SIGHTS

Several passes are available for many sights. The Tourist Information and British Travel Centre can give more information. One pass is the Great British Heritage Pass. It allows free entry to 500 historic houses, castles, and gardens. A map is given to show where the historic sights included are. The pass can be purchased for 15 days or one month. Many places have a student discount on admission price if you have your student ID.

London is full of history. There is so much to do and see that the list I provide is just a small part of it all. You may use this as a starting place. As you learn your way around London, you will find more places. Exploring is a wonderful way to see London. Most people want to see the big, well known sights. It might be difficult to explain to someone that you lived in London but never saw the Tower of London or St. Paul’s Cathedral.

One of the most quoted sayings in London guides is by Dr. Samuel Johnson from September 20, 1777 which is “When a man is tired of London, he is tired of life.” You can not run out of things to do in London during your brief stay there.

The list following includes cathedrals, museums, galleries, and theatres. It is not possible to list all of them.

- Adelphi: theatre, Stand, WC2
  tube: Charing Cross
- Albert Hall: concert hall, Kensington Gore, SW7  
  tube: South Kensington

- Albert Memorial: monument to Prince Albert, across from Albert Hall

- Apollo: theatre, Shaftesbury Avenue, W1  
  tube: Piccadilly Circus

- Bank of England: national bank of the UK, Threadneedle St., EC2  
  tube: Bank

- Barbican Centre for Arts and Conferences: theatre, concerts, etc.,  
  Barbican, EC2  
  tube: Barbican, St. Paul's, Moorgate

- Battersea Park  
  tube: Battersea Park

- HMS Belfast: cruiser of the Royal Navy, Symons Wharf, Vine Lane,  
  Tooley St., SE1 2JH  
  tube: London Bridge, Monument, Tower Hill

- Big Ben: see Houses of Parliament
- British Museum: one of the finest collections, also has library, Great Russell Street, Bloomsbury, WC1
tube: Russell Square, Holborn, Tottenham Court Road

- Buckingham Palace: London residence of the royal family, see the changing of the guard, The Mall, SW1
tube: St James Park, Victoria, Hyde Park Corner, Green Park

- Convent Garden: shops & market
tube: Convent Garden

- Dickens House, 48 Doughty Street, WC1
tube: Russell Square

- Downing Street: #10 residence of the Prime Minister, Whitehall, SW1
tube: Embankment, Charing Cross

- Freud Museum, 20 Maresfield Gardens, NW3

- Geological Museum, Exhibition Road, South Kensington, SW7
tube: South Kensington

tube: Surrey Docks
British Rail: Maze Hill, Greenwich
Thames launches: Westminster Pier to Greenwich Pier

- Hampton Court Palace: royal palace
British Rail: Hampton Court
Thames launches: Hampton Court Bridge

- Houses of Parliament & Big Ben, Parliament Square, SW1
tube: Westminster

- Hyde Park
tube: Hyde Park Corner, Marble Arch, Lancaster Gate

- Imperial War Museum: covers the two world wars, Lambeth Road, SE1
tube: Lambeth North, Elephant and Castle

- Kensington Palace: royal palace, Kensington Palace Gardens, W8
tube: Queensway, High Street Kensington
- Kew Gardens: Royal Botanic Gardens, Kew Road, Kew, Surrey
tube: Kew Gardens
British Rail: Kew Bridge
Thames launches: Kew

- Lambeth Palace: residence of the Archbishop of Canterbury, Lambeth Rd, SE1
tube: Westminster

- Leicester Square
tube: Leicester Square

- London Bridge, King William St., EC3
tube: Monument

- London Dungeon: horrors from Middle Ages to 17th century, Tooley St., SE1
tube: London Bridge

- Madame Tussaud's: wax museum, Marylebone St, NW1
tube: Baker Street

- Mansion House: residence of Lord Mayor, Mansion House Street, EC4
tube: Bank, Mansion House

- Marble Arch & Speaker's Corner: triumphal arch that is too narrow & the forum for free speech, Hyde Park
tube: Marble Arch

- Monument: commemorates the Great Fire of 1666, Fish Street Hill, EC3
tube: Monument

tube: St Paul's, Barbican, Moorgate

- Museum of the Moving Image: history of film, tv, etc., under Waterloo Bridge, South Bank
tube: Embankment, Waterloo

- National Gallery: one of the biggest collections, Trafalgar Square, WC2
tube: Charing Cross
- National Portrait Gallery: portraits of notable people, St. Martin's Place, Trafalgar Square, WC2
tube: Charing Cross, Leicester Square

- National Postal Museum: stamps and history, Kind Edward Street, EC1
tube: St. Paul's

- National Theatre: theatre & concerts, South Bank, SE1
tube: Waterloo, Embankment

- Natural History Museum, Cromwell Road, South Kensington, SW7
tube: Gloucester Road, South Kensington

- Old Vic: theatre, Waterloo Road, SE1
tube: Waterloo

- Palace: theatre, Shaftesbury Avenue, W1
tube: Piccadilly Circus

- Piccadilly: theatre, Denman Street, W1
tube: Piccadilly Circus, Leicester Square

- Piccadilly Circus
tube: Piccadilly Circus
- Queen Elizabeth Hall: concerts & film shows, South Bank, SE1
  tube: Embankment, Waterloo

- Regent’s Park: zoo, row boats, Queen Mary’s rose garden
  tube: Baker Street, Regent’s Park, Great Portland Street

- Richmond Park: largest city park in Britain
  tube: Richmond, Putney Bridge
  British Rail: Richmond
  Thames launches: Richmond

- Royal Festival Hall: one of the finest concert halls, South Bank, SE1
  tube: Embankment, Waterloo

- Royal Mews: carriages and coaches, Buckingham Palace Road, SW1
  tube: Victoria

- St. James’s Palace, Pall Mall, SW1
  tube: Green Park

- St. James’s Park: London’s most attractive park, the Mall, SW1
  tube: St. James’s Park, Charing Cross, Green Park

- St. Paul’s Cathedral: seat of Bishop of London, St. Paul’s Churchyard, EC4
  tube: St. Paul’s, Mansion House

- Science Museum, Exhibition Road, South Kensington, SW7 2DD
  tube: South Kensington

- Soho
  tube: Piccadilly Circus, Oxford Circus, Tottenham Court Road

- Southwark Cathedral, London Bridge, SE1
  tube: London Bridge

- Speaker’s Corner: see Marble Arch

- Stock Exchange, Old Broad Street, EC2
  tube: Bank

- Syon House: originally a monastery, Brentford, Middlesex
  tube: Gunnersbury
- Tate Gallery: one of London’s largest collections, Millbank, SW1
  tube: Pimlico

- Thames Flood Barrier: movable barrier to protect London, Near
  Woolwich, SE7, (Eastmoor Street)
  British Rail: Charlton

  A BARGE GOING THROUGH THE THAMES BARRIER

- Tower Of London: royal palace, prison, treasure vault, Tower Hill,
  EC3M 4AB
  tube: Tower Hill [Jewel House closed in Feb.]

- Tower Bridge, Whitechapel, EC1
  tube: Tower Hill

- Trafalgar Square & Nelson’s Column
  tube: Charing Cross

- Victoria and Albert Museum (“V and A”): fine and applied arts,
  Cromwell Road, South Kensington, SW7
  tube: South Kensington

- Wembley Stadium, Empire Way, Wembley
  tube: Wembley Park
- Westminster Abbey, Broad Sanctuary, SW1
tube: Westminster, St. James's Park

- Westminster Cathedral: most important cathedral in Britain, Ashley Place, SW1
tube: Victoria

- Whitehall: central government and civil service
tube: Westminster, Embankment, Charing Cross

- Wimbledon
tube: Wimbledon Park, Wimbledon

- Windsor Castle: summer residence of royal family, Windsor, Berks
  British Rail: Windsor

- Zoological Gardens: London Zoo, Regent's Park, NW1
tube: Baker Street, Regent's Park, Camden Town

- Queen Mary's Rose Garden in Regent's Park

Regent's Park is the site for Regent's College which was the location of
London Centre for many years including the semester I attended. Although it
may no longer be the place BSU students live and study, it is well worth visiting. The park is 487 acres full of things to do. The history of the park and college is quite interesting. The college can provide historic information if you ask. In the park is a lake and boat rental. For around five pounds an hour one to four persons may rent a boat and row around the island or other boats. The birds will come right up to you since they are expecting to be fed. Bread and nuts will please the pigeons, geese, and squirrels. A word of caution: the geese will grab from your hands and the squirrels may try to run up your legs. Gardens are plentiful in the park including the wonderful Queen Mary’s Rose Garden. A single rose is large enough to fit in both hands. Outdoor concerts are common in the spring and summer. Near the refreshment stand is the Open Air Theatre. The biggest attraction for
tourists to the park is the London Zoo. Regent's College shares a campus with an economics school and the Bell Language Institute. Students come from all over the world to these schools.

MOTORWAYS OUT OF LONDON

The following may help those who are interested in renting a car or in hitchhiking.

M1  Leeds [NW]
M2  Canterbury
M3  Southampton [SW]
M4  Bristol & Wales [W]
M40 Oxford [W]
A1  northern England & Scotland
A2  Rochester, Canterbury, Dover
A3  Portsmouth
A4  Windsor, Bristol & Wales
A5  St. Alban's
A10 Cambridge
A11 Norwick
A12 Southend, Colchester, East Coast
A13 Tilbury
A20 Folkestone
A21 Hastings
A22 Eastbourne
A23 Gatwick Airport, Brighton
A24 Horsham
A30 Southampton
A40 Oxford & the West
A41 Birmingham & the North
A127 Southend
A308 Windsor
SIGHTS OUTSIDE OF LONDON

Although London is full of sights, you should not neglect the rest of Great Britain or Europe. Almost any mode of transportation is possible: bus, train, plane, boat, rented car. To truly enjoy and get the most out of a trip, you should know a bit about the place you are going and a few key phrases in the language. Below are some suggested places that may interest you.

GREAT BRITAIN

The Lake District
Dover
Stonehenge
Old Sarum
Salisbury
Oxford
Cambridge
Canterbury
Bath
Longleat House
Warwick Castle
Leeds Castle
Stratford
Blenheim Palace
York
Land's End
Scotland
Edinburgh
Glasgow
Inverness
Orkney Islands
Shetland Islands
Wales
Cardiff
Dyfed
Snowdonia National Park
Northern Ireland
Belfast
Glens of Antrim and Causeway Coast
UROUHART CASTLE ON LOCH NESS, SCOTLAND

EUROPE
Austria
Vienna
Innsbruck
Salzburg
Belgium
Brussels
Antwerp
Denmark
Copenhagen
Finland
Helsinki
Lapland
France
Calais
Paris
Normandy
Germany
Berlin
Dresden
Hamburg
Cologne
Heidelberg
Black Forest
Munich
Greece
Athens
Crete
Iceland
Reykjavik
Ireland
Dublin
Cork City
Italy
Venice
Rome
Pisa
Florence
Naples

THE COLOSSEUM IN ROME, ITALY

Luxembourg
Luxembourg
The Netherlands
Amsterdam
Rotterdam
Norway
  Oslo
  Fjords
  Narvik
Portugal
  Lisbon
Spain
  Madrid
  Barcelona
Sweden
  Stockholm
  Uppsala
  Gothenburg
  Lapland
Switzerland
  Zurich
  Lucerne
  Geneva

VENICE, ITALY
PREPARATIONS FOR THE CONTINENT

Once you decide where you are going, you may wish to purchase guide books and phrase books. Let's Go Europe is an excellent source of information. Some of the eastern countries require Visas to enter and travel. To help adjust to the new culture, you may read about the countries and cities on your agenda - past and present. Be aware of current exchange rates (bank windows, newspapers) and learn about the currency of each country to be visited. It may be convenient to have $20 or so in the currency before you arrive in that country. You should always try to speak the language, even if you only know a few words or phrases. This will show that you are attempting to communicate and adjust. People will be more willing to help and attempt their English with you. Find out what the country is known for if you wish to make purchases. You should plan what you want to do in each city so you can make the most of your time there. When budgeting money, keep in mind you have accommodations, souvenirs, travel fare, meals, and admissions to events or museums. A money belt or other such garment is a good idea for carrying your passport and money. Don't leave it in your room; take it with you everywhere.

Pack lightly since you will be the one carrying your luggage. Comfortable clothes are best for traveling. Churches and cathedrals usually
insist on visitors wearing long pants or skirts - no shorts or mini skirts allowed. Leave room for souvenirs. Extra batteries and film should be handy. If you plan on traveling by bus or train, you will probably need books, playing cards, and such for the long hours. It is usually better to carry your own crackers and snacks than buying them on the bus or train or at the stops. Don't forget your journal.

THE ACROPOLIS, ATHENS, GREECE

EXCHANGE RATES from April, 18, 1991 (Wall Street Journal)

<table>
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<th>Country</th>
<th>Currency</th>
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<th>$1 =</th>
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</thead>
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<td>Austria</td>
<td>schilling</td>
<td>1S = $.08</td>
<td>12.00 schillings</td>
</tr>
<tr>
<td>Belgium</td>
<td>franc</td>
<td>1f = $.03</td>
<td>35.06 francs</td>
</tr>
<tr>
<td>France</td>
<td>franc</td>
<td>1FF = $.17</td>
<td>5.75 francs</td>
</tr>
</tbody>
</table>
Germany mark 1DM = $0.59 1.70 marks
Greece drachma 1D = $0.005 184.80 drachmas
Ireland punt 1P = $1.57 0.64 punts
Italy lire 1L = $0.0008 1261.00 lire
Spain peseta 1P = $0.009 105.40 pesetas
Portugal escudo 1E = $0.007 144.62 escudos
Switzerland franc 1SF = $0.69 1.46 francs

COUNTRY SPECIALITIES

Austria: jewelry, quilts
Belgium: diamonds, chocolate, lace
France: perfume, crystal
Germany: cuckoo clocks, biersteins
Great Britain: woolens, raincoats, books
Ireland: Aran hand-knit sweaters, Waterford crystal
Italy: leather, gold
Portugal: hand-painted tiles, woven goods, straw, pottery
Spain: Toledo metalware, leather
Switzerland: knives, watches, linen, chocolate
LANGUAGES

Below are listed the words and sentences in English. The numbers correspond with the numbers in each language.

1. Do you speak English?
2. I don't speak _______
3. numbers
4. drug store/ pharmacy
5. thank you
6. please
7. How much does it cost?
8. yes
9. no
10. I'm sorry.
11. good-bye
12. open
13. closed
15. stamps
16. post office
17. toilet (w.c.)
18. hot (red)
19. cold (blue)

20. help

Spanish

1. ¿Habla usted inglés?

2. Sólo hablo inglés. (I speak only English)

3. 1 uno, 2 dos, 3 tres, 4 cuatro, 5 cinco, 6 seis, 7 siete, 8 ocho, 9
nueve, 10 diez, 11 once, 12 doce, 13 trece, 14 catorce, 15 quince, 16 diez y
seis, 17 diez y siete, 18 diez y ocho, 19 diez y nueve, 20 veinte, 21 veinte y
uno, 30 treinta, 31 treinta y uno, 40 cuarenta, 50 cincuenta, 60 sesenta, 70
setenta, 80 ochenta, 90 noventa, 100 cien, 101 ciento uno, 200 doscientos,
300 trescientos, 1000 mil, 2000 dos mil

4. la farmacia

5. (muchas) gracias

6. por favor

7. ¿Cuánto es?

8. Sí

9. No

10. Lo siento

11. Adiós

15. estampillas
16. el correo

17. sanitarios, men: Señores, women: Señoras

19. frio

20. ¡Socorro!

---

French

1. Parlez-vous anglais?

2. Je ne parle pas français.

3. 1 un, 2 deux, 3 trois, 4 quatre, 5 cinq, 6 six, 7 sept, 8 huit, 9 neuf,

10 dix, 11 onze, 12 douze, 13 treize, 14 quatorze, 15 quinze, 16 seize, 17
dix-sept, 18 dix-huit, 19 dix-neuf, 20 vingt, 21 vingt et un, 22 vingt-deux,
23 vingt-trois, 30 trente, 40 quarante, 50 cinquante, 60 soixante, 70
soixante-dix, 71 soixante et onze, 72 soixante-douze, 73 soixante-treize,
80 quatre-vingts, 81 quatre-vingt-un, 82 quatre-vingt-deux, 83
quatre-vingt-trois, 90 quatre-vingt-dix, 91 quatre-vingt-onze, 100 cent,
101 cent un, 200 deux cents, 300 trois cents, 1000 mille, 2000 deux cent

4. la pharmacie
5. Merci
6. S'il vous plaît
7. Combien coûte ceci?
8. Oui
9. Non
10. Pardon
11. Au revoir.
12. ouvre
13. ferme
15. timbres
16. le bureau de poste
17. toilette, men: Messieurs, women: Femmes/Dames
18. chaude
19. froide

20. Au secours!

---

**THE BAND IN THE HOFBRÄUHAUS, MUNICH, GERMANY**

**German**

1. Sprechen Sie Englisch?

2. Ich spreche nicht Deutsch.

3. 1 eins, 2 zwei, 3 drei, 4 vier, 5 fünf, 6 sechs, 7 sieben, 8 acht, 9 neun, 10 zehn, 11 elf, 12 zwölf, 13 dreizehn, 14 vierzehn, 15 fünfzehn, 16 sechzehn, 17 siebzehn, 18 achtzehn, 19 neunzehn, 20 zwanzig, 21 einundzwanzig, 22 zweiundzwanzig, 30 dreissig, 31 einunddreissig, 40 vierzig, 50 fünfzig, 60 sechzig, 70 siebzig, 80 achtzig, 90 neunzig, 100 einhundert, 1000 eintausend
4. Apotheke
5. Danke
6. Bitte
7. Wieviel kostet es?
8. Ja
9. Nein
10. Es tut mir leid.
11. Auf Wiedersehen.
12. Geöffnet
13. Geschlossen
15. Briefmarken
16. Die Post
17. Toilette, men: Herren, women: Damen
18. heiss
19. kalt
20. Hilfe
THE CONTINENT

The tour available in the spring of 1990 included several countries and many hours on a bus. This trip was a bit of a whirlwind but much was seen and done in a short time. A long bus trip requires patience and the ability to entertain yourself. The same people will be with you day after day and in close quarters on the bus. Reading materials and travel games help pass the time in addition to watching the scenery.

VENICE, ITALY: GONDOLA RIDES

In many countries, you will be charged to use the toilet. To be prepared for such an occasion, you may wish to carry change at all times. "Squat" toilets may be encountered. These toilets are holes in the floor with places
for your feet. It takes a bit of coordination at first. Be sure you are well
away from the hole when you flush.

A Continental breakfast includes tea or coffee, bread and jam. Juice
may be available. Either a basket of bread is on the table or each plate has a
serving of bread. Do not take more than your share or else someone will
have to go without any.

Alcohol is usually less expensive than pop. Diet Coke is difficult to
find. Water means bottled or carbonated water since most restaurants don't
serve tap water. Ice is rare.

If you are on a group tour, the menu is probably decided ahead of time.
Foods vary in each country and many delicious dishes are ignored because
people don't try them. If all else fails, a McDonald's is usually close by.

Pickpockets do especially well in the big cities like Paris and Rome. Be
careful and watch your valuables. Be a bit wary when small, gypsy children
approach you. But pickpockets could be any man or woman, too.

To learn more about each country and town, you could talk with the
people. If you try the language and are friendly, you can find someone who is
willing to answer your questions.

Again, take pictures and keep track of them. A journal is a wonderful
way to record your experiences and reactions.
Maps should be available at hotels or tourist information offices. Exploring is an excellent way to see and learn about a city. Relax and enjoy your time traveling. Your flexibility and ability to adjust will help you to get the most out of your trip and to enjoy it more.

THE SWISS ALPS NEAR LUCRENE, SWITZERLAND
HOME AGAIN

One of the biggest adjustments after living in London and traveling in Europe is returning to the United States. First, jet lag may hit harder than before. Slowly returning to schedule and avoiding naps will aid the jetlag sufferer.

If you traveled to the Continent before returning home, you will probably be more excited about that than your stay in London since it is more recent and you are so used to London life. People will question you more about London.

Do not be surprised if people do not take a big interest in your travel experiences. It may be frustrating and discouraging but they are not as well traveled and don't understand what you experienced. Also they led their own lives and will probably want to catch you up.

Develop your film as soon as possible and label your pictures. Explaining places and events are easier when you have something to show to help visualize.

For the credit card users, the bills will soon make an appearance. You may be surprised at how much you actually charged. Phone bills are usually large, too.

It will take time to readjust to American life. You may notice that the pace is faster. Also, after living in an European capital city, you need to
adjust back to the smaller towns and cities that may not have public transportation. You may have become accustomed to the variety of events and activities available in a large city that are not offered in your area now.

If you really enjoyed traveling and seeing new cultures, you may have a constant case of the travel bug. I am always looking for opportunities to travel to some place new even if it is just down the road.

Depending on how much you frequented the pubs, you may miss the atmosphere and the cider or ale. If you are under 21, you may feel left out as friends go to bars now, especially after you were able to drink in London.

Many people say that once they returned to the United States, they feel like they dreamed the whole trip. It is hard to realize that you have been to Europe and back. But once you realize that life went on without you, you may start feeling left out and out of sync. Fashions, music, movies, and fads are new. You may have a hard time accepting them. People may seemed changed. Because of your travels, you probably have changed more than they. Things may seem familiar but yet different. It may be the same old things but you may have a different outlook or view of things now.

Even if you find it hard to readjust, keep talking with friends and family, catch up on events, and eventually you will feel comfortable and be back in a routine.
APPENDIX B: How to exchange money.

Changing from dollars to foreign currency (¥ yen for example)

need to know: how many ¥ per $1 ($1 = 1353.25¥)

equation: $ want changed \times rate = ¥

example: want to change $5 to ¥

\[5 \times 1353.25¥ = 6766.25¥\]

Changing from foreign currency to dollars

I. need to know: how many $ per ¥ (1¥ = $0.000739)

equation: ¥ want changed \times rate = $

example: want to change 17253.94¥ to $

\[17253.94¥ \times 0.000739 = 12.75\]

II. need to know: how many ¥ per $ ($1 = 1353.25¥)

equation: ¥ want exchanged / rate = $

example: want to change 17253.94¥ to $

\[17253.94¥ / 1353.25¥ = 12.75\]

These formulas may be used to change from one foreign currency to a different foreign currency as long as you know the exchange rates. It would be easier and faster to compute if you bring along a calculator.
APPENDIX C  How to change to/from metric

CONVERT TO METRIC

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<th>Multiply by</th>
<th>Find</th>
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<td>cubic yards</td>
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<td>Fahrenheit(subtract 32)</td>
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CONVERT FROM METRIC

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</table>
grams 0.035 ounces
kilograms 2.2 pounds
milliliters 0.03 fluid ounces
liters 2.1 pints
liters 1.06 quarts
liters 0.26 gallons
cubic meters 35 cubic feet
cubic meters 1.3 cubic yards

Celsius 9/5 (add 32) Fahrenheit

kilometer
hectometer
dekameter
decimeter
meter
centimeter
millimeter

1 kilometer = 10 hectometers
1 hectometer = 10 dekameters
1 dekameter = 10 meters
1 meter = 10 decimeters
1 decimeter = 10 centimeters
1 centimeter = 10 millimeters

The same is true for liters and grams.

In order to change from kilometers to meters, multiply the number of kilometers by 1,000 (10 hectometers X 10 dekameters X 10 meters).

To convert meters to kilometers, divide by 1,000.