



# 你说 地中海， 就是在说蓝色文明

获得奥斯卡最佳外语片奖的意大利影片《地中海》，讲述了这样一个故事：二次世界大战期间，八名意大利军人带着一头驴子奉命驻守在爱琴海上的一个希腊小岛。当地有如与世隔绝的世外桃源，镇上居民根本感受不到战争气氛。不久之后，这支军队也忘却了他们的任务，跟镇民打成一片，以举行足球赛作为消遣，或是为村中教堂作壁画，或是追寻爱情，不一而足。直至接近大战尾声，一艘军舰前来接他们回国，他们才意识到舍不得离开这个人间天堂……

文/芥子 图/孙致平 全景 余良兵





当身在东方文明的我们去触摸那片蓝色海域时，她遥远而神秘，围绕着这片海域生生不息的人民，为人类创造的科学、艺术、文明推动着世界的发展，犹如群星闪耀在历史的天空。



纯净不带一丝杂质的海和天，广阔无边、深蓝无限，仿佛随时都有神灵降临，白色的建筑更是将这种深蓝衬托得超凡脱俗，天神的居所显现人间。这样平和高贵纯粹的地中海，很难让人想象曾经也是硝烟弥漫、战争频仍、海盗猖獗。

在没有发现更为广阔的海洋之前，地中海犹如一颗珍珠，被周边各个国家觊觎着，持续两千年的争夺始终没有停止。看看地中海沿岸的国家：欧洲国家有西班牙、法国、摩纳哥、意大利、马耳他（岛）、斯洛文尼亚、克罗地亚、波斯尼亚和黑塞哥维那、黑山、阿尔巴尼亚、希腊；亚洲国家，从北至南排序有土耳其、塞浦路斯、叙利亚、黎巴嫩、以色列和巴勒斯坦自治政府；非洲国家，从东至西排序有埃及、利比亚、突尼斯、阿尔及利亚、摩洛哥，和大洋相比面积不可比拟的地中海，却是有着其他海域所无法企及的历史与文明，也是国家更迭，多民

族交融最频繁的一块海域。

曾经在人类文明史上留下辉煌一页的古代文明多和地中海有着不可分割的联系。埃及、赫梯帝国、以色列王国、朱迪亚、亚述帝国、巴比伦王国、波斯帝国、马其顿和希腊帝国、罗马帝国、拜占庭帝国、萨桑王朝、哈里发（伊斯兰帝国）、十字军统治时期、萨拉丁帝国、蒙古帝国、土耳其帝国、欧洲殖民统治时期，一部地中海的历史几乎就是一部欧洲史以及北非西亚史。

公元前 4000 年到公元前 2250 年处于鼎盛期的两河文明为世界做出了巨大贡献，两河流域的人民发明了太阴历，以月亮的阴晴圆缺作为计时标准，把一年划分为 12 个月，共 354 天，并发明闰月，放置与太阳历相差的 11 天。把一小时分成 60 分，以 7 天为一星期。还会分数、加减乘除四则运算和解一元二次方程，发明了 10 进位法和 16 进位法。

他们把圆分为 360 度，并知道  $\pi$  近似于 3。甚至会计算不规则多边形的面积及一些锥体的体积。

希腊人从两河文明和尼罗河文明中学到了数学、物理学和哲学，创造了辉煌的希腊文明，然而却如流星划过天际，淹没在历史的长河中了，直至文艺复兴才重新被发现。

克里特岛是地中海文明的发祥地之一。曾在此发掘出公元前 10000 至公元前 3300 年新石器文化遗迹。约从公元前 2600 至公元前 1125 年，岛上涌现了著名的米诺斯文化，艺术、建筑和工程技术空前繁荣，并建立了统一的米诺斯王朝。克里特此时出现了欧洲地区最早的文字，初呈图形，后字体逐渐简化为线形，向音节符号演进，人称线形文字 A，至今仍未被释读。

拜占庭帝国从公元 3 世纪直至 1400 年统治长达 1100 年，其中一个秘诀就是，和波斯人、希腊人、

迦太基人、罗马人忽视了军事的力量不同，拜占庭的皇帝们几乎都在地中海上建立了强大的港口，吸引了来自亚洲的中国和印度人，来自非洲的埃及人直至北欧。

一代代王朝的更迭使得地中海沿岸的建筑风格迥异，异彩纷呈，然而今天看来却又是和谐自然，仿佛他们天生就该在一起一样。圆柱时代过去之后是穹顶时代，希伯来人建造的所罗门神殿，希腊人神圣的巴特农神庙，拉丁人建立的君士坦丁堡砖石结构的穹顶，无一例外展现了虔诚的特性。公元 7 世纪，地中海沿岸出现了一种新式的塔。伊斯坦布尔的索菲亚教堂改成了拔地而起直入云霄的尖塔，耶稣的唱诗变成了对安拉和默罕默德的颂扬。

阿拉伯帝国刷新了地中海的文化。地中海边的人们开始学习阿拉伯语，阿拉伯人不仅保存和发扬



本页图：具有两千年历史的古罗马斗兽场遗址外观；历史图片——古代地中海勇士。  
左页图：反映地中海地区生活场景的历史图片；梵蒂冈西斯廷教堂上精美的壁画。





了希腊的数学、医学和哲学，还发明和完善了十进制、钟摆原理、天文仪器和麻醉术等知识，这些都使世界的文明进入了一个新的时期，阿拉伯人把地中海沿岸的大城市变成了学术的讲堂，乃至传到了更远的欧洲其他城市。公元十一世纪，科尔多瓦成为西方世界人口最多的城市，它拥有六百多座清真寺，九百多个公共浴室和五十多万册藏书。

在中国被称为元朝的蒙古帝国，战无不胜的铁军也曾经过地中海边上，成吉思汗及其后继者在五十多年的时间里，以总数不到 40 万人的军队，先后灭亡四十多个国家，征服七百多个民族，消灭各国军队人数超过千万，征服各民族人口数目达六亿，建立了人类历史上版图最大的国家——蒙古帝国。

蒙古帝国的建立加速了东西方的文化、技术交流，促进了多民族的融合。整个丝绸之路第一次也是最后一次被只有一个国家控制，这使得东西方的商贸往来比其他战乱时期要容易得多。

而游牧民族终究不适宜蓝色文明，在这样的地方生存，谁掌握了航海技术谁就能控制地中海，成为海上的霸主。威尼斯建立了强大的舰队，他们的商人不仅垄断着地中海商业，也操纵着政治，在一半陆地一半海洋的夹缝中找到了自己的生存方式。威尼斯和热那亚这两个最强大的共和国统治了地中海几个世纪。

大航海时代的来临使地中海这片文明的发源地开始被遗忘，欧洲国家开始疯狂出海去占有新大陆，地中海沿岸的北非成了法国的殖民地。1600 年，地中海被两个巨大的国家统治着，这就是土耳其帝国和西班牙王国的哈布斯堡王朝。基督教和伊斯兰教无休止的战争导致了几百万人的死亡，却也使得各种人种相互融合，从欧洲北部来的高大金发的诺曼人，个子矮小性格粗鲁的条顿人，黑头发黑眼睛的阿拉伯人，使得欧洲南部帅哥美女兼具东西方的风情。

地中海周边国家人的性格和地中海的地理位置和气候是分不开的，他们生性平和、积极寻求快乐，热爱艺术和美食。因为靠着这片海，他们从未真正



所谓地中海式饮食指的是食用大量水果、蔬菜、豆类、谷类和摄入橄榄油之类的非饱和脂肪酸(unsaturated fatty acid)；吃少量的乳类产品、肉类、鸡鸭。

地发生过食物短缺，小麦的成熟期只需要 170 天，比北方少了将近一半，不需要辛苦劳作，只要生活要求不高，就能满足对于食物的需求，而可以让更多的人在海边享受，在海上徜徉。

我们通常听到的还有一个因为地中海而出现的名词：地中海气候，这是指那种夏季炎热干燥，冬季温暖湿润的气候。所谓地中海式饮食指的是食用大量水果、蔬菜、豆类、谷类和摄入橄榄油之类的非饱和脂肪酸(unsaturated fatty acid)；吃少量的乳类产品、肉类、鸡鸭；“适量地”多吃鱼类；以及用餐时喝点葡萄酒。

我们还非常喜欢的一种家居风格——地中海风格，通常会采用这么几种设计元素：白灰泥墙、连续的拱廊与拱门、陶砖、海蓝色的屋瓦和门窗。当然，设计元素不能简单拼凑，必须有贯穿其中的风格灵魂。“蔚蓝色的浪漫情怀、海天一色、艳阳高照的纯美自然”既代表了一种地中海风格的家居，也代表了我们心目中的地中海。

本页图：各种地中海特色食物。  
左页图：巴塞罗那的教堂建筑风格繁复而壮观；神情庄重的梵蒂冈卫兵。





## When You Mention Mediterranean, You Refer to Blue Civilization

Mediterraneo, the Academy Award for Best Foreign Language Film in 1991, tells a story as follows. During World War II, 8 Italian soldiers with a donkey were ordered to garrison a little Greek island in Aegean Sea. This island was like a land of peace away from the turmoil of the world, and local citizens hadn't felt a bit of war. Soon afterwards, the soldiers, forgetting their mission, began to get along well with local people, holding football matches for recreation, helping to paint walls of village churches or pursuing their love, so on and so forth. It was not until the end of war when a warship arrived to pick the soldiers up that they realized it was time to leave this earthly paradise.

Words / Jie Zi Photos / Sun Zhiping Quanjing Yu Liangbing



Chinese people grow in the Oriental civilization. When we have an opportunity to touch the blue sea, we will be amazed by its exoticism and mysteriousness. The energetic people living around the waters create science, art, and civilization which have made great contribution to the development of the world. They are stars shining in the sky of history.

The sea and sky are so pure, broad and blue that gods seem to befall at any moment, and white buildings, like gods' residence on earth. The grace and pureness of Mediterranean makes it hard to imagine this place was once bothered by smoke of gunpowder, frequent wars and furious pirates.

Before broader oceans were discovered, Mediterranean, like a pearl, used to be coveted by surrounding countries so much that they hadn't stopped fighting for 2,000 continuous years. Along Mediterranean are 19 countries: European countries including Spain, France, Monaco, Italy, Malta (island), Slovenia, Croatia, Bosnia and Herzegovina, Republic of Montenegro, Albania and Greece; Asian countries including Turkey, Cyprus, Syria, Lebanon, Israel and the Palestinian Government from north to south; African countries including Egypt, Libya, Tunisia, Algeria and Morocco from east to west. Mediterranean, though too small to compare with oceans in area, has nurtured unparalleled history and civilization that other seas hardly achieved, and was also a place where states changed and ethnic groups interacted most frequently.

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The ancient civilization which has left a glorious page in human civilization has an inseparable relation with Mediterranean. The history of Mediterranean, including that of Egypt, Hittite Empire, Kingdom of Israel, Kingdom of Judea, Assyrian Empire, Babylonian Empire, Persian Empire, Macedonia, Greece, Roman Empire, Byzantine Empire, Sasanid Empire, Caliph (the Islamic Empire), the Crusader Kingdom, Saladin Empire, Mongolia Empire, Ottoman Empire and European Colonialism, is almost history of Europe, North Africa and West Asia.

Mesopotamia civilization that reached its peak from 4,000 BC to 2,250 BC made great contributions to the whole world. Lunar calendar and leap month were invented during that period. Lunar calendar was based on the phases of the moon, dividing a year of 354 days into 12 months and the leap month in lunar calendar was used to make up the 11 days less in solar calendar. One hour was divided into 60 minutes and one week into 7 days. People then also knew fraction and four arithmetic operations, solve quadratic equations, and invented the decimal system and the hexadecimal system. They divided a circle into 360 degrees, knew  $\pi$  was about 3 and even could calculate the area of irregular polygons and the volume of some pyramids.

Having learnt math, physics and philosophy from

Mesopotamia civilization and Nile Valley civilization, Greeks created splendid Greek civilization. However, it was lost in the long course of history like a shooting star flashing across the sky and was not rediscovered until Renaissance.

Crete, where relics of Neolithic culture between 10,000 BC and 3,300 BC were unearthed, is one of the birthplaces of Mediterranean civilization. From around 2,600 BC to 1,125 BC, the famous Minoan civilization sprung up on Crete with unprecedentedly flourishing arts, architecture and engineering technology, and the unified Minoan dynasty was established there. The earliest writing in Europe also appeared on Crete then. This pictographic writing was gradually simplified to linear one and then developed into syllabic symbols that are called Linear A but haven't been interpreted until now.

Byzantine Empire lasted for over 1,100 years from the 3rd century to the 14th century. The secret of its long governance lies in that, different from Persians, Greeks, Carthages and Romans who ignored the military power, almost all Byzantine emperors set up powerful ports that attracted Chinese and Indians from Asia, Egyptians from Africa and even Europeans from afar.

Different dynasties have built colorful buildings with

different styles along Mediterranean. These buildings appear to live in harmony with modern society as if they are meant to be together. The era of columns was succeeded by that of domes.

All the architecture in this period like Solomon Temple by Hebrew, Parthenon Temple by Greeks and the masonry structured domes in Constantinople by Latins showed features of devotion without exception. In the 7th century, a new style tower turned up along Mediterranean coast. Hagia Sophia in Istanbul was reconstructed into a spire rising abruptly from the ground and shooting straight into the sky. While Christian hymns turned into chants of Allah and Mohammed.

Arab Empire refreshed Mediterranean culture. People at Mediterranean seaside started to learn Arabic. Arabians not only preserved and promoted Greek math, medicine and philosophy, but also invented and improved decimal system, pendulum principle, astronomical instruments and narcotherapy, which carried world civilization forward into a new phase. Arabian people changed



This page: Majestic and vivid sculptures in Vatican City State; A historical picture of Cleopatra. Left page: A historical picture of Vatican City State; A horse-drawn cart in Rome.



the big cities along Mediterranean into lecture rooms of knowledge, which even had been passed further to other European cities. In the 11th century, Cordoba became the most populated city with over 600 mosques, 900 public bathhouses and 500,000 books.

Mongol Empire, called Yuan Dynasty in China, also used to send invincible cavalry to Mediterranean coast. During over 50 years' rule, Genghis Khan and his successors, with an army of less than 400,000 soldiers, wiped out over 40 countries, conquered over 700 races, killed over 10 million soldiers and subdued 600 million people of different nations, establishing a country with the vastest territory in human history.

The establishment of Mongol Empire sped up the communication of culture and technology between the East and the West and promoted fusion of

different races. The Silk Road was then for the first time and also the last controlled by only one state, which made trade and commerce much easier between the East and West than during warring periods.

However, blue civilization after all didn't agree with the nomads. Living at the seaside, people who mastered navigation would be able to control Mediterranean and become its overlord. In Venice, powerful fleets had been organized, and merchants there not only monopolized business of Mediterranean, but also manipulated politics to find a way out between land and sea. Venice and Genoa were the most powerful nations that ruled Mediterranean for some centuries.

The approach of the Great Navigation Epoch made Mediterranean, the birthplace of civilization, passed into silence. European countries started to go to

the sea to occupy the New World and South Africa along Mediterranean was colonized by France. In 1600, Mediterranean was ruled by two giant countries, Ottoman Empire and Hapsburg Empire of Spain. Ceaseless wars between Christianity and Islam resulted in the death of millions of people, yet also sped up fusion of different races including tall and blonde Normans from north Europe, short and crude Teutons, and thin, Arabians with black eyes and hair. All their features added oriental and west charm to the handsome men and beautiful women in south Europe.

People in coastal countries along Mediterranean are born gentle, actively seek pleasure and love art and cate. Such personality is resulted from the geographical location and climate of Mediterranean. Thanks to this part of sea, people have never been short of food. It only needs 170 days for wheat to



💡💡 Mediterranean-style diet refers to eating a big amount of fruits, vegetables, beans, cereal and unsaturated fatty acid like olive oil as well as a small amount of dairy products, meat, chicken and duck, and a “properly big amount” of fish and drink a little wine with food. 💡💡

mature, half of the days it needed in the north. People, as long as they don't expect too much from life, can get satisfied with the food demand without working hard. As a result, they have more time to enjoy life on and along the sea.

We have also heard a noun related to Mediterranean, namely Mediterranean climate which refers to the climate with hot and dry summer and warm and moist winter. Mediterranean-style diet refers to eating a big amount of fruits, vegetables, beans, cereal and unsaturated fatty acid like olive oil as well as a small amount of dairy products, meat, chicken and duck, and a “properly big amount” of fish and drink a little wine with food.

We are also fond of a furnishing style, Mediterranean style, featuring lime walls, repeated arcades and arched doors, clay bricks and tiles, ocean blue doors and windows. Such elements must carry a constant inner style instead of being simply knocked together. “Romantic sky-blue theme, the sea and the sky merging into one and shining nature” represent a Mediterranean furnishing style as well as the Mediterranean in our eyes.

This page: A devoted Roman chef.  
Left page: Tourists strolling at a Greek seaside.





# 地中海“跳岛”游

游览地中海，星罗棋布或大或小的岛是旅行中最难忘的体验。或历史遗迹悠久，或人文厚重，或自然风光迷人，或建筑至爱至美，坐着游艇游览、携爱人共赏落日、和朋友分享美食，终其一生，怎能将这些挚爱的小岛游遍？

文/明非 图/神致五月 全景 余良兵 严晗

## 圣托里尼岛

看世界最美的“日落爱琴海”

圣托里尼岛是爱琴海上的火山岛，是基克拉泽斯群岛中最南边的一座岛，面积不大，却是希腊最著名的岛屿之一，被誉为“爱琴海—地中海上的璀璨明珠”。

距离圣托里尼首府费拉市不远处就是极具特色的黑色沙滩：卡玛里海滩。由于火山地质，这里的沙是黑色的，水也呈现黑色，但是清凉干净，据说还可以美容。入夜之后，酒吧餐馆热闹非凡，各路驻唱歌手演绎着不同国度不同风情的民谣——音乐果然无国界。

静谧的伊亚镇则是另一种格调。伊亚镇建立在海边的悬崖上，是圣托里尼岛第二小镇，被认为是世界上观看落日最美的地方。在太阳落下的一瞬间，时间仿佛都停滞了，只有安宁和从容。

此外还有地中海上吹来的微风、舒适宜人的温度和空气、经典的传说中的蓝白房子……圣托里尼岛为人们带来了一万种可能。都说爱情能够让置身其中的人变成诗人，圣托里尼不仅能来这里的人变成诗人，还要变成画家、摄影家和艺术家……

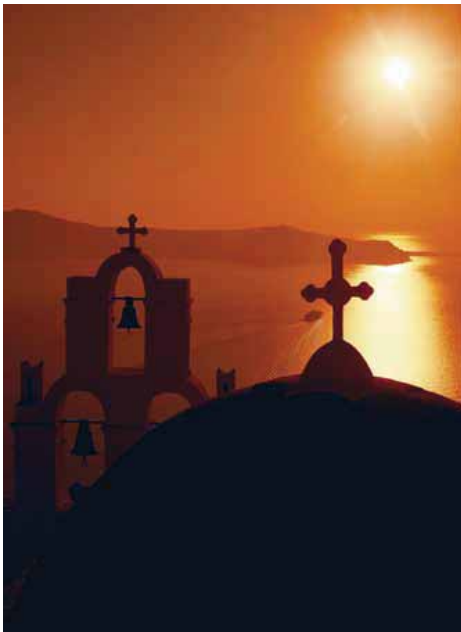
不过，如果你以为圣托里尼岛只有这些，那你可错了。20世纪下半叶，考古学家在该岛南部的阿科罗提利挖掘到古代都市遗址，发现了精彩的、三千多年前的壁画艺术，包括“春之图”、“打拳少年”、“渔夫”、“航海图”等作品，展现了当时人们的生活情景。

### TIPS

1. 交通：从雅典乘飞机1小时可到达圣托里尼岛；搭乘轮渡从雅典到圣托里尼岛大约用9小时，旅游旺季可乘快艇，4.5小时即可到达圣托里尼岛，但价格较贵。最好提前
2. 将轮渡和酒店订好，这样的话，多数酒店都会提供港口和机场的接送。
2. 圣托里尼的夏天充满了田园般的诗情画意，是游客观光旅游的最热门季节。







## 马耳他·瓦莱塔

### 古风穿越到现代，本色未变

马耳他是位于地中海中部的岛国，有“地中海心脏”之称，是著名的休闲度假地区，岛上不仅有蔚蓝的海水、清洁的沙滩和斑斓的海底世界，其历史遗迹和古老文化底蕴更加精妙完美、令人惊叹。因为曾经被多个国家统治，岛上融合了英伦痕迹、南欧风格和地中海风情。

踏上马耳他，仿佛瞬间穿越到了中世纪，回到了那个骑士精神傲世独立的时代。这里不“惊艳”，不“疯狂”，甚至不“热闹”，正如旧都姆迪那的名号“寂静之城”，这里是寂静而独特的。行走在浓郁厚重的历史积淀中，时间仿佛静止了一般。

马耳他首都瓦莱塔，是一座拥有近 500 年历史的欧洲古老文化名城，始建于 1566 年，至今仍保持着最古老和原始的面貌。瓦莱塔城由米开朗杰罗的助手弗朗西斯科·拉帕莱利设

计，建筑布局整齐划一，横平竖直，像棋盘一般，浑然一体，一百多条狭长的城街，几乎每条都通向大海，果然不负“地中海之心”的称号。

由于地理位置重要，瓦莱塔历来是兵家必争之地。当年为抵御外敌，四面都有城堡护卫。岛上的建筑全部由一种黄土色的岩石建成，这种岩石在马耳他据说是取之不尽的，质地松软，可砍可锯，按需加工，房屋盖成后，经风吹日晒，石内水分蒸发干净，石质变得比砖块更加坚实。因造价低廉，瓦莱塔市区居民住房十分宽敞。

#### TIPS

1. 马耳他属于典型的亚热带地中海型气候，温和宜人，四季常青，每年的 1-10 月是马耳他的旅游旺季。
2. 马耳他 2004 年加入欧盟，2007 年成为申根国，因此地中海邮轮游客无需再办签证，出入很方便。



## 西西里岛

### 筑梦并且圆梦的地方

1787 年，歌德初抵西西里，在日记中写到：“如果不去西西里岛，就好像没有去过意大利。西西里是意大利的美丽之源。”这句话被广泛地流传了下来。

关于西西里，究竟有多少美丽传说？天堂电影院、海上钢琴师、碧海蓝天、教父……一部部经典电影选中了西西里，融入了对她的情感，引发着人们的遐想。

西西里岛是地中海上最大的岛屿，是意大利最富盛名的岛屿，在这里几乎能找到有关欧洲、有关度假的一切：蓝天、高山、碧海、沙滩、星空、橄榄树林、古城、美食、传说，以及美丽的男人和女人，一样不缺。沐浴在西西里金色的阳光下，享受着海边的礁石、开满鲜花的庭院、缠绕着花朵的藤蔓、可爱的昆虫、古老的纪念物以及地道的餐厅，比起意大利其他大城市那种高高在上的贵气，西西里给你的是更加令人心悸的自然之美、世俗之美和淳朴之美。传说中的黑手党只是个传说，西西里治安良好，人们热情善良。

而浓郁的文化气息，也是西西里的标签。西西里原住民的祖先来自马耳他，后来，古希腊人开始移民至西西里，带来了如今仍巍峨屹立的神庙和剧场。巴勒莫主教堂是见证西西里多元文化的最好佐证。同样一座建筑中可以找到不同风格的设计元素：右侧是哥特式的高耸塔楼，中部是拜占庭风格的穹顶，左侧是巴洛克风格钟楼。

#### TIPS

1. 最好的旅游时节是在 4—6 月，9 月末、10 月。这些时间天气较为温和，物价较低，游客也较少。要注意，在西西里的旅游淡季，许多船次车次会相应减少班次。所以查找班次
- 前，应注意所对应的是冬季时刻表。
2. 从那不勒斯、热那亚、撒丁岛的卡利亚里、马耳他和突尼斯都可以乘坐轮渡到达西西里。

## 米科诺斯岛

### 游走在 365 座小教堂迷宫中

米科诺斯岛是爱琴海基克拉泽斯群岛东部的小岛，只需十几分钟就可以横穿岛上的米科诺斯镇，但是岛上各色艺术品小店足够你慢慢悠悠地逛上一阵子。

白教堂是爱琴海上永恒的风景，也被称作是米科诺斯岛的名片标志。据称有 365 座被刷成白色的家族式小教堂散布在这座小岛上的街旁、巷间。小教堂是作为报答神明保佑外出的丈夫、儿子安然返回而建的，檐下的铃铛在微风中发出悦耳的声音，似乎是对冥冥神灵的回应与答谢。

米科诺斯镇素有迷宫之称。这源于岛上独特而分布无序的建筑，这些建筑被称为“基克拉泽斯群岛最引人注目的奇迹之一”。过去的米科诺斯经常有海盗出没，历史上还曾遭遇过土耳其人的入侵。据说这些建筑在中世纪时是防御工事，造成的曲折的街道小巷是入侵者的一大难题，甚至可以更有效地抵挡住夏季的风暴。

晶莹的蓝和炫目的白是米科诺斯的主色调，但不是全部的颜色，还有对比强烈的灿烂鲜艳的绿、红或橙跳跃在其间，那是门窗、桌椅、船、鲜花和阳光的颜色，似乎有一种五颜六色意面的图，整齐有序的摆放在架子上——那种简单朴素而亲切的美，无处不在。

#### TIPS

1. 交通：从圣托里尼乘船可以到米科诺斯岛；或从雅典机场搭乘飞机前往，约 45 分钟到达。
2. 米科诺斯岛每年 4-10 月开放。





科西嘉岛  
找寻幸福神秘的四叶草

科西嘉岛是地中海第四大岛，隶属法国。因自然风光优美，被简单粗暴地称为“美丽岛”。属地中海气候，冬季温和，夏不酷热，碧波环绕，草木森郁。

传说很久以前，科西嘉岛上有一颗愿望树，叶子多为三瓣叶片，叫作三叶草。据说谁找到有四瓣叶片的叶子，即四叶草（也称幸福草），谁就会得到幸福。传说中，正是因为有这种神秘的三叶草，所以科西嘉岛上诞生了法兰西第一帝国的缔造者拿破仑（1769—1821）。在地中海的所有岛屿中，科西嘉岛或许是最漂亮的一个，像一片树叶，最特别之处是一种在其他地方闻不到的气味，这是一种名叫智利果酒的丛林气息。

TIPS

1. 岛上港口之间有铁路线连接。和法国本土有班轮和班机来往。岛内有铁路，也有公路，交通十分便利。
2. 属于地中海气候，每年4月到11月都适合旅游。

克里特岛  
带你进入一个奥妙非凡的世界

希腊的第一大岛和古老的文明中心，是诸多希腊神话的发源地。位于地中海之中，爱琴海之南，四周碧波万顷，岛上则以崎岖山地为主体，北部平原种植油橄榄、葡萄、柑橘等。岛上风景多姿，有海岸、断崖、深谷、沙滩、岬角等各色自然景观，素有“海上花园”的美称。

克里特岛的橄榄油世界闻名，虽然产量不多，但被认为是顶级精品，岛上长寿者很多，患病率低，各国医学家认为与他们食用的橄榄油中含的微量元素息息相关。

王宫是克里特文明最伟大的创造，著名的克诺索斯王宫始建于公元前1900年左右，米诺斯国王宫殿遗址。规模宏大，厅堂房间总数在1500间以上，各层各处都有楼梯相连，走廊曲折，厅堂错落，天井众多，奥妙非凡，希腊神话中称之为“迷宫”——关于爱琴海的传说中的迷宫指的就是这里。不仅如此，宫内的采光和空气流通系统以及当时人们的生活用具同样让人震撼；更有为数众多的生动有趣的壁画被认为是克里特文明的瑰宝。

TIPS

1. 克里特天气的特点是冬季温和多雨；夏季炎热干燥，可以选择5月和9月来岛上旅游，天气适度且避开了高峰。
2. 当地使用的语言为希腊语和英语。



苏塞  
地中海的花园港

苏塞，突尼斯第三大城市，位于哈马迈特港南岸，正如其名字的含义——“海上珍宝”一样，苏塞·是突尼斯最美的海滨城市，被誉为“地中海的花园港”。

和其他历史悠久的城市一样，苏塞包括老城（南区）和新城（北区），由于历史原因，老城区极具阿拉伯风格，与新建设起来的现代化都市形成对比。老城有城墙环绕，基本上保存完好，建筑的颜色多为蓝、白、黄三色，站在老城区高处环视蓝色的地中海及层层叠叠地坐落在山坡上的小楼，掩映在椰枣丛中，十分美观，令人心旷神怡。

TIPS

- 机场里有很多换钱的地方，随便找一家都可以换钱，不过各家的汇率有微小区别，受每天的汇率影响。一定要保留好兑换的单子，如果出境想把没用完的第纳尔换回美元或者欧元，需要有当时的兑换单子才可以换回去。

丹吉尔  
站上海峡 跨越梦想

丹吉尔位于直布罗陀海峡的丹吉尔湾口，是摩洛哥北部海港，坐落在世界交通的十字路口，与世界100多个港口相连接，历来为兵家必争之地。史学家证实，丹吉尔建于公元前6世纪，是世界上最古老的城市之一，曾先后被各个不同民族占领，也因此留下了很多名胜古迹及珍贵的艺术品和文物。

丹吉尔气候宜人，白色房子搭配彩色装饰，掩映在山野和大海之间，风光旖旎。作为非洲到欧洲的最近点，隔海眺望西班牙是丹吉尔吸引游客的一大法宝。城内显得开放而大气，新城区的建筑及规划多为欧式风格；老城区则喧哗热闹，街巷狭长而密集，对于初访者来说，就像进了迷宫一样，会一次又一次地迷失方向。交错纷杂的房屋在夕阳中泛着淡淡的蓝色——画家马蒂斯形容丹吉尔“光线是如此柔和，与地中海完全不同”。

TIPS

- 在城市里游玩可以打的也可以坐公交。打的时候要坚持让司机打表计费。



# “Island Hopping” Tour in the Mediterranean

The scattered islands, big or small, in the Mediterranean are most unforgettable during the tour for their long history, profound culture, breath-taking natural landscape and magnificent buildings. It is such a delight to tour in the yacht, enjoy the sunset with your sweetheart and share delicacies with friends. How can you have a thorough travel on these small islands during your lifetime?

Words / Mingfei   Photos / Shen Zhi Wu Yue   Quanjing   Yu Liangbing



## Santorini The most gorgeous “Aegean Sea sunset”

Santorini is a volcanic island on the Aegean Sea in the southernmost part of the Cyclades Islands. Despite its small size, it is one of the most celebrated islands in Greece and reputed to be “a Bright Pearl on the Aegean Sea—Mediterranean”.

Not long away from Firá, the capital city of Santorini, lies the characteristic black beach, namely, the Kamari Beach. Because of its volcanic geology, the sand there is black and the water also looks black, but it is cool and clean and plays a beautifying function as it is said. At nightfall, the bars and restaurants will be extraordinarily bustling and singers of different styles will perform ballads of different styles and countries. As is true, music is borderless.

Of another style, the serene Oia on the seaside precipice is the second biggest town of Santorini and is regarded as the most beautiful site in the world to see the sunset. The instant the sun sets, time seems to stagnate, leaving only tranquility and calmness.

In addition, it also features breeze drifting from the Mediterranean, comfortable and pleasant temperature and air and blue and white houses in classic legends. There are a myriad of possibilities on Santorini. It is usually said that people in love may become natural poets. Santorini cannot simply turn the tourists into poets, but also painters, photographers and artists.

Nevertheless, it is wrong if you think Santorini has nothing else appealing. In the latter half of the 20th century, the archaeologists excavated the ruins of the ancient city in Akrotiri in the south of the island and discovered the wonderful murals more than 3,000 years ago including the works of “Painting of Spring” “Shadowboxing Boy”, “Fisherman” and “Painting of Navigation” which show the scenes of people’s life in those periods.

### TIPS

1. Transportation: It takes 1 hour to fly from Athens to Santorini by air; about 9 hours by ferry and 4.5 hours by yacht in peak seasons at a high expense. It’s better to reserve the ferry and hotel in advance so that many hotels can offer delivery service at the port or airport.
2. The summer in Santorini is idyllic and poetic and promises the best season for tourism.



Mykonos Island  
Travel in a labyrinth of 365 chapels

Mykonos Island is a small island in the east of Kiklandes on the Aegean Sea. It only takes more than 10 minutes to cross Mykonos Town. But you can slowly and leisurely go shopping in the artwork stores of diverse characteristics on the island.

The White Chapel is a permanent view on the Aegean Sea and is also called a visiting card of Mykonos Island. It is said that 365 white familial style chapels are scattered along the streets and in the lanes on the small island. They were built in reward for the deities' divine help for the safety of the family. The tinkling bells under the eaves uttered a sweet tone seemingly to respond to and express appreciations for the deities.

Mykonos has a long reputation as a labyrinth because of its unique buildings in unordered distribution. Such buildings are renowned as "one of the attracting wonders of Kiklandes". Mykonos used to be encroached by the pirates and the Turkish. It is said that these buildings were built as fortifications in the Middle Ages. The zigzagging streets and lanes posed a major headache for the invaders and even could more effectively withstand the storms in the summer.

Crystal blue and dazzling white constitute the dominant hues of Mykonos. In addition, bright green, red or orange in stark contrast skip in between, which are the colors of the doors, windows, tables, chairs, ships, flowers and the sun.

Even Spaghetti is made colorful and is hung on the shelves neatly and in order. The simple and amiable beauty pervades everywhere.

TIPS

1. Transportation: From Santorini to Mykonos Island by boat; from Athens Airport to Mykonos Island by air (about 45 mins).

2. Mykonos Island is open to the public during April through October each year.

Malta-Valletta  
Antiquities traveling to the modern society without the change of the original form

An island country in the middle of the Mediterranean reputed to be "the Heart of Mediterranean", Malta is a marked holiday resort featuring azure sea water, clean beach, gorgeous underwater world, marvelous and amazing historical sites and ancient culture. Having been under the reign of many countries, the island integrates the styles of England, South Europe and Mediterranean.

Upon my first step onto Malta, I seemed to have traveled to the Middle Ages and came to the era of proud and independent chivalry. It was not "amazing," "crazy" or "bustling". Just as the nickname of Mdina "The Silent City" suggests, it is quiet and special. Walking in the profound historical accumulation, I felt that the time seemed to become static.

Valletta, capital city of Malta, established in 1566, is a famous ancient cultural city in Europe and still keeps the most original ancient appearance even now. Valletta was designed by Francisco Rapale, assistant of Michelangelo, featuring a neat and uniform architectural composition, as horizontal and vertical as a checkerboard in its entirety. More than 100 narrow and long streets in the city almost all led to the sea, just worthy of the fame of "the Heart of Mediterranean".

Due to its pivotal location, Valletta has historically been a hotly contested spot. In the ancient past, it was guarded with castles in all directions to resist foreign enemies. All the buildings on the island were uniformly built with floppy ocher rocks which could be hewed, sawn and processed as needed and were said to be inexhaustible in Malta. After the houses were completed, the water in the rocks evaporated because of the exposure to the weather and the stone turned solid than bricks. Thanks to the low cost, the residents in Valletta could live in very spacious houses.

TIPS

1. Malta features the typical subtropical Mediterranean climate, warm, pleasant, comfortable and ever-green all year round. The period during January through October is the peak tourist season in Malta.

2. Malta joined the European Union in 2004 and became a Schengen country in 2007. Therefore, the tourists of MSC Cruise do not need to get a visa and can get in and out of it conveniently.



Sicily  
A place to build and realize the dream

Arriving in Sicily for the first time in 1787, Goethe wrote in his diary, "If you do not go to Sicily, you seem not to have been to Italy. Sicily is the source of the beauty of Italy." His sentences were widely spread.

How many beautiful stories are there about Sicily? Cinema Paradiso, The Legend of 1900, The Big Blue, The Godfather... A series of classic movies chose the setting of Sicily, integrated the emotions for her and aroused people's reverie.

Sicily is the largest island on the Mediterranean and the most famous island in Italy. It is here that you can find anything about Europe and holiday: the blue sky, high mountains, azure sea, beach, starry sky, olive trees, ancient cities, delicacies, legends and beautiful and handsome men and women etc. You can bask in the golden sunlight of Sicily and enjoy the seaside reefs, courtyards of flowers in bloom, vines intertwining on the flowers, lovely insects, ancient souvenirs and authentic restaurants. Compared to other Italian metropolises with the luxury and nobility, Sicily presents you a more touching natural beauty, worldly beauty and unsophisticated beauty. The Mafia in the legend is just a legend. Sicily is characterized by its orderly public security and enthusiastic and kind people.

Its profound culture is also the label of Sicily. The indigenous ancestors of Sicily came from Malta. Later, ancient Greeks began to immigrate into Sicily and brought there the temples and theatres still towering today. Cattedrale di Palermo is the best witness of the diverse culture of Sicily. Different design elements can be found in the same building: the Gothic tower is on the right, the Byzantinesque dome in the middle and the Baroque bell tower on the left.

TIPS

1. The best tourist season lasts from April to June and from late September to October because of its comparatively mild weather, low price and few tourists. It should be noted that sailings will be reduced in slack seasons in Sicily. So please pay attention to the latest timetable for the sailing shifts in winter.

2. You can arrive in Sicily by ferry from Naples, Genoa, Cagliari on Sardinia, Malta and Tunisia.







## Corse

### Look for happy and mysterious four-leaf clovers

Corse is the fourth largest island in the Mediterranean under the jurisdiction of France. Thanks to its picturesque natural scenery, it was simply named the “Beautiful Island”. It features the Mediterranean climate of mild winter and cool summer, encirclement of bluish waves and dismal grass and forests.

Legend has it that very long ago, there was a Wishing Tree covered with three-leaf clovers on Corse. It is said that anyone who found the four-leaf clovers (also called “Happy Grass”) would be blessed. In the legend, it was just because of the mysterious three-leaf clovers that Napoleon (1769—1821) who founded the First Empire of France was born on Corse. Maybe Corse is the most beautiful island among the counterparts in the Mediterranean. It is just like a leaf and the greatest specialty is the scent that cannot be smelt elsewhere. It is the smell of the jungle for Chili fruit wine.

#### TIPS

1. The ports on the island are connected by railway lines. Passenger liners and airlines are available between the island and France. The transport on the island is convenient because of its railway and highway.
2. It features Mediterranean climate, suitable for traveling during April through November.

## Crete Island

### Bring you to an extrao rdinarly mysterious world

The biggest island and the center of ancient civilization of Greece, Crete Island was the source of numerous Greek

mythologies. It lies in the Mediterranean and to the south of the Aegean Sea, surrounded by a large expanse of bluish waves. The island features rugged mountains with olives, grapes, oranges and tangerines planted in the North Plain. Thanks to its varied natural landscape composed of coasts, precipices, deep valleys, beaches and capes, the island has always enjoyed the fame of the “Sea Garden”.

The olive oil on the Crete Island is world well known. Despite the low yield, it is regarded as the top-grade quality goods. Many people on the island live a long life and benefit from a low morbidity, which is regarded by the doctors all over the world as closely related with the microelements in the olive oil they eat.

The palace was the greatest creation of the Cretan civilization. The noted Palace of Knossos was built in 1900 BC or so on the remains of the former palace of the King of Minos. Of a grand scale, it has totally more than 1,500 halls and rooms linked by stairs everywhere. With its circuitous corridors, scattered halls, numerous courtyards and extraordinary mysteries, it was renowned as “labyrinth” in Greek mythology — the labyrinth in the legend about the Aegean Sea. Moreover, the lighting and air circulation system in the palace and the appliances people used in daily life are also surprising; numerous lively and interesting murals are taken as the treasures of the Cretan civilization.

#### TIPS

1. Crete features a mild and rainy winter and a hot and dry summer. May and September are the best months for visiting on the island, when the climate is moderate and it is off the peak season.
2. Greek and English are the languages used in the local area.



## Sousse

### Garden and Port City on the Mediterranean Sea

Sousse is the third largest city in Tunisia lying on the south of Gulf of Ha marnet. Sousse, meaning the “Pearl on the Sea”, is the most beautiful coastal city in Tunisia and it is reputed to be “Garden and Port City on the Mediterranean Sea”.

Sousse comprises the old city (south) and the new city (north) as other cities with prosperous history. Sousse’ s old city has retained the solidly Arabian features due to its long history, which are in sharp contrast with the newly constructed metropolis. The old city is surrounded by the city walls which are basically well preserved. Most of the buildings here are in blue, white, and yellow. Standing high on the old city and looking around the blue Mediterranean Sea or rows of beautiful houses hiding in the grove of date palm on the hillside really makes you feel relaxed and happy.

#### TIPS

- There are many places in the airport where you can exchange money. You can pick up one randomly but the rates may be a little different and subject to daily exchange rate.
- Please keep your exchange receipt if you want to change the remaining dinars back into US dollars or euros when leaving the country. You cannot do this without the receipt.



## Tangier

### Fulfill your dream in the strait

Tangier is located at the entrance to the Bay of Tangier on the Strait of Gibraltar. It is a city with a harbor in northern Morocco. It stands at the crossroads and connects over 100 ports around the world with military strategic significance. According to historians, the city Tangier was built in 600 BC, one of the oldest cities in the world. Since then, Tangier has been ruled by different cultures successively, which have bestowed numerous historic sites as well as valuable artworks and antiquities on it.

Tangier has pleasant climate and is dominated by white houses with colorful decorations. The houses are half-veiled in mountains and wide sea which compose picturesque scenery. Tangier is the nearest place to Europe among other African cities. Numerous tourists, therefore, tourists are attracted here to overlook Spain which is only a strait away. Tangier is an inclusive city with European-style buildings in the new town and narrow and crowded streets in the old town. New visitors to the old town may get lost again and again as in a maze. In Tangier, houses variable in size and appearance gleam with light blue under the sunset — “The light is so soft that it is totally different from that in the Mediterranean Sea,” the painter Henri Matisse described.

#### TIPS

- Taxis and buses are available in the city. Please require taxi drivers to use taximeter.



# 在地中海不能错过的十件事

文 / 明非 图 / 神致五月 全景



如果希腊圣托里尼的蓝永远有白色相伴，那么摩洛哥的蓝色老城舍夫沙万则是完全纯粹的令人窒息的蓝。

## 1 捡起上帝打翻的蓝色染瓶

地中海最美丽的，永远是那一抹蓝。这里的天是蓝的，蓝得浪漫，蓝得令人沉醉；海是蓝的，乘船穿梭于海上岛屿之间，一路都是蔚蓝色的海面，和白帆点点；岛上的房子大多是白色带着蓝色的屋顶或门窗，简约精致而美丽；地中海的夜晚也是蓝的，那不勒斯蓝色夜温柔而灵巧的旋律飞向深沉的星空，引人驻足。

除了蓝天、蓝海、蓝房子之外，地中海地区还有蓝窗、蓝洞、蓝泻湖以及童话般的摩洛哥蓝色老城。

蓝窗位于马耳他第二大岛戈佐岛，由两个天然石墩支撑着一个石盖，形成了一个“窗子”，透过窗

子可以看到对面蓝色的海天一色的景色，故得名“蓝窗”，是马耳他必游之地。

卡普里岛蓝洞是一个海边峭壁内的山洞，洞内水深约 30 米，阳光从洞口进入洞内，又从水底反射上来，使得整个洞内四壁都呈现出一片晶蓝，神秘莫测，故称“蓝洞”。

“蓝泻湖”同样位于马耳他，以靛青和深蓝色的海水闻名世界，有人说，这里容纳了世界上所有的蓝色，海水深处是浓丽厚厚的蓝，稍浅的地方是微微泛银的蓝，捧在手上是纯净透亮的蓝……到底有多蓝，还得你自己来看。

此外，在非洲北部的摩洛哥，有一座蓝色老城——舍夫沙万，这里每一栋建筑的门里门外、墙壁台阶都是蓝色，就像上帝打翻了蓝色染瓶，让你在每一个转角，遇到的几乎都是蓝。

## 2 吃到撑的海鲜

既然是海，就一定少不了海鲜，海鲜是全世界通用的语言。地中海作为世界最大的陆间海，吃海鲜是天经地义的事。地中海人很少吃红肉（牛肉、羊肉等），深海鱼类是他们的主要肉食来源。临海国家的海鲜原料非常丰富，螃蟹、鲍鱼、虾、蛤蜊等应有尽有，形成了独特的地中海风味。意大利海鲜面、西班牙海鲜饭、海鲜汤、海鲜沙拉、酱汁虾、虾仁鸡蛋饼、海盐烤鱼、煎沙丁鱼、绿酱三文鱼、墨鱼圈、墨汁饭、蟹肉挞、蒜炒蛤蜊、炒贻贝……无论哪一款，都能同时满足吃货的眼睛和胃！

地中海饮食已经成为了简单、健康、营养的代

名词。地中海饮食结构中，海鲜是一大主题，鱼虾海鲜可以为食用者提供大量健康蛋白质。研究发现，地中海海域盛产的沙丁鱼，含有丰富的  $\Omega-3$  脂肪酸，如果人体摄入了一定量的脂肪酸，能够大大降低心脏病发和心跳停止导致猝死的风险，对关节炎、抑郁症等疾病也有很好的控制作用，含有类似营养的海鲜类还有金枪鱼、三文鱼、蚌、蛤、虾等。



## 3 几千年的露天博物馆

作为欧亚非三大块大陆的连接点，地中海地区见证了曾经引领西方的古埃及文明、古希腊文明、阿拉伯文明等的兴起和更替，周边的西班牙、意大利、希腊、土耳其、埃及等都留下了大量古代文明的遗址。世界闻名的还有希腊奥林匹亚遗址、帕特农神庙、以及鲜为人知的意大利西西里岛的塞杰斯塔神庙、塞浦路斯北部圣伊拉里城堡、哈布斯堡王朝的历史遗迹等等。

古代遗址不仅承载着历史信息 and 文明内涵，很多遗址建筑本身还为人们展示了古代智慧的独具匠心，颇具游览价值，一定不可错过哦。

## 4 舍不得离开的特色酒店

极致的景色和浓厚的文化不是地中海人的终点，地中海人还凭着独特的创意风格推出了不少特色酒



店，包括悬崖酒店、岩石酒店等。

悬崖酒店——希腊圣托里尼岛上的“小白房”不算少，但 Katikies 酒店高耸于爱琴海边的悬崖上，俯视着下面的蔚蓝色水域，让你最大角度地欣赏爱琴海的醉人之美，再加上内部设计与自然环境完美结合，使世界各地的游客趋之若鹜。

意大利那不勒斯索伦托的悬崖之巅上，也坐落着一座大酒店，不同之处在于，这座酒店拥有着将近 200 年的历史，透过酒店 18 世纪的圆柱、精美的壁画和随处可见的古董，都在诉说着过去的故事。酒店还有全景式私人电梯，乘坐电梯可以直接到达码头。

岩石酒店是一座位于伊莫洛维里镇的纯白色小酒店，同样位于圣托里尼岛，白色的客房内点缀着素雅的内饰，无需雕琢，完全呈现的是自然本色。



### 前往地中海旅游的中国游客来自哪里

42.70% 的中国出境游客有地中海地区旅游经历，这部分游客一般多在第 2 次或第 3 次境外旅游时选择前往地中海地区。目前还没有地中海地区经历的中国出境游客，多数表示将在其第 3 次境外旅游时选择前往地中海地区。多数中国出境游客前往地中海地区旅游，会优先选择中部地区，即意大利、希腊、爱琴海等南欧地区。过去一年前往地中海地区旅游的中国出境游客主要来自于北京、广东和上海，其次为浙江、江苏、天津和四川。

其中以 31-35 岁居多 (24.53%)；学历多为本科及以上 (87.86%)；多数已婚并有未成年孩子 (73.05%)；月收入较高 (平均个人月收入为 14,205 元)。旅游特征：每年至少安排 1 次或多次出境旅游 (35.06%/46.98%)；多选择春节或国庆长假出游 (28.02%/38.85%)；旅游形式上，自由行 (32.72%) 最多，其次为跟团游 (28.83%) 和半自由行 (24.13%)；语言障碍是出发前的最大顾虑 (48.47%)。——来源：世界旅游城市联合会《年度中国公民出境 (城市) 旅游消费市场调查报告 (2014-2015)》



- ① 卡普里岛蓝洞是岛上必游之地，但蓝洞一定要天气晴朗、风平浪静的日子才能够看到。
- ② 若进入教堂游览，一定要注意衣着整洁。
- ③ 很多遗址、教堂等地都是禁止拍照的摄影、摄像前一定要先经过许可。
- ④ 饮酒后不要进入教堂内。





## 5 看不够的帅哥美女

地中海地区国家大部分都是军事要地，历史上都曾被很多个民族占领过。多民族融合留下的痕迹不仅体现在建筑和饮食上，也体现在了人的身上——这个地区出产帅哥美女。从出租车司机到酒店的服务生都很帅，马路上的交警就更不用说了，一群游客围着交警等合影的现象经常可以碰见。美女更不用说了，无论是大街小巷还是窄巷里，都能够时不时地邂逅一位五官深邃却黑头发黑眼睛的美女，性感而魅惑。

难怪一位游览过地中海的游客回去之后发出了这样的感慨：这里是一个非常适合营造浪漫、谈情说爱、怡情养性的地方。想度蜜月吗？到这里来吧！想邂逅一段艳遇吗？到这里来吧！想重温久违的浪漫与激情吗？到这里来吧！

### Tips

- 乘游艇时需注意安全，并自行保管好携带的手机、相机、摄影机等贵重物品。
- 海鲜好吃难消化。吃海鲜一定要适度，要吃新鲜的海鲜，但不要生吃。
- 日出日落绚丽而短暂，注意掌控好时间，不要错过。



## 6 有一天要有自己的地中海式房子

地中海周边的国家及岛屿，如法国、意大利、西班牙、希腊、摩洛哥、埃及、突尼斯、马耳他等，无一不独具魅力，这些国家各自的民族特色和文化烙印在建筑上，形成了独特的地中海风格，除了在风格及细节上集合了欧洲古典美学的细腻精巧优雅华丽之外，在颜色选用上也十分明亮而大胆。

这里的建筑除了经典的蓝顶白房子和红瓦白墙之外，还有很多种其他的颜色，西班牙、意大利和法国南海岸线上传统的农舍多为当地色彩斑斓的石头或其他材料所筑，而在摩洛哥、突尼斯等北非国家，房屋外部的围墙多呈现赤土色或黄土色。

## 7 欧洲归来不看教堂

在欧洲旅行，教堂是必不可少的游览主题。地中海周边及岛屿国家的教堂数不胜数，巴洛克式、哥特式、拜占庭式、维多利亚式，几乎所有风格的教堂在这里都能找到；这些教堂有的已经矗立千年，有的则充满着现代味道，有的华美张扬，有的朴素低调，有的庄严肃穆身份尊贵，有的则是家庭式小教堂。就这样在这片多元化融合的地区游览下来，便可看遍千年风云，赏尽各种文明风采。

## 8 看世界最美的落日

四季更替，日出日落，是最自然的现象，只是因为你在的地方不同、心境不同而呈现出不一样的浪漫与美丽。在海上看日出日落，是“我能想到的最浪漫的事”，没有之一，尤其当这海是地中海。

地中海上的日出与日落自然美不胜收，而日落的那一抹绚丽和金黄，犹胜于日出。和爱的人（这爱的人可以是TA，也可以是爸妈）一起，伴着低沉的管风琴声、傍晚的钟声和涛声，沐浴在一天当中最后的金色阳光中，该是多么美妙！白色的房子和蓝色的门窗和整座城市一起，在夕阳中拉着长长的影子，即便你不是艺术家，此时此刻，也必须充满了创作灵感！



## 9 有海能没有游艇吗

乘一艘精致的游艇，在温柔的地中海风中徜徉前行，欣赏着沿途散落的旖旎风光，听风声海声。你可以静静地享受，但绝不会寂寞，地中海上的游艇密度之大令人咋舌，时不时的会有各式私人游艇和你不期而遇，都带着友好的面孔，行个注目礼之后，各自前行。就像海子的诗里所写的：陌生人，我也为你祝福。

在欧洲，游艇数量的多少体现着一个地区的富裕休闲程度。因为游艇消费是有条件的，是要绝对的高收入；其次，游艇需要足够的水，当然，游艇的主人要有休闲娱乐的时间。地中海无疑满足了所有条件，进而成为了全球五大超级游艇旅游圣地之一。

## 10 品一杯来自地中海的红酒

从荷马史诗记载的年代开始，地中海的人们就开始种植葡萄，它像小麦一样是生活的必需品，地中海国家至今仍是世界最好的葡萄酒产地。意大利人把1/15之一的耕地用于种植葡萄，希腊是1/10，地中海沿岸意大利的葡萄酒产量占到了世界的1/4。

长久以来，葡萄酒一直是地中海人饮食中不可或缺的精髓之一。2010年，联合国教科文组织通过了由意大利、西班牙、希腊和摩洛哥共同申报的非物质文化遗产项目——地中海饮食，评语称：“‘地中海饮食’拥有亘古不变的典型的营养模式……所有东西都伴随有葡萄酒……”不久前，12家来自西班牙加泰罗尼亚佩内德斯葡萄酒产区的知名酒庄还联合开辟探索了古代葡萄酒商业贸易路线——“地中海葡萄酒之路”旅游线路。



### 如何吸引中国游客前往地中海旅游

旅游观光(90.35%)是中国出境游客选择地中海地区旅游的首要目的，其次为休闲度假(72.77%)。人文特色(89.08%)和自然景观(83.19%)最吸引他们。

改善签证办理政策和开辟特色旅游线路最能吸引中国出境游客前往地中海旅游。降低签证门槛，简化签证程序，缩短签证审批时间：74.64%

减免签证费用：66.05%

提供免签/落地签/过境免签：54.19%

开辟专门的购物旅游线路：68.92%

开辟具有当地特色的文化旅游线路：59.92%

前往地中海地区旅游的游客，满意度评价(86.58%)高于中国出境游客整体评价(84.96%)，表示肯定会重游的比例(62.58%)和向他人推荐的比例(74.23%)也均高于中国出境游客整体。

——来源：世界旅游城市联合会《年度中国公民出境(城市)旅游消费市场调查报告(2014-2015)》



# Ten Musts for Tourists to Mediterranean Sea

Words / Ming Fei   Photos / Shen Zhi Wu Yue   Quanjing



♥♥ If the blue in Santorini of Greece is dotted with white, the blue of Chefchaouen of Morocco is completely pure and breathtaking. ♥♥



① The Grotta Azzurra on the Capri Island is a must for tourists to the island. However, the grotto appears only on sunny and tranquil days.  
② Please dress neatly before entering a church.  
③ Permission needs to be obtained to take photos or film as these activities are forbidden in many relics and churches.

④ Don't enter a church after drinking.

## 1. Picking up the blue dye bottle tipped by God

The most beautiful thing about Mediterranean Sea is the color of blue. The sky here is blue, romantic and intoxicating. The sea surface here is blue, with boats shuttling back and forth from island to island, dotted with white sails. The houses on the islands are mostly white with blue roofs and doors and windows, simple, elegant and beautiful. The night in Mediterranean Sea is blue as well. The gentle melody in the Napoli blue night flies to the deep sky, which draws attention from tourists.

In addition to blue sky, seas and blue houses, the Mediterranean region also boasts the Azure

Window, the Grotta Azzurra, the Blue Lagoon and the fairytale Chefchaouen.

The Azure Window, located on Gozo, the second largest island of Malta, won its name from its shape of window, formed by a stone cover supported by two natural stone piers. The sea melted into the sky can be seen through the "window". It is a must for tourists to Malta.

The Grotta Azzurra on the Capri Island is a cave inside a seaside cliff, with water at a depth of about 30 meters. It won its name from the mystic crystal blue of the entire cave, including the walls, formed by sunshine from the entrance and reflected from the bottom of the water.

"The Blue Lagoon", also located in Malta, is world-famous for its indigo and deep blue sea water. Some people say that it covers the entire range of blue of the world, from deep blue in the deep sea to the blue with slight silver in slightly shallow places and the pure and bright blue of water held in hands. How blue is it? You need to come here to find out.

In addition, there is a blue old city in Morocco, northern Africa: Chefchaouen. The inside and outside of every building, every door, walls and steps are painted blue, like a blue dye bottle tipped by God. Almost everything that comes into your eye in every corner is painted blue.

## 2. Seafood enough to be bursting

Seafood naturally constitutes a part of diet as it is Mediterranean Sea. Seafood is a universal language. It is natural to eat seafood in Mediterranean Sea, the world's largest intercontinental sea. Residents in Mediterranean countries rarely eat red meat (beef, lamb, etc.) and obtain meat mainly from deep-sea fishes. Coastal countries abound in seafood, ranging

from crabs to abalones, shrimps, clams, etc, forming the unique flavor of Mediterranean Sea. Seafood Spaghetti, Spanish seafood paella, seafood soup, seafood salad, shrimp sauce, shrimp meat egg cake, roasted fish in sea salt, fried sardines, green sauce salmon, cuttlefish rings, cuttlefish ink rice, crabmeat tart, garlic fried clam and fried mussel... all these delicacies will meet the eyes and satisfy the stomach of the foodaholics.

The Mediterranean diet is synonymous with simpleness, health and nutrition. Seafood constitutes the main content of the Mediterranean diet mix. Fishes and shrimps can provide people with a large amount of healthy protein. Studies show that the Mediterranean waters abound in sardines that are high in Omega-3 fatty acids which can greatly reduce the risk of heart attack and heart stop which usually lead to sudden death, and is effective in controlling arthritis, depression and other diseases. Other seafood with similar nutrition includes tunas, salmon, mussels, clams and shrimps, etc.

## 3. Open-air museums with thousands of years of history

As the connecting point of three continents of Europe, Asia and Africa, the Mediterranean Sea region has witnessed the rise and replacement of ancient Egyptian civilization, ancient Greek civilization and Arabian civilization which had led the West. There are also a large number of relics of ancient civilizations in the surrounding countries of Spain, Italy, Greece, Turkey, Egypt, including the world famous Olympic ruins in Greek, the Parthenon, and the little-known Temple of Segesta on the Italian island of Sicily, the St. Hilarion Castle in northern Cyprus, Habsburg dynasty historical relics and so on.

Ancient ruins not only carry historical information and cultural connotation, and many buildings on the ruins also show the originality of ancient wisdom, which is of great sightseeing value and is a must for tourists.

## 4. Special hotels you hate to leave

The ultimate scenery and a deep-rooted culture is not all about the Mediterranean residents. They have also built many special hotels with unique creative styles, including cliff hotels and rock hotels, etc.

Cliff hotels: There are quite many "small white houses" on the Greek island of Santorini and the



Katikies Hotel, perched high on the cliff of Aegean Sea, overlooking the azure waters below, offering the best angle to admire the vast expanse of Aegean Sea, is a popular hotel of tourists around the world, with the perfect combination of the internal design and the natural environment.

There is also a grand hotel perched on the cliff of Sorrento of Naples, Italy. What differentiates it from other hotels is its nearly 200-year history, which is shown in the columns, exquisite murals and antiques everywhere of the 18th century. The hotel has a panoramic private elevator which can take you

### Where are the Chinese tourists traveling to the Mediterranean region from?

42.70% of Chinese outbound tourists have toured the Mediterranean region, most of whom choose to travel to the Mediterranean region during the 4th or 5th overseas travel.

The majority of Chinese outbound tourists have not toured the Mediterranean region so far said that they will choose to tour the Mediterranean region in their third overseas travel.

Most Chinese outbound tourists traveling to the Mediterranean region, will give priority to the central region, namely: Italy, Greece, the Aegean Sea and other southern European regions.

Chinese outbound tourists who have traveled to the Mediterranean region in the past year are mostly from Beijing, Guangdong and Shanghai, followed by Zhejiang, Jiangsu, Tianjin and Sichuan.

Humanistic characteristics: Those tourists are mostly at the age of 26-45 years old

(76.05%), of whom the majority are 31-35 years old (24.53%); most of them have a university degree or higher (87.86%); the majority of them are married with minor children (73.05 %); they have relatively higher monthly income (average monthly income of 14,205 yuan).

Travel characteristics: They usually arrange outbound tourism at least once or more a year (35.06% / 46.98%); most of them choose to travel abroad during Spring Festival holidays or National Day holidays (28.02% / 38.85%); in terms of travel forms, the biggest number of the tourists chooses independent travel (32.72%), followed by group travel (28.83%) and semi-independent travel (24.13%); the language barrier is their biggest concern before departure (48.47%).

—from WTCC Market Research Report on Chinese Outbound Tourist (City) Consumption in (2014-2015)





directly to the pier.

Rock Hotel is a pure white small hotel, also located in Imerovigli on the island of Santorini. The white guest room is decorated in a simple and elegant style, which shows a pure natural appearance.

## 5. Numerous handsome boys and belles

The Mediterranean countries are mostly of great military importance and were occupied by many nations. The traces of multi-national integration are reflected not only in buildings and diet, but also in the people here: This region abounds in handsome boys and belles, from taxi drivers to waiters in the hotels, not to mention traffic policemen. It's a common scene that a traffic policeman is surrounded by a group of tourists to take photos with. As for belles, you could always run into a sexy and seductive belle with black hair and deep black eyes.

No wonder a tourist back from the Mediterranean region sighed with emotion: It is a place very suitable for romance. Considering where to spend your honeymoon? Come here! Want to meet someone? Come here! Want to relive the romance and passion? Just come here!

## 6. Wanna own a Mediterranean-style house some day

All the countries and islands around Mediterranean Sea, such as France, Italy, Spain, Greece, Morocco,

Egypt, Tunisia, Malta, and so on, possess unique charm. The national characteristics and culture of these countries have been imprinted on their buildings, forming a unique Mediterranean style. In addition to the fineness and elegance of European classical aesthetics in style and detail, they are also bright and bold in color.

Apart from the classic white houses with the blue roof, red tiles and white walls, there are also a variety of other colors adopted in the buildings here. Most of the traditional farmhouses in Spain, Italy and southern coast of France are built of local colorful stones or other materials, and the outer walls of the houses in Morocco, Tunisia and other northern African countries are terracotta or ochre.

## 7. Trips to European churches render trips to other churches unnecessary

Visiting churches is a must when touring in Europe. There are countless churches in countries around Mediterranean Sea and on the islands, which fall in various styles, including Baroque, Gothic, Byzantine and Victorian. Almost churches of all styles could be found here. Some of these churches have existed for thousands of years and some are very modern. Some are magnificent and some simple and low-key. Some are solemn with noble status and some small family churches. You can appreciate all the cultures that have existed for thousands of years by touring in this region of diversified integration.

## 8. Admiring the most beautiful sunset in the world

The change in seasons, sunrise and sunset, are all natural phenomena. They may arouse different romantic senses in you or show different beauties as you are in different places or in different moods. Admiring the sunrise and sunset on the sea is "the most romantic thing I can think of" particularly when the sea is Mediterranean Sea.

The sunrise and sunset in Mediterranean Sea are naturally gorgeous, and the magnificent and golden sunset is all the more beautiful. It is so fantastic to admire the last golden sunshine of the day with the beloved (him, her or parents), accompanied by the deep sound of pipe organ, evening bell and surf. The shadows of the white houses, the blue doors and windows and the whole city are lengthened in the setting sun. Even if you are not an artist, you are sure to be filled with creative inspiration.

## 9. Where there is a sea, there are yachts.

You can board an exquisite yacht which cruises in the gentle Mediterranean wind, enjoying the scattered scenery along the way and listening to the sound of the wind and the sea. You can enjoy this quietly but would never feel lonely as there are a great number of yachts on Mediterranean Sea. You could run into from time to time all kinds of private yachts with strangers who would look at you friendly and then sail past you. Just like a line in a poem written by Hai

### How to attract them?

Sightseeing (90.35%) is the primary purpose for Chinese outbound tourists choosing to tour the Mediterranean region, followed by going on holidays (72.77%). Humanistic characteristics (89.08%) and the natural landscape (83.19%) are most attractive to them.  
Improving the visa policy and opening up the special tourism routes are the best approaches to attract the Chinese outbound tourists to travel to the Mediterranean.  
Reduce visa barriers, simplify visa procedures and shorten the visa processing days: 74.64%  
Reduce visa fees 66.05%  
Provide visa-free / arrival visa / visa-free transit treatment: 54.19%

Open special shopping travel routes: 68.92%  
Open special culture travel routes with local characteristics: 59.92%  
Chinese tourists traveling to the Mediterranean region have a higher satisfaction rating (86.58%) than the overall satisfaction rating of Chinese outbound tourists (84.96%); the proportions of Chinese tourists expressing a definite revisit (62.58%) and recommending to others (74.23%) are also higher than the overall level of Chinese outbound tourists respectively.  
—from WTCF Market Research Report on Chinese Outbound Tourist (City) Consumption in (2014–2015)

Zi: Best wishes to you, too. Stranger!

In Europe, the number of yachts reflects the level of wealth and leisure of a region because cruising on a yacht requires absolute high income, and time from the owner of the yacht, apart from the enough amount of water. Mediterranean Sea undoubtedly meets all the conditions and is one of the world's five major super yacht tourist attractions.

## 10. Taking a glass of Mediterranean wine

Early since the era recorded in the Homer's epic, residents of the Mediterranean Sea had started to grow grapes and treated grapes as a necessity of life like wheat. The Mediterranean countries are still home to the world's best wine today. The Italians use one-fifteenth of their cultivated land to grow grapes and that figure for the Greeks is one-tenth. The wine production of Italy, a Mediterranean coastal country, accounts for one-fourth of the world's total.

Wine has long been one of the most important essences of the Mediterranean diet. In 2010, UNESCO declared the Mediterranean Diet to be part of the intangible cultural heritage of Italy, Spain, Greece, and Morocco and claimed that "the Mediterranean diet" has everlasting typical patterns of nutrient... All the food are taken with wine... Later, the Mediterranean Wine Road tourist route—the ancient commercial wine trade road, was jointly explored by 12 well-known wineries in the wine-producing regions of Penedes of Catalonia in Spain.



**Tips**  
Please be careful when cruising on a yacht and keep good care of your mobile phone, camera, video camera and other valuables.

Seafood is delicious but difficult to digest. So please limit the amount of seafood you eat and make sure to eat fresh but not raw seafood.

Sunrise and sunset are gorgeous but last only for a short time. So please pay attention to time in order not to miss them.