Peeling a cramp in the old travel budget? Well, you don't have to suffer with the stay-at-home blues.

Many of New York City's most exciting sights and experiences are absolutely free.

Here are some of the "free things to do" as listed by the Visitors Bureau of New York.

You have heard of the Metropolitan Museum, which houses The Cloisters, but don't overlook the fabulous Brooklyn Museum, the Frick Collection, the American Museum of Natural History and the Hall of Science in Flushing Meadow Park, Queens. And now the Modern Museum is free every Monday afternoon and evening for all galleries, exhibitions and film showings. The Guggenheim and the Whitney charge a small fee, but it costs nothing to look at their stunning architecture. A beguiling new museum/shop is the Astro Gallery of Minerals and Gems.

The Parks Department has started a new program of self-guided walking tours through the city's historic neighborhoods. The first is Chelsea, and the way is marked with 33 red, white and blue signs. (Pick up the first sign in front of the old Siegel-Cooper Department Store at Sixth Avenue and West 18th Street.)

Marvel at the Ford Foundation (free tours), General Motors and Interchem buildings, Madison Square Garden Center and Chase Manhattan's skyscraper headquarters in the Wall Street area. Free exhibits at IBM, Lever House, Union Carbide, Hallmark Cards, Eastman Kodak and Owens-Corning Fiberglas. On the lower West Side, sidewalk-superintend the vast World Trade Center construction project. When completed, its twin towers will rise 110 stories!

Enjoy the beautiful Channel
Gardens and their exciting seasonal
displays. Listen to the summertime
band or watch the wintertime ice
skaters. Lavish decorations at
Christmas, including a giant tree.
Window shop the Center's great
stores. Catch the free exhibits at
the Chase Manhattan Money
Museum and the Time-Life
Building.

Hop a bus or subway down to Battery Park at the tip of lower Manhattan, where you'll have a fine view of the harbor and the Statue of Liberty. Walk up Broad-

## New York for budget vacation



Shopping for a bargain in Manhattan's lower East Side on Orchid Street.

way to beautiful City Hall. In midtawn, look up (1,472 feet!) to the top of the Empire State Building. Further north, you'll find Grant's Tomb and, in the Bronx, the Hall of Fame.

he New York and American
Stock Exchanges have free
tours at both places, including
visitors galleries and film shows on
the history and operation of the
exchanges. Pick up free post cards
and booklets on both the exchanges
and their historic environs.

Exotic neighborhoods include Chinatown, Greenwich Village, Yorkville, the Lower East Side and Little Italy. See these small towns that make up the big town. Lucky you if you're here for one of the street festivals: La Festa di San Antonio (June), La Festa di San Gennaro (September). In the Fulton Fish Market area, drop by the South Street Seaport Museum with its old ships.

Paley Park is a charming vestpocket park in the heart of Manhattan, complete with feathery
honey locust trees and a unique
"waterwall." (Just east of Fifth
Avenue on 53rd Street.)

Don't miss the bright lights of Times Square—"The Great White Way." Stroll up to Lincoln Center for a look at the handsome buildings that play host to the greatest names in opera, music, dance and theatre.

Park concerts and plays in summer. The New York Philharmonie, the Shakespeare Festival, the Goldman-Guggenheim Band and many other "happenings" are featured in such great parks as Central Park (Manhattan) and Prospect Park (Brooklyn). Watch—or join!—the informal fashion parade at Central Park's Bethesda Fountain, where groovy New York.

Free TV tickets offered on a dayto-day, first-come, first-servedbasis at the New York Convention
and Visitors Bureau. Also ask the
Bureau about the free Monday
night play series at the New
Theatre Workshop (NTW), a nonprofit educational organization at
134 West 54th Street, and the free
productions at Joseph Papp's The
Other Stage, 425 Lafayette Street.

See the flower shows in any season—at the Bronx Botanical Garden and the Brooklyn Botanic Garden

See the Bronx Zoo (free on Tuesdays, Wednesdays and Thursdays).

Barrett Park Zoo (Staten Island), Prospect Park Zoo (Brooklyn), Central Park Zoo (Manhattan) and Flushing Meadow Park Zoo (Queens)

Richmondtown, Staten Island, is a restoration of an American village. The famous Staten Island ferry (with its superb views of New York's magnificent harbor and the Statue of Liberty) is still only a nickel each way.

Food for the soul and impressive works of art and architecture at St. Patrick's, St. John the Divine, Temple Emanu-El, the Abyssinian Baptist Church in Harlem, Trinity Church and St. Paul's Chapel in lower Manhattan.

Clossal outdoor sculpture) in Greenwich Village, Bernard Rosenthal's giant black cube in the East Village at Astor Place or Isamu Noguchi's giant red cube at the Marine Midland Building (140 Broadway) in lower Manhattan. The Washington Square-Greenwich Village outdoor art exhibit runs from mid-May to early June and from late August to mid-September. And look for the new giant 'wall murals' all over town.

To the summer there are fireworks at Coney Island (Tuesday nights) and Rockaway Beach (Wednesday nights).

Treasure-hunt along Fifth Avenue, Herald Square—34th, 57th and 59th Streets. Browse the antique shops and swinging boutiques along the upper East Side and down in Greenwich Village. See the bargains on colorful Orchard and Delancey Streets, and in Union Square.

houses, financial and educational institutions—even ships—offer free tours if arranged in advance. For details ask the New York Convention and Visitors Bureau. The Bureau's Information—Center at 90 East 42nd Street, opposite Grand Central Station, also offers free calendars of events; maps and guides; listings of hotels, restaurants, shops, sight-seeing attractions, exhibits and conventions.

Are you a student, teacher, journalist, government employee or a member of a group? Always ask hotels, museums, sightseeing attractions, restaurants or clubs if they offer special, group, seasonal or weekend rates. And, of course, all students should check the calendars of New York City's famous colleges and universities for a host of free activities.

Pope Pius
''At home''

Pope Paul VI is "at home" on Wednesday mornings at 11 o'clock at Vatican City.

And every week, thousands come out of faith or curiosity to see him.

The occasion is his weekly gen-

eral audience in St. Peter's Basilica.

Harder to get into, but more intimate, are the semi-private bacciomano—literally, kiss the hand—audiences which the Pope holds in his palace after the general audience.

Beyond this are the private audiences usually reserved for national and international personalities, diplomatic representatives and church leaders.

he private audiences usually are arranged by the embassies, governments or church hierarchies of the persons concerned, or through direct influence with someone of importance in the Vatican.

There are several ways of gaining entrance to general or bacciomano audiences.

I toften is possible to gain admittance to general audiences without a ticket by going to the Basilica and taking unfilled seats if there are any.

Audience visitors are ushered to their places by attendants wearing red silk costumes. The colorfully clad Swiss Guard stand with their halberds around the papal altar, underneath the dome of the Basilica.

The Pope comes down from his quarters by elevator and walks through the renaissance halls of the apostolic palace to a side entrance of the Basilica. He is borne into the church on his gestatorial chair, so the crowds can see him better.

His entrance is greeted by applause and sometimes shouts of "long live the Pope."

Smiling and waving, the Pontiff appears to appreciate the accolades. Vatican sources said the Pope, who often attacks dissension in the church in his audience speeches, enjoys the general audiences as a chance to keep in touch with ordinary and enthusiastic Catholics.

In turn, visitors get to see the Pope in a more human and relaxed vein, away from the stiff pomp of high church ceremonies.

A t the end of the audience, the Pope steps down for a bacciomano meeting with people given a place of honor right in front of the altar.

These include heads of groups at the audience and persons considered deserving by the Vatican, for example, those who perform outstanding religious or social works or those who are seriously ill.

The entire general audience usually lasts less than one hour.

Many countries have embassies to the Vatican, some of which do little else but arrange audiences.

The United States, however, maintains no diplomatic relations with the Vatican. Instead the North American College—whose main task is training priests—has a special audience office in the center of Rome.

Richard J. Mahowald of Sioux Falls, S.D., says it is advisable to apply for audience tickets as far in advance as possible.

"We are not given a specific number of tickets to dispose of," he said. "Therefore we have to make a separate application for everyone who wants to attend an audience. And the seats are often difficult to come by."

"The most important thing for us is to have a letter of recommendation." Mahowald added. "One from a parish priest is usually enough. And of course, we also try to obtain tickets on ecumenical grounds for persons who are not Roman Catholics."

about the persons seeking audiences
the more details the better,
since it helps us to formulate our
requests for tickets."

For the bacciomano audience, we need very extensive details.

Tickets for these are always hard to come by."

The North American College audience office, at Via dell'Umilta 30, Rome, sends applications to the office of Bishop Jacques Martin, prefect of the apostolic palace.

Mahowald said his office replies to everyone seeking audience tickets and even delivers the tickets to major hotels in Rome.