《肯尼亚的“中国女孩”》中英双语文稿

Kenya’s "Chinese Girl"

【新闻资料同期声】

1405年，大航海家郑和……

In 1405, the great navigator Zheng He...

在东非，有些人认为……

In Eastern Africa, some people regard…

她坚信自己是当年随从郑和一同下西洋的船员的后代……

She’s convinced that she’s descended from one of the crew who accompanied Zheng He when he voyaged to the West.

【夏瑞馥同期声】

[Mwamaka Sharifu]

我叫夏瑞馥，来自肯尼亚。我回家了！

I’m Mwamaka Sharifu. I’m from Kenya, and I’m back home!

【出片名】肯尼亚的“中国女孩”

Kenya’s "Chinese Girl"

【同期声】

老师：“一带一路”手拉手，如今郑和船员的后裔、肯尼亚女孩夏瑞馥，她（通过教育）改变了自身的命运。让我们用热烈的掌声欢迎夏瑞馥博士分享她的追梦故事。

Mwamaka Sharifu’s story is closely linked to the Belt and Road Initiative. She’s a Kenyan, who believes she’s descended from a member of Zheng He’s crew. Education set her on a different path in life. Let’s welcome Dr. Sharifu, who will tell us about her inspiring journey.

夏瑞馥：大家好，我叫夏瑞馥，来自肯尼亚。今天在这里我真的很高兴。我来中国的时候我才19岁呢。我比较矮，所以跟你们差不多。（我于）2020年回到肯尼亚，目前我也是为肯尼亚人看病。所以希望以后就是在肯尼亚开一个中医诊所，（让）更多的肯尼亚（人）能了解到中医，能用到中药。

Hi, everyone! My name is Mwamaka Sharifu, and I'm from Kenya.I’m thrilled to be here today. I was 19 when I arrived in China. I was similar to you guys in many ways,

such as being quite short. I returned to Kenya in 2020 to work in health care. My goal is to establish a Traditional Chinese Medicine clinic in Kenya, where Kenyans can learn about and benefit from Traditional Chinese Medicine (TCM).

【解说】

2020年，夏瑞馥结束了在中国15年的求学生活，回到了肯尼亚。如今，她生活在首都内罗毕。夏瑞馥先后在南京中医药大学和华中科技大学同济医学院学习，一路从本科读到了博士。

In 2020, after 15 years spent studying in China, Sharifu returned home to Kenya. She’s currently living in the capital, Nairobi. In China, at Nanjing University of Chinese Medicine and Tongji Medical College of Huazhong University of Science and Technology, she studied from undergraduate, all the way up to doctoral level.

【同期声】

夏瑞馥：埃利亚斯！

Elias!

【解说】

因为丈夫在国外深造，夏瑞馥独自一人带着两岁的儿子生活。

Sharifu shares her home with her two-year-old son. Her husband is away, studying abroad.

【同期声】

夏瑞馥：埃利亚斯，过来。妈妈叫你啊。

Elias, come here. I’m calling you.

【解说】

除了在肯雅塔大学担任兼职研究员，她把大量时间留给了病人。夏瑞馥想在肯尼亚开一家中医诊所，但并不容易。

Sharifu is a part-time researcher at Kenyatta University. She also devotes a significant amount of her time to her patients. She dreams of opening a Traditional Chinese Medicine clinic in Kenya. But she’s facing challenges.

【同期声】

夏瑞馥：好吃吗？

Does it taste good?

【解说】

工作，家庭，还有复杂的申请程序，让她很忙碌。

She’s kept busy by her work and family, as well as by a complicated application process.

【夏瑞馥同期声】

[Mwamaka Sharifu]

家里我一个人，我老公不在这儿，所以我的压力真是很大。要照顾家庭，然后病人有的时候大半夜他们打电话，所以我的手机是24小时开机的。

It can be very stressful, being alone at home without my husband. I have to look after my family. Also, I sometimes get calls from patients in the middle of the night. I’m on call 24 hours a day.

【解说】

夏瑞馥要去病人家里出诊，从城东到城西，经常奔波在路上。和两岁儿子的分别，成了每天最难的事。

Sharifu spends her day, travelling around the city, visiting her patients. The worst part of it is being separated from her two-year-old son.

【同期声】

病人：嗨，最近好吗？

Hi! How have you been?

夏瑞馥：我很好，你呢？

Fine, and you?

病人：我也很好。我最近辗转于三个地方，所以我的背部感觉不太舒服。

Good, good! I slept in three places, so my back is not good.

【解说】

54岁的海伦是夏瑞馥的病人，她曾是一名厨师，因为长期站立，她的背部和腿部都感到疼痛。

One of Sharifu's patients is 54-year-old Hellen. She used to work as a chef, and developed back and leg pain from long periods spent standing.

【同期声】

夏瑞馥：你这里疼吗？

Any pain here?

病人：当我以这种方式触碰时，就会产生疼痛感。

This one when I go like this, there is pain coming like…

夏瑞馥：那你有没有服用镇痛药物？

So have you taken any medication for this pain?

病人：没有，我知道你要来，所以不想吃任何止痛药。

No. I knew you were coming, so I didn’t want to take any pain medication.

【夏瑞馥同期声】

[Mwamaka Sharifu]

比如说我要给病人扎针灸，他们一看他们觉得不行，针灸，是什么样的针？他们也很好奇要看这个针。这个东西没有药，为什么能治好啊？跟他们说，我们是通过经络，我们通过神经系统，我们来调理你的身体，然后这个病会慢慢好的。所以他们觉得中医还是挺好的。

When I want to give them acupuncture, the patients are often reluctant. What type of needles do I use? They’re very curious about the acupuncture needles and how they can heal without drugs. I explain that acupuncture regulates the body through the meridians and nervous system, facilitating gradual healing. This gives them a positive perception of Chinese medicine.

【肯尼亚内罗毕 厨师 海伦·穆西拉】

[Hellen Musira, Chef, Nairobi, Kenya]

我喜欢针灸疗法，至今未曾服用过任何镇痛药物。与针灸的邂逅是我生命中最美的相遇，我的躯体疼痛感逐渐减弱。

I enjoy the acupuncture. Up to today I’ve never taken pain medicine. It’s the best thing that ever happen to me. I don’t feel pain as much.

【解说】

肯尼亚是东非商业、金融中心和交通枢纽。近年来，共建“一带一路”倡议在肯尼亚开花结果。蒙内铁路是中肯共建“一带一路”的标志性工程，也是中国技术转移助推肯尼亚发展的典范项目。对于夏瑞馥来说，这条繁荣之路，也是连接梦想与亲情的纽带。

Kenya is East Africa’s commercial, financial and transport hub. Recent years have seen significant progress by China and Kenya in developing the Belt and Road Initiative together. The Mombasa-Nairobi Standard Gauge Railway is a landmark project demonstrating China's commitment to technology transfer that supports Kenya's development. For Sharifu, the railway is a symbolic link between her dream and her family.

【夏瑞馥同期声】

[Mwamaka Sharifu]

还没有来中国之前，我妈妈生病了。中国（人）在肯尼亚开了诊所，就给我妈妈开中药。我妈妈吃了一个月，感觉就是好多了。所以我那个时候还是觉得中医很神奇。2005年之前，肯尼亚到中国感觉是很远的一个地方，特别是我们农村人，信息或是新闻也很少，所以那个时候我妈妈也很紧张。

Just before I went to China, my mother fell ill. A Chinese doctor who had a clinic in Kenya prescribed Chinese medicine for her. Within a month, she was much better.

This experience made me realize just how effective Chinese medicine is. Prior to 2005, China seemed very distant to Kenyans, especially rural people like us

who had limited access to information and news. So, my mother was worried.

【夏瑞馥母亲 巴拉卡·巴蒂】

[Baraka Badi, Mwamaka Sharifu's Mother]

夏瑞馥去中国的时候，我非常高兴。但因为她以前一直生活在我身边，所以少了她，我觉得有点寂寞，很想念她。

I was very happy when Sharifu went to China. But since this was the first time she’d lived away from me, I missed her badly. I felt lonely without her beside me.

【解说】

夏瑞馥出生在肯尼亚拉穆群岛西尤村。在那里，流传着一个中国沉船的故事。

Sharifu was born in Siyu Village, in Kenya’s Lamu Archipelago. In the local folklore, a story is told about a Chinese shipwreck.

【夏瑞馥同期声】

[Mwamaka Sharifu]

从小的时候，小朋友们一直叫我“中国女孩”。然后我的外婆那天告诉我们，说以前有中国人坐船到肯尼亚，我们（就是）船员留下来的后代。我小的时候也看到好多东西，比如说我们有一个很大的石头，就是破碎（碾碎谷物）的一个工具。可能这个文化就是从当年他们（中国船员）来的时候留下的。

When I was little, the other children often called me “Chinese Girl”. According to my grandmother, our ancestors were Chinese sailors who sailed to Kenya. During my childhood, I saw various artifacts, including a large stone used for grinding grain. I think they must date from a time when Chinese sailors came here.

【解说】

2010年，中国政府启动了中国－肯尼亚拉穆群岛地区联合考古项目。此次研究发现了上溯至一千多年的悠久而繁荣的中非交往史，相关考古证据发现于非洲东海岸的多个地区，包括肯尼亚的蒙巴萨、马林迪到拉穆群岛等地区。詹博·哈罗是肯尼亚国家博物馆的考古工作者，他曾参与这次联合考古。

In 2010, the Chinese government launched the China-Kenya Joint Archaeological Project in the Lamu Archipelago Region. The study revealed that there have been long-standing, fruitful interactions between China and Africa dating back over a thousand years. Evidence of these interactions was found in various places along Africa’s east coast, including Mombasa, Malindi and the Lamu Archipelago in Kenya.

Jambo Haro, an archaeologist at the National Museum of Kenya, participated in the joint project.

【肯尼亚国家博物馆 考古工作者 詹博·哈罗】

[Jambo Haro, Archaeologist, National Museum of Kenya ]

郑和奉明朝皇帝之命开启了远洋探险之旅，并抵达非洲东海岸。不幸的是，船队中的一艘海船在帕泰岛西尤村附近沉没。一些随行的中国船员幸免于难。他们在流落途中适应了当地环境，并最终与当地人通婚，繁衍生息。人们了解到当地一些村民具有中国人的某些特征，于是进行了DNA检测，结果证实了他们的中国血统。

Zheng He was sent by the ruler during the Ming dynasty to come and explore the east African coast. Unfortunately one of the vessels capsized around the Pate island or Siyu village. Some people escaped unhurt and during the process they climatized themselves with the local environment and they ended up marrying local populations. It was actually realized that some of the populations had some features which were Chinese in nature that led for a DNA test to be carried out and the results turned positive.

【解说】

夏瑞馥在肯尼亚华人赵汗青的资助下读完高中。对于一个偏远小岛上家境贫寒的女孩来说，能逃脱早早嫁人的命运并完成高中学业，已经十分幸运。然而夏瑞馥的梦想却不止于此。她鼓起勇气给中国驻肯尼亚大使馆写信，表达了想去中国求学的愿望。2005年，夏瑞馥终于获得了中国政府奖学金。而这一年正是中国航海家郑和开启航海壮举600周年。第一次前往中国的夏瑞馥，首站便来到郑和七下西洋的起锚地——苏州太仓。那个激动的小女孩，写下四个字——“我回家了”。

Coming from a poor family living on a remote island, Mwamaka Sharifu was fortunate to escape the fate of many of her contemporaries. That she avoided being married at a young age, and was instead able to complete her education, was thanks to a Kenyan-Chinese named Zhao Hanqin. But Sharifu dreamed of even bigger things. She wrote to the Chinese Embassy in Kenya, expressing her desire to study in China. Eventually, in 2005, she was awarded a Chinese Government scholarship. Sharifu's first trip to China later that year coincided with the 600th anniversary of Chinese navigator Zheng He's first voyage. Her initial destination was Taicang in Suzhou, where Zheng He had anchored his fleet before his seven expeditions to the West. In her excitement at her arrival, Sharifu wrote four Chinese characters, “I’m home.”

【夏瑞馥同期声】

[Mwamaka Sharifu]

我看太仓越来越漂亮。我感觉很激动，也很高兴。因为我离开中国的时候，没有机会来跟他们告别。

Taicang’s becoming more beautiful. I feel so happy and excited, because when I left China I didn't have the chance to say goodbye.

【解说】

夏瑞馥在中国读书期间，太仓的尹阿姨和袁叔叔在学习和生活方面都给了她很多帮助。几乎每个寒暑假，她都会被接回太仓。

While she was studying in Taicang, Sharifu received considerable help in both academic pursuits and daily life from Aunt Yin and Uncle Yuan. She spent most of her winter and summer breaks with them.

【同期声】

尹阿姨：今天怎么穿这么漂亮？

You look absolutely stunning today!

夏瑞馥：过节嘛。

It’s a holiday.

尹阿姨：（在）中国待了十几年，也算没有白待。

You really made the most of your ten years in China.

夏瑞馥：就跟阿姨学习啊。

I’m grateful for everything you’ve given me.

尹阿姨：嘴巴最甜了。

You’re such a sweet-talker!

夏瑞馥：没有没有。

I’m flattered!

尹阿姨：今天难得正好是中秋节，又马上是国庆。你一定要经常回来。虾吃一点，虾吃一点，以前你特喜欢吃虾。

It’s Mid-Autumn Festival today, and National Day’s approaching. You must come back frequently. Treat yourself to some shrimp. You used to love them.

尹阿姨丈夫：夏瑞馥，我以后看病，也可以找你。

Sharifu, can I make a doctor’s appointment with you?

夏瑞馥：那当然，可以啊。

Yes, of course.

尹阿姨：上次说过要开诊所。

You once talked about opening a clinic.

夏瑞馥：嗯，是的。

Yes, indeed.

尹阿姨：现在进行得怎么样了？

How’s it going?

夏瑞馥：手续可能比较慢一点，不过还是挺好的。所以这次来也是，因为要更深地看一看这个中医草药啊，系统啊什么的，医院系统。

The process is a bit slow, but it’s going well. I’m here to learn more about Chinese herbal medicine, the healthcare system, and so on.

尹阿姨：2005年过来，2020年9月份回去的。一晃啊……

You arrived in 2005 and left in September 2020. It went in the blink of an eye...

夏瑞馥：时间好快。

How time flies.

尹阿姨：18年啊。真的很遗憾，因为她的本科毕业、硕士毕业，我都去参加的，然后就是博士毕业，就没去。她走的时候，她说那我过来吧，我说（疫情期间）真的不敢。然后她说那阿姨啊，你到机场来看看我。我说（如果到）机场来看看你，（疫情期间）我还是来接触了。所以后来这个挺遗憾的。

18 years… It was unfortunate. I attended her bachelor's and master's graduations, but missed her doctoral graduation. She wanted to visit me before she left, but we couldn't arrange it. She suggested I go to the airport to see her off. But if I’d gone to the airport, there was the risk of infection. So, I didn’t go. It was a pity.

夏瑞馥：没关系，既然我来了，我们还是有机会再见面的。

It’s all right. Now I’m here, we can meet up.

尹阿姨丈夫：反正现在通讯也方便了。

Communication’s much easier now, anyway.

夏瑞馥：是的。

Absolutely.

尹阿姨丈夫：（可以）视频（通话）。

Video calls.

夏瑞馥：嗯，不像以前。

Not like before.

尹阿姨：怎么说呢，就是一个人孤零零地回非洲。

I feel very regretful that she returned to Africa alone.

尹阿姨儿子：什么时候（要）二胎啊？

Any plans for a second child?

夏瑞馥：准备，明年。

Yes. Next year.

尹阿姨：你是高龄产妇了，你小心一点，不要那个。

You’re relatively old for child-bearing. Be careful...

尹阿姨丈夫：还好。

She’ll be fine.

夏瑞馥：（我要）生两个。

Two kids.

【解说】

在中国读书期间，夏瑞馥曾经在太仓市中医医院针灸科实习，周慧医生就是当时的带教老师之一。这次，夏瑞馥告诉老师自己在行医过程中遇到的一些问题，她想更深入学习适合肯尼亚人的中医诊疗方法。

While she was studying in China, Sharifu interned in the Acupuncture Department at Taicang Traditional Chinese Medicine Hospital. Zhou Hui was one of her teachers. During this visit, Sharifu discusses with Dr. Zhou the challenges she faces back home. She wants to learn more about specific TCM diagnosis and treatment methods that might suit Kenyans.

【同期声】

周医生：刺络拔罐的话，就是像刚才这个病人，我们说他的其实睡眠不是特别好，所以就是说可以选择一下膈俞，然后肝俞，给他稍微放一下（血）。可以使用梅花针，梅花针叩刺。稍微要重一点，你这样子的话幅度太轻。

For example, there’s this patient who underwent bloodletting puncture and cupping. He’s currently experiencing difficulty sleeping. Use *Ge Shu* and then the *Gan Shu* pressure point to perform a small bloodletting. You can use a plum-blossom needle to tap with. In this case, apply slightly more pressure. Your range of motion is too light.

夏瑞馥：痛不痛？因为（肯尼亚）那边的人喜欢这种方法，有时候（他们）也不要针灸。

Does it hurt? Kenyans prefer this method. Sometimes they refuse acupuncture.

周医生：就放一下血。

They just have to perform bloodletting.

夏瑞馥：他们只要放血，然后拔火罐就可以了。

Then cupping will do the trick.

夏瑞馥：老师，今天谢谢，这个白大褂我还能留（作）纪念吗？

Thank you, Dr. Zhou. May I keep this white coat as a souvenir?

周医生：可以啊，当然可以了，送给你。

Sure. Take it.

夏瑞馥：这个“太中医”很好，也许以后，如果我开诊所，也可以起这个名字——“太中医”。

"Tai Zhong Yi" is an excellent name. If I open a clinic in the future, I’ll use this name.

【同期声】

医院领导：对我们中医这个文化你这么热爱，推广到你祖国肯尼亚去，我们感到非常高兴，也非常支持。

We’re delighted that you’re so passionate about our Traditional Chinese Medicine culture and are promoting it in Kenya. We’ll help you.

夏瑞馥：这么多年也是每次来这个医院实习，也是很荣幸的。

Throughout my years of internship at this hospital, I have always felt deeply honored.

医院领导：哪方面可以帮助你的？主要是医疗的质量上怎么把控，就是你专业方面的我们可以提供一些指导。比如建一个专家（顾问）团，在里面你可以随时提出问题咨询，我们随时解答。

Is there anything that we can help you with? The key is to ensure high-quality medical care. In this regard, we can establish a team of experts (consultants) who can provide technical guidance and answer any questions you may have.

【解说】

根据夏瑞馥的诉求，医院很快组织了专家顾问团尽力提供帮助。

In response to Sharifu's request, the hospital assembles a team of consultants to advise her.

【同期声】

医院领导：这个呢就是我们太仓历史上一些老的方子，回去以后可以好好研究，取取精华。

These are prescriptions that have been passed down through several generations in Taicang. You can study them when you get back.

【同期声】

夏瑞馥：好漂亮啊，一大片。

So beautiful! So big!

医药师：你好，夏小姐，欢迎参观我们太仓中药种植园。这里现在有35个品种。

Hello, Ms Sharifu. Welcome to the Taicang TCM Herb Garden. We have 35 species here.

【解说】

夏瑞馥在肯尼亚的大学里担任兼职研究员，主要研究草药。参观太仓中药种植园，了解更多的中草药功效和种植技术，使她收获颇丰。

As a part-time university researcher back home in Kenya, Sharifu's focus is herbal medicine. During her visit to the Taicang TCM Herb Garden, she learned about the efficacy of Chinese herbal medicine and the cultivation of the herbs.

【解说】

因为家乡的古老传说，对作为友谊使者的郑和，夏瑞馥有着天然的亲切感。据记载，郑和启航前会来太仓浏河天妃宫祈福。

Sharifu's hometown is steeped in legend. She has always felt a natural affinity with Zheng He, who was an envoy of friendship. It’s recorded that prior to the departure of his fleets, Zheng He would visit the Liuhe Tianfei Palace in Taicang, to pray.

【同期声】

讲解员：这个通番事迹之碑呢，是1985年的时候，正值郑和下西洋580周年，政府是根据文献复刻的。这边有详细介绍了他自永乐初奉使诸番，自我们太仓开洋。

This monument commemorating Zheng He’s overseas expeditions was erected in 1985, to mark the 580th anniversary of his first voyage. The inscription, which is an exact copy of a historical document, details how he set out from Taicang, on the orders of the Ming Emperor Yongle.

【解说】

受惠于中肯友谊，夏瑞馥希望通过自己的身体力行，延续这份友好。

Sharifu acknowledges that she has been a beneficiary of the strong bond between China and Kenya. Now she wants to strengthen the friendship between the two countries, through tangible action.

【同期声】

互动装置提示音：顺利起锚，航程正式开始。

A voyage begins once the anchor is raised.

讲解员：郑和七次下西洋呢，他最远曾抵达了红海以及非洲的东海岸。

Zheng He made seven voyages to the West, some of which reached as far the Red Sea and the east coast of Africa.

夏瑞馥：到了马林迪和蒙巴萨。我的家就是在马林迪旁边，拉穆。

He came to Malindi and Mombasa. My home is Lamu, near Malindi.

【解说】

郑和船队中有数量众多的医士医官，他们除了保障船员健康，也将中医知识传播到了沿途国家和地区。在肯尼亚帕泰岛，至今还有居民会切脉和拔火罐。

On board Zheng He's ships were many doctors. They not only ensured the health of the crew, but also shared their knowledge of Traditional Chinese Medicine with the countries and regions they visited. On Kenya’s Pate Island, pulse-taking and cupping are still practiced to this day.

【同期声】

夏瑞馥：这是我的阿姨的丈夫。我8岁的时候，我跟他们住在一起到高中。

This is my aunt's husband. I lived with them from when I was 8, through high school.

讲解员：那真的太神奇了！

Amazing!

夏瑞馥：是的。

Yes.

讲解员：我想也正是因为郑和下西洋的这一个盛事，也将您的家乡和中国牵连了起来。

So, Zheng He's voyages to the West created a link between your hometown and China.

【夏瑞馥同期声】

[Mwamaka Sharifu]

现在我跟中国人没有什么太大的区别。我不是说我不是肯尼亚人，或是我是中国人。我是说因为我们现在的那个生活很相近了。

I’m not so different from Chinese people. I'm not saying I'm not Kenyan, or I'm Chinese. I mean, our customs are very similar.

【解说】

因为习惯了中国的生活方式，内罗毕的中华街是夏瑞馥常去的地方。

Being accustomed to the Chinese way of life, Sharifu often visits Nairobi’s China Town.

【同期声】

店主：我很早就知道你，郭崇立大使的时候，您到的中国去的，是吧？

I've known you for a long time. You went to China when Guo Chongli was ambassador, didn't you?

夏瑞馥：我在内罗毕，定居在这里。

I’m in Nairobi settling here.

店主：这是我女儿和我儿子。我就想给他们一种鼓励。

These are my daughter and my son. I just want to encourage them.

夏瑞馥：你们不会说中文吗？

You don’t speak Chinese?

店主孩子：不会。

No.

店主：你们看。

You see!

夏瑞馥：为什么不说中文啊？我们去中国学中文，而你们，作为中国人却不会说中文。

Why not? We go to China to study Chinese, and you, you are Chinese but you don’t speak Chinese.

店主：爸爸为什么带你们来见姐姐？爸爸的意思想要你们学习中文，好好学习，是吧？！好了，跟大姐姐再见。

Why did dad bring you to see this sister? Dad wants you to study Chinese language. Study hard! Right? OK, say goodbye to the sister.

夏瑞馥：你们不能忘本。你们需要学习中文。

You should not forget your roots. You need to learn Chinese.

店主：你们看，是吧？！夏瑞馥，很高兴今天认识你。

You guys, right? Sharifu, it's nice to see you today!

【夏瑞馥同期声】

[Mwamaka Sharifu]

虽然我们比如说是肯尼亚人，或是他们是中国人，还是我觉得我们还是有很近的一个东西。

We may have different backgrounds, Kenyan and Chinese, but I believe we share many similarities.

【解说】

夏瑞馥从小听外婆讲中国船员的故事，她的人生之路在中非友谊的助力下，延伸到了遥远的中国。当她重返肯尼亚，她希望自己成为友好纽带的一部分，就像很多年前先祖们做的那样。

As a child, Sharifu was fascinated by her grandmother's tales about Chinese sailors. Her life's journey took her to faraway China, encouraged by the friendship between China and Africa. Back in Kenya, she hopes to help strengthen the bond of friendship, just as her ancestors did many years ago.

【同期声】

馆员：我们所有的展品都在这里。

So, all the objects we have here in this…

夏瑞馥：我还看到了我的家乡。

And I also see my hometown.

馆员：你的家乡在哪里？

Where’s your hometown?

夏瑞馥：西尤。

Siyu.

馆员：有趣的是，我们这里还有明代的东西。

And then here we have interestingly the Ming Dynasty, during the Ming Dynasty...

【解说】

位于蒙巴萨的耶稣堡是世界文化遗产，这里陈列了许多来自中国的瓷器，诉说着中非交往久远而珍贵的记忆。

Fort Jesus in Mombasa is a World Heritage Site. On display here are many Chinese porcelain artefacts. They’re testament to the rich history of China-Africa exchange.

【同期声】

馆员：这是一条龙，中国文化中的重要象征之一。

See this is a dragon, which is a big feature of the Chinese.

夏瑞馥：你好吗？

How are you?

工作人员：我很好，你呢？

I’m fine. How are you?

夏瑞馥：还可以。我是来（蒙巴萨）进行传统医药登记的，这样我也许就可以在蒙巴萨开一家诊所。

I’m ok. I have come to register for the traditional medicine. So that I can set up a clinic maybe in Mombasa.

工作人员：人们很高兴接受这种医药的治疗，我就是其中之一。我喜欢你的疗法，人人都乐意接受你的治疗。

People are very happy to be treated with the kind of medicine. One of them is me. I like your treatment. Everybody would love to have your treatment.

【解说】

人生充满了选择与可能。当个人命运与时代潮流相融，夏瑞馥的人生画卷变得与众不同。

Life presents us with countless choices and possibilities. The intersection of her personal fate and contemporary developments set Sharifu on a unique life path.

【夏瑞馥同期声】

[Mwamaka Sharifu]

说实话这20年呢，对我来说就是一段很好的回忆。如果我没有来中国学习，那可能现在我是家庭主妇，我可能有七八个孩子。现在我是医生，我还是可以帮助别人，帮他们治疗，帮他们看病。

These 20 years are a memory I cherish. If I hadn’t come to China to study, I’d probably have become a homemaker with seven or eight children. As a doctor, I can help people by treating them.

【肯尼亚内罗毕 司机 詹姆斯】

[James, Driver, Nairobi, Kenya]

我们这里交通拥堵，不过中国人来了之后，为我们修建了支线公路和高速公路。因此，每当肯尼亚出现中国人的身影，我们总是喜出望外。因为中国人能帮助我们事半功倍。

We have a lot of traffic around here. But when Chinese came, they were able to build the bypass, the expressway. So you always happy because when you have Chinese here in Kenya things become much easier.

【肯尼亚蒙巴萨 司机 埃利亚斯】

[Elias, Driver, Mombasa, Kenya]

我在为肯尼亚的华人社区提供驾驶服务。我很快乐，因为我知道在一天结束时，我的孩子或家人会因为我的努力而受益。很高兴能够在事业和人际关系中（和中国人）建立联系并成为合作伙伴。

I'm driving the Chinese community here in Kenya. And I'm happy because I know at the end of the day my children will get something or my family will get something out of what I bring. It's nice to be related and to be partners in business and relationship.

【肯尼亚非洲政策研究所所长 彼得·卡格万加】

[Peter Kagwanja, Director, Africa Policy Institute, Kenya]

中国梦与非洲梦，早在很久以前就已交相辉映。郑和下西洋的故事，生动地诠释了历久弥坚的中非友谊。今年是中肯建交六十周年，我们要将中非关系作为文明的纽带，牢牢根植于这丰富多彩的历史画卷之上。

The Chinese dream and the African dream met long time ago. And the story of Zheng He is very illustrative of this long relationship. This year we are celebrating sixty years of China-Kenya diplomatic relations. We need to anchor our relationship as civilization on this rich tapestry of history.

【非盟委员会前副主席 亚斯塔斯·姆文查】

[Erastus J.O. Mwencha, fmr Deputy Chairperson, AU Commission]

郑和来到了肯尼亚蒙巴萨，这不仅是一次跨越重洋的航行，更是一次缔结情谊、携手共进的航程，这段深厚的友谊最终化作中国对非洲的鼎力支持。近十年来，两国关系愈发紧密。如今，中国已成为肯尼亚第一大贸易伙伴，更是肯尼亚发展道路上的重要伙伴。因此，两国人民唯有相互理解、携手共进，方能铸就中肯友谊的辉煌篇章。

Zheng He coming to Kenya, to Mombasa. That was not one expedition, but it's an expedition that also not only created the links but also friendship, a friendship that eventually translated into China supporting Africa. In the last ten years, this relationship has been enhanced to a point that now China is number one trading partner of Kenya and also a major development partner of Kenya. So the relationship is always best guided when the people understand each other and they can work together.

【解说】

夏瑞馥的身影虽小，却奋斗不息。越来越多和她一样的人，成为了新时代的驼铃与帆影。这是友谊的传承和延续。

Mwamaka Sharifu remains dedicated to promoting exchange between her country and China. She and many others like her have become ambassadors in the new era. This is testament to the legacy and continuity of a long friendship.

【夏瑞馥同期声】

[Mwamaka Sharifu]

你好。你好，先生。你好吗？我很好。外国朋友，欢迎你！在我们肯尼亚，一切都不是问题。

Hello! Hello Sir! How are you? Very fine. Foreigners, you're welcome. In our Kenya there is no problem.