纪录片《“晓”康之行》解说词

我是艾琳

I am Jocelyn

我是马修

I am Matt

2020年是我在中国生活的第12年

2020 is my 12th year of living in China

2020年是我在中国生活的第6年

2020 is my 6th year of living in China

截止2014年底

By the end of 2014

中国仍有7000多万农村贫困人口

There were still more than 70 million people living in poverty in rural China

2020年是脱贫攻坚的决胜之年

2020 will be the year When the fight against poverty will be decisive

今年我有机会在中国边走边看

This year we have the chance to travel across China

和当地人交流

甘肃篇

to speak with local people

去感受人民是怎样通过互联网脱贫的

to find out how they get rid of poverty through Internet

这一次我将去往中国西部的甘肃省

This time I'm traveling to the west of China, Gansu province

去搜寻和脱贫相关的三个线索

where I will discover more about poverty alleviation through three things

砖雕 平安果和橄榄枝

brick carvings, apples and olive branches

通过我们的旅程 向你展示一个不一样的中国

Our journey will introduce you to a China you've never seen before

我的第一站是甘肃临夏

My first stop in Gansu was in Linxia city

我造访了很多的石雕街道

There I visited many different stone carving streets

临夏的砖刻是非物质文化遗产

The brick carvings in Linxia are intangible cultural heritage

这个地方具有浓厚的艺术气息

The area has superb art culture

艺术品具有强烈的民族特色

and the art there demonstrates obvious characteristics of the local ethnic groups

这块砖雕是我们临夏最有名 也是保存的最完整的一块老砖雕

This brick carving is the most famous and best preserved one in Linxia

我想不出这些精美的砖雕

I can hardly imagine how such intricate

是如何帮助人们脱贫的

and exquisite carving can help poor people to escape poverty

有个年轻人告诉我她认识一个叫张海林的人

A young guy told me that she knew of a man named Zhang Hailin

张海林是当地的一名砖雕艺术传人

who is an inheritor of the local brick carving culture

她告诉我张海林对砖雕艺术文化十分熟悉

She told me to find him to learn more about the culture and the area's intricate carvings

我现在就出发去张海林家里

So I set off down the road to Zhang Hailin’s house

你好 我是马修

Hello, I am Matt

你是张海林吗

Are you Zhang Hailin?

是的 你好

Yes. Nice to meet you.

到我们家坐坐

Come in please

谢谢

Thank you

你的房子真的太大了

Your house is absolutely gigantic

你的花园非常漂亮

Your garden is very beautiful

这个房子今年刚刚新修的

This house has just been renovated

政府补助了1万左右

with a subsidy of about 10,000 yuan from the government

我自己掏了两三千

I myself spent some 2,000 yuan

门窗全部是新的

The windows and doors are new

我明白

I see

其实是地方政府帮助你翻修了房子

So the local government was actually able to help you renovate your house

这个房子真的很不错

I have to say it looks great

谢谢

Thanks.

往里面去坐一下

Please come in and take a seat

好谢谢

Thanks

张师傅说他在砖雕这一行已经干了二十年

Master Zhang told me that he has been involved in the brick carving industry for 20 years

过去他家里很穷

In the past, his family was very poor

一家六口指着他一个人的收入过活

and the six members of his family relied on his income alone

孩子上学和家里人看病给家里带来了沉重的经济负担

Education costs and medical treatment have greatly limited the family's financial resources

好在政府这些年给了他们家很大的帮助

Thankfully, the government has given them an incredible amount of help over the years

政府组织了砖雕技术比赛和培训

organizing brick carving competitions and training

通过这些活动 他逐渐了认识了很多人

Through these events, he has gotten to know many new people and they will regularly

并经常在网上和他们切磋砖雕技艺

communicate online to share brick carving skills

现在他的收入已经增加到了每年七万多元

As a result his income has also increased to 70,000 yuan per year

生活也越来越好

and his life is gradually getting better

现在我带你去看下原来的老房子

I am taking you to see my old home

我很想去看看老房子

I’d love to see your old home

张海林的老房子非常小

Zhang Hailin’s old house is incredibly small

墙是夯土做的

and the walls are made of rammed earth

他说这个村子里许多房子都是这两年翻修的

He tells me that many of the houses in the village have been renovated over the past two years

本地的居民们习惯用砖雕装饰大门

Villagers in this area hang brick carvings above their doors as decorations

这个村有十几户人家都是

And there are more than 10 villagers in the village

通过制作砖雕实现脱贫的

who rely on brick carving as a way out of poverty

张海林想让我看看他们的扶贫作坊

He wanted to take me to see their poverty alleviation workshop

我已经迫不及待了

And I eagerly agreed to join him

很荣幸能跟张海林学习砖雕技术

Being able to learn brick carving from Zhang Hailin was a great honor

他是个才华横溢的匠人

He is incredibly talented and skilled

对每个细节都精益求精

and he focuses on every tiny detail

他说能通过自己的双手摆脱贫困

He tells me that using his hands to escape poverty

让他觉得自己充满了力量

has been an incredibly powerful experience

通过做自己热爱的事情也可以改变生活

and that you can change your life by doing what you love

和张海林一起在这个厂房里工作的

There are more than 10 individuals from low-income households

有十几名来自低收入家庭的人

who work in the factory with Zhang Hailin

每个人都在用雕刻技艺提高他们的收入

and everyone uses their carving skills to improve their living standards

又是充实的一天

Just another day on the job

你以前做过木雕 你做的很棒

You did a really good job

谢谢你

Thank you so much

今天和你工作非常愉快

I had a really great time working with you today

今天的经历让我很享受

It was great experience and I really enjoy working with my hands

张海林说他愿意把自己的知识

Zhang Hailin told me that he would pass on his knowledge

传授给朋友们来帮助他们脱贫

to help his friends out of poverty

他还打算把当地的砖雕文化

He plans to share his work and the area’s brick carving culture

和自己的工作分享给更多网友

with a broader audience using the internet

现在科技也发达了

With the development of the internet

我们也准备在网站上发一些作品

we will promote Linxia's brick carving on internet platforms

包括抖音快手这样的平台推广一下临夏的砖雕

like Douyin and Kuaishou

让更多的人都知道我们临夏有砖雕这门手艺

so that more people can learn about the city's brick carving heritage

宣传一下砖雕手艺做出来的工艺品 艺术品

Online videos will help us publicize the handicrafts and artworks made by the brick carvers

让更多的年轻人都能传承砖雕这门手艺

 so that more young people can learn the brick carving craft

我相信张海林会通过网上平台

I believe that Zhang Hailin will share his art with people

把他的手艺传遍全中国 甚至全世界

across China and around the world using online platforms

他的生活也会越来越好

and that his life will improve as a result

要说再见的时候

As I was about to say goodbye

我问张师傅在甘肃的什么地方可以找到平安果

I ask master Zhang where in Gansu I could find ping an guo

他告诉我他看过一个人通过在线直播平台卖苹果

He told me that he had seen a live broadcaster selling apples on a live streaming platform

这个人住在陇南礼县

The man lives in Li county, Longnan city

张海林说我应该去见见这个人

and Zhang Hailing encouraged me to go and find him

我听从了张的建议，

Following the tip that Zhang Hailin gave me

前往陇南市礼县的龙槐村

I headed to Longhuai village, Li county, Longnan city

与一线城市相比龙槐村看起来比较落后

The village is underdeveloped compared to China's first tier cities

但这里的人们热情友好

But the atmosphere is warm and inviting

当地人很乐意指给我张家成的家在哪里

And local people were more than happy to point me in the direction of Zhang Jiacheng’s home

你好 有人吗

Hello, Is anyone here？

你好,我是马修

Hello, I am Matt

你好

Hello

我来找你儿子张家成

I am here to look for your son Zhang Jiacheng

我就是张家成

I am Zhang Jiacheng

你是张家成？

You are Zhang Jiacheng?

我还以为你很年轻呢

I was expecting someone much much younger

很高兴认识你

It’s love to meet you

到我们家里去

Please come on in

好 谢谢你

Thank you

我觉得很有趣

It's interesting

我一直以为只有年轻人才会做直播卖货

I always assumed that it was mostly younger people involved in the live streaming industry to sell products

今年已经58岁的张家成

At 58 years old

颠覆了我的认知

Zhang Jiacheng define that expectation

他从2014年就开始做直播了

He has been involved in the live streaming industry since 2014

2014年政府开始培训当地老百姓使用电子商务网站和平台

when the government offered training to local people to teach them how to use ecommerce websites and platforms

从我做电商以来

Since I started doing e-commerce

我们家有了翻天覆地的变化

My family has seen tremendous changes

以前我们家一年卖个几千块钱

In the past, we could earn thousands of yuan a year

现在一年卖十几万

Now the annual income has soared to over 100,000 yuan

使我们家的收入大大增高

We have a much higher income now

卖了很多的钱

A lot of money

接下来的这段行程是我最难忘的

The next part of the trip was the most memorable for me

我坐上张家成的三轮车

I hopped in the back of Zhang Jiacheng’s vehicle

沿着山间小路向上而行

and we made our way up mountain sides along rustic roads

大约用了15分钟我们来到了他的苹果园

It took roughly 15 minutes to get to his orchard

很难想象在没有现代交通工具之前

and I can't imagine what it was like here before

当地人是怎样走这段山路的

the advent of modern transportation

徒步把所有苹果运到山下

Moving all of these apples down the mountain

再拉到市场

and transporting them to the market would have

肯定是一项艰巨的工作

been a daunting task on foot

互联网的兴起也大大推动了苹果的销售

I think the emergence of the internet is a great driving force as well

互联网把当地农民和外面的世界联系起来

It allowed local farmers to connect with the outside world

让它们的销路扩大到了全中国

and expand their market connecting with customers across China

这个就是我们家的花牛苹果

This is our Huaniu apple

口感特别棒

It tastes great

我给你摘一个你试一下

I will pick one for you

你先尝一下

Have a bite please

谢谢你

Thanks

你看 这下面就是我的家乡

You see, down there is my hometown

这是我们家果园

This is my orchard

这里是我们礼县县城

That is the county seat of Li

原来因为我们没有交通工具

In the past we did not have any means of transportation

我们用人力把苹果背下去

We carried the apples down the mountain on our backs

然后到我们礼县县城卖

and sold them in the county seat

现在有了网络以后

Now with the internet

我们可以通过网络就把我们的苹果卖到全国各地

we sell apples across the country through online platforms

来 你随我看一下

Come, I will show you

这个就是我直播的地方

This is where I do livestreaming

所以 你就是在这里做直播的

So you live streaming right here

你就是在这卖苹果的

this is where you sell all your apples from in this spot

直播 是的是的

Yes

你们这是Matt

Hi, guys, this is Matt

你看他们现在就开始下单

You see they are placing orders now

多汁又香甜的苹果 非常新鲜

Juicy and sweet and fresh

最棒的苹果

Some of the best

我的第一次直播经历带我认识了张家成的一众粉丝

My first live broadcast was a fun experience Zhang introduced me to his legion of fans

我也知道了如何在直播平台卖苹果

And I was able to try and sell apples using the live streaming platform

苹果很好吃 才几分钟就卖出去几箱

They were very delicious, and we sold the boxes of apples within just a few minutes

挎着这个包

Taking this bag

谢谢你

Mr.Zhang, thank you

这些苹果看起来太诱人了

There are absolutely beautiful

又红又亮

Red and shiny

张家成的故事证明了只要愿意学习

Zhang Jiacheng demonstrates that rural people of any age can change their life for the better

即便是农民 无论在什么年纪 都可以用网络来改变自己的生活

using the internet, as long as they’re willing to learn

通过在线直播 张家成不仅提高了自己的收入

Through livestreaming, he has increased his annual income and provided quality products to

也给城里人带去了更好的产品 这是一个双赢的事情

urban residents – a real win-win situation

互联网改善了他的生活 也让他学到了更多的技能

The internet has improved his life and allowed him to learn more skills

尽管我和张家林相处的时间不长

Although I only visited Mr. Zhang for a short period of time

我已经目睹了互联网如何改变他的生活

I witnessed how the internet has changed his life

离开之前

Just before we parted ways

我询问张家成关于我下一站的线索: 哪里有橄榄树

I asked Zhang Jiacheng about my next clue, which was the term olive branch

他说陇南武都区有橄榄

He told me that olives exist in Wudu district, Longnan city

那里的橄榄很有名

and that they are particularly famous

他说我可以自己去看看

He told me to go and see for myself

武都被称为“橄榄之乡”

Wudu district is often called the city of olives

这里的橄榄油产量占全国的93%

All of oil production there accounts for 93% of the country's total

这里也是全国最大的初榨橄榄油生产基地

And it is the country's largest virgin olive oil production base

我到达这座小镇的时候

When I arrived in the small town

正赶上当地赶集的日子 街上非常热闹

it was market day and the streets were abuzz with activity

我赶紧询问当地人哪里有种植橄榄

I immediately began asking local people about all of production

在跟一个水果商贩攀谈的时候

While speaking with a fruit vendor

旁边的一个村民无意中听到了我们的对话

a villager standing nearby overheard me

他说他家里就有橄榄树林

He told me that he has his own olive grove

并提出带我去看看

and said that he would take me to check it out for myself

你知道橄榄树

You know olives?

我家就有种橄榄树

Yes, I have my own olive trees

我地里就有

In my field

我到处找橄榄树

I have been looking everywhere for someone that knows Gan lan shu

这下可好了

This is perfect

这位村民叫王福林

The villager’s name was Wang Fulin

他带我穿过镇上迷宫般的小巷 然后顺着一段陡峭的阶梯上山

He led me through the town’s maze of alleys to a steep staircase leading up the side of a mountain

在爬山的过程中

While climbing the mountainside

王热情地对我讲述了当地橄榄种植的情况

Wang enthusiastically told me about the local olive farming industry

据他介绍 在种橄榄树之前 周边的地都是荒着的

He said that before olive trees were planted, the surrounding countryside was barren

没有充分开垦

and underutilized by farmers

为了解决这个问题 当地政府鼓励农民在山坡上种橄榄树

To address this, the government encouraged farmers to use the mountainsides to grow olive trees

并提供树苗、培训项目和资金来支持起步中的橄榄产业

and provided seedlings, training and financial support to kickstart the industry

经过几年的努力 当地人的收入提高了

After several years of hard work, local people have been able to raise their incomes

山坡上也变得郁郁葱葱 长满了绿油油的橄榄树

and the mountainsides are all beautiful to gaze at, now they are all covered in olive trees

原来我们的地种的东西都不长

Nothing grew in the fields in the past

你看种了橄榄树之后长得多好

You can see how well the olive trees grow now

也给我们带来了经济收益

They also bring us economic benefits

我带你去我家地里面看一看

I will show you

王福林说附近有许多橄榄油企业

Wang said that there are many olive oil companies located nearby, and that these companies

这些公司以市场价从农户手中收购橄榄

purchase olives from local producers at the actual market value

这些橄榄油企业还为镇上的居民提供就业机会

These olive oil enterprises also provide employment opportunities for the townsfolk

除了经营橄榄树林 王福林和妻子还在一家橄榄油加工厂工作

In addition to operating an olive farm, Wang and his wife both work at an oil factory

他的年收入已经超过了十万元

His annual income adds up to more than 100,000 yuan

他的故事证明了橄榄油产业是如何帮助当地人脱贫致富的

They stand as a testament to how olive oil production can help local people to escape poverty

他建议我去参观一下他工作的这家公司

He suggested that I visit the company that he works for

去了解更多关于橄榄油生产的情况

to learn more about the olive oil production process

好在这家企业不是太远 步行就可以前往

Luckily for me, the facility was located within walking distance

我到这家工厂的时候 工作人员接待了我

When I arrived at the factory, I was greeted by a staff member

她带我品尝了橄榄油、橄榄茶和其他产品

She took me to sample olive oil, olive tea and other products

它们的品质和味道让我感到惊艳

and I was blown away by the quality and taste

截至2020年10月

By the end of October 2020

这家企业通过在线上销售橄榄相关产品

the company had made more than 11 million yuan by selling these

的收入已经超过1100万元

products through e-commerce platforms

工作人员谈起公司如何通过土地承包和转让，以及农技培训等方式

The hostess discussed the company’s commitment to poverty alleviation

帮助当地百姓脱贫致富

which has been achieved locally through land leasing, land transfers and farm training

已经有超过四千户居民受益于橄榄产业

More than 4,000 households have been helped thanks to the olive industry

此外有近两万人成功脱贫

and nearly 20,000 people have been lifted out of poverty

甘肃之行的随后一站是陇南电子商务公共服务中心

My last stop in Gansu was the Longnan E-commerce Public Service Center

在展板上

On their exhibition panel

我看到了老朋友张家成的名字

I saw my old friend Zhang Jiacheng

还有我刚刚参观过的祥宇橄榄油公司的名字

and the Xiangyu olive oil production company that I visited

这两个案例是陇南市扶贫项目

They are just two examples of how the Longnan city’s ongoing poverty alleviation campaign

如何造福生产者和消费者的一个缩影

has benefitted both producers and citizens

我的甘肃之行期间 许多当地生产者、政府官员和企业

During my time in Gansu, many local producers, government officials and companies spoke

都高度评价互联网在扶贫工作中发挥的作用

positively about the role the internet has played in the area's poverty alleviation efforts

得益于互联网的发展 电商扶贫已经

Thanks to the development of the internet, e-commerce poverty alleviation has become a new

发展成为一种新的扶贫模式和经济发展的重要动力

poverty alleviation model and an emerging force of economic development

中国的扶贫成就令人惊叹

China's progress in poverty alleviation is by all metrics incredible

我在甘肃看到的故事是中国扶贫成就的一个典型代表

Gansu province is a prime example of how the nation's ongoing poverty alleviation can bear fruit

期待着我的下一次行程

and I'm already looking forward to my next trip

广西篇

这一次我来带大家体验螺蛳粉

This time, I’m investigating how luo si fen became

如何成为网上流行的扶贫产品

a popular online poverty alleviation products

为了解更多

To learn more

我来到柳州电子产业园

I came to Liuzhou Electronics Industrial Park

了解螺蛳粉的历史

to learn about the history of luo si fen

你好

Hello

欢迎您来到柳州螺蛳粉电子商务产业园

to the Liuzhou River Snail Rice Noodle Electronics Industrial Park

下面就由我来为您介绍一下园区情况

Now, let me introduce you to the park

杨欢向我展示了柳州

Yang Huan showed me the data highlighting the successes of

通过网络销售螺蛳粉的各项数据和成果

selling luo si fen through the internet

她告诉我

She told me that

这一碗螺蛳粉成为了

this local food product has become an essential tool

扶贫致富的好帮手

in the battle to eliminate poverty

2015年是螺蛳粉发展的元年

2015 was the first year of river snail rice noodle development

我们通过和淘宝、京东建立了

Since then, we have established many key e-commerce platforms

很多重点电商平台

through Taobao and Jingdong

杨欢向我推荐了柳州当地一家螺蛳养殖基地

Yang recommended that I visit a luo si breeding base

当地人告诉我 虽然这里的交通不太方便

Local people told me that the transportation here is not very convenient

但养殖螺蛳却保留了天然的优势

but that the environment is perfect for breeding luo si

群山环抱 依山傍水

thanks to the surrounding mountains and mountain springs

我见到了螺蛳养殖基地的负责人

There I met a young man named A Yong

一位叫阿勇的年轻人

who is in charge of the luo si breeding base

阿勇跟我说

Yong told me that

他有300多亩养殖池

he has more than 300 mu of luo si breeding ponds

每亩地可养殖螺蛳1000多斤

and that each mu of land can be used to breed more than 500 kilograms of luo si

这里的螺蛳质量非常好

The quality of the luo si produced here is very high

每斤价格大概在4元左右

and each half kilogram of luo si costs about 4 yuan

我们这里好多地下河都是泉水

Many of our underground rivers are springs

非常适合养田螺

which are very suitable for breeding river snails

2017年我开始流转土地

In 2017, I started rural land circulation

2019年配合政府一起给这个村子做规划

I worked with the government to plan the village in 2019

现在是有贫困户和农民

Now, low-income families and farmers work together

与我们公司一起配合去养殖螺蛳

with our company to breed river snails

现在养得都不错

The breeding of river snails is going well now

我跟你边走边看 边走边聊

Let me show you around here

走啦

Let’s go

谢谢

Thank you

随着螺蛳粉在网络的走红

Thanks to the internet

它已从不知名的美食

luo si fen have gone from a relatively unknown delicacy

成长为年产值约几十亿元的大产业

to a multi-billion yuan industry

作为螺狮粉的供应商

As a luo si producer

他的生意也一年比一年好

Yong’s business is getting better every year

反啦

This is the right way to wear the work boots

帅不帅

Does he look cool?

帅哥

Handsome?

带个帽子

Wear this hat

可以呀

You looks good

阿勇告诉我

Yong said that

政府和养殖基地每年免费给

the government and the breeding base provide

当地贫困户提供一些螺蛳

poor families with luo si every year

并无偿在基地养殖

and allow them to raise the luo si for free at the base

养殖螺蛳的收入加上他们在这里工作的工资

The incomes these people earn from producing luo si

帮助他们摆脱了贫困

and their salary from the base have helped them to climb out of poverty

阿勇给我介绍了一名

Yong introduced me to an aunt who works at the base

在基地工作的阿姨教我捡螺蛳

so that she could teach me how to harvest luo si

在和她聊天的过程中，她告诉我

She told me that her family was previously impoverished

原来她是建档立卡贫困户

but that they were able to successfully escape poverty

在政府和基地的帮扶下成功脱贫

thanks to the help of the government and the breeding base

我是2019年脱贫的

I was lifted out of poverty in 2019

也得到了国家的帮助

With the State’s help

危房得到了改造

I began renovating dilapidated houses

现在也养螺了

and now I also breed river snails

生活比以前好过多了

Life is much better than before

我也会更加努力把这些螺蛳养好

I will also work hard to produce these river snails

让未来我们的日子更好过一点

so that our life will be better in the future

谢谢你

Thank you for helping me

在和村民们干活的过程中

While working alongside the villagers

他们对工作的热情和乐观的精神

I’m impressed by their strong work ethic and cheerful spirits

给我留下了深刻的印象并给了我希望

both of which give me hope

我相信他们的未来会更光明

that their local community will have a bright future

好不好吃

Does it taste good?

很好吃

It’s very delicious

很可口

So flavorful

一点辣

a little bit spicy

随着电子商务的出现

Thanks to the advent of e-commerce platforms

螺蛳粉产业得以发展

local people have been able to develop the luo si fen industry

并惠及当地居民

and benefit from its growth

生活在大山深处的农民能与世界相连

Farmers who live deep in the mountains are able to connect with the world

并通过互联网销售他们的产品

and sell their products using the internet

开辟了一条新的致富路

as a path to prosperity

同样受惠于互联网的

Villagers living in the mountainous terrain near

还有居住在桂林龙脊梯田附近的村民

the Longji Rice Terraces in Guilin are also benefiting from internet

我的下一个目的地就在那里

and the beautiful area is my next destination

据说龙脊梯田至今已有2300年历史

It is said that the Longji Terraces have a history dating back 2,300 years

这片山地被誉为

and the mountainous fields has been honored as

全球重要农业文化遗产

one of the world’s most important agricultural cultural heritage sites

欢迎你入住

Welcome

我带你去房间里看看

Let me show you the room

这就是你今晚入住的房间

This is your room for tonight

你的民宿很漂亮

Your homestay is very beautiful

谢谢

Thanks

我在一个很火的软件上找到了你的民宿

I actually found your homestay through a popular application

这床你应该会喜欢

You will like the design of this bed

很棒

Wow, nice

梯田附近一家民宿的老板告诉我

The owner of a homestay hotel near the rice terraces tells me that

当地人以前靠种地和外出打工为生

local people used to make a living by farming and working outside

而如今随着当地旅游业的发展

But with the development of the area’s tourism resources

他们的生活发生了巨大变化

great changes have taken place in their lives

她告诉我

She told me that many years ago

许多年前这里道路难行

the roads here were rugged

供电不足

and the power supply was unreliable

现在不仅有平整的马路

But today, the roads have been greatly improved

还有便捷的网路

and every family in the village is now connected to the internet

现在开了民宿之后

Since we opened the homestay

我们的挣钱能力会比以前好一点

our income has increased

我接一个电话

There is a phone call for me

客人到了

a guest is coming

喂 你好

Hello

你们订的房间是吗

Do you have a reservation?

在我们交谈的过程中

While we were talking

潘韩梅接到了顾客打来的预订电话

Pan received a reservation call from a customer

11月是旅游旺季

October is the tourist season

是龙脊梯田最美的季节

which is the most beautiful season at the Longji Terraces

在这段时间里

During this time

民宿每天都满房

all of the homestay's rooms were booked

全家人都参与到民宿的经营中

The whole family participates in the operation of the homestay

村民开民宿

Villagers run rural hotels

卖民族手工艺品

and sell ethnic handicrafts to make money

在外打工的年轻人都回来了

Young people have returned home and are helping to open homestays

成功通过互联网和政府的支持来吸引游客

using the internet and government support to attract visitors and succeed

2017年

In 2017

她们家向银行贷款了30万

her family borrowed 300,000 yuan from the bank

创办了这家民宿

to set up the homestay facility

政府承担部分利息

and the government helped by subsidizing part of the loan

在龙脊梯田这两天里

During the two days I spent at the Longji Terraces

我不仅享受到了美食美景

I not only enjoyed the delicious food and beautiful scenery

更感受到了当地人生活上的变化

but also experienced the changes in local people's lives

前几年，整个景区普及了4G网以后

A few years ago, the whole scenic area was finally covered by the 4G network

可以通过短视频朋友圈传播

We can share our spectacular views through apps and social media

大家就可以看到我们龙脊

so that people can appreciate the beautiful scenery of Longji Terraces

让更多人知道龙脊

and let more people know about this place

也让更多人来到龙脊

and come to visit

这几年游客的数量

The number of tourists to this area

比往年翻了几倍

has multiplied several times in recent years

在政府的扶持和网络的发展下

With the support of the government and the development of the Internet

这里从一个深山小村庄

this place has changed from a small village in the remote mountains

变成了游客络绎不绝的旅游度假胜地

to a tourist hot spot

布央仙人山茶园是个4A级景区

Buyang Xianren Mountain tea garden is a 4A scenic spot

这对夫妇带我体验了采茶制茶的过程

and the couple took me there to try my hand at tea picking

这个茶叶 一芽两叶

These tea bushes have two leaves on one bud

每片叶子都一样

Every leaf is the same

这个家庭经营着自己的茶叶品牌

This local family operates their own tea brand

并利用互联网来推广自己的产品

and have used the internet to promote their products

嫩叶就可以啦

We choose the young leaves

要这么长的（叶子）就可以

Leaves of this length can be picked

以前 村里的茶叶没有市场

Previously, there was no market for tea produced in Buyang

因为没有游客可以销售

and no tourists to sell to

但是随着电商平台的发展

But, with the launch of e-commerce platforms

当地茶叶生产商现在能够

local tea producers are now able to connect with

与中国各地的买家联系起来

buyers across China

布央村民现在可以通过

While the villagers in Buyang are now

在网上卖茶赚钱

able to make money through selling tea online

同时他们也会得到政府补贴

they’re will also able to receive government subsidies

还会从景区门票中得到分红

and a percentage of the revenue generated by tourism entrance fees

旅游行业带给我们就业的岗位

The tourism industry brings us jobs

一个月有2000块左右（收入）

with about 2,000 yuan of income per month

自己采茶又有一两千

We earn another one or two thousand yuan from tea picking

现在一个月有三四千左右（收入）

Now, we can make three or four thousand yuan a month

除了这个茶叶品牌

In addition to the tea brand

他们还准备推出自己的民宿

they are also preparing to launch their own homestay hotel

以顺应当地旅游业的发展

in response to the government’s push to develop the area’s tourism industry

布央仙人山孕育了一代又一代的茶农

Buyang Xianren Mountain has seen generations of tea farmers

见证了历史的变迁

and witnessed the historic changes

人民生活长足发展的变化

and the rapid development of people's lives

此次广西之行

During my trip to Guangxi

我还享用了百家宴

I was able to enjoy a delicious dinner known as Bai jia yan

体验了农耕乐趣

I was also able to try my hand at agricultural work

与当地人相处

interact with local people

以及欣赏传统建筑

and view traditional architecture

我看到了广西壮族自治区的人民

I also witnessed how the people

和政府结合自身资源

and government of Guangxi Zhuang autonomous region

发展旅游产业

have combined their resources

来改变生活

to develop the tourism industry to change their lives

中国政府用几年的时间

The Chinese government has lifted tens of millions of people

使数千万人摆脱贫困

out of poverty in a very short period of time

毫无疑问这是一项艰巨任务

and I have no doubt this is a very difficult task!

这是我扶贫之行的第二站

This is the second stop on my poverty alleviation adventure

我现在迫不及待地要开始下一站了

and I can’t wait to find out where I travelling to next

我应邀前往宁夏回族自治区

I was invited to Ningxia Hui Autonomous Region

去探访互联网如何为当地扶贫工作提供动力

to see how the internet is helping to power local poverty alleviation work

我收到一张任务卡让我去寻找当地特产

I received a task card that I had to discover local specialties

然后在直播中送给观众

and then give them away during a livestreaming e-commerce session

我以前没有做过直播

I've never done livestreaming before

这对我来说是一个巨大的挑战

this was going to be a great challenge for me

盐池滩羊牧场给我的印象简直美的像画一样

My first impression of the Tan sheep ranch at Yanchi was the gorgeous landscape

这让我想起了美国西部的“天空之乡”

It reminded me of the "big sky country" in the western US

那里有一望无际的绿色草原

with vast green prairies that stretched to the horizon

你好 艾琳

Hi, Jocelyn

你好

Hello

这里是你宁夏的第一个目的地

This is your first destination in Ningxia

我们这里是宁夏回族自治区盐池县

This is Ningxin Ecological Ranch, Huamachi town

花马池镇宁鑫生态牧场

Yanchi county, Ningxia Hui autonomous region

我听说你们这里的滩羊是当地特色

I heard that Tan sheep are a local specialty

能给我介绍一下吗

Can you tell me something about them?

滩羊产业是我们盐池县的一个主导产业

Raising Tan sheep is a leading industry in Yanchi county

在中国 盐池县是滩羊的主产区

Yanchi county is the main area for raising Tan sheep

滩羊在中国非常出名

Tan sheep are very famous in China

看 艾琳 这是我们的一号棚

See, Jocelyn, this is one of the ranch enclosures

这是你们的羊

Those are your sheep

那么多

So many sheep

这个叫冯欢的年轻人是牧场的负责人

The young man named Feng huan is the director of this ranch

大学毕业后

After graduating from university

他回到家乡参与滩羊饲养工作

he returned to his hometown to carry on the family tradition of raising Tan sheep

他将互联网和扶贫融入到了自己的事业里

but integrating the internet and poverty relief into the business

他还有一个软件

He also has an app

全国各地的人都可以在网上购买他的羊

where people across China can buy his sheep online

通过这款应用买家可以追踪羊的一生

Through the app buyers can track the animals through their lifetime at the ranch

甚至可以通过监控摄像头随时观察它们

and even watch them 24/7 through monitoring cameras

每一只羊都有自己的二维码

All of the sheep even have QR codes

你看现在咱们想通过手机看

Now we can watch them on our phone

我们有专门的认养平台

We have a special adoption platform

这个是一个应用软件吗

Is it an application?

相当于你本人在杭州建立一个牧场

It’s like you set up a ranch in Hangzhou

只不过它是一个虚拟的牧场

But it’s a virtual ranch

冯欢告诉我有一群羊是专门为了扶贫而养

Feng pointed out a special flock of sheep in his herd raised specifically for poverty relief

他给当地贫困家庭饲养

He raises the sheep on behalf of local impoverished families

这些家庭每年会收到2000多元的分红

who then receive annual dividends worth more than 2,000 yuan

以学费

in the form of tuition

医疗或者营养品形式

healthcare assistance, or nutritious foods

我们会交给我们的贫困户

We will give the dividends to poor families

以教育 医疗的形式

in the form of tuition and healthcare assistance

我们是把互联网和脱贫结合在一起

We are combining the internet with poverty alleviation

一举两得了

It's like killing?two?birds?with?one?stone?

对

Right

它们耳朵上的东西是什么

What's on their ears?

这是我刚给羊打的耳标

This is the sheep’s ear tag

耳标代表不同的信息

Each ear tag represents different information

具体信息会传送到滩羊认养平台上

Specific information will be transmitted to the Tan sheep adoption platform

通过耳标 我们把信息上传以后

After we upload the information

你可以看到它的基本信息

you can see its basic information

比如它的身高 体重

Such as the height and weight of the sheep

出栏入栏日期

and when it entered and exited

还有免疫检疫信息等等你都可以看到

And the sheep's immunization and quarantine information and so on

在美国我从来没有碰到过这样的情况

I have never seen anything like this in America

有应用程序可以跟踪羊

Sheep can be tracked through the application

这个也是我们在互联网上的创新

This is also our online innovation

去进行私人订制的模式

to do a model of personal customization

我们在互联网上作为一个销售上的创新

It's also an innovation of online sales

见到小羊公主是我在那里

I think meeting the sheep Princess was one of

最有趣的事情之一

the most interesting thing I saw there

这只羊穿着红色条纹衫和工装裤

The sheep wore a red stripe shirt and overalls

它像是一只宠物一样

and was every bit the prim mammal who had her own way

有属于自己方式生活在这里

even when it came to being a pet

羊每天都会去一个户外活动区

There is also an outdoor exercise area where the sheep go out every day

我和它们一起奔跑在在乡间 呼吸着新鲜空气

I took a run along with them in the fresh country air

在一天结束的时候

At the end of my day

我了解到了这个牧场有多么独特

I thought about how unique the ranch was

它通过互联网和新技术帮助贫困家庭

It relies on the internet and new technology to help poor families

同时也促进了当地经济的发展

and it is boosting the local economy at the same time

再见

Bye

这个牧场开辟了一条成功的脱贫之路

The ranch was opening up a new road to successful poverty alleviation

您好 艾琳

Hi, Jocelyn

欢迎您来到宁夏第二站 同心县

Welcome to the second stop in Ningxia

下马关镇小杂粮种植加工基地

Xiamaguan town, Tongxin county, grain planting and processing base

这是我们当地的一些产品

Here are some of our local products

我的第二站是同心县

My second stop was Tongxin county

当我见到王德军的时候

When I met Wang Dejun

他给了我一个挑战

he gave me a surprise challenge

有一排瓶装小杂粮

there was a line of containers filled with grains

我需要把它们与正确的标签配对

and I had to pair them up with the right label

有一些杂粮我是第一次见到

Some of the grains were new to me

猜杂粮的游戏真的很有趣

I had a lot of fun trying to guess the names of the grains

在参观工厂时

While visiting the factory

我有机会与王永忠交谈

I had the chance to talk to Wang Yongzhong

他告诉我

he told me about how he

他和妻子是如何通过在工厂工作

and his wife were able to rise out of poverty

摆脱贫困的

by working in the factory

我以前搬迁下来也是贫困建档立卡户

Before I moved here, I was also from a poor household

2014年（他们）建了个厂子

In 2014, they opened a factory

给我这个平台

and gave me the opportunity

我跟我爱人都在这儿上班

to work here with my wife

两个孩子上学的问题解决了

The problem of two children going to school

在门前照顾老人这种事也解决了

and caring for the elderly was solved

挺好的

It helps us a lot

开了这个厂子以后

After we opened the factory

把他们召集过来

we gathered all the poor families in the village together

又能照顾家庭

so that they could work and take care of their families

王先生告诉我

Mr. Wang told me that the 66 employees

他雇佣的66名员工

he hired were from poor families

都是从大山深处搬来的贫困家庭

who had moved from the depths of the mountains to the area

他的工厂开在村子里

He opened the factory in the village

这样工厂的工人既能照顾家人

so people who worked there could take care of their families

又能在离家近的地方赚钱

and also earn money close to home

我们在政府政策的扶持下

With the support of government policies?

互联网平台的模式下

and the use of online platforms

我们有信心有能力带领全村乃至整个周边的老百姓

we have the confidence and ability to lead the whole village

共同奔向美好的

and even all of the people in the surrounding area to have a more beautiful

小康生活

and well-off life together

王德军真的很擅长在网上销售

Wang Dejun truly has a knack for online sales

他甚至还利用互联网把自己的粮食卖到国外

He is even using the internet to sell his grains to foreign countries

比如日本

such as Japan

在他工厂工作的人收入越高

The people employed at his factory receive a higher income

他们的家庭就会有更好的生活质量来脱离贫困

so their families have a better quality of life and can overcome poverty

在田间

In the fields

王德军向我展示了

Wang showed me the grains they were planting

他们种植的规模

and the scale of the operations

让我印象深刻的是

I was impressed by how vast the fields were

以前贫瘠的土地如今却是如此的广阔

in what was previously barren land

王德军的事业从田间到工厂

Wang's business, from the fields to the factory

从网上销售到帮助贫困家庭

to the internet sales to helping impoverished families

是一项令人难以置信的成就

is an incredible achievement

当我准备离开时

When I was ready to leave

王德军给了我一个很大的礼盒里面装了各种谷物

Wang gave me a generous gift box filled with a variety of grains

好的 非常感谢你

Thank you so much

到时候我要给我的朋友介绍一下

I’ll introduce your products to my friends

他们可以在互联网上下单

They can order them online

好的

No problem

一大早

Early in the morning

我来到了闽宁禾美扶贫工厂

I arrived at the Minning Hemei Poverty Alleviation Factory

艾琳这将是你在宁夏扶贫之旅

Jocelyn, here will be the last stop

的最后一站

of your poverty alleviation trip in Ningxia province

我在工厂里遇到了海燕

A factory worker named Hai Yan met me

并邀请我去体验她的日常工作

and invited me to experience her normal workday

首先我换上了工作服

First, I changed into the factory uniform

白色的外套

a white jacket

蓝色的帽子

blue hairnet

口罩和手套

mask and gloves

感觉像巧媳妇一样穿这身衣服

I feel like a skillful wife in these clothes

在工厂里海燕教我如何包装枸杞

At the factory, Hai Yan not only taught me how to package goji berries

这是不是你们的宁夏枸杞

Are those Ningxia goji berries？

要把坏果挑出来

Pick out the bad berries

好的果实我们要进行包装

And we’ll pack all the plump berries

她告诉我到了工厂工作后

She told me after she came to work at the factory

她学会了直播这项新技能

she learned a new skill – livestreaming

她和其她6名女性被选中

She was chosen, along with 6 other women

组成了巧媳妇直播团队

to form a star livestreaming team called Qiaoxifu'er, or Skillful Wives

她还邀请我和她一起直播

And She also invited me to do a livestreaming session with her

这样怎么样

Is that right?

可以

Right

一颗都不能少

You can’t lose even a grain of goji berries

踩一下

Step on it with your feet

松开

Now release your feet

这么快

That’s so fast

现在这个枸杞就包装好了

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这个就是我们要直播买的货

That’s what we are going to sell through livestreaming

通过这30分钟的直播

That 30-minute livestreaming session left me with a deep impression

让我对中国网络发展留下深刻印象

about China's online development

那么多成交量和观众互动远超乎我的想象

There were so many purchases and audience interactions, far beyond what I imagined

这个是来自宁夏同心县

This product comes from Tongxin county

比如说他们那边有一些燕麦米

Oats are a specialty of this county

不出门一部手机

People can do a lot of things with their mobile phones

就可以搞定一切现在

without leaving their homes

我把特产送给观众并完成了我的任务

As I gave away local specialties to the audience and completed my task

同时我希望我的这次努力

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并在去她家的路上向我介绍她生活的村庄

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Like Haiyan, most women in the area were traditionally housewives

她们的家庭也相当贫穷

and their families were quite poor

但随着像闽宁禾美这样的扶贫工厂的建立

But with the creation of poverty alleviation factories such as Minning Hemei

海燕和其她妇女获得了新的机会

Hai Yan and other women were given new opportunities for prosperity

通过在工厂工作

Through working at the factory

海燕增加了家庭收入和自己的知识

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这对她和她的家庭都有益处

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还有她的梦想

and about her dreams for the future

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The look of satisfaction on her face reflected just how happy she was

以及她生活的变化

but the changes in her life

如果我有这个机会的话

If I have the opportunity

一定想去外面的世界 看看外面的世界

I would definitely like to see the outside world

提升一下自己的能力

I want to improve my abilities

我也有一点小目标就是梦想

I also have a dream

如果将来我有机会我也想自己去创业

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From my visit to Ningxia

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I have come away in awe of how much China has accomplished

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in its efforts to alleviate poverty

通过这次经历

After this experience

我希望可以遇到更多参与这些努力并从中受益的人

I hope to meet more people involved in and benefiting from these efforts

像冯欢 王德军 海燕一样

like Feng, Wang and Hai Yan

我可以了解他们的故事和生活经历

so I can learn about their stories and life experiences

互联网的力量帮助数百万人摆脱贫困

It's inspiring to see how the power of the internet has helped millions of people

过上更好的生活

rise out of poverty to live better lives

宁夏篇

我应邀前往宁夏回族自治区

I was invited to Ningxia Hui Autonomous Region

去探访互联网如何为当地扶贫工作提供动力

to see how the internet is helping to power local poverty alleviation work

我收到一张任务卡让我去寻找当地特产

I received a task card that I had to discover local specialties

然后在直播中送给观众

and then give them away during a livestreaming e-commerce session

我以前没有做过直播

I've never done livestreaming before

这对我来说是一个巨大的挑战

this was going to be a great challenge for me

盐池滩羊牧场给我的印象简直美的像画一样

My first impression of the Tan sheep ranch at Yanchi was the gorgeous landscape

这让我想起了美国西部的“天空之乡”

It reminded me of the "big sky country" in the western US

那里有一望无际的绿色草原

with vast green prairies that stretched to the horizon

你好 艾琳

Hi, Jocelyn

你好

Hello

这里是你宁夏的第一个目的地

This is your first destination in Ningxia

我们这里是宁夏回族自治区盐池县

This is Ningxin Ecological Ranch, Huamachi town

花马池镇宁鑫生态牧场

Yanchi county, Ningxia Hui autonomous region

我听说你们这里的滩羊是当地特色

I heard that Tan sheep are a local specialty

能给我介绍一下吗

Can you tell me something about them?

滩羊产业是我们盐池县的一个主导产业

Raising Tan sheep is a leading industry in Yanchi county

在中国 盐池县是滩羊的主产区

Yanchi county is the main area for raising Tan sheep

滩羊在中国非常出名

Tan sheep are very famous in China

看 艾琳 这是我们的一号棚

See, Jocelyn, this is one of the ranch enclosures

这是你们的羊

Those are your sheep

那么多

So many sheep

这个叫冯欢的年轻人是牧场的负责人

The young man named Feng huan is the director of this ranch

大学毕业后

After graduating from university

他回到家乡参与滩羊饲养工作

he returned to his hometown to carry on the family tradition of raising Tan sheep

他将互联网和扶贫融入到了自己的事业里

but integrating the internet and poverty relief into the business

他还有一个软件

He also has an app

全国各地的人都可以在网上购买他的羊

where people across China can buy his sheep online

通过这款应用买家可以追踪羊的一生

Through the app buyers can track the animals through their lifetime at the ranch

甚至可以通过监控摄像头随时观察它们

and even watch them 24/7 through monitoring cameras

每一只羊都有自己的二维码

All of the sheep even have QR codes

你看现在咱们想通过手机看

Now we can watch them on our phone

我们有专门的认养平台

We have a special adoption platform

这个是一个应用软件吗

Is it an application?

相当于你本人在杭州建立一个牧场

It’s like you set up a ranch in Hangzhou

只不过它是一个虚拟的牧场

But it’s a virtual ranch

冯欢告诉我有一群羊是专门为了扶贫而养

Feng pointed out a special flock of sheep in his herd raised specifically for poverty relief

他给当地贫困家庭饲养

He raises the sheep on behalf of local impoverished families

这些家庭每年会收到2000多元的分红

who then receive annual dividends worth more than 2,000 yuan

以学费

in the form of tuition

医疗或者营养品形式

healthcare assistance, or nutritious foods

我们会交给我们的贫困户

We will give the dividends to poor families

以教育 医疗的形式

in the form of tuition and healthcare assistance

我们是把互联网和脱贫结合在一起

We are combining the internet with poverty alleviation

一举两得了

It's like killing?two?birds?with?one?stone?

对

Right

它们耳朵上的东西是什么

What's on their ears?

这是我刚给羊打的耳标

This is the sheep’s ear tag

耳标代表不同的信息

Each ear tag represents different information

具体信息会传送到滩羊认养平台上

Specific information will be transmitted to the Tan sheep adoption platform

通过耳标 我们把信息上传以后

After we upload the information

你可以看到它的基本信息

you can see its basic information

比如它的身高 体重

Such as the height and weight of the sheep

出栏入栏日期

and when it entered and exited

还有免疫检疫信息等等你都可以看到

And the sheep's immunization and quarantine information and so on

在美国我从来没有碰到过这样的情况

I have never seen anything like this in America

有应用程序可以跟踪羊

Sheep can be tracked through the application

这个也是我们在互联网上的创新

This is also our online innovation

去进行私人订制的模式

to do a model of personal customization

我们在互联网上作为一个销售上的创新

It's also an innovation of online sales

见到小羊公主是我在那里

I think meeting the sheep Princess was one of

最有趣的事情之一

the most interesting thing I saw there

这只羊穿着红色条纹衫和工装裤

The sheep wore a red stripe shirt and overalls

它像是一只宠物一样

and was every bit the prim mammal who had her own way

有属于自己方式生活在这里

even when it came to being a pet

羊每天都会去一个户外活动区

There is also an outdoor exercise area where the sheep go out every day

我和它们一起奔跑在在乡间 呼吸着新鲜空气

I took a run along with them in the fresh country air

在一天结束的时候

At the end of my day

我了解到了这个牧场有多么独特

I thought about how unique the ranch was

它通过互联网和新技术帮助贫困家庭

It relies on the internet and new technology to help poor families

同时也促进了当地经济的发展

and it is boosting the local economy at the same time

再见

Bye

这个牧场开辟了一条成功的脱贫之路

The ranch was opening up a new road to successful poverty alleviation

您好 艾琳

Hi, Jocelyn

欢迎您来到宁夏第二站 同心县

Welcome to the second stop in Ningxia

下马关镇小杂粮种植加工基地

Xiamaguan town, Tongxin county, grain planting and processing base

这是我们当地的一些产品

Here are some of our local products

我的第二站是同心县

My second stop was Tongxin county

当我见到王德军的时候

When I met Wang Dejun

他给了我一个挑战

he gave me a surprise challenge

有一排瓶装小杂粮

there was a line of containers filled with grains

我需要把它们与正确的标签配对

and I had to pair them up with the right label

有一些杂粮我是第一次见到

Some of the grains were new to me

猜杂粮的游戏真的很有趣

I had a lot of fun trying to guess the names of the grains

在参观工厂时

While visiting the factory

我有机会与王永忠交谈

I had the chance to talk to Wang Yongzhong

他告诉我

he told me about how he

他和妻子是如何通过在工厂工作

and his wife were able to rise out of poverty

摆脱贫困的

by working in the factory

我以前搬迁下来也是贫困建档立卡户

Before I moved here, I was also from a poor household

2014年（他们）建了个厂子

In 2014, they opened a factory

给我这个平台

and gave me the opportunity

我跟我爱人都在这儿上班

to work here with my wife

两个孩子上学的问题解决了

The problem of two children going to school

在门前照顾老人这种事也解决了

and caring for the elderly was solved

挺好的

It helps us a lot

开了这个厂子以后

After we opened the factory

把他们召集过来

we gathered all the poor families in the village together

又能照顾家庭

so that they could work and take care of their families

王先生告诉我

Mr. Wang told me that the 66 employees

他雇佣的66名员工

he hired were from poor families

都是从大山深处搬来的贫困家庭

who had moved from the depths of the mountains to the area

他的工厂开在村子里

He opened the factory in the village

这样工厂的工人既能照顾家人

so people who worked there could take care of their families

又能在离家近的地方赚钱

and also earn money close to home

我们在政府政策的扶持下

With the support of government policies?

互联网平台的模式下

and the use of online platforms

我们有信心有能力带领全村乃至整个周边的老百姓

we have the confidence and ability to lead the whole village

共同奔向美好的

and even all of the people in the surrounding area to have a more beautiful

小康生活

and well-off life together

王德军真的很擅长在网上销售

Wang Dejun truly has a knack for online sales

他甚至还利用互联网把自己的粮食卖到国外

He is even using the internet to sell his grains to foreign countries

比如日本

such as Japan

在他工厂工作的人收入越高

The people employed at his factory receive a higher income

他们的家庭就会有更好的生活质量来脱离贫困

so their families have a better quality of life and can overcome poverty

在田间

In the fields

王德军向我展示了

Wang showed me the grains they were planting

他们种植的规模

and the scale of the operations

让我印象深刻的是

I was impressed by how vast the fields were

以前贫瘠的土地如今却是如此的广阔

in what was previously barren land

王德军的事业从田间到工厂

Wang's business, from the fields to the factory

从网上销售到帮助贫困家庭

to the internet sales to helping impoverished families

是一项令人难以置信的成就

is an incredible achievement

当我准备离开时

When I was ready to leave

王德军给了我一个很大的礼盒里面装了各种谷物

Wang gave me a generous gift box filled with a variety of grains

好的 非常感谢你

Thank you so much

到时候我要给我的朋友介绍一下

I’ll introduce your products to my friends

他们可以在互联网上下单

They can order them online

好的

No problem

一大早

Early in the morning

我来到了闽宁禾美扶贫工厂

I arrived at the Minning Hemei Poverty Alleviation Factory

艾琳这将是你在宁夏扶贫之旅

Jocelyn, here will be the last stop

的最后一站

of your poverty alleviation trip in Ningxia province

我在工厂里遇到了海燕

A factory worker named Hai Yan met me

并邀请我去体验她的日常工作

and invited me to experience her normal workday

首先我换上了工作服

First, I changed into the factory uniform

白色的外套

a white jacket

蓝色的帽子

blue hairnet

口罩和手套

mask and gloves

感觉像巧媳妇一样穿这身衣服

I feel like a skillful wife in these clothes

在工厂里海燕教我如何包装枸杞

At the factory, Hai Yan not only taught me how to package goji berries

这是不是你们的宁夏枸杞

Are those Ningxia goji berries？

要把坏果挑出来

Pick out the bad berries

好的果实我们要进行包装

And we’ll pack all the plump berries

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内蒙篇

这一次我将去往中国北部的内蒙古自治区

This time I will go to Inner Mongolia autonomous region in northern China

去了解网络如何在

to learn how the internet is playing a role

医疗扶贫工作中发挥作用

in poverty alleviation in the healthcare sector

通过我们的旅程向你展示一个不一样的中国

Through our journey I will show you a different China

这次我到达的地方是

I traveled to Hanggin Banner in Ordos

内蒙古自治区鄂尔多斯市杭锦旗

Inner Mongolia autonomous region

我很想知道在互联网的推动下

I was curious to learn how innovations in the medical field

医疗领域的创新如何能够帮助贫困户改善生活

boosted by the internet, could also help improve the lives of the poor

在杭锦旗人民医院

At the People’s Hospital of Hanggin Banner

院长杨国栋

Yang Guodong, deputy director of the hospital

邀请我参加远程医疗会诊

invited me to sit in on a telemedicine consultation session

杨医生向我介绍了远程医疗的好处

Doctor Yang introduced the benefits of telemedicine to me

现在我去带你看一下远程会诊中心

Now I'll show you the teleconference center

好的

Sure

所以说通过这个远程会诊中心

Through this teleconference center

跟外面的医生交流

you can communicate with doctors at other hospitals

对

Right

这正好他们为一个患者做会诊

They are consulting about a patient right now

这是会诊现场

This is the consulting site

你们好

Nice to meet you guys

这个系统允许他们

The system allows them to do

与全国各地的专家进行实时视频咨询

real-time video consultations with experts all across the country

包括来自北京顶级医院的专家

including those from top hospitals in Beijing

还可以很轻松的在网上分享病人的病例和病史

and also easily share a patient's medical records and history online

他说远程医疗提供了很多便利

He said it also provides a lot of convenience

病人不必远行就能享受到世界级的医疗技术

patients don't have to travel to benefit from world-class medical expertise

我们自治区所有的医院

In our Inner Mongolia autonomous region

想要通过远程会诊远程影像

all hospitals want to implement remote consultation

所有的远程医疗业务的话都要通过这个信息平台来完成

and telemedicine projects should be completed through this information platform

您现在看到的就是远程会诊

What you see are remote consultation

远程影像

remote imaging

远程病理

and remote pathology

这三个是主要在基层医院所开展的业务

These three projects are mainly carried out in the primary hospitals

所有的会诊病人的资料

All the information for patients who are the subject of the consultation

都可以在这个上面看到

can be seen on this page

之后杨院长带我参观了医院

Later Yang showed me around the hospital

通过副院长杨国栋的介绍

Through Yang Guodong

我见了一名叫其劳巴嘎那的国家级贫困户患者

I met a state-level poor patient named Qilaubagana

那天他正在医院做透析

He was doing dialysis treatment that day

这是什么地方

What place is this?

这是我们的血液透析中心

This is our hemodialysis center

这正好有一位国贫患者在我们这做血液透析治疗

Here is a state-level poor patient doing dialysis treatment

现在正在和鄂尔多斯市中心医院做远程会诊

and is now doing remote consultation with an Ordos central hospital

你好老师

Hello

我给你介绍一下我们这个国贫病人

Let me introduce you to our patient

他2018年的12月份来我们透析中心进行透析

He came to our dialysis center in December of 2018

他现在透析的效果挺好

He's seeing good results from dialysis now

在嘎那透析时

During Gana's dialysis

医生使用远程医疗设备向位于鄂尔多斯市的医生咨询

the doctor used a telemedicine unit to consult with a doctor located in Ordos city

医生说嘎那的透析情况很好

The doctor said Gana was doing well with the dialysis

尽量控制饮食

You need to try to control your diet

你现在感觉挺好吧

Are you feeling good right now?

盖紧（被子）

Be sure to keep warm

做完透析后

After his dialysis

嘎那带我走到医院大厅的一个窗口

Gana took me to a window in the lobby

这个窗口还提供“一站式”服务

The window offers one-stop service

因为这里拥有一个

made possible because of a system

线上医疗信息系统

that has all of his medical insurance information online

（操作）很简单

The reimbursement process is simple

对的很简单

That's right, that's easy for me

不用跑到别的地方

You don't have to go anywhere else

不用跑到其他地方 这一次就报（销）完了

I don't have to go anywhere else to get it done this time

在政府医疗保险的支持下

Thanks to the support of government medical insurance

他90%的医疗费都可以报销

over 90 percent of his healthcare is covered

他只要自己交一千八百多一点

He only had to pay a little more than eighteen hundred himself

对 一千八百块钱

Yes, eighteen hundred yuan

政策倡导“先诊疗后付费”

The window touts "treatment first, payment second"

以前嘎那需要在治疗前支付一大笔钱

Before, people like Gana might have had to pay a large deposit before treatment

这实在是太贵了

which might have been too expensive

治疗后才能报销

and then get reimbursed

但现在嘎那可以先做透析

But now Gana can do his dialysis first

然后再处理剩余需要支付的费用

and then deal with the remaining affordable charges

来到杭锦旗政务服务大厅

In Hanggin Banner Administrative Service Hall

我向王德胜了解到

I talked to Wang Desheng

医保如何为像嘎那这样

to learn more about how medical insurance has provided better service

因病致贫的人提供更好的服务和便利

and convenience to people like Gana

这个结算系统把我们杭锦旗

This settlement system allows us to implement five medical treatment policies

给贫困户实行五重保障政策

for impoverished households

通过系统就把事情办成

and through the system we can get things done

我们杭锦旗这五重保障第一层就是基本医疗保险保障

The first is basic medical insurance

第二是大病商业保险保障

the second is commercial insurance for serious diseases

第三是医疗救助保障

the third is medical assistance

第四是脱贫保险保障

the fourth is poverty alleviation insurance

第五层保障是兜底保障

and the last is medical care for the poor and poverty alleviation guarantee funds

通过这个系统全部完成

All these have been completed through this system

贫困户的报销比例超过90%

The system ensures that over 90 percent of medical costs are covered

剩下的费用是像嘎那这样的贫困户负担的起的

for impoverished individuals, so the remainder is affordable to someone like Gana

王德胜告诉我

Wang explained that, previously

以前人们要跑遍全城到不同的办公室报销

people would have had to run around town to several offices for reimbursement

需要占用好几天的时间

which would have taken days

现在只需要到服务大厅花费十几分钟即可办理

But now the process only takes a few minutes in the Administrative Service Hall

这个医疗系统从原来的人工核算到系统自动计算

Shifting from the previous manual auditing and settlement to automatic calculations

可以实时对比贫困人员信息

this medical system can now compare the information of impoverished individuals in real time

记录医疗费用和补偿资金产生的全过程

record the whole process of medical expenses and compensation fund generation

把报销环节统一起来

and combine the reimbursement links

给健康扶贫工作带来了大变化

bringing great changes to healthcare poverty alleviation work

这一制度真正体现了为人民服务

The system truly reflected a commitment to serving the people

改善人民生活的宗旨

and making people's lives better

王德胜邀请我一起与他的同事去嘎那家

Wang invited me to accompany him and his staff on a visit to Gana's home

这是一所农场风格的房子

a cozy ranch-style house

建在广阔草原上的高地上

built on the prairie highlands with vast open spaces

嘎那告诉我了他的病史

Gana told me about his medical history

他告诉我药费和医疗费用对他来说非常昂贵

He said his medicine and healthcare was expensive for him

没有政府的支持

Without the support of the government

他可能看不起病

he would not be able to visit the hospital

2018年是我花的最多的一年

2018 was the year I spent the most money on medical bills

要花二十几万

The medical expenses cost more than two hundred thousand yuan

国家帮助我 我自己付了两万左右

The state helped me and I paid about twenty thousand yuan myself

嘎那带我参观了他的家

Gana showed me around his home and the grounds outside

他说 政府不仅在医疗方面帮助他

He said the government had helped with more than just healthcare

还帮助他盖房子

they also assisted with building his home

我们一起在外面走了走

He beamed with pride while showing me around

脸上洋溢的笑容看得出他的幸福

a reflection of the well-being and sense of happiness he has enjoyed

这要归功于政府的支持

thanks to the generous support

杭锦旗之行让我了解到

My visit to Hanggin Banner in Inner Mongolia

在互联网的帮助下

has given me a glimpse into how China is transforming its healthcare

医疗的转变是如何改善贫困户的生活

with the help of the internet, to better the lives of the poor

这是一种全世界都需要的良药

This is the kind of good medicine we all need around the world

通过这些努力

Through these efforts

我希望更多像嘎那一样的人

I hope more people like Gana will be able to not just survive

在医疗体系的帮助下

but also thrive

不仅能康复还可以对生活充满信心

with the help of a medical system that really does care about them