

清华 IUP 中文中心
INTER-UNIVERSITY PROGRAM
FOR CHINESE LANGUAGE STUDIES
AT TSINGHUA UNIVERSITY

huān yíng shǒu cè
IUP 欢迎手册

WELCOME HANDBOOK

Wen Bei Lou, 502
Tsinghua University
Beijing, China 100084
Tel (86-10) 6277-1505 x 101

<http://iupchinesecenter.org/>

Copies of this Welcome Packet and other IUP materials are available online to members of currentIUPers@gmail.com (all current and admitted IUP students)
at: <http://groups.google.com/group/current-iupers>.

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Important Telephone Numbers

Beijing Ambulance 120 or 999

Beijing Fire 119

Beijing Police 110

American Embassy 8531-4000 (or 9532-1910 for emergencies)

Beijing United Family Hospital

běi jīng hé mù jiā yī yuàn
北京和睦家医院

Tel: 010-64333960/1/2/4/5 (24-hour number)

Emergency Hotline: 010-64332345

Fax: 010-64333963

Email: liaison@ufh.com.cn

Website: beijing.ufh.com.cn

Address: 2 Jiang3 Tai2 Lu4, Chao2 Yang2 District, 100016

běi jīng cháo yáng qū jiǎng tái lù hào
北京朝阳区蒋台路2号, 100016

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UPON YOUR ARRIVAL

Dining

For those of you staying at Hejia Hotel (和家宾馆) in Wudaokou (五道口), there are plenty of restaurants in the vicinity of the hotel along Chengfu Road (成府路), including Chinese, Korean, Japanese and Western fast-food restaurants. Many IUP students like dining options around the Wukaokou Light Rail Station.

For those staying in the Tsinghua Foreign Student Dorms and those staying with host families, there is a selection of cafeterias where you can buy food with cash around the dorm buildings, plus Chinese-style breakfast at the various student dining halls and restaurants on campus.

Cell Phones

All IUP students are encouraged to buy a Chinese cell phone; everybody in China carries one. They range in price from 300 Yuan to 6,000 Yuan (US\$47 – ¥950). Bargaining is expected. There are several cell phone stores along Chengfu Road. In China, you need to bring with your passport to buy a sim card with the telephone number and then buy RMB100 Yuan replenishment cards to add time to use your phone; there are no flat rate calling plans like those in the United States; you pay for the actual calling time. If you want overseas calling capability, it is more complicated and much more expensive.

Bicycles

The Tsinghua campus is the largest one in China, stretching over one kilometer north-south, and almost as far east-west. It is a 20-25 minute walk from the Hejia Binguan to IUP, which is located in the center of the Tsinghua campus. A bike is essential. We recommend you wear a bike helmet. IUP students can rent or buy bicycles just besides the fifteenth building (15 号楼) on Tsinghua campus. Prices range is 100 to several thousand Yuan. Bike theft is very common, so do NOT buy an expensive bike; a used bike and a solid lock are good investments.

Bike Share

There are many bike share platforms in Beijing. People need to download the APP on their smart phone, sign up and pay the deposit, enter the plate number of the bicycle to receive an unlock code or scan the QR code of the bicycle and then begin to ride. The bikes are equipped with GPS and can be left anywhere in public for the next user. Bike rental is RMB 1 yuan per hour.

Bike Share Platforms: Mobike, DiDi, etc..

Deposit: Mobike-RMB 299, Bluegogo - no deposit.

DIRECTIONS TO IUP

Location of Tsinghua University

The closest Tsinghua campus entrance to IUP is the South Gate (^{nánmén}南 门), just off Chengfu Road (^{chéng fǔ lù}成 府 路) facing the south. Chengfu Road is a road that runs east-west between Xueyuan Road (^{xuéyuàn lù}学 院 路) and the East Gate of Peking University.

You can also enter Tsinghua University from the Tsinghua East Gate (^{dōngmén}东 门), which actually also faces the south, opening into Zhongguancun East Road (^{zhōngguān cūn dōng lù}中 关 村 东 路). The campus is the largest in China (over 5 square kilometers), and IUP is located in the middle of the campus, in a hard-to-find building that is not well-known, the Wenbeilou (^{wénběilóu}文 北 楼).

How to get to Tsinghua University

BY SUBWAY

From downtown Beijing, you can take the subway and transfer to Line 13 (the light rail, ^{qīngguǐ}轻 轨) at either the Xizhimen Station (^{xī zhíménzhàn}西 直 门 站) (on Line 2) or Zhichun Road Station (^{zhīchūn lù zhàn}知 春 路 站) (on Line 10) and get off at Wudaokou station (^{wǔdào kǒuzhàn}五 道 口 站). Or transfer line 4 at Xizhimen Station and get off at Beidadongmen Station (^{běi d à dōngménzhàn}北 大 东 门 站). Then take a taxi for 15 Yuan into the Tsinghua campus.

BY TAXI

Coming by taxi from downtown Beijing, take the 4th Ring North Road (^{běi sì huán}北 四 环) westbound. Take the Zhongguancun (^{zhōng guān cūn}中 关 村) Exit (Exit 46) and turn north (i.e., turn right) onto Zhong guancun East Road (^{zhōng guān cūn dōng lù}中 关 村 东 路). Chengfu Road (^{chéng fǔ lù}成 府 路) meets Zhongguancun East Road at the first big intersection you come to. Keep going and the Tsinghua East Gate is straight ahead. Do not make any turns here otherwise you can easily get onto an oblique road by the East Gate called Shuangqing Road (^{shuāng qīng lù}双 清 路) by mistake.

How to get to IUP once you are at Tsinghua

FROM THE EAST GATE ENTRANCE

You will get to a T-intersection not far after you enter the East Gate. Turn left and go straight until you come to another T-intersection, which is Xuetaang Road (^{xué táng lù}学 堂 路), the main north-south road on the Tsinghua campus. Turn right (north) onto Xuetaang Road. Stay on it for about 300 meters when you will reach a large intersection. The road that intersects with Xuetaang Road is the main east-west road on the Tsinghua campus called Qinghua Road (^{qīng huá lù}清 华 路). Go along Xuetaang Road heading north for about 200 meters. You will pass three major buildings on

your left: the 5-storey Wennan Lou (文南楼), where the Foreign Languages Department (外语系) is located, then another 5-storey building, Classroom Building No. 4 (第四教室楼), and then the 2-storey Institute of River and Coastal Engineering (河流海洋研究所). (Note that if you take taxi, it will not take you all the way to Wenbei Lou but stop a couple of hundred meters before it. You need to walk the rest of the distance.) On the north (far) end of the Institute of River and Coastal Engineering, you will see a concrete alleyway running alongside it toward the west, with a red brick 7-storey building at the end of the alleyway, about 50 meters from you. IUP is located in that red brick building. Just walk right in and up to the fifth floor. There are no elevators in the building. The IUP main office (502) is on the fifth floor as you come off the stairs, behind two glass doors. IUP occupies floors 5, 6, and 7 and part of floor 4.

FROM THE SOUTH GATE ENTRANCE

At the intersection of Zhongguancun East Road and Chengfu Road, turn left onto Chengfu Road and take the first exit just before the pedestrian overpass, after which you should immediately turn right onto a narrow road leading to the South Gate. Ask the driver to take you through the gate straight ahead. You are now on the main north-south road Xuetao Road (学堂路) on the Tsinghua campus. Stay on it until you hit the intersection of Xuetao Road and Tsinghua Road (清华路). Keep going along Xuetao Road heading north for about 200 meters. You will pass three major buildings on your left: the 5-storey Wennan Lou (文南楼), where the Foreign Languages Department (外语系) is located, then another 5-storey building, Classroom Building No. 4 (第四教室楼), and then the 2-storey Institute of River and Coastal Engineering (河流海洋研究所). (Note that if you take taxi, it will not take you all the way to Wenbei Lou but stop a couple of hundred meters before it. You need to walk the rest of the distance.) On the north (far) end of the Institute of River and Coastal Engineering, you will see a concrete alleyway running alongside it toward the west, with a red brick 7-storey building at the end of the alleyway, about 50 meters from you. IUP is located in that red brick building. Just walk right in and up to the fifth floor. There are no elevators in the building. The IUP main office (502) is on the fifth floor as you come off the stairs, behind two glass doors. IUP occupies floors 5, 6, and 7 and part of floor 4.

GETTING SETTLED AT TSINGHUA AND IUP

The following information is very important.

Please read it, follow the directions carefully, and meet all deadlines.

1. Tsinghua Student ID card

As much as possible, IUP will try to handle the applications of all IUP students as a group to obtain Tsinghua student ID cards and accomplish other administrative tasks. It is imperative that you hand in your completed forms, other required materials and necessary fees **ON TIME** to the IUP main office (Room 502). If your completed forms are not processed together with the group, you should expect at least 8 hours and a lot of traveling around to strange places, to obtain ID cards and other passes.

PHOTOS: You will need four (4) passport size (2-inch/2 寸) photos to take care of all the paperwork to get you settled in Beijing, Tsinghua and IUP. You can have photos taken at one of the photo shops near the Tsinghua Post Office in the Zhaolan Yuan (照澜院) shopping area on the Tsinghua campus, about a 10-minute walk from IUP. They will keep a digital copy of your photo on file for your future needs, or you can have them copy it onto your flash disk.

Please complete the enclosed application form (TSINGHUA UNIVERSITY FOREIGN STUDENT REGISTRATION FORM) for your Tsinghua Student ID card and bring it, together with eight passport-style photos and your passport, to the IUP Office in Room 502. We will make a copy of your passport in the IUP office. We will process your application for you.

A student ID card is useful if you are ever stopped at the Tsinghua school gates, and to show when Public Security Officers check foreign student IDs. You should carry it with you all the time.

2. Medical Care and Insurance

Please see the section **GUIDE TO MEDICAL FACILITIES** for Beijing medical care information, with a list of recommended hospitals and practitioners. Regardless of where you go for medical treatment, please take a CISI Insurance claim form **WHEN YOU GO**, so the doctor can sign it, and you can save yourself a return trip to the clinic or hospital to get it signed. You should keep several copies handy at home.

3. Tsinghua Dining Card (餐卡)

To eat at Tsinghua campus dining halls, you need to have a Tsinghua Dining Card. You can purchase and also refill the card in the ground floor office in Building 15, just up Xuetao Road, at the second crossroad north of IUP (go left at the street in front of IUP and head north). You may need to pay a small amount of deposit fee when you purchase it. A processing fee that is 20% of the refill value is deducted every time you refill the card. The card looks and works like a debit card. The food vendor rings up the amount and you just insert your card in the card reader to get the amount deducted. You will also be issued a PIN number for use when the amount is over RMB 15 Yuan for one charge. We suggest buying a RMB 100 Yuan card to start.

There are many restaurants (cash only) and student dining halls (dining cards only) around the campus. The largest dining hall, is Guanchou Yuan (观畴园^{guānchóuyuán}) to the northwest of IUP, below which there is a supermarket in the basement. Other closer dining places include Tingtao Yuan (听涛园^{tīngtāoyuán}, the original 10th Dining Hall) and Qinfen Yuan (清芬园^{qīngfēnyuán}, the original 7th Dining Hall).

4. IUP Student Mailboxes

The IUP Student mailboxes are located in the hallway on the fifth floor opposite room 510. Please check your mailbox daily to see if there are any letters, notices or other materials for you there.

5. IUP Student Lockers

There are 45 steel lockers located on the 6th floor. If you need one to store your belongings, please go to the IUP office to obtain a key for a RMB 50 Yuan deposit.

6. Internet

Please bring with your Tsinghua admission letter go to office room A128 , Li Zhaoji Technology Building (李兆基科技大楼 A128) to get Tsinghua wireless account and password.

IUP students can use computers in 602 , your laptops or cell phone to get on line. First please go to the website <http://info.tsinghua.edu.cn> to enter your user name and password, then you can use 20 Gigabytes flow free for every month. If your internet flow exceeds 20 Gigabytes a month, Tsinghua will charge you RMB 5 yuan/Gigabyte at most.

7. Class schedules

After testing and oral interviews, IUP's Academic Coordinator will make the class schedules. The class schedules, arranged both by teacher names and by student names, will be posted on the bulletin board on the 5th floor outside the main office on the Friday of the orientation week. Your individual schedule will also be placed in your mailbox. Please check the white board and your own mailbox on that Friday afternoon for your schedule. During your first day of class on Monday August 27, you will meet all your teachers and go over the materials that will be covered.

8. Textbooks, listening materials of textbooks and dictionaries

Please come to the IUP office 502 to purchase your textbooks and dictionaries. The price list for the textbooks and dictionaries is posted on the wall in the IUP office. Show your class schedule to staff in the IUP office, so they can provide you with the books you need and tell how much you should pay. Please go to Computer Room 602 to download listening materials of your textbooks, the file name is IUP 教材录音.

9. Printing & Copying

Please ask your one-on-one class (单班课) or small group (合班课) teacher to print out your homework, class materials, speech draft at IUP. You also can bring with USB disk go to copy room 506-1 to print out these materials. If you print materials that are not related to your IUP classes, each page costs one yuan, please put your changes in the collection box, thank you !

You can use copy machine at office 506-1, but it is not allowed to copy over 20 pages every time.

10. Name tags

For the first day you are at IUP, we ask that you wear your name tag provided in the welcome packet. This will help all of us to get to know each other much faster.

11. American citizen registration

Every IUP student who is an American citizen or Permanent Resident is required to register with the Embassy.

Registration with the American Embassy creates an official record of your U.S. nationality, which in turn enables U.S. consular offices to furnish citizen services. Registration also assists the Embassy in the event of serious emergency situations, such as disasters and civil disturbances that require your evacuation or other assistance, or in cases of accident, arrest, serious injury, or death. It enables the Embassy to more quickly provide a replacement passport in case you lose yours.

The American Embassy has set up a Warden System for contacting Americans working or studying in each area of the Consular District, whenever it becomes necessary to do so.

Once you know the address where you will be living in Beijing and have your own telephone number, please register on the website: <https://travelregistration.state.gov/ibrs/ui/>

If you are not an American citizen, you should register with your own country's embassy. Embassy registration is very useful for obtaining a replacement passport if your passport is lost or stolen.

WHAT TO EXPECT WHILE STUDYING AT IUP

We operate a very intensive language program. **No language other than Chinese is allowed to be spoken in our center. Students who persistently violate this policy will be asked to leave IUP and will not receive a refund of tuition.** You will be asked to sign a language pledge upon your arrival.

A "typical" day for most students is 3 hours of various group classes (2-3 students each), with another hour of one-on-one instruction with a teacher. The classes are scheduled between 8:00 a.m. and 2:00 p.m., with short breaks between classes, Monday to Friday. Some students end up with four straight hours, but most have one or more hour breaks between classes.

As for content, there are two types of courses at IUP: 'core' courses and 'material' courses. The core courses, including comprehensive courses and listening & speaking courses, are a set of preset curriculum. The exact core courses you will be taking depend on the results of the placement tests upon arrival. When you reach certain level and with the approval of Academic Coordinator, you can start to take the other type of courses, the material courses, courses to study materials of your own choice, which can be in the format of one-on-one sessions or with one or two classmates who share the same interest.

There is 1-2 hours of preparation work required for each hour of class, by both teachers and students. Our approach is to have students do all their reading and dictionary work outside the classroom. They use their class time to orally review the materials and vocabulary and discuss them intensively. Students are not allowed to open textbooks or refer to dictionaries in class.

Obviously, regular and punctual attendance is crucial to the success of your language study. We strictly enforce the following rules regarding attendance:

If you are sick or for some other unavoidable reasons and cannot attend your class, you must contact the Academic Coordinator or the Program Administrator by e-mail or telephone before 8am on the day when you cannot come. If such absences amount to 10 days in a module, you will not receive a grade for the affected class.

If you miss a class without calling in sick, it is an unexcused absence (旷课^{kuàng kè}). Three unexcused absences in a month are grounds for dismissal from the program without refund of tuition.

If you are more than 5 minutes late for class, you must not go to class directly, but should report directly to the Academic Coordinator first.

If for any reason you have to leave Beijing, please notify the Resident Director before you leave.

If you have any type of emergency, medical or otherwise, or are in any kind of trouble, please contact the Resident Director immediately.

We will have weekend overnight trips to sites around Beijing. These trips, while not obligatory, are considered part of your study and meant to widen your knowledge of Chinese culture and society, provide opportunities to gain new vocabulary, to get to know your teachers and fellow students better, and to see some scenic areas. We look forward to and appreciate your participa-

tion! Details and exact dates will be announced during the semester ahead of time.

Language Pledge: Except in emergencies, you are not allowed to speak English or any language other than Chinese in Wenbeilou, or during any IUP activities outside Wenbeilou. The most serious penalty for violating the Language Pledge is to be expelled from IUP.

COMMUNICATION AT IUP

In a fast-paced, intensive program, getting information quickly and efficiently is essential, but sometimes difficult. We have recently been making efforts to consolidate and simplify the channels of communications at IUP so that you know what is going on as early as possible. Many of our communication resources are Google based, so please set up a free Gmail account so you can make optimal use of all of them:

Google Groups

<http://groups.google.com/group/current-iupers>;

E-mail address "Current IUPers" <current-iupers@googlegroups.com>

For those of you not familiar with Google Groups, it allows us to create a global e-mail address for the community so we (and you) can send messages to the whole community while protecting the privacy of the members. There is also a home page for the group that includes simple pages with links to useful online resources, useful documents for your use and reference, and a bbs-like running record of the group discussion threads.

White Board on 5th floor of Wenbei lou

This is the traditional mode of communication at IUP, and it still works very well because everyone sees it every day whether or not they can get online! We use it as a backup for important announcements, signup sheets for events, student speeches, as well as sharing jokes and expressing yourself artistically.

IUP Main website <http://iupchinesecenter.org/>

This is the main and most detailed source of information on IUP, from recruitment and admissions, curriculum introductions to rules and regulations (soon we will upload this packet and the Student Handbook to the main website for your convenience).

IUP TEXTBOOK RENTAL POLICY

IUP students can choose to rent or buy their textbooks that are overseas printed and therefore relatively expensive (e.g. *Across the Straits*, *Language of the Dragon*, *Advanced Business Chinese*) according to their needs at the beginning of each module.

Buying a textbook –

The student pays the full price of the book and keeps the book.

Renting a textbook –

The student needs to sign out for the book and pays the full price of the book as a deposit. The textbook can be kept and used by the student during the module, but it should be returned within 72 hours after the end of the module, so that students taking the same course in the next module can use it.

Provided the book is in good condition (without non-removable handwriting, no ink marks, no pages lost, undamaged, etc.) when returned, the student will be charged RMB 50 Yuan for using the book. The purchase price, less the rental fee, will be returned to the student.

If the rented book is not in good condition, i.e. too badly marked up or otherwise damaged, it cannot be accepted for refund of deposit.

IUP allows students to rent overseas printed textbooks in order to reduce the textbook costs for IUP students, and to save IUP the trouble of constantly ordering expensive textbooks from the U.S.

We ask our students who rent textbooks to take good care of them for the convenience of future users.

Unless otherwise specified, this rental arrangement does not apply to materials published in China.

IUP TEXTBOOK PRICELIST

CHINESE NAME	ENGLISH NAME	PRICE /RMB
xīn de zhōngguó 新的中国	A New China	¥ 1000.00
zhōngguó wén huà miàn miàn guān 中国文化面面观	Overview of Chinese Culture	¥ 80.00
sī xiǎng yǔ shè huì 思想与社会	Thought and Society	¥ 60.00
jù jī diǎn dāng dài 聚焦当代	Talk of the Times	¥ 70.00
xué shù àn bù 学术漫步	A Stroll through Academic Topics	¥ 70.00
míng jiā míng piān 名家名篇	Modern Intellectual Essays	¥ 70.00
liǎng àn duì huà 两岸对话	Across the Strait	¥ 50.00
shí huà shí shuō 实话实说	Frankly Speaking	¥ 60.00
wǔ jiǎn bàn xiǎo shí 午间半小时	A Half Hour at Noon	¥ 50.00
wǔ jiǎn bàn xiǎo shí èr & zhōng wén shì tīng shuō 午间半小时二 & 中文视听 说	A Half Hour at Noon 2 & Media Chinese	¥ 70.00
gǒng gù jī chǔ yǔ fǎ 巩固基础语法	Consolidating Basic Grammar	¥ 50.00
lóng wén mò yǐng yī 龙文墨影一	Classical Chinese 1	¥ 1000.00
lóng wén mò yǐng èr 龙文墨影二	Classical Chinese 2	¥ 1000.00
bào zhǐ shàng de zhōngguó 报纸上的中国	Reading China Through Newspaper	¥ 50.00
chéng gōng zhī dào 成功之道	Business Chinese For Success (including 1 CD)	¥ 80.00
fǎ lǜ jī chǔ (xíng fǎ /mín fǎ) 法律基础 (刑法/民法)	Cases of Chinese Law	¥ 50.00
hàn yǔ kǒu yǔ xí guàn yòng yǔ jiào chéng 汉语口语习惯用语教程	A Course in Chinese Colloquial Idioms	¥ 31.00
shāng wù kǒu yǔ jiào chéng 商务口语教程	Business Colloquial Chinese	¥ 60.00
jiǎn yǐng zhōngguó 剪影中国	Chinese Movies	¥ 60.00
mín guó shí qī wén xué xuǎn dú 民国时期文学选读	Literature in the period of Republican China	¥ 60.00
zhōng jí hàn yǔ kǒu yǔ 中级汉语口语	Intermediate Spoken Chinese	¥ 50.00

TSINGHUA CAMPUS

You can locate most of the following places on the Tsinghua campus map.

NORTH OF IUP

^{hàolóu}
15 号楼: You can obtain and refill your dining card on the first floor. ATM machines available

^{qīngfēnyuán}
清芬园: a dining-card only dining hall.

^{wénxīnyuán}
闻馨园: Has a dining-card only dining hall.

^{qīngqīngkuàicān}
清青快餐: a western style fastfood (hamburgers, fries, etc.) restaurant on the 2nd floor of ^{wén} 闻馨园. Dining cards or cash.

^{tīngtāoyuán}
听涛园: A dining card only dining hall. Has an ATM machine outside.

^{tīngtāokuàicān}
听涛快餐: A Chinese fastfood restaurant. On the second floor of ^{tīngtāoyuán} 听涛园. Dining cards or cash.

^{xuéshēngxiūxiánchángláng}
学生休闲长廊: A nice area with a bookstore, a photo shop, a hair salon, stores that sell electronics and office supplies. SPR coffee is upstairs with outdoors dining area on the deck.

^{guānchóuyuán}
观畴园: A three-storey square red brick building. A dining complex with dining halls (dining cards), coffee house and restaurants (cash). Probably the largest one on campus. Relatively clean and comfortable. You can obtain and recharge your dining cards here. Has an ATM machine in the lobby.

C 楼: A building shaped like the letter C in Tsinghua student dorm area. It is a building providing all sorts of services which contains Bank of China, a supermarket and several bookstores.

清风湛影学生超市: A small supermarket on Tsinghua campus. There are two branches. One is at B-1 level of the C Building (C 楼) in Tsinghua student dorm area and one at B-1 level of 观畴园.

^{túshūguǎn}
图书馆: The main library on Tsinghua campus. IUP students can use Tsinghua campus card enter into library and borrow books.

人文社科图书馆: A new building right across the street from Wenbei Lou along Xuetao Road (学堂路). There is a small café in the basement with coffee and bakery.

WEST OF IUP (the oldest and most scenic area)

QUAD: A big lawn surrounded by oldest buildings at Tsinghua, with ^{dà lǐ táng} 大礼堂 in the north and ^{qīnghuá xué táng} 清华学堂 in the east. Mimics American style university campus.

^{shuǐ mù qīnghuá} 水木清华: a scenic area with a lotus pond, a bell pavilion on a hill and Chinese ancient style buildings.

^{èr xiào mén} 二校门: The original entrance to the school. Symbol of Tsinghua University.

^{gōng zì tīng} 工字厅: An old Beijing style courtyard. Now the office of the President and the Communist Party Secretary of Tsinghua University, with a FedEx office on the west side of the complex

^{xī chūnyuán cāntīng} 熙春园餐厅: a fancy restaurant, where IUP holds its welcome dinner.

^{jiǎ suǒ} 甲所: A high-class small hotel on campus. Has a fancy restaurant known as the best on campus.

^{jìn chūnyuán} 近春园: The best known and most scenic area on campus with an island in a big lotus pond.

^{qīnghuá yī yuàn} 清华医院: On campus clinic. A cheap and convenient alternative to bigger and fancier hospitals outside campus. But the service may not always be satisfactory.

SOUTH OF IUP

^{zhàolányuàn shāng yè qū} 照澜院商业区: A shopping complex with supermarkets, grocery stores, a dry cleaner, a pharmacy store, restaurants, banks, a post office, photo-shops, train ticket and air tickets booths, souvenir shops and bookstores.

EAST OF IUP

^{zhōngyāng zhǔ lóu} 中央主楼: The main academic building on campus. If you live in the dorm or stay with a Tsinghua family, pay your Internet fees and get internet access in this building (Room 209).

^{jīngguǎn xuéyuàn} 经管学院、^{gōngguǎn xuéyuàn} 公管学院、^{fǎ xuéyuàn} 法学院、^{jiànzhùguǎn} 建筑馆、^{měishù xuéyuàn} 美术学院 and etc.: various departments and schools.

^{zhǔxiào mén} 主校门: The Main Gate of Tsinghua. Usually referred to as ^{qīnghuá dōng mén} 清华东门.

HOUSING

IUP students have three choices for housing for this coming term:

On-campus Tsinghua Foreign Student Dormitories
On-campus Tsinghua Faculty Apartment (Homestay)
Off-campus apartments

Plan on spending about US\$600 to US\$1500 per month for housing while studying at IUP.

TSINGHUA FOREIGN STUDENT DORMITORIES (紫荆公寓)
Please see a separate IUP information sheet on Tsinghua dorms.

Tsinghua has four large foreign student dorms with 2,000 beds, in the northeast corner of the campus, about an 8-minute bike ride or 15-minute walk to IUP. The single occupant rooms are small, but each has a broadband internet connection, cable TV, and a small self-contained bathroom. Each floor has clothes washing machines; dryers are in Building 21.

Note: You will be asked to pay the full rent for the duration you live there when checking in, so please get enough cash or a credit card ready for payment.

IMPORTANT: When you check in, please show the desk clerk the original **Letter of Acceptance issued by Tsinghua**. After checking in, the office staff will take you to see your new home at Tsinghua

TSINGHUA FACULTY HOMESTAYS

Some 3-4 Tsinghua residents, many of them retired faculty, welcome IUP students to stay with them. IUP has 3-4 regulars who rent to IUP students and we can arrange introductions. The average price is 120 Yuan (=US\$18) per day.

APARTMENT LIVING

Most IUP students share nearby apartments off campus. The price range is RMB 3000-10000 Yuan (US\$480-\$1615) per month, determined by location, quality, and size. Most students live east and south of the campus.

Please be aware that it is ultimately your responsibility to find your place to live. IUP only provides information but does not get the apartment for you.

TRANSPORTATION

You can always take taxi to go anywhere in Beijing. Unlike most places in the US, you do not have to call a cab company to order a service, although you can by dialing 96103. You can simply go onto the street and wait on the roadside. Wave your hand when you see an empty cab (there is a red sign with the word 空车 on the front windshield) coming by. It is ¥13 if under 3 kilometers and then ¥2.30 every kilometer after. But there are two drawbacks on taking a cab in Beijing. First, it may not be fast, given the world-notorious heavy traffic in Beijing that can happen anytime during the day and any day during the week. Second, the driver may not know the road. Often times, they will ask YOU to direct them. Therefore you should at least have some ideas of where your destination is. Telling the driver the address usually doesn't help. Cab drivers, or people in Beijing in general, do not find places by addresses, but by landmarks. If you know some important landmarks near your destination, that will help a lot.

Taking public transportation is a good alternative to get around. There are plenty of buses in Beijing. Beijing subway system has kept expanding and is reaching more and more places. It is cheap, fast and reliable. If you take bus, it costs ¥2.00 under 10 kilometers and then ¥1.00 every 5 kilometers after within the city. Get a transportation card (市政公交一卡通) at the ticket booth in any subway station, it can take 50% discount to take bus in the city. The same card can be used on subway. It is ¥3.00 under 6 kilometers, ¥4.00 from 6 kilometers to 12 kilometers, ¥5.00 from 12 kilometers to 22 kilometers, ¥6.00 from 22 kilometers to 32 kilometers, and then ¥1.00 every 20 kilometers after. To find out the itinerary from one place to another, go to <http://map.baidu.com/>. Type in the origin and destination (e.g. 清华大学东门 and 天安门广场), and it will tell you how to get there by public transportation or driving. To know more about the bus and subway system in Beijing, please go to www.bjbus.com/ and <http://www.bjsubway.com/>.

There are two ways to get to and from the airport. You can take the Airport Shuttle (机场大巴) or the Airport Express (机场快轨). For the maps, schedules and prices, please go to <http://www.bcia.com.cn/traffic/airbus/index.shtml> and <http://www.bcia.com.cn/traffic/express/index.shtml>.

Air Pollution in Beijing

Air pollution is an ongoing serious matter for now and in the foreseeable future in Beijing. The air quality is measured in China in terms of AQI (Air Quality Index). The scale and threshold below are based on the U.S. EPA standards at airnow.gov.

Good	0-50
Moderate	51-100
Unhealthy for Sensitive Groups	101-150
Unhealthy	151-200
Very Unhealthy	201-300
Hazardous	>300

The air in Beijing is rarely 'good' and only occasionally 'moderate'. Quite often it is 'unhealthy for sensitive groups' and 'unhealthy'. It's not uncommon that the air is 'very unhealthy' and it can reach 'hazardous' in a number of days during a year. The most serious case in recent years occurred in January 2013, when the AQI went above 500, or even higher, according to some sources. The main pollutant that is currently the most concerning is PM 2.5 (particulate matters with a diameter up to 2.5 micrometers). The air condition in Beijing may be hard to people who have heart and respiratory system conditions.

IUP suggests its students to avoid outdoor physical exercises and to wear N95 respirators when going outside in heavily polluted days. IUP distributes one N95 respirator to each student every module. Students can purchase more from IUP office if they need extras. So far we haven't closed classes due to air pollution.

You can monitor the air quality in Beijing at [http://www. Beijing-air.com](http://www.Beijing-air.com) and at <http://iphone.bjair.info> or follow @airmattersco on Twitter (if you can).

GYMS AND FITNESS CENTERS

On campus:

It is easy to locate the following facilities on the campus map:

Sport fields: ^{xī dà cāochǎng} 西大操场 and ^{dōng dà cāochǎng} 东大操场

Swimming Pool: ^{yóuyǒngguǎn} 游泳馆

Gym: ^{zōng hé tǐ yù guǎn} 综合体育馆

BA Crossfit

You can use the swimming pool and the gym with your Tsinghua student ID. Although the swimming pool is good, it was told that the Gym has very limited workout equipments.

Off campus:

Probably the best deal is the fitness facility on the campus of Beijing Language University (^{běi jīng yǔ yán wén huà dà xué} 北京语言文化大学), just east of Tsinghua, off Chengfu Road (^{chéng fǔ lù} 成府路), which is open to non-

BLCU people. It also has a branch inside Xijiao Hotel (^{xī jiāo bīn guǎn} 西郊宾馆) on Wangzhuang Road (^{wáng zhuāng lù} 王庄路), the first street east of the Wudaokou Light Rail Station.

Other nearby commercial fitness centers are:

Nirvana (^{qīngniǎo} 青鸟)--right at the intersection of Chengfu Road (^{chéng fǔ lù} 成府路) and Zhongguancun East Road (^{zhōngguāncūndōng lù} 中关村东路), outside Tsinghua East Gate.

<http://www.nirvana.com.cn/index.asp>

Tel: (010)82527707

Hours:8:00a.m.-10:00p.m.

Pure (^{chúncuì} 纯粹)-- in the basement of the Tsinghua Science Park (^{qīnghuá kē jì yuán} 清华科技园) facing Chengfu Road (^{chéng fǔ lù} 成府路).

Tel: 010-62798960 18511537132

Hours : Mon.-Fri. 8:00a.m.-9:30p.m.

Sat.& Sun. 9:00a.m.-9:30p.m.

GUIDE TO MEDICAL FACILITIES

On campus clinic

qīnghuá dà xué yī yuàn
清华大学医院

<http://xyybg.cic.tsinghua.edu.cn/qhxyy/index.jsp>

Located on the west side of the Tsinghua campus, the hospital is good for treatment of colds, fevers, dysentery, cuts and similar ailments. The sophistication of some of the equipments, e.g. blood scanners, is better than many U.S. clinics and hospitals. You can't beat the prices, but this is not where one goes for really serious medical problems that may require surgery or other radical treatment.

Go to the Registration counter to check in (挂号) on the far left side of the lobby. This will cost you a few Yuan, and you will receive your own Hospital Record Booklet to maintain a record of your visits. Go to the appropriate specialist as instructed on the second floor, inform the doctor or receptionist there and wait to be called. After you are examined, you may be given a prescription (处方) that you should pay for at the cashier on the ground floor before going to the pharmacy (药房) across from the cashier.

Outpatient services (门诊) hours:

Mon. to Fri. 8:00 a.m.-12:00 a.m. & 1:30 p.m.-5:00p.m.

Sat. 8:00 a.m.-12:00 a.m.

Emergency treatment : 24hours, TEL: 010-6279-9120 010-6278-3436

Western Medicine Hospitals in Beijing

For serious medical problems, you need a good hospital. We recommend two:

Beijing United Family Hospital (BUFH) 和睦家医院 **and Peking Union Medical College Hospital (PUMC)** 协和医院.

Beijing United Family Hospital

běijīng hé mù jiā yī yuàn
(北京和睦家医院)

http://www.unitedfamilyhospitals.com/en_index.asp

Tel: 010-5927-7000 (24-hour number)

Fax: 010-59277215

Emergency Hotline: 010-5927-7120

Email: patientservices@ufh.com.cn

Add: No. 2, Jiangtai Road, Chaoyang District, Beijing 100016

běijīngzhāoyáng qū jiāng tái lù hào
北京朝阳区将台路2号

United Family Wudaokou Clinic

hé mù jiā wǔ dào kǒu zōng hé mén zhěn bù
(和睦家五道口综合门诊部)

<http://beijing.ufh.com.cn/locations/united-family-wudaokou-clinic?lang=en>

Tel: (010) 8236 6918

Fax: (010) 8236 6919

24hr Service Center: 4008-919191

24hr Emergency Hotline: (010) 5927 7120

Add: 1st Floor, Building D, Tsinghua Tongfang Hi-Tech Plaza, 1 Wangzhuang Lu, Haidian District, Beijing, China 100083

běijīng shì hǎi diàn qū wáng zhuāng lù hào qīng huá tóng fāng kē jì guǎng chǎng zuò céng
北京市海淀区王庄路1号清华同方科技广场D座1层

BUFH is a for-profit foreign-based full-service hospital, with mostly foreign doctors and is organized and managed like a U.S. hospital, with pricing to match. The PUMC is the best teaching hospital in China and has leading medical experts on staff. It is one of two JCI accredited hospitals in China. It has a range of emergency and non-emergency medical care as well as dental and gynecological services, plus pharmacy stocked with Western medicine. Being seen by a doctor at this expat-oriented hospital and the clinics shown below can run up to US\$100 or more per visit. IUP medical insurance CSCI has an agreement with BUFH for insurance reimbursement, so students do not need to pay, if they show their CSCI card.

If you think your ailment may require hospitalization, please take your cell phone and its charger unit, several changes of underwear, toiletries, IUP textbooks, dictionaries, and CD's, and anything else that you normally take when spending a few days in jail.

Peking Union Medical College Hospital Special Care Medical Center

xié hé yī yuàn tè xū yī liáo bù
(协和医院特需医疗部)

<http://www.pumch.ac.cn/keshi/txylb/200408/132.html>

Outpatient services (门诊) hours:

Mon. to Fri. 8:00 a.m.-5:00 p.m.

Emergency treatment: 24 hours

Tel: 010-6529-5269

Fax: 010-6529-5271

Emergency 010-6529-5284

Add: Shuai Fu Yuan #1, Dongcheng District, Beijing 100730

běijīng dōng chéng qū shuài fǔ yuán hào
北京东城区帅府园1号

The actual entrance to PUMC is off Dongdan2 North Street (东单北大街), just north of

Dongdan SanTiao (东单三条), about 250 meters north of Chang'an1 East Street 长安东

大街 and the Dongdan Subway Stop, or 100 meters north of the Oriental Plaza Shopping Center

xīntiān dì guǎngchǎng
(新天地 广场).

Originally a private hospital established by Rockefeller Foundation in early 20th century, this is probably the best Chinese-run hospital in Beijing. It is attached to the Academy of Social Sciences and is a major medical teaching facility. The Special Care Medical Center is especially established for treatment of special groups including foreigners and high-rank government officials. Open 24 hours, but clinic hours are M-F 8:00-4:30. If you want to see a good specialist, go during clinic hours. Registration fees run 90, 200 and 300 Yuan, depending on which level of medical expertise you want to see.

Western Health Clinics in Beijing

Both of these clinics have Western and Western-trained doctors and nurses on staff, but if you have a complicated problem, they will probably refer you to either BFUH or PUMC.

International Medical Center (IMC) and Dental Clinic (24 hours)

guó jì yī liáo zhōng xīn hé yá kē zhěn suǒ
(国际医疗中心和牙科诊所)

<http://www.imcclinics.com/>

Tel: (86+10) 6465-1561/1562/1563

Dental: 6465-1384/6465-1394

Fax: (86+10) 6465-1961

Add: IMC: S106, Lufthansa Center (of Kempinski Hotel), 50 Liangmahe Road,

liàngmǎqiáo lù hào yàn shā zhōng xīn xiě zì lóu céng
亮马桥路50号燕莎中心写字楼1层S106

Dental Clinic: S111, Lufthansa Center

Beijing ARRAIL Dental Clinic at Zhongguancun (中关村)

ruì ěr chǐ kē
(瑞尔齿科)

<http://www.arrail-dental.com/>

Tel: (86-10) 82861956 Fax: (86-10) 82861959

24 Hours Emergency Line: 13581531283

Add: Room 308, Raycom Info Tech Park Tower A, 2 Science Institute South Road, Beijing 100080

hǎi diàn qū kē xué yuàn nán lù hào róng kē zī xùn zhōng xīn zuò shì
海淀区科学院南路2号融科资讯中心A座308室

E-mail: clinicrc@arrail-dental.com

Some students have had good experiences with Arrail Dental Clinic (瑞尔齿科), which has several locations in Beijing including one in Zhongguancun. Arrail has dentists who speak English. You can get details about schedules, practitioners, and appointments at their website

SOS International (Medical Emergency and Evacuation Service) (24 hours)

běi jīng yà zhōu guó jì jǐn jí jiù yuán yī liáo fú wù zhōng xīn
(北京亚洲国际紧急救援医疗服务中心)

www.internationalsos.com

Tel: 6462-9100 (24-hour Alarm Center), 6462-9112 (appointments)

Fax: 010-6462-91100

Add: Building C, BITIC Leasing Center

Xingfu San Cun North Road #1, Chaoyang District, Beijing 100027

běijīngzhāoyáng qū xìng fú sāncūnběi jiē hào bēi xìn zū lìn zhōng xīn zuò
北京朝阳区幸福三村北街1号北信租赁中心C座100027

If you go to see a doctor at any of these places, before you go, please take a CSCI Medical Insurance claim form for your IUP-provided insurance. The doctor has to sign it before you submit the claim. A claim form is provided with your Welcome Packet, and you can get more from the IUP office or download from the CurrentIUPers Website.

Traditional Chinese Clinic

píng xīn táng
平心堂

<http://www.pingxintang.com/index.asp?sID=1&Title=%CA%D7%D2%B3&nID=&ID=>

Tel: 6523-5566

Fax: 6523-6611

Email: Pxt@cuiyueli.com; yjzx@cuiyueli.com

Hours: Mon.-Sat. 8:30 a.m.-5:30 p.m.

Sun. 8:30 a.m.-12:30 a.m.

Add: Floor 3, Oriental Plaza complex Subordinate Building, No.218-2, Wangfujing Street, Dongcheng District, Beijing 1

dōngchéng qū wáng fǔ jǐng dà jiē hào dōng fāng guǎng chǎng xī pèi lóu sān céng
东城区王府井大街218-2号东方广场西配楼三层 100005

If you believe that traditional Chinese medicine would be the thing to treat your ailment, especially sprains, internal aches and hard-to-cure illnesses, several IUP students and a former Director highly recommend the Pingxintang TCM clinic. All the TCM doctors there have decades of experience and many are leading authorities in their specialties. One IUP student spent hundreds of US dollars on expensive but inconclusive tests at Beijing United Family Hospital for a mysterious intestinal pain; he was later successfully diagnosed and treated at this clinic, at a fraction of the BFUH cost. It is located on several floors of an office building on the north side of the Oriental Plaza complex near the south end of Wangfujing, 200 meters from Wangfujing subway station.

Pharmacies

On campus:

Tongrentang (^{tóngréntáng}同仁堂) Pharmacy in the Zhaolanyuan (照澜院) shopping area. Has Chinese medical doctors on duty.

Off campus:

1. Ji'an Tang Pharmacy (^{ji ān táng}济安堂) (24 hours)

Add: ^{chéng fǔ lù hào}成府路23号 (at the southwestern corner of the intersection of 成府路 and 中关村东路)

Tel: 010-62396578

Has Chinese medical doctors on duty.

2. Lanrun (^{lánrùn}蓝润) Pharmacy (24 hours)

Add: The second floor of Chaoshifa (^{chāoshì fā}超市发) supermarket, across from the South Gate of Tsinghua.

Tel: 010-82621567

3. Jiashi Tang Pharmacy (^{jiā shì táng}嘉事堂) (24 hours)

Add: ^{hǎidiàn qū zhōngguāncūndōnglù cái zhì guójì dàshà běicè yuē 65 mǐ lù dōngcè huárénchāoshì nánmén dōngcè}海淀区 中关村 东路,财智国际大厦北侧约65米路东侧,华人超市 南门 东侧

SIGHTSEEING IN BEIJING

As a historical city and the political, economic and cultural center of China, Beijing certainly has a lot to offer to its tourists and its own residents. We strongly suggest IUP students to take some time from their busy study schedule to explore some of the many wondrous places in this traditional and yet modern city. For specific introduction, you can visit the following two web-sites: <http://www.ebeijing.gov.cn/eMagazine/FirstSight/online.htm>
http://www.ebeijing.gov.cn/feature_2/BJNowThen/default.htm.

Here are the translations of some of the common places of interest in Beijing:

Beihai Park 北海公园
Beijing Olympic Forest Park 奥林匹克森林公园
The Capital Museum 首都博物馆
The Forbidden City 故宫博物院
Fragrant Hills Park 香山公园
The Great Wall (Badaling) 八达岭长城
The Great Wall (Mutianyu) 慕田峪长城
The Imperial College 国子监
The Imperial Palace of Prince Gong 恭王府
Jingshan Park 景山公园
Lama Temple 雍和宫
The Ming Tombs 明十三陵
The National Museum of China 中国国家博物馆
National Stadium 国家体育馆 (or 鸟巢)
National Aquatics Center 国家游泳中心 (or 水立方)
Niujie 牛街
Qianmen 前门
Shichahai 什刹海
Sanlitun 三里屯
The Summer Palace 颐和园
Temple of Confucius 孔庙
Temple of Heaven 天坛公园
Tian'anmen Square 天安门广场
Xishiku Catholic Church 西什库教堂
Yuanmingyuan Park 圆明园
798 Art Zone 798 艺术区

FOOD AND RESTAURANTS

Watch what you eat! Here are some suggestions.

1. **Dairy products** –If you are suspicious of the quality or safety of China-made dairy products, buy imported UHT (Ultra High Temperature) processed milk from Australia, New Zealand or Europe available in certain supermarket including the BHG supermarket at U-Center (五道口购物中心).
2. **Water** –Tap water in China is not drinkable without boiling.
3. **Avoid small restaurants and roadside stands, which are usually unlicensed and some use contaminated oil (“digou you”) and other suspicious ingredients for cooking and do not wash dishes properly.**
4. **Avoid exotic things like scorpions and weird body parts.**

Off-Campus Restaurants

Muslim Restaurant at Beijing Language University

běijīng yǔ yán dà xué mù sī lín cān tīng
(北京语言大学穆斯林餐厅)

Located to on the campus of BLU. One of the best Uyghur or Xinjiang (新疆) restaurants in Beijing. Outside on the corner, Ali and Achmad man the tandoori oven (for nang bread) and roast the lamb skewers. Very un-Chinese food, somewhat Middle Eastern. Ask for a bowl of the fresh, home-made yoghurt (酸奶), cold eggplant (蒜泥茄子), Xinjiang spaghetti (拉条子), lamb stir-fried rice (手抓饭), flat bread (饅), lamb sishkabob (羊肉串), and candied apple dessert (拔丝苹果). Just divine. Very cheap (state enterprise—socialism is good!) and always very tasty. On your way out, check out the BLCU Language Bookstore right at the BLCU main gate for large selection of language textbooks and reference books.

Wudaokou area

Chinese style food

Guolin Restaurant (郭林家常菜)

Family-style restaurant, one of a chain. On Wangzhuang Road (王庄路). The first street east of Wudaokou Light Rail Station.

Bayilaoye Xinjiang flavor Restaurant (巴依老爷新疆美食)

Xinjiang flavor restaurant. It is very popular. At the opposite of Tsinghua east gate.

Tianchumiaoxiang Vegetarian Restaurant (天厨妙香)

Casual vegetarian restaurant popular among students; interesting teas and snacks. Small and popular, so you may have to wait on weekends. First floor of Chuangye Building (创业大厦), Qinghua Science Park (清华科技园).

Fast food

Western fast food restrants like MacDonal'd's, KFC, Subway, Mr. Pizza, Pizza Hut, Starbucks can all be found near the big intersection of Chengfu Road and Zhongguancun East Road, west of the Light Rail Station and south of the East Gate of Tsinghua University.

Other cuisines

héng hé yìn dù cāntīng

Ganges Indian Restaurant (恒河印度餐厅)

Located in the U-Center building at Wudaokou. Small but really authentic Indian restaurant, with a head waiter and two cooks, from New Delhi (tandoori man) and Mumbai (curry man). Not cheap eats, just great Indian food. Take a table in the very back room to watch the cooks in action.

Ju Qi Restaurant (局气餐厅): Beijing-style food which located in the U-Center building at Wudaokou.

xī bèi yóu miàn cūn

Xi Bei You Mian Cun (西贝莜面村): NorthWest of China style food which located in the U-center building at Wudaokou

chún lā hào

Chun La Hao (唇辣号): Si Chuan-style hot pot, spicy.

qián zhī wèi

Qian Zhi Wei (黔之味): Guizhou-style food

xiāng kè chá cāntīng

Xiang Ke Cha Can Ting (飨客茶餐厅): Hong Kong-style food

là shàng yīn

La Shang Yin (辣尚瘾): Sichuan-style food

quán jù dé kǎo yā diàn qīng huá yuán diàn

Quan Ju De (全聚德烤鸭店清华园店): Beijing Roast Duck

Some suggested restaurants to order takeout (外卖)

qīngqīngyǒng hé guānchóuyuán
清青永和 (on campus in 观畴园)

telephone: 010-62795890

recommended: 红烧牛肉饭; 台湾卤肉饭; 宫保鸡丁饭;

màidāngláo
McDonalds (麦当劳)

Telephone: 4008517517 (delivery fee ¥8.00; English service over the phone)

<http://www.mcdonalds.com.cn/>

kěndéjī
KFC (肯德基)

Telephone: 4008823823 (delivery fee ¥8.00)

<http://www.kfc.com.cn/>

bìshèng kè
Pizza Hut (必胜客)

Telephone: 4008123123 (delivery fee ¥8.00; English service over the phone)

<http://www.4008123123.com/>

sài bǎiwèi
Subway (赛百味)

Telephone: 010-58722600 (free delivery if close enough)

è le madingcānwǎngzhàn
饿了么订餐网站 <http://ele.me/place/wx4ex48eumq>

First, register on this website, then select Tsinghua University area, there are over 300 restaurants for you to order food, you can pay on delivery.

Some suggested dishes to order in a Chinese restaurant

liángcài

凉菜 Appetizers

huāshēngmǐ

花生米 : peanuts

jiàngniúròu

酱牛肉: soy boiled beef

pāihuángguā

拍黄瓜 : raw cucumbers with garlic sauce

sōnghuādàn

松花蛋 : preserved duck eggs

xiǎocōngbàn dòufu

小葱拌豆腐: raw tofu with green onion

jiācháng hūncài

家常荤菜 Home-style, non-vegetarian dishes:

Chicken:

gōngbǎo jīdīng

宫保鸡丁: Kung-pao chicken

làzǐ jī

辣子鸡: fried chicken with dry chilies. Sichuan style, spicy.

xiǎojī dùn mógū

小鸡炖蘑菇: baby chicken with mushroom stew. Rich in nutrition.

Duck:

kǎoyā

烤鸭: Beijing style roast duck. Has duck, thin pancakes, leek, cucumber and sweet flour sauce. Most famous local food.

Fish:

hóngshāo yú

红烧鱼: braised fish. Generally with carp, heavy flavor.

qīngzhēngyú

清蒸鱼: steamed fish. Generally with mandarin fish or perch, light flavor.

shuǐzhǔ yú

水煮鱼: fish boiled in chili oil. Generally with grass carp, oily, spicy, and bony.

Pork:

yúxiāngròusī

鱼香肉丝: Sautéed pork shreds in chili sauce. Has pork, chili and carrots.

jīngjiàng ròu sī

京酱肉丝: pork shreds with Beijing soy bean paste. Has pork and leek.

tángcù lǐjī

糖醋里脊: sweet & sour pork fillet.

Beef:

shuǐzhǔ niúròu

水煮牛肉: braised beef, Sichuan style, spicy

hēijiāoniú liǔ

黑椒牛柳: pan-fried shredded beef with black pepper

jiācháng sùcài

家常素菜 Home-style, vegetarian dishes:

xīhóngshì chǎo jīdàn

西红柿炒鸡蛋: scrambled eggs with tomatoes

mápódòufu

麻婆豆腐: Mapo Tofu

xiānggū cài xīn

香菇菜心: sauteed bokchoy heart with shitake mushroom, light

shāo qiézi

烧茄子: braised eggplant, thick flavor

qīngchǎo dòumiáo

清炒豆苗: stir-fried pea vine without soy sauce, light

qīngchǎo yóumài cài

清炒油麦菜: stir-fried Chinese lettuce leaves, light

qīngchǎo cù liú jiānjiāo tǔdòu sī

清炒/醋溜/尖椒土豆丝: stir-fried potato shreds / stir-fried sour potato shreds / stir-fried potato shreds with hot green peppers

qīngchǎo kǔguā

清炒苦瓜: stir-fried bitter melon, slightly bitter, light, good in summer

tāng

汤 Soups

suānlàtāng

酸辣汤: hot and sour soup. Has egg, tofu, mushroom, day-lily buds, black pepper and vinegar

xīhóngshì jīdàn tāng

西红柿鸡蛋汤: eggdrop soup with tomato

qīngcài dòufu tāng

青菜豆腐汤: soup with tofu and green vegetable

dōngguā wánzi tāng

冬瓜丸子汤: soup with white gourd and pork meatball

zhàcài ròusī tāng

榨菜肉丝汤: soup with shredded pork and Chinese pickles

xīhú niúròu gēng

西湖牛肉羹: soup with minced beef and egg white

zhǔshí

主食 Starches (rice, noodles, etc. The first two listed below are usually served with other dishes)

mǐfàn

米饭: cooked rice

mántóu

馒头: steamed buns without any filling

bǐng

饼: various types of non-western pancake/bread/ pastry made with or without yeast

bāozi

包子: steamed buns with different fillings, pork or vegetable

jiǎozi

饺子: Chinese dumplings with different fillings

miàntiáo

面条: noodle

COFFEE SHOPS AND BARS

LUSH

Hours: 8:00p.m.- 5:00a.m.(before dawn)

Tel: 010-82863566

Address: Building 1, Huaqingjiayuan, Chengfu Road, Haidian District

hǎi diàn qū chéng fú lù huá qīng jiā yuán hào lóu
海淀区成府路华清嘉园1号楼

Mann Coffee(漫咖啡)

Hours: 8:00a.m.- 1:00a.m.

Tel: 010-82366016

Address: 1st floor, building D, Tsinghua Tongfang Hi-Tech Plaza , Wangzhuang Road, Haidian District

wáng zhuāng lù hào qīng huá tóng fāng kē jì guǎng chǎng zuò dǐ shāng jìn shuāng qīng lù
王庄路15号清华同方科技广场D座底商(近双清路)

Starbucks (星巴克)

Hours: 6:00a.m.- 10:00p.m.(winter)/11:00p.m.(summer)

Tel: 010-58722056

Address: Northwest corner, Zhongguancun East Road, Sohu banner (outside Tsinghua East Gate), Haidian District

hǎi diàn qū wǔ dào kǒu bǔ fēng lián huā chāo shì duì miàn
海淀区五道口卜蜂莲花超市对面

The closest Starbucks, complete with wireless internet access for laptops, is in the new office building at the northwest corner of Chengfu Road and Zhongguancun East Road, facing the intersection, under the giant yellow Sohu banner, outside Tsinghua East Gate.

SPR Coffee

Hours: 7:30a.m.- 1:30a.m.

Tel: 010-82865901

Address: Room 1C, Building 13, Huaqing Jiayuan, Wudaokou, Haidian District, just next to the Light Rail station

hǎi diàn qū wǔ dào kǒu huá qīng jiā yuán hào shì
海淀区五道口华清嘉园13号1C室

Two convenient locations off-campus for IUPers, one in Huaqing Jiayuan at the end of the strip

opposite the light rail station (shared with a Subway (赛百味) restaurant), and one in the base-

ment level of Tsinghua Science Park (清华科技园) facing Chengfu Road under the

Deutsche Bank (德意志银行) sign. The Science Park shop is roomy. SPR is stiff competition for Starbucks throughout Beijing, with espresso-machine (not brewed) coffee offerings and pastries, as well as an upscale casual environment. Free wireless internet.

All Sages Bookstore Café- Thinker's Bar (万圣书园醒客咖啡)

Hours: 10:00a.m.- 12:00p.m.

Tel: 010-62768749

Address: Floor 2, Wansheng Shuyuan, Teacher's Building No.5, Chengfu Road, Lanqiying, Haidian District

hǎidiàn qū lán qí yíng chéng fǔ lù běi dà qīnghuá jiào shī hào lóu wàn shèng shū yuán lóu
海淀区蓝旗营成府路北大清华教师5号楼万圣书园2楼

Outside the South Gate of Tsinghua, to the west, facing Chengfu Road on the second floor of Building 5 in the Lanqiying (lanqiyíng) Apartment Complex. The bookstore is one of the best in Haidian District for serious, scholarly books. The café shares the same floor as the bookstore, right at the top of the stairs to the second floor, and it is a favored hangout of Tsinghua humanities and social sciences faculty.

SHOPPING GUIDE

There is a small shopping complex right on campus at Tsinghua University, along with smaller convenience stores scattered around campus. Just off campus there are several local supermarkets. Foreign-invested large supermarkets are only a 10-12 Yuan taxi ride away from Tsinghua. Beijing has more and more new-to-market products on the shelves every day, with brand coverage also ever-increasing.

Mobile phone (price between 150-2500RMB)

1. Di Xin Tong 迪信通

Add: 五道口城铁东面 U-Center 四层 (Fourth floor of Hualian Mall next to the Lightrail Station)

Business hours: 8:30am - 21:00am

2. Wudaokou Mobile Phone Mall (五道口手机超市)

Add: Ground floor of Huaqing Jiayuan (华清嘉园), near Huarun (华润) Supermarket

Business hours: 8:30 - 19:00

Bicycles

Besides the fifteenth building on Tsinghua campus to buy or rent second-hand/ new bicycles.

Coffee

If you want coffee in the morning at home, a coffee maker is a smart investment. Electric coffee makers, French presses, and Turkish coffee pots are readily available at all major shopping centers

(当代, 双安, 西单, 燕莎 etc.) as well as Walmart, Carrefour and Starbucks. You can

buy fresh coffee beans (or ground) conveniently at Starbucks. 云南 brand coffee is very good and at 28-30 Yuan a package (vs. 70-80 Yuan at Starbucks), and it is good value.

Baked goods

Kempi Deli in the Kempinski Hotel (凯宾斯基饭店) behind the Lufthansa (燕莎) Shopping Complex.

Tel. 64653388 Hours: 7:00 a.m-11:00 p.m

In Chaoyang District, on the east side of the Third Ring Road at Lufthansa. For truly serious bread and pastry, baked by a French pastry chef, this is the only place to go. It is a deli and bakery combined, with a large selection. Buy several loaves to freeze. If requested, the staff can slice the bread with a machine. Their coffee can make dead men walk three days.

Supermarkets and Shopping Malls

U-CENTER

The east side of Wudaokou Light Rail station.

This is right in the center of Wudaokou area. It has a high-end grocery store in the basement where some western food can be found. It has department stores, clothes stores and restaurants on other floors.

Lotus Center Supermarket (卜蜂莲花)

Tel. 5873-3666 Hours: 7:00 a.m-10:00 p.m

At the intersection of Chengfu Road and Zhongguancun East Road. This place has almost everything you need for simple home furnishings and groceries. It should be the first place you shop upon arriving in Beijing.

Walmart (沃尔玛购物中心)

Tel. 5873-3666 Hours: 7:00 a.m-10:00 p.m

Address: 海淀区知春路

The local version of the US shopping experience, with Chinese characteristics. For setting up an apartment with edibles and cleansers, and other household items, this store should be your first

stop. A few minutes' walk from the Zhichun Road (知春路) Light Rail Station (first stop south of Wudaokou), or only 11-12 Yuan by taxi from Tsinghua East Gate. One of the biggest (3 stories high) supermarkets in Beijing: wide aisles (3 meters), huge inventory of everything (except imported wines), fresh pizza, veggies, fruit, cleansers, household items, small furniture, CDs, baked goods, and very fresh fish and happy meat.

Carrefour (家乐福)

Tel. 5172-1598 Hours: 8:30 a.m-9:30 p.m

Address: 中国北京市海淀区中关村广场17号

Just south of the Fourth Ring Road, off Zhongguancun Street (中关村大街), about 10-12 Yuan by taxi from Tsinghua. Look for the overhead pedestrian bridge. This large new underground store is part of an underground mall in the center of the massive new store-and-office complex in the middle of China's answer to Silicon Valley. The mall has an unobtrusive walk-in entrance and escalator in a park or you can ride a taxi into the lowest level of the underground parking, and get out near Carrefour. This French-invested venture has branches in several cities of China, including some in other areas of Beijing. The lower level has a large department store, with reasonably-priced kitchen appliances, small electronics, clothing and other dry goods. Upstairs is a large grocery store with a wide selection of goods, including a few western brands, and many imported wines. Good place to buy fresh meat and fish. Very crowded on weekends and after 4:00 p.m. on all days.

Jenny Lou's

tel: 5869-2326 Hours: 8:00 a.m-8:00 p.m

There are six locations, all in the Chaoyang district of Beijing. Places to go for Western groceries. It sells all your favorite foods and brands, and the prices are reasonable, and it has the best cheese selection in town, along with imported wines. If you're pressed to find a lime, avocado, olives or other hard-to-find non-local produce, give them a call.

7-11

The ground floor of Souhu Building (搜狐大厦), outside the east gate of Tsinghua University.
Green Tree (a Korean supermarket, 24 hours)

Add: 五道口华清嘉园 1 号楼 and 五道口王庄路 18 号

Tel: 82866555, 62318113

BEIJING BOOKSTORES

Below are excerpts from a long list of Beijing bookstores compiled in 2004 by Albert Dien.

Xinhua bookstore (新华书店)

Hours: 9:00 a.m.-9:00 p.m.

Government-owned bookstores which you can find all over China. Many branches in Beijing. The flagship store is in 王府井大街 218 号. Comprehensive selection of all kinds of books and CDs.

HAI DIAN DISTRICT (海淀区)

Forest Song (风入松)

地址: 海淀路 46 号

About 200 meters east of the south gate of Beijing University, in the basement of the Ziyuanxilou Building(资源西楼).

Hours: 9:00 a.m.-9:00 p.m.

www.forestsong.com.cn

E-mail: frs@forestsong.com.cn

An admirable bookstore, with a whole range of books, laid out in a sensible order. It has great depth in a number of fields, including archaeology, history, literature, and philosophy. It has an academic ambiance, and small carts to hold one's purchases as one browses. According to John Keischnik, the founder/owner Wang Wei is a philosophy professor at Beida, and keeps the place well-stocked with old classics as well as new works. This bookstore does a great job of selecting titles to carry from the many regional publishing houses.

Allsages Bookstore (万圣书园)

On the north side of Chengfu Road halfway between Beida east gate and Wudaokou light Rail station, at the base of the westernmost of the five tall buildings of the Lanqiying (蓝旗营) apartment complex.

Hours: 10:00 a.m. – 10:00 p.m.

E-mail: Server@allsagesbooks.com

This is another very good bookstore. The entrance hall on the first floor has discounted books with some very good finds available. The second floor is very large, with books along the walls eight shelves high and tables loaded with books. Clearly marked signs indicate the different subjects. There is a full service coffee shop adjoining which is open until midnight. (NOTE: This café is a favorite hangout of Tsinghua Humanities and Social Sciences faculty members.)

Weekend Cultural Market (周末文化市场)

ON CAMPUS AT PEKING UNIVERSITY

As advertised by signs posted on campus, there is a large display of used books behind the dormitories near the southwest gate on weekends. A few dealers display stationery supplies as well.

中关村图书大厦

地址: 海淀区北四环西路 68 号

电话: 010-82676698 82676696

A large and comprehensive bookstore in Haidian district.

Customer Service Department, Beijing Language and Culture University Press (北京语言大学出版社读者服务部)

地址: 北京市海淀区学院路 15 号北京语言文化大学校内

Phone: +86-10-82303668 82303653 82303908

Email: service@blcup.ne clc@blcu.edu.cn

营业时间: 8:30-19:00

The largest bookstore in the world specialized in teaching and learning Chinese as a second language. Also sells books about HSK, Chinese culture and Chinese linguistics.

China Bookstore (中国书店)

地址: 北京市海淀区海淀西大街 21 号 1 号楼

营业时间: 9:00-18:30

Specialized in valuable used books. Has used book market on weekends. Also carries new books on Chinese classics and traditional culture.

National Library of China (中国国家图书馆)

地址: 北京市海淀区中关村南大街 33 号

电话: (+86 10) 88544114

网址: <http://www.nlc.gov.cn/en/indexen.htm>

The largest library in Asia in terms of volumes of books. You can apply for a library card with your passport to enter the library and check out books.

CHAOYANG DISTRICT (朝阳区)

The Beijing Center for Chinese Studies TBC library

地址: inside UIBE (University of International Business and Economics)
No. 10 Huixin East Street

北京惠新东街 10 号对 外 经 贸 大 学 校 内

Mon - Fri: 9 AM - 5 PM

Sat, Sun: CLOSED

Phone: (86) 010 6449 6914

Email: library@thebeijingcenter.org

The Beijing Center's library began in 1998 with just 200 books. Now housed in a beautiful new space decorated in traditional Chinese style, it has grown to 17,000 volumes in open stacks. In addition, there is a collection of journals that includes China News Analysis, academic journals such as Monumenta Serica, China Quarterly, Journal of Contemporary China, and periodicals such as The Economist and The Far Eastern Economic Review.

The main collection of books about China written in English is the largest such collection in Beijing and one of the largest in China. Nearly 1,000 volumes are added annually, selected among books published in North America, Europe and China. The main subject headings are Art & Architecture, Biographies, Business & Economics, Culture & Society, Ethnology, Film & Theater, History, Language, Literature, Media & Journalism, Philosophy & Religion, Photography, Political sciences, Traditional Chinese Medicine, Travel, Women's Studies and Martial Arts.

XICHENG DISTRICT (西城区)

西单图书大厦^{shà}

Address: 西长安街 17 号. Just above the Xidan Subway Stop.

Hours: 8:30 am – 9:00 pm

The largest bookstore in Beijing. Overwhelmingly crowded on weekends.

Cathay Bookshop (古籍书店^{gǔ jí})

地址: 琉璃厂^{liú lí chǎng}西街 34 号

Hours: 9:00 a.m.-6:00 p.m.

The front of the store features art work and art materials with some rubbings and books on the fine and fold arts, architecture, archaeology, etc., but two large rooms to the rear have books on all subjects. Their holdings on publications dealing with traditional China are especially

noteworthy, and they also have a selection of traditionally bound (线装^{xiàn zhuāng}) books. It is a good place to look for books, still new, but published in the past.

DONGCHENG DISTRICT (东城区)

Sanlian Bookstore (三联书店^{lián})

Address 1: 美术馆^{měishùguǎn}东街 22 号

Hours 9:00 a.m.-9:00 p.m.

Address 2: 清华同方科技大厦^{qīnghuatongfangkejidasha}D 座 1 层

24 Hours

This is the Beijing branch of the Hong Kong company of the same name. The second floor offers books on music and art. The basement area is enormous and carries all the usual subjects in humanities and social sciences. It has a nice selection of materials from regional publishers as well as the bigger publishing houses, and it carries some works from Hong Kong publishers. The prices do tend to be a bit more expensive, however.

Scholar Books (思考乐书局^{sī kǎo lè shū jú})

Address: 王府井 138 号, 4th-5th floors of New Dong'an Shopping Mall(新东安商场)

Hours 9:00 a.m.-10:00 p.m.

This is a luxuriously laid out store, with the colorful covers of books displayed laid out on shelves. The 5th floor features mostly popular material, the 4th floor has more interesting material. There is probably nothing here that is not at other stores, but the setting is incongruous and interesting to see.

Beijing Foreign Languages bookstore (外文书店)

Address: 王府井 235 号

Hours 9:00 a.m.-9:00 p.m.

One of the largest selections of English language publications in Beijing.

Big selection of Chinese-language teaching and study materials, plus translations of Chinese literature. The music CD section is particularly large.

Online bookstores

dāngdāngwǎng

当当网

<http://www.dangdang.com>

Currently the largest online store of Chinese books and video/audio products.

010-51236699 400-711-6699

service@cs.dangdang.com

jīngdōngshāngchéng

京东商城

<http://www.360buy.com/>

A very popular online store of books and video products.

zhuóyuè yà mǎxùn

卓越亚马逊

<http://www.amazon.cn/>

In August 2004, Amazon.com purchased joyo.com, which became Amazon in China.

wèilánwǎng

蔚蓝网

<http://www.wl.cn>

010-59711110

Founded by 6 Masters and Phds of Tsinghua University, it is the largest online bookstore serving university and college students.

Useful China-Related Websites

China Dialogue (<https://www.chinadialogue.net/>)

- Bi-lingual site devoted to Chinese environmental issues
-

China Digital Times (<https://chinadigitaltimes.net/>)

- Website blocked in China
- Collection of China-related news and features

China Law Blog (<https://www.chinalawblog.com/>)

- "China Law for Business"
- Excellent resource for business- and law-related insights

China Media Project (<http://chinamediaproject.org/>)

- The University of Hong Kong's Journalism and Media Studies Centre website

Chublic Opinion (<https://chublicopinion.com/>)

- "Public opinion with Chinese characteristics, a monthly digest of events that are shaping public opinion in China"

Los Angeles Times Review of Books China Channel (<https://chinachannel.org/>)

- Book reviews, essays, and commentary on Chinese culture and other topics

Pengpai 澎湃 (<https://thepaper.cn/>) / **Sixth Tone** (<http://www.sixthtone.com/>)

- Chinese media produced news, analysis, and long-form articles
- English and Chinese sister websites
- Foreign Policy called it a "slick, new, state-funded media site"

Radii China (<https://radiichina.com/>)

- Culture, innovation, life, and a growing network of China-related blogs

Sinocism (<https://nb.sinocism.com/>)

- Website blocked in China
- Essential reading for any aspiring "China Watcher"
- Weekly email newsletter is free; paid email newsletter comes 4 times a week

SupChina (<https://supchina.com/>)

- Partnered with Jeremy Goldkorn and Kaiser Kuo's Sinica Podcast
- Daily news round-up and longer articles
- Growing network of China-related podcasts

Beijing Lifestyle Websites

City Weekend: Beijing (<http://www.cityweekend.com.cn/beijing>)

The Beijinger (<http://www.thebeijinger.com>)

Time Out Beijing (<http://www.timeoutbeijing.com>)

Useful Apps for Life in Beijing

Search / Information

- Baidu 百度 (iOS, Android): China's (unblocked) version of Google. Very good at searching Chinese webpages.

Language / Translation

- Pleco (iOS, Android): Excellent dictionary & translation application

Weather / Air Quality

- China Air Quality Index (iOS, Android): Essential app for judging the air pollution levels in Beijing. Will tell you when you should wear your mask outside.
- Beijing Air Quality: Mobile-friendly website with a different (often higher) reading of the same air pollution meters used by China Air Quality Index. Worth adding to your home screen.
- Airpocalypse: Air pollution app with sarcastic take on the issue.

Maps / Navigation

- Baidu Maps 百度地图 (iOS, Android): Just like Google Maps (often blocked), but all in Chinese

Transportation / Travel

- Di Di Dache 滴滴出行 (iOS, Android): Essential application for hailing a cab or a car.
- Very Zhun 飞常准 (iOS, Android): All the information you need about airline flights, including flight status, airport information, etc.
- Touch China, Beijing 地铁通北京 (iOS, Android): Beijing's subway map.
- Aibang Gongjiao 爱帮公交 (iOS, Android): Tool for navigating Beijing's bus system
- Lu Lu Tong 路路通 (iOS, Android): Train schedules and train tickets
- Ctrip 携程: Handy app for airline travel, ticket purchase, and hotels.

Food & Entertainment

- Eleme 饿了么 (iOS, Android): Food delivery app. Essential for life in Beijing.
- Dazhong dianping 大众点评 (iOS, Android): Restaurants, Reviews, Group Discounts, and Food Delivery. Think Yelp! plus Group On. Essential for life in Beijing.
- City Weekend (iOS): App from one of Beijing's expat magazines. Good information on events, restaurants, bars, etc.
- MTime 时光电影 (iOS, Android): movie theaters and show times

Social Networking

- Sina Weibo (新浪微博): Often called a "microblog." Very useful, especially for following interesting news, organizations, & people.
- WeChat/Weixin (微信): Essential for life in today's China. Many people exchange WeChat ID's before telephone numbers.