

孔子学院

CONFUCIUS INSTITUTE

中英版 Chinese-English Version

No4 2023



赫哲族 乌日贡

Celebrating Wurigong: A Hezhe Tradition

孔子
学院

Confucius Institute

主管：中华人民共和国教育部
主办：中国国际中文教育基金会

Directed by Ministry of Education of the People's Republic of China
Produced by Chinese International Education Foundation

编辑出版：《孔子学院》编辑部
协办：上海外国语大学
总编辑：赵灵山 李岩松
副总编辑：张君丽 衣永刚
主编：张雪梅
副主编：赵裴 张逸岗
编辑：张熙华 余玲华
主审：王欣 张爱玲
审校：张丽丽 于帆 钱淇

Published by Editorial Office of *Confucius Institute*
Co-produced by Shanghai International Studies University
Editor-in-Chief: Zhao Lingshan, Li Yansong
Associate Editor-in-Chief: Zhang Junli, Yi Yonggang
Managing Editor: Zhang Xuemei
Associate Managing Editor: Zhao Pei, Zhang Yigang
Editor: Zhang Xihua, Yu Linghua
Peer Reviewer: Wang Xin, Zhang Ailing
Proofreader: Zhang Lili, Yu Fan, Qian Qi

美术设计：陈颖 朱浩晔 王艺潼
排版：南京展望文化发展有限公司
印刷：上海叶大印务发展有限公司
国际连续出版号：ISSN 1674-1781
国内统一刊号：CN 11-5658/C
邮发代号：80-172

Art Editor: Chen Ying, Zhu Haoye, Wang Yitong
Typesetter: Nanjing Zhanwang Culture Development Co., Ltd.
Printer: Shanghai Yeda Printing Development Co., Ltd.
ISSN 1674-1781
CN 11-5658/C
Postal code: 80-172

定价：RMB 16 / USD 5.99
编辑部地址：北京市海淀区学院路 15 号
邮政编码：100083
编辑部电话：0086-10-63240631
网站：www.ci.cn
上海编辑部地址：上海市虹口区大连西路 550 号
电话：0086-21-35377068
投稿邮箱：ci.journal@ci.cn
刊名题字：欧阳中石
封面供图：王成

Price: RMB 16 / USD 5.99
Address: 15 Xueyuan Street, Haidian District, Beijing, China
Postal Code: 100083
Telephone: 0086-10-63240631
Web: www.ci.cn
Address(Shanghai): 550 Dalian Road (W), Shanghai, China
Telephone(Shanghai): 0086-21-35377068
Submission E-mail: ci.journal@ci.cn
The Masthead is inscribed by Ouyang Zhongshi
Cover Photo: Wang Cheng



目录 / Contents

№4 2023

文化视窗 CULTURAL HORIZONS

- 04 黑龙江人
Heilongjiang People
作者: 崔玉华 Cui Yuhua
- 10 多彩龙江
Colorful Heilongjiang
作者: 陌上尘 Mo Shangchen
- 16 白山黑水 浴火而生——上京窑的故事
From Earth to Art: The Enchanting
Story of Shangjing Ceramics
作者: 王仁亮 Wang Renliang
- 22 身心修复的梦幻之地——五大连池
Wudalianchi: A Wonderland Where
Body and Mind Heal
作者: 李立欣 Li Lixin



汉语学习 LEARNING CHINESE

- 26 与虎同行——一位来华留学生的野生动物保护情结
Dance with the Tigers: An International
Student's Passion for Wilderness Conservation
作者: 于灵爽 Yu Lingshuang
- 30 走进黑龙江中医药博物馆
A Visit to the Heilongjiang Traditional Chinese
Medicine Museum
作者: 孙尧尧 Sun Yaoyao
吴林娜 Wu Linna
李卓悦 Li Zhuoyue
- 36 逛东北早市 学实用量词
Learning Chinese Measure Words
at a Northeastern Morning Market
作者: 廖叶 Liao Ye
- 40 二十四节气之立夏和小满
The 24 Solar Terms
作者: 张建军 Zhang Jianjun



当代中国 CHINA NOW

- 44 一种有灵魂的烧烤——齐齐哈尔烧烤文化漫谈
A Barbecue with Soul: An Exploration of
Qiqihar Barbecue Culture
作者: 翟英华 Zhai Yinghua

- 48 与君“问天”——哈尔滨工业大学航天馆
Unveiling the Mysteries of the Universe:
A Journey into the Harbin Institute of
Technology Space Museum
作者: 裴莹 Pei Ying

- 54 鹤舞扎龙
Dancing Red-crowned Cranes in Zhalong
作者: 崔玉华 Cui Yuhua

- 60 打卡中国最北城市——漠河
China's Northernmost City, Mohe
作者: 周道 Zhou Dao
何芷翌 He Zhiyi

- 66 对话与互鉴——记谢飞导演欧洲行
Dialogue and Exchange: Director
Xie Fei's European Tour
供稿: 中国国际中文教育基金会
Chinese International
Education Foundation



孔院链接 CONFUCIUS INSTITUTE LINKS

- 70 开启中西医交流互鉴的窗口——伦敦中医孔子学院
New Gateway for Medical Exchange and Mutual Learning between China
and the West: The Confucius Institute for Traditional Chinese Medicine
作者: 刘婷婷 Liu Tingting
吴林娜 Wu Linna

- 76 多米孔院 多彩风景——纪念中多建交五周年
The Confucius Institute in the Dominican Republic: Celebrating the 5th
Anniversary of China-Dominican Republic Diplomatic Relations
作者: 王悦 Wang Yue



黑龙江人

Heilongjiang People



一方水土养一方人 *Each Place Nurtures Its Own Inhabitants*

中国北方有两道岭，因为处在“极寒之地”，所以它们被世居那里的满族人赋予了“兴安”的名号。大兴安岭和小兴安岭起伏连绵，成犄角之势，如兄弟般相互守望。他们虽然不高，却是抵挡西伯利亚寒流的第一道屏障。大地母亲赠予兄弟俩莽莽苍苍的原始林海，作为他们御寒的“衣裳”。

There are two mountain ranges lying in the land of extreme coldness in Northeast China, and they are called “Xing’an”, or “Prosperity and Peace”, by the local Manchu people. The Great Xing’an Range and the Small Xing’an Range are positioned like two horns of a bull or two brothers supporting each other in a battle. Although the two “brothers” are not tall, they are the first barrier against the Siberian cold waves. The mother earth clothes the two brothers with lush primeval forests, protecting them from the cold climate.

中国北方还有一条河，他把自己的名字给了他流经的地方。因为这里富含腐殖质的土壤给了他青黑的颜色，这里宽广的胸怀给了他蜿蜒如龙的形状，这条河叫“黑龙江”，河流经的省就叫“黑龙江”。在黑龙江省，还有完达山、老爷岭、松花江、嫩江等无数“儿郎”，他们齐心协力，孕育出丘陵山谷，孕育出湿地沼泽，也孕育出平原草场。

There is also a river in Northeast China whose name is given to the land it nourishes. The humus-rich soil of this land gives the river a black hue and the level surface of the land gives the river a meandering shape like a dragon, hence both the river and the province it winds through are called Heilongjiang, or the “black dragon river”. Heilongjiang Province is also home to other landmarks like Wanda Mountain, Laoye Mountain, Sungari River, and Nenjiang River. Together, these mountains and rivers form the landscape of undulating hills and valleys, wetlands and grasslands.



闯关东

Exploring East of the Shanhai Pass

候鸟的迁徙是出于本能，人口的迁移却是迫于无奈。所谓“穷家难舍，故土难离”，如果不是陷入绝境，固守家园的人们怎会选择离乡背井这条辛苦的迁移之路？从中国明朝末年开始至近代，先后有五次大规模的人口迁移：闯关东、走西口、蹚古道、赴金山、下南洋。其中，“闯关东”指的是中原地区的人们去山海关以东（即东北三省）谋生。一个“闯”字，道尽了这一路的艰险与苦难。清朝政府将东北看作满族的“龙兴”之地，因此曾实行严厉的“封关”政策，禁止汉人进入关东。但阳光总在风雨后，付出总会有回报。黑龙江像东北地区的另外两个省份一样，敞开胸怀接纳了衣衫褴褛、远道而来投奔此地的孩子：满族人为他们带来食粮；蒙古族人帮他们盖起毡房；鄂伦春人带他们去山林打猎；赫哲族人教他们打渔织网……这片蛮荒而肥沃的黑色冻土，给每一个吃苦耐劳的人以温暖和希望。一批批来自中原地区的难民闯进关东，扎根边疆，繁衍生息。同时，他们也带来了中原的技术，带来了农耕文明，把所受恩情转化成技术薪火传递给后世子孙，传递给新黑龙江人。

While it is the instinct of migratory birds to embark on their ceaseless journey, human beings are usually reluctant to leave their home behind. As shown in the Chinese idiom, “even a poor home is difficult to leave”, the home-loving people would never have chosen the hazard road of migration if not driven by sheer desperation. There have been five major migrations in Chinese history from the end of the Ming Dynasty to the first half of the twentieth century summarized as such: *Chuang Guandong* (exploring east of the Shanhai Pass), *Zou Xikou* (going west of the Great Wall), *Tang Gudao* (trekking the ancient trade routes to Sichuan and Tibet), *Fu Jinshan* (sailing for San Francisco gold mines), and *Xia Nanyang* (going down the South China Sea). Among them, *Chuang Guandong* means people originally living in the central plains of China migrating to the east of the Shanhai Pass, i.e. into the Northeast China Plain. The “chuang” in the phrase, meaning “charging into”, captures vividly the risks and pains suffered in this migration process. The Northeast China Plain had been deemed by the Qing Dynasty Manchu rulers as the “origin of the dragon”, so they had closed the Shanhai Pass to Han people and strictly forbade Han people to enter there. Yet there is always a glorious sunshine awaiting after the storm. Heilongjiang, like the two other provinces in Northeast China, opened its fertile land to the haggard migrators from afar: the Manchu people brought them grains, the Mongolians helped them build up tents, the Oroqen people taught them to hunt in the forest, and the Hezhe people taught them fishing and netting... This wild and fertile frozen land of black soil promises hope and warmth to everyone who is persevering and hardworking. Waves of refugees from central China came through the Shanhai Pass and settled down in this frontier area. Meanwhile, they brought with them the agricultural technology from the Central Plains and spread it in this area as an enduring gesture of gratitude.



北大荒

The Great North Wilderness

“北大荒”，狭义上指的是黑龙江省北部三江平原、黑龙江沿河平原及嫩江流域广大荒芜地区，后来扩展为东北肥沃而蛮荒的黑土地。说它肥沃，是因为北大荒是世界三大黑土带之一，土壤有机质含量非常高，有“捏把黑土冒油花，插双筷子也发芽”的说法，非常适合农作物生长。说它蛮荒，是因为北大荒自古以来便荆棘丛生，沼泽遍布，人迹罕至。受西伯利亚寒流影响，这里的冬季寒冷而漫长，最低气温可达零下48℃，冻土层最厚可达2.5米。

The Great North Wilderness, in its narrow sense, refers to the wild land of the Sanjiang Plain, the Heilongjiang River basin and Nenjiang River basin lying in the north of Heilongjiang Province. In the broad sense, it is later used to refer to the fertile yet uncultivated black soil of Northeast China. The Great North Wilderness is one of the three black soil belts in the world, known for its fertile black soil rich in humus and ideal for agricultural production, illustrated by the saying, “So nutritious is the black soil that it oozes oil and even a pair of chopsticks stuck in it can grow.” Yet it is also a land of wilderness, for since time immemorial this area had been covered in thorns and swamps and scarcely accessible to people. Affected by the Siberian cold waves, the winters here are harsh and long, with the minimum temperature

sometimes dropping to -48°C . The layer of frozen earth can be as much as 2.5 meters thick.

中华人民共和国成立后，为了解决粮食短缺的问题，自1958年起，北大荒开始大规模开发，数万人从全国各地、五湖四海来到这里。原来的战士放下枪支，原来的知识青年放下书笔，原来的机关干部离开办公室……来到北大荒，成为拓荒人。他们最开始的工作就是拿起镰刀和锹、镐，开垦荒地，改造沼泽。他们的敌人是严寒，是酷暑，是蚊虫野兽，是遍地荆棘……

Large-scale developmental projects had been carried out in the Great North Wilderness since 1958 shortly after the founding of the People's Republic of China to tackle the food shortage issue. Tens of thousands of people, including former soldiers, educated youth and government officials left behind their homes and came here to become tillers of the land. Their first task was to use sickles, picks and spades to clear the wasteland and drain the marshes. They had to fight against the harsh natural conditions here: the cold winter, the scorching summer, swarms of mosquitos and beasts, swamps of thorns and thistles...



北大荒锤炼着强者的意志，北大荒淬炼着弱者的灵魂。将近半个世纪，经过黑龙江几辈人的耕耘，过去人迹罕至的“北大荒”变成了美丽富饶的“北大仓”。北大荒农垦不仅有助于解决全国人民的吃饭问题，也使黑龙江成为全国最大的商品粮生产基地，更为后人留下了艰苦奋斗、无私奉献的“北大荒精神”。

The Great North Wilderness is the place where the strong souls get elevated and the weak bodies get transformed. After hard work of generations for half a century, the Great North Wilderness has turned from a no-man's land into the rich and fertile Great North Breadbasket. The agricultural land reclamation in the Great North Wilderness not only helped to solve the food shortage problems of the nation, but also made Heilongjiang Province China's largest commodity grain production base, passing down the motto "Fortitude, Industry, Altruism, Commitment" as the unique legacy of the Great North Wilderness.

退耕还“荒” Returning the Land to “Wilderness”

随着国家经济水平的提高、农业技术的进步、农作物品种的优化，人们不再担心粮食问题。一直负重前行的黑龙江省也就此停止围垦，保持剩余农场稳定发展的同时，逐步恢复北大荒原有的生态系统。现在的北大荒不仅有“风吹麦浪穗飘香”的踏实，更能见到“晴空一鹤排云上”的浪漫。

With the development of the national economy, the advance of agricultural technology and the optimization of crop varieties, food shortage is no longer a central concern in China. As a result, Heilongjiang Province, freed from the duty of China's breadbasket, called a stop to agricultural land reclamation. While the existing farms are kept in operation, progressive restoration of the original ecosystem of the Great North Wilderness has been carried out. In today's Great North Wilderness, you can see side by side the prosperity of windblown wheat waves, even the idyllic picture of a lone crane dancing in the sky.

黑龙江省这个中国最北、冬季最寒的地方，水有情谊，山有担当。这片水土养育了无私无畏、宽容豪爽的黑龙江河人。

Heilongjiang Province, the northernmost place in China with the coldest winter, is home to mountains and rivers that embody friendship and responsibility. This land has nurtured the selfless, open-minded and generous people of Heilongjiang. 🌾

供图 / 图虫创意



多彩龙江

Colorful Heilongjiang

作者：陌上尘 Mo Shangchen

翻译：李睿 Li Rui

享有“避暑胜地”“冰雪之冠”美誉的黑龙江，一直是天南海北的人们向往的旅游胜地。在地域上，黑龙江位于中国东北部，是中国位置最北、纬度最高的省份，是中国陆路通往俄罗斯和欧洲大陆的重要通道。

Heilongjiang, a renowned summer retreat and a winter wonderland, has always been a highly sought-after destination for people from all around the globe. Situated in the northeastern part of China, it holds the distinction of being the country's northernmost province, with the highest latitude. It plays a crucial role as a gateway connecting China to Russia and the European continent by land.



良田沃土

Fertile farmland

黑龙江的特色首先是“黑”。这里的“黑”就是黑土地，是大自然在漫长的历史变化中形成的沃土，通常只在温带湿润气候、草原草甸植被条件下形成。大概在有人类活动之前，这里地表的青草年年枯荣往复，在地表层逐渐积累形成厚厚的有机质，千万年后，可以耕作的黑土地才形成，因此每一厘米黑土地都需要数百年的积累。黑龙江有全世界最好的黑土地，土层厚度最大可达两米；黑龙江的黑土面积占全国黑土总面积的45.7%，是保障全国粮食供应的重要基地。东北平原上的“北大仓”以盛产优质大豆、小麦、玉米和高粱等作物而声名远播。漫步在黑土地上，顺手抓起一把黑黝黝的土壤，使劲儿一擦，仿佛能流出油来。当地人喜欢用“一两土二两油”来形容黑土的肥沃与珍贵。

One of Heilongjiang's notable characteristics is its abundance of “black”, a reference to the region's fertile black soil. This unique soil is formed over an extensive timespan in grasslands and meadows under temperate and humid conditions. Before the

advent of human settlements, the region bore lush grasslands that flourished, withered, and regrew in endless cycles. Each cycle deposited a rich layer of organic matter, eventually amassing over millions of years into the fertile black soil. Thus the formation of every centimeter of black soil symbolizes the passage of hundreds of years. Heilongjiang boasts the world's finest black soil, with a maximum thickness of up to two meters. 45.7% of China's total black soil area can be found in Heilongjiang, making it a vital base for the country's food supply. Often referred to as the Great North Breadbasket on the Northeast Plain, the province is renowned for its high-quality crops, including soybeans, wheat, corn, and sorghum. When walking on the black soil, if you were to pick up a handful and squeeze it tightly, it would almost feel as if oil could flow out. The locals describe the fertility and value of the black soil using the phrase “one gram of soil, two grams of oil”.




冰雪之乡

Land of ice and snow

黑龙江的特色还有“白”。冬天的白雪使黑龙江呈现出另一番面貌。最近几年非常火热的旅游胜地雪乡，就位于牡丹江市长白山脉张广才岭与老爷岭交汇处。这里全年有近七个月的雪期，白雪深度可达两米，一脚踩进去，整个人都要被淹没了。在冷暖气流的交织下，这里形成了“夏无三日晴，冬雪漫林间”的独特气候，积雪在风力的作用下也形成了“雪蘑菇”一样的迷人景观，人们走入其中仿佛置身冰雪童话世界。

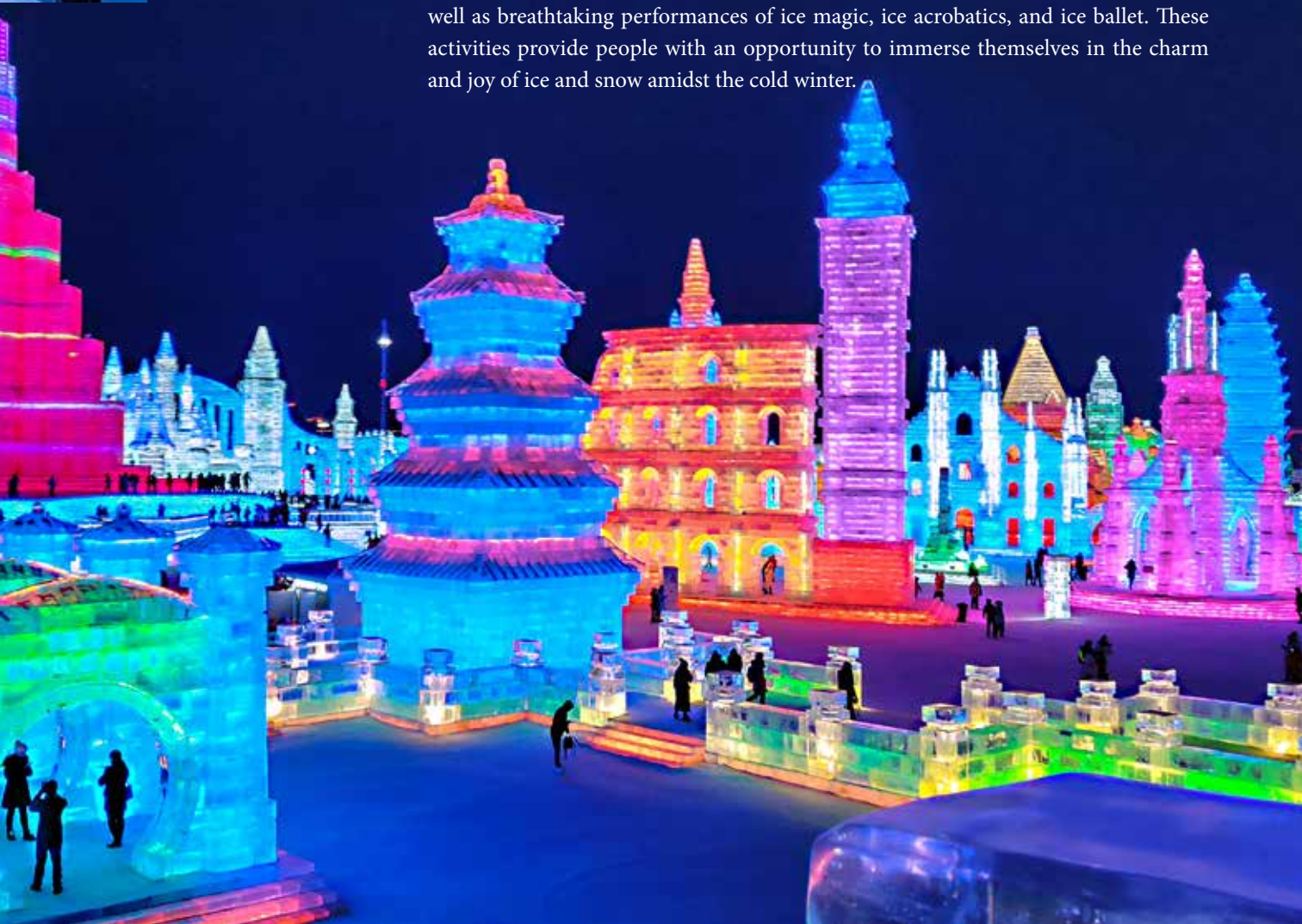
Heilongjiang is renowned for its stunning whiteness. The snowy landscapes of winter showcase a different facet of Heilongjiang's beauty. One of the most popular tourist spots in recent years is the Snow Village, nestled at the intersection of Zhanguangcai Ridge and Laoye Ridge in Mudanjiang City, within the Changbai Mountains. This place receives nearly seven months of snowfall each year, with snow depths reaching up to two meters. Stepping into the snow, you can't help but feel engulfed by its embrace. Thanks to the interplay of cold and warm air currents, this location enjoys a unique climate, characterized by “no three sunny days in summer and snow-filled forests in winter”. The accumulated snow, shaped by the winds, forms enchanting landscapes reminiscent of “snow mushrooms”. Setting foot in this place feels like stepping into a world of ice and snow fairy tales.





黑龙江还有被誉为“世界上最大的冰雪狂欢嘉年华”的太阳岛雪博会，其举办地是中国开发最早、规模最大的以雪为主题的冬季主题游乐园。这里不仅有雪滑梯、冰上自行车等游乐项目，每年还要举办国际雪雕大赛。来自世界各地的雪雕艺术家纷纷展示出他们创作的一件件具有不同地域特色和民族风格的雪雕精品，为人们带来世界顶级的艺术享受。黑龙江还有驰名中外的哈尔滨冰雪大世界，作为世界上最大的冰雪乐园，这里是享誉国内外的最佳冬季旅游目的地。每年冬季，冰雪大世界为人们展现冰与雪的极致浪漫，不仅有晶莹剔透的冰雪艺术雕塑，还有幻彩炫目的灯光特效，再加上惊险刺激、场面宏大的冰上魔术、冰上杂技、冰上芭蕾等演出节目，让人们在寒冷的冬季体验冰雪活动的魅力和乐趣。

Heilongjiang is home to the renowned Sun Island International Snow Sculpture Art Expo, the world's largest ice and snow carnival. This expo stands as China's earliest and largest winter-themed amusement park centered around the magic of snow. Here, you can indulge in various recreational activities like snow slides and ice cycling. Each year, an international snow sculpture competition takes place here, where artists from around the globe showcase their exquisite creations, each representing unique regional characteristics and ethnic styles. This event offers visitors a top-notch artistic experience. Heilongjiang is also globally acclaimed for the Harbin Ice and Snow World, the largest ice and snow park in the world and a highly sought-after winter destination. During the winter season, the park unveils the romantic beauty of crystal-clear ice and snow sculptures, dazzling light effects, as well as breathtaking performances of ice magic, ice acrobatics, and ice ballet. These activities provide people with an opportunity to immerse themselves in the charm and joy of ice and snow amidst the cold winter.



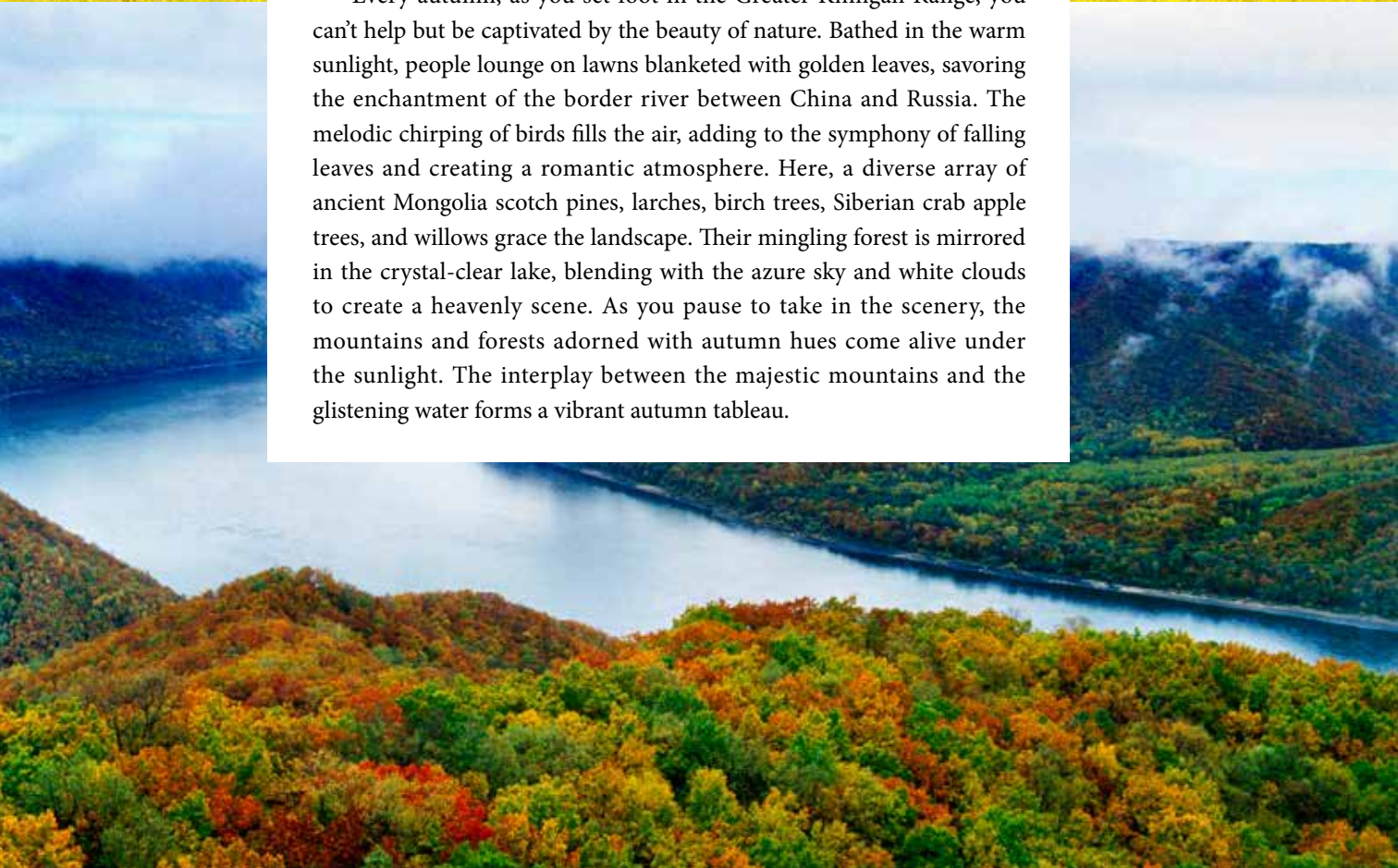


五彩之秋

Autumn in all its splendor

每年秋季，走进大兴安岭，总会为大自然的五彩缤纷所感染。暖阳下，人们在铺满金黄树叶的草坪上，一边欣赏中俄界江风情，一边静听着鸟儿欢唱，感受树叶飘落的浪漫。这里有生长了好几百年的樟子松、落叶松、黑桦树、山丁子和柳树等，它们组成的混交林倒映在清澈见底的湖面上，与蓝天白云浑然一体，宛若人间仙境。驻足远望，山林秋色在阳光的照射下层次丰富、蔚为壮观；山水相映，形成一幅多彩绝美的秋景图。

Every autumn, as you set foot in the Greater Khingan Range, you can't help but be captivated by the beauty of nature. Bathed in the warm sunlight, people lounge on lawns blanketed with golden leaves, savoring the enchantment of the border river between China and Russia. The melodic chirping of birds fills the air, adding to the symphony of falling leaves and creating a romantic atmosphere. Here, a diverse array of ancient Mongolia scotch pines, larches, birch trees, Siberian crab apple trees, and willows grace the landscape. Their mingling forest is mirrored in the crystal-clear lake, blending with the azure sky and white clouds to create a heavenly scene. As you pause to take in the scenery, the mountains and forests adorned with autumn hues come alive under the sunlight. The interplay between the majestic mountains and the glistening water forms a vibrant autumn tableau.





夏之极光

Northern lights in summer

“有村名北极，无客不南来。”喜欢观赏北极光的游客，可以到黑龙江漠河市北极镇来，这里是中国的最北端，与俄罗斯隔江相望，是最佳的观测点。北极村素有“金鸡之冠”“神州北极”和“不夜城”之美誉。极光现象通常在后半夜出现，人们要在凌晨一点左右出门等待极光的出现。最好的观测季节是夏季，这里几乎 24 小时都是白昼，登山远眺可以看到远处既像傍晚又像黎明的北极光。

“There is a village called Beiji, and every traveler from the south arrives there without fail.” If you’re a fan of observing the Northern Lights, the Beiji Village in Mohe City, Heilongjiang Province, is an absolute must-visit. Situated at the northernmost part of China, facing across the river from Russia, it offers the best vantage point for observing this natural phenomenon. Beiji Village is renowned as the “crown of the golden rooster”, the “North Pole of China”, and the “city that never sleeps”. The Northern Lights typically make their appearance after midnight, so visitors need to venture out around one o’clock in the morning and patiently await the enchanting aurora. The ideal season for observing this spectacle is summer when the region experiences nearly 24 hours of daylight. By scaling mountains and gazing into the distance, one can witness the Northern Lights, which bear resemblance to both twilight and sunrise.

凭借独特的地理位置和旅游资源，黑龙江成为国内外游客打卡的胜地。冬季滑雪，夏来避暑。期待更多的人在这片黑土地上，体验穿行雪中白桦林的惊险，感受漫步五彩斑斓原始森林的美妙！

With its exceptional geographical location and abundant tourist attractions, Heilongjiang has emerged as a popular destination for both Chinese and international travelers. Whether you’re into winter skiing or looking for a summer getaway, this land of fertile black soil beckon you. Here, you can embrace the thrill of navigating through snow-covered birch forests and explore the beauty of vibrant, untouched woodlands! 🌲

From Earth to Art:

The Enchanting Story
of Shangjing Ceramics

供稿：哈尔滨师范大学 Harbin Normal University
作者：王仁亮 Wang Renliang
翻译：汤敏 Tang Min



白山黑水

浴火而生

——上京窑的故事



在中国陶瓷发展史中，于冰天雪地中孕育而生的黑龙江陶瓷独具一格。黑龙江陶瓷的起源可追溯到7000—13000年前。在悠长的发展进程中，新开流文化、渤海文化、金源文化等，都伴随有特色鲜明的陶瓷文化。其中，距今900多年的金源文化期的“上京窑”最具代表性。

Heilongjiang ceramics, originating and developing in the icy and snowy region of northeastern China, holds a distinctive charm in the history of Chinese ceramics. Across the ages, various cultures such as Xinkailiu, Bohai, and Jinyuan, dating back to 7,000 to 13,000 years ago, have each contributed their unique ceramic traditions. Among these, the Shangjing ceramics, stemming from the Jinyuan culture over 900 years ago, stands as the most representative.

“上京窑”瓷器选用黑龙江省高岭土制作泥坯，融合了肃慎文化、渤海文化、金源文化中的典型文化符号与黑龙江的“冰雪文化”元素，在传承中不断创新。“上京窑”瓷器以兴安落叶松为燃料，经过连续78小时的高温烧制，研发形成兼具金色、冰色之地域特色的“上京金瓷”“上京冰瓷”等陶瓷品类。

Blending the essence of Sushen, Bohai, and Jinyuan cultures with the signature “ice and snow” elements of Heilongjiang, the Shangjing ceramics strikes a delicate balance between tradition and innovation. It employs locally sourced kaolin for the clay and Xing'an larch branches as fuel. The firing process takes a continuous 78 hours, producing ceramic items boasting unique regional traits with fascinating gold and icy hues, such as the “Shangjing Gold Ceramics” and the “Shangjing Ice Ceramics”.



“上京窑”瓷器采取无釉裸烧工艺，将泥坯在不施釉的状态下直接装入窑内进行烧制。瓷器表面所形成的釉层，均为经过上千度高温、连续几天几夜烧制自然窑变而成，每件作品均独一无二。其窑变形成原理为：松木燃烧后所形成的木灰随着火焰飘落在窑内的土坯上，当窑温超过千度时，木灰开始融化，灰中的矿物质成分与瓷坯中的硅、铁等成分在高温状态下发生物理和化学反应，形成釉层；因窑内高温导致的不同程度的氧化、还原，釉面肌理变化多样、色彩层次丰富。正所谓“入窑一色，出窑万彩”，每一种变化均仰赖天工，非人为可及。

An unglazed firing technique is adopted, where the clay is directly loaded into the kiln without the application of artificial glaze. As the firing process takes place at temperatures surpassing 1,000°C (around 1,832°F) for several days, a natural glaze layer forms on the surface of the items, giving a distinctive artistic touch to each piece.

Here is an explanation of how the kiln change process takes place: the wood ash falls onto the clay pieces inside the kiln and starts to melt once the temperature reaches over 1,000°C. The mineral components in the ash will then physically and chemically interact with the silicon, iron, and other components in the clay body under high-temperature conditions, and result in a natural glaze layer. Varying levels of oxidization and reduction give birth to a diverse range of patterns and a myriad of color hues. This phenomenon is often described as “one shade before, and a million after”, highlighting the wonder of nature’s artistry, unmatched by human endeavors.



“上京窑”的窑炉是笔者团队自主研发建设的国内最大的寒地倒焰型柴窑。目前每年烧制两窑，半年为一个周期。其中，泥坯制作阶段为五个月，烧窑阶段一个月。因器物大小不同，每窑烧制陶瓷的数量在1 300至3 000件不等。

Our R&D team independently designed and developed the largest low-temperature-region, cross-draft, wood-fired kiln in China for the production of Shangjing ceramics. Currently, two kiln firings take place every year, with each cycle lasting six months (five months of clay body production and one month of kiln firing). Each firing will produce 1,300 to 3,000 pieces of Shangjing ceramics, depending on the product size.

柴烧瓷器的制作是一个艰苦而又快乐的过程。无论是在零上30℃的酷暑之中，还是在零下30℃的严寒之中，近一个月的艰苦劳作，在最终窑门打开的一瞬间，都凝结为收获的喜悦。

It is a rewarding journey filled with challenges and joy. As the kiln door opens, revealing the final products, whether it is amid scorching summer days of over 30℃ or freezing winter days of -30℃, nearly

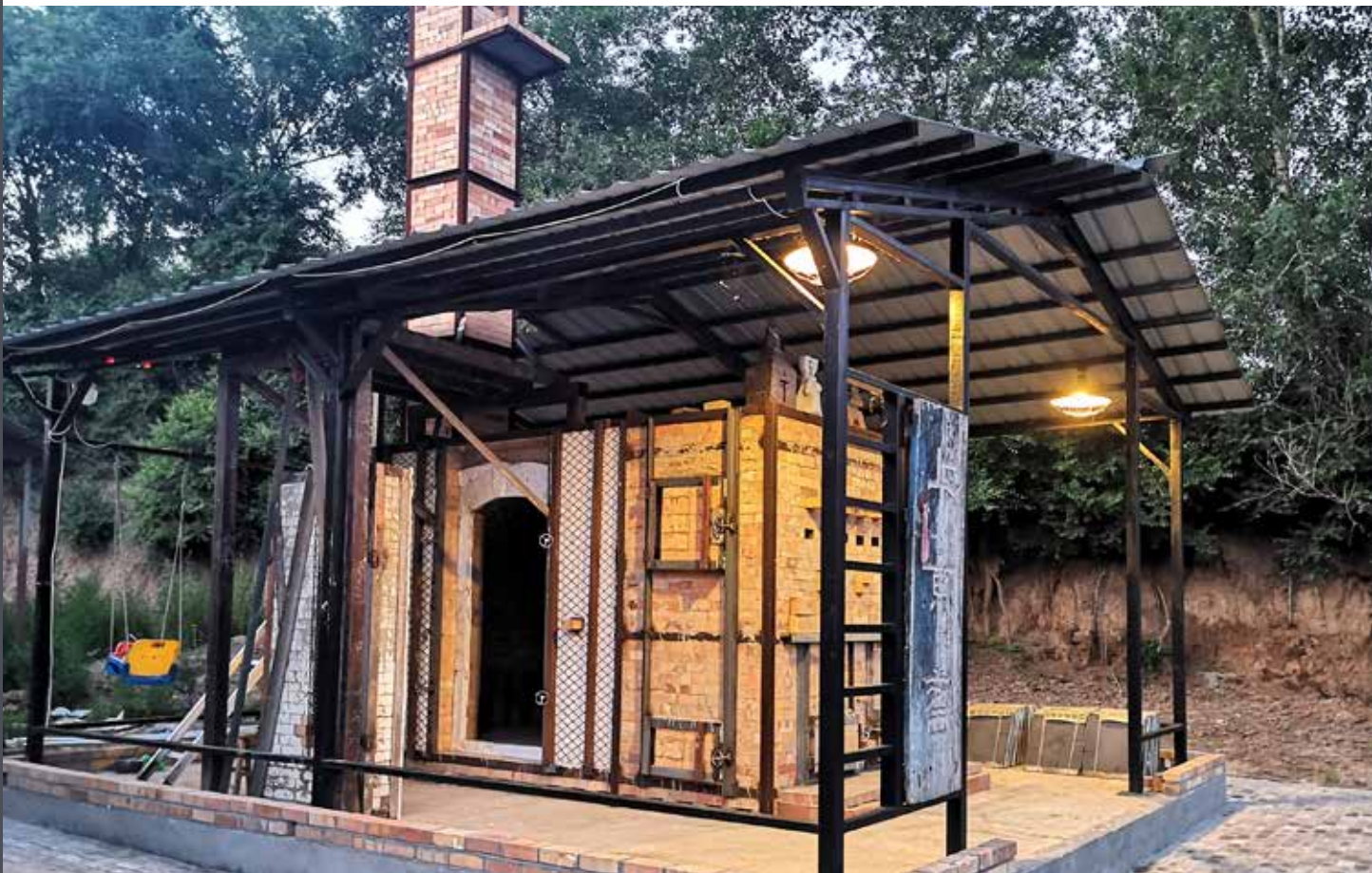
a month of hardworking transform into a sense of delightful satisfaction.

每一窑瓷器的烧制均需经历装窑、烧窑、开窑三个阶段。

The production process can be divided into three main stages: loading, firing, and unloading.

装窑是整个烧制阶段中最重要的环节，有“装窑如绣花”的比喻。受不同气温的影响，装窑时间一般为3—10天，春秋用时较短、冬夏用时较长。装窑是将制作好的泥坯粘好支钉后一件件装入窑内，需要根据泥坯在窑内的摆放位置，安排窑内的走势。

Loading, the most crucial step in the production process, is often described to be “as delicate as embroidering a flowery pattern”. It takes about three days in spring and autumn and can take up to ten days in summer and winter, as temperature has a major impact on the process. During this stage, artisans install the supporting stilts under the raw clay bodies and arrange them in the kiln according to a carefully designed layout based on the specific positioning of the items.



装窑完成后便封窑门，进入烧窑阶段。按照传统习惯，点火前须“拜窑神”。满满的仪式感，表达的是制瓷人对自然的敬畏与对文化的热爱。仪式结束，开始生火烧窑。从窑火点燃开始，制瓷人就要经历至少78小时不眠不休、艰苦的“热烈劳作”。劈柴、投柴、观测等持续性劳动，伴随着上千度的高温、 40m^3 的木柴消耗量，一直持续至停火封窑。烧窑结束后7—8天，窑体自然冷却。

Once the kiln is loaded, the door is sealed, and the firing stage begins. In line with tradition, a worship ritual is held to honor the kiln god before ignition, a gesture of respect for nature and a celebration of local culture. With the ceremony completed, a continuous and laborious journey of at least 78 hours of high-temperature firing starts, during which ceramic artisans split wood, add fuel, and monitor the temperature day and night. This stage requires the burning of approximately 40m^3 of larch branches at temperatures exceeding $1,000^\circ\text{C}$. Subsequently, the artisans patiently wait for another seven or eight days as the kiln gradually cools down after the fire is stopped.

待窑温自然降至外界温度时，最振奋人心的开窑时刻到来了。伴随着忐忑而又期待的复杂心情，制瓷人开启窑门，迎接大自然的馈赠。当窑门被缓缓开启的一刹那，火与土交融后的神秘面纱被逐渐揭开，这场由金、木、水、火、土合奏“大地共鸣曲”共同铸造的陶瓷生命正式面世。

Then, the most exhilarating moment arrives as the kiln reaches the ambient temperature. With a blend of anxious anticipation, the artisans unseal the door to reap the rewards of their labor from nature. As the door opens, mystery unveils and a fascinating sight unfolds before people's eyes — marvelous creations crafted from the Five Elements in traditional Chinese philosophy: metal, wood, water, fire, and earth.



据统计，因柴烧工艺的特殊性，目前上京窑每窑作品成品率为60%—70%，其中，精品率约为30%，极品率约为10%，窑宝典藏级约为1%，每件精品级别以上的陶瓷作品均为难得的艺术佳作。

Due to the intricate and demanding techniques required in the firing process, the current success rate is approximately 60% to 70% for each firing. Among them, around 30% are fine pieces, 10% are exceptional pieces, and a rare 1% are treasure pieces. Each ceramic product above the fine-product level is considered a truly rare and exquisite masterpiece.

有别于传统瓷器青、白、黑、红、花色系，金色系陶瓷为上京窑独创。自然窑变而成的釉色在黄色与橘红色之间变化，极品近于黄金的色彩与光泽，数量稀少，是一方土木的绝美融合。上京金瓷的“金”，一方面指的是金色瓷器的色泽，另一方面寓意黑龙江金源文化的一脉相承。

In contrast to traditional ceramics, which often exhibit hues of blue, white, black, red, or polychrome, the Shangjing Gold Ceramics stands out with its unique golden brilliance. The glaze, transformed naturally in the kiln, boasts a wide range of shades from yellow to orange-red, while the exceptional pieces showcase a glaze with color and luster akin to precious gold. These rare artworks truly demonstrate the mystical synergy between the earth and wood of this region. The name, Shangjing Gold Ceramics, nicely describes the golden glow of the products and simultaneously pays

homage to the enduring legacy of the local Jinyuan Culture (literally meaning the “Gold Source” Culture).

除了金瓷，上京冰瓷也极具地域特色，其自然窑变而成的釉色晶莹通透、开片精美。冰瓷的“冰”同样有着双重寓意，既指自然窑变形成的冰色釉，也象征着黑龙江独特的冰雪文化。



The Shangjing Ice Ceramics is another local treasure, distinguished by the glaze's exquisite crystal-clear and translucent quality and adorned with delicate crackles, both gifted by the natural kiln change process. The name “Ice Ceramics” also carries a dual significance, as it not only captures the ice-like hues of the glaze but also embodies the essence of the unique ice and snow culture of Heilongjiang Province.

经检测，上京窑瓷器在盛装酒、水时会有钙、锌、钾、钠、铁五种对人体有益的微量元素析出，可改善水质，品茶、饮酒味道更加醇厚。2019年，由中国工艺美术协会组织编撰的大型茶器具工具书《中华茶器具通鉴》的《茶器


具古今名家名器精鉴》一卷中介绍了笔者和笔者团队制作的上京金瓷，这也是黑龙江省内唯一入编的陶瓷艺术品类。

Experiments have revealed that when Shangjing ceramics are used to contain wine or water, they release beneficial microelements including calcium, zinc, potassium, sodium, and iron, which not only improve water quality but also give a richer taste to the beverages. In 2019, the “Renowned Artists and Exquisite Wares” section of *A Comprehensive Research on Chinese Tea Ware*, an encyclopedic reference book compiled by the China Arts and Crafts Association, features my profile and introduces the Shangjing Gold Ceramics of our team. It is the only ceramic product from Heilongjiang Province to be included in this book.





未来，上京窑将会继续依托“金源文化”“冰雪文化”等黑龙江特色文化，不断创新，创作出更多造型设计新颖、独具特色的陶瓷种类，将黑龙江的特色陶瓷文化发扬光大，不断传承下去。

In the future, the Shangjing Ceramics will continue to dig into the rich local culture and pursue innovation. Our goal is to design and craft a more diverse range of novel and distinctive ceramic works, contributing to the further continuation and promotion of Heilongjiang's unique, cherished ceramics heritage. 

供图 / 王仁亮



身心修复的梦幻之地 —— 五大连池

Wudalianchi: A Wonderland Where Body
and Mind Heal

五大连池位于黑龙江省五大连池市，被称作“一本打开的火山教科书”，经联合国教科文组织批准为首批世界地质公园。虽然五大连池的面积只有1060平方公里，却有着众多纵横交错的河流，其星罗棋布的泉眼有300多个，其中包括世界三大冷矿泉之一的南、北饮泉。

Wudalianchi (literally meaning the five joint ponds) is located in Wudalianchi City, Heilongjiang Province in northeastern China. Known as “an open textbook of volcanos”, it is enlisted in the first batch of Global Geoparks by UNESCO. Covering a moderate area of about 1,060 square kilometers, the Ponds boast many interlacing rivers and over 300 scattered springs, including the South and North Drinking Spring Cluster, one of the world's three most renowned cold mineral springs.

作者：李立欣 Li Lixin
翻译：汤敏 Tang Min

“五大连池”这个名字，是满语“乌德林池”的音译。据史料记载，乌云和尔冬吉山的地下喷出火和石时，将乌德林河（后称“白河”）截断为五座湖泊，“五大连池”因此得名。以火山口为中心，生命由地衣、苔藓、蕨类到草甸、树林的衍生过程清晰可见。每一个过程都需数十年或数百年甚至上千年的修复和演进。当人们在感慨大自然浴火重生后不畏艰辛地自我修复时，不知不觉间也对生命产生了敬畏之心。

The name “Wudalianchi” is believed to be a transliteration of the Manchu phrase “Wuderlinchi” (literary medning the Udelin Pond). According to historical records, the eruption of fire and stones from the underground of Mount Wuyunherdongji cut the Udelin River (later known as the Baihe River) into five smaller ponds, hence the name “Wudalianchi”. Encircling the volcanic crater at the Ponds are distinct layers of life, from lichens at the innermost layer to moss, ferns, meadows, and eventually flourishing forests. Each journey of restoration and re-formation spans decades, centuries, and even millennia. One cannot help but feel a profound reverence for life as one contemplates nature’s remarkable tenacity and vibrant vigor.



五大连池之池水
The water of Wudalianchi

这里流传着黑龙舍身守护生灵的故事。很多年前，有一条名叫“秃尾巴老李”的黑龙，他在与为害乡邻的小白龙大战时，为了制止地火吞噬四周的生灵，竟用自己的身躯堵住了不断喷涌的火口。后来，有地质学家发现，这里的火山熔岩状似龙。最著名的火山黑龙山，传说曾经是老李休息的地方。这里的黑龙庙供奉的神像是“黑龙王”，即秃尾巴老李。千百年来，人们一直感念黑龙对生灵的无私守护。

According to legend, a black dragon, known as “Bald-Tail Li”, made a selfless sacrifice to protect the local inhabitants. Many years ago, Bald-Tail Li had a fierce battle against an evil white dragon. To safeguard the communities from the engulfing flames of an underground fire, the black dragon valiantly blocked the erupting vent with its own body. As time passed, geologists came and discovered volcanic lava formations that resembled the shape of a dragon in the area. Today, the most famous volcano in the area, Mount Black Dragon, is believed to have been the resting place of Bald-Tail Li, and enshrined in the hall of the Black Dragon Temple is a statue revered as the “Black Dragon King”. Throughout the ages, people have been grateful for the sacred creature’s heroic efforts in safeguarding the local communities.



“龙形” 熔岩
Dragon-shaped lava formations



五大连池南、北饮泉的冷泉水，浅尝时，口感有点儿类似苏打水；畅饮时，顿觉周身舒爽。这里的矿泉水含有多种有益于人体健康的微量元素，曾经被称作“带不走的圣水”，现在完全可以瓶装后被带到世界各地。不过，那些曾经在“神泉”边直接畅饮过的人，总会感觉装瓶后的水少了那份恰到好处的爽冽口感。

The cold spring water from the South and North Drinking Springs offers a taste somewhat similar to soda water at first sip and provides a revitalizing sensation throughout the body when savored plentifully. Enriched with health-benefiting microelements, the spring water was once known as the “holy water” that could not be taken away. Today, tourists from around the world can bottle and take the spring water with them. Nevertheless, those fortunate enough to have drunk directly from the “sacred springs” know that the bottled water lacks the perfectly crisp and refreshing taste found in the natural source.

北饮泉俗称“药泉”。人们每年会举办庆祝活动，感念“神鹿示水”带来的福泽。传说有一位达斡尔族猎人，他在打猎时发现了一只受伤的小鹿，于是跟着小鹿来到了水池旁。结果，他看见小鹿在一个池子里喝了水，又在另一个池子里泡了一会儿，竟奇迹般地痊愈了。人们奔走相告，周边的穷苦百姓从此开始用神水来守护健康。

The North Drinking Spring is also commonly known as the “Medicinal Spring”. Each year, people host celebrating events to express their gratitude for the blessings bestowed by divinity. Legend has it that a Daur hunter once traced a wounded deer to the ponds. To his astonishment, the deer miraculously healed after drinking from one pond and bathing in another. The word of this wonder spreads, and the impoverished locals began using the divine water to preserve their health.

每年农历五月初五，人们都会来到五大连池，庆祝发现了神水。历史上，鄂伦春族、鄂温克族、蒙古族等称其为“神水日”，

满族、汉族等称其为“药泉会”，现在这个节日正式定名为“圣水节”。圣水节每年的端午节开幕，历时三天。生活在这里的20多个民族的人们，以及八方来客，在端午节的午夜时分，都会争先恐后地去饮一杯泉水，祈求一年的康健。

People gather at the Wudalianchi to celebrate the discovery of the sacred water every year on the traditional date of the Dragon Boat Festival, which falls on the fifth day of the fifth month of the lunar calendar. Historically, this day was referred to as the “Divine Water Day” by the Oroqen, Ewenki, and Mongolian people and the “Medicinal Spring Gathering Day” by Manchu and Han ethnicities. Today, the rituals, officially celebrated as the “Holy Water Festival”, begin at the Dragon Boat Festival and last three days. When the day comes, local people from more than 20 ethnic groups, as well as tourists from across the world, eagerly drink a glass of spring water at midnight, praying for a year of good health.



圣水节开幕

Opening ceremony of the “Holy Water Festival”



各民族欢庆圣水节

People of different ethnic backgrounds celebrating the festival

五大连池拥有著名的“泉浴场”和“泥浴场”。20多年前，这里大多是户外天然浴场，不限时间开放。当天气转暖时，人们便络绎不绝地来到这儿享受泉浴和泥浴。在冷泉中浸浴，喝上几杯矿泉水，再配合泥浴，舒缓身体的疲劳和不适，心情也随之愉悦起来。

One can also find the renowned “Spring Bath Area” and “Mud Bath Area” here. Over two decades ago, this place consisted mostly of natural outdoor bathing spots, accessible at all times. Today, in the warmer months, people flock here for an enjoyable experience of spring and mud baths. After all, what compares to a refreshing cold spring bath, accompanied by a few glasses of mineral spring water, and followed by a relaxing mud bath, when it comes to alleviating fatigue and lightening the mood?

关于洗矿泉浴，还有个“三泡三晒”的俗规。由于洗浴泉的水温常年保持在10°C左右，初次尝试，一定要注意时间不宜过长。在泉水中浸泡到全身放松后，就可以出水上岸，躺在被阳光晒得温暖如炕的熔岩台地上，尽情享受日光浴。身体变暖出汗后，去阴凉处休息一下，及时补充矿泉水，待身体恢复到常态，方可再次进入矿泉浸泡。如此反复地浸泡与日光浴交替进行，身体的自我修复能力就被激活了。

The locals firmly believe in the health benefits of “alternating spring baths and sunbaths, preferably for three rounds”. The spring water temperature remains around 10°C (50°F) all year, so keeping the first bath short is advisable. Once the whole body relaxes, one can come out of the water and lie on the rock platform, warmed by the sun as if on a cozy *kang* (a Chinese-style bed in the northeastern region), to fully enjoy sunbathing. As the body warms up and starts to sweat, taking a break in the shade and drinking mineral water is recommended. And remember to wait until the body returns to its normal temperature before



矿泉浴
Mineral spring bath



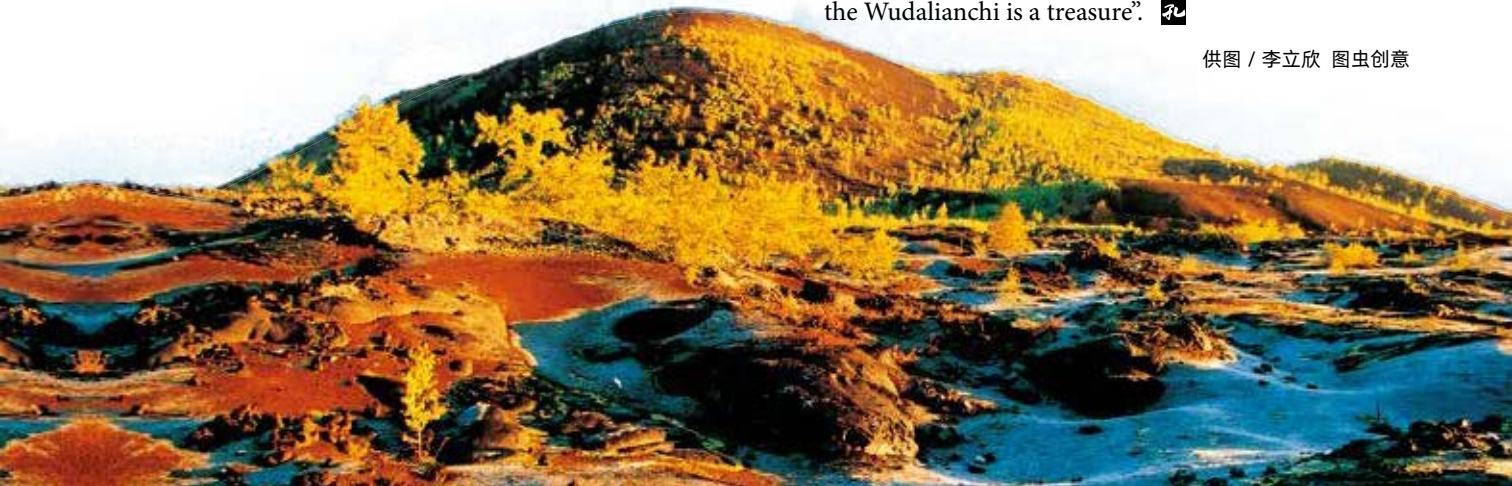
泥浆浴
Mud bath

taking another spring bath. This alternating approach invigorates the body and enhances its self-repairing functions.

泥浆浴也非常值得尝试。像孩童一样，在泥里打个滚，让全身沾满泥浆，待洗去泥浆，就能体会到泥浆浴带来的好处。难怪有人说：“五大连池的泥巴也是宝。”

The mud bath is also a must-try. Visitors can roll around in the mud like a carefree child, and when washing off the mud from head to toe, they will be amazed by the pleasure and health benefits brought by the mud bath. No wonder people say that “even mud in the Wudalianchi is a treasure”. 📌

供图 / 李立欣 图虫创意





与虎同行

——一位来华留学生的野生动物保护情结

Dance with the Tigers:

An International Student's Passion for Wilderness Conservation

供稿：东北林业大学 Northeast Forestry University

作者：于灵爽 Yu Lingshuang

翻译：杨祎辰 Yang Yichen



又到了纳森 (Roberts Nathan James) 出发寻虎的日子。虽然已经是早春，但是东北林区似乎还停留在寒冬。纳森是东北林业大学野生动物与自然保护地学院博士研究生，他的研究方向为“老虎与生态系统碳汇的关系”。这位来自英国的留学生早已适应了北国的寒冷天气，他裹上厚厚的羽绒服，和团队一起朝密林进发，寻觅濒危动物——东北虎。

It is time for Nathan to search for tigers again. Although it is already early spring, the northeastern forest seems to be still cold as winter. Roberts Nathan James is a doctoral student at the College of Wildlife and Protected Area of Northeast Forestry University. His research focuses on the “relationship between tigers and the carbon sink of the ecosystem”. This international student from the UK has long adapted to the cold weather in North China. Wrapped in thick down jackets, he sets off into the dense forest with his team, searching for the endangered animal — the Manchurian Tiger, also known as the Northeast Tiger in China.



2017年，怀着对中国文化的热爱和对野生动物保护的热情，纳森来到东北林业大学攻读野生动植物保护与利用专业硕士学位。“我从小就喜欢动物，本科（专业）也是动物保护。在中国，这里的生物多样性更丰富，对我的工作和研究很有帮助。”纳森说。

In 2017, driven by his love for Chinese culture and passion for wildlife conservation, Nathan came to Northeast Forestry University to pursue a master's degree in the conservation and utilization of wildlife and plants. “I have always loved animals since I was a child, and I have a Bachelor's degree in animal protection. China has a greater biodiversity, which is very helpful for my work and research,” Nathan said.

为了更好地加强大型猫科动物野外种群及栖息地保护和管管理，纳森不畏恶劣的天气、艰苦的条件，多次前往琿春东北虎国家级自然保护区、东北虎豹国家公园等地，钻入深山密林实地开展研究。一张张表格、一条条数据记录下了他的付出。

In order to better strengthen the protection and management of large felid populations and their habitats in the wild, Nathan, undeterred by harsh weather and difficult conditions, has repeatedly visited places such as Hunchun State-Level Nature Reserve for Northeast Tigers and Northeast China Tiger and Leopard National Park, delving into deep mountain forests to conduct field research. Sheets of forms and rows of data have witnessed his efforts.



寻觅东北虎是件苦差事，纳森和同学们常常要在深至膝盖的雪地里蹚上一天。“这可能就是东北虎的脚印！”行至密林深处，纳森边拍照边指着一串拳头大小、形似梅花雪地脚印做起科普。

Searching for the Manchurian Tiger is a tough job. Nathan and his classmates often have to wade through knee-deep snow for a whole day. “This might be the footprint of a Manchurian tiger!” When they reach deep into the dense forest, Nathan takes photos while explaining the science behind a series of fist-sized, snow footprints resembling plum blossoms.

“东北虎种群能够长期、稳定地繁衍，意味着栖息地生态健康、连通、面积大，且当地生物丰富、食物链完整。”纳森介绍说，东北虎的生存状态反映着区域生态系统的动态，保护东北虎这一食物链顶端的猎食者，也是在保护生物多样性，改善生态环境。

“The ability of the Manchurian Tiger population to reproduce stably and in the long term indicates a ecologically healthy, accessible, and large enough habitat with abundant local biodiversity and intact food chains,” Nathan explained. According to him, the survival status of the Manchurian Tiger reflects the dynamics of the regional ecosystem, and protecting the top predator of this food chain not only safeguards biodiversity but also improves the ecological environment.

从“完达山1号”东北虎在密山市临湖村出现，到黑河市发现国家珍稀濒危一级保护植物紫点杓兰，再到国家一级保护动物东方白鹳在嘟噜河湿地安家……珍贵稀有的野生动植物在黑龙江省频频“现身”，这无疑给纳森的研究注入了一针“强心剂”。





From the appearance of the “Wandashan No.1” Manchurian Tiger in Linhu Village, Mishan City, to the discovery of the Spotted Lady’s Slipper Orchid, a first-class state-level rare and endangered protected plant, and to the settlement of the Oriental White Stork, a first-class state-level protected animal, in the Dulu River wetland, now precious and rare wildlife is more frequently spotted in Heilongjiang Province. This undoubtedly is a “stimulant” to Nathan.

在纳森看来，地球上的生物不可能独立生存，生态系统的健康非常重要。所以，保护野生动物就是维护生态平衡，也是在保护人类自己。

In Nathan’s view, it is impossible for organisms on Earth to survive without a healthy ecosystem. Therefore, protecting wildlife is not only about maintaining ecological balance but also about protecting humanity itself.

当然，对纳森来说，他来到黑龙江之后不但学习研究有了方向，更重要的是，这里让他有了家一般的归属感。

Of course, for Nathan, coming to Heilongjiang means more than finding a research direction. More importantly, he has found a home, having a sense of belonging.

纳森说：“我在中国很舒服。如果碰到问题，老师们、同学们、朋友们都非常乐意帮助我。黑龙江真的非常美，我喜欢这里，喜欢这里的雪和美景。我愿意一直留在这里，为保护野生动物出一份力！”

Nathan said, “I feel very comfortable in China. If I encounter any problems, my teachers, classmates, and friends are all ready to help me. Heilongjiang is really beautiful, I love it here, I love the snow and the beautiful scenery. I am willing to stay here and contribute to the protection of wildlife!” ❷

供图 / 于灵爽



走进黑龙江中医药博物馆

A Visit to the Heilongjiang Traditional Chinese Medicine Museum



供稿：黑龙江中医药大学 Heilongjiang University of Chinese Medicine

作者：孙尧尧 Sun Yaoyao

吴林娜 Wu Linna

李卓悦 Li Zhuoyue

翻译：庄驰原 Zhuang Chiyuan

一株小草改变世界，一枚银针联通中西，一缕药香跨越古今……中医学凝聚着中华民族的博大智慧，是中华文明的瑰宝。今天，让我们一起走进黑龙江中医药博物馆，感悟中医药文化的博大精深。

A tiny medicinal herb changes the world; a silver acupuncture needle connects the East and the West; a wisp of herbal fragrance spans ancient and modern times... Traditional Chinese Medicine (TCM) embodies the profound wisdom of the Chinese nation and thus a treasure of Chinese civilization. Today, let's visit the Heilongjiang Traditional Chinese Medicine Museum and experience the profound culture of TCM.

黑龙江中医药博物馆建于黑龙江中医药大学，博物馆总面积5013平方米，分为中国医学史展厅、龙江医学史展厅、校史展厅、中药标本展厅、中医药文化体验厅五个展厅。博物馆以中医药为主题，以陈列展示为核心，以互动体验为特色，是中外学生教学实践基地，是普及中医药科学知识及中医药国际传播的重要场所，也是社会服务和中医药文化传承的重要平台之一。

The Heilongjiang Traditional Chinese Medicine Museum is built within Heilongjiang University of Chinese Medicine, covering a total area of 5,013 square meters. It is divided into five exhibition halls: Chinese Medical History Hall, Longjiang Medical History Hall, University History Hall, Chinese Medicinal Specimen Hall, and TCM Cultural Experience Hall. The museum holds various exhibitions on TCM featuring interactive experiences. It serves as an extracurricular learning base for students home and abroad, an important venue for promoting knowledge about TCM, and an essential platform for social service and the inheritance of TCM culture.





古今交融： 诠释中华千年文明发展史

Connecting Past to Present:
The Thousands-Year Development of Chinese Civilization

中国医学史展厅按时间顺序展示悠久的中医药发展历史，介绍各个历史阶段中医药突出的创造发明和著名医药学家。

The Chinese Medical History Hall showcases the long history of TCM development in chronological order, introducing prominent medical findings, inventions, and renowned medical scholars in each historical period.

龙江医药在黑龙江流域文明的滋养下，经历了从商周至唐朝珍贵药材的发现，到宋元时期各民族医药的相互交融，再到明清时期“世一堂”的成立，龙江医药在中医药事业的发展中发挥了重要作用。

With the nourishment of civilization in the Heilongjiang region, Longjiang Medicine has gone through various stages, from the discovery of precious medicinal herbs since the Shang and Zhou dynasties and all along till the Tang Dynasty, to the mutual integration of medical practices from different ethnic groups during the Song and Yuan dynasties, and to the establishment of the time-honored pharmacy brand “Shiyitang” during the Ming and Qing dynasties. Longjiang Medicine has played a significant role in the development of TCM.



龙江医学史展厅以龙江医药发展史为基本脉络，全面展示龙江医药发展的精彩内容及医学理论、实践的发展历程，突出地方特色。

The Longjiang Medical History Hall presents a panorama of the development of Longjiang Medicine with its medical theories and practical advancements, highlighting its unique local features.

校史展厅将“文物和史迹”“知识和信息”融入黑龙江中医药大学的发展历史中，再现学校的发展与变迁。

The University History Hall presents the growth and changes of Heilongjiang University of Chinese Medicine by integrating two sections in the introduction of the university history — “Relics and Historical Sites” and “Knowledge and Information”.



中药标本展厅展出标本种类繁多、分类齐全、真伪并列，是教学、科研、科普宣传和收集、制作、鉴定、保存各类中药标本的综合性展厅。

The Chinese Medicinal Specimen Hall exhibits a wide variety of well-classified medicinal specimens. Authentic samples are exhibited simultaneously with samples of fake ones, facilitating visitors in discerning between the two. It serves as a comprehensive exhibition hall for learning, research, science popularization, as well as collecting, producing, identifying, and preserving various types of medicinal specimens.





馆藏臻品： 讲述岐黄之术的生生不息

Collection Highlight:

A Story of the Endless Vitality of Chinese Medicine

博物馆中厅的庞然大物是猛犸象骨架化石。猛犸象即长毛象，存在于冰河时期，分布于包括中国东北部在内的北半球寒带地区。猛犸象于公元前 1670 年左右灭绝，这是冰川时代结束的标志。一头成熟的猛犸象，身长约 5—7 米，体重可达 12 吨。此具猛犸象骨架化石于 2012 年出土于黑龙江省绥化市青冈县，是一具较为完整的猛犸象骨架化石。研究发现，猛犸象骨化石经多次煅烧后敲碎煎水服用，具有镇静安神、止血涩肠的功效。

The enormous exhibit in the museum is a fossilized skeleton of a mammoth, an ancient creature known as the woolly mammoth that lived during the Ice Age and in the cold zone of northern hemisphere, including northeastern China. The extinction of mammoth around 1670 BC marks the end of the Ice Age. A mature mammoth was about 5 to 7 meters in length and weighed up to 12 tons. This relatively complete mammoth fossil was discovered in Qinggang County, Suihua City, Heilongjiang Province in 2012. Research has found that after multiple calcinations, the fossilized bones of the mammoth can be crushed, boiled in water, and consumed, providing calming and soothing effects as well as stopping bleeding and relieving intestinal discomfort.





互动体验： 开启中医药文化的奇妙之旅

Interactive Experience:
Embarking on a Marvelous Journey of TCM Culture

中医药文化体验厅也是中医药文化研修与体验基地（黑龙江），集合了体验、教学和文化传播三大功能，是开展中医药文化教育及中医药文化体验活动的重要场所，是推动中医药国际传播的重要阵地。人们可以沉浸式参与，体验中医药文化的博大精深。

The TCM Cultural Experience Hall is a provincial base for TCM cultural studies and experiences. Combining cultural experience with knowledge learning and dissemination, it is an important place for promoting TCM cultural education and activities as well as the international spread of TCM, allowing visitors to fully immerse themselves in the profoundness of TCM culture.

体验厅设有模拟药房、中药炮制、特色疗法、养生功法、食疗药膳、中华文化等多个文化体验和教学场景。在这里，参观者不仅可以观看，还能实际参与中医脉诊、中医特色疗法、中医养生功法、中药辨识、食疗药膳、养生茶饮、中药蜜丸制作、中药香囊制作等特色项目。在中药药房来一场大山楂丸的制作体验，在中医特色疗法体验区感悟“望闻问切”的精妙，

在养生功法区尝试一段强身健体的“五禽戏”，在茶艺体验区品上一杯“跨越千年”的丁香茶……

The hall features multiple cultural experience and learning scenes, such as a simulated pharmacy, preparation of TCM, select therapies, health-preserving exercises, dietary therapies, and Chinese culture in general. Visitors can not only observe but also participate in interactive activities such as TCM pulse diagnosis, TCM therapies, health-preserving exercises, Chinese medicine basics, dietary therapies, the making of healthy herbal drinks, medicinal honey pills, and herbal sachets. You may experience making a Dashanzha bolus (made from fructus crataegi) in the Chinese herbal medicine pharmacy, appreciate the subtleties of four diagnostic methods of “looking, listening, asking, and feeling the pulse” in the TCM therapy experience area, try the “Five-Animal Exercises” for health and fitness, and savor a cup of clove tea that has been passed down through thousands of years in the tea art experience area.



黑龙江中医药博物馆接待了国内外很多学生和参观者，希望能有更多的年轻人对中医进行学习、研究、传承与创新。

The Heilongjiang Traditional Chinese Medicine Museum has received many students and visitors from home and abroad, in a hope to inspire more young people to study, research, inherit, and innovate Traditional Chinese Medicine. 孔



逛东北早市 学实用量词

Learning Chinese Measure Words at a Northeastern Morning Market

作者：廖叶 Liao Ye

翻译：杨祎辰 Yang Yichen

本篇拟图文并茂地展现东北早市场景，并通过南北方买菜差异的鲜明对比，完成日常实用汉语量词教学。

In this article, we will vividly depict the scenes of a morning market in Northeast China and introduce you to the differences in shopping for groceries between the south and the north in China. During the process, you will master more practical Chinese measure words.

冬日的清晨，太阳还未完全升起，但东北的早市已经热闹起来了。为了这份热闹，有人披星戴月地忙碌着。

Early in the winter morning, before the sun fully rises, the morning market is already bustling. This lively atmosphere is the result of diligent people getting up early to work.

凌晨四点多，满载丰盛食材的拉货车陆续驶入长街，轮毂像丝滑的拉链拉开了市民生活的序幕。商贩们紧锣密鼓地卸货，有条不紊地陈列。随着“哗啦”一声，鱼摊前刚刚捕捞上岸的新鲜鲫鱼从渔网内倾泻而出，在地上活蹦乱跳。早市开张了，人们不断地涌入长街，市场沸腾了起来。

Around 4:00 a.m., trucks loaded with produce starts to enter the long street. With their rolling wheels, the city starts to look alive. The vendors quickly unload their goods and then neatly display them. With a splash, freshly caught crucian carps are scattered from the fishing nets at the stalls, wriggling and jumping on the ground. The morning market is now open, and people continuously stream into

the long street. The market is bustling with excitement.

这里是黑龙江省哈尔滨市的红专街早市，整座城市从这里开始苏醒：现烙的苞米面大饼子香甜可口，刚炸的玫瑰红豆油炸糕外酥里糯，新出炉的牛肉洋葱烧饼皮薄馅足，再搭配一碗浓郁多汁的豆腐脑或是鲜而不膻的羊杂汤，唤醒你一天的活力。

This is the morning market of Hongzhuang Street in Harbin, Heilongjiang Province. It is where the whole city begins to wake up. Here you can find freshly baked corn pancakes, all sweet and delicious. Here you can find freshly fried doughnuts with rose and red bean, which are crispy on the outside and sticky on the inside. Here you can also find newly baked beef and onion pancakes with thin crusts and generous fillings. You can enjoy them with a bowl of rich and juicy tofu pudding, or a serving of flavorful sheep haggis soup that has no unpleasant gamey odour at all. These delicacies will invigorate you for the whole day.

响亮的吆喝声、温情的问候声与锅铲的碰撞声交织在一起，奏出一支活力四射的交响曲；黄澄澄的玉米、红彤彤的辣椒、绿油油的青菜、白生生的萝卜、黑乎乎的冻梨（一种东北特产，将白梨天然冰冻至乌黑色，食用时，需待其融化。其口感绵密，清甜多汁，有解酒功效。）被整整齐齐地摆放在摊头，像一幅五彩缤纷的水彩画。

The vendors' shouts, warm greetings, and the sound of spatulas hitting pans intertwine, creating a vibrant symphony. Yellow corn, red chili peppers, green vegetables, white radishes, and dark frozen pears (a specialty of Northeast China, where white pears are naturally frozen until they turn black. When eaten, they have a dense texture, sweet and juicy, and are known for their hangover-curing effects.) are neatly arranged on the stalls, resembling a gorgeous watercolor painting.

中国地大物博、幅员辽阔，其南北差异犹如泾水渭河一样分明。

China is so vast that the differences between the south and the north are as clear as the different colors of the Jing and Wei Rivers, as the Chinese idiom *jingwei-fenming* indicates.

菜市场里，白净敦实的大白菜摞成一堆，叶片紧密地“抱”在一起，叶青如翡，茎白似玉。南方人见了：“哟，白菜不错呀！老板，来一颗。”北方人见了：“哟，白菜不错呀！老板，来一车。”



At the vegetable stalls, large and plump Chinese cabbages with closely wrapped leaves are stacked together. The leaves are emerald green, and the stems are jade white. When people from the South see them, they say, “Wow, the cabbage looks so good. Hey mister, give me one!” However, when people from the North see them, they say, “Wow, the cabbage looks so good. Hey mister, give me a cartload!”

这不是夸张，这是生动写实：立冬前后，北起黑龙江，南至大连，整个东北地区的人们开启了囤菜模式。东北的冬季寒冷而漫长，白菜耐储存、味鲜甜，成为东北冬日里的“当家菜”：拌菜里有它，炒菜里有它，炖菜里有它，腌渍的酸菜是它，包子、饺子馅儿里面还有它。鲜甜丰硕的白菜调剂了一整个漫长单调的冬季。

This is no exaggeration, but a vivid depiction of reality. Before the beginning of winter, from Heilongjiang in the north to Dalian in the south, people in the entire northeastern region enter the mode of stockpiling vegetables. The winter in Northeast China is cold and long, and Chinese cabbage, which can be stored well and has a refreshing and sweet taste, becomes the “star vegetable”. It is found everywhere: in the cold dish of mixed shredded vegetables, in fried dishes, in stews, and as sour pickles. It is even used as stuffing for buns and dumplings. The fresh and plump Chinese cabbage gives the long and monotonous winter a cheerful twist.

因而，有人调侃道：“南方人买菜买一顿，北方人买菜买一吨。”通常，人们在菜市场采购时，南北方通行的量词有：

People jokingly say that while southerners buy by the meal, northerners buy by the ton. Here are some common measure words used by both southerners and northerners when they make purchases at a market:

“只”，用来计量飞禽走兽，如“一只鸡”；

Zhi, used to measure birds and animals, such as *yi zhi ji* (one chicken).

“条”，用来计量身体细长的动物，如“两条鱼”；

Tiao, used to measure long and slender animals, such as *liang tiao yu* (two fish).

“两”，是重量单位，1两等于50克，如“三两肉”；

Liang, a weight unit where 1 *liang* is equal to 50 grams, such as *san liang rou* (150 grams of meat).

“斤”，是重量单位，1斤等于500克，如“四斤排骨”；

Jin, a weight unit where 1 *jin* is equal to 500 grams, such as *si jin paigu* (2 kilograms of ribs).

“公斤”，是重量单位，1公斤等于1000克，如“五公斤土豆”。

Gongjin, a weight unit where 1 *gongjin* is equal to 1000 grams, such as *wu gongjin tudou* (10 kilograms of potatoes).

豪爽大气、不拘小节，是东北人与生俱来的气质。这一点，不光在买白菜上，在买其他菜上，也体现得淋漓尽致。北方买菜，要么论斤，要么论捆，要么论袋，家里人口多的，还有论筐的。这让南方人身处北方菜场，可能会产生一种错觉：人们不像是来买菜的，倒像是来进货的。

The people of Northeast China are known for their inherent straightforwardness and for their unconcern about trivialities. Such a character can be seen not only when they purchase Chinese cabbages, but also when they buy other vegetables. In the north, people weight their purchases either by *jin*, or by *kun* (bundle), or by *dai* (bag). Those who have a large household even make their purchases by *kuang* (basket), and a large one. When southerners walk into a northern vegetable market, they may have the illusion that the people around are not shopping for groceries but stocking up to open a shop themselves.

结合图表，一起来学习吧：

Let's learn the measure words they respectively use with the help of pictures:

南方买菜常用量词

Common Measure Words Used in Vegetable Shopping in Southern China



根

一根 (gēn) 葱

one stem of green onion



头

一头 (tóu) 蒜

one bulb of garlic



个

一个 (gè) 土豆

one potato



颗

一颗 (kē) 白菜

one head of Chinese cabbage



条

一条 (tiáo) 排骨

one strip of pork ribs

北方买菜常用量词

Common Measure Words Used in
Vegetable Shopping in Northern China

捆



一捆 (kǔn) 葱

one bundle of green onion

辫



一辫 (biàn) 蒜

one braid/string of garlic

袋



一袋 (dài) 土豆

one bag of potatoes

车



一车 (chē) 白菜

one cartload of Chinese cabbages

扇



一扇 (shàn) 排骨

one slab/rack of pork ribs

在日常生活中，掌握精准地道的量词是很有必要的。

For the convenience of daily life, it is essential to learn the common measure words so that you can express yourself accurately.

毕竟，没有人能饿着肚、空着手，从琳琅满目、物美价廉、量大管饱的东北早市走出来。在东北人民热情的吆喝声中，又有谁能拒绝这样一场丰盛早市的诱惑呢？

After all, no one can leave a Northeastern morning market with an empty stomach or two empty hands. Here everything comes in abundance and in great diversity, and at a reasonable price. The enthusiasm of the northeastern vendors, who are vigorously shouting to attract customers, is contagious. How can anyone resist such a northeastern morning market?

这个冬天，东北早市，等着你！

The morning market awaits. This winter, come and visit! 📷

供图 / 廖叶



二十四节气

The 24 Solar Terms

作者: 张建军 Zhang Jianjun

翻译: 杨祎辰 Yang Yichen



立夏，是夏季的首个节气，标志着春天结束、夏季开始，万物由“春生”转入“夏长”阶段。“夏”字有“物之壮大”的含义，步入立夏节气，“成长”成为生命的主旋律。

Lixia, or the Beginning of Summer, is the first solar term of summer, marking the end of spring and the beginning of summer. It signifies the transition from “spring birth” to “summer growth”, as *xia* represents the flourishing of all things. With the arrival of Lixia, “growth” becomes the main theme of life.

送春迎夏，是立夏节气的传统民俗活动。浙江杭州地区的半山立夏习俗延续千年，有立夏祭祖、娘娘诞庙会、吃乌米饭等活动，这些传统民俗活动同时融入了“跑山”等现代文体活动，彰显着人们千百年来祈福纳祥、追求美好生活的愿望。

Sending off spring and welcoming summer is a traditional folk activity during the Lixia period. In Banshan region in Hangzhou, Zhejiang Province, the custom of celebrating Lixia has been passed down for thousands of years. As part of this traditional celebration, people hold ancestral worshipping ceremonies, organize temple fairs honoring the birth of Goddess Banshan, and eat Umi Rice (glutinous rice cooked with the juice squeeze out of the leaves of sea bilberries). Now in the new era, more contemporary activities such as *paoshan* (literally meaning mountain running, the activity of picking wild vegetables in the mountain) has been added to the celebration. These activities are the manifestation of people's desire for blessings and a better life, which has been passed for centuries.





夏季暑湿，易引发睡眠不佳、乏力倦怠、食欲减退等症状。江南地区流传着“立夏称人”的习俗——司秤人一边打秤花，一边说吉利话，祝福称重人身体强壮、不消瘦。

The summer season is hot and humid, which can lead to discomfort such as poor sleep, fatigue, and reduced appetite. In the Jiangnan region (the region to the south of the lower reaches of the Yangtze River), there is a custom called “Weighing on the Beginning of Summer”, where people get weighed while being blessed on this particular day. The auspicious words spoken are usually about the maintenance of a good health and much strength and the avoidance of unhealthy weight loss.

立夏是尝新、尝鲜的时节。长三角地区，人们多取青嫩麦穗，碾粒作细条食之，因其形状如蚕，故称“麦蚕”，是一种给孩子充饥、解馋的立夏食物。人们还以金花菜掺和米粉摊作饼，或油煎、或蒸煮食之，称“草头摊糰”，以防病驱灾。北京苏家坨镇流传着喝立夏粥的风俗，认为喝了立夏粥可保四季平安，祛病免灾。

Lixia is a time for trying new things and enjoying fresh produce. In the Yangtze River Delta region, people often take young wheat ears, grind them into thin strips, and eat them. Because their shape resembles silkworms, they are called “wheat silkworm”, a snack enjoyed during this particular time of year that helps children satisfy hunger and cravings. People also make pancakes by mixing burdock with rice noodles, frying or steaming them. This dish is called “crushed rice with burdock”, believed to have the benefit of offering protection against diseases and disasters. In Sujiatuo Town, Beijing, there is the custom of drinking porridge during the Lixia period. It is said to have the power of bringing peace throughout the four seasons and warding off illnesses.

立夏节气的饮品同样别具风格。茶饮，有著名的“七家茶”，合七家茶米食之，可不病暑。酒饮，极具特色的是“驻色酒”，即兑李汁的酒，立夏日饮此酒，可使人容颜不衰。

The beverages during the Lixia period have their own unique styles as well. For tea, there is the famous “sevenhousehold tea”, a combination of tea leaves collected from neighbors and friends, which is believed to be helpful

to the prevention of heat-related illnesses. As for alcoholic drinks, the distinctive “complexion-maintaining wine”, made by mixing plum juice with wine, can keep a person’s complexion radiant when consumed during the Lixia period.

送春迎夏，四时佳兴。宋代文人范成大《四时田园杂兴·其二十五》有云：

By sending off spring and welcoming summer, people witness the spinning of the four seasons, each of which is fascinating in its own way. In the Song Dynasty, the poet Fan Chengda (1126–1193) wrote in his poem No. 25 of “From ‘A Rural Sequence’”:

梅子金黄杏子肥，
麦花雪白菜花稀。
日长篱落无人过，
惟有蜻蜓蛱蝶飞。

The trees heavy with loads of golden plum and apricot.

The wheat blossoms like snowflakes, falling.

The days growing longer,

The shadows of the fences growing shorter.

No passer-by,

Only dragonflies and butterflies.

在诗人铺陈的立夏画卷中，金黄的梅子、肥美的杏子挂满了枝头。麦花如雪，菜花稀落。随着太阳愈升愈高，篱笆墙的影子越来越短，静谧的田园里蜻蜓蝶舞，好不热闹。农家人常说“立夏望夏”，万物长大春去也，唯有守护成长，方才不负梦想。

In this vivid depiction of The Beginning of Summer, golden plums and juicy apricots hang from the branches. The falling wheat blossoms resemble snowflakes. As the sun rises higher and higher in the sky, the shadows of the fences become shorter and shorter. In the tranquil countryside, dragonflies and butterflies flutter about, adding liveliness to the scene. Rural folks often say, “During the Lixia period, we anticipate the arrival of summer.” Now that spring has gone, it is time to nourish the growth of all things. Only by doing so can we fulfill our dreams.

二十四节气

The 24 Solar Terms

作者：张建军 Zhang Jianjun

翻译：杨栾辰 Yang Yichen



对中国人而言，“小满”的基本含义至少有两点：一是小麦等夏熟作物的籽粒日趋饱满；二是频繁降雨导致江河湖塘水位上升，即“小满小满，江河渐满”。通常，前者指的是北方麦作区，后者说的是南方稻作区。

For Chinese people, Xiaoman, or Grain Buds, has at least two basic meanings: first, the grains of summer crops such as wheat become plump; second, frequent rainfall causes the water level of rivers and lakes to rise, hence the saying, “Grain Buds, Gain Buds, gradually filling up are the rivers.” Generally, the former refers to the wheat-growing areas in the north, while the latter refers to the rice-growing areas in the south.

中国南方地区有“小满动三车”的说法，“三车”指水车、油车和丝车。小满节气，农民踏车翻水，旱时以车引水，涝时以车排水，即“动水车”；油菜结籽，要收割回家，准备榨油，即“动油车”；春蚕结茧，蚕农开始排车缫丝，即“动丝车”。



In the southern region of China, there is a saying called “Grain Buds move three carts”. Here the “three carts” refer to the “water cart” (water wheel), “oil cart” (oil-pressing machine), and “silk cart” (silk-reeling machine). During the Xiaoman period, farmers paddle water wheels to irrigate the fields during droughts and drain excess water during floods. This is why the “water cart” is also called “water-moving cart”. When rapeseed matures and needs to be harvested and processed for oil, they use the “oil-cart”, which is also called “oil-moving cart”. When silkworms begin to spin cocoons, now it is time for silk farmers to dust off the “silk cart”, which is also known as “silk-moving cart”, to reel silk.





江浙地区民间相信小满日是蚕神的生日。“小满三朝丝上市”，随着丝市转旺、蚕业丰收，为表达对蚕神的感谢，人们会在蚕神祠庙开锣演戏，庆祝神诞，祭祀叩拜，民间称“谢蚕神”。

In the Jiangsu and Zhejiang provinces, people believe that Xiaoman is the birthday of the Silkworm God or Silkworm Goddess. There is an old saying: “The new silk is on the market three days into Grain Buds.” There is a bumper harvest of silk, and the silk market is bustling. To express their gratitude to the Silkworm God or Silkworm Goddess, people put on shows to celebrate the deity’s birth, kowtowing and displaying offerings. This tradition is known as “Thanking the Silkworm Deity”.

陕西关中地区流传着“麦梢黄，女看娘，卸了杠枷，娘看冤家”的俗谚。新婚女子和丈夫在麦黄的时候，要回娘家探望女方爹娘，对即将投入夏收大忙的娘家人表示问候，故也称“看麦熟”。

In the Guanzhong region of Shaanxi Province, there is a popular saying: “When the wheat tips turn yellow, the daughter visits her parents; After putting down the heavy flail, the mother ask about her daughter’s hard labor.” When the wheat turns yellow, newlywed women visit their parents’ home with her husband to send them greetings before the busy summer harvest. This tradition is also known as



“Seeing the Ripening of Wheat”.

各地的大田作物和瓜果蔬菜在小满时节相继上市，故有“小满见三新（鲜）”之说。

During the Xiaoman period, various field crops and fruits and vegetables go to the market one after another, hence the saying “Grain Buds brings forth three new (fresh) tastes”.

小满节气，枝繁叶茂、谷物丰登，宋代文人欧阳修的《五绝·小满》有云：

Xiaoman is a vibrant and fruitful time of year. The Song Dynasty scholar-poet Ouyang Xiu (1007–1072) once expressed his love for Xiaoman in “Five Quatrains: Grain Buds”:

夜莺啼绿柳，皓月醒长空。

最爱垄头麦，迎风笑落红。

The nightingale sings among the green willows,

And the bright moon awakens the vast sky.

I adore the wheat on the ridge in this time of year.

Caressed by the gentle winds,

It swings and sways, smiling at the fallen flowers.

欧阳修在诗中对小满节气的喜爱溢于言表。小满的夜里，夜莺啼鸣，绿柳如茵，一轮皓月悬挂在空中。春花谢落，但垄间的麦子却随风摇曳，长势喜人。小满，是一个生机勃勃、充满愿景的美好节气，不仅令人自在欢喜，也令人在“小得盈满”的岁月里“终得完全”。

In his poem, Ouyang Xiu vividly describes the beauty of Xiaoman. During the Xiaoman period, the nightingale sings, the green willows flourish, with a bright moon hanging in the sky. While spring flowers wither, the wheat in the fields sways with the wind, showing vigorous growth. Xiaoman is a splendid and hopeful solar term that brings joy and fulfillment. Just as the Chinese words *xiao* and *man* indicate, which literally translate to small and full, people can “achieve fullness” in things that are “small but abundant”. 🌾

一种有灵魂的烧烤

——齐齐哈尔烧烤文化漫谈

A Barbecue with Soul:

An Exploration of Qiqihar Barbecue Culture

供稿：齐齐哈尔大学 Qiqihar University

作者：翟英华 Zhai Yinghua

翻译：庄驰原 Zhuang Chiyuan

齐齐哈尔（别称“鹤城”），松嫩平原上一颗璀璨的明珠，达斡尔语为“天然牧场”。丰富的自然资源，优美的生态环境，无污染的优质水源，为这座城市赢得了“绿色食品之都”的美誉。

Qiqihar, “natural pasture” in the Daur language, is a brilliant pearl on the Songnen Plain. It is also known as the “Crane City” for its crane nature reserve. The abundant natural resources, beautiful ecological environment, and unpolluted high-quality water sources have earned this city the reputation of the “Capital of Green Food”.

这里居住着汉族、满族、蒙古族、朝鲜族、回族、达斡尔族等 35 个民族。因长期以来有烧烤的饮食习惯，久而久之这座城市便形成了独特的饮食风尚，被世界中餐业联合会授予“齐齐哈尔国际（烤肉）美食之都”荣誉称号。这里的烤肉极具北方地域特色，有较高的传承价值，被列为市级非物质文化遗产代表性项目。

Here reside thirty-five ethnic groups, including Han, Manchu, Mongolian, Korean, Hui, and Daur. Due to the long-standing tradition of barbecue in their diet, a unique culinary style has emerged in this city, which was honored with the title of “Qiqihar Global (Barbecue) Food Capital” by the World Federation of Chinese Catering Industry. Deeply rooted in the northern region with profound cultural value, the local barbecue has been listed as a representative project of the city’s intangible cultural heritage.

齐齐哈尔烤肉大规模的兴起是在 20 世纪 80 年代中后期，在全国乃至世界各地烧烤文化的影响下，新疆烤串、锦州烤肉、南美烤肉、韩式烤肉、朝鲜烤肉、土耳其烤肉、蒙古烤全羊等融入鹤城烧烤，造就了齐齐哈尔烤肉兼容并收的特点。当地烧烤行业，由“小餐饮”到“大产业”，日新月异，餐桌上的烧烤文化逐渐形成。

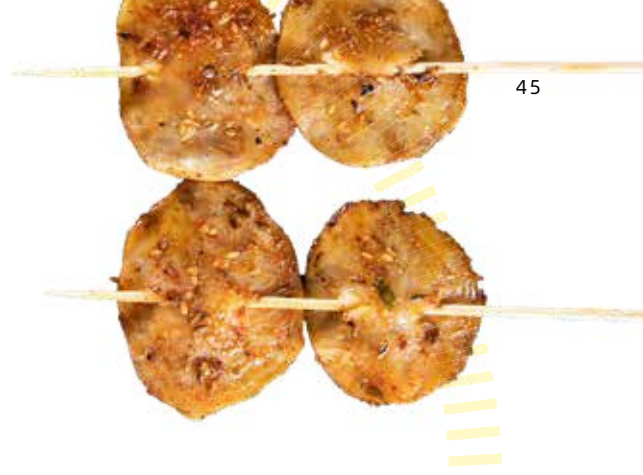
The widespread popularity of Qiqihar barbecue began in the mid-to-late 1980s, influenced by barbecue cultures from all over China and the world. Elements from Xinjiang skewers, Jinzhou barbecue, South American barbecue, South Korean barbecue, North Korean barbecue, Turkish barbecue, Mongolian whole lamb barbecue, etc., have blended into the barbecue culture of the Crane City, giving it an eclectic charm. The local barbecue industry has evolved from small catering businesses to a large-scale industry, gradually forming a unique barbecue culture on dining tables.

在齐齐哈尔，不分民族，无论男女老少，人人皆爱烧烤。烧烤成为一种特有的休闲方式，在野外、江边、小区旁、街边、烤吧、餐厅，到处都可以寻到烧烤的足迹。一齐齐哈尔小伙儿在江苏卫视著名的《非诚勿扰》节目中说道：“宁愿开一个烧烤店，也不打理珠宝店！”这从侧面肯定了齐齐哈尔烧烤在这座城市中的地位。

In Qiqihar, regardless of ethnicity, gender, or age, everyone loves barbecue as a unique form of leisure activity. Barbecue gatherings can be found everywhere — in the wilderness, along the riverbanks, near residential areas, on the streets, at barbecue bars, and at the restaurants. A young man from Qiqihar stated on the famous Jiangsu TV reality show *If You Are the One*: “I would rather open a barbecue restaurant than run a jewelry store!”, affirming the high status of barbecue in this city.

如果以“外焦里嫩、喷香可口”来形容齐齐哈尔烧烤的味道，那么超越这种感知，在精神引领和价值追求的意义上，齐齐哈尔烧烤是以“绿色、自然、健康、美味”作底料、以“独特、享受、狂放、野性、休闲、快乐”为灵魂的一种美食。齐齐哈尔市博物馆的大型烧烤文化展览，讲述了齐齐哈尔人和烤肉的故事，展现了鹤城烧烤文化别样的风情。

If Qiqihar barbecue is described as “crispy on the outside, tender and aromatic on the inside”, then beyond this gustatory perception, in terms of spiritual and value pursuits, Qiqihar barbecue features “green, natural, healthy, and delicious” ingredients with “uniqueness, enjoyment, wildness, leisure, and happiness” as its soul. The Qiqihar City Museum holds large-scale barbecue culture exhibitions to tell the stories between Qiqihar people and barbecue, allowing visitors to experience the unique charm of barbecue culture in the Crane City.



齐齐哈尔“烧烤文化”的历史大约可追溯到一万年，有考古学家发掘的动物烧骨为证。在齐齐哈尔昂昂溪滕家岗、五福新石器文化遗址都不同程度地发现了古人用火的痕迹。青铜器时代和铁器时代，烧烤成为嫩江流域先民们主要的食肉方式，为后人留下了渔猎文明的烧烤文化。

The history of Qiqihar “barbecue culture” can be traced back approximately ten thousand years, evidenced by archaeologists’ discovery of animal bone remains from barbecue activities. Traces of ancient people using fire have been found at Ang’angxi Tengjiagang and Wufu Neolithic Cultural Sites in Qiqihar. During the Bronze Age and Iron Age, barbecue became the main way for the ancestors of the Nen River Valley to consume meat, leaving behind a barbecue culture from the fishing and hunting civilization for later generations.

在齐齐哈尔吃烧烤是有讲究的，从选肉到拌肉，每一步都有门道。齐齐哈尔地处北纬 47° 的寒地黑土带——松嫩平原。松嫩平原牧草特别好，出产的黄牛和绵羊都是吃天然牧草长大的，肉质鲜嫩爽滑，品质高端。

In Qiqihar, barbecue is an art. From selecting the meat to marinating it, every step has its secrets.





Qiqihar is located at 47° north latitude, in the black soil belt of cold regions, the Songnen Plain. Therefore, as the cattle and sheep feed on natural pastures, the excellent grass makes the beef and mutton produced here especially tender and smooth in high-quality.

最好吃的牛肉是两岁牛的紫盖、上脑、肋扇儿，瘦中带肥的最佳。放上烤盘，先用小块牛油擦拭篋子，把篋子放在点燃炭火的烤锅里，等牛肉烤到变色，肉质外焦里嫩，焦到酥脆可口，嫩到入口即化，蘸上用花生、芝麻等原材料制成的蘸料，咬上一口，香味瞬间在唇齿间融化，令人回味无穷。

The best beef includes two-year-old cattle's silverside, chuck, and rib finger, among which a balance of lean and fat is the perfect choice. After placing the beef on the grill, brush the grill with small pieces of beef fat, then place it on the charcoal fire. When the beef turns crispy on the outside and tender on the inside, dip it into a sauce made from peanuts, sesame, and other ingredients. With a delightful crunch, it melts in your mouth while the flavor immediately dances on your taste buds, leaving a lingering aftertaste.

这里的农作物、蔬菜、瓜果多为有机无公害产品。烧烤除了烤牛肉，还可以烤大板、肉板、心管、腰子、宫后以及其他肉类，也可以烤蔬菜，如苦菊、油麦菜、香菜、菜椒、茄子、酸菜、藕片等，此外还有豆制品、菌类、薯类、海鲜、主食等。

The crops, vegetables, and fruits in Qiqihar are mostly organic and pollution-free products. In addition to beef, the barbecue includes various other choices include tendon, heart, kidney, and other meats, as well as vegetables like bitter chrysanthemum, oilseed rape, cilantro, bell pepper, eggplant, pickled cabbage, lotus root, and more. There are also soy products, mushrooms, potatoes, seafood, and staple foods.

烤肉除了原材料保留原汁原味，其配料、煨制、搅拌工艺也很讲究，拌肉全凭手感。葱、姜、洋葱、啤酒、豆油、盐等调料必不可少，放入的量、放入的时间等全靠经验和手上功夫，咸淡适宜，入味三分，拌油不能多一分，也不能少一分，几乎每个家庭都能培养出一两个“拌肉高手”。

In addition to preserving the original flavors of the ingredients, the seasoning, cooking, and mixing are also crucial. The process relies entirely on experience and skills. Seasonings like scallion, ginger, onion, beer, soybean oil, salt, etc., are essential, and the quantity and timing of adding them depend on the chef's experience and skill. The perfect balance of seasonings and right amount of oil make the meat extremely flavorful. Almost every family has one or two barbecue masters in their own right.

蘸料可以说是齐齐哈尔烤肉的精髓，花生、芝麻、孜然、干辣椒、辣酱、饼干碎、味精和盐等，随心添加。烤熟的肉，蘸了不同的蘸料，味道就不一样了。烤肉所用的工具也千奇百怪，如铁签、炉、箱、车、帘、麦饭石、链条、铁板、铁网等。燃料有炭火和电火之分，炭火占绝大多数，分直接烤制和间接烤制。直接烤制又有明火、暗火之分，间接烤制也分为石板、铁板、铜板等多种。木炭分为果木炭和杂木炭，果木炭源自硬质木材，烧烤出的味道极佳。

The dipping sauce is said to be the essence of Qiqihar barbecue, which can be personalized with ingredients like peanuts, sesame, cumin, dried chili, hot sauce, crushed biscuits, MSG, and salt. Different dipping sauces create different flavors for the barbecue. The tools used for barbecue are various, such as iron skewers, stoves, boxes, carts, screens, *maifanshi* (a type of igneous rock used for grilling), chains, iron plates, iron nets, etc. Fuel options include charcoal and electricity, with charcoal being the most common. There are direct grilling and indirect grilling methods, with direct grilling further divided into open fire and covered fire, and indirect grilling into stone plates, iron plates, copper plates, etc. Fruitwood charcoal and miscellaneous wood charcoal are the two main types of charcoal, with the former derived from hardwood and producing an excellent barbecue flavor.

齐齐哈尔烧烤分为家庭式的“在野烧烤”、餐厅式的“在朝烧烤”以及介于两者之间牛羊肉店的“自在烧烤”。烤肉模式有白烤、泥烤、糊泥烤、串烤、腌烤、酥烤、挂糊烤、面烤、叉烤、钩吊烤、明炉烤、暗炉烤、铁锅烤、竹筒烤、篝火烤等多种烤法，彰显出烧烤的无限魅力。

Qiqihar barbecue can be classified into three types: family-style “wild barbecue”, restaurant-style “formal barbecue”, and something in between, the “casual barbecue” at beef and lamb restaurants. There are various methods of barbecue, including plain grilling, mud grilling, mud-pasted grilling, skewer grilling, marinated grilling, crisp grilling, pasted grilling, pancake grilling, fork grilling, hook hanging grilling, open stove grilling, covered stove grilling, iron pot grilling, bamboo tube grilling, bonfire grilling, and more, showcasing the infinite charm of barbecue.

每年的盛夏季节,齐齐哈尔都会举办大型“烤肉美食节”,人们欣赏鹤文化演出,吃各式烤肉,品尝本地特酿的“北大仓”酒,吟诵“齐齐哈尔烤肉赋”,书写、拍摄烧烤艺术作品,制作烧烤 logo,举办烧烤文化论坛……烧烤在文人的笔下演绎成了舌尖上的“城市名片”。

During the peak of summer, Qiqihar hosts a large-scale “Barbecue Food Festival” where people enjoy crane cultural performances, savor various barbecues, taste the locally brewed “Beidancang” wine, recite odes to Qiqihar Barbecue, create artworks and logos related to barbecue, and hold barbecue culture forums. Barbecue, depicted by writers and artists, has become the city’s name card on the tip of the tongue.

街边烧烤店门前,一排排遮阳伞下,伴随着“滋滋啦啦”烤肉的声响,三五好友围坐桌旁,吹着夜风,临着炭火,大快朵颐地吃肉,喝着冰啤谈天说地,肉香袅袅,如诗如雾,热烈又清凉,勾画出炎炎夏日鹤城一道亮丽的烧烤美食文化风景线。

In front of street-side barbecue shops, under rows of sunshades, the sizzling sound of grilling accompanies friends sitting around the table. They enjoy the night breeze, the charcoal fire, and the delicious meat while drinking cold beer and chatting. The aroma of barbecue fills the air like poetry and mist, warm yet refreshing, painting a beautiful scene of barbecue culture in the scorching summer of the Crane City. 🍖

供图 / 图虫创意





与君“问天” ——哈尔滨工业大学航天馆

Unveiling the Mysteries of the Universe:
A Journey into the Harbin Institute of Technology Space Museum

供稿：哈尔滨工业大学
Harbin Institute of Technology
作者：裴莹 Pei Ying
翻译：李睿 Li Rui

中国古人抬头问天、探索宇宙几乎从意识到自己的存在便开始了。中国航天事业从无到有、从弱到强，这一路走来，书写了一部自力更生、艰苦创业的奋斗史诗。提及中国的航天事业，无法绕开这样一所高校，那便是为中国航天事业输送了近半数相关从业者的哈尔滨工业大学（简称“哈工大”）。让我们一起走进哈工大航天馆感受这份凝重与恢弘。

Throughout history, the ancient Chinese have gazed at the heavens and explored the universe since the awareness of their own existence. Over time, China's space industry has evolved from obscurity to prowess, crafting a compelling narrative of self-reliance and unwavering determination. At the heart of this remarkable journey lies the Harbin Institute of Technology (HIT), a prestigious university that has played a pivotal role in producing nearly half of the country's space professionals. Let's step inside the Harbin Institute of Technology Space Museum and immerse ourselves in an awe-inspiring display of solemnity and grandeur.



哈尔滨工业大学航天馆
Harbin Institute of Technology Space Museum

哈工大航天馆是全国高校中规模最大、展品种类最全、数量最多的航天主题展馆，同时也是中国东北地区唯一的一所集科技实物与模型、航天知识介绍为一体的专业展馆。走进这座始建于1986年的航天馆，你可以亲历一次与历史同行、与科技对话的奇妙旅程。

As the largest space museum among all Chinese universities, the Harbin Institute of Technology Space Museum offers a comprehensive collection of space-themed exhibits and is unique as the only professional museum of its kind in Northeast China. It features a diverse collection of artefacts, authentic models, and space knowledge. Established in 1986, the museum

provides a captivating voyage through history and offers an opportunity to engage with technology.

哈工大航天馆为四层建筑，建筑面积近8000平方米，展示面积约5500平方米。通过四个主题展厅、两个专题展厅和数百件展品，从不同角度全面展示了人类航天事业发展的历程。

The four-story museum boasts a floor area of nearly 8,000m² and an expansive exhibition space of around 5,500m². Inside, you'll discover four main thematic halls and two special exhibition halls, each brimming with an array of exhibits that showcase the development of human space endeavors from various perspectives.

“中国航天事业发展”展厅展示了中华人民共和国成立至今中国航天事业的发展历程和成就。从“嫦娥奔月”到“万户飞天”，中国人不断实现着自己的飞天梦。

The “Space Industry Development of China” Exhibition Hall showcases the remarkable history and achievements of China’s space exploration since the establishment of the People’s Republic of China. From the groundbreaking “Chang’e Lunar Mission” to the awe-inspiring “Wanhu Soaring to the Skies”, witness how the dreams of Chinese people take off in the realm of space exploration.



“中国航天事业发展”展厅

“Space Industry Development of China” Exhibition Hall



东方红一号：中国第一颗人造卫星，
1970年4月24日发射升空
Dong Fang Hong-1: China’s first artificial satellite,
launched into space on April 24, 1970



“神舟五号”载人飞船
Shenzhou-5 Manned Spaceship

展厅从“两弹一星”、运载火箭、人造卫星、探月工程、高分工程、载人航天工程和深空探测几个方面详细介绍了中国航天事业的发展进程。展厅展出有模型展品34件、实物展品6件，以及其他文件展品。其中，实物展品均为中国航天事业发展阶段具有代表性的重点符号。

From the renowned “Two Bombs, One Satellite” program to the remarkable strides in carrier rockets, artificial satellites, the Chinese lunar exploration program, the high-resolution imaging project, the manned space project, and the deep space exploration project, this hall delves deep into the fascinating milestones that have propelled China’s presence in space. The exhibition features 34 meticulously crafted models, complemented by 6 physical exhibits and a collection of informative documents. Among these exhibits, the physical displays showcase distinct stages in the evolution of China’s space industry.

“哈工大与中国航天”展厅介绍了20世纪50年代中国航天事业创建以来，哈工大始终与中国航天事业同频共振、同向同行的发展历程和取得的成绩。

The “HIT and China’s Space Industry” Exhibition Hall showcases the remarkable journey of the Harbin Institute of Technology as it grows together with China’s space industry since the 1950s.



“哈工大与中国航天”展厅

“HIT and China’s Space Industry” Exhibition Hall



哈工大培养了大批优秀的技术与管理人才，在“两弹一星”、载人航天、嫦娥探月等国家重大工程、重大任务中，都可以看到哈工大人的身影，感知哈工大的科技力量。

The Harbin Institute of Technology has cultivated numerous exceptional technical and managerial talents, whose technological influence can be observed in significant national undertakings such as “Two Bombs, One Satellite” program, the manned space program, and the Chang’e lunar probe mission.

“世界航天科技进展”展厅通过 12 件模型展品和 2 件实物展品，从运载火箭、人造卫星、载人航天以及空间探测等四个方面向参观者介绍了世界航天科技的发展过程。

The “Development of World Space Science and Technology” Exhibition Hall delves into the realms of Launch Vehicles, Satellites, Manned Spaceflight, and Space Exploration through an impressive array of 12 meticulously crafted models and 2 authentic artifacts, revealing the remarkable progress of global space science and technology.



“东方号”飞船轨控发动机实物：
一旦飞船出现偏离轨道的情况，轨控发动机就会自发启动并产生推力，使飞船回到预定轨道。
Vostok spacecraft orbit control engine: Should the spacecraft stray from its intended orbit, the engine springs into action and generates precise thrust to realign the spacecraft back on its designated course.

“神秘的宇宙”展厅通过展示灯箱向参观者详细地介绍了人类对宇宙奥秘的不懈探索进程，并展示了我们目前所探知到的广袤无垠的宇宙，包括地心说、日心说、太阳系、银河系以及天文大事记等部分。

The “Mysterious Universe” Exhibition Hall, through illuminated displays, demonstrates humanity’s tireless pursuit of unraveling the mysteries of the universe. This hall takes you on a journey through our current understanding of the boundless cosmos, featuring captivating concepts like the geocentric and heliocentric models, the solar system, the Milky Way galaxy, and pivotal astronomical milestones.



此外，“发动机专题”展厅介绍了飞行器发动机的原理及应用，“导弹专题”展厅展示了我国的导弹体系和强大的国防能力。

The “Engines” Special Exhibition Hall is where you can delve into the fascinating principles and applications of aircraft engines, while the “Missiles” Special Exhibition Hall displays China’s advanced missile systems and its formidable defense capabilities.



“长征”系列火箭二级发动机
Second-stage engine used in the
Long March rocket series



“上游一号”舰舰导弹
弹长：6.55m；弹径：0.76m；翼展：2.41m；弹重：2095kg
SY-1 Ship-to-Ship Missile
Length: 6.55m; Diameter: 0.76m; Wingspan: 2.41m;
Weight: 2,095kg

除了固定展厅，场馆还会定期举办不同主题的临时展，丰富馆藏。

Alongside permanent exhibition halls, the museum also hosts temporary exhibitions regularly on different themes to enrich the collection.

作为文化育人平台，航天馆培养了一支由博士生、硕士生和本科生组成的学生志愿讲解队伍。通过志愿讲解员的讲解，参观者对航天科技能有一个基础而明晰的了解，参观体验非常好。

As a hub for cultural education, the museum has nurtured a team of student volunteers who are pursuing doctoral, master’s, and undergraduate degrees. These enthusiastic guides play a crucial role in enhancing visitors’ understanding of space technology and ensuring an outstanding visiting experience.



学生讲解员工作照
Student volunteers at work

30多年来，航天馆是哈工大重要的教学基地，被授予首批“国家航天局航天科普教育基地”“全国中小学生研学实践教育基地”等荣誉称号。

For more than three decades, the Space Museum has served as a vital HIT educational hub. It has earned prestigious accolades, including being recognized as one of the pioneering “China National Space Administration (CNSA) Aerospace Science Popularization Education Bases” and a prominent “China National Primary and Secondary School Students’ Research and Practice Education Base”.

周末假日，闲暇时光，徜徉在航天馆内，与君“问天”，体会人类航天事业的奋进历程以及迈向广袤与浩瀚宇宙的一路艰辛与荣耀，实在是一次惬意、充实且难忘的知识之旅。

On weekends and holidays, when you have some free time, do come to the Space Museum. It’s a great opportunity to immerse yourself in fascinating discussions about the sky, relive the glorious moments of human space exploration, and embark on an enjoyable, enriching, and truly unforgettable journey of knowledge into the boundless universe. 🌌

鹤舞扎龙

Dancing Red-crowned Cranes in Zhalong



扎龙

——丹顶鹤的故乡

Zhalong,

home of the red-crowned cranes

在中国东北的黑龙江省，有一条名为“乌裕尔”的内陆河。乌裕尔河从小兴安岭发源，蜿蜒流转上千里，最终在齐齐哈尔市东部广袤的芦苇沼泽地消失踪影。这片让河流都丧失自我的沼泽地，就是扎龙国家级自然保护区。“扎龙”的意思是“饲养牛羊的圈”。保护区就像大自然的养殖场，是各种鸟兽鱼蛙生存的地方，更是丹顶鹤的天堂。保护区面积2100平方公里，是世界上最大的野生丹顶鹤栖息繁殖地。全世界丹顶鹤不足2000只，扎龙有其五分之一。

In Heilongjiang Province in Northeast China, there is an inland river named “Wuyur”. It originates from the Lesser Khingan Range and winds its way for thousands of miles until it disappears into the vast reed marshes in the eastern part of Qiqihar. Nestled within this marshland, a place where even rivers seem to lose themselves, lies the Zhalong National Nature Reserve. The name “Zhalong” translates to “enclosure for raising cattle and sheep”. This reserve serves as a natural breeding ground and habitat for various birds, animals, fish, and frogs. Above all, it stands as a sanctuary for red-crowned cranes. Covering an area of 2,100 square kilometers, Zhalong holds the title of the world’s largest wild habitat and breeding ground for red-crowned cranes. Considering that there are fewer than 2,000 red-crowned cranes worldwide, Zhalong is home to one-fifth of this precious population.

作者：崔玉华 Cui Yuhua

翻译：李睿 Li Rui

丹顶鹤

——东方文化的吉祥符号

Red-crowned cranes, auspicious symbol of oriental culture

丹顶鹤也是人们口中常说的“仙鹤”，有“湿地之神”的美誉。它有纤细的长腿、优雅的脖颈、黑白分明的颜色，既亭亭玉立又仙风道骨，走到哪里都构成一幅水墨丹青。

The red-crowned crane, also known as the fairy crane, is nicknamed the “god of wetland”. Its slender, long legs, graceful neck, and black and white plumage create an enchanting and ethereal presence, reminiscent of an ink painting come to life.

人们喜爱丹顶鹤的另一个原因是它们对后代关爱，对伴侣忠诚。雌雄丹顶鹤一旦结伴便不离不弃，相守终生。它们的生育率不高，每次只产蛋两枚。之后一个月，丹顶鹤父母轮流孵化，不敢远离。小鹤出生后，它们也一直带在身边，悉心照料，像极了人间的夫妻。

Another reason why people love the red-crowned crane is its care for offspring and loyalty to its partner. Once paired, the red-crowned cranes never part ways and stay together for life. Although their reproductive rate is low, with only two eggs laid each time, the crane parents take turns incubating the eggs for a month without venturing far. They keep the hatchling close by and diligent care for it, resembling a devoted human couple.

丹顶鹤自古就受到文人墨客的青睐。北宋诗人林逋（别名“和靖”），不入仕为官，不结婚生子，终日植梅为妻，养鹤为子，爱鹤之情可见一斑。丹顶鹤也是长寿的象征，“松鹤延年”是古今画家贺寿作品的永恒主题。

Throughout history, the red-crowned crane has been cherished and celebrated by literati and poets alike. One such poet was Lin Bu, also known as He Jing, from the Northern Song Dynasty. Instead of pursuing a traditional path of serving as an official, getting married, or having children, Lin Bu dedicated his days to nurturing plum trees as his spouse and raising cranes as his beloved children, showcasing his profound fondness for these elegant birds. The red-crowned crane has also long been associated with longevity. Chinese artists from both ancient and modern times often adopt the timeless theme of “Pine and Crane Prolonging Life” in their congratulatory artwork.

明清时，官员朝服的前后有一块方形的“补子”，“补子”上有鸟兽图案表明官阶。最高文官的“补子”上就是一只丹顶鹤，由此有了丹顶鹤象征高官的说法。

During the Ming and Qing dynasties, official ceremonial robes featured a square-shaped “patch” on both the front and back. These “patches” displayed various birds and animals, symbolizing the rank of the official. The highest-ranking civil officials proudly wore a red-crowned crane on their “patch”, hence solidifying the connection between the majestic bird and esteemed positions of authority.



徐家兄妹

——丹顶鹤的守护神

The Xu siblings,

protectors of red-crowned cranes

“走过那条小河，你可曾听说，
有一位女孩，她曾经来过，
走过这片芦苇坡，
你可曾听说，
有一位女孩，她留下一首歌，
为何片片白云悄悄落泪，
为何阵阵风儿轻声诉说，

还有一群丹顶鹤轻轻地、轻轻地飞过。”

“Have you ever heard the tale of the girl who once graced that riverbank? Have you caught wind of the girl who left behind a melody while strolling along the reed-covered slope? Why do the ivory clouds weep silent tears? Why does the tender breeze murmur her name with a flock of red-crowned cranes gliding through the skies?”

这首歌曾经唱遍大江南北，不只因为其旋律优美，更因为其中有护鹤人坚守的灵魂。歌曲中的女孩叫徐秀娟，她出生在黑龙江齐齐哈尔市一个养鹤世家，从小喜爱丹顶鹤，也致力于丹顶鹤的保护和繁殖。不幸的是，她的生命终止在 23 岁，1987 年她因寻找走失的丹顶鹤牺牲在沼泽地中。

This song has traveled far and wide, not just for its enchanting melody but also for the spirit of the crane protectors it embodies. The girl at the heart of this ballad is Xu Xiujian, born into a family that nurtured cranes in



Qiqihar. From a tender age, she was captivated by the red-crowned cranes and dedicated herself to their preservation and reproduction. Sadly, her life was cut short at the age of 23. In 1987, she made the ultimate sacrifice in the marshlands while searching for a lost crane.

徐秀娟的故事在人们心中留下了一首歌，徐建峰的故事则在人们眼前铺开了一幅画。徐建峰是徐秀娟的弟弟，他 1997 年退伍后放弃了稳定的国企工作，回到保护区继续姐姐未竟的事业——守护丹顶鹤。他在 2014 年因公殉职时，已坚守扎龙 18 个春秋。

Xu Xiujian's story has left a song in people's hearts, while Xu Jianfeng's story has unfolded before people's eyes. Xu Jianfeng, Xu Xiujian's younger brother, gave up his stable job in a state-owned enterprise after being discharged from the army in 1977. He returned to the nature reserve to continue his sister's unfinished mission — protecting the red-crowned cranes. When he died in the line of duty in 2014, he had devoted himself to this cause for 18 long years.

徐家兄妹对丹顶鹤的珍惜和呵护，也代表了所有扎龙守鹤人对丹顶鹤的珍惜和呵护。扎龙人世代辛苦劳作，守护着丹顶鹤的家，也建设着自己的家。

The tenderness and dedication demonstrated by the Xu siblings towards the red-crowned cranes also mirror the love and care shown by all those who protect these birds in Zhalong. For generations, the people here have toiled tirelessly, safeguarding the cranes' habitat while nurturing their own homes.

扎龙探索——湿地生态的保护

Exploring Zhalong: Preserving the wetland ecosystem

丹顶鹤的保护，单靠个体的力量是远远不够的。野生丹顶鹤在繁殖期非常机警，为了躲避天敌和人类，高高的芦苇是它们产卵、孵化、“带娃”的最佳场所。但受自然和人为因素的影响，扎龙湿地一度出现降水减少、芦苇退化的现象。为了湿地生态系统的持续发展，为了保住丹顶鹤生存的家園，黑龙江省创先实施长效补水机制，每年投入数百万元人民币，引嫩江水入扎龙，这才逐渐使扎龙的鱼类资源回复丰富，并保证了芦苇的产量。

The protection of red-crowned cranes cannot be left solely to individual efforts. The wild cranes are incredibly cautious during the breeding season, seeking refuge amidst tall reeds to safeguard themselves and their young from predators and human interference. Sadly, Zhalong has experienced a decline in precipitation and a degradation of its reed beds due to both natural factors and human

impact. To secure the sustainable health of the wetland ecosystem and preserve the red-crowned crane's habitat, Heilongjiang Province has taken the lead in implementing an essential water replenishment mechanism. Every year, they invest millions of RMB to divert water from the Nen River into Zhalong, gradually restoring abundant fish resources and promoting the regrowth of reeds.



扎龙湿地附近村民的生计就是夏天打渔，冬天收割芦苇。如何解决人鸟争食的矛盾？保护区双管齐下：一方面，实施“湿地修复预留苇带项目”，给农民相应的补偿来保留芦苇资源；另一方面，启动“核心区居民搬迁工程”。善良的扎龙人响应政府号召，陆续移居到附近的市镇小区。他们放下镰刀，收起渔网，或在城市打工，或成为扎龙保护区的巡护员，以新的身份守护这片家園。

The livelihood of villagers near the Zhalong wetland revolves around fishing in the summer and harvesting reeds in the winter. However, a challenge arises as both humans and birds compete for the available food resources. To tackle this issue, the reserve has adopted a two-pronged approach. Firstly, it implements the “wetland restoration and reserved reed belt project”, which compensates farmers for the preservation of vital


reed resources. Secondly, the reserve has initiated the “core area resident relocation project”. In response to the government's call, the compassionate people of Zhalong have gradually moved to nearby urban communities. Here, they have willingly set aside their sickles and fishing nets, either taking up work in the city or dedicating themselves as guardians of the Zhalong Nature Reserve.



此外，为了增加丹顶鹤种群的数量，保护区还设立了丹顶鹤人工繁育和野化基地，建立了丹顶鹤物种基因库，并实施天、地、空一体化检测体系，对湿地生态进行全方位管理。

Furthermore, in a concerted effort to bolster the population of red-crowned cranes, the reserve has set up specialized centers for artificial breeding and reintroduction. Additionally, they've established a genetic bank dedicated to preserving the species' unique traits. To ensure a holistic approach to wetland ecosystem management, an integrated monitoring system has been put in place, spanning the skies, land, and water.

如今，扎龙的各种措施已初见成效：开阔的沼泽滩，丹顶鹤又开始翩翩起舞；茂密的芦苇荡，又传来幼鹤呼唤妈妈的悦耳鸣叫。扎龙自然保护区正焕发着勃勃生机。

Today, the fruits of these endeavors in Zhalong are becoming increasingly evident: the expansive marshes have once again come alive with the elegant dance of red-crowned cranes, and the air resonates with the delightful calls of crane chicks as they eagerly seek their mother's attention. Zhalong Nature Reserve is now teeming with vibrant vitality. 



打卡中国最北城市——漠河

China's Northernmost City, *Mohe*

作者：周道 Zhou Dao

何芷翌 He Zhiyi

翻译：李睿 Li Rui

漠河，一座遥远而又神秘的北方边陲小城，被称为中国最北部的“神州北极”。中俄界江黑龙江从这里发源，蜿蜒东流。人们因“极光”而知道她，因“最北”来寻觅她，因“幽静淳朴”去想念她。

Mohe, a distant and enigmatic small town situated on the northern border, has earned the nickname of “China’s North Pole”. The Heilongjiang River, which marks the boundary between China and Russia, originates here and meanders eastward. Travelers are drawn to Mohe by her mesmerizing “aurora”, lured by her claim as the “northernmost” point and captivated by her serene and unpretentious charm.

夏季的漠河，没有了白雪皑皑的梦幻，凉爽宜人。据气象历史数据显示，漠河的日均气温仅 17°C。探访漠河，龙江第一湾必不可少。漠河的母亲河是额尔古纳河，她在漠河的洛古河村西北 15 公里处与俄罗斯方向流过来的石勒喀河汇合，成为黑龙江的源头。滚滚的黑龙江沿着内、外兴安岭交界处的低谷，一路东流 150 公里后，形成一个长度约 30 公里的 Ω 形弧度江湾，绝佳的地形让雄浑的江水急转回流、呼啸而去，阻挡江水的一侧壁立千仞、悬崖万丈，于是造就了与黄河、长江相媲美的龙江第一湾，也是中国最美九大江湾之一。

During the summer months, Mohe sheds its snowy and dreamlike appearance and instead offers a cool and pleasant climate. Historical weather data reveals that Mohe experiences an average daily temperature of just 17°C. No trip to Mohe would be complete without visiting the First Bend of the Heilongjiang River. The Argun River serves as the mother river of Mohe, merging with the Shilka River flowing from Russia at Luogu River village, located 15 kilometers northwest of Mohe. This confluence marks the origin of the Heilongjiang River, which flows through the valley at the junction of the Inner and Outer Khingan Range. After a 150-kilometer journey eastward, the river forms a stunning Ω-shaped bend stretching for about 30 kilometers. The landscape gives rise to a majestic sight, as the mighty river abruptly turns back and rushes forth with towering cliffs on one side, creating the magnificent “First Bend of the Heilongjiang River”. This remarkable bend rivals the grandeur of China’s famous Yellow River and Yangtze River bends, earning its place as one of the country’s most stunning nine river bends.



由于独特的地理位置，当夏至来临时，漠河昼长夜短，有接近 19 个小时的日照。从加漠公路前往北极村，路旁笔直、秀朗的白桦树连成了一片，穿行于其间，感受着北国的静谧与安详，仿佛行走于自己的心灵之壁。美丽的额木尔河虬卧在宽阔的山谷中，在蓝天白云下蜿蜒曲折地流淌，形成了天然湿地美景“九曲十八弯”，这是大自然最美的馈赠。沿途风景就是旅行者和摄影者的打卡胜地。

Due to Mohe’s unique geographical location, the summer solstice brings about long days and short nights, with nearly 19 hours of sunlight in the day. As you take the Jiagedaqui-Mohe highway to the Beiji Village, an enchanting sight unfolds before you: a continuous stretch of straight, beautiful white birch trees lining the road. Strolling amidst these trees, you can’t help but sense the tranquility and serenity of the northern region, almost as if traversing the very depths of your own soul. The picturesque Emur River flows through the wide valley, meandering under the vast expanse of the blue sky and white clouds, forming a mesmerizing natural wetland known as “Nine Curves and Eighteen Turns”. It’s a breathtaking gift from nature, a must-see destination for both travelers and photographers alike.





以“北”著称的北极村，没有人群的喧嚣，炊烟袅袅，云霞漫天，张开手臂，整个中国都在你的怀抱。这里是中国唯一能欣赏“北极光”之地。每年夏至（6月21日前后）的午夜时分，向北眺望，如果天气好的话，便能看到天空微微泛白，午夜恍若黎明。有时，晚霞未逝，朝云又起，异彩纷呈，绚丽多姿。这便是人们所说的“白夜”和“北极光”。

The Beiji Village rests in a serene, remote northland where the hustle and bustle of crowds fade away, replaced by wisps of smoke rising from chimneys, and the sky seemingly stretching into eternity. Standing here, you feel as though you could embrace the entirety of China with outstretched arms. This place stands as the only location in China where one can marvel at the captivating “aurora borealis”. On the night of



the summer solstice (around June 21st), weather permitting, you can gaze northwards and witness a faint brightening of the sky, akin to a midnight dawn. Sometimes, with the lingering evening glow and emerging morning clouds, a kaleidoscope of vibrant colors illuminates the landscape, creating a splendid spectacle known as the “white nights” and the “aurora borealis”.

打卡北极村，可不仅仅是为了观赏极光。来这里找“北”，这里有着许多中国的“最北点”。每一座山、每一条路都是“北”的尽头。中国最北教堂，在这里和你爱的人许下誓言，用一生来珍藏；中国最北邮局，从这里把最美漠河的回忆寄给自己；中国最北人家，留下来住一住木刻楞房，睡一睡热炕头……

However, the charm of the Beiji Village extends beyond the aurora. The village serves as a gateway to countless northernmost points in China, with every mountain and road leading to the farthest reaches of the north. At China’s northernmost church, you can make vows with your beloved, cherishing them for a lifetime. At China’s northernmost post office, you can send your fondest memories of Mohe to yourself. And at China’s northernmost homes, you can experience the cozy comfort of wooden log cabins and rest upon a heated *kang* (a stove-bed)...

你以为这就打卡了漠河？还不够。漠河石林是中国最北的石林，平均海拔1200米，绵延35公里。大林河、古莲河、阿巴河、乌玛河及恩和哈达河五条河流发源于此。北纬53°的寒冷地带，冬季气温可达零下50°C。除了银装素裹、美不胜收的雪景，漠河市还拥有中国境内最大的冰川——黑河冰川。

Do you think that’s all there is to it, Mohe? Far from it! Mohe is also home to the Mohe Stone Forest, the northernmost stone forest in all of China, which spans an impressive 35 kilometers at an average elevation



of 1,200 meters. It serves as the birthplace of five magnificent rivers: the Dalin River, the Gulian River, the Aba River, the Wuma River, and the Enhehada River. Nestled in the frigid zone at an astounding 53° north latitude, Mohe experiences the chill of winter like few other places. With temperatures plummeting to a bone-chilling -50°C , the region's snowy landscapes become an ethereal sight. Mohe City also proudly boasts the title of being home to China's largest glacier — the Heihe Glacier.

沧海桑田，历史的长河孕育了文化，文化又传承了民族基因。这里的原住民鄂伦春族谙熟大自然的法则，靠着神秘的萨满洞悉未知的奥秘。他们有自己的语言，却没有文字，用绳索记录着历史。鄂伦春族人勇敢坚强，以渔猎为生，他们以鱼类、鹿肉、驯鹿肉等为主要食材，制作独特的美食，如鱼丸、鹿肉火锅等。在漠河，你可以亲身体会渔猎的乐趣，感受这种独特

生活方式的魅力。

With the ebb and flow of time, the vast river of history has nourished culture, and culture, in turn, has kept ethnic spirit intact. The indigenous Oroqen people are deeply attuned to the laws of nature, drawing on the mystical knowledge of Shaman to unravel enigmatic secrets. While possessing their own language, they lack a written script; instead, they use ropes to document their history. These brave and resilient Oroqen people rely on fishing and hunting as their livelihood. Their diet features fish, deer meat, and reindeer meat, from which they skillfully craft unique delicacies like fish balls and deer meat hot pot. In Mohe, you can immerse yourself in the delight of fishing and hunting, experiencing the allure of this distinctive way of life firsthand.

漠河的景点和故事很多,为人所知的又太少。漠河,不仅仅是“极光”“极北”“极寒”的代名词,这里还有着极寒之下温热真挚的情感。“如果有时间,你会来看一看我吧,看大雪如何衰老的,我的眼睛如何融化,如果你看见我的话,请转过身去再惊讶……”2021年,一首《漠河舞厅》,因其背后那个真实感人的爱情故事,感动了无数人。故事发生在1987年春,大兴安岭发生了震惊全国的特大森林火灾,八级大风让大火从森林蔓延到漠河县城。大树被风连根拔起,房屋瓦片卷入空中,58 000多名军人、警察和村民经过28个昼夜的奋力扑救,才将大火扑灭。火灾过后,人们在漠河市建了一座“五·六”火灾纪念馆。馆内全面展示了从起火、成灾、扑火、救灾到家园重建、生态恢复的全过程。

Mohe is a place of abundant attractions and untold stories that have yet to reach the wider world. Beyond being synonymous with auroras, the extreme north, and bitter cold, Mohe holds a deep reservoir of sincere emotions beneath its icy surface. “If you have time, would you come and see me? See how the heavy snow ages, how my eyes melt. If you see me, please turn around and then be surprised ...,” in the song called “Mohe Dance Hall”, which was released in 2021, the heartfelt and true love story captivated countless hearts. The song is about the massive forest fire that ravaged the Greater Khingan Range in the spring of



1987 and sent shockwaves throughout the country. Fueled by a level-eight gale, the fire relentlessly spread to Mohe County, causing havoc as trees were uprooted and roof tiles were swept into the air. More than 58,000 soldiers, police officers, and villagers fought for 28 days and nights to extinguish the inferno. After the fire, a 5/6 Fire Memorial Museum was established in Mohe. Inside the museum, the entire harrowing process of the fire, from its ignition to disaster, fire suppression, disaster relief, home rebuilding, and ecological reconstruction, is painstakingly showcased.

《漠河舞厅》的男主角张德全在这场森林火灾中失去了热爱跳舞的妻子。思念从此就像一把枷锁,困住了这个用情至深的人。在余后的30多年,他未婚、无子,他用独舞这样的浪漫方式怀念着一生最爱的人:我永远思念你,你便永远存在。他用一辈子,在漠河诠释了真挚、热烈的爱情。

The song depicts the tale of Zhang Dequan, who tragically lost his wife, a passionate dancer, in that fire. From that moment on, longing gripped him like a shackle, imprisoning his deeply affectionate soul. For more than three ensuing decades, he remained unmarried and childless. He turned to the art of solo dancing — a poignant and romantic expression to keep the memory of their love alive, “I will





forever yearn for you, and you will forever dwell in my heart.” Throughout his journey, he found the essence of sincere and passionate love amidst the enchanting landscapes of Mohe.

是时候来漠河了吧？

Isn't it about time we made a trip to Mohe?

和你挚爱的人来体验一下十几个小时的雪国列车，听一曲周杰伦的《一路向北》，在列车的“哐当”声中穿越莽莽林海、感受雪国风光，一起目睹极光的绚烂，与驯鹿来一次亲密接触，去拥抱北纬 53° 的风。

Imagine this: Embark on a picturesque snowy country train journey that stretches over ten hours, hand in hand with your beloved. As you traverse vast forests and snowy landscapes, Jay Chou's melodious song “All the Way North” perfectly harmonizes with the rhythmic clatter of the train. Witness the awe-inspiring spectacle of the Northern Lights, get ready for an up-close encounter with graceful reindeer, and embrace the winds at 53° north latitude.

看看不输于贝加尔湖的“冰泡”湖，在茫茫的林海雪原上玩一次时下流行的“滴水成冰”。

Discover the enchantment of the “ice bubbles” lake, a worthy rival to Lake Baikal, and witness water droplets freezing amidst the vast snowy forest.

体验一下马拉爬犁驰骋雪地的快感，享受一次冰雪奇缘中滑雪的“嗨翻天”。

Race through the snowy terrain on a sled pulled by spirited horses and experience the pure joy of skiing in this frozen wonderland.

更重要的是和你珍惜的人一起站在这片土地上，迎过它的风，看过它的雪，走过它童话般的白桦林，到过一生一定要去一次的最北之地——漠河。

Yet, above all else, stand on this remarkable land with those you hold dear, embrace the winds, marvel at the snow, and wander through the birch forest. Finally, make a pilgrimage to Mohe, the northernmost destination that you simply must experience at least once in a lifetime. 📍

供图 / 王成 图虫创意



对话与互鉴——记谢飞导演欧洲行

Dialogue and Exchange: Director Xie Fei's European Tour

2023年5月下旬至6月中旬，孔子学院“对话与互鉴”之电影系列文化活动邀请著名导演谢飞先后前往匈牙利罗兰大学孔子学院、罗马尼亚克卢日巴比什-博雅依大学孔子学院、希腊色萨利大学孔子学院、德国纽伦堡-埃尔兰根孔子学院参加电影展演活动。本次活动持续25天，放映了以《香魂女》（1993）为代表的六部谢飞执导的电影，其间，350余名孔院师生、外方合作高校电影学院师生以及当地电影爱好者积极参与了此次活动。此外，谢飞导演还举办了相关主题的讲座，介绍了中国人的思想观、价值观与文化观，展现了中欧在文化视角与思维方式上的异同。现场气氛热烈，活动受到了广泛好评。



From late May to mid-June 2023, renowned Chinese director Xie Fei toured several Confucius Institutes across Europe, as part of the “Dialogue and Exchange” film event. His visits included the Confucius Institutes at Eötvös Loránd University (ELTE) in Hungary, Babeş-Bolyai University (UBB) of Cluj-Napoca in Romania, the University of Thessaly (UTH) in Greece, and Nürnberg-Erlangen in Germany. During this 25-day journey, six of Xie Fei’s films were showcased, including his most acclaimed work, *Woman Sesame Oil Maker* (1993). The event attracted over 350 students and teachers from the Confucius Institutes and the film schools of the hosting universities, as well as many local film enthusiasts. In addition to the screenings, Xie Fei delivered lectures that delved into the ideological, cultural, and value systems of the Chinese, and examined both the parallels and contrasts between Chinese and European cultures and thought processes. The event sparked lively discussions and concluded with widespread acclaim from all participants.

5月24日，匈牙利罗兰大学孔子学院举办电影艺术与文化多元主题讲座。谢飞作为主讲人，从他的个人成长经历切入，分享了自己学生时代的观影片单，介绍了他所执导的《香魂女》《我的田野》《湘女萧萧》等六部代表作品，并向现场观众展示了中国网友对匈牙利著名导演及其电影作品的影评，探讨中匈两国电影的文化互动。讲座结束后，谢飞一行与北京外国语大学学术委员会主任王定华，罗兰孔院匈方院长郝清新（Hamar Imre）、中方院长李登贵进行交流。王定华主任对谢飞导演在中国电影界的突出成就予以高度评价，谢飞导演也对北京外国语大学为中外电影译制所作的贡献表示赞赏。

On May 24th, the ELTE Confucius Institute held a lecture focused on film art and cultural diversity. The keynote speaker, Xie Fei, shared insights into his personal growth and reflected on influential films from his student years. He spotlighted six of his most notable works, including *Woman Sesame Oil Maker*, *Our Farmland*, and *A Girl from Hunan*. Moreover, he analyzed Chinese internet users' opinions on films directed by Hungarians, thereby fostering a cultural exchange between Chinese and Hungarian cinema. After the lecture, Xie Fei and his team engaged in a discussion with Wang Dinghua (Director of the Academic Committee at Beijing Foreign Studies University), Hamar Imre (the Hungarian Director of the ELTE Confucius Institute), and Li Dengui (the Chinese Director of the ELTE Confucius Institute). Wang Dinghua commended Xie Fei's contributions to the Chinese film industry, while Xie Fei expressed his appreciation for Beijing Foreign Studies University's efforts in translating Chinese films for the international audience.



5月31日，谢飞到访罗马尼亚克卢日巴比什-博雅依大学孔子学院，在电影媒体学院放映厅举办学术讲座，70余人出席活动，现场座无虚席。讲座结束后，谢飞代表北京电影学院向巴比什-博雅依大学电影媒体学院赠送北京电影学院学生电影作品集，向克卢日孔子学院赠送六部数字媒体电影硬盘，用于孔子学院的中文电影教学。仪式结束后，现场放映了由谢飞执导的剧情片《本命年》。之后，谢飞一行应邀参观罗马尼亚克卢日纳波卡市创新园区影视拍摄制作环境和资源的异同。



On May 31st, Xie Fei visited the UBB Confucius Institute, where he delivered a lecture in the Faculty of Theater and Film's screening hall. The event drew a crowd of over 70 people, filling the room to capacity. Following the lecture, Xie Fei, on behalf of the Beijing Film Academy, presented a collection of student films to UBB's Faculty of Film and Media, along with six digital media movie hard drives for the Confucius Institute's Chinese film teaching program. The ceremony concluded with a screening of Xie Fei's feature film *Black Snow*. Later, Xie Fei and his team visited the film studios at the Cluj Innovation Park, engaging in a stimulating discussion with the park's media technology engineers about the similarities and differences of film production in China and Romania.

6月9日，希腊色萨利大学孔子学院成功举办“品味中国电影·讲好中国故事”电影展演活动闭幕式暨谢飞导演座谈会。中华人民共和国驻希腊大使馆肖军正大使，色萨利大学校长齐西斯·玛姆里斯（Zisis Mamouris）、副校长约安娜·拉里奥图（Ioanna Lalioto），中华人民共和国驻希腊使馆教育专员田磊，雅典中国文化中心主任任刃，亚里士多德大学孔子学院中方院长鲍晓英，以及色萨利大学孔子学院师生共80余人出席活动。孔子学院学生还为到场嘉宾和观众表演了新编中国舞蹈《梦回江宁》和《回家》。本次活动为沃洛斯民众提供了一次零距离接触中国电影的机会，是中希方在电影艺术上的一次深度对话。



On June 9th, the UTH Confucius Institute held a special ceremony to mark the conclusion of the “Appreciating Chinese Films and Telling Chinese Stories” Film Exhibition. The event featured a discussion session led by director Xie Fei. In attendance were several notable figures, including Xiao Jun (China’s Ambassador to Greece), Zisis Mamouris (Rector of UTH), Ioanna Lalioto (Vice-Rector of UTH), Tian Lei (Education Commissioner of the Chinese Embassy in Greece), Ren Ren (Director of the China Cultural Center in Athens), and Bao Xiaoying (the Chinese Director of the Confucius Institute at Aristotle University of Thessaloniki). Additionally, over 80 students and teachers from the UTH Confucius Institute were present. The students put on a remarkable performance of two newly choreographed Chinese dances, *Dreaming Back to Jiangning* and *Going Home*, for the audience. The event not only provided an opportunity for the people of Volos to connect with Chinese filmmaking but also served as a significant bridge for artistic dialogue between China and Greece.



6月16日，谢飞携代表作《香魂女》来到了德国纽伦堡-埃尔兰根孔子学院，与广大电影爱好者面对面交流。该片曾获第43届柏林国际电影节金熊奖，如今应用当代技术对该片进行了修复，做成4K高清版本。此次谢导故地重游，也是《香魂女》30年后在德国的首映。此次放映吸引了160多位电影爱好者前来观影，在之后的互动环节，谢飞在回答影迷提问的同时，也向大家分享了这部电影背后的故事。影展见面会结束后，观众们热情不减，纷纷与谢飞合影留念。

On June 16th, Xie Fei brought his most well-known film *Woman Sesame Oil Maker* to the Confucius Institute at Nuremberg-Erlangen in Germany and engaged in a face-to-face exchange with the film enthusiasts there. This film has been restored to a 4K high-definition version, three decades after it won the prestigious Golden Bear award at the 43rd Berlin International Film Festival. The visit represented Xie Fei’s second time in the town and the film’s debut screening in Germany, attracting a crowd of over 160 enthusiasts. Following the screening, Xie Fei answered questions from the audience and shared behind-the-scenes stories about the film’s creation. The excitement continued even after the event ended, with many participants taking photos with Xie Fei. 📷

开启中西医 交流互鉴的窗口

——伦敦中医孔子学院

New Gateway for Medical Exchange and Mutual Learning between China and the West:
The Confucius Institute for Traditional Chinese Medicine

供稿：黑龙江中医药大学 Heilongjiang University of Chinese Medicine

作者：刘婷婷 Liu Tingting

吴林娜 Wu Linna

翻译：李睿 Li Rui

在英国伦敦泰晤士河南岸坐落着一家特色孔子学院——伦敦中医孔子学院。它是由英国伦敦南岸大学、中国黑龙江中医药大学和哈尔滨师范大学中英两国三所高校于2007年合作创办的全球第一所以中医药为特色开展汉语教育和中医养生文化推广的孔子学院。该孔院2008年正式揭牌运营。



示范孔子学院大楼
CITCM building

Situated on the southern bank of the River Thames in London, United Kingdom, stands an exceptional institution — the Confucius Institute for Traditional Chinese Medicine (CITCM). It was collaboratively founded in 2007 by London South Bank University (LSBU), Heilongjiang University of Chinese Medicine, and Harbin Normal University. As the world's inaugural Confucius Institute dedicated to Chinese language education and traditional Chinese medicine culture, CITCM primarily focuses on teaching Chinese medicine. It was officially inaugurated and began its operations in 2008.





孔院运营 15 年来，在进行汉语教学的同时，积极推介中国的中医特色文化，以实用易学的健康养生讲座和中医药文化展览和丰富多彩的工作坊吸引了当地民众，拓展了中英人文交流领域，促进了中西医的交流与合作。

For the past 15 years, CITCM has not only been teaching Chinese language but also actively promoting China's distinctive traditional medicine culture. Through practical and easy-to-understand health and wellness lectures, exhibitions on traditional Chinese medicine culture, and a diverse range of workshops, it has attracted residents, expanded the field of cultural exchange between China and the UK, and facilitated communication and cooperation between the Chinese and Western medicine.



养生保健与生态文明国际研讨会
International Conference on Health,
Healthcare and Eco-Civilization

神奇中医——为民众解除病痛

Relief from illness and pain through traditional Chinese medicine

伦敦中医孔子学院成立之初，就开设了中医(针灸)专业本硕连读学位课程，成为首个进入英国大学课程体系中的中医课程，目前已培养毕业生近百人。

Soon after its establishment, CITCM began offering a joint undergraduate and postgraduate degree program in Traditional Chinese Medicine (Acupuncture). It was a pioneering initiative, being the first Chinese medicine degree program integrated into the curriculum of a British university. Since then, CITCM has successfully trained close to a hundred graduates.



伦敦南岸大学针灸学位课程学生学习中医
Students of the Acupuncture Degree Program at LSBU attending class lecture

该孔院还开设了现代化的中医门诊。门诊诊疗项目全面，除针灸、推拿外，还提供拔罐、刮痧等中医药传统诊疗项目，患者每次看诊，都可以享受“一条龙”式的中医药诊疗服务。当地众多患者在接受针灸、

推拿等中医药治疗后，都感到疗效明显，成为忠实的中医药“粉丝”，定期到门诊进行健康咨询与养生保健。自门诊建立以来，黑龙江中医药大学每年都会选派专业教师、医生、专家承担诊疗工作和教学工作。该孔院作为黑龙江中医药大学的海外教学实践基地，还具备实训教学功能，每年都会选拔优秀志愿者辅助开展诊疗工作，还培养了多名英国本土中医师。

CITCM has also launched a state-of-the-art Chinese medicine clinic, offering a comprehensive range of treatment programs, such as acupuncture, Tuina massage, and traditional Chinese medicine techniques like cupping and scraping. Patients can access a wide array of traditional Chinese medicine services here. The positive therapeutic effects of these treatments have been experienced by numerous local patients. As a result, they have become ardent supporters of the traditional Chinese medicine and make regular visits to the clinic for health consultations and wellness care. The clinic has been staffed by professional teachers, doctors, and experts dispatched from the Heilongjiang University of Chinese Medicine since its inception. Serving as an overseas teaching practice base for the university, CITCM also functions as a training and teaching facility. Each year, exceptional volunteer students are handpicked to assist in delivering medical services. Additionally, it has successfully trained several British-born Chinese medicine practitioners.



针灸课程的学生在老师的指导下为患者治疗
Students of the acupuncture program
treating patients guided by their teachers

哈利娜是一位长期生活在英国的波兰籍患者，三年前她不幸患上了莱姆病，身体疲劳和肌肉疼痛给她的生活带来了很大影响。她虽然在波兰和英国四处寻医问药，但都没有得到满意的治疗。2022年，她经朋友推荐来到伦敦中医孔子学院中医门诊就诊，医生对她进行了针、药结合的治疗。数月后，她的症状明显缓解。2022年圣诞节，她在寄给医生的贺卡上写道：“是中医药给了我希望。”

Halina is a long-term Polish resident in the UK. She contracted Lyme disease three years ago, which profoundly affected her life with physical fatigue and muscle pain. Despite seeking treatment in both Poland and the UK, she found no satisfactory relief. In 2022, a friend recommended the CITCM clinic, where she received a combination of acupuncture and medication from a doctor. Within a few months, her symptoms significantly improved. Deeply grateful, she expressed her gratitude in a Christmas card to the doctor, acknowledging that “traditional Chinese medicine had given her hope”.

多年来，诸如哈利娜这样的患者还有很多，因为体会到中医药的良好疗效，他们给予了孔院和孔院门诊莫大的信任和支持。当地民众对中医药传统疗法也有了更为深刻的认识和更高的接受度。

Over time, numerous patients like Halina have witnessed the remarkable effectiveness of traditional Chinese medicine. Their trust and support for CITCM and its clinic have grown immensely. As a result, the local community has developed a deeper understanding and embraced traditional Chinese medicine more readily.



中医养生讲座
A traditional Chinese medicine
health lecture

伦敦中医孔子学院经常收到英国伦敦南岸大学及周边社区的邀请，针对当地常见病、多发病的防治及根据季节更替进行保健养生开展科普讲座。孔院从传统中医药理论出发，深入浅出地介绍常见病、多发病的中医病因病机，并根据当地的饮食习惯、文化禁忌等，讲授如何应用养生功法、穴位按摩和食疗药膳等方法进行自我调养和保健。

LSBU and local communities regularly invite CITCM to deliver popular science lectures on preventing and treating common and prevalent diseases, as well as maintaining health through seasonal changes. Drawing from traditional Chinese medicine theories, the institute offers clear explanations of the causes and development of these diseases. Their lectures also include practical healthcare techniques and methods that align with local dietary customs and cultural norms, such as health-preserving exercises, acupressure, and dietary therapies.



摄政公园“太极月”活动
“Tai Chi Month” at Regent's Park



“中华养生周”针灸讲座
Acupuncture seminar held during the “Chinese Wellbeing Week”



新春巡演——走进大英博物馆
Spring Festival Celebration Tour in the British Museum



新春巡演——走进孔子课堂
Spring Festival Celebration Tour in the Confucius Classroom

灿烂文化—— 绽放中英友谊之花

Radiant culture — Blossoming of Sino- British friendship

伦敦中医孔子学院结合中医药的养生理念，积极组织有特色的文化活动，如初夏摄政公园“太极月”、金秋“中华养生周”和农历新年“巡展、巡演、巡讲”等，这些都已经成为该孔院的文化品牌活动。

CITCM takes the initiative to host captivating cultural events that blend the healthcare principles of traditional Chinese medicine. Some noteworthy examples include the “Tai Chi Month” held at Regent's Park during the early summer, the “Chinese Wellbeing Week” held in autumn, and the “Exhibition, Show, and Lecture” tour held during the Chinese Lunar New Year festivities. These occasions have firmly established themselves as hallmark CITCM cultural experiences.



春节庆典活动——舞动太极
Spring Festival Celebration — Dancing Tai Chi

2023年农历新年期间，伦敦中医孔子学院就接到了近30所当地中小学的演出邀请，中国功夫、民族乐器、民族舞蹈、民乐串烧……孔院的专业演出团队，总能给观众们带来精彩纷呈的节目，孩子们争先恐后地参与互动，所到之处一片欢声笑语。

During the Chinese Lunar New Year in 2023, CITCM was invited by nearly 30 local primary and secondary schools. The institute's professional performance team captivated the audience with an impressive array of programs, showcasing Chinese martial arts, traditional musical instruments, ethnic dances, and a medley of traditional music. Wherever they went, they effortlessly engaged numerous children, bringing forth laughter and joy.

此外，每逢周末或重要的节假日，社区都会组织丰富的文化活动，免费向公众开放。伦敦中医孔子学院总会在这个时候出现在各种社区活动的现场，不仅会为孩子们提供剪纸、绘画、书法等手工工作坊，也会为大家献上精彩的演出，更是直接在现场提供健康咨询和养生服务。

Moreover, on weekends and important holidays, the local communities frequently organize a variety of culturally enriching activities that are accessible to the public free of charge. CITCM is a prominent presence in these events, offering children interactive workshops on paper cutting, painting, calligraphy, and other handicrafts. They also deliver exhilarating performances and provide on-site health consultations and wellness services.



手工工作坊
Handicraft workshop

如今，越来越多的人对中医感兴趣，开始认识到中国传统中医的神奇，伦敦中医孔子学院将继续发挥积极作用，让更多的人感受到中医的魅力。

Nowadays, there is a growing fascination with traditional Chinese medicine as an increasing number of individuals recognize its remarkable benefits. CITCM remains committed to promoting Chinese medicine, ensuring that an ever-greater number of people can experience its wonders. 孔

供图 / 刘婷婷 吴林娜



供稿：黑龙江大学 Heilongjiang University

作者：王悦 Wang Yue

翻译：李睿 Li Rui



多米孔院 多彩风景

THE
CONFUCIUS
INSTITUTE
IN THE
DOMINICAN
REPUBLIC:

—— 纪念中多建交五周年
Celebrating the 5th Anniversary of China-Dominican
Republic Diplomatic Relations

多米尼加北临大西洋，南临加勒比海，是加勒比地区的第二大国家，其首都圣多明各被誉为“美洲第一城”。2018年5月1日，中国与多米尼加正式建立了外交关系。中多建交一周之际，黑龙江大学与圣多明各理工大学合作共建的孔子学院正式揭牌，成为多米尼加第一所孔子学院。中多建交五年来，两国在文化、教育等领域密切交流合作，成为国家间友好合作、共同发展的典范。孔院建院四年来，出色的汉语教学成果及丰富多彩的文化活动逐步打响并提升了多米孔院在当地的知名度，成为当地民众了解中国和中国文化的重要窗口。

Situated between the Atlantic Ocean in the north and the Caribbean Sea in the south, the Dominican Republic is the second-largest country in the Caribbean. Its capital, Santo Domingo, is widely recognized as the “First City of the Americas”. On May 1st, 2018, China and the Dominican Republic officially established diplomatic relations. To commemorate the one-year anniversary of this diplomatic milestone, Heilongjiang University and Santo Domingo Institute of Technology (INTEC) jointly inaugurated the first Confucius Institute in the Dominican Republic. Over the past five years of diplomatic ties, the two countries have fostered a robust partnership in culture and education, setting a prime example of friendly collaboration and mutual progress between nations. Through its exceptional Chinese language instruction and diverse array of cultural events, the Confucius Institute has gained local acclaim over the course of four years. It now stands as a vital gateway for the local population to deepen their understanding of China and the Chinese culture.

掌握一种语言其实就是掌握了解一国文化的钥匙。当前，中文日益成为密切中多友好、促进两国人民相知相亲的纽带。中多建交五年来，越来越多的多米尼加朋友喜爱中文、学习中文。圣多明各理工大学孔子学院拥有一批经验丰富的中文教师，他们努力探索教学新模式，丰富教学内容，保证教学质量，激发了当地中文爱好者对中文更为浓厚的兴趣，培养了多名优秀中文学生。

Mastering a language is like unlocking the key to understanding a country's culture. In the case of the Dominican Republic and China, the Chinese language has increasingly become a bridge that nurtures friendship and mutual understanding. Over the past five years of establishing diplomatic relations, more and more Dominicans have developed a passion for learning Chinese. The Confucius Institute at INTEC has assembled a team of skilled Chinese language teachers who tirelessly explore innovative teaching methods and refine the curriculum to ensure top-notch education. Their dedication has sparked a heightened interest in Chinese among local enthusiasts and has yielded many exceptional students.



为满足当地企业的需求，孔院将商务汉语学习与基础汉语教学相衔接，成功开设了企业汉语班。多米尼加当地企业喜高公司 (Hayco) 自 2020 年以来，与孔子学院合作培训了数十名员工。大部分员工表示，学习中文给他们的职业发展带来了诸多的便利与好处，他们可以在工作中较好地运用中文，帮助他们破除与中国合作方在语言和文化方面的壁垒。喜高公司还与孔院共同举办了“中国文化交流周”“春节庆祝活动”等。活动期间，孔院院长与教师到喜高公司实地开设讲座，从中多文化差异讲到中国礼仪与禁忌，学员们均表示受益匪浅。

The Confucius Institute has responded to the needs of local businesses by introducing business Chinese classes that integrate fundamental Chinese language instruction. Since 2020, the institute has collaborated with a Dominican company called Hayco to provide training for its employees. Many of the participants have attested that learning Chinese has brought them convenience and numerous advantages in terms of their professional growth. They have become proficient in using Chinese effectively, allowing them to overcome language and cultural barriers when collaborating with Chinese partners. Moreover, both entities have jointly organized events such as the “Chinese Cultural Exchange Week” and the “Spring Festival Celebrations”. On these occasions, the director and teachers from the Confucius Institute personally visited the company to deliver lectures that covered a wide range of topics, including cross-cultural differences, Chinese etiquette, and taboos. The participants have greatly benefited from these informative sessions.



孔子学院教师
辅导学生

Confucius Institute
teacher guiding students
in their work

孔院优秀学员吴恺杰 (Edilian Uceta Espinosa) 荣获 2021 年“汉语桥”世界中学生中文比赛美洲冠军。他流利的中文表达和丰富的中文知识储备，给现场评委和观众留下了深刻的印象。多米尼加外交部为吴恺杰举行了隆重的颁奖仪式，并表彰了孔院在推动多米尼加国际中文教育、培养优秀中文青年等方面作出的杰出贡献。多米尼加外交部副部长何塞·胡利奥·戈麦斯 (José Julio Gómez) 代表外交部在致辞中说：“我们在吴恺杰身上看到了许多多米尼加年轻人的努力、自律、才华和拼搏。他们克服重重困难，以奋斗和奉献的精神取得了成功，将我们的国旗升到了最高处。他们每天都在鼓励我们对更美好的家园充满希望。”他指出：“吴恺杰代表多米尼加获此殊荣，也激励和鞭策着我们必须继续提高我们的中文教育质量，继续开辟道路并提供机会，让所有的多米尼加年轻人都能充分发挥他们的无限中文潜能。”

Edilian Uceta Espinosa is one exceptional student graduating from the Confucius Institute. He emerged as the champion of the 2021 “Chinese Bridge” World High School Students Chinese Competition in the Americas, leaving both judges and spectators impressed with his fluent Chinese expression and vast knowledge. To honor his achievement and commend the Confucius Institute for their efforts in promoting international Chinese education in the Dominican Republic and nurturing exceptional young Chinese talents, the Dominican Ministry of Foreign Affairs organized a prestigious award ceremony. José Julio Gómez, Deputy Minister of Foreign Affairs, expressed his admiration in a speech, saying, “In Edilian Uceta Espinosa, we witness the tireless efforts, discipline, talent, and perseverance of young Dominicans. Despite facing numerous challenges, they have triumphed through hard work and unwavering dedication, elevating our national flag to unprecedented heights. Each day, they inspire us, filling our hearts with hope for a brighter future for our country.” He further emphasized, “Edilian’s accomplishment serves as a representation of the Dominican Republic. He motivates and encourages us to continuously enhance the quality of Chinese education, thereby opening doors and creating opportunities for all young Dominicans to unleash their potential in Chinese.”

2023年，吴恺杰凭借扎实的中文基础和创新的教学方法，成了孔子学院的一名本土中文教师。他的课堂氛围活跃，教学内容生动有趣，深得学生们的喜爱。他即将在2024年赴华留学，实现自己的中国梦！



外交部为吴恺杰颁发“汉语桥”奖牌和奖品

Dominican Deputy Minister of Foreign Affairs presenting Edilian Uceta Espinosa with the "Chinese Bridge" medal and prize



在北京举行的“汉语桥”洲冠军选手表彰大会

Award Ceremony of "Chinese Bridge" Continental Finals in Beijing

In 2023, Edilian's exceptional command of Chinese and his innovative teaching methods led him to become a Chinese language instructor at the Confucius Institute. His classroom exudes energy, and his teaching materials effortlessly captivate the hearts of his students. With his exciting plans to study in China in 2024, he stands on the brink of fulfilling his Chinese dream!

此外，孔院还组织了许多丰富多彩的文化活动，如各类中国传统文化讲座、中秋和春节主题书画比赛、春节联欢会、国际中文日、端午节包粽子活动等。通过这些文化活动，多米尼加中文爱好者们认识了一个全面、立体、多彩的中国，致力于成为中多友好的使者。

The Confucius Institute has gone above and beyond in organizing a wide range of cultural events. These events include lectures on Chinese traditional culture, calligraphy and painting competitions held during the Mid-Autumn Festival and the Spring Festival, the Spring Festival Gala, celebrations for the International Chinese Language Day, and the rice dumpling making workshop on the Dragon Boat Festival. Thanks to these culturally enriching gatherings, Chinese language enthusiasts in the Dominican Republic have built a comprehensive, vivid, and multi-dimensional understanding of China and are eagerly embracing their role as friendly ambassadors between China and the Dominican Republic.



剪纸活动 Paper cutting



包粽子活动 Rice dumpling making

在中多双方高校合作的新机制下，圣多明各理工大学孔子学院蓬勃发展。建院四年来，孔院得到黑龙江大学的大力支持，疫情期间线上教学与活动的组织和参与等方面也得到了多方的大力支持与配合。圣多明各理工大学校长和副校长多次参加孔院的活动，如春节联欢会、“汉语桥”比赛等，并于2021年特别录制了庆祝黑龙江大学建校80周年贺词，称赞了两校合作的成果，表达了两校携手共进的信心。

Thanks to the new collaboration mechanisms between Chinese and Dominican universities, the Confucius Institute at INTEC has experienced remarkable growth. In the last four years, it has received unwavering support from Heilongjiang University. During the challenging times of the pandemic, it has benefited greatly from extensive support and cooperation from INTEC in organizing and participating in online teaching activities. The President and Vice President of INTEC have actively participated in various events organized by the Confucius Institute, including the Spring Festival Gala and the “Chinese Bridge” competition. In 2021, they recorded a congratulatory message celebrating Heilongjiang University’s 80th anniversary, where they commended the remarkable achievements resulting from the collaboration between the two universities and expressed their confidence in fostering further cooperation.

多米尼加圣多明各理工大学孔子学院已经走过了四个春秋。中多两国人民见证了孔院的诞生，并伴随着孔院成长，增进了两国人民的友好交流。越来越多的多米尼加民众能够通过孔院了解中国，学习并爱上灿烂的中国文化，与此同时，中国人民也增进了对多米尼加的认识和了解。

Over the past four years, the Confucius Institute at INTEC in the Dominican Republic has flourished. Both the Chinese and Dominican communities have witnessed the institute’s inception, growth, and the blossoming of friendly exchange between the two countries. As the Confucius Institute continues to introduce more Dominicans to China and foster an admiration for its dynamic culture, it also enhances Chinese people’s understanding and familiarity with the Dominican Republic. 孔

供图 / 王悦



古装秀 Chinese traditional costume show

《孔子学院》征稿函

《孔子学院》由中国国际中文教育基金会主办、上海外国语大学协办，拥有标准国际连续出版物刊号（ISSN）和中国国内统一刊号（CN），该刊为双月刊，有中英、中法、中西、中俄、中德、中意、中葡、中阿、中泰、中韩、中日 11 个中外文对照版，面向全球发行。

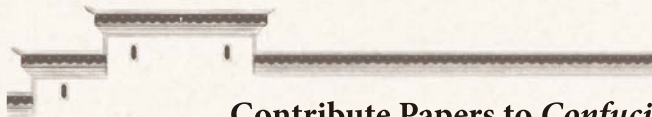
《孔子学院》设有“文化视窗”“汉语学习”“当代中国”和“孔院链接”栏目。“文化视窗”着重介绍中国不同地区风俗民情、特色文化和非遗（物质）文化传承等；“当代中国”旨在展示当地的最新发展，呈现中国百姓的日常生活、流行与时尚。2023 年拟依序介绍安徽省、江西省、贵州省、青海省、黑龙江省和广东省。“汉语学习”关注国际中文教与学的方方面面；“孔院链接”以汉语教师和学习者为主，聆听他们汉语教与学的故事。

投稿须知：

1. 文稿完整，包括题目、正文、署名和作者简介及联系方式。
2. 文字简洁，突出叙事性、趣味性和文化性，字数以 800—2500 为宜，中文、外文、中外文对照皆可。
3. 欢迎提供配图和图片说明，图片大小不低于 3MB，分辨率为 300dpi 以上，单独以附件形式发送。
4. 咨询、投稿邮箱：ci.journal@ci.cn。编辑部将在收稿 10 个工作日内予以回复。

免责声明：投稿稿件要求原创、首发，稿件中不得含有任何违法内容，不得侵犯他人名誉权、隐私权、商业秘密等合法权益，否则引发的法律责任由投稿人承担。一经投稿，即视为作者同意将作品多语种的修改权、复制权、汇编权、翻译权、信息网络传播权及电子数码产品版权等著作权（署名权、保护作品完整权除外）在全球范围内转让给《孔子学院》编辑部。

《孔子学院》编辑部



Contribute Papers to Confucius Institute

Confucius Institute is a bimonthly journal published jointly by the Chinese International Education Foundation (CIEF) and Shanghai International Studies University (SISU) for global distribution. Each issue comes in 11 bilingual editions, namely Chinese-English, Chinese-French, Chinese-Spanish, Chinese-Russian, Chinese-German, Chinese-Italian, Chinese-Portuguese, Chinese-Arabic, Chinese-Thai, Chinese-Korean, and Chinese-Japanese.

The journal aims to introduce Chinese customs, culture, fashion and Chinese language learning and teaching to cater for the needs of global Chinese language teachers and learners and those who wish to learn more about contemporary China.

We look for

- Q articles on Chinese cultural characteristics and intangible cultural heritages in provinces of Anhui, Jiangxi, Guizhou, Qinghai, Heilongjiang, and Guangdong respectively;
- Q stories about the current lifestyle and recent happenings in China from unique or cross-cultural perspectives;
- Q articles on Chinese teaching and learning, related research and testing, and good Chinese learning strategies;
- Q original stories of Chinese language learning and teaching both inside and outside Confucius Institutes.

Submission guidelines:

1. The manuscript should contain a title page with the author's name, short bio and contact information.
2. The manuscript can be written in a single language or bilingual format or both with words between 800 - 3000.
3. Articles with good stories or interesting narratives from different perspectives are most desirable.
4. Please supply photos and captions needed, and upload the image separately, making sure the photographic images no less than 3 MB in size and with a resolution above 300dpi.
5. Please send the contribution to ci.journal@ci.cn, which will be replied within 10 working days once received.
6. For further information, please contact us at ci.journal@ci.cn.

Prior to submission, please confirm that:

The contribution is your own work.

The contribution has not been published before.

The contribution contains no libelous or unlawful statements, does not infringe upon the privacy, and trade secrets of others, and does not contain any material that might cause harm or injury. Otherwise, the contributor shall bear legal liabilities arising therefrom.

Once the contribution is submitted, except rights of attribution and integrity, the author transfers the copyright of the work to the journal, which includes but is not limited to the right to modify, reproduce, compile, translate, disseminate, and publish the work in any digital form within the journal's global distribution network.

Editorial Department of *Confucius Institute*

敬请关注
孔子学院媒体矩阵！

12种语言说
“你好”



孔子学院
抖音号



孔子学院
微信公众号



孔子学院
微博



孔子学院
全球网站 ci.cn



孔院人的云上家园

RMB 16 / USD 5.99

ISSN 1674-1781



9 771674 178234