

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

2019/04 总第081期



探索甘南藏区
DISCOVERING GANNAN
TIBETAN AUTONOMOUS
PREFECTURE

为世界中国杂志社题
邹家华

中国两国人民
友谊之花常开

原中国国务院副总理、全国人大副委员长邹家华先生为本题词
Epigraph by the former Vice Premier and Vice Chairman of National People's Congress, Mr. Jiahua Zhou

The World and China.
Tony Blair

2010年11月5日,英国前首相托尼·布莱尔为本刊写英文刊名

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

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, 布莱尔先生为本题词 "The World and China"

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

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封面说明:

2019年的国家级一带一路文博会开幕式的全球宣传再次由本杂志社组织。图为外国记者在甘肃甘南夏河藏区考察。

摄影: 纳吉·麟

COVER PHOTO:

Same as last year, our magazine did the global promotion for the opening ceremony of the national level 2019 One Belt One Road Cultural Expo. Shown on the picture is a foreign journalist taking a photo at Xiahe county, Gannan Tibetan Autonomous Prefecture in Gansu province.

Photo by: Nagy Lin



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第四届丝绸之路(敦煌)国际文化博览会 第九届敦煌行·丝绸之路国际旅游节
 The 4th Silk Road (Dunhuang) International Cultural Expo The 9th Dunhuang Tour—Silk Road International Tourism Festival

主办单位: 文化和旅游部 国家广播电视总局 中国贸促会 甘肃省人民政府

中国·甘肃·甘南 2019-07-30
 Gannan, Gansu, China July 30, 2019



Beauty Overcomes Poverty
 美丽战胜贫困



摄影: 赵峰



“美丽战胜贫困”这是本次“一会一节”活动的主题。通常在九月举办的第四届丝绸之路(敦煌)国际文化博览会今年与第九届敦煌行·丝绸之路国际旅游节共用举办, 7月30日在甘肃甘南藏族自治州拉开序幕, 闭幕式将在8月30日在甘肃敦煌举行。

The above was the theme of the “One Expo One Festival”. The Silk Road (Dunhuang) International Cultural Expo, which usually takes place in September, this year with its 4th edition was held a bit earlier in parallel 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.



开幕式由甘肃省委副书记、省长唐仁健先生主持。
 The opening ceremony was presided over by Mr. Tang Renjian, Deputy Secretary and Governor of Gansu Provincial Committee



甘肃省委书记林铎在发言中说到, 此次同期联合举办“一会一节”, 确定以“文旅繁荣丝路, 美丽战胜贫困”为主题, 把开幕式放在甘南州, 旨在更好推动“三区三州”旅游大环线建设, 让绿水青山变成金山银山, 让文化优势变成经济发展优势, 真正使文化旅游产业助力群众增收。
 Lin Duo, Secretary of Gansu Provincial Party Committee, said in his speech that the “One Expo One Festival” was jointly held under the theme “prosperity of cultural tourism on the silk road, beauty overcomes poverty”. Putting the opening ceremony in Gannan prefecture was meant to better promote the construction of the “three districts and three prefectures” tourism ring, turning green mountains into golden and silver mountains, and letting cultural advantages turning into economic benefits. The scheme will push forward economic development and will help the cultural tourism industry to increase people's income.



中国文化和旅游部部长雒树刚先生在致辞中表示, 甘肃地域辽阔, 历史文化资源丰富, 有着壮美秀丽的自然风光和璀璨多姿的文化遗存, 作为古代丝绸之路上的重要枢纽, 甘肃见证了多元文化的交汇融合与孕育创新, 完整地保存了人类文明留下的宝贵财富, 继承了丝绸之路开放包容的精神气质。近年来, 甘肃立足区位优势, 牢牢把握共建“一带一路”的历史机遇, 依托丝绸之路(敦煌)国际文化博览会和敦煌行·丝绸之路国际旅游节等重要平台, 打造经济与社会相互促进、文化和旅游融合发展的改革开放新格局。
 In his speech, Mr. Luo Shugang, Minister of Culture and Tourism of China, said that Gansu has a vast territory, abundant historical and cultural resources, a beautiful natural scenery and splendid cultural relics. As an important hub on the ancient Silk Road, Gansu witnessed the convergence, integration and nurturing of multi-cultures, preserved the precious wealth left by human civilization, and inherited the spirit of an open and inclusive Silk Road. In recent years, Gansu has firmly grasped the historical opportunities of building “One Belt One Road” based on its geographical advantages. Relying on the Silk Road (Dunhuang) International Cultural Exposition and the Dunhuang Tour - Silk Road International Tourism Festival and other important platforms, we have created a new pattern of reform and opened up new ways to promote economic and social development and the integration of culture and tourism.



国家广播电视总局副局长张宏森在致辞中说: 在习近平“一带一路”倡议下, 应运而生的丝绸之路(敦煌)国际文化博览会, 作为中国唯一以“一带一路”文化交流为主题的综合性国际博览会, 已成功举办三届, 取得了丰硕的政治、文化和经济成果。一直以来, 中国广播电视系统认真贯彻落实“一带一路”倡议, 广泛开展与沿线国家的广播影视交流合作, 有力助推“一带一路”沿线国家民心相通。
 Zhang Hongsen, Deputy Director of the State Administration of Radio and Television, said in his address: “the Silk Road (Dunhuang) International Cultural Exposition”, which came into being following Xi Jinping's “One Belt One Road” initiative, has been successfully held for three times. As the only comprehensive international exposition with the theme of “One Belt One Road” cultural exchange it already achieved a political, cultural and economic success. The Chinese radio and television system has earnestly implemented the “One Belt One Road” initiative, and extensively carried out radio, film and television exchanges and cooperation with the countries along the road.



联合国世界旅游组织执行主任祝善忠先生在讲话中说: 丝绸之路(敦煌)国际文化博览会和敦煌行·丝绸之路国际旅游节, 是“一带一路”国家和地区中最具活力的国际活动, 在甘肃省委省政府的大力支持下举办多年以来, 其品牌化和国际化程度不断提高, 为推动甘肃的文化旅游及经济发展搭建了重要的战略平台。
 Zhu Shanzhong, Executive Director of the United Nations World Tourism Organization, said in his speech: the Silk Road (Dunhuang) International Cultural Exposition and the Dunhuang Tour - Silk Road International Tourism Festival are the most dynamic international activities in the “One Belt One Road” region, and have been held for many years with the strong support of Gansu Provincial Party Committee and the Provincial Government. The degree of branding and internationalization has been continuously improved, and thus an important strategic platform for promoting Gansu's cultural tourism and economic development has been built.



Opening Ceremony Performance
开幕式表演





牦牛宴

高原牦牛是一种大型的食草类动物，主要分布在喜马拉雅山脉和青藏高原。牦牛大多生长在海拔3000米—5000米的高寒地区。牦牛以高原天然草为饲料，耐高寒，益散养。牦牛身体非常强壮，驮运、长途跋涉是它的主要特征，抗病力极强，抗逆生长性也是比较强的。牦牛肉以其营养丰富、肉质鲜嫩、纯天然而享誉中外，日益被人们广泛认可和接受。被广泛誉为：高原牦牛，世界一流。

牦牛浑身都是宝，牧民生活一件都少不了。牦牛奶、奶酸、酥油，是广大牧民抵御高寒阴湿环境的负产品。羊毛、牛绒、牛皮、牛骨等一系列畜产品生活中都离不开。甚至连牦牛粪都是天然、环保无污染的燃料和肥料。

牦牛肉是最好的食材，是藏餐系列的主要原料。

牦牛宴来源于生活。广大农牧民群众在长期的生活中，对宰杀、食用牦牛，总结、提炼出了营养、方便、实用的一整套做法，又经过多次研讨、开发，初步形成了：以牛舌、牛心、牛肝、牛肺、牦牛百叶、牦牛金钱肚、牦牛腱子、牛肉干为主的系列凉菜；藏麻米粥、牛头杂土火锅、牛蹄子、牛髓虫草、牦牛金排、现烤牦牛肉、萝卜扣牛腩、牛肉水饺、牦牛卷、八角牛鞭、牛窝骨狼肚菌、牦牛肉包、亮根炖牛腩、仁吉律宝、牦牛尾、青稞面肠（肉肠、血肠、青稞面肠）、等50多种系列热菜。

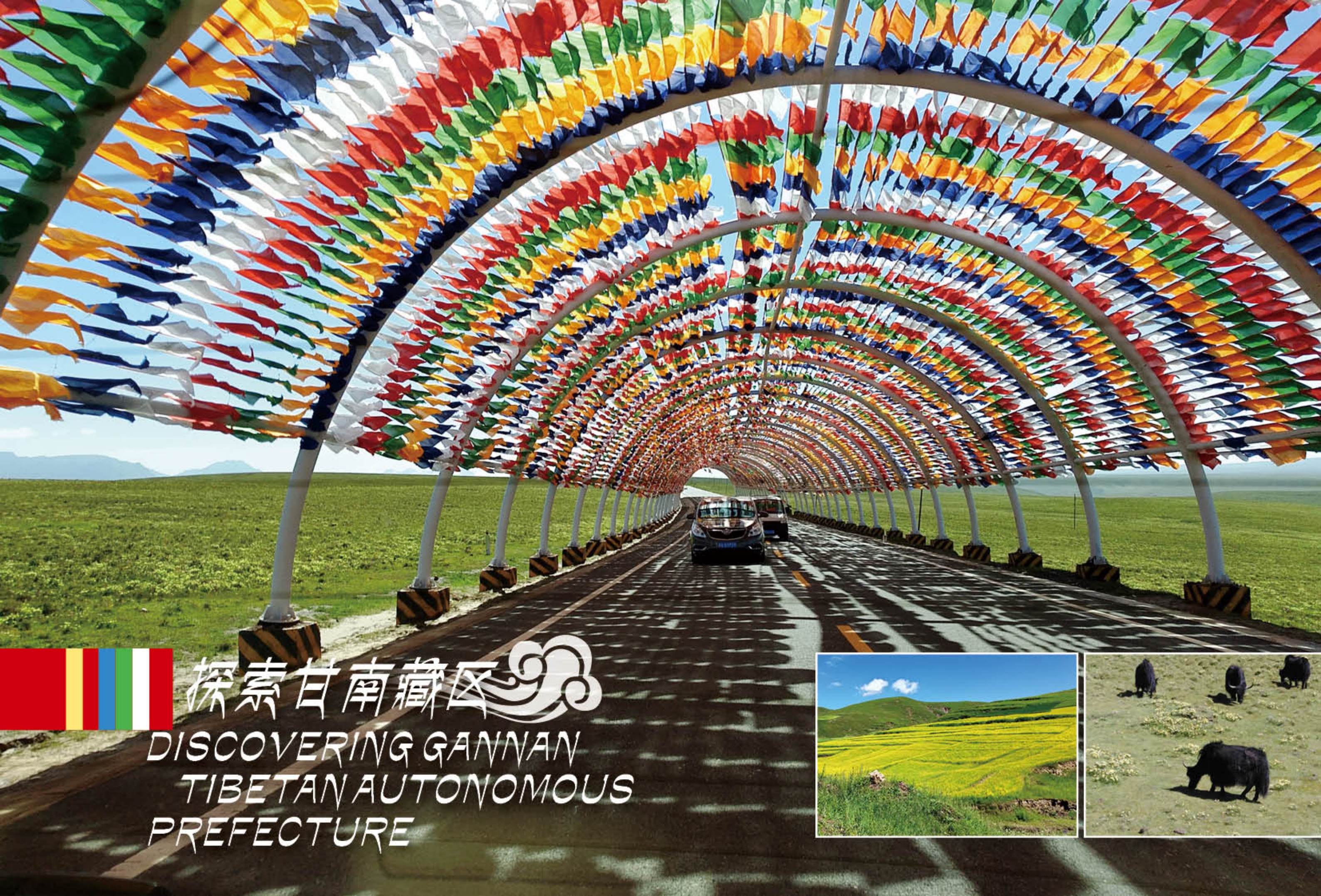
Nationality Food Festival

民族特色美食节



与“一会一节”同时举办的还有民族特色美食节活动。
The Nationality Food Festival was also held under the "One Expo One Festival"





探索甘南藏区

DISCOVERING GANNAN
TIBETAN AUTONOMOUS
PREFECTURE





Reportage of Foreign Media 外媒采风





Milarepa Pavilion 米拉日巴佛阁(白教)

摄影: Alek sandar Plavevski

米拉日巴佛阁位于甘肃安多藏区合作市，它的全称是“安多合作米拉日巴九层佛阁”，始建于清乾隆四十二年（1777年），原建楼阁已毁于“文革”。现存建筑重建于1988年5月，历时四年落成。米拉日巴佛阁是为纪念米拉日巴而修建的佛阁。是藏传佛教噶举派（白教）在安多藏区的代表寺院。

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.

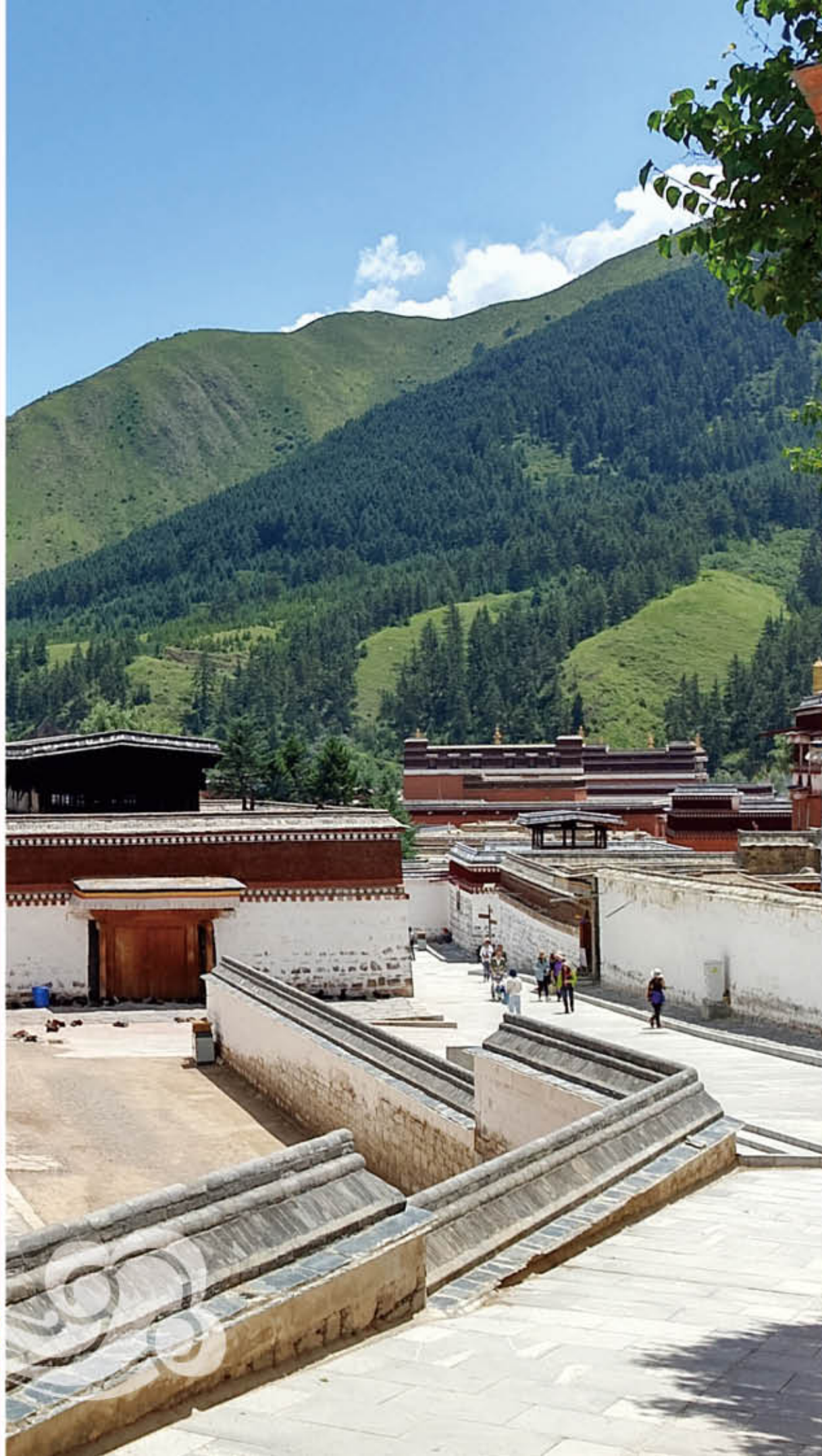




Labrang Monastery 拉卜楞寺(黄教)

拉卜楞寺，位于甘肃省甘南藏族自治州夏河县，藏语全称为：“噶丹夏珠达尔吉扎西益苏奇具琅”，意思为具喜讲修兴吉祥右旋寺。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，意思为活佛大师的府邸。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 Zhuda Jizaxi Yisuqi Youlang" meaning "The right monastery to bring good luck and happiness". Abbreviated as Zaxiqi Temple, it is also often called Labrang Temple. The name Labrang is close in pronunciation to the Tibetan word "Lazhang", which means the residence of the living Buddha master. 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".





Break

课休 | 摄影: Alek sandar Plavevski





Break
课休 | 摄影: Alek sandar Plavevski



Four Main Schools of Tibetan Buddhism

藏传佛教四大教派



西藏佛教进入各个教派形成时期是11世纪中以后，有较大影响力并流传至今是宁玛、萨迦、噶举、格鲁4个教派。

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.

宁玛派 (红教)

由于该派的僧人都戴红色僧帽，所以也被称为红教。在各派中历史最久，形成于公元11世纪，“宁玛”在藏语中的意思是“古”和“旧”。

The Nyingma School

Because of the monks of this school wear a red hat, this school is also known as the Red School. It looks back on a long tradition as it was established in the 11th century. The word "Nyingma" itself means "old" or "ancient" in the Tibetan language.

噶举派 (白教)

噶举派于11世纪发展起来，重视密宗学习，主要是学《四大语旨教授》。“语旨”是佛语的意旨，由祖师口语相传，代代延续故称为语传，藏名叫“噶举”。因该派僧人按印度教的传统穿白色僧衣，故称为白教。

Kagyu School

The Kagyu School was developed in the 11th century. It emphasizes 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.

萨迦派 (花教)

萨迦，创始于1073年，由于该教派寺院围墙涂有象征文殊、观音和金刚手菩萨的红、白、黑三色花条，故又称花教。萨迦派不禁娶妻，但规定生子后不再接近女人。僧人戴红色、莲花状僧冠，穿着红色袈裟。

Sakya School

This branch was established in 1073. Since the walls of the base monastery of this school were painted with colourful symbols of Manjushri, Avalokitesvara and Vajradhara with three main colours, red, white and black, 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.

格鲁派 (黄教)

格鲁派是藏传佛教中形成最晚的一个教派，创建于1409年，是在噶当派的基础上发展起来，是著名的宗教改革家宗喀巴在推行宗教改革过程中形成的教派。由于此派戴黄色僧帽，故又称为黄教。

Gelug School

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



芬兰驻华大使肃海岚 (Jarno Syrjälä) 阁下在招待会上讲话
Finnish Ambassador, Mr. Jarno Syrjälä, talking at the event



欧盟驻华大使介绍了下半年欧盟将展开的几个重要工作情况。其中包括中国和欧盟这两大机构将协助世贸组织修改有关条约，九月出席在纽约举办的气候变化峰会，和中国一起推动巴黎气候协议的落实等

EU Ambassador Nicolas Chapuis introduced several important tasks of the European Union for the second half of the year. These include assisting the WTO in revising the relevant treaties, attending the Climate Change Summit in New York in September, and working with China to promote the implementation of the Paris Climate Agreement.



芬兰驻华大使肃海岚 (Jarno Syrjälä) 阁下与嘉宾交谈
H.E. Jarno Syrjälä, Ambassador of Finland to China, in talk with the guests

活动 Images from the venue 现场

芬兰担任欧盟轮值主席国 Finland Assumes the Rotating Presidency of the European Union



芬兰驻华大使馆于2019年7月11日在大使官邸举办了担任欧盟下半年轮值主席国的新闻发布会。

2019年欧盟理事会芬兰主席国从2019年7月1日开始。芬兰自1995年加入欧盟以来第三次担任欧盟理事会主席国，主题为“可持续的欧洲，可持续的未来”。首要任务是：

- 加强共同价值观和法治建设
- 使欧盟更具竞争力和社会包容性
- 加强欧盟作为全球气候行动领导者的地位
- 全面保护公民安全

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





7月23日下午，新上任只有半年的欧盟驻华大使郁白先生到中国人民对外友好协会拜会李希奎秘书长。《世界中国》杂志社社长纳吉·赫女士也一同出席会议。

In the afternoon of July 23, Mr. Nicolas Chapuis, EU Ambassador to China, visited Secretary-General Mr. Li Xikui at the Chinese People's Association for Friendship with Foreign Countries. Ms. Nagy Lin, President of "The World and China" Magazine, also attended the meeting.



加强中欧人文交流

Strengthening Sino-European People-to-People Exchange

协会秘书长李希奎先生首先表示：在郁白大使上任前就了解到大使是个中文通，早已期盼与大使直接用汉语进行交谈。

李秘书长首先介绍说：中国人民对外友好协会成立于1954年，至今已经和160多个国家建立2700多对友好城市，在友好城市的框架下展开了多方面的合作。几乎所有欧盟国家至少有一个城市或多个中国城市是友好城市。作为友协下属的中国友好和平发展基金会也成立了23年。自去年以来，基金会协助欧盟驻华使团在全国各地举办中国欧盟青少年绘画展，今年又与欧盟国多个驻华大使馆一起主办“第二届中国欧盟微电影展”。期望今后在更多的领域开展更广泛的人文深度交流活动。

Mr. Li Xikui, Secretary-General of the Association, said at the outset that sometime before Ambassador Chapuis has taken office, he already learned that he was a sinologist, hence ever since then he was waiting for the opportunity to converse with him in Chinese.

Secretary-General Li introducing the Chinese People's Association for Friendship with Foreign Countries said that the association was established in 1954. So far it facilitated the establishment of over 2700 sister city relations with more than 150 countries opening up the door for a wide range of cooperation programs. Almost all European Union countries have at least one sister city in China, some of them has several. The China Friendship Foundation for Peace and Development, which is affiliated to the Chinese People's Association for Friendship with Foreign Countries, was established 23 years ago. Since last year, the foundation has assisted the Delegation of the European Union to China in organizing the EU-China Children's Art Exhibition in several cities across the country. This year, in cooperation with several embassies of European Union member countries, the foundation is staging the "2nd EU-China Short Film Festival". Mr. Li is looking forward to further extending and deepening the people-to-people dialogue between China and the European Union in the future.

欧盟驻华大使郁白阁下用流利的汉语和幽默的语言与李秘书长开诚布公地交流。他时常强调，人们要接受这个事实，那就是，如今中国已经变得强大。欧盟和中国的关系逐年健康发展，特别是在面对气候变化条约的执行方面，中国做出了很好的表率。在世贸组织条约的修改方面，欧盟和中国的强强联手也同样起到了决定性的作用。与此同时，郁白大使还坦诚地指出，中国政府在有些方面还需要更开放，更包容。如：应该考虑制定相关政策，允许外国汉语专家在中国设立独立的对中国问题研究机构。另一方面还要完善银行信用失信制裁体系，针对不同性质的失信人群，成立具体的执行机构。

His Excellency Nicolas Chapuis, 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 by 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 Chapuis 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 institutions for China studies in

China. Furthermore, we should improve the sanction system for bank loan related misbehaviour and set up special agencies handling different types of violations.

出席会议的还有中国友好和平发展基金会副秘书长邓岚女士等。

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





嘉宾入场
Guests sign the welcome board



卢旺达驻华大使查尔斯·卡勇加 (Charles Kayonga) 阁下与中国外交部非洲司司长戴兵阁下共同庆祝活动圆满举行

H.E. Charles Kayonga, Ambassador of Rwanda to China, and Mr. Dai Bing, Director of Africa Department of the Ministry of Foreign Affairs of China celebrated together



卢旺达解放日 Rwanda Liberation Day



卢旺达驻华大使查尔斯·卡勇加 (阁下) 致欢迎辞
Welcoming address by His Excellency Charles Kayonga, Ambassador of Rwanda to China

值此卢旺达解放 25 周年日来临之际，暨第 25 届对图西族人民大屠杀纪念活动结束之际，卢旺达驻华大使馆于 2019 年 7 月 8 日在京举办了招待宴会。

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

卢旺达驻华大使查尔斯·卡勇加 (Charles Kayonga) 阁下与中国外交部非洲司司长戴兵阁下交谈。

H.E. Charles Kayonga, Ambassador of Rwanda to China with Mr. Dai Bing, Director of Africa Department, Ministry of Foreign Affairs of China



活动现场
Performance





秘鲁驻华大使馆二等秘书伊格纳西奥·巴尔加斯 (Ignacio Vargas) 先生介绍本次活动
El secretario secundario de la Embajada de Perú en China Ignacio Vargas está presentando la actividad

秘鲁国酒品鉴会

Cata de Bebida Nacional de Perú



嘉宾体验调制鸡尾酒
Participants learned how to make a good cocktail

值此秘鲁独立日 (7月28日) 纪念之际, 秘鲁驻华大使馆于2019年7月9日在北京举办了一场秘鲁国酒——皮斯科酒 (Pisco) 的推介活动, 现场请到了秘鲁著名调酒师 Lucero Villagarcía 女士为来宾讲解以及教大家如何调制出一杯皮斯科酒。

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 hacen una copa de pisco.



秘鲁著名调酒师 Lucero Villagarcía 女士为嘉宾介绍皮斯科酒 (Pisco) 的历史发展以及现场调制鸡尾酒
La famosa sommelier peruana Lucero Villagarcía presentó a los invitados la historia de desarrollo de pisco y hace el cóctel en actividad.

活动现场 *Sitio de actividad*





秘鲁驻华大使路易斯·克萨达 (Luis Quesada) 阁下携使馆官员欢迎到场宾客
El Embajador de Perú en China Luis Quesada y los funcionarios de la Embajada manifiestan bienvenidos a los invitados.



秘鲁驻华大使路易斯·克萨达 (Luis Quesada) 阁下与中国外交部副部长秦刚阁下交谈
El Embajador de Perú en China Luis Quesada está hablando con el viceministro chino de asuntos exteriores Qin Gang.



中国外交部副部长秦刚阁下与大使嘉宾交流
El viceministro chino de asuntos exteriores Qin Gang está hablando con los invitados de la Embajada.



秘鲁 国庆日

Día Nacional de República de Perú



2019年7月25日,秘鲁共和国国庆198周年暨中国移民170周年纪念招待会在北京举行。秘鲁驻华大使路易斯·克萨达 (Luis Quesada) 阁下在致辞中说: 在170年前的第一批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198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民的友谊和关系, 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 198 Aniversario de la República de Perú y 170 Años de Inmigración China en Beijing.

En el discurso dado por el Embajador de Perú en China, su Excelencia Luis Quesada, él señaló que: hace 170 años, los primeros inmigrantes chinos llegaron a Perú, entonces Perú fue un país de república muy joven, hoy en día, ya llega el 198 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 inmigración china en el desarrollo social de Perú.





哥伦比亚驻华大使路易斯·迭戈·蒙萨尔韦 (Luis Diego Monsalve Hoyos) 阁下及使馆官员欢迎到场宾客
El Embajador de Colombia en China Luis Diego Monsalve Hoyos y los funcionarios de la Embajada están dando bienvenidos a los invitados.



活动 现场

Campo de actividad



哥伦比亚国庆日 Día Nacional de Colombia

为庆祝哥伦比亚共和国国庆独立日来临之际，哥伦比亚驻华大使馆于2019年7月18日在北京海航万豪酒店举办了招待宴会。
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.

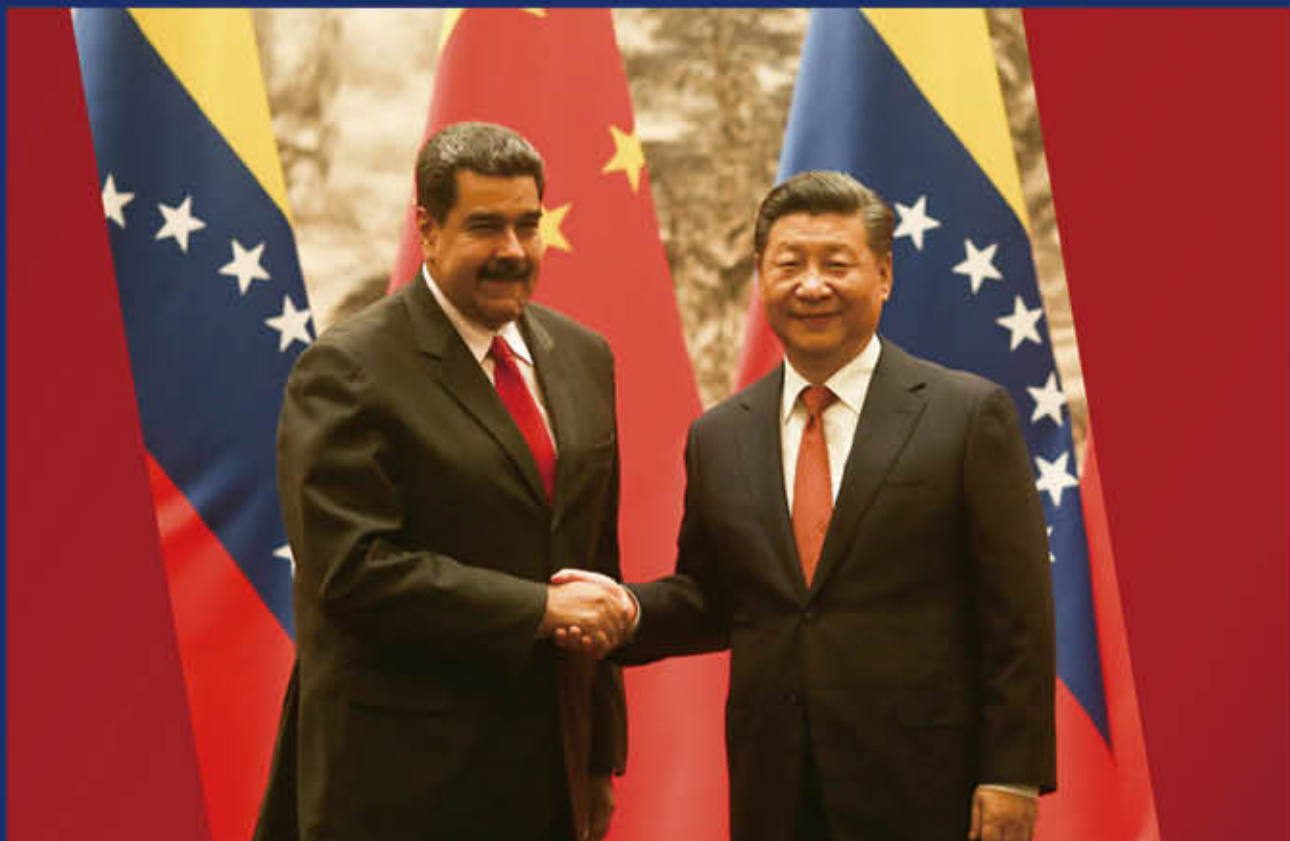


哥伦比亚驻华大使路易斯·迭戈·蒙萨尔韦阁下致欢迎辞
El Embajador de Colombia en China, su excelencia Luis Diego Monsalve Hoyos está dando el discurso de bienvenida.



哥伦比亚驻华大使路易斯·迭戈·蒙萨尔韦阁下与中国外交部副部长郑泽光阁下共同庆祝活动圆满举行
El Embajador de Colombia en China, Sr Luis Diego Monsalve Hoyos y el viceministro chino de Asuntos Exteriores, Zheng Zeguang celebran conjuntos la celebración exitosa del banquete.





两国合作硕果累累，友谊历久弥坚

Un lustro de éxitos y de amistad fortalecida

为纪念委中全面战略合作伙伴关系建立 5 周年

En ocasión al quinto aniversario del establecimiento de la Asociación Estratégica Integral Venezuela – China

2014 年，中华人民共和国主席习近平首次对委内瑞拉进行国事访问，与马杜罗总统举行会谈。马杜罗总统表示为实现查韦斯总统的遗志，将继续为捍卫国家的独立和主权而努力。两国于 7 月 21 日签署联合声明，宣布建立全面战略合作伙伴关系，为双边关系的深入发展开启新的历史篇章。1999 年以来，在玻利瓦尔革命的推动下，构建了以维护主权为基本原则的外交政策，对外合作惠及委内瑞拉人民，也为打造富有成果的南南合作模式奠定了坚实的基础。

En 2014, se produjo la histórica primera visita de Estado del Presidente de la República Popular China, Xi Jinping, a la República Bolivariana de Venezuela, en cuyo encuentro con el Presidente Nicolás Maduro Moros, continuador de la lucha por la verdadera independencia y soberanía iniciada del Comandante Supremo Hugo Chávez Frías, se suscribió el 21 de julio, la Declaración



委内瑞拉驻华大使伊万·塞拉帕·格雷罗
Venezuelan Ambassador to China, Ivan Zerpa Guerrero



安吉尔瀑布 (委内瑞拉)

Conjunta para el Establecimiento de la Asociación Estratégica Integral, dando inicio a una nueva etapa de mayor profundidad y amplitud en el vínculo bilateral que ya, desde 1999, gracias al empeño de la Revolución Bolivariana de construir una política exterior soberana y una cooperación que impactara de manera directa y positiva en las aspiraciones del pueblo venezolano, gozaba de una solidez y de un dinamismo que lo hacía modelo exitoso de la Cooperación Sur-Sur.

中委全面战略合作伙伴关系涉及面广，惠及各领域长期合作，契合两国发展战略。两国关系在 2014 年提升以后，共成功举办四次高级混合委员会会议，签署了 94 项协议。目前，两国自建交以来，签署了超过 500 项协议。

La Asociación Estratégica Integral tiene un carácter amplio, porque la cooperación abarca todas las áreas, se perfila a largo plazo y está incorporada en los planes de desarrollo tanto de China como de Venezuela, y desde su establecimiento en 2014, se han celebrado cuatro Comisiones Mixtas de Alto Nivel, suscribiéndose más de 94 acuerdos, con lo que se supera en la presente fecha los 500 instrumentos bilaterales desde el inicio de las relaciones diplomáticas.

当前，在全面战略合作伙伴框架下，200 余家中资企业在委投资兴业。不久前，就委内瑞拉国家钢铁生产公司恢复生产项目达成协议，总投资超过 20 亿欧元。

En la actualidad, hay más de 200 empresas chinas trabajando e invirtiendo en el desarrollo de proyectos en suelo venezolano, en el marco de la Asociación Estratégica Integral. Recientemente, se han acordado inversiones por encima de los dos mil millones de euros para la recuperación y la activación de la producción en la empresa Siderúrgica del Orinoco "Alfredo Maneiro" (Sidor).

委中两国在医疗器械、药品、汽车生产领域达成优先合作协议，重点执行交通和房建项目。在中方技术人员的支持下，我们也在积极筹备将委内瑞拉第三颗人造卫星的送入轨道运行。马杜罗总统计划将食品生产项目列为两国重点项目，

以此建立委内瑞拉人民的食物主权。

Venezuela y China tienen acuerdos de primer nivel para la producción y abastecimiento de equipos médicos y medicinas; para el desarrollo de la industria automotriz, en el marco del sector transporte y del sector vivienda. También estamos dando los primeros pasos para la construcción y puesta en órbita del Satélite Guaicaipuro, el tercer satélite venezolano con el apoyo técnico chino. Sostenemos el planteamiento fundamental del Presidente Maduro en torno a la cooperación bilateral futura: "Pongamos como prioridad los proyectos de producción de alimentos para la soberanía alimentaria del pueblo de Venezuela".

中委全面战略合作伙伴关系不仅有利于各项务实合作的执行，同时也巩固了两国政治团结，推动双方在联合国安理会等多边组织积极配合，维护国际公平正义。2016 至 2017 年间，委内瑞拉作为人权事务委员会非常任成员国也作出了积极的贡献。本着积极的态度，通过密切沟通，中委两国带头创建了中拉论坛，两届部长级会议（2015 年、2018 年）成功举办。委内瑞拉还热烈响应“一带一路”倡议的号召，参加了 2017 年和 2019 年相关合作论坛的专题会议。

La Asociación Estratégica Integral China – Venezuela no se ha limitado al campo de la cooperación tangible, sino que ha reforzado la solidaridad política y hemos trabajado en conjunto en los espacios multilaterales por las causas justas de nuestros pueblos, tanto en la Asamblea General de la Organización de las Naciones Unidas, dentro de su Consejo de Seguridad, especialmente cuando Venezuela fue miembro no permanente (2016-2017), como en el Consejo de Derechos Humanos. Con el mismo ímpetu y comunicación continua, Venezuela y China lideraron la creación del Foro CELAC-China, con sus dos reuniones ministeriales (2015 y 2018), mientras que nuestro país ha tenido una activa participación en la Iniciativa de la Franja y la Ruta, con presencia a alto nivel en sus dos Foros de Cooperación (2017 y 2019), y en sus mecanismos especializados.



两国建立全面战略合作伙伴五年以来，马杜罗总统尤为重视两国关系的发展，前后三次访华，分别为2015年1月和9月的访问以及2018年9月的国事访问。马杜罗总统在最近一次访问中表示：“我们向中国展开双臂，为了共同发展，要大胆设想，勇于实现。”

En este quinquenio en las que se han escrito hermosas páginas de la hermandad entre China y Venezuela, el Presidente Nicolás Maduro realizó tres visitas a la República Popular China, dos oficiales, en enero y septiembre de 2015 y una de Estado, en septiembre de 2018, dejando de manifiesto el peso de la relación con China para el desarrollo de nuestro país. Como lo dijo el Jefe de Estado venezolano, en su última visita al suelo chino: "Hemos venido a China a extenderles los brazos y a decirles que continuamos en el camino del desarrollo compartido, de soñar y actuar en grande".

2019年，帝国列强针对委内瑞拉主权和稳定的攻击愈演愈烈，多次煽动推翻马杜罗政府的政变。此时，中国政府呼吁要恪守国际法的基本准则，反对某些国家对委内瑞拉内政的干预，谴责单边强制措施。同时，中方通过合作和人道主义技术援助帮助委内瑞拉政府抵御非法金融贸易封锁，克服民生物资采购的困难。

En el presente año 2019, los embestidas imperialistas contra la soberanía y estabilidad de la República Bolivariana de Venezuela crecieron en número y en nivel de peligrosidad. Sin embargo, ante el golpe de Estado continuo contra el gobierno constitucional y legítimo del Presidente Nicolás Maduro Moros, el Gobierno de la República Popular China, se ha mantenido apegado a los principios fundamentales del derecho internacional y ha rechazado la injerencia de algunos países en los asuntos internos de Venezuela, particularmente, las medidas coercitivas unilaterales, al tiempo de incrementar la cooperación y la asistencia técnica humanitaria para contribuir en los esfuerzos del Gobierno Bolivariano para enfrentar el criminal bloqueo financiero, económico y comercial, que impide la adquisición de bienes para atender las necesidades básicas del pueblo venezolano.

2019年6月28日，马杜罗总统在两国建交45周年的

庆典上表示：“中国将成为世界强国，但无意统治世界。”

Con mucha razón, el Presidente Maduro expresó el 28 de junio de 2019 en el marco de los 45 años del establecimiento de las relaciones diplomáticas Venezuela - China: "China ha demostrado que se puede ser una gran potencia sin querer dominar a otros pueblos del mundo".

为此，中国政府为了世界的和平与繁荣，坚持国家间平等公正的原则，中委全面战略合作伙伴合作必将迎来更辉煌的明天。中委两国在历史发展的长河中，坚持反对帝国统治，尊重人民自主，不断探索构建多极、多中心的发展之路，推动两国关系迈上新台阶，更好地造福两国及两国人民。

Por ello, reconociendo los principios del Gobierno de la República Popular China para el establecimiento de un mundo pacífico y próspero; de un orden mundial justo y equitativo, el futuro para la Asociación Estratégica Integral entre Venezuela y China se nos muestra brillante. Nuestros países han transitado a lo largo de su historia un camino en la búsqueda de un mundo multicéntrico y pluripolar, sin dominación imperial y con respeto irrestricto de la autodeterminación de los pueblos. Y sobre este principio compartido por ambos gobiernos, la asociación se elevará a nuevos niveles de profundidad y magnitud, redundando en mayor prosperidad y desarrollo para nuestras naciones.

习近平主席提出了人类命运共同体的伟大构想。在全面战略合作伙伴框架下，两国将本着平等尊重、互惠互利的原则，克服种种困难，共建多极、多中心的世界，保卫和平。我们必胜。

El Presidente Xi Jinping habla de la humanidad como una comunidad de destino común y compartido. A través de nuestra Asociación Estratégica Integral, podremos continuar superando conjuntamente cualquier dificultad y seguir dándole resultados concretos a nuestros sobre la base de la igualdad entre los Estados, el respeto mutuo, los beneficios compartidos, contribuyendo a la construcción de un mundo pluripolar, multicéntrico, que sea garante de la paz. Venceremos.

伊万·塞尔帕
Dr. Iván Zerpa Guerrero



乌拉圭驻华大使费尔南多·卢格里斯 (Fernando Lugris) 先生介绍乌拉圭致辞

Embajador del Uruguay en China, Sr. Fernando Lugris.



博洛尼亚角常驻媒体代表莱昂纳多·塞加尔巴 (Dr. Leonardo Segalerba) 博士为嘉宾介绍特色旅游业

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

乌拉圭旅游与探戈

Uruguay Cultural y Turístico

乌拉圭驻华大使馆于2019年8月6日在使馆内举办了乌拉圭文化与旅游发展推介会。

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



乌拉圭探戈歌手乔凡娜 (Giovanna) 女士介绍乌拉圭探戈历史说道，探戈的表示形式有两种，一种是跳，另一种是唱，我们乌拉圭人偏向于唱，乌拉圭探戈歌手乔凡娜 (Giovanna) 女士现场表演

Giovanna realiza una presentación de la historia y cultura del tango. Cantante de tango uruguayo Giovanna.





乌拉圭国庆活动

National Day of Uruguay

乌拉圭国庆日来临之际，乌拉圭驻华大使馆于8月19日在国贸大酒店举办投资推介及招待宴会

La Embajada del 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.



乌拉圭工业部部长吉列尔莫·蒙塞奇 (Guillermo Moncecchi) 先生在致辞中说：乌拉圭虽然是个小国，凭借地区商业枢纽的国家优势和在“一带一路”中的重要角色，乌拉圭成为了通往南方共同市场和拉丁美洲的门户

El Ministro de Industria, Energía y Minería del Uruguay, Sr. Guillermo Moncecchi expresó que a pesar de que el Uruguay es un pequeño país, jugará 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：乌拉圭保持着高速持久的经济增长，现在已经成为拉美地区最具吸引力的投资地区之一，在“一带一路”合作框架下，两国在基础设施、清洁能源、商业旅游等领域将有大量合作机会供双方探索

El Vicecanciller de China, Sr. Zheng Zeguang expresó que el Uruguay ha mantenido un desarrollo sostenido de su economía, haciéndolo una de las regiones más atractivas para la inversión extranjera, ofreciendo muchas oportunidades a explorar bajo la iniciativa de la Franja y la Ruta en los ámbitos de infraestructura, energías renovables y el turismo.



乌拉圭二十一世纪投资和出口委员会执行董事安东尼奥·卡兰布拉先生 (Antonio Carámbula) 表示：对外方投资商而言，乌拉圭的定位是值得信赖且富有吸引力的目标国，也是拉美地区能提供最佳经商便利的国家之一

El Presidente de la Agencia de Promoción de Inversiones y Exportaciones Uruguay XXI, Sr. Antonio Carámbula, remarcó que para los inversores extranjeros el Uruguay representa confiabilidad, por lo que el país se ha convertido en uno de los mejores del mundo para realizar negocios.



现场表演

Presentaciones artísticas





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日在使馆内举办了一场来自中国学生们和乌拉圭学生们相互之间的文化交流活动。
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.



乌拉圭驻华大使费尔南多·卢格里斯 (Fernando LUGRIS) 阁下致欢迎词
El Embajador de Uruguay en China, Sr. Fernando LUGRIS ofrece unas palabras de bienvenida



来自乌拉圭由中国政府资助的名为乌拉圭公立小学 319 号“中华人民共和国”学校的 5 名学生，他们在中国青岛以及北京参观一共 15 天，他们介绍了自己的感受
Los 5 alumnos de la Escuela N°319 "República Popular China" del Uruguay presentan sus lugares favoritos de China durante su visita de 15 días que incluyó Qingdao y Beijing.



乌拉圭驻华大使费尔南多·卢格里斯阁下与前中国驻乌拉圭大使汤铭新阁下为学生颁发奖状
El Embajador Fernando LUGRIS junto al Ex Embajador de China en Uruguay, Sr. Tang Minxing, entregan diplomas a los estudiantes.

现场活动

Scene Activity



乌拉圭探戈歌手乔凡娜 (Giovanna Tango) 女士与学生们互动
Presentación de la cantante de tango uruguaya Giovanna.



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



一般社団法人全日本关联食品输出促进协议会理事长木村良 (Ryo Kimura), (Chairman) 理事长致辞
Address by Ryo Kimura, Chairman of the National Association of Japanese Food Export Promotion



主持人介绍本次活动
The host introduces the event

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暨2019年度SAKE-China日本清酒品评会活动。本次活动是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.



颁奖仪式
Award ceremony



集体祝酒
Group toast



牙买加驻华大使丘伟基 (Antonia Hugh) 阁下欢迎到场宾客
His Excellency Antonia Hugh, Ambassador of Jamaica to China, welcomes the guests



牙买加驻华大使丘伟基 (Antonia Hugh) 阁下与中国外交部拉美司参赞韩镜阁下共同庆祝活动圆满举行
H.E. Mr. Antonia Hugh, Ambassador of Jamaica to China, and Mr. Han Jing, Counsellor of Latin America Department of the Ministry of Foreign Affairs of China during the celebration



牙买加独立日

Jamaican Independence Day



文化表演
Cultural Performance



值此牙买加独立 57 周年之际，牙买加驻华大使馆于 2019 年 8 月 28 日在海航万豪大酒店举办了庆祝招待宴会。

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

牙买加驻华大使丘伟基 (Antonia Hugh) 阁下在致辞
H.E. Mr. Antonia Hugh, Ambassador of Jamaica to China, speaks at the event





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

中俄 70 周年庆祝大会

Торжественное собрание
«Россия – Китай: 70 лет дипломатических отношений»



在俄罗斯联邦驻华大使馆的支持下，“俄罗斯—中国建交 70 周年”庆祝大会于 8 月 20 日在北京俄罗斯文化中心举行。本次大型活动由俄罗斯国际人文合作署驻华代表处主办、俄罗斯驻华大使馆支持举办。

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 Россотрудничества в КНР при поддержке Посольства Российской Федерации в КНР.

俄罗斯国际人文合作署驻华代表处负责人梅利尼科娃女士欢迎宾客
Встреча гостей Руководителем представительства Россотрудничества в КНР О.А. Мельниковой.



欧美同学会留苏分会会长刘利民先生致辞

Выступление заместителя председателя Китайского народного общества дружбы с заграницей Сун Цзинъю



中国人民对外友好协会副会长宋敬武阁下致辞

Выступление председателя Китайской ассоциации выпускников Российских (Советских) вузов Лю Лиминя



节目表演
Концертные номера



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



High Coast / Kvarken Archipelago, 瓦尔肯群岛 (Visit Finland / Jaakko Salo)

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，内陆水域面积占全国面积的 10%，有岛屿约 17.9 万个，湖泊约 18.8 万个，有“千湖之国”之称。全国 1/3 的土地在北极圈内。芬兰是圣诞老人的故乡，最早的居民为拉普人，故芬兰又称拉普兰，芬兰人迁入后，建立了芬兰大公国。十二世纪后半期被瑞典统治。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 年下半年担任欧盟轮值主席国。

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 179,000 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 Lapland. After the Finns moved in, they established the

Old Rauma, 劳马老城 (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 Sammallahtenmaki, 萨马拉赫登麦基青铜时代墓葬 (Visit Finland / Juho Kuva)



Verla Groundwood and Board Mill,
韦尔拉磨木纸板厂 (Visit Kouvolaa)

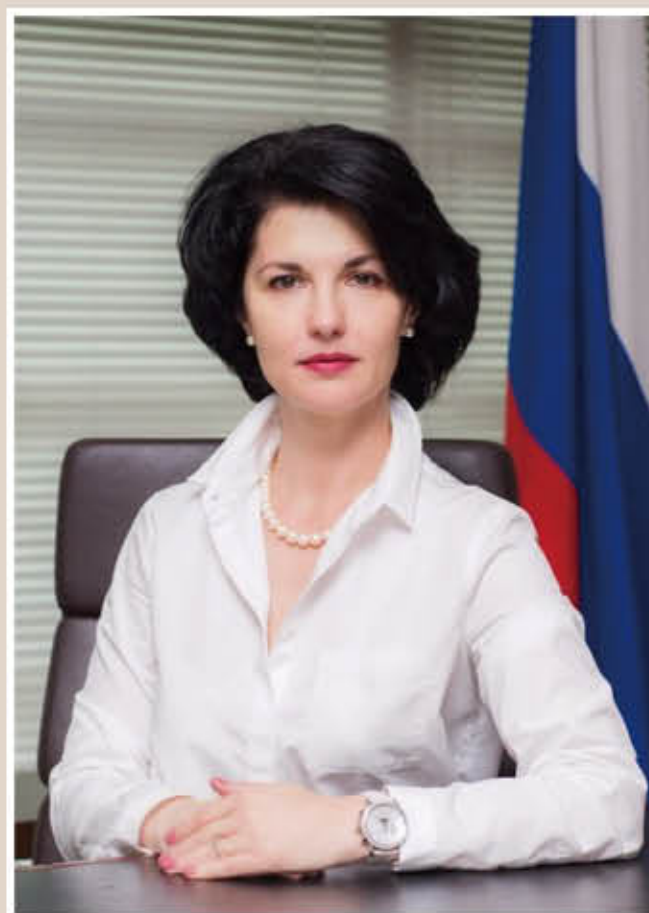


Petajavesi Old Church, 佩泰耶韦西老教堂
(The National Board of Antiquities)



Fortress of Suomenlinna 芬兰堡
(Visit Finland / Juha Kalaoja)

Struve Geodetic Arc, 斯特鲁维测地弧
(Sirkka Image/Markus Sirkka)



北京俄罗斯文化中心负责人
奥莉加·梅利尼科娃

尊敬的朋友们!

人文合作是俄中多边合作的重要方面。各国人民对文化和语言的共同兴趣是相互间人文交流增长的重点。在科学、教育、旅游、体育、青年合作和文化交流方面开展合作的务实做法有助于为各国之间进一步发展人文关系找到新的动力。

由于我即将完成作为北京俄罗斯文化中心负责人在中国的工作，我要感谢北京俄罗斯文化中心的所有俄罗斯、中国和他国合作伙伴，以及我的同事和俄罗斯同胞的共同工作。

从我上任的第一天起，我就感受到了你们同志般的鼓励和支持。你们对实施联合项目所作的贡献是非常宝贵的。

我希望北京俄罗斯文化中心继续坚持选择的方针，积极维护俄罗斯同胞的利益，发展全面的文化对话和我们人民之间的人文合作。我相信俄罗斯文化中心的各项活动将像以前一样关注人、关注他们的兴趣和愿望。

祝大家幸福安康!

致以诚挚的敬礼!

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!



北京俄罗斯文化中心负责人奥莉加·梅利尼科娃离任
Olga Melnikova, Head of the Russian Cultural Center in Beijing, is leaving China



7月中旬西班牙驻华大使馆副馆长路易斯和文化参赞格洛丽亚在朋友给举办的离任告别派对上。

In mid-July, Mr. Jose Luise, Deputy Head of the Spanish Embassy in China, and Ms. Gloria Minguez Ropinon, Cultural Counselor of the same embassy, were hosting a farewell party for their friends.



再见, 中国
Goodbye, China



文化参赞格洛丽亚, 也是本刊顾问委员会顾问。社长纳吉麟按照中国民俗请她吃饺子以此告别。

Cultural Counselor 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.



欧盟驻华代表团公使衔参赞 Asad Beg (白尚德) 离任
Mr. Asad Beg, Minister Counsellor of the Delegation of the European Union to China, leaves his post



庆祝中华人民共和国成立70周年 暨『封』行万里 不忘初心 揭幕仪式

Celebration of the 70th Anniversary of the Founding of the People's Republic of China and Unveiling Ceremony of
"Commemorative Envelopes Travel Thousands of Miles, Remain True to Our Original Aspiration"



中国 - 乌拉圭和中国 - 古巴纪念封揭幕仪式

Ceremonia de presentación del sello conmemorativo
China-Uruguay y China-Cuba



中方领导为艺术家颁发证书
Los líderes chinos dan certificados a los artistas

为庆祝中华人民共和国成立70周年，拓展民间对外交往渠道，助力“一带一路”建设，“封”行万里，不忘初心”之中国-乌拉圭、中国-古巴纪念封揭幕仪式于2019年7月5日在北京外交办公大楼举行。

Para festejar 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 develar el sello conmemorativo de "China-Uruguay y China Cuba": "Continuar andando sin olvidar el corazón primario" el 5 de julio de 2019 en el Edificio de Oficinas Diplomáticas.



中国和平发展基金会副秘书长王华在致辞中表示，希望通过此项活动增进中国与古巴、中国与乌拉圭国家间、人民间的传统友谊与相互了解，促进友好合作关系的深入发展

El Secretario General Adjunto de Fundación China para la Paz y el Desarrollo Wanghua dijo en el discurso que, se espera que estreche la amistad y el conocimiento mutuo entre China y Cuba, China y Uruguay, también entre sus pueblos, mientras impulse y profundice la cooperación amistosa.



乌拉圭驻华大使费尔南多·卢格里斯阁下致辞

El Embajador de Uruguay en China Fernando Lugris dio el discurso



古巴驻华副馆长李兹培女士致辞

La subdirectora de la Embajada de Cuba en China Sra. Li Zipei dio el discurso.

活动现场

Sitio de actividad





阿根廷驻华大使盖铁戈 (Diego Guelar) 阁下致欢迎词
Welcome speech by His Excellency Diego Guelar, Ambassador of Argentina to China



麦子店街道工委书记吴冰先生讲话
Speech by Mr. Wu Bing, Secretary of Maizidian Street Working Committee

阿根廷文化周在京开幕 Argentine Cultural Week in Beijing

2019年7月19日, 阿根廷国家主题文化周在麦子店国际社区服务中心正式启动。本次活动以探索开展由政府主导的民间外交活动为主, 在自信的基础上增进交流, 以文化交流为纽带, 营造中外居民民心相通、和谐相融的生活氛围为目的, 打造“家印象·国际店”。

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".



文艺表演
Espectaculo de Literatura y Arte



互动体验
Experiencia de Interaccion



INBAR Flag Raising Ceremony for the Republic of the Congo
刚果共和国加入国际竹藤组织升旗仪式

18 July 2019 Beijing China 2019年7月18日 中国·北京



刚果共和国成为 INBAR 第 45 个成员国

The Republic of the Congo Becomes the 45th Member of INBAR

2019年7月18日，刚果共和国加入国际竹藤组织（INBAR）升旗仪式在北京国际竹藤组织总部举行，成为该组织第45个成员国。

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 Beijing International Bamboo and Rattan Organization, becoming the 45th member of the organization.



升刚果共和国国旗
Flag raising for the Republic of the Congo (Bamboo and Rattan Square)



活动现场
Venue of the event



INBAR 总干事阿里·穆秋姆先生致辞
Speech of Ambassador Ali Mchumo, Director General of INBAR



INBAR 董事会联合主席江泽慧教授致辞
Speech of Professor Jiang Zehui, Co-Chair of Board of Trustees of INBAR



INBAR 理事会副主席国代表、喀麦隆驻华大使马丁·姆巴纳先生致辞
Speech of H.E. Martin Mpana, Ambassador of the Republic of Cameroon, an INBAR Co-chair country



东道国政府代表、中国外交部国际经济司黄映扬先生致辞
Speech of Mr. Huang Yiyang, Deputy Director General of International Economic Affairs Department, Ministry of Foreign Affairs of China, on behalf of the host government



刚果共和国驻华大使达尼埃尔·奥瓦萨先生致辞
Speech of H.E. Daniel Owassa, Ambassador of the Republic of Congo to China



东道国政府代表、中国国家林业和草原局副局长彭有冬先生致辞
Speech of Mr. Peng Youdong, Deputy Administrator of National Forestry and Grassland Administration of China on behalf of the host government



2019 国际竹建筑设计大赛颁奖典礼 Award Ceremony of the International Bamboo Architectural Design Competition 2019

图文：国际竹藤组织
Image and Text: International Bamboo and Rattan Organization



国际竹藤组织总干事穆秋姆

Ali Mchumo, Director-General of International Bamboo and Rattan Organization



大赛评委会主席崔愷

Cui Kai, Chairman of the Jury of the Competition

7月19日，2019国际竹建筑设计大赛颁奖典礼在北京世园会国际竹藤组织园隆重举行。当天上午，由9位建筑专家组成的评委会评审出了最终获奖作品。

国际竹藤组织总干事穆秋姆，埃塞俄比亚驻华使馆公使衔参赞阿萨耶·阿乐麦尤，本次大赛评委会主席、中国工程院院士、中国建筑建筑设计研究院总建筑师、2019年中国北京世界园艺博览会中国馆设计师崔愷等出席颁奖典礼。

组委会共收到来自12个国家的70多件设计作品。

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.

Ali Mchumo, Director-General of International Bamboo and Rattan Organization, Asaye Alemayo, 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's 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.



一等奖作品《莲屋》
The First Prize went to "Lotus House"



二等奖作品《盒式竹屋》
Second Prize: "Box Bamboo House"



二等奖作品《竹机》
Second Prize: "Bamboo Machine"



穆秋姆总干事为2019国际竹建筑设计大赛组委会成员颁发证书
Director-General Ali Mchumo awards members of the organizing committee of the 2019 International Bamboo Architectural Design Competition



一等奖获得者 比利时列日大学代表队
First Prize Winner: Team of the University of Liege, Belgium



二等奖获得者 亚的斯亚贝巴大学代表队
Second Prize Winner: Team of the University of Addis Abeba



二等奖获得者 南京大学代表队
Second Prize Winner: Team of Nanjing University



2019年9月5日，由中国人民对外友好协会、清华大学、香港大学、香港中文大学共同主办，深圳市人民政府联合主办的第四届“世界公益慈善论坛”于第四个“中华慈善日”在深圳隆重开幕。

The 4th World Philanthropy Forum and the 4th Chinese Charity Day jointly organized by the Chinese People's Association for Friendship with Foreign Countries, Tsinghua University, University of Hong Kong, the Chinese University of Hong Kong and Shenzhen Municipal Government was opened on 5th of September, 2019 in Shenzhen.

全国政协副主席李斌出席开幕式并发表主旨演讲
Deputy Chairman of the National Political Consultative Conference, Li Bing, hosted the opening ceremony and made a keynote speech

第四届世界公益慈善论坛在深圳举办

4th World Philanthropy Forum Staged in Shenzhen

本刊讯 Own report



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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主任陈旭、3. 匈牙利前总理彼得·麦杰西作主旨发言、4. 民政部副部长王爱文、5. 中央人民政府驻香港特别行政区联络办公室副主任谭铁牛等致辞或发表主题演讲。

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 Tieniu (5) and others also addressed the forum.



全国政协副主席李斌与匈牙利前总理彼得·麦杰西座谈交流

Deputy Chairman of the National Political Consultative Conference, Li Bing, talking with Former Hungarian Prime Minister, Dr. Peter Medgyessy



李小林会长向匈牙利前总理颁发论坛顾问证书
Chairman Li Xiaolin presents a certificate for providing expertise to the forum to Former Hungarian Prime Minister, Dr. Peter Medgyessy



摄影：董龙茂 Photo by: Dong Longmao

本届论坛定向邀请的来自亚洲、欧洲、美洲、大洋洲的22个国家和地区的政府、企业、公益慈善组织、高等教育机构以及联合国相关机构的嘉宾围绕湾区发展中的人才交流、青年创新、健康卫生、体育教育、“一带一路”建设等领域展开讨论。

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显目位子，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。

本次画展由上海梅卿传媒集团，画展项目执行机构《世界中国》杂志社全权联手举办。

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

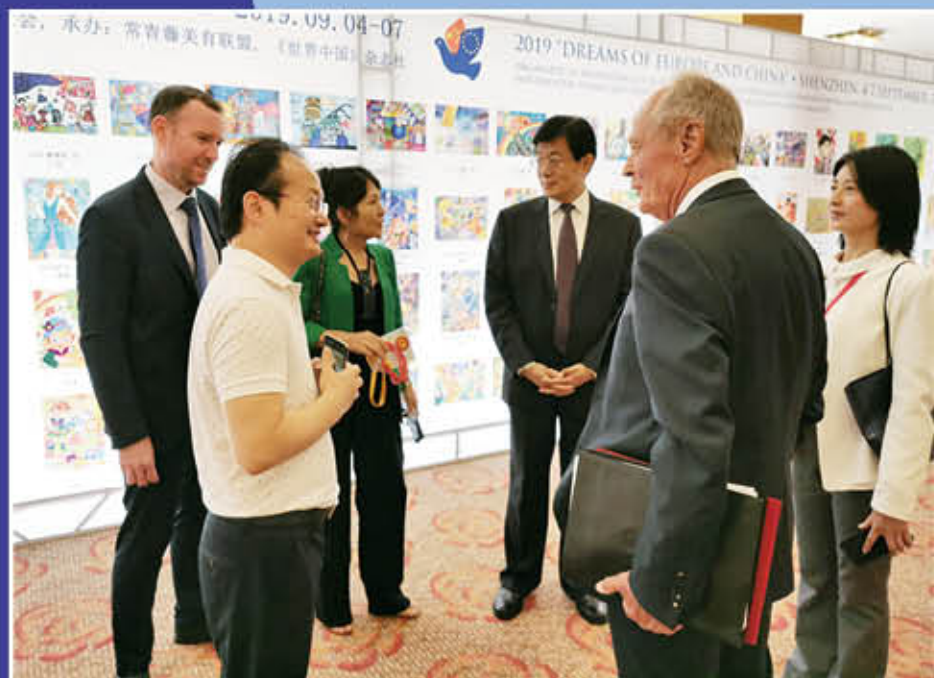




Nika 高兴展示她的画可以穿在身上
Nika is happy to demonstrate that her painting is wearable too

出席画展的嘉宾有 从左至右 拉脱维亚驻华大使馆副馆长伊古娜 Inguna Viksine, 欧盟国 参展代表克罗地亚 NIKA 与父母, 上海参展小朋友代表, 承办方——上海梅卿传媒集团董事长梅卿, 《世界中国》杂志社社长纳吉·麟, 以及主办方欧盟驻华代表团峰威力处长 (William Fingleton)。

Participants of the exhibition were Inguna Viksine, 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 Meiqing Media Group (L6), Nagy Lin, President of "The World and China" Magazine (L7) and William Fingleton, Head of the Press & Information Section of the Delegation of the EU to China (L8).



香港孩子和广东的孩子眼中的欧洲有何不同？

由欧盟驻华使团主办的“梦想中欧”画展9月5日至6日在“第四届世界公益慈善论坛”期间在深圳五洲宾馆举办。来自香港的70多幅青少年优秀作品以及深圳、广州孩子们的作品与欧盟国8个国家孩子们的作品给论坛400名嘉宾一个精彩的中国小艺术家和欧洲小艺术家的艺术对话精彩展示。本画展得到论坛主办方中国人民对外友好协会，协办方之一中国友好和平发展基金会等的大力支持。画展由《世界中国》杂志社，常青藤艺术教育联盟共同承办。



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 gave the 400 guests a wonderful display of artistic dialogue 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.



The "Dreams of Europe and China" Art Exhibition was Held in Shenzhen

“梦想中欧”画展在 深圳举行





参访中国妇女儿童博物馆、中华女子学院、求实职业技术学校
Visiting China's Women's and Children's Museum, Women's College and the Practical Vocational and Technical School

From July 7 to July 16, 2019, the 6th (2019) International Volunteer Beijing Action "Promoting Gender Equality and Building a Better World Together" was successfully held in Beijing. The event was organized by Beijing Women's Federation and the Foreign Affairs Office of the Beijing Municipal People's Government and was co-organized by Beijing Women's International Exchange Center, Beijing Chaoyang District Women's Federation and the Beijing Institute of International



Chinese Studies. Thirty international youth volunteers from nine countries including Nepal, Pakistan, Tanzania, Mongolia, the United States, Laos, Hungary, Costa Rica and China took part in the activity.

第六届（2019）“共促性别平等，共建美好世界”国际志愿者北京行动成功举办

6th (2019) International Volunteer Beijing Action "Promoting Gender Equality and Building a Better World Together"



聆听了国内外性别平等领域的专家讲座
Foreign and domestic experts gave lectures on gender equality

2019年7月7日至7月16日，第六届（2019）“共促性别平等，共建美好世界”国际志愿者北京行动在京成功举办。活动由北京市妇女联合会、北京市人民政府外事办公室共同主办，北京市妇女国际交流中心、北京市朝阳区妇女联合会、北京国际汉语研修学院承办。来自尼泊尔、巴基斯坦、坦桑尼亚、蒙古、美国、老挝、匈牙利、哥斯达黎加和中国等9个国家的30名国际青年志愿者参与。



服务北京晨光脑瘫儿童康复中心
At the Beijing Morning Cerebral Palsy Children Rehabilitation Center



开展性别平等“工作坊”交流活动



走进朝阳区社区家庭，交流各国家庭文化
Visiting a Chaoyang community family and exchanging information on the family culture of different countries



Launching of the Gender Equality Workshop



登上八达岭长城，向世界各地的游客宣扬性别平等理念和自然遗产保护知识
Climbing the Badaling Great Wall for promoting the concept of gender equality and natural heritage protection to tourists around the world



北京市妇联副主席殷娜在闭营仪式上代表主办方致辞。她呼吁，希望各国志愿者能带动更多青年参与到性别平等事业中，从我做起并成为引领者，继承和发扬 95 世妇会、全球妇女峰会的精神，共促性别平等，共建美好的世界家园！

Yin Na, Vice President of Beijing Women's Federation, delivered a speech on behalf of the organizers at the closing ceremony. She urged volunteers from all over the world to encourage young people to further the cause of gender equality, "start from grassroots level and become a leader", inherit and carry forward the spirit of the 95 World Women's Association's and the Global Women's Summit, and ultimately build a better world together.



参观中国民间艺术体验馆
At the China Folk Art Experience Museum



跟随北京巧娘学习中国传统书画，体验国粹精华“团扇”制
Learning Chinese traditional painting and calligraphy with Beijing Qiao Niang, and experiencing the quintessence of Chinese culture



共产党的执政办法

Ruling Methods of the Communist Party

中国记协于2019年7月23日在中国记协一层新闻大厅举办第130期新闻茶座。由中央党校原副校长李君如教授担任主讲嘉宾，他为100多位中外记者、驻华使馆官员、国际传媒人才、中国记协工作人员宣讲了题为“中国共产党的执政能力和国家治理”主旨报告。

李君如教授解读国家治理的内涵，他说：国家治理体系是在党的领导下管理国家的制度体系，包括经济、政治、文化、社会、生态文明和党的建设等各个领域体制机制、法律法规安排，是一整套紧密相连、相互协调的国家制度并回答了中外记者的提问。

On July 23, 2019, the All-China Journalists Association held the 130th press salon in the press hall on the first floor of the Association. Professor Li Junru, former Vice President of the Party School of the Central Committee of C.P.C., was the keynote speaker. He lectured on the keynote report entitled "The Ruling Ability and National Governance of the Communist Party of China" for more than 100 Chinese and foreign journalists, embassy officials in China, international media talents and staff of All-China Journalists Association and answered questions from Chinese and foreign journalists.

Professor Li Junru explained the connotation of national governance. He said that the national governance system is an institutional system that manages the country under the leadership of the party, including the systems, mechanisms and laws and regulations in various fields such as economy, politics, culture, society, ecological civilization and party building. It is a set of closely linked and coordinated national systems.



记者提问
Journalists' questions



新时代的中国国防

China's National Defense in the New Era

中国记协于8月22日在京举办第131期新闻茶座，邀请军事科学院战争研究院院长陈荣弟、军事科学院战争研究院研究员曹延中以“新时代的中国国防（白皮书）”为题，与外国驻京记者、驻华使馆新闻官、港澳台记者和内地记者进行交流，中国记协书记处书记田玉红主持此次新闻茶座。

陈荣弟院长表示，新版国防白皮书主动回应了国际社会重大关切，全面系统介绍改革后军兵种体制编制、发展战略、武器装备等具体情况，较大篇幅介绍中国军队深入推进党风廉政建设和反腐败斗争情况，主动介绍了吉布提保障基地有关情况，讲清楚中国在南海岛礁进行基础设施建设、部署必要的防御性力量，在东海钓鱼岛海域进行巡航，依法行使国家主权，这些都有利于向国际社会释疑解惑、避免误判、增进彼此间的信任。

The 131st Press Salon was held in Beijing on August 22. Chen Rongdi, President of the War Research Institute of the Academy of Military Sciences, and Cao Yanzhong, researcher of the War Research Institute of the Academy of Military Sciences, were invited to join foreign journalists in Beijing, diplomats in China, journalists from Hong Kong, Macao and Taiwan and journalists from the mainland under the theme of "China's national defense in the new era (white paper)". Tian Yuhong, Secretary of the Journalists' Association, presided over the news gathering.

President Chen Rongdi said that the new national defense white paper actively responded to some major concerns of the international community, comprehensively and systematically introduced the specific situation of the establishment of the military service system, development strategy, the weaponry and the equipments after the reform, and gave an introduction to the situation of the Chinese army's in-depth construction of a clean and honest party conduct and the fight against corruption, and also introduced the situation surrounding the Djibouti base. He also shared information on naval bases, clarifying China's infrastructure construction in the South China Sea islands and reefs, and the deployment of necessary defensive forces, cruising in the waters of Diaoyu Island in the East China Sea and exercising state sovereignty in accordance with the law were all conducive to explaining doubts of the international community, avoiding misjudgments and enhancing mutual trust.



记者提问
Journalists ask questions



“七夕”被称为中国的情人节

Qixi is called Chinese Valentine's Day

比拉·萨布里 Bilal Sabri

北京，中国——今天我出门时，惊讶地看到街上到处是买和卖红玫瑰和红气球的人。

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.

当我看到到处都是这样的场景时，就更加好奇了。作为一个外国人，我问了相关情况，才知道原来中国的情侣们会在每年的农历七月七日庆祝“七夕节”，通过交换糖果、鲜花和礼物，向各自的伴侣表达彼此的爱意。

The curiosity 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.

只差一天就到8月7号了（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。在七夕前一晚，由于人们尤其是年轻人的需求增加，鲜花（特别是红玫瑰）和红气球的价格大幅上涨。

With only a day left for August 7 which is also called 'Double Seventh', Qixi is called the Chinese Valentine's Day. On the eve of Qixi, the prices of flowers especially red roses and red balloons have surged due to increased demand among people especially youngsters.

红色花朵被认为是这个节日不可或缺的一部分，每个人都希望用最好的玫瑰花作为礼物，送给他们的朋友和挚爱。

Red flowers are considered as an integral part of this celebration and everyone wants to have the best combination of roses for presenting a gift to their friends and loved ones.

在北京三里屯、五道口这样的热门地段，大部分的花摊都摆满了红玫瑰、设计精美的花束和各种花卉组合，为市场增添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.

一个卖花的摊主张柔告诉 Diplomag 杂志，“对老板来说这不过是一个营业日。平时只需花50元到200元的价格就可以买到的花束，现在售价在100元到500元之间，这对我们来说真是一个商机。”

Zhang Rou, 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，基本不砍价，因为这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 rates for buying such things and avoid bargaining as it is not a basic necessity but luxury.

“买得起的人，多少钱他们都愿意买。”她说。

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

一个叫田芳宁的年轻女孩说，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，他们因为触犯天条相爱而被银河分开，只能在农历七月七日这天相聚。”如今，许多中国年轻人通常把这一天当成对彼此表达爱意的日子来庆祝。由于这是一个欢乐的庆祝节日，所以年轻人就想把这个节日过得开心一点。

Fangning 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 was separated by the Milky Way and can only reunite with each other in Double Seventh Day. 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，送花是年轻恋人表达爱意的一种很受欢迎的方式，许多摊贩可能也借此机会大赚一笔。

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

“鲜花和其他相关礼品的价格在七夕前一天会上涨，可以看出卖家在颇为不公平地提高急需商品的价格，”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.

她总结说，“通常学生是这些礼品的消费者，他们没有足够的钱可以花，但有商业头脑的人会用各种策略让我们掏钱。”

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

职业教师程晓源在接受 Diplomag 杂志采访时说道，“明天是中国的情人节，这是庆祝浪漫爱情的节日。它也成为中国最大的送礼日之一。恋人互赠礼物，新时代的配偶和伴侣也是如此。”

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 gifting days in China. Lovers gift each other, as do new-age spouses and partners.



比拉·萨布里 Bilal Sabri

Journalist of Pakistan Today
巴基斯坦人，担任巴基斯坦主要英文报纸《今日巴基斯坦》报的新闻记者



牛街古尔邦节

The Eid al-Adha Festival

比拉·萨布里 Bilal Sabri

伊斯兰的三大宗教节日之一古尔邦节（拉丁文 Eid Adha），又称宰牲节，尔德节。8月11日在北京牛街举行，古尔邦节是穆斯林的盛大节日。“古尔邦”和“阿祖哈”都含有“牺牲”“献身”的意思，所以一般把这个节日叫“牺牲节”或“宰牲节”。

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 "sacrifice" and "dedication", so the festival is generally called "Festival of the Sacrifice".

牛街位于北京市西城区，因为在这条街上回族聚居而闻名，拥有闻名于世，北京规模最大、历史最久的清真寺，始建于北宋至道二年（996年），明正统七年（1442年）重修，清康熙三十五年（1696年）大修，近年又有修缮装饰。寺院面积不大，但建筑集中、对称。

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 1696, 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，很多生活方式也在潜移默化地发生着改变。洗牙，过去很多人意识不到它的重要性，总是觉得，每天刷牙不就行了吗？为什么还要洗牙呢？即便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，洗牙居然还要验血？不会是医院为了创收乱收费吧？

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?



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洗牙，是通过专业的医疗器械把牙齿上面的牙菌斑、色素、牙结石去掉，达到清洗牙齿的作用。是一种牙齿保健，是预防口腔疾病的措施，也是牙周炎、牙龈炎重要的治疗手段之一。它看上去很容易，但实际上却并不简单。

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.

但这些都不要最主要的。

But these are not 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，做好口腔卫生，可以预防牙周疾病的发生。如果是已经有牙龈炎或者牙周炎的症状，洗牙也是治疗的第一步。日常刷牙只能清洗牙面的40%—60%，即使搭配清洁的工具，如牙线、间隙刷，也不能清洗牙面的全部，所以定期洗牙是很有必要的。

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.

正常的牙龈呈淡淡的粉红色，如果因为刷牙清洁不到位就会导致细菌滞留在龈沟，使牙龈红肿发炎、牙龈出血、口臭等。随着细菌的进一步聚集与矿化，如不洗牙将会形成牙结石。在牙结石刺激下，牙龈萎缩、牙根外露，



发展为牙周炎。患者会出现咬物不适、对冷热食物敏感、牙齿松动等症状，再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，最终目的是将隐患消灭在萌芽状态，是预防交叉感染的一项必要措施。一般而言，急性肝炎、肺结核活动期、艾滋病等传染性疾病的患者是不适合使用超声波洗牙的，以免血液和病原菌随喷雾而污染诊室空气，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 ultrasound tooth-washing lest blood and pathogenic bacteria contained in the spray may pollute the indoor air and produce cross-infection.

所以正规的口腔医院或口腔科在洗牙前都需要进行相关的血液检查。通常要做的血液检查项目包括血常规、凝血功能、乙肝三系、梅毒、HIV等。

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.

可能有些人会有疑问，医院里的消毒措施不是很规范吗？为什么会存在交叉传染？是不是诊室消毒不到位？

Some people may ask, "Aren't disinfection facilities in hospitals very strict?" Why there will be cross-infection? Are clinic rooms not completely disinfected?

虽然现在口腔治疗器械的消毒已经非常规范，不会导致疾病传播，但洗牙时超声波洗牙机机头的高速震动会产生大量气溶胶和飞沫，与唾液和血液中的细菌混合成微生物气溶胶，这些污染物的扩散范围可达8米，且污染物浓度一直持续到洗牙结束后10分钟才开始降低。

The disinfection of oral treatment devices is very thorough now, and will not result in disease transmission, but the high-speed vibration of the working head of the ultrasonic tooth washer will produce a lot of aerosols and droplets, which combine with bacteria in saliva and blood into microbial aerosols. These pollutants can spread as far as 8 meters, and their concentration will not reduce until 10 minutes after the end of tooth-washing.

在门诊中，洗牙的患者或多或少都会出血，不仅会沾到医生，还会喷到附近环境中。而艾滋病、肝炎（乙肝、丙肝）、梅毒等传染性疾病的传播途径之一就是血液传播，此时，如果是其他患者或者医生身上恰巧有伤口，就有可能被感染。

In clinic rooms, tooth-washing patients will more or less bleed, and the blood will not only stain doctors, but also spray 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 happens to have a wound, he or she can be infected.

为了避免交叉感染，急性肝炎、肺结核活动期、艾滋病、梅毒等传染性病患者急性期一般是不做超声波洗牙的，需要控制病情后安排治疗。但有些患者根本不知道自己是否患有此类疾病，或者由于各种原因向医生隐瞒了病史，所以洗牙前的血液检查就变得尤为重要，这不仅是对前来洁牙的患者负责任，而且是对每一位就诊的患者负责任，能够最大限度地避免给患者和医生双方健康带来威胁，是保证医疗安全的一项措施，并非多此一举。

To avoid cross-infection, it is advised that patients suffering from acute hepatitis, active stage tuberculosis, AIDS, syphilis and other infectious diseases shouldn't receive ultrasonic tooth-washing service until their conditions are well controlled. However, some patients just don't know they have such diseases, or have concealed their medical history to doctors due to various reasons. Therefore, blood test 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.

洗牙后的注意事项 Post-toothwashing cautions

洗牙后可能会有一些不适应的现象，不过不用担心，刚刚清洁过后的牙齿对冷热会有点敏感而感到酸痛，这种症状都是暂时的，通常一周左右就会消失。如果酸痛症状一直存在，可以使用市面上出售的一些抗敏感牙膏，抗敏感牙膏不但有助于对抗牙齿蛀蚀，还能在牙齿表面形成矿物保护层，修复暴露的牙本质，令牙齿坚固。一般使用一个月左右多会改善。

There may be some discomfort after tooth-washing, 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 month.

洗牙后两周内，由于牙齿还处于自我恢复期，这段时间要避免接触过冷、过热的食物。尽量避免喝咖啡或抽烟，因为咖啡和烟草中的物质在接触牙齿之后，容易让色素沉积在牙齿上面。

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

洗牙后的牙齿常常会看起来比较长，牙缝也会比较大，这主要是因为发炎的牙龈不再肿胀、牙龈恢复健康。一定要坚持每天2—3次刷牙、饭后漱口，使用牙线。有效地清洁口腔才能减缓牙结石的再度生长，保持牙齿健康。

Newly washed teeth often appear long and tooth slits appear wide because the inflamed gum is not swollen and gets healthy again. Patients should brush teeth 2-3 times a day, rinse the mouth after meal, and use dental floss. Effective oral cleaning can prevent regrowth of dental calculus and keep your teeth healthy.





保护听力从新生儿开始

Hearing Should be Protected from Newborns

全世界有 3 亿 6 千万听力障碍人群，其中 3200 万儿童。在我国有将近 3000 万人有听力障碍，其中重度和极重度将近 800 万。每年新增近 3 万先天性耳聋新生儿，以及 3 万左右的继发性耳聋的 6 岁以下儿童。

There are 360 million people with hearing impairment in the world, 32 million of whom are children. There are nearly 30 million people with hearing impairment in China, 8 million of whom are severe and extremely severe in hearing impairment. Every year, there are about 30,000 newborns with congenital deafness and about 30,000 children under 6 years of age with secondary deafness.

1 父母听力正常，孩子却患上耳聋 Parents have normal hearing, but their children have hearing impairment

阳阳一出生就给原本幸福的家庭带来沉重的一击，因为他被检查出患有大前庭导水管综合征（一种遗传性耳聋病）。这让阳阳的父母在伤心之余也感到十分困惑，他们夫妻的听力都十分正常，而且孕期也非常注意，按时产检，怎么会生出一个有听力障碍的孩子？

The birth of Yangyang delivered a heavy blow to the happy family because he was diagnosed to suffer from large vestibular aqueduct syndrome (a type of

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

阳阳三岁时，夫妻俩准备要个二宝，这次的孕前检查，他们听从医生的指导，做了耳聋基因检测，经检测发现，这对夫妇均为 PDS 基因突变携带者，这是一种染色体隐性遗传，父母都是携带者，本身并不会出现耳聋症状，但是他们的子女有 25% 的可能性成为耳聋患者，有 50% 的可能成为携带者，完全正常的可能性为 25%。

When Yangyang was three years of age, the parents planned to have a second child. In antenatal

examinations, they strictly followed 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 healthy with the probability of 25%.

解读： Explanation:

研究表明，正常人群中携带耳聋致病基因突变的概率约为 6%，即使健康的父母，也可能生育出耳聋的孩子。听力正常的父母可能是致病基因突变的携带者，虽然表现听力正常，但会在特定条件下发病造成听力残疾或遗传给下一代。如果父母双方均为耳聋基因携带者，孩子发生耳聋的可能性便很大。

Study shows that the probability of normal people having deafness-causing gene mutation is about 6%, so even healthy parents can give birth to deaf children. Parents with normal hearing can be carriers of mutated disease-causing genes. Therefore, normal hearing parents can give birth to children with hearing disability or pass the mutated genes to their next generation under specific conditions. If both parents are deafness gene carriers, their children are very likely to be deaf.

2 一针致聋，一掌致聋，这不是意外 It's not an accident to be deaf with one injection or one slap

5 岁的小诺曾经是个耳聪目明的小姑娘，她特别爱笑，听到音乐就手舞足蹈。可是两岁半时，由于发高烧，在用药后听力越来越弱，最终丧失全部听力，成为聋儿。

The 5-year-old Xiaonuo was once a normal girl with sharp sense who often smiled and danced whenever she heard music. When she was two and a half, she had a high fever. Unfortunately, her hearing got weaker and weaker after medication, and finally lost all of her hearing.

6 岁的小浩是个调皮捣蛋的孩子，有一次，妈妈生气地在他背上拍了一巴掌，当时小浩觉得一阵耳鸣，缓过来后也没当回事。没想到，此后的一周，他的听力急剧

下降，小浩妈妈痛苦万分，悔不当初。可是，一巴掌真的能让孩子变聋吗？

The 6-year-old Xiaohao 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 punishing action. However, can a slap really make a child deaf?

解读： Explanation:

耳聋是一种严重影响人类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患儿。还有一部分听力残疾者，刚出生时听力正常，但是会由于外在的因素引发耳聋，研究发现，这类人群原来都携带有易导致耳聋的基因。

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



external factors can induce their deafness. Study shows these people all carry genes that can easily cause deafness.

“一掌致聋”的患者内耳结构存在缺陷，他们的前庭导水管比正常人大，在遭遇颅压或负压增高诱因时，比如巴掌、坠床、足球撞击，甚至感冒咳嗽、倒立等，都可能导致耳聋。

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

“一针致聋”则是因为携带有药物性耳聋基因。这类人群对于庆大霉素、链霉素等氨基糖甙类的抗生素异常敏感，很可能一针下去耳朵就永远听不见了。曾经红遍全国的舞蹈《千手观音》，表演的21个演员全是聋哑人。其中18个人是因为药物致聋，几乎都是在幼儿时期因发烧使用抗生素所致。如果能够及时发现耳聋基因，提前预防，也许就能避免不幸的发生。

“One-injection causing deafness” is in that these patients carry drug-induced deafness genes. They are extremely sensitive to aminoglycosides 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 fever in 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

据统计，我国听力残疾人群2780万，占我国残疾人总数的33%，居各类残疾之首，其中60%的因素是遗传导致。

Statistics show there are 27.8 million hearing-disabled people in China, being the largest group among disabled people for its share of 33% in the total disabled population in our country, and 60% of whom get deaf due to hereditary factors.

遗传性耳聋可以预防但不可治疗。因此，耳聋基因检



测就显得尤为重要。国家早已将听力筛查列入新生儿筛查项目并在全国普及。但是，这种筛查只能筛查出先天性耳聋即出生已聋的孩子，对于迟发性耳聋及药物敏感的孩子无法筛出。而携带了“一掌致聋”和“一针致聋”基因的孩子，刚出生时听力都是正常的。由于这类耳聋病可防不可治，等到出现听力问题，往往为时已晚。

Hereditary deafness can be prevented but can't be cured. Therefore, deafness 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 their 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.

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

无论是孕前检查、孕中检查还是新生儿检查，都可以进行耳聋基因筛查，及时发现问题，及早进行干预。

Pre-pregnancy examination, pregnancy examination and newborn examination offer deafness gene screening service. Therefore, they can help discover and intervene with the problems early.

在孕前，通过分析夫妻双方的耳聋基因，指导婚育，

可以减少聋儿的出生；在孕中，评估胎儿出生后的耳聋情况，可以帮助夫妻生育健康孩子；如果胎儿检测出耳聋风险，父母选择继续妊娠，也可以让家庭及早做好心理、经济上的双重准备，孩子出生后及时安装人工耳蜗或助听器进行干预，尽早进入康复状态，促进语言发育，提高聋儿生活质量。

In pre-pregnancy examination, deafness-gene analysis can instruct husbands and wives to avoid giving birth to deaf babies with reasonable marriage and pregnancy measures. Deafness evaluation of fetuses during pregnancy examination can help couples to have healthy children. If the fetus is detected with deafness risks, the parents can decide to continue the pregnancy, and the family can get ready in psychology and finance. After the baby is born, cochlear prosthesis or hearing aid should be early supplied for their health to promote its language development and improve its life quality.

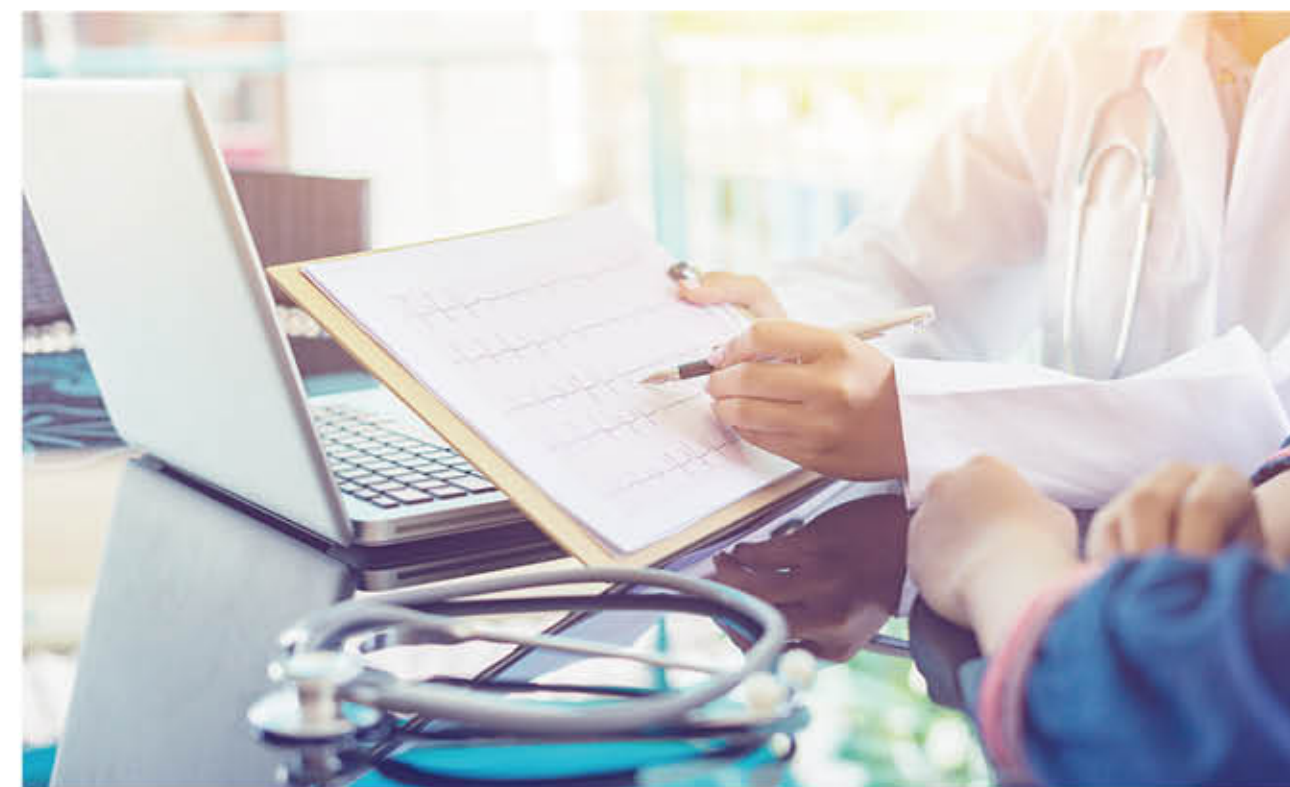
对于已出生的新生儿进行耳聋基因筛查，主要作用是用于弥补新生儿听力筛查，对可能发现不到的迟发性听力损失，或者不能明确诊断的耳聋基因进行补充。在孩子出生或者是出生三天之内，通过采足跟血的方式就能进行筛查。筛查结果会对孩子是否携带耳聋基因，或者

是否存在耳聋致病基因进行明确分析，并且对家长后续应该如何处理进行提示。

Deafness gene screening to newborns can supplement newborn hearing screening to discover delayed hearing impairment and deafness genes that can't be clearly diagnosed. This screening can be done by collecting heel blood of newborns at their birth or within three days of their birth. The screening will definitely analyze if infants carry deafness genes or deafness-causing genes, and give advice to parents on how to handle relevant issues.

新生儿如果携带了药物性耳聋基因，终生不要使用氨基糖苷类药物，可避免“一针致聋”。如果新生儿携带了“一掌致聋”基因，家长则要尽可能避免孩子磕碰、坠床、用力擤鼻涕等。如出现听力障碍，3岁前做人工耳蜗，可以避免因听力导致的语言障碍。

If a newborn carries drug-inducing deafness genes, aminoglycosides shouldn't be used in its whole life to avoid “one-injection causing deafness”. If a newborn carries “one-slap causing deafness”, parents should avoid its collision, bed falling-off and heavy nose-blowing. If an infant has hearing defects, cochlear prosthesis should be implanted by three years of age, so language barriers due to hearing defects can be avoided.



哪些人应该做耳聋基因检测

Who should receive deafness gene detection?

高龄产妇和家族中有耳聋病史者的，在孕前或孕早期最好进行遗传性耳聋基因突变筛查。如果夫妻一方已经检测出是耳聋基因携带者，在婚育前最好咨询相关机构，降低生育聋儿的风险。需要提醒注意的是，生育过一个聋儿的夫妇，在二胎前、怀孕时做耳聋基因检测，可以避免再生育耳聋的孩子。

Mothers of advanced maternal ages and who have deafness history should take hereditary deafness gene mutation screenings before and during their early pregnancies. If one parent has been diagnosed as a deafness gene carrier, they had better consult professional organizations to reduce risks of delivering deaf babies. It should be noted parents who have had a deaf child should receive deafness gene detection before and during pregnancy for the second child so as to avoid having another deaf baby.

此外，耳聋基因检测不仅能帮助听力正常的夫妻优生优育，也能指导耳聋子女婚配，避免或减少耳聋子女的下一代再出现遗传性耳聋。

Furthermore, deafness gene detection can not only help parents with normal hearing to conduct good prenatal and postnatal care, but also instruct deaf people's marriage to avoid or reduce the probability of having hereditary deaf babies.

目前，中国妇幼保健协会在全国范围内共筛选出162家项目单位作为出生缺陷防控耳聋基因检测实验示范基地，北京五洲妇儿医院是北京市获得“耳聋基因检测实验示范基地”授牌唯一一家民营医疗机构。这些示范基地针对中国人常见的耳聋基因突变位点开展分子诊断，提供基因筛查、基因诊断和产前诊断，帮助育龄父母优生优育，尽量避免生育耳聋宝宝。

At present, China Maternal And Child Health Association has selected 162 organizations from nationwide as birth deafness gene prevention and detection demonstrating bases, and GlobalCare Women & Children's Hospital is the only private medical establishment selected as the "deafness gene detection demonstrating base" in Beijing. These demonstrating bases have conducted molecular diagnoses on deafness gene mutation points common to Chinese people. They also offer gene screening, gene diagnosis and prenatal diagnosis helping baby-expectant parents to conduct good prenatal and postnatal care and avoid delivering deaf babies.

改变环境，让耳朵更舒服

Change environments to make your ears more comfortable

除了进行基因检测之外，在日常生活中，也要记得为孩子营造舒适的听力环境。

In addition to genetic detection, parents should create comfortable hearing surroundings for their children in daily life.

我们的耳朵由外耳、中耳、内耳三部分构成。

Our ear consists of the outer, middle and inner ears.

外耳接受外界的声音，并沿着耳道引起鼓膜震动。

The outer ears receive sounds from the external world that follow the ear tracts to vibrate the eardrums.

中耳鼓膜的震动引起锤骨、镫骨和砧骨三块小骨相震动，将声音传到内耳，使耳蜗中微小的听毛细胞移动。

The vibration of the middle ear drum causes vibration of three small bones - malleus, stapes and incus, which transmit the sound into the inner ears and make the auditory hair cells in the cochlea to move.

听毛细胞探测到运动，并将其转化为听神经可接受的化学信号，听神经通过电脉冲将信息发送到大脑。

The auditory hair cells detect movements and turn them into chemical signals that can be received by auditory nerves, which further transmit the messages to the brain with electric pulses.

如果耳朵长期受到高音或噪音的冲击震荡，极容易引起内耳听毛细胞的死亡，导致听力损失。听毛细胞是不可再生的，噪音性的听力损失是不可逆的。

If ears are long impacted by high-pitch sounds or noises, the auditory hair cells in the inner ears can easily die and cause auditory loss. Auditory hair cells are non-renewable, and the auditory loss caused by noises are irreversible.

日常生活中，注意以下五个细节，可以保护你的听力。

In daily life, the following five details should be focused to protect your hearing.

1. 保持低音量的生活环境

1. Keep the sound volume of living environment low

日常建议的安全音量水平是低于85分贝，持续时间不超过8个小时。如果听不清距离自己一米远的人说话，或者耳内疼痛、耳鸣，那么，所处环境的声音可能就太大了。

The recommended daily safe sound levels should be lower than 85 db and shouldn't last for more than 8 hours. If you can't hear a person one meter away or

feel ache or ringing in ears, the surrounding sounds may be too loud.

2. 正确佩戴耳塞

2. Correctly wear earpieces

在夜总会、迪厅、酒吧、体育场和其他嘈杂场所，正确佩戴耳塞，可将噪音接触降低5至45分贝，保护我们的听力。

In night clubs, discos, bars, stadiums and other noisy places, you should correctly wear earpieces so that you can reduce the contacted noises down to 5-45db and protect our hearing.

3. 重视听力安全等级

3. Stress on auditory safety levels

使用手机等个人音频设备时，遵守“60.60”原则，即音量尽量不超出最高音量的60%的舒适水平，连续收听不超过60分钟。

When using mobile phones and other personal audio devices, you should follow the 60.60 principle. That is to say, the volume should not exceed 60% of the maximum, and the continuous hearing should not

last for more than 60 minutes.

4. 使用降噪耳机

4. Use noise-canceling earpieces

选择降噪耳机可降低背景噪音，有助于用较低的音量听清声音。经常在火车或飞机上使用个人音频设备的人，尤其应考虑使用降噪耳机。

Noise-canceling earpieces can reduce background noise, and help hear sounds with low volumes. People who often use personal audio devices on trains or planes should especially consider using noise-canceling earpieces.

5. 让耳朵休息一会

5. Rest your ears for a while

如果身处迪厅、体育场或其它嘈杂的场所时，应当时不时地到安静的地方待一会儿，不仅有助于减少接触噪声的总时长，更能让耳朵得到短暂的休息。

In discos, stadiums or other noisy places, you should go to some quiet places occasionally so that you can not only shorten the total duration of contacting noises, but also help your ears have short rest.



博语思创（北京）翻译有限公司 Beijing Strong Translation Co., Ltd.

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博语思创翻译有限公司是中国领先的综合语言解决方案提供商，公司成立于2001年，是中国译协（TAC）会员单位和美国译协（ATA）、国际本地化标准组织（LISA）正式成员。公司总部位于北京和成都。

Strong Translation Co., Ltd. is the leading supplier for comprehensive language resolution in China. Found in 2001, we are now the member of Translator Association of China (TAC), and also the member of American Translators Association (ATA) and Localization Industry Standard Association (LISA). We have the headquarters in Beijing and Chengdu.

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梅卿看世界 CONNECTIONS



“梅卿传媒集团”是一家长期致力于品牌及文化推广的专业传媒企业。自1999年第一家公司成立，梅卿女士潜心研究“产业与文化传播业的融合趋势”，不断突破传统传播渠道，创新传播模式，以领先业界的营销理念，用智慧诠释着自己对传媒事业的热爱。

Meiqing Media Group focuses on brand and cultural promotion for a long time. Since 1999, the foundation of her first company, Ms. Mei Qing has been working on the deep fusion of the media industry and the cultural sector.

Utilizing the traditional channels to the full, creating new marketing and communication opportunities, forging new sales concepts and putting wisdom to practice is what she really loves to do.

The World and China 世界中国

丝绸之路 SILK ROAD
Setgemül
外交/文化/旅游杂志
MAGAZINE OF DIPLOMATIC, CULTURAL AND TOURISM

Introduction

《世界中国》杂志（前名“欧洲丝绸之路”）由匈籍华人纳吉·麟女士在 2006 年三月创办。匈牙利前总理麦杰希·彼得为顾问委员会主席，总部设在匈牙利。杂志文化、旅游、外交、为主题，主要栏目包含外交，合作交流，异国文化等。全刊以图为主，文字为辅。发行量为 10000 册。发行地区为驻华大使馆，外交公寓以及全国各地和国外部分地区（中国，美国，匈牙利，比利时，法国，英国）。

"The World and China" Magazine (formerly called "European Silk Road") was founded by Ms. Lin NAGY, a Hungarian Chinese, in March 2006. 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 circulated among embassies in China, diplomatic apartments and other places in various countries (China, the United States, Hungary, Belgium, France and the U.K).



The World and China.
Tony Blair

2015 年 1 月 16 日在北京荣获公益传播奖，此奖项由中央电视台和中国下一代教育基金联合颁发。特为那些优秀专项基金，公益机构，草根公益社团而设立。除杂志本身功能之外，杂志社还成功地主办或承办了各类文化活动与商务会议，促进了中西文化交融及经济贸易领域的合作，为世界文化走向中国搭建了有利的平台，为中国文化艺术走向世界起推动作用。

On January 16, 2015, the magazine won the Public Welfare Communication Award in Beijing, jointly awarded by CCTV and the Next Generation Education Fund of China. The award was set up to honour outstanding special funds, public welfare institutions and grass-roots public welfare associations. In addition, the magazine has successfully sponsored or hosted a wealth of cultural activities and business conferences, promoted the Chinese-Foreign cooperation in economic and trade fields, built a favourable platform for Sino-Chinese cultural dialogue, and helped the Chinese culture and art to go abroad.

2010 年 11 月 5 日，英国前首相托尼·布莱尔为本刊写英文刊名

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



杂志社从 2011 为欧盟驻华使团承办“梦想中欧”青少年画展，2016 承办首届中国 - 欧盟微电影展，图为启动仪式

The magazine implements the "Dreams of Europe and China" Children's Art Exhibition for the EU Delegation in China since 2011 and organized the "First EU-China Short Film Festival" in 2016. The picture shows the launching ceremony of the latter.



2014 在贵州镇远为企业举办国际旅游论坛，出席国家达 40 多个，9 位驻华大使以及一名前总统和一名前总理出席活动。杂志社自 2012 年以来为多个地方政府牵线搭桥，建立友好城市。至今为止已为贵州，浙江，甘肃省等城市成功建立友好城市。右图为白银市在匈牙利签署友好城市意向书



参与 重大项目

Participation
in major
projects

In 2014, an international tourism forum was organised by the magazine in Zhenyuan, Guizhou province. In attendance were more than 40 countries, 9 ambassadors in China, a former president and a former prime minister. Since 2012, the magazine has been building sister city ties for several local governments. Up until now, it has successfully found sister cities for cities in Guizhou, Zhejiang and Gansu provinces. The right picture shows Baiyin City signing a letter of intent with a Hungarian city.



1



2



3



4

报道 重大 活动

Report on
major events

1. 参加 2015 年 9 月 3 日的阅兵仪式
1. Participation in the military parade on September 3, 2015
2. 参加 2016 年 9 月的杭州 G20 峰会
2. Participation in the Hangzhou G20 Summit in September 2016
3. 2018 年 12 月 2 日在北京人民大会堂举办的《世界中国》杂志 12 周年庆祝活动中，匈牙利前总理 麦杰希·彼得做主讲演说
4. On December 2, 2018, on the 12th anniversary of the magazine, a celebration was held in the Great Hall of the People in Beijing. Former Hungarian Prime Minister, Dr. Peter Medgyessy, gave a keynote speech.
4. 纳吉·麟·社长向许又声赠送 2007 年在布达佩斯采访许主任的杂志
3. President Nagy Lin presented Director Xu Yousheng a copy of the magazine containing an interview with him done in Budapest in 2007.



中国友好和平发展基金会

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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一带一路文博会及丝绸之路旅游大会期间，习近平主席到甘肃考察，图为习主席在兰州市黄河之滨。

President Xi Jinping visited Gansu province during the One Belt One Road Cultural Expo organized alongside the Silk Road Tourism Festival. The photo portrays President Xi at the bank of the Yellow River in Lanzhou city.

The bank of the Yellow River is quite fascinating

黄河之滨
也很美
习近平



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

祖国万岁



中华人民共和国万岁

世界人民大团结万岁