



YUNNAN DAILY PRESS GROUP

# CHINA·YUNNAN

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## App-ing away to an active, healthier life

Last year, I activated the fitness tracking function in China's most popular instant messaging app WeChat in a bid to stay fit. By opting for an account that pulls motion data from my smartphone and auto-counts my steps, I was ranked against my account peers based on the number of steps I took everyday.

I was motivated to intensify my exercise regime after seeing people I knew taking far more steps than me, and to catch up, I began using a treadmill while holding my phone in hand.

The WeChat sports function, launched in 2015, has become quite popular. Nearly 900 million people were using it at the end of last year. The popularity of such fitness motivators shows that people are becoming more conscious about the quality of their life and the importance of staying healthy.

Annual surveys by the National Health and Family Planning Commission of People's Republic of China on public health awareness show that people have become

more health conscious. And that among all the "stay healthy" messages, having an active lifestyle is the one most followed.

In Beijing, for example, people swarm to the Olympic Forest Park to jog or walk regularly. And it's not just young people who exert themselves in this way. The elderly can be seen in groups briskly walking the same routes.

The government has launched public health education programs, and even issued food and nutrition guidelines that recommend people eat less red meat and engage in more physical exercises such as brisk walking.

My father is in his early 70s. Now, he too uses the WeChat sports function. After he learned that I was trying to walk 10,000 steps a day, he strived to cover a few more steps than me.

That, as my mother later told me, was a distant hello and "I am doing well and miss you" from my father. I'm glad the government's health message has hit home.

(Shan Juan, adapted from China Daily)

## Dali University goes international

Luo Rongchan

Ms Shaneed Ansari, a handsome college student from Nepal, just started his master's degree program at Dali University, located in west Yunnan. After learning the reputation of the University at home, he decided to realize his dream of becoming a doctor here.

In the past decade, the university has trained more than 2,000 international students from South and Southeast Asian countries. As of May this year, the university has 1,036 international students from 23 countries, ranking first in Yunnan and 12th in China in terms of the number of international students.

**80% Indian students pass qualification exam**

Manoj Kumar Vashisth came from India. He is now a graduate student majoring in medical science at Dali University. He said, "It's great to study here. The university and its affiliated hospitals have worked out good internship programs for medical trainees under the most experienced doctors. The clinical guidance is excellent."

Doctor is a popular oc-



Students from South Asian countries participate in the annual cricket match at Dali University (Photo provided by Dali University)

cupation in South Asian and Southeast Asian countries. The majority of students passing the qualification examination for physicians can get a job at public hospitals with a decent salary.

These students find it a good choice to study medicinal science in China. Because it is close to their home country, and the quality of teaching and teachers are good. Courses are basically given in English and there are advanced medical equipment and hospitals for internship. The most important thing is that the tuition is affordable. According to statistics, more than 80% of the Indian students gradu-

ating from Dali University passed India's national qualifications, while the rate for Pakistani and Nepalese students are even higher.

The teaching approach of the university has also been recognised by the international community. Dali University has been included in the international medical education directory and Avi Sena medical school student directory. Its degrees have been recognised by the British Medical Association, the American Academic Medical Qualification Examination Committee, India Medical Association, Nepal Medical Association,

Pakistan Medical Association and more.

**Experience a diverse campus culture**

In 2002, the university launched its first international student program, admitting overseas students from Vietnam, Laos, Cambodia and other Southeast Asian countries. Starting 2005, its MBBS program began to enroll students from India, Pakistan, Nepal, Bangladesh and other South Asian countries. The medical major has been quite popular with 505 South Asian graduates over the past 11 years.

In order to attract more outstanding students to study

at university, 4 types of scholarships were launched for international students. Students from South Asian countries can apply for the "Belt and Road Scholarship" granted by Yunnan provincial government. The university grants 2-million-yuan scholarships each year.

International students at Dali University can not only receive high-quality clinical knowledge, but also learn the Chinese language, culture and etiquette.

In order to better help South Asian students, Dali University recruited Indian faculty to be responsible for the management and accommodation of overseas students so as to better cater to their needs.

Students from South Asian countries have also set up their own students' associations. They often organize various recreational activities to celebrate traditional festivals of their countries. Annual cricket match is also organised for South Asian students on campus and from other colleges. In order to take care of the students' eating habits, South Asian canteen with Indian chefs was opened, thus they see the university as a second home.

## Lao-China Bank Boten Branch opens

Yang Shuyan

The Boten Branch of the Lao-China Bank officially opened in Boten Economic Zone of Laos, marking a new step of Yunnan's financial opening up under the Belt and Road Initiative, and ushering a new chapter in the financial settlement in northern Laos.

The Lao-China Bank was jointly proposed and invested by Fudian Bank of Yunnan and Lao People's Foreign Trade Bank. As the first China-Laos joint venture financial institution approved by the Lao Central Bank and the first overseas bank subsidiary approved by China's Banking Regulatory Commission, it has been providing differentiated products with local characteristics and safe, efficient and convenient services to the local market since its inception three years ago. By virtue of the policy advantages of the economic zone, the bank aims at exploring and serving cross-border cooperation based on the demands of the regional customer and cross-border markets.

## Flower park attracts 589 million yuan

The Yunnan Flower Demonstration Park has attracted 589 million yuan (\$87.58 million) in investments brought from nine domestic projects between January and June of this year, accounting for 51 percent of its 1.15 billion yuan target.

Thanks to the park's management efforts, huge development progress has been witnessed during the first half of the year, strengthening the park's leadership in agriculture and special plateau industries.

A project commenced last September, establishing 5.65 million cubic metres of biogas pipe capable of treating 396 metric tons of fruit and vegetable wastes.

Since the beginning of this year, the park has focused on processing of agricultural products, urban agricultural tourism and the construction on unique towns in Yunnan. The park will allocate more resources to attract additional investments for upcoming projects.

(csa-expo.com)

## Tea gardens help lift border towns out of poverty

As long as one set foot on the land of Tengchong, the rich yet refreshing tea aroma would soothe one's mind.

Located in the west of Yunnan Province, Tengchong sits on China's famous Cenozoic volcano groups. The soil here is rich in organic matters and nitrogen, phosphorus, potassium and trace elements, making it ideal for the growth of tea. As one of the top 100 tea plantation areas in China, Tengchong has 24,710 acres of tea plantations, of which around 247 acres are certified as organic tea gardens, around 1,235 acres are green ecological tea gardens, and more than 12,355 acres are certified as pollution-free gardens. In 2016, Tengchong black tea, green tea, oolong tea, white

tea, dark green tea are local brands with China's national geographical indications examined and approved by the national trademark authorities.

Chen Yazhong, Chairperson of Tengchong Gaoligong Ecological Tea Co., Ltd. told reporters that she was thrilled when she found the ancient tea trees in the mountains 34 years ago. Starting from scratch, she is now running a company with 1,646 acres of tea plantations, employing more than 50,000 households, directly benefiting more than 180,000 tea farmers. The company's output reached 28.5 million US Dollars, increasing local farmers' annual income by around 9 million.

Shao Cunfen is a tea farmer of Xinghua Village,

Mazhan Township. She has been doing odd jobs for the company over the past years. According to her, the company raised the purchase price of fresh tea leaves, and advanced the cost for nursery stocks and organic fertilizers, largely relieving the burden of local farmers. Each household can get an annual income of up to 1,200 yuan from each mu (1 mu equals to around 667 m<sup>2</sup>) of their tea plantations.

"Tengchong teas are most unique among their peers," said Xu Jiabao, head of the Tengchong Agriculture Bureau, "the combination of characteristic plateau agriculture and tourism would rejuvenate our agriculture and increase the farmers' income."

(Dahe.cn)

## How Chinese dairy industry stages a comeback

**Editor's Note:** In this issue, the column will focus on China's supply side reforms and how the country's dairy industry has staged a comeback.

Li Jie is a first-line manager at Wandashan Dairy Company Limited, located in northeast China's Heilongjiang Province. Over the past 16 years, she has witnessed the shift from raising free-range calves to more scientific breeding methods and how the domestic dairy industry has staged a comeback.

Li Jie first began to work at Harbin Pingda Breeding Factory after graduating from university. "Back then, we did not know which kinds of weather and environment



Li Jie inspects the dairy products. (Photo by People's Daily)

conditions were best suited to raising cows. Our place was thinly populated and had vast meadows, so we raised cows in a free-range environment," Li Jie said.

After a year, Li Jie became a member of the milk sourcing project office. She learned to do research and carried out a general survey

of the companies sources at all their milk stations.

In order to produce milk that is more nutritious and tastes better, calves, growing cows and lactating cows, gradually are provided their own living spaces. On the large ranches, cows are fed with nutritious food and thermostatic water. The cows

even listen to music and sleep on beds made of rubber and sponges.

Quality and safety are the lifelines of making dairy products. "I deeply feel that product quality is like a delicate baby. It must be taken good care of to grow up healthy and strong," Li Jie said. How can we keep milk fresh for a long time? How can we prevent raw milk from being contaminated by microbes? When you find the answers to these questions, the product quality can be assured.

"Now, I'm mainly responsible for the production department. I'm most concerned about the quality of infant dairy products. She said, Production and supply must keep pace with the needs of our customers. Otherwise, who will buy our products?" (Ke Zhongjia/People's Daily)

## Wooden bowl: Palm-on signature of Tibetans

Liu Xiao



Xiyi (right) introduces his hand-made wooden bowls to a tourist. (Online Photo)

sticks to the plain hand making, which is by no means easy in fact. From material selection to polishing, shining, drawing, painting and jpanning, 10 plus procedures are involved. Finally, the jpanned items will be dried up in the cellar, which is also an inherited production skill.

"In my family mill, it takes us 7-10 days to make a wooden bowl. A first-rate bowl can cost 10 thousand US dollars, while the cheapest ones are around ten dollars,"

said Yixi.

Thanks to the superb skills and exquisiteness, Yixi's wooden bowls are not only well accepted in Diqing and other Tibetan areas, but also sold to neighboring countries, such as Nepal.

In recent years, tourism in Diqing is booming, which gives a strong pull to the market demand of ethnic crafts. Meanwhile, Yixi also developed new products such as bracelets, tea bowls, tea boxes. All are popular souvenir choices by tourists.

## Indian and Egyptian photographers portray Lijiang

Celebrated photographers from home and abroad have been invited to pay a special visit to the city of Lijiang recently, to take part in an event entitled "Lijiang, in the eyes of the world".

Among the invitees

are 7 famous photographers, including Indian photographer Abhijit Dey, and Gold Award winner of International Film Festival; Ahmed Mohamed Hassan, an Egyptian scenery photographer and gold medal

winner of international photography awards; and Gong Zheng, former vice president of China's Folk Photography Association and honorary chairman of Jiangxi Photographers Association.

Outstanding works shot

during the event will be compiled and published as a tribute to the 20th anniversary of the accreditation of the Old Town of Lijiang as a World Heritage site. "They took pictures of the old town's water system, and they will also focus on

the building complexes, food, traditional handicrafts and more of the town. They are also going to visit Shuhe and Baisha towns," introduced the staff of the event.

(Compiled by Yunnan Daily)

## Yunlong Tianchi Nature Reserve: Where man and nature exist in harmony

Tang Jingchun

**Editor's note:** Yunnan is the province with the most abundant biodiversity in China, and is often referred to as "the kingdom of plants and animals". In this issue, we will take you on a tour of the province's Yunlong Tianchi National Nature Reserve.

Recently, we made three tours of Yunlong Tianchi National Nature Reserve. After driving westwards from the seat of Yunlong County, located in northwest Yunnan, along a winding road for more than 20 kilometres, we found ourselves in a relatively low-lying area surrounded by mountains and dense pine



forest. We were stunned by what we saw -- blue skies, white clouds, green mountains, crystal clear water, all imbued with the fragrance of pine and grass.

"Here is the home of Pinus yunnanensis," said Yin

Ruihe, deputy director of the Yunlong Tianchi Nature Reserve Administration. The nature reserve, home to a forest of Pinus yunnanensis, is an endemic natural setting for the trees. Tsuga yunnanensis, more commonly called

hemlock, is the second largest plant species here.

"This is the home of Chinese yews," said Tang Yuming, director of the Tianchi Police Station. He went on to tell us that the yews are a first-grade endangered plant

species that survived previous ice ages. They grow slowly in natural conditions and are referred to as living fossils.

"Here's the southernmost habitat of the Yunnan snub-nosed monkey," said Li Quanzhang, deputy director of the Yunlong Tianchi Nature Reserve Administration.

He said, "In the past few years, we have been exploring standardized, scientific and information-based management policies for the nature reserve. With a mobile phone application called Patrol Assistant, rangers can collect and sort out resource data in real-time. Every square kilometre of the nature reserve is monitored by infrared cameras."