UCI BMX RACING WORLD CUP

MENTOUGOU-BEIJING CHINA

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欢迎手册

WELCOME GUIDE

2026.10.3-4



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Welcome guide

Welcome to Mentougou, a scenic district in western Beijing. Boasting rolling mountains, profound cultural heritage and tranquil natural scenery, Mentougou perfectly blends traditional charm with modern vitality. We wish you a pleasant stay and an unforgettable experience during the event. We extend our best wishes to all athletes and team supporters for outstanding performances, and hope every guest enjoys their time in China.

Welcome, and best of luck!

欢迎指南

欢迎来到地处北京西部、风光秀美的门头沟区。这里青山连绵，文脉厚重，山野清幽，古韵与新风在此相得益彰。

愿您在此期间旅途舒心，领略本土风情，在本次活动中留下难忘回忆。若您是参赛选手或随队助威人员，预祝赛事旗开得胜；也祝愿所有到访宾客在中国度过一段美好时光。

诚挚欢迎八方来客，预祝赛事诸事顺遂

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General information

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General information

Time zone : UTC+6 during European Summer Time
Local currency : Yuan (¥)

Exchange Rates : 1 EUR ≈ 7.73 CNY / 100 CNY ≈ 12.92 EUR
1 USD ≈ 6.77 CNY / 100 CNY ≈ 14.78 USD
1 GBP ≈ 9.07 CNY / 100 CNY ≈ 11.01 GBP

Mobile payments via WeChat Pay and Alipay are widely used across China.International credit cards are accepted at selected venues but not universally. We recommend carrying a small amount of RMB for daily use.

基础须知

时区：夏令时期间，比欧洲快 6 小时
本地货币：人民币 (¥)

参考汇率：
1 欧元 ≈ 7.73 元人民币 / 100 元人民币 ≈ 12.92 欧元
1 美元 ≈ 6.77 元人民币 / 100 元人民币 ≈ 14.78 美元
1 英镑 ≈ 9.07 元人民币 / 100 元人民币 ≈ 11.01 英镑

在中国，日常消费大多使用微信支付、支付宝等移动支付软件。部分场所支持国际信用卡，但并非全部商户通用，建议随身携带少量人民币备用。

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Internet Access in China

Internet Access in China

Mobile Data Access Options
- Purchase an international roaming package from your local telecom provider before departure.
- Buy and activate an e-SIM online prior to your arrival in China.
- Purchase a local physical SIM card after arriving in China.

Recommended Apps

WeChat : Primary communication tool for contacting staff, teammates and local residents, and supports mobile payment.

Alipay : A mainstream payment platform for shopping, dining and daily consumption.

DiDi : Official ride-hailing application for travel across Beijing.

Amap (Gaode Maps) : Reliable local navigation for venues, hotels and restaurants.

Baidu Translate : Supports offline text and voice translation to break language barriers.

中国境内网络使用指南

手机流量上网方案：

出发前在本国运营商办理中国国际漫游流量包

出行前线上购买电子 SIM 卡，抵达中国后激活使用

抵达国内后购买本地实体电话卡

在华必备推荐软件：

微信：联络工作人员、队友及本地人员的主要通讯工具，同时支持移动支付

支付宝：覆盖购物、餐饮等全场景的主流支付软件

滴滴出行：北京全城通用的正规打车软件

高德地图：精准本地导航，可查询赛场、酒店、商铺位置

百度翻译：支持离线拍照、语音翻译，方便日常沟通

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How to communicate with Chinese people

Communication Phrases
日常沟通用语

English	Chinese	Pronunciation
Good morning	早上好	zǎo shang hǎo
Hello	你好	nǐ hǎo
Please	请	qǐng
Thank you	谢谢	xiè xie
Yes	好的	hǎo de
No	不用	bù yòng
How does it cost ?	多少钱?	duō shǎo qián?
I don't understand	我听不懂	wǒ tīng bù dǒng
Could you speak English?	你会说英语吗?	nǐ huì shuō
I'm xxx	我是 XXX	wǒ shì XXX

English	Chinese	Pronunciation
I'm looking for...	我在找…	wǒ zài zhǎo…
-Team Area	选手休息区	xuǎn shǒu xiū xí qū
-Media Centre	媒体中心	méi tǐ zhōng xīn
-First Aid Station	医疗	yī liáo zhàn
-Restroom	卫生间	wèi shēng jiān
-Catering area	餐饮区	cān yǐn qū
-Organising Committee Office	组委会办公室	zǔ wěi huì bàn gōng shì
-Restaurant	餐厅	cān tīng
-Fitness centre	健身房	jiàn shēn fang
-Parking	停车场	tíng chē chǎng

Food / drinks
餐饮点餐用语

English	Chinese	Pronunciation
I'd like...	我想要…	wǒ xiǎng yào……
-A drink	一杯饮品	yī bēi yǐn pǐn
-Water	水	shuǐ
-Soda	汽水	qì shuǐ
-A sandwich	三明治	sān míng zhì
-Pastas	意大利面	yì dà lì miàn
-Rice	米饭	mǐ fàn
-Some vegetables	一些蔬菜	yī xiē shū cài
-A sweet cake	甜点蛋糕	tián diàn dàn gāo
-No spicy food, please	不要辣的食物	bú yào là de shí wù

Taxi
打车用语

English	Chinese	Pronunciation
I want to go to	我想去…	wǒ xiǎng qù…
-the hotel	酒店	jiǔ diàn
-the airport	机场	jī chǎng
-the restaurant	餐厅	cān tīng
-the commercial mall	商场	shāng chǎng

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Institutional Partners

中国自行车运动协会
Chinese Cycling Association

Organizers

北京市体育局
Beijing Municipal Bureau of Sports

北京市门头沟区人民政府
Mentougou District People's Government of Beijing Municipality

Main Partner

京能集团 北京康养

Official Partners

BRTV 京视体育 | WOL 纬洛体育 WEILUO SPORTS

Official Suppliers

PRO GATE | box | 双合盛 精酿啤酒 CRAFT BEER

Red Bull 奥地利 Red Bull 为你添翼 | 怡寶 | 中国南方航空 CHINA SOUTHERN | Insta360 影石