

The World and China
世界中国

丝绸之路 SILK ROAD
Selyemül

外交/文化/旅游杂志
DIPLOMATIC AND TRAVEL MAGAZINE
2020/03 总第086期

聖開天地寬

——记中国著名导演、画家李前宽、肖桂云夫妇

**FAMOUS CHINESE
FILM DIRECTOR COUPLE**



定制原创音乐

自2016……

嗨，我叫 Viktor，

我可以为您的项目创作很棒的原创音乐。

我可以创作音乐的范围如下：

- 微电影
- 广告
- 人声配音
- 游戏
- 和很多其他的… 如：为你的女朋友生日送一个原创音乐。

我会用这些风格作曲：

- 流行乐（摇滚、布鲁斯、爵士、乡村、嘻哈）
- 电子（House、Electro、Trap、Hard Trap、Future Bass、Dubstep、EDM）
- 影视配乐（恐怖、史诗、管弦乐）

在微信上添加我或给我发送电子邮件，随时联系我！

VIKTORNOV@ICLOUD.COM



Awesome original music for your project!

Since 2016……

Hi, my name is Viktor,

and I can create awesome original music for your project.

I can create music for:

- Feature films
- Short advertisements
- Recorded vocals
- Video games
- Intro and outro music for videos
- And so much more...

in these styles:

- Pop (Rock, J Pop, Gotham, Old School, Blues, Jazz, Country, Hip-Hop)
- Electronic (House, Electro, Hard Style, Trap: Hard Trap, Future Bass, Dubstep, EDM)
- Cinematic (Horror, Epic, Hybrid Orchestral, Percussive),

Add me on WeChat or send me an email.

Message me with any questions!

VIKTORNOV@ICLOUD.COM



为中匈两国人民 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

主要栏目

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

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

主要读者

外国驻华使领馆外交官、境内外政府官员、企业家、公商务旅行者等。

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

发行地点

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

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

Advisory Board Chairmen 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)
Zou Jiahua (Former Vice Prime Minister of P.R.China) 邹家华 (中国前副总理)

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)
Gabor Nagy 高博 (匈牙利驻中国大使馆前副馆长)
Huang Jinxiong 黄金雄 (五洲妇儿医院院长)
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 (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)
Dong Longmao 董龙茂 (艺术、健康大师)
Jean-Jacques de Dardel 戴尚贤 (前瑞士驻华大使)
Fernando Luján 费尔南多·卢格里斯 (乌拉圭驻华大使)
Zhou Zhiwei 周志伟 (著名书法教育家)

Founder 创刊人 纳吉·麟 Nagy Lin
Director / Editor-in-Chief 社长 / 总编 纳吉·麟 Nagy Lin
Vice Director 副社长 高博 Gao Bo

English Editor 采访编辑 莫尼卡 Mónika Takács
Photo Editing 图片编辑 凯瑟琳 Catherine
Arts Editor 美术编辑 右岸 You An
Photography 摄影 王佳 Jason Wang

Text of magazine translated 杂志翻译 博语思创翻译有限公司 Strong Translation Co., Ltd.

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 北京市朝阳区秀水街1号建国门外外交公寓1号院1楼5单元022室
Postal Code 邮政编码 100600
Phone(Fax) 联系电话 0086-1087706399
Website 网址 www.shijiezhongguo.com
Mail 邮件 shijiezhongguo888@126.com

License no. 许可证号 2.9/1169-1/2006-HU ISSN 1787-7199, CE/561-4/2014
Főszerkesztő Nagy Lin
Tel/fax 0036-30-9606772
Web www.shijiezhongguo.com
E-mail shijiezhongguo888@126.com

Authorisation 主管 匈牙利文化部
Supervisor 主办 匈牙利丝绸之路出版社有限公司
Hungary Silk Road Publish Co. Ltd.
Supported by 支持单位 中国对外友好协会中匈分会
China Foreign Friendship Association Hungary Association
中国新闻社
China News Agency
Cooperation by 合作单位 世界华文媒体联盟
The World Chinese Media Alliance

Free of Charge Magazine 赠阅



封面说明:

记中国著名导演、画家李前宽、肖桂云夫妇

COVER:

Famous Chinese
Film Director Couple

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

目录 CONTENTS

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



6 特别关注

云开天地宽
——记中国著名导演、画家李前宽、肖桂云夫妇

16 欧洲信息

英国前首相话很直白：
这么多问题，不跟中国合作怎么解决？

欧盟——中国授权签署地理标志协定

洛伦佐·纳塔利媒体奖：
2020 年度获奖者公布

22 漫游世界

跟着大使看世界
——捷克驻华大使佟福德

跟着大使看世界
——格鲁吉亚驻华大使阿尔赤·卡茨第亚

38 文化视野

独舞李伟淳
中国公路零公里的起点

中国的四极
潭柘寺

晋商传奇五百年

他用一支铅笔画了 61 年雪景

日本为何如此干净

谈论新疆

流感与新冠

健康生活从众天开始

60 专题报道

生孩子，
是顺是剖到底谁说了算

漫长的产假怎么过

6 Special Attention To

Famous Chinese
Film Director Couple

16 Europe Message

The former British Prime Minister was very straightforward:
How could we solve so many problems without cooperating with China?

EU-China - Agreement on geographical indications

Lorenzo Natali Media Prize: 2020 winners announced

22 Traveling in the World

Vladimír TOMŠÍK
Ambassador of Czech Republic to China

Archil Kalandia
Ambassador of Georgia to China

38 Cultural Perspective

Lee Wei Chun
The zero kilometer point of Chinese highways

China's Four Corners

Tanzhe Temple

Five hundred years of the legend of Shanxi Merchants

He's been drawing snowy scenes
using only a pencil for 61 years

Why is Japan so clean ?

Discussing Xinjiang

The flu and the coronavirus

Healthy life starts indeed from the Zhongtian.

60 Special Reports

Spontaneous or cesarean delivery, who has the final say

How to spend the long maternity leave



聖開天地寬

——记中国著名导演、画家李前宽、肖桂云夫妇



接受本刊社长纳吉·麟女士专访

Exclusive interview with Ms. Nagy Lin, President of the magazine

李前宽、肖桂云的名字在中国家喻户晓，他们是中国影坛著名电影艺术家，他们60年从影之路，共同执导了20多部反映民族历史的影片以及各种题材的电视连续剧，留下一道长长的七彩虹霞。

李前宽1941年初春在大连问世；肖桂云同年金秋在哈尔滨出生。他们在中国电影最高学府北京电影学院相逢、相恋。在新中国电影摇篮里安家立业。在长影，从前辈身上感悟到追梦电影的真谛——努力与坚持的重要，他们夫妇导演以精湛的艺术表达和累累硕果，获奖无数，同时也成就了他们在中国影坛的影响和地位。

肖桂云导演曾说：“一个人能把童年的爱好，变为毕生追梦的事业是幸福的。”我们有理由说她是幸福的，她实现了成为中国知名的女导演，同时他还有一个与她志同道合的丈夫。

李前宽在长春电影制片厂，从美术助理，一直干到长影总导演，并成为全国人大代表和三届全国政协委员。他参政议政，为国家发展建言献策。在他的建议下，1993年，中国中央电视台建立了CCTV-6电影频道，为中国电影发展起到了重大影响和推动；1998年，是他向中国最高领导人的建议下，在首都建立了中国电影博物馆；2008年，是他促进了国务院“关于繁荣发展中国电影产业的十项措施”政策性文件的颁布，推动了中国电影市场化的迅猛发展；2000年，

他担任中国电影基金会会长兼中国电影家协会主席期间，在中国主持筹划了诸多电影界大型节庆、评奖和公益活动，他创立并推进了中国电影艺术家走进贫困山区，把电影送到孩子们眼前的万校“万映公益”计划。李前宽做中国影坛的领军人物，创立了“两岸四地电影交流活动”。

李前宽任中国影协主席期间，不仅推动了中国电影金鸡、百花电影节更上一层楼，他还推动了“北京国际电影节”变为“北京国际电影节”，使之成为当下世界有影响的A级国际电影节。2005年在中国电影百年华诞时，李前宽被评为“国家有突出贡献的电影艺术家”称号。李前宽创立了香港“亚洲电影大奖”国际电影节，2015年，该电影节举办十周年庆典时，专门向李前宽主席颁发了“对亚洲电影杰出贡献奖”殊荣。2008年，李前宽在纽约联合国总部，与潘基文秘书长共同研究创立了联合国“威林克国际电影节”并担任该电影节名誉主席。

花甲之年，他们夫妇依然耕耘不止，由他们再次共同导演的电影《东方欲晓》，即将开机。他们把电影前辈的光辉历史表现在银幕上。在他看来，传承是最好的纪念。

李前宽夫妇的家在海淀区这个普通的小区里

Li Qiankuan and his wife's home in Haidian District in an everyday neighborhood



Famous Chinese Film Director Couple

The names of Li Qiankuan and Xiao Guiyun are well-known in China. They are renowned film artists of the Chinese film circles. They have directed more than 20 films reflecting national history and TV series of various themes during their 60 years in the industry, leaving behind a seven coloured bright rainbow.

Li Qiankuan was born in Dalian in the early spring of 1941; Xiao Guiyun was born in Harbin in the same year. They met and fell in love with each other at the Beijing Film Academy, China's finest film academy. After settling down in the new cradle of the Chinese film, Changchun, they captured the true ideal of pursuing dreams from their predecessors -- the importance of hard work and persistence. Their directions won numerous awards for their exquisite artistic expression and achievements, and at the same time, they also founded their influence and status in the Chinese film industry.

Director Xiao Guiyun once said: "It is so joyous for a person to turn her childhood hobby into a lifelong pursuit of dreams." We have all reasons to say, she is happy. She has become a well-known female director in China. At the same time, he has a husband who shares the same ideals with her.

In Changchun Film Studio, Li Qiankuan worked as an art assistant to the chief director of the studio, and became a deputy to the National People's Congress and a member of the third CPPCC National Congress. He took part in the discussion of state affairs and put forward suggestions for the development of the country. According to his suggestion, CCTV-6 film channel was established by CCTV in 1993 greatly influencing and promoting the development of the Chinese film; in 1998, he proposed to China's top leaders to set up the China Film Museum in the capital; in 2008, he promoted the promulgation of a policy document of the State Council on "ten measures for the prosperity and development of China's film industry". In 2000, as President of China Film Foundation and Chairman of China Film Association, he presided over and planned many large-scale festivals, awards and public welfare activities in the film industry in China. He founded and promoted the "Wanying Public Welfare" program for Chinese film artists to reach out to poverty-stricken mountainous areas and deliver films to children. Li Qiankuan, a leading figure in the Chinese film industry, also founded film exchange activities between the two sides of



2019年，李前宽、肖桂云导演参加厦门金鸡百花奖

In 2019, directors Li Qiankuan and Xiao Guiyun participated in the Golden Rooster Hundred Flowers Festival in Xiamen

the Taiwan Strait at four locations.

During his tenure as Chairman of China Film Association, Li Qiankuan not only helped the Golden Rooster and Hundred Flowers Film Festivals of China to reach a higher level, but also promoted the transformation of "Beijing International Film Season" into "Beijing International Film Festival", making it an influential A-level international film festival of the world. At the centenary of Chinese film in 2005, Li Qiankuan was awarded the title of "National film artist with outstanding contribution". Li Qiankuan founded the Hong Kong "Asian Film Awards" International Film Festival. In 2015, when the festival held its 10th

anniversary, it specially presented the "Outstanding contribution to Asian Film Award" to Chairman Li Qiankuan. In 2008, Li Qiankuan and Secretary General Ban Ki Moon jointly established the United Nations "Wellink International Film Festival" at the United Nations headquarters in New York and served as the honorary president of the festival.

In their 60s, husband and wife are still working hard, the film "Oriental dawn" jointly directed by them is about to commence shooting soon. They put on the silver screen the glorious history of their predecessors. In their view, inheritance is the best remembrance.



1991年，原国民党军统局云南站少将站长、现全国政协委员沈醉先生看过李前宽、肖桂云联合导演的《决战之后》说：“……这部《决战之后》又很精彩。那时他们还都小啊，拍起国民党的戏，不论是上层的还是战犯监狱的，怎么那样真实？真是天才！”说到兴奋处，老先生挥毫运笔，写下一纸条幅：“前折姚官桂，云开天地宽”

In 1991, Mr. Shen Zui, former major general of Yunnan Station of the Kuomintang Military Bureau and later a member of the National Committee of the Chinese People's Political Consultative Conference, put it so after watching the film "After the decisive battle" jointly directed by Li Qiankuan and Xiao Guiyun: "The film is quite fascinating. At that time, you were all young. No matter if it is its upper class or its war criminals in prison, how were you able to capture the Kuomintang's nature in such a real way? You are really talented". Then the old man speaking in excitement took his brush and wrote on a piece of paper: "Fold a laurel in front of the toad's palace, and the clouds leave, the sky and earth open wide."



- | | | | | | | | | | |
|---------------|-------------------------|--------------------|-----------------------------------------|-------------------------|-----------------------------------------|-----------------------|----------------------------------|-------------------------------------|----------------------------------|
| 电影：
Films: | 《佩剑将军》
General Sabre | 《甜女》
Sweet girl | 《黄河之滨》
The shore of the Yellow River | 《逃犯》
Escaped convict | 《田野又是青纱帐》
The fields are green again | 《鬼仙沟》
Gui Xian Gou | 《开国大典》
The birth of New China | 《决战之后》
After the decisive battle | 《重庆谈判》
Chongqing negotiations |
| | 1981 | 1982 | 1983 | 1985 | 1986 | 1987 | 1989 | 1991 | 1993 |



李克强总理给李前宽导演颁发证书
Premier Li Keqiang presents director Li Qiankuan a certificate

2018年在北京人民大会堂，并为匈牙利前总理迈杰希·彼得画肖像
In the Great Hall of the People in Beijing in 2018, he drew a portrait of former Hungarian Prime Minister, Dr. Peter Medgyessy

李前宽导演在八届三次全国人代会上与江泽民总书记和李铁映在一起
Director Li Qiankuan with General Secretary Jiang Zemin and Li Tieying at the Third Session of the Eighth National People's Congress

李前宽、肖桂云导演与联合国秘书长潘基文先生合影
Director Li Qiankuan, Xiao Guiyun and Secretary General of the United Nations, Ban Ki Moon

李导与美国好莱坞著名导演奥利弗·斯通合影
Director Li with celebrated Hollywood director Oliver Stone

在好莱坞与动画之父斯坦·李合影
With Stan Lee, father of animation, in Hollywood



李导、肖导和美国奥斯卡主席夫妇在东方影都开幕式上
Director Li, director Xiao and the chairman of Oscar Committee with his wife at an opening ceremony in Oriental Film City

李导为欧元之父诺贝尔奖获得者蒙代尔画像
Director Li pictured with Nobel Prize laureate and father of the Euro, Mr. Mundell

2019 年李前宽导演在厦门电影节颁奖
Director Li Qiankuan presents awards at the Xiamen Film Festival in 2019

李前宽在展览作品前与国内外艺术家分享自己的创作心得和艺术理念
Ahead of the exhibition, Li Qiankuan shares his creative experience and artistic concepts with artists from home and abroad

李前宽导演在中国电影界纪念讲话发表 70 周年的“永远的春天”大型音乐会上指挥黄河大合唱
Director Li Qiankuan conducts the Yellow River Chorus at the "Eternal Spring" concert marking the 70th anniversary of a keynote speech delivered on the Chinese film industry

李前宽、肖桂云导演接受中央电视台采访
Director Li Qiankuan and Xiao Guiyun interviewed by CCTV



长白秋色 42cmX67cm 李前宽 Li Qiankuan



李前宽是学美术的；肖桂云是学导演的，他们是你中有我，我中有你，在纽约联合国总部举办画展时，第62届世界妇女大会的执行主席莫拉亚女士，在“光影彩墨”画展的开幕式致辞中惊叹道：世界上女导演很多，女画家也不少，而导演与画家集于一身，并与同样既是导演又是画家的丈夫一起携手，创造如此繁多的电影与绘画作品，当属中国的导演、画家李前宽与肖桂云夫妇。

Li Qiankuan studied fine arts, Xiao Guiyun studied directing, they are the reflections of each other. During the

opening of their exhibition "Bright Image, Colourful Ink" held at the United Nations Headquarters in New York, Ms. Moraya, Executive Chairman of the 62nd World Conference of Women, said in her opening speech: There are quite a lot of female directors in the world, and the number of female painters is equally as large, but the number of those who embody a director and a painter in the same time and is also married to someone who is also a director and a painter in one person and who have directed so many films and created so many artworks together, this is probably only these two Chinese directors and artists, Li Qiankuan and Xiao Guiyun.



醉风 2008, 88cm×53cm 肖桂云 Xiao Guiyun



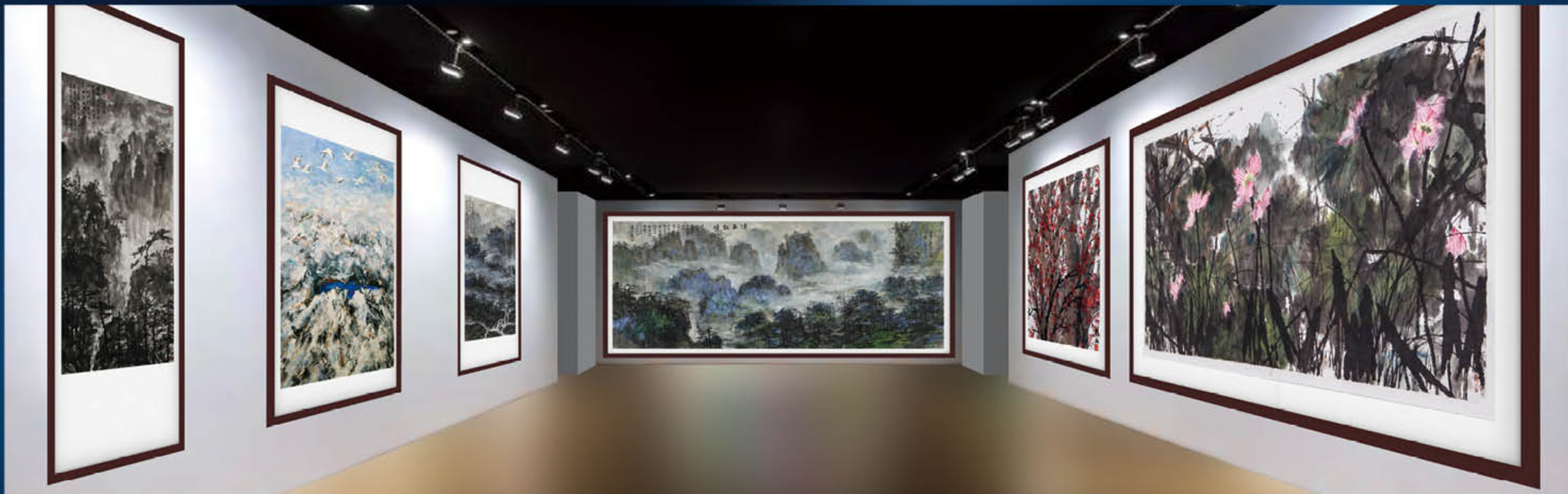
寂静山林 2013, 66cmX144cm 李前宽 Li Qiankuan



素香 2013, 176cm×96cm 肖桂云 Xiao Guiyun



百花迎春 358cm×96cm 李前宽、肖桂云 Xiao Guiyun



2019年8月,在第十二届中国-东北亚博览会上,举办了《光影彩墨》著名导演李前宽、肖桂云绘画作品大展,300多幅画作和300多幅纪录他们艺术人生的光影记忆,让观众为之振奋。

In August 2019, at the 12th China Northeast Asia Expo, a large exhibition of paintings by Li Qiankuan and Xiao Guiyun, famous directors of light, shadow, color and ink, was held. More than 300 paintings and more than 300 light and shadow memories recording their artistic life were displayed inspiring the visitors.

英国前首相话很直白： 这么多问题，不跟中国合作怎么解决？

The former British Prime Minister was very straightforward: How could we solve so many problems without cooperating with China?



CNN 知名主持人法里德·扎卡里亚 11 日在其推特上发布采访英国前首相托尼·布莱尔的视频，在被问及如何看待中国与欧美之间的关系时，布莱尔称，中国与西方国家的关系将是 21 世纪决定性的地缘政治关系。

他还表示美苏冷战结束时，美国从苏联进口的商品价值 2 亿美元左右；而 2018 年美国从中国进口超过 5000 亿美元。“西方国家和中国的经贸联系，与冷战时期已经不可同日而语了。”布莱尔还提到，如今全球面临着经济、气候、全球疫情等问题，如果不跟中国有一定程度上的合作，自己是无法解决的。

美国和中国之间的关系，更广泛的说，中国和西方国家的关系，毋庸置疑的是关于疫情是如何开始的，中国有一些严肃的问题需要回答。而且，人们对中国的力量以及未来可能如何使用这一力量很自然的会感到焦虑，但与苏联的冷战和今天与中国的冷战有一个很大的不同。冷战结束时，我记得美国从苏联进口了价值约 2 亿美元的商品。2018 年美国从中国的进口额超过 5000 亿美元，所以，西方国家和中国的经贸联系和冷战时期已经不可同日而语了。如果你想一想我们今天面临的重大问题，经济问题、气候问题、或者全球应对疫情的问题。你自己怎么解决呢？除非你能与中国有一定程度上的合作。



Tony Blair said during an interview that at the end of the cold war between the United States and the Soviet Union, U.S. imports from the Soviet Union were worth about \$200 million; in 2018, U.S. imports from China exceeded \$500 billion. "The economic and trade ties between the western countries and China are different from those during the cold war." Blair also mentioned that the world is facing several problems of economic and climatic nature but first and foremost a global epidemic. Without cooperation with China to a certain extent, these issues will simply be not resolved.

The relationship between the United States and China, and more broadly, the relationship between China and the Western countries, is now undoubtedly revolving around the question of how the epidemic started. China has some serious questions to answer. Moreover, people are naturally anxious about China's power and how it may be used in the future, but it is quite different from the cold war with the Soviet Union and today's cold war with China. At the end of the cold war, Blair recalled, the United States imported about \$200 million worth of goods from the Soviet Union. In 2018, U.S. imports from China exceeded 500 billion US dollars. Therefore, the economic and trade ties between the western countries and China cannot be compared with those during the cold war. If you think about all the major problems we face today, the economic ones, the problems related to climate change, or the global response to the epidemic, how are we supposed to solve them? We need to work hand in hand with China to a certain extent.

吴若兰被任命为英国驻中华人民共和国大使

Caroline Wilson appointed as Her Majesty's Ambassador to the People's Republic of China



2016 年 10 月至 2019 年 7 月，吴若兰在伦敦的英国外交及联邦事务部担任欧洲司司长一职；2012 年至 2016 年担任英国驻香港及澳门总领事。

在首相根据外交大臣的建议批准了成功的候选人后，女王任命了新大使。吴若兰计划于 9 月开始其任期。她将接替即将卸任的吴百纳。

英国外交大臣多米尼克·拉布表示：“现在是英中关系的一个非常重要的关头，我们同时面临着机遇与挑战。吴若兰是一位杰出的外交官，她将帮助我们继续前行。”

吴若兰表示：“在这个关键时刻，我被任命代表英国出使中国，这是一个绝佳的机会。作为世界主要经济体和国际社会的主要成员，英中两国必须携手发展我们的伙伴关系。“我期待着回到中国，并推进两国关系继续向前。”

简历：

吴若兰在取得律师资格后加入英国外交部。

1997 年至 2000 年，她在北京师范大学完成了普通话培训，之后在英国驻北京大使馆担任了她的首个驻外的职位。

2001 年，吴若兰被派往英国驻布鲁塞尔欧盟代表处，并于 2004 至 2006 年担任英国外交大臣的私人秘书。

吴若兰随后被借调到内阁办公室欧洲秘书处担任副司长。2008 年至 2012 年，她在英国驻莫斯科大使馆担任公使衔参赞。

2012 至 2016 年，吴若兰担任英国驻香港及澳门总领事。

回到伦敦后，2016 年至 2019 年，吴若兰被任命为英国外交及联邦事务部的欧洲司司长。

吴若兰普通话流利。

Caroline Wilson CMG has been appointed Her Majesty's Ambassador to the People's Republic of China in succession to Dame Barbara Woodward DCMG OBE.

Caroline was the Director of the European Department at the Foreign and Commonwealth Office in London from October 2016 until July 2019 and served as Her Majesty's Consul General to Hong Kong and Macao from 2012 to 2016.

HM The Queen appointed the new Ambassador following the approval of the Prime Minister on the recommendation of the Foreign Secretary. The request for agrément has been approved by the Chinese Government.

Caroline Wilson is expected to take up her post in September. She succeeds Barbara Woodward who has completed her mission.

Foreign Secretary Dominic Raab said:

This is an important juncture in the UK's relationship with China with both opportunities and challenges. Caroline is an outstanding diplomat, who will help us navigate the path ahead.

Caroline Wilson said:

It is an incredible opportunity to be asked to represent the UK in China at this critical time. As major economies and leading members of the global community, the UK and China must continue to work together to develop our partnership.

I look forward to returning to China to take the relationship forward.

Biography:

Caroline joined the Foreign Office in 1995 after qualifying as a Barrister-at-law.

She completed Mandarin language training at Beijing Normal University before taking up her first role overseas at the British Embassy in Beijing from 1997-2000.

Caroline was posted to the UK's Representation to the European Union in Brussels in 2001 and served as Private Secretary to the Foreign Secretary from 2004-2006.

Caroline was then seconded to the Cabinet Office European Secretariat as Deputy Director. From 2008-12 she served at the British Embassy in Moscow as Minister Counsellor.

Caroline then went on to become Her Majesty's Consul General to Hong Kong and Macao from 2012 to 2016.

Returning to London, Caroline was appointed Director of the European Department at the FCO, a role she held from 2016 to 2019.

Caroline is fluent in Mandarin. Her Chinese name is Wu Ruolan.

欧盟——中国授权签署地理标志协定

EU-China - Agreement on geographical indications



在布鲁塞尔，2020年7月20日理事会通过了决议，授权签署欧盟与中华人民共和国政府之间关于地理标志（GIs）的协定。

这是欧盟和中国之间签署的第一份重要的双边贸易协定。

它将确保100个欧盟的农业食品地理标志（“地理标志”），例如Mozzarella di Bufala Campana（坎帕尼亚的水牛芝士），朗格多克葡萄酒，Polka Wódka（波兰伏特加酒）或Elia Kalamatas（卡拉马塔橄榄）在中国市场受到保护。同样，100种中国产品将在欧盟受到保护，从而确保双方相互尊重各自农业生产中的最佳传统。

该协定生效四年后，协定范围将扩大，双方将各增加175个地理标志。该协定还包括在其后添加更多地理标志产品的机制。

On 20 July 2020 in Brussels, the European Council adopted the decision on the signature of the agreement between the European Union and the government of the People's Republic of China on geographical indications (GIs).

This is the first significant bilateral trade agreement signed between the EU and China.

It will ensure that 100 EU agri-food GIs ("Geographical Indications") such as Mozzarella di Bufala Campana, Languedoc Wine, Polska Wódka or Elia Kalamatas get protection on the Chinese market. Likewise, 100 Chinese products will be protected in the EU, thereby ensuring mutual respect of the best of both agricultural traditions.

Four years after its entry into force, the scope of the agreement will expand to cover an additional 175 GI names from both sides. The agreement also includes a mechanism to add more geographical indications thereafter.

中欧地理标志协定谈判始于2011年，历时8年时间。2019年11月6日，习近平主席同来华进行国事访问的马克龙总统举行了会谈。会谈后，两国领导人见证了一系列成果文件的签署，其中就包括结束中欧地理标志协定谈判的联合声明。

2019年11月6日，外交部发言人耿爽表示，中欧地理标志协定的签署充分显示了中国政府继续深化改革、扩大开放和保护知识产权的坚定决心。

中欧地理标志协定是中国对外商签的第一个全面的、高水平的地理标志双边协定，显示了中方对中欧双边经贸关系的高度重视。中欧地理标志协定谈判的结束有助于深化双方互利合作，进一步巩固中欧全面战略伙伴关系的经贸基础，并进一步增强中欧双边政治互信。

中方愿与欧方继续携手维护基于规则的多边贸易体系，共同构建开放型世界经济，在相互尊重、公平正义、合作共赢的基础上，推动中欧全面战略伙伴关系百尺竿头更进一步，促进双方经济社会发展和民众福祉提升。

中欧地理标志协定为中国有关产品进入欧盟市场、提升市场知名度提供了有力保障。根据该协定，中国相关产品有权使用欧盟的官方认证标志，有利于获得欧盟消费者的认可，进一步推动中国相关产品对欧出口。

The negotiations on the EU-China agreement on geographical indications started in 2011 and lasted for eight years.

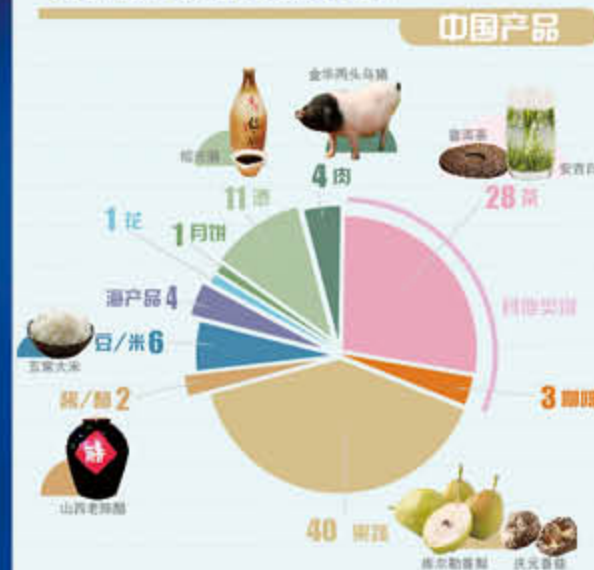
On November 6, 2019, President Xi Jinping held talks with French President Macron, who was on a state visit to China. Following the talks, the leaders of the two countries witnessed the signing of a series of documents, including the joint statement on the conclusion of the negotiations on the EU-China agreement on geographical indications.

On November 6, 2019, foreign ministry spokesman Geng Shuang said that the signing of the EU-China agreement on geographical indications fully demonstrates the firm determination of the Chinese government to continue to deepen the reform, to open up and to protect intellectual property rights.

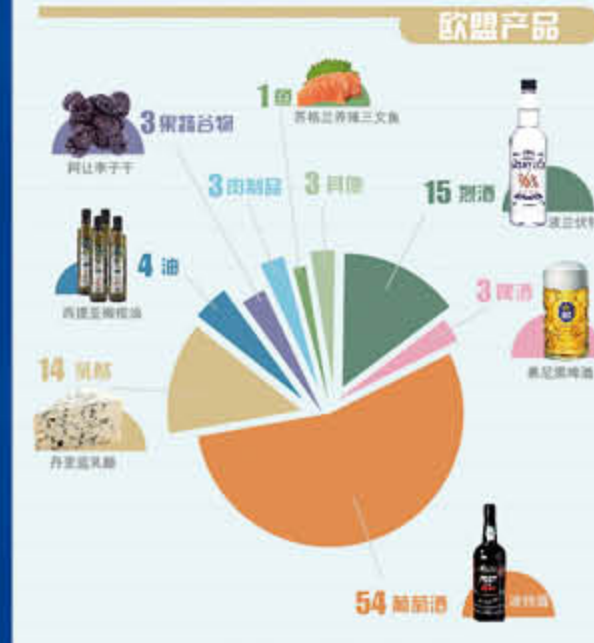
The EU-China agreement on geographical indications is the first comprehensive, high-level bilateral agreement on geographical indications signed by China, demonstrating that China attaches great importance to the bilateral economic and trade relations between China and the EU. The conclusion of the negotiations on the EU-China agreement on geographical indications will help deepen the mutually beneficial cooperation, further consolidate the economic and trade foundation of the EU-China comprehensive strategic partnership, and further enhance the mutual political trust.

China is willing to continue to work with the European side to safeguard the rule-based multilateral trading system and jointly build an open world economy. On the basis of mutual respect, fairness and justice, and win-win

中欧地理标志协定涉及的



中欧地理标志协定涉及的



信息来源：法国《观点报》

欧洲时报网制图

cooperation, China is willing to further promote the EU-China comprehensive strategic partnership and promote the economic and social development and people's well-being.

The EU-China agreement on geographical indications provides a strong guarantee for China's relevant products to enter the EU market and enjoy an enhanced market visibility. According to the agreement, China's relevant products have the right to use the official certification mark of the EU, which is conducive to obtaining the recognition of EU consumers and is further promoting the export of Chinese related products to Europe.

洛伦佐·纳塔利媒体奖: 2020 年度获奖者公布 Lorenzo Natali Media Prize: 2020 winners announced

7月15日, 欧洲委员会公布了2020年洛伦佐·纳塔利媒体奖 (Lorenzo Natali Media Prize) 的三位得主: 《南华早报》的 Dayu Zhang, “被禁故事” (Forbidden Stories) 平台的 Cécile Schillis Gallego 和 Marion Guegan, 以及“平等时报” (Equal Times) 的 Shola Lawal。在将近三十年的时间里, 该奖项对那些专注于引人入胜和富有同理心的高质量新闻报道给予认可, 使可持续发展的故事得以展示。

欧盟国际伙伴关系委员 Jutta Urpilainen 表示: “洛伦佐·纳塔利媒体奖旨在表彰致力于可持续发展的高质量新闻。我很高兴看到今年有这么优秀的专业人士申请。这表明新闻业在建设开放民主的社会中发挥着至关重要的作用。让你们所讲述的故事得以展示, 关乎我们如何共同建立一个更美好的世界。”

由大奖评审团从来自 94 个国家的 800 多个申请中评选出的 2020 年度获奖者。

欧盟委员会设立于 1992 年的洛伦佐·纳塔利媒体奖是为了纪念前欧盟发展事务委员、言论自由、民主、人权和发展的坚定捍卫者洛伦佐·纳塔利而设立的。该奖项奖励和庆祝在可持续发展问题上的杰出报道。

2020 年的奖项分为三个类别:

特等奖: 奖励设在欧盟成员国的媒体机构发表的报道。

欧洲奖: 奖励设在欧盟媒体机构发布的报道。

最佳新兴记者奖: 奖励欧盟或某个成员国的媒体机构 30 岁以下的记者发表的报道。

On the 15th of July, the European Commission announced the three winners of the 2020 Lorenzo Natali Media Prize: Dayu Zhang of the "South China Morning Post", Cécile Schillis Gallego and Marion Guegan of the "Forbidden Stories" and Shola Lawal of "Equal Times". For nearly three decades, the Prize has recognised quality journalism focused on compelling and compassionate reporting to bring sustainable development stories to light.

Commissioner for International Partnerships, Jutta Urpilainen, said: "The Lorenzo Natali Media Prize celebrates quality journalism focused on sustainable development. I was happy to see so many great professionals apply this year. This growing interest demonstrates the crucial role that journalism plays in building open, democratic societies. Shedding light on the stories you tell is how, together, we build a better world."

The 2020 Prize winners were selected by the Grand Jury from among more than 800 applications from 94 different countries.

Established in 1992, the European Commission's Lorenzo Natali Media Prize is awarded in memory of Lorenzo Natali, former Commissioner for Development and a staunch defender of freedom of expression, democracy, human rights and development. The prize rewards and celebrates excellence in reporting on sustainable development issues.

The Prize's three categories in 2020 were:

Grand Prize: for reports published by a media outlet based in one of the European Union's partner countries.

Europe Prize: for reports published by a media outlet based in the European Union.

Best Emerging Journalist Prize: for reports by journalists under the age of 30, published in a media outlet based in the European Union or in one of its partner countries.



特等奖

《香港警察和抗议者之间的那道细黄线》(微纪录片)

Dayu Zhang 《南华早报》

Grand Prize:

Dayu Zhang – South China Morning Post. "The thin yellow line standing between the Hong Kong police and the protestors".



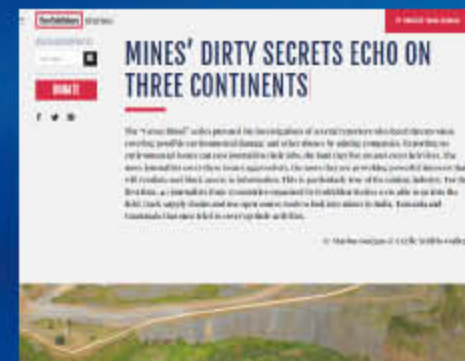
欧洲奖

《矿山肮脏的秘密在三大洲回响》

塞西尔·希利斯·加列戈和玛丽昂·格根, “被禁故事” 感谢他们对世界各地报道采矿新闻的记者所面临的恶劣环境的调查。

Europe Prize:

Cécile Schillis Gallego and Marion Guegan of "Forbidden Stories" for "Mines' dirty secrets echo on three continents". An investigation on the hostile environment faced by journalists reporting on mining stories across the world.



最佳新兴记者奖:

绍拉·劳尔的《平等时间》为“非洲移民试图, 并正在死亡, 到达北美, 达林峡谷是‘新地中海’”。关于从非洲到北美的“大陆外移民”所面临的危险状况。

Best Emerging Journalist Prize:

Shola Lawal of "Equal Times" for "For African migrants trying, and dying, to reach North America, the Darién Gap is the 'new Mediterranean'". An exposé on the dangerous conditions faced by extra-continental migrants travelling from Africa to reach North America.





Follow the Ambassador to his Country

Vladimír TOMŠÍK
Ambassador of Czech Republic to China

跟着大使看世界 ——捷克驻华大使佟福德

捷克共和国，简称捷克，是一个位于欧洲中部的内陆国家，东靠斯洛伐克，南邻奥地利，西接德国，北毗波兰。捷克共和国拥有丘陵地貌，总面积为 78866 平方公里，主要为温带大陆性气候和海洋性气候，是一个统一的议会共和国，人口为 1070 万。首都布拉格是全国最大的城市，拥有 130 万人口；其他主要的城市还包括布尔诺、奥斯特拉瓦、奥洛穆茨和皮尔森等。捷克地形多样，西部波希米亚地区由易北河和伏尔塔瓦河汇流而成的盆地组成，周边大多为低矮的山脉，如克尔科诺什山脉等。全境最高峰为斯涅日卡山。东部莫拉维亚地区山势较多，位于摩拉维亚河间地区，流经奥德河。捷克共和国水流主要流向北海、波罗的海与黑海。

感谢捷克旅游局提供图文支持。



The Czech Republic, also known by its short-form name Czechia, is a landlocked country in Central Europe bordered by Austria to the south, Germany to the west, Poland to the northeast and Slovakia to the southeast. The Czech Republic has hilly landscape that covers an area of 78,866 square kilometers with a mostly temperate continental climate and oceanic climate. It is a unitary parliamentary republic, with 10.7 million inhabitants. Its capital and largest city is Prague, with 1.3 million residents; other major cities include Brno, Ostrava, Olomouc and Pilsen. The Czech landscape is exceedingly varied. Bohemia, to the west, consists of a basin drained by the Elbe (Czech: Labe) and the Vltava rivers, surrounded by mostly low mountains, such as the Krkonoše. The highest point in the country, Sněžka at 1,603 m. Moravia, the eastern part of the country, is also quite hilly. It is drained mainly by the Morava River, but it also contains the source of the Oder River (Czech: Odra). Water from the Czech Republic flows to three different seas: the North Sea, Baltic Sea and Black Sea.

Special thanks to the Czech Tourism for providing information and pictures.



▲ 克鲁什内山脉矿区 The Krušnohoří Mining Region

This unique group of technical mining landmarks reminds us of the hard work of past generations. The mining and cultural landscape found in the Krušné Mountains is unique proof of the work and technical skills of miners who lived centuries ago. The Krušné Mountains were mined for various metals beginning in the early medieval period, and this mining activity has left indelible traces in the countryside. These traces are so profound that they earned the Krušnohoří/Erzgebirge landscape a spot on the UNESCO World Heritage List as of 2019.

独特的采矿技术古迹纪念着前人的辛勤劳作。克鲁什内山脉的矿区文化景观是过去几个世纪矿工工作和技术能力的独特证明。自中世纪早期以来，克鲁什内山脉一直用于各种金属矿石的开采，开采活动在景观中留下了不可磨灭的印迹，其重要性使克鲁什内山脉 / 厄尔士山脉在 2019 年被联合国教科文组织列为世界文化遗产。



▲ 国家马场易北河河畔克拉德鲁比以及饲养马匹基地

National Stud Farm and Landscape for Breeding Horses in Kladruby nad Labem

探索欧洲最古老的马场以及被联合国教科文组织保护的古老捷克马种产地！访问东波希米亚的易北河畔克拉德鲁比国家马场，您将了解欧洲当前仍在运营的最古老的马场的背景。此地驯养着最古老的捷克马品种——老克拉德鲁比马。与此同时，养马场周围的环境也完美地适和马匹养殖的目的，因此在 2019 年，它和周围的景观以及牧场一同被列入了联合国教科文组织世界遗产名录。

National Stud Farm and Landscape for Breeding Horses in Kladruby nad Labem. Discover one of the oldest stud farms in Europe and the home of the oldest original Czech horse breed protected by UNESCO! Visit the National Stud Farm in Kladruby nad Labem in East Bohemia. You will see the facilities of one of the oldest still operating stud farms in Europe. Here they breed the oldest variety of Czech coach horses – the Kladruber. Over the centuries of horse breeding and training, even the countryside around the stud farm has been perfectly adjusted to this purpose. Together the stud farm and this unique countryside were registered on the UNESCO World Heritage List as of 2019.



图根哈特别墅 Villa Tugendhat

图根哈特别墅注定见证了现代住宅的诞生以及曾经居住在那里的人们的悲惨命运。

这座别墅的设计者是著名的德国建筑师密斯·凡·德·罗。直到今天，它仍被誉为世界上最重要的四大别墅之一。鉴于它的艺术价值，这个现在建筑设计的瑰宝也被载入了联合国教科文组织的世界文化遗产名册。

Villa Tugendhat has borne witness to the birth of modern housing and also to the tragic fate of the people who lived there. This work by the famous German architect Mies van der Rohe is to this very day regarded as one of the four most important villas in the world. Thanks to its values, this gem of modern architecture has also been included in the UNESCO world heritage list.

早上去参观一座雄伟的城堡，午餐前漫步到一座伊斯兰清真塔，午后在一座古老的教堂边戏水，傍晚时分看着日落的余晖在白色岩壁间闪耀。听起来像一次梦幻般的假期？其实在莱德尼采-瓦尔齐采的土地上您便可以身临其境感受这样的美好假期！骑自行车穿越这片美丽的土地，其间不乏历史古迹和被誉欧洲后花园的迷人葡萄园。这里不愧为联合国教科文组织世界文化遗产名录上最美的地方之一。

Take a walk through the Garden of Europe in the Lednice-Valtice Complex!

There are not many places in the world which have received such care as the elegant area around the spectacular Lednice and Valtice chateaux. An absolutely unique park has been created here over the centuries, full of rare tree species, romantic little buildings, fishponds and beautiful little corners. The Lednice-Valtice Complex, which has been included in the UNESCO list, is known as the Garden of Europe to this very day.

莱德尼采-瓦尔齐采地区 Lednice-Valtice Complex



萨扎瓦河畔日贾尔城边的绿山 Zelená hora near Žďár nad Sázavou

五扇大门，五座教堂，五个圣坛，五颗星。坐落在绿山上的内伯穆克的圣约翰教堂是欧洲最具独创性的建筑。直到今天，它依然吸引着来自世界各地的人们。这座雄伟的建筑被列入联合国教科文组织的世界文化遗产名录。它的创造者是著名的天才建筑师 杨·布拉谢·桑提尼·艾希尔。对于那些欣赏神秘和独特建筑的人们来说，此地确实值得一看，并且和它的名字一样，这座教堂还与捷克圣人——来自内伯穆克的圣约翰的故事有着密切关系。

5 gates, 5 chapels, 5 altars and 5 stars. The Church of St. John of Nepomuk on Zelená hora is one of the most original buildings in Europe, which still amazes people from all over the world to this very day. This UNESCO monument and work of the talented architect Jan Blažej Santini Aichel is a place which deserves to be visited by all those who appreciate its mysticism and unique architecture, interwoven with the powerful story of St. John of Nepomuk, the Czech saint.





▲ 特尔奇 Telč

很难想象能有比特尔奇更有童话色彩的小镇。一个犹如从安徒生童话故事中搬出来的广场，一座浪漫的庄园宫殿，和几个清澈的池塘环绕着这座小城。特尔奇市是在阿尔卑斯山以北地区意大利文艺复兴式建筑艺术的完美代表。特尔奇市中心的广场堪称欧洲最美丽的广场之一。因此，它也当之无愧被列为联合国教科文组织的世界文化遗产。

It would be hard to imagine a more fairytale-like little town than Telč. A square which looks like it has come straight from the stories of Hans Christian Andersen, a romantic chateau and crystal clear fishponds surrounding the city. Telč is the most perfect example of the Italian Renaissance north of the Alps and a town with one of the most beautiful squares in Europe. It is rightly thus also part of UNESCO world heritage.

▶ 克罗姆涅日什城的花园 Kroměříž Gardens

夏季时分，克罗姆涅日什城的花园让人不禁联想到伊甸园。这些当地的花园均被列入了联合国教科文组织的世界文化遗产名录。在这里，光线，植物，流水，艺术和建筑完美融合。这里的城堡和花园可谓欧洲最美丽的景色之一。您会迷失在巨大的绿色树墙迷宫里，抑或沉醉在奇花异草和精致雕塑之间。漫步于长廊，抑或躲进古香古色的温室中欣赏美丽的植物。

During the summer, Kroměříž is reminiscent of the Garden of Eden. The local gardens, which are included in the UNESCO world heritage list, represent a perfect symbiosis of light, plants, water, art and architecture. The Castle and Gardens are some of the most beautiful in Europe. You will be engulfed by a labyrinth of green walls, original floral and sculptural decoration, so take a walk along the colonnade and past the historical greenhouses.





Follow the Ambassador to his Country

Archil Kalandia
Ambassador of Georgia to China

跟着大使看世界

——格鲁吉亚驻华大使
阿尔赤 卡岚第亚

格鲁吉亚是世界文明古国之一，仅有四百万人口，位于黑海及欧亚大陆交汇处的高加索地区。有关格鲁吉亚记录的历史可以追溯到 3000 年前，但其独特的文化却远比这三千年更加古老而且丰富。格鲁吉亚人民特有的性格历经千年依然保持其本色。格鲁吉亚不仅拥有独特而古老的文化遗产，还以其热情好客和传统美食而闻名于世。当谈论到其令人惊叹的自然风光，独特的地理风貌和美丽的城市风景时，格鲁吉亚被认为是欧洲最被低估的目的地之一。地理上，格鲁吉亚大约有 80% 的国土属于山区，在这片神秘的土地上，您将被东方之谜与西方优雅的和谐融合所吸引。两大洲的交集，东西方的传统及其多样性在这里汇聚在一起，形成了一种不同于世界上任何其他地方的文化，这些都可以从格鲁吉亚极具特色的文化和建筑中看出端倪。

2019 年，有超过 900 万游客来到格鲁吉亚，比 2018 年增加 7.8%，是格鲁吉亚总人口（370 万）的 2.5 倍。在所有游客中，2019 年中国旅游人数为 48071 人（比上一年增加 50.9%）。值得注意的是，格鲁吉亚成为中国公民



赴境外旅游目的国之一。还应强调的是，在美国国务院最新发布的美国旅行咨询报告中，格鲁吉亚是世界上 safest 的国家之一，位列一级，这意味着格鲁吉亚是最安全的旅游目的国之一。此外，根据全球最大的用户投票数据网站 Numbeo 显示，格鲁吉亚在全球最安全的国家中位列第七。



Georgia, one of the ancient country with a population of almost four million people, is wedged between the Black Sea and the Caucasus where Europe meets Asia. Recorded history in Georgia goes back over 3000 years and yet our culture is far older, it is ancient and rich. Preserved for millennium by sheer stubbornness of its people, the basic dimension of our national character has remained intact. However, Georgia has not just a unique and ancient cultural heritage but is also very famous for its unique manuscripts, tradition of hospitality and cuisine. Georgia is one of the most underestimated destinations in Europe when it comes to discovering breathtaking nature, unique landscapes, and beautiful cities. About 80% of Georgia is mountainous. In this mystical land, you will be captivated by thrilled blend of eastern enigma and western elegance. A mix of two continents, the traditions of east and west and their diversity meet in here to form a culture unlike any other in the world, they can be seen in the culture and architectural heritage of Georgia.

More than 9 million visitors and tourists entered Georgia in 2019, which is 7.8% more than in 2018 and 2.5 times more than the whole population of Georgia (3.7 million). Among all visitors the number of Chinese citizens in 2019 was 48 071 (50.9% more than in the previous year).

It is notable that China gave to Georgia Approved Destination Status, allowing tour groups to visit. In this regard, it should be also underlined, that Georgia is among the safest countries in the world in the latest travel advisory for United States (US) travellers published by the US State Department. Georgia is listed in the first level, meaning that it is one of the safest countries to travel. Also, Georgia has been ranked the seventh safest country in the world by global database Numbeo, which is the world's largest database of user contributed data.





+ 丝绸之路 Silk Road

格鲁吉亚一直是连接欧洲和亚洲的纽带，地理位置优越，包括著名的丝绸之路在内的许多路线都经过格鲁吉亚。这条连接中国和西方的最重要的近代商路分为南北两条路线，北部的一条就穿过格鲁吉亚。古商队的踪迹在乌普里斯洞附近仍然可见。

Georgia has always been a connecting link between Europe and Asia, with its favorable geographic location traversed by many routes including the famous Silk Road. This most important premodern trade road linking China with the West diverged into northern and southern routes, the northern one passing through Georgia. The traces of ancient caravans are still visible near Upliscikhe cave town.



在高加索山脉的山脚下发现了180万年前的人类遗骸。当人类离开非洲大陆时，格鲁吉亚是一条重要的迁徙路线。所谓的“德曼尼人”实际上是第一个到访格鲁吉亚的欧洲游客。

1.8 million years old human remains have been discovered in the foothills of Caucasus Mountains. Georgia was a crucial migratory route for man as he moved out of the African continent. The "Dmanisi Hominoid" - as it's called - was quite literally the first European tourist.

+ 联合国教科文组织世界遗产 UNESCO World Heritage Sites

1. 姆茨赫塔古城
斯维特·特斯克维里大教堂（11世纪）
十字修道院（6世纪）

2. 库塔伊西镇
格拉特修道院（12世纪）
巴格拉特大教堂（11世纪）

3. 上斯瓦涅季

1. Ancient Capital of Georgia - Mtskheta
Svetitskhoveli Cathedral (11th century)
Jvari Church (6th century)

2. The Town of Kutaisi
Gelati Monastery (12th century)
Bagrati Cathedral (11th century)

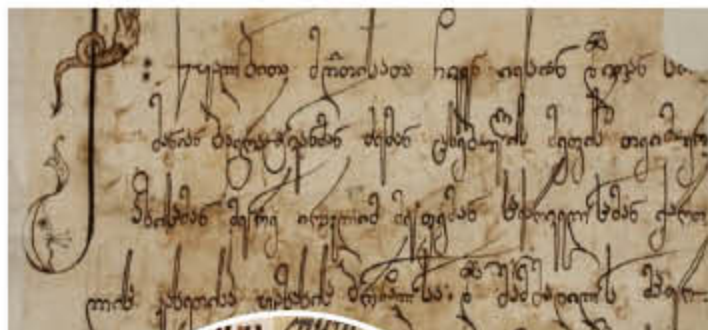
3. Upper Svaneti



+ 语言文字 Language and Manuscript

格鲁吉亚独特的语言文字证明了其原始而高度发达的文化。全世界大约有 500 万人说格鲁吉亚语，它有着古老的文学传统。格鲁吉亚文字是世界上独一无二的 14 种现存字母文字之一，它产生于公元前 3 世纪。最早的格鲁吉亚铭文出现在伯利恒附近的一座教堂（公元 430 年）和格鲁吉亚东南部的博尼西锡奥尼教堂（公元 495 年）。最早的格鲁吉亚小说也可以追溯到公元 5 世纪。2016 年联合国教科文组织(UNESCO)已将格鲁吉亚文字纳入人类非物质文化遗产名录。

Georgia's original and highly developed culture is proved by its unique language and script. Spoken by about 5 million people worldwide, Georgian language has an ancient literary tradition. Georgian alphabet is one of the unique 14 existing alphabets in the world, it was created in the 3rd century BC. Earliest Georgian inscriptions are found in a church near Bethlehem (AD 430) and in Bolnisi Sioni church (AD 495) in the South-East of Georgia. The earliest Georgian novel also dates to the 5th century AD. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has added the Georgian alphabet to the list of the Intangible cultural heritage of Humanity (2016).



3000 years old script discovered in Georgia

+ 格鲁吉亚文化 Georgian culture



在伊比利亚文明和科尔奇文明的基础上，格鲁吉亚文化经历了数千年的锤炼和发展。在 11 世纪时，格鲁吉亚迎来了古典文学、艺术、哲学、建筑和科学的复兴与黄金时代。格鲁吉亚文化的精髓在于其民间音乐。格鲁吉亚的复调音乐和民族舞蹈充分彰显出格鲁吉亚自然之美、民族气质、日常生活以及传统元素之美。格鲁吉亚舞蹈是格鲁吉亚精神的最佳代表。它将爱、勇敢、对女性的尊重、耐力、抗衡、技巧、美感和多元性完美的融合为一种令人惊奇的表演。格鲁吉亚民歌亦是格鲁吉亚人的骄傲之一。它是格鲁吉亚在世界文化当中所做出的最重要的贡献。1997 年，美国宇航局将“旅行者 2 号”送入太空时携带了一张镀金光盘，内有世界各地的 25 首最佳金曲，其中之一就是《Chakrulo》，一首古老而经典的格鲁吉亚复调民歌。2001 年，格鲁吉亚复调唱法被联合国教科文组织认定为人类口述和非物质遗产代表作。

Georgian culture evolves over thousands of years from its foundation in the Iberian and Colchian civilizations. Georgian culture enjoyed a renaissance and golden age of classical literature, arts, philosophy, architecture and science in the 11th century. The key to appreciating Georgian culture lies in its musical folklore. Georgian polyphony and national dances express the beauty of Georgian nature, national temperament, everyday life and traditional values. Georgian dance is the best representative of the Georgian spirit. It unities love, bravery, and respect for women, durability, competition, skill, beauty, and colorfulness into one astonishing performance. Georgian folk song is one of the objects of pride for the Georgians. It can be thought as Georgia's most significant contribution in the world culture. In 1977, NASA sent a Voyager 2 to space with golden disc of 25 best melodies from around the world. Chakrulo, classic, old, polyphonic Georgian folk song, is among them.

Georgian polyphonic singing - was recognized by UNESCO as a Human masterpiece of Oral and Intangible Heritage in 2001.



+ 格鲁吉亚宴请及酿酒文化 Georgian Supra and winemaking

格鲁吉亚有句俗话说“客人是上帝的礼物”。因此无论您在格鲁吉亚旅行或是居住，都会被所受到的热情真诚的款待感到惊讶。

参与“格鲁吉亚宴席”一品尝当地传统美食一直是最令外国游客难忘的乐趣之一。“Supra”-格鲁吉亚宴席是一个有些繁琐的仪式，延续了几个世纪，是格鲁吉亚举世闻名的待客之道的精髓。其中必要的部分是由“Tamada”即宴会酒司令带着大家行祝酒词，他会在适当的时候，用共情且能带动气氛的祝酒词引导整个宴会的气氛。

格鲁吉亚是世界上持续进行葡萄栽培和葡萄酒酿造的最古老的国家之一。格鲁吉亚的酿酒传统有 8000 多年的历史。对格鲁吉亚人来说，葡萄酒不仅仅是一种饮料。它增强民族精神，是传统的高加索风格盛宴的核心所在。格鲁吉亚的传说、故事和歌曲中都有葡萄的身影。Qvevri(格鲁吉亚文)，又称 Churi，是格鲁吉亚西部的大型陶器，形似没有把手的蛋状双耳瓶，用于发酵、储存和陈酿葡萄酒。

2013 年，联合国教科文组织将格鲁吉亚人使用 Qvevri 陶土罐酿酒的传统方法列入联合国教科文组织非物质文化遗产名录。



There is a saying in Georgia that "the guest is the gift from God". You will be surprised by warmth and genuineness of the hospitality you receive no matter where you travel and stay in Georgia.

"Georgian Supra"- testing local food is always one of the most memorable pleasures for foreign visitor. The "Supra", a complex ceremony, maintained over the centuries, stands at the heart of Georgia's world-renowned hospitality. A necessary part of the Supra is the "Tamada" the toastmaster. He guides the mood of the feast by introducing eloquent, often emotional toasts at key moments.

Georgia is one of the ancient countries of the world with uninterrupted tradition of viticulture and winemaking. The Georgian tradition of winemaking is thought to have originated approximately 8000 years ago. For Georgians, wine is not just a drink. Wine strengthens the national spirit and unites guests of traditional Caucasian feasts. Grapevines are mentioned in Georgian legends, stories and songs. Qvevri, also known as Churi in western Georgia are large earthenware vessels used fermentation, storage and ageing of traditional Georgian wine.

In 2013, UNESCO added the ancient traditional Georgian winemaking method using the Qvevri clay jars to the UNESCO Intangible Cultural Heritage Lists.



The legendary capital city of Tbilisi has a charming history dating back to the 5th century (A.D.) . It's the city where you can find Georgian Orthodox, Armenian Gregorian and Roman Catholic churches, a synagogue, a mosque and a Zoroastrian temple all within a 5 minute walk of each other. It's a multi-ethnic, multi-cultural, multi-religious city on the crossroads of history, a city neither European nor Asian but a heady blend of both East and West. Tbilisi has attracted visitors since it was founded, drawn by the hot springs for which the city is named, by the lively atmosphere of its cobbled streets and caravanserais or simply by what Alexandre Dumas called the :

"Strange, fascinating charm" of this "city of legend and romance." "I have seen almost everything in Tbilisi _ in Georgian paradise and I have never worked so productively anywhere in my life as in Tbilisi"

French educator Montesquieu: "Tbilisi is Eden, a fabulous city, built to glorify sweethearts."

French traveler Jean Chardin: "Tbilisi is one of the most beautiful cities, surrounded by magnificent and cool walls. There are several beautiful council buildings, markets, shopping places in Tbilisi, many fences and magnificent gardens adorn the suburbs".



+ 第比利斯 Capital Tbilisi

传说中的格鲁吉亚首府第比利斯，其令人神往的历史可以追溯到公元5世纪。在这个城市，你可以找到格鲁吉亚东正教，亚美尼亚格里高利和罗马天主教教堂，一个犹太教堂，一个清真寺和一个琐罗亚斯德教寺庙，所有这些都 在5分钟的步行距离内。这是一个多民族、多文化、多宗教的城市，处于历史的十字路口，一个既不是欧洲也不是亚洲的城市，而是一个令人陶醉的东西方融合的城市。第比利斯自成立之日起就吸引了众多游客，它是世界上唯一以温泉命名的首都，它独特的鹅卵石街道以及热闹的商业气氛都是游客留恋的重要因素，或者又如法国作家大仲马所说：

这座“传奇与浪漫之城”的“奇异迷人的魅力”，“我几乎可以在第比利斯获得我想要的一切，这里就是格鲁吉亚的天堂，我一生中只有在第比利斯那段时间有过如此高效地工作。”

法国教育家孟德斯鸠：“第比利斯是伊甸园，一个神话般的城市，为歌颂爱情而建。”

法国旅行家让·查丁：“第比利斯是最美丽的城市之一，四周环绕着雄伟冷酷的城墙。第比利斯有美丽的市政大楼、市场、购物场所，由许多栅栏和宏伟的花园充盈的郊区”。



+ 阿扎尔州 Adjara

阿扎尔是格鲁吉亚最受欢迎的度假海岸。这里多石的海滩、亚热带气候、未经雕琢的自然景观、水晶瀑布、迷人的城堡、巴统的现代建筑使阿贾拉成为格鲁吉亚最美丽、最神奇的地区之一。巴统是该地区最大的城市，也是格鲁吉亚的主要港口。这个名字来源于希腊语“巴斯利门”，意思是“深水港”。它优雅的白色建筑和亚热带植被使它在格鲁吉亚城市中独树一帜，吸引着外国游客和格鲁吉亚当地人。巴统大道是巴统最古老的景点，最近，一个长约7公里的现代林荫道已建成。在林荫大道的海岸线上，平房、沙滩酒吧、俱乐部、咖啡厅、餐厅、儿童游乐场、长椅、现代雕塑和舞蹈喷泉使这里成为城市最具吸引力的旅游目的地之一。

Adjara is Georgia's most popular holiday coast, the destination of choice. Stony beaches, semitropical climate, untouched nature, crystal waterfalls, charming fortresses, modern architecture of Batumi are making Adjara, one of the most beautiful and marvelous regions of Georgia. Batumi is the largest city in the region and Georgia's main port. The name is derived from the Greek "bathys limen" meaning "deep harbor". It is graceful white architecture and subtropical vegetation make it unique among Georgian cities and a magnet for foreign visitors and Georgians alike. Batumi Boulevard is the oldest attraction in Batumi, recently, a modern addition for the boulevard has been built and it reached a length of around 7 kilometers. On the coastal line of the boulevard, bungalows, beach bars, club, café-lounges, restaurants, children's attractions, benches, modern sculptures and dancing fountains are making the place one of the city's most attractive tourist destinations.





+ 卡赫季州 Kakheti

在这个满满葡萄酒爱好者的国度，每个人都认为最好的葡萄酒来自格鲁吉亚最东部肥沃的地区，即被大仲马称为“卡赫季花园州”的地方。在某些方面，这里几乎保留着他印象中的原貌，马车在安静的乡间小路上随处可见，淡黄的干草点缀在田野上，河风荡漾在绿色的牧场上，还有那依旧传统的人工采摘的甜甜的葡萄。

但葡萄酒并不是卡赫季州的全部——这里丰富的历史为我们留下了格鲁吉亚最好的教堂建筑，还有当地人的热情好客，你就会明白为什么来卡赫季旅游总让人那么享受了。

In this country of wine-lovers, everyone agrees that the very best wines come from the fertile easternmost part of Georgia, called by Dumas "the garden province of Kakheti." In some ways, little has changed since his time - horse-drawn carts are a frequent sight on the quiet country roads, the fields are dotted with hayricks, the



rivers wind untrammelled through green pastures, and the sweet grapes are still harvested by hand.

But wine is not all that Kakheti has to offer - the rich history of the region has bequeathed to us some of Georgia's finest examples of church architecture. Add to this the friendliness and easy-going hospitality of the people and you will understand why a visit to Kakheti is always a pleasure.

攀登斯瓦涅季可以说是欧洲最后一次伟大的冒险。这座高加索最高峰海拔超过 4000 米，在哪里，你看不到任何滑雪缆车或是豪华酒店和广告牌。取而代之的是令人兴奋的，叹为观止的景色，原始的山脉，深邃的峡谷，滔滔不绝的河流……还有那些绝对不适合新手司机的道路！

斯瓦涅季是一个由高雪峰、森林覆盖的小山和壮观的山谷组成的景观，蜿蜒的道路通向散布着中世纪望塔的隐蔽村庄。来到这里，你会感觉时光仿佛停止一般。这里的居民斯瓦涅季人是一个格鲁吉亚的分支，这里的生活节奏不同，他们有自己的语言和传统，有自己的建筑风格，对他们来说，古老的习俗仍然是日常生活的一部分。

A visit to Svaneti is one of Europe's last great adventures. The highest peaks of the Greater Caucasus tower at over 4000m, without a single ski-lift, luxury hotel or advertising hoarding to be seen. What you'll find instead is excitement, breath-taking views, pristine mountains, deep gorges, gushing rivers... and roads which are definitely not for the nervous driver!

Svaneti is a landscape of high snow-capped peaks, forested hills and spectacular valleys. Winding roads lead to hidden villages dotted with medieval watchtowers. There is something about the region that makes you feel as if time has stood still. The people of Svaneti are a race apart - the pace of life is different there, they have their own language and traditions, their own architectural styles, and for them ancient customs is still very much a part of everyday life.

+ 斯瓦涅季州 Svaneti



+ 姆茨赫塔 Mtskheta

姆茨赫塔位于阿拉格维河和姆特克瓦里河的交汇处，从公元前第二个千年起，它就一直是人类定居的地方。该镇以格鲁吉亚传奇先祖卡尔特洛斯的儿子姆茨凯托斯命名。早在异教时期，这里作为格鲁吉亚第一个基督教教堂的所在地就已经意义非凡。今天，它已不再是国家的首都，但它依然是格鲁吉亚精神之都以及两座格鲁吉亚最美教堂的所在地，生命之柱大教堂和十字修道院。

姆茨赫塔的历史古迹被列入联合国教科文组织世界遗产名录！

Situated at the confluence of the Aragvi and Mtkvari rivers, Mtskheta has been a site of human settlement since at least the second millennium BC. The town is named after Mtskhetos, son of Kartlios - the legendary progenitor of the Georgian people. Already a town of some significance in pagan times, it gained importance as the site of the first Christian church in Georgia. Today it is no longer the capital of the country, but it is still the spiritual capital and home to two of Georgia's greatest churches Svetitskhoveli and Jvari.

Historical Monuments of Mtskheta are inscribed on the UNESCO World Heritage List!





Lee Wei Chun

Taiwan's "Dancing Prince" was born in Kaohsiung Taiwan, 1978. His father is from Zhaoqing city, Guangdong Province, China.

Lee is the founder of the group "Dance without Frontiers" and also works as a choreographer and director of art. He is dedicated to promoting culture, art, art education, and social welfare across the Chinese society and abroad.

In 2015, Lee was invited to be the director of arts of the Chinese stage at the Milan World Exposition. In China, he was invited by Shanghai Himalayan Art Center to organize the Taiwanese Art & Life Festival.

Lee has been one of the few artists who performs with talents from the entertainment industry to experiment with new forms of expressions. Lee has performed with Jay Chou, Lin Zhixuan, Fei Yuying, Zhang Huimei, Xie Tingfeng, Lin Xinru and others. Leading companies in different fields such as Fuxing Group, Wanke Group, and TCL have specially invited Lee to perform for them and teach their employees. International brands such as Audi, Kiehls, Kenzo, Benz, and LG have also invited him to dance on product promotional occasions.

Milestones:

2020 Art Director of CCTV's Shanghai Dafengche Art Troupe.

2015 Invited by CCTV 7 to perform for "The Night of Common Wealth" ceremony.

2014 Invited by Orbis Foundation, China to dance for the common wealth.

2013 Published his first book "Solo Dance: My Believes in Dancing for Success"

2012 Performed Luoshenfu in the Forbidden City.

1997-2005 Yunmen Dance Group China, Taiwan.

Lee Wei Chun Introduction

独舞 李伟淳

李伟淳，祖籍广东肇庆人，出生于台湾高雄，曾就读北京中国艺术研究院舞蹈身体语言学博士候选人，指导教授刘青弋博导；以及毕业于台北艺术大学舞蹈表演所硕士学位，师承罗曼菲，张晓雄，吴素君等名师教授提拔。曾经2000-2005 在全球享誉的知名台湾当代舞蹈团 <云门舞集> 创办人林怀民先生，受邀担任舞者，是一位杰出优秀青年舞蹈家；在国际舞台上，曾经出演独舞作品，担任俄国舞蹈家尼金斯基 <牧神的午后>，法国编舞家莫里斯·贝嘉 <波列露> 等经典作品，近来李伟淳积极走向国际舞台上，传播中国舞蹈文化，也远赴非洲科特底瓦，莫斯科国家音乐厅，米兰世博会，日本东京都美术馆以及富士山等重要文化场所独舞演出；以及参与台湾汉唐乐府创办人陈美娥赴北京故宫太和殿演出 <洛神赋> 南管梨园舞剧，以及北京梅兰芳大剧院和北京大学百年讲堂上演 <韩熙载夜宴图> 成功演出，获得文化界的好评。

李伟淳创办舞界限创始人暨艺术总监，也是今年2020年4月受邀担任 CCTV 央视大风车艺术团上海中心的艺术总监，目前舞界限文创表演艺术团队，主要在上海创作中国风的舞蹈表演内容，目标以 <舞动中国 - 舞向世界> 传播 <人文中国 - 太极禅舞> 以舞蹈创新形式呈现在剧院或演艺剧场行示范表演，以传播舞蹈艺术，教育，美学，人文，公益为人生的志业。近年来李伟淳以 <中华文化> 为研究根基，陆续创作禅舞三部曲系列作品如：<禅舞观心>，<禅舞墨韵>，<妙法自然>，另外将结合身心养身抗疫课程的规划，将进行 <太极舞 - 身心律动> 国学养生课程，会进行全国巡回示范教学与演讲，今年四月在疫情期间，受邀至杭州余杭未参加中国茶圣节第19届开幕式独舞 <禅茶舞道> 作品，今年9月30日至10月4日李伟淳的原创IP作品 <寻·张爱玲> 舞蹈文学作品，将在上海滩世界首演，纪念张爱玲100诞辰纪念日暨100位艺术家创作 <寻·张爱玲> 主题画作展览，以 <海派文化> 引领当代时尚潮流，未来舞界限团队五年将创作 <禅舞敦煌>，<国风墨韵致敬星云大师> 禅风系列作品，终极计划在上海打造世界级的 <中国舞蹈博物馆> 成为上海滩的文化名片。

李伟淳 撰文于上海浦东

2020.5.31





北京前门大街
Qianmen Street, Beijing

中国公路零公里的起点

The zero kilometer point of Chinese highways



正阳门
Zhengyang Gate

在北京的大前门，“中国公路零公里点”标志镶嵌在正阳门南门口的路面上，呈天圆地方形状，用青铜合金铸造，古朴庄重。

标志中间为数字“0”和中英文“中国公路零公里点”字样。中间是原点，四周雕刻着“青龙”、“白虎”、“朱雀”和“玄武”图案，与篆书的“东、西、南、北”四字相结合，显现出中国公路四个方向的走势。四周呈放射状的点线图案，显现出中国公路四通八达的网络。

正阳门，俗称前门，是明清两朝北京内城的正南门。始建于明成祖永乐十七年（1419年），是北京城内唯一保存较完整的城门。



“中国公路零公里点”标志
The sign of the zero kilometer point of Chinese highways

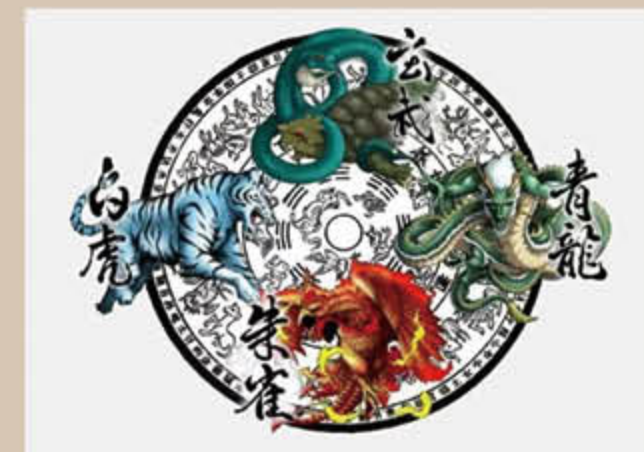
The sign of the zero kilometer point of China's highways is to be found as an inlaid on the road surface in front of Zhengyang Gate, the southern main gate of Beijing. It is in the shape of a round sky and a rectangular earth and is made of bronze alloy, simple and solemn.

In the middle of the sign reads the number "0" and the words "Zero Point of Highways, China" in Chinese and English. Put in its middle is the origin surrounded by carved patterns of a "green dragon", "white tiger", "scarlet bird" and "black tortoise", each paired with one of the four ancient characters of "East, West, South and North" used on seals, symbolizing the four bearings of Chinese highways. The radial pattern of dots and lines around the sign meant to represent the extensive network of Chinese highways.

Zhengyang Gate, also know as Qianmen, was the south gate of the inner city of Beijing during the Ming and Qing dynasties. Built in the 17th year of the reign of Emperor Yongle (the third emperor of the Ming Dynasty) (1419), it is the only well-preserved city gate in Beijing.



标志说明
sign description



“青龙”、“白虎”、“朱雀”和“玄武”图案
Images of "green dragon", "white tiger", "scarlet bird" and "black tortoise"

中国的四极

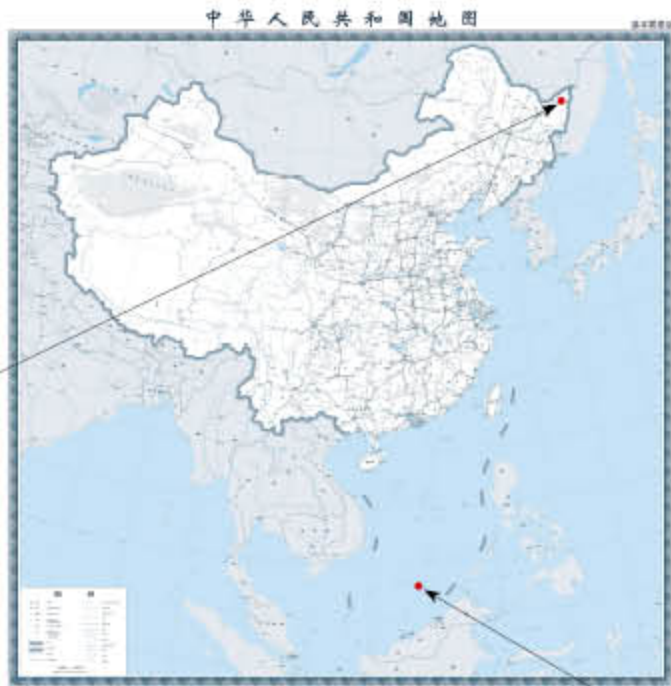
China's Four Corners

你知道中国的东、西、南、北四极在哪吗?

Do you know the location of the eastern, western, southern and northern corners of China?

Eastern corner ● 最东端

抚远县



黑瞎子岛
Heisha island



东极广场
East Pole square

中国的最东端，位于黑龙江省的抚远县，也被称为东方第一县。

黑瞎子岛地处中国雄鸡版图的鸡冠部位，2004年由俄罗斯回归中国。现在一半属于中国，一半属于俄罗斯，是中国唯一的一岛两国。要想进入此岛，必须经过乌苏大桥，此桥有东方第一桥的美誉。小岛位于乌苏里江和黑龙江的交界处，这是岛上的湿地公园。

黑瞎子岛的东极广场，是我国第一个看到日出的地方。这里有中国最东端的界碑。广场东侧的凉亭是看日出的最佳位置。早上 3.20 的日出，你见过吗?

The easternmost part of China is located in Fuyuan county, Heilongjiang province and is also known as the first county in the East.

The Heixia island is located in the cockscomb of the rooster in China's rooster shaped map. It was returned to China from Russia in 2004.

Now, half of it belongs to China, half of it belongs to Russia, and is the only island China shares with other countries.

To enter the island, you have to pass Wusu bridge, which has the reputation of the first bridge of the East.

The island is located at the junction of the rivers Wusuli and Heilong and hosts a wetland park.

The East Pole square of Heixia island is the best place to watch the rising sun in China. This place is also known as the easternmost landmark of China.

The pavilion on the east side of the square is the most special place to enjoy the sunrise.

Have you ever seen a sunrise at 3.20 in the morning?



Southern corner ● 最南端

曾母暗沙



中国的最南端，在西沙群岛的曾母暗沙。

这里远离大陆，人迹罕至。

这里沙滩洁白，海水清澈，天空湛蓝，风光秀丽。

从空中俯瞰下去，形状各异的岛屿连在一起，景色别具风格。

岛上还立着收复西沙的纪念碑，历史的痕迹被清晰保存。

China's south corner lies in the sand of Xisha islands. It's far away from the mainland and is rarely visited. Here the beach is white, the sea is clear, the sky is blue and the scenery is beautiful.

Looking down from above the air, islands of different shapes are linked together, the scenery is quite unique.

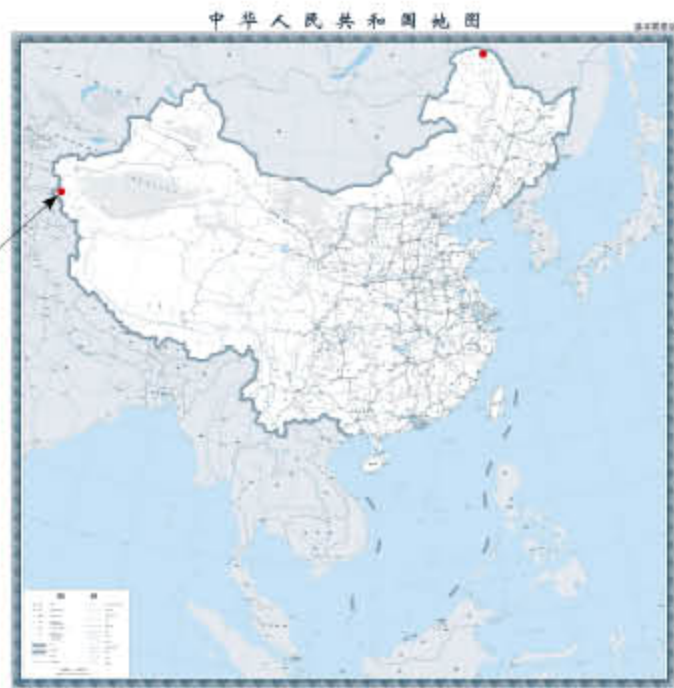
There are also monuments on the island to recover Xisha, the traces of history are clearly preserved.





最西端 ● Western corner

帕米尔高原



中国的最西端，就是新疆的帕米尔高原。帕米尔是塔吉克语“世界屋脊”的意思。这里群山起伏，连绵秀丽，雪峰林立，高耸入云。冰川湖泊，高原河流。沙滩戈壁，大漠胡杨。自然界最壮阔的原始风貌，在这里——展现。

最西部的城市就是新疆的塔什库尔干自治区，是我国的西极。这里有海拔最高的国门，红其拉甫口岸。有世界上海拔最高的公路，中巴友谊公路。也是世界上十大险峻公路之一。这里有罕见的冰塔林。这里有美丽的杏花村，还有一座千年古城。

夏至前后晚上 10 点多太阳还没落山。这里是古丝绸之路最大的驿站。这里生活着中国唯一的纯白种人，也就是塔吉克人。

The westernmost tip of China is the Pamir plateau in Xinjiang. Pamir means "roof of the world" in Tajik language. Here the mountains rise and fall in a magnificent flow, the snowy peaks stand in forests towering into the clouds. Glacier lakes, plateau rivers, desert flora and fauna, the most outstanding original forms and creatures of mother nature are on display here.

The most western city lies in the Tashkurgan autonomous region of Xinjiang, which is also the western pole of China. Here is the place with the highest elevation of the country: Hongqilafu port. Here runs the road with the highest elevation in the world, the China-Pakistan friendship road, which is also listed among the top ten steepest highways in the world. In its vicinity we can find a rare forest of ice towers, a beautiful apricot flower village and an old city with a history of over 1000 years.

Around the summer solstice, the sun sets at about 10 p.m.

The largest stopover station of the ancient Silk Road is also around here and it is the only home in China of pure white people, the Tajiks.



Northern corner ● 最北端

漠河北极村



中国的最北端也在黑龙江，那就是漠河的北极村。零下四十度的低温，可以泼水成冰。河对岸的俄罗斯村庄，都是这里最亮丽的风景。这里夏至前后每天有二十个小时左右的极昼现象。这里也是中国境内唯一能看到极光的地方。

China's northernmost place is also in Heilongjiang, at an arctic village by the Mohe river. At 40 degrees below zero, water immediately turns into ice when poured. Russian villages on the other side of the river have the most beautiful sceneries ever imaginable by humans.

Around the summer solstice, there is about 20 hours of sunlight every day. This is also the only place in China where aurora can be seen.



潭柘寺

Tanzhe Temple

潭柘寺位于北京西郊门头沟区东南部的潭柘山麓，距北京市中心前门 40 多公里。潭柘寺坐北朝南，周围有九座高大的山峰呈马蹄状环护，这九座山峰宛如九条巨龙拱卫着中间的宝珠峰，古刹就建在宝珠峰的南麓。

潭柘寺内占地 2.5 公顷，寺外占地 11.2 公顷。殿堂随山势高低而建，错落有致。北京城里的故宫有房 9999 间半，潭柘寺在鼎盛时期的清代有房 999 间半，俨然是故宫的缩影，据说明朝初年修建紫禁城时，就是仿照潭柘寺而建成的。

潭柘寺始建于西晋，至今已有近 1700 年的历史，是北京地区最早修建的一座佛教寺庙，在北京民间有“先有潭柘寺，后有北京城”的说法。潭柘寺在晋代时名叫嘉福寺，唐代时改称龙泉寺，金代御赐寺名为大万寿寺，在明代又先后恢复了龙泉寺和嘉福寺的旧称，清代康熙皇帝赐名为岫云寺，但因其寺后有龙潭，山上有柘树，故而民间一直称其“潭柘寺”。

Tanzhe Temple is located at the foothills of the Tanzhe Mountains in the southeast of Mentougou district, the western suburb of Beijing, more than 40 kilometers away from the southern gate of Beijing. Tanzhe Temple faces south, and is surrounded by nine tall mountain peaks in the shape of a horseshoe. These nine peaks are like nine giant dragons guarding the Baozhu peak in the middle, and it is this peak's southern foot where the temple has found its place.

Tanzhe Temple covers an area of 2.5 hectares inside and 11.2 hectares outside the temple. Its buildings are built according to the height of the mountain, and they are scattered across different places. The Forbidden City in Beijing had 9999 rooms, Tanzhe Temple had 999 rooms in the Qing Dynasty in its heyday. It looks to be a microcosm of the Forbidden City so much that it seems the Forbidden City was modeled after this temple.

It was built in the Western Jin Dynasty and has a history of nearly 1700 years. It is the earliest Buddhist temple built in Beijing. There is a saying among Beijing residents: "We had Tanzhe Temple first, then we had Beijing". It was called Jiayu Temple in the Jin Dynasty, and was renamed Longquan Temple in the Tang Dynasty. The imperial temple was named Dawanshou Temple in the next Jin Dynasty. In the Ming Dynasty, the old names of Longquan Temple and Jiayu Temple were restored. Emperor Kangxi of the Qing Dynasty called it Xiuyun Temple, but because there is a pond behind the temple and there are plenty of mulberry trees on the mountain, ordinary people kept calling it "Tanzhe Temple" meaning mulberry pond temple.



流杯亭的石面上刻有一条弯曲盘旋的石槽，宽、深各 10 厘米，其所构成的图案十分奇特，从南向北看像龙头，而从北向南看却又像虎头。水从亭外东侧的一个汉白玉雕的龙头口中流出，沿引水石槽从东侧入亭，几经旋之后，从西侧流出。乾隆皇帝在游寺期间，经常与王公大臣们围坐在亭边，将一只带有双耳的竹制酒杯盛上酒放在流水的入口处让酒杯随水漂流，如果酒杯在谁的面前倾倒或者停住，就要对谁罚酒一杯或赋诗一首。乾隆皇帝曾特意为流杯亭题诗一首，名为《猗猗亭》。因此流杯亭也叫猗猗亭。

流杯亭是中国的特有建筑，北京的流杯亭共有六处七座，即故宫乾隆花园的契赏亭、中南海的流水音亭、圆明园的坐石临流亭和寄情或畅亭、恭王府花园的沁秋亭、北安河七王坟退潜别墅的流杯亭，再有就是潭柘寺的这座猗猗亭。北京的流杯亭现仅存四座，即中南海的流水音亭、故宫的契赏亭、恭王府的沁秋亭和潭柘寺的猗猗亭。

The groove cut in the stone surface of the Liubei Pavilion (Drifting Cup Pavilion) is 10 cm wide and 10 cm deep. The pattern is very strange. It looks like a dragon when looked from south and a tiger's head when looked from the opposite direction. Water flows out of a white marble dragon head on the east side of the pavilion, enters the pavilion from the east, and after several turns leaves it from the west side. During his visit to the temple, Emperor Qianlong often sat in the pavilion with princes and ministers. He took a bamboo wine cup with double ears on it and placed it at the entrance of the flowing water, letting the cup drift with the water. If the cup stuck in front of someone, one had to drink it bottom up or else write a poem. Emperor Qianlong specially wrote a poem dedicated to this pavilion titled "Yian Pavilion," therefore Liubei Pavilion is also called Yian Pavilion.

Liubei pavilions are special buildings in China. There used to be seven liubei pavilions at six locations in Beijing, namely the Qishang Pavilion in the Qianlong Garden of the Forbidden City, the Liushuiyin Pavilion in Zhongnanhai, the Yuanmingyuan Sitting Stone Linliu Pavilion as well as the Jiqingxianchang Pavilion, the Qinqiu Pavilion in the Garden of Prince Gong's Mansion, the Liubei Pavilion at the Retreat Villa of the Seven Kings Tomb by the Bei'an River, and this one.

There are only four remaining liubei pavilions in Beijing, namely the Liushuiyin Pavilion in Zhongnanhai, the Qishang Pavilion in the Forbidden City, the Qinqiu Pavilion in the Palace of Prince Gong, and the one in Tanzhe Temple.



大铜锅的灶坑有一丈多深，烧火的和尚要通过台阶上下灶坑。在灶眼的上方，镶嵌着一块汉白玉匾额，上刻“潭柘寺”三个大字。当年寺内的老方丈怕寺院遭受火灾，因而刻了这块石匾，镶嵌在灶口的上方，每日里被火焚烧，据说这样就可以使寺院免于火灾，同时也是时时刻刻提醒烧火的僧人，小心用火，防止火灾。

The stove for the big copper pot is more than 3 meters deep, the monks keeping its fire had to use stairs to move up and down. Above the stove's eye is a white marble plaque inlaid with three characters on it "Tan Zhe Temple". The old abbot of the temple was quite afraid of something catching fire in the temple, so he carved this stone plaque inlaid and put it on the top of the stove to have it scorched by the fire every day. In his belief it would prevent the temple from burning down and it also served as a reminder of the dangers of fire. Monks please use fire carefully to prevent a fire disaster.

潭柘寺为动物设有虎塔、龙塔各一座，其中虎塔位于潭柘寺下塔林院外西北道边山坡处。虎塔为砖石结构覆钵式塔，塔高 7.5 米。据说此塔中埋葬的不是僧人，而是一只老虎，此虎原居寺外的虎踞峰，时常下山伤害牲畜，后在寺僧因亮法师的教化下，改恶从善，改食素食，每日伏在因亮法师身边，听其讲经。直到因亮法师圆寂，此虎绝食，每天哭泣，5 天之后殉主而死。寺僧们感其至诚，按照寺内大和尚的待遇，为其修建了一座覆钵式墓塔，称虎塔。

Tanzhe Temple has a Tiger Pagoda and a Dragon Pagoda built for animals. The Tiger Pagoda is located on the hillside, on the northwest road of the temple's lower pagoda garden. The Tiger Tower is a brick-and-stone style structure with a bowl covering in the height of 7.5 meters. It is said that buried in this tower is not a monk, but a tiger. The tiger, that used to live on the peak just outside the temple, often descended the mountain and hurt the livestock. Later, thanks to the teachings of a monk named Yinliang, it enlightened, changed from evil to good, and also changed its diet. It sat next to Master Yinliang every day and listened to his lectures. After Master Yinliang passed away, the tiger went on a hunger strike, wept every day, and died as a martyr 5 days later. The monks in the monastery felt a great sorrow, and according to the rites used in case of great monks of the temple, they've built this tomb for the remains of the tiger.



疫情期间寺庙对外开放，但是所有建筑物都关着门，游客可以写上寄语，挂在门上，拜佛

During the pandemic period, the temple was open to the public, however all the buildings were closed. Visitors could write messages and hang them on the doors to worship Buddha.



金玉良缘竹
Golden and jade bamboo

关于帝王树种植的年代有两种说法。一是植于唐代贞观年间，这样算来的话，距今已经有将近 1400 年的树龄了；另一种说法是种植于辽代，距今有 1100 年的历史。在清朝时，乾隆皇帝亲笔御封的“帝王树”！

There are two theories about the age of the imperial tree. According to the first one, it was planted in the Zhenguan period of the Tang Dynasty making it nearly 1,400 years old; the other theory says that it was planted in the Liao Dynasty and has a history of 1,100 years. Anyhow, in the Qing Dynasty, Emperor Qianlong himself gave it the name "Imperial Tree"!



晋商传奇五百年

Five hundred years of the legend of Shanxi Merchants

晋商曾与威尼斯商人、犹太商人并称世界三大商帮。在没有蒸汽动力运输的明清时期，先天资源短缺的他们凭借马匹与骆驼纵横欧亚，并开拓出万里茶叶之路。清朝初年完成资本积累的晋商发明票号这一金融创新工具，提前四百年践行“天下没有难做的生意”。晋商的崛起始自一条政策。为了抵御元朝残余势力，明初沿长城设立九边重镇（插红旗处）：陈兵120万、战马80万匹。征集民间商贩运粮到边疆解决军需，商贩凭粮食换

取“盐引”（类似粮票、布票）再凭“盐引”到产盐区换取食盐贩售。（食盐自春秋时期齐国管仲起基本属于政府专营）紧邻边疆的晋商利用地利优势，抓住机遇急速累积资本，发展成跨足丝绸、茶叶、人参、木材、铁、煤等民生百业，分号遍布各省的大型商帮。满清入关后，凭借长年与女真诸部贸易的经验，晋商的地位更是扶摇直上，顺治皇帝甚至在宫廷宴请八大晋商（乔家、常家、曹家、侯家、渠家、亢家、范家、孔家）。史载当时晋商总资产比国库存银还要多，绝对是“富可敌国”。



明正德十一年后北方疆域图
选自《地图上的中国史》
The map of the northern territory in the eleventh year of the reign of Emperor Zhengde of the Ming Dynasty

Shanxi, Venetian and Jewish merchants were called the three major traders in the world.

During the Ming and Qing Dynasties, in the absence of steam powered transportation, the resources were scarce so they used horses and camels to travel between Europe and Asia, and open up the 10,000 li long road of tea.

Four hundred years ago, in the early Qing Dynasty, Shanxi merchants, after amassing huge capitals, invented a financial instrument, the bill, and lived according to the adage "there is no hard sell under the heaven".

The rise of Shanxi merchants was the result of the adoption of a new policy. In order to fight the remnants of the Yuan Dynasty, nine important outposts were set up along the Great Wall at the beginning of the Ming Dynasty (see the red flags on the map) stationing 1.2 million soldiers and 800,000 war horses.

The businessmen from Shanxi transported grain collected from small pedlars to the borders to solve the military demand, and exchanged it for "salt vouchers" (similar to grain or cloth vouchers) and subsequently used these "salt vouchers" to get salt for sale (salt trade has been monopolized by the government since the Spring and Autumn period). These merchants close to the border took advantage of their location, seized the opportunity, rapidly accumulated capital, and then enlarged their business scope to cover silk, tea, ginseng, wood, iron, coal and other livelihood merchandises.

During the reign of the Manzhus, the Qing Dynasty, with years of experience in trade with the various departments, the status of Shanxi merchants was still on the rise. Emperor Shunzhi even entertained eight Shanxi merchants in the court (Qiao family, Chang family, Cao family, Hou family, Qu family, Kang family, Fan family, Kong family). At that time, the total assets of the Shanxi merchants were more than the state's stock of silver, they were absolutely rich and invincible.



跨越万水千山的中俄万里茶叶之路
香港中国旅游出版社制图
The tea road between China and Russia
Hong Kong China Tourism Press



山西北部的右玉明长城
飞扬 摄
Youyuming section of the Great Wall in northern Shanxi
Photograph: Fei Yang



早期晋商走的“西口”就是山西右玉的杀虎口
九哥 摄
The merchants of Shanxi used to travel through this Western Gate located in Youyu, Shanxi province
Photograph: Jiu Ge



他用一支铅笔画了61年雪景

He's been drawing snowy scenes using only a pencil for 61 years

他就是格鲁吉亚功勋画家: Guram Dolenjashvili。他外号“雪魔”，从13岁开始，到如今74岁，默默画了一辈子雪。

让人难以置信的是，画出如摄影品质般的作品，Guram用的仅仅是一支铅笔。

1943年，Guram出生于格鲁吉亚一个木匠之家，父亲长期酗酒，一不高兴就打骂母亲和姐姐。

受不了丈夫的暴力，母亲在一个暴雪寒夜离家出走，Guram为早日逃脱父亲的梦魇，13岁就自力更生跑到一家小商店当售货员。

商店生意冷清时，闲着无聊的Guram会一遍遍在纸上画下，母亲离家的那条路。

寒冬时节，Guram经常一个人望向窗外，看着鹅毛大雪发呆流泪。“每一天，我都盼着母亲归来；但内心又不愿她真回来，希望她在远方过得幸福。”

旁人都说“这孩子受刺激疯了”，只有Guram自己清楚，画下来的时候，心里的疼，便减弱一些。绘画对他而言，不是炫技，而是疗愈。“只有投入绘画时，我才不会惶恐，内心有十足的安全感。”

He is the Georgian meritorious painter, Guram Dolenjashvili. His nickname is "Snow Demon", from the age of 13 to 74, he's been drawing snowy scenes.

Guram uses only a pencil to draw art works of photographic quality.

Guram was born in a carpenter's house in Georgia in 1943. His father was an alcoholic. When he was unhappy, he scolded his mother and sister.

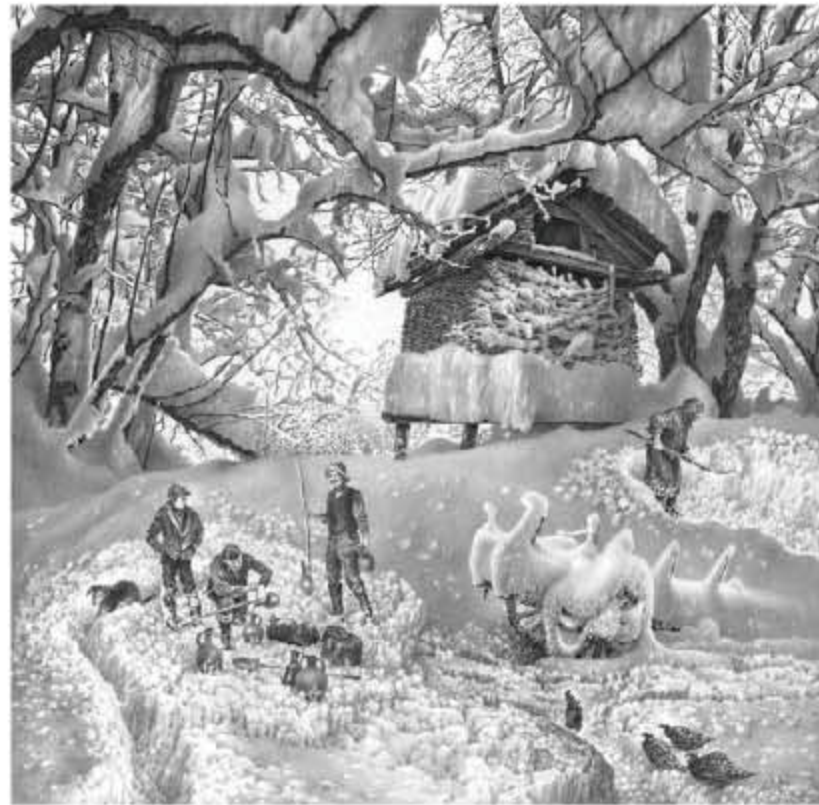
Unable to stand the violence of her husband, his mother ran away from home on a snowy night. Guram escaped her father's nightmare too at an early age. At the age of 13, he ran to a small shop to work as a salesman.

When there was no work at the shop, Guram

would draw the road over and over again her mother walked on when leaving his family.

In the winter, Guram often looked out of the window alone, watching the snow. "Every day, I hope to see my mother again; but I don't really want her to come back, I hope she can live happily wherever she is."

Everyone thought that he was mad, but only Guram knew that every time he draws something, the pain in his heart would subside a little. For him, painting is not about showing off skills, but about healing. "Only when I paint, do I feel calm, and feel well in my heart."



Snowy scenes



日本为何如此干净

Why is Japan so clean?

大多数第一次到日本来的旅游者对日本的清洁程度印象深刻。但街上很少能见到垃圾箱和清洁人员。日本居民自觉做清洁。他们这一习惯是从小养成的。日本学生从小学到高中12年的教育中，清洁卫生是他们学校日常生活的一部分。上了一天课的日本学生们静静地坐在书桌旁，等待老师的吩咐和下课指令。老师交待了第二天的课程安排，然后开始布置当天的最后一项任务：清洁。有的负责打扫教室；有的打扫楼梯和走廊。所有的清洁工具都收藏在教室后面的储藏柜中。

他们在家也是一样。父母从小教育孩子一定要保持衣物和空间整齐清洁。学生们如果弄脏了什么，必须自己打扫干净。

日本学生在早晨到校后，必须要换鞋。

回到家也是一样，人们也要把在外面穿的鞋换下去。包括工人，他们在去别人家干活时，必须要脱鞋并拍打袜子上的灰尘才能进门。

Most first-time visitors to Japan are impressed by the cleanliness of the country. Litter bins and cleaners however are rarely seen on the streets. Japanese residents clean it themselves. They form this habit from early childhood. Japanese students spend 12 years in primary and high school and cleaning is part of their daily routine in the school.

Japanese students sit quietly at their desks after a long day of classes, waiting for the teacher to tell them to leave. The teacher shares the lesson plan for the next day, and then assigns the final task of the day: cleaning. Some are responsible for cleaning of the classroom and some clean the stairs and hallways. All the cleaning tools are stored in a cabinet at the back of the classroom.

They do the same at home. Parents teach their children to keep their clothes and space clean and tidy from an early age.

If students get something dirty, they have to clean it themselves.

Japanese students must change their shoes when they arrive at school in the morning.

It is the same routine at home. People always change their shoes. Workers also have to take off their shoes and dust their socks before they can get in to commence their work in other people's homes.

日本足球队的支持者们还把这一好习惯带到了国外。比如，在2014



年的巴西世界杯以及2018年在俄罗斯举办的世界杯足球赛上，日本球迷在比赛结束，离开球场前自觉清理垃圾，令世人刮目相看。日本球队队员的更衣室也井井有条。日本人十分在意自己的声誉。因为，他们不想给别人留下坏印象，留下没受过教育、没有修养、不爱整洁的印象。

即使在露天场地举办的音乐节，也很少见到垃圾。

Fans of the Japanese football team have also taken this habit abroad. For example, at the 2014 World Cup in Brazil and the 2018 World Cup in Russia, Japanese fans cleaned up their trash before leaving the field after the game, impressing the world. The Japanese team's locker room was also in good order. The Japanese are very conscious of their reputation. Because they do not want to leave bad impressions on others, such as uneducated, uncultured and untidy.

Even at music festivals held in open spaces, rubbish is rarely seen.

日本办公室的职员和服务行业的从业人员也都非常自觉打扫卫生。例如，每天早晨8点钟左右，办公室职员和商店店员会自动清扫工作地点及周围的街道。孩子们会参加每



月一次的社区志愿清洁活动，他们帮助清理学校附近的垃圾。街道社区里也会经常组织清扫活动，因为平时人们已经非常注重保持卫生，所以清洁起来也十分简单。

在日本，主动清洁家附近以及工作单位卫生非常普遍。

Japanese office workers and service industry workers are also very conscious about tidiness. For example, every morning around 8 o'clock, office workers and shop assistants voluntarily clean the work place and the surrounding streets. Children take part in monthly community volunteer cleaning activities, where they help clean up trash near their schools. Street communities also often organize cleaning activities, which usually go very smoothly since the locals are already very concerned about their neighborhood so they always keep it clean.

In Japan, it is quite common to take up an initiative for cleaning up the surrounding or the workplace.

此外，你可能还会发现，在日本人们经常戴口罩。这是因为，当人们感冒或患流感时，他们会主动带上口罩或面具，以避免细菌传染给别人。这一简单的利他行为减少了病



毒传染的机会，大大减少了员工请病假的天数以及医疗费用的开销。

In addition, you may find that in Japan people often wear masks. This is because if people have a cold or the flu, they will voluntarily wear a mask to avoid spreading the bacteria to others. This simple altruistic behaviour reduces the chance of viral transmission, greatly reducing the number of employees' sick leave and the cost of medical care.

在禅学中，清洁本身就是修炼。

日本人爱清洁还有更深层的原因。佛教中最核心的部分就是洁净。佛教在六至八世纪之间从中国和朝鲜传到日本。



禅宗佛教中讲究的就是清洁，每天的日常清洁就是一种精神修炼，和打坐修炼没有什么区别。日本神胜寺的桑垣表示，清除身心的污垢在佛教日常实践中发挥着重要作用。

那为什么其他一些信仰佛教的国家不像日本那么干净呢？其实，在佛教传入日本之前，日本已经有自己本土的宗教：神道。而洁净是神道的核心。因此，佛教强调清洁进一步加强了日本人已经恪守的清洁之道。神道中，心灵的污垢或罪孽被叫做秽。所以，经常清洁会驱除污秽。根据神道，如果个人不洁净，会给社会以及整体带来伤害。

在进入神社前，人们需要用泉水洗手和漱口。

In Zen, cleanliness itself is a practice.

There is a deeper reason for Japan's love of cleanliness. The core part of Buddhism is cleanliness. Buddhism is spread to Japan from China and Korea between the sixth and eighth centuries. Zen Buddhism focuses on cleanliness and daily cleanliness is a kind of spiritual practice, with no difference from meditation. Eriko Kuwagaki from Shinshoji Temple in Japan says that removing dirt from the body and mind plays an important role in the daily practice of Buddhism.

So why other Buddhist countries aren't as clean as Japan? In fact, prior to the spread of Buddhism to Japan, Japan already had its own indigenous religion: Shinto. And cleanness is the core of Shinto. Thus, Buddhism's emphasis on cleanliness further strengthened the practice of cleanliness that Japanese had already adhered to. In Shinto, the dirt or sin of the mind is called filth. Hence, regular cleaning will keep out the dirt. According to Shinto, if an individual is not clean, it is harmful to the whole society.

Before entering the shrine, people need to wash

their hands and mouth with spring water.

日本专家表示，保持清洁至关重要，因为它不但使你个人保持清洁，同时也避免为社会带来伤害。这可能是为什么日本如此清洁的原因。它不但表现在为他人考虑，减少传染病传播。同时，也表现在平时的小事中，例如随手捡起垃圾等。

日本人的清洁理念无处不在。许多日本人在购买新车后，也会让神职人员给全车做“净化”仪式。

Japanese experts say keeping clean is crucial because it not only keeps you clean as an individual, but also avoids harm to society. That may be why Japan is so clean. It shows consideration for others and reduces the spread of infectious diseases. Small things such as picking up a trash is also an expression of this ideal.

The Japanese concept of cleanliness is everywhere. Many Japanese even go the extra mile and invite clergymen to perform a "cleansing" ceremony for their newly bought car.



谈论新疆 Discussing Xinjiang



许建英
Xu Jianying



郑亮
Zheng Liang



记者提问
Reporter Q&A

许建英强调说：“历史上，新疆是古老丝绸之路的枢纽，连接东西方交通；现在，新疆是中国‘一带一路’建设的核心区，社会稳定，民族团结，经济文化稳步发展。”许建英从四个方面简要介绍了新疆：一是民族区域自治制度实现各民族平等、团结、互助；二是新疆经济社会实现快速发展；三是新疆成为建设“丝绸之路经济带”核心区；四是举国援疆促进新疆经济社会全面快速发展。

Xu Jianying emphasized: "Historically, Xinjiang was a hub on the ancient Silk Road, connecting east and west, now it is the core area of China's "One Belt One Road" initiative, bringing about social stability, national unity, and a steady economic and cultural development." Xu Jianying briefly introduced Xinjiang from four aspects: first, the regional autonomy system for ethnic groups to achieve equality, unity, and mutual assistance among various ethnic groups. Second, the rapid economic and social development of Xinjiang. Third, Xinjiang becoming a core area for the construction of the "Silk Road Economic Belt" and fourth, the whole country's assistance to Xinjiang to boost its comprehensive and rapid economic and social development.

郑亮则结合自身经历从媒体研究的角度分享了自己的看法。他认为，目前有些国际媒体对新疆的报道存在缺失甚至偏见。国内媒体要加大对新疆的报道力度，同时加强对新疆的综合报道，包括对新疆本土生活、文化现象等进行更多报道。

Zheng Liang shared his views from the perspective of media research based on his own experience. He believes that some international media reports on Xinjiang are lacking or even prejudiced. The domestic media should frequent the coverage of Xinjiang, should carry overviews and comprehensive reports on Xinjiang, including more and detailed coverage of Xinjiang's local lifestyle and its cultural phenomena.

中国记协于7月9日以视频会议的形式举办了第138期“新闻茶座”，邀请中国社会科学院中国边疆研究院研究员许建英和暨南大学新闻与传播学院教授郑亮就新疆的发展与现状和境内外媒体记者进行深入交流，并回答了记者提问。

On July 9th, the China Association of Journalists held the 138th Press Salon in the form of a video conference inviting Xu Jianying, a researcher at the China Border Research Institute of the Chinese Academy of Social Sciences, and Zheng Liang, a professor at the School of Journalism and Communication of Jinan University, on the development and current situation of Xinjiang. There was also in-depth communication with domestic and foreign media reporters.



The flu and the coronavirus

流感与新冠

1. If you have a running nose and sputum, you just have a common cold.
1. 如果您有流鼻涕和痰，那是一般感冒。
2. The symptoms of the coronavirus are on the other hand are dry cough with a dry nose.
2. 新冠病毒症状为干咳，并没有鼻涕。
3. The new virus is not heat-resistant and gets killed at a temperature of just 26/27 degrees Celsius.
3. 新型冠状病毒不耐热，可以在 26/27 度下杀死。
4. It can travel as far as 10 feet (3 meters) with a sneeze.
4. 如果有人打喷嚏，飞沫大约会传播至 10 英尺。
5. If it lands on a metal surface it will survive for at least 12 hours. So if you come into contact with any metal surface, wash your hands with a disinfectant soap as soon as possible.
5. 如果它掉落在金属表面上，它还会存活至少 12 小时。如果您接触了任何金属表面，请务必尽快用细菌消毒肥皂洗手。
6. On cloth it can survive for 6-12 hours, but usual laundry detergents will quickly kill it.
6. 在织物上它可以存活 6-12 个小时，普通的洗衣粉就可以杀死它。
7. Drinking hot water is effective against all viruses.
7. 喝热水会有效杀死所有病毒。
8. Wash your hands frequently since the virus can only live on clean hands for about 5-10 minutes.
8. 经常洗手，因为病毒只能在您手上存活 5-10 分钟。
9. You should also gargle regularly as a prevention using simple salted warm water.
9. 你也应该用漱口以预防。简单的把盐放进温水里就足够。
10. It cannot be emphasized enough, drink plenty of water!
10. 觉得还不够，喝大量的水。



Symptoms / 症状

- 1 The virus will first infect your throat, so at the outset you'll have a sore throat lasting for 3-4 days.
它会先感染喉咙，所以您的喉咙痛会持续 3、4 天。
- 2 The virus then blends into the nasal fluid, enters the trachea and then the lungs, causing pneumonia. This takes a further 5-6 days.
病毒然后融合到鼻涕中，进入气管，然后进入肺，随之引发肺炎。这会需要 5 至 6 天的时间。
- 3 With the pneumonia comes high fever and difficulty in breathing.
伴随着肺炎发高烧和呼吸困难。
- 4 The nasal congestion at this stage is not like any normal kind of obstructions. You will feel like you're drowning. You should seek medical assistance immediately.
鼻塞不像正常的那种，你感觉像是淹死一样。那你必须立即注意起来。



The new coronavirus may not trigger signs of infection for several days. So how are we supposed to know whether we got infected? By the time the patient develops fever or cough and visits the hospital, the lung usually already has 50% fibrosis and it's just too late. Experts suggest a simple self-test that we can do every morning. Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without any discomfort, stiffness or tightness, then it proves there is no fibrosis

in your lungs, basically indicates no infection. In this critical times, please do this check-up every morning in an environment with clean air. You should also make sure that that your mouth and throat are moist, never dry. Take a few sips of water every 15 minutes or so. Why? Because even if the virus gets into your mouth, drinking water or other liquids will wash them down through your throat into the stomach. Once there, the acid in your stomach will kill all of them. If you don't drink water regularly, the virus can enter your windpipe and can make its way into your lungs. That's quite dangerous. So please do everything possible to ensure your safety during this pandemic.

新的冠状病毒可能很多天都没有。如何知道他/她是否被感染？等到他们发烧或咳嗽时去医院，肺通常纤维化 50%，为时已晚。专家提供了一个简单的自我检查，我们每天早晨都可以做。深呼吸，屏住呼吸十秒钟以上，如果成功完成，而没有咳嗽，或气密性等。它证明肺部没有纤维化，基本上表明没有感染。在关键时刻，请每天早晨在空气清新环境中进行自我检查。每个人都应该确保您的嘴和喉咙湿润，用不干燥。至少每 15 分钟喝几口水。为什么呢？即使病毒进入您的嘴里，也要喝水。或其他液体会通过您的喉咙将其冲洗到胃中。一旦到达那里，您的胃酸将杀死所有病毒。如果您不经常喝足够的水，病毒可以进入您的气管并进入肺部，那很危险。因此，请采取一切措施确保在大流行期间的安全。



生孩子，是顺是剖到底谁说了算

Spontaneous or cesarean delivery, who has the final say

最近宅在家中，又重温了几部宫斗剧，深刻认识到古代女性的生活不易，就说生孩子这件事，不论身份贵贱，相貌美丑，都不得不面临“一只脚踏进鬼门关”的恐慌局面。

I have recently sat around at home, and brushed up on several imperial-harem competing plays. I became intensely aware that life for women was so hard in the ancient times. Citing the instance of giving birth to a baby, ancient women, whether they were noble or low in social status, beautiful or ugly in appearance, were all panic-stricken in the process, as if "setting a foot in the gate of hell".

如果古代有剖宫产手术，想必会减少很多“一尸两命”的情况。不过，长于勾心斗角的娘娘们或许还会想出新花样，比如让宫廷内出现很多“吉时”降生的孩子。

If there was a cesarean section in ancient times, it might have markedly reduced the tragic endings of "the loss of two lives in one corpse". However, the harem concubines who were good at intriguing against each other may also come up with new tricks, such as letting more babies born at "auspicious times" in the court.



官方订阅号



官方服务号

 关注北京五洲妇儿医院微信公众号
 更多健康知识等您来读

能够“择时”，这也是很多当代女性选择剖宫产的主要原因。还有一个更主要的原因就是怕疼。

Being able to "choose the right time" is also the main reason why many women today choose the cesarean section. Another more important reason is fear of pain.

剖宫产看起来并不困难，一个所有条件都正常的初产妇，可能从手术开始到下手术台，也就是三四十分钟的时间。而对于产科医生来说，做剖宫产可以说是最为熟练的手术技巧。

Cesarean section doesn't look difficult. A primipara normal in all respects will spend only 30 to 40 minutes to complete the whole operation process. For obstetricians, cesarean section is the most skilled surgical technique.

既然现代医学科技如此发达，为什么很多孕妇在提出怕疼想要剖宫产时，还会得到她们的主治医生的反对呢？

Now that modern medical science is so developed, why their attending doctors object when many pregnant women propose cesarean section in fear of pain?

顺产还是剖宫产？这道题的选择权究竟属于谁？

Spontaneous or cesarean delivery? Who has the right to make the choice?

我们先来了解一下剖宫产。

Let's learn about the cesarean section first.



剖宫产把女性从“鬼门关”拉回来 Caesarean section could pull women back from the "gate of hell"

早在距今两千多年的《史记·楚世家》中就曾提到：“吴回生陆终。陆终生子六人，坼剖而产焉。”不过，吴回和陆终都是上古传说中的人物，陆终的孩子到底是不是真的剖宫产，这件事的真实性还无法判定。

As early as 2,000 years ago, the Chu Family of the Historical Records noted that "Wu Hui was the father of Lu Zhong. Lu Zhong had six sons, who



were all born via caesarean delivery." However, Wu Hui and Lu Zhong were characters of ancient legends. We are unable to determine the truth whether Lu's six children were really born in cesarean section.

世界上第一例有可信资料记载的剖宫产手术出现在1610年，由威丁堡的学者Trautmann完成。不过，那个时候的剖宫产不会缝合子宫切口，导致大部分病人都死于出血和感染，基本相当于一命换一命。

The world's first documented cesarean section occurred in 1610, performed by Trautmann, a scholar in Wittenberg. However, the surgeons could not suture the uterine incision after the cesarean section. It resulted in that most patients died of bleeding and infection. It was basically a life for a life.

1882年时，德国莱比锡的Max Sanger医生首创子宫体部纵切口剖宫产，有效地控制了出血和感染，并保留子宫，预后较好，安全性也明显提高。

In 1882, Dr. Max Sanger from Leipzig, Germany, created the uterine body longitudinal incision, which effectively controlled bleeding and infection, and kept the uterus. The prognosis proved good, and the safety was obviously improved.

1912年，Kronig发明了子宫下段剖宫产术，于子宫下段横切口取出胎儿，缝合子宫肌层后缝合膀胱反折腹膜的术式。这是剖宫产发展史上的一大进步。

In 1912, Kronig invented the lower uterine cesarean section, which was to fetch the fetus from the lower transverse incision of the uterus, and then suture the bladder reverse peritoneum after suturing the uterine muscle layer. This was a great progress in the history of cesarean section.

直到今天，子宫下段横切口方式仍然是绝大多数剖宫产采用的术式。

To this day, the transverse incision of the lower segment of the uterus is still the most commonly applied type of cesarean section.

历经几个世纪的探索，剖宫产术已成为一种成熟的手术，各种术式日趋完善，在解决难产和某些产科并发症，挽救产妇和胎儿生命方面起到不可替代的作用。可以说，剖宫产是把一只脚踏进棺材的女性从“鬼门关”前硬生生拉了回来。

After centuries of exploration, the cesarean section has become a mature operation, with various surgical procedures becoming more and more perfect. It has played an irreplaceable role in solving dystocia and some obstetric complications and saving maternal and fetal lives. So to speak, cesarean section pulls women who set one foot in the "gate of hell" back to life.

那么问题来了，既然剖宫产代表着科技的进步，为什么医生不建议非医学指征的孕妇采取剖宫产的方式呢？

So here comes the question, now that caesarean section represents progress in science and technology, why don't doctors recommend cesarean section for pregnant women with non-medical indications?

2

剖宫产并不意味着一定安全
Caesarean section doesn't mean it's totally safe

虽然经历了漫长的发展和改进，但剖宫产也并不完美，它仍然是一项有创伤的手术，可能会出现术后感染，或者导致子宫内膜异位症等妇科疾病的发生，剖宫产女性发生

严重产褥期疾病的风险也明显高于阴道分娩者。

Although it has gone through a long period of development and improvement, caesarean section is not perfect. It's still a traumatic operation that can lead to post-operative infections or gynecological diseases such as endometriosis. The risk of severe puerperal disease in cesarean section is significantly higher than that in vaginal delivery.

而且最重要的是，剖宫产后再次妊娠，孕妇也将承受比自然分娩孕妇怀二胎更大的风险。

Most importantly, pregnant women after cesarean delivery will be at greater risk of having a second child than women who give birth naturally.

妈妈的子宫是宝宝的房子，顺产的宝宝是正常从门出来的，剖宫产的宝宝则是破墙而出。目前的“修房”技术还没那么十全十美，如果剖宫产生了大宝，等将来再怀二宝时，二宝的房子就有可能是一座“危房”了，万一房子倒塌，出现“子宫破裂”，危及的是大小两个生命。

Mother's womb is the baby's house. The babies delivered naturally come out from the door normally, and the babies born by cesarean section come out by breaking the wall. The current "house repair" technology is not so perfect. If the first baby is born by cesarean section, the "house" for the second child might be in a state of disrepair. In case the "house" collapses, with uterine rupture, it will endanger the lives of the mother and baby.



除了“房子”本身出问题外，剖宫产切口的疤痕也是引发风险的“凶手”。

In addition to the problem of the "house" itself, cesarean section incision scar is also a "killer" that causes risks.

正常的受精卵是着床在子宫内膜处，形成胎盘，从母体吸收营养。但有一些“叛逆”的受精卵有可能着床在上一次剖宫产切口的疤痕上，这个地方常常有微小的裂隙，宫腔和黏膜层不完整，肌肉层之间更有缝隙，胚胎如果刚好在附近着床，就像一颗种子一样向肌肉层生长，生出根须通过缝隙把肌肉撕开，容易导致子宫破裂或大出血。

A normal fertilized egg is implanted in the endometrium, to form the placenta and absorb nutrients from the mother. But some "rebellious" fertilized eggs might implant on the scar of the previous cesarean section. This place often has tiny fissures, incomplete uterine cavity and mucosal layer, and gaps between muscle layers. If the embryo happens to be implanted nearby, it will grow like a seed into the muscle layer, and the root will tear the muscle apart through the gap, easily leading to uterine rupture or massive bleeding.

看到这里，想必很多孕妈妈开始纠结，剖宫产是个伤“元气”的手术，可是自己生呢？一想到生孩子时哭天喊地梨花带雨凌乱的衣襟蓬松的头发，简直心都要碎了。

Seeing this, many moms-to-be might be bewildered. Cesarean section is a surgery damaging the "vital energy". What about a natural delivery? At the thought of desperate crying, messy dress and fluffy hair in delivery, their hearts are breaking.

3

顺产的痛要怎么解决
How to deal with the pain in natural childbirth?

“生孩子到底有多疼”？这个千古难题至今无解。

"How painful is having a baby?" There is no solution to this eternal problem.

有人说像汽车从身上碾过，可我们无法采访到一个真

的被汽车碾过的人。

Some people say it feels like a car running over the body, but we can't interview someone who is actually run over by a car.

有人说跟来“大姨妈”差不多，可这世界上还有很多每次来“大姨妈”都痛到想去死的人。

Some people say it's similar to "having a period". But there are still a lot of people in the world who want to die every time to "have a period".

不管怎样，分娩疼痛让很多孕妇望而却步，甚至提出想要剖宫产。宁可术后养伤，也不愿产房恐慌。

In any case, the pain in childbirth has deterred many pregnant women, who even propose to have a cesarean section. They prefer to heal the wounds after the surgery than feeling panic in the labor room.

现在，各大医院都开设了孕妇学校，会有专门的分娩课程，为孕妇讲解各种减轻分娩疼痛的方法，比如拉玛泽呼吸法、水中待产等等，但这还是无法完全让孕妈妈们放下心来。

Now, all the major hospitals have opened pregnant women's schools, offering special delivery courses for pregnant women, explaining a variety of ways to relieve pain in childbirth, such as the Ramazer breathing method, and labor in water. But they still cannot completely make the pregnant women rest assured.

2019年3月，国家卫生健康委发布了首批国家分娩镇痛试点医院名单，这标志着被社会千呼万唤的“无痛分娩”，正式在全国全面铺开。

In March 2019, the National Health Commission issued the first list of pilot hospitals for labor analgesia in the country. It marks that "painless delivery", urged time and again by the society, has been officially rolled out across the country.

目前应用最多的分娩镇痛方法是硬膜外阻滞分娩镇痛——麻醉医师在产妇腰椎间隙进行穿刺成功后，在硬膜外腔置入一根细导管，导管的一端连接镇痛泵，镇痛泵可以持续使用直到分娩结束。

The commonly used labor analgesia method in clinical practice is labor analgesia of intraspinal block. After successfully puncturing the lumbar

intervertebral space of pregnant woman, the anesthetist could place a thin duct into the epidural space. Here, one end of duct is connected to the epidural anesthesia pump which is continuously used till the end of delivery.

在分娩镇痛过程中，麻醉剂量只有剖宫产手术剂量的1/10，对产妇和婴儿都没有影响。准妈妈们意识清醒，可以在床上翻身、活动，摆一个合适的体位，能主动配合、积极参与整个分娩过程。对宫缩和腹肌力量的影响非常小，不用担心分娩时用不上劲。

During the labor analgesia, the anaesthesia dose is only 1/10 of the cesarean section dose, leaving no effect on both the mother and infant. The expectant mothers are conscious and could turn over and move in the bed to find an appropriate posture. Also, they could actively cooperate with the doctor to complete the entire delivery process. There is almost no influence to the uterine contraction and abdominal muscle strength. So, do not worry about your strength during delivery.

在产程开始后，只要产妇有要求，经过医生评估没有禁忌证后，在产程的任何阶段都可以开始实施分娩镇痛。

After the labor process begins, labor analgesia can begin at any stage of labor, if the parturient has the request, and the evaluation finds no contraindication.

分娩镇痛早已经是临床上一项成熟、安全的技术，在欧美国家，分娩镇痛比例达到80%以上，它可以让孕妈妈们不再经历疼痛的折磨，减少分娩时的恐惧和产后的疲倦，让她们在时间最长的第一产程得到休息，当宫口开全时，因为积攒了体力而有足够力量完成分娩。既提高了自然分娩率，又能降低产痛带来的危害，真正实现了让产妇“笑着生孩子”。

Labor analgesia has long been a mature and safe technique in clinic. In European and American countries, the ratio of adopting labor analgesia reaches over 80%. It allows the expectant mothers to no longer experience pain, reduce the fear during delivery and the tiredness of the post-natal period. It lets them get a rest in the longest first stage of labor. When the orifice of uterus is fully open, the expectant mother will have accumulated sufficient



strength to complete the delivery. It will not only increase the rate of natural delivery, but also reduce the harm caused by labor pain, so that lying-in women can "have babies in smile".

说了这么多，现在我们回头看看文章开头提出的那个问题，生孩子是顺是剖究竟谁说了算？如果一定要有一个人来拍板，那我想告诉各位准妈妈，这个问题一定要以你的主治医生意见为准。

Having said so much, let's turn back to the question raised at the beginning of the article. Spontaneous or cesarean delivery, who has the final say? If there must be a person to make the decision, I'd like to tell the expectant mothers that refer to your attending physician's advice on this issue.

孕37周时，产科医生会对孕妈妈做一个全面的分娩评估，根据孕妇骨盆大小、产道情况以及胎儿的估重，加上相关的化验、超声等的辅助检查，经过综合分析给每位孕妈妈提出专属的分娩意见。

At the 37th week of pregnancy, the obstetrician will make a comprehensive assessment of delivery

of the mother-to-be. After a comprehensive analysis, they will give each pregnant mother an exclusive delivery proposal based on the pelvic size in the pregnant woman, the birth canal and the estimated weight of the fetus, as well as related tests and auxiliary ultrasound examinations.

每个妈妈生产的方式都是独特的，不是靠“听别人说……”“我想要……”来选择分娩方式的。希望各位准妈妈，孕期多听课，多和医生交流，对整个孕期能有一个全面的了解，在最后一刻做出慎重、理智的选择，以快乐积极的心态去迎接新生命的到来。

Every mother's way of delivery is unique. Do not choose the way of delivery by "listening to others..." or "I want ...". It is hoped that every expectant mother could attend more lectures and communicate more with doctors during pregnancy, so that they have a comprehensive understanding of the whole pregnancy and make a prudent, rational choice at the last minute, and welcome the arrival of a new life with a happy and positive attitude.

多种语言服务 满足外籍人士健康需求
 We also provide English service for International Friends



漫长的产假怎么过

How to spend the long maternity leave

怀孕两个月，被孕吐折磨的早孕妈妈说：“天天吐得难受，什么都做不了，等‘卸了货’，我要报个英语班，如果有时间再去旅游一趟。”

A woman who was pregnant for two months and suffered from morning sickness said, “I feel sick vomiting every day. I cannot do anything. When I have ‘unloaded the cargo’, I will sign up for an English class. If I still have time, I’ll take a trip again.”

另一位孕妈妈已经怀孕八个月，眼看就要“卸货”了。她摇摇头说：“你可别想的那么美，等娃落地，就只顾着照顾孩子喽！”

Another woman, pregnant for eight months, was about to “unload the cargo”. She shook her head and said, “In your dreams. After the baby is born, you’ll just look after it!”

产假估计是职场宝妈们最长的假期。各国规定不尽相

同，有休一年的，有休90天的，也有的分成带薪和不带薪两部分。不过，各国基本都遵守了国际劳工组织《生育保险公约》的规定——妇女产假应该不少于14周。

Maternity leave might be the longest vacation for working mothers. The rules vary from country to country. Some allow one year off, while others only 90 days. They are divided into paid and unpaid leaves. However, all countries have basically complied with the provisions of the ILO Maternity Protection Convention — women’s maternity leave should not be less than 14 weeks.

这段看似漫长的产假时间应该怎么安排呢？究竟是应该报个学习班，还是在家纯带娃？产科医生建议，生完孩子并不意味着“一朝解放”，更不是让宝妈们完全投入到照顾孩子的辛苦中，产假其实是宝妈们重要的身体恢复期。北京五洲妇儿医院产科医生为宝妈们整理了产假不同时期的身体恢复要点，生完宝宝也别忘了爱自己哦。

How to arrange this seemingly long period of maternity leave? Sign up for a study class, or simply take care of the baby at home? Obstetricians suggest that giving birth to a baby does not mean “complete liberation”, nor does it let the mothers fully engaged in the care of their children. Maternity leave is actually an important period of physical recovery for mothers. The obstetricians of Global Care Women’s & Children’s Hospital have compiled a list of key points for body recovery of the new mothers in different periods of the maternity leave. Don’t forget to take good care of yourself after having a baby.



产后 1-7 天
 1-7 days after delivery
 不要忽略这些“小细节”
 Don’t ignore these “trivials”

产后“三早”要重视
 Pay attention to “Three Early” after delivery

世卫组织最新的助产技术中规定，产妇分娩后立即将新生儿抱到妈妈身边，进行90分钟皮肤接触，在这段时间内，小宝宝会主动找到妈妈的乳房，进行第一次吸吮。这个过程又被称为“三早”，即“早吸吮、早接触、早开奶”。

WHO’s latest provisions for midwifery techniques stipulate that the newborn should be immediately taken to the mother after delivery for 90-minute skin contact. During this period, the baby will take the initiative to find the mother’s breast and suck for milk for the first time. This process is termed as the “Three Early”, which is “early sucking, early contact, and early breast feeding”.

“三早”不仅有助于宝宝的母乳喂养，分娩后的早吸吮还能够刺激子宫收缩，减少产后出血，对产后恢复非常有帮助。对于产后妈妈来说，母乳喂养是排恶露最好的方法，胜过“生化汤”。

The “Three Early” are conducive to breast-

feeding of babies. Early sucking after delivery can also stimulate uterine contraction, reduce postpartum hemorrhage, which is very helpful for postpartum recovery. For post-natal mothers, breast-feeding is the best way to get rid of lochia, better than the “decoction for postpartum troubles”.

这一周里出汗多
 Sweating a lot in this week

产妇在产后一周内出汗比较多，又被称为“褥汗”。尤其在睡眠时，常常会把衣服、被子浸湿。这种症状一般在产后7天左右自然停止。

Lying-in women would sweat a lot in the week after childbirth, which is also known as “puerperal perspiration”. During sleep in particular, they would often get their clothes and quilts wet. This symptom usually stops naturally about 7 days after delivery.

新妈妈需要注意及时补充水分，保持室内温度适宜，尤其在炎热夏季，要防止脱水及中暑。同时还要注意皮肤的清洁卫生，经常更换衣物。

New mothers need to duly replenish water, and keep indoor temperature appropriate. In the hot summer in particular, they should prevent dehydration and heat stroke. They should also pay attention to skin cleaning and hygiene, and often change clothes.

及时下床排小便
 Get out of bed and pee in time

新妈妈产后第一次排尿非常重要。充盈的膀胱会影响子宫的收缩，从而导致产后出血，所以顺产妈妈最好产后4-6小时下床进行第一次排尿。剖宫产留置导尿管的宝妈，一般术后24小时拔除，拔除后3-4小时也需要及时排尿。

The first urination of a new mother after childbirth is very important. A full bladder can affect the uterine contraction, resulting in postpartum hemorrhage. So natural delivery mothers should better get out of bed 4-6 hours after delivery for

the first urination. Lying-in women with indwelling catheter after caesarean section should generally have it removed in 24 hours. They need to urinate in time in 3-4 hours after the removal.

Tips:

- Q: 排尿困难怎么办?
 Q: What to do with dysuria?
- ◆ 放松心情, 多喝水, 促进排尿;
 - ◆ Relax the mind and drink more water to promote urination;
 - ◆ 打开水龙头, 诱导尿感;
 - ◆ Turn on the tap water to induce urinary sensation;
 - ◆ 帮助新妈妈按摩小腹下方;
 - ◆ Help the new mother massage the lower abdomen;
 - ◆ 用热水袋敷小腹。
 - ◆ Apply a hot water bag to the abdomen.



产后 7-42 天
7-42 days after delivery
这几个“小动作”做起来
Make “a little moves”

凯格尔运动了解一下**Learn about the Kegel Exercises**

有些宝妈产后会出现漏尿的情况, 尤其是在咳嗽、喷嚏、大笑、提重物时, 会不由自主的漏尿, 这主要是盆底肌肉功能障碍导致的。

Some puerperae will leak urine after delivery. They will have an involuntary leakage of urine especially when coughing, sneezing, laughing or lifting heavy objects. This is mainly a result of pelvic floor muscle dysfunction.

盆底肌就像一张网, 把很多内脏器官都固定在原位。但是怀孕期间激素的变化, 和孕期子宫的重压, 会使盆底肌变得松弛。轻度的盆底肌问题可以通过“凯格尔运动”来恢复。



The pelvic floor muscle, like a net, fixes many internal organs in place. But hormonal changes and the weight of the uterus during pregnancy can relax the pelvic floor muscle. Mild pelvic floor muscle problems can be recovered through the “Kegel Exercise”.

产后 42 天复查, 医院一般都会进行盆底肌功能评估, 如果盆底肌损伤严重的话, 还可以通过物理治疗和手术治疗恢复盆底肌功能, 如菲蜜丽阴道激光治疗、生物反馈电刺激治疗等。

In the health check 42 days after delivery, the hospital will generally assess the pelvic floor muscle function. If the pelvic floor muscle is seriously damaged, its function can be restored by physical therapy and surgical treatment, such as the Femilift vaginal laser therapy and biofeedback electrical stimulation therapy.

Tips:

- Q: 凯格尔运动怎么练?
 Q: How to practice Kegel Exercise?
- ◆ 做收缩肛门阴道的动作, 每次收紧不少于 3 秒后放松 3 秒;
 - ◆ Do contractions of the anus and vagina, with each tightening no less than 3 seconds followed by 3 seconds of relaxation.
 - ◆ 熟练后可收缩肌肉 10 秒后放松 10 秒;
 - ◆ When skilled, tighten the muscles for 10 seconds, followed by 10 seconds of relaxation.
 - ◆ 重复 20-50 次为一组, 每日进行 3-4 组。
 - ◆ Repeat them for 20-50 times as a group.
- Practice them for 3-4 groups each day.

Q: 盆底肌是哪里?

Q: Where is the pelvic floor muscle?
 可以在排尿快结束的时候突然憋住, 感觉用力的肌肉就是盆底肌了。

Hold back urination at the end of the process, the muscle that feels hard is the pelvic floor muscle.

肚子大可能是腹直肌分离**Big belly may be a result of the separation of the rectus abdominis**

生完宝宝, 最明显的就是肚子又松又大! 一部分是没有回缩的子宫, 一部分是孕期堆积的脂肪, 还有一部分就是腹直肌分离了。

After having a baby, the most obvious change is that the belly is loose and big! One part is the uterus not retracted yet. Another part is the fat accumulated during pregnancy. And the remaining is the separation of the rectus abdominis.

产后妈妈大部分会有不同程度的腹直肌分离, 这种情况下不能通过仰卧起坐来减腹, 首先推荐的是腹式呼吸。

Most postpartum mothers have various degrees of rectus abdominis separation. Under this situation, they can not reduce the tummy with sit-ups. The first recommended exercise is abdominal breathing.

顺产的妈妈在分娩一周后, 可以在床上进行腹式呼吸与简单的抬腿运动, 剖腹产妈妈根据伤口和身体恢复的情况进行运动。

After a week of delivery, mothers who give birth naturally can perform abdominal breathing and simple leg lifting exercises in bed. Caesarean section mothers can exercise according to the wounds and physical recovery conditions.

Tips:

- Q: 怎么判断腹直肌分离的程度?
 Q: How to judge the degree of rectus abdominis separation?
- ◆ 平躺在垫子上, 弯曲双腿, 抬起头部做仰卧起坐开始的动作;
 - ◆ Lie flat on the mat, bend your legs and lift your head to do the start of sit-ups.
 - ◆ 用手指压肚脐上下方的腹部, 如果能感觉到在肌肉

之间的空隙, 那么就是分离了。

◆ Press your fingers on the belly up and down the navel. If you can feel the gap between the muscles, it's separated.

◆ 一般来说 2 根手指以内可以自然恢复, 3 根以上需要进行治疗。

◆ Generally, the gap within 2 fingers can be naturally recovered, and that over 3 fingers need to be treated.

Q: 腹式呼吸怎么做?

Q: How to do the abdominal breathing?

◆ 吸气时胸骨向两侧扩张打开, 肚子微微鼓起;

When inhaling, the sternum expands and opens to both sides, and the belly bulges slightly.

◆ 呼气的时候把腹部收紧, 吐气尽量深。

◆ When exhaling, tighten the belly and breathe out as deeply as possible.

别忘穿着舒适的哺乳内衣**Don't forget to wear comfortable breastfeeding underwear**

妈妈们休产假在家, 为了舒适和方便哺乳, 有时候会不穿胸衣。乳房得不到支撑, 再加上产后体内激素的变化, 容易出现乳房下垂。

When moms take the maternity leave at home, they sometimes don't wear bras for comfort and convenience in breastfeeding. As the breast is not supported, and the hormones change in the body after the delivery, it is prone to droop.

乳房的变化是从孕期开始的, 乳房护理也要从孕期开始。随着孕期的变化, 孕妈妈要适时更换胸衣, 不可过小、过紧、过松。休产假在家也一定要坚持佩戴舒适的哺乳内衣。

Breast changes begin during pregnancy, so breast care should also start during pregnancy. Following the changes in the pregnancy, pregnant women should change their bras in time, which shall not be too small, too tight or too loose. When they take maternity leave at home, they must wear comfortable nursing bras.



产后 42 天 - 产假结束 42 days after delivery - end of maternity leave 为复工做准备 Prepare for work resumption

骨盆正在自我恢复 The pelvis is self-healing

在激素的作用下，孕产妈妈骨盆会变得较为松弛，这主要是由于分娩的需要，有利于宝宝顺利娩出。产后随着激素作用的减退，骨盆会有一定程度的自我恢复，这个过程大概需要 3-5 个月。因此，产后妈妈不要过于着急。

Under the stimulus of hormones, the mother's pelvis will become more relaxed. This is mainly due to the need for delivery, conducive to the smooth delivery of baby. As the hormone's effects wane after delivery, the mother's pelvis will recover by itself to a certain extent. This process takes about 3-5 months. Therefore, postpartum mothers need not worry too much.

如果自己不能确定正确的骨盆位置，最好不要随意使用骨盆矫正带。使用骨盆矫正带一定要在专业医生的指导下，选择材料和松紧度合适的产品。

If they can not determine the correct pelvic position, they'd better not to use the pelvic correction belt at will. The pelvic correction belt must be used under the guidance of professional doctors. Choose products with suitable materials and tightness.

均衡饮食最利于身体恢复 A balanced diet is best for recovery

产后既不能为了减肥不吃，也不能一味地进补。平衡膳食营养，科学合理饮食，才能保证营养，既满足身体所需，又不会囤积过多的脂肪，造成肥胖等问题。

Postpartum mothers shall not skip meals to lose weight, nor just keep on taking tonics. Balanced, scientific and reasonable diet can ensure nutrition, to not only meet the body's needs but also prevent

hoarding too much fat, resulting in obesity and other problems.

这一期间，妈妈们正常饮食即可，保证食物多样，荤素搭配，确保富含优质蛋白质及维生素 A 的动物性食物和海产品的摄入，食用各种水果蔬菜。即使母乳喂养，也不需要摄入过多荤腥油腻的食物，以免导致妈妈营养过剩、堵奶等。

During this period, postpartum mothers just need to take normal diets with a variety of food, including meat and vegetables. The diets may be animal food and seafood, as well as fruits and vegetables, rich in high-quality protein and vitamin A. Even if in breast-feeding, the mothers need not eat too much meat and greasy food, so as to avoid excessive nutrition, blocking the milk from flowing out.

逐步增加运动量 Increasing the amount of exercise gradually

产假结束后，妈妈们即将返回工作岗位，适当增加运动，可以帮助妈妈们恢复身体状态，提高体能，为产假结束后复工做准备。

After the maternity leave, postpartum mothers will return to work. Appropriate increase in exercise can help mothers recover in physical condition, improve physical fitness, and prepare for the resumption of work after the maternity leave.

产后运动是一个循序渐进的过程，如果你的产假只有三个月，那么在身体承受范围内做一些有氧运动即可，不要进行全身性具有挑战性的运动项目。产后三个月以后，随着我们身体逐渐恢复，可以加大运动强度和频率。母乳喂养妈妈受涨奶等影响，不建议做跳跃运动。

Postpartum exercise is a gradual process. If your maternity leave is only three months, you'd better do some aerobic exercises within the range of physical tolerance. Do not carry out systemic challenging sports. Three months after delivery, as their bodies gradually recover, postpartum mothers can increase the intensity and frequency of exercise. Due to engorgement, breast-feeding mothers are not recommended to do jumping exercise.

◆ 有几句话再叮嘱一下 ◆ A few more words

“不要着急，给身体一些时间”
“Don't worry. Give your body some time”

怀孕和分娩的过程中，女性的身体会发生一系列的变化。在分娩后，身体的变化和损伤也需要一些时间来恢复和修复。产假一般是产后 6 个月内，此时不要忘记多休息，对身体的恢复不用过于急切，更不能一上来就做一些激烈运动，以免对身体造成伤害。

During pregnancy and childbirth, a series of changes may occur in the female body. After delivery, it takes some time to recover and repair the body changes and injuries. The maternity leave is generally within 6 months after delivery. During this period, get more rest. Don't be too eager about the recovery of the body. Do not come up to do intense exercises, to avoid causing harm to the body.

产后 42 天的复查非常重要，如果检查没问题，可以适当增加运动量。但如果检查出来盆底肌或者腹直肌分离较严重的话，就不能盲目运动，需要在医生指导下进行康复和治疗。

The body re-check 42 days after the delivery is very important. If there is no problem, the mothers can appropriately increase the amount of exercise. But if the pelvic floor muscle or rectus abdominis muscle separation is found serious, they can not blindly exercise. They need to have rehabilitation and treatment under the guidance of doctors.

“产前身体素质好，产后恢复更快”
“Good pre-natal physical condition, faster post-natal recovery”

很多女性可能还不知道，备孕期间的饮食和运动，不仅会影响孕期状态，也是在为产后恢复做准备。如果妈妈们在产前饮食合理，坚持运动，身体素质好，那么在产后也会更快恢复到孕前状态。

Many women may not yet know that diet and exercise during pregnancy not only affect the state of pregnancy, but also prepare for postpartum recovery. If they have reasonable diet and keep exercise to have good physical condition before

delivery, they will be able to return to the pre-pregnancy status faster after childbirth.

“恢复身体比恢复身材更重要”
“It is more important to recuperate health than to come back in shape”

怀孕期间，随着胎宝宝的长大，宝妈的子宫从一个拳头大小变成西瓜大小，体内的脏器被挤压到别的位置，脊柱承受的压力也越来越大，身体发生变化。产后，妈妈们的身体机能、生理功能都需要好好恢复。因此，产假期间，比身材恢复更重要的是身体的恢复。如果对于在家中独自恢复身体缺乏信心，有条件的妈妈也可以考虑到医院坐月子，在专业医生和护士的指导下，科学、快速帮助身体和心理复原，愉快地迎接新生活的到来。

During pregnancy, as the fetus grows up, the mother's uterus enlarges from the size of a fist to that of a watermelon, squeezing the internal organs to other positions. The spine bears greater pressures, and the body changes. After delivery, the mother needs to recover in physical and physiological functions. Therefore, during the maternity leave, physical recovery is more important than the resumption of shape. If they lack the confidence of recovering physically alone at home, mothers who have the means may consider "sitting the month" in hospital. Under the guidance of professional doctors and nurses, they will have physical and psychological recovery in a scientific, rapid way, and happily greet the arrival of a new life.



The World and China 世界中国

丝绸之路 SILK ROAD
Selgemitt
外交/文化/旅游杂志
MAGAZINE OF DIPLOMATIC, CULTURAL AND TOURISM

Introduction

《世界中国》杂志（前名“欧洲丝绸之路”）由匈籍华人纳吉·麟女士在2006年三月创办。匈牙利前总理麦杰希·彼得为顾问委员会主席，总部设在匈牙利。杂志文化、旅游、外交、为主题，主要栏目包含外交，合作交流，异国文化等。全刊以图为主，文字为辅。发行量为10000册。发行地区为驻华大使馆，外交公寓以及全国各地和国外部分地区（中国，美国，匈牙利，比利时，法国，英国）。

"The World and China" Magazine (formerly called "European Silk Road") was founded by Ms. Lin NAGY, a Hungarian Chinese, in March 2006. Former Hungarian Prime Minister Dr. Peter MEDGYESSY is the Chairman of the Advisory Committee headquartered in Hungary. The magazine covers among others culture, tourism, diplomacy, cooperation and exchange programmes. The publication is mostly based on pictures and supplemented by text. It is printed in 10,000 copies and is circulated among embassies in China, diplomatic apartments and other places in various countries (China, the United States, Hungary, Belgium, France and the U.K).



The World and China.
Tony Blair

2015年1月16日在北京荣获公益传播奖，此奖项由中央电视台和中国下一代教育基金联合颁发。特为那些优秀专项基金，公益机构，草根公益社团而设立。除杂志本身功能之外，杂志社还成功地主办或承办了各类文化活动与商务会议，促进了中西文化交流及经济贸易领域的合作，为世界文化走向中国搭建了有利的平台，为中国文化艺术走向世界起推动作用。

On January 16, 2015, the magazine won the Public Welfare Communication Award in Beijing, jointly awarded by CCTV and the Next Generation Education Fund of China. The award was set up to honour outstanding special funds, public welfare institutions and grass-roots public welfare associations. In addition, the magazine has successfully sponsored or hosted a wealth of cultural activities and business conferences, promoted the Chinese-Foreign cooperation in economic and trade fields, built a favourable platform for Sino-Chinese cultural dialogue, and helped the Chinese culture and art to go abroad.

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



杂志社从2011年为欧盟驻华使团承办“梦想中欧”青少年画展，2016年承办首届中国-欧盟微电影展，图为启动仪式

The magazine implements the "Dreams of Europe and China" Children's Art Exhibition for the EU Delegation in China since 2011 and organized the "First EU-China Short Film Festival" in 2016. The picture shows the launching ceremony of the latter.



2014年在贵州镇远为企业举办国际旅游论坛，出席国家达40多个，9位驻华大使以及一名前总统和一名前总理出席活动。杂志社自2012年以来为多个地方政府牵线搭桥，建立友好城市。至今为止已为贵州，浙江，甘肃省等城市成功建立友好城市。右图为白银市在匈牙利签署友好城市意向书



参与 重大项目

Participation
in major
projects

In 2014, an international tourism forum was organised by the magazine in Zhenyuan, Guizhou province. In attendance were more than 40 countries, 9 ambassadors in China, a former president and a former prime minister. Since 2012, the magazine has been building sister city ties for several local governments. Up until now, it has successfully found sister cities for cities in Guizhou, Zhejiang and Gansu provinces. The right picture shows Baiyin City signing a letter of intent with a Hungarian city.



1



2



3



4

报道 重大 活动

Report on
major events

1. 参加2015年9月3日的阅兵仪式
1. Participation in the military parade on September 3, 2015
2. 参加2016年9月的杭州G20峰会
2. Participation in the Hangzhou G20 Summit in September 2016
3. 2018年12月2日在北京人民大会堂举办的《世界中国》杂志12周年庆祝活动中，匈牙利前总理麦杰希·彼得做主旨演讲
4. On December 2, 2018, on the 12th anniversary of the magazine, a celebration was held in the Great Hall of the People in Beijing. Former Hungarian Prime Minister, Dr. Peter Medgyessy, gave a keynote speech.
4. 纳吉·麟·社长向许又声赠送2007年在布达佩斯采访许主任的杂志
3. President Nagy Lin presented Director Xu Yousheng a copy of the magazine containing an interview with him done in Budapest in 2007.

健康生活 从众天开始

Healthy life starts from the Zhongtian

秦岭是中华文明的发祥地之一，华夏先祖神农氏曾经在秦岭遍尝百草，地处陕西腹地的秦岭自然生态保护非常好，是中国的“绿心”。秦岭山脉拥有300余种蜜源植物，其中包含289种药用植物，每年春夏秋依次开放，是优良的蜜源基地。相传远古时期，中华养蜂始祖“炎帝之母”姜嫄女登就在秦岭一带始创养蜂，并传于后世。

众天蜂业自1997年建厂以来，先后建立陕西延安槐花蜜源基地、陕北佳县枣花蜜源基地、陕西秦岭中蜂蜜源基地等16个养蜂基地，成立了25个养蜂合作社，备案培训蜂农3000户，养蜂总量20万群，每年可产多种蜂产品6000余吨。

陕西生产中国乃至世界上最顶级的槐花蜜，延安南泥湾为最好，众天槐花成熟蜜基地就建在这里，这里出产的众天槐花成熟蜜完全按照日本成熟蜂蜜标准生产，被誉为槐花蜜中的臻品，多年以来一直出口欧盟、日本等国家，是中国出口日本价格最高、质量最好的蜂蜜。

爱因斯坦曾说过：“如果蜜蜂消失，人类存活不会超过四年。”可见蜜蜂对人类生态的重要性。

面对2020年肆虐的肺炎疫情，蜂产品就是大家健康的福音，蜂蜜润肺润肠、蜂王浆提高免疫力、蜂胶抗菌消炎、蜂花粉促进全营养，众天可为大家提供天然安全的蜂蜜、蜂王浆、蜂胶、蜂花粉四大类80多种规格的蜂产品。所以，健康生活就从众天开始。



众天蜂业标准化示范蜂场
A model field used for standardization in Zhongtian Corporation



Qinling Mountains are one of the birthplaces of Chinese civilization, the Chinese ancestor, Shennong once tasted all kinds of herbs here. The natural ecology of the Qinling Mountains, in the hinterland of Shaanxi, is very well protected and is therefore called China's "green heart". The Qinling Mountains have more than 300 kinds of plants, including 289 kinds of medical herbs, flowering in the spring, summer and autumn every year, making them an excellent source of nectar. According to the ancient legend, the ancestor of Chinese beekeeping, "Mother of Emperor Yan", Jiang Yuan Nv Deng was the one who initiated beekeeping in the Qinling Mountains and she was the one who subsequently passed it on to later generations.

Since its establishment in 1997, Zhongtian Corporation has successively established 16 beekeeping bases including a sophora japonica nectar source base in Yan'an, Shaanxi, a jujube nectar source base in Jiaxian, northern Shaanxi, and a honey source base in Qinling, Shaanxi. It also established 25 beekeeping cooperatives and trained 3,000 beekeepers, raising the total number of its beekeepers to 200,000 with a production capacity of more than 6,000 tons of various bee products every year.

Shaanxi produces the finest sophora nectar in China and even in the world. Nanniwan in Yan'an is considered the best place and that's where the honey base of Zhongtian Corporation was built. The sophora nectar produced here fully meets the mature honey standards of Japan. Known as a top quality honey of sophora japonica, it has been exported to EU countries, Japan and several other countries for many years. It is also the most expensive, top premium quality honey exported from China to Japan.

Einstein once said: "If bees disappear, humans will not survive for more than four years." This shows the importance of bees to human ecology.

Faced with the raging pneumonia epidemic in 2020, bee products are the key to everyone's health. Honey nourishes the lungs and the intestines, royal jelly improves immunity, propolis is antibacterial and anti-inflammatory, and pollens collected by bees provide nutrition. Zhongtian Co. Ltd. can improve natural safety for everyone with its 80 kinds of bee products in its four product lines: honey, royal jelly, propolis and pollens. Therefore, a healthy life starts indeed from Zhongtian.

西安众天食品有限责任公司

地址：陕西省西安市阎良区迎宾大道中段

电话：13571933079、18792802206

Contact: Xi'an Zhongtian Food Co., Ltd.

Address: Middle Section of Yingbin Avenue,
Yanliang District, Xi'an City, Shaanxi Province

Phone: 13571933079, 18792802206



Anqing Rixin Sanitary Material Co., Ltd

contact : victorelso@163.com

Rixin Mask Production Factory of Anqing city was established in early 2020. It covers an area of 4000 m2 accommodating 15 machines producing 5 million disposable protective masks and 20 pieces of KN95 machines producing 2 million KN95 masks per day. The machines are operated by 780 workers. The factory's own workshop for producing non-woven cloth is 3000 m2 with a daily output of 90 rolls of non-woven fabric weighting 4 tons.

The company is on the white list of the Chinese Ministry of Commerce. It also complies with the CE, FDA and ISO quality standards. The factory's products are exported to the United States, Germany, Italy, France, Russia, Kazakhstan, Saudi Arabia and other countries.



The filtering efficacy of the non-woven fabrics produced here reaches 99% making it suitable for wearing during surgical procedures. The company has its own quality control facility checking each individual rolls of non-woven fabric.



Disposable protective mask(Non-medical)

Protective and Fashionable



KN95 mask

Records of Traditional Chinese Medicine (Part 2)

本草探索 Bencao Tansuo

见闻录
(中)



五，中医治病讲的是平衡。以阴阳而论，万物负阴而抱阳。有阴必有阳，有阳必有阴，阴阳平衡才是正道。

有正气必有病毒，病毒是永远存在的，不会被消灭，如果没有病毒就没有平衡。以平衡法治疗病毒。所以病毒并不可怕，怕的是人类悖道而行，不按宇宙规律去生活。这就是病毒崛起的重要原因，对于病毒，人类只要能做到顺其自然规律去生活，就能与病毒和平共处保持其平衡，病毒则永远不会泛滥，违背了宇宙的作息生活规律就是病毒的温床，他就会泛滥成灾，侵害人类。中医在治疗中提倡与疾病和谐。他们说宇宙就是因为和谐才能产生太和之气，维持宇宙万物的生生不息，中医是效法宇宙的，讲和谐，与疾病和睦相处，不对抗。对抗既伤元气又会激怒病毒，加剧病情恶化，所以用药提倡攻补兼施。人类的生存一定要符合自然之道。保持心平气和，做到日落而息日出而作，饮食有节，起居有常，不可劳作，不可以妄为常，不可以酒为浆，逆向生乐，这样疾病就不会缠身，灾难就不会发生。



Fifth, Chinese medicine is all about balance. As for yin and yang, everything holds yin and embraces yang. When there is yin, there must be yang, and when there is yang, there must be yin as well, the equilibrium between yin and yang is achieved this way.

If we have a healthy atmosphere, we also must have viruses. The virus is always out there and can not be exterminated otherwise we would lose the balance. We need to observe this principle when curing the virus. Therefore, the virus itself is not terrible, but the way mankind goes in the opposite direction and not lives according to the laws of nature is terrible. This is an important reason for the abrupt rise of the viruses. Had humankind lived in line with the regulations of

the universe, and had lived in peaceful coexistence with the viruses, the viruses would have never inundated the world.

Neglecting the work-life balance of the cosmos serves as a hotbed for viruses, as it allows their spread beyond imagination causing havoc and their encroachment upon mankind. Chinese medicine advocates harmony with the disease during treatment. It is said that the universe can produce the spirit of great harmony and maintain the lives of the ten thousand living beings because it is harmonious itself. Chinese medicine imitates the universe, stresses harmony and that we should live in harmony with the bacteria instead of fighting them. Fighting them will hurt

their vitality and provoke the virus, eventually exacerbating the disease, so when applying medicine we should be both offensive and complementary at the same time. Human existence must conform to the way of nature. Keep calm, be active from sunrise, relax after sunset, eat and drink well, live normally, do not work too hard, don't be too reckless, don't drink wine like drinking from a fire-hose, don't have too much fun, and the disease will not twist your body, the disaster won't happen.

Sixth, the core of TCM treatment is dialectics. Dispute the disease, prescribe medicine for a good reason only, without analysis there is no diagnosis, without diagnosis there is no prescription. We prescribe medicament only following a thorough debate. Because change is the unchanging truth of the universe.

So Chinese medicine, while itself is not changing, can cope with hundreds of changes by dealing with the internal organs and the five elements, their combined role across the changing seasons in fighting the diseases, taking into account the wind, the cold, the heat, the moisture, the dryness, the fire, the sudden changes at the intersections of the seasons, to prescribe the best quantity of medicaments according to the symptoms. All is done with mastering the art of analysing the five main organs and the six meridians to dig into the bottom of the sickness so that even the strangest viruses can be cured.

六，中医治病的核心是辩证。因症而辩，因辩而开方，不辩无症，无症则无方，只有辩证才能对症下药。因为变是宇宙不变的真理。

所以中医就是以不变治百变，只要掌握脏腑五行的生克，结合季节变化中地域不同的风寒暑湿燥火，以及季节交接之时的骤变特点，辩证诊断加减用药，具体是抓住五脏辩证六经，从本质上着手，再奇特的病毒也无不制服。



鞍山新工建设有限公司 | 产业园

Industrial Park of Anshan New Construction Co., Ltd.

一. 以健康产业为主导，重点发展康复养生、高端医疗器械、高端医药、功能性食品、运动休闲、旅游度假、美容美体产业、大型商超、仓储物流等为主导方向进行招商引资。

二. 以工业产业为主导，重点发展新型钢铁环保建材、高级铝合金门窗、玻璃幕墙、新能源汽车及汽车零部件、电子商务平台等战略新兴产业。

1. Focusing on the development of rehabilitation and health care, high-end medical equipment, high-end medicine, functional food, sports and leisure, tourism and vacation, beauty and body industry, large-scale supermarkets, warehousing and logistics, will be leading the way to attract investors.

2. Taking the industrial industry as the leading factor, we will focus on the development of new emerging industries such as new-type steel environmental protection building materials, advanced aluminum alloy doors and windows, glass curtain walls, new energy vehicles, auto parts, and e-commerce platforms.

电话: 13604129968 联系人: 王馨梓

网址: <http://www.asxgjs.com/>



鞍山新工建设有限公司

Anshan Xingong Construction co., LTD

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

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

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

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

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

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

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

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

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