

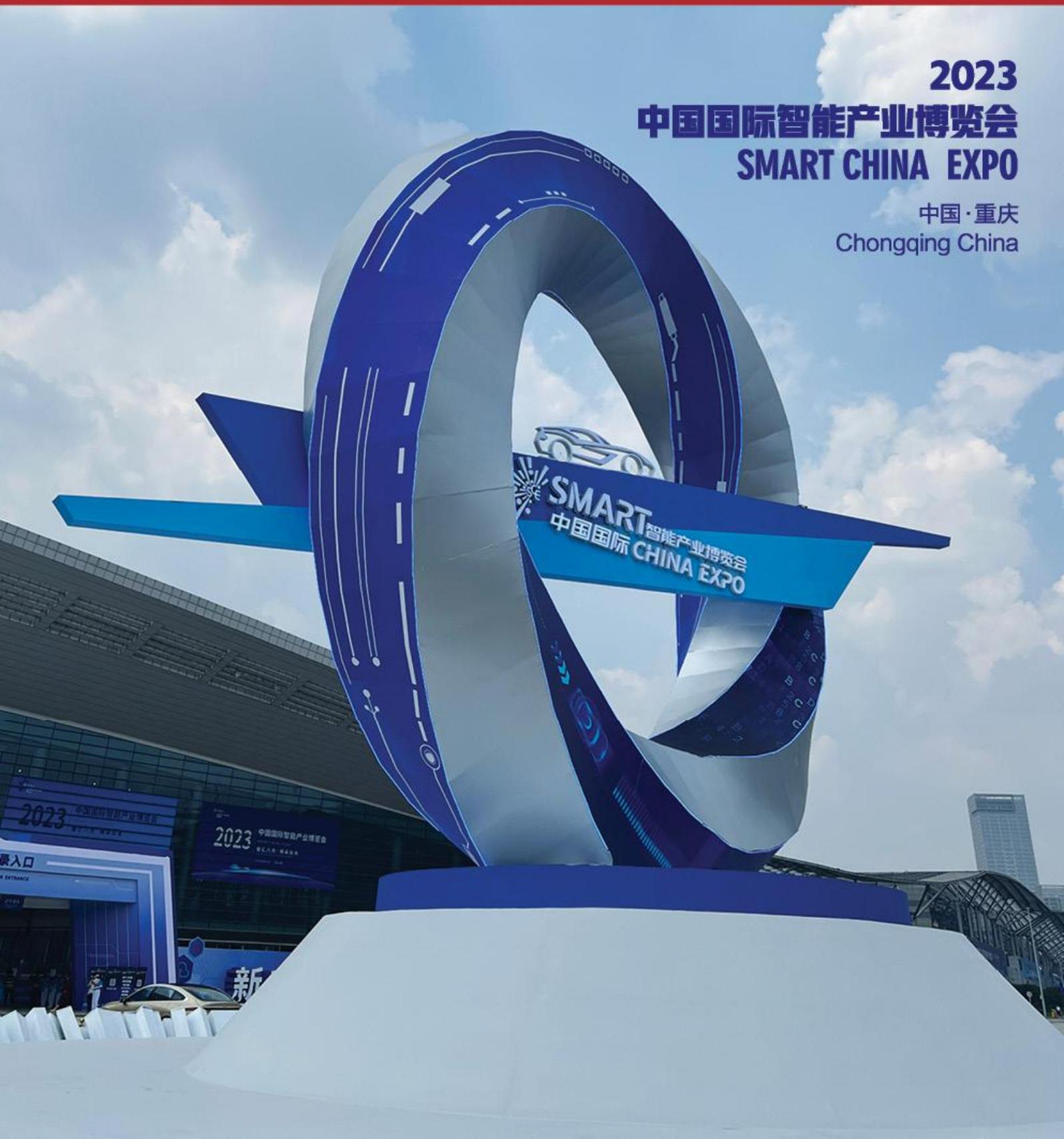
The World and China  
世界中国

丝绸之路 SILK ROAD  
*Selyemüt*

外交/文化/商务/旅游  
Diplomacy / Culture / Business / Tourism  
2023/04 总第098期

2023  
中国国际智能产业博览会  
SMART CHINA EXPO

中国·重庆  
Chongqing 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".

## Advisory Board Chairman 顾问委员会主席

Peter Medgyessy (Former Prime Minister of Hungary) 迈杰希·彼得 (匈牙利共和国前总理)

## Advisers 顾问

Zhu Zushou 朱祖寿 (中国对外友好协会中匈分会会长)

Cheng Tao 程涛 (中国外交学会前副会长)

Li Xikui 李希奎 (中国人民友好协会副会长)

Li Yidong 李毅东 (国际资本峰会组委会秘书长)

Dusan Bella 杜尚·贝拉 (前斯洛伐克驻华大使)

Gloria Minguez 格洛丽亚 (前西班牙驻华大使馆文化参赞)

Jean-Jacques de Dardel 戴尚贤 (前瑞士驻华大使)

Fernando Lugris 费尔南多·卢格里斯 (乌拉圭驻华大使)



## 封面说明:

2023 中国国际智能产业博览会

## COVER NOTE:

2023 SMART CHINA EXPO



丝绸之路 SILKROAD CN ENG

微信扫描二维码, 关注我的公众号



www.theworldandchina.com

Founder 创刊人 纳吉·麟 Nagy Lin

Director 社长 纳吉·高博 Nagy Gábor  
Editor-in-Chief 总编

Photography 摄影 王佳 Jason Wang  
Arts Editor 美术编辑 右岸 You An  
English Editor 英文编辑 纳吉·王·维克多 Nagy Wang Viktor  
Correspondent 特约记者 康妮 Connie  
Proofreader 校对 孟梦 Abby Meng  
Commercial Director 商务总监 孙大鹏 Sun Dapeng  
Correspondent in Shaanxi 陕西省特约记者 李文化 Li Wenhua  
Project Manager in Shaanxi 陕西省项目总监

Hungarian Headquarter's address 匈牙利总部地址 布达佩斯, Budapest, Bimbo ut 124/4. H-1022  
Beijing Office 北京办公室 中国北京朝阳区亮马桥路 50 号北京燕莎中心写字楼 C310B  
Postal Code 邮政编码 100125  
Phone(Fax) 联系电话 0086-1087706399  
Website 网址 www.theworldandchina.com  
Mail 邮件 shijiezhongguo888@126.com

Publisher 出版人 纳吉·王·维克多 Nagy Wang Viktor CE/27020-2/2022  
Head of Publishing 出版负责人 纳吉·高博 Nagy Gábor  
License no. 许可证号 2.9/1169-1/2006-HU ISSN 1787-7199,  
Web www.shijiezhongguo.com  
E-mail shijiezhongguo888@126.com

Authorisation 主管 匈牙利媒体和通讯管理局  
Nemzeti Média- és Hírközlési Hatóság  
Inaugural issue 创刊 丝绸之路出版社  
Silk Road Magazine Publishing Ltd.

Supported by 支持单位 中国对外友好协会中匈分会  
Hungary-China Chapter of the Chinese People's  
Association for Friendship with Foreign Countries  
中国新闻社  
China News Agency

Cooperation partner 合作单位 世界华文媒体合作联盟  
Global Chinese Media Cooperation Union

# 目录 CONTENTS

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



## 4 专题报道

中外记者走读重庆

## 10 使馆之窗

日本登山露营文化

巴哈马独立日

蒙古国庆日

乌拉圭 艺术盛宴

“黑暗中的感官之旅”沉浸式体验

盲人世界

哥伦比亚国庆日

阿拜诗歌会

哈萨克斯坦文化日

泰国大使离任招待会

抗战胜利纪念日

尼泊尔气候变化会议和图片展

尼泊尔国庆节

朝鲜国庆日

约旦在京举办主题路演

## 46 漫游世界

跟着大使看世界

——土库曼斯坦驻华大使  
杜尔德耶夫

## 54 文化视野

京津冀“城市年轻力创造者大会”在京举办

拉美使团走进京东

马来西亚文化市集亮相京城

相约河湟文化千年之韵 邂逅人文乐都诗与远方

建设中华民族现代文明

‘陕’耀她世界

丝路女性共话她力量

小小外交官走进驻华大使馆活动在陕启动

2023年北京朝阳科学家会客厅

“数智连朝阳”国际创新科技项目路演暨

第三期“科技望京·人工智能”专场在望京举办

“三里屯商会·企业成长沙龙”

第二期《企业出海的跨时代机会》成功举办

青年琵琶演奏家——栾越

## 4 Special reports

Chinese and Foreign Journalists Tour Chongqing

## 10 Embassy

Japanese Mountaineering and Camping Culture

Bahamas Independence Day

Mongolia National Day

Uruguayan Art Feast

"Blinde Kuh – Dialogue in the Dark": Immersive Experience of the Blind World

Colombian National Day

Abai Poetry Event

Cultural Day of Kazakhstan

A Reception for the Departure of the Thai Ambassador

Victory Memorial Day for the Chinese People's War of Resistance against Japanese Aggression

Nepal Climate Change Conference and Photo Exhibition

Nepal National Day Celebration

North Korea National Day

Jordan Hosts Theme Roadshow in Beijing

## 46 Traveling in the World

P.H.Durdyev

——Ambassador of Turkmenistan to China

## 54 Cultural Perspective

Latin American Delegation Visits JD Group

Malaysian Cultural Bazaar Unveiled in Beijing

Building the Modern Civilization of the Chinese Nation

"Shaanxi Shines on Her World: Silk Road Women Share Their Strength"

"Little Diplomats Visit the Embassies in China" Event Launched in Shaanxi

Luan Yue

——a young pipa performer





中外记者走读  
Chinese and Foreign Journalists Tour Chongqing

重庆

9月4日至9月6日，中国记协国际部联合重庆国际传播中心共同举办“走读中国·走进重庆”2023中国智能产业博览会主题外媒参访活动，邀请来自20个国家的22家媒体记者赴重庆参访，作为市政府外办打造的“@重庆@世界”外事标志性品牌活动之一，这是近年来渝的最大规模外媒团，也是智博会迎来的首个大规模外媒采访团。

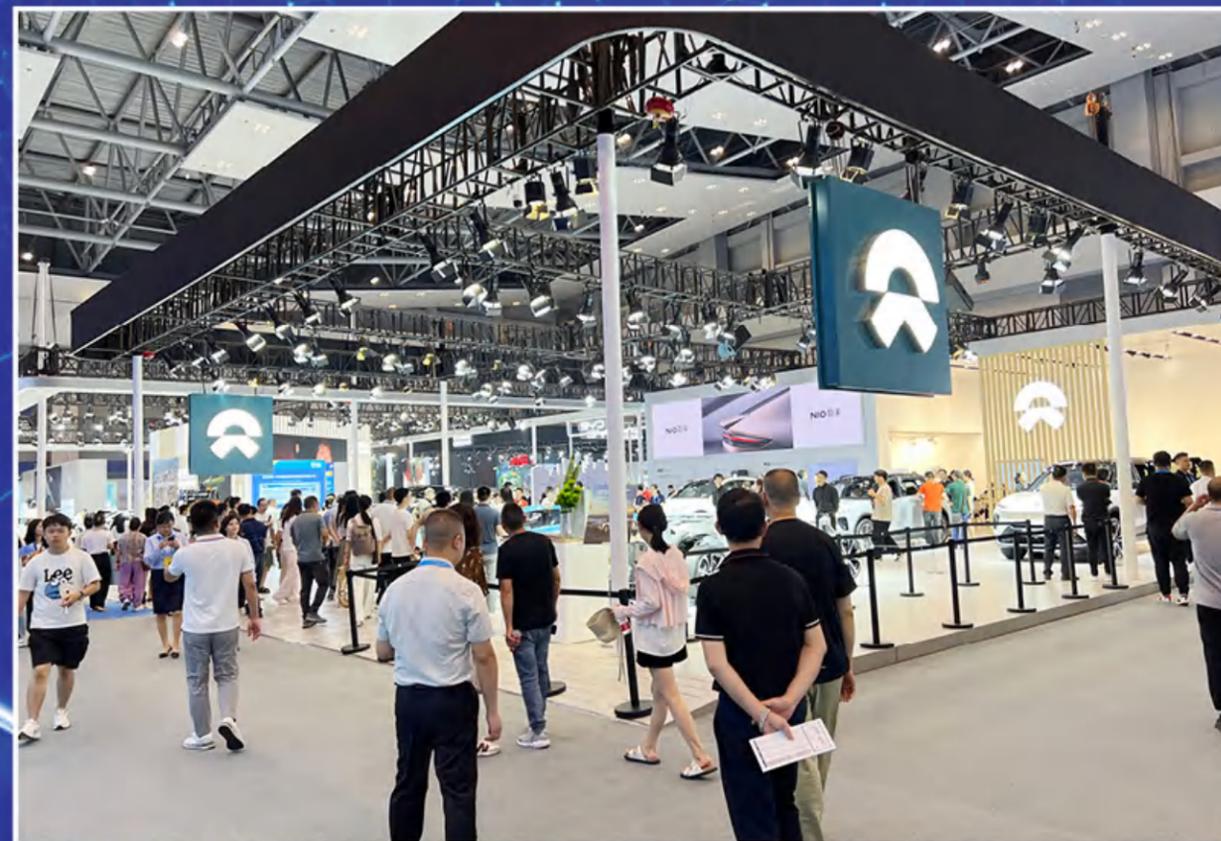
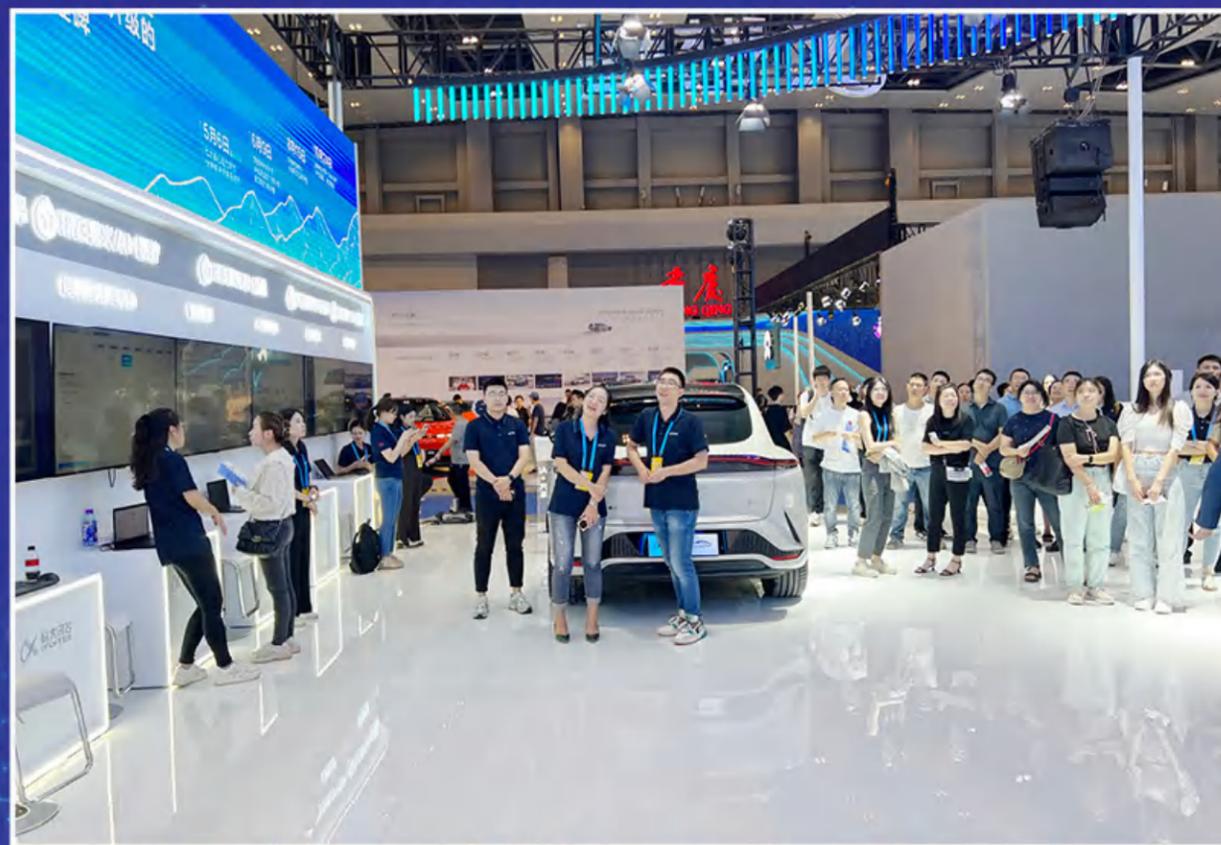
From September 4th to September 6th, the International Department of the All-China Journalists Association, in collaboration with the Chongqing International Communication Center, jointly organized the "Exploring China, Entering Chongqing" 2023 The Smart China Expo themed foreign media tour. 22 media reporters from 20 countries were invited to visit Chongqing. As one of the "@Chongqing@world" foreign affairs symbolic brand events created by the Municipal Foreign Affairs Office, this is the largest foreign media group in Chongqing in recent years and the first large-scale foreign media interview group welcomed by the Smart China Expo.



中外记者参访重庆内陆国际物流枢纽展示中心  
Chinese and foreign reporters visited the Chongqing Inland International Logistics Hub Exhibition Center.



中外媒体参访智博会展馆  
Chinese and foreign media visited the Smart China Expo exhibition halls.





中外记者参访重庆铁路口岸  
Chinese and foreign reporters visited the Chongqing Railway Port.



参访西部科学城智能网联汽车创新中心采访西部智联  
总裁褚文博先生  
Chinese and foreign media visited the Western  
Science City Intelligent Connected Vehicle  
Innovation Center and interviewed Mr. Chu  
Wenbo, the CEO of Western Smart Link.



参访长安汽车全球研发中心并采访长安汽车海外事业发展部市场发展部销售专家黄晶  
Chinese and foreign media visited the Changan Automobile Global Research and Development Center and  
interviewed Huang Jing, an expert from the Marketing Development Department of the Overseas Business  
Development Department of Changan Automobile.



李子坝单轨穿楼  
Chinese and foreign media visited the Li Zi Ba Monorail passing through buildings.

## 日本登山文化体验活动

# 四季流转 向山进发

分享嘉宾: FoodForFun  
嗨皮客hiPeak



## 日本登山露营文化 Japanese Mountaineering and Camping Culture

日本驻华大使馆于7月2日在使馆内举办了一场关于日本登山·露营文化体验活动。此次活动由新星出版社主办，日本国驻华大使馆、斯诺必克自然(北京)文化发展有限公司协办。

On July 2nd, the Japanese Embassy in China hosted an culture experience event on Japanese mountaineering and camping culture at the embassy. The event was organized by New Star Press, co-hosted by the Embassy of Japan in China and Snowpeak Nature (Beijing) Cultural Development Co., Ltd.



日本驻华大使馆新闻文化参赞永森洋吾在活动上讲话  
Press and Cultural Counsellor of the Embassy of Japan in China delivered a speech at the event.



出席嘉宾分享登山与露营活动历程  
Participants shared their experiences of mountaineering and camping activities



### 活动现场

*A moment of the event*



现场体验活动  
Live experiential activities



## 巴哈马独立日 Bahamas Independence Day

值此巴哈马国独立 50 周年之际，巴哈马驻华大使馆于 7 月 10 日在北京瑞吉酒店举办了庆祝招待宴会。各国驻华大使、外交官、以及中巴各界人士代表出席活动，欢聚一堂。

On the occasion of the 50th anniversary of the independence of the Bahamas, the Embassy of the Bahamas in China hosted a celebratory reception on July 10th at The Ritz-Carlton Hotel in Beijing. Ambassadors, diplomats from various countries, and representatives from all walks of life in both China and the Bahamas attended the event and had a joyous gathering.

巴哈马驻华大使波莱特·贝瑟尔 (Paulette Bethel) 女士欢迎到场宾客  
Ms. Paulette Bethel, the Ambassador of the Bahamas to China, welcomed the guests.

活动现场  
*A moment of the event*





巴哈马驻华大使波莱特·贝瑟尔 (Paulette Bethel) 女士在致辞中说: 希望在巴哈马群岛和中国各省之间建立更多地特殊方式, 作为深化和扩大我们两国关系的另一种方式。  
In her speech, Ambassador Paulette Bethel expressed her hope for establishing more special ways of cooperation between the islands of the Bahamas and the provinces of China, as another means to deepen and expand the relationship between the two countries.



巴哈马驻华大使波莱特·贝瑟尔女士与中国外交部拉美司司长蔡伟共切庆祝蛋糕。  
Ambassador Paulette Bethel of the Bahamas to China and Mr. Cai Wei, Director-General of the Department of Latin American and Caribbean Affairs of the Foreign Ministry, cut the celebration cake together.



巴哈马驻华大使波莱特·贝瑟尔女士与中国外交部拉美司司长蔡伟就中巴关系相互洽谈。  
Paulette Bethel, Ambassador of the Bahamas to China, and Mr. Cai Wei, Director-General of the Department of Latin American and Caribbean Affairs of the Foreign Ministry held talks on Sino-Bahamian relations.

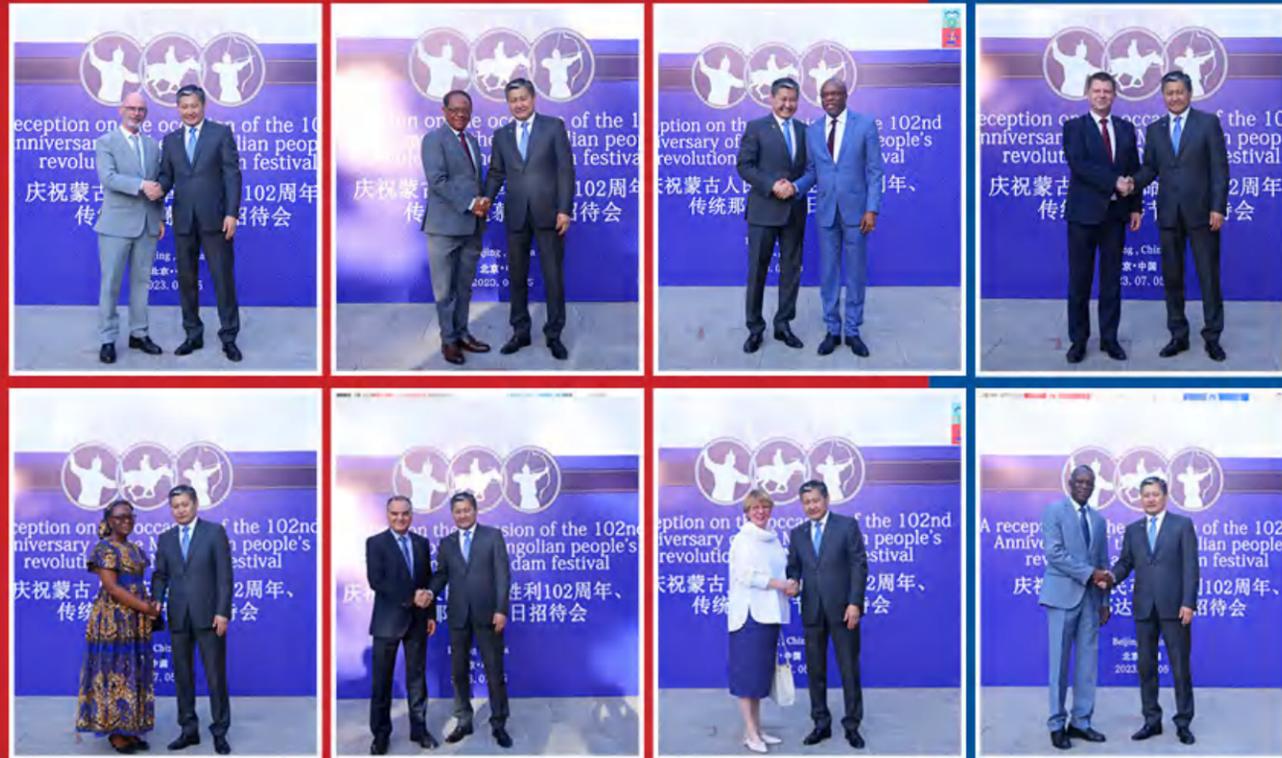


文艺表演  
Artistic performances

## 活动现场 A moment of the event



巴哈马特色产品展示  
Exhibition of Bahamian specialty products



蒙古国驻华大使图布辛·巴德尔勒阁下欢迎到场宾客  
His Excellency Tuvshin Badral, the Mongolian Ambassador to China, welcomed the guests.



## 蒙古国庆日 Mongolia National Day

7月5日，为庆祝蒙古国人民革命胜利102周年，蒙古国驻华大使馆举办了传统那达慕节日招待会。该大节主要目标是通过宣传蒙古族传统遗产、民族服饰及其特色、民族旗袍和服装、用品和非物质文化遗产，向世界宣传乌兰巴托市以及打造满足游客需求的旅游产品和新型服务。

On July 5th, the Mongolian Embassy in China hosted a traditional Nadam Festival reception to celebrate the 102nd anniversary of the victory of the Mongolian People's Revolution. The main goal of this grand festival is to promote Mongolian traditional heritage, folk costumes and their characteristics, ethnic cheongsam and clothing, supplies, as well as intangible cultural heritage to the world. It also aims to promote Ulaanbaatar to the world and create new urban tourism products and services that meet the needs of tourists.



图布辛·巴德尔勒 (Tuvshin Badral) 大使对嘉宾的到来表示欢迎与感谢。他指出，1921年，蒙古国人民革命取得胜利，蒙古人民共和国建立，首届那达慕节举行，距今已有102年历史那达慕大会是蒙古国主权、民族团结、自由、历史、价值观、文化遗产、精神遗产的象征，是人类宝贵的文化遗产。  
Ambassador Tuvshin Badral expressed his welcome and gratitude to the guests. He pointed out that in 1921, the Mongolian People's Revolution won victory, and the Mongolian People's Republic was established. The first Nadam Festival was held, and it has a history of 102 years so far. As a symbol of Mongolian national sovereignty, ethnic unity, freedom, history, values, cultural heritage, and spiritual heritage, The Nadam Festival is a precious cultural heritage of humanity.

## 活动现场

*A moment of the event*





活动现场  
A moment of the event



活动现场，表演者们身着蒙古传统服饰，为来宾呈现了蒙古传统音乐、舞蹈及民族演出。  
During the event, performers who dressed in traditional Mongolian costumes presented traditional Mongolian music, dances, and ethnic performances to the guests.





两位乌拉圭艺术家伊内斯·阿格雷斯塔女士和加斯頓·查瓦特先生分别为来宾介绍展览作品的创作灵感并分享创作历程。以及他们这次到访中国的艺术创作之旅令他们感受颇深，也给他们带来了许多创作启发。他们还希望今后能与更多的中国艺术家们开展更多的交流。  
The two Uruguayan artists, Ms. Ine Agresta and Mr. Chavi del Yi, introduced the creative inspirations behind their exhibition works to the guests and shared their process of creation. They expressed deep feelings about their artistic creation journey in China and how it brought them much inspiration. They also expressed their hope to engage in more exchanges with Chinese artists in the future.

## 乌拉圭艺术盛宴 Uruguayan Art Feast



在中乌建交 35 周年的框架下，乌拉圭驻华大使馆于 7 月 19 日晚在使馆内举办了一场来自乌拉圭艺术家伊内斯·阿格雷斯塔 (INE AGRESTA) 女士和加斯頓·查瓦特 (CHAVI DEL YI) 先生的艺术盛宴。

In the framework of the 35th anniversary of the establishment of diplomatic relations between China and Uruguay, the Uruguayan Embassy in China hosted an art feast on the evening of July 19th, featuring works from Uruguayan artists, Ms. Ine Agresta and Mr. Chavi del Yi.

乌拉圭驻华大使费尔南多·卢格里斯阁下致欢迎词。  
His Excellency Fernando Lugris, the Uruguayan Ambassador to China, delivered a welcoming speech.



## 活动现场 A moment of the event



乌拉圭驻华大使费尔南多·卢格里斯阁下参观展览。  
His Excellency Fernando Lugris, the Uruguayan Ambassador to China, visited the exhibition.





瑞士驻华大使白瑞谊(Jürg Burri)阁下在致辞中说：“今年，瑞士驻华大使馆不仅聚焦‘多样性’还展示了不同背景、肤色、性别、年龄和能力的人如何为瑞士的成功作出贡献。盲牛便是一个最好的案例。20多年来，他们的专业盲人向导一直致力于提高瑞士公众对视障群体的认知，作为一家企业，他们也为视障人士提供了就业机会。我很高兴把盲牛带到中国，希望这里的人们也能受到鼓舞并为多样性而喝彩。” On the afternoon of July 29th, the Swiss Embassy in China officially launched a one-week public experiential event called “Blinde Kuh – Dialogue in the Dark” at the Beijing Time Museum. This is another new attempt in the field of social and cultural cooperation between Switzerland and China. Focusing on the real life of the visually impaired by immersing the audience in the world of the blind, the event aims to promote social understanding and inclusion of people with disabilities in society.



瑞士驻华大使白瑞谊(Jürg Burri)与 Blinde kuh 基金会主席 Christina Fasser 体验盲人乒乓球。  
The Swiss Ambassador Jürg Burri experienced the blind table tennis with Blinde Kuh Foundation Chairperson Christina Fasser.

## “黑暗中的感官之旅” 沉浸式体验盲人世界

### "Blinde Kuh – Dialogue in the Dark": Immersive Experience of the Blind World

7月29日下午，瑞士驻华大使馆在北京时间博物馆正式开启为期一周的“盲牛——黑暗中的感官之旅”公众体验活动。这是瑞士与中国在社会文化合作领域的又一全新尝试，活动聚焦视障群体的现实生活，通过让观众沉浸式体验盲人的世界，促进社会对身心障碍群体的理解与包容。

His Excellency Jürg Burri, the Swiss Ambassador to China, said in his speech, "This year, the Swiss Embassy in China has not only focused on 'diversity' but has also showcased how people with different backgrounds, skin colors, genders, ages, and abilities can contribute to the success of Switzerland. Blinde Kuh is a prime example. For over 20 years, their professional blind guides have been dedicated to raising public awareness of the visually impaired community in Switzerland, and as a company, they have provided employment opportunities for visually impaired individuals. I am delighted to bring Blinde Kuh to China and hope that people here will also be inspired and cheer for the diversity."



Blinde kuh 基金会主席 Christina Fasser 和中国盲人协会副主席何川开展对话。  
Christina Fasser, the Chairperson of the Blinde Kuh Foundation, engaged in a dialogue with He Chuan, the Vice Chairman of the China Association of the Blind.

## 活动现场

### A moment of the event



Blinde kuh 基金会主席 Christina Fasser 与嘉宾合影留念。  
Christina Fasser, the Chairperson of Blinde Kuh Foundation, posed with guests.



本次为期一周的“黑暗中的感官之旅”活动顺利开启并于7月30日至8月6日每天11:00至17:30在保利文化旗下展馆北京时间博物馆对公众免费开放。  
The week-long event “Blinde Kuh – Dialogue in the Dark” has successfully launched and will be open to the public for free at the Beijing Time Museum, a venue under the Poly Culture Group, from July 30th to August 6th, between 11:00 and 17:30 daily.



值此哥伦比亚国庆日之际，哥伦比亚驻华大使馆于7月27日在京举办了哥伦比亚独立213周年庆祝活动。

On the occasion of Colombia's National Day, the Colombian Embassy in China held the celebration of Colombia's 213th Independence Anniversary on July 27 in Beijing.

哥伦比亚共和国驻华大使塞尔希奥·卡夫雷拉阁下高度评价两国关系和传统友谊，表示愿同中方共同推动哥中关系不断向前发展。

His Excellency Sergio Cabrera, the Ambassador of the Republic of Colombia to China, spoke highly of the bilateral relations and traditional friendship between the two countries. He expressed the willingness to work together with China to continuously advance the Colombia-China relationship.



中国政府拉美事务特别代表邱小琪出席活动并与哥伦比亚共和国驻华大使塞尔希奥·卡夫雷拉阁下共同庆祝活动圆满举行。Special Representative of the Chinese Government on Latin American Affairs Qiu Xiaoqi, attended the event and celebrated the successful gathering together with His Excellency Sergio Cabrera, the Ambassador of the Republic of Colombia to China.

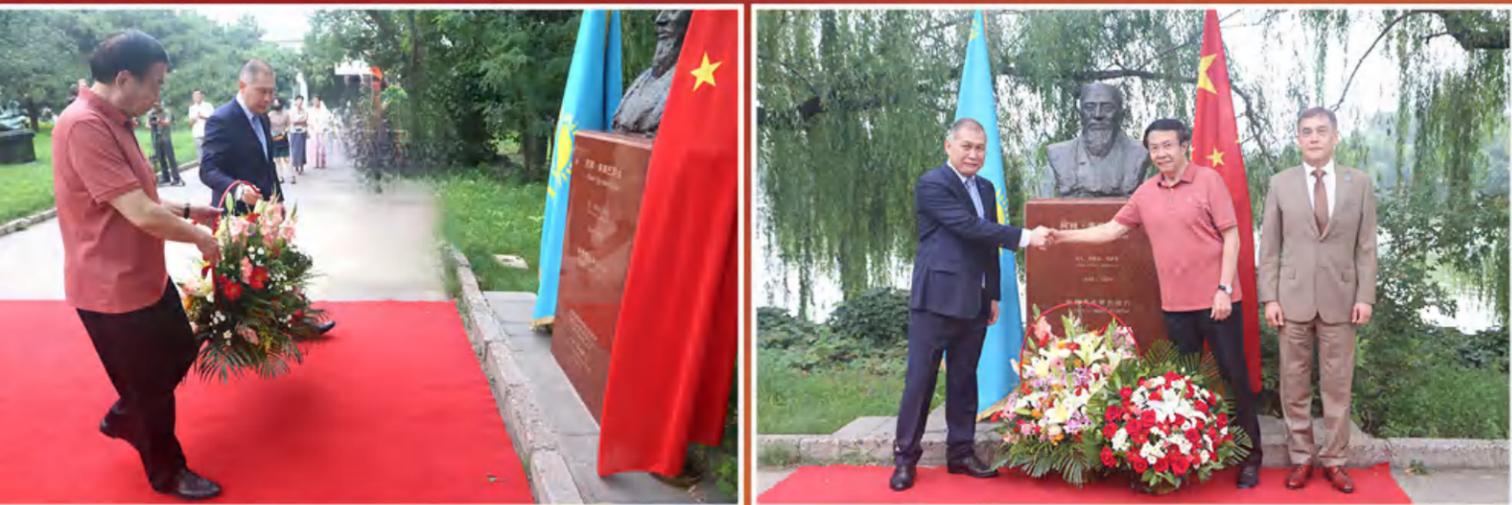


## 哥伦比亚国庆日 Colombian National Day



## 活动现场 A moment of the event





哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下与北京金台艺术馆馆长袁熙坤先生共同向哈萨克斯坦共和国伟大诗人阿拜·库南巴耶夫雕像献花并合影留念。  
His Excellency Shakhrat Nuryshev, Kazakhstan's ambassador to China, and Mr. Yuan Xikun, curator of Beijing Jintai Art Museum, presented flowers to the statue of the great poet of the Republic of Kazakhstan, Abai Kunanbaiuly, and posed for a group photo.

## 阿拜诗歌会 Abai Poetry Event

8月10日，为纪念哈萨克斯坦共和国伟大的诗人、哲学家、思想家、启蒙者阿拜·库南巴耶夫诞辰178周年，由哈萨克斯坦驻华大使馆和北京金台艺术馆共同举办的“阿拜诗歌朗诵会”在北京金台艺术馆举行。

哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下在致辞中说：阿拜是哈萨克人民精神财富的伟大人物。他的诗歌箴言，不仅是哈萨克人民的黄金文化遗产，而且具有普世价值。为了让年轻一代沉浸在这位伟大思想家的宝贵遗产中，高等教育机构开设了“阿拜学”课程。就像孔子的智慧和哲学对于中国人民的意义一样，阿拜的智慧和哲学对哈萨克人民来说也是无价之宝。九年前阿拜·库南巴耶夫的雕塑被安放在金台艺术馆的雕塑园内如今已成为对于哈萨克人民来说世界上神圣的地方之一。每年在这里举办的“阿拜诗朗诵”正在成为一项良好的传统，展示了两国友好人民在相互尊重的基础上建立的崇高精神关系。

On August 10th, to commemorate the 178th anniversary of the birth of Abai Kunanbaiuly, the great poet, philosopher, thinker and enlightener of the Republic of Kazakhstan, the "Abai Poetry Recital" was held in Beijing Jintai Art Museum.

His Excellency Shakhrat Nuryshev, Kazakhstan's ambassador to China, said in his speech: Abai is a great figure in the spiritual wealth of the Kazakh people. His poetic proverbs are not only the golden cultural heritage of the Kazakh people, but also of universal value. In order to immerse the younger generation in the great thinker's valuable legacy, higher education institutions have introduced "Abai Studies" courses. Just as the wisdom and philosophy of Confucius are of great significance to the Chinese people, the wisdom and philosophy of Abai are also invaluable to the Kazakh people. Nine years ago, the sculpture of Abai Kunanbaiuly was placed in the sculpture garden of the Jintai Art Museum, and now it has become one of the most sacred places in the world for the Kazakh people. The "Abai Poetry Recital" held here every year is becoming a good tradition, demonstrating the noble spiritual relationship established by the friendly people of the two countries based on mutual respect.



哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下致辞  
His Excellency Shakhrat Nuryshev, Kazakhstan's ambassador to China,



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, delivered a speech



文艺表演  
Live performance

### 活动现场

*A moment of the event*





哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下表示，为进一步巩固“上海精神”，哈萨克斯坦驻华大使馆、上合组织秘书处、上合组织睦邻友好合作委员会决定在一年内再举办约 20 项经贸、文化、人文等领域的活动。

His Excellency Shakhmat Nuryshev, Kazakhstan's ambassador to China, said that in order to further consolidate the "Shanghai Spirit," The Embassy of Kazakhstan in China, the SCO Secretariat and the SCO Committee on good-neighborly Friendship and cooperation have decided to hold another 20 events in the fields of economy, trade, culture and humanities in one year.

上合组织秘书长张明阁下表示：上合组织高度重视促进文化艺术领域的合作。自 2022 年起，上合组织文化和旅游资助项目正式启动，今年阿拉木图将成为上合组织文化和旅游之都。他指出，文化是一种强大的资源，具有创造性和团结的力量。今天举办的活动旨在展示当代哈萨克斯坦的文化成就，拉近上合组织各成员国之间的距离，加强相互尊重、相互理解和相互信任。

His Excellency Zhang Ming, secretary-general of the SCO, said that the SCO attaches great importance to promoting cooperation in the field of culture and the arts. Starting in 2022, the SCO culture and tourism funding program was officially launched, and this year Almaty will become the SCO culture and tourism capital. He noted that culture is a powerful resource, a force for creativity and solidarity. Today's event aims to showcase the cultural achievements of contemporary Kazakhstan, bring the SCO member states closer together and strengthen mutual respect, understanding and trust.

哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下欢迎到场宾客  
The Ambassador of Kazakhstan to China, His Excellency Shakhmat Nuryshev, welcomed the guests

# 哈萨克斯坦文化日 Cultural Day of Kazakhstan



9月13日晚，哈萨克斯坦驻华大使馆在上海合作组织秘书处举办哈萨克斯坦文化日活动，本次活动展示了哈萨克族丰富的传统习俗、美食、音乐和服饰文化。上合组织成员国部分国家驻华大使及外交官、中国外交部官员、学者、文化艺术界人士和媒体代表应邀出席。

On the evening of September 13, the Embassy of Kazakhstan in China held an event for Kazakhstan cultural day at the Secretariat of the Shanghai Cooperation Organization, the event showcased Kazakhs's rich traditions, food, music and clothing culture. Ambassadors and diplomats of some SCO member states, officials of the Chinese foreign ministry, scholars, cultural and artistic circles and media representatives were invited to attend.





哈萨克斯坦小朋友现场抓阄仪式  
Kazakhstan children draw lots on the spot

哈萨克斯坦驻华大使沙赫拉特·努雷舍夫阁下与上合组织秘书长张明阁下共同参观哈萨克斯坦图片展览（下图）  
His Excellency Shakhrat Nuryshev, Ambassador of Kazakhstan to China, and His Excellency Zhang Ming, secretary-general of the SCO, visited the photo exhibition of Kazakhstan



哈萨克民族服装走秀展示了哈萨克斯坦独立设计师品牌“Ai-zer”的作品。这一品牌将哈萨克民族元素融入现代时装，用现代的手法来传承古老的民族服饰文化。  
The Kazakh national fashion show showcased the work of independent Kazakh designer brand “Ai-zer”. The brand incorporates Kazakh ethnic elements into modern fashion, with modern means to inherit the ancient culture of national dress.



## 活动现场 A moment of the event

“图兰”乐团成员穿着民族服饰为大家带来哈萨克斯坦音乐表演。  
Members of the “Turan” band wear national costumes to perform Kazakh music.



值此泰国驻华大使阿塔育·习萨目阁下任期结束之际，泰国驻华大使馆于9月1日晚在使馆内举办了一场欢送宴会。回顾从前，泰中的友好关系和贸易往来可追溯到700多年前。1975年7月1日，泰国和中国正式建立外交关系，开启了两国关系的新纪元。

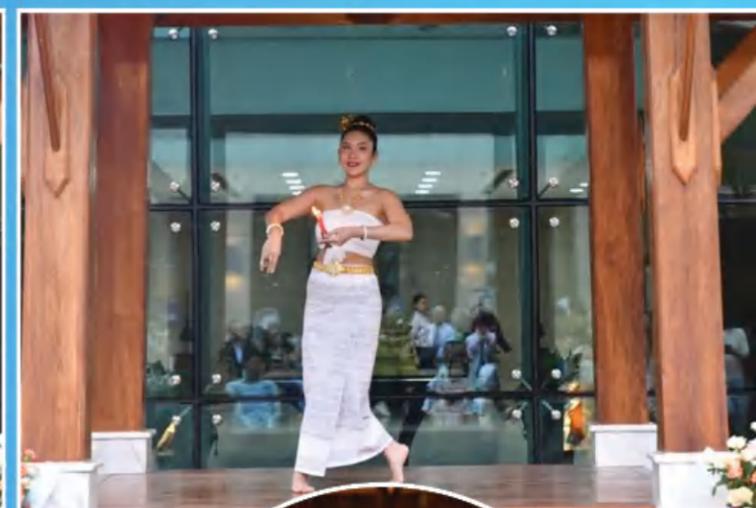
On the occasion of the end of the term of H.E. Arthayudh Srisamoot, Ambassador of Thailand to China, a farewell banquet was held at the Thai embassy in Beijing on the evening of September 1. Looking back, the friendly relations and trade exchanges between Thailand and China could be dated back to more than 700 years ago. On July 1, 1975, Thailand and China officially established diplomatic relations, opening a new era in bilateral relations.

阿塔育·习萨目阁下在致辞中表示，我非常荣幸能够获得泰国国王的恩泽，任命我担任泰国驻华大使一职。在这四年的期间里，我深深感受到了中国政府和中国人民的友好，泰中关系至今发展到了一个新高点。

In his speech, H.E. Arthayudh Srisamoot said, "it was a great honour for me to be honoured by the grace of the King of Thailand in appointing me to the post of Ambassador of the Kingdom of Thailand to China. During these four years, I have deeply felt the friendship between the Chinese government and the Chinese people. Thailand-China relations have reached to a new high point so far.



## 泰国大使离任招待会 A Reception for the Departure of the Thai Ambassador



中泰文艺表演  
Chinese and Thai Cultural Performances



## 活动现场 *A moment of the event*



特色美食  
Specialty Cuisine



## 抗战胜利纪念日

### Victory Memorial Day for the Chinese People's War of Resistance against Japanese Aggression

9月4日，对日本军国主义战争胜利纪念日、中国人民抗日战争胜利纪念日和库尔斯克战役胜利80周年纪念大会于北京俄罗斯文化中心隆重举行。

俄罗斯驻华使馆公使衔参赞热洛霍夫采夫 (Ivan Zhelokhovtsev) 先生在致辞中表示：我们各国团结一致，谨慎对待历史事实，坚决反对任何篡改二战历史的企图。希望共同抗击侵略者的记忆将世代相传。

On September 4, the commemorative meeting for the victory of the Japanese militarism war, the victory memorial day for the Chinese people's war of resistance against Japanese aggression and The 80th anniversary of the victory of the Battle of Kursk was held at the Russian Cultural Center in Beijing.

In the speech, Mr. Ivan Zhelokhovtsev, Minister Counsellor of the Russian Embassy in China said, "Our countries are united. We are cautious about historical facts, and resolutely oppose any attempt to falsify the history of the Second World War. It is hoped that the memory of the common struggle against the aggressors will be passed down from generation to generation."



嘉宾观展  
Guests Visit the Exhibition

展品展示  
Display of Exhibition



播放俄罗斯老兵回忆往事视频  
Video of Russian Veterans

## 活动现场

*A moment of the event*

为2023年度“胜利大听写”国际历史测验优胜者颁奖  
Award Winners of the 2023 "Victory dictation" International History Test





## 尼泊尔气候变化会议和图片展 Nepal Climate Change Conference and Photo Exhibition

尼泊尔驻华大使馆于9月8日在使馆内举办了一场关于“尼泊尔气候变化的会议和相关展览”。

The Embassy of Nepal in China hosted a conference and relevant exhibition on "Climate Change in Nepal" on September 8th at the embassy.

尼泊尔驻华大使比什努·施雷斯塔阁下在会上发言  
His Excellency Bishnu Pukar Shrestha, Ambassador of Nepal to China, delivered a speech at the conference.



## 活动现场 *A moment of the event*



联合国驻华协调员常启德先生发言  
Statement by Mr. Siddharth Chatterjee,  
the UN Coordinator in China



联合国妇女署中国办公室代表安思齐女士发言  
Statement by Ms. Smriti Aryal,  
Representative of UN Women, Beijing.



尼泊尔驻华大使比什努·施雷斯塔阁下与嘉宾交流  
His Excellency Bishnu Pukar Shrestha, Ambassador of Nepal to China, interacting with the guests.



嘉宾观看展览  
Guests viewing the exhibition.



尼泊尔驻华大使夫妇携使馆官员欢迎到场宾客  
The Ambassador of Nepal to China, accompanied by embassy officials, welcomed the guests.



## 尼泊尔国庆节 Nepal National Day Celebration

为庆祝尼泊尔宪法日暨国庆节来临之际，尼泊尔驻华大使馆于9月20日晚在使馆内举办了庆祝招待宴会。

To celebrate the upcoming Nepal Constitution Day and National Day, the Embassy of Nepal in China hosted a celebratory reception on the evening of September 20th at the embassy.

尼泊尔驻华大使比什努·施雷斯塔阁下在致辞中说：尼泊尔和中国山水相连，世代友好。两国关系以和平共处五项原则为基础，互信互谅。自1955年8月1日建立外交关系以来，两国关系得到了进一步的加强和深化。中国一直是尼泊尔值得信赖的朋友和可靠的发展伙伴。我相信，68年来一直欣欣向荣的尼中双边关系将在未来继续不断深入发展。

In the speech, His Excellency Bishnu Pukar Shrestha, Nepal's ambassador to China said, "Linked by mountains and rivers, Nepal and China have enjoyed generations of friendship. The bilateral relations, based on the Five Principles of Peaceful Coexistence, are marked by mutual trust and understanding. Since the establishment of diplomatic relations on August 1, 1955, the two countries have further strengthened and deepened their relations. China has always been a trustworthy friend and reliable development partner for Nepal. I believe that Nepal-China bilateral relations, which have been thriving for 68 years, will continue to grow in depth in the future."



中国外交部亚洲司司长刘劲松阁下应邀出席并与尼泊尔驻华大使比什努·施雷斯塔阁下进行会谈。  
His Excellency Mr. Liu Jinsong, Director-General of the Asian Affairs Department of the Chinese Ministry of Foreign Affairs, held discussions with His Excellency Bishnu Pukar Shrestha, the Ambassador of Nepal to China.



尼泊尔驻华大使比什努·施雷斯塔阁下与中国外交部亚洲司司长刘劲松阁下共同庆祝活动圆满举行。  
Ambassador Bishnu Pukar Shrestha and Director-General Liu Jinsong jointly celebrated the success of the event.



尼泊尔驻华大使比什努·施雷斯塔阁下与中国外交部亚洲司司长刘劲松阁下共同点亮尼泊尔传统油灯。  
Ambassador Bishnu Pukar Shrestha and Director-General Liu Jinsong jointly lit the traditional Nepali oil lamp.



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, Minister at the Embassy of Nepal in China.

活动现场

*A moment of the event*



尼泊尔传统歌舞表演  
Traditional Nepali song and dance performances were presented during the event.





中共中央政治局委员、全国人大常委会副委员长李鸿忠在致辞中热烈祝贺朝鲜建国 75 周年，表示维护好、巩固好、发展好中朝关系，始终是中国党和政府坚定不移的方针。中方愿同朝方一道，落实好两党两国最高领导人重要共识，推动中朝关系取得更大发展。

Li Hongzhong, member of the Political Bureau of the Central Committee of the Communist Party of China and Vice Chairman of the Standing Committee of the National People's Congress, warmly congratulated North Korea on its 75th anniversary of independence in his speech. He stated that maintaining, consolidating, and developing the China-North Korea relationship is an unwavering policy of the Chinese party and government. China is willing to work with North Korea to implement the important consensus reached by the top leaders of both parties and countries, and promote greater development in China-North Korea relations.

朝鲜驻华大使李龙男与中共中央政治局委员、全国人大常委会副委员长李鸿忠分别与出席嘉宾共同举杯庆祝活动圆满举行。  
Ambassador Ri Ryong Nam and Li Hongzhong, along with the attending guests, raised glasses together to celebrate the successful event.



## 朝鲜国庆日

## North Korea National Day

值此朝鲜民主主义人民共和国独立七十五周年国庆来临之际，朝鲜驻华大使馆于 9 月 8 日在使馆内举办了庆祝招待宴会。

朝鲜驻华大使李龙男阁下表示，朝方愿同中方携手努力，不断巩固发展朝中传统友好合作关系，推动两国社会主义建设事业取得新成就。

On the occasion of the 75th anniversary of the independence of the Democratic People's Republic of Korea, the Embassy of North Korea in China hosted a celebratory reception on September 8th.

His Excellency Ri Ryong Nam, the Ambassador of North Korea to China, expressed that North Korea is willing to work with China to continuously strengthen and develop the traditional friendly cooperation between the two countries and achieve new achievements in the socialist construction of both nations.





## 约旦在京举办主题路演 Jordan Hosts Theme Roadshow in Beijing

约旦旅游局于9月8日在北京成功举办“约旦——时间的王国”主题路演活动。该活动意在深度分享约旦哈希姆王国的风土人情,自然风光,文化习俗等旅游体验,总结过去几年在中国市场所取得的成功,承前启后,推陈出新。出席活动的贵宾包括约旦哈希姆王国驻华大使馆的大使 Hussam Al-Husseini 阁下; 约旦驻华大使馆官员 Yahya Al-Kuraan 和 Ma'moun Alfaqier 先生; 约旦旅游局亚洲区域总监 Afanah Zuhier 先生, 会展部经理 Shahd Al-Khatib 女士。还有来自北京的旅行社、媒体和航空公司的嘉宾代表, 共计百余位行业嘉宾莅临参会。

On September 8th, the Jordan Tourism Board successfully hosted the "Jordan - Kingdom of Time" themed roadshow in Beijing. The event aimed to share in-depth travel experiences of the Hashemite Kingdom of Jordan, including local customs, natural scenery and cultural practices. Also, it was intended to sum up the success achieved in the Chinese market over the past few years, and pave the way for future developments. Distinguished guests at the event included His Excellency Ambassador Hussam Al-Husseini of the Embassy of the Hashemite Kingdom of Jordan in China, officials from the Jordanian Embassy in China, Mr. Yahya Al-Kuraan and Mr. Ma'moun Alfaqier, Mr. Afanah Zuhier, Director of the Asia Region for the Jordan Tourism Board, and Ms. Shahd Al-Khatib, Manager of the Exhibition Department. Representatives from travel agencies, media, and airlines in Beijing, totaling over a hundred industry guests, also attended.



本次活动的主持人欧阳丽丽来自约旦, 现居北京。她分享了自己在中约两国的生活感受, 并称约旦是她的祖国, 中国是她的第二故乡。The host of the event, Ms. Ouyang Lili, originally from Jordan and currently residing in Beijing, shared her personal experiences of living in both China and Jordan, expressing that Jordan is her homeland and China her second hometown.

约旦旅游局中国区路演北京站圆满结束, 行业优秀代表莅临出席。

The Jordan Tourism Board's roadshow in the Beijing stop concluded successfully with the attendance of outstanding representatives from the industry.

本次路演活动隆重邀请约旦驻华大使 Hussam Al-Husseini 阁下发表致辞, 感谢各位来宾对约旦长久来的支持, 以及约旦旅游局及其中国办公室对约旦旅游推广做出的卓越贡献。大使指出约旦与中国的友谊始于两千多年前, 从古老的丝绸之路延续至今。2015年约旦国王阿卜杜拉二世与中国国家主席习近平在北京签署两国建立战略伙伴关系的联合声明, 促使约旦和中国人民的友谊也在不断深化和加强。His Excellency Ambassador Hussam Al-Husseini of Jordan in China delivered a speech during the roadshow, expressing gratitude to all attendees for their long-standing support for Jordan and the outstanding contributions made by the Jordan Tourism Board and its China office to promote Jordanian tourism. The Ambassador highlighted the friendship between Jordan and China. The friendship began more than 2,000 years ago, and continues to this day along the ancient Silk Road. He mentioned that the Joint Statement on Establishing a Strategic Partnership between the Hashemite Kingdom of Jordan and the People's Republic of China, signed in Beijing in 2015 by King Abdullah II of Jordan and President Xi Jinping of China, has continued to deepen and strengthen the friendship between Jordan and the Chinese people.





约旦旅游局亚洲区域总监 Mr Afanah Zuhier 先生, 提到约旦旅游今年1月至8月的国际游客数据已达450万, 预计今年将突破600万, 期待更多的中国游客前往约旦。他提到约旦旅游及文化的多元性, 约旦人民根植于基因里热情好客的传统, 期待同业能够研发更多约旦旅游产品。Mr. Afanah Zuhier, Asia Regional Director of the Jordan Tourism Board, mentioned that the number of international tourists in Jordan's tourism industry from January to August this year has reached 4.5 million, and is expected to exceed 6 million this year. He looks forward to more Chinese tourists visiting Jordan. He mentioned the diversity of Jordanian tourism and culture. The Jordanian people have a tradition of hospitality rooted in their genes, and looked forward to the industry developing more Jordanian tourism products.

约旦旅游局为来宾准备了丰厚的抽奖互动礼品, 现场活跃指数被拉到峰值。活动会场佩特拉古城背景的拍照墙成为来宾打卡约旦的焦点, 仿佛能够感受到佩特拉作为古丝绸之路重要的运输通道, 如今驼铃声响依旧, 诉说着历史, 憧憬着未来。The Jordan Tourism Board prepared a generous interactive raffle for the guests and the live activity index was pulled to a peak. The photo wall in the background of the ancient city of Petra became the focal point for the guests to check in with Jordan, as if they could feel Petra as an important transport route along the ancient Silk Road. Today, the sound of camel bells still tells the history, looking forward to the future.



约旦旅游局北京办事处成晨女士详细地介绍了约旦旅游的元素, 从人文、自然、康养等领域展示约旦独特的旅游资源。她提到约旦对中国游客实施落地签证及电子签证, 更大程度便利大家的出行。经典的佩特拉古城、死海漂浮的康养、古老与现代结合的安曼、充满科技感的瓦迪拉姆、休闲浪漫的亚喀巴等, 在成女士的讲解下熠熠生辉。Ms. Cheng Chenxiao, from the Jordan Tourism Board's Beijing office, provided a detailed introduction to the elements of Jordanian tourism, showcasing its unique resources in areas like humanity, nature, and wellness. She mentioned that Jordan offers visa-on-arrival and e-visa services for Chinese tourists, making it easier for them to travel. Under her guidance, iconic destinations like Petra, the Dead Sea for wellness, the blend of ancient and modern in Amman, the technological marvel of Wadi Rum, and the romantic Aqaba all shone brightly.



随着约旦和中国在各个领域合作的加强和深化, 约旦旅游局在中国市场会加强在同业、媒体、数字化等领域的推广力度, 给与同业更大的支持, 为中国游客提供更好的服务。约旦人和中国人拥有共同的旅游文化, 期待两国之间的旅游业蓬勃发展。With the strengthening and deepening of cooperation between Jordan and China in various fields, the Jordan Tourism Board will intensify its promotional efforts in the Chinese market in areas such as the travel industry, media, and digitalization. This will provide greater support to industry peers and offer better services to Chinese tourists. Jordanians and Chinese share a common tourism culture, and they look forward to the vibrant development of the tourism industry between the two countries.



现场还邀请了旅游达人姜昊先生分享了他在约旦的旅途见闻及难忘瞬间。作为美食达人的姜先生, 展示了约旦的甜点、烤鱼、国菜、贝都因美食等, 分享的每张照片都体现了约旦令人惊叹的自然美景, 从日落到星辰, 从大漠孤烟到宏伟瑰丽的古堡。Mr. Jiang Hao, a travel enthusiast, was invited to share his experiences and unforgettable moments in Jordan. As a food connoisseur, Mr. Jiang showcased Jordanian desserts, grilled fish, national dishes, and Bedouin cuisine, with each photo he shared capturing the stunning natural beauty of Jordan, from sunsets to starry skies, from the vast desert to the grand and magnificent castles.





# Follow the Ambassador to his Country

**P.H. Durdyev**  
Ambassador of Turkmenistan to China

## 跟着大使看世界

——土库曼斯坦驻华大使杜尔德耶夫

土库曼斯坦位于中亚西南部，科佩特山以北，为内陆国家；东接阿姆河，东北部与哈萨克斯坦、乌兹别克斯坦接壤，西濒里海与阿塞拜疆，和俄罗斯隔海相望，南邻伊朗，东南与阿富汗交界。土库曼斯坦国土面积 49.12 万平方公里，约 80% 的国土被卡拉库姆大沙漠覆盖。

土库曼斯坦拥有丰富的自然景观，包括卡拉库姆沙漠、达什奥古兹温泉等。土库曼斯坦还有许多历史文化遗产，如玛尔大帝陵墓、科克托格王宫等。

Turkmenistan is located in the southwest of Central Asia, north of the Copet Mountains, and is a landlocked country; To the east is the Amu Darya River, to the northeast is Kazakhstan and Uzbekistan, to the west is the Caspian Sea and Azerbaijan, facing Russia across the sea, to the south is Iran, and to the southeast is Afghanistan. Turkmenistan covers an area of 491200 square kilometers, with approximately 80% of its territory covered by the Karakum Desert.

Turkmenistan has rich natural landscapes, including the Karakum Desert, Dashoguz Hot Springs, and more. Turkmenistan also has many historical and cultural heritage sites, such as the Mausoleum of Emperor Mahl and the Koktog Palace.



### 玛吉安娜马古什 MARGIANA-(MARGUSH)

古梅尔夫遗址位于距土库曼斯坦玛丽省东部 25 公里与现今巴雅玛里 (Bayramaly) 镇的东北郊相邻。东方学研究表明，梅尔夫不仅是一个古老的城市，而且是穆尔加布河 (Murgab) 沿岸的具有完整历史的一片绿洲，其源于帕拉帕米兹山脉 (Paropamiz)，并延卡拉库姆沙漠 (Garagum) 边缘肥沃的山谷发展而来。国家历史文化公园古梅尔夫是著名中亚丝绸之路沿线最古老、保存最完整的绿洲城市，在古代和中世纪的书面文献中都对其赞叹有加。

公元前两千年，在距古梅尔夫遗址以北约 70 公里的古穆尔加布河 (Murgab) 三角洲沃土上，世界最早期文明之一的马古什 (Margush) 诞生并繁盛发展。来自山区的肥沃淤泥，丰富的水资源和温和的气候为农作物的生产创造了有利条件，从而使古代经济的发展持续了几个世纪。尽管坐落在古代的古穆尔加布河 (Murgab) 上的各州的真实名称至今仍然未知，但科学家们毫不怀疑其原名可能源于赋予生命水源的 Murgab 河的 Murg 一词。马



古什仍然是该国已知的最古老名称，该词在著名的阿基姆尼德 (Achaemenid) 国王达里乌斯一世的贝希斯图恩 (Behistun) 铭文中被提及。



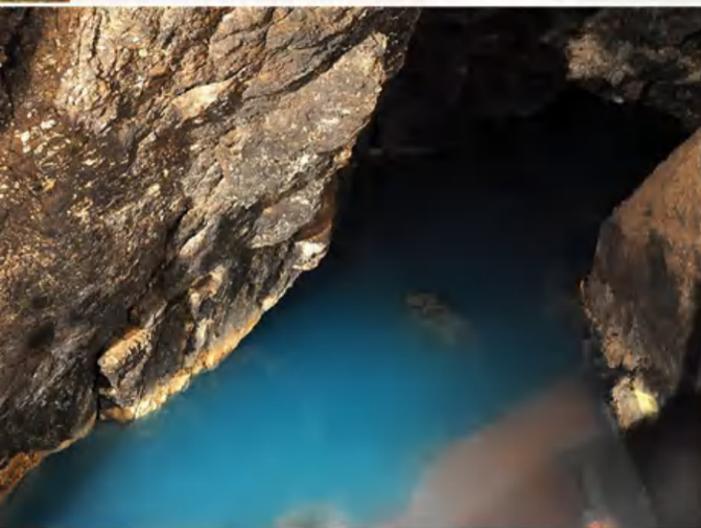
The ruins of Ancient Merv are adjacent to the north- eastern outskirts of the present Bayramaly town, located 25 km to the east of the provincial center Mary in Turkmenistan. In the science of eastern studies Merv is not simply an ancient city rather a complete historical oasis along the river of Murgab which originates from the Paropamiz Mountains and establishes a fertile valley at the edge of the Garagum Desert. The State Historical and Cultural Park Ancient Merv is the oldest and most completely preserved oasis city along the famous Silk Road in Central Asia which was referred to with admiration in the ancient and medieval written sources.

In the second millennium BC on the fertile lands of the ancient Murgab River delta some 70 km north of the ruins of ancient Merv one of the earliest centers of world civilization called Margush was born and flourished. Fertile silt coming from mountains abundance of water and mild climate created favourable conditions for good crops and progress of the ancient economy continued for several centuries. The real name of that state on the Murgab River in the ancient times remains unknown. But scientists have no doubts that this name may have derived from the word Murg that makes up the basis for the name of the life-giving water artery-the Murgab River. Margush is still the oldest known name of the country, which is referred to in the famous Behistun inscription of Achaemnid's king Darius I.





## 科瓦特洞穴和地下湖 KOWATA CAVE AND UNDERGROUND LAKE



科瓦特洞穴距离首都阿什哈巴德(Ashgabat)100公里。洞穴入口60米深处有一个湍流不息的湖,并由一条350个台阶的长步道通往它。湖水具有药用价值,包含硫,碘,镁,钾,钠,硫酸盐,铝,溴,铁,锑等共38种元素。在水中游泳利于身体健康,改善血液循环,并有助于治愈如风湿病、感冒、肾脏及皮肤疾病和安抚神经系统等好处。湖水温度全年从33度到38度不等。该湖长约80米,宽约30米,水深16米。它是世界上最大的地下湖泊之一,也因此阳光从未感触过这里如丝滑般的水面。由于山间引人入胜的水声和神秘的暮光,地下湖给游客带来一种身临另一个世界的感觉。

This cave is situated 100 kilometers far from Ashgabat. There is a lake, which breathes warm stream, in the depth of 60 meters from entrance into the cave. Long steps with 350 stairs lead to it. Medicinal water of the lake contains sulphur, iodine, magnesium, potassium, sodium, sulphate, aluminium, bromine, iron, stibium - in total 38 elements. Swimming in the water has favorable influence on body, improves blood circulation, and helps to cure such diseases as rheumatism, cold, renal and skin diseases, soothe the nervous system. Temperature of water in the lake is from 33 up to 38 degrees all the year round. Length of the lake is 80 meters, width -30 meters, depth - up to 16 meters. It is one of the largest underground lakes in the world. Sunrays never touched warm velvet of its waters. Bidding defiance to the time, the underground lake creates in tourists the feeling of displacement to another world owing to bewitching sounds of water and mysterious twilight in the cave.



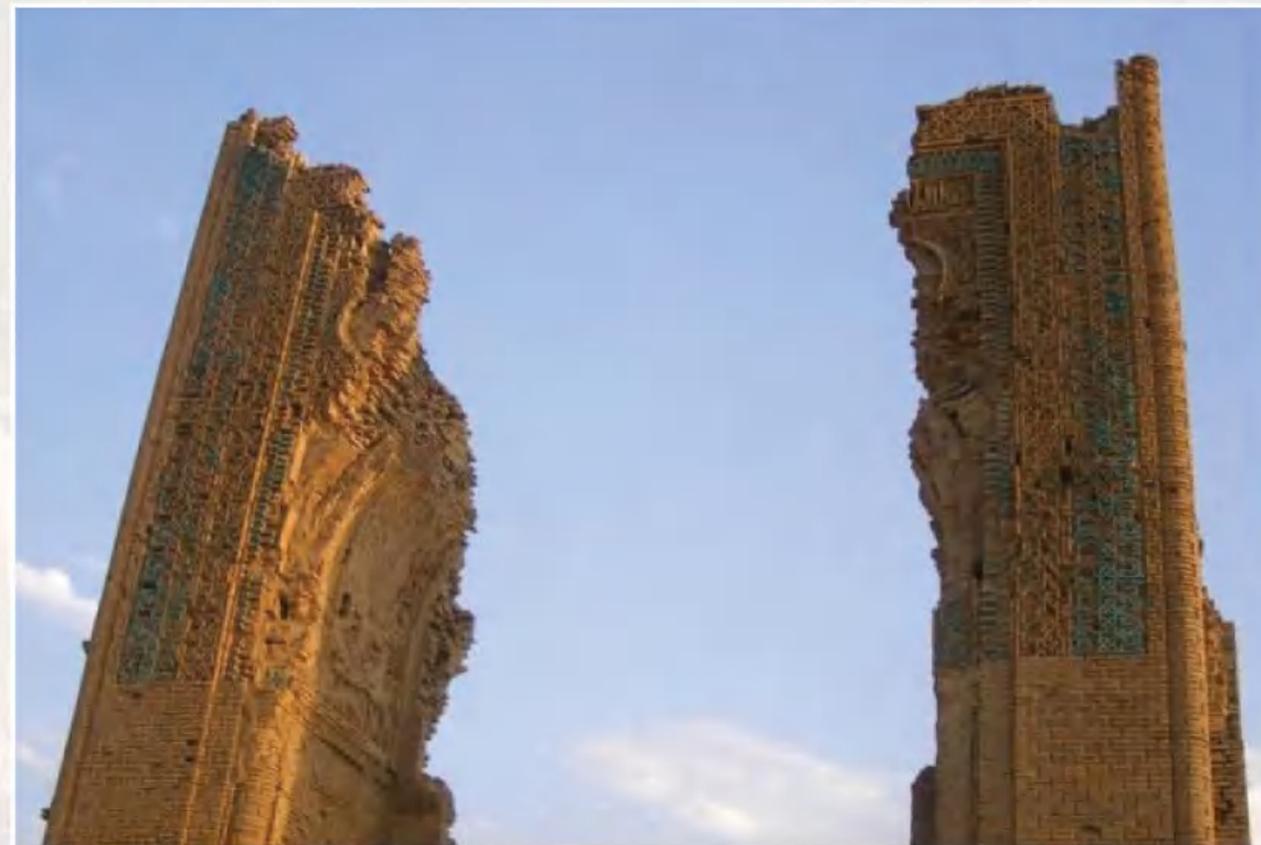
## 德赫斯坦文明 DEHISTAN CIVILIZATION

纵观东南里海的米斯里安(Misrian)高原那片光滑而贫瘠的平原,我们很难想象到这里曾经是肥沃绿洲。伴着冉冉升起太阳的照耀,从高处可以清楚地看到此处古代灌溉的痕迹:河床是以灌溉田地的正方形呈现;据研究人员也表明那里种植了从小麦到水稻的多种作物。研究人员有足够证据证实德赫斯坦的此处土地已有大约三千年的历史。但这不是一个连续的过程:有时田野被弃变为荒地,但几个世纪以后又被人民重新开垦。

考古学家已经确定了该绿洲存在的三个历史时期。最早的是青铜时代(公元前二千年),该时期一直持续到上古时代结束,也就是在帕提亚国家沦陷之前,该领土被称为希里亚尼亚(Hyrcania)。第二个时期与萨萨尼德州(Sassanids)

有关,从公元三世纪至七世纪。那时,包括古代土耳其人在内的各种游牧部落都定居于此。即使到现在,在米斯里安高原的广大地区,也可以发现以巨大的手推车形式留下的定居点的遗迹。最后,从八世纪到十四世纪的第三个时代留下了最令人印象深刻的痕迹。中世纪德赫斯坦的无数废墟不禁使人想起在该地区水源干枯前这个城市的样子。

从花刺子模(Khorezm)到波斯的商队路线沿着阿穆达里亚河(Amudarya River)的乌兹博伊(Uzboy)古老河床,穿过德赫斯坦最后流入里海。中世纪的阿拉伯历史学家阿尔马克西斯(Al-Makdisi)提到了二十四个德赫斯坦聚居区,但考古学家却发现其中的四十几个并不亚于中世纪的城市的规模。



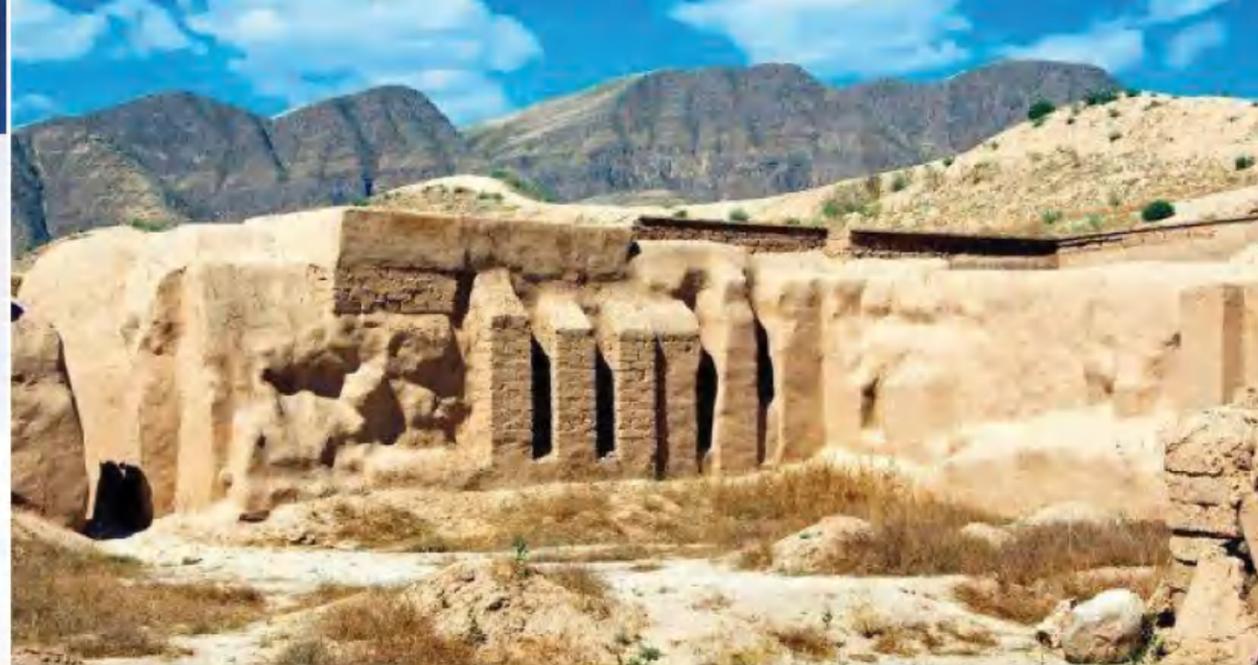


Looking at the smooth, barren plain of the Misrian Plateau, which is part of the South-East Caspian Sea, it is difficult to imagine that once it was the blooming, fertile oasis. But when viewed from the above, in the light of rays of the rising sun, on the relief of this area there will be clearly seen traces of ancient irrigation: channels, beds, squares of irrigated fields, where, according to researchers a variety of crops—from wheat to rice—were grown. The researchers have already gathered sufficient evidence

proving that the lands of Dehistan were used for about three thousand years. But it was not a continuous process: there were times when the fields were abandoned, and centuries later cultivated again.

Archaeologists have identified three historical periods of existence of this oasis. The earliest one is the Bronze Age (II millennium B.C.) that continues until the end of antiquity, that is, before the fall of the Parthian state, when this territory was called Hyrcania. The second epoch is associated with the state of the Sassanids and covers the III-VII centuries AD. It was a time when various nomadic tribes, including the ancient Turks settled here. The remains of their settlements in the form of huge slipped down barrows can be found even now in the vast areas of the Misrian Plateau. And, finally, the third era—from the VIII to XIV century—left the most impressive traces. The numerous ruins of medieval Dehistan remind one of what the urbanized area was like before the water sources that had fed it ran dry.

The caravan route from Khorezm to Persia along the Amudarya River's ancient bed—Uzboy, which flowed into the Caspian Sea, ran through Dehistan. The medieval Arab historian, Al-Makdisi, mentioned twenty-four Dehistan settlements, but archaeologists have discovered about forty of them with some of them not yielding to medieval cities by their size.



## 尼萨帕提亚的文明 NISA-PARTHIAN CIVILIZATION

中古世纪小镇尼萨 (Nisa) 的废墟位于巴吉尔 (Bagir) 村庄考皮达格 (Kopetdag) 山脚下, 距离首都阿什哈巴德 (Ashgabat) 市中心仅 18 公里。尼萨的帕提亚堡垒由新旧两部分尼萨组成, 这表明了尼萨是帕提亚帝国时最早和最重要的城市之一。帕提亚帝国从公元前 3 世纪中叶到公元 3 世纪持续了近 600 多年。遗址两个部分的考古发掘显示出其建筑当时装修的精美, 体现了其作为国家和宗教的社会功能。他们保存着古代文明的未发掘遗迹, 将其自身的传统文化元素与希腊文化和罗马西部的文化元素巧妙地结合在一起。这个强大的帝国位于重要的商业和战略轴心的十字路口, 一方面阻碍罗马的扩张, 另一方面又是东西南北之间重要的交流和贸易中心。

人类活动痕迹可追溯到公元前二到四世纪, 这表明在帕提亚帝国成立很久之前尼萨地区就已经长期有人居住。据说早在公元前一千年就有一个大的居民定居点。根据传说, 在达里乌斯·海斯塔斯佩斯 (Darius Hystaspes, 公元前六世纪) 时代, 定居点变成了边防要塞, 从而可以更好的阻止北部交战的游牧民族的入侵。

在公元前四世纪, 阿契美尼德帝国 (Achaemenid Empire) 在希腊—马其顿军队的控制下瓦解。在塞琉古 (Seleucids)— 作为亚历山大大帝 (Alexander the Great) 的继任者— 的统治下, 成立了巴克特里亚 (Bactria), 帕提亚 (Parthia) 和花刺子模 (Khorezm) 独立国家。

古代作家的著作中很好的描述了这一时期这些国家的飞速发展。根据一些古老的资料来源, 例如卡拉克斯的伊斯杜

乌斯 (Isidorus of Kharax) 中提到帕特奥尼萨 (Parthunisa) 市是阿尔萨西德 (Arsacid) 朝代的行政和经济中心。从他们的王室住所 (旧尼萨) 到附近的城市 (新尼萨), 阿尔萨西德王朝在从印度河到幼发拉底河的广阔领土上进行了大规模征服。帕特奥尼萨被考皮达格山脉分为两部分。其中之一位于现如今土库曼斯坦的阿哈尔地区。

The ruins of ancient and medieval town Nisa are located not very far (only 18 km) from the centre of Ashgabat city in the foothills of Kopetdag mountains in Bagir village. The Parthian Fortresses of Nisa consist of two parts Old and New Nisa, indicating the site of one of the earliest and most important cities of the Parthian Empire, a major power which lasted almost 600 years from the mid-3rd century BC to the 3rd century AD. Archaeological excavations in two parts of the site have revealed richly decorated architecture illustrative of domestic, state and religious functions. They conserve the unexcavated remains of an ancient civilization, which skillfully combined its own traditional cultural elements with those of the Hellenistic and Roman west. Situated at the crossroads of important commercial and strategic axes, this powerful empire formed a barrier to Roman expansion while serving as an important communication and trading center between the East and the West the North and the South.

Traces of human activity dating back to the IV-II millennium BC show that long before the beginning of the Parthian Empire the area of Nisa was already colonized by sedentary population. It is believed that there was a large settlement there as early as the 1st millennium BC. According to the legend during the time of Darius Hystaspes (VI c. BC) settlement became a frontier fortress, which barred the way to invade by the northern warring nomads.

In the IV century BC Achaemenid Empire collapsed under the Greco-Macedonian armies. Under the Seleucids—successors of Alexander the Great—formed independent states of Bactria, Parthia and Khorezm.

# 京津冀城市年轻力 创造者大会

京津冀城市年轻力  
创造者大会

## 京津冀“城市年轻力创造者大会”在京举办

青春朝阳

为贯彻落实习近平总书记在深入推进京津冀协同发展座谈会上的重要讲话精神，落实《朝阳区推进京津冀协同发展2023-2025年三年行动计划》工作部署，以青年力量激发京津冀城市活力，8月29日，京津冀“城市年轻力创造者大会”在北京THE BOX 朝外|年轻力中心举办。

北京团市委副书记乔学慧，朝阳区委副书记郑宇，天津和平团区委、河北石家庄团市委以及朝阳团区委、区发改委、区商务局、区高层次人才服务中心等单位负责同志

出席活动。中国城商联城市更新工作委员会、中央美术学院、中国传媒大学专家学者，以及朝阳文旅发展集团、盈展集团、天津金街、石家庄湾里庙等单位从业嘉宾参加活动。

会上发布了《青年文化消费视角下的年轻力报告》，深入洞察青年群体文化消费趋势，展现京津冀城市更新亮点项目。

随后，三位嘉宾进行了主旨发言。中国城商联城市更新工作委员会执行主任于鲁以《京津冀青年发展友好型产业社区》为切入点，带领大家用宏伟视野看到更多产业机遇。中央美术学院建筑学院教授李琳从学术加实践的双重视角，以《为城市更美好：持续激发城市创新基因的生长力量》为主题进行发言。北京盈展董事何诚以《THE BOX 朝外：如何瞄准新世代年轻力消费》为主题，发表独特见解。

会上，北京市朝阳区、天津市和平区、河北省石家庄市三地青联签订合作框架协议，中国城商联城市更新工作委员会、北京市朝阳区青年联合会与北京首创郎园、天津和平印象城、石家庄湾里庙街区签订“京津冀城市更新咨询合作协议”，为三地资源优势互补、高效推动创新能力落地提供有力支撑。

在主题论坛现场，来自中央美术学院、中国传媒大学以及首创郎园等城市更新运营方和大热荒野、帝都绘等城市年轻力代表参会，两个分论坛分别以《年轻力打开城市



主题研讨



签订三地青联合作框架协议



中国城商联城市更新工作委员会执行主任 于鲁



中央美术学院建筑学院教授 李琳



北京盈展董事 何诚

更新的空间想象》和《共创 Web3.0 时代开源协同社区》为主题展开研讨，代表们以各自的专业能力和开放协同的态度，为城市更新贡献青年智慧。

未来，朝阳区将进一步增强推进京津冀协同发展的使命担当，着力在推动“新两翼”建设、唱好新时代京津冀“双城记”上发挥更大作用。深化组织协同，落实好北京市朝阳区、天津市和平区、河北省石家庄市三地青联合作框架协议，创新京津冀青年互惠共赢合作机制。强化产业

协作，充分发挥青联的人才智力优势，向三地城市更新项目提供高质量服务，助推项目落地见效。汇聚青年力量，在城市更新、城市体验方面形成跨领域青年交流的长效机制，把青年专家、能人、大咖发掘出来、组织起来，营造三地青年人才发展合作的良好环境。

朝阳共青团将以本次大会为契机，主动在首都建设和朝阳发展大局中谋划工作、发挥作用，为推动京津冀成为中国式现代化建设的先行区、示范区贡献青春力量。





拉美使节团参访京东集团  
Latin American Delegation Visits JD Group



## 拉美使团走进京东 Latin American Delegation Visits JD Group

8月22日,拉丁美洲及加勒比地区的40多位驻华使节齐聚京东“拉美日”特别活动,京东拉美综合国家馆也在本次活动正式亮相。

On August 22nd, over 40 ambassadors from Latin American and Caribbean countries gathered at JD for the special event "Latin America Day." The JD Latin America National Pavilion made its official debut during this event, with the support of various Latin American and Caribbean country embassies in China.



### 活动现场

*A moment of the event*

与单一国家馆不同,京东拉美综合国家馆以区域维度,在拉丁美洲及加勒比国家驻华使团的支持下,整合了来自乌拉圭、哥伦比亚、古巴、巴西、阿根廷、智利等多个拉美国家特色好物,通过买手百里挑一、层层筛选保证货真价实。

Unlike individual national pavilions, the JD Latin America National Pavilion, operating on a regional dimension, has integrated unique products from multiple Latin American countries such as Uruguay, Colombia, Cuba, Brazil, Argentina, Chile, and many other Latin American countries. With the backing of the Latin American embassies in China, the pavilion employs a meticulous selection process to ensure the authenticity and quality of the products.



拉美驻华使节助力京东物流  
Latin American Delegation Supports JD Logistics



# 活动现场

*A moment of the event*



拉美驻华使团团长、乌拉圭驻华大使费尔南多·卢格里斯阁下致辞  
His Excellency Fernando Lugris, Head of the Latin American Delegation and Uruguayan Ambassador to China, delivered a speech.



京东集团副总裁叶威先生致辞  
Speech by Mr. Ye Wei, Vice President of JD Group.



拉美驻华使团团长、乌拉圭驻华大使费尔南多·卢格里斯阁下与京东集团副总裁叶威先生展示产品  
His Excellency Fernando Lugris, Head of the Latin American Delegation and Uruguayan Ambassador to China, along with Mr. Ye Wei, Vice President of JD Group, showcase products.



旅游板块现场签约仪式  
On-site signing ceremony  
for the tourism sector.

# 活动现场 *A moment of the event*

在拉美和加勒比国家驻华使团和各个使馆的大力支持和京东拉美综合国家馆的共同努力下，旅游目的地推广项目也将正式启动，为中国游客提供便捷的签证办理渠道，并逐步上架更多旅游路线和独特体验。途美国际将引入其在拉美地区多年深耕的旅游资源，成为中国游客了解拉美、走进拉美的窗口和桥梁。未来，京东国家馆将继续致力于打造各国产品、文化、旅游等资源展示和交流的窗口，促进各国互联互通，同步世界美好生活，不断为追求悦己尝鲜、异域风情的消费者打开新的大门。

With the strong support from the Latin American and Caribbean country embassies in China, as well as joint efforts from the JD Latin America National Pavilion, the tourism destination promotion project will also be officially launched, to provide convenient visa processing channels for Chinese tourists, and gradually put on the shelves more travel routes and unique experiences. Tumei International, drawing from its extensive experience in the Latin American region, will serve as a window and bridge for Chinese tourists to learn about and explore Latin America. In the future, JD National Pavilions will continue their commitment to showcasing and exchanging products, cultures, and tourism resources, promoting interconnectedness among nations, synchronizing global quality of life, and consistently opening new doors for consumers seeking exotic experiences.





## 马来西亚文化市集亮相京城 Malaysian Cultural Bazaar Unveiled in Beijing

2023年9月1日至9月3日，“体验马来西亚”文化市集暨“三里屯日”系列活动开幕于北京潮流胜地太古里盛大开启！本次活动是三里屯街道推出的“三里屯日”系列活动的第一个，是三里屯发挥国际化优势，推动国际友好交流的品牌活动。在中马建交50周年即将到来之际，来自世界各地的人们汇集于此，共同探索、体验感受马来西亚美丽丰富的传统文化。

From September 1 to September 3, the “Experience Malaysia” cultural bazaar and “Sanlitun Day” series of events opened in the Beijing fashion resort of Taikoo Li. On the occasion of the 50th anniversary of the establishment of diplomatic relations between China and Malaysia, people from all over the world come here to explore, experience and feel the beautiful and rich traditional culture of Malaysia.



文化节上的舞狮表演  
The Lion Dance at the Cultural Festival

# 相约河湟文化千年之韵 邂逅人文乐都诗与远方

乐都，历史渊源悠久，文化底蕴深厚，地处青海省湟水流域中下游，是河湟文化的主要承载区。新石器时代的文化遗存证明，距今4000多年前，先民们就在这块沃土上繁衍生息，孕育了灿烂的河湟文明。

人头像彩陶壶、方形彩陶器、彩陶靴、蛙纹彩陶罐、提梁罐、鸮面罐……一件件精美的彩陶器，让人流连忘返。多样造型、繁缛纹饰、妙趣构图，谜的符号，远古文明的精妙，让人叹为观止。

在青海省海东市乐都区高庙镇柳湾村的彩陶博物馆里，马家窑文化的半山、马厂、齐家和辛店4种古文化类型悉数亮相，远古彩陶跨越四千年，展示了柳湾先民创造的灿烂史前文明成果，刻印了新石器时代晚期至青铜时代高原先民的创造与梦想，折射出柳湾先民的聪明与智慧，回放着柳湾昔日的灿烂与辉煌。

青海被誉为“彩陶王国”，而柳

湾彩陶博物馆是目前我国最大的以展示彩陶文化为主的专题性博物馆。这里是迄今我国发现和发掘的规模宏大的原始社会氏族聚落遗址和墓葬群，集中出土的2万余件彩陶令人称叹，这里的彩陶流成了河，乐都也因柳湾彩陶获得了“彩陶故里”的美称。

乐都，一个诞生于河湟谷地的乐土乐园，一个孕育出柳湾彩陶王国的斑斓温谷。刀耕火种的远古先民在这里生息繁衍，穿越悠远时空，依然能感知到这片羌戎故地的远古遗韵和厚重历史。

两晋南北朝时期，鲜卑族秃发部在青海境内建立南凉国，都城便在乐都（古称鄯州）。唐代开元年间，曾在乐都设陇右节度使，辖治12州，乐都成为西北政治经济军事中心。北宋著名历史学家司马光曾经在《资治通鉴》中这样描述丝绸之路的盛况和陇右地区的繁荣，“天下富庶者无如陇右”。



在高耸入云、云烟氤氲的松花顶上，在层峦叠嶂、绵延千里的群山之中，在流水潺潺、迂回曲折的瞿昙河畔，在文脉悠长、钟灵毓秀的高原乐都，有一个神话般令人神往的地方，那就是高原上的皇家古寺——瞿昙寺。

瞿昙寺始建于明洪二十五年（1392年），是一座藏传佛教格鲁派寺院，因所藏珍贵文物以及巨幅彩色壁画而闻名，是典型的明代早期官式建筑群。

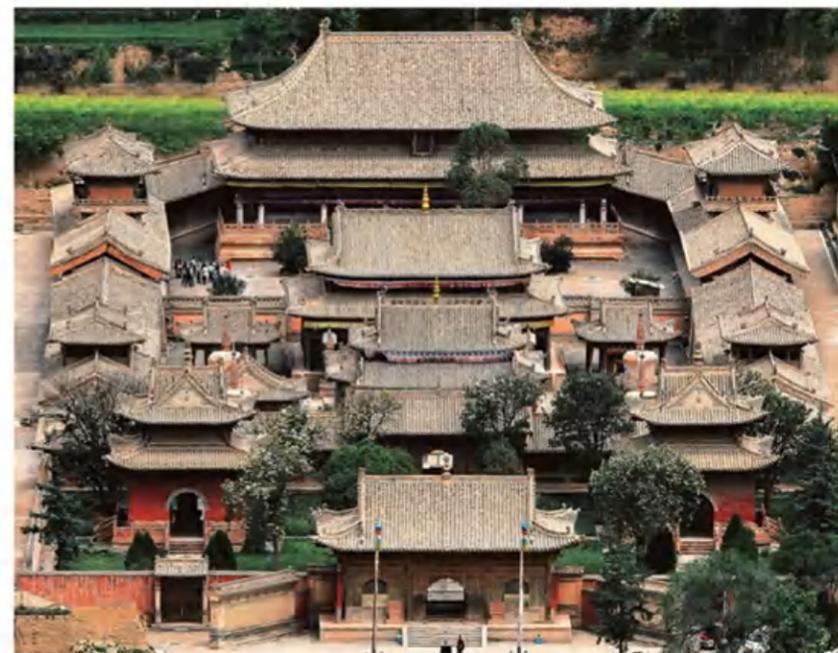
抚摸着浸润历史记忆的走廊檩条、门窗椽子，仰望着浸透生活气息的绝美壁画，八百多个鲜活的人物跃

然于墙面，跳跃在六百年的繁华盛世里。

瞿昙寺以雄浑古朴、文物珍贵和拥有高度艺术价值的巨幅彩色壁画驰名国内外，学术界更有“隋唐看敦煌，明清看瞿昙”的说法。瞿昙寺壁画突破了宋、元时期的艺术形式，内容构图更加丰富多变，装饰性亦更强，具有较高的艺术和历史价值。瞿昙寺壁画弥补了敦煌壁画止于明、清的缺憾，使中国壁画艺术有了一个完整的发展历程。

在岁月历史的雕琢中，高原之美、乐都之美、自然与文化融合之美在瞿昙寺的建筑、壁画里尽情彰显，多民族、多文化荟萃传承，滋润着这片可爱的热土。

“九曲黄河灯会”“南山射箭”“北山跑马”“瞿昙花儿会”“高庙社火”“洪水火龙舞”……民族传统文化的多元内涵，孕育了丰富多彩的非物质文



化遗产，也谱写了守望相助的民族团结进步篇章。

一座城市，因文化而有灵魂，因文化而具念想，因文化而蓬勃前行，旖旎的风光与灿烂的文明在这里相遇，悠远的文脉在这片广阔的土地上传承，绚丽而浓厚的文化底蕴让“彩陶故里 人文乐都”在历史的积淀中绽放异彩，敲响了新时代奋进前行、和谐美丽的乐章。

总想来趟乐都吧，来充满神话色彩的老鸦峡鲁班亭感受湍急的湟水奔涌而下，来自雪皑皑的照碑山除却心

灵的尘埃，来彩陶的王国亲睹古老的彩陶流成弯弯河水，来古色古香独特的明清建筑见证日月风华，来仓岭沟百年故居领略浓郁的河湟地区传统民居特色……

那就来趟乐都吧，在这座西北小城寻觅一段故事，来一场生态美景与人文历史的邂逅，以最舒服的姿态纵情在时光中，任时间就这么慢慢流淌，寻找生活中的喜和乐。

无论恋，或者不恋，无论想，或者不想，我都在乐都等你！





## 建设中华民族现代文明 Building the Modern Civilization of the Chinese Nation



中国记协于7月24日在京举办以“建设中华民族现代文明”为主题的新闻茶座，邀请中国社会科学院学部委员、中国历史研究院中国边疆研究所所长邢广程与境内外记者进行交流，并回答记者提问。

On July 24th, The All-China Journalists' Association held a press salon in Beijing with the theme "Building the Modern Civilization of the Chinese Nation." Xing Guangcheng, a member of the Chinese Academy of Social Sciences and the Director of the Institute of Chinese Frontier Studies at the Chinese Academy of History, was invited to exchange views with foreign and domestic journalists and answer their questions.

邢广程围绕习近平总书记在文化传承发展座谈会上的重要讲话，重点就中华文明的五个突出特性和“两个结合”的重大意义谈了自己的体会。

邢广程就中华文化“走出去”、民族政策、两岸交流、全球文明倡议等问题回答了记者提问。

Xing Guangcheng focused on the important speech made by General Secretary Xi Jinping during the symposium on cultural inheritance and development. He elaborated on his own understanding of the five prominent characteristics of Chinese civilization and the significance of the "Two combinations"

Regarding issues such as the internationalization of Chinese culture, ethnic policies, cross-strait exchanges, and the global civilization initiative, Xing Guangcheng provided answers to the questions raised by the journalists.

活动现场

*A moment of the event*





## ‘陕’耀她世界 丝路女性共话她力量

### "Shaanxi Shines on Her World: Silk Road Women Share Their Strength"

文 / 李文化 图 / 王海东

Text by Li Wenhua, Images by Wang Haidong

妇女是人类文明的开创者、社会进步的推动者，在各行各业书写着不平凡的成就。今年是“一带一路”倡议提出十周年，7月26日，“‘陕’耀她世界 丝路女性共话她力量”主题沙龙活动在西安举行。

Women are the creators of human civilization and drivers of social progress, contributing remarkable achievements across various fields. This year marks the tenth anniversary of the "Belt and Road Initiative." On July 26th, the theme salon event "Shaanxi Shines on Her World: Silk Road Women Share Their Strength" was held in Xi'an.

来自博茨瓦纳、埃及、哈萨克斯坦、吉尔吉斯斯坦、摩洛哥、巴基斯坦、俄罗斯、苏丹、乌兹别克斯坦国家和中国的科技创新、对外贸易、国际教育、人文交流等领域的女性工作者走进“她世界”、讲述“她故事”、共话“她力量”。

女性作为“一带一路”建设不可或缺的重要力量，在民心相通、人文交流和经贸合作中发挥着重要的作用。十年间，陕西省妇女联合会以“指尖上的丝绸之路”品牌为抓手，服务“一带一路”建设，积极开展妇女民间交流与合作，不断推动丝路沿线国家和地区妇女加深友谊、增进合作，取得良好成效。陕西省妇联将以此次活动为契机，持续推动丝路沿线国家和地区妇女的交流与发展，建好用好丝路沿线妇女民间交往的广阔平台，实现妇女发展，共创美好生活。

Female professionals from Botswana, Egypt, Kazakhstan, Kyrgyzstan, Morocco, Pakistan, Russia, Sudan, Uzbekistan, as well as China, engaged in fields such as technology innovation, foreign trade, international education, and cultural exchange, gathered to showcase "Her World," narrate "Her Story," and discuss "Her Strength." Women play an indispensable role in the construction of the "Belt and Road Initiative," contributing significantly to people-to-people connectivity, cultural exchange, and economic cooperation. Over the past decade, the Shaanxi Women's Federation, leveraging the brand "Silk Road at Your Fingertips," has actively facilitated women-to-women exchanges and cooperation, fostering deepened friendships and cooperation among women from countries and regions along the Silk Road, yielding positive results. The Shaanxi Women's Federation will seize this opportunity to continue promoting exchanges and development among women from countries and regions along the Silk Road, building a broad platform for women-to-women interactions and contributing to women's development and the creation of a better life.

妇女是“一带一路”的重要贡献者和受益者。行走丝路，无处不绽放“她”之美，无处不彰显“她”力量。来自埃及的艾小英在分享中说：“作为陕西省翻译协会海外理事和《美文·青春写作》青年作者，文学是我参与文化交流的纽带。未来我将继续参与‘一带一路’文化传播工作，促进丝路妇女发展、共建共享丝路繁荣。”



来自埃及的艾小英  
Ai Xiaoying from Egypt

Women are essential contributors to and beneficiaries of the "Belt and Road Initiative." As they journey along the Silk Road, the beauty and strength of "Her" are evident everywhere. Ai Xiaoying from Egypt shared: "As a member of the Overseas Council of the Shaanxi Translators Association and a young author of 'Beautiful Writing • Youthful Authorship,' literature serves as my bridge for cultural exchange. In the future, I will continue participating in cultural communication for the 'Belt and Road Initiative,' promoting the development of women along the Silk Road and jointly building and sharing the prosperity of the Silk Road."

来自西安交通大学第二附属医院教授、主任医师刘昌在发言中讲述了在建设“中非卫生健康共同体”、“丝绸之路大学联盟”中的女性代表的故事，以及她们承担的工作、



来自西安交通大学第二附属医院教授、主任医师刘昌  
Prof. Liu Chang from the Second Affiliated Hospital of Xi'an Jiaotong University

发挥的作用。刘昌表示,女性是科技创新的受益者、共享者,更是科技事业蓬勃发展的参与者、贡献者,希望能有更多女性推动学术创新,打造医学高峰,造福人民生命健康。

Prof. Liu Chang, a professor and chief physician at the Second Affiliated Hospital of Xi'an Jiaotong University, shared stories of female representatives in the construction of the China-Africa Health Community and the "Silk Road University Alliance," highlighting their roles and contributions. Liu Chang expressed that women are beneficiaries and contributors to technological innovation, playing an active part in the thriving development of the field. She hopes that more women will drive academic innovation, elevate medical achievements, and benefit the health and well-being of the people.

陕西是古丝绸之路起点和共建“一带一路”的重要节

点,此次活动的举办旨在发挥妇联组织优势,团结带领广大妇女一起携手建设中国—中亚命运共同体,弘扬以和平合作、开放包容、互学互鉴、互利共赢为核心的丝路精神,发挥妇联联络优势,形成多元互动的人文交流格局,传承丝路文化,促进合作交流。

Shaanxi is the starting point of the ancient Silk Road and a crucial node in the construction of the "Belt and Road Initiative." This event aimed to leverage the advantages of women's federations, uniting and leading women to jointly build a China-Central Asia community with a focus on peace, cooperation, openness, mutual learning, and mutual benefit—the core values of the Silk Road spirit. By facilitating connections, the Women's Federation strives to create a diverse and interactive pattern of cultural exchange, passing down Silk Road culture and promoting cooperative exchange.



## 小小外交官走进驻华大使馆活动在陕启动

### “Little Diplomats Visit the Embassies in China” Event Launched in Shaanxi

8月22日,由《世界中国》杂志社、土耳其商会主办,西安市妇女儿童活动中心、老西安油画博物馆协办的小小外交官走进驻华大使馆活动启动仪式在陕西省西安新城区老油画博物馆举行。土耳其商会秘书长许春致辞,西安市新城区解放门街道党工委副书记韩靖宣布小小外交官走进驻华大使馆活动正式启动。

On August 22nd, hosted by "The World and China" magazine and the Turkish Business Association, and organized by the Women and Children Activity Center in Xi'an City, the Old Xi'an Oil Painting Museum, the opening ceremony of the event "Little Diplomats Visit the Embassies in China" was held at the Old Oil Painting Museum in the New City District of Xi'an, Shaanxi Province. Secretary-General of the Turkish Business Association, Xu Chun, delivered a speech, and Han Jing, Deputy Secretary of the Party Working Committee of the Liberation Gate Street Office in Xi'an's New City District, announced the official launch of the "Little Diplomats Visit the Embassies in China" event.

小小外交官走进驻华大使馆活动是《世界中国》杂志栏目“跟着大使看世界”的线下活动。自启动以来,来自全国各地青少年走进伊朗,亚美尼亚,斯洛伐克,牙买加,哥斯达黎加,委内瑞拉,斯里兰卡,赞比亚,塞拉利昂,毛里求斯,孟加拉,尼日利亚,泰国,马里,乌拉圭,印度尼西亚,蒙古等多国驻华大使馆,使青少年不出国门就能全方位了解参访国,拓展国际视野,锻炼国际社交能力。

走进大使馆的青少年与驻华大使互动交流,进行节目展演,传递优秀中国传统文化,参与者都获得了由大使亲笔签名颁发的“小小外交官证书”,以表彰青少年对国际文化交流做出的特殊贡献。此外,走进大使馆的青少年可现场与驻华使节单独留念合影,其中“小小外交官证书”可以写进简历。

The "Little Diplomats Visit the Embassies in China" event is an offline activity under the column "Follow the Ambassadors to their Countries" of "The World and China" magazine. Since its inception, teenagers from all over the country have visited the embassies of various countries



in China, such as Iran, Armenia, Slovakia, Jamaica, Costa Rica, Venezuela, Sri Lanka, Zambia, Sierra Leone, Mauritius, Bangladesh, Nigeria, Thailand, Mali, Uruguay, Indonesia, Mongolia, and others, allowing young people to gain comprehensive insights into these countries without going abroad, expand their international perspectives, and enhance their international social skills.

The participating teenagers who visit the embassies engage in interactive exchanges with the resident ambassadors, held performances to pass on excellent traditional Chinese culture. Participants receive "Little Diplomat Certificates" personally signed by the ambassadors to recognize their special contributions to international cultural exchanges. Furthermore, the participating teenagers have the opportunity to take commemorative photos with the resident diplomats, and the "Little Diplomat Certificates" can be written into their resumes.

许春在致辞中讲到,在大使馆体验不一样的他国氛围学习各国不同的文化,在心里种下一颗种子,做未来的外交官,希望陕西的青少年走向更广的舞台,说中国故事、展中国风采!



韩靖  
Han Jing



孙晓华  
Sun Xiaohua



鲁伟东  
Lu Weidong

In the speech, Xu Chun mentioned that through visiting embassies, teenagers can experience different foreign atmospheres, learn about various cultures, and plant the seeds in their hearts of becoming future diplomats. He expressed his hope that young people in Shaanxi will step onto a broader stage to tell China's stories and showcase China's charm.

韩靖介绍，近年来，西安市新城区解放门街道坚持立足实际，围绕群众需求，践行“大文化”理念，突出“在地文化生产与传播”，不断挖掘优秀传统文化历史底蕴，携手多方力量，着力打造“解方城”公共文化服务体系，多维度地推动文化交流，大力提升公共文化服务高质量发展，希望为社会各界搭建更广泛、更高效、更精细化的服务平台，共同为文化交流、青少年发展、社区养老服务等方面贡献力量。

Han Jing introduced that in recent years, the Liberation Gate Street Office in Xi'an's New City District has focused on meeting the actual needs of the people, practiced the concept of "great culture," highlighted "local cultural production and dissemination," continuously excavated excellent traditional cultural historical heritage, collaborated with various forces, and strived to build a "Jiefang City" public cultural service system. This multidimensional approach promotes cultural exchange, enhances high-

quality development of public cultural services, and aims to provide a broader, more efficient, and more refined service platform for various sectors of society, jointly contributing to cultural exchange, youth development, and community elderly care services.

西安丝路远洋进出口贸易有限公司文旅分公司董事长孙晓华，小小外交官走进驻华大使馆活动为中国的青少年提供一个独特的学习交流和成长机会，让他们在游学中感受国际文化交流的魅力，可以了解参访国的文化、风俗、美食，中国学生通过才艺展示等互动交流，使学生们玩乐中学到知识，感受成长的快乐。

Sun Xiaohua, Chairman of the Silk Road Overseas Import and Export Trading Co., Ltd. Cultural Tourism Branch, stated that the "Little Diplomats Visit the Embassies in China" event provides Chinese teenagers with a unique opportunity for learning, communication, and growth. Through this event, they can experience the charm of international cultural exchange while learning about the cultures, customs, and cuisines of the visited countries. Chinese students can learn through interactive exchanges and talent displays, combining fun with knowledge acquisition and experiencing the joy of growth.

西安学无止文化传播有限公司高新校区校长、教研总监鲁伟东分享了开展国际文化交流的感受。“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、西安学无止文化传播有限公司承办的2021年“梦想中欧青少年绘画展”，孩子们根据主题保护生物多样性创作了一幅幅作品，为中欧青少年绘画交流提供了广阔的国际性平台，更为中欧之间人文交流注入了生生不息的力量，成为中欧交流的使者。

西安油画博物馆副馆长 cici 介绍，老西安油画博物馆是由馆长李宗英投资建立的一家集展览陈列、收藏保护、学术研究、人才培养、公共教育和国际交流为一体的油画主题民营博物馆。希望接下来继续合作举办更多有意义的文化交流活动，为东西方文化的传播与交流作出贡献！

Lu Weidong, Principal and Director of Teaching and Research at the Gaoxin Campus of Xi'an School Without Limits Cultural Communication Co., Ltd., shared his feelings about conducting international cultural exchanges. He mentioned the "Dreams of Europe and China" EU-China Children's Drawing Exhibition held in 2021, organized by the Delegation of the European Union to China and co-organized by the China Friendship Foundation for Peace and Development and Xi'an School Limitless Cultural Communication Co., Ltd. Children created works based on the theme of biodiversity protection, providing a broad international platform for youth painting exchanges between China and the EU, injecting continuous vitality into cultural



exchanges between China and the EU, and becoming messengers of China-EU communication.

Cici, Deputy Director of the Xi'an Oil Painting Museum, introduced that the Old Xi'an Oil Painting Museum is a private museum established by curator Li Zongying, integrating exhibition, collection preservation, academic research, talent cultivation, public education, and international exchange in one place. She expressed the hope for continued cooperation for organizing more meaningful cultural exchange activities contribute to the dissemination and exchange of Eastern and Western cultures.

启动仪式上，来自陕西百荷福茶文化有限公司董事长、茯茶第一讲堂创办人、国家高级茶艺师、茯茶文化传承人张宁和学生共同为大家带来了茶艺表演。

At the opening ceremony, Zhang Ning, Chairman of Shaanxi Baihefu Tea Culture Co., Ltd., founder of the First Lecture on Fu Tea, National Senior Tea Artist, and inheritor of Fu Tea culture, along with students, performed a tea art demonstration.

陕西女友传媒集团董事长、陕西妇联妇女儿童服务中心副理事长唐文华，西安外事学院国际事务负责人戴奇志，陕西联众慈善救助基金会会长李霞，陕西省旅游摄影协会手机分会会长傅武亮，西安德海茵国际教育集团董事长张沫，陕西青衿志艺术文化传播有限公司总经理贺孟凡，陕西钠离子影视文化传播有限公司董事长李冬梅，老西安油画博物馆馆长李宗英，《世界中国》杂志特约记者、项目总监李文化等参加了启动仪式。启动仪式由 Name: Nicole Tobler、张同让联袂主持。

Tang Wenhua, Chairman of Shaanxi Female Friend Media Group and Vice Director of the Shaanxi United Women's and Children's Service Center, Dai Qizhi, Head of International Affairs at Xi'an Foreign Affairs College, Li Xia, President of Shaanxi United Charity and Aid Foundation, Fu Wuliang, President of the Shaanxi Tourism Photography Association Mobile Branch, Zhang Mo, Chairman of Xi'an Dehain International Education Group, He Mengfan, General Manager of Shaanxi Qingqin Zhiyi Art and Culture Communication Co., Ltd., Li Dongmei, Chairman of Shaanxi Sodium Ion Film and Television Culture Communication Co., Ltd., Li Zongying, Curator of the Old Xi'an Oil Painting Museum, and Li Wenhua, a special correspondent and project director of "The World and China" magazine, attended the opening ceremony co-hosted by Nicole Tobler and Zhang Tongrang.





## 2023年北京朝阳科学家会客厅 “数智连朝阳”国际创新科技项目路演暨 第三期“科技望京·人工智能”专场在望京举办

望京新语

8月30日，由朝阳区委组织部、区科协、望京街道主办的2023年北京朝阳科学家会客厅“数智连朝阳”国际创新科技项目路演暨第三期“科技望京·人工智能”专场在小街书馆举办。朝阳区科学技术协会主席、二级巡视员冯守华，朝阳区望京街道工委书记陈栋以及来自区纪委、区监委、区科学技术协会、区政协、区企业联合会、中城院·农文旅产业振兴研究院、新中经贸文化交流友好协会、Talent Beyond Borders 无边界国际人才发展智库相关负责人出席。相关投资机构、龙头企业专家代表参加了本次活动。Talent Beyond Borders 无边界国际人才发展智库负责人袁乾铭出席并主持。

活动围绕大数据运用、人工智能等方面进行深入交流。为了方便沟通交流，活动还专门安排翻译人员进行实时传译，让来自不同国家、地区的企业家、专家能够“无界”交流。

区科学技术协会主席冯守华为本次活动致辞。他表示，本次路演活动是建设朝阳区商务+科技“双轮驱动”的生动实践。希望活动将科技发展的新思路、新理念、新创意汇聚起来，直面对话，找到发展的着力点和发力点，搭建科技创新发展的国际化平台。

望京街道工委书记陈栋对出席活动的科技人才、企业家表示欢迎，并围绕数字经济建设和地区特色，对望京的商业环境、生活环境和前景进行了介绍。



冯守华



陈栋

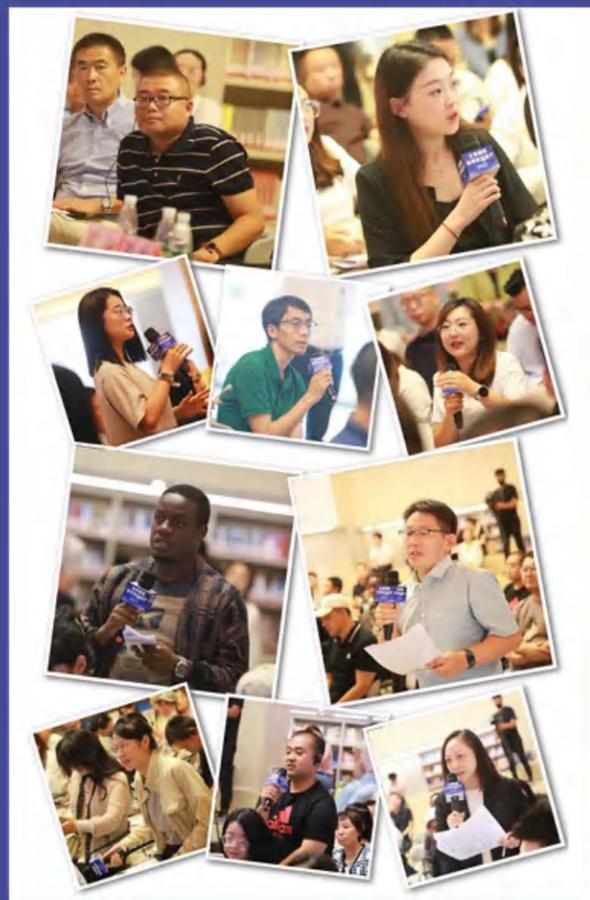


随后，区科学技术协会主席冯守华与 Talent Beyond Borders 无边界国际人才发展智库国际人才专委会主任杨晓飞一同为北京朝阳科学家会客厅企业交流站揭牌。

在路演环节，艾可爱尔（中国）销售服务有限公司 数据科学家 Irbaz Siddique、北京恒通信佳科技发展有限公司董事长杨克强、北京艾拉智能科技有限公司 CEO 布雷松、清光华创（北京）科技有限公司 联合创始人 THAO CHAN Minh David 先后进行路演，对企业产品、特色和科技创新模式进行了介绍。

来到现场的投资机构和龙头企业的专家代表、相关行业领域机构、企业代表纷纷举手，围绕大数据安全、成本控制、临床效果等方面，与路演企业负责人进行互动交流。

本次北京朝阳科学家会客厅“数智连朝阳”国际创新科技项目路演活动聚焦网络科技、大数据、AI 人工智能等近年备受关注的领域。活动举办正值朝阳区紧抓科技创新



和数字经济发展以及国际化开放的黄金窗口期。作为朝阳区数字经济发展特色鲜明的区域，望京街道将以本次活动为契机，充分发挥资源优势，大力推进数字产业创新发展和现代服务业数字化转型升级，持续营造开放包容的营商环境，吸引更多科技创新企业、数字经济领域企业和国际人才深耕望京，为朝阳区以及北京市的科技创新发展注入新的活力。





## “三里屯商会·企业成长沙龙” 第二期《企业出海的跨时代机会》成功举办

三里屯商会

8月11日，由三里屯商会、WeWork 中国主办，三里屯街道经济专班指导，诺亚控股、Talent Beyond Borders 协办的“三里屯商会-企业成长沙龙”第二期《企业出海的跨时代机会》在三里屯盈科中心 WeWork 成功举办。四十家企业代表参加本次活动，歌斐资产私募股权董事总经理刘亦浩、歌斐资产私募股权高级投资董事叶钢分别从不同角度层面，为到场的企业代表分享了关于企业出海的宝贵经验和独到见解。

在主题分享环节，歌斐资产私募股权董事总经理刘亦浩以“全球投资全景图”为题做交流分享。刘亦浩介绍了中国企业出海的历史、现状和未来，分析了中国企业国际市场上面临的机遇和挑战，以及如何制定有效的出海战略。他表示，企业建立“反脆弱”的战略资产配置系统，要关注多样化、适应性、压力测试、反馈机制、分散风险五个方面，还要根据不同的国家、行业、领域的发展环境制定不同的方案。



歌斐资产私募股权董事总经理刘亦浩作交流分享



歌斐资产私募股权高级投资董事叶钢



三里屯商会秘书长燕晓菲

叶钢结合自身工作、创业经验，以“硅谷最前线相关信息以及 AI 生成内容带来的全球行业变革”为题做交流分享。他全面梳理了 AI 生成内容 AIGC 的产业链，包括技术平台、应用场景、生态建设等方面，及各个领域的代表性企业和产品。随后，又从 AI 已经跨越鸿沟在主流市场扩散的角度分析了 AIGC 对于软件工程师、艺术家、知识工作者、医疗工作者、防御科技、电子商务等行业带来的深远影响。

在分享交流环节中，企业代表们畅所欲言、各抒己见，“在三里屯举办的这场沙龙活动，让企业能够站在世界的角度共同探讨中国企业出海的成功路径，让我们深受启发，很期待下一次的分享。”《世界中国》的执行社长刘女士说道。

三里屯商会秘书长燕晓菲表示，三里屯商会旨在促进商会内部会员企业间交往的同时增强会员企业与其它商协会企业的交往、帮助会员企业塑造影响力、增强政



企交流、为会员企业员工带来更多元化福利。希望企业可以通过本次活动分享经验、畅谈感悟，提升企业的竞争力和发展潜力。



2021年录制中央电视台《风华国乐》栏目，独奏创作乐曲《丝路新语》。首次在该节目中加入了街舞元素，传统与时尚的碰撞，讲述丝绸之路互通商贸的小故事  
In 2021, Luan Yue recorded a solo composition titled "New Language of the Silk Road" for the CCTV program "Elegance of Chinese Music." She incorporated elements of street dance into her performance, and created a collision of tradition and modernity that tells a story of trade along the Silk Road.

## 青年琵琶演奏家 栾越

*Luan Yue*  
a young pipa performer

青年琵琶演奏家栾越，中国音乐学院硕士研究生毕业，师从著名琵琶艺术大师刘德海教授，目前执教于中国音乐学院。

琵琶，已有两千多年的历史。属弹拨乐器，隋唐时，被奉作弹拨乐器首座。

最早被称为“琵琶”的乐器大约在中国秦朝出现。隋唐时琵琶也是汉语里对所有鲁特琴族 Lute（又称琉特属）弹拨乐器的总称。

琵琶由历史上的直项琵琶及曲项琵琶演变而来。是本土乐器与外来乐器融合演变的成果，体现的是文化上的融合与混血。

Luan Yue, a young pipa performer, graduated from the China Conservatory of Music with a master's degree and studied under the guidance of the renowned pipa virtuoso professor Liu Dehai who currently teaches at the China Conservatory of Music.

Pipa enjoys more than two thousand years history. It belongs to a plucked stringed instrument. In Sui and Tang dynasties, Pipa was regarded as the first plucked stringed instrument.

The earliest instrument known as "Pipa" appeared around the Qin dynasty in China. In Sui and Tang dynasties, the Pipa was also the Chinese name for all the Lute plucked instruments of the Lute ethnic group in Rute.

The Pipa evolved from the direct items Pipa and the signing pipa in history. It is the result of the fusion and evolution of native and foreign instruments, which embodies the cultural fusion and mixed blood.



2023年为北京市妇联举办的妇女节庆祝活动演出  
In 2023, she performed at the Women's Day celebration event organized by the Beijing Women's Federation.



2023北京国图艺术中心音乐厅《一起弹诗词》音乐会  
2023, she participated in the "Let's Play Poetry Together" concert at the National Library Arts Center in Beijing.



2019年参加北京国际图书博览会 BIBF 名家名乐诗朗诵  
In 2019, she participated in reciting famous poetry at the Beijing International Book Fair.



2017年录制中央电视台《风华国乐》栏目，琵琶+长笛，中西乐器创新合作，重奏《望春风变奏曲》

In 2017, she recorded a collaboration piece "Variations on Spring Breeze" featuring pipa and flute for the CCTV program "Elegance of Chinese Music", blending Eastern and Western instruments.



2022年录制中央电视台《风华国乐》栏目，四重奏《雪域圣女》。  
In 2022, she recorded a quartet piece titled "Snowy Domain Holy Maiden" for the CCTV program "Elegance of Chinese Music."

2016年在中央美术学院附中讲座，台上即兴琴音，台下即兴作画，音画互动

In 2016, she gave a lecture at the Middle School Affiliated to the Central Academy of Fine Arts, combining improvised music with on-the-spot painting in an interactive performance.



# 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述出来，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".



林运医生 (Dr. Lin Yun)  
北京安贞医院心内科 主任医师  
Chief Physician, Department of Cardiology,  
Beijing Anzhen Hospital

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，机体还能及时修复，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.



健康热线 Health Hotline:  
010-64651561/2/3

地址 Address:  
北京市朝阳区亮马桥路50号北京燕莎中心写字楼S-106室  
S-106 Lufthansa Center, #50  
Liangmaqiao Rd, Chaoyang  
Beijing, 100125





用国际标准，提供安全，温暖，有价值的医疗服务

*We provide safe, high-quality medical services  
based on international standards*

### 服务项目/MEDICAL SERVICES

全科/GENERAL PRACTICE

内科/INTERNAL MEDICINE

外科/SURGERY

儿科/PEDIATRICS

小儿外科/PEDIATRIC SURGERY

妇产科/GYNAECOLOGY&OBSTETRIC

妇女保健科/WOMEN HEALTH CARE

中医科/CHINESE MEDICINE

精神科/MENTAL HEALTH

皮肤科/DERMATOLOGY DEPT

口腔科/DENTAL

预防保健科/VACCINATION

急诊医学科/EMERGENCY DEPARTMENT

医学影像科/DIAGNOSTIC RADIOLOGY

健康管理检查/HEALTH MANAGEMENT CHECK



如有医疗问题请扫描上面二维码，进入医疗咨询群  
PLEASE SCAN QR AND JOIN THE IMC  
CONSULTATION GROUP FOR  
ANY MEDICAL QUESTION

S106 BEIJING LUFTHANSA OFFICE BUILDING, CHAOYANG,  
BEIJING, 100125

北京市朝阳区亮马桥路50号北京燕莎中心写字楼S-106室

工作时间/WORKING HOURS:

MON - FRI: 8:30-20:00

SAT & SUN: 8:30-18:00

TEL:010-64651561/2/3