

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

2020/04 总第087期



探索中国
DISCOVERY
OF CHINA



探索中国 DISCOVERY OF CHINA 系列活动在鞍山正式启动

SERIES OF ACTIVITIES OFFICIALLY LAUNCHED IN ANSHAN



为中匈两国人民 友谊之花添香

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五星级酒店均可读到。

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

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

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

3. 在多种中外经贸文化活动以及各国驻华使团活动中赠送发行。

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



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

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

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

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Free of Charge Magazine 赠阅



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“探索中国”系列活动正式启动 "DISCOVERY OF CHINA" SERIES OF ACTIVITIES OFFICIALLY LAUNCHED

9月28日由中国人民对外友好协会指导,中国和平发展基金会、《世界中国》杂志社共同主办的“探索中国”活动,在中国钢铁摇篮——鞍山市,鞍山新工建设有限公司园区正式启动。出席启动仪式的有中国友好和平发展基金会秘书长王合善,奥地利、斯洛伐克、突尼斯、立陶宛、葡萄牙、克罗地亚等驻华使馆以及《世界中国》杂志社社长纳吉·麟女士。“探索中国”项目的目的是让驻华外交官、新闻记者、留学生等对中国的文化、旅游、非遗、艺术、企业有更深层次的了解。

On September 28, under the guidance of the Chinese People's Association for Friendship with Foreign Countries and organized by the China Friendship Foundation for Peace and Development and "The World and China" Magazine, the "Discovery of China" program was officially launched at Xingong Construction Co., Ltd. in Anshan city. The launching ceremony was attended by Wang Heshan, Secretary General of the foundation, Nagy Lin, editor-in-chief of the magazine, ambassadors of Austria and Slovakia to China and diplomats from Tunisia, Lithuania, Portugal, Croatia and other countries. The goal of the project is to enable diplomats in China to gain a deeper understanding of China's culture, tourism, intangible cultural heritage, art and business sector.



《世界中国》杂志社顾问委员会主席,匈牙利前总理迈杰希·彼得为探索中国项目的启动发来了祝贺

Chairman of the Advisory Committee of "The World and China" Magazine and former Prime Minister of Hungary, Dr. Peter Medgyessy sent his congratulation on the occasion of the launch of the "Discovery of China".

中国友好和平发展基金会秘书长王合善在启动仪式上表示:“探索中国”系列活动是向世界各国人民介绍中国,推动中外文明交流互鉴,弘扬互利共赢合作理念举办的专题活动。通过实地考察了解中国传统文化、学习改革开放历史、访问相关企业和机构等形式,帮助各国朋友更加全面深入地了解中国。

Wang Heshan, Secretary General of the China Friendship Foundation for Peace and Development, stated at the launching ceremony that the "Discovery of China" series of activities are special events organized to introduce China to people around the world, promote exchanges and mutual learning between Chinese and foreign civilizations, and promote the concept of mutual benefits and win-win cooperation. Through field visits and visiting relevant companies and institutions we help friends from all over the world to understand China more comprehensively, to get acquainted with Chinese traditional culture and to learn the country's history of reform and opening up.

探索中国
DISCOVERY
OF CHINA



鞍山

AN SHAN

使节代表杜尚·贝拉(Dusan Bella)大使在祝贺词中说:“这是第三次来到鞍山,这里的工业教学水平很高,人民十分友好。”

Ambassador Dusan Bella said in his congratulatory speech: "This is the third time I have come to Anshan. The standards of industrial training are quite high here and the people are also very friendly..."





探索中国
DISCOVERY
OF CHINA

《世界中国》社长纳吉·麟女士致辞
Speech of Ms. Nagy Lin, President
of "The World and China"



嘉宾在新工建设有限公司座谈交流并考察公司的工业园区
The guests exchanged views and visited the industrial park of Xingong Construction Co., Ltd.



探索中国
DISCOVERY
OF CHINA





鞍钢博物馆
Angang Museum



探索中国
DISCOVERY
OF CHINA



在岫岩县岫玉市场考察
At the Xiuyan Jade Market

探索中国
DISCOVERY
OF CHINA



活动结束后，各国使节对鞍钢博物馆、南果梨祖树园、玉佛苑，千山等地进行了考察。奥地利驻华大使石迪福说：“真没有想到，中国人民的学习榜样雷锋原来就是鞍钢的工人。更没有想到的是鞍山的绿化这么好。我原本不想来这个重工业，重钢铁的地方，我来对了，鞍山很值得一看”。

After the launching ceremony, diplomats from various countries visited Anshan Xingong Construction Co., Ltd. Industrial Park, Angang Museum, Nanguo Pear Ancestral Garden, Jade Buddha Garden, and other places of interests. Austrian Ambassador to China, Friedrich Stift said: "I didn't expect that Lei Feng, the role model of the Chinese people, happened to be a steel worker here. What I did not expect either was that Anshan's greenery is in such a good shape. I came to the right place. Anshan is well worth a visit."

鞍山南果梨祖树园
Nanguo Pear Ancestral Garden





探索中国
DISCOVERY
OF CHINA



鞍山

AN SHAN



雷锋，这个全中国人民学习的榜样，16岁就进入鞍山钢铁厂工作，从那儿他从军13个月后又回到了鞍钢，他牺牲于卡车交通事故。

Lei Feng, a model to be learned by all Chinese people, entered Anshan's iron and steel plant at the age of 16. After serving 13 months in the army he returned to the same company. Later he died in a truck accident.

鞍山是中国东北最大的钢铁工业城市，素有“中国钢铁工业摇篮”的美誉，见证了新中国工业发展的历史。改革开放以来，鞍山在持续优化传统产业的基础上，不断壮大高新技术产业，优化营商环境，积极融入“一带一路”建设，使老工业基地焕发了新的生机。

Anshan is the largest steel industry city of Northeast China. It is known as the "cradle of China's steel industry" and has witnessed the history of the industrial development of the New China. Since the reform and opening up, Anshan has continuously expanded its high-tech industries, optimized its business environment, and actively integrated into the "Belt and Road" initiative on the basis of continuous optimization of traditional industries, giving new vitality to this old industrial base.



玉佛寺原名（玉佛苑）位于辽宁省鞍山市玉佛山风景区内，于1997年10月荣选上海大世界基尼斯之最。2002年12月12日，英国吉尼斯世界纪录总部正式授予玉佛寺“世界最大玉佛”证书。

Jade Buddha Temple is located in the world's famous Yufo Mountain of Anshan city, Liaoning Province. It was enlisted as a record in Shanghai's World Record Book in October 1997. On December 12, 2002, the English Guinness World Records Headquarters officially awarded the Jade Buddha Temple the "World's largest jade Buddha" certificate.



千山素有“东北明珠”之称，是国家重点风景名胜区、国家5A级旅游景区。千山为长白山支脉，主峰高708.3米，总面积72平方公里。山峰总数为999座，其数近千，故名“千山”。千山以奇峰、松岩、古庙、梨花四大风景文明，一年四季景色。

Qianshan, known as the "Pearl of Northeast China", is a national key scenic spot and a national 5A tourist attraction. Qianshan Mountain is part of Changbai Mountain range. Its main peak is 708.3 meters high and covers a total area of 72 square kilometres. The total number of mountain peaks is 999, the number of which is nearly 1000, hence it is called "Qianshan", "Thousand Mountains". Qianshan has four main scenic areas, namely, Qifeng, Songyan, ancient temple and pear blossom, all of which are radiating different colours across the four seasons.



汤岗子温泉建于1950年，拥有世界一流的天然热矿泥。可以同时容纳百余人进行全身埋泥和泥浆浴。拥有康复疗养床1800张，是辽宁省康复中心所在地。

Tanggangzi hot spring was built in 1950, and it boasts world-class natural hot mineral mud. It can accommodate more than 100 people for full body therapy and mud bath. With 1800 convalescent beds, it is also the location of Liaoning Rehabilitation Centre.



鞍山市地理标志产品南果梨子。该梨子源于100多年前生长于鞍山对桩石村使门勾的3棵野生梨树。

Nanguo pear is a geographical indication product of Anshan City. The pear originated from three wild pear trees which grew in Shimengou, Duizhuangshi village, Anshan more than 100 years ago.



“跟着大使看世界”线下活动

"Follow the Ambassador to See the World" offline activities

疫情期间，出国旅游变得越来越困难。“跟着大使看世界”栏目的线下活动使青少年不出国门就能了解到外面大世界的事情。

During the epidemic, traveling abroad has become increasingly difficult. The offline activities of the "Follow the Ambassador to See the World" column enables young people to learn about the big world outside without going abroad.



走进亚美尼亚驻华大使馆

Entering the Armenian Embassy

2020年8月6日，10日以及27日，亚美尼亚驻华大使馆驻华大使谢尔盖·马纳萨良 (Sergey Manassarian) 阁下先后三次接待了来自不同城市的青少年，让孩子们了解到不少有关这个鲜为人知的国家发展以及概况。

On August 6, 10 and 27, 2020, His Excellency Sergey Manassarian, Ambassador of Armenia to China, hosted young people from different cities for three times, letting the children to learn about the development and general situation of this little-known country.



活动由使馆外交官玛莉亚女士主持

The event was hosted by Ms. Maria, a diplomat of the embassy



精彩掠影

Wonderful glimpse





2020年8月13日，学生们来到了克罗地亚驻华大使馆，驻华大使馆参赞兼临时代办 Bisera Fabrio 女士假期结束的第一天就先后接待了两批反复的孩子们。她耐心地向孩子们介绍克罗地亚的历史文化背景，克罗地亚国旗的象征和由来。并与孩子们亲切交谈。

On August 13, 2020, the students came to the Croatian Embassy in China. Ms. Bisera Fabrio, Counselor and Chargé d'affaires of the Embassy in China, welcomed two groups of children on the first day of the holiday.

She introduced the historical and cultural background of Croatia to the children and the symbol and origin of the Croatian flag during a cordial conversation with the children.



"跟着大使看世界" 线下活动

"Follow the Ambassador to See the World" offline activities



走进克罗地亚驻华大使馆

Entering the Croatian Embassy



精彩掠影

Wonderful glimpse





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



走进立陶宛驻华大使馆

"Labas", Lithuanian Embassy

立陶宛语 "Labas" 意思是 "你好"

2020年8月17日, 18日, 连续两天, 立陶宛使馆文化参赞托马斯 (TOMAS IVANAUSKAS) 先生为同学们播放了一部有关介绍立陶宛 "Labas-你好" 的纪录片。同时同学们还饶有兴趣地了解了世界篮球顶级队来自于立陶宛。

"Labas" means "hello" in Lithuanian.

On August 17 and 18, 2020, for two consecutive days, Mr. Tomas Ivanauskas, Cultural Counselor of the Lithuanian Embassy hosted the children and played a documentary "Labas-Hello" about Lithuania for the students. During the visit, the students also learned with interest that one of the top basketball teams in the world is Lithuanian.

精彩掠影

Wonderful glimpse





"跟着大使看世界" 线下活动

"Follow the Ambassador to See the World" offline activities



走进俄罗斯驻华大使馆文化中心

Visiting the Cultural Center of the Russian Embassy in China



精彩掠影

Wonderful glimpse

On September 11, 2020, the students arrived to the Cultural Center of the Russian Embassy in China. The Executive Director of the Cultural Center, Vitaliy Shchepinin, patiently explained to the children the origin of the Russian Cultural Center and its historical background. During the event, the students personally experienced the characteristic activities prepared by the Russian Cultural Center for them, and watched a Russian cartoon too.



2020年9月11和10月16日，学生们分别来到了俄罗斯驻华大使馆文化中心，文化中心执行主任谢平宁（Vitaliy Shchepinin）耐心的向孩子们讲解俄罗斯文化中心的发展由来，以及文化中心的历史背景。在活动期间，同学们也亲自体验了由俄罗斯文化中心准备的民族特色活动，并且还观看了一部俄文动画片。





北京俄罗斯文化中心执行主任谢平宁主持活动
Мероприятие ведет исполнительный директор Российского культурного центра в Пекине Виталий Шепинин



中俄表演者文艺演出
Концертные выступления китайских и российских исполнителей



反法西斯纪念活动 Антифашистское юбилейное мероприятие

北京俄罗斯文化中心于2020年9月4日举办了第二次世界大战结束暨中国人民抗日战争胜利75周年纪念活动。本次纪念活动是由俄罗斯国际人文合作署驻华代表处-北京俄罗斯文化中心主办，同时得到了俄罗斯军事历史学会阿穆尔州分会的大力支持。

сентября в Российском культурном центре в Пекине продолжилась серия мероприятий, посвященных 75-й годовщине окончания Второй Мировой войны и Победы китайского народа в войне сопротивления Японии. Торжественное собрание было организовано представителем Россотрудничества в КНР (РКЦ) при активной поддержке регионального отделения Российского военно-исторического общества в Амурской области.



中国老战士协会代表、孙惠军大校致辞
Выступление представителя Ассоциации китайских ветеранов Сунь Хуэйцзюнь



俄罗斯驻华大使馆高级参赞费捷耶夫先生致辞
Выступление Старшего советника Посольства России в Китае В.В. Фадеева

活动现场

A moment of the event



嘉宾观看展览
Почетные гости ознакомились с выставкой





俄罗斯文化中心十岁生日

10-летний юбилей Российского культурного центра в Пекине

值此北京俄罗斯文化中心成立十周年之际，文化中心于10月22日举办了庆祝十周年的盛大活动。本次庆祝活动是由俄罗斯联邦独联体事务、俄侨和国际人文合作署驻华代表处，俄罗斯联邦驻中华人民共和国大使馆共同举办。

22 октября в Российском культурном центре состоялось торжественное собрание, посвященное 10-й годовщине открытия Российского культурного центра в Пекине. Мероприятие организовано Представительством Россотрудничества в Китайской Народной Республике совместно с Посольством Российской Федерации в Китайской Народной Республике.

北京俄罗斯文化中心卡西亚诺娃女士欢迎宾客
Директор Российского культурного центра в Пекине Т.Л. Касьянова приветствует гостей.



俄罗斯驻华特命全权大使安德烈·伊万诺维奇·杰尼索夫阁下致欢迎词
Приветственное слово Чрезвычайного и Полномочного Посла России в Китае Андрея Ивановича Денисова



前中国文化部部长蔡武阁下致辞
Выступление бывшего Министра культуры Китая господина Цай У



中国人民对外友好协会会长林松添阁下致辞
Выступление Председателя Китайского народного общества дружбы с заграницей господина Линь Сунтянь



俄罗斯驻华特命全权大使安德烈·伊万诺维奇·杰尼索夫阁下与文化中心主任卡西亚诺娃女士为北京俄罗斯文化中心的模范工作者们颁发俄罗斯国际合作署荣誉证书
Посол России в Китае Андрей Иванович Денисов и директор РКЦ Т.Л. Касьянова вручают почетные грамоты Россотрудничества работникам РКЦ в Пекине за многолетний



庆典音乐会
Праздничный концерт





中沙建交30周年庆典 暨中沙文化艺术交流展

China-Saudi Arabia diplomatic relations

2020年8月8号,由沙特驻华大使馆文化处和时代悲鸿(北京)文化艺术中心共同举办的“中沙建交30周年庆典暨中沙文化艺术交流展”在沙特驻华大使馆文化处拉开了帷幕。

On August 8, 2020, the "China-Saudi Arabia 30th Anniversary Celebration of the Establishment of Diplomatic Relations and the China-Saudi Arabia Culture and Art Exchange Exhibition" co-organized by the Cultural Section of the Saudi Arabian Embassy in China and Times Beihong (Beijing) Culture and Art Center was held at the Saudi Arabian Embassy in China.



沙特阿拉伯王国驻华大使图尔基·艾勒马迪阁下致开幕词
The Ambassador of the Kingdom of Saudi Arabia to China, H.E. Mr. Turki Almadi, delivered the opening speech



沙特阿拉伯王国驻华大使馆文化参赞法赫德·谢里夫博士讲话
Dr. Fahad Al Shareef, Cultural Counselor of the Embassy of the Kingdom of Saudi Arabia in China talks in the event



原国务院副总理黄华夫人外交部国际司副司长 95岁高龄的何里良女士与沙特阿拉伯王国驻华大使图尔基·艾勒马迪阁下共同为活动剪彩并互赠礼物

Wife of former Vice Premier of the State Council, Huang Hua, Deputy Director of the Department of International Affairs of the Ministry of Foreign Affairs, 95-year-old Ms. He Liliang and Mr. Turki Almadi, Ambassador of the Kingdom of Saudi Arabia to China, exchanged gifts during the event



原国务院副总理黄华夫人外交部国际司副司长 95岁高龄的何里良女士与沙特阿拉伯王国驻华大使图尔基·艾勒马迪(H.E. Mr. Turki Almadi)阁下与本次活动优秀作品获奖者合影留念

Wife of former Vice Premier of the State Council, Huang Hua, Deputy Director of the Department of International Affairs of the Ministry of Foreign Affairs, 95-year-old Ms. He Liliang, and Mr. Turki Almadi, Ambassador of the Kingdom of Saudi Arabia to China, take a group photo with the winners of the exhibition



活动现场

A moment of the event



值此马耳他共和国国庆 56 周年来临之际，马耳他驻华大使馆于 2020 年 9 月 22 日在四季酒店举办了招待宴会。中国外交部副部长秦刚阁下应邀出席了本次活动。马耳他驻华大使卓嘉鹰阁下在致辞中赞赏中国政府积极抗疫成就，感谢中方为马抗疫提供支持，并提前就新中国成立 71 周年向中方表示祝贺。他表示，马耳他致力于同亚洲特别是中国拓展合作，将本着安全、可持续和团结精神在地区和国际事务中发挥积极作用。

On the occasion of the 56th anniversary of the National Day of the Republic of Malta, the Embassy of Malta in China hosted a reception at the Four Seasons Hotel on September 22, 2020. His Excellency Qin Gang, Vice Foreign Minister of China, was invited to attend the event. In his speech, His Excellency John Aquilina, Ambassador of Malta to China, praised the Chinese government for its anti-epidemic achievements, thanked China for providing support to Malta in the fight against the epidemic, and congratulated China on the 71st anniversary of the founding of New China. He said that Malta is committed to expanding cooperation with Asia, especially China, and will play an active role in regional and international affairs in the spirit of security, sustainability and solidarity.



著名华裔钢琴家克劳迪娅·杨女士为现场来宾演奏了马耳他国歌、欧盟国歌和中国国歌
Ms. Claudia Yang, celebrated pianist, played the Maltese national anthem, the EU's anthem and the Chinese national anthem for the guests



马耳他驻华大使卓嘉鹰阁下与中国外交部副部长秦刚阁下共同举杯庆祝活动圆满举行

His Excellency John Aquilina, Ambassador of Malta to China, and His Excellency Qin Gang, Vice Minister of Foreign Affairs of China, raise their glasses to celebrate the National Day



56th 马耳他国庆日 Maltese National Day



马耳他驻华大使夫妇欢迎宾客
The Maltese Ambassador to China and his wife welcome the guests

活动现场

A moment of the event





中斯建交 71 周年纪念画展

71st Anniversary of the Establishment of Diplomatic Relations between China and Slovakia



原中国驻斯洛伐克共和国大使林琳阁下应邀出席了本次活动
Former Chinese Ambassador to the Slovak Republic, Lin Lin was also invited to attend the event

为庆祝中国与斯洛伐克建交 71 周年招待会暨“翰墨金秋”国际友好文化交流书画展活动，斯洛伐克驻华大使馆于 10 月 16 日在大使官邸举办了活动开幕式。

斯洛伐克驻华大使杜尚·贝拉阁下在致辞中表示：今年是中斯友谊的第八个十年。但是新冠疫情却打乱了各项原有的计划和工作，也阻碍了两国的往来。新冠疫情是全人类共同的敌人，只有国际社会团结一致，才能战胜疫情。两国友好关系开启了第八个十年，我们期待这是一个中斯两国友好合作，硕果累累的十年。

To celebrate the 71st anniversary of the establishment of diplomatic relations between China and Slovakia and to open the "Brush and Ink Golden Autumn" Friendly International Cultural Exchange Calligraphy and Painting Exhibition, the Slovak Embassy in China held an event at the Ambassador's residence on October 16.

The Ambassador of Slovakia to China, Dusan Bella stated in his speech: This year marks the eighth decade of the Chinese-Slovakian friendship but the epidemic has disrupted all original plans and also hindered the exchanges between the two countries. The epidemic is a common enemy of mankind, and can only be defeated by uniting all international communities. The eighth decade of friendly relations between the two countries has begun. We look forward to a fruitful decade of friendly cooperation between the two countries.



嘉宾参观画展
Guests visit the painting exhibition





北京德国文化中心·歌德学院(中国)院长柯理博士主持本次活动
Dr. Treter, Head of the German Cultural Center Beijing Goethe Institut, presided over the event



欧盟驻华大使郁白阁下在发表演讲中介绍了中欧文化线路的关联以及内涵, 欧洲委员会认定的 38 条文化线路
In his speech, Nicolas Chapuis, the European Union's Ambassador to China, introduced the relationships and connotations of the China-Europe cultural routes and the 38 cultural routes recognized by the European Commission



北京卡弥诺国际文化交流中心负责人卫跃先生讲话
Mr. Wei Yue, Head of Beijing Kamino International Cultural Exchange Center speaks at the event



北京匈牙利文化中心主任宋妮雅博士讲话
Speech of Dr. Szorja Buslig, Director of the Hungarian Cultural Center in Beijing

欧洲文化 路线 European Cultural Routes

2020年9月5日, 欧盟驻华大使郁白(Nicolas Chapuis)阁下莅临798艺术区, 为在北京德国文化中心·歌德学院(中国)与北京丹麦文化中心共同举办的展览“欧洲文化线路”揭幕。本次展览向中国公众展示欧洲的文化线路遗产, 让中国公众欣赏到欧洲的也是全人类宝贵的文化遗产, 推动中国和欧盟之间的跨文化交流与合作, 建立相互包容、理解、对话的平台。

On September 5, 2020, His Excellency Nicolas Chapuis, the European Union's Ambassador to China, visited the 798 Art District and unveiled the exhibition "European Cultural Routes" jointly held at the German Cultural Center in Beijing Goethe Institute and the Danish Cultural Center in Beijing. The exhibition showcases the cultural heritage of Europe to the Chinese public, allows the Chinese public to appreciate Europe's valuable cultural heritage, promotes cross-cultural exchanges and cooperation between China and the EU, and establishes a platform for mutual tolerance, understanding and dialogue.



北京丹麦文化中心主任刀文克先生(右二)宣布展览开始
Mr. Eric Messerschmidt (second from right), Director of the Danish Cultural Center in Beijing, announced the launch of the exhibition



嘉宾参观展览
Guests visit the exhibition





Follow the Ambassador to his Country

Dhia Khaled
Ambassador of Tunisia to China

跟着大使看世界

——突尼斯驻华大使迪亚·哈立德

突尼斯位于非洲大陆最北端，北部和东部面临地中海，隔突尼斯海峡与意大利的西西里岛相望，扼地中海东西航运的要冲，东南与利比亚为邻，西与阿尔及利亚接壤。突尼斯是世界上少数几个集中了海滩、沙漠、山林和古文明的国家之一，是悠久文明和多元文化的融和之地。突尼斯地处地中海地区的中央，拥有长达 1300 公里的海岸线。

突尼斯境内共有 8 个地区被收入“世界遗产名录”，1 个被收入“世界自然遗产名录”，即伊其克乌尔国家公园（National park of Ichkeul）。其中 7 个被收入“世界文化遗产名录”，分别是突尼斯市“麦地那”老城（Tunis Medina）、苏塞“麦地那”老城（Medina of Sousse）、凯鲁万（Kairouan）、埃尔·杰姆圆形斗兽场（El Jem）、沙格镇（Dougga）、迦太基（Carthage）、科克瓦尼布尼城及其陵园（Necropolis of Kerkouane）。



Tunisia is located in the northernmost tip of the African continent, facing the Mediterranean Sea in the north and east, facing Sicily of Italy across the Tunisian Strait, holding a key point of the Mediterranean Sea's east-west shipping routes, bordering Libya in the southeast and Algeria in the west. Tunisia is one of the few countries in the world where beaches, deserts, forests and ancient civilizations are concentrated. It is a place where long-standing civilizations and multi-culture blend. Tunisia is located in the middle of the Mediterranean region with 1300 kilometers of coastline.

A total of 8 regions in Tunisia are included in the "World Heritage List", one of them is included in the "World Natural Heritage List", namely the National Park of Ichkeul. Seven of them have been included in the "World Cultural Heritage List", namely Medina of Tunis, Medina of Sousse, Kairouan, El Jem, Dougga, Carthage, Kerkouane and its cemetery.



伊其克乌尔国家公园 National park of Ichkeul

伊其克乌尔国家公园位于马特尔平原地区，比塞大西南约 25 公里，马特尔以北 15 公里，突尼斯比塞大行政区北部，地中海海岸西南约 30 公里处。有公路直通公园入口。

1980 年根据自然遗产遴选依据标准，伊其克乌尔国家公园被联合国教科文组织世界遗产委员会批准作为自然遗产列入《世界遗产名录》。1996 年列入《世界濒危遗产名录》。

The Ichkeul lake and wetland is a major stopover point for hundreds of thousands of migrating birds, such as ducks, geese, storks and pink flamingoes, who come to feed and nest there. Ichkeul is the last remaining lake in a chain that once extended across North Africa.

Ichkeul National Park is located in a plain area, about 25 km southwest of Bizerte, 15 km north of Mateur and about 30 km southwest of the Mediterranean coast. There is a road leading right to the entrance of the park.

In 1980, according to the criteria for natural heritage selection, Ichkeul National Park was approved as a natural heritage site by the UNESCO World Heritage Committee and included in the world heritage list. It was put on the world's endangered heritage list in 1996.



迦太基 Carthage (archeological site)

迦太基，一个与罗马帝国作战的强大民主国家。迦太基古城遗址在突尼斯众多古迹中最为著名。它位于突尼斯市城北 17 公里处，公元前 814 年由腓尼基人兴建，占地面积 315 公顷，主要建筑有城墙、宫殿、神庙、别墅、住房、公共浴室、剧场、竞技场、跑马场、港口、墓地等。它曾是地中海强盛的奴隶制国家的首都，也是当时北非、地中海地区政治、经济、商业和农业中心。

1979 年，作为文化遗产列入《世界遗产名录》。

Carthage was a powerful country fighting the Roman Empire. The ancient city of Carthage is the most famous site of Tunisia. It is located 17 kilometers north of Tunis city. It was built by Phoenicians in 814 B.C. and covers an area of 315 hectares. The main buildings are city walls, palaces, temples, villas, houses, public bathrooms, theatres, arenas, horse racing grounds, ports and cemeteries. It used to be the capital of a powerful slave-holding country in the Mediterranean, and it was also the political, economic, commercial and agricultural center of North Africa and the Mediterranean at that time.

In 1979, it was listed as a cultural heritage in the world heritage list.



突尼斯市“麦地那”老城 Medina of Tunis



突尼斯老城，位于突尼斯首都突尼斯城，具有浓郁的阿拉伯风格，建城已经有 1300 年历史。在北非伊斯兰城市中，突尼斯老城是城市建筑规范的典范之一。

1973 年联合国教科文组织将突尼斯老城作为文化遗产，列入《世界遗产名录》。

The old city of Tunis, the capital of Tunisia, has a strong Arab style and has been built for 1300 years. Among the Islamic cities in North Africa, the old city of Tunis is one of the models of urban building codes.

In 1973, UNESCO listed the old city of Tunis as a cultural heritage in the world heritage list.





科克瓦尼布尼城及其陵园位于突尼斯纳布勒省，是唯一的腓尼基迦太基城市遗址。

1985年作为文化遗产列入《世界遗产名录》，1986年该遗产进行了增扩。

Located at the tip of Cape Bon, the city and its necropolis are the only known Punic sites.

It was listed in the world heritage list as a cultural heritage in 1985 and in an expanded form in 1986.



科克瓦尼布尼城及其陵园 Necropolis of Kerkouane (Punic Town)

杜加 是利比克-帕涅克塔国家的重要古都 Dougga (an ancient capital of Numidia)

杜加坐落在一处高地上，俯瞰肥沃的平原。在罗马和拜占庭统治时期沙格繁盛起来，随后在伊斯兰统治时期逐步衰落。我们今天看到遗址在一定程度上反映了处在罗马帝国边缘上的小镇的风貌。

1997年根据文化遗产遴选依据标准(ii)(iii)，杜加被联合国教科文组织世界遗产委员会批准作为文化遗产列入《世界遗产名录》。

The town of Dougga sits on a high ground overlooking the fertile plains. During Roman and Byzantine rule, Dougga flourished, and then gradually declined under Islamic rule. The ruins we see today reflect, to a certain extent, the features of small towns on the edge of the Roman Empire.

In 1997, according to the criteria (II) (III) for the selection of cultural heritage, Dougga town was approved by the UNESCO World Heritage Committee as a cultural heritage on the world heritage list.



古老的苏塞老城，8世纪伊斯兰堡垒，位于突尼斯东海岸，地中海哈马迈特湾南岸。苏塞老城有城墙环绕，山石块垒成。城墙南北长700米，东西宽450米，基本上保存完好。城墙东南角耸立着卡莱福方塔，塔底边长8米，顶端边长5米、高30多米，是最古老的伊斯兰式塔。

1988年联合国教科文组织将苏塞老城作为文化遗产，列入《世界遗产名录》。

The ancient city of Sousse, and an 8th Century Islamic fortress in it, is located on the east coast of Tunisia at the Tunisian Sahel. The old city of Sousse is surrounded by city walls made of rocks. The city wall is 700 meters long from north to south and 450 meters wide from east to west. In the southeast corner of the city wall stands the kalifor square tower. Its bottom side is 8 meters, its top side is 5 meters wide and more than 30 meters high. It is the oldest known Islamic tower.

In 1988, UNESCO enlisted the old city of Sousse as a cultural heritage in the world heritage list.

苏塞典型的伊斯兰城镇 8世纪伊斯兰堡垒 Medina of Sousse (8th Century Islamic fortress)



埃尔·杰姆圆形斗兽场

El Jem (Roman colosseum)

埃尔·杰姆罗马圆形竞技场，位于突尼斯杰姆市，建于公元3世纪，被公认为北非最具吸引力的罗马时代建筑，为世界上最大的剧场之一。虽然椭圆外形和巨大规模与人们熟知的现代运动场没有多大区别，但这座非凡的建筑物充分体现出罗马建筑师和工匠们的精湛技艺，也是罗马帝国鼎盛辉煌的见证。

1979年，作为文化遗产列入《世界遗产名录》。

El Jem Roman amphitheater is located in El Jem city, Tunisia. It was built in the 3rd century A.D. and is recognized as the most attractive Roman architecture in North Africa and as one of the largest in the world. Although the oval shape and huge scale are not much different from the well-known modern sports stadia, this extraordinary building fully embodies the superb skills of Roman architects and craftsmen, and is also a witness to the prosperity of the Roman Empire.

In 1979, it was listed as a cultural heritage in the world heritage list.



凯鲁万

Kairouan (the rule of the Aghlabids)

世界遗产委员会描述：凯鲁万始建于公元670年，公元9世纪曾在阿夫拉比德王朝统治下繁盛一时。尽管到了12世纪时其政治首都的地位被突尼斯市(Tunis)所取代，凯鲁万仍是马格里布地区首屈一指的圣城。此城有着丰富的建筑遗产，例如由大理石和斑岩制成柱子的大清真寺，以及修建于公元9世纪的三门清真寺。

1988年，作为文化遗产列入《世界遗产名录》。

Kairouan was founded in 670 A.D. and flourished under the rule of the Aghlabids in the 9th century A.D. Although in the 12th century it has been replaced by Tunis as a political capital, Kairouan continued to play a central role in the Maghreb region. The city has rich architectural heritage, such as the Great Mosque with marble and porphyry columns, and the Mosque of the Three Gates built in the 9th century A.D.

In 1988, it was listed as a cultural heritage in the world heritage list.





斐济共和国加入 INBAR The Republic of Fiji Joins INBAR



INBAR 总干事穆秋姆阁下主持活动
Mr. Ali Mchumo, Director General of INBAR, moderates the event



INBAR 理事会主席国代表、喀麦隆驻华大使马丁·姆巴纳阁下致辞
Speech of H.E. Mr. Martin Mpana, Ambassador of the Republic of Cameroon to China, on behalf of the chair country



INBAR 董事会联合主席江泽慧致辞
Speech of Prof. Jiang Zehui, Co-Chair, Board of Trustees of INBAR



斐济驻华大使马纳萨·坦吉萨金鲍阁下致辞
Speech of H.E. Mr. Manasa R. Tagicakibau, Ambassador of the Republic of Fiji to China



东道国政府代表、中国外交部国际经济司二级巡视员肖南致辞
Speech of Mr. Xiao Nan, Inspector of the Department of International Economic Affairs, Ministry of Foreign Affairs of China, representative of the host government



东道国政府代表、中国国家林业和草原局副局长李春良致辞
Speech of Mr. Li Chunliang, Deputy Head of the National Forestry and Grassland Administration of China, representative of the host government



太平洋岛国驻华使节参观竹藤产品展厅
Diplomatic envoys of Pacific island countries to China visit the bamboo and rattan product exhibition hall

2020年10月27日，斐济共和国加入国际竹藤组织（INBAR）升旗仪式暨太平洋岛国竹资源开发利用推介活动在北京国际竹藤组织总部举行。斐济共和国成为了（INBAR）第47个成员国。

On October 27, 2020, the flag raising ceremony for the Republic of Fiji to join the International Organization of Bamboo and Rattan (INBAR) and the promotion of the development and utilization of bamboo resources in the Pacific island countries were held at the headquarters of the International Bamboo and Rattan Organization in Beijing. The Republic of Fiji became the 47th member state of INBAR.





吉尔吉斯共和国总理博罗诺夫进行视频致辞
Prime Minister of the Kyrgyz Republic, Kubatbek Aiylichievich Boronov



匈牙利创新科技部副国务秘书巴兰尼·米哈伊进行视频致辞
Deputy State Secretary of the Ministry of Innovation and Technology of Hungary, Baranyi Mihaly

全球跨境电商大会在郑州开幕

Global Cross Border E-Commerce Conference Opens In Zhengzhou



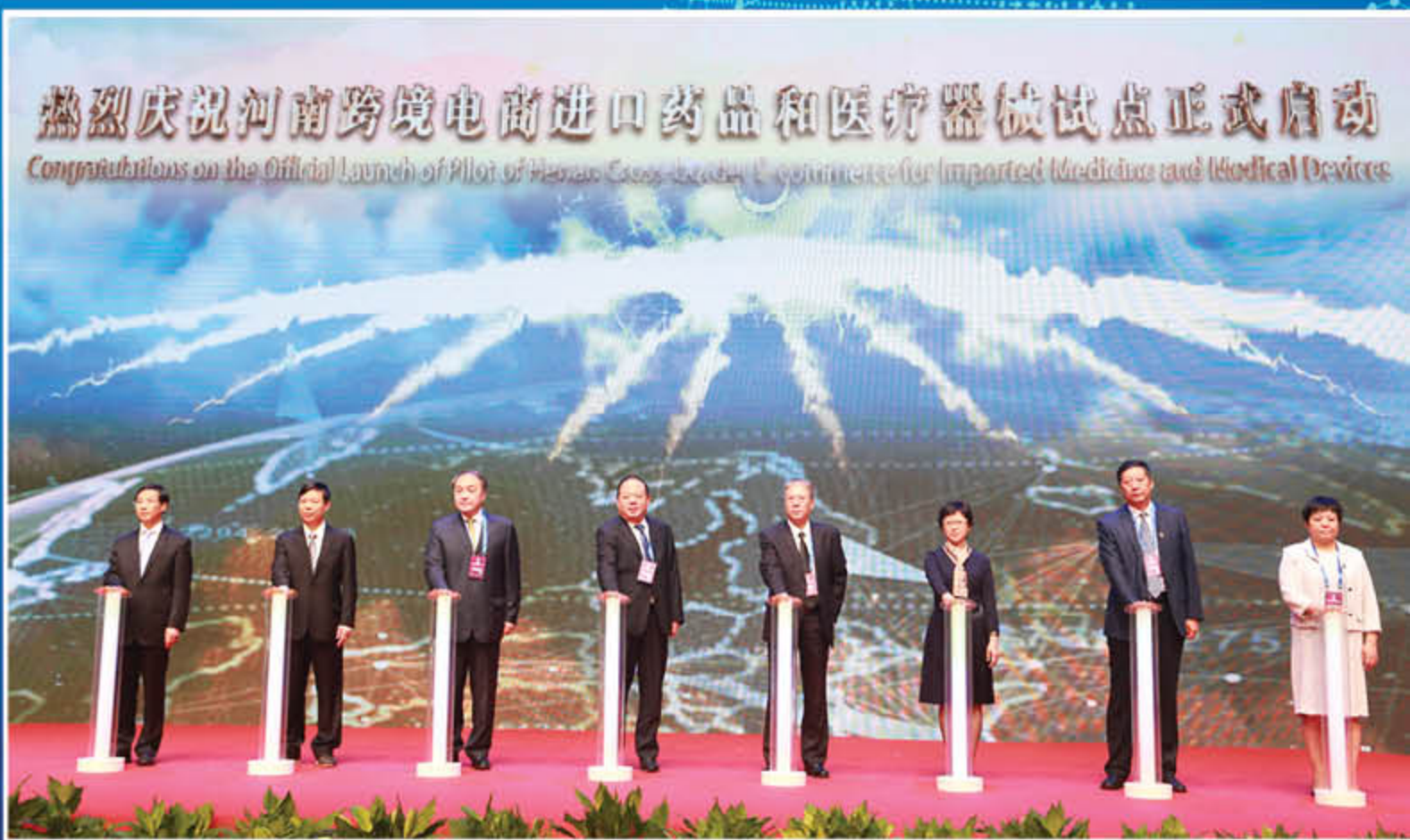
河南省副省长何金平主持开幕式
Vice Governor of the People's Government of Henan Province, Mr. He Jinping



河南省人民政府省长尹弘发表致辞
Governor of the People's Government of Henan Province, Mr. Yin Hong

2020年9月22日，第四届全球跨境电子商务大会在郑州开幕，外国政要、驻华使节、国际组织代表、专家学者、知名跨境电商企业代表等600余人深入交流，共谋发展。

On September 22, 2020, the fourth global cross-border e-commerce conference opened in Zhengzhou. More than 600 foreign political leaders, envoys to China, representatives of international organizations, experts, scholars and representatives of well-known cross-border e-commerce enterprises had an in-depth exchange to seek common development.



启动仪式
Launching ceremony



上海合作组织副秘书长
卓农·谢拉利致辞
Deputy Secretary General of
the Shanghai Cooperation
Organization, Jonon Sherali



葡萄牙驻华大使馆公使衔参
赞柯若昂致辞
Minister counsellor of the
Portuguese Embassy in
China, Joao Carvalho



斯洛伐克驻华大使
杜尚·贝拉致辞
Slovakian Ambassador to
China, Dusan Bella



缅甸驻华大使苗丹佩致辞
Myanmar's Ambassador to
China, Myo Thant Pe



塞拉利昂驻华大使欧内斯
特·恩多玛希纳致辞
Ambassador of Sierra
Leone to China, Ernest M.
Ndomahina



南苏丹驻华大使馆临时代办
昆巴·蒙代致辞
Charge d'affaire of the
Embassy of South Sudan
to China, Semaya Kumba



突尼斯驻华副大使穆斯塔
法·阿比德致辞
Tunisia's Deputy
Ambassador to China,
Mustapha Wassim Abid



智利驻华大使馆商务参赞娜塔
塔利亚·科特斯
Natalia Cortes, Commercial
Counselor of the Embassy
of Chile in China



冰岛驻华大使馆副馆长韩伟联
在发表演讲
William Freyr Huntington,
Deputy Head of Mission of
the Embassy of Iceland in
China



巴拿马驻华大使馆商务参赞
强纳森发表演讲
Jonathan Nunez,
Commercial Counselor of
the Embassy of Panama
in China



哥伦比亚驻华大使馆一等秘
书奥斯卡·加斯卡发表演讲
Oscar Gasca,
1st Secretary of the
Embassy of Colombia in
China



阿里巴巴集团副总裁天猫进出
口总裁刘鹏发表演讲
Vice President of Alibaba
Group & General Manager
of Tmall Import & Export
Group, Mr. Liu Peng



活动现场

A moment of the event

高端对话
High-end dialogue



重点签约项目
Key Contracted Projects



电商大会结束后的第二天，在河南省招商局，洛阳市有关负责人和偃师副市长齐农布的陪同下，斯洛伐克驻华大使杜尚·贝拉阁下与突尼斯驻华副大使穆斯塔法·阿比德阁下参观了偃师市的二里头夏都遗址博物馆。

On the second day after the e-commerce conference, accompanied by relevant person in charge of Luoyang City and MR. QI NONG BU, vice mayor of Yanshi, Mr. DUSAN Bela, Slovak ambassador to China and Mr. Mustafa Abid, Tunisian deputy HEAD OF TUNISIA EMBASSY to China, visited the Museum of Xia DYNASTY ruins in Erlitou, Yanshi City.



偃师市委书记孙延文为嘉宾介绍偃师历史文化背景以及发展渊源，他在介绍中提到：二里头遗址的地势较高，要比周边地区高出两米半，区域的北面是蟒山，南面是洛河。这个城市在商以后建成的基本上都是在山脚下。临河临山，根据以上的几个特征说明了这个地方一定是重要的遗址保护区。在1961年的时候，史学家徐旭生率团到了传说中夏朝城市最集中的地区，就是位于河南偃师二里头村。迄今为止，在二里头发现了大规模的宫殿建筑群和宫城、都邑中心区主干道网以及官营作坊等重要遗迹，出土文物数万件。59年过去了，目前挖掘工作仍在继续。



Sun Yanwen, Secretary of the Yanshi municipal Party committee, introduced the historical and cultural background and development origin of Yanshi. In his introduction, he said: the Erlitou site has a higher terrain, which is two and a half meters higher than the surrounding area. The north of the area is Mangshan Mountain, and the south is Luohe River. After the Shang Dynasty, the city was basically built at the foot of the mountain. According to the above characteristics, this place must be an important site protection area. In 1961, historian Xu Xusheng led a delegation to Erlitou village, Yanshi, Henan Province, where the cities of Xia Dynasty are most concentrated. So far, a large-scale palace complex, the main road network in the central area of the capital and official workshops have been found in Erlitou, and tens of thousands of cultural relics have been unearthed. 59 years have passed and the excavation is still going on.



偃师市委书记孙延文赠送斯洛伐克驻华大使杜尚·贝拉阁下当地特产布鞋。据悉，中国60%的布鞋都产于偃师。Sun Yanwen, Secretary of Yanshi Municipal Party Committee, presented a pair of special local cloth shoes to His Excellency Dusan Bella, Slovak Ambassador to China. According to reports, 60% of China's cloth shoes are produced in Yanshi.

活动现场

A moment of the event

下午时候，使节们又去参观了少林寺。少林寺是中国佛教禅宗祖庭和中国功夫的发源地，现为世界文化遗产。

In the afternoon, the diplomats visited the Shaolin Temple. The Shaolin Temple is the birthplace of Chinese Zen Buddhism and the Chinese Kung Fu. It is now a world cultural heritage.



参观少林寺
The Shaolin Temple



新绎控股总裁李晓菲 主持开幕仪式
 原文化部党组书记、部长、丝路中心专委会主任蔡武
 中国美术家协会主席、中央美术学院院长、丝路中心专委会副主任范迪安
 河北省委宣传部副部长、省文化和旅游厅党组书记、厅长那书晨
 新奥集团董事局主席 王玉锁

丝路中心展演季在廊坊开幕

Opening of the "Silk Road Center Exhibition Season" in Langfang



2020年10月10日,丝路中心展演季——“大千气象”与“马克·夏加尔”展览开幕式在位于廊坊开发区的丝绸之路国际文化交流中心举行。200余位嘉宾及中外媒体记者出席活动。本次展览共展出马克·夏加尔的155件的作品,其中28件绘画原作。同时展出自清乾隆时期至上世纪中叶中国画精品51件(套)

On October 10, 2020, the opening ceremony of the Silk Road Center's Exhibition Season - "Daqian Atmosphere" and the "Marc Chagall Exhibition" was held at the Silk Road International Cultural Exchange Center in Langfang Development Zone. More than 200 guests and journalists from Chinese and foreign media attended the event. A total of 155 works by Marc Chagall are displayed at the exhibition, including 28 original paintings, as well as 51 pieces of Chinese paintings from the Qing Dynasty to the middle of the last century.

丝绸之路国际文化交流中心属于新绎控股集团有限公司,经过三年的建设于今年初完成。是一个展览,剧院,电影院,会议,商务等为一体的综合性物体。

The Silk Road International Cultural Exchange Center is owned by Xinyi Holding Group Co., Ltd. and was completed at the beginning of this year after three years of construction. It accommodates theaters, galleries and conference rooms.



活动现场

A moment of the event



嘉宾参观展览
 Guests visit the exhibition



马克·夏加尔 (白俄罗斯)
Marc Chagall (Belarus)



中外艺术展品
*Chinese And Foreign
Art Exhibits*





中外记者走入全球能源互联网发展合作组织

Chinese and foreign journalists visit the Global Energy Interconnection and Development Cooperation Organization

9月25日，中国记协境外记者活动中心和全球能源互联网发展合作组织携手组织“绿色低碳发展之路——走进全球能源互联网”采访活动，邀请部分境外驻京记者参观走访全球能源互联网发展合作组织总部，并与能源领域专家进行交流。

On September 25, the Overseas Journalists Activity Center of the Chinese Journalists Association and the Global Energy Interconnection Development and Cooperation Organization (GEIDCO) jointly organized the "Road of Green and Low-Carbon Development - Approaching the Era of Global Energy Interconnection" event, and invited foreign reporters based in Beijing to visit GEIDCO's headquarters and exchange views with experts of the energy field.



合作组织新闻发言人林弘宇介绍全球能源互联网发展和合作组织五周年工作情况

Lin Hongyu, spokesperson of the organization, introduced the past five years of the Global Energy Interconnection and Development Cooperation Organization



中国社科院学部委员潘家华介绍全球绿色低碳转型的形势及中国绿色发展的实践

Pan Jiahua, member of the Chinese Academy of Social Sciences, talked about the state of global low-carbon transition and China's green development practices



合作组织经济技术研究院副院长黄瀚回答记者提问

Huang Han, Vice President of the Economic and Technological Research Institute of the organization, answered the questions of the journalists

讲解员向记者们介绍全球能源互联网主题展厅
A guide presents the exhibition of the organization to the reporters

活动现场

A moment of the event



记者们观看视频短片
Journalists watch an introductory video



中外记者的“中秋茶话”会 "Mid autumn tea talk" meeting of Chinese and foreign journalists



中国记协书记处书记田玉红致迎宾词
Welcome speech by Tian Yuhong, Secretary
of the Secretariat of the China Journalists
Association

中国记协于9月28日在京举办“明月共赏 青山一道”外国媒体驻京记者“中秋茶话”会活动。

在轻松愉快的氛围中，中外新闻界人士共叙友谊，共贺中秋佳节，共祝世界和平安宁。中外新闻工作者呼吁，各国媒体应坚持客观理性报道，致力于消除不同地区和国家人民之间的误会和隔阂，做传播友谊的使者。

On September 28, the China Journalists Association held a "Mid-Autumn Tea Talk" for foreign media reporters in Beijing.

In a relaxed and happy atmosphere, Chinese and foreign journalists shared their friendship, celebrated the Mid-Autumn Festival, and wished the world peace and tranquility. Chinese and foreign journalists called on the media of all countries to insist on objective and rational reporting, to work for eliminating misunderstandings and estrangement between people in different regions and countries, and to serve as messengers of friendship.



出席活动的中国记协领导共同
举杯庆祝活动圆满举行

Leaders of the Chinese
Journalists Association propose
a toast to the meeting

活动现场 *A moment of the event*





露天国际音乐电影周

Open air international music and film week

随之国庆节假期将临，9月30日晚，北京首个露天国际音乐电影周在望京举行，作为北京首个国际露天音乐电影周，将音乐、电影和美食文化、非遗文化、创意文化、健康文化等融为一体。所有活动免费开放，在中秋国庆黄金周期间为市民呈上丰盛的视听盛宴。

The First Beijing International Open-air Music and Film Week was opened in Wangjing on September 30, integrating music, film and food culture, intangible cultural heritage, creative as well as health culture. All the activities were free of charge and provided a rich audio-visual feast for the public during the golden week of the National Day and the Mid Autumn Festival.



电影周启动仪式
Launching ceremony of the film week



活动现场

A moment of the event





中国记协于9月11日举办了第140期新闻茶座，邀请中国现代国际关系研究院世界经济研究所研究员陈凤英以“新冠肺炎疫情下世界经济形势与前景”为主题，通过线上线下同步会议的形式，与境内外媒体记者进行交流。

The China Journalists Association held the 140th news cafe on September 11, inviting Chen Fengying, a researcher at the Institute of World Economics, China Institute of Modern International Relations, to conduct online and offline meetings simultaneously with the theme "The World's Economic Situation and Prospects under the New Coronavirus Epidemic" to have an exchange of opinions with domestic and foreign media reporters.

新冠疫情下世界经济形势与前景 The world's economic situation and prospects under the new coronavirus epidemic

陈凤英表示，全球经济至暗时刻已经过去，短期世界经济会出现强劲反弹，中期复苏呈现坡型，发展前景高度不确定，新冠疫情直接影响世界经济前景，全球面临诸多问题与挑战。她认为，世界经济趋势呈现三个现象：一是“三低三高”现象，即低增长、低利率、低通胀和高债务、高赤字、高失业；二是两个恶化，即贫富差距更加严重，国际经济关系恶化；三是一个加快，即新一轮科技革命进程明显加快。疫情倒逼经济社会加速网络化、数字化和智能化。

Chen Fengying said that the darkest moment of the global economy has passed. The world's economy will have a quick rebound in the short-term but the further recovery will be somewhat slower in the medium-term. The development prospects are highly uncertain. The new coronavirus epidemic directly affects the outlook of the world economy, and the world faces many problems and challenges. She believes that the world economy presents three phenomena: first is the phenomenon of "three lows and three highs": low growth, low interest rates, low inflation and high debt, high deficits, and high unemployment; the second is the two deteriorations: the growing gap between the rich and poor and the tensions in international relations.

The third is the acceleration, that is, the speed of scientific and technological revolution has accelerated significantly. The epidemic has forced the economy and society to speed up networking, digitization and intelligence.



陈凤英
Chen Fengying

记者提问
Reporter Q&A



世界中医药学会联合会创会会长李振吉先生为朱祖寿阁下颁发聘书



中东西医药学会联合会现任主席于福年教授发来视频讲话

Professor Yu Funian, Chairman of the Central and Eastern European Federation of Chinese Medicine Societies, sent a video message



中国驻匈牙利前大使朱祖寿阁下被聘为中东西医药学会联合会名誉会长

His Excellency Zhu Zushou, former Chinese Ambassador to Hungary, was appointed as Honorary President for the Central and Eastern European region. On the left picture Mr. Li Zhenji, founding Chairman of the World Federation of Chinese Medicine Societies, presents a letter of appointment to His Excellency Zhu Zushou.



2020 世界中医药日活动 2020 Chinese Medicine World Day

10月12日，中东西医药学会联合会在北京举办“世界中医药日”纪念活动。

On October 12, the Central and Eastern European Federation of Chinese Medicine Societies held the "Traditional Chinese Medicine World Day" in Beijing.



应邀出席活动的嘉宾有原国家中医药管理局副局长、中国中医科学院院长、世界中医药学会联合会创会会长李振吉先生(左三)、外交部前外交官联谊会理事、原中国驻加拿大温哥华总领事张兵夫妇(左一)

The guests included Mr. Li Zhenji, former Deputy Director of the State Administration of Traditional Chinese Medicine, President of the Chinese Academy of Chinese Medical Sciences, and founding Chairman of the World Federation of Chinese Medicine Societies (third from left) and Mr. Zhang Bing (first from left) Chairman of the Association of Former Diplomats and former General Consul in Vancouver and his wife



活动由中东西医药学会联合会中国代表余波(右一)主持

The event was hosted by Yu Bo (on the right), China representative of Central and Eastern European Federation of Chinese Medicine Societies



宁夏葡萄酒博览会开幕

Ningxia Wine Expo

10月22日，第九届宁夏贺兰山东麓国际葡萄酒博览会开幕式在银川市永宁县闽宁镇举行，本届博览会以“荟聚葡萄酒之都·共圆紫色梦想”为主题，由农业农村部、宁夏回族自治区人民政府主办，旨在为国内外葡萄酒界交流合作提供最大平台。

习近平总书记2016年7月、2020年6月两次视察宁夏时，对贺兰山东麓葡萄酒产业发展作出了重要指示，为宁夏加快葡萄酒产业转型升级和高质量发展指明了方向。目前，宁夏葡萄种植面积达到49.2万亩，占全国酿酒葡萄面积的1/4，是中国最大的酿酒葡萄集中连片产区。现有酒庄211家，建成加工能力万吨酒庄7家，一批中小酒庄呈集群化发展态势，年产葡萄酒1.3亿瓶，综合产值达到261亿元。贺兰山东麓葡萄酒的品牌价值接近300亿元，位居全国地理标志品牌第10位，成为宁夏亮丽的“紫色名片”。

On October 22, the opening ceremony of the 9th International Ningxia Helan Mountain East Foothills Wine Expo was held in Minning Town, Yongning County, Yinchuan City. Hosted by the People's Government of Ningxia Hui Autonomous Region, it aims to provide the largest platform for exchanges and cooperation for the wine industry at home and abroad.



外媒参观立兰酒庄 Lilan winery
Foreign media visiting Lilan winery

宁夏立兰酒庄有限公司总经理、首席酿酒师邵青松介绍酒庄
Shao Qingsong, General Manager and Chief Vinemaker of Ningxia Lilan Winery Co., Ltd. introduces the winery

General Secretary Xi Jinping inspected Ningxia in July 2016 and June 2020, and gave important instructions for the development of the wine industry at the eastern foothills of Helan Mountain, and pointed out the direction for Ningxia to accelerate the transformation and upgrading of its wine industry. At present, Ningxia's grape planting area has reached 492,000 mu (81,180 acres), accounting for a quarter of the country's wine grape area. It is the largest contiguous wine grape production area in China. There are currently 211 wineries in the region out of which 7 wineries have a processing capacity of 10,000 tons. A group of small and medium wineries are developing in clusters, with an annual output of 130 million bottles of wine and a total output value of 26.1 billion yuan. The brand value of Helan Mountain wine is close to 30 billion yuan, ranking 10th among the national geographical indication brands and becoming the "purple business card" of Ningxia.



外媒品酒
Wine tasting for foreign media



在纳米比亚建立国际妇女和平中心 ESTABLISHMENT OF THE INTERNATIONAL WOMEN'S PEACE CENTRE IN NAMIBIA

2000年10月31日，在纳米比亚担任主席期间，联合国安全理事会一致通过了具有里程碑意义的联合国安理会关于“妇女、和平与安全”的第1325号决议。

第1325号决议正式提请全球注意妇女在预防战争、建设和平和帮助冲突后重建社会方面所作的贡献，这些贡献未得到充分利用和低估。从那时起，联合国领导下的国

际社会认识到，保护妇女、防止暴力，特别是影响妇女的暴力行为和妇女的参与不能再只留给男子。

为了加强区域和国际创新，以推动执行世界和平进程议程，纳米比亚共和国作为联合国安理会第1325号决议的发起者和一个积极的国际和区域利益攸关方，建议在第三次妇女会议期间设立一个国际妇女和平中心，和平与安全协调中心网络于2019年4月10日至11日在纳米比亚首都温得和克举行。

和平中心打算成为一个英才机构，致力于更多的调解、包容各方的建立和平和预防冲突，以支持和确保妇女在纳米比亚、南部非洲、非洲和全球作出贡献，以提高占全球人口一半以上的妇女的地位，被赋予足够的影响力来为人类的命运做出贡献。

国际妇女和平中心将由一名主任领导，并将作为纳米比亚共和国国际关系与合作部的一个方案运作。中心主任将直接向国际关系与合作部长报告，同时与该部执行主任合作。

国际妇女和平中心最初将配备一个小组，由一名主任、副主任和三名支助人员领导。此外，还将从利益攸关方各部借调3名工作人员。

和平中心主任负责就战略文件的拟订和审查提供指导和咨询意见，并与有关部委、发展伙伴、机构和民间社会等有关伙伴接触。

就报酬而言，建议主任职位为副执行主任一级。鉴于和平中心隶属于国际关系与合作部，将从国际关系与合作部内部增加副主任、秘书、清洁工和司机的支助人员。

副主任全面负责代表主任的工作。副主任还将发挥咨询作用。预计和平中心将需要增加工作人员，以实现其预定目标。其中包括一名心理学家，负责创伤后心理咨询和相关角色；讲师和妇女、和平与安全议程方面的各种专家，他们将负责培训和能力建设。

中心将由纳米比亚共和国主办，设在首都温得和克。

资料来源：纳米比亚驻华大使馆

On October 31, 2000, during the presidency of Namibia, the UN Security Council unanimously adopted the landmark UN Security Council Resolution 1325 on "Women, Peace and Security".

Resolution 1325 formally drew global attention to women's contributions to preventing wars, building peace, and helping to rebuild societies after conflicts. These contributions are underutilized and underestimated. Since then, the international community under the leadership of the United Nations has realized that the task of protecting women and preventing violence, especially violence affecting women and women's participation, can no longer be left for men only.

In order to strengthen regional and international innovations to promote the implementation of the agenda of the world peace process, the Republic of Namibia, as the initiator of the UN Security Council Resolution 1325 and an active international and regional stakeholder, proposes to establish a Women's Peace Center during the Third Women's Conference. A related networking event was held in Windhoek, the capital of Namibia, from April 10 to 11, 2019.

The Peace Center intends to become an institution of excellence, dedicated to more mediation, inclusive peace-building and conflict prevention, to support and ensure women's contribution in Namibia, Southern Africa, Africa and the world, to increase the recognition of more than half of the global population. Women are to be given enough influence to contribute to the destiny of mankind.

The International Women's Peace Center will be headed by a director and will operate as a program of the Ministry of International Relations and Cooperation of the Republic of Namibia. The director of the center will report directly to the Minister of International Relations and Cooperation and also cooperate with the executive director of the department.

The International Women's Peace Center will initially be equipped with a small team headed by a director, deputy director and three support staff. In addition, 3 staff will be seconded from various ministries.

The director of the Peace Center is responsible



for providing guidance and advice on the formulation and review of strategic documents, and contacting relevant ministries, development partners, institutions, the civil society and other relevant partners.

In terms of remuneration, it is recommended that the post of director be at the level of deputy executive director. Since the Peace Center is under the Ministry of International Relations and Cooperation, the support staff of deputy directors, secretaries, cleaners and drivers will be added from the Ministry of International Relations and Cooperation.

The deputy director is fully responsible for the work of representing the director of the center. The deputy director will also play an advisory role. It is expected that the Peace Center will need to increase its staff to achieve its predetermined goals. These include a psychologist, responsible for post-traumatic counseling and related roles; lecturers and women, various experts of the peace and security agenda, who will be responsible for training and capacity building.

The center will be hosted by the Republic of Namibia and will be located in the capital Windhoek.

Source: Embassy of the Republic of Namibia in China



米卡罗尤斯·康斯坦丁·丘尔廖尼斯

Mikalojus Konstantinas Čiurlionis



M. K. Čiurlionis

145年前的9月22日，是米卡罗尤斯·康斯坦丁·丘尔廖尼斯 (Mikalojus Konstantinas Čiurlionis, 1875-1911) 出生。他是有史以来最著名的立陶宛艺术家，既是作曲家、画家、合唱家，也是首届立陶宛艺术展的组织者。

On September 22, 145 years ago, Mikalojus Konstantinas Čiurlionis (1875-1911) was born. He is the most famous Lithuanian artist of all time. He is not only a composer, painter, choirmaster, but also the organizer of the first Lithuanian Art Exhibition.

丘尔廖尼斯作品追求博采众长、包罗万象，可以同文艺复兴时期的大师媲美。短短十年间，他创作了约四百首音乐，包括具有代表性的两首交响诗、一首序曲、一首唱诗班和管弦乐队清唱曲、两首奏鸣曲、一些古钢琴变奏曲、弦乐四重奏和合唱作品。同时，在短短六年的画家生涯里，他画了三百多幅作品，创造了许多平面艺术作品。此外，他还留下了文学、诗歌作品，曾见于新闻报纸中，并在艺术摄影方面进行了尝试。在华沙音乐学院学习期间，他的笔记显示出他的兴趣之广泛，在地质学、历史学、化学、几何学、物理学、天文学、占星术、古代神话、古今语言学、古典和新哲学、东西方宗教都有涉猎。

Judging by the breath of his artistic activities and diverse interests, Čiurlionis can be seen as a truly Renaissance individual. Over a short, mere decade-long career, he composed nearly four hundred musical compositions, including two large-scale symphonic poems, an overture, two piano sonatas, a string quartet, and a cantata for chorus and orchestra. During those same brief years he also created approximately four hundred paintings and etchings, as well as several literary works and poems, while still finding time to experiment with art photography. Notes from his study years at the Warsaw Institute of Music show his interest in geology and history, chemistry and geometry, physics and astronomy, astrology and ancient mythology, dead and modern languages, philosophical ideas of antiquity and modernity, eastern and western religions.

丘尔廖尼斯的创意世界形成于19世纪末，是新浪漫主义、象征主义和新艺术主义思想的交汇时期。1903年，他拿起画笔，但也没有停止作曲活动。丘尔廖尼斯在绘画方面更累了六年（1903-1909），大部分是在德鲁斯基宁凯的父母家度假时创作的。1908至1909年，他暂居圣彼得堡，创作出最后一批画作，其中包括最伟大的《王（1909）》。

The artistic universe of Mikalojus Konstantinas Čiurlionis, formed in the early 20th century, was marked by the interaction of diverse artistic ideas of Neo-Romanticism, Symbolism and Art Nouveau. Having embarked on painting career, Čiurlionis did not stop composing music. His artistic work (painting, graphics) lasted six years (1903-1909). He painted many of his works during summer vacations at his



REX, 1909. PHOTO A. MAKNYŠ. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆

parents' house in Druskininkai. He spent the years 1908 and 1909, with intervals, in St Petersburg, where he created his last paintings including the great Rex (1909).

丘尔廖尼斯的留下了约 300 幅画作和平面艺术作品。大多数都保存在考纳斯的国立丘尔廖尼斯艺术博物馆中，维尔纽斯、华沙和圣彼得堡的博物馆中各有孤品。还有一些画作为私人收藏。

Čiurlionis left a legacy of around 300 paintings and prints. The bulk of the works are housed in the National M.K. Čiurlionis Art Museum in Kaunas, individual pieces belong to different museums in Vilnius, Warsaw and St. Petersburg, and several works are the property of private collections.

丘尔廖尼斯的画作不仅因神秘的内容、图画的暗示性而富有吸引力，还因其迷人的原始艺术形式。他的画接近欧洲的象征主义，它们通过相似的想法、动机和图形相联系。同时值得强调的是，艺术家的思维能力使其完全独立于当时的艺术权威，以全新的形式创作作品——图示奏鸣曲、前奏曲和赋格曲。丘尔廖尼斯利用极具创意的绘画形式，将音乐与图画融为一体，极大地丰富了欧洲现代主义绘画的内涵，

通过强调绘画的可塑性语言，他比任何中东欧艺术家都更加深刻地融入了现代主义中。

Čiurlionis' painting captivates not only with its mysterious content and picturesque imagery, but also with its original artistic form. Čiurlionis' art is closely aligned with European Symbolism by similar themes and motifs, and symbolic treatment of the subject matter. At the same time, noteworthy was his ability to think fairly independently from the leading artists of the time and create paintings of totally new plastic form, namely pictorial sonatas, preludes and fugues. By fusing painting and music into a unique artistic formula, these paintings have significantly enriched European Modernism. With his investigations into the plastic vocabulary of painting he cut his way into Modernism much deeper than any other artist of Central and Eastern Europe.

丘尔廖尼斯不仅对当时的文学饶有兴趣，对科学，即历史、哲学和天文学也十分着迷。他读过伊曼努尔·康德、勒内·笛卡尔、亚瑟·叔本华和菲特烈·尼采的作品。涉及到如何唤醒创造想象力的幻想分析理论也引起了人们的关注。哲学问题贯穿丘尔廖尼斯的所有作品：人是宇宙的一部分，人与绝对（神，统治者，王）权力之间的关系。许多



WORSHIP OF THE SUN / 太阳崇拜, 1909. PHOTO A. BALTENAS. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆



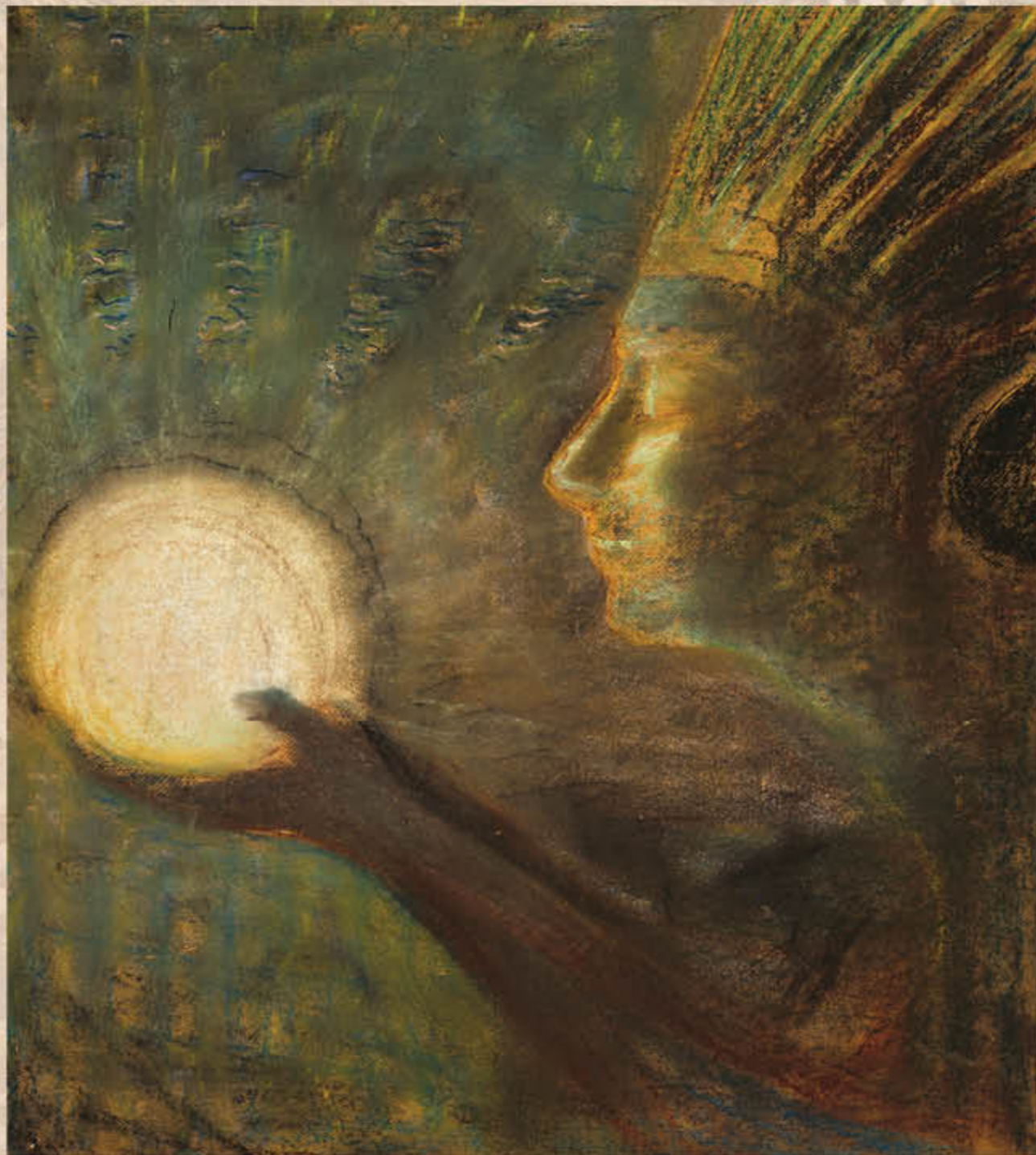
CASTLE TALE / 城堡传说, 1909. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆



SEA SONATA (FINALE) / 海之奏鸣曲, 1908. PHOTO A. BALTENAS. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆



SACRIFICE / 牺牲, 1909. PHOTO A. BALTENAS. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆



FRIENDSHIP / 友谊, 1906-1907. PHOTO A. BALTENAS. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆

作品都关注这些主题，其中最具有代表性的是《创世（1905-1906）》、《十二星座（1906-1907）》和《主（1909）》。

Čiurlionis was interested not only in literature of the time, but also science – history, philosophy and astronomy. He read philosophical works of Kant, Descartes, Schopenhauer and Nietzsche. He was also interested in theories, which analysed imaginary visions and perceptions, and discussions how to activate the creative power of imagination. Čiurlionis' oeuvre emphasises his predisposition to philosophical

issues: man as part of the Universe, man's relation with the Absolute (deity, ruler, Rex). He investigated these themes in a number of paintings among which the most significant are Creation of the World (1905-1906), The Zodiac (1906-1907) and Rex (1909).

更多丘尔廖尼斯的作品, 请点击
For more works of Čiurlionis please visit:
www.ciurlionis.lt, www.ciurlionis.eu



STAR SONATA (ALLEGRO) / 星之奏鸣曲, 1908. PHOTO A. BALTENAS. M. K. ČIURLIONIS NATIONAL MUSEUM OF ART, 国立米卡罗尤斯·康斯坦丁·丘尔廖尼斯艺术博物馆



艺术家在他的工作室
In his studio

哥斯达黎加肖像画家 胡安·曼努埃尔·德尔加多

Portrait Painter of Costa Rica

Juan Manuel Delgado

胡安·曼努埃尔·德尔加多，1987年出生于哥斯达黎加首都圣何塞，是一名具象派写实肖像画家，备受尊敬且享誉国际，他的成就颇丰，举办和参与过众多展览，同时还拥有最高的学术成就。

胡安深受古典绘画流派的熏陶，尤其是伦勃朗淋漓尽致的描绘。伦勃朗不仅可以捕捉同一个人物的不同表象，还可以捕捉人物的灵魂，在无形之间使艺术品与观众产生共鸣。胡安也十分认同这种肖像画的精彩绝伦——使用技法虽然相同，但每一幅作品都在情感、表达和感觉方面有与众不同之处。

作为一名肖像画家，胡安有幸为许多重要的人物作画。其中在2013年为现任教皇方济各作画，并在梵蒂冈展示给大众。

一年之后，哥斯达黎加邮政局发行了一套印有教皇方济各肖像的邮票，以纪念教皇任期元年。该邮票使用的就是胡安的作品，所发行的1.5万枚邮票在几个月内全部售罄。

2014年，胡安在保加利亚国王西美昂二世的行宫中为其作画。自此，当时年仅27岁的胡安成为历史上第二年轻的能为国王作画的画家，仅次于24岁的迭戈·韦拉兹克斯（Diego Velázquez）于1623年为腓力四世国王作画。

胡安的肖像画作品包括前美国国家航空航天局宇航员张福林（哥斯达黎加籍华人），并在美国休斯敦展示其画像。除此之外，胡安还有幸为诸多哥斯达黎加共和国前总统作画，作品分布在各个机构的前总统厅中。不仅如此，哥斯达黎加国家足球队门将凯洛尔·纳瓦斯（Keylor Navas）的肖像画也是胡安的著名作品之一。

去年，哥斯达黎加社会保障委员会选择胡安的油画作品《卖彩票的人》，将其印刷在哥斯达黎加国家发行的彩票上，以向所有卖彩票的人致敬。

目前胡安居住在中国北京，他将继续通过肖像画，在追寻更高的艺术境界的同时，将美丽的中国文化永久地记录在卷卷画作之中。



Francis 教皇画像
Portrait of Pope Francis

哥斯达黎加邮局发行邮票
The stamp issued by the
Costa Rican Post Office



Juan Manuel Delgado was born in San Jose, Costa Rica in 1987. He is a highly respected and internationally recognized representational portrait and figurative artist, with an extensive portfolio of accomplishments, exhibitions and the highest academic achievements.

Juan Manuel is heavily influenced by the classical approach to painting, so masterfully depicted by the artist Rembrandt, where he was able to capture more than a representation of a person, he was able to capture a part of their soul and create that invisible dialogue that exists between a spectator and a finished artwork. Juan Manuel believes that this is the beauty of painting portraits, that even though the technical process is the same, every portrait is different, in regards to an emotion, an expression, a feeling.

As a portrait artist, Juan Manuel has had the opportunity to paint many important international figures, including His Holiness, Pope Francis in 2013, where he presented his portrait at the Vatican during a general audience.

The following year, the Costa Rican Post Office issued a stamp, commemorating the First Year of Pontificate of the Pope, using, as the face of the stamp, the painting that he presented to Him. A total of 15,000 stamps were issued and all sold out

within the first few months.

In 2014, another notable portrait he made was of His Majesty King Simeon II of Bulgaria, in his private residence.

With this, Juan Manuel became one of the youngest artists in history to have painted a King, after Diego Velázquez when he painted for the first time King Philip IV in 1623 at the age 24. Juan Manuel was only 27 years old at the time.

He has also painted former NASA astronaut Dr. Franklin Chang Diaz, Costa Rican born ethnic Chinese, whose portrait was exhibited in Houston, Texas. Juan Manuel also had the honor of painting several former presidents of the Republic of Costa Rica, presidential portraits for the Hall of Ex-Presidents for various institutions, and Keylor Navas, Goalkeeper of the Costa Rican National Soccer Team.

Last year, Juan Manuel had the privilege of having one of his oil paintings, "The Lottery Seller", printed on the National Lottery of Costa Rica. This painting was chosen by the

Social Protection Board to pay tribute to all its lottery vendors.

Currently residing in Beijing, China, Juan Manuel will continue to push his artistic endeavors to capture the beautiful culture that China has to offer, through his portrait paintings.



哥斯达黎加国家彩票
National Lottery of Costa Rica



我父亲的画像
Portrait of My Father

一名老年妇女的研究肖像
Study Portrait of an Elderly Woman

我兄弟的画像
Portrait of My Brother

保加利亚国王西穆二世画像
Portrait of King Simeon II of Bulgaria



作品
展示
Art Exhibits



宇航员 Dr. Franklin Chang Díaz 画像
Portrait of Astronaut Dr. Franklin Chang Díaz

我祖父的画像
Portrait of My Grandfather



Keylor Navas 画像
Portrait of Keylor Navas

自画像
Self-Portrait



中元节

Zhongyuan Festival

中国传统节日，农历七月十四。节日习俗主要有祭祖、放河灯、祀亡魂、焚纸锭、祭祀土地等。

"中元节"是道教的叫法，民间世俗称为"七月半"。它的产生可追溯到上古时代的祖灵崇拜以及相关时祭。节期与古老文化中的阴阳消长循环之理有关，在《易经》中，"七"是一个变化的数字，是复生之数。七月乃吉祥月、孝亲月，七月半是民间初秋庆贺丰收、酬谢大地的节日，有若干农作物成熟，把时令佳品先供神享民间按例要祀祖，用新米等祭供，向祖先报告秋成。该节是追怀先人的一种文化传统节日，其文化核心是敬祖尽孝。

The customs of the traditional Chinese festival that falls on the 14 of July of the lunar calendar mainly include the worship of ancestors, river lamp floating, worshipping the deities, burning of paper rolls, worshipping the god of earth, etc.

Its daoist name is "Zhongyuan Festival", but people simply call it "Half of July Festival". Its emergence can be traced back to the worship of ancestors in ancient times and the related sacrificial rites. In the book of changes, "seven" is the number of change, the number of rebirth. July is an auspicious month and a filial month. Half of July is a festival for people to celebrate the harvest and thank the earth. Some crops grew mature by this time, so the best seasonal products are offered to the gods. According to the customs, people should offer sacrifices to their ancestors, such as new rice, and report about the autumn harvest to the ancestors. The festival is a traditional cultural way to remember our ancestors, with filial piety standing at its core.

中元节由来的佛教传说：相传目连的母亲做了很多的坏事，死后变成了饿鬼。木连知道后十分伤心，就运用法力，将一些饭菜拿给母亲吃，可饭一到口边就化成了火焰，佛祖释迦牟尼告诉他，必须要集合众人的力量，于每年七月中以百味五果，置于盆中，供养十方僧人，其母方能济度，最终得以解脱。后来这一传说形成一种民间习俗，并逐渐演变，从供养僧人演变成供养鬼魂。每年到了农历七月中，人们都会宰鸡杀鸭，焚香烧衣，祭拜由地府出来的饿鬼，用以化解其怒气，不致于为祸人间。久而久之，就有了盂兰节这一节日。



Buddhist legend about the origin of the Zhongyuan Festival: Mulian's mother did a lot of ugly things in her life and became a hungry ghost after her death. Once Mulian learned it, he became very sad and tried various magic ways to feed her mother. However none of these worked, at the moment the meal reached her mouth, it turned into a gray flame. Buddha Sakyamuni told him that he must gather the strength of all the people. In the middle of July every year, he should put all kinds of fruits in a basket to support the monks of ten directions, so that his mother would be able to help herself and finally get free. Later, the legend turned into a folk custom, and gradually evolved from supporting monks to supporting ghosts. Every year in the middle of July of the lunar calendar, people will kill chickens and ducks, burn incense and burn clothes, and worship the hungry ghosts coming from the earth's government, so as to defuse their anger and avoid causing harm to the world. The festival was called Menglan Festival at the time.

抗美援朝纪念日 1025

抗美援朝纪念日的来源

The Origin of Resisting U.S. Aggression and Aiding Korea

抗美援朝纪念日为什么是10月25日?

中国人民志愿军赴朝鲜后的首战，是中国人民志愿军第40军第118师于1950年10月25日在两水洞、丰下洞地区，与由温井向北镇进犯的南朝鲜军步兵第6师第2团前卫加强第3营进行的一次遭遇战。此役后，志愿军第118师、120师乘胜进攻温井之敌，并于26日凌晨占领温井。从此，揭开了抗美援朝战争的序幕。以后这一天——1950年10月25日，便成了中国人民志愿军抗美援朝纪念日。

Why is the anniversary of the War of Resisting US Aggression and Aiding Korea held on October 25?

The first battle between the Chinese People's Volunteers in North Korea, its 118th Division of the 40th Corps of the Chinese People's Volunteers and the South Korean Infantry, its 6th Division, the 2nd avant-garde regiment reinforced by the 3rd battalion, took place at Liang Shui Dong and Feng Xia Dong on the 25th of October 1950 when the South Koreans invaded the north from the area of Onjong. After the battle, the Volunteer Army's 118th and 120th Divisions moved forward and eventually occupied Onjong on the early morning of 26 October.

It was the prelude to the War to Resist US Aggression and Aid Korea. Later the day 25 October, 1950, became the anniversary of the Chinese People's Volunteers to resist US aggression and aid Korea.





绝大多数 HPV 感染不需要治疗

Most HPV infections do not require treatment

宫颈癌，素来闻者色变，它是一种常见的妇科恶性肿瘤，号称“女性健康的第二大杀手”。99.7%的宫颈癌都是因为持续感染高危型 HPV (Human Papillomavirus, 人乳头瘤病毒) 所致。

Cervical cancer, horrifying at the mere mention of it, is a common gynecological malignant tumor. It is known as "the second killer of female health." 99.7% of cervical cancer are caused by persistent high-risk human papillomavirus (HPV).

HPV 病毒家族庞大，至今已分离出 200 多种亚型，不同亚型所致疾病有所不同，其中约 40 余种亚型会感染生殖道。临床上根据其致癌性，又分为高危型和低危型，给女性宫颈带来“麻烦”的主要就是高危型 HPV16 和 HPV18。

The HPV family is large. More than 200 subtypes have been isolated. Different subtypes may cause different diseases. Among them, over 40 may infect the reproductive tract. According to their carcinogenicity, they are clinically classified into high risk types and low risk types. Those bringing "troubles" to women's cervix are mainly the high-risk HPV16 and HPV18.

很多人认为，感染了 HPV 就一定会患上宫颈癌。

Many people think that once they are infected with HPV, they are certainly suffering from cervical cancer.



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这种看法是非常片面的，毫无科学根据。

This view is biased without any scientific basis.

研究显示，80% 的女性一生之中至少感染一次高危型 HPV，但是，HPV 感染最终真正引起宫颈癌的比例却少之又少。

Research shows that 80% of women have at least one high-risk HPV infection in their lifetime. But very few suffer from cervical cancer caused by HPV infections.

感染了 HPV 的女性，大概 12 个月左右 90% 以上自行转阴性，剩下的绝大多数只是带病毒状态，不会致病。大概只有不到 1% 左右的高危型 HPV 感染最终会变成宫颈癌或者癌前病变，它们之间还有很长的演变和过程。

Over 90% of the HPV infected women will turn negative by themselves in about 12 months. The vast majority of the rest only carry the virus, not pathogenic. Only less than 1% of the high-risk HPV infections will end up with the cervical cancer or precancerous lesions, and there's a long process of evolution between them.

从感染 HPV 到发展成为宫颈癌的整个过程需要 7—10 年左右，期间会出现许多癌前病变和症状。这个时候，只要细心观察自身身体的变化，定期进行体检筛查，都能够在宫颈癌发生的早期得到发现，进行治疗。

It takes 7-10 years to develop from HPV infection to cervical cancer. During the period, there are many precancerous lesions and symptoms. At this time, so long as they carefully observe the changes in their body, regularly have physical examination and screening, they can detect cervical cancer in the early stage and receive medical treatment.

关于 HPV 病毒和宫颈癌的关系，我们可以总结为：HPV 病毒是导致宫颈癌的必要因素和主要因素，也可以说，如果没有 HPV 病毒的感染，女性就不会患上宫颈癌。但是反之，是不成立的，感染了 HPV 病毒不一定会患上宫颈癌。

Concerning the relationship between HPV virus and cervical cancer, we can conclude that HPV virus is a necessary and main factor leading to cervical cancer. It could be said if there is no HPV virus infection, women will not suffer from cervical cancer. But it is invalid vice versa. HPV virus infection does not necessarily mean catching cervical cancer.

1

对抗 HPV 病毒，免疫力功不可没 Immunity plays a key role in fighting HPV virus

尽管清楚感染了 HPV 并不可怕，我们还是有必要了解哪些行为会导致 HPV 感染。

Although it's clear that HPV infection is not scary, it's still important to know which behaviors lead to HPV infection.

性传播是 HPV 感染的主要途径，但不是唯一途径。只要开始性生活的女性，一生中被 HPV 感染的概率非常高，同时，避孕套并不能完全阻断 HPV 的传播。另外，以下行为也很容易感染 HPV 病毒甚至是宫颈癌，如：多孕多产、过早性生活、吸烟、多个性伴侣（或伴侣有多个性伴侣）等等。

Sexual transmission is a main, but not the only, channel of HPV infection. As long as women start sex life, the risk of HPV infection is high in the lifetime. Meanwhile, condoms can not completely block the spread of HPV. The following behaviors are likely to lead to infections of HPV viruses or even cervical cancer, such as multiple pregnancies and deliveries, premature sex life, smoking, multiple sexual partners (or the partner has multiple sexual partners).

即使感染了 HPV，大多数也都是“一过性感染”，并且会通过人体自身的免疫力将其清除而自愈。如果体质差，免疫力低下，转阴的可能性就弱，持续感染概率就会增大。

Even if they are infected with HPV, most of them are "transient infections", which will be eliminated and healed through the body's own immunity. If they have poor physique, low immunity, the possibility of turning negative is weak, and the probability of persistent infection will increase.

2

那么，如何提高自身免疫力？ So, how to improve our immunity?

每个人都有自己的一套方法，世界卫生组织曾用四句话总结出一种健康的生活方式，即“合理膳食、适量运动、戒烟限酒、心理平衡”。



Everyone has her own way. The World Health Organization has summed up the healthy lifestyle as "reasonable diet, moderate exercise, quitting smoking and limiting alcohol, and psychological balance".

除了调整个人生活方式，提升免疫力的辅助治疗也格外重要。可以选择中西医结合治疗方式，通过中西药物加快补给，同步提升局部免疫和全身免疫。

In addition to adjusting personal lifestyle, immune-enhancing adjuvant therapy is particularly important. The combination of traditional Chinese and western medicines can be selected to accelerate the supply with traditional Chinese and Western drugs, and simultaneously enhance local immunity and systemic immunity.

西医提升免疫，是通过现代的一些科学手段，针对性的强化免疫细胞对HPV的杀伤力。免疫提升剂能让人体的免疫器官保持活性，增加合成抗体的速度，同时提高T淋巴细胞、白细胞、吞噬细胞等免疫细胞对HPV病毒的杀伤力，让感染者加快自愈，由阳性转阴。

Western medicine enhances immunity through some modern scientific means, targeting to strengthen the killing power of immune cells to HPV. The immune booster can keep the immune organs active, increase the speed of synthetic antibodies, while improving the killing power of immune cells such as T lymphocytes, white blood cells, and phagocytes to the HPV virus, letting the infected people heal by themselves faster, and turn from positive to negative.

中医里并没有HPV感染的概念及病名，根据其疾病特点及临床表现等，可归属于“带下”“五色带”等范畴。中医认为，湿、热、毒邪是致病的原因，脾肾之虚、肝气之郁、气血瘀滞产病机之根本，湿热毒淤伤及冲任则是发病的关键环节。中医采取中药汤剂对症进行治疗。

Traditional Chinese medicine does not have the concept and disease name of HPV infection. According to its disease characteristics and clinical manifestations, it can be classified into the categories of "dai xia (gynecological disease)" and "wu se dai (multicolored vaginal discharge)". Dampness, heat and toxin are the causes of diseases in traditional Chinese medicine. Deficiency of spleen and kidney, stagnation of liver qi, stagnation of qi and blood are the roots of diseases. Dampness, heat and toxin bruising and flushing are key links of morbidity. Traditional Chinese medicine treats symptoms with traditional Chinese medicine decoctions.

3 HPV疫苗，让预防走在前面 HPV vaccines put prevention ahead

疫苗，绝对是现代医学的最伟大发明之一。曾经对人类有巨大威胁的各种传染病均通过疫苗得到了控制，包括天花、结核、鼠疫、脊髓灰质炎、麻疹等。

Vaccines are definitely one of the greatest inventions of modern medicine. Many infectious diseases that pose great threats to humanity are controlled through vaccines, including smallpox, tuberculosis, plague, polio, measles.

HPV疫苗同样具备这样的能力。HPV疫苗基于预防感染HPV而研发，它含有重组HPV病毒样颗粒L1蛋白，作为靶抗原，诱发机体产生高滴度的血清中和性抗体。接种疫苗之后，如果感染HPV，这种抗体就可以中和病毒，并协助肿瘤特异性杀伤T淋巴细胞清除病毒。

HPV vaccines have the same capacity. HPV vaccine is developed for the purpose of preventing HPV infections. It contains recombinant HPV virus-like granule L1 protein, which as a target antigen, induces the body to produce high titer serum neutralizing antibody. If a person is infected with HPV after vaccination, this antibody can neutralize the virus and assist tumor-specific killing T lymphocytes to clear the virus.

目前全球上市的HPV疫苗有二价、四价、九价三种，“价”代表疫苗覆盖的病毒细分种类，价越高，覆盖的HPV病毒亚型种类越多。

At present, there are three kinds of HPV vaccines available globally: bivalent, tetravalent and nine-valent. "Valent" represents the virus subtypes covered by the vaccine. The higher the valent, the more HPV virus subtypes are covered.

二价疫苗：针对HPV16和18亚型，这两个亚型是导致宫颈癌的主要亚型，能覆盖到70%左右的宫颈癌。

Bivalent vaccine: targeting HPV16 and 18 subtypes. The two are the main subtypes leading to cervical

cancer, which can cover about 70% of cervical cancer.

四价疫苗：针对HPV6型、11型、16型和18型。除了预防宫颈癌外，四价疫苗还可以预防尖锐湿疣等疾病。

Tetravalent vaccine: targeting HPV6,11,16 and 18 subtypes. In addition to preventing cervical cancer, tetravalent vaccine can also prevent condyloma acuminatum and other diseases.

九价疫苗：针对HPV6型、11型、16型、18型、31型、33型、45型、52型和58型。其中，HPV52型和58型也是亚洲感染率比较高的两种亚型。

Nine-valent vaccine: targeting HPV6, 11, 16, 18, 31, 33, 45, 52 and 58 subtypes. Among them, HPV52 and 58 are two subtypes with high infection rate in Asia.

世界卫生组织2017年明确指出：“现有证据表明，从公共卫生角度，二价、四价和九价疫苗在免疫原性，预防16、18型HPV相关宫颈癌的效力和效果方面无差别，三种疫苗都可预防大多数的相关癌症。”

The World Health Organization explicitly stated in 2017 "Available evidence suggests that from the public health perspective, bivalent, tetravalent and nine-valent vaccines have no difference in immunogenicity in preventing HPV16 and 18 related cervical cancer. All the three vaccines can prevent most associated cancers."

4 定期筛查才是预防宫颈癌的最佳方法 Regular screening is the best way to prevent cervical cancer

HPV疫苗最大的问题是只有预防作用，对于已经感染的HPV，没有清除能力。所以，即使已接种疫苗，仍必须定期进行宫颈癌筛查，这才是预防宫颈癌的最佳方法。

The biggest problem with HPV vaccines is that it has only a preventive effect and does not have the ability to clear existing infected HPV. Therefore, even if they are vaccinated, women must regularly have cervical cancer screening, which is the best way to prevent cervical cancer.

专家建议，有过性经历的女性，都应该定期体检，进行宫颈癌筛查，便于早期发现宫颈癌前病变。

Experts suggest that women with sexual experience should have regular physical examination to screen cervical cancer and to detect cervical precancerous lesions earlier.

一般21岁开始筛查，21—29岁每3年做一次TCT，30岁以上女性HPV、TCT联合筛查3年一次，如果一直

阴性（10年内TCT三次，TCT、HPV联合筛查两次），则可于65岁停止筛查。

The screening normally starts at 21. Women between 21 and 29 have TCT in every three years. Women over 30 have HPV and TCT joint screening in every three years. If it has been negative (three TCT and two TCT and HPV joint screening in 10 years), they may stop screening at the age of 65.

TCT或者HPV筛查、阴道镜检查、宫颈活检查被统称为宫颈癌的“三阶梯”筛查方法。

TCT or HPV screening, colposcopy test and cervical biopsy are collectively referred to as the "third ladder" screening method for cervical cancer.

TCT检查需要在妇检时采集标本，用专用的小刷子在宫颈上刷取若干细胞，不痛也没有创伤，但可以直看到细胞有无发生病变。由于细胞学检查的人为因素较多，单纯TCT检查难免有漏网之鱼，所以与HPV检测结合起来更为科学。

TCT examination requires the collection of specimens in women's check. Brush a few cells on the cervix with a special brush. It leaves no pain or trauma, but shows visually if the cells have lesions. Since there are many human factors in cytology examination, it is inevitable to have oversights merely with TCT examination, So it is more scientific to combine it with HPV detection.

若两项检查均为阳性，那么中招宫颈癌的风险就高很多，需要进一步做阴道镜检查。如果HPV检测阳性，应该3—6个月复查一次TCT；如果HPV为阴性，可以一两年查一次TCT。

If both tests are positive, the risk of cervical cancer is much higher. It requires further colposcopy test. If the HPV test is positive, have a TCT test in 3-6 months. If the HPV is negative, have a TCT test in one to two years.

如果检查结果异常，一定要遵医嘱随访或进行后续治疗。

If the test results are abnormal, be sure to have follow-up checks according to the doctor's instructions or have follow-up treatment.

除此之外，改变不良生活方式，平时注意加强营养和锻炼，提高机体免疫力，都是始终不变的健康选择。

In addition, change the bad lifestyle. Strengthen nutrition and exercise to improve the body immunity, which are always the choices for good health.

毕竟未来拼的不是学历和权力，而是免疫力。

After all, the future is not about education background and power, but immunity.



生殖专家解读高龄备孕如何“高效好孕”

Reproductive expert: How to efficiently prepare pregnancy in advanced maternal age

中国二孩政策全面放开让高龄孕妇呈井喷式增加，数据显示，符合生育二孩条件的女性有60%年龄在35岁以上，50%在40岁以上。同时，经济和社会发展所带来的晚育现象也愈加普遍，不少夫妻为了给子女打下一个好基础，一再推迟生育。其实世界各国都普遍存在这一现象，越是经济发达的国家，女性的生育年龄就越高，稍不留神就步入高龄备孕大军。

China has fully implemented the two-child policy, which leads to soaring increase in pregnant women in advanced age. Statistics show that 60 per cent of women eligible to have a second child are over 35 years old, and 50 per cent are over 40. Meanwhile, late childbearing has become more common as a result of economic and social development. Many couples have repeatedly delayed childbearing in order to lay a good foundation for their children. In fact, this phenomenon is prevalent all over the world. The more economically developed countries, the higher the age

of fertility of women. Unknowingly, many have joined the team of pregnancy at an advanced age.

然而，人的生育年龄和生育率之间是负相关性，随着年龄的增加，生育率呈明显下降趋势，到45岁以后，近90%的女性已经没有生育能力，女性末次妊娠的平均年龄在40岁左右。

However, there is a negative correlation between the reproductive age and fertility. With the increase of age, fertility tends to decline significantly. By the age of 45, nearly 90% of women are infertile. The average age of the last pregnancy is around 40.

年龄，在生育中占据着重要的地位，很多高龄女性久备不孕，不仅给个人和家庭带来痛苦，更成了一种社会问题和现象。高龄备孕到底有多难？能怀吗？好怀吗？该怎么怀？带着这个疑问，我们邀请到北京五洲妇儿医院生殖内分泌科主任周红，来为高龄备孕家庭——解读。

Age plays an importance role in fertility. Many

women, at the advanced maternal age, cannot get pregnant despite long preparations. It not only brings pains to them and their families, but also becomes a social problem and phenomenon. How hard is it to get pregnant at the advanced maternal age? Can they get pregnant? Is it easy to get pregnant? How to get pregnant? With these questions in mind, we invite Zhou Hong, director of the reproductive endocrinology department of Global Care Women's & Children's Hospital, to find the answers for women at the advanced maternal age.



能怀吗 Can they get pregnant

能。但也要做好充足的思想准备。

Yes, they can. But they should be well prepared in mind.

女性生育能力会随着年龄的增加而下降，一方面是卵巢储备功能下降，另一方面是影响生育能力的疾病增加，流产率升高。与此同时，其他影响女性不孕的因素，如输卵管积水、盆腔炎、子宫平滑肌瘤等发生的概率也会增大。

The female fertility declines with age. On the one hand, the ovarian reserve function has declined. On the other hand, the diseases affecting fertility have increased, and the abortion rate has increased. At the same time, other factors that affect female infertility, such as hydrosalpinx, pelvic inflammatory disease, and uterine leiomyoma, have increased in occurrence probability.

相比起女性的卵子数量减少，男性的精子则更加脆弱。近年来，男性不育增高趋势比女性不孕还要明显，男性中无精症、少精症、弱精症患者明显增加。

Compared with the decrease in the number of eggs in women, men's sperms are more vulnerable. In recent years, the trend of male infertility has become more obvious than female infertility. More and more male patients have shown azoospermia, oligozoospermia, and asthenospermia.

从医学的角度来看，23岁到30岁之间，是女性一生中卵巢功能最好的时期，卵子质量好，受精能力强，



卵巢分泌激素的水平也比较稳定。能在这时期怀孕生子当然是最理想的。

From the medical perspective, women between 23 and 30 are in the best period of female ovarian function in life, as the egg quality is good, fertilization ability is strong, and ovarian secretion hormone level is also relatively stable. It is certainly ideal to be pregnant and have children during this period.

但是，如果因为工作、生二胎等原因，面临了高龄想要怀孕的情况，也不必把这当作一个无解的难题。

However, it is unnecessary to take it as an unsolved problem if you want to get pregnant at the advanced maternal age due to work and to having a second child.



好怀吗 Is it easy to get pregnant

比起适龄女性，当然要相对难一点。

It is surely a little harder compared with women of the right age.

但是，“高龄”并不是怀孕难的唯一因素，让怀孕不那么顺利的原因多种多样，而且很复杂。比如有的女

性月经不调，背后可能反映的是内分泌问题或卵巢问题；有的女性得过盆腔炎或做过盆腔的手术，这可能导致输卵管堵塞，引发不孕；甚至还有一些因为久备不孕，心理压力过大，影响下丘脑-垂体-卵巢轴的调节，这也会让求子走弯路。

But the "advanced maternal age" is not the only factor in pregnancy difficulties. The reasons for less smooth pregnancy are diverse and complex. For example, some women have irregular menstruation, behind which may be the endocrine or ovarian problems. Some women have had pelvic inflammation or pelvic surgery, which may lead to tubal blockage, causing infertility. Some may even have too much psychological pressure due to long-term infertility, which affects the hypothalamus-pituitary-ovarian axis regulation, and makes it harder to have a child.

引起不孕不育的原因有 150 多种，关键是要找准病因针对性治疗。绝对的不孕只是极少数，大多数的难孕家庭只要有信心，积极配合医生治疗，都能实现好“孕”。

There are more than 150 causes of infertility. The key is to find the right cause to have targeted treatment. Absolute infertility is a rare condition. Most families with pregnancy difficulty may achieve good results, so long as they have confidence, and actively cooperate with doctors in medical treatment.



怎么怀 How to get pregnant

听医生的话，科学备孕。

Follow doctor's instructions, and prepare for pregnancy in a scientific way.

高龄备孕，无论是头胎还是二胎，要做的第一件事都是“孕前检查”。

The first thing to do at the advanced maternal age is to have "pre-pregnancy examination", no matter it is to have the first child or second child.

孕前检查一定要夫妻双方共同参加，这个检查的主要目的是评估女方的卵巢功能、男方精子的质量，还有夫妻二人的健康状况，看看是否有未发现的疾病？有没有什么遗传问题？身体状况适不适合怀孕？如果发现问题，就要通过治疗来改善身体状况，为顺利怀孕打好“地基”。

Pre-pregnancy examination shall be done by both the husband and wife. The main purpose of the

examination is to assess the ovarian function of the woman, the quality of the sperms of the man, and the health condition of the couple, to see if there are any diseases unfound? Are there any genetic problems? Is the physical condition suitable for pregnancy? If there is a problem, it is necessary to improve the physical condition through treatment to lay a solid foundation for a successful pregnancy.

当确保身体无虞，开始备孕后，千万不能“顺其自然”。女性一个月只排一个卵，错过了排卵时间，就意味着错过了这个月唯一的一次怀孕机会，建议最好通过超声监测排卵，在医生的管理和指导下去怀孕，抓住每一次怀孕的机会。

When the physical condition proves sound, don't just let "nature takes its course" when getting ready for pregnancy. A woman lays only one egg in a month. If you miss the ovulation period, it means you have missed the only chance of getting pregnant in the month. It is recommended to monitor the

ovulation with ultrasound, and get pregnant under the management and direction of doctors, to seize every chance of pregnancy.

由于个体差异不同，所以每个女性的卵泡释放卵子的时间也不一样。有些卵泡在长到 15 毫米时会释放卵子，而有些卵泡在长到 25 毫米时会释放卵子。通过超声监测排卵指导同房要比自己用试纸监测或者体温监测更加准确，能够根据排卵情况及时选择同房时间，让怀孕更有把握。

Due to individual differences, the time of egg release varies from each female follicle. Some follicles release eggs when they grow to 15 mm long, while others release eggs when they grow to 25 mm long. Having intercourse under the guidance of ultrasound monitoring of ovulation is more accurate than test paper monitoring or body temperature monitoring. Choose the intercourse time according to the ovulation situation to ensure pregnancy.

高龄备孕的过程中，可能会发生各种各样的问题，

比如精子或卵子质量不好、输卵管不通、卵巢功能下降、子宫内膜过薄等等，别自己盲目用一些“偏方”治疗，也不建议频繁更换医生，最好在一个医生的管理之下系统地进行治疗，通过药物、手术，或者试管的方式，实现成功怀孕。

During pregnancy preparation at the advanced maternal age, there may be a variety of problems, such as poor sperm or egg quality, fallopian tube failure, ovarian function decline, and thin endometrium. Don't blindly treat them with some "folk prescriptions" by yourself. Do not change doctors frequently. It is better to receive systematic treatment under the management of a doctor and, through drugs, surgery, or test tube, to achieve successful pregnancy.

高龄备孕人群逐年增加已成为不争的事实。膳食结构、精神情绪、作息习惯、体重都会影响备孕效果，当高龄女性面临怀孕难的问题时，一定要及时寻求专业的医疗帮助。

It has become an indisputable fact that more and more women are getting ready for pregnancy at the advanced maternal age year by year. The dietary structure, mental mood, work and rest habits, and weight will affect the effect of pregnancy preparation. When women at the advanced maternal age face the problem of difficult pregnancy, they must seek professional medical help in time.

周红主任特别强调，高龄女性备孕，思想上要重视，态度上要积极。

Ms. Zhou stressed that women at the advanced maternal age should pay high attention to it in thought and be positive in attitude if they want to get pregnant.

对于高龄备孕女性来说，时间是最大的“敌人”，如果还像年轻时那样，慢慢尝试，一点点来，就会浪费很多机会，也会因为年龄逐渐增长而让怀孕变得更难。“希望高龄备孕的女性能有这种紧迫感，配合医生，采取更加有效率的助孕方法，早日怀上宝宝。”周红主任说。

For women at the advanced maternal age, time is the biggest "enemy". If they try it slowly, as they did when they were young, they'll waste a lot of opportunities and make it harder to get pregnant because of their age. "I hope that women at the advanced maternal age could have a sense of urgency, and cooperate with doctors, to adopt more efficient methods to get pregnant and have their babies earlier," Ms. Zhou said.



动荡的更年期不能“顺其自然”

In volatile menopause, we cannot “let it go”

对于很多人来说，更年期的到来都是痛苦的开端。不仅仅是出现焦虑、抑郁、疑心等等无法自控的情绪变化，她们的皮肤、骨骼、心脏甚至大脑都可能因为这一过程而受到损害。

For many people, the arrival of menopause marks the beginning of pain. It's not just anxiety, depression, suspicion and other uncontrollable emotional changes. Their skins, bones, hearts and even brains may be damaged by the process.

但「更年期」，却如「青春期」一样，是女性一生的必经阶段，谁都无法躲过……

But “menopause”, like “adolescence”, is a necessary stage in a woman's life. No one can escape it.

女性为什么会经历更年期？我们又该如何去应对更年期的症状？我们邀请到了北京五洲妇儿医院妇科专家李蔚范主任，为大家讲述更年期那些事儿。

Why do women experience menopause? How shall we deal with the symptoms of menopause? We have the honor to invite Dr. Li Weifan, a gynecology expert from Global Care Women's & Children's Hospital, to tell us about the menopause.

1 焦虑、抑郁、疑心？
女性为什么会经历更年期？
Anxiety, depression, suspicion?
Why do women experience menopause?

李蔚范：在医学上，女性进入更年期，最主要的原因是卵巢功能的大幅退化，所造成的「激素紊乱」。

Li Weifan: Medically, women enter menopause,

mainly because of the significant deterioration of the ovarian function, which results in “hormone disorders.”

在每个女性的身体中，都有由下丘脑-垂体-卵巢，三个器官组成的性腺轴（HPOA）。

In every woman's body, there is a gonadal axis (HPOA) consisting of the three organs of hypothalamus, pituitary and ovarian.

三者都是性腺激素分泌的重要器官，在产生激素的同时，它们也通过正、负反馈机制严格地控制着激素量，维持着女性体内的激素平衡，调节女性的发育、月经周期和性功能。

All the three are important organs for gonadal hormone production. While producing hormones, they also strictly control the amount of hormones through the positive and negative feedback mechanism, maintain the hormone balance in a woman's body, and regulate her growth, menstrual cycle and sexual function.

而当女性处于45-55岁时，负责分泌多种性激素的卵巢功能逐渐减退乃至消失，必然使得自身的激素水平产生波动和下降，这将导致分泌性激素的平衡发生紊乱，女性的各种更年期症状也就由此而来。

When a woman is 45-55 years old, the ovarian function that is responsible for the secretion of multiple sex hormones gradually declines or even disappears. It inevitably makes the hormone level

fluctuate and decline, which will lead to the imbalance in the secretion of sex hormones, and women's various menopause symptoms also come from this.

2 更年期该如何度过，是顺其自然还是积极干预？
How to get through menopause, just let it go or make positive intervention?

李蔚范：答案当然是积极干预！

Li Weifan: The answer is surely positive intervention!

更年期是一个自然的生理过程，很多人都认为“既然是正常的就不需要治疗，不必要进行任何医疗干预，应该顺其自然、听天由命，这是生理现象”，但在医生眼里，却并不是这样！

Menopause is a natural physiological process. Many people think that “since it is normal, there is no need for treatment, no need for any medical intervention. Let's just let it go, trust to luck. This is a physiological phenomenon.” But in a doctor's eyes, it's not like this!

| 顺其自然 | 积极干预 |
|----------------------------|------------------------|
| 身高较年轻的时候下降100px（医学单位） | 身高与年轻时比较下降12.5px（医学单位） |
| 腰椎压缩性骨折引发腰背疼痛变形 | 腰部无不适、无变形，体态良好 |
| 肌肉力量下降到年轻人一半 | 肌肉力量下降10% |
| 严重尿失禁（不敢大笑） | 运动自如，无尿失禁或尿道萎缩 |
| 老年性阴道炎 | 无老年性阴道炎 |
| 脂肪量达37%（大于30%肥胖） | 全身脂肪量23%（小于25%正常） |
| 膝关节严重骨关节炎、骨性关节炎，骨强度降低了约40% | 无膝关节骨性关节炎 |
| 血压高，血脂超标，常感胸闷和胸前压迫感 | 血压正常，胆固醇正常，心肾肝功能正常 |

对待更年期态度不同结果不同
Different attitudes towards menopause lead to different results

更年期和更年期综合征是两个不同的概念:

Menopause and menopausal syndrome are two different concepts:

更年期是个自然的过程, 每个女性都必然经历。

Menopause is a natural process that every woman must experience.

更年期综合征却是指更年期带来的各种不适症状, 并不是所有更年期女性都有, 症状轻重也有差别。

Menopausal syndrome refers to various symptoms of discomfort brought by menopause. It is not something that all menopausal women have, and the severity of symptoms are also different.

当并非友善的“生理现象”影响到人们的正常生活, 甚至给健康带来威胁时, 我们就要进行适当干预。

When unfriendly “physical phenomena” affect people’s normal lives and even threaten their health, we need to intervene appropriately.



对待更年期态度不同结果不同 Different attitudes towards menopause lead to different results

就像是青春时长身体要给孩子补充营养, 生育期怀宝宝要补充叶酸, 同样更年期这个特殊生理阶段, 我们也提倡大家以一个积极的心态去接纳, 通过对生活方式的调理, 必要时加上药物的干预, 来改善更年期症状, 预防各种近期和远期并发症, 平稳舒适的度过更年期, 为未来金色的老年生活, 奠定良好的基础。

Like teenagers requiring extra nutrients to grow up healthily, and pregnant women requiring folic acid for the fetus, women in this special physiological stage should also be accepted in a positive attitude. Through regulating the lifestyle, applying drug intervention if necessary, women may improve

the symptoms of menopause, prevent all kinds of short-term and long-term complications, to pass menopause in a smooth and comfortable way, laying a solid foundation for the golden life of the old age to come.

更年期来了, 不是顺其自然, 听之任之, 而是要进行积极的干预和必要的激素补充。

When menopause comes, we shall not simply let it go, but make a positive intervention and necessary hormone supplementation.



如何进行干预, 才能优雅的度过更年期? How to intervene it to get through menopause gracefully?

李蔚范: 通过我们几十年来的临床实践和科学研究, 发现那些能够平稳度过更年期的女性, 她们能从心理上接受更年期的变化, 能够调试自身社会角色的变化, 能够用正确生活方式的调理, 去把身体的改变、心理的改变, 向健康的方向去保持, 并且在必要的时候去寻求医生的帮助。

Li Weifan: Through our decades of clinical practice and scientific research, we have found that the women who go through menopause smoothly can accept the changes of menopause psychologically, adapt to their own social role changes, regulate their lifestyles, to direct the physical and psychological changes towards health, and seek medical help when necessary.

更年期是生理过程, 但也是个特殊的时期, 需要专门的对待, 在这个转折点上, 身体状态的维护很大程度上会影响短期和长久的生活质量。“更年不是病, 更年要防病”, 平稳度过更年期、改善生活质量、预防和延缓慢性疾病的发生发展是这一阶段的重要内容。所以女性要根据个人状况, 积极正确的面对, 正确干预更年期。

Menopause is a physiological process. But it's a special period that requires special treatment. At this turning point, the maintenance of physical condition can greatly affect the quality of life in the short and long terms. “Menopause is not a disease, it needs



disease prevention.” It is an important content of this stage to pass menopause smoothly, improve the quality of life, prevent and delay the occurrence and development of chronic diseases. So women should positively and correctly face and intervene menopause according to personal status.

为了更好的对更年期患者提供完整、系统化的诊疗服务, 很多医院妇科都开设了专门的更年期门诊或者更年期调理中心, 为更年期女性提供个性化的健康指导方案, 包括一对一的营养、体重管理、运动、用药咨询、心理支持等综合指导。更年期女性可以到医院寻求医生的帮助, 通过专业的治疗, 来缓解多种更年期症状, 延缓机体各脏器衰老。

To better provide complete and systematic diagnosis and treatment services for menopausal patients, gynecology departments of many hospitals have set up special menopausal outpatient clinics or menopausal conditioning centers to provide personalized health guidance programs for menopausal women. They include one-to-one nutrition, weight management, exercise, medication counseling, psychological support and other comprehensive guidance. Menopausal women can seek doctor's help in hospitals, or appeal to professional treatment to alleviate a variety of menopausal symptoms, and delay the aging of the body organs.



The World and China 世界中国

丝绸之路 SILK ROAD
Selgemül
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.



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. In the picture on the right Baiyin City signs a letter of intent with a Hungarian city.



2014 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



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·彼得做主讲
3. 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
4. President Nagy Lin presents Director Xu Yousheng a copy of the magazine containing an interview with him done in Budapest in 2007



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.



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KN95 mask

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