

Korea 2015 CKD International Seminar & Festival

KOREA
OCTOBER 2015

MARTIAL ART INTERNATIONAL
CHOI KWANG DO

GRANDMASTER KWANG JO CHOI
FOUNDER OF CHOI KWANG DO

CHOI KWANG DO
INTERNATIONAL SEMINAR

PHONE: 1-770-795-0010
WWW.CHOIKWANGDO.COM
linda@choikwangdo.com
masterp@choikwangdo.com

Travel Information

Introduction

This document contains helpful information for each day of the Korean Seminar Trip. Please read and keep handy either in printed or electronic form during your trip. There are also links to additional information if needed. This guide contains the following information:

Overall Event Schedule	One-page overview of the entire schedule.
Daily Itineraries	Details for each day's activities, notes, and links to more information.
Free Time Suggestions	A list of things to do and see in the surrounding areas along with some recommended travel Phone Apps.
Travel Information	Recommended carry on and checked baggage information.
Cultural Dos and Donts	Some helpful tips on the South Korean cultural. Includes links to more information.
Resources	Additional resources to help prepare for the best experience during the trip.

COMMUNICATIONS:

Our local contact in Korea is +82-10-6270-5288 (Denny Eun). The local phone number is 010-627-5288.

For questions, concerns, or problems, please contact a team leader. Remember, we cannot help if we don't know there is a concern.

WiFi is available many places for free within Seoul and the hotel area. Some Phone Apps (Kakao Talk) allow FREE calls via WiFi to others with the App.

BASIC INFO:

- Seoul, South Korea is 13 hours ahead (UTC/GMT +9) of CKD Headquarters which is US Eastern Standard Time.
- Power/Voltage levels: 220V/60Hz (Western Europe plug type). Check any devices for compatibility. The hotel has 110V US outlets in the room.
- The currency of South Korea is the South Korean Won KRW (₩), written 원 in hangul. 1 USD = 1185.72 KRW as of 09/30/15.
- The International Calling Code for South Korea is +82.

WEATHER:

In October Seoul's surrounding hillsides are ablaze with autumn colors and average daily sunshine is highest throughout the year. October also tends to have low average precipitation with average humidity in the high 60%. Average Temps are highs of 67 deg F (19 deg C) and lows of 48 deg F (9 deg C). Below is the forecast for Seoul, South Korea for the trip as of 10/6/15 (from AccuWeather.com) in deg F:



Korea 2015 CKD International Seminar & Festival - Overall Event Schedule

Cultural Tip: The days of the week in Korean are derived from Chinese characters, with each day of the week named after an element of nature.

Sunday 일요일 (일 = 日 - sun)	Monday 월요일 (月 - moon)	Tuesday 화요일 (火 - fire)	Wednesday 수요일 (水 - water)	Thursday 목요일 (木 - wood)	Friday 금요일 (金 - gold)	Saturday 토요일 (土 - earth (soil))
See the Itinerary for a specific day details and information. Tours, Activities, and Meals listed are for those who purchased the Hotel/Tour/Meal Package.						
	19	20	21 Arrivals in Incheon International Airport on Wed & Thursday Transport to Suwon High End Hotel Check in at Hotel	22 8a Hotel breakfast 9a Free Time 12p Lunch (Individual) 1p Free Time 4p Black Belt 1 st to 3 rd Dan Testing @ Suwon High End Hotel (Open to Public) 6p Dinner (Individual) 7p Free Time	23 8a Hotel breakfast 9a Orientation 10:30a Faculty Meeting 12p Lunch (Individual) 1p CKD Outdoor Training 3:30p School Owner's Meeting 6p Dinner (Individual) 7p Free time	24 8a Hotel breakfast 9a Depart to DANKOOK UNIVERSITY 9:30a CKD Seminar 12p Lunch (Provided) 1p Seminar & Festival Contest (continued) 6:30p Banquet & Party 8p 4 th Dan & Up Exam Meet & Greet
25 8a Hotel breakfast 9a Black Belt 4th Dan and above testing @ Suwon High End Hotel (Closed to Public) 12p Lunch (Individual) 1p Free Time 6p Dinner (Individual) 7p Free Time	26 6a Hotel breakfast 7a Depart to Hanseo University 9a CKD Intl. Conference 12p Lunch (Provided) and Campus Tour 1p Depart to Taeam Campus 2p Airfield Tour 3:30p Marina Tour 5p Back to Hotel 7p Dinner (Individual) 8p Free Time	27 8a Hotel breakfast 9:30a Suwon Hwasung Haenggung Tour 12p Lunch (Provided) 1p Korean Traditional Folk Village Tour 6p Dinner (Individual) 7p Free Time	28 7a Hotel breakfast Check out Depart to Incheon International Airport For Those Remaining in Seoul 9a Free Time 12p Lunch (Individual) 1p Free Time 6p Dinner (Individual) 7p Free Time	29 7a Hotel breakfast Check out Depart to Incheon International Airport CKD India Participants begin traveling on to India	30	31 NOTE: Schedule is Subject to Change

DAILY ITINERARIES

Each day's activities are laid out with some detail. During orientation, team leaders may be assigned to help organize group events as needed. Please note, the schedule is subject to change. We will do the best we can to keep everyone informed of any changes.

October 21, 2015 – Wednesday Arrival in Seoul, South Korea

- 9:00 am Arrivals Begin**
Arrivals begin at Incheon International Airport
Transport to Suwon High End Hotel
Check in at Suwon High End Hotel website: www.valuehighend.com/eng/html/index.asp
- 12:00 pm Lunch**
Lunch is open for the afternoon. Value Plate restaurant at the hotel serves lunch from 11:30 am to 1:30 pm. Within the proximity of the hotel, there are several choices for lunch. Price range is estimated as 7,000 to 10,000 KRW per person.
- 1:00 pm Free Time**
Arrivals Continue
Arrivals continue at Incheon International Airport
Transport to Suwon High End Hotel
Check in at Suwon High End Hotel website: www.valuehighend.com/eng/html/index.asp
- 6:00 pm Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.
- 7:00 pm Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 22, 2015 – Thursday
Additional Arrivals in Seoul, South Korea / Free Day / 1st to 3rd Dan Testing

8:00 am **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.

9:00 am **Free Time (For Those Who Have Arrived)**
Arrivals Continue
Arrivals continue at Incheon International Airport
Transport to Suwon High End Hotel
Check in at Suwon High End Hotel website: www.valuehighend.com/eng/html/index.asp

12:00 pm **Lunch**
Lunch is open for the afternoon. Value Plate restaurant at the hotel serves lunch from 11:30 am to 1:30 pm. Within the proximity of the hotel, there are several choices for lunch. Price range is estimated as 7,000 to 10,000 KRW per person.

1:00 pm **Free Time**

4:00 pm **1st to 3rd Dan Testing**
Testing is a Suwon High End Hotel and is open to the public.

6:00 pm **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.

7:00 pm **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 23, 2015 – Friday
Orientation, Meetings, Free Time & Outdoor Training Tour

- 8:00 am** **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.
- 9:00 am** **Orientation**
All those who have arrived review schedule, meet team leaders, preview of the local area, how to get around town, etc.
- 10:30 am** **International Faculty Members Meeting @ Suwon High End Hotel**
Free Time (All Others)
- 12:00 pm** **Lunch**
Lunch is open for the afternoon. Value Plate restaurant at the hotel serves lunch from 11:30 am to 1:30 pm. Within the proximity of the hotel, there are several choices for lunch. Price range is estimated as 7,000 to 10,000 KRW per person.
- 1:00 pm** **Tours - CKD Outdoor Training**

There is an outdoor park within walking distance from the hotel.
The uniform can be worn when leaving and walking to the training area.
- 3:30 pm** **School Owners Meeting / Operations Training @ Suwon High End Hotel**
Free Time (All Others)
- 6:00 pm** **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.
- 7:00 pm** **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

**October 24, 2015 – Saturday
Seminar, Festival, & Banquet Day**

- 8:00 am** **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.
- 9:00 am** **Depart to DANKOOK UNIVERSITY**
<http://www.dankook.ac.kr/web/international>
- 9:30 am** **CKD International Seminar & Festival**
Grandmaster Kwang Choi presents Choi Kwang-Do at the 2015 CKD Korean International Seminar
- 12:00 pm** **Lunch (Provided)**
- 1:00 pm** **CKD International Seminar & Festival Contest**
Seminar Continues
Festival Contest Begins
 Individual Contests
 Team Contests
 Demonstration Team Contests
Festival & Contest Awards
- 6:30 pm** **Seminar Banquet & Party**
Please join us by celebrating the seminar! The banquet will be located at the banquet room at the Suwon High End Hotel.
- 8:00 pm** **4th Dan and Above Testing Meet & Greet**
All those testing for 4th Dan and Above during the Korean Seminar will get together at the banquet for some last minute advice & to meet those they will be sharing this special test with.
- All Others Continue Enjoying the Seminar Banquet & Party Fellowship**

Daily Notes:

October 25, 2015 – Sunday
4th Dan and Above Testing, Free Time

8:00 am **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.

9:00 am **Black Belt 4th Dan and Above Testing (Closed to the Public)**
Testing will be held at the Suwon High End Hotel and as noted above will be closed to the public.

Free Time (All Others)
Those not involved in participating or administration of the higher rank testing will have Free Time.

12:00 pm **Lunch**
Lunch is open for the afternoon. Value Plate restaurant at the hotel serves lunch from 11:30 am to 1:30 pm. Within the proximity of the hotel, there are several choices for lunch. Price range is estimated as 7,000 to 10,000 KRW per person.

1:00 pm **Free Time**

6:00 pm **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.

7:00 pm **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 26, 2015 – Monday
Tour Day – Hanseo University, CKD Conference, Taeon Campus

- 6:00 am** **Hotel Breakfast (Available from 6:00 am – 10 am)**
The hotel has agreed to provide a special early breakfast to accommodate the tour to Hanseo University. Breakfast is included in the price of the hotel.
- 7:00 am** **Depart to Hanseo University (<http://www.hanseo.ac.kr/main.do?s=english>)**
- 9:00 am** **CKD International Conference**

The Biomechanical Benefits of CKD by Professor Seung Jae Kim
The Physiological Benefits of CKD by Professor Yong Seok Jee
Introduction of CKD at Hanseo University by Professor Denny Eun
- 12:00 pm** **Lunch (Provided) & Campus Tour (<http://www.hanseo.ac.kr/main.do?s=english>)**
- 1:00 pm** **Depart to Taeon Campus (<http://www.hanseo.ac.kr/sub/info.do?m=0501&s=english>)**
- 2:00 pm** **Taeon Campus - Tour of Airfield (<http://www.hanseo.ac.kr/sub/info.do?m=0501&s=english>)**
- 3:30 pm** **Taeon Campus - Tour of Marina (<http://www.hanseo.ac.kr/sub/info.do?m=0501&s=english>)**
- 5:00 pm** **Depart/Return to Suwon High End Hotel**
- 7:00 pm** **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.
- 8:00 pm** **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 27, 2015 – Tuesday
Tour Day – Suwon Hwaseong Haenggung & Korean Folk Village

8:00 am **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.

9:30 am **Suwon Hwaseong Haenggung**

<http://english.swcf.or.kr/>

12:00 pm **Lunch (Provided)**

1:00 pm **Korean Folk Village**
<http://www.koreanfolk.co.kr/multi/english/>

6:00 pm **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.

Pack up / Ready for Journey Home (If leaving on Wednesday, October 28th)

Remember baggage limits still apply for the trip home for both carry on and checked baggage. If need be, work together with your fellow students/instructors that live near you to maximize transportation possibilities of souvenirs or purchased items home. Visit your airline's website for details or examine the section on baggage for guidelines in this guide.

7:00 pm **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 28, 2015 – Wednesday
Check Out/Departure Day or Free Time

7:00 am **Hotel Breakfast (Available from 6:30am – 10 am)**
Breakfast is included in the price of the hotel.

Check Out (For those departing today)
Depart for Incheon International Airport

Free Time (For Those Remaining in Seoul)

12:00 pm **Lunch**
Lunch is open for the afternoon. Value Plate restaurant at the hotel serves lunch from 11:30 am to 1:30 pm. Within the proximity of the hotel, there are several choices for lunch. Price range is estimated as 7,000 to 10,000 KRW per person.

1:00 pm **Free Time (For Those Remaining in Seoul)**

6:00 pm **Dinner**
Dinner is open for the evening. Value Plate restaurant at the hotel is open until approximately 10 pm. In addition, there are eating establishments in the area. Price range is 10,000 to 15,000 KRW per person for something modest or 20,000 to 30,000 KRW for those opting for meats & various beverages.

Pack up / Ready for Journey Home (If leaving on Thursday, October 28th)

Remember baggage limits still apply for the trip home for both carry on and checked baggage. If need be, work together with your fellow students/instructors that live near you to maximize transportation possibilities of souvenirs or purchased items home. Visit your airline's website for details or examine the section on baggage for guidelines in this guide.

7:00 pm **Free time**
Everyone is encouraged to travel around in groups with fellow CKD members. There may be several impromptu trips to various activities including entertainment districts.

MY EVENING PLANS: _____

Daily Notes:

October 29, 2015 – Thursday
Checkout / Departure Day

7:00 am Hotel Breakfast (Available from 6:30am – 10 am)
Breakfast is included in the price of the tour package at the hotel.

Check Out (For those departing today)
Depart for Incheon International Airport

Departures Begin for CKD India Seminar

**Good Luck to those traveling on to India for the
CKD India Seminar in the coming days!**

Thank You to all who made this incredible journey! Hopefully your experiences have drawn you closer to your fellow Choi Kwang-Do members and most importantly, will be something you will remember for many many years to come!

Free Time Suggestions

All are encouraged to mingle with other students and instructors who have come for the seminar and enjoy your time getting to know each other while experiencing some of the sights, sounds, and tastes of Seoul and surrounding area as a CKD Family.

Dongdaemun Market (http://english.visitkorea.or.kr/enu/SH/SH_EN_7_2_5_1.jsp) **Subway: Dongdaemun Stadium Station OR Dongdaemun Station)**

A major pulsepoint of the city since 1905, Dongdaemun Market may be the best place to go to get a genuine feel for everyday life in crazy Seoul. The market is simply gargantuan and covers 10 city blocks. Over 30,000 shops and 50,000 manufacturers call Dongdaemun home.

Jongmyo Shrine (<http://www.worldheritagesite.org/sites/chongmyo.html>)

Subway: Jongno 3 (sam)-ga Station)

One of two UNESCO World Heritage sites in metro Seoul, the Jongmyo Shrine was the first Confucian royal shrine in Korea. The venerable landmark looks just as it did in the 16th century and myriad ancient rituals still take place here.

National Museum of Korea (<http://www.museum.go.kr/site/main/index002>)

Subway: Incheon Station, Exit 2

One of the best national museums in any capital city, the National Museum of Korea is the institution of record in the country for native art, culture and history. Go early and take your time in the impressive facility – only five other museums in the world cover more floor space.

Changdeokgung Palace Complex (<http://eng.cdg.go.kr/main/main.htm>)

Subway: Jongno 3 (sam)-ga Station, Exit 6 or Ahngook Stn, Exit 3)

On the orders of the ambitious Emperor T'aejong in the 15th century, a brilliant palace complex was built with reverence for the natural environment in what is now a part of metro Seoul. Because of peerless continuity with the landscape and remarkable Far Eastern architecture, the complex is now a UNESCO World Heritage Site.

War Memorial of Korea (<https://www.warmemo.or.kr/newwm/eng/main.jsp>)

Subway: Samgakji Station, Exit 12 or Namyong Station)

The War Memorial of Korea is a dramatic and emotional landmark that chronicles the many violent conflicts the peninsula nation has had to endure throughout her turbulent history. A wonderful museum and monument complex where one could easily spend half a day.

Bongeunsa Temple (http://english.visitkorea.or.kr/enu/SI/SI_EN_3_1_1_1.jsp?cid=264594) **Subway: Bongeunsa Temple Station, Exit 1)**

The ancient Bongeunsa Temple dates back to 794 and sits on Sudo Mountain in the affluent Gangnam-gu district of Seoul. The Buddhist shrine is a popular attraction where tourists can engage in a program that allows them to “live” like a monk within the temple grounds.

COEX Mall (<http://www.coex.co.kr/eng/visitors/coex-mall>)

Subway: Samseong Station, Exit 5 or 6)

COEX Mall is across the street from Bongeunsa Temple but could not be more dissimilar. The behemoth underground mall provides a perfect glimpse into hyper-modern Korea. Bring comfortable shoes however. The mall features over 250 commercial shops, 800 restaurants, a multiplex, aquarium, Kimchi Field Museum, Game Park and receives over 100,000 visitors on weekdays.

Namsan Park and N Seoul Tower (<http://www.nseoutower.co.kr/eng/visit/traffic.asp>)

Subway: Myong-dong Station, Exit 3 10 min walk to Cable Car)

For tranquil escape from the rush of urban Seoul, Namsan Park has the remedy. The mountain peak in the Jung-gu district provides stellar panoramas of the city, with easy cable car access. As the location of the N Seoul Tower, Namsan is never hard to spot.

Lotte World Tower, Mall, Aquarium (<http://www.lwt.co.kr/en/main.do>)

Subway: Jamsil Station, Line 2 Exit 1/2 or Line 8 Exit 10/11)

Due for completion in late 2016, Seoul's latest landmark is the 555m-high Lotte World Tower – the tallest skyscraper in Korea (and 6th highest in the world). Its sleek contemporary design is loosely inspired by traditional Korean ceramics, and will feature the world's highest observation deck with a glass-floored skywalk, art gallery, cafe, six-star hotel and the mega Lotte World Mall complex.

Check out <http://english.visitkorea.or.kr/enu/index.kto> for more ideas or things to do/see.

Recommended Helpful Phone Apps for iOS and Android: Subway Korea and Explore Seoul Subway Map

Travel Information - Recommended Carry On Packing

Each passenger is allowed one carry-on bag and one personal item at no extra charge. Personal items include:

- 1 purse, briefcase, camera bag or diaper bag
- Or 1 laptop computer
- Or 1 item of a similar or smaller size to those listed above

Because the flight to Seoul may be very long (~14 hours from USA), it is recommended to be prepared. Therefore, the following are recommendations of what you may want to pack:

- Wear comfortable clothing
- Light jacket or sweater
- Change of clothes, **Uniform/Belt**
- Reading materials
- Toothbrush/Toothpaste, Deodorant*
- Camera, Personal Music Player
- Light snacks
- All packed in a travel friendly bag

*Subject to 3-1-1 TSA Rule.



For Delta carry-on bags, your bag must:

- Not exceed 45 inches (length+width+height), or 115 cm.
- Fit easily in our SizeCheck® unit (approximately 22"x14"x9", or 56x35x23 cm).
- Fit in an overhead bin or underneath the seat in front of you.

If your carry-on bag doesn't meet these size restrictions it must be checked, and all checked baggage rules will apply. Check with your airline for additional travel tips or carryon baggage limits.

Delta Airlines Carry One Bag Info: http://www.delta.com/content/www/en_US/traveling-with-us/baggage/during-your-trip/carry-on.html

Delta Airlines travel tips website for reference is http://www.delta.com/traveling_checkin/travel_tips/index.jsp

You may also visit the US Government TSA site <http://www.tsa.gov/travel/travel-tips> for travel tips, prohibited travel items, and limits on what you can carry aboard the plane.

Travel Information - Recommended Checked Baggage Packing List

In addition to what you would normally pack for the length of trip and weather conditions, it is recommended that all travelers ensure they have packed the following:

- CKD Uniforms and Belt
- CKD T-shirts
- Safety equipment / Gear
- Suit/Dress/Dress Clothes and shoes for Banquet
- Business Casual Wear for evenings out
- Comfortable Shoes, Comfortable Clothing for tours

For Delta Airlines, you may check up to two bags that meet size & weight restrictions **at no extra charge** when traveling internationally to South Korea. Note that Delta Medallion members may be able to check additional bags at higher weights for free. Visit the delta baggage website for more details: http://www.delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/checked.html

Delta Airlines Size & Weight Restrictions

Regardless of where you're going, you'll want to make sure what you're bringing is allowed.

To avoid extra charges for oversize or overweight baggage, your checked bag must:

- Weigh 50 pounds (23 kg) or less.
- Not exceed 62 inches (157 cm) when you total length + width + height.

Special Items

- Each special item you're checking counts as one bag.
- When checking in online, you don't have to tell us what the special item is—only that you have one.
- An agent will determine any possible charges for your special item when you bring it to the baggage drop.

NOTE: Excess Baggage Fees

- \$100 USD each way for bags weighing 51-70 lbs. \$200 USD each way for bags weighing 71-100lbs. Please ensure you don't go over the weight limit.
- Travel to/from/within Asia – Checking Bags 3-10 Cost is: \$200 USD each way. It's advised you stay at 2 checked bags or less.

There may be restrictions on weights and size for baggage. There are different rules for first/business class passengers as well as elite status passengers. **Please consult your airline's website for details as this information is for reference only.** Delta's website for excessive baggage is http://www.delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/excess.html.

Cultural Dos and Don'ts

The People

Korea is one of the most homogeneous countries in the world, racially and linguistically. It has its own culture, language, dress and cuisine, separate and distinct from its neighboring countries. Hard work, filial piety and modesty are characteristics esteemed by Koreans. They are proud of their traditional culture and their modern economic success. Education is highly valued as the path to status, money and success.

Meeting and Greeting

The bow is the traditional Korean greeting, although it is often accompanied by a handshake among men. To show respect when shaking hands, support your right forearm with your left hand. Korean women usually nod slightly and will not shake hands with Western men. Western women may offer their hand to a Korean man. Bow when departing. Younger people wave (move their arm from side to side). When passing people you can say "hello/good morning/good afternoon/good evening" by saying "Anyoung haseyo" which literally means "Are you at peace?" The reply if someone says it to you is the same.

Body Language

- Koreans consider it a personal violation to be touched by someone who is not a relative or close friend. Avoid touching, patting or back slapping a Korean person.
- Do not cross your legs or stretch your legs out straight in front of you. Keep your feet on the floor, never on a desk or chair.
- Always pass and receive objects with your right hand (supported by the left hand at the wrist or forearm) or with two hands.
- To beckon someone, extend your arm, palm down, and move your fingers in a scratching motion. Never point with your index finger.

Dining and Entertainment

- Wait until the oldest person present starts to eat before dining.
- Do not pour your own drink, but do offer to pour others'. It is common to trade and fill each other's cup. To refuse is an insult. Women pour men's drinks, but never another woman's drink. A woman may pour her own drink. Leave some drink in your glass if you don't want a refill. If someone pours you a drink you don't want, take a token sip instead of refusing it.
- Take one mouthful at a time from communal dishes, rather than piling food into your rice bowl. Do not leave your chopsticks sticking out of your bowl of rice, since this symbolically designates their use by the dead. It's bad manners to hold the rice bowl in your hand while eating from it.

- Wherever you see a "No Tipping" sign, do not tip. Koreans find tipping offensive, although tipping is now becoming expected in Western hotels.
- Always allow your host to seat you. The seat of honor is the seat looking at the front door. If you are seated in the seat of honor, it is polite to protest slightly.
- Koreans do not like to talk a lot during dinner. Periods of silence are common and appreciated at a dinner. The meal usually comes before socializing at a dinner party.
- It is polite to pass or accept food or drink with your right hand while your left hand supports your forearm/wrist.
- After dinner, the host may invite his guests to go drinking or karaoke. It may be considered impolite to refuse this invitation.
- Don't leave the table until the oldest person has finished eating.

Dress

- Koreans dress well, and you should dress accordingly to show respect for them. A formal suit and tie is almost always appropriate. Koreans dress up for city activities, especially in Seoul.
- Women dress modestly and fashionably in Seoul. Prepare to sit on the floor; avoid straight, tight skirts.

Helpful Hints

- Never use words like "fellow," "guy," "this man" or "that man." This is considered demeaning.
- Koreans are not Chinese. They are distinct from other Asians in food, language and culture.
- Expect Koreans to ask personal questions. This is viewed as showing a polite interest in your life.
- Deny a compliment. Don't say "thank you." It is impolite and shows a lack of humility.
- Don't talk about Koreans or their customs or culture within earshot of a Korean, even if you are saying good things. Do not talk about politics.

More Information Can Be Found At: <http://www.kwintessential.co.uk/resources/global-etiquette/south-korea-country-profile.html>

Resources

General Notes

It is advised to bring additional spending money to cover meals and entertainment not included in the activity/travel package or souvenirs. There will be t-shirts available at the seminar as well as other CKD commemorative items for purchase so please plan accordingly. You will also have lunches, dinners, and random travel expenses that you will be responsible for. Please see the schedule and sections on money for more information.

It is expected that every student/instructor will attend the seminar and official functions. Several of the other activities are optional and some are included in the travel activity package. If you do not plan to attend an optional activity, please check in with other travelers plans so that you may travel in groups if possible.

We may arrange for a website or facebook page to upload seminar pictures. Please note that if you choose to upload your travel pictures, you are giving Choi Kwang-Do International the rights to publish those photos for promotional purposes.

Passports

http://www.travel.state.gov/passport/passport_1738.html

Some countries require that your passport be valid at least six (6) months beyond the dates of your trip. Some airlines will not allow you to board if this requirement is not met. Please check the requirements for your country/state.

Visas

Visas are not required for US Citizens traveling for Business or Pleasure to the Republic of South Korea. Visit <http://travel.state.gov/content/passports/en/country/korea-south.html> or the overall State Department Website for more information <http://www.state.gov/travel/>.

Money/Currency Exchange

Korean won (KRW) consists of four kinds of notes: 1,000 - 5,000 - 10,000 and 50,000 won and 4 different coins: 10, 50, 100 and 500 won. Buses usually only take 1,000 notes and coins and you may experience that when riding the bus, the bus driver will refuse to let you on board if you try to give him a 10,000 note and don't have change on you. Coins are usually not in use these days, due to inflation. Having such small denominations in the Korean currency, means that you might feel like you're carrying around a very large amount of cash, which you are, but adding up, it might not actually be a lot of money.

You may exchange your money into Korean won via any major banks or money changers in Korea. However, you may find it difficult to exchange currencies from certain countries as local banks in Korea do not provide exchange services for those particular currencies. In that case, you must convert them into dollars or euros before coming to Korea and then exchange them into Korean won once you arrive in the country. You may find money changers in such tourist spots as Myeong-dong or Dongdaemun Market. However, when converting your money in such places, you should be extra careful to confirm that the service they are providing is legitimate.

Cards with the Plus and Cirrus logos are the easiest to use and most widely accepted in Korea. Some places even accept international cards like China UnionPay, Maestro, Electron, and JCB cards. Banks as well as other sites have ATMs (automatic teller machines), where customers can make withdrawals, deposits, and fund transfers. However, as all ATM transactions require an account with a Korean bank, ATMs are not particularly convenient for international travelers except for getting cash advances on a credit card. If you have an account with Citibank, however, you can enjoy a more extensive range of banking services. Just visit a Citibank location nearby for ATM or counter services. Some ATM/CD machines operate 24 hours a day, while others are open from 8 a.m. to 12 a.m.

For more information please visit:

<http://www.mydestination.com/seoul/usefulinfo/6179760/currency-and-exchange>

http://asiaenglish.visitkorea.or.kr/ena/GK/GK_EN_2_4_3.jsp.

Health Precautions

Please consult your doctor or pediatrician for any health concerns/precautionary measures you should take before traveling to South Korea.

Pharmacies

Pharmacies are everywhere. While most are labeled only in Korean, the character is easy to recognize, 약. Most pharmacists speak English well.

Korean at a Glance: Phrase Book and Dictionary for Travelers

[Daniel Holt](#) ([See All Contributors](#))

Paperback, 352 pages

Barron's Educational Series, Incorporated

2.0 Edition September 01, 2009

Get it on Amazon at:

http://www.amazon.com/Korean-Glance-Language-Phrasebook-Dictionary/dp/0764142127/ref=sr_1_2?ie=UTF8&qid=1443721644&sr=8-2&keywords=Korean+at+a+Glance%3A+Phrase+Book+and+Dictionary+for+Travelers

