



## **A healthy diet can reduce the risk of non-communicable diseases**

The food we eat has a large impact on our health. An unhealthy diet, typically high in sugar, saturated fat, and salt and low in vegetables and fruits, can contribute to the development of non-communicable diseases (NCDs). Examples of NCDs are diabetes, hypertension, heart disease and cancer. These are highly prevalent in South Africa and as a disease group, have become the largest killer in the country.

One of the things you can do to reduce the risk of developing NCDs is to eat a nutritious diet, ensuring that you include enough vegetables and fruits. The more processed foods are in your diet, the farther away they are from their natural state and are more likely to contain added ingredients that in the long run may be harmful to your health.

Eating healthy as a young person can be challenging. Some young advocates at UNICEF's youth advocacy trainings expressed that they often skip breakfast and rely on cheap, fatty takeaways as a convenient option to keep them going throughout the day. There is also the perception that healthy foods are more expensive, and cooking healthy meals takes too much time. It's time to change this narrative and make healthy choices and a healthy diet more affordable and accessible for young people.

Other ways to prevent NCDs are being physically active and limiting your intake of alcohol and tobacco. Check out the South African Food-Based Dietary Guidelines for helpful tips and suggestions on having a healthier diet. This version is easy-to-digest!

Also, remember that there are different sources of protein, these include those from animals and plant-based. Lean animal-based foods such as eggs, fish, chicken and lean cuts of beef are great sources of good quality protein. Plant-based foods like pulses and legumes

are cost-effective and great sources of quality protein. Add these foods to your diet to help your body to grow and develop in a healthy way!

Some other tips include checking the nutritional label to know what you are eating (even though they are sometimes hard to read!). Whenever possible, cook your own meals so you know exactly what goes into your food. We encourage you to learn to cook more nutritious meals that are not only delicious, but also fun to prepare and affordable. Here are a few ideas from the Western Cape Department of Health.

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

拓展阅读资源: [Healthy Recipes](#) | [WesternCape On Wellness](#) 按住 CTRL 并单击鼠标以跟踪链接

## **Best apples to eat? Healthiest types from green to red and everything in between**

Apples are a classic fruit choice. They're the unofficial mascot of lunchbox side dishes and they make a delicious afternoon snack when dipped in peanut butter. They're even available at McDonald's as a healthy Happy Meal side.

It's no surprise then that the U.S. is one of the world's largest apple producers, second only to China. We produce an average of 240 million bushels of apples every year, according to the U.S. Apple Association.

But with so many varieties to choose from, is there one that reigns supreme? Here's what we found out about the nutritional profiles of the different kinds of apples.

What is the healthiest apple?

Whether it's Granny Smith, Golden Delicious, Honeycrisp or Gala; any type of apple is going to benefit your health. Only 12.3% of American adults meet their fruit intake recommendations, the Centers for Disease Control and Prevention found. The more apples in your diet, the better, says registered dietitian Danielle Crumble Smith, regardless of the type.

Some, however, have unique health benefits.

Red Delicious apples are the healthiest from an antioxidant standpoint, Crumble Smith says. The darker the color of the apple, the richer it'll be in antioxidants. Antioxidants help neutralize the free radicals in our bodies which, when imbalanced, can cause cell damage and lead to disease.

"Aiming for different types of deep colors can help ensure that you're getting a variety of different types of antioxidants," she says.

If you're looking to increase your vitamin C intake, try a Pink Lady or McIntosh apple, Crumble Smith says. If fiber is what you seek, go for a Honeycrisp or Granny Smith.

Across the board with apples one thing's for sure, Crumble Smith says, eat them raw

and unpeeled.

“Eating the skin ensures that you’re really going to get all of that fiber, get all of those antioxidants because the skin is where a lot of it is,” Crumble Smith says. The vitamin C content can also decrease during the cooking process because vitamin C is soluble in water and sensitive to temperature.

Are apples healthy?

Yes – apples are packed with vitamins and minerals and are an important part of a healthy diet, just like other fruits. They’re a good source of fiber and contain pectin, a fiber that acts as a prebiotic to aid colon function and digestion.

Apples are high in vitamin C, which has antioxidant properties to help us absorb and store iron, maintain strong tissues, boost our immune system and produce more collagen for hair, skin and nail health.

Apples also contain quercetin, a flavonoid with antioxidant properties that studies show may reduce the risk of cardiovascular disease and protect against allergies because it acts as a natural antihistamine.

Apple cider vinegar, a fermented solution made from pressed apples, also has numerous health benefits including weight loss and cholesterol management.

Apples are listed on the “Dirty Dozen” list, or the Environmental Working Group’s analysis of the 12 vegetables with the highest traces of pesticides.

This doesn’t mean you shouldn’t eat them, Crumble Smith says. Buying organic is one option if you're eating apples daily. Still, organic produce is not completely pesticide-free because farmers often use naturally-derived pesticides derived. Research published in the Journal of Toxicology found the pesticides in the produce on the "Dirty Dozen" list are "at negligible levels" and substituting organic didn't result in significant risk reduction.

### **China's BYD overtakes Tesla's electric car sales in last quarter of 2023**

Chinese company BYD sold more electric vehicles than Elon Musk's Tesla in the last three months of 2023 as the two battled for top spot in the sector.

BYD said on Monday it had sold a record 526,000 battery-only vehicles in the final quarter of 2023.

It marked the first quarter its battery-only sales have outpaced Tesla's. The US-based firm has seen demand slow as borrowing costs climb.

However, for the whole of 2023, Mr Musk's Tesla still sold more.

On Tuesday, Tesla said it delivered a record 484,500 electric vehicles in the last three months of 2023 and 1.8 million for the year as a whole.

The end-of-year performance was better than analysts had expected, as sales rose 20% from the same period in 2022 and picked up pace from earlier in 2023. Analyst Dan Ives of Wedbush Securities described the quarter as a "clear win" for Tesla.

But it fell short of earlier hopes. Last January, Mr Musk said that Tesla had the potential to achieve two million deliveries in 2023.

The firm cut prices repeatedly to try to woo buyers.

The milestone achieved by BYD is a reminder of the challenges facing the firm, which helped to launch the electric vehicle industry.

"As BYD has accelerated into the fast lane, it's fresh evidence of just how competitive the EV market has become and how hard it will be for Tesla to swerve back to head the pack," said Susannah Streeter, head of money and markets at Hargreaves Lansdown.

For the year as a whole, Shenzhen-based BYD sold more than 3 million so-called-new energy vehicles (NEVs), which includes battery-only vehicles and hybrids.

Almost 1.6 million of its total sales were battery-only vehicles, the firm said.

BYD's chief executive Wang Chuanfu co-founded BYD with his cousin in Shenzhen in 1995.

The company made a name for itself as a manufacturer of rechargeable batteries - used in smartphones, laptops and other electronics - that competed with pricier Japanese imports.

It started selling its shares on the stock market in 2002 and diversified by purchasing a struggling state-owned car manufacturer, Qinchuan Automobile Company.

Since 2008 BYD has counted veteran US investor Warren Buffett's Berkshire Hathaway as a shareholder.

Analysts say BYD owes its growth to its original business - batteries. They are among the most expensive parts of an EV and making them in-house saves BYD a lot of money.

Many of BYD's competitors rely on third-party manufacturers for batteries.

BYD's battery business helped to give it flexibility to cut prices sharply at the end of 2023, lifting sales, which jumped by 70% in December alone.

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

### **Richest oil states should pay climate tax, says Gordon Brown**

The world's richest oil states should pay a global windfall tax to help poorer nations combat climate change, ex-PM Gordon Brown has said.

He said countries such as Saudi Arabia, the UAE, Qatar and Norway benefited from a "lottery style bonanza" last year, as the price of oil soared.

Mr Brown argues a \$25bn (£20.4bn) levy would boost prospects of a deal on a climate fund for poorer countries.

His intervention comes ahead of the COP28 summit in Dubai in November.

Speaking at last week's Climate Ambition Summit at the United Nations in New York, Secretary General Antonio Guterres warned that world leaders were coming up "abysmally short" in their efforts to curb carbon emissions.

He called for the world's biggest emitters to agree a climate solidarity pact to reduce emissions and support emerging economies.

UK skips leaders' statement on climate action

US refuses climate reparations for developing nations

Why has an oil boss been chosen to head COP28?

Mr Brown said his plan would prevent a stalemate and potential breakdown at COP28 in the United Arab Emirates (UAE) - one of the richest oil producers identified.

He said "petro-states" had recorded "almost unimaginable profits" from the rise in oil price in recent years, with the five richest - which also include Kuwait - doubling their oil revenues in 2022.

Quoting figures from the International Energy Agency (IEA), he said global oil and gas revenues had soared from \$1.5tn (£1.2tn) before the Covid pandemic to an unprecedented

\$4tn (£3.3tn).

"To put these extraordinary figures into context, \$4tn is 20 times the entire global aid budget. It is an income so big that it exceeds the entire GDP of the United Kingdom," he said.

"These producer states have done literally nothing to earn this unprecedented windfall. It represents one of the biggest ever transfers of wealth from poor to rich nations."

Mr Brown added the high price of oil and gas had been the main factor in potentially pushing an additional 141 million people around the world into extreme poverty, which is the high range of an estimate from a scientific study carried out earlier this year.

He called for the wealthiest oil states to contribute 3% of their export earnings - equivalent to a total of \$25bn (£20.4bn) in 2022, saying "it is the very least they could do".

The former prime minister - a UN envoy for global education and World Health Organisation ambassador for global health financing - said "the consequences of such a grand gesture would be immense".

"We would be giving crisis-torn countries what has been absent in recent summits: hope," he said.

词汇拓展：请将文中生词整理誊写至下面区域		
生词	文中搭配	中文释义



## **The breakthrough in augmented and virtual reality -Apple Vision Pro**

The launch of the Apple Vision Pro marks a significant step in the development of augmented and virtual reality. With a focus on high-quality technology, innovative features and a higher price point, Apple is aiming to transform the way we perceive reality. The coming months will show how consumers will react to this ground-breaking AR and VR headset.

The Apple Vision Pro impresses with a lightweight, ergonomic design and advanced technologies, including an unspecified M2 chip and a dedicated R1 chip. The transparent display on the body provides a unique visualisation and underlines Apple's focus on innovation.

The new flagship, state-of-the-art AR and VR glasses, will be launched in the US in early February. With a price tag of around \$3,500 and an impressive range of features, including the seamless integration of digital content into the real-world environment, it promises to revolutionise the way we experience augmented and virtual reality.

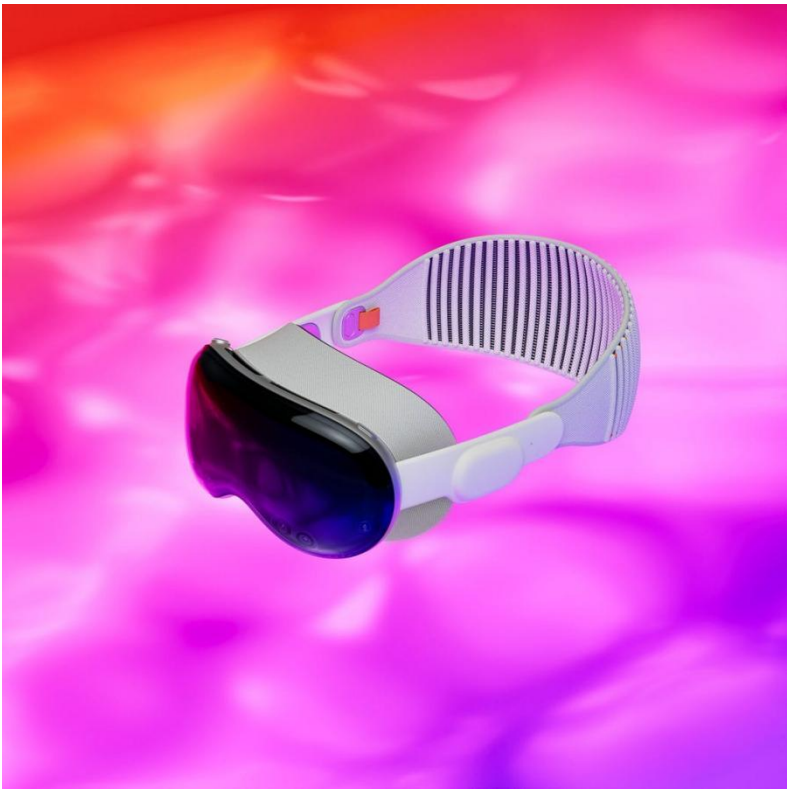
Officially unveiled at WWDC in June 2023, Apple has now announced that pre-orders will start on 19 January, followed by the launch in the US on 2 February. The US price is around 3,500 dollars. Information on availability in Europe and the corresponding prices remain open for the time being.

At a time when Meta is dominating the VR market with the Quest 3 model, Apple is positioning itself with a higher price for high-end AR and VR. The Apple glasses outperform the competition by integrating digital content into the real-world environment and offering enhanced applications such as improved Facetime video calling and TV usage without the

need for a physical screen — all without the need for any other Apple devices.

The Apple Vision Pro does not require any other device from the Apple ecosystem, although it can work with the iPhone and Mac. Apple is planning accessories, including optical inserts from ZEISS and a modular extension for sensors or cameras. A separate box could turn any surface into a virtual trackpad.

词汇拓展：请将文中生词整理誊写至下面区域		
生词	文中搭配	中文释义



## **Bird flu kills thousands of sea birds, marine animals in Peru**

### **Scientists do not rule out transmission of potentially deadly virus to humans**

An outbreak of bird flu is causing significant losses in several species of wildlife in Peru.

The H5N1 strain has killed thousands of sea lions and pelicans in protected areas across the country, authorities said.

On Jan. 27, a hundred dead sea lions were found floating in the waters of Isla Asia, about 60 miles (96 kilometers) south of the capital Lima. Some 716 sea lions have been found dead on various beaches around the country.

Since November, the virus has killed 63,000 birds, according to government data.

Peru's agricultural health agency has reported that the disease may be transmitted by migratory birds from North America.

Authorities are worried as some of the species that are becoming infected are already considered endangered in the country.

In Peru, there are indications that the disease is spreading among mammals of different species.

Scientists fear that close contact between sea lions and humans increases the chances of the virus being transmitted to people.

Peru's National Forest and Wildlife Service has urged people to avoid approaching sea lions and sea birds on the beach and to prevent their pets from doing so.

In South America, bird flu cases have been detected in Ecuador, Bolivia, Chile, Paraguay and recently in Argentina and Uruguay, where a sanitary emergency has been

declared.

The director general of the World Health Organization (WHO), Tedros Adhanom Ghebreyesus, said the virus has been spreading among poultry and wild birds for 25 years, but recently infections have been detected in minks, otters and sea lions, so "they should be closely monitored."

Europe has experienced its worst-ever outbreak of bird flu since 2021, while North and South America have recently been experiencing severe outbreaks.

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

### **3,000-Year-Old City Hidden In Amazon Rainforest Discovered**

A huge city hidden by the luxuriant vegetation of the Amazon rainforest has been discovered in Ecuador. According to the BBC, the houses and plazas in the ancient city in Upano valley were connected by a network of roads and canals. The area lies in the shadow of a volcano that created rich local soils, the outlet further said. The discovery was made using LiDAR, a popular remote sensing method that uses light to measure distances and is also known as laser scanning or 3D scanning.

"This is older than any other site we know in the Amazon. We have a Eurocentric view of civilisation, but this shows we have to change our idea about what is culture and civilisation," Prof Stephen Rostain, director of investigation at the National Centre for Scientific Research in France, who led the research, told the BBC.

"It changes the way we see Amazonian cultures. Most people picture small groups, probably naked, living in huts and clearing land - this shows ancient people lived in complicated urban societies," Antoine Dorison, a co-author of the study, said.

New Scientist said the city is between 3,000 and 1,500 years old - older than other pre-Columbian ones discovered in the Amazon. It also said that people lived there for up to 1,000 years.

Though the LiDAR survey was carried out in 2015, the results were published recently. It revealed more than 6,000 raised earthen platforms within an area of 300 square kilometres.

The report said these are where wooden buildings once stood and excavations have revealed post holes and fireplaces on these structures.

The research team said there were five major settlements in the area surveyed. Talking about the road network there, the survey revealed the longest one extends for at least 25 kilometres.

## Shanghai Disney's new attraction draws visitors

A performance marks the opening of Shanghai Disneyland's Zootopia land on Tuesday.



Shanghai Disneyland's highly anticipated Zootopia land opened to the public on Wednesday, and is expected to attract visitors from home and abroad while adding sparkle to the recovery of the city's tourism industry, company executives and industry insiders said.

The new themed land and its attractions are based on the 2016 animated film Zootopia made by Walt Disney Animation Studios. Construction work started in December 2019. Zootopia is the eighth themed land at Shanghai Disneyland, according to Shanghai Disney Resort.

Walt Disney Company's CEO Bob Iger said at the opening ceremony on Tuesday afternoon that Zootopia is Shanghai Disneyland's second major expansion and demonstrates the company's unwavering confidence in bringing the Disney experience to the Chinese market.

They chose Zootopia as the theme because of the animated movie's "enduring popularity" among its Chinese fans, he said.

The buzz about Zootopia land's opening is reflected in data from online travel agencies. According to Trip.com Group, China's largest online travel agency, searches for Shanghai Disneyland-related products jumped nearly 20 percent on Monday compared with the

previous week. Tour packages for Shanghai Disney Resort between Dec 21 and 23 were sold out on travel portal LY.com on Monday.

Zootopia land has opened at a time when the tourism sector is seeing a rapid recovery from the COVID-19 pandemic. Shanghai received nearly 2.3 million inbound travelers during the first three quarters of the year, while the number for the entire year is expected to exceed 3 million, according to the Shanghai Municipal Administration of Culture and Tourism.

The figures also confirm Shanghai's role as the first stop in China for international tourists, said officials from the administration.

Josh D'Amaro, chairman of Disney Experiences, said that Zootopia land will help Shanghai consolidate its role as a major tourist destination and attract more international visitors. Shanghai Disneyland expects to receive a record 13 million visitors in 2023, he added.

Jared Bush, co-writer and co-director of the animated movie Zootopia, visited the new themed land on Monday. He disclosed some of the characters and places featured in the attractions and teased some of the details of the next Zootopia movie, which his team is currently working on.

Jill Estorino, president and managing director of Disney Parks International, said Zootopia has the biggest box office takings of all imported animated movies in China, which is one of the major reasons for making it the new themed land at the park.

Zootopia reaped 1.53 billion yuan (\$210 million) in China, according to entertainment services platform Maoyan.

Shanghai Disneyland warned that the ride Zootopia: Hot Pursuit — an all-terrain cruiser powered by a trackless ride system — may not be available to all visitors due to the anticipated high demand and the resort's maximum capacity.

## William Shakespeare Statue in Budapest

### Budapest, Hungary

**How did an Australian statue of the Bard of Avon end up in the Hungarian**



WILLIAM SHAKESPEARE IS AN ICONIC figure that can be easily recognized anywhere, even in Budapest. In a plaza on the Danubian riverside, he is depicted in his typical Elizabethan garb, as an actor taking a bow on stage.

According to the inscription on the sculpture's platform, the original piece was created in 1960 by a renowned Hungarian-born Australian sculptor, Andor Mészáros for the city of Ballarat, Victoria. Perhaps surprisingly, it's not the only connection that this city has to Hungary, as the first Hungarian gold medalists during the 1956 Melbourne Olympic Games were won for canoeing there by János Urányi and László Fábíán.

Following his trip to Australia in 1998, a Hungarian attorney and Shakespeare fan Dr. Károly Nagy thought of installing a Shakespeare statue in Budapest and started raising funds for the project. In 2002, the city of Ballarat gave him approval to make a replica of the statue, and the casting was done in Hungary.

On April 23 next year, the 439th anniversary of Shakespeare's birth (and the 387th anniversary of his death), the statue was unveiled beside Vigadó Square, a monument to the relations between Hungary and Australia.



## Where to watch A Christmas Carol

This year marks the 180th anniversary of Charles Dickens' *A Christmas Carol*, which is one of the most famous Christmas stories ever written. Since its first publication in 1843, readers have constantly revisited the tale of Ebenezer Scrooge, a joyless old man who loves only money. One year, on a magical Christmas Eve, Scrooge is visited by the ghost of his late business partner, Jacob Marley, as well as the Ghosts of Christmas Past, Present, and Future (aka the Ghost of Christmas Yet to Come).

*A Christmas Carol* is a morality tale that forces Scrooge to come to terms with the mistakes he's made in life, while giving him one last chance to turn his life around and make new choices. Hollywood has embraced this redemptive story with numerous adaptations over the years. For this Christmas season, we're going to tell you where you can watch six of the most famous adaptations of *A Christmas Carol*.

### *A Christmas Carol* (1951)



This is not the first film version of *A Christmas Carol*, but it is one of the most famous versions. It's a British film that was called *Scrooge* in the U.K before it was retitled for the U.S. Alastair Sim headlined the cast as Ebenezer Scrooge in this film, which has been rerun for decades on television. It's also the only version on this list that you can watch for free.



### **Mickey's Christmas Carol (1983)**

Someone at Disney had the brilliant idea of retelling A Christmas Carol with Carl Barks' signature creation, Scrooge McDuck, playing his namesake, Ebenezer Scrooge. It came together as the animated featurette Mickey's Christmas Carol.

The Disney characters line up really well to the original story, with Uncle Scrooge's nephew, Donald Duck, playing Ebenezer's nephew, Fred, while Mickey Mouse plays Bob Cratchit, and Goofy has a memorable appearance as the ghost of Jacob Marley. For the young kids in your life, you won't find a better Christmas Carol adaptation than this one.



### **A Christmas Carol (2019)**

Put the kids to bed early for this version of A Christmas Carol. This FX- and BBC-produced adaptation goes to much darker places than all of the other incarnations listed here. The ultimate destination is the same, but it's definitely unsettling compared to the others.

Guy Pearce stars as Ebenezer Scrooge, with Andy Serkis as the Ghost of Christmas Past, Stephen Graham as Jacob Marley, Charlotte Riley as Lottie Scrooge/the Ghost of Christmas Present, Joe Alwyn as Bob Cratchit, Vinette Robinson as Mary Cratchit, and Jason Flemyng as the Ghost of Christmas Future.

### Why Are Two Political Parties Dominant in the U.S.?

Two parties dominate the U.S. political system in large part because the U.S. system of representation is based on the top vote getter in each district. Multiparty democracies typically use a system in which representation is proportional to the number of votes received.

The U.S. system leaves little opportunity for smaller parties to compete with more popular and established parties. But, because the winner-takes-all system requires candidates to compete for a plurality of votes in an election, the major parties must accommodate a broad range of political ideologies, and candidates are compelled to reach out to voters who may otherwise be deemed marginal or unimportant to their party. Having narrow interests is a losing strategy in a two-party system.

This competition is also the reason why political bodies in the U.S. swing back and forth between Democratic and Republican control. Because the two parties are always adapting to voters' needs in order to compete, they are easily able to tap into voter dissatisfaction with the agenda of the incumbent party and offer an alternative agenda that may be more attractive.

词汇拓展：请将文中生词整理誊写至下面区域

生词	文中搭配	中文释义

## 课外 外刊拓展 第 12 讲

Afghan girls and women carry donated aid to their tents during a fierce sandstorm after the earthquake in Zendah Jan district in Herat Province in October 2023.



UNICEF, the UN's aid and relief organization for children, has called for greater support for the nearly 100,000 children affected by the October earthquakes in the western Afghan province of Herat.

In a January 15 statement marking 100 days since the first earthquake on October 7, UNICEF said that the tremors killed more than 1,000 people and destroyed 21,000 homes, severely impacting the livelihoods of countless people in several Herat districts.

"To make matters worse, Herat Province is now gripped by a harsh winter, threatening lives and slowing efforts to rebuild," the statement said.

Fran Equiza, UNICEF representative in Afghanistan, said villages that bore the brunt of the tremors were still suffering 100 days later.

"UNICEF is concerned about the survival of 96,000 children affected by the earthquakes if we are not able to provide the services they need to recover," he said, while appealing for more aid quickly.

Equiza said schools and health centers in the affected region were damaged beyond repair or had been destroyed completely.

"Children are still trying to cope with the loss and trauma," he added.

Equiza said nighttime freezing temperatures were now threatening the lives of children and their families.

Most residents affected by the tremors still live in tents, which are difficult to heat.

In Zindah Jan, one of the Herat districts most affected by the earthquakes, many require urgent humanitarian support to survive through the winter.

Gholam Ali, a resident of Naib Rafi village in Zindah Jan, said his children are sick because they live in an unheated tent.

"No one pays attention to us, no one even sees us," he told RFE/RL's Radio Azadi.

"My children shiver from the cold because we have no stove, firewood, or coal," he added.

"We have no warm clothes and blankets."

During the past week, Afghan philanthropists have distributed hundreds of houses they built in Herat. But the needs of those displaced by the tremors far exceed the supply of new housing units.

**Letter: So far, no intervention has been effective for obesity**

From Professor Arne Astrup, Senior Vice-President, Obesity and Nutritional Sciences,  
Novo Nordisk Foundation, Copenhagen, Denmark

As part of our overall ambition of improving people's health, our main focus has been on identifying the root causes of childhood obesity, so as to be able to provide robust evidence to support effective implementation. So far, no intervention has proved to be effective in real life to prevent weight gain and obesity among children, and it is obvious that there is a need for a better understanding of the complex interaction between genetic make-up, early life exposures and environmental factors. We have initiated and funded several studies that test, for example, whether parents being overweight is programming their children to become obese; if too little sleep predisposes to weight gain; and a project that examines the effects of healthy school meals with less screen time and more physical activity and optimal sleep. Moreover, together with the Danish Ministry of Health, we have established "The Centre for Childhood Health" — an independent centre supported by a grant of up to £115mn from the Novo Nordisk Foundation. The centre's main focus is to implement preventive changes to ensure a healthy weight and the better wellbeing of all children in Denmark, and eventually to identify solutions with global validity. Worth noting is that although the Novo Nordisk Foundation owns about 28 per cent of the shares in the pharmaceutical company Novo Nordisk A/S, the two organisations are individual entities with separate boards of directors, leadership teams and goals. The foundation's vision is to improve people's health and the sustainability of society and the planet.

## **Climate change delaying blue whale migration: expert**

CANBERRA, Nov. 13 (Xinhua) -- Warming oceans are delaying the migration of blue whales, Australian experts have warned.

Karen Edyvane, a marine biologist from Australian National University, on Monday raised concerns about significant delays to the migration of pygmy blue whales past the Timor Leste coastline.

A subspecies of blue whale that grows up to 24 meters long, pygmy blue whales migrate thousands of kilometers south every year from breeding grounds off the coast of Indonesia past Timor Leste to Australian waters in October and November.

However, Edyvane told the Australian Broadcasting Corporation that she is "extremely alarmed" after not sighting any whales during the last six weeks in Timor Leste.

A former senior government scientist and member of the International Union for Conservation of Nature World Commission on Protected Areas, Edyvane attributed the delayed migration to climate change.

"What we're seeing is major changes to the oceanography of the region, particularly in terms of upwelling strengths," Edyvane said.

"Climate change is having an impact on the migration of the blue whale and it's delayed the season by four to six weeks. We're also seeing impacts on the actual health of the animals."

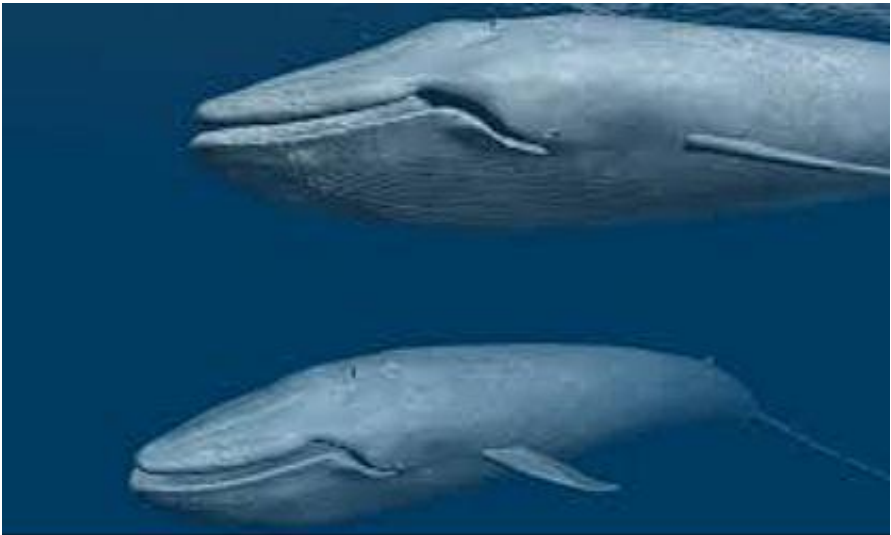
It comes after Edyvane raised concerns about the health of pygmy blue whales after observing malnourished individuals during the 2022 southern migration, which she said was likely the result of warm ocean temperatures.

Australia's Bureau of Meteorology in September declared an El Nino weather event in

the Pacific.

The event is linked to hotter, drier weather in Australia but typically drives down ocean temperatures in the north, which Edyvane said should increase food supply for the whales.

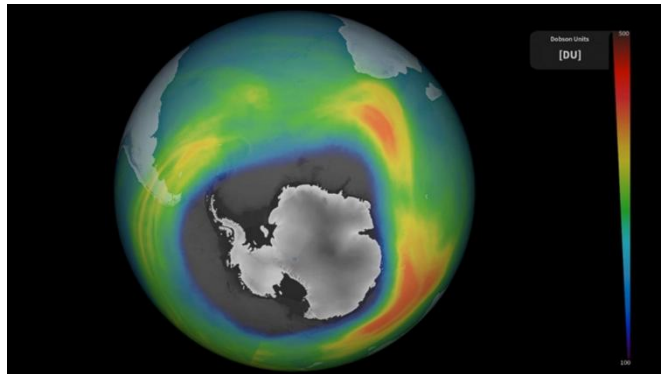
词汇拓展：请将文中生词整理誊写至下面区域		
生词	文中搭配	中文释义





## Ozone hole at record size, posing grave threats to Earth, humanity, scientist warns

‘We must remain vigilant and observe for a long time to ensure it will steadily recover in the long term,’ says Parisa Ariya



The hole above the Earth’s ozone layer on the Antarctic “will have adverse impacts on the planet and human life,” an expert told Anadolu as the hole is among the largest recorded, about three times the size of Brazil.

The ozone layer acts as a natural shield, efficiently filtering harmful solar radiation, particularly ultraviolet (UV) rays.

The hole's size variability is influenced by a strong wind band around Antarctica, a result of Earth's rotation and temperature differences. The band acts as a barrier, isolating air masses over polar latitudes.

Professor Parisa Ariya, an expert in chemistry and atmospheric and oceanic sciences at McGill University, told Anadolu how the substances catalytically destroy ozone, posing risks to human health and the environment.

Ariya said human-made emitted gaseous and halogenated molecules have caused a significant decrease in the ozone layer, “and thereby, the ozone layer's capability to filter the harsh radiation and expose us to stronger radiation with adverse health effects.”

In 1987, two years after the discovery of the ozone layer, heads of state and government gathered to sign the Montreal Protocol on Substances that Deplete the Ozone Layer, banning

the use of chlorofluorocarbons (CFCs) -- chemicals that deplete the protective layer.

Despite the signing of the Montreal Protocol, Ariya insists that vigilance and updated protocols are imperative.

“We need to be more aware of these developments and have safeguards by evolving even further the original Montreal Protocol,” she said.

Ozone, also identified as a “greenhouse gas,” plays a crucial role in regulating climate by trapping heat, said Ariya.

Scientific advancements, including satellite technology and spectrometers, enable accurate monitoring of ozone levels.

Ariya reported steady recovery trends but urged continuous vigilance and observation to ensure sustained progress.

She emphasized that some of the halogenated compounds that are not yet banned and are used, for instance, in Asia, notably China, for agriculture and other purposes, are emitting and will have adverse effects on the planet and humans.

She stressed that several sustainable alternatives exist, however, vigilance is crucial to prevent the release of hazardous materials.

Ariya urged a drastic reduction in emissions affecting climate change, air quality and health.

To protect the ozone layer, Ariya urged targeted efforts in cities where a significant portion of pollutants is emitted. Advocacy for cleaner cities, sustainable transport and lifestyle changes are essential in reducing human effects.

Ariya stressed the importance of long-term protection by bringing stakeholders together.

“We must remain vigilant and observe for a long time to ensure it will steadily recover in the long term,” she said. “We also have to adjust the regulation appropriately with the change of emitters and other processes that are linked to ozone transformation in the future.”

## **China's air-pollution control efforts drive investment worth 4 trln yuan**



BEIJING, Dec. 11 (Xinhua) -- China's air-pollution control efforts have seen significant progress in recent years, driving the growth of the Chinese economy, according to the Ministry of Ecology and Environment on Monday.

China's improvements in air quality are moving at the fastest rate globally, while the issue of coal pollution has been basically solved across the country, Liu Bingjiang, chief engineer with the ministry, told a press conference.

China's efforts targeting air-pollution control have driven a total investment of about 4 trillion yuan (about 562.09 billion U.S. dollars) across the country, Liu said, adding that the efforts have also driven China's GDP to grow by about 5 trillion yuan.

The process of improving air quality has seen the broad application of new technologies and products independently developed by China, which has promoted the development of a slew of relevant industries, including the manufacturing of environmental protection equipment and new energy vehicles, Liu said.

Meanwhile, a total of more than 3 million new urban jobs were created thanks to China's efforts on improving air quality, according to the ministry.

## **Benefits of meditating in the morning**

Meditation's benefits Trusted Source are not dependent on the time of day, but there are reasons why practitioners often recommend meditation in the morning.

### Starting the day off right

Aine Rock, a certified meditation instructor and integrative wellness expert from Los Angeles, California, explains that meditating in the morning sets the tone for the rest of the day.

“Morning meditation lays a foundation of calmness and balance for the day ahead,” she says. “It helps in centering the mind, managing stress, and enhancing overall emotional well-being.”

### Managing extra-stressful days

Morning meditation may help you manage feelings of worry, anticipation, and anxiety on particularly stressful days.

Mathews points out there's a meditation saying, often attributed to Gandhi, that on the days he is really busy, he meditates for 2 hours in the morning instead of 1.

“The point he is making is that meditation can help us prepare for the day, and the days that we may think we have the least time for meditation are perhaps the days we can benefit the most from it.”

### Morning peace and quiet

Meditation in the morning can set the stage for your day, but the morning may also set the stage for meditation.

According to Caroline Schmidt, a licensed clinical social worker from St.

Louis, Missouri, mornings tend to have an innate sense of peace before the hustle and bustle of the day.

Your mind is naturally calm from rest, and the world around you is quiet from collective slumber.

“Early mornings give an opportunity to have time alone, while everyone else continues to sleep,” she says. “This time can be for you, and you alone. And that’s something that’s pretty rare to experience, in a world that’s ever more connected by technology.”

Easy opportunity to practice meditation

One of the great things about meditation is that you don’t have to set a significant period of time aside for it, especially when you’re just starting out.

Schmidt adds that mornings are also a perfect time to explore meditation in an environment where you’re already relaxed and comfortable — your bed.

“As you’re just waking up and are still lying in bed, you can take the chance to connect with yourself for even just 5 minutes,” she says. “You can mindfully feel and explore how your body feels under the blankets.”

## **Terracotta Warriors museum sees over 100,000 visits during holiday**



This photo taken on April 26, 2023 shows the Terracotta

Warriors at the pit No.1 of the Emperor Qinshihuang's Mausoleum Site Museum in Xi'an, northwest China's Shaanxi Province.

A total of 100,486 visits were paid to the iconic Terracotta Warriors in northwest China's Shaanxi Province during the three-day New Year holiday that ended Monday, local authorities said Tuesday.

The Emperor Qinshihuang's Mausoleum Site Museum, home to the world-renowned iconic Terracotta Warriors, recorded more than 11.2 million visits last year, hitting an annual high.

It has seen a surging demand among people since 2023, with the current maximum daily capacity of the museum reaching 65,000 visits.

The museum has adopted a series of measures to better meet the surging demand, such as early opening, delayed closing and staggered reservations.

The museum has attracted over 150 million visitors from home and abroad since it opened in 1979.

Discovered in 1974, the army of Terracotta Warriors was built by Emperor Qinshihuang of the Qin Dynasty (221 B.C.-207 B.C.), who unified China for the first time.

## **China proposes an ambitious plan to prevent internet addiction in children**

**The Cyberspace Administration proposes that developers create a ‘minor mode’ that offers content based on age and establishes time limits on devices**

Chinese authorities have resolved to put the brakes on children’s social media addictions and control the content that children and teens consume online. The Cyberspace Administration of China (CAC), the country’s primary internet regulatory organ, has proposed that manufacturers of mobile devices, operating systems, applications and app stores create a new function called “minor mode,” which will involve a system of age-based content classification and establish time limits for use of the smart terminals. The proposal will be open to comments until September 2, and the timeline of its implementation has not been established. The project, which has been well-received by many parents, could bring a new challenge for tech companies, who face an increase in government intervention.

Though most smart devices already have pre-installed parental control functions, CAC’s plan is much more ambitious. According to the description on its website, the proposal involves connecting mobile phones directly with app stores and apps themselves, so that the minor mode can be activated with a single click. The function will allow the user to access an interface adapted to their age. It can be disabled only with an adult’s verification and authorization.

Once activated, warning notifications will be sent when the device has been

used for more than 30 minutes continuously. Applications will not function between ten p.m. and six a.m. During those hours of inactivity, however, certain functions will be permitted, such as emergency calls or the use of educational platforms or others approved by the user's parents.

The system will be divided into five intervals according to age: below 3 years old, 3 to 8 years old, 8 to 12, 12 to 16 and 16 to 18. The time limits will also vary according to the group: 40 minutes for those younger than 8, an hour for those between 8 and 16 and up to two hours for teenagers between 16 and 18 years old.

The text urges content creators to offer age-appropriate products and information. The CAC suggests that they “promote the fundamental values of socialism” and “traditional Chinese culture” in order to “cultivate minors’ morals and affection for their country.”



## My 16 Eye-Opening Experiences of Culture Shock in China

Are you planning on visiting China and wondering what to expect? Culture shock in China is a common experience, especially for those coming from Western cultures.

In this article, I will tell you about my general experience as a student in China and, more specifically, my culture shock experiences and how to overcome them.

What is culture shock?

Culture shock refers to the disorientation and emotional response experienced when encountering a new and unfamiliar cultural environment.

It occurs when facing differences in customs, traditions, language, and social norms. If you live in a Western country, you'll likely experience culture shock when going to China.

My Chinese culture shock experiences

Here, I will share the main culture shocks I encountered in China.

### 1. A "community" university life

University life in China made a big impression on me because it differed greatly from what I had previously experienced.

In my home country, Italy, I had never felt that "community spirit" that I found in the university in China; I would go to class and then go home and eat/study/do other activities by myself or with friends. In China, university is more than just the classrooms where you go to lecture or take exams. Chinese universities are like small cities, with a dormitory, supermarkets, canteen, restaurants, gymnasium, library, and many clubs and activities. In my case, the

dormitory and classes were even in the same building.

So it was possible to use classrooms to study with classmates even in the evening. This setting may not be very different from what happens in your country, but becoming part of such a close-knit community was a very special experience for me.

This cultural difference stems from how Chinese culture is more centered around community. In contrast, the Western world is more individualistic. This difference is something you'll notice in your everyday life in China:

Neighbors play and hang out together every day

There are a lot of clubs.

Even the elderly are rarely seen alone.



2 Hot water

Hot water will cure anything

On several occasions, even in summer, I was served hot water. I must say that after the initial shock, I learned to appreciate it.

However, once I left China, I lost this habit.

3 Spitting

Chinese people, especially middle-aged men, are used to spit on the street, even if you are near them. Let me tell you, this was one of the most difficult habits to adapt to.

4 Pace of life

The pace of life is very hectic; people are always on the move and busy. This way of life is also reflected in the organization of university life, with a schedule full of classes and activities.

Often, especially if you use public transportation during rush hour, you might feel overwhelmed by the number of people or the hustle and bustle: I usually went to some public park to calm down a little. The lesser-known and less frequented ones are usually very well maintained and are real oases of tranquility. However, even the most popular parks are so large that you will find some peace and personal space.

To conclude

These were my biggest experiences of culture shock in China. Even the things that I found most difficult at first are unique features that make up Chinese culture and make this country unforgettable: today, I miss those shocking experiences a lot.

# Beijing Winter Olympic champion Gao on way back to top form



**Beijing Olympic Winter Games gold medalist Gao Tingyu vows to get back to top form as soon as possible.**

Beijing Olympic Winter Games titlist Gao Tingyu is striving to find back his top form, finishing first in the men's 500m Division B at the ongoing Speed Skating World Cup here on Friday.

Gao clocked a winning 34.87 seconds in the morning session, improving from 35.02s at the China Cup on November 11 in Harbin, which was his first competition in 21 months after his 500m victory at the Beijing Winter Olympics.

"I was at my 70% or perhaps 80% today. Because I don't have race points from last season so I need to start from Division B," Gao explained. "I will move up to Division A tomorrow. It's good for me to gain more experience."

Racing again at the National Speed Skating Oval brought back memories

from Beijing 2022 where Gao became China's first men's Olympic speed skating champion.

"I was so happy to compete here again, hearing the cheers from the spectators and with my family and friends watching from the stands," he said.

"I was half a second slower than my winning result at the Beijing Winter Olympics, but I did my best today," he added.

25-year-old Gao went into a long break after the Beijing Games and just resumed training six months ago. He admitted that he needed some time to readjust to the strenuous training.

"It was painful training accompanied with injuries at the beginning," he said.

But once stepping on the ice rink, he "instantly let out all my energies as if it was in my instinct."

"I am coming back, starting afresh," he concluded

## WHY NOT ALL STEREOTYPES ARE BAD

### Using Generalizations to Help Make Better Decisions

We often speed through our fast-moving, complicated world using limited information to make tough decisions. But taking the right shortcuts isn't easy, said Dale Nance, JD, the John Homer Kapp Professor of Law at Case Western Reserve. In his new book—*The Burdens of Proof: Discriminatory Power, Weight of Evidence, and Tenacity of Belief*—Nance digs into complex decision-making in the midst of uncertainty. And in an undergraduate seminar he taught this year, Nance focused on the use of stereotypes in everything from regulating dangerous dogs to profiling potential terrorists. We asked him to explain the good and the bad of generalizations.

Many people shy away from the idea of making decisions based on stereotypes. Why? Stereotype has a negative connotation. But a stereotype is simply a generalization about how a group of people behaves. It may be statistically accurate but not universally valid. Many believe we shouldn't make decisions affecting an individual based on a stereotype, even if it is statistically accurate. Say a person wants to make a decision by relying on a generalization that "Children reared by single parents are more likely to be involved in criminal activity." Someone else may respond, "What about the single-parented children who don't fit this generalization?" It's one thing to challenge a generalization as inaccurate or to suggest a different generalization for use in the particular context. It's quite another to say we should ignore an accurate generalization just because there are exceptions to it. The real question is: What makes some uses of

stereotypes inappropriate and others appropriate?

What are examples of useful stereotypes?

Age requirements. Most accept that a person should be a certain age to vote or drive a car. Neither is based on universally valid generalizations: Some 25-year-olds shouldn't be voting and some 16-year-olds would be competent to do so. Some 12-year-olds could reasonably drive a car. Nor is individual testing always a workable solution to such problems. Testing is expensive and not without its own errors and abuses. Imagine the controversies that would attend any individualized test for voter competence. Who would be trusted to design such a test? Even for something like driving skill, if we are confident that the vast majority of 12-year-olds would be poor drivers, is it worth the costs of giving all 12-year-olds the opportunity to take some test that most will fail?

How, then, should we think about stereotypes?

First, it's naive to say you can't use a generalization about a class of people unless it's universally valid—we use such stereotypes all the time and would be paralyzed without them. Second, working out the ways in which the use of a stereotype can go wrong is important, as is determining when some alternative, like individualized testing, is appropriate. Many generalizations, like those based on race or gender or religion, are rightly subject to special scrutiny because of their historical misuse. But even here, it would be an error to say that use of a stereotype is 'wrong' just because there exist exceptions to the generalization upon which it is based.

## Girl Power

January 16, 2024

**Melinda French Gates** is a businesswoman and philanthropist. She's a cofounder of the Bill & Melinda Gates Foundation, one of the world's largest private charitable organizations. She's also an author and an advocate.

When I spoke with French Gates, she said her background in computer science gives her a “logical **mindset**” about global problems. She told me that the best and most difficult parts of her job are the same: **talking to people**. This “**on the ground**” work is her favorite part of being a philanthropist, but hearing stories of despair is difficult. Here's part of my conversation with French Gates.

What cause is most important to you, and why?

I've been working in this field for about 25 years. I really care about lifting up women and girls. I think that when girls and women can step into their full power in society, society changes for the better for everybody. So I'm very passionate about making sure girls and women have their full power, no matter where they live in the world. Girl power - - feminism -feminist

What's your typical workday like?

It depends on where I am. If I'm here in Seattle, a typical workday for me is being in the office [taking meetings]. Sometimes, it's reviewing **strategies**. Sometimes, it's allocating resources. If I'm out of Seattle, it's often meeting with our partners, trying to push a government leader to put more money or his or her voice behind something. Or, if I'm out in the field, it's talking to families.

How does your background in computer science help with your job?



Computer science is very logical. I know you have a passion for math. **So do I.** And having that logical **mindset**, when you come across a problem in the world, you try to break it down into steps to understand it. I also know that numbers help us see things in the world. So I have a data focus. If I can't explain or understand something, I'll say, "**What are the statistics about that? What do we know?**"

I have a **score** focus.

What's your advice for kids who want a career helping people, or working for a cause they care about, but don't know where to start?

Start today. Start doing something you're passionate about, whether it's working at a **food bank** or volunteering at a library. There's huge power in kids thinking about their time, their expertise, and where they can give back.

## 课外 外刊拓展 第 23 讲

### Demystifying Web 2.0 and Web 3.0: Understanding the Evolution of the World Wide Web

This article discusses the transformations of the World Wide Web, focusing on Web 2.0 and Web 3.0. It outlines their distinct features, implications for users, and regulatory and ethical considerations. It also explores the potential direction of Web 3.0 and the importance of government and regulatory awareness as these technologies evolve.

#### The Evolution of the World Wide Web

The World Wide Web has undergone a series of dramatic transformations since its inception, with each stage of its evolution characterised by new technologies and modes of interaction. Two of these evolutionary stages are commonly referred to as “Web 2.0” and “Web 3.0”. Each of these has its own distinct features and implications for Internet users. In this article, we will summarise the key characteristics, as well as some of the regulatory and ethical considerations, of Web 2.0 and Web 3.0, with a focus on where things might be heading with Web 3.0 and what governments and regulators need to be cognisant of as the technologies develop.

#### Web 2.0: The Rise of User Participation and Social Media

Web 2.0 refers to the second generation of the World Wide Web, typically thought to have begun around 2004 and still being the current state of what we access through the Internet. Web 2.0 is characterised by a shift towards websites that allow greater user participation, collaboration, and interaction. With Web 2.0, users can create and share content, connect with others through social networking,

and access software and data from anywhere in the world through cloud computing. This has enabled greater knowledge-sharing, accessibility, and innovation in fields such as e-commerce, education, and entertainment. With the rise of social media platforms such as Facebook, Twitter, and Instagram, Web 2.0 has also transformed the way people interact, communicate and collaborate across geographical and cultural boundaries.

While Web 2.0 has enabled greater connectivity and accessibility, it has also raised issues around privacy and cybersecurity. Companies, notably the search engine and social media giants, collect user data for tracking and advertising purposes, leading to concerns around data privacy and the potential for misuse of individuals' personal information. Cyberbullying and misinformation have also become more prevalent on Web 2.0 social media platforms, and there are growing calls for greater regulation and oversight.

### Web 3.0: Decentralisation, Security, and Transparency

Web 3.0, also known as the "Decentralised Web", is seen as the next stage in the evolution of the World Wide Web. It is characterised by a focus on decentralisation, security, and transparency, and proponents argue it will shift power away from central authorities and towards individual users, providing Internet users with more control over their data and transactions.

One of the key technologies driving Web 3.0 is blockchain, which is a decentralised and transparent ledger that enables secure and trustworthy transactions without the need for intermediaries. Blockchain technology has the potential to revolutionise fields such as finance, healthcare, and supply chain management by enabling secure and transparent transactions that are more resistant to fraud and manipulation than current systems used through Web 2.0.

Web 3.0 is also expected to incorporate greater use of artificial intelligence and machine learning, which may be able to provide more personalised user experiences online. For example, AI algorithms can potentially analyse user behaviour and preferences to provide personalised recommendations and search results. The “Semantic Web” is another concept likely to become a feature of Web 3.0. The Semantic Web aims to enable more intelligent searches and interactions with technology, through creating standardised, machine-readable data that can be easily interpreted by computers. Advocates claim this should enable more efficient and intelligent processing of information, but the increased comprehension of the "semantics" of the data processed by these computers has raised some concerns. Whilst computers may be able to interpret and process information in a more human-like manner (which goes beyond its current understanding, limited to keywords or syntax), it may lead to unintended processing of personal data and intrusive methods of processing personal data (such as profiling), potentially in breach of privacy regulations, such as GDPR.

## 课外 外刊拓展 第 24 讲

### How to make friends and meet new people

Whether you're changing schools, starting uni or you'd just love a new bestie, everyone goes through the experience of wanting to make new friends at some point in their life. Sometimes this can be easy as, but unfortunately there are times when it's not quite as simple.

If you're in the early stages of wanting to make some new mates, you might be thinking: where do I even start? So we went to the street to ask people for their top tips for making friends.

### How to make new friends

Meeting new people and creating new relationships can be a nerve-wracking experience, because you have to really put yourself out there.

When it comes to making new friends it can be tough to get started, so we've put together our 10 best tips to guide you on making some new mates.

10 tips on making new friends that anyone can try

Join a club or sports team, something that gets you meeting new people.

Be open-minded and open to new things.

Be confident and start conversations.

Break the ice with a joke or a compliment.

Put yourself out there and genuinely be yourself.

Don't take yourself too seriously.

Show you want to learn more, ask questions about their life and hobbies.

Send them memes you know they'd like.

Practise active listening and make eye contact.

Be friendly and warm, kind and encouraging.

# **China to see temperature drop during National Day holiday**

Most parts of China will experience a drop in temperatures during the upcoming week-long National Day holiday starting Saturday, an official said Thursday.

From Oct. 1 to 6, temperatures are expected to fall by 8 to 12 degrees Celsius in most parts of the country, while some areas will see a temperature decline of above 18 degrees Celsius, Fang Xiang, deputy director of China's National Meteorological Center, said at a press conference.

Heavy rainfall will hit parts of Sichuan, Shaanxi, north China and sections of the Yellow and Huaihe rivers during the period, Fang said.

However, in the first four days of the holiday, parts of the Yangtze River basin and south China will continue to experience high temperatures of 35 to 39 degrees Celsius, and are expected to cool down from Oct. 5.

In the meantime, fog is expected to blanket parts of north China and sections of the Yellow and Huaihe rivers from Saturday morning to Monday morning, according to Fang.

## Careers fair held in Oxford for overseas Chinese students

A special recruitment event was held in Oxford, England on Tuesday with around 5,000 jobs provided by 300 Shanghai-based firms. The event is a part of Shanghai's Pudong New Area's efforts to attract overseas Chinese talents. [Photo provided to China Daily]

A special recruitment event was held in Oxford, England on Tuesday to connect Chinese students studying at the city's prestigious university with Shanghai-based enterprises.

The event, co-organized by Shanghai Pudong Human Resources Co Ltd, owned by Zhangjiang Group, Shanghai Foreign Investment Development Board and Oxford Chinese Student and Scholars Association, was aimed at promoting Shanghai's Pudong New Area to overseas talent, with the latest talent policies and the region's development priorities being introduced.

Prior to the Oxford event, the organizers had staged similar sessions at Goethe University Frankfurt and Heidelberg University in Germany, and University College London.

Around 5,000 jobs with 300 firms, in sectors including financial services, smart manufacturers and biopharmaceuticals, were on display to overseas Chinese students.

Pudong, to the east of Shanghai, is currently home to more than 1.7 million people classified as talent, 13 international schools and 10 international medical institutions, and more than 2,000 foreign permanent residence card holders, according to official statistics.

The district has put forward a series of talent attraction policies to further develop its status as an international talent center.

For example, an international talent station was unveiled in the area last December for those seeking a career in Shanghai, providing free accommodation for up to seven days for eligible graduate returnees, as well as free working space for up to three months for startup teams.

In June this year, the station received more than 30 elite students from top British universities, the first overseas university student team to be welcomed by the station.



## 课外 外刊拓展 第 27 讲

Alibaba announces new asset management company, sees movement in leadership positions



The headquarters of e-commerce giant Alibaba Group in Hangzhou, capital of East China's Zhejiang province. [Photo by Niu Jing/For China Daily]

Chinese tech heavyweight Alibaba Group Holding Ltd announced on Wednesday that it will set up an asset management company to manage the operation of its non-core assets and boost its return on capital.

Dai Shan, previously the CEO of Alibaba's e-commerce business unit Taobao and Tmall Group, will assist in establishing the new company.

Wu Yongming, Alibaba Group's CEO and chairman of Taobao and Tmall Group, is taking over Dai's role as CEO of Alibaba's e-commerce arm. Wu has also been CEO of Alibaba's Cloud Intelligence Group.

Alibaba Group's Chairman Joe Tsai said in an internal message to staff that Wu's leadership of both Alibaba Cloud and Taobao and Tmall Group (TTG) will

ensure total focus on, and significant and sustained investment in, the company's two core businesses of cloud computing and e-commerce, as well as enabling TTG to transform through technology innovation.

Tsai said Dai's new role in the asset management company would allow her to "play to her strengths" and "further contribute to the company".

## Tesla is no longer the biggest electric carmaker

China's BYD has become the world's largest seller of electric vehicles, surpassing Tesla.

Despite being relatively unknown, BYD's strategic planning and support from the Chinese government played a crucial role. The Chinese government's substantial subsidies, tax exemptions, and a carrot-and-stick approach propelled BYD's rise. The company's focus on cheaper electric vehicles and vertical integration, making 75% of its parts in-house, contributes to its success.

BYD's founder, Wang Chuanfu, with a background in chemistry, prioritizes cost-effective battery technology. The company's global expansion aims to make BYD a major player in the electric vehicle market worldwide, challenging regulatory uncertainties and building brand awareness.

Difficult words: carrot-and-stick (a combination of reward and punishment used as motivation), propel (to move forward), vertical integration (a strategy where a company controls multiple stages of the production process).

## 课外 外刊拓展 第 29 讲 Tobacco children in Indonesia

People estimate that more than 1.5 million children in Indonesia work in the agricultural sector – mainly in tobacco, rubber, and palm oil plantations.

Those who work on tobacco farms plant it, apply pesticides, harvest, bundle and dry the leaves, and do all of this mostly with bare hands.

The working conditions are hazardous and the children suffer from ‘green tobacco sickness’ – acute nicotine poisoning. Some of the symptoms they commonly experience are nausea, headaches, and dizzy spells.

In Indonesia, hiring children under 15 years of age is illegal, but traders or companies do not directly hire children. They skip school or drop out altogether in order to help their families make a living. One day’s work earns them an equivalent of a dollar a day.

The firms who buy the tobacco never question the process behind the production, which is what groups like Human Rights Watch are trying to change. They reached out to some of the biggest companies operating in Indonesia, asking them to educate the families about the dangers of this work.

Indonesia is one of a few countries that have not signed the World Health Organization’s Framework Convention on Tobacco Control – a global public health treaty aimed at protecting the population from the consequences of tobacco consumption and exposure to tobacco smoke.

Difficult words: pesticide (something which kills insects), harvest (gather, get), bundle (tie or roll up together), hazardous (dangerous), nausea (a feeling of sickness), dizzy (weak, not feeling well), spell (a short period of time), treaty (an agreement, a deal, a pact).

## **China's visa-free policy**

China's recent visa-free travel policy, implemented on December 1, has positively impacted tourism.

The Ministry of Foreign Affairs aims to continually adjust visa policies to enhance cross-border travel conditions. Approximately 7,000 out of nearly 18,000 travelers from France, Germany, Italy, the Netherlands, Spain, and Malaysia entered China in the initial three days of December. Daily average tourist numbers from these countries increased by 39% in the first three days compared to the last day of November.

This move is part of China's efforts to revive its tourism sector post-COVID-19 restrictions. The government also seeks to improve its global image, as revealed by a recent survey that indicated negative perceptions of China in 24 countries.

Difficult words: enhance (to intensify or improve), revive (to give new strength or energy to).