

The World and China
世界中国

丝绸之路 SILK ROAD
Selyemül

外交/文化/旅游杂志

MAGAZINE OF DIPLOMACY, CULTURAL AND TOURISM

2019/03 总第080期



地球珍宝——金熊猫
Treasure of the Earth
The Golden Panda

世界园艺博览会
International Horticultural Exposition

发行介绍

INTRODUCTION OF THE PUBLICATION

世界中国杂志创建于2006年，为多语种国际刊物。

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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AMBASSADOR OF CROATIA TO CHINA



外文 / 文化 / 旅游杂志

MAGAZINE OF DIPLOMATIC CULTURAL AND TOURISM

中国两国人民
友谊之花常开
邹家华

原中国国务院副总理、全国人大常委会委员长邹家华先生为本刊题词

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

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世界园艺博览会

International Horticultural Exposition



2019 北京世园会举办时间为 4 月 29 日至 10 月 7 日在延庆举行，中国已经举办过“1999 年昆明世界园艺博览会”、“2006 中国沈阳世界园艺博览会”、“2011 西安世界园艺博览会”、“2014 青岛世界园艺博览会”、“2016 唐山世界园艺博览会”和“2019 北京世界园艺博览会”，并将举办“2021 年扬州世界园艺博览会”。

The Beijing International Horticultural Exposition was held in Yanqing from April 29 to October 7. China earlier hosted the "Kunming International Horticultural Exposition 1999", "Shenyang International Horticultural Exposition 2006", "Xi'an International Horticultural Exposition 2011", "Qingdao International Horticultural Exposition 2014", and the "Tangshan International Horticultural Exposition 2016". The next such expo to be hosted by China will be held in Yangzhou in 2021.



国际馆
International pavilions



俄罗斯馆
Russian Pavilion



吉尔吉斯斯坦馆
Kyrgyz Pavilion



阿富汗馆
Afghan Pavilion



印度馆
Indian Pavilion

日本馆
Japanese Pavilion

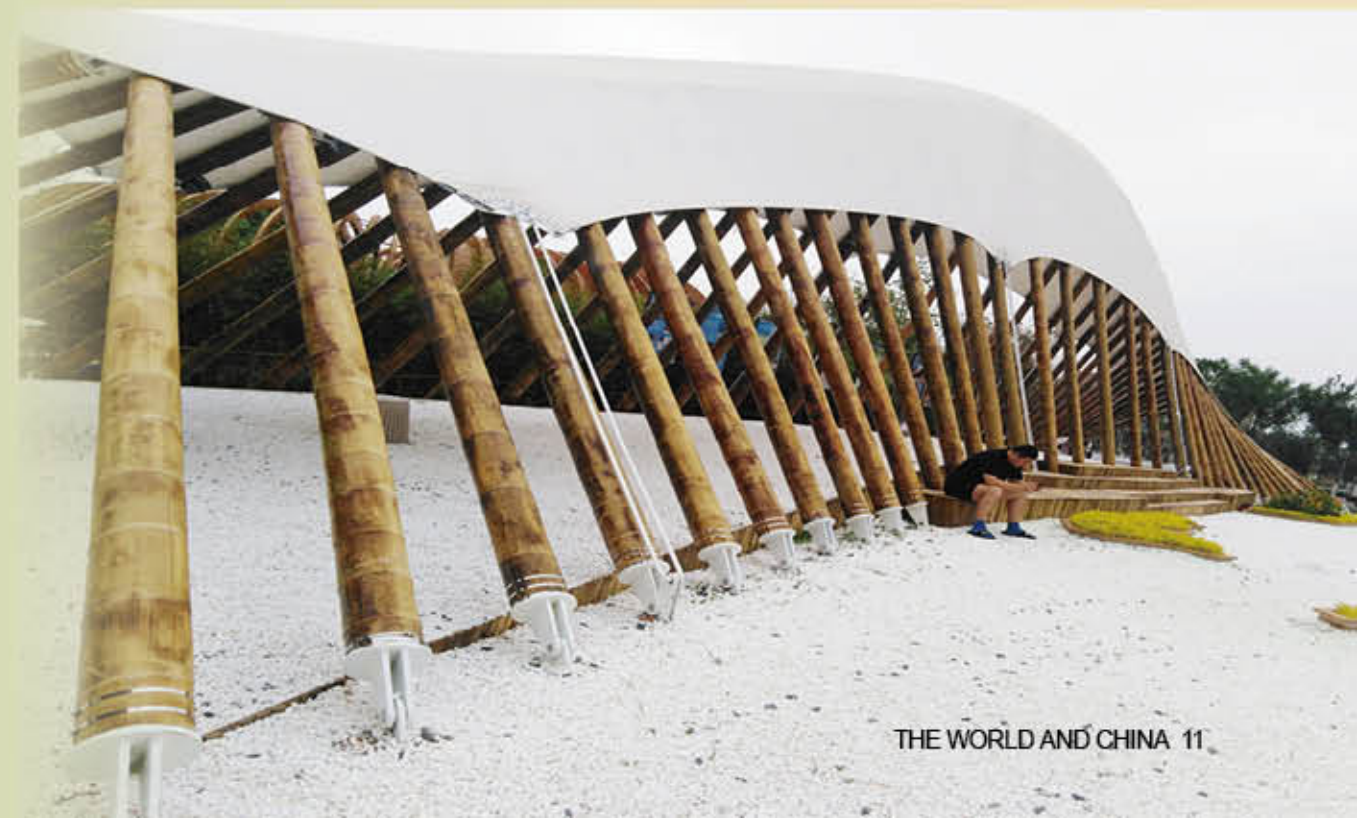


国际竹藤馆
International Bamboo
and Rattan Pavilion

联合国教科文组织
UNESCO's Pavilion

朝鲜馆
North Korean Pavilion

柬埔寨馆
Cambodian Pavilion





世园会里的荷兰馆
The Dutch Pavilion at the Expo

Holland.



世园会中的“荷兰国家日” Dutch Day at the International Expo



荷兰王国驻华使馆经济和商务处一等秘书卡罗琳女士主持活动
First secretary of the Dutch Embassy's Economic and Trade Section talks at the event

2019年6月17日,北京世园会荷兰国家日在园区内举行,活动分为“可持续园艺产品供应链管理”研讨会和“荷兰国家日庆典”两部分举行。

A Dutch Day was held in the INBAR Pavilion of the Beijing International Horticultural Expo on 17 June, 2019. The day included a seminar on "Sustainable Horticulture Chain Management".



荷兰驻华大使高文博先生在庆典上致辞
Welcome speech of H.E.Mr. Ed Kronenburg, Ambassador of the Netherlands



2019 世园会荷兰总代表 Loek Hermans 先生致辞
Mr. Loek Hermans, Commissioner of the Netherlands for the Expo



庆祝荷兰园揭幕仪式
Unveiling ceremony



国际竹藤总干事穆秋姆 Ali Mchumo 先生与副总干事陆文明先生会见嘉宾
Mr. Ali Chumo, Director General of INBAR in talk with Mr. Loek Hermans and other guests



国际竹藤总干事穆秋姆 Ali Mchumo 先生与嘉宾交流
Mr. Ali Mchumo, Director General of International Bamboo and Rattan Organisation converses with the Dutch Ambassador



国际竹藤副总干事陆文明先生介绍竹藤展区
Mr. Lu Mingming, Deputy Director General of International Bamboo and Rattan Organisation introduces the Bamboo and Rattan Exhibition Area



Duo Dorable 乐队表演
Performance of Duo Dorable

Niek Roozen 先生介绍荷兰园设计理念
Mr. Niek Roozen gives an overview of the design concepts of the Dutch Garden



提问交流
Q&A session



集体合影
Group photo taken in front of the INBAR Pavilion



“vivre vert, vivre mieux”



绿色生活, 更好生活

6月21日, 北京世园会的“法国日”开幕式在国际竹藤组织馆举行。

The opening ceremony of the “French Day” of Beijing International Horticultural Expo was held at the International Bamboo and Rattan Organisation’s Pavilion on June 21.



法国驻华大使黎想:

用“绿色生活, 更好生活”的口号提醒我们三件事: 首先, 气候和生物多样性已经成为紧急情况, 它们必须是我们的核心, 每一项决定, 政策; 其次, 公民也要求更可持续的生活方式、健康和清洁的产品; 最后, 园艺, 不论是蔬菜、水果或装饰文化, 农业是从良知和实践中开始转变的理想场所。

Jean-Maurice RIPERT

L'AMBASSADEUR de FRANCE en CHINE: En se plaçant sous le signe du développement durable, avec le slogan « vivre vert, vivre mieux », les organisateurs de cette édition nous rappellent trois choses :

- tout d'abord que le climat et la biodiversité sont devenues des urgences, et ils doivent être au cœur de chacune des décisions politiques ;
- ensuite que les citoyens réclament eux aussi des modes de vie plus durables, des produits sains et moins polluants ;
- enfin que l'horticulture, qu'il s'agisse de la culture légumière, fruitière ou ornementale, comme l'agriculture, sont des terrains privilégiés pour amorcer une transition dans les consciences et dans les pratiques.

法国驻环境大使杨·维林:

今天, 值此北京国际园艺博览会法国节之际, 我非常高兴能与你们在一起。我特别高兴能够主持这次生物多样性问题会议的开幕, 这正是我本周访问中国的目的。

法国在国际一级以非常具体的方式动员起来, 以使明年将在中国举行的第15届缔约方会议取得成功。第一个步骤是在今年5月6日签署《生物多样性宪章》之后, 于5月6日在梅斯举行的七国集团环境会议。我们将加紧这项工作, 使7国集团在比亚里茨成为这场生物多样性斗争中的一个重要里程碑。下一个最后期限将于2020年6月在马赛举行自然保护联盟(国际自然保护联盟)首脑会议。这次世界大自然大会将是保护生物多样性和使世界走上可持续未来道路的关键。我们的目标是, 第15次缔约方会议对生物多样性的影响应与第21次缔约方会议对气候的影响相同。我们有一年多的时间与各方合作, 首先是东道国中国, 争取实现雄心勃勃的目标和明确的国际承诺。

正如麦克伦总统明确指出的那样, 他宣布在若干领域采取强有力的行动: 如我所说, 在粮食方面, 打击粮食浪费, 并改变我们的生产模式。在保护我们的土地和管理我们的领土方面。我们希望把我们的海洋和陆地保护区的份额提高到30%, 并加紧打击土壤人工化的斗争。最后, 在打击各种形式的废物生成方面, 这是改善和恢复生物多样性的关键。



我一再指出, 生物多样性和人类是一个令人不安的爱情故事, 生物多样性不需要人类, 人类需要生物多样性。现在我们要做的是让这个爱情故事成为一个快乐爱情故事。





Yann Wehring, l'Ambassadeur pour l'Environnement en Chine :

Je suis très heureux d'être parmi vous aujourd'hui, à l'occasion de la Journée de la France à l'Exposition horticole internationale de Pékin. Et je suis particulièrement heureux de pouvoir ouvrir cette conférence sur la biodiversité, qui est précisément l'objet de mon déplacement en Chine cette semaine.

La France est mobilisée à un haut niveau international de manière très concrète pour conduire au succès de cette COP15 qui se profile l'année prochaine en Chine. La première étape s'est faite au G7 environnement qui s'est tenu à Mets le 6 mai dernier avec la signature de Charte de la Biodiversité. Nous allons intensifier ce travail pour faire du G7 à Biarritz une étape importante de cette bataille pour la biodiversité. L'échéance suivante sera à Marseille, avec le sommet de l'UICN (Union internationale pour la conservation de la nature) en juin 2020. Ce Congrès mondial de la nature sera décisif pour préserver la biodiversité et mettre le monde sur la voie d'un futur durable. Notre objectif est que la COP15 soit pour la biodiversité l'équivalent de ce qu'a fut la COP21 pour le climat. Nous avons un peu plus d'un an pour travailler avec l'ensemble des parties, à commencer par la Chine, bien sûr pays hôte, à des objectifs ambitieux et obtenir des engagements clairs sur le plan international.

Le Président Macron l'a dit clairement et annoncé des actions fortes dans plusieurs domaines : en matière d'alimentation, comme je l'ai dit, de la lutte contre le gaspillage alimentaire, et en changeant notre modèle de production. En matière de préservation de nos sols et de la gestion de nos territoires. Nous souhaitons porter à 30 % de la part de nos aires marines et terrestres protégées et en intensifiant la lutte contre l'artificialisation des sols. Enfin, en luttant contre toutes les formes de production de déchets, enjeu essentiel pour améliorer, restaurer la biodiversité.

Je le dis à plusieurs reprises, la biodiversité, l'humanité, c'est une histoire d'amour contrariée. La biodiversité n'a pas besoin de l'humanité et l'humanité a besoin de la biodiversité. Nous avons comme enjeu maintenant de faire cette histoire d'amour contrariée une histoire d'amour heureuse.



游客排队购买法棍面包
Visitors queuing up for baguettes



竹子和藤条被称为大量产品的可再生低碳替代品，有助于避免森林砍伐和生物多样性丧失，同时也有助于通过支持农村穷人的收入来减轻贫困”。

Mr. Ali Mchumo, Director General of INBAR:

"According to latest statistics co-published by INBAR, there are over 1600 known species of bamboo and 600 species of rattan distributed in countries across the tropical and subtropical world.

Bamboo and rattan are fundamental to the survival of other species, including some of the world's most iconic and endangered animals. The mountain gorilla in Rwanda and Uganda, the Madagascar bamboo lemur, the Asian sun bear, and the giant panda here in China all depend on bamboo or rattan for food and shelter.

Bamboo and rattan are not just important for other species. As you can witness while you walk through the Bamboo Eye Pavilion of INBAR, humans have relied on these plants for thousands of years, as a source of energy, food and income.

Bamboo and Rattan are known as a renewable, low carbon alternative to a large number of products, and can help avoid deforestation and biodiversity loss, while also contributing to poverty alleviation by supporting incomes for the rural poor".

国际竹藤总干事穆秋姆:

根据最新出版的《世界竹藤名录》，全世界共有1600多种竹子和600多种藤，广泛分布在热带和亚热带的亚非拉国家和地区。竹藤有利于促进生物多样性，是部分濒危动物和世界上最具标志性动物赖以生存的基础，包括卢旺达和乌干达的山地大猩猩、马达加斯加的竹狐猴、亚洲的马来熊和中国的大熊猫等都依靠竹或藤作为食物或栖息地。

竹子和藤不仅对其他物种很重要。你可以看到，当你走过英巴的竹眼亭时，人类已经依靠这些植物数千年了，作为能源、食物和收入的来源。





日本驻华大使馆公使四方敬之 (NORIYUKI SHIKATA) 在开酒仪式上致辞
Noriyuki Shikata, Minister of the Japanese Embassy in China, delivers a speech at the opening ceremony



喝日本清酒的器具
Japanese sake utensil

Spring Exchange Meeting

春季交流会

日本驻华大使馆于5月16日在大使官邸举行“春季交流会”活动。在日系企业及日本地方政府等的支持下，让更多人了解日餐、观光、地方交流、奥运会·残奥会等日本多方面的魅力。



The Japanese Embassy in China held a spring exchange meet-up at the ambassador's residence on May 16, 2019. Thanks to the support of Japanese enterprises and the local governments, more and more people are given the chance to learn about the charms of Japan, the Japanese food, its travel attractions, the local culture and the upcoming Olympics and Paralympics.



捣年糕表演

Smashed rice cake demonstration show



日本驻华大使横井裕阔 (Yokoi Yutaka) 下接受采访
Yokoi Yutaka, Japanese Ambassador to China, interviewed



影视演员胡兵体验里干家的室外茶会
Hu Bing, movie and TV actor, enjoying an outdoor tea ceremony called Urasenke



现场金枪鱼解体秀
Tuna fish show



保加利亚驻华大使格里戈尔·波罗扎诺夫 (Grigor Porozhanov) 出席比赛开幕式并致辞
Grigor Porozhanov, Bulgarian Ambassador to China, addresses the audience

首届保加利亚语演讲比赛 First Bulgarian Speech Contest

5月24日下午，以“中保建交七十周年”为主题的首届保加利亚语演讲比赛在北京外国语大学举行，比赛由保加利亚驻华大使馆和保加利亚研究中心共同联合举办。

The First Bulgarian Speech Contest with the theme "70th Anniversary of China-Bulgaria Diplomatic Relations" was held in Beijing Foreign Studies University in the afternoon of May 24, 2019. The contest was jointly held by the Bulgarian Embassy in China and the Bulgarian Research Center.



北外副校长闫国华致辞
Yan Guohua, Vice President of Beijing Foreign Studies University, talks during the event



获奖选手合影留念 Winners posing for a group photo



比赛现场
A contestant

150

150th Anniversary of the Vienna Opera House

150周年维也纳歌剧院

5月25日，是维也纳歌剧院成立150周年纪念日。值此奥地利驻华大使馆文化处与奥地利国家旅游局于2019年5月23日在奥地利使馆官邸举办庆祝活动。放映歌剧《塞维利亚理发师》暨招待酒会。

May 25, 2019 marks the 150th anniversary of the founding of the Opera House of Vienna. On May 23, 2019, the Cultural Section of the Austrian Embassy in China and the Austrian National Tourism Administration held a celebration at the Austrian Embassy's Residence. The event included the screening of the "Barber of Seville" and a dinner.



奥地利驻华大使石迪福 (Friedrich Stift) 阁下在致辞中说：维也纳歌剧院每年上演50左右部歌剧，10部芭蕾舞表演，还有其他300多种节目，歌剧院的主要演出季节从9月到来年的6月

Friedrich Stift, Austrian Ambassador to China, was saying that the opera house puts up about 50 operas, 10 ballet performances and more than 300 other programs every year. The main performance season of the opera house runs from September to June.



嘉宾观看视频
A guest is watching the opera

奥地利国家旅游局亚洲区负责人雷纳先生 (Mr. Emanuel Lehner Telic) 在讲话中说：150年来，歌剧院已成为许多国际歌剧明星和指挥家的艺术家园。其永久性的合唱团、芭蕾舞团、维纳·斯塔索管弦乐队已成为歌剧院的基石，永不止地吸引来自全世界的听众，是维也纳主要旅游卖点之一



Mr. Emanuel Lehner Telic, Head of the Asian Department of the Austrian National Tourism Administration, told that over the past 150 years, the opera house has become the artistic home of several international opera stars and conductors. Its permanent choir, ballet and orchestra have become the cornerstone of the opera house, attracting audiences from all over the world and being one of Vienna's main tourist attractions.



秘鲁 音乐国宝 Tesoro Nacional para la Música Peruana

秘鲁驻华大使馆于5月25日在北京秘鲁之家举办了秘鲁著名歌手基拉里 (KILLARY) 和她的乐队新闻发布会。

El día 25 de mayo, la Embajada de Perú en China celebró la rueda de prensa para la cantante famosa peruana KILLARY y su banda en la Casa Perú en Beijing.



秘鲁驻华大使馆公使衔参赞海梅·卡萨弗兰卡 (Jaime Casafranca) 阁下与歌手基拉里 (KILLARY) 合影

Su excelente ministro de consejero de la Embajada de Perú en China, Jaime Casafranca con la cantante KILLARY



秘鲁驻华大使馆文化参赞伊格纳西奥·瓦尔加斯 (Ignacio Vargas) 介绍本次活动

El consejero cultural de la Embajada de Perú en China, señor Ignacio Vargas dio presentación sobre la actividad.

Guyana



Independence Day 圭亚那独立日

为庆祝圭亚那合作共和国独立 53 周年之际，圭亚那驻华大使馆于 2019 年 5 月 27 日在使馆内举办了招待宴会。

To celebrate the 53rd anniversary of the independence of the Co-operative Republic of Guyana, the Embassy of Guyana in China held a reception at the embassy on May 27, 2019.



圭亚那驻华大使贝尼·卡伦 Beni Karen 阁下在庆典上表示——2018 年 7 月，圭亚那加入了“一带一路”合作计划。“圭亚那和中国之间的双边关系正在稳步发展。圭亚那寻求进一步加强与中国在海洋开发方面的合作”。

Beni Karen, Guyana's Ambassador to China, said at the ceremony that Guyana joined the Belt and Road Initiative in July 2018. "Bilateral relations between Guyana and China are developing steadily. Guyana seeks to further strengthen cooperation with China in maritime development".



海洋发展协会介绍

Introduction of the Maritime Development Association



乐队表演

Music performance



格鲁吉亚驻华大使 Archil Kalandia 阁下在致辞
Address by His Excellency Archil Kalandia, Ambassador of Georgia to China



格鲁吉亚独立日 Independence Day of Georgia



格鲁吉亚驻华大使夫妇欢迎到场宾客
Georgian Ambassador to China and his wife greet the guests

值此格鲁吉亚独立日来临之际，格鲁吉亚驻华大使馆于2019年5月31日在凯宾斯基酒店举办了招待宴会。

格鲁吉亚驻华大使 Archil Kalandia 阁下在致辞中说：2019年1月，在格鲁吉亚商会和当地政府的支持下，“一带一路”格鲁吉亚商务楼在广州开业，我高兴的注意到，在不久的将来，格鲁吉亚和中国其他地区也将开设这样的商行，这也充分的反映到格鲁吉亚和中国商业界之间能够更好的加强合作关系。



格鲁吉亚驻华大使 Archil Kalandia 阁下与中国外交部副部长张汉晖阁下交谈
Archil Kalandia, Georgian Ambassador to China, talks with Zhang Hanhui, Vice Minister of the Ministry of Foreign Affairs of the P.R.C.

On the occasion of the Independence Day of Georgia, the Georgian Embassy in China held a function at Kempinski Hotel on May 31, 2019.

Archil Kalandia, Georgian Ambassador to China, expressed in his talk that in January 2019, with the support of the chamber of commerce and local governments of Georgia, a "Belt and Road" Georgian Business Building was opened in Guangzhou. "I'm happy to note that in the near future, Georgia will open such facilities in other parts of China too, fully reflecting the prospering cooperation between Georgian and Chinese business entities."



格鲁吉亚特色美食
Khachapuri
Georgian delicacy



活动现场
Participants



巴拿马驻华大使施可方 (Francisco Escobar) 阁下欢迎到场宾客
H.E. Francisco Escobar, Ambassador of Panama to China, welcomes the guests

巴拿马建交 2 周年 Second Anniversary of the Establishment of Diplomatic Relations with Panama

为庆祝中国和巴拿马建交两周年之际，巴拿马驻华大使馆于 2019 年 6 月 13 日在北京瑰丽酒店举办了招待宴会。

To celebrate the second anniversary of the establishment of diplomatic relations between China and Panama, the Panamanian Embassy in China hosted a reception at the Grand Hotel in Beijing on June 13, 2019.



巴拿马驻华大使施可方 (Francisco Escobar) 阁下与中国外交部副部长王超阁下共同举杯庆祝活动圆满举行
H.E. Francisco Escobar, Ambassador of Panama to China, and H.E. Wang Chao, Vice-Minister of the MFA of China propose a toast during the event



巴拿马驻华大使施可方 (Francisco Escobar) 阁下与中国外交部副部长王超阁下洽谈
H.E. Francisco Escobar, Ambassador of Panama to China, talks with H.E. Wang Chao, Vice Foreign Minister of China



巴拿马驻华大使施可方 (Francisco Escobar) 阁下致欢迎辞
Welcome address by His Excellency Francisco Escobar, Ambassador of Panama to China



巴拿马舞蹈表演
Panamanian dance performance



巴拿马特色工艺品展示
Display of special Panamanian handicrafts



瑞士驻华大使罗志谊 Bernardino Regazzoni 阁下致欢迎辞
Welcome address by His Excellency Bernardino Regazzoni, Ambassador of Switzerland to China



现场互动
Firsthand experience



嘉宾观看第一次无人机试飞
Guests watching the maiden flight of a drone

“瑞士创新周”——无人机之国

"Swiss Innovation Week" - Home of Drones



6月14日，由瑞士驻华大使馆主办的2019“瑞士创新周”闭幕式活动在北京圆满落幕。创新周以瑞士无人机为全新主题，并且展示了瑞士无人机生态系统和该智能飞行器领域的诸多创新。

The closing ceremony of the Swiss Innovation Week 2019 - organized by the Swiss Embassy in China - was held in Beijing on June 14. The Innovation Week took the drones as its main theme, showcasing several innovative Swiss solutions related to the drones and their ecosystem, including the idea of smart aircraft fields.



Home of Drones 无人机之国
Swiss Innovation Week 瑞士创新周
2019



中瑞两国代表选手进行无人机飞行比赛
Drone flying competition with Swiss and Chinese players



瑞士驻华大使罗志谊 Bernardino Regazzoni 阁下(左一)与瑞士驻上海总领事馆执行主任孟善能(Felix Moesner)博士(右一)共同为比赛选手颁奖
H.E. Bernardino Regazzoni, Ambassador of Switzerland to China (first from left) and Dr. Felix Moesner, Executive Director of the Swiss Consulate General in Shanghai (first from right) bestowed the awards upon the winners.



巴基斯坦驻华大使马苏德·哈利德 Masood Khalid 阁下致告别辞
Ambassador of Pakistan, H.E. Mr. Masood Khalid

巴基斯坦大使离任

Departure of the Pakistani Ambassador

2019年6月17日巴基斯坦驻华大使馆在大使官邸隆重举办离任仪式。马苏德·哈利德 Masood Khalid 大使对自己在华六年多的的工作以及中巴关系的逐年蓬勃发展做了重要回顾。

The Pakistani Embassy in China held a solemn farewell ceremony for the outgoing ambassador at the Ambassador's Residence on June 17, 2019. Ambassador Masood Khalid made a thorough overview of his work in China of more than six years and gave an account of the evolution of the affairs between China and Pakistan during his tenure.

女士们，先生们，晚上好。

亲爱的朋友们，我作为巴基斯坦大使的任期即将结束，将很快离开北京。非常感谢各位参加今天的招待会。

我从2013年开始任职。在过去的六年半里，能够在这样一个伟大的国家里工作，为历久弥新的中巴关系做贡献，是我的荣耀。我亲眼目睹了中国这个伟大的国家取得的成就。让接近八亿人民脱离贫困的确是现代史上的奇迹。很多中国的城市已经成为了当今世界上最现代化的地方。我们在巴基斯坦也为中国朋友们的繁荣和发展深感欣慰。

我在中国期间，获得了中国朋友们对我绵绵不断的关爱和尊重。我有很多这方面的故事想跟大家分享，一旦讲起来，怕是要说到地老天荒了。

但是，一定要提的就是在我任期中开始的中巴经济走廊，它不仅为我们两国，而是为整个地区都带来了繁荣。现在，中巴经济走廊已经取得瞩目的成绩，尤其是在能源和基础设施领域。因此，中巴经济走廊也成为了中巴两国经济伙伴关系的重要支柱。

去年，在伊姆兰·汗总理访华期间，中巴两国关系提升为“全天候战略合作伙伴关系，构建新时代更紧密中巴命运共同体”。

在过去的六年里，中巴两国实现了多次高层互访，两国国家和政府领导人在各种场合多次会见。同时，部级和其他高级官员也频繁互动。

抛开象征意义不谈，我们两国的高层互访进一步表明，

不可撼动的互信和互谅是我们两国关系的特质，互相尊重是两国关系的基石。因此，我们两国关系才能历经岁月变迁，无论国际、区域和国内形势如何变化，保持紧密。

谈到中巴关系，最让我印象深刻的就是我们两国人民之间的友爱和尊重，这也是过去68年里不但深化的民间往来的结果。

在此，我想跟大家分享一本书，题目叫做《你们和我们》，这是一本关于中巴友谊的文集。很多中国朋友都将自己的亲身经历写进此书，其中很多朋友今天晚上也在场，在此向他们表示感谢。

这本书的第二卷即将发行，其中会包括一些巴基斯坦外交官他们对于中巴友谊的亲身感受（第一卷在招待会结束之后可供大家领取）。

在这里，还想感谢中国政府的朋友们，尤其是中国外交部的朋友们给予我的支持。多亏了你们的帮助，我们才能完成深化中巴友谊这一共同事业。

感谢我的同事们、各位大使们的支持。这份友谊我会永远珍存。

在中国期间，我和我的夫人都深深被中国朋友们的热情、真诚和友爱感动。我们在这里结交了很多朋友，希望我们的友谊长存。借此机会，也邀请大家到巴基斯坦与我们重聚，也给我们一个机会招待大家。

谢谢。

Ladies and Gentlemen,
Good evening.

My dear friends, I will be leaving Beijing soon at the culmination of my extremely fruitful tenure as Ambassador of Pakistan to China. Thank you very much for joining us tonight.

I assumed office in January 2013. In the past six and half years, it has been an honour for me to serve in this great country and to contribute to our traditional and time tested ties. I have witnessed firsthand the progress and development of this great country. The lifting of nearly 800 million people out of poverty is indeed a modern day miracle. Chinese cities are some of the most modern in the world. We, in Pakistan, feel happy in seeing the growth and prosperity of our Chinese friends.

During my stay, I have received boundless love and respect from the Chinese people. I have many stories of friendship to share but I am afraid that this event may never end if I take that route.

Nonetheless, I will briefly point out to the fact that China-Pakistan Economic Corridor (CPEC), which will bring prosperity to not only the two countries but also to the entire region, was initiated during my tenure. Today, CPEC has made significant progress, especially in the energy and infrastructure sectors. CPEC thus constitutes an important pillar of the increasingly vital economic



partnership between Pakistan and China.

The relationship between Pakistan and China has been elevated to an "All Weather Strategic Cooperative Partnership for Shared Future in a New Era" during the visit of Prime Minister Imran Khan to China last year.

During the past six years, there have been many high level visits, with heads of state and government of both countries meeting each other on a number of occasions. There have also been infinite exchanges at the ministerial and senior officials' level.

Beyond symbolism, high-level contacts between Pakistan and China underline the unshakable trust and understanding that is the hallmark of our relationship. This relationship is based on mutual respect, enabling it to withstand the vicissitudes of history and grow continually irrespective of international, regional or domestic developments.

Here I would like to mention that the aspect which has impressed me the most is the love and mutual adulation amongst the common people of both countries. Indeed this is the manifestation of the growing people-to-people exchanges during the last 68 years.

I would like to make a special mention of the book titled "You and Us" which is a compilation of stories of

friendship between Pakistan and China. Our Chinese friends have contributed personal anecdotes in this book. Some of these friends are present here tonight and I would like to acknowledge their contribution.

The second volume of this book will soon be published it would include personal anecdotes from Pakistani diplomats who have firsthand experience of friendship with China.

I would also like to acknowledge the generous support of my friends in the Chinese government particularly in the Ministry of Foreign Affairs, who helped me in achieving our joint mission of further solidifying the friendship between Pakistan and China.

I would also like to acknowledge the support from my colleagues, Ambassadors, whose friendship I will always cherish.

I and my wife are touched by the hospitality, sincerity and genuine affection which we have received in China. We have made many friends and we hope to continue this friendship. Taking this opportunity, I would like to invite you to visit us in Pakistan and give us an opportunity to be your humble hosts.

Thank you.



克罗地亚 仲夏音乐会

Midsummer Concert of Croatia

克罗地亚驻华大使馆于2019年6月20日在齐家园外交公寓花园里举行了一场仲夏音乐会。

The Croatian Embassy in China staged a midsummer concert in Qijiayuan Diplomatic Residence Garden on June 20, 2019.





STATEHOOD DAY
AND ARMED FORCES DAY OF THE
REPUBLIC OF CROATIA
Celebration in the People's Republic of China
Beijing, 2019



克罗地亚双节

Croatian Twin Celebration



为庆祝克罗地亚共和国独立日以及建军节，克罗地亚驻华大使馆于2019年6月21日在北京举办招待宴会。

The Croatian Embassy in China held a reception in Beijing on June 21, 2019 to celebrate the Independence Day and the Army Day of the Republic of Croatia.

克罗地亚驻华大使达米欧·米海林阁下致欢迎辞

Dario Mihelin, Ambassador of Croatia to China, delivers a welcome speech

克罗地亚驻华大使馆参赞 碧塞拉·法布里欧女士主持活动

Bisera Fabio, Counsellor of the Croatian Embassy in China, hosted the event



克罗地亚驻华大使达米欧·米海林阁下与欧盟驻华大使郁白交谈

H.E. Dario Mihelin, Croatian Ambassador to China with Nicolas Chapuis, EU Ambassador to China



克罗地亚驻华大使达米欧·米海林阁下与中方嘉宾交谈

Dario Mihelin, Ambassador of Croatia to China, converses with Chinese guests



斯里兰卡投资论坛

SRI LANKAN INVESTMENT FORUM



Hon. Malik Samarawickrama

2019年7月3日，斯里兰卡驻华大使馆举办了一场有关斯里兰卡国内旅游以及项目介绍的投资论坛会议。

斯里兰卡战略发展与国际贸易部部长 Hon. Malik Samarawickrama 阁下应邀出席活动并在致辞中说：斯里兰卡的宏观经济稳固。尽管面临外部经济形势的压力以及发生复活节的悲剧性爆炸事件，但是我们的宏观经济基本面依然牢固并可以迅速恢复。截止至四月底，我国外汇储备总额为七十二亿美元。截至六月中旬，我们的货币已升值百分之三。直到上周斯里兰卡成功的募集了二十亿美元的国际主权债券，这显示了全球投资者对斯里兰卡的持续信心以及对斯里兰卡经济增长前景的乐观态度。

On July 3, 2019, the Sri Lankan Embassy in China held an investment forum introducing Sri Lanka's tourism

sector as well as the country's various other projects.

His Excellency Hon. Malik Samarawickrama, Minister of Strategic Development and International Trade of Sri Lanka, was invited to speak at the event. He was first telling about Sri Lanka's macroeconomic stability. Despite of the pressure of external economic factors and the tragic bomb attacks during Easter, the macroeconomic fundamentals remain firm and they can recover quickly. By the end of April, the foreign exchange reserves totaled 7.2 billion US dollars. By mid-June, the country's currency had appreciated by 3.3%. Until last week Sri Lanka successfully raised \$2 billion in international sovereign bonds, demonstrating global investors' continued confidence in Sri Lanka and their optimism about its economic growth prospects.



斯里兰卡驻华大使卡鲁那塞纳·科迪图瓦库阁下致辞
Address by H.E. Karunasena Kodithuwakku,
Ambassador of Sri Lanka to China



斯里兰卡驻华大使馆商务公使艾力克·古纳塞克若先生主持本次活动
Mr. Alexi Gunasekera, Minister of Commerce of the Embassy
of Sri Lanka in China, anchored the event



委内瑞拉国庆日

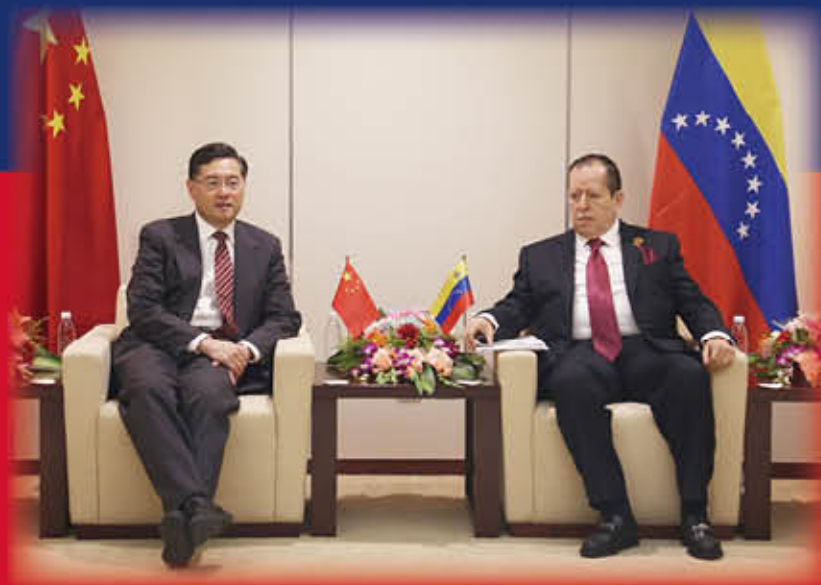
Venezuelan National Day

2019年7月1日，值此委内瑞拉玻利瓦尔共和国独立208周年暨中委建交45周年之际，委内瑞拉驻华大使馆在北京天桥文化中心举办了文化演出。

On July 1, 2019, on the occasion of the 208th anniversary of the independence of the Bolivarian Republic of Venezuela and the 45th Anniversary of the establishment of diplomatic relations between China and Venezuela, the Venezuelan Embassy in China put on a cultural performance at Beijing Skybridge Cultural Center.



委内瑞拉驻华大使伊万·塞尔帕·格雷罗阁下致辞
Address by His Excellency Ivan Zerpa Guerrero, Ambassador of Venezuela to China



委内瑞拉驻华大使伊万·塞尔帕·格雷罗与中国外交部副部长秦刚阁下会谈
Venezuelan Ambassador to China, Ivan Zerpa Guerrero, met with His Excellency Qin Gang, Vice Foreign Minister of China

文化表演 Cultural Performance





马苏德·哈利德大使接见嘉宾
Mr. Masood Khalid with the guests



马苏德·哈利德大使与嘉宾亲切交流
Masood Khalid's cordial exchange with the guests

共建“一带一路”增进中外文化艺术

Let Us Build the "One Belt One Road" Together to Promote Chinese and Foreign Culture

第一站：巴基斯坦驻华大使馆

First Station: Embassy of Pakistan in China



徐骥先生、杨静女士赠送：徐悲鸿 版画《佳果》
Mr. Xu Ji and Ms. Yang Jing presented Xu Beihong's work: "The Fruit"

近日，时代悲鸿文化艺术中心王海峰先生，中国绘画大师美术先驱徐悲鸿先生之孙，著名艺术家徐骥先生，孙媳，中心负责人杨静女士，中央美院徐悲鸿画室画家胡鹏飞先生，刘娟红女士，中国人民大学徐悲鸿艺术学院画家窦鸿山先生，中央美院国画系画家马万国先生一行做客巴基斯坦驻华大使馆。

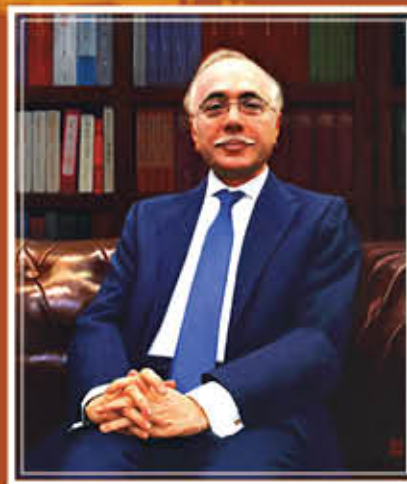
Mr. Wang Haifeng - grandson of Chinese master and pioneer artist Mr. Xu Beihong - representing Beihong Art Center, Mr. Xu Ji, Sun Xi and Mrs. Yang Jing - the latter in charge of the above art center - Mr. Hu Pengfei, Ms. Liu Yanhong, painters of Beihong Studio of the Central Academy of Fine Arts, Mr. Dou Hongshan, painter of Xu Beihong Art Institute of Renmin University of China and Mr. Ma Wanguo, painter of the Chinese Painting Department of the Central Academy of Fine Arts, payed a visit to the Embassy of Pakistan in China.



徐骥先生、杨静女士赠送画册
Mr. Xu Ji and Ms. Yang Jing present an album



王海峰先生赠送大使阁下油画肖像
Mr. Wang Haifeng presents the oil portrait of the ambassador



画家胡鹏飞先生绘制的油画肖像
The oil portrait of the ambassador painted by Mr. Hu Pengfei



马苏德·哈利德大使 画家胡鹏飞
Masood Khalid with artist Hu Pengfei



马苏德·哈利德大使，画家刘嫣红
Masood Khalid with artist Liu Yanhong

马苏德·哈利德大使阁下对中国画家精湛的技艺赞不绝口，感谢中国画家用绘画讲述中国故事，传递和平与友谊。大使阁下在肖像复制留念作品上签字留念。

Ambassador Masood Khalid spoke highly of the skills of Chinese painters. He thanked them for telling Chinese stories and conveying peace and friendship. His Excellency also signed the replica of his portrait he has received as a gift.



马苏德·哈利德大使在肖像复制作品签字
Masood Khalid signs the replica of his portrait



马苏德·哈利德大使 王海峰先生
Mr. Masood Khalid and Mr. Wang Haifeng



马苏德·哈利德大使，王海峰先生 徐骥先生 画家莫鸿山
Mr. Masood Khalid with Mr. Wang Haifeng, Mr. Xu Ji and Ma Wanguo



马苏德·哈利德大使 王海峰先生 画家马万国
Mr. Wang Haifeng, Mr. Masood Khalid and Ma Wanguo



马苏德·哈利德大使阁下回赠：巴基斯坦伊斯兰共和国纯手工制作的艺术品于徐悲鸿纪念馆
Mr. Masood Khalid's return gift: an artwork from the Islamic Republic of Pakistan for the Xu Beihong Memorial Hall



Follow the Ambassador to his Country

H.E. Dusan Bella, Ambassador of
the Republic of Slovakia to China

跟着大使看世界

——斯洛伐克驻华大使杜尚·贝拉



斯洛伐克—— 一个拥有丰富的世界文化遗产和自然遗产的国家

Slovakia - a country rich in world, cultural, and natural heritage

世界文化遗产 UNESCO World Cultural Heritage

斯皮什城堡 (Spišský hrad) 是占地最广的城堡，是中欧中世纪最大的城堡复合体。它与周边的斯皮什斯科-波德赫拉杰 (Spišské Podhradie) 城 (典型的文艺复兴时期的巴洛克式民居)，宗教小城施波斯伽-卡皮图拉 (Spišská Kapitula) (有很多古迹，尤其是令人难忘的圣马丁双塔大教堂) 和热河拉 (Ľubica) 村的 14 世纪哥特式圣灵教堂，该教堂内部装饰着 14 到 15 世纪的壁画。这些被保留下来的遗产和周围的德勒文尼克 (Dreveník) 自然保护区的石灰华群，一起形成了一

个独特的整体。2009 年 6 月，历史小镇莱沃恰 (Levoča) 也被划入到斯皮什城堡区域内。

The Castle of Spiš is the largest medieval castle compound in central Europe along with the little town of Spišské Podhradie (with typical Renaissance and Baroque burgher houses), the Church town of Spišská Kapitula (including several sacral monuments and above all the impressive two tower cathedral of St Martin) and the Gothic church of the Holy Spirit in Ľubica from the 14th century and frescoes in its interior from the 14th and 15th centuries. Well conserved monuments along with the charming natural setting of the travertine territory of the National Nature Reserve Dreveník forms a unique whole.

有一个与周围的大自然和谐融合在一起的美丽小城，在这里您可以欣赏到历史性地标，卡勒瓦丽亚 (Kalvária) 山，几十个风景如画的地方，还有人工水库大希 (tajchy)，这个水库当初建造的目的是为了给采矿设备提供水源。班斯卡-什佳夫尼察 (Banská Štiavnica) 曾经属于中世纪最有名的乌霍尔斯克 (Uhorsko) 城，从文化、历史和建筑的角度来看，班斯卡-什佳夫尼察都是受到全世界瞩目的独特的地方。

A beautiful town that blends harmoniously with the surrounding nature. Here you can admire historic landmarks, the Kalvária mountain, dozens of picturesque places, and the artificial reservoir Tajchy, which was originally built to provide water supplies for the mining. Banská Štiavnica used to belong to the most famous mining town of the Kingdom of Hungary in the Middle Ages. From the perspective of culture, history and architecture, Banská Štiavnica has much to offer.

Biely Potok is the salient point for the community of Vlkolínec – a monument reserve of folk architecture. This extraordinary and remarkable oasis of folk architecture was included in the UNESCO World Heritage List in 1993.

白色珀多克是福尔科里涅克社区中的亮点 - 民俗

建筑的丰碑。这个标志性的独特民俗建筑于 1993 年被列入联合国教科文组织世界遗产名录。

The community was first referred to in 1376. Its unique compound of original folk buildings remained untouched by modern construction. Based on the comparative study of ICOMOS (International Council for Monuments and Settlements) it was classified as the best-preserved settlement of this time within the Carpathian Basin. Originally it was the settlement of loggers, shepherds and farmers.

这个社区最早在 1376 年出现，是一个保存完好，未被现代建设破坏的独特原始民俗建筑群。在古籍遗址保护协会的一项调查中，它被定义为喀尔巴阡山脉保存最完好的民居遗迹，曾经这里是伐木工、牧羊人和农民的定居点。

Another Slovak town inscribed in the UNESCO World Heritage List is the historic Bardejov, one of the oldest Slovak towns that was inscribed into the UNESCO World Heritage List in 2000. Bardejov is spoken of as the "most Gothic of towns in Slovakia". Its centre consists of a set of historical buildings arranged in the area limited by an almost continuous belt of town fortifications. The principal area of the historical core is the rectangular Radničné námestie square skirted by rows of antique burgher houses with typical gable facades.





世界自然遗产 UNESCO World Natural Heritage

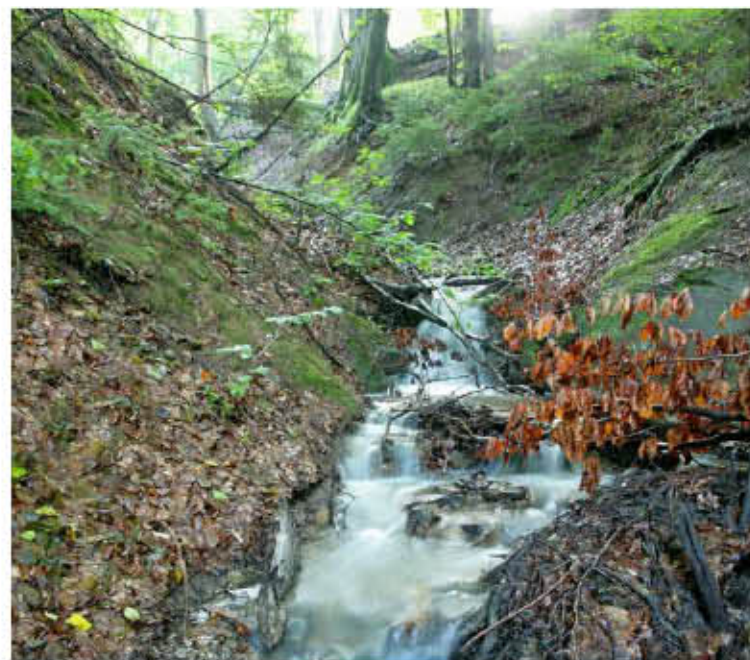
斯洛伐克在联合国教科文组织世界遗产名录中被列入自然遗迹的有：斯洛伐克的地下溶洞，斯洛伐克美丽的深渊和多比施斯伽（Dobšinská）的地下冰洞。2007年，斯洛伐克东部的布科夫斯基和维霍尔拉特山地区的喀尔巴阡山毛榉原始森林也被列入世界自然遗迹。

The unique natural heritage of Slovakia is represented in the UNESCO World Heritage List by caves and abysses of Slovenský kras karst and by Dobšinská ľadová jaskyňa cave. In 2007 the Carpathian primeval beech forests of the Bukovské vrchy and Vihorlatské vrchy Mts. in the east of Slovakia were added to this list.

另一个列入联合国教科文组织世界遗产名录的斯洛伐克小镇是历史小镇巴尔代约夫，2000年联合国教科文组织世界遗产名录中提及的最古老的斯洛伐克城镇之一。这个城市被称为“最哥特风的斯洛伐克小镇”。小镇中心由一系列古典建筑构成，它们基本上连在一起，在这个区域构成了防御堡垒。这个区域的中心是方形的拉得尼查广场，被一圈古香古色的房屋包围，它们都拥有典型的山墙外墙。

喀尔巴阡木教堂在世界上也具有独特的价值，包括了：赫尔瓦热透（Hervartov）和特夫尔多辛的罗马天主教会，凯日马罗克，勒施吉尼和赫罗兹克的福音派教会，波德鹿扎，拉多米罗娃和卢斯卡比斯特拉的东方仪式的寺庙。

Wooden churches of the Slovak part of Carpathian Mountain Area possess an extraordinary worldwide value too. The churches include: Roman Catholic churches in Hervartov and Tvrdošín, Evangelical articular churches in Kežmarok, Leštiny and Hronsek and churches of Eastern rite in Bodružal, Ladomirová and Ruská Bystrá.



斯洛伐克喀斯特位于斯洛伐克的南部，跟匈牙利交界的地方，是中欧境内的最大的斯洛伐克喀斯特景区，有最多的地下景观（这里有1110个地下溶洞和深渊）。在1995年，斯洛伐克-匈牙利双边合作项目取得了成功，该项目的名称是斯洛伐克地下溶洞和阿基特勒斯科喀斯（奥赫基斯 Ochtinská 文石洞穴，哥巴斯 Gombasecká 洞穴，多尼采 Domica 洞穴，克拉斯诺霍斯卡 Krá snohorská 洞穴，雅索夫 Jasovská 洞穴...）。2000年，多比施斯伽冰洞洞穴，欧洲最大的该种类冰洞洞穴，也加入到了该项目中。

Slovenský kras situated in the south of Slovakia on the frontier with Hungary is the largest karstic area in middle Europe. It consists of 1110 caves and abysses. In 1995 the bilateral Slovak-Hungarian project with the title Caves of the Slovak and Aggtelek Karst (Ochtinská aragonitová jaskyňa, Gombasecká jaskyňa, Jaskyňa Domica, Krásnohorská jaskyňa, Jasovská jaskyňa, ...) was successful in its endeavour to be included among the most precious world natural

phenomena. In 2000 this inscription also included the ice cave of Dobšinská ľadová jaskyňa, one of the largest of its kind in Europe.

2007年6月，位于斯洛伐克和乌克兰境内的喀尔巴阡山脉山毛榉原始森林也被列入联合国教科文组织的世界遗产名录上。斯独梓采（Stužica）原始森林，勒琢克（Rožok），哈维施的步科夫山和位于卫赫勒瓦特自然景观保护区的卫赫勒瓦特的原始森林，也被列入到世界级独特自然风光的景区之列。它们中的前三个位于波洛内尼山国家公园的区域内。

The primeval beech forests of the Carpathians in the Ukraine and in Slovakia were added to the UNESCO World Heritage List in June 2007. Thanks to this fact, the Carpathian primeval beech forests of Stužica, Rožok and Havešová in the Bukovské vrchy Mts. and Vihorlatský prales primeval forest in the Vihorlatské vrchy Mts. in CHKO Vihorlat are of world importance. The first three of them are situated in the area of the Poloniny National Park.



非物质世界文化遗产 UNESCO Intangible Cultural Heritage

福雅乐 (fujara) 是最典型的斯洛伐克乐器，2005年11月在巴黎被列入世界非物质文化遗产的名录中。该项目申报于2001年。

福雅乐 (fujara) 是一个中空的管形口吹乐器，长度可以达到1.8米，通常由基础木材制成，具有独特而又带点忧伤的声音。

福雅乐 (fujara) 是世界上独一无二的。关于福雅乐 (fujara) 的起源，人们认为这种乐器起源于斯洛伐克中部-Pofany地区和Gemer的北部地区。福雅乐 (fujara) 是牧羊人特有的特色工具。福雅乐 (fujara) 带有装饰和罕见的图案。

福雅乐 (fujara) trombita 是最长的乐器，这种乐器可以长达6米，具有发出声音的功能，用于牧羊人在牧场上发出信号和进行交流，所以该乐器可以发出强有力的声音。这种乐器由云杉木制造而成的。

Fujara is the most typical Slovak musical instrument. It was included by UNESCO in the Representative List of the Intangible Cultural Heritage of Humanity. The list was founded in 2001.

Fujara is an overtone fipple flute that can be up to 1.8 m long. It is usually made from elder tree and has a characteristic meditation tone.

It is known nowhere else in the world but Slovakia. This country is considered to be the place of origin of this instrument, especially the region of Poľana and North Gemer. It used to be the typical instrument of shepherds. Fujaras were decorated by ornaments or figural decorations.

The longest instrument is the Fujara Trombita, up to 6 m long that was used for signalling and for communication among shepherds on their pastures because of its magnificent and strong tone. It is made from pine wood.

第二个非物质文化遗产是解尔霍斯卡 (Terchovská) 音乐 - 古代民间音乐“天堂”，流传于解尔霍斯卡和周围的村庄，解尔霍斯卡音乐最初只是跳舞的时候才使用它，所以它的音乐风格比较热烈活泼。因为这种音乐只是依靠代代的口头相传，所以这种民间音乐表演是怎么产生的一直还是个谜。

Second on the UNESCO Intangible Heritage List is the Music of Terchová - the “heavenly” archaic folk music characteristic of Terchová and neighbouring villages, typified by multi-voice singing. The Music of Terchová is closely connected to dancing, hence its

temperamental music style. We don't know the exact origins of this folklore, because naturally it has passed from one generation to the next only in spoken form. It was included in the UNESCO list in 2013.

吹笛文化 (Gajdošská kultúra) 是斯洛伐克共和国另一个申请世界非物质文化遗产成功的项目，该项目在2015年被教科文组织列入世界非物质文化遗产的名录中。虽然每个地区的吹笛者有所差异和不同，但是在整个斯洛伐克都有传统的吹笛者。在二十世纪初的时候，吹笛者在数百个地方存在过，现如今，在斯洛伐克吹福雅乐 (fujara) 的人超过100多个。每年的6月至9月在斯洛伐克境内都会举办各种民俗活动，在这其间，您可以

听到这个由金属，木材和动物皮肤制造而成的乐器发出的完美无瑕的乐声。

The bagpipe culture (Gajdošská kultúra) is another successful project of the Slovak Republic for the application of the World Intangible Cultural Heritage, as it entered the corresponding list of UNESCO in 2015. Although the pipers in each region vary and differ, there are traditional pipers throughout Slovakia. At the beginning of the twentieth century, pipers existed in hundreds of places. Today, more than 100 people still play the bagpipes in Slovakia. Every year from June to September, a variety of folk activities are held in Slovakia, during which you can hear the sound of this instrument made of metal, wood and animal skin.





霍雷赫罗涅多重唱有着多个预唱的独奏旋律和静态合唱回声，不是全部由男性构成就是女性。歌唱的高潮在交错的平行旋律中诞生，变化丰富，由两或三个部分组成；每个部分都展现出初始旋律的变体。歌曲类型与农事活动、家庭轮回和日历事件有关，新的歌曲往往伴随着影响人们生活的社会时事而出现。

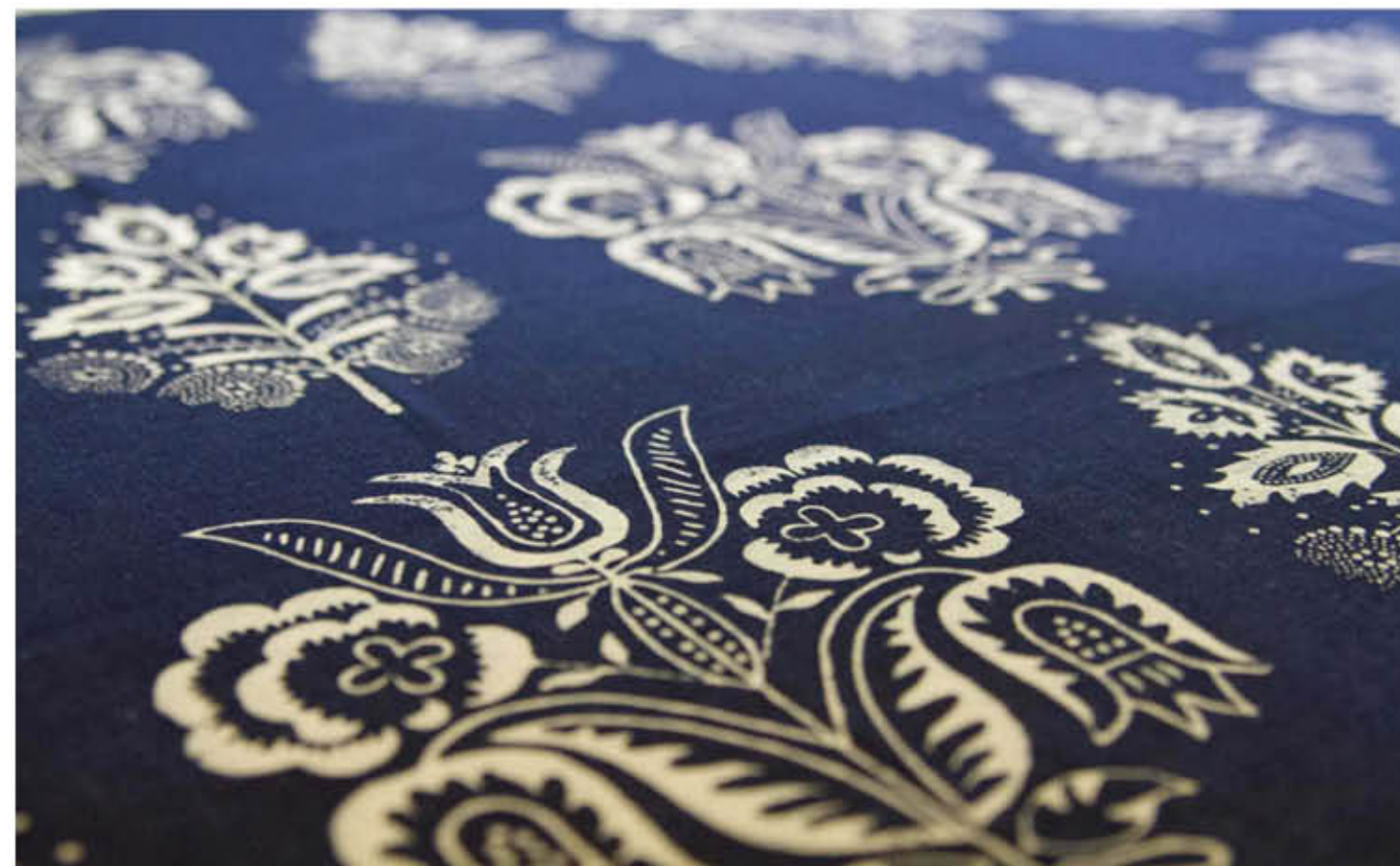
The Multipart Singing of Horehronie is characterized by a variable solo melody of pre-singing and more static choir answers, either by men or women. The singing culminates in intertwined parallel melodies with rich variations, consisting of two or three parts; each section presents a variation of the initial melodic formula. The song genres are associated with agricultural work, the family cycle and calendric events, and new songs arise in response to social events affecting people's lives.

木偶戏不仅仅是一项传统的娱乐项目，更是体现世界观的途径，也是传递价值观念的教育手段。这些木偶，有的形象源于自然而有些是想象出来的，大多由木头制成，通过不同手段得以制成动画。最初，这项掌握这项工艺的是流浪木偶制作家族，他们融入各地语言，还有颇具特色的幽默人物。木偶戏是斯洛伐克传统戏剧和文学的组成部分，也是捷克共和国的文化。

Puppet theatre is not only a popular form of traditional entertainment but also a way of conveying a vision of the world, and an educational tool with messages on moral values. The puppets, whose characters are real or imaginary, are mostly made of wood and animated using various methods. Initial bearers of the practice were families of travelling puppeteers whose works later absorbed local influences in language and themes using comical figures with distinct characteristics. Puppet theatre is an integral part of Slovak local theatre and literary tradition. It is jointly inscribed with the Czech Republic.

蓝印，通常直接翻译为蓝图或蓝染，是指用靛蓝染料染色前将耐染料的糊涂在布料上。这种耐染料的糊可以防止染料渗透到设计中，从而确保花样可以保持白色，在染色过程中不被染上颜色。为了将设计纹样搬到布料上，从业者们会用300多年的手工木块，勾勒出地域特色纹样和普通纹样，亦或者基督教图案。这种地方动植物的描绘与当地文化紧密相连。这是一种与奥地利、捷克共和国、德国和匈牙利共有的文化。

Modrotlač, which translates directly as blueprint or blue-dyeing, refers to the practice of printing a dye-resistant paste onto a cloth before dyeing over it with indigo dye. The resistant paste prevents the dye from penetrating the design, thereby ensuring the applied design remains white or undyed after the dyeing process. To apply the designs onto the cloth, practitioners use hand-crafted blocks that are up to 300 years old, featuring regionally-inspired patterns as well as generic designs or Christian motifs. The representation of local flora and fauna is interrelated with the local culture of the regions. It is jointly inscribed with Austria, the Czech Republic, Germany, and Hungary.



For more information, see 更多信息 : www.slovakia.travel.com



剪彩仪式
Ribbon cutting ceremony



保加利亚签证中心 在京成立

Bulgarian Visa
Center Opened in
Beijing



保加利亚驻华大使格里戈尔·波罗扎诺夫阁下在开幕式上致辞
H.E. Grigor Porozhanov, Bulgarian Ambassador to China, talks during the opening ceremony



保加利亚旅游部部长 Nanova 女士介绍保加利亚概况
Ms. Nanova, Director of the Ministry of Tourism of Bulgaria, gives an overview of Bulgaria

借中保建交 70 周年之际，2019 年 6 月 18 日，保加利亚签证申请中心成立典礼在北京文创园举办。保加利亚驻华大使格里戈尔·波罗扎诺夫 (Grigor Porozhanov) 阁下在开幕式上致辞说：随着保加利亚签证中心在全国 15 个城市的开放，我们希望能持续吸引着中国旅游者来到保加利亚，同时也希望能继续促进更频繁并且互惠互利的民间及政府之间的交流活动。

On the occasion of the 70th anniversary of the establishment of diplomatic relations between Bulgaria and China, an inauguration ceremony for the new Bulgarian Visa Application Center was held in Wenchuang Park, Beijing on June 18, 2019. In his opening speech, H.E. Grigor Porozhanov, Bulgarian Ambassador to China, said: With the opening of Bulgarian visa centers in 15 cities across the country, we hope to continue attracting Chinese tourists to Bulgaria, and also hope to continue promoting the frequent and mutually beneficial exchanges between the people and the governments.



活动现场
Live performance



莫扎特之友与莫扎特基金会在 2019 中国国际服务贸易交易会音乐产业大会上正式签约
The Mozart Society of China and the International Stiftung Mozarteum signed a formal contract at the Music Industry Conference of China International Trade in Services Fair in 2019

“莫扎特之友”奏响文明互鉴新篇章

*Mozart Society of China:
A New Chapter in Mutual Learning*

2019 年 5 月 31 日，莫扎特之友 (Mozart Society of China, 缩写为 MSOC) 与莫扎特基金会 (International Stiftung Mozarteum) 在 2019 中国国际服务贸易交易会 (简称京交会) 音乐产业大会上正式签约。

在中国公共关系协会、奥地利驻华大使馆的大力支持下，莫扎特之友是我国首家得到莫扎特基金会认可，在中国推广、传播、分享莫扎特音乐文化遗产的公益文化机构。由喜爱及推广传播莫扎特相关文化的企事业单位和个人联合设立，是中国公共关系协会开展高端中外音乐艺术交流活动的工作机构，接受中国公共关系协会业务指导和监督管理，致力于推广及传播人类文化遗产 - 莫扎特音乐文化，开展多渠道多层次多形式的中外文化交流活动。

On May 31, 2019, the Mozart Society of China (MSOC) and the Mozart Foundation (International Stiftung Mozarteum) formally signed a contract at the 2019 China International Trade in Services Fair (Beijing Fair) Music Industry Conference.

With the strong support of the Chinese Public Relations Association and the Austrian Embassy in China, the Mozart Society of China is the first public cultural institution in China to be recognized by the Mozart Foundation to promote, disseminate and share Mozart's musical and cultural heritage in China.

Established jointly by enterprises, institutions and individuals who love and disseminate Mozart related culture, it is a working organization of the Chinese Public Relations Association to carry out high-end Sino-foreign musical and artistic exchanges. It is under the guidance and supervision of the Chinese Public Relations Association.

It is committed to promoting and disseminating Mozart's musical culture, a human cultural heritage, and developing multi-channel, multi-level and multi-form Chinese and foreign cultural exchange activities.





莫扎特之友揭牌仪式
The unveiling ceremony of the Mozart Society of China

莫扎特基金会 CEO 托比亚斯·德布赫博士 (Dr. Tobias Debuch), 中国公共关系协会常务副会长兼秘书长王大平先生, 莫扎特之友秘书长李昱女士, 奥地利驻华商务参赞郭励之博士 (Dr. Martin Glatz), 奥地利国家旅游局亚洲区负责人雷纳先生 (Mr. Emanuel Lehner Telic), 以及北京市文化投资发展集团有限责任公司 (简称“文投集团”) 党委副书记阎晓东, 文投国际董事长刘武, 文投国际总经理卢海红, 文投国际副总经理陈刚等。

Dr. Tobias Debuch, CEO of Mozart Foundation, Mr. Wang Daping, Executive Vice President and Secretary-General of China Public Relations Association, Ms. Li Yu, Secretary-General of the Mozart Society of China, Dr. Martin Glatz, Austrian Commercial Counsellor in China, Mr. Emuel Lehner Telic, Director of the Asian Department of Austrian National Tourism Bureau, Yan Xiaodong, Deputy Secretary of the Party Committee of Beijing Municipal Cultural Investment Development Group Co., Ltd. ("Wentou Group" for short), Liu Wu, Chairman of Wentou Group, Lu Haihong, Director of International Affairs of Wentou Group, Chen Gang, Deputy Director of International Affairs of Wentou Group, took part in the event.



莫扎特之友揭牌仪式
The launching ceremony of the Mozart Society of China

在莫扎特之友与莫扎特基金会的规划中, 对青少年的音乐教育是重要项目之一。莫扎特之友将引入古典音乐的教育资源, 参与社会公益事业建设, 助力我国教育文化事业, 在全国及华人地区, 挖掘更多具有天赋的青少年音乐人才, 支持优秀音乐人才参与国际音乐活动, 此外, 还会专项资助和培养国际高端音乐人才。

In the eyes of the Mozart Society of China and the Mozart Foundation, furthering music education for teenagers is an important goal. The Mozart Society of China is going to disseminate educational resources on classical music, realize social public welfare projects, advise the educational and cultural undertakings of China, identify musical talents across the country, support outstanding musical talents to participate in international festivals and activities, and fund the training of rare prodigies.



北京市文化投资发展集团有限责任公司
党委副书记阎晓东 讲话
Yan Xiaodong, Deputy Secretary of the Party
Committee of Beijing Cultural Investment
Development Group Co., Ltd.



当天晚间, 莫扎特之友在奥地利大使馆举办答谢酒会, 奥地利驻华文化参赞欧诺德先生在晚宴上致辞
On the evening of the same day, the Mozart Society of China organized a complimentary reception at the Austrian Embassy. Mr. Mag. Arnold Obermayr, Austrian Cultural Counsellor in China, talks during the reception.



活动现场 Snapshots of the event



金台艺术馆馆长袁熙坤先生与德国哈格曼艺术中心负责人哈格曼先生共同举杯庆祝活动圆满举行

Mr. Yuan Xikun, Director of Beijing Jintai Art Museum and Mr. Hagerman, Director of German Hagerman Art Center, raising their glasses for the success of the exhibition



嘉宾观看展览

Guests browsing the exhibition

德国油画展 German Oil Painting Exhibition

2019年6月1日，由德国哈格曼艺术中心和北京金台艺术馆主办的“19世纪德国油画收藏展”在金台艺术馆隆重开幕。

The exhibition "19th Century German Oil Paintings" - organized by the German Hagerman Art Center and Beijing Jintai Art Museum - was opened in Jintai Art Museum on June 1, 2019.



德国哈格曼艺术中心负责人哈格曼先生讲话
Mr. Hagerman, Director of German Hagerman Art Center



金台艺术馆馆长袁熙坤先生讲话
Mr. Yuan Xikun, Director of Beijing Jintai Art Museum



本次展览策展人曲晓丽女士讲话
Qu Xiaoli, curator of the exhibition



音乐演奏

Music performance



北京俄罗斯文化中心主任奥莉加·梅利尼科娃 (Olga Melnikova) 女士致欢迎辞

Приветственная речь Руководителя Российского культурного центра в Пекине Ольги Андреевны Мельниковой

庆祝“俄罗斯日”推介会于北京俄罗斯文化中心举行

В Российском культурном центре в Пекине прошла презентация, приуроченная ко Дню России

6月11日，庆祝“俄罗斯日”暨俄中建交70周年俄罗斯文化推介会于北京俄罗斯文化中心举行。

11 июня в Российском культурном центре в Пекине прошла презентация российской культуры, приуроченная ко Дню России и к 70-летию установления дипломатических отношений между Россией и Китаем.



“世界无国界”旅游协会北京代表处首席代表福尔科致辞
Выступление представителя ассоциации «Мир без границ» в Китае
А.А.Фолько



北京俄罗斯文化中心人员作关于俄罗斯的推介
Сотрудник РКЦ в Пекине выступает с презентацией о России.



中国传媒大学一川老师分享旅拍见闻和手机摄影技巧

Преподаватель Пекинского университета коммуникаций И Чуань рассказывает о технике фотосъемки во время своих путешествий по городам и природным достопримечательностям России.



文艺表演

Концертные выступления





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2019

非洲荣耀之夜
Africa's Glorious Night

6月15日晚,在北京鹏润国际酒店举办了非洲之夜颁奖典礼活动,本次活动的主题是“为了一起庆祝那些帮助非洲在各个职业和领域取得卓越成就的人们而所做出的努力”。

On the evening of June 15, the African Night Awards Ceremony was held at Pengrun International Hotel in Beijing. The theme of the event was "Celebrate the efforts of those who have helped Africa achieve remarkable achievements in various occupations and fields".

佛得角驻华大使塔尼亚·罗穆阿尔多女士演讲,她被评为非洲年度人物提名,2019年非洲骄傲亚太奖,2015年9月到中国担任大使,同时2016年2月起担任佛得角驻日本大使

Ms. Tania Romualdo, Cape Verde's Ambassador to China, gives a speech. She was nominated as African Person of the Year. She won the Asia-Pacific Pride Award for Africa in 2019. She came to China as Ambassador in September 2015. She also serves as Cape Verde's Ambassador to Japan since February 2016.



嘉宾入场合影
Participants



欣赏非洲创始人萨曼莎博士介绍本次活动
Guests enjoying the talk given by African innovator, Dr. Samantha T. Sibanda



萨曼莎·西班牙是谁?
WHO IS SAMANTHA SIBANDA?

萨曼莎·西班牙 1978 年出生于津巴布韦。从小就对人权和社会工作有着不间断的热情,这使她走上了知识同化的轨道,不可避免地积累了在她工作领域的经验。萨曼莎女士为各种地方和国际组织担任各种领导职务。作为一名多产的讲师, Sibanda 女士还在中国北京的多个机构任教,包括英语、非洲文化研究、个人发展、动机、团队建设、职业发展等领域,并担任过营销和公关职位。她还参加了国际上各种广播节目的颁奖典礼。她是“欣赏非洲网络”的创始馆长,该网络由五个部分组成。在业余时间,西班牙女士作为电台主持人,也提供咨询服务。

Samantha Sibanda was born in Zimbabwe in 1978. From her early years she felt an incessant passion for human rights and social work which put her on a path of knowledge acquisition and accumulation on these areas.

Ms. Sibanda serves in various leadership capacities for a number of local and international organisations.

As a prolific instructor, Ms Sibanda teaches at various institutions in Beijing, China in subjects including English language, African cultural studies, personal development, motivation, team building and career development. She has also worked in marketing and PR positions and participated in several award ceremonies organized for international radio programmes.

She is the founder of the "Appreciate Africa Network" consisting of five arms.

During her spare time Ms. Sibanda volunteers as a radio presenter and offers counselling.



节目表演
Dance and music show



阿尔及利亚驻华大使艾哈桑·布哈利法阁下 为获奖嘉宾颁奖
H.E. Ahcne Boukheifa, Ambassador of Algeria to China, presents an award



非盟常驻代表 Amb.Rahamtalla M. Osman 为获奖嘉宾颁奖
Amb. Rahamtalla M. Osman, Permanent Representative of the African Union, presents an award



西班牙驻华大使拉法埃尔·德斯卡利亚尔·德·玛萨雷多 (Rafael Dezcallar de Mazarredo) 阁下在活动上讲话
El embajador de España en China Sr.Rafael Dezcallar de Mazarredo da un discurso en la actividad.s



活动现场 Sitio de actividad



西班牙语日 EL DÍA E

e1

6月22日星期六,北京塞万提斯学院举办传统节日“西班牙语日”。

El Instituto Cervantes de Pekin, acoge el sábado 22 de junio una nueva edición del Día E, una consolidada tradición. Coincidiendo con el solsticio de verano y con el final del curso académico, esta jornada lúdica, participativa, festiva, está especialmente dirigida a quienes estudian o desean empezar a aprender el español.

北京塞万提斯学院自2009年开始举办西班牙语日,这是一个传统的开放日,旨在向这门世界第二大语言以及所有分享这门语言的朋友们表达敬意。

El Instituto Cervantes de Pekin viene celebrando el Día E desde 2009, tradicional jornada de puertas abiertas que rinde homenaje a la segunda lengua más hablada en el mundo y a todos aquellos que la comparten.



应邀出席的部分西语国家驻华使节出席开幕仪式
Unos enviados diplomáticos de países hispanohablantes invitados asisten a la celebración de inauguración





嘉宾观赏展览
Los invitados aprecian la exhibición

Exposición de Arte de Cuba

古巴艺术展



古巴驻华大使米格尔·安赫尔·拉米雷斯·拉莫斯阁下致欢迎辞
El Embajador de Cuba en China, Sr. Miguel Angel Ramirez Ramos da el discurso de bienvenida

6月25日，由中国文化和旅游部国际交流与合作局、古巴驻华大使馆和古巴文化部联合举办，中国对外文化集团有限公司和古巴造型艺术委员会实施的“古巴艺术家邝美云作品展——加勒比的明代：图像、书法及诗歌展”在首都图书馆开幕。

El 25 de junio, se inauguró la "Exposición de las Obras de la Artista Cubana Flora Fong - El Caribe Ming: Imagen, caligrafía, verso" en la Biblioteca de la Capital Beijing. La exposición está organizada conjuntamente por el Departamento de Intercambio y Cooperación Internacional del Ministerio de Cultura y Turismo de China, la Embajada de Cuba en China y el Ministerio de Cultura de Cuba, y presentada por el Grupo de Arte y Entretenimiento de China Ltd. y el Consejo Nacional de Artes Plásticas de Cuba.



古巴艺术家邝美云女士接受采访
La artista cubana, Sra. Flora Fong recibiendo la entrevista

活动现场

Campo de actividad





印度尼西亚大使镜头下的金熊猫
Golden Panda in the camera of the Indonesian Ambassador



古巴大使镜头下的金熊猫
Golden Panda in the camera of the Cuban Ambassador

Treasure of the Earth The Golden Panda

地球珍宝 —— 金熊猫

摄影：驻华大使 / Photos taken by ambassadors in China

雄性金色大熊猫“七仔”，体重110Kg左右，习性与黑白色大熊猫一样。2009年11月，“七仔”被秦岭山自然保护区工作人员发现。它是目前世界上唯一能够近距离观察和研究的金色大熊猫。“七仔”目前10岁，相当于人类的30岁左右，世界上有记录发现的该色大熊猫共9次，这种罕见的毛色变异目前只在秦岭山系被发现，现在生活在西北一家野生动物保护中心。

"Qi Zai" is a male golden panda, weighing 110 kg and having habits very similar to black and white pandas. It was discovered in November 2009 by an employee of the Qin Ling Mountain National Park. It's the only golden panda that can be observed and studied from a close distance. "Qi Zai" is 10 years old now, which corresponds to 30 years of age for a human. According to the records, up until now, there were only 9 golden pandas discovered in the world, but a panda with this sort of rare fur colour has only been spotted in Qin Ling Mountain. Now it is living in a wildlife protection centre in northwest China.



克罗地亚大使镜头下的金熊猫
Golden Panda in the Camera of the Croatian Ambassador

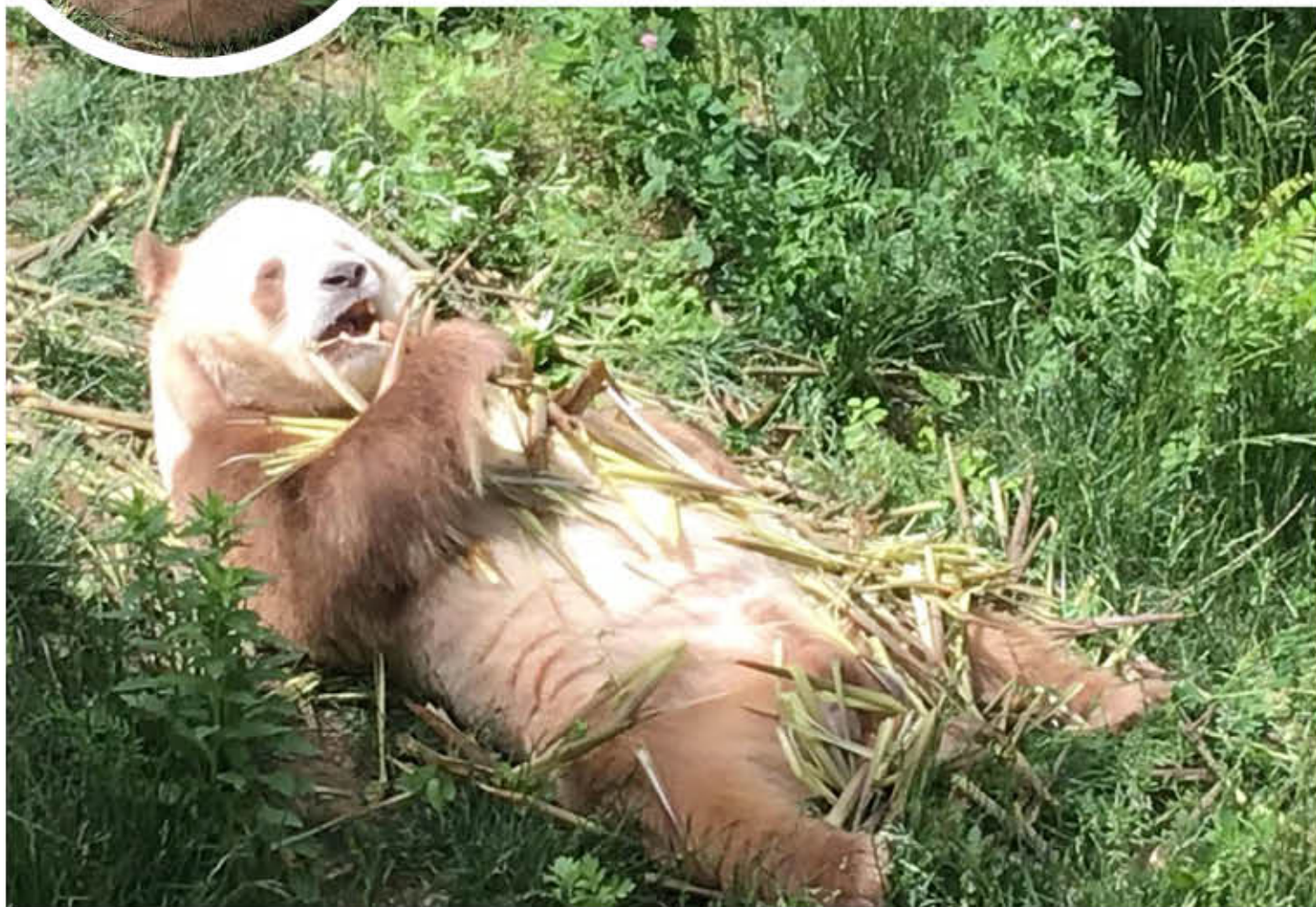


马耳他大使镜头下的金熊猫
Golden Panda in the camera of the Ambassador of Malta

圭亚那大使镜头下的金熊猫
Golden Panda in
the camera of the
Ambassador of Guyana



哥斯达黎加大使镜头下的金熊猫
Golden Panda in the camera of the
Ambassador of Costa Rica



第四届丝绸之路（敦煌）国际文化博览会和 Press Conference for the 4th Silk Road (Dunhuang) International Cultural Expo & 第九届敦煌行·丝绸之路国际旅游节新闻发布会 the 9th Dunhuang Tour-Silk Road International Tourism Festival Press Conference

主办：甘肃省人民政府 文化和旅游部 国家广播电视总局 中国贸促会
Sponsors: Gansu Provincial People's Government; Ministry of Culture and Tourism of the People's Republic of China
National Radio and Television Administration; China Council for the Promotion of International Trade

2019年7月3日 中国·北京
July 3, 2019 Beijing, China



繁荣丝路 战胜贫困

Prospering the Silk Road, Eradicating Poverty

2019年7月3日上午，第四届丝绸之路（敦煌）国际文化博览会和第九届敦煌行·丝绸之路国际旅游节（简称“一会一节”）新闻发布会在北京人民大会堂举行。

A press conference on the the 4th Silk Road (Dunhuang) International Cultural Expo and the 9th Dunhuang Tour-Silk Road International Tourism Festival (referred to as "One Expo and One Festival") was held at the Great Hall of the People in Beijing in the morning of July 3, 2019.



甘肃省人民政府副省长
何伟女士讲话
Ms. He Wei, Vice Governor of Gansu
Provincial People's Government



国家广播电视总局科技司司长
许家奇先生讲话
Mr. Xu Jiaqi, Director of Science and
Technology Department of the State
Administration of Radio and Television



甘肃省文化和旅游部国际交流与合作局局长
谢金英先生讲话
Mr. Xie Jinying, Director of International
Exchange and Cooperation Bureau of
Gansu Ministry of Culture and Tourism



中国贸促会贸易投资促进部副部长
阮伟先生讲话
Mr. Ruan Wei, Vice-Minister of Trade and
Investment Promotion Department of China
Council for the Promotion of Trade



甘肃省文化和旅游厅厅长
陈卫中先生讲话
Mr. Chen Weizhong, Director of
Gansu Culture and Tourism
Department



甘肃省人民政府新闻办公室主任
郭锦诗先生主持活动
Mr. Guo Jinshi, Director of
Information Office of Gansu
Provincial Government, anchored
the press conference

甘肃省人民政府副省长何伟女士在讲话中说：第四届丝绸之路文博会今年将以新的新式展示，将与丝绸之路国际旅游节一同举办，持续一个月。以“一会一节”的大平台，组织举办论、展、演、游、贸，创六类23项主题活动，活动区域在多个城市展开，参与人数达500万。以“一会一节”为契机，齐奏共建繁荣丝路、共助脱贫攻坚、共创美好未来的时代乐章。

In her speech, Ms. He Wei, Vice Governor of Gansu Provincial People's Government, said that this year, the 4th Silk Road Cultural Expo will be held in parallel with the Silk Road International Tourism Festival, it will last for a month and will feature a new style. On this joint platform called "One Expo and One Festival", there will be 23 thematic activities organized in six categories, discussion, exhibition, performance, tourism, trade and so on. The activities will be carried out in several cities with a total of 5 million participants. "Taking the 'One Expo and One Festival' as an opportunity, we will work toward building a thriving Silk Road, overcoming poverty, attacking hardships and creating a better future together."



活动现场
Journalists





辉煌70年 · 壮美广西新征程

Splendid 70 Years · Magnificent New Journey in Guangxi

——海外华文媒体采访活动在广西南宁启动

Overseas Chinese Media Tour Kicked off in Nanning, Guangxi

5月18日，由广西壮族自治区党委统战部、中国新闻社广西分社联合主办的“辉煌70年·壮美广西新征程”海外华文媒体采访活动在广西南宁启动。来自美国、法国、德国、澳大利亚、加拿大、日本、韩国、意大利、匈牙利、缅甸、印尼等20个国家和地区的30家海外华文媒体走进壮乡，零距离感受广西日新月异的新变化。

On May 18, 2019, the overseas Chinese media interview tour "Splendid 70 Years - Magnificent New Journey in Guangxi" - co-sponsored by the United Front Work Department of the Party Committee of Guangxi Zhuang Autonomous Region and Guangxi Branch of China News Service - was launched in Nanning, Guangxi. Representatives of 30 overseas Chinese media outlets from 20 countries and regions, including the United States, France, Germany, Australia, Canada, Japan, South Korea, Italy, Hungary, Myanmar and Indonesia, came to visit Guangxi to get a personal insight into the rapid changes of Guangxi.



中国新闻社广西分社社长周群指出，广西是中国南方沿海、沿边、沿江富有发展潜力、作为中国五大少数民族自治区之一广西有着中国与东盟开放合作“大枢纽”“大平台”等独特的优势，也是观察中国发展的一个重要窗口。她期待海外华文媒体积极发挥自身优势，在本次参访行程中写出更多充满温度、高度和深度的报道，助力“建设壮美广西 共圆复兴梦想”，让广西发展的好声音更多地落在世界各国落地。

Zhou Qun, Director of Guangxi Branch of China News Service, pointed out that Guangxi has a rich development potential in China's southern coastal area as a border and riverfront region. As one of the five autonomous regions for ethnic minorities in China, Guangxi has some unique advantages such as offering a "big hub" and a "big platform" for China-ASEAN cooperation and it is also an important window to observe China's development. She hopes that the overseas Chinese media would give a full account of its advantages and publish reports full of facts and sentiments so as to help "build a beautiful Guangxi, realize the dream of rejuvenation and let the voice of Guangxi's development be heard in more countries of the world".



5月18日

活动第一站，海外华文媒体考察团赴国家5A级南宁市青秀山风景区参访，青秀山也是“广西十佳景区”之一。

At the first stop of the activity, the delegation of the overseas Chinese media visited the National 5A Qingxiu Mountain Scenic Area in Nanning, one of the top ten scenic spots of Guangxi.





CULTURAL PERSPECTIVE 文化视野



5月18日

当天下午，海外华文媒体考察团还参观了南宁市博物馆和广西民族博物馆，了解南宁的前世今生，同时领略广西少数民族的风土人情以及文化特色。

In the afternoon, the media delegation visited the Nanning Museum as well as the Anthropology Museum of Guangxi to learn about Nanning's past and present life and study the local customs and cultural characteristics of the ethnic minorities of Guangxi.



5月19日

活动第二天，海外华文媒体团参观了贵港市东盟电动车生产基地，贵港西江科技创新产业城，已经形成了中国—东盟新能源电动车生产基地，并且带动了一系列上下游产业链的发展。

On the second day of the programme, the journalists visited the ASEAN Electric Vehicle Production Facility and the Xijiang Science and Technology Innovation City in Guigang City, which form a China-ASEAN new energy electric vehicle production base and foster the development of numerous upstream and downstream industrial chains.





第二天下午，海外华文媒体团参观了桂平大藤峡水利枢纽工程，大藤峡水利枢纽工程是国务院批准的《珠江流域综合利用规划》、《珠江流域防洪规划》确定的流域防洪控制性枢纽工程，是《珠江流域与红河水资源综合利用规划》和《保障澳门珠海供水安全专项规划》提出的流域关键性水资源配置工程，是国务院要求加快推进的172项重大水利工程之一，也是广西实施“双核驱动”战略的重大基础设施项目，是广西建设“西江亿吨黄金水道”的关键节点和打造珠江西江经济带的标志性工程。



The next afternoon, the overseas Chinese reporters visited the Datengxia Gorge water conservation project in Guiping County, a key water management project set out in the "Comprehensive Utilization and Flood Control" plans for the Pearl River Basin. The construction project was approved by the State Council, a comprehensive undertaking effecting the Pearl and Red rivers. It aims at securing the water supply for cities along these rivers and at providing protection for cities like Macao and Zhuhai against the floods. The project is also one of the 72 major water management projects the State Council has decided to accelerate, a major infrastructure project utilizing the "Dual-Core Drive" strategy in Guangxi, a crucial element in the overall construction of the "100 Million Tons Xijiang Golden Channel" and also a paramount project of the Xijiang Economic Belt.

5月19日



5月20日

5月20日至21日，海外华文媒体团代表走进广西梧州，参观了梧州粤剧展览馆、龙母庙、梧州茶厂、骑楼城、藤县陶瓷园区、中恒集团粉针车间、龟苓膏博物馆等地，了解梧州相关投资环境和相关企业文化。

Between May 20-21, the representatives of the overseas Chinese media stayed in Wuzhou, Guangxi and visited the Wuzhou Cantonese Opera Exhibition Hall, Longmu Temple, Wuzhou Tea Factory, Arcade-house city, the Ceramic Park in Tengxian County, a powder needle workshop of Zhongheng Group, Guilin Jelly Museum and other places to understand the investment environment and corporate culture of Wuzhou.

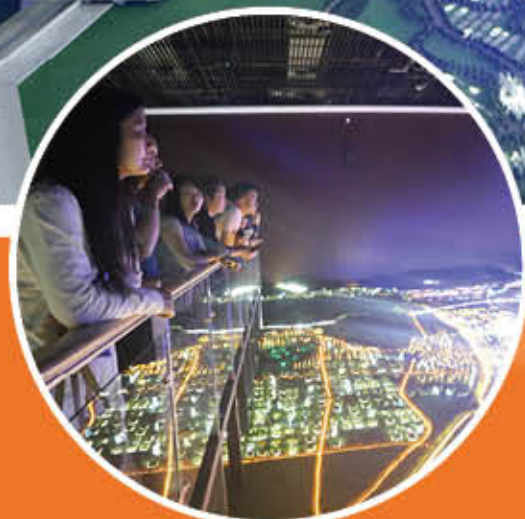


参访梧州粤剧馆
Wuzhou Cantonese Opera Exhibition Hall



参访龙母庙 Longmu Temple





参访梧州市规划馆
Wuzhou Planning Museum

→ 5月20日



参访梧州六堡茶文化展示馆
Wuzhou Liubao Tea Culture Exhibition



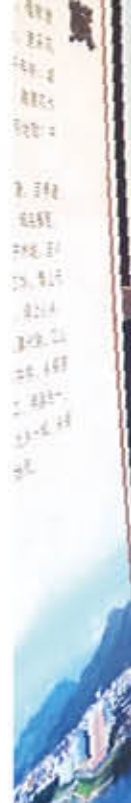
参访藤县陶瓷园区
Ceramic Park in Tengxian County



→ 5月21日



参访中恒集团针粉车间
Powder needle workshop of Zhongheng Group



参访桂林永福县博物馆, 了解福寿文化
Yongfu County Museum in Guilin, a place to learn about longevity

参访龟苓膏博物馆
Guiling Jelly Museum

→ 5月21日-22日



5月22日, 海外华文媒体团聚焦“辉煌70年·壮美广西新征程”活动最后一站, 来到了中国著名的长寿之乡暨桂林市永福县, 了解探知长寿秘诀。永福县县长莫振华介绍说: 在永福县的28万人口中, 百岁老人就有50多位, 是中国的长寿之乡。

→ 5月22日

On May 22, 2019, the delegation arrived to the famous Chinese hometown of longevity - Yongfu County of Guilin to learn about the secrets of longevity. It was the last stop of the "Splendid 70 years - Magnificent New Journey of Guangxi". Mo Zhenhua, Head of Yongfu County, when introducing the place said that there are more than 50 centenarians in the 280,000 local population.



参观苏桥罗汉果主题小镇
Suqiao Luohanguo Theme Town



“Dreams of Europe and China” Children’s Art Exhibition Opened in Xi’an



欧盟“梦想中欧”绘画展首次在西安展出

今年六一儿童节在陕西省美术博物馆举办的第八届原点杯《放飞梦想》暨欧盟《梦想中欧》国际青少年优秀作品画展在陕西省美术博物馆开展。画展给观众带来了好多新的色彩。欧盟驻华代表团副团长白尚德在讲话中说：我代表欧盟驻华使团参加这次画展，很高兴来到美丽的西安和小朋友一起度过儿童节。

The 8th Yuandian Cup titled "Let Dreams Fly" and the European Union's "Dreams of Europe and China" Children's Art Exhibition was opened in the Museum of Fine Arts of Shaanxi Province on International Children's Day, 1st of June. The exhibition brought a new variety of colours to the visitors. Deputy Head of the Delegation of the European Union to China, Mr. Asad Beg said at the outset: "I take part in this exhibition on behalf of the European Union and I am very pleased to visit Xi'an, this beautiful city and celebrate the International Children's Day with our little friends together."

欧盟驻华代表团副团长白尚德在讲话中说：我代表欧盟驻华使团参加这次画展，很高兴来到美丽的西安和小朋友一起度过儿童节。欧盟和中国都有着悠久的传统文化，同时都有着创新的科学艺术，这些少儿优秀国际作品表现出小朋友对未来的畅想。我期待在未来发展中，小朋友们都能有强有力的的大脑，手和心脏，放飞梦想！

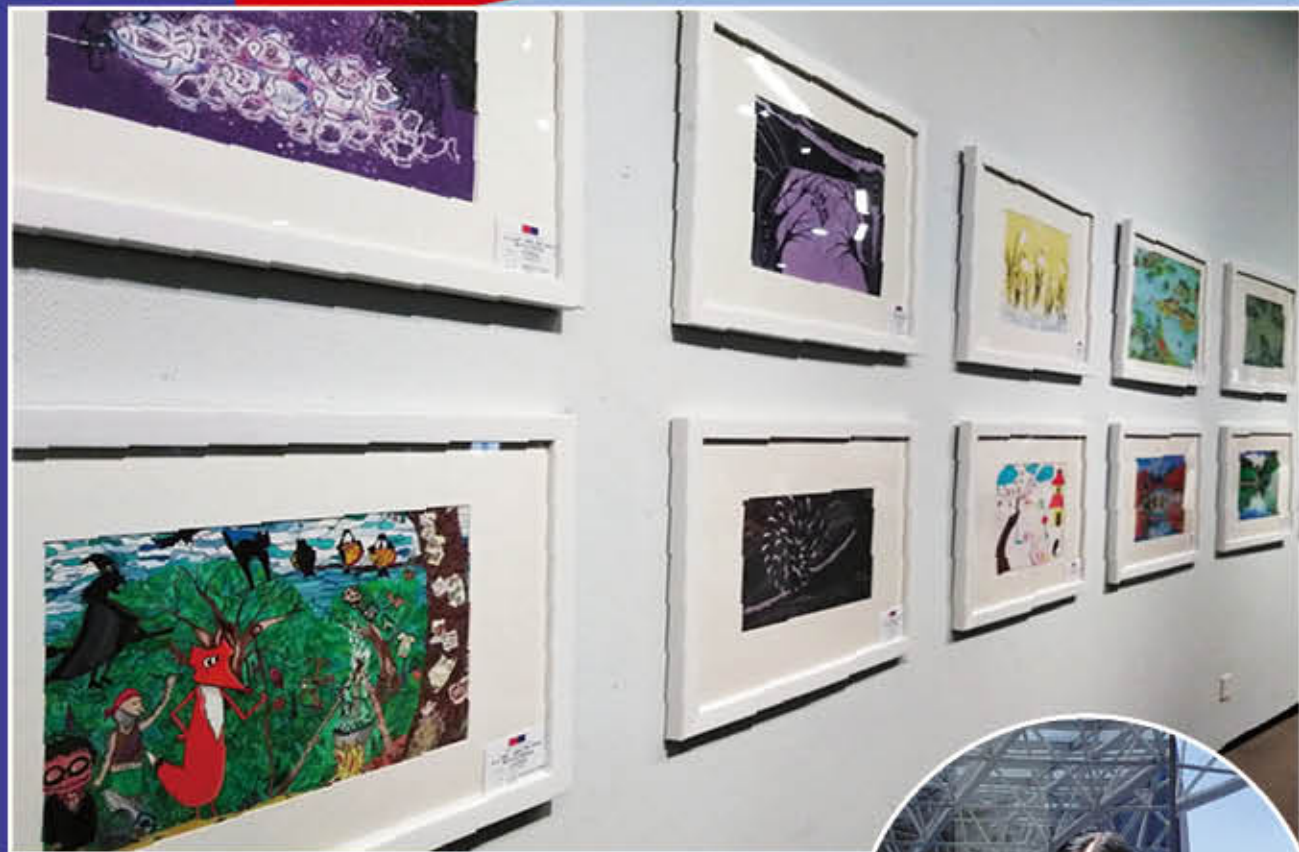
Deputy Head of the Delegation of the European Union to China, Mr. Asad Beg mentioned that "both the European Union and China are rich in cultural traditions and own innovative science and art. These excellent international works are representing the visions of the children for the future. May these children be able to grow a strong mind, hand and heart, and make their dreams fly!"

欧盟和中国都有着悠久的传统文化，同时都有着创新的科学艺术，这些少儿优秀国际作品表现出小朋友对未来的畅想。我期待在未来发展中，小朋友们都能有强有力的的大脑、手和心脏，放飞梦想！据《世界中国》杂志社社长纳·吉麟介绍：由欧盟驻华使团主办，《世界中国》杂志社承办的“梦想中欧”青少年绘画展项目自2011年举办以来首次在陕西省举办。来自西班牙、克罗地亚、德国、意大利、比利时、拉脱维亚、罗马尼亚和匈牙利8个国家青少年的绘画作品让西安青少年以及家长看到了外国小艺术家画笔中的中国。



According to Ms. Nagy Lin, President of "The World and China" Magazine, the "Dreams of Europe and China" Children's Art Exhibition - organized by the Delegation of the European Union to China and implemented by "The World and China" Magazine - is held in Shaanxi Province for the first time since its launch in 2011. The artworks of the kids and teenagers of eight European countries, Spain, Croatia, Germany, Italy, Belgium, Latvia, Romania and Hungary, let the Chinese children and their parents gain a vivid insight as to how their European contemporaries imagine China.





美术馆副馆长张娴在介绍画展时说,“组委会历时3个月,共征集海内外作品1868幅,最终评选出896幅作品参加本次展览。其中,其中欧盟国家529幅”

Zhang Xian, Deputy Director of the Museum of Fine Arts, said: "The Organizing Committee spent three months collecting 1868 works from home and abroad and selected 896 artworks to participate in the exhibition. Among them, 529 are from EU member countries."



欧盟驻华使团副大使白尚德 ASAG BEG, 西班牙驻华大使馆副大使 Jose Luis Garcia Galan, 西班牙驻华大使馆文化参赞 Gloria Minguez, 《世界中国》杂志社社长纳吉·麟为孩子们颁发了证书。活动期间,本次展览时间为5月31日—6月9日

Asad Beg, Deputy Head of the Delegation of the European Union to China, Jose Luis Garcia Galan, Deputy Head of the Spanish Embassy, Gloria Minguez, Cultural Counsellor of the Spanish Embassy in China and Nagy Lin, President of "The World and China" Magazine, handed over certificates to the children. The exhibition run from 31 May till 9 June.



西班牙驻华大使馆副大使 Jose Luis Garcia Galan 在接受采访时说:他是第三次来到西安,欧洲很多小朋友没有来过中国,他们对中国历史、中国文化非常感兴趣,他们通过网络、电视、书籍对中国有了初步的概念;欧洲也有丰富的历史文化和物质文明,他们期待中国和欧洲的小朋友通过文化活动互动,努力学习各国语言,长大后都能到各国去看看,丰富自己的人生体验和开阔眼界。为此,他们从2011年开始通过“梦想中欧”这一重要的儿童文化活动,积极推动中外文化交流。”

Jose Luis Garcia Galan, Deputy Head of the Spanish Embassy in China when asked in an interview said that he was visiting Xi'an for the third time. Most European children have not visited China yet although they are quite interested in Chinese history and art. They usually gain a basic concept of China through the Internet, some television programmes and books. Europe also looks back upon a long history, owns a long winding culture and a bright civilization. The kids of the two countries are particularly keen to participate in cultural exchange programmes organized with the other party, learn each other's languages and when grew up, pay a visit to the other country thus enriching their experience and understanding. To this end, the Spanish children are participating in the "Dreams of Europe and China" since its very beginning in 2011 and are vigorously promoting the cultural exchange between the two countries.



“Dreams of Europe and China” Children’s Art Exhibition Launched in Yantai

欧盟“梦想中欧”绘画展在烟台展出



烟台外事办副主任 王兴生
Wang Xingsheng, Deputy Director of
Yantai Foreign Affairs Office

6月15日，2019年中国欧盟“梦想中欧”青少年艺术绘画展15日在烟台文化馆开幕，展出中国、意大利、西班牙、匈牙利、德国、罗马尼亚、克罗地亚等国家青少年优秀绘画作品600幅。

记者在画展现场看到，欧洲青少年们用画笔画出了他们眼中的中国友好城市，中国青少年画出了他们眼中的欧洲城市，作品呈现了欧洲和中国不同风格元素的市井风貌、自然景观和风俗人物等题材。

据悉，“梦想中欧”项目立项于2011年，早期名称为“我心中的欧洲”。该项目每年都举办，从2016年开始扩大到北京以外的城市。

此次画展由欧盟驻华代表团和烟台市人民政府外事办公室主办，中国人民友好和平发展基金会协办，《世界中国》杂志社和烟台国际交流中心承办。

The “Dreams of Europe and China” Children’s Art Exhibition of the Delegation of the European Union to China opened its gates in the Cultural Palace of Yantai on June 15. There were 600 outstanding artworks of Chinese and European children on display

from the participating countries: China, Italy, Latvia, Spain, Hungary, Germany, Romania, Croatia and Belgium.

European teenagers painted Chinese cities the way they imagine them whereas Chinese children painted European cities according to their knowledge and imagination. The works presented cities, natural sceneries and folk characters of different styles across Europe and China.

The “Dreams of Europe and China” project was launched in 2011, and was formerly called “Europe in my Heart”. The project is held every year and was extended to reach cities outside Beijing in 2016.

The exhibition was organised by the Delegation of the European Union to China and the Foreign Affairs Office of the Yantai Municipal People’s Government. It was co-organised by the China Friendship Foundation for Peace and Development and implemented by “The World and China” Magazine and Yantai International Exchange Center.



欧洲联盟驻华代表团新闻信息处处长峰威力与参展孩子及老师合影
William Fingleton, Head of Press & Information Section of the Delegation of the European Union to China, with some of the participants



烟台国际文化交流中心主任王新成先生与协办方中国人民友好和平发展基金会副秘书长邓岚女士。峰威力先生发言。
Mr. Wang Xincheng, Director of Yantai International Cultural Exchange Center and Ms. Deng Lan, Deputy Secretary of China Friendship Foundation for Peace and Development. Mr. Fingleton talks during the event.



活动
Activity scene
现场

云南省人民政府新闻办公室

Information Office of the People's Government of Yunnan Province



会议由云南省人民政府新闻办公室专职副主任田虎青主持

The conference was presided over by Tian Huqing, Deputy Director of the Press Office of Yunnan Provincial People's Government



彭斌部长对第八届大理国际影会的亮点进行了初步介绍

Minister Peng Bin gave a preliminary introduction to the highlights of the Eighth Dali International Photography Exhibition



大理国际影会艺术总监鲍利辉先生总结

An overview was given by Bao Lihui, Art Director of Dali International Photography Exhibition

大理国际影会即将开幕

Dali International Photography Exhibition to be Opened

第八届大理国际影会新闻发布会于2019年6月24日在昆明滇池湖畔海埂会堂召开。影会将于2019年8月17日——8月21日在大理举办。

彭斌部长对第八届大理国际影会的亮点进行了初步介绍，策划展出国内、国际摄影展100多个，作品8000余幅。

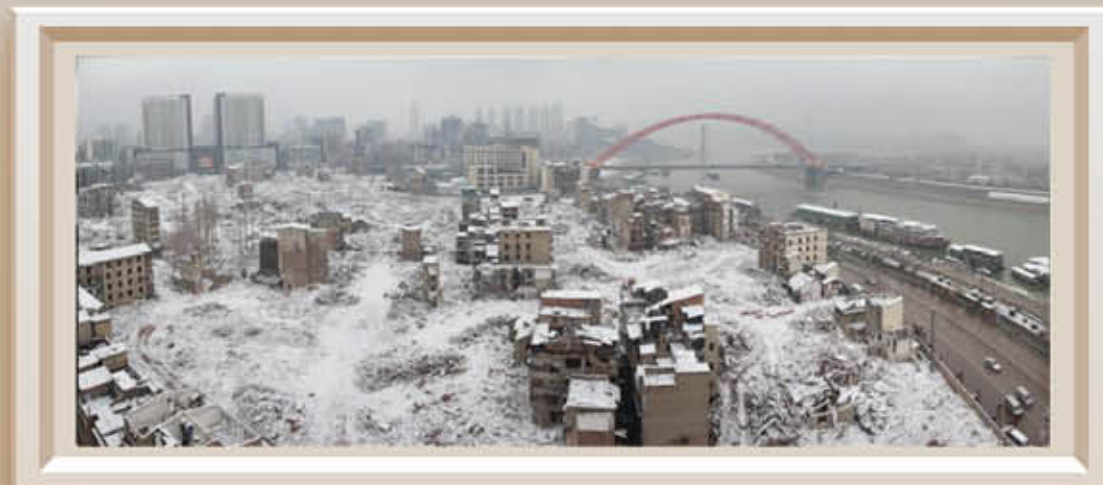
大理国际影会艺术总监鲍利辉先生总结，“大理国际影会自2009年举办以来，已成功举办七届，是中国影像走向国际的前哨战，也是带领中国摄影艺术家和摄影作品走进国际影像市场的试金石，将始终坚持“为亚洲发声，与世界交流”，秉承、坚持最初的理念，希望为更多摄影师打造更多机遇与平台。

The press conference on the Eighth Dali International Photography Exhibition was held at Haigeng Hall at Dianchi Lake in Kunming, Capital of Yunnan Province in southwest China, on June 24, 2019. The exhibition will be held in Dali from August 17 to 21, 2019.

Minister Peng Bin gave a preliminary introduction to the highlights of the Eighth Dali International Photography Exhibition which is planned to stage more than 100 domestic and international photography exhibitions with more than 8,000 works.

Bao Lihui, Art Director of Dali International Photography Exhibition gave the following overview: "The Dali International Photography Exhibition has been successfully held for seven times since 2009. It is not only a muster for Chinese photographers and for their works to enter the international photography market. We will always adhere to the concept of speaking for Asia and communicating with the world, uphold and stick to the original idea and hope to create more opportunities and platforms for a growing number of photographers."

2019 DIPPE DALI 8th





郑州西亚斯学院 SIAS UNIVERSITY



郑州西亚斯学院学校创办人、理事长 陈肖纯博士
Dr. Chen Xiaochun, Founder and President of Sias University

郑州西亚斯学院始建于1998年，前身是郑州大学西亚斯国际学院。郑州大学西亚斯国际学院是由美国西亚斯集团公司投资，与郑州大学、美国堪萨斯州富特海斯州立大学（Fort Hays State University，英文缩写FHSU）合作的中外合作办学机构，是河南省首家被国务院学位委员会批准可以实施境外学士学位教育合作项目的全日制本科院校，也是首批被中国教育部中外合作办学评估合格的高校。2018年，经教育部批准，转设为独立设置的民办普通本科高校，学校代码为4141014654。

学校位于“中华第一古都”、黄帝故里河南郑州新郑市，占地面积2400余亩，已建有100余万平方米风格各异的教学馆舍。给学生创造了浓郁的国际化成长氛围。

学校全面贯彻并认真执行中国共产党和国家的教育方针，坚持社会主义办学方向。在学科建设上，学校坚持专业发展与特色发展的办学路径。学校现设商学院、会计学院、外语学院、国际教育学院、电子信息工程学院、艺术设计学院、护理学院、法学院、体育学院、新



郑州西亚斯学院校园景色
Campus of Sias University

闻与传播学院、建筑学院、音乐戏剧学院、马克思主义学院、文学院、教育学院、继续教育学院等16个学院，有本科、专科专业（含方向）74个，中外合作办学项目6个，形成了以管理、人文、社科类学科专业为主，共计八大学科门类，多学科协调发展的学科专业体系；依托郑州大学自2008年始，在国民经济学、工商管理、英语语言文学、外国语言学及应用语言学、英语笔译、电子与通信工程等专业开展了研究生教育。学校现有在校生29600余人，专业教师1750人，其中外籍教师150余人，外教与学生数量之比居全国前列。

学校坚持走国际化合作办学道路，先后与美、加、英、法、日、韩、澳等40个国家和地区的200多所高校开展友好交流合作。学校的文学院，现已招收来自美、日、韩、俄等20多个国家的留学生。

学校以人为本，以学生为主体，紧密联系社会实际，理论与实践相结合的教学方式，使学校的教学质量不断提高，毕业生就业率连年名列河南省高校前列。毕业生以英语口语好、思想观念新、业务基础牢、实践能力和沟通能力强等优势深受用人单位的好评。

学校凭借自身的综合实力与优势，先后荣获国家相关部门和媒体单位颁发的“中国外资本科院校十大影响力品牌”、“中国教育总评榜十佳中外合作院校”、“中国外资本科院校最具竞争力品牌”、“中国最具就业竞争力院校”、“最具综合实力中外合作院校”、“中国社会影响力中外合作院校”、“十大品牌影响力中外合作院校”、“河南省优秀民办学校”、“行风建设先进单位”等称号。河南省人民政府和郑州市人民政府分别



向学校创办人陈肖纯理事长颁发了“黄河友谊奖”和“商都友谊奖”。2015年2月，学校以引进先进教育理念和实施国际化特色办学，为中美合作交流培养出大量优秀人才所取得的成绩，荣获第三届“美中杰出贡献奖”。学校创办人、理事长陈肖纯博士现任世界大学校长联合会执行董事、财务长，中国区主席。



Campus Scenery of Sias University



SIAS UNIVERSITY

Sias University was founded in 1998, and is the first solely American-owned University in Central China. Affiliated with Fort Hays State University of Kansas, USA, and formerly with Zhengzhou University, it was developed and designed in response to the most current educational demands of the region. It is the first full-time undergraduate university approved by the Degree Committee of the State Council in China to grant both Chinese and American Bachelor's Degrees. Sias is also fully accredited by China's Ministry of Education, and in 2018 it was given approval to function as an independent private undergraduate university.

The university is located in Xinzheng, a county-level city in the Zhengzhou metropolitan area. The sprawling campus covers an area of almost 400 acres and exhibits a combination of Chinese and European architectural styles to make it distinctly international. The modern music, art, and sports facilities highlight the institution's focus on the



development of well-rounded graduates who exhibit a high level of morality, intelligence, culture and a healthy lifestyle.

Combining Chinese and Western educational philosophies, Sias aims to nurture talent and develop sophisticated and specialized individuals that can contribute to the modernization and economic development of China. To achieve these goals, Sias broadens the views of its students and encourages creativity and independent thought among both students and faculty through an innovative curriculum, diverse campus activities, all in a modern and beautiful environment. The participation of foreign faculty members and the use of English-language teaching materials also enhances bilingual communication skills among the students. All this encourages Sias students to explore global strategies to develop and evolve their problem-solving abilities.

Sias has 16 academic schools that offer 74 undergraduate degree programs and 6 dual degree programs with Fort Hays State University from Kansas, USA.

Today Sias has an enrollment of over 29,600 students and employs over 1,750 full-time faculty members, including 150 full time foreign teachers. The ratio of foreign faculty to students ranks first in Central China.

As an international university, Sias enjoys partnerships with over 200 international partner schools from 40 countries including the United States, Japan, the United Kingdom, France, Thailand, and Indonesia. It also has a large number of international students from over 20 countries.

The organizational structure of Sias' administration strengthens the foundation and functioning of the university. The curriculum is student-oriented, and by using a combination of theoretical and practical teaching methods, Sias ensures that the teaching quality is continuously improving, and that the employment rate for Sias graduates remains among the top three universities in all of Henan every year. Sias graduates have received high praise from employers for their excellent oral English, all-round abilities, creative thinking, and strong work ethic.

Based on its overall strength, Sias has received

many awards by state institutions and the national news media, including the Top 10 Most Influential Foreign-owned Undergraduate Universities in China Award, U.S.-China Outstanding Contribution Award (2015), 2015 New Media Development Experience in Universities, 2015 Central China Private Education Innovation and Development Award, 2016 Model University for Employment, 2018 Leading Brand in Education Industry award, 2018 Most Influential Sino-Foreign Institution, 2018 Private Universities Brand Strength Award and Top 10 Universities for Public Satisfaction in Henan.

To commend the outstanding contribution of the Founder of Sias, Dr. Shawn Chen, the Henan Provincial Government and Zhengzhou City awarded him the "Yellow River Friendship Award" in 2004 and the Business Capital Development Friendship Award" in 2005. Dr. Chen is a Board Member and Chairman of the Advisory Council of the Association of Universities of Asia and the Pacific (AUAP), and is the Treasurer Elect of the International Association of University Presidents (IAUP).





关于母乳喂养的那些谣言，你信了几个？

How Many Rumors on Breast-Feeding Have You Trusted?

母乳喂养本是让母婴都很受益的事，可偏偏身边充斥着来自亲妈、婆婆以及“过来人”的无知论调，在母乳喂养这条路上，挖了一个又一个的坑，母乳喂养妈妈稍不留神，就会掉到坑里。本期话题，我们就来揭穿生活中最常见的几大母乳喂养谣言，妈妈们一定要坚信母乳是宝宝最好的食物，看到以下这些谣言，可要擦亮眼睛哦。

Breast-feeding is an activity beneficial to the mother and the baby, but there are a lot of ignorant viewpoints from mothers, mothers-in-law and "experienced" friends of the young mothers. They have dug holes one after another on the breastfeeding way, making it extremely easy for young mothers to fall in. In this issue, we are going to expose several common breastfeeding rumors in life. Mothers shall firmly believe breast milk is the best food for babies. Whenever you see one of the following rumors, sharpen your eyes.



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更多健康知识等您来读

1 谣言 Rumor

初乳里面有胎毒 Colostrum has fetal toxicity

初乳是妈妈产后最初几天分泌的乳汁，看上去是淡黄色，一些老观念认为初乳不干净，甚至称为胎毒，其实这是对初乳的“污蔑”。

Colostrum is the milk a mother secretes in the first few days after her delivery. As it is yellowish, some people think it is not clean, or even believe it has fetal toxicity. In fact, this is a "slander" on colostrum.

初乳中含有丰富的抗体和免疫物质，可以增加宝宝的抵抗力，还能抵抗和杀死各种细菌，防止消化道、呼吸道发生感染性疾病。初乳可以促进宝宝胎便排泄，减少黄疸发生。早产儿母亲的初乳中营养物质和氨基酸含量较多，能充分满足早产宝宝营养需求，利于早产宝宝消化吸收，提高早产宝宝免疫能力，对抗感染有很大作用。

Colostrum contains rich antibody and immune substance that can enhance babies' physiological resistance, fight and kill various bacteria, prevent digestive and respiratory tracts from infectious diseases. Colostrum can promote babies for meconium excretion and reduce the incidence of jaundice. Colostrum from mothers of premature infants contains a lot of nutrients and amino acids that can meet nutritive needs of premature infants. Therefore, it promotes their digestion and absorption, immune capability and is extremely helpful against infection.

2 谣言 Rumor

母乳过了6个月就没营养了 Breast milk doesn't have any nutrient after 6 months of baby-delivery

母乳可以满足宝宝6个月以内的生长发育，但到了6个月以后，单独依靠母乳就不能满足对铁、锌、维生素A等需要了，这时需要及时添加辅食，并继续母乳喂养。

Breast milk can meet growth requirements of babies in 6 months of their birth, but afterwards it can't meet their needs for iron solely, zinc, and vitamin A. Here, complementary food should be added and mothers

should continue feeding them with breast milk.

很多人认为母乳过了6个月就没有营养了，其实并不是这回事，母乳的营养相对还是不错的，1岁以内尽量母乳喂养，有条件可母乳喂养宝宝到2岁以后。

Many people think that breast milk is non-nutritive after 6 months. This is not true as breast milk is much nutritious. Babies below 1 year old should be fed with breast milk as much as possible. If it allows, mothers can feed their babies for over 2 years with breast milk.

3 谣言 Rumor

妈妈感冒发烧了不能喂奶 Mothers who catch a cold and/or even have a fever can't breast-feed

妈妈感冒发烧，别说喂奶，只怕是想抱抱宝宝都会招致家人反对，事实上妈妈感冒并不影响哺乳，只要戴着口罩喂奶就行了。

If a mother catches a cold and/or even has a fever, her family will not allow her to hug her baby, let alone breast-feeding. In fact, her cold will not affect her breast-feeding as long as she wears a mask.

漫长的哺乳期，妈妈难免会有个头疼脑热，有些家属就如临大敌，让妈妈和宝宝暂时分离，停喂母乳。这种做法其实完全没有必要。

In the long lactation period, it is hard for a mother to avoid diseases. But some family members are excessively upset to temporarily separate the mother



and her baby and stop breast-feeding. It's absolutely unnecessary.

宝妈只需要多休息，把照看孩子的重任委托给家人就可以了，至于喂奶，完全不受影响，但要记得喂奶时戴好口罩，洗干净双手。如果宝妈发烧温度较高，千万不要硬扛，可以和医生说明正处于哺乳期，然后遵医嘱用药，无需停喂母乳。

The baby mother can entrust the care of the baby to her family and have good rest. And her breast-feeding is not affected at all as long as she thoroughly washes her hands and wears a mask when breast-feeding. If the baby mother has a high fever, she must see a doctor and tell the doctor that she is in her lactation. It's not necessary for her to stop breast-feeding as long as she follows the doctor's advice on medicine.

4 谣言 Rumor

宝宝生理性腹泻，应该断母乳 Stop breast-feeding for a baby with physiological diarrhea

宝宝排便次数多，而且为稀便，但是大便化验正常，宝宝身高发育标准基本正常，基本可以判断是生理性腹泻。生理性腹泻不是病，和妈妈的饮食没有关系，更不能证明妈妈的奶不好。有些妈妈的母乳所含的营养成分超过了宝宝的需要，而宝宝的消化能力有限，多余的部分只能排泄出去。

A baby may have physiological diarrhea if it has loose stools with higher frequency but the clinical test is normal and its development standards are basically normal. Physiological diarrhea is not a disease and does not result from its mother's diet, and it is absolutely proofless to claim that the mother's milk is not healthy. Sometimes, the nutrients contained in breast milk are more than that a baby needs, and the digestion of the baby is limited. Therefore, excessive nutrients will have to be defecated.

生理性腹泻不需要采取任何措施，等到添加辅食之后症状会有所好转。对于少部分乳糖不耐受的宝宝，可以在医生的指导下添加乳糖酶，缓解腹泻症状。无论如何，因为生理性腹泻，给宝宝断母乳，或者转成配方奶粉都不明智。

Physiological diarrhea doesn't need any measures, and will get better after complementary food is added. For a small number of lactose-intolerant babies, lactose

enzyme can be added under the guidance of doctors to alleviate diarrhea. Anyway, it is unadvisable to stop breast-feeding or turn to formula milk powder due to physiological diarrhea.

5 谣言 Rumor

宝宝太瘦，一定是妈妈的奶水没营养 The breast milk of the mother must be non-nutritious if the baby is thin

老人总喜欢白白胖胖的小朋友，认为那是养得好。其实判断宝宝生长发育的标准不能靠视觉，而是要靠生长曲线。

Old people always like babies who are white and fat, thinking they are well fed. In fact, growth and development of babies shouldn't be judged visually but by their growth curves.

孩子的成长发育有一定的规律，目前有两种生长曲线可以供家长和医生选用，一是中国九市的儿童生长发育曲线，另一种是WHO儿童生长发育曲线。由于地域等差异，这两种曲线有一定的差别，总的而言，中国九市的标准要高于WHO的标准。

The growth and development of babies follow certain rules. At present, two growth curves are available for parents and doctors - the growth and development curve of children in nine cities of China, as well as the WHO child growth chart. Because of geographical differences, the two curves are different, but generally the nine Chinese cities standard is higher than the WHO standard.

这两种曲线图大家都可以在网上搜到，一般来说，一般儿童生长指标在上下曲线之间（3%—97%）都属正常，接近中间曲线则为中等水平。要注意的是，家长不要光从“点”上判断孩子的成长情况，而应该动态观察其发育水平，数据要有连续性。1岁前每3个月测一次身高、体重、头围；1到3岁半年测一次；3到7岁半年到一年测一次，然后把每次的数值连成一条曲线。

Readers can get these two curves online. Generally speaking, children whose growth indicators fall in between the upper and lower curves (3%-97%) are normal, while those approach the middle curve are of the intermediate level. It should be noted that parents should not exclusively judge child growth conditions in terms of "points", but should dynamically observe their development levels with consistent data. Height,



weight and head circumference of babies below 1 year old should be measured every 3 months; babies of 1-3 years old should be measured every 6 months; children of 3-7 years old should be measured every 6-12 months, and all measurement values should be connected into a curve.

母乳是宝宝自带的口粮，无论宝宝多大，都会提供给宝宝丰富的营养，单靠宝宝胖瘦来判断妈妈的乳汁是否有营养，并不科学哟。

Breast milk is the natural food for babies, and can supply them with rich nutrients no matter how old they are. It's not reasonable to judge if the breast milk is nutritious exclusively in the way that babies are fat or thin.

6 谣言 Rumor

哺乳期来月经奶水没营养 Breast milk is non-nutritious during the mother's menstruation

月经恢复，说明妈妈的子宫已经恢复正常了，但没有证据表明月经会影响母乳质量，这二者之间没有必然的联系，只是由于月经期间激素水平的变化可能会影响妈妈的泌乳量。

The restoration of menstruation indicates that the mother's womb is normal again, but no evidence shows it affects the quality of breast milk. There is no necessary connection between the two except that the changes of hormone levels during menstruation may affect the secretion amount of the mother.

月经来潮后，由于妈妈的身体营养消耗大，乳汁会有所减少，适当增加宝宝的吮吸可促进乳汁分泌。妈妈经期要多吃鱼、牛奶、禽肉和汤水等增加营养，以免乳汁浓缩和成分改变。月经来后的乳汁蛋白质的含量会变得偏高，脂肪的含量会变得偏低，有的宝宝会出现消化不良，但经期过后，会恢复正常。

When a mother menstruates, she will consume more nutrition, so her milk production may reduce. Appropriate increase of sucking by the baby can promote milk secretion. During menstruation, mothers should eat more fish, milk, poultry meat and soup to complement nutrition and avoid milk concentration and composition change. When menstruation occurs, the protein content of the milk gets higher while the fat content gets lower, and some babies may be indigestive. However, after menstruation, babies will be okay.

经期如果宝宝食量太大，可以用牛奶补充。宝宝也长大到增加辅食的月份，乳量不够，可以考虑添加米糊等辅食。因此在经期及经后期，都无须停止哺乳。

If a baby eats too much during menstruation, cow milk can be added. As a baby grows and complementary foods are available, if the mother's breast milk can't meet its needs, rice cereal and other complementary foods can be added. Therefore, it is not necessary to stop breast-feeding during and after menstruation.

7 谣言 Rumor

宝宝天天吃母乳，都不好好吃饭了 Babies will not have meals normally if they are fed with breast milk every day

宝宝不好好吃饭有多种原因，比如家人总是追着宝宝屁股后面喂饭，比如常给宝宝吃零食养成不良饮食习惯，再比如给宝宝吃惯了高糖高盐的重口味食物，很难再适应清淡的饭菜。不好好吃饭和吃母乳之间实在没什么必然联系，用断奶来解决这个问题，不去检讨日常饮食习惯，只怕宝宝即使不吃母乳，依然不会好好吃饭。

There may be many reasons if a baby doesn't have meals normally - family members often pursue it for feeding, often buy snacks for it, often offer it salty and sweet foods so it doesn't like plain ones. There isn't any necessary relation between poor appetite and breast-feeding. If a mother tries to solve it by stopping breast-feeding but not adjusting her daily feeding habit, the baby will not have meals normally even if it is not fed with breast milk.

母乳是妈妈送给初生宝宝最好的礼物，母乳喂养是最好的喂养方式。母乳中富含的乳铁蛋白，免疫蛋白等，对新生儿的免疫力和消化能力提供了极大的帮助，世界上任

何一款奶粉都只能尽力模仿母乳，却始终无法与之媲美。

Breast milk is the best gift a mother can give her newborn baby, and breast-feeding is the best feeding for a baby. The rich lactoferrin and immune protein in breast milk are extremely helpful for a baby to enhance its immunity and digestion. Any milk powder in the world may imitate human milk as much as possible, but they can never be as good as it.

中国营养学会、世界卫生组织的建议都是6个月纯母乳，添加辅食之后坚持母乳喂养到2岁以上。对于母乳妈妈来说，想要顶住所谓的好言相劝的压力，只有多多接触科学、正确的育儿理念，不要摇摆不定，人云亦云，只要有奶，只要条件允许，就充分地享受这一段美好的哺乳时光吧！

The advice from Chinese Nutrition Society and World Health Organization (WHO) is that babies within 6 months should be completely fed with breast milk, while those added with complementary food can be fed with breast milk over 2 years old. For a breast-feeding mother who wants to stand against so-called kind advice, she must learn scientific and correct baby-nursing concepts. She should not change her ideas frequently by following others' advices. She should enjoy the beautiful breast-feeding time as much as possible if she have milk and conditions permit.



生完娃肚子收不回去？

当心，你的腹直肌分离了

Your Belly Can't Go Back after Baby Delivery?
Be Careful! You Have Diastasis Recti.

产后，除了娃，你是否关注过自己？**After baby-delivery, have you taken care of yourself in addition to your baby?**

许多宝妈生完孩子半年多了，可肚子总是松松垮垮，甚至还是被人误会为孕妇。有些宝妈总是腰酸背痛，热敷按摩都不好使。其实，这些很可能是腹直肌分离的表现。

Half a year after baby delivery, many mothers have loose bellies, making people believe they are still expectant mothers. Some new mums often have pains on their backs and waists, and hot compress and massage can't help. In fact, these are signs of diastasis recti.

产后腹直肌分离的程度越深，腹部肌肉越弱，对腰背部的承托力就会越小，越容易出现腰背疼痛。腹直肌分离严重者还可能导致内部脏器下垂，如胃下垂，出现恶心、呕吐、消化不良等消化系统症状。

The more serious you have diastasis recti, the weaker your abdomen muscles are, and the smaller support they can offer to your backs and waists. Therefore, you may easily have pains on backs and waists. New mums with serious diastasis recti may suffer down-moved internal organs, such as gastroptosis, resulting in nausea, sickness, dyspepsia and other digestive problems.

**怀孕让女性腹直肌分离****Pregnancy results in diastasis recti of new mothers**

简单来看，腹直肌就是下图中部的那几块肌肉，它具有保护腹腔脏器，维持腹内压，参与完成排便、分娩、保

持体型、呕吐和咳嗽等生理功能，并能降肋助呼气，也能使脊柱前屈、侧屈和旋转等功能。

In short, rectus abdominis are the several muscles in the middle of the figure, which can protect the internal organs and maintain the intra-abdominal pressure, and help defecation, baby-delivery, maintaining figure, emesis and cough physiological functions. They also help lower your ribs for expiration, make spines bend forward, sideways, or revolve.

妊娠期女性由于受体内激素水平和组织结构弹性的变化，以及孕期增大的子宫使腹壁扩张延伸，两侧的腹直肌会从腹中线的位置向两侧分离，情况严重时可能导致腹壁疝的形成。

Due to changes in hormone levels and tissue elasticities, abdomen expansion and extension resulted from enlarged wombs during pregnancy, straight muscles of abdomen on both sides may separate from the midabdominal line to the both sides, or even form abdominal hernias.

正常情况下，产后腹壁会逐步恢复，腹直肌会向中线靠拢，产后6-8周，恢复到两指或者两指以内（通常半年

到一年即回到原先位置）。但是如果遇到腹壁本身薄弱、双胞胎妊娠、胎儿过大、羊水过多或者多次分娩等情况时，产后半年腹直肌仍然不能回到原先位置的称为产后腹直肌分离症。

In normal conditions, the abdominal wall will gradually recover after baby delivery when the straight muscles move toward the midabdominal line. In 6-8 weeks, they may be 2 fingers or less away from the line (return to the original place in 6-12 months). If new mums have weak abdominal walls, twin pregnancies, oversized fetuses, polyhydramnios or multiple deliveries, and straight muscles can't recover to their original places, they may have postpartum rectus abdominis diastasis.

腹直肌分离与分娩方式没有必然的联系，调查研究表明，无论剖宫产还是顺产，在产后第三天检测，有60%-70%的女性会发生不同程度的腹直肌分离，年轻的妈妈、平时有锻炼或者肌肉力量好的妈妈大部分会在3个月内自行恢复到两指左右。若3个月以后，肌肉紧张度已经得到恢复，腹直肌分离还在两指以上的需要咨询专家，自行恢复的可能性较小。

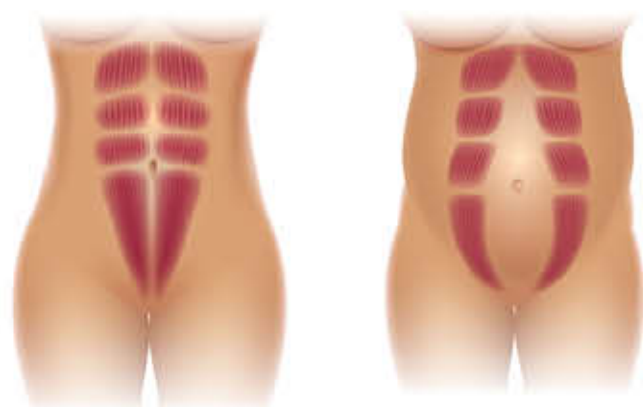
There is no necessary connection between diastasis recti abdominis and delivery modes. Study shows, for mothers with cesarean or natural delivery, when measured on the third day after baby delivery, 60-70% of them have certain diastasis recti abdominis. Most young mothers who exercise regularly or have powerful muscles can recover to about two fingers away from the midabdominal line within 3 months. Mothers whose muscle tension has recovered after 3 months but diastasis recti is still over two fingers should consult experts as it may be hard for them to recover naturally.

TIPS: 如何判定腹直肌分离**Tips: How to judge diastasis recti?**

这里给大家介绍腹直肌分离的自查方法，在家就可以做。

I'd like to introduce a self-examination method for diastasis recti, so mothers can measure at their homes.

仰卧，两腿弯曲，露出腹部，左手在头后支撑，右手食指和中指垂直插入腹部，身体放松，然后将上身抬起，





感觉到两侧腹肌向中间挤压手指，如果感觉不到挤压，那么就把手指向两边挪动，直到找到紧张的肌肉，测量两侧肌肉的距离。

Lie on your back, bend your legs, and expose your abdomen. Support your head from behind with your left hand, then touch your abdomen with your right hand index and middle fingers while relaxing your body. Raise your upper body, you may feel the abdominal muscles on both sides pressing onto your fingers. If you don't have such pressing feeling, move your fingers to either side until you feel intense muscles to figure out the distance of muscles on the two sides.

正常：2 指以内；

Normal: Within 2 fingers.

需改善：2-3 指；

Need improvement: 2-3 fingers.

需就医：3 指以上。

See a doctor: over 3 fingers.

如果两侧肌肉的距离大于 3 指就属于比较严重的腹直肌分离，有可能会引起疝气（小肠从腹壁突出到体外），需要及时就医；如果在 2-3 指之间，注意不可以进行躯干弯曲和扭转的负重练习，因为这会加重分离情况。

If a mother's muscles on both sides separate over 3 fingers, she has serious diastasis recti or even hernia (small intestine projecting outside of the body), and should see a doctor immediately. If the distance is 2-3 fingers, the mother shouldn't bend or twist her body as an exercise as these actions may aggravate the symptoms.

不手术，有什么办法治疗腹直肌分离 How can I cure diastasis recti without surgery?

目前腹直肌分离的治疗主要有手术治疗和非手术治疗，手术治疗即腹壁整形手术，非手术治疗包括自主运动治疗，电刺激治疗及手法按摩治疗等。

At present, diastasis recti can be treated with surgery or non-surgery method. Surgery treatment is plastic surgery for the abdominal wall, while non-surgery treatment includes autonomic exercise therapy, electrical stimulation therapy and massage therapy.

1. 自主运动治疗

1. Autonomic exercise therapy

如果腹直肌分离在 2-3 指之间，注意不可以进行躯干弯曲和扭转的负重练习，这会使腹直肌分离的情况更加严重，须首先进行分离改善训练，直到腹直肌分离的距离恢复到 2 指之内后，才可以进行负重躯干弯曲和扭转练习。

If your rectus abdominis muscles separate within 2-3 fingers, you can't take weight-training exercises such as body-bending or twisting as they may sharpen your diastasis recti. First, you should take separation improvement training until the distance gets within 2 fingers for body-bending or twisting exercises.

2. 临床电刺激治疗

2. Electrical stimulation therapy

电刺激治疗是近年来临床上用的比较多的治疗方法，其简单有效，患者依从度高。通过电刺激使腹部肌肉被动收缩，对腹部肌群进行强化，同时也可以恢复脊柱生理弯曲和改变骨盆的倾斜度。电刺激还可加速血液循环，同时使肌肉牵拉，刺激生成新的胶原蛋白，缓解背部肌肉放松并达到镇痛效果。

Electrical stimulation therapy is a treatment most clinically used in recent years that is simple, effective and high in patient compliance. Electrical stimulation can exert passive contraction to abdominal muscles and strengthen abdominal muscle groups. At the same time, this therapy can also restore physiologically bent spines and rectify inclination of pelvis. Electrical stimulation can also accelerate blood circulation, abstract muscles, stimulate to produce new collagen protein, relax back muscles and alleviate pains.

需要强调的是，在进行腹直肌分离治疗前，需先检测盆底肌力，肌力达到 3 级以上才能进行腹直肌分离治疗。因为盆底和腹肌是一个整体，盆底肌是支持、承托、受力结构，其力量增强，腹部肌肉治疗才能有效。因此，如果盆底肌力比较差，要先做盆底康复再做腹直肌电刺激治疗。

It should be noted, before treatment of diastasis recti, pelvic floor muscle strength should be first measured. A mother can receive diastasis recti treatment only if her muscle strength is over level 3. As pelvic floor and abdominal muscle are an entirety, pelvic floor muscles are a supporting, bearing and stress structure. Only when they are strong enough, treatment on abdominal muscles can be effective. Therefore, if the pelvic floor muscles are weak, mothers should take pelvic floor muscle recovery first and then receive electrical stimulation therapy.

3. 神经肌肉电刺激配合中医康复按摩

3. Electric stimulation to nerves and muscles together with massage recovery therapy

手法按摩作为其它治疗方式的补充，通过按摩和穴位刺激，促进身体新陈代谢，减少脂肪堆积，从而恢复腹部皮肤、肌肉、筋膜弹性和紧张度。

Manual massage is a complementation to other therapies. Massage and acupoint stimulation can promote physical metabolism, reduce fat accumulation, and restore elasticity and tensivity of abdominal skins, muscles and fascias.

最后，提醒各位产后妈妈，腹直肌分离对身体影响是很大的，妈妈们一定要重视，最好在产后半年内进行腹直肌分离修复，以便更好地恢复到孕前状态，怀孕后雪藏在衣柜的那些漂亮衣服依旧可以穿在身上，展现成熟女人的魅力。

Finally, I'd like to remind new mums that diastasis recti will greatly affect your health, so it should be given much attention. Diastasis recti recovery should be done within half a year after baby delivery so that you can well restore to your pre-pregnancy conditions. In this way, you can put on your beautiful clothes long kept in your wardrobes to show your charm as a mature woman.



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CHINA FRIENDSHIP FOUNDATION FOR PEACE AND DEVELOPMENT

中国友好和平发展基金会是经中华人民共和国民政部批准登记的首家外事领域全国性4A级公募基金会，由中国人民对外友好协会创办并作为业务主管单位。1996年5月15日在北京正式成立。

中国友好和平发展基金会始终以“发展中国人民与世界各国人民之间的友好事业，推动国际合作，维护世界和平，促进共同发展”为宗旨，充分发挥在民间外事领域的资源优势，广泛汇聚国内外企业、社会团体和爱心人士之力，围绕“友好”、“发展”、“慈善”三大版块，开展了一系列具有广泛影响力的公益活动。

截止2018年初，中国友好和平发展基金会资产总额已从创始之初的200万元增长至2亿元，累计资助金额4.7亿元以上，资助的公益项目已扩展到民间外交、文化体育、教育培训、医疗卫生、帮残助困、扶贫救灾等领域。

为支持中国和欧洲青少年艺术交流，提高中欧青少年艺术水平2018年11月又增设了“中欧青少年艺术交流基金”。

China Friendship Foundation for Peace and Development (CFFPD) is a 4A-level nation-wide public foundation registered with the approval of the Ministry of Civil Affairs of the People's Republic of China. As the first foundation engaged in foreign affairs, it was founded by the Chinese People's Association for Friendship with Foreign Countries on May 15, 1996.

The aims of the CFFPD are to develop a friendly cause between the Chinese people and the people of the world, promote international cooperation,

safeguard world peace and promote common development by making full use of the rich resources in people-to-people diplomacy. The funds received by the foundation are mainly from enterprises, friendly organizations, institutions and friendly personages at home and abroad. The foundation has carried out a series of charity programs with great influence around 3 major themes, namely "Friendship", "Development" and "Charity".

By the end of beginning 2018, the total assets of CFFPD have grown from 2 million RMB to about 200 million RMB, and the total donation received has reached 470 million RMB, supporting all kinds of events in the field of people-to-people diplomacy, culture, sports, education and training, medical and health care, helping the disabled, poverty and disaster relief.

With the aim to promote the cultural dialogue between the youth of China and Europe and to enhance the artistic skills of the next generation, the foundation has established the "China-Europe Youth Art Exchange Foundation" in November 2018.

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