Beijing Training Centre (China)

Address:
Innovation Plaza
Tower B, Suite 601
Bldg 1 Tsinghua Science Park
No 1 Zhongguancun East Road
Haidian District
Beijing, 100084, China
Tel: 86-10-62725050

The TTE training center is located in north-west Beijing.

**By Taxi from Capital International Airport**

1. Distance: 29 KM
2. Taxi Fee: $10.00 USD
3. Time by taxi: 40 minutes approximate

**By Shuttle Bus from Capital International Airport to Downtown**

Take the line Capital Airport-Beijing Station. There are 5 stops along the route which are:

1. Wangjing (Huajiadi)
2. Xiaoying
3. AisanGamesVillage (AnhuiBridge)
4. XueyuanBridge
5. ZhongguancunBridge

After you get off shuttle bus, it is about 1.96 km to the office. It’s better take a taxi to office. The Shuttle bus departs from the Capital Airport every 30 minutes. For further information: [http://www.bcia.com.cn/en/passengers_Land_airport_page.html](http://www.bcia.com.cn/en/passengers_Land_airport_page.html)

**RECOMMENDED HOTELS**

**Jade Palace Hotel**
76 Zhichun Road Haidian District Beijing Beijing 100086 China
Phone: 86-86-62628888 Fax: 86-10-62638255

**Park Plaza Beijing Science Park**
25, Zhi Chun Road Haidian District Beijing 100083 A/P China
Phone: 86-86-82356699 Fax: 86-10-82356688

For detailed information about the hotels preferred by Symantec, please refer to: [http://syminfo.ges.symantec.com/travel/](http://syminfo.ges.symantec.com/travel/)
ABOUT BEIJING

King Wu was the first to declare Beijing the capital city in 1057 BC. Subsequently, the city has gone by the names of Ji, Zhongdu, Dadu, and finally Beijing when the Ming Dynasty Emperor ChengZu chose the name in 1421. Beijing was also known as Peking by the Western world before 1949. Beijing City is an independently administered municipal district. It is situated in the north-eastern part of China at an elevation of 43.5m above sea level. The climate in Beijing is of the continental type, with cold and dry winters and hot summers. January is the coldest month (-4 Celsius), while July the warmest (26 Celsius). Beijing has a whole area of 16808 sq km (about 6500 sq mi), stretching 160 kilometres from east to west and over 180 kilometres north to south. She has 18 districts and counties with Dongcheng, Xicheng, Xuanwu, Chongwen, Chaoyang, Haidian, Fengtai and Shijingshan in the suburbs and Fangshan, Mengtougou, Changping, Tongxian, Shunyi, Daxing, Huairou, Miyun, Pinggu and Yanqing in the outer suburbs.

Population in Beijing is approximately 16 million inhabitants.

LOCAL ATTRACTIONS Forbidden City - Imperial City

Lying at the centre of Beijing, the Forbidden City, called Gu Gong, in Chinese, was the imperial palace during the Ming and Qing dynasties. Now known as the Palace Museum, it is to the north of Tiananmen Square. Rectangular in shape, it is the world’s largest palace complex and covers 74 hectares. Surrounded by a six meter deep moat and a ten meter high wall are 9,999 buildings. The wall has a gate on each side. Opposite the Tiananmen Gate, to the north is the Gate of Devine Might (Shenwumen), which faces Jingshan Park. The distance between these two gates is 960 meters, while the distance between the gates in the east and west walls is 750 meters. There are unique and delicately structured towers on each of the four corners of the curtain wall. These afford views over both the palace and the city outside. The Forbidden
City is divided into two parts. The southern section, or the Outer Court was where the emperor exercised his supreme power over the nation. The northern section, or the Inner Court was where he lived with his royal family. Until 1924 when the last emperor of China was driven from the Inner Court, fourteen emperors of the Ming dynasty and ten emperors of the Qing dynasty had reigned here.

Having been the imperial palace for some five centuries, it houses numerous rare treasures and curiosities. Listed by UNESCO as a World Cultural Heritage Site in 1987, the Palace Museum is now one of the most popular tourist attractions world wide.

<table>
<thead>
<tr>
<th>Admission Fee:</th>
<th>¥60 in summer; ¥40 in winter</th>
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</thead>
<tbody>
<tr>
<td>Opening Hours:</td>
<td>08:30 to 16:20 in summer; 08:30 to 15:20 in winter</td>
</tr>
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<td>Recommended Time for a Visit:</td>
<td>Three hours</td>
</tr>
<tr>
<td>Bus Route:</td>
<td>1, 5, 819</td>
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**Tiananmen Square**

Located at the centre of Beijing City is Tiananmen Square, where you can visit Tiananmen Tower, Monument to the People's Heroes, Great Hall of the People, Mao Zedong Memorial Hall and see the national flag raising ceremony.

<table>
<thead>
<tr>
<th>Admission Fee:</th>
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<tr>
<td>Opening Hours:</td>
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<td>Visit Duration:</td>
<td>Half an hour</td>
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**The Great Wall of China - Badaling Section**

Badaling is located at Yanqing County, more than 70 kilometers northwest from the centre of Beijing City. It is a mountain pass of the Jundu Mountain. Badaling is at the highest point of north end of the Guan'gou gorge, in which the Juyongguan Pass lies. In the history, the function of Badaling was to protect the Juyongguan Pass. Along with Guan'gou gorge, there are several
interests and historic sites. Badaling is a rare ancient military defence project. The elevation of it is about 1,000 meters. The wall of Badaling has a total length of 3,741 meters with an average height of 8 meters. The highest part is 15 meters. The total area for a tour is 19,000 square meters. The top of the wall can permit five horses to be ridden abreast. There are arched doors at the inner side of the wall with very little distance between each two doors. The arched doors lead you to the top of the wall by stone stairs. Near Badaling, there is a large-scaled Great-Wall-of-China Museum as well as the Great Wall National Theatre from which you can get a full and complete view of the Great Wall.

<table>
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<tr>
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<tr>
<td>Tourist Bus Route:</td>
<td>Take No. 1 at Front Gate</td>
</tr>
<tr>
<td></td>
<td>Take No. 2 at Beijing Railway Station</td>
</tr>
<tr>
<td></td>
<td>Take Lateral No. 2 at the west gate of Beijing History Museum</td>
</tr>
<tr>
<td></td>
<td>Take No. 3 at East Bridge</td>
</tr>
<tr>
<td></td>
<td>Take No. 4 at Xizhi Gate or Beijing Zoo</td>
</tr>
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</table>

The Summer Palace - The Imperial Garden

Located in Haidian District, some 12 kilometers northwest of the downtown, the Summer Palace is the largest imperial garden in the world. It is a veritable museum of classical Chinese garden architecture. Covering an area of 4,300 mu 290 hectares, the park in Beijing is an outstanding example of imperial gardens. The landscape architect utilized Longevity Hill and Kunming Lake to create a paradise of hills and waters. Artisans reproduced the garden architecture styles of various palaces in China and combined them to create a harmonious atmosphere. For example, the buildings in the palatial administration area and residential area near the East Palace Gate are courtyard dwellings linked to each other. The lake area in the south is divided by a dyke, imitating West Lake in Hangzhou. Structures on the northern side of the Longevity Hill area feature Tibetan S...
styles to create a poetic effect between different scenes. When you stroll among them, you will constantly find the area changing and not crowded.

<table>
<thead>
<tr>
<th>Admission Fee:</th>
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<td>Recommended Time Duration:</td>
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MUSEUMS & FORMER RESIDENCIES
There are over 120 museums scattered all over the city proper and suburban areas. In general, all museums are open from 9:00am till 4:00pm, and close on Mondays.

**Museum of Chinese History**
Add: East side of Tian'anmen Square Open: 08:30-16:00 Built in 1959 on the east side of Tian'anmen Square, it is China's largest State museum in which more than 60,000 antiques, historic documents and pictures are stored. It is regarded as a historic vista reviewing the evolution of the Chinese nation.

**Museum of Chinese Revolutionary History**
Add: East side of Tian'anmen Square Open: 08:30-16:30 Opened in 1961, the museum has collected some 120,000 relics, pictures and documents on the Chinese revolution from the May 4 Movement in 1919 to Liberation in 1949, especially after the founding of the Chinese Communist Party. The museum is adjacent to the Museum of Chinese History.

**Capital Museum**
Add: 13 Guozijianjie, Dongcheng District Open: 09:00-17:00 Closed on Monday Located in the tranquil Temple of Confucius, the museum holds some 80,000 antiques from the Yuan, Ming and Qing dynasties. An annual temple fair is held at Spring Festival, Portraying the ceremonial ritual in memory of Confucius.

**Beijing Museum of Natural History**
Add: 126 Tianqiao Nandajie Open: 08:30-16:00 Located on Yongdingmen Street in Chongwen District, the museum traces the evolution and development of human beings over the last 300-400 million years. A myriad of changes of our infinite universe, including a mini-Jurassic Park are open to public view.

**Hutong**
One of the unique features of Beijing is its numerous Hutongs which means small lanes. The life of ordinary people in these lanes contributes greatly to the charm of this ancient capital. In these small lanes, you'll find many siheyuan, or quadrangles which are the living quarters of ordinary Beijingers.
No one knows exactly how many lanes there are in Beijing which has been China's capital for five dynasties. But one thing is certain, if we connected all these lanes, their total length would be longer than the famous Great Wall, which is more than
6,000 kilometres long.
Why Beijing's lanes are called Hutong: According to historical records, a small scale
city first appeared in the Beijing area about 3,000 years ago. It was not until the Jin
dynasty in the 12 century that Beijing became the capital city for the first time. At
that time, there were no Hutongs in Beijing, just streets and roads.
The word “Hutong” is said to originate from the Mongolian language which is one of
China's minority language. It means a passage between rows of Siheyuan courtyard
house, the traditional residence of Beijingers, each consisting of rectangle
courtyard surrounded by one-storied tile-roofed houses, usually one to six meters
wide, hutongs are where life was going on for the last 700 years since they first
appeared in the Yuan Dynasty (1271-1368).

SIHEYUAN IN BEIJING
Dwelling compounds or quadrangles (Siheyuan) in Beijing are one important aspect
of the city's architectural heritage. Beijing's dwelling compounds are generally
rectangular, with the four sides squarely facing the cardinal points. Almost every
dwelling compound is surrounded by high walls, with an open courtyard in the
centre. The buildings on four sides are usually one storey high.
Stepping over the high wooden base of the front gate of a large compound, you will
find a brick screen located a few feet inside. In front of the screen is the outer
courtyard, which is flanked by structures to the east and west. In former days,
these were the kitchen and servants' living quarters. A red-painted gate leads
through the north wall of the outer court into the inner courtyard.
The main building faces south to get the maximum possible sunshine in winter, and
the eaves provide a pleasant shade in summer when the sun is high. The building is
divided into three or five rooms: living or community rooms in the centre with
smaller bedroom or studies at each end. The buildings facing east and west on each
side of the court were constructed to accommodate married children and their
families.
Some dwelling compounds consist of several courtyards. With no steel or concrete,
the entire dwelling was built of bricks and wood. The compounds are quiet,
beautiful and compact. Beijing residents like to live in them and even foreigners find
them attractive.
Today, Beijing still has about 400,000 residential quadrangles, mainly distributed
over the East, West, Xuanwu and Chongwen districts of the city. Those in the East
and West districts are in the best shape. The departments concerned with the
preservation of cultural relics in Beijing have earmarked a number of good-quality
dwelling compounds for protection.
### RECREATION DIRECTORY Cinema

<table>
<thead>
<tr>
<th>Cinemas</th>
<th>Address</th>
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<tbody>
<tr>
<td>Capital Cinema</td>
<td>46, West Chang'an Avenue, Xidan</td>
<td>6605-5510</td>
</tr>
<tr>
<td>Dahua Cinema</td>
<td>82, Dongdanbei Dajie</td>
<td>6525-0343</td>
</tr>
<tr>
<td>Haidian Cinema</td>
<td>84, Haidian Lu</td>
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</tr>
<tr>
<td>Shengli Movies</td>
<td>55, Xisidong Dajie</td>
<td></td>
</tr>
<tr>
<td>Ziguang Movies</td>
<td>Chaoyangmenwai Dajie</td>
<td></td>
</tr>
<tr>
<td>Aohua cinema</td>
<td>Opposite Shuang'an Shopping Center, Haidian district</td>
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### Peking Opera

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<tr>
<td>Chang'an Theater</td>
<td>7, jianbei Dajie</td>
<td>6510-1309</td>
</tr>
<tr>
<td>Liyuan Theater</td>
<td>1/f Qianmen Hotel, 175, Yong'anlu</td>
<td>6301–6688 ext. 8860</td>
</tr>
<tr>
<td>Huguang Guildhall</td>
<td>3, Hufangqiao Lu, Xuanwu District</td>
<td>6351-8284</td>
</tr>
<tr>
<td>People's Theater</td>
<td>74, Huguosi Dajie, Xicheng District</td>
<td>6618-1634</td>
</tr>
<tr>
<td>Beijing Workers Club</td>
<td>7, Hufangqiao lu, Xuanwu District</td>
<td>6352-9574</td>
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### Quyi

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<td>Lao She Teahouse</td>
<td>3, Qianmenxi Dajie</td>
<td>6303-6830</td>
</tr>
<tr>
<td>Tianqiao Happy Teahouse</td>
<td>113, Tianqiao Market</td>
<td>6304-0617</td>
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### Puppet Show Acrobatics

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<th>Troupe</th>
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<tbody>
<tr>
<td>China Puppet Show Art Troupe</td>
<td>A1, Anhua Xili</td>
<td>6425-4846</td>
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### Song And Dance Drama

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<tbody>
<tr>
<td>Poly International Theater</td>
<td>14, Dongzhimen Nan Dajie, Poly Plaza</td>
<td>6500-1188</td>
</tr>
<tr>
<td>Universal Theater</td>
<td>North of Poly Plaza</td>
<td>6502-3984</td>
</tr>
<tr>
<td>Chaoyang Theater</td>
<td>36, Dongshan Huan Beilu</td>
<td>6507-2421</td>
</tr>
<tr>
<td>Wan Sheng Theater</td>
<td>95, Tianqiao Market, Xuanwu District</td>
<td>6303-7449</td>
</tr>
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Native Productions
Antiques
A good place to find a wide selection of antiques is at Liulichang. Liulichang is a street in Hepingmen, and many of the stores are quite old. This area has everything from scrolls, to jade articles to decades-old cigarette ad posters. There are definitely treasures to be found here, but it is hard to tell genuine antiques from dirty fakes.
Real antiques are supposed to bear a red official seal that proves their authenticity, but sometimes-real ones don't have it and fake ones do. The best attitude to have is: if you like it and you can bargain down to a price you can accept, just go for it. Small jade articles and silver trinkets make great presents for people at home and they are easy to take on the plane.
Another large antiques market is the Antiques City at Panjiayuan. This is a multi-storey building which is full of antiques and general kitsch.
Beijing Curio City, gathering more than 250 curio shops under one roof, is China's largest trade centre for antiques and folk art works. Many of the dealers are themselves connoisseurs and curio collectors. Antiques that date before 1795 are forbidden for sale or export. Those dated between 1796 and 1949 should bear a
small red seal and a Certificate for Relics Export from the Beijing Cultural Relics Bureau (BCRB), to allow them to be taken out of China. The seal also proves the genuineness of the items. A word of caution: Keep receipts which should indicate the name and age of the antiques if these items are bought in BCRB-designated stores.

Porcelain
Porcelain, the original China, is still a major industry, producing dinner services, figurines and reproductions of antique vases, teapots and the like. The finest porcelain in the world can be easily purchased in China.

Cloisonné
Cloisonné (enamel formed in patterns of copper wire) is an art form developed in the 15th century, and now used to decorate vases, bowls, lamps, jewellery and ornaments. Cloisonné is a famous traditional enamel ware, known as the "Blue of Jingtai" in China, with a history of over 500 years. It was so called "blue" was the typical colour used for enamelling and "Jingtai" was the reign title of the 7th Ming Emperor. Enamel ware became very popular during the Emperor's reign. There is a great variety of products, such as vase, jar, bowl, plate, box and ash-tray. They are brilliant in colours and splendid in design. Cloisonné is one of the famous arts and crafts of Beijing.

The making of Cloisonné requires rather elaborate and complicated processes; base hammering, copper-strip inlay, soldering, enamel-filling, enamel-firing, polishing and gilding. The products are featured by excellent quality. The skill and workmanship have been handed down from the Ming Dynasty. Quite a number of new varieties have been created.

Silk
Silk, which has brought fame to China, can be readily found in a dazzling array of colours, patterns and textures. While large State-owned stores like the Beijing Yuanlong Silk Corporation Ltd can be trusted for quality and offer ready-made clothes as well as a complete array of fabric, private markets like Xiushui and Yabaolu sell all kinds of silk clothing from shirts, underwear and trousers, to pyjamas and bedspreads at negotiable prices. Most vendors at the markets are self-employed and speak some English. All the products are marked in Western sizes, but sizes are often deceiving, try on for size. Chinese long gowns are considered the most elegant garment most suitable for women's figures.

Handicraft
Clay figurines and animals can be traced back to 1840s, and are still one of the most unique crafts in North China. Dough modeling is another traditional folk art handed down from ancient times. Kneaded in half-cooked glutinous rice flour, dough figures, flowers and birds are popular small toys and exhibits in Beijing.
Paper cutting is one of the most popular handicrafts in Beijing. There is a wider variety of paper cutting patterns than you can imagine available.

Kites can be used as ornaments and toys. One of China's favourite past times is flying kites, especially in Beijing where there is usually plenty of wind around to send them soaring into the sky. Available in many art and craft stores, Kites are among the best Chinese presents to friends back home.

Snuff bottles, with paintings inside, represent a popular art from the Qing Dynasty and make excellent small gifts. You and your friends will marvel for years on how the artist paints such intricate drawings on the inside of these very small bottles.

Embroidery & drawn work appear on table cloths, napkins, sheets and handkerchiefs, all of which are excellent buys. The Beijing Yuanlong Silk Corporation Ltd has a wide selection.

Shopping Areas

Wangfujing
Wangfujing intersects with East Chang'an Avenue. It has a history of more than 100 years. The street, which is less than one kilometre long, is lined with shops. The best known shop is the Beijing Department Store. To the north of the department Store is the One World Department Store, hosting a collection of Chinese and foreign name brands and fine quality products. The Oriental Plaza, which is considered a miracle in Chinese architectural history, stands just by the south entrance of Wangfujing.

Qianmen
Qianmen street was a commercial centre of Beijing more than 500 years ago. Its old shops and small stalls are preferred by Beijingers. Not far from Tian'anmen Square is Xidan, which is regarded as the second Wangfujing. The street is lined with shopping centres, food bazaars and garment markets.

Silver Street
Silver street is in the Dongdan Beidajie. It is where all the franchised foreign name brand shops are concentrated. Jianguomenwai Dajie is famous for its colourful metropolitan scenes. The street is lined with star-rated hotels, office buildings, fancy restaurants, beauty salons and shopping centres. The well-known shopping centres are Friendship Store, SCITECH Plaza, Guiyou Department Store and the China World Shopping Mall.

Xidan commercial Area
Xidan commercial Area, north of west chang'an Avenue, gives a wide range of shopping options. At one end is the Xidan Market, the largest shop in this area. The old store has recently undergone major renovation, which gives it a completely new and modern look. Its open shelves, spacious shopping area, great variety of goods and the warm and understanding staff are a boon. Next to the market is Xidan shopping Centre.
Chaowai Dajie
Chaowai Dajie is rather new compared to the shopping areas above. Yet the modern shopping centres along the street will soon make this street another hot spot of Beijing. The well-known shopping centres are Full Link Plaza, Jian International Centre, Landao Building, Landao Xiqu (west district).

The Silk Market
Despite its name, the Silk Market has much more than just silk. The silk products here are cheap, and therefore popular, but there are also a lot of cashmere garments, down jackets, leather goods, shoes, hats, watches and some handicrafts and trinkets. The Silk Market basically consists of a long, narrow street (Xiushui Jie) lined with dozens of stalls. One of the main things about the Silk Market is the fact that none of the prices are set. This can work for or against you. It all depends on your bargaining skills. It is often helpful to bring along a Chinese friend who can help you bargain.
If you are a tall person (6' and up) the Silk Market is the best place for you to buy clothes and shoes. Usually the shopping plazas and super-stores do not have really large sizes. If you are size 12 shoe size or larger, then the only place to really go is to the Silk Market.
The silk and cashmere goods are also much cheaper than they would be in other stores or in other countries. These items make great gifts for friends back home, especially the silk Mickey Mouse boxer shorts which you can't get away from. There is also a large selection of fake Rolex, Omega and other wristwatches, rivalled only by the street hawkers of New York City.

DINNING

Table Manners
The main difference between Chinese and Western eating habits is that unlike the West, where everyone has their own plate of food, in China the dishes are placed on the table and everybody shares. If you are being treated by a Chinese host, be prepared for a ton of food. Chinese are very proud of their culture of food and will do their best to give you a taste of many different types of cuisine. Among friends, they will just order enough for the people there.
If they are taking somebody out for dinner and the relationship is polite to semi-polite, then they will usually order one more dish than the number of guests (e.g. four people, five dishes). If it is a business dinner or a very formal occasion, there is likely to be a huge amount of food that will be impossible to finish. A typical meal starts with some cold dishes, like boiled peanuts and smashed cucumber with garlic. These are followed by the main courses, hot meat and vegetable dishes. Finally a soup is brought out, which is followed by the starchy "staple" food, which is usually rice or noodles or sometimes dumplings. Many Chinese eat rice (or noodles or whatever) last, but if you like to have your rice together with other dishes, you should say so early on.

**Chopsticks**
You really have to master the art of using chopsticks if you visit China. In every restaurant, you will be provided with chopsticks instead of forks and knives. Don’t be frightened, they are easy to use. Use your thumb and the fourth finger to grip one stick and your forefinger and middle finger to grip and control the other stick. After practising a while, you will be able to pick up pieces of food. If you are able to pick up a bean with chopsticks, this means that you have graduated. If you cannot use them, you can always ask for fork and knife in a tourist restaurant.

**Beijing Roast Duck**
Beijing Roast Duck dates back to the Ming Dynasty, about 600 years ago. The two famous Beijing Roast Duck restaurants in Beijing are Bianyifang (Shop of Convenience and Pleasure) and Quanjude (Complete Collection of Virtues), both having a history of 400 years. The original Bianyifang was in the Rice Market Hutong while the original Quanjude was in the Meat Market, both in the southern part of the city.

Now they both have many branches. Two main branches of the Bianyifang are located at Qianmen (Front Gate) Street and at Chongwenmen, while two of the largest branches of Quanjude are at Hepingmen (Peace Gate) and Wangfujing. Almost every part of the duck (except the feathers) can be made into hot or cold dishes, (for example, the wings, webs, tongue, heart and liver). This is called the "Complete Duck Feast". The duck head is cut in half and served on a small plate with the tongue. The head is usually for the guest of honour, but if you cannot face it you do not have to eat it. The bones of the duck are made into soup which is served near the end of the feast.

**Court Cuisine**
Court Cuisine originates from the imperial kitchen which cooked food for the emperor and his family. After the fall of the Qing Dynasty, some chefs from the imperial kitchen opened restaurants in the capital to introduce the special food once only eaten by the imperial family.

Fangshan (Imperial-style) Restaurant sits on the island in Beihai Park in a traditional courtyard facing the lake. Apart from delicious dishes meticulously prepared with rare and expensive foodstuffs such as birds nests and sharks fins, the restaurant is also known for its pastries, including pea-flour cakes, kidney bean-flour rolls, miniature corn buns and sesame seed buns with chopped meat filling.
A newly-opened branch of restaurant of Fangshan style, Yushan Restaurant, is located a few hundred yards to the west of the north gate of the Temple of Heaven in the southern part of the city.

Tingliguan (Hall for Listening to the Orioles) Restaurant, in the Summer Palace, serves more than 300 dishes and pastries from the Qing and Ming imperial recipes. The "All-fish Feast" is a speciality of the restaurant. The fish is caught from the Kunming Lake and cooked in a unique way. When the fish is served on the table, its mouth is still opening and closing and its gills flapping. Diners should not be frightened; it is falsely alive. The secret lies in keeping the nerve centre of the fish intact.

**Mongolian Hot-Pot**

Mongolian Hot-pot is a traditional brass pot with a wide outer rim around a chimney and a charcoal-burner underneath. Water is heated to boiling point in the rim, and the diners dip thin slices of raw meat in the water, where the meat cooks quickly. The cooked slices are then dipped in to a sauce. The meat can be anything, from lamb, veal, pork, chick, fish to prawn. There are vegetables, bean noodles, mushrooms and bean curt to be boiled in the rim as well. The sauce is prepared personally by the diner by selecting from a few dozen kinds to suit his/her own taste. You may want it hot, sweet, or salty. People usually do not eat rice when they have Mongolian Hot-pot. The traditional food to accompany the hot-pot is buns or noodles.

Nowadays, some restaurants provide each diner a small hot-pot with solid-alcohol fuel. They no longer look like the traditional ones but are more hygienic. Some people still prefer the traditional ones because they think it gives a greater atmosphere of "gathering together".

**Barbecued Meat**

Barbecued Meat is a Manchu food which has become very popular in Beijing. Meat, mainly beef or mutton, is cut into thin strips or slices, and then soaked in a mixture of soy sauce, crushed ginger, wine, shrimp paste, sesame seed paste, rice vinegar and chopped coriander. The meat is then barbecued over a highly-heated grill before it is served.

The most famous restaurants of barbecued meat are Kaorouji (Barbecued Meat Quarter) which was opened in 1848 and is located on the bank of Shishahai Lake north of Beihai Park, and Kaorouyuan (Barbecued Meat Garden) which is also over a century old and is near Xuanwumen in the south-western part of the city. Nowadays, there are many barbecued meat restaurants in the streets, but most of them are Korean ones.

**The Four Cuisines**

Many foreigners have eaten at Chinese restaurants before they come to visit China. Since most Chinese restaurants abroad are Sichuan or Cantonese, they may have the impression that Chinese restaurants only serve hot spicy food or Dim sum. Some even think that Chow mein is the typical Chinese food.
Chinese food varies from place to place mainly according to geographical
difference. Some dishes are hot, some sweet, some salty and others sour. In
general, Chinese food is divided into four main cuisines: Shandong, Cantonese,
Huaiyang and Sichuan.

Of each cuisine, there are several different types. For instance, the Shandong
cuisine includes Beijing food (known as Mandarin food) and Shandong food; the
Cantonese cuisine consists of Cantonese and Chaozhou food; the Huaiyang cuisine
refers to Anhui, Jiangsu, Shanghai and Zhejiang food; the Sichuan cuisine
represents Sichuan, Yunnan and Hunan food.

Do you have to travel to these regions to taste the different specialities of Chinese
cuisine? No. Without leaving Beijing, you can sample various delicacies in
restaurants of different cuisines. Eating in Beijing, you will find the city is as famous
for it "food culture" as it is for its ancient sights.

**Shandong Cuisine**
Shandong cuisine is probably the main feature in home cooking in Beijing. Since the
province is on the coastline, the food includes mainly fish and seafood dishes, like
sea cucumber, prawns, crab, eel and the well-known dish "Fried Scorpions", which
has already been mentioned.
Since Shandong is in northern China where wheat is the main crop, steamed bread,
noodles, and many other foods made of wheat flour are often served in Shandong
restaurants.

**Cantonese Cuisine**
Cantonese cuisine is known for its fresh and delicate flavours. The Cantonese do not
eat "dead" things. All the freshwater fish or seafood is kept in glass water tanks in
the restaurant, and diners can point out what they want and it will be killed
immediately, cooked and served in ten minutes. The only "dead" things used in its
cuisine are dried seafood such as shark's fin and abalone.
Cantonese snacks are one of the best known, and Dim Sum is popularly served in
many restaurants, especially in the morning. Diners are first served tea and may
pick various kinds of snacks from small trolleys which are wheeled to each table.
Waiters tick off the ones you have picked, and the bill is paid when you have
finished eating.

**Sichuan Cuisine**
Sichuan cuisine is famous for its spicy, hot food. This is probably the result of the
province's wet weather, in which people have to keep their body "dry" and hot food
helps to increase their internal "heat". In addition to chili, Sichuan food uses
"Sichuan pepper" in almost every dish, which makes your tongue feel hot and numb.
Even in snacks, hot sauce is very common. So if you are not keen on hot food or it
doesn't agree with you, you'd better ask the waiter to make it less spicy.
Sichuan hot-pot is very popular, especially in winter. A thick layer of chili-oil is
floating on top of the water in the pot, so the meat cooked in the pot is covered with
a hot coating of it when it is scooped out of the pot. The flavour is quite unique and
it's hot enough to make you break out in a sweat, so have a nice cool drink at hand.
Huaiyang Cuisine

Huaiyang cuisine is specialised, with its rather light and sweet food. Since it originated from the area in the Huaihe and Yangtze River basins, river fish, crab, eel, shellfish, turtle, poultry and pork are the main ingredients. The best known dishes are "Squirrel Fish" in sweet and sour sauce and the "Beggar's Chicken" which is wrapped in clay and cooked on an open fire. Snacks are mainly made of rice-flour since rice is the staple food in the region, and most of them are sweet. So diners with a sweet tooth may like Huaiyang cuisine.

LaoShe Tea House

Lao She Teahouse, established in 1988, is named for the famous Chinese author, Lao She, and one of his better-known works, "Teahouse." At Lao She Teahouse, customers sit in an old-world Beijing setting, and can drink the best teas in China, watch all kinds of traditional Chinese performance art, enjoy delicious traditional Beijing-style snacks, and delicacies the likes of which were eaten by Qing Dynasty Emperors. Since it opened, Lao She Teahouse has entertained many famous people from China and all over the world, and as a result the Teahouse is known and loved in many different countries. In 1989, Lao She Teahouse received former Chinese National Chairman Yang Shangkun; in 1992 Lao She Teahouse was visited by former Japanese Prime Minister, Toshiki Kaifu; in 1993, Singaporean President, Wang Dingchang came; and in 1994 former United States President, George Bush visited the Teahouse as well.