

INTRODUCTION

First things first: there's a lot that's not in here, and a lot that may have changed or will be just plain wrong by the time you arrive in Beijing. This book is intended to be a guide to some of the things that can help you as a Dartmouth student on the FSP, and unfortunately can't be a guide to the whole of Beijing or of China. There are a bunch of books already available doing that job, and doing it a lot better than I certainly could.

More importantly, though, you're going to Beijing in order to see for yourself what China is like. That's the point of the FSP—to allow a better understanding of Chinese society and culture, and of what it means to be Chinese right now. It's not an LSA, or you would have gone instead of taking Chinese 3. Hopefully, you'll come back with not only a greatly improved set of language skills, but also more of a sense of what's happening on the other side of the world.

That said, you should also go to Beijing to have a good time. It's a big roller-coaster of a changing place right now, and there's a sort of exhilaration in just being somewhere where that's happening. Having been on one Beijing FSP as a student and another as a TA, I can say that the changes over the three-year gap between the two were staggering, if not a little bit frightening. Hang on and enjoy the ride.

At its best, China is an epic country of sprawling, breathtaking spectacle with some of the most extravagant and ambitious monuments ever constructed by mankind. At its worst, China is a third-world country in which millions of ill-dressed people push and shove their way down the heavily polluted streets of hideous, ramshackle cities, thinking of little else beyond how to survive in the continuing and unpredictable social experiment that is Chinese life. It has much in common with other impoverished, over-crowded nations, plus a few quirks of its own.

—Peter Neville-Hadley, *China: The Silk Routes*

I hope this guide provides you with some useful information on your own trip to China, and that it's a productive and enlightening one. 祝你一路顺风! *Zhù nǐ yī lù shùn fēng!*

Brad Evans '98

September, 1998
Urumchi, Xinjiang Uygur Autonomous Region, China

BEFORE YOU GO

Getting to Beijing

Unfortunately for those with a fear of flying, there aren't many convenient ways to get to China by boat or train, unless you plan on skipping out on the term before the FSP. Hopefully if you're reading this you've already started making general airline, passport, and visa arrangements, but if not, here are some basic guidelines.

Generally speaking, students are responsible for making their own travel arrangements, though your Program Director and the DAMELL Chinese profs are certainly available for consultation if you've got questions. The Dartmouth FSP has had a long relationship with FETI Travel (telephone 617-451-0606), based in Boston. Usually Shirley Yang, Dartmouth's contact at FETI, does a pretty good job of setting up everyone's travel, often making it possible for the FSP group to arrive in Beijing in one or two major groups (which simplifies a number of things) and getting good rates. If this option is available, your Program Director will notify you.

In general, when planning your travel, keep in mind both price and what you want to do after the FSP ends. There are a number of programs available in both China and Taiwan for continuing Chinese language classes in the Fall, as well as options for travel and other activities (see "After the FSP", p. 13). If you haven't decided what you want to do yet, an open-ended ticket good for 3 or 6 months will cost a little more but will allow you flexibility in your travel plans. Alternately, a cheap way of traveling a bit after the program is to arrive in China via Beijing, but leave by way of Hong Kong, taking the train south to catch your flight after the conclusion of the FSP. Keep in mind when booking a flight that most tickets can be changed for a \$50 or \$75 fee, so you are not necessarily wedded to any one plan.

As with your air ticket, by now you should have applied for and received your passport if you don't have one already—make sure it's not expired. If for some reason you haven't done this yet, head down to the Hanover Post Office or one of the major passport issuing centers in Boston or New York and get this done as soon as possible. You'll need two passport photos, and you'll need another two for your Chinese visa, so you might as well get those too. The Hanover Camera Shop on Main Street will do these for the exorbitant price of \$7 or \$8 per pair, but see if you can get them done at home or somewhere for cheaper. Be sure to sign your passport once you get it; it's not valid until you do so.

With regard to visas, your Program Director will keep you informed as to what you need to do. Generally, these are taken care of at an FSP group meeting in Winter or Spring term. It's incredibly important that you show up to this meeting—with your passport—so your visa can get done in time.

What to Bring

The key here is to pack light. You will almost certainly be coming back with more than you took to China, so leave room for the extra stuff you buy. If you don't have something on this list, *don't go out and buy it*. Unless it says otherwise, you can get it in Beijing, and probably for cheaper.

What should I pack in? It depends. Regardless of what you use, you will want to bring a backpack that you can easily put a weekend or a week's worth of clothes in, as you will need it if you travel anywhere within China. There are some rather functional imitation North Face bags (some are of dubious quality, however) available at Silk Alley, so keep that in mind if you don't own such an item.

For the rest of your stuff, a large suitcase (wheels are essential!) and/or a quality backpack that will allow you to carry three months' belongings comfortably will probably work just fine. The backpack method will come in handy if you plan to travel a lot after or during the program.

Most international flights originating in the US allow you two pieces of checked baggage, each weighing a maximum of 70 lbs (32 kg), plus a carry-on. Of course, you probably won't be carrying this much stuff when you depart, but do leave room for the things you collect in China. Label your bags inside and out with the program address, in both Chinese and English (see p.12).

Essentials

- Passport (**Make a copy of the key pages of your passport and keep them separate from your passport; if you lose your passport, it will be easier to replace it if you have these.**)
- Plane ticket
- Medical insurance card and medical insurance claim form
- Money (see below)

Clothing (Be practical! Beijing is hot, muggy, and rainy.)

- 10-14 T-shirts
- 3-5 pairs of shorts
- 1 pair jeans
- 1-3 nice outfits (this really depends on how often you dress up)
- Underwear & socks, of course
- Shoes (It's important that these be comfortable for walking and hiking, because you'll be doing a lot of that. Clogs aren't the best plan, though sandals work well.)
- Rain jacket
- Sweatshirt
- Bathing suit

Hygiene

- Immodium A/D, Pepto-Bismol, a multi-purpose antibiotic such as Cipro (Information on this will be given at the FSP health meeting May 2nd.)
- Deodorant
- Toothbrush
- Sanitary Napkins/Tampons (The jury is still out on these. I've seen Kotex, O.B., and Tampax in Beijing—the grocery store just outside campus has the last two; see "Shopping," p. 9—but some women have reported problems finding their preferred brands. You can make the call.)
- Any medications you take regularly, or need for a condition that may reoccur (e.g., asthma; see "Health/Immunizations" below)
- Contact lens solution (not all brands are available in Beijing)
- Spare pair of contact lenses and glasses (also, bring a prescription – glasses are cheap in Beijing)

Other Items

- Textbooks (including dictionary)
- Money Belt (Or something not unlike a money belt, for safeguarding your money, passport, traveler's checks, etc.)
- Walkman/Discman
- External Speakers/AC adapter for walkman (most folks find they like to have music without having to wear it— a good set of these can be purchased at any department store in Beijing for \$5-10, so wait if you don't have them.)
- Voltage converter (China runs on 220-240 volts while the US runs on 110 volts. You will need a voltage converter for any appliances you bring that only run on 110 volts. Laptops can usually run on both; check yours if you plan to bring one. You can get a voltage converter (220-240 volts to 110 volts) in the US or in Beijing.)
- Battery Recharger (good if you take your discman out with you or if you have a digital camera)
- Battery Alarm Clock
- Camera (Kodak and Fuji film are everywhere)
- 1-2 novels (a good break from studying)
- Umbrella
- Sunglasses
- Journal
- Photos of family and friends to show Chinese friends, or just to remind you of home
- Something familiar to cheer you up if you get homesick (e.g., a favorite book, CD, game, photos, etc.)
- Computer (By no means a necessity but handy if you want to check email from your room or if you have to do a lot of writing for class. There are plenty of computer and internet cafes around, however.)
- Guidebook (Get this before you go; there's a lot that can't be written here that a good guidebook will tell you. The Lonely Planet and the Rough Guide are by far the two best general guides and are geared towards budget travelers; I particularly like *China*:

The Silk Routes, by Peter Neville-Hadley. Its focus is mostly on western China and Central Asia, but it has a spectacular chapter on “Anticipating China” and isn’t nearly as cynical as Lonely Planet can be. Ask at a big bookstore or try www.amazon.com.)

- Lonely Planet also makes a nice phrasebook that can be much handier to use than a dictionary.

Need anything else and you can probably get it in Beijing. As for money, you can have your first major adventure in China by changing money at the airport. See page 6 for instructions on doing that.

What Not to Bring

- Towels and sheets
- Sleeping bag (unless you plan to travel or camp)
- Toilet paper
- Prepaid phone cards (see p. 12)

Health/Immunizations

What shots do I need? As soon as you know you are going to China, it is probably a good idea to start on your immunizations. **The Off-Campus Programs office will have a health meeting in the spring that will discuss what immunizations you need as well as some other health concerns. It’s very important that you attend this meeting.** However, if you start then there is a good chance you will be unable to complete the course of some of the recommended vaccinations, and in the past some students have complained that they could have taken care of their shots at home over spring break if they had known about them.

This is not an attempt to replace that meeting; it is important that you attend as the College often has important information to present. However, it is probably in your best interest to have your doctor look into what immunizations you need before you go to China early on in the process. Below is the list of immunizations recommended to China FSP participants in recent years:

- Tetanus
- Polio
- Typhoid
- Hepatitis A
- Hepatitis B
- Japanese Encephalitis B
- Malaria pills (see below)

Be sure to talk to your doctor, as this list may change and the various shots may have some side effects. If you can’t make it home, you can get the shots you need at Dick’s House. Be aware that Dick’s House will only administer 3 shots per week. Japanese Encephalitis B takes 4 weeks to finish the cycle: day 1, week 1, week 4. It can be abbreviated, but they don’t recommend it. And students who plan to travel in China should have some idea about where they are going in case they need to take malaria pills; Dick’s House can advise you on the type of malaria pill you will need. **Also, if you have a condition that you’re taking medication for, or a previous condition that could reoccur (e.g., asthma), be sure to bring enough**

with you to China. Replacing medicines via mail or at the clinics in Beijing can be quite expensive.

Money

Fortunately, Beijing is pretty darn cheap, even though you will be living at a comfort level significantly higher than most of the population. Dartmouth will bill you for tuition and rent for the term, so that will already be taken care of. You will be responsible for your food, transportation, and other living expenses in China. You may also have to bring money for the longer organized trips that your group may take, though some years students have the option of giving the money to Off-Campus Programs before departing. Your Program Director will let you know what the situation is before you leave Dartmouth.

How much money should I bring? At present exchange rates (Spring 2002), \$1 is equal to ¥8.26. One can easily eat a lot of food for US \$7-8 a day. If you have a small appetite or are just cheap, you can get by on as little as \$3. For the entire summer, \$700 will certainly cover food expenses with room for going out every now and then to a nice western restaurant (e.g., Hard Rock Cafe and the like). Students on recent FSPs have spent anywhere from \$800 to several thousand dollars over the summer, depending on how much they enjoy Beijing nightlife and/or shopping. For the typical FSP participant, though, \$1500 seems to be a solid amount that covers everything comfortably.

What’s the best way to get money to Beijing? Note that you cannot exchange dollars for Chinese currency (人民币 *rén mǐn bì*) at US banks, so you will need to take US dollars or another major currency to change upon arrival in Beijing.

Traveler’s Checks (旅行支票 *lǚ xíng zhī piào*) are the way to go. Get them from a major issuer (AmEx, Thomas Cook, etc.), and in reasonably large denominations. The two main reasons to take this route are that the checks are replaceable, and most places give you a better exchange rate than cash. Most banks are changing traveler’s checks now (it used to be that you could only change them at the Bank of China). The Agricultural Bank of China across the street from the BNU east gate is the closest place to change traveler’s checks.

After traveler’s checks, ATM cards and cash are the next two best options. Cash, though less secure, can be changed into RMB at slightly more locations than traveler’s checks. (However, avoid carrying around large amounts of cash on your person.) ATM machines that accept western cards are fairly common. Credit cards (信用卡) are still not widely accepted in China, often only at places where the high prices indicate that you’re paying for the convenience. However, you can use your credit card to receive a cash advance at some banks if all other options fail (i.e., when you’ve run out of traveler’s checks and none of the ATMs are accepting your card). **A credit card could also be very useful in an emergency (e.g., to pay for medical treatment at a clinic in Beijing).**

It's not recommended, but it is possible to wire money to some branches of the Bank of China; it is a slow and expensive method.

WHEN YOU ARRIVE

At the Airport

It's really not as scary as you think when you get to the airport in Beijing. Admittedly, you'll be exhausted from your flight and will be suddenly confronted with heat, humidity, and lots of people shoving and pushing, but it's really not that bad. You will receive an arrival card on the plane. Fill it in before you land and use it and your passport to pass through immigration. After that, wait for your baggage to show up on the carousel and scope out the customs check. Notice how none of the guards seem to be paying attention and how much work it would take to get them to care enough to actually turn on their x-ray machine? Keep that in mind. Regardless of whether or not they decide to do their jobs and make you x-ray your baggage, you *don't* have anything to declare and should proceed through the Green Lane.

Before you leave the airport, change some money (unless you have somehow managed to bring some RMB with you). There are automated machines for exchanging money, and at least one bank where you can do this. Changing US\$100 will give you enough cash to get to BNU if you need to take a taxi, pay for your key deposit, and buy food and stuff for the first few days.

When planning your tickets, it really is a good idea to come in with a bunch of your classmates. This sounds cheesy, but it makes things easier and increases the chances that BNU will have a bus waiting there so you won't have to mess with a taxi. If you *do* have to get a taxi (which you will know before you leave Dartmouth), find the *official* taxi line, and ignore shady types who approach you saying "taxi?" Go stand in line, and wait for the cheapest cab you can find (of late it seems the best you can do is ¥1.60/km). Most drivers know where BNU is, so telling them 北京师范大学, 东门 *běi jīng shī fàn dà xué, dōng mén* should do you just fine. Occasionally, they won't know, or will be unsure, so telling them 北太平庄 *běi tài píng zhuāng* will help. Make sure the driver restarts his meter before you get going. The meter should display the basic fare (about ¥10). The trip to BNU should cost around ¥100-130, including the ¥15 toll for the airport highway. Don't pay any more than that, as the occasional driver may try and rip you off.

It's probably a good idea to warn you of a few things at this point. When you're looking for the taxi stand, ignore anyone who tells you they can take you where you need to go or can find you a hotel. Some of these folks are legit employees of hotels in Beijing, and others are slightly less than honest. Regardless, you don't need their services. The other thing to watch out for is the occasional person who decides to take advantage of a green foreigner and give them all their

change in 分 *fēn* or 毛 *máo* notes. Examine your change carefully for the first couple of transactions you make in China, until you get familiar with the way the money works (see "Changing and Dealing With Money," p. 6). Also, there is no tipping in China, although taxi drivers will certainly appreciate a tip if you ask them to help with luggage.

Arriving at BNU

If you're coming on your own, the dorm you want is called 新松公寓 *xīn sōng gōng yù*. It'll be easiest if you have the driver take you there, unless you like hauling your luggage around unfamiliar college campuses. Tell him to ask the guard at the BNU gate how to get there.

Once you arrive, tell the desk that you're with Dartmouth (达慕思大学 *dá mǔ sī dà xué*, or just 达大). If you know who your roommate is and they've already arrived, point at the list of names and tell them that's your roommate, otherwise just point out your name. You'll need to give them a ¥100 key deposit and fill out an arrival card, and after that you're all set. The rooms each have two safes (保箱 *bǎo xiāng*), so be sure to ask for the combinations (密码 *mì mǎ*).

Other Arrival Stuff

Something you should do shortly after your arrival in Beijing is go down to the US Embassy (or your respective country's embassy) and register as a US or other citizen living in Beijing. In the unlikely event something significant happens, i.e., a natural disaster or the like, registering will ensure that the embassy knows you are in Beijing and will be able to evacuate you if necessary. Additionally, you can get info about the annual 4th of July party, and pick up English magazines on what's happening in Beijing (see "Entertainment," p. 11). To get to the US embassy, follow the directions under shopping for how to get to Silk Alley (p. 10). Once you get to Silk Alley, go all the way through the market until you reach the end and a fenced compound with a guard out front and an American flag. Show the guard your passport and go inside the little checkpoint station, and tell the guy in there that you want to register as an American citizen living in Beijing. Just keep telling people this until you get pointed to Citizen Services and get a registration card to fill out. For non-US citizens, it may be worthwhile to call your embassy in the US before leaving and get the address of the embassy in Beijing.

Additionally, shortly after arriving you will need to give the Foreign Students Office at BNU two to four passport-size pictures for use in making your student ID and other materials. There is a place really close to campus available to do this; go out the East Gate and take a right; you'll see the Kodak sign on your right. Ask for 学生证相片 *xué sheng zhèng xiàng piàn* (student ID photos); you can usually pick them up later that day or the next.

This store also does a wonderful job developing film at a reasonable rate, much cheaper than in the States. The quality is excellent as well.

CAMPUS LIFE

Academics

What Classes Will I Be Taking? The FSP course load is three credits: Chinese 22 and 23, and AMEL 11. The Chinese courses are taught by BNU professors under the supervision of the FSP Director, while the AMEL course is taught by the Director. The distributives for each of the courses have varied in recent years, so you will need to ask the DAMELL office or the registrar at Dartmouth for that information.

Chinese 22 and 23 These courses typically take place each weekday morning from 8:00 to 11:30. Usually, you will see two professors each day, each for half the time. There is generally a break between the two halves as well as two smaller breaks halfway through each professor's time, dividing the morning classes neatly into four 50-minute periods.

There is a reasonable level of variation each year in the course content, due to individual professors' preferences and teaching methods. However, one constant is the daily 听写 (tīng xiě), or vocabulary quiz, which usually covers between 10 and 15 characters or compounds. If this sounds like a lot, keep in mind that each lesson will typically have between 20 and 40 new characters/compounds, and that you'll generally go through four new lessons a week. Yes, this is a lot more than in first-year Chinese, but well within your abilities when you a) are surrounded by the language every day, and b) don't have other classes to worry about.

Beyond vocabulary, classes often feature a wide range of activities, from basic discussion and practice with grammar patterns to debates and role-playing exercises in Chinese. It's important to keep in mind as well that the FSP curriculum is somewhat flexible, and depends hugely on student involvement. If you've got a new idea for a learning exercise in class, suggest it to the professor or to your director. If you intend to be a passive "rider" on the FSP, one can fairly say that you won't get much out of the program at all.

AMEL 11 Since the individual Program Directors teach this class, the syllabus changes each year to reflect the current director's expertise and academic interests. Topics in recent years have ranged from "The Languages of China" to "Chinese Storytelling" to "The Anthropology of Beijing" to "Economic and Social Change in post-Mao China." Generally, however, the class is held in what would be a 2A time slot, Tues. and Thurs. from 2-4pm. Class requirements also vary from year to year, but usually involve final projects/papers and a few shorter assignments during the term.

Cultural Activities: Though not officially part of the course load, the FSP will also feature periodic cultural activities, such as midweek trips to see Chinese Acrobats or Beijing Opera, or weekend outings to the Great Wall or Forbidden City. Try to take advantage of these, as they're a good chance to check out things you

might not get to see otherwise, not to mention they're included in the program budget so you won't have to pay for them yourself. Even if a particular outing is sub-par, they all illustrate *something* about Chinese society, which is the point of the program.

Additional Classes If there is sufficient interest, informal classes can often be arranged in Calligraphy, Cooking, Chinese Dance, and Taijichuan (Tai Chi), among others. However, be advised that starting a class and then dropping out after one or two sessions often leaves a very bad impression. One way to avoid this might be to ask if a demonstration for the group is possible, after which people can decide whether or not they want to take the class. Talk to your Program Director or Chinese professors if you're interested.

You may also wish to set up such classes outside BNU, through friends or other contacts. If you walk around campus or any local parks at around 6am, you will find people engaged in all sorts of activities (Tai Ch'i and other martial arts, singing, dancing, etc.). You may find classes here that you can join for a small fee.

Xinsong Gongyu—Home Sweet Home

Xinsong is one of the newest and best foreign students' dorm on campus. The rooms are all one-room doubles with private baths and air conditioning, amenities which have greatly eased the mosquito and toilet odor problems of years past. There are still mosquito problems at times, however, so keep a vigilant eye and be sure to use the electric mosquito repeller (the little blue thing that says "RAID" on the side) as well as let the staff know if there are any pest problems.

You will have daily cleaning service to sweep the floor, change the towels, and, if you're really nice, make your bed. However, the messier your room, the less likely the 服务员 *fú wù yuán* (cleaning attendant) is going to be willing to do anything at all to your room, much less make the bed. It's your call. Experience has shown that small gifts (fruit, cosmetics, exotic pet animals) will often go a long way towards improving the service, though smiling and saying 你好 and 谢谢 will do a lot, too.

The rooms also have phones, TVs, and cable. Additionally, there are card phones in the lobby (see "Telephone/Fax," p. 12). On the second floor, there is a small store with snacks and various beverages, as well as a lounge area, which is often quite smoky. There are laundry machines on the first floor. To use them, you need to buy a 洗衣卡 *xí yī kǎ* (literally, "wash clothes card") from the front desk. They cost ¥50 and include 7 washes. You'll also get a ¥15 refund if you return the card to the desk when it's used up. To use the machines, load your clothes and detergent (available at the second floor store or from any grocery or department store; you can usually find Tide) and insert the card into the slot above the machine (somewhat hard to explain, but you'll see it). After a few seconds the water will turn on. Once the wash is done, you'll have to hang it up in your room to dry it, as there are

no drying machines. You can buy clothes hangers cheaply from the various odds-and-ends stores along the streets, or else at the department store by 北太平庄 *běi tài píng zhuāng*, the major intersection you hit when you take a left out the east gate and walk for a few minutes.

The front desk will also do photocopying (复印 *fù yìn*) for a small fee (varying depending on the paper size) as well as send and receive faxes (see "Telephone/Fax," p. 12). Generally speaking, it's a good idea to make friends with the staff, as they're pretty nice folks and will do a lot to help you if you keep good relations.

The Campus

BNU is located in the northwest part of Beijing, just south of the Third Ring Road. The campus is actually rather conveniently located, as there are numerous restaurants, markets, and small shops nearby. The two entrances with which you will become most familiar are the East and South Gates, respectively. You most likely entered through the East Gate when you first arrived on campus; it's north of the dorm and opens onto 新街口外大街 *xīn jiē kǒu wài dà jiē*. Xinjiekou runs straight into downtown Beijing if you follow it south, and to the Third Ring Road if you follow it north. The South Gate opens onto 学院南路 *xué yuàn nán lù*; useful if you want to go west into the Haidian area or south on Xinjiekou.

On campus, Xinsong is located directly across from the library, which students have surprisingly not used much for studying in recent years. You'll have to show your student ID to get in. There is a computer/internet cafe in the 外事楼 *wài shì lóu*, which is adjacent to Xinsong, set back in the courtyard closer to the east gate. (Also see "Blitzmail?" p. 13.)

If you go straight after exiting the dorm, after a while you will encounter the school athletic fields, with basketball courts, a track, and some fields good for soccer or ultimate. There's *always* a pickup game going in the afternoons. Finally, your director will be living two buildings to the west of you, in the same building as the 外事处 *wài shì chǔ*, or Foreign Affairs Office.

LIFE IN BEIJING

Changing and Dealing With Money

Before you've been in Beijing too long, you're going to need to 换钱 *huàn qián*, or change some money. What you've got is probably in US dollars (美元 *měi yuán*) and what you want is 人民币 *rén mín bì*. There are actually quite a few places to do this in Beijing, reflecting the fact that China depends on tourism for a lot of its hard currency. Wherever you go, you'll need your passport (护照 *hù zhào*) and whatever form of money you're going to change. The easiest place to get things done is directly across the street from the East Gate at the branch of the Agricultural Bank of China (中国农业银行 *zhōng guó nóng yè yín háng*). They are open from 9-5

daily, although you can't change money from 11-1:30 or after 4 (don't ask why). Go out the East Gate and over the pedestrian bridge, then go in and head to the second counter from the left. Tell the woman you want to 换美元 *huàn měi yuán* (or 换旅行支票 *huàn lǚ xíng zhī piào* if you have traveler's checks). You'll need to fill out a form with your name, passport number, and address in Beijing, and give it, your passport, and your money to her.

After a short wait, during which you'll wonder exactly what it is that takes so long, she'll hand you a wad of different colored bills of varying size. What does it all mean? Starting with the biggest, the red ones that say 100 and have a picture of Mao and also the blue ones with Mao and the three other historic "Great Leaders" of the PRC are worth ¥100. Same size, but different color, are the ¥50 bills, with pictures of the three main sectors of communist society: worker, farmer, and intellectual. The next size down is ¥20, smaller than the ¥50 and ¥100 but again with picture of Mao, then ¥10, which are blue and are the same size as the ¥20 bills but larger than the ¥5, ¥2, and ¥1 ones. Those three are all the same size, slightly smaller than the ¥10's. The next size down are 毛 *máo* (or 角 *jiǎo* in written form), small notes or coins that come in denominations of ¥.50, ¥.20, and ¥.10. Note, however, 毛 are units of ten each, so that when you buy stuff, ¥.50 is 五毛.

You'll get a copy of the form you filled out back with your money. You are technically supposed to keep this. If you have RMB left at the end of the trip and wish to change it back into dollars, you need to prove (using the form) that you changed at least that much RMB from dollars at some earlier point. You definitely want to change your money back to US dollars before you leave. It's not illegal to export RMB anymore, but its value plummets once you leave China, and it's difficult to change in the states.

As stated before, most banks will now change traveler's checks and almost all will change cash, a huge change from recent years.

There are safes in your dorm room, so use them. It's silly to lose money due to theft when it can easily be avoided. Additionally, you should only carry as much money as you think you might need, especially when you're going to crowded places with a high number of foreign wallets floating around (such as on the No. 22 bus, Silk Alley, etc.).

Getting Around

There are multiple options for getting around Beijing, each with a unique set of advantages. In general, though, even taking taxis all the time is not that expensive by American terms, so there's really no good excuse not to get out and check out the city.

Bike: The Great Proletarian Transportation Tool. Bikes (自行车 *zì xíng chē*) are a great way to get around Beijing, combining low price with flexibility and allowing you to carry more than you could on your

back. However, as mentioned, Beijing is really hot and muggy in the summer, so a long ride is liable to leave you dripping. Additionally, one has to be somewhat patient... Beijing's traffic is pretty crazy, and sprinting around on a bike the way you would in Hanover is liable to end with a busted watermelon, if you get the drift. Don't be surprised to see cars in the bike lanes; the bike lanes themselves are gradually disappearing as roads are widened for the ever-increasing traffic, so you need to be very careful. Bicycles are definitely still recommended, but if you buy one get the cheapest (not more than ¥300), most beat-up one you can that still looks safe, and get a good lock if not two. Bike theft is rampant, and the area in front of Xinsong is probably not the best place to leave your bike overnight. Try the lot over by your Director's apartment. Talk to your Chinese profs to find out where good places to buy used bikes are.

Bus: Relatively convenient, and definitely more crowded than a bike. The 22 route runs directly in front of the East Gate, and goes down to 前门 *qián mén* (the south end of Tiananmen Square) via 西单 *xī dān* (see "Shopping," p. 9). There are other good routes, but the 22 will take care of a lot of your needs. Still, the 22 is one of the most crowded buses and a number of other lines go to many of the same places. Just look at the signs with the number of the line on them; you'll start to recognize the characters for the bus stops after a few trips. Fares are usually ¥1 or will be ¥2 if you luck out and get an air-conditioned bus. If you go really far, you might have to pay ¥2 on a non air-conditioned bus. Theft in the form of pickpocketing and bag-slashing has been on the rise, so be careful. Another option is a 小公共汽车 (minibuses) which run the same routes as many of the larger buses. They're ¥2, but you're guaranteed a seat of one sort or another, and listening to the conductors' sales pitches is pretty entertaining. They will have the route number posted on the side, but you'll be able to hear the conductor's yelling long before you can read the number.

Subway: A personal favorite of mine, the 地铁 *dì tiě* is fast, cool, and never as crowded as a bus (though it can be a zoo 动物园 at rush hour). The problem? At present, there are only two lines: a ring running under the Second Ring Road and an east-west line starting that goes from the far west reaches of the city to the far east reaches. Still, almost everywhere you might want to go in the heart of Beijing is serviced, and a ride only costs ¥3. The closest station is 积水坛 *jǐ shuǐ tán*, at the intersection of Xinjiekou and the Second Ring Road. It's a decent walk from campus (think River Cluster to East Wheelock), but you can take the 22 or another bus down there. Get off at the first stop after you cross the Second Ring Road; the stop is not called Jishuitan, but 新街口豁口 *xīn jiē kǒu hú kǒu*. Useful subway stops include Jiànguómén 建国门 (east of the US Embassy and Silk Alley), Chóngwénmén 崇文门 (north of Hóngqiáo 红桥 Market), Xīdān 西单, Qiánmén 前门, and Běijīngzhàn 北京站 (the Beijing Railway Station).

Taxis: Despite being the most expensive option, 出租车 *chū zū chē* are relatively cheap. The rates are ¥1.20, 1.60, and 2.00 per kilometer. The minimum for any trip is ¥10. Try to get a Xiali, as they're cheaper than the Citroens.

At any rate, to get one just head to the street and stick out your arm. If you can't get anyone to stop, make sure you're not standing in a no-stopping zone (indicated by the character 停 *tíng* with a big red line through it), or try some other method of making yourself more attractive. Though your driver's Chinese may not be as clear as the Chinese you hear from your profs, conversing with drivers is one of the better ways to practice your Chinese. Just be sure they actually use the meter (a rare problem, but more common at night). One other thing: make sure when coming home that the driver knows you want BNU, not Shoudu Shifan Daxue (首都师范大学) or Beijing Daxue. Neither of these are even remotely close to BNU.

Dining

What do I eat? How do I order? Well, you don't really have much of a choice about the matter, since it's either restaurant food, the student cafeteria, or instant noodles in your room. Rule no. 1 about going to restaurants: Chill Out. You'll be much more understandable if you're not stressing out about what you want to order. Roll with it and be adventurous. If you get really desperate, either point at what other diners are having or pick random dishes from the menu and have the waitress pronounce them clearly for you so you can remember the names if you like them.

Three things you will need to know how to say and recognize regardless of what you order are

"几位 (*jǐ wèi*)?"

"请再来一个 ___ (*qǐng zài lái yí gè ___*); and

"结账 (*jié zhàng*)."

The first is what the waitress will ask you when you walk in, and the answer is how many people are in your group. The second is "Please bring me/us another ___." If it's something that you don't already have, get rid of the 再 *zài*. And the last is the equivalent of "Check, please."

Below is a list of common dishes. If you don't already know, most Chinese dishes are named by having a cooking verb, the main ingredients, and often a description of how the ingredients are cut. For example, everyone's favorite Sweet and Sour Chicken is usually rendered 糖醋 *táng cù* (Sugar-vinegar) 鸡 *jī* (chicken) 条 *tiáo* (strips). So a lot of times you can mix-and-match. However, some names don't give any clear indication of the ingredients (e.g., 凤爪 *fēng zhuǎ*, "pheonix talons"). Also, note that the default meaning for 肉 *ròu* in Chinese is pork, so if you want some other kind of meat you need to specify.

Meat Dishes

Sweet & Sour Chicken	táng cù jī tiáo	糖醋鸡条
Sweet & Sour Pork (tenderloin)	táng cù lǐ jǐ	糖醋里脊
Chicken Slices over Rice Crust (think Rice Krispie treats w/out the sugar)	gāo ba jī piàn (try it at Xiao Sichuan, down the Xiaoxitian Alley)	锅巴鸡片
“Iron Plate” Beef	tié bǎn niú ròu	铁板牛肉
“Iron Plate” Squid	tié bǎn yóu yú	铁板鱿鱼
Shredded Chicken w/Spicy & Sweet Garlic and Mushroom Sauce	yú xiāng jī sī	鱼香鸡丝
Kung Pao Chicken	gōng bǎo jī dīng	宫保鸡丁
Green Pepper Beef	qīng jiāo niú ròu	青椒牛肉
“Old Woman’s Tofu”	má pó dòu fu	麻婆豆腐
Hot & Spicy Tofu	má là dòu fu	麻辣豆腐

Vegetables

(most of these can be ordered “qīng chǎo” 清炒 or “sù chǎo” 素炒, which means stir-fried either with garlic or in soy sauce)

Snow Peas	hē lán dòu	荷兰豆
Broccoli	xī lan huā	西兰花
“Empty Heart Vegetable”	kōng xīn cài	空心菜
Potato	tǔ dòu	土豆
Potato shreds stir-fried with vinegar	cù chǎo tǔ dòu sī	醋炒土豆丝
Eggplant	qié zi	茄子
Tomato & Scrambled Egg	fān qié jī dàn or xī hóng shì jī dàn	番茄鸡蛋 or 西红柿鸡蛋
Corn with Pine Nuts	sōng zi yù mǐ	松子玉米
Winter Melon	dōng guā	冬瓜
“Home Style Tofu”	jiā cháng dòu fu	家常豆腐

Basics

White rice	mǐ fàn	米饭
Noodles	miàn tiáo	面条
Noodles in soup	tāng miàn or miàn tāng	汤面 or 面汤

As far as trying all the exciting stuff you see being cooked on the side of the road, feel free to be adventurous and check it out. However, you might want to go a little gingerly at first to make sure your system has adapted to being in China. If eating in normal restaurants is giving

you trouble, it’s probably best to hold off on the street food for a while. Otherwise, go for it. If it looks reasonably clean and hasn’t been sitting out getting cold all day, it’s probably fine, but be your own judge. The same goes for

fruit as well as restaurants. You might be a little cautious at first, but don't forget to be adventurous sometimes too.

A good place to start when eating out is the 太平饺子馆 *tài píng jiǎo zi guǎn*, which has an English/Pinyin menu and a friendly staff. To get there take a left out of the east gate. (The English menu was done two years ago by a clever BNU student from California who, in return for his services, now receives free meals for life.) Once you know the names of the dishes you like, be adventurous. There are restaurants everywhere and each presents the classic dishes a little bit differently. For late night snacks or meals, there is a night market a little further past the Jiaozi Guan where you can get cheap draft beer and kebabs (羊肉串 *yáng ròu chuàn*), among other things.

If I have to eat Chinese food again, I think I'm going to die. What else is there? As you will no doubt have discovered by the time you get to this point, there are at least two Korean restaurants and one Japanese one in the immediate area around BNU. One of the Korean places are located in the vegetable market just north of BNU's east gate; they will also deliver to your dorm room! Both feature nice staff, and are perennial favorites. On the way to the vegetable market, you'll pass the 红叶 *hóng yè* (Red Leaf) Japanese restaurant, which is a tad more expensive but has a really nice staff. If you are craving sandwiches or pizza, go to Tube Station (think Subway imitation). To get there, go across the pedestrian bridge, take a left, and walk for a few minutes. They have pizza and various subs (roast beef, turkey, tuna, etc.) but don't expect Ramunto's or C & A's quality. Tube Station also has pretty good curry, and they will deliver to the dorm as well.

Uyghur food has become a favorite of FSP'ers in recent years, probably more for the fact that it resembles western food but is available at Chinese prices than anything else. The most popular dishes are usually spaghetti-style 拉面 *lā miàn* (pulled noodles), 馕 *nán* (flatbread), and 羊肉串 *yáng ròu chuàn* (mutton kebabs). If you really want to show off, greet the waiter with "Yakshimusiz?" (Uyghur for 你好吗?) and order "laghman", "nan", or "kawap", respectively. Plov, or rice pilaf, is also very good. To get your Uyghur fix, you've got a few options. There's a small place serving noodles and kebabs down 小西天, the large market/alley south of BNU on Xijiekou. Look for a place with a kebab grill out front and lots of people sitting outside, and probably some fellow with a shaven head shouting at you to come and eat at his restaurant.

The other two main places are by Nationalities University (民族大学 *mín zú dà xué*) and an area called 甘井子 *gān jǐng zǐ*. Both are large Uyghur neighborhoods. To get to the first, go out the BNU south gate and tell the taxi driver you want Minzu Daxue. You'll go straight on 学院南路 for about 4km, and then you'll make a left turn on to 白石桥路 *bái shí qiáo lù*. Look for the big tree in the median (it's noticeable for being the largest one), and have the driver stop there. Head down the alley to your right, and pick any restaurant that looks good. (If you go all the way down to the end, there's a Tibetan restaurant on the left.) To get to Ganjiakou, tell the taxi driver that's where you want to go, and that you want to go to the Uyghur restaurants (维吾尔饭馆 *wéi wú ěr fàn guǎn*). It's important to note that Ganjiakou has undergone many changes recently (construction, etc.), so this information may not be

accurate by the time you get to Beijing; already, many of the Uyghurs have moved out.

Finally, *don't be afraid to just jump on a bus* and get off a few stops away from campus. You're bound to find a few good Chinese restaurants, and if you get lost, you can always take a taxi back.

If it's western food you want and you don't mind paying for it, try the Hard Rock Cafe (硬石餐厅 *yìng shí cān tīng*, or try 长城饭店 *cháng chéng fàn diàn*, the adjacent Great Wall Sheraton), always good for a fun time. For cheap American food, there is a McDonald's one bus stop past the subway at Xijiekou, and a KFC at Beitapingzhuang. The Lufthansa Center has a nice Italian place as well as a good German restaurant (great beer, though expensive), and there are a few more of both down on 三立屯 *sān lì tún* as well as 1001 Nights, a 24-hr Middle Eastern place famous with Beijing expats. Mexican food lovers will be mostly out of luck, though Mexican Wave on 东大桥路 *dōng dà qiáo lù* makes a good attempt. Try the chicken burrito, and the *sangria* is great on a steamy Beijing evening. There is an excellent Indian restaurant on the East Third Ring Road called Asian Star (the 2001 trip went there weekly); it's across from TGI Friday's (星期五餐厅) and is described in the Lonely Planet, as is Phrik Thai, an excellent Thai restaurant in the Chaoyang district. Also, there are good Korean and Japanese restaurants everywhere. Your best bet for non-Chinese food in Beijing at reasonable prices will be the various Asian ethnic cuisines. At the risk of sounding like a broken record: be adventurous!

For Chinese food that's a little bit different, try 黑土地 *hēi tǔ dì* (Black Earth), a place specializing in Cultural Revolution-era kitsch and peasant food; it's on 和平里东大街 *hé píng lǐ dōng dà jiē*, #9. Additionally, you shouldn't leave Beijing without having 火锅 *huǒ guō*, or Mongolian hotpot. You order a bunch of raw meats (of which mutton is the centerpiece), vegetables, tofu, noodles, and other goodies, and cook them by throwing them in the pot of boiling soup (spicy or plain) sitting in the middle of the table. Though the spicy broth is fun just to watch everyone sweat, see if you can get a split pot with both kinds so you get a break from the heat if you want. There are hotpot places all over town. Finally, check out the night markets that pop up in various places around town during the summer. There's actually a really good one in front of Nightman Disco on weeknights; do your homework early one night and head over.

Shopping

Yes, of course. You want to know where the good places are to buy stuff. Beijing is in an interesting state right now; you've got, as one past FSP'er put it, "A brand-new luxury shopping mall opening up right next to the old man selling plastic hair clips laid out on a blanket." The basic rule is that you shouldn't let appearances deceive you, in either direction. There's some really great stuff in places you wouldn't believe, and some absolute junk marketed as the real thing.

Where do I get basic, everyday stuff? A couple of easy options here. If you need stationery and other random "school supplies," try the store in Xinsong (not the

cheapest, but definitely convenient) or the stationery place next door to the Hongye Japanese restaurant. Due to China's proximity to Japan (center of the world for cute and intricate stationery), this little shop has an incredibly wide selection of nifty pens as well as cards and notebooks of all kinds.

For bigger stuff like coathangers, water bottles, soap, shampoo, and inflatable furniture, go to the department store (百货公司 *bǎi huò gōng sī*) at Beitaipingzhuang. It has almost everything you need, as well as a supermarket in the basement. There is a bigger and better department store, Parkson's, at 复兴门 *fù xīng mén*, which is also a subway stop. Parkson's has pretty much everything you might want, from computers to toiletries to clothes to air conditioners.

If it's something Western you need and you can't find it anywhere else, you've got two other main options. For over-the-counter drugs (including antibiotics), toiletries, and most notably, deodorant, head to Watson's, the drug store at the Holiday Inn Lido (力度饭店 *lì dù fàn diàn*), but be prepared to pay American prices or more for whatever you get there. For food items, the Lido Market, also at the Holiday Inn, has a good selection, but be sure to check the expiration dates. For closer, cheaper, and fresher western foodstuffs, try Jenny Lou's, a little convenience store in the Sanlitun area down the street from 1001 Nights on 工人体育馆北路 *gōng rén tǐ yù guǎn* (Worker's Stadium North Road, Gongti Beilu for short). Most exciting, they have real milk and good cheese.

That's nice, but what about clothes and other useful stuff? You'll have a wide range of stuff to choose from; everything from designer apparel to imitation designer to just normal, everyday stuff is available. Keep in mind, though, that what you may view as regular, casual clothing is often viewed as high-class, so it might be a bit harder to find than you think. T-shirts are a prime example here. Additionally, if you're taller than about 5'9" for men or 5'5" for women, you might have a harder time finding things that fit, with Silk Alley having some exceptions to that rule.

For the Chinese department store experience, start at 西单 *xī dān* or Parkson's and go from there. Also of note, but also of higher price, are Beijing New World Center (新世界商场 *xīn shì jiè shāng chǎng* at the Guómào 国贸 subway stop) or the Lufthansa Center (燕莎中心 *yàn shā zhōng xīn*), and the whole Wangfujing area (王府井 *wáng fǔ jǐng*). You can find Western brand name stores at all these places.

So what's all this about Silk Alley? The last major type of shopping in Beijing is the market-style, haggle-til-you-drop gift shopping. The most famous is, of course, "Silk Alley" (秀水街 *xiù shuǐ jiē*) a crowded collection of stalls just south of the US Embassy and east of the Friendship Store (友谊商店 *yǒu yī shāng diàn*). In the department stores, bargaining is *not* looked highly upon, as prices are generally fixed, but on the street, if they agree to the price, it's yours. Silk Alley has, true to its name, silk in just about any form you could imagine: scarves, boxer shorts, pajamas, underwear, nightgowns, ties, carpets, and so on. It might be worth going to a fabric store or somesuch in the States before you leave and checking out what

different grades of silk feel like, since all of the stall owners will of course insist that their goods are pure silk (真丝 *zhēn sī*) of the finest quality.

Outside of silk, the market also has a substantial trade in other apparel of all kinds. Some of this is fake, some of it is pirated from factories in the south, and very rarely, it's the real thing. You can get "North Face" and "Helly Hansen" jackets, as well as "Nike" and "Reebok" shoes and "Teva" sandals. Also available are Polo, Armani, J. Crew, Gap, and Timberland clothing, backpacks from North Face and other manufacturers, Beanie Babies, and lots of pirated CDs. Be warned: if you want the real thing, either know exactly what to look for or wait until you get home. If you want a reasonable facsimile that looks good for a fraction of the price, go for it. To get there, either take a taxi—the taxi drivers all know the place—or take the fast and cheap route and hop on the subway to the Jianguomen stop. Take the northeast exit (if you don't go up a big escalator, you're at the wrong exit) and walk east past the Friendship Store until you see a big sign that says "Xiu Shui Jie Silk Market" or something to that effect—they're rumored to be reconstructing part of the market.

The other major market is the 红桥市场 *hóng qiáo shì chǎng* (Red Bridge Market), located just outside the east gate of the Temple of Heaven (天坛 *tiān tán*). Again, taxi drivers generally know the name of the place, but it's a long cab ride. Alternately, you can take the subway to Chongwenmen and take a walk south a little farther than the distance from BNU to the Jishuitan stop. The bottom floor is a seafood market and the lower floors feature stationery, toys, and most notably, electronics. Upper floors have clothing (avoid the endangered animal skins/furs; among other things, they're hard to get back into the US legally) and Chinese antiques/curios, respectively. The main draw here is the electronics section, where you can get audio equipment with features not available in the US for a good couple of months for a substantial discount. Additionally, you can get external speakers for a walkman, voltage converters, and AC adapters here pretty easily. Try before you buy, but generally the merchants here have been rather good about returns of faulty goods (make sure you get a receipt, of course). Also popular are laser pointers, which the stall owners are particularly fond of shining in your eyes, despite the safety warnings.

Hong Qiao is *the* place to go in Beijing for pearls. They are much much cheaper than in the states and high quality; go to a reputable looking stall. Don't pay more than ¥100 for a set of earrings and slightly more for a necklace. Trust me, they make a great gift for mothers.

Also worth checking out is the antique/arts market across the street and inside the wall of the Temple of Heaven park. Most of the artists and calligraphers there will do work on commission rather cheaply. Additionally, there are lots of fun pre- and post-Liberation "antiques" in a lot of the stalls. Finally, 琉璃场 *liú lí chǎng* is a good place to go for Chinese paintings and custom-made calligraphy, but don't be afraid to bargain extremely hard there as the shop owners are quite aware of how much most foreigners can afford to pay and have moved prices up accordingly. This is also a good place to get a chop engraved, although

you'll probably find cheaper places to do that when you travel.

How do I bargain? This is a skill that will get you a decent amount of mileage in China, though less than it used to. Everything from vegetables to silk to electronics to, in some unfortunate instances, taxi rides, can be bargained for. The main rules are not to let the seller know how much you can really afford to pay or how much you really want the item. Also, try and be friendly about the whole thing. No sense in getting in a fight with someone over what amounts to a couple of dollars.

Basically, it works like this: you ask how much (多少钱), they reply with a price, and you say "太贵了!" Ask if they can lower the price (可以便宜一点吗 *kě yǐ pián yi yí diǎn ma*); generally they say yes, and then expect you to make an offer. Remember that 一百五 is one hundred fifty and NOT one hundred five. If you want to say ¥250, it is less embarrassing if you add the 十 after the 五 (i.e., say 二百五十, not 二百五 - slang for moron). At places like Silk Alley, it's usually good to start with a quarter to a third (in some cases a tenth) as much of the original asking price, and work upwards from there. It's good to have in mind the maximum you're willing to pay, so a little research among classmates who've already bought what you want is a good idea. Beyond the simple haggling over price, there are a few things that can help: 1) Complain that the item's not exactly the way you want it. Too big, too small, not quite the right color, you don't quite like the design, etc. 2) Remember: you're a poor student (穷学生 *qióng xué shēng*). Compared to most of the people buying this stuff, you are. Keep the BNU pin you get upon arrival, and pin it on your bag or show them your student ID. 3) Buying in quantity or with friends always helps. It's the rare merchant who's not willing to give a discount for more than one item or a sale to more than one person. 4) The best move is to just walk away. Tell them you're going to take a look at other stuff, or that it's just too much money, or whatever. Usually, the price will fall with each step away from the booth. Keep going until you hear what you want, or come back later and take the last price you heard. Don't shake hands before you've agreed for certain on the price, though, and pick out *exactly* which goods you want before you hand over the money.

Are there any other shopping options? Invariably, one of your Chinese profs will have or know a tailor. If you have something in mind that you want made, bring a picture or a pattern with you, and pick out the fabric when you get to Beijing. Most students are very pleased with the clothes they get, as they're inexpensive and look pretty nice. Be sure the tailor understands what you want, though, or mishaps can result (such as bathrobes that don't close in front). Past students have bought custom made suits and traditional Chinese dresses and coats (Look at the picture from the 2000 trip hanging by the desk in the language lab in Bartlett).

One other thing: it's usually a good idea to avoid buying things at official gift shops on tours, at tourist attractions, and in hotels. In most of these official shops you'll find stuff that you could usually get elsewhere for much cheaper, sold by folks who are pretty slick and have a decent command of English, which for some reason

seems to make people spend more than they would at other places. You should probably use these places for research and little else. Also, beware of friendly Chinese students who speak good English trying to sell you paintings.

Entertainment

So what's there to do in Beijing, anyway? For museums, palaces, and the like, you should definitely check out a decent guidebook, as there's too much to cover otherwise. One word of advice: **if you bring your camera along, be sure to ask people before taking their picture and observe signs that forbid cameras.**

Some of the best experiences come from just setting out on your own into unknown territories. Take a walk down an alley and you'll probably find children playing mah jong, people hanging their birds out for some air, or just groups of people talking. Despite the inquiring stares you may even make some new friends. Bike rides around the city are fun; just remember to bring a map. The most important thing is to get out into the city, explore, and meet lots of people.

As far as nightlife, every year FSP participants seem to turn into nightclub fiends. Obviously, a growing segment of the Chinese population is doing this on the weekend, but try to keep it under control. Going to China and doing nothing but going to clubs and discos is something like living in New York and never going to see a Broadway show.

That said, there are a few places that have been popular among Dart-folk the past few years. Nightman features decent music and free cover for foreigners and students. Banana has also been growing in popularity among the expat crowd, and of late The Den seems to be a hot place to go. Solutions, by the west gate of Beijing University (北大 *běi dà*), is big with Chinese and western students. Keep In Touch and Scream are big hits with the local crowd, featuring live music almost every weekend, and are good places to go to see what Beijing's young and disaffected are up to. However, which clubs are hot and which aren't is something that changes almost weekly, so it's almost certain that by the time you arrive in Beijing things will have changed. Take a cab to Sanlitun (also known as 酒吧街 *jiǔ bā jiē*, or bar street) and walk around. There's plenty of bars and clubs, ranging from the cheap to the ridiculously expensive.

The way to find out what's happening, from movies to clubs to Verdi's *Requiem* and art exhibits, is to check out Beijing's flourishing English-language magazine press. "Beijing Scene" is the oldest of these magazines and has the best regular columns, though it seems to be getting a bit creaky. Newer, more vibrant arrivals are "City Edition" and "Metro", both of which have in the past year begun to cover a wider territory of places and events than "Beijing Scene". Picking up copies of these can be a bit tricky, however, as distribution sometimes varies. All are free for the taking; good places to look seem to be the Lido Club at the Holiday Inn Lido (try the American Club of Beijing on the second floor), the Citizen Services Section of the US Embassy, other big western hotels, and many of the

restaurants down on Sanlitun. Keep your eyes open. Also, try the Internet. "City Edition" is online at <http://www.beijing-cityedition.com/>, while "Beijing Scene" is at <http://www.beijingscene.com/>. Finally, there's a weekly email listing of events happening in the capital called Xianzai Beijing; send mail to xianzai@listserve.com with the subject SUBSCRIBE, or take a look at <http://www.xianzai.com/>. Be careful, however, as the weekly mailings are usually in the 40K range, which can take a while to download over Hotmail or other email solutions (See "Blitzmail?" p. 13).

Another option for laid-back evening entertainment are the numerous, street corner night markets. As the sun sets, restaurants will place tables outside and offer a limited menu of grilled items. Other markets feature a line of booths usually with minority cuisine items seasoned and grilled to order in addition to cheap beverages. You could spend hours just trying to identify what exactly is lying skewered in the metal trays, then a few more hours building up the courage to inject it. But there's always the staple chicken, beef, mutton, and tofu. There are two markets near BNU. Take a left out of the East Gate and walk for about 5 minutes. On your left, you will see a cluster of white tables and people lounging. For a more lively market, head past this one to the Third Ring Road intersection. In front of the department store, a market appears at sunset on most nights and the food is prepared by native Uyghurs.

Also, feel free to just wander around. Take the bus or a taxi to somewhere you haven't been before, and just go down the back alleys. This is obviously best done during daylight, but doing so allows you to check out the Hútòng 胡同 (alleys) that make up one of Beijing's unique features (make sure you take advantage of these artifacts because currently most of the hutongs are being destroyed for new construction). The neighborhoods east and west of the Forbidden City are good for this sort of thing.

THE OUTSIDE WORLD

Mail

Postal mail from the US usually takes 7-10 days to get to China, though in rare cases letters have arrived as quickly as 4 days after being sent, usually from the West Coast. Though each room at Xinsong has its own mailbox in the rack by the elevator and laundry room, Dartmouth mail is sometimes placed in a communal mailbox labeled as such or in the TA's mailbox. If the staff can't figure out the address, which is somewhat common in the early parts of the program, individual letters may end up on the shelf under the blackboard, next to the elevator.

English-addressed mail seems to have little trouble getting to BNU, but as alluded to above, there are occasionally problems in getting it to the Dartmouth box once it arrives on campus. Photocopying the Chinese address in this book, or writing it out to be photocopied for the folks at home, will help and will often speed things up.

The English address for the FSP is:

(Student's Name)
Dartmouth College Foreign Study Program
Foreign Students Building
Beijing Normal University
Beijing 100875
CHINA

The Chinese address is:

100875 中国北京市
新街口外大街 19 号
北京师范大学新松公寓
达慕思大学暑期班
(Student's Name)

Sending letters is pretty straightforward, though mail takes longer to leave the country than it does to get there. Stamps (邮票 *yóu piào*) and envelopes (信封 *xìn fēng*) can be purchased at the store in Xinsong or at the Liuxuesheng Lou next door. The rates for international postage are pretty comparable to those in the US; ask the people selling you stamps what they are as they change every year or two. Also, there are different rates for letters as opposed to postcards (明信片 *míng xìn piàn*), so specifying can save you some money. There is a mailbox for outgoing mail conveniently located at the front desk.

With regard to packages, they are generally delivered in decent condition, though not terribly fast. It's somewhat haphazard as to whether or not a particular package gets delivered to the dorm (occasionally), to the Beitaipingzhuang Post Office (usually), or to the main International Post Office off of Jianguomen (rarely). If either of the second two happens, you'll either get flagged down by one of the staff on your way in or out or you'll get a phone call from the front desk telling you that you have a package (包裹 *bāo guǒ*), and they'll give you a package slip. *Do not lose this slip.* You can still get the package without it, but it takes a near act of God. Well, actually of Bi Laoshi, the woman who handles foreign students' mail, but she's a nice lady and it's best not to trouble her.

To get to the Beitaipingzhuang Post Office (邮局 *yóu jú*), head north on Xinjiekou out of the East Gate. The post office is on the north side of the Third Ring Road, so go across the freeway and turn right. You should now be walking east with storefronts on your left and the Third Ring Road on your right. After about 200 yards you'll come to the post office on your left, noticeable by the large signs advertising EMS, the Chinese version of Priority Mail. Head in and go to counter no. 8, or just look lost and usually one of the staff will come and help you—no joke. You might need to be a bit aggressive in line if it's crowded, but show the folks at the counter your slip and you should be OK. This is also the place to come if for some reason you need to ship a package out of China. Bring your *unsealed* box to the post office and go to the same counter, or just bring your stuff and have the guy selling boxes pack it for you. You'll need to let them inspect your box before you can have it shipped.

The easiest way to get to the main international post office is to take a cab to 建国门邮电局 *jiàn guó mén yóu diàn*

jú. The cab drivers know it and you shouldn't have any problems aside from the horrendous traffic in that part of town.

Telephone/Fax

Below are the major telephone numbers for the FSP:

BNU International Office, Director:

011-8610-6220-0577
-6220-0262

Dartmouth FSP Director (subject to change):

011-8610-6220-7578

BNU Xinsong Dormitory (Dartmouth FSP dorm):

011-8610-6220-0275
-6220-0277

BNU Xinsong Dormitory Fax Line:

011-8610-6220-0276

To call a student in Xinsong, there are two options. The first is by dialing the front desk at 86-10-6220-0275 or -0277. Once the operator picks up, the caller will need to give the student's room number in Chinese, so it might be worth going over the numbers in Chinese before leaving if you don't come from a Mandarin-speaking household. Alternately, you can call home the first time from Beijing and give the folks at home your room number in Chinese, reducing the amount of memorization needed.

The second and easiest option is the following: when you move into Xinsong, your phone will be connected to the internal phone system (内线 *nèi xiàn*). For your parents or friends to call directly to your room, go to the front desk and ask for 外线 *wài xiàn*, which will put your phone on the outside system. That way, someone calling you can just dial 011-86-10-6220 plus the four digits for the phone in your room. You'll find your phone number out when you move in. Also, having an outside line makes it possible to dial into the internet from your room. The one advantage of sticking with the internal system is that you can make local calls for free, by dialing 5 and then the number. If you switch onto the outside system, you'll need a 201 phone card (二零一卡 *èr líng yī kǎ*) or an IC card (IC卡) to make local calls, which you can buy from the front desk. They cost anywhere between ¥30 to ¥100.

Calling back to the US is generally best done using a calling card from AT&T, MCI, or Sprint. Some other calling card companies based in the US have a "call back" option that lets you make cheap calls from China to the US; you might want to check out www.superphone.com. **To reach an American operator in Beijing, dial 10811 (AT&T), 10812 (MCI), or 10813 (Sprint)**, first adding a 0 if need be—some pay phones require it—or a 5 if you're calling from your room in Xinsong and your phone is on the internal system. Prepaid phone cards, either from the US or bought at the front desk to fit in the lobby pay phones, are not recommended very strongly, as the return on the investment tends to be rather short. A ¥200 (\$24) China Telecom card usually lasts about 5-10 minutes at most. What you might want to check out are the new IP

cards (IP卡); they allow you to make phone calls over the internet from any payphone.

In general, it's best if parents can manage to call Beijing, rather than students calling home. For most carriers, this is significantly cheaper, and many have international calling plans which have good discounts. The operators at Xinsong are also generally tolerant of foreign-accented Chinese, and will do their best to connect to the right room. If all else fails, setting up an appointed time for students to call home weekly often works out well. Remember, Beijing is 12 hours ahead of the East Coast during the summer. Also, the Xinsong phone system places a 20-minute limit on calls coming in or out, after which the call is automatically disconnected. This can be avoided by changing over to the external phone system, however. The lobby phones are not subject to this limit, and if you use the operator numbers above you don't need an additional card to make the call.

Faxing is available at the front desk at Xinsong, both sending and receiving. The fax number is 86-10-6220-0276, and faxes cost ¥2 (25¢) per page to receive. Recipients' names should be written clearly in block letters, so the front desk can call you when faxes arrive.

Blitzmail?

Several options exist for this. The first is to pay per use at one of the numerous internet in or around campus. As mentioned, there is an internet cafe on campus in the Waishilou. It charges around ¥10 an hour. There are also internet cafes all over the place outside of campus, right across the pedestrian bridge outside the East Gate. Just look around. The off campus internet cafes are usually cheaper (¥4-8 an hour). You can sign on to Blitzmail at <https://basement.dartmouth.edu/blitz>; additionally, you can rig most other accounts (e.g., Hotmail, Yahoo) to access your Blitzmail, if you think it might be faster or more convenient.

Another option is to bring a laptop and dial in from your room. First you need to buy a 201 card from the front desk. Then configure your computer for dial-up access. When entering the numbers on your computer dial-up control panel, do the same as if you were using the 201 card to make a phone call, separating each step with a comma (the instructions are on the back; the folks at the front desk will also explain it to you. You have to dial 201 to access the system, then 1 or 2 for Chinese or English instructions, then enter the card number and lastly the pin number). Then enter 169, the number for the internet provider. As entered on your computer, it should look something like this: 201, 2, 55555555555, 123456, 169. If prompted for a username and password, enter 169 for both.

AFTER THE FSP

Continuing your Chinese

Hopefully after being in Beijing for a summer you'll have decided that Chinese is just about the coolest thing you've ever studied and that you want to keep going with

it. Of course, if you don't feel that way, it's fine too (this author certainly has a love-hate relationship with the language), but it *does* make sense to at least maintain your Chinese skills after you've done all the work to get them where they are. If you do want to keep going with Chinese, it's definitely advisable to do so somewhere in Asia during the fall after the FSP, as the additional three to four months of language immersion can have a huge impact on your Chinese abilities.

The most popular program among Dartmouth students in the last few years has been the CET program in Harbin, Heilongjiang Province. This involves daily courses in advanced Chinese as well as the chance to see what Chinese life is like in an environment different from Beijing. For information about this and other language programs, ask in the DAMELL office, or talk to your Dartmouth Chinese professors. Additionally, it's almost assured that among your drill instructors or the other advanced Chinese students you know, there's someone who went on a non-FSP study program. CET also usually sends a representative to campus to talk about their programs. **Keep in mind that if you plan to get transfer credit for the classes you take on non-Dartmouth programs, you need to talk to the DAMELL office and the registrar before you leave campus.** Otherwise you'll end up in a long petition fight with the registrar.

Traveling in China

Once you've already spent the money to get over to the other side of the world, it makes a bit of sense to take the opportunity and see a bit more of the country before heading back to the familiar environs of home or the Hanover Plain. If you plan on doing this, definitely take a guidebook with you to China. Also, your Program Director and BNU Chinese profs can be good sources of information about possible destinations and how to make arrangements.

As you may discover before the term in Beijing ends, traveling through China is definitely cheap by most standards, especially if you A) take the trains and B) get out of the major cities of the east (Beijing, Shanghai, Guangzhou, etc.). You can buy train tickets in advance at the BNU campus at an office just a few minute's walk from Xinsong; have your AT show you the way. It's also relatively easy to make your way to the Beijing Railway Station via the subway (it's right on the loop line), where you can buy tickets quickly and easily at the foreigner's ticket office. However, note that many trains now leave from and arrive at the new station, the Beijing West Railway Station (西客站 *xī kè zhàn*). You can also get tickets there.

If you really don't have that much time or money, one good way to "travel" without spending a lot of either is to depart China from a city other than Beijing. Most commonly, this can be done by leaving through Hong Kong, as most major airlines that fly to China also fly out of Hong Kong. The train to Guangzhou, and then on to Hong Kong, takes about two full days, and Chinese train travel is an experience not to be missed in any case. Again, ask around for information.

Other Opportunities

Dartmouth students tend to be industrious and imaginative types, and as a result many have found other interesting things to do in China and East Asia after the FSP. The most common of these is probably teaching English in either mainland China or Taiwan, with the latter having some fame as a place where one can (quasi-legally) make good money as a private English teacher. Mainland China, especially in the bigger cities, is also catching up in this regard, with private English schools growing rapidly in number. Some students have also taught at Chinese public schools, seeking a more "authentic" experience, but also receiving a smaller number of "creature comforts."

Outside of teaching English, there are also internships and jobs to be found in the region for which Chinese language abilities can be a benefit. Keep in mind that beyond the PRC, Taiwan, Hong Kong, and Singapore all have significant—and growing, in the case of Hong Kong—Mandarin-speaking populations and industries that may need native English speakers with Chinese abilities. Many of these jobs, however, may have little or no salary or fringe benefits due to visa regulations or a company's own fiscal matters. Additionally, you will have to use a large amount of personal initiative in tracking down these opportunities. Talk to your Dartmouth Chinese professors to see if they know of things offhand, and talk to your drill instructors and other students who have done this sort of thing. Take a look in Career Services or in the online listings before you leave Hanover, or get the Dartmouth Club contact information for the cities you might possibly live in and use alumni contacts as a resource.

Back at Dartmouth

Obviously, once you are back in Hanover the most readily available options for continuing with Chinese are the upper-level Chinese courses offered through DAMELL, and generally taught by the visiting professor from BNU. However, another commonly overlooked opportunity is living at the Asian Studies Center—that place where you may have had Noodle Hour, a Chinese New Year party, or other events. The rooms are large, the house has a huge backyard, and you get regular dinners of generally delicious food. Additionally, since the visiting BNU professor at Dartmouth lives in the house, you get a good amount of Chinese speaking and listening practice as well as ready access to your professor if you're taking more Chinese classes. The house does have one or two disadvantages, among them the occasional grease fires in the kitchen and the sauna-like heat on the third floor in the summer. On the whole, however, most residents are pleased with their experience. As with other options, talk to your Chinese professors or ask in the DAMELL office.

Traditional Characters by Page Number

P. 1	祝你一路順風	Bon voyage
P. 4	北京師範大學，東門	Beijing Normal University, East Gate
	達慕思大學	Dartmouth College
	密碼	Combination/code
	學生證相片	Student ID photo
	聽寫	Vocabulary Quiz
P. 5	服務員	Attendant, clerk
	複印	Photocopy
	外事樓(處)	Foreign affairs building (office)
P. 6	換錢	Change money
	中國農業銀行	Agricultural Bank of China
	旅行支票	Traveler's check
	信用卡	Credit card
	自行車	Bicycle
	公共汽車	Public Bus
	地鐵	Subway
P. 7	出租車	Taxi
	幾位	How many (people)?
	請再來一個 ...	Please bring another ...
	買單	Check, please
P. 10	友誼商店	Friendship Store
	窮學生	Poor student

Menu

Meat Dishes		
Sweet & Sour Chicken	táng cù jī tiáo	糖醋鸡条
Sweet & Sour Pork (tenderloin)	táng cù lí jǐ	糖醋里脊
Chicken Slices over Rice Crust (think Rice Krispie treats w/out the sugar)	gǔo ba jī piàn (try it at Xiao Sichuan, down the Xiaoxitian Alley)	锅巴鸡片
“Iron Plate” Beef	tié bǎn niǔ ròu	铁板牛肉
“Iron Plate” Squid	tié bǎn yóu yú	铁板鱿鱼
Shredded Chicken w/Spicy & Sweet Garlic and Mushroom Sauce	yú xiāng jī sī	鱼香鸡丝
Kung Pao Chicken	gōng bǎo jī dīng	宫保鸡丁
Green Pepper Beef	qīng jiāo niǔ ròu	青椒牛肉
“Old Woman’s Tofu”	má pó dòu fu	麻婆豆腐
Hot & Spicy Tofu	má là dòu fu	麻辣豆腐
Vegetables		
(most of these can be ordered “qīng chǎo” 清炒 or “sù chǎo” 素炒, which means stir-fried either with garlic or in soy sauce)		
Snow Peas	hē lán dòu	荷兰豆
Broccoli	xī lan huà	西兰花
“Empty Heart Vegetable”	kōng xīn cài	空心菜
Potato	tǔ dòu	土豆
Potato shreds stir-fried with vinegar	cù chǎo tǔ dòu sī	醋炒土豆丝
Eggplant	qié zi	茄子
Tomato & Scrambled Egg	fān qié jī dàn or xī hóng shì jī dàn	番茄鸡蛋 or 西红柿鸡蛋
Corn with Pine Nuts	sōng zi yù mǐ	松子玉米
Winter Melon	dōng guā	冬瓜
“Home Style Tofu”	jiā cháng dòu fu	家常豆腐
Basics		
White rice	mǐ fàn	米饭
Noodles	miàn tiáo	面条
Noodles in soup	tāng miàn or miàn tāng	汤面 or 面汤

Copy of Address for Family and Friends

100875 中国北京市
新街口外大街 19 号
北京师范大学新松公寓
达慕思大学暑期班
Student's name
CHINA