

The World and China
世界中国

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Setyemüt

外交/文化/旅游杂志

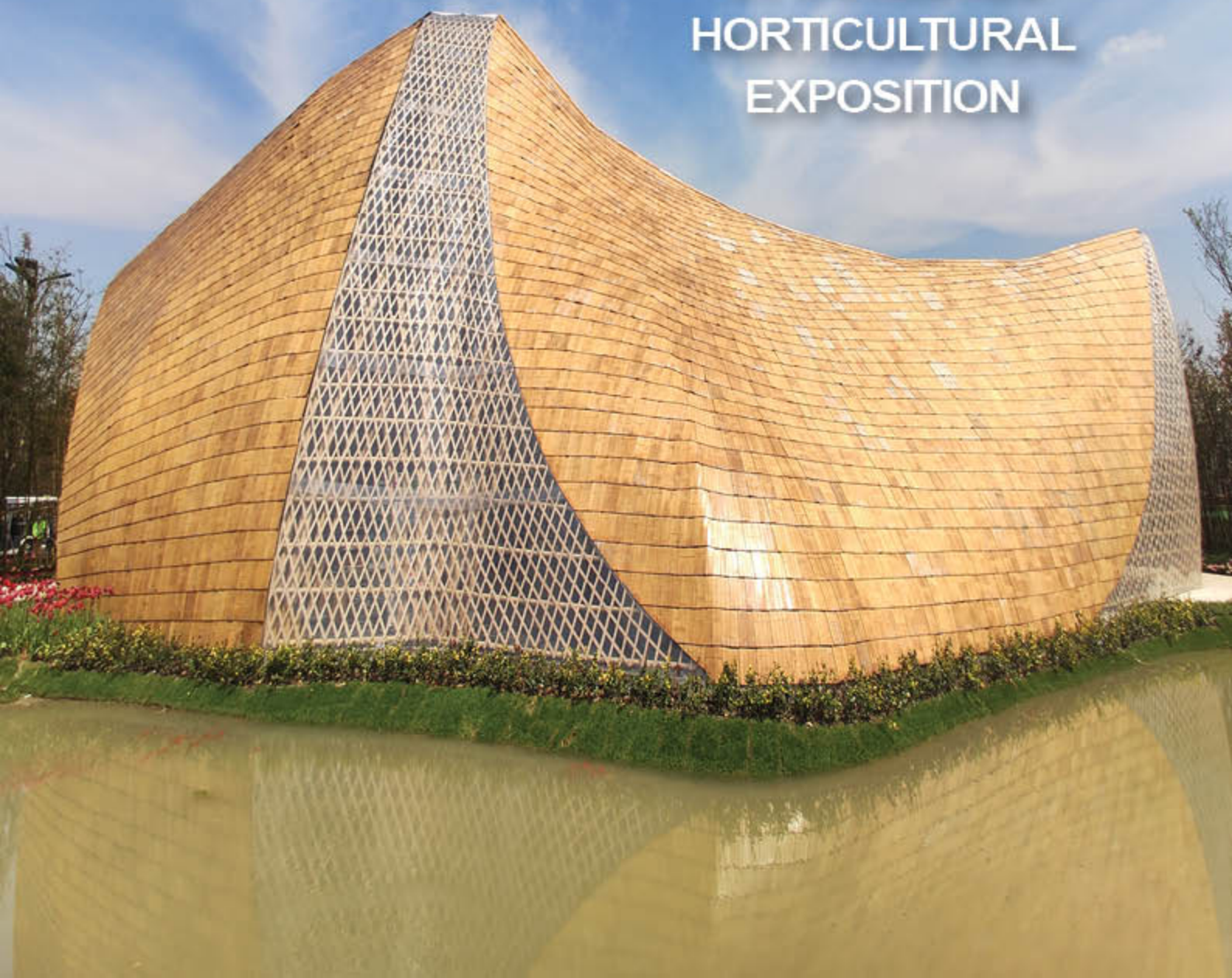
DIPLOMATIC AND TRAVEL MAGAZINE

2021/01 总第089期

2021 扬州世博园开幕

国际竹藤组织荣誉日隆重举行

INBAR PAVILION
IN YANGZHOU
HORTICULTURAL
EXPOSITION



中国两国人民 友谊之花常开

为世界中国杂志社题
邹家华

原中国国务院副总理、全国人大副委员长邹家华先生为本刊题词

Epigraph by the former Vice Premier and Vice Chairman of National People's Congress, Mr. Jiahua Zhou

The World and China.
Tony Blair

2010年11月5日,英国前首相托尼·布莱尔为本刊写英文刊名

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

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星级酒店均可读到。

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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2021 扬州世博园开幕
国际竹藤组织荣誉日隆重举行

COVER NOTE:

INBAR PAVILION IN YANGZHOU
HORTICULTURAL EXPOSITION

目录 CONTENTS

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



4 特别关注

联合国秘书长安东尼奥·古特雷斯致函习近平
祝贺中国脱贫攻坚取得重大历史性成就
习近平总书记与脱贫攻坚
2021 扬州世界园艺博览会开幕
国际竹藤组织荣誉日

14 欧盟信息

葡萄牙担任 2021 欧盟上半年轮值主席国
中欧地理标志协定正式生效
国际妇女节

22 使馆之窗

斯洛伐克共和国大使官邸中的艺术盛宴
三节同庆
拉丁美洲和加勒比地区大使对话活动在京举行
乌拉圭足球夏令营启动
中瑞插画师对话
牙买加 鲍勃·马利纪念活动

42 漫游世界

跟着大使看世界
——葡萄牙驻华使馆大使 杜傲杰

48 文化视野

中国外交蓝皮书
展望“十四五”
奥地利驻华大使参观 北京欧盟画展
开放中国 海南先行
中国内地排名前十的大学
春色满园
“陕西美食节”在京举办
联合国“世界蜂蜜日”
王宁绘画作品展
林波作品展
礼佛

76 专题报道

春季养生 增强免疫力

4 Special Attention To

Congratulation letter of António Guterres, Secretary-General of the United Nations, to Xi Jinping on China's major historic achievement in poverty alleviation
General Secretary Xi Jinping on tackling poverty
Yangzhou Horticultural Exposition
International Network for Bamboo and Rattan
Honour Day

14 Europe Message

Portugal assumes the rotating presidency of the EU in the first half of 2021
EU-China agreement protecting geographical indications enters into force
International Women's Day

22 Embassy

Art Feast at the Residence of the Ambassador of the Slovak Republic
Joint Celebration of Three Festivals
Dialogue Between Ambassadors of Latin America and the Caribbean Held in Beijing
Uruguayan Summer Football Camp

Sino-Swiss Illustrator Dialogue
In Memory of Bob Marley Event

42 Traveling in the World

José Augusto Duarte
Ambassador of Portugal to China

48 Cultural Perspective

Blue Book of Chinese Diplomacy
Outlook of the 14th Five-Year Plan
Austrian Ambassador to China visits EU painting exhibition in Beijing
Reopening China with Hainan Leading the Way
Top 10 universities in mainland China
spring scenery
"Shaanxi Food Festival" Held in Beijing
United Nations "World Honey Day"
Exhibition of Wang Ning's works
Exhibition of Lin Bo's Works
Praying to the Buddha

76 Special Reports

Boosting immunity through health preservation in spring



联合国秘书长安东尼奥·古特雷斯致函习近平 祝贺中国脱贫攻坚取得重大历史性成就

Congratulation letter of António Guterres Secretary-General of the United Nations to Xi Jinping on China's major historic achievement in poverty alleviation



古特雷斯表示，我谨向中国政府和您本人致以最诚挚的祝贺。这一重大成就为实现 2030 年可持续发展议程所描绘的更加美好和繁荣的世界作出了重要贡献。我对您的远见卓识和英明领导深表赞赏。

中国取得的非凡成就为整个国际社会带来了希望，提供了激励。这一成就证明，政府的政治承诺和政策稳定性对改善最贫困和最脆弱人群的状况至关重要。

创新驱动、绿色、开放的发展模式是重大机遇，将为所有人带来福祉。

相信中国将不断取得更大成就，实现“不让任何人掉队”的目标。

"I wish to extend my most sincere congratulations to your Government and to you personally", Guterres wrote.

This moment is a notable accomplishment and a significant contribution towards realizing a better and more prosperous world, as envisioned by the 2030 Agenda for Sustainable Development, the secretary-general noted, "I congratulate you for your vision and leadership".

"This extraordinary result is a reason for hope and inspiration to the entire community of nations."

"It shows the importance of political commitment at all levels of the government and the policy to improve the conditions of the poorest and most vulnerable", the UN chief expressed.

"It also underscores the opportunity of development models that are innovation-driven, green, open and work to deliver for all", he added.

Guterres expressed his confidence that "China will continue to make progress in its efforts to leave no one behind".



习近平总书记与脱贫攻坚

General Secretary Xi Jinping on tackling poverty

上个世纪 60 年代末，我才十几岁，就从北京到中国陕西延安市一个叫梁家河的小村子到那里去当了农民。

在那里乡亲们生活十分困苦，我很期盼的一件事就是想乡亲们饱餐一顿肉。从那时起我就说：今后如果有条件有机会，我要从政，做一些为老百姓办好事的工作。

为官一任，造福一方。当县委书记一定要跑遍所有的村子，当地市委书记一定要跑遍所有的乡镇，当省委书记一定要跑遍所有的县市区。如果我们有了为人民服务的心，你居庙堂之高，你仍然不会忘记江湖之远。人民对美好生活的向往就是我们的奋斗目标。人民最需要什么，我们就抓什么。人民最需要扶贫，就抓好扶贫。

到 2020 年我国现行标准下，农村的贫困人口实现脱贫是我们的庄严承诺。人民美好生活需要日益广泛，不仅对物质文化生活提出了更高的要求，而且在民主、法制、公平、正义、安全、环境等方面的要求日益增长。

一个政党，一个政权，其前途命运取决于人心向背。人民群众反对什么，痛恨什么，我们就要坚决防范和打击。人民群众最痛恨腐败现象，我们就必须坚定不移反对腐败，而腐败分子就必须发现一个查处一个，有腐必惩，有贪必肃。一定不能辜负全国人民的期望。

经过长期努力，中国特色社会主义进入了新时代，这是我国发展新的历史方位。中华民族迎来了从站起来、富起来到强起来的伟大飞跃。今天的我们要比历史上任何时期都更接近，更有信心和能力实现中华民族伟大复兴的目标。历史是人民书写的，一切成就也归功于人民。只要我们深深扎根人民，仅仅依靠人民就可以获得无穷的力量。风雨无阻，奋勇向前。

At the end of the 1960s, when I was a teenager, I moved from Beijing to a small village called Liangjiahe in Yan'an, Shaanxi, China to become a farmer there.

The life of the local villagers were very difficult, one thing I hoped for was a full meal for the villagers. I said to myself. If there was an opportunity for me to enter politics in the future I would then be able to help these people out.

The goal of being an official is to create happiness. A secretary of a county party committee must visit all the villages, a secretary of a city party committee must visit all the towns, and a secretary of a provincial party committee must visit all the counties and cities. It is our goal to help people to have a better life. We find out what people need the most. If people need poverty alleviation the most, then we will help them eradicate poverty.

By 2020, under China's current standards, it is our solemn commitment to lift the rural poor out of poverty. People's needs for a better life are becoming more and more extensive, not only putting forward higher requirements for material and cultural life, but also increasing requirements in terms of democracy, legal system, fairness, justice, security and the environment.

The future of a political party, a political power, depends on the support of the people. What people oppose or hate, we must resolutely guard against. People hate corruption the most, so we must firmly oppose any corruption. Corruption must be punished and must be eliminated. We should not let down the expectations of the people in the country.

After long-term efforts, the socialism with Chinese characteristics has entered a new era, a new historical orientation for China's development. The Chinese nation has ushered in a great leap in standing up, getting rich and becoming strong. Today we are more closer to, more confident and capable of achieving the goal of the great rejuvenation of the Chinese nation than in any period in history. History is written by the people, and the achievements are attributed to the people. As long as we are deeply rooted in the people, we can gain infinite power by relying solely on them. Going forward courageously, in rain or sunshine.

SPECIAL ATTENTION TO | 特别关注



2021年扬州世界园艺博览会

THE INTERNATIONAL HORTICULTURAL EXPOSITION 2021 YANGZHOU



出席领导启动开幕仪式
Leaders launch the expo



扬州世界园艺博览会开幕 Yangzhou Horticultural Exposition

2021 扬州世界园艺博览会于 2021 年 4 月 8 日至 10 月 8 日在江苏省扬州市举行。

本届世园会的主题是“绿色城市，健康生活”，这是世园会首次在我国长三角地区召开。

The 2021 Yangzhou International Horticultural Exposition is held in Yangzhou City, Jiangsu Province from April 8 to October 8, 2021.

The theme of this year's expo is "Green City, Healthy Life", and marks the first time the International Horticultural Expo is held in the Yangtze River Delta of China.



活动现场

A moment of the event



开幕仪式演出
Performance of the opening ceremony





中国馆 China Pavilion



泰国曼谷园 Thailand's Bangkok Garden



俄罗斯圣彼得堡园 Russia's St. Petersburg Park



吉布提园 Djibouti Garden



日本奈良园 Japan's Nara Garden



韩中缘馆 Korea-China Pavilion



持续 184 天的扬州世园会设置了扬州园博园、美国园、俄罗斯园、泰国园、日本园、葡萄牙等国际园，以及中国各省、国内展园 80 余个。

Lasting 184 days The Yangzhou Expo has set up a total of 80 parks, including Yangzhou Garden Expo, and international parks such as American Garden, Russian Garden, Thailand Garden, Japanese Garden, and Portugal Garden, as well as many other provincial and domestic exhibition parks.



葡中旅游园 Portugal-China Tourism Park



国际竹藤组织荣誉日 International Network for Bamboo and Rattan Honour Day

4月8日，2021年扬州世界园艺博览会国际竹藤组织荣誉日活动在江苏扬州仪征市隆重举行。

On April 8, 2021, the International Bamboo and Rattan Organization held a Honour Day for the 2021 Yangzhou International Horticultural Expo in Yizheng City, Yangzhou, Jiangsu Province.



国际竹藤组织董事会联合主席、中国花卉协会会长、扬州世园会组委会主任委员江泽慧教授致辞
Professor Jiang Zehui, Co-Chairman of the Board of Directors of the International Bamboo and Rattan Organization, President of the China Flower Association, and Chairman of the Organizing Committee of the Yangzhou Expo Organizing Committee, delivered a speech.



国际竹藤组织理事会主席国政府代表、非洲驻华使团团长、喀麦隆驻华大使马丁·姆巴纳阁下致辞
H.E. Mr. Martin Mpana, Representative of the Presiding Country of the International Bamboo and Rattan Organization's Council, Head of the African Mission to China, and Ambassador of Cameroon to China speaks at the event.



外交部非洲司中国政府非洲事务特别代表许镜湖女士致辞
Ms. Xu Jinghu, Special Representative for African Affairs of the Chinese Government, Department of African Affairs, Ministry of Foreign Affairs, talks at the event.



国家林业和草原局副局长林有冬阁下致辞
Speech by H.E. Lin Youdong, Deputy Director of the State Forestry and Grassland Administration



INBAR 副总干事陆文明阁下主持活动
Mr. Lu Wenming, Deputy Director General of INBAR presided over the event

国际竹藤组织园位于扬州世园会的中心位置，总面积 3089 平方米。

国际竹藤组织园采用山水意境园的设计理念，运用师法自然的造园艺术，突出竹子在园林、园艺建设中的特色和优势，为本届世园会打造了一处充满绿竹神气的人居美景。

国际竹藤组织园以竹造景，以竹建园，建设了两座风格迥异、融合现代与传统元素的展馆建筑，一座是用传统原竹建造的现代设计风格鱼型建筑“鱼乐竹馆”，一座是用现代工程竹材建造的扬州传统园林歇山式水榭“韵竹轩”。

此外，国际竹藤组织园园艺绿化竹韵十足，选用了早园竹、斑竹、龟甲竹、罗汉竹等 40 余种兼具绿化和科普功能的竹子。

世界园艺博览会是集园艺文化成就与科技发展成果于一体的国际性专业展会，历史悠久，影响深远。

国际竹藤组织曾先后参展 2013 年西安世园会、2014 年青岛世园会、2019 年北京世园会。

每次参展，都举办精彩纷呈的公共活动，弘扬竹藤文化，展现竹藤魅力，成为世界园艺博览会的亮点。

今年，国际竹藤组织积极参展扬州世园会，2024 年还将继续参展成都世园会。

The International Bamboo and Rattan Organization's Garden is located in the center of the Yangzhou International Expo, with a total area of 3089 square meters.

The International Bamboo and Rattan Organization's Garden adopts the design concept of hill and lake, uses the art of gardening by learning from nature, highlights the characteristics and advantages of bamboo in gardening and horticulture construction, and creates a beautiful habitat full of green bamboo spirit for the expo.

The International Bamboo and Rattan Organization's Garden is built with bamboo, and incorporates two pavilion buildings with different styles, integrating modern and traditional elements, one of them is a modern style fish-shaped building built with traditional bamboo materials and called "Happy Bamboo Fish", and the other is in the style of a traditional Yangzhou water pavilion but built with modern engineered bamboo and is called "Bamboo Rhyme Pavilion".

The International Bamboo and Rattan Organization's Garden echoes the music of bamboos by using a wide array of bamboo sorts including young bamboos, spotted bamboos, turtle bamboos, luohan bamboos and other, more than 40 kinds of raw or scientifically processed bamboos.

The International Horticultural Expo is a professional exhibition that integrates the achievements of horticulture and the scientific and technological development with a long history and far-reaching influence.

The International Bamboo and Rattan Organization exhibited at the 2013 Xi'an International Horticulture Expo, the 2014 Qingdao International Horticulture Expo and the 2019 Beijing International Horticulture Expo.

Each time, it held wonderful public activities to promote the bamboo and rattan culture and show the charm of the bamboo and rattan, and thus became a highlight of these expos.

This year, the International Bamboo and Rattan Organization exhibits at the Yangzhou International Horticulture Exposition and will next exhibit at the Chengdu International Horticultural Expo in 2024.



文艺演出
Art performances



嘉宾参观国际竹藤组织园
Guests visiting the International Bamboo and Rattan Organization's Pavilion



嘉宾合影
Group photo of guests



葡萄牙担任 2021 欧盟上半年轮值主席国 Portugal assumes the rotating presidency of the EU in the first half of 2021

欧盟驻华大使馆于 2021 年 1 月 26 日在使馆内举办了葡萄牙担任 2021 欧盟上半年轮值主席国的新闻发布会。欧盟驻华大使郁白 (Nicolas Chapuis) 阁下和葡萄牙驻华大使杜傲杰 (José Augusto Duarte) 阁下以及欧盟政务、新闻信息处副处长露安 (Laurence Vandewalle) 女士共同出席新闻发布会。

葡萄牙驻华大使杜傲杰 (José Augusto Duarte) 阁下在发布会上介绍了葡萄牙在担任欧盟上半年轮值主席国期间的工作目标以及工作重点。以及在合作许多国家和地区的三个要点:

第一个非洲。葡萄牙总统在促进欧非关系方面有着非常积极的态度,我们希望 2021 年将继续这一趋势。首先是经济复苏,同时充分利用绿色环保和数字转型。我们都清楚地认识到,这次疫情对我们的经济产生了非常强烈的影响。与此同时,我们面临着双重转型的挑战——向绿色和数字社会的过渡;

这样做显然会产生社会影响。这就是我们的第二要务。事实上,当我们致力于捍卫和保护我们的生活方式和欧洲社会模式时,我们已经把社会层面作为我们工作方案的第二个支柱。这样做的目的是确保在欧洲没有人掉队。我们

将于 5 月在波尔图组织的社会问题首脑会议将是重申这一点和落实欧洲社会权利支柱的适当时机;

· 这将由一个深信全球化和自由公平贸易的积极影响的国家来完成。然而,世卫组织也非常清楚我们面临的挑战,其中一些挑战是由这次疫情带来的。这就是为什么我们的第三个优先事项是加强欧洲的战略自主权,同时保持对世界的开放。事实上,我们不相信保护主义,尽管我们知道我们需要加强我们的自主权,使我们的价值链多样化,减少对关键商品和技术的依赖。这是我们需要为自己做的事情。

我们可以在许多领域推动这一进程。气候变化就是一个直接的例子,因为欧盟和中国都高度致力于在联合、多边和合作的环境中应对气候变化。我们欢迎习主席宣布的承诺,相信欧盟商定的承诺将在本阶段得到落实。无论是在昆明举行的联合国生物多样性峰会上,还是在格拉斯哥举行的 COP26 大会上,这两者都将使我们能够共同努力。在所有这些问题上,我们都希望在多边领域共同努力,协调我们的优先事项,努力制定一项共同的行动计划。比如关于欧中气候联合宣言的谈判,我们都希望看到进展。

The EU Delegation in China held a press conference at the delegation on January 26, 2021 on the occasion of Portugal assuming the rotating presidency of the EU for the first half of 2021. His Excellency Nicolas Chapuis, the European Union's Ambassador to China, His Excellency José Augusto Duarte, the Portuguese Ambassador to China and Ms. Laurence Vandewalle, Acting Director of the European Union's Office of Government Affairs and Press and Information attended the press conference.

His Excellency José Augusto Duarte, Portuguese Ambassador to China, introduced Portugal's work goals and priorities during the first half of the EU presidency.

First Africa. Portuguese presidencies have a very positive record when it comes to fostering EU-Africa relations and we hope that 2021 will continue that trend.

Economic recovery, while taking full advantage of the green and digital transitions. As we are all aware of, the pandemic has had a very strong impact in our economies. At the same time, we face the challenges of a dual transition - to greener and digital societies.

Doing so will obviously have a social impact. That is where our second priority comes in. In fact, as we aim to defend and protect our way of life and the European Social Model, we have made the social dimension the second pillar of our work programme. The aim is to ensure that no one is left behind in Europe. The Social Summit we will organize in May, in Oporto, will be the right occasion to

reaffirm just that and to implement the European Pillar of Social Rights.

This will be done by a country convinced of the positive impact of globalization and of free and fair trade. However, one who is also very much aware of the challenges we face - some brought about by the pandemic. That is why our third priority is to strengthen Europe's strategic autonomy, while remaining open to the world. In fact, we do not believe in protectionism, though we know we need to reinforce our autonomy, diversify our value chains and reduce our dependence on critical goods and technology. This is something we need to do for ourselves. It is not directed against anyone.

There are many domains where we can take this forward. Climate change is the immediate example, as both the EU and China are highly committed to tackle it in a joint, multilateral and cooperative environment. We welcome the commitments announced by President Xi and are confident that the ones agreed by the EU will be followed on during this semester. Both will allow us to work together, be it during the UN Biodiversity Summit in Kunming or the COP26 in Glasgow. In all of them, we hope to work together in the multilateral sphere, coordinating our priorities and striving for a common plan of action. Such as on the negotiations of the EU-China Joint Declaration on Climate, which we would all like to see progress.



中欧地理标志协定正式生效

EU-China agreement protecting geographical indications enters into force

布鲁塞尔, 2021年3月1日
Brussels, 01/03/2021



今天,《欧洲联盟与中华人民共和国政府地理标志保护与合作协定》正式生效。协定保护约200个具有标志性的欧洲和中国农业食品名称,防止被篡改和模仿。中欧两地都有着丰富的烹饪和传统文化,该协定为双方带来贸易互惠,并为消费者带来有质量保证的优质正宗产品。

欧盟在华受保护的地理标志清单包括一些具有标志性的地理标志产品,例如卡瓦酒、香槟、菲达奶酪、爱尔兰威士忌、慕尼黑啤酒、乌佐茴香酒、波兰伏特加、波特酒、帕尔玛火腿和蒙切哥乳酪。中国地理标志产品清单中包括郟县豆瓣、安吉白茶、盘锦大米和安丘大姜等。

从即日起,在未来四年,协定的范围将扩大,涵盖双方另外350个地理标志名称。这些名称必须遵循与协定已涵盖的名称相同的批准程序(即包括评估和征求意见等)。

中国市场对欧洲食品和饮料产品具备高增长的潜力。2020年1月至11月,中国成为欧盟农产品第三大出口目的地,商品总值达163亿欧元。中国也是欧盟地理标志产品第二大出口目的地,按商品价值计算占比9%,主要包括葡萄酒、农产品和烈酒等。中国消费者赞赏欧洲农产品的安全性、高质量和真实性。协定的生效,使得欧洲消费者很快也可以发现各种中国地理标志特色产品。

中国和欧盟将促进更多合作,确保在彼此市场上良好地执行落实该协定,并推广中欧标志性的地理标志名称。

背景

欧盟已经注册了3,300多个地理标志,欧盟的质量政策旨在保护特定产品的名称,以促进其与地理起源和传统专业知识相关的独特特征。

得益于与中国达成的类似双边协定,约有1,600个非欧盟地理标志也在欧盟受到保护。这些协定也在合作伙伴国家保护欧盟的地理标志:大约有40,000个欧盟地理标志名称在全球得到保护。

按价值计算,欧盟地理标志市场约为750亿欧元,占欧盟食品和饮料总市场的7%。地理标志出口额约为170亿欧元,占欧盟食品和饮料出口总额的15%以上。



On 1st of March, the EU-China bilateral agreement, protecting geographical indications (GIs) in China and Europe entered into force. The agreement protects around 200 iconic European and Chinese agri-food names against imitation and usurpation, bringing mutual trade benefits and introducing consumers to guaranteed, authentic products from two regions with a rich culinary and cultural tradition.

The EU list of GIs to be protected in China includes iconic GI products such as Cava, Champagne, Feta, Irish whiskey, Münchener Bier, Ouzo, Polska Wódka, Porto, Prosciutto di Parma and Queso Manchego. Among the Chinese GI products, the list includes for example Pixian Dou Ban (Pixian Bean Paste), Anji Bai Cha (Anji White Tea), Panjin Da Mi (Panjin rice) and Anqiu Da Jiang (Anqiu Ginger).

In the course of the next four years, the agreement will expand to cover an additional 350 GI names from both sides. These names will have to follow the same approval procedure as the names already covered by the agreement (i.e. assessment and publication for comments).

The Chinese market has high-growth potential for European food and drinks. In 2020, China was the third destination for EU agri-food products, reaching €16.3 billion between January to November. It is also the second destination of EU exports of GI products, accounting for 9% by value, including wines, agri-food products and spirit drinks. Chinese consumers appreciate the safety, quality and authenticity of European agrifood. European consumers will be able to discover genuine Chinese specialties thanks to this agreement.

China and the EU will now work together with many cooperation and promotion projects to ensure

good implementation and enforcement of the agreement on each other's market, and promotion of their iconic GI names.

Background

With over 3,300 geographical indications registered in the European Union, EU quality policy aims at protecting the names of specific products to promote their unique characteristics linked to their geographical origin as well as traditional know-how.

Around 1,600 non-EU GIs are also protected within the EU, thanks to similar bilateral agreements such as this one with China. These agreements also protect EU GIs in partner countries: some 40,000 instances of protection of EU GIs around the world.

In value terms, the market for EU geographical indications is around €75 billion, or 7% of EU food and drink. GI exports of about €17 billion account for over 15% of total EU food and drink exports.



International Women's Day

国际妇女日



2021年3月10日，欧盟驻华大使馆携手翔凤文化节和CNEX共同举办国际妇女节主题纪念活动。

On March 10, 2021, the Delegation of the European Union to China joined hands with Xiangfeng Cultural Festival and CNEX to organize a commemorative event on the theme of International Women's Day.

欧盟驻华大使邵白阁下致开场词
His Excellency Nicolas Chapuis, the European Union's Ambassador to China, delivered the opening remarks



青年应对气候变化行动网络
执行总监
郑晓雯女士

Ms. Zheng Xiaowen, Executive Director of the Youth Action Network for Climate Change

在青年应对气候变化行动网络 CYCAN 工作，成立于 2007 年，是中国第一支关注气候变化与青年发展的非营利性组织；虽然性别议题并不是我工作的核心议题，但我们从去年开始也有涉及气候变化与性别平等的交叉研究；而且从个人来讲，性别议题是我自己会关注并且积极发声的议题，很大程度是因为我生长在一个重男轻女的家庭，所以，随着长大，我自己身体里的那种对性别不公的意识越来越觉醒。

另外一个可能平常我们看到比较少的是气候应对政策制定机制的性别参与，联合国气候大会在 COP20 也就是 2014 年的时候制定了性别行动方案，把性别平等的视角纳入联合气候公约的实施，希望能够促进性别平等的气候政策的制定。很多时候大家会发现，直面气候灾害的是妇女和儿童，但制定气候变化政策的却很多时候是男性。和大家分享 CYCAN 内部的治理结构，我们最高决策者是我们的理事会，在行动第一线的是我们的志愿者，2017 年到 2019 年底，我们第四届的理事会中有 9 位，除了我作为执行层的默认理事之外，我们只有一位女性理事，但在我们的志愿者群体中，我们的项目参与者中这个比例是完全相反的。我们在刚刚结束的一项志愿者招募中，有 464 位志愿者报名，除了少数不愿意透露性别的，其中 350 位是女性，占比 75%，男性只有 104 位，占比 22%。我们自己一方面在 2019 年理事会换届的时候引入了更多的女性理事，另外一方面也在思考，为什么在青年参与的层面上，女性会比男性更加积极地参与到气候活动中？这个比例在我们理事会以下体现非常明显，包括我们的全职团队。

Ms. Zheng Xiaowen, Executive Director of the Youth Action Network for Climate Change, said during the Q&A: "CYCAN is a youth action network on climate change, established in 2007. It is China's first non-profit organization focusing on climate change and youth development; although gender issues are not the core issue of the work, we have also been involved since last year in a cross-study of climate change and gender equality; and personally, gender issues are issues that I pay attention to.

The United Nations Climate Conference formulated the Gender Action Plan at COP20 in 2014, and incorporated the perspective of gender equality into the implementation of the joint climate convention, hoping to promote gender equality in the formulation of climate policies. Often times you will find that it is women and children who face climate disasters, but it is men who make climate change policies. To share with you the internal governance structure of CYCAN, our highest decision maker is our board of directors, and our volunteers are on the front line of action. From 2017 to the end of 2019, there were 9 board directors, only one of which was a female director, but in our volunteer group, the proportion of our project participants is completely the opposite. In a volunteer recruitment we just concluded, 464 volunteers signed up. Except for a few who did not want to disclose their gender, 350 of them were women, accounting for 75%, and only 104 were men, accounting for 22%. On the one hand, we have introduced more female directors during the re-election of the council in 2019. On the other hand, we are also thinking about why women participate more actively in climate activities than men at the level of youth participation. This ratio is very obvious in our board of directors, including our full-time team."



联合国妇女署中国办公室
性别与气候变化项目官员
王青女士

Ms. Wang Qing, Gender and Climate Change Program Officer, UN Women's China Office

在联合国妇女署 2020 年发布的报告《北京会议召开 25 周年妇女权利评估》(Gender Equality: Women's rights in review 25 years after Beijing)，其中显示，从 1995 年第四次世界妇女大会召开至今，在世界范围内，妇女在议会中的占比率翻了一番。然而，全世界仍然只有 25% 的议会成员为女性。在职场的管理层中，只有四分之一的女性。

2019 年《中国妇女发展纲要(2011—2020 年)》统计监测报告中显示，2019 年，村委会成员中女性占比为 23.8%，距“达到 30% 以上”的《纲要》目标有较大差距。村委会主任中女性比重在地区间发展很不均衡，2019 年村委会主任中女性占比为 11.9%，虽已

提前实现“达到 10% 以上”的《纲要》目标，但仍有半数地区在目标值以下。

在联合国妇女署中国办公室 2016 年所做的，针对气候变化的性别脆弱性研究当中显示出，女性在面对气候变化时是更脆弱的。也是基于此，联合国妇女署中国办公室于 2018 年开始实施青海省性别与气候变化项目。在过去的三年时间里，联合国妇女署与联合国国际农业发展基金，青海省扶贫开发局，青海省妇联，中科院地理所一起，在青海省七个试点县支持了一系列针对农村妇女的培训，从性别平等意识，女性领导力，到生态农业和电商助农，共有五万五千多名农村妇女从项目中直接受益。在这个过程中，我们也支持了一些女性领导的小组，手工作坊以及农业合作社，支持女性积极参与经济活动，获得体面的收入，从而在社区参与和决策上也得到更多的话语权。

Ms. Wang Qing, Gender and Climate Change Program Officer, UN Women's China Office, said in her input: The report "Gender Equality: Women's rights in review 25 years after Beijing" released by UN Women in 2020 shows

that since the Fourth World Conference on Women was held in 1995, the proportion of women in parliament has doubled. However, only 25% of parliament members in the world are women. In workplace management, only a quarter are women.

The 2019 "China Women's Development Program (2011-2020)" statistical monitoring report shows that in 2019, the proportion of women across village committee members was 23.8%, less than the target of "reaching 30% or more". The proportion of women among village committee directors is unevenly developed among regions. In 2019, women accounted for 11.9% of village committee directors. Although the "outline target of over 10%" has been achieved ahead of schedule, half of the regions are still catching up.

A study on gender vulnerability to climate change conducted by the UN Women's China Office in 2016 showed that women are more vulnerable to climate change. Based on this fact, the UN Women's China

Office began to implement the Qinghai Province Gender and Climate Change Project in 2018. In the past three years, UN Women, together with the United Nations International Fund for Agricultural Development, Qinghai Provincial Poverty Alleviation and Development Bureau, Qinghai Provincial Women's Federation, and the Chinese Academy of Sciences Institute of Geography, have supported a series of trainings for rural women in seven pilot counties in Qinghai Province. From gender equality awareness and female leadership to ecological agriculture and e-commerce to help farmers, a total of more than 55,000 rural women have directly benefited from the project. In this process, we also supported some female-led groups, handicraft workshops, and agricultural cooperatives to support women's active participation in economic activities to obtain a decent income, thereby gaining more voice in community participation and decision making.

friendly national brand dedicated to exploring Chinese sustainable lifestyles. It provides recycling solutions and transforms waste resources into trendy products. Baopu Recycling believes that small powers adding up can also change the world.

Baopu Recycling integrates domestic beverage bottle recycling industry resources. From collecting and sorting, crushing and cleaning through forming polyester chips and environmentally friendly filaments to design and tailoring, the material goes through 12 professional processes implemented in a controllable closed loop. The safety and traceability of the production process has been recently improved. The company has acquired the GRS global recycling standard certification and ISO9001 international quality system certification. It combines carbon reduction, customizable fabrics and designs to create an innovative model for the utilization of renewable resources.

As a creative platform for sustainable lifestyles, Baopu Recycling provides zero-waste, full-cycle solutions for governments, enterprises and large-scale events, promotes the establishment of industry standards, and explores the practical direction of China's modern green production and lifestyle. It launched end-consumer in-depth experience shows of recycled trendy products, and works with partners from all walks of life to create joint designs, art performances, public welfare activities and so on, to stimulate the low-carbon and environmentally friendly behavior of the whole society.



抱朴再生创始人
总经理
刘学颂
Liu Xuesong, Founder
and General Manager of
Baopu Recycling

成立于2019年的「抱朴再生」，是一个致力于探索中式可持续生活方式的环保国潮品牌。提供回收再生解决方案，并将废弃资源改造为潮流商品。实现效法自然，生生不息。抱朴再生认为，积累微小的力量，也能够改变世界。

「抱朴再生」整合了国内饮料瓶安全回收及再生产业资源，从回收分拣、粉碎清洗、聚酯切片、环保长丝到设计剪裁，历经12道专业工序，以可控闭环的形式，实现了生产环节的安全可追溯。公司已通过GRS全球回收标准认证及ISO9001国际质量体系认证。结合可计量的减碳数据、可定制的面料与设计，打造再生资源利用的全流程创新模式。

作为可持续生活方式的创新平台，「抱朴再生」针对政府、企事业单位及大型活动提供零废弃全流程解决方案促进行业标准建立，探索中国现代绿色生产与生活方式的实践方向；同时面向终端消费者推出深入生活场景的再生潮流商品，并与各界伙伴携手打造联名设计、艺术展演、公益活动等，激励全社会的低碳环保行为。

Liu Xuesong, Founder and General Manager of Baopu Recycling, said:
Established in 2019, Baopu Recycling is an environment





斯洛伐克共和国驻华大使杜尚·贝拉 (Dusan Bella) 阁下致开幕词
His Excellency Dusan Bella, Ambassador of Slovakia to China, delivered the opening speech



中国美术家协会会员常美娟女士赠送斯洛伐克驻华大使绘画作品
Ms. Chang Meijuan, Member of the Chinese Artists Association, presents her painting to the Slovak Ambassador to China



斯洛伐克驻华大使为常美娟女士颁发收藏证书
The Ambassador of Slovakia to China issues a certificate of collection to Ms. Chang Meijuan

斯洛伐克共和国大使官邸中的艺术盛宴 Art Feast at the Residence of the Ambassador of the Slovak Republic

值此春节假期过后，斯洛伐克共和国驻华大使馆于2021年3月2日在大使官邸内举办开年的首场来自中国美术家协会会员常美娟女士的个人画作展览。

After the Spring Festival holiday, the Embassy of the Slovak Republic in China held its first exhibition displaying paintings of Ms. Chang Meijuan, Member of the Chinese Artists Association, at the Ambassador's residence on March 2, 2021.



斯洛伐克共和国驻华大使馆
国防武官米洛斯拉夫·卡琦玛
尔上校致辞

Speech by Colonel Miroslav Kacmar, Defense Attache of the Embassy of the Slovak Republic in China



活动现场

A moment of the event





三节同庆

Joint Celebration of Three Festivals

3月12日,“春节、谢肉节、诺鲁孜节—春天的信使”盛大庆祝活动于北京俄罗斯文化中心举行。俄罗斯及众多独联体国家的驻华大使及外交使节代表齐聚一堂,共同出席了此次盛会。俄罗斯联邦驻华大使杰尼索夫、阿塞拜疆驻华大使泽伊纳雷、亚美尼亚驻华大使马纳萨良、白罗斯驻华大使尤里·先科、吉尔吉斯斯坦驻华大使巴

克特古洛娃女士、塔吉克斯坦驻华大使萨义德佐达·佐希尔·奥佐德、土库曼斯坦驻华大使杜尔德耶夫、上海合作组织秘书长诺罗夫和哈萨克斯坦大使馆公使衔参赞萨尔谢姆别科夫分别进行了节日致词。各参与国代表纷纷表示,希望各国人民将继续致力于保持具有数百年历史传统的文化多样性。

On 12 March, the grand celebration of "Spring Festival, Meat Festival, Nowruz - The Messenger of Spring" was held at the Russian Cultural Center in Beijing. Representatives of embassies in China and diplomatic envoys from Russia and CIS countries gathered together to attend this grand event. Ambassador of the Russian Federation to China, Ambassador of Azerbaijan to China, Ambassador of Armenia to China, Ambassador of Belarus to China, Ambassador of Kyrgyzstan to China, Tajikistan's Ambassador to China, Turkmenistan's Ambassador to China, Secretary-General of the Shanghai Cooperation Organization and the Minister Counselor of the Embassy of Kazakhstan gave speeches respectively. Representatives of the participating countries expressed their hope that people of all countries will continue to work hard to maintain cultural diversity with centuries-old traditions.

Ambassador of Armenia to China, Ambassador of Belarus to China, Ambassador of Kyrgyzstan to China, Tajikistan's Ambassador to China, Turkmenistan's Ambassador to China, Secretary-General of the Shanghai Cooperation Organization and the Minister Counselor of the Embassy of Kazakhstan gave speeches respectively. Representatives of the participating countries expressed their hope that people of all countries will continue to work hard to maintain cultural diversity with centuries-old traditions.

冬天的结束对于世界许多民族而言是个重要节日。在中国,这便是春节,它标志着农历新年的开始。斯拉夫民族通过举办谢肉节庆祝活动的方式来送走冬天,而中亚和中东国家的民众则以欢庆诺鲁兹节的方式来迎接春天。

The end of winter is an important holiday for many people around the world. In China, there is the Spring Festival, which marks the beginning of the Lunar New Year. The Slavic people celebrate the Meat Festival to send away winter, while the people of Central Asian and Middle Eastern countries welcome the spring by celebrating Nowruz.



出席嘉宾观看视频短片
Attending guests watch a short video



各参与国代表分别进行了节日致词
Representatives of participating countries talk during the event

福



国际诺鲁孜

国际诺鲁孜节通常于3月21日庆祝。诺鲁孜(诺乌鲁孜, 纳鲁孜, 努鲁孜, 内鲁孜, 瑞鲁孜)的意思是新的一天, 其在各国的拼写和发音可能不同。联合国教育、科学及文化组织于2009年将诺鲁孜节列入《人类非物质文化遗产代表名录》。共同庆祝诺鲁孜节的国家有阿尔巴尼亚、阿富汗、阿塞拜疆、哈萨克斯坦、吉尔吉斯斯坦、前南斯拉夫的马其顿共和国、塔吉克斯坦、土耳其、土库曼斯坦、伊朗伊斯兰共和国、印度。诺鲁孜标志着春天的第一天, 是天文学上的春分。在春分当天, 世界各地有3亿多人庆祝诺鲁孜节, 已有3000多年的历史。

International Nowruz

The International Nowruz Festival is usually celebrated on 21 March. Nowruz (Nouruz, Naruz, Nuruz, Neruz, Naruz) means a new day, its spelling and pronunciation may be different across countries. The United Nation's Educational, Scientific and Cultural Organization listed Nowruz in 2009 on the Representative List of Intangible Cultural Heritage of Humanity. Countries that celebrate Nowruz include Albania, Afghanistan, Azerbaijan, Kazakhstan, Kyrgyzstan, Republic of North Macedonia, Tajikistan, Turkey, Turkmenistan, the Islamic Republic of Iran and India. Nowruz marks the first day of spring, the vernal equinox in astronomy. On the day of the spring equinox, more than 300 million people around the world celebrate Nowruz. It has a history of over 3,000 years.

文艺演出
Art performance

参与国驻华大使参观节日民族美食展示

Ambassadors of participating countries visit the festival's ethnic food display

俄罗斯谢肉节

谢肉节烤薄饼周, 是一个从俄罗斯多神教时期就流传下来的传统俄罗斯节日。后来由于俄罗斯民众开始信奉东正教, 该节日与基督教四旬斋之前的狂欢节发生了联系。谢肉节的开始日期为每年东正教(基督教的分支)复活节前的第8周。在东正教为期40天的大斋期里, 人们禁止吃肉和娱乐。因而, 在斋期开始前一周, 人们纵情欢乐, 家家户户抓紧吃荤, 以此弥补斋戒期苦行僧式的生活。“谢肉节”因此而得名。按照传统的民间习俗, 为期7天的“谢肉节”每天都有不同的庆祝方式: 星期一是迎春日, 人们用稻草和布条捆扎象征冬天的玩偶, 并将它们放在家里。入夜时分, 人们燃起篝火, 在篝火旁载歌载舞。第二天是娱乐日。周三是美食日, 是女婿们到岳母家吃面饼的日子。接下来的一天是醉酒日, 节日在这一天会达到高潮。星期五是女婿回请岳母吃面饼的日子。小姑子聚会日是在第六天。最后一天是宽恕日, 人们在这一天互相请求对方宽恕自己。“谢肉节”又叫送冬节。

Russian Meat Festival

Maslenitsa, the week of pancakes, is a traditional Russian festival that has been passed down since Russian polytheism.

Later, because the Russian people began to believe in the Orthodox Church, the festival was linked to the carnival before the Christian Lent. The start date of Maslenitsa is the eighth week before Easter of the Orthodox Church each year. During the 40-day Lent of the Orthodox Church, people forbid eating meat and enjoying entertainment. Therefore, in the week before the start of the fasting, people indulge in joy. Every family pays close attention to eating meat to make up for the ascetic life during the Lent, hence the name "Meat Festival". According to traditional folk customs, the seven-day "Meat Festival" is celebrated in different ways every day: Monday is for welcoming the Spring, people use straw and cloth to make dolls symbolizing winter and use them as decoration at home. At night, people light a bonfire and sing and dance around the fire. The second day is Entertainment Day. Wednesday is Gourmet Day. It is the day when the son-in-laws go to the mother-in-law's house to eat noodles. The next day is Drunk's Day, the festival will reach its climax on this day. Friday is the day when the son-in-laws invite their mother-in-laws to have noodles. Sister-in-law's gathering is on the sixth day. The last day is forgiveness day, when people ask each other for forgiveness. "Meat Festival" is also called Farewell to the Winter Festival.





拉丁美洲和加勒比地区大使对话活动在京举行

Dialogue Between Ambassadors of Latin America and the Caribbean Held in Beijing

2021年3月18日，拉丁美洲和加勒比地区大使对话活动在北京国际竹藤组织总部举行。活动旨在以竹为媒，推动三方合作及南北对话，促进知识传播和最佳实践。

厄瓜多尔驻华大使卡洛斯·拉雷亚、巴拿马驻华大使甘林、秘鲁驻华大使路易斯·克萨达、哥斯达黎加驻华大使罗德里戈·德尔加多·索托、多米尼加驻华大使布里乌尼·加拉维托·塞古拉、墨西哥驻华大使何塞·路易斯·贝尔纳尔、西班牙驻华大使德斯卡亚，以及国际农业发展基金东亚区域中心和南南合作中心主任马泰奥，中国外交部拉丁美洲和加勒比司副司长陈鲁宁，中国国家林业和草原局国际合作司副司长胡元辉等出席活动。

On March 18, 2021, the "Dialogue between Ambassadors of Latin America and the Caribbean" was held at the headquarters of the International Bamboo and Rattan Organization in Beijing. The event aimed to use bamboo as the medium to promote tripartite cooperation,

North-South dialogue, knowledge dissemination and best practices.

Carlos Larrea, Ambassador of Ecuador to China, Gan Lin, Ambassador of Panama to China, Luis Quesada, Ambassador of Peru to China, Rodrigo Delgado Soto, Ambassador of Costa Rica to China, Briunny Garabito Segura, Ambassador of Dominica to China, Jose Luis Bernal, Mexico's Ambassador to China, Rafael Dezcallar, Spain's Ambassador to China, and Director of the International Agricultural Development Fund's East Asia Regional Center and South-South Cooperation Center, Matteo Marchisio attended the event.

Chen Luning, Deputy Director of the Department of Latin America and the Caribbean of the Ministry of Foreign Affairs of China and Hu Yuanhui, Deputy Director of the International Cooperation Department of the State Forestry and Grassland Administration of China, also took part in the event.



INBAR 董事会联合主席江泽慧教授致辞



INBAR 副总干事陆文明阁下致辞



INBAR 理事会主席、哥麦隆驻华大使马丁·姆巴纳阁下致辞



宁波士林工艺品有限公司副总经理王皇懿女士做演讲报告



对话主持人: INBAR 全球政策官员艾博哈 MODERATED BY Mr. Borja De La Pena, INBAR Global Policy Officer
厄瓜多尔驻华大使卡洛斯·拉雷亚阁下 (H.E. Carlos Larrea)、哥伦比亚驻华大使路易斯·蒙萨尔韦阁下 (H.E. Luis Monsalve)、秘鲁驻华大使路易斯·克萨达阁下 (H.E. Luis Quesada)、西班牙驻华大使德斯卡亚阁下 (H.E. Rafael Dezcallar)、国际农业发展基金东亚区域中心和南南合作中心主任马泰奥 (H.E. Matteo Marchisio)、中国外交部拉丁美洲和加勒比司副司长陈鲁宁、中国国家林业草原局国际合作司副司长胡元辉



嘉宾参观竹藤展厅
Guests visit the bamboo and rattan exhibition hall



活动现场

A moment of the event





乌拉圭驻华大使费尔南多·卢格里斯阁下致开幕词
His Excellency Fernando Lugris, Ambassador of Uruguay to China, opened the event

乌拉圭足球夏令营启动

Uruguayan Summer Football Camp

乌拉圭东岸共和国驻华大使馆于2021年3月19日在使馆内举办了“乌拉圭海南足球俱乐部·夏令营项目启动仪式”共同了解乌拉圭足球文化的传播与发展。

乌拉圭足球俱乐部夏令营项目足球教练马里亚诺·费尔南德斯先生在介绍本次活动中说到：希望通过在海南省设立的足球基地，向中国球员传授我们的足球知识，以继续发展并提高中国足球水平。而今天我们齐聚这里举办乌拉圭足球俱乐部夏令营项目的启动仪式是迈向该目标的第一步。

海南是暑期家庭旅行度假的理想目的地，孩子们可以利用一两周的时间训练足球、进行各类业余活动，而

他们的父母可在此感受海岛的独特魅力、免税购物，并和孩子们共度美好时光。

第一期夏令营针对6到14岁的儿童，为期一到两周，课程将安排在7月和8月，每个班级最多容纳12个孩子。

上午训练2小时，下午训练1小时，孩子们每天还学习1小时西班牙语，学习内容主要是与足球相关的单词和短语，晚上的活动安排更轻松，包括探戈和拉丁舞课程、观看电影等各类娱乐活动。

足球是乌拉圭国内第一大体育运动，有其辉煌的历史战绩，也诞生过许多优秀球员。



The Embassy of the Oriental Republic of Uruguay in China held the "Uruguayan Hainan Football Club Summer Camp Project Launch Ceremony" at the embassy on March 19, 2021 to disseminate information on the development of Uruguayan football culture.

Mr. Mariano Fernandez, football coach of the Uruguayan Football Club's summer camp project, said during the introduction of the camp: We hope to pass on our knowledge on football to Chinese players through the football base established in Hainan province. Today's gathering to keep the launch ceremony of the Uruguay Football Club summer camp project is the first step towards this goal.

Hainan is an ideal destination for summer family vacations. Children can spend a week or two to learn football and engage in various leisure activities, while their parents can experience the island's unique charm, tax-free shopping, and spend some time with their children.

The first summer camp is for children from 6 to 14 years old, and lasts for one to two weeks. The courses will be arranged in July and August. Each class can accommodate up to 12 children.

The training lasts 2 hours in the morning and 1 hour in the afternoon. The children will also learn Spanish for one hour every day. The content is focusing on football-related words and phrases. The evening activities are more relaxed and include tango and Latin dance classes, watching movies, etc.

Football is the most popular sport in Uruguay, and has a glorious historical record.





Sino-Swiss Illustrator Dialogue

中瑞 插画家 对谈

瑞士驻华大使馆与清华大学艺术博物馆于2021年3月30日在校园内举办了一场来自中国插画艺术家与瑞士插画艺术家的线上对话。

The Swiss Embassy in China in co-operation with the Tsinghua University Art Museum held an online dialogue between Chinese and Swiss illustrators on the campus of the university on March 30, 2021.



瑞士驻华大使馆文化及宣传参赞裴天怡致辞
Ms. Tehani Pestalozzi, Cultural and Communication Counsellor, Embassy of Switzerland in China



清华大学艺术博物馆副馆长苏丹致辞
Prof. Su Dan, Vice President of TAM



中国插画师熊亮先生现场分享创作历程
Chinese illustrator Mr. Xiong Liang talked about his creative process



瑞士艺术家艾伯丁与杰曼诺·祖罗发来视频创作历程与心得分享
Swiss artists Albertine and Germano Zullo (through video)





嘉宾参观展览
Guests of the exhibition



作品欣赏

Appreciation of works





牙买加驻华大使
丘伟基阁下致辞

Address by H.E. Antonio
Hugh, Jamaican
Ambassador to China

中国世界和平基金会主席
李若弘博士致辞

Chairman of China World Peace
Foundation
Dr. Li Ruohong giving a speech

牙买加 鲍勃·马利纪念活动 *In Memory of Bob Marley Event*

The Embassy of Jamaica and the China World Peace Foundation jointly held a screening of a popular documentary on the prolific and internationally acclaimed Jamaican songwriter, singer and musician, Bob Nesta Marley on Wednesday, 31 March 2021 at the Peace Garden Museum.

The event provided a window into the life of Bob Marley, gave the audience fresh insights which served to inspire more meaningful connections to his philosophy and his legacy.

It has been nearly four decades since his death, yet the music of Bob Marley continues to resonate around the world, including Beijing, where his legacy has been celebrated for almost two decades. The extent of his global appeal has resulted in remarkable acts of commemorations. For instance, a town in Serbia erected a statue of him in 2008, and Australian aboriginals burned a "sacred flame" in Victoria Park, Sydney, to honour his memory. Some of you may not know that his song 'One Love' was named the Song of the Millennium.

牙买加大使馆和中国世界和平基金会 2021 年 3 月 31 日星期三在和平花园博物馆联合放映了一部受欢迎的纪录片，该纪录片是关于牙买加作词人，歌手和音乐家，多产且享誉国际的鲍勃·马利。这次活动为鲍勃·马利的生平开了一个窗口，为观众提供了新的见解。

自他去世已经过去了将近 40 年，但鲍勃·马利 (Bob Marley) 的音乐仍在世界各地引起共鸣，包括在北京，他的传承已经被庆祝了将近 20 年。例如，塞尔维亚的一个镇在 2008 年竖起了他的雕像，而澳大利亚原住民在悉尼维多利亚公园烧了一块“圣火”，以纪念他的记忆。他的歌曲“*One Love*”被命名为千年之歌。

除了入选摇滚名人堂并获得格莱美终身成就奖之外，鲍勃·马利 (Bob Marley) 1978 年因其促进和平，和解与宽容的努力而被授予联合国和平奖章。牙买加驻华大使丘伟基阁下指出，这是一个真正伟大的人的成就，他传递的信息继续触动各行各业的人们生活。

在活动期间，丘大使告诉我们，除了有关鲍勃·马利的电影外，牙买加还有很长的传统，制作不同类型的电影。在这方面，他指出，很长一段时间以来，牙买加一直被全球公认为是最自然的拍摄地点之一。据大使介绍，每年大约 150 部外国作品在牙买加拍摄，并且在岛上拥有众多电影和动画制作工作室。

In addition to having been inducted into the Rock and Roll Hall of Fame and receiving a Grammy Lifetime Achievement Award, Bob Marley was awarded the United Nations Peace Medal in 1978 for his efforts to promote peace, reconciliation, and tolerance. His Excellency Mr. Antonio Hugh, Jamaica's Ambassador to China pointed out that these are the accomplishments of a truly great man whose message continues to touch the lives of persons from all over the world.

During the event Ambassador Hugh said that in addition to films about Bob Marley, Jamaica has a very long tradition of shooting films across different genres. In this regard, he noted that Jamaica has, for a long time, been globally recognised as one of the most naturally attractive locations for filming. According to the Ambassador, the country facilitates approximately 150 foreign productions annually, has multiple production studios across the island for film and animation.



双方签署文化合作倡议意向书
Signing of a letter of intent for cultural cooperation



牙买加驻华大使颁发感谢信函
Letter of gratitude issued by the Jamaican Ambassador to China

活动现场 *A moment of the event*



活动期间，中国嘉宾吉他演奏家周凤龄先生和沙画家大师苏达博先生巧妙地把鲍勃·马利的音乐作品融入到了他们的表演中，展示了牙买加和中国文化的美丽融合。
During the event, participants were entertained by masters in their respective fields, recording artist Mr. Zhou Fengling and sand painting master Mr. Su Dabo. Both artists demonstrated the beautiful fusion of Jamaican and Chinese cultures through the works of Bob Marley.



嘉宾观看影片
Guests watch the documentary



牙买加驻华大使丘伟基 (ANTONIO HUGH) 阁下与中国世界和平基金会主席李若弘博士为应邀出席的大使颁发荣誉勋章。
His Excellency Antonio Hugh, Jamaican Ambassador to China, and Dr. Li Ruchong, Chairman of the China World Peace Foundation, awarded medals of honour to the invited ambassadors.



活动后还展出了两名牙买加艺术家彼得·刘易斯和凯马·巴雷特先生的作品。彼得·刘易斯 (Peter Lewis) 的画目前正在北京红门画廊 (Red Gate Gallery) 展出。
The works of two Jamaican artists, Mr. Peter Lewis and Mr. Kemar Barrette were exhibited after the event. Mr. Peter Lewis currently exhibits in the Red Gate Gallery in Beijing.



牙买加特色美食
Jamaican specialties

嘉宾观看画展
Guests at the painting exhibition



Follow the Ambassador to his Country

José Augusto Duarte
Ambassador of Portugal to China

跟着大使看世界

——葡萄牙驻华使馆大使 杜傲杰

葡萄牙，正式名称葡萄牙共和国，是欧洲南部的一个国家，成立于1143年，是世界上最古老的国家之一。大陆位于伊比利亚半岛的西南部，北部和东部与西班牙接壤，西部和南部与大西洋接壤。葡萄牙领土包括两个自治区：位于大西洋的马德拉群岛和亚速尔群岛。

这个国家的短途距离内拥有众多不同景观，拥有许多休闲活动和独特的文化底蕴，传统与现代完美地融为一体。其一流的美食，上等的葡萄酒和周到的款待使之成为距离其他欧洲首都仅数小时路程的最高品质的旅游天堂。

葡萄牙语在世界各大洲拥有约2.5亿人口，是世界上使用最多的第五种语言。

教科文组织已经授予25宗世界遗产地位，包括历史中心，考古遗址，文化景观，自然公园和非物质遗产。这些葡萄牙人对世界历史的贡献是不容错过的，并且是从北部到南部了解这个国家的完美借口。让我们来看看其中的一些宝藏。

Portugal, officially the Portuguese Republic, is a country in southern Europe, founded in the year of 1143, and as such being one of the oldest countries in the world. The mainland is located on the southwest of the Iberian Peninsula, bordering Spain to the north and east, and the Atlantic Ocean to the west and south. The Portuguese territory includes two autonomous regions: the archipelagos of Madeira and Azores, in the Atlantic Ocean.

This is a country with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in a perfect harmony. Its superb cuisine, fine wines and well known hospitality make this a tourist paradise of the highest quality just a few hours from any of the other European capitals.

The Portuguese is spoken by about 250 million people in every continent, and is the 5th most spoken language in the world.

UNESCO has already granted World Heritage status to 25 items, including historic centres, archaeological sites, cultural landscapes, natural parks and intangible heritage. These Portuguese contributions to the world's history are unmissable and serve as a perfect excuse to learn the country from north to south. Let's take a look at some of these treasures.



辛特拉文化景观

CULTURAL LANDSCAPE OF SINTRA



辛特拉是19世纪第一块云集欧洲浪漫主义建筑的土地。费迪南德二世把被毁坏的教堂改建成了一座城堡，这一建筑集中了哥特式、埃及式、摩尔式和文艺复兴时期的建筑特点，同时在城堡的公园里把许多国外树种与本地树木混合栽种。该地还有许多其他精美的建筑，全都倚着周围的山脉而建，这些公园和庭院景致交相辉映，美不胜收，对整个欧洲的景观建筑设计发展产生了重大影响。

In the 19th century Sintra became the first centre of European Romantic architecture. Ferdinand II turned a ruined monastery into a castle where this new sensitivity was displayed in the use of Gothic, Egyptian, Moorish and Renaissance elements and in the creation of a park blending local and exotic species of trees. Other fine dwellings, built along the same lines in the surrounding area, created a unique combination of parks and gardens which influenced the development of landscape architecture throughout Europe.



亚速尔群岛英雄港中心区

CENTRAL ZONE OF THE TOWN OF ANGRA DO HEROISMO IN THE AZORES

英雄港位于亚速尔群岛众多岛屿中之一，从公元15世纪开始，一直到公元19世纪汽船问世，来往船只都会在这里停靠。岛上有400年历史的圣塞巴斯蒂安要塞和圣胡安包蒂斯要塞是军事建筑中的两个独特典范之作。安格拉在1980年的地震中不幸被毁，现正在修复之中。

Situated on one of the islands in the Azores archipelago, this was an obligatory port of call from the 15th century until the advent of the steamship in the 19th century. The 400-year-old San Sebastião and San João Baptista fortifications are unique examples of military architecture. Damaged by an earthquake in 1980, Angra is now being restored.





埃武拉历史中心

HISTORIC CENTRE OF ÉVORA

埃武拉这座“博物馆之城”的历史可以追溯到罗马时期，公元 15 世纪，葡萄牙的国王们选择在这里居住，使得埃武拉城发展到了它的鼎盛时代。埃武拉城与众不同的风格在于城中那些装饰有上光花砖的白色房屋和 16 世纪至 18 世纪建造的锻铁阳台。城中的古迹对于巴西的葡萄牙建筑有着深远的影响。

This museum-city, whose roots go back to Roman times, reached its golden age in the 15th century, when it became the residence of the Portuguese kings. Its unique quality stems from the whitewashed houses decorated with azulejos and wrought-iron balconies dating from the 16th to the 18th century. Its monuments had a profound influence on Portuguese architecture in Brazil.



巴塔利亚修道院

MONASTERY OF Batalha

这座多明各会的巴塔利亚修道院是为了纪念 1385 年葡萄牙王国在阿尔儒巴罗塔战役中战胜卡斯提尔王国而建立的。在后来的两个多世纪中，葡萄牙王室一直把修建这座修道院当作最重要的建设工程之一。巴塔利亚修道院展示出了高度原创和有葡萄牙特色的哥特式风格，整个建筑明显受到曼奴埃尔式风格的深刻影响，这一点从皇家修道院这一建筑杰作中可以很清楚地看出来。

The Monastery of the Dominicans of Batalha was built to commemorate the victory of the Portuguese over the Castilians at the battle of Aljubarrota in 1385. It was to be the Portuguese monarchy's main building project for the next two centuries. Here, a highly original, national Gothic style evolved, profoundly influenced by Manueline art, as demonstrated by its masterpiece, the Royal Cloister.



马夫拉皇室建筑 – 宫殿、大教堂、修道院、塞尔科花园及塔帕达狩猎公园

ROYAL BUILDING OF MAFRA – PALACE, BASILICA, CONVENT, CERCO GARDEN AND HUNTING PARK (TAPADA)

该遗址位于里斯本西北 30 公里处，由若昂五世于 1711 年兴建，是其君主制和国家概念的实物呈现。这座宏伟的矩形建筑包括国王及王后宫殿、按照巴洛克风格罗马巴西利卡样式修建的皇家小圣堂、方济各会修道院，及藏书 3.6 万册的图书馆。几何对称布局的塞尔科花园及塔帕达皇家狩猎公园亦是建筑整体的一部分。马夫拉皇室建筑是若昂五世最出色的工程之一，展示了葡萄牙帝国的实力和影响力。若昂五世不仅采纳了罗马的意大利巴洛克建筑和艺术样式，还定制了各类艺术作品用于装饰，使得马夫拉成为意大利巴洛克风格的典型建筑。

Located 30 km northwest of Lisbon, the property was conceived by King João V in 1711 as a tangible representation of his conception of the monarchy and the State. This imposing quadrangular building houses the king's and queen's palaces, the royal chapel, shaped like a Roman baroque basilica, a Franciscan monastery and a library containing 36,000 volumes. The complex is complete with the Cerco garden, with its geometric layout, and the royal hunting park (Tapada). The Royal Mafra Building is one of the most remarkable works undertaken by King João V, which illustrates the power and reach of the Portuguese Empire. João V adopted Roman and Italian Baroque architectural and artistic models and commissioned works of art that make Mafra an exceptional example of Italian Baroque.



驻军的埃尔瓦斯边防城及其防御工事

GARRISON BORDER TOWN OF ELVAS

AND ITS FORTIFICATIONS

该遗址在 17 至 19 世纪被广泛地加固，代表了世界上最大的堡垒式干沟系统。城墙内有军营和其他军事建筑，以及教堂和修道院。尽管埃尔瓦斯的遗迹可以追溯到 10 世纪，但其设防始于 1640 年葡萄牙重新获得独立。由荷兰耶稣会士 Padre Cosmader 设计的设防代表了荷兰设防学派中幸存最好的例子。该地点还包含 Amoreira 渡槽，旨在使要塞能够经受长时间的围困。

The site, extensively fortified from the 17th to 19th centuries, represents the largest bulwarked dry-ditch system in the world. Within its walls, the town contains barracks and other military buildings as well as churches and monasteries. While Elvas contains remains dating back to the 10th century AD, its fortification began when Portugal regained independence in 1640. The fortifications designed by Dutch Jesuit padre Cosmader represent the best surviving example of the Dutch school of fortifications anywhere in the world. The site also contains the Amoreira aqueduct, built to enable the stronghold to withstand lengthy sieges.

哲罗姆派修道院和里斯本贝莱姆塔

MONASTERY OF THE HIERONYMITES AND TOWER OF BELÉM IN LISBON



哲罗姆派修道院位于在里斯本海港入口处，始建于 1502 年，它是葡萄牙艺术巅峰时期的最好例证。它旁边的贝莱姆塔，则是为纪念航海家瓦斯科·达·加玛的航行而建立的，它向人们讲述着那段奠定了现代世界基础的大航海时代。

Standing at the entrance to Lisbon harbour, the Monastery of the Hieronymites – of which construction began in 1502 – exemplifies Portuguese art at its best. The nearby Tower of Belém, built to commemorate Vasco da Gama's expedition, is a reminder of the great maritime discoveries that laid the foundations of the modern world.



波尔图历史中心

HISTORIC CENTRE OF OPORTO,
LUIZ I BRIDGE AND MONASTERY
OF SERRA DO PILAR

波尔图市沿山势而建，可以眺望到杜罗河入海口，此地举世无双的城市景观已有千年历史。波尔图的发展与海洋息息相关（罗马人把它叫做伯特斯，即港口），城中众多各式各样的古迹都向我们说明了这一点，无论是带有罗马风格唱诗班席的大教堂，还是新古典主义的证券交易所，以及典型的葡萄牙纽曼尔式圣克拉拉教堂。

The city of Oporto, built along the hillsides overlooking the mouth of the Douro river, is an outstanding urban landscape with a 2,000-year history. Its continuous growth, linked to the sea (the Romans gave it the name Portus, or port), can be seen in the many and varied monuments, from the cathedral with its Romanesque choir, to the neoclassical Stock Exchange and the typically Portuguese Manueline-style Church of Santa Clara.



皮库岛葡萄园文化景观

LANDSCAPE OF THE PICO ISLAND VINEYARD CULTURE



占地 987 公顷的葡萄园文化景观位于亚速尔群岛的第二大岛——皮库火山岛上，引人注目的是环绕岩石海岸的石墙，用来保护海岛抵御海风和海水的侵蚀。岛上拥有农田、房屋、19 世纪初建造的庄园、酒窖、教堂和港口，这里最早的葡萄酒技术可以追溯到 15 世纪。曾经广泛实施的葡萄酒技术得以完好地保留，成为该遗址最为亮丽的人工景观。

The 987-ha site on the volcanic island of Pico, the second largest in the Azores archipelago, consists of a remarkable pattern of spaced-out, long linear walls running inland from, and parallel to, the rocky shore. The walls were built to protect the thousands of small, contiguous, rectangular plots (currais) from wind and seawater. Evidence of this viniculture, whose origins date back to the 15th century, is manifest in the extraordinary assembly of the fields, in houses and early 19th-century manor houses, in wine-cellars, churches and ports. The extraordinarily beautiful man-made landscape of the site is the best remaining area of a once much more widespread practice.





中国外交蓝皮书 Blue Book of Chinese Diplomacy

3月12日,中国国际问题研究院在京举行《国际形势和中国外交蓝皮书(2020/2021)》发布会。来自国际问题研究领域的多位专家以及中外媒体代表出席发布会,围绕国际形势和中国外交发表看法。

中国国际问题研究院院长徐步,世界知识出版社社长苏文,全国政协常委、北京大学国际关系学院前院长贾庆国,上海市政协委员、上海国际问题研究院院长陈东晓,中国国际问题研究院常务副院长阮宗泽应邀出席了本次活动。

On March 12, the China Institute of International Studies held a press conference on the "Blue Book on International Situation and China's Foreign Affairs (2020/2021)" in Beijing. Scores of experts from the field of research on international issues and representatives of Chinese and foreign media attended the press

conference to express their views on the international situation and China's diplomacy.

Xu Bu, President of the Chinese Academy of International Studies, Su Wen, President of the World Knowledge Publishing House, Jia Qingguo, Member of the Standing Committee of the Chinese People's Political Consultative Conference and former President of the School of International Relations of Peking University, Chen Dongxiao, Member of the Shanghai Municipal Committee of the Chinese People's Political Consultative Conference and President of the Shanghai Academy of International Studies and Ruan Zongze, Executive Vice President of the Chinese Academy of International Studies, attended the event.



中国国际问题研究院院长徐步在发布会上作主旨演讲时指出,当今世界正在经历百年未有之大变局,新冠肺炎疫情给国际政治、世界经济和全球治理带来深刻影响。在全球化、信息化不断发展的今天,国际社会大家庭的每个成员都更加紧密地联系在一起。携手合作是我们战胜困难的唯一出路,分歧对抗将使我们重蹈历史覆辙。

"The novel coronavirus pneumonia has brought profound impacts on international politics, world economy and global governance", Xu Bu, President of the China International Institute of International Studies, said in his keynote speech at the conference. With the development of globalization and information technology, every member of the family in the international community is more closely connected. Cooperation is the only way to overcome difficulties. The confrontation of differences will make us repeat historical mistakes.



上海国际问题研究院院长陈东晓指出,全球发展不平衡和不充分,是导致世界分化的重要根源。中国应该更加倡导各国采取有力的措施来推动包容性的发展。既要进一步构建开放型的世界经济体系和完善全球治理体系,更要保障国内各阶层能够共享发展成果,推进共同富裕。当前一个最紧迫的任务就是,我们要和国际社会一道向疫苗民族主义和盲目的独立主义说不。我们要秉持世界大家庭的精神来合力应对这场全球性的危机。

Chen Dongxiao, Dean of the Shanghai Institute of International Studies, pointed out that the imbalance and inadequacy of global development is an important source of the division of the world. China should further advocate that all countries take strong measures to promote inclusive development. It is not enough to build out an open world economic system and improve the global governance system, but it also must be ensured that all sectors of the country can share the fruits of development and promote common prosperity. One of the most urgent tasks at present is that we must join the international community in saying no to vaccine nationalism and blind independence. We must uphold the spirit of the world family to work together to deal with this global crisis.



展望“十四五” Outlook of the 14th Five-Year Plan

3月17日，中国记协境外记者活动中心在京举办新闻茶座，邀请中国政策科学研究会经济政策委员会副主任徐洪才，以“十四五”时期中国经济展望为主题，与境内外记者进行交流。

徐洪才表示，今年全国两会审议通过了“十四五”规划和2035年远景目标纲要。是向第二个百年奋斗目标进军的第一五年规划。

On March 17, the Overseas Journalists Activity Center of the Chinese Journalists Association held a news café in Beijing inviting

Xu Hongcai, Deputy Director of the Economic Policy Committee of the China Policy Research Institute, to exchange views with domestic and foreign journalists on the theme of China's economic outlook during the 14th Five-Year Plan period.

Xu Hongcai noted that this year, the National Two Sessions reviewed and approved the 14th Five-Year Plan as well as the outline of the 2035 long-term goals. It is the first five-year plan on the way towards the second centenary goals of China.



中外记者提问
Q&A of Chinese and foreign reporters



Austrian Ambassador to China visits EU painting exhibition in Beijing

奥地利驻华大使参观北京欧盟画展

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。最后一站到了北京。在“Hello Mart”哈噜玛特举办。画展从1月31日延长至2月底结束。

奥地利驻华大使石迪福 (Friedrich Stift) 阁下于2月8日应邀到参观了画展览。对在疫情期间三个月的时间，在中国六大城市成功举办给予了高度的评价和赞赏。并表示，借今年中奥建交50周年之际，使馆将组织奥地利学生参展。



The 2020 EU "Dreams of Europe and China" Children's Art Exhibition, since its opening in Tianjin last year, was exhibited in Zhengzhou, Xi'an, Guangzhou and Shanghai. It arrived to its Beijing station, the "Hello Mart" in January, where it was on display from January 31 to the end of February.

His Excellency Friedrich Stift, Austrian

Ambassador to China, was invited to visit the art exhibition on 8 February. The exhibitions were highly praised and appreciated in all the six major cities in China where it was displayed. His Excellency Friedrich Stift said that on the occasion of the 50th anniversary of the establishment of diplomatic relations between China and Austria this year, the embassy will organize Austrian students to participate in the exhibition.

开放中国 海南先行

Reopening China with Hainan Leading the Way

海南是中国唯一的热带岛屿省份。

它与夏威夷，迪拜，马尔代夫，同处于世界旅游胜地的黄金纬度。

海南拥有 220 万平方公里的海洋面积，9 个成熟的海滨旅游度假区，6 大温泉旅游度假区，68 个绝美海湾，海岸线总长 1900 多公里。

海南是往来亚洲，大洋洲，以及东南亚的必经之地，是中国与东盟，南亚，和中东沿海各国海上交往的最前沿，是海上丝绸之路重要的贸易口岸的重要支点。

海南交通便利，已形成民航交通，铁路交通，水上交通，道路的交通布局。

航空方面，海南有三亚凤凰国际机场，海口美兰国际机场，琼海博鳌机场，国内航线在 400 条以上，和 103 条国际航线。

直达全球主要客源地的国际航线持续加密。作为中国最大的经济特区，海南乘着自由贸易港的强劲东风，打造“人居海南直业海南”的招商名片。

目前，海南拥有旅游业，现代服务业，和高高新技术产业。

海南还有 12 个重要的产业，包括热带高效农业，互联网，医疗健康产业，会展业，现代物流业，汽油产业，医药产业，低碳制造业等重要产业。

“海澄文定”一体化综合经济圈，“大三亚”旅游经济圈，博鳌乐城国际医疗旅游先行区，和洋浦经济开发区等，已成为海南招商引资的主要载体。

为改善营商环境，海南制定了一系列特殊的开放政策，

如实施“五个自由便利 + 一个安全有序流动”。

包括贸易自由便利，资金自由便利，人员进出自由便利，运输往来自由便利，以及数据安全有序流动制度，也制定了特殊税收政策。如实施“零关税低税率减税制”的制度。作为一个旅游属性非常明显的大省，在出入方面，海南还制定了 59 国人员入境旅游免签政策。允许外国人以商贸访问，探亲，就医，会展，体育竞技等事由申请免签入境。

同时，实施外国旅游团乘坐邮轮入境免签政策。对在海南自由贸易港设立的旅游业，现代服务业，高新技术产业，其 2025 年前新增境外直接投资取得的所得免征企业所得税。

对从事交通运输和旅游行业的企业，进口用于交通运输，旅游业的船舶，飞机，车辆等。

运营用途的交通工具以及游艇，免征进口关税，进口环节增值税和消费税。

支持建设邮轮旅游体验区，设立游艇产业改革发展创新试验区，促进邮轮游艇业快速发展。

支持创建国家级旅游度假区和 5A 级景区。开放第七航权。

许多利好政策无不向世界展示海南开放新姿。

截止 2020 年 12 月底，海南省市场主体达 119 万余户，已有 24 家大型企业与海南建立战略合作，40 家企业区域总部结算总部或业务子公司落户海南。

2021 年，海南已成为国内外投资者关注的重点区域，许多大型企业集团入驻海南设立总部的意愿十分强烈。

Hainan is the only tropical island province of China.

Along with Hawaii, Dubai and the Maldives, Hainan is located in the golden zone for tourism.

Hainan has a sea area of 2.2 million square kilometres, 9 well-developed seaside tourist resorts, 6 hot spring tourist resorts and 68 fantastic gulfs with a coastline of over 1900 kilometres.

It lies on the frontier of maritime exchanges between China and the ASEAN, South Asian, Middle Eastern and other coastal countries. It is also a significant trade port for the Maritime Silk Road.

Hainan boasts convenient transportation and has formed a network of civil aviation, railways, water, and road transportation.

In aviation, Hainan runs the Sanya Phoenix International Airport, Haikou Meilan International Airport and Qionghai Boao Airport. They handle over 400 domestic and 103 international routes. In addition, there are more routes being established to connect Hainan with its source of tourists.

As China's biggest special economic zone, Hainan utilizes its position as a free trade port.

It works hard on building its business brand of "comfortable living and ease of doing business".

At present, Hainan features tourism, modern services but high-tech industries also.

There are 12 key industries including effective tropical agriculture, IT, healthcare, conventions, modern logistics, oil and gas, medicine, and low-carbon manufacturing.

The Haikou-Wenchang-Chengmai-Ding'an economic circle, the Greater Sanya tourism economic circle, the Boao Lecheng International Medical Tourism Pilot Zone and the Yangpu Economic Development Zone among others have all become important supporters of Hainan's investment promotion.

To facilitate investment, several special opening-up policies, such as the "five freedoms and one safe and orderly process" were formulated.

The policies facilitate the free flow and move of trade, capital, people and traffic, and secure the orderly flow of data regarding taxation policies allowing the smooth operation of the special taxation system.

Hainan has implemented a "zero-tariff, low tax rate and favourable tax system". As a famous tourist destination, Hainan requires no visa for tourists from 59 countries.

Foreigners can apply for visa-free entry for business, family visits, medical treatment, conferencing and sports purposes. Tourists on foreign cruise liners can visit Hainan visa free.

For enterprises established in the Hainan Free Trade



Port, including those engaged in tourism, modern services, and high-tech industries, the new FDI income prior to 2025 would be exempted from corporate income tax.

For enterprises that are engaged in transportation and tourism, the import of means of transportation for these purposes such as ships, aircrafts, vehicles are duty free. These assets will also be exempt from value added tax and consumption tax.

Cruise tourism pilot zones are also being supported just as innovative pilot zones for the yacht industry's reform and development to speed up the development of cruising and yachting.

Hainan supports the establishment of national tourist resorts and a 5A level scenic areas.

The island also supports the operation of third country airlines. Foreign airlines are encouraged to operate passenger and cargo flights in Hainan, besides their existing flight racks.

With so many favourable policies, Hainan stands ready to welcome the world.

By the end of December 2020, Hainan had just over 1.19 million market entities, 24 large enterprises have established strategic cooperation with Hainan, and 40 regional headquarters and branch companies have already settled here.

In 2021, Hainan has become a popular destination for investors from home and abroad.

A number of enterprises have established offices here, with strong intentions to make Hainan the location of their headquarters.



看山看水看海 体验不同

Mountain, water and sea, a variety of experiences

享有“中国第一潜水基地”美誉的三亚蜈支洲岛。

这里海水清澈透明，颜色渐变，最高能见度 27 米，人们可以在这里游泳或潜水。

亲身潜入到海底世界后，会看到海底有保护完好的珊瑚礁，五光十色的鱼儿成群结队穿梭悠游，仿佛进入另一个奇妙而纯净的世界。

也可以安静坐在细柔的沙滩上，吹着清凉的海风，感受清透的海水，放松身心。

这里远离城市喧嚣，在绝美海景中与海浪搏击，享受速度与激情。或者可以选择登上一艘游艇出海观光或海钓，随波逐流飘荡在海上，体验海洋魅力。

海南全年都适合冲浪，冲浪之都万宁，有着绝佳的冲浪胜地日月湾。

位于北纬 18° 的海南，夏无酷暑，冬暖如春，是全国难得的全年全天候的海岛健康旅游胜地，也是知名的“世界长寿岛”，有着“天然大温室”“天然氧吧”的美誉。

海南拥有我国分布最集中，保存最完好，连片面积最大的热带雨林。

比如七仙岭森林公园，呀诺达热带雨林风景区，亚龙湾热带天堂森林公园等。

近几年，海南还积极打造医疗康养旅游这一旅游业态。不断推出温泉 SPA，中医按摩，中药熏蒸等康养产品，深受国内外游客的喜爱。

海南梨母山热带雨林，这里除了秀美的景色，还有海南长臂猿，海南坡鹿等国家一级保护动物和众多珍稀植物，堪称国家动植物资源宝库。

保亭黎族苗族自治县内的七仙岭温泉，这里有海南目前温度最高的热矿水，水温高达 95°。

富含多种锂，锶，锌等。对人体有益的微量元素。有效缓解身体疲劳，惬意且舒适。



海南不仅有看山看水看海的景点，还有很多综合性的游玩景区。无论是梦幻的，童话的还是刺激旅游体验，都可以在这些景区实现。

三亚海昌梦幻海洋不夜城，一个可以彻夜狂欢的新地标。和家人朋友一起乘上摩天轮，将三亚街景，海景尽收眼底。

在这里还可以观看黎苗族风情演艺，体验不同的民族风情。当然，大美海南还有着很有这样的旅游综合体，比如长影环球 100 奇幻乐园，观澜湖旅游度假区等地方都是海南旅行中不可错过的一站。

Sanya's Wuzhizhou Island is known as China's "Number One" diving base.

The water here is clear and transparent, with gradual color changes and a maximum visibility of 27 meters, people can comfortably swim or dive here.

Once dived into the underwater world, you will see well-protected coral reefs and colorful fish in groups, as if entering another wonderful and pure world.

You can also sit quietly on the fine sandy beach or immerse yourself in the cool sea breeze, feeling the clear seawater, relaxing your body and mind.

Here you can enjoy the speed and passion of the waves framed in a beautiful sea view, far away from the hustle and bustle of the city. Or you can choose to board a yacht for sightseeing or sea fishing, floating on the sea with the waves, experiencing the charm of the ocean.

Hainan is suitable for surfing all year round, and Wanning, the surfing capital, has an excellent surfing destination, Riyue Bay.

Located at the 18 degree north latitude with no summer heat and a winter as warm as the spring, Hainan has a rare year-round fine weather, an excellent destination for health tourism, hence its names, "the world's longevity island", "natural greenhouse" or "natural oxygen bar".

Hainan has the most concentrated, best preserved and largest continuous area of tropical rainforest in China. Just to name a few, the Seven Immortals Forest Park, Yanuoda Tropical Rainforest Scenic Area, Yalong Bay Tropical Paradise Forest Park and so on.

In recent years, Hainan also actively furthers medical and recreational tourism. The island has been launching hot spring SPAs, Chinese medical massage, Chinese medical fumigation and other recreational services, popular among domestic and foreign tourists.

In Hainan's Li Mu mountain tropical rainforest, in addition to the beautiful scenery, we can find Hainan gibbons, Hainan slope deers and other national-level protected animals and many rare plants, therefore this place is also known as the national treasure house of plant and animal resources.

In Hainan, the highest temperature of hot mineral water, a water temperature up to 95 degrees Celsius, can be found in Baoting Li and Miao Autonomous County's Seven Immortal Ridge hot springs.

The water is rich in lithium, strontium, zinc and a variety of other trace elements which are beneficial to the human body. They are effective in the relief of physical fatigue and provide a pleasant and comfortable feeling.

Hainan is not only a place to hike the mountains and to enjoy the water and the sea, but it also boasts an array of comprehensive scenic spots. Whether it is a dream, a fairy tale or an exciting travel experience, they all can be realized in these scenic spots.

Sanya Haichang Fantasy Ocean City is a new landmark where you can party all night long. Here you can take a ride on the big wheel with your family and friends, and enjoy a panoramic view of Sanya's streets and its sea-shore.

You can also watch the performance of the Li and Miao people and experience different ethnic customs. Of course, one may find many more similar tourist attractions across Hainan, such as the Changyin Global 100 Fantasy Park, Guanlan Lake Resort and other places which are not to be missed during a stay in Hainan.

黎族文化 古老神秘

Li-Miao Culture - Ancient and Mysterious

海南的黎族，苗族都是海南岛的世居民族。早在三千多年前，黎族人民就在岛上繁衍生息，创造了灿烂的海岛文化。

海南黎锦拥有 3000 年的悠久历史，是中国最早的棉纺织品，已经被列入世界非物质文化遗产。海南有很多黎，苗族文化体验地。

聆听美妙的黎族竹木器乐演奏，探求绣面文身背后美的真谛以及古老神秘的黎族文化。

Hainan's Li and Miao nationalities are both aboriginal people of Hainan. As early as 3,000 years ago, the Li people flourished on the island and created a splendid island culture.

Hainan's Li brocade has a history of 3,000 years, it is the earliest cotton textile in China, and has also been



listed as a World Intangible Cultural Heritage. There are a number of Li and Miao cultural experience sites in Hainan.

Listen to the beautiful Li bamboo and wood instrumental music, explore the beauty behind the embroidered tattoos and the ancient mysterious Li culture.

地道美食 寻味海南

Local Delicacies - A Taste of Hainan

海南的美食是数不胜数的，比如盛名远扬的四大名菜，即文昌鸡、加积鸭、东山羊和和乐蟹。这几样菜是去海南游玩必点的菜品佳肴。

不仅在海南受欢迎，在香港、东南亚一带同样备受推崇名气颇盛。海南的早市夜市也十分热闹。清晨尝一份冒着热气的粉汤，约上三五好友来一碗“老爸茶”；

或是夜色中，引人垂涎的海鲜烧烤。海垦夜市、金盘夜市、泰龙城小吃街这些地方，有着最地道的海南小吃，如海南粉、后安粉、陵水酸粉、椰子水、清补凉、杂粮小吃和糟粕醋等；

醇香扑鼻，余味无穷。在沿途美景或大街小巷里，感受最美好的烟火味，每一道美食，都是人们认真生活和满怀热情的彰显。

The number of Hainan dishes is countless, the most famous four dishes are Wenchang chicken, Jiaji duck, Dongshan lamb and Hele crab. These dishes are must-orders once in Hainan. They are not only popular in



Hainan, but enjoy a high reputation in Hong Kong and Southeast Asia as well.

Hainan's morning and night markets are also very lively. Early in the morning try a steaming hot noodle soup and invite three to five friends to a bowl of "old dad's tea".

At night taste the mouth-watering seafood barbecue. Haiken night market, Jinpan night market, Tailong City Snack Street and other such places offer the most authentic Hainan snacks, such as Hainan noodles, Houan noodles, Lingshui sour noodles, coconut juice, Qingbuliang, mixed grain snacks, dregs of vinegar and others.

Mellow aroma and endless aftertaste. In a charming scenery on your way or in big streets and small alleys, feel the firework of these memorable flavors as each dish is a manifestation of the local's real life and their enthusiasm.

旅途驻足 尽享惬意

A Destination for Full Pleasure

玩得开心、吃得放心、住得舒心是游客出游的三大主要需求。在海南，星级酒店、精品酒店、民宿客栈各美其美，大大丰富了游客的选择。

在三亚海棠湾有一座极具奢华的酒店，亚特兰蒂斯酒店，目前全世界只有三座。酒店拥有1314间全海景客房。有失落的空间水族馆，水世界，海豚湾，海狮乐园，潜水俱乐部等等。这么多项目玩上几天几夜都不够。

此外，位于青翠热带雨林中的别墅酒店三亚艾迪逊酒店，仿如海边私人府邸的三亚亚龙湾铂悦酒店。以及能够感受无与伦比的海岛风光万宁石梅湾威斯汀度假酒店等都是住宿的绝佳选择。

海南的温泉酒店也是旅游住宿的不错选择。保亭七仙岭君澜温泉度假酒店在隐逸的原始森林享受沐浴养生温泉，

尝尽特色长桌宴，体验篝火晚会，赴一场“慢生活”之旅。

位于海南著名的温泉之乡“琼海”的官塘温泉度假酒店，这里的泉水有益元素丰富，属含氟、硅、锶的低矿化度，低铁的氯化物重碳酸型热矿泉水。睡前泡一泡温泉，放松身心，缓缓进入梦乡。

Have fun, eat safely, live comfortably are the three main needs of tourists. Hainan's luxurious hotels, boutique hotels and B&B inns are equally attractive, greatly enriching the choices for tourists.

In Sanya Haitang Bay one can find the top-notch Atlantis Hotel of which there are only three in the world. The hotel has 1314 rooms with full panoramic ocean views. It hosts a Space Aquarium, an Aqua World, Dolphin Bay, Sea Lion Park and a Diver's Club. It would take a few days to discover them all.

The Sanya Addison Hotel, a villa hotel located in a lush tropical garden, and the Sanya Yalong Bay Platinum Hotel, which is like a private residence by the sea, are also waiting for guests. The Westin Wanning Shimei Bay Resort and Spa offers unparalleled island scenery, and is also an excellent choice for accommodation.

Hainan's hot spring hotels offer good accommodation options too. The Baoting Seven Immortals Junlan Hot Spring Resort & Spa, bathing in the secluded primeval forest, puts up special long table banquets with bonfire to take you on a "slow life trip".

Located in Hainan's famous hot spring township "Qionghai", the Guan Tang Hot Spring Resort provides a special spring water rich in beneficial minerals, fluorine, silicon, strontium, iron chloride, forming a heavy carbon type hot mineral water. Soak in the hot spring before going to bed to relax, ease your mind and take your body into a dreamland.

体育旅游 活力海岛

Destination for Fun in Sports

近年来海南对外交流平台也不断搭建。各个国际盛会形成独特的海南名片。比如每年四月博鳌亚洲论坛，世界小姐总决赛，海南岛国际电影节等，都见证这海南正以更开放胸襟拥抱世界，

海南还是名副其实的“健康岛”，成功举办海南岛国际帆船赛、环海南岛自行车赛。

海南高尔夫公开赛和万宁国际冲浪赛等国际体育赛事、海南（三亚）国际马拉松赛。体育影响力显著提升，海南的体育旅游已经逐渐成为旅游新宠。如冲浪、滑翔伞、直升飞机、空中跳伞等旅游项目，天上飞的、地上跑的，海里游的，感受速度与激情，让热爱运动的游客十分痴迷。

2013 “恒大杯” 海南儋州国际马拉松赛

2013 "HENGDA CUP" Danzhou Hainan International Marathon



In recent years Hainan's exchange with the world continued to expand. Each international event creates a unique business card for Hainan. For example the annual Boao Forum for Asia in April, the finals of Miss World, the Hainan Island International Film Festival, etc., are witnesses to Hainan's open-mindedness in embracing the world.

Hainan is also a veritable "health island", it successfully held the Hainan Island International Regatta and the Tour of Hainan Island Cycling Race. The Hainan Open Golf Competition, Wanning International Surf Competition and the Hainan Marathon were also successfully organized on the island.

The influence of sports has increased significantly, Hainan's sports tourism has gradually become a main drive of tourism. Sports lovers are infatuated here with surfing, paragliding, flying with helicopters, sky diving, flying in the sky, running on the ground and swimming in the sea, feeling the speed and the passion.

海南是世界上第四个离岛免税区，海南对于免税零售市场越来越重要。据了解，摩根士丹利预计，到2025年海南会占据中国境内免税市场的一半份额。目前海南共有9家免税店在三亚、海口和琼海。其中较为热门的是三亚海棠湾免税购物中心，它是全球规模最大的单体免税店，世界一线奢侈品牌全部进驻于此。

Hainan is the fourth offshore duty-free zone in the world and is becoming increasingly important to the duty-free retail market. According to Morgan Stanley's estimation, Hainan will take up half of China's duty-free market by 2025. Currently, Hainan has 9 duty-free shops in Sanya, Haikou and Qionghai. The most well-known Haitang Bay duty-free shopping mall in Sanya is the single biggest duty-free shop around the world, home to all the high-end luxury brands.

凝心聚力共创佳绩

Working Together for a Better Future

新冠疫情在地球肆虐一年之久，海南严格做好疫情防控，整体趋于稳定。

过去一年，海南多措并举，精心为旅客打造“安心游”，如推出由政府全额补贴的旅游综合保险产品、以及通过限量、预约、错峰等要求，保障旅游产品供给。

据了解，2020年海南共接待国内外游客6455.09万人次，实现旅游总收入872.86亿元，成为中国旅游业恢复情况最好的地区之一。

满怀希冀向留学生，投资者，海南定居外国友人，游客等发出诚挚邀请，邀请你们来体验海南，共同呈现美好新海南的阳光形象。

The Covid-19 epidemic has been ravaging the planet for more than a year. Hainan is working hard on the prevention and control of the epidemic. As a result, the overall situation has been taken under control.

In the past year, Hainan has taken a series of measures to create a "peace of mind" for tourists, such as introducing fully government subsidized comprehensive tourist insurance products, capping reservations, preventing peak loads and other measures to ensure the stable supply of tourism products.

According to statistics, Hainan received a total of 64.55 million domestic and foreign tourists in 2020, generating a total revenue of 87.286 billion yuan, and thus achieving one of the best recoveries across the Chinese tourism industry.

We would like to extend our invitation to international students, investors, foreign friends and tourists to come to Hainan and experience the bright sunny image of the new Hainan.



*Top 10
universities
in mainland China*

中国内地排名前十的大学



清华大学
Tsinghua University



复旦大学
Fudan University



北京大学
Peking University



中国科学技术大学
University of Science
and Technology of China



浙江大学
Zhejiang University



华中科技大学
Huazhong University of
Science and Technology



上海交通大学
Shanghai Jiaotong
University



武汉大学
Wuhan University



南京大学
Nanjing University



中山大学
Sun Yat-Sen
University



清华大学
Tsinghua University

校训：
自强不息 厚德载物



清华大学前身清华学堂成立于1911年，1912年更名为清华学校，1928年更名为清华大学。抗日战争爆发后迁往长沙，1946年迁回清华园。清华大学是一所多科性工业大学，被誉为“红色工程师的摇篮”。2019年清华大学获批国家自然科学基金各类项目605个，国家重点研发计划项目30个，国家科技重大专项项目5个，共获国家科学技术奖20项，获奖数量居全国高校榜首。

The predecessor of Tsinghua University, Tsinghua Academy, was established in 1911, and was renamed Tsinghua School in 1912, and Tsinghua University in 1928. After the outbreak of the Anti-Japanese War, Tsinghua University moved to Changsha, and in 1946 moved back to Tsinghua Campus. Tsinghua University is a multidisciplinary industrial university, known as the "cradle of red engineers". In 2019, Tsinghua University was approved by the National Natural Science Foundation of China for 605 various projects, 30 national key research and development projects, and 5 national science and technology special major projects. Tsinghua University won a total of 20 national science and technology awards, its number of awards ranks first among universities in China.



北京大学
Peking University

校训：
爱国 进步 民主 科学



1898年《明定国是》颁布后清政府建立了京师大学堂。北大经历了新文化运动和“五四”运动。为我国社会的文明和进步做出了不可替代的贡献。2019年北京大学共有45项论文发表在Nature Science Cell上，有51项医学成果发表在四大顶级医学期刊上。最新自然指数排名全球高校第5位，居国内之首。北大现有ESI排名前1%的学科21个，设立学生自主选修学分制度，鼓励学生进行个性化学习和跨学科学习。

After the promulgation of "Ming Ding Guo Shi" in 1898, the Qing government established the Capital University Hall. Peking University has experienced the New Culture Movement and the "May Fourth Movement". It has made irreplaceable contributions to the civilization and progress of China's society. In 2019, a total of 45 papers from Peking University were published in Nature Science Cell, and 51 medical results were published in four top medical journals. The latest nature index ranks 5th among universities in the world, ranking first in China. Peking University currently has 21 subjects ranked in the top 1% of ESI. It has set up a credit system for students' autonomous elective courses to encourage students to engage in personalized and interdisciplinary learning.



浙江大学 Zhejiang University

校训：
求是 创新



浙江大学前身是求是书院，抗战期间浙大曾迁往贵州等地办学 7 年。1946 年迁回杭州，1998 年同根同源的浙江大学、杭州大学、浙江农业大学和浙江医科大学合并为浙江大学。浙江大学整合浙江大学的产业后，出资设立了浙江大学控股集团有限公司。可以高效地转化浙大的科研成果，实现社会经济与教学科研双向互动发展。

The predecessor of Zhejiang University was the Qishi Academy. During the Sino-Japanese War, Zhejiang University moved to Guizhou and other places to run schools for 7 years, and moved back to Hangzhou in 1946. In 1998, Zhejiang University, Hangzhou University, Zhejiang Agricultural University and Zhejiang Medical University merged into Zhejiang University. After Zhejiang University consolidated its fields, it invested in the establishment of Zhejiang University Holding Group Co., Ltd. to efficiently put in practice the scientific results of Zhejiang University and realize the two-way interactive development of social economy, teaching and research.



上海交通大学 Shanghai Jiaotong University

校训：
饮水思源 爱国荣校



在甲午战争以后，清政府为求自强壮大广设学堂。1896 年在上海创办了南洋公学，这就是上海交通大学的前身。中国第一个核潜艇、气垫船等都离不开上海交大。此外第一例心脏二尖瓣分离术成功移植同种原位肝手术的成功也是上海交大创造的。

After the Jiawu Sino-Japanese War, the Qing government set up schools for self-reliance. Nanyang College was founded in Shanghai in 1896, serving as a predecessor for Shanghai Jiaotong University. China's first nuclear submarine and hovercraft are inseparable from Shanghai Jiaotong University. In addition, the first cardiac mitral valve separation and orthotopic liver transplantation was also successfully done by Shanghai Jiaotong University.



南京大学 Nanjing University

校训：
诚朴雄伟 励学敦行



南京大学前身是三江师范学堂，是一所历史悠久声誉卓著的百年名校。南京大学最先在我国开展博士学位教育，还率先实行“学分制”和“选科制”是第一个允许男女同校的大学。还是中国改革开放后最早实施高等教育国际合作的大学。此外，我国最早的现代科学实验室也是在南京大学建立的。南京大学一直走在大学发展的最前沿，让大学的机制更加完善，更加现代化。

The predecessor of Nanjing University was Sanjiang Normal School, a century-old school with a long history and outstanding reputation. Nanjing University was the first to carry out doctoral degree education in China, and it was also the first to implement a "credit system" and a "selection system". It was the first university that allowed co-education of students. It is also the first university to implement international cooperation in higher education after China's reform and opening up. In addition, the earliest modern science laboratory in China was also established at Nanjing University. Nanjing University has always been at the forefront of university development, making the university's mechanism more perfect and modern.



复旦大学 Fudan University

校训：
博学而笃志 切问而近思



复旦大学的校名取自《尚书大传》中的“日月光华，旦复旦兮”意为自强不息。1905 年创办的复旦大学是中国人自主创办的第一所高校。2000 年与上海医科大学合并为新的复旦大学。复旦大学的化学、材料科学、临床医学、药理学在 ESI 中进入全球前千分之一。四个学科进入世界前 50，是一所顶尖的综合性研究型大学。

The name of Fudan University is taken from a section of "Shangshu Chronicles": "Day in day out, the Sun and Moon are bright" meaning we should always keep improving ourselves to stay bright. Fudan University, founded in 1905, was the first university independently founded by Chinese. In 2000, it merged with Shanghai Medical University to form the new Fudan University. Fudan University's chemistry, materials science, clinical medicine, and pharmacology are among the top one-thousandths of the world in ESI. Four of its disciplines are among the top 50 in the world. It is a comprehensive top research university.



中国科学技术大学

University of Science and Technology of China

校训:

红专并进 理实交融



20 世纪 50 年代中国综合国力薄弱，为了储备各个方面的科学人才中国科学院创办了旨在培养新兴、边缘、交叉学科尖端技术科技人才的中国科学技术大学。SCI 论文篇均引用连续 8 年保持 C9 高校第一。2020 年自然指数全球在科研机构排名第 8，全球高校排名第 4。

In the 1950s, China's overall national strength was weak. In order to reserve scientific talents in various fields, the Chinese Academy of Sciences established the University of Science and Technology of China, which aims to cultivate emerging, marginal, and interdisciplinary cutting-edge technical and scientific talents. All SCI papers are cited as the number one in C9 colleges and universities for 8 consecutive years. In 2020, the Nature Index ranks it 8th among scientific research institutions in the world and 4th among global universities.



华中科技大学

Huazhong University of Science and Technology

校训:

明德 厚学 求是 创新



华中科技大学是由原华中理工大学、同济医科大学、武汉城市建设学院于 2000 年合并成立的直属国家教育部的综合性大学。学校有 3 座图书馆，馆藏文献总量为 1195.5 万册。包含理、工、医、文、管等 9 大学科门类。其中三种古籍入选《国家珍贵古籍名录》。

Huazhong University of Science and Technology is a comprehensive university directly under the Ministry of Education established in 2000 by the merger of the former Huazhong University of Science and Technology, Tongji Medical University, and Wuhan Urban Construction College. The school has 3 libraries with a total collection of 11.955 million volumes. It teaches 9 disciplines including science, engineering, medicine, literature, and management. Three of its ancient books were selected into the "National Directory of Precious Ancient Books".



武汉大学

Wuhan University

校训:

自强 弘毅 求是 拓新



武汉大学溯源于 1893 年清末湖广总督张之洞创办的自强学堂，1999 年被世界权威期刊《Science》列为“中国最杰出的大学之一”。因为校园环境优美被誉为“中国最美丽的大学”并且有 26 栋早期建筑被列为“全国重点文物保护单位”。武汉大学参与了中国三峡工程、南水北调、西电东输等国家重点工程项目的研究及建设。

Wuhan University can be traced back to the Ziqiang School founded by Zhang Zhidong, a governor in the late Qing Dynasty in 1893. In 1999, it was listed as "one of the most outstanding universities in China" by the world authoritative journal "Science". Because of the beautiful campus environment, it is known as "China's most beautiful university", 26 of its old buildings are listed as "National Key Cultural Relics Protection Units". Wuhan University has participated in the research and construction of China's Three Gorges Project, South-to-North Water Diversion, West-East Power Transmission and other national key projects.



中山大学

Sun Yat-Sen University

校训:

博学 审问 慎思 明辨 笃行



中山大学是一所由孙中山先生整合创立的综合类院校，1924 年筹建成功的广东大学在孙中山先生逝世后改名为中山大学。中山大学是中国首批有权授予博士、硕士的单位之一。参与“天琴计划”并成功使我国精密测量技术跻身全球前三，并且拥有国内唯一一个人入选全球最强大的超级计算机中心。

Sun Yat-sen University is a comprehensive university founded by Dr. Sun Yat-sen. At its foundation, in 1924, it was named Guangdong University, and was renamed Sun Yat-sen University after the death of Sun Yat-sen. Sun Yat-sen University was one of the first units in China authorized to confer doctoral and master's degrees. It participated in the "Tianqin Project" and successfully made China's precision measurement technology rank among the top three in the world. It runs the only domestic supercomputer center acclaimed as the world's most powerful supercomputer center.



春色 spring scenery 满园

—朝阳公园游记

Travel notes of Chaoyang Park

北京朝阳公园是一处以园林绿化为主的综合性、多功能的大型文化休憩、娱乐公园。是北京市四环以内最大的城市公园，原称水碓子公园，始建于1984年，1992年更名为北京朝阳公园。南北长约2.8公里，东西宽约1.5公里，规划总面积为288.7公顷，其中水面面积68.2公顷，绿地占有率87%。朝阳公园建成的景点有中央首长植树林、将军林、世界语林等二十多个景点。

Beijing Chaoyang Park is a comprehensive, multi-functional, large-scale cultural, recreational and entertainment park with landscaping as its main function. It is the largest urban park within the Fourth Ring Road of Beijing. Originally named Shuiduizi Park, it was built in 1984 and renamed Beijing Chaoyang Park in 1992. It is about 2.8 km long from north to south and 1.5 km wide from east to west. The total planning area is 288.7 hectares, including 68.2 hectares of water surface and 87% of greenery. There are more than 20 scenic spots in Chaoyang Park, including the forest planted by central government officials, the forest of generals and the Esperanto forest.





从今年起政府取消了原来五元的入园费,并且延长了开园时间,至晚上 21 点
Starting this year, the government cancelled the original five yuan admission fee and extended the opening time to 9 PM

公园
风景
Park scenery



“陕西美食节”在京举办

"Shaanxi Food Festival" Held in Beijing

陕西



“千年陕菜·美食之源”。为推进陕菜高质量发展,3月30日至4月16日,陕西省人民政府与香格里拉集团合作,举办为期三周的“陕西美食节”,活动得到了商务部、世界中餐业联合会、中国烹饪协会、中国饭店协会、中国连锁经营协会等相关部门和机构的支持。

3月30日上午,陕西美食节启动仪式在北京中国大饭店拉开帷幕。陕西省商务厅厅长赵璟介绍,举办这次活动,旨在通过展示、宣传、推介、品鉴等一系列活动来宣传推广陕菜文化,推动陕西美食精品进驻香格里拉酒店餐饮平台,实现餐饮行业的强强联合,让陕菜走上更高、更大、更广的舞台。3月30日下午举办的“2021 陕菜产业创新发展论坛”,以“凝聚陕菜产业力量,助推陕菜品牌升级”为主题,陕西餐饮界与全国餐饮行业知名人士共同探讨在后疫情时代及双循环背景下餐饮产业的变局与发展,共商陕菜高质量发展之路,为陕菜文化弘扬、产业升级、品牌创新建言献策。

With the motto "Shaanxi Cuisine - The Source of Gastronomy", for promoting high-quality development of the Shaanxi cuisine, the Shaanxi Provincial People's Government and Shangri-La Group joined hands to hold a three-week "Shaanxi Food Festival" from March 30 to April 16, with the support of the Ministry of Commerce, the World Federation of Chinese Cuisine, the China Cuisine Association, the China Restaurant Association, the China Chain Store Association and other relevant departments and organizations.

The launch ceremony of the festival was held at the China World Hotel in Beijing on the morning of March 30. Zhao Jing, Director of the Department of Commerce of Shaanxi Province, introduced the festival saying that it aims to promote and publicize Shaanxi's culinary culture through a series of activities such as display, publicity, promotion and tasting, and to let it enter the catering platform of Shangri-La Hotel, thereby creating a strong alliance with the catering industry, and helping Shaanxi's cuisine embark on a higher, bigger and broader stage.

The "2021 Shaanxi Cuisine Industry Innovation Development Forum" was held in the afternoon of March 30 around the theme "concentrating the strengths of Shaanxi's cuisine and propelling it as a brand".

Celebrities from Shaanxi's culinary landscape and experts from across China's catering industry attended the event discussing the changes and developments of the catering industry in the post-epidemic era and the so called double-cycle background, also sharing their views and giving advices on how to move ahead on the road of high-quality development of the Shaanxi cuisine, how to promote its culture, upgrade the catering industry and blaze new trails for the brand of Shaanxi cuisine.





联合国“世界蜂蜜日” United Nations "World Honey Day"

千百年来，蜜蜂作为地球上最勤劳的生物之一，造福了人类、植物和环境。全球近 90% 的野生开花植物种完全或在一定程度上依赖于动物授粉，通过将花粉从一朵花带到另一朵花，蜜蜂和其他传粉者不仅帮助生产了大量的水果、坚果和种子，还使产品更加多样且质量更高，有助于粮食安全和营养。蜜蜂、鸟类和蝙蝠等传粉者影响了全球 35% 的作物生产，增加了全球 87 种主要粮食作物的产量，以及许多植物源药物的产量。全球四分之三生产供人类食用的水果或种子的作物，至少部分依赖传粉者。

2016 年，在国际蜂联的支持下，斯洛文尼亚共和国在粮农组织欧洲区域会议上提议，2017 年经过联合国粮农组织大会审议、联合国大会表决后，将每年 5 月 20 日设立为“世界蜜蜂日”。

“世界养蜂日”也是对一位现代养蜂业的先驱的纪念，即斯洛文尼亚画家、养蜂人安东·扬沙（Anton Jansa）。他出生于 1734 年 5 月 20 日，是奥匈帝国时期第一位养蜂人，被称为“现代养蜂之父”。

来自斯洛文尼亚 Gorenjska 地区的扬沙大家族虽然贫穷，且家族后代都对养蜂充满热情。安东是 9 个孩子中的老大，从孩提时代就渴望学习画画。1766 年，他和 15 岁的弟弟洛夫罗（Lovro）一起去往维也纳，在一所教授铜版画的学校上课。一年后，他们的兄弟瓦伦丁（Valentin）也来了。后来，洛夫罗和瓦伦丁成了小有名气的画家。安东·扬沙他看到应征养蜂师的消息就去报名了。1770 年，安东以优异的成绩通过了考试，成了维也纳奥加顿养蜂学校的第一位养蜂皇家老师。他的工作是环游奥地利，研究并教授养蜂，他把在老家养蜂场的养殖经验和知识也应用了起来，很快，凭借他全面的知识和图文并茂的演讲，安东就成了名人。他是第一个教导人们不能杀死蜜蜂、毁坏蜂巢的人。

授课的同时，安东还编写了教科书，介绍自己的养蜂方法，两者都为当时的养蜂人提供了新的知识，并纠正了一些误解。如今，它们已被翻译成多种欧洲语言。安东另一个重要的成就是改变了蜂箱的大小和形状，使它们可以堆叠在一起，他还会在蜂箱正面绘制装饰画。

翻新后的安东扬沙的蜂房，位于斯洛文尼亚日罗夫尼察以他的名字命名的养蜂博物馆。

1773 年，安东·扬沙因伤寒去世。



安东·扬沙
Anton Jansa



《养蜂业完整指南》
"A Full Guide to Beekeeping"
written by Anton Jansa

For thousands of years, bees, as one of the most industrious creatures on earth, have benefited mankind, plants and the environment. Nearly 90% of the world's wild plant species are completely or to some extent dependent on animal pollination. By carrying pollen from one flower to another, bees and other pollinators not only help to produce a large number of fruits, nuts and seeds, they also make products more diverse and of higher quality, contributing to food safety and nutrition. Pollinators such as bees, birds and bats affect 35% of global crop production and contribute to the production of 87 major types of crops in the world, as well as the production of many plant-derived drugs. Three-quarters of the world's crops that produce fruits or seeds for human consumption depend, at least in part, on pollinators.

Based on the proposal of Slovenia put forward with the support of the International Bee Federation during the FAO Regional Conference in Europe in 2016, and following the 2017 review by the UN General Assembly and the subsequent vote in the UN General Assembly, 20th of May of each year was established as "World Honey Day".

The World Honey Day also commemorates one of the pioneers of modern beekeeping, the Slovenian painter and beekeeper Anton Jansa. Born on 20 May, 1734, he was the first beekeeper of the Austro-Hungarian Empire and is known as the "father of modern beekeeping".

Although the Jansa family from the Gorenjska region of Slovenia was poor, but their descendants were passionate about beekeeping. Anton, the eldest of nine children, was eager to learn drawing from his childhood. In 1766 he went to Vienna with his 15-year-old brother Lovro, to attend a school to study copper carving. A year later, their brother, Valentin joined them. Later, Lovro and Valentin became famous artists. Anton Jansa, who had seen a call for beekeepers, applied, and in 1770 passed his exams with distinction and became the first royal teacher of beekeeping at the Beekeeping School in Vienna's Augarten.

His job was to travel around Austria and study and teach beekeeping. He applied his experience and knowledge of beekeeping from his home apiary as well, and soon, with his comprehensive knowledge and illustrated lectures, Anton became a celebrity. He was the first person to teach people not to kill bees and destroy hives.

Along with his lectures, Anton wrote textbooks on his beekeeping methods, both of which provided new

knowledge and corrected some misconceptions of beekeepers of the time.

Today, they have been translated into several European languages. Another important accomplishment of Anton's was changing the size and shape of the beehives so that they could be stacked together. He would also paint decorative paintings on the front of the beehives.

The restored beehive of Anton Jansa, located in the beekeeping museum named after him, can be seen in Zirovnica, Slovenia.

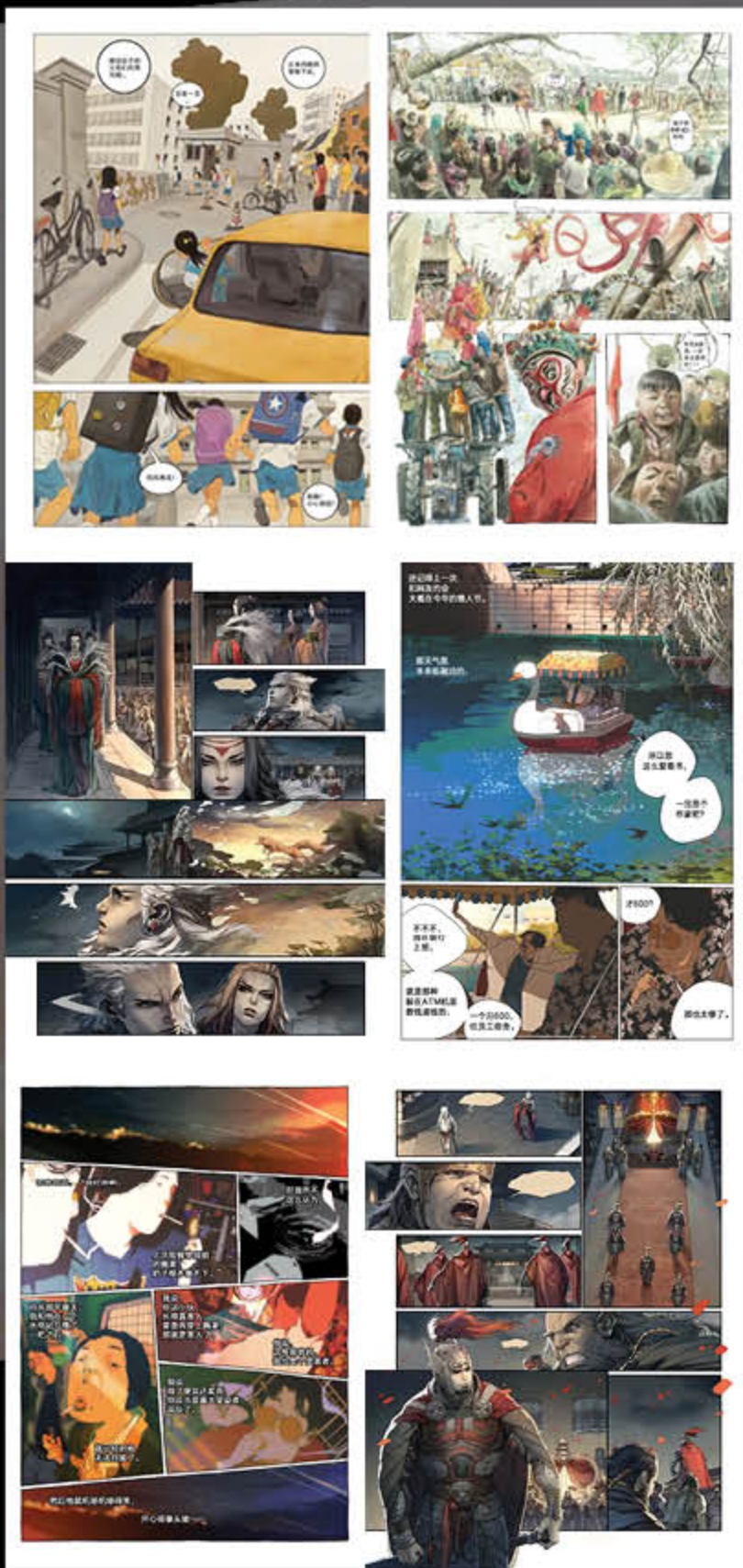
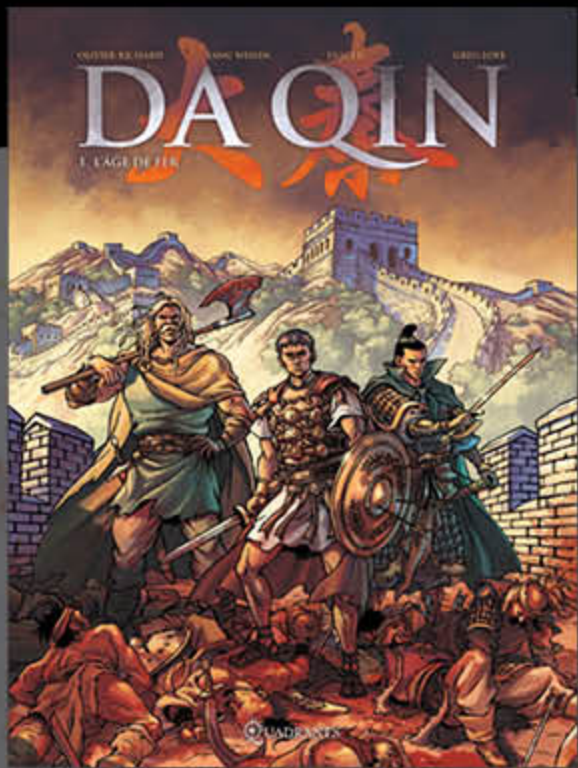
Anton Jansa died of typhoid fever in 1773.





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。

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

He served as a judge at many major domestic comics and animation festivals including the China International Animation Festival, China International Comic Festival, Xiamen International Comic Festival, Asian Youth Animation Competition, and worked as a guest lecturer at the Beijing Film Academy, Communication University of China, China Academy of Art, Central Academy of Fine Arts, giving classes on how the Chinese comics can relate to the European market.



林波作品展

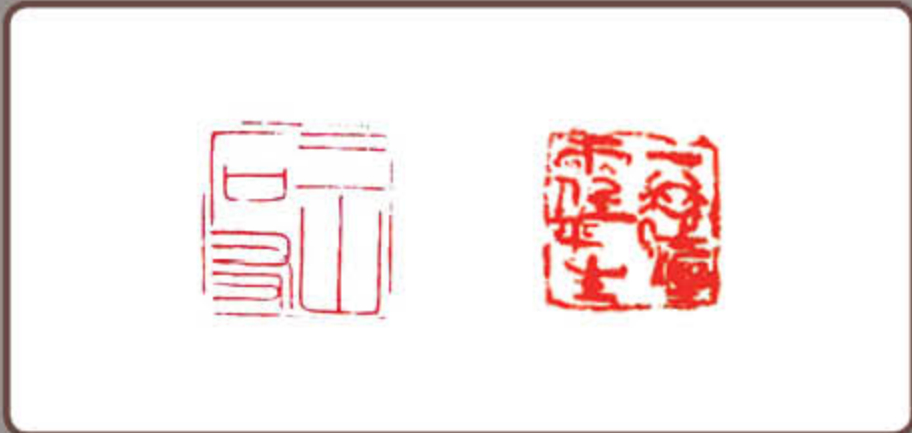
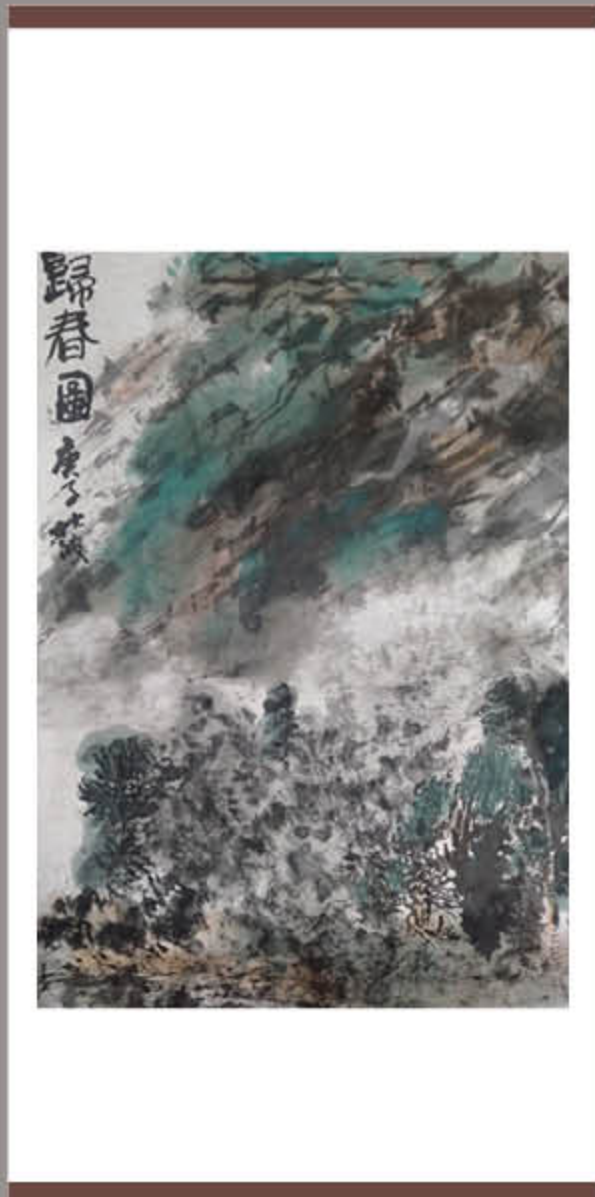
Exhibition of Lin Bo's Works

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.





礼佛 Praying to the Buddha

礼佛就是向佛礼拜，或表示对佛的恭敬前修，一忏悔自己的罪业，礼佛的方式很多，其中跪拜的功德极大。从时间法的角度讲，祈祷祈求的意思在里面，一些没有受过皈依的普通群众也常常通过礼佛这种方式祈求人才平安，但礼佛的姿势和程序有规定，现在我们来介绍一下佛教常见的礼佛方法：

肃立合掌，两足成外八字形，脚跟相距约二寸，脚尖距离约八寸，目光注视两手中指尖。

右手先下，左手仍作合掌状，腰徐徐下蹲，右臂向前下伸，右掌向下按于拜垫的中央（或右膝前方），左掌仍举着不动，两膝随即跪下。跪下后，左掌随着伸下，按在拜垫中央左方超过右手半掌处。礼佛时，两脚尖勿移动或翻转。

右掌由拜垫中央右方（或右膝前方）向前移动半掌，与左掌齐，两掌相距约六寸，额头平贴于地面。

两掌握虚拳，向上翻掌，手掌打开，掌心向上，掌背平贴地面，此名为“头面接足礼”。当头着地时，是以“额头”接触地面，并非“头顶”去着地。

起身时，两手握拳翻转，手掌打开，掌心向下贴地，头离地面或拜垫，右手移回拜垫中央（或右膝前方）。

左掌举回胸前，右掌着地将撑起，直腰起立，两手合掌立直。

礼佛不必立于中间，唯须虔敬礼拜即可。

不论佛殿内供有多少佛，通常入殿礼佛以三拜即可。拜佛时，应当要慢慢拜下，慢慢起立，一个动作接连一个动作，不要把拜佛的动作弄得急促、紧张，拜佛时必须内心恭敬三宝，如第一拜念赞佛偈（天上天下无如佛……）；第二拜念开经偈（无上甚深微妙法……）；第三拜念僧宝不思议……。

拜佛时，不可移动双脚的位置，以免踩到海青。

若有出家众正在礼佛，不得与师并行，当位于师之后。礼佛时，不可看似恭敬，实则内怀我慢或为求修行名誉，诈现威仪。如果拜佛的时候，只有动作而没有用心、缺乏惭愧心，那只是磕头如捣蒜的拜佛，对于人格的提升很难有作用。

礼佛的场所除了寺院意外，在家佛弟子可以在佛堂净室或者有佛菩萨圣像的地方都可以，如果不具备以上条件也可以到室外像西方合掌问讯。当然如果能够行住坐卧不利佛号是为最好。



Praying to the Buddha is to show respect for the future of the Buddha. Once you confess your sins, there are many ways to worship the Buddha, among which the merits of kneeling are great. From the perspective of the law of time, the meaning of prayer is in it. Some ordinary people who have not been converted often pray for the peace of people through the method of worshipping the Buddha. However, the posture and procedures of the Buddha are regulated. Now let's introduce the common practices of Xianzong Method of worshipping Buddha:

Stand solemnly together with your palms, your feet should be in a figure eight shape, your heels should be about two inches apart, and your toes should be about eight inches apart. Keep your eyes on the fingertips of your hands.

Lower your right hand first, keep your left hand closed, slowly squat your waist, stretch your right arm forward, press your right palm down on the center of the worship pad (or in front of your right knee), hold your left palm still, and then both knees. Kneel down. After kneeling down, extend the left palm along with it, and press it on the center of the worship pad to the left and half of the palm of the right hand. When praying to the Buddha, do not move or turn your toes.

Move the right palm forward half of the palm from the center of the worship pad (or in front of the right knee), flush with the left palm, and the two palms should be about six inches apart, with the forehead flat against the ground.

Grasp the virtual fist with two hands, turn the palms upwards, open the palms with the palms up, and the backs of the palms

flat against the ground. This is called the "Head-to-Face Receiving Ceremony". When the head is on the ground, you should be touching the ground with your "forehead" instead of your "top of the head".

When you get up, make fists with both of your hands, open your palms, keep your palms down to the ground, keep your head off the ground or the worship pad, and move your right hand back to the center of the worship pad (or in front of your right knee).

Raise the left palm back to the chest, put the right palm on the ground to prop up, straighten your waist and stand upright, put your palms together and stand upright.

Your do not have to stand in the middle.

Regardless of how many Buddhas are enshrined in the temple, three prayers are usually enough to enter the temple to worship the Buddha. When worshipping the Buddha, you should slowly bow down and stand up slowly, one action after another, and don't make the action of worshipping the Buddha rush or tense. When worshipping the Buddha, you must respect the Three Jewels in your heart. Such as Buddha...; the second prayer to recite the opening sutras (the supreme and even deep and subtle method...); the third prayer to recite the monk treasure...

When praying to Buddha, do not move the position of your feet to avoid stepping on Haiqing.

If there are monks who are praying to the Buddha, they must not go with the teacher, but should be behind the teacher.

When praying to the Buddha, one should not seem to be respectful, but in reality it is embarrassing, or for the sake of practice reputation, to show prestige. If there is only movement but no intention and lack of shame when worshipping the Buddha, then it is just a kowtow of worshipping Buddha, which is hardly effective in improving personality.

In addition to temples, the places for worshipping Buddha can be in the clean room of the Buddhist hall or in the place where there are statues of Buddhas and Bodhisattvas. If the above conditions are not met, you can also go outside and ask questions with your palms together facing west.



春季养生 增强免疫力

Boosting immunity through health preservation in spring

指导专家：陕贤平
中医科专家·副主任医师
○ 从事中医科、妇产科工作 30 余年
○ 擅长中西医结合治疗妇科、儿科及内科等方面疾病

Expert: Shan Xianping
TCM Expert · Associate Chief Physician
30-year experience in TCM and Gynecology
Expertise: Gynecology, Pediatrics, Internal Medicine

2019 年爆发的新冠肺炎疫情让人们健康的关注度大为提升。由于中医药在新冠肺炎疫情期间发挥的重要作用，人们对中医药也更为关注。通过传统的中医保健方法，我们可以提高免疫力，减少疾病的发生。

The 2019 breakout of the epidemic brought attention towards health care. As Traditional Chinese Medicine played a key role in fighting Covid-19, people started to pay more attention to it. It enhances immunity and reduces the chance of sickness.



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从中医角度来讲，一年四季养生方法各有不同，讲究“春生·夏长·秋收·冬藏”。

From the perspective of Chinese medicine, the four seasons of the year have different methods of health care, spring for birth, summer for growth, autumn for harvest, winter for storage.

春天是四季之首，万物生长，阳气开发，人体内也随之发生着一系列微妙的变化。春季养生重点是养肝，可以从以下六个方面入手：饮食、情志、起居、运动、穴位保健、中药代茶饮。

Spring is the first of the four seasons, when everything grows and the Yang rises, a series of subtle changes take place in the human body. The goal of spring health care is to nourish the liver, which can be done in the following six areas: diet, emotions, dwelling, exercise, acupuncture point care, and herbal teas.

Part 1 饮食 Part 1 Diet

春季饮食应当遵循两大原则：

1. 选用疏肝健脾的食材。中医认为，肝和脾是一对相辅相成的脏腑，肝如果太过强大，脾就会虚弱，影响胃功能，出现消化不良等症状。所以我们要疏理过强的肝气，同时让脾脏强大起来，二者间达到一个平衡。

春天，我们可以吃一些应季的蔬菜水果，来养肝护肝。比如山药、韭菜、香椿、豆芽、莴苣、春笋、樱桃、枸杞、玫瑰花、红枣等等。



Spring diet should follow two major principles.

1. Use ingredients that clean the liver and strengthen the spleen. According to Chinese medicine, the liver and the spleen are a pair of complementary organs. If the liver is too strong, the spleen will be weak, affecting stomach function and giving rise to symptoms such as indigestion. So we need to detoxify the overly strong liver and at the same time make the spleen strong to achieve a balance between the two. In spring, we can eat some seasonal vegetables and fruits to nourish the liver and protect it. For example, yam, leek, parsley, bean sprouts, lettuce, spring bamboo shoots, cherries, wolfberries, roses, red dates, etc.

2. 饮食清淡。不建议吃脂肪含量过高的食物、含糖量过高的食物、油腻的食物，都会伤害到脾气。像火锅、炸鸡、啤酒、冰淇淋这类食物就是非常典型的代表，在春天一定要少吃。

2. Eat a light diet. It is not recommended to eat food with too much fat, food with too much sugar, and greasy food, all of which can hurt your temper. Foods like hot pot, fried chicken, beer and ice cream are very typical representatives and must be eaten sparingly in spring.

Part 2 情志 Part 2 Mood

中国有句古话叫“怒则伤肝”，情绪起伏过大，经常发脾气，都会影响肝气的健康。养肝最重要的是要时刻保持愉快的心情。如果心情不好时，可以通过跟朋友聊天、到户外运动、开 PARTY、逛街购物等方式来宣泄烦闷的情绪、舒缓压力。

There is an old Chinese saying that "anger hurts the liver". Excessive emotional ups and downs and frequent temper tantrums can affect the health of the liver. The most important thing is to maintain



a happy mood at all times. If you are in a bad mood, you can vent your anger and relieve stress by talking to friends, going outdoors, having a party, shopping and so on.

3 Part 3 起居 Part 3 Daily Life

春季起居原则是“夜卧早起”：晚上 23:00 左右入睡，早晨 6:30 左右起床，起床后可以按摩面部、头皮，帮助大脑清醒，也可以促进皮肤血液循环，起到美容养颜的功效。中午可以午睡 15—30 分钟左右，帮助缓解上午的工作压



力，放松心情。晚上睡觉前，最好用 40℃ 左右的热水泡脚 20 分钟，泡到微微出汗，可以安神宁心，帮助快速入睡。

The spring living principle is "sleep early", sleep at around 23:00, and get up at 6:30 in the morning. You can massage your face to help the brain wake up, but also to promote skin blood circulation, which also has a beautifying effect. At noon you can nap for about 15-30 minutes to help relieve the morning work stress and to relax. Before going to bed at night, it is best to soak your feet for 20 minutes in hot water of about 40 degrees Celsius, soak until you sweat slightly. It can calm your mind and help you fall asleep quickly.

4 Part 4 运动 Part 4 Exercise

中国传统习俗，在春天里是要去户外踏青的，就是到郊外原野上去散散步，观赏一下春天的风景。一方面通过运动可以帮助我们气血舒畅，精神旺盛，另一方赏花赏景也可以让我们心情愉悦。

春天里，我们不妨多增加一些户外活动，春季运动养生的原则是“小运动、渐进式”。不要一下子就做太剧烈的运动，慢慢来，把筋骨活动开，再循序渐进。可以选择以下这些运动方式：散步、慢跑、游泳、爬山、太极拳、八段锦。

It is a traditional Chinese custom to go outdoors in the spring, that is, to go for a walk in the countryside and enjoy the spring scenery. On the one hand, exercise can help us to relax our Qi and blood and raise our spirit, on the other hand, enjoying the flowers and the scenery can make us feel happy. In spring, we may want to increase some outdoor activities, the principle of spring health is "little, but progressive exercise". Do not do too strenuous exercises at once, slowly warm up the muscles and bones. You can choose the following forms of exercise: walking, jogging, swimming, mountain climbing, taijiquan and baduanjin.



5 Part 5 穴位保健 Part 5 Acupoint Health Care

针灸是中医传统治疗方法，就是用一根细细的针刺入身体特有部位，从而治疗疾病的方法。其实这根针刺进去的位置，中医里叫做“穴位”。

人体共有 720 个穴位，对不同的穴位进行按摩或者针刺，可以起到疏通经络，调理气血及脏腑功能，解决身体各种不适的作用。

今天，我们就来认识三个适合春季养生保健的穴位。

Acupuncture is a traditional Chinese medicine treatment method that uses thin needles to pierce a specific part of the body in order to treat a disease. In fact, the location where the needle is inserted is called "acupuncture point" in Chinese medicine.

The human body has 720 acupuncture points, massaging or piercing different points can play a role in unblocking the meridians, regulating Qi and the blood and the functions of the internal organs to solve various discomforts of the body. Today, we will get to know three acupuncture points that are suitable for spring health care.

【足三里】

膝盖弯曲，在膝盖外侧凹陷的小窝（也就是外膝眼）向下，量 4 个横指与胫骨外一拇指交界处的位置，就是足三里穴。

这个穴位调理的疾病范围很广，包括循环系统、消化系统、呼吸系统等方面的疾病，是长寿保健的要穴。

出现胃痛、呕吐、消化不良、失眠、咳嗽等症状时可以适当刺激这个穴位。

Zu San Li

With the knee bent, at the outer knee's sunken nook downward, measuring 4 horizontal fingers to the junction of the outer thumb of the tibia, is the Zu San Li point. This point regulates a wide range of diseases, including diseases of the circulatory system, digestive system, respiratory system and other aspects, and is an important point for longevity and health care. This point can be stimulated when symptoms such as



stomach pain, vomiting, indigestion, insomnia, cough, etc. occur.

【中脘】

从肚脐向上量4个横指，再加上1个大拇指，这个位置就是中脘穴。

若出现恶心、烧心、嗝气、慢性胃炎、胃痛等症状时，可适当刺激这个穴位。

Zhong Wan point

Measure 4 horizontal fingers upward from the navel, add 1 thumb, and there you are at the middle cavity point. This point can be stimulated in case of nausea, heartburn, belching, chronic gastritis, stomach pain and some other symptoms.

【太冲】

在脚背上，第一跖骨间隙后方的凹陷处，也就是大脚趾缝往脚背上方约4厘米处的凹陷处的穴位就是太冲穴。

若出现头痛、眩晕、邪痛、胃胀等，可适当刺激这个穴位。

Tai Chong point

On the back of the foot, the point in the cavity behind the first metatarsal space, which is about 4 cm above the big toe seam toward the back of the foot, is the Tai Chong point. This point can be stimulated in case of headache, vertigo, pain, stomach distension, etc.

以上三个穴位，可自行按摩，起到养生保健的作用。穴位力度要由轻到重，循序渐进，以感觉到酸、麻、胀、痛为宜。每个穴位每次按揉2-3分钟，每日各1次。

The above three points can be massaged to play a role in health care. The strength of the pressure should be gradual, from light to heavy, to feel it sore, numb, swollen and finally painful. Each point is to be pressed for 2-3 minutes each time, once a day.

如果当身体不适比较严重，自行按摩无法缓解时，可考虑到医院对穴位进行针灸治疗。中医常用的针具叫做毫针，通常的针刺手法包括捻转、提插，医生会根据病症的不同来选择不同的穴位。

If the discomfort is severe and cannot be relieved by self-massage, acupuncture treatment can be considered. The acupuncture tools commonly used in Chinese medicine are called milli needles, and the usual acupuncture techniques used by the doctor include twisting and lifting depending on the disease.



Part 6 中药代茶饮 Part 6 Chinese medicine tea

中药代茶饮，是选用数味中草药煎汤或与开水冲泡15分钟后代茶徐徐饮。

在冬春流感高发季节，很多医院都会准备中药饮品，帮助大家预防感冒。日常生活中，我们也可以使用中草药搭配来冲泡、饮用，起到不同功效的保健作用。

当然，服用中药代茶饮之前最好先由中医医生进行初步问诊，再给出具体的方案。中医认为，人体分为9种不同的体质，每种不同的体质所选用的药材也不一样，叫“辨证施治”。通过医生的诊治，根据每个人的身体体质情况，选用不同的中草药，冲泡饮用，可以起到调理身体、增强免疫力的作用。

The Chinese herbal tea drink, is a decoction of several herbs boiled or brewed for 15 minutes. During the high season of flu in winter and spring, many hospitals prepare herbal drinks to help prevent the flu. In our daily life, we can also use herbs to brew and drink with different effects on health care. Of course, it is best to have a preliminary consultation with a TCM doctor before taking herbal tea drink. Chinese medicine believes that the human body is divided into nine different body types, each different body type needs different herbs. Through consultation with a doctor, according to each person's physical condition, the use of different herbs, brewing and drinking, can play a role in conditioning the body, and strengthening the immune system.

TCM 北京五洲妇儿医院 中医科

GLOBALCARE DEPARTMENT OF TCM

北京五洲妇儿医院中医科由三甲医院专家团队常年坐诊，运用中医中药治疗、针灸、点穴按摩、小儿推拿、拔罐、贴敷、耳豆、理疗等传统疗法，发扬“养生抗衰、防病治病”的国医精髓，为患者提供个性化、高品质的诊疗服务。

GlobalCare Department of TCM is a clinical department integrating female health maintenance and care with traditional therapy including therapy of TCM, acupoint pressure and massage, acupuncture, ear acupuncture point burying, cupping therapy, etc., advocating health concept of "Health Maintenance and Disease Prevention" with synchronization of medical treatment and health maintenance, providing private scheme of health maintenance for guests.

WELCOME



GLOBALCARE DEPARTMENT OF TCM

中医科服务项目 TCM services

通乳、催乳 Promoting lactation

针对产后积乳、急性乳腺炎的手法按摩通乳，解除年轻妈妈的产后哺乳干扰，维护乳房健康保健。中医中药，针灸经络疗法，治疗产后乳汁少、乳腺胀痛、以及乳腺增生的综合治疗。

Massage on breast silting-up and acute mastitis so as to protect young mothers from being disturbed by postpartum breast-feed and maintain health of breast. With TCM and acupuncture channel collateral therapy, it carries out integrated treatment on little milk, swelling pain and hyperplasia of mammary glands.

小儿推拿 Infantile massage

可治疗儿童厌食、食积、呕吐、腹泻、便秘；儿童感冒、咳嗽、哮喘；小儿麻痺症、发育迟缓；增强免疫体质、益智健脑等。

It can treat children anorexia, food, vomiting, diarrhea, constipation; Colds, coughs and asthma; Poliomyelitis, developmental delay; Improve immunity, etc.

中药离子渗透 Medical fumigation

适用于颈椎病、肩周炎、关节炎、腰肌劳损等颈肩腰腿痛及运动功能康复等。

It is suitable for cervical spondylosis, periarthritis of shoulder, arthritis, lumbar muscle strain and other neck, shoulder, waist and leg pain and motor function rehabilitation.

穴位保健 Acupoint Health Care

通过按摩、针灸等方式进行疾病对症治疗，缓解不适症状，帮助提高免疫力。

Through massage, acupuncture and other ways for disease symptomatic treatment, relieve discomfort symptoms, help improve immunity.



鞍山新工建设有限公司

Anshan Xingong Construction co., LTD

鞍山是钢铁城市，是共和国长子，是红色钢都，辽宁省第三大城市。全市人口 360 万，产业技术工人 40 万，拥有雄厚的老工业基础。鞍山人民友善，干部有为、风景秀美、矿产资源、温泉资源丰富、交通便利。

鞍山新工建设有限公司经过二十几年的发展，建立了具有国际高质量水准的中德汽车产业园（鞍山分园）和鞍山新健康发展有限公司，位于汤岗子新城中心地段，距鞍山机场 10 公里，沈阳市 76 公里，营口市 60 公里，大连港 250 公里，沈大高速公路 1 公里。

适合：装备制造业、建筑业、航空制造业、建筑材料制造、智能工厂研发、菱镁新材料、应急救援产品制造、食品加工、大型超市、生物制药、中医康养等大健康项目使用。

Anshan, located in north-east China is the third largest city in Liaoning province. With a population of 3.60 million and predominantly skilled industrial workers of around 400,000 in the workforce.

Anshan is one of the oldest industrial foundation of China, it is a mineral rich city holding large reserves including iron ore, coal, magnesite, talcum and jade. A quarter of China's total iron ore reserves, about 10 billion tons, are located in Anshan ensuring that the city will remain an important steel producer well into the future. Holding the title "steel capital", naturally Anshan also house the country's largest steel mill, Ansteel. Besides iron ore, Anshan also holds one-third of the world's supply of talcum and a quarter of the world's reserves of magnesite. Being mineral rich, there are currently 51 types of minerals available with 37 types being exploited.

Besides industrial, the mineral rich city also features one of the largest Buddha statues in the world carved in jade stone and naturally occurring geothermal hot springs.

Anshan is a promising beautiful city with an abundance of mineral resource, it is politically stable with well-developed transportation routes and a strong workforce.

Anshan Xingong Construction co., LTD was established in 2003, investment and developments include The Sino-German Automobile Industrial Park (Anshan branch) and Anshan New Health Property Developer co., LTD, these developments are designed to international high standards. Both developments are located within the economic development zone, and next to Anshan Station of Shenyang - Dalian highway. It is also 10 kilometers away from Anshan airport, 76 kilometers away from shenyang city, 60 kilometers away from Yingkou city, and 250 kilometers away from Dalian port.

Suitable industries include: equipment manufacturing, construction, aviation, building materials, intelligent factory research and development, magnesian new material, industrial PPE product manufacturing, food processing, large supermarkets, biopharmaceutical, traditional Chinese medicine health care and other large health projects.