

The World and China 世界中国

丝绸之路 SILK ROAD
Selyemül

外交/文化/旅游杂志

DIPLOMATIC AND TRAVEL MAGAZINE

2019/06 总第 083 期



驻华大使们向本刊读者祝贺 2020 新年
AMBASSADORS TO CHINA OFFER THEIR FELICITATIONS
ON THE YEAR 2020 TO OUR READERS



中国两国人民 友谊之花常开

原中国国务院副总理、全国人大常委会委员长温家宝
先生为本刊题词
Epigraph by the former Vice Premier and Vice
Chairman of National People's Congress, Mr.
Jiethan Zhou

The World and China.
Tony Blair

主要内容

高端访问、大使访谈、中外建交、外事传真、国际友城、欧盟新闻、文化观察、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

外国驻华使馆外交官、境内外政府官员、企业家、公务旅行者等。

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

发行地点

1. 在中国境内：中央政府多个部委、多家企事业单位、促进会(CCPIT)中国国际贸易委员会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. 在国外发行地点：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和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·麟女士向英国前首相托尼·布莱尔先生介绍《世界中国》杂志。布莱尔先生为本刊题词 "The World and China"

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

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封面说明：
驻华大使向本刊读者祝贺 2020 新年

COVER NOTE:
Ambassador to China congratulates
readers of this magazine on the
new year of 2020

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New Year Greetings of Ambassadors to China to Our Readers 2020 New Year

驻华大使们向本刊读者祝贺 2020 新年

Antonis Toumazis
Ambassador of Cyprus

安东尼斯·图马齐斯
塞浦路斯共和国驻华大使

Wim Geerts
Ambassador of the Netherlands

贺伟民
荷兰驻华大使

H.E. Naghmana Hashmi
Ambassador of Pakistan

纳格玛娜·哈什米
巴基斯坦驻华大使

Gunnar Snorri Gunnarsson
Ambassador of Iceland

古士贤
冰岛驻华大使

Leela Mani Paudyal
Ambassador of Nepal

利拉·马尼·鲍德尔
尼泊尔驻华大使

Helena Sångeland
Ambassador of Sweden

宋莲
瑞典驻华大使

Lt. Gen. (Rtd) Dr. Martin Chedondo
Ambassador of Zimbabwe

马丁·切东多
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Marc Hübsch
Ambassador of the Grand Duchy of Luxembourg

俞博生
卢森堡大公国驻华大使

Patty Chen
Ambassador of the Republic of Suriname

陈家慧
苏里南驻华大使

Dear Chinese Friends,

In the new Year of Rat, the 1st in the 12-year cycle of the Chinese Zodiac, as Ambassador of the Republic of Cyprus to China, it is my great pleasure to celebrate the Chinese New Year with the Chinese people. On behalf of my family and the staff of the mission, I wish the Chinese people a happy New Year. I sincerely wish you prosperity, happiness, health and good luck in the year of the rat.

Our two countries share strong links of friendship, cooperation and deep understanding for many years. These bonds were strengthened even more the last few years and I am certain that very soon we could witness very positive results.

Antonis Toumazis
Ambassador
Embassy of the Republic
of Cyprus to China



安东尼斯·图马齐斯
塞浦路斯共和国驻华大使

大家好!

在中国十二生肖的第一个属相“鼠年”到来之际，作为塞浦路斯共和国驻华大使，很高兴能够在中国与中国人民一起共度新春佳节。我谨代表家人和使团同事向中国人民献上新年祝福，由衷地祝愿中国人民繁荣昌盛，幸福安康，鼠年大吉!

多年来，我们两国因为友谊，合作和深刻理解而紧密相连，这些联系在过去几年得到了进一步加强，我相信我们很快就能看到非常积极的成果。

安东尼斯·图马齐斯
塞浦路斯共和国驻华大使

中国生肖

Chinese Zodiac



中国十二生肖在春秋战国时代就使用了，是十二地支的形象化代表，即子（鼠）、丑（牛）、寅（虎）、卯（兔）、辰（龙）、巳（蛇）、午（马）、未（羊）、申（猴）、酉（鸡）、戌（狗）、亥（猪）。在中国每个人都有各自的属相，你属虎，他属兔，我属龙等等。随着历史的发展逐渐融合到相生相克的民间信仰观念，表现在婚姻、人生、年运等。

为什么老鼠会在十二生肖的第一位呢？

其实是和十二地支相关：子（zǐ）、丑（chǒu）、寅（yīn）、卯（mǎo）、辰（chén）、巳（sì）、午（wǔ）、未（wèi）、申（shēn）、酉（yǒu）、戌（xū）、亥（hài）。其中子、寅、辰、午、申、戌为阳支，丑、卯、巳、未、酉、亥为阴支。

在中国古代，人们一天的时间概念不是24小时，而是12个时辰，2个小时为一个时辰。根据12个在不同时辰有不同特性反映的动物，把它们对号入座吧，所以形成了，十二地支对应十二生肖：

鼠—子时：23:00—1:00、牛—丑时：1:00—3:00、虎—寅时：3:00—5:00、兔—卯时：5:00—7:00、龙—辰时：7:00—9:00、蛇—巳时：9:00—11:00、马—午时：11:00—13:00、羊—未时：13:00—15:00、猴—申时：15:00—17:00、鸡—酉时：17:00—19:00、狗—戌时：19:00—21:00、猪—亥时：21:00—23:00

子作为十二时辰的第一个时辰，鼠理当作为12生肖的第一个。

The Chinese zodiac was already used in the Spring and Autumn period and the Warring States period. It is the visual representation of the twelve signs, namely the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, chicken, dog and pig. In China, everyone has his own zodiac. You are a tiger, he is a rabbit, I am a dragon and so on. During the course of history, it has been gradually integrated into the concepts of folk belief, and as such is reflected in marriage, life, and luck. Why do mice come first in the zodiac? In fact, it is related to the above twelve signs. Half of them are Yang constellations, half of them are Yin constellations. In ancient China, the day consisted of 12 hours as opposed to 24 hours today. Let the 12 animals sit according to their sequence number. Therefore, the twelve signs of the earth correspond to the twelve zodiac animals: rat time: 23:00 - 1:00; cattle time: 1:00 - 3:00; tiger time: 3:00 - 5:00; rabbit time: 5:00 - 7:00; dragon time: 7:00 - 9:00; snake time: 9:00 - 11:00; horse time: 11:00 - 13:00; sheep time: 13:00 - 15:00; monkey time: 15:00 - 17:00; chicken time: 17:00 - 19:00; dog time: 19:00 - 21:00; pig time: 21:00 - 23:00 as the first hour of the twelve hours the rat should be the first of the twelve signs.

2020年首言

First Words in 2020



亲爱的读者：

当你们手中拿到我们杂志的时候，中国的新年马山就要到了，祝大家新年快乐！

按照中国属相文化，2020年是鼠年，按照顺序，也是12属相中的第一个，又在一月份，是千载难逢的巧合。我衷心祝福我们的读者，各国驻华使馆外交官，媒体合作伙伴鼠年大吉，年年有鱼。

《世界中国》杂志社社长

纳吉·麟

2019年12月31日

Dear Readers,

By the time you receive our magazine, the Chinese New Year is already around the corner, Happy New Year to You All!

According to the Chinese astrology, 2020 is the year of the rat, the first of the 12 zodiacs in the sequence, and this time it falls on January, a once-in-a-lifetime coincidence. I sincerely wish our readers, diplomats and media partners all over the world good luck and prosperity in the Year of the Rat.

President of "The World And China" Magazine

Nagy Lin

December 31, 2019

注：按照中国的发音“YU”有多种含义，鱼，余等等，在这里是更多的意思。

Note: according to the Chinese pronunciation, "Yu" has several meanings, such as fish and surplus, so wishing you more fish is equivalent to wishing you an extra surplus, in other words, a prosperous life.



New year greeting from His/Her Excellency

驻华大使们的新春祝贺



The Netherlands and China enjoy an open and pragmatic partnership. The Dutch government seeks to work with China on the basis of mutual interests, while allowing for ideological differences. China is the Netherlands' largest trading partner in Asia. Many Dutch companies have operations in China. The thematic priorities in our economic cooperation are energy transition and sustainability, health and care, agro-food, transportation and infrastructure networks, e-commerce, creative industries, key enabling technologies and innovation. Almost all Dutch universities collaborate with Chinese institutions, and thousands of Chinese students come to the Netherlands to study. In addition, more and more Chinese tourists are visiting the Netherlands. Our Prime Minister and several other Cabinet ministers visited China in 2019, and we expect these important contacts to continue in 2020.

I wish you all a happy, healthy and prosperous Year of the Rat.

Wim Geerts



贺伟民
荷兰驻华大使

荷兰和中国建立了开放务实的伙伴关系。荷兰政府寻求在共同利益的基础上与中国合作，同时考虑到意识形态上的分歧。中国是荷兰在亚洲最大的贸易伙伴。许多荷兰公司在中国有业务。我们经济合作的主题优先事项是能源过渡和可持续性、保健和保健、农业粮食、运输和基础设施网络、电子商务、创意产业、关键扶持技术和创新。几乎所有荷兰大学都与中国院校合作，成千上万的中国学生来到荷兰学习。此外，越来越多的中国游客正在荷兰旅游。我们的总理和其他几位内阁部长在 2019 年访问了中国，我们预计这些重要的接触将在 2020 年继续。

祝福大家鼠年快乐、健康、兴旺。

贺伟民
荷兰王国驻华大使

To "The World and China Magazine" from
H.E. Naghmana Hashmi, Ambassador of
Pakistan to China

On behalf of the people and the Government of Pakistan, we convey our greetings to "The World and China Magazine" and the Chinese people for the New Year, 2020.

Under the leadership of President Xi Jinping, China has undergone an all-round transformation and has emerged as the harbinger of global trade, integration, connectivity and people to people contacts.

"The World and China Magazine" has not only been a source of credible information but is also playing an important role in enhancing people to people contacts between our two friendly countries.

We have always had a very positive relationship with "The World and China Magazine" and hope to take this friendship to further heights in the future.

I wish greater success to "The World and China Magazine" for all its future endeavors.

Happy New Year of the Rat, 2020!

Long live Pakistan China Friendship!



纳格玛娜·哈什米
巴基斯坦驻华大使

致《世界中国》杂志社

我们代表巴基斯坦人民和政府向《世界中国》杂志社和中国人民转达我们对 2020 年的新年问候。

在习近平主席的领导下，中国经历了全面转型，成为全球贸易、一体化、互联互通和人民交往的先驱。

《世界中国》杂志不仅是可靠的信息来源，而且在增进我们两国友好关系中发挥着重要的作用。

我们与《世界中国》杂志一直保持着非常积极的关系，希望在未来把这段友谊推向更高的境界。

我祝愿《世界中国》杂志在今后的工作中能够取得更大的成功。

2020 年鼠年快乐!

巴中友谊万岁!

纳格玛娜·哈什米
巴基斯坦驻华大使



New year greeting from His/Her Excellency

驻华大使们的新春祝贺



The year of the Rat marks the beginning of a new cycle in the Chinese zodiac. The rat has the reputation of being resourceful and clever, qualities that will come in useful in to face the challenges ahead. The Chinese people have risen to face multiple challenges in years past. The goal set to achieve a moderately prosperous society by 2020 now seems to be within reach. But with poverty alleviation achieved, greater progress in quality of life, protection of the environment, developing the high-tech sector and consolidating international cooperations should be on the agenda. Trade between Iceland and China has been increasing steadily after the conclusion of the FTA in 2013 but new opportunities in e-commerce and improved logistics need to be seized.

On occasion of the Chinese New Year I would like to extend my best wishes to the People's Republic of China for the successful realisation of the China dream of a prosperous and strong country, the rejuvenation of the nation and the well-being of the people.

Gunnar Snorri Gunnarsson
Ambassador of Iceland



古士贤
冰岛驻华大使

鼠年标志着中国黄金带来了新周期的开始。老鼠有着足智多谋、聪明伶俐的名声，这些品质在面对未来的挑战时是有用的。在过去的几年里，中国人民奋起面对多重挑战。到2020年全面建成小康社会的目标似乎已指日可待，但随着扶贫攻坚，提高生活质量、保护环境、发展高新技术产业、巩固国际合作等方面的工作也应提上议事日程。2013年自贸协定缔结后，冰岛与中国之间的贸易一直在稳步增长，但需要抓住电子商务和改善物流方面的新机遇。

值此新年之际，我谨向中华人民共和国致以最美好的祝愿，祝愿中华人民共和国成功实现富强国家、民族复兴和人民幸福的中国梦。

古士贤
冰岛驻华大使

Dear Readers of The World and China,

On the eve of New Year 2020, I would like to extend warm greetings and best wishes for the year to come. I hope the year 2019 remained fruitful and memorable for all of us, and that the good memories of 2019 will remain with us as we step into the final year of the second decade in the 21st century. As a regular reader of this magazine, I deeply admire efforts made by its entire team in making this magazine such an excellent read. The World and China is a valuable resource for a vast number of readers to learn about the great work done by diplomatic missions in China.

The year 2019 will be remembered for the historic contributions made in further strengthening Nepal-China diplomatic relations. Nepal and the People's Republic of China enjoy age-old relations built on strong foundations of trust, friendship and good neighborliness. These relations got a strong boost with the exchange of presidential visits between the two countries 2019. President H. E. Xi Jinping paid an important State Visit to Nepal in October this year, while President Rt. Hon. Bidya Devi Bhandari also paid a State Visit to China in April 2019.

Nepal attaches great importance to its relations with China. We enjoy trouble-free relations, and our border is one of peace and tranquility. We have upgraded our relations and agreed to push forward the projects and programs of our mutual concern under the theme of multi-dimensional connectivity network within the framework of Belt and Road Initiative. The future of our bilateral relation is brighter with highly promising prospects. Nepal has declared 2020 as Visit Nepal Year. I would like to invite our Chinese friends and members of the diplomatic community in China to visit Nepal and enjoy the great attractions in adventure, scenic beauty and cultural diversity that Nepal has to offer.

On behalf of the Government and the people of Nepal, I wish to take this opportunity to extend my best wishes to all Chinese friends for continued success in their pursuit of peace and prosperity.

Long live Nepal-China Friendship!

With warm regards,
Leela Mani Paudyal
Ambassador of Nepal to the PRC



利拉·马尼·鲍德尔
尼泊尔驻华大使

尊敬的《世界中国》读者：

在2020年新年前夕，我谨向大家致以热烈的问候和良好的祝愿。我经常阅读《世界中国》这本杂志，我钦佩整个团队为这本杂志所做的努力。《世界中国》为广大读者提供了一个了解驻华使团新闻和活动的宝贵平台。

尼泊尔和中华人民共和国享有建立在信任、友谊和睦邻友好坚实基础上的悠久关系。随着两国最高政治领导人在2019年半年的时间里举行了两次会晤，双边关系得到了强有力的巩固。习近平主席于今年10月对尼泊尔进行了重要的国事访问，维迪娅·班达里总统也于2019年4月对中国进行了国事访问。尼泊尔非常重视与中国的关系。我们经常说我们两国之间的关系是没有任何障碍的，我们的边界是和平与安宁的边界。

借此机会，我谨代表尼泊尔政府和人民向所有中国朋友致以最美好的祝愿，祝愿你们在追求和平与繁荣的道路上继续取得成功。

尼中友谊万岁！

利拉·马尼·鲍德尔，尼泊尔驻华大使



New year greeting from His/Her Excellency

驻华大使们的新春祝贺



This being my first experience to celebrate the Chinese New Year, since I presented my Letters of Credence to H.E. President Xi Jinping in August 2019, I feel honoured to convey to the Leadership, the Government and People of The People's Republic of China as well as the entire staff and readers of "The World and China" warm and hearty wishes for good health, prosperity and success in the Year of the Rat.

The year 2020 is significant for our two countries. While the people of Zimbabwe will be celebrating 40 years of independence, both nations will also be marking 40 years of Establishment of Diplomatic Relations as China was among the first countries to recognize the birth of our young nation on 18 April 1980.

It is significant to note that our relations, which started much earlier when we fought for our independence, have grown from strength to strength over the years until their elevation to Comprehensive Strategic Partnership of Cooperation in 2018.

It is, therefore, my cherished hope that 2020 will usher in a new impetus in the consolidation of our friendly ties, particularly in the economic field so that they match the excellent political ties and bonds of friendship that we enjoy. Let it be like what 'the master' Confucius confidently said when he reached the middle age of 40 years, "I have no doubt".

Lt. Gen. (Rtd) Dr. Martin Chedondo
Ambassador Of The Republic Of Zimbabwe



马丁·切东多
津巴布韦驻华大使

这是我第一次庆祝农历新年，自从我在 2019 年 8 月向习近平主席递交国书以来，我很荣幸地向领导传达，中华人民共和国政府和人民，以及《世界中国》的全体工作人员和读者，衷心祝愿鼠年身体健康、事业兴旺、事业成功。

2020 年对我们两国意义重大。津巴布韦人民将庆祝独立 40 周年，两国也将庆祝建交 40 周年，因为中国是 1980 年 4 月 18 日第一批承认我们年轻国家诞生的国家之一。

值得注意的是，我们的关系早在我们争取独立时就开始，多年来不断发展壮大，直至 2018 年提升为全面战略合作伙伴关系。

因此，我非常希望，2020 年将为巩固我们的友好关系，特别是经济领域的友好关系带来新的动力，使之与我们所享有的良好政治关系和友好关系互相匹配。让它像孔子 40 岁时自信地说的那样，“我深信不疑”。

马丁·切东多
津巴布韦驻华大使

I extend warm greetings from a cold and beautiful Beijing.

The coming year is the year of the Rat, the first of the Chinese zodiac animals. I understand that the year of the rat symbolizes optimism, and that is something we should instill in our minds for the coming year.

Sweden is set on focusing on the longstanding ties between our two countries, both when it comes to trade, culture, business and people-to-people contacts. This is the year that Sweden and China commemorate 70-years of diplomatic relations. It provides an opportunity to showcase Sweden as the innovative, inclusive and a sustainable country that it is today.

2020 will be a year of heightened awareness of all that underpins our bilateral relation and how it can serve us in the decade that lays at our feet. I wish you all a happy and prosperous and not least inventive year of the Rat!

Yours sincerely,
Ambassador Helena Sångeland
Embassy of Sweden



宋莲
瑞典驻华大使

我在寒冷美丽的北京向您致以亲切的问候。来年鼠年，中国第一个生肖动物。我知道鼠年象征着乐观，这是我们在来年应该灌输给我们的东西。瑞典致力于关注我们两国在贸易、文化、商业和人际交往方面的长期关系。今年是瑞典和中国纪念建交 70 周年。它提供了一个机会，展示瑞典是一个创新、包容和可持续发展的国家。2020 年将是一个更加清楚地认识到我们双边关系的基础，以及在我们脚下的十年中如何为我们服务的一年。我祝大家在鼠年里幸福、繁荣、富有创造力！

宋莲
瑞典驻华大使



New year greeting from His/Her Excellency

驻华大使们的新春祝贺



俞博生
卢森堡大公国驻华大使

Dear Readers,

As we are entering a new decade, I wish to extend my warmest wishes to the Chinese people for a bright and very happy New Year. Knowing the determination and the relentless efforts by the Chinese people, who made sure that absolute poverty will soon belong to the dark memories of the past and who, in a spirit of unity, unprecedented solidarity and devotion to their motherland, have withstand all storms, I remain fully convinced that the future of China will only be more brilliant as China will embrace the opportunities of this new decade.

Dr Marc Hübsch
Ambassador of the Grand Duchy of Luxembourg to China

亲爱的读者

正值进入新的十年之际，我谨向中国人民致以最热烈的祝愿，祝他们新年快乐。我们知道中国人民的决心和不懈努力，贫困将成为过去，他们以团结的精神、空前的团结和对祖国的奉献精神，经受住了一切风浪，我仍然坚信，中国的未来只会更加辉煌，因为中国将迎接新的十年的机遇。

俞博生博士
卢森堡大公国驻华大使



陈家慧
苏里南驻华大使

The Republic of Suriname and the People's Republic of China have a bilateral relation for more than 40 years and have seen sound and tangible results. On the state visit of the President of the Republic of Suriname to the People's Republic of China last November, the two countries decided to upgrade their relationship to a strategic partnership of cooperation.

Overseas Chinese population is a substantial part of the multicultural Surinamese community and also celebrates the Chinese New Year.

May this New Year, the Year of the Rat, bring the best out of all people to be a blessing to themselves and their surroundings. May every day be embraced with love, happiness and good health. Keep smiling and the rest will come.

Patty Chen
Ambassador of the Republic of Suriname

苏里南与中国已经建交 40 多年，并在各个方面都取得了丰硕的成果。去年 11 月份，苏里南共和国总统包特瑟总统先生对中国进行了国事访问。双方领导共同决定将两国的关系升级为战略合作伙伴，这也让苏里南和中国的友谊进入了新纪元。

苏里南是一个多元文化的国家，在苏里南的华人是十分重要的组成部分。春节不仅是华人的节日，也已经正式成为苏里南的国家节日，届时将举国欢庆。

新的一年是农历鼠年。我在此向每一个人送上最真挚的祝福。祝愿大家每一天都有爱、幸福和健康相伴。保持微笑是一切美好的开始！

陈家慧
苏里南共和国驻华大使

Dear Readers of "The World and China",

It is my great pleasure to react positively to The World and China's invitation to send a message to all its readers and friends.

Indeed I feel much honored to do so and present my congratulations for the excellent quality of the magazine, read by so many of us and bringing each of our countries and regions closer to China. Writing on the relations between China and other countries is indeed enlightening people all over the globe about their importance for the achievement of a greater shared future and a more peaceful World.

Cabo Verde and China celebrated Diplomatic Relations in 1976, less than a year after my country's Independence (1975). Even before establishing them formally, China and Cabo Verde had already undertaken very friendly and mutually supporting relations. China didn't hesitate to support African countries when we were seeking for Independence and sovereignty and African countries played a crucial role in the restoration of the lawful rights of the People's Republic of China in the United Nations.

2019 was again a very fruitful year in the field of cooperation, deepening of economic relations, cultural exchanges and a hugely charged agenda of mutual visits and delegations bringing Cabo Verde, China and their respective People closer together.

As we approach 2020 and also the Chinese Year of the Rat which symbolizes the beginning of a new cycle, we look forward to continue to work closely together with the team of The World and China and would like to take this opportunity to wish them as well as the magazine's readers and respective families all the best in the Year 2020 and the Year of the Rat.

Xin niankuaile (Happy New Year)
Tania Romualdo
Ambassador of Cabo Verde to the PRC



塔尼亚·罗穆阿尔多
佛得角共和国驻华大使

亲爱的《世界中国》的读者们：

随着 2019 年底的临近，我非常高兴能够对《世界中国》发出的邀请作出积极回应，向其所有读者和朋友送出祝福。

我真的很荣幸能这样做，并祝贺这本拥有众多读者的杂志质量良好，使我们每个国家和地区都离中国更近。反映中国和其他国家的关系，确实是在启发全世界人民认识到他们对于实现更广阔的未来以及更和平世界的重要性。

1976 年，在我国独立（1975 年）不到一年的时间里，佛得角和中国建立了外交关系。甚至在正式建交之前，中国和佛得角就已经建立了非常友好和相互支持的关系。中国在非洲国家争取独立和主权时毫不犹豫地给予支持，非洲国家也在中华人民共和国恢复在联合国的合法权利方面发挥了关键作用。

2019 年在合作领域、深化经济关系、文化交流方面再次是非常富有成果的一年，大量双边互访与代表团的访问将中国与佛得角以及他们各自人民的关系拉近。

随着 2020 年的临近，以及标志着新周期开始的中国鼠年的到来，我们期待着继续与《世界中国》的团队紧密合作，并藉此机会祝愿他们以及杂志的读者和各自的家庭在 2020 年一切顺利，鼠年大吉。

新年快乐
塔尼亚·罗穆阿尔多
佛得角共和国驻华大使

2050 年之前 使欧洲成为第一个气候中立的大洲



欧洲委员会主席冯德莱恩女士
President of the European Commission, Ursula Gertrud von der Leyen

欧洲委员会今天发布了《欧洲绿色新政》——一个对所有人都公平和包容的过渡，通过将气候和环境挑战转化为所有政策领域里的机遇，使欧盟的经济可持续发展的路线图。

乌尔苏拉·冯德莱恩主席表示：“欧洲绿色新政是我们的新增长战略——一个回报超过投入的增长。它展示了如何通过改变我们的生活和工作方式，生产和消费方式，来使我们生活得更健康，并让我们企业更有创新能力。我们都可以参与这个转变，我们都可以从机遇中受益。我们将率先迅速开展行动，以助我们的经济成为全球领导者。我们决心已定，志在必得为了地球和地球上的生命，为了欧洲的自然遗产，为了生物多样性，为了我们的森林和海洋。通过向世界其他地区展示如何实现可持续发展和竞争力，我们可以感召其他国家与我们一起前行。”

首席副主席弗兰斯·蒂默曼斯补充说：“我们处于气候和环境紧急状态。《欧洲绿色新政》是通过改变我们的经济模式来提高我们人民的健康和提高社会福祉的机会。我们的计划阐明了如何减少排放，恢复我们自然环境的健康，保护我们的野生动植物，创造新的经济机会以及改善我们公民的生活质量。我们每个人都可以发挥重要作用，每个行业和国家都将成为这一转变的一部分。

而且，我们的责任是确保这种过渡是公正的过渡，并且在执行《欧洲绿色新政》时没有任何人落伍。

《欧洲绿色新政》提供了行动路线图，通过向清洁和循环经济过渡，阻止气候变化，恢复丧失的生物多样性以及减少污染等极大提升资源的使用效率。行动路线图指出了所需的投资和可用的融资工具，并说明了如何确保公正，包容的过渡。

《欧洲绿色新政》涵盖了经济的所有领域，特别是交通，能源，农业，建筑以及钢铁，水泥，信息和通信技术，纺织和化工等行业

为了让“使欧洲到 2050 年成为世界上第一个气候中立的大洲”这一政治意愿转化为法律，欧洲委员会将在 100 天内出台第一部《欧洲气候法》。为了实现我们在气候和环境方面的宏图，委员会还将提出《生物多样性 2030 年战略》，新的《工业战略和循环经济行动计划》，实现食物可持续化的《从农场到餐桌战略》以及对零污染欧洲的相关建议。提升 2030 欧洲排放目标以及为实现 2050 目标的制定合理路径的工作将马上着手开始。

《欧洲绿色新政》目标的达成将需要大量投资。要实现当前的 2030 年气候和能源目标，估计每年需要追加 2600 亿欧元的资金，约占 2018 年 GDP 的 1.5%。这项投资将需要动员公共和私有部门。欧洲委员会将在 2020 年初提出一项《可持续欧洲投资计划》，以帮助满足这些投资需求。欧盟长期预算的至少 25% 应该用于气候行动，欧洲投资银行，即“欧洲的气候银行”将提供进一步的支持。为了使私营部门为绿色过渡的融资做出贡献，委员会将在 2020 年提出《绿色融资战略》。

应对气候变化和环境退化是一项共同努力，但并非所有地区和成员国都从同一水平出发。公平过渡机制将帮助那些严重依赖碳密集型活动的地区。它将帮助那些过渡中最脆弱的公民，使他们能够参加技能培训的计划和获得新的经济领域就业的机会。

2020 年 3 月，欧洲委员会将启动一项“气候公约”，让公民在设计新的行动，信息分享，开展基层活动以及向他人展示可遵循的解决方案时发挥声音和作用。

气候变化和环境退化的全球挑战需要全球应对。欧盟将继续在《联合国生物多样性公约》和《气候变化框架

公约》中促进其环境目标和标准，并加强绿色外交。七国集团，二十国集团，国际公约和双边关系将被用来劝说其他国家加紧努力。欧盟还将使用贸易政策来确保可持续性，并将与巴尔干和非洲的邻国建立伙伴关系，以帮助他们实现自己的过渡。

下一步

委员会邀请欧洲议会和欧洲理事会批准委员会对欧洲未来经济和环境雄心目标，并帮助实现这一宏伟目标。欧洲委员会将推进《欧洲绿色新政》路线图中宣布的那些措施。

背景

气候变化和环境恶化对欧洲和世界构成生存威胁。为了克服这一挑战，欧洲需要一种新的增长战略，该战略要将欧盟转变为现代的，资源节约型和竞争型经济，到

2050 年，温室气体的净排放量将不存在，经济增长与资源的使用将脱钩，而且没有人和没有地方被落下。

欧盟在保持经济增长的同时，在减少温室气体排放方面已有良好的记录。在 2018 年的排放量分别比 1990 年降低了 23%，而欧盟的国内生产总值同比增长了 61%。但是，还有更多工作要做。鉴于其丰富的经验，欧盟正在引领绿色和包容型经济的发展。

《绿色新政政策文件》为未来数月和数年的行动铺平了道路。委员会的未来工作将以公众的行动需求和，由 IPCC, IPBES, 《全球资源展望》和 EEA SOER 2019 报告中最全面展示的确凿的科学证据为指导。我们的建议将以证据为基础，并以广泛的磋商为基础。

绝大多数欧洲人认为保护环境非常重要（95%）。每 10 个欧洲人有 8 个表示（77%），保护环境可以促进经济增长。欧洲晴雨表关于欧盟公民环境态度的调查结果证实，公众广泛支持欧盟层面的环境立法以及欧盟为环保活动提供资金支持。

How to make Europe the first climate-neutral continent by 2050

The European Commission today presented The European Green Deal – a roadmap for making the EU's economy sustainable by turning climate and environmental challenges into opportunities across all policy areas and making the transition just and inclusive for all.

President Ursula von der Leyen said: 'The European Green Deal is our new growth strategy – for a growth that gives back more than it takes away. It shows how to transform our way of living and working, of producing and consuming so that we live healthier and make our businesses innovative. We can all be involved in the transition and we can all benefit from the opportunities. We will help our economy to be a global leader by moving first and moving fast. We are determined to succeed for the sake of this planet and life on it – for Europe's natural heritage, for biodiversity, for our forests and our seas. By showing the rest of the world how to be sustainable and competitive, we can convince other countries to move with us.'

Executive Vice-President Frans Timmermans added 'We



欧盟委员会第一副主席弗兰斯·蒂默曼斯
Executive Vice-President, Frans Timmermans

are in a climate and environmental emergency. The European Green Deal is an opportunity to improve the health and well-being of our people by transforming our economic model. Our plan sets out how to cut emissions, restore the health of our natural environment, protect our wildlife, create new economic opportunities, and improve the quality of life of our citizens. We all have an important part to play and every industry and country will be part of this transformation. Moreover, our responsibility is to make sure that this transition is a just transition, and that nobody is left behind as we deliver the European Green Deal.

The European Green Deal provides a roadmap with actions to boost the efficient use of resources by moving to a clean, circular economy and stop climate change, revert biodiversity loss and cut pollution. It outlines investments needed and financing tools available, and explains how to ensure a just and inclusive transition.

The European Green Deal covers all sectors of the economy, notably transport, energy, agriculture, buildings, and industries such as steel, cement, ICT, textiles and chemicals.

To set into legislation the political ambition of being the world's first climate neutral continent by 2050, the Commission will present within 100 days the first 'European Climate Law'. To reach our climate and environmental ambition, the Commission will also present the Biodiversity Strategy for 2030, the new Industrial Strategy and Circular Economy Action Plan, the Farm to Fork Strategy for sustainable food and proposals for pollution-free Europe. Work will immediately start for upping Europe's 2030 emissions targets, setting a realistic path to the 2050 goal.

Meeting the objectives of the European Green Deal will require significant investment. Achieving the current 2030 climate and energy targets is estimated to require €260 billion of additional annual investment, representing about 1.5% of 2018 GDP. This investment will need the mobilisation of the public and private sectors. The Commission will present in early 2020 a Sustainable Europe Investment Plan to help meet investment needs. At least 25% of the EU's long-term budget should be dedicated to climate action, and the European Investment Bank, Europe's climate bank, will provide further support. For the private sector to contribute to financing the green transition, the Commission will present a Green Financing Strategy in 2020.

Fighting climate change and environmental degradation is a common endeavour but not all regions and Member States start from the same point. A Just Transition Mechanism will support those regions that rely heavily on very carbon intensive activities. It will support the citizens most vulnerable to the transition, providing access to reskilling programmes and employment opportunities in new economic sectors.

In March 2020, the Commission will launch a Climate Pact to give citizens a voice and role in designing new

actions, sharing information, launching grassroots activities and show-casing solutions that others can follow.

The global challenges of climate change and environmental degradation require a global response. The EU will continue to promote its environmental goals and standards in the UN's Biodiversity and Climate Conventions and reinforce its green diplomacy. The G7, G20, international conventions, and bilateral relationships will be used to persuade others to step up their efforts. The EU will also use trade policy to ensure sustainability and it will build partnerships with its neighbours in the Balkans and Africa to help them with their own transitions.

Next steps

The Commission invites the European Parliament and the European Council to endorse the Commission's ambition for Europe's future economy and the environment and to help realise it. The Commission will bring forward the measures announced in the European Green Deal roadmap.

Background

Climate change and environmental degradation present an existential threat to Europe and the world. To overcome this challenge, Europe needs a new growth strategy that transforms the Union into a modern, resource-efficient and competitive economy where there are no net emissions of greenhouse gases by 2050, where economic growth is decoupled from resource use and where no one and no place is left behind.

The European Union already has a strong track record in reducing its emissions of greenhouse gases while maintaining economic growth. Emissions in 2018 were 23% lower than in 1990 while the Union's GDP grew by 61% in the same period. But more needs to be done. The EU, given its extensive experience, is leading the way in creating a green and inclusive economy.

The Green Deal Communication sets the path for action in the months and years ahead. The Commission's future work will be guided by the public's demand for action and by undeniable scientific evidence as demonstrated most comprehensively by IPCC, IPBES, Global Resources Outlook and EEA SOER 2019 reports. Our proposals will be evidence-based and underpinned by broad consultation.

An overwhelming majority of Europeans consider that protecting the environment is important (95%). Almost 8 in 10 Europeans (77%) say that protection of the environment can boost economic growth. The results of the Eurobarometer survey concerning environmental attitudes of EU citizens confirm the wide public support for environmental legislation at EU level and EU funding for environmentally friendly activities.



第十二届欧盟电影节在京启动

12th EU Film Festival Launched in Beijing



欧盟驻华大使郁白阁下讲话
Nicolas Chapuis, EU Ambassador



欧盟驻华代表团新闻官峰威力先生主持活动
Mr. William Fingleton, Press Officer of EU Delegation to China, anchored the event



著名导演杰西卡·豪斯纳女士接受采访
Director Ms. Jessica Hausner, during an interview

国电影资料馆和欧盟驻华代表团主办的第十二届欧盟电影展于11月28日在北京保利剧院开幕。今年，欧盟电影展将展出包括《小小乔》、《外出偷马》、《对不起，我们错过了你》在内的三十余部佳片，并在北京、上海、南京、济南、成都、深圳、长沙七个城市举办两百余场放映。

欧盟驻华大使郁白(NicolasChapuis)阁下在讲话中说：“我们的目标不仅是让观众享受一些难忘的电影，还要让大家理解欧盟各个国家多样的文化、历史、和社会事件。为此，欧盟电影展和欧盟28个成员国通过密切的工作，为您带来了最优秀也最有特色的欧洲电影。”

The 12th EU Film Festival organised by China Film Archive and the EU Delegation to China opened on November 28 at Poly Theatre in Beijing. This year, more than 30 excellent films, including "Little Joe", "Going out to Steal a Horse" and "Sorry, We Missed You", will be screened during the EU Film Festival. More than 200 shows will be held in seven cities, including Beijing, Shanghai, Nanjing, Jinan, Chengdu, Shenzhen and Changsha.

"Our goal is not only to let the audience enjoy some unforgettable movies, but also to let everyone understand the diverse cultural, historical and social events of EU countries," said His Excellency Nicolas Chapuis, EU Ambassador to China in his speech. To this end, the EU Film Festival and the 28 EU member states have worked closely to bring you the best and most distinctive European films.



值此圣诞节来临之际，欧盟驻华使馆于12月12日在使馆内举办中外媒体圣诞联欢会。

The EU Delegation to China held a Christmas party for Chinese and foreign media in the Delegation on December 12.

欧盟驻华大使郁白 (Nicolas Chapuis) 阁下在活动中讲话
H.E. Nicolas Chapuis, EU Ambassador to China, addressed the audience

欧盟驻华使馆举办圣诞联欢会 Christmas Party of the EU Delegation



欧盟驻华代表团新闻公共关系处处长主持活动联欢活动，图为幸运者抽奖
Head of the Press and Public Relations Section of the EU Delegation in China hosted the activity. Moments of the lucky draw.



活动现场
Scene of the activity



罗马尼亚驻华大使巴希尔·康斯坦丁内斯库 (Basil Constantinescu) 阁下致欢迎词
Welcome speech by H.E. Basil Constantinescu, Romanian Ambassador to China

罗马尼亚的圣诞派对

Romanian Christmas Party

值此圣诞节来临之际，罗马尼亚驻华大使馆于12月20日在使馆举办圣诞派对。

To celebrate Christmas, the Romanian Embassy in China held a Christmas party at the Embassy on December 20.

罗马尼亚驻华大使请嘉宾品尝罗马尼亚美食
The Romanian Ambassador to China invites the guests to try some Romanian food



现场活动

A moment of the event



节目表演
Performance



The Slovak Embassy in China held a Christmas celebration at the ambassador's residence on December 5. At the same time, Master Li Mingquan was invited to exhibit his works in the residence.

"This evening we organize the last exhibition devoted to the 70th anniversary of the establishment of diplomatic relations between the Slovak Republic and the People's Republic of China. Especially, I am very glad to welcome at our residence the exhibition of Master Li Mingquan, a painter of impressive paintings, whose artworks all around us evoke a pleasant winter mood of fabulously mysterious sceneries of rural areas of Northern China."



活动现场——
Image from the venue

CHRISTMAS
DAY
DOUBLE EGG HIT

Christmas at the Ambassador's Residence 大使官邸的圣诞之夜



值此圣诞节来临之际，斯洛伐克驻华大使馆于12月5日在大使官邸举办了庆祝活动。与此同时，也请到了李明全大师，将其作品在官邸展出。

斯洛伐克驻华大使杜尚·贝拉 (Dušan Bella) 阁下在致辞中说：今晚，将是庆祝中斯建交七十周年的最后一次展览。我们请到了李明全大师，将其出色的作品在我们的官邸展出，周围的这些艺术作品渲染了愉悦的冬日氛围，将中国北部的荒凉与神秘尽数勾勒。





意大利使馆学校校长 Giulia Ziggliotti 主持活动
Giulia Ziggliotti, President of the Italian Embassy School

意大利使馆学校的圣诞联欢

Christmas Party at the Italian Embassy School



学生表演
Student performance

Merry Christmas

值此圣诞节来临之际，意大利使馆学校于12月7日为孩子们在使馆文化处举办了一场圣诞联欢会。

The Italian Embassy School held a Christmas party for the children in the Cultural Office of the Embassy on December 7.

意大利使馆学校合作创办者、学校管理委员会主席、法人代表 FRANCO CUTRUPA 先生发言
Mr. Franco Cutrupia, Founder of the Italian Embassy School Cooperation, Chairman of School Management Committee and legal representative, speaking at the event





塞拉利昂共和国驻华大使馆公使罗格致欢迎词
Welcome speech by Saffa Woya Rogers, Minister of the Embassy of the Republic of Sierra Leone in China

塞拉利昂 圣诞派对

Sierra Leone Christmas Party

值此圣诞节当天之际，塞拉利昂共和国驻华大使馆于12月25日举办了一场圣诞联欢派对。

On Christmas day, 25 December, the Embassy of the Republic of Sierra Leone in China held a Christmas party.

圣诞派对 Christmas party





希腊驻华大使乔治·伊利奥普洛斯阁下(GEORGIOS ILIOPOULOS)与武官康斯坦丁·泰克梅斯阁下(Konstantinos Tsekmes)欢迎宾客
Greek Ambassador to China, H.E. Georgios Iliopoulos, and the military attaché, Konstantinos Tsekmes, welcome the guests



希腊驻华大使与嘉宾交谈
The Greek ambassador to China with guests



现场
活动

A moment of the event

希腊武装部队日 Greek Armed Forces Day



希腊驻华大使馆于2019年12月9日在使馆内举办了庆祝武装部队日招待宴会。希腊武装力量日，以纪念希腊武装力量在和平时期和战争为希腊民族做出的贡献。

The Greek Embassy in China held a reception to celebrate the Armed Forces Day on December 9, 2019. The Day of Greek Armed Forces is to commemorate the contribution of Greek armed forces to the nation in peacetime and war.

希腊驻华大使在活动上致辞
Greek ambassador to China delivers a speech at the event





声援巴勒斯坦人民国际日

the International Day of Solidarity with the Palestinian People

2019年12月3日

3rd December 2019



中国中东问题特使翟隽阁下致辞
Speech by H.E. Zhai Jun Special Envoy of the Chinese Government to the Middle East



阿拉伯联盟驻京办主任马哈穆德·艾勒艾敏阁下致辞
H.E. Mr. Mahmud Elamin, Head of the Mission of the League of Arab States to China

巴林驻华大使安瓦尔·优素福·艾勒阿卜杜拉阁下致辞
H.E. Mr. Anwar Alabdulla Ambassador of the Kingdom of Bahrain to China



巴勒斯坦驻华大使法里兹·马赫达维阁下在现场阅读了巴勒斯坦总统马哈茂德·阿巴斯的亲笔信
Ambassador of Palestine to China, H.E. Fariz Mehdawi, reads a letter of Palestinian President Mahmoud Abbas



北京外国语大学校长杨丹阁下致辞
H.E. Mr. Yang Dan, President of Beijing Foreign Studies University

12月3日，“声援巴勒斯坦人民国际日”纪念活动在北京外国语大学举行。本次活动由中国人民对外友好协会和北外共同主办，阿拉伯学院承办。

巴勒斯坦驻华大使法里兹·马赫达维阁下在现场阅读了巴勒斯坦总统马哈茂德·阿巴斯的亲笔信，指出巴勒斯坦人民经历了许多悲剧和危机，然而他们在斗争中都保持着坚定不移的态度。在这个声援巴勒斯坦人民的国际日，我们对声援巴勒斯坦人民、支持巴勒斯坦斗争，并在最艰难的时刻给予帮助的所有国家、政府、组织和人民，再次表示最深切的感谢和赞赏。

On December 3, the International Day of Solidarity with the Palestinian People was held at Beijing Foreign Studies University. The event was jointly sponsored by the Chinese People's Association for Friendship with Foreign Countries and Beijing Foreign Studies University, and hosted by the Arab Institute.

Ambassador of Palestine to China, H.E. Fariz Mehdawi, read a letter of Palestinian President Mahmoud Abbas, pointing out that the Palestinian people have experienced many tragedies and crises, but they have remained steadfast in the struggle. On this international day of solidarity with the Palestinian people, we once again express our deepest thanks and appreciation to all countries, governments, organizations and people who have shown solidarity with the Palestinian people, supported the Palestinian struggle and helped in the most difficult times.



诗歌朗诵

Poetry recitation



塞浦路斯驻华使馆官员欢迎宾客
Officials of the Embassy of Cyprus in China welcome the guests



塞浦路斯共和国独立日 Independence Day of the Republic of Cyprus



塞浦路斯驻华大使安东尼斯·图马齐斯 (Antonis Toumazis) 阁下致辞
Address by His Excellency Antonis Toumazis, Ambassador of Cyprus to China



塞浦路斯共和国，简称塞浦路斯，是位于欧洲与亚洲交界处的一个岛国，处于地中海东部，面积达 9,251 平方公里。塞浦路斯在地理位置上属于亚洲，但在文化、政治上又是欧洲的一部分。

The Republic of Cyprus, or Cyprus for short, is an island country located at the border between Europe and Asia, in the east of the Mediterranean Sea, covering an area of 9251 square kilometers. Cyprus belongs to Asia geographically, but culturally and politically it is part of Europe.

值此塞浦路斯共和国独立 59 周年来临之际，塞浦路斯驻华大使馆于 2019 年 12 月 11 日在海航万豪大酒店举办了庆祝招待宴会。

塞浦路斯共和国位于欧洲与亚洲交界处的一个岛国，处于地中海东部，面积达 9,251 平方公里。塞浦路斯在地理位置上属于亚洲，但在文化、政治上又是欧洲的一部分，1960 年 8 月 16 日宣布独立。



中国外交部副部长马朝旭阁下致辞
Address by H.E. Ma Zhaoxu, Vice Foreign Minister of China

主体民族希腊人和少数民族土耳其人。塞浦路斯 2004 年 5 月 1 日加入欧盟，2008 年 1 月 1 日成为欧元使用区。

On the occasion of the 59th Anniversary of the Independence of the Republic of Cyprus, the Embassy of Cyprus in China held a reception on December 11, 2019 at HNA Marriott Hotel.

The Republic of Cyprus is an island country on the border between Europe and Asia, in the eastern Mediterranean, covering an area of 9251 square kilometers. Cyprus belongs to Asia geographically, but it is also a part of Europe culturally and politically. It declared its independence on August 16, 1960. The main ethnic groups are Greeks and Turks. Cyprus joined the European Union on May 1, 2004 and joined the euro zone on January 1, 2008.



塞浦路斯驻华大使安东尼斯·图马齐斯 (Antonis Toumazis) 阁下与中国外交部副部长马朝旭阁下共同庆祝活动圆满举行
H.E. Antonis Toumazis, Ambassador of Cyprus to China, and H.E. Ma Zhaoxu, Vice Foreign Minister of China during the toast



活动现场
Scene of the activity



斯洛伐克驻华大使杜尚·贝拉 (Dusan Bella) 阁下、斯洛伐克教育科技部部长 Martina 女士以及上海郇达克文化发展中心院长刘素华女士共同为纪念邮票揭幕
H.E. Dusan Bella, Slovak Ambassador to China, Ms. Martina, Minister of Education and Science of Slovakia, and Ms. Liu Suhua, President of the Hudec Cultural Development Center in Shanghai unveil the commemorative stamp



斯洛伐克驻华大使杜尚·贝拉 (Dusan Bella) 阁下在致辞中说: 值知名建筑大师郇达克纪念邮票揭幕之际, 我很荣幸邀请各位来到斯洛伐克驻华大使馆, 同时开启杜海军画家的展览, 这些画作展示了同郇达克的生活工作紧密相连的建筑。

It is my pleasure to welcome you at the Embassy of the Slovak Republic on the occasion of unveiling a postal stamp of renowned architect Ladislav Hudec and the opening of Mr. Du Haijun's painting exhibition, which presents buildings connected with life and the works of Ladislav Hudec.



上海郇达克文化发展中心院长刘素华女士讲话
Address by Ms. Liu Suhua, President of Shanghai Hudec Cultural Development Center



中国职业画家杜海军先生讲话
Speech by Mr. Du Haijun, professional Chinese painter

现场活动

A moment of the event

Art Exhibition in the ambassador's residence 大使官邸中的艺术展览



值此斯洛伐克教育科技部部长 Martina 访华之际, 斯洛伐克驻华大使馆于 2019 年 11 月 26 日在大使官邸举办了纪念斯洛伐克建筑大师郇达克纪念邮票揭幕仪式以及杜海军画展。

On the occasion of the visit of Ms. Martina, Minister of Education and Technology of Slovakia, the Slovak Embassy in China held an unveiling ceremony of a commemorative stamp and a painting exhibition of Du Haijun at the residence of the ambassador on November 26, 2019.



嘉宾观展
Guests browse the exhibition



为庆祝中俄建交 70 周年，北京俄罗斯文化中心于 2019 年 11 月 18 日举办了冯一束个人作品展览。本次展览也是中俄建交 70 周年系列活动之一

18 ноября в Российском культурном центре в Пекине состоялась церемония открытия персональной выставки китайского живописца и писателя Фэн Ишу «Дружба в новую эпоху», приуроченная к 70-летию установления дипломатических отношений между Россией и Китаем. Данная выставка является одной из целого цикла мероприятий, посвященных 70-летию установления дипломатических отношений между двумя странами.

画家冯一束先生介绍作品展览
Художник Фэн Ишу представляет свои работы выставке



文艺演出
Концертное выступление

《新时代友好》冯一束个人画展开幕式

Церемония открытия выставки картин Фэн Ишу «Дружба в новую эпоху»



俄罗斯驻华大使安德烈·杰尼索夫 (Denisov) 阁下在致辞中说：冯一束先生在对俄罗斯、中亚关系上做了很多有益工作。他的外交生涯与俄罗斯紧密关联，其绘画作品源自于生活和创意。在今天展出的肖像画中，我们可以看到很多俄罗斯人，包括普希金、托尔斯泰等。在肖像画上，最重要的不是画得够不够像，而是能否表达出画中的内心与精髓

Чрезвычайный и полномочный посол РФ в КНР Андрей Денисов, выступая с речью на церемонии открытия выставки, заявил, что Фэн Ишу внес большой вклад в российско-китайские отношения и отношения между Центральной Азией и Китаем. Его дипломатическая карьера тесно связана с Россией, источниками вдохновения для картин служат жизнь и творчество. Денисов отметил, что на представленных портретах можно увидеть большое количество русских писателей, в том числе, Пушкина и Толстого. Художнику удается тонко передать внутренний мир героев картин.



中俄友协副会长、中国新闻文化促进会理事长李东东女士讲话

Выступление заместителя председателя Общества китайско-российской дружбы, председателя Китайской ассоциации содействия развитию журналистики и культуры госпожи Ли Дундун



中俄友协副会长、中国新闻文化促进会理事长李东东女士赠送大使首版人民日报

Заместитель председателя Общества китайско-российской дружбы, председатель Китайской ассоциации содействия развитию журналистики и культуры госпожа Ли Дундун вручает первое издание газеты «Жэньминь Жибао» Посолу Российской Федерации в КНР А.И. Денисову





“玫瑰之国——保加利亚” Country of Roses - Bulgaria



保加利亚驻华大使格里戈尔·波罗扎诺夫 (Grigor Porozhanov) 阁下在活动中致辞
H.E. Grigor Porozhanov, Bulgarian Ambassador to China, talks at the event

值此保加利亚和中国建交 70 周年之际，保加利亚驻华大使馆于 2019 年 12 月 18 日在使馆内举办“玫瑰之国保加利亚”新书发布仪式。

On the occasion of the 70th anniversary of the establishment of diplomatic relations between Bulgaria and China, the Bulgarian Embassy in China held a book release ceremony in the Embassy of Bulgaria on December 18, 2019.



保加利亚驻华大使格里戈尔·波罗扎诺夫 (Grigor Porozhanov) 阁下为余志和教授颁发荣誉证书
H.E. Grigor Porozhanov, Bulgarian Ambassador to China, presents a honorary certificate to Professor Yu Zhihe



保加利亚驻华大使格里戈尔·波罗扎诺夫 (Grigor Porozhanov) 阁下介绍中保建交纪念邮票
H.E. Grigor Porozhanov, Bulgarian Ambassador to China, introduces the stamp commemorating the establishment of diplomatic relations between China and Bulgaria



世界知识出版社有限公司总编辑章少红先生讲话
Speech by Mr. Zhang Shaohong, Editor in-
chief of World Knowledge Press Co., Ltd.



嘉宾合影
Group photos taken with the guests





南村志郎(みなみむら しろ)先生发表感言
Speech of acceptance by Mr. Nancun Zhilang



日本驻华大使横井裕(Yokoi Yutaka)阁下为南村志郎(みなみむら しろ)先生授勋
Ambassador of Japan, Mr. Yokoi Yutaka with Mr. Nancun Zhilang

授勋表彰仪式

Medal Ceremony

日本驻华大使馆于2019年12月10日在使馆内举办了为南村志郎先生颁发旭日单光章的表彰仪式。

On December 10, 2019, the Japanese Embassy in China held a decoration ceremony during which Mr. Nancun Zhilang (みなみむら しろ) was awarded the Single Medal of the Rising Sun.

日本驻华大使横井裕(Yokoi Yutaka)阁下讲话
Address by Yokoi Yutaka, Ambassador of Japan to China





乌拉圭国牧农渔业部长恩佐·贝内奇 (Enzo Benech) 先生在讲话中说: 中国是乌拉圭最重要的贸易伙伴, 中乌两国很友好的交流, 此次访华也是为了进一步加强双边贸易, 更加了解中国的消费者和市场需求, 以便更好的将乌拉圭的产品推广到中国。同时他也希望可以引进中国投资, 在当地进行乳品投资方面的合作

El Sr. Ministro de Ganadería, Agricultura y Pesca del Uruguay afirmó que China es el principal socio comercial del Uruguay y que ambos países mantienen un excelente intercambio. Durante esta visita se han realizado pasos importantes para el fortalecimiento de la relación comercial debido a un creciente conocimiento de las necesidades de los consumidores chinos. Es de esta manera que Uruguay podrá promover de mejor manera sus productos en el mercado chino. El Ministro expresó que el Uruguay desea atraer una mayor cantidad de inversionistas chinos, especialmente en el área de los lácteos a fin de profundizar la cooperación ya existente.

乌拉圭索里亚诺省长奥古斯丁·巴斯库·吉尔 (Agustín Bascou Gil) 先生介绍说: 乌拉圭的大豆出口有 50% 都源于索里亚诺省, 同时乌拉圭是中国第四大大豆供应国。虽然乌拉圭是一个人口较少的国家, 却具备可以产出提供大概 3000 万人口使用农业产品的生产力

El Intendente del Departamento de Soriano, Agustín Bascou, afirmó que el 50% de las exportaciones de soja del Uruguay hacia China provienen de su departamento y que el país en su totalidad es el 4to proveedor de soja a China. Asimismo destacó que a pesar de contar con poca población, Uruguay es capaz de producir alimentos para 300 millones de personas.



乌拉圭国牧农渔业部长新闻发布会

Conferencia de Prensa del Ministro de Ganadería, Agricultura y Pesca del Uruguay.

乌拉圭索里亚诺省长新闻发布会

Conferencia de prensa del Intendente del Departamento de Soriano.



值此乌拉圭牧农渔业部长访华之际, 乌拉圭驻华大使馆于 11 月 8 日在使馆内举办了媒体新闻发布会。

La Embajada de Uruguay en China realizó una conferencia de prensa en honor a la visita oficial del Ministro de Ganadería, Agricultura y Pesca del Uruguay a la República Popular China el pasado 8 de noviembre.

乌拉圭驻华大使费尔南多·卢格里斯 (Fernando Lugris) 阁下主持

El Embajador del Uruguay en China, Sr. Fernando Lugris, da la bienvenida a la prensa acreditada e invitados.



值此乌拉圭索里亚诺省长访华之际, 乌拉圭东岸共和国驻华大使馆于 2019 年 11 月 13 日在使馆内举办了媒体新闻发布会。

En ocasión de la visita oficial a China del Intendente del Departamento de Soriano de Uruguay, la Embajada de la República Oriental del Uruguay en China llevó a cabo una conferencia de prensa el día 13 de noviembre.

乌拉圭驻华大使费尔南多·卢格里斯 (Fernando Lugris) 阁下主持

El Embajador del Uruguay en China, Sr. Fernando Lugris, da la bienvenida a la prensa acreditada e invitados.



乌拉圭驻华大使馆于11月27日在使馆内举办了来自乌拉圭插画家丹尼·沙夫和萨布丽娜·佩雷斯的插画艺术研讨会。

El 27 de noviembre se llevó a cabo en la Embajada de Uruguay en China un Seminario de Ilustración a cargo de los ilustradores uruguayos Dani Scharf y Sabrina Pérez.

乌拉圭驻华大使馆二等秘书梅赛德斯 (Mercedes Aguiar) 女士主持活动
Encargada del Departamento de Cultura y Turismo de la Embajada de Uruguay en China, Segunda Secretaria Mercedes Aguiar, da la bienvenida a los participantes.



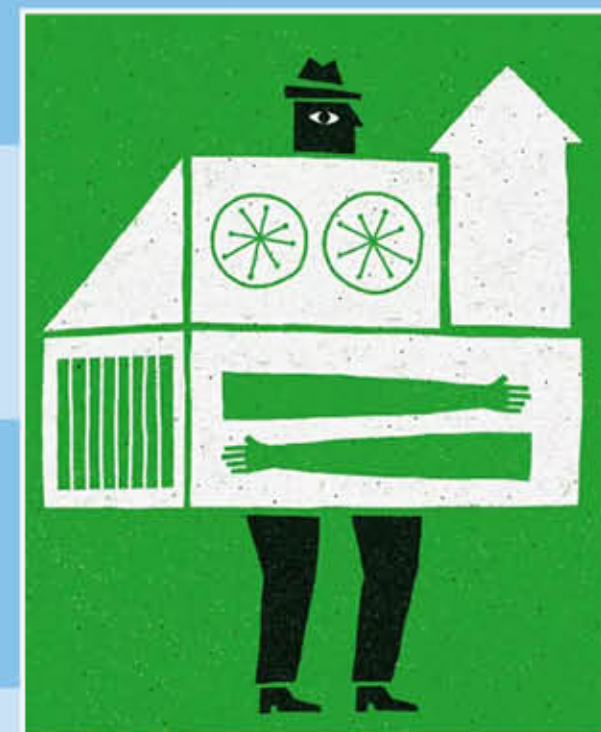
乌拉圭插画研讨会 *Seminario de Ilustración Uruguaya*



乌拉圭插画艺术家分别介绍
Los ilustradores uruguayos presentan su trabajo.



作品欣赏 *Appreciation of works*





Follow the Ambassador to his Country

Gunnar Snorri Gunnarsson
Ambassador of Iceland to China

跟着大使看世界 —— 冰岛驻华大使古士贤

Iceland has three UNESCO World Heritage sites.

Tingvellir National Park was listed in 2004, Surtsey Volcanic Island in 2008 and Vatnajökull National Park in 2019.

冰岛有 3 处联合国教科文组织世界遗产：

2004 年列入的辛格利维尔 (Tingvellir) 国家公园，2008 年列入的叙尔特塞 (Surtsey) 火山岛，2019 列入的瓦特纳冰川 (Vatnajökull) 国家公园。

Tingvellir

辛格利维尔国家公园 (2004)

The Tingvellir (Thingvellir) National Park is one of the UNESCO World Heritage Sites of Iceland. This is the only cultural site on the list. It was inscribed in 2004 but the park was established in 1930 (the first in the country). The national park is located in the southwestern part of Iceland and encompasses a total land area of 9,270 hectares.

Tingvellir 国家公园是联合国教科文组织的世界之一，冰岛的遗址。这是名单上唯一的文化遗址。该公园于 2004 年落成，但于 1930 年建成（第一座于国家）。这个国家公园位于冰岛的总面积为 9270 公顷。

Even though the site is recognized for its natural value, this national park is also known for its historical and cultural significance. Aside from being recognized as a UNESCO site, it is also one of the top tourist destinations in Iceland. The most impressive thing about



this national park is that it is constantly expanding. The entire region is located in a rift valley. This valley is being created when the North American and Eurasian tectonic plates drift apart from each other. According to experts, the tectonic plates drift an average of 2 cm annually.

尽管该遗址以其自然价值而闻名，但公园也以其历史和文化意义而闻名。除了作为联合国教科文组织的一个遗址，它也是世界上最好的旅游胜地之一，冰岛的目的地。这个国家公园最令人印象深刻的地方，是它在不断扩张。整个地区都位于裂谷中的山谷。当北美和欧亚大陆构造板块彼此分离。据专家称构造板块平均每年漂移 2 厘米。

The natural features of this national park are also part of the reason why it was named as a UNESCO World Heritage Site in Iceland. There are plenty of gorges that are to be found within this park filled with clear spring water. The water is extremely clear as it had been filtered by lava and volcanic rocks.

这个国家公园的自然特征也是为什么它被命名为联合国教科文组织在冰岛的世界遗产之一。在那里在这个公园里有很多的峡谷，清澈的泉水。水非常清澈，被熔岩和火山岩过滤。



Vatnaj kull

瓦特纳冰川国家公园(2019)

This iconic volcanic region covers an area of over 1,400,000 ha, nearly 14% of Iceland's territory. It numbers ten central volcanoes, eight of which are subglacial. Two of these are among the most active in Iceland. The interaction between volcanoes and the rifts that underlie the Vatnaj kull ice cap takes many forms, the most spectacular of which is the kulhlaup – a sudden flood caused by the breach of the margin of a glacier during an eruption. This recurrent phenomenon has led to the emergence of unique plains, river systems, and rapidly evolving canyons. Volcanic areas are home to endemic groundwater fauna that survived the Ice Age.

这个标志性的火山区面积超过140万公顷，接近14%冰岛的领土。有十座中央火山，其中八座是冰下的。其中两个是冰岛最活跃的国家之一。这个火山与瓦特纳吉下方裂谷之间的相互作用。库尔冰盖有多种形式，其中最壮观的是库尔霍普 - 冰河期冰川边缘的破裂引起的突然洪水喷发。这种反复出现的现象导致了桑德尔平原、河流系统和快速演变的峡谷。火山区是冰河时代幸存下来的特有地下水动物的家园。



Surtsey

叙尔特塞国家公园(2008)

Surtsey is the only natural site listed under the UNESCO World Heritage Sites in Iceland. This is a volcanic island that is located along the southern coast of Iceland. This island was formed out of volcanic eruptions that took place from 1963 to 1967. The outstanding quality about this island is that it has been in a protected state since its formation. Hence, it offers a pristine natural laboratory that makes it of high natural value.

Surtsey 是联合国教科文组织世界遗产名录中唯一的自然遗址，冰岛的遗址。这是一个火山岛，位于冰岛南

部海岸。这个岛是由火山爆发形成的，那是从1963年到1967年发生的。这方面的卓越品质岛屿自形成以来一直处于受保护状态。因此，它提供了一个原始的自然实验室，使它具有高度的自然性价值。

The Surtsey island is free from human intervention, which contributes to its high preservation state. The island was initially studied in 1964 when scientists were able to discover seeds brought in by ocean currents. Since then, various forms of bacteria, fungi, and molds had formed on this island. In 1965, the first vascular plant grew on the island. After 10 years since it was formed, the island is already home to about 10 plant species. The island measures 141 hectares in land area and is currently the habitat for 335 invertebrate species.

Surtsey 岛没有人为干预，这有助于它的高度保存状态。这个岛最初是在1964年研究的在那里科学家能够发现从洋流。因此，各种形式的细菌、真菌和霉菌，在这个岛上形成的。1965年，第一株维管植物岛。经过10年的发展，已经有大约10家工厂。岛上的物种。该岛占地141公顷目前是335种无脊椎动物的栖息地。





牙买加将承办第十五届非物质文化遗产会议

Jamaica to host the 15th session of Intangible Cultural Heritage Committee

12月14日,保护非物质文化遗产政府间委员会第14届会议在哥伦比亚首都波哥大落下帷幕,会议由索尔扎诺(María Claudia López Sorzano)主持。委员会通过了在冲突与(自然和人为)灾害等紧急情况下保护非物质文化遗产的指导原则。

指导原则以教科文组织近年来的研究和实践经验为基础,相关项目包括叙利亚难民问题、刚果民主共和国境内的流离失所者以及太平洋诸岛的降低灾害风险战略等。

在最后一天的会议上,委员会决定第15届会议将由牙买加承办,会议时间定于11月30日至12月5日,地点为金斯敦。牙文化、性别、娱乐和体育部长格兰治(Olivia Grange)将主持会议。

Bogota 14 December — The Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage ended its 14th session in the Colombian capital under the chairmanship of María Claudia López Sorzano. The Committee adopted guidelines for the safeguarding of intangible cultural heritage in emergency situations such as conflicts and disasters (both natural and human-induced).

The guidelines build on the research and experience acquired by UNESCO in recent years, including among others the Syrian refugees, internally displaced populations in the Democratic Republic of the Congo and disaster risk reduction strategies in the Pacific Islands.

During the last day of the session, the Committee decided that its 15th session will be held in Kingston from 30 November to 5 December under the chairmanship of Jamaica's Minister of Culture, Gender, Entertainment and Sport, Olivia Grange,



聚焦 2019 年中国经济 Focus on China's Economy in 2019

中国记协于11月27日在京举办第136期新闻茶座,邀请国务院参事室特约研究员、国家统计局原总经济师兼新闻发言人姚景源以“盘点2019中国经济”为主题,与外国驻京记者、驻华使馆新闻官、港澳台记者和内地记者进行了交流。

Yao Jingyuan, special researcher of the Counselor's Office of the State Council, former chief economist and press spokesman of the National Bureau of Statistics, was invited to exchange views with foreign journalists in Beijing, press officers of embassies in China, journalists from Hong Kong, Macao, Taiwan and mainland China on the theme "Overview of China's economy in 2019".



姚景源表示,今年以来,我国坚持稳中求进的总方针,取得了稳中有进的经济成就。超额完成了年初新增就业目标,稳住了就业;银行不良贷款率下降,稳住了金融;前10个月进出口总额同比增长2.4%,稳住了外贸;前三季度新设立外资企业逾3万家,稳住了外资等

Yao Jingyuan said that since this year, China has adhered to the general policy of seeking progress while maintaining stability and it has achieved a set of economic goals. It has exceeded the target of new employment at the beginning of the year and further stabilized employment; the non-performing loan rate of banks has declined; the total import and export volume in the first 10 months has increased by 2.4% year on year, boosting foreign trade and in the first three quarters, 30,000 foreign-funded enterprises were newly registered.



记者提问
Questions of journalists

萨摩亚

是地球上最先跨入2020年的国家



Samoa is the first country on earth to enter 2020

BlueSky LTE 07:21 58%

metro.co.uk

METRO NEWS SPORT ALL

It's officially 2020 as Samoa becomes first country to enter new decade

New Year's fireworks in Samoa (Picture: Twitter/@ChuckTaylorz89)

16.2k SHARES

EXTRAHOP REVEAL(X) CLOUD REQUEST FREE TRIAL

萨摩亚独立国（英语：The Independent State of Samoa），简称萨摩亚，原名西萨摩亚，位于太平洋南部。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%，官方语言为萨摩亚语，通用英语。多数居民信奉基督教。

1250年建立独立王国。19世纪中叶德国、美国、英国相继侵入。1899年英国将西萨摩亚转让给德国。一战时被新西兰占领。二战后成托管地。1962年1月1日独立。为英联邦成员国。1997年更名为萨摩亚独立国。

萨摩亚的经济以农业为主，出产椰子、可可、面包果、香蕉。旅游业也是萨摩亚主要经济支柱之一。

Samoa, formerly known as Western Samoa, is located in the south of the Pacific Ocean.

It has a tropical rainforest climate. The main ethnic group is 197000 Samoans, accounting for 90% of the total population. The official language is Samoan but English is also widely used. Most of the residents are Christians.

The independent kingdom was established in 1250. In the middle of the 19th century, Germany, the United States and Britain invaded the country. In 1899, Britain transferred Western Samoa to Germany. It was then occupied by New Zealand in the first World War. It became a trusteeship after World War II. It gained independence on 1 January 1962. It is a member of the Commonwealth and was renamed Independent State of Samoa in 1997.

Samoa's economy is dominated by agriculture, producing cocoa, breadfruit and bananas. Tourism is also one of the main economic pillars of Samoa.





柬埔寨王国加入 INBAR Kingdom of Cambodia Joins INBAR

2019年11月29日上午,国际竹藤组织第十一届理事会在京举行,柬埔寨加入该组织成为第46个成员国
On the morning of November 29, 2019, the 11th Council Session of International Bamboo and Rattan Organization was held in Beijing during which Cambodia joined the organization as its 46th member state.



国际竹藤组织总干事穆秋姆 (Ali Mchumo) 讲话
Speech by Ali Mchumo, Director General of International Bamboo and Rattan Organization



INBAR 董事会联合主席江泽慧致辞
Speech by Jiang Zehui, Co-Chairman of INBAR Board of Directors



东道国政府代表、中国国家林业和草原局副局长彭有冬致辞
Speech by Peng Youdong, representative of the host government and Deputy Director of the State Forestry and Grassland Administration of China



INBAR 理事会主席国代表、厄瓜多尔农牧业部部长哈维尔·拉索 (Xavier Lazo) 致辞
Speech by Xavier Lazo, representative of INBAR Council and Minister of Agriculture and Animal Husbandry of Ecuador



柬埔寨驻华大使凯·西索达 (Khek M. Caimealy) 女士致辞
Address by Khek M. Caimealy, Ambassador of Cambodia to China



升旗仪式
Flag raising ceremony





Reception Celebrating the 8th Anniversary of the Establishment of the ASEAN-China Centre
庆祝中国—东盟中心成立八周年招待会



中国外交部副部长陈晓东阁下致辞
Address by Chen Xiaodong, Assistant Foreign Minister of China



泰国驻华大使阿塔育·习萨目阁下致辞
Ambassador of Thailand talks at the event



中国—东盟中心秘书长陈德海阁下在致辞
Mr. Chen Dehai, Secretary General of the China ASEAN Center



东盟八周年纪念日
The Eighth Anniversary of ASEAN

11月29日，庆祝中国—东盟中心成立八周年招待会在北京举行。中国外交部副部长陈晓东、东盟轮值主席国泰国驻华大使阿塔育·习萨目、中国—东盟中心秘书长陈德海、以及东盟各国驻华使节代表出席了招待会。

On November 29, a reception to celebrate the Eighth Anniversary of the Establishment of the China ASEAN Center was held in Beijing. Chinese Assistant Foreign Minister Chen Xiaodong, Ambassador of Thailand as the rotating presidency country of ASEAN, Atayu Xisamu, Secretary General of China ASEAN Center, Chen Dehai and envoys of ASEAN countries to China attended the reception.

中国—东盟中心秘书长陈德海阁下在致辞中表示，今年是中华人民共和国成立70周年，也是中国—东盟建立战略伙伴关系16周年。中国—东盟关系发展进入新时代，迎来新机遇。他说，双方将积极推进“一带一路”倡议和东盟发展战略对接，以2030年愿景为目标，深化务实合作，打造更高水平的战略伙伴关系，构建更为紧密的命运共同体。

In his speech, Mr. Chen Dehai, Secretary General of China ASEAN Center, said that this year marks the 70th anniversary of the founding of the People's Republic of China and the 16th anniversary of the establishment of a strategic partnership between China and ASEAN. China-ASEAN relations have entered a new era and ushered in new opportunities. He continued that the two sides will actively promote the "One Belt One Road" initiative and the ASEAN Strategic Partnership Development, will take 2030 as a visionary goal, deepen pragmatic cooperation, create higher levels of strategic partnership, and build a closer community.



歌舞表演
Song and dance performances



2019 CLOSING CEREMONY OF EU-CHINA CHILDREN'S ART EXHIBITION
BEIJING 19 DECEMBER 2019
2019 中国欧盟青少年艺术展闭幕式
北京 2019年12月19日

主办单位：欧盟驻华代表团
协办单位：中国友好和平发展基金会
承办单位：《世界中国》杂志社

ORGANIZER:
DELEGATION OF THE EUROPEAN UNION TO CHINA
CO-ORGANIZER:
CHINA FRIENDSHIP FOUNDATION FOR PEACE AND DEVELOPMENT
IMPLEMENTER:
"THE WORLD AND CHINA" MAGAZINE



2019 "Dreams of Europe & China" Children's Art Competition & Exhibition Closes in Beijing

2019 “梦想中欧”青少年画展赛在北京圆满落幕

12月19日2019欧盟“梦想中欧”青少年绘画展闭幕式在欧盟驻华使馆举办。“梦想中欧”青少年画展2011年首次在北京展出。该展览最初以“我眼中的欧盟”为题，后来改名为“我心中的欧洲”，自2016年起冠名“梦想中欧”。每年的展览还有一个主题，今年的主题是：“我们的环境，风景”。

参加人数逐年增加。今年，我们从11个城市：北京、西安、烟台、上海、深圳、鞍山、广州、昆明、沈阳、天津和香港获得他们的艺术品。共有1400多件。

我们还收到了来自比利时、德国、克罗地亚、西班牙、拉脱维亚、匈牙利、意大利和罗马尼亚8个欧盟国家的作品，共计549幅。



《世界中国》杂志社社长纳吉·麟(NAGY LIN)女士主持活动
Editor-in-chief of "The World and China" Magazine, Ms. Lin Nagy anchored the event



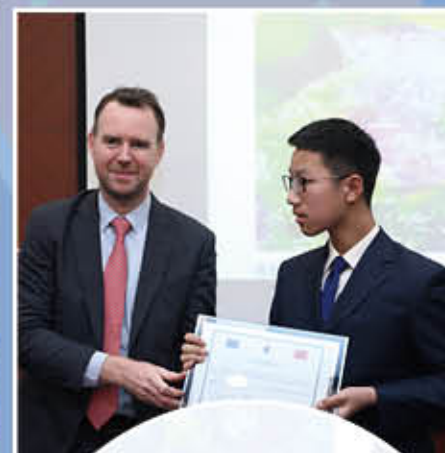
The "Dreams of Europe and China" Children's Art Exhibition was first shown in Beijing in 2011. The programme initially ran under the title "European Union in my Eyes", later was renamed to "Europe in my Heart", since 2016 it carries the title: "Dreams of Europe and China". There is also a main theme attached to the exhibitions every year.

This year the organizers got artworks from Beijing, Xian, Yantai, Shanghai, Shenzhen, Anshan, Guangzhou, Kunming, Shenyang, Tianjin and Hong Kong, more than 1400 artworks altogether.

The artworks from EU countries came from Belgium, Germany, Croatia, Spain, Latvia, Hungary, Italy and Romania, altogether 549 paintings and drawings.



儿童京剧表演
Childrens perform Beijing opera



欧盟驻华代表团、项目总监、新闻公共关系处处长峰威力先生代表欧盟主办方给中国获选选手颁发证书
Mr. William Fingleton of the EU Delegation, representing the organizer, hands over the certificates to the Chinese winners



活动协办方，中国和平发展友好基金会副秘书长邓兰女士为欧洲获奖选手颁发证书
Ms. Deng Lan, Vice Secretary General of China Friendship Foundation for Peace and Development hands over certificates to the European winners



ROMANIA - PETER SEBASTIAN ONEL



ITALY - TU YUN



LATVIA - JUSTINA SNEPSTE



GERMANY - DAVID RITZ



SPAIN - PABLO LOPEZ CABANAS



CHINA - FENG YANGKAI

2019 年欧盟 青少年绘画展赛 12 幅最佳作品
Best Works of EU 2019 "Dreams of Europe & China"
Children's Art Competition & Exhibition



CROATIA - NIKA FABRIO



CHINA - CHAN LOK YIU



CHINA - MA YUEJIA



CHINA - YU WENYAO



CHINA - ZHANG MENGXI



CHINA - ZHOU ZEYU



海南岛国际电影节

HAINAN ISLAND INTERNATIONAL FILM FESTIVAL

本文部分图片由 中新社 骆云飞 拍摄



中宣部副部长、中央广播电视总台台长，第二届海南岛国际电影节组委会主席慎海雄宣布电影节开幕
Shen Haixiong, Vice Minister of the Publicity Department of the CPC Central Committee, Director of China Central Radio and Television and Chairman of the Organizing Committee of the Second Hainan International Film Festival, opened the festival



海南省委副书记省长第二届海南岛国际电影节组委会主席沈晓明致辞
Speech by Shen Xiaoming, Deputy Secretary and Governor of Hainan Provincial Committee and Chairman of the Organizing Committee of the Second Hainan International Film Festival

第二届海南岛国际电影节于 2019 年 12 月 1 日至 2019 年 12 月 8 日在海南省三亚市举行。该电影节共收到内外影片 1450 多部。金椰奖”竞赛单元包含剧情长片、纪录长片及剧情短片三个类别。

The Second Hainan Island International Film Festival was held in Sanya, Hainan Province from December 1, 2019 to December 8, 2019. The festival received more than 1450 domestic and foreign films. The competition took place in three categories: feature films, documentaries and short films.



12月1日，电影节开幕式红毯活动在三亚市海棠湾举行。众多中外电影明星、表演艺术家、剧组主创人员、影视机构及文化艺术界代表步上红毯。

On December 1, the red carpet show of the opening ceremony of the film festival was held in Haitangwan, Sanya. Several Chinese and foreign film stars, performing artists, production team members, representatives of film and television institutions, cultural and literary circles appeared on the red carpet.







颁奖晚会
Award Ceremony



论坛活动
Forums

著名导演谢飞在中俄电影论坛上演讲
Celebrated director, Xie Fei, gives a speech at the Sino Russian Film Forum

阿里文娱优酷网络电影中心总经理芦洋讲话
Speech by Lu Yang, General Manager of Alibaba Entertainment Youku Network Film Center





影业展示
Film Exhibition

马耳他驻华大使卓嘉廉 John Aquilina 阁下亲临现场到影业展区推介：在马耳他拍摄影片的优惠政策，可达 40% 的现金补贴

H.E. Mr. John Aquilina, Ambassador of Malta to China, visited the film industry exhibition area to promote the preferential policy of Malta that can provide up to 40% cash subsidy if the shooting is done in Malta.



闭幕式
Closing Ceremony



12月8日，为期8天的电影节在三亚凤凰岛码头闭幕。
On December 8, the 8-day long film festival came to an end at the harbour of Phoenix Island, Sanya.





2020

中外媒体新春联谊会 New Year Gathering of Chinese and Foreign Media

现场
活动

Activity site



值此新春佳节来临之际，中国记协于2019年12月17日在北京举办中外新闻界媒体招待会。

On the occasion of the Spring Festival, a press meet-up for domestic and foreign journalists was held in Beijing on December 17, 2019.

中国记协主席张研农在2019年中外新闻界新春联谊会上致辞
Zhang Yannong, Chairman of the Association of Chinese Journalists delivers a speech at the event



全国政协委员、中国美术家协会副主席、分党组书记徐里致辞
Speech by Xu Li, Member of the CPPCC National Committee, Vice Chairman of China Artists Association and Secretary of the Party Branch



文化部人才艺术交流中心原主任赵树栋先生致辞
Speech by Mr. Zhao Shudong, former Director of Art Talent Exchange Center of the Ministry of Culture



中华世纪坛艺术基金会秘书长赵长岭先生致辞
Speech by Mr. Zhao Changling, Secretary General of China Millennium Monument Art Foundation



清华大学美术学院雕塑系主任陈辉先生致辞
Speech by Mr. Chen Hui, Deputy Director of Sculpture Department, Fine Arts College of Tsinghua University

70 周年雕塑巡展

70th Anniversary Sculpture Tour

2019年11月12日，由清华大学主办，清华美院协办，清华美院雕塑艺术研究所、中华世纪坛艺术馆承办的庆祝中华人民共和国成立70周年“光辉历程——历史题材雕塑作品邀请展”在中华世纪坛艺术馆举办开幕式。此次展览是国家艺术基金2018年度资助的中国近现代历史题材雕塑艺术创作与研究传播交流推广项目。在国家艺术基金的大力支持下，展览得以成功举办。这次展览是继2019年10月19日-29日在清华大学美术学院美术馆首展后在中华世纪坛的再次巡展。

此次展览邀请了中央美术学院，中国美术学院，中国艺术研究院雕塑创作院，清华大学美术学院，鲁迅美术学院等国内各大艺术院校，专业创作单位的六十余位著名雕塑艺术家近七十件雕塑作品参加展览。



项目负责人清华大学美术学院雕塑艺术研究所所长王洪亮先生向嘉宾介绍作品

Project leader Mr. Wang Hongliang, Director of Sculpture Research Institute of the Fine Arts College of Tsinghua University, introduced the works to the guests



On November 12, 2019, organized by Tsinghua University, co-organized by the Fine Arts College of Tsinghua University, and implemented by the Sculpture Research Institute of Tsinghua University and China Millennium Monument Art Museum, the opening ceremony of "Glorious Course - Exhibition of Historical Sculptures" celebrating the 70th anniversary of the founding of the People's Republic of China was held at China Millennium Monument Art Museum. The exhibition is a 2018 project funded by the National Art Foundation for the creation, research, communication and promotion of sculptures with modern and contemporary Chinese historical themes. The exhibition enjoyed the support of the National Art Foundation. The current exhibition was a new edition of a previous event held in the same venue between October 19-29, 2019 by the Fine Arts College of Tsinghua University.

The exhibition invited more than 60 famous sculptors from the Central Academy of Fine Arts, China Academy of Fine Arts, Sculpture Creation Institute of China Academy of Art, College of Fine Arts of Tsinghua University, Lu Xun Academy of Fine Arts and other major domestic art institutions and professional creative units to participate in the exhibition.



艺
术



吉林市陨石博物馆 JILIN METEORITE MUSEUM

吉林市陨石博物馆是中国第一个以展出陨石雨为专题的博物馆。博物馆内收藏着世界最大的陨石——中国吉林一号陨石以及全世界十几个国家送来的各类陨石标本。

1976年3月8日15时许，吉林陨石降落在吉林市和永吉县附近方圆500平方公里的范围内。当时共收集到陨石标本138块，碎块3000余块，其最小一块落入一农夫背后的柴堆内。总重2616公斤。其中被称之为“大陆一神”的一号陨石重1770公斤，是目前世界上最大的石陨石。该陨石呈棕黑色，上有气印。吉林陨石就其数量、重量、散落范围以及科技含量，在世界上都是罕见。经测定，吉林陨石的母体原是太阳系火星与木星之间小行星带中的一颗行星，年龄约为四十六亿年。

属于橄榄石，即古铜辉石球粒陨石。它由近四十种矿物组成，含有十八种元素，是极为珍贵的宇宙样品。吉林

陨石雨降落时，铺天盖地，呼号之声几百里以外清晰可闻。落地的巨响和震波，震碎了无数居民住宅的玻璃窗。场面之宏大，威力之巨猛，如同原子弹。然而，竟无一人一畜的伤亡。可谓一奇。巨，数量之多，形状之奇，标本收集之丰均居世界首位。

一号陨石是吉林陨石雨中最大的，也是目前全世界所保存的石陨石中最大的，为世界级的资源实体。

陨石根据其内部的铁镍金属含量高低通常分为四大类：石陨石、铁陨石、石铁陨石、玻璃陨石。石陨石中的铁镍金属含量小于等于30%；石铁陨石的铁镍金属含量在30%—65%之间；铁陨石的铁镍金属含量大于等于95%。玻璃陨石不含金属成分。最常见的是石铁陨石、石陨石和铁陨石。



世界十大石陨石 World's Top Ten Stone Meteorites

名称	国家	重量 (kg)	陨落或发现日期	主要保存地
1 吉林	中国	1770	1976年陨落	中国吉林市博物馆
2 诺顿	美国	1079	1948年陨落	美国新墨西哥州大学
3 陆格亚立特	美国	564	1891年发现	美国芝加哥自然博物馆
4 巴拉哥尔	美国	372	1930年陨落	美国芝加哥自然博物馆
5 皮席波尔	芬兰	330	1899年陨落	芬兰赫尔辛基
6 许格顿	美国	325	1927年发现	
7 奥汗斯克	前苏联	300	1887年陨落	
8 利亚尔尼亚	捷克	295	1800年陨落	奥地利维也纳
9 格劳费斯	美国	283	1901年发现	
10 萨拉托夫	前苏联	224	1918年陨落	莫斯科

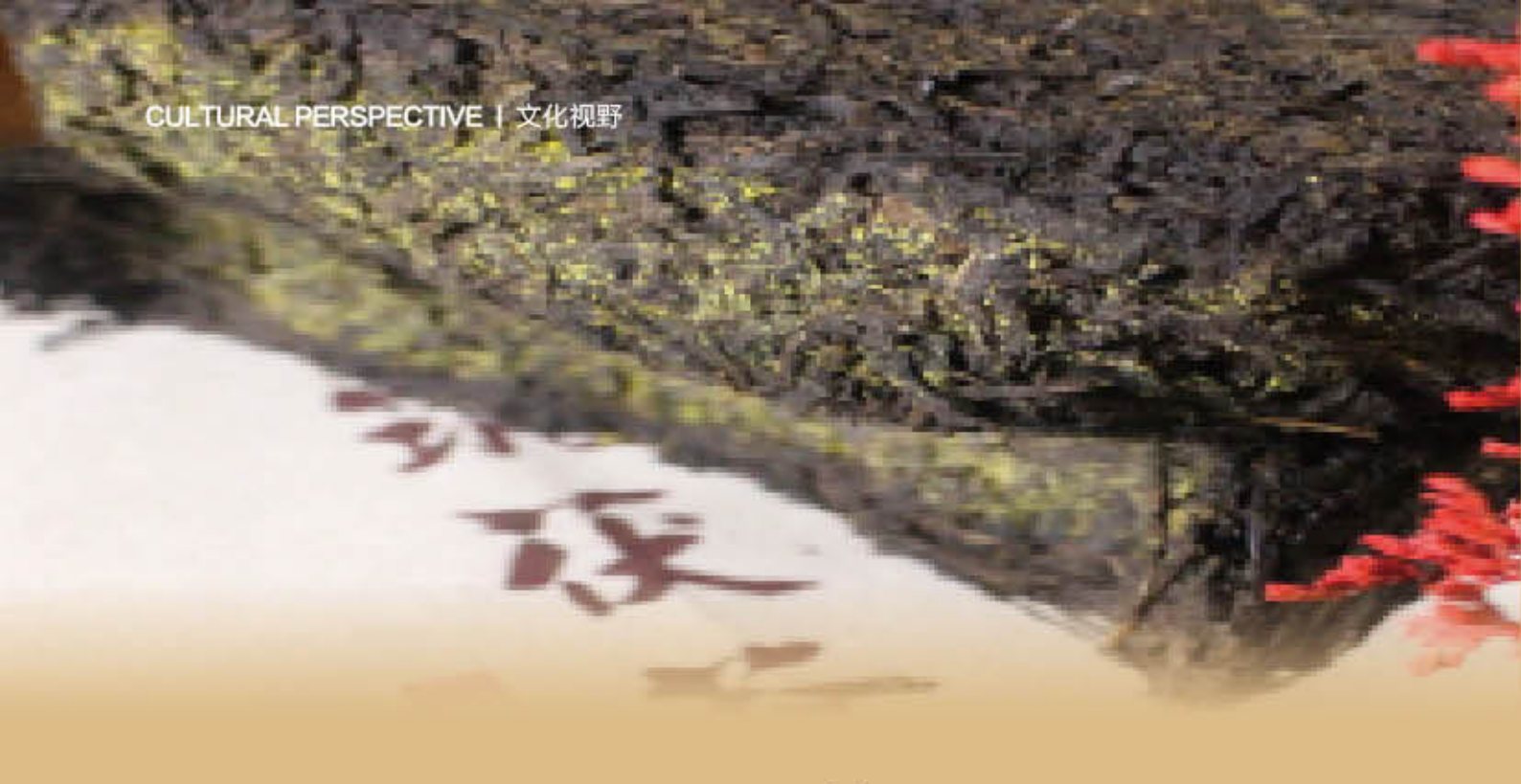
JILIN METEORITE Museum is the first museum in China to exhibit meteorite rain. The museum hosts the world's largest meteorite, Jilin No. 1 meteorite, as well as all kinds of meteorite samples sent by more than ten countries around the world.

At about 15:00 on March 8, 1976, JILIN METEORITE landed in an area of 500 square kilometers around Jilin City and Yongji County. At that time, 138 meteorite specimens and more than 3000 fragments were collected, the smallest of which fell into a woodpile behind a farmer. The total weight is 2616 kg. Among them, the No. 1 meteorite known as "the first God of the continent" weighs 1770 kg, making it the world's largest meteorite at present. The meteorite is brownish black with air marks on it. JILIN METEORITE is rare in the world for its quantity, weight, range of scatter and scientific and technological content. According to the determination, JILIN METEORITE was originally a planet in the asteroid belt between Mars and Jupiter in the solar system, with an age of about 4.6 billion years.

It belongs to olivine, i.e. ancient copper pyroxene

chondrite. It is composed of nearly 40 minerals and contains 18 elements. It is a very precious cosmic sample. When the JILIN METEORITE rain fell the sound of the impact could be heard hundreds of miles away. The huge noise and the earthquake like waves shattered the glass windows of numerous residential buildings. The magnificence and power of the scene was like that of an atomic bomb. However, no one was injured or killed. Such a wonder. It is huge in number, shape and abundant in specimen, ranking first in the world.

According to the content of iron and nickel in meteorites, they are usually divided into four categories: stone meteorite, stone iron meteorite, iron meteorite and glass meteorite. For the first three categories, the content of iron and nickel in meteorites is less than or equal to 30%, the content of iron and nickel in meteorites is between 30% and 65%, the content of iron and nickel in meteorites is more than or equal to 95% respectively. Glass meteorites do not contain metal and they are also the rarest ones.



绽放在东方古国的神秘“金花”茯茶

The mysterious "Jinhua" Fu Tea blooming in ancient oriental countries

唐代长安城是丝绸之路的起点之一，在这条古老的丝绸之路上，运输往来的不仅仅有丝绸，还有陶瓷和茶叶。从唐代以来，中原的茶叶和西域的马匹一直是丝绸之路上最重要的交易货品。而茶叶正是以泾阳茯砖茶为主。因而，泾阳茯砖茶被誉为“中国古丝绸之路上的神秘之茶”。

“自古岭北不植茶，唯有泾阳出砖茶”。泾阳茯砖茶距今已有近千年的历史，它兴于宋，盛于明清和民国时期。泾阳位于岭北，本不植茶，但泾阳地处关中腹地，泾河下游，自古是三辅名区、京畿要地，也是南茶北上必经之地。因而，从汉代开始，泾阳就成了“官引茶”到中原的集散地。据史料记载，茯茶在泾阳出现是在北宋神宗熙宁年间（1068 ~ 1077），形成是在明洪武元年（1368）前后，距今643年。泾阳是中华文明的发源地之一，物产丰腴，商贾云集，商贸繁荣，交通便利，信息畅通。泾阳处在丝绸之路的起点之上，恰处于南北

地区的中间地带，是当时东西南北的货运中心。所以，泾阳茯砖茶除了销往西域各地，还顺着丝绸之路销往俄国、西番、波斯等40多个国家。在全国一千多种茶品中，唯泾阳茯砖茶品中生长繁殖有一种有益霉菌——“金花菌”，生物学家现定名为“冠突散囊菌”。它是泾阳茯砖茶的独特之处。在我国西北地区有“一日无茶则滞，三日无茶则痛”、“宁可一日无粮，不可一日无茶”之说。

陕西泾阳鼎盛祥茯茶有限公司为响应国家新丝绸之路的建设规划，复兴丝路经济，重振古砖茶的魅力，弘扬传统茯茶文化而于2014年成立，「鼎芝盛」是鼎盛祥茯茶公司旗下主打的品牌之一，该公司特点是走小众路线，选用不同的原料适应不同的人群，并拥有传统精湛的茯茶手工制作工艺。泾阳，作为历史上唯一的茯茶筑制基地，具有得天独厚的地域优势，气候、水质和老一辈制茶经验，加上现代工艺精益求精，制作出茯茶。口感滋味醇和，入口爽滑，甘甜润泽，余香长存于口！



Chang'an City in the Tang Dynasty was one of the starting points of the silk road. In this ancient silk road, there were not only silk, but also ceramics and tea transported. Since the Tang Dynasty, tea in the Central Plains and horses in the western regions have been the most important trading goods on the silk road. Tea meant mainly Jingyang Fu brick tea. Therefore, Jingyang Fu brick tea is known as "the mysterious tea on the ancient silk road of China".

"Since ancient times, no tea has been planted in the north of the five ridges, only brick tea has been produced in Jingyang". Jingyang Fu brick tea has a history of nearly a thousand years. It flourished in the Song Dynasty and flourished in the Ming and Qing Dynasties and in modern China. Jingyang is located in the north of the five ridges, which originally did not plant tea. But Jingyang is located in the hinterland of Guanzhong, the lower reaches of the Jinghe River. Since ancient times, Jingyang has been connected to areas like Sanfu and Jingji, and was also an unavoidable place for the southern tea to go north. As a result, Jingyang has become the distribution centre to the Central Plains from the Han Dynasty. According to historical records, Fu tea appeared in Jingyang during the reign of emperor Shenzong Xining of the Northern Song Dynasty (1068-1077), and became really popular around the first year of Hongwu in the Ming Dynasty (1368), 643 years ago. Jingyang is one of the birthplaces of Chinese civilization. It has abundant products, a large number of merchants, prosperous commerce, convenient transportation and abundant information. Jingyang is located at the starting point of the silk road, just in the middle of the northern and southern areas, and it was the freight centre of the East, West, North and South of the time. Therefore, Jingyang Fu brick tea was not only sold to all parts of the western

regions, but was also sold to more than 40 countries such as Russia, Spain and Persia along the silk road. Among more than 1000 kinds of tea products in China, the only one containing beneficial Aspergillus - "Jinhua fungus" is the Jingyang Fu brick tea. Biologists now call it "guantu san capsule fungus". It is a unique feature of Jingyang Fu brick tea. In Northwest China, there is a saying that "one day without tea makes you slow, three days without tea makes you sick", and another one: "I rather skip food than tea".

Shaanxi Jingyang Dingsheng Xiangfu Tea Co., Ltd. was established in 2014 in response to the construction of the National New Silk Road, reviving the Silk Road economy, revitalizing the charm of ancient brick tea, and promoting the traditional Fu tea culture. "Dingzhisheng" is one of the main brands of Dingsheng Xiangfu Tea Co., Ltd., which is characterized by taking a small number of routes, selecting different raw materials to adapt to different groups, and possessing the traditional exquisite Fu Tea handmade technology. Jingyang, as the only Fu tea making base in history, has unique regional advantages, climate, water quality and the experience of the older generation of tea making, combined with the improvement of modern technology to make Fu tea. Its taste is mellow, smooth, sweet and moist, and tastes long in the mouth!



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对话主题：中华文化兴起与区块链应用

文化产业基础链新闻发布会

Press Conference on the Cultural Industry Chain

2019年11月22日，以“聚焦文化产业基础链，共同打造产业新生态”为主题的“文化产业基础链”新闻发布会在人民日报社新媒体大楼隆重召开。

On November 22, 2019, a press conference on the "Underlying Chain of the Cultural Industry" with the theme of "Focusing on the Cultural Industry's Chain, Creating a New Ecosystem for the Industry" was held in the New Media Building of People's Daily.



战略合作签约仪式
Signing ceremony of strategic cooperation



主题对话论坛
Thematic Dialogue Forum

走近冰天雪地里

Walking on Ice and Snow

外交官们镜头下的吉林

Jilin through the Lens of Diplomats



2019年，新年前夕，中国人民对外友协会副会长李希奎率领巴基斯坦、保加利亚、马尔代夫、西班牙、蒙古国、摩洛哥、6个国家驻华使节及丝绸之路城市联盟、《世界中国》杂志等友好人士从12月25日至29日赴吉林访问，并出席“第十八届查干湖冰雪渔猎文化旅游节”开幕式。

Just before the end of 2019, Mr. Li Xikui, Vice President of the Chinese People's Association for Friendship with Foreign Countries led a delegation to visit Jilin and attend the "18th Chagan Lake Ice and Snow Fishing and Hunting Cultural Tourism Festival".





27日吉林省政协副主席赵晓君会见代表团
On the 27th, Zhao Xiaojun, Vice Chairman of the CPPCC Jilin Province, met the delegation



26日长春市副市长贾晓东会见代表团
On the 26th, Jia Xiaodong, Vice Mayor of Changchun City, hosted the delegation



25日吉林市政协副主席刘长木会见代表团
On the 25th, Liu Changmu, Vice Chairman of the CPPCC Jilin Municipal Committee, received the delegation



27日晚, 松原市委书记王子联会见代表团
Wang Zilian, Secretary of Songyuan Municipal Party Committee, met the delegation on the evening of 27



代表团参访长春第一汽车制造厂
The delegation visited Changchun No.1 Automobile Factory



查干湖传统祭湖仪式
Traditional sacrificial ceremony of lake Chagan



“第十八届查干湖冰雪渔猎文化旅游节”是由中国人民对外友好协会、吉林省文旅厅、松原市人民政府联合主办，中国友好和平发展基金会公益支持的活动。基金会并在“第十八届查干湖冰雪渔猎文化旅游节”活动举办期间发起“鱼我同行—守护查干湖最美水源地”公募项目。

"The 18th Chagan Lake Ice Snow Fishing and Hunting Cultural Tourism Festival" was jointly organized by the Chinese People's Association for Friendship with Foreign Countries, Jilin Provincial Department of Culture and Tourism and Songyuan Municipal People's Government, and was supported by the Public Welfare of China Friendship and Peace Development Foundation.

During the festival, the foundation launched a public fund project "Fish with me and protect the source of the most beautiful water, lake Chagan".



查干湖传统破冰打捞
Traditional ice breaking and fishing on lake Chagan



穆哈穆德·苏莱曼·马苏德
Muhammad Suleman Mahsud

巴基斯坦驻华大使馆教育专员
Education Officer of the Embassy of Pakistan in China



索巴赫·拉希德
Sobah Rasheed

**马尔代夫驻华大使馆
公使衔副大使**
Deputy Head of Mission of
the Embassy of the Maldives
in China



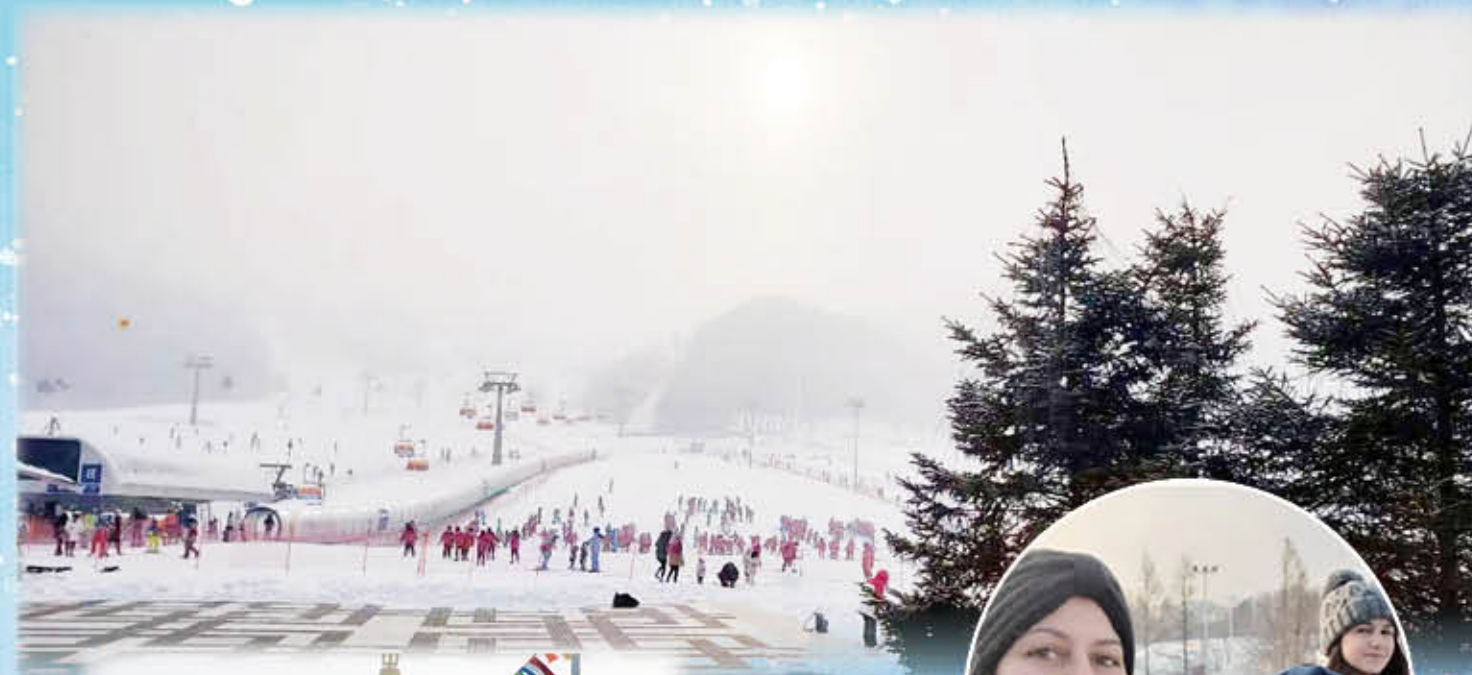


丹妮叶拉

Daniela Nikolova

保加利亚驻华大使馆一等秘书

First Secretary of the Bulgarian Embassy in China



赫娜·佛尔多斯
Hina Firdous

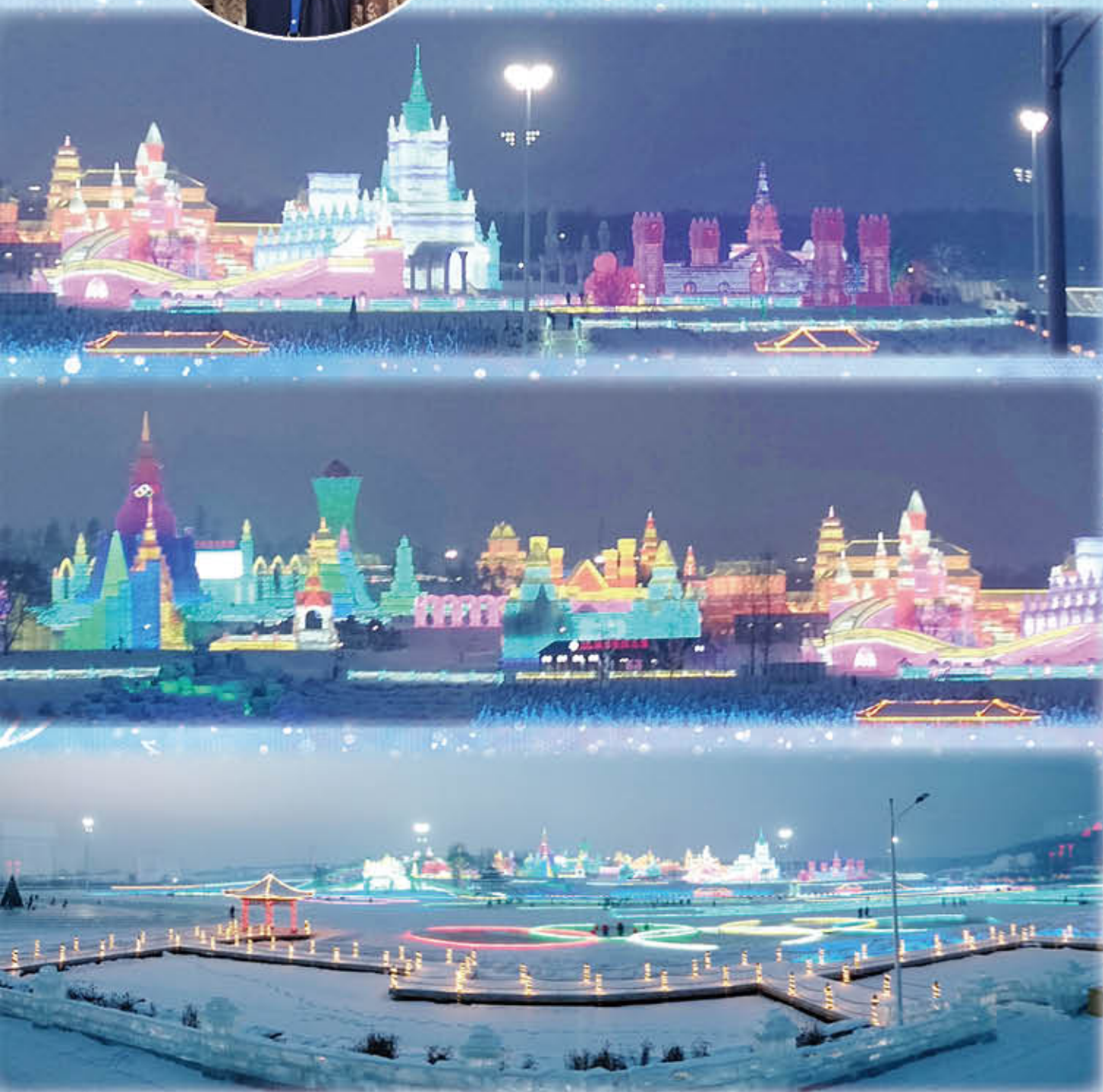
巴基斯坦驻华大使馆新闻参赞

Information Officer of the Embassy of Pakistan in China





何塞
Jose Castelao
西班牙驻华大使馆贸易专员
Commercial Officer of the Spanish
Embassy in China



孩子长多高，到底谁说了算？ Who's in charge of a child's height?

中国老话说“三翻、六坐、七滚、八爬、周会走”，这指的就是经典的婴幼儿生长发育规律，而在这其中，宝宝的身高更是受到父母的高度关注。毕竟，它对孩子的自信心以及未来的升学、就业和婚姻等都有着一定的影响。

As an old Chinese saying goes, "a child can turn in three months, sit in six months, roll in seven months, climb in eight months and walk in twelve months." This refers to the classical law of infant growth and development. Among them, the height of the baby is highly concerned by parents. After all, it has the certain relations with children's self-confidence and their future education, employment and marriage.

一个出生时 52cm 的宝宝，他以后一定能长高吗？宝宝出生时的身长究竟与他未来的身高有没有关系？随着宝宝一天天长大，细心的妈妈们总会记录下宝宝成长各阶段的身高，不过，研究表明，宝宝出生时的身长和最终成人身高的相关系数仅为 0.20，3 岁时为 0.80。

Can a baby, 52cm at birth, be able to grow tall in the future? Does the length of the baby at birth have anything to



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do with his future height? As babies grow up day by day, careful mothers will always record the heights of their babies at all stages of growth. But studies have shown that the correlation coefficient between the final height as an adult and the length of a baby at birth is only 0.20, 0.80 at the age of 3.

那么,到底哪些因素影响儿童不同时期的身高?

So, what on earth are the factors affecting the height of children at different periods?

1 | 遗传: 女性决定家族命运 Heredity: women determine the fate of a family

父母都高,孩子就一定高吗?

Will a child be tall if the parents are tall?

并不一定。

Not necessarily.

孩子的身高由遗传和环境因素共同决定,其中遗传因素占80%以上。

The height of a child is determined by genetic and environmental factors, of which the genetic factor accounts for more than 80%.

首先,我们要学会计算遗传靶身高,指的是根据儿童父母的身高计算出来的儿童的遗传身高值。由于靶身高能够预测儿童身高的遗传潜力,因此在临床中普遍用于儿童矮身高鉴别诊断和治疗监测。

First of all, we should learn to calculate the genetic target height. This refers to the genetic height of the child based on the height of the parents. Since the target height can predict the genetic potential of a child's height, it is widely applied in differential diagnosis and treatment monitoring of children's short height.

女孩的遗传靶身高(厘米) = (父亲身高 + 母亲身高 - 13) / 2

Genetic target height of a girl (cm) = (father's height + mother's height - 13) / 2

男孩的遗传靶身高(厘米) = (父亲身高 + 母亲身高 + 13) / 2

Genetic target height of a boy (cm) = (father's height + mother's height + 13) / 2

上面的公式不可能绝对适合所有人,只是预期身高,最终还会有6厘米左右的弹性。除了遗传父母的身高,还有隔代遗传。

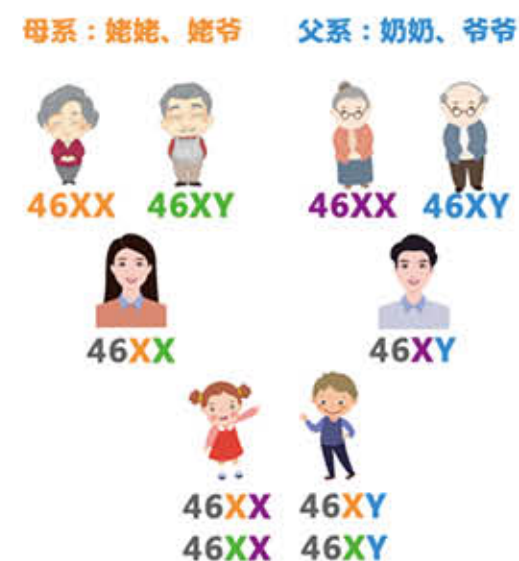
The above formula may not be absolutely suitable for everyone. It is only a forecast of height, the expected height will eventually have an elasticity of about 6cm. In addition to the height of parents, children may be affected by the heights of their grandparents.

为什么会出现隔代遗传?

Why the grandparents are involved?

我们来看一张图表:

Let's take a look at a chart:



人类体细胞有46条染色体,其中44条(22对)为常染色体,另两条在性发育中起决定性作用的,称为性染色体。在性别决定上,xx为女性,xy为男性。

Human somatic cells have 46 chromosomes, of which 44 (22 pairs) are autosomes. The other two, which play a decisive role in sexual development, are called sex chromosomes. In terms of gender determination, xx represents female and xy represents male.

影响我们身高发育的基因叫做“SHOX基因”,这个基因就来源于母亲的X染色体。

The gene that affects our height development is known as the "SHOX gene". It comes from the mother's X chromosome.

妈妈继承了来自姥姥、姥爷的一套染色体,爸爸继承了来自奶奶、爷爷的一套染色体。如果生的是男孩,那么他的身高将决定于姥姥(黄色x)或姥爷(绿色x),也就是说,与母系家族息息相关。

The mother inherits a set of chromosomes from her parents, and the father inherits a set of chromosomes from his parents. If a boy is born, his height will be determined by the maternal grandma (yellow x) or maternal grandpa (green x). That is to say, it is closely related to the maternal family.

如果生的是女孩,则她的染色体核型构成中,一条x染色体来自母系,或者是姥姥的(黄色x),或者是姥爷的(绿色x);而另外一条x染色体(紫色x)一定是奶奶的(紫色x)。

If a girl is born, in her karyotype, one x chromosome comes from the maternal line, either from the maternal grandma (yellow x), or the maternal grandpa (green x). The other x chromosome (purple x) must be the grandma's (purple x).

当然,在遗传中也存在随机失活的现象,那是非常复杂的遗传学知识。

Naturally, there is random inactivation in heredity. That is a very complex genetic knowledge.

可见,从遗传学角度看,男孩的性格、智慧等遗传属性很多来自母系家庭;而对于女孩来讲,则是“奶奶无处不在”。

It is apparent that from the genetic perspective, many of the genetic attributes of a boy, such as his character and wisdom, come from the maternal family. For girls, the grandma is "everywhere".

所以,从优生学的角度来看,女性决定着家族的命运呢。

Therefore, from the perspective of eugenics, women determine the fate of a family.

2 | 睡眠: 睡前要不要喝一杯牛奶? Sleep: shall we have a glass of milk before going to bed?

睡眠是影响儿童身高的一个重要因素。这是因为生长激素的分泌在白天和夜晚有明显差别,在白天呈现很低的分泌水平,而在晚上22点后开始进入分泌高峰,24点达到分泌最高峰,凌晨会出现几个小高峰。

Sleep is an important factor affecting children's height. This is because the secretion of growth hormone is significantly different between day and night. It shows a very low secretion level during the day. But in deep sleep at night, it begins to enter the secretion peak hours after 22:00, and reaches the summit at 24:00. Several small peaks will appear in the early morning.



当出现睡眠颠倒和浅睡眠时,生长激素不分泌。因此,熬夜对于孩子来说,不仅仅是影响健康,还会影响他长个儿哦。

The growth hormone will not be secreted when sleep time is reversed and shallow sleep occurs. Therefore, staying up late for a child will not only affect his health, but also his height.

现在有一种流行的说法是“睡前喝一杯牛奶能促进睡眠”,其实这是一个误区。生长激素与胰岛素是两种对抗的激素,如果夜间吃东西,人体则会分泌胰岛素,不再分泌生长激素。牛奶的确富含大量营养物质,但在睡前进食却会抑制生长激素的分泌,从而影响孩子在夜间的生长发育。

There is a popular saying that "drinking a glass of milk before bedtime promotes sleep." This is a misunderstanding. Growth hormone and insulin are antagonistic. If you eat at night, the body will secrete insulin, and no longer secrete growth hormone. Milk is indeed rich in nutrients. But eating before bedtime can inhibit the secretion of growth hormone, which affects the growth and development of children at night.

除了睡前别吃东西之外，屋内的灯光也要熄灭或者是弱光。比如有两个新生儿室，一个开灯，另一个关灯或者弱光灯，新生儿的生长是不一样的。屋内开大灯令人不能进入深睡眠，同样影响孩子长个。

In addition to abandoning food before bedtime, the lights in the bedroom should be shut or kept weak. For example, there are two newborn rooms, one with lights on, and the other with lights off or weak. The newborn growth is not the same. Turning on the lamp in the bedroom prevents children from going into deep sleep. It also affects the growth of children.

3

疾病：9 大类疾病让孩子长不高 Disease: nine major types of diseases keep children from growing tall

疾病是影响孩子身高的主要原因之一。常见的导致矮小症的原因包括宫内发育迟缓、生长激素缺乏症、性早熟等 9 大类疾病。

Disease is one of the main causes affecting children's height. The common causes of dwarfism include intrauterine growth retardation, growth hormone deficiency, and precocious puberty and etc., totaling nine diseases.

宫内发育迟缓：

Intrauterine growth retardation:

母亲感染高血压、高血脂、糖尿病、甲状腺功能发育不良等都会造成宫内发育迟缓，小胎盘、系脐带、脐带打结等母体生产的婴儿，在宫内就处于比较贫瘠的环境，因此携带的是一种“节约型基因”，这样的孩子出生后就会比别的孩子吃得少。

A mother infected with hypertension, hyperlipidemia, diabetes mellitus, and thyroid dysfunction can lead to intrauterine growth retardation. A baby born with a small placenta, an umbilical cord, and knot of umbilical cord,

and the like, is in a relatively barren environment in the uterus, thus carrying a "conservation-type gene". Such children will eat less than other children when they are born.

患有宫内发育迟缓的孩子长大后，也是高血压、高血脂、糖尿病及肥胖患者的高危人群，同时他们存在社会心理功能异常认知障碍，长大后会出现学习及工作成绩差、缺乏自信、自我知觉差、社交忧虑、行为问题等。

When children, with intrauterine growth retardation, grow up, they are at high risk for hypertension, hyperlipidemia, diabetes and obesity. They have cognitive impairment with abnormal social psychosocial functions. When growing up, they will have poor academic and work performance, lack of self-confidence, poor self-perception, social anxiety, and behavioral problems.

生长激素缺乏症：

Growth hormone deficiency:

在众多导致矮小的因素中，垂体前叶分泌的生长激素对身高的影响起着十分重要的作用。患儿因生长激素缺乏所导致的身材矮小，称为生长激素缺乏症。孩子的身高增长自幼年期（3岁）直至青春期均明显落后于同年龄、同性别的正常健康儿童。

Among the many factors leading to dwarfism, the growth hormone secreted by anterior pituitary plays a very important role in height. Short stature caused by lack of growth hormone is called growth hormone deficiency. Such children's height growth from childhood (3 years) to adolescence, are significantly behind normal healthy children of the same age and the same gender.

性早熟：

Precocious puberty:

女孩 8 岁前出现第二性征、10 岁前月经初潮，男孩 9 岁前出现第二性征，称为性早熟；女孩 13 岁、男孩 14 岁还没有出现第二性征，称为青春期延迟。

Girls with the secondary sexual signs before the age of 8, menarche before the age of 10, and boys with the secondary sexual traits before the age of 9, are known as precocious puberty. Girls at the age of 13 and boys at the age of 14 who do not have secondary sexual traits, are known as delayed adolescence.

性早熟包括中枢性性早熟（即真性性早熟）、外周性性早熟（即假性性早熟）及不完全性性早熟。中枢性性早熟是指由下丘脑-垂体-性腺轴功能提前启动而导致女孩

8 岁前、男孩 9 岁前出现内外生殖器官快速发育及第二性征呈现的一种常见儿科内分泌疾病。从发病率看，女孩约为男孩的 10 倍。真性性早熟不但会造成女孩早初潮，最终影响终身高，而且会带来一些心理社会问题。

Precocious puberty includes central precocious puberty (true precocious puberty), peripheral precocious puberty (pseudo precocious puberty) and incomplete precocious puberty. Central precocious puberty is a common endocrine disease in children before the age of 8 for girls and before the age of 9 for boys. It is caused by the early activation of the functions of the hypothalamic-pituitary-sexual axis, which leads to the rapid development of the internal and external reproductive organs and the secondary sexual characteristics of the children. In terms of incidence, girls are about 10 times as much as boys. The true precocious puberty can not only cause the early menarche of girls, but also affect the lifelong height. It will also bring some psychological and social problems.



4

身材矮小能治吗？ Is there any cure for being short?

不管什么原因造成孩子身材矮小，作为家长，还是可以采取一些手段帮助孩子长个儿。

No matter what causes a child to be short, parents still have some ways to help the child grow up.

定期体检：每年对孩子进行体检，观察身高增长速度，早期发现问题，及早治疗。

Regular physical examination: take a physical examination of the child every year, observe the growth rate of the height, find the problem and treat it earlier.

保证充足睡眠：保证充足睡眠，加强体格锻炼与户外阳光照射等，以促进其生长。不熬夜，养成良好的作息习惯。

Ensure adequate sleep: ensure children with adequate sleep, strengthen physical exercise and outdoor sunlight to promote their growth. Don't stay up late, and form a good habit of rest.

营养均衡：注意营养均衡，但不可以给孩子吃大量的补品，因为其中可能含有激素，刺激儿童提早发育成熟，影响终身高。

Nutrition balance: stress on nutritional balance, but

do not give children too many supplements, because they may contain hormones to stimulate children to develop and mature early, and affect lifelong height.

养成运动的习惯 养成运动的习惯,促进生长激素分泌、促进骨骼生长、增进食欲、促进熟睡。体育锻炼能使骨组织血液供应充分,骨细胞代谢旺盛,不断长出新的骨骼,有助于长骨生长。参加体育锻炼是最积极、最有效、最经济的增高方法,如跳跃、跑步、摸高、打球、跳绳、单杠、引体向上、游泳等项目。

Develop the habit of exercise: develop the habit of exercise, which promotes the secretion of growth hormone, speeds up bone growth, increases appetite, and facilitates sound sleep. Physical exercises can provide bone tissues with sufficient blood supply. When the metabolism of bone cells is exuberant, new bones will grow continuously, which is helpful to the growth of long bones. Taking part in physical exercises is the most active, effective and economical way to increase height. They include jumping, running, touching height, playing ball, skipping rope, horizontal bar, pull-up, swimming and so on.

疾病治疗: 目前针对矮小症的主流治疗方法是生长激素治疗,患有:生长激素缺乏症、特发性矮身材、小于胎龄儿、Turner 综合征、Prader-Willi 综合征、Noonan 综合征、慢性肾脏疾病肾移植前、SHOX 基因缺失、短肠综合征等疾病可以选择生长激素治疗。

Disease treatment: the mainstream treatment for dwarfism is growth hormone therapy. It applies to the growth hormone deficiency, idiopathic short stature, less than gestational age, Turner syndrome, Prader-Willi syndrome, Noonan syndrome, chronic renal disease renal transplantation, SHOX gene deletion, and short bowel syndrome.

还有一些影响身高的疾病如先天性甲低、佝偻病、肾上腺皮质增生症等则需要根据病因对症治疗。

Other diseases that affect height, such as congenital hypothyroidism, rickets, adrenocortical hyperplasia and so on, need to be treated according to the causes of the diseases.

家长们如果发现孩子出现非正常矮小,首要的是及时就医,尽早治疗。

If parents find their children are abnormally short, the first thing is to seek medical treatment in time and get them treated as soon as possible.

除了遗传因素,营养、睡眠、运动、社会、情绪等环境因素,母体情况、生活环境,出生身长、生长速度,以及骨龄、性腺发育、疾病等因素,这些都会影响孩子的身高。家长们要做的,就是对孩子的身高进行定期测评,找出问题原因,并选择适合的应对方法。

In addition to the genetic factors, nutrition, sleep, exercise, social and emotional environmental factors, the factors influencing the height of a child include the maternal condition, living environment, birth length, growth rate, as well as bone age, gonadal development, and diseases. Parents should make a regular assessment of the height of their children, find out the causes of the problems, and choose the appropriate coping methods.

5 TIPS: 你会量身高吗? TIPS: Can you measure the height?

测量原则: 量身高要遵循“三同”原则,即“同一个身高尺、同一个测量时间、同一个测量人”。通常来说,早上的身高会比下午或晚上的身高高出1—2cm。

Measuring principle: measuring height should follow the “three same” principle, that is, “the same height tool, the same measuring time, and the same surveyor”. In general, the height in the morning is 1-2 cm higher than that of the afternoon or evening.

测量体式: 在为宝宝量身高时,3岁以下的孩子可采用仰卧位;3岁以上则用立正位。

Measuring posture: when measuring the height of a baby, children under 3 years old can take the supine position; and those above 3 years old, take the standing position.

正常数值: 1—10岁儿童的正常身高值为: 身高(厘米) = 年龄(岁) × 7 + 70(厘米),当然,这只是依据传统计算方法得出的数值,事实上,随着社会的不断发展,现在很多孩子都已经超过这个正常身高了呢。

Normal value: The normal height of 1-10-year-old children is: height (cm) = age (years) × 7 + 70 (cm). Naturally, this is only a value obtained with the traditional calculation method. In fact, with the development of society, many children have already exceeded this normal height.



“口呼吸”影响孩子一生的健康及容貌

“Mouth Breathing” May Affect the Health and Appearance of Your Child

龅牙、下巴后缩、嘴唇外翻,孩子的颜值越长越“残”?发育不良、注意力无法集中、整日困倦,这些竟然都是口呼吸惹的祸!到底是什么原因造成孩子口呼吸?口呼吸给孩子的健康与颜值带来多少危害?如何才能有效纠正口呼吸?本期话题我们邀请到北京五洲妇儿医院儿童口腔医生韩丽娟为家长们全面分析口呼吸的成因与治疗。

Gagtooth, retruded jaw and everted lips. The appearance of your baby gets more and more “ugly”? Dysplasia, poor concentration and sleepiness all day long are all caused by mouth breathing? What are indeed the reasons for mouth breathing of babies? What harms does mouth breathing do to the health and appearance of babies? How can we effectively rectify mouth breathing? In this issue, we have invited Han Lijuan,

a pediatric stomatologist from GlobalCare Women & Children's Hospital to comprehensively analyze causes and treatments of mouth breathing.



口呼吸不仅仅影响颜值
Mouth breathing doesn't
only affect appearance

据不完全统计,四分之三的儿童具有牙齿拥挤、下颌骨异常的情况,从五岁开始变得明显。不良的口腔习惯是主要病因。大多数儿童具有一个或多个不良的口腔习惯,导致了牙齿不齐和面型发育异常的情况。不良的口腔习惯主要包括过度使用安抚奶嘴、吮咬唇、咬指甲、夜磨牙、口呼吸、吐舌等,其中,口呼吸为孩子带来极为严重的危害。

Incomplete statistics show that three quarters of

children have such abnormal conditions as crowded teeth and retruded jaws, which get even worse after 5 years of age. Poor oral habits are the main causes. Most children have one or more poor oral habits that lead to uneven teeth and abnormal facial development. Poor oral habits include excessive use of pacifier, sucking and biting lips, biting fingernails, grinding teeth at night, mouth breathing and tongue protruding. Mouth breathing can bring extremely harmful hazards to children.

嘴唇外翻、脖子前探、表情呆滞、少年黑眼圈……这些问题只要其中一两条,就足够困扰一生,但由于用口呼吸,有些孩子将会出现多个症状。

Everted lips, protruded neck, dull expression, black eye circles... These are just a few examples of them that can trouble children for life. For some children, mouth breathing can produce multiple symptoms.

口呼吸,就是晚上睡觉时,不用鼻子呼吸,而用嘴巴呼吸的简称。

Mouth breathing is that children breathe with mouth rather than nose when sleeping at night.

口呼吸通常是因为上呼吸道堵塞造成的,例如鼻窦炎,鼻息肉,鼻甲肥大,腺样体肥大,扁桃体肥大等都会造成呼吸道堵塞,因为他们不能用鼻子呼吸,而只能用口呼吸。但也有一些孩子并不存在疾病,只是习惯口呼吸。

Mouth breathing usually results from blockage of the upper respiratory tract such as nasosinusitis, nasal polyp, hypertrophy of turbinate, adenoid hypertrophy and tonsil hypertrophy, all of which can cause blockage of respiratory tract. Therefore, children have to breathe with mouth rather than nose. However, some children habitually breathe with mouth without any diseases.

长时间的口呼吸会给孩子带来如下危害:经常张着嘴;面容无精打采;睡觉打鼾,严重的可引起睡眠呼吸暂停综合症;由于血氧饱和度低影响睡眠质量,白天会比其他孩子懒得动,造成体重过重。

Long-term mouth breathing can bring the following harms: children always open mouth; have dull expressions; snore during sleep and can even cause sleep apnea syndrome; their sleep quality

is poor due to low blood oxygen saturation. During day, they are lazy to move compared with other children and get overweighted.

口呼吸也会影响孩子的外貌,他们通常上唇较短、下颌后缩,开唇露齿,有时嘴唇会有外翻倾向。

Mouth breathing can also affect children's appearance. They usually have short upper lips, retruded jaws, separated lips and exposed teeth, and lips are inclined to evert.

此外,口呼吸时,气流不像鼻呼吸那样经过鼻腔内的湿润—加温—减速—过滤,因此,更容易对黏膜产生刺激,引起口腔溃疡和扁桃体、腺样体肿大,容易诱发口腔疾病和呼吸道疾病。

Furthermore, mouth breathing doesn't have the same process of moistening, warming, decelerating and filtering as that of nasal breathing. Therefore, mouth breathing can easily stimulate membranes to cause mouth ulcer, tonsil hypertrophy and adenoid hypertrophy, which can further lead to oral diseases and respiratory tract diseases.



口呼吸如何治疗 Treatment methods for mouth breathing

调整孩子不良的口呼吸习惯,推荐使用儿童MRC肌功能矫治法。

Pediatric MRC muscle rectification method is recommended for children to correct their poor mouth breathing habits.

MRC矫治是通过训练舌头的正确位置,正确的吞咽方式和用鼻呼吸,来帮助孩子改掉口呼吸的坏习惯,同时,MRC矫治训练器也对牙列施加轻度的力量,以帮助牙齿的排列和牙弓的扩张。

MRC rectification method helps children correct their poor habits of mouth breathing by training correct tongue positions, swallowing methods and nasal breathing. Meanwhile, MRC rectification appliance can exert mild stress to the teeth for correct tooth alignment and dental arch expansion.

MRC肌功能矫治系统能够调整唇、舌体位置,改正



呼吸、吞咽习惯,纠正不良的口腔习惯;能够预防和矫正牙颌畸形,确保牙齿排列整齐;能够平衡颌骨、肌肉正常发育,预防面部畸形。

MRC muscular orthosis appliance can adjust lip and tongue positions, correct breathing and swallowing habits, and rectify poor oral habits. It can prevent and rectify dentognathic deformity to ensure even dental alignment. It can balance the jaw and muscle development to prevent facial deformity.

这种矫治器的材质是软硅胶的,口腔科的医生会根据孩子的口腔情况来选择大小,给牙齿、颌骨留出一定空间,所以孩子戴着的时候就会有足够空间,不会压在上面,因此不会有强烈的不适感,戴进去也只是将嘴巴轻轻包起来而已。

This orthosis appliance is made of soft silicone, and oral doctors will select appropriate sizes for children according to their oral conditions, and leave certain space for teeth and the jaw. Therefore, when wearing the appliance, the children will have enough space and the appliance will not press onto the teeth, so they will not feel uncomfortable as the appliance just mildly embraces the mouth.

矫治器的使用很简单,白天戴1-2小时、晚上睡觉时戴8小时,佩戴7-8个月,效果就十分明显了。

The appliance is very easy to use. Children will wear it for 1-2 hours during the day and 8 hours

at night. Obvious effects can be achieved after wearing for 7-8 months.

MRC适用于具有以下情况的儿童:有不良口腔习惯,如吐舌咬唇等;有不正常咀嚼动作;牙齿矫正时的辅助配套治疗;预防牙齿不齐的干预性治疗;儿童早期的错颌畸形(如地包天等发育)。

MRC applies to children with the following conditions: poor oral habits such as protruding tongues and biting lips; abnormal chewing actions; supplementary treatment during teeth orthosis; intervention treatment to prevent uneven teeth; early malposed deformity of children (e.g., malocclusion).

MRC适用于3-15岁孩子的牙齿矫正,这时候小朋友们的面部颌骨还处于生长发育期,通过正确的引导,可以为成长中的孩子们带来良好和正确的口周肌功能和习惯,从而使他们拥有整齐的牙齿和漂亮的容颜。

MRC applies to dental orthosis of children of 3-15 years of age, when jawbones of children are still growing. Correct guidance can bring good and correct oral muscular functions and habits for the growing children, helping them to have even teeth and beautiful appearance.

呼吸的模式对发育中孩童的健康和外观有着决定性的关联,对于孩子的未来有着长远的影响,身为家长千万不可轻忽,希望我们可以一起来纠正孩子的呼吸方法,让他们拥有更健康的未来。

Respiratory modes are decisive to the health and appearance of developing children and can exert long-lasting effects to them. Therefore, parents shouldn't ignore this issue, and we hope parents cooperate with us to correct their respiratory methods and offer them healthier futures.



TIPS: “口呼吸”自我检查 TIPS: Self-examination for mouth breathing

如果您发现孩子有以下表现,请到医院确诊是否为口呼吸,尽早得到矫正治疗:

If you discover any of the following

performances of your children, please see a doctor for confirming if they breathe with mouths so that they can be rectified early.

1. 鼻子常会过敏与流鼻涕;

1. The nose is often allergic and runny;

2. 放轻松时, 嘴巴总是一直张开;

2. They often open their mouths when at ease;

3. 嘴巴一闭上下巴就会出现酸梅状的皱褶;

3. Their jaw will have plum-like wrinkles when the mouths are closed;

4. 嘴唇容易干裂;

4. Their mouths are easy to be chapped;

5. 睡了很长时间仍有黑眼圈或睡不饱;

5. They have dark eye circles or are weary even after long sleep;

6. 起床时喉咙会痛、头痛;

6. They have sore throats or headaches when

they get up in the morning;

7. 会打呼或磨牙;

7. They snore or grind their teeth;

8. 严重口臭;

8. They have very bad breath;

9. 舌头两侧呈现波浪状;

9. There are wavy shapes along their tongue sides;

10. 舌头上会有厚重舌苔;

10. They have thick tongue fur;

11. 弯腰驼背;

11. They have bent backs;

12. 牙齿的排列很拥挤或异常;

12. They have very crowded or abnormal teeth;

13. 看起来有暴牙;

13. They have buck teeth;

14. 不易集中注意力。

14. They can't easily concentrate.



中国人民对外友好协会

THE CHINESE PEOPLE'S ASSOCIATION FOR FRIENDSHIP WITH FOREIGN COUNTRIES

中国人民对外友好协会 (THE CHINESE PEOPLE'S ASSOCIATION FOR FRIENDSHIP WITH FOREIGN COUNTRIES) 简称: “全国友协” 是中华人民共和国从事民间外交工作的全国性人民团体, 以增进人民友谊、推动国际合作、维护世界和平、促进共同发展为工作宗旨, 代表中国人民在国际社会和世界各国广交朋友, 奠定和扩大中国与世界各国友好关系的社会基础, 致力于全人类团结进步的事业。全国友协的各项活动得到中国政府的支持和社会各界的赞助, 已设立 46 个中外地区、国别友好协会, 与世界上 157 个国家的近 500 个民间团体和组织机构建立了友好合作关系。



会长: 李小林
President: Li Xiaolin

The Chinese People's Association for Friendship with Foreign Countries (CPAFFC) is a national people's organization engaged in people to people diplomacy of the People's Republic of China. The aims of the Association are to enhance people's friendship, further international cooperation, safeguard world peace and promote common development. On behalf of the Chinese people, it makes friends and deepens

friendship in the international community and various countries around the world, lays and expands the social basis of friendly relations between China and other countries, and works for the cause of human progress and solidarity. It has set up 46 China-regional or China-national friendship organizations and established relationship of friendly cooperation with nearly 500 non-governmental organizations and institutions in 157 countries.



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Li Xikui



2020



2019 年欧盟青少年绘画展赛 12 幅最佳作品

Best Artworks of the EU 2019 "Dreams of Europe & China" Children's Art Competition & Exhibition

最佳作品制作的台历

Calendar Containing the Best Artworks

<p>January 2020</p> <p>一月 JANUARY</p> <p>Artist: 王世强 10 years</p>	<p>February 2020</p> <p>二月 FEBRUARY</p> <p>Artist: 德国 Germany DAVID RITZ 10 years</p>	<p>March 2020</p> <p>三月 MARCH</p> <p>Artist: 上海 Shanghai BOB 14 years</p>	<p>April 2020</p> <p>四月 APRIL</p> <p>Artist: 北京 Beijing TU YUN 10 years</p>
<p>May 2020</p> <p>五月 MAY</p> <p>Artist: 北京 Beijing 文森特 10 years</p>	<p>June 2020</p> <p>六月 JUNE</p> <p>Artist: 斯洛伐克 Slovakia JUSTIN SPINIC 8 years</p>	<p>July 2020</p> <p>七月 JULY</p> <p>Artist: 广东 Guangzhou 张恩 10 years</p>	<p>August 2020</p> <p>八月 AUGUST</p> <p>Artist: 西班牙 Spain NINA FERRIO 12 years</p>
<p>September 2020</p> <p>九月 SEPTEMBER</p> <p>Artist: 斯洛伐克 Slovakia 廖宇 10 years</p>	<p>October 2020</p> <p>十月 OCTOBER</p> <p>Artist: 西班牙 Spain PETER SERRANO OUEL 10 years</p>	<p>November 2020</p> <p>十一月 NOVEMBER</p> <p>Artist: 香港 Hong Kong CHAN LOK YU 12 years</p>	<p>December 2020</p> <p>十二月 DECEMBER</p> <p>Artist: 西班牙 Spain PABLO LOPEZ CAMARGO 10 years</p>