

The World and China
世界中国

丝绸之路 SILK ROAD
Selyemül

外交/文化/旅游杂志
DIPLOMATIC AND TRAVEL MAGAZINE

2021/03 总第091期



佛像
归国

*Return of
Buddha*

中国两国人民 友谊之花常开

为世界中国杂志题
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、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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封面说明:

佛像归国 (图/新华社)

COVER NOTE:

RETURN OF BUDDHA (PHOTO / XINHUA)

2020年12月12日遗失已久的

1400多年的佛像从日本归国

A long-lost Buddha statue With a

history of over 1,400 years came

back China from Japan on Dec.

12, 2020



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Enter Jamaica

Enter Costa Rica

Enter Venezuela

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Opens in Beijing

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Residence

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智齿，

我们还能和平共处吗？





花 絮

中国国际服务贸易交易会 Service Trade Fair Highlights

图文: 王佳、余波 (Text and photo by Yu Bo and Wang Jia)

2021年9月1日至7日, 中国国际服务贸易交易会在北京举行

2021 China International Fair for Trade in Services was held in Beijing from 1st to 7th, September, 2021



商务部副部长任鸿斌在宁波企业展区参观
Vice Minister of Commerce Ren Hongbin visits the Ningbo Enterprise Exhibition Area





图解：北京市中医管理局罗增刚副局长主持下午论坛。
Luo Zenggang, Deputy Director of Beijing Administration of Traditional Chinese Medicine presided over the afternoon forum.



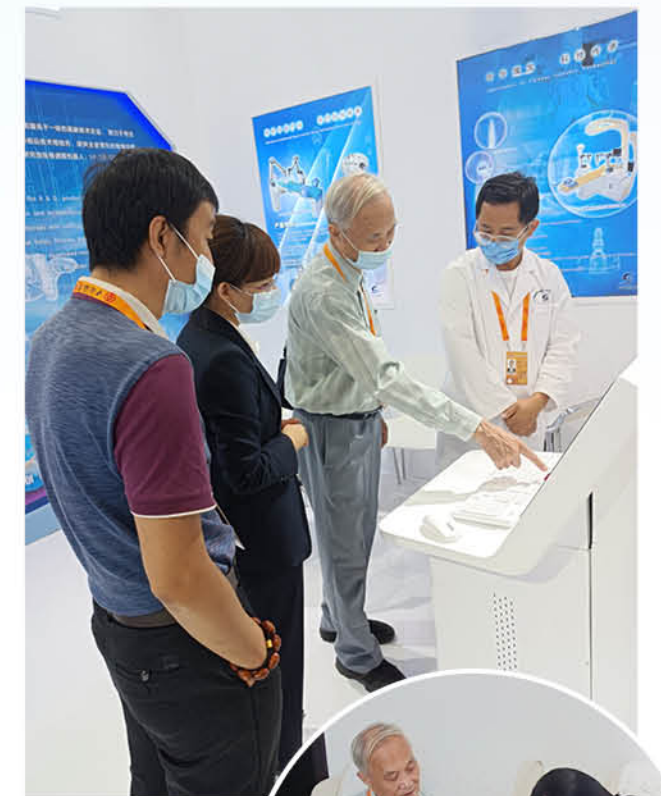
中东欧中医药学会联合会主席于福年发言
Chairman of Central and Eastern European Federation of Chinese Medicine Societies, Yu Funian gives a talk



9月4日

4日中医药健康产业国际智库高峰论坛在北京首钢园举行。中医药健康国际智库高峰论坛，连续三年在“服贸会”期间举办，成为中医药版块的重点论坛之一，本届论坛以“国内国际双循环相互促进下的中医药健康产业创新发展新格局”为主题。

On the 4th, the International Think Tank Summit Forum on Chinese Medicine and Health Industry was held in Beijing Shougang Park. This forum has been held during the "Fair for Trade in Services" for three consecutive years and became one of the key forums of the Chinese medical sector. The theme of this year's forum was "The new pattern of innovation and development of the Chinese medicine and health industry under the mutual promotion of domestic and international double cycles".



前中国驻荷兰、匈牙利大使、中东欧中医药学会联合会（布达佩斯）名誉主席朱祖寿先生在展区参观如何炮制中药丸，中医经络调理机器人，接受《中国中医药报》记者采访。
Mr. Zhu Zushou, former Chinese Ambassador to the Netherlands and Hungary, and Honorary Chairman of the Central and Eastern European Federation of Chinese Medicine Societies (Budapest), visited the exhibition area which demonstrated the manufacturing of Chinese medical pills and displayed meridian conditioning Chinese medical robots, and gave an interview to "Traditional Chinese Medicine News".





陕西省洋县朱鹮湖果业专业合作社总经理王莉女士领取“世界地理标志产品-洋县草坝村黑米栖息地案例”证书。
Ms. Wang Li, General Manager of the Crested Ibis Lake Fruit Industry Cooperative in Yangxian County, Shaanxi Province, received the certificate of "World Geographical Indication Product - Habitat of Black Rice in Caoba Village, Yangxian County".



陕西省洋县朱鹮湖果业专业合作社展示厅，除黑米之外还有有机芝麻、菜籽油等。
The exhibition hall of the Crested Ibis Lake Fruit Industry Cooperative in Yangxian County, Shaanxi Province had black rice, organic sesame seeds, rape-seed oil and other products on display.

9月4日

4日在国际会议中心一层世界工程组织联合会展厅另一场活动“优质地理产品生境保护与可持续发展案例集群”论坛也在进行。期间中国科学院地理科学与资源研究所向宁夏盐池滩羊，吉林兰家村大米，云南宝山咖啡，江苏丰县牛蒡，陕西洋县草坝村黑米等获得各种荣誉证书。

On the 4th, another event, the "High-quality Geographical Product Habitat Protection and Sustainable Development Case Cluster Forum", also took place in the exhibition hall of the World Federation of Engineering Organizations on the first floor of the International Conference Center. During the forum, the Research Institute of Geographic Sciences and Natural Resources of the Chinese Academy of Sciences awarded certificates to Yanchitan sheep in Ningxia, rice in Lanjia Village in Jilin, Baoshan coffee in Yunnan, burdock in Feng County, Jiangsu, and black rice in Caoba Village in Yangxian County, Shaanxi.



国际竹藤组织副总干事陆文明教授主持活动
Professor Lu Wenming, Deputy Director-General of International Bamboo and Rattan Organization, presided over the event



国际竹藤组织董事会联合主席江泽慧教授发来视频致辞
Professor Jiang Zehui, Co-Chairman of the International Bamboo and Rattan Organization Board of Directors, sent a video message



国际竹藤组织总干事穆秋姆发来视频致辞
Ali Mchumo, Director-General of the International Bamboo and Rattan Organization, sent a video speech

9月6日

6日国际竹藤组织在国家会议中心设特展，并中国竹产业协会“以竹代塑”举办国际研讨会。

On the 6th, the International Bamboo and Rattan Organization set up a special exhibition at the National Convention Center, and the China Bamboo Industry Association held an international seminar on "Replacing Plastic with Bamboo".



竹藤展
Bamboo and Rattan Exhibition





2021年7月7日,来自北京一家双语国际幼儿园的小朋友们走进了牙买加驻华大使馆,与使馆的工作人员进行了交流和互动,了解牙买加的风土人情。

On July 7, 2021, children from a bilingual international kindergarten in Beijing walked into the Jamaican Embassy in China, conversed and interacted with the staff of the embassy, and learned about the customs of Jamaica.



小朋友们还亲自体验绘画了一些国家的国旗
The children also painted the national flags of some countries themselves



小朋友们献上精彩的才艺表演
The children put up a wonderful talent show

使馆里外交官们还赠送给小朋友们牙买加特色小礼品
The diplomats of the embassy presented the children with special Jamaican gifts

"跟着大使看世界" 线下活动
"Follow the Ambassador to See the World" offline activities



走进牙买加
Enter Jamaica

精彩掠影

Wonderful glimpse



使馆副馆长, 公使衔参赞 Mrs Melissa Pryce 女士为小朋友们讲解牙买加的历史文化特色, 还介绍了一些加勒比海国家的国旗特征。
Mrs. Melissa Pryce, Deputy Head of Mission of the Embassy and Minister Counselor, explained the historical and cultural features of Jamaica to the children, and also introduced the characteristics of the flags of some Caribbean countries.





2021年7月14日下午，来自杭州市两所学校的近百名同学们分批走进了哥斯达黎加驻华大使馆。

On July 14, 2021, almost 100 students from two schools in Hangzhou visited the Costa Rican Embassy in China.



"跟着大使看世界" 线下活动
"Follow the Ambassador to See the World" offline activities

走进哥斯达黎加

Enter Costa Rica



同学们和哥斯达黎加驻华大使罗德里格·德尔加多 (Rodrigo Delgado Soto) 阁下合影
Students take a group photo with the Costa Rican Ambassador to China, His Excellency Rodrigo Delgado Soto



同学们的才艺表演
Art performance of the students

精彩掠影

Wonderful glimpse



哥斯达黎加驻华大使馆参赞希美女士为同学们介绍哥斯达黎加的稀有动物以及在世界上的地理位置，随后和同学们交流互动。
Ms. Ximena Chacon Herrera, Counselor of the Costa Rican Embassy in China, introduced the rare animals of Costa Rica and their location in the world to the students, and discussed the topic with them.



2021年7月15日,来自杭州市的学生们在北京旅游期间,走进了委内瑞拉驻华大使馆,了解委内瑞拉历史文化、委内瑞拉的国家民族英雄事迹。

On July 15, 2021, during their stay in Beijing, students from Hangzhou visited the Venezuelan Embassy in China to learn about Venezuela's history and culture, as well as the national heroes of Venezuela.



委内瑞拉驻华大使馆公使衔参赞 Reynaldo 先生引领同学们参观大使馆,为大家介绍委内瑞拉国家非物质文化遗产事物、国旗的象征和历史由来、委内瑞拉国家的一些特色美食、还讲解了一些国家民族英雄的丰功伟绩。
Mr. Reynaldo, Minister Counselor of the Embassy of Venezuela in China, led the students to visit the embassy, introduced the intangible cultural heritages of the country, the meaning and historical origin of the national flag, some special dishes of Venezuela, and some of its national heroes.



"跟着大使看世界" 线下活动
"Follow the Ambassador to See the World" offline activities

走进委内瑞拉
Enter Venezuela

精彩掠影

Wonderful glimpse



委内瑞拉驻华大使馆公使衔参赞 Maria Teresa 女士和同学们互动交流。
Ms. Maria Teresa, Minister Counselor of the Venezuelan Embassy in China, conversed with the students.



同学们和使馆外交官们合影留念
Group photo of the students and the diplomats of the embassy



6月24日，俄罗斯功勋画家、俄罗斯艺术家协会会员伊万·达尼洛夫个人绘画展于北京俄罗斯文化中心拉开帷幕。俄罗斯驻哈尔滨总领事馆总领事弗拉基米尔·奥谢普科夫、俄罗斯艺术科学院荣誉院士王忠、中国俄罗斯艺术展览馆馆长刘明秀以及众多艺术界人士共同出席了展览开幕式。

On June 24, the solo exhibition of Ivan Danilov, a Russian meritorious painter and member of the Russian Artists Association, opened at the Russian Cultural Center in Beijing. Consul General of the Russian Consulate-General in Harbin, Wang Zhong, Honorary Academician of the Russian Academy of Arts, Liu Mingxiu, Director of the China Russian Art Exhibition, and several artists attended the opening ceremony of the exhibition.



伊万·达尼洛夫在俄罗斯艺人的钢琴伴奏下进行现场作画
Ivan Danilov painted live with piano accompaniment of a Russian artist

俄罗斯功勋画家绘画展在京开幕

Painting Exhibition of Russian Meritorious Painter Opens in Beijing



作品
欣赏

Appreciation of works





原外交官、中俄友好协会理事、中国翻译协会理事、画家兼作家冯一束先生为大使阁下介绍参展作品
Former diplomat, Director of the Sino-Russian Friendship Association, Director of the Chinese Translation Association, painter and writer Feng Yishu introduced the exhibited works to the ambassador

《世代友好》主题画展 “Friendly Generations” Theme Exhibition

中国画家冯一束、俄罗斯画家瓦西里耶娃《世代友好》绘画作品展于2021年7月12日在北京俄罗斯文化中心隆重开幕。此次展览系为庆祝中俄睦邻友好合作条约签署20周年。该活动由北京俄罗斯文化中心与中国俄罗斯友好协会联合主办。

Chinese painter Feng Yishu and Russian painter Alyona Vasilyeva's "Friendly Generations" painting exhibition was opened on July 12, 2021 at the Russian Cultural Center in Beijing. The exhibition is to celebrate the 20th anniversary of the signing of the Sino-Russian Treaty of Good-Neighborliness, Friendship and Cooperation. The event was jointly organized by the Beijing Russian Cultural Center and the China-Russia Friendship Association.

开幕式上，俄罗斯驻华大使安德烈·杰尼索夫在致辞中强调了艺术所肩负的加强俄中友谊的重要使命，并感谢了艺术家们为俄罗斯文化在中国的传播所作出的巨大贡献。
At the opening ceremony, Andrey Denisov, Russian Ambassador to China, emphasized the important mission of art in strengthening the friendship between Russia and China, and thanked the artists for their contribution to the spread of Russian culture in China.



中国人民对外友好协会副会长姜江指出：“画家冯一束和阿廖娜·瓦西里耶娃的作品致力于中苏友好、两国合作、相互支持、协助抗疫”。
Jiang Jiang, Vice President of the Chinese People's Association for Friendship with Foreign Countries, pointed out: "The works of painters Feng Yishu and Alyona Vasilyeva are dedicated to Sino-Soviet friendship, cooperation between the two countries, mutual support, and assistance in fighting the epidemic."



作品欣赏
Appreciation of works





《玛莎与熊》动画片发布会

"Masha and the Bear" Cartoon Conference

北京俄罗斯文化中心携手俄罗斯 Animaccord 工作室于 2021 年 8 月 4 日在文化中心举办了风靡全球的俄罗斯动画片《玛莎与熊》的中文新闻发布会。《玛莎与熊》是世界上最受欢迎的系列动画片之一，目前已经被翻译成 43 种语言。

The Beijing Russian Cultural Center and the Russian Animaccord Studio held a Chinese language press conference introducing the popular Russian cartoon "Masha and the Bear" at the Russian Cultural Center on August 4, 2021. "Masha and the Bear" is one of the most popular cartoon series of the world and has been translated into 43 languages.



《玛莎和熊》公司负责人弗拉基米尔·瓦利耶 (Vladimir Valiyev) 夫先生发来视频致辞。Mr. Vladimir Valiyev, manager of "Masha and the Bear" company, sent a video message.



嘉宾观看《玛莎与熊》动画片展播
Guests watch the cartoon: "Masha and the Bear"



现场互动
Moments of the activity



斯洛伐克驻华大使杜尚·贝拉阁下欢迎到场宾客
His Excellency Dusan Bella, Ambassador of Slovakia to China, welcomes the guests



斯洛伐克驻华大使杜尚·贝拉阁下介绍绘画作品
His Excellency Dusan Bella, Ambassador of Slovakia to China, introduces the paintings



大使官邸的中欧艺术盛宴

Chinese-European Art Party at the Ambassador's Residence

斯洛伐克驻华大使馆于2021年7月2日在大使官邸内举办了一场音乐与绘画的艺术盛宴。
The Slovak Embassy in China hosted an art party of music and painting at the Ambassador's residence on July 2, 2021.



活动现场

A moment of the event



画家张咏梅女士(中)
Painter Ms. Zhang Yongmei (middle)





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, delivered the opening speech

乌拉圭的绘画与美酒

URUGUAY'S PAINTINGS AND WINE

乌拉圭驻华大使馆于2021年7月6日在使馆内举办了一场来自乌拉圭艺术家加斯頓·查瓦特和艺术家巴勃罗·科尔多瓦·洛列托的艺术展览以及“中国男孩”雷科巴红酒发布仪式。

应邀出席的还有委内瑞拉驻华大使菲力克斯·普拉森西亚、智利驻华大使路易斯·施密特、阿尔及利亚驻华大使艾哈桑·布哈利法以及外交部拉美司代表。

The Uruguayan Embassy in China hosted an event at the embassy on July 6, 2021 with the art exhibition of Uruguayan artists Gastón Chavat and Pablo Cordoba Larieto and the launch ceremony of "Chinese Boy" Recoba Red Wine.

Also present at the get-together were Venezuelan Ambassador to China Félix Plasencia, Chilean Ambassador to China Luis Schmidt, Algerian Ambassador to China Ahsan Bukhalifa and the representative of the Department of Latin America of the Chinese Ministry of Foreign Affairs.



乌拉圭驻华大使馆一等秘书梅赛德斯 (Mercedes Aguiar) 女士介绍“中国男孩”雷科巴红酒
First Secretary of the Uruguayan Embassy in China, Ms. Mercedes Aguiar, talks about the wine: "Chinese Boy" Recoba



活动现场

A moment of the event



艺术家巴勃罗·科尔多瓦·洛列托
Artist Pablo Cordoba Larieto



艺术家加斯頓·查瓦特
Artist Gastón Chavat





作为庆祝中国秘鲁建交 50 周年及纪念秘鲁独立 200 周年系列活动的一部分，秘鲁驻华大使馆联合“识遇 Encuentro”拉丁美洲文化旅行餐厅于 2021 年 7 月 8 日举办“秘鲁美食节”开幕式。

As part of a series of activities celebrating the 50th anniversary of the establishment of diplomatic relations between China and Peru and commemorating the 200th anniversary of Peru's independence, the Peruvian Embassy in China and the "Encuentro" Latin American Cultural Travel Restaurant hosted the opening ceremony of the "Peruvian Gastronomy Festival" on July 8, 2021.

秘鲁美食节在京开幕

Peruvian Gastronomy Festival in Beijing



秘鲁驻华大使路易斯·克萨达阁下与秘鲁厨师 Emelda 女士共同为嘉宾介绍如何调制秘鲁国酒 PISCO 并请嘉宾亲自品尝。His Excellency Luis Quesada, Peruvian Ambassador to China, and Peruvian chef Ms. Emelda prepared the Peruvian national brandy PISCO for the guests and invited them for a degustation.



秘鲁驻华大使路易斯·克萨达阁下与“识遇 Encuentro”拉丁美洲文化旅行餐厅合伙人共同为活动揭牌并切庆祝蛋糕。His Excellency Luis Quesada, Peruvian Ambassador to China, and a partner of "Encuentro" Latin American Cultural Travel Restaurant jointly launched the festival and cut its cake.

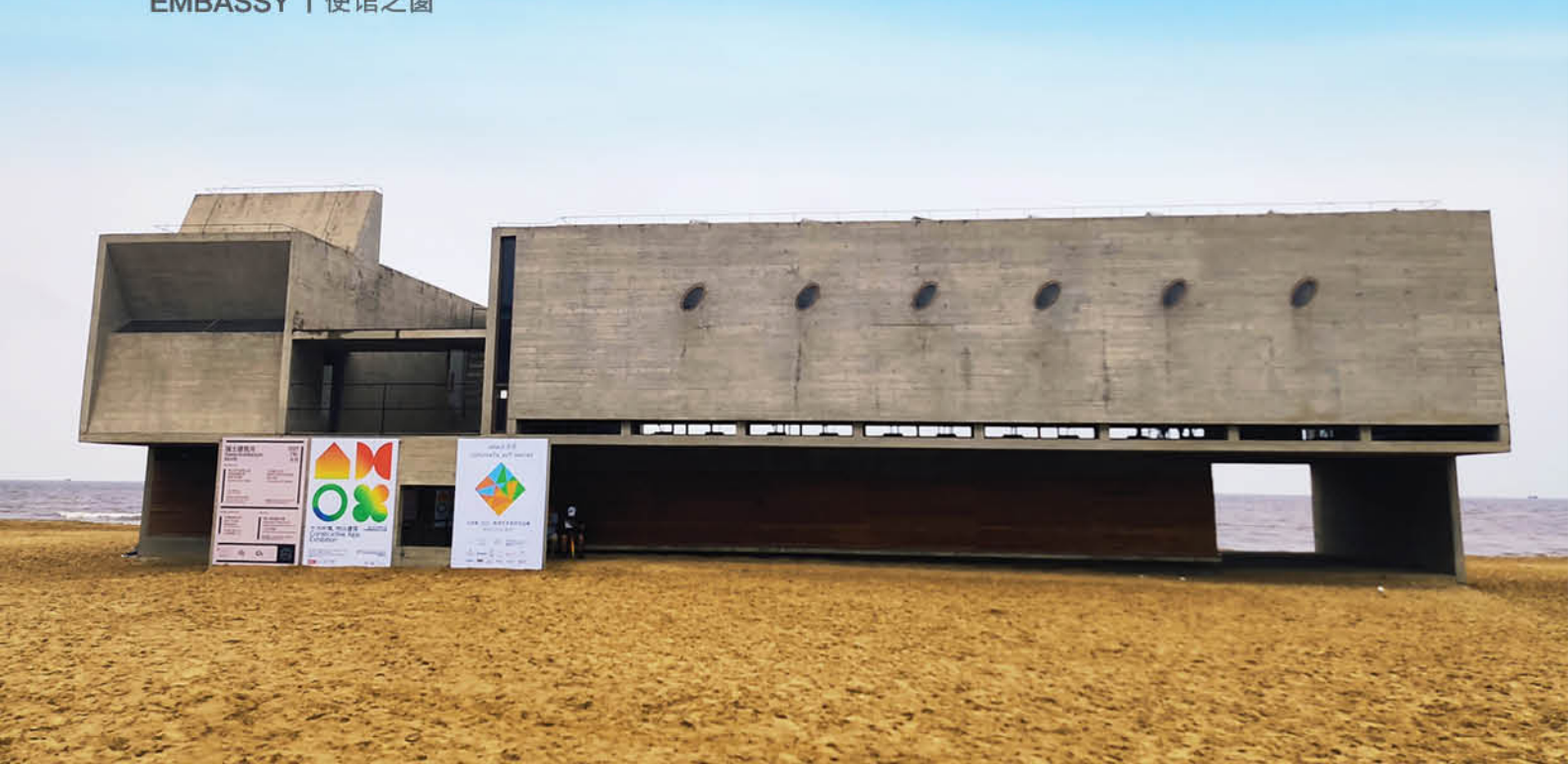


特色美食



Peruvian specialties





瑞士建筑月 在秦皇岛开幕

Swiss Architecture Month Opens in Qinhuangdao

盛夏来临，由瑞士驻华大使馆与卷宗书店携手打造的“瑞士建筑月”在秦皇岛市阿那亚海滨拉开序幕。7月16日，“瑞士建筑月”开幕论坛在阿那亚海滨的三联海滨公益图书馆（即“最孤独图书馆”）举行。同日，“瑞士阿尔卑斯山区可持续建筑奖获奖作品展”及“马克斯·比尔：具体艺术系列作品展”也同时开启。

In the midst of summer, the "Swiss Architecture Month" jointly conceived by the Swiss Embassy in China and the Archives Bookstore kicked off on Anaya Beach in Qinhuangdao City. On July 16, the opening forum of the "Swiss Architecture Month" was held at the Sanlian Strand Public Welfare Library (the "Loneliest Library") on Anaya Beach. On the same day, the "Swiss Alps Sustainable Architecture Award Winning Works Exhibition" and the "Max Biel: Specific Art Series Exhibition" have also been opened.



活动现场

A moment of the event

瑞士驻华大使罗志谊阁下在开幕式上致辞，他介绍道，“阿尔卑斯山区建筑奖获奖作品展”是一个全球性的巡回展览，发起于瑞士，今年四月起先后在丽江、贵阳、杭州、上海等中国城市亮相，还曾经登上黄山之巅。此次在阿那亚，这个单一的展览项目升级成为“瑞士建筑月”系列主题活动。

他说：“通过建筑项目了解一个国家是一件很有意思的事情。当我们观察本次展览的获奖作品，或是其它由瑞士建筑师设计的建筑时，会发现它们的建筑特色和瑞士创新、可持续、包容的价值观不谋而合。”



Swiss Ambassador to China Bernardino Regazzoni gave a talk during the opening ceremony. He told that the "Alpine Architecture Award Winning Works Exhibition" is a global traveling exhibition, initiated in Switzerland and successively held in Lijiang, Guiyang, Hangzhou, Shanghai and other Chinese cities from April this year, once also appeared on the top of Huangshan Mountain. This time in Anaya, the single exhibition project has been upgraded to a series of themed events under the umbrella "Swiss Architecture Month".

He said: "It is so exciting to understand a country through its architectural projects. When we observe the award-winning works of this exhibition or other buildings designed by Swiss architects, we will discover their architectural features, the Swiss innovation, and that the values of sustainability and tolerance coincide with each other."



旭可建筑主持建筑师刘可南先生、RSAA/庄子玉工作室合伙人庄子玉先生、建筑工房创始合伙人于岛先生三人分别分享了自己过往建筑作品中，与周遭山地自然环境成功结合的精彩案例，也探讨了各自在可持续建筑实践中的体会与心得。

Mr. Liu Kenan, lead architect of Xu Ke Construction, Mr. Zhuang Ziyu, partner of RSAA/Zhuang Ziyu Studio, and Mr. Yu Dao, founding partner of Architectural Studio, respectively shared their past architectural experience and examples of successful integration with a surrounding mountainous natural environment. They also shared their own practice and experience in the domain of sustainable construction.



联合创始人、收藏家 Mr. Falk Hirdes 先生为瑞士驻华大使夫妇介绍展品。
Collector and co-founder Mr. Falk Hirdes introduces the exhibits to the Swiss Ambassador to China and his wife.



瑞士驻华大使夫妇参观展览
Swiss Ambassador to China and his wife visit the exhibition



马克斯·比尔：具体艺术系列作品展
Max Bill: Exhibition of Concrete Art Series



“纯洁的冰雪 激情的约会”
中国-委内瑞拉 中外青少年人文交流·邀请展



委内瑞拉驻华大使
菲利克斯·普拉森西亚致辞
Speech of Félix Plasencia,
Venezuelan Ambassador
to China



北京金台艺术馆馆长
袁熙坤先生发表讲话
Mr. Yuan Xikun, Director of
Beijing Jintai Art Museum,
also delivered a speech

中委青少年人文交流活动

Youth Exchange Activities Between China and Venezuela



委内瑞拉驻华大使馆 2021 年 7 月 7 日在北京金台艺术馆举行了“纯洁的冰雪激情的约会”中国-委内瑞拉青少年绘画展。两国青少年创作的 158 幅以“北京冬奥”为主题的作品参展，其中委内瑞拉参展作品 30 幅。

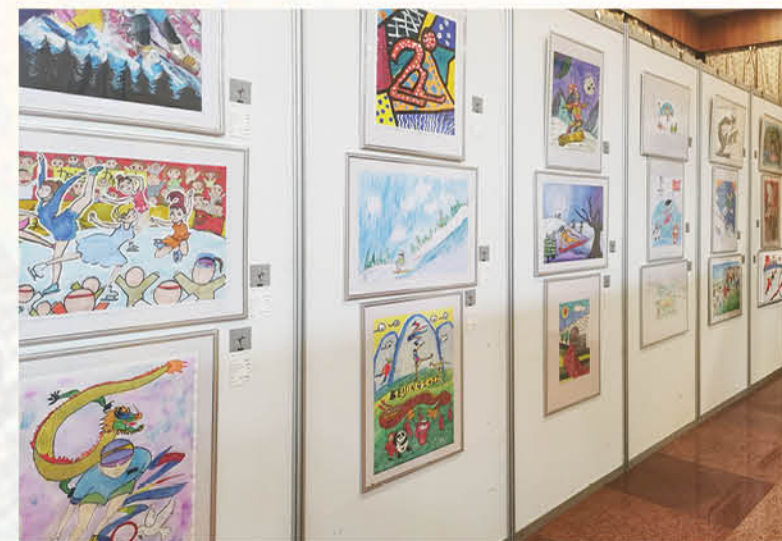
On July 7, 2021, the Venezuelan Embassy in China held the "Joyful Rendezvous upon Pure Ice and Snow" China-Venezuela Youth Painting Exhibition at the Jintai Art Museum in Beijing. There were 158 works created by young people from the two countries with the theme "Beijing Winter Olympics", including 30 works from Venezuela.

委内瑞拉和中国小学生合唱体育颂
Venezuelan and Chinese elementary school students sing the "Ode to Sport"

· 啊，体育，你就是美丽！你塑造的人体变得高尚还是卑鄙，要看它是被可耻的欲望引向堕落；还是由健康的力量悉心培育。没有匀称协调，便谈不上什么美丽。你的作用无与伦比，可使二者和谐统一；可使人体运动富有节律；使动作变得优美，柔中含有刚毅。

· O Sport, you are Beauty! You are the architect of that edifice which is the human body and which can become abject or sublime according to whether it is defiled by vile passions or improved through healthy exertion. There can be no beauty without balance and proportion, and you are the peerless master of both, for you create harmony, you give movements rhythm, you make strength graceful and you endow suppleness with power.

· ¡Oh deporte, eres la Belleza! Eres el arquitecto de este edificio que es el cuerpo humano y que puede transformarse en abyecto o sublime, según sea defecado por los viles pasiones o mejorado por el esfuerzo. No existe belleza sin equilibrio y armonía, y tú eres el incomparable maestro de uno y otro. Tú creas la armonía, tú das ritmo a los movimientos, transformas la fuerza en gracia y endowses de elasticidad a los movimientos.





加勒比共同体日 CARICOM DAY 2021



牙买加驻华大使丘伟基阁下
H.E. Mr. Antonia Hugh, Ambassador of
Jamaica to China

加勒比共同体 (CARICOM) 2021 年 7 月 4 日庆祝其成立 48 周年。牙买加大使馆借此重要里程碑之际, 向所有加勒比共同体国民、加勒比侨民和加勒比地区的成员致以热烈的问候。

在此之际, 我们应该反思自 1973 年《查瓜拉马斯条约》签署以来在区域一体化道路上的许多经验、成就和挫折。例如, 我们地区建立了诸如西印度群岛大学 (UWI) 和加勒比开发银行 (CDB) 等受人尊敬的机构, 这对我们地区来说是一种功劳, 远早于其他地区这样做。

此外, 我们在文化、卫生、教育、安全和灾害风险管理等领域拥有创新和前所未有的职能合作网络。如果我们要在这些成就的基础上再接再厉, 加快一体化进程并在全球经济中成功定位该地区, 我们必须从战略上应对对我们的发展议程构成生存威胁的重大经济和社会挑战。

作为一个区域, 我们仍然受到外源性经济和环境冲击的高度脆弱性的限制, 而又一个飓风季节的开始提醒我们, 我们距离被迫将关键资金从优先发展项目中转移出去只有一场风暴。对于我们地区的重债中等收入国家 (HIMIC), 我们必须在偿还债务和促进增长的支出之间做出选择, 这严重威胁到我们的经济转型。

考虑到这些挑战, 加勒比国家一直在采取创造性步骤, 以有效提高我们的经济和社会复原力, 并创造一个更可持续的环境, 让我们的人民能够成长和繁荣。然而, 疫情严重破坏了我们的一些进展。

重要的是, 加勒比共同体是世界上最依赖旅行和贸易的地区, 旅游业占我们国内生产总值 (GDP) 的很大一部分。因此, 疫情带来的经济影响尤为严重, 我们的经济、生计和生存本身的脆弱性暴露无遗。尽管如此, 加勒比地区已经在团结中找到了力量。在整个疫情期间, 我们通过协调与合作, 制定了共同战略, 以应对我们这个时代最大的挑战。加勒比经济委员会制定了应对疫情的 12 点行动计划, 加勒比公共卫生署 (CARPHA)、加勒比灾难和紧急事务管理局 (CDEMA) 和国家开发银行等区域机构已经超越超越了疫情带来的社会经济和跨境挑战。

“坚持到底”是我们在这个加勒比共同体日向社区传达的信息。继续成为一个统一、不可分割的加勒比地区, 以确保我们的人民能够从区域一体化进程中获益, 并实现我们在加勒比共同体歌曲中回荡的承诺:

“虽然我们的种族伟大而多样
团结我们的纽带比这些更牢固
我们吃饭我们祈祷我们爱我们跳舞我们玩耍
我们以西印度的方式相互联系
今天, 当人们团结一致时, 我们坚定不移地站着
我们展望一个全新的视野未来现在牢牢掌握在我们手中”

加勒比共同体日快乐!
牙买加大使馆

The Caribbean Community (CARICOM) celebrated its 48th Anniversary of its founding on 4th July 2021. The Embassy of Jamaica took this opportunity on the occasion of this important milestone, to extend warm Caribbean greetings to all CARICOM nationals, Members of the Caribbean diaspora and friends of the Caribbean who reside here in the People's Republic of China.

On this occasion, it is only appropriate for us to reflect on the many experiences, achievements and setbacks along the path of regional integration since the signing of the Treaty of Chaguaramas in 1973. For instance, it is a credit to our region that we had established esteemed institutions such as the University of the West Indies (UWI) and the Caribbean Development Bank (CDB), long before other regions did the same.

In addition, we have an innovative and unprecedented network of functional cooperation in areas such as culture, health, education, security and disaster risk management. If we are to build on these achievements, quicken the pace of the integration movement and successfully position the region within the global economy, we must strategically confront the significant economic and social challenges, which pose an existential threat to our development agenda.

As a region, we are still constrained by high levels of vulnerability to exogenous economic and environmental shocks and, the start of yet another hurricane season, we are reminded that we are only one storm away from being forced to divert crucial funds away from priority development projects towards supporting emergency, recovery and resilience needs. For the Highly Indebted Middle-Income Countries, (HIMICs) in our region, our economic transition is gravely threatened by our having to choose between debt repayments and catalytic growth spending.

Considering these challenges, Caribbean nations have been taking creative steps to effectively increase our economic and social resilience and create a more sustainable environment in which our peoples can grow and prosper. The COVID 19 pandemic however has significantly derailed some of our progress.

Importantly, the Caribbean Community is the most travel and trade dependent region in the world and tourism accounts for a large percentage of our Gross Domestic Product (GDP). For this reason, the economic effects of the pandemic were particularly severe and the vulnerability of our economies, our livelihoods and our very existence was revealed. Notwithstanding, the Caribbean region has found strength in unity and solidarity. Throughout the pandemic, we have been able, through coordination and collaboration, to develop common strategies to confront the greatest challenge of our time. A 12-Point Action Plan in



7月7日孩子们走进牙买加大使馆了解加勒比海共同体和牙买加风土人情

On July 7, children walked into the Jamaican Embassy to learn about the Caribbean Community and Jamaica's customs

response to the pandemic was devised by the Caribbean Commission on the Economy and regional institutions such as the Caribbean Public Health Agency (CARPHA), the Caribbean Disaster and Emergency Management Agency (CDEMA) and the CDB have gone above and beyond in addressing the socio-economic and cross-border challenges presented by the pandemic.

“Stay the course” is our message to the Community on this CARICOM Day. Continue to be a united, indivisible Caribbean to ensure that our peoples can reap the benefits of the regional integration process and ring true the promise echoed in our CARICOM Song:

“Though great and diverse be our ethnicities
The bonds that unite us are stronger than these
We dine we pray we love, we dance and we play
We relate to each other the West Indian way
Today as people united
Determined and steadfast we stand
We look to a brand new horizon
The future now firmly in our hands”

Happy CARICOM Day!
Embassy of Jamaica



牙买加总理安德鲁·霍尔内斯阁下发表讲话。
H.E. Andrew Holness, Prime Minister of Jamaica speaks on the occasion.



牙买加的独立日 Jamaica's Independence Day

8月6号牙买加驻华大使馆与牙买加中国牙买加日出协会在北京瑞吉酒店共同举办庆祝活动。

On August 6, the Jamaican Embassy in China and the Sunrise Association of Jamaican Nationals in China jointly held a celebration at the St. Regis Hotel in Beijing.



丘伟基 (Antonia Hugh) 牙买加驻华大使发表开幕致辞。
Antonia Hugh, Jamaican Ambassador to China delivers the opening speech.



牙买加驻华使馆副馆长兼公使衔参赞梅丽莎·普莱斯发表讲话。
Melissa Pryce, Deputy Chief and Minister Counselor of Jamaican Embassy to China talks at the event.



Cleve Mckenzie 先生, 中国牙买加日出协会创始人兼主席发表讲话
Mr. Cleve Mckenzie, Founder and Chairman of Sunrise Association of Jamaican Nationals in China addressed the guests too.



活动现场

A moment of the event



1962年8月6日牙买加从英国殖民统治权力下获得独立性。最初是西班牙的领土，17世纪时被英国统治。牙买加在古老的过去被称为“Xaymaca”直译是木和水的天堂。

牙买加现在是英联邦的成员。

Jamaica gained independence from the British colonial power on August 6, 1962. Originally a Spanish territory, it was ruled by Britain in the 17th century. Jamaica was called "Xaymaca" in the ancient past, which means paradise of wood and water.

Jamaica is now a member of the Commonwealth.





European Chamber
中国欧盟商会

欧商会中夏派对

European Union Chamber of Commerce Mid-summer Party

欧盟商会 2021 年 7 月 28 日在北京宝格丽酒店举办了中夏花园交流会。
On July 28, 2021, the European Chamber of Commerce held the Zhongxia Garden Discussion Forum at the Bulgari Hotel in Beijing.



欧盟驻中国大使郁白先生在讲话中介绍了上半年中国欧盟在华的大事件。
In his speech, Nicolas Chapuis, EU's Ambassador to China, highlighted some of the major events of China and the EU in China during the first half of the year.

欧盟商会主席 Joerg Wuttke 发表开幕致辞
Opening remarks of Joerg Wuttke, President of the European Chamber of Commerce



商会副会长马晓利抽奖，并与三位大奖获奖者合影
Massimo Bagnasco, Vice Chairman of the Chamber of Commerce, draws a lottery and takes a photo with the three grand prize winners

活动现场

A moment of the event

中国欧盟商会创建于 2000 年。目前在中国范围内有 1700 多家外资在华企业。除北京之外，在上海，天津，成都，沈阳，重庆，广州，深圳和南京设有代表处。

The European Union Chamber of Commerce in China was founded in 2000. At present, it comprises more than 1,700 foreign-funded enterprises in China. In addition to Beijing, it has representative offices in Shanghai, Tianjin, Chengdu, Shenyang, Chongqing, Guangzhou, Shenzhen and Nanjing.



郁白大使与嘉宾
Ambassador Nicolas Chapuis with guests



Follow the Ambassador to his Country

Rodrigo Delgado Soto
Ambassador of
Costa Rica

跟着大使看世界

——哥斯达黎加驻华大使
罗德里戈·德尔加多·索托



哥斯达黎加国旗
Costa Rican flag

哥斯达黎加共和国，简称哥斯达黎加，位于拉丁美洲的一个总统共和制国家，北邻尼加拉瓜，南与巴拿马接壤。

哥斯达黎加的地形是：海岸边是平原，而中部被崎岖的高山所隔绝。气候属于热带和亚热带。

哥斯达黎加国土面积仅占世界陆地面积的 0.03%，但拥有全球近 4% 的物种，是世界上生物物种最丰富的国家之一。26% 的国土面积为国家公园或自然保护区，其中包括 11 块湿地、2 个生物保护区和 3 处世界自然遗产。

The Republic of Costa Rica, referred to as Costa Rica, is a presidential republic in Latin America, bordering Nicaragua in the north and Panama in the south.

Costa Rica's terrain is plain at the coasts, while the middle is isolated by rugged mountains. The climate is tropical and subtropical.

Costa Rica only accounts for 0.03% of the world's land area, but it is home to nearly 4% of the world's species. It is one of the countries with the most numerous biological species in the world. 26% of its land area is national parks or natural reserves, including 11 wetlands, 2 biological reserves and 3 World Natural Heritage sites.



哥斯达黎加地图
Costa Rica on the map



哥斯达黎加科科岛国家公园 (1997、2002)

COCOS ISLAND NATIONAL PARK

科科斯岛国家公园距哥斯达黎加太平洋海岸 550 公里，是热带东太平洋上唯一拥有热带雨林的岛屿，其位置最接近北赤道逆流，又是该岛和周围海洋生态系统全面相互影响的地方，因此这个地区是研究生物进程的理想实验室。

Cocos Island National Park is 550 kilometers away from the Pacific coast of Costa Rica. It is the only island with tropical rain forest in the tropical eastern Pacific. Its location is closest to the North Equatorial Counter Current. It is also a place where the island and the surrounding marine ecosystem interact comprehensively. Therefore, this area is an ideal laboratory for studying biological processes.



塔拉曼卡仰芝-拉阿密斯泰德保护区 (1983、1990)

TALAMANCA RANGE-LA AMISTAD RESERVES / LA AMISTAD NATIONAL PARK (1983 1990)

巴拿马和哥斯达黎加两国共有。塔拉曼卡仰芝-拉阿密斯泰德保护区位于哥斯达黎加南部的卡塔戈省和巴拿马北部的奇里基省、博卡斯德尔托罗省交界处。总面积 5654 平方千米，是美洲最大的热带雨林自然保护区。

Panama and Costa Rica share the Talamanca La Amistad National Park. This reserve is located at the junction of Cartago province in the south of Costa Rica and Chiriqui and Bocas del Toro provinces in the north of Panama. With a total 5654 square kilometers, it is the largest tropical rain forest nature reserve in America.



哥斯达黎加瓜纳卡斯特保护区 (1999、2004)

GUANACAST NATURAL RESERVE (1999, 2004)

瓜纳卡斯特自然保护区位于哥斯达黎加西北部，它从哥斯达黎加距太平洋 12 英里的地方开始延伸，沿着太平洋沿岸的低地跨越内陆，翻过三座火山，然后俯冲到低地，全长约 105 公里。1999 年，瓜纳卡斯特自然保护区被联合国教科文组织列入世界自然遗产。

Guanacast Natural Reserve is located in the northwest of Costa Rica. It starts 12 miles away from the Pacific Ocean, makes inland along the lowlands of the Pacific coast, crosses three volcanoes, and then descends to the lowlands, with a total length of about 105 kilometers. In 1999, Guanacast Natural Reserve was listed as a World Natural Heritage site by UNESCO.

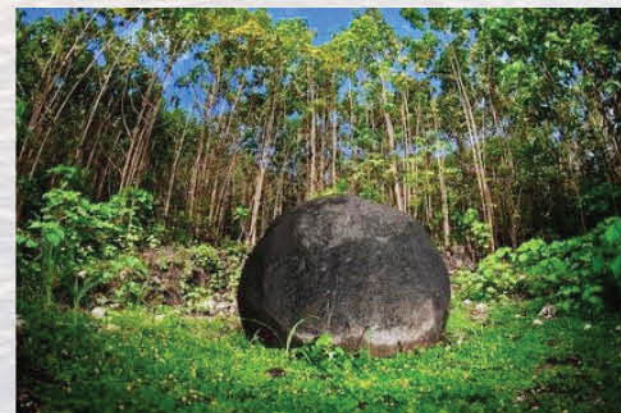


哥斯达黎加迪奎斯三角洲石球以及前哥伦比亚人酋长居住地 (2014)

PRE COLUMBIAN CHIEFDOM SETTLEMENTS WITH STONE SPHERES OF THE DIQUÍS (2014)

迪奎斯三角洲石球以及前哥伦比亚人酋长居住地包括四处遗产点，位于哥斯达黎加南部的迪奎斯三角洲，被认为是公元 500 年至公元 1500 年这一时期社会、经济和政治独一无二的例证。这一文化遗产由人工建成的土丘、已铺筑的地区、墓地遗址，以及不可思议的哥斯达黎加巨型石球组成。于 20 世纪 30 年代，由美国人乔治·奇坦发现。乔治·奇坦在哥斯达黎加人迹罕至的三角洲热带丛林以及山谷和山坡上，发现了约 200 个好似人工雕饰的石球。这些石球大小不等，大的直径有几十米，最小的直径也在两米以上，制作技艺精湛，堪称一绝。加拉卡有一处石球群多达 45 枚，另两处分别有 15 枚和 17 枚，有的排列成直线，有的略成弧线，无一定规则。

The Diquis Delta stone ball and the residence of former Colombian chiefs include four heritage sites. The Diquis Delta in southern Costa Rica is considered to be a unique social, economic and political example of the period from AD 500 to AD 1500. This cultural heritage consists of man-made mounds, paved areas, cemetery sites, and incredible giant stone balls in Costa Rica. It was discovered by American George Chitan in the 1930s. George Chitan found about 200 carved stone balls in the inaccessible tropical forests of the Delta, valleys and hillsides in Costa Rica. These stone balls vary in size. The large ones measure a few metres in diameter. They are exquisite and can be called masterpieces. There are up to 45 stone balls in one place, and 15 and 17 in the other two places respectively. Some are arranged in a straight line, some in a circular shape, and some without rules.





西藏的发展与变迁 Development and Change in Tibet

中国记协于7月28日在京举办第149期新闻茶座，邀请中国藏学研究中心历史研究所原所长张云以“西藏的发展与变迁”为主题，与境内外记者交流问答。

The China Journalists Association held the 149th News Cafe in Beijing on July 28, inviting Zhang Yun, former Director of the History Institute of the China Tibetology Research Center, to discuss questions with domestic and foreign journalists of the topic "Development and Change in Tibet".



张云围绕西藏社会制度的历史性跨越、经济社会发展、传统文化保护传承、生态环境保护等内容展开介绍。他说，西藏和平解放70年来，西藏的发展和变迁是全方位的。实践证明，党中央关于西藏工作的方针政策是完全正确的。

Zhang Yun introduced the historical leap of the Tibetan social system, economic and social development, the protection and inheritance of traditional culture and the ecological environment. He said that since Tibet's peaceful liberation 70 years ago, Tibet's development and change have been comprehensive. Practice has proved that the Party Central Committee's policies on Tibet were completely correct.



记者提问
Reporter's Q&A

大熊猫双胞胎在柏林动物园庆祝2岁生日 Giant panda twins celebrate 2nd birthday at Berlin Zoo

8月31日柏林柏林动物园，大熊猫双胞胎梦翔和梦媛是德国出生的第一只双胞胎熊猫幼崽，周二在柏林动物园庆祝了它们的两周岁生日。

BERLIN, Aug. 31 (Xinhua) -- The giant panda twins Meng Xiang and Meng Yuan, the first-ever twin panda cubs born in Germany, celebrated their second birthday at the Berlin zoo.



2021年8月31日，大熊猫萌萌媛（右）和它的妈妈萌萌在德国首都柏林的柏林动物园享用“生日蛋糕”。（新华社/单玉琪）
Giant panda Meng Yuan (R) and its mother Meng Meng enjoy a "birthday cake" at Berlin Zoo in Berlin, capital of Germany, August 31, 2021. (Xinhua/Shan Yuqi)

遗失的佛像回到中国 Lost Buddha statue returns to China



7月24日，太原天龙山石窟遗失已久的佛像从日本归国后，于周六在中国北方山西省首次公开亮相。

这尊佛像距今已有1400多年历史，原藏于石窟第八窟的塑像于2020年12月12日从日本运抵北京。该雕像将永久陈列在山西省会太原的天龙山石窟博物馆。

石窟群依偎在太原郊外的山上，现有石窟25个，造像500多尊，代表了南北朝(420-589)至唐(618-907)时期的美术作品。在1920年代，石窟遭到掠夺，240多件雕塑被盗，其中150多件散落在世界各地，要么在博物馆，要么作为私人收藏的一部分。文化和旅游部副部长李群在展览上表示，2021年至2025年，中国将千方百计确保更多的失地文物得到追回和归还。

TAIYUAN, July 24 (Xinhua) -- A long-lost Buddha statue of Tianlong Mountain Grottoes made its public debut in north China's Shanxi Province on July 24 after being returned from Japan.

With a history of over 1,400 years and originally stored in the eighth cave of the grottoes, the statue arrived in Beijing from Japan on December 12, 2020.

Nestled on a mountain on the outskirts of Taiyuan, the grottoes currently comprise 25 caves and more than 500 statues, representing the fine arts from the Southern and Northern Dynasties (420-589) to Tang Dynasty (618-907).

In the 1920s, the grottoes were plundered and more than 240 sculptures stolen, with over 150 of them known to be scattered across the world, either in museums or as part of private collections, said the museum.

Between 2021 and 2025, China will try every means to ensure more lost cultural relics are recovered and returned, Deputy Minister of Culture and Tourism Li Qun said at the exhibition.

藏传佛教寺院 完成首次大规模整修 Tibetan Buddhist monastery completes first large-scale renovation

7月13日，甘肃省著名的藏传佛教寺院——拉卜楞寺已基本完成首次大规模综合保护和整治，地方当局周二宣布。

它是一项耗资4亿元人民币（6,177万美元）的保护项目的一部分，旨在翻新拉卜楞寺，拉卜楞寺是藏传佛教格鲁派最大的寺庙之一。据负责保护寺院文物的索南嘉介绍，该项目始于2012年，是300多年来第一次大规模维修。整修重点是保护文物、提升基础设施和建设旅游配套设施。该寺14个佛堂的主要装修已经完成，正在进行绘画和壁画的修复工作。该寺位于甘南藏族自治州夏河县，始建于1709年，1982年成为国家级文物保护单位。

LANZHOU, July 13 (Xinhua) -- A prominent Tibetan Buddhist monastery in the northwestern province of Gansu has basically completed its first large-scale comprehensive protection and renovation, local authorities announced on July 13.

It is part of a wider 400-million-yuan (61.77 million U.S. dollars) preservation project to renovate Labrang Monastery, one of the largest temples of the Gelug sect of Tibetan Buddhism. According to Sonam Gya, in charge of protecting the monastery's artifacts, the project began in 2012 and was the first large-scale renovation of the shrine in more than 300 years. The refurbishment focused on protecting cultural relics, upgrading infrastructure and constructing supporting facilities for tourism. The main renovation of 14 Buddhist halls in the monastery has been completed, with repair work on paintings and frescos ongoing, said Gya.

Located in Xiahe county in the Tibetan autonomous prefecture of Gannan, the monastery was built in 1709 and has been a national cultural protection site since 1982.



青岛国际啤酒节开幕 International beer festival opens in Qingdao

7月17日，第31届青岛国际啤酒节是中国最大的啤酒节之一，于周五晚上在中国东部山东省沿海城市青岛开幕。

据西海岸新区旅游委员会介绍，为期24天的狂欢节聚集了来自40多个国家和地区的1600多种啤酒。

节日期间将有400多项活动，涵盖国际交流、经贸展览、时装表演、游行和表演。据主办方介绍，已经搭建了9个帐篷和32个小木屋，为游客提供啤酒和食物。

今年，啤酒节要求参加者在进入会场时戴上口罩并出示健康码，以防止潜在的疫情爆发。

青岛是中国历史悠久的啤酒品牌基地青岛啤酒的所在地。其国际啤酒节是一年一度的盛会。

QINGDAO, July 17 (Xinhua) -- The 31st Qingdao International Beer Festival, one of the largest beer festivals in China, opened on July 16 in the coastal city of Qingdao, east China's Shandong Province.

The 24-day carnival has gathered more than 1,600 beers from over 40 countries and regions, according to the tourism commission of the Xihai'an (West Coast) New Area, where the festival is taking place.

There will be over 400 activities covering international exchanges, economic and trade exhibitions, fashion shows, parades and performances during the festival. Nine tents and 32 cabins have been set up to provide beer and food for visitors, according to the organizer.

This year, the beer festival has asked attendees to wear masks and display their health codes when entering the venue to prevent potential COVID-19 outbreaks.

Qingdao is home to the Tsingtao Brewery, the base of a time-honored beer brand in China. Its international beer festival is an annual event.

追忆《开国大典》导演李前宽 Remembering Li Qiankuan, Director of "The Birth of New China"

著名国家一级导演、中国电影家协会名誉主席李前宽于8月12日在浙江宁波慈溪病逝，享年80岁。

Li Qiankuan, a renowned national first-level director and Honorary Chairman of China Film Association, passed away on August 12 in Cixi, Ningbo, Zhejiang Province, at the age of 80 after a long illness.

2012年和2020年《世界中国》杂志的封面人物

As appeared on the cover page of "The World and China" Magazine in 2012 and 2020



2020年夏季接受本杂志采访。三个多小时的交谈，才华横溢，谈笑风生，激情四射，绘声绘色，有极强的代入感，似一团火点燃着周围的人，谁也没察觉到，令我们崇拜的大艺术家是近八旬的老人，居然还是一个肺癌晚期患者。他乐观面对疾病的态度让我们十分敬佩。

During an interview he gave to this magazine in the summer of 2020. For more than three hours, he spoke with great talent, laughter, passion and colour, with a strong sense of immersion, like a fire that lights up the people around him... No one realised that the great artist we admire, with his nearly 80 years of age, was actually a terminal lung cancer patient. His optimism in spite of his illness serves as a source of great admiration for us.

2021年9月杂志社社长纳吉·麟探望遗孀肖桂云导演。肖导回忆：前宽主席早在8年前就被查出肺癌，并被告知，只有半年的生命。但他不做手术，坚持进行保守治疗。面对癌症，他像正常人一样，勇敢地，十分有尊严地活着直到去世。不过，我总是觉得他时时刻刻依然在我身边。

李前宽的一生是光辉灿烂的。他不仅是一位导演，他勇于奉献，肯于担当，在中国电影低谷时提出“电影频道”，“电影博物馆”的创意；为两岸四地电影人合作交流铺路搭桥；做了大量电影公益事业；他为把中国电影做大做强积极向胡锦涛书记建言献策，促成2010年国务院九号文件“关于繁荣发展中国电影产业的十项措施”。他还曾义务地担任中国欧盟微电影展评委主席。

李前宽主席和夫人肖桂云共同执导的《佩剑将军》，《开国大典》《重庆谈判》《决战之后》《七七事变》等史诗风采的佳作，经久耐看，弥足珍贵，给世人留下的杰作与他一同永垂不朽！



In September 2021, Editor-in-chief of the magazine, Nagy Lin visited his widow, director Xiao Guiyun. Director Xiao recalled that former Chairman Qiankuan had been diagnosed with lung cancer eight years earlier and was told that he had only six months to live. However, he did not undergo surgery and insisted on traditional treatment. Faced with cancer, he lived bravely and with great dignity until his death, just like a normal person. "However, I always feel that he is still with me at every moment."

He was not only a director, but he was also a courageous and willing person to take on the responsibility of proposing the idea of a "film channel" and a "film museum" at a time when Chinese cinema was at its lowest ebb; paving the way for cooperation and exchange between filmmakers from the four corners on both sides of the Taiwan Strait. He has also done a lot of work for the benefit of the film industry: he actively advised General Secretary Hu Jintao on how to make the Chinese film industry bigger and stronger, and contributed to the State Council's 2010 no. 9 document "Ten Measures for the Prosperity and Development of the Chinese Film Industry". He has also volunteered to chair the jury of the EU-China Short Film Festival.

He and his wife Xiao Guiyun directed such epic masterpieces as "A General Wearing the Sword", "The Birth of New China", "Chongqing Negotiations", "After the Final Battle" and "The Lu Gou Qiao Incident", all of which became ever-lasting and immortal, just like him.



中国陕西 2021
SHAANXI CHINA

探访西安全运村

National Games in Xi'an



中国陕西 2021
SHAANXI CHINA

第十四届全运会吉祥物
Mascot of the 14th National Games

距离中华人民共和国第十四届运动会（第十四届全运会）在西安奥体中心盛大启幕还有 40 天的时间。8 月 6 日，西安市政府新闻办开展中省市主流媒体探营全运村活动，35 家媒体记者走进西安全运村，对全运会期间入住人员的吃住行等进行了实地参观采访。

据介绍，运动员村共有 35 栋楼，56 个门栋，2020 户。每日安保力量 550 余人，其中警力 200 余人，安检及保安 350 余人。共有三个安检口。

There are 40 days to go before the grand opening of the 14th National Games of the People's Republic of China (the 14th National Games) in Xi'an Olympic Sports Center. On August 6, the Information Office of the Xi'an Municipal Government launched an activity to let mainstream media from the central provinces and cities explore the National Games Village. 35 media reporters walked into the Xi'an Games Village, visited the food, accommodation, and transportation sections prepared for the participants of the National Games and conducted interviews.

According to their reports, the Athletes' Village has 35 buildings, 56 gates and 2020 apartments. The daily security force is more than 550 people strong, including more than 200 policemen and 350 security guards. There are three security checkpoints.



运动员村的生日屋
Birthday room in the Athletes' Village



运动员餐厅
Athletes' restaurant

全运村志愿者中心在运动员村、媒体村、技术官员村均设有一处志愿服务中心，为全运村的村民和志愿者提供咨询。

The National Games Village Volunteer Center has volunteer service centers in the Athletes' Village, Media Village and Technicians' Village to provide consultations for the participants and volunteers during the games.

全运村商业街商业面积约 13900 平方米，包括健身房，超市，邮政，银行等 17 个业态，共 45 个商铺，将为来自全国各地的 15500 余名入住人员提供基础生活、娱乐休闲、社交平台、品牌展示、文化消费等 6 大类别的专业周到服务。

运动员餐厅总建筑面积为约 11000 平方米，厨房面积为约 3000 平方米，餐厅就餐区面积为 7520 平方米，餐厅共设置 3456 个餐位，可以满足全运会高峰期 6208 名运动员的就餐需求。

The commercial area of the National Games Village Commercial Street is about 13,900 square meters, including 17 business formats such as gyms, supermarkets, postal services, banks, etc., a total of 45 shops. They will provide professional services in six main categories such as basic living, entertainment, leisure, social interaction, brand display, cultural activities for more than 15,500 participants from all over the country.

The total construction area of the athletes' restaurant is about 11,000 square meters with a kitchen area of about 3,000 square meters, and a dining area of 7,520 square meters. It has a total of 3456 seats, which can meet the dining needs of the 6,208 athletes during the peak period of the National Games.



运动员房间
Athlete's room



运动员安检口
Security checkpoint for the athletes

全运村三村包括运动员村、技术官员村和媒体记者村，总占地面积 680 亩，赛时预计使用 59 栋楼，2975 套房，12176 个床位，全运村预计接待 13883 位入住人员。

The three villages of the National Games Village, including the Athletes' Village, Technicians' Village and Media Village, cover a total area of 680 mu (112 acres). 59 buildings, 2975 suites and 12,176 beds are expected to be used during the games. The National Games Village is going to house 13,883 residents.



The Crested Ibis 陕西朱鹮

资料来源：陕西省林业信息宣传中心

朱鹮 1981 年在洋县重新发现，经过 40 年的努力，朱鹮种群数量已由最初陕西的 7 只壮大到现在全世界的 7000 余只，栖息地面积仅陕西境内就从不足 5 平方公里扩大到 1.5 万平方公里。其中陕西境内 5000 余只，由极危降为濒危。目前，朱鹮栖息地集中在中国陕西、河南、浙江。

The crested ibis was first discovered in Yangxian County in 1981. After 40 years of efforts, the population of the ibis has grown from the initial seven in Shaanxi to more than 7,000 worldwide. Its habitat area has expanded from less than 5 square kilometres to 15,000 square kilometres in Shaanxi alone. As a result, its protection classification has been lowered from critically endangered to endangered. Currently, the habitat of the bird is concentrated in Shaanxi, Henan and Zhejiang provinces in China.



1981 年重新发现朱鹮时的姚家沟巢区 (图: 路宝忠)
The Yaojiagou nesting area discovered in 1981 (Photo: Lu Baozhong)



朱鹮发现人刘荫增
Discoverer of the crested ibis, Liu Yinseng



1994 年 6 月 23 日，时任中国国务委员兼国家科委主任宋健到洋县朱鹮救护饲养中心视察，对朱鹮保护工作给予了较高的评价：朱鹮的保护非常成功，为我们的国家，为科学界争了光。
On 23 June 1994, Song Jian, State Councillor and Director of the State Science Committee of China, visited the Crested Ibis Rescue and Breeding Centre in Yangxian County and commended the protection work done there: the breeding of this species has been quite successful, a great achievement for our country and the scientific community.



1998 年江泽民向日本国赠送的朱鹮“友友、洋洋”。
The crested ibises "You You and Yang Yang" presented by Jiang Zemin to Japan in 1998.



1986 年陕西省人民政府批准成立陕西朱鹮保护观察站，日本代表团首次赴姚家沟考察。
In 1986, the Shaanxi Provincial People's Government approved the establishment of the Shaanxi Crested Ibis Protection Observatory; a Japanese delegation visits Yaojiagou for the first time.



1999 年 11 月，时任陕西省省长程安东视察朱鹮保护工作
In November 1999, Shaanxi Provincial Governor Cheng Andong reviewed the protection works of the crested ibis



2005 年 11 月，中国野生动物保护协会授予洋县“中国朱鹮之乡”
In November 2005, the China Wildlife Protection Association awarded Yangxian County the title of "Home of the Chinese Crested Ibis".



2007年11月，时任国务院总理温家宝赠送日本一对朱鹮“华阳”、“溢水”
In November 2007, Wen Jiabao, then Premier of the State Council, presented a pair of Crested Ibis "Huayang" and "overflow" to Japan

2008年赠送韩国一对朱鹮“洋洲”、“龙亭”
In 2008, a pair of Crested Ibis "Yangzhou" and "Longting" were presented to South Korea



2009年华阳朱鹮野化放飞种源基地建成
In 2009, the Huayang Crested Ibis Breeding and Release Base was completed

2020年4月27日，时任陕西省委书记胡和平在省林业局局长党双忍陪同下视察了朱鹮保护区管理局华阳朱鹮野化放飞种源基地
On 27 April 2020, Hu Heping, Secretary of Shaanxi Provincial Party Committee, accompanied by Dang Shuangren, Director of the Provincial Forestry Bureau, inspected the Huayang Crested Ibis Breeding and Release Base of the Crested Ibis Protection Area Administration.



精彩掠影
Wonderful glimpse

摄影：张永平、张跃明





走进西安外事学院 Xi'an International University

—遇见青春的中华文化
— Experience the Youthfulness of Traditional Chinese Culture

在中国十三朝古都西安，国家级高新区腹地，有一所联通世界的年轻的大学——西安外事学院。学院创建于1992年，现有学生2.1万余名，与海内外知名学府、企业联合培养人才，形成了以经、管、文、医、工、艺、农、教协调发展的学科专业体系，加以独特的创新创业教育、国际化教育、德育教育三大办学特色，是一所以本科教育为主的国际化、应用型、综合性、高水平民办大学。学院已与世界知名大学建立了稳固的互动合作机制，与美、加、法、日、韩、俄、匈牙利等国家的近百所高校建立了合作关系。

In Xi'an, the ancient capital of 13 dynasties of China, in the hinterland of the national high-tech zone, there is a young university which is connected to the world - Xi'an International University. Founded in 1992, the university has more than 21,000 students, and trains talents in cooperation with enterprises and prestigious foreign and domestic universities through an offering of majors encompassing economics, management, literature, medicine, engineering, arts and agriculture, delivered with 3 major unique characteristics such as innovation and entrepreneurship education, international education and moral education, it is an international, application-oriented, comprehensive and high-level private university with a focus on undergraduate education. The university has established a solid interactive cooperation mechanism with world-renowned universities, and has established cooperation with nearly 100 universities in the United States, Canada, France, Japan, Korea, Russia, Hungary and other countries.

西安外事学院南校区航拍图
Aerial view of the South Campus of Xi'an International University



西安外事学院鱼化湖和思圣塔
Yuhua lake and Sisheng pagoda of Xi'an International University

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西安外事学院因其成功发展模式入选哈佛大学教学案例，也因对中华优秀传统文化古琴项目的“创造性转化、创新性发展”，被教育部授予中华优秀传统文化传承基地。传统文化的“琴、棋、书、画、花、香、茶”在西安外事学院师生这里有了新的风采。菲律宾、马耳他等多国驻华大使及世界各地师生到此考察交流，认识了独具特色的正蒙通识教育和通识教育实践基地，体验了西安外事古乐团演绎的文化活动，遇见了青春的中华优秀传统文化。

Xi'an International University has been selected as a Harvard University teaching case study for its successful development model, and has been awarded the Chinese Outstanding Traditional Culture Heritage Base title by the Ministry of Education for its "creative transformation and innovative development" of the Chinese zither project. The traditional culture of "zither, chess, calligraphy, painting, flowers, incense and tea" has taken on a new dimension for the teachers and students of Xi'an International University. Ambassadors from the Philippines, Malta and other countries in China, as well as students and teachers from all over the world, have visited the school, learned about the unique Zhengmeng Liberal Studies Education and Liberal Studies Practice Base, enjoyed the cultural activities presented by the Xi'an International University Ancient Music Orchestra and met the youthfulness of the excellent Chinese traditional culture.



西安外事学院校箴“明德、修身、利他、共荣”
Motto of Xi'an International University:
"Erudition, Self-cultivation, Altruism, Co-prosperity"



多国留学生在西安外事学院体验中华优秀传统文化
International students from several countries experience the traditional Chinese culture at Xi'an International University



留学生在西安外事学院太极馆练习太极
International students practising Tai Chi in the Tai Chi Hall of Xi'an International University

Many of the world's leading universities attach great importance to liberal arts education. Xi'an International University has been actively exploring the area of liberal arts education and has developed a unique Zhengmeng liberal arts education. Rooted in the 5,000 years of fine Chinese traditional culture, the university has built up a liberal arts curriculum with rituals (etiquette) and music (zither) as its foundation, with humanistic and musical cultivation at its core. The university has established a Zhengmeng team of nearly 300 outstanding teaching staff governed by the Laozi Academy and the Zhengmeng Academy. The university explores the values of nurturing people in the era of "start from poetry, get established in rituals, mature in music", so that the teaching of rituals and music can permeate the lectures of masters, the poems, songs, odes, zitherns, chess, calligraphies and paintings, as well as the public welfare activities, and cultivate students whose knowledge and acts are in unison, and who become people of elegance and of music.



正蒙书院
Zhengmeng Academy



留学生在西安外事学院学习中国古琴
International students learning the Chinese zither at Xi'an International University

西安外事学院师生弹奏古琴
Teachers and students playing the zither at Xi'an International University

青春师生研习扎根中华传统文化的 正蒙通识教育

Young teachers and students study Zhengmeng's liberal arts education rooted in traditional Chinese culture

世界很多知名高校都重视通识教育。西安外事学院在通识教育方面积极探索，形成了独具特色的正蒙通识教育。学院扎根于中华五千年优秀传统文化，以礼（关学）、乐（古琴）为基点，建起人文修养与音乐修养为核心的通识课程体系。学院建立有近 300 名优秀教职员组成的正蒙导师团队，以老子学院、正蒙书院为统领，发掘“兴于诗、立于礼、成于乐”的时代育人价值，使礼乐之教渗透于大师讲座、诗文歌赋琴棋书画及公益等活动，培养学生成为知行合一、乐为有用的雅乐之人。



学生学习茶艺
Students learning the art of tea



匈牙利留学生在西安外事学院学习中国书法
Hungarian students learning Chinese calligraphy at Xi'an International University

青春校园里创建弘扬中华传统 文化的通识教育实践基地

The creation of a base for liberal arts education and practice on a young campus to promote traditional Chinese culture

作为一所青春校园，西安外事学院湖光山色，亭台楼阁，人文景观丰富，被人们称为建在公园里的大学。学校精心打造弘扬中华优秀传统文化的特色化通识教育实践基地——正蒙书院，环境育人，极富时代气息。

书院前矗立张载铜像，铭刻《东铭》和《西铭》，昭示古代圣贤典范。书院三栋主楼主题分别为“兴于诗”“立于礼”“成于乐”，即诗歌、哲学、古琴。

这里有古琴功能区，弹奏高山流水，传习琴艺雅韵；围棋功能区，切磋古今棋艺，激发智慧敏思；书法绘画长廊，展示名家名作，化育美德才情；茶艺功能区，传播中华茶道，熏陶学生品性……

尤其值得一提的是古琴文化艺术工作坊，涵盖了古琴展、演、藏、研、学、制等，古琴博物馆馆藏古琴文献及珍贵的古琴名家音像资料，收集保护了唐、宋、明、清琴及名家名琴。

学校传承项目古琴在课程建设、社团建设、工作坊建设、科学研究、辐射带动、展示交流等多方面创新举措，卓有成效，被教育部授予 2019 中华优秀传统文化传承基地。

As a young campus, with its lakes and mountains, terraces and pavilions and rich cultural landscape, Xi'an International University gives the impression of a university built in a park. The university has meticulously built up the Zhengmeng Academy, to pass on the specialties of the exceptional traditional Chinese culture and to let it serve as a base for the practical liberal arts education in an environment that nurtures people and feels very contemporary.

In front of the school stands a bronze statue of Zhang Zai, inscribed with the "East and West Inscriptions", signifying the example of ancient sages. The three main buildings of the academy are themed as "start from poetry, get established in rituals, mature in music", i.e. poetry, philosophy and the zither.

There is the zither area here where you can play high mountains and flowing water and learn the elegant rhythm of the zither; the Go area, where you can exchange ancient and modern chess skills and practice wisdom and sensitivity; the calligraphy and painting gallery, where you can display famous works of art and cultivate virtue and talent; and the tea area, where you can spread the Chinese tea ceremony and inculcate students' character...

Particularly noteworthy is the Zither Culture and Arts Workshop, which covers a zither exhibition introducing the workings, collection, research, study and production of the instrument. The Zither Museum houses literature on the zither and precious audio and video recordings of famous zither masters, and collects and protects Tang, Song, Ming and Qing dynasty zitherns or other precious zitherns.

The school's zither heritage project, has been awarded the 2019 Chinese Outstanding Traditional Culture Heritage Base title by the Ministry of Education for its innovative and effective initiatives in various aspects such as curriculum building, community building, workshop building, scientific research, dissemination, display and exchange.



西安外事学院师生赴欧洲演出
Students and teachers of Xi'an International University perform in Europe

西安外事古乐团亮相 CCTV-4《非常传奇》栏目, 令西安鼓乐大放异彩, 焕新非遗之美
The Xi'an International University Ancient Music Orchestra appeared on CCTV-4's "Very Legendary" programme, bringing the beauty of Xi'an's drumming to new heights and renewing its intangible heritage.

西安外事学院在特色通识教育探索实践基础上面向社会进一步延伸, 创立老子学院。

Xi'an International University on the basis of exploration of practical special liberal arts education has further reached out to the society and established the Laozi Institute.

西安外事学院师生以“明道、修身、利他、共荣”为宗旨, 以青春的视角, 创新中华优秀传统文化技艺的挖掘整理及其现代化包装和表演形式, 着力增强“琴、棋、书、画、花、香、茶”的艺术感染力, 向世界传播文化生活新体验。

With the aim of "understanding the Way, cultivating oneself, benefiting others and sharing prosperity", the students and teachers of Xi'an International University innovate in the excavation and collation of superb Chinese traditional cultural skills and their modern packaging and performance forms from a youthful perspective, and strive to enhance the artistic impact of "zither, chess, calligraphy, painting, flowers, incense and tea" to spread a new experience of cultural life to the world.

西安外事古乐团大力推广世界非物质文化遗产——西安鼓乐, 曲目融合多种中国传统乐器, 包括编钟、编磬、古琴、瑟、埙等, 充分展现古韵魅力, 累计演出近百场, 足迹遍布世界各地。西安外事古乐团受陕西省文化厅组派出访英国、澳大利亚、德国、匈牙利、奥地利等。

The Xi'an International University Ancient Music Orchestra promotes one of the world's intangible cultural heritages: Xi'an Drum Music. Its repertoire incorporates a variety of traditional Chinese instruments, including chimes, stone-chimes, zither, se and ocarina, to showcase the charm of ancient rhythms. The orchestra has given performances nearly a hundred times, left its footprint all over the world and was sent by the Shaanxi Provincial Department of Culture to visit the UK, Australia, Germany, Hungary, Austria and other countries.

西安外事学院师生受文化厅组派赴匈牙利演出
Teachers and students of Xi'an International University were sent by the Department of Culture to perform in Hungary



西安外事古乐团在英国高校交流
Performance of Xi'an International University Ancient Music Orchestra at a British university

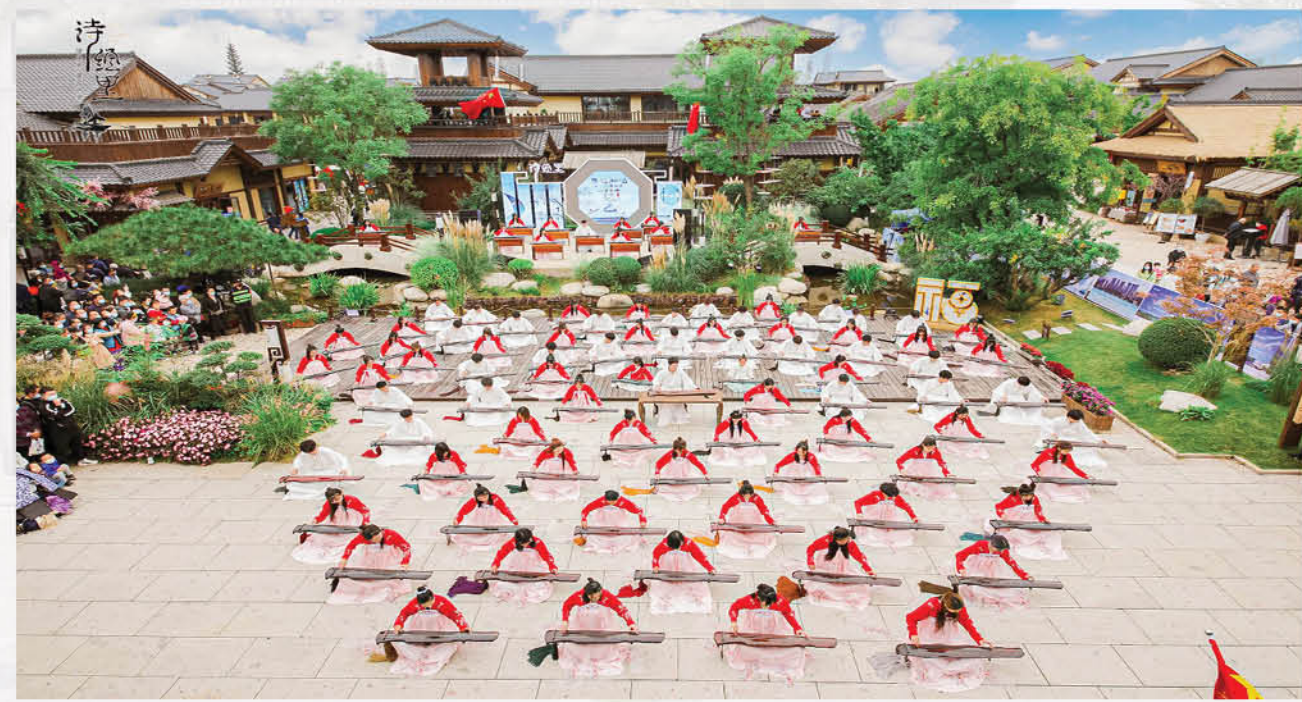
青春演绎中华优秀传统文化
向世界传播生活新体验
Youthful interpretation of the excellent Chinese traditional culture spreading new life experiences to the world



西安外事学院董事长黄藤带领西安外事古乐团在伦敦金融城市政厅广场演出
Huang Teng, Chairman of Xi'an International University, led the Xi'an International University Ancient Music Orchestra to perform at the Guildhall Yard in London



西安外事古乐团在伦敦金融城市政厅广场演出
Xi'an International University Ancient Music Orchestra performs at the Guildhall Yard of London



西安外事学院师生与古琴名家、爱好者在西安诗经里共创百人抚琴盛举, 举办“诗风雅韵·琴越千载”古琴大赛暨颁奖典礼
Teachers and students of Xi'an International University, joined by famous zither masters and enthusiasts, held a zither competition and award ceremony in Xi'an's Shijingli, during which 100 people played the instrument.



泰国驻西安总领事馆总领事黄丽卿等多国驻西安总领事与大学生欢聚西安外事学院，共庆泰国宋干节
The Consul General of the Royal Thai Consulate General in Xi'an, Huang Liqing, and consul generals of various other countries in Xi'an, celebrated the Thai Songkran Festival with university students at Xi'an International University.



2020 中国欧盟微电影展西部首展在西安外事学院盛大开幕
The first western show of the 2020 EU-China Short Film Festival was opened at Xi'an International University.

西安外事学院是陕西民办高校中最早获准开展国际合作教育和留学生教育的学校。与韩国、泰国、马来西亚、柬埔寨等国驻西安总领馆保持良好沟通，多国驻华大使、驻西安总领事馆总领事来西安外事学院参观考察，中外学生交流互动平台丰富，定期举办国际文化节、“中国寻根之旅”活动等。学院积极开展多层次文化交流活动，国际化氛围浓厚，让世界更多地了解中华优秀传统文化。



海外华裔青少年“中国寻根之旅”冬令营陕西营在西安外事学院举办，学员感受中华优秀传统文化传承氛围
The Shaanxi Winter Camp of the "Journey to China's Roots" for overseas Chinese youths was held at Xi'an International University, where participants experienced the atmosphere of Chinese traditional culture.



菲律宾共和国驻华大使何塞·圣地亚哥·罗马纳在西安外事学院观看古乐团演出，感受源远流长的中华文化
Jose Santiago Romana, Ambassador of the Republic of the Philippines to China, watched a performance of the Ancient Music Orchestra at Xi'an International University to experience the long-standing Chinese culture.



由韩国驻西安总领事馆和西安外事学院共同主办、韩国旅游发展局西安办事处承办的 2021 年 K-POP World Festival 大赛
K-POP World Festival 2021, jointly organised by the Consulate General of Korea in Xi'an and Xi'an International University and implemented by the Xi'an Office of the Korean Tourism Organization

Xi'an International University was the first private university in Shaanxi to be granted permission for international joint programmes and international student education. It has maintained good communication with the Consulates General of Korea, Thailand, Malaysia and Cambodia in Xi'an, and many ambassadors and consul generals in Xi'an have visited the university. There is a rich platform for exchange and interaction between Chinese and foreign students, international cultural festivals and the "Journey to China's Roots" are held regularly. The university is actively engaged in cultural exchange activities at many levels, and has a strong international atmosphere, allowing the world to learn more about the outstanding Chinese traditional culture.

(文 / 武凡)

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中国“核桃王”在洛南 CHINESE "WALNUT KING" IN LUONAN



Luonan walnut has a long history. Since ancient times, every household has had the habit of planting walnut trees, some of them planting as many as 20-30 trees. For a long time, Shangluo City has been a well-known main walnut producing area in the country, ranking first at prefecture level in Shaanxi Province, and at the forefront of all prefectures across the country. Luonan County is the main walnut producing area of Shangluo City and is known as the "Hometown of Walnuts". In 2012, it was awarded the title of "Top Ten Green Walnut Counties in China". In 2014, the trademark "Luonan Walnut" was successfully registered by the State Administration for Industry and Commerce. In 2017, it was certified by the General Administration of Quality Supervision, Inspection and Quarantine for the protection of geographical indication agricultural products.

The tree called "Walnut King" is more than 1,000 years old. Located in Jianghe Village, an ancient town in Luonan County, Shangluo City, Shaanxi Province. The height of the tree is 31 meters, its annual yield of dried fruit is 200-400 kg. In 1980, after field research done by national experts of dried fruits, it was confirmed that the tree has a tall body, luxuriant branches, and a high and stable yield. The tree is rare among trees of the same age in the country. On March 28, 1981, it was designated as China's "Walnut King" by the Ministry of Forestry.

洛南核桃历史悠久，自古以来每户人家都有种核桃树的习惯，少的种几棵核桃树，多的则 20-30 棵。长期以来，商洛市都是全国著名的核桃主产区，居陕西省地市级首位，位居全国地市级前列。洛南县则是商洛市的核桃主产区，素有“核桃之乡”的美誉，2012 年荣获“中国绿色核桃十强县”称号，2014 年“洛南核桃”商标在国家工商总局成功注册；2017 年获得国家质检总局农产品地理标志产品保护认证。

“核桃王”，树龄 1000 余年。位于陕西省商洛市洛南县古城镇蒋河村。树高 31 米，常年产干果量 200-400 公斤。1980 年经全国干果考察专家实地考察后认为，该树树体高大，枝繁叶茂，产量高而稳。在全国同龄树中实属罕见，1981 年 3 月 28 日被国家林业部确定为中国“核桃王”。



当地核桃仁加工商指导外宾操作去皮。像这样的传统核桃去皮店，在洛南县城大街小巷均可见到。

A local walnut processor instructs a foreign guest how to shell. Traditional walnut shelling shops like this one can be seen in the streets and alleys of Luonan County.



洛南全国核桃交易中心 Luonan National Walnut Trading Center

中心依托“洛南核桃”品牌资源打造，是洛南县为了有效解决商洛市及周边省市核桃销售出路，带动西北地区核桃产业发展，打造的核桃及农特产品加工、收购、仓储、交易、销售为一体的现代化交易中心。

全国核桃交易中心分二期建设。一期建设核桃交易中心、电商产业园、中国核桃文博馆、农业大数据中心、核桃价格指数平台、会展中心等功能区；二期建设西北核桃物流园，主要建设核桃生产加工基地、仓储物流园、交易大市场等功能区。

该中心不仅是核桃价格指数发布的载体，还将承担全国性核桃线上线下交易平台服务，打造洛南县发展“流动经济”和“数字经济”的新高地。

图为近期订单信息，在交易中心大厅展示着各地核桃产品以及洛南文化旅游景点产品介绍。

The center builds on the resources of the "Luonan Walnut" brand. In order to effectively assist the walnut sales in Shangluo City and surrounding provinces and cities, and to promote the development of the walnut industry in the northwest region, the center manages walnuts and special agricultural products for processing, purchasing,

warehousing, and trading, the characteristics of a modern trading center.

The National Walnut Trading Center will be constructed in two phases. In the first phase, the walnut trading center, e-commerce industrial park, China walnut museum, agricultural big data center, walnut price index platform, exhibition center and other functional areas will be constructed; in the second phase, the Northwest Walnut Logistics Park will be built, mainly for walnut production and processing, warehousing, logistics along with functional areas such as gardens and large trading markets.

The center will not only be the carrier of the walnut price index, but will also undertake the services of a national walnut online and offline trading platform, creating a new height for the development of "mobile economy" and "digital economy" in Luonan County.

The pictures show a recent order information and walnut products from various places. Product introductions and Luonan cultural and tourist attractions are displayed in the lobby of the trading center.





商洛市核桃文化博物馆 Shangluo Walnut Culture Museum

陕西省商洛市洛南县西城新区的全国核桃交易中心地下一层
Basement of the National Walnut Trading Center, Xicheng New District, Luonan County, Shangluo City, Shaanxi Province



习近平主席在陕西考察时说：“商洛的核桃我吃过，皮儿很薄！”
During an inspection in Shaanxi, Chairman Xi Jinping said: "I have eaten Shangluo walnuts. Its shell is very thin!"



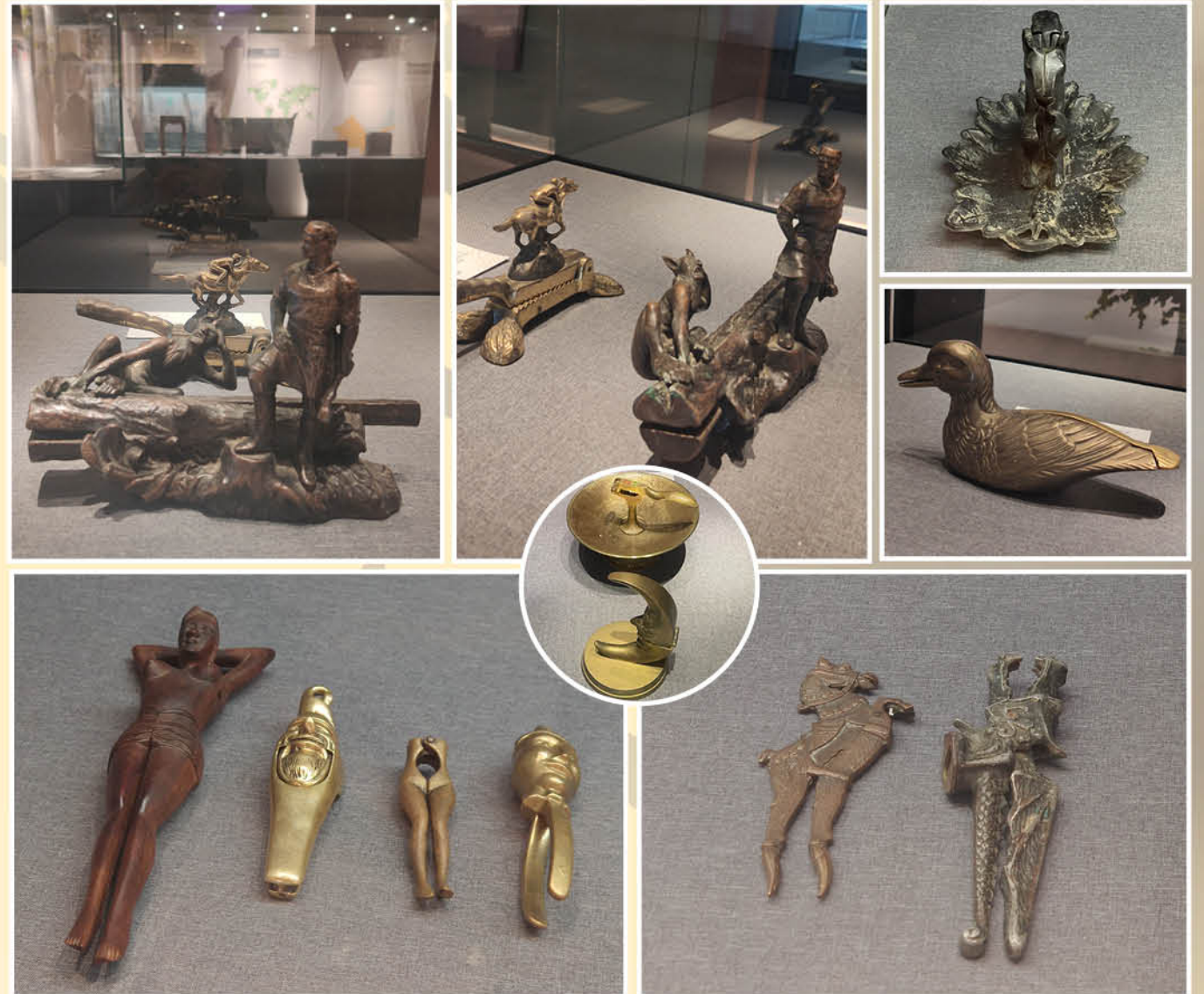
1957年毛主席为商洛专区提出“每户种一升核桃”的光辉指示，从此商洛人民开始了一场轰轰烈烈的种核桃致富的运动，“每户种一升核桃”前后报道
In 1957, Chairman Mao put forward a glorious instruction for Shangluo of "planting one liter of walnuts per household". Since then, the people of Shangluo have started a vigorous movement to grow walnuts and get rich.



洛南核桃荣誉证书
Luonan walnut certificates of honour



36种精美的核桃展品
36 kinds of exquisite walnut exhibits



各式各样的古今中外的核桃夹核器
Walnut shelling tools from ancient to modern China and from abroad



牙买加艺术家卡龙

Jamaican artist Kemar Marlando Barrett

卡龙出生于牙买加金斯敦。当前生活在中国北京。他在很小的时候就对视觉艺术表现出强烈的喜爱。多年来，他尝试过不同的艺术形式，并从著名的牙买加雕塑家和画家最值得尊敬的埃德娜·曼利和牙买加名画家巴林顿·沃森教授的作品中汲取了很多灵感，还有巴林顿教授的妻子多琳·沃森夫人在他十几岁的时候给了他第一套专业丙烯颜料，激发了他的热情。

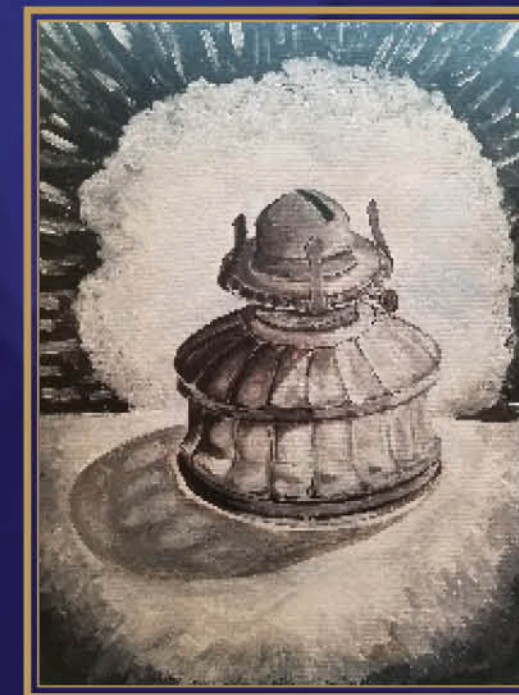
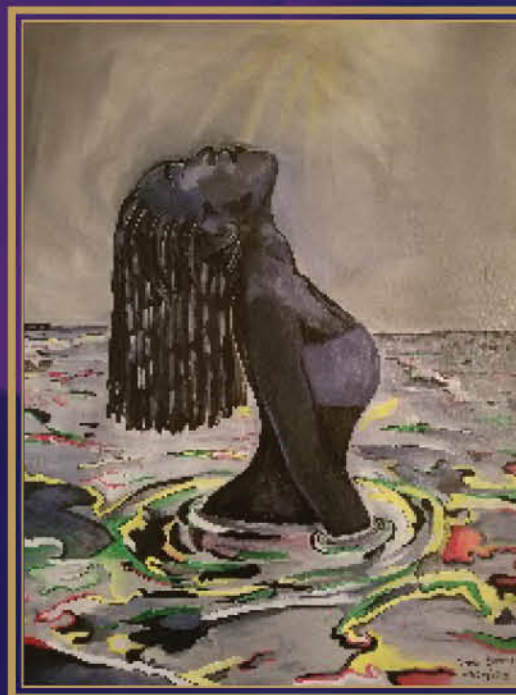
从那以后，通过对光和影的细致运用，他从而形成出用一种独特的方法来诠释传统的静物意象和生活画，令观者不由自主地进入他的半现实世界。

卡龙传统艺术的主要风格是丙烯绘画；然而，他也将他的技术能力延展到3D雕刻和3D皮革浮雕。他还创作了一些特别作品，这些作品还曾为牙买加总理安德鲁·霍尔尼斯阁下正式展出。

Kemar M. Barrett was born in Kingston, Jamaica. He currently lives in Beijing, China. His passion for visual arts manifested at an early age. Over the years, he has experimented with different art forms and has drawn much of his inspiration from the works of renowned Jamaican sculpture and painter The Most Honourable Edna Manley O.M., and Jamaican Master Painter, Professor the Honourable Barrington Watson, CD, OJ. Mrs. Doreen Watson, wife of Professor Barrington, gave him his first set of professional acrylic paint when he was a teenager.

Since then, he has developed, through his meticulous use of light and shadows, a unique method of interpreting the traditional representation of still life imagery and life scenes in a way that forces the observer to join him in his semi-realistic world.

His main style of traditional art is acrylic painting, however, he also pushes boundaries of his technical skills in 3D sculpting and 3D leather reliefs. He has also worked on special pieces which were formally displayed for the Prime Minister of Jamaica, The Most Honourable Andrew Holness ON, MP.



作品
展示

Art Exhibits

中国最安逸的10座城市！ 越慢越美！

The 10 most peaceful cities in China!
The slower, the more *beautiful!*

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| 成都 | 昆明 | 苏州 | 珠海 | 烟台 | 厦门 | 扬州 | 大连 | 青岛 | 海口 |



1: 成都 Chengdu

成都是一个来了就不想走，走了还想来的城市。慢，是多数人对于成都的评价。习惯了大城市车水马龙的繁华，你无法想象成都这个大城市的生活是如此的悠闲舒适。走在巷子里，随处可见当地人喝茶打麻将，在他们脸上无不洋溢着幸福与悠闲。成都简称蓉，总面积1.43万平方千米。截止2019年末，常住人口1658万人。成都别称蓉城、锦城、是四川省省会城市。自古就有天府之国的美誉，成都是全国十大古都和首批国家历史文化名城，古蜀文化发祥地，境内的金沙遗址有3000年历史。周太王以“一年成聚，二年成邑，三年成都”故名成都。汉为全国五大都会之一，唐为中国最发达工商业城市之一，史称扬一益二。北宋汴京外第二大都会，发明世界上第一种纸币交子。拥有都江堰、武侯祠、杜甫草堂等名胜古迹、是中国最佳旅游城市。



Chengdu is a city that you won't want to leave. "Slow" is the word that comes into most people's mind when mentioning Chengdu. Accustomed to the bustling traffic in a big city, you can't imagine that life in Chengdu, a big city, can be so leisurely and comfortable. Walking in the alleys, you can see local people drinking tea and playing mahjong everywhere, their faces are full of happiness and satisfaction. Chengdu is abbreviated as Rong, and has a total area of 14,300 square kilometers. As of the end of 2019, its permanent population was 16.58 million. Chengdu, also known as Rongcheng and Jincheng, is the capital city of Sichuan Province. Since ancient times, Chengdu has been known as the city of abundance. Chengdu is one of the country's top ten ancient capitals, and was one of the first cities to be named a national historical and cultural city. It is the birthplace of the ancient Shu culture, the Jinsha archeological site in its territory has a history of 3000 years. Zhou Taiwang once described Chengdu as "a gathering in one year, a capital in two years, and Chengdu in three years". During the Han Dynasty, it was one of the five largest cities of the country, during the Tang Dynasty it became one of the most developed industrial and commercial cities of China. Chengdu was the second largest city of the country, just next to Bianjing, during the Northern Song Dynasty. The world's first banknote was also invented here.

With Dujiangyan, Wuhou Temple, Dufu Thatched Cottage and other historical sites, it is the best tourist destination in China.



2: 昆明 Kunming

昆明是永恒的阳光与春色交汇的地方，或许是云南的旅游景点太多，大理、丽江、西双版纳、香格里拉等。把昆明的光芒掩盖住了，但是昆明确实是一座风景宜人的慢节奏城市。昆明，别称春城，总面积2.15万平方千米。截止2019年末常住人口695万人。昆明是中国面向东南亚、南亚开放的门户城市，是国家历史文化名城。公元前278年滇国建立，定都于此，765年南诏国，筑拓东城，为昆明建城之始。明末时期，南明永历政权在昆明建都，昆明三面环山，南临滇池，沿湖风光美丽。由于地处低纬度高原而形成四季如春的气候，享有春城的美誉。

Kunming is the place where eternal sunshine meets spring. Perhaps Yunnan has too many tourist attractions, such as Dali, Lijiang, Xishuangbanna, Shangri-La and so on, dimming the brightness of Kunming, but Kunming is definitely a slow-paced city with a pleasant scenery. Kunming, also known as Spring City, has a total area of 21,500 square kilometers. As of the end of 2019, the permanent population was 6.95 million. Kunming is China's gateway city to Southeast Asia, and a national historical and cultural city. The Kingdom of Dian was established in 278 BC, and its capital was founded here. In 765, the Kingdom of Nanzhao and the East City was built, marking the beginning of Kunming's construction. In the late Ming Dynasty, the Southern Ming regime established its capital in Kunming. Kunming is surrounded by mountains on three sides, Dianchi Lake in the south, and is gifted with a beautiful scenery along the lake. Due to its southern location but high altitude, it has a climate like spring all year round and enjoys the reputation of the Spring City.





3: 苏州 Suzhou

苏州是中国文化的后院，是一座温婉动人的江南水乡。一首“姑苏城外寒山寺，夜半钟声到客船”。让这里平添了许多色彩，到苏州就是要放慢自己的脚步，以配合它的优雅和清逸。苏州简称苏，古称姑苏、平江，江苏省地级市。总面积 8657 平方千米，截止 2019 年末，常住人口 1075 万人。苏州属于亚热带季风海洋性气候，四季分明，雨量充沛。苏州是首批国家历史文化名城之一，有近 2500 年历史，是吴文化的重要发祥地，有人间天堂的美誉之称。也是中国私家园林的代表，苏州古典园林和中国大运河苏州段。被联合国教科文组织列为世界文化遗产。



Suzhou is the backyard of Chinese culture and a gentle and moving water town in the south of the Yangtze River. When you arrive in Suzhou, you have to slow down your pace to match its elegance and cleanliness. Suzhou is abbreviated as Su, anciently known as Gusu and Pingjiang, a prefecture-level city in Jiangsu Province. Its total area is 8,57 square kilometers. As of the end of 2019, its permanent population reached 10.75 million. Suzhou has a subtropical monsoon climate with four distinct seasons and abundant rainfalls. Suzhou is one of the first national historical and cultural cities of the country with a history of nearly 2500 years. It is the birthplace of Wu culture and is known as a paradise on earth. It is also a representative of Chinese private gardens. Suzhou Classical Gardens and the Suzhou Section of the Grand Canal in China are listed as world cultural heritage sites by UNESCO.



4: 珠海 Zhuhai

珠海最美的是发现美的眼睛，珠海的特色不在于它的名胜古迹，但来到这里之后，会被这里的每一处风景所吸引，甚至是天空都格外明媚。珠海，广东省地级市，总面积 1736 平方千米。截止 2019 年末，常住人口 202 万人。珠海是珠三角海洋面积最大、岛屿最多、海岸线最长的城市，素有百岛之市之称。珠海是广府文化的代表城市之一，是广府人走向海外重要启航地之一，也是全国唯一以整体城市景观入选全国旅游胜地 40 佳的城市。有着国家新颁布的幸福之城，浪漫之城的美称。

The most beautiful thing about Zhuhai is that you need an eye for beauty to discover its charm. Its glamour does not lie in its historical sites, but after coming here, you will be attracted by each of its sceneries, and even the sky is particularly bright here. Zhuhai, a prefecture-level city in Guangdong Province, has a total area of 1,736 square kilometers. As of the end of 2019, its permanent population amounted to 2.02 million. Zhuhai is the city with the largest oceanic area, the most islands, and the longest coastline in the Pearl River Delta. It is known as the city of hundreds of islands. Zhuhai is one of the representative cities of Cantonese culture and one of the important gateways for Cantonese people to go overseas. It is also the only city in the country that has been selected as one of the country's top 40 tourist attractions based on its overall urban landscape. It was newly listed as a national city of happiness and romantic life.



5: 烟台 Yantai

烟台是神仙眷顾的地方，慢节奏的烟台惬意而有活力。纯净的沙滩，蔚蓝的大海，朵朵白云从蓝天飘过，还有壮阔飘渺的日出，还有传说中帝王长生不老药的蓬莱阁，这些都会让人情不自禁的爱上烟台。烟台，山东省地级市；总面积 1.37 万平方千米。截止 2019 年末，常住人口 713 万人。烟台地处中国华东地区，山东半岛东北部、东连威海、西接潍坊、青岛、南邻黄海、北濒渤海、与辽东半岛对峙、与大连隔海相望。2017 年，烟台入选为第五届全国文明城市，实现全国文明城市五连冠的目标。成为山东唯一、全国唯二获得文明城市、五连冠的地级市。2018 年，中国百强城市排行榜排名第 24 位。



Yantai is a place blessed by gods, the slow-paced Yantai is comfortable and energetic. The pure beaches, the blue sea, the white clouds drifting across the blue sky, the magnificent and misty sunrise, and the legendary Penglai Pavilion holding the emperor's elixir, will make people fall in love with Yantai. Yantai is a prefecture-level city in Shandong Province with a total area of 13,700 square kilometers. As of the end of 2019, its permanent population was 7.13 million. Yantai is located in Eastern China, with the Shandong Peninsula in the northeast, Weihai in the east, Weifang and Qingdao in the west, the Yellow Sea in the south, and the Bohai Sea in the north. It looks at Liaodong Peninsula and Dalian across the sea. In 2017, Yantai was selected as a national civilized city, achieving the goal of being named as such for five consecutive years. It has become the only prefecture-level city in Shandong, and the second city across the country, holding this title for 5 years in a row. In 2018, Yantai ranked 24th among China's top 100 cities.



6: 厦门 Xiamen

厦门是东方风情与西方浪漫相结合，在厦门你可以在鼓浪屿逐浪踏沙看海上日出，也可以去《一起去流雨》的艾利斯顿商学院的厦门大学，看看中国最美的大学，还能品尝最地道的小吃。厦门，简称厦或鹭，别称鹭岛。总面积 1700 平方千米，截止 2019 年末常住人口 429 万人，是闽南闽系城市之一，东南沿海重要的中心城市、港口以及风景旅游城市。厦门地处中国华东地区，福建省东南端。厦门通行闽南语厦门话，与漳州、泉州同为闽南地区的组成部分。截止 2019 年末，厦门外贸综合竞争力位居全国第五位，厦门港集装箱吞吐量位居全球第 14 位。

Xiamen is a combination of Eastern style and Western romance. In Xiamen, you can watch the sunrise on the sea by riding the waves and sand on Gulangyu Island, or you can go to Xiamen University of Alliston Business School to marvel China's most beautiful University, you can also taste the most authentic snacks here. Xiamen, referred to as Xia or Lu, is also known as Ludao. With a total area of 1,700 square kilometers and a permanent population of 4.29 million as of the end of 2019, it is an important central city of Fujian Province, a port and scenic tourist city along the southeast coast. Xiamen is located in East China, the southeastern tip of Fujian Province. Xiamen locals speak the southern Fujian dialect, the Xiamen dialect, which is part of the southern Fujian region complete with Zhangzhou and Quanzhou. As of the end of 2019, Xiamen's comprehensive foreign trade competitiveness ranked fifth in the country, Xiamen Port's container throughput ranked 14th in the world.





7: 扬州 Yangzhou

扬州是古老与现代结合，有过几度繁华，几度没落的扬州到处充斥着历史的遗迹。古城再用它独有的方式向每一个来往扬州的人诉说着它的风花雪月。扬州，江苏省地级市，总面积 6591 平方千米。截止 2019 年末常住人口 455 万人，扬州是世界遗产城市、世界美食之都、世界运河之都、东亚之都。扬州位于江苏省中部，长江与京杭大运河交汇处。由于特殊的地理位置，使得扬州在中国古代几乎经历了通史式的繁荣，并伴随着文化的兴盛。有江苏省陆域地理几何中心之称。有“淮左名都，竹西佳处”之称。又有着中国运河第一城的美誉，被誉为扬一益二、月亮城。

Yangzhou is a combination of ancient and modern. It is full of historical relics. Yangzhou, a prefecture-level city in Jiangsu Province with a total area of 6,591 square kilometers, and, as of 2019, with a permanent population of 4.55 million. Yangzhou is a World Heritage City, the World Capital of Cuisine, the World Capital of Canals, and the Capital of East Asia. Yangzhou is located in the middle of Jiangsu Province, where the Yangtze River meets the Beijing-Hangzhou Grand Canal. Due to its special geographical location, Yangzhou almost always experienced prosperity in ancient China, accompanied by cultural flourish. It is known as the geometric center of the land area of Jiangsu Province. It is celebrated as "the famous capital of Huaizuo, the best place in Zhuxi". It also has the reputation of the first city on the canal, and is referred to as the city of wealth and moonshine.



8: 大连 Dalian

大连是北国的明珠，就像镶嵌在北方的一颗明珠。是个风景宜人的海滨城市，四季都是旅行的绝佳时间。白天可以在海边吹吹海风，看海鸟在远处自由的觅食，晚上听着海浪观赏迷人的夜景。大连市，别称滨城；总面积 1.25 万平方千米。截止 2019 年末常住人口 598 万人。大连是副省级城市，计划单列市国务院确定的中国北方沿海重要的中心城市、港口以及风景旅游城市。大连地处辽东半岛南端，黄渤海交界处与山东半岛隔海相望，是重要的港口、贸易、工业、旅游城市。大连历史悠久，早在 6000 年以前大连地区就得到了开发。



Dalian is the jewel of the North, a jewel inlaid in the North. It is a seaside city with a pleasant scenery, all four seasons are perfect for a visit. During the day, you can watch seabirds freely foraging in the distance, and listen to the waves at night meanwhile watching the fascinating night view. Dalian City, also known as Bincheng, has a total area of 12,500 square kilometers. As of the end of 2019, its permanent population was 5.98 million. Dalian is a sub-provincial city. It is an important central city, port and scenic tourist city on the northern coast of China as determined by the State Council. Dalian is located at the southern end of the Liaodong Peninsula, facing the Shandong Peninsula at the junction of the Yellow Sea and the Bohai Sea. It is an important port, trade, industry, and tourism city. Dalian has a long history. The Dalian area was developed as early as 6000 years ago.



9: 青岛 Qingdao

漫步街道吹海风没有行色匆匆的路人，也没有飞驰的汽车。青岛的悠闲融于欧式建筑和当地特色的小街老楼之中，还有海边习习的凉风，使人心旷神怡。青岛，别称岛城。总面积 1.12 万平方千米，截止 2019 年末常住人口 950 万人。青岛是国家历史文化名城，中国道教发祥地。因树木繁多，四季常青而得名。1891 年清政府驻兵建制，青岛是中国帆船之都，世界啤酒之城，联合国电影之都，中国最具幸福感城市，被誉为东方瑞士。青岛的异域建筑种类繁多，又被称作万国建筑博览会。八大关建筑群，荣获中国最美城区称号。

Strolling the streets and bathing in the breeze from the sea, there are no hurried passers-by or speeding cars here. Qingdao's leisure is blended with European architecture and local characteristic small streets and old buildings, as well as the cool breeze from the sea, which makes people feel relaxed and happy. Qingdao is also known as an island city. Its total area is 11,200 square kilometers with a permanent population of 9.5 million as of the end of 2019. Qingdao is a national historical and cultural city and the birthplace of Taoism in China. Because of its numerous trees, it is thought to be evergreen. In 1891, the Qing government established garrisons here. Qingdao is the sailing capital of China, the world capital of beer, a United Nations filming capital, China's happiest city, and is known as Eastern Switzerland. There are many exotic buildings in Qingdao, hence its other name: World Architecture Expo. Its Badaguan complex was awarded the title of the most beautiful city district in China.



10: 海口 Haikou

海口作为海南的中心，虽然没有三亚那么名声在外，但是优美的环境，悠闲的慢生活节奏吸引不少人不远千里来到这里。海口，别称椰城，海南省省会。总面积 2,285 平方千米，截止 2019 年末常住人口 232 万人，闽南民系城市之一。通行闽南语海南方言，海口地处热带，热带资源呈现多样性。是一座富有滨海自然风光的南方滨海城市。海口气候舒适宜人，生态环境一流。常年位居环境部发布的全国 168 个地级及以上城市空气质量排名榜单之首。



As the center of Hainan, Haikou is not as famous as Sanya, but the beautiful environment and the leisurely slow pace of life attract many people to come here from thousands of miles away. Haikou, also known as Yecheng, is the capital of Hainan Province. With a total area of 2,285 square kilometers and a permanent population of 2.32 million as of the end of 2019, it is one of the ethnic cities of southern Fujian people, hence the southern Fujian and Hainan dialects are popular here. Haikou is located in the tropics, its tropical resources are diverse. It is a southern coastal city rich in natural coastal sceneries. Haikou has a pleasant climate and first-class ecological environment. It ranks first in air quality rankings of 168 prefecture and above level cities issued by the Ministry of Environment.

国际友人在延安(上)

Foreign Friends in Yan'an (Part I)

文: 袁武振

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抗日战争时期, 国际上许多有识之士在中国共产党反法西斯统一战线政策的影响和感召下, 在共产国际、国际援华组织及同盟国政府的支持、帮助下, 纷纷来到中共中央所在地延安和陕甘宁边区, 在那里采访、参观、考察、学习、工作、战斗。他们尽管职业不同, 目的有别, 情况各异, 但都不同程度地为敌后抗日根据地那种朝气蓬勃、欣欣向荣的景象所吸引、所感染, 他们中的大多数人不同程度地为中国人民的抗日民族解放事业做出了贡献, 有的甚至献出了宝贵的生命。

During the Anti-Japanese War, scores of internationally-minded people, under the influence and inspiration of the Chinese Communist Party's anti-fascist united front policy and with the support and assistance of the Comintern, the United China Relief and allied governments, came to Yan'an, the seat of the Central Committee of the Communist Party of China in the Shaanxi-Gansu-Ningxia border area, to carry out interviews, visits, examinations and studies, to work and fight. Despite their different professions, objectives and circumstances, they were all, in varying degrees, attracted to the vibrant and thriving scenery of the anti-Japanese base areas behind the enemy lines, and most of them contributed to the cause of the anti-Japanese liberation of the Chinese people, some of them even sacrificing their precious lives.

01

外国记者和作家报道中共抗战主张和敌后军民抗战业绩 Foreign journalists and writers report on the Communist Party's resistance ideas and the achievements of the military and the civilians behind the enemy lines

抗战时期在延安和陕甘宁边区活动最频繁、影响最大的国际友人, 是外国新闻记者和作家。中共中央和中央红军长征到达陕北后, 为打破国民党的包围封锁, 将中国共产党号召全民族抗战的一片赤诚宣之于世、告之于民, 进行了多方努力。毛泽东最终认为需要一个可以信赖的外国人, 来记下和发表事实真相。



1936年, 毛泽东在保安。(美国记者斯诺摄影)
Mao Zedong in Baoan in 1936 (photo of American journalist Edgar Snow)

1936年春, 中共中央密电上海地下党组织, 嘱托邀请一位诚挚的西方记者和一位医生到陕北苏区访问。1936年7月至10月, 美国记者埃德加·斯诺来到陕甘宁根据地进行了4个月的采访, 全面考察了中国共产党对日益迫近的中日战争的见解、红军将士的军事政治素质及中国共产党和革命根据地的建设等问题。

Foreign journalists and writers were among the most active and influential foreigners in Yan'an and the Shaanxi-Gansu-Ningxia border area during the war.

After the Long March of the Central Committee of the Communist Party of China and the Central Red Army's arrival in northern Shaanxi, in order to break the Kuomintang's siege and blockade, they made a sincere

call of the Chinese Communist Party to the whole nation to fight against the Japanese. Mao eventually decided that he needed a trustworthy foreigner to document and publish the truth. In the spring of 1936, the Central Committee of the Communist Party of China secretly telegraphed to the Shanghai Underground Party Organization asking it to invite a sincere Western journalist and a doctor to visit northern Shaanxi's Soviet area. In July October 1936, American journalist Edgar Snow arrived in the Shaanxi-Gansu-Ningxia base area and stayed there for a four-month long interview series, comprehensively inspecting the Chinese Communist Party's views on the approaching Sino-Japanese War, the military and politics of the Red Army soldiers, and the quality and the construction of the Communist Party of China and the revolutionary base area.

采访归来后, 斯诺写下了有史以来介绍中国革命的第一本著作《红星照耀中国》(即《西行漫记》), 极大地提高了中国共产党在国内外的影响和威望。在斯诺的影响和带动下, 全面抗战爆发前夕到延安访问的外国记者和作家、学者越来越多。

After returning home, Snow authored the first book in history on the Chinese revolution, "Red Star over China", which greatly enhanced the influence and prestige of the Chinese Communist Party at home and abroad. Under the influence and drive of Snow, more and more foreign journalists, writers and scholars visited Yan'an on the eve of the outbreak of the all-out War of Resistance.

1937年4月, 斯诺夫人海伦·斯诺到达延安, 访问了斯诺未及访问的中共领导和红军将领, 目睹了红军改编为八路军参加抗日战争的历史性变迁, 写下了《红色中国内幕》(即《续西行漫记》)和《延安采访录》等著作。

同年6月, 美国学者托马斯·彼森访问延安, 就中国共产党的抗日政策及国共合作等问题, 同毛泽东、周恩来、朱德、博古等中共领导人多次交谈。

此外, 美国著名女作家艾格尼丝·史沫特莱、德国女博士安娜·利泽(王安娜)、美国著名学者欧文·拉铁摩尔和美国记者维克托·盖、厄尔·列夫、哈里森·福尔曼等人也于这一时期访问了延安。

全面抗战爆发后, 访问延安和陕甘宁边区的外国记者主要有英国记者詹姆斯·贝特兰、美国记者白修德(西奥多·怀特), 以及有美、英、苏等国记者参加的中外记者西北参观团, 埃德加·斯诺也于1939年9月重访陕北。

绝大多数外国记者访问后, 都能够客观真实地向外界宣传报道中国共产党的抗战主张和敌后抗日根据地军民的抗战业绩。

In April 1937, Mrs. Helen Snow arrived in Yan'an,



1939年10月, 毛泽东会见重访延安的美国记者埃德加·斯诺
In October 1939, Mao Zedong met Edgar Snow, an American journalist who was revisiting Yan'an



海伦·斯诺在延安采访朱德
Helen Snow interviews Zhu De in Yan'an

visited the leaders of the Chinese Communist Party and the Red Army earlier visited by Mr. Snow, and witnessed the historic changes of the Red Army being reorganized into the Eighth Route Army to participate in the War of Resistance against Japan. She penned the "Inside Red China", "Interviews in Yan'an" and other works.

In June of the same year, American scholar Thomas Pedersen visited Yan'an and had several conversations with the leaders of the Communist Party of China, including Mao Zedong, Zhou Enlai, Zhu De, Bo Gu, on the Chinese Communist Party's anti-Japanese policy and cooperation between the Kuomintang and the Communist Party.

In addition, the famous American female writer Agnes Smedley, the German female scholar Anna Lieser, the well-known American scholar Owen Lattimore and the American journalists Victor Gay, Earl Lev, Harrison Foreman and others also visited Yan'an during this period.

After the outbreak of the War of Resistance against Japan, foreign journalists who visited Yan'an and the



萧克与贝特兰
Xiao Ke with James Bertrand



毛泽东会见中外记者参观团
Mao Zedong with the visiting group of Chinese and foreign journalists

Shaanxi-Gansu-Ningxia Border Region mainly included British journalist James Bertrand, American journalist Theodore White, and journalists from the United States, Britain, and the Soviet Union.

Edgar Snow revisited northern Shaanxi in September 1939.

Based on their several visits, foreign journalists were finally able to report objectively and truthfully to the outside world on the Chinese Communist Party's anti-Japanese standpoint and the performance of the soldiers and civilians in the anti-Japanese base areas located behind enemy lines.

贝特兰是1937年9月访问延安的，就中共抗战期间将采取的各项方针、政策及克敌制胜的战略战术等重大问题采访了毛泽东。

中共中央对这次谈话非常重视，整理后予以公开发表，并正式收入《毛泽东选集》。

白修德是美国《时代》杂志驻远东首席记者，为了解那些“即将掌握中国命运的人”，他于1944年底到达延安，采访了毛泽东、朱德、刘少奇、彭德怀、彭真等中共领导人，与贾安娜合作完成了《中国的惊雷》一书。书中称颂延安人是一支正在壮大的力量，“他们能够打败日本人，并治理好这个国家”。

James Bertrand visited Yan'an in September 1937 and interviewed Mao Zedong on major issues such as the guidelines and policies that the CCP will adopt during the Anti-Japanese War and the strategies and tactics for defeating the enemy.

The Central Committee of the Communist Party of China attached great importance to this conversation, published and officially included it in the "Selected Works of Mao Zedong."

Theodore White was the chief correspondent of Time Magazine in the Far East. He arrived in Yan'an at the end of 1944 in order to understand the "people who are about to master the destiny of China". He interviewed the leaders of the Communist Party of China such as Mao Zedong, Zhu De, Liu Shaoqi, Peng Dehuai, Peng Zhen and with Annalee Jacoby completed the book "Thunder out of China". The book praises the Yan'an people as a growing force, "They can defeat the Japanese and govern this country well."

1944年夏访问延安和敌后抗日根据地的中外记者西北参观团影响更大，被誉为“全世界人民的眼睛”。在记者团访问延安以前，国民党顽固派对中国共产党和陕甘宁边区进行了长达5年的军事包围和新闻封锁，“一不许共产党发表战报，二不许边区报纸对外发行，三不许中外记者参观，四不许边区内外人民自由往来。”

总之，只许国民党的诋毁、恶骂、造谣、诬蔑，向世界横飞乱喷，决不许共产党、八路军、新四军的真相稍许透露于世。”

记者团的来访就“把一座被关闭了很久的门，打开了一个缝隙，使光线射进来。而这个缝隙虽然很小，但是再要强制地把这座门关闭得像从前那样紧密，恐怕已是不可能了。”

记者团中的外国记者，写下了许多介绍敌后解放区的文章和书籍，如美国记者哈里森·福尔曼的《红色中国的报道》（即《北行漫记》）、莫里斯·武道的《我从陕北回来》、伊斯雷尔·爱泼斯坦的《中国未完成的革命》以及英国记者冈瑟·斯坦因的《红色中国挑战》等等，都如实地介绍

了作者在解放区的所见所闻。

The Northwest delegation of Chinese and foreign journalists who visited Yan'an and the anti-Japanese base areas behind enemy lines in the summer of 1944 had a great impact and was hailed as "the eyes of the people of the world." Before the press delegation visited Yan'an, the Kuomintang stubbornly carried out a five-year military siege and news blockade on the Communist Party of China and the Shaanxi-Gansu-Ningxia Border Region.

Firstly, the Communist Party was not allowed to publish war reports, secondly, border area newspapers were not allowed to be distributed to the public, thirdly, Chinese and foreign journalists were not allowed to visit the area, and fourthly, people inside and outside the border area were not allowed to travel freely.

In short, only the Kuomintang's denial, abuse, rumors, and slander were allowed to spread all over the world. The truth about the Communist Party, the Eighth Route Army, and the New Fourth Army was never allowed to be revealed to the world.

The visit of the press delegation "opened a long-closed door a bit and let some light in. Although the slit was narrow, but it became impossible to shut the door back as tightly as it was before."

Foreign reporters in the press corps wrote several articles and books about the liberated areas behind enemy lines, such as "Report from Red China" by American journalist Harrison Foreman, Maurice Meisner's "I'm Back from Northern Shaanxi", Israel Epstein's "The Unfinished Revolution in China" and British journalist Gunther Stein's "Challenge of Red China", all giving a truthful account of what they saw and heard in the liberated areas.

02

外国医务工作者在根据地救死扶伤 Foreign medical workers save lives and heal wounds in the base area

黎巴嫩血统的美国医学博士乔治·海德姆是最早进入陕甘宁根据地的外国医生。1936年夏，他和斯诺在苏区进行了4个月的访问后决心参加红军，任中央军委卫生部顾问，并改用中国名字马海德。从此，他用听诊器和手术刀为中华民族的解放事业服务，并为根据地兼搞外事工作。

George Hatem, an American medical doctor of Lebanese descent, was the first foreign doctor to enter the Shaanxi-Gansu-Ningxia base area. In the summer of 1936, he and Snow visited the Soviet area for four months, after which he decided to join the Red Army and

serve as an advisor to the Department of Health of the Central Military Commission. He also took a Chinese name: Ma Haide. From then on, he used his stethoscope and scalpel to serve the liberation of the Chinese nation and was concurrently engaged in the foreign affairs work of the base areas.

七七事变后，加拿大著名胸外科医生、共产党员亨利·诺尔曼·白求恩，率领加、美援华医疗队来到中国。

After the July 7th Incident, the famous Canadian thoracic surgeon and Communist Party member Henry Norman Bethune led the Canada-US China Aid medical team to China.



白求恩在抗日前线抢救八路军伤病员
Bethune rescues the wounded and sick of the Eighth Route Army on the Anti-Japanese Front Line



阿洛夫(左)、苏菲(中)、马海德(右)在延安合影
Andrei Orlov (left), Su Fei (middle) and George Hatem (right) in a group photo in Yan'an



爱德华、柯棣华、巴苏华与拐岭八路军医院部分工作人员合影
Dr Madan Mohanlal Atal, Dr Dwarkanath Kotnis and Dr Bejoy Kumar Basu with staff of the Guaimao Eighth Route Army Hospital

1938年3月底，白求恩和医疗队护士琼·尤恩到达延安。毛泽东在会见他们时，请白求恩立刻组织八路军的第一支战地医疗队。此后，尤恩去了晋绥抗日前线，白求恩则和到陕北度假的加拿大青年医生查理·布朗转赴晋察冀抗日根据地，在那里工作了两年。

1939年11月，白求恩在抗日前线以身殉职。

朱德总司令通令全军哀悼，毛泽东写下了著名的悼念文章《纪念白求恩》。

1939年2月，由队长爱德、副队长卓克以及队员柯棣、巴苏、木克等5人组织的印度援华医疗队，乘坐自己的救护车并携带63箱药品和器械到达延安，支援中国人民的反法西斯斗争。为了表达援华抗战的决心，他们一致决定在每个人的姓氏后加一个“华”字。

At the end of March 1938, Bethune and the nurse of the medical team, Jean Ewen arrived in Yan'an.

When Mao Zedong met them, he asked Bethune to immediately organize the first field medical team of the Eighth Route Army.

Following the meeting, Ewen went to the Jinshui Anti-Japanese Front Line, whereas Bethune and Richard Brown, a young Canadian doctor who was on vacation in Northern Shaanxi, transferred to the Jinchaji Anti-Japanese Base, where they worked for two years.

In November 1939, Bethune died in the line of anti-Japanese war.

Commander-in-chief Zhu De ordered mourning for the entire army, and Mao Zedong put on paper his famous mourning article "In Memory of Bethune."

In February 1939, the medical team of the Indian Medical Mission to China led by Dr Madan Mohanlal Atal

and comprising team members Dr Bejoy Kumar Basu, Dr MR Cholker, Dr Debesh Mukherjee and Dr Dwarkanath Kotnis arrived in Yan'an in their own ambulance and brought 63 boxes of medicines and equipment to support the anti-fascist struggle of the Chinese people. In order to express their determination to aid China in the War of Resistance, they unanimously decided to add the word "Hua (China)" after everyone's surname.

在延安参观访问后，爱德华、柯棣华、巴苏华被派往拐岭八路军医院从事医疗工作，卓克华和木克华到八路军卫生学校从事教学工作。8个月后，柯棣华和巴苏华去了山西前线。1940年10月，巴苏华回延安，被任命为八路军医院五官科主任，并当选为陕甘宁边区参议员。留在晋察冀根据地的柯棣华被任命为白求恩国际和平医院院长兼白求恩卫生学校教员，并加入中国共产党。1942年12月，柯棣华因积劳成疾与世长辞，年仅32岁。

1942年到达延安的苏联医生安德烈·阿洛夫，热情为边区军民治病，被评为陕甘宁边区的模范医务工作者《解放日报》曾多次报道他的先进事迹。

此外，德国医学博士汉斯·米勒、奥地利医生傅莱、罗生特、朝鲜医生方禹镰等人，也曾在延安和陕甘宁边区工作过。米勒和傅莱还参加了八路军，加入了中国共产党。

After the visit in Yan'an, Atal, Kotnis and Basu were sent to the Guaimao Eighth Route Army Hospital for medical work, and Cholker and Mukherjee landed in the Eighth Route Army Health School for teaching work. Eight months later, Kotnis and Basu moved to the front line of Shanxi. In October 1940, Basu returned to Yan'an and was appointed as the Director of the Department of Ophthalmology of the Eighth Route Army Hospital and elected as an executive officer of the Shaanxi-Gansu-Ningxia Border Region. Kotnis, who remained in the Jinchaji base area, was appointed as the Dean of Bethune International Peace Hospital and a teacher of Bethune Health School, and joined the Communist Party of China. In December 1942, Kotnis died of illness at the age of 32.

Soviet doctor Andrei Orlov, who arrived in Yan'an in 1942, enthusiastically treated the soldiers and civilians in the border area and was named a model medical worker in the Shaanxi-Gansu-Ningxia border area. The "Liberation Daily" has repeatedly reported his advanced deeds.

In addition, German medical doctor Hans Muller, Austrian doctors Richard Frey, Jakob Rosenfeld, North Korean doctor Fang Yulian and others have also worked in Yan'an and the Shaanxi-Gansu-Ningxia Border Region. Muller and Frey also joined the Eighth Route Army and joined the Communist Party of China.



智齿，我们还能和平共处吗？ Can We Still Live in Peace with Wisdom Tooth?

智齿，医学上称为第三磨牙，是从正中的门牙往里数的第八颗牙齿，也是口腔中最晚长出的牙齿。每个人有1—4颗不等。

Wisdom tooth, or genuine tooth, is medically termed as the third molar. It is the eighth tooth extending from the middle front tooth to the inside, and also the last tooth to grow in the oral cavity. Everyone has 1-4 such teeth.

智齿一般在18—24岁开始萌出，这时人的生理、心理发育接近成熟，所以把这时候长出的牙齿称为“智齿”。不过，智齿和智慧真的没半毛钱关系。

The wisdom tooth usually starts to sprout at the age of 18-24, when the person's physical and psychological development is close to maturity. Hence it is termed as the "wisdom tooth". However, the "wisdom tooth" has nothing to do with wisdom.

长过智齿的人都知道，它能让你智慧与否并不重要，能与你和平共处就好。智齿如同阑尾，是人类进化史上的残余物，虽没啥实际用途，一旦“翻脸”，境况惨不忍睹。



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People with wisdom teeth know that it doesn't matter whether it makes you wise or not. It is fine if it can live in peace with you. Wisdom teeth, like the epityphlon, are remnants of human evolution. Although they are of no practical use, the situation is terrible once they "turn hostile".



5种不良智齿必须“斩立决” Five Bad Wisdom Teeth Must be "Decapitated"

智齿既然没啥实际用途，但是破坏能力并不小，能让你茶不思、饭不想、夜不寐，还可能会引发其他疾病。5种不良智齿必须放下“骨肉之情”，“斩立决”。

Although wisdom teeth have no practical use, their ability to destroy is not small. They can make restless day and night, and cause other diseases. Five kinds of bad wisdom teeth must be "killed resolutely and at once".

★ 萌生不全

★ Incomplete Growth

萌生不全的智齿给你带来疼痛如“滔滔江水，连绵不绝”，它间歇性的生长，很容易引起牙周的炎症，趁着没发炎赶紧拔掉，长痛不如短痛。

The incompletely growing wisdom teeth bring you pain like "surging torrents in an unbroken line". Its intermittent growth can easily cause periodontal inflammation. Pull it out before it gets infected. Better a little loss than a long sorrow.

★ 智齿蛀牙

★ Decayed Wisdom Tooth

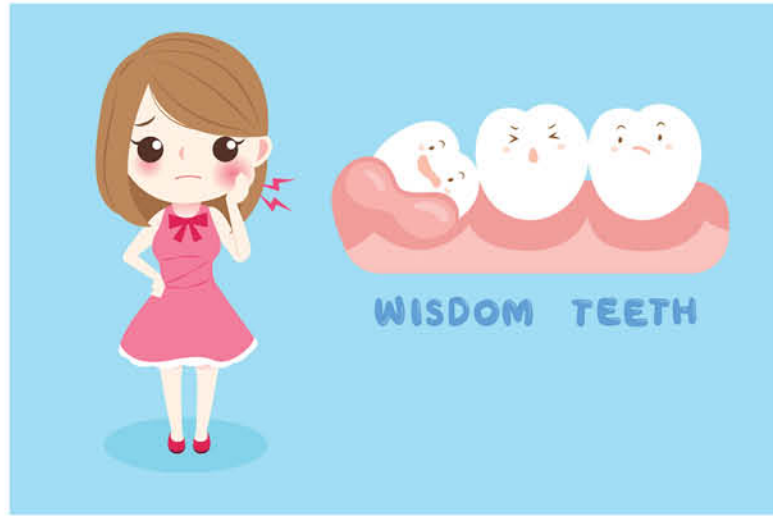
被虫蛀过的智齿很难补，邻接面蛀牙或者被蛀的严重的话，甚至需要根管治疗。若不及时拔除，则可能导致蛀洞越来越深，伤害口腔健康。

Worm-eaten wisdom teeth are hard to repair. You may even need a root canal therapy for an adjacent surface decayed tooth or a severely decayed tooth. If not removed in time, the decayed tooth may lead to deeper wormhole, which is harmful to the oral health.

★ 挤压邻牙

★ Squeezing Adjacent Tooth

如果智齿本身生长空间不足，智齿会使劲顶住相邻的



牙齿继续生长，可能导致邻牙损伤，最后两颗牙齿都保不住。

If the wisdom tooth itself grows in an insufficient space, it will push against the adjacent tooth in the process of growth. This may damage the adjacent tooth, and hurt both teeth in the end.

★ 阻生智齿

★ Impacted Wisdom Tooth

这类智齿通常呈45度左右顶在第二磨牙上歪斜生长，有的牙齿完全在牙槽骨内横着生长。这种智齿如若不拔，容易造成邻牙病变，严重时需拔除智齿及第二磨牙，这样会影响我们的咀嚼功能，可通过拍X光片诊断出。

Such wisdom teeth usually grow askew against the second molar in a 45-degree angle, and some even grow completely across the alveolar bone. If this kind of wisdom tooth is not pulled, it is likely to cause adjacent tooth lesion. It is necessary to remove the wisdom teeth and second molar when it is severe. And this will affect our chewing function. It can be diagnosed by taking X light film.

★ 没有对咬的智齿

★ III Occlusal Wisdom Tooth

不是每个人都会长四个智齿。如果智齿对面没有相抗衡的智齿来对咬的话，智齿过度萌生就会影响咬合，导致对面牙龈肿痛。并且时间久了，还可能造成大小脸。

Not everyone grows with four wisdom teeth. If there is no competing wisdom tooth on the other side, the excessive growth of the wisdom tooth will affect the bite, which results in gingival swelling and pain on the

opposite side. And over time, it may also twist the face.

凡是存在以上情况，不要犹豫，智齿还是应该及早拔掉。但不论拔除智齿与否，最好请牙科医生判断，牙科医生会通过拍X光片清晰看出智齿的生长情况，确定是否需要拔掉。

In such cases, do not hesitate. These wisdom teeth should be removed earlier. Whether you are to remove the wisdom tooth or not, you'd better consult the dentist first, who will take an X ray film to clearly see the growth of the wisdom tooth, and determine if it needs to be taken out.



不止“疼”那么简单 It's Not Just "Pain"

“牙疼不是病，疼起来要人命”，这句话简明扼要的说出了不良智齿患者的切身感受，但不良智齿的危害可不是只有“疼”这么简单。

"Toothache is not a disease, but the pain kills." This concise saying clearly states the personal feelings of people with bad wisdom teeth. But the harm of bad wisdom teeth is more than mere "pain".

★ 冠周炎

★ Pericoronitis

智齿阻生时可呈垂直、前倾、水平、横向、倒置等千奇百怪的方向萌出。当其部分萌出时，牙冠周围常被牙龈组织不同程度地覆盖，以致在牙冠与牙龈之间形成一个牙龈袋。由于此袋易于食物残渣潜藏和细菌的繁殖，当牙龈袋处遇有创伤或身体抵抗力下降时，就会发生炎症。冠周炎常常表现为冠周组织红肿疼痛，以致影响咀嚼，吞咽，还常伴有张口困难及发烧，淋巴结肿大等全身症状。

When impacted, a wisdom tooth can sprout in vertical, forward, horizontal, crosswise, inverted and other strange directions. When it partially erupts, the dental crown is often covered with gingival tissues to varying degrees, so that a gingival bag is formed between the crown and the gingiva. As the bag is prone to hide food residues and facilitate bacterial reproduction, inflammation occurs when the gingival bag is traumatized or the body resistance drops. The coronal peri-arthritis is often manifested as redness and pain in the tissues of the dental crown, which affects chewing and swallowing. It is often accompanied by systemic symptoms, such as difficulty in opening the mouth, fever, and lymphadenopathy.

★ 蛀牙

★ Decayed Tooth

智齿的阻生或错位，容易使食物残渣“躲”在智齿与邻牙的缝隙中，不易清除。长期这样下去，轻者口臭熏死人，严重的会出现蛀牙。

An impacted or dislocated wisdom tooth may "house" food residues in the gap between the wisdom tooth and adjacent tooth, which is hard to remove. Over a long time, it leads to bad breath in less severe cases, and tooth decay in serious circumstances.

★ 牙列不齐

★ Uneven Tooth

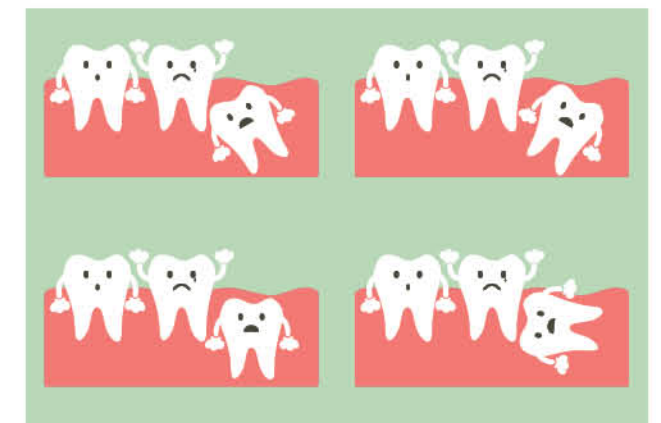
不要小瞧智齿萌出的推动力，它常是造成牙齿拥挤和排列不整齐的主要原因。这种萌出推动力会对邻牙产生影响，造成邻牙错位、扭转等。邻牙的错位，不仅会使上下方的咬颌接触面积减少，人的咀嚼功能明显降低，还会直接拉低你的颜值。

Don't underestimate the impetus of wisdom tooth when it erupts. It is often the main cause of tooth congestion and misalignment. This erupted driving force will affect the adjacent tooth, resulting in dislocation and torsion. The dislocation of adjacent teeth will not only reduce the contact area of upper and lower jaw bite, but also significantly reduce the masticatory function, and directly lower your facial attractiveness.

★ 伤害口腔黏膜

★ Injury to Oral Mucosa

阻生和错位智齿的牙龈和口腔黏膜，因牙冠边缘的长期机械刺激或反复咬伤，而使黏膜发生溃疡、糜烂、组织异常增生及白斑等损害。如此长期的创伤修复再创伤过程



会影响口腔粘膜上皮的正常角化,进而诱发口腔粘膜癌变。

The gingiva and oral mucosa of impacted and misplaced wisdom teeth are damaged by long-term mechanical stimulation or repeated bites on the edge of the crown, which causes ulcers, erosion, abnormal tissue hyperplasia and white spots. Such a long-term trauma repair and re-trauma process will affect the normal keratinization of the oral mucosal epithelium, and further induce oral mucosal carcinogenesis.

★ 咬合异常

★ Occlusal Anomalies

阻生牙与错位牙不能与对颌牙齿建立正常咬合关系,会引起颞下颌关节的弹响、疼痛和下颌运动的异常,张口疼痛、耳鸣、舌痛等症状。

The impacted and misplaced teeth cannot establish a normal occlusal relationship with the maxillary teeth. This may cause the temporo-mandibular joint bounce, pain and abnormal mandibular movement, open mouth pain, tinnitus, tongue pain and other symptoms.



这样的智齿配得“免死金牌” Such Wisdom Teeth Deserve a "Death-free Imperial Warrant"

虽然智齿是人类进化史上的残余物,但也不是只有“斩立决”这一条路,毕竟有些人怕疼怕得要命,所以,如果你的智齿符合以下条件,也可以赐它“免死金牌”:

Although wisdom teeth are remnants in human evolution, they do not necessarily step onto the only "dead end". After all, some people are deadly afraid of pain. So, if your wisdom tooth meets the following conditions, you can give it a "death-free imperial warrant".

一是智齿完全萌出、长得很正、上下咬合很好,也没有牙痛、炎症等症状,可以不拔。

First, the wisdom tooth has completely grown out, looked straight, bitten well, without any toothache or inflammation. Such teeth can be kept intact.

二是有些矫正牙齿的人,有些时候由于某个磨牙长得不好或出现问题需要拔除,这时需要将智齿往前挪,填补前牙空缺的位置。

Second, some people who want to straighten their teeth may have the wisdom tooth moved forward to fill in the gap from pulling off a bad molar.

保留智齿的人,更需要格外注意口腔卫生。应该早晚

(甚至加强)刷牙,多漱口冲洗,避免食物残渣。

Those who retain the wisdom teeth need to pay special attention to the oral hygiene. They should brush their teeth in the morning and evening (or even more), often rinse their teeth to avoid food residue.



拔智齿,你准备好了吗 Are You Ready to Pull Out Wisdom Teeth?

拔智齿前最重要的准备就是心理准备,毕竟很多人内心早已把拔牙“妖魔化”。充分了解拔智齿的准备工作及术后的愈合,给自己一剂“定心丸”。

The most important preparation before wisdom tooth extraction is psychological preparation. After all, many people have "demonized" wisdom tooth extraction. Fully understanding the preparation of wisdom tooth extraction and postoperative healing, we may give ourselves a dose to "set our mind at rest".

★ 拔智齿前

★ Before Removing Wisdom Tooth

1. 拍摄全景X片。通过拍片子,不仅让医生更一目了然看到阻生智齿,从而更容易确定拔牙难度和采用的手术方案。

1. Take a panoramic X-ray film. With the X-ray film, the doctor will see the impacted wisdom tooth more clearly, which makes it easier to determine the difficulty of tooth extraction and the operation plan.

2. 验血。有些急性子直接就问了,为啥一定要验血呢?这是因为,毕竟拔牙也是一台「小」手术,甚至有的能叫做不小的手术。拔牙时也会出血,所以,手术前的常规检验,包括血常规、生化常规、凝血常规和传染病四项(HIV、乙肝、丙肝和梅毒)筛查是必须要进行的,且只有保证检查结果正常才能最终确定手术。

2. Blood test. Some quick tempered people would ask why we must take a blood test. This is because, after all, tooth extraction is a "small" operation, and sometimes a large operation. It bleeds at tooth extraction. As a result, routine tests before the surgery, including the screening of blood routine, biochemical routine, coagulation routine and four items of infectious diseases (HIV, hepatitis B, hepatitis C and syphilis), must be carried out. Only by ensuring that the results of the examination are normal can the operation be finalized.

3. 避开女性生理期及妊娠期前后三个月。因为经期



拔牙痛感会更强,还容易引起大出血和感染;妊娠期女性容易因为体内雌性激素分泌增加,身体免疫力和抗感染能力下降而引发智齿冠周炎、骨髓炎、败血症,进而引发流产或早产。

3. Avoid the female physiological period and three months before and after the gestation period. This is because tooth extraction is more painful during the menstrual period, and it is easier to cause massive bleeding and infection. Pregnant women are prone to increase estrogen secretion, and their body immunity and anti-infection ability decline, which may lead to pericoronitis, osteomyelitis, septicemia, and further result in abortion or premature delivery.

4. 有心脏病、高血压、糖尿病以及其他系统性疾病的患者,应先控制病情,在病情稳定的条件下再考虑拔牙。

4. Patients with heart disease, high blood pressure, diabetes and other systemic diseases should first control their diseases, and then consider tooth extraction under stable conditions.

5. 拔牙的当天一定要吃早餐,不能空腹拔牙,以免因紧张导致低血糖反应。

5. You must have breakfast on the day of tooth extraction. Do not pull a tooth on an empty stomach, to avoid hypoglycemia due to stress.

★ 拔智齿后

★ After Removing Wisdom Tooth

1. 拔牙后紧咬棉纱团保持半小时,以便压迫止血。

1. After the tooth extraction, bite the cotton yarn for half an hour to press and stop bleeding.

2. 拔牙后2小时禁食禁水,24小时之内不刷牙和漱口。24小时后可以刷牙,但应避免触及创面以免血凝块脱落,使拔牙创面延迟愈合。

2. Do not drink or eat in two hours after the extraction. Do not brush your teeth or rinse the teeth in 24 hours after the extraction. You can brush the teeth after 24 hours. But you should avoid touching the wound to prevent the blood clots from falling off and delay the healing of the tooth extraction wound.

3. 术后少说话,2到3日内不要做剧烈运动,尽量避免用舌和手触摸伤口。

3. Talk less after the surgery. Avoid strenuous exercises within 2 to 3 days after the operation. Try to avoid touching the wound with tongue and hand.

4. 拔牙当日可吃软的、稀的、偏凉的食物,避免用患侧咀嚼、不要抽烟喝酒。

4. You can eat soft, gruel, cool food on the day of extraction. Avoid chewing with the affected side. Do not smoke and drink alcohol.

5. 拔牙当日吐出的口水略带红色血丝,属正常现象不必紧张。若有鲜血不断流出,应立即到医院检查诊治。

5. The saliva spit out on the day of tooth extraction may take slightly red blood, which is a normal phenomenon, need not be alarmed. If there is a continuous outflow of blood, you should immediately go to the hospital for diagnosis and treatment.

有些姑娘下定决心拔智齿还有个原因——瘦脸,实话跟你说吧,影响脸下半部分宽度的主要是下颌骨的形态,而智齿是长在颌骨里的,没有支撑脸部的作用,对脸型宽度没有明显影响,所以就打消通过拔智齿瘦脸的想法吧!

Some young women make up their minds to pull out the wisdom teeth for one more reason -- face-life. To tell you the truth, the width of the lower half of the face is mainly affected by the shape of the mandible. The wisdom teeth grow in the jaw. They do not support the face. There is no obvious impact on the width of the face. So give up the idea of pulling wisdom teeth to have a thinner face!

最后,分享给大家一个小秘密,可以选择下午去拔牙。因为人体的痛觉反应上午比下午敏感,所以下午拔牙的疼痛感更轻点哦。

Finally, a little secret for you. You can choose to pull the teeth in the afternoon, because the body's pain response is more sensitive in the morning than in the afternoon. So the pain of tooth extraction in the afternoon is lighter.

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 posprtum 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;小儿麻痹症、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; Inprove 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.



中国友好和平发展基金会 CHINA FRIENDSHIP FOUNDATION FOR PEACE AND DEVELOPMENT

中国友好和平发展基金会是经中华人民共和国民政部批准登记的首家外事领域全国性4A级公募基金会,由中国人民对外友好协会创办并作为业务主管单位。1996年5月15日在北京正式成立。

中国友好和平发展基金会始终以“发展中国人民与世界各国人民之间的友好事业,推动国际合作,维护世界和平,促进共同发展”为宗旨,充分发挥在民间外事领域的资源优势,广泛汇聚国内外企业、社会团体和爱心人士之力,围绕“友好”、“发展”、“慈善”三大版块,开展了一系列具有广泛影响力的公益活动。

截止2018年初,中国友好和平发展基金会资产总额已从创始之初的200万元增长至2亿元,累计资助金额4.7亿元以上,资助的公益项目已扩展到民间外交、文化体育、教育培训、医疗卫生、帮残助困、扶贫救灾等领域。

为支持中国和欧洲青少年艺术交流,提高中欧青少年艺术水平2018年11月又增设了“中欧青少年艺术交流基金”。

China Friendship Foundation for Peace and Development (CFFPD) is a 4A-level nation-wide public foundation registered with the approval of the Ministry of Civil Affairs of the People's Republic of China. As the first foundation engaged in foreign affairs, it was founded by the Chinese People's Association for Friendship with Foreign Countries on May 15, 1996.

The aims of the CFFPD are to develop a friendly cause between the Chinese people and the people of the world, promote international cooperation,

safeguard world peace and promote common development by making full use of the rich resources in people-to-people diplomacy. The funds received by the foundation are mainly from enterprises, friendly organizations, institutions and friendly personages at home and abroad. The foundation has carried out a series of charity programs with great influence around 3 major themes, namely “Friendship”, “Development” and “Charity”.

By the end of beginning 2018, the total assets of CFFPD have grown from 2 million RMB to about 200 million RMB, and the total donation received has reached 470 million RMB, supporting all kinds of events in the field of people-to-people diplomacy, culture, sports, education and training, medical and health care, helping the disabled, poverty and disaster relief.

With the aim to promote the cultural dialogue between the youth of China and Europe and to enhance the artistic skills of the next generation, the foundation has established the “China-Europe Youth Art Exchange Foundation” in November 2018.

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雪中朱鸕
Crested Grebe in snow

张永平 / 摄

Photo: Zhang Yongping