

The World and China 世界中国

丝绸之路 SILK ROAD
Selyemül

外交/文化/旅游杂志

MAGAZINE OF DIPLOMATIC, CULTURAL AND TOURISM

2020/05 总第088期



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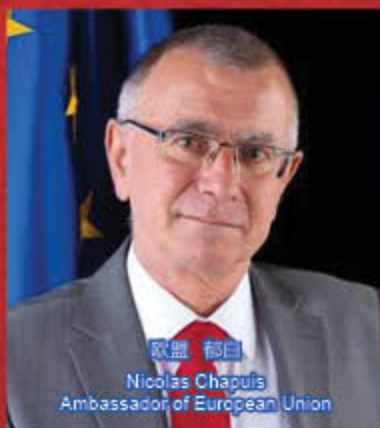


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GOOD WISHES OF AMBASSADORS IN CHINA
TO OUR READERS FOR THE YEAR 2021



格鲁吉亚 阿尔奇·卡拉第亚
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中国两国人民 友谊之花常开

为世界中国杂志社题
邹家华

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

The World and China.
Tony Blair

2010年11月5日,英国前首相托尼·布莱尔为本刊写英文题名

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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封面说明:
驻华大使向本刊读者祝贺 2021 新年

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Hello 2021

亲爱的中外读者朋友们，

过几天，中国的牛年就要到了，希望它是一个扭转乾坤的时代。在中国的汉字里，“扭”和“牛”的发音一样，只是声调有别。让我们借助这个“牛”，来改变我们的世界，改变天地。我们期待并坚信，2021年是一个“牛转乾坤”的年。

在2020年，60年一遇的庚子年，我们杂志社的出版工作没有停下来。我们如期出刊，在6个城市完成欧盟青少年画展，2个城市举办第二届中国欧盟微电影展，同时还启动了新的系列项目等。为此，我衷心感谢我们所有活动的合作机构，朋友们的努力，并祝他们牛年牛气冲天，我们之间的合作更上一层楼。

与此同时，我还要感谢我们的外交官朋友们，他们对我们活动的参与和对我们活动所提出的建议。特别还要感谢封面上的10个大使，为我们杂志读者寄予的牛年的美好祝福，感谢那些甚至在回京后隔离期间为我们的读者所付出的劳动。

祝大家——牛年里身体健康，工作顺利。



纳吉·麟 社长
《世界中国》杂志社

Dear Readers at Home and Abroad,

In a few days time, the Year of the Ox is about to arrive. I hope the year will turn the universe for the better. In Chinese, "turn (扭)" and "ox (牛)" are pronounced the same way except for their intonations, so in the coming year we will let the "bull" turn around things and bring about positive changes. We look forward to and firmly believe that 2021 will be the year when the "ox transforms the world".

In 2020, the year of Gengzi, a special year that follows a 60-year-cycle and turns out only once in 60 years, the publishing work of our magazine has not stopped. We issued the publication as scheduled, completed EU children art exhibitions in 6 cities, held the Second EU-China Short Film Festival in 2 cities, and launched a new series of projects, and so on. For this, I sincerely thank all our partners and friends for their efforts, and I wish them a bullish New Year with our cooperation reaching an even higher level.

At the same time, I would also like to thank our diplomat friends for their participation in our activities and for their suggestions. I would also like to express my gratitude to the ten ambassadors for their good wishes to our readers for the Year of the Ox, and to those who have worked hard for our readers even during their quarantine stay after returning to Beijing.

I wish everyone a good health and success in the Year of the Ox!

President Nagy Lin

Good Wishes of Ambassadors in China to our Readers for the Year 2021

驻华大使们向本刊读者祝贺 2021 新年

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尼泊尔驻华大使 |

Hello 2021

New year greeting from His/Her Excellency 驻华大使们的新春祝贺

Laos and China are neighbouring countries connected by mountains and rivers. People of two countries have long-standing traditional relations. The friendly relations and cooperation between Laos and China have been promoting and strengthening since the two countries established diplomatic tie in 1961, based on the spirit of good neighbours, good friends, good comrades and good partners, the relationship between Laos and China was promoted as a long-standing and stable comprehensive strategic cooperative partnership in 2009, and both sides had striven to lift the bilateral relationship to a new era by upgrading the relations to the share of future in 2019. The year 2021 will be marked the significant milestone of the 60th anniversary of the establishment of diplomatic tie between Laos and China, and both countries will join the celebrations of all respects to enhance and strengthen bilateral relations and cooperation between Laos and China into a new stage, and bring benefit to people of the both sides, as well as to contribute to the promoting of the regional and international peace, development and civilization.

In 2020, although Laos and China, as well as the world as a whole are affected by the outbreak of the COVID-19, but both sides have joined hands and helped each other to fight against the COVID-19, both sides made great effort to succeed on combating the pandemic. Especially, China has succeeded in fighting against the COVID-19 that is the most impressive in the world as China provided a large amount of medical supplies and shared its experience in the needs of all the countries. China carries on its international responsibility for working closely with international community to fight against the pandemic that won admiration from the international community and made great contribution to the world public health care.

On the occasion of traditional Chinese Spring Festival is coming soon, I would like to take this opportunity to express my best wish to the leaders of the CPC and the government of China for good health and success, best wish to Chinese people for a greater achievement in social-economic development, for building a moderately prosperous society in all respects, for striving to the greater success of socialism with Chinese characteristics, for reaching the Two Centennial Goals as building China successfully into a great modern socialist country that is prosperous, strong, democratic, cultural advanced, harmonious, and beautiful, as well as for realizing the Chinese Dream of national rejuvenation.

May friendship between Laos and China last forever.

Wish greater success to "The World and China" Magazine for all future endeavors.

Happy New Year of the Ox, 2021!

Khamphao ERNTHAVANH
Ambassador of Laos to China



坎葆·恩塔万
老挝驻华大使

老挝与中国作为山水相连的友好邻国，两国人民自古以来保持着友好相互往来习俗。自老中两国在1961年4月25日建交以来，两国友好关系合作不断得到改善和加强，两国友好关系于2009年基于4好精神，即好邻居、好朋友、好同志和好伙伴，提成为长期稳定全面战略合作伙伴关系。并于2019年，老中两国共同推动和努力下，两国关系如今已提升为命运共同体。2021年对于老中两国具有重要意义，即作为两国建交60周年，两国将共同牵手举办各种庆祝活动使具有丰富内涵，以此深化加强和提升双边关系和合作迈上新台阶，并为两国人民带来更大福祉和为地区和国际的发展和繁荣做出积极贡献。

2020年，老挝、中国和全世界都受到新冠病毒影响，但老中两国共同牵手应对新冠病毒，并在抗击新冠病毒给予相互帮助，使两国在抗击疫情取得好成绩。尤其是中国在抗击新冠病毒取得成果给世界留下了深刻印象，如中国为各国提供了大量医疗设备和与国际分享了抗击新冠病毒经验，受到了国际的赞扬和为世界公共卫生做出了重大贡献。

在2021年中国春节即将到来之际，我愿祝中国共产党和中国政府领导人，以及中国人民在发展经济社会和建设具有中国特色社会主义事业取得更辉煌成就；祝愿中国在实现两国百年奋斗目标，即把中国建设成富强民主文明和谐的社会主义现代化强国和实现中华民族伟大复兴的中国梦取得伟大成就。

祝老中友谊万古长青！
祝愿世界中国杂志事业兴旺！

As we enter the Year of the Ox, I wish all the readers of "The World and China" a joyful and healthy new year. May it be inspired by the values of determination, loyalty and trustworthiness that are the hallmarks of the Ox in the Chinese Zodiac.

As we bid farewell to a year marked by so many challenges and upheavals, it is my sincere wish that the Year of the Ox will come to represent a new beginning. One that is based on dialogue and cooperation, which have been the values underpinning Portugal-China relations for close to 500 years. That honours multilateralism and defends the United Nations, as this is the only way to tackle the global problems that require global solutions, such as climate change and sustainable development over economic growth at any price. That will allow us not just to resume a more normal life, but a better one than before, benefiting from experience, knowledge and the extraordinary advancements of science.

Throughout this year, Portugal will continue to work with resolve for these values in our own country but also in the international forum where we participate, namely at the European level, during our six-month Presidency of the Council of the EU, where our common work and cooperation with the rest of the world will be essential to overcome the global challenges we face. In doing so, we are confident that we will be able to count on China.

José Augusto Duarte
Ambassador of Portugal to China



杜傲杰
葡萄牙驻华大使

值此牛年来临之际，祝《世界中国》的读者们新年快乐，身体健康。愿他们受到的决心、忠诚和值得信赖的价值观的启发，而这些价值观是中国十二生肖中牛的标志。

在我们告别充满挑战和动荡的一年之后，我衷心祝愿牛年将成为一个新的开始。500年来，中葡关系一直以密切的对话为基础。尊重多边主义，捍卫联合国，因为这是需要解决全球问题的唯一途径，例如气候变化和可持续发展，而不是不惜任何代价的经济增长。这将使我们不仅能够恢复更正常的生活，而且能够比以前更好地生活，受益于经验、知识和科学的非凡进步。

今年，葡萄牙将继续坚定地在我们自己的国家以及我们参加的国际论坛上努力实现这些价值观，在我们即将担任欧盟理事会轮值主席国的六个月期间。我们与世界其他地区合作克服我们面临的全球挑战至关重要。

Hello 2021

New year greeting
from His/Her Excellency
驻华大使们的新春祝贺

Dear Readers of "The World and China" Magazine,

It is my great pleasure to send to all of you the best wishes for the coming New Year of the Ox!

No wonder that my biggest wish for everybody is for the pandemic to end and for the world to get back to its normal rhythm. The second biggest wish for each of us is to learn the lessons of the pandemic, especially that no matter how developed and helpful our technologies have become, there is no replacement for the human to human relationships and personal bonds. This is what Chinese New Year is about – occasion to appreciate our traditions once again.

As we celebrate 30 years of diplomatic relations in 2021, it is my intention to further advance human relations between our countries as well as to solidify our business relations between Lithuania and China. Traditionally known for her black bread, dairy and smoked meat delicacies, Lithuania has emerged as a start-up nation carving herself a niche in the most high-tech areas like ICT, lasers, biotechnologies and fintech. All the smart things that make our life easy – especially in the post-pandemic world.

On a more personal note, this will be my first Chinese New Year in China, and I really look forward to taking part in the celebrations as well as using it as the first-hand opportunity to uncover the riches of the Chinese culture and traditions.

Embassy of the Republic of Lithuania
Diana MICKEVIČIENĖ
Ambassador



迪阿娜·米克维切涅
立陶宛驻华大使

亲爱的《世界中国》杂志的读者们：

我很高兴向大家致以最温馨的祝愿，祝大家牛年快乐！毫无疑问我对每个人最大的祝愿就是结束这场疫情，让世界回到正常的节奏。我们每个人另一个最大的愿望就是吸取这场疫情所带来的教训，特别是无论我们的技术有多么发达以和先进，人与人之间的关系和人与人之间的联系都是无法替代的。这就是中国新年的意义——一个对传统的再次敬意。

在我们2021年庆祝建交30周年之际的时候，我愿进一步推进两国间的人际关系，巩固立陶宛和中国之间的商业关系，立陶宛传统上是以黑面包、奶制品和烟熏肉而闻名，立陶宛已成为一个新兴国家，正在为自己开辟一个基于在信息技术、激光、生物技术和金融科技等高科技领域。所以让我们的生活变得轻松，愉快——尤其是在后疫情大流行的世界。

就个人而言，这将是我在中国的第一个春节，我真的很期待参加庆祝活动，借此机会亲自体验丰富的中国文化以及传统习俗。

MENSAJE AL PUEBLO CHINO DEL EMBAJADOR DE LA REPÚBLICA DE CUBA CON MOTIVO DEL NUEVO AÑO LUNAR.

En el marco de las festividades por el Nuevo Año Lunar y el advenimiento del año del Buey de Metal, traslado en nombre del gobierno, el partido comunista y pueblo cubanos un sincero deseo de felicidad, prosperidad y éxito al hermano pueblo chino. El 2021 abre una nueva etapa para todos que marcará un nuevo punto de partida histórico, y un renovado impulso para conseguir empeños y objetivos mayores.

El 2020, signado por una pandemia que aún sigue paralizándolo al mundo, nos obligó a todos a repensar y a crear nuevas maneras de hacer, y sobre todo a continuar trabajando por lo más sagrado, que es preservar la vida y la salud de los seres humanos.

La pandemia no impidió continuar profundizando la hermandad entre nuestros dos países, en el año que celebramos el 60 aniversario de los vínculos diplomáticos bilaterales. Como ha sucedido en cada momento difícil, la solidaridad y la entrañable amistad entre nuestros dos partidos, gobiernos y pueblos brillaron con luz propia. Cuba y China han dado una lección al mundo sobre la importancia de hacer que prevalezca la solidaridad y la cooperación, por encima de todo.

En este nuevo año del Buey, animal que simboliza orden, disciplina, esfuerzo, trabajo y familia, debemos continuar trabajando juntos para hallar soluciones ante los desafíos mundiales y construir un mejor futuro para todos.

Deseo felicitar al pueblo chino en un año que también marca el centenario de su Partido Comunista, el inicio de la implementación del XIV Plan Quinquenal (2021-2025) y el avance hacia la construcción integral de un país socialista moderno.

Que la amistad, camaradería y hermandad entre Cuba y China perdure y continúe fortaleciéndose en este nuevo año, para seguir venciendo las pruebas del tiempo, hacia un futuro de mayor bienestar para ambos pueblos.

Carlos Miguel Pereira Hernández
Embajador de la República de Cuba en la República
Popular China



卡洛斯·米格尔·佩雷拉·埃尔南德斯
古巴驻华大使

在农历新年金牛年的来临之际，我谨代表古巴政府、共产党和人民向兄弟的中国人民致以最诚挚的祝愿，祝大家新年快乐，万事如意。2021年将是所有人开启新阶段的全新历史起点，也将会为我们付出更多努力、实现更多目标提供全新的动力。

2020年爆发的新冠肺炎疫情依然让世界处于瘫痪状态，这迫使我们所有人重新思考、开创全新的工作方式，而且最重要的就是继续为保卫人类的生命健康这一最崇高目标而努力。

新冠肺炎疫情并没有在古中两国建交60周年之际阻止我们继续深化两国之间的兄弟情谊。我们两党、两国政府和人民之间的团结和亲密友谊像在以往每个困难时期那样，熠熠生辉。古巴和中国在重视团结合作的重要性方面为世界做出了表率。

即将开始的新年是牛年，牛是自律稳重、吃苦耐劳和顾家的象征，我们必须继续一道努力，寻求应对全球挑战的解决方案，并为所有人建设一个更美好的未来。

我在此祝贺中国人民即将开启中国共产党建党一百周年、“十四五规划（2021-2025）”开局和全面建设社会主义现代化国家新征程的新一年。

愿古巴同中国的友情、同志情和兄弟情在新一年中得以延续和加强，历久弥坚，在未来为两国人民带来更大的福祉。

To "The World and China":

I would like to extend our highest appreciation to the team publishing the Multi Language magazine "The World and China", on the occasion of the celebrations of the New Year 2021. The Year 2020 was a very difficult year for the entire planet, and every country has faced with great sadness the challenges of the COVID 19 pandemic that has killed hundreds of thousands of people and reduced the growth in every country on earth.

China has been exemplary in the conduction of prevention and fighting against COVID 19, and I want to congratulate the Communist Party of China, Central government and leaders of the People's Republic of China for such assertive and accurate programs to control COVID 19 in the entire country.

China's efforts are not only in controlling and eliminating the expansion of COVID 19, but also remarkably in the control and elimination of poverty, that allows lower income population to grow accordingly and reach higher levels of prosperity, wellbeing and happiness.

We wish the Government of the People's Republic of China all the best in this New Year 2021, and at the same time wish to congratulate the efforts made to become the only country in the world with a positive growth in 2020 which projects to be even higher in 2021.

Peace, prosperity, good health and much happiness for all citizens of the world in 2021.

Rodrigo Delgado Soto
Ambassador Extraordinary and Plenipotentiary of
Costa Ricato the People's Republic of China



罗德里戈·德尔加多·索托
哥斯达黎加驻华大使

致“世界中国”杂志社：

在庆祝 2021 年新年之际，我谨向出版多语种杂志《世界中国》的出版团队致以最崇高的谢意。2020 年对全世界来说都是非常艰难的一年，每个国家都面临着巨大的困难，因为全球有成千上万人死于新型冠状病毒肺炎，全球每个国家的经济增长都受到了影响。

中国在预防和抗击新型冠状病毒肺炎中起到了模范作用，我要祝贺中国共产党、中央政府和中华人民共和国领导人在全国范围内控制新型冠状病毒肺炎中采取的坚定而正确的方案。

中国不仅在控制和消除新型冠状病毒肺炎的方面作出了努力，而且在控制和消除贫困方面也作出了显著的努力，使低收入人口脱贫，达到更高的繁荣和幸福水平。

我们祝愿中华人民共和国政府在 2021 年新的一年里一切顺利，同时祝贺中国政府为成为世界上唯一——一个在 2020 年实现正增长的国家，预计 2021 年的增长率将更高。

2021 年，真诚祝愿世界人民共同和平、繁荣、健康和幸福。

As we say farewell to one of the most changeling years in our lifetime, it is important to carry forward the lessons we learnt; for the peace and happiness for all; for good health and prosperity for all. On behalf of the people of the Maldives and on my own behalf, allow me to extend our sincere best wishes to the People of China as we embark on the New Year 2021.

The Chinese New Year has always been a special occasion. It symbolizes the arrival of spring, the strengthening of bonds an enhancement of family, social and community relations. The Maldives-China relations is based on mutual respect and strong bonds of historical friendly relations and we remain steadfast in strengthening our bonds of friendship in the years to come.

Let me take this opportunity to wish the Government and the people of China success, peace and prosperity. May the Chinese Year of the Ox bring further development to the peoples of our two nations; may it be one filled with harmony; may the New Year bring renewed dynamism and vigour to the enduring friendship between the Maldives and China.

Wishing you all a very Happy New Year!

Aishath Azeema
Ambassador of Maldives to China



艾莎特·阿兹玛
马尔代夫驻华大使

辞旧迎新，我们即将告别这极具变革意义的一年，愿我们都有收获和成长。愿和平和幸福常伴，愿健康和繁荣长存。在我们迈向 2021 年新年之际，请允许我代表马尔代夫人民并以我个人的名义，向中国人民致以最诚挚的祝福！

中国新年是一年之中最特别的节日。它象征着春天的到来，象征着家庭与社会关系的再一次加强。马中关系一直以来都建立在相互尊重和历史友好的基础上，未来我们也将进一步加强两国关系、增进两国人民之间的友谊。

请允许我借此机会祝愿中国政府和人民事业成功、和平兴旺。祝愿中国农历牛年给两国人民带来新的发展和机遇；祝愿这一年充满和睦；希望新的一年，能为马中两国经久不衰的友谊注入新的生机和活力。

恭祝大家新年快乐！

Dear friends,

I would dare to say that we are all awaiting the Year of the Ox with great optimism. It will require hard work, patience and cooperation, as oxen do and as is believed to be an admiring quality of this Chinese zodiac sign, in order to get back to the tracks of normal life after all the shocks that the passing Year of the Rat inflicted upon us.

Nevertheless, the Republic of Croatia and the People's Republic of China have witnessed during this peculiar year that they are bonded with friendship which is proven even in times of greatest need, like the pandemic that we all have faced since early 2020. Let us hope that the worst is behind us and that in the Year of the Ox we can realize all the plans that we have had, such as the continuation of cooperation between the Republic of Croatia and the People's Republic of China in all the fields, from economy and trade to culture and science, sports and tourism.

In particular, once the international travel restarts, we are looking forward to host our Chinese friends in their continuation of discovery of my enchanting homeland, whose prominent features you could have found exactly on the pages of this magazine just before the pandemic started.

I wish you all only the best, a lot of health, happiness, joy and fulfilment of all your wishes and dreams. May the Year of the Ox be a more ordinary one and usher in a return to normalcy!

Ambassador of the Republic of Croatia to the People's Republic of China Dario Mihelin, MSc



达里欧·米海林
克罗地亚驻华大使

亲爱的朋友们，

我敢说我们都满怀乐观地等待着牛年的到来。在中国十二生肖中，牛是被认为一个令人钦佩的品质。为了从鼠年的遗憾当中回到正常的生活轨道，需要努力工作，耐心和合作。

然而，克罗地亚共和国和中华人民共和国在这特殊的一年里目睹了他们之间友谊的关系，这种友谊只有在最需要的时候才得到证明。就像我们自2020年初以来所面临的流感一样。我们希望最坏的情况已经过去，希望在牛年我们能够实现我们的所有计划，例如克罗地亚共和国和中华人民共和国从经济和贸易到文化和科学、体育和旅游的所有领域继续合作。

特别是，一旦国际旅行重新开始，我们期待着接待中国朋友们继续探索我迷人的祖国，你可以在之前这本杂志里找到我祖国的显著特征。

我祝你们一切顺利，健康、幸福、快乐，并可以实现你们所有的愿望和梦想。愿牛年更加平静，迎来回归常态！

ძვირფასო მკითხველო, მაქვს პატივი მოგილოცოთ ჩინური ახალი წელი (გახაფხული) ფესტივალისთვის.

2020 წელი სავსე იყო ურთულესი გამოწვევებით. გლობალურმა პანდემიამ მნიშვნელოვანი კორექტივები შეიტანა ჩვენს ყოველდღიურ საქმიანობაში. ვსარგებლობ შემთხვევით და ჩინეთის მთავრობას მადლობას მოვახსენებ საქართველოს ჯანდაცვის სისტემის დახმარებით. თავის მხრივ ქართველი ხალხი სრულად სოლიდარული იყო ჩინელი ხალხის მიმართ, ეპიდემიის გავრცელების პირველი დღიდან. ყოველთვის ადასტურებს საქართველოსა და ჩინეთის სახალხო რესპუბლიკას შორის არსებულ ძლიერ მეგობრულ და პარტნიორულ ურთიერთობებს.

დარწმუნებული ვარ, რომ 2021 წელს ორ ქვეყნას შორის თანამშრომლობა კიდევ უფრო გაღრმავდება მრავალი მიმართულებით.

ვულოცავ ჩინელ ხალხს ხარის წელიწადს, ვუსურვებ უპირველეს ყოვლისა ჯანმრთელობას. ახალ წარმატებებსა და კეთილდღეობას.

ჩინეთის სახალხო რესპუბლიკაში საქართველოს საგანგებო და სრულუფლებიანი ელჩი, არჩილ კალანდია

Archil Kalandia
Ambassador of Georgia to China



阿尔赤·卡岚第亚
格鲁吉亚驻华特命全权大使

亲爱的读者们：

很荣幸值此中国春节之际向你们致以问候！2020 这一年充满了挑战性，全球疫情改变了我们的日常生活，借此机会我想再一次由衷的表明 - 中国政府向格鲁吉亚医疗卫生系统给予了大量援助，而在我方面，格鲁吉亚人民自疫情一开始就一直坚定的支持中国人民，所有这些都体现了格鲁吉亚与中国之间的深厚友谊与伙伴关系。我坚信 2021 年双边合作必将进一步的加深。

最后，祝福中国人民牛年大吉，祝愿你们身体健康、事业成功、新年取得新成绩！

Dear readers of The World and China,

In 2020, despite multiple global challenges, EU and China have finalized two key trade agreements, with the signature of the Agreement on Geographic Indications on 14 September, and the political conclusion on 30 December of the 7-year-long negotiations over the EU-China Comprehensive Agreement on Investment. Our 45-year-long history of diplomatic relations continues to drive closer cooperation in a number of areas, most notably on climate and environment and on the digital economy.

We look forward to a new year of recovery and of newfound resolve. Let's not forget that challenging times offer opportunities - opportunities for innovation, for improvement, and for looking at the world with fresh perspectives. In the EU, the recovery plan is designed to lay the foundations for a modern and sustainable Europe. With this outlook, we believe 2021 will contribute to the further development of cooperation between the EU and China in the broad scope of our relations.

We will soon welcome the Chinese Lunar New Year of the Ox - an animal that symbolises strength, hard work, and loyalty, values that Europeans share with the Chinese. I take this opportunity to wish all of you health, happiness, and rewarding work for 2021.

Mr. Nicolas Chapuis,
Ambassador of the European Union to China



郁白
欧盟驻华大使

亲爱的《世界中国》杂志的读者朋友们：

2020年尽管充满许多全球挑战，欧盟与中国仍然达成两项重要的贸易协定，即9月14日签署中欧地理标志协议以及12月30日历时7年的中欧全面投资协定谈判在政治层面宣告完成。中欧建交45年来，许多领域的合作得以深化，特别是在气候、环境领域以及数字经济方面。

我们期待2021年是复苏的一年，并确立新的目标。不要忘记，挑战也带来了机遇，创新的机遇、改善的机会和看待世界的全新视角。欧盟的复苏计划将为一个现代的可持续发展的欧洲奠定基础。展望未来，我们相信2021年将是中国双方继续合作，不断发展更广泛关系的一年。

农历牛年即将到来，牛代表着力量、勤奋和忠诚，这是欧洲人和中国人共有的价值观。在此新年之际，我谨向大家致以最诚挚的问候，并祝大家在新的一年里健康、幸福，事业有成！

Felicitations to 'The World and China'.

At the outset, I would like to appreciate the work of the enthusiastically dedicated team publishing the multi language magazine 'The World and China' on the occasion of every New Year. The Year 2020 has been really a very difficult year for the whole of mankind. The world has been facing challenges of the pandemic caused by COVID-19, and killing of hundreds of thousands people in the globe.

I also like to congratulate the Communist Party of China, Chinese government, the leaders of China and the people as well, for their timely decisions and collective endeavors made to fight against the pandemic and contain it in time. The decision said 'Nothing is more precious than the life and health of people', for a political party and the government, is inspiring and instructive to the leaders and the governments of the world to act in time for their countries and the peoples, and for the sake of mankind.

In spite of pandemic, China has got success to lift the poverty-stricken people from the absolute poverty to build a well-off society. So on behalf of Nepal, I express happiness for such grand success in eradicating the poverty, as visioned and determined by the leaders, and dedicated as well as collective efforts made by the Chinese people to obtain the sustainable development goals declared by the UNO, and the objectives set by China.

Nepal and China are good neighbors, and trustworthy friends. They have long history of harmonious relations of mutual respects, sovereign equality and the impartial as well as equal benefits of each other. Not only in bilateral matters, but also in international issues both countries reasonably, justifiably and firmly stand together. Our relations, therefore, is higher than Mount Sagarmatha and deeper than the Pacific Ocean.

I wish this magazine 'The World and China' may regularly be published and get success to contribute to extend and strengthen the peaceful friendly relations between China and the countries in the world.

Finally, I express my best wishes for the peace, prosperity, happiness and good health of the whole of mankind in the Year 2021!

Thanks!

H.E. Mahendra Bahadur Pandey
Ambassador Extraordinary and Plenipotentiary of Nepal
to the People's Republic of China



马亨德拉·巴哈杜尔·潘迪
尼泊尔驻华特命全权大使

致《世界中国》杂志：

首先，我感谢编辑团队在每个新年都出版多语种杂志《世界中国》。2020年对全人类来说确实是非常艰难的一年。世界面临着由新冠肺炎引起的流行病的挑战，全球数十万人因此丧生。

此外，我还要祝贺中国共产党、中国政府、中国领导人和人民，为抗击和及时遏制这一流行病做出了非常及时的决定和集体努力。中国政府和中国共产党提出的“人民的生命和健康高于一切”，激励和引导着世界各国领导和政府及时采取行动，为他们的国家和人民，为全人类着想。

尽管疫情肆虐，中国还是成功地将贫困人口从绝对贫困中解救出来，建设小康社会。因此，我代表尼泊尔，为中国在消除贫困方面取得的巨大成就表示衷心的祝福，这是由智慧的中国领导人制定，全体中国人民为实现联合国可持续发展目标和中国设定的宏伟发展目标而奉献和共同努力的结果。

尼泊尔和中国是好邻居和值得信赖的朋友，有着互相尊重主权和领土完整、互不侵犯、互不干涉内政、平等互利、和平共处的悠久的和谐关系。在双边事务和国际事务中，尼中两国合理、正当和坚定地站在一起。我们的关系比珠穆朗玛峰高、比太平洋深。

我希望这本杂志《世界中国》能够定期出版并获得成功，为扩大和加强中国与世界各国的和平友好关系做出贡献。

最后，祝2021年全球人民和平、繁荣、幸福、健康！



欧盟驻华大使郁白阁下在活动上讲话
His Excellency Nicolas Chapuis, EU Ambassador to China, delivered a speech at the event

欧盟圣诞夜

EU Christmas Eve

值此圣诞节来临前夕，欧盟驻华使馆于12月17日在使馆内举办了一年一度的圣诞媒体招待宴会。中外媒体朋友们共同欢聚一处，相互交流畅谈。

Before Christmas, the Delegation of the European Union to China hosted the annual Christmas media reception at the Delegation on December 17. Guests from Chinese and foreign media gathered together for the celebration.



活动现场

A moment of the event



中欧国际文学节

第五届
The 5th

EU-China International Literary Festival

2020 文学节 EU-China International Literary Festival 中欧国际文学节

EU-China International Literary Festival 中欧国际文学节

日期 11.12 - 12.06
Date Nov 12 - Dec 6, 2020

扫描右二维码或登录中欧国际文学节官网获取更多信息: <http://eu-china.literaryfestival.eu>



中欧国际文学节
EU-China International
Literary Festival

欧盟驻华大使馆于 2020 年 11 月 6 日举办了第五届中欧国际文学节（线上）开幕仪式。第 5 届中欧国际文学节，携手 27 位中国知名作家和 27 位知名欧盟成员国作家，延续中国与欧洲之间的文学对话。和以往 4 届中欧国际文学节一样，中国作家与欧洲作家向公众呈现了一系列高质量的对谈活动。

The EU Delegation to China hosted the opening ceremony of the Fifth EU-China International Literary Festival online on November 6, 2020. The 5th festival lined up 27 well-known Chinese writers as well as 27 celebrated authors from EU member states to continue the literary dialogue between China and Europe. Similarly to the four previous editions of the festival, Chinese and European writers were engaged in a series of high-quality dialogues carried out for the benefit of the public.

中欧国际文学节

第五届
The 5th

EU-China International Literary Festival

2020

EU-China 文学节

EU- 国际文学节



日期 11.12 - 12.06
Date Nov 12 - Dec 6, 2020



文学节总监 Peter Goff 先生主持线上活动
Literary Festival Director Mr. Peter Goff presided over the online event



德国作家大卫·瓦格纳 (David Wagner) 先生线上讲话
Online speech by German writer David Wagner



丹麦作家多尔特·诺尔斯 (Dorthe Nors) 女士线上讲话
Danish writer Dorthe Nors talks online



欧盟驻华大使郁白 (Nicolas Chapuis) 阁下表示：“我很高兴欢迎各位参加第五届中欧国际文学节，同时也是首届线上文学节。我们每个人都在努力度过这段特殊时期。人们不得不走出舒适区，寻找新的方式，与他人保持联系。中欧国际文学节也是如此。在线举办今年的文学节，不仅使我们能够与来自中国各地的听众与读者产生联系，而且展示了我们坚定的信念：我们相信，文化可以增强我们应对危机与逆境的能力。”

The EU Ambassador to China, His Excellency Nicolas Chapuis said: "I am very delighted to welcome you all to the Fifth EU-China International Literary Festival, which is also the first EU-China literary festival held online. Each of us is working hard to get through this special period. People have to get out of their comfort zone and find new ways to keep in touch with others. The same is true for the EU-China International Literary Festival. Holding this year's literary festival online not only allows us to connect with listeners and readers from all over China, but also proves our firm belief that culture can enhance our ability to deal with crises and adversities."



中国作家代表张悦然 (Zhang Yueran) 女士线上讲话
Online speech by Ms. Zhang Yueran, representative of Chinese writers



中国作家代表毕飞宇 (Bi Feiyu) 先生线上讲话
Online speech by Mr. Bi Feiyu, representative of Chinese writers



展映奥地利影片“逝去的爱情”
Austrian film "Pitter Patter
Goes my Heart"

欧盟微电影展在陕西首次举办

First Screening of the EU-China Short Film Festival was held in Shaanxi

第二届中国欧盟微电影展 2020 年西部首展于 12 月 19 日在西安外事学院揭幕。出席开幕式的有主办方中国人民对外友好协会副会长李希奎（视屏致辞），欧盟国马耳他驻华使馆卓嘉鹰，陕西省对外友好协会专职副会长曹辉，本次西部展指导单位陕西省妇联二级巡视员陈小江，以及外事学院董事长黄藤等领导嘉宾出席。

The first screening of the 2nd EU-China Short Film Festival was held at Xi'an International University on December 19, 2020. Li Xikui, Vice Chairman of the Chinese People's Association for Friendship with Foreign Countries (through video speech), John Aquilina, Ambassador of Malta to China, Cao Hui, Vice Chairman of Shaanxi Chinese People's Association for Friendship with Foreign Countries, Chen Xiaojiang, Second Secretary of the Provincial Women's Federation, Huang Teng, President of Xi'an International University and other distinguished guests attended the event.

本次西部展展出了 44 部欧盟 19 个国家的微电影。这些影片从多维度表现了欧洲的文化、社会、经济等方方面面。德国影片《照片》表现了社会中人们在不同时期快乐的意义，比利时影片《家》讲述了欧洲家庭接纳索马里难民所发生的故事，西班牙影片《女人日》讲述了闺蜜之间的友谊，等等。

The Xi'an screening included 44 short films from 19 European Union countries. These films show all aspects of European culture, society and economy from multiple angles. The German film "PIX" characterizes people's happiness in different periods of life, the Belgian film "Family" tells the story of a European family hosting refugees from Somalia, the Spanish film "Girl's Day" gives insights to the friendship between girls, etc.



全国友协李希奎（视屏致辞）：

2020 年是不平凡的一年，新冠肺炎疫情给全球文化交流带来了不便，但在多方密切合作下，中国欧盟微电影展在西安成功举办。双方以微电影为媒介，表达了对不断加深中欧人文交流，密切中欧合作的强烈愿望。这既展现了电影人的热情、才华和创造力，更彰显了各方互帮互助、同舟共济、共克时艰的精神。

Vice Chairman Li Xikui:

2020 is a special year. The epidemic has brought about many inconveniences to global cultural exchanges. However, thanks to the close cooperation between the organizers and participants, the Xi'an screening of the EU-China Short Film Festival can be held now. The two sides expressed their strong desire to continuously deepen the EU-China cultural exchanges and intensify the cooperation through short films. This not only demonstrated the enthusiasm, talent and creativity of the filmmakers, but also demonstrated the mutual interest and perseverance of all the parties involved.



省友好协专职副会长曹辉：

近年来，习近平主席多次强调，中欧是东西方文化的发祥地，中欧是推动人类进步的“两大文明”。中欧合作远远超出双边范围，具有全球意义。本次电影展是中欧双方重要的民间文化交流活动。

Vice Chairman Cao Hui:

In recent years, President Xi Jinping has repeatedly emphasized that China and Europe are the birthplaces of Eastern and Western cultures. China and Europe are "two civilizations" promoting human progress. The EU-China cooperation goes far beyond its bilateral scope and has a global significance. This film festival is an important cultural exchange event between China and Europe.



指导单位陈小江女士：

中欧关系是世界最重要的双边关系之一，中欧人文交流历史悠久，而又任重道远。前天，我们与欧盟驻华代表团及中国和平发展基金会合作，在西安交通大学附属小学成功举办了欧盟 2020 年“梦想中欧”青少年绘画展，今天又在这里隆重举办第二届中国微电影展西部首展。这些活动都得益于各级部门的支持和社会各界的大力协助。省妇联希望今后一如既往继续与各方加强合作，共同促进陕西妇女儿童对外交流合作事业发展。

Secretary Chen Xiaojiang:

The EU-China relations are one of the most important bilateral relations of the world. People-to-people exchanges between the EU and China have a long history. The day before yesterday, in cooperation with the EU Delegation to China and the China Friendship Foundation for Peace and Development, we successfully held the EU's 2020 "Dreams of Europe and China" Children's Art Exhibition at the Primary School Affiliated to Xi'an Jiaotong University. Today, we are going to hold a screening of the Second EU-China Short Film Festival here. This event enjoys the support of the various departments at all levels and the vigorous assistance of all strata of the society. The Provincial Women's Federation hopes to continue strengthening the cooperation with all the parties in the future, and jointly promote the development of foreign exchanges and cooperation for the benefit of the women and children of Shaanxi province.



承办方黄藤董事长：

陕西以其厚重的历史积淀和浓郁的文化氛围，吸引了大批电影爱好者，成就了众多电影艺术家和名片佳作。西安外事学院正是在这块厚重历史和现代科技交融的中国大地中心成长起来的中国私立大学的引领者。我们衷心地希望借助这次微电影展，将西安与欧盟 27 个成员国友好城市的关系从微电影这个领域激活并展开以此为契机，充分沟通交流，凝聚发展共识、深化务实合作，共同传播文明之美。

Chairman of the University, Huang Teng:

Shaanxi has attracted a large number of film lovers with its profound historical past and strong cultural atmosphere, and has inspired many film artists. Xi'an International University is a leader among China's private universities that grew up in the center of China where history and modern technology meet. We sincerely hope that with the help of this short film festival, the relationship between Xi'an and the sister cities of the 27 EU member states will further deepen. This is an opportunity to openly communicate and exchange ideas, build consensus on development, deepen practical cooperation, and spread the beauty of civilizations.

本次西部首展由西安外事学院、妇联妇女儿童交流服务中心和《世界中国》杂志社组织举办。第一届中国—欧盟微电影展于 2017 年举办，21 个欧盟国家的 41 部微电影在 7 个城市的 9 所高校进行展映。

The first western screening in Shaanxi was jointly organized by Xi'an International University, the Women and Children Exchange Service Center of Shaanxi Women's Federation and "The World and China" Magazine. The First EU-China Short Film Festival was held in 2017 with 41 films from 21 EU member countries and had screenings in 9 universities in 7 cities.



卓嘉鹰大使在接受电视台采访时说：中国的民办大学能够办的如此之大，发展如此之快，真是令人不可想象。It is unimaginable that China's private universities can grow so huge and can develop so fast.



嘉宾合影
Group photo of guests



欧盟驻华代表团政治与新闻媒体处代理处长 Laurence Vandewalle
Laurence Vandewalle, Acting Director of the Political and Media Department of the EU Delegation to China



翔凤文化节主席李丹先生(左)、中国戏曲学院影视导演杨明明女士(中)、Fortissimo Films 选片人、爱酷电影周策展人吴漫女士(右)共同出席活动。
Mr. Li Dan (left), Chairman of Xiangfeng Cultural Festival, Ms. Yang Mingming (middle), Film and Television Director of the Chinese Academy of Traditional Chinese Opera and Ms. Wu Man (right), filmmaker of Fortissimo Films and Curator of Iku Film Week.

中国女性影视人助力平台启动仪式 Launching ceremony of the platform for female Chinese filmmakers

欧盟驻华大使馆于2020年12月10日在使馆内举办了翔凤文化节闭幕式暨中国女性影视人助力平台启动仪式。

The EU Delegation to China held the closing ceremony of Xiangfeng Cultural Festival and the launching ceremony of the platform for assisting female Chinese filmmakers at the Delegation on December 10, 2020.



欧盟驻华代表团郁白大使 为“梦想中欧” 欧盟青少年绘画展致辞



H.E. Nicolas Chapuis,
Ambassador of the EU Delegation to China,
addressing the EU's "Dreams of Europe and China"
Children's Art Exhibition

亲爱的小朋友们，同学们、老师们，你们好！

我是欧盟驻华大使，中国名字叫郁白。

今天我十分荣幸能通过视频的方式参加“梦想中欧”欧盟青少年绘画展的开幕式。

2020年的疫情给我们的生活、工作和学习带来了不便。不过我们欧盟国家的青少年和中国的青少年的绘画交流活动没有因此而中断，为此，我感到非常高兴。在此，我要对同学们的努力参与表示衷心感谢，同时也向参与组织本次活动的所有工作人员致敬，感谢他们的辛勤付出。

“梦想中欧”青少年系列绘画展从2011年开始，由欧盟驻华代表团主办，《世界中国》杂志社承办，是我们欧盟人文交流的一个项目，每年都举办。

我们希望画展这个平台给中国和欧盟国家的青少年朋友们提供了一个机会，描绘自己想像中的对方国家，展示自己的创意和绘画作品。在我们欧盟国家孩子的心中，大熊猫、长城是中国的主要符号。而在中国小朋友的眼中，我们欧盟以及27个成员国又是什么样子呢？

我非常期待看到你们的作品，了解在你们心目中欧洲的样子。我希望，今后你们有机会可以到欧洲各个国家去走走、看看，将来有机会去欧洲学习，也希望欧洲的青少年可以到中国来旅游和学习，并和你们进行交流。这样，你们就可以知道现实中的欧盟和你们想象或是印象中的欧盟到底有哪些相同点和不同点。

同学们，正像我们画展的名字那样，我们每个人都有自己的梦想，世界的未来属于你们，而你们所拥有的创造力是最强大的，我坚信你们每个人都可以把自己的梦想变成现实。

最后，我希望你们快乐成长，成为欧中文化交流的使者。

Dear Little Friends, Dear Students, Dear Teachers, Ladies and Gentlemen, Welcome Everyone!

I am the EU's Ambassador to China, my Chinese name is Yu Bai.

Today I am very honoured to participate in the Opening Ceremony of the EU's "Dreams of Europe and China" Children's Art Exhibition through means of video.

The 2020 epidemic has brought inconveniences to our lives, work and study. However, the drawing and painting exchange activities between teenagers of our EU countries and teenagers of China have not been interrupted and that makes me quite happy. Here, I would like to express my heartfelt gratitude to the students for their participation and hard work. At the same time, I would also like to express my appreciation for all the organizers and teachers for their efforts to make it all happen.

The "Dreams of Europe and China" series of children's painting exhibitions and competitions started back in 2011. It is organized by the EU Delegation to China and is implemented by "The World and China" Magazine. It is a project belonging to the domain of people-to-people dialogue and is held annually.

The exhibition platform provides European and Chinese youngsters the opportunity to portray the other country with their imagination and demonstrate their creativity through their artworks. In the hearts of European children, the giant panda and the Great Wall are the main symbols of China. But when it comes to Chinese children, I wonder how they think of the 27 member states?

I very much look forward to seeing your works and interpretation, how Europe is reflected in your eyes. I hope that in the future, you will have the opportunity to visit various countries in Europe, and will have a chance to study in Europe for some time as well. I also hope that more and more young people of Europe will be able to come to China for travel and study and exchange ideas with you. In this way, you can discover the similarities and differences between the EU in reality and the EU in your imagination.

Just like the name of our exhibition, each of us has our own dreams. The future of the world belongs to you, your creativity is limitless. I firmly believe that each of you can make your dreams come true.

Finally, I hope that you will grow up happily and become messengers of cultural exchanges between Europe and China.



漫步在欧盟孩子们的梦中

Wandering the Dreams of European Kids about China

在11月2日至7日的郑州西亚斯大学一年一度的文化节中，九个欧盟国家孩子们的绘画精品给本次的文化节带来不同的气氛和感受。通过孩子们手中的绘画作品，学生们看到了欧盟国家孩子眼中的中国。郑州画展是2020年欧盟“梦想中欧”青少年绘画展系列展的一部分。与此同时，欧盟微电影的展映也丰富了学生的文化节内容。

This year's edition of the annual Cultural Festival of SIAS University in Zhengzhou was held between 2-7 November hosting an exhibition of children's artworks from nine European countries hence lending a special atmosphere and touch to the event. The drawings and paintings of the kids gave a chance to the students to get a glimpse of how European kids see their country. The Zhengzhou exhibition was part of the European Union's 2020 "Dreams of Europe and China" Children's Art Exhibition series. During the festival, European short films were also screened further enriching its content.



德国是2020年下半年欧盟轮值主席国。德国驻华大使馆派代表到郑州参观画展和影展。

Germany assumes the rotating presidency of the European Union in the second half of 2020. The German Embassy has sent its diplomat to Zhengzhou to participate in the exhibition and film screening.





“Dreams of Europe and China” Exhibition in Tianjin

“梦想中欧”画展 天津首展



一年一度的欧盟“梦想中欧”青少年绘画与天津小朋友的画从10月31日至11月8日在天津华夏未来少儿艺术中心举行。

欧盟“梦想中欧”青少年绘画展始于2011年。今年总共收到九个欧盟国家的165幅作品。由于受到新冠疫情的影响，本次天津展不举办开幕式。驻华使节以及其他嘉宾根据自己的时间自行前往现场观展。

The annual EU “Dreams of Europe and China” Children’s Art Exhibition was displayed from 31 October to 8 November in Cathay Future Children’s Art Center in Tianjin too.

The Children’s Art Exhibition and Competition of the European Union started in 2011. This year



a total of 165 paintings from nine EU countries were received.

Due to the impact of the new coronavirus, the opening ceremony of the Tianjin exhibition was not held. Diplomats and other guests visited the exhibition according to their own schedules.



11月1日保加利亚使馆代表 Martin Kolev 先生、意大利使馆代表 Ferrari Susanna 女士、《世界中国》杂志社 纳吉·麟女士共同参观画展
On 1st of November, Mr. Martin Kolev, diplomat of the Bulgarian Embassy, Ms. Ferrari Susanna, diplomat of the Italian Embassy and Ms. Nagy Lin, President of “The World and China” Magazine, visited the exhibition.



活动现场

A moment of the event

华夏未来少儿艺术中心主任赵茜先生带领嘉宾参观机构，并向意大利使节介绍他们婴儿护育采用的是意大利的NIDO系统，并称赞，意大利在婴儿幼儿教育方面的教育上是世界的领头羊。

Mr. Zhao Qian, CEO of Cathay Future Children’s Art Center, led the guests to visit the institution and told the Italian envoy that their infant care adopted the Italian NIDO system. The CEO talked highly of Italy’s education system for infants and young children and told the diplomat that he sees the country as a world leader in the field.



嘉宾与前来参加万圣节活动的孩子们、家长合影
Group photo of parents and kids taking part in All Saints’ Day of the center.



画展负责人李熙女士(右二)介绍展览概况
Ms. Li Xi (second from right), person in charge for the exhibition, introduces the exhibition



11月3日斯洛文尼亚驻华使馆代表 Lindav Heindel Lucija 与丈夫参观画展。随后参观中心绘画培训教室。

On 3rd of November, diplomat of the Slovenian Embassy, Ms. Lindav Heindel Lucija and her husband visited the exhibition and the painting classroom of the center.



活动现场

A moment of the event





EU-China Children's Paintings Meet in Xi'an Again 中欧青少年绘画再次在西安交汇

12月17日, 2020年“梦想中欧”在西安交通大学创新港博物馆举办。该画展由陕西省妇联指导, 陕西友联妇女儿童交流服务中心、西安市科协、《世界中国》杂志社, 西安交通大学附属小学和西安交大附小金辉分校承办。同时还展出世界粮食日海报大赛优秀作品。

欧盟“梦想中欧”青少年绘画展是由欧盟驻华代表团主办, 中国和平发展基金会协办, 《世界中国》杂志社承办。自2011年立项以来, 每年在国内各地举办。2019年曾在陕西美术馆与陕西孩子们的画共展。

欧盟驻华使团大使郁白和中国友好和平发展基金会理事长李希奎分别以视频形式为画展发来祝福。

On 17 December, under the guidance of Shaanxi Women's Federation and implemented by Shaanxi Women and Children's Exchange Service Center, Xi'an Association for Science and Technology, "The World and China" Magazine, the Primary School Affiliated to Xi'an Jiaotong University and Jin Hui Primary School Affiliated to Xi'an Jiaotong University, the "Dreams of Europe and China" Children's Art Exhibition (Shaanxi Station) was held at the Innovation Hub Museum of Xi'an Jiaotong University. Works of the World Food Day Poster Competition were also displayed in the exhibition.

The EU "Dreams of Europe and China" Children's Art Exhibition is organized by the EU Delegation to China, co-organized by China Friendship Foundation for Peace and Development and implemented by "The World and China" Magazine. It is held since 2011 every year across the country. In 2019, the exhibition was held at Shaanxi Art Museum.

H.E Mr. Nicolas Chapuis, Ambassador of the European Union to China, and Mr. Li Xikui, Chairman of China Friendship Foundation for Peace and Development, respectively have sent their greetings to the exhibition in the form of a video message.

郁白大使在致辞中说到, 2020年的疫情给我们的生活和工作带来了许多不便。不过我们欧盟和中国青少年的交流活动并没有被疫情中断。为此, 我感到非常高兴。在此, 我要对同学们的积极参与表示衷心感谢, 同时也要对参与组织本次画展的所有工作人员致敬, 感谢他们的辛勤付出。

Ambassador Chapuis said in his speech that the 2020 epidemic has brought a lot of inconveniences to our lives and work. However, the exchange activities between our European and Chinese students have not been interrupted by the epidemic. For this, he felt quite happy. "Here, I would like to express my heartfelt thanks to the students for their active participation. At the same time, I would also like to express my appreciation for all the organizers and teachers for their efforts and hard work for realizing this exhibition."

李希奎理事长表示: 此次画展中, 中国和欧洲青少年用画笔描绘出他们对彼此国家的印象。我们相信你们可以通过绘画增进相互了解, 收获真诚的友谊, 也希望你们将来可以成为中欧友好的使者。中国友好和平发展基金会一贯重视开展青少年交流合作, 我们愿为中外青少年搭建互动平台, 推动中国同世界各国人民友好关系不断发展。

Chairman Li Xikui said: In this exhibition, young people from China and Europe use brushes to paint their impressions of each other's countries. We believe that you can enhance mutual understanding and earn sincere friendship through painting. We also hope that you can become the messengers of Sino-European friendship in the future. The Chinese People's Association for Friendship with Foreign Countries has always attached great importance to youth exchanges and cooperation, and is willing to build an interactive platform for Chinese and foreign youth to promote the continuous development of friendly relations between China and the people of the world.



马耳他驻华使馆大使
卓嘉廉 致辞
Ambassador of Malta,
John Aquilina



西安交通大学校长助理
程建设 致辞
Mr. Cheng Jianshe,
Assistant to the
rector of Jiaotong
University



省教育厅二级巡视员
关荷 致辞
Ms. Guan He,
second-level
inspector of
the Provincial
Department of
Education



省妇联二级巡视员
陈小江 致辞
Ms. Chen Xiaojiang,
Second Secretary of
the Provincial Women's
Federation





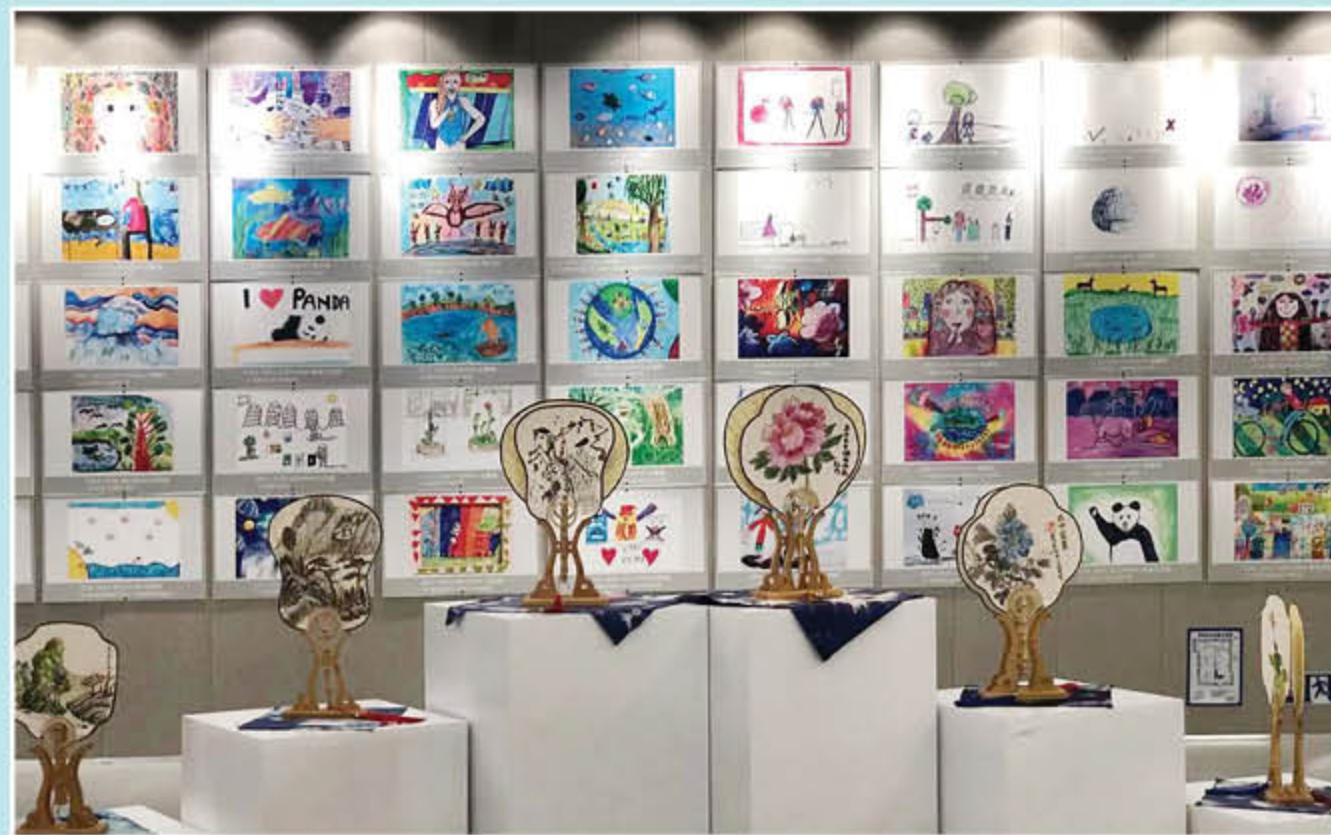
马耳他驻华使馆大使卓嘉鹰观展中感慨地对西安站画展策划人苏鹏说：“从这次画展可以看出是关于大气、土地、海洋污染的主题，这些孩子们在思考未来，在这一点上不管中国还是欧洲，他们都有同样的梦想。这些孩子告诉我们，我们有责任保护好我们的地球，我们需要更多关注我们的生态环境，关注世界的未来。”

Ambassador John Aquilina told to Mr. Su Peng, Curator of the Xi'an Exhibition: "From this exhibition, we can see that it is about air, land and ocean pollution. These children are thinking about the future. Regardless of whether China or Europe, they all have the same dream. These children tell us that we have a responsibility. To protect our planet, we need to pay more attention to our ecological environment and the future of the world."



此次画展展出了来自欧盟 9 个国家的 166 幅作品、来自中国的 300 余幅作品和参加世界粮食日海报大赛的获奖作品。

The exhibition displayed 166 works from 9 countries in the European Union, more than 300 works from China, and winning works from the World Food Day Poster Contest.





嘉宾向参展学生颁发证书
VIP guests handed over the certificates.

活动现场

A moment of the event



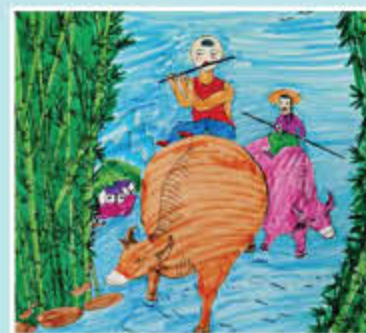
西安交大附小校长雷玲为到场嘉宾赠送学生的书法作品
Ms. Lei Ling, Principal of the Primary School Affiliated to Xi'an Jiaotong University, presents calligraphy works of students to the guests



像往年一样,在今年所有参展作品中评选出12幅作品,作为2021年欧盟驻华代表团的新年台历插图。其中有2幅陕西作品入选
As in previous years, the jury selected 12 works from all the works exhibited this year, which will be used as illustrations for the 2021 Desk Calendar of the EU Delegation to China. Among them, two are from Shaanxi.



画展承办方之一《世界中国》杂志社社长纳吉·麟向画展获选机构负责人赠送礼物
Ms. Nagy Lin handed over the gifts to the leaders of the winners institutes.



画展持续到2021年1月4日
The exhibition welcomed visitors until 4th of January 2021.



欧盟画展首亮广州

First EU Youth Art Exhibition in Guangzhou

今年，借2021年广东天海拍卖行艺术品拍卖会之际，“梦想中欧”青少年绘画展从1月7日至1月10日在广州东方宾馆会议中心与广州市民见面。让广州民众了解到欧洲孩子们心中的中国，同时也能欣赏到展出的各种艺术品。

此次欧盟青少年绘画展将展出，保加利亚、斯洛文尼亚、希腊、比利时、斯洛伐克、德国、匈牙利、丹麦、立陶宛9个欧盟国家的166幅绘画作品。本次展览时间为2021年1月7日至10日每天上午10点至晚上10点。

This year, on the occasion of the 2021 art auction exhibition of Guangdong Tianhai Auction House, the "Dreams of Europe and China" Children's Art Exhibition was shown to citizens of Guangzhou at the conference center of Guangzhou Oriental Hotel. The exhibition let people of Guangzhou learn about the feelings of European children about China, and let them enjoy all kinds of artworks on display in the center.

The exhibition showed 166 paintings from 9 EU countries, including Bulgaria, Slovenia, Greece, Belgium, Slovakia, Germany, Hungary, Denmark and Lithuania. The exhibition welcomed visitors from 7 through 10 of January 2021, from 10 am to 10 pm every day.



活动现场

A moment of the event

活动组织机构代表与前来观展的前文化部副部长李卫平(左2)合影
A group photo of representatives from the event organization and former Vice Minister of the Culture Ministry Li Weiping (left 2).





Hello, 北京欧盟画展

Hello,
Beijing EU Art Exhibition



2020 欧盟“梦想中欧”青少年绘画展继去年从天津启程之后，先后到了郑州、西安、广州。今天来到了北京，在“Hello Mart”哈噜玛特购物中心与京城市民见面。通过画展人们可以了解到欧洲孩子眼中的中国和他们环保健康的理解，同时给购物客人和孩子带来了国际文化气息。

展览至少持续到1月31日。每天上午10点至晚上10点可以自由观赏。

本画展是由欧盟驻华代表团主办，中国和平发展基金会协办，《世界中国》杂志社承办。自2011年立项以来，每年在国内各地举办。此次欧盟青少年绘画展展出来自保加利亚、斯洛文尼亚、希腊、比利时、斯洛伐克、德国、匈牙利、丹麦、立陶宛9个欧盟国家的166幅绘画作品。



活动现场

A moment of the event

The 2020 EU "Dreams of Europe and China" Children's Painting Exhibition, after the opening in Tianjin last year, was exhibited in Zhengzhou, Xi'an and Guangzhou. I came to Beijing today and met with Beijing residents at the "Hello Mart" Shopping Center. Through the exhibition, people can learn about China in the eyes of European children and their understanding of environmental protection and health. At the same time, the exhibition brings an international cultural atmosphere to the shoppers.

The exhibition lasts until January 31. Open from 10 am to 10 pm every day.

This painting exhibition is sponsored by the EU Delegation to China, co-organized by the China Foundation for Peace and Development, and undertaken by the "World and China" magazine. Since the establishment of the EU "Dreams of Europe and China" Children's Painting Exhibition in 2011, it has been held in various parts of the country every year. The EU Children's Painting Exhibition exhibits 166 paintings from 9 EU countries including Bulgaria, Slovenia, Greece, Belgium, Slovakia, Germany, Hungary, Denmark and Lithuania.



“欧盟青少年画展”再次在上海展出

2020 “Dreams of Europe and China” Children's Painting Exhibition at Shanghai

2020“梦想中欧”青少年绘画展（上海站）于2021年1月15日上午10点在上海华东师范大学附属双语学校正式拉开序幕。本次总共展出了412余幅中外青少年绘画作品，他们以画笔传递情谊，表达了对友好城市的深厚情谊与美好祝愿。

“梦想中欧”属于欧盟的项目，属于欧盟对华外交政策的四大领域之一，即人文交流的项目。主办方欧盟驻华代表团自项目立项以来，先后在北京，甘肃白银、吉林长春、湖南株洲，山东青岛，云南昆明、深圳、陕西西安、山东烟台，广州等地进行展出。2019年画展首次来到上海进行举办。

今年2020“梦想中欧”青少年绘画展上海站，由《梅卿看世界》、华东师范大学附属双语学校、《轿车情报》杂志社和《世界中国》杂志社联手承办。希望通过此项活动能为中欧青少年搭建友好交流的平台，让更多的中国孩子们画出欧盟各成员国的美丽风光和人文景观，同时让欧盟国的孩子们画出他们心中的魅力中国！

此次画展一共展出了欧盟国家比利时，保加利亚，德国，斯洛文尼亚，希腊，丹麦，斯洛伐克，匈牙利九个国家小朋友作品的166幅。中方小朋友的画有246幅，其中有四川残障小朋友的画作、四川山区小朋友的画作，以及上海自闭症小朋友的画在画展上展出。

The 2020 “Dreams of Europe and China” Children's Painting Exhibition (Shanghai Station) officially kicked off at the Bilingual School Affiliated to Shanghai East China Normal University at 10 am on January 15, 2021. A total of more than 412 paintings by Chinese and foreign children were exhibited. They used brushes to convey their friendship and express their deep friendship and best wishes to the sister cities.

The 2020 “Dreams of Europe and China” Children's Painting Exhibition is a project of the European Union, which belongs to one of the four major areas of the EU's foreign policy towards China, namely the project of cultural exchanges. Since the establishment of the project, the EU delegation to China has exhibited in Beijing, Gansu Baiyin, Jilin Changchun, Hunan Zhuzhou, Shandong Qingdao, Yunnan Kunming, Shenzhen, Shaanxi Xi'an, Shandong Yantai, Guangzhou



and other places. The 2019 art exhibition came to Shanghai for the first time.

This year's 2020 “Dreams of Europe and China” Children's Painting Exhibition Shanghai Station is co-organized by “Mei Qing Watching the World”, the Bilingual School Affiliated to East China Normal University, “Car Information” and “World and China”. It is hoped that through this activity, a platform for friendly exchanges between Chinese and European youths can be built, so that more Chinese children can paint the beautiful scenery and cultural landscapes of the EU member states, and at the same time, let the children of EU countries draw the charm of China in their hearts!

A total of 166 works by children from nine European countries including Belgium, Bulgaria, Germany, Slovenia, Greece, Denmark, Slovakia, and Hungary were exhibited in this exhibition. There are 246 paintings by Chinese children. Among them are the paintings of Sichuan disabled children, the paintings of Sichuan mountainous children, and the Shanghai autistic children's paintings on display at the exhibition.



承办方向参展孩子颁发证书

The organizer issues certificates to the participating children





中萨建交 45 周年 China and Samoa 45th anniversary of diplomatic relations



萨摩亚驻华大使塔普萨拉伊·托欧玛塔阁下致辞
Speech of the Ambassador of Samoa,
H.E. Tapusalaia Terry Toomata



中国人民对外友好协会副会长卢思社先生致辞
Speech of the Vice Chairman of the Chinese
People's Association for Friendship with
Foreign Countries, Mr. Hu Sishe

值此中国和萨摩亚独立国建交 45 周年之际，萨摩亚驻华大使馆于 11 月 6 日在瑞吉酒店举办了招待宴会。

萨摩亚独立国，简称萨摩亚，原名西萨摩亚，位于太平洋南部，萨摩亚是波利尼西亚群岛的中心，也是萨摩亚人的世代居住地。萨摩亚的经济以农业为主，出产椰子、可可、面包果、香蕉。工业有小型轻工业及农产品加工业。旅游业也是萨摩亚主要经济支柱之一。

On the occasion of the 45th anniversary of the establishment of diplomatic relations between China and Samoa, the Embassy of Samoa in China hosted a reception at the St. Regis Hotel on November 6.

The Independent State of Samoa, abbreviated as Samoa, formerly known as Western Samoa, is located in the Southern Pacific Ocean. Samoa is the center of the Polynesian archipelago and the home of Samoans for generations. Samoa's economy is dominated by agriculture, producing coconuts, cocoa, breadfruit and bananas. The industry includes light industry and agricultural product processing industry. Tourism is also one of the main economic pillars of Samoa.



萨摩亚驻华大使夫妇欢迎宾客
Samoan Ambassador to China and his wife welcome the guests

SAMMOA

活动现场

A moment of the event



文化表演 Cultural performance

俄罗斯功勋画家展览开幕式

Открытие выставки картин заслуженного художника России



作为礼物送给中国人民

俄罗斯功勋画家乌拉洛夫先生发来视频致辞
Видеообращение заслуженного художника России И.Г. Уралова

北京俄罗斯驻华大使馆文化中心于11月12日举办了俄罗斯功勋画家乌拉洛夫个人绘画展《十七个刹那》开幕式暨赠画仪式活动。

12 ноября в Российском культурном центре в Пекине состоялось торжественное открытие выставки картин заслуженного художника России, профессора И.Г. Уралова «Семнадцать мгновений», а также церемония передачи картины «На осеннем озере» в дар Национальному музею искусств Китая.



俄罗斯驻华特命全权大使安德烈·伊万诺维奇·杰尼索夫阁下致欢迎词
Приветственная речь Чрезвычайного и Полномочного Посла России в Китае Андрея Ивановича Денисова



中国美术馆党委副书记张百成先生致辞
Приветственная речь заместителя секретаря парткома Музея изобразительных искусств Китая г-на Чжан Байчэна



俄罗斯驻华大使馆向中国美术馆赠送画作
Посол России в Китае А.И. Денисов передал в дар Национальному музею искусств Китая картину И.Г. Уралова



活动现场

A moment of the event



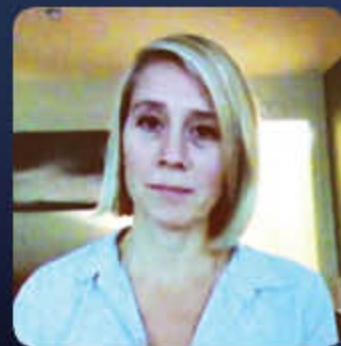
嘉宾观看画展
Осмотр выставки гостями центра



挪威驻华大使馆公使衔参赞汤姆柯纳 (TOM KNAPPSKOG) 阁下致开场辞
Mr. TOM KNAPPSKOG, Minister Counselor of the Norwegian Embassy in China, gives the opening speech



翔凤文化节负责人李丹先生介绍活动概况
Mr. Li Dan, person in charge for the Xiangfeng Cultural Festival, introduces the program



中挪两国电影人分别演讲
Speeches by Chinese and Norwegian filmmakers

中挪女性电影人论坛

Sino-Norwegian Women Filmmakers Forum

活动现场

A moment of the event



2020年11月18日,由翔凤文化节和挪威驻华大使馆联合举办的纪念1995年在北京举行的第四届世界妇女大会和《北京宣言》25周年的中国和挪威两国女性电影人的论坛活动。探讨当今两国电影产业中女性面临的挑战,以及如何克服这些挑战,并提升女性电影人的发展机会。

On November 18, 2020, the Sino-Norwegian Women Filmmakers Forum was jointly organized by the Xiangfeng Cultural Festival and the Norwegian Embassy in China, commemorating the 25th anniversary of the Fourth World Conference on Women in Beijing in 1995 and the "Beijing Declaration". The forum aimed at discussing the challenges faced by women in the film industry of the two countries today, how to overcome these challenges and enhance the development opportunities of female filmmakers.



挪威驻华大使馆顾问Lindan女士(右)与嘉宾交流
Ms. Lindan (right), consultant of the Norwegian Embassy in China, in talk with the guests



活动现场
A snapshot of the event



Photo Exhibition

中欧 Visegrad 联盟 四国图片展览

Photo Exhibition of the Four Visegrad Countries

2020年11月18日，北京匈牙利文化中心与匈牙利、捷克、斯洛伐克、波兰四国驻华大使馆联合举办了一场文化艺术展览。本次展览分别由四国选出了相关代表作品参展，应邀出席的四国大使分别致辞。

On November 18, 2020, the Hungarian Cultural Center in Beijing in cooperation with the embassies of Hungary, the Czech Republic, Slovakia and Poland organized a cultural and art exhibition displaying some of the representative works of the four states. Ambassadors of all the four countries have taken the stage and addressed the visitors.



匈牙利驻华大使白思谛
Hungarian Ambassador to China, Mate Imre Pesti



斯洛伐克驻华大使杜尚·贝拉
Dušan Bella, Ambassador of Slovakia to China



捷克驻华大使佟福德
Czech Ambassador to China, Vladimír Tomšik



波兰驻华大使襄熙军
Polish Ambassador to China, Wojciech Zajaczkowski



斯洛伐克驻华大使馆三等秘书 Branislav Cibik 介绍作品
Introduction by Branislav Cibik, Third Secretary of the Slovak Embassy in China

波兰驻华大使馆文化处主任马志伟介绍本国作品
Jan Jerzy Malicki, Director of the Cultural Section of the Polish Embassy in China, introducing his country's works

活动现场
A moment of the event





性别平等论坛

Gender Equality Forum



瑞典驻华大使宋莲女士女士致开幕词
Ms. Helena Sångeland, Swedish Ambassador to China, delivered the opening speech

2020年11月25日，由翔凤文化节与瑞典驻华大使馆、瑞典商会联合举办，邀请3位中瑞女性广告人，《疯狂女性——广告业的“她”历史》作者Christina Knight、瑞典传播机构协会主席Helena Westin、安索帕集团中国首席成长官白玉莹，在瑞典大使官邸举办商业广告中的性别平等主题论坛。

On November 25, 2020, Xiangfeng Cultural Festival, the Swedish Embassy in China and the Swedish Chamber of Commerce jointly organized a gender equality forum at the Residence of the Swedish Ambassador by inviting three Swedish and Chinese media personalities, Christina Knight, author of "Crazy Woman - Her History in the Advertising Industry", Helena Westin, Chairman of the Swedish Association of Communication Agencies and Bai Yuying, Chief Growth Officer of Isobar Group China.



《疯狂女性——广告业的“她”历史》
作者 Christina Knight
Christina Knight, author of "Crazy Woman - Her History in the Advertising Industry"



瑞典传播机构协会主席
Helena Westin
Helena Westin, Chairman of the Swedish Association of Communication Agencies



安索帕集团中国首席成长官白玉莹女士
Bai Yuying, Chief Growth Officer of Isobar Group China



翔凤文化节主席李丹先生介绍本次活动
Mr. Li Dan, Chairman of Xiangfeng Cultural Festival, gives an introduction

活动现场 Event scene



官邸大厨还为嘉宾制作了瑞典风味的小吃
Chef of the residence offers Swedish snacks for the guests



纪念柴可夫斯基诞辰音乐会

Concert in memory of Tchaikovsky's birthday



值此俄罗斯浪漫作曲家柴可夫斯基诞辰180周年来临之际，由北京俄罗斯文化中心与北京金台艺术馆共同举办的“北京俄罗斯爱乐协会纪念柴可夫斯基诞辰180周年新季开幕音乐会”于2020年11月27日在北京金台艺术馆隆重举行。

On the occasion of the 180th anniversary of the birth of Russian romantic composer Tchaikovsky, a concert titled "Beijing Russian Philharmonic Association Commemorates the 180th Anniversary of Tchaikovsky's Birth" was organized by Beijing Russian Cultural Center and Beijing Jintai Art Museum in Beijing Jintai Art Museum on November 27, 2020.



北京俄罗斯文化中心主任塔玛拉·卡西亚诺娃女士致辞
Address by Ms. Tamara Kasyanova, Director of Beijing Russian Cultural Center



北京金台艺术馆馆长袁熙坤先生致辞
Mr. Yuan Xikun, Director of Beijing Jintai Art Museum, talks at the event



活动现场

A moment of the event





印尼驻华大使周浩黎阁下与中国外交部部长助理吴江浩阁下共同举杯庆祝活动圆满举行

H.E. Mr. Djuhari Oratmangun, Indonesian Ambassador to China and H.E. Mr. Wu Jianghao, Assistant Minister of Foreign Affairs of China, toast during the celebration

活动现场

A moment of the event

印度尼西亚国庆日 Indonesian National Day

印尼驻华大使周浩黎阁下在致辞中说：印度尼西亚独立 75 周年经历了一段漫长的历程。之后，我们一直在不断的努力向前迈进，实现一个能为人民创造社会正义和繁荣的统一国家。在 2020 年 1 月至 9 月，中国在印尼的投资达到了 35 亿美元，同比增长 6%。另外，同期香港的投资额达到了 25 亿美元。区域全面经济伙伴关系协定于 2011 年 11 月 19 日开始构思，并于 2020 年 11 月 15 日正式签署并生效。



H.E. Mr. Djuhari Oratmangun, Indonesian Ambassador to China, said in his speech: Indonesia's 75th anniversary of independence has gone through a long journey. We have been making continuous efforts to move forward and realize a unified country that can create social justice and prosperity for the people. From January to September 2020, Chinese investment in Indonesia reached US\$3.5 billion, a year-on-year increase of 6%. In addition, Hong Kong's investment in the same period reached US\$2.5 billion. The regional comprehensive economic partnership agreement was conceived on November 19, 2011, and was officially signed and entered into force on November 15, 2020.

值此印度尼西亚共和国独立 75 周年来临之际，印度尼西亚共和国驻华大使馆于 2020 年 12 月 9 日在北京四季酒店举办了招待宴会。

On the occasion of the 75th anniversary of the independence of the Republic of Indonesia, the Embassy of the Republic of Indonesia in China hosted a reception at the Four Seasons Hotel Beijing on December 9, 2020.





印度尼西亚投资协调委员会主席巴赫利尔阁下发表主旨演讲

Mr. Bahliil Lahadalia, Chairman of Indonesian Investment Coordination Committee (BKPM), delivered a keynote speech



中国对外贸易 500 强企业俱乐部秘书长黄俊致辞

Speech of Mr. Huang Jun, Secretary General of China Foreign Trade Top 500 Enterprises Club



印度尼西亚银行驻北京代表处首席代表阿里耶夫·哈达旺先生发表演讲

Mr. Arief Hartawan, Chief Representative of Bank Indonesia in Beijing, gave a talk too



华夏幸福国际品牌推广部总经理常晓宁女士介绍投资成功案例

Ms. Nicole Chang, General Manager of China Fortune International Brand Promotion, introduced successful investment cases

印度尼西亚驻华大使周浩黎阁下致开幕辞

His Excellency Djauhari Oratmangun, Indonesian Ambassador to China, delivered the opening speech

中印投资商务论坛

China-Indonesia Investment and Business Forum

2020年12月9日，印度尼西亚驻华大使馆在北京四季酒店举办了“印度尼西亚—中国投资商务论坛”。

On December 9, 2020, the Indonesian Embassy in China hosted the "Indonesia-China Investment and Business Forum" at the Four Seasons Hotel Beijing.

论坛演讲会
Forum discussion



签约仪式
Signing ceremony



印度尼西亚驻华大使周浩黎阁下为企业家代表颁发感谢证书
H.E. Mr. Djauhari Oratmangun, Indonesian Ambassador to China, presented certificates of appreciation to the entrepreneurs



印尼驻华大使夫人艾茜薇女士与演员合影
Mrs. Sih Elsiwi Handayani Oratmangun, wife of the Indonesian Ambassador, takes a group photo with the actresses





斯洛伐克驻华大使杜尚·贝拉阁下致开幕词
His Excellency Dusan Bella, Ambassador of Slovakia to China, delivers an opening speech

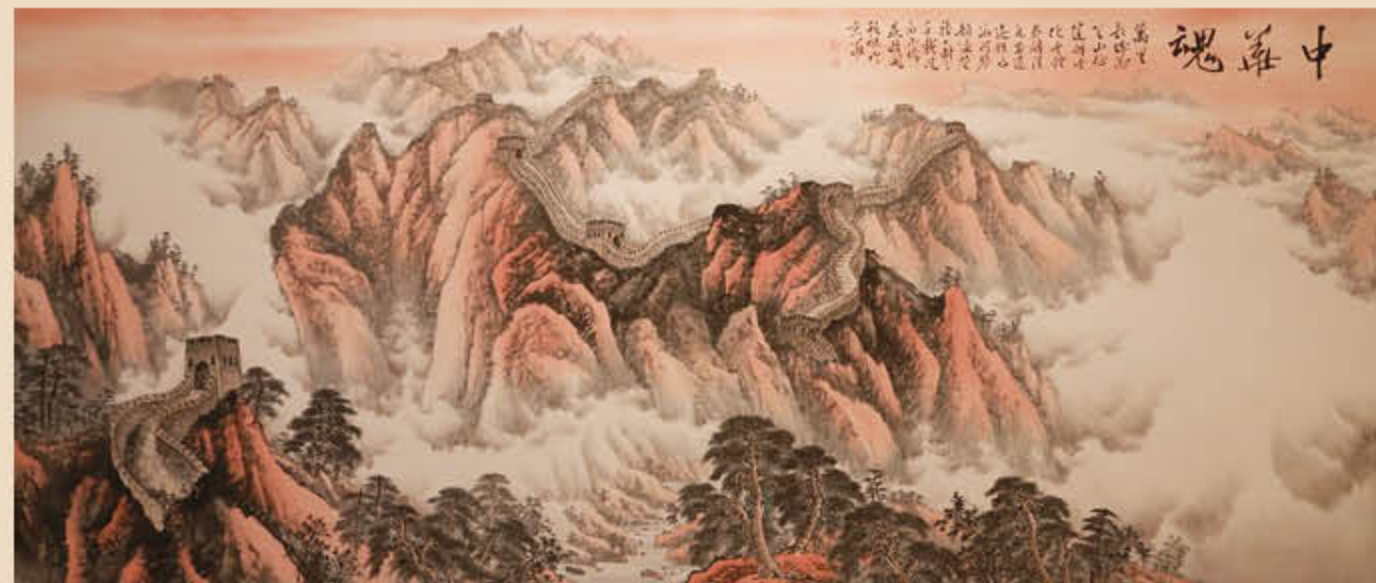
斯洛伐克大使官邸中的国画展览 Chinese Painting Exhibition in the Residence of the Ambassador of Slovakia

值此圣诞节来临之际，斯洛伐克驻华大使馆于2020年12月11日在大使官邸内举办了一场来自中国当代美术创作院画家童艳杰女士的画作展览。

To celebrate Christmas, the Slovak Embassy in China held a painting exhibition of Tong Yanjie, artist of the Chinese Academy of Contemporary Art in the Ambassador's Residence on December 11, 2020.



画家与应邀出席的驻华大使
The artist with the Ambassador of Slovakia



活动现场

A moment of the event

中国当代美术创作院画家童艳杰女士赠送斯洛伐克驻华大使画作作品
Ms. Tong Yanjie, painter of the Chinese Academy of Contemporary Art, presents paintings to the Slovak Ambassador



嘉宾参观展览
Guests visiting the exhibition



乌拉圭驻华大使费尔南多·卢格里斯阁下讲话
Ambassador of Uruguay gives a talk

乌拉圭乳业推广会 Uruguayan Dairy Promotion Conference



科拿乳业 CEO 加布里埃尔·瓦尔德斯先生发来视频介绍
Conaprole CEO Gabriel Valdes gave a video talk



乌拉圭驻华大使为天津西桥贸易公司的曹式欣先生颁发“2020年度科拿乳业中国最佳服务商”证书

The Uruguayan Ambassador to China awarded Mr. Cao Shixin of Tianjin West Bridge Trading Company the "2020 Conaprole Industry's Best Service Provider in China" title

活动现场

A moment of the event



中国乳制品工业协会秘书长刘美菊女士分享中国乳业今年的发展概况以及协会考察乌拉圭的经历

Ms. Liu Meiju, Secretary General of China Dairy Industry Association, shared the development of China's dairy industry this year and the association's experience in visiting Uruguay.

乌拉圭东岸共和国驻华大使馆于12月14日在使馆内举办了“2020年乌拉圭乳业推广会”。乌拉圭驻华大使费尔南多·卢格里斯阁下在讲话中提到：乌拉圭是一个拥有良好的天然环境以及拥有发达的乳制品工业基地。每年牛奶供应量已经达到25亿升，乳制品行业历史上都是每年以5%的速度增长。位于全球第七大奶制品出口国，而且乌拉圭还是一个把牛放在国徽上的国家。

The Embassy of the Oriental Republic of Uruguay in China hosted the "Uruguayan Dairy Promotion Conference 2020" at the embassy on December 14. His Excellency Fernando Lugris, Uruguay's Ambassador to China, mentioned in his speech: Uruguay has an excellent natural environment and a developed dairy industry base. The annual milk supply has reached 2.5 billion liters, the dairy industry has historically been growing at a rate of 5% per year. The country is the seventh largest exporter of dairy products in the world, and Uruguay is also a country that put a cattle in its national emblem.



科拿乳业中国代表田文静女士介绍科拿乳业现状以及近年来在中国的发展情况

Ms. Tian Wenjing, representative of Conaprole in China, introduced the current status of Conaprole and its development in China in recent years.



嘉宾合影
Group photo



出席嘉宾共同为开幕式剪彩
Ribbon cutting during the opening ceremony

哥斯达黎加艺术家作品展 *Costa Rican Exhibition*

2020年11月20日，哥斯达黎加青年艺术家胡安·曼努埃尔·德尔加多的“精选作品：十年”画展开幕式在北京金台艺术馆举行。

On November 20, 2020, the opening ceremony of the "Selected Works: Ten Years" paintings of young Costa Rican artist Juan Manuel Delgado was held at Beijing Jintai Art Museum.



哥斯达黎加驻华大使罗德里戈·德尔加多·索托阁下致辞
Address by His Excellency Rodrigo Delgado Soto, Costa Rica's Ambassador to China



哥斯达黎加青年艺术家胡安·曼努埃尔·德尔加多先生致辞
Talk of Costa Rican artist Mr. Juan Manuel Delgado



北京金台艺术馆馆长袁熙坤先生致辞
Speech of Mr. Yuan Xikun, Director of Beijing Jintai Art Museum



胡安·德尔加多先生是哥斯达黎加同代人中最好的肖像画家，曾举办过多次个人和团队展览，画作遍布北美洲、中美洲、南美洲、欧洲和亚洲。此次画展是他首次在中国举办，带来了精彩的三十幅油画作品，让观众感受他对艺术的热爱，以及充满想象力的画作，看到其十年来艺术风格的精进。

Mr. Juan Delgado is the best portrait painter of his generation in Costa Rica. He has held many solo and group exhibitions and his paintings conquered North America, Central America, South America, Europe and Asia. This exhibition is his debut in China, he brought 30 wonderful oil paintings, allowing the visitors to feel his love for art, his imaginative paintings, and to see the improvement of his artistic style over the past decade.



嘉宾参观画展
Guests visiting the painting exhibition



作品
展示

Art Exhibits



立陶宛驻华大使馆文化参赞托马斯先生介绍活动概况

Mr. TOMAS IVANAUSKAS, Cultural Counselor of the Lithuanian Embassy in China, delivered the opening speech

《康德》Kant

2020年12月13日，立陶宛驻华大使馆和立陶宛文化学院联合引进的经典剧目《康德》诵读在北京蜂巢剧场上演。

On December 13, 2020, the recitation of the classic "Kant" jointly organized by the Lithuanian Embassy in China and the Lithuanian Institute of Culture was staged at the Beijing Beehive Theater.



黑猫剧团舞台表演

Stage performance of Black Cat Troupe



立陶宛的篝火 前苏联崩溃的导火线 Bonfires in Lithuania the fuse of the collapse of the former Soviet Union



立陶宛驻华大使馆于2021年1月13日在使馆内以篝火的形式举办了纪念立陶宛在1991年1月13日民族团结庆典和对苏联侵略受害者的30周年事件。

受邀出席活动的有来自瑞典、冰岛、捷克、格鲁吉亚、欧盟驻华代表团、丹麦、波兰、乌克兰、芬兰、爱沙尼亚、拉脱维亚、挪威等驻华使馆外交官以及其他嘉宾。

The Lithuanian Embassy in China held an event at the embassy on January 13, 2021 to commemorate the 30th anniversary of Lithuania's national unity celebration on January 13, 1991 and the victims of Soviet aggression.

Invited to attend the event were diplomats of embassies from Sweden, Iceland, the Czech Republic, Georgia, the EU delegation to China, Denmark, Poland, Ukraine, Finland, Estonia, Latvia, Norway and other guests.



活动现场

A moment of the event

立陶宛驻华大使馆文化参赞托马斯先生介绍中国摄影师刘先生在那天的报道概况
Mr. TOMAS IVANAUSKAS, Cultural Counselor of the Lithuanian Embassy in China introduced Mr. Liu Heung Shing, Chinese photographers work in that day.



同时也播出了里马斯·布鲁萨斯拍摄的该事件纪录片《后天》
The documentary "Day after Tomorrow" by Rimas Bružas about the Bonfires was also screened.



Follow the Ambassador to his Country

John Aquilina
Ambassador of Malta

跟着大使看世界

——马耳他驻华使馆大使卓嘉鹰

位于地中海中心的马耳他群岛，是世界上与众不同的存在。地处世界上其中一条最繁忙的航海路线的中心，位于欧洲南部，毗邻北非和中东，这样的战略位置使其成为一个多元文化碰撞的群岛国家。因此，在马耳他群岛发现地球上最古老的人造建筑也就不足为奇了。

早在史前巨石柱和金字塔建成之前，马耳他群岛上的居民就已经在建造巨石庙，这些庙宇由每块重达20吨的岩石组成，其复杂的几何图案造型是通过对太阳和其他天体进行原始的天文观测设计出来的。

那就跟着我开始一场只在马耳他的马耳他群岛和戈左岛上才可以找到的联合国教科文组织世界遗址之旅。



The Maltese Islands, located in the heart of the Mediterranean Sea, are like nowhere else in the world. Their strategic location, at the centre of one of the world's busiest seafaring routes, and their close proximity to the south of Europe, the north of Africa and the Middle East, have placed them at the crossroads of many cultures. It is not surprising, therefore, that the oldest manmade structures on earth are to be found on the Maltese islands.

Long before Stonehenge, long before the Pyramids were built, the megalithic inhabitants of the Maltese islands were constructing gigantic temples made of rocks weighing as much as 20 tonnes each, arranged into complex geometric patterns based on the primitive astronomical observations of the sun and other heavenly bodies.

Come follow me, as I take you on a tour of these UNESCO World Heritage sites which are only to be found on the Maltese islands of Malta and Gozo.



Ġgantija 吉甘提亚神殿

吉甘提亚神殿由两个巨石建筑组成，其中最古老的一座可追溯到公元前3600年。每座建筑都由中央走廊两侧五个围墙组成。该遗址于1827年由化学家奥托·拜耳发掘。它是一个独特的史前纪念碑，是比巨石阵和埃及金字塔还要古老的建筑。吉甘提亚神殿代表了人类历史上一个非凡的成就，由于吉甘提亚神殿对全球的重要性，所以于1980年被列入联合国教科文组织《世界遗产名录》。铭文在1992年被扩展，其中包括其他巨石遗址。

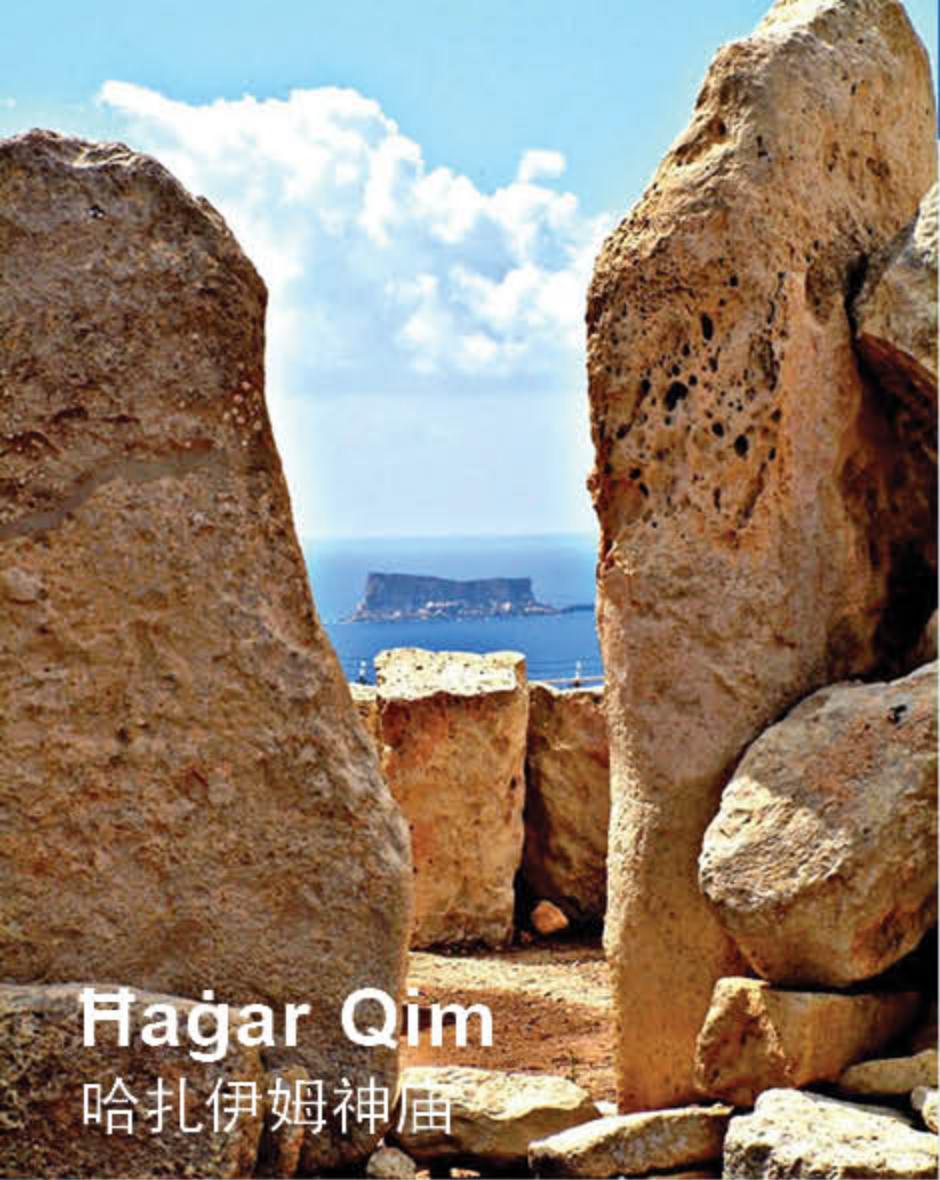
'Ġgantija' 这个名字源于马耳他语中“巨人”的意思，因为在17世纪，人们认为这样的建筑是巨人建造的，因为它们的规模巨大。然而，从科学研究和对某一处同时代的墓葬遗址证明来看，该遗址是由一个中等规模并且技术娴熟的团体建造的，但是他们的技术是有限的。尽管年代久远，这座巨石建筑群仍然保存了5000年，并且保存完好，由于外墙是由粗糙的珊瑚石灰岩块建造的，从而海底软泥石灰岩则被保留在了内部家具上，这样就可以进行精细的浮雕雕刻了。

巨大的前院，是由同一建筑者特意在两个巨石结构的建筑前面建造的，表明一些活动可能发生在户外。在吉甘提亚神殿也发现了一些动物骨头的残骸，石雕的存在表明他们使用了火，不断的研究和发掘有助于发掘出更多的线索，让研究人员发现更多关于马耳他巨石建筑群。

Ġgantija consists of two megalithic structures, with the oldest one dating back to 3600BC. Each building consists of five apses flanking a central corridor. The site was excavated in 1827 by Otto Bayer. It is an unique prehistoric monument and precedes Stonehenge and the pyramids of Egypt. Ġgantija Temples represent an exceptional achievement in the history of mankind and because of this global importance, they were inscribed in the UNESCO World Heritage List in 1980. The inscription was extended in 1992 to include other megalithic sites.

The name 'Ġgantija' originated from the Maltese word for giant, as in the 17th century it was believed that such buildings were constructed by giants due to their monumental scale. However, science and excavations from a contemporary funerary site proved that the site was constructed by an average-sized skilled community who had limited technology. Notwithstanding its age, the megalithic complex has survived in a considerable state of preservation for 5000 years, as the outer wall was built of rough Coralline Limestone blocks, while Globigerina Limestone was reserved for the inner furnishings which allowed for elaborate carvings in relief.

The large forecourt, which was purposely raised by the same builders in front of the two megalithic structures, indicates that some activities may have taken place outside. Remains of animal bones were discovered at Ġgantija, and the presence of stone heaths indicates that fire was used. Continuous research and excavations help unearth more clues that allow researchers to discover more about the megalithic complexes of Malta.



Haggar Qim 哈扎伊姆神庙

哈扎伊姆神庙史前遗址坐落在一座俯瞰大海和费尔弗拉岛的山顶上，它被马耳他乡村风景所环绕，位于 Qrendi 村的西南部。与其他巨石建筑群结构相比，哈扎伊姆神庙的构造相当不规则，它起初是由四个拱形结构建筑组成，后来经过逐年扩展，它同时也具备了外部形态以及一个可以排放雕像的空间。在其中，我们发现了最高的巨石，高达 5.2 米，是所有巨石结构中最大的巨石，重量接近 20 吨。在其中一个半圆形后殿内，有一个椭圆形的洞与夏至日出相一致，当太阳的第一缕光线穿过这个洞时，在半圆形后殿内的石板上会形成新月形。

在挖掘之前，该遗址从未被完全掩埋，因为十八世纪和十九世纪的绘画描绘了从土壤中伸出的最高的巨石。这吸引了当地人以及外国游客的好奇心。

1839 年，在 J.G. Vance 上校的监督下，该遗址被挖掘，整个工程持续了三个月的时间。挖掘工程完成后不久，便展开修复工程。

几十年来，人们一直认为该遗址属于腓尼基人。然而，一个世纪之后，1954 年，John D. Evans 的进一步发掘揭示出，哈扎伊姆神庙可追溯到公元前 3600 年 — 公元前 3200 年。该遗址于 1992 年被列入联合国教科文组织世界遗产名录。



On top of a hill overlooking the sea and the islet of Filfla lies the prehistoric site of Haġar Qim. It surrounded by the Maltese rural landscape, south-west of the village of Qrendi. Haġar Qim has a rather irregular plan when compared with other megalithic structures. It started off as a four or five-apsed structure that was extended over the years. It also has external features and a niche. Within it, we find the tallest megalith which is 5.2m high and the largest megalith found in any megalithic structures, weighing close to 20 tonnes. Inside one of the apses, an elliptical hole is aligned with the summer solstice sunrise when the sun's first rays pass through this hole and form the shape of a crescent on a stone slab inside the apse.

Prior to the excavation, the site was never completely buried as paintings from the eighteenth and nineteenth centuries depict the tallest megaliths protruding through the soil. This attracted the curiosity of locals, as well as foreign visitors. The site was excavated in 1839 under the supervision of Colonel J.G. Vance, and the operation lasted for three months. Restoration works started soon after the excavation.

The site was for some decades believed to be of Phoenician origin. However, a century later, in 1954, further excavations by John D. Evans revealed that Haġar Qim dates back to 3,600BC – 3,200BC. The site was inscribed on the UNESCO World Heritage List in 1992.



Hal Saflieni Hypogeum 哈尔·萨夫列尼地下宫殿

哈尔·萨夫列尼地下宫殿是一个葬礼场地，由一系列岩石切割的墓室组成，这些墓室位于地下三层。它位于 Paola 区，1902 年被偶然发现并报告给当地有关部门。然而，许多房屋已经建在它上面，对该遗址最古老的部分造成了不可恢复的破坏，一些位于入口处的巨石遗迹也被摧毁。

曼维尔·马格里神父，一位耶稣教会牧师，他被委托负责挖掘工作，在他死后，他的工作由塞米斯托尔斯·赞米特爵士继续进行。1980 年，当它被列入联合国教科文组织世界遗产名录时，作为一个独特的史前遗迹它的重要性得到了认可，它为一个已经消失的文明提供了独一无二的证据。

早在 Żebbuġ 时期（公元前 4100 年 — 公元前 3700 年）就发现了陶瓷遗迹。然而，主要的使用时期是 Ġgantija, Saflieni 和 Tarxien 时期阶段（公元前 3600 年 — 公元前 2500 年）。一些石头和骨头工具被用来挖掘地下墓穴，里面有一些精致的房间，类似于在马耳他发现的地上巨石结构。现场内部的一些墙壁和天花板被涂上了独特的红赭色设计，这是马耳他群岛上唯一一个游客可以现场观察到这些的地方。

这些红赭石画对该遗址的管理者来说是一个重大的保护问题，目前已经采取了一些措施来帮助对地下室的维护。这些措施包括安装游客通道、控制照明和限制游客人数（每小时 10 人，每天最多 80 人），以及通过玻璃隔板创建几个区域和安装环境管理系统。这些措施，再加上正在进行的对遗址微气候的研究和对保护措施的研究，确保了地下墓室得到了保护，使其能够继续为子孙后代所享用。

The Hal Saflieni Hypogeum is a funerary site which consists of a series of rock-cut chambers set underground on three levels. It is located in Paola, and was accidentally discovered and reported to the authorities in 1902. However, many houses had already been built above it, causing irreversible damage to the oldest part of the site and the destruction of some of the megalithic remains that were located at the entrance.

Father Manwel Magri, a Jesuit priest, was entrusted with the excavation, and after his death his work was continued by Sir Themistocles Zammit. Its importance as a unique prehistoric monument which "bears unique testimony to a civilisation which has disappeared" was recognized when it was inscribed in the UNESCO world heritage list in 1980.

Ceramic remains as early as the Żebbuġ Phase (4,100-3,700BC) were found. However, the main periods of use were the Ġgantija, Saflieni and Tarxien phases (3,600-2,500BC). Several stone and bone tools were used to dig out the Hypogeum, and it houses elaborate chambers which are similar to above-ground megalithic structures also found in Malta. Some of the walls and ceilings within the site are painted with unique designs in red ochre and it is the only place in the Maltese islands where visitors can observe these in situ.

The red ochre paintings present a major conservation concern to the site's managers, and several measures have been applied to help with the preservation of the Hypogeum. These include the installation of visitor walkways, control of lighting, and limits on the number of visitors (ten per hour to a maximum of 80 per day), as well as the creation of several zones through glass partitions and the installation of an environmental management system. These measures, together with ongoing study of the site's microclimate and research into conservation measures ensure that the Hypogeum is safeguarded so that it can continue to be enjoyed by future generations.





Mnajdra 姆纳德拉

在距哈扎伊姆神庙 500 米处的一座山丘底部，人们可以发现著名的姆纳杰德拉巨石遗址，它被马耳他南部海岸崎岖的田园风光所围绕。该遗址于 1840 年被发掘，由三个主要建筑组成：东庙、南寺和中殿。其中东庙可追溯到公元前 3600 年，中殿是最后建成的。

中殿建在一个人工平台上，有一个非典型的正面，由两个门廊组成，其中一个为中央舷窗门廊，另外一个为敞开的门廊，在它的左侧有一级台阶。南寺的正面是一个巨大的凹面，主门廊的门槛选用了深色水晶纹理的材料制作而成。它由四个后堂和一个壁龛组成。壁龛两边分别立着一块布满小钻孔的大石块，其中一块标志着春天的第一天（春分）和秋天的第一天（秋分）太阳升起的位置，另一块标志着夏天的第一天（夏至）和冬天的第一天（冬至）太阳升起的位置。在右侧后堂内有一个标志性的壁龛，是在一个三角石内嵌入了一个舷窗板。

东庙呈三叶形，其中的两块巨石布满了成排的钻孔，天文学家认为这与某些恒星和星座（如昴宿星）的升落有关。Mnajdra 于 1992 年被联合国教科文组织列入世界遗产名录。



At the bottom of a hill, 500m away from Fgāra Qim, one finds the remarkable megalithic site of Mnajdra, which is surrounded by a rugged idyllic setting along Malta's southern coast. The site, which was excavated in 1840, consists of three main structures: the East Temple, the South Temple, and the Central Temple. This was the last to be constructed.

The Central Temple was constructed on an artificial platform and has an atypical facade with two doorways, a central porthole doorway and a second open doorway with a single step to its left. The South Temple has a concave monumental facade and the threshold in the main doorway was chosen for its particular dark crystalline vein. It is made up of four apses and a niche. The niche and two large blocks, with small drilled holes, one on each side mark the position of the rising sun on the first day of spring and autumn (the equinoxes) and the first day of summer and winter (the solstices). Inside the right-side apse lies the iconic niche, a porthole slab set within a trilithon.

The East Temple is trefoil and has two megaliths that have a series of drilled holes, which astronomers believe are linked to the rising and setting of certain stars and constellations such as the Pleiades. Mnajdra was inscribed on the UNESCO World Heritage List in 1992.



Ta' Hagar Temples 马耳他的巨石神庙群

马耳他的巨石神庙群位于马耳他北部的 Mgarr，周围环绕着典型的马耳他乡村景观。它由两个保存完好的建筑组成，是唯一完全由上部珊瑚灰岩建造的巨石建筑群。尽管它比其他巨石建筑要小，但它以其巨大的门廊和带台阶的门面闻名。沿门面有一条与其等长的长凳，和一个被凸起的石路缘石环绕的庭院。

1917 年，有人向当时的博物馆馆长 Themistocles Zammit 报告在一个被称为马耳他的巨石神庙群的地方发现了一批巨石，六年后，该遗址的第一次挖掘工作由 Zammit 亲自监督。该项工作一直持续到 1926 年。位于该遗址的大角豆树造成了建筑物巨大入口的水平部分移位。直到 1937 年才被复位。1954 年和 1961 年，在约翰·D·埃文斯和大卫·H·特朗普的指导下，对遗址进行了进一步的挖掘。这一考古地址是 1992 年被联合国教科文组织列入世界遗产名录的“马耳他巨石庙”系列的一部分。

在 1923 年的第一次发掘中，出土了一座巨石建筑的小模型，连同其他特征，表明这些巨石建筑可能有屋顶。较大且最古老的建筑有三个后堂，建于公元前 3600-3200 年，较小的建筑建于公元前 3300-3000 年。尽管如此，从该遗址出土的早期和晚期的陶瓷证据表明该遗址曾有长期活动的痕迹。游客可从该遗址欣赏到只用石头和骨头制成的工具的新石器时代的工匠的作品。



In 1917, large stones in a field known as Ta' Hagar were reported to Themistocles Zammit, then Director of Museums, and six years later, the first excavations at the site were carried out supervised by Zammit himself. These lasted until 1926. The site was disturbed by large carob trees which dislodged the horizontal elements of the monumental entrance to the building. These were put back in their original location in 1937. Further excavations were carried out at the site in 1954 and 1961 under the direction respectively of John D. Evans, and David H. Trump. This archaeological site forms part of the UNESCO inscription the Megalithic Temples of Malta, which was added to the World Heritage List in 1992.

Ta' Hagar is located in Mgarr in the north of Malta, and is surrounded with typical rural Maltese landscape. It consists of two well-preserved structures and is the only megalithic complex that was completely built of Upper Coralline Limestone. Although it is smaller than other megalithic structures, Ta' Hagar is renowned for its monumental doorway and facade with steps, a bench running along the facade's length, and a courtyard surrounded by a raised stone kerb.

During the first excavations in 1923, a small model of a megalithic building was unearthed which, together with other features, suggests that the megalithic structures were probably roofed. The larger and oldest structure has three apses and dates to 3,600 - 3,200 BC, while the smaller structure dates to 3,300 - 3,000 BC. Notwithstanding this, ceramic evidence from both earlier and later phases were excavated from this site which suggests activity at the site for a longer period of time. This site allows visitors to appreciate the work of Neolithic builders who only worked with tools made out of stone and bone.



Skorba 斯科尔巴

斯科尔巴位于马耳他北部的 Mgarr 的郊区的 Żebbiegħ 村庄的一处田园风景区。在 Skorba 人们发现了两个巨石结构的遗迹，最古老的一个可以追溯到公元前 3600 年，而另一个可以追溯到公元前 2500 年。在这些结构中可以识别出几个不同时期的建筑构造。在 Skorba 还发现了新石器时代社区成员曾经居住的家庭小棚屋的遗迹。这些可以追溯到马耳他史前的几个阶段，从人类占领马耳他群岛的最早阶段（约公元前 5200 年）到青铜时代早期。

对家庭小棚屋遗迹的科学分析提供了有关马耳他群岛早期居民生活的重要信息，并为他们的饮食结构提供了重要线索。Skorba 初步发掘于 1937 年。在大卫·H·特朗普的指导下，自 1961 年至 1963 年间对其进行了全面挖掘。这是第一个使用现代科学挖掘技术的巨石遗址，鉴定了马耳他史前所有已知阶段考古材料的分层沉积。在从这个遗址早期的小屋中发掘出的几件物品中，我们发现了马耳他群岛最早的人类形态。

斯科尔巴是马耳他新石器时代的重要遗址，作为最新发掘的巨石遗址之一，它为新石器时代社群的家庭生活提供了重要的证据。斯科尔巴因其重要的考古价值于 1992 年被联合国教科文组织列入世界遗产名录。

Skorba is located in a rural setting in the hamlet of Żebbiegħ, in the outskirts of Mgarr in the north of Malta. At Skorba one finds the remains of two megalithic structures, the oldest one dating back to 3,600 BC, while the other dates to 2,500 BC. Several episodes of construction can be identified within these structures. The remains of domestic huts, in which members of the Neolithic community used to dwell, were also discovered at Skorba. These date to several phases of Maltese prehistory, starting from the earliest phase of human occupation of the Maltese islands (ca 5,200 BC) up to the Early Bronze Age.

Scientific analysis on remains from the domestic huts have provided crucial information about the life of the early inhabitants of the Maltese islands, and provided important clues on what their diet consisted of. Skorba was preliminarily excavated in 1937, but full-scale excavations were conducted between 1961 and 1963, directed by David H. Trump. This was the first megalithic site where modern scientific excavation techniques were used, identifying stratified deposits of archaeological material from all known phases of Maltese prehistory. Two new phases were also identified. Among the several items excavated from this site, we find the earliest representation of the human form in the Maltese Islands, found in one of the early huts.

Skorba is important for the Maltese Neolithic Era, as being one of the latest megalithic sites to be excavated, it has provided crucial evidence on the domestic aspect of the Neolithic community. Skorba was inscribed on the UNESCO World Heritage List in 1992 due to its important archaeological value.

Tarxien Temples 塔西安神庙

塔西安神庙由四座巨石建筑组成。它们是在 1913 年偶然被发现的，因为该遗址曾被完全掩埋。挖掘工作在塞米斯托尔斯·赞米特爵士的监督下，从 1915 年一直持续到 1919 年。这是第一次系统性地挖掘，并发现了新石器时代和青铜时代材料之间的差异，这表明人口发生了变化。在罗马时期，这个地方也可能被曾用作农业综合体。

这些发掘中，也是第一次详细的考古记录被保存下来并且发表了一系列报告。1992 年，Tarxien 神庙和其他五处巨石遗址被联合国教科文组织列入世界遗产名录。被列入世界遗产名录使得确保巨石结构得到保护这项工作面临新的挑战和责任。在 Tarxien 还有一些其他发现，包括浮雕上的动物形态、拟人雕像、陶器碎片、生殖器的形态和一座巨大雕像的一部分。

挖掘之后，塞米斯托尔斯·赞米特爵士观察到巨石由于暴露在自然环境中而受到侵蚀，因此制定了修建防护棚的计划并筹集了经费。这项工程因第一次世界大战而被搁置。然而，该遗址的体现其重要特征的部分被转移到国家考古博物馆进行保护，而将复制品放在现场。2015 年，在该遗址修建了一个防护棚。

The Tarxien Temples consist of four megalithic structures. They were discovered in 1913 by accident as the site had been completely buried. Excavations were supervised by Sir Themistocles Zammit and lasted from 1915 until 1919. These were the first excavations to be carried out in a systematic manner and differences between the material from the Neolithic period and the Bronze Age were noted, indicating that there was a population change. The site may have also been used as an agricultural complex during the Roman period.

These excavations were also the first time where detailed archeological notes were kept and a series of reports published. In 1992 the Tarxien Temples, together with five other megalithic sites, were inscribed on the UNESCO World Heritage List. This inscription created new challenges and responsibilities to ensure that the megalithic structures were safeguarded. Several discoveries were made at Tarxien including animal representations carved in relief, anthropomorphic figurines, fragments of pottery, phallic representations, and part of a colossal statue.

After the excavations, Sir Themistocles Zammit observed that the megaliths were eroding due to their exposure to the elements and made plans and sourced funds for the construction of a protective shelter. This project was shelved due to the Great War. However, important features from the site were removed and taken to the National Museum of Archeology for protection while replicas were placed on site instead. A protective shelter was built on site in 2015.



PHOTOS

新华社最佳照片 (12月29日)

Xinhua Photos of the Day (Dec. 29)

BEIJING, Dec. 30 (Xinhua) - The world in the past 24 hours. A selection of the best daily press photos from Xinhua.



Aerial photo taken on Dec. 29, 2020 shows the Heshandu Wujiang River Bridge under construction in southwest China's Guizhou Province. The bridge, with an overall length of 2,000 meters, is a key project of the Meitan-Shiqian expressway. (Xinhua/Tao Liang)



Photo taken on Dec. 29, 2020 shows a view of the National Sliding Center in Yanqing District of Beijing, capital of China. Eight competition venues for the 2022 Beijing Winter Olympic Games have already been completed, the Beijing Major Projects Construction Headquarters Office said. (Xinhua/Zhang Chenlin)



People attend the funeral of a COVID-19 victim at Ortakoy cemetery in Ankara, Turkey, Dec. 29, 2020. (Photo by Mustafa Kaya/Xinhua)



A medical worker treats a COVID-19 patient at a hospital in Barcelona, Spain, on Dec. 29, 2020. (Photo by Francisco Avia/Xinhua)



Kindergarten kids wearing costumes waiting to perform during a community activity themed on welcoming the New Year in Nanxun Town of Huzhou City, east China's Zhejiang Province, Dec. 29, 2020. (Xinhua/Huang Zongzhi)



Photo taken on Dec. 28, 2020 shows the illumination installations at a lantern show named "Magical Garden" at the Tropical Botanical Garden in Lisbon, Portugal. The exhibition ran until Jan. 10, 2021. (Photo by Pedro Fiuza/Xinhua)

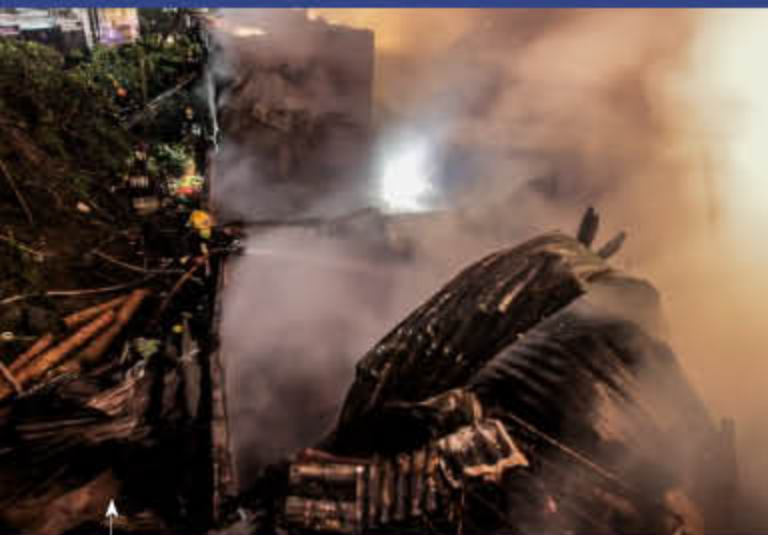


Photo taken on Dec. 29, 2020 shows a man walking along the Waterloo Bridge backdropped by the Houses of Parliament in London, Britain. Britain recorded more than 500,000 coronavirus cases for the first time since the outbreak of the COVID-19 pandemic in the world, according to official figures released. (Xinhua/Han Yan)



A man walks past a shop in Hamra, one of the most popular shopping streets in Beirut, capital of Lebanon, Dec. 29, 2020. The ongoing economic crisis, in addition to the COVID-19 pandemic, has driven thousands of companies out of business and more people out of their jobs. (Xinhua/Bilal Jawich)

PHOTOS



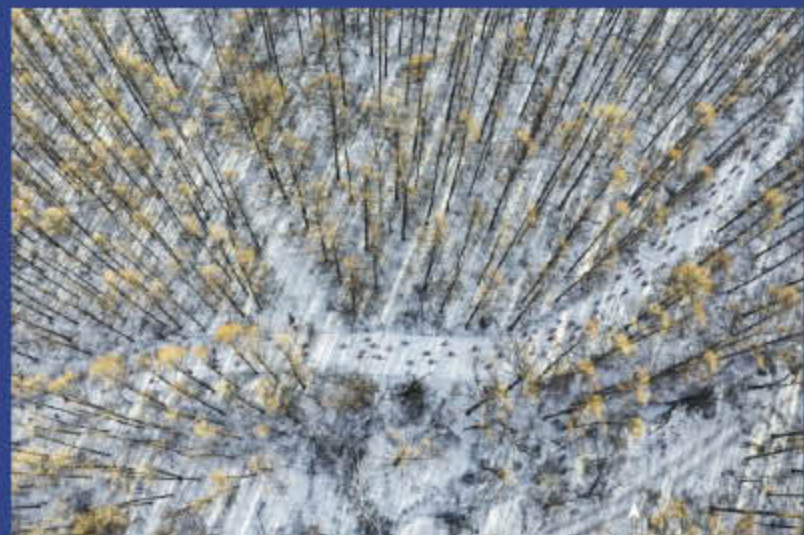
Firefighters put out a fire engulfing a residential area in Manila, the Philippines, Dec. 29, 2020. (Xinhua/Rouelle Umali)



Aerial photo taken on Dec. 29, 2020 shows the scenery of a bridge floating on the Yellow River after snowfall in Binzhou, east China's Shandong Province. (Photo by Chu Baorui/Xinhua)



Passengers sit on a bus in snow-hit Zhenjiang City, east China's Jiangsu Province, Dec. 29, 2020. China's meteorological service renewed an orange alert, the second highest in a four-tier warning system, for a cold wave as a strong cold front has been sweeping across most parts of central and east China. (Photo by Xin Yi/Xinhua)



Aerial photo taken on Dec. 29, 2020 shows contestants taking part in Changchun Jingyuetan International Vasaloppet Ski Festival in Changchun, capital of northeast China's Jilin Province. (Xinhua/Xu Chang)



Beijing exhibition marks 600th anniversary of Temple of Heaven

北京纪念天坛 600 周年展览

Tourists pose for a group selfie in front of the Temple of Heaven during the National Day and Mid-Autumn Festival holiday in Beijing, capital of China, Oct. 4, 2020. (Xinhua/Lu Peng)

BEIJING, Dec. 22 (Xinhua) -- An exhibition about the history and culture of the Temple of Heaven has opened to mark the 600th anniversary of the royal altar in Beijing.

The exhibition, located in the west wing of the Hall of Prayer for Good Harvest, or the main building called Qiniandian, presented a display showing the maintenance, renovation, changes, protection and inheritance of the UNESCO world heritage site in southern Beijing.

Pictures of the Temple of Heaven from ancient books and historical photos of major events in modern times are among the items on display.

Built in 1420, the Temple of Heaven was where Ming and Qing Dynasty emperors worshipped heaven for good harvests. It was turned into a public park in 1918 after the demise of China's final dynasty.

It covers an area of 270 hectares and is one of the largest existing architectural complexes in the world.

中国将建立农业种子基因库 China to build gene pool of farm seeds

BEIJING, Dec. 28 (Xinhua) -- A national gene pool of farm and tree seeds will be jointly formed by teams from the Chinese Academy of Agricultural Sciences and the China Forestry Group Corporation.

This comes after the two teams signed a strategic cooperation agreement on research and development in agricultural and forestry germplasm resources.

In the next five years, the two teams will try to promote and plant about 66,666.67 hectares of high-quality farm and tree crops at home and abroad, aiming to reach an output value of 10 billion yuan (about 1.53 billion U.S. dollars) in the primary and deep processing of domestic high-quality agricultural and forestry products.

China will strive to tackle problems related to seeds and farmlands next year as part of efforts to ensure food security, according to a statement released after the annual Central Economic Work Conference in the middle of December.

The country will enhance the protection and utilization of germplasm resources and step up the construction of seed banks, the statement said.



Farmers prepare to sow early rice seeds in Shibu Town of Xinjian District, Nanchang City, east China's Jiangxi Province, April 4, 2020. (Xinhua/Peng Zhaozhi)



12月17日，欧盟2020“梦想中欧”青少年绘画展在西安展出。作为该画展的指导单位，陕西省妇联主席龚晓燕在活动开幕式后会见了出席画展开幕式的欧盟国家马耳他驻华大使卓嘉鹰一行。

龚晓燕对大使一行来陕参加活动表示欢迎。她说，非常高兴借此次绘画展的举办与大家相会在陕西，省妇联一直致力于推动陕西妇女儿童与各国妇女儿童的交流，希望通过国际民间交流，加深各国之间的了解、增进相互的友谊，为世界和平发展做出贡献。

已经是第六次来到西安的卓嘉鹰对西安厚重的历史文化给予了高度评价。他说，西安总是对我有很强的吸引力，能借“梦想中欧”青少年绘画展在西安展出的机会再次来到西安，希望通过文化艺术方面的交流，以此为桥梁深化同中国的合作与友谊。

一同出席会见的还有立陶宛驻华大使馆文化参赞托马斯，项目执行机构《世界中国》杂志社社长纳吉·麟，陕西省妇联二级巡视员陈小江等。

陕西省妇联主席龚晓燕会见马耳他驻华大使 Gong Xiaoyan, Chairman of Shaanxi Women's Federation, Met Ambassador of Malta

One of the latest presentations of the EU's 2020 "Dreams of Europe and China" Children's Exhibition Series was held in Xi'an on 17 December. On this occasion, following its opening ceremony, Chairman of Shaanxi Women's Federation, Ms. Gong Xiaoyan, in the capacity of co-organizer of the event, met H.E. John Aquilina, Ambassador of an EU country, Malta.

Ms. Gong warmly welcomed the visit of the ambassador to the province. She considered the exhibition an excellent opportunity to meet the ambassador in Shaanxi. As she said, the Shaanxi Women's Federation is doing its best to further the cooperation between women and children of the province and that of foreign countries and hopes that this international event will improve the understanding of each other, will promote friendship and will contribute to the peaceful development of the world.

The Maltese ambassador, who was visiting the city for the 6th time, spoke highly of the history and culture of the region. He said that Xi'an had always presented a special appeal to him, so he saw the "Dreams of Europe and China" exhibition as an outstanding chance to visit Xi'an again. He strongly believes that communication in the field of art and culture is one of the best ways to pave the way for other sorts of cooperation and for

building friendship.

Mr. Tomas Ivanauskas, Cultural Attaché of the Lithuanian Embassy, Ms. Nagy Lin, President of "The World and China" Magazine, implementer of the said exhibition, Ms. Chen Xiaojiang, Second Secretary of Shaanxi Women's Federation and other invitees have also participated in the meeting.



中国记协于11月18日在京举办第143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，围绕“中国的‘十四五’规划与新发展格局”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。

The China Journalists Association held the 143th news cafe in Beijing on November 18, inviting Yao Jingyuan, a special researcher of the Counsel's Office of the State Council, former chief economist and spokesperson of the National Bureau of Statistics, to talk about "China's Fourteenth Five-Year Plan and the New Development Pattern". The theme attracted foreign reporters in Beijing, press officers of embassies in China and reporters from Hong Kong, Macao, Taiwan and the mainland.

聚焦“十四五”规划 Focus on the "14th Five-Year Plan"

姚景源表示，“十四五”时期中国将进入新发展阶段，构建以国内大循环为主体、国内国际双循环相互促进的新发展格局是中国经济发展到新阶段的必然选择。中国有超大规模的国内市场和强大的内需潜力，人们对美好生活的需求催生出强烈的“内生力量”，以国内大循环为主体是符合经济规律的科学选择，同时也会给中西部等地区带来新的发展机遇和空间。

Yao Jingyuan said that during the "14th Five-Year Plan", China will enter a new stage of development. It is an inevitable choice for China's economic development to utilize a new development pattern built on the domestic cycle as the main drive supplemented by the mutual reinforcement of domestic and international cycles. China has a large-scale domestic market and a potential for a strong domestic demand. People's demand for a better life has spawned a strong "endogenous force". Taking the domestic cycle as the main force is a scientific choice that conforms to the laws of economics and is something that will bring new dynamics and opportunities for the western regions of China too.



记者提问
Reporter Q&A



鞍山书画和岫岩玉雕精品展

Anshan Painting, Calligraphy and Xiuyan Jade Carving Exhibition



中国美术馆党委副书记、纪委书记张百成，中国书法家协会主席苏士澍，鞍山市宣传部部长孙慧芳
Key speakers: Mr. Zhang Baicheng, Deputy Secretary of the CPC Committee of NAMOC, Mr. Su Shishu, President of Calligraphy Association of China and Ms. Sun Huifang, Director of the Promotion Department of the CPC Committee of Anshan

“中国·鞍山书画和岫岩玉雕精品展”于2020年11月13日在中国美术馆开幕，11月22日结束。展览由鞍山市委，市政府主办。

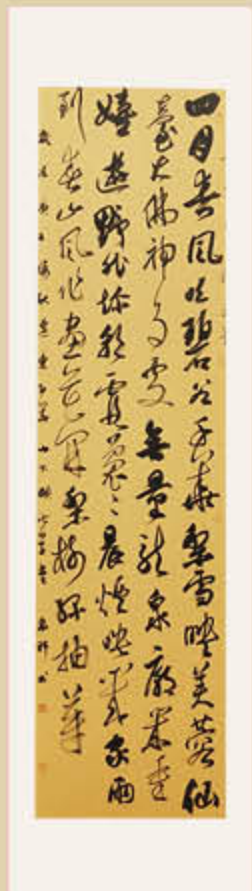
The "China-Anshan Calligraphy and Xiuyan Jade Carving Exhibition" was opened at the National Art Museum of China on November 13, 2020, The exhibition ran until November 22.



活动现场

A moment of the event





玉雕展示
Art Exhibits



书画展示

Art Exhibits



百味岫玉盘
Hundred Dish Jade Carvings



中国春节的由来

ABOUT CHINESE NEW YEAR

杨向喜
Yang Xiangxi

西安与“年”，有着悠久的历史渊源。作为十三朝古都，西安曾是东方世界的文明中心，也是中国年的形成之地，中国年曾经最繁盛的地方。

在虞舜时代，年叫作“载”；在夏，叫作“岁”；在商，叫作“祀”；在周，才有“年”的叫法。在古代，年的意思是谷物的生长周期，“过年”就是单纯的庆祝丰收。但自夏至秦统一六国，年的第一个月，即正月的日期并不一致。在夏，孟春为正月；在商，十二月为正月；在秦，十月为正月。也就是说，迎接新年与迎接新春并不完全一致。

至汉元封年间，汉武帝下诏从民间广征天文学家改革历法。在同乡的推荐下，民间天文学家落下闳来到长安（今西安），汉武帝授官太史待诏，主持改制历法。经过6年测算研究，落下闳等人制定了新历，并被汉武帝采纳。汉太初元年五月初一（公元前104年6月20日），汉武帝颁令全国使用落下闳制定的新历。新历被称为《太初历》，首次将24节气纳入中国历法的体系之中，并确定“孟春正月朔日”为一元之始，正月初一为新一年开始，并由此开始农历正月过年一直延续到现在（即由公元前104年到现在共有



杨向喜（西安市周至县委书记），陕西周至县人，陕西师范大学历史系毕业，公共管理硕士，从2009年起先后任周至县县委副书记、县政府县长、县委书记。

Yang Xiangxi (Secretary of Zhouzhi County Party Committee, Xi'an)
Yang Xiangxi, a native of Zhouzhi County, Shaanxi, graduated from the History Department of Shaanxi Normal University and has a master's degree in public administration. Since 2009, he has served as deputy secretary of the Zhouzhi County Committee, county head, and secretary of the county government.

2123年）。此后，岁首祭祀、过新年的习俗在民间越来越广泛和丰富。

大唐盛世，是中国年节发展的鼎盛时期，并从原始巫术禁忌中解脱出来，节日礼仪性和娱乐性进一步增强。唐太宗李世民用赤金箔做成贺卡，御书“普天同庆”，赐予大臣。正月十五上元节的祭神灯，是举园游灯、赏灯、观灯举的狂欢日。京城长安火树银花不夜天，一连三晚取“宵禁”，百姓倾城出动，前呼后拥，形成了中国年俗的基本表达方式，也赋予了西安年最中国的历史底蕴。

而作为京畿之地，周至则是镶嵌在关中大地上一块璀璨的历史文化明珠。西汉太初元年（前104年），周至正式置县，始称“整屋”。汉武帝亲临周至楼观，在老子讲授《道德经》的地方，跪下九五之尊的躯体，向伟大的思想家，中国历史上第一位哲学家作虔诚的拜谒，

Xi'an and "Nian" meaning year have a long history. As the ancient capital of thirteen dynasties, Xi'an was once the civilization center of the Eastern world and the place where the Chinese New Year was formed, the most prosperous place in the Chinese New Year.

In the era of Yu Dynasty and Shun Dynasty, the year was called "Zai", in Xia, it was called "Sui", in Shang Dynasty, it was called "Si", in Zhou Dynasty, it was called "Nian". In ancient times, the year meant the growth cycle of grains, and "New Year" was simply meant to celebrate a good harvest. However, since the Xia and Qin Dynasties unified the six countries, the dates of the first month of the year, were not consistent. In Xia Dynasty the first month of Spring marked the new year, in Shang Dynasty it was December, in Qin Dynasty, October.

During the Yuan Feng period of the Han Dynasty, Emperor Wu of the Han Dynasty ordered astronomers to reform the calendar. On the recommendation of his fellow villagers, folk astronomer Luo Xiahong came to Chang'an (now Xi'an), and Emperor Wu of the Han Dynasty issued an official edict and presided over the reform of the calendar. After 6 years of calculation and research, Luo Xiahong and others formulated a new calendar, which was adopted by Emperor Wu of the Han Dynasty. On the first day of the fifth month of the first year of the Han Taichu period (June 20, 104 BC), Emperor Wu of the Han Dynasty issued an order to use the new calendar developed by Luo Xiahong throughout the country. The new calendar is called "Taichu Calendar". For the first time, the 24 solar terms were incorporated into the Chinese calendar system, and the beginning of the New Year was put at the first day of the Spring. The new system has been carried over till today (that is for 2124 years from 104 BC to the present). Since then, the custom of offering sacrifices at the first day of the year and celebrating the New Year has become more and more extensive and abundant among the people.

The prosperous period of the Tang Dynasty was the heyday of the development of the Chinese New Year. It was freed from the taboos of primitive witchcraft, and the etiquette and entertainment of the festival were further enhanced. Emperor Taizong of the Tang Dynasty, Li

并在楼观台修建望仙台，扩建庙宇，修筑殿坛，扩建和修建长杨宫、五柞宫、葡萄宫。至唐代，楼观台宗圣宫被尊为皇家宗庙。丰富多彩周至民间年文化活动，如民间歌舞有牛斗虎、夹板舞、竹马、明马钻蔑、旱船等，社火有青器焰光、车社火、灯社火、芯子，入选陕西省非物质文化遗产名录的“殿镇八卦锣鼓”、“牛斗虎”、“背芯子”，“渭旗锣鼓”等，也正是在这种历史和文化背景下产生和形成的。被誉为“古代音乐活化石”的集贤古乐，更是源于秦汉和唐代宫廷音乐。从“腊八”到“年尽”，周至保存了中国最完整的乡村年俗。

如果说，西安年最中国，凝聚了十三朝古都深厚的文化底蕴。那么，周至年则最传统，集中了中国关中乡村年文化的精华。体味中国年，不能不去西安。去西安体味中国年，也不能不去周至乡村。

Shimin, used red gold leaf to make greeting cards. The royal book "The Whole World Celebrates" was bestowed on the minister. The lantern festival on the fifteenth day of the first lunar month is a carnival day for lanterns in the garden. In the capital city of Chang'an, the fire tree and the silver blossoms don't sleep, the celebrations last for three consecutive nights. The people are all out in the city, forming a splendid atmosphere for observing Chinese New Year customs and giving Xi'an New Year the most historical Chinese background.

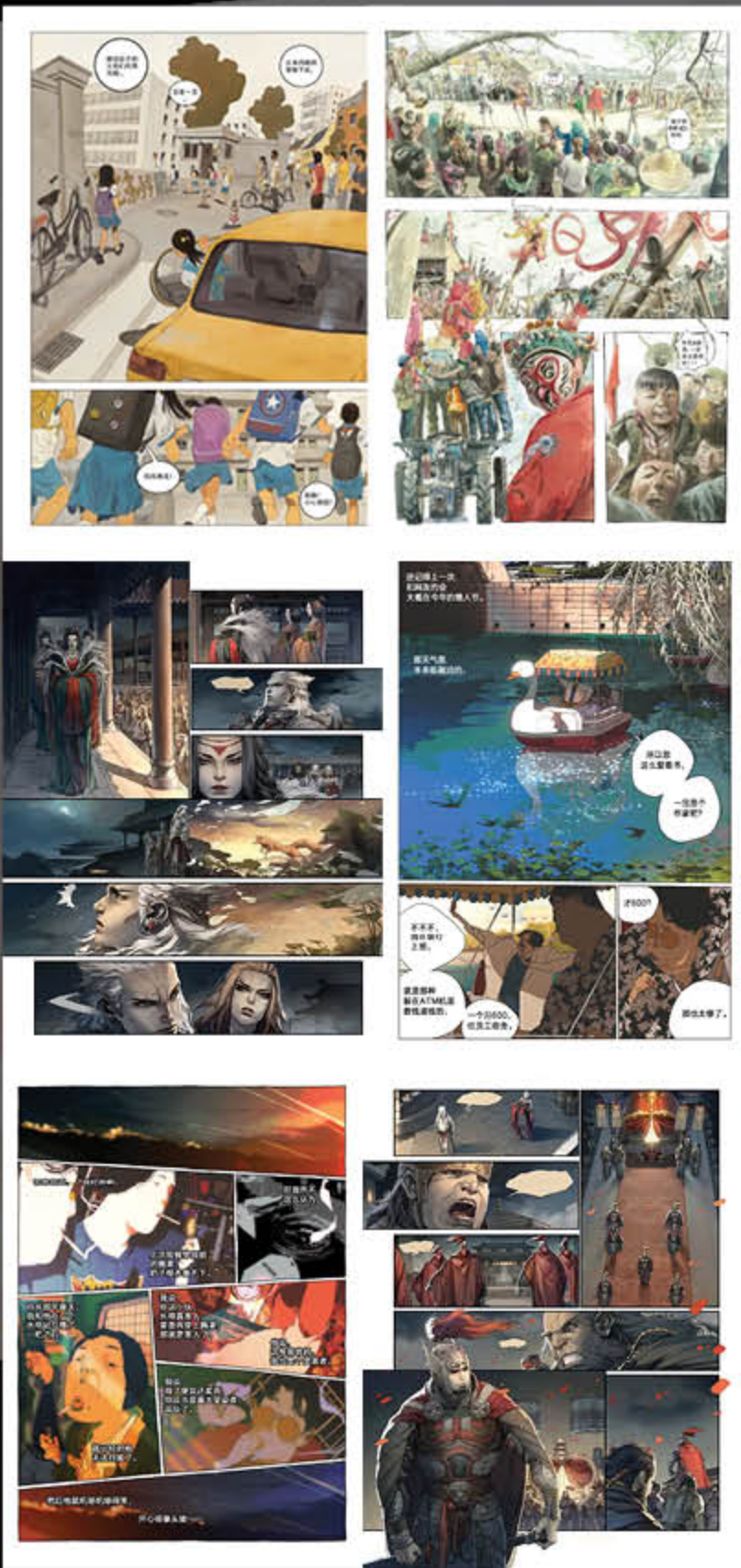
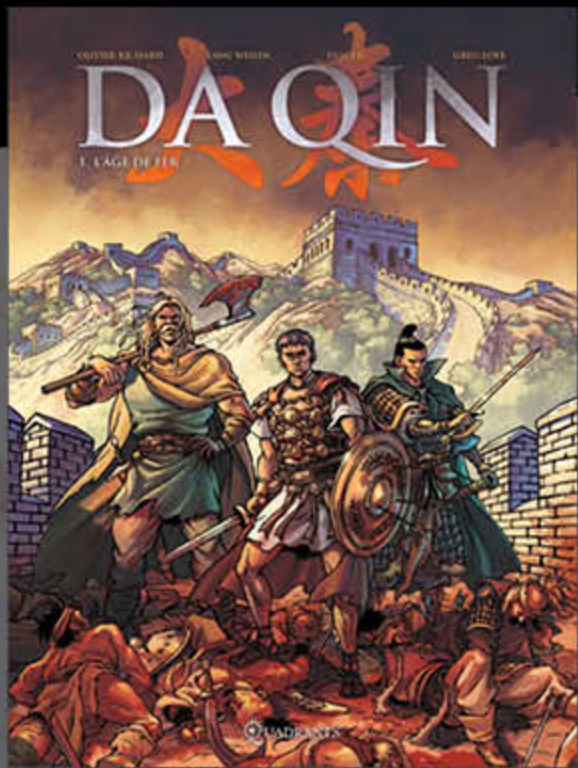
As a central place, Zhouzhi is a brilliant historical and cultural jewel inlaid in the land of Shaanxi plain. In the first year of the Western Han Dynasty (104 BC), Zhouzhi was formally established as a county. Emperor Wu of the Han Dynasty came to Zhouzhi Louguan, where Laozi was teaching the Tao Te Ching, he knelt down his imperial body and paid respect to the great thinker, the first philosopher in Chinese history, and built and expanded temples and altars here, the Louguan Terrace, Wangxian Palace, the Changyang Palace, Wuzha Palace, and the Grape Palace. Until the Tang Dynasty, Louguan Terrace's Zongsheng Palace was revered as a royal ancestral temple. Rich and colorful folk cultural activities were held here, such as folk songs and dances, bull fights tigers, splint dances and so on. The "Dianzhen Eight Diagrams Gongs and Drums", "Bull fights tiger", "Beixinzi", and "Weiqi Gongs and Drums" were inscribed on the Provincial Intangible Cultural Heritage List and were produced and formed under this historical and cultural background. Jixian ancient music, known as the "living fossil of ancient music", originated from court music in the Qin, Han and Tang dynasties. From "Laba" to "End of the Year", Zhouzhi preserved the most complete rural customs in China.

It is said that Xi'an's New Year is "very Chinese", it embodies the profound cultural heritage of the ancient capital of thirteen dynasties. In addition, Zhouzhi concentrates the essence of the Chinese rural new year culture. To appreciate the Chinese New Year, you should go to Xi'an, and when you do so, you simply can't skip Zhouzhi Village.



王宁绘画作品展

Exhibition of Wang Ning's works



王宁，漫画家经纪人，生于1971年，北京。1989年至2004年期间，作为动画制作、动画设计、动画导演，参与了西班牙巴塞罗那奥运会吉祥物的动画制作，以及《三国志》、《风魔小次郎》、《太阳之子》、《海尔兄弟》、《大草原上的小老鼠》等数十部动画长片、短片的制作，并为中央电视台及马来西亚、法国、西班牙、美国、香港等多个国家和地区客户制作动画片。

曾担任中国国际动漫节、中国国际漫画节、厦门国际漫画节、亚洲青年动漫大赛等多个国内主要动漫节展的评委，并担任北京电影学院、中国传媒大学、中国美术学院、中央美术学院等十余所大学的客座讲师，讲解中国漫画如何与欧洲市场进行对接。

Cartoon artist Wang Ning was born in Beijing in 1971. From 1989 to 2004, as a cartoon producer, designer and director, participated in the production of the mascot of the Barcelona Olympic Games in Spain, and also produced the "Three Kingdoms", "Kojiro", "Children of the Sun", "Haier Brothers", "Little Mouse on the Grassland" and dozens of other animated feature films and short films. He produced animations for CCTV and customers in many countries and regions such as Malaysia, France, Spain, the United States and Hong Kong.

He also served as a jury for scores of major domestic comics and animation festivals such as China International Animation Festival, China International Comic Festival, Xiamen International Comic Festival, Asian Youth Animation Competition, etc., and gave lectures in Beijing Film Academy, Communication University of China, China Academy of Arts and Central Academy of Fine Arts on how the Chinese cartoons can get connected with the European market.

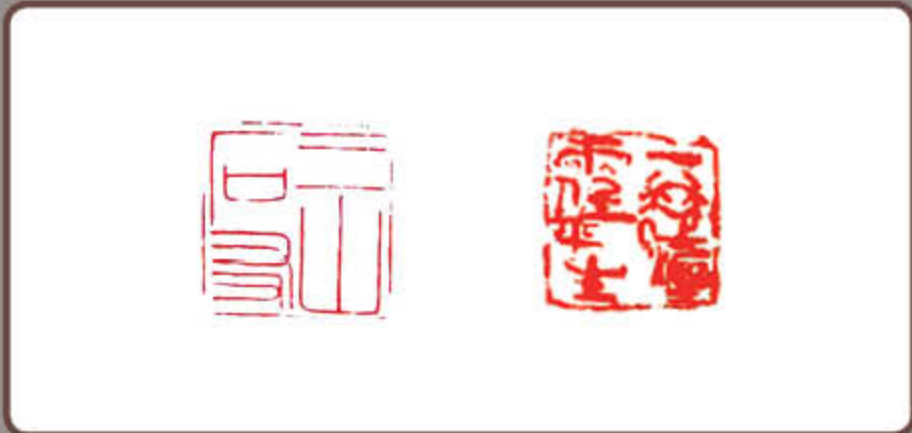


林波作品展

Lin Bo's Works

林波简历
 1960年生于辽宁省沈阳市，自幼师从书法大师沈延毅等先生学习书画艺术，辽宁大学哲学系毕业。1984年作品被收录《中国青年报》，1989年入选《中国当代书画家大辞典》，1994年在中国美术馆举办个人书画展，同年被中央电视台《光明日报》等媒体评介。此后十年，闭门研究历代碑帖，2004年开始游历大江南北，寻找摩崖字迹。2006年先后在人民大会堂、全国政协礼堂等现场挥毫，2008年作品收录《中国当代美术家传世精品集》收录，2009年作品在匈牙利布达佩斯、法国巴黎等地展出。2014年参加纪录片《艺术中国》拍摄。现为中国书法家协会会员、中国美术家协会会员、辽海印社社员、沈阳印社社员、烟台大学客座教授、中国教育电视台《艺术中国》大型纪录片栏目组艺术指导。

Resume of Lin Bo
 Lin Bo was born in Shenyang City, Liaoning Province in 1960. He studied calligraphy and painting from his early childhood and graduated from the Philosophy Department of Liaoning University. In 1984, his works were published in China Youth Daily. In 1989, he was included in the Encyclopedia of Contemporary Chinese Calligraphers and Painters. In 1994, he held a solo calligraphy and painting exhibition in the National Art Museum of China. In the same year, his works were reviewed by CCTV, Guangming Daily and other media. In the next ten years, he studied the inscriptions of different dynasties behind closed doors. In 2004, he began to travel to the north and the south in search of stone inscriptions. In 2006, he held live performances in the Great Hall of the People and the auditorium of the Chinese People's Political Consultative Conference. In 2008, his works were included in the "Collection of Chinese contemporary artists overarching generations". In 2009, his works were exhibited in Budapest, Hungary and Paris, France. In 2014, he took part in shooting the documentary "Art China". He is now a member of China Calligraphy Association, member of Chinese Painters' Association, member of Liaochai Printing Society, member of Shenyang Printing Society, visiting professor of Yantai University and art director of the large-scale documentary program "Art China" of China Education Television.





子宫内膜异位症 隐秘角落里隐藏的迷路“作精”

Endometriosis, a Lost "Elf" in Hidden Corner

一片原本应该在子宫里敬业工作的内膜，在每月固定的“脱落流出日”突发奇想，没有按照既定通道流出，而是跑到其他岔路口去看更大的世界。

A piece of endometrium that should have been dedicated to work in the uterus, is on a whim in the monthly fixed "falloff and outflow day". Instead of flowing out in the established passage, it runs to another fork road to see the larger world.

迷路之后的它充分展现了随遇而安的性格，随便找了个隐秘的角落，安家了！

Having got lost, it fully shows its happy-go-lucky character, casually finds a secret corner, and settles down!

生活稳定后，它开心地作天作地。渐渐的，形成了一些小气候，于是带着手下每个月搞事情，让原本平静的身体开始了生命中无法承受之痛。

When the life is stable, it plays the gangster merrily. Little by little, it holds the line. So with its heeblers, it makes troubles every month, leading to unbearable pains in the originally calm body.

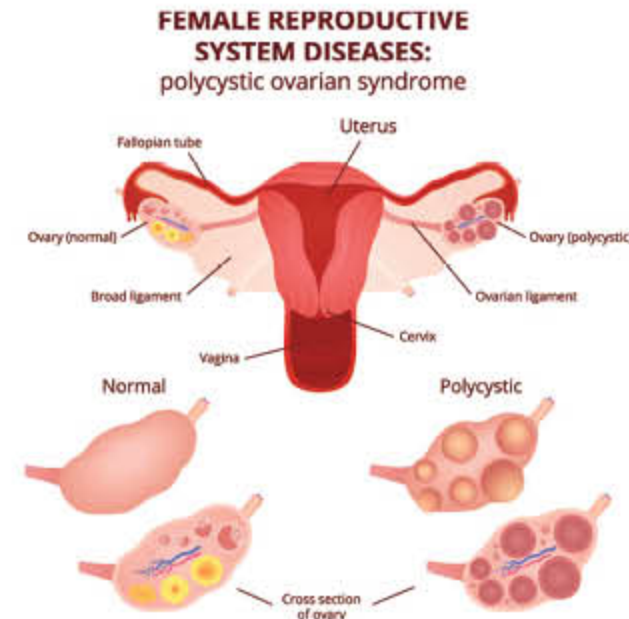


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子宫内膜异位症让许多女性痛苦不已。今天，我们就来聊一聊这个让妇科医生非常棘手和头痛的“具有恶性肿瘤行为的良性疾病”。

Endometriosis is a pain for many women. Today, we shall discuss this "benign disease of malignant behaviors", a headache for the gynecologists.

你们看，子宫它长成上面这样，它的两侧子宫角分别连接着左右输卵管，下方的宫颈与阴道相连。那些调皮捣蛋的内膜细胞原本应该每月随月经从下方的通道流出，但当它们中有一些胆子大的，从两侧的道路另辟蹊径跑掉时，问题就出现了。这些逆行的内膜会顺着输卵管到达腹腔、卵巢、直肠，体力更好的还会走到更远处的肺部、胸膜、头面部（鼻部、脑部）等等，以为找到了新乐土，并开启了肆无忌惮的生活。

You see, the uterus grows up like this. The uterine horns are connected to the left and right fallopian tubes, and the lower cervix is connected to the vagina. The naughty intimal cells are supposed to flow out of the lower passage every month with menstruation. But when some of bolder ones run away from the paths on both sides, the problem arises. These regressive intima will follow the fallopian tubes to reach the abdominal cavity, ovaries, and rectum, and the physically more powerful ones will go further to the lungs, pleura, head and face (nose, brain). They think they have found a wonderland, and start a life of impunity.



跑出去的内膜也会受激素影响，每个月增生出血，但却“排”不出去，慢慢地就变成了异位病灶，它可能会引发这些症状：

The defected intima will be affected by hormones. It gives hyperplastic hemorrhage each month, which however cannot be "drained off". Slowly it develops into ectopic lesions, and may cause the following symptoms:

痛经：每个月总有那么几天，痛经让你怀疑人生，新闻也曾报道过，有年轻女生痛到去医院要求做子宫切除术。

Dysmenorrhea: There are always a few days in a month that dysmenorrhea makes you doubt life. It was reported that some young women felt so painful that they went to the hospital to ask for hysterectomy.

慢性盆腔痛：子宫内膜异位症最常发生的部位就是位于盆腔的卵巢和腹膜，在非经期，由于炎症反应、机械性刺激或者神经受累，子宫内膜异位症也可能出现长期慢性的盆腔痛。如果有坐骨神经受牵连，还会引起下肢放射性痛。

Chronic pelvic pain: The most common site of endometriosis is the ovary and peritoneum located in the pelvic cavity. In the non-menstrual period, due to inflammatory reaction, mechanical stimulation or nerve involvement, the endometriosis may also show long-term chronic pelvic pains. If the nervi ischiadicus is involved, it may also cause lower limb radiation pains.

性生活痛：有一些女性惧怕性生活，并不一定是因为她们有性功能障碍，也有可能是子宫内膜异位症在作怪。性生活中的撞击，会牵扯盆腔病灶，引起病变部位疼痛。

Sexual pain: Some women are afraid of sex, not necessarily because they have sexual dysfunction. It may be caused by endometriosis. The impacts in sexual discourse will involve pelvic lesions, causing pain in the lesion.

肛门坠痛：这是因为病变发生在了直肠的周围，对肠道产生了刺激。如果深部的子宫内膜异位症，还有可能会引起排便痛、排便困难、出血等问题。

Anal pain: This is because the lesion that occurs

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around the rectum, stimulating the intestine. The deep endometriosis may cause defecation pain, defecation difficulties, bleeding and other problems.

疤痕痛: 对于有生育经历的女性, 剖宫产后腹壁切口、顺产后会阴切口也有可能会出现子宫内膜异位症, 会表现为疤痕部位结节和疼痛, 月经期时最为明显。

Scar pain: For women with reproductive experience, the abdominal wall incision after cesarean section, and the perineal incision after cesarean section may result in endometriosis, which shows scar nodule and pains. It is most obvious in the menstrual period.

一些特殊的症状: 除了腹腔之外, 内膜还会跑到一些特殊的位置, 让患者出现各种症状。比如肠道子宫内膜异位症会有便秘、便血; 膀胱子宫内膜异位症常出现尿频、尿急、尿痛甚至血尿。还有一些更特殊的个例, 比如内膜跑到肺里, 造成每月定期咳血; 内膜跑到鼻腔里, 按时流鼻血……

Some special symptoms: In addition to the abdominal cavity, the intima will run to some special places, giving patients with various symptoms. For example, intestinal endometriosis will have constipation and stool blood. Bladder endometriosis often shows frequent urination, urinal urgency, urinal pain and even hematuria. There are more special cases, such as the intima running to the lungs, resulting in regular monthly hemoptysis; and the intima going to the nasal cavity, ending in regular nose bleeding....



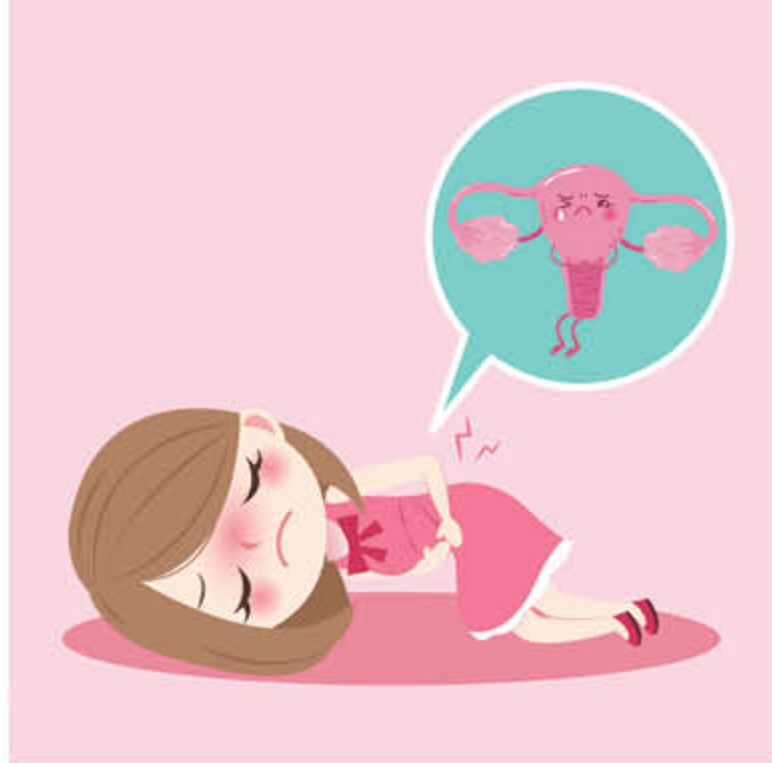
**听说影响怀孕,
是真的吗?
It is Said to Affect Pregnancy
Is it True?**

大约有 40% ~ 50% 的子宫内膜异位症患者会合并不孕。不孕原因主要有以下三种:

About 40%~50% of endometriosis patients have infertility. It is caused largely by three factors:

1、子宫内膜异位症常见的影响的地方是盆腔, 会导致盆腔的一些严重的粘连, 让盆腔的微环境改变了, 从而影响精子、卵子的结合以及运送。

1. The endometriosis commonly affects the pelvic cavity, which leads to serious adhesion in the pelvic cavity, changes the micro-environment there, thus affecting the union and transport of the sperms and eggs.



2、子宫内膜异位症可能会导致免疫功能的异常, 这个时候抗子宫内膜抗体会增加破坏子宫内膜正常代谢生理功能, 也会导致难以怀孕。

2. The endometriosis may lead to abnormal immune function. At this time, the anti-endometrial antibodies will increase the destruction of the endometrial normal metabolic physiological function, making it hard to conceive.

3、子宫内膜异位症最常发生的部位就是卵巢, 当卵巢上有病灶时, 会影响卵巢功能, 从而导致排卵障碍, 自然也难以受孕。不过, 还没有生孩子的女性也不用太过担心, 并不是得了子宫内膜异位症就一定无法怀孕, 只要及时发现、对症治疗, 你也能拥有自己的宝宝。

3. The endometriosis occurs most often in the ovary. When there is a focus on the ovary, it will affect the ovarian function, resulting in ovulation disorders, which naturally makes it hard to conceive. However, women who have not had children need not worry too much. It does not mean that they will not be pregnant to have endometriosis. So long as it is detected timely and treated properly, they can still have their own babies.



**怎么治?
手术还是药物, 中医还是西医?
How to Cure It?
Surgery or Drugs, Traditional
Chinese Medicine or Western
Medicine?**

子宫内膜异位症本身是良性的病变, 但它也有恶变的可能, 不过这个几率很少, 大概是小于 1%。所以子宫内膜异位症的患者也不必太过担心, 只要配合医生做好相关

治疗就可以了。

至于究竟是手术还是药物控制, 这要因人而异, 因病而异。

Endometriosis itself is a benign lesion. It has the possibility of malignancy, but the probability is very small, about less than 1%. So endometriosis patients need not worry too much. As long as they follow the instructions of doctors in treatment, they'll be fine. As to whether it is better to take surgery or drug control, it varies from person to person, and from disease to disease.

举个例子, 如果内膜跑到了卵巢上, 形成巧克力囊肿, 而且囊肿生长速度很快, 那么长期下去, 对卵巢功能会形成极大的破坏, 囊肿过大还可能发生蒂扭转, 破裂导致生命危险。这时, 我们就需要通过手术来剥离囊肿。

For example, if the intima runs to the ovary and forms a chocolate cyst, which grows fast, it will pose great damage to the ovarian function over time. If the cyst is too large, the pedicle torsion may occur, and rupture leads to life danger. At this point, we need to operate to remove the cyst.

对于正在备孕的人, 医生会结合术后的具体恢复情况, 建议其尽快怀孕, 一方面切除病灶后有利于排卵, 输卵管也会更加通畅, 容易怀孕。另一方面, 如果术后尽快怀孕, 在整个孕期和哺乳期, 由于不排卵, 不来月经, 也会使得内异症复发的概率大大降低。

For those who are preparing for pregnancy, the doctor will recommend early pregnancy, along with the specific recovery situation after operation. On the one hand, the resection of the focus is conducive to ovulation, and the fallopian tube will be more unobstructed, making it easier to conceive. On the other hand, if they get pregnant soon after the surgery, it will greatly reduce the probability of recurrence of endometriosis during the whole pregnancy and lactation period, due to non-ovulation, no menstruation.

对于没有生育需求的人, 术后可以采用中医方法如中药、针灸等进行身体调理, 也可以服用药物来进行治疗。

For those without fertility needs, traditional Chinese medicines, acupuncture and moxibustion can be used to nurse the health, and drugs can be taken for treatment.

一些还没生育的女性担心做手术会影响卵巢功能, 其实, 手术只是对囊肿进行剥离, 对卵巢组织的伤害还是比较小的。而且, 比起手术带来的一点点损耗, 疾病本身的危害才是更大。当然, 如果囊肿不大, 生长速度也不快, 那也不必非做手术不可, 可以定期随访, 或者制定个体化的中医疗法。

Some women who have not yet given birth may worry that the surgery will affect their ovarian function. In fact, the surgery is only to peel off the cyst, with relatively small damage to the ovarian tissues. Moreover, the disease itself is more harmful than the little loss from the surgery. Naturally, if the cyst is small and grows slowly, there is no need for surgery. They may adopt regular follow-up examinations or tailored TCM therapy.

至于西药方面, 适合内膜异位症长期管理的通常是以下几种常见药:

As for the western medicine, the following common drugs are often used for long-term management of the endometriosis:

曼月乐环: 是避孕环的一种, 环内含有左炔诺孕酮, 每天会在宫内局部缓释孕激素 20 μg, 形成子宫局部高浓度的孕激素环境, 抑制内膜增殖, 对内异症的病灶也能起到一定的抑制作用。上环和取环时需要去计划生育门诊做个小手术, 但一次放置, 五年有效。比较省事。副作用主要是会影响月经周期和月经量, 总的来说表现为月经量减少, 可能会不规律, 有些人可能还会不来月经。另外, 由于每个人子宫情况不同, 有的人可能会出现环的下移或脱落。

Mirena: It is a kind of contraceptive ring, which contains levonorgestrel. It can release 20μg progesterone in the uterus every day to form a high concentration progesterone environment in the uterus, to inhibit endometrial proliferation, and also play a certain role in inhibiting the lesions of endometriosis. The loading and unloading of the ring need a small operation in the family planning clinic. Once it is placed, it is effective for five years, thus quite convenient. The main side effect is it affects the menstrual cycle and menstrual volume. In general, the menstrual volume is reduced, turns irregular, and some people may miss their periods. In addition, as each person's uterus condition is different, some people may have the ring moved down or fallen off.

地诺孕素片: 这是 2019 年上市的新药, 是专门为内膜异位症研发的孕激素, 相对来说副反应较少, 适合长期使用。缺点是需要每天口服。

Dienogest: This is a new drug coming to the market in 2019. It is a progesterone specially developed for endometriosis, with relatively less side effects, and suitable for long-term use. The drawback is that it needs to be taken orally every day.

GnRH-a: 是一种针剂。一般来说会在手术切除病灶后配合使用, 通常 28—33 天注射一次。注射后雌激素水平大幅下降, 不来月经, 从而控制内异症的复发。不过, 由于

这种药物是模拟绝经状态，所以注射后很容易出现绝经期潮热盗汗、关节疼痛等症状。一般使用时间不会超过半年，而且一般会配合小剂量的雌孕激素联合使用。

GnRH-a: It's an injection. It is generally used after surgical resection of the lesion. It is usually injected once in every 28-33 days. After the injection, the estrogen level decreases significantly, and the menstruation stops, thus controlling the recurrence of endometriosis. However, as the drug simulates the menopausal state, it is easy to cause menopausal hot night sweat, joint pain and other symptoms after the injection. Generally, it will not be used for over half a year, and will often be combined with low-dose estrogen and progesterone.

总之，不存在十全十美的治疗方案，哪种方案好要因人而异，还是要听从主治医师的建议，选择适合自己的情况，全身副作用小的药物，做好长期管理。

In a word, there is no perfect therapeutic regimen. Which option is better depends on the individual condition, and should follow the advice of the attending doctor. They should choose the medicine suitable for

themselves, with small whole body side effects for long-term management.



总结一下 To sum up

1 痛经是内异症最主要的表现症状

1. Dysmenorrhea is the main symptom of endometriosis

别以为是女人就一定会痛经，如果你每个月都想去死一死，那一定要到妇科仔细做检查。

Don't think that a woman must have dysmenorrhea. If you are painful to die every month, you must go to the gynecology department for a careful examination.

2 手术不是切一刀那么简单

2. Surgery is not a simple cut
做手术需要医生具备精湛的妇科手术技巧、扎实的妇科内分泌知识，要根据年龄、症状、生育要求为患者制订符合个体需求的治疗方案。而且内异症的治疗可不仅仅是手术那么简单，它需要药物、内分泌调节、心理疏导、辅助生殖等多种手段配合。缓解疼痛、改善生育、综合治疗、长期管理，缺一不可。

Surgery requires doctors to have superb gynecological surgery skills and solid gynecological endocrine knowledge. They need to develop treatment programs that meet individual needs of patients according to their age, symptoms, and fertility requirements. And the treatment of endometriosis is more than surgery, as it needs drugs, endocrine regulation, psychological guidance, assisted reproduction and other means to cooperate. Pain relief, improved fertility, comprehensive treatment, and long-term management are all indispensable.

3 放松心情，做好长期管理

3. Relax for long-term management
内异症是个需要长期关注及管理的“麻烦精”，但它几乎不会恶变。所以，放宽心，定期到医院检查随访，合理安排自己的生育计划。相信我，它没那么可怕。

Endometriosis is a "troublesome elf" calling for long-term concern and management. But it will hardly have malignant change. Therefore, take it easy, go to the hospital for regular inspection and follow-up check. Reasonably arrange your planned parenthood. Trust me, it's not that scary.



不想生娃的“五怕”怎么破解

How to Crack the "Five Fears" of Having a Baby

联合国经济和社会事务部发布的《世界人口展望2019：发现提要》显示，世界人口增速在放缓，更多国家人口出现萎缩。全球妇女平均生育率已经由1990年的3.2降至现在的2.5。到2050年，全球妇女平均生育率将继续下降到2.2。

The World Population Prospects 2019: Discovery Summary, released by the United Nations Department of Economic and Social Affairs, shows that the world population growth is slowing and more countries have a shrinking population. The global average fertility rate for women has fallen from 3.2 in 1990 to 2.5 today. And it will continue to decline to 2.2 by 2050.

为什么年轻人生育意愿降低？有人认为是因为经济压力大，也有人认为是追求个人价值实现。但也有些年轻漂亮的女性，她们不想生育的原因是怕生完孩子变成“那样儿”——胸部下垂、臀部干瘪、妊娠纹、掉头发等等。

Why is young people's fertility willingness reduced? Some people think it is because of the economic pressure, and others believe it is the pursuit of personal value. But some young beautiful women don't want to have children because they are afraid of the "visions" after delivery, sagging breasts, shriveled hips, stretch marks, and hair loss.

十月怀胎历尽辛苦，终于生下宝宝却要面对种种身体问题，难免让人觉得苦不堪言。从普通女性变成了妈妈，身上多了一份责任，身体也在发生变化。有的女性为了保持身材，即使结婚了也不会立刻备孕。

After 10 months of laborious pregnancy, new moms finally give birth to babies, and yet they are to face a variety of physical problems, seemingly an unspeakable suffering. From ordinary women to new moms, they should more responsibility, and their bodies are also changing. So some women won't get pregnant right away after they get married to keep fit.

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生完宝宝如何应对身体的变化，还能恢复往日的模样吗？不想生娃的这些“怕”，有办法破解吗？

How to cope with changes in the body after delivery? Will it ever be the same again? Are there ways to crack the "fears" after giving birth to babies?



一怕：乳房松垮如“长袋” First Fear: Sagging Breasts Like "Long Bags"

怀孕后，女性体内的孕激素水平明显增加，乳房内的脂肪组织及乳腺组织也都会因此改变，所以，怀孕后女性的乳房会比以前丰满许多。

After pregnancy, the progesterone level in the female body increases obviously. The fat tissues and the mammary gland tissues in the breasts also change as a result. Therefore, the female breasts after pregnancy will be much fuller than before.

生完宝宝，新妈妈体内会分泌一种叫做泌乳素的激素，使得乳房变得充盈并分泌初乳。哺乳过程中，宝宝吸吮乳头也会刺激妈妈的脑垂体，不断产生泌乳素，促使乳房分泌足够的乳汁。乳汁的分泌也会使得乳房更加丰满。

After delivery, the new mom secretes a hormone called prolactin, which fills the breasts and secretes colostrum. During lactation, the baby sucks the nipples, which can also stimulate the mother's pituitary gland, produce prolactin, and promote breast secretion of enough milk. The secretion of milk also makes the breasts plumper.

产后及断奶后，女性体内激素慢慢恢复到孕前水平。没有了激素的作用，乳房内的脂肪及乳腺组织相应减少，如果乳房没有得到很好的护理，被撑大的乳房表皮容易松垮下来，也就出现了胸部下垂的现象。

After delivery and weaning, the hormone in the new moms will slowly return to the pre-pregnancy level. Without the effects of hormones, the fat and mammary tissues in the breasts are reduced. If the breasts are not well cared for, the skin of the breasts will be easily loosened, leading to the sagging breasts.

解决方法：

Solutions:

乳房的变化是从孕期开始的，乳房护理也要从孕期开始。随着孕期的变化，孕妈妈要适时更换胸衣，不可过小、过紧、过松。胸衣可以帮助乳房对抗重力，避免乳房受到重力牵拉，减缓下垂松弛。

The breast changes begin during pregnancy, and the



breast care should also start during pregnancy. With the changes of pregnancy, pregnant women should change corsets in good time, which are not too small, too tight, or too loose. The bodice can help the breasts against gravity, avoid the breasts pulled down by gravity, and slow down the droop relaxation.

每天早晚进行简单的乳房按摩，围绕乳头以顺时针或者逆时针方向打圈，能够有效促进胸部血液循环。

Every morning and evening, they can have simple breast massage, circling the nipples clockwise or counterclockwise, which can effectively promote chest blood circulation.

此外，在孕期和产后进行适当的运动，尤其是胸部锻炼，不仅有利于乳房丰满饱满，对产后恢复也十分有利。

In addition, proper exercises during pregnancy and after delivery, especially chest exercises, are not only beneficial to breast fullness, but also to postpartum recovery.



二怕：肚大腰缠“游泳圈” Second Fear: Big Belly Like "Life Ring"

产后肚子大，主要是腹壁松弛导致。腹壁松弛虽然不是严重疾病，但能引起很多不适。除了肚子大，还可能因腹肌无力导致腰疼、便秘。

Large postpartum belly is mainly caused by abdominal

wall relaxation. Though not a serious disease, it can cause a lot of discomfort. In addition to large stomach, it may lead to waist pain and constipation because of abdominal muscle weakness.

怀孕时，随着胎儿增大，子宫被越撑越大。孕妈妈腹部皮肤扩张，使得真皮层被拉伤甚至断裂。

During pregnancy, as the fetus grows, the uterus is enlarged. The pregnant mother's abdominal skin dilates to pull or even break the dermis.

生完宝宝后，妈妈们被撑大的肚皮突然回缩，如果腹部肌肉缺少弹性，腹肌无力收缩，腹部就会变得松垮。同时，腹部松弛向前、身体重心前移，腹肌无力腰部代偿，易引起腰椎劳损，产生腰痛。

After the delivery, the mother's enlarged belly suddenly shrinks. If the abdominal muscles lack elasticity and the abdominal muscles are weak to contract, the abdomen will become loose. Meanwhile, the belly relaxes forward, and the body center of gravity shifts forward, while the abdominal muscles are weak in waist compensation, it is easy to cause lumbar strain and low back pain.

如果妈妈在孕期营养过剩，更容易导致腹部肥胖。

If the mother is overnourished during pregnancy, she is more likely to have abdominal obesity.

解决方法：

Solutions:

孕期和产后均衡饮食，避免过多的脂肪囤积在腹部，形成让人讨厌的“游泳圈”。



三怕：阴道松弛没性趣 Third Fear: Vaginal Relaxation, Losing Sexual Fun

阴道松弛主要是怀孕、分娩引起的盆底功能下降导致的。

Vaginal relaxation is mainly caused by decreased pelvic floor function due to pregnancy and childbirth.

在漫长的孕期中，腹腔压力和盆腔脏器的重力指向盆底肌肉，加上子宫重量日益增加，盆底肌肉也就处在持续受压中而逐渐松弛。分娩时韧带、筋膜、肌肉的过度伸展或断裂，更是让盆底肌连接受到损伤。

During the long pregnancy, the abdominal pressure and the gravity of the pelvic organs point to the pelvic floor muscles, and as the weight of the uterus is increasing, the pelvic floor muscles are under continuous pressure and gradually relaxed. During delivery, the ligament, fascia, and muscles overstretch or tear, letting the pelvic floor muscles injured in succession.

产后妈妈盆底肌力减弱后，阴道收缩力量随之减弱，不但性生活愉悦感受到削弱，还有可能增加生殖系统感染的风险，有的产后妈妈还会出现漏尿等症状。

After delivery, the new mom's pelvic floor muscle

strength weakens, and the vaginal contraction strength recedes, too. It not only impairs the sexual life pleasure, but also may increase the reproductive system infection risk. Some postpartum mothers will also have urine leakage and other symptoms.

解决方法:

Solutions:

虽然怀孕、分娩会影响盆底肌功能,但如果产后抓住康复盆底肌的黄金期,是完全可以让盆底肌恢复弹性的。

Although pregnancy and childbirth can affect the new moms can completely restore the pelvic floor muscle elasticity, if they seize the golden period of rehabilitation of the pelvic floor muscles after delivery.

产后 42 天至 3 个月是盆底康复治疗黄金期,许多医院都会在女性产后 42 天左右进行盆底肌肉功能评估。

The 42 days to 3 months after delivery is the golden period of pelvic floor rehabilitation treatment. Many hospitals would evaluate the pelvic floor muscle function in women about 42 days after delivery.

凯格尔训练是一种自主的盆底肌肉锻炼方法,能增强盆底肌肉的力量和自我控制。

Kegel training is an independent pelvic floor muscle exercise method that enhances pelvic floor muscle strength and self-control.

首先放松腹部、臀部和大腿的肌肉,运动时迅速并尽可能的收缩肛门及会阴的肌肉群,持续 3 秒,然后放松。每 20—30 次为一组,每天做 2—3 组,站着、坐着、躺着都可以做。

First relax the muscles of the abdomen, hips and thighs. During the exercise, quickly and as much as possible contract the anal and perineal muscles for 3 seconds and then relax them. Take 20-30 times as a group. Do it for 2-3 groups in a day. You may stand, sit, or lie when doing the exercise.

需要提醒的是,盆底肌训练前建议先到医院做一下盆底肌功能评估,在医生的指导下进行盆底康复。如果盆底肌损伤严重的话,可以通过物理治疗和手术治疗恢复盆底肌功能,如菲蜜丽阴道激光治疗、生物反馈电刺激治疗等。

It should be noted that before taking the pelvic floor muscle training, you'd better go to the hospital to have a pelvic floor muscle function evaluation, and follow the guidance of doctors for pelvic floor rehabilitation. If the pelvic floor muscles are seriously injured, the pelvic floor muscle functions can be restored by physical therapy and surgical treatment, such as the Femilift vaginal laser therapy, and biofeedback electrical stimulation therapy.



四怕: 肚皮变成“花西瓜” Fourth Fear: Belly Looks Like "Flower Watermelon"

有些孕妈妈怀孕中后期会出现妊娠纹,不仅会长在肚子上,还可能出现在大腿、胸部、臀部。

Some pregnant women will have stretch marks in the middle and late pregnancy periods. They may appear in the stomach, or the thighs, chest, and buttocks.

妊娠纹主要是因为孕期体重增长过快,皮下脂肪激增,皮肤表皮被拉伸导致。当皮肤拉伸的速度跟不上肚子变大的速度时,皮肤表皮的弹力纤维与胶原纤维就会受到不同程度的损伤或断裂,致使皮肤上出现一些宽窄不同、长短不一的粉红色或紫红色的波浪状花纹。

The stretch marks are mainly caused by excessive weight gains during pregnancy, when the subcutaneous fat surges and stretches the skin epidermis. When the skin stretching speed fails to keep up with that of belly enlargement, the elastic fibers and collagen fibers of the skin epidermis will be damaged or broken to varying degrees, resulting in some wide or narrow, pink or purplish red wavy patterns on the skin.

生完宝宝后,妊娠纹颜色会变淡,但是一旦出现就不会消失,所以,妊娠纹应该从孕期预防。

After giving birth to the baby, the color of the stretch marks will fade. But once they appear, they will not vanish. So the stretch marks should be prevented from pregnancy.

解决方法:

Solutions:

皮肤的保湿护理可以有效预防妊娠纹。干燥的皮肤更容易产生妊娠纹。孕妈妈可以每天在易长妊娠纹的部位涂抹 2—3 次保湿霜或橄榄油,按摩 10 至 15 分钟效果会更好哦。

Skin moisturizing care can effectively prevent pregnancy stretch marks. Dry skin is more likely to produce the stretch marks. Pregnant women can apply 2-3 times a day moisturizing cream or olive oil to areas prone to long stretch marks, and massaging them for 10 to 15 minutes will be better.

孕期控制体重,使其合理增长,对预防妊娠纹有重要意义。一般来说,整个孕期体重的增长应控制在 11.5—13.5 千克之间。

It is of great significance to control weight during pregnancy and keep it growing reasonably in the prevention of stretch marks. In general, weight gain throughout pregnancy should be controlled between 11.5 and 13.5 kg.

使用托腹带,能够减轻胎儿对肚皮的拉扯,帮助预防妊娠纹。但到了孕期最后一个月就不要使用了,以免影响宝宝入盆。

The use of abdominal band can reduce fetal pull on the belly, and help prevent stretch marks. But abandon it in the last month of pregnancy, lest it affects the baby into the pelvis.

五怕: “秃”如其来的脱发 Fifth Fear: Sudden Hair Loss

大多数新妈妈都经历过产后脱发的阶段,头发的生长和脱落都与身体中的雌激素的分泌量有关。妊娠阶段,雌激素的分泌量增多,头发的更新速度会变慢,本该正常脱落的头发超长服役,再加上孕期饮食比孕前丰富,头发也会生长得很浓密健康。

Most new moms have experienced postpartum hair loss. The hair growth and shedding are associated with the estrogen secretion in the body. During pregnancy, estrogen secretion increases and hair renewal slows. The hair that should have fallen off remains in service. And as the pregnancy diet is richer than before, the hair will grow thick and healthy.

分娩后,雌激素的分泌量减少,头发的更新速度加快,超长服役的头发终于光荣下岗,而新的头发还没有长出来,就导致了脱发,这在医学上被称为分娩后脱发。

After delivery, the secretion of estrogen decreases. The rate of hair renewal accelerates. The over serviced hair is gloriously laid off, while the new hair has not yet grown out.

This results in the hair loss, which is medically called post-delivery hair loss.

此外,产后的情绪波动、精神压力、睡眠受影响等也会导致机体代谢紊乱,从而诱发脱发。

In addition, postpartum emotional fluctuations, mental stress, and affected sleep will also lead to metabolic disorders, thus inducing alopecia.

解决方法:

Solutions:

产后脱发一般一年以内都会重新长出来,不用过于担心。新妈妈也要认识到,产后脱发是一种正常现象,忧虑不安的情绪会形成新的精神刺激,如此循环不止,也会致使脱发越来越多。

Postpartum hair loss is generally made up within a year, so do not worry too much. New moms should also realize that postpartum hair loss is a normal phenomenon. Anxiety and uneasiness will form a new mental stimulation. This cycle will lead to more and more hair loss.

产后一定要定期清洗头发,选择适合自己发质的洗发产品。清洗时可轻轻按摩头皮,促进头皮的血液循环,有利于头皮的新陈代谢,帮助强健头发。

After delivery, new moms must regularly clean hair, and they may choose a shampoo that suits their hair quality. When washing the hair, they can gently massage the scalp, to promote scalp blood circulation, help scalp metabolism, and strengthen the hair.

均衡的饮食对产后脱发有很大的帮助,但需要注意的是,如果产后一味进补,会使体内营养过剩,反而不利健康。

A balanced diet is very helpful for recovering postpartum hair loss. But it should be noted that if you take postpartum supplement blindly, it may overfeed the body, which is adverse to health.

孕产期,女性的身体会发生一系列的变化,身体状况也较虚弱。面对小生命呱呱坠地,丈夫和家人应该分担照料婴儿和家庭琐事的重担,更多地帮助新妈妈减轻压力。产后妈妈也要对自己有信心,给身体一些时间去恢复,慢慢地,还会逐渐恢复到孕前的状态。

During pregnancy and childbirth, women's body will undergo a series of changes, and the physical condition is weaker. With a little new life coming into the world, the husband and family members should share the burden of caring for the baby and family chores, and help the new mom relieve stress more often. The postpartum mother should also have confidence in herself, give the body some time to recover, and gradually return to the state before pregnancy.



广东天海拍卖行有限公司

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"长安糊涂记" 顶呱呱 Chang'an Hutuji

西安是中华民族 13 朝代的首都，也是古丝绸之路的起点，由于这个特殊的历史地理位置，因此可以说它也是中国烹饪文化的发祥地之一。南北美食交汇的地方。这里不仅兼收各民族佳肴之风味，还继承历代宫廷菜肴之技艺，以菜式品种繁多、风味各异而著称。历史学家称陕菜是“中华美食之源”，是中国最有文化、最有故事的菜系。

陕西秦瑞福餐饮管理有限公司品牌“长安糊涂记”创立于 2015 年，菜品既有传统仿古菜，又有现代创新菜。特别是发扬陕菜精髓，潜心研发的特色菜品福祿葫芦鸡、关中四宝、老陕烧三鲜、特色小吃、高陵油饼等，多次荣获“陕西金牌菜品”。2018 年至 2020 年，“长安糊涂记”连续三年被评为“大众点评西安必吃榜上榜餐厅”“携程网美食林臻选餐厅”。

游千年古都，
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味道美极了!
Weidaomeijile!

Xi'an was the capital of 13 dynasties of the Chinese nation and the starting point of the ancient Silk Road. Due to this special historical and geographical location, it can be said that it is also one of the birthplaces of Chinese culinary culture, a place where the cuisine of North and South meet. It not only combines the flavors of various ethnic cuisines, but also inherits the skills of the palace dishes of past dynasties. It is famous for its wide variety of dishes and different flavors. Historians call Shaanxi cuisine "the source of Chinese cuisine", as it is the most cultural and story-telling cuisine in China.

Shaanxi Qinruifu Catering Management Co., Ltd's brand, "Chang'an Hutuji" was founded in 2015. The dishes include both traditional antique dishes and modern, innovative dishes. In particular, to carry forward the essence of Shaanxi cuisine, special dishes such as Fulu Gourd Chicken, Guanzhong Four Treasures, Old Shaanxi Sanxian, special snacks, and Gaoling oil cakes are made with great attention to the details and were awarded the "Gold Medal of Shaanxi" many times. From 2018 to 2020, "Chang'an Hutuji" was listed as "Xi'an's Must Visit Restaurant" and as a "Ctrip.com Gourmet Lin Zhen Selection Restaurant" for three consecutive years.

Visit the ancient capital and taste Shaanxi cuisine, welcome to visit "Chang'an Hutuji"!



众天洋槐成熟蜂蜜 Zhongtian Acacia Honey

——花香浓系列 ——Floral Fragrant Series

陕北，山大沟深，万壑纵横，在这里沉积着古老的黄土地深层文化，孕育着独特的民俗文化和民族风情。南泥湾是陕北黄土高原上的一方沃土，在革命战争年代，这里是陕甘宁边区的大粮仓，八路军的战士们用自己的双手和汗水，将荒无人烟的南泥湾变成了到处是庄稼、遍地是牛羊的陕北好江南，如今南泥湾山清水秀，风景宜人，土壤肥沃、林草覆盖率达78%，年降雨量530-600mm，长达120-140天无霜期，地理环境得天独厚。

我国最顶级的槐花蜜以秦岭山脉和塞上江南——南泥湾产量最多、最为出名，南泥湾森林覆盖率高，蜜源植物丰富，仅洋槐面积就达到130万亩，是蜂群繁衍发展的天然场所，中国养蜂学会因此授予了“优质洋槐蜜源基地”称号。众天花香浓洋槐成熟蜂蜜就产自陕北南泥湾，在这里众天建立了专业养蜂专业合作社，实施无污染蜜源地定点放养，合作社蜂农定点管理，采集环节完全按照绿色食品标准要求规范科学生产，产品自然成熟，定向供应，从

源头上确保花香浓系列蜂蜜的自然品质。

在南泥湾日照充足、土地肥沃，雨量充沛、温度适宜的条件下，槐花花期长且格外甘甜，花露中的糖分在阳光的充足照射下得以有效沉淀，采集的花蜜味道醇正、品质纯净，自然成熟度高，色泽水白、口感清甜，槐花清香浓郁，回味怡人。富含营养成份极高的活性酶、矿物质、葡萄糖、果糖以及多种对人体有益的营养成分。

为了保证众天花香浓洋槐成熟蜂蜜独特的品质及口感，生产过程完全按照日本洋槐成熟蜂蜜标准，感官指标、理化指标、真假指标、农残指标、安全指标均符合日本蜂蜜标准要求。在原料采购-贮运分装-国内外销售过程中，均采用低温贮藏（15摄氏度左右），确保了花香浓洋槐成熟蜂蜜特有的槐花香味、水白色泽和纯正清甜的口感。由于自然成熟度高，本品槐香浓郁、回味悠久、沁人心脾，被誉为槐蜜中的臻品，是滋补身体、品味健康生活的最佳选择。

In northern Shaanxi, where the ancient deep-seated culture of the loess is deposited, bred with unique folk culture and ethnic customs. Nanni Bay is a fertile soil on the Loess Plateau in northern Shaanxi. During the Revolutionary War, it was a large granary in the Shaanxi-Gansu-Ningxia Border Region. The soldiers of the Eighth Route Army used their hands and sweat to turn the deserted Nanni Bay into the beautiful northern Shaanxi we know. Nanniwan has beautiful mountains and clear waters and pleasant scenery. The soil is fertile, the forest and grass coverage is as high as 78%, the annual rainfall is 530-600mm, the frost-free period is 120-140 days, and the geographical environment is unique.

China's top acacia nectar is produced in Qinling Mountains and the south of the Yangtze River-Nanni Bay, which has the most production and is most famous. Nanni Bay has high forest coverage and rich nectar plants. Acacia has an area of 1.3 million mu, which is for breeding and development of bee colonies. The Chinese Society of Beekeeping has therefore awarded it the title "High-quality Acacia Honey Base". Zhongtian Flower Fragrant Acacia mature honey is produced in Nanniwan, northern Shaanxi, where Zhongtian established a professional beekeeping cooperative to implement designated stocking of pollution-free honey sources and designated management by cooperative beekeepers. The collection process is in accordance with the requirements of green food standards. Standardize scientific production, natural maturity of products, and targeted supply to ensure the natural quality of floral honey from the source.

Under the conditions of abundant sunshine, fertile land, abundant rainfall, and suitable temperature in Nanniwan, Sophora japonica has a long flowering period and is particularly sweet. The sugar in the flower dew can be effectively precipitated under sufficient sunlight. The collected nectar has a mellow taste and pure quality, High natural maturity, white color, sweet taste, strong fragrance of Sophora japonica, and pleasant aftertaste. It is rich in vital enzymes, minerals, glucose, fructose, and a variety of nutrients beneficial to the human body.

In order to ensure the unique quality and taste of Zhong Tian Hua Xiang Rong acacia mature honey, the production process is completely in accordance with the Japanese acacia mature honey standards, and the sensory indicators, physical and chemical indicators, true and false indicators, pesticide residue indicators, and safety indicators meet the Japanese honey standard requirements. Low-temperature storage (about 15 degrees Celsius) is used in the process of raw material procurement-storage, transportation and packaging-domestic and foreign sales to ensure the unique locust flower fragrance, watery white color with pure and sweet taste of mature acacia honey along with strong floral fragrance. Due to its high natural maturity, this product is rich in fragrance, has a long aftertaste, and is refreshing. It is known as the ultimate product of sophora honey and is the best choice for nourishing the body and savoring a healthy life.



西安众天食品有限责任公司

Xi'an Zhongtian Food Co., Ltd.



西安众天食品有限责任公司于1997年成立，公司坐落于西安市阎良区国家级航空产业园。公司拥有年产5000吨出口蜂蜜生产线一条，具备符合GMP标准要求蜂王浆、花粉、蜂胶制品分装生产车间和蜂产品化验室各一座。每年可收购、加工、出口各种蜂产品5000吨，实现产值3.6亿，是一家专业生产经营蜂产品的外向型企业。

2006年公司作为发起人成立了“西安市阎良区养蜂协会”和“西安市阎良区众天养蜂专业合作社”。现拥有备案蜂农3000余户。现有16个蜜源基地分布在陕西、甘肃、青海。二十三年来，产品出口美国、日本、欧盟等国家和地区，从未出现一起质量纠纷，过硬的产品质量受到国外客户的一致好评和认可。

- 2006年度被中国食品土畜商会评为“全国蜂产品生产出口十强企业”；
- 2007年度“众天”商标被评为西安市著名商标，企业被评为西安市农业产业化经营重点龙头企业；
- 2008年度“众天”牌蜂产品被评为西安市名牌产品；同年公司被陕西省农业厅评为陕西省农业产业化经营重点龙头企业、省著名商标及陕西省名牌产品；
- 2008年被评为西安市十佳农业产业化龙头企业，“众天”牌槐花成熟蜜在第十四届农高会上荣获“后稷”奖；
- 2011年获得中国绿色食品广州博览会畅销产品奖；
- 2017年香港美食博览会金奖；
- 2019/2020年第二十六/七届农高会“后稷奖”等殊荣。

公司现已通过ISO9001质量管理体系认证、HACCP (ISO22000) 食品安全管理体系认证、SC认证及绿色蜂产品认证。

Xi'an Zhongtian Food Co., Ltd. was established in 1997 and is located in the National Aviation Industrial Park of Yanliang District, Xi'an. The company has an export honey production line with an annual output of 5,000 tons. The company has a separate production workshop for royal jelly, pollen, and propolis products and a bee product laboratory that meet the requirements of GMP standards. Every year, 5000 tons of various bee products can be processed and exported. With an output value of 360 million Chinese Yuan, it is an export-focused enterprise that is specialized in the production and exportation of bee products.

In 2006, the company as the initiator established the "Xi'an Yanliang District Beekeeping Association" and "Xi'an Yanliang District Zhongtian Beekeeping Professional Cooperative". There are more than 3000 registered beekeepers. There are currently 16 honey source bases located in Shaanxi, Gansu and Qinghai. In the past 21 years, products have been exported to the United States, Japan, the European Union and other countries and regions, and there has never been a quality dispute. The excellent product quality has been unanimously praised and recognized by foreign customers.

In 2006, it was appraised as the "Top Ten National Bee Products Production and Export Enterprises" by China Food, Native Produce and Animal Husbandry Chamber;

In 2007, the "Zhongtian" trademark was rated as a well-known trademark in Xi'an, and the company was rated as a key leading enterprise of agricultural industrialization in Xi'an;

In 2008, "Zhongtian" brand bee products were rated as Xi'an famous brand products;

In the same year, the company was rated as the key leading enterprise of agricultural industrialization management in Shaanxi Province, the famous trademark of Shaanxi Province and the famous brand product of Shaanxi Province by the Department of Agriculture of Shaanxi Province;

In 2008, it was rated as one of the top ten leading enterprises in agricultural industrialization in Xi'an, and the "Zhongtian" brand Sophora japonica honey won the "Hou Ji" award at the 14th Agricultural High-tech Conference;

2011: Best-selling Product Award of China Green Food Guangzhou Expo;

2017: Hong Kong Food Expo Gold Award;

2019/2020: The 26th/seventh Agricultural High-tech Conference "Huji Award".

The company not only has various food certifications, but also has green bee product certifications.

西安众天食品有限责任公司

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Phone: 13571933079, 18792802206



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2021



2020 年中欧青少年绘画展赛 12 幅最佳作品

Best Paintings of the EU 2020 "Dreams of Europe and China" Children's Art Competition & Exhibition



一月
JANUARY

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二月
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三月
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JULY

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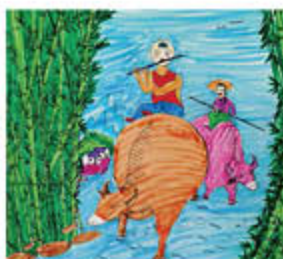
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十月
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十一月
NOVEMBER

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十二月
DECEMBER

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