

The background of the cover is a painting of a vast, open landscape. In the foreground, two gazelles with curved horns stand on a reddish-brown dirt path, facing away from the viewer. The middle ground is a wide, flat expanse of land with a mix of green and brown tones, suggesting a steppe or tundra. In the distance, a range of low, rounded mountains or hills is visible under a pale, overcast sky. The overall mood is serene and contemplative.

一世温暖

A Lifetime of Warmth

老潘 著

中国旅游出版社

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图书策划：西藏天堂时光文化传播有限公司

项目统筹：王 颖

责任编辑：梁 媛

责任印制：冯冬青

装帧设计：老 潘

英文翻译：缪昶隽 贾 丹 吴 敏

图书在版编目（CIP）数据

一世温暖：汉英对照 / 老潘著. -- 北京：中国旅游出版社，2016.5

ISBN 978-7-5032-5595-3

I. ①—… II. ①老… III. ①摄影集—中国—现代
IV. ①J421

中国版本图书馆CIP数据核字（2016）第071969号

书 名：一世温暖

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出版发行：中国旅游出版社

（北京建国门内大街甲9号 邮编：100005）

<http://www.cttp.net.cn> E-mail: cttp@cnta.gov.cn

营销中心电话：010-85166503

排 版：北京中文天地文化艺术有限公司

刷：北京雅昌艺术印刷有限公司

版 次：2016年5月第1版 2016年5月第1次印刷

开 本：787毫米×1092毫米 1/24

印 张：5

字 数：30千

印 数：1~4000册

定 价：49.8元

I S B N 978-7-5032-5595-3

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温暖，一直在你我心里，从未离开。

We feel the warmth in our hearts, love is never ending.

孩子和老人、友情与爱情、善良和温暖、相爱与相知，无论处于哪一个时代里，无论在任何一个国家或地区，都是一首婉转动人的歌儿，永远不会过时。

Children and old people, friendship and love, goodness and warmth are something in common that shared by the whole universe.

我所记录的，就是这些关于情感流动的瞬间。旅行中，夕阳里牵手漫步的老人，共同背包并肩走在路上的恋人，骑在爸爸肩膀上撒娇的女孩儿，面对镜头害羞或搞怪的孩子，一双双清澈见底的眼睛，孩子们那些高山流水般的笑声……都深深刻在了记忆里。在记录过程中，我能清晰地感觉到内心暖流涌动，眼眶发热。让我越来越坚信，无论生活多么差强人意，也不影响这个世界原有的美好。

What I try to document, is the intimate and touching moments between people. Old couple who held hands as they took a stroll in the sunset, young lovers who had lots of laughs when they walked along the road, little girl who sat on her dad's shoulder, shy children who made funny faces in front of my camera with clear crystal eyes. These are the moments and experiences that make me believe how wonderful the world is.

世间所有的孩子，都是天使；世间所有的爱情，都值得祝福。

Every child is an angle, every kind of love should be blessed.

2010年，我在西藏纳木错小学度过了一年多的支教生涯，那是生命中最美好的一年。我和那些孩子们，和一个个纯粹干净的心灵，建立一种最质朴的情感联系。这种干净平和，在这个世界上极其难能可贵，让我至今只要想起他们，心里就无比怀念。

I volunteered teaching in Namtso Primary School for more than a year in 2010. That year was by far the best year in my life. I made friends with those beautiful students. It is hard to find such a peaceful place and lovely people. I miss them so much.

这些珍贵的情感，一直充盈在这个世界里，生生不息。而爱，也是代代相传。我们自己本身，也是其中一员，爱与被爱着。生命因无常而珍贵，因此，我们应珍惜所拥有的一切。这里包括亲人和朋友的爱，陌生人的善意相助，在路上为你绽放的每一个生命，每一张笑容，每一次挥手和拥抱，和自己内心永远保持不变的善念和初心。

These precious experiences always exist in the world, eternally. We pass on the love from generations to generations because we are the ones who are loved and who can give love to other people. Life is precious, that's why we should appreciate everything we have, including families, friends, kind strangers, smiles, farewells, embracement and our faith.

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老潘，全名潘朝奉，1977 年出生，毕业于北京电影学院，职业编剧，导演，西藏摄影家协会会员，天堂时光连锁书店掌门人。[👉 老潘的后期现代生活](#)

Pan Chaofeng, known as Lao Pan, born in 1977, graduated from Beijing Film Academy. He is a writer, a director, and member of Tibet Photographers Association, owner of Heaven Time Chain Bookstore.



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12岁时候的次仁德吉和她的妹妹。

这是一个很普通的牧区家庭，妈妈带着四个孩子生活在纳木错北部牧区。家里很清贫，只有两间土房子和六只羊。

次仁德吉是我的学生，学习努力，可就是学不好，到了初中后就中途辍学，回家帮助妈妈放羊。

如今，她家的牛羊已经成群，一家人的勤劳努力，让次仁德吉的家得到了巨大改变。今年，她刚刚出嫁。

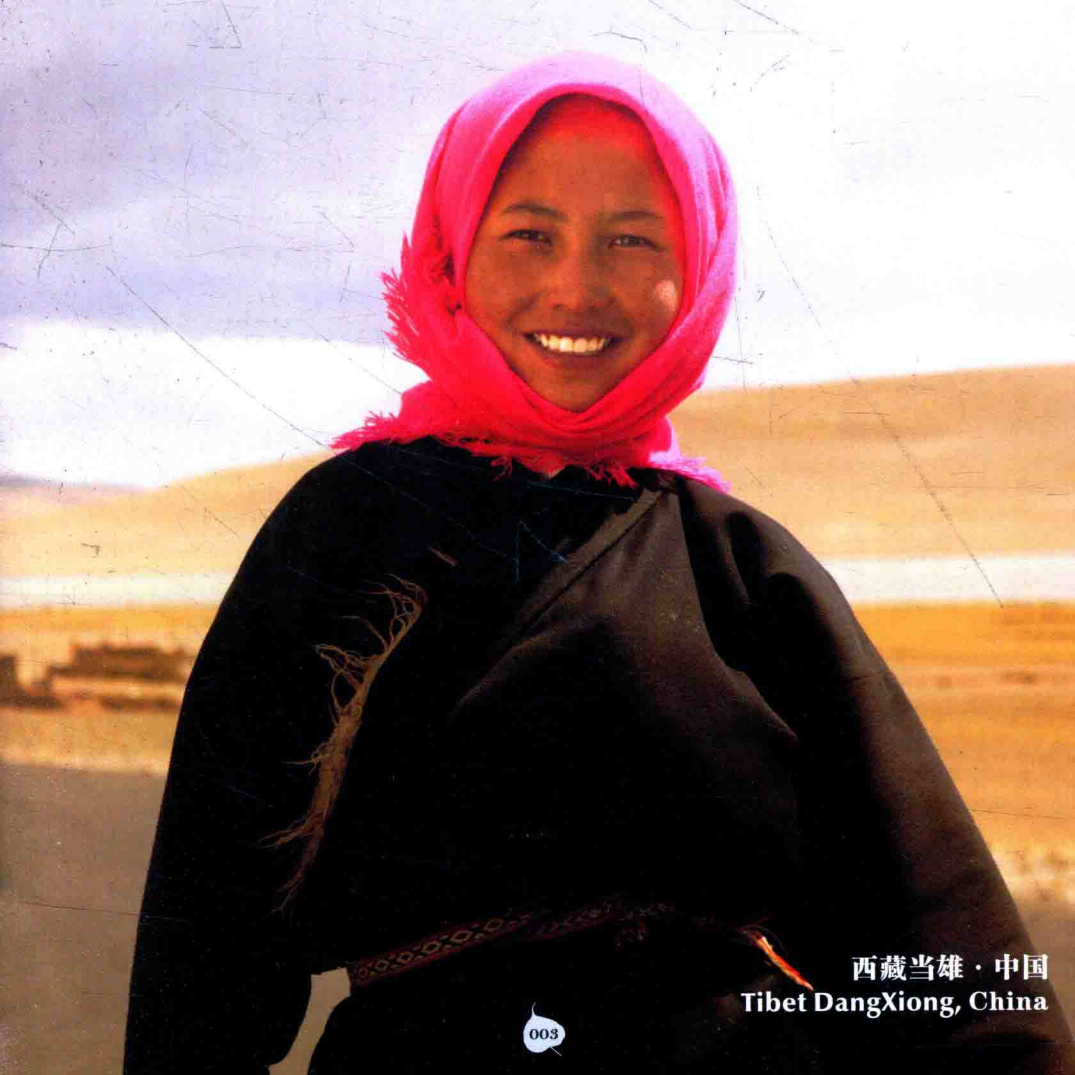
The 12 years old Cirendeji and her younger sister.

It is a typical family in the rural. The mother and her four children lived in the northern side of Namtso pastoral area. This poor family only had two soil hubs and 6 sheep.

Cirendeji is my student, she worked with determination but never received good results so she dropped out after middle school and went back home to help her mother in the farm.

Now the family has many cattle and sheep. Cirendeji just get married this year.





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放风筝的孩子们。
Kites and the children





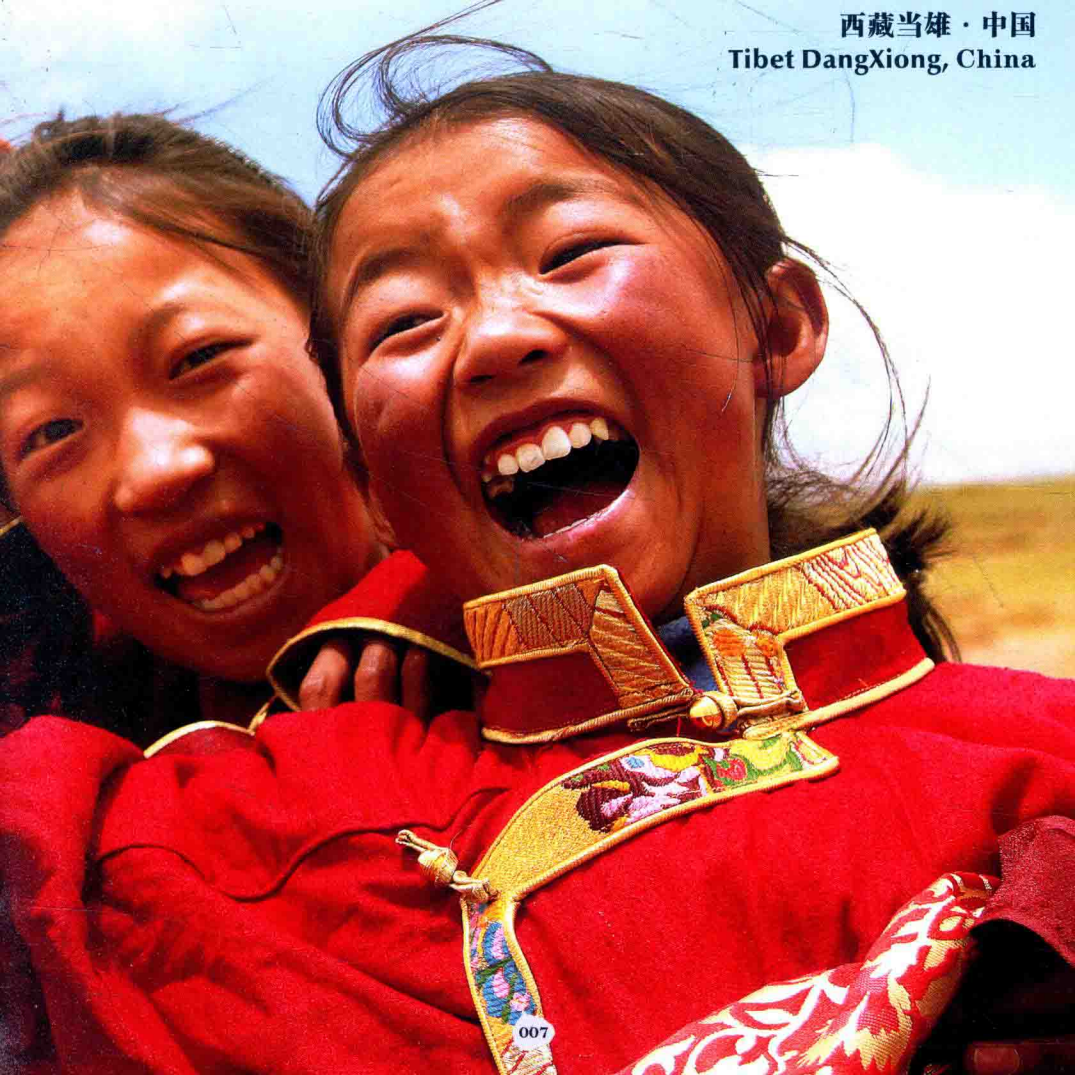
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六一儿童节，是孩子们一年中最盛大的节日。拍这张照片的时候，她们读小学六年级，学习成绩都很棒，性格开朗，喜欢说笑。如今，她们就读于不同的重点高中，出类拔萃。姑娘们的名字我依然还记得，从右到左：阿旺卓玛、卓玛、玉珠、拉巴卓玛、卓米、格曲。

希望孩子们将来都可以实现大学梦想。

1st of June is the Children's day, the biggest celebration for the Chinese kids in a year. These girls were from Year 6 when I took this photo. They are always happy and they smile all the time. Now, they study in different key senior high schools. I still remember their names, from right to left (A wang, Zhuoma, Zhuoma, Yuzhu, Labazhuoma, Zhuomi, Gequ). Wish their university dreams come true.





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