

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

2019/05 总第082期



驻华大使镜头下的
70周年国庆活动

THE 70TH NATIONAL ANNIVERSARY
THROUGH THE CAMERAS OF
AMBASSADORS IN CHINA

行走中国

TRAVELING ACROSS CHINA

中国两国人民 友谊之花常开

为世界中国杂志社题
邹家华

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

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, 布莱尔先生为本刊题名 "The World and China"

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

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COVER PHOTO:
THE 70TH NATIONAL ANNIVERSARY
THROUGH THE CAMERAS OF
AMBASSADORS IN CHINA

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YIN LING from "Sept Days"

Authorisation 主管
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匈牙利文化部
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Hungary Silk Road Press Co. Ltd.
中国对外友好协会中匈分会
China Foreign Friendship Association Hungary Association
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The World Chinese Media Alliance

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



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**驻华大使镜头下的
中华人民共和国 70 周年国庆活动**
**THE 70TH NATIONAL ANNIVERSARY
THROUGH THE CAMERAS OF
AMBASSADORS IN CHINA**



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Ambassador of Uruguay





祝贺中华人民共和国成立 70 周年

Congratulations on the 70th Anniversary of the Founding of the People's Republic of China!

中华民族以信心和欢乐庆祝这一盛事。这个纪念日不仅对中国来说是非常重要的,与此同时,全世界——同时祝贺中国人民和中国领导人——庆祝了决心、努力和成就的成功,为未来的一代人树立了榜样。

在过去的七十年里,中国在减少贫困和地区差异、提高社会公平方面迈出了巨大的一步。在经济史上从未有过类似的发展,因为中国不仅从极低的发展水平中脱颖而出,而且已经成为世界第一大国之一。作为一个全球大国,中国的成就不仅在竞争对手身上引起了认可,也引起了嫉妒。中国处理这件事既明智又有尊严。非常重要的是,中国领导层意识到,权力承担着重大责任,并相应地采取行动。中国代表着自由竞争和多边主义等重要原则,这使得世界向前发展,未来也将如此。中国领导人的雄心壮志是和平共处,这是一个伟大的事业,他们致力于和平改善、健康竞争和相互尊重。中国发展的特点是领导者的长期思维、对人类未来的信念和活动。有了这些特点,中国就可以成为世界的楷模,而不必强迫自己对其他国家提出的看法,而是向所有愿意和有能学习中国榜样的人提供支持和经验。习主席的“一带一路”倡议为中国的战略提供了一个良好的框架,同时也为参与国成为世界快速、成功和人道进步的一部分提供了巨大的机遇。



匈牙利前总理麦杰希·彼得

The Chinese nation is celebrating this event with faith and joy. This anniversary is very important, not only for China, because at the same time the whole world - while congratulating the Chinese people and Chinese leadership - also celebrates the success of determination, hard work and achievement, serving as an example for future generations.

During the past seventy years, China has made a huge step forward in reducing poverty and regional inequalities and in improving social fairness. There has never been a similar development in the economic history, as China has not only emerged from its very low level of development, but it has also become one of the world's top leading powers. As a global power, China's achievements generate not only recognition, but also jealousy in its rivals. China handles this wisely and with dignity. It is very important that the Chinese leadership is aware of the fact that power entails a great responsibility and they act accordingly. It is a great value that China stands for such important principles as free competition and multilateralism, which has kept the world moving forward so far and will do so in the future, too. It is a great thing that the Chinese leadership's ambition is to live in peace, they are committed to peaceful improvement, healthy competition and mutual respect. The Chinese development is characterised by the leaders' long-term thinking, the faith in the future of mankind and activity. With all these characteristics, China can be a model to the world, without forcing its own views on others, but offers its support and experiences to all those who are willing and capable to learn from China's example. President Xi's Belt and Road initiative provides a good framework to the Chinese strategy, but also opens great opportunities for the participating countries to be a part of the rapid, successful and humane progress of the world.



达里欧·米海林(中)

Dario Mihelin

克罗地亚大使

Ambassador of Croatia





First EU-China Maritime Security Seminar held in Hainan 首届“中欧海上安全研讨会”在海南举行



欧盟驻华大使郁白在开幕词中强调了欧盟作为海上行为者和全球海上安全提供者的作用

H.E. Mr. Nicolas Chapuis, EU Ambassador to China, stressed the role of EU as a maritime actor and global maritime security provider in his opening speech

On 30-31 October, the EU and China engaged in the first EU-China Experts' Seminar on Maritime Security (track 1.5), held in China's island province, Hainan. The two-day seminar allowed for an exchange of views on key topics related to, among other things, regional cooperation in maritime security, international ocean governance, and protection of critical maritime infrastructure.

The seminar was organised by the Delegation of the European Union to China in partnership with China's National Institute for South China Sea Studies (NISCSS) and supported by the Chinese Ministry of Foreign Affairs and the Foreign Affairs Office of the Communist Party of China. The meeting gathered 40 experts and officials from the EU and China to discuss issues related to marine environment protection, regional cooperation in maritime security (including in the South and East China Seas), law enforcement at sea, international ocean governance and protection of critical maritime infrastructure.

In his opening speech, EU Ambassador to China Nicolas Chapuis stressed the role of the EU as a maritime actor and global maritime security provider. The EU further promotes and implements the law-based order in the maritime domain, which is based on the UN Convention of the Law of the Sea (UNCLOS). The EU is present in high-risk security areas through its CSDP Missions and Operations, such as EU NAVFOR Atalanta, which is also supported by China.

In terms of peace and security, Ambassador Chapuis stressed the

need to deepen the dialogue and engagement between the EU and China. The cooperation should be based on positive elements, however the differences should not be ignored and should be dealt with in a fair way. The stability of the strategic lines of communication, which are vital to the economic interests of the two sides, is of utmost importance.

In response, President of the NISCSS Wu Shicun described the current state of play in the South China Sea and stressed the ongoing negotiations with ASEAN over the Code of Conduct. It was suggested that the EU, which established successful cooperative mechanisms in the maritime domain, could serve as a role model for China.

The two sides stressed positive momentum in bilateral cooperation on maritime issues created by the 2017 EU-China Blue Year and the EU-China Ocean Partnership, which was signed in 2018 at the EU-China Summit in Brussels.

The Seminar was co-financed by the EU-China Partnership Facility (ECPF), a 36 months project commissioned by the European Union through the EU Delegation to China. The aim of the ECPF is to reinforce EU-China cooperation on a wide range of issues of global relevance and encourage greater convergence between the EU and China on priority matters, while increasing awareness of EU policies in China. The Project helps to advance EU-China relations in key priority areas, firmly based on the strategic framework of the EU Global Strategy, the EU Strategy on China, and the EU-China 2020 Strategic Agenda for Cooperation.

The second seminar is scheduled to take place next year in Europe.

10月30日至31日，欧盟和中国参加了在中国海南举行的首届“中欧海洋安全问题对话”（专题1.5）。为期两天的研讨会上，与会者就海上安全、国际海洋治理和海上关键基础设施的保护等区域合作话题交换意见。

该研讨会由欧洲联盟驻华代表团与中国国家南海研究所（NISCSS）合作主办，并得到了中国外交部和中共中央外办的支持。会议聚集了来自欧盟和中国的40位专家和官员，讨论了海洋环境保护、海上安全（包括南海和东海）的区域合作、海上执法、国际海洋治理和重要海上基础设施保护等问题。

欧盟驻华大使郁白在开幕词中强调了欧盟作为海上行为者和全球海上安全提供者的作用。欧盟在海洋领域进一步促进和执行基于法律的秩序，该秩序基于《联合国海洋法公约》（UNCLOS）。欧盟通过其共同安全和防务政策的任务和行动（例如由中国共同支持的欧盟海军亚特兰大行动）存在于安全高风险地区。

在和平与安全方面，郁白大使强调欧盟与中国之间的对话与接触需要深入进行。合作应建立在积极因素的基础上，但是差异不应被忽视，而应坦率地加以处理。而对于双方的经济利益至关重要的战略沟通渠道的稳定性，则至关重要。

对此，中国南海研究院院长吴世存描述了中国南海的现状，并强调了与东盟就《行为守则》进行的谈判。有人建议，在海事领域建立成功的合作机制的欧盟可以作为中国的榜样。

双方强调了2017年中欧蓝色海洋年和2018年在布鲁塞尔举行的中欧领导人会晤上签署的中欧海洋伙伴关系所创造的海事双边合作的积极势头。

研讨会由中欧伙伴基金（ECPF）共同资助，该项目是欧盟通过欧盟驻华代表团委托进行的为期36个月的项目。ECPF的目的是在广泛的全球相关问题上加强中欧合作，并鼓励中欧在优先事项上实现更大的融合，同时提高对欧盟在中国政策的认识。该项目牢固地基于《欧盟全球战略》，《欧盟对华战略》和《中欧2020合作战略议程》的战略框架，在关键优先领域促进了中欧关系。

第二届研讨会定于明年在欧洲举行。





斯洛伐克国庆日 National Day of Slovakia

值此斯洛伐克国庆节和建军节共同来临之际，斯洛伐克驻华大使馆于2019年9月12日在使馆内举办了招待宴会。

On the occasion of the National Day and the Armed Forces Day of Slovakia, the Slovak Embassy hosted a reception at the embassy on 12 September 2019.



保存完好的博物馆收藏品，一应俱全。斯洛伐克是一个发达的资本主义国家，也是欧盟和北约成员国，于2006年被世界银行列入发达国家行列。

The Republic of Slovakia, Slovakia for short, is bordered by the Czech Republic in the northwest, Poland in the north, Ukraine in the east, Hungary in the south and Austria in the southwest. It is a landlocked country in Central Europe. On October 28, 1918, Czechia and Slovakia was united as Czechoslovakia and got renamed Socialist Republic of Czechoslovakia in 1960. The Federal Republic of Czechoslovakia was established in 1989. On January 1, 1993, the country peacefully separated from the Czech Republic and became an independent and sovereign country. Slovakia is one of the countries with the largest number of castles in the world. It has many historical and cultural sites and rich tourism resources, ranging from ancient castles to well-preserved museum collections. Slovakia is a developed capitalist country. It is also a member of the European Union and NATO. In 2006, Slovakia was listed as a developed country by the World Bank.

斯洛伐克共和国，简称斯洛伐克，西北临捷克，北临波兰，东临乌克兰，南临匈牙利，西南临奥地利，是位于中欧的一个内陆国家。1918年10月28日与捷克联合建立捷克斯洛伐克，1960年改为捷克斯洛伐克社会主义共和国。1989年成立捷克斯洛伐克联邦共和国。1993年1月1日起与捷克和平地分离，成为独立主权国家。此外，斯洛伐克是世界上城堡数量最多的国家之一，历史文物景点多，旅游资源丰富，从古城堡遗迹到

中国外交部副部长秦刚阁下与到会嘉宾一同品尝斯洛伐克美食
Deputy Minister of the Chinese Ministry of Foreign Affairs, Mr. Qin Gang tries some Slovak special dishes

中国外交部副部长秦刚出席，并同斯洛伐克特命全权大使杜尚·贝拉 (Dušan Bella) 阁下就双边关系及共同关心的问题交换意见
Chinese Deputy Foreign Minister, Mr. Qin Gang exchanged views on the state of bilateral relations with H.E. Dušan Bella, Ambassador of Slovakia



斯洛伐克驻华大使杜尚·贝拉 (Dušan Bella) 阁下在致辞中说：今年是中国成立70周年，同时也是中国和斯洛伐克建交70周年，斯洛伐克高度重视中国在国际上的重要地位和作用，愿同中方加强沟通、协调与合作，愿利用自身独特区位优势，积极参与共建“一带一路”，愿中斯关系稳定健康发展（左图）。

Ambassador of Slovakia, H.E. Dušan Bella said in his speech: This year is the 70th anniversary of the founding of the People's Republic of China and also the 70th anniversary of establishing diplomatic ties between Slovakia and China. Slovakia observes the importance of China in international affairs and would like to intensify the dialogue, coordination and cooperation with China. The country would like to use her special geographical position to take part in the implementation of the "One Road One Belt" initiative and trusts in the solid and stable progress of the relations (photo on the left).



活动现场
The venue of the reception



萨摩亚国家日

National Day of Samoa

值此萨摩亚国家日来临之际，萨摩亚驻华大使馆于2019年9月7日在北京世园会妫汭剧场内举办了庆祝“萨摩亚国家日”活动。

To celebrate the National Day of Samoa, the Embassy of Samoa organized a "Samoa National Day" function at the Guirui Theatre in Beijing Horticultural Expo on 7 September, 2019.

萨摩亚驻华大使塔普萨拉伊·托欧玛塔 (Tapusalaia Terry Toomata) 阁下在致辞中表示，萨摩亚非常感谢中国政府的援助，使萨摩亚能够参与北京世园会、参与全球绿色发展的盛大活动，使更多人感受到萨摩亚的风土人情，促进两国人民的联系和了解，期待两国在贸易、人文等领域的合作拥有新的发展契机。

Ambassador of Samoa, H.E. Mr. Tapusalaia Terry Toomata expressed during the event that Samoa was very grateful for the assistance of the Chinese Government that let Samoa participate in the Beijing Horticultural Expo, a huge event to promote global development of greenery. Thanks to the expo, visitors are provided a great opportunity to learn about the scenery and customs of Samoa, thus promoting the contacts and mutual understanding between the two nations. He hopes that the two countries will reach new heights in trade, culture, people-to-people communication and other areas.



The Ava 仪式
The Ava ceremony



萨摩亚驻华大使塔普萨拉伊·托欧玛塔阁下与北京世园局总经济师林晋文先生互赠礼物
H.E. Mr. Tapusalaia Terry Toomata, Ambassador of Samoa, and Mr. Lin Jinwen, Chief Economic Manager of Beijing Horticultural Expo present gifts to each other



萨摩亚独立国 (The Independent State of Samoa), 简称萨摩亚, 原名西萨摩亚, 位于太平洋南部, 萨摩亚群岛西部, 由乌波卢 (Upolu)、萨瓦伊 (Savai'i) 两个主岛和附近的马诺诺、阿波利马、努乌泰雷、努乌卢瓦、纳木瓦、法努瓦塔普、努乌萨菲埃、努乌洛帕等八个小岛 (Manono、Apolima、Nuutele、Nuulua、Namua、Fanuatapu、Nuusafee、Nuulopa) 组成。陆地面积 2934 平方公里, 海洋专属经济区面积 12 万平方公里。境内大部分地区为丛林所覆盖, 属热带雨林气候。主体民族萨摩亚人 19.7 万, 占全国总人口的 90%, 属波利尼西亚人种。官方语言为萨摩亚语, 通用英语。多数居民信奉基督教。

Samoa, formerly known as Western Samoa, is situated in the southern Pacific Ocean. It consists of two main islands, 'Upolu and Savai'i and eight small islands, including Manono, Apolima,

Nuutaire, Nu Luwa, Namuwa, Fanuvatap, Nu Safie and Nu Luopa. Its land area is 2,934 square kilometres with an exclusive marine economic zone of 120,000 square kilometres. Most of the territory is covered by tropical rainforest jungles. The main ethnic Samoan population, a Polynesian race, accounts to 197,000 people, giving 90% of the total population. The official language is Samoan but English is also widely spoken. Most of the inhabitants are Christians.



萨摩亚舞蹈表演
Dance performance from Samoa



尼泊尔驻华大使利拉·马尼·鲍德尔 (H.E. Leela Mani Paudyal) 阁下致辞
Address by Mr. Leela Mani Paudyal, Ambassador of Nepal



尼泊尔驻华大使利拉·马尼·鲍德尔 (H.E. Leela Mani Paudyal) 阁下与中国外交部副部长罗照辉阁下会谈
Ambassador of Nepal, H.E. Leela Mani Paudyal, in talk with Chinese Deputy Foreign Minister, Mr. Luo Zhaohui
点灯仪式
Light ceremony

尼泊尔国庆日 National Day of Nepal

尼泊尔联邦民主共和国 (Federal Democratic Republic of Nepal), 简称尼泊尔。喜马拉雅山脉是中尼的天然国界, 包括珠峰在内, 世界十大高峰有八座在中尼边境。全国总面积 147181 平方公里, 2016 年总人口约为 2898 万人。尼泊尔是多民族、多宗教、多种姓、多语言国家。尼泊尔语为其国语, 上层社会通用英语。居民 86.2% 信奉印度教, 7.8% 信奉佛教, 3.8% 信奉伊斯兰教, 2.2% 信奉其他宗教。

The Federal Democratic Republic of Nepal is called Nepal for short. The Himalayas form the natural borders between China and Nepal. There are eight of the world's top ten peaks on the Sino-Nepalese border including the Mount Everest. The total area of the country is 147,181 square kilometres, with a total population of 28.98 million in 2016. Nepal is a multi-ethnic, multi-religious, multi-surname, multi-lingual country. Nepalese is its national language but English is widely used in the upper classes. 86.2% of the residents believe in Hinduism, 7.8% in Buddhism, 3.8% in Islam and 2.2% in other religions.

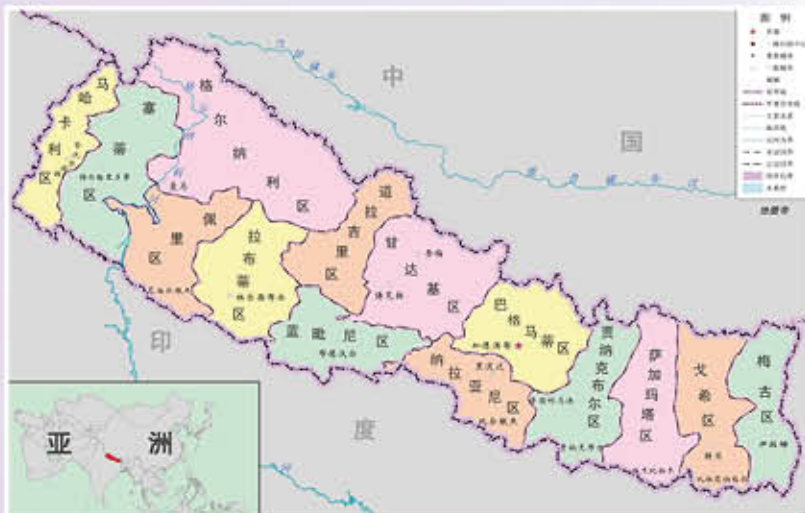
值此尼泊尔国庆节来临之际, 尼泊尔驻华大使馆于 2019 年 9 月 19 日在金茂威斯汀大酒店举办了招待宴会。尼泊尔驻华大使利拉·马尼·鲍德尔 (H.E. Leela Mani Paudyal) 阁下在致辞中说: 近年来, 尼泊尔取得了显著的社会经济进步。2018/19 年度, 经济增长率超过了 7%, 通货膨胀率保持在 4% 左右。随着社会经济指标和政治稳定基础的改善, 政府正在加紧为外国投资创造有利环境。为了实现“国家繁荣, 人民幸福”这一口号, 实现国家经济发展目标, 尼泊尔政府将优先发展农业现代化、为劳动适龄人口创造工作岗位和有酬就业、开发能源潜力、基础设施发展、旅游业和人力资源开发等领域。

To celebrate the National Day of Nepal, the Embassy of Nepal has held a reception in Westin Beijing Hotel on 19 September 2019.

Ambassador of Nepal, H.E. Mr. Leela Mani Paudyal, expressed in his talk: Nepal has achieved a remarkable economic and social progress during the last few years. The economic growth surpassed 7% at an inflation rate of 4%. With a view to achieve economic targets and to further stabilize the economy, the government is working on providing a more favourable investment environment for foreign capital. To realize the slogan "the country is flourishing, the people are happy" and to achieve the development goals, the Nepalese government first of all would like to upgrade the agriculture to provide a stable income for the working age population. The energy sector, the basic infrastructure and the tourism industry are also at the forefront of the development efforts of the country.



尼泊尔舞蹈表演
Nepalese dance performance





亚美尼亚驻华大使谢尔盖·马纳萨良 (Sergey Manasaryan) 阁下携使馆官员欢迎到场宾客
Ambassador of Armenia, H.E. Mr. Sergey Manasaryan welcomes the arriving guests



亚美尼亚独立日 Independence Day of the Republic of Armenia

为庆祝亚美尼亚共和国独立 28 周年，亚美尼亚驻华大使馆于 2019 年 9 月 23 日在使馆内举办了招待宴会。

To celebrate the 28th anniversary of the independence of Armenia, the country's embassy hosted a reception on the 23rd of September, 2019 on the premises of the embassy.



亚美尼亚共和国，简称亚美尼亚，是一个位于亚洲与欧洲交界处的外高加索地区的共和制国家。行政疆界上，亚美尼亚位于黑海与里海之间，西邻土耳其，北邻格鲁吉亚，东为阿塞拜疆，南接伊朗和阿塞拜疆的飞地

纳希切万自治共和国，以埃里温为首都。亚美尼亚是一个内陆国家，主要信仰基督教 1920 年建立亚美尼亚苏维埃社会主义共和国。1922 年 3 月加入外高加索苏维埃社会主义联邦共和国，同年 12 月以联邦成员国身份加入苏联。1936 年成为苏联加盟共和国之一。1990 年 8 月 23 日改国名为亚美尼亚共和国。1991 年 9 月 21 日全民公投宣布独立。

The Republic of Armenia is situated in the Transcaucasian region at the borders between Asia and Europe. It lies between the Black Sea and the Caspian Sea, with Turkey in the west, Georgia in the north, Azerbaijan in the east, and Nakhchivan Autonomous Republic (an exclave of Azerbaijan) in the south, with Yerevan as its capital. Armenia is a land-locked country, mainly believing in Christianity. The Armenian Soviet Socialist Republic was established in 1920. It joined the Soviet Socialist Federal Republic of the Transcaucasus in March 1922 and joined the Soviet Union as a member of the Federation in December 1922. In 1936, it became one of the republics of the Soviet Union. On 23 August 1990, it was renamed the Republic of Armenia. The country declared its independence by referendum on 21 September 1991.

中国外交部副部长秦刚阁下致辞
Speech of Chinese Deputy Foreign Minister, Mr. Qin Gang



亚美尼亚驻华大使谢尔盖·马纳萨良 (Sergey Manasaryan) 阁下在致辞中说：在亚美尼亚共和国独立之初，中国人民和中国政府就向我们伸出了援助之手，我们在方方面面都能亲身感受到这种至今源源不断的帮助。2018 年 3 月亚美尼亚发生了重大的民主变革，之后组成了获绝大多数民众支持的新一届政府，并提前进行了议会选举，新政府确立了国家所有的优先外交政策

H.E. Mr. Sergey Manasaryan, Ambassador of Armenia, put it so in his speech: The People's Republic of China has extended her helping hand at the days of the formulation of the independent Armenian Republic and Armenia is feeling this kind of help up until today. Following the democratic upheaval in Armenia in March 2018, a new government was formed enjoying the support of the majority of the people. An early parliamentary election was also held at the time. The newly elected government has since then reviewed all foreign policies and relations.



值此格林纳达国家日来临之际，格林纳达驻华大使馆于2019年9月24日在北京世园会妫汭剧场举行音乐演唱会。

On the occasion of Grenada National Day, the Grenada Embassy in China held a music concert on September 24, 2019 at the Guirui Theatre of Beijing International Horticultural Expo.

格林纳达驻华大使戴艾美女士 (H.E. Abbie S. David) 在致辞中说：北京世园会促进了两国人民相互了解，自2005年建交以来，中国与格林纳达的关系牢固发展，并将继续通过相互尊重、相互理解和相互合作不断加强。

In her speech, H.E. Abbie S. David, Grenada's Ambassador to China, said: the Beijing International Horticultural Expo has promoted mutual understanding between the two peoples. Since the establishment of diplomatic relations in 2005, the relationship between China and Grenada has developed steadily and will continue to be strengthened through mutual respect, mutual understanding and mutual cooperation.

抽奖活动最高奖项为格林纳达往返机票

The first prize of the lottery was a round-trip ticket to Grenada



格林纳达国家日

Independence Day of Grenada

格林纳达 (Grenada) 位于东加勒比海向风群岛的最南端，南距委内瑞拉海岸约 160 公里。属热带海洋性气候，年平均气温 26℃。农业和旅游业是经济的基础，主要农产品肉豆蔻产量约占世界总产量的三分之一，仅次于印度尼西亚，居世界第二位。现为英联邦成员国之一。格林纳达是许多国际组织的成员，但由于人员和经费所限，格林纳达主要参加联合国、美洲国家组织、加勒比共同体和共同市场以及东加勒比国家组织的会议和活动。

Grenada is located at the southernmost tip of the Windward Islands in the Eastern Caribbean Sea, about 160 kilometres south of the Venezuelan coast. It has a tropical oceanic climate with an average annual temperature of 26 degrees Celsius. Agriculture and tourism are the basis of the economy. Nutmeg, the main agricultural product, accounts for about one third of the world's total output, second only to Indonesia. It is now a member of the Commonwealth. Grenada is a member of many international organizations, but due to personnel and financial constraints, it mainly participates in meetings and activities of the United Nations, the Organization of American States, the Caribbean Community and the Common Market and the Organization of Eastern Caribbean States.



精彩掠影 Wonderful glimpse



活动现场 Moments of the celebration



西班牙驻华大使拉法埃尔·德斯卡利亚尔·德·玛萨雷多 (Rafael Dezcallar de Mazarredo) 阁下携使馆工作人员迎接宾客

El estimado embajador de España en la República Popular China, Sr. Rafael Dezcallar de Mazarredo da bienvenida a los invitados junto con los funcionarios de la Embajada.



西班牙驻华大使拉法埃尔·德斯卡利亚尔·德·玛萨雷多 (Rafael Dezcallar de Mazarredo) 阁下在招待会上致辞说: 我们要多做宣传, 要完善中国游客的申报签证办理工作。作为全世界第二大旅游目的地, 西班牙具有能够吸引 80% 游客再次到访的独特魅力。西班牙的世界文化遗产数量排名全世界第三, 西班牙的世界文化遗产城市数量居全球首位。

El embajador de España en la República Popular China, Rafael Dezcallar de Mazarredo presentó un discurso: "debemos contribuir más esfuerzos para la promoción de España, y perfeccionar los trámites de visado Schengen dirigidos a visitantes chinos. Como el segundo destino turístico más grande del mundo, España tiene su propio atractivo particular por lo que el 80% de los visitantes manifiestan sus intereses de visitarlo otra vez. Además, el patrimonio cultural mundial encontrado en España ocupa el tercer lugar entre todo el mundo en materia de cantidad, y aquí hay ciudades con patrimonio cultural mundial de mayor número entre todo el mundo".

西班牙驻华大使拉法埃尔·德斯卡利亚尔·德·玛萨雷多阁下与中国外交部副部长马朝旭阁下
El embajador de España en la República Popular China, Rafael Dezcallar de Mazarredo y el Viceministro de Relaciones Exteriores de China, Ma Zhaoxu



西班牙国庆日 Día Nacional de España

值此西班牙国庆节来临之际, 西班牙驻华大使馆于 2019 年 10 月 11 日在使馆内举行了庆祝国庆节以及武装力量日招待宴会。

Con la llegada del Día Nacional de España, la Embajada de España en la República Popular China se celebró un banquete de recepción para brindar homenaje al Día Nacional de España y al Día de Fuerzas Armadas.



西班牙王国(西班牙语: Reino de España; 英语: The Kingdom of Spain), 简称西班牙, 位于欧洲西南部的伊比利亚半岛, 地处欧洲与非洲的交界处, 西邻葡萄牙, 北濒比斯开湾, 东北部与法国及安道尔接壤, 南隔直布罗陀海峡与非洲的摩洛哥相望, 领土还包括地中海中的巴利阿里群岛, 大西洋的加那利群岛及非洲的休达和梅利利亚。该国是一个多山国家, 总面积 505925 平方公里, 其海岸线长约 7800 公里。以西班牙语作为官方语言的国家数量世界第二, 仅次于英语。

The Kingdom of Spain, or Spain for short, is located in the Iberian Peninsula in southwestern Europe at the junction of Europe and Africa. It is bordered by Portugal in the west, the Bay of Biscay in the north, France and Andorra in the northeast, and Morocco in Africa across the Strait of Gibraltar in the south. Its territory also includes among others the Balearic Islands in the Mediterranean Sea, the Canary Islands in the Atlantic Ocean and Ceuta and Melilla in Africa. The country is a mountainous country with a total area of 505,925 square kilometres and a coastline of about 7,800 kilometres. Spanish is the second largest official language in the world, next to English.

精彩掠影

Wonderful glimpse

También presentes en Shangái desde 2007

自 2007 年开



西班牙乐队演出以及特色美食
Presentación de la banda española y las gastronomías típicas





捷克驻华大使夫妇携使馆官员欢迎到场宾客
The Czech Ambassador, his wife and officials of the embassy welcome the guests



捷克驻华大使佟福德阁下致辞
Speech by Vladimír Tomšík, Czech Ambassador to China



捷克共和国国会众议院科学教育文化青年体育委员会主席卡雷尔·赖斯(Karel Rais)先生向来宾介绍与中国有关部门合作的情况
Mr. Karel Rais, Chairman of the Science, Education, Culture, Youth and Sports Committee of the House of Representatives of the Czech Republic, introduced the cooperation with the partner departments of China

捷克国家日 Czech National Day

值此捷克共和国国庆日到来之际，捷克驻华大使馆于2019年10月29日在使馆内举办了庆祝招待宴会。
On the occasion of the National Day of the Czech Republic, the Czech Embassy in China held a banquet on October 29, 2019.



The Czech Republic covers an area of 78,866 square kilometres and is surrounded by Germany, Austria, Poland and Slovakia, a land-locked country in Central Europe. The Czech Republic is a developed country, listed as such by the world bank in 2006 with a very high level of human development index. It is a member of the European Union and NATO. On April 15, 2016, the Czech Republic changed the abbreviation of the country's name from the original adjective "Czech" to the noun "Czechia".

捷克共和国，简称“捷克”，国土面积78866平方公里，与德国、奥地利、波兰、斯洛伐克四国接壤，是位于中欧的一个内陆国家。捷克是一个发达的资本主义国家，于2006年被世界银行列入发达国家行列。拥有极高水平的人类发展指数，是欧盟和北约的成员国。2016年4月15日，捷克共和国更改了国名简称，由原本形容词“Czech”改成名词“Czechia”。



身穿捷克民族服的外交官欧阳旭主持招待会
Diplomat Ondrej Wagner, anchored the event in Czech national costume



捷克驻华大使夫妇与捷克共和国国会众议院科学教育文化青年体育委员会主席卡雷尔·赖斯先生共同庆祝活动圆满举行
The Czech Ambassador, his wife and Mr. Karel Rais, Chairman of the Committee of Science, Education, Culture Youth and Sports of the House of Representatives of the Czech Republic, celebrate the National Day



斯柯达中国总裁韩盛博士与捷克驻华大使佟福德阁下进行交车仪式
Dr. Ralf Hanschen, President of Skoda China, and His Excellency Mr. Vladimír Tomšík, Czech Ambassador to China perform a delivery ceremony



捷克共和国前总统瓦茨拉夫·克劳斯阁下在招待会上致辞
Address at the reception by His Excellency Vaclav Klaus, former President of the Czech Republic



庆祝捷中建交 70 周年

Celebrating the 70th Anniversary of the Establishment of Diplomatic Relations Between the Czech Republic and China

值此捷克共和国前总统瓦茨拉夫·克劳斯阁下到访中国暨庆祝捷中建交 70 周年之际，捷克驻华大使馆于 9 月 26 日在使馆内举办了庆祝招待宴会。

On the occasion of the visit to China of His Excellency Vaclav Klaus, former President of the Czech Republic and the 70th anniversary of the establishment of diplomatic relations between the Czech Republic and China, the Czech Embassy in China held a reception in the Embassy on September 26.



捷克驻华大使佟福德阁下与捷克共和国前总统瓦茨拉夫·克劳斯阁下接受采访
H.E. Mr. Vladimír Tomšík, Czech Ambassador to China, and H.E. Vaclav Klaus, former President of the Czech Republic



捷克驻华大使佟福德阁下与捷克共和国前总统瓦茨拉夫·克劳斯阁下和中国外交部副部长秦刚阁下共同举杯庆祝活动圆满举行

H.E. Vladimír Tomšík, Czech Ambassador to China, H.E. Vaclav Klaus, former President of the Czech Republic and H.E. Qin Gang, Vice Foreign Minister of China, raise their glasses for the anniversary



捷克驻华大使佟福德阁下与捷克共和国前总统瓦茨拉夫·克劳斯阁下以及斯洛伐克驻华大使杜尚·贝拉阁下共同为新建网球场剪彩

H.E. Vladimír Tomšík, Czech Ambassador to China, H.E. Vaclav Klaus, former President of the Czech Republic and H.E. Dusan Bella, Ambassador of Slovakia to China open the new tennis court



捷中文艺沙龙

CZECH -CHINESE SALON

值此中捷建交 70 周年之际，捷克驻华大使馆于 2019 年 9 月 26 日在使馆内举办了捷中文艺沙龙：艺术交流 70 周年活动。

On the occasion of the 70th anniversary of the establishment of diplomatic relations between China and the Czech Republic, the Czech Embassy in China held a Czech-Chinese Art Salon: "The 70th anniversary of art exchange" in the Embassy on September 26, 2019.



捷克驻华大使馆副馆长葛婉娜 (Ivana Grollová) 女士主持活动

Ms. Ivana Grollová, Deputy Head of the Czech Embassy in China, hosted the event



艺术讨论会
Art Seminar



捷克驻华大使佟福德阁下为艺术家颁奖
His Excellency Vladimír Tomšik, Czech Ambassador to China, presented the awards to the artists



北京俄罗斯文化中心主任卡西亚诺娃·塔玛拉 (Kasyanova Tamara) 女士致欢迎词

Приветственное слово
Руководителя Российского
культурного центра в Пекине
Тамары Касьяновой



俄罗斯钢琴家尼基塔·加拉克季奥诺夫钢琴演奏
Выступление российского пианиста Никиты Галактионова

俄罗斯音乐会

Концерт российского пианиста Никиты Галактионова

值此俄中建交 70 周年之际，北京俄罗斯文化中心于 9 月 25 日在本中心举办了俄罗斯钢琴家尼基塔·加拉克季奥诺夫音乐会。该音乐会为“走向世界的俄罗斯诗才”国际音乐项目活动。

25 сентября в Российском культурном центре в Пекине состоялся концерт российского пианиста Никиты Галактионова, приуроченный к 70-летию установления дипломатических отношений между Россией и Китаем. Данный концерт был проведен в рамках Международного музыкального проекта «Российские музы – миру».



巴基斯坦驻华大使纳格赫曼娜·哈什米 (Naghmana Alamgir Hashmi) 女士在致辞中说: 希望中巴友谊如同芒果般甜蜜, 也希望巴基斯坦芒果可以走进中国的千家万户, 巴基斯坦芒果产量位居世界第五, 上世纪 60 年代曾作为国礼赠送给中国领导人品尝

Ambassador of Pakistan, Ms. Naghmana Alamgir Hashmi said in her talk: We hope that the Pakistani-Chinese relations will stay as sweet as the mango, and the mango produced in Pakistan may one day reach every Chinese household. The mango production of Pakistan is ranked number 5 in the world, it used to be a state present for Chinese officials in the '60s.



巴基斯坦驻华大使纳格赫曼娜·哈什米 (Naghmana Alamgir Hashmi) 女士与中国经济网总裁王旭东先生共同参观展位
Ms. Naghmana Alamgir Hashmi, Ambassador of Pakistan and Mr. Wang Xudong, Chairman of China Economy Network review the installation

巴基斯坦芒果节在京启动

Pakistani Mango Festival Kicked-off in Beijing

2019年9月17日, 巴基斯坦北京芒果节在巴基斯坦驻华大使馆隆重举行。

The Pakistani Mango Festival was ceremoniously launched in the Embassy of Pakistan on 17 September 2019.



北京芒果节启动仪式
Opening ceremony of the Mango Festival



芒果制品
Mango produce



Guru'Guay 媒体平台创始人凯伦·希格斯 (KAREN HIGGS) 女士为嘉宾介绍推介会
Creator of the Guru'Guay media platform, Ms. Karen Higgs, gives an introduction of the event to the VIP invitees



乌拉圭雕塑家伊格纳西奥·科伦坡 (IGNACIO COLOMBO) 先生为嘉宾介绍作品
Uruguayan sculptor Mr. Ignacio Colombo gives a presentation of his works



乌拉圭珠宝设计师娜塔莉亚·戈门索罗 (NATALIA GOMENSORO) 女士为嘉宾介绍作品
Jewelry designer from Uruguay, Ms. Natalia Gomensoro presents her works to the guests

第二届乌拉圭文化与旅游推介会

Second Cultural and Tourism Promotion Forum of Uruguay



乌拉圭驻华大使馆于9月16日在使馆内举办了第二届乌拉圭文化与旅游推介会。

The Embassy of Uruguay hosted the Second Cultural and Tourism Promotion Forum of the country at the embassy on 16 September.

活动现场
Snapshot from the venue



乌拉圭视觉艺术家苏珊娜·维达 (SUSANA VIDA) 女士 (右一) 为嘉宾介绍作品
Visual artist Ms. Susana Vida talks about her creations during the event



罗马尼亚驻华大使康斯坦丁内斯库 (Constantinescu Vasilica) 阁下介绍学习罗语的中国学生
Ambassador of Romania, H.E. Mr. Constantinescu Vasilica meets students of the Romanian language



罗马尼亚特色欢迎仪式 - 面包蘸盐
Traditional Romanian welcome: bread and salt



现场
活动

A moment of the event

罗马尼亚花园盛会

Romanian Garden Party

值此中国和罗马尼亚共和国建交 70 周年，罗马尼亚驻华大使馆于 2019 年 9 月 21 日在使馆内举办了庆祝活动。

To celebrate the 70th anniversary of the establishment of diplomatic ties between Romania and China, the Romanian Embassy hosted a garden party in the embassy on 21 September, 2019.





斯洛伐克驻华大使杜尚·贝拉 (Dušan Bella) 阁下在致辞中说
His Excellency Dusan Bella, Ambassador of Slovakia to China

斯洛伐克大使馆中的艺术展览

Art Exhibition in the Slovak Embassy



斯洛伐克驻华大使馆于 2019 年 9 月 25 日在使馆内举办了一场来自中国董玉新先生的绘画作品中捷斯农场学生的绘画。本次活动也是中斯建交 70 周年活动之一。

On September 25, 2019, the Slovak Embassy in China held an exhibition of the paintings of Mr. Dong Yuxin and the students of the Czechoslovakian farm in China. The event was part of the 70th anniversary activities of the establishment of diplomatic relations between China and Slovakia.

中国艺术家董玉新先生赠送斯洛伐克驻华大使夫妇绘画作品

Chinese artist Dong Yuxin presents his painting to the Slovak Ambassador and his wife



斯洛伐克驻华大使杜尚·贝拉 (Dušan Bella) 阁下为优秀学生作品颁奖
His Excellency Dusan Bella, Slovak Ambassador to China, presented awards to outstanding students



中捷斯农场学生们用双语演唱中斯两国国歌

Students of the Czechoslovakian farm in China sing the Chinese and Slovak national anthems



中国和平发展基金会秘书长徐建国和罗马尼亚驻华大使巴西尔·瓦西利克·康斯坦丁内斯库阁下 (Basil Vasilia Constantinescu) 共同为纪念封揭幕
 Xu Jianguo, Secretary General of China Foundation for Peace and Development, and His Excellency Basil Vasilia Constantinescu, Ambassador of Romania to China unveiled the commemorative envelope

中国 - 罗马尼亚纪念封

China-Romania Commemorative Envelope

2019年10月17日,为庆祝中华人民共和国成立70周年,中罗建交70周年,暨“封”行万里,不忘初心之中国-罗马尼亚纪念“封”在中国人民对外友好协会礼堂举行揭幕仪式。

To celebrate the 70th anniversary of the founding of the People's Republic of China and the 70th anniversary of the establishment of diplomatic relations between China and Romania the unveiling ceremony of a special envelope took place in the auditorium of the Chinese People's Association for Friendship with Foreign countries on 17 October, 2019.

罗马尼亚驻华大使巴西尔·瓦西利克·康斯坦丁内斯库阁下 (Basil Vasilia Constantinescu) 在致辞中表示: 罗马尼亚在 1949 年作为第三个国家与中华人民共和国建交是罗马尼亚的骄傲。过去的几十年时间证明罗马尼亚是中国坚定和忠实的朋友。

In his speech, H.E. Basil Vasilia Constantinescu, Romanian Ambassador to China, said that Romania was proud to establish diplomatic relations with the People's Republic of China as the third country in 1949. The past decades have proved that Romania is a firm and loyal friend of China.



中国和平发展基金会秘书长徐建国先生在致辞中说: 中国与罗马尼亚自建交以来,两国高层交往频繁,在联合国及其他国际组织中合作良好,各领域的交流与合作富有成果。两位艺术家的合作作品表达了中罗友谊、生命和文明的起源,通过这枚纪念封的发行,一定能增进两国人民的互相了解与友谊,促进双边友好关系的发展

Mr. Xu Jianguo, Secretary General of the China Foundation for Peace and Development, said in his speech: Since the establishment of diplomatic relations between China and Romania, high-level exchanges between the two countries have been frequent, cooperation has been good in the United Nations and other international organizations, and exchanges and cooperation in various fields have been fruitful. The cooperative works of the two artists express the origin of friendship, life and civilization between China and Romania. The issuance of this commemorative envelope will enhance mutual understanding and friendship between the two peoples and promote the development of bilateral friendly relations.



罗马尼亚音乐会表演
 Romanian concert performance

现场
 活动

A moment of the event



中国和平发展基金会秘书长徐建国赠送罗马尼亚驻华大使巴西尔·瓦西利克·康斯坦丁内斯库阁下“和平鸽”水晶球
 Xu Jianguo, Secretary General of China Foundation of Peace and Development, presents a crystal ball of a "Peace Dove" to his Excellency Basil Vasilia Constantinescu, Romanian Ambassador to China



中宇力度授予罗马尼亚驻华大使巴西尔·瓦西利克·康斯坦丁内斯库阁下“友好使者”证书、授予两位艺术家“文化艺术使者”证书
 Mr. Zhong Yu awarded the certificate of "Ambassador of Friendship" to his Excellency Basil Vasilia Constantinescu, Ambassador of Romania to China, and the certificate of "Ambassador of Culture and Art" to two artists.





为庆祝中华人民共和国和斯洛伐克共和国建交七十周年纪念日来临之际，斯洛伐克驻华大使馆于2019年10月9日在使馆官邸举办音乐盛会，与此同时斯洛伐克驻华大使与中国艺术家们也为中斯联合纪念邮票揭幕。

To celebrate the 70th anniversary of the establishment of diplomatic relations between the People's Republic of China and the Slovak Republic, the Slovak Embassy in China held a music festival at the residence of the embassy on October 9, 2019. The Slovak Ambassador to China and Chinese artists also unveiled stamps during the event dedicated to the commemoration of the above anniversary.



斯洛伐克驻华大使与来自中国艺术家们为中斯联合纪念邮票揭幕
The Slovak Ambassador to China and artists from China unveiling stamps for the China-Slovakia commemoration



大使官邸中的音乐会

Concerts in the Ambassador's Residence

斯洛伐克驻华大使杜尚·贝拉 (Dušan Bella) 阁下在致辞中说：几天之前，举国欢庆新中国成立70周年。五天后的日期，1949年10月6日是斯洛伐克的前身捷克斯洛伐克作为最早承认新中国的国家之一，同中国建交的日子。

从那时起，斯洛伐克人民和中国人民之间的友谊不断发展，两国也建立起了紧密关系和多方面合作。

Dusan Bella: "On the 1st of October, the People's Republic of China celebrated the 70th anniversary of its foundation. Five days later, on 6 October 1949 Czechoslovakia (and Slovakia as one of its successor states) was among the first countries to recognize the PRC.

Since that time, Slovak and Chinese people have been developing mutual friendship and our countries built a lasting friendly relation and versatile forms of cooperations."



嘉宾参观由斯洛伐克艺术家 Katarina Vavrova 创作的版画作品
Guests view the prints created by Katarina Vavrova, a Slovak artist



来自 Devanas Duo- 布拉迪斯拉发表演艺术学院的两名出色的博士生 Kristina Smetanova 和 Julia Novosedlikova 钢琴表演
Kristina Smetanova and Julia Novosedlikova, two outstanding students from the School of Performing Arts, Bratislava



大提琴演奏家 Jan Siska 及其妻子钢琴家 Wei Yu Siskova 演奏中斯两国音乐
Cellist Jan Siska and his wife, pianist Wei Yu Siskova, play Chinese and Slovak music



立陶宛共和国驻华大使 H.E. Ms. Ina Marciulionyte 在开幕式上致辞。她指出此次活动旨在增进国人对立陶宛产品的了解，促进中立两国经贸文化交流与合作
 Ambassador Ms. Ina Marciulionyte of the Republic of Lithuania to China talks at the opening ceremony. She pointed out that the purpose of this activity is to enhance people's understanding of Lithuanian products and promote economic, trade and cultural exchanges and cooperation between the two countries.

立陶宛美食周 在京启动 Lithuanian Food Week in Beijing



立陶宛大厨兼美食作家 Ms. Neda Degutienė 来到现场介绍立陶宛独特的美食与饮食文化
 Ms. Neda Degutienė, chef and food writer of Lithuania, came to the event to introduce the unique cuisine and food culture of Lithuania.



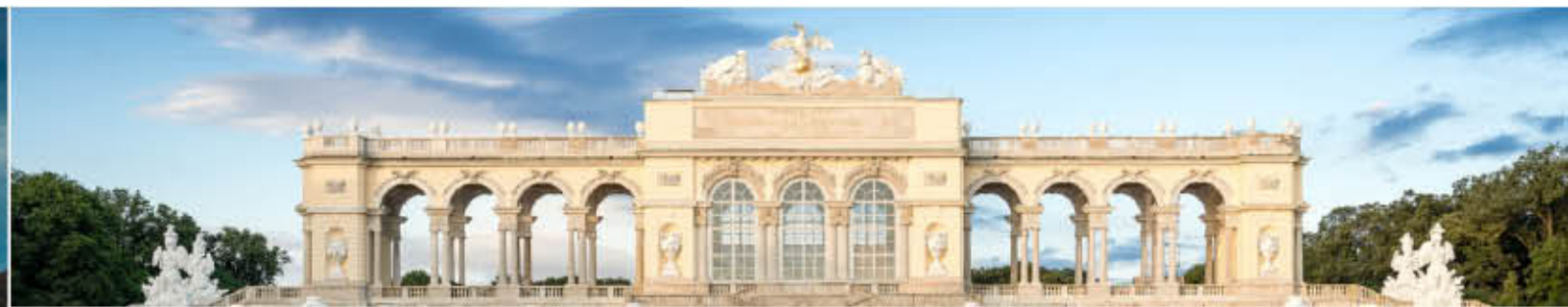
10月8日下午，为展示欧洲独特美食风味，促进国际美食文化交流互动，由立陶宛共和国驻华大使馆主办的立陶宛美食周在北京正式启动。

In the afternoon of October 8, with the goal to display the unique flavour of European cuisine and promote the interaction between international cuisines, the Lithuanian Food Week hosted by the Embassy of the Republic of Lithuania in China was officially launched in Beijing.

特色 美食

Lithuanian specialties





Follow the Ambassador to his Country

Friedrich Stift
Austrian Ambassador to China

跟着大使看世界

—— 奥地利驻华大使石迪福

奥地利共和国，简称“奥地利”，是一个位于欧洲中部的议会制共和制国家，下属九个联邦州，作为一个内陆国家，与多国接壤，国土面积 83855km²。首都维也纳，人口超过 170 万，是奥地利最大的城市。

奥地利旅游业发达，壮美的阿尔卑斯山脉是登山爱好者和冬季运动爱好者的理想去处；数百个秀美的湖泊，是夏季休闲和水上运动的好地方；超过四成的森林覆盖率和大面积草地牧场提亮了国家的绿色主色调；崇尚历史的人们，可以在首都维也纳缅怀奥匈帝国的盛世；热爱音乐的游客，则可探访音乐家的故居，聆听一场难以忘怀的音乐会。奥地利西部和南部是山区，著名的阿尔卑斯山由西向南，一直延伸到维也纳盆地；北部和东北是平原和丘陵地带；萨尔茨卡默古特与克恩滕境内湖泊众多，点缀着粗犷豪迈的山峦，蔚为壮观。

← 霍亨萨尔茨堡要塞和老城区
Fort Salzburg and the old town

↑ 凯旋门
Arch of Triumph

↓ 美泉宫荣誉庭院
Schonbrunn Palace

The Republic of Austria is a parliamentary republic located in the middle of Europe, with nine federal states. As a landlocked country, it is bordered by many countries, with a land area of 83,855 km². Vienna, the capital of Austria, has a population of more than 1.7 million, it is the largest city in Austria.

The Republic of Austria has a developed tourism industry, the magnificent Alps are ideal places for mountaineers and winter sports enthusiasts; hundreds of beautiful lakes are good places for summer leisure and water sports; more than 40% of the forest coverage and large area grasslands and pastures highlight the main colour, the green of the country; people who enjoy history can visit the capital Vienna. It reflects the great age of the Austro-Hungarian Empire; music lovers can visit musicians' former homes and listen to unforgettable concerts. In the west and south of Austria, one finds mountains. The famous Alps extend from west to south to the Vienna basin. In the north and northeast, there are plains and hills. In Salzkammergut and Karnten, there are many lakes dotted with rough and heroic mountains, providing a spectacular view.



↑ 霍夫堡
Hofburg

美景宫 →
Schonbrunn Palace





↑ 戈绍湖前湖和达赫施泰因山脉
Lake Gosauseen and the
Dachstein Mountains

哈尔施塔特镇是奥地利上奥地利州萨尔茨卡默古特地区的一个村庄，位于哈尔施塔特湖湖畔，海拔高度 511 米。哈尔施塔特的“Hall”可能源自于古凯尔特语的“盐”，得名于村庄附近的盐矿，历史上这一地区就因盐而致富。因此这里又被称作“世界上最美的小镇”或“世界最古老的盐都”。

The town of Hallstatt is a village in Salzkammergut, upper Austria. It is located on the bank of Hallstatter Lake, with an altitude of 511 meters. The name "Hall" may have come from the word "salt", referencing salt mines near the village. The area is quite rich in salt, so it is also called "the oldest salt capital in the world".



↑ 冬日的哈尔施塔特
Winter in Hallstatt

→ 谢莫林铁路
Southern Railway



← 埃根博格城堡
Eggenberg Castle

格拉茨近郊有一座辉煌精致的城堡——埃根博格城堡，是约翰·乌里希·冯·埃根博格侯爵请意大利建筑师，建造于 1623 年的一座文艺复兴风格的辉煌建筑。

In the outskirts of Graz, there is a splendid and exquisite castle, the Eggenberg castle. It is a brilliant renaissance style building built in 1623 by the Italian architect invited by Marquis John Ulrich von Eggenberg.

谢莫林铁路是 1848 年到 1854 年之间修建的一条通往特里斯特的铁路。铁路从海拔 895 米的山口处经过，这在当时是一个人类奇迹。在修建铁路的同时，人们就已经考虑到技术与大自然的和谐问题。如今谢默林铁路仍然是保护生态环境的一个典范。

The southern railway was built between 1848 and 1854 to lead to Trieste. It was a real miracle that the railway could cross a mountain pass with an altitude of 895 meters. People of the time have also paid attention to the harmony between technology and nature. Today, the southern railway still serves as a model for protecting the ecological environment.

埃根博格城堡行星厅 →
Hall of Eggenberg Castle





← 卡尔克阿尔卑斯国家公园中的山毛榉
Beech in Kalkalpen National Park

阿尔卑斯地区史前湖岸木桩建筑分布在瑞士、奥地利、法国、德国、意大利和斯洛文尼亚六国。这一遗产包括位于阿尔卑斯山区内、外的湖边、河岸及湿地边的 111 处史前木桩建筑遗迹。这些小型定居点建于约公元前 5000 年至 500 年。这是一组保存极其完好、文化内涵丰富的定居点考古遗址，是研究这一地区早期农业社会的最重要的史料来源之一。

Prehistoric lake shore wooden pile buildings are to be found in Switzerland, Austria, France, Germany, Italy and Slovenia. This heritage includes 111 prehistoric stump buildings located in the Alps, next to lakes, riverbanks and wetlands. These small settlements were built between about 5000 and 500 BC.

This is a group of well preserved archaeological sites with rich cultural connotation and are one of the most important sources of historical data to study the early agricultural society of this area.



↑ 阿尔卑斯地区史前湖岸木桩建筑
Prehistoric lake shore timber pile
building in the Alps

↓ 瓦豪河谷
Wachau Valley

↑ ↓ 新德勒湖
Neusiedl Lake





A ban on single-use plastic starting in 2021

2021 年禁止一次性塑料制品

Greek Prime Minister Kyriakos Mitsotakis said in New York, addressing the UN Climate Summit 2019.

Greece intends to convene a high-level conference in Athens next year to adopt a resolution on the protection of cultural and natural heritage from climate change. Mitsotakis said that the repercussions of climate change were already visible, and underlined that by the end of 2019 the Greek government will adopt a new national policy for energy and the climate that will include a ban on single-use plastic starting in 2021, the shutdown of lignite-run power production units by 2028 and the increase in the share of renewable resources to 35 pct by 2030.

Referring to the devastating fire in Mati last year that cost the lives of 102 people, the Greek premier said that "everything happened in less than four hours and the destruction at Mati shook

the Greek public deeply." Speaking of the unique extreme conditions of the fire linked to climate phenomena, Mitsotakis warned that climate change is not an issue we can postpone (dealing with) for a few decades - it must be dealt with immediately, as its repercussions affect the lives of people who up to now showed no interest in the issue.

The Greek government has placed the management of climate change fallout at the center of its policies. As he explained, Greece's economic future is linked to its ability to protect its unique natural environment. The rise of sea level threatens our shores and our islands. Extreme weather like storms, floods and heatwaves are catastrophic for Greek society and Greek economy.

He also warned that climate change will also act as an obstacle to economic development and to the prosperity of the Greek people, as it will adversely affect economic sectors such as

agriculture and tourism. Greece, he noted is fully committed to the Paris Agreement and the UN Agenda for 2030, with its 17 global Sustainable Development Goals, and strongly supports the long-term strategic vision by 2050 of an EU economy that does not burden the climate. Referring to the actions Greece has taken and plans to take, the Greek prime minister said that his government would adopt a new and ambitious national strategy for energy and the climate by the end of the year. "Our goal is to shut down all lignite-run electricity production units by 2028, and we plan to ban all single-use plastics throughout

这是希腊总理基里亚科斯·米索塔基斯在 8 月纽约举行的 2019 年联合国气候峰会上说的。

他表示，气候变化的影响已经显而易见，并强调到 2019 年底，希腊政府将采取新的能源与气候国家政策，其中包括到 2021 年禁止一次性塑料制品，到 2028 年关闭褐煤发电厂，到 2030 年将可再生资源份额增加至 35%。

谈到去年马蒂发生的毁灭性火灾，造成 102 人丧生，希腊总理说，“一切都发生在不到 4 小时的时间里，马蒂的火灾深深震撼了希腊公众。”谈到与气候现象有关的火灾的独特极端情况，他警告说，气候变化不是我们可以推迟（处理）几十年的问题，它必须立即处理，因为它的影响影响到人们的生活，到目前为止，人们对这个问题没有兴趣。希腊政府将气候变化影响的管理置于其政策的中心。正如他所解释的，希腊的经济前景与其保护其独特自然环境的能力有关。海平面的上升威胁着我们的海岸和岛屿。风暴、洪水和热浪等极端天气对希腊社会和经济都是灾难性的。

希腊打算于明年在雅典召开一次高级别会议，以通过一项保护文化和自然遗产免受气候变化影响的提案。

希腊政府将气候变化影响的治理置于其政策的中心。正如他所解释的那样，希腊的经济未来与其保护独特自然环境的能力成正比。海平面的上升威胁着希腊的海岸和岛屿。风暴、洪水和热浪等极端天气对希腊社会和希腊经济造成灾难性影响。

他还警告说，气候变化将成为希腊经济发展和人民

Greece by 2021."

Climate change could also disturb traditional ways of life in Greece, which is very concerned about possible climate change repercussions to its cultural and natural heritage, Mitsotakis said. A conference he organized in June 2018, he said, reached conclusions that were incorporated in the UN summit on climate change.

Greece intends to convene a high-level conference in Athens in 2020 to adopt a proposal for the protection of cultural and natural heritage from the repercussions of climate change."

富裕的阻碍，因为它将对农业和旅游业等产业产生不利影响。他指出，希腊充分致力于践行《巴黎协定》和联合国《2030 年可持续发展议程》及其 17 个全球可持续发展目标，并坚决支持“给所有人一个清洁星球”的战略性长期愿景，到 2050 年将欧盟建设成为一个繁荣、现代、有竞争力和气候中性的经济体。

在谈到希腊已经采取和计划采取的行动时，希腊总理表示，希腊政府将在今年年底之前采取新的、雄心勃勃的能源和气候国家战略。米佐塔基斯说，“我们的目标是到 2028 年关闭所有褐煤发电站，到 2021 年在全希腊禁止所有一次性塑料制品。”气候变化也可能扰乱希腊的传统生活方式，希腊非常担心气候变化可能对其文化和自然遗产产生不利影响。他说，他于 2018 年 6 月组织过一次气候会议，得出的结论已经纳入了联合国气候变化峰会。



欧盟国微电影展 EU SHORT FILM EXHIBITION

在第七届中国（威海）国际微电影展期间，第二届欧盟国微电影展部分优秀影片于9月18日在山东威海保利剧场展映。来自克罗地亚、葡萄牙驻华大使馆的文化参赞以及希腊驻华使馆一等秘书、《世界中国》杂志社社长出席了展映活动。



During the 7th China (Weihai) International Microfilm Exhibition, some excellent films from the 2nd EU-China Short Film Festival were shown at the Poly Theatre in Weihai, Shandong province on September 18. Cultural counsellors from the embassies of Croatia and Portugal in China, the First Secretary of the Greek Embassy in China and the President of "The World and China" Magazine attended the exhibition.



克罗地亚驻华大使达米欧·米海林 (Dario Mihelin) 阁下发言
Address by His Excellency Dario Mihelin, Ambassador of Croatia to China

克罗地亚艺术展览 Croatia Art Exhibition

克罗地亚驻华大使馆于2019年9月21日在北京798程昕东国际当代艺术空间举办了“北京现场创作”艺术展览。

On September 21, 2019, the Croatian Embassy in China held an art exhibition "Beijing Live Creation" in Beijing 798 Chengxindong International Contemporary Art Space.



克罗地亚艺术家托米斯拉夫·布达 (Tomislav Buntak) 先生在现场创作的作品前向嘉宾介绍
Mr. Tomislav Buntak, a Croatian artist, gave an introduction of his works created on site



斯洛伐克驻华武官绘画作品

Paintings of the Military Attaché of the Slovak Embassy in China

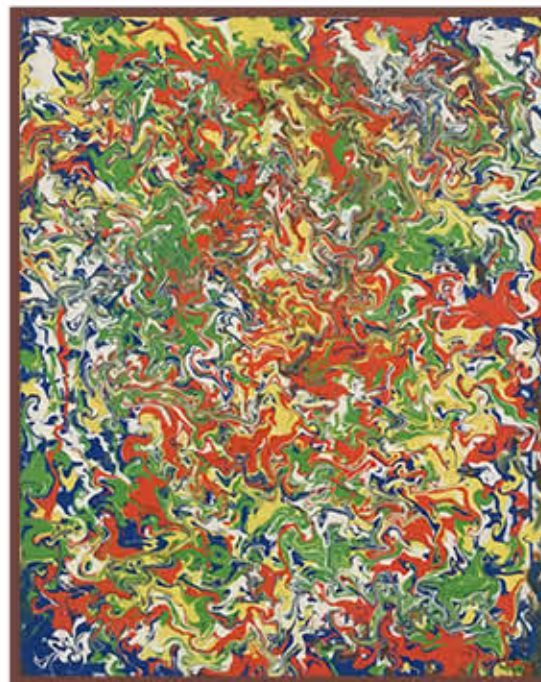


卡米尔上校

出生: 1967年, 斯洛伐克普列什诺夫
1980-1985年普列什诺夫机械工程中学
1985-1990年捷克共和国布尔诺军事学院
2001-2004年塞尔维亚贝尔格莱德国防部副专员
2008-2011年波黑萨拉热窝国防专员
2016-2020年在斯洛伐克驻华大使馆任武官。
爱好: 艺术和绘画, 旅游探索异国情调和文化, 徒步旅行, 游泳。

Col. Kačmár

Born: 1967, Prešov, Slovakia
Machinery engineering secondary school in Prešov 1980-85
Military academy, Brno, Czech Republic 1985-1990
Deputy defence attache in Belgrade, Serbia 2001-2004
Defence attache in Sarajevo, Bosnia and Herzegovina 2008-2011
Defence attache in Beijing 2016-2020
Hobby: art and painting, travelling to explore exotic places and cultures, trekking (Tatras, Himalayas), swimming.



Art appreciation





OPPO R9s Plus
中国·白银



交流
现场

Communication Scene

新的中匈友城诞生

New Sino-Hungarian Friendship City Born

经过三年的不断互访，了解，沟通，9月26日，匈牙利基什孔毛伊绍市与甘肃省白银市终于在白银签署了正式友好城市协议。这是白银在与巴基斯坦，美国，白俄罗斯以后的第四个友城，也是与欧盟国家建立的首个友城。该友好城市的建立是在《世界中国》杂志社的倡议下，与匈牙利前国会议员卡布斯先生的共同推动下进行的。

Following 3 years of mutual visits, study and continuous communication, Kiskunmajsa city of Hungary and Baiyin city of Gansu province, China signed the agreement on the establishment of sister city relation on 26 September. The Hungarian city is now the fourth sister city of Baiyin - and also the first city from the European Union - and comes next to cities in Pakistan, the United States, and Belarus with which Baiyin established sister city relations earlier. "The World and China" Magazine and Mr. Krisztian Kapus, former Member of Parliament, initiated and facilitated the establishment of this new sister city relation.



Friendship



国际竹藤馆赠园仪式在世园会举行 International Bamboo and Rattan Museum Gift Ceremony Held at the World Horticultural Exposition

2019年9月27日，北京世园会国际竹藤组织园赠园仪式在竹藤园举行。国际竹藤组织董事会联合主席、中国花卉协会会长、国际竹藤中心主任江泽慧，北京世界园艺博览会事务协调局常务副局长周剑平出席并致辞。

On September 27, 2019, the gift ceremony of Beijing World Horticultural Exposition International Bamboo and Rattan Organization Garden was held in the Bamboo and Rattan Garden. Jiang Zehui, Chairman of the Board of Directors of the International Bamboo and Rattan Organization, President of China Flower Association and Director of International Bamboo and Rattan Centre and Zhou Jianping, Executive Deputy Director of Beijing World Horticultural Exposition Affairs Coordination Bureau attended the event and gave speeches.



国际竹藤组织董事会联合主席、中国花卉协会会长、国际竹藤中心主任江泽慧在致辞中说：举世瞩目的2019年北京世界园艺博览会历时近半年，即将落下帷幕。本次世园会以“绿色生活美丽家园”为主题，是一场精彩纷呈的全球绿色盛会，也是一曲人与自然和谐共生的华丽乐章。为了在北京世园会闭幕后继续发挥国际竹藤组织园的作用，我们决定将国际竹藤组织园整体建筑赠与北京世园局，希望北京世园局等有关方面妥善管理、使用和处置国际竹藤组织园，发扬北京世园会精神，为美丽中国和生态文明建设多做贡献。

Jiang Zehui, Chairman of the Board of Directors of the International Bamboo and Rattan Organization, President of China Flower Association and Director of International Bamboo and Rattan Centre, said: The 2019 World Horticultural Exposition in Beijing attracted worldwide attention, has lasted nearly half a year and is about to end. The theme of the Expo is "green life and beautiful home". It is a wonderful global green event and a magnificent move toward a harmonious coexistence between man and nature. In order to continue playing a role by the international bamboo and rattan organization park following the closing of the Beijing World Horticultural Exposition, we decided to present the overall building of the international bamboo and rattan organization park to the Beijing World Horticultural Bureau. We hope that the Beijing World Horticultural Bureau and other relevant parties will properly manage and use the international bamboo and rattan organization park, carry forward the spirit of the Beijing World Horticultural Exposition, and make further contributions to the construction of a beautiful China and an ecological civilization.



国际竹藤组织副总干事、中国花卉协会副秘书长陆文明主持本次活动

Lu Wenming, Deputy Director General of International Bamboo and Rattan Organization and Deputy Secretary General of China Flower Association, presided over the event



国际竹藤组织与北京世园局签署捐赠协议
The International Bamboo and Rattan Organization and the Beijing World Park Bureau sign a donation agreement



中国花卉协会、国际竹藤中心、延庆区政府三方签署协议
An agreement was signed between China Flower Association, International Bamboo and Rattan Centre and Yanqing District Government

现场活动

A moment of the event





立陶宛驻华大使馆文化参赞托马斯与欧盟儿童参观大地艺术中心
Among others, the cultural counsellor of the Lithuanian Embassy in China visited the Earth Art Centre

“Dreams of Europe and China” Art Exhibition in Songzhuang

“梦想中欧”画展在宋庄展出

在10月13日结束的一年一度的宋庄艺术节中，与此同时结束的还有欧盟“梦想中欧”青少年绘画展。出席闭幕式活动的嘉宾除了主办方欧盟驻华代表团代表峰威力之外，还有马耳他驻华大使馆大使卓嘉鹰，立陶宛驻华大使馆文化参赞托马斯等其它使馆代表。本次画展展出五天。展出的500多幅作品全都来自欧盟国家。欧洲孩子从不同的角度，画出了他们想像中的中国。



嘉宾参观画展
Guests visiting the exhibition



欧盟驻华代表团代表峰威力先生在活动上讲话

Mr. William Fingleton from the EU Delegation to China talks at the event



《世界中国》杂志社社长纳吉·麟女士在活动上讲话

Ms. Lin Nagy, President of "The World and China" Magazine, also gave a speech



司秋利当代陶瓷艺术馆馆长司秋利先生在活动上讲话

Mr. Si Qiu Li, Curator of Si Qiu Li Art Gallery of Contemporary Ceramics



立陶宛驻华大使馆文化参赞托马斯种植和平树
Cultural counsellor of the Lithuanian Embassy in China, planting a peace tree



活动现场
Activity site



中国新闻社社长章新新在第十届世界华文传媒论坛上发表了主题为《融通世界、见证时代——华文媒体与“中国故事”》主旨报告
Zhang Xinxin, President of China News Agency, delivered a keynote speech during the 10th World Chinese Media Forum with the theme "Integrating the world, witnessing the times: the Chinese media and the Chinese story"

世界华文传媒论坛在石家庄举行

World Chinese Media Forum Held in Shijiazhuang



2019年10月12日，由国务院侨务办公室、河北省人民政府和中国新闻社共同主办的第十届世界华文传媒论坛在石家庄开幕。来自五大洲61个国家和地区的400多家华文媒体高层人士、中央主要新闻机构及国内有影响力媒体负责人等共600余位嘉宾参加论坛。

On October 12, 2019, the 10th World Chinese Media Forum was held in Shijiazhuang. The event was sponsored by the Overseas Chinese Affairs Office of the State Council, the People's Government of Hebei Province and the China News Agency. More than 600 guests, including more than 400 senior Chinese media figures from 61 countries and regions on five continents, heads of major central news organizations and influential domestic medias, attended the discussion.

全国人大常委会副委员长沈跃跃在第十届世界华文传媒论坛开幕式上致辞说：习近平总书记指出，中国的昨天已经写在人类的史册上，中国的今天正在亿万人民手中创造，中国的明天必将更加美好。我们要不忘初心、牢记使命，讲好“中国故事”。
Shen Yueyue, Vice Chairman of the Standing Committee of the National People's Congress, said at the opening ceremony of the 10th World Chinese Media Forum: General Secretary Xi Jinping pointed out that China's yesterday was written in the annals of mankind. China is now being created in the hands of millions of people. China's tomorrow will surely be better. Let's not forget our original mind set, remember our mission and tell a good "Chinese story".



中央统战部副部长、国务院侨办主任许又声在第十届世界华文传媒论坛开幕式上致辞
Xu Yousheng, Vice Minister of the United Front Department of the Central Committee and Director of the Overseas Chinese Affairs Office of the State Council, delivers a speech at the opening ceremony of the 10th World Chinese Media Forum



国务院新闻办副主任郭卫民在第十届世界华文传媒论坛开幕式上致辞
Guo Weimin, Deputy Director of the Information Office of the State Council, talks at the opening ceremony of the 10th World Chinese Media Forum



河北省委书记王东峰在第十届世界华文传媒论坛开幕式上致辞
Wang Dongfeng, Secretary of Hebei Provincial Party Committee, gives a speech at the opening ceremony of the 10th World Chinese Media Forum



中国记协书记处书记吴兢在第十届世界华文传媒论坛开幕式上致辞
Wu Jing, Secretary of the Secretariat of China Documentary Association, addresses the 10th World Chinese Media Forum





在正定，习近平总书记不仅给村民指明搞经济发展的道路，还关注村民的日常生活，卫生健康。在他的倡议下，村民们把旧时代茅坑改成了厕所。

In Zhengding, General Secretary Xi Jinping not only pointed out the way of economic development for villagers, but also paid attention to the villagers' daily life and health. At his suggestion, the villagers changed the old latrine into a toilet.

正定，习近平主席从这里起步

Zheng Ding, President Xi Jinping Walked out of Here

正定县，面积 486 平方公里，人口 50.8 万。正定历史源远流长，有 1600 多年的建城史。

Zhengding county covers an area of 486 square kilometers and has a population of 508,000. Zhengding has a long history, a history of more than 1600 years.

正定县塔元庄村位于正定城西 1.5 公里，全村 500 户，2030 人。在村纪念馆里，讲解员向参观者介绍了村史以及习近平主席当年在此工作情况：那时习近平总书记只有 28 岁，任县委副书记，书记。从 1982 年 3 月至 1985 年 5 月在正定工作三年多。期间，经常骑自行车到塔元庄下乡调研，和村民拉家常、谈发展，鼓励大家大力发展第二产业。

Tayuanzhuang village, Zhengding county, is located 1.5km west of Zhengding city, with 500 households and 2030 people. In the village memorial hall, the guide introduced the village history and Chairman Xi Jinping's work to the visitors: at that time, General Secretary Xi Jinping was only 28 years old, Deputy Secretary and Secretary of the Renxian County Committee. From March 1982 to May 1985, he worked in Zhengding for more than three years. During this period, he often went to the countryside for investigation by bike, talked with villagers about development, and encouraged everyone to vigorously develop the secondary industry.



正定是习近平新时代中国特色社会主义思想的发源地、实践地。总书记离开正定后先后六次回正定视察，多次对正定经济社会发展作出批示指示、指明方向。留下了实实在在的、人民群众满意的政绩。

Zhengding is the birthplace and practice place of Xi Jinping's socialist thought with Chinese characteristics in the new era. After leaving Zhengding, the General Secretary returned to Zhengding for six times, and gave instructions and directions for Zhengding's economic and social development, and left behind tangible achievements that the people are satisfied with.



2019 行走中国 海南行 Travel in Hainan, China



海南自贸区(港)建设说明会
Hainan free trade zone (port) construction conference

由中国新闻社、中共海南省委统战部、中共海南省委宣传部共同主办的2019年“行走中国·境外华文媒体海南行”活动自10月8日至11日在海南省展开。来自19个国家和地区的34位华文媒体高层人士对海南各地进行考察采访。

海南省位于中国最南端，1988年中央政府批准建省，是中国最年轻的省份。目前人口超过900万。自2018年11月28日以来，海南已举行六批集中开工和签约仪式。累计开工项目664个，总投资3098亿元，其中产业发展项目占59%，基础设施项目占28%，公共服务项目占13%；六批累计签约项目348个，总投资3545亿元。

The 2019 "Travel to China and Overseas Chinese Media in Hainan" programme jointly sponsored by China News Agency, the United Front Department of Hainan Provincial Committee of the Communist Party of China and the

Publicity Department of Hainan Provincial Committee of the Communist Party of China was organised in Hainan province between 8-11 October. 34 Chinese media executives from 19 countries and regions visited Hainan.

Hainan province is located in the southernmost part of China. It was approved by the central government in 1988 and as such is the youngest province of China. At present, the population is over 9 million. Since 28 November, 2018, Hainan has held six centralized commencement and signing ceremonies. 664 projects have been started with a total investment of 309.8 billion yuan, of which 59% are industrial development projects, 28% are infrastructure projects and 13% are public service projects.



座谈会由中新社副总编张明新主持
The symposium was hosted by Zhang Mingxin, Deputy Chief Editor of China News Agency



海南省公安厅党委委员、一级巡视员江伟介绍“到目前为止，在海南自贸区已近实现了59个国家来华的落地签证。对到海南工作的外籍人员实行快捷办理居留手续，甚至可以先发证，后补材料”
Jiang Wei, Member of the Party Committee and First-class Inspector of Hainan Provincial Public Security Department, said: "up to now, 59 countries in Hainan free trade zone have made arrangements with China for visas on arrival. Foreigners working in Hainan can go through the formalities quickly, or may even be issued the certificates first, and then are required to hand in the supporting documents."



海南省委人才发展局人才处处长黄钱讲话
Speech by Huang Qian, Director of Talent Department of Talent Development Bureau of Hainan Provincial Party Committee





游客中心

Centre for Travelers

该中心聚集了12345海口智慧联动平台、旅游警察、数字城管、综治中心等14个单位和部门，集城市形象展示中心、便民利民服务中心、城市综合管理中心三大功能为一体，为市民游客提供城市规划展示、旅游服务咨询、城市综合管理等“最海口”的公共产品。

The centre integrates 14 units and departments, including the 12345 Haikou intelligent linkage platform, the tourism police and the digital urban management and comprehensive management centres. It makes available the functions of the city display centre, the convenience service centre and the comprehensive management centre of the city, and provides "Haikou public products" such as an urban planning display, tourism information and a comprehensive management platform for the citizens.



参访城市规划馆
The Urban Planning Museum



参访12345海口智慧联动平台
The 12345 Haikou intelligent linkage platform

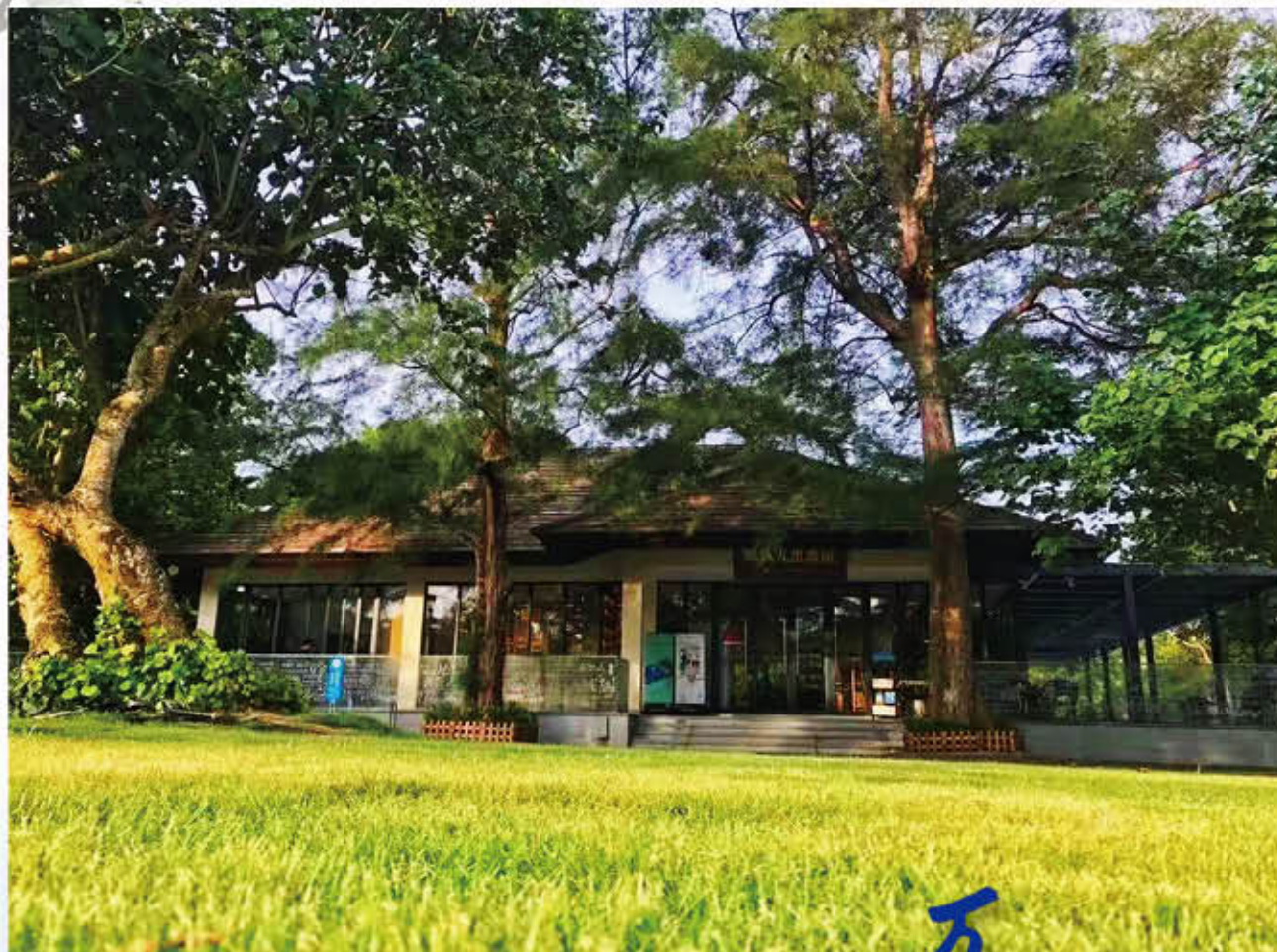
海口凤翔湿地公园是一个功能湿地、生态湿地、梯田雨水净化湿地，同时也是休闲娱乐胜地。公园中种植2.3万株各种植物，每天可处理5000吨的生活污水，处理后的尾水用于浇灌再生水使用。

Haikou Fengxiang Wetland Park is a functional wetland, ecological wetland and a terraced rain-water purification wetland, but also a leisure and entertainment resort. 23,000 plants were planted in the park, which can process 5,000 tons of domestic sewage every day. The treated clean water is used for irrigation as recycled water.



参观海口凤翔湿地公园
The Fengxiang Wetland Park in Haikou

2019
行走中国 海南行
Travel in Hainan, China



万宁海南最美书店九里书屋
Jiuli Bookstore, the most beautiful bookstore in Wanning, Hainan



万宁市位于海南岛东南部沿海。万宁素有“长寿之乡”之称，国际人口老龄化长寿化专家委员会授予万宁市“世界长寿之乡”称号，万宁世界长寿认证报告认为该市符合第二届人口老龄化长寿化国际研讨会认证的“世界长寿之乡”指数标准，区域长寿指数为 0.61，超过 0.45 的国际标准要求。

Wanning City is located in the southeast coast of Hainan Island. Wanning is known as the hometown of longevity. The International Committee of experts on population aging and longevity awarded Wanning the title of "World Hometown of Longevity". The Wanning world longevity certification report states that the city meets the "World Hometown of Longevity" index criteria certified by the second International Conference on population, aging and longevity. The local longevity index is 0.61, exceeding the international standard requirement of 0.45.

Wanning

Wen Chang 文昌

文昌至今已有 2000 多年的历史，闽南文化发源地。有“文化之乡”、“椰子之乡”、“排球之乡”、“华侨之乡”、“将军之乡”、“书法之乡”、“航天之乡”等美誉。海南文昌航天发射中心所在地，是中国第四座航天之城。

Wenchang has a history of more than 2000 years and is the birthplace of Minnan culture. It is known as "the land of culture", "the land of coconuts", "the land of volleyball", "the land of overseas Chinese", "the land of generals", "the land of calligraphy" and "the land of aeronautics". Wenchang Spaceship Launch Centre makes this place the fourth space city of China.



宋氏祖居位于南昌市昌洒镇古路园村，宋庆龄的高祖曾祖父三代人都居于此地。其父宋耀如于 1861 年出生在此地

The ancestral home of the Song family is located in Guluyuan village, Changsa town, Nanchang city, where the three generations of Song Qingling's great grandfather lived. Her father Song Yaoru was born here in 1861.



二、父亲引领 投身革命

1913年6月，宋庆龄在美国威斯康星女子学院文学系毕业，被父亲电召至日本横滨。年轻的宋庆龄，出于爱国主义的情怀，在辛亥革命高潮已逝的革命低潮中，在孙中山被逐出海外、前途未卜的时候，由父亲亲自引领，担任孙中山的秘书，义无反顾地投入孙中山领导的捍卫中国新生的共和制度的伟大事业，成为一名名副其实的革命战士，迈出了她为新中国奋斗的一生中坚实的第一步。



宋庆龄的父亲宋耀如，字嘉树（1861-1918），海南文昌人，早年留学美国，1894年与孙中山相识，是最早追随孙中山的民主革命先驱之一，并在经济上竭尽全力资助孙中山的革命事业，因为致书宋耀如。



海南省 70% 的椰子种植也在此地 (文昌椰树林), 海南春光食品有限公司是海南椰子加工行业的领军企业。春光椰子王国, 是集产品、文化、体验等一体的集中展示区

70% of coconuts in Hainan province are planted here, Chunguang Food Ltd. is a leading enterprise of Hainan in coconut processing. Chunguang Coconut King is an integrated product and demonstration area comprising cultural, fun and other elements.



琼海市沙美村在 2019 年博鳌亚洲论坛会议期间作为外事会见、招商茶叙、田园漫步的活动场所
During the Boao Asia Forum in 2019, Shamei village in Qionghai city served as a venue for foreign affairs meetings, business and tea talks and for great rural walks.

博鳌 Boao



博鳌亚洲论坛会址: 琼海市 2008 年被评为国家 4A 级旅游景区, 旅游资源丰富, 以温泉闻名
Venue of Boao Forum for Asia: Qionghai City was rated as a national 4A tourist attraction in 2008 with rich tourism resources, and famous hot springs



2013 年 2 月国务院正式批复博鳌乐城国际医疗旅游先行区给予九项支持政策, 总面积约 20 平方公里, 总投资达千亿元, 规划六大产业发展

In February 2013, the State Council officially approved nine supporting policies for Boao Yuecheng International Medical Tourism Pilot Area, with a total area of about 20 square kilometres and a total investment of 100 billion yuan. Six major industries are planned to be developed here.

- | | |
|---------------|-------------------------------------------------|
| 1. 优先发展特许医疗机构 | 1. Development of licensed medical institutions |
| 2. 特色健康疗养项目 | 2. Characteristic health recuperation projects |
| 3. 养老产业 | 3. Pension industry |
| 4. 国际级医学科研 | 4. International medical research |
| 5. 多样化技术服务 | 5. Diversified technical services |
| 6. 医疗领域国际会议 | 6. International conferences in medical field |

2019
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引进境外人才政策

Policy of introducing overseas talents

海南是中国南海上的一颗璀璨明珠。30年前，中国最大的经济特区在这里诞生。30年后，新时代的海南又迎来了千载难逢的历史机遇。2018年4月13日，习近平总书记向全世界郑重宣布，决定支持海南全岛建设自由贸易试验区，逐步探索、稳步推进中国特色自由贸易港建设。

Hainan is a bright pearl in the South China Sea. 30 years ago, China's largest special economic zone was born here. 30 years later, the new era of Hainan ushered in a once-in-a-lifetime historical opportunity. In April 13, 2018, General Secretary Xi Jinping solemnly declared to the world that he decided to support the construction of a free trade pilot area in Hainan Island, and gradually explore and steadily promote the construction of a free trade port with Chinese characteristics.

随后中共中央国务院明确了海南“三区一中心”的定位，Later, the CPC Central Committee and the State Council defined the “three areas and one centre” in Hainan.

即：全面深化改革开放试验区、国家生态文明试验区、国家重大战略服务保障区、国际旅游消费中心。

Comprehensive deepening of reform and opening up pilot area, national ecological civilization pilot area, national major strategic service guarantee area, international tourism consumption centre.

功以才成，业由才广。关键在于人才。海南省委坚持从战略高度认识人才，把人才工作提到前所未有的高度。让各类人才进得来、留得住、用得好。一年“4·13”以来，来琼工作居留的外籍人才达5500多人，其中，外国高端人才（A类）和外国专业人才（B类）总和同比增长17.3%，依托院士工作站、共享医院等平台，联系使用海外院士19人，特别是博鳌国际医院开业仅一年就吸引了20多名高端国际人才，其中有2名诺贝尔奖获得者、3名外籍院士。

Only by virtue can we achieve great success. The key is talent. The Hainan Provincial Party Committee insists on understanding talents from a strategic height and raises the work of talents to an unprecedented height. Let all kinds of talents come in, stay and use them well. Since April 13, more than 5500 foreign talents

have come to work and stay in Hainan. The total number of foreign high-end talents (Class A) and foreign professional talents (class B) has increased by 17.3% year-on-year. Relying on academic workstations, shared hospitals and other platforms, 19 overseas academicians have been contacted and employed. Boao International Hospital alone has attracted more than 20 high-end international talents in one year since its opening, including 2 Nobel Prize and Bell Prize laureates and 3 foreign academicians.

今年8月21日至23日，在三亚市举办的三亚论坛暨三亚市院士联合会成立大会，吸引了21位国外顶尖科学家、28位两院院士以及来自国内50多家高校科研院所的近千名专家学者参加。有意向加入三亚市院士联合会的院士达到125名，首批吸纳院士会员36名，其中海南大学就聘请了4位诺贝尔奖得主为国际顾问委员会委员。

From August 21 to 23 this year, the Sanya Forum and the founding meeting of Sanya Federation of Academicians held in Sanya attracted 21 top foreign scientists, 28 academicians of the two academies and nearly 1000 experts and scholars from more than 50 universities and scientific research institutes in China. There are 125 academicians who are interested in joining the Sanya Federation of Academicians, 36 academicians are included in the first batch. Among them, Hainan University has hired four Nobel Prize laureates as members of the International Advisory Committee.



1 政策优惠 Preferential policy

就业许可进一步放宽。在中国高校获得硕士及以上学位的优秀外国留学生，中国境内“双一流”建设大学获得学士及以上学位的优秀应届毕业外国留学生，旅游服务、热带农业、新型医疗等领域的外籍技术技能人员在海南工作，可按规定获得外国人工作许可。

First, the employment permit was further relaxed. Excellent foreign students who have obtained master's degree or above in Chinese universities, excellent graduate foreign students who have obtained bachelor's degree or above in a Chinese “double first-class” university, and foreign technical personnel in the tourism service, tropical agriculture, new medical and other fields working in Hainan can obtain work permit for foreigners according to regulations.

允许境外高等院校外国学生来琼实习。在境外高等院校学习的外国学生可到海南星级酒店、医院、国际学校等单位定期实习。

Second, foreign students from overseas institutions of higher learning are allowed to practice in Hainan. Foreign students studying in overseas institutions of higher learning can have regular internships in Hainan hotels, hospitals, international schools and other units.

允许外籍高层次人才兼职。外籍高层次人才经工作单位和兼职单位同意，可在海南兼职工作。

Third, foreign high-level talents are allowed to work part-time. Foreign high-level talents can work part-time in Hainan with the approval of the work unit and the part-time unit.

拓宽外籍人才在琼工作渠道。制定实施《海南省事业单位聘用外国人管理办法（试行）》，外籍人才可按规定参加海南事业单位公开招聘。

Fourth, expanding the channels for foreign talents to work in Hainan. The administrative measures of Hainan province on the employment of foreigners by institutions (as a trial) shall be formulated and implemented, and foreign talents may participate in the public recruitment of Hainan institutions in accordance with the regulations.

2 支持创业 Supporting entrepreneurship

在中国高校获得硕士以上学位的优秀外国留学生可按规定在海南创业。

Excellent foreign students who have obtained master's degree or above in Chinese universities can start a business in Hainan according to regulations.

取得中国一级注册建筑师或注册结构工程师资格的境外专业人士可作为合伙人，按相应资质标准要求设立建筑设计事务所。

As partners, overseas professionals who have obtained the qualification of first class registered architect or registered structural engineer in China can set up architectural engineering design firms according to the requirements of corresponding qualification standards.

外商独资人力资源服务机构可按规定在海南省设立总部、分支机构或人才中介机构。

A wholly foreign-owned human resources service institution may set up its headquarters, branches or talent agencies in Hainan province in accordance with the regulations.

对为海南省经济社会发展做出突出贡献的，可按规定进行表彰奖励。

Those who have made outstanding contributions to the economic and social development of Hainan province can be commended and rewarded according to the regulations.

3 培养支持 Training support

放宽外国专家参与海南科研项目的科研经费管理限制。

Relaxing the restrictions on foreign experts' participation in scientific research projects in Hainan.

外国高层次人才可担任重大项目主持人或首席科学家，可参与我省科技计划。

Foreign high-level talents can be the host or chief scientist of major projects, and can participate in the provincial science and technology plan.

支持省内有条件的大中专院校及科研机构加强与国际知名院校的交流。

Supporting universities and scientific research institutions with conditions in the province to strengthen exchanges with internationally renowned universities.

4 人才评价 Talent evaluation

实行引进人才指导目录、计点积分制、劳动力市场测试、配额等外国人才评价管理制度。

Implementing the management system for the evaluation of foreign talents, such as the introduction of talent guidance catalogue, point and score system, labor market test, quota, etc.

构建与国际接轨的技能人才评价体系，国际注册会计师、金融分析师、精算师、建筑师等知名度高、通用性强

的职业资格, 可以作为高层次人才评价依据。建立与国际接轨的职称评价制度。

The professional qualification of international certified public accountant, financial analyst, actuary and architect with high popularity and strong universality can be used as the basis of high-level talent evaluation. Establishing the evaluation system of professional titles in line with international standards.

5 住房保障 Housing security

经认定为海南省大师级人才、杰出人才、领军人才的, 可按相应标准拎包入住免租金的人才公寓, 全职工作满一定年限分期赠予产权。

Those who are recognized as master level talents, outstanding talents and leading talents in Hainan province can stay in the rent free talent apartment according to the corresponding standards and give property rights by stages after full-time working for a certain number of years.

其他外国人才, 可按相应标准享受住房租赁补贴和购房补贴。申请入住人才公寓和申请领取住房租赁、购房补贴按照海南省有关规定办理。

Other foreign talents can enjoy housing rental subsidies and house purchase subsidies according to the corresponding standards. The application for talent apartment, housing rental and purchase subsidy shall be handled in accordance with the relevant regulations of Hainan province.

6 医疗保障 medical security

经认定为大师级人才、杰出人才的, 纳入省保健委医疗保健服务对象范围。认定为领军人才的, 享受年度健康体检等服务。认定为拔尖以上人才的, 由政府统一购买商业健康团体保险, 按保险合同规定享受相关待遇和服务。持《外国人来华工作许可证》人才的配偶及其直系亲属, 可享受就医“绿色通道”(VIP)服务。

Those who are recognized as masters and outstanding talents shall be included in the scope of medical and health care service objects of the Provincial Health Care Commission. Those identified as leading talents shall enjoy annual health examination and other services. For those identified as top talents

or above, the government shall purchase commercial health group insurance and enjoy relevant treatment and services in accordance with the insurance contract. Spouses and their immediate family members with foreigner's work permit in China can enjoy the "green channel" (VIP) service for medical treatment.

7 配偶就业安置 Employment placement of spouse

政府可通过举办专场招聘会、购买服务等方式帮助外国高层次人才配偶就业。未能妥善安置的, 根据其学历、资历和工作能力安排合适的工作。无法就业的, 发放一定比例的生活补助。

The government can help the spouses of foreign high-level talents to obtain employment by holding special job fairs and purchasing services. If they are not properly placed, they shall arrange suitable work according to their education background, qualifications and working ability. For those who are unable to obtain employment, a certain proportion of living allowance shall be granted.

8 教育保障 Education guarantee

经认定为海南省大师级人才、杰出人才的, 其直系亲属就读我省中小学、幼儿园的, 由省级教育部门根据个人意愿和需求, 采取“一事一议”方式予以解决。全职工作的外国人才, 经认定为海南省领军人才、拔尖人才、其他类高层次人才, 其子女就读海南省中小学、幼儿园的, 由所在市县教育部门按照就近就便原则, 统筹安排在当地地区公办学校就读。

If they are recognized as master level talents and outstanding talents in Hainan province, and their immediate relatives study in primary and secondary schools and kindergartens in the province, the provincial education department shall, according to their personal wishes and needs, adopt the "one thing, one discussion" approach to solve the issue. Foreign talents working full-time, who are identified as leading talents, top talents and other high-level talents in Hainan province, whose children study in primary and secondary schools and kindergartens in Hainan province, shall be arranged by the Education Department of the city or county where they are located to study in the local public schools according to the principle of convenience nearby.

9 便利服务 Convenient service

推进“一站式”移民事务便利服务。建立移民事务服务中心, 提供出入境证件办理、法律援助、语言培训、文化交流等服务。

Promoting "one-stop" immigration services. Set up immigration service centre to provide services such as entry-exit certificate handling, legal aid, language training, cultural exchange, etc.

提供机场便利服务。外籍院士本人及其家属搭乘国际、国内航班, 持《外国人来华工作许可证》可免费使用美兰、凤凰机场贵宾室。

Providing airport convenience services. Foreign academicians and their families can use the VIP rooms of Meilan and Fenghuang airport free of charge if they take international and domestic flights and hold foreigner's work permit in China.

提供家政便利服务。在海南就业创业的外籍高层次人才可聘雇外籍家政服务人员。

Providing domestic convenience services. Foreign high-level talents who are employed in Hainan can hire foreign domestic service personnel.

开辟结汇换汇绿色通道, 在海南各大银行设立外国人办理窗口, 境外人才在海南的薪酬收入、成果转化收益等

合法收入可依法汇至境外。

Opening up a green channel for exchange settlement and exchange, and set up foreigner handling windows in major Hainan banks. Legitimate incomes such as salary income and achievement transformation income of overseas talents in Hainan can be remitted overseas according to law.

境外人员在海南驾车出行便利措施。因旅游、商贸、探亲等短期在海南入境停留的境外人员, 可持境外机动车驾驶证直接申请小型汽车临时驾驶许可, 免于到医院进行身体条件检查。在境内停留、居留超过3个月的, 小型汽车临时驾驶许可有效期从最长3个月延长至1年(不超过签证有效期)。

Measures to facilitate the driving of overseas personnel in Hainan. Overseas personnel who are staying in Hainan for a short period of time due to tourism, commerce, home visiting, etc. may directly apply for a temporary driving license for small cars with an overseas motor vehicle driving license, and are exempt from physical examination in the hospital. For those who stay in China for more than 3 months, the validity period of temporary driving license for small cars shall be extended from 3 months to 1 year (not exceeding the validity period of visa).

资料来源: 海南省外籍人才引进办公室。本刊整理
Source: Hainan foreign talent introduction office.



乡音乡情 共享未来

*Sharing the future with local voice
and local feeling*



由海南省委统战部牵头，海南海外联谊会 and 海南省侨联主办的第十六届世界海南乡团联谊大会，将于2019年11月27日至29日在三亚举行。31日下午在海口召开的新闻发布会上，海南海外联谊会专职副会长、第十六届世界海南乡团联谊大会筹委会办公室副主任王美珍介绍大会筹备情况。届时将有来自世界20多个国家和地区近3000名海南乡亲代表欢聚三亚，共谋发展。

Under the leadership of the United Front Department of Hainan Provincial Party Committee, the 16th World Association of Hainan Rural Groups, sponsored by Hainan Overseas Chinese Association, will be held in Sanya from November 27 to 29, 2019. Wang Meizhen, Vice President of Hainan Overseas Friendship Association and Deputy Director of the Office of the Preparatory Committee of the 16th World Association of Rural Groups, introduced the preparations for the meeting at a press conference held in Haikou on the afternoon of December 31. At that time, nearly 3000 representatives from more than 20 countries and regions in Hainan will gather in Sanya

to seek common development.

王美珍说，借助联谊大会这个国际性的平台，助力海南自贸区（港）建设，大会将举办自贸区（港）推介活动、综合招商活动以及各项对外宣传，讲好中国故事，传播海南声音。期间将对海口江东新区、三亚崖州湾科技城、博鳌乐城国际医疗旅游先行区、洋浦经济开发区等园区、海南生态软件园等5个园区开展招商推介。

Wang Meizhen said that with the help of the international platform of the friendship conference, we will help the construction of Hainan Free Trade Zone (port). The conference will hold promotion activities, comprehensive investment promotion activities and various external publicity activities of the free trade zone (port), tell Chinese stories and spread the voice of Hainan. During this period, it will carry out investment promotion for five parks, including Haikou Jiangdong New Area, Sanya Yazhou Bay Science and Technology City, Boao Lecheng International Medical Tourism Pioneer Zone, Yangpu Economic Development Zone, Hainan Ecological Software Park, etc.

活动还将发动各乡团为海南自贸区（港）出谋划策，开展“我为家乡建设献策活动倡议”，广泛动员海外广大社团围绕海南自贸区（港）建设的国际化、法治化、便利化方面特别是有关政策、营商环境、经济社会发展、公益事业、美丽乡村建设等方面献计献策。

In addition, the activity will mobilize all township groups to give advice for the construction of Hainan Free Trade Area (port), carry out the "Giving advice for the construction of my hometown initiative", and extensively mobilize overseas mass organizations to give advice on the internationalization, rule of law



海南省委统战部宣传网络处处长宋星河

Song Xinghe, Director of the Propaganda Network Department of the United Front Department of the CPC Hainan Provincial Committee

and facilitation of the construction of Hainan Free Trade Area (port), especially on policies, business environment, economic and social development, public welfare, beautiful rural construction, etc.

海南省委统战部宣传网络处处长宋星河表示，海南是中国著名侨乡，有390多万海外乡亲（含港澳同胞）分布在50多个国家和地区。据不完全统计，当前海南全省共有侨企1500多家，实际使用资金200多亿元。海外乡亲（含港澳同胞）为海南的文化教育、医疗卫生、农村道路桥梁、文明生态村建设，以及灾后重建等，捐款累计超过10亿元人民币。

Song Xinghe, Director of the Propaganda Network Department of the United Front Department of the CPC Hainan Provincial Committee, said that Hainan is a famous hometown of overseas Chinese, with more than 3.9 million overseas villagers (including compatriots from Hong Kong and Macao) in more than 50 countries and regions. According to incomplete statistics, there



海南海外联谊会专职副会长、第十六届世界海南乡团联谊大会筹委会办公室副主任王美珍

Wang Meizhen, Vice President of Hainan Overseas Friendship Association and Deputy Director of the Office of the Preparatory Committee of the 16th World Association of Rural Groups

are more than 1500 overseas Chinese enterprises in Hainan Province, with more than 20 billion yuan of funds actually used. Overseas villagers (including Hong Kong and Macao compatriots) have contributed more than 1 billion yuan to Hainan's cultural education, medical and health care, rural roads and bridges, construction of civilized and ecological villages, and post disaster reconstruction.

载自中新网（记者张茜翼）
(Reporter: Zhang Xiyi)



世界华文媒体感知 山西

Perception of Shanxi by Chinese media in the world

来自 7 个国家的 10 余个媒体机构的 22 名高层人士在第十届华文媒体大会结束后，对山西进行了 5 天的实地考察。

22 high-level people from more than 10 media organizations from seven countries made a five-day field trip to Shanxi after the 10th Chinese media conference.

在由山西省统战部举办的招待会上，山西省人民政府侨务办公室主任滕德刚受山西省委常委、省委统战部长徐广国先生委托，代表山西省委统战部、山西省人民政府侨务办公室致欢迎辞。

At the reception held by the United Front Department of Shanxi Province, Teng Degang, Minister of the Overseas Chinese Affairs Office of the People's Government of Shanxi, entrusted by Xu Guangguo, Member of the Standing Committee of the CPC Shanxi Provincial

Committee and Head of the United Front Department of the CPC Shanxi Provincial Committee, delivered a welcome speech on behalf of the United Front Department of the CPC Shanxi Provincial Committee and the Overseas Chinese Affairs Office of the People's Government of Shanxi Province.

同时他在介绍山西的概况中说：

He introduced the general situation of Shanxi.

山西，由于地处太行山之西而得名，简称“晋”，是“太阳出来，万物长进”的意思。战国时期韩、赵、魏三家分晋，又称“三晋”。

Shanxi, named for its location in the west of Taihang Mountain, is called "Jin" for short, meaning "when the sun comes out, everything grows up". During the Warring



山西省人民政府侨务办公室主任滕德刚致欢迎辞

Teng Degang, Minister of the Overseas Chinese Affairs Office of the People's Government of Shanxi

States period, Han, Zhao and Wei divided Jin, also known as "Three Jin"

5000 年文明看山西。山西是华夏文明的重要发祥地，是黄河流域农耕文明的摇篮，是最早叫“中国”的地方。现有全国重点文物保护单位 530 处，占全国 10.4%。有精卫填海、女娲补天、夸父追日的传说，有上古炎帝、黄帝及尧舜禹的活动遗迹；太原晋中盆地，有源起西周的晋祠、1500 年前开凿的蒙山大佛和天龙山石窟，有明清建筑平遥古城、晋商乔家大院、曹家大院、常家庄院等。晋北有世界文化遗产五台山、云冈石窟、古长城和北岳恒山、大同古城。

5000 years of civilization in Shanxi. Shanxi is the birthplace of Chinese civilization, the cradle of agricultural civilization in the Yellow River Basin, and the earliest place called "China". There are 530 key cultural relics under national protection, accounting for 10.4% of the total. There are legends of Jingwei reclamation, Nuwa

mending the sky, and Kua Fu chasing the sun. There are traces of ancient Yan Emperor, Huang emperor and Yao, Shun and Yu. In the Jinzhong Basin of Taiyuan, there are Jinci in the Western Zhou Dynasty, Mengshan Buddha and Tianlongshan Grottoes created 1500 years ago. There we have Pingyao ancient city, Qiaojia courtyard, Caojia courtyard and Changjiashuang courtyard built in the Ming and Qing dynasties. We should also mention the world cultural heritage Wutai Mountain, the Yungang Grottoes, the ancient Great Wall, Hengshan Mountain and Datong ancient city in northern Shanxi.

目前，山西是全国唯一的全省域资源型经济综合改革试验区、能源革命综合改革试点省。

At present, Shanxi is the only experimental area of comprehensive reform of resource-based economy and a pilot province of the comprehensive reform of energy revolution.

此次安排大家感知“华夏古文明，转型新山西”，让大家尽可能地感受中国历史的悠久与中华文化的璀璨，尽可能地领略山西转型发展新作为新形象，讲好中国故事，传播山西声音。希望这次“感知山西之行”能成为一次乡土之旅、亲情之旅。

"This time, we will let you to perceive the ancient Chinese civilization transforming new Shanxi, let you feel the long history of China and the brilliance of Chinese culture as much as possible, appreciate the new image of Shanxi's transformation and development as much as possible, tell a good Chinese story and spread the voice of Shanxi. I hope this trip to Shanxi will become a field trip as well as a family trip."



晋祠 Jinci

省会太原，古称晋阳，同时也称“龙城”。濒临汾河，三面环山，是一座具有 2500 多年建城历史的古都。曾是一座资源重工业城市。

Taiyuan, the capital of the province, was called Jinyang in ancient times and also known as "Longcheng". Facing Fenhe River and surrounded by mountains on three sides, it is an ancient capital with a history of more than 2500 years. It used to be a resource heavy industrial city.

在到达太原之后，我们来到了晋祠，晋国开国诸侯

唐叔虞及母后邑姜后晋王祠。它是中国现存最早的皇家园林。过去因为煤矿开采，一度导致地下水位猛降，晋祠三绝之一难老泉断流，晋祠大米消失。近年来，通过产业转型，地下水位回升，生态文旅产业正当其时。2011 年，被公布为第一批国家 AAAA 级旅游景区。

After arriving in Taiyuan, we came to Jinci. It is the hometown of Tang Shuyu, the founding prince of the Jin State, and the king's temple of Jin, Jiang Houjin. It is the earliest existing royal garden in China. In the past, due to coal mining, the underground water level fell sharply, and one of the three wonders of Jinci, the old spring dried up, and the rice in Jinci disappeared. In recent years, through industrial transformation, the underground water level has risen, and the ecological culture and tourism industry have rebound. In 2011, the place was listed as a national AAAA level tourist attraction.

太钢 Taiyuan Steel Company



接着又考察了另一个成功转型的企业——太钢不锈钢精密带钢有限公司
Another successfully transformed enterprise -- TISCO Stainless Steel Precision Strip Co., Ltd.



箔材“手撕钢”，厚度为 0.02 毫米，仅有 A4 纸的四分之一厚。它是太钢在 2018 年研发成功，是中国最薄的钢材，目前已成为世界的领军产品之一

The foil "hand torn steel" is 0.02 mm thick, only a quarter of the thickness of an A4 paper. It was successfully developed by TISCO in 2018. It is the thinnest steel in China and has become one of the world's leading products.

平遥 Pingyao County



平遥县位于山西省中部，是目前中国境内保存最完整的明清古代县城，世界文化遗产、历史文化名城、国家级AAAAA景区。

Pingyao county, located in the middle of Shanxi province, is the most complete ancient county of the Ming and Qing dynasties, a world cultural heritage, historical and cultural city, and a national AAAAA scenic spot.



《又见平遥》大型体验演出
Large scale performance "See Pingyao Again"



平遥文联主席赵永平在签署仪式上发言
Zhao Yongping, Chairman of Pingyao Federation of Literary and Art Circles, made a speech at the signing ceremony



与平遥文联相聚, 多家媒体签署合作备忘录
Pingyao Federation of Literary and Art Circles signs a memorandum of cooperation with several media outlets



在新建的八路军文化园里, 青少年可以进行一天, 三天, 十天不等的军训等体验活动。
In the new Eighth Route Army Cultural Park, teenagers can have one, three or ten days long military training and other experience activities.



在纪念馆中我们意外地发现同行的美国海外媒体人胡大江(左一)的父亲胡一川先生早年在鲁艺时期为抗战创作的版画作品。
In the memorial hall, we were surprised to find the prints created for the war of resistance in the early years of Luyi by Hu Yichuan, father of Hu Dajiang (first from left), a fellow American overseas media personage.

长治市武乡县 Wuxiang County, Changzhi City

中国抗战指挥中枢, 著名的革命老区。抗日战争时期, 八路军总司令部曾以武乡县为依托, 领导和指挥华北抗战。

China's Anti Japanese War command centre is a famous old revolutionary base area. During the Anti Japanese War, the headquarters of the Eighth Route Army used to lead and direct the Anti Japanese war in North China from Wuxiang county.

近几年来, 武乡县委县政府为了“弘扬太行精神、传承八路军文化”, 探索创新红色文化传播方式, 投资扩建

建设了八路军太行纪念馆, 创建了八路军文化园、游击战体验园等。

In recent years, in order to "carry forward the Taihang spirit and carry forward the Eighth Route Army Culture", Wuxiang County Party Committee and Government enhanced the way of red culture communication, renovated and expanded the Eighth Route Army Taihang Memorial Hall, and established the Eighth Route Army Cultural Park as well as a guerrilla war experience park.



馆名由邓小平亲笔题写。它是中国唯一一座全面反映八路军抗战史实的现代化革命纪念馆。主展馆有 2500 件珍贵文物资料、870 幅历史图片、12 个历史场景参观

The name of the museum was inscribed by Deng Xiaoping himself. It is the only modern revolutionary memorial hall in China that comprehensively reflects on the historical facts of the Eighth Route Army's Anti Japanese war. The main exhibition hall has 2500 precious cultural relics, 870 historical pictures and 12 historical scenes.



在长治考察的最后一站, 我们荣幸考察了一家转型企业: 山西高科华烨电子集团有限公司 (英文 Shanxi High-tech Huaye Electronic Group Co., Ltd)。它在 2013 年建厂, 是一家民营高科技企业, 是中国境内最完整的 LED 产业链, 现有员工 3500 余人, 7 个生产企业产品涵盖 LED 封装灯珠、显示屏、照明灯具、注塑配套等。全国设有 42 个省级销售公司, 并在欧洲、南亚等地设立了十余家海外经销商。

At the last stop of Changzhi visit, we were lucky to visit a transforming enterprise: Shanxi High-tech Huaye Electronic Group Co., Ltd. which was established in 2013. It is a private high-tech enterprise and the most complete LED industry chain in China having more than 3500 employees. Its products cover LED lamp beads, display screens, lighting fixtures, injection moulding accessories, etc. They have 42 provincial sales companies across China and more than 10 overseas distributors in Europe, South Asia and other places.



公司运营总监崔程远 (Mr. Samuel Cui, Operation Director) 热情地向我们介绍生产 LEG 的主要环节
Cui Chengyuan, the company's Operation Director, introduced the production chain in great details



当我们问到企业为何能在如此短的时间, 有效转型, 规模如此之大时, 负责研发和国际市场的台湾籍博士王传汉先生我们透露, 他是学航天的, 毕业于英国, 并且已通过了英国劳利斯航空公司的录取, 不过他放弃了, 因为华烨公司给他提供了更大的研究和发展平台。2012 年, 在筹备成立该公司的时候, 他就被聘用。到目前为止, 他和他的团队已经研发出了 100 多个创新产品, 已经投入生产的有 50%。

In response to the question of how the enterprise was able to make a transition effectively in such a short time and on such a large scale, Mr. Wang Chuanhan, a Taiwanese Ph.D in charge of R&D and international markets, revealed that he studied aerospace science, graduated from the UK and has passed the admission of British Lauris Airlines, but he gave up because Huaye provided him with a larger research and development platform. He was hired in 2012 when the company was set up. So far, he and his team have developed more than 100 innovative ideas of which 50% have been put into production.



2019
行走中国一个不寻常的地方——晋城
An unusual place - Jincheng

晋城市委副书记李根田在致辞中介绍：

晋城位于山西省东南部，1985年建市，总面积9490平方公里，总人口234万。

晋城是文明起源之城。上古神话传说愚公移山、精卫填海、神农播谷、女娲补天的发生地。下川遗址和塔水河遗址，昭示着至少在2万多年前的旧石器时代，就有古人类在这里生活。根据最新考古研究发现，8000年前，伏羲氏部落曾活动在晋城的析城山，析城山就是神话传说中的昆仑丘，伏羲氏在这里建立部落联盟，创立八卦。5000年前，神农炎帝部落生息于高平羊头山，开创了历久弥新的华夏农耕文明。

晋城还是围棋发源地，尧造围棋教于丹朱岭，箕子观星谋棋于陵川棋子山；

是太极拳始创地，陈卜大师从这里走向中原，诞生了太极武功。

晋城自古文运昌盛。2500年前，孔子北游晋国，路遇孩童筑城游戏，不肯让路，并以“只有车绕城，而无城让车”质问孔子。

孔子感慨：孩童虽小，亦懂大礼，何需我等教化？于是南归，留下了“孔子回车”的典故。

300年前，康熙皇帝的老师陈廷敬著康熙字典，建皇城相府。

有柳宗元后代隐居的古村寨柳氏民居。

60多年前，赵树理在这里开山立派，创立了“山药蛋派”。

历史名人有唐代著名佛经注疏家高僧慧远、宋代文学家刘义叟、中国戏曲诸宫调创始人孔三传、中国山水画家开创者荆浩、元代外交家郝经、明代经济学家王国光、诗书大家张慎言等。

晋城市委副书记 李根田
Vice Secretary of Jincheng, Li Gentian

名村（镇）和中国传统古村落220处，数量均居全省第一。

有117座古城堡式建筑，54座保存完整。

晋城有现存世最早的元代民居，有现存世最早的古戏台，有被称为海内孤品的元代二十八星宿彩塑。

是九州针都，制造的钢针，曾供应中国每一个家庭，并远销中亚。

是北方丝绸之都，织造的踞绸，是中国三大丝绸之一，行销华夏四百年而不衰。

这里生产的中国最美铁壶，成为中国铁壶的招牌和形象。

今天的晋城一中连续三年一本升学率达90%，每年清华北大超20名，名列全省前茅。

晋城是资源富集之城，是能源基地、旅游天堂。晋城素有“煤铁之乡”美誉，是全国储量最大的优质无烟煤和煤层气生产基地，“兰花炭”曾长期作为欧洲王公贵族烧壁炉的首选燃料；煤层气储量占全国的三分之一、产量占全国的三分之二，是国内勘探程度最高、储量条件稳定、开发潜力最好的煤层气田。

有亚洲最大坑口火力发电厂阳城电厂，有列入吉尼斯世界记录的丹河特大公路石拱桥等古今名胜。

有阳城蟒河和沁水历山两个国家级自然保护区。

晋城是生态宜居之城，全市森林覆盖率达42%以上，城市绿化覆盖率45.8%。晋城不仅宜居，而且安全，连续五届被表彰为全国综治优秀市，三次获得“长安杯”，群众安全感、满意度连续7年名列全省第一。

Li Gentian, Vice Secretary of Jincheng Municipal Party Committee, introduced Jincheng during a dinner talk as follows.

Jincheng is located in the southeast of Shanxi province. It was built with a total area of 9490 square kilometers and has a total population of 2.34 million.

Jincheng is the city of the origin of civilization. In ancient myths and legends, Yugong moved mountains, Jingwei reclaimed the sea, Shennong sowed valleys and Nuwa mended the sky. Xiachuan site and Tashuihe site indicate that there were ancient people living here in the Paleolithic age at least 20,000 years ago. According to the latest archaeological research, 8000 years ago, the Fuxi tribe once lived in the Xicheng Mountain in Jincheng, which is identical to Kunlun hill in the myths and legends. Here, the Fuxi family established a tribal alliance and the eight trigrams. Five thousand years ago, the Yandi tribe of Shennong lived in the Yangtuo mountain of Gaoping, creating a Chinese farming civilization.

Jincheng is also the birthplace of the game, go. One of its famous masters was Danzhuling, and a famous related spot is located in Qizi mountain, Lingchuan.

It is the birthplace of Taijiquan. Master Chen Bu went to the Central Plains from here, and taiji was born.

Since ancient times, the culture and transportation of Jincheng has been prosperous. 2500 years ago, when Confucius travelled to the north of Jin, he met children playing the game of building a city. They refused giving him a way saying "only cars go around the city, but no cities give way to cars."

Confucius lamented that although children are small, they also understand the rites. Why should we educate them? So he just turned back to the south, leaving behind the story of "Confucius turns his chariot".

Three hundred years ago, Chen Tingjing, teacher of Emperor Kangxi, built the imperial palace and compiled a Kangxi dictionary.

Liu's house in the ancient village where the descendants of Liu Zongyuan lived in seclusion is also a famous spot.

More than 60 years ago, Zhao Shuli established the "Yam and Egg Sect" here.

Historical celebrities include Huiyuan, famous Buddhist Scripture commentator of the Tang Dynasty, Liu Xisuo, a literary scholar in the Song Dynasty, Kong Sanchuan, founder of Zhugongdiao style in Chinese opera, Jing Hao, founder of Chinese landscape painting, Hao Jing, a diplomat in the Yuan Dynasty, Wang Guoguang, an economist in the

Ming Dynasty, Zhang Shenyan, a great poet, etc.

There are 220 famous villages (towns) and traditional ancient Chinese villages, ranking first in the province.

There are 117 ancient castle buildings, 54 of which are well preserved.

Jincheng has the earliest existing houses of the Yuan Dynasty, the earliest existing ancient stage, and the 28 stars sculpture of the Yuan Dynasty known as the unique products in the sea.

The steel needles made in Kyushu needle capital have been supplied to every family in China and exported to Central Asia.

Lu silk, the capital of silk in the north, is one of the three most famous silks in China. It has been selling for 400 years in China.

The most beautiful iron pot in China produced here has become the signboard and image of Chinese iron pot.

Today, the further study rate of Jincheng No.1 middle school has reached 90% for three consecutive years. It sends around 20 students to Beijing and Tsinghua universities.

Jincheng is a city rich in resources, an energy base and a tourist paradise. Jincheng is known as the "hometown of coal and iron". It is the production base of high-quality anthracite and coalbed methane with the largest reserves in China. The "orchid charcoal" has long been the preferred fuel for fireplaces of European princesses and nobles. The coalbed methane reserves account for one-third of the country and the production accounts for two-thirds of the country. It is a coalbed methane with the highest rate of exploration, stable reserve conditions and the best development potential in China.

Yangcheng Power Plant is the largest pithead thermal power plant in Asia. There are also other modern places of interest such as the Danhe Highway Stone Arch Bridge, which is listed in the Guinness World Record.

There are two national natural reserves, Manghe in Yangcheng and Lishan in Qinshui.

Jincheng is an ecological and livable city, with forest coverage of more than 42% and urban green coverage of 45.8%. Jincheng is not only livable, but also safe. It has been praised as a national excellent city with comprehensive management for five consecutive years. It has won the "Chang'an Cup" for three times and ranks first in the province in terms of people's sense of security and satisfaction for seven consecutive years.



皇城相府第十八代李晚栓
Li Xiaoshuan, the 18th generation
of the Imperial City Xiangfu

皇城相府

The Imperial City Xiangfu

皇城相府是清文渊阁大学士兼吏部尚书加三级、《康熙字典》总阅官、康熙皇帝经筵讲官、名相陈廷敬的故居，总面积10万平方米。是一处罕见的明清两代城堡式官宅民居建筑群，被专家誉为“中国北方第一文化巨族之宅”。



The Imperial City Xiangfu is the former residence of the great scholar and minister, general reader of Kangxi dictionary, lecture officer of Emperor Kangxi, Chen Tingjing. It has a total area of 100,000 square meters. It is a rare castle style official residence and residential building complex of the Ming and Qing dynasties and is also known by experts as "the house of the first cultural giant in northern China".





砥洮城堡 Diji city

砥洮城是全国唯一的用炼铁坩埚和砖石修砌的坚固城墙。砥洮城为明代城寨式居民建筑群。城寨平面呈椭圆形，面积约6万平方米。阳城煤炭、铁资源丰富，自隋朝起冶炼业就十分发达。在清明时期，冶炼业十分兴盛，留下了大量的废弃坩埚。当地居民便以坩埚筑内城墙，并以炼铁渣和石灰调浆。城内共有十大街坊、30多座院落。所有街巷呈“丁”字形，如迷宫一般，外人进入，需当地人指引，否则很难出得去。

Diji city has the only wall built with iron crucibles and bricks in China, it is a residential complex of the Ming Dynasty. The shape of the village is oval, covering an area of 60,000 square meters. Yangcheng is rich in coal and iron resources, and its smelting industry has been very developed since the Sui Dynasty. In the Qing and Ming dynasties, the smelting industry was very prosperous, leaving a large number of waste crucibles. The local residents built the inner wall with crucibles and mixed the slurry with iron slag and lime. There are ten streets and more than 30 courtyards in the city. All streets and alleys are in the shape of "Ding", like a maze. If outsiders enter, they need the guidance of the locals, otherwise they are lost for good.



天宫王府位于山西省阳城县润城镇上庄村，是中国历史文化名村。上庄村自古以来就有文化之乡的美誉，从明朝中叶至清初的百余年里，重臣王国光及其后人世代相承建造的大型官宅民居建筑群。始建于宋、金时期，距今已有近千年的历史。这里的建筑群横跨历史700余年，是全国仅有的一个四朝古村，有“中华民居博物馆”之美称。

Tiangong palace is located in Shangzhuang village, Runcheng town, Yangcheng county in Shanxi Province, is a famous historical and cultural village in China. Shangzhuang village has been known as the hometown of culture since ancient times. From the middle of the Ming Dynasty to the early Qing Dynasty, Wang Guoguang and his descendants built large-scale official houses and residential buildings here. Founded in Song and Jin dynasties, it has a history of nearly a thousand year. With such a long history, the building complex here is the only ancient village of four dynasties in China, known as the "Museum of Chinese dwellings".

天宫王府 Tiangong palace



天宫王府第二十四代王斗亮
24th generation
descendent of
Tiangong, Wang Keliang





国际食品保护协会执行总监戴维·萨普(David Tharp)先生主持会议
David Tharp, Executive Director, International Association for Food Protection.



中国国际食品安全与质量控制会议 (CIFSQ)

2019年10月30-31日, CIFSQ在北京召开会议。中国国际食品安全与质量控制会议通过搭建交流平台, 汇聚全球著名专家和领军人物共同探讨食品安全核心问题, 从科学研究、监督管理、行政立法、安全标准、技术实践以及创新技术等多方面展现食品安全的最新进展。

CIFSQ held a meeting in Beijing between October 30-31, 2019. The China International Food Safety and Quality Conference, through the establishment of an exchange platform, brought together world-renowned experts and leading figures to discuss the core issues of food safety, and explore the latest progress about food safety in scientific research, supervision, management, administrative legislation, safety standards, technical practice and innovative technology.



大会名誉主席; 原国务院参事、原国家质检总局副局长、中国品牌建设促进会专家委员会副主任葛志荣先生发表演讲
Ge Zhirong, Honorary Chairman, CIFSQ Conference; Former Deputy Director of AQSIQ; Member of the 11th CPPCC National Committee; Deputy Director of the Expert Committee of China Council for Brand Development



国家食品安全风险评估中心研究员、总顾问陈君石先生发表演讲
Chen Junshi, Senior Research Professor and Chief Adviser, China National Centre for Food Safety Risk Assessment



荷兰食品安全专家; 国际食品微生物标准委员会(ICMSF)秘书; 国际食品保护协会会员 Leon Gorris 先生发表演讲
Leon Gorris, Food Safety Expert, ICMSF Secretary, IAFP Fellow from the Netherlands



美国农业部食品安全副部长帮办 Mindy Brashears 女士发表演讲
Mindy Brashears, Deputy Under Secretary for Food Safety, U.S. Department of Agriculture



德国联邦食品与农业部动物卫生和动物福利分司负责人、首席兽医官 Dietrich Rassow 先生发表演讲
Dietrich Rassow, Chief Veterinary Officer, Director Animal Health and Welfare, German Federal Ministry of Food & Agriculture



欧盟健康与食品安全总局、RASFF 部门负责人 Jan Baele 先生发表演讲
Jan Baele, Head of Sector, RASFF, European Commission, DG Health & Food Safety

第十五届世界华商大会

The 15th World Chinese Entrepreneurs Convention

10月22日上午, 第十五届世界华商大会在伦敦开幕, 本次大会以“世界新格局, 华商新机遇”为主题。

近3000名来自世界各地的与会人士, 共同探讨华商在英国及欧洲的发展机遇。英国王室成员约克公爵安德鲁王子; 中国全国政协副主席、全国工商联主席高云龙; 全国政协常委许荣茂等领导嘉宾出席大会开幕式并致辞。

山西省长治市侨青委主席陈杰应邀参加大会, 并表示: 作为一名在长治投资发展的年轻一代企业家能够以侨联的一份子的身份出席本次世界华商盛宴感到无比荣幸。大会期间不仅结识了各地优秀的华商, 还深入了解和学习“一带一路”的经济新格局下企业家“走出去”的平台和机遇。也全全推介宣传了长治城市魅力和良好的营商环境。

On the morning of October 22, the 15th World Chinese Entrepreneurs Convention opened in London. The theme of the conference was “new world pattern, new opportunities for Chinese business”.

Nearly 3000 participants from all over the world discussed the development opportunities of Chinese businessmen in Europe. Prince Andrew, Duke of York, member of the British royal family, Gao Yunlong, Vice Chairman of the CPPCC National Committee and Chairman of All China Federation of Industry and Commerce, Xu Rongmao, Member of the Standing Committee of the CPPCC National Committee and other leaders and guests attended the opening ceremony of the conference and delivered speeches.

Chen Jie (third from left), Chairman of the Overseas Chinese Youth Committee of Changzhi city, Shanxi province, was invited to attend the conference and said: it is a great honour for a young generation of entrepreneurs who have invested in Changzhi to attend this Chinese grand banquet as a member of the Overseas Chinese Federation. During the conference, we not only made good acquaintance with excellent Chinese businessmen from all over the world, but also



中国国务院侨务办公室主任许又声出席开幕式
Xu Yousheng, director of overseas Chinese Affairs Office of the State Council of China attended the opening ceremony



deeply understood and studied the platform and opportunities for entrepreneurs to “go global” under the new economic pattern of “One Belt One Road”. It also fully promoted the charm of Changzhi city and a good business environment.

中国·周村“丝路之源”学术研讨成功举办

Academic Discussion on "Source of the Silk Road" in Zhoucun



10月19日至20日，中国·周村“丝路之源”学术研讨在周村古商城景区举办，来自中国社科院中国历史研究院古代史研究所、中外关系史学会、山东大学、山东师范大学、山东理工大学齐文化研究院、山东省文化和旅游厅、山东省文物考古院等单位的近30位史学界、考古学界、齐文化研究学界的专家、学者参加论坛，并就齐国於陵（今周村地区）是丝绸之路丝绸的主要货源地和集散地、周村古商城是古代齐国丝绸文化的主要传承地和生产基地达成共识。

本次活动由周村区委、区政府与中国殷商文化学会、中国中外关系史学会、淄博东夷考古研究中心共同主办，儒商示范园建设指挥部承办。

中国社会科学院荣誉学部委员、中国殷商文化学会名誉会长王宇信，中国社会科学院学部委员、中国殷商文化学会会长王震中，中国丝绸协会秘书长刘文全，中国中外关系史学会副会长兼秘书长赵现海出席了19日举行的开幕式，并实地参观了周村古商城和具有代表性的丝绸生产企业淄博大染坊丝绸集团以及山东轻工职业学院。

论坛期间，与会专家围绕周村“中国古代丝绸之路

商品生产源头”学术地位进行了交流讨论和学术论证。在20日举行的论证会上，专家代表张光明进行主导意见发言。其他参会专家学者围绕周村历史和考古发现、丝织业发展历程、丝绸之路文化商贸交流等论题分别发言并进行学术交流。经过讨论，与会专家就以下两点达成一致意见：一是齐国於陵（今周村地区）是丝绸之路丝绸的主要货源地和集散地。二是周村古商城是古代齐国丝绸文化的主要传承地和生产基地。该交流成果对推动周村丝织业发展、丝绸生产以及丝绸贸易交流将产生积极影响。

据了解，周村的前身於陵是春秋战国时期齐国纺织丝绸生产基地和丝绸集散地，也是西汉时期丝绸之路丝绸的主要货源地和集散地，或可称为：“丝路之源”。其后，齐国丝绸文化在周村古商城得到传承和弘扬。



From October 19 to 20, the academic seminar on the "Source of the Silk Road" in Zhoucun, China was held in Zhoucun ancient shopping mall scenic spot. Nearly 30 historians from the Institute of Ancient History, Chinese Academy of Social Sciences, Chinese Academy of History, Chinese Foreign Relations History Society, Shandong University, Shandong Normal University, Qi Culture Research Institute, Shandong University of Technology, Shandong Provincial Department of Culture and Tourism, Shandong Provincial Institute of Cultural Relics and Archaeology, experts and scholars from academia, archaeology and the Qi culture research attended the forum, and reached a consensus that Yuling (today's Zhoucun area) was the main source and distribution center of silk along the Silk Road, and Zhoucun ancient shopping mall was the main production base of ancient Qi silk culture.

The activity was jointly sponsored by Zhoucun District Committee and District Government, China Yin Shang Culture Society, China Foreign Relations History Society, Zibo Dongyi Archaeological Research Center and undertaken by the construction headquarters of Confucian Merchants Demonstration Park.

Wang Yuxin, Member of the Honorary Department of the Chinese Academy of Social Sciences and Honorary President of the Chinese Yin Shang Culture Society, Wang Zhenzhong, Member of the Department of the Chinese Academy of Social Sciences and President of the Chinese Yin Shang Culture Society, Liu Wenquan, Secretary General of the Chinese Silk Association, Zhao Xianhai, Vice President and Secretary General of the Chinese Society for the History of Foreign Relations, attended the opening ceremony held on the 19th, and visited Zhoucun ancient shopping mall and met its representatives, Zibo Dachanfang Silk Group and Shandong Light Industry Vocational College.

During the forum, experts at the meeting exchanged views and academic argumentation on Zhoucun's academic position concerning "the source of ancient Chinese Silk Road commodity production". At the demonstration meeting held on the 20th, Zhang Guangming, expert representative, made a keynote speech. Other participating experts and scholars made speeches and carried out exchanges



on topics such as Zhoucun's historical and archaeological discoveries, the development of silk industry and the cultural and commercial exchanges along the silk road. Following the discussions, experts at the meeting reached an agreement on the following two points: first, Yuling (now Zhoucun area) of the state of Qi was the main source and distribution center of silk along the silk road. Second, Zhoucun ancient shopping mall is the main heritage and production base of ancient Qi silk culture. The results of the exchange will have a positive impact on the development of Zhoucun's silk industry, silk production and silk trade exchanges.

It is understood that the predecessor of Zhoucun, Yuling, was the textile and silk production base and silk distribution center of the Qi State in the spring and Autumn period and the Warring States period, as well as the main source and distribution center of silk along the Silk Road in the Western Han Dynasty, or "the source of the Silk Road". Afterwards, the silk culture of Qi State was inherited and carried forward in Zhoucun ancient shopping mall.



柿子红了

Persimmon is Becoming Red

—中国柿乡富平

Fuping, Persimmon Town



红，红，红灯笼，柿柿梦里追大梦；
红，红，中国红，事事如意柿柿红……

陕西富平，是世界闻名的柿子优生区，在日本吉野市全球唯一的柿子博物馆里就有“世界上柿子的主产国为中国，柿子的优生区在富平”的记载。

富平栽植柿树历史悠久。传说中，2000多年前，秦国名将王翳在顺阳河两岸千顷良田广种柿树，用柿子烤面做干粮，从家乡富平出发出征六国，横扫天下，立下赫赫战功，功成名就后回到到贤故里。

1300多年前，唐高祖李渊第六女（钦封大长公主）深受皇帝宠爱，最爱吃的水果就是富平柿子。1975年，



富平县房陵大长公主墓出土画作——《托果盘仕女图》，据史考究，侍女为公主献上的果盘中正是来自富平的柿子。

元末明初朱元璋曾在遭遇困境时靠柿子充饥活命，后来当了皇帝，便对柿树“解赤袍以被之”，封其为“凌霜侯”。

柿子是汉族传统的吉祥图案，旧时婚俗中，柿是必备的祥果，表示婚后“事事如意”、“事事安顺”。

而富平柿饼在明朝时期，古人就已掌握成熟的柿饼制作工艺。明、清两代，香甜软糯的柿饼已成为皇室贡品。

时值霜降，经选果、去皮、自然晾晒、揉捏整形、剪饼下架、回软潮霜、贮存等多道工序，近60天而成柿饼。

遵照国家领导人来陕视察时强调的“扎实推进农业现代化建设”等“五个扎实”工作要求及党和政府在十九大正式提出的“绿水青山就是金山银山”的“两山”理念，在富平县委、县政府及当地政府部门的大力支持，大方集团重点发展特色农业现代化产业，推进集团“绿色农业创兴”战略，于地灵人杰、贤者达居的富平县到贤镇规划建设集农业科技、文化旅游、产业振兴为一体的绿色农业科技项目——天玺柿子小镇。

Fuping of Shaanxi Province is a world-famous place for persimmon production where the weather is favourable for planting persimmons. In the Persimmon Museum of Jiye city of Japan, there is a record that "the main country of persimmon production in the world is China, and the best place in China for persimmon is Fuping. In Fuping there was a habit of planting it in the early Han Dynasty already. It is said that more than 2000 years ago, Wang Jian, a famous general of the Qin State, planted persimmon trees in thousands of acres of good fields on both sides of the Shunyang River, and baked persimmon noodles as dry food. He set out from his hometown Fuping to fight for six countries, swept the world, made outstanding achievements, and returned to the hometown of the sages after his success.

More than 1300 years ago, Li Yuan, the sixth daughter of emperor Gaozu of Tang Dynasty (Princess Daheng, Qinfeng) was deeply loved by the emperor.

Fuping persimmon fruit was her favourite fruit. In 1975, the painting of a lady holding a fruit plate was unearthed from the tomb of Princess Dachang in Fangling, Fuping county. According to the historical research, the fruit plate presented by the maid for the princess was exactly persimmon from Fuping. At the end of the Yuan Dynasty and the beginning of the Ming Dynasty, Zhu Yuanzhang lived on persimmons when he was in trouble. Later, when he became the emperor, he "untied the red robe of the persimmon tree". Persimmon and Ruyi are the traditional auspicious symbols of the Han nationality. In the old wedding customs, persimmon was a necessary auspicious fruit, meaning "everything is satisfactory" and "everything is peaceful".

In Fuping in the Ming Dynasty, the ancients had mastered the persimmon making technology. In the Ming and Qing dynasties, sweet and soft persimmons had become royal tributes. With a long history and culture, persimmons, in

Chinese "shi" meaning "thing" have become the greatest cultural characteristics and hometown flavour of Fuping. When frost falls, persimmons nourished by nature are picked from the trees. Following the ancient intangible cultural heritage technology left by ancestors, they are carefully protected for 60 days through several processes, such as fruit selection, peeling, natural drying, kneading and shaping, cutting, moisture frost extraction and storage, making the persimmon fragrant, sweet, soft and waxy.

According to the "five solid" work requirements such as "solid promotion of agricultural modernization" emphasized by the state leaders when they came to Shaanxi for inspection and the "two mountains" concept of "green water and green mountains are golden mountains and silver mountains" formally put forward by the party and the government at the 19th National Congress of the Communist Party of China, with strong support from the

Fuping County Party Committee, the county government and local government departments, Dafang group focuses on the development of characteristic agricultural modernization and promotes integration.

The group's strategy of "green agriculture creates prosperity" is to plan and build a green agricultural science and technology project - Tianxi Persimmon Town, which integrates agricultural science and technology, cultural tourism, and industrial revitalization, in Fuping county to Xianzhen, where local talents and sages live. As a whole, the town takes "one heart, two wings, three red products and four seasons tourism" as its development pattern, takes science and technology agriculture as its core, vigorously develops Fuping characteristic agriculture, creates a persimmon brand, builds a world-class persimmon industry base, and forms a tourism industry cluster integrating "agricultural research, cultural experience, sightseeing and vacation, leisure and entertainment, and medical and health care", so as to truly realize industrial prosperity, rural beauty and make farmers rich!



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“大姨妈”，让人又爱又恨的亲戚

The “great auntie”, a lovely and hateful relative

在12岁——55岁左右的漫长人生里，和女性关系最密切的亲戚非“大姨妈”莫属，她来了，嫌她烦；她不来，又盼她来。她来的时间长了，让人心慌；她来的时间短了，又让人害怕。

In the long stage of life between 12 and 55, the closest “relative” to a woman is the “period”, or the menstrual cycle. Commonly known as the “great auntie” in Chinese, it is annoying when it comes, but much anticipated if it doesn't show up. It is scary if it stays long and frightening if it is short.

这个几乎陪伴了女性大半个生平的“亲戚”究竟有着什么样的“个性”？她在女性不同的年龄阶段又有着怎样的表现呢？

What “personality” does this “relative” have, who accompanies almost half of a woman's life? How does it behave at different stages of a woman?



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1 认识一下正常的月经

Let's get to know the normal menstruation.

女性的卵巢中孕育着卵泡，卵泡里就是卵子了。

A woman's ovary breeds follicles, which contain eggs.

卵泡在排卵之前一直在分泌雌激素，助力卵子成长。等到卵子成熟，排卵之后，卵泡功成身退，摇身一变，成为黄体，黄体既分泌雌激素，也分泌孕激素。

The follicles secrete estrogen before ovulation, helping the eggs grow. When the eggs mature and ovulate, the follicles retire and change into corpus luteum, which secretes both estrogen and progesterone.

如果卵子未受精，那么黄体就会逐渐衰退，分泌的孕激素迅速减少，子宫内膜得不到充分的激素滋养，就会在雌、孕激素的共同作用下脱落。

If the egg is not fertilized, the luteum will gradually decline, the secreted progesterone will be rapidly reduced. As the uterus cannot get sufficient hormone nourishment, it will fall off under the combined action of estrogen and progesterone.

这就是一次规律的月经。

This is a regular “period”.

正常月经是指：两次月经间隔的时间、每次月经持续的时间、经量都差不多，就是有规律的。那么正常的间隔期、持续时间、经量是什么标准呢？

A regular “period” means: the interval of two “periods”, the duration of each “period”, and the amount of menstrual flow are all similar and regular. Then, what are the norms of regular interval, duration and menstrual volume?

1. 两次月经第一天的间隔时间，应该在21-35天范围内；

1. The interval between the first day of two menstruations should stand between 21 and 35 days.

2. 月经持续时间约为2-8天；

2. A menstruation will last for 2 to 8 days.

3. 每次月经正常的失血量是20-60mL。

3. The normal blood loss of a menstruation is 20-60 mL.



2 青春期：来得早和来得晚都不是好现象

Adolescence: It's not a good phenomenon to come early or late.

大姨妈第一次来访，称为月经初潮。月经初潮是令女孩子盼望、喜悦又惊慌的事情，但大姨妈往往不按常理，来去无常，或提前到来，或迟迟不来；而初潮后，大姨妈或来无定期，或去留不定，真是令女孩子和妈妈们烦心！

The first visit of the “great auntie” is called the menarche. Menarche is something that girls look forward to, feel rejoiced and yet panic about. However, the “great auntie” often does not follow common sense. She may come and go ahead of schedule, or is tardy to come. After menarche, she may come or stay irregularly. It really annoys girls and their mothers!

大多数女孩的初潮年龄为12-14岁。一般初潮出现之前就开始有种种迹象，比如女孩8-9岁时乳房已经开始发育，身高增长增快，出现阴毛或腋毛。

Most girls have their menarche at the age of 12 to 14. There are usually signs before menarche. For instance, girls, at the age of 8 to 9, may see growing

breasts, faster growth of height, and the pubic or axillary hair start to appear.

初潮的早晚起决定性作用的是遗传，女儿初潮早晚与母亲及姐妹时间通常一致。但这并不是绝对的，还会受其它因素影响，比如环境因素、营养、文化等等与初潮早晚有关。生活水平较高、营养和健康状况良好的人群，女孩月经初潮时间会较早；贫困、落后地区女孩初潮平均推迟。

It is heredity that plays a decisive role in the emergence of menarche. The time of menarche of a daughter is usually the same as that of her mother and sisters. But this is not absolute, as it is also affected by other factors, such as the environment, nutrition and culture. Menarche will occur earlier for girls with a higher standard of living, good nutritional and health conditions. Girls' menarche is delayed on average in poor and less developed areas.

大姨妈在女孩 16 岁仍然未到来，或者 14 岁乳房还没开始发育，就是青春期发育延迟。这时候妈妈们要带孩子

就诊了。

If menarche has still not arrived at the age of 16, or the breasts have not begun to develop at the age of 14, the girl suffers from delayed adolescence. By this time, the mothers should take their daughters to the doctor.

导致大姨妈不能准时来访的常见原因有先天性卵巢发育不良、先天性下丘脑垂体异常、生殖道发育异常、内分泌紊乱等，这些疾病引起的发育延迟需要及时发现尽早治疗。

The common causes for the long overdue of menarche include congenital ovarian dysplasia, congenital hypothalamic pituitary disorder, abnormal reproductive tract development, and endocrine disturbance. The development delay caused by these diseases should be duly found and treated.

遗传，以及体质原因也会导致青春期发育延迟。

Heredity and physical causes can also result in delayed adolescence.

小女孩 8 岁以前开始乳房发育，初潮 10 岁以前到来，我们称之为性早熟。导致性早熟的原因很多，包括中枢神经系统疾病、外周分泌系统疾病、特发性、药物性等等，此外，性早熟还可能由于营养过度、环境类激素物质等导致。

If a girl begins breast development before 8, and has the menarche before 10, we call it precocious puberty. There are many causes for precocious puberty, including central nervous system diseases, peripheral secretory system diseases, idiosyncratic and drug-induced diseases. In addition, precocious puberty may also be caused by excessive nutrition and environmental hormone substances.

由于青春期控制性激素分泌的 HPO 轴不成熟，导致 80% 以上的女孩会出现月经失调，一般这种情况平均要持续 2 年才能建立正常周期，这期间无需惊慌，但也不能不管不顾，有些异常出血严重的会导致贫血甚至休克，因此，需要就医调整。

More than 80 per cent of girls suffer from menstrual disorders, due to immature HPO axis that controls the secretion of sex hormones in adolescence. Generally, this situation lasts for an average of 2 years before a normal cycle is established. There is no need to panic in this period. But it cannot be ignored. Some abnormal bleeding may lead to anemia and even shock, so it needs to see a doctor for adjustment.

对于初潮后月经持续紊乱 2 年以上仍不能建立正常周期的，要警惕患上内分泌疾病的可能，比如多囊卵巢综合征。所以提醒家长对于有这种情况的女孩要就医诊断治疗。

If the menstrual disorder after menarche is still unable to steer into a normal cycle for more than two years, we should be alert to the possibility of endocrine diseases, such as polycystic ovary syndrome. So parents with such daughters should take their children to seek medical diagnosis and treatment in this situation.

3 绝经期：“第二春”可能是癌症示警 Menopause: The "second spring" could be a warning of cancers.

绝经后又来了“月经”，很多人以为自己的“第二春”来了，殊不知绝经后又来“月经”是身体正在发出危险警报！

With postmenopausal "menstruation", many women think they are greeting their "second spring". But they do



not know this is a danger alarm given by the body.

绝经后阴道流血可能是由于以下几种情况：

Postmenopausal vaginal bleeding may be caused by the following factors:

老年性阴道炎：绝经后雌激素水平下降，容易出现老年性阴道炎，阴道粘膜变薄，阴道内有益菌减少。阴道粘膜容易出现充血破溃，可能就会出现少量的阴道流血。患者可能会有阴道的瘙痒不适。

Elderly vaginitis: the postmenopausal estrogen level has decreased, prone to elderly vaginitis. The vaginal mucous membrane has thinned, and the vaginal beneficial bacteria have decreased. The vaginal mucous membrane is prone to hyperemia and rupture, and may lead to a small amount of vaginal bleeding. The patient may have vaginal itching discomfort.

宫颈炎、宫颈息肉：宫颈由于炎症刺激出现宫颈息肉也会引起阴道流血，患者可以没有任何感觉，也有可能同房后出现阴道流血的症状。

Cervical inflammation and cervical polyp: cervical polyp can also cause vaginal bleeding due to inflammatory stimulation of the cervix. Patients may not feel anything, or have vaginal bleeding after intercourse.

宫颈癌：宫颈癌是妇科常见的恶性肿瘤，随着近年来我国步入老龄化阶段，老年宫颈癌发生例数也明显增加。绝经期妇女由于缺少宫颈病变普查意识，对临床体征异常缺少警惕，未能及时就诊，以致出现很多患者发现时已经属于中晚期癌为主，有的丧失了手术机会，有的即使手术了生存时间也不长。有研究发现，不规则阴道出血是绝经



后妇女宫颈癌的首发临床表现。

Cervical cancer: cervical cancer is a common malignant tumor in gynecology. As China has stepped in the aging stage in recent years, the incidence of cervical cancer in the elderly has also increased significantly. Due to the lack of awareness of cervical lesion screening and the lack of vigilance to clinical signs, many menopausal women are unable to see a doctor in time. As a result, many patients belong to advanced cancer when the disease is found. Some have lost the opportunity of operation, and some could not survive for a long time even after surgery. Studies have found that irregular vaginal bleeding is the first clinical manifestation of cervical cancer in postmenopausal women.

子宫内膜增生、子宫内膜息肉和子宫内膜癌: 有研究指出, 绝经后子宫出血的患者, 经过诊刮病理证实, 有18%的患者为子宫内膜癌, 引起出血的良性病变还有子宫内膜增生、子宫内膜息肉等。

Intimal hyperplasia, endometrial polyp and intimal carcinoma: Studies have shown that 18% of the patients with postmenopausal uterine bleeding are confirmed by curettage pathology to have endometrial cancer. The benign lesions causing bleeding include hyperplasia of the uterus and polyps of the uterus.

卵巢恶性肿瘤: 卵巢癌早期诊断非常困难, 大部分卵巢癌在确诊时已属晚期, 5年存活率仅为5%~15%。卵巢癌引起阴道出血的原因可能为卵巢肿瘤组织产生雌激素使子宫内膜增生或者卵巢癌已经转移至子宫及阴道。

Ovarian malignancy: early diagnosis of ovarian cancer is very difficult. Most ovarian cancer patients are in the late stage at the time of diagnosis, and the 5-year survival rate is 5%~15%. Vaginal bleeding caused by ovarian cancer may be due to the estrogen in ovarian tumor tissue, resulting in intimal hyperplasia or ovarian cancer transferred to the uterus and vagina.

绝经后阴道出血与老年女性恶性肿瘤的发生密切相关, 随着患者年龄的增大, 恶性肿瘤的发生率越高。绝经年限越长, 恶性肿瘤的发生率越高, 年龄越大, 越要提高恶性肿瘤发生的警惕性, 以降低恶性肿瘤的发生率。

Postmenopausal vaginal bleeding is closely related to the occurrence of malignant tumors in elderly women. With the increase of age, the incidence of malignant tumors becomes higher. The longer the menopausal years is, the higher the incidence of malignant tumors will be. The older you get, women should be more vigilant to the occurrence of malignant tumors to reduce its incidence.

4 月经不调: 每位女性都有可能遇到 Irregular menstruation: every woman is likely to encounter it.

从青春期到更年期, 每位女性都有几十年时间要经历月经, 或多或少都会出现类似月经不调或真正的月经不调的情况。

From adolescence to menopause, every woman has decades to experience menstruation. They will more or less meet quasi or real irregular menstruation.

跟正常的月经相比, 如果月经周期大于35天, 或一年内的月经次数少于6—8次, 或月经停止时间达3—6个月, 甚至更久, 就属于月经周期方面的不调, 当然怀孕和绝经除外;

Compared with normal menstruation, if the menstrual cycle is more than 35 days, or the number of menstruation is less than 6 to 8 times in a year, or a menstrual stops for 3 to 6 months, or even longer, the women suffers from irregular menstrual cycle, except for pregnancy and menopause.

如果子宫出血时间不定, 且较为频繁, 则属于月经持续时间方面的不调;

If the time of uterine bleeding is irregular and frequent, the women have irregularity of menstrual duration.

如果月经持续时间较长或月经量较多, 月经频繁且无规律, 则属于经血量方面的不调, 严格来说, 少于20毫升或超出80毫升, 则可定义为月经过少或月经过多。

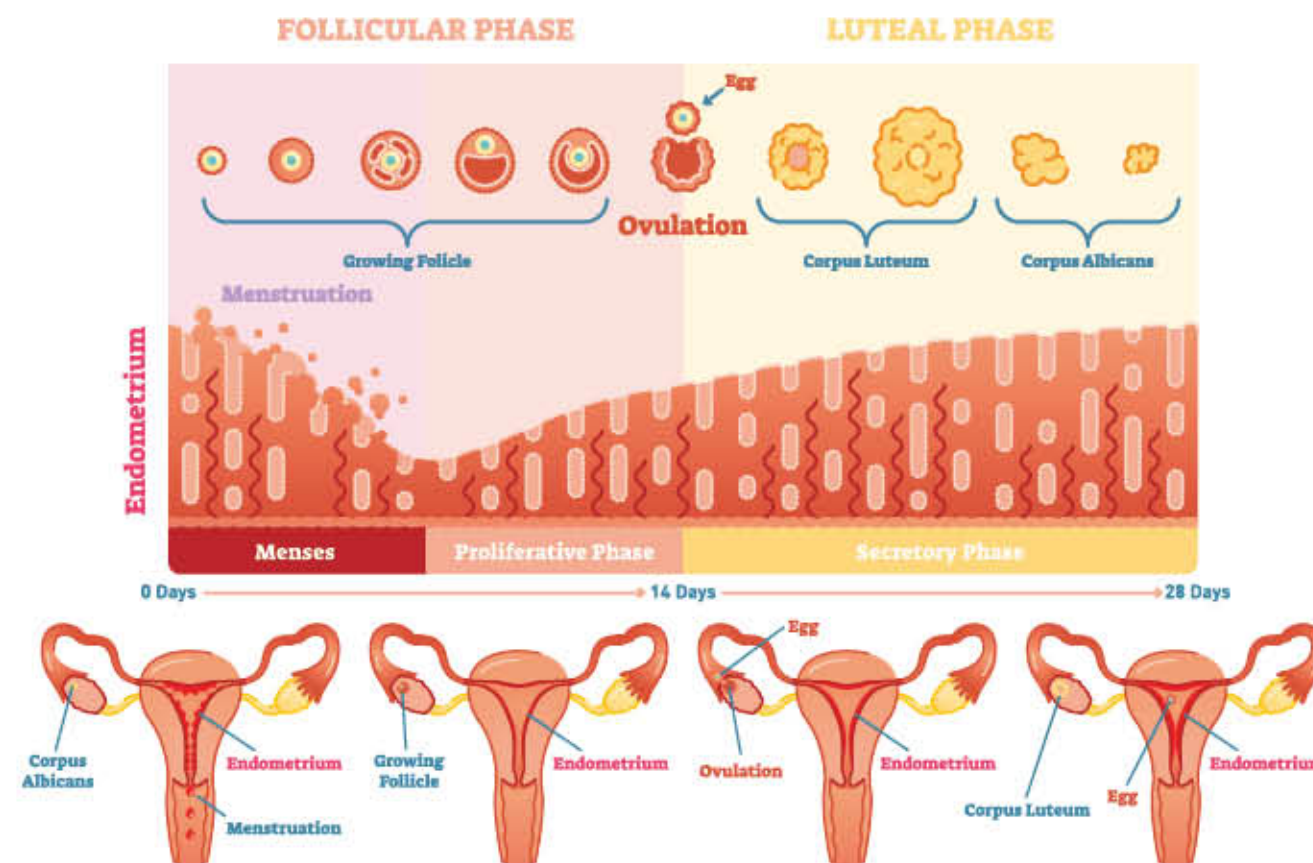
If the menstruation lasts longer or the menstrual quantity is more, and the menstruation is frequent and irregular, the women suffer from irregular menstrual blood volume. Strictly speaking, with less than 20 milliliters or more than 80 milliliters, they can be defined as having too little or too more menstruation.

月经的形成是一个复杂的内分泌调控过程, 大脑、下丘脑、垂体、卵巢都参与其中, 任何一个地方出现问题, 都会导致月经失调, 通常来说, 月经失调有以下几种常见原因:

The formation of menstruation is a complex endocrine regulation process, in which the brain, hypothalamus, pituitary and ovaries are involved. Any problem in any place can lead to menstrual disorders. Generally speaking, menstrual disorders have the following common reasons:

体内激素水平的改变: 比如雌激素、孕激素紊乱, 青春期和围绝经期的女性经常因为激素变化导致月经不调。

FEMALE SEXUAL CYCLE



Changes in hormone levels in vivo: for instance estrogen and progesterone disorders. Adolescent and menopausal women often have irregular menstruation due to hormonal changes.

放置宫内节育器: 宫内节育器可能会引起子宫痉挛, 还会压迫内膜导致局部内膜坏死、炎症, 这些都可能引起经期延长、经量增加。

Placement of intrauterine birth control devices: uterine birth control devices may cause uterine spasms, and compression of the intima which leads to local intimal necrosis and inflammation. They can cause prolonged menstrual period and increased menstrual volume.

器质性病变: 甲亢、多囊卵巢综合征、子宫内膜严重疤痕、子宫肌瘤、子宫内膜息肉、子宫内膜异位症等都会引起月经不调。

Organic lesions: hyperthyroidism, polycystic ovary

syndrome, severe scar of uterus, uterine myoma, endometrial polyp and endometriosis, which can cause irregular menstruation.

情绪异常: 精神过于紧张、遇到重大的精神刺激、心理创伤, 也可能导致月经不调。

Abnormal mood: mental stress, encountering major mental stimulation, psychological trauma, which may also lead to menstrual disorder.

医生提醒, 如果只是偶尔一次月经不调, 可以尝试改变生活方式, 但如果接连几次月经不调, 在没有明确病因之前, 千万不要自作主张服药, 应该到正规医院检查治疗。

Tips from doctors: If you occasionally have an irregular period, you can try to change your lifestyle. But if you have irregular menses several times in a row, do not take your own medicine before you have a clear cause. You should go to a regular hospital for examination and treatment.

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母爱别让疼痛做标签

Don't let maternal love tagged with pain

“生孩子哪有不疼的，忍忍就过去了。”

"It's natural to feel pain in having a baby. Hang in there, and it will be over."

“可不能打什么麻药，万一把孩子药傻了呢。”

"You can't take any anesthetics, in case you fool the baby with it."

“怕疼不要紧啊，可以剖腹产，还能选个黄道吉日。”

"Don't worry about it if you're afraid of pain. You can have a caesarean section, so that you can choose a lucky day for your baby."

.....

生孩子，在很多人眼里是天经地义的事儿，随着自然分娩率的不断提高，不少产妇和家属也陷入了一个误区——分娩必痛，忍忍就行。

Many people consider having a baby as a matter

of course. As the natural labor rate is rising steadily, many lying-in women and their families have been caught in a misunderstanding that it hurts to give birth, and it is fine just to put up with it.

可事实上，疼痛让一些产妇吃喝不下，宫缩乏力，导致产程延长，很多人对分娩产生惊恐，甚至不想生孩子。

But in fact, pain makes some lying-in women unable to eat and drink, followed by uterine contraction, resulting in prolonged labor process. Many women are frightened about delivery, and even do not want to have children.

早在1847年，世界上第一例分娩镇痛就已在苏格兰临床成功应用。如今，美国分娩镇痛率达到85%，英国达到90%，法国有的医院应用率达到96%。而在中国，

由于国内麻醉医师紧缺以及相关分娩镇痛的知识普及不足，分娩镇痛率还不到20%。

As early as 1847, the world's first case of labor analgesia was applied successfully in clinic in Scotland. Nowadays, the rate of labor analgesia has reached 85 percent in the United States, 90 percent in United Kingdom, and 96 percent in some hospitals in France. However, in China, due to the lack of anesthetists and insufficient popularization of the labor analgesia knowledge, the rate of labor analgesia stands less than 20 percent.

分娩镇痛是目前医学上解决分娩疼痛的有效方法，能够减少孕妈妈在分娩过程中的疼痛和恐惧，增强自然分娩的信心。

Labor analgesia is an effective way to solve the pain of delivery medically. It can reduce the pain and fear of expectant mothers during delivery, and enhance their confidence in natural delivery.

随着收入水平的提高，人们对医疗服务的需求也在升级，开始追求舒适化、个性化、人性化的医疗服务体验。生孩子是人生中的大事，准妈妈们，收好这份无痛分娩

攻略，对抗分娩疼痛，收获产房幸福体验。

As their incomes go up, people's demand for medical service is also on the rise. They begin to pursue comfortable, individualized and people-friendly medical service experience. Having a child is a great event in life. Expectant mothers, after getting this painless labor guide, fight labor pain, and harvest the happy experience in delivery room.



什么是无痛分娩 What is a painless labor?

“无痛分娩”在医学上被称为“分娩镇痛”，是指采用某种镇痛方法消除分娩时的疼痛，或将分娩过程中的疼痛降低到最低程度。目前常用的分娩镇痛方法包括：药物性分娩镇痛和非药物性分娩镇痛。

"Painless delivery", known as "labor analgesia" in medicine, refers to eliminate or minimize pain during delivery with some analgesic methods. The commonly used methods of labor analgesia include: drug-based labor analgesia and non-drug labor analgesia.

导乐分娩、水中分娩、心理疗法等等都属于非药物性



分娩镇痛，能够缓解产痛，对母儿的影响小，但每个产妇的疼痛阈值不一样，所以镇痛的效果也不尽相同。

Doula delivery, birth in water, psychotherapy and etc. belong to non-drug labor analgesia. They can relieve labor pain, and leave small impact on the mother and child. But the pain threshold is different for each lying-in woman, so the analgesic effect is not the same.

对于难以忍受疼痛的产妇来说，药物性分娩镇痛效果更理想、更有效，尤其适用于中等和剧烈产痛的产妇。

For lying-in women who are hard to endure the pain, drug-based labor analgesia is more ideal and effective. It is especially suitable for women with moderate and severe labor pain.

临床中常用的药物性分娩镇痛方法为椎管内阻滞分娩镇痛，麻醉医师在产妇腰椎间隙进行穿刺成功后，在硬膜外腔置入一根细导管，导管的一端连接镇痛泵，镇痛泵可以持续使用直至分娩结束。麻醉剂量只有剖宫产手术剂量的 1/10，对产妇和婴儿都没有影响。

The commonly used drug-based labor analgesia method in clinical practice is labor analgesia of intraspinal block. After successfully puncturing the lumbar intervertebral space of pregnant woman, the anesthetist could place a duct into the epidural space. Here, one end of duct is connected to the epidural anesthesia pump which is continuously used till the end of delivery. The anaesthesia dose is only 1/10 of the cesarean section dose, leaving no effect on both the mother and infant.

B 生孩子都疼，但千万别忍 It hurts to have a baby, but don't put up with it.

虽然产痛在分娩过程中普遍存在，但由于个体差异不同，每个人感受的疼痛也不相同。

Although labor pain is common in the course of delivery, different people may feel different pain, because of individual differences.

过度的产痛会导致许多不良后果，比如产痛时产妇烦躁不安、焦虑紧张，宫缩不协调，产程延长，易导致母儿酸碱失衡和胎儿宫内窘迫；产痛时产妇儿茶酚胺水平升高，血氧消耗增加，导致呼吸性碱中毒，引起子宫动



脉痉挛、胎儿耗氧量增加和氧供减少；产痛时产妇耗氧量增加可引起过度通气，血中乳酸水平升高，导致胎儿酸中毒等。

Excessive labor pain can lead to many adverse consequences, such as maternal restlessness, anxiety, discordant uterine contraction, prolonged labor process, which can easily lead to maternal and fetal acid-base imbalance and fetal distress in uterus. At the time of labor pain, the maternal catecholamine level is increased, blood oxygen consumption



increases, which lead to respiratory alkalosis, uterine artery spasm, increased fetal oxygen consumption and reduced oxygen supply. The increase in oxygen consumption in parturients during labor pain can cause hyperventilation and the increase of lactic acid level in blood, which lead to fetal acidosis.

分娩镇痛的出现可以有效地帮助产妇减轻产痛，实现顺利分娩。大约在给药十分钟后，分娩的妈妈就感觉不到子宫收缩的剧烈疼痛了，有的能感觉到的疼痛就好像来月经时轻微的腰痛，直至分娩结束。

Labor analgesia emerges to effectively help parturients to relieve the pain and realize smooth delivery. About 10 minutes after taking the drug, the delivery mother will not feel the severe pain of uterine contraction. Some can feel pain like a slight low back pain during menstruation, until the end of delivery.

C 所有产妇都能无痛分娩吗 Can all parturients have painless labor?

无痛分娩虽好，却并不是人人都适合的。

Painless labor is not suitable for everyone, though it is good.

首先，需要产妇本人同意。

First of all, the consent of the lying-in women is



required.

其次，要经产科医师评估，可以顺产，或者可以经阴道试产。

Second, it needs to go through obstetrician assessment, saying she can give birth smoothly, or can try it through the vagina.

第三，需要产妇没有存在椎管内阻滞禁忌证，如凝血功能异常、穿刺部位感染或损伤、低血容量或低血压、颅内压增高、脊柱病变或严重脊柱畸形，神经系统疾病或神经病变等。没有对局部麻醉药及阿片类药物过敏。

Third, the parturients has no intrathecal block syndrome, such as abnormal coagulation function, infection or injury at puncture site, hypovolemia or hypotension, intracranial hypertension, spinal lesions or severe spinal malformations, neurological diseases or neuropathy and so on. No allergies to local anesthetics and opioids.

D 选了无痛分娩就不疼了吗 Won't it hurt after choosing painless labor?

在分娩镇痛过程中，药物的剂量只阻滞感觉神经纤维，极大地缓解了准妈妈的分娩疼痛，可控性强，安全性高，对运动神经影响甚微。准妈妈们意识清醒，可以在床上





翻身、活动，摆一个合适的体位，能主动配合、积极参与整个分娩过程。对宫缩和腹肌力量的影响非常小，不用担心分娩时用不上劲。

In the whole process, the dose of drug is only used to block the sensory nerve fiber, so as to greatly relieve the childbirth ache of expectant mother. It features strong controllability and high safety. Also, there is almost no influence to the nervus motorius. The expectant mothers are conscious and could turn over and move in the bed to find an appropriate posture. Also, they could actively cooperate with the doctor to complete the entire delivery process. There is almost no influence to the uterine contraction and abdominal muscle strength. So, do not worry about your strength during delivery.

但是，准妈妈们也要知道，分娩镇痛的目的有效缓解产痛，而不是让产痛消失。

But, the expectant mothers should understand that the purpose of labor analgesia would effectively relieve rather than dispel the labor pain.

分娩镇痛主要作用是利于增加子宫血流，减少产妇因过度换气而引起的不良影响。目前应用最多的方法是硬膜外麻醉镇痛，即使是这种方法，镇痛效果也可能不完善，且由于每个人对疼痛的敏感程度也不一样，在使用过程中也不一定就一点痛感都没有。如果准妈妈的精神状态处于紧张、恐惧、焦虑、信心不足之中时，就会增加对疼痛的敏感度，因此，准妈妈做好精神上的准备，也是减轻疼痛感的一个好方法。

The main functions of labor analgesia include the increase of uterus blood flow and decrease of adverse effect caused by parturient's hyperventilation. Currently, epidural anesthesia is the most commonly used method. Even for this method, it is unable to achieve the perfect analgesic effect. Also, the each person's sensitivity of pain is different. So, in the use process, it is hard to thoroughly dispel the pain. If the expectant mother is in the state of nervousness, fear and anxiety and lacks confidence, she may be more sensitive to the pains, so it is a good way to be well prepared mentally for pain alleviating.

分娩过程中什么时候开始实施无痛 When to start painless labor during delivery?

只要你感觉到宫缩痛就可以申请镇痛分娩了。

When feeling the pains of uterus systole, you can apply for the anodyne labor.

目前，已有大量临床研究及分析表明，潜伏期开始椎管内镇痛并不增加剖宫产率，也不会延长第一产程。因此，不再以产妇宫口大小作为分娩镇痛开始的时机。产程开始后，产妇有要求，经评估无禁忌证后，在产程的任何阶段均可开始实施椎管内分娩镇痛。

At present, a large number of clinical studies and analysis have shown that starting intraspinal analgesia in the incubation period does not increase the rate of



cesarean section, nor will it prolong the first stage of labor. Therefore, the size of the uterine cavity of the parturient is no longer used as the time to begin labor analgesia. After the labor process begins, intraspinal labor analgesia can begin at any stage of labor, if the parturient has the request, and the evaluation finds no contraindication.

一般情况下，无痛分娩的全过程是由妇产科和麻醉科医生共同合作完成的，正常的无痛分娩在产房中即可进行，无需进入手术室操作。

In general, painless labor is carried out in the whole process jointly by obstetricians and anesthesiologists. Normal painless labor can take place in the delivery room without entering the operating room.

无痛分娩早已是临床上一项成熟、安全的技术，它可以让准妈妈们不再经历疼痛的折磨，减少分娩时的恐惧和产后的疲倦，让她们在时间最长的第一产程得到休息，当宫口全开时，因积攒了体力而有足够力量完成分娩。提高自然分娩率，降低产痛危害，让孕产妇得到安全与愉悦的双重保障。

Painless labor has long been a mature and safe technique in clinic. It allows the expectant mothers to no longer experience pain, reduce the fear during delivery and the tiredness of the post-natal period. It lets them get a rest in the longest first stage of labor. When the orifice of uterus is fully open, the expectant mother will have accumulated sufficient strength to complete the delivery. Increase the rate of natural delivery, and reduce the harm of labor pain, so that pregnant and lying-in women get the dual guarantee of safety and pleasure.

推广和普及无痛分娩，不仅是对育龄女性的人文关怀，更是社会生育文明进步的重要标志。愿天下女性在成为母亲的那一刻都能感受到喜悦和舒适。

The promotion and popularization of painless labor is not only a humanistic care for women of childbearing age, but also an important symbol of the progress of social fertility civilization. May women all over the world feel joy and comfort at the moment of becoming a mother.

小贴士：这些“花式待产”方式也能帮您减缓疼痛
Tip: the "fancy pre-delivery" ways can also help expectant mothers relieve pain.

在待产过程中，孕妈妈可以借助床、椅子、瑜伽垫、导乐球等不同的道具，变换直立、蹲、跪、坐、站、侧躺、平躺等多种姿势，可以有效放松盆底肌肉，缓解会阴疼痛，加速产程，从而让分娩疼痛减少。

In the process of awaiting delivery, expectant mothers can resort to various props, such as bed, chair, yoga mat and maternity ball, to change positions, including standing upright, squatting, kneeling, sitting, standing, lying on the side, and lying flat. They can effectively relax the pelvic floor muscles, relieve perineal pain, speed up the labor process, and hence reduce the labor pain.

如果这些姿势都觉得不舒服，符合条件的孕妈妈还可以尝试水中待产，利用水的浮力有效减少焦虑及紧张情绪。

If they are still uncomfortable with all these positions, the eligible expectant mothers can also try labor in water, effectively reducing the anxiety and tension with water buoyancy.



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世界文化遗产平遥古城包括了“一城，两寺”，一城是指平遥古城，两寺是指双林寺和镇国寺。

平遥古城留存着大量的文物古迹。平遥县现有全国重点文物保护单位20处，省市县级文物保护单位多达120余处。它们穿越中国五代、宋、金、元、明、清等多个历史时期，具有很高的历史、艺术和科学价值。

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平遥推光漆器髹饰技艺、平遥纱阁戏人、道虎壁王氏中医妇科、冠云牛肉传统加工技艺。

Pingyao ancient city, a world cultural heritage site, includes "one city and two temples". The city refers to Pingyao ancient city, the two temples refer to Shuanglin and Zhenguo temples.

Pingyao ancient city has a large number of cultural relics. Pingyao county has 20 national key cultural relics and more than 120 provincial, municipal and county-level cultural relics. They overarch five dynasties, the Song, Jin, Yuan, Ming and Qing dynasties and some other historical periods, and carry high historical, artistic and scientific values.

Pingyao ancient city has more than 100 items inscribed on the intangible cultural heritage protection list at all levels, including 4 items at national, 19 items at provincial and 31 items at municipal level

Pingyao lacquerware painting technology, Pingyao yarn pavilion opera performer, Wang's tiger wall TCM gynaecology and the Guanyun traditional beef processing technology, have all entered the list.



双林寺 Shuanglin



镇国寺 Zhenguo temples





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TRAVELING ACROSS CHINA: DISCOVERING HAINAN