

The World and China
世界中国

丝绸之路 SILK ROAD
Setgemüt

外交/文化/商务/旅游
Diplomacy / Culture / Business / Tourism

2023/02 总第096期

中老铁路开行国际旅客列车 The International Passenger Train Service has been Launched on the China-Laos Railway

2023年4月13日，中老铁路从中国昆明南站、老挝万象站
双向对开国际旅客列车，两地乘火车可当日通达。



友誼之花常開 中國兩國人民

為世界中國雜誌社題
鄒家華

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 as 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.



本刊原社长纳吉·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, Former 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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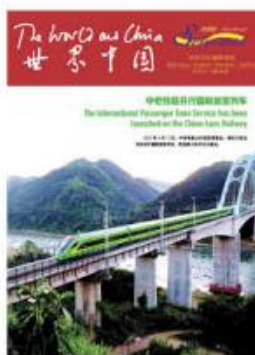
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封面说明:

中老铁路开行国际旅客列车

COVER NOTE:

The International Passenger Train Service has been Launched on the China-Laos Railway



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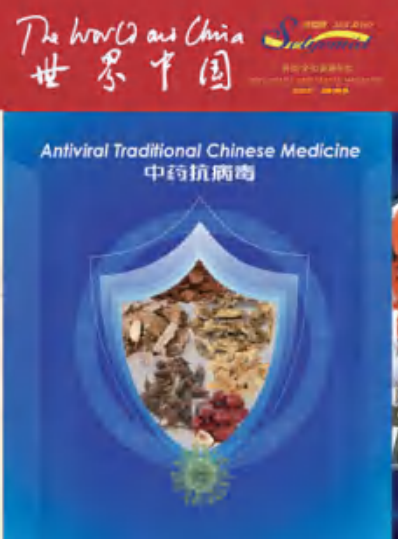
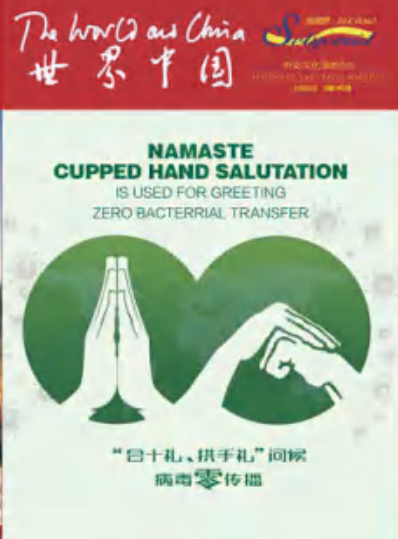
2006 创刊

外交

文化

商务

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目录 CONTENTS

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



6 专题报道

中老铁路开行国际旅客列车

10 使馆之窗

日本剑道文化

JET 项目欢送会

欧盟委员会主席访华

第十届翔凤文化节闭幕式

泰国风情节

正大中心国际文化交流暨宋干节活动圆满举行

瓦桑特市集

走进赞比亚

加纳独立日

李斯特诞辰音乐之夜

拉美加勒比驻华使团与国际竹藤组织交流会

乍得共和国和刚果民主共和国加入国际竹藤组织升旗仪式

“熟悉的和未知的克里米亚”专题活动

俄罗斯当代青年美术展“失重”在京展出

俄罗斯高校国际毕业生典礼

中尼学者论坛

巴基斯坦日

巴基斯坦卡车艺术节在中国首展

瑞士联邦文化署资助里耶博物馆文物

保护修复项目

首届罗曼什语周开幕

第三届龚古尔文学奖中国评选揭晓

中蒙艺术交流作品联展

蒙中古箏联合表演

津巴布韦独立日

土耳其的儿童节

60 漫游世界

跟着大使看世界

——摩尔多瓦驻华大使杜米特鲁·贝拉基什

66 文化视野

聚焦当前中国经济热点问题

新征程上的中国外交

中国西安与哈萨克斯坦北哈州文化班列，发车！

新华社消息

北京市慈善义工联合会

公益慈善 服务先行

6 Special reports

The International Passenger Train Service has been Launched on the China-Laos Railway

10 Embassy

Japanese Kendo Culture

JET Project Farewell Party

Chairman of the European Commission Visits China

10th baturu Cultural Festival Closing Ceremony

Thailand Festival

Songkran Festival at Beijing Charoen Pokphand Center was Successfully Held.

Vasant Mela

Enter Zambia

Ghana Independence Day

Exchange meeting between Latin American and Caribbean diplomatic missions and the International Bamboo and Rattan Organization

Republic of Chad and the Democratic Republic of the Congo Participate in the INBAR Flag-Raising Ceremony

Special Event "Familiar and Unknown Crimea"

Russian Exhibition of Contemporary Youth Art "Weightlessness" Exhibited in Beijing

International Graduation Ceremony of Russian Universities

China-Nepal Scholar Forum

Pakistan Day

The Pakistan Truck Art Festival Made its Debut in China

The Swiss Federal Office of Culture funds the Project for the Protection and Restoration of Cultural Assets at the Liye Qin Slips Museum

Discover art & culture of Switzerland's fourth national language kick off first edition of Romansh Language Week in China

Night of Liszt Franz

Winners of the 3rd China Goncourt Prize for Literature have been announced

Joint Exhibition of the Chinese-Mongolian Art Exchange Works

Melody of Strings Performance by Mongolian and Chinese musicians

Zimbabwe Independence Day

Turkish Children's Day

60 Traveling in the World

Dumitru Braghis

——Ambassador of Moldova to China

66 Cultural Perspective

Focus on the Currently Explosive Topics of the Chinese Economy

The New Journey of China's Diplomacy

The Cultural Train between Xi'an, China and North Kazakhstan Province, Departs!

Xinhua News Agency

Beijing Charity Volunteer Federation

Leading The Way in Public Welfare and Charity Services



中老铁路开行国际旅客列车 The International Passenger Train Service has been Launched on the China-Laos Railway

来源：新华社
Source: Xinhua News Agency

2023年4月13日，中老铁路从中国昆明南站、老挝万象站双向对开D887次和D888次国际旅客列车，两地乘火车可当日通达。列车使用动力集中型“复兴号”“澜沧号”动车组开行，最高运行时速160公里。采取朝发夕至运行模式，每日双向对开各1列。全程经停昆明南、普洱、西双版纳、磨憨、磨丁、琅勃拉邦、万荣、万象8个车站，采取“两地两检”通关模式。

On April 13, 2023, China-Laos railway runs D887 and D888 international passenger trains in both directions from South Station station in Kunming, China, and Vientiane Station in Laos. These two places are accessible by train on the same day. The trains are operated using "Fuxing" and "Lancang" power-focused electric multiple units with a maximum operating speed of 160 kilometers per hour. The trains run in a morning departure and evening arrival schedule, with one train in each direction daily. The trains stop at eight stations including Kunming South, Pu'er, Xishuangbanna, Mohan, Moding, Luang Prabang, Ban Houayxay, and Vientiane. The "two places, two inspections" clearance mode is adopted.





4月13日,在中老铁路老挝磨丁站,工作人员欢迎乘坐D887次国际旅客列车的旅客抵达磨丁
On April 13, at Mohan Station on the China-Laos railway, staff welcomed passengers who traveled on the D887 international passenger train.



现场掠影

A moment of the event

4月13日,在中老铁路老挝万象站,工作人员欢迎乘坐D887次国际旅客列车的旅客
On April 13, at Vientiane Station on the China-Laos railway, staff welcomed passengers who traveled on the D887 international passenger train.



4月13日,老挝工作人员在D887次国际旅客列车上表演
On April 13, Laos staff performed on the D887 international passenger train.



4月13日,在中老铁路老挝万象站,工作人员欢迎乘坐D887次国际旅客列车的旅客
On April 13, at Vientiane Station on the China-Laos railway, staff welcomed passengers who traveled on the D887 international passenger train.





日本驻华大使垂秀夫阁下在赛后发表讲话
His Excellency Tarumi Hideo, Japanese Ambassador to China, delivered a speech after the game.

日本驻华大使垂秀夫阁下为原剑道中国队总教练长谷部忠先生颁发表彰证书。
His Excellency Tarumi Hideo, Japanese Ambassador to China, issued a certificate of commendation to Mr. Hasebe Tadashi, the former head coach of the Chinese Kendo Team.

日本剑道文化

Japanese Kendo Culture

为纪念北京剑道同好会成立 25 周年，日本驻华大使馆于 3 月 4 日在使馆内举办了活动纪念比赛。纪念赛邀请日常通过剑道和我会进行交流的在京中国剑道爱好者，实施中日红白赛。本次比赛使日本文化的剑道在中国普及，通过剑道促进了中日之间文化交流。

To commemorate the 25th anniversary of the establishment of the Beijing Kendo Club, the Japanese Embassy in China held a commemorative competition in its embassy on March 4. The commemorative competition invites Chinese kendo enthusiasts who communicate with our club through kendo to perform the China-Japan red and white competition. This competition has popularized the Japanese culture of kendo in China, and promoted cultural exchanges between China and Japan through kendo.



中日两国剑道爱好者相互切磋
Kendo enthusiasts from China and Japan competed to learn from each other.



参加比赛的剑道选手
Kendo players who participated in the competition.





日本驻华大使垂秀夫阁下致欢送词
His Excellency Tarumi Hideo, Japanese Ambassador to China, delivered a farewell speech

JET 项目欢送会 JET Project Farewell Party

日本驻华大使馆于4月8日在使馆内举办了JET项目欢送会启动仪式，此次，JET项目新参加者将于9日启程前往日本。“外语指导等外国青年聘用项目”（JET项目）旨在致力于充实日本国内的外语教育的同时，通过青年交流等形式促进地域间国际交流的发展。该项目从1987年开始实施，迄今为止已从75个国家招聘了70,000人次外国青年。中国自1992年开始派遣，迄今已有超过1700人次参加（除续约之外的新参加者共1300人）。

On April 8th, the Japanese embassy in China held the launching ceremony of the JET Project farewell party. Then, the new participants of the JET Project would depart for Japan the next day on the 9th. The "Japan Exchange and Teaching Program" (JET Project) aims to enrich foreign language education in Japan and promote inter-regional international exchanges through youth exchanges and other forms. The project has been implemented since 1987 and has recruited 70,000 foreign youths from 75 countries so far. China has sent more than 1,700 people since 1992 (1,300 new participants in total in addition to contract renewal).



日本驻华大使垂秀夫阁下与JET项目青年合影留念
His Excellency Tarumi Hideo, Japanese Ambassador to China, took a group photo with the young participants of the JET project



欧盟委员会主席访华 Chairman of the European Commission Visits China

欧盟委员会主席乌尔苏拉·冯德莱恩于2023年4月6日访问中国，并出席与中国欧盟商会主席约尔格·伍德克以及来自欧洲不同行业的代表在中国的会议。当晚，乌尔苏拉·冯德莱恩主席在欧盟驻华代表团举行新闻发布会并回答记者提问。

On April 6th, 2023, Ursula von der Leyen, President of the European Commission, embarked on a visit to China. She also attended the Parliament in China with Joerg Wuttke, President of the European Chamber of Commerce in China, as well as representatives from various European industries. Later that evening, President von der Leyen presided over a press conference at the EU Mission in China, and answered questions from journalists.





第十届翔凤文化节闭幕式

10th BATURU CULTURAL FESTIVAL CLOSING CEREMONY

3月31日晚，第十届翔凤文化节闭幕式在欧盟驻华大使馆举办，欧盟驻华大使詹尧诒阁下、欧盟轮值主席国瑞典驻华大使馆副馆长（Frida Zaric）女士以及翔凤文化节正在组建的新一代12位联合策展人团队的代表——艺术家王嫣芸女士做闭幕式致辞。

On the evening of March 31st, the closing ceremony of the 10th BATURU Cultural Festival was held at the European Union Embassy in China. His Excellency Jorge Toledo, EU Ambassador to China, Ms. Frida Zaric, Presidency of the Council of the European Union of the Swedish Deputy Chief of Mission to China, and Ms. Wang Yan-yun, an artist representing the new generation of 12 co-curators being formed by the BATURU Cultural Festival, delivered closing speeches.



欧盟驻华大使詹尧诒阁下在致辞中说：热烈欢迎各位来宾参加第十届翔凤文化节闭幕式，此文化节的前身也被称为中国女性电影展。多年来，这个活动已经从一个电影节发展成为一个更为广泛的文化活动，其中还包括文学、漫画和广告。自2022年11月25日开幕以来，第十届文化节已经举办了共20多场特色活动，包括电影放映、虚拟聚会、漫画工作坊以及有见地的小组讨论。

今天，我们满怀看自豪的心情举办了这个节日的闭幕式，这也标志着世界上许多国家庆祝的妇女历史月的结束。

His Excellency Jorge Toledo, EU Ambassador to China, delivered a speech: It is my pleasure to extend a warm welcome to the closing ceremony of the 10th edition of the BATURU Cultural Festival, formerly known as The China Women's Film Festival. Throughout the years, this event has evolved from a cinematic affair into a multifaceted cultural celebration that encompasses literature, comics, and advertising. Since its inauguration on November 25th, 2022, the 10th edition has showcased over 20 distinctive events and activities, including film screenings, virtual gatherings, comic workshops, and insightful panel discussions.

Today we proudly host the end of this festival, marking also the end of Women's History Month, which is celebrated in many countries across the world.



瑞典驻华大使馆副馆长（Frida Zaric）女士在致辞中说：我很荣幸能代表欧盟理事会轮值主席国瑞典出席第十届翔凤文化节闭幕式活动并发表讲话。很高兴我们能够聚集在一起，关注与妇女权利有关的问题，提高公众对于在文化和艺术领域工作的女性的认识和知名度。

Frida Zaric, Deputy Director of the Swedish Embassy in China, delivered a speech: It's an honour for me to be here and address the closing ceremony of the 10th Baturu Cultural Festival, representing the Swedish Presidency of the Council of the European Union. It's great that we can gather and put focus on issues related to women's rights and to increase public awareness and visibility of women working in the field of culture and arts.



翔凤文化节新一代联合策展人代表王嫣芸女士在致辞中对于欧盟驻华使馆再次举办翔凤文化节的闭幕式表示感谢。在致辞中，她表示：在欧盟使团的长期支持下，历届翔凤文化节的开幕式和闭幕式均在使馆举行。翔凤文化节于2013年创办，至今已成为中国最具影响力的女性主义文化节，涵盖了电影、艺术、漫画、文学、音乐以及广告创意等各个领域。欧盟和其成员国一直是翔凤文化节的重要合作方，翔凤文化节不仅已经与欧盟15个成员国的使领馆有合作，并且获得了奥地利外交部颁发的跨文化成就奖。

During her speech, Wang Yanyun, a representative of the new generation of co-curators at the Xiangfeng Cultural Festival, expressed her gratitude for the EU Embassy in China for hosting the closing ceremony of the festival once again. Both the opening and closing ceremonies of the previous Xiangfeng Cultural Festival were held at the embassy, thanks to the long-standing support of the EU mission. The festival, which was founded in 2013, has now become the most influential feminist cultural festival in China, covering various fields such as film, art, comics, literature, music, and advertising creativity. The EU and its member states have always been crucial partners of the Xiangfeng Cultural Festival, collaborating with embassies and consulates of 15 EU member states and receiving the Cross-Cultural Achievement Award from the Austrian Ministry of Foreign Affairs.



李颖怡是《囡囡出逃记》的导演，本片是第十届翔凤文化节·中国国际女性影展国内短片竞赛获奖作品，以暗黑童话风格拍摄的别具一格的性教育短片。

Li Yingyi, the director of the award-winning short film competition "The Escape of My Child," presented a unique sex education short film shot in the style of dark fairy tales.



在电影节期间，漫画编剧芦依宁分享了她的作品《芦花和胖头鸟森林》，这是一部以坚强女性为主人公的冒险故事，女主角芦花不仅智慧、勇敢，而且具有其他文学作品中女性角色常常缺失的使命感和主动性。

During the festival, comic screenwriter Lu Yining shared her work "Luhua and Fat-headed Bird Forest," an adventure story with a strong female protagonist who possesses intelligence, bravery, a sense of mission, and initiative—characteristics often absent from other literary works.

活动现场

A moment of the event

在闭幕式的最后，来宾们被邀请参与名为“烈女”的克罗地亚女性主义创意桌游，认识了历史上伟大但常常被漠视的女性们，这为第十届翔凤文化节闭幕式画上了圆满的句号。

Finally, the festival ended on a positive note, with guests invited to play the Croatian feminist creative board game "Fierce Women" to learn about the significant but frequently ignored women in history.





泰国风情节

Thailand Festival

2023年泰国风情节开幕式于3月12日在泰国驻华大使馆官邸隆重举行，多国驻华外交官受邀参加开幕式，并共同为活动剪彩。

今年主题为“神奇泰国之神奇新篇章”，40多家泰餐厅及使馆大厨带来的泰国美食盛宴，泰国旅游局及使馆商务处呈现的“回到以前的泰国市场”，令人眼花缭乱的泰国特产、精彩的泰国歌舞表演、以及游戏互动和泰文化展示，浓郁的泰式风情感染了现场每一位来宾。

泰国驻华大使阿塔育·习萨目阁下在致辞中表示：许多泰国游客喜欢来中国体验自然风光、购物，很多中国游客也会去泰国体验泰国文化、美食，逛寺庙等。“我很高兴看到泰国和中国间的国际航班越来越多，所以两国将有越来越多的旅游互动和合作。”

The opening ceremony of Thailand Festival 2023 was held on March 12 at the official residence of the Thai Embassy in China. Many diplomats to China were invited to attend the opening ceremony and cut the ribbon together for the event.

The theme of this year is "An Amazing New Chapter of Magical Thailand." More than 40 Thai restaurants and chefs from the Embassy brought a feast of Thai cuisine. The tourism authority of Thailand and the Commercial Counselor's office of the Thai Embassy presented "Back to the Thai market"—dazzling Thai specialties, wonderful Thai singing and dancing performances, games and Thai culture display to guests. Everyone was immersed in a Thai festive atmosphere.

His Excellency Arthayudh Srisamoot, Thai Ambassador to China, said in his speech, "Many Thai tourists like to come to China to experience nature and shopping, and many Chinese tourists also travel to Thailand to experience Thai culture, enjoy food and visit temples, etc." "I am very glad to see that there are more and more international flights between Thailand and China, so there will be more and more tourism interaction and cooperation between the two countries."



活动现场

A moment of the event



泰国传统舞蹈表演

Traditional Thai dance performances



泰国驻华大使夫妇为泰国组合 INTO1 颁发奖杯
Thai Ambassador to China and his wife presented a trophy to the Thai idol group INTO1.



活动现场
More photos from the event



嘉宾挑战快手平台互动游戏
Guests played an interactive game on the Kuaishou platform.



泰国特色传统美食
Thai specialties and traditional food



正大中心国际文化交流暨宋干节活动圆满举行

Songkran Festival at Beijing Charoen Pokphand Center was Successfully Held.

4月16日，“2023 正大中心国际文化交流暨宋干节活动”闭幕式及庆祝晚宴在北京正大中心举办，本次活动由泰国王国驻华大使馆、中国泰国商会、北京正大中心联合主办，Time Out北京协办，以国际文化交流为依托，呈现地道泰国风情宋干市集，带来泰国传统文化、美食和风土人情的沉浸式体验，让消费者感受家门口的泰式风情。

On April 16, the closing ceremony and celebration dinner of the "2023 CP Center International Cultural

Exchange Songkran Festival Activities" was held at Beijing CP Center. The event is jointly organized by the Royal Thai embassy in China, the Thai Chamber of Commerce in China, and the Beijing Zhengda Center, and co-organized by Time Out Beijing. Based on the international cultural exchanges, this event presented an authentic Thai-style Songkran Market, bringing an immersive experience of Thai traditional culture, food, and local customs, so that consumers could feel the Thai style at their doorstep.



入场仪式
The Entrance Ceremony



泰国王国驻华大使阿塔育·习萨目阁下在致辞中说：这场活动不仅是庆祝泰国新年，更有助于中泰文化和经贸交流。正大集团是泰国首屈一指的跨国集团企业，为泰国和全球经济发展都作出了巨大贡献。他希望通过本次正大中心宋干节活动，让更多人了解泰国、爱上泰国，祝愿中泰两国人民友谊长存。

His Excellency Arthayudh Srisamoot, Ambassador of the Kingdom of Thailand to China, said in his speech: "This event is not only to celebrate the Thai New Year, but also conducive to cultural and economic exchanges between China and Thailand. CP Group is Thailand's leading multinational conglomerate and has made great contributions to the economic development of Thailand and the world. I hope that through this Songkran Festival event at CP Center, more people will know about Thailand and fall in love with Thailand and I wish the friendship between the Chinese and Thai peoples to last forever."



正大集团资深副董事长罗家顺先生也发表了热情洋溢的讲话，他首先祝各位嘉宾宋干节快乐，并代表正大集团感谢泰国王室和泰国政府对正大集团的支持，感谢阿塔育·习萨目大使阁下对正大集团在华发展给予的关心和帮助。罗家顺先生介绍，北京正大中心作为写字楼商业综合体的卓越代表，不仅是正大集团中国区总部所在地，也是世界华商中心。他希望北京正大中心未来能够在全球经贸往来和文化交流领域贡献更多力量。

Mr. Michael Ross, Senior Vice Chairman of Charoen Pokphand Group, also delivered an impassioned speech. He first wished all guests a happy Songkran Festival and, on behalf of CP Group, thanked the Thai royal family and the Thai government for their support to CP Group. He also thanked Ambassador Arthayudh Srisamoot for his concern and assistance for the development of CP Group in China. Mr. Michael Ross introduced that Beijing CP Center, As an outstanding representative of Office Building Business Complex, Beijing CP Center is not only the headquarters of CP Group in China, but also the World Chinese business center. He hopes that Beijing CP Center will contribute even more in the field of global economic, trade and cultural exchanges in the future.



泰国王国驻华大使阿塔育·习萨目阁下与正大集团资深副董事长罗家顺先生共同庆祝活动圆满举行

His Excellency Arthayudh Srisamoot, Ambassador of the Kingdom of Thailand to China, and Mr. Michael Ross, Senior Vice Chairman of Charoen Pokphand Group, jointly celebrated the success of the event.



现场抽奖环节
On-site lucky draw



中泰文化交流大使 MIMI 李紫婷空降北京正大中心“宠粉”
China-Thai cultural exchange Ambassador MiMi Li Ziting at Beijing CP Center.





现场来宾共同体验印度传统舞蹈
The guests experience a traditional Indian dance together.

活动现场节目表演
live show at the event

瓦桑特市集 Vasant Mela

2023年3月11日，印度驻华大使馆携手印度在华企业等商家共同举办瓦桑特市集一色彩的庆典活动。邀请多国驻华使节出席参加活动，体验印度的传统活动以及民族舞蹈。瓦桑特市集的亮点之一是各种摊位，从各种手工艺品展示到不同的风味美食等。

On March 11, 2023, the Embassy of the Republic of India in China, along with Indian enterprises in China and other businesses, jointly held the Vasant Bazaar - the Festival of Colors. Foreign envoys from many countries in China were invited to attend the event and experience the traditional Indian activities and folk dances. One of the highlights of the Vasant Bazaar is the variety of stalls, ranging from displays of handicrafts to different flavors of cuisine.



印度驻华大使罗国栋阁下在
在活动上致辞
His Excellency Pradeep Kumar Rawat, Ambassador of India to China, delivered a speech at the event.

应邀出席的驻华使节
Diplomatic envoys were invited to attend this event.



身着印度民族服饰的舞蹈演员
Dancers in Indian national costumes



印度特色食品
Indian specialties



“跟着大使看世界” 线下活动

"Follow the Ambassador to See the World" offline activities

3月12日，来自北京上瀛教育机构的师生们共同走进赞比亚驻华大使馆，参加“外交官职业初体验”活动。与此同时也和使馆的外交官进行了交流和互动，了解和学习赞比亚国家的风土人情和历史文化。

On March 12, teachers and students from Beijing Schwabing Education Group walked into the Embassy of the Republic of Zambia in China to take part in the activity named "The First Experience of a Diplomat's Career". At the same time, they also had communication and interaction with the diplomats from the embassy to understand and learn the local customs, history and culture of Zambia.



走进赞比亚
Enter Zambia

赞比亚驻华大使馆外交官特迪·穆萨巴先生与同学们亲切交流互动

Mr. Teddy Musamba, the diplomat from the Embassy of the Republic of Zambia in China, warmly communicated and interacted with the students.

活动现场

A moment of the event



赞比亚驻华大使馆外交官特迪·穆萨巴先生为同学们颁发荣誉证书
Mr. Teddy Musamba, the diplomat from the Embassy of the Republic of Zambia in China, presented honorary certificates to the students.



同学们的才艺表演
Students' talent show

赞比亚驻华大使馆外交官特迪·穆萨巴先生带领同学们观看赞比亚旅游视频并介绍赞比亚国家历史文化知识以及国旗图案由来
Mr. Teddy Musamba, the diplomat from the Embassy of the Republic of Zambia in China, guided students to watch the video about the tourism in Zambia, introduced the national history and culture of Zambia and the origin of the national flag pattern.



加纳驻华大使夫妇携使馆官员欢迎到场宾客

The Ghanaian Ambassador to China and his wife, together with embassy officials, greet and welcome guests to the event.



加纳独立日 Ghana Independence Day



加纳驻华大使温弗雷德·哈蒙德阁下致辞

His Excellency Winfred Nii Okai Hammond, Ghana's Ambassador to China, delivered a speech

为庆祝加纳共和国独立 66 周年，加纳驻华大使馆于 3 月 16 日在北京海航万豪大酒店举办了庆祝招待宴会。加纳驻华大使温弗雷德·哈蒙德阁下、中国外交部非洲司副司长余勇、各国驻华使节、企业代表以及社会各界人士出席活动。

to China, Yu Yong, Deputy Director General of the Department of African Affairs of the Chinese Ministry of Foreign Affairs, diplomatic envoys to China, business representatives and other distinguished guests attended the event.

His Excellency Winfred Nii Okai Hammond, Ghana's Ambassador to China, said in his speech, "Ghana and China established diplomatic relations in 1960, and Ghana was one of the first African countries to open an embassy in Beijing. As the second largest economy in West Africa, Ghana's economy has high growth momentum. In 2021, Ghana received a total of US\$2.6 billion in foreign direct investment, ranking second in West Africa and seventh in Africa. He said China has played a key role in Ghana's reform and development through cooperation under the Belt and Road Initiative and the Forum on China-Africa Cooperation. In particular, in the field of infrastructure, China is helping Ghana build high-quality roads and bridges. In the field of energy, China has made an important contribution to the development of Ghana's power industry, and the Bui Hydropower Plant, a key project in Ghana, was built by Chinese companies.



中国外交部非洲司副司长余勇致辞

Yu Yong, Deputy Director General of the Department of African Affairs of the Chinese Ministry of Foreign Affairs, delivered a speech



加纳驻华大使温弗雷德·哈蒙德阁下与中国外交部非洲司副司长余勇共同举杯庆祝活动圆满举行

H.E. Winfred Nii Okai Hammond, Ambassador of Ghana to China, and Yu Yong, Deputy Director General of the African Affairs Department of the Chinese Ministry of Foreign Affairs, jointly toasted the success of the event.

活动现场 A moment of the event



嘉宾留影
Guests take photos



使馆官员共切庆祝蛋糕
Embassy representatives cut the celebration cake

加纳驻华大使温弗雷德·哈蒙德阁下在致辞中表示：1960 年，加纳和中国建立外交关系，加纳也成为最早在北京设立大使馆的非洲国家之一。作为西非第二大经济体，加纳经济保持良好增长势头。2021 年，加纳共吸收外国直接投资 26 亿美元，位列西非第二、非洲第七。他说，通过“一带一路”倡议和中非合作论坛框架下的合作，中国对加纳的改革发展发挥关键作用。特别是在基础设施领域，中国正在帮助加纳建设高质量道路和桥梁。在能源领域，中国对加纳电力事业发展作出重要贡献，加纳重点工程布维水电站由中国企业承建。

To celebrate the 66th anniversary of the independence of the Republic of Ghana, the Ghanaian Embassy in China hosted a reception at the Beijing Marriott Hotel on March 16. His Excellency Winfred Nii Okai Hammond, Ambassador of Ghana



节目表演
Event performances



李斯特

【钢琴之王】音乐之夜

Night of Liszt Ferenc



李斯特诞辰 音乐之夜

*Night of
Liszt Franz*

2023年3月25日晚，为纪念匈牙利著名音乐家弗朗茨·李斯特诞辰211周年，由匈牙利驻华大使馆、李斯特中心-匈牙利文化中心、北京金台艺术馆、《世界中国》杂志社共同主办，雅马哈乐器音响（中国）投资有限公司赞助的李斯特“钢琴之王”音乐之夜在北京金台艺术馆举办。

On the evening of March 25, 2023, at Beijing Jintai Art Museum, on the occasion of the 211th birthday of the famous Hungarian musician Franz Liszt, the Hungarian Embassy in China, Liszt Center - Hungarian Cultural Center, Beijing Jintai Art Museum, and "The World and China" magazine co-hosted the "Night of Franz Liszt" event, sponsored by Yamaha Instrument Audio (China) Investment Co., Ltd.



应邀出席活动的主办方领导共同为本次音乐之夜特制的纪念封揭幕
 The leaders of the organizers who were invited to attend the event jointly unveiled the special commemorative cover for the "Night of Franz Liszt" event



北京金台艺术馆馆长、著名雕塑家袁熙坤先生在活动上致辞
 Mr. Yuan Xikun, curator of Beijing Jintai Art Museum and famous sculptor, gave a speech at the event



北京匈牙利文化中心主任艾登先生为参演人员颁发荣誉证书
 Adam Daniel Breuer-Zehevi, director of the Hungarian Cultural Center Beijing, presented honorary certificates to the participants

活动现场

A moment of the event



来自匈牙利和中国的青年才俊音乐家演奏了李斯特大师的经典钢琴曲目。Vocal-Liszt(李斯特之声)合唱团现场演唱了李斯特创作的经典曲目。Talentful young musicians from Hungary and China played the classical repertoire of Master Liszt. The choir "Voice of Liszt" performed classical pieces composed by Liszt.





拉美加勒比驻华使团与国际竹藤组织交流会

Exchange meeting between Latin American and Caribbean diplomatic missions and the International Bamboo and Rattan Organization

2023年3月16日，拉丁美洲和加勒比驻华使团与国际竹藤组织交流会在北京国际竹藤组织总部举行。国际竹藤组织董事会联合主席江泽慧，乌拉圭驻华大使、拉丁美洲和加勒比使团团长费尔南多·卢格里斯，国际竹藤组织总干事穆秋姆出席活动并致辞。

On March 16, 2023, the exchange meeting between Latin American and Caribbean diplomatic missions in China and International Bamboo and Rattan Organization (INBAR) was held at INBAR headquarters in Beijing. Jiang Zehui, Co-Chairman of INBAR's Board of Directors, Fernando Luginis, Uruguayan Ambassador to China and Head of the Latin American and Caribbean Mission, and Ali Mchumo, Director General of INBAR, attended the event and delivered speeches.



拉美加勒比使团参观国际竹藤展厅

The team of Latin American and Caribbean envoys visited the International Bamboo and Rattan Exhibition Hall



国际竹藤组织董事会联合主席江泽慧在致辞中说，竹和藤是世界上最重要的两种非木质森林资源，特别是竹子，在改善生计、发展经济、保护环境、应对气候变化等方面发挥着重要作用。国际竹藤组织携手成员国和国际合作伙伴，积极推广竹藤作为基于自然的可持续发展解决方案的潜力与价值。此次交流活动，以竹为媒，聚焦拉美，分享中国竹产业发展经验，促进知识传播和推广最佳实践，希望大家畅所欲言，共同探讨后疫情时代如何更好利用竹资源，来促进经济社会可持续发展，欢迎并期待有更多的国家加入国际竹藤组织这个大家庭来。

Jiang Zehui, Co-Chairman of INBAR's Board of Directors, said in her speech: bamboo and rattan are two of the most important non-woody forest resources in the world, especially bamboo, which plays an important role in improving livelihoods, developing the economy, protecting the environment and addressing climate change. INBAR joins hands with member countries and international partners to actively promote the potential and value of bamboo and rattan as a nature-based solution for sustainable development. This exchange activity focuses on Latin America and use bamboo as a medium to share experience in the development of bamboo industry in China, promote the dissemination of knowledge, and support best practices. We hope every participant could speak out freely and jointly explore how to make better use of bamboo resources to promote sustainable economic and social development in the post-pandemic. We are looking forward to more countries joining the big INBAR family.



乌拉圭驻华大使、拉丁美洲和加勒比使团团长费尔南多·卢格里斯阁下在致辞中说：随着气候变化和环境问题的日益严重，世界各国致力于可持续发展目标，在保护环境的同时，提高人们的生活质量，尤其是不能因眼前利益而牺牲未来福祉。拉美国家同样深受气候变化的影响，因此非常重视可持续发展目标的推进和实现。国际竹藤组织自1997年成立以来，在土地恢复、技术培训、竹建筑安全性和标准发展以及绿色政策等方面开展了卓有成效的国际合作。这次活动也表明国际竹藤组织非常重视拉丁美洲和加勒比地区的竹藤产业发展和国际合作。我希望拉美国家行动起来，加强与国际竹藤组织的合作，积极推进本国及拉丁美洲和加勒比地区的竹藤产业可持续发展。

His Excellency Fernando Luginis, Ambassador of Uruguay to China and Head of Latin American and Caribbean Mission, said in his speech: As climate change and environmental problems become more and more serious, countries around the world have committed to the Sustainable Development Goals, protecting the environment while improving people's quality of life, especially not at the expense of future well-being for the sake of immediate benefits. Latin American countries are also severely affected by climate change and therefore attach great importance to the promotion and achievement of the Sustainable Development Goals. Since its establishment in 1997, INBAR has carried out fruitful international cooperation in the areas of land rehabilitation, technical training, bamboo building safety and standards development, and green policies. This event also shows that INBAR attaches great importance to the development of the bamboo and rattan industry in Latin America and the Caribbean, as well as international cooperation. I hope that Latin American countries will take measures to strengthen cooperation with INBAR and actively promote the sustainable development of the bamboo and rattan industry in their own countries and in Latin America and the Caribbean.



国际竹藤组织总干事穆秋姆在致辞中说：国际竹藤组织现有50个成员国，其中大多数来自发展中国家，是南南合作的重要平台。国际竹藤组织自成立以来，在成员国开展了大量竹藤项目、研究、能力建设等活动，促进了就业、改善了民生和环境。拉丁美洲的竹子种类占全球的三分之一，有大量资源尚未得到充分开发利用。国际竹藤组织愿携手拉丁美洲和加勒比国家，将竹子的潜力转化为支持该地区生计发展和经济增长的工具，为该地区的绿色可持续发展贡献力量。

Ali Mchumo, the Director-General of INBAR, said in his speech: INBAR currently has 50 member countries, most of which are from developing countries, and is an important platform for South-South cooperation. Since its establishment, INBAR has implemented a variety of bamboo and rattan projects, research, capacity building and other activities in member countries that have promoted employment and improved people's livelihoods and the environment. Bamboo species in Latin America account for one-third of the world's supply, and there are many resources that have not yet been fully exploited. The International Bamboo and Rattan Organization is ready to work with the countries of Latin America and Caribbean countries to transform the potential of bamboo into a tool to promote livelihood and economic growth in the region and contribute to the green and sustainable development of the region.



国际竹藤组织全球政策官员艾博哈介绍国际竹藤组织在拉丁美洲和加勒比地区的项目活动概况。Borja De La Pena, Global Policy Officer of INBAR, gave an overview of INBAR's project activities in Latin America and the Caribbean.



国际竹藤组织东道国事务部主任李岚作《中国竹产业发展及产学研平台的建设和发展》报告。

Li Lan, director of the host country affairs department of the International Bamboo and Rattan Organization, reported on "The development of China's bamboo industry and the construction and development of an industry-college research platform."



乍得共和国和刚果民主共和国加入国际竹藤组织升旗仪式

Republic of Chad and the Democratic Republic of the Congo Participate in the INBAR Flag-Raising Ceremony

2023年3月28日，乍得共和国和刚果民主共和国加入国际竹藤组织升旗仪式在北京国际竹藤组织总部举行。

升旗仪式当天，国际竹藤组织举行了第十二届理事会会议，会议选举尼泊尔为下一届理事会主席国、巴拿马为下一届理事会副主席国。喀麦隆、厄瓜多尔、牙买加、巴拿马、哥伦比亚、埃塞俄比亚、秘鲁、乌干达、加纳驻华大使等80多位理事会成员国代表出席第十二届理事会会议并见证升旗仪式。

On March 28, 2023, the ceremonial raising of the flag of the accession of the Republic of Chad and the Democratic Republic of Congo to INBAR took place at INBAR headquarters in Beijing.

On the day of the flag-raising ceremony, INBAR held its twelfth council meeting, during which Nepal was elected chair country of the next council and Panama was elected vice-chair country of the next council. The Ambassadors of Cameroon, Ecuador, Jamaica, Panama, Colombia, Ethiopia, Peru, Uganda, and Ghana to China, as well as more than 80 representatives of council members attended the twelfth council meeting and witnessed the flag-raising ceremony.



国际竹藤总干事阿里·穆秋姆分别与两国代表共同升旗
The Director General of International Bamboo and Rattan, Ali Mchumo, raised the flags with the representatives of the two countries



国际竹藤组织董事会联合主席江泽慧在致辞中说：竹藤是大自然赐予人类的宝贵财富，与人民的生产生活息息相关，也是推进南南合作、落实“一带一路”倡议、实现联合国2030年可持续发展议程的重要资源。乍得共和国和刚果民主共和国加入国际竹藤组织，将为这两国竹藤产业发展创造新的机遇。国际竹藤组织将继续不遗余力地为全球竹藤生产国和消费国人民谋福利，促进竹藤领域的南南合作与南北对话，为世界竹藤产业的可持续发展贡献力量。

Jiang Zehui, Co-Chairwoman of the Board of Directors of the International Bamboo and Rattan Organization, said in his speech: Bamboo and rattan are valuable treasures given by nature and are closely related to people's production and life. It is also an important resource for advancing South-South cooperation, implementing the "Belt and Road" initiative and realizing the 2030 agenda. The participation of the Republic of Chad and the Democratic Republic of Congo in INBAR will create new opportunities for the development of the bamboo and rattan industries in these two countries. INBAR will continue to spare no effort to support the people of the countries that produce and consume bamboo and rattan worldwide, promote South-South cooperation and North-South dialogue in the field of bamboo and rattan, and contribute to the sustainable development of the global bamboo and rattan industry.



乍得共和国驻华使馆代办马鲁米表示，“以竹代塑”有助于减少污染和保护环境，乍得共和国与中国在利用竹子替代塑料方面具有相同的共识。乍得共和国非常赞赏国际竹藤组织与中国政府共同发起的“以竹代塑”倡议，并将与国际竹藤组织开展多元化合作，促进竹材应用研究，开拓竹产业市场的共赢局面。

The Chargé d'Affaires of the Embassy of the Republic of Chad in China, Malloumi Mahamat Moussa Korei, said that "Bamboo as a Substitute for Plastic Initiative" will help reduce pollution and protect the environment. The Republic of Chad and China agree on the replacement of plastic with bamboo. The Republic of Chad highly appreciates the "Bamboo as a Substitute for Plastic Initiative" jointly initiated by INBAR and the Chinese government, and will cooperate with INBAR in many ways to promote research on bamboo applications and create a win-win situation in the bamboo industry market.



国际竹藤组织理事会主席、喀麦隆林业和野生动物部部长恩东戈·朱尔·多雷 (Ndongo Jules Doret) 代表国际竹藤组织理事会欢迎乍得共和国和刚果民主共和国加入国际竹藤组织大家庭。他表示，国际竹藤组织是南南合作的重要平台，其50个成员国绝大部分来自全球发展中地区。国际竹藤组织通过在世界各地开展示范项目，提高国际社会对竹藤资源价值和潜力的认识。广大成员国将继续推动国际竹藤组织取得新的发展成就，为建设可持续的绿色未来发挥积极作用。

On behalf of the INBAR Council, Ndongo Jules Doret, the Chairman of the INBAR Council and Minister of Forestry and Wildlife of Cameroon, welcomed the Republic of Chad and the Democratic Republic of Congo to the INBAR family. He said that INBAR was an important platform for South-South cooperation, with the vast majority of its 50 members coming from developing regions around the world. INBAR raises international awareness of the value and potential of bamboo and rattan resources through demonstrative projects around the world. Most member countries will continue to promote INBAR's new development successes and play an active role in building a sustainable green future.



刚果民主共和国农业部部长姆津加·比利汉泽·德西雷 (M'zinga BiRihanze Désiré) 表示：刚果民主共和国的国家竹子项目在农民增收、减贫脱贫、土地恢复及天然保护方面发挥了积极作用。他说，刚果民主共和国非常愿意与中国林业部门开展交流合作，在南南合作框架范围内促进刚果民主共和国竹产业发展。希望国际竹藤组织继续支持刚果民主共和国实施国家竹子政策，以发展包容性的绿色经济。

M'zinga BiRihanze Désiré, Minister of Agriculture of the Democratic Republic of Congo (DRC), said, "The DRC National Bamboo Project has played an active role in increasing farmers' incomes, reducing poverty, restoring land and protecting nature. He said that the DRC is very willing to exchange and cooperate with the Chinese Forestry Administration to promote the development of the bamboo industry in the DRC under the framework of South-South cooperation. It is hoped that INBAR will continue to support the implementation of the national bamboo policy in the Democratic Republic of Congo to develop an inclusive green economy."



活动现场
A moment of the event

“熟悉的和未知的克里米亚”专题活动 Special Event "Familiar and Unknown Crimea"

为纪念克里米亚加入俄罗斯联邦9周年，“熟悉的和未知的克里米亚”专题活动于2023年3月16日在北京俄罗斯文化中心举行。本次活动由北京俄罗斯文化中心、俄罗斯联邦驻华大使馆和“联盟”国际合作发展与公共外交基金会联袂举办。

To commemorate the 9th anniversary of Crimea's accession to the Russian Federation, a special event "Familiar and Unknown Crimea" was held at the Russian Cultural Center in Beijing on March 16, 2023. The event was jointly organized by the Russian Cultural Center in Beijing, the Embassy of the Russian Federation in China and the "Alliance" Foundation for International Cooperation, Development and Public Diplomacy.



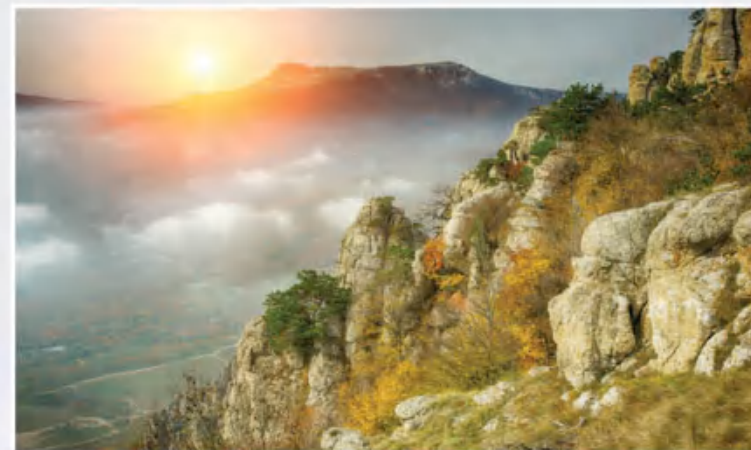
北京俄罗斯文化中心主任塔玛拉·卡西亚诺娃女士女士在活动上讲话。
Ms. Tamara Kasyanova, Director of the Russian Cultural Center in Beijing, delivered a speech at the event.



俄罗斯联邦驻华大使馆公使衔参赞热洛霍夫采夫向与会来宾宣读致辞。
Ivan Zhelokhovtsev, Minister Counselor of the Embassy of the Russian Federation in China, read out a speech to the guests.



参展俄罗斯摄影师视频发言
Video presentation by participating Russian photographer



克里米亚风光



中文版宣传册
《关于克里米亚的25个问题》

活动现场 A moment of the event



嘉宾参观摄影展览
Guests at the photo exhibition



嘉宾观看视频
Guests at the photo exhibition



俄罗斯当代青年美术展“失重”在京展出

Russian Exhibition of Contemporary Youth Art "Weightlessness" Exhibited in Beijing

资料由北京俄罗斯文化中心提供
(Information provided by the Beijing Russian Cultural Center)

4月21日,由北京市文学艺术界联合会、北京俄罗斯文化中心主办的“失重”——俄罗斯当代青年美术展在北京市文联艺术工坊开幕。展览以“失重”为主题,展现作者对情感、态度、状态、空间、实物和宇宙的理解,让观众沉浸在空间、情感、颜色和外观的世界,近距离地感受俄罗斯现代艺术的魅力。此次活动是中俄两国在当代艺术领域的又一次重要交流,来自俄罗斯不同城市的20余位艺术家的30幅作品参加了展览。

本次展览旨在加强文化传统、创新创意和艺术诠释方面的交流和互动,也对俄罗斯现代艺术在国外的推广和宣传起到积极作用。

展览揭示了宇宙空间物质存在的抽象性,艺术家们对“失重”进行了全新的艺术表达,通过消除思想、行动和物理的界限,让观众完全沉浸在无限空间、情感、颜色和外观的世界中。

On April 21, the "Weightlessness" - Russian Contemporary Youth Art Exhibition, organized by the Beijing Federation of Literary and Art Circles and the Beijing Russian Cultural Center, opened at the Beijing Federation of Literary and Art Circles Art Workshop. With the theme of "Weightlessness", the exhibition showed the author's understanding of emotion, attitude, condition, space, object and the universe, and let the audience immerse themselves in the world of space, emotion, color and appearance to feel the charm of Russian modern art firsthand. This event was another important exchange between China and Russia in the field of contemporary art. More than 30 works by 20 artists from different cities in Russia participated in the exhibition.

This exhibition aimed to strengthen exchange and interaction in terms of cultural traditions, innovations and artistic interpretations. It also played a positive role in promoting and publicizing modern Russian art abroad.

The exhibition showed the abstractness of material existence in cosmic space. The artists have created a new artistic expression of "weightlessness". Through removing the boundaries of thought, action and physics, the audiences were fully immersed in the world of infinite space, emotions, colors and appearances.



活动现场

A moment of the event





俄罗斯高校国际毕业生典礼 International Graduation Ceremony of Russian Universities

4月28日，第九届俄罗斯（苏联）高校国际毕业生日在北京俄罗斯文化中心举行。多年来，该活动一直由北京俄罗斯文化中心与欧美同学会留苏分会联合主办。

On April 28th, the 9th International Graduation Day of Russian (Soviet) Universities was held at the Beijing Russian Cultural Center. For many years, this event has been jointly organized by the Beijing Russian Cultural Center and the Russia-China Alumni Association.



活动期间，俄罗斯驻华使馆公使衔参赞伊万·热洛霍夫采夫先生向与会人士致辞，在致辞中，他强调留苏分会在加强中俄友谊和双边人文交流合作方面所发挥的重要作用。如今，留苏分会已成长为一个强大团体，对伟大祖国——中国的热爱和对俄罗斯及俄语的眷恋与偏爱将广大分会成员团结在了一起。

During the event, Ivan Zhelekhovtsev, the Minister-Counselor of the Russian Embassy in China, delivered a speech, emphasizing the important role played by the Russia-China Alumni Association in strengthening the friendship between the two countries and promoting bilateral cultural exchanges. Today, the Association has grown into a powerful group, united by their love for the great motherland of China and their nostalgia and affection for Russia and the Russian language.



留苏分会会长刘利民回顾了他在苏联留学期间获得的诸多经验和技能，并指出了分会为两国教育及其他领域合作的发展所做出的积极贡献。The President of the Russia-China Alumni Association, Liu Limin, reviewed the many experiences and skills he gained during his study in the Soviet Union and pointed out the positive contributions the Association has made to the development of educational and other areas of cooperation between the two countries.



为感谢多年来的合作和对加强中俄关系所做出的贡献，留苏分会会长特向北京俄罗斯文化中心颁发“最佳合作伙伴奖”。同时，授予上海市欧美同学会留苏分会“突出贡献奖”，以表彰其在2021欧美同学会“恰同学少年——留苏档案见证百年复兴路”主题展的成功举办中所发挥的巨大作用。To express gratitude for their years of cooperation and contribution to strengthening Russian-Chinese relations, the President of the Russia-China Alumni Association presented the "Best Partner Award" to the Beijing Russian Cultural Center. At the same time, the Shanghai Chapter of the Russia-China Alumni Association of the US-China Education Trust was awarded the "Outstanding Contribution Award" for their tremendous role in the successful hosting of the 2021 US-China Education Trust's "Growing Up Together: Archiving the Road to the Hundred-Year Revival of China" exhibition.

活动
现场

A moment of the event



俄中表演者同台献艺，倾情演绎了一系列俄罗斯和中国著名音乐作品。Russian and Chinese performers took the stage together, passionately performing a series of famous music pieces from Russia and China.



中尼学者论坛 China-Nepal Scholar Forum

尼泊尔驻华大使馆于3月17日在使馆内举办了一场关于尼泊尔与中国友好关系的学者论坛。旨在通过对尼泊尔国家和尼泊尔人民有着深厚而永恒感情的中国著名学者之间的对话，进一步深化尼中关系的方式方法交换意见。

The Embassy of Nepal held a scholar forum on Nepal-China friendly relations in the embassy on March 17. It aims to further deepen Nepal-China relations by exchanging views on ways and means through a dialogue between prestigious Chinese scholars who cherish deep and eternal affection towards the nation of Nepal and Nepalese.



尼泊尔驻华大使馆参赞 Sabita Nakarmi 女士主持活动
The event was hosted by Ms. Sabita Nakarmi, Counsellor of the Embassy of Nepal in China



尼泊尔驻华大使比什努·施雷斯塔阁下介绍了尼泊尔和中国双边关系的各个方面，追溯了古代文明的历史，推进和加强两国和平共处与发展前进的密切关系。His Excellency Bishnu Pukar Shrestha, Nepal's ambassador to China, introduced various aspects of bilateral relations between Nepal and China, tracing the history of ancient civilizations, which promoted and strengthened the close relationship between the two countries on peaceful coexistence and development.



尼泊尔驻华大使比什努·施雷斯塔阁下为中国社会科学院退休教授王宏伟颁发荣誉证书，共同举杯庆祝活动圆满进行。

The Nepalese ambassador to China, His Excellency Bishnu Pukar Shrestha, awarded an honorary certificate to Wang Hongwei, a retired professor of Chinese Academy of Social Sciences, to celebrate the success of the event.

活动现场

A moment of the event



特色美食
Featured food



巴基斯坦日 Pakistan Day

巴基斯坦驻华大使馆于2023年3月23日在使馆内举办了国庆日庆祝活动。每年的3月23日，定为巴基斯坦国庆日。1940年3月23日，全印穆斯林联盟在拉合尔通过建立巴基斯坦的决议。为纪念拉合尔决议，巴基斯坦政府将每年3月23日定为“巴基斯坦日”。出席活动的有巴基斯坦业内知名人士、巴基斯坦的中国朋友、媒体代表以及使馆官员。

The Embassy of Pakistan in China held a National Day celebration at the Embassy on March 23, 2023. March 23 is declared as Pakistan's National Day. On March 23, 1940, the All India Muslim League passed a resolution in Lahore to establish Pakistan. To commemorate the Lahore Resolution, the Pakistani government has designated March 23 every year as "Pakistan Day." Prominent figures from Pakistan's business community, Chinese friends of Pakistan, media representatives and embassy officials attended the event.

巴基斯坦驻华大使莫因·哈克阁下在讲话中强调了巴基斯坦和中国的特殊性质和重要性，由于今年是巴基斯坦和中国之间的“旅游交流年”，他希望可以进一步加强人文交流，进一步增进两国的友谊，邀请中国朋友访问巴基斯坦，探索其丰富的历史风光、感受大自然的美丽、以及世界文化遗产。巴基斯坦驻成都、广州、香港和上海领事馆也举行了升旗仪式。

In his speech, H.E. Moin UI Haque, Ambassador of Pakistan to China, emphasized the special nature and importance of Pakistan and China. As this year is the "Year of Tourism Exchange" between Pakistan and China, he hoped to further strengthen people-to-people and cultural exchange, further enhance the friendship between the two countries, and invite Chinese friends to visit Pakistan, explore its rich historical scenery, feel the beauty of nature and world cultural heritage. Flags were also raised at Pakistani consulates in Chengdu, Guangzhou, Hong Kong and Shanghai.



巴基斯坦驻华大使莫因·哈克阁下在国歌响起时升起了国旗。
His Excellency Moin UI Haque, Ambassador of Pakistan to China, hoisted the national flag at the sound of the national anthem.



巴基斯坦驻华使馆武官向国庆日行礼致敬
The military attaché of the Pakistani Embassy in China saluted on national day

活动现场 *A moment of the event*



出席活动的巴基斯坦业内人士
Representatives of Pakistani industry attended the event



巴基斯坦驻华大使馆参赞穆罕默德·鲁曼宣读总统致辞
Muhammad Rumman Ahmad, Embassy Counselor of Pakistan Embassy in China, read out the President's letter.



4月28日，巴基斯坦卡车艺术中国首展在河北廊坊丝绸之路国际艺术中心拉开序幕。本次活动也是“庆祝2023年中巴旅游交流年”活动的一部分，将持续至7月24日。中方代表、外国驻华使节、企业代表以及在华的巴基斯坦侨民等人出席了开幕式。

巴基斯坦驻华大使莫因·哈克阁下在会上发言时向国家的开国元勋、领导人、烈士和英雄致敬，他们为巴基斯坦作出了宝贵贡献。他说，现在国家的集体责任是使巴基斯坦成为一个和平、进步、繁荣和多元化的国家。他还强调了巴基斯坦作为旅游目的地的优势，邀请中国朋友访问巴基斯坦，特别是今年是中巴旅游交流年。大使强调中巴友谊久经考验的性质，希望两国更加重视文化和人文交流，进一步促进和加强两国人民特别是年轻一代之间的善意和友谊。

The Pakistan Truck Art Festival made its debut in China on April 28th, at the Silk Road International Art Exchange Center in Langfang, Hebei Province. The event was also part of the "Celebrating the 2023 China-Pakistan Year of Tourism" and ran until July 24th. Chinese representatives, foreign diplomats, business representatives, and Pakistani expatriates in China attended the opening ceremony.

During his speech at the event, His Excellency Moin ul Haque, the Pakistani Ambassador to China, paid tribute to the country's founding fathers, leaders, martyrs, and heroes, who made valuable contributions to making Pakistan a reality. He said that the collective responsibility of the country now is to make Pakistan a peaceful, progressive, prosperous, and diverse nation. He also emphasized Pakistan's advantages as a tourist destination and invited Chinese friends to visit Pakistan, especially since this year marks the China-Pakistan Year of Tourism. The ambassador emphasized the long-standing nature of China-Pakistan friendship and hoped that the two countries would attach more importance to cultural and human exchanges, further promoting and strengthening goodwill and friendship between the two peoples, especially among the younger generation.

巴基斯坦卡车艺术节 在中国首展

The Pakistan Truck Art Festival Made its Debut in China



出席活动领导嘉宾共切庆祝蛋糕
Leaders and guests attending the event cut the celebration cake



开幕剪彩仪式
The opening ceremony featured a ribbon-cutting ceremony



巴基斯坦小朋友才艺表演
Pakistani children's talent show



巴基斯坦工艺品展示
Pakistani Handicraft Exhibition





中国文化遗产研究院与里耶古城(秦简)博物馆联合申请的文物保护修复项目获得了瑞士联邦文化署 10 万瑞士法郎资助。该项目保护修复里耶博物馆的 94 件濒危金属文物,是 FOC 首次在中国文物保护修复领域提供资金援助。

A joint application by the Chinese Academy of Cultural Heritage and the Liye Qin Slips Museum for the conservation and restoration of cultural relics received a grant of 100,000 Swiss francs from the Swiss Federal Cultural Agency. This project aimed to protect and restore 94 endangered metal cultural objects in the Liye Qin Slips Museum. It is the first time that the FOC provided financial support in the field of protection and restoration of cultural objects in China.

瑞士联邦文化署资助里耶博物馆文物保护修复项目

The Swiss Federal Office of Culture funds the Project for the Protection and Restoration of Cultural Assets at the Liye Qin Slips Museum

图文由瑞士驻华大使馆提供
Text and photo provided by the Swiss Embassy in China

2023年3月17日,里耶博物馆举行“里耶古城(秦简)博物馆馆藏青铜文物保护修复项目”结项仪式与修复成果展,同期举行“中国文化遗产研究院可移动所—里耶工作站”授牌仪式。瑞士驻华大使白瑞谊出席项目结项仪式,参观文物修复成果,了解项目执行情况,文化新闻参赞裴天怡随行。国家文物局、中国文化遗产研究院、湖南省政府、湖南省文物局,湘西州政府、湘西州文旅局以及龙山县相关领导一同参加活动。

On March 17, 2023, the Liye Qin Slips Museum held the closing ceremony "The project for conservation and restoration of bronze cultural relics in the Liye Qin Slips Museum" and the exhibition of restoration achievements. At the same time, the "movable Institute of Chinese Academy of Cultural Heritage—Liye workstation" licensing ceremony was held. The Swiss Ambassador to China, Jürg Burri, attended the project closing ceremony, inspected the restoration of cultural relics and learned about the implementation of the project, accompanied by Pei Tianyi, the Press and Cultural Counselor. Leaders from The State Administration of Cultural Heritage, Chinese Academy of Cultural Heritage, Hunan Provincial Government, Hunan Provincial Bureau of Cultural Relics, Xiangxi Prefectural Government, Xiangxi Prefectural Bureau of Culture and Tourism and Longshan County attended the event.



修复文物工作照
Restoration of cultural relics

活动现场 A moment of the event



文物修复前后照
Photos before and after the restoration of cultural relics

瑞士驻华大使白瑞谊阁下在当天活动中说:“这一文物修复项目由瑞士政府资助,因为我们相信文化遗产属于全人类。瑞士拥有数个世纪的和平与稳定,这意味着我们的大部分物质文化遗产都保存完好,例如瑞士有 13 处联合国教科文组织世界遗产。同时,语言、习俗和技能等非物质文化遗产也是瑞士多样性和民族特性的重要组成部分。我很高兴今天在这里见证里耶(秦简)博物馆文物修复项目的完成。瑞士将继续推动包括中国在伙伴国家的文化遗产保护。” His Excellency Jürg Burri, the Swiss Ambassador to China, said at the event, "This cultural relic restoration project is funded by the Swiss government because we believe that cultural heritage belongs to all mankind. Switzerland has enjoyed centuries of peace and stability, which means that most of our material cultural heritage is well preserved. For example, Switzerland has 13 UNESCO World Heritage Sites. At the same time, intangible cultural heritage such as language, custom and skills is also an important part of Switzerland's diversity and national identity. I am very pleased to be here today to witness the successful completion of the restoration project at the Liye Qin Slips Museum. Switzerland will continue to promote the protection of cultural heritage in partner countries, including China."



瑞士驻华大使白瑞谊阁下在开幕致辞中说，多语言性是瑞士根本特征之一，构成了瑞士文化的多样性。“除了每年的意大利语周、德语周和法语月外，我很高兴在中国首次举办罗曼什语周，进一步展示多语制对我们国家凝聚力的重要性。”

In the opening remarks, the Swiss ambassador to China, His Excellency Jürg Burri, said that multilingualism was one of the fundamental characteristics of Switzerland, and it constituted the diversity of Swiss culture. "In addition to our annual Italian week, German week and French month, I am delighted to host the first edition of Romansh week in China to further demonstrate the importance of multilingualism to the cohesion of our country."



瑞士驻华大使白瑞谊阁下与嘉宾交流
His Excellency Jürg Burri, Swiss Ambassador to China, communicated with the guests

首届罗曼什语周开幕

Discover art & culture of Switzerland's fourth national language
kick off first edition of Romansh Language Week in China

瑞士驻华大使馆于4月17日晚在大使官邸设宴正式拉开“罗曼什语言文化周”序幕，这是瑞士使馆首次在中国举办罗曼什语周。罗曼什语区艺术家诺特·维塔尔、罗曼什语官方推广机构 Lia Rumantscha 秘书长安德烈亚

斯·加布里埃尔以及瑞士联邦外交部罗曼什语学者、翻译茱安娜·卡维泽尔出席招待宴，与百余来宾共同庆祝瑞士语言与文化的多样性。这也是使馆三年以来首次从瑞士本土邀请艺术家和嘉宾出席文化活动。



活动现场 A moment of the event

The Swiss Embassy in China held a banquet at the ambassador's residence on the evening of April 17 to officially kick off the "Romance language and Culture Week". It was the first time that the Swiss Embassy had held a Romance language week in China. With the presence of Mr. Not Vital, Romansh-region born Swiss artist, Mr. Andreas Gabriel, Secretary General of the Lia Rumantscha, the leading organization to promote Romansh, and Ms. Giuanna Carviezel, researcher on Romansh language and professional translator of the Swiss Federal Department of Foreign Affairs, the reception gathered 100+ guests to celebrate Switzerland's linguistic and cultural diversity. It was also the first time in the past three years that the Swiss Embassy had invited artists and guests from Switzerland to China for cultural events.



瑞士驻华使馆新闻文化参赞裴天怡女士主持活动对话沙龙
Ms. Tehani Pestalozzi, Press and Culture Counselor of the Swiss Embassy in China, hosted the dialogue salon



现场乐队表演
Live band performance



第三届龚古尔文学奖中国评选揭晓

Winners of the 3rd China Goncourt Prize for Literature have been announced



法国驻华大使白玉堂阁下宣布第三届龚古尔文学奖中国评选获奖者
His Excellency Bertrand Lortholary, French Ambassador to China, announced the winners of the third Goncourt Prize in China

3月28日下午，媒体记者、高校学生和老师们以及一众法国文学爱好者们相聚在法国驻华大使官邸，见证2022 龚古尔文学奖中国评选的揭晓。龚古尔奖中国评选是法国驻华大使馆于2018年设立的文学奖项，评委由来自中国高校的法语语言文学专业学生组成。在经历数月的阅读和两轮评选会议后，十所高校的评委们从入围法国龚古尔奖第二轮的八部作品中，选出他们最为青睐的作品。

On the afternoon of March 28, members of the media, students and teachers, and a group of lovers of French literature gathered at the residence of the French Ambassador to China to witness the announcement of the 2022 China Goncourt Prize for Literature. The Prize was first launched in 2018 by the French Embassy in China. The judges are students from French language and literature major at Chinese universities. After several months of reading and two selection sessions, the judges from ten universities chose their favorite works from the eight shortlisted for the second round of the Goncourt Prize for Literature.



法国驻华大使馆文化、教育与科学事务公使衔参赞裴国良为活动做了总结，同时公布3月29日在法国文化中心的文学讲座安排。
M. Nicolas Pillere, Minister Counsellor for Culture, Education and Science of the French Embassy in China, summarized the event and announced the literature lecture arrangement at the French Cultural Center on March 29.



龚古尔文学奖中国评选顾问杜青钢教授在致辞中谈了他对于评选结果的感想与担任顾问的经历。
In his speech, Professor Du Qinggang, the advisor for the selection of the Goncourt Prize for Literature in China, shared his thoughts on the results of the selection and his experience as an advisor.

活动现场 *A moment of the event*





中蒙艺术交流作品联展 Joint Exhibition of the Chinese-Mongolian Art Exchange Works

中国和蒙古国山水相连，互为重要邻邦。为促进中国与蒙古国艺术交流与民心相通，蒙古国驻华使馆、公共外交网、中国国际书画艺术研究会于2023年4月3日在蒙古国驻华使馆举办“山水相连·四时同风”——中国蒙古国艺术交流展暨黄建南·策格米德作品联展开幕式。

展览将展出中国艺术大师黄建南先生和蒙古国美协主席、总统文化参赞策格米德先生的风光画作。两位艺术家将用画笔描绘中蒙两国山水相连的美丽风光，用艺术献礼中蒙友谊长青。



蒙古国驻华大使馆副馆长暨公使衔参赞孟和图世格先生致辞。
Mr. L. Munkhtushig, Deputy Director of the Mongolian Embassy in China and Minister Counselor, delivered a speech.

Connected by mountains and rivers, China and Mongolia are important neighbors. To promote art exchanges and people-to-people relations between China and Mongolia, on April 3, 2023, the Mongolian Embassy in China, the Public Diplomacy Network and the China International Painting and Calligraphy Art Research Association held the event "Mountains and Rivers Connected by Four Seasons and Wind"—The China Mongolia Art Exchange Exhibition and the opening ceremony of the joint exhibition of works by Huang Jiannan and Tsegmid, at the Mongolian Embassy in China.

The exhibition featured the landscape paintings by Huang Jiannan, a master of Chinese art, and Tsegmid, the chairman of the Mongolian Artists Association and the cultural advisor to the president. The two artists used their brushes to depict the beautiful scenery of mountains and rivers between China and Mongolia, and presented the eternal friendship between China and Mongolia through art.



中蒙艺术家分别致辞
Chinese and Mongolian artists
delivered speeches respectively



蒙古国驻华大使馆副馆长暨公使衔参赞孟和图世格先生为中蒙艺术家颁发纪念礼品。
Mr. L. Munkhtushig, Deputy Director of the Mongolian Embassy in China and Minister Counselor, presented commemorative gifts to Chinese and Mongolian artists.



现场钢琴表演
The Piano Performance

活动现场 A moment of the event



启动仪式隆重开幕
The Grand opening ceremony

Melody of Strings Performance by Mongolian and Chinese musicians

古筝旋律 蒙中古筝联合表演



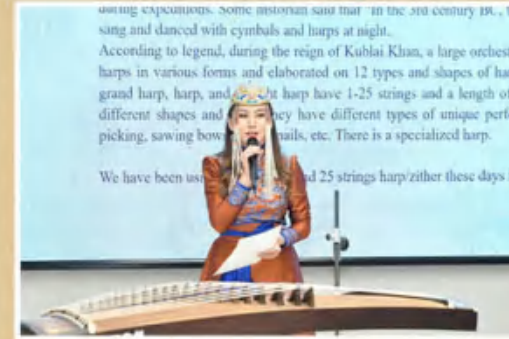
蒙古国驻华大使馆副馆长暨公使衔参赞孟和图世格先生致开幕词
Mr. L. Munkhtushig, Deputy Director of the Mongolian Embassy in China and Minister Counselor, delivered an opening speech.

蒙古驻华大使馆于4月25日在文化信息中心举办了一场来自中蒙古筝艺术家的联袂表演。本次活动由蒙古驻华大使馆主办，世界中国杂志社协办并且得到了多方业内人士以及艺术家们的全力支持，共同应邀出席本次活动。

The Mongolian Embassy in China hosted a joint performance by Chinese and Mongolian zither artists at the Cultural Information Center on April 25. This event was hosted by the Mongolian Embassy in China, co-organized by "The World and China" magazine, and strongly supported by many industry insiders and artists. They all were invited to attend this event.



蒙古国驻华大使馆副馆长暨公使衔参赞孟和图世格先生为艺术家们颁发证书
Mr. L. Munkhtushig, Deputy Director of the Mongolian Embassy in China and Minister Counselor, presented certificates to the artists.



三位艺术家分别介绍曲目概况
The three artists introduced the music tracks respectively

MUSICIANS 演奏家



苏仑格
Solongo Gankhuyag



徐雨妮 Xu Yuni



李燕 Li Yan



中蒙艺术家联合表演
Joint performance by Chinese and Mongolian artists



津巴布韦驻华大使马丁·切东多阁下携使馆官员欢迎到场宾客
His Excellency Martin Chedondo, the Ambassador of Zimbabwe to China, and embassy officials welcomed the guests present.



津巴布韦独立日 Zimbabwe Independence Day

正值津巴布韦共和国独立日暨津巴布韦共和国与中国建交 43 周年纪念日之际，津巴布韦驻华大使馆于 2023 年 4 月 19 日在京举办了庆祝招待宴会。

津巴布韦驻华大使马丁·切东多阁下在招待会上发表讲话：43 年以来，我国从加入自由国家共同体的漫长斗争中走出来，在许多领域取得了值得称道的进步，我们改善了国民的生活，在教育、医疗、扶贫、恢复人权，以及土地拥有权方面都取得了里程碑级的重大成果。

On the occasion of the Independence Day of the Republic of Zimbabwe and the 43rd anniversary of the establishment of diplomatic relations between

the Republic of Zimbabwe and China, the Embassy of Zimbabwe in China held a celebratory reception in Beijing on April 19, 2023.

During the reception, His Excellency Martin Chedondo, the Ambassador of Zimbabwe to China, delivered a speech, stating that over the past 43 years, Zimbabwe has emerged from a long struggle to join the Community of Free States and has made commendable progress in many fields. The people's lives have been improved, and major milestones have been achieved in education, medical care, poverty alleviation, restoration of human rights, and land ownership.



活动现场 *A moment of the event*



津巴布韦驻华大使马丁·切东多阁下与中国外交部非洲司副司长周平阁下共切蛋糕庆祝活动圆满举行。

To mark the occasion, His Excellency Martin Chedondo, the Ambassador of Zimbabwe to China, and His Excellency Zhou Ping, Deputy Director-General of the African Department of the Chinese Ministry of Foreign Affairs jointly cut a cake to celebrate the success of the event.



现场乐队表演
Live band performance at the reception.





土耳其的儿童节 Turkish Children's Day

土耳其驻华大使馆于4月23日在使馆内举办了一场关于土耳其国家主权日以及即将到来的国际儿童节的庆祝活动。

On 23 April, The Turkish Embassy in China held a ceremony at the embassy to celebrate Turkey's National

Sovereignty Day and the upcoming International Children's Day.

土耳其驻华大使伊斯梅尔·哈克·穆萨阁下在活动中致辞：4月23日是世界上唯一一个儿童全球性节日，它使不同文化得以相遇并融合，并使各国之间跨越国界的和平与兄弟情谊等重要价值观得以分享。今天，我们很高兴能够将我们在北京的土耳其孩子们和中国的孩子们相聚在一起，让他们通过展示创造性的表演，来体会并分享这一天的意义和重要性。

His Excellency Ismail Hakkı Musa, the Turkish Ambassador to China, delivered a speech at the event: April 23 is the only global celebration dedicated to children worldwide. It enables different cultures encounter and merge into each other, and also makes the sharing of such important values as peace and brotherhood across borders among nations. Today, we are pleased to be able to bring together our Turkish and Chinese children in Beijing to experience and share the meaning and significance of this day by presenting creative performances.



欢乐的现场氛围
Joyful atmosphere at the event



活动现场
A moment of the event





Follow the Ambassador to his Country

Dumitru Braghis Ambassador of Moldova to China

跟着大使看世界

——摩尔多瓦驻华大使贝拉基什·杜米特鲁

摩尔多瓦共和国位于欧洲巴尔干半岛东北部多瑙河下游，东欧平原南部边缘地区，绝大部分国土介于普鲁特河和德涅斯特河之间。东、北部与乌克兰接壤，西隔普鲁特河与罗马尼亚毗邻。

摩尔多瓦环境优美，境内丘陵和谷地纵横交错，不计其数的湖泊、广袤的草原、壮观的峡谷，造就了摩尔多瓦独一无二的绝美景致。

摩尔多瓦是传统农业国家，葡萄种植和葡萄酒酿造业发达。摩尔多瓦美酒历史悠久，享誉世界。摩尔多瓦人非常好客，常用葡萄酒当饮料招待客人。

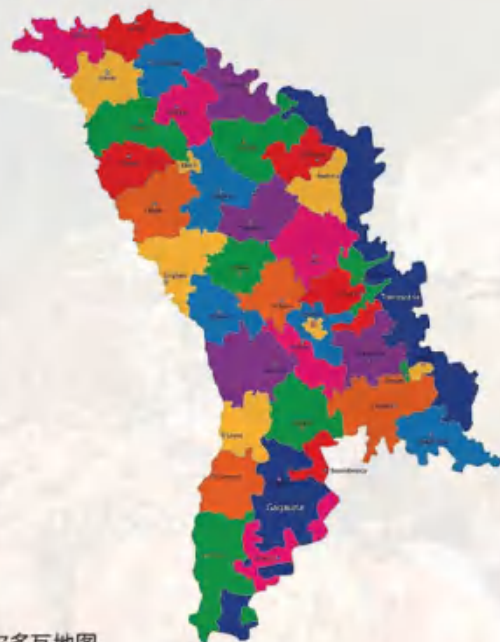
The Republic of Moldova is located in the lower reaches of the Danube River in the northeast of the European Balkans, and in the southern edge of the East European Plain. The vast majority of the territory is between the Prut River and the Dniester River. It borders Ukraine to the east and north, Romania to the west across the Prut River.

Moldova has a beautiful environment, with hills and valleys crisscrossing its territory. Countless lakes, vast grasslands, and spectacular canyons create Moldova's unique and stunning scenery.

Moldova is a traditional agricultural country with developed grape cultivation and wine making industries. Moldovan wine has a long history and is renowned worldwide. Moldovan people are very hospitable and often use wine as a beverage to entertain guests.



摩尔多瓦国旗
National flag of flag of Moldova



摩尔多瓦地图
Map of Moldova



摩尔多瓦自然风光 Natural Scenery of Moldova

原始而多姿的奇特地貌是摩尔多瓦大自然鬼斧神工的杰作。境内无数滔滔长河横亘交织在这片黑色的土地上，中部地区更是瀑布壮阔、江河汹涌、森林无数，也让这个身居内陆的美丽国度，成为玩转欧洲的游人们流连忘返的胜地。

The primitive and diverse unique landforms are the masterpieces of Moldovan nature. Countless surging rivers interweave across this black land, and the central region is characterized by magnificent waterfalls, turbulent rivers, and countless forests, making this beautiful inland country a haunting destination for European tourists.





摩尔多瓦民族服饰 Moldovan ethnic costumes

摩尔多瓦人能歌善舞。摩尔多瓦的民族舞蹈热情奔放，富有诗意，又略显忧郁，充分体现了这个民族的性格。作为民族文化中独具特色的服装，它是民族创造力和民族艺术的象征。

摩尔多瓦政府将每年6月的最后一个星期日，设为全国民俗服装日，旨在推广传统服饰，并将传统和风俗传给年轻一代。

Moldovan people are skilled in singing and dancing. The ethnic dance of Moldova is passionate, poetic, and slightly melancholic, fully reflecting the character of this nation. As a unique clothing in national culture, it is a symbol of national creativity and art.

The Moldovan government has designated the last Sunday of June as National Folk Clothing Day, aiming to promote traditional clothing and pass on traditions and customs to the younger generation.



世界最大的酒窖 米列什蒂·密茨 The world's largest wine cellar Milestii Mici

米列什蒂·密茨酒庄拥有世界吉尼斯纪录所记载的世界最大的酒窖。地下酒窖利用隧道而建成，总长度超过200公里。酒窖内的石壁上输酒管道纵横交错，四通八达的街道两旁存放着无数巨大的橡木桶，在一些路口，甚至还设有红绿灯，俨然一座地下酒城。

Milestii Mici Winery has the world's largest wine cellar as recorded by the Guinness World Records. The underground wine cellar was built using tunnels, with a total length of over 200 kilometers. The stone walls of the wine cellar are crisscrossed with wine pipelines, and the streets are lined with countless huge oak barrels. At some intersections, there are even traffic lights, resembling an underground wine city.





 **Orheiul Vechi**

摩尔多瓦也是一些历史地标和文化古迹的所在地。被联合国教科文组织列为世界遗产的 Orheiul Vechi 修道院是中世纪建筑雕刻在悬崖上的一个令人惊叹的例子。

Moldova is also home to several historic landmarks and cultural monuments. The Orheiul Vechi Monastery, a UNESCO World Heritage site, is a stunning example of medieval architecture carved into the side of a cliff.



 **斯蒂芬大公园**
Stephen the Great park

斯蒂芬大公园是基希讷乌城市中主要的散步和游玩的区域。斯蒂芬大公是中世纪摩尔多瓦大公，也是当时摩尔多瓦强大勇敢的历史见证。

Stephen the Great park is a major area for walking and playing in the city of Chisinau. Stephen the Great was voivode of Moldova in the Middle Ages and a historical witness of Moldova's strength and bravery at that time.



 **基希讷乌凯旋门**
Triumphal Arch

基希讷乌凯旋门始建于1840年，是为了纪念1828—1829年战争期间战胜奥斯曼帝国而建的。基希讷乌的凯旋门是世界上第五美丽的凯旋门。

The Triumphal Arch was built in 1840 to commemorate the victory over the Ottoman Empire during the war of 1828—1829. The Arc de Triomphe in Chisinau is considering the 5th most beautiful triumphal arch in the world.





聚焦当前中国经济热点问题 Focus on the Currently Explosive Topics of the Chinese Economy

3月29日，中国记协举办新闻茶座，邀请清华大学中国发展规划研究院常务副院长董煜介绍和展望2023年中国经济，并与境内外记者、驻华使馆新闻官进行交流。

关于民营经济，董煜表示，中国政府坚持“两个毫不动摇”，对民营经济的态度是坚定的、鲜明的，一直不断出台促进民营经济发展的举措。当前各方面迹象都显示，民营经济的信心正在恢复当中，相关部门也在密集释放积

极信号，以政策的确定性来对冲不确定性因素的影响。

董煜说，《数字中国建设整体布局规划》日前对外公布，中国全面加快数字化步伐，将为国际经贸合作带来更多利好。

On March 29, the All-China Journalists Association hosted a press salon, inviting Dong Yu, executive vice president of the Research Institute of Chinese Development Planning at Tsinghua University, to provide an outlook on the Chinese economy in 2023 and communicate with domestic and foreign journalists and press officers from embassies in China.

Regarding the private economy, Dong Yu said the Chinese government adheres to "Two unshakeable". The attitude of Chinese Government towards the private economy is firm and clear. The government has continuously introduced measures to promote the development of the private economy measures. At present, all signs indicate that confidence in the private economy is recovering, and relevant departments are intensively sending out positive signals to cushion the impact of uncertain factors with political certainty.

Dong Yu said that the "overall plan for building digital China" was announced a few days ago, and China's comprehensive acceleration of digitalization will bring further benefits to international economic and trade cooperation.



中外记者现场提问
Q&A with Chinese and foreign journalists



新征程上的中国外交 The New Journey of China's Diplomacy

中国记协于4月12日在京举办新闻茶座，邀请中国国际问题研究院院长徐步，围绕“新征程上的中国外交”主题，与境内外记者、驻华使馆新闻官展开交流。

徐步表示，中国是一个发展中大国，同时经济发展非常迅速。作为安理会常任理事国、发展中的大国、世界上非常重要的经济体，中国在国际事务中发挥着越来越重要的作用。中国外交政策一个突出的特点是在和平共处五项原则的基础上，同世界上各个国家建立伙伴关系，建立友好合作关系。和平共处五项原则的核心就是互相尊重、和平共处、不干涉他国内政、尊重每个国家的主权和领土完整。

The All-China Journalists Association hosted a press conference in Beijing on April 12. Xu Bu, the president of the China Institute of International Studies, was invited to attend. Focusing on the theme of "The New Journey of China's Diplomacy", Xu bu conducted exchanges with foreign and domestic journalists and press officers of the embassy in China.

Xu Bu stated, "China is a large developing country with a rapidly growing economy. As a permanent member of the Security Council, a significant developing country, and a crucial economy globally, China is playing an increasingly important role in international affairs. A prominent feature of Chinese foreign policy is the establishment of partnerships and friendly and cooperative relations with countries around the world on a Five Principles of Peaceful Coexistence basis. The core of the Five Principles of Peaceful Coexistence is mutual respect, peaceful coexistence, non-interference in the internal affairs of other countries and respect for the sovereignty and territorial integrity of each country."



境内外记者现场提问
During the event, domestic and foreign journalists asked questions on-site.



中国西安与哈萨克斯坦北哈州文化班列，发车！ The Cultural Train between Xi'an, China and North Kazakhstan Province, Departs!

报道：李文化
Report: Li Wenhua



3月7日，西安市妇联、西安国际港务区管委会、西安广播电视台共同主办的“传播丝路文明 共享多元文化”——文化班列首发仪式，在西安铁路集装箱中心站成功举行。

此次活动旨在为“一带一路”沿线地区妇女儿童交流思想、融通感情、强化合作提供崭新的平台，携手开创妇女儿童更加美好的未来！西安市妇联、市妇女儿童活动中心在“三八”前夕发出联谊邀请后，得到了北哈州就业协调和社会计划部的积极回应，她们通过视频表示十分愿意在推进哈中两国友谊缔结中搭建友好桥梁，并表达了诚挚的谢意和回邀。

此次首发的文化班列，承载着西安市妇联为北哈州妇女儿童精心准备的我国传

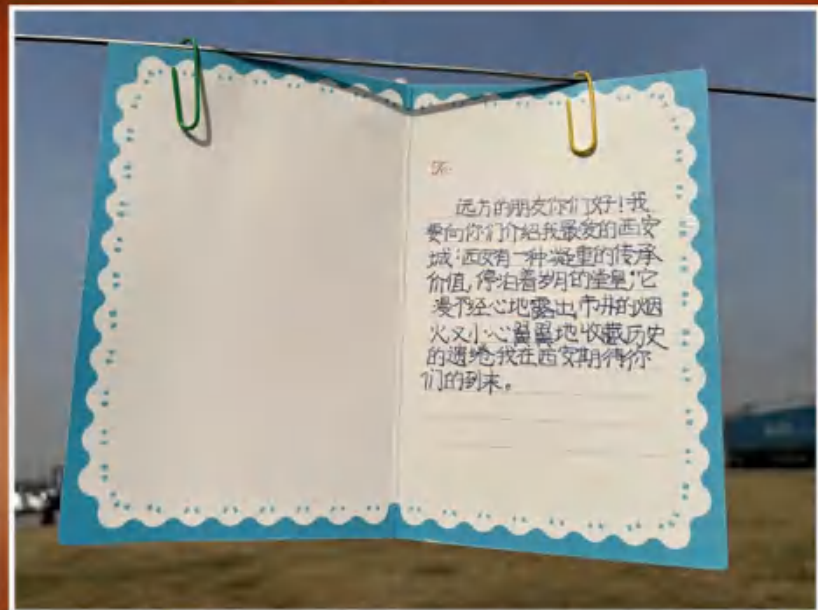


活动现场

A moment of the event

统的绘画技法——手绘丝巾、传统戏曲文化——皮影、民间艺术——手工剪纸、中国手工艺术精品——麦秆画等非遗作品，及西安市少年儿童创作的“我的家乡——西安”手绘画、友好往来书信，这些精美的作品将通过文化班列运输至北哈州，并经爱菊集团转交给当地妇女儿童。





活动现场

A moment of the event



On March 7th, the cultural block train launching ceremony — "Promoting Silk Road Civilization and Sharing Multiculturalism" — was successfully held at the Xi'an Railway Container Central Station. The ceremony was co-sponsored by the Xi'an Women's Federation, the Xi'an International Trade & Logistics Park Management Committee and the Xi'an Radio and TV station.

This event aimed to provide a new platform for women and children along the "Belt and Road" initiative to exchange ideas, promote the relationship, strengthen cooperation, and work together to create a more brilliant future for women and children. On the eve of March 8, the Xi'an Women's Federation and the Municipal Women's and Children's Activity Center sent out an invitation for friendship, which received a positive response from the Ministry of Employment Coordination and Social Planning of North Kazakhstan. Through videos, they expressed their willingness to promote the friendship between Kazakhstan and China, and also expressed sincere thanks and invitation.

The first cultural train carried with the traditional Chinese painting techniques—hand-painted silk scarves; traditional opera culture — shadow puppetry; folk art — hand-made paper-cut, Chinese handmade art— straw painting, and other works of intangible cultural heritage, and also carried with hand-painted paintings of "My Hometown—Xi'an" created by children in Xi'an, and friendly letters. All of them were carefully prepared by the Municipal Women's Federation for women and children in North Kazakhstan. These exquisite works will be transported to North Kazakhstan by cultural train and handed over to local women and children by Aiju group.





“汉语桥”世界大学生中文比赛爱尔兰赛区赛在都柏林举行 "Chinese Bridge" Chinese Proficiency Competition for Foreign College Students Held in Dublin

第22届“汉语桥”世界大学生中文比赛爱尔兰赛区赛15日在都柏林大学孔子学院举行，共有19名母语非汉语的爱尔兰高校学生参赛。来自都柏林大学的爱尔兰籍越南裔学生彭芷晴夺得一等奖，并将代表爱尔兰赴华参加本年度世界大学生中文比赛总决赛。

The 22nd "Chinese Bridge" Chinese language skills competition for overseas college students in Ireland was held at the Confucius Institute of University College Dublin on the 15th. A total of 19 non-Chinese speaking Irish university students participated in the competition. Peng Zhiqing, an Irish-Vietnamese student from University College Dublin, won the first prize and will represent Ireland in China to participate in the final round of this year's Chinese competition for foreign college students.



英国哈罗盖特春季花卉展即将开幕 The Harrogate Spring Flower Show in UK is about to Open



联合国教科文组织总部举办联合国中文日庆祝活动 United Nations Chinese Language Day Celebration held at UNESCO Headquarters

新华社巴黎4月19日电（记者徐永春）联合国中文日庆祝活动18日在位于法国巴黎的联合国教科文组织总部举办。活动旨在展示中文语言魅力，增进文明交流互鉴。

Xinhua News Agency, Paris, April 19 (Reporter Xu Yongchun) The United Nations Chinese Language Day celebration was held at the UNESCO Headquarters in Paris, France on April 18. The purpose of the event was to showcase the charm of Chinese language and promote cultural exchanges and mutual learning among civilizations.





北京市慈善义工联合会

Beijing Charity Volunteer Federation

北京市慈善义工联合会成立于2011年7月30日，是经北京市民政局批准，由北京市社会工作办公室主管的自愿为社会弱势群体提供义务服务的民间组织，市级“枢纽型”社会组织，2020年被评为5A级社会组织。

北京市慈善义工联合会主要负责北京市各级各界义工机构、个人的联系、服务和管理，大型非公经济组织志愿服务的联系。北京市慈善义工联合会以“发扬中华民族乐善好施、扶危济困优良传统和积德行善、无私奉献的文明精神，整合慈善资源，组织义工队伍，自愿为社会及社区慈善事业贡献力量，促进社会和谐、进步与发展，倡导一切有能力的人士争做慈善事业义务工作者”作为根本宗旨。

联合会成立11年来，现有注册慈善义工187万人，下设18个分会、34个专业委员会、829个慈善义工社、5370多支慈善义工队伍，日常开展公益活动不少于100个，累计公益时长1000万小时以上。他们开展的公益慈善活动类型包括公共慈善、专业慈善、救助慈善、项目慈善、文化慈善五大板块，共一百多个主题活动，并逐步形成了“节日零垃圾”、“寻找最美慈善义工”、“文物安全保护”、“水资源保护”、“网络视听节目监管”等多个品牌活动。

北京市慈善义工联合会成立11年来，荣获市级荣誉32个，经联合会推荐的“北京社会好人”、“5个100”、“三八红旗手”、“北京市劳模”、“北京榜样”等个人和先进团体近200个。187万慈善义工活跃在首都的各行各业，他们无私奉献的足迹遍及北京市每一个角落。



北京市慈善义工联合会常务副会长兼秘书长陈志斌在第九届“北京榜样·最美义工”致敬典礼暨第十届首都慈善义工风采展示会上讲话
Chen Zhibin, Executive Vice President and Secretary-General of the Beijing Charity Volunteer Federation, participated in the ninth "Beijing Model - Finest Volunteer" speech at the Salute Ceremony for Volunteers and the 10th Capital Charity Volunteer Showcase.

The Beijing Charity Volunteer Federation was established on July 30, 2011. It is a non-governmental organization approved by the Beijing Municipal Civil Affairs Bureau and supervised by the Beijing Social Construction Office to provide voluntary services for socially vulnerable groups. It is a municipal-level "hub" social organization and was rated as a 5A-level social organization in 2020.

The Beijing Charity Volunteer Federation is mainly responsible for connecting, serving, and managing volunteer organizations and individuals at all levels and sectors in Beijing, as well as coordinating volunteer services for large non-public economic organizations. The fundamental purpose of the Beijing Charity Volunteer Federation is to carry forward the traditional Chinese virtues of benevolence and helping the needy, promoting morality, integrating charity resources, organizing volunteer teams, contributing to the charity cause voluntarily for society and community, promoting social harmony, progress, and development, and advocating that all capable individuals become voluntary workers for the charity cause.

Over the past 11 years since its establishment, the Federation has registered 1.87 million charity volunteers and has set up 18 branches, 34 professional committees, 829 charity volunteer societies, and over 5,370 charity volunteer teams. It carries out no less than 100 public welfare activities on a daily basis, with a cumulative public welfare time of more than 10 million hours. The public welfare charity activities carried out by the Federation include five major categories: public charity, professional charity, relief charity, project charity, and cultural charity. They have organized more than 100 themed activities and gradually formed multiple brand activities such as "Zero Waste Festival", "In Search of the Finest Charity Volunteer", "Cultural Relic Safety Protection", "Water Resource Protection", and "Internet Audio-Visual Program Supervision".

Over the past 11 years since its establishment, the Beijing Charity Volunteer Federation has won 32 municipal-level honors and nearly 200 individuals and advanced groups recommended by the Federation have been awarded titles such as "Beijing Social Good Person", "Five 100", "March 8th Red Banner Holder", "Beijing Model Worker", and "Beijing Role Model". The 1.87 million charity volunteers are active in various fields throughout the capital, and their selfless dedication can be seen in every corner of Beijing.



微众汇慈善义工服务队共产党员学雷锋志愿服务先锋队在公园开展环保志愿服务
The Communist Party member of Weizhonghui Charity Volunteer Service Team learned from Lei Feng's volunteer service vanguard to carry out environmental protection voluntary service activities in the park.



小喇叭慈善义工服务队开展“节日零垃圾”志愿服务活动
The Small Trumpet Charity Volunteer Service Team launched "Festival Zero Garbage" volunteer service activity.



慈善义工维护地铁站口环境，将乘客随意停放的共享单车码放整齐
Charity volunteers maintain the environment at the entrance of the subway station by neatly stacking the shared bicycles that riders parked.



慈善义工为居民楼设施进行擦拭、消毒
Charity volunteers wiped and disinfected residential building facilities.



慈善义工在北京重点交通路口开展文明交通引导志愿服务活动
Charity volunteers carried out civilized traffic guidance voluntary service activities at key traffic intersections in Beijing.



北京市慈善义工联合会理事安钟岩为养老机构捐赠的保健、日用品等物资
An Zhongyan, Director of the Beijing Charity Volunteer Federation, donated valuable healthcare products, daily necessities, and other materials to elderly care institutions.

公益慈善 服务先行

Leading The Way in Public Welfare and Charity Services



北京市集美集团历经 40 年的发展，从一个作坊式的小木器厂，发展成为集家居商场、地产开发、金融风投、大健康产业于一体的多元发展的产业集团。四十年中，他们不忘初心，始终牢记回馈社会、报效祖国，共向社会捐款捐物数千万元。2018 组建“集美慈善义工服务队”，积极参与各类公益项目。慈善义工多次深入贫困地区，为当地送去办公用品和生活保障用具，为贫困山区捐赠图书，认真将政府精准扶贫攻坚战任务落到实处。

集美慈善义工多年来坚持参与志愿服务，进入周边社区开展家电、家用设备维修维护、电子设备使用的宣传讲解活动，关怀社区困难群体，为他们提供各种公益服务和支 持。2023 年以来，集美慈善义工服务队了解到房山区蔬菜种植基地农户有余菜屯积，急需疏解的情况，立即组织人员参与，配合菜农共抢救蔬菜数千斤，并制定面向社区居民的蔬菜捐赠方案，以慈善公益的形式回馈社会。携手兄弟单位，启动“我嘉友爱·学雷锋公益行”社区公益活动，集美慈善义工为社区 60 岁以上老人捐赠爱心有机白菜约 3000 斤，携手品牌商为社区居民提供线上陪诊等便民服务，受到社区居民的热烈欢迎和高度评价。

Leading the way in public welfare and charity services, Beijing Jimei Group has developed over the course of 40 years from a small wooden workshop to a diversified industry group integrating home shopping malls, real estate development, financial investment, and the health industry. Throughout these 40 years, they have not forgotten their original mission and have always remembered to give back to society and serve the country, donating millions of yuan to various causes.

In 2018, the "Jimei Charity Volunteer Service Team" was established, actively participating in various public welfare projects. Charity volunteers have repeatedly visited impoverished areas to provide office supplies and daily necessities, donated books to poor mountainous areas, and conscientiously carried out the task of accurate poverty alleviation from the government.

For many years, Jimei charity volunteers have been actively participating in volunteer service activities, conducting promotional and educational activities on home appliances, home equipment maintenance and electronic equipment use in surrounding communities, caring for difficult groups in the community, and providing various public welfare services and support to them. Since 2023, the Jimei Charity Volunteer Service Team has learned that vegetable farmers in the Fangshan district have an accumulation of excess vegetables that urgently need to be cleared. They immediately organized personnel to cooperate with the farmers to harvest thousands of kilograms of vegetables and formulated a vegetable donation plan for the community in the form of charitable public welfare. Together with sister units, they launched the

"Learn from Lei Feng Public Welfare Action" community public welfare activities, donating approximately 3,000 kilograms of organic bok choy to community residents over 60 years old, and collaborating with brand merchants to provide online companion diagnosis and other convenient services for community residents, which was warmly welcomed and highly praised by the community.



2013年 卢沟桥分院
2013 Lugouqiao Branch

2014年 亦庄总院
2014 BDA General Hospital

2015年 儿童口腔分院
2015 Children's Dental Branch

2016年 六里桥分院
2016 Liuliqiao Branch

2020年 通州分院
2020 Tongzhou Branch

2023年 西城分院
2023 Xicheng Branch

北京京仁博爱口腔，从2013年成立第一家门诊部，经过十多年诚信经营，目前在北京亦庄经济技术开发区、西城区、丰台区、通州区等区域已经开设6家口腔医疗分院，成为北京地区具有极高质量和品牌效益的专业口腔医疗服务连锁机构

简介

brief introduction

咨询电话 400-836-8266
telephone

京仁博爱口腔，拥有一支具有国内高水平口腔医疗技术的医生队伍和一批国际先进的口腔医疗专业设备。目前拥有德国西诺德全口牙CT机、头颅侧位X光机、德国根管显微镜、SATELEC光固化灯，韩国OSSTEM、瑞士ITI、意大利BB、美国皓圣种植系统等。京仁博爱口腔能够提供口腔隐形矫正、人工种植、显微根管治疗、三维根管充填、失败根管充填再治疗、牙周治疗、牙齿美容、儿童齿科等各项口腔医疗服务，满足不同人群个性化需求。京仁博爱口腔拥有进口牙科综合治疗椅、引进意大利、美国的口腔专用高温高压消毒设备，就诊患者一人一机，治疗器械一人一套，完全杜绝口腔治疗中的交叉感染。竭诚为每一位患者就诊提供良好的环境和周到的服务，让口腔治疗成为一种享受。

Beijing Jingren Bo'ai Stomatology has established its first outpatient department since 2013. After more than ten years of honest operation, it has now opened six dental medical branches in areas such as Beijing Yizhuang Economic and Technological Development Zone, Xicheng District, Fengtai District, and Tongzhou District, becoming a professional dental medical service chain institution with high quality and brand benefits in the Beijing region.

Jingren Bo'ai Dental has a team of doctors with high-level domestic dental medical technology and a batch of internationally advanced dental medical professional equipment. At present, we have a German Xinode full mouth CT machine, a lateral head X-ray machine, a German root canal microscope, a SATELEC light curing lamp, OSSTEM from Korea, ITI from Switzerland, BB from Italy, and the Haosheng implant system from the United States. Jingren Bo'ai Dental can provide various oral medical services such as oral invisible correction, artificial implantation, micro root canal therapy, three-dimensional root canal filling, failed root canal filling retreatment, periodontal treatment, dental beauty, pediatric dentistry, etc., to meet the personalized needs of different populations. Jingren Bo'ai Dental has imported dental comprehensive treatment chairs, imported high-temperature and high-pressure dental disinfection equipment from Italy and the United States, and one patient, one machine, and one set of treatment equipment, completely eliminating cross infection in oral treatment. We wholeheartedly provide a good environment and thoughtful services for every patient to seek medical treatment, making oral treatment a pleasure.

<p>京仁博爱口腔-亦庄总院 电话: 400-836-8266 地址: 亦庄林荫公园C区27号楼底商</p> <p>Jingren Bo'ai Stomatology Yizhuang General Hospital Phone: 400-836-8266 Address: Ground Floor, Building 27, Zone C, Linshen Park, Yizhuang</p>	<p>京仁博爱口腔-儿童口腔分院 电话: 400-836-8266 地址: 亦庄北工大软件工业园南楼底商</p> <p>Jingren Bo'ai Dental Children's Dental Branch Phone: 400-836-8266 Address: Bottom Floor, South Side of Software Industrial Park, Yizhuang North University of Technology</p>	<p>京仁博爱口腔-西城分院 电话: 400-836-8266 地址: 西城区富荣里2000西南侧底商</p> <p>Jingren Bo'ai Stomatology Xicheng Branch Phone: 400-836-8266 Address: Bottom Floor, Southwest Side, Fongfeng 2006, Xicheng District</p>	<p>京仁博爱口腔-六里桥分院 电话: 400-836-8266 地址: 丰台区凤鸣园西南侧底商</p> <p>Jingren Bo'ai Oral Care Liuliqiao Branch Phone: 400-836-8266 Address: Ground floor on the south side of Fengming Garden in Fengtai District</p>	<p>京仁博爱口腔-通州分院 电话: 400-836-8266 地址: 通州区九棵树121号西侧底商</p> <p>Jingren Bo'ai Stomatology Tongzhou Branch Phone: 400-836-8266 Address: Bottom Floor, West Side, No. 121 Zhushe, Tongzhou District</p>	<p>京仁博爱口腔-卢沟桥分院 电话: 400-836-8266 地址: 丰台区卢沟桥五里河底商</p> <p>Jingren Bo'ai Stomatology Lugouqiao Branch Phone: 400-836-8266 Address: Bottom Floor, South Side of Wulihe, Xueyuan, Fengtai District</p>
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2023上海国际食品和饮料展览会

2023 Shanghai International Food & Beverage Exhibition (CIFB)

2023.8.14-16

上海世博展览馆

August 14-16, 2023

Shanghai World Expo

Exhibition & Convention Center

F O O D
A N D
B E V E R A G E



关于中食展

中食展经历20多年的发展，规模不断壮大，已成为亚洲领先、具有全球影响力的食品与饮料贸易盛会。中食展是食品与饮料行业全品类、高质量、新产品发布与交易的首选平台，更是国内外缔造企业品牌形象、捕捉业内前沿动向、构建深度人脉资源的年度盛会。

商业发展中心已获得“中食展”商标注册证（国际分类35和41），商业发展中心为“中食展”商标唯一持有方。



CIFB, as a feast of F&B trade fair, stays true to the "embracing, innovative, empowering and all-win" philosophies, and functions as an inclusive and inspiring platform for stakeholders worldwide to co-share, co-operate and co-create. To this day, CIFB has received a total of more than 4,500 premium brands from more than 60 countries all around the world, and attracted trade visitors from catering chains, restaurants, importers, exporters, agents, dealers, distributors, hotels, large supermarkets, convenience stores, e-business marketplaces, take-out delivery platforms, etc. Not merely a top-priority platform for food and beverage industry to launch and trade new products, CIFB is an annual gala where domestic and overseas corporations cast brand images, capture cutting-edge trends and construct in-depth social networks across the board.

China Commerce Development Center (CCDC) has obtained "中食展" as its trademark registration certificate (with its business conforming to International Category 35 and International Category 41) whilst CCDC is the sole legal holder of the trademark.



关于中国商业发展论坛

中国商业发展论坛 (China Commerce Development Forum) 商业发展中心创立并主办,已成功举办六届。中国商业发展论坛以商业发展研究院为智库载体,旨在搭建政府和企业间的高端交流平台。龙永图、黄奇帆、房爱卿、姚景源、赵晋平、徐洪才等知名政商学界人士到会演讲。

China Commerce Development Forum (CCDF), initiated and hosted by China Commerce Development Center, has been successfully held for 6 sessions. With Commerce Development Research Institute as its think tank, CCDF aims at building a top-notch platform of exchange for government units and industrial players.



8

大主题展区
Thematic Divisions



70,000m²

预计展览面积
Floor Space



2,000+

国内外参展商
Exhibitors



80,000+

专业观众
Pro Visitors

8大主题展区 Featured Areas for Exhibits



综合、休闲
进口食品
General, Leisure, Imported Food



乡村振兴
地标名品
Rural Revitalization, Geographic
Signature Brands



方便食品
粮油、调味品
Convenience Food, Grains,
Oils, Flavorings



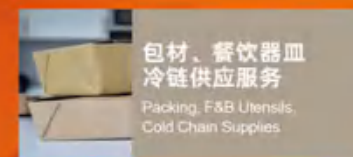
肉类
冷冻食品、绿色农业
Meat, Frozen Food,
Green Agriculture



植物基
健康食品、未来食品
Plant-based, Healthcare,
Biotech, Trendy Food



高端饮品
酒类、乳制品
Upscale Beverage, Alcohol,
Dairy Products



包材、餐饮器皿
冷链供应服务
Packing, F&B Utensils,
Cold Chain Supplies



预制菜、中央厨房
餐饮供应链
Prepared Food, Central Kitchen,
Catering Supply Chain

主办单位: 商业发展中心
支持单位: 中国食品安全报社
协办单位: 京东超市
媒体支持: 新华网
承办单位: 北京创享国际会展有限公司

Host: China Commerce Development Center (CCDC)
Supporter: China Food Safety Newspaper (CFSN)
Co-Organizer: JD Supermarket
Media Supporter: XINHUANET
Organizer: Chuangxiang International Exhibition (CX Expo)

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亚健康 — 疾病的早期阶段

Sub-Health — An Early Stage of Disease

你有没有经历过这样的情况？你明确地感觉到一些不舒服，这种感觉不好形容，甚至有点说不清楚，但它真实存在而且难受到不能被忽视，于是你忐忑地来到医院或者诊所，想让医生告诉你这到底是怎么了。但是做了一大堆检查却没有发现从临床角度可以被诊断的疾病。

Have you ever experienced the following situation?

You are clearly uncomfortable. It's a hard feeling to put into words, but it's real and uncomfortable and can't be ignored. So, you rush to the hospital or clinic and want the doctor to tell you what's wrong. A lot of tests are done, but no clinically diagnosable disease has been found. You go home only with the same fear and unchanging discomfort, a little disappointment and fear of the unknown.

其实我们从健康状态到患上可被诊断的疾病之间，有一段很长的距离，从命名逻辑的角度有人把这个时期叫做亚健康，因为它介于健康和疾病之间，也就是说此时的人体既不完全健康，但也没有到患病的程度。那么这段时期存在的意义是什么呢？我觉得意义就是给我们机会，让我们尽快回到健康的状态而远离疾病。或者说即使我们不能再回到健康的原点，我们也应该想办法让向疾病迈进的脚步变得慢一些。

In fact, there is a long way between a healthy situation and a diagnosable disease. From the point of view of naming logic, some call this period partial health because it is between health and illness. At that time, the human body was neither completely healthy nor sick. So, what is the significance of this period of existence? I think the purpose is to give us a chance to get back to a healthy state as soon as possible and get rid of the disease. Or even if we can't return to the starting point of health, we should find ways to slow down the disease.

为了能够把这一段时间的状况更加清楚地表达出来，学界有很多的归纳和总结，比如1988年美国疾病控制和预防中心提出的“慢性疲劳综合征（Chronic fatigue syndrome, CFS）”，在对这个综合征定义时用了很多比较“模糊”的词，最明显的就是用了“非特异表现”。也就是说如果你自己觉得不舒服了，比如说感到疲劳，没有力气，懒得爬楼，喜欢躺着或坐着不愿意行走运动，食欲差，腹胀，便秘，记忆力下降，睡眠出现障碍，情绪难以被控制等等。而且这种不舒服持续存在，经常反复，发作至少半年以上，那么就要考虑你的健康可能出了问题。

In order to be able to express the situation during this period more clearly, there are many summaries in the academic community, such as the "Chronic Fatigue Syndrome (CFS)" proposed by the US Centers for Disease Control and Prevention in 1988. Syndrome definition uses a lot of "fuzzy" words, the most obvious is the use of "non-specific manifestations".



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That is to say, if you feel uncomfortable, such as fatigue, lack energy, are too lazy to climb stairs, like to lie down or sit, are unwilling to walk, have a poor appetite, bloating, constipation, memory loss, sleep disturbance, emotional difficulty controlled, etc. And this discomfort persists, often repeated, and attacks for at least half a year, so you should consider that there may be a problem with your health.

这些症状就是我们经常说的非特异性表现，那么如何来评估这样的状态，如何正确看待呢？我建议要追本溯源。就像没有无缘无故的爱和恨一样，也没有无缘无故的疾病和死亡。任何不健康和疾病的产生都有原因，而从健康到疾病是一个量变到质变的连续发展过程。所以我从不认为有不明原因的猝死，或是突发的死亡发生，一定是在此之前身体向你发出的预警（总是疲劳，频繁头晕，体重增加，食欲变化...）你没有意识到，甚至身体拼命的求告（体力活动受限，血压升高，严重失眠，情绪难以控制...）你都没有去理它，最后导致了死亡的发生。

These symptoms are often called non-specific manifestations, so how to evaluate such a condition and how to look at it correctly? I recommend going back to the source. Just as there is no love and hate without cause, there is no sickness and death without cause. All unhealthy disease has a cause, and from health to disease is a continuous process of development from quantitative change to qualitative change. So, I think that there is never an unexplained sudden death, but there must have been warning signs in the body for the person, (constant fatigue, frequent dizziness, weight gain, change in appetite, limited physical activity, high blood pressure, severe insomnia, uncontrollable emotions) which the person did not take into account and which ultimately led to death.

当我们出现了任何的不舒服，我们都要反思，要寻找原因。而不是因为我能挺得住或者忍一忍就过去了，就忽视这些不舒服。我们要静下心来想一想，是不是有什么事情让我们过劳了？比如工作时间延长，压力增大，或者你正在做非常不喜欢的事，每次做你都非常不开心等等，虽然在情景当时你可以挺过去可以如常甚至是优质地完成那些需要做的事，但是我们的身体为了达到那样的状态，已经付出了太多。我们把这个阶段叫做生理代偿，也就是我们的身体为了配合我们的需要，超负荷地去为器官提养料和能量。这种状况时间短或次数不频繁，机体能及时修复，但持续时间长了，备用的那些能量消耗殆尽，身体就会出现失代偿。我们就会感到各种各样的不舒服，甚至逐渐出现疾病。

When we feel discomfort, we need to reflect and find the reason. Instead of ignoring these discomforts, we need to calm down and think, if something has made us overworked. For example, the working hours get longer, the pressure increases, or you do something you don't like very much, you are very unhappy every time you do it, etc. Even if in this situation you get through it and do the things that need to be done in the usual way and with quality, your body has paid too much to get to this space. We call this phase physiological compensation, meaning our body is overloaded to provide nutrients and energy to our organs to meet our needs. This condition is short or rare and the body can correct it in time, but if it lasts for a long time, the excess energy runs out and the body decompensates. We feel all kinds of discomfort and even develop the disease gradually.



所以我们一定要重视身体的各种不舒服，这是身体发出的预警。我们接收到这样的信号要警觉起来，寻找原因并马上做出改变。请联系的你医生和你聊一聊，我们不以诊断疾病为目的，我们要明确这些线索将给我们带来什么样的危害，同时找到方法去除这些危险因素，让我们身体恢复到健康的正轨上来。

Therefore, we must pay attention to the various discomforts of the body, which are early warnings of the body. We need to be alert when receiving such signals, look for the causes and make changes immediately. Contact your doctor to discuss your situation. We do not seek to diagnose diseases. We want to clarify what kind of harm these cues bring us, while also finding ways to eliminate these risk factors so our bodies can get back on track.

如何判断自己是否疲劳？

疲劳是一个很难定义和描述的症状，尤其是疲劳的主观感觉，目前尚未形成统一的评价指标。可以通过以下评估量表测一测。

How do I know if I'm too tired?

Fatigue is a symptom that is difficult to define and describe, especially the subjective feeling of fatigue, for which there is no unified evaluation index. It can be tested with the following rating scale.

1. 早晨不想起床，勉强起床，也是浑身倦意。
If you don't want to get up in the morning, really hard to wake up, and you're tired all over.
2. 工作或看书时注意力难以集中。
Difficulty concentrating when working or reading.
3. 说话有气无力。
You speak weakly.
4. 不愿与同事交流，回到家后也常常默不做声。
You are avoiding to communicate with colleagues and are often quiet when you get home.
5. 总是伸懒腰、打哈欠、睡眼惺忪。
You are constantly stretching, yawning and sleepy.
6. 懒得爬楼，上楼时常常绊脚。
Too lazy to climb stairs, you often stumble when going upstairs.
7. 公共汽车开过来也不想跑步赶上去。
The bus goes by and you don't want to run to catch up.
8. 喜欢躺在沙发里，把腿抬高才舒服。
You often like to lie on the couch and put your feet up comfortably.
9. 四肢发硬，两腿沉重，双手易发抖。
The limbs are stiff, the legs are heavy and the hands tremble.
10. 食欲差。
Poor appetite.
11. 心悸胸闷，有一种说不出的难受滋味。
Heart palpitations and a tight feeling in the chest, an indescribable discomfort.
12. 经常腹胀、腹泻或便秘。
Frequent bloating, diarrhea, or constipation.
13. 忘性大，越是眼前的事越容易忘掉。
You forget things easily, the more things are on your mind, the easier it is to forget.
14. 不易入睡或早醒，入睡后不断地做梦。
Difficulty falling asleep or waking up early, constantly seeing the same dream after falling asleep.

针对以下信号，若有2~3项，表示轻度疲劳；3~4项，表示中度疲劳；5~7项，表示重度疲劳；若具备8项以上，几乎可以肯定你已经处于疲劳状态了。

If there are 2-3 of the following signals, it means mild fatigue; 3-4 signals, it means moderate fatigue; 5-7 signals, it means intense fatigue; if there are more than 8 signals, it is almost certain that you are already tired.



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