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The above was the theme of the "One Expo One Festival". The Silk Road (Dunhuang) International Cultural Expo, which usually takes place in the month of September, this year held its 4th edition with the 9th Dunhuang Tour - Silk Road International Tourism Festival. The opening ceremony for both was held in Gannan, Gansu Province, on July 30, whereas the closing ceremony was held in Dunhuang, Gansu Province, on August 30.

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特别关注
Milarepa Pavilion

Milarepa Pavilion is located in the cooperative city of Anduo Tibetan District, Gansu Province. Its full name is "Anduo Cooperative Milarepa Nine-storey Buddhist Pavilion". It was founded in the forty-second year of the reign of Emperor Qianlong of the Qing Dynasty (1777). The original pavilion was destroyed in the Cultural Revolution. The buildings were rebuilt in May 1988 in four years. The pavilion is consecrated to the memory of Milarepa. It is a representative monastery of the Kagyu school of Tibetan Buddhism in the Anduo Tibetan area.
Labrang Monastery
拉卜楞寺（黄教）

拉卜楞寺，位于甘肃省甘南藏族自治州夏河县，藏语全称为“噶丹夏杂达尔宗扎西益西唐曹”，意思为“夏河传讲兴吉祥右旋寺”，简称扎西奇寺，一般称为拉卜楞寺。拉卜楞寺是藏语“拉章”的变音，意思为活佛大寺的府邸。是藏传佛教格鲁派六大寺院之一，被世界誉为“世界藏学府”。

Labrang Monastery is located in Xiahe County, Gannan Tibetan Autonomous Prefecture, Gansu Province. In Tibetan language it is called “Gadan Xia Zhada Jozay Yesup Youlung” meaning “The right monastery to bring good luck and happiness”. Abbreviated as Zangri Temple, it is also often called Labrang Temple. The name Labrang is close in pronunciation to the Tibetan word “Ladang”, which means the residence of the lamas of the Gelug school. It is one of the six monasteries of the Gelug school of Tibetan Buddhism and is known across the world as the “Center of Tibetan Learning”.
Four Main Schools of Tibetan Buddhism

The division of Tibetan Buddhism into different schools happened around the 11th century. The four schools with major influence include the Nyingma, Kagyu, Sakya and Gelug branches.

Nyingma (红教)

The Nyingma School

Kagyu School

The Kagyu School was developed in the 11th century. It emphasized the study of the Tantras, among which the "Four Yogas of Mahamudra" takes a prime position. The oral teachings form an important part of the school's philosophy, the word "Kagyu" means "carrying on the teachings with words" in the Tibetan language. The monks wear the traditional white robes of Indian teachers, so this branch is also called the White School.

Sakya School

This branch was established in 1073. Since the walls of the base monastery of this school were painted with colourful symbols of Maitreya, Avalokiteshvara and Vajradharma with these main colours, red, white and blue, this teaching system is also called the Colourful School. The Sakya school doesn't forbid marriage, but according to the regulations, once a child was born in the marriage, the monk should not approach women any more. The monks wear a red hat with lotus patterns and a red vestment.

Gelug School

Among the main schools of Tibetan Buddhism, the Gelug School was formed at the latest, in 1409. It was created on the base of Jonang School by the famous reformer, Tsongkhapa, during a process of popularizing religions. Because its followers wear a yellow hat, it is also called the Yellow School.
Finland Assumes the Rotating Presidency of the European Union

The Finnish Embassy in China held a press conference as the rotating presidency of the EU for the second half of the year on July 11, 2019 at the ambassador’s residence.

The Finnish presidency of the Council of the European Union in 2019 began on July 1, 2019. Finland’s third presidency of the European Council since its accession to the EU in 1995 has the theme of “Sustainable Europe, Sustainable Future.” The primary tasks are:

- Strengthening the common values and the rule of law
- Making the EU more competitive and socially inclusive
- Strengthening the European Union as a leader of global climate action
- Comprehensive protection of civil safety
Strengthening Sino-European People-to-People Exchange

EU MESSAGE  |  欧盟信息

加强中欧人文交流

7月23日下午，新任驻华大使尼古拉斯•查普，EU Ambassador to China, visited Secretary-General Mr. Li Xielu at the Chinese People's Association for Friendship with Foreign Countries. Ms. Mary Lin, President of "The World and China" Magazine, also attended the meeting.

Mr. Nicolas Chapas, EU Ambassador to China, visited Secretary-General Mr. Li Xielu at the Chinese People's Association for Friendship with Foreign Countries. Ms. Mary Lin, President of "The World and China" Magazine, also attended the meeting.

Ms. Deng Lan, Deputy Secretary-General of China Friendship Foundation for Peace and Development was also present in the meeting.

His Excellency Nicolas Chapas, Ambassador of the European Union to China, spoke with Secretary-General Li in Chinese in a fluent and humorous way. He repeatedly said that people need to accept the fact that China has now become a powerful country. The relationship between the EU and China is developing steadily year on year, especially in implementing the treaties on climate change. China has set a good example. The strong cooperation between the EU and China is also decisive in the revision of the WTO treaties. At the same time, Ambassador Chapas pointed out that the Chinese Government needs to be more open and flexible in some aspects. For example, certain policies should be amended to allow foreign experts set up independent research institutes in China.
卢旺达解放日
Rwanda Liberation Day

卢旺达驻华大使戴尔斯·卡恩加发表欢迎致辞
Wavering address by H.E. Charles Kayonga, Ambassador of Rwanda to China.

卢旺达驻华大使戴尔斯·卡恩加于2019年7月8日在北京主办了招待会。
H.E. Charles Kayonga, Ambassador of Rwanda to China, hosted a reception in Beijing on 8 July, 2019.

On the occasion of the 25th Anniversary of Rwanda’s Liberation and the End of the 26th Commemoration of the Tutsi Massacre, the Embassy of Rwanda in China hosted a reception in Beijing on 8 July, 2019.
活动现场

Cata de Bebida Nacional de Perú

值此秘鲁独立日（7月28日）之际，秘鲁驻华大使馆于2019年7月9日在北京举办了一场秘鲁葡萄酒（Pisco）的推广活动，现场展示了秘鲁葡萄酒协会的工作人员Lucero Villagarcía女士为来宾讲解以及教大家如何调制一杯Pisco酒。

A la llegada del Día de Independencia de Perú (28 de julio), la Embajada de Perú en China organizó una actividad de promoción de la bebida nacional de Perú-Pisco en Beijing el 9 de julio de 2019, en la que participó la famosa sommelier peruana Lucero Villagarcía, quien explicó y enseñó a los invitados cómo hacer una copa de pisco.

Participants learned how to make a good cocktail.

THE WORLD AND CHINA 35
秘鲁 奴庆日

Día Nacional de República de Perú

2019年7月26日，秘鲁共和国在1989年中秘建交170周年之际举办了国庆庆典。秘鲁驻华大使路易斯·克萨达（Luis Quesada）在致辞中说：在170年前的这一天，中国移民抵达了秘鲁。那时的秘鲁还是一个年轻的共和国，如今迎来了1989年独立日，秘鲁独立的历史与中国移民密切相关。这也影响了今天我们两国之间人员的交流和关系，展现出中国移民为秘鲁社会发展做出的巨大贡献。

El día 25 de julio de 2019, se llevó a cabo el 138 Aniversario de la República de Perú y 170 Aniversario de Inmigración China en Beijing.

En el discurso dado por el Embajador de Perú en China, su Excelencia Luis Quesada, se señaló que hace 170 años, los primeros inmigrantes chinos llegaron a Perú, entonces Perú fue un país de repúblicas muy joven, hoy en día, ya llega el 138 aniversario del Día de Independencia. La independencia de Perú tiene una relación muy estrecha con la inmigración china, la cual también manifiesta una gran importancia en la relación entre los pueblos chinos y peruanos, destacando la excelente contribución de la inmigración china en el desarrollo social de Perú.
哥伦比亚国庆日
Día Nacional de Colombia

为庆祝哥伦比拉共和国独立日来临之际，哥伦比亚驻华大使馆于2019年7月18日在北京市万丽酒店举办了招待会。

En conmemoración del Día de Independencia de República de Colombia, la Embajada de Colombia en China celebró una recepción en el Beijing Marriott Hotel el 18 de julio de 2019.
El 21 de julio de 2014, el Comandante de la Revolución Bolivariana, Nicolás Maduro, y el presidente chino, Xi Jinping, suscribieron un documento histórico que marcó un nuevo capítulo en las relaciones de Venezuela con China. El acuerdo fue el resultado de una visita de Estado del presidente chino a Venezuela. El documento establece el establecimiento de la Asociación Estratégica Integral entre los dos países, que incluye la cooperación en todos los ámbitos, desde la economía y la política hasta la cultura y la educación. El acuerdo fue avalado por el sólo presente de los dos líderes y fue recibido con entusiasmo por la población de ambos países.

En el marco de este acuerdo, se firmaron acuerdos de cooperación en áreas como la energía, la salud, la educación, la infraestructura y el comercio. Se establecieron planes ambiciosos para el desarrollo conjunto de proyectos en diversas áreas, incluyendo la construcción de nuevas infraestructuras, la creación de fuentes de empleo y el fortalecimiento de la relación económica entre ambos países.

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Ambassador of the Uruguay in China, Sr. Fernando Lugris.

Representante de los pobladores permanentes de Cabo Polonio ante la prensa, Dr. Leonardo Segalello.

Uruguay Travel & Tourism
Uruguay Cultural y Turístico

El 6 de Agosto del 2019 la Embajada del Uruguay en China llevó a cabo un seminario de promoción turístico y cultural.

Últimos avances en los campos de la literatura, la música, la danza, la fotografía, la gastronomía, el cine, la moda, etc. Para promover el turismo, se invitó a profesionales de ese sector a participar en la presentación de las actividades culturales y turísticas de Uruguay.

LaEmbajada en China promovió la visita de los interesados a Uruguay.
National Day of Uruguay

La Embajada de Uruguay en China celebró el 8 de agosto la ceremonia de inauguración de la Semana de Uruguay en el hotel Grand Summit Mall de Beijing.

El Ministro de Industria, Energía y Minería del Uruguay, Sr. Guillermo Noncecoll, expresó que el Uruguay es un pequeño país, pero juega un importante rol de hub logístico en la región con la adhesión a la estrategia de “La Franja y la Ruta”, convirtiéndose de esta manera en la mejor puerta de entrada al Mercosur y América Latina.

中国外交部副部长郑泽光表示：乌拉圭坚持高增长的经济政策，现已进入作为全球和地区最具吸引力的投资地区之一，与“一带一路”合作框架下，两国在基础设施、清洁能源、商业旅游等领域拥有大量合作机会和共同利益。

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Vicepresidente de la República del Uruguay, Sr. Antonio Carámbula, expresó que: “El Uruguay es un país pequeño, pero juega un importante rol de hub logístico en la región con la adhesión a la estrategia de “La Franja y la Ruta”, convirtiéndose de esta manera en la mejor puerta de entrada al Mercosur y América Latina.

El Presidente de la Agencia de Promoción de Inversiones y Experiencias Uruguay XXI, Sr. Antonio Carámbula, expresó que: “El Uruguay es un país pequeño, pero juega un importante rol de hub logístico en la región con la adhesión a la estrategia de “La Franja y la Ruta”, convirtiéndose de esta manera en la mejor puerta de entrada al Mercosur y América Latina.

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**中乌学生交流日**

**Student Exchange Day between China and Uruguay**

乌拉圭驻华大使馆于2019年8月14日在中国举办了一场中乌学生交流活动。

El 14 de Agosto del 2019 la Embajada de Uruguay en China organizó una actividad de intercambio cultural entre estudiantes de primaria de China y Uruguay.

**现场活动**

**Scene Activity**

乌拉圭驻华大使馆的Tango女士为学生带来了乌拉圭探戈歌手Giovanna Tango的表演。

Giovanna Tango, la cantante de tango uruguaya, presentó una performance para los estudiantes.

**中乌学生互赠礼物**

**Intercambio de regalos entre los estudiantes.**
第二届亚洲美酒颁奖大赛
Second Asian Wine Awards Competition

日本驻华大使馆于8月23日在使馆内举办了第二届亚洲美酒颁奖大赛及2019年度SAKE-China日本清酒品评会活动。本次活动由日本和中国的食品关联团体在中国共同主办的最高级别的清酒品评大赛。

On August 23, the Japanese Embassy in China held the 2nd Asian Wine Awards Competition and the Sake-China 2019 sake tasting in the Japanese Embassy. The event is known as the highest-level of its kind and is jointly organized by the respective Japanese and Chinese food associations.

Address by Yoko Kimura, Chairman of the National Association of Japanese Food Export Promotion

The host introduces the event.

Guest toast

Group toast
Jamaican Independence Day

On the occasion of the 57th Anniversary of Jamaica’s Independence, the Jamaican Embassy in China hosted a celebration banquet at Maritime Marco Polo Hotel on August 28, 2019.

His Excellency Antonia Hugh, Ambassador of Jamaica to China, welcomes the guests.
中俄 70 周年庆祝大会
Торжественное собрание
«Россия – Китай: 70 лет дипломатических отношений»

20 августа в Российском культурном центре в Пекине при поддержке Посольства Российской Федерации в КНР состоялось торжественное собрание «Россия – Китай: 70 лет дипломатических отношений». Масштабное мероприятие было организовано Представительством Совета Федерации в КНР при поддержке Посольства Российской Федерации в КНР.
Follow the Ambassador to his Country

H.E. Jarno Syrjälä, Ambassador of the Republic of Finland to China

跟着大使看世界

—芬兰驻华大使肃海岚

芬兰共和国位于欧洲北部，北欧五国之一，与瑞典、挪威、俄罗斯接壤。海岸线长1100公里，内陆水域面积占总面积的10%，有岛屿约1.7万多个，湖泊约18.8万多个，有“千湖之国”之称，全国10%的土地在北极圈内。芬兰是欧洲人的故乡，最早的居民为凯尔特人，故芬兰又被称为白种人。1555年，俄罗斯人入侵后，建立了芬兰大公国。12世纪后半叶被瑞典统治。1809年俄瑞战争后并入俄罗斯帝国，成为大公国。1917年12月芬兰共和国宣布独立，成为一个永久中立国。芬兰是欧盟成员国之一，2019年下半年担任欧洲联盟主席国。

The Republic of Finland is located in northern Europe, one of the five Nordic countries, bordering Sweden, Norway and Russia. The coastline is 1,100 kilometers long. The inland water area accounts for 10% of the country’s total area. There are about 175,000 islands and 180,000 lakes, therefore the country is known as “the land of thousand lakes.” One third of the country’s land is in the Arctic Circle. Finland is the home of Santa Claus. The earliest inhabitants are Lapps. Finland is also called Lappland. After the Finns moved in, they established the

Old Rauma, 芬兰老城 (Visit Rauma / City of Rauma)

Grand Duchy of Finland. It was ruled by Sweden from the second half of the twelfth century. After the Russian-Swedish War in 1809, it was merged into the Russian Empire and became a grand principality. In December 1917, the Republic of Finland declared its independence and became a permanent neutral state. Finland is a member of the European Union. In the second half of 2019, she assumes the rotating presidency of the European Union.

Bronze Age Burial Site of Sammalkiikanmäki, 萨马湖龄期青铜时代的墓葬 (Visit Finland / Juhko Kuva)
Dear Friends,

Humanistic cooperation is an important aspect of multilateral cooperation between Russia and China. The common interest of people of all countries in culture and language is the focus of the growth of cultural exchanges among them. Practical approaches to cooperation in science, education, tourism, sports, youth cooperation and cultural exchanges will help to find new impetus for the further development of human relations among countries.

As I am about to complete my work in China as the head of the Russian Cultural Center in Beijing, I would like to thank all the Russian, Chinese and other partners of the Russian Cultural Center in Beijing, as well as my colleagues and Russian compatriots for their joint work.

From my first day in office, I have felt the encouragement and support of your comrades. Your contribution to the implementation of joint projects is invaluable.

I hope that the Russian Cultural Center in Beijing will continue to adhere to the policy of choice, actively safeguard the interests of Russian compatriots, and develop comprehensive cultural dialogue and humanistic cooperation among our people. I believe that the activities of the Russian Cultural Center will be as concerned about people and their interests and aspirations as before.

I wish you all happiness and well-being!

With sincere salute!

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Respectful greetings to you!

Olga Melnikova, Head of the Russian Cultural Center in Beijing, is leaving China

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In mid-July, Mr. José Luise, Deputy Head of the Spanish Embassy in China, and Ms. Gloria Mínguez Ropón, Cultural Counsellor of the same embassy, were hosting a farewell party for their friends.

Cultural Counsellor Gloria is also an advisory board member of this magazine. President Nagy Lin invited her to eat dumplings to say goodbye in accordance with the Chinese traditions.
Ceremonia de presentación del sello conmemorativo China-Uruguay y China-Cuba

Para celebrar el 70 Aniversario de la construcción de la República Popular China, expandir el canal de los pueblos chinos de comunicación con el extranjero, y contribuir a la construcción de “Una Franja y Una Ruta”, se desarrolló la ceremonia de devolver el sello conmemorativo de “China-Uruguay y China Cuba” y con el gobernador del primer ministro el 5 de julio de 2019 en el Edificio de Oficinas Diplomáticas.
Argentina Cultural Week in Beijing

On July 19, 2019, Argentina’s National Theme Cultural Week was officially launched at the Maizidian International Community Service Center. The main purpose of this activity was to map and carry out government-led non-governmental activities, enhance exchanges on the basis of self-confidence, link up cultural exchanges, and create a harmonious living atmosphere for Chinese and foreign residents that can be called a “Home with an International Neighbourhood.”
The Republic of the Congo Becomes the 45th Member of INBAR

On July 18, 2019, the Republic of the Congo joined the International Bamboo and Rattan Organization (INBAR) with a flag-raising ceremony held at the headquarters of Beijin International Bamboo and Rattan Organization, becoming the 45th member of the organization.

INBAR Flag Raising Ceremony for the Republic of the Congo

Venue of the event
2019 International Bamboo Architectural Design Competition 2019

The First Prize went to "Lukas House".

Second Prize: "Bamboo Machine".

Second Prize: "Yao Bamboo House".

On July 19, the award ceremony of the 2019 International Bamboo Architectural Design Competition was solemnly held in the International Bamboo and Rattan Organization's Garden in Beijing Horticulture Expo. In the morning, the final award-winning works were evaluated by a jury composed of nine architectural experts. As Abune, Director-General of International Bamboo and Rattan Organization, Asaye Alemayhu, Minister Counsellor of the Ethiopian Embassy in China, Cui Kai, Chairman of the Jury, Academician of Chinese Academy of Engineering, Chief Architect of China Architectural Design Research Institute, Designer of China Pavilion at the 2019 Beijing World Horticulture Expo, attended the award ceremony.

The Organizing Committee has received more than 70 design works from 12 countries.
第四届世界公益慈善论坛在深圳举办
4th World Philanthropy Forum Staged in Shenzhen

1. 中国人民对外友好协会会长李小林
2. 清华大学校务委员会副主任张宗益
3. 美国前总统吉米·卡特_BUSY_IMAGE
4. 民政部慈善事业管理局副局长张由文
5. 中国人民对外友好协会副会长兼秘书长薛冰

Chairman of the People’s Association for Friendship with Foreign Countries, Li Xiaolin (1), Director of the School Affairs Committee of Tsinghua University, Chen Xu (2), Former Hungarian Prime Minister, Dr. Peter Medgyessy (3) delivered keynote speeches. Deputy Minister of the Ministry of Civil Affairs, Wang Aiwen (4), Deputy Director of the Representative Office of the People’s Central Government in Hong Kong Special Administrative Region, Tan Tenk (5) and others also addressed the forum.

Participants of the forum came from 22 countries and regions encompassing Asia, Europe, America, Australia and Oceania and were representing specialized agencies of the United Nations, governments, enterprises, charity associations as well as higher education institutions. The forum discussed a wide range of topics related to talent exchange, innovation of the youth, health and sanitation, physical education, construction of the “One Belt One Road” and other questions.
European Union’s “Dream of Europe and China” Art Exhibition’s First Display in Shanghai

欧盟 “梦想中欧” 绘画展首次在 上海展出

8月30日随着“2019年上海设计周”在上海会展中心的揭幕，在会展中心大厅两侧醒目位置，欧盟8个国家100幅优秀作品和上海青少年的杰作也同时迎来了参观者的瞩目。

本次画展由上海海豚传媒集团、画展项目执行机构《世界中国》杂志社共同联手举办。

During the opening of “Shanghai Design Week 2019” in Shanghai Convention and Exhibition Center on August 30, 100 outstanding works from 8 European Union countries and masterpieces of Shanghai teenagers attracted the attention of visitors. The exhibition was jointly organized by Shanghai Meiqing Media Group and “The World and China” Magazine, implementer of the exhibition series.

各方代表发言
Speeches of the parties
Participants of the exhibition were Ingrune Vīksne, Deputy Head of the Latvian Embassy in China (L1), Nika and her parents from Croatia (L2-L4), a kid participant (L5), Mei Qing, Chairman of Shanghai Maiping Media Group (L6), Ngoc Lin, President of "The World and China" Magazine (L7) and William Fitzgibbon, Head of the Press & Information Section of the Delegation of the EU to China (L8).
The “Dreams of Europe and China” Art Exhibition was Held in Shenzhen

“梦想中欧”画展在 深圳举行

What is the difference between children of Hong Kong and children of Guangdong when it comes to imagining Europe?

The “Dreams of Europe and China” art exhibition, organized by the Delegation of the European Union to China, was held at the Wuzhou Hotel in Shenzhen from September 5 to 6 during the Fourth World Philanthropy Forum. More than 70 outstanding works of teenagers from Hong Kong and children’s drawings from Shenzhen, Guangzhou, and 8 European Union countries were displayed for the 400 guests a wonderful display of artistic dialogues between China and Europe. The exhibition has received strong support from the Chinese People’s Association for Friendship with Foreign Countries and one of the co-organizers of the Forum, the China Friendship Foundation for Peace and Development. The exhibition was implemented by “The World and China” Magazine and the Ivy League of Art.
第六屆（2019）“共促性別平等，共建美好世界”
国际志愿者北京行动成功举办


2019年7月7日至7月16日，第六届（2019）“共促性別平等，共建美好世界”国际志愿者北京行动在北京成功举办。活动由北京市妇联联合、北京市人保局和北京市妇女联合会主办，北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合会、北京市妇女联合
Climbing the Badaling Great Wall for promoting the concept of gender equality and natural heritage protection to tourists around the world.
共产党的执政办法
Ruling Methods of the Communist Party

中国共产党于2019年7月23日在中国国家主席习近平的领导下，举行新闻发布会。习近平在讲话中指出，要更好地推进国家治理体系和治理能力现代化，需要加强党的执政能力。中国共产党的执政能力是国家治理的关键，中国共产党必须坚持党的领导，全面贯彻中国特色社会主义思想。中国共产党必须坚持以人民为中心的发展思想，坚定不移地推进全面从严治党，做到党要管党，从严治党。中国共产党必须始终把握好改革发展的方向，既要坚持好传统，又要创新好方法。
“七夕”被称为中国的情人节

Qixi is called Chinese Valentine’s Day

比勒，萨布里·比尔·萨布里

北京，中国——今天我出门时，惊讶地看着街上到处是买花买玫瑰和气球的小贩。

BEIJING, China – Today when I stepped out of my house, I was taken aback to see people selling and purchasing red roses and red balloons everywhere on the street.

当我看到街道上是这样的场景时，我就更加喜欢了。作为一个外国人，我了解到，这是在中国的“七夕节”，一对恋人会送玫瑰花和气球，向彼此表达他们的爱意。

The causality added further when I saw the same scenes everywhere. Upon asking what’s happening, being a foreigner I was told that the Chinese “love birds” living in China or elsewhere observe Qixi Festival every seventh night of the seventh lunar month to express love to their respective mate by exchanging candies, flowers and gifts to express mutual love.

只是前一天的8月7日（农历七月初七），这一天也被称为“双七节”，“七夕”，被称为中国的情人节。

在北京三里屯、五棵松这样的热门地段，大部分的花店都有玫瑰花，设计精美的花束和各种花卉组合，为市场增加了色彩和节日的气氛。

Majority of the flower stalls in popular areas of the capital like Sanlitun, Wudaokou are embellished with red roses, beautifully designed bouquets and variety of flowers combinations which has added colour and charm to the markets.

一个卖花的摊主张瑞告诉DiploMag杂志记者，“我卖花已经很多年了，平日买花的人并不多，但是今天光是买花的价格就已经翻了两倍，我现在在70元到100元之间，这对我们的生意来说是好的卖点。”

Zhang Rui, a flower seller said that for shopkeepers this is a special business day. During routine days, the flower bouquets which are available from RMB 50 to RMB 200 are now selling between RMB 100 to RMB 500 which is a real blessing for them.

大多买花的人会毫不犹豫地高价购买这些东西，因为这并不是基本的生活必需品，而是奢侈品。

Most of the buyers do not hesitate to pay high prices for buying such things and avoid bargaining as it is not a basic necessity but luxury.

“买得起的人，多少钱他们也愿意买。”她说。

“Those who can afford, they purchase it on any price,” she said.

一个叫田芳的年轻女孩说，中国的“七夕”情人节源于古代的一个神话故事。“这是关于牛郎和织女之间的爱情故事，他们虽然被天河相隔，但他们每年七月初七的这天相会，”她说。北京的“七夕节”正是这样的日子，年轻人和情侣们每年都会庆祝这个节日。

Fangqinling Tian, a young girl said that Valentine’s Day in Chinese “Qixi” derives from a fairy tale in ancient times. It’s about the love story between Cowherd and Weaver girl, who were separated by the Milky Way and can only reunite with each other in Double Seventh Festival. In modern times, many young Chinese usually celebrate the Day as a symbol of expressing love to each other. As it is only fun celebration, the youth just want to celebrate the festivity to cheer up a bit.

她说，送花是年轻情侣表达爱意的一种很受欢迎的方式，许多花商在这个机会中大赚一笔。

She said flowers are popular among young lovers to express their love. Many vendors may take this opportunity to make a profit.

鲜花和其他礼物的价格在七夕前一晚会上升，可以看出卖家在为不公平地提高鲜花商品的价格，”她提到。

“Increasing prices of flowers and other related gift items just before the day means that sellers use unfair prices of the items which are in demand these days,” she mentioned.

她说，通常学生是这些礼物的消费者，他们有足够的钱可以花，但没有商业头脑的人会用各种策略让我们掏钱。

“Tongdou students are the buyers of these items and they do not have enough money to spend but business minded people use different tactics to take money out of our pockets,” she concluded.

职业教师是年轻学生在做一个调查时发现，

“新华网是中国的情人节，这是庆祝浪漫爱情的节日，它也成为中国最大的送礼物之一。恋人互送礼物，新婚夫妇和情侣们也是如此。

Zhai Xiaoyuan, a teacher by profession, said that the Chinese Valentine’s Day is a festival that celebrates romantic love. It has also become one of the biggest gift-giving days in China. Lovers gift each other, as do newly-married couples and partners.

The festival is usually celebrated by giving flowers，《今日巴基斯坦》报道的记者

photo: Bilal Sabri

Journalist of Pakistan Today

巴基斯坦，由巴基斯坦《今日巴基斯坦》报道的记者
The Eid al-Adha Festival

One of the three major religious festivals of the Islam is Eid Adha, also known as Eid al-Adha or Kurban, an important and grand festival for the Muslims. On August 11, Niu Street in Beijing also had its proper celebration of the festival. The name contains the meaning of "sacrifices" and "dedication", so the festival is generally called "Festival of the Sacrifice".

Niu Street is located in Xicheng District of Beijing. It is famous for the Hui people living together in this area. It has the largest and oldest mosque in China. It was built during the Northern Song Dynasty in 996, was renovated in the seventh year of the Ming Dynasty in 1442 and in the thirty-fifth year of Kangxi in 1656, and also underwent a large refurbishment in recent years. The temple itself is not large, but the buildings are concentrated and symmetrical.
我们为什么要洗牙
Why Do I Wash My Teeth?

随着人们健康素养的不断提高，很多生活方式也在逐渐健康化地发生着改变。洗牙，过去很多人认为是不必要的，总觉得，每天刷牙不就行了吗？为什么要洗牙呢？即使是每年定期洗牙的人，也会对一些医院提出的洗牙前先验血提出质疑。洗牙虽然必要吗？不会是医院为了多收些费用吧？

With the improvement of people's health awareness, many life styles are silently changing. In the past, many people didn't realize the importance of tooth-washing. They often believe tooth-brushing every day will do. Why should I wash my teeth? Even people who wash their teeth annually on a regular basis will challenge the practices of some hospitals to test their blood before tooth-washing. Do hospitals are deliberately inventing items for getting income?

洗牙，是最专业的牙科治疗之一，通过专业设备将口腔内的牙菌斑、色素、牙结石去除，达到牙龈健康的目的。牙菌斑是导致牙龈炎的主要原因，牙菌斑的清除是牙周病预防的关键。洗牙不只是清除牙菌斑，还能够预防口臭、牙龈炎等疾病。

Tooth-washing is to clean your teeth by removing dental plaque, pigment and dental calculus with professional medical appliances. It is a kind of dental healthcare, a measure to prevent oral diseases, and also an important method to cure periodontitis and gingivitis. It seems quite easy, but indeed it is not the truth.

我们到底为什么要洗牙？
Why do I wash my teeth?

为了清新口气？清除食物残渣？
To refresh breath? To clean food dregs?
都对。
Yes to all.

但这些都不是最重要的。
But those are not the most important.

洗牙主要有两个作用，一个是预防，一个是治疗。
Tooth-washing has two major functions: prevention and treatment.

定期洗牙，维护口腔卫生，可以预防牙周疾病的产生。如果有已经发现牙龈炎或者牙周炎的患者。洗牙也是治疗的一步，日常刷牙只能洗掉牙齿表面的40%——60%，即使是专业的超声波清洗器，也能洗掉牙齿表面的70%。所以定期洗牙是非常必要的。

Regular tooth-washing and well-maintained oral hygiene can prevent periodontal diseases. If you already have gingivitis and periodontitis symptoms, tooth-washing is the first step for treatment. Daily tooth-brushing can only clean 40-60% of tooth surfaces, and you can't completely clean your teeth even with cleaning tools such as dental floss and interdental brush. Therefore, regular tooth-washing is very necessary.

正确的牙龈是健康的粉红色，如果因为刷牙清洁不到位，会使牙龈红肿出血。牙龈出血，常常是口腔疾病的一种表现，如不及时治疗，可能会引发牙龈炎。在牙龈炎症阶段，牙龈过敏、牙龈外翻，发展为牙周炎，患者会出现食物嵌塞、刷牙或者进食时出血，进一步发展会出现牙齿自行脱落的情况。

Healthy gum is slightly pink. Incomplete tooth-brushing will leave bacteria in gingival sulci resulting in gum inflammation, bleeding and bad breath. With the gradual accumulation and mineralization of such bacteria, dental calculus will form if you don't wash your teeth. With the stimulation of dental calculus, the dental gum will shrink and dental root will expose, thus developing into periodontitis. Patients will have biting discomfort, allergy to cold or hot food, and loose teeth. If these symptoms are not controlled, the teeth may fall off naturally.

洗牙前为什么要做血液检查？
Why blood is tested before tooth-washing?

洗牙前做血液检查，最终目的是将咀嚼消化的唾液送上餐桌，是预防交叉感染的关键。一般而言，急性肝炎、肺结核病患者、艾滋病等传染性疾病患者是不适合使用超声波洗牙的，以免血液和病原细菌和污染的唾液进入口腔，导致交叉感染。
The ultimate purpose of blood test before tooth-washing is to remove hidden risks while they are still in the bud stage, and it is a necessary measure to prevent cross-infection. In general, patients with infectious diseases such as acute hepatitis, active-stage tuberculosis and AIDS are not appropriate to receive ultrasonic tooth-washing test blood and pathogenic bacteria contained in the spray may pollute the indoor air and produce cross-infection. Therefore, regular stomatological hospitals or departments will conduct relevant blood test before tooth-washing. Blood test items usually include blood routine examination, coagulation function, three items for hepatitis B, syphilis, HIV examination etc. Can people ask, ‘Aren’t disinfection facilities in hospitals very strict?’ Why will there be cross-infection? Are clinic rooms not completely disinfected?

In clinic rooms, tooth-washing patients will more or less bleed, and the blood will not only stain doctors, but also sprays into the surroundings. One of the major infection routes of infectious disease such as AIDS, hepatitis (B and C) and syphilis is blood transmission. If a doctor or any patient has to have a wound, he or she can be infected.

In order to avoid cross-infection, it is advised that patients suffering from acute hepatitis, active stage tuberculosis, AIDS, syphilis and other infectious diseases should receive ultrasonic tooth-washing service until their conditions are well controlled. However, some patients just don’t know they have such diseases, or forget to conceal their medical history to doctors due to various reasons. Therefore, tooth-washing before tooth-washing is especially important. It is responsible to patients coming for tooth-washing and all other patients. It is a necessary medical safety measure that can maximally control health risks to patients and doctors.

Post-toothwashing precautions

After tooth-washing, you should avoid excessive cold and hot food as your teeth are still in their recovery stage. Patients should also avoid coffee or cigarettes as coffee and cigarette contain substances that can sink pigments into teeth. After tooth-washing, you should avoid drinking cold or hot water for 2 hours, but you shouldn’t worry about it. Newly washed teeth can be a bit sensitive to hot and cold conditions with sore or acid effects, but these are temporary, and can disappear in about one week. If the sore and acid symptoms continue, you can use some anti-sensitive toothpastes sold on markets, as they are not only resistant to tooth decay, but also helpful to enhance your teeth by forming a mineral protective layer and repairing the exposed dentine. Most discomfort will disappear by using toothpaste for about one week.

Within the two weeks after tooth-washing, patients should avoid excessive cold and hot food as your teeth are still in their recovery stage. Patients should also avoid coffee or cigarettes as coffee and cigarette contain substances that can sink pigments into teeth.

After tooth-washing, your teeth will feel very sensitive to hot and cold conditions with sore or acid effects, but these are temporary, and can disappear in about one week. If the sore and acid symptoms continue, you can use some anti-sensitive toothpastes sold on markets, as they are not only resistant to tooth decay, but also helpful to enhance your teeth by forming a mineral protective layer and repairing the exposed dentine. Most discomfort will disappear by using toothpaste for about one week.

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保护听力从新生儿开始
Hearing Should be Protected from Newborns

全世界有3.2亿的听力障碍儿童。其中3200万名儿童在出生时听力障碍。其中儿童或成年儿童是听力障碍的最主要的受害者。

有3.6亿人口患有听力障碍。在中国，有500万的儿童和成人患有听力障碍。这些疾病主要发生在16岁以下的人群中。每1000名新生儿中就有1名听力障碍儿童。

研究发现，正常人群中携带耳聋基因的频率约为6%。听觉正常的父母也可能生育出聋儿。听觉正常的一方可能携带耳聋的基因。孩子有可能携带不同的基因。

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耳聋是一种严重影响儿童日常生活质量的先天性疾病，也是最常见的出生缺陷之一。每1000名新生儿中就有一名先天性耳聋儿童。还有一部分听力残疾儿童，在出生时听力正常，但由于后天因素引起的。研究发现，这与遗传因素有关。

听力残疾儿童的父母可能会携带致聋基因，如果没有遗传到致聋基因，孩子不会患病。

父母听力正常，他们的孩子会与正常人一样。

5岁的晓晓是一个耳聋的聪明女孩。她在出生时听力正常。但在两岁时，由于一场感冒，听力开始下降。

Parents have normal hearing, but their children may have hearing impairment.

Yangyang’s parents were very sad, but also very confused. Both of them have quite good hearing, and were much more careful about antenatal examination. How can they have a baby with hearing impairment?

Yangyang was born with a hearing impairment. His parents were very sad, but also very confused. Both of them have quite good hearing, and were much more careful about antenatal examination. How can they have a baby with hearing impairment?

When Yangyang was three years old, the parents planned to have a second child. In antenatal examinations, they strictly followed the doctor’s advice to take a genetic test for deafness. The result showed they are both PDS gene mutation carriers. This is a chromosomal recessive inheritance disease. Although the parents are carriers, they themselves are not deaf. However, their children may be deaf with the probability of 25%, may be carriers with the probability of 50%, and may be normal with the probability of 25%.

Biological Fact:

Ears are a part of the inner ear. The outer ear is responsible for collecting sound waves, and the middle ear transmits these sounds to the inner ear, where they are processed by the brain. The inner ear contains the cochlea, which is responsible for converting sound waves into neural impulses that can be interpreted by the brain.

Deafness is a congenital disease that seriously affects people’s life quality, and is also one of the most common birth defects. There is one congenital deaf child among every 1,000 newborns. Some hearing-disabled children are normal at birth, but

5-year-old Xiaowo was very naughty. One day, his mother slapped him on the back and he felt ringing in his ears. But he didn’t care about it a moment later. Unexpectedly, his hearing worsened drastically in the next week. His mother was terribly sorry for her punishment action. However, can a slap really make a child deaf? (5-year-old Xiaowo was very naughty. One day, his mother slapped him on the back and he felt ringing in his ears. But he didn’t care about it a moment later. Unexpectedly, his hearing worsened drastically in the next week. His mother was terribly sorry for her punishment action. However, can a slap really make a child deaf?)
external factors can induce their deafness. Study shows these people all carry genes that can easily cause deafness.

"One-slap causing deafness" patients have defects in their inner-ear structure as they have larger vestibular aqueducts than ordinary people. When they meet incursions such as intracranial pressure or increased negative pressure including sleeping, falling off bed, strike by a football, or even coughs and headstands, they are likely to be deaf.

"One-injection causing deafness" is in these patients carry drug-induced deafness genes. They are extremely sensitive to anti-glycosides antibiotics such as gentamicin and streptomycin, so they may become deaf forever after one injection. The dance of Thousand-Hand Bodhisattva well-known in China was performed by 21 dancers who were all deaf people. 18 dancers got deaf due to medication, and almost all were deaf by taking antibiotics during their infancy. If they had found their deafness genes and taken preventive measures, mishaps would have been avoided.

耳聋基因筛查，防控第一关
The first prevention step - deafness genetic screening

According to data, China's hearing-impaired population is 27.8 million, accounting for 3.3% of the total population, of which 60% is hereditary.

Statistics show there are 27.8 million hearing-disabled people in China, being the largest group among disabled people for its share of 3.3% in the total disabled population in our country, and 60% of whom get deaf due to hereditary factors.

Genetic heritability can be prevented but not cured. Therefore, genetic screening is particularly important. China has already listed hearing screening as an item for newborn physical examination which has been popularized nationwide. However, this screening can only discover congenitally deaf children, i.e., children who are deaf at birth, and can't discover those with delayed deafness or those sensitive to drugs. All children carrying "one-slap causing deafness" and "one-injection causing deafness" genes are normal in hearing at their births. These deafness diseases can be prevented but can't be cured. Therefore, it would be too late when they show hearing defects.

怎么做？提前做基因筛查
What should they do? Gene-screening should be taken as early as possible.

Pre-pregnancy examination, pregnancy examination and newborn examination offer deafness gene screening service. Therefore, they help discover and intervene with the problems early.
Who should receive deafness gene detection?

Gene testing is recommended for all children with hearing loss who have a family history of deafness or who have had a child with hearing loss. However, it is important to note that not all deafness is caused by genetic factors.

In some cases, deafness can be caused by environmental factors, such as exposure to loud noises or certain medications. Therefore, it is important to consider all potential causes when evaluating a child for hearing loss.

Change environments to make your ears more comfortable

In addition to genetic factors, other environmental factors can also affect hearing. For example, loud noises can cause temporary hearing loss or permanent damage to the hearing system. It is important to take steps to protect your hearing in noisy environments.

Avoid using earphones for extended periods of time.

2. Correctly wear earplugs

Earplugs can help reduce noise exposure, but it is important to choose the right type of earplug for your needs. Some earplugs are designed for use in water activities, while others are better suited for use with loud noise.

3. Stress on auditory safety levels

Exposure to loud noises over a long period of time can cause hearing loss. It is important to limit exposure to loud noises and use hearing protection when necessary.

4. Use noise-canceling earphones

Noise-canceling earphones can help reduce background noise and make it easier to hear in noisy environments. However, they may not be effective in all situations and it is important to consider other hearing protection options as well.

5. Let your ears rest

Taking breaks from loud noises, such as listening to music or using earphones, is important to protect your hearing.

6. Rest your ears for a while

Taking regular breaks from loud noises, such as listening to music or using earphones, is important to protect your hearing.

In conclusion, there are many factors that can affect hearing, and it is important to take steps to protect your hearing in all environments. By following the guidelines above, you can help ensure that your ears remain healthy and functional.
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Introduction

The World and China Magazine (formerly called "European Silk Road") was founded by Ms. Lin NAGY, a Hungarian Chinese, in March 2002. Former Hungarian Prime Minister Dr. Peter Medgyessy is the Chairman of the Advisory Committee headquartered in Hungary. The magazine covers among others culture, tourism, diplomacy, cooperation and exchange programmes. The publication is mostly based on pictures and supplemented by text. It is printed in 10,000 copies and is distributed among embassies in China, diplomatic apartments and other places in various countries (China, the United States, Hungary, Belgium, France and the UK).

2015年1月18日在北京举办中国品牌日活动，本次活动得到中国商务部、中国发展研究基金会、中国信息发展研究基金会、国家信息发展 happier. The event was held in conjunction with the Chinese and US business communities, and was attended by over 100 people from both countries. The event included a panel discussion on the future of US-China relations, as well as a networking reception and dinner.

On January 18, 2015, the magazine won the Public Service Communication Award in Beijing, jointly awarded by CCTV and the Next Generation Education Fund of China. The award was set up to honour outstanding public service communications by public service media and associations. In addition, the magazine has successfully sponsored or hosted a number of cultural, social and business conferences, and launched various public service initiatives, promoting the Chinese-foreign cooperation in the global context.

The World and China Magazine is a bi-monthly publication that covers a wide range of topics related to China, including politics, economy, culture, and society. It aims to provide a platform for Chinese and foreign readers to exchange ideas and perspectives, as well as to promote cultural understanding and cooperation between China and the rest of the world.

Thank you for taking the time to read this article. We hope you find it informative and engaging. If you have any questions or comments, please feel free to contact us at theworldandchina@magazine.com.

The World and China Magazine

Tony Blair
Former British Prime Minister, Tony Blair, wrote the English title of the magazine.

The World and China Magazine

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The bank of the Yellow River is quite fascinating.
热烈庆祝中华人民共和国成立70周年

Celebrating joyously the 70th anniversary of the foundation of the People’s Republic of China