孕妈妈的胰岛素不能通过胎盘传递给宝宝，宝宝为了达到自己的血糖平衡，就会不停的自己分泌胰岛素，把孕妈妈的糖转化为脂肪，久而久之，小宝宝的体重就不断增加，体重达到8斤或超过8斤，这就是巨大儿，生产时就比较费劲。

1. Gestational diabetes will keep the pregnant woman at higher blood sugar level, so the fetus is in the high blood sugar environment from start to finish. Insulin belongs to macromolecule, so the insulin of the pregnant moms is unable to deliver to the fetus via the placenta. In order to keep the balance of blood sugar, the fetus has to keep on secreting insulin itself, so as to transform mom's sugar into fat. Then, its weight is escalating to 8kg or even heavier. This is so-called fetal macrosomia and it is a tough job to deliver it.

2. 高血糖容易损伤胎盘血管，导致胎盘的运减少，这样就不能提供足够的营养，宝宝就会长得慢，长得小。

2. High blood sugar may damage placental vasculature, thus causing the decrease of blood supply to the placenta. The fetus may grow slowly and small when there is not enough nutrition supply.

3. 血糖高还会导致停止生长发育，流产，有些小的胚胎比较顽强的存活下来，但面临畸形的风险。

3. High blood sugar may also result in growth retardation and miscarriage. Some hard-bitten small embryos that survive may face the risk of deforming.

### 对新生儿的危害

#### Hazards to new-born children

1. 孩子在妈妈的肚子里是一种高血糖的环境，出生后，脐带剪断，会引起出生的孩子为低血糖，若低血糖发现不及时，容易导致孩子出现生命危险。

1. The infant that is developing in the womb featuring high blood sugar may suffer from hypoglycemia when its umbilical cord is cut. If such hyperglycemia is not found timely, the life of the new-born may be threatened.

2. 由于在孕妈妈高血糖的环境中生长，宝宝的肺发育比较缓慢，出生后不能好好呼吸、憋气，此时需要到儿科治疗。有些严重的还需要靠呼吸机维持。

2. The infant's lung is developing slowly due to the hyperglycemia environment in the pregnant moms' womb, so it can't breathe and hold breath well when it is born and needs to go to the pediatric department for therapeutic treatment. For severe cases, it even needs the breathing machine.

知道了血糖高有这些危害，血糖高的孕妈妈千万不要忽视它，那是不是血糖高就什么也不能吃了呢？

Since you've known about the hazards of high blood sugar, the pregnant moms with high blood sugar should never ignore it. Is it meaning no food should be chosen for those with high blood sugar?

## 3 PART3 治疗篇 PART3 Therapeutic treatment

静雅的糖耐量试验结果中喝完糖水后第2小时的血糖达到9mmol/L，诊断为妊娠期糖尿病，了解了妊娠期糖尿病病因。静雅觉得自己虽然血糖异常，可是身体没有任何不舒服，肚里的孩子也没有异常，表面看似没有影响，但血糖高对妈妈、对胎儿、对已出生的宝宝均有严重危害。那么妊娠期糖尿病如何治疗呢？

The glucose tolerance test result of Jingya reached 9 mmol/L at the 2nd hour after drinking the glucose water, so she was diagnosed as gestational diabetes. She then knew the pathogenic factor of gestational diabetes. Jingya thought that she didn't feel any uncomfortable and the unborn child was healthy, though the blood sugar was abnormal. However, high blood sugar would pose severe hazards to mom, fetus and new-born. What is the therapeutic treatment for gestational diabetes?

在调整饮食的情况下有90%的孕妈妈是不需要使用胰岛素的，若饮食调整无法控制血糖，就得用胰岛素，在这里多说一点，希望不要对胰岛素有顾虑，前面说了胰岛素是一种大分子物质，它无法通过胎盘，所以它只会调整孕妈妈的血糖，这对宝宝和孕妈妈是有好处的。

As long as the diets are adjusted, 90% pregnant moms don't need to use insulin. In case the blood sugar is beyond control after diets are adjusted, it is necessary to use insulin. Moreover, there is no need to worry about insulin. As I said just now, insulin is a kind



of macromolecular substance, so it is unable to pass through the placenta but only plays the role of adjusting the blood sugar of pregnant moms, which will benefit both the fetus and the pregnant moms.

对于治疗，医学上叫营养学治疗，它的目的是：

For therapeutic treatment, it is medically called nutritional therapy, which aims to:

1. 保证母儿能量及营养需要，保证孕妇体重正常增长及胎儿正常发育；

1. Guarantee the energy and nutrition of both mother and fetus, the normal gain in weight of the pregnant woman and the normal development of the fetus;

2. 降低母儿相关并发症；

2. Reduce mother-and-fetus-related complications;

3. 维持正常血糖水平。

3. Maintain the normal blood sugar level.

注意！千万不要为了让血糖在正常范围而不吃饭，饿着自己哦！一定是在保证孕妈妈和宝宝的营养需要的基础上控制血糖，调整饮食结构，从而达到血糖在正常水平。

Attention! Never skip meals in order to keep the blood sugar within the normal range! Blood sugar should be controlled on the premise that the nutritional requirements for both mother and fetus are satisfied. We can adjust diet structure to keep the blood sugar within the normal level.

### 如何选择食物

#### How to choose food?

★粗粮不要细作

★ Don't use the method of fine processing for coarse grains.

★简单就好

★ To be simple.

★多吃膳食纤维

★ Eat more dietary fibers.

★急火煮 少加水

★ Boil on a high fire and add less water.

★增加主食中蛋白质

★ Add protein in the staple food.

★吃点醋

★ Eat some vinegar.

★粗细粮搭配

★ Coarse and refined grains are matched in diets.

**饮食调节误区****Misunderstandings of diet regulation****误区一：控制饮食就意味着少吃****Misunderstanding 1: diet control means less food for diet.**

营养治疗必须要以满足母儿的营养需求为基础，少吃或不吃即饥饿疗法不仅会引起低血糖，营养不良，严重者甚至发生酮症酸中毒，危及母儿生命。要注意餐饮的合理安排，定时定量，及食物的科学搭配，保持适当的运动。

Nutritional therapy should be made on the premise that the nutritional requirements of mother and fetus are satisfied. Starvation cure, i.e., eating less or skipping meals, will not only give rise to hypoglycemia and nutritional disturbance, or even ketoacidosis under severe circumstance, thus jeopardizing the life of both mother and fetus. Meals should be properly arranged, i.e., regular meals a day, fixed quantity and scientific food match, while appropriate exercise should be kept doing.

**误区二：主食要少吃 而且越少越好****Misunderstanding 2: it is better to eat the staple food as little as possible.**

有些孕妈妈发现这餐主食少吃一些，血糖控制得会好一些。因此，为了使血糖控制满意，尽可能少吃主食甚至能不吃就不吃。这是不对的。少吃或不吃主食在短期看有利于产后血糖的控制，但长期如此可对健康造成不利影响，主食吃的少，导致酮体产生，严重可导致酮症酸中毒。

Some pregnant moms find that less staple food will facilitate the control of blood sugar. Therefore, they eat less or even skip the staple food in order to control the blood sugar to a satisfied degree. This is not correct. On a short-term basis, to eat less or skip the staple food will benefit the control of blood sugar after delivery, but it will pose unfavorable impact to our health in a long term, because ketone body comes into being when the intake of staple food is reduced, thus causing ketoacidosis under severe circumstance.

**误区三：只吃粗粮不吃细粮****Misunderstanding 3: only eat coarse grains and refuse refined grains.**

粗粮中膳食纤维含量丰富，适当摄入，有利于血糖的控制，但摄入过多，特别是突然在短期内由低纤维膳食转



变为高纤维膳食，可能造成一系列消化道不耐受反应，应该适度，平衡，选择主食，强调粗细粮搭配。

There are abundant dietary fibers in coarse grains and the intake in a proper quantity is in favor of the control of blood sugar, but the excessive intake of coarse grains, especially the sudden change from low-fiber diet to high-fiber diet in the short run, may cause a series of intolerance in the digestive tract. Hence, we should choose the staple food in a proper and balanced manner and lay emphasis on the match of coarse and refined grains.

**误区四：只控制正餐 加餐放松警惕****Misunderstanding 4: only meals are controlled, while extra meals and snacks are paid with less attention.**

一些糖尿病孕妈妈正餐饮食控制得很好，餐后2小时血糖控制满意，加餐时就放松了要求，加餐量往往超过了规定量，这样的做法容易导致总能量的超标，长此以往不但体重不好控制，还会破坏总体治疗的效果，一定切记：合理控制总能量是糖尿病患者的首要治疗原则。

Some pregnant moms with diabetes exert strict control over their meals and the blood sugar level 2

hours after meal is satisfactory. However, they relax the requirement for extra meals, which are often in excess of the specified quantity, thus leading to the excess of total energy. If this case continues in a long run, the weight can't be well controlled, while the overall therapeutic effect is discounted. Surely remember that the proper control of total energy is the foremost principle of treatment for the patients with diabetes.

**误区五：糖尿病患者不可以吃水果****Misunderstanding 5: the patients with diabetes shall not eat fruit.**

新鲜水果富含对人体有益的维生素和微量元素，在血糖控制满意的情况下，是可以吃水果的，但要选择食用的时间，一般作为加餐食用，不建议餐前或餐后立即吃水果，还得有一定量的限制，选择血糖指数低的水果。

Fresh fruit is full of vitamins and microelements good to our health. When the blood sugar level is well controlled, it is workable to eat fruit, but the time to eat fruit should be considered. Generally, fruit is deemed as extra meals, so it is better not to eat fruit immediately before or after meals, and the quantity should be controlled. The fruit with low glycemic index is a good choice.

**误区六：不吃糖 但可以多吃蜂蜜****Misunderstanding 6: honey can be in replace of sugar.**

有的孕妇认为，不敢吃糖，就多吃些蜂蜜替代，特别是一些受便秘困扰的糖尿病孕妇，会有意识地喝蜂蜜，以期达到治疗便秘的作用。其实蜂蜜，蜂王浆中含有较高浓度的单糖，吃多了会使血糖升高而影响糖尿病控制。

Some pregnant women think that honey can be in replace of sugar, particularly, some pregnant women with diabetes who have trouble with constipation will consciously drink honey water in the hope of treating constipation. Actually both honey and royal jelly contain higher concentration of monosaccharide and too much monosaccharide will keep the blood sugar level rising and then impact the control of diabetes.

十月怀胎，宝宝的健康对母亲、对整个家庭而言十分重要，每一个孕妇都应该学习和掌握这些知识。北京五洲妇儿医院开设了孕妇课堂，由丰富经验的医护人员讲解不同的题目；每周四有妊娠期糖尿病一日门诊，医生和护士会陪伴孕妈妈一天，教孕妈妈如何搭配食物、如何监测血糖，

以及餐后如何运动。如果您有任何疑问，专业的医师会及时为您解答，提供优质的医疗服务。

Pregnancy lasts for ten months and the health of newborns is of great significance to mother and the entire family. Each pregnant woman should study and master the relevant knowledge. GLOBALCARE Women & Children's Hospital arranges classes for pregnant women and the medical personnel with abundant experience are invited to make presentation on various topics. The outpatient service for gestational diabetes is available every Thursday and our doctors and nurses will accompany the pregnant women the whole day, teaching them how to match food, monitor the blood sugar level and do exercise after meals. For any question, our professional doctors will timely answer, and offer you premium medical service.



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### Our services

- Excellent translator + Creative translation process = Top-grade translation works
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- Translator outsourcing: The translator bank may offer service appropriate to your business
- Writing, translation, review and compilation services from native speakers with desktop publishing (DTP)
- We are the translation agency designated by notary offices.
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We offer favorable quotation of simultaneous interpretation for our premium customers:

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※ One Interpreter price. 2. Non simultaneous equipment price. 3. Tax price



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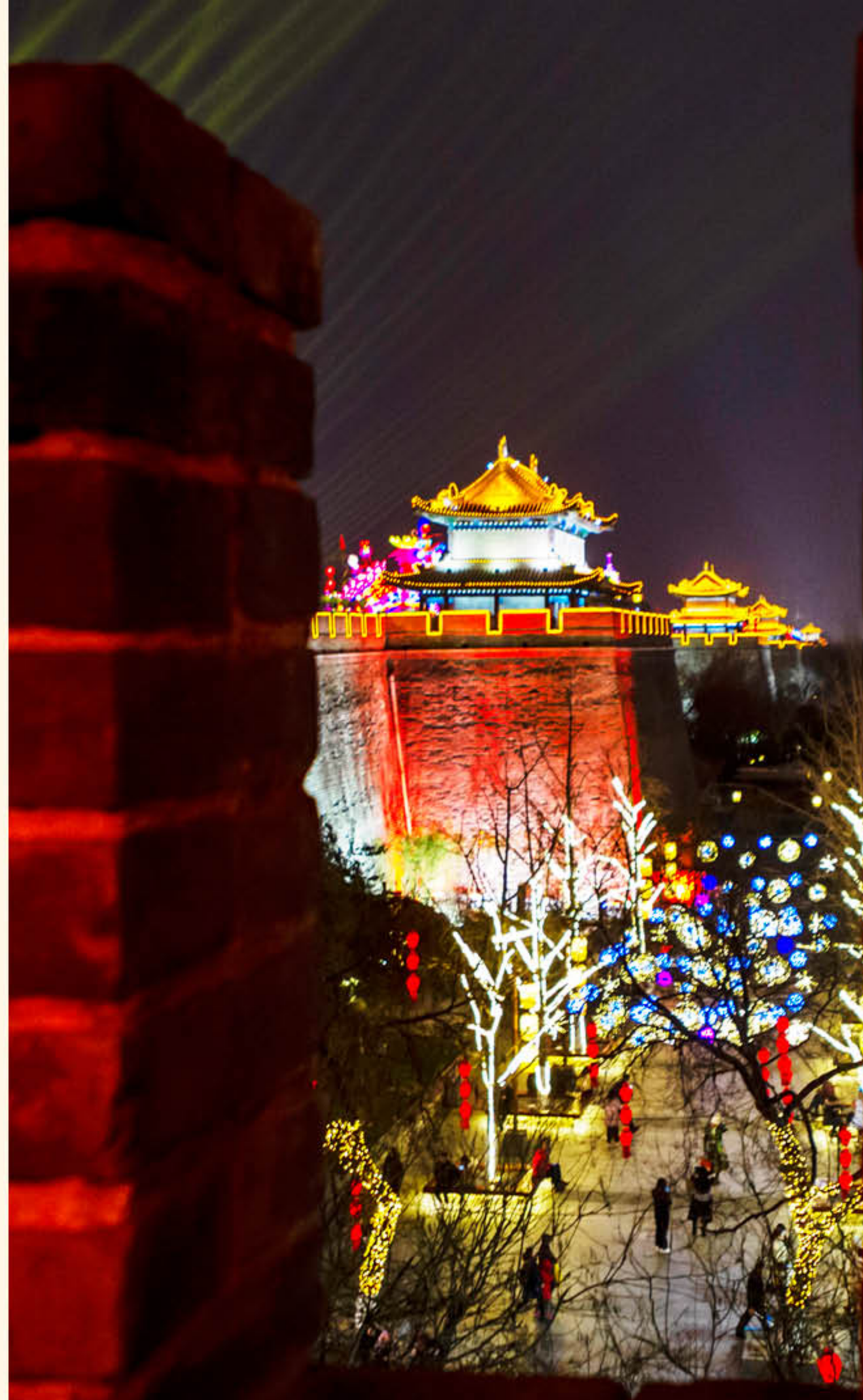
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