



“Beijing: Explore, Experience & Enjoy” Community Patch by Troop 05730

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The requirements for this patch give a good, concise history of **Beijing** “walking” you through different areas of the city, tasting different snacks and enjoying local activities. The starred rocker for “real Beijinger” is earned by completing one Extreme activity. Be sure to check how many you should do based on your grade level (all requirements may be completed online).

Cost: 3 USD for the patch (6cm), 1 USD for the Beijinger rocker (2cm)

Meet eight spirited Girl Scouts living in the heart of Beijing, united by friendship, curiosity, and a deep love for their city. With a mission to share the magic of Beijing with the world, these young ambassadors created a special adventure packed experience. Through this patch, visitors can explore the city's most iconic landmarks, including the majestic Great Wall, the historic Forbidden City, the serene Summer Palace, and the awe-inspiring Temple of Heaven.

But it's not just about sightseeing. The girls are passionate about giving a true taste of local life. From pedalling through hutongs on traditional bicycles, sampling delicious Beijing street food like jianbing and tanghulu, to playing jianzi — a favorite Chinese foot-shuttle game — each activity is a window into the culture and everyday joy of this incredible city. With creativity, teamwork, and plenty of enthusiasm, these Girl Scouts are turning their love for Beijing into an unforgettable adventure for everyone who visits.



**Number of activities required to earn the
Beijing Community Patch per Grade Level**

K-1 (Daisies).....	1 Explore, 1 Experience, 1 Enjoy
2 -3 (Brownies).....	2 Explore, 1 Experience, 1 Enjoy
4-5 (Juniors).....	2 Explore, 2 Experience, 2 Enjoy
6-8 (Cadettes).....	3 Explore, 3 Experience, 2 Enjoy
9-12 (Seniors & Ambassadors).....	4 Explore, 4 Experience, 3 Enjoy

Explore
北京

Forbidden City – Who was the last Emperor of China?
Heavenly Pagoda – What is the colour of the roof and why?
Bell Tower – Belongs to which UNESCO World Heritage site?
Summer Palace – Name 3 sites part of the Summer Palace
Great Wall – How long is the Great Wall and why was it built?

Experience

Join square dancing grannies – Name 2 Popular Chinese Traditional Dances
Order or make your own dumplings – Which is your favourite type and filling?
Kick jianzi – What is it and what is it made of?
Chinese Culture – Count from 1 to 10 with one hand
Roof mythical creatures – Where can you find them and what they mean?

Experience
北京

Enjoy
北京

Peking Duck 烤鸭 – Have one with friends or try cooking one
Play Mahjong – With the elderly on a street corner or online
Cycling in Beijing – Guess 3 fun facts or rent a bike and ride
798 – Walk through this Art Zone or research its history online
Street food – Grab a few bites at Nanluoguxiang or name 5 typical Beijing's delicacies

Extreme (only for the brave)

Take subway (Bonus if during peak hours) – How many lines (as of July 2025)?
Take a dip in Liangma river or find out about the elderly “swimming club”
Eat pickled vegetables at Liubiju – What is the missing 7th item that “must be there”?
Hutongs – Visit or look for the oldest, shortest, narrowest, longest and curviest
Sit through a Peking Opera show or watch an entire one on-line

Extreme
北京

**Share your adventures with us!!! Email beijinggirlscouts@usagso.org for patch information, to
send us pics of your adventures, or if you have any questions related to this activity.**

Explore

Forbidden City – Puyi was the final emperor of China, reigning as the eleventh monarch of the Qing dynasty from 1908 to 1912. When the Guangxu Emperor died without an heir, Empress Dowager Cixi picked his nephew Puyi, aged two, to succeed him as the Xuantong Emperor. Puyi's father, Zaifeng, Prince Chun, served as regent before Puyi was forced to abdicate as a result of the Xinhai Revolution, which ended two millennia of imperial rule and established the Republic of China.

Heavenly Pagoda – The dark blue roofs throughout the Temple of Heaven complex are a consistent visual representation of the celestial connection, a deliberate choice to emphasize the temple's function as a site for worshipping heaven and praying for good harvests. This was not always the case, as the Hall of Prayer for Good Harvests once featured a tiered roof with blue on top, yellow in the middle, and green on the bottom, symbolizing Heaven, the Emperor, and the Earth, respectively.

Bell Tower – Is part of the 7.8km long Beijing Central Axis, a north-south line running through the heart of Beijing, China, connecting historical and cultural landmarks. It was recently inscribed on the UNESCO World Heritage List, recognizing its outstanding universal value and contribution to world urban planning.

Great Wall – The total length of the Great Wall is 21,196.18 km (13,170 miles). Sections were built during different time periods, and the length of each section varies.

Defence: The Wall was primarily built to protect the Chinese states and empires from invasions and raids by various nomadic tribes from the north, including the Mongols.

Protect the Silk Road Trade: The Wall also served in regulating and protecting trade and immigration along the Silk Road (an ancient route linking China with the West), therefore controlling the movement of goods and people across the border.

Summer Palace – **Long Corridor:** This 728-meter-long corridor is famous for its 14,000 paintings depicting various scenes from Chinese history, folklore, and mythology.

Tower of Buddhist Incense: Situated on Longevity Hill, this multi-tiered tower is a landmark of the Summer Palace and a stunning example of traditional Chinese architecture.

Kunming Lake: This vast, man-made lake covers a significant portion of the Summer Palace and offers picturesque views, particularly from the Long Corridor and the Marble Boat.

Experience

Popular Chinese Traditional Dances – So-called square dancing has in the past decades become a hugely popular pastime for China's growing senior population, giving the retirees, mostly women, a chance to exercise and make friends at the same time.

Dragon Dance The dance is performed by a team of experienced dancers who manipulate a long flexible giant puppet of a dragon using poles positioned at regular intervals along the length of the dragon, simulating the imagined movements of this mythological creature in a sinuous, undulating manner.

Lion Dance Two people operate the lion, one at the head and one at the tail of the lion, and another person wearing the masks plays the role of "Happy Buddha". In Southern China, the Lion Dance plays the role of spiritual protection or blessing.

Fan Dance Civilian fan dance was for entertainment, focusing on the graceful and elegant movement. These fans are rarely paper fans, but embellished with feathers, jewels, bamboo, or other materials, showing the high level of craftsmanship and creativeness.

Sword Dance Popular under the Tang Dynasty and mainly performed as royal entertainment, it resembles the form of martial art. The sword can be single, double or dagger sword. Tassels are added for decorating purpose and enhance the amuse of the performance.

Peacock Dance The origin is traced thousands year ago in Yunnan, China after a legend of Dai Minority people. A man saw a beautiful peacock dancing so delicately that he imitated it. In their culture, the peacock represents beauty, elegance, and good luck, and is the animal connected with heaven.

Dumplings – Jiaozi may be divided into various types depending on how they are cooked:

Boiled dumpling 水饺; shuǐjiǎo; water dumpling

Steamed dumplings 蒸饺; zhēngjiǎo; steam dumpling

Pan-fried dumplings 煎饺 jiānjiǎo; dry-fried dumplings, and 锅贴; guōtiē; also referred to as "pot-stickers"

Deep-fried dumplings 炸饺; zhàjiǎo; deep-fried dumplings

Soup dumplings 汤饺; tāngjiǎo; soup dumpling

Common dumpling meat fillings include chicken, pork, beef, shrimp, and fish which are usually mixed with chopped vegetables. Popular vegetable fillings include napa cabbage, scallion (spring onions), celery, leek, spinach, mushroom, carrot, garlic chives, and edible black fungus.

Jianzi – It's a traditional Chinese sport in which players aim to keep a heavily weighted shuttlecock in the air using their bodies apart from the hands. The primary origin of jianzi is an ancient Chinese game called Cuju, from the Han dynasty. The shuttlecock typically has four feathers fixed into a rubber sole or a plastic disc. Some handmade jianzi make use of a washer or a coin with a hole in the centre.

Counting 1 to 10 – In China, a unique set of hand gestures is used to represent numbers one through ten:

1 (一, yī): Index finger extended.

2 (二, èr): Index and middle fingers extended.

3 (三, sān): Thumb, index, and middle fingers extended.

4 (四, sì): Thumb tucked in, other four fingers extended.

5 (五, wǔ): All fingers extended, palm facing out.

6 (六, liù): Thumb and little finger extended, other fingers curled.

7 (七, qī): All fingers and thumb pointed together.

8 (八, bā): Thumb and index finger extended, other fingers curled.

9 (九, jiǔ): All fingers curled except the index finger, which is slightly bent.

10 (十, shí): Cross the index and middle fingers, with the other fingers curled.

Mythical creatures – Only official buildings (palaces, government buildings, and some temples) were permitted to use such roof decorations. The number of these animals is not arbitrary; it reflects the building's rank and importance.

Immortal riding a phoenix: Represents protection and leadership, the phoenix is a symbol of good fortune and auspiciousness.

Dragon: The dragon is the most important creature, symbolizing the emperor and imperial power.

Phoenix: Representing auspiciousness and harmony, the phoenix is paired with the dragon.

Lion: Symbolizing bravery and grandeur, the lion is a guardian figure.

Sea Horse: A sea creature with a horse head and fish body, it's said to transform bad fortune into good.

Heavenly Horse: A winged beast, it represents speed and the ability to travel vast distances.

Wind and storm fish: It's a sea monster, causing waves to put out the fire.

Mythical lion: One of the dragon's sons, it enjoys flames and is associated with the blessing of peace.

Heatae: It is the fairest judge in ancient mythology, able to distinguish between right and wrong.

Goat-bull: It is used to prevent flooding.

Enjoy

Peking duck – It's a dish from Beijing that has been prepared since the Imperial era. The meat is characterized by its thin, crispy skin, with authentic versions of the dish serving mostly the skin and little meat, sliced in front of the diners by the cook. Ducks bred especially for the dish are seasoned before being roasted in a closed or hung oven. The meat is often eaten with spring onion, cucumber, and sweet bean sauce, with pancakes rolled around the fillings. If you want to give it a try follow this [simplified method](#).

Mahjong – It's a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is played by four players throughout East and

Southeast Asia and have also become popular in Western countries. The game has also been adapted into a widespread online entertainment.

Cycling in Beijing – Here are some fun facts about cycling in Beijing:

Resurgence of Cycling: Despite the rise of private vehicles, cycling is making a comeback in Beijing, with a significant increase in the number of cycling trips.

Chang'an Avenue: This iconic avenue boasts wide, dedicated bike lanes, providing a comfortable and safe cycling experience.

Hutong Exploration: Cycling through the traditional alleyways (hutongs) offers a glimpse into Beijing's rich cultural heritage.

Cultural Tourism Routes: The city has developed 21 cultural tourism cycling routes, showcasing different aspects of Beijing's history and culture.

Historical Significance: Beijing was once known as the "Kingdom of Bicycles," with cycling playing a vital role in transportation and daily life.

Bike Sharing: The city's bike-sharing program has also contributed to the increased popularity of cycling.

798 Art Zone – Also called Dashanzi Art District, it's a complex of 50-year-old decommissioned military factory buildings boasting a unique architectural style that houses a thriving artistic community.

In the 1950s this area housed factories designed by East German architects as part of a socialist collaboration between China and East Germany. The most notable was Factory 798, a key site for electronics and military equipment. Over the decades, as China's economy shifted and production moved elsewhere, the factories were gradually abandoned. By the late 1990s, local artists began to occupy the empty spaces, attracted by the raw industrial aesthetic that provided the perfect backdrop for large-scale installations and creative experimentation. Make sure to visit:

Ullens Center for Contemporary Art (UCCA) - hosting rotating exhibitions from both Chinese and international artists.

Originality Square - Keep your eyes peeled for the statue of the winged horse (or Cholima) that was erected to commemorate the visit of North Korea's Kim Il Sung in the factory's heyday.

The Old Train Station - Remnants of a special 1950s extension to Beijing's railway line, used to transport factory building materials directly to Russia. The fascinating disused train tracks, station and carriages still remain in their original position today.

Street Art: Murals and sculptures adorn the area, making every corner a potential photo opportunity.

Street Food – Street food has always been an integral part of daily life in Beijing. Whether it's a quick bite on your way to work or a late-night snack with friends, the city's food stalls offer a unique glimpse into its culinary heritage. Nanluoguxiang is a historic alleyway lined with trendy shops and eateries and it's a popular spot for both locals and tourists, offering a mix of modern and traditional street food in Beijing.

Some of the top snacks to try:

Jianbing is one of the most popular breakfast foods in Beijing, often compared to a savory crepe.

Chuan'r, or grilled meat skewers, especially popular during the evening.

Baozi, or steamed buns, are fluffy buns filled savoury pork, beef, or vegetables.

Tanghulu consists of hawthorn berries (or other fruits like strawberries or grapes) skewered on a stick and dipped in a sugar syrup, which hardens into a shiny, crunchy shell.

Old Beijing Yogurt served in charming ceramic jars, can be enjoyed at room temperature, chilled, or warmed. The jars are returned after use, preserving its nostalgic charm.

Mending Meat Pie is named after "door nails" due to its resemblance to the round, raised nails on old Beijing doors. Each pie features a golden, crispy crust filled with steaming hot meat.

Lüdagun – Rolling Donkey are chewy rolls made from glutinous rice flour and filled with sweet red bean paste. The name comes from its appearance, resembling a donkey playfully rolling in the dust.

Zhajiangmian meaning "noodles with fried bean sauce," is a hearty dish featuring thick, chewy wheat noodles topped with chopped pork or beef and a rich and savoury sauce made from fermented soybeans.

Youtiao or Fried Dough Sticks, is a favourite breakfast in China. Think of a doughnut without any sugar.

Extreme

Beijing Subway – As of July 2025, this rapid transit system of Beijing Municipality consists of 29 lines including 24 rapid transit lines, two airport rail links, one maglev line and two light rail tram lines, and 523 stations. The rail network extends 879 km (546 mi) across 12 urban and suburban districts of Beijing and into one district of Langfang in neighboring Hebei province. In December 2023, Beijing Subway became the world's longest metro system by route length.

Liangma river – is not only a visually appealing addition to the Beijing cityscape, following 2020 upgrades to its walkways, lighting system, and outdoor pavilions, it became an ideal urban oasis for a variety of water-based activities. Liangma river is fed by the Bahe River, which forms an ancient canal system constructed 800 years ago to prevent flooding of the imperial city. Liangma river these days is home to regular swimmers, boaters, and amateur fishermen. The elderly “swimming club” has been using the canal daily as their personal lap pool for the past 40 years. This intrepid squad will swim well into December and January, undeterred by increasingly frigid temperatures. Some of their number even claim that the canal is their secret to long-lasting strength and health.

Pickled vegetables, known as 腌菜 (yān cài), are a common and beloved part of the local cuisine. They are created by preserving vegetables like cucumbers, radishes, and Chinese artichoke root in salt or vinegar solutions and then flavouring them with various sauces. These flavourful and crunchy side dishes are enjoyed for their ability to stimulate the appetite and are readily available, often found in markets or specialty shops like Liubiju, a Beijing-based brand known for its pickled vegetables. Liubiju 六必居 is a Beijing-based manufacturer of traditional Chinese sauces, pickles, and seasonings. It is also a China Time-Honored Brand, well known for its sauce (yellow soybean paste and sweet soy sauce) and pickles. The name Liubiju comes from the Chinese proverb “开门七件事：柴、米、油、盐、酱、醋、茶” (English: Seven items needed for going into business: firewood, rice, oil, salt, sauce, vinegar, and tea). Because the shop sold all of these except tea, it got the name Liubiju, roughly translating to 'six must be there'.

Hutongs are a network of narrow streets and alleyways, typically lined with traditional courtyard residences (siheyuan). Some of the most popular hutongs to visit include:

Oldest: Zhuanta Hutong, named after an 800-year-old pagoda, is one of Beijing's oldest alleys.

Longest: Dongjiaomin Lane is the longest hutong, stretching nearly 3 km. Once the location of many foreign embassies, it is the only remaining Western-style building complex in Beijing from the early 20th century.

Shortest: Yichi Dajie (“One-Foot Street”) is only about 30 meters long.

Widest: Lingjing Hutong is the widest, located near to Xidan and reaching over 30 meters across.

Narrowest: Qianshi Hutong is just 0.7 meters wide and was once a financial center.

Most Curves: Jiuwan (Nine-curve) has over 13 turns in 390 meters, like a maze near Qianmen Street.

Skewed: which is different from the typical east-west or north-south orientation of other hutongs, Yandaixie Street (smoking pipe) is a remnant of the Qing dynasty days when the street was filled with tobacco shops and Manchu pipe smokers.

Richest: Xijiaomin Lane, known as “Financial Street”, was home to more than a dozen banks from the late Qing Dynasty to the end of the 20th century, including Central Bank and Continental Bank.

Peking opera – typically lasts about two hours, the show usually includes extracts from classic operas, showcasing traditional high-pitched singing, dancing, fighting, acrobatic actions, elaborate costumes, and face painting, all accompanied by live music from a small band. They tell stories of history, politics, society and daily life and aspire to inform as they entertain. Traditionally, stage settings and props are kept to a minimum. Costumes are flamboyant and the exaggerated facial make-up uses concise symbols, colours and patterns to portray characters' personalities and social identities. Peking opera is transmitted largely through master-student training with trainees learning basic skills through oral instruction, observation and imitation.