Structure of bulges and bars

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Several types of bulges are known in observations, and they are likely mixed together in a spiral galaxy. Boxy bulges may be simpler than the other types of bulges, and are believed to be tightly related to bars. Understanding isolated boxy bulges with relatively simple simulations may offer hints on how to disentangle them from other bulge components. I will also review new developments in the study of the Galactic bulge that may be shaped primarily by internal dynamical instabilities.