

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

2021/04 总第092期

感知
Feel 中国
China



中国两国人民 友谊之花常开

为世界中国杂志社题
邹家华

原中国国务院副总理、全国人大副委员长邹家华先生为本刊题词

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

The World and China.
Tony Blair

2010年11月5日,英国前首相托尼·布莱尔为本刊写英文刊名

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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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约旦国花——黑鸢尾花

BACK COVER:

Black Iris, Jordan's National Flower

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欧盟驻华大使郁白 (Nicolas Chapuis) 阁下宣布，正式启动“Sustainability Tour# 环保好骑心#”线上活动。

他在致辞中表示希望通过“环保好骑心”活动，我们可以更多地了解可持续性的含义，并讨论中欧人民共同努力建设一个更加可持续的世界的方式。他还表示，中国和欧盟拥有大量的合作机会，因为欧盟和中国在全球可持续发展、《2030年议程》和《巴黎协定》的实施方面有着共同的承诺。

His Excellency Nicolas Chapuis, the European Union's Ambassador to China, announced the official launch of the "Sustainability Tour" online event.

In his speech, he expressed his hope that through the "Sustainability Tour" activity, we can learn more about the meaning of sustainability and discuss the ways in which the Chinese and European people can work together to build a more sustainable world. He also said that China and the EU have a lot of opportunities for cooperation because the EU and China have common commitments on global sustainable development, the implementation of the 2030 Agenda and the Paris Agreement.

活动现场

A moment of the event



网络达人 Rose 和 Steve 分享心得体会
Internet stars Rose and Steve share their experience



欧盟驻华大使郁白 (Nicolas Chapuis) 阁下为网络达人 Rose 和 Steve 颁发环保骑行服。
His Excellency Nicolas Chapuis, the European Union's Ambassador to China, presented eco-friendly cycling jerseys to Internet celebrities Rose and Steve.

环保好骑心

Sustainability Tour

欧盟驻华代表团于11月1日推出“Sustainability Tour 环保好骑心”线上活动。“Sustainability Tour # 环保好骑心 #”线上活动赞许欧盟、欧盟成员国以及中国在促进社会和经济可持续发展中的各种项目和合作。活动将重点介绍中欧双方关于环境、气候、能源和其他可持续发展领域的合作项目，并且倡导环保的生活方式。此外，活动还将介绍欧盟成员国在中国推广的项目和文化活动。

The EU Delegation to China launched the "Sustainability Tour" online event on 1 November. The program highlighted various projects and cooperation forms of the EU, EU member states, and China in promoting sustainable social and economic development. The event mainly focused on cooperation projects between Europe and China on the environment, climate, energy and other sustainable development fields, and advocated an environmentally friendly lifestyle. In addition, the event also introduced the projects and cultural activities promoted by EU member states in China.



欧盟能源日 EU Energy Day

COP26 边会 - 2021年11月5日
COP26 side event - November 5, 2021

欧盟始终致力于引领全球能源转型。凭借其设定的2030年可再生能源和能效目标以及对其能源系统脱碳的长期承诺，欧盟制定了一整套雄心勃勃且综合全面的政策和法规。这些政策措施为其他国家制定和实施能源转型战略提供了启发和参照。

自2016年以来，欧盟委员会每年都会组织欧盟能源日系列活动，旨在与国际合作伙伴分享经验和专业知识，并为企业、创新者和投资者提供交流的机会。

在当下正在英国格拉斯哥举行的气候变化大会（COP26）上，欧盟联合国际能源署（IEA）以及国际可再生能源署（IRENA）于11月5日共同举办了欧盟能源日边会活动。

中国与欧盟在能源转型和应对气候变化方面面临相同的挑战，为此，中欧能源合作平台（ECECP）特别组织策划了此次欧盟能源日的直播活动，以同传的方式全程在线直播了地球另一端格拉斯哥会场举行的欧盟能源日各场

高级别会议。来自国家发改委、能源局的代表，以及来自中国电力企业联合会、国网能源研究院、中国标准化研究院等众多行业专家学者以及媒体记者在线下共同出席了此次活动。

欧盟驻华代表团气候行动与能源参赞付维恩在致辞中表示，此次欧盟能源日直播活动将使中国加深对欧盟能源领域最新政策的了解，并有助于同中国等国际合作伙伴在探索有效应对未来转型挑战方面激发新的灵感。当天的会议聚焦公正转型、海上可再生能源、绿色氢能、煤电退出、甲烷减排等热议话题，为各方提供了一场思想交流碰撞的盛宴。

The EU has always been committed to leading the global energy transition. Relying on its 2030 renewable energy and energy efficiency targets and its long-term commitment to decarbonize its energy system, the EU has formulated a set of ambitious and comprehensive policies and regulations. These policies and measures have provided inspiration and reference for other countries to formulate and implement energy transition strategies.

Since 2016, the European Commission has organized a series of EU Energy Day events every year, aiming to share experience and expertise with international partners and provide opportunities for companies, innovators and investors to communicate.

At the Conference of the Parties (COP26) held in Glasgow, the United Kingdom, the European Union, the International Energy Agency (IEA) and the International Renewable Energy Agency (IRENA) jointly organized the EU Energy Day Side Event on November 5.

China and the European Union face the same challenges in energy transition and climate change. For this reason, the EU-China Energy Cooperation Platform (ECECP) specially arranged a live broadcast



直播
现场

Live broadcast

of the EU Energy Day. Representatives from the National Development and Reform Commission and the Energy Administration, as well as scores of industry experts, scholars, and media reporters from the China Electricity Council, State Grid Energy Research Institute, China National Institute of Standardization and other industries attended the event in person.

Octavian Stamate, Counselor for Climate Action and Energy of the EU Delegation to China, said in his speech that the live broadcast of EU Energy Day will enable China to deepen its understanding of the

latest EU energy policies and help to engage with international partners thus inspire effective responses to the challenges of future transformation. The meeting focused on hot topics such as fair transformation, offshore renewable energy, green hydrogen energy, coal power replacement, methane emission reduction, etc., providing abundant food for thoughts for the discussions.



欧盟驻华代表团气候行动与能源参赞付维恩
Octavian Stamate, Counselor for Climate Action and Energy,
EU Delegation to China

荷兰人的基因里就带有滑冰 *Skating is in the Dutch DNA*



“荷兰人的基因里就带有滑冰”这句话是荷兰驻华大使贺伟民在9月15日下午在他官邸举行，“北京冬奥会：荷兰冰上运动主题新闻发布会”上向记者透露的。

荷兰驻华大使贺伟民（Wim Geerts）阁下在致欢迎辞时还介绍了荷兰冰上运动历史文化。并且几乎每时每刻都在各项体育活动中名列前茅；它不仅是一项职业赛事运动，也是普通大众重要的休闲运动；在最近的东京奥运会和残奥会上，荷兰分别取得奖牌榜第七和第五的好成绩。

"Skating is in the Dutch DNA". This was the message conveyed to reporters by the Dutch Ambassador to China, Wim Geerts, at his official residence on the afternoon of September 15 during the "Beijing Winter Olympics: Press Conference on Dutch Ice Sports".

The ambassador also introduced the history and culture of Dutch ice sports in his welcome speech. The Dutch almost always rank among the best in various sports activities, sport is not meant only for professionals in the country, but it is also an important leisure activity of the general public. In the recent Tokyo Olympics and Paralympics, the Netherlands ranked seventh and fifth respectively in the medal list.



荷兰驻华大使贺伟民
Dutch Ambassador H.E. Wim Geerts

荷兰驻华大使贺伟民阁下与中国前职业滑冰运动员王北星交流对话
Dutch Ambassador to China, His Excellency Wim Geerts, in talk with former Chinese professional skater, Wang Beixing



活动现场

A moment of the event

北京冬奥组委对外联络部部长张谦女士介绍冬奥会滑冰概况时也向记者透露该项共有14块奖牌。荷兰队将有36人参加夺冠
Ms. Zhang Qian, Director of the International Liaison Department of the Beijing Winter Olympics Organizing Committee, revealed to reporters that 14 medals are waiting for the skaters during the Winter Olympics. The Dutch team will have 36 sportsmen participating in the games.



运动冰鞋展示
Sports skates on display



荷兰民族颜色
Dutch national colors



哥斯达黎加 独立 200 周年

200th Anniversary of Costa Rica's Independence



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



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

活动 现场

A moment of the event



值此哥斯达黎加独立 200 周年来临之际，哥斯达黎加驻华大使馆于 9 月 15 日在北京金台艺术馆举办了为哥斯达黎加前总统和国家民族英雄胡安·拉斐尔·莫拉·波拉斯 (JUAN RAFAEL MORA PORRAS) 雕像揭幕仪式。

On the occasion of the 200th anniversary of Costa Rica's independence, the Costa Rican Embassy in China held a ceremony for former President of Costa Rica and national hero Juan Rafael Mora Porras at Jintai Art Museum in Beijing on September 15. Pictured is the unveiling ceremony of the statue of Juan Rafael Mora Porras.





中俄友谊之歌 Song of Sino-Russian Friendship



俄罗斯驻华特命全权大使杰尼索夫阁下致辞
Speech by His Excellency Andrey Denisov,
Russian Ambassador to China



9月17日，由北京俄罗斯文化中心、欧美同学会留苏分会主办的庆祝《中俄睦邻友好合作条约》签署二十周年“友谊之歌”高磊俄语歌曲演唱会在北京俄罗斯文化中心隆重举行。

在《中俄睦邻友好合作条约》签署二十周年之际，高磊精选十余首俄语歌曲，其中有国人耳熟能详的《莫斯科郊外的晚上》、《喀秋莎》、《幸福鸟》等经典曲目，也有旋律优美的《卡林卡》等俄罗斯民歌。

On September 17, the "Song of Friendship" Gao Lei's Russian song concert hosted by the Russian Cultural Center of Beijing and the Soviet branch of the European and American Students' Association to celebrate the 20th anniversary of the signing of the "Sino-Russian Treaty of Good-neighborliness, Friendship and Cooperation" was held at the Russian Cultural Center in Beijing.

On the twentieth anniversary of the signing of the "Sino-Russian Treaty of Good Neighborliness, Friendship and Cooperation", Gao Lei selected more than ten Russian songs, including classics such as "Night in the Outskirts of Moscow", "Katyusha" and "Happy Bird". The repertoire also included Russian folk songs such as "Kalinka" with its beautiful melody.

教育部原副部长、总督导，中国教育国际交流协会会长，欧美同学会副会长刘利民阁下致辞
His Excellency Liu Limin, former Vice Minister of Education, Chief School Inspector, President of China Education International Exchange Association, Vice President of European and American Student Association, delivered a speech



活动现场

A moment of the event





马耳他驻华大使卓嘉鹰欢迎宾客

The Ambassador of Malta to China, His Excellency John Aquilina, welcomes the guests



马耳他独立日 Anniversary of Independence Day of the Republic of Malta

值此马耳他共和国独立日 57 周年来临之际，马耳他驻华大使馆于 9 月 22 日在北京四季酒店举办了招待宴会。

On the occasion of the 57th anniversary of the Independence Day of the Republic of Malta, the Embassy of Malta in China hosted a reception banquet at the Four Seasons Hotel Beijing on September 22.



中国外交部部长助理邓励阁下应邀出席本次活动并与大使阁下同双边关系和共同关心的问题交换意见。中国外交部部长助理邓励阁下致辞并介绍说是自己分管欧洲事务后第一次应邀出席欧洲国家的庆典活动。

His Excellency Deng Li, Assistant Minister of Foreign Affairs of China, said that it was the first time he was invited to attend a celebration of a European country after being assigned to European affairs. His presence provided a good opportunity to exchange views with the ambassador on bilateral relations and issues of common concern.



马耳他驻华大使卓嘉鹰阁下在致辞中说到：

马耳他的独立日恰逢中国的中秋节。昨晚我拍摄了一张月亮的照片，明月当空，照亮了美丽的北京和中国。今天一大早，我的亲人给我发了一张同一个月亮的照片，明亮的光辉也同样点亮了马耳他的天空。这让我再次感慨世界真的很小。我们共享同一个空间，尽管我们各不相同，但我们都需要学习如何共同生活。

感谢大家，祝大家度过一个愉快的夜晚。

H.E. John Aquilina, Ambassador of Malta to China:

"The independence of Malta coincides with China's Mid Autumn Festival. Last night I photographed a bright moon beautifully lighting up Beijing and China. Early this morning relatives sent to me a photo of the same moon brilliantly lighting up Malta's sky. It made me think again that the world is really a small place. We all share the same space, and despite our differences, we all need to learn how to live together. Thank you and enjoy the evening."



钢琴家克劳迪娅·杨
演奏两国国歌
Pianist Claudia Yang plays
the national anthems of the
two countries





斯洛伐克驻华大使夫人携使馆官员欢迎到场宾客
Dr. Eugenia Bellova, wife of the Slovak ambassador to China and embassy officials welcome the guests



斯洛伐克国庆

Slovak National Day



斯洛伐克驻华大使杜尚·贝拉 (DUSAN·BELLA) 阁下在致辞中说:

1992年9月1日和1848年9月22日,是斯洛伐克历史上两个极其重要的日子。第一个日子,是捷克斯洛伐克联邦和平解体后,斯洛伐克民族委员会通过现行宪法的日子。宪法是我们现代国家的基石,今天,斯洛伐克共和国仍位列世界上最自由民主的国家之一。

第二个日子——即1848年9月22日,标志着一群斯洛伐克志愿兵的胜利。他们为了寻求斯洛伐克民族独立,在布雷佐瓦布拉隆历经了一系列战斗,还击败过奥匈帝国的正规部队。在约瑟夫·米罗斯拉夫·胡尔班的领导下,受到著名的“革命年”的启发,这些志愿兵渴望在哈布斯堡帝国内,让斯洛伐克民族获得认可。尽管这批斯洛伐克爱国者最终落败,但是他们勇敢的行动却鼓舞了许多生活在布雷佐瓦布拉隆周边地区的人,后来,这些人成为了军人或外交官,为祖国服务。在此,我仅列举以下几位:米兰·拉斯基拉夫·斯特凡尼克将军,捷克斯洛伐克建国者之一,曾在1918年11

月来访中国,其宏伟的半身像正对着这座住宅的正门;斯特凡·俄苏斯基,两次世界大战期间捷克斯洛伐克驻法国大使;扬·帕帕内克,《联合国宪章》14名起草人之一。

Ambassador of Slovakia to China, Dusan Bella, said:
1st September 1992 and 22nd September 1848 signify the most significant dates in Slovak history. The first of these is the day when the Slovak National Council, following the decision on the peaceful dissolution of Czechoslovakia, adopted our current Constitution. This document remains the cornerstone of our modern statehood and to this day puts the Slovak Republic among the freest and most democratic countries in the world.

The second date - 22nd September 1848 - marks the victory of a group of Slovak volunteers who sought Slovakia's independence in a series of battles near Brezova pod Bradlom, where they defeated regular units of the Austro-Hungarian Empire. Led by Jozef Miloslav Hurban, these volunteers were inspired by the famous "Year of Revolutions" and yearned for recognition of the Slovak nation within the Habsburg Empire. Although Slovak patriots were ultimately defeated, their brave actions inspired a whole host of individuals from the region surrounding Brezová pod Bradlom, who later served their country with distinction as soldiers and diplomats. Let me mention just a few - General Milan Rastislav Štefánik, co-founder of Czechoslovakia, who visited China in November 1918 and whose magnificent bust faces the front entrance of this residence, Štefan Osuský, the inter-war Ambassador of Czechoslovakia to France and Ján Papánek, one of 14 draftees of the Charter of the United Nations.



活动现场

A moment of the event

中国外交部副部长邓励阁下、画家刘桂英女士与大使夫妇共同举杯庆祝庆祝活动圆满举行
Chinese Assistant Minister of Foreign Affairs His Excellency Deng Li, painter Ms. Liu Guiying and the ambassador with his wife have a toast



正值斯洛伐克共和国国庆节及建军节到来日,斯洛伐克驻华大使馆于9月24日晚在大使官邸举办招待会和中国画家刘桂英的画展。
On the National Day and Army Day of the Slovak Republic, the Slovak Embassy in China hosted a reception and an exhibition of Chinese painter Liu Guiying's paintings at the Ambassador's residence on the evening of September 24.



瑞士驻华大使馆文化及宣传参赞裴天怡女士致开幕词
Ms. Tehani Pestalozzi, Cultural and Publicity Counselor of the Swiss Embassy in China, delivers the opening speech



瑞士驻华公使沈鹤鸣先生在讲话中说：建筑与科技是了解瑞士的两个很好的窗口，瑞士式创新与可持续在这两个领域都得到了很好的诠释。“瑞士国土面积有限，自然资源匮乏，这是我们为环境挑战寻求创造性解决方案的推动因素之一；对后代的责任感可能是让科研人员、政策制定者和私营部门投资环境创新的另一个原因。”“本次展览浓缩了瑞士为实现更加环保和可持续发展所做的部分努力，与包括中国在内世界各地的伙伴合作，将是进一步创新、推广这些解决方案的关键。”
“Architecture and technology are two good windows into Switzerland. Swiss innovation and sustainability are well illustrated in both fields,” said Thomas Stähli, Deputy Head of Mission of the Embassy of Switzerland in China, “The limited territory and the lack of natural resources in Switzerland are some of the push factors behind our drive to seek creative solutions to environmental challenges. Our sense of responsibility to future generations might be another reason that let researchers, policy-makers and the private sector invest in environmental innovation.”



中国文化和旅游部国际交流与合作局郑浩副局长先生讲话
Speech by Mr. Zheng Hao, Deputy Director of the Bureau of International Exchange and Cooperation of the Ministry of Culture and Tourism

活动现场

A moment of the event



瑞士人用羊毛盖了一栋楼 Smart & Sustainable Solutions: the Swiss way doing architecture and technology

“智慧引领可持续”主题展由瑞士驻华大使馆主办，分为两部分，即“不为环境，何以建筑”展 × 瑞士阿尔卑斯山区可持续建筑奖获奖作品展；“科技能否拯救世界”展，于9月22日至10月7日在京展出。

Organized by the Embassy of Switzerland in China between 22 September and 7 November, the exhibition "Smart & Sustainable Solutions" consists of two parts, namely, the "Constructive Alps": a display of prize-winning works on sustainable architecture projects in Switzerland and the Alpine region and the "Can Tech Save the World": examples of technological innovations from Switzerland designed to address environmental challenges.



这栋大楼使用了共 15 吨羊毛，全部来自于大约 1.2 万头当地饲养的绵羊，是建筑物保温的绝佳天然材料。瑞士布里格镇圣·乌苏拉 (Sainte-Ursule) 社区公寓楼
Fifteen tons of wool from around 12,000 sheep in the region provide a good natural insulation material for the apartment building, St. Ursula community residence, Brig (CH)



嘉宾观展
Guests visiting the exhibition

在活动当天的开幕论坛里邀请到了具有丰富实践经验和研究成果的中国建筑专家张利、刘昕、鲍莉、董颖和王硕，引用瑞中案例着重探讨创新科技在建筑中的应用以便设计适应特定的区域环境条件，以及建筑在环保和可持续发展方面发挥的积极作用。
In the subsequent opening forum, dedicated to "Smart architecture for sustainable development", five seasoned Chinese architects shared examples of successful Swiss and Chinese projects along with their perspectives on how innovative technology can make architecture more sustainable.



瑞士环保影展

Switzerland's Film Screenings for Sustainability

瑞士驻华大使馆于9月25日对外举办了以“瑞士引领可持续”环保与科技主题的电影展首场展映。15部电影将在北京，上海，成都，广州，武汉，贵阳展映。

“瑞士引领可持续”是瑞士驻华大使馆今年全年活动的主题，围绕这一主题组织了本次瑞士科技与环保主题影展，放映以可持续发展为主题的15部电影，这些电影将在北京，上海，成都，广州，武汉，贵阳上映。所选影片呈现了可持续发展的不同方面。希望通过影片促进人们加强环境保护意识，并为可持续发展带来新的思考。作为全球可持续发展舞台负责任的参与者，瑞士一直为其积极贡献自己的力量。

The Swiss Embassy in China held the first screening of the film festival "Smart & Sustainable" on September 25, a festival focusing on environmental protection and technology. The theme "Smart & Sustainable", chosen by the Swiss Embassy in China, characterizes their activities during the year. 15 films in the domain of sustainable development will be screened in Beijing, Shanghai, Chengdu, Guangzhou, Wuhan, and Guiyang. The selected films present different aspects of sustainable development. Hopefully, the films will raise people's awareness of environmental protection and bring new thinking to sustainable development. As a responsible participant in the global sustainable development arena, Switzerland has always actively contributed to the cause.



瑞士驻华大使馆文化及宣传参赞裴天怡 (Tehani Pestalozzi) 女士致开幕词中说到：目前，瑞士每年为气候变化行动提供三亿瑞士法郎的对外援助，包括与中国在清洁空气，零排放建筑和可持续商业实践等领域的合作。

Ms. Tehani Pestalozzi, Cultural and Publicity Counselor of the Swiss Embassy in China, said in her opening speech: At present, Switzerland provides 300 million Swiss francs of foreign aid for climate change actions each year, including cooperation with China in clean air, zero-emission construction and cooperation in areas such as sustainable business practices.



首部展映影片《天堂战争》"Paradise War" 给观众留下一个始终值得思考的问题：如何在保护生态和发展经济中找到平衡，使得自然和现代生活可持续和谐发展。

The first film screened, "Paradise War", left the audience with a question that is always worth thinking about: How to find a balance between protecting the ecology and developing the economy, so that nature and modern life can develop in a sustainable and harmonious manner.

活动现场

A moment of the event

影展前酒会的小吃全是有有机食品，不用一次性纸质盘子，而是用可再生性的荷叶。

The snacks at the reception held before the film festival were all organic, instead of disposable paper plates, renewable lotus leaves were used.





亚美尼亚使馆官员欢迎到场宾客
Officials from the Embassy of Armenia welcome the guests



中国政府欧亚事务特别代表李辉阁下应邀出席本次活动并发表致辞，中亚双方领导人共同庆祝活动圆满举行
His Excellency Li Hui, Special Representative for Eurasian Affairs of the Chinese Government, was invited to attend this event and deliver a speech. Leaders of China and Armenia jointly celebrated the Day of Independence



亚美尼亚独立日 Armenian Independence Day

活动现场
A moment of the event

亚美尼亚共和国是一个位于西亚外高加索地区的共和制国家。西邻土耳其，北邻格鲁吉亚，东为阿塞拜疆，南接伊朗和阿塞拜疆，首都为埃里温。

公元前5世纪亚美尼亚族基本形成，讲自己的语言。公元301年，亚美尼亚国王梯里达底三世定基督教为国教，使亚美尼亚成为世界上第一个基督教国家。1936年12月5日，成为苏联加盟共和国之一。1991年9月21日，亚美尼亚举行全民公决，正式宣布独立。

值此亚美尼亚共和国独立30周年来临之际，亚美尼亚共和国驻华大使馆于9月23日在使馆内举办了招待宴会。



The Republic of Armenia is a republic located in the Caucasus region outside West Asia. It borders Turkey to the west, Georgia to the north, Azerbaijan to the east, Iran and Azerbaijan to the south, and Yerevan is its capital.

The Armenian tribe was formed in the 5th century BC and spoke its own language. In 301 AD, King Tiridadi III of Armenia designated Christianity as the state religion, making Armenia the first Christian country in the world. On December 5, 1936, it became one of the Soviet republics. On September 21, 1991, Armenia held a referendum and officially declared its independence.

On the occasion of the 30th anniversary of the independence of the Republic of Armenia, the Embassy of the Republic of Armenia in China hosted a reception banquet in the embassy on September 23.

亚美尼亚驻华大使谢尔盖·马纳萨良 (Sergey Manasaryan) 阁下在致辞中说：自亚美尼亚共和国独立以来，我们一直并继续感受到来自中国的全方位支持，2022年4月，我们将迎来建交30周年。从年度贸易额来看，2020年比2019年同比增长了2%，出口增幅保持在50%的水平。而2021年上半年比2020年贸易额同比增长8%，出口增长了2倍。

His Excellency Sergey Manasaryan, Ambassador of Armenia to China, said in his speech: Since the independence of the Republic of Armenia, we have been feeling the all-round support of China. In April 2022, we will usher in the 30th anniversary of the establishment of diplomatic relations. As for the annual trade volume, it has increased by 2% year-on-year in 2020 compared with 2019, and the export growth rate has remained at the level of 50%. In the first half of 2021, trade volume increased by 8% year-on-year compared with 2020, and the exports doubled.



亚美尼亚的著名的白兰地酒 ARARAT
The famous Armenian brandy, Ararat

CICLO DE CINE CUBANO

28 Sept-14 Oct

古巴电影展映季

9月23日-10月14日



活动现场

A moment of the event

古巴导演费尔南多·佩雷斯发来视频讲话
Cuban director Fernando Pérez sent a video message



古巴电影季开幕

Cuban Film Season Opens

值古巴和中国建交 61 周年之际，古巴驻华大使馆于 9 月 28 日在北京塞万提斯学院举办了古巴电影季的开幕式活动，电影周将以费尔南多·佩雷斯 (Fernando Pérez) 导演的电影《暗战》的放映拉开帷幕。

On the occasion of the 61st anniversary of the establishment of diplomatic relations between Cuba and China, the Cuban Embassy in China held the opening ceremony of the Cuban Film Season at the Cervantes Institute in Beijing on September 28. The film week featured Fernando Pérez. The screening of the director's movie "Dark War" kicked off the series.



古巴驻华大使卡洛斯·米格尔·佩雷拉阁下在致辞中说：我们今天开幕的电影展映季将持续到 10 月 14 日，本届展映季不仅是对古中双边关系的致敬，也是对电影展映季的主办方之一，古巴电影艺术工业局 (ICAIC) 成立 62 周年的致敬。古巴电影艺术工业局是古巴革命后成立的第一家文化机构，它在成立的 62 年来依靠大量的电影作品和具有国际声望的天才创作者及艺术家，提升了古巴电影在国内外的知名度，也将古巴电影传播到了新中国。

His Excellency Carlos Miguel Pereira, Cuban Ambassador to China: The film screening season that we open today will last until October 14. This season is not only for Cuba and China, but also a tribute to the 62nd anniversary of the establishment of the Cuban Film and Art Industry Agency (ICAIC), one of the organizers of the film season. The Cuban Film and Art Industry Bureau is the first cultural institution established after the Cuban Revolution. In the 62 years since its establishment, it has relied on a large number of film works and internationally renowned talented creators and artists to enhance the popularity of Cuban films at home and abroad.



嘉宾观影
Guests of the film season



交流活动由罗马尼亚驻华大使夫人戴安娜 (DIANA) 主持
The event was hosted by the wife of the Romanian ambassador to China



图为 安娜·阿斯兰国际基金会主席教授 LUIZA SPIRU 博士, 总裁 MIRCEA MARZAN 博士

Dr. Luiza Spiru, Chairman and Professor of Ana Aslan International Foundation, and President Dr. Mircea Marzan

罗马尼亚人创建了世界上第一家老年病医院

Romanians created the world's first geriatrics hospital



罗马尼亚驻华大使巴西尔·瓦西利克·康斯坦丁内斯库 (Basil Vasiliu Constantinescu) 阁下致开场辞。
His Excellency Basil Vasiliu Constantinescu, Romanian Ambassador to China, delivered the opening remarks.

为庆祝世界上第一家老年病医院和老年病研究所在布加勒斯特开业 70 周年和纪念世界抗击阿尔茨海默病日, 罗马尼亚驻华大使馆于 9 月 28 日在使馆内举办一场线上聚焦活动。

罗马尼亚科学家, 老年病医院创始人安娜·阿斯兰 (Ana Aslan) 去世后, 留下的学校研究团队继续完成她的工作, 并取得了令人印象深刻的进展, 帮助老年人提高生活质量, 带来了尊严和真正的支持。

教授的第一个抗衰老药物和她自己的治疗品牌——GEROVITAL, 这使她闻名于世, 许多名人和国家官员成为她的客户。

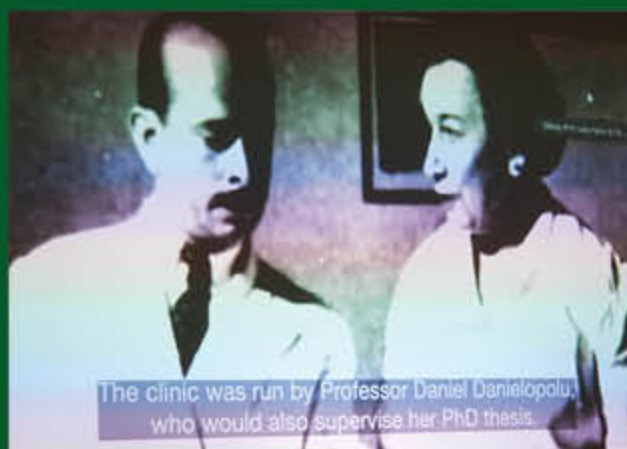
这次活动是与安娜·阿斯兰基金会的顶级专家合作举办的, 他们从乐观的角度与嘉宾分享了关于治疗和预防、希望和知识的宝贵信息。

To celebrate the 70th anniversary of the opening of the world's first geriatrics hospital, the research institute of gerontology in Bucharest and to commemorate the World Day against Alzheimer's Disease, the Romanian Embassy in China held an online focus activity in the embassy on September 28.

After the death of Romanian scientist Ana Aslan, the founder of the Geriatrics Hospital, the research team left behind continued to complete her work and made impressive progress to help the elderly improve their quality of life, bringing dignity and real support.

The professor's first anti-aging drug and her own treatment brand, "Gerovital", made her famous all over the world, many celebrities and state officials became her client.

The event was organized in cooperation with top experts of the Ana Aslan Foundation, who shared their valuable knowledge about prevention, treatment, hope and knowledge with the guests from an optimistic perspective.



The clinic was run by Professor Daniel Danielopolu, who would also supervise her PhD thesis.

活动中播放了介绍安娜的纪录片
A documentary introducing Ana Aslan was played at the event

活动现场

A moment of the event



«ДИАЛОГ КУЛЬТУР: БАЛЕТ - КУНГ-ФУ»

《芭蕾和功夫的对话》



芭蕾与功夫

Ballet and Kung Fu

北京俄罗斯文化中心于10月15日举办了一场中俄青少年交流活动暨《功夫和芭蕾的对话》盛宴。本次活动内容丰富多样，涵盖关于芭蕾和功夫的讲座介绍，田家俊功夫大师团队中国青少年带来的功夫秀和“FOUETE”舞蹈工作室俄中青少年带来的芭蕾舞表演各4个节目，中国功夫大师和俄罗斯芭蕾舞演员的大师班，融合功夫和芭蕾元素的新式表演等。

The Beijing Russian Cultural Center hosted a Sino-Russian youth exchange event, the "Kung Fu and Ballet Dialogue" on October 15. The content of the program was rich and colorful and included lectures on ballet and Kung Fu, a Kung Fu show by Chinese teenagers from Tian Jiajun Kung Fu Master Team, ballet performances by Russian and Chinese teenagers from the "FOUETE" Dance Studio, a master class of Chinese Kung Fu masters and Russian ballet dancers and a mixed performance combining elements of Kung Fu and ballet.



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



田家俊功夫大师团队武术表演
Tian Jiajun Kung Fu
Master Team Martial Arts
Performance



“FOUETE”舞蹈工作室的芭蕾舞表演
Ballet performance
from "FOUETE" Dance
Studio

活动现场

A moment of the event





印度尼西亚共和国驻华大使周浩黎 (Djauhari Oratmangun) 阁下及夫人艾茜薇 (Sih Elsiwi Handayani Oratmangun) 女士欢迎宾客。
The Ambassador of the Republic of Indonesia to China, His Excellency Djauhari Oratmangun and his wife Sih Elsiwi Handayani Oratmangun welcome the guests.



印度尼西亚共和国驻华大使周浩黎 (Djauhari Oratmangun) 阁下与中国外交部部长助理吴江浩阁下会谈，并共同庆祝活动圆满举行
His Excellency Djauhari Oratmangun, Ambassador of the Republic of Indonesia to China, held talks with His Excellency Wu Jianghao, Assistant Minister of Foreign Affairs of China and celebrated with him



印尼独立日 Indonesia's Independence Day



值此印度尼西亚共和国独立 76 周年来临之际，印尼驻华大使馆于 10 月 19 日在北京四季酒店举办了国庆招待宴会。招待会的开幕仪式是向贵宾献上 Tumpeng Nusantara，印尼佳肴的代表餐。

印度尼西亚共和国驻华大使周浩黎阁下在致辞中说：

“在 76 年前，印度尼西亚开国总统苏加诺与副总统哈达于 1945 年 8 月 17 日正式宣布印度尼西亚独立。

我们与中国建立了全面战略伙伴关系，这就是我们不断进取的最有力的见证。印尼与中国的密切关系体现在就读于中国各大学的印尼学生人数，目前已经达到约 15000 人。最近有一个令人鼓舞的消息，暗示着我们又可以在旅游业与来自中国的朋友们直接互动了。巴厘

岛旅游度假胜地已经在 2021 年 10 月 14 日（周四）宣布对外国游客开放。自 2021 年 1 月至 6 月，中国在印尼的投资额达到 17 亿美元，与去年同期相比增长了 10.7%。”

On the occasion of the 76th anniversary of the independence of the Republic of Indonesia, the Indonesian Embassy in China hosted a National Day reception at the Four Seasons Hotel Beijing on 19 October. The reception featured Tumpeng Nusantara, a festive meal of the Indonesian cuisine.

His Excellency Djauhari Oratmangun, Ambassador of the Republic of Indonesia to China, told to guests:

76 years ago, Mr. Soekarno and Mr. Mohammad Hatta announced the proclamation of Indonesia's independence on 17 August 1945.

We have established a comprehensive strategic partnership with China, which is the most powerful testimony of the development of our relations. The close relationship between Indonesia and China is reflected in the number of Indonesian students studying in various universities across China, which has now reached about 15,000. Recently, we received words, suggesting that we can once again interact directly with friends from China in the tourism industry. The Bali tourist resort has announced on 14 October, 2021 to open to foreign tourists. From January to June 2021, Chinese investment in Indonesia reached US\$1.7 billion, an increase of 10.7% compared to the same period last year.



活动现场

A moment of the event



Tumpeng Nusantara 圣餐

一般来说，“tumpeng”这个词是指将米饭呈锥形，周围环绕着配菜的方式。根据最初的介绍，Tumpeng Nusantara 可以放在底部覆盖着香蕉叶的托盘上，作为公共餐（例如爪哇的 dahar kembul、巴厘岛的 megibung 或西苏门答腊的 bajamba）。然而，Tumpeng Nusantara 也可以作为单独的拼盘食用。
The word “tumpeng” refers to the way the rice is tapered and surrounded by side dishes. According to the original recipe, Tumpeng Nusantara can be placed on a tray covered with banana leaves at the bottom and eaten as a communal meal (such as dahar kembul in Java, megibung in Bali, or bajamba in West Sumatra). However, Tumpeng Nusantara can also be consumed as a stand alone dish.





中印商务论坛

China-Indonesia Business Forum



印度尼西亚共和国驻华大使周浩黎阁下致开幕辞
His Excellency Djauhari Oratmangun, Ambassador of the Republic of Indonesia to China, delivered the opening speech



印度尼西亚共和国海洋与投资统筹部部长, 卢胡特·宾萨·班查伊丹阁下发
Coordinating Minister for Maritime Affairs & Investment of the Republic of Indonesia H.E. Luhut Pandjaitan Binsar speaks.



印度尼西亚中央银行行长, 佩里·瓦吉悠阁下发
The Governor of the Central Bank of Indonesia, His Excellency H.E. Perry Warjiyo makes a speech



印度尼西亚共和国外交部副部长马亨德拉·西雷加阁下发
Vice Minister for Foreign Affairs of the Republic of Indonesia Mahendra Siregar, addressed the guests too



印度尼西亚共和国驻华大使周浩黎 (Djauhari Oratmangun) 阁下会见企业代表
His Excellency Djauhari Oratmangun, Ambassador of the Republic of Indonesia to China, met with business representatives

印度尼西亚驻华大使馆于10月19日在北京四季酒店举办了一场以“加速印度尼西亚数字化、健康和绿色经济商业发展新道路”为主题的线上线下商务论坛。

The Indonesian Embassy in China hosted an online and offline business forum with the theme "New ways for the business development of Indonesia's digital, health and green economy" at the Four Seasons Hotel in Beijing on October 19th.



印度尼西亚共和国驻华大使周浩黎阁下发为企业代表颁发证书
Ambassador of the Republic of Indonesia to China, His Excellency Djauhari Oratmangun, issued certificates to business representatives



科兴生物制品有限公司总经理杨光女士做
General Manager of Sinovac Biotech Ltd., Ms. Helen Yang talks during the event



华为北京办公室公共及政府事务部区域代表刘路女士做
Regional Representative of Huawei, Ms. Luna Liu, on the stage

活动现场

A moment of the event



嘉宾参观展品区
Guests visiting the display area



中国笔墨下的波兰诗句

Polish Poems in Chinese

“中国笔墨下的波兰诗句”书法展10月20号晚在波兰驻华大使馆举行。展出吉狄马加、洪厚甜、曾来德、陈仕彬、程兴林五位书法家送给波兰驻华大使赛熙军的书法作品。各界来宾共度美妙的中波诗乐之夜。

The "Polish Poems written by Chinese Pen and Ink" Calligraphy Exhibition was held at the Polish Embassy in China on the evening of October 20. The calligraphy works presented to the Polish Ambassador to China Wojciech Zajaczkowski by five calligraphers Jidi Majia, Hong Houtian, Zeng Laide, Chen Shibin, and Cheng Xinglin were on display. Guests spent a wonderful night learning Chinese and Polish poetry.

1. 波兰驻华大使赛熙军阁下致开场辞

His Excellency Wojciech Zajaczkowski, Polish Ambassador to China, shares his opening remarks

2. 波兰驻华大使馆文化处主任马志伟先生主持活动

Mr. Jan Jerzy Malicki, Director of the Cultural Section of the Polish Embassy in China, presided over the event

3. 北京外国语大学副校长赵刚教授介绍两位获得诺贝尔文学奖的伟大诗人切斯瓦夫·米沃什、维斯瓦娃·辛波丝卡分别在1980和1996获奖。他们的中文诗被中国书法家用书法形式展示。

Professor Zhao Gang, Vice President of Beijing Foreign Studies University, introduced two great poets, Czeslaw Milosz and Wislawa Szymborska, who won the Nobel Prize in Literature in 1980 and 1996 respectively. The Chinese translations of their poems were displayed in the form of calligraphy done by Chinese calligraphers.

4. 赵刚教授并与大使夫人伊莎贝拉女士分别用中文和波兰语朗诵诗歌。

Professor Zhao Gang and Mrs. Izabelli Zajaczkowskiej, the ambassador's wife, recited poems in Chinese and Polish respectively.



嘉宾观展
Guests browse the exhibition

活动现场

A moment of the event



中国作家协会副主席吉狄马加 (Jidi MaJia) 先生发表致辞并介绍书法作品
Mr. Jidi Majia, Vice Chairman of the Chinese Writers Association, gives a speech and introduces the calligraphic works



维斯瓦娃·辛波丝卡
Wislawa Szymborska



切斯瓦夫·米沃什
Czeslaw Milosz
波兰著名诗人
Famous Polish Poets



使馆外交官石首夫 (Krzysztof Florczyk) 先生弹奏肖邦钢琴曲
Mr. Krzysztof Florczyk, diplomat of the embassy, plays Chopin



中瑞商业大奖 Sino-Swiss Business Award

10月21日，两年一届的中瑞商业大奖在国贸大酒店举行，瑞士驻华大使罗志道阁下（Bernardino Regazzoni）及多位政商界贵宾出席了颁奖晚会。本次活动由中国瑞士商会和瑞士驻华大使馆、瑞士科技中心以及瑞士贸易与投资署合作举办。

On October 21, the biennial Sino-Swiss Business Awards Gala was held at the China World Trade Center Hotel. Swiss Ambassador to China, Bernardino Regazzoni, and a number of political and business guests attended the gala. The event was organized in cooperation with the Swiss Chamber of Commerce in China, the Swiss Embassy in China, the Swiss Technology Center and the Swiss Trade and Investment Agency.



瑞士大使罗志道阁下在开幕致辞中说：“瑞士企业在气候变化、水资源管理、绿色金融和重塑金融韧性领域拥有专业知识，通过与中国伙伴的合作可以助力实现《巴黎协定》和联合国可持续发展目标。今天我们在这里为他们在这类领域所取得的成就而共同庆祝。”

Swiss Ambassador Bernardino Regazzoni said in his opening speech: "Swiss companies have expertise in questions related to climate change, water management, green finance and reshaping financial resilience. Cooperation with Chinese partners can help realize the Paris Agreement and the United Nations' Sustainable Development Goals. Today we are here to celebrate their achievements in these areas."



中国瑞士商会北京会长麦伯良阁下来发视频祝贺
Marco Bollier, Chairman of the Swiss Chamber of Commerce in China, sent a video message



中国瑞士商会北京副主席张志强在开幕典礼上向所有践行可持续商业实践的公司表示祝贺：“在这个前所未有的时代，你们的灵活性和决心让时代的车轮不断转动，你们都是冠军！”
Zhang Zhiqiang, Vice Chairman of the Swiss Chamber of Commerce in Beijing, congratulated all companies that use sustainable business practices: "In this unprecedented era, because of your determination to keep innovating, you are all champions!"



颁奖典礼
Awards ceremony

活动现场 A moment of the event



现场抽奖
A lucky draw winner

Georgian Wine Culture Event



格鲁吉亚葡萄酒文化节

Georgian Wine Culture Festival

活动现场

A moment of the event



格鲁吉亚驻华大使馆于10月23日在京举行了一场葡萄酒文化节的盛会活动，本次活动展示了格鲁吉亚历史悠久的酿酒史，以及丰富多彩的葡萄酒文化介绍。

The Georgian Embassy in China held a large event of their Wine Culture Festival in Beijing on October 23. The event highlighted Georgia's long history in wine making and its rich and colourful wine culture.

格鲁吉亚驻华大使阿尔赤·卡岗第亚阁下在活动上讲话
His Excellency Archil Kalandia, Georgian Ambassador to China, talks at the event





格鲁吉亚红酒展示
Georgian Wine Show



乐队表演
Musical performance

活动现场

A moment of the event



格鲁吉亚驻华大使阿尔赤·卡岚第亚阁下与中国食品发酵工业研究院高级顾问黄宇彤先生共同发起成立“丝绸之路国家葡萄酒俱乐部”倡议，多位国家驻华大使现场签名支持。

His Excellency Archil Kalandia, Georgian Ambassador to China, and Mr. Huang Yutong, senior consultant of the China Food and Fermentation Industry Research Institute, jointly initiated the establishment of a "Silk Road Wine Club". Several ambassadors to China supported and signed the initiative.



格鲁吉亚驻华大使夫人安娜·克迪娅什维利 Ana Kldiashvili 女士(左五)与嘉宾合影
Mrs. Ana Kldiashvili (fifth from left), wife of Georgian Ambassador to China, and the guests



斯洛伐克驻华大使夫妇与捷克驻华大使夫妇共同欢迎到场宾客
The Slovak and Czech ambassadors and their wives welcome the guests

中捷斯友谊农场建场日

Sino-Czechoslovakia Friendship Farm Establishment Day



为纪念中捷斯友谊农场成立 65 周年，斯洛伐克驻华大使馆于 10 月 26 日在大使官邸举办了招待宴会，音乐会以及河北书画家艺术展览。

On the occasion of the 65th anniversary of the establishment of the Sino-Czechoslovak Friendship Farm, the Slovak Embassy in China hosted a reception banquet, concert and Hebei Painting-Calligraphy Art Exhibition at the Ambassador's Residence on October 26.



捷克驻华大使佟福德致辞
His Excellency Vladimír Tomšík,
Czech Ambassador to China



嘉宾观展
Guests view the exhibition



斯洛伐克驻华大使杜尚·贝拉阁下致辞
The Ambassador of Slovakia to China





南共体第三届反制裁日会议 SADC 3rd Anti-Sanctions Day Conference

南共体第三届反制裁日会议于10月25日下午在津巴布韦驻华大使馆举行，津巴布韦共和国驻华大使马丁·切东多做主题发言，南共体大使小组主席、马拉维共和国驻华大使查尔斯·纳蒙德韦发布南共体反制裁日联合声明，呼吁取消阻碍津巴布韦发展的非法制裁。南非、喀麦隆、纳米比亚等南共体大使、外交官、津巴布韦侨民、媒体代表等应邀出席。

The Third SADC Anti-Sanctions Day Conference was held at the Zimbabwe Embassy in China on the afternoon of October 25. The Ambassador of the Republic of Zimbabwe to China, Martin Chedondo, made a keynote speech. The Chairman of the SADC Ambassador Group, Charles E. Namondwe, Ambassador of the Republic of Malawi to China, issued a joint statement on the SADC anti-sanctions day, calling for the lifting of illegal sanctions that hinder the development of Zimbabwe. South Africa, Cameroon, Namibia and other SADC ambassadors, diplomats, Zimbabwe nationals, and media representatives were in attendance.



津巴布韦共和国驻华大使马丁·切东多宣读马拉维共和国总统DR. LAZARUS MCCARTHY CHAKWERA 声明
The Ambassador of the Republic of Zimbabwe to China, Martin Chedondo, read the statement of the President of the Republic of Malawi, Dr. Lazarus McCarthy Chakwera



马拉维共和国驻华大使查尔斯·纳蒙德韦阁下，喀麦隆驻华大使马丁·姆巴纳阁下，非洲联盟代表拉赫曼塔拉·默罕默德·奥斯曼阁下，分别发表反制裁日联合声明

His Excellency Charles E. Namondwe, Ambassador of the Republic of Malawi to China, His Excellency Martin Mpana, Ambassador of Cameroon to China, His Excellency Rahamatalla Osman, Representative of the African Union, all delivered statements on the Anti-Sanctions Day





国际竹藤组织总干事阿里·穆秋姆 (Ali Mchumo) 阁下与巴基斯坦驻华大使莫因·哈克 (Moin ul Haque) 阁下联手升旗
His Excellency Ali Mchumo, Director General of the International Bamboo and Rattan Organisation, and His Excellency Moin ul Haque, Ambassador of Pakistan to China, jointly raised the Pakistani flag

巴基斯坦加入 INBAR Pakistan joins INBAR

2021年11月10日, 巴基斯坦加入国际竹藤组织升旗仪式在国际竹藤总部隆重举行, 并成为第48个成员国。

巴基斯坦竹资源丰富, 竹材质量优良, 热销阿联酋、阿富汗、伊朗、伊拉克以及马来西亚、印度尼西亚等地。除主要作为原材料出口外, 竹子在巴基斯坦国内还常用于屋面材料、脚手架、竹帘生产等。2020年, 巴基斯坦建筑师亚斯敏·拉里设计了一个用竹子建造的妇女中心, 获得了年度简·德鲁奖。

On November 10, 2021, the flag raising ceremony for Pakistan to join the International Bamboo and Rattan Organisation was ceremoniously held at the International Bamboo and Rattan Organisation's Headquarters. Pakistan became the 48th member country of the organisation.

Pakistan is rich in bamboo resources that are also high in quality. They sell to the UAE, Afghanistan, Iran, Iraq, Malaysia, Indonesia and other places. In addition to being mainly exported as raw material, bamboo is also commonly used in the production of roofing materials, scaffolding and bamboo curtains in Pakistan. In 2020, Pakistani architect Yasmin Larry designed a bamboo-built women's center and won the Jane Drew Award of the year.



INBAR 董事会联合主席江泽慧教授对巴基斯坦的加入表示欢迎和祝贺
Professor Jiang Zehui, Co-chairman of the INBAR Board of Trustees, welcomed and congratulated Pakistan



国际竹藤组织总干事阿里·穆秋姆阁下主持活动
His Excellency Ali Mchumo Director General of the International Bamboo and Rattan Organisation hosted the event



INBAR 理事会主席国政府代表、非洲驻华使团团长、喀麦隆驻华大使马丁·姆巴纳
Martin Mpana, Representative of the government of the chairman of the INBAR Council, Head of the African Mission to China, and Ambassador of Cameroon to China



巴基斯坦驻华大使莫因·哈克
Moin ul Haque, Pakistan's Ambassador to China



外交部国际经济司副司长黄贻扬
Huang Yiyang, Deputy Director-General of the Department of International Economics Affairs of the Ministry of Foreign Affairs



国家林业和草原局副局长彭有冬
Peng Youdong, Deputy Administrator of National Forestry and Grassland Administration



活动现场 A moment of the event



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





约旦驻华大使胡萨姆·侯赛尼阁下致欢迎词
His Excellency HUSSAM AL HUSSEINI,
Jordanian Ambassador to China, delivered
a welcome speech



约旦驻华大使夫人阿曼尼·塔迪尔女士与圣拉露娜高级时装公司创始人阎志莹女士分别发表讲话
Ms. Amani Al Tartir, the wife of the Jordanian ambassador
to China, and Ms. Yan Zhiying, the founder of Saint La
Luna, delivered speeches respectively.



“约旦之光”时装秀

"Light of Jordan" Fashion Show

以约旦国花黑鸢尾为主要创作主要元素的时装秀 11 月 18 日在约旦驻华大使官邸举行。服装由中国纺织设计师阎志莹 & Amani Altartir (约旦驻华大使夫人) 联合设计。

A fashion show with Jordan's national flower, black iris as the main creative element, was held on November 18 at the residence of the Jordanian ambassador to China. The clothing is jointly designed by Chinese textile designer Ms. Yan Zhiying and Amani Altartir, spouse of Jordanian ambassador to China.



各国大使夫人合影
Group photo of the wives of ambassadors





Follow the Ambassador to his Country

HUSSAM AL HUSSEINI
Ambassador of Jordan

跟着大使看世界

——约旦驻华大使
胡萨姆·侯赛尼



约旦国旗
Jordanian flag



约旦全称约旦哈希姆王国，是西南亚一个君主立宪制阿拉伯国家。北与叙利亚接壤，东部和南部与伊拉克和沙特阿拉伯为邻，西部是巴勒斯坦和以色列。面积为 89213 平方公里。人口 103.44492 万人。其公民 92% 以上信奉伊斯兰教，其余信奉基督教。官方语言是阿拉伯语，通用英语。首都安曼。

旅游业是约旦支柱产业之一，佩特拉古城，死海和瓦迪拉姆沙漠等景点成为世界各国游客探险旅行和休闲度假的首选目的地。

Jordan, officially called the Hashemite Kingdom of Jordan, is an Arab country with constitutional monarchy in southwest Asia. It borders Syria in the north, Iraq and Saudi Arabia in the east and south, and Palestine and Israel to the west. It covers an area of 89,213 square kilometers. Its population is 10,344,492. More than 92% of its citizens believe in Islam, and the rest are Christians. The official language is Arabic but English is widely used. Its capital is Amman.

Tourism is one of the pillar industries of Jordan. Scenic spots such as the ancient city of Petra, the Dead sea and the Wadi Rum desert have become preferred destinations for tourists from all over the world for adventurous travel and leisurely vacation.

约旦地图
Map of Jordan



佩特拉 PETRA

佩特拉古城是约旦境内最有价值的瑰宝，也是最热门的观光景点。二千多年前阿拉伯文明到此落脚，勤劳的纳巴特人雕凿出了这座城市。佩特拉因其高雅文化、恢弘的建筑以及精巧复杂的大坝和水渠而备受美誉，自 1985 年以来就被联合国教科文组织列为世界遗产，也是世界新七大奇迹之一。纳巴特人、以东人和罗马人居住在此，佩特拉城汇集了这些文明的知识和技能，创造了这个世界奇迹。满载香火、丝绸、香料和其他异国情调商品的大篷车将在佩特拉休息。

Petra is one of Jordan's national treasures and by far its best known tourist attraction. Petra is the legacy of the Nabataeans, an industrious Arab people who settled in southern Jordan more than 2,000 years ago. Admired then for its refined culture, massive architecture and ingenious complex of dams and water channels, Petra is a UNESCO World Heritages Site since 1985, and one of the new Seven Wonders of the World. Inhabited by the Nabateans, Edomites and Romans, Petra brought together the knowledge and skill of these civilizations to create this world wonder. Caravans laden with incense, silk, spices and other exotic goods would rest at Petra.





库塞尔阿姆拉 QUSEIR AMRA

库塞尔阿姆拉沙漠城堡建于公元8世纪早期，成为最壮观的沙漠城堡之一。该城堡既是一个军事要塞，也曾是倭马亚哈里发的住所。宫殿接待大厅和浴室，装饰有许多反映那个时代世俗艺术的象征性壁画。1985年被联合国教科文组织列为世界遗产。

Quseir Amra was built as fortress and residence to the Umayyad caliphs in the early 8th century, and became one of the most spectacular desert castles. The reception hall and the bath "hammam", of this palace were decorated with figurative murals that reflect the secular art of the time. It was listed as UNESCO World Heritage Site in 1985.



瓦迪拉姆 WADI RUM

瓦迪拉姆保护区是一片广阔的沙漠地区，拥有混合景观，包括天然拱门、高耸的峭壁和洞穴，保护区内的考古遗迹显示了曾有人类在此生活超过一万两千年的时间。瓦迪拉姆最壮观的景点之一是“月亮谷”，在几部好莱坞故事片中被描绘成火星。

瓦迪拉姆是一个等待被发现的阿拉伯童话。瓦迪拉姆是游牧贝都因部落的家园，是星星、沙滩和阳光的宁静之地；是安曼的完美补充。瓦迪拉姆曾是史前时代的纳巴特人居住的地方，拥有广阔而迷人的风景和地平线。沙漠的宁静使人平静，思绪变得清晰。瓦迪拉姆期待您的光临。

Wadi Rum is a wide desert area with a mixed landscape that consists of natural arches, high cliffs, and caves with archeological remains that indicate more than 12,000 years of human inhabitants. One of the most spectacular spot in Wadi Rum is "The Valley of the Moon", depicted as Mars in several Hollywood feature films.

Wadi Rum is an Arabian fairy-tale waiting to be discovered. Home to nomadic Bedouin tribes, Wadi Rum is a quiet getaway of stars, sand, and sun; a perfect complement from Amman's epicenter. Once inhabited by the Nabataeans of prehistoric times, Wadi Rum allows you to get lost in large landscapes and horizon lines. The calmness of the desert will calm your spirit and de-clutter your thoughts. Wadi Rum is waiting for you.



安拉萨斯 (古称: 卡斯特罗姆·梅法阿) UM AR-RASAS (KASTROM MEFA'A)

安拉萨斯小镇以其多元文明相融合而独树一帜。这在罗马、拜占庭和伊斯兰遗产中得到了体现。由于其罗马式建筑的统一和早期当地基督徒的点缀，在穆斯林统治开始一百多年后，该镇于2004年被指定为联合国教科文组织世界遗产。

此地主要的观光景点在圣斯蒂芬大教堂内。教堂内有建于公元718年，却仍保存完好的马赛克地板，上面勾勒出分布于约旦河东西两岸，共15个主要的圣地城市，是圣经历史爱好者的理想目的地！

Um Ar-Rasas is a town unique in its combination of different civilizations. This is exemplified in this Roman, Byzantine and Islamic heritage. Due to its unification of Roman style architecture and its embellishment by early local Christians, well over a hundred years after the beginning of Muslim rule, the town has been designated as a UNESCO World Heritage Site in 2004.

A must see in the ruins of Ancient Mayfa'a is the large, perfectly preserved mosaic floor in the Church of St. Stephen. The mosaic floor, laid down in 718 AD portrays fifteen major Holy Land cities both east and west of the River Jordan and is the perfect destination for the biblical history fan!





洗礼地点 / 约旦河外的伯大尼 THE BAPTISM SITE / BETHANY BEYOND THE JORDAN / AL-MAGHTAS

约旦河东岸的考古发现确定该地区为圣经中记载的“约旦河外的伯大尼”。该地区是为耶稣施洗时，施洗者约翰居住之地。洗礼遗址于 2015 年被指定为联合国教科文组织世界遗产，洗礼委员会欢迎来自世界各地的朝圣者寻求与圣经时代的精神联系，一瞥历史或有机会在多年前耶稣所在的地方受洗。

它是基督徒重要而神圣的朝圣地，罗马和拜占庭式的遗迹包括教堂、修道院、洞穴和用于洗礼的水池，表明该地的重要宗教价值。

Archaeological discoveries on the east bank of the Jordan River have identified this area as Biblical "Bethany Beyond the Jordan." The area is where John was living when he baptized Jesus. Designated in 2015, as a UNESCO World Heritage Site, the Baptism Site commission welcomes pilgrims from all around the world seeking spiritual connection to biblical times, a glimpse of history or a chance to be baptized where Jesus was so many years ago.

It is an important and holy pilgrimage place for Christians, the Roman and Byzantine remains including churches, monastery, caves, and pools used for baptism, indicate the important religious value of the place.



萨尔特 - 和谐好客之城

AS-SALT - THE CITY OF HARMONY AND HOSPITALITY



萨尔特是一座繁荣的城市，位于首都安曼西北部。建在三座主要山脉（凯蒂尔山、加达山和塞拉勒姆山）上，周围环绕着城市广场及壮丽的景色，与安曼的一些西化遗址形成鲜明对比。萨尔特舒适地坐落在山顶上，维持着一个基于亲情、兄弟情谊和爱的真实社会。这座山城也具有重要的历史意义，最引人注目的是，作为奥斯曼帝国的地区首府，它的特色是其主要由黄色砂岩建造的辉煌建筑。2021 年被联合国教科文组织认定为世界遗产。

As-Salt is a thriving city situated North West of the capital Amman. Built on three main mountains (the cadital, gadaa and salalem), surrounded by the city square, As-Salt is enclosed by breathtaking views and is a wonderful contrast to some of the westernized sites of Amman. Comfortably perched atop of mountains, As-Salt maintains an authentic society based on affection, brotherhood, and love. The mountainside city also has significant historical relevance, most notably, as the regional capital of the Ottoman Empire, it is Characterized by its splendid buildings made mostly of yellow sandstones. It was designated a UNESCO World Heritage Site in 2021.



2021 年海外华文媒体感知中国(四川)行

Visit of the Overseas Chinese Media to Sichuan

2021 年海外华文媒体感知中国(四川)行由国侨办和四川省侨办联合组织。参加活动的有阿根廷, 印尼, 新西兰, 日本, 美国, 匈牙利, 澳大利亚, 意大利, 加拿大, 瑞士, 委内瑞拉, 菲律宾, 爱尔兰, 南非, 巴西等。

活动从 10 月 21 日起至 28 日结束。

The visit of overseas Chinese media to Sichuan was jointly organized by the Overseas Chinese Affairs Office of the State Council and the Overseas Chinese Affairs Office of Sichuan Province. Participants arrived from Argentina, Indonesia, New Zealand, Japan, the United States, Hungary, Australia, Italy, Canada, Switzerland, Venezuela, the Philippines, Ireland, South Africa, Brazil and other countries.

The programme ran from 21 through 28 October.



红原 红军长征走过的大草原

Hongyuan, the Grassland Crossed by the Red Army during the Long March

这是周恩来总理在 1960 年 7 月为纪念川北人红军过草地所做出的巨大贡献专设立县而写的题词。故名“红原”。

An inscription written by Premier Zhou Enlai in July 1960 to commemorate the great contribution made by the Sichuan people to the Red Army during its crossing the grassland, also giving the place its current name: Hongyuan (Red Grassland).



图为位于日干乔大沼泽上的红军长征纪念碑

The Red Army Chiefs Memorial commemorating the crossing

在 85 年前中国共产党受到国民党的全面围剿, 不得不离开江西, 向西北撤离。一部分红军来到了四川省海拔 3500 米高的阿坝藏族羌族自治州红原县。在阿坝州红原县驻扎了 16 个月, 与反对继续北上的张国焘进行长时间的斗争, 期间多次分批在当地的帮助下穿过了湿地, 沼泽地, 北上, 到达了延安。而张国焘带领的南下部队, 被蒋介石的军队全灭。今年 10 月 25 日是 2.5 万里长征胜利的第 85 周年。

85 years ago, the Chinese Communist Party was encircled by the Nationalist Party and had to leave Jiangxi and evacuate to the north-west. A part of the Red Army arrived in Hongyuan County, a place at 3,500 meters above sea level, Sichuan Province. Stationed in Hongyuan, Aba Prefecture for 16 months, fought a long struggle against the enemy, then moved northward, crossed the wetlands and swamps in several batches with the help of local Tibetans and finally reached Yan'an. The southbound troops led by Zhang Guotao, however, were all but destroyed by Chiang Kai-shek's army. This October 25 marks the 85th anniversary of the victory of the 25,000-mile Long March.

月亮湾

Moon Bay

月亮湾位于四川阿坝州红原县境内, 是黄河上游主流白河的一段, 流经区域是湿地, 所以弯弯曲曲, 千转百回。2017 年 12 月成为国家 4A 级旅游景区。

Moon Bay (Yueliang Wan) in Hongyuan, Aba Prefecture, Sichuan Province is a section of the White River at the upper reaches of the Yellow River. The area through which it flows is wetland, so it bends and turns a thousand times. It became a national 4A tourist attraction in December 2017.

花海光伏电站

Huahai Photovoltaic Power Station

位于阿坝州红原县玛萨村的花海光伏电站项目是一个扶贫项目, 电站占地面积约 750 亩, 装机容量为 20MW。投资总额 2.5 亿元, 2014 年 9 月开工建设, 2015 年 9 月 22 日全容量并网发电。红原因此每年增收 243.6 万元扶贫基金, 每人每年增收 1000 元以上。

Located in Masa Village, Hongyuan County, the Huahai Photovoltaic Power Station project is a poverty alleviation project. The power station covers an area of about 750 mu (50 hectare), with an installed capacity of 20 MW and a total investment of 250 million yuan. Its construction began in September 2014 and was connected to the grid on 22 September 2015 with full capacity. Thanks to the plant, Hongyuan now has an additional 2,436,000 yuan annual income for its poverty alleviation fund, increasing the annual income of each person by more than 1,000 yuan.





羊茸·哈德， 中国最美藏寨

Yangrong, the Most
Beautiful Tibetan
Village in China

摄影：朱旭、肖蓉、李响琦、安勇、纳吉、廖妮妮
文章：纳吉、廖妮妮
英文：维亮多
Photography: Zhu Xu, Xiao Rong, Li Xiangqi,
An Yong, Nagy Lin, Qiao die
Article: Nagy Lin
English text: Vktor



农牧民合作社

Farmers and Herdsmen Cooperatives



阿坝州红原县更攀农牧民合作社领导向海外华文媒体记者介绍合作社说到，用牦牛奶以及绒毛深加工制作的产品通过电商平台和线下销售已成为当地老百姓的主要收入来源。

Leader of the Hongyuan County, Aba Prefecture Gengpan Cooperative of Farmers and Herdsmen told overseas Chinese media that the products made from yak milk and wool and sold through both online platforms and traditional marketing have become a major source of income for the local people.





丝绸之路 SILKROAD CN ENG

羊茸·哈德位于阿坝藏族羌族自治州黑水县，中国最大彩林“奶子沟景区（4A级）”的核心观赏区，是一座有200名藏族居民的精品藏寨。

目前旅游业已经成为村子重要的收入产业之一。加之畜牧业、种植业，村民家庭年收入超过八万元。

Yangrong-Hade is located in Heishui County, Aba Tibetan and Qiang Autonomous Prefecture. At the heart of China's largest coloured forest, "Naizigou Scenic Area (Level 4A attraction)", is a fine Tibetan village with 200 Tibetan residents.

Tourism has now become one of the biggest income sources for the village. Supplemented by animal husbandry and planting, the annual income of each family exceeds 80,000 yuan.



十年前，为脱贫致富，村民在时任村委书记三郎俄木先生的带领下移居到山下的河谷新址。

民宿是藏民们致富的重要渠道之一。他们每户在国家的帮助下，在新的村子里修建家庭民宿，基本标准是，一楼是接客大堂，二楼是客房，三楼是主人一家的自用房间。每月各户获得他们从事管家或其他工作岗位的工资，年底获得收入分红。

该村街道和房屋的名字，完全按照藏民的习俗，有的是沿用，有的新取。

Ten years ago, in order to get rid of poverty and become rich, the villagers moved to a new site in the valley under the leadership of the then secretary of the village committee, Mr. Saburo Ogi.

Homestays are an important source of income for the villagers. With the support of the state, many villagers have turned their homes into a guest house. The basic idea is that the first floor is the reception hall, the second floor is the guest room, and the third floor is the owner's own room. Every month, each household gets their salary for being a housekeeper, and receives income dividends at the end of each year.

The names of the streets and houses of the village are in accordance with the customs of the Tibetans, some of the names are old ones, and some of them are newly invented.



达古冰川

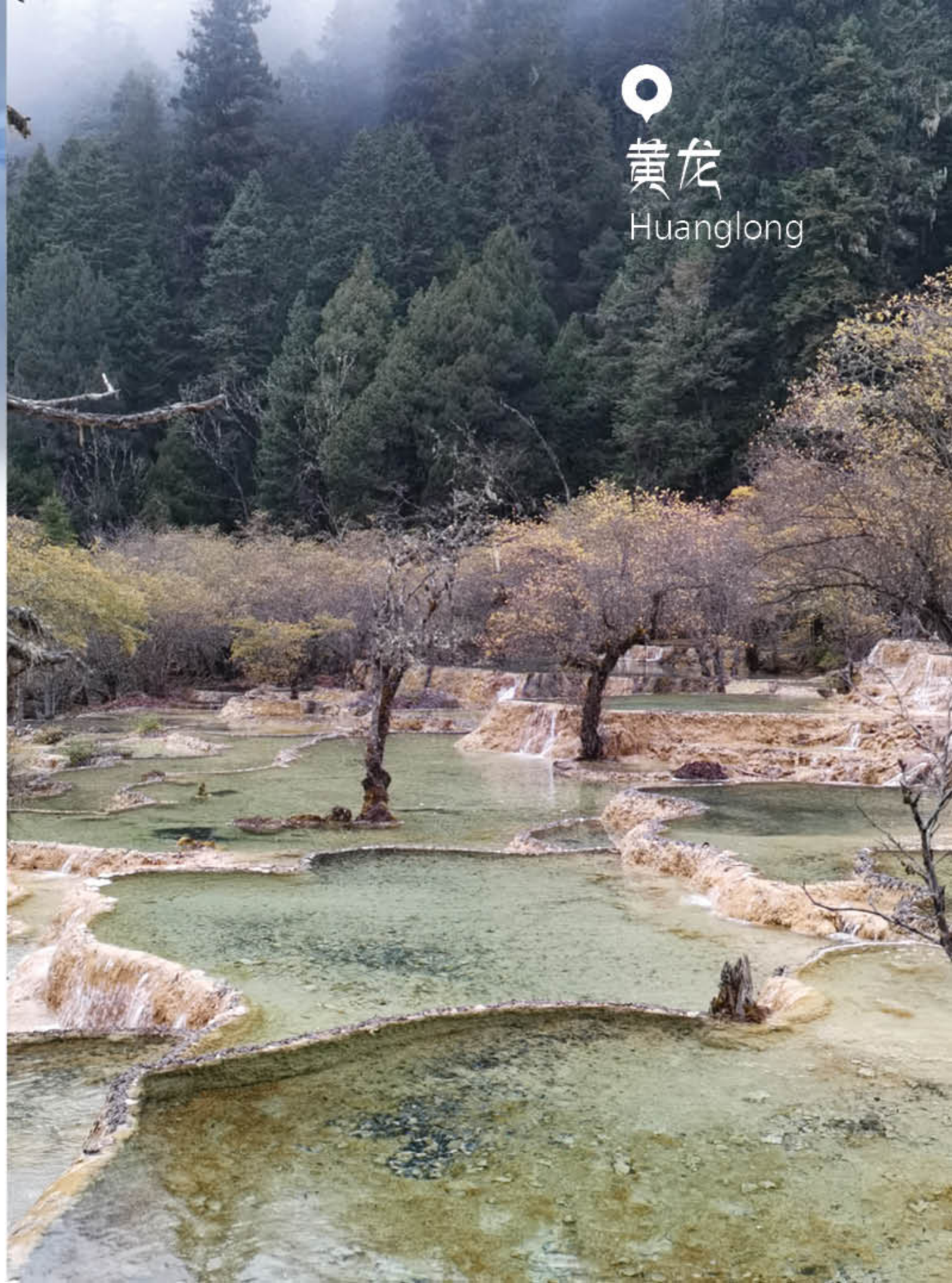
海拔 4860 米高的达古冰川是去羊茸·哈德游客必打卡的景点。

The Dagu Glacier, at an altitude of 4860 meters, is an unmissable attraction for tourists who are visiting Yangrong-Hade.



黄龙

Huanglong





众所周知四川是一个盆地，盆地的周围有着众多的奇山异水。在这些区域里不仅有世界上的珍奇动物大熊猫，还有1992年被联合国教科文组织评定的世界自然遗产：黄龙，九寨沟。

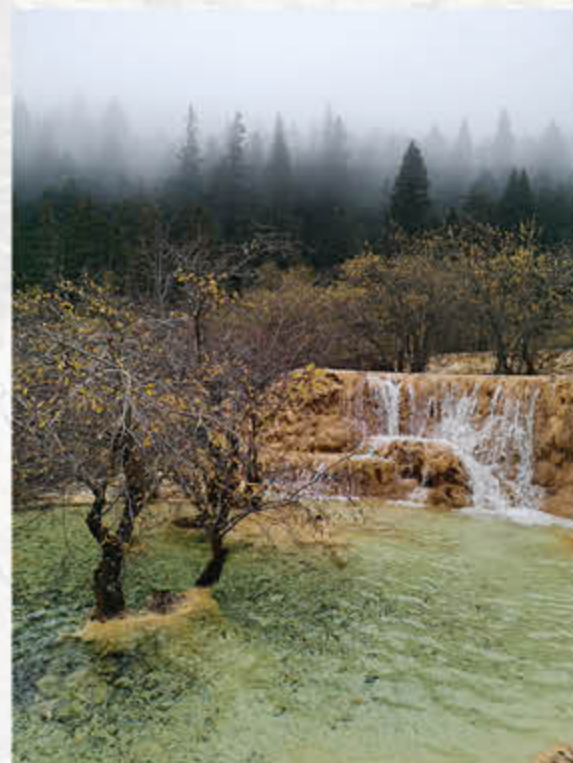
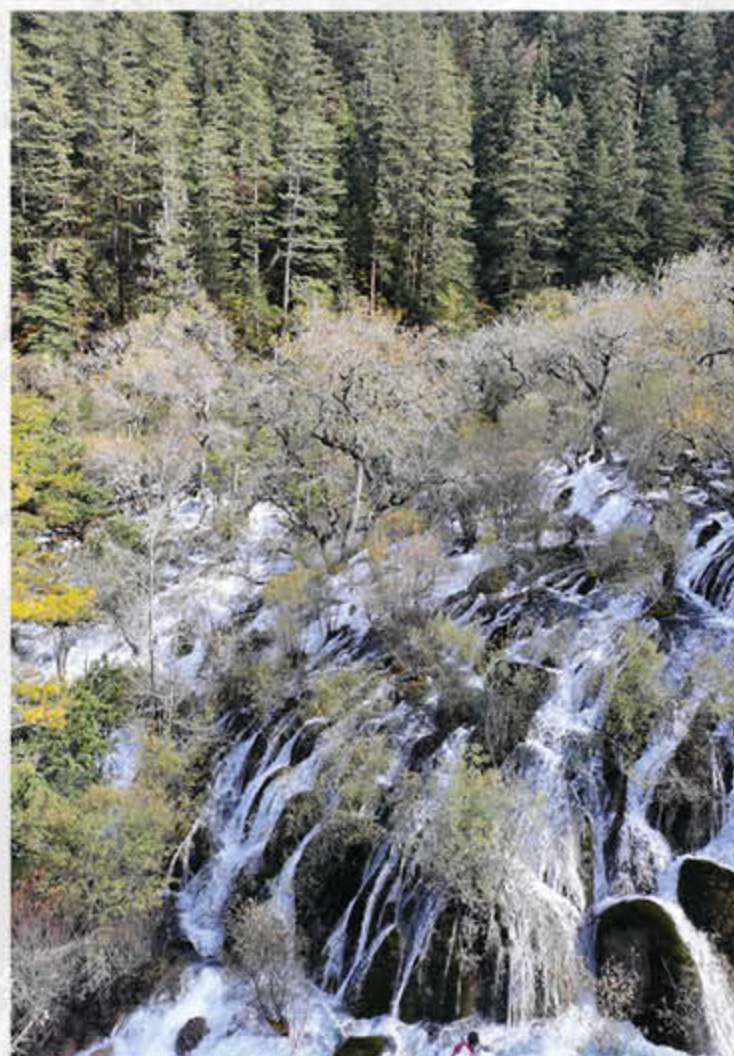
As we all know, Sichuan is a basin, but there are plenty of spectacular mountains and waters surrounding it. Besides being the home to a rare animal, giant panda, it also has World Natural Heritage sites named by UNESCO in 1992: Huanglong, and Jiuzhaigou.

它位于四川阿坝藏羌族自治州松潘县。熔岩地貌湿地的特征在峡谷中展现的淋漓尽致。可观点在海拔2000至4000米。整个峡谷长3.6公里。

这是九月份刚刚开通的通往主要景点的车道。电瓶车只需10分钟，正在试营中。在这以前上山的交通工具全都是步行。

Huanglong is located in Songpan County, Aba Tibetan and Qiang Autonomous Prefecture, Sichuan Province. The characteristics of a wetland shaped by lava flows are clearly visible in the canyon. Spots for sightseeing are located between 2000 and 4000 meters above sea level. The entire canyon is 3.6 kilometres long.

The road leading up to major attractions just opened in September. The minibus, currently under testing, only takes 10 minutes to ascend the mountain. Prior to the bus, the only means of transportation to reach the mountain was walking on foot.

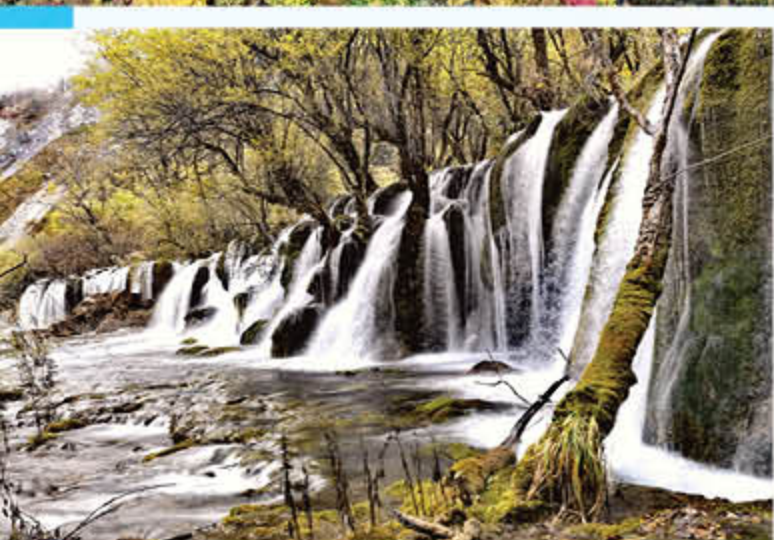


九寨沟 Jiuzhaigou

九寨沟位于四川阿坝藏族羌族自治州九寨沟县，距黄龙景区只有80公里路程。过去的九个寨子目前已减少到了三个，居住条件得到优化。常驻人口1400多，全都从事与景区旅游相关的行业，并且还从门票的收入中获得比例收入。风景区特有的气候，植被和水域还是国宝大熊猫的栖息地。2017年的7级地震之后，如今景区的地貌已经自我及人工修复完毕，旅游线路从过去的单一变成了“七日不重样”的七条精品旅游菜单。海拔2574高处的熊猫海和瀑高78米，宽50米的熊猫海瀑布是景区的又一个打卡地。

Jiuzhaigou lies in Jiuzhaigou County, Aba Tibetan and Qiang Autonomous Prefecture in Sichuan Province, just 80 kilometres from Huanglong Scenic Area. Out of the original nine stockaded villages (where the name Jiuzhaigou comes from) three remained. The living conditions in these villages have been greatly improved. The local population of over 1,400 people are all involved in tourism-related businesses in the area and receive a proportion of the revenue from the entrance fees. The unique climate, vegetation and waters of the scenic area also serve as habitat for the giant panda, a national treasure. After a magnitude 7 earthquake hit in 2017, the landscape of the scenic spot has by now been recovered by itself and by humans, and the once single tourist line was turned into 7 routes to organize 7 days long special tours. The Panda Sea and the Waterfall with a height of 78 meters and a width of 50 meters at an altitude of 2574 meters are must-see scenic spots.

摄影: 姜卫民, 林代忠, 纳吉·麟, 刘伊馨
航拍: 安勇, 肖蓉
文字编辑: 纳吉·麟, 英文编辑: 维克多
Photography: Jiang Weimin, Lin Daizhong, Nagy Lin, Liu Yixin
Aerial photography: An Yong, Xiao Rong
Text editor: Nagy Lin, English editor: Viktor



2017年的7级地震之后，如今景区的地貌已经自我及人工修复完毕，旅游线路从过去的单一变成了“七日不重样”的七条精品旅游线路。

After a magnitude 7 earthquake hit in 2017, the landscape of the scenic spot has by now been recovered by itself and by humans, and the once single tourist line was turned into 7 routes to organize 7 days long special tours.





汶川 一个曾让世界人民牵挂的地方 Wenchuan, A Place That the World Has Held in its Heart

摄影: 纳吉·麟, 肖蓉 Photos: Nagy Lin, Xiao Rong
文章编辑: 纳吉·麟 Text: Nagy Lin
英文: 维克多 English text: Victor



10月27日, 我们海外华文媒体感知中国(四川)行最后一站是汶川地震中心映秀镇。

纪念石钟碑是根据当时在一间教室地上发现的实样雕刻而成的。

On 27 October, the last stop on our Overseas Chinese Media Experience Tour (Sichuan) was Yingxiu town, the epicentre of the Wenchuan earthquake.

This memorial stone clock was carved after an actual clock found on the floor of a classroom at the time.



13年前这个地方曾经让全世界的人民都为之牵挂, 并为之伸出援助之手。地震后同年七月份, 在匈牙利前总理麦杰希·彼得先生的建议下, 匈牙利政府安排了50名幸存学生到匈牙利巴拉顿湖生活了三周。出发前匈牙利驻华大使馆邀请了著名喜剧演员陈佩斯和孩子们见面。他的表演给孩子们带来无比的欢乐。《世界中国》杂志(曾用名:《欧洲丝绸之路》)对汶川地震的封面报道。
Thirteen years ago, people all over the world had this place in their heart and were willing to lend a helping hand. In July of the next year after the earthquake, at the suggestion of former Prime Minister Dr. Peter Medgyessy, the Hungarian government invited 50 surviving students to stay at Lake Balaton, Hungary, for three weeks. The Hungarian Embassy in China invited the famous Chinese comedian, Chen Peisi to meet the children before they leave for Hungary. His performance brought immense joy to the children. Above is a cover page of "The World and China" Magazine (formerly called European Silk Road) carrying the story of the Wenchuan earthquake.



汶川地震幸存者、讲解员王群介绍: 这块群雕是根据现场救援时的场景制作而成的
Wang Qun, a survivor of the Wenchuan earthquake, now a guide, introduces a sculpture, which is based on actual scenes of the rescue operations.



"生命之树", 告诉我们一个动人故事。讲解员描述: 这两颗树是从年仅31岁老师和他的一名学生的遗体处长出来的。这位年轻的老师为了让学生们从教室逃生, 用自己的双手顶住门框, 当最后一名学生跑到门口时, 五楼的水泥地板压了下来....

"The Tree of Life" tells us a moving story. The guide describes how the two trees grew out of the remains of a teacher, aged 31, and one of his students. The young teacher used his own hands to hold the door frame in order to allow his students to escape from the classroom, and as the last student ran to the door, the concrete of the five floors building crushed down....



当初受到地震严重破坏学校的1/3场地现在成为纪念馆供人们纪念和参观
One third of the school grounds, which were severely damaged by the earthquake, now serve as memorial for people to visit and remember.



第九届翔凤文化节开幕式

Opening Ceremony of the Ninth Xiangfeng Cultural Festival



翔凤文化节主席李丹先生主持本次活动
Mr. Li Dan, Chairman of Xiangfeng Cultural Festival, anchored the event

翔凤文化节，前身为中国国际女性影展，成立于2013年，致力于赋能文化产业中的女性，推动女性主义成为社会主流文化之一，曾获奥地利外交部跨文化成就奖。第九届翔凤文化节于10月15日在UCCA尤伦斯当代艺术中心开幕。本次活动将举办50余场电影、文学、漫画、艺术、广告创意领域的女性主义文化活动。

Xiangfeng Cultural Festival, formerly known as the China International Women's Film Festival, was established in 2013. It is committed to empowering women in the cultural industry and promoting feminism as one of the mainstream social cultures. It has won the Austrian Ministry of Foreign Affairs Award for Cross-cultural Achievement. The 9th Xiangfeng Cultural Festival opened on October 15th at UCCA Ullens Center for Contemporary Art. The festival will stage more than 50 feminist cultural activities in the fields of film, literature, comics, art and advertising.



美国驻华使馆文化和教育处处长 Lisa Buzenas 女士发来视频讲话
Ms. Lisa Buzenas, Director of the Culture and Education Section of the U.S. Embassy in China, sent a video message



克罗地亚驻华大使 Dario Mihelin 出席影展
Croatian Ambassador to China, Dario Mihelin, also attended the film festival



斯洛文尼亚驻华大使苏岚讲话
Alenka Suhadolnik, Slovenia's Ambassador to China, gives a speech



墨西哥驻华使馆文化参赞 Tania 介绍该国妇女影片情况
Tania Lara, Cultural Counselor of the Mexican Embassy in China, introduced the situation of women's films in her country



两位 90 后女导演分享她们拍片时苦和乐。
Two post-90s female directors shared their experience in film making.



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The sponsors gave gifts to the guests



**EU AMBASSADOR TO CHINA
NICOLAS CHAPUIS
ADDRESS AT THE 2021 EU
CHILDREN'S DRAWING
EXHIBITION**
欧盟驻华大使郁白在2021年欧盟
青少年绘画展上的致辞

DEAR STUDENTS, TEACHERS, FELLOW DIPLOMATS, LADIES AND GENTLEMEN,
同学们、老师们、外交官同事们，女士们、先生们：

MY NAME IS NICOLAS CHAPUIS, YU BAI IN CHINESE; I AM THE AMBASSADOR OF THE EUROPEAN UNION TO CHINA.
我的名字是NICOLAS CHAPUIS，中文名字叫郁白。我是欧洲联盟驻华大使。

THE EU DELEGATION TO CHINA SINCE 2011 HAS BEEN HOSTING THE EU CHILDREN'S DRAWING COMPETITION AND EXHIBITION SERIES. TODAY, DESPITE THE INCONVENIENCES CAUSED BY THE PANDEMIC, I AM VERY HAPPY TO SEE THAT WE CONTINUE THIS ACTIVITY AND THAT EXCHANGES BETWEEN YOUNG PEOPLE OF EUROPEAN UNION COUNTRIES AND CHINA HAVE NOT STOPPED.

欧盟驻华代表团从2011年起举办欧盟儿童绘画展。今天，尽管疫情给我们带来了不便，但我很高兴看到我们的这项活动继续举行，欧盟成员国和中国年轻人之间的交流也没有停止。

I WOULD LIKE TO THANK THE STUDENTS FOR THEIR HARD WORK AND PARTICIPATION. AT THE SAME TIME, I WOULD LIKE TO THANK ALL THE STAFF WHO PARTICIPATED IN THE ORGANISATION FOR THEIR HARD WORK.

我要感谢学生们的努力和参与，同时也向参与组织本次活动的所有工作人员致敬，感谢他们的辛勤付出。

THIS YEAR, OUR DRAWING COMPETITION HAS A SPECIAL THEME: TOGETHER IN PROTECTION OF BIODIVERSITY. WHAT IS BIODIVERSITY ABOUT? BIO STANDS FOR LIFE. IT MEANS THE EXISTENCE OF AN ENORMOUS AMOUNT OF ANIMAL AND PLANT SPECIES IN THE PLANET EARTH. IT IS ABOUT MAINTAINING WELL THE MOUNTAINS AND FORESTS WHERE WE HIKE AND CAMP. IT IS ABOUT ALL THE BEAUTIFUL FISHES THAT SWIM IN LAKES AND OCEANS. IT IS ABOUT ALLOWING ALL TYPES OF BIRDS FLYING IN THE SKY. IT IS ABOUT THE FLOWERS NEEDED TO PRODUCE HONEY. IT IS ABOUT HAVING TREES TO PROTECT OUR MOUNTAINS AND CLEAN THE AIR IN OUR CITIES. IT IS ABOUT LETTING ALL PLANTS AND ANIMALS CONTINUE TO LIVE IN OUR PLANET AND ENSURING THAT HUMANS CAN ALSO CONTINUE TO LIVE.

今年，我们的绘画比赛有一个特别的主题：共同保护生物多样性。生物多样性到底是什么呢？生物就代表着生命。生物多样性说的是，地球上存在大量的动植物物种。保护生物多样性意味着：保护我们远足和露营的山脉与森林；意味着：在湖泊和海洋中游泳的所有美丽的鱼儿；意味着：让所有鸟类在天空中自由飞行；意味着：生产蜂蜜所需的花花草草；意味着：让树木保护我们的山脉并清洁我们城市中的空气；它也意味着：让所有植物和动物继续生活在我们的星球上，并确保人类也可以继续生活。

WE MUST WORK ALL TOGETHER TO PROTECT PEOPLE AND THE PLANET. SOMETIMES, WE THINK THAT IT IS ONLY GOVERNMENTS' DUTY TO ALL THE WORK. BUT IT IS INDEED THE WORK OF ALL OF US. AND WE NEED ACTIVE PARTICIPATION OF YOUNG GENERATIONS. LITTLE FRIENDS, YOU ALSO HAVE THE POWER TO PROTECT THE PLANET. YOU CAN SEPARATE WASTE AND HELP RECYCLING, YOU CAN TAKE A SHORTER SHOWER AND SAVE WATER, YOU CAN RIDE A BICYCLE TO SCHOOL AND AVOID AIR POLLUTION. DURING YOUR DAY YOU CAN HELP PROTECTING THE PLANET. BEYOND THAT, YOU CAN ALSO PARTICIPATE IN DISCUSSIONS AND IN THE SEARCH FOR NEW SOLUTIONS. YOUTH IS THE FUTURE OF THE WORLD.

我们必须齐心协力保护人类和地球。有时，我们认为所有工作只是政府的责任，但这其实确实需要我们每一个人的努力。我们也需要年轻一代的积极参与。小朋友们，你们也有保护地球的力量。你们可以垃圾分类，帮助回收；可以缩短洗澡的时间，节约用水；可以骑自行车上学，避免污染空气。在生活中，你们可以为帮助保护地球。此外，你们还可以参与讨论和参与寻找新的解决方案。青年是世界的未来。

DEAR STUDENTS, THE FUTURE OF THE WORLD BELONGS TO YOU, AND THE CREATIVITY YOU HAVE IS THE MOST POWERFUL. IN THESE COMPETITION AND EXHIBITIONS, YOU HAVE THE OPPORTUNITY TO EXPLORE YOUR IMAGINATION, CREATIVITY AND ARTISTIC SKILLS, BUT ALSO TO LEARN ABOUT EACH OTHER'S VIEWS. IN THE FUTURE, ONCE WE CAN RESUME TRAVELLING, I HOPE THAT YOU WILL HAVE THE OPPORTUNITY TO VISIT EUROPEAN COUNTRIES AND THAT YOUNG PEOPLE FROM EUROPE CAN COME TO CHINA. BY TRAVELING, STUDYING AND COMMUNICATE DIRECTLY, WE WILL LEARN HOW TO WORK TOGETHER BETTER.

亲爱的同学们，世界的未来属于你们，你们的创造力是最强大的。在这次比赛和展览中，你们将有机会探索自己的想象力、创造力和艺术技巧，也有机会了解彼此的观点。未来，一旦我们可以恢复旅行，我希望你们有机会访问欧洲国家，也希望欧洲的年轻人可以来中国。通过旅行、学习和直接交流，我们将学习如何更好地合作。

FINALLY, I HOPE YOU WILL GROW UP HAPPILY, AND BECOME A MESSENGER OF EXCHANGES BETWEEN THE EU AND CHINA.

最后，希望你们快乐成长，成为中欧交流的使者。



2021 "Dreams of Europe and China" EU-China Children's Drawing Exhibition Kicks Off

2021年“梦想中欧”中国欧盟青少年画展拉开序幕



2021年11月2日，在北京四季酒店隔壁的Hello Mart购物商场，2021年“梦想中欧”中国欧盟青少年画展拉开序幕，此次展览将持续到12月31日。中国欧盟青少年画展由欧盟驻华代表团自2011年开始主办，今年已是第10个年头，尽管疫情存在，中欧青少年之间的这一交流活动没有中断。

今年的绘画主题紧贴10月在昆明举办的联合国《生物多样性公约》第十五次缔约方大会。本次画展展出了来自比利时、丹麦、波兰、德国、匈牙利、拉脱维亚、瑞典、马耳他、意大利等欧盟国家的126幅作品，以及来自香港、平遥、西安、咸阳、洋县等1000余幅中国青少年的画作。孩子们用自己的画笔向人们展示了他们对保护生物多样性的理解。

在画展启动前夕，欧盟驻华大使郁白向小朋友们致辞说：“我们必须齐心协力保护人类和地球。有时，我们认为所有工作只是政府的责任。但这其实确实需要我们每一个人的努力。我们也需要年轻一代的积极参与。”“在这次比赛和展览中，你们将有机会探索自己的想象力、创造力和艺术技巧，也有机会了解彼此的观点。”“希望你们快乐成长，成为中欧交流的使者。”

跟往年一样，2021年的画展也将在北京之外的其它城市举办：山西平遥（11月7日至11月30日），陕西西安（12月4日至20日），咸阳（12月5日至31日），洋县（12月，具体时间待定）。

画展评委将从中欧双方作品中评选出金奖各一名，银奖各两名，铜奖各三名。

On 2 November, at the Hello Mart shopping mall next to the Four Seasons Hotel in Beijing, the 2021 "Dreams of Europe and China" exhibition opened. The exhibition of paintings by children from both China and the EU will run until 31 December. The "Dreams of Europe and China" exhibitions have been organized by the EU Delegation to China since 2011, and is now celebrating its 10th year. Despite constraints caused by the COVID pandemic, this exchange between Chinese and European children continues.

The theme of this year's edition takes inspiration from the fifteenth meeting of the Conference of the Parties to the Convention on Biological Diversity (COP 15), which took place in October in Kunming. The exhibition features 126 drawings from Belgium, Denmark, Poland, Germany, Hungary, Latvia, Sweden, Malta, Italy and other EU countries, as well as more than 1,000 drawings by Chinese children in Hong Kong, Pingyao, Xi'an, Xianyang and Yangxian. Through artistic work, the children have expressed their own individual understanding of biodiversity conservation.

On the eve of the exhibition launch, EU Ambassador Nicolas Chapuis addressed the children, saying: "We must work all together to protect people and the planet. Sometimes, we think that it is only Governments' duty to do all the work. But it is indeed the work of all of us. And we need active participation of young generations. In these competition and exhibitions, you have the opportunity to explore your imagination, creativity and artistic skills, but also to learn about each other's views. I hope you will grow up happily, and become a messenger of exchanges between the EU and China."

As in previous years, the 2021 exhibition will also be held in other cities: Pingyao, Shanxi (7 - 30 November), Xi'an, Shaanxi (4 - 20 December), Xianyang (5 - 31 December), and Yangxian.

The exhibition's jury will select the best 12 works and award one gold, two silver and three bronze medals respectively to works from both China and Europe.



《梦想中欧》

欧盟青少年画展·平遥

主办：欧盟驻华代表团
承办：《世界中国》杂志社 太原画加少儿美术 平遥古城（国际）油画交流中心艺术馆
协办：中国友好和平发展基金会 加拿大枫桥国际文旅集团山西办事处 平遥县新联会文艺界人士联络站

ORGANIZER: EU DELEGATION TO CHINA
IMPLEMENTERS: "THE WORLD AND CHINA" MAGAZINE TAIYUAN HUAJIA CHILDREN'S ART
PINGYAO INTERNATIONAL CENTER FOR OIL PAINTING EXCHANGES
CO-ORGANIZER: CHINA FRIENDSHIP FOUNDATION FOR PEACE AND DEVELOPMENT CANADA FENGQIAO INTERNATIONAL WENLV GROUP SHANXI OFFICE
PINGYAO COUNTY XINLIANHUI LITERARY AND ART CIRCLES RENLIANLUO STATION

平遥古城（国际）油画交流中心

First Exhibit of "Dreams of Europe and China" in Pingyao

“梦想中欧”在平遥首展

2021年中国欧盟“梦想中欧”青少年绘画展于11月7日在世界文化遗产古城平遥“国际油画交流中心”举行。

The 2021 EU-China "Dreams of Europe and China" Children's Art Exhibition was held on 7 November 2021 at the Pingyao International Center for Oil Painting Exchanges in the World Cultural Heritage City of Pingyao.

来自欧盟国家比利时，波兰，拉脱维亚，匈牙利，丹麦，德国，瑞典，意大利，马耳他的126幅，以及平遥，太原132幅，香港110幅4至18岁青少年作品在此中心展出。

126 paintings from Belgium, Poland, Latvia, Hungary, Denmark, Germany, Sweden, Italy and Malta, 132 paintings from Pingyao and Taiyuan and 110 paintings from Hong Kong from children aged 4 to 18 were exhibited at the Centre.

此画展由欧盟驻华代表团主办，中国友好和平发展基金会协办，《世界中国》杂志社，太原画加美术教育，平遥古城国际油画交流中心等承办。

The exhibition was organised by the EU Delegation to China, co-organised by the China Friendship Foundation for Peace and Development, "The World and China" Magazine, Taiyuan Huajia Children's Art and the Pingyao International Oil Painting Exchange Center.



平遥统战部常务副部长赵东平在开幕式致辞中说，平遥是一座具有2700多年历史的古城，由于平遥人民对于古城建筑文化的重视，使得整个城市得以完整保护下来，1997年被联合国授予世界文化遗产称号。此展欧盟国家孩子们的画让平遥文化有了新的色彩。

Zhao Dongping, Executive Director of the United Front Work Department of Pingyao City, said in his opening speech that Pingyao is an ancient city with a history of more than 2,700 years, and due to the importance the people of Pingyao attach to the architecture and culture of the ancient city, the whole city has been preserved intact and was awarded the title of World Cultural Heritage Site by the UNESCO in 1997.



出席活动的还有平遥宣传部常务副部长赵东胜以及统战部副部长杨晓东，平遥美协，书协等机构领导

The opening ceremony was attended by Zhao Dongsheng, Executive Vice Director of Pingyao's Press Department, as well as Yang Xiaodong, Vice Director of the United Front Work Department, and leaders of the Pingyao Art Association, Calligraphy Association and other organizations.



活动现场

A moment of the event





作品
展示

Work display



CULTURAL PERSPECTIVE | 文化视野



位于古城里面的中心
Located in the center of the ancient city

平遥古城国际油画交流中心美术馆
INTERNATIONAL EXCHANGE CENTER OF OIL PAINTINGS IN PINGYAO ANCIENT CITY



位于新区区的艺术馆以及展览
Art galleries and exhibitions in Xincheng District

平遥国际油画交流中心 Pingyao International Oil Painting Exchange Center

中心成立于2016年,是研学、写生、画展为一体的综合平台。通过油画创作运营、培训,打造中国重要的油画生产;搭建平遥同国内外专业油画团体及油画爱好者之间的艺术交流平台;承办国内外画廊和个人油画作品展览与交易等。

Founded in 2016, the center is a comprehensive platform for research, sketch, and painting exhibitions. Through oil painting creation, operation and training, it builds an art exchange platform between Pingyao and professional oil painting groups and oil painting enthusiasts at home and abroad and organizes exhibitions and transactions for domestic and foreign galleries and individuals.



2020“寻根·抒情”写意平遥国际油画艺术展研讨会现场
2020 Pingyao International Oil Painting Exhibition Seminar



在平遥文庙写生
Sketching in Pingyao Confucian Temple



2021年11月12日,阿富汗农民在阿富汗拉格曼省首府梅塔拉姆收获松子。(赛富拉曼·萨菲/新华社摄)
Afghan farmers harvest pine nuts in Mehtarlam, capital of Laghman province, Afghanistan, Nov. 12, 2021. (Photo by Saifurahman Safi/Xinhua)

阿富汗农民收成松子 Afghan Farmers Harvest Pine Nuts

阿富汗梅塔拉姆11月15日(新华社)——阿富汗农民在拉格曼省首府梅塔拉姆收成松子,因为向中国出口的松子给当地贸易商带来了投资这种有利可图的种子的希望。他们希望给中国出口更多松子,因为这会改善他们的经济状况和生活条件。

阿富汗于10月下旬恢复首架航班向邻国运送了45吨松子,这是8月中旬塔利班接管阿富汗以来阿富汗首次向中国出口松子。

MEHTARLAM, Afghanistan, Nov. 15 (Xinhua) — Afghan farmers harvest pine nuts in Mehtarlam, capital of Laghman province as pine nuts export to China has raised hope among local traders to invest in the profitable seeds. They hope to see the increase in the export of pine nuts to China as more exports and more profits would eventually improve their economic situation and living conditions.



Afghanistan resumed pine nuts export to China in late October via air corridor and the first flight carried 45 tons of the seeds to the neighboring country, marking the first export from Afghanistan to China since Taliban's takeover of the country in mid-August.



北京设立冬奥会专用车道 Beijing sets up traffic lanes reserved for Winter Olympics



北京11月13日——北京2022年第一条专供2022年参赛者专用车道已于11月12日在这里设立。

本月底将建成全长74.7公里,涉及北京市中心城区约20条道路。

据北京市交通委介绍,这些专用车道现在刚刚划定,私家车可以正常使用,并将在奥运会开幕前下发专用车道交通管理通知。

BEIJING, Nov. 13 (Xinhua) — The first traffic lane reserved for the exclusive use by Beijing 2022 participants has been set up here at Nov.12.

A total length of 74.7 kilometers will be set up by the end of this month, involving around 20 roads of downtown Beijing.

According to Beijing Municipal Commission of Transport, these special lanes are now just marked out and can be used by private vehicles as normal until the traffic management notice of special lanes is issued prior to the opening of the Games.

中国提高青年学生的环保意识 China raises environmental awareness among young students

北京11月14日电——对儿童进行环境保护教育的最佳方式是什么?对于Gunter Pauli来说,答案是通过寓言。

作为以《蓝色经济》著称的经济学家和生态活动家,Pauli写了200多个寓言,灵感来自中国儿童在自然界中发生的事情。

在全国青年学生环保创新大赛启动仪式上,Pauli受邀作为在线演讲者,分享教学方法。

“为孩子表达某事的最佳方式是通过艺术,无论是舞蹈、绘画还是歌曲,我们需要拥有通过艺术表达自己的独特能力,”Pauli说。

此次比赛由生态环境部环境教育与传播中心(CEEC)和北京环鼎环境大数据研究所联合举办,鼓励中国青少年通过绘画、诗歌等方式表达他们对环境保护的看法。

BEIJING, Nov. 14 (Xinhua) — What are the best ways to educate children about environmental protection? For Gunter Pauli, the answer is through fables.

An economist and ecological activist known for his book "The Blue Economy," Pauli has written more than 200 fables inspired by what is happening in nature for Chinese children.

At a launching ceremony of a national competition for young Chinese students on environmental protection innovations, Pauli was invited as an online speaker to share his pedagogy of learning with the arts.

"The best way of expressing something for a child would be through the arts, be it a dance, drawing, or a song, but we need to have this unique capability to express ourselves through art," said Pauli.

The competition, co-organized by the Center for Environmental Education and Communications (CEEC) of the Ministry of Ecology and Environment (MEE) and the Beijing Huanding Environmental Big Data Institute, encourages Chinese youngsters to express their ideas on environmental protection via drawings, poems, videos, and inventions.



2019年8月23日,在中国西北部宁夏回族自治区中卫市沙坡头沙漠主题景区,一群来自北京的学生和他们的父母参加了以沙漠化治理为主题的夏季职业活动为提高环保意识(新华社)/冯开华)
A group of students with their parents from Beijing take part in a summer vocational activity featuring desertification control to enhance environmental awareness at the Shapotou desert-themed scenic spot in Zhongwei City, northwest China's Ningxia Hui Autonomous Region, Aug. 23, 2019. (Xinhua/Feng Kaihua)



2021 富平尖柿节盛大启幕

2021 Fuping Coned Persimmon Festival Kicks Off

10月30日, 2021富平尖柿节在陕西省富平县举行。此次活动由富平县农业农村局、富平县文化旅游局等单位主办, 陕西富平大方天玺绿色农业发展有限公司承办。

2021富平尖柿节, 以“非遗传承”“柿子文化”“乡村振兴”三个篇章, 向全国人民展示了富平柿子产业蓬勃发展、文化欣欣向荣的靓丽风貌。

富平是闻名世界的中国柿子之乡, 独有的大尖柿品种以及传承千年的柿饼制作工艺, 使富平生产的柿饼享誉全国, 驰名海外。匠人们根据二十四节气, 在霜降这一天开始采摘, 削皮、吊挂晾晒、捏心等多道工序后, 才能变成食客舌尖上的原乡美味。

“吊柿饼”是富平县传承千年的制饼传统。2001年8月, 富平县被国家林业局授予“中国名特优经济林之乡——中国柿乡”称号; 2008年08月, 原国家质检总局批准对“富平柿饼”实施地理标志产品保护; 2020年7

月27日, 富平柿饼入选中欧地理标志第二批保护名单; 2013年, 富平柿饼制作工艺成功入选陕西省第四批非物质文化遗产传统技艺类名录。目前, 富平县全县栽植尖柿面积约36万亩, 年产鲜柿20万吨, 柿饼5万吨, 产值50个亿。

据悉, 尖柿节将持续1个月, 有柿子技能大赛、柿民俗园会、网红直播SHOW、柿子红了书画摄影展等活动。

On October 30, 2021 the Fuping Coned Persimmon Festival was held in Fuping County, Shaanxi Province. The event was sponsored by Fuping County Agriculture and Rural Bureau, Fuping County Cultural Tourism Bureau and other units, and undertaken by Shaanxi Fuping Dafang Tianxi Green Agriculture Development Co., Ltd.

2021 Fuping Coned Persimmon Festival, with its three parts of "non-genetic inheritance", "persimmon culture" and "village revitalization", is to show the people of the whole country the beautiful scenery and the flourishing development of the Fuping persimmon industry and its thriving culture.

Fuping is the world-famous hometown of persimmons in China. The unique varieties of big coned persimmons and the persimmon production techniques that have been passed down for thousands of years have made the persimmons produced in Fuping famous all over the country and well-known overseas. According to the twenty-four solar terms, the craftsmen start picking, peeling, hanging, drying, pinching the core, etc. on the first day of frost.



建设太空育种示范基地



“柿公主”文化IP
"Persimmon Princess"

"Hanging dried persimmons" is a tradition that has been passed down for thousands of years in Fuping County. In August 2001, Fuping County was awarded the title of "China's Famous, Special and High-quality Economic Forest Township - China's Persimmon Township" by the State Forestry Administration; On July 27, 2020, Fuping dried persimmons were selected into the second batch of Chinese-European protected geographical indications; in 2013, Fuping dried persimmons were successfully selected into the fourth batch of intangible cultural heritage traditional skills list of Shaanxi Province. At present, the area of coned persimmon planted in Fuping County is about 360,000 mu, with an annual output of 200,000 tons of fresh persimmons and 50,000 tons of dried persimmons, with a value of RMB 5 billion.

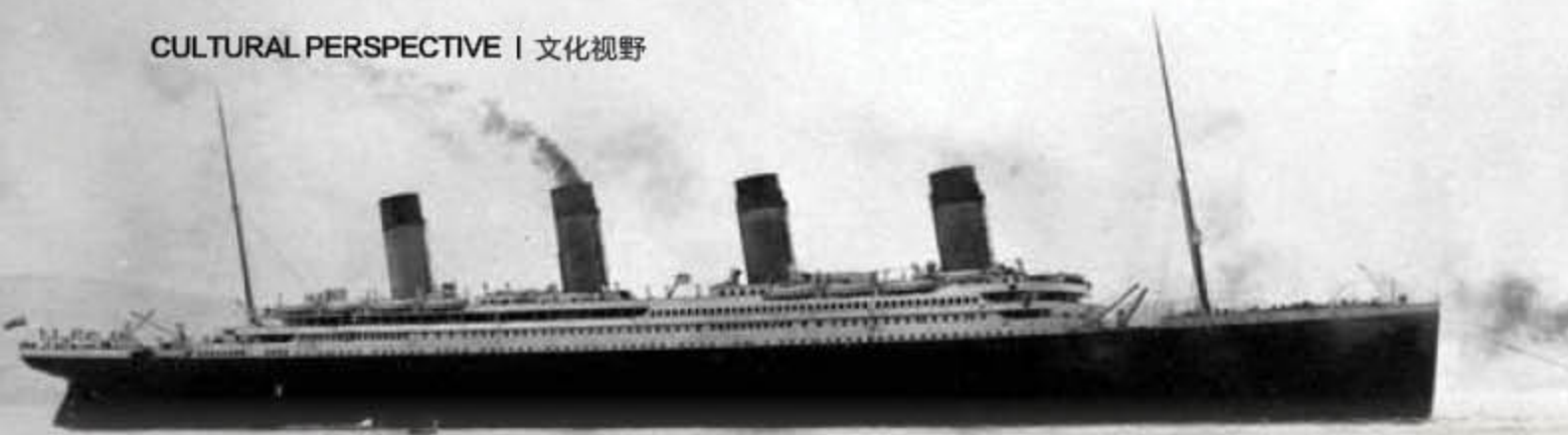
The Coned Persimmon Festival lasts for one month with activities such as the Persimmon Skills Competition, Persimmon Garden Fair, live broadcast of Internet celebrities, and the Persimmon Red Calligraphy and Photography Exhibition.



柿饼削皮
Persimmon peeling



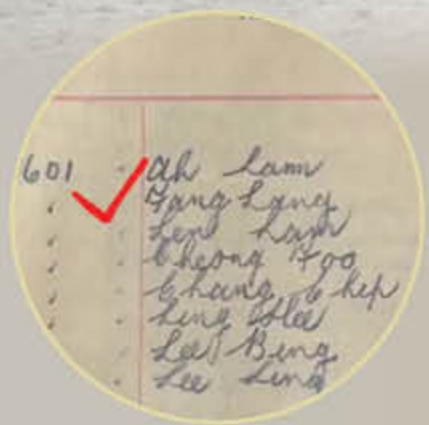
研学及劳动教育基地签约
Contract signing for a research and labor education base



泰坦尼克号启航

寻访方荣山： 泰坦尼克号的中国幸存者

方毓强 (FANG YuQiang)



泰坦尼克号 8 名中国人的集体船票，
打勾为 FANG LANG (方荣山)



年轻方荣山 (约 18 岁)



老年方荣山 (约 65 岁)

今年 4 月，纪录片《THE SIX 六人：泰坦尼克号上的中国幸存者》公映，它是英国人罗飞 (Arthur Jones) 执导、施万克 (Steven Schwankert) 首席研究、《泰坦尼克》(Titanic) 影片导演卡梅隆 (James Cameron) 监制的。他们发现，泰坦尼克号曾有 8 名中国乘客，其中 6 人生还，而只有方荣山一人是唯一可追溯其后半生的，并因此找到了他在美国的儿子方国民 (Tom FANG)。2018 年 5 月，他们还赶到方荣山的故乡广东台山市下川岛拍了 5 天。台山被称为“中国第一侨乡”，今有居民 90 多万，而旅居海外及港澳地区的却有 160 多万乡亲 (包括加拿大第 26 任总督伍冰枝、前美驻华大使骆家辉等)。下川是一个近百平方公里的小岛，今天以碧海沙滩等旅游胜地吸引着游客，生活富足，有“中国的布吉岛”之美誉。但一两百年来，男性岛民大多闯荡海外。

方荣山 (广东话拼音 FANG WinShan)，又名方森，英文名 FANG Lang，1894 年出生于下川岛水洋村。族人方建民告诉我，《台山方氏族谱》记载，方荣山是“学士方公祠”的神主、南宋龙图阁学士方宗一的 21 世孙。1279 年，南宋名将张世杰在宋元“崖山海战”失败后，曾率余部航经下川岛 (至今留有将台等遗迹)，或许方姓就是余部之一。方荣山 18 岁 (1912 年) 成了一条英国货船的司炉工，与其他 7 名中国司炉工一起从香港开船到了英国，又被船主调到美国纽约港的阿那特号 (Annetta) 货船去干活，而从英国到美国纽约这一程，他们 8 人就坐了泰坦尼克号。

1912 年 4 月 10 日，泰坦尼克号从英国启航，驶往美国纽约。4 月 14 日子夜，撞上冰山，2 小时 40 分后便沉入海底，船上 2224 人仅 705 人生还。方荣山一行 8 人中，2 人溺死，6 人获救：其中 5 人登上救生艇，而方荣山先抓到一根木棍，后又爬上一块门板，被唯一一艘英国人罗威 (Harold



下川岛美丽的海滩
(李坚润摄)



水洋村口 (方国摄)



始建于 1737 年的学士方公祠 (方国摄)

Lowe) 指挥返回找人的救生艇，发现并救起。他奇迹般生还的经历，成了 1997 年《泰坦尼克》影片中杰克和露丝最后时刻的灵感来源。

当时西方媒体都对西人海难中的表现极尽溢美之词，却无中生有地污蔑生还的 6 名华人是“事先躲在救生艇上的”、“假扮妇女登上救生艇的”……而 1912 年 6 月，中国高小教科书收有《铁达尼克号遇险记》，也赞颂了西人的骑士风度。1924 年、1926 年，中国新版教科书仍沿用该文，并无数次重版，对当时的“中国国民性”问题之争推波助澜。西媒抹黑中国幸存者，与 1882 年实施、直到 1943 年才废除的《排华法案》(只限制中国劳工、但不限制学者商人入境) 有关。

1912 年 4 月 20 日，获救后的方荣山一行 6 人，再登上纽约港的阿那特号货船做司炉工，驶往古巴。他们不

懂英文，也不知道外界对他们的污蔑，此后就从媒体中消失了。百年后，经《六人》纪录片团队的调查得知，方荣山 1920 年以商人身份合法进入美国，常参与芝加哥“溯源堂”宗亲会的活动，担保亲戚来美谋生等，后结婚生子。他 1986 年去世，享年 92 岁，子孙满堂。他生前曾写诗：“天高海阔浪波波，一根棍子救生我。兄弟一起有几个，抹干眼泪笑呵呵！”可见他直面九死一生、乐观向上的精神。

我建议，下川岛最好能建一个“泰坦尼克号中国幸存者”纪念馆，展出方荣山等人的遗物及人生事迹，以弘扬台山人勇闯海外、不畏歧视、百折不挠的拼搏精神……

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葡萄牙人把饮茶带进了英国

The Portuguese brought tea drinking into the UK

在很多年前中国的茶通过海上丝路被运送到了世界各地，其中也到了葡萄牙。从此葡萄牙人就养成了每日下午五时饮茶的习惯。

16世纪60年代葡萄牙·女皇凯瑟琳·德布拉甘扎 (Infanta Catherine de Braganza) 嫁给了英国查理斯二世国王，这一习惯也随之带到了英国。

这是葡萄牙驻华大使杜傲杰 (Jose Augusto Duarte) 不久前在河南信阳“发现丝路最美茶香”茶叙活动上分享给与会嘉宾的一段历史。

不过如今“下午茶”的概念是在19世纪中叶才首次出现。1840年，英国第七任贝德福德公爵夫人安娜引进了下午茶，公爵夫人在下午四点左右就会感到饥饿。她家的晚餐在八点钟很时髦地供应到很晚，因此午餐和晚餐之间有很长一段时间。公爵夫人要求在下午晚些时候把一盘茶、面包和黄油和蛋糕送到她的房间。这成了她的习惯，她开始邀请朋友们加入。

那时放下手中的一切事情喝茶成了一种时髦的社交活动。上层社会和社交妇女换上长袍，手套和帽子，通常在四点到五点之间开始在客厅喝茶。

传统的下午茶包括精选的美味三明治（当然包括切成薄片的黄瓜三明治）、带有凝块奶油的烤饼和蜜饯。还有蛋糕和糕点。然而，如今在普通家庭中，喝下午茶可能只有一块饼干或小蛋糕和一杯茶，而且用茶包泡出来的。



Long time ago, Chinese tea was transported to all parts of the world via the Silk Road by sea, including Portugal. It just so happened that the Portuguese have developed the habit of drinking tea at 5 o'clock in the afternoon every day.

In the 1660s, the Queen of Portugal, Infanta Catherine de Braganza married King Charles II of England, and this habit was brought to England along with her.

This is a piece of history that the Portuguese Ambassador to China, Jose Augusto Duarte, shared with the guests at the "Discovering the most beautiful tea fragrance on the Silk Road" tea event in Xinyang, Henan.

The pure concept of "afternoon tea" however first appeared in the mid-19th century. In 1840, the seventh British Duchess of Bedford, Anna, introduced the idea. The duchess would feel hungry at around four o'clock in the afternoon. Dinner at her house would be stylishly served at eight o'clock, so there was a long time between lunch and dinner. The duchess requested that a plate of tea, bread and butter and cake be delivered to her room in the late afternoon. This became her habit, and she began to invite friends to join in.

At that time, letting go everything and drinking tea became a fashionable social habit. Upper-class women put on robes, gloves and hats, and started drinking tea in the living room between four and five.

The traditional afternoon tea includes a selection of delicious sandwiches (with thinly sliced cucumber of course), scones with cream, preserves, some cakes and pastries. In ordinary families today, afternoon tea may only consist of a biscuit or a small cake and a cup of tea made with tea bags.

国际友人在延安 (中)

Foreign Friends in Yan'an (Part II)

文：袁武振

Text: Yuan Wuzhen



1938年5月，毛泽东与卡尔逊在延安
May 1938, Mao Zedong and Carlson in Yan'an



毛泽东、朱德与美军观察组成员在延安
Mao Zedong, Zhu De and members of the U.S. Army Observation Group in Yan'an

03

盟国官员考察敌后根据地的地位和作用

Allied officials inspect the status and role of base areas behind enemy lines

埃文斯·卡尔逊上尉是美国驻华使馆海军参赞，也是罗斯福总统派驻中国的秘密观察员。1938年4月，卡尔逊到达延安，拜访了毛泽东、张闻天、肖劲光等共产党和八路军领导人，观看了延安军民的军事训练，访问了一些机关、学校和群众团体，拍摄了许多照片。

Captain Evans Carlson was the Navy Counselor of the US Embassy in China and a secret observer sent by President Roosevelt to China. In April 1938, Carlson arrived in Yan'an, visited Mao Zedong, Zhang Wentian, Xiao Jinguang and other leaders of the Communist Party and the Eighth Route Army, watched the military training of the military and civilians in Yan'an, visited various institutions, schools and mass organizations, and took a great number of photos.

从延安和华北敌后根据地访问归来之后，卡尔逊怀着无限激情向罗斯福总统报告了自己的所见所闻，并在各种场合宣传共产党、八路军的抗战业绩，呼吁国民政府和国际社会给八路军以实际的援助。1940年，卡尔逊在美国出版了《中

国的双星》《中国陆军》两本书，真实地记录了他在中国各战场的考察情况，在国内外引起很大的震动。

1944年7月至1945年4月，中缅印战区美军司令部派驻延安的观察组（代号“迪克西使团”），在延安和陕甘宁边区及华北敌后抗日根据地进行了大规模的考察访问。观察组组长是时任战区情报官员的戴维·包瑞德上校，中缅印战区美军司令部政治顾问、美国驻华使馆二等秘书约翰·谢伟思、雷蒙德·卢登、约翰·戴维斯任观察组政治顾问，他们都是著名的“中国通”。成员前后共30余人，分属于美国陆军、空军、海军、战略情报局各系统。

After returning from the visits to Yan'an and Northern China's enemy base areas, Carlson reported to President Roosevelt about his impressions. He praised the war performance of the Communist Party and the Eighth Route Army on various occasions and appealed to the national government and the international community to give practical assistance to the Eighth Route Army. In 1940, Carlson published two books in the United States: "Twin Stars of China" and "The Chinese Army its Organization and Military Efficiency". These works truly reflected the results of his investigations on various battlefields in China, causing great revelations both at home and abroad.

From July 1944 to April 1945, the US Army Command of the China-Burma-India Theater sent an observation group to Yan'an (code-named "Dixie Mission") to conduct



1944年12月，毛泽东、朱德、周恩来、叶剑英同约翰·戴维森（中）合影
Group photo of Mao Zedong, Zhu De, Zhou Enlai, Ye Jianying and John Emmerson (middle) taken in December 1944



毛泽东与世界学联代表团合影
Mao Zedong with the delegation of the World Federation of Students

large-scale investigations in Yan'an and the Shaanxi-Gansu-Ningxia border area and the anti-Japanese base areas behind enemy lines in Northern China. The leader of the team was Colonel David Barrett, who was the intelligence officer of the theater at the time, the political adviser to the US Army Command of the China-Burma-India Theater, second secretary of the US Embassy in China John Stewart Service, Raymond Ludden, and John Emmerson joined the Observation Group as political advisers, all well-known "China Experts". There were a total of more than 30 members of the group, belonging to various divisions of the US Army, Air Force, Navy, and Strategic Intelligence Agency.

中共中央对美军观察组的来访非常重视，认为这是“我们在国际间统一战线开展的，是我们外交工作的开始。”毛泽东亲自修改了1944年8月15日的《解放日报》社论，在原稿标题“欢迎美军观察组”之后特意加上了“战友们”三个字，并在社论中指出：观察组的到来“是抗战以来最令人

兴奋的一件大事”。毛泽东、朱德、周恩来、彭德怀、叶剑英、陈毅、贺龙、聂荣臻、罗瑞卿等中共中央和八路军、新四军领导人分别多次接见了观察组成员，向他们全面系统地介绍了中国共产党及其领导的抗日军民坚持敌后抗战、实行人民战争的生动事实及各根据地实行民主政治的情形，阐述了国共两党关系的历史，表达了积极与美军合作抗日的愿望。

The Central Committee of the Communist Party of China attached great importance to the visit of the U.S. Military Observation Group, deeming it was "our debut on the international stage and the beginning of our diplomatic work". Mao Zedong personally revised the editorial of the "Liberation Daily" on August 15, 1944. After the original title of the manuscript "Welcome the US Army Observation Group", he added the words "our comrades-in-arms". The editorial pointed out: "The arrival of the Observation Group is the single most exciting event since the beginning of the War of Resistance". Mao Zedong, Zhu De, Zhou Enlai, Peng Dehuai, Ye Jianying, Chen Yi, He Long, Nie Rongzhen, Luo Ruiqing and other leaders of the Central Committee of the Communist Party of China, the Eighth Route Army and the New Fourth Army received members of the Observation Group several times and gave them a comprehensive and systematic introduction of the Chinese Communist Party and its anti-Japanese military and civilians. They highlighted the vivid facts of the War of Resistance behind enemy lines and the implementation of the People's War, as well as the implementation of democratic politics in various base areas, expounded the history of the relationship between the Kuomintang and the Communist Party, and expressed the desire to actively cooperate with the US military to resist Japan.

观察组成员根据自己的观察与思考陆续写成大量的军事政治报告，上报中缅印战区美军司令部和美国国务院，仅在头两个月（截至9月27日）发送和准备发送的报告就达112份。谢伟思一人在1944年7月至10月就写了51份报告，1945年2月至4月又写了26份。在这些报告中，观察组确信“共产党得到当地百姓的完全支持”，“中国共产党将在中国存在下去，中国的命运不是蒋的，而是他们自己的”。他们认为共产党是真心抗日的，中共领导的人民武装“是一支年轻的、经过战斗锻炼、受过良好训练，伙食、服装都不错的志愿军队，素质极好，情报水平很高，士气旺盛”，具有很强的战斗力。包瑞德上校曾多次建议中缅印战区司令部立即向中国军队提供援助，并说明这是观察组成员们的“强烈愿望”。谢伟思、戴维斯还建议美国政府全面支持国共两党，推动中国政治潮流向达成联合政府的方向发展。观察组的上述活动和见解，抑制了国民党顽固派发动内战的企图，对美国政府的对华政策产生了积极的影响。

Based on their observations and thoughts, the members of the Observation Group produced a large

number of military and political reports, addressed to the US Military Command and the US State Department in the China-Burma-India Theater. The reports sent and prepared for sending during the first two months (till September 27) totaled 112 pieces. John Stewart Service wrote 51 reports from July to October 1944, and 26 from February to April 1945. In these reports, the team was convinced that "the Communist Party is fully supported by the local people" and that "the Communist Party of China will continue to exist in China". "The destiny of China is held not in Chiang's, but in their hands." They believed that the Communist Party is truly anti-Japanese, and the People's Armed Forces led by the Communist Party "is a young, well-trained volunteer army with good provisions and clothing, with excellent quality, high intelligence, high morale and high striking capability." Colonel Barrett has repeatedly suggested that the China-Burma-India Theater Command provide immediate assistance to the Chinese army, and explained that this is the "strong wish" of the members of the Observation Group. John Stewart Service and John Emmerson also suggested that the US government fully support the Kuomintang and the Communist Party, and nudge the development of China's political trend towards a coalition government. The above-mentioned activities and opinions of the observation team restrained the Kuomintang diehards' attempts to launch a civil war and had a positive impact on the US government's China policy.

世界学联代表团于1938年6月29日至7月4日访问延安，受到毛泽东和延安各界的热情接待。代表团团长柯乐曼是英国人，团员有加拿大人雷克南、英国人傅雷德和美国人雅德，他们都是世界学联的著名领袖，表示回国后要切实做好三件事：热情地做好宣传，如实地讲解见闻，为八路军募捐，以实际行动支持中国的抗日战争。



1943年，聂荣臻、吕正操、程子华等欢送班威廉夫妇赴延安
In 1943, Nie Rongzhen, Lv Zhengcao, Cheng Zihua and others sent off William Bend and his wife to Yan'an



英国学者林迈可为晋察冀军区无线电技术高级训练班的学员们解答问题
British scholar Michael Lindsay answers questions of the trainees of the advanced training class in radio technology in the Jinchaji Military Region

此外，荷兰驻香港总领事范伍登、荷印（荷属南洋群岛）政府外交部东亚事务司中国事务科科长欧福廷博士、国联防疫大队代表南道尔也在抗战初期访问过延安，南道尔还向陕甘宁边区捐献了1万美元药款。

The delegation of the World Federation of Students visited Yan'an from June 29 to July 4, 1938, and was warmly received by Mao Zedong and others in Yan'an. The head of the delegation, Coleman, was British. The members included Canadian, British and American students, all prominent leaders of the World Federation of Students. They pledged to do three things upon returning to their home country: Do a good job in spreading the word, that is truthfully explaining what they have seen and heard, soliciting donations for the Eighth Route Army, and supporting China's Anti-Japanese War with practical actions.

In addition, the Dutch Consul General in Hong Kong, the Chinese Affairs Division Chief of the East Asian Affairs Department of the Dutch-Indian Government's Ministry of Foreign Affairs, and the representative of the National League Anti-epidemic Brigade also visited Yan'an during the early stage of the War of Resistance Against Japan, the latter also donating US\$10,000 for medicine to the Shaanxi-Gansu-Ningxia Border Region.

04 外国科技专家支援边区建设 Foreign scientific and technological experts support the construction of border areas

班威廉（威廉·班德）是英国物理学家，北平燕京大学教授。太平洋战争爆发后，班威廉夫妇冒险冲过日军封锁线投奔晋察冀抗日根据地，在晋察冀军区主办的无线电技术培训班讲授高等物理、数学和理论电磁学等课程，为八路军培



新西兰友人艾黎(左一)在延安的工合办事处窑洞前与工作人员合影
New Zealander Rewi Alley (first from left) poses with staff of the "Gonghe" cave office in Yan'an

养无线电技术人才。1943年9月，班威廉夫妇抵达延安，受到热情接待。1944年元旦，毛泽东登门向他们拜年问好。

William Bend was a British physicist and professor at Peking University. After the outbreak of the Pacific Ocean War, Bend and his wife ventured across the Japanese blockade and moved to the Jinchaji anti-Japanese base area. They taught advanced physics, mathematics and theoretical electromagnetics in a radio technology training class sponsored by the Jinchaji Military Region to train radio technology for the Eighth Route Army. In September 1943, Mr. and Mrs. Bend arrived in Yan'an and received a warm reception. On New Year's Day in 1944, Mao Zedong visited and greeted them.

英国学者林迈可(迈克·林赛)1937年12月来华，任燕京大学经济学、逻辑学和科学方法的讲师、教授，是无线电爱好者。1944年5月，林迈可应邀到达延安，被聘为八路军通讯部技术顾问和新华社英文部顾问。他曾为延安新华广播电台建造了一台可以发射到美国旧金山和南印度洋的发射机，为改进八路军通讯技术，打通中共与外界联系作出了重要贡献。

British scholar Michael Lindsay arrived in China in December 1937 as a lecturer and professor of economics, logic and scientific methodology at Yanjing University. He was a radio enthusiast. In May 1944, Lindsay arrived in Yan'an upon invitation and was hired as a technical consultant for the Communications Department of the Eighth Route Army and a consultant for the English Department of Xinhua News Agency. He built a transmitter for Yan'an Xinhua Radio Station capable of transmitting signals to

San Francisco and the South Indian Ocean. Lindsay made important contributions to improving the communications technology of the Eighth Route Army and connecting the CCP to the outside world.

新西兰友人、“工合”技术专家路易·艾黎，1939年至1941年三次奔赴延安，在毛泽东的支持下，创办了“延安工合事务所”，为发展陕甘宁边区的军用和民用工业费尽了心血。毛泽东和叶挺曾分别写信给“工合”国际委员会，高度赞扬工业合作社运动对我国抗战作出的贡献。英国青年乔治·何克1938年6月访问延安后深受鼓舞，和艾黎一起在甘肃山丹创办“工合”培黎工艺学校并任校长，为“工合”运动培养专业技术人才。1945年7月，何克不幸染破伤风去世，为“工合”运动献出了年轻的生命。

Rewi Alley, a New Zealander and "Gonghe" technical expert visited Yan'an three times between 1939 and 1941. With the support of Mao Zedong, he founded the "Yan'an Gonghe Office" and spent all his money on the development of military and civilian industries in the Shaanxi-Gansu-Ningxia border area. Mao Zedong and Ye Ting each wrote letters to the "Gonghe" International Committee, praising the industrial cooperative movement for its contribution to China's War of Resistance. British juvenile George Hogg was inspired by his visit to Yan'an in June 1938. Together with Alley, he founded the "Gonghe" Peili Technical School in Shandan, Gansu and served as a principal, training professional and technical talent for the "Gonghe" movement. In July 1945, Hogg died of tetanus, giving his young life to the "Gonghe" movement.



孕期最后冲刺， 孕妈妈甩掉不适，大步向前

Final Sprint of Pregnancy: Shake Off Discomfort, Stride Forward

度过了舒服的孕中期，进入到孕晚期，孕妈妈肚子越来越大，距离分娩也越来越近，很多孕妈妈常常感到疲劳，身体也容易出现各种不适。面对孕期的最后冲刺，孕妈妈如何甩掉不适，大步向前？

Having got through the comfortable mid-trimester and entered the third trimester, the pregnant woman's stomach is getting bigger and bigger, and the labor day is getting closer. Many pregnant women often feel tired, and the body is also prone to all kinds of discomfort. In the face of the final sprint of pregnancy, how will pregnant women cast off discomfort and stride forward?



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尿频卷土重来**Frequent micturition stages a comeback**

到了孕晚期，很多孕妈妈尿频的问题又回来了。这主要是因为子宫慢慢变大，压迫到了膀胱，使孕妈妈产生尿意，总是想往厕所跑。这是妊娠期的正常生理现象，但也给孕妈妈的生活带来了一些困扰。

In the third trimester of pregnancy, many pregnant women once again meet the problem of frequent urination. This is mainly because the uterus is getting bigger, pressing into the bladder, so that pregnant women have a desire to urinate, and want to run to the toilet all the time. Though a normal physiological phenomenon during pregnancy, it brings some troubles to the life of pregnant women.

★支招**★ Tips**

首先，孕妈妈要知道，如果有尿意，应该及时解尿，

尽量不要憋尿。

First of all, pregnant women must know if they want to pee, they should urinate in time. They should not hold their urine.

要缓解尿频的问题，孕妈妈还可以从日常饮水习惯开始改变。平时要适量补充水分，但不要过量或大量喝水。临睡前1-2小时内不要喝水，可以减少夜起次数。

To alleviate the problem of frequent urination, pregnant women can start by changing their daily drinking habits. They could replenish water in proper amount, but need not drink too much water. Do not drink water 1-2 hours before bedtime, which can reduce the frequency of night rise.

虽然孕晚期尿频是正常的生理现象，不必过度恐慌担心，但如果同时伴有尿急、尿痛，则属于异常情况，应该去医院检查。

Although frequent urination is a normal physiological phenomenon in the third trimester of pregnancy, and there is no need to panic too much, pregnant women should go to the hospital for examination if urination urgency is accompanied by urine pain, as it is an anomaly.

**胃部灼烧，胃口不好****Burning Stomach, Poor Appetite**

孕晚期，有些孕妈妈会胃口大开，但是，也有一些孕妈妈胃口反而变差，有的孕妈妈甚至有胃部灼烧感。孕晚期胃部不适主要是内分泌变化导致。胃酸返流，刺激食管下段的痛觉感受器引起灼热感。

In the third trimester, some pregnant women have a big appetite. But others may lose their appetite, and even have a burning stomach. The late pregnancy stomach discomfort is mainly caused by endocrine changes. Gastric acid reflux stimulates the pain receptors in the lower esophagus to cause a burning sensation.

此外，孕晚期巨大的子宫、胎儿对胃有比较大的压力，使胃的容量变小，吃了一点就感觉饱了。同时，胃部排空的速度减慢，胃液在胃内滞留时间较长，也容易导致胃部不适。

In addition, in the third trimester of pregnancy, the huge uterus and fetus put considerable pressure on the stomach, making the stomach capacity smaller, so the pregnant women feel full though eating a little. At the same time, the speed of gastric emptying slows down, and gastric juice stays in the stomach for a longer time, which is also easy to cause stomach discomfort.

★支招**★ Tips**

平时应在轻松的环境中慢慢进食，饮食速度不要过快，每次避免吃得过饱，可以采用少食多餐的方式。

In everyday life, pregnant women should eat slowly in a relaxed environment. Don't eat too fast or too full each time. They can have more meals a day but less food at each.

孕妈妈吃完饭后，不要立即平躺，直立的姿势有助于缓解胃部灼热感。饭后也可适当缓慢散步。

After meals, pregnant women shall not lie down immediately, as the upright posture helps ease the burning stomach. They can also take a slow walk

after meals.

孕晚期胃部不适大多会在分娩后自行消失，孕妈妈不用过于紧张。如果未经医生诊治，孕妈妈不要自行服用药物。

Stomach discomfort in the third trimester of pregnancy usually disappears after delivery. So pregnant women need not be too nervous. If they are not treated by a doctor, pregnant women shall not take medicine by themselves.

辗转反侧难入眠**Restless in Bed, Hard to Sleep**

很多孕妈妈在孕晚期睡眠不好。主要原因是肚子变大，在巨大孕肚的拉扯下，孕妈妈无论更换什么睡姿，都觉得睡得不安稳。

Many pregnant women do not sleep well in the third trimester, mainly because the stomach is getting bigger. Under the pull of the big pregnant belly, the pregnant women would feel restless no matter what sleeping position they take.

此外，孕晚期尿频的问题也会影响孕妈妈的睡眠，导致孕妈妈夜醒频繁，很难进入深睡眠，睡醒后身体仍然觉得疲倦。

In addition, frequent urination in the third trimester of pregnancy will also affect the sleep of pregnant women, resulting in frequent wake-up at night and making them hard to enter deep sleep. They still feel tired in the body after waking up.

★支招**★ Tips**

孕妈妈可以借助枕头把肚子支起来，也可以使用专业的孕妇枕，让睡姿更舒适，可以帮助孕妈妈睡得更安稳。

Pregnant women can support their stomach with a pillow, or use a professional maternity pillow to make the sleeping position more comfortable for a better sleep.

孕妈妈也可以尝试睡前听音乐、冥想、做孕妇瑜伽、喝点热牛奶等等，尽可能找到适合自己的入睡方式。白天散步等慢运动，也能帮助孕妈妈安然入睡。

Pregnant women can also try listening to music, meditation, yoga for pregnant women, drinking some warm milk before bedtime, and find the right way to sleep that works for them. Taking a walk and other slow exercises during the day can also help pregnant women go to sleep peacefully.



下肢浮肿腿抽筋 Swollen Lower Limbs, Leg Cramps

到了孕晚期，一些孕妈妈的鞋子突然变小了，手脚明显浮肿起来，一些孕妈妈还会出现腿脚抽筋的情况。

In the third trimester, some pregnant women's shoes suddenly become smaller, and their hands and feet are obviously swollen up. Some even have leg cramps.

孕妈妈下肢浮肿主要是由于孕晚期内分泌的改变，引起体内水钠滞留，而子宫压迫盆腔到下肢的静脉，使下肢的血流回流受阻，容易导致下肢浮肿。

Lower limb swelling of pregnant women is mainly due to endocrine changes in the third trimester, which result in water and sodium retention in the body. The uterus compresses the veins from the pelvic cavity to the lower limbs, which hinders the flow of blood in the lower limbs, likely leading to swelling of the lower limbs.

孕晚期腿抽筋除了内分泌因素，也有可能是缺钙导致。

In addition to the endocrine factors, leg cramps may also be caused by calcium deficiency in the third trimester.

★支招 ★ Tips

孕妈妈要避免长时间站立及蹲坐，睡眠时适当垫高下肢。饮食低盐的饭菜，可减少水肿的发生。腿脚抽筋的孕妈妈应该注意饮食，多晒太阳，也可以在医生的指导下补充钙剂。

Pregnant women should avoid standing and squatting for a long time. They can properly cushion



the lower limbs during sleep. They should eat low-salt meals to reduce edema. Pregnant women with leg cramps should pay attention to their diet, bask more in the sun, and could supplement calcium under the guidance of doctors.

准爸爸也可以每晚帮助妻子按摩腿脚，可以缓解下肢不适。同时，准爸爸的按摩可以缓解孕妈妈的紧张情绪，增进夫妻感情，对孕妈妈的睡眠也有帮助。

The expectant father can also help his wife by massaging her legs and feet every night to relieve lower limb discomfort. Their massage can ease the stress of pregnant women, enhance their relationship, and help pregnant women's sleep.

正常人水肿不超过踝关节以上，不需要特别处理。如果肿胀特别明显，需要及时就医，排除其他疾病可能。

For able-bodied persons, edema under the ankle joint does not need special treatment. If the swelling becomes particularly obvious, they need to see a doctor in time to rule out other diseases.



腹部下坠腰酸痛 Abdominal Straining, Pain in the Waist

孕妈妈常常会有腰酸背痛、腹部下坠的感觉，孕晚期更加明显。尤其最后一个月，由于出现生理性宫缩，孕妈妈腰酸、腹部下坠的感觉更加强烈。在分娩前1-2周，宫

缩的频率和强度都会增加，孕妈妈会感到更不舒服。

Pregnant women often have a pain in the back, or a feeling of abdominal fall. It is more obvious in the third trimester. Especially in the last month, due to physiological contractions, pregnant women feel sorer in the waist, and stronger feeling of abdominal fall. The frequency and intensity of contractions will increase 1-2 weeks before delivery, and pregnant women will feel more uncomfortable.

★支招 ★ Tips

缓解腰背酸痛，最重要的是避免弯腰驼背，保持挺胸抬头，避免突然性的体位转变，平时动作切记慢半拍！正确的坐卧姿势也是缓解疼痛的关键。

To ease the back pain, the most important thing is to avoid stooping. Keep the chest and head up. Avoid sudden postural changes. Slow down the movements in daily life. Correct sitting and lying

posture is also a key to relieve pains.

日常生活中，孕妈妈可以在椅子上准备舒适的靠垫，睡觉时使用孕妇枕。宫缩时可以深呼吸，使全身放松，也可用手轻轻抚摸腹部发硬的地方。

In daily life, pregnant women can prepare comfortable cushions on chairs and use pregnant women's pillows when sleeping. Take a deep breath to relax the body in uterine contraction. They can also gently stroke the hard part of the abdomen with a hand.

很多孕晚期不适都是暂时的，等宝宝出生以后就能改善。面对不适症状，孕妈妈最重要的是保持平和的心态，开开心心迎接宝宝的到来。如果症状严重，及时求助医生。

A lot of discomfort in the third trimester is temporary, and can be improved after the delivery. In the face of the discomfort, the most important thing for pregnant women is to stay calm and be happy to welcome the arrival of the baby. If the symptoms are serious, they can seek help from the doctors in time.



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01 产儿合作 | 保障母婴安康

Obstetrician-Pediatrician Coordination for Health Protection

- 产科医生每日查房，根据产妇身体状况给予产后恢复指导
Daily ward round by the obstetrician offers postpartum recovery guide.
- 儿科医生每日为宝宝查体，为妈妈及家属提供育儿指导
Daily ward round by the pediatrician offers baby-care guide to the newborn family.

02 母婴同室 | 专业指导母乳喂养

Rooming-in for Best Breastfeeding

- 高级营养师为宝妈量身打造营养餐
Senior dieticians customize nutritious menu for each puerperal.
- 专业医护人员进行母乳喂养指导
Professional medical staffs offer breastfeeding guidance.
- 为宝妈提供乳腺疏通按摩服务，解决涨奶、堵奶问题
Breast massage services help resolve obstruction of mammary ducts.

03 综合调理 | 助力产后快速康复

Comprehensive treatments for Fast Postpartum Rehabilitation

- 子宫复旧仪帮助产妇促进恶露排出
Uterine recovery equipment help expedite the education of lochia.
- 产后盆底肌康复训练，指导宝妈更好恢复盆底功能
Postpartum rehabilitation training helps recovery of pelvic floor functions.

04 中医服务 | 深度解决产后不适

TCM Services for Postpartum Discomfort Alleviation

- 中医师定期会诊，提供中医产后调理
Routine consultation from TCM doctor offers postpartum recovery in TCM way.
- 中药洗头及中药泡脚服务，预防月子病
Hair-wash and feet bath with Chinese herbal medicine protect puerperal from postpartum diseases.



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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