News Bulletin

EMBASSY OF THE PEOPLE'S REPUBLIC OF CHINA IN ISLAMABAD

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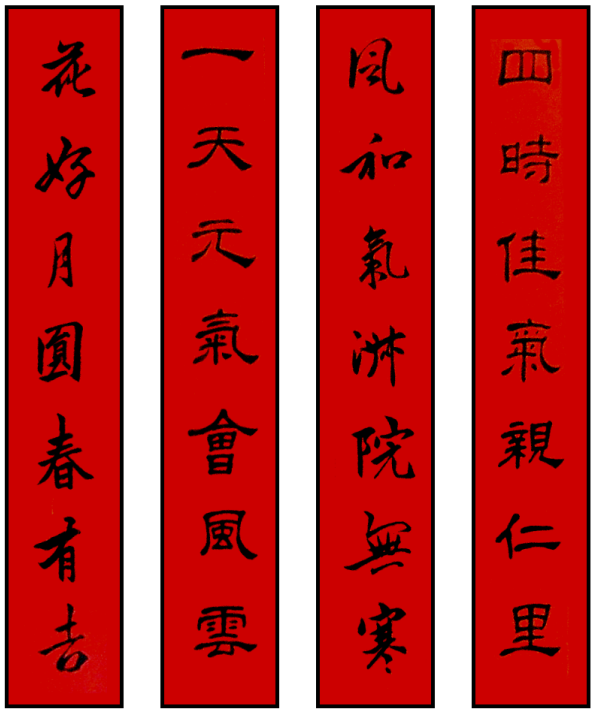
Chinese Calligraphy Art



It is very much like painting. It uses Chinese characters to communicate the spiritual world of the artist. Just as one thousand persons will have as many faces, one thousand persons will have as many differences in handwriting. Through the medium of form, way of handling the brush, presentation, and style, calligraphy as a work of art conveys the moral integrity, character, emotions, esthetic feelings and culture of the artist to readers affecting them by the power of appeal and the joy of beauty.

Calligraphy is not only a practical technique for writing Chinese characters, but also a unique Oriental art of expression and a branch of learning or discipline as well. As a branch of learning it is rich in content, including the evolution of writing styles, development and rules of technique, history of calligraphy, calligraphers and their inheritance in art, and evaluation of calligraphy as a work of art.

This branch of learning is wide ranging and deep, forming an important part of Chinese culture. Like chopsticks, this calligraphy used to be wholly Chinese. As Chinese culture spread to Korea, Japan, Vietnam and Singapore, calligraphy became a unique feature of Oriental art.

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Ambassador's Message

Welcome to join us on the latest forum of *News Bulletin* of the Embassy of the People's Republic of China in Islamabad.

For promoting understanding, cooperation and friendship between China and Pakistan, as well as between my Embassy and the Diplomatic Corp in Islamabad, this brochure is designed to serve as a window for learning about China, including news and information on politics, economy, culturte, custom, tradition, literature and latest activities of the Embassy.

China is a country with a vast territory, a huge population and 5000-year civilization. Since the founding of the New China 60 years ago, fundamental changes and great achievements have been taking place. At present, the Chinese people are marching on the road of building socialism with Chinese characteristics. The Chinese society has maintained stable, economy has kept growing, and people's living standard has been improved remarkably. Insisting in an independent diplomacy for peace and committing itself to building a harmonious world, China always is a major force for peace, development and cooperation.

China and Pakistan are good neighbors, close friends, trusted partners and dear brothers. Over the 59 years of diplomatic relations, our two countries have always understood, trusted and supported each other, fixing an all-weather friendship and carrying out all-round cooperation. Now in a new era I am convinced that, through the joint efforts of our two sides, the strategic cooperative partnership between China and Pakistan will step onto a new stage.

Luo Zhaohui

Ambassador Extraordinary and Plenipotentiary of the People's Republic of China to the Islamic Republic of Pakistan

Message from Xinhua News Agency

On the occasion of the publication of the first issue of the News Bulletin, I'd like to extend warm congratulations on behalf of the Xinhua News Agency.

I believe that the News Bulletin would be a new window for media organizations from both China and Pakistan to have a better understanding and a quick knowledge of what is happening in the two countries, the region and the world.

Xinhua News Agency, one of the world's leading news organizations, would surely provide services to the News Bulletin whenever needed.

Xinhua News Agency, with over 100 bureaus across the world, is the major source of news information of all fields of China and the rest of the world. It provides daily services in formats of text, photo, audio and video in Arabic, Chinese, English, French, Japanese, Portuguese, Russian and Spanish languages.

The website of Xinhua News Agency is www.chinaview.cn.

With best regards,

Li Jingchen
Chief of Xinhua Islamabad Bureau

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Message from People’s Daily

On this precious occasion of the founding circulation of your first English magazine News Bulletin, People’s Daily would like to send our sincere congratulations to China Embassy in Pakistan. It shows that the business and profession of your administration have stepped on a new stage.

We sincerely hope that this magazine will be successful and prosperous, and we will have a more close-knit collaboration in the future. In this context, our company would provide our sincere service from the bottom of the hearts.

With publication started in June 1948 and a current circulation of 3 million, People's Daily is the most influential and authoritative newspaper in China. According to UNESCO, it takes its place among the world top 10.

People's Daily brings you the latest news dispatches of policy information and resolutions of the Chinese Government and major domestic news and international news releases from China. It reflects the views of the Chinese people, expounds on justice and lambasts various forms of malpractice.

Published under the People's Daily are also dozens of newspapers including People's Daily Overseas Edition, East China News, South China News, Market Daily, International Financial Daily, Jiangnan Times, Global Times, Securities Times, Health Times, Satire and Humor and six monthly magazines including The Earth, News Front, Listed Companies, Times Trend, People Forum.

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As the official newspaper of the ruling party and central government, People’s Daily reaches virtually all of the policymakers and decision-makers in all sectors of government, business and society in China.

People’s Daily has a circulation of more than three million, making it the number one newspaper in China and one of the top ten newspapers in the world. You may reach my newspaper at http://english.people.com.cn

Message from Guang Ming Daily

The voice for deepening higher-deeper-sweeter strategic friendship will be regularly heard from News Billiton for ever.

Chinese Guang Ming Daily is the second largest mainstream newspaper in China, with more than 500,000 high ranking readers including intellectuals, high rank officials of the national government and more professional people from greatest state own national enterprises.

Zhou Rong
Chief Correspondent
Guang Ming Daily (China)
South Asia Bureau

Message from China Radio International

On this precious occasion of the founding circulation of your first English magazine News Bulletin, please accept our heartiest congratulations from China Radio International. We are delighted that many years service your Embassy and the Excellencies have given to our country should have been recognized and appreciated. May the co-operations and connections between us continue to develop with each passing day!

We sincerely hope that News Bulletin will be successful and triumphant, and will contribute to the enhancement of Pak-China friendship. We will have a more close-knit collaboration in the future. In this context, our company would provide our sincere service from the bottom of the hearts.

China Radio International, (CRI) is the only overseas broadcaster in the People's Republic of China. CRI was founded on December 3, 1941 and is owned and operated by the state.

CRI is one of the "three central media organizations in China" along with China National Radio (CNR) and China Central Television (CCTV).

Best Regards,

Xue Xiaoyun

Correspondent

Pakistan Bureau, CRI

President Asif Ali Zardari's Visit to China in August, 2009

Chinese Foreign Minister Yang Jiechi (R) meets with Pakistani President Asif Ali Zardari in Guangzhou, capital of south China's Guangdong Province, on Aug. 24, 2009. (Xinhua/Chen Yehua)

President of Pakistan Asif Ali Zardari is cracking down a new history of bilateral relations between the Islamic Republic of Pakistan and the Peoples' Republic of China. Since assuming the office of president on September 6 2008, he has made four visits to China. In this respect, President Asif Zardari has gone an extra mile in consolidating the existing foundation of the friendship between the two countries. The main purpose behind President Zardari to undertake visits to China every three months is to learn from the Chinese development experience. This anew invention in both countries, with already warm relations, is going to have a positive impact on Pakistan's development.

Each visit witnessed the signing of a number of Memorandum of Understandings (MoUs) between the two countries. Annual trade between the two sides is increasing to nearly US$ 8 billion with a target exceeding to US$ 15 billion by 2011. With the coming of the agreement on trade in 11 services sectors from October 1, 2009, which was signed in February this year during President Asif Ali Zardari's visit to China, trade is further going to be boosted between the two countries.

As part of the last tour, President Asif Zardari visited Zhejiang and Guangdong provinces of China's East Coast. The significance of these provinces for Pakistan is that both of these provinces operate large amount of trade with Pakistan. In February 2009, President Zardari visited Hubei province and Shanghai. China is already extending cooperation in a wide range of fields.

The centre piece of last visit had been the signing of over six MoUs in the field of cooperation in education, fisheries, agriculture, hydro dams, and investment. Under the hydro MoU, a dam will be constructed at Bunji in the Astore District of the Northern Areas to generate 7000 megawatts of electricity. This will make the Bunji Dam the largest source of electricity in the country. During the past three visits, both countries signed a number of other agreements to generate additional electricity by building other 12 small and medium sized dams. Chinese companies have already been working on a number of hydro projects in Pakistan including Neelum-Jhelum, Gomal Zam, and Mangla raising. Besides hydro cooperation, Pakistan also sought Chinese assistance in thermal and solar power generation. China also supports Pakistan in nuclear energy power projects.

Also, during this visit, a research link has been established between the South China Agricultural University and the Sindh Agriculture University at Tandojam. The MoU tends to aims at capacity-building, training of researchers, up-gradation of existing laboratories, and to undertake new research projects. It is hoped that such collaboration would help increase Pakistan's agricultural production particularly of rice, cotton, sugarcane, and oil seeds.

Besides meeting with the heads of local governments, President Zardari also met Chinese Foreign Minister Yang Jiechi during last visit in Guangzhou. Minister Yang extended Chinese President Hu Jintao's cordial greetings and good wishes to President Zardari and expressed appreciation for Pakistan's firm support on issues concerning China's core interests.

Yang said China-Pakistan ties had withstood the test of the changeable domestic and international situation and maintained healthy and smooth development. The bilateral strategic and cooperative partnership was developing smoothly with close high-level contacts, frequent friendly exchanges and deepened cooperation. China valued the hard-earned strategic mutual trust and deep friendship with Pakistan and would continue to view the bilateral ties from a strategic height and long-term perspective. China was ready to work with Pakistan to deepen the strategic cooperative partnership and enhance coordination in the international and regional affairs.

Zardari said that Pakistan adhered to the one-China policy and firmly backed the Chinese Government's position on the July 5 riot in Urumqi. Zardari called upon the two countries to enhance cooperation in such areas as agriculture, transportation, irrigation and infrastructure.

Pakistani Prime Minister Yousuf Raza Gilani's First Visit to China

Chinese President Hu Jintao (R) meets with Pakistani Prime Minister Yousuf Raza Gilani on Oct.13

At the invitation of the Chinese Government, Pakistani Prime Minister Yousuf Raza Gilani paid a visit to China from October 12 to October 15, 2009. In Beijing, Gilani met Chinese President Hu Jintao, Premier Wen Jiabao and Jia Qinglin, Chairman of CPPCC separately and attended the 8th Meeting of the Council of Heads of Government of Shanghai Cooperation Organization(SCO) member states.

Chinese President Hu Jintao met Pakistani Prime Minister Yousuf Raza Gilani at the Great Hall of the People on Oct. 13. Hu said China and Pakistan are friendly neighbors linked by mountains and rivers. Since the two countries established diplomatic ties more than half a century ago, they have always shared mutual respect, mutual trust, mutual support and mutual assistance no matter how the international situation and their domestic conditions changed. The two countries have developed an all-weather friendship and carried out all-dimensional cooperation.

Hu said China-Pakistan relations enjoy solid social basis and strong vigor. China has always taken its relationship with Pakistan as one of the priorities of its relations with bordering countries, He also expressed the willingness to join hands with Pakistan to further enhance mutual trust at

strategic level and deepen cooperation in all dimensions so as to jointly open up an even brighter future for China-Pakistan strategic cooperation. Hu noted trade and economic cooperation makes an important part of China-Pakistan relations.

Gilani conveyed congratulations from the Pakistani people and President Asif Ali Zardari to China on the 60th anniversary of the founding of the People's Republic of China. Pakistan treasures and appreciates the firm support that China lent to it, Gilani said. He emphasized that Pakistan-China friendship and their strategic cooperative partnership constitute an important factor for peace and stability in the region. Gilani expressed the willingness to conduct closer cooperation, reinforce traditional friendship, push forward practical cooperation in various fields and advance major cooperative projects for greater progress. Gilani also expressed the wish to strengthen cooperation with China on the anti-terrorism front. He said Pakistan will continue to adopt forceful measures to ensure the safety of Chinese institutes and personnel in the country. Gilani said Pakistan will continue to strengthen mutual support with China on regional and international issues. On October 15, Premier Wen Jiabao met with Pakistani Prime Minister Yousuf Raza Gilani at the Great Hall of the People.

Wen said China considered ties with Pakistan one of the priorities in foreign relations and it hoped to continue high-level exchanges and increase coordination on major international and regional issues with Pakistan to jointly address terrorist threats. China was willing to tap potential to advance pragmatic cooperation in all areas, well implement the already-signed agreements and under-construction projects and enhance cooperation in water conservancy, hydro-electricity, agriculture, fishery, railway, road transport, finance, education and culture, in a bid to carry on China-Pakistan friendship from generation to generation.

Gilani said China was Pakistan's most reliable friend and strategic cooperative partner. It is a common aspiration of the Pakistani government and people to further develop bilateral good-neighborly friendship. Pakistan was willing to work with China to boost the strategic cooperative partnership to a new high and enhance cooperation in economy and trade, agriculture, water conservancy, rail and road transportation and finance, he said. Gilani reiterated Pakistan's firm support of China's position and measures on issues related to Taiwan, Tibet and Xinjiang.

This is Prime Minister Gilani's first official visit to China after taking office. In 2008, Gilani also took part in the Opening Ceremony of Beijing Olympic Games and the 7th Asia-Europe Summit meeting in Beijing.

New Development in China-U.S. relations bears strategic significance

Chinese President Hu Jintao shakes hands with visiting U.S. President Barack Obama after they meet the press at the Great Hall of the People in Beijing on Nov. 17, 2009

At the invitation of President Hu Jintao of the People's Republic of China, President Barack Obama of the United States of America paid a state visit to China from November 15–18, 2009. The Presidents held in-depth, productive and candid discussions on China-US relations and other issues of mutual interest. They highlighted the substantial progress in China-US relations over the past 30 years since the establishment of diplomatic ties, and they reached agreement to advance China-US relations in the new era. President Obama had separate meetings with Wu Bangguo, Chairman of the

Standing Committee of the National People's Congress and Premier Wen Jiabao. President Obama also spoke with and answered questions from Chinese youth.

During the official talks between the Presidents, the two heads of state agreed to make concerted efforts to build a positive, cooperative and comprehensive China-US relationship in the 21st century and take effective actions to establish a partnership to cope with common challenges.

Hu said that under new circumstances, China and the US hold broader common interest and enjoy wider cooperation prospects on the major issues related with peace and development of mankind and shoulder equally important responsibilities. In the new era, the strategic and global importance of China-US relations is on the rise. To develop the long-term friendly cooperation between China and the US in the spirit of mutual respect, equal treatment, mutual benefit and win-win cooperation serves the fundamental interest of the two countries and our people and will promote peace, stability and prosperity in the Asia-Pacific region and the world at large.

Chinese Premier Wen Jiabao meets visiting U.S. President Barack Obama in Beijing on Nov. 18, 2009.

Hu proposed five important points of view on further promoting the development of China-US relations: First, make continuous efforts to increase strategic mutual trust. Second, maintain close high-level interactions and different levels of dialogue and consultation. Third, strengthen coordination on macroeconomic and financial policies. Fourth, continue to boost bilateral exchanges and cooperation in various fields. Fifth, jointly cope with regional and global challenges.

Obama said that a strong US-China partnership is beneficial to not only the two countries and their people but also to world prosperity. The two countries hold common interests in many key areas and the interests they have in common are far greater than their differences and divisions. The bilateral cooperation is beneficial not only to the US and China but also to the entire world.

Obama expressed full agreement on the five points of Hu on further strengthening the bilateral relations. He noted that the current US government, which is quite different from its predecessors in foreign policy, supports dialogues between nations and multilateral cooperation. The US does not seek to contain China, but welcomes a strong, prosperous and successful China with a bigger role in international affairs. US and China should enhance dialogue and consultation and engage in effective cooperation on economic, security, regional and global issues. He stressed that concerning the Taiwan question the US recognizes and respects China's sovereignty and territorial integrity and has no intention of interfering in China's core interests. The US reiterates adherence to the one-China policy and three US-China joint communiqués and supports the improvement of relations across the Taiwan Straits. The US will firmly pursue the one-China policy which will remain unchanged.

China and the United States issued a joint statement after the official talks. The China-U.S. Joint Statement stressed that, with global challenges increasing, the interdependence of all countries in the world had deepened and their need for peace, development and cooperation had increased. On numerous critical issues concerned with global stability and prosperity, China and the United States have a broader basis for cooperation and shoulder more important common responsibilities. The two countries should further enhance coordination and cooperation, jointly cope with common challenges and make efforts to promote peace, security and prosperity in the world.

According to the statement, the two sides welcomed all efforts conducive to peace, stability and development in South Asia. They support the efforts of Afghanistan and Pakistan to fight terrorism, maintain domestic stability and achieve sustainable economic and social development, and support the improvement and growth of relations between India and Pakistan. The two sides are ready to strengthen communication, dialogue and cooperation on issues related to South Asia and work together to promote peace, stability and development in that region.

Obama's four-day visit attracted worldwide attention. When he left, analysts saw a new direction for developing the China-U.S. relationship, which had major significance, and believed the summit had rendered bilateral relations stronger. Agreements between the two countries would bring more peace and stability to the Asia Pacific region as well as the rest of the world.

Full text of Chinese premier's address at Copengagen Climate Change Summit

Chinese Premier Wen Jiabao speaks at the leaders' meeting of the United Nations Climate Change Conference in Copenhagen, Denmark, Dec. 18, 2009.

The following is the full text of Chinese Premier Wen Jiabao's address, delivered at the Copenhagen Climate Change Summit here on , Dec. 18.

Prime Minister Rasmussen, Dear Colleagues,

At this very moment, billions of people across the world are following closely what is happening here in Copenhagen. The will that we express and the commitments that we make here should help push forward mankind's historical process of combating climate change. Standing at this podium, I am deeply aware of the heavy responsibility.

Climate change is a major global challenge. It is the common mission of the entire mankind to curb global warming and save our planet. It is incumbent upon all of us, each and every country, nation, enterprise and individual to act, and act now in response to this challenge.

The past 30 years have seen remarkable progress in China's modernization drive. Let me share with you here that China has taken climate change very seriously in the course of its development. Bearing in mind the fundamental interests of the Chinese people and mankind's long-term development, we have exerted unremitting effort and made positive contribution to the fight against climate change.

China was the first developing country to adopt and implement a National Climate Change Program. We have formulated or revised the Energy Conservation Law, Renewable Energy Law, Circular Economy Promotion Law, Clean Production Promotion Law, Forest Law, Grassland Law and Regulations on Civil Building Efficiency. Laws and regulations have been an important means for us to address climate change.

China has made the most intensive efforts in energy conservation and pollution reduction in recent years. We have improved the taxation system and advanced the pricing reform of resource products with a view to putting in place at an early date a pricing mechanism that is responsive to market supply and demand, resource scarcity level and the cost of environmental damage. We have introduced 10 major energy conservation projects and launched an energy conservation campaign involving 1,000 enterprises, bringing energy-saving action to industry, transportation, construction and other key sectors. We have implemented pilot projects on circular economy, promoted energy-saving and environment-friendly vehicles and supported the use of energy-saving products by ordinary households with government subsidies. We have worked hard to phase out backward production facilities that are energy intensive and heavily polluting. The inefficient production capacity that China eliminated between 2006and 2008 stood at 60.59 million tons for iron, 43.47 million tons of steel, 140 million tons for cement and 64.45 million tons for coke. By the end of the first half of this year, China's energy consumption per unit of GDP had dropped by 13 percent from the 2005 level, equivalent to reducing 800 million tons of carbon dioxide.

-- China has enjoyed the fastest growth of new energy and renewable energy. On the basis of protecting the eco-environment, we have developed hydro power in an orderly way, actively developed nuclear power, and encouraged and supported the development of renewable energy including biomass, solar and geothermal energy and wind power in the countryside, remote areas and other places with the proper conditions. Between 2005 and 2008,renewable energy increased by 51 percent, representing an annual growth rate of 14.7 percent. In 2008, the use of renewable energy reached an equivalent of 250 million tons of standard coal. A total of 30.5 million rural households gained access to bio-gas, equivalent to a reduction of 49 million tons of carbon dioxide emissions. China ranked first in the world in terms of installed hydro power capacity, nuclear power capacity under construction, the coverage of solar water heating panels and photovoltaic power capacity.

-- China has the largest area of man-made forests in the world. We have continued with the large-scale endeavor to return to farmland to forest and expand a forestation, and made vigorous effort to increase forest carbon sink. Between 2003 and 2008, China's forest coverage registered a net increase of 20.54 million hectares and forest stock volume rose by 1.123 billion cubic meters. The total area of man-made forests in China has reached 45million hectares, the largest in the world.

China has a 1.3 billion population and its per capita GDP has only exceeded 3,000 U.S. dollars. According to the U.N. standards, we still have 150 million people living below the poverty line and we therefore face the arduous task of developing the economy and improving people's livelihood. China is now at an important stage of accelerated industrialization and urbanization, and, given the predominant role of coal in our energy mix, we are confronted with special difficulty in emission reduction. However, we have always regarded addressing climate change as an important strategic task. Between 1990 and 2005, China's carbon dioxide emissions per unit of GDP were reduced by 46 percent. Building on that, we have set the new target of cutting carbon dioxide emissions per unit of GDP by 40-45 percent by 2020 from the 2005 level. To

reduce carbon dioxide emissions on such a large scale and over such an extended period of time will require tremendous efforts on our part. Our target will be incorporated into China's mid-and-long term plan for national economic and social development as a mandatory one to ensure that its implementation is subject to the supervision by the law and public opinions. We will further enhance the domestic-statistical, monitoring and evaluation methods, improve the way for releasing emission reduction information, increase transparency and actively engage in international exchange, dialogue and cooperation.

Dear Colleagues,

To meet the climate challenge, the international community must strengthen confidence, build consensus, make vigorous effort and enhance cooperation. And we must always adhere to the following three principles:

First, maintaining the consistency of outcomes:

The campaign against climate change has not just started. In fact, the international community has been engaged in this endeavor for decades. The United Nations Framework Convention on Climate Change and the Kyoto Protocol are the outcomes of long and hard work by all countries. They reflect the broad consensus among all parties and serve as the legal basis and guide for international cooperation on climate change. And as such, they must be highly valued and further strengthened and developed. The outcome of this conference must stick to rather than obscure the basic principles enshrined in the Convention and the Protocol. It must follow rather than deviate from the mandate of the "Bali Roadmap". It should lock up rather than deny the consensus and progress already achieved in the negotiations.

Second, upholding the fairness of rules:

The principle of "common but differentiated responsibilities "represents the core and bedrock of international cooperation on climate change and it must never be compromised. Developed countries account for 80 percent of the total global carbon dioxide emissions since the Industrial Revolution over 200 years ago. If we all agree that carbon dioxide emissions are the direct cause for climate change, then it is all too clear who should take the primary responsibility. Developing countries only started industrialization a few decades ago and many of their people still live in abject poverty today. It is totally unjustified to ask them to undertake emission reduction targets beyond their due obligations and capabilities in disregard of historical responsibilities, per capita emissions and different levels of development. Developed countries, which are already leading an affluent life, still maintain a level of per capita emissions that is far higher than that of developing countries, and most of their emissions are attributed to consumption. In comparison, emissions from developing countries are primarily survival emissions and international transfer emissions. Today, 2.4 billion people in the world still rely on coal, charcoal, and stalks as main fuels, and 1.6 billion people have no access to electricity. Action on climate change must be taken within the framework of sustainable development and should by no means compromise the efforts of developing countries to get rid of poverty and backwardness. Developed countries must take the lead in making deep quantified emission cuts and provide financial and technological support to developing countries. This is an unshirkable moral responsibility as well as a legal obligation that they must fulfill. Developing countries should, with the financial and technological support of developed countries, do what they can to mitigate greenhouse gas emissions and adapt to climate change in the light of their national

conditions.

And third, paying attention to the practicality of the targets:

There is a Chinese proverb which goes, "A one-thousand-mile journey starts with the first step." Similarly, there is a saying in the West which reads, "Rome was not built in one day." In tackling climate change, we need to take a long-term perspective, but more importantly, we should focus on the present. The Kyoto Protocol has clearly set out the emission reduction targets for developed countries in the first commitment period by 2012. However, a review of implementation shows that the emissions from many developed countries have increased rather than decreased. And the mid-term reduction targets recently announced by developed countries fall considerably short of the requirements of the Convention and the expectations of the international community. Itis necessary to set a direction for our long-term efforts, but it is even more important to focus on achieving near-term and mid-term reduction targets, honoring the commitments already made and taking real action. One action is more useful than a dozen programs. We should give people hope by taking credible actions.

Fourth, ensure the effectiveness of institutions and mechanisms:

Concrete actions and institutional guarantee are essential to our effort on tackling climate change. The international community should make concrete and effective institutional arrangements under the Convention and urge developed countries to honor their commitments, provide sustained and sufficient financial support to developing countries, speed up the transfer of climate-friendly technologies and effectively help developing countries, especially small island states, least developed countries, landlocked countries and African countries, strengthen their capacity in combating climate change.

I wish to conclude by underlining that it is with a sense of responsibility to the Chinese people and the whole mankind that the Chinese government has set the target for mitigating greenhouse gas emissions. This is a voluntary action China has taken in the light of its national circumstances. We have not attached any condition to the target, nor have we linked it to the target of any other country. We will honor our word with real action. Whatever outcome this conference may produce, we will be fully committed to achieving and even exceeding the target.

Thank you.

Notable highlights, remarkable achievements

Chinese Foreign Minister Yang Jiechi reviews Chinese diplomacy in 2009

As the year 2009 draws near to an end, Chinese Foreign Minister Yang Jiechi interviewed by People's Daily, and highlighted remarkable achievements made by Chinese diplomacy in 2009.

About the International Situation

The year 2009, Yang noted that, has seen one of the most complex and profound changes in the international situation for more than a century. It is a "Year of Crisis" and a "Year of Change". The international financial crisis has created long-term and profound impacts on the international balance of power, the evolution of the international situation and the relations between big powers. There are four main features presented.The first feature is the rise of emerging powers has become the most significant trend and the prospect for a multi-polar world has become clearer. Secondly, breakthroughs have been made in reforming the international economic and financial system, and the international economic system entered a transitional period. The third feature is major countries strengthened adjustments of domestic and foreign policies, which led to changes in relations among them. The last feature is that global issues have become more prominent and relevant multilateral diplomacy has been increasingly active.

Achievements made by Chinese diplomacy

Looking back at the outstanding achievements made by Chinese diplomacy, Yang noted that this year is the 60th anniversary of the People's Republic of China and its diplomacy. Chinese diplomatic work has made important new achievements.

First, multilateral summits became an important platform for our diplomacy this year. President Hu Jintao attended the G20 summits in London and Pittsburgh, the UN climate change summit in New York, the 64th UN General Assembly general debate and the UN Security Council Summit on Nuclear Non-proliferation and Disarmament, the 17th Asia-Pacific Economic Cooperation (APEC) Economic Leaders' Meeting in Singapore. Premier Wen Jiabao attended the UN climate change conference in Copenhagen.

Second, China's relations with major countries have developed in an all-around way. China-U.S. relations are showing a positive momentum of comprehensive development. This year President Hu Jintao has met with U.S. President Barack Obama many times. China successful received Obama's visit to China. Chairman Wu Bangguo of China's National People's Congress Standing Committee visited the United States. Sino-Russian strategic cooperative partnership keeps enhancing. Over the past year, President Hu Jintao met with Russian President Dmitry Medvedev four times. And Russian Prime Minister Vladimir Putin visited China. China successfully held the "Russian Year". In terms of relations with the European Union, Premier Wen Jiabao and EU leaders successfully held the 11th China-EU summit. The 12th China-EU Summit was held in Nanjing, China. In addition, China strengthened cooperation with the newly elected Japanese government. Sino-Japanese strategic and mutually beneficial relations have developed steadily.

Third, China keeps deepening good-neighborly friendship with neighboring countries and has strongly consolidated the traditional friendship with developing countries. China, Japan and South Korea successfully held the second summit meeting. China held the 8th prime ministers' meeting of the Shanghai Cooperation Organization member states. Premier Wen Jiabao also attended the 12th China-ASEAN (10+1) Summit, the 12th ASEAN Plus China, Japan and South Korea (10+3) Summit and the 4th East Asia Summit. President Hu Jintao attended the first formal meeting of BRIC in Yekaterinburg, Russia. Premier Wen Jiabao attended the opening ceremony of the 4th Ministerial Meeting of China-Africa Cooperation Forum in Sharm el-Sheikh, Egypt.

Fourth, China made a lot of efforts in area-specific diplomacy and achieved notable results. China made great efforts in conducting economic diplomacy to serve the general domestic situation. China also strengthened our efforts in dealing with security in order to safeguard national sovereignty and security interests. In addition, China actively conducted public diplomacy. At last, China upheld the principle of "people orientation and diplomacy for people".

Chinese diplomacy in 2010

Looking ahead, Yang emphasized that the year 2010 will be a key period for world economic recovery and international systematic reform. It will also be a year in which China realizes the task of "maintaining stability and promoting development". China will hold intensive multilateral summits, high-level meetings of the UN General Assembly, G20 Summit, Global Nuclear Security Summit, and BRIC Leaders' Meeting. China will also participate in international economic and financial cooperation actively. In addition, China will strengthen global cooperation in various aspects such as climate change, energy security and anti-terrorism, facilitate the solution of hot issues. China will try her best to manage foreign affairs during Shanghai World Expo 2010 and the 16th Asian Games at Guangzhou, making them important platforms to conduct public diplomacy.

Preparation for 2010 Shanghai Expo proceeds into operation phase: Chinese official

Wang Jinzhen, Executive deputy head of the Liaison Group of Shanghai World Expo Organizing Committee, adresses the 146th General Assembly of the Bureau of International Exhibition (BIE) in Paris, France, Nov. 24, 2009. The preparation for the 2010 Shanghai Expo has proceeded into exhibits arrangements and service operation as site constructions are mostly completed, China's representatives of Executive Committee of the Shanghai Expo announced here Tuesday in its last report of progress in the 146th General Assembly of the Bureau of International Exhibition (BIE).

The preparation for the 2010 Shanghai Expo has proceeded into exhibits arrangements and service operation as site constructions are mostly completed, China's representatives of Executive Committee of the Shanghai Expo announced here Tuesday in its last report of progress in the 146th General Assembly of the Bureau of International Exhibition (BIE) in PARIS, Nov. 24.

With less than six months ahead of the 2010 Shanghai Expo, all preparation on construction and operation are underway smoothly as scheduled, said Yang Xiong, the deputy director of the executive committee for Shanghai Expo and vice mayor of Shanghai.

Transportation infrastructures inside and outside the Expo site will basically finished by the year end and put into use by the end of next March. Supporting public utilities such as medical treatment, drinking water and communication are also steadily in progress, the report said.

Five permanent structures, namely China Pavilion, Performance Center, Expo Center Theme Pavilion and Expo Boulevard will be completed by the year ends. Twenty-six out of the 42 self-built pavilions of foreign participants have completed their structure and 37 out of 42 rented pavilions were accomplished. All the 11 joint pavilions have been completed by now.

By Dec. 1, over 3,400 rooms in apartments in the Expo Village and service apartments in the surrounding areas will be put into service, and the number will reach 6,700 at the end of the year and 7,100 by the end of next March, the report said.

Yang Xiong, the deputy director of the executive committee for Shanghai Expo and vice mayor of Shanghai, receives an interview after attending the 146th General Assembly of the Bureau of International Exhibition (BIE) in Paris, France, Nov. 24, 2009.

"As major parts of the construction work has finished, we have shifted our focus to operation, such as service, exhibits arrangement and further design and organization of events and forums," Yang told Xinhua. During the grand cultural events, about 20,000 sessions of various performances will be staged. To date, 200 countries and international organizations have submitted application for National Day and Honor Day events, totaling 633 performances.

The Expo is not only a carnival for China, but also a showcase for worldwide extraordinary culture and innovations. "The success of World Expo 2010 is bound to help rebuild the global confidence in economic development, and further promote international exchange and cooperation," said Wang Jinzhen, chief delegate of China to the BIE.

To provide better service for foreign participants, four management departments has formed with professionals and experts to be deployed in different zones to improve on-spot service.

Additionally, during the Expo, about 200,000 volunteers selected from current 500,000 applications will offer services in the sites, on city streets, at airports and docks for visitors from across the world. Chinese delegation issued invitation to friends all over the world at the assembly.

Vicente Loscertales, Secretary General of the Bureau of International Exhibition (BIE), adresses the 146th General Assembly of BIE in Paris, France, Nov. 24, 2009

"I think their preparations (for the Shanghai Expo) are progressing very very well," Secretary General of the BIE Vicente Loscertales told Xinhua. "The thing we have to do is to finish the preparation on time and open our doors on May 1 to the whole world, in which I have total and utter confidence."

Pakistan Pavilion

An artist's rendition of the Pakistan Pavilion.

An artist's rendition of the PakistanPavilion.

The Pakistan Pavilion, which will face the Chinese Pavilion, will create a replica of the Lahore Fort, an iconic symbol of the city of Lahore at the 2010 Expo.

The fort which dates back to the year 1025AD is the cultural capital and heart of modern-day Pakistan. It was given its current design in 1566AD. The building is listed as a UNESCO world heritage site.

Pakistan started building its 2,000-square-meter pavilion today, marking this with a ground-breaking ceremony at the Expo site.

Themed "harmony in diversity," various aspects of the best of Pakistan's cities will be merged into one showcase of culture, tradition, modernity and history.

In the pavilion, visitors will be able to experience the life of a typical Pakistani citizen through detailed visual and multimedia presentations.

Traditional Pakistani dances will be performed and a traditional Pakistani restaurant will serve the unique tastes of Pakistani cuisine with BBQ foods, unique sauces and "Chai," a special local milk tea. Masood Khan, ambassador of Pakistan to China as well as the commissioner general for Pakistan for Expo 2010, said at the ceremony that the country hoped to display its strength and practice in building a harmonious city. He believed Expo 2010 will provide a stimulus package for the world economy.

A special section in the pavilion will be dedicated to the fraternal relationship and strong bonds between the people of Pakistan and China. (Source: en.expo2010.cn)

China to continue fiscal and monetary policies next year

Chinese President Hu Jintao, who is also general secretary of the Central Committee of the Communist Party of China and chairman of the Central Military Commission, speaks during the Central Economic Work Conference, in Beijing, capital of China, Dec. 7, 2009. Other Chinese leaders Wu Bangguo, Wen Jiabao, Jia Qinglin, Li Changchun, Xi Jinping, Li Keqiang, He Guoqiang and Zhou Yongkang also attended the conference.

China to keep macroeconomic policy stance in 2010 with flexibility China to keep continuity, stability of economic policy China's economic policy to focus on steady growth, stable prices: think tank China pilots venture capital funds for innovation, restructuring

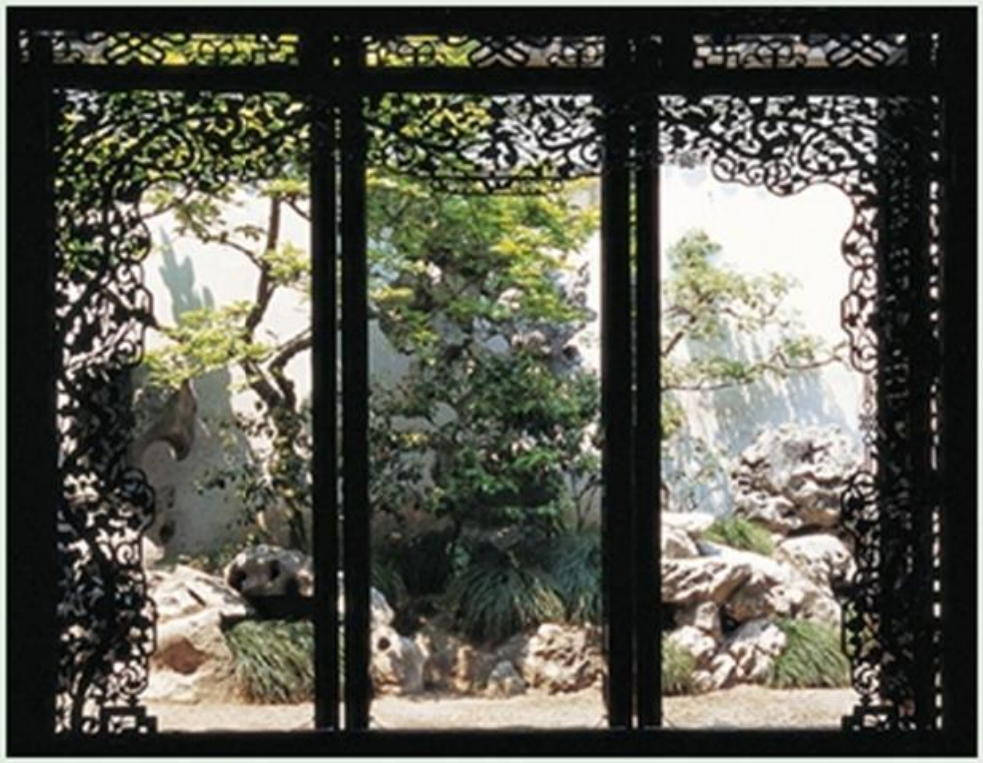
China would continue to adopt the proactive fiscal policy and moderately easy monetary policy next year and endeavor to improve the economic growth quality, according to the Central Economic Work Conference Monday. Chinese President Hu Jintao and Premier Wen Jiabao addressed the meeting, which is held once a year to set the tone for economic development during the next year. It was agreed at the conference that 2010 is the last year in the counry's 11th five-year plan, and to do a good job in the country's economic and social development next year was of great importance to dealing with the impact of the international financial crisis successfully in an all-around way and laying a sound foundation for China's 12th five-year plan. More efforts would be made to

promote the transformation of the economic development pattern and structural adjustments and to enhance the focus and flexibility of economic policy in the following year in line with new situations next year, according to the attendees of the meeting. More efforts would also be laid on reform and opening-up, innovation, enhancing the vigor and momentum of the economic growth, improving people's livelihood, maintaining social harmony and stability, said participants of the conference. It was agreed at the meeting that a good balance should be kept in maintaining a relatively fast and stable economic growth, economic restructuring and dealing with predicted inflation next year.

Wen Jiabao, member of the Standing Committee of the Political Bureau of the Central Committee of the Communist Party of China and Chinese premier, speaks during the Central Economic Work Conference, which was held in Beijing, capital of China, on Dec. 5-7, 2009.

The government would strengthen financial support to sectors including farming, science and technology, education, health care, social security, affordable homes, energy saving and environmental protection in 2010, according to participants of the conference. The country would tightly control loans targeted at high energy-consuming, high polluting industries and those with excessive production capacity in a bid to improve loans quality and efficiency, according to the meeting. The Central Economic Work Conference comprises policy-making officials from central and provincial-level governments.

Culture



The Formation and Development of the Chinese Garden

The garden should be a perfect blending of nature and construction by man. It should be an imitation of nature, and fully manifest the beauty of nature in limited space; it is also an improvement on nature which should show the painstaking efforts of the garden builder in every corner. The Chinese garden has concentrated man-made structures like rockery, fish ponds

and all manner of pavilions together with flowers, trees, breezes and moonlight of nature, and have combined all these into an artistic entity in which man and nature can co-exist harmoniously. The presently preserved northern imperial gardens were primarily built in the Ming Dynasty (1368-1644) and the Qing

Dynasty (1616-1911), and were places where the feudal royalty could live, enjoy walks in, throw banquets, entertain and hunt. They took up large areas of space and were equipped and decorated very lavishly. The building of these gardens required large amounts of human labor and heavy investments. The gardens of South China are concentrated mostly in cities and towns on the lower reaches of the Yangtze River, which is where scholars loved to gather since ancient times. This is also where writers and calligraphers would live in leisure so they could be close to nature, or where officials and rich merchants would show off their wealth and gamble on horses and dogs. Northern gardens are characterized by grandeur of scope, where as Southern gardens emphasize a more delicate beauty. Famous gardens are scattered all over the Chinese landscape like so many pearls, and give silent testimony to the history and culture of China.

In addition to imperial gardens and private gardens, we can also find open-style scenic areas for the pleasure of the visitor, which possess both the mountains and waters of nature, and cultural spots of interest. These scenic areas are similar in nature to parks, such as the famous five mountain ranges-the Taishan Mountains to the east, The Hengshan Mountains to the south, the Songshan Mountains on the middle plain area of China, the Huashan Mountains to the west, and the Hengshan Mountains (written differently) to the north. After generations of development and management, these have already become renowned scenic park areas. And the West Lake of Hangzhou is an even more exemplifying model for gardens and parks. Parks with temples are another lovely form of parks and gardens. The so-called “Temple Parks”refer to parks belonging or attached to Buddhist temples, Taoist temples, altar temples or ancestral halls. The large ones are very much like imperial gardens, whereas the smaller ones resemble more the private gardens. These gardens which are interspersed in natural areas can often be found mixed with parks and gardens of a scenic nature, or are even a part of the scenic parks themselves. Some of the more renowned Temple Parks include Beijing’s Tanzhe Temple, Jietai Temple, Taiyuan’s Jinci Temple, Suzhou’s West Garden, Hangzhou’s Lingyin Temple on the West Lake, and Chengde’s Waiba (Eight Outer) Temples.

Students of global Confucius Institutes perform in Beijing

Students of the overseas Confucius Institutes perform during a performing art show in Beijing, China, Dec. 11, 2009. On Friday evening, students of the Confucius Institutes from 22 countries staged a performing art show, featuring Chinese songs and dances, as well as Peking Opera.

A student of the Confucius Institute attached to University of Nairobi of Kenya sings a Chinese song during a performing art show in Beijing

Students of the Confucius Institutes from Australia, France, Russia and Hungary perform during a performing art show in Beijing, China, Dec. 11, 2009.

Kashgar Travel Guide

Modern Kashgar

Transportation

Kashgar, located in the western part of China, has been the transportation hub in southern Xinjiang for thousands of years. It was in fact the strategic point of the Silk Road in the ancient time, connecting China with Eurasia. However, it still maintains its importance nowadays with comparatively good transport system. It is easily accessible by air, train and bus from Urumqi, the capital of Xinjiang. There are even daily flights to Urumqi and also international airline services to Islamabad, Osh and Andijan from this airport.

On the other hand, there are several regular daily train and bus services plying between Urumqi and Kashgar. Its developed highway, centred at Kashgar City, extends to 8 directions: northeast to Aksu, Korla, Turpan; southeast to Shule, Hetian, Yengisar, Ye Cheng; east to Dunhuang in Gansu Province and Golmud of Qinghai Province. There is also Zhong-Ba International Highway (China to Pakistan) leading to Pakistan as well.

By Air

Location:Kashgar Airport is located about 10 kilometers (about 6 miles) north of city of Kashgar.

Built in 1953, Kashgar Airport is the second largest airport in Xinjiang Province. With more than 60,000 square meters (about 14.8 acres) available for ground handling of aircrafts along with an area of 28,000 meters (about 6.9 acres) devoted to runway traffic, Kashgar Airport is quite capable of accommodating incoming and outgoing flights to destinations including but not limited to Urumqi, Hotan, Kuqa and Aksu.

Kashgar Airport also has international flights available to cities such as that of Kirghizia and Uzbekistan. In Kashgar Airport large and spacious main terminal building restaurants, stores, and several airline ticket offices are available for the comfort and convenience of travelers.

There are regular bus services between Kashgar Airport and the city center. With a fare of just CNY10 per pax, the bus is able to drop passengers at any hotel in the city. The bus driver is also able to recommend its passengers hotel according to their needs. Bus No.2 plies the route from the airport to downtown district of Kashgar. If taxi is preferred, going to the city center costs only CNY10.

By Train

Kashgar is one of the most important cities on the Silk Road. It is also a transportation hub in western China. Kashgar Railway Station, being the last station in southern Xinjiang, is only about 5 kilometers (3.1 miles) away from the city center and takes about 15 minutes' drive. There are daily trains running between Kashgar and Urumqi.

By Long-Distance Bus

Highways branch out to all directions of Kashgar. Kashgar International Bus Station is located on Jie Fang Nan Lu. From the station, visitors can go to other cities in and around Xinjiang. To the northeast, busses go to Aksu, Korla, Turpan and Urumqi; to the southeast, busses go to Yengisar Shule and Shache; to the east, there are buses to Dunhuang in Gansu Province and Golumd in Qinghai Province.

Busses leave for Urumqi five times a day at 13:30, 16:00, 18:00, 19:00 and 21:00. In addition, the Zhongba International Highway, which leads to Pakistan, is in the south of Kashgar and there are separate highways to CIS (Commonwealth of Independent States) in north and west. Other than that, Kashgar Bus Station at Tian Nan Lu offers bus services to Hetian, Yecheng and Tashikurgan.

From July 2007, there is a special tourist line running between Tashkurghan and Kashgar. Tashkurghan is the best place for viewing the beautiful scenery of the Pamirs. The whole journey covers about 292 kilometers (181 miles) long and the fare is below CNY60. There are 5 buses running opposite directions from 09:00 every hour. Passengers can either buy their tickets at the

bus station or on board the bus. This special tourist line will pass through 7 important tourist attractions on the way, including Karakul Lake.

By City-Bus

There are 30 bus routes in Kashgar City that goes to almost every corner of the city. Taking the public bus is the most convenient mode of transportation. Passengers can get a rough view of the city along the way. The fare is only CNY1 per person. Bus No.2 runs between the city center --- People's Square and Kashgar Airport. Bus No.20, which starts from Xi Yu Square, is idle for visitors for they can go to the city center --- People's Square --- to visit the Id Kah Mosque, then to East Gate to shop at the Grand Bazaar and the terminal stop is Abakh Khoja Tomb. Apart from that, Bus No.26 and No.28 take you to the railway station from the city center.

People's Square is the busiest commercial area in the city center, with the famous Id Kah Mosque lying north of it. Both are crowded with locals and visitors alike every day, bargaining for commodities or souvenirs (such as Yengisar knives, bronze ware and Etles silk).

By Taxi

Taking a taxi is the best way to save your time during your vacation. Their flag down rate is CNY5 for the first 3 kilometers (1.86 miles) and CNY1.3 per kilometer after that. As Kashgar City is not very big, the taxi fare will normally not exceed CNY5 if traveling within the city. Taxi fare from Kashgar Airport or Abakh Khoja Tomb to the city center is about CNY10.

Bicycle renting services is also available in most hotels in Kashgar, with rental charges of CNY3 per hour or CNY30 per day.

When to go

Kashgar is located at the continental climate region, with relatively longer summer time and shorter winter. The coldest season is January having an average temperature of minus 6 degree centigrade and the average temperature for the hottest July is about 27 degree centigrade.

The period from April to October is a pleasant time to visit Kashgar while the most comfortable weather condition and ripe fruits in that region make August and September the best two seasons to visit. Moreover two of the most popular local festivals (Corban Festivals and Lesser Bairam) take place during this period when visitors can enjoy many colorful celebration activities.

Where to go:

Abakh Khoja Tomb, Id Kah Mosque, Karakul Lake, kashgar Bazaar, Stone City, Three Immortals Buddhist Caves

Embassy Events

On December 19, the Embassy and the All Pakistan-China Friendship Association jointly held prize distribution ceremony of the Slogan and Poster Competition for the 60th anniversary of new China's establishment. Federal Minister Shahid Hussain Bhutto, Chinese Ambassador Luo Zhaohui, President APCFA Mian Habibullah delivered speeches. There were more than 300 participants, of which 30 students got the prizes, attended this function.

This year's November 28th is traditional Muslim festival Eid-e-Azha. Chinese Ambassador Luo Zhaohui and wife Counsellor Jiang Yili led a delegation composed by main diplomats of the Embassy to call on Mr. Raza Khan, President of Overseas Chinese Association Rawalpindi, and his family. Ambassador expressed congratulations and sent goats to Mr. Raza and the overseas Chinese Uighur representatives from Lahore, NWFP and Gilgit. During his stay, Ambassador Luo also expressed festive greetings to all Pakistani friends.

Chinese Ambassador to Pakistan Luo Zhaohui addresses the rollout ceremony of a JF-17 Thunder fighter plane, first of its kind made in Pakistan, at the Pakistan Aeronautical Complex in Kamra, some 60 kilometers northwest of the Pakistani capital Islamabad, Nov. 23, 2009. The JF-17, unveiled on Nov. 23, is a kind of advanced multi-role fighter jointly invested and developed by China and Pakistan.

Pakistani Prime Minister Syed Yousuf Raza Gilani (2nd R) sits in the cockpit of a JF-17 Thunder fighter plane, first of its kind made in Pakistan, at the Pakistan Aeronautical Complex in Kamra, some 60 kilometers northwest of the Pakistani capital Islamabad, Nov. 23, 2009. The JF-17, unveiled on Nov. 23, is a kind of advanced multi-role fighter jointly invested and developed by China and Pakistan.

A new JF-17 Thunder fighter plane, first of its kind made in Pakistan, is unveiled at the Pakistan Aeronautical Complex in Kamra, some 60 kilometers northwest of the Pakistani capital Islamabad, Nov. 23, 2009. JF-17 is a kind of advanced multi-role jet fighter jointly invested and developed by China and Pakistan.

On October 3rd, Mr. Li Zhaoxing, Ex-Foreign Minister of China and Director Member of the Foreign Affairs Committee of the National People's Congress, led a delegation to call on the Embassy and expressed his sincere solicitude to all the diplomats and staff of the Embassy. He expressed congratulations for China's 60th National Day and traditional Mid-Autumn Day and briefed domestic development.

On October 5th, Foreign Secretary Salman Bashir and Madam held a reception in Foreign Office of Pakistan to celebrate 60th anniversary of founding of China. Chinese Ambassador Luo Zhaohui and Madam Counsellor Jiang Yili as well as all the Chinese diplomats, media staff, representatives from Chinese local companies attended.

On October 3rd, President Asif Ali Zardari and Prime Minister Syed Yousuf Raza Gilani jointly held reception for China's 60th anniversary of founding. As the special envoy of Chinese Government, Mr. Li Zhaoxing, Ex-Foreign Minister of China and Director Member of the Foreign Affairs Committee of the National People's Congress, graced this function and delivered a warm speech. Almost 500 dignitaries from all walks of Pakistan attended this great feast. President Zardari, Prime Minister Gilani and Chairman Li Zhaoxing together cut the celebration cake. The cultural troupe from China offered a fantastic performance for all Pakistani audiences via live broadcasting.

On October 2nd, President Asif Ali Zardari attended, as the chief guest, a grand reception hosted by Chinese Ambassador to Pakistan Luo Zhaohui and Madam Counsellor Jiang Yili here to celebrate the 60th anniversary of founding of the Peoples Republic of China.The Chairman Joint Chiefs of Staff Committee, services chiefs, federal ministers, politicians, diplomats and elite of the federal capital attended the reception. President Zardari along with the Chinese Ambassador and other dignitaries cut a special cake to mark the occasion.

On October 1st, the very day of China's 60th anniversary of founding, the Chief of Navy Staff of Pakistan, Admiral Noman Bashir and Madam held a joint celebration with the Embassy in the auditorium of Bahria University Islamabad. Chinese Ambassador Luo Zhaohui and wife Counsellor Jiang Yili, Foreign Secretary Salman Bashir, elder brother of the CNS, and Madam also were present. The cultural troupes from both countries presented a great performance.

On October 1st, the International Strategic Studies Institute of Pakistan and the Embassy jointly held a seminar on New China's Foreign Policy and Sino-Pak Relations in Islamabad to celebrate the 60th anniversary of China's founding. As chief guests, Ambassador Luo Zhaohui and Mr. Nawabzada Malik Amad Khan, Minister of State for Foreign Affairs, presented in occasion.

On September 30th, the Embassy held reception for the Chinese in Pakistan to celebrate Double-Festival: the 60th birthday of China and the traditional Mid-Autumn Day. More than 500 overseas Chinese, representatives from local Chinese companies, exchange students as well as all the Chinese diplomats got together.

On September 28th, Prime Minister Syed Yusuf Raza Gilani inaugurated China Cultural Week to celebrate China's 60th founding anniversary arranged by the Embassy at the National Art Gallery. The Prime Minister delivered a highly-appraised speech and watched a cultural show of Chinese artists and acrobats.The Cultural Week included photo exhibition showing China's achievements in the past 60 years, cultural and film show.

On September 27th , the Chief of Air Staff of Pakistan, Air Chief Marshal Rao Qamar Suleman held a joint celebration with the Embassy in a fabulous tent in the Chaklala Air Base Rawalpindi. All the Aircrafts produced by China in past 60 years reminded everybody the time-tested Sino-Pak friendship. The cultural troupes from both sides presented a great performance. The Chinese song sung by the Pakistani children from PAF School impressed everybody in the occasion. Nearly 1500 diplomats, high officers of PAF and their families shared the unforgettable night.

On September 26th , the Association of All Chinese Companies in Pakistan and Islamabad Chamber of Commerce and Industries jointly held Pakistan-China Economic Cooperation Seminar in Islamabad. As chief guests, Ambassador Luo Zhaohui and Senator Azam Swati, Federal Minister for Science and Technology presented in occasion and delivered speeches.

Tips of Effective Tea Drinking

by: China Highlights;

Drinking tea offers numerous benefits. It refreshes the mind, clears heat within the human body and helps people lose weight. As you add a cup of tea to your daily routine, please check the following tips which help you reap the maximum health benefits.

1. Drink it hot. Tea oxidizes quickly after brewing, and its nutrients diminish overtime. It is suggested that you drink it hot to get the best out of tea.

2. Do not drink too much strong tea. It is likely to upset your stomach and cause insomnia if you make the tea too strong. Usually you can mix 4 grams (0.13 ounce) of tea leaves with 250 milliliters (0.44 pint) to make a cup of tea. An overall amount of 12 - 15 grams (0.4 - 0.5 ounces) of tea leaves is suitable for daily consumption.

3. The best time to drink is in between meals. Do not drink tea soon after or before meals. Otherwise it may quench appetite when your stomach is empty, or cause indigestion when your stomach is full.

4. Do not drink with medication. Tea contains large amount of Tannin, which will react with certain elements in the medicine, thus reduce medical effects. You can drink tea a couple of hours after you take medicine.

5. Green tea is the best option for office workers. Green tea contains catechins that help prevent computer radiation and supplement moisture content of the human body.