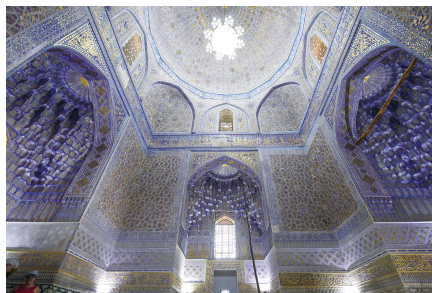
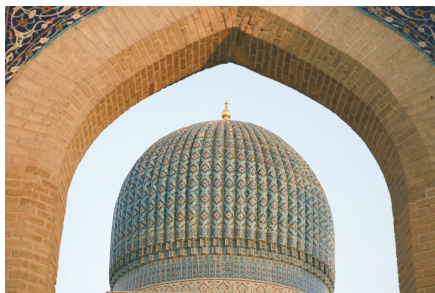


撒马尔罕

撒马尔罕是世界上最美丽的城市之一，也是乌兹别克斯坦第二大城，与巴比伦和罗马有着同样悠久历史。撒马尔罕有 2750 多年的历史，位于该国中部的泽拉夫尚河盆地。撒马尔罕古城似乎是文化和宗教的创新点。古城位于撒马尔罕东北部的考古储备区，被称为阿夫拉希亚布 (Afrasiab)，古城的遗址涵盖多种中世纪社会的迹象。这城市在公元前 329 年被亚历山大王征服之前，则是以城堡、强大的防御工事和手工制作而闻名的城市之一。尽管如此，撒马尔罕真正的重建以及被视为一个伟大的城市是由坦麦能王朝的帖木儿帝国的开始，他在 1370 年定撒马尔罕为首都。

现在的撒马尔罕城市便明确地被分为两个区域：古城和新城。古城包括已经成为废墟的阿夫拉希亚布遗址、中世纪建设的帖木儿古城，新城包括 19 世纪 70 年代以后快速建设扩张的现代城区。撒马尔罕长期以来一直是中亚贸易地区的中心点。撒马尔罕在世界文化的十字路口上成为了丝绸之路最重要的中亚枢纽城市之一。近三千年的建城史记录了中亚地区从索格底安人早期活动、波斯阿契门尼德王朝、马其顿亚历山大东征、贵霜王朝、阿拉伯帝国统治、花剌子模王国、成吉思汗征服战争、帖木儿帝国，到沙皇俄国侵占和建设的漫长曲折历程。其中公元 14 至 15 世纪，帖木儿大帝及其子孙以撒马尔罕为首都，建立起了疆域广阔的庞大帝国，这也是撒马尔罕的城市建设史上最为辉煌灿烂的时期。撒马尔罕几个不同历史时期的发展，从阿夫拉希亚布到帖木儿建城，再到 19 世纪和 20 世纪的城市发展，都是以新的城市中心替代旧有的城市中



心，而不是在前者的基础上改造和重建。因此，现存的几个历史城区中，各个时代的特征均十分明显，所保存的历史信息极为丰富，这是保护规划的编制中需要特别关注之处。

2000 年，撒马尔罕古城整体被联合国教科文组织评定为世界文化遗产。在评定意见书中，突出评价了撒马尔罕古城的三大价值：撒马尔罕的建筑和城市风貌体现了伊斯兰文化的伟大创造力。以比比·哈内姆清真寺和列基斯坦广场为代表的建筑群显示了在从地中海到印度次大陆整个区域内，伊斯兰建筑的强大生命力。古城撒马尔罕以它的文化、建筑和城市结构展示了从 13 世纪到现今的中亚文化和政治历史最重要的阶段。

位于撒马尔罕市中心的“列基斯坦”（意为“沙地”）广场，有一组宏大的建筑群，建于公元 15-17 世纪。建

筑群由三座神学院组成：左侧为兀鲁伯神学院（兀鲁伯为乌中世纪的学者、天文学家、诗人和哲学家），建于 1417-1420 年；正面为提拉-卡里（意为镶嵌金的）神学院，建于 1646-1660 年；右侧为希尔-达尔（意为藏狮的）神学院，建于 1619-1636 年。这三座建筑高大壮观、气势宏伟，内有金碧辉煌的清真寺。

还有什么地方比列基斯坦还美吗？答案就是沙赫-静达陵园。试想走在 14 世纪的蓝色瓷砖迷宫，其间无穷尽的几何图案让人迷失自我。沙赫-静达陵园所能给你的，超乎你的想象。

联合国教科文组织专家认为，撒马尔罕古城应该被认为是古代东方文化的代表，尽管这里的大量建筑已经消失了，但现存的遗迹仍然能使人回想起这个地方辉煌的过去。

Samarkand

Samarkand is one of the most beautiful cities in the world, the second largest city of Uzbekistan, and is as old as Babylon or Rome. Indeed, its history goes back 2,750 years. The city is located on the left bank of the middle course of the Zarafshan River, in the heart of the Republic of Uzbekistan. Samarkand is distinguished as a center for Islamic studies. At the entrance to the city, the forking of Afrasiab remained, where the old Marakand with the name of Central Asian campaigns of Alexander the Great are associated. In the 14th century it became the capital of the empire of Timur and is the site of his mausoleum. Modern-day Samarkand is divided into two parts: the old and new city. The old city includes historical monuments, shops, and old private houses, while the new city accommodates administrative buildings, along with cultural centers, and educational institution.

Samarkand for a long time has been the most catching object to the eyes of politicians, businessmen, and travellers. It reached the prosperity and grandeur in the time of Timur the Great. Due to the city's advantageous geographical situation; it was an important crossroad on the Great Silk Road. This epoch left the most significant marks in the historical and architectural appearance of the city.

Samarkand witnessed conquerors that brought bloody wars, but it resisted and rose, becoming more beautiful and strong throughout the ages.

Samarkand is the open-air museum: there is much to see and many places to visit. It is divided into old and modern parts of the city. And of course if you are visiting Samarkand, you should first ex-



plore the old city. Its mysteries fill every corner of every building.

Registan – the heart of Samarkand city. The name of this world famous square means “sand place” and was given to it because the square is standing on the earth where the river dried out many years ago. The Registan Square ensemble includes three beautiful madrasahs (a religious educational institution): Ulugbek Madrasah (15th century), Sher-Dor-Madrassah (17th century), and Tilla-Kari

madrasah. All three madrasahs together in one great graceful, amazing ensemble will impress you a lot.

If you want to see a place more beautiful than Registan, then you should visit the Shah-i-Zinda necropolis. Imagine a blue tiled maze from the 14th century, losing itself in infinite geometric patterns. This and so much more is the Shah-i-Zinda necropolis.

Today Samarkand is the treasure of unique antiquity spirit. It is included in the UNESCO World Heritage List due to the abundance of material and spiritual values. Unique monuments of ancient architecture, heritage of scientific and arts schools, artisan's workshops are well-known around the world.

塔林

塔林是爱沙尼亚共和国的首都，位于东西方繁忙的贸易路线之间，是北欧地区经济十分稳定的城市之一。

塔林的历史仿佛是一辆过山车——从汉斯同盟的商业城市，发展成为一个先进的北欧城市，而后被前苏联占领 50 年，如今，在爱沙尼亚独立 20 年后，塔林已发展成为一个国际化、科技化且具有多元文化的城市。该市每年接待游客 430 万人次，是塔林人口的 10 倍。

塔林是一座新旧文化完美融合的城市。这里有被联合国教科文组织列

入《世界遗产名录》的著名中世纪老城区。在老城区旁边，有几个风格各异的街区——以色彩缤纷的木屋和时髦的氛围著称的卡拉马哈。拥有 300 年历史的卡德里奥公园到处是绿植，充满了艺术气息。还有 Nõmme 小镇以及美丽的 Pirita 海滩。塔林的所有街区都有自己的个性，可以步行或乘坐便宜的公共交通快速轻松地到达。

作为首都，塔林非常注重城市绿化，绿化面积达 25% 以上。塔林是世界上空气最干净的十大城市之一。游客可以沿

着海滨长廊漫步，探索郊区沼泽小径的自然美景，也可以乘船游览附近的岛屿。

塔林被公认为是世界上最注重原创科技的城市之一，发明了电子政务和移动泊车等的智能科技。所有酒店、会议中心以及景点和公共场所都提供免费的无线网络。如果有商务会议或团队出游，塔林是一个非常新鲜和刺激的选择。这座充满活力的城市，正在成为年度旅游热门目的地。

2019 年是塔林自 1219 年有历史记录以来的 800 周年，没有比这个时间更适合来到这里。



Tallinn

Tallinn, the capital of Estonia, is part of the economically stable Nordic area, situated on a busy trading route between East and West.

History of Tallinn has been a rollercoaster – once a Hanseatic trade city, then an advanced Northern country, followed by 50 years of Soviet occupation, and now, 20 years after the Estonian re-independence, an international and technology-driven city with multicultural and integrated society. The city welcomes 4.3m visitors annually – 10 times of its population.

Tallinn is an amazing blend of old and new. The world-famous medieval Old Town is a designated UNESCO World

Heritage Site. Next to the Old Town, there are several unique neighbourhoods – Kalamaja with its colourful wooden houses and a hipster-like atmosphere, 300-year-old Kadriorg flooded with art and greenness, Nõmme with a small-town atmosphere, seaside Pirita with its beautiful nature. All of Tallinn's neighbourhoods, each with its own personality, can be quickly and easily reached on foot or by inexpensive transport.

Tallinn as a capital is very green, with public green spaces covering more than 25% of the acreage and Tallinn being among the world's top 10 cities with the cleanest air. Visitors can stroll along seaside promenades, explore the nat-

ural beauty of suburban bog trails, and take sailing trips to nearby islands.

Tallinn is widely recognised as one of the world's most technology-oriented cities, offering cutting-edge solutions from e-government to mobile parking. All hotels, conference centres, as well as many attractions and public areas offer free Wi-Fi. Tallinn is a fresh and exciting choice for exceptional conferences, incentives are various group activities. City's vibrant and boiling cultural scene makes Tallinn a great all-year-round travel destination.

As Tallinn celebrates 800 years from its first recorded mention in 1219, there has never been a more joyous time to visit!