



ZULY SANGUINO

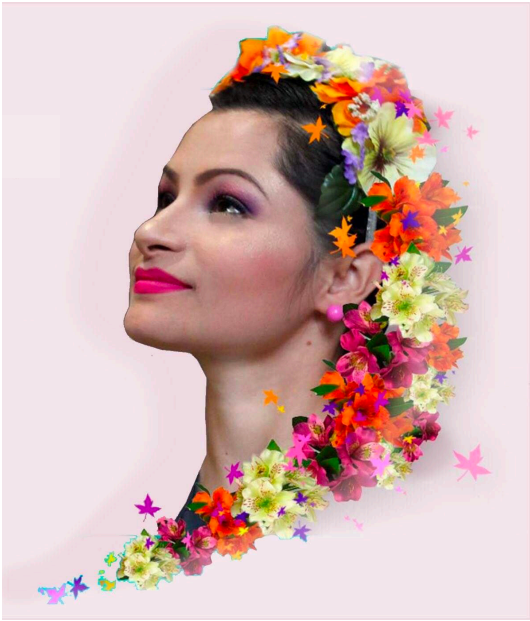
苏丽 · 桑吉诺



I'm a proof that you don't have to let a disability holding you back. I went through such a dark time but now I'm in a good place and it has given me a sense of purpose helping other people.

我就是——一个战胜自身残疾的最佳证明。
虽曾经历如此黑暗的时光，
但现在的我处于很好的状态，
它给了我一种帮助他人的使命感。

— Zuly Sanguino 苏丽·桑吉诺



Zuly Sanguino was born in Colombia in December 1989 with the rare condition called Tetra-amelia syndrome, an extremely rare genetic condition that effects in the limbs were not developed properly in the womb. She is one of six but her three brothers and two sisters did not suffer from the condition.

She grew up in an artistic environment because her whole family does art. Her brothers, sisters and mother have shown this talent in different ways. With incredible artistic talent, Zuly went to art college at the age of 18.

Zuly was later actively speaking for schools and involving in community visits and charity events where she could share her story. Her voice has started to spread around the world through documentaries, interviews and articles by major media companies. Her story has now been written in more than 30 languages around the world.

It's been a difficult life for this young woman who was born with no arms or legs and has been subjected to bullying, sexual abuse and even contemplated suicide. But Zuly has proven that she is bigger than those challenges and is now a professional painter and a successful public speaker hoping to inspire others to overcome the hurdles they face in life.

苏丽·桑吉诺 1989 年出生于哥伦比亚，天生罹患罕见疾病“海豹肢症”，没有四肢。在六兄弟姐妹只中，其他五个皆四肢健全，个个在艺术环境中长大。自小展现过人艺术天赋的她，十八岁如愿那年考上了艺术学院。

后来，苏丽开始去许多学校演讲，积极参与社区服务活动和公益活动，亦受邀到电视台接受访问，为各群体分享她的励志故事，因此吸引了许多人的关注。至今，她的故事已被译成超过三十个语言。

对于这个出生时没有四肢、失去父亲、在求学时期曾饱受欺凌、被性侵，甚至不止一次选择自杀的苏丽来说，她的成长之路充满了常人无法忍受的艰辛。但苏丽在母亲米娜无微不至的呵护和鼓励下，她克服了一切困难，以实际行动证明自己就算没手没脚也可以无所不能。如今，她已成为一位专业画家和励志演说家，致力于激励人们战胜挫折，热爱生活，找到自我价值。

Zuly Sanguino may be smiling now, but it's been a long, hard road to happiness. She was born without arms or legs due to Tetra-amelia syndrome, which prevents limbs from developing properly inside the womb. The doctors had informed her mother that Zuly would have to be lying down all the time for the rest of her life.

In spite of their poverty and terrible living conditions, Zuly's mother, Guillermina, wouldn't give up on Zuly. Guillermina insisted that Zuly could live a normal life and do anything she put her mind to. She provided her daughter with a rock solid support system; she taught young Zuly to sit at first, and then walk on her own without external support, and do basic things like making the bed, brushing her teeth and changing clothes using her mouth and stumps to grip things. She educated her at home and teaching her to write and paint using her mouth.

Although her mother was fiercely supportive of her daughter, tragedy was looming. Along with little Zuly's struggles, the Sanguino family had another issue to deal with – her father's abusive nature. Sadly, Zuly's father committed suicide when she was only two years old, leaving her mother to care for six children alone in Bogota, Colombia. Brutal bullies hit and tormented her and she was later raped as a teenager. At one point, she climbed to the fourth story of a building and found herself on the brink of suicide.

哥伦比亚女孩苏丽·桑吉诺虽然总是以积极的心态笑迎人生，但一路走来，艰难不易！因患有先天海豹肢症的她，生来四肢不全，当她出生的时候，医生就跟母亲表示接下来她的一生都必须瘫在床上度过。

残疾的肢体再加上贫困的生活，并没有击败母亲把她养成人毅力的毅力。她的母亲一直给予她强而有力的支持，含辛茹苦地教导她如何坐着，并在不借助外力的情况下走路；也从铺床、刷牙、穿衣等对平常人来说最简单不过的小事学起，进而有自理生活的能力。除了在家里教她念书，也教会她用嘴巴写字和画画。

面对各种沉重的苦难，苏丽的家庭充斥着对家暴的恐惧。但，悲剧还不仅仅如此而已……父亲在她两岁时自杀身亡，后来青少年时期的她曾被性侵，甚至曾险些想从四楼一跃而下，自杀了断。



With encouragement and support from her mother to help her find her purpose in life, Zuly realized she'd spent too much time focusing on her disability and worked hard to build up her confidence. What really stands out is the fact that Zuly can paint exceptionally well – her methods might be unconventional, but her art is on par with any other professional artist. Her paintings have been exhibited in various shows, and are mostly centered around the themes that she's really passionate about – nature and the environment.

Zuly now speaks regularly at businesses, prisons, and schools. She dates, inspires others, is a prodigious painter, and receives hundreds of letters from people thanking her for sharing her story.

然而，对她不离不弃的母亲，成为了她生命里的那缕阳光。她发现自己花太多时间去担忧自己无法控制的事情，而母亲则让她找到了人生的目标——她重拾信心，再也不怨天尤人。她的作品色彩丰富，经常呈现大自然的主题。尽管她的画法不是很传统，但画作水平却不逊于其他专业画家，已多次参与画展。

苏丽在企业、学校、监狱组织进行了多场励志讲座。后来，她谈了恋爱，成了知名的画家，也因自己的陆续分享收到了上百封的感谢函。她的成功故事已成为鼓舞人心的典范，特别是那些努力克服意志消沉的年轻人。



You were born with
a weakness to fall
but also with the strength to rise.

你在跌倒时的软弱也许与生俱来，
但重新振作的力量亦是。

— Zuly Sanguino 苏丽·桑吉诺





My Voice My Nation Malaysia, 2019
马来西亚《说出我世界》，2019 年
<https://www.facebook.com/myvoicemynation2019/videos/2431770577053427/>

CCJ TV, 2018
CCJ 电视，2018 年
<https://youtu.be/kDGEEeiK3AY>



El Propósito Para Tu Vida, 2017
生命的意义，2017 年
<https://youtu.be/N7ALcV5I9-s>



El Poder De La Santidad, 2015
心灵的力量，2015 年
<https://youtu.be/3Uz6RsOBIQ>





National Geographic Channel, 2012
國家地理頻道, 2012 年
https://youtu.be/aT6ic6_q1Yo



Colombiano Canal 1: En las mañanas con Uno
哥伦比亚第一频道, 2014 年
<https://youtu.be/wNxx9i-ih0U>



Barcroft TV, 2015
Barcroft 电视, 2015 年
<https://youtu.be/Y1ayNidq36s>



Insider, 2015
美国内幕媒体, 2015 年
https://youtu.be/iDocVSUpq_Y



Noticias Telepetróleo, 2015
Telepetróleo 新闻频道, 2015 年
<https://youtu.be/Lqj76aDeCnk>



TV Perú, 2015
秘鲁电视台, 2015 年
https://youtu.be/v4-hyn_M4ll

- 2006-present One of the most recognized painters of Association of Mouth and Foot Painting Artists (APBP)
口足画家协会 (APBP) 最知名的画家之一
- 2018 Women Entrepreneur Award, Premios Debora México
墨西哥黛博拉女企业家奖
- 2013 Received Prominent National Public Figure Award from the President of Colombia
荣获哥伦比亚总统颁发的国家杰出公众人物奖
- 2013 Women Entrepreneurs of Costa Rica
哥斯达黎加女企业家奖



Given talks for 曾为以下机构给予讲座:

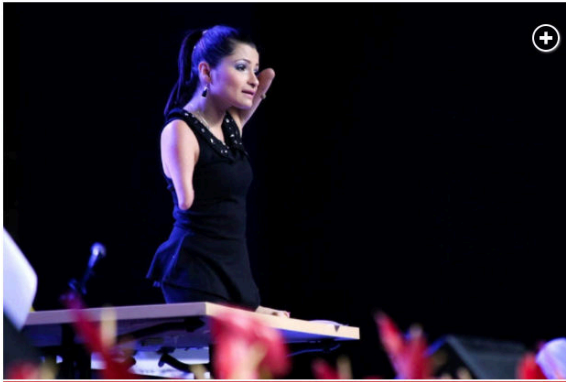
Oceanside Colleges and Churches in United States
Wyland Galleries, United States
MAPFRE Insurance, United States
Iglesia Amor y Restauración, Mexico
Eduardo Sívori Museum of Plastic Arts, Argentina
One Voice One Nation 2019, Malaysia
Universidad del Magdalena, Santa Marta
Colombian Rehabilitation Center, Bogota
Nikken Colombia, Bogota
Liceo Boston, Bogotá
Iglesia Vida Nueva, Bogotá
School of International Leadership, Medellín
Colegio de la Salle, Medellín
Fundación Fundavoragine, Neiva
Tolomaida Military Fort, Melgar
Mission Peace at the Nations Church, Cali
Alcaldía de Melgar
Mayor of Flanders
and many other foundations, educational institutions and corporates 以及许多其他基金会, 教育机构和企业

欧申赛德的多家学院和教会, 美国
威兰画廊, 美国
曼弗雷保险集团, 美国
爱与修复教会, 墨西哥
塑料艺术博物馆, 阿根廷
说出我世界 2019, 马来西亚
马格达莱纳大学, 哥伦比亚圣玛尔塔
哥伦比亚康复中心, 哥伦比亚波哥大
尼根集团, 哥伦比亚波哥大
波士顿双语学院, 哥伦比亚波哥大
新生教会, 哥伦比亚波哥大
国际领导学院, 哥伦比亚麦德林
萨勒学院, 哥伦比亚麦德林
芬达维拉金尼基金会, 哥伦比亚内瓦
多利麦达军校, 哥伦比亚梅尔加
和平使命教会, 哥伦比亚卡利
梅尔加市长
法兰德斯市长

Woman with no limbs overcomes bullying to lead active life with boyfriend

By Yaron Steinbuch

July 28, 2015 | 12:47pm



Zuly Sanguino gives a motivational talk in Bogota, Colombia.
Barcroft

A 25-year-old Colombian woman with no limbs has overcome a painful past that included rape, bullying and attempted suicide to become an inspiration to others.

"I don't have any arms or legs, but I won't let that hold me back," said Zuly Sanguino, who was born with Tetra-amelia syndrome, a rare genetic condition that prevents the limbs from developing properly in the womb, Barcroft Media reported.

New York Post, 28 July 2015

美国《纽约邮报》，2015年7月28日

<https://nypost.com/2015/07/28/woman-with-no-limbs-overcomes-bullying-to-lead-active-life-with-boyfriend/>

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Woman born with no arms or legs reveals her empowering fight against bullies, abusers and suicidal thoughts to become an inspiration to thousands in Colombia

- Zuly Sanguino was born with rare genetic condition Tetra-amelia syndrome
- Brutal bullies hit and tormented her and she was later raped as a teenager
- At 15, she found herself on the brink of suicide - but turned her life around
- She now gives talks, makes TV and radio appearances and sells paintings

Mail Online, 28 July 2015

英国《每日邮报新闻网》，2015年7月28日

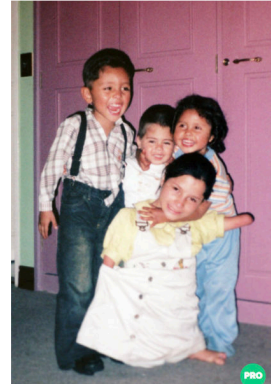
<https://www.dailymail.co.uk/news/article-3177324/Woman-born-no-arms-legs-reveals-empowering-fight-against-bullies-abusers-suicidal-thoughts-inspiration-thousands-Colombia.html>

LIFE WITHOUT LIMBS - ZULY SANGUINO'S EXTRAORDINARY STORY

BY JOHN BALSON @JBALSON

FOR INSPIRATIONAL Zuly Sanguino life with no limbs has proved no barrier to success

Zuly endured horrific bullying at school over her disability and was later raped - leading her to the brink of suicide. But incredibly the pretty 25-year-old has overcome all her obstacles and not only lives a normal life with minimal nursing care, but earns a living as an inspirational speaker, helping thousands of other disadvantaged people.



Stronger together: Zuly plays with her brothers and sisters at home as a child



Zuly in her teens celebrating Christmas with friends

Barcroft TV, 27 July 2015

英国《Barcroft》，2015年7月27日

<http://www.barcroft.tv/inspirational-zuly-sanguino-born-without-limbs-tetra-amelia-motivational-speaker-bogota-colombia>

News World news Disability

Extraordinary woman born without limbs and bullied at school is now inspiring thousands

Zuly Sanguino has overcome all her obstacles and not only lives a normal life with minimal nursing care, but earns a living as an inspirational speaker

Mirror UK, 28 July 2015

英国《每日镜报》，2015年7月28日

<https://www.mirror.co.uk/news/world-news/extraordinary-woman-born-without-limbs-6152642>

Sayfty

Empowering Women Against Violence

Meet the People Extraordinaire – Zuly Sanguino

June 13, 2016 Devi K

What is your idea of an empowered woman?

For me everybody has the power to be a source of inspiration. They just have to find it for themselves. I try to learn and appreciate the beauty in each person. If we start learning about each other, we start to be the person we want to be. I see beauty everywhere; it doesn't matter how the society looks at you. It doesn't matter if you are small, big or fat, we are all beautiful in our own way.

Sayfty, 13 June 2016

印度女性组织《Sayfty》，2016年6月13日
<http://sayfty.com/zuly-sanguino/>



Being happy doesn't mean
everything is perfect.

It means you have seen
way beyond the imperfections.

你感到幸福时，并不代表一切皆已完美，
而是意味着你已不再介意
那些不太完美的小瑕疵。

— Zuly Sanguino 苏丽·桑吉诺

