

Seminar on the Culture and Techniques of Healthy Diets of the Twenty-Four Solar Terms for Developing Countries

Program name	Seminar on the Culture and Techniques of Healthy Diets of the Twenty-Four Solar Terms for Developing Countries		
Organized by	Guangxi International Business Vocational College		
Time	2026-11-04 -- 2026-11-17	Language used	English
Countries invited	Developing Countries		
Planned number of participants	30		
Requirements for the Participants	Age	Under 45 for officials at or under director's level; Under 50 for officials at director general's level.	
	Health condition	In good health with health certificate issued by the local public hospitals; without diseases with which entry to China is disallowed by China's laws and regulations; without severe chronic diseases such as serious high blood pressure, cardiovascular/cerebrovascular diseases and diabetes; without metal diseases or epidemic diseases that are likely to cause serious threat to public health; not in the process of recovering after a major operation or in the process of acute diseases; not seriously disabled or pregnant.	
	Language competence	Capable of listening, speaking, reading and writing in English during the training	
	others	Family members or friends shall not follow	
Venue	Nanning City, Guangxi Zhuang Autonomous Region	Weather conditions	25°C~35°C
Cities to be visited	Foshan City, Guangdong Province	Weather conditions	Foshan City, Guangdong Province: 26°C~36°C
Remarks	1. Please prepare the discussion materials related to the theme of the program; 2. Please wear formal or traditional ethnic clothing or working uniform to formal activities; 3. Please carry a small amount of common medications; 4. The Chinese side will not provide computers, please bring your own if necessary; 5. It is generally prohibited to alter international flight tickets personally. If necessary, please consult the Economic and Commercial Office of the Chinese embassy in your country to handle the process of flight ticket change; 6. If unexpected circumstances prevent your timely departure, or if your connecting flight is delayed, please contact the Economic and Commercial Office or the contact person of the organizer in a timely manner and inform them of the latest flight information for pick - up arrangements; 7. When transferring flights, please confirm whether you need to recheck your luggage; 8. After collecting your luggage upon landing, please wait patiently at the international arrival exit or domestic arrival exit. Our staff will pick you up with a sign bearing the name of the organizer. If the wait exceeds 15 minutes, you can contact with the contact person of the organizer by phone; 9. It is recommended to download and register WECHAT in advance.		

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About the Organizer	Guangxi International Business Vocational College (GXIBVC) is a state-run higher education institution located in the beautiful “Green City” — Nanning, Guangxi Zhuang Autonomous Region. Rooted in Guangxi, the college is committed to serving the whole country and extending its influence to Southeast Asia. It has developed a distinctive educational approach focused on fostering highly skilled professionals with an international perspective to support Guangxi’s economic development, the construction of the China-ASEAN Free Trade Area (CAFTA), and the growth of the global tertiary industry. The college is under the administration of the Guangxi Department of Commerce and has been recognized as a model higher vocational institution in Guangxi. It is also designated as a training base for the “Talent-Driven Business Growth Initiative” by the Ministry of Commerce of China and serves as a key talent development hub for advancing the CAFTA. In 2012, GXIBVC was authorized as one of the institutions responsible for China’s foreign aid training programs. The college boasts a high-level team of full-time and part-time faculty members, including renowned domestic and international experts, industry specialists, and scholars. It offers programs in English as well as Southeast Asian languages such as Vietnamese and Thai. Additionally, the college employs a number of foreign teachers and invites experienced professionals from enterprises to serve as part-time instructors. GXIBVC maintains close collaborations with prestigious universities across China and actively expands its educational cooperation with countries along the Belt and Road Initiative. It has established partnerships with over 40 overseas institutions, enrolling a total of 616 international students. The college is among the first institutions selected for the national “China-ASEAN 1,000 Schools Partnership Initiative”. It has also established an overseas branch, Guihai Business College, and has been approved for two Sino-foreign cooperative education programs with Canada and Germany. Additionally, it has been recognized as a regional cooperation pilot unit under Guangxi’s Modern Vocational Education Development Demonstration Project, included in the Ministry of Education’s first batch of “Jinshi People-to-People Exchange Program” as a “Jingshi International Institute”, and designated as a pilot institution for the UK NARIC international professional standards assessment program in the field of higher vocational education.	
Training content	1. Main training content This seminar will combine lectures, discussions, and site visits. The lectures will mainly cover the following topics: (1) Overview of China’s Twenty-Four Solar Terms and Traditional Chinese Medicine (TCM) Health Preservation Based on the Solar Terms (2) Health Without Borders: The Wisdom of “Harmony Between Humanity and Nature” in Chinese Food Culture (3) Health and Seasonal Wellness from the Perspective of TCM (4) Spring Dietary Wellness: Nourishing the Liver and Medicinal Cuisine for Soothing the Liver and Regulating Qi (5) Summer Dietary Wellness: Nourishing the Heart and Medicinal Cuisine for Clearing Heat	

	and Eliminating Dampness (6)Autumn Dietary Wellness: Nourishing the Lungs and Medicinal Cuisine for Moistening Dryness and Nourishing Yin (7)Winter Dietary Wellness: Warming the Uterus and Medicinal Cuisine for Nourishing the Body's Foundation (8)Overview of China and Guangxi 2. Site visits (Cities to visit may be adjusted based on actual circumstances) The seminar will organize visits to venues such as an ethnic culture museum, a traditional Chinese medicine museum, a traditional Chinese medicine hospital, and a Chinese culinary teaching and training center.
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