

# The World and China 世界中国

丝绸之路 SILK ROAD  
*Silken Road*

外交与旅游杂志  
DIPLOMATIC AND TRAVEL MAGAZINE

2019/02

总第 079 期



**FORMER HUNGARIAN PRIME MINISTER,  
DR. PETER MEDGYESSY (RIGHT), RECEIVED  
THE "INTERNATIONAL PRIZE FOR THE  
CONTRIBUTION TO CHINESE MEDICINE"**

**匈牙利前总理迈杰希·彼得 (右)  
荣获中医贡献奖**



世界中国杂志创建于2006年，为多语种国际刊物。

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

### 主要栏目

高端访问、大使访谈、中外建交、时事传真、国际友城、欧盟新闻、文化视野、各国网情、商务平台、丝路天下、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、商务旅行者等。

Major readers are foreign diplomats stationed 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) 中国国际贸易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中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，布莱尔先生为本期题词 "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".

中国两国人民  
友谊之花常开

为世界中国杂志社题  
李强 2018年

原中国国务院副总理、全国人大常委会委员长胡锦涛先生为本期题词

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

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License no. 许可证号	2.9/1169-1/2006-HU ISSN 1787-7199, CE/561-4/2014
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Authorisation 主管	匈牙利文化部 / 中国新闻社 The China News Service
Supervisor 主办	匈牙利丝绸之路出版社有限公司 Hungary Silk Road Press Co. Ltd.
Supported by 支持单位	中国对外友好协会中匈分会 China Foreign Friendship Association Hungary Association
Cooperation by 合作单位	世界华文媒体联盟 The World Chinese Media Alliance
Sponsor 赞助单位	大新华航空公司 Grand China Air
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Free of Charge Magazine	赠阅



### 封面说明:

2018年11月17日，在意大利罗马举行的第六届中医药国际会议上，世界中医药联合会秘书长桑滨生(左)给匈牙利前总理迈杰希·彼得(右)颁发中医贡献奖，这是首次向国际政要颁发。

### COVER NOTE:

Secretary General of the World Federation of Chinese Medicine Societies, Sang Bin, handed over the "International Prize for the Contribution to Chinese Medicine" to Former Hungarian Prime Minister, Dr. Peter Medgyessy, during the 6th International Conference on Traditional Chinese Medicine convened in Rome, Italy on November 17, 2018. This was the very first time a foreign dignitary was given this accolade.

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一处有误，因该是“先后有13个王朝在此建都。”  
特此更正！网络版已更正，敬请读者谅解！

《世界中国》杂志编辑部  
2019年5月15日

## CORRECTION

In the previous edition in the article "Xi'an New Year, the most  
Historical in China", the sentence "It gave China 13 emperors  
including Qin Shi who united China and made China a world power  
and Wu Zetian, the only female emperor of China." should read  
"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."



## 2019 年第二届“一带一路”国际合作论坛回顾 Summary of My Visit to China

迈杰希·彼得博士 / 匈牙利前总理 / 《世界中国》杂志社顾问委员会主席

Dr. Peter Medgyessy / Former Prime Minister of Hungary / Chairman of the Advisory Board of "The World and China" Magazine



习近平主席发表主旨演讲  
Chairman Xi Jinping delivered a keynote speech

今年4月底月，应中国政府邀请，我出席了在北京举行的第二届“一带一路”国际合作论坛。我想和读者分享我这次访问的经历。

首先，我必须指出，出席嘉宾者的数量之大反映了世界对中国的高度兴趣，126个国家以各种形式加入了和习主席的倡议。

活动组织的非常出色，许多高级参政要出席了会议。习主席的开幕词备受关注，演讲的关键要素是开放、合作和双赢。习近平主席还强调，和平是实现世界成功与繁荣的前提条件。演讲强调了中国对自由竞争和对抗气候变化的承诺。中国的思想极为广泛，“一带一路倡议”为中国在世界上建立和平关系提供了契机。

许多国家总统、总理和国际组织的高层领导人发表了演讲，讲述了他们对世界的看法以及习近平主席的“一带一路”倡议的感受，确认了他们的参与意愿。他们都强调，包括，联合国秘书长安东尼奥·古特雷斯先生也明确表示“一带一路倡议”改善了可持续发展的条件，弥补了世界上的资金不足，特别是那些支持绿色可持续发展的国家，它在恢复世界信任方面发挥了迫在眉睫的作用。



多国家总统、总理和国际组织的高层领导人发表了演讲

Speeches were delivered by presidents, prime ministers and senior leaders of international organizations

This April, upon the invitation of the Chinese Government, I participated in the "Second Belt and Road Forum for International Cooperation" in Beijing. I wish to share my experiences with the readers about the visit.

First of all, I have to point out that the great number of participants reflected the high interest of the world towards China and President Xi's initiative: 126 countries have joined the initiative in various forms.

The organization was excellent and many high-ranking participants were present. President Xi's opening speech has received great attention. Openness, cooperation and win-win position were the key elements of the speech. Xi also stressed the importance of peace as a precondition to achieve success and prosperity in the world. The speech emphasised China's commitment to the liberty of competition and to the fight against climate change. China thinks in extremely broad dimensions and the One Belt One Road initiative gives the chance to China to build peaceful relations in the world.

A great number of presidents, prime ministers and top leaders of international organizations made speeches and told their opinions about the world and about President Xi's One Belt One Road initiative, confirming their willingness to participate. They have all stressed – and United Nations Secretary General, Mr. Antonio Guterres clearly stated – that the OBOR initiative improves the conditions of sustainability, compensates for the lack of financing in the world, especially those in favour of green sustainability and it also has an imminent role in restoring trust in the world.

迈杰希·彼得博士会议期间与嘉宾交流

Dr. Peter Medgyessy in talk with a guest during the forum





普京总统详细阐述了他对和平的看法，以及他希望如何帮助和支持欧亚地区的合作。论坛开幕前，举行了若干专题论坛。

President Putin detailed his ideas concerning peace and how he wants to help and support regional cooperation across Eurasia.

Ahead of the opening of the Forum, several thematic forums were held. I participated in the People-to-People Connectivity Forum. The Forum strengthened my conviction that the system of relations is much more than a simple network for exchanging goods and financial links, building on the Belt and Road Initiative can be a very successful endeavour.

我参加了“人文关系”论坛，在论坛和高层会议上，我与中联部长宋涛部长以及其他重要领导人进行了非常愉快的交谈

At the Forum and at the high-level meeting, I had a very pleasant conversation with Minister Song Tao, Director of the International Department of the Chinese Communist Party, and other important leaders.



26日习主席的晚宴，让大家领略到了丰富的中国文化  
Chairman Xi's dinner on the 26th gave everyone a taste of the rich Chinese culture.



我与国家卫生委员会副委员、国家中医药管理局副局长，党委书记余艳红女士以及中国医学科学院副院长杨龙辉先生进行了一次有趣而富有建设性的会晤。他们非常支持中医药在欧洲和匈牙利的传播。我一直建议，在匈牙利和东欧引进中医药，以改善人们的健康，因为中医药是西医的一个极好的补充，这两种方法结合起来可以让人们生活得更好、更长、更健康。他们再次祝贺我去年获得世界中医学会联合会颁发的国际中医贡献奖。我确认我的基金会和我将继续致力于中医的进步和成功。

I had an interesting and constructive meeting with Ms. Yu Yanhong, Vice Commissioner of the National Health Commission, National Administration of Traditional Chinese Medicine of China, as well as with Mr. Yang Longhui, Vice President of the China Academy of Chinese Medical Sciences. They were very supportive towards the spreading of TCM in Europe and Hungary. So I felt confirmed in my initiative that I had started as prime minister to introduce TCM in Hungary and Eastern Europe, to improve people's health as TCM can be an excellent complement to Western medicine and these two methods applied together may allow people to live better, longer and healthier lives. They congratulated me again for the prestigious Chinese prize - the International Prize for the Contribution to Chinese Medicine - I received last year from the World Federation of Chinese Medicine Societies. I confirmed that my Foundation and I would continue working on the progress and success of TCM.



会后，我参观了黄河边中华文明的发源地河南省偃师和陕西西安。  
在中国人们看到的除了过去的痕迹外，还可以见证当前的发展，和30年来我的每一次旅行一样，我发现了发现最新的成就。我仍然一只对中国的进步感到惊讶，  
在这些省份，为了实现我的一个旧愿望，我去拜访并祭拜了伟大哲学家老子。这次访问对我来说也是一个很好的学习。

The second day of the Forum ended by an excellent cultural programme, offering a taste of the rich Chinese culture. After the conference, I visited Henan and Shaanxi provinces, the cradle of Chinese civilization by the Yellow River. Besides the traces of the past, I could witness current developments and as always during my trips for the last 30 years, I could also discover the newest achievements. I am still amazed by China's progress and I have just discovered, how China is shifting to quality production.

In these provinces, fulfilling an old wish of mine, I visited and paid respect in an act of worship to the memory of the great philosopher Laozi. This visit was also a great source of learning for me.



### 河南省鹿邑县

Luyi County, Henan Province

匈牙利前总理迈杰希·彼得在河南省鹿邑县，世界著名道教鼻祖老子的出生地考察。

Former Hungarian Premier, Dr. Peter Medgyessy, visited the birthplace of Laozi, founder of Daoism, in Luyi County, Henan Province.

## 匈牙利前总理“一带一路”高峰论坛后之行

## Hungary's Former Prime Minister's Trip to the "One Belt and One Road" Summit



2019年4月底匈牙利前总理迈杰希·彼得应邀出席第二届“一带一路”合作高峰论坛，活动结束后，到河南陕西两省祭拜中国伟大思想家，哲学家老子。陪同人员有：中国人民对外友好协会中匈分会会长朱祖寿大使、总理助理维克多、《世界中国》杂志社社长纳吉·麟女士。

At the end of April 2019, Dr. Peter Medgyessy, Former Premier of Hungary, was invited to attend the second OBOR Cooperation Summit Forum. Following the event, he headed to Shaanxi and Henan, two provinces, to learn about Laozi, the Chinese thinker and philosopher. He was accompanied by Ambassador Zhu Zushou, President of China-Hungary Branch of the Chinese People's Association for Friendship with Foreign Countries, Assistant Nagy Wang Viktor and Nagy Lin, President of "The World and China Magazine".





在老君台祭拜老子  
Lighting an incense for Laozi at Lao Jun Tai



一起祭拜的还有：朱祖寿会长，《世界中国》杂志社纳吉麟社长  
President Zhu Zushou and President of "The World China" Magazine, Ms. Nagy Lin also payed homage to Laozi



### 陕西省周至

Zhou Zhi, Shaanxi Province

“五一节”期间迈杰希总理一行来到西安周至县楼观台，老子讲经及撰写《道德经》的地方。

Premier Medgyessy arrived to the Lou Guan Tai of Zhou Zhi County, Xi'an on 1st of May. This is the place where Laozi taught and wrote the Dao De Jing.



在老子祠堂用匈牙利语朗读《道德经》  
Recital of the Dao De Jing in Hungarian at the Temple of Laozi



在偃师博物馆参观 Visiting the Museum of Yanshi



正在原址上建立博物馆。工地负责人告诉我们，今年“十一国庆节”前完工，将对外开放  
A museum is being built at the original site. We were told by the person in charge of the construction that it would be open to the outside world before this year's October 1 National Day.

## 3 陕西省偃师 Yanshi in Shaanxi Province

龙的传人起源于中国母亲河——黄河流域，中国历史上首个朝代建都于偃师市。在去西安途中，参观中国历史上首个朝代和九朝都府偃师。

The descendants of the Dragon originated in the Yellow River basin, the mother rivers of China. The first dynasty's capital in Chinese history was built in Yanshi City. On the way to Xi'an, I visited the seat of the first and nine other dynasties of China: Yanshi.



正在建设中的博物馆  
The construction site of the new museum



参观挖掘出土的陶器文物  
Observing unearthed pottery relics



参观中华第二朝代，商朝第一都府宫殿遗址，建于3600多年前  
Visiting the site of the former palace of China's 2nd dynasty, the Shang, built some 3600 years ago







## 中医的世界 世界的中医

The World of Traditional Chinese Medicine, Traditional Chinese Medicine of the World

——匈牙利前总理迈杰希·彼得荣获中医贡献奖

—Former Hungarian Prime Minister, Dr. Peter Medgyessy, was Awarded the “International Prize for the Contribution to Chinese Medicine”



匈牙利前总理迈杰希·彼得发表获奖感言  
Former Premier of Hungary delivering his acceptance speech

2018年11月17日，第六届中医药国际会议在意大利罗马举行，国际贡献奖颁奖仪式在开幕式同期举行。中医药国际贡献奖作为世界范围内中医药领域唯一的国际奖项，已成功举办五届，今年首次在海外颁发。匈牙利前总理迈杰希·彼得和中国科学院上海药物研究所果德安荣获殊荣。

匈牙利前总理发表获奖感言说，非常荣幸获得第六届中医药国际贡献奖，感谢世界中联对他在中医药国际传播和发展领域从事工作的认可。迈杰希·彼得谈到，他不是一个医生，而是一个政治家。他从中医中学习到了整体观念，从中国文化中学习了养生的观念，宁静的心态，开放包容的情绪。中医的理念来保持内心和外在的平衡，是他的健康秘笈。

第十五届世界中医药大会18日在意大利罗马闭幕。大会发布了《罗马宣言》，并确立每年的10月11日为“世界中医药日”。

On November 17, 2018, the 6th International Conference on Traditional Chinese Medicine was held in Rome, Italy. The award ceremony of the contribution prize was held at the same time as the opening ceremony. As the only international prize in the field of traditional Chinese medicine in the world, the “International Prize for the Contribution to Chinese Medicine” has been successfully conferred for

five sessions and was first awarded to a foreigner in 2018. Former Hungarian Prime Minister, Dr. Peter Medgyessy and Guo Dean of Shanghai Institute of Pharmaceutical Research, Chinese Academy of Sciences were honoured. The Premier in his speech of acceptance was saying that he was honoured to receive the 6th “International Prize for the Contribution to Chinese Medicine” and thanked the World Federation of Chinese Medicine Societies for its recognition of his work in the field of international communication and development of traditional Chinese medicine. Dr. Peter Medgyessy also talked about not being a doctor, but a politician. He learned the concept of holism from traditional Chinese medicine, the concept of health preservation from Chinese culture, tranquil mentality, open and inclusive mood. The idea of traditional Chinese medicine to maintain internal and external balance is the secret of his health. The World Conference on Traditional Chinese Medicine lowered its curtains in Rome, Italy on the 18th. The General Assembly issued the Rome Declaration and established October 11 as the Day of Traditional Chinese Medicine.



匈牙利前总理迈杰希·彼得（左一）荣获殊荣。同时获奖的还有中国科学院上海药物研究所果德安（右一）荣获殊荣。

Former Hungarian Prime Minister, Dr. Peter Medgyessy (left) receiving the prize. Guo Dean (right) at the Shanghai Institute of Pharmaceutical Research, Chinese Academy of Sciences, was also given this prize.



意大利中华医药学会主席、著名中医专家何嘉琅教授何嘉琅宣读《罗马宣言》

Professor He Jialang, Chairman of the Chinese Medical Association of Italy, renowned expert of traditional Chinese medicine, reading the Rome Declaration



来自5大洲的38个国家和地区的1000余名代表参加此次大会

More than 1,000 delegates from 38 countries and regions from five continents attended the conference



## 瑞士联邦主席毛雷尔同习近平主席举行会谈

Swiss President Ueli Maurer Meets Chinese President Xi Jinping during his State Visit

4月29日(周一),瑞士联邦主席于利·毛雷尔(Ueli Maurer)应邀对中国进行国事访问,并同中国国家主席习近平举行会晤。双方会谈集中讨论了进一步巩固中国和瑞士业已非常友好的双边关系,加强两国经济和金融政策事务以及“一带一路”倡议相关合作。

瑞士官方代表团认同并表示贸易争端应该在多边框架下解决。谈及2022年北京冬季奥林匹克运动会以及残奥会,双方探讨了瑞士和中国在冬季运动方面的合作,并提及瑞士与中国商务部此前签署的有关促进中瑞冰雪运动产业合作的联合意向书。提及此话题时,瑞士代表团向习近平主席送上一副瑞士制造的滑雪板作为官方礼物。受毛雷尔主席和习近平主席的共同邀请,瑞士奥运会奖牌得主、混合式高山滑雪世界冠军温迪·霍登(Wendy Holdener)女士出席了周一的国宴。

国事访问期间,两国签署了与“一带一路”倡议相关的、特别关注金融和经济事务的谅解备忘录。备忘录目的在于促使两国进一步拓展在“一带一路”沿线第三方市场有关贸易、投资和项目融资的合作。双方合作将基于以下五个关键原则:私人资本用于私人项目、债务的可持续性处理、充分考虑对投资所在地的社会影响、环境保护准则以及坚持项目的透明原则。

与习近平主席的会晤之外,毛雷尔主席于周日同中国国务院总理李克强举行会谈。在中国期间,毛雷尔主席还同国务院副总理刘鹤、中国财政部长刘昆、中国人民银行行长易纲举行会谈。此次来华访问的瑞士官方代表团还

包括瑞士联邦经济、教育和研究部国务秘书处国务秘书玛丽-加布里埃尔·茵艾辛(Marie-Gabrielle Ineichen-Fleisch)女士、瑞士联邦国际金融事务国务秘书处国务秘书丹妮埃拉·斯托费尔(Daniela Stoffel)女士。国务秘书斯托费尔签署了有关“一带一路”的合作谅解备忘录。

On Monday, 29 April, Swiss President Ueli Maurer was received by Chinese President Xi Jinping for a state visit. The official talks focused on ways of further developing the relations between Switzerland and China, economic and financial policy matters, and the Belt and Road Initiative.

Both sides observed the good bilateral relations between the two countries. President Maurer spoke of a historic high in terms of the frequency of visits and the range of common topics. The two countries are conducting bilateral dialogues in around 30 areas, covering issues such as human rights, science, finance and tax matters.

The topics addressed also included the work on expanding the free trade agreement, China's steps towards further opening up the financial sector, the bilateral framework for cooperation in this area, and multilateral governance. The Swiss delegation advocated that disputes on trade should be resolved in a multilateral framework. With a view to the 2022 Olympic and Paralympic Games in Beijing, the two sides discussed cooperation between Switzerland and China in winter sports, referring to the relevant declaration of intent between Switzerland and the Chinese Ministry of Commerce. Appropriately, President Xi

was presented with an official gift of a pair of Swiss-made skis. At the invitation of President Maurer and President Xi, Olympic medalist and world champion Wendy Holdener also attended the state banquet on Monday.

A Memorandum of Understanding (MoU) focusing on financial and economic matters related to the Belt and Road Initiative (BRI) was signed. The aim is for both countries to expand cooperation on trade, investment and finance for projects in third countries along the routes of the BRI. Cooperation will be based on five key principles: private capital for private projects, sustainable handling of debts, consideration of social impacts, environmental protection criteria, and transparency. The MoU contains a catalogue of basic principles for cooperation in line with international standards and legislation in the countries concerned and consistent with the UN Sustainable Development Goals.

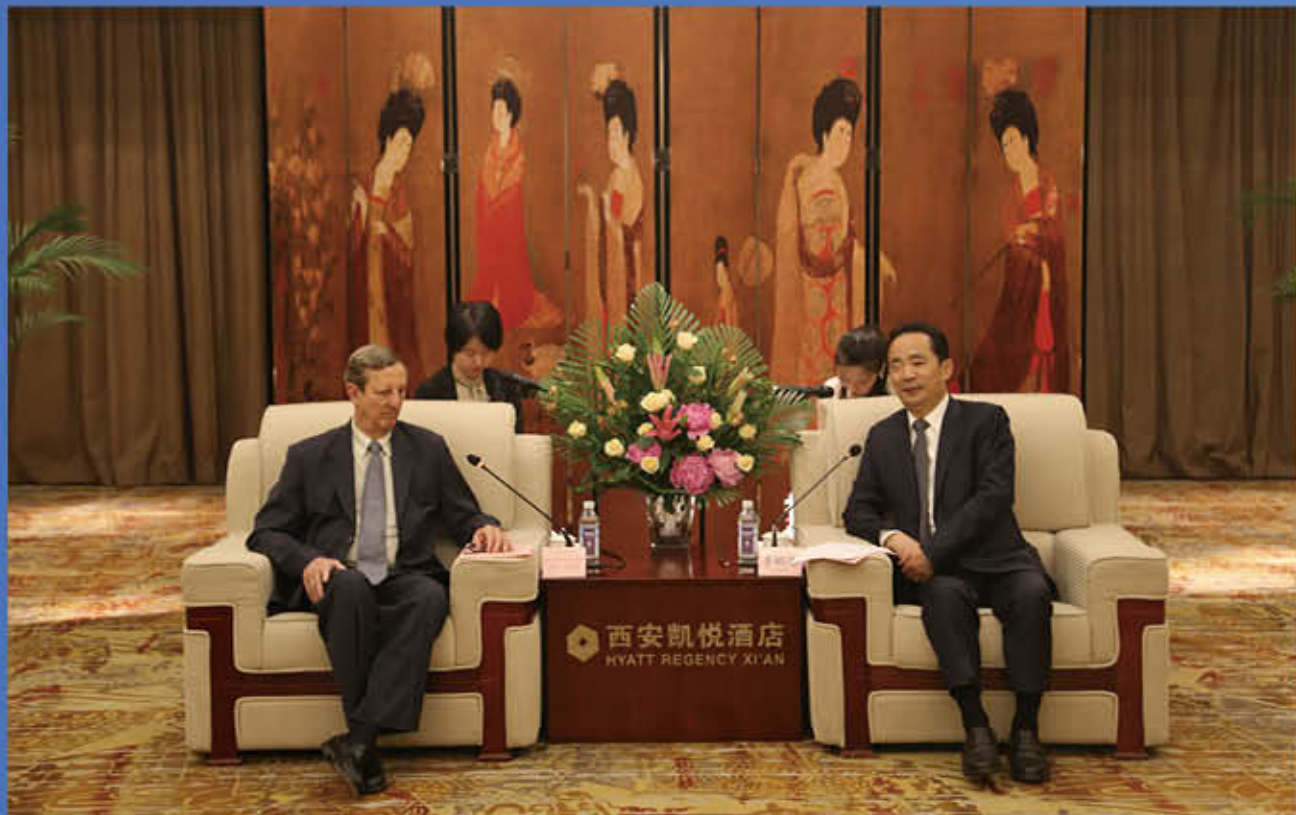
The MoU will provide support to a variety of cooperation platforms: it aims to facilitate forums and working groups for businesses that aim to exchange project information, identify shared interests and facilitate cooperation between businesses from Switzerland and China in third markets. In order to improve the general conditions in which private cooperation takes place, it is planned to establish a working group involving the authorities concerned. Switzerland and China are also encouraging initiatives to create a 'BRI Competence-Building Platform' in Switzerland for the stakeholders from China and countries in which BRI-related projects are carried out. Mr Maurer highlighted the



opportunities presented by the BRI in terms of economic development, the fight against poverty and peace.

President Maurer was received by Prime Minister Li Keqiang on Sunday. During his time in China he also met with Vice Prime Minister Liu He, Finance Minister Liu Kun and the Governor of the Central Bank Yi Gang. The official Swiss delegation included State Secretary Marie-Gabrielle Ineichen-Fleisch, Director of the State Secretariat for Economic Affairs (SECO), and State Secretary Daniela Stoffel, Director of the State Secretariat for International Financial Matters (SIF), who signed the MoU concerning the BRI.





西安市市长李明远接见以古巴大使米格尔·拉米雷斯阁下为团长的外交官代表团  
Mayor of Xi'an, Mr. Li Mingyuan, met the the delegation of diplomats headed by Miguel Angel Ramirez Ramos, Ambassador of Cuba

## 共享丝路机遇

### Sharing Silk Road's Opportunities

5月11日第四届丝绸之路国际博览会在陕西西安开幕，2000多家国内外企业同聚西安，共促发展。今年主宾国是俄罗斯和柬埔寨。

The 4th International Silk Road Expo opened its gates in Xi'an, Shaanxi province on 11 May with the participation of over 2,000 domestic and foreign enterprises. This year's guests of honour were Russia and Cambodia.



马其顿驻华大使左瑞查 (Zorica Tashkovska) 以及印尼驻华副大使丽斯提瓦地 (LISTYOWATI) 在会议上分别发言  
Charge d'affairs of Macedonia, Ms. Zorica Tashkovska and Deputy Head of Mission of Indonesia, Ms. Listyowati delivered speeches during the event



丝博会期间，《世界中国》杂志社受西安市外办委托，组织外交使团出席西安市投资环境推介暨重点项目签约仪式  
During the Silk Road Expo, "The World and China" Magazine, entrusted by the Foreign Affairs Office of Xi'an, has arranged for the participation of diplomats at the introduction of Xi'an's investment opportunities and the key projects signing ceremony

克罗地亚驻华大使达里欧·米海林发言

H.E. Mr. Dario Mihelin, Ambassador of Croatia to China, speaking at the event



乌拉圭驻华使馆一秘马迪亚斯体验周至剪纸  
Matez Benitez, First Secretary of the Embassy of Uruguay, learning the ropes of paper cutting



突尼斯驻华副大使夫妇马斯塔法夫妇在周至水街与乐队互动  
Mustapha Wassin Abid, Deputy Head of Mission of the Tunisian Embassy, and his wife interacting with a fun troupe



圭亚那驻华大使贝尼·卡伦接受媒体采访 (左图)  
Ambassador of Guyana, Bayney Ran Karran, giving an interview

大雁塔合影 (下图)  
Group photo taken at Dayanta





欧盟驻华大使郁白与佳美女士欢迎到场宾客  
Ambassador Nicolas Chapuis and Mrs Sylvie Chapuis welcoming the guests



欧盟驻华大使郁白 阁下在活动上发言  
Speech of H.E. Nicolas Chapuis, Ambassador of the Delegation of the European Union to China



欧盟驻华大使郁白 阁下与中国外交部副部长王超 阁下庆祝活动圆满举行  
H.E. Nicolas Chapuis, Ambassador of the Delegation of the European Union to China and H.E. Wang Chao, Vice Foreign Minister of China shaking hands during the event

5月9日



# 2019 Europe Day Celebration in Beijing “欧洲日” 庆典在京举行

2019年5月9日，在欧盟驻华大使馆里又迎来了一年一度的欧洲日庆祝活动。“欧洲日”也称为欧盟的“国庆节”或“舒曼日”。

On May 9, 2019, the annual celebration of Europe Day was held in the Delegation of the European Union in China. The "Europe Day" is also known as the "National Day" or "Schuman Day" of the European Union.

欧盟驻华大使郁白 Nicolas Chapuis 在发布会上介绍说：欧洲日的几个含义，以及我们庆祝的就是1950年法国外长舒曼先生当时的一个宣言，他呼吁我们建立一个政治、经济和社会的共同体。为了避免未来在欧洲大陆上再次发生战争。7年之后，六个最早的成员国签署了舒曼宣言，这就是欧洲共同体的开始。现在我们是一个28国成员国的联盟。今天我们也庆祝一个有28个成员国的联盟日。

Nicolas Chapuis, Ambassador of the European Union to China, said at the press conference that on Europe Day we celebrate the declaration made in 1950 by Mr. Schuman, French Foreign Minister, calling on Europeans to build a political, economic and social community in order to avoid another war on the European continent. Following the declaration, the six founding members soon signed the Treaty of Rome. That was the beginning of the European Community. Now we are a coalition of 28 member states. This day we are also celebrating the alliance among these 28 member states.



欧洲乐队表演  
European performance



# 2019 Europe Day



活动现场

## Quick Snapshots





捷克共和国总统米洛什·泽曼阁下和中国国务院副总理孙春兰阁下就庆祝捷中建交 70 周年发表讲话  
Speeches were made by H.E. Milose Zeman, President of the Czech Republic, and H.E. Sun Chunlan, Vice Premier of the State Council of China on the occasion of the 70th anniversary of the establishment of diplomatic relations between the two countries



## 中捷建交纪念日

### Commemorative Day of the Establishment of Diplomatic Relations between China and Czechia



值此捷克共和国总统米洛什·泽曼阁下来华出席第二届“一带一路”国际合作高峰论坛之际，捷克共和国驻华大使馆于 2019 年 4 月 25 日举行招待会。

On the occasion of the visit of the President of the Czech Republic, Milos Zeman to the "Second Belt and Road Forum for International Cooperation", the Embassy of the Czech Republic held a reception on April 25, 2019.

捷克共和国驻华大使佟福德阁下与捷克共和国总统米洛什·泽曼阁下共同为活动剪彩  
His Excellency, Vladimir Tomsik, Ambassador of the Czech Republic to China, and His Excellency Milos Zeman, President of the Czech Republic, cutting the ribbon



捷克共和国驻华大使佟福德阁下主持活动

His Excellency Vladimir Tomsik, Ambassador of the Czech Republic to China, speaking during the event



本杂志顾问委员会主席、匈牙利前总理迈杰希·彼得阁下与前捷克斯洛伐克副总理交谈

Dr. Peter Medgyessy, Former Prime Minister of Hungary, talking with Former Vice Premier of Czechoslovakia, Vladimir Dlouhy



中国冰球协会主席曹卫东为捷克冰球运动员 J. Jäger 颁发聘书

Cao Weidong, Chairman of the Chinese Ice Hockey Association, handed over an appointment to J. Jäger, Czech ice hockey player



捷克乐队演奏中捷两国国歌

Czech musicians playing the National Anthem of China and Czechia





摩洛哥驻华大使梅库阿尔·阿齐兹阁下致欢迎词  
Welcoming address by His Excellency Mr. Aziz Mekouar, Ambassador of Morocco to China



# Moroccan 摩洛哥音乐会 Music Concert



钢琴演奏  
The pianist

摩洛哥驻华大使馆于2019年3月11日晚在京城俱乐部举办了一场来自摩洛哥籍匈牙利钢琴家Marouan Benabdallah先生的钢琴演奏会。

On the evening of March 11, 2019, the Embassy of Morocco in China hosted a piano concert of Mr. Marouan Benabdallah, a Moroccan/Hungarian pianist at the Capital Club.



特色小吃  
Special snacks



# 205-а річниця від дня народження Тараса Шевченка



# 205周年



乌克兰驻华大使奥列格·焦明阁下在致辞  
H.E. Oleg Dyomin, Ambassador of Ukraine to China

## 纪念乌克兰民族诗人谢普琴科诞辰日

### Commemorating the Birthday of the National Poet of Ukraine

2019年3月13日，乌克兰驻华大使馆在北京金台艺术馆举办了“纪念乌克兰伟大的诗人谢普琴科诞辰205周年音乐会”。

On March 13, 2019, the Ukrainian Embassy in China held a concert in commemoration of the 205th anniversary of the birth of the great Ukrainian poet Shepchenko at the Jintai Art Museum in Beijing.

乌克兰驻华大使奥列格·焦明 Oleg Dyomin 阁下在致辞中说：谢普琴科，出身贫寒，凭借自强不息的精神自学成才，为乌克兰文学的发展做出了重大的贡献，被公认为乌克兰现代文学的奠基人和乌克兰文学语言的建立者

In his speech, H.E. Oleg Dyomin, Ambassador of Ukraine to China, said: Shepchenko, born in poverty, has made great contributions to the development of Ukrainian literature by virtue of his self-improvement spirit, and is recognized as the founder of Ukrainian modern literature and the founder of Ukrainian literary language.



迎宾  
Welcoming the guests



中乌艺术家表演  
Performance of Chinese and Ukrainian musicians



乌克兰驻华大使奥列格·焦明阁下为艺术家颁发感谢证书

His Excellency Oleg Dyomin, Ambassador of Ukraine to China, presented certificates of appreciation to the artists





# A Waltz 一起华尔兹

奥地利驻华大使馆于3月14日举办了2019凯宾斯基维也纳舞会新闻发布会。

The Austrian Embassy in China held a press conference for the 2019 Kempinski Vienna Ball on March 14.

奥地利驻华大使石迪福 (Friedrich Stift) 阁下在发布会上宣布第五届凯宾斯基维也纳舞会将在今年4月13日举办, 届时, 维也纳联邦州议会议长 Ernst Woller 先生将作为维也纳市代表出席, 同时也感谢主办方北京燕莎中心凯宾斯基饭店对于推动维也纳-北京双城音乐文化交流做出的贡献。

At the press conference, H.E. Friedrich Stift, Ambassador of Austria to China, announced that the fifth Kempinski Vienna Ball would be held on April 13. At that time, Mr. Ernst Woller, Speaker of the Vienna Federal State Assembly, would attend as a representative of Vienna City. At the same time, he thanked Kempinski Hotel, Beijing Yansha Center, for its contribution to promoting the cultural exchange of music between Vienna and Beijing.



北京燕莎中心凯宾斯基饭店总经理庞博思 (Brice Péan) 先生宣布了今年舞会的部分亮点

Mr. Brice Pean, General Manager of Kempinski Hotel, Beijing Yansha Center, announcing the highlights of this year's dance festival.



巴基斯坦驻华大使马苏德·哈立德 (Masood Khalid) 阁下致辞  
Address by His Excellency Masood Khalid, Ambassador of Pakistan to China



## 巴基斯坦日 Pakistan Day



中巴嘉宾共切庆祝蛋糕  
Chinese and Pakistani guests cutting the cake



巴基斯坦工艺品展示: Pakistani handicrafts

为庆祝巴基斯坦日, 巴基斯坦驻华大使馆于2019年3月22日在凯宾斯基酒店举办了招待宴会。

To celebrate Pakistan Day, the Pakistani Embassy in China hosted a reception at the Kempinski Hotel on March 22, 2019.



印尼驻华大使周浩黎 (Djauhari Oratmangun) 阁下致欢迎词  
Welcoming speech by His Excellency Djauhari Oratmangun, Ambassador of Indonesia to China



印尼大厨 Made Karyasa 先生为嘉宾展示特色美食  
Indonesian chef, Mr. Made Karyasa, was presenting special dishes to the guests

2019年3月18日至24日，印度尼西亚驻华大使馆，诚邀巴厘岛丽思卡尔顿酒店名厨 Made Karyasa 先生，在北京瑞吉酒店举办了香料王国印度尼西亚的传统美食品鉴以及印尼文化推介会。

From March 18 to 24, 2019, the Indonesian Embassy in China invited Mr. Made Karyasa, chef of Ritz Carlton Hotel in Bali, to present the traditional Indonesian cuisine to the invitees in a series of events titled "Flavors of Indonesia, the Kingdom of Spices". The program was enriched with art performances and took place at Ruiji Hotel, Beijing.

# 香料王国之味 The Flavor of the Kingdom of Spices



印尼驻华大使周浩黎 (Djauhari Oratmangun) 阁下与嘉宾交流  
Ambassador of Indonesia to China, His Excellency Djauhari Oratmangun, in talk with prominent guests



印尼舞蹈表演  
Indonesian dance performance



塞尔维亚驻华大使米兰·巴切维奇 (Milan Bacevic) 阁下携夫人欢迎到场宾客  
His Excellency Milan Bacevic, Serbian Ambassador to China, and his wife greeting the guests



塞尔维亚驻华大使米兰·巴切维奇 (Milan Bacevic) 阁下与中国外交部欧洲司参赞卢山先生共同出席招待宴会  
H.E. Milan Bacevic, Serbian Ambassador to China, and Mr. Lushan, Counsellor of the European Department of the Chinese Foreign Ministry, attended the reception



## 塞尔维亚国庆日 Serbian National Day

为庆祝塞尔维亚国庆日来临之际，塞尔维亚驻华大使馆于2019年3月22日在北京奥加美术馆酒店举办了招待宴会。

In celebration of the Serbian National Day, the Serbian Embassy in China hosted a reception banquet on March 22, 2019 at the Oga Art Museum Hotel in Beijing.



塞尔维亚驻华大使米兰·巴切维奇 (Milan Bacevic) 阁下致欢迎词  
Welcoming address by His Excellency Milan Bacevic, Ambassador of Serbia to China



塞尔维亚民族服饰  
Serbian national costume



活动现场  
Scene of the event



斯洛伐克驻华大使夫妇欢迎到场宾客  
The Slovak Ambassador to China and his wife with the guests

# 使馆的中国艺术展览

## Chinese Art Exhibition in the Embassy



值此中国和斯洛伐克建交 70 周年之际，斯洛伐克驻华大使馆于 2019 年 3 月 28 日在使馆内举办了来自中国著名油画大师刘亚明先生的艺术作品展览。

On the occasion of the 70th anniversary of the establishment of diplomatic relations between China and Slovakia, the Slovak Embassy in China held an exhibition of the artworks of Mr. Liu Yaming, renowned Chinese oil painter, in the Embassy on March 28, 2019.

中国著名油画大师刘亚明先生与来宾合影  
Mr. Liu Yaming, well known Chinese oil painter, posing with guests



嘉宾欣赏展览  
Guests enjoying the exhibition

### 活动现场 Activity site



插图



画展伴随着音乐会大使夫人致辞  
The Ambassador's wife gave a speech during the exhibition



乐队表演  
Live performance in the garden



委内瑞拉驻华大使伊万·塞尔帕·格雷罗 (Ivan Zerpa Guerrero) 阁下在活动上讲话  
Señor Ivan Zerpa Guerrero, el embajador de Venezuela en China se pronunció por la actividad



前中国驻委内瑞拉大使王珍阁下演讲  
El señor Wang Zhen, exembajador de China en Venezuela dio su discurso



## 委内瑞拉独立宣言日

Día para Declaración de Independencia de Venezuela

使馆官员迎宾

Los funcionarios de la Embajada dieron la bienvenida

委内瑞拉驻华大使馆于 2019 年 4 月 19 日在使馆内举办了“独立宣言日”纪念活动。

El día 19 de abril de 2019, la Embajada de Venezuela en China celebró la actividad de conmemoración de "Declaración de Independencia" en la embajada.



活动现场  
A moment of the event



古巴驻华大使米格尔·安赫尔·拉米雷斯  
Miguel Angel Ramirez Ramos, el embajador invitado de Cuba en China



伊朗驻华大使克沙维兹·扎德赫  
Mohammad Keshavarz Zadeh, el embajador de Irán en China, y Imad



叙利亚驻华大使伊马德·穆斯塔法  
Moustapha, el embajador de Siria en China dieron discursos respectivamente



玻利瓦尔陆军中尉在活动上演讲  
El teniente boliviar dio el discurso en la actividad



使馆工作人员为来宾佩戴纪念丝巾  
Embassy staff putting commemorative scarves on the guests



卢旺达驻华大使查尔斯·卡勇加 Charles Kayonga 与非洲大使团团长马丁·姆巴纳 Martin Mpana 共同点燃纪念蜡烛

Charles Kayonga, Rwandan Ambassador to China, and Martin Mpana, Head of the Group of African Ambassadors, lighting candles in memory of the victims



尼玛谢克地区对图西族大屠杀的幸存者致辞

Address of a survivor of the Tutsi massacre in NYAMASHEKE area

# 卢旺达大屠杀 25 周年纪念日

## 25th Anniversary of the Rwandan Holocaust

卢旺达驻华大使馆于 2019 年 4 月 7 日在使馆内举办了第 25 届对卢旺达图西族人民大屠杀纪念仪式。

The Rwandan Embassy in China held the 25th Memorial Ceremony of the massacre of the Tutsi people in Rwanda on 7 April 2019.



卢旺达驻华大使查尔斯·卡勇加 Charles Kayonga 阁下在讲话上说：我们决心为团结我们的人民而努力，因为只有通过团结，人类才能战胜挑战分裂的最终结果是种族灭绝。这就是为什么我们决心振兴我们的家园，重建一个团结、尊重、致力于和平与包容发展的新社会

In his speech, H.E. Charles Kayonga, Ambassador of Rwanda to China, said: We are determined to work for the unity of our people, because only through solidarity can mankind overcome the challenges, and the ultimate result of division is genocide. That is why we are determined to revitalize our homeland and rebuild a new society that is united, respectful, committed to peace and inclusive in development.



嘉宾观看纪录片 Guests watching a documentary



嘉宾参观图片展 Guests of the photo exhibition



纪念歌曲演唱  
Singing of commemorative songs



在华卢旺达人士朗诵诗歌  
Rwandans in China reciting poetry



毛里求斯驻华大使李淼光 Lee Miao Kwong 阁下致辞  
Address by His Excellency Lee Miao Kwong, Ambassador of Mauritius to China



毛里求斯驻华大使李淼光 Lee Miao Kwong 阁下与中国外交部部长助理陈晓东阁下共切蛋糕庆祝活动圆满举行

H.E. Lee Miao Kwong, Ambassador of Mauritius to China, and H.E. Chen Xiaodong, Assistant Minister of Foreign Affairs of China were cutting the cake



## 毛里求斯国庆 National Day of Mauritius

值此毛里求斯独立 51 周年暨毛里求斯共和国成立 27 周年庆典来临之际，毛里求斯驻华大使馆于 4 月 11 日在北京举办庆祝招待宴会。

On the occasion of the 51st anniversary of Mauritius' independence and the 27th anniversary of the founding of the Republic of Mauritius, the Embassy of Mauritius in China held a reception in Beijing on April 11.



毛里求斯驻华大使李淼光 Lee Miao Kwong 阁下与中国外交部部长助理陈晓东阁下会谈  
H.E. Lee Miao Kwong, Ambassador of Mauritius to China, had a talk with H.E. Chen Xiaodong, Assistant Minister of Foreign Affairs of China



毛里求斯驻华大使夫人林丽娟女士(中间)与嘉宾合影  
Mrs. Lin Lijuan (middle), wife of Mauritian Ambassador to China, taking a photo with the distinguished guests



荷兰驻华大使高文博阁下致辞  
H.E. Ed Kronenburg, Ambassador of the Netherlands



使馆官员欢迎宾客  
Diplomats of the embassy greeting the guests



## 荷兰王国日

*KING'S DAY OF THE NETHERLANDS*



在 2019 年荷兰国王节来临之际，荷兰王国驻华大使馆于 4 月 30 日在使馆内举办了庆祝招待宴会。

On the occasion of King's Day of the Netherlands in 2019, the Embassy of the Kingdom of the Netherlands in China held a celebration banquet in the Embassy on April 30.

特色美食  
Cheese from the Netherlands



意大利驻华使馆法律参赞费德利克教授 (Federico Roberto Antonelli) 主持活动  
Professor Federico Roberto Antonelli, Legal Counsellor of the Italian Embassy in China, presided over the event



意大利环意国际旅行社张环女士在媒体推广环节介绍了关于意大利中部四个大区的更多旅游咨询

Ms. Zhang Huan from the Italian International Travel Agency introduced the four major regions of central Italy during the media promotion session



意大利教育中心北京办公室负责人邢建军博士和《留学》杂志副总经理赵冰燃也表达了这四个大区欢迎中国学生来这里留学

Dr. Xing Jianjun, Head of Beijing Office of the Italian Education Center, and Zhao Binghuo, Deputy General Manager of Overseas Studies Magazine, were saying that Chinese students are very much welcome to study in those four central regions

活动现场

Activity site

# 发现不一样的意大利

## Find a different Italy



由意大利驻华大使馆主办、意大利环意国际旅行社承办的“罗马周边中部大区的独特之美”旅游推广项目，于2019年4月11日在意大利驻华大使馆文化中心举办了闭幕仪式。

The "Unique Beauty of the Central Region around Rome", a tourism promotion project sponsored by the Italian Embassy in China and the Italian International Travel Agency, held its closing ceremony at the Cultural Center of the Italian Embassy in China on April 11, 2019.



嘉宾观看旅游记录视频

Visitors watching a travel video log





阿根廷驻华大使馆公使胡安·纳瓦罗 (Juan Manuel Navarro) 在活动上讲话  
El jefe de cancillería de la Embajada de Argentina en China, Juan Manuel Navarro dio el discurso



## 中国懂得“PAMPA-Market.com”

### Conocimiento de China sobre "Pampa-Market.com"

4月16日, 阿根廷驻华大使馆为来自阿根廷的私人企业 Pampa-Market.com (潘帕市场) 举办了一场推介会。这是阿根廷第一家 100% 专注于食品和饮料的跨境电商平台。

El día 16 de abril, la Embajada de Argentina en China celebró una reunión de promoción para la empresa privada "Pampa-Market.com", que es una plataforma de comercio electrónico transfronterizo dedicándose a comidas y bebidas.



阿根廷食品展示 Demostración de alimentos argentinos



阿根廷驻华大使馆和 Pampa 集团代表在阿根廷公使和刘宝昌副主任的见证下顺利完成签约



阿根廷广东商会会长余永辉先生发言  
El presidente de la Cámara de Comercio Argentino Cantón, Señor Xu Yonghui se pronunció



Los representantes de la Embajada de Argentina en China y del Grupo de Pampa completaron con éxito la firma del contrato bajo el testigo del jefe de cancillería y del subdirector Liu Baochang



阿根廷探戈表演 Representación del tango argentino



尼泊尔驻华大使利拉·马尼·鲍德尔阁下致欢迎词  
Welcoming address by His Excellency Leela Mani Paudyal, Ambassador of Nepal

# 尼泊尔之夜

## Night in Nepal

尼泊尔驻华大使馆于 2019 年 4 月 17 日在使馆内举办了由尼泊尔旅游局 (NTB) 和尼泊尔旅行社协会 (NATTA) 联合主办的尼泊尔之夜活动。

The Nepalese Embassy in China hosted a Nepal Night in the Embassy on April 17, 2019, co-sponsored by the Nepal Tourism Bureau (NTB) and the Nepal Travel Agency Association (NATTA).



尼泊尔旅游局 品牌宣传及市场合作经理 SHRADHA SHRESTHA 演讲

Brand Promotion & Corporate Marketing, a speech by SHRADHA SHRESTHA, Nepal Tourism Bureau



尼泊尔旅行社协会代表致闭幕词

Closing remarks by the representative of Nepal Travel Agency Association



尼泊尔文化表演  
Nepalese cultural performance





突尼斯驻华大使迪亚·哈立德 (Dhia Khaled) 阁下致欢迎词  
Welcoming speech by His Excellency Dhia Khaled, Tunisian Ambassador to China



## 中突艺术沙龙

Sino-Tunisian Art Salon

值此中突两国建交55周年之际，突尼斯驻华大使馆携手中国对外文化集团有限公司于4月19日在大使馆邸联合举办“回望——中突艺术家互访交流及对话”活动。

On the occasion of the 55th anniversary of the establishment of diplomatic relations between China and Tunisia, the Tunisian Embassy in China, in cooperation with China Foreign Culture Group Co., Ltd., jointly organized the "Looking Back - Exchange and Dialogue of Sino-Tunisian Artists Visits" at the Ambassador's Residence on April 19.



活动现场  
Scene of the activity



嘉宾观看艺术展  
Guests appreciating the exhibition



## 活动现场

*Takes of the Event*



突尼斯特色美食  
Tunisian cuisine



主宾国受旗仪式  
Ceremonia de recepción de bandera del país invitado principal (Figura 3)

## 墨西哥城——2019 年的北京设计周主宾城市

Ciudad de México—Ciudad Invitada Principal en la Semana de Diseño de Beijing del Año 2019

一年一度的北京设计周今年的主宾城市是墨西哥首都——墨西哥城。墨西哥驻华大使馆 4 月 2 日在使馆与设计周主办方共同举办新闻发布会。据了解，成为主宾城市并非易事，需要提前几年申请。目前已排队到了 2022 年。

La ciudad invitada principal a la semana de diseño de Beijing en este año se trata de la capital de México—Ciudad de México. En el 2 de abril, la Embajada de México en China celebró la rueda de prensa junto con el organizador de la semana de diseño. Se entiende que ser la ciudad invitada principal no es algo fácil, y necesita la solicitud con anticipación de unos años, hasta el momento, la cola hecha ya hasta el año 2022.

1. 北京国际设计周组委会主任发言  
1. El director del comité organizador de la semana de diseño de Beijing dio el discurso
2. 墨西哥驻华大使 何塞·路易斯·伯纳尔 José Luis Bernal 致辞  
2. El embajador de México en China, señor José Luis Bernal dio el discurso
3. 墨西哥主宾国总设计蓝艺文 (ISSAC) 发言  
3. El diseñador general del México como el país invitado principal, Lan Yiwen (ISSAC) dio el discurso



斯洛伐克驻华大使杜尚·贝拉阁下致辞  
Dusan Bella, Ambassador of Slovakia to China

## 斯洛伐克冰球世锦赛

Slovakian Ice Hockey World Championship



嘉宾观看展览  
Guests enjoying the artworks

在 2019 年斯洛伐克冰球世界锦标赛来临之际，4 月 30 日，斯洛伐克驻华大使馆举行了冰球展示活动及 Jana Jamborová 艺术作品展。冰雪运动强国驻华大使、两国文体界人士出席。大使官邸被画作和银饰品点缀，室外则铺设了冰球场，斯洛伐克冰球教练现场教授来宾体验冰球。

On April 30, ahead of the 2019 Slovakian Ice Hockey World Championship, the Slovakian Embassy in China held an art exhibition combined with an ice hockey promotion. Ambassadors of countries with strong ice and snow sports and personages of art circles attended the event. The Ambassador's residence was decorated with paintings and jewelry, and an outdoor ice hockey field was also set up for teaching ice hockey by a Slovakian coach.



嘉宾体验冰球  
Guests trying to play ice hockey



日本驻华大使横井裕阁下致辞  
Address by His Excellency Yokoi Yutaka, Ambassador of Japan to China

## 日本地方美食展 Japanese Food Promotion



4月27日，由日本大使馆、JNTO、高知县、滋贺县、山梨县、JA 等共同举办的美食展，在日本国驻华大使官邸举行。

On April 27, a food promotion event was held at the Residence of the Japanese Embassy with the participation of among others JNTO, Kochi Prefecture, Shiga Prefecture, Yamanashi Prefecture and JA.



Japanese cuisine  
日本地方美食





## Follow the Ambassador to his Country

- Latvian Ambassador to China,  
Maris Selga

## 跟着大使看世界

——拉脱维亚共和国驻华大使  
马里斯·塞尔嘉

### 拉脱维亚的风情建筑

The Beautiful Architecture of Latvia



里加城市中心的教堂塔楼  
The Church towers in the city centre of Riga

拉脱维亚共和国是位于欧洲东北部的波罗的海沿岸国家。拉脱维亚相对袖珍，它拥有 64,589 平方公里风景秀丽的平原、河流、湖泊和丘陵、雄伟的海岸线以及 1,935,600 人口。2004 年，拉脱维亚加入了欧洲联盟和北约组织。拉脱维亚共和国成立于 1918 年 11 月 18 日。

The Republic of Latvia is situated in north-eastern Europe with a coastline along the Baltic Sea. Latvia is a relatively small country with 64,589 km<sup>2</sup> of scenic plains and rivers, lakes and hills, including a majestic coastline and a population of almost 2 million. In 2004 Latvia joined the European Union and NATO. The Republic of Latvia was founded on November 18, 1918.

长达八个世纪风格多样的建筑成就了今天展现在我们视野中的拉脱维亚。拉脱维亚的建筑经历了从传统木制住宅到以国家图书馆为代表的玻璃式建筑的发展。尽管无声，拉脱维亚的建筑仍然是历史故事的忠实叙述者。

Up to eight centuries of architectural variety adorn the Latvia we see today. It has evolved from the wooden dwelling of the traditional extended family to the hill of glass of the new National Library of Latvia. Albeit silent, the Latvian architecture keeps telling the story of times long gone.

### 里加各式建筑的集大成者 Riga, the architecture of alloys

拉脱维亚的美丽故事要从 1201 年建成后就一直作为政治、经济和文化中心的首都里加讲起。里加老城被联合国教科文组织列为世界上最重要的文化建筑遗产之一。2014 年，里加当选欧洲文化之都；2015 年，里加是拉脱维亚担任欧盟理事会主席国的所在地。

The beautiful story about the very different places in Latvia might start with the capital city – Riga – founded in 1201. It has always been the political, economic, and cultural centre. The historical centre of Riga is listed by UNESCO as one of the world's most important cultural and architectural sites. In 2014, Riga was the European Capital of Culture; in 2015, Riga was the home to the Latvian Presidency of the Council of the European Union.

里加的城市景观展现了拉脱维亚从中世纪至今的多维历史。新艺术和 19 世纪的木制建筑是里加的标志，不仅如此，里加还是各式建筑的集大成者——从中世纪房屋到苏联时代的公寓大楼到当代建筑，都赋予了里加独特魅力。

Riga's cityscape represents the multi-layered history of Latvia from the Middle Ages until today. Art Nouveau and wooden buildings of the 19th century are trademarks of Riga, although the architecture is a mixture of styles – from medieval houses to apartment blocks of Soviet times, and the contemporary architecture that makes Riga so special.



里加城市运河  
Riga City Canal



拉脱维亚国家大剧院喷泉  
Latvian National Opera House Fountain.



里加街头咖啡馆  
Street cafes in the Old Town of Riga

自力更生和尊重个人空间是拉脱维亚宅基地设计过程中所秉持的传统价值观。拉脱维亚居民喜欢木制建筑，因为其所拥有的丰富的森林资源。在从外国引进砖石建筑之前，拉脱维亚从农场到堡垒（Āraiši 城堡）都是木质建筑。

Self-reliance and respect for personal space are the traditional values evident in the design of a Latvian homestead. Latvians preferred wooden architecture owing to the rich forests. Buildings from farms to fortresses (such as the Āraiši castle) were all wooden until foreigners introduced masonry.



里加老城和道加瓦河  
Old Town of Riga and the river Daugava

### 里加城市中心 The city centre of Riga

德国的十字军建造了城堡和高耸的罗马及哥特式大教堂，这些教堂从13世纪以来一直被视为里加和塞西斯的地标。保存完好的里加历史中心被列入联合国教科文组织世界遗产名录。

German crusaders built castles and towering Romanesque and Gothic cathedrals, which still symbolize the trademark silhouettes of Riga and Cesis ever since the 13th century. The well-preserved Historical Centre of Riga is included in the UNESCO World Heritage list.



里加圆顶大教堂钟表  
The clock of Riga Dome Cathedral



里加公鸡像  
Rooster of Riga



黑头宫  
The House of the Blackheads

文艺复兴、理性主义和改革主义对于拉脱维亚中世纪和近代早期建筑的发展产生了显著的影响。拉脱维亚的领土曾相继历经德国、波兰、瑞典和俄罗斯人的统治，因此拉脱维亚的建筑也兼具以上国家的风情。

The three R's – Renaissance, Rationalism and Reformation – influenced the development of the architecture between the Medieval and the Early Modern ages. The territory of Latvia changed hands among Germans, Poles, Swedes and Russians, who all brought their architectural influences still visible today.



黑头宫大会议厅  
The Conference hall of the House of the Blackheads



里加老城中心窄巷  
Small streets in the heart of the Old Town of Riga

## 巴洛克 Baroque

是十八世纪以来风靡众多国家的艺术风格。伦达尔宫和叶尔加瓦宫使我们想起库兰公爵的统治时代。拉脱维亚东部天主教堂阿格洛纳的圣殿至今仍然是一个极受欢迎的朝圣目的地。

Baroque is a feature of many national landmarks from the 18th century. Palaces of Rundāle and Jelgava remind us of rulers of the Duchy of Kurland. The Basilica of Aglona, the bastion of Catholicism in the East of Latvia, is still a popular pilgrim destination.

伦达尔宫是拉脱维亚巴洛克和洛可可建筑风格的标杆

The Rundāle Palace is the most outstanding monument of Baroque and Rococo architecture in Latvia



阿格洛纳大教堂 Photo: Sandra Īriste  
The Basilica of Aglona



## 新古典主义建筑 Neo-classical Architecture



梅宗尼斯宫  
Mežotnes Palace

十九世纪，经典被重新定义。新古典式的排屋在新兴的工业中心街道两旁整齐坐着。同时，梅宗尼斯和德北等省份的宫殿，为德国贵族在烟雾弥漫的城市外部提供了透气度假的好去处。古典主义形式所灌输的权威的重要性——在房屋和宫殿，公共建筑和防御工事，如道加维尔要塞（今天的马克罗斯科中心）的建筑中得到了清晰的体现。

Away with excess and back to classics came the 19th century. Neo-classical townhouses lined the streets of the new-born industrial centres. Meanwhile, neo-classical palaces in the province like Mežotnes and Durbe provided a fresh breath outside the smoky cities for the German aristocracy. The clear classical form instilled authority—in houses and palaces, public edifices and fortifications such as the Daugavpils Fortress (today housing the Mark Rothko Centre).



## 新艺术派建筑 Pre-war Art Nouveau

在二十世纪之交，战前的繁荣令人印象深刻，这正是新艺术派所主张的。在拆除旧防御工事时，里加老城外的新建筑以新艺术风格作为首选

Impressive pre-war prosperity at the turn of the 20th century is what Art-Nouveau stands for. When dismantling the old fortifications, new buildings outside the old Riga were created in the Art-Nouveau style as the first choice.

富有的实业家不仅在生意上竞争，而且在生活中竞相炫耀。在富人聚居的阿尔伯特大街上，往昔的奢靡仍然依稀可见。繁复的花朵和花哨的图案使每一座建筑更加华丽。

The wealthy industrialists competed not only in business, but in showing off, too. It is still visible in Alberta Street, where many of them lived next to each other. The ornate façades of flowers and fancy figures made every other building more flamboyant.

第一次世界大战结束了艺术派的热潮，在高速有效的重建拉脱维亚的需求下，趋向实用性的功能主义应运而生。它优雅的线条和朴素的风格在瓦苏街的学校、车站、银行大楼以及里加的梅阿帕克斯和泰卡街区得以展现的淋漓尽致。二十世纪三十年代，在欧洲掀起的纪念碑状大型建筑的流行风潮中，拉脱维亚也建设了极具代表性的里加内阁和财政部等建筑。



World War I did away with the Art-Nouveau craze and dictated a much more utilitarian approach. This was required to efficiently build the new Latvian state and do it quickly. Hence the graceful lines and unadorned simple elegance of Functionalism made its way in several schools, stations, bank building on Vaļņu Street and the neighbourhoods of Mežaparks and Teika in Riga. However, the 1930's saw some edifices designed in the grand scale of Monumentalism popular in Europe. The most illustrative examples are the Cabinet of Ministers and the Ministry of Finance in Riga.

## 苏联箱式现代主义 Soviet box-type modernism

第二次世界大战吹响了变革的号角，为适应繁重的工业化和大规模移民潮，单调的苏联箱式现代主义建筑席卷了拉脱维亚大部分城镇的郊区。目前，大多数城市人口仍然居住在那里。

World War II blew the wind of change, after what the Soviet box-type modernism flooded Latvian cities with waves of drab high-rises. Designed to accommodate heavy industrialization and mass immigration, districts of these uniform buildings dominate most suburbs of major towns. Most of urban population still inhabits them.





拉脱维亚国家图书馆 - 城堡之光  
National Library of Latvia - The Castle of Light

### 今天的建筑 The architecture today

现今，拉脱维亚的建筑期待着复兴传统，拥抱后现代主义。杰出的当地建筑师致力于保护和重建 19 世纪的拉脱维亚木质建筑，如 Zaiga Gaile 女士对里加 Ķīpsala 私人住宅的修复工程。

Latvian architecture today looks forward to regenerating the traditional heritage and embracing post-modernism. Distinguished local architects are devoted to saving and reconstructing 19th century Latvian wooden architecture, such as private houses in Ķīpsala, Riga, by Ms. Zaiga Gaile.

另一个值得一提的成就在于对 Spīķeri 区的重建，通过开设画廊，博物馆，商店和咖啡馆，使这些陈旧的红砖仓库重新焕发了生机与活力。这个地区一跃成为 2014 年欧洲文化之都 - 里加文化的代表性区域之一。

Another success is the redevelopment of the Spīķeri district, bringing back to life each of the obsolete red brick warehouses by opening galleries, museums, shops and cafes. The district became a lively venue of the programme of Riga - the European Capital of Culture 2014.

拉脱维亚另一个令人称颂的建筑奇迹是著名的光之城堡——拉脱维亚国家图书馆，由拉脱维亚裔美国建筑师 Gunārs Birkerts 先生建造。这个国际知名的项目还于 2015 年拉脱维亚任欧洲联盟理事会主席国期间作为总部运营。

The highlight of Latvian state-of-the-art architecture is the eminent Castle of Light - the new National Library of Latvia building by the Latvian-American architect Mr. Gunārs Birkerts. The internationally renowned project additionally hosted the headquarters of the Latvian Presidency in the Council of the European Union in 2015.



里加铁路桥  
The Rail Bridge in Riga

雷泽克内也是一个令人眼前一亮的，充满自身独特文化氛围和建筑风情的拉脱维亚城市。雷泽克内是蓝色湖泊的中心，位于拉脱维亚最具特色的拉特加尔地区。拉脱维亚的许多传统古代手工艺和陶器、烹饪、面包制作、编织以及民间传说——仍然活跃在这里。在这里，天主教和正统信徒盛行。这个地区拥有拉脱维亚最复杂的方言——拉特加尔语——有时甚至其他区域的拉脱维亚人也听不懂。Gors 音乐厅和创意中心 Zeimuļš 最近在雷泽克内开幕。

Incredibly interesting city with its architecture and culture is Rēzekne. Why, because it is the centre of Blue Lakes, is a city in Latgale, the most distinctive region of Latvia. It is Latgale where many ancient Latvian crafts and traditions - pottery, traditional cooking and bread making, weaving and folklore - are still very much alive. It is the most religious region, with Catholic and Orthodox believers prevailing. This region is home to the most sophisticated dialect of Latvian - Latgalian - sometimes not even understandable to other Latvians. The concert hall Gors and creative centre Zeimuļš recently opened in Rēzekne.

除了上述城市，塞西斯也是一个融合了中世纪历史和当代文化的迷人城市。这座有 810 年历史的城市一年四季都以其独特的氛围和热情好客的传统吸引着世界各地的游客——到波罗的海最大的滑雪胜地和中世纪保留下来的塞西斯老城鹅卵石街道休闲度假。可追溯到公元 9 世纪的丰富的文化遗产，给游客们营造着穿越时空回溯历史的奇妙感官盛宴。从奥莱什湖城堡石器时代和青铜器时代的住宅，到 18 世纪塞西斯新城堡错综复杂的内部装饰，塞西斯是一个等待被发掘的时间胶囊。但说到城市的文化生活，它绝不古板，反而充满生机与活力。

Also, Cesis is a charming city fusing together medieval history and contemporary culture. The unique feel and hospitality of this 810-year-old city attracts tourists all year long - from the Baltic's biggest ski resorts to the preserved medieval layout of the cobbled streets of Cēsis Old Town. The rich cultural heritage stemming from as early as the 9th century lets anyone visiting feel like they are experiencing time travel. Spanning from Stone and Bronze Age dwellings at the Āraiši Lake Castle to the intricate interior motifs of the 18th century Cēsis New Castle, Cēsis is a time capsule waiting to be discovered. But when it comes to the cultural life of the city, it is anything but ancient.



道加瓦皮尔斯教堂山  
Daugavpils Church Hill



塞西斯的街道  
Rīgas str. in Cēsis



塞西斯城堡  
Cesis Castle in Vidzeme



图雷达城堡  
Turaida Castle in Gauja

### 难以置信的城堡…… Incredible castles……

拉脱维亚的建筑资源令人艳羡，它拥有丰富的建筑于不同时代的各具风情的城堡与宫殿。建于 1214 年的图雷达城堡就是中世纪建筑史上的一颗耀眼的宝石。城堡的红砖墙矗立在风景如画的高雅河谷之上，风景如诗如画。被列入欧洲文化遗产名录的塞斯瓦尼宫是 19 世纪后半叶拉脱维亚最伟大的建筑成就之一。此外，首都里加城堡，历经数次重建，仍然保留其自 1515 年初落成时的原始外观。其他的建筑奇迹不胜枚举。

Latvia is very proud and rich with a number of absolutely amazing and unique castles and palaces. Especially because they all are built during different centuries. For instance, Turaida Castle is an outstanding gem of Medieval architecture built in 1214. The red-brick walls of the castle rise over the picturesque Gauja River Valley. Then Cesvaine Palace is one of the greatest architectural achievements in Latvia in the latter half of the 19th century, it has been included in the list of European cultural heritage. Also, Riga Castle in the capital city, regardless of several reconstruction projects, has still retained its original appearance from 1515 when the castle was built, and many other unique examples.



## Follow the Ambassador to his Country

- Greek Ambassador to China,  
Leonidas Rokanas

### 跟着大使看世界

——希腊驻华大使罗卡纳斯

#### 希腊 18 处世界文化遗产

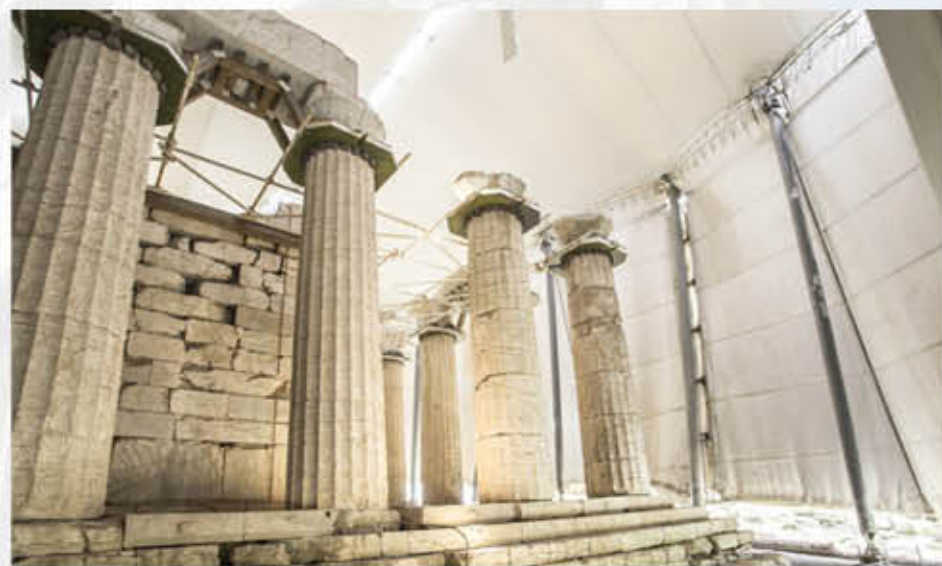
## 18 World Cultural Heritage Sites in Greece

1

### 巴赛的阿波罗·伊壁鸠鲁神庙 Temple of Apollo Epicurius at Bassae

这座著名的疗愈与太阳之神神庙建于公元前 5 世纪中叶，位于阿卡迪亚山脉的孤山之中。这座寺庙拥有迄今为止发现的最古老的科林斯式柱头，它融合了古老的风格和多立克式的宁静，以及一些大胆的建筑特色。

This famous temple to the god of healing and the sun was built towards the middle of the 5th century B.C. in the lonely heights of the Arcadian mountains. The temple, which has the oldest Corinthian capital yet found, combines the Archaic style and the serenity of the Doric style with some daring architectural features.



## 2 雅典卫城 Acropolis, Athens

雅典卫城及其纪念碑是古典精神和文明的普遍象征，是希腊古代留给世界的最伟大的建筑和艺术综合体。公元前 5 世纪下半叶，雅典在战胜波斯人和建立民主制度后，在古代世界其他城邦中处于领先地位。在随后的时代，随着思想和艺术的蓬勃发展，一批杰出的艺术家实施了雅典政治家伯里克利雄心勃勃的计划，并在雕塑家菲迪亚斯的启发下，将落基山变成了一座独特的思想和艺术纪念碑。最重要的纪念碑是在那个时期建造的：帕提农神庙，由伊提努斯、埃雷赫顿、普罗比亚神庙、米内西克利斯和雅典娜耐克小神庙设计的卫城入口建造。

The Acropolis of Athens and its monuments are universal symbols of the classical spirit and civilization and form the greatest architectural and artistic complex bequeathed by Greek Antiquity to the world. In the second half of the fifth century B.C., Athens, following the victory against the Persians and the establishment of democracy, took a leading position amongst the other city-states of the ancient world. In the age that followed, as thought and art flourished, an exceptional group of artists put into effect the ambitious plans of Athenian statesman Pericles and, under the inspired guidance of the sculptor Pheidias, transformed the rocky hill into a unique monument of thought and the arts. The most important monuments



were built during that time: the Parthenon, built by Ictinus, the Erechtheon, the Propylaea, the monumental entrance to the Acropolis, designed by Mnesicles and the small temple Athena Nike.



## 5 迈泰奥拉 Meteora

在一个几乎难以接近的砂岩山峰地区，僧侣们从11世纪开始就在这些“天空之柱”上定居下来。尽管困难重重，但其中24座寺院是在15世纪欧洲宗教理想伟大复兴之时修建的。他们16世纪的壁画标志着后拜占庭绘画发展的关键阶段。

In a region of almost inaccessible sandstone peaks, monks settled on these 'columns of the sky' from the 11th century onwards. Twenty-four of these monasteries were built, despite incredible difficulties, at the time of the great revival of the eremitic ideal in the 15th century. Their 16th-century frescoes mark a key stage in the development of post-Byzantine painting.



## 3 米斯特拉斯考古遗址 Archaeological Site of Mystras

迈斯特拉斯，即“摩拉的奇迹”，是在1249年由亚该亚王子、维勒哈杜因的威廉建立的堡垒周围建造的圆形剧场。1832年被拜占庭人重新征服，然后被土耳其人和威尼斯人占领，这座城市被遗弃，只留下令人叹为观止的中世纪遗迹，矗立在美丽的风景中。

Mystras, the 'wonder of the Morea', was built as an amphitheatre around the fortress erected in 1249 by the prince of Achaia, William of Villehardouin. Reconquered by the Byzantines, then occupied by the Turks and the Venetians, the city was abandoned in 1832, leaving only the breathtaking medieval ruins, standing in a beautiful landscape.



## 4 罗得岛的中世纪城 Medieval City of Rhodes

耶路撒冷圣约翰的命令从1309年到1523年占领了罗得，并着手将这城变为堡垒。随后，它受到土耳其和意大利的统治。上城是哥特式时期最美丽的城市群之一，拥有大师宫殿、大医院和骑士街。在下城，哥特式建筑与清真寺、公共浴场和其他奥斯曼时期的建筑共存。

The Order of St John of Jerusalem occupied Rhodes from 1309 to 1523 and set about transforming the city into a stronghold. It subsequently came under Turkish and Italian rule. With the Palace of the Grand Masters, the Great Hospital and the Street of the Knights, the Upper Town is one of the most beautiful urban ensembles of the Gothic period. In the Lower Town, Gothic architecture coexists with mosques, public baths and other buildings dating from the Ottoman period.



## 6 阿索斯山 Mount Athos

自1054年以来，阿陀斯山是一个东正教的精神中心，自拜占庭时代以来，一直享有自治权。“圣山”是妇女和儿童禁止进入的地方，也是公认的艺术场所。修道院的布局（其中约20个修道院目前居住着约1400名僧侣）对俄罗斯产生了深远的影响，其绘画流派影响了正统艺术的历史。

An Orthodox spiritual centre since 1054, Mount Athos has enjoyed an autonomous statute since Byzantine times. The 'Holy Mountain', which is forbidden to women and children, is also a recognized artistic site. The layout of the monasteries (about 20 of which are presently inhabited by some 1,400 monks) had an influence as far afield as Russia, and its school of painting influenced the history of Orthodox art.





## 7 埃皮达鲁斯的阿斯克勒庇俄斯神庙 Sanctuary of Asklepios at Epidaurus

在伯罗奔尼撒的一个小山谷里，医学之神阿斯克雷庇俄斯的神殿，最晚是在公元前6世纪由早期的阿波罗祭祀（马莱塔）发展而来的，是对埃皮多罗斯城邦的官方祭祀。它的主要纪念碑，尤其是阿斯克雷庇俄斯神庙、托洛斯神庙和剧院——被认为是希腊建筑中最纯粹的杰作之一——可以追溯到4世纪。这个巨大的遗址，其寺庙和医院建筑致力于它的治疗神，提供了宝贵的见解，希腊和罗马时代的治疗邪教。



## 8 塞萨洛尼基（帖撒罗尼迦）的早期基督教和拜占庭古迹 Paleochristian and Byzantine Monuments of Thessalonika

塞萨洛尼卡省首府和海港建于公元前315年，是基督教传播的第一个基地之一。其中的基督教纪念碑是精美的教堂，一些建在希腊十字图上，另一些则建在三个中堂的大教堂平面图上。从公元4世纪到15世纪，它们在很长一段时间内形成了一个历时性的类型学系列，在拜占庭世界有着相当大的影响。圆形大厅、圣德米特里厄斯和圣大卫的马赛克是早期基督教艺术的伟大杰作之一。

Founded in 315 B.C., the provincial capital and sea port of Thessalonika was one of the first bases for the spread of Christianity. Among its Christian monuments are fine churches, some built on the Greek cross plan and others on the three-nave basilica plan. Constructed over a long period, from the 4th to the 15th century, they constitute a diachronic typological series, which had considerable influence in the Byzantine world. The mosaics of the rotunda, St Demetrius and St David are among the great masterpieces of early Christian art.

In a small valley in the Peloponnesus, the shrine of Asklepios, the god of medicine, developed out of a much earlier cult of Apollo (Maleatas), during the 6th century BC at the latest, as the official cult of the city state of Epidaurus. Its principal monuments, particularly the temple of Asklepios, the Tholos and the Theatre - considered one of the purest masterpieces of Greek architecture - date from the 4th century. The vast site, with its temples and hospital buildings devoted to its healing gods, provides valuable insight into the healing cults of Greek and Roman times.



## 9 米斯特拉斯考古遗址 Archaeological Site of Delphi

阿波罗神谕所说的德尔菲的泛希腊式圣殿，是“世界肚脐”的所在地。公元前6世纪的特尔斐，与美丽的风景融为一体，具有神圣的意义，是古希腊世界统一的宗教中心和象征。

The pan-Hellenic sanctuary of Delphi, where the oracle of Apollo spoke, was the site of the omphalos, the 'navel of the world'. Blending harmoniously with the superb landscape and charged with sacred meaning, Delphi in the 6th century B.C. was indeed the religious centre and symbol of unity of the ancient Greek world.



## 10 奥林匹亚考古遗址 Archaeological Site of Olympia

奥林匹亚遗址位于伯罗奔尼撒的一个山谷中，史前时代就有人居住。公元前10世纪，奥林匹亚成为宙斯崇拜的中心。阿尔提斯是众神的庇护所，是古希腊最集中的杰作之一。除了寺庙，还有为奥运会修建的所有体育建筑的遗迹，这些建筑从公元前776年开始每四年在奥林匹亚举行一次。

The site of Olympia, in a valley in the Peloponnesus, has been inhabited since prehistoric times. In the 10th century B.C., Olympia became a centre for the worship of Zeus. The Altis - the sanctuary to the gods - has one of the highest concentrations of masterpieces from the ancient Greek world. In addition to temples, there are the remains of all the sports structures erected for the Olympic Games, which were held in Olympia every four years beginning in 776 B.C.





## 11 Delos 提洛岛

根据希腊神话，阿波罗出生在西克拉底群岛的一个小岛上。阿波罗庇护所吸引了来自希腊各地的朝圣者，而德洛斯是一个繁荣的贸易港口。从公元前3千年到古基督教时代，爱琴海的文明源远流长。这个考古遗址非常广泛和丰富，传达了一个伟大的世界性地中海港口的形象。

According to Greek mythology, Apollo was born on this tiny island in the Cyclades archipelago. Apollo's sanctuary attracted pilgrims from all over Greece. Delos was a prosperous trading port. The island bears traces of the succeeding civilizations in the Aegean world, from the 3rd millennium B.C. to the palaeochristian era. The archaeological site is exceptionally extensive and rich and conveys the image of a great cosmopolitan Mediterranean port.



## 12 达夫尼修道院，俄希俄斯罗卡斯修道院和希俄斯新修道院 Monasteries of Daphni, Hosios Loukas and Nea Moni of Chios

尽管地处遥远的从每个其他地方，这三 monasteries（第一次是在雅典阿提卡的近，近在 Phocida 在第二和第三的 Delphi，在冰岛的爱琴海，近两个亚洲小）属于相同的 typological 系列和分享相同的审美特征。《教堂是建在一个交叉的广场规划有一个大的圆顶上 squinches defining octagonal 西安城市空间。在 11 和 12 世纪他们在饰以精湛的大理石 mosaics 拼在一个荒芜的大背景下，全特性的二 byzantine 金色时代的艺术。

Although geographically distant from each other, these three monasteries (the first is in Attica, near Athens, the second in Phocida near Delphi, and the third on an island in the Aegean Sea, near Asia Minor) belong to the same typological series and share the same aesthetic characteristics. The churches are built on a cross-in-square plan with a large dome supported by squinches defining an octagonal space. In the 11th and 12th centuries they were decorated with superb marble works as well as mosaics on a gold background, all characteristic of the 'second golden age of Byzantine art'.



## 13 萨摩斯岛的毕达哥利翁和赫拉神庙 Pythagoreion and Heraion of Samos

自公元前3千年以来，许多文明居住在这个靠近小亚细亚的爱琴海小岛上。毕达哥利翁 (Pythagoreion) 是一个古老的设防港口，有希腊和罗马的纪念碑和壮观的隧道渡槽，还有赫里翁 (Heraion)，萨米安赫拉 (Samian Hera) 神庙，仍然可见。

Many civilizations have inhabited this small Aegean island, near Asia Minor, since the 3rd millennium B.C. The remains of Pythagoreion, an ancient fortified port with Greek and Roman monuments and a spectacular tunnel-aqueduct, as well as the Heraion, temple of the Samian Hera, can still be seen.

## 14 艾加伊考古遗址 Archaeological Site of Aigai (modern name Vergina)

阿盖伊是马其顿王国最早的首都，19世纪在希腊北部的维吉纳附近发现。最重要的遗迹是纪念性的宫殿，用马赛克和粉刷奢华地装饰着，墓葬场有300多座图穆利墓，其中一些可追溯到公元前11世纪。大图穆卢斯的一座皇家陵墓被确定为菲利普二世的陵墓，他征服了所有希腊城市，为他的儿子阿尔铺平了道路。和希腊世界的扩张。

The city of Aigai, the ancient first capital of the Kingdom of Macedonia, was discovered in the 19th century near Vergina, in northern Greece. The most important remains are the monumental palace, lavishly decorated with mosaics and painted stuccoes, and the burial ground with more than 300 tumuli, some of which date from the 11th century B.C. One of the royal tombs in the Great Tumulus is identified as that of Philip II, who conquered all the Greek cities, paving the way for his son Alexander and the expansion of the Hellenistic world.



## 15 迈锡尼和梯林斯的考古遗址 Archaeological Sites of Mycenae and Tiryns

迈锡尼和梯林斯的考古遗址是迈锡尼文明两大城市的壮丽遗址，公元前15世纪至12世纪，迈锡尼文明主宰了东地中海世界，对古希腊文化的发展起到了至关重要的作用。这两座城市与荷马史诗《伊利亚特》和《奥德赛》有着千丝万缕的联系，荷马史诗对欧洲艺术和文学产生了三千多年的影响。

The archaeological sites of Mycenae and Tiryns are the imposing ruins of the two greatest cities of the Mycenaean civilization, which dominated the eastern Mediterranean world from the 15th to the 12th century B.C. and played a vital role in the development of classical Greek culture. These two cities are indissolubly linked to the Homeric epics, the Iliad and the Odyssey, which have influenced European art and literature for more than three millennia.



## 16 拔摩岛历史中心（霍拉）包括使徒 圣约翰修道院和天启洞穴 The Historic Centre (Chorá) with the Monastery of Saint- John the Theologian and the Cave of the Apocalypse on the Island of Pátmos

多德卡内的 Pátmos 小岛被认为是神学家圣约翰写福音和启示录的地方。十世纪末，在那里建立了一座专门为“敬爱的弟子”而建的修道院，从此成为朝圣和希腊东正教学习的场所。这个岛上主要是修道院的建筑群。与之相关联的古老定居点包含许多宗教和世俗建筑。

The small island of Pátmos in the Dodecanese is reputed to be where St John the Theologian wrote both his Gospel and the Apocalypse. A monastery dedicated to the “beloved disciple” was founded there in the late 10th century and it has been a place of pilgrimage and Greek Orthodox learning ever since. The fine monastic complex dominates the island. The old settlement of Chorá, associated with it, contains many religious and secular buildings.



## 17 科孚古城 Old Town of Corfu

科尔夫古城，位于阿尔巴尼亚和希腊西部海岸外的科尔夫岛上，位于亚得里亚海入口处的战略位置上，起源于公元前8世纪。这座城市的三个堡垒由著名的威尼斯工程师设计，用了四个世纪来保卫威尼斯共和国对奥斯曼帝国的海上贸易利益。随着时间的推移，堡垒被修复和部分重建了好几次，最近在19世纪的英国统治下。老城区主要的新古典主义住房存量部分来自威尼斯时期，部分来自后期建设，尤其是19世纪。作为一个强化的地中海港口，科尔夫的城市和港口整体以其高度的完整性和真实性而闻名。

The Old Town of Corfu, on the Island of Corfu off the western coasts of Albania and Greece, is located in a strategic position at the entrance of the Adriatic Sea, and has its roots in the 8th century BC. The three forts of the town, designed by renowned Venetian engineers, were used for four centuries to defend the maritime trading interests of the Republic of Venice against the Ottoman Empire. In the course of time, the forts were repaired and partly rebuilt several times, more recently under British rule in the 19th century. The mainly neoclassical housing stock of the Old Town is partly from the Venetian period, partly of later construction, notably the 19th century. As a fortified Mediterranean port, Corfu's urban and port ensemble is notable for its high level of integrity and authenticity.



## 18 腓立比考古遗址 Archaeological Site of Philippi

这座有城墙的城市的遗迹位于希腊东北部的卫城脚下，位于连接欧洲和亚洲的古老路线上，即通过埃格纳蒂亚。公元前356年由马其顿国王腓力二世建立，公元

前42年腓力比战役后的几十年里，随着罗马帝国的建立，这座城市发展成为一个“小罗马”。腓力二世是一座充满活力的希腊城市，城墙及其大门、剧院和希律王的葬礼（神庙）都将被人们所看到，此外，罗马的公共建筑，如广场和一个纪念碑式的平台，北面还有神庙。后来，在公元前49-50年使徒保罗访问之后，这座城市成为了基督教信仰的中心。其大教堂的遗迹是早期基督教建立的一个特殊证据。

The remains of this walled city lie at the foot of an acropolis in north-eastern Greece, on the ancient route linking Europe and Asia, the Via Egnatia. Founded in 356 B.C. by the Macedonian King Philip II, the city developed as a “small Rome” with the establishment of the Roman Empire in the decades following the Battle of Philippi, in 42 B.C. The vibrant Hellenistic city of Philip II, of which the walls and their gates, the theatre and the funerary heroon (temple) are to be seen, was supplemented with Roman public buildings such as the Forum and a monumental terrace with temples to its north. Later the city became a centre of the Christian faith following the visit of the Apostle Paul in 49-50 C.E. The remains of its basilicas constitute an exceptional testimony to the early establishment of Christianity.





希腊大使列奥尼达斯·罗卡纳斯用希腊语诵读  
Ambassador of Greece, Leonidas C. Rokanas, reading in Greek.



塞浦路斯大使安东尼斯·图马齐斯用英语诵读  
Ambassador of Cyprus, Antonis Tumazis, reading in English



阿尔巴尼亚大使塞利姆·贝洛尔塔亚用阿尔巴尼亚语朗读  
Ambassador of Albania, Selim Belortaja, reading in Albanian

## 外交官诵读《道德经》

# Diplomats Recite the Dao De Jing

每年农历2月15, 今年2019年3月21日春分, 是老子诞辰2590年。在老子故里, 河南鹿邑县举办一场国内外多种语言诵读《道德经》的盛事。

3月24日上午, 由《世界中国》杂志社和鹿邑老子学会、李氏文化研究会等联合举办的“多国语言诵读《道德经》暨“大爱文苑开苑”的开苑活动为今年的鹿邑老子纪念活动增加了新的国际内容。诵读在鸣炮仪式后开始。

“道可道, 非常道; 名可名, 非常名……”诵读活动现场来自希腊、塞浦路斯、阿尔巴尼亚驻华大使馆大使, 摩洛哥驻华大使馆一秘以及西班牙驻华大使馆文化参赞分别用自己国家的语言朗诵了《道德经》选段。

The Spring Equinox of March 21, 2019, falls on February 15 of the lunar calendar every year. It is 2590 years since Laozi was born. In Laozi's hometown, Luyi County, Henan Province, a grand event was held: the recital of Dao De Jing in various languages.

On the morning of March 24, the "Multilingual Recital of Dao De Jing and the Opening Ceremony

of Great Love Garden" was held. The event was jointly organized by "The World and China" Magazine, Luyi's Laozi Society and Li's Cultural Research Society. It added a new international dimension to this year's commemoration of Laozi in Luyi. The recitals began following an artillery firing ceremony.

"The Way that can be followed is not the eternal Way. The name that can be named is not the eternal name..." The recital was done by the ambassadors of Greece, Cyprus and Albania to China, the First Secretary of the Embassy of Morocco and the Cultural Counsellor of the Spanish Embassy in China, reading passages from Dao De Jing in their own languages.

两位中国小朋友也用声情并茂的语言, 诵读老子《道德经》思想精华的《大爱乐章》选篇。

Two Chinese children also read selected parts of the "Great Love", a quintessence of Laozi's Dao De Jing.



## 活动现场 Activity site



摩洛哥使馆一秘阿卜杜拉·阿萨用阿拉伯语诵读  
Abdullah Asa, First Secretary of the Moroccan Embassy, reading in Arabic



西班牙使馆文化参赞格洛瑞亚·明格斯用西班牙语诵读  
Gloria Minguez, Cultural Counsellor of the Spanish Embassy, reading in Spanish



郑州电视台副台长陈玉成用宋元词话声调读《道德经》抑扬顿挫的古韵让观众恍若穿越时空, 回到了老子生活的那个年代。

Chen Yucheng, Deputy Director of Zhengzhou TV Station, reading "Dao De Jing" in the tone of the Song and Yuan era, making the audience feel like they have traveled through time and returned to the era of Laozi.



旅匈华人《世界中国》杂志社社长纳吉·麟 NagyLin 向鹿邑老子学会会长赠送匈牙利语版的《道德经》。

Nagy Lin, President of "The World and China" Magazine, presented the Hungarian version of the Dao De Jing to the President of Luyi's Laozi Society.



来自比利时-瓦隆布鲁塞尔-加拿大-魁北克、法国、瑞士的4支乐队亮相表演

Bands from Belgium (Wallon, Brussels), Canada (Quebec), France and Switzerland made an appearance.

活动现场

Snapshots

# “三月狂欢”媒体见面会 “March Carnival” Media Meeting

部分图片由法语联盟提供  
Select pictures were provided by the Alliance Francaise.

2019年3月14日一年一度的“三月狂欢”音乐节正式拉开帷幕。与此同时，也将在蒙古国乌兰巴托、香港、广州、西安、深圳、武汉、北京、天津、大连、南京、济南、成都、上海共举办40场演唱会。

The annual "March Carnival" Music Festival officially opened on March 14, 2019. At the same time, 40 concerts were held in Ulaanbaatar, Hong Kong, Guangzhou, Xi'an, Shenzhen, Wuhan, Beijing, Tianjin, Dalian, Nanjing, Jinan, Chengdu and Shanghai.

法国法语联盟基金会驻中国和蒙古国总代表卢思和 (Thierry LASSERRE) 先生致开幕词

Opening address by Mr. Thierry Lasserre, General Representative of the French Alliance Francaise in China and Mongolia







# 乌克兰是您的目的地

## UKRAINE IS YOUR DESTINATION



UKRAINIAN STATE  
FILM AGENCY

乌克兰国家电影局



UKRAINIAN  
MOTION  
PICTURE  
ASSOCIATION

乌克兰电影协会

### 乌克兰电影推介会

### Ukrainian Film Promotion Conference

4月16日，由乌克兰电影协会主办、乌克兰电影局承办的《乌克兰是您的目的地》(Ukraine is Your Destination)乌克兰电影产业推介会在北京国际饭店启动。

On April 16, "Ukraine is your Destination" was launched at the Beijing International Hotel. The event was sponsored by the Ukrainian Film Association and the Ukrainian Film Bureau.



乌克兰驻华大使奥列格·焦明阁下在欢迎辞中用许多具体生动的实例回顾了乌克兰电影以及乌中电影合作的历史

In his welcoming speech, H.E. Oleg Dyomin, Ambassador of Ukraine to China, reviewed the history of Ukrainian films and Ukrainian-Chinese film cooperation with many concrete and vivid examples.



乌克兰电影协会国际处处长安娜 Anna 女士向嘉宾推荐乌克兰电影

The Director of International Department of Ukrainian Film Association, was recommending Ukrainian films for the audience



乌克兰电影协会会员 Postmodern Digital 董事长叶果尔先生中乌两国合作项目等前景

The Chairman of Postmodern Digital, a member of the Ukrainian Film Association was talking about co-production opportunities

嘉宾观看影片视频  
Guests watching a video



嘉宾合影 Group photo of the participants



# 北京加勒比电影展映 2019

北京大学生电影节特别展映活动

## 第二届加勒比电影展开幕

### Opening of the Second Caribbean Film Festival



北京师范大学文化创新与传播研究院院长于丹教授主持开幕式

Professor Yu Dan, Dean of the Institute of Cultural Innovation and Communication, Beijing Normal University, opened the ceremony.

4月23日,在北京师范大学艺术与传媒学院北国剧场,“第二届加勒比电影展映在2019-北京大学生电影节活动”中开幕

On April 23, the 2nd Caribbean Film Festival was launched at the Beiguo Theatre, School of Arts and Media, Beijing Normal University. The festival is organized under the aegis of the Beijing University Student Film Festival.



本届影展主宾国特立尼达和多巴哥驻华大使 Stephen Seedansingh Jr. 先生在开幕式上致辞

Mr. Stephen Seedansingh Jr., Ambassador of Trinidad and Tobago to China, addressed the audience



北京师范大学副校长周作宇先生在开幕式致辞

Mr. Zhou Zuoyu, Vice President of Beijing Normal University, talking during the event



驻华使节签名  
Signatures of ambassadors and other dignitaries





### 影片展示

Guests watching trailers of the festival



### 安倍追授盛中国先生 Recognition for Mr. Sheng Zhongguo

为表彰中国著名小提琴演奏家盛中国先生生前对日中两国间的友好亲善做出的卓越贡献，日本驻华大使馆于2019年4月8日在大使官邸举办授勋仪式。盛中国先生是在2018年9月7日因心脏病突发离世。

In recognition of Mr. Sheng Zhongguo, a violin virtuoso of China, for his outstanding contribution to the friendship and goodwill between Japan and China, the Japanese Embassy in China held an honorary ceremony at the Ambassador's residence on April 8, 2019. Mr. Sheng died of a heart attack on September 7, 2018.



日本驻华大使 横井裕 YOKOI YUTAKA 先生转交给盛中国先生的夫人濑田裕子女士日本首相安倍颁发的“旭日小绶章”和证书。  
Japanese Ambassador to China, Mr. Yokoi Yutaka, handed over the "Order of the Rising Sun" from Japanese Prime Minister Abe to Mr. Sheng's widow, Mrs. Yuko Seta.





# Bulgarian National Treasure of Music

保加利亚音乐国宝



当你想到音乐时，保加利亚并不是第一个想到的地方。但它肯定有灵魂，露丝·科列娃是领头羊。她出生于后共产主义东欧时期中，不过她很快发展成为一位圆润的艺术家。有多次到当地的场景游览，在好莱坞流行音乐学院短暂停留……然后是她的首张专辑。在2014年她获得了英国广播电台大奖的头奖。热门制作制片人马克·朗森（艾米·怀恩豪斯，LadyGaga）称之为“了不起”。

科列娃从此成了国宝。她与包括爵士歌手鲍比·麦克弗林在内的传奇人物分享舞台，并成为好友，与向恩达比这样的人成为亲戚，并与索菲亚爱乐乐团在保加利亚音乐厅演出了两场观众爆满的音乐会。

When talking about music, Bulgaria is not the first country that pops into your mind. But it definitely has a soul. Ruth Coleva is the leader of the pack. Born in the plight of a post-communist Eastern Europe, she quickly developed into a seasoned artist. Going through several stages of the local scene, then a short stopover at the Hollywood Pop Music Academy. Then her first album. Ruth won the first prize of the BBC Awards in 2014. Bigshot producer Mark Langson (Amy Winehouse, Lady Gaga) called her "amazing".

Coleva has since become a national treasure. She shared the stage with legends like jazz singer Bobby McFlynn, counts Ndabi among her friends, and performed two sold-out concerts with the Sofia Philharmonic Orchestra in Bulgaria's Concert Hall.



秘鲁驻华大使馆公使衔参赞海梅·卡萨弗兰卡 Jaime Casafranca 先生在活动上讲话

El ministro de consejero de la Embajada de Perú en China, señor Jaime Casafranca dio el discurso



## 印卡·加西拉索·德拉维加与美洲梅斯蒂索文化的诞生

Inca Garcilaso de la Vega y Nacimiento de Cultura Mestiza de América

北京塞万提斯学院于2019年3月12日举办了本次活动展览开幕式。

El instituto Cervantes de Pekín celebró la ceremonia de inauguración de la exhibición en el 12 de marzo de 2019.



秘鲁驻华大使馆二等秘书伊格纳西奥·瓦尔加斯 Ignacio Vargas 先生介绍展品

El segundo secretario de la Embajada de Perú en China, señor Ignacio Vargas estaba presentando los objetos expuestos.



## 世界新闻自由日

### Declaration of the World Press Freedom Day

费德里卡·莫盖里尼代表欧洲联盟在 2019 年 5 月 3 日发表的声明  
by the High Representative, Federica Mogherini

在世界新闻自由日，我们庆祝新闻自由的重要作用，不仅因其传播可靠和准确的新闻，它也是民主的支柱之一。民主进程的质量与言论自由的状态以及媒体自由和多元化相关。没有真正的自由新闻，就没有民主。

在承担向公众保证经确认和正确新闻的重大责任的同时，自由、多样化和独立的媒体属于多元化和开放社会基础的一部分。调查性新闻工作履行必要的监督职责，协助公众使各级政府和机构对其行为和义务负责。然而，我们看到越来越多遏制自由媒体的行为，同时系统地削弱媒体的可信度，而且太多的记者已经失去生命或者他们的生命由于曝光真相而面临风险。

今年的第 26 届全球纪念活动关注媒体在不实信息时代所面临的挑战，以及媒体支持民主、和平与和解的潜力。虚假信息很有可能对全世界的民主进程和公众辩论产生负面影响，对欧盟也不例外。

这就是为什么我们推出了《欧盟反对虚假信息行动计划》(\*)，该计划旨在加强欧洲社会抵御虚假信息的能力。计划的重点是改进对不实信息的检测，协调和加入欧盟及其成员国的行动，动员私营部门履行其承诺，提高公众意识和赋予公民权力。健康的民主依赖于公开、自由和公平的公开辩论，我们有责任保护这个空间，不允许任何人散布煽动民主的仇恨、分歧和不信任的不实信息。

欧盟不仅在内部推广自由和公平的媒体，并在与第三国的往来中将其向全球推广，包括为有针对性的项目提供资金，以提高新闻质量、新闻自由和获取公共信息。随着自由新闻业面临越来越大的压力，欧盟重申其在欧盟内和全球范围内捍卫媒体和媒体自由的决心。

On World Press Freedom Day we celebrate the essential role of a free press not only as a conveyer of reliable and accurate news, but as a pillar of democracy. The quality of democratic processes is linked to the state of freedom of expression as well as media freedom and pluralism. There is no democracy without a truly free press.

While bearing the great responsibility to guarantee checked and correct news to the public, free, diverse and independent media are at the very same basis of a pluralistic and open society. Investigative journalism fulfils a necessary watchdog role that assists the public in holding governments and institutions, at all level, accountable for their actions and obligations. However, we see more and more attempts to curb the space for free media, also by systematically undermining their credibility, and too many journalists have lost their lives or have put their lives at risk for having exposed inconvenient truths.

This year's 26th worldwide commemoration addresses the current challenges faced by the media in elections in times of disinformation, as well as the media's potential to support democracy, peace and reconciliation. Disinformation has a high potential to negatively influence democratic processes and public debates all over the world, and the European Union makes no exception.

This is why we have launched the "EU Action Plan against Disinformation", that steps up the European response to strengthen the resilience of our societies against disinformation. The Plan focuses on improving detection of disinformation, coordinating and joining up actions by the Union and Member States, mobilising the private sector to deliver on its commitments, raising public awareness and empowering citizens. Healthy democracy relies on open, free and fair public debate and it is our duty to protect this space and not allow anybody to spread disinformation that fuels hatred, division, and mistrust in democracy.

The EU is promoting free and fair media not only at home but also globally in our relations with third countries, including by providing funding for targeted projects that enhance quality journalism, press freedom and access to public information. With free journalism under increasing pressure, the EU reaffirms its determination to defend press and media freedom within its borders and worldwide.



## “瑞士屋”将于 2021 年起在中国展出

House of Switzerland touring China from 2021

瑞士联邦委员会近日会议决定将充分利用 2022 年北京冬季奥林匹克运动会和残奥会这一机遇，作为平台在中国国内宣传推广瑞士。自 2021 年起，作为长达一整年的推广计划，“瑞士屋”将在中国多个城市巡回展出，同来自商务、旅游、科学和文化等领域的多个合作伙伴共同推广瑞士及其多样性。

2022 年冬奥会将于 2 月 4 日至 20 日在北京举行；残奥会将于 3 月 4 日至 13 日举行。为了最大化推广瑞士，“瑞士屋”将于 2021 年开始在中国多个主要城市展出，作为“瑞士屋巡回展”的一部分。在奥运会和残奥会期间，“瑞士屋”将在北京城内某地及北郊延庆地区和张家口市展出。作为一个综合场所，奥运期间，“瑞士屋”将用于奖牌庆功、媒体发布会、招待会、社交活动以及商务推广等。

在“瑞士屋”框架下举办的多场活动将同瑞士驻华机构紧密合作，并在奥运推广活动结束后有选择性地继续进行。瑞士联邦委员会将为此项目拨款 700 万瑞士法郎（约 687 万美元），其中三分之一的资金将通过赞助形式筹得。

The Swiss Federal Council has decided in a recent meeting to capitalise on the 2022 Olympic and Paralympic Winter Games in Beijing as a platform to promote Switzerland in China. As part of a one-year campaign beginning in 2021, the House of Switzerland will travel to various cities across China, showcasing the diversity of Switzerland with partners from business, tourism, science and culture.

From 4 to 20 February 2022 the next Olympic Winter Games will take place in Beijing, followed by the Winter Paralympics from 4 to 13 March.

The campaign in China offers the opportunity to further deepen bilateral relations. In collaboration with partners from the private and public sector, the House of Switzerland (HoS) will serve as a communication and networking platform to showcase Switzerland's economic and scientific capabilities and raise the visibility of Swiss companies across China, the country's foremost trading partner in Asia. In addition, Switzerland's attractiveness as a winter holiday destination will be presented in conjunction with the Swiss tourism sector.

In order to maximise impact, the HoS will travel to several major cities in China already in 2021, as part of an accompanying campaign entitled 'House of Switzerland on Tour', before it is set up for the actual games at a location in Beijing itself and to the north of the capital in the mountain regions of Yanqing and Zhangjiakou, where it will serve as a Swiss venue for medal celebrations, media conferences, receptions and networking, and for business and location promotion.

The Federal Council is providing funding totalling CHF 7 million (6.87 million US dollars) for the project, of which around one third is to be financed through sponsorship.



## Pily Castro 品牌展示会

# Pily Castro Brand Show



2019年4月23日，巴拿马驻华大使馆与爱摩罗珠宝有限公司共同在北京举办了Pily Castro品牌产品展销以及招待会。

On April 23, 2019, the Panamanian Embassy in China and Emoro Jewelry Co., Ltd. jointly held a Pily Castro brand product exhibition and reception in Beijing.

巴拿马驻华大使弗朗西斯科·埃斯科巴·佩德雷基阁下参观展览

H.E. Francisco Carlo Escobar, Ambassador of Panama to China, also visited the exhibition



巴拿马驻华大使夫人施碧骊女士在活动中说：此次活动购买和收藏的收入，都将捐赠给外交部每年举办的“大爱无疆”组委会

Mrs. Shi Bili, wife of Panama's Ambassador to China, announced at the event that the income from the sales during the event will be donated to the Organizing Committee of "Love Without Borders", an event held annually by the Chinese Ministry of Foreign Affairs.



主办方之一，活动主持人李杰女士致开幕词

Opening speech by Ms. Li Jie, one of the organizers



大使夫人参观产品

Wives of ambassadors examining the products

巴拿马驻华大使夫人施碧骊女士为嘉宾介绍产品

Mrs. Spilli, wife of the Ambassador of Panama to China, introduced the products to the guests





# 藏品展示

*Display of the Collection*



模特走秀  
Fashion show





意大利使馆学校教育专家 Mariassunta Peci 女士向来宾介绍学校概况  
Educational Expert of the Italian Embassy School, Ms. Mariassunta Peci, giving an overview of the school



活动  
现场

*Moments of the  
Event*

# 意大利使馆学校开放日

## Open Day of the Italian School



意大利使馆学校于2019年3月16日举办了对外开放日活动。

On 16 March 2019, the Italian Embassy School organized an open day activity.







# Japanese Sashimi Painting

日本生鱼片 可谓是众多吃货的心头好  
但有人偏偏不好好品尝 反而用它来作画

无论是优雅的鱼鹤、还是可爱的动漫人物，每一块生鱼片在他的手中，似乎都获得了新生。此时的它们，不仅仅是餐盘里的食物了，而是一个鲜活的艺术品。

这并非出自哪个高级餐厅，而是一位日本围裙奶爸Mikyoui 为儿子做的日常料理。更让所有人跌破眼镜的是，

Mikyoui 是一个从来没学过画画，也没有雄厚的厨艺背景的父亲，他唯独有的是对家人深沉的爱。Mikyoui 一家住在爱媛县的海边，尽管临海而居，家人都很喜欢吃生鱼片，但儿子们却从来不知道自己吃的是什么鱼。

偶然间，他看见儿子聚精会神地看着电视里的动画。

尽管年幼却能清晰地叫出每个人的名字，Mikyoui 突发奇想，做成这般模样他们不就能区分了。

在Mikyoui 的餐盘里，只要是孩子喜欢的他都会为他们去学习了解然后做成一个个美丽的图案，并没有所谓难易之说。只要当了父亲，就会有一颗温柔的心。慈父之爱子，非为报也。为了孩子围裙奶爸亦能变身大厨艺术家。

Whether elegant cranes or cute animation characters, each piece of raw fish seems to have gained a new life in his hands. What you can see here are not just simple pieces of food on plates, but masterpieces of a colourful art. Surprisingly, none of these dishes are from a fancy restaurant, but from the daily cooking of Mikyoui, a Japanese stay-at-home dad. Interestingly enough, Mikyoui is a father who has never

learned to draw, nor has a strong background in cooking. His only motivation is his deep love for his family. The Mikyoui family lives on the beach of Aiyuan County. Although they live near the sea and enjoy eating sashimi, their sons never really know what sort of fish they eat, they prefer focusing on cartoon shows in the telly while eating.

Despite the fact that the children have a good memory and can remember every name, they cannot recall the names of the particular fish they are served, so Mikyoui came up with the brilliant idea of uniting art with cooking. As long as the kids like it, they will remember its name - he thought. The moment you become a father, you will grow a gentle heart. Following his footsteps, every father in the world can become a master chef and an artist of the cuisine.



## 套药环埋雷 避孕方法大全

*Complete Collection of Contraceptive Methods: Condom, Contraceptives, Contraceptive Ring, Subdermal Surgery and Escaping from "Mine Fields"*

文/安菲

Text / An Fei

除了避孕套和避孕药，避孕方法你还知道几种？

Besides condom and medical contraception, what else do you know for effective contraception?

它们各自的避孕效果又是怎样的呢？

How is the effect of these methods of contraception?

现在咱们一起来系统的了解下避孕界的五大神器吧！

Let's learn about these five methods of contraception systematically.

据计划生育科医生所说，除了禁欲，避孕界不存在安全百分百！那么，号称避孕界五神器的套、药、环、埋、雷，哪个更靠谱呢？

As far as I know from the Family Planning Department, there is no success of contraception by 100% unless you are ascetics! So, which is more reliable among these five weapons for contraception, namely, condom, contraceptives, contraceptive ring, subdermal surgery, escaping from the mine fields?



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## 1 套 Condom

最常见，总的来说很靠谱。避孕效果差不多能达到98%左右，还能阻隔绝大多数性传播疾病。

It is the most common. Generally speaking, it's very reliable. Around 98% contraceptive effect could be available. Also, it could prevent most sexually transmitted diseases.

当然前提是“正确使用”“每次都带”“全程使用”。

Of course, the presupposition is "Correct Use", "Use Every Time" and "Use All the Way".

如果姿势不对也可能面临10个月不买奶粉的情况。

If the pose is incorrect, you may buy the milk powder after 10 months.

对的姿势是什么样的？

So, what is the correct pose?

1. 撕包装时轻点，别用牙咬，否则万一哪儿漏个小洞……

1. Please slightly tear the package rather than bite with teeth, or a tiny hole will lead to...

2. 戴之前先捏住套套前面的凸起，把储精囊中的空气挤出去，否则可能在使用过程中“嘭”……

2. First, squeeze the air in the seminal vesicle by pinching the projecting top of condom, or it may "explode" in service...

3. 事后及时摘下去，不然一软贴不住了，也没准会有漏网之蝌蚪趁乱游走了……

3. Take it off immediately after intercourse, or "tadpoles" may slip away when the condom is unable to cling to the penis...

## 2 药 Contraceptives

药分两种：紧急和短效。

Contraceptive is divided into two types: emergency and short-acting

医生推荐的是复方短效口服避孕药。

The doctor recommends the combined short-acting oral contraceptive.

避孕药是通过抑制卵巢排卵，使宫颈粘液变稠、干扰

子宫内膜发育、改变输卵管蠕动、抑制精子获能、抑制或杀死精子等几个环节起到避孕作用。有效率能够达到95-99%。

The contraceptive acts through several processes such as restraining the ovulation, to thicken the cervical mucus; disturbing the development of endometrium; changing the peristalsis of oviduct; restraining the sperm capacitation and restraining or killing the sperms. The effective rate could reach 95-99%.

除了避孕之外，还可以治病，比如痤疮、痛经、多囊卵巢综合症、高雄激素血症、子宫内膜异位症、月经紊乱、功血等。当然，要在医生指导下正确使用，才会利大于弊。

Besides contraception, it could be used for treatment of diseases, e.g. acne, dysmenorrhea, polycystic ovarian syndrome, hyperandrogenism, endometriosis, menstrual disorder and dysfunctional uterine bleeding. Of course, the use thereof should follow the doctor's advice, so as to do more good than harm.

如果有非常规律的性生活，一对一的稳定的性伴侣关系，女性平时就可以选择长期、规律的服用短效复方口服避孕药，要一直吃，在这期间才有避孕的作用。

If very regularly sexual life and stable one-to-one sexual relationship is available, the female could choose the short-acting combined oral





contraceptive on the long-term basis, so as to ensure the contraceptive effect.

那么,紧急避孕药用于什么情况呢?

In what circumstances can we use the emergency contraception?

答案是“突发状况”。

The answer is to cope with the "emergency".

比如,事后发现避孕套脱落或有漏孔,或者发生了“非意愿性的性生活”,一定要在72小时内服用紧急避孕药,这样可以降低至少75%的受孕几率。

For instance, the condom drops or has missing hole after sexual life, or the "Unwanted Sexual Life" occurs. In this case, the emergency contraception should be adopted within 72 hours, to reduce the pregnancy rate by at least 75%.

千万不能把紧急避孕药当常规避孕方法使用,因为紧急避孕药中所含激素剂量较大,吃多了容易引起内分泌紊乱,对卵巢造成不可逆的影响,甚至造成卵巢提前衰老。

Do not use the emergency contraceptive as the regular contraceptive method because the emergency contraceptive includes higher dose of hormone. So, overdose may cause endocrine disorder and produce the irreversible effect on the ovary, and even the pro-senescence of ovary.

### 3 | 环 Contraceptive ring

我们常说的“上环”“取环”中的“环”,学名叫做“宫内节育器”,把宫内节育器放入子宫腔后,可以改变宫腔内环境,或者缓慢释放孕激素,让胚胎不利于着床,以达到避孕的目的。

The "Ring" we like to say has a formal name, i.e., "Intrauterine Device". The intrauterine device we put into the uterine cavity can change the inner-environment of uterine cavity or slow down the release of progesterin, thus hampering embryo implantation for the purpose of contraception.

上环避孕的有效率大约为94~99%左右,适合已婚已育或三五年内没有生育要求的人士。

The effective rate of contraceptive ring can

reach about 94~99%, and it is fit for the married couples with children or those who have no childbirth demand within three or five years.

和其他方式比起来,上环属于一次小手术后,即可在此后较长一段时间内“傻瓜式”避孕的好方法。

As compared with other methods, it is a minor operation to implant the contraceptive ring, which means a sort of "foolproof" contraception for quite a long time.

当然,缺点也是有的,有些人会有副作用,比如上环后出现点滴状出血或者因自身不能耐受导致的下腹痛和腰骶部疼痛等。而且节育器一般有效期在5—15年不等,到期也是要更换的。

However, it may produce side-effect on certain people, e.g. the petechial hemorrhage or hypogastralgia and lumbosacral pain due to their own intolerance. Also, the service life for IUD generally lasts 5-15 years. So, it should be replaced as the service life is mature.

### 4 | 埋 Subdermal surgery

皮埋术,全称是皮下埋植避孕,是一种新型的避孕方法,将一定剂量的孕激素放在硅胶囊管中,然后将此管埋藏于皮下,使其缓慢地释放少量的孕激素,从而起到避孕作用。

Subdermal surgery (subdermal implant for contraception) is a new contraceptive method in which certain dose of pregestational hormone is put inside the silicon capsule. Then, the capsule is implanted under the skin, so that it could release a small quantity of pregestational hormone for contraception.

一般在前臂进行小手术,正确使用避孕效果接近99%。

Generally, the minor operation is made at

the forearm and the effect of contraception approximates to 99% on the premise of the correct application.

适合于已婚已育或三五年内没有生育要求的人士,尤其适合于哺乳期女性,因为既可以避孕又不妨碍哺乳。皮埋的有效期大约是5年左右。

This method is fit for the married couples with children or those who have no childbirth demand within three or five years, particularly the females at the lactation period, because it can play the role of contraception with breast feeding unhindered. The effective period of subdermal surgery is about 5 years.

## 5 | 雷 Keep off the mine fields

雷的意思不是打雷天能避孕,而是说,以下这些避孕方法都是“雷区”,能不用咱们就别用了。

This doesn't mean that contraception is effective in the thunder day. Instead, the following methods of contraception all have the "mine fields", so it is better to keep them off.

### 雷区一:安全期避孕

#### Mine field 1: the safe period

每位仙女的姨妈周期不同,影响姨妈“来串门”的不稳定因素也很多,所以计算安全期的方式,很多时候并不是那么稳妥。

The menstrual period of each woman varies and there are many labile factors that may impact the period, so it is by no means reliable to practice contraception by calculating the safe period.

举个例子——可能你正处于安全期边缘,但是本次啪啪实在心神合一、神清气爽、创全年满意度之首,那就要当心了,没准你会因为性高潮而诱发排卵,然后精卵就相遇了,再然后……

For example, you may at the rim of the safe period and you meet with the most satisfactory love making. Take care, because ovulation may be induced during the climax, and then the sperm and the ovum occasionally meet...

### 雷区二:体外射精法

#### Mine field 2: in vitro ejaculation

有那么一部分男性总是相当满意自己的控制技术,认为完全可以做到体外射精。但是,医学研究发现,在射精前,就可能有一部分精子已经进入了女性的生殖道。

A fraction of males who are very confident of their control technique think that they can carry out in vitro ejaculation absolutely. However, medical research findings show that a part of sperms may have already entered the female's genital tract before ejaculation.

当然这时会有杠精跳出来,“老子一直用这种方式,女朋友从来没出过事”,那么,你可能得去查查精子活力。

Of course, there will be "hairsplitters" who insist that "my girl friend has never been pregnant and I try this method all through." In that case, you'd better to check your sperm activity.

## 6 | 总结 Conclusion

除了两个雷区之外,其他避孕方法没有好坏之分,你可以根据自己的实际情况,在医生的指导下选择最适合自己的避孕方式。

Beside these two mine fields, there is no good or bad for other contraception methods. You can choose the most suitable contraception method under the guidance of doctor according to your actual situation.

为什么一定要提“在医生指导下”?

Why do I mention "Under the Guidance of Doctor" here?

因为即便是像短效口服避孕药这样看起来简便易行的方法,也是有禁忌的,比如有静脉血栓家族史、高血压、肥胖、肝脏疾病和吸烟等情况的人群,就不适宜吃药。

Because there are contraindications even for the simple and straightforward short-acting oral contraceptives, for example, contraceptives are not fit for the females with the family history of venous thrombus, high blood pressure, obesity, liver diseases and the habit of smoking.



## 胎停育对号入座 宝宝“离家出走”的十大理由

### Reasons for Stop of Embryonic Development Top Ten Reasons for Stillborn Fetuses

文 / 周红 (北京五洲妇儿医院生殖科主任)

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毕业于华西医科大学医学专业,从事妇产科临床工作近30年。专业特长为女性不孕、多囊卵巢综合征、复发性流产、薄型子宫内膜、子宫内膜血流不良、女性生育力保护、辅助生殖技术。

中国性学会理事,北京医师协会妇产科专科医师协会理事,中国老年学与老年医学学会妇科分会委员。

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Professional competence: Female infertility, Polycystic ovary syndrome, Recurrent abortion, Thin endometrium, Endometrial blood flow is poor, Protection of female fertility, and assisted reproductive technology.

插画 / 王碧华

Illustrated by Wang Bihua

为了保证出生宝宝的健康聪明,人体有一系列优胜劣汰的选拔机制,考试不合格的宝宝就会被叫停下课,所以,我们应该以更科学、更积极的态度来理解胎停育。偶尔一次胎停育不必太担心,夫妻双方做好孕前检查,纠正发现的问题,补充3个月叶酸后就可以继续备孕。如果重复出现胎停育,就需要从以下10个方面仔细排查原因,制定相应的对策,尽可能预防胎停育再次发生。

In order to guarantee the birth of healthy and clever babies, a series of systems for survival of the fittest are available in the human body to weed out the unqualified fetuses. Therefore, we should take a more scientific and positive attitude to understand the stop of embryonic development. Do not worry out the occasionally stop of embryonic development. The couple could accept the pre-pregnancy physical examination to correct the problems discovered. Then, preparing for pregnancy could be continued after supplement of folic acid for three months. In case of re-occurrence of stop of embryonic development, the cause should be found out from 10 aspects, so as to work out the solution accordingly. Thus, the re-occurrence of stop of embryonic development could be avoided as far as possible.

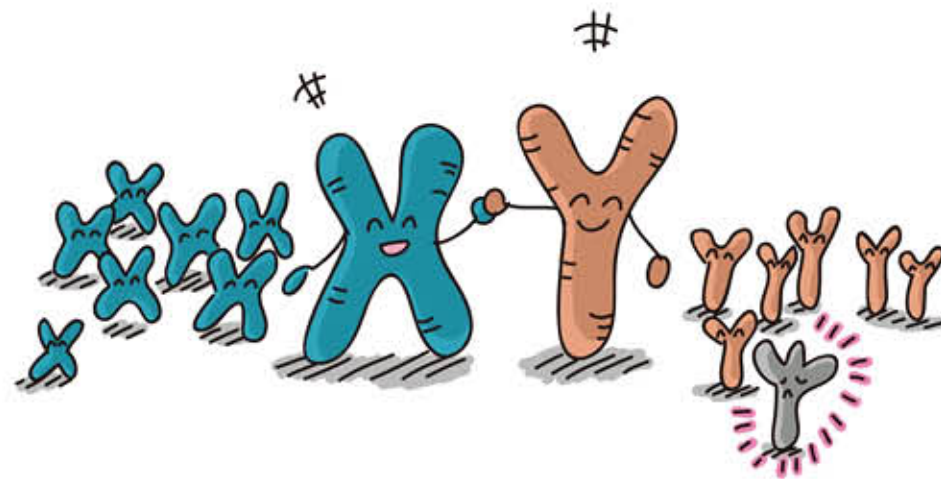
#### 1 遗传因素 Genetic factor

正常人有23对(46条)染色体。卵子携带来自母亲的23条染色体,精子携带来自父亲的23条染色体,精子



卵子受精后形成拥有46条染色体的宝宝。如果精子、卵子提供的染色体数目不对、结构不对,装配出来的宝宝就会出现染色体异常,这样的次品宝宝会被母体中的质检机构查出并淘汰。

The normal person has 23 pairs of chromosomes (46 chromosomes). The ovum carries 23 chromosomes from mother, while the sperm carries 23 chromosomes from father. As the ovum is fertilized, the fetus with 46 chromosomes is formed. If the number and structure of chromosomes from sperm and ovum are incorrect, the fetus formed may suffer from chromosome abnormality. So, such unqualified fetus will be detected and eliminated by the inspection organ inside the mother's body.





## 2 解剖因素 Anatomic factor

子宫是“孩子的宫殿”，正常的子宫内部应该是宽敞、明亮、柔软、温暖的球形空间，住在这样宜居的环境里，宝宝才能健康成长。有些女性的子宫先天发育不良，内部空间呈羊角形、橄榄形、甚至在房间中央多出一面隔断墙。挑剔的宝宝在这样的奇葩户型里是会拒绝生长的。

As the "Palace for Children", the normal womb should provide a spherical space that is spacious, bright, soft and warm, so that the fetus could grow

healthily in such livable environment. Some females may suffer from congenital dysplasia of womb, i.e. the inner space presents the erietiform, olive shape or even a partition in the middle of the "Room". So, the fastidious fetus may refuse the growth in such freak space.

## 3 感染因素 Infection factor

当外来病菌入侵时，人体的防御系统会发动战争，调集军队围歼外敌。如果宝宝不幸诞生在兵荒马乱的战争年代，甚至恰好落脚在激战正酣的战场（子宫内膜炎），就有可能在混战中光荣牺牲。

When the pathogenic bacteria invade the human body, the defensive system thereof will assemble the "Troops" to surround and annihilate the enemy. If the fetus was unfortunately born in such "Turmoil of War", or in the "Battlefield of Fierce Fighting" (endometritis), it is easily to "Die a Glorious Death".



## 4 内分泌因素 Endocrine factor

母亲身体的内环境就是宝宝生长的外环境，宝宝在一个蓝天白云、和风煦日的环境中就会茁壮成长。内分泌系统分泌的各种激素在调节内环境稳定上发挥着巨大的作用，当母体患上某些内分泌疾病（甲亢、甲减、黄体功能不足）时，身体内的激素水平会出现紊乱，宝宝在这样恶劣的环境中难以生存。

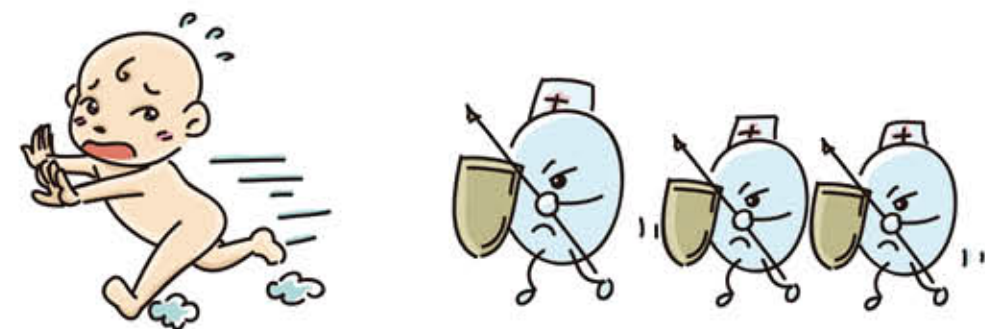
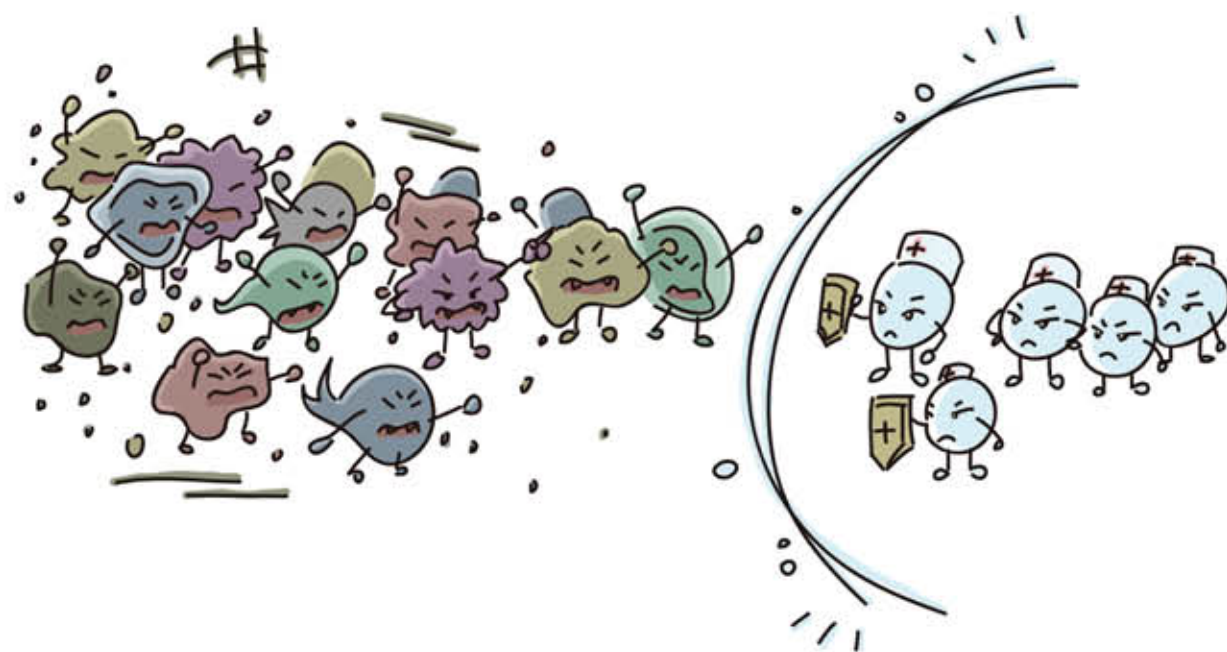
The internal environment of a mother's body is the external environment for growth of fetus which

could grow healthily in an environment that boasts blue sky, white clouds, gentle breeze and warm sunshine. Various hormones secreted from the endocrine system play a vital role in adjusting of homeostasis. When the mother suffers from certain endocrine diseases (hyperthyreosis, perthyroidism and corpus luteum insufficiency), the hormone level inside the body may be disordered. Thus, it is hard for the fetus to survive in such severe environment.

## 5 免疫因素 Immune factor

人体的免疫系统有一套预警雷达装置，当外敌入侵时，预警雷达首先发现目标、分析识别目标、然后组织火力攻击目标。当女性免疫系统发生故障时，就会敌我不分，认不出肚子里的新生命是自己人，当宝宝躺枪成为免疫系统攻击的靶子时，就没有活路啦。

The immune system of human body is provided with a set of early warning radar. So, for the foreign enemy's aggression, the early warning radar will discover the target, analyze the target and then attach the target. When the female's immune system does not work, it may fail to differentiate between the enemy and ourselves, so that it will attack the fetus, which is hard to survive.



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## 6 代谢因素 Metabolic factor

随着人们生活水平的提高,糖尿病、高血压、高血脂等代谢性疾病越来越多,如果这些基础疾病没有很好控制,宝宝在生命的初期就生活在不健康的环境里,很容易出现重要器官发育异常,甚至夭折。

With the growth in the living standard, more and more metabolic diseases such as diabetes, hypertension and hyperlipidemia occur. If such underlying diseases are not well controlled, the fetus may live in an unhealthy environment at the beginning of life, so as to easily cause the dysplasia of vital organs, and even abortion.

## 7 凝血因素 Coagulation factor

怀孕期间,宝宝赖以生存的所有营养物质都需要从母体获取,母亲通过血液循环把营养物质源源不断输送给宝宝。母胎之间血液循环的畅通无阻对宝宝的健康成长非常重要。母亲的某些疾病会导致凝血功能异常,形成很多微小血栓堵塞毛细血管,就相当于掐断了宝宝赖以生存的后勤保障生命线,宝宝就会因断粮而饿死。

During the period of pregnancy, the fetus has to obtain all the nutrient substances from the mother for survival. Here, mother continuously delivers the nutrient substances to the fetus

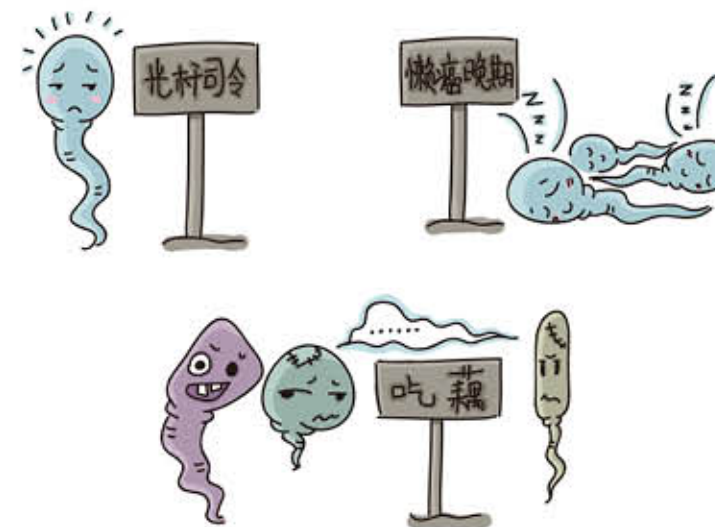


through blood-circulating. It makes all the difference for the healthy growth of fetus if the blood circulating between mother and fetus is unobstructed. However, mother may suffer from some diseases which could cause the dysfunction of blood coagulation, to form a lot of very small blood clots, to block the blood capillary. In this case, the lifeline for the fetus's survival is cut off. Thus, the fetus will die due to the shortage of food.

## 8 男方因素 Male factor

只有一个健康的精子与卵子结合形成的宝宝才是健康、聪明的宝宝。当男性的精子存在缺陷:数量不够(精子数量少,达不到怀孕的标准)、活力不足(精子太懒,原地不动,对追求卵子没有兴趣)、颜值太差(长得太难看,畸形率太高,头部太大太小,颈部太长太短等各种难看)。这些问题精子一旦受孕,宝宝的未来自然是一片黑暗,停止发育很难避免。

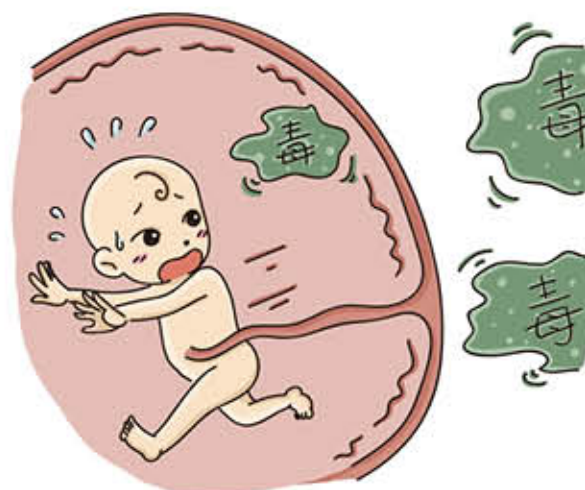
A healthy and clever baby is formed through combination of a healthy sperm with the ovum. The male's sperms may suffer from such flaws as insufficient quantity (the number of sperms is not enough for pregnancy), lack of vitality (the sperms are too lazy to pursue the ova) and poor appearance (ugliness; very high aberration rate;



too large or too small head; too long or too short neck). As these defective sperms are fertilized, the future of fetus will be dark. So, it is inevitable to stop development.

## 9 环境因素 Environmental factors

母亲生活的外部环境中,存在很多有毒有害因素:空气污染、水污染、食品安全、雾霾、药物、电磁辐射……这些有害因素会通过母体作用于胎儿,早孕期的宝宝非常脆弱、非常敏感,难以抵御这些有毒有害物质的伤害,有可能抗不过去而被毒死。

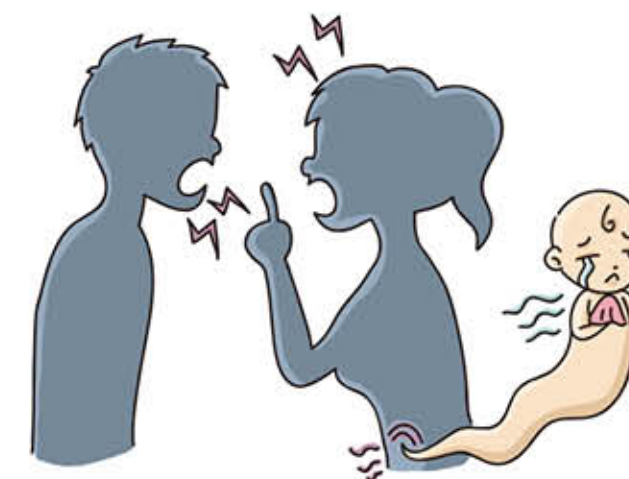


There are a lot of poisonous and harmful factors in the external environment where the mother lives: air pollution, water pollution, food safety, haze, drug and electromagnetic radiation……these adverse factors will affect the fetus via the mother. The fetus at the early pregnancy period is very fragile and sensitive. So, it is hard to fight against these poisonous and harmful substances and may be found poisoned-dead.

## 10 心理因素 Psychological factor

女性在怀孕期间的负面情绪会明显影响宝宝的生长发育,严重时有可能导致胎停育。母亲的愤怒、紧张、焦虑、抑郁、恐惧、抱怨、伤心……宝宝都是可以感受到的,内心不够强大的宝宝是很难有信心去面对这些负性情绪,当宝宝选择逃避时,就有可能一抹脖,自我了断,不跟你玩儿了。

The female's negative emotion during the period of pregnancy will obviously affect the growth and development of fetus. In serious situations, the stop of embryonic development may occur. The mother's angry, tension, anxiety, depression, fear, grumbling and sadness ...are all felt by the fetus. So, it is hard for the fragile fetus to face such negative emotion. When the fetus chooses to escape, it will kill itself.



# 2019

## 梦想 中欧

### 青少年画展

## 2019

### "Dreams of Europe and China"

#### Children's Art Exhibition

首场画展于6月1日在陕西省美术博物馆展出。随后将在烟台，鞍山，北京等地展出。该画展由欧盟驻华使团主办，中国和平发展基金会协办。《世界中国》杂志社承办。

The first exhibition is going to be held at the Museum of Fine Arts of Shaanxi Province. It will be followed by exhibitions in Yantai, Anshan, Beijing and other cities. The exhibition series is organized by the Delegation of the European Union to China, co-organized by the China Foundation for Peace and Development and implemented by "The World and China" Magazine.

