European countries to set up visa centers in Kunming

Yuan Xuelian Bai-Jingli

Heating up the news about the first Lancang-Mekong Cooperation (LMC) Leaders’ Meeting, Ren Maoyang, a graduate student studying the Cambodian language at Yunnan Minzu University, was excited. His major is becoming increasingly popular as the Lancang-Mekong cooperation continues to gain momentum.

Ren still remembers that his undergraduate classmates had already been fully “reserved” by employers even before they graduated. Ren himself was offered the job of Cambodian language teacher by Yunnan Normal University. Since the 1990s, Lancang-Mekong regional cooperation has started to diversify forms. Various cooperation mechanisms include the Lancang-Mekong Subregional Economic Cooperation, the ASEAN+Mekong Development Cooperation, the Mekong Commission and more. March 23, the first LMC Leaders’ Meeting was held in Sanya, Hainan, during which leaders of the six countries had an in-depth exchange of views on the promotion of LMC mechanism, all-round cooperation in GMS countries and regional integration.

Professor Liu Xiaorong, who has been teaching at Yunnan Minzu University for 37 years, believes that as the GMS cooperation mechanism deepens, the demand for talents in Southeast Asian languages will grow drastically. As early as 2013, Yunnan Province had set up a language education board to strengthen the training of Southeast Asian and South Asian languages.

How Tudou fell in love with KM

Wang Shixue

Mr Tudou runs an English training school called Lighthouse in Kunming.

Although it is our first meeting, I feel he is like a bosom friend because of his name, “Tudou”. After all, most people in Yunnan love eating Tudou or potato in English.

Indeed, Mr Tudou has been closely related to Yunnan. In 2004, he encountered a girl from Yunnan’s Xishuangbanna Dai Autonomous Prefecture who was studying at his hometown Liverpool in the UK. They fell in love and got married two years later. In 2011, Tudou settled in Kunming, beginning a brand new life style.

Tudou looks at teaching as an ideal job. “To be a teacher is rewarding because we can change our students. And it is meaningful to help them adapt to life in English-speaking countries.”

On weekends, Tudou often goes to the countryside to get close to the nature. kunyang, Haikou and West Hills are among his favourite spots, where he can enjoy a thriving new life style.

Porters carry goods as they load a cargo ship by Guanlei port, southwest China’s Yunnan Province, March 21, 2016. As China’s first waterway hub connecting Southeast Asia’s Mekong River and China’s Lancang River, Guanlei Port handles over 350,000 tons of commodity trade in recent three years, worth of 635 million US dollars, from and to Southeast Asian countries.

UK research shows values of Yunnan Pu’er tea

Staff Reporter

Recently, the British Journal of Nutrition published an article, saying that Yunnan Pu’er tea is produced on the plateau through a fermentation process which retains more nutrients in the leaves. The latest research shows that this type of tea not only reduces the risks of cancer and rheumatoid arthritis, but also helps to reduce age-related wrinkles as well.

Researchers at Kingston University in London collaborated with Neal’s Yard Remedies (NYR), a British essential oils brand, in testing the health characteristics of extracts from 21 species of plants and herbs. They found that all tested plants are beneficial to the human body, but to their surprise, Pu’er tea was the most beneficial. According to Professor Declan Naughton from the School of Life Sciences at Kingston University, the research shows that Pu’er tea has an anti-aging effect and high levels of anti-oxidants, which can help prevent cancer and heart disease.

Naughton explained: “We’ve carried out tests to identify plant extracts that protected the structural proteins of the skin, specifically elastin and collagen. Elastin supports the body’s natural elasticity, which helps the lungs, arteries, ligaments and skin to function properly. It also helps body tissue to repair when you suffer wounds, and stops skin from sagging.” Collagen is a protein found in connective tissues in the body, and is important for skin, its strength and elasticity.

As one of the country’s leading experts on inflammation, Naughton said: “The early indicators are that Pu’er tea reduces the risk of the inflammation which is characteristic of rheumatoid arthritis and some cancers, as well as preventing wrinkles.”