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Pohang Gateway to Juwangsan National Park

STORY AND PHOTOS BY KYLE HANEY,
 GLOBETROTTERKYLE.COM

So, you've read about some of the best things to do in South Korea by now, right? Tour the DMZ, go to the Gamcheon Culture Village in Busan, and climb to the top of the Seoul Tower—while those are all great things to experience if you happen to visit South Korea, aren't you looking for something more...unique? Isn't that the reason you keep searching "what to do in South Korea" and continue to skip over the first 5 or 6 blog

posts about the top things to do? I'd bet that if that statement resonates with you, then Pohang is a place that will set your seoul on fire (see what I did there?)

Pohang doesn't have to boast to have the same great attractions as Busan, Seoul, or Jeju Island do, and why would it? It's just a small little town on the southeast coast of Korea that's primarily known for its main seaport, a few temples, and POSCO, one of the world's largest steel companies.

SEE POHANG ON PAGE 6



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Halloween photo contest winners

We loved all of your spooky and fun costumes for this year's Halloween photo contest! Many Stripes readers sent their submissions and many more voted for their favorites. This year, Sara Arellano Santos from Yokota Air Base won the \$40 prize for Best Costume; Aaron Valdez from Kadena Air Base is taking home \$20 for the Best Pet Costume and Lupita La Buena from Camp Foster won the \$40 Special Prize. Check out their submissions as well as some other honorable mentions below. And, don't forget to follow us at Facebook.com/StripesPacific for more great contests like this!

Winners

Sarah Arellano Santos from Yokota

BEST COSTUME

Lupita La Buena from Okinawa

SPECIAL PRIZE

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Discovering Alpaca World!

STORY AND PHOTOS BY KYLE HANEY,
GLOBETROTTERKYLE.COM

Are you stationed or living in South Korea and are in need of doing something other than eating Korean BBQ, Kimchi, or touring one of the millions of temples spread across the peninsula? Tired of spending your weekend doing the same old routine and need something unique, close to Seoul? Well, I have the place for you: South Korea's Alpaca World!

Alpaca World is just like it sounds: a world where Alpacas rule and humans are only visitors! Located on a forested hillside in Hongcheon, Gangwon-do, South Korea, Alpaca World is a destination where Alpacas take center stage for an entire afternoon's entertainment. Dubbed the first alpaca-themed emotional travel destination, this experience allows visitors to pet, feed, walk, and even hug some of the kindest, sweetest, and big-eyed animals in Korea; the perfect

unique experience while staying in Korea for any length of time!

Before I begin, I have to give a huge shoutout to my awesome boss for tipping me off about this majestic place; so, thank you Maj Sherrod! Thanks to your recommendation, Ciara and I had one of the most memorable experiences in South Korea while she was out here.

Now, I know from experience that repeatedly visiting one of the plethora of temples and hiking one of the dozens of National Parks in Korea can easily create a callus on your appreciation for beauty in these things. Let me be clear: I'm not saying that every temple doesn't offer something unique or that all trails in South Korea are the same. Rather, I'm simply saying that 'when all there is to do is the same few things every single weekend', it can almost feel like there's no diversity in your experiences. Does that make any sense? It did to me at least lol.

Thanks to the still-prevalent fear of COVID from military leadership, military personnel are not allowed to visit certain areas of Korea where cases exceed some metric of....something; idk. Basically, if cases or numbers are too high, military leadership draws a line around that area, labels it red, and says military cannot go there. Well, luckily, my boss threw out a rather

austere idea for my girlfriend and I to try while she was still here visiting and it just so happened to be in a green area so, we went!

As we arrived, Ciara and I were in awe of just how gorgeous of an area Alpaca World resides in. Between the amazing valley below and the towering mountainsides all around us, the park is truly situated within a prime location for the Alpacas. Teeming with excitement, Ciara and I paid the ~\$13 for admission and entered the park.

The first thing that caught our eye was the large, open pen where people were running (literally, running) around with the gentle giants as they laughed and fed them right out of the palms of their hands! We couldn't believe how unlike anything in the States this place was. Sure, the U.S. has goat yoga and cat cafes but, they sure don't have anything like this!

We started making our way through the park by following the signs and our own intuition of where we would have the most fun. First stop: exchanging a few hundred won for some paca coin. Paca coin is Alpaca World currency that works by putting the coin in an alpaca food dispenser which will pour out some feed for you to give to your furry little friends within the park. Ciara and I both got a cup and headed over to the salivating alpacas.

These little buggers are smart though! Being that Ciara and I had never fed an alpaca in our lives, we weren't sure how to hold the food to give to them. As Ciara edged closer to the first alpaca we encountered, she cautiously held out her hand with food in it but, the alpaca grabbed the whole cup right out of her other hand! It was hilarious! The alpaca knocked his head back and poured the entire cup's worth of treats right into his mouth, grinning at us both as he munched down his dinner.

Having finally figured out that feeding them is as easy as holding your hand flat with a few feed pellets in it, we perused about the different areas feeding each alpaca that was hungry enough to trot up to us. From baby fur balls to tall alphas, Ciara and I laughed and laughed as we fed these bottomless pits until we ran out of pellets.

Moving along throughout the park, we realized that Alpaca World is more than just a home for alpacas—it's a sanctuary for dozens of other animals like bunnies, deer, birds, and more bunnies. And yes: you're able to feed all of them with the paca coin but, trust me when I say that no matter how much they eat, they seem to keep coming back for more lol.

So, when you find yourself either tired of visiting the tourist-y side of Korea or just lonely and in need of someone to hug, I highly recommend visiting Alpaca World for an amazing experience that is completely unique and full of love. For more information, simply drop me a comment below or visit their website here!

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Improve your travel experience with 1330 Korea Travel Helpline

BY CHIHON KIM,
STRIPES KOREA

Probably one of the hardest things about traveling and living outside of the States is the language barrier. A couple of translator apps might help you out when ordering food in restaurants or reading local news. Unfortunately, we are all aware that there is a limit to what you can do with a translator app. But don't let the language barrier stop you from enjoying your life in Korea. Korea Tourism Organization (KTO) has a great service to help you overcome the language barrier.

Want to know the location of the nearest shopping malls, hospitals, or grocery stores around you? Have a no idea how to get to a festival or tourist attraction? Don't worry, KTO's 1330 Korea Travel Hotline covers it all. Twenty-four hours a day, the 1330 Korea Travel Hotline provides information on attractions, transportation, accommodations, shopping, festivals, events, and more. To connect to the bilingual staff that



Courtesy image

provides real-time translations, simply dial their main phone number or download the 1330 app that provides useful live chat service.
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When staying in a foreign country, buying or renting a car is not always an option. You may find yourself instead hailing a cab to get you to where you need to go. Here are some general Korean phrases to help direct the taxi driver there. When you want to give directions to a taxi driver, you can use this expression: “(Pyeongtaek)eulo ga-ju-se-yo.”

“Please go to Pyeongtaek station.”
= “(Pyeongtaek)eulo ga-ju-se-yo.”

Or you can simply say the phrase without the “eulo”:
“(Pyeongtaek) ga-ju-se-yo.”

“Please go to ___” = ___-eulo ga-ju-se-yo

으로 eulo= to, gajuseyo = please go

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LESSON ▶



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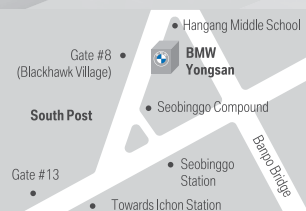
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POHANG: One of Korea's best kept secrets

CONTINUED FROM PAGE 1

Riveting, right? I think I can speak for all of us when I say that when it comes to exploring new locations: seaports and steel companies aren't the attractions we set out to witness. It's for that reason, Pohang might be one of Korea's best kept secrets. Read on to find out why!

You've heard of that cliché statement: it's not the journey but the destination that counts, right? That's Pohang. The drive from Osan Air Base feels effortless as you wind 3.5 hours through the Sobaek mountain range before finally punching through the Taebaek mountains and landing in Pohang. For a more memorable trip, do what I did and make the drive around dusk during the monsoon season. You'll want to pull over at one of Korea's many truck stops and watch from a distance as Thor throws his massive lightning bolts across the sky as you listen to the faint rumble of thunder a few dozen miles away.

I should note that this was my first overnight trip while stationed in Korea whereas all of my previous adventures had been day trips. I'll be honest: those trips equated to a lot more driving than I care to admit lol. But being that Pohang was so far away, it only made sense to rent an

Air BnB for an entire weekend so

I could maximize my exploring time, not my driving time; and that's exactly what I did. I pulled into Pohang around 9:00pm on a Friday night after a rough week of work and was itching to relax while nursing a cold one. To my surprise, my Air BnB was right on the outskirts of a main street in Pohang. So, after I parked the car, I walked up and down the main street to stretch my legs for a while before grabbing a beer at a restaurant just before it closed at 10:00pm. The plan for the next day? Explore Juwangsan National Park.

The best drive I've made in South Korea (so far at least) is the drive from Pohang to Juwangsan National Park during the summer. My neck was working overtime as I cranked it left and right to take in the unbelievably gorgeous landscapes covered in apple orchards as far as I could see. Not only that, but there were ladies sitting in lawn chairs every other kilometer or so with a basket of fresh apples ready for you to pull over and buy off them.

After about an hour of driving, I reached Juwangsan National Park with no agenda other than to summit a peak and maybe take in a waterfall or two. Little did I know that Juwangsan was going to show me some of the most bizarre landscapes in South Korea! I started at the visitor's center near Daejeonsa Temple and the Juwangsan Bus Terminal where a lovely park ranger gave me a trail map and some general guidance on which trails would be best for an avid hiker such as myself. With her advice, I set off to summit Gamebong Peak; about 7km (one way) from the trailhead.

It. was. hot! A word of advice: if you decide to go hiking August, just do yourself a favor and shower before you start your trip because

you're going to get just as wet either way. I was absolutely drenched in sweat by the time I made it to Gamebong Peak! And the worst part was that I was already almost out of water with a lengthy return trip still to come... "great!" I thought as I sucked down the last of my camelback while perched 882m above sea level at Gamebong Peak. Luckily, a nice breeze rolled up through the valley and greeted me as I sat atop the summit and cooled down for a bit before starting the return journey back to the trailhead.

Rather than taking the same route down, I opted to veer off course so that I could see some waterfalls on my way down. This is where the landscape started to really show its true magnificence. Massive canyons towered over me on both sides as I made my way to the Yongchu Pokpo Falls and discovered the iconic "poster child" of Juwangsan National Park. Like I always say: pictures just can't do this place any justice, so you'll just have to see it for yourself!

Legs shaky, camelback completely drained, and hunger setting in, I finally reached my car and began making the hour's drive back to my Air BnB. But remember those ladies selling apples on the side of the road? Of course, I had to pull over and get a massive basket of apples as a snack and some local apple juice to use in my smoothies for the next few weeks!

After a great night's sleep, my legs didn't feel like doing anymore hiking so I decided to give them a rest by touring the rest of Pohang by car. I had learned through the all-powerful Google that a unique area called Homigot was located about 30 kilometers from where I was staying so, I loaded up my stuff and made my way to the coast.

Homigot is Korean for "tiger's tail cape" and it's a small point of land that stretches into the Sea of Japan on the east side of Pohang. Judging by how it looks on the map, one could easily argue that it's the eastern most point of South Korea. As I parked the car at the Homigot Sunrise Plaza and began reading the posted signs, I learned that the whole cape is loaded with fun activities to do from art sculptures to museums to beaches. Luckily, I happened to be starting at the Hands of Harmony art sculpture (see below) where I took a good two hours enjoying the art and taking way too many pictures lol.

After departing the Sunrise Plaza, I followed the coastal road back towards the mainland but stopped every now and again to take pictures of the remarkable rock sculptures peppering the coast. More and more pictures filled my camera as an impending storm edged closer and closer to my location. Finally, the storm caught up to me, and forced me to duck into a small little coffee shop on stilts overlooking the ocean.

Was I bummed that I couldn't be out exploring on foot any longer? Sure. Did it feel like (once again) the mighty monsoons were changing my plans? You bet. But was I at all upset that I was sitting in a booth, enjoying a cup of coffee in a seaside café built on stilts as I watched Poseidon wage war against the land with everything he could conjure? No, not at all. In fact, it was quite possibly the best part of the entire journey. You know what they say: if you can't avoid it, enjoy it!

Pohang

Courtesy photos

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Thrill-seeking Mt. Yonggwolsan

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

Though Sunchang may be the birthplace of the South Korean favorite gochujang red pepper paste and is a foodie haven, this region has much to offer for those with other tastes.

Here, gourmands flock to try Korean table d'hôte with 12-course meals, and cyclists visit to pedal along the beautiful Seomjingang River, which is the fourth longest on the peninsula. Hikers, too, have a place to go in Sunchang.

Yonggwolsan Mountain stands at 646 meters high and features a “sky road” for those feeling adventurous. The sky road is a wide wooden plank path with safety rails and offers stunning views of the Seomjingang River and surrounding area with a touch of adrenaline for thrill-seekers.

To get to the sky road, head to Yonggwolsan Mountain, a rocky, bizarre spot in the Noryeongsan Mountain Range. Here, the rock formations make Yonggwolsan an interesting sight, almost as if to live up to its name “Mountain of Dragons” in Korean. Avoid weekends and arrive early as there is only one lane on the road to

the mountain’s entrance. From the parking lot, head up the gentle trail near the public restrooms which connects to a set of stone stairs.

At the end of the stone stairs, the giant exposed rocks of the mountain leading to the start of the plank path took my breath away. Along the way, stop for breaks at the observation points for some pics and the great views. As I walked through the sky road, I felt totally safe because there was a guardrail and it was wide enough for two adults to pass at the same time.

Check out
the video



At the end of the walk, hikers can either return back the way they came, or like me, can continue up to the mountain summit. The trail is pretty steep heading up beyond the plank path and involves some vertical ascents, descents and even steep rocky sections you can’t dare climb without pulling a rope that is on the trail. I slowed down and took pleasure at the beautiful view again from time to time. I forgot to bring gloves, so it was a bit uncomfortable to pull rope on the slippery and steep rock. Nevertheless, I finally reached the top. It took me about two hours to climb to the summit from the parking lot.

The setting sun created a layered mountain



ing on s sky road

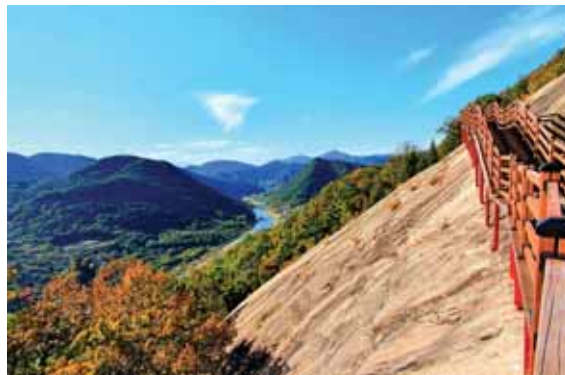
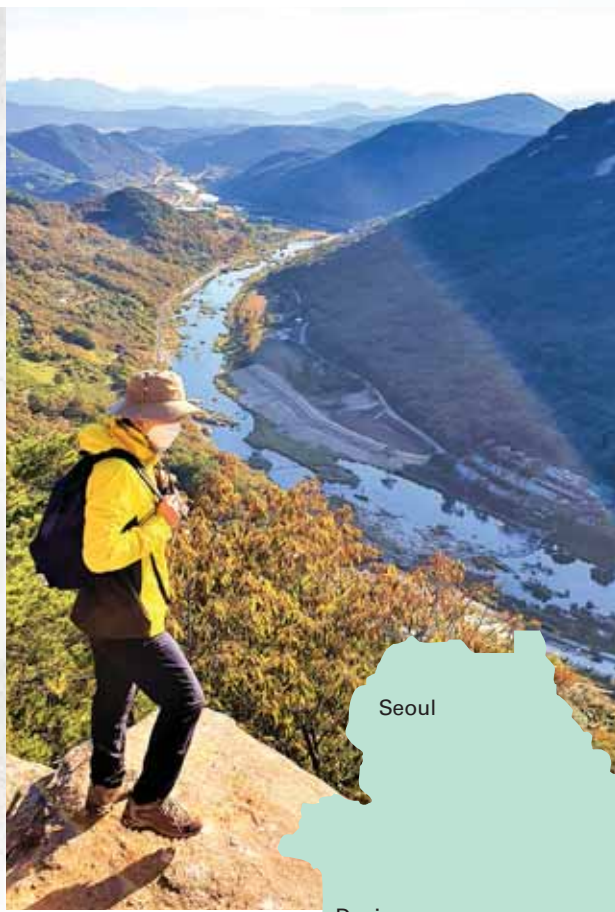
scape visible in the blue distance. I wanted to stay
er, but because dusk was near, I decided to head
. Originally, I was trying to head down a different
but I caught up with a local who said he climbs ev-
day because he works on the mountain and pointed
that the trail was very steep and not very scenic.
ning out of daylight, I took his advice and returned
n the same path I took up.

you are short on time, or a novice hiker like me,
don't need to push yourself to reach the mountain
I believe that taking in the whole beauty of the
ntain and surrounding areas from the observation
was enough without getting to the top, but it was a
y gratifying experience for me.

uring my visit, I missed Yogang Rock (요강바위), a
t of interest near Janggunmok. This rock weighs 15
and created a pothole big enough for three to four
ts to fit inside.

ne area between Janggunmok and Guamjeong Pa-
n is filled with many different rock formations in-
ing Yogang Rock. It's within walking distance and
a few minutes' drive from the Yonggwolsan park-
ot. I promised myself I'd return next year to see
rocks and ride my bike through the Seomjingang
Path.

Whether you're a foodie, a cyclist, a hiker, or all of



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Sunchang-gun

these, there's no denying that Sunchang has something
for everyone. Check it out!
kim.chihon@stripes.com



Crossing the Korea's longest suspension bridge

If you go to Sunchang, there is no excuse to not visit Chaegyesan suspension bridge(채계산출렁다리), which is just a 20-minute drive from Yonggwolsan Mountain. The 270-meter-long bridge is the longest suspension bridges without pillars in Korea and connects Mt. Jeokseong Chaegyesan and Mt. Donggye Chaegyesan, which are divided by Highway 24.

The entrance of the pedestrian bridge is a mere 300-meter high, making this a great place for hikers of all skill levels. It took only 10 minutes for me to get to the bridge from the parking lot, after around walking up around 500 stairs.

The bridge linking two mountains is about five stories high, or between 75 to 90 meters, and really will make your stomach flutter. When I visited, I noticed there were some tourists on the bridge walking slowly and holding on tightly to the handrails.

If you are a thrill-seeker, look down at the traffic far below from the center of the bridge. I felt like I was floating above the highway. If not, cross the bridge slowly while taking in the lovely scenery of the mountains, field and village in the distance.

When you go to the Sunchang, a home to hot pepper sauce, don't forget to climb up the Chaegyesan mountain and cross the gorgeous bridge that has a red color like the city's specialty.

– ChiHon Kim, Stripes Korea

Check out
the video

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SEE MORE RESTAURANTS
ON PAGE 10

CONTINUED FROM
PAGE 9



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Dami sikdang serves up tasty Korean table d'hote

If you ask me the best Korean restaurant in Sunchang, the answer is simple: just follow your nose and your feet. When it comes to food, Chungcheongnam-do has no rival on this peninsula. The rich agriculture of the area means restaurants can serve Korean table d'hote 12-course meals at a great price. On my travel, I randomly stopped in a small hanjeongjik eatery (다미식당) after my long day of

hiking. My simple order of a soft tofu stew for 8,000 won (or 6.79\$) unexpectedly became one of 12 additional side dishes at no extra cost.

When the plates started arriving at my table, I was worried I ordered incorrectly. But the assortment of side dishes were in fact a part of my order. The servers here were kind and I was truly satisfied with my spicy hot tofu stew made of gochujang. This

restaurant was also the only one I could find that accepts solo diners. It was a great hanjeongsik experience. In Sunchang you'll find many restaurants known for their hanjeongsik, but if you're not worried about the popularity factor, then this spot would be a great option to try.

– ChiHon Kim, Stripes Korea



Hwayangyeonhwa

Hwayangyeonhwa (화양연화) is a neat café serving up tasty coffee drinks and is only 15 mins away from the Chaegyesan suspension bridge. The great thing about this place is you can get your caffeine fix in a room of beautiful hanok.

During the summer, this shop serves up patbingsu, a red bean sherbert, but year-round it offers a range of desserts like rice cakes and even dango Japanese rice dumplings. If you aren't a coffee drinker, they have some teas and milk on the menu as well.

I opted for "The blue night of Jeju Island," a magical green tea latte for 7,000 won. I also ordered the strawberry rice cake, another signature menu item, for 4,000 won. The layers of frothy milk and frothy tea were beautiful in my latte and the taste was delicious. I was also pleased with my dessert. If you're looking for an Instagrammable café or a place to sit back and relax after a long adventure, consider Hwayangyeonhwa for your pit stop.

– ChiHon Kim, Stripes Korea



Naver Map

<http://naver.me/FzHmNhxB>

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ENG: 91, Gyeongcheon-ro, Sunchang-eup, Sunchang-gun

Hours

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Photo courtesy of Saha-gu

A delightful hike on Seunghaksan Mountain

HAPS KOREA MAGAZINE

Down from Jangsan Mountain and forms the boundary between Saha-gu (district) and Sasang-gu, Seunghaksan is home to one of Busan's most scenic hikes.

The name, according to legend, is derived from the mountain's shape, which resembles a crane soaring to the sky. But, this isn't its only connection with birds. At almost 500 meters high, it's possible to catch a glimpse of innumerable migratory birds flying around the mountain and the Nakdonggang River. And, like Jangsan Mountain, there's a great abundance of beautiful silver grass fields near the summit.

Our pick for the best trail on Seunghaksan Mountain is also the easiest one: Take the village bus from Dangni Station (metro line 1), exit 1, and get off at Dongwon Benest Apartment. Here, hikers can easily access the trail, which is paved and well maintained.

On the way up, both Gadeokdo and

Geojedo Islands will be visible. You'll also see the Nakdonggang Estuary and Dadaepo Beach Park. Cypress Trees will fill your senses and give you peace along the way. If you get tired, take advantage of the benches that lie along the trail for a quick break and a drink of water. Follow the signs to the silver grass fields. It'll take about 40 minutes to reach.

There's an observatory near the summit that's worth viewing. From there, you'll have an amazing view of Busanhangdaegyo Bridge, Taejongdae Park, and Oryukdo Island. The descent is an easy one, and you can stop by the Openarts Flower Village in Seo-gu on the way back down.

All in all, you're looking at a three-hour experience from start to finish.



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Korean War, Yangpajeong Pavilion, Gwandeokjeong Pavilion, a multi-purpose sports field, and an observatory that offers visitors a panoramic view of the city.



Photos courtesy of Gwangju Convention and Visitor's Bureau

A walk in the park in Gwangju

HAPS KOREA MAGAZINE

The neighborhood of Yangnim-dong in Gwangju, which boasts a variety of modern and contemporary architecture and dense groves of massive 100-year-old trees, is its very own museum of history, art, culture and architecture.

Gwangju's Sajik Park was created on the original site of an altar to deities of the state.

The restored altar stands inside the park, along with the Monument to the Sacrifice of Police Officers in Yeosu-Suncheon Rebellion and the



The park boasts a remarkable variety of trees and flowers, and when the cherry blossoms are in full bloom in April, the park is lit at night for evening strolls under the cherry blossom trees, making it a popular springtime attraction.

OPERATING HOURS:

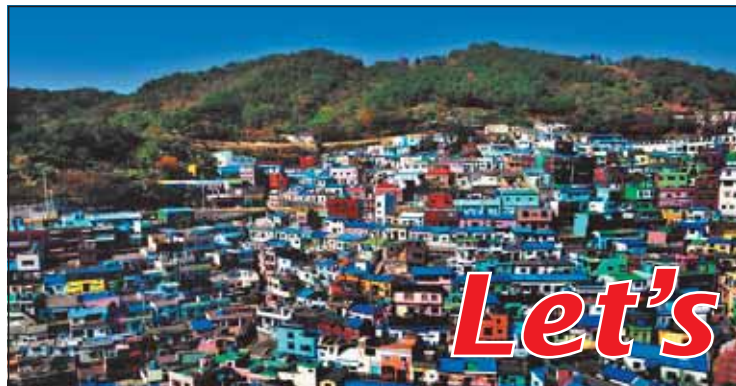
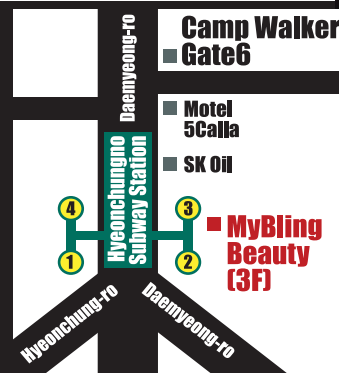
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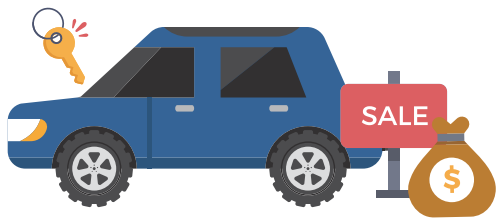

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10 fun things to do in Busan

HAPS KOREA MAGAZINE

As curfews have relaxed and travel is slowly beginning to return, you may find yourself with family overseas or a friend from out of town visiting the city.

It's always a stressful time trying to figure out what to do and where to take them whether it's a two-day stay or a two-week stay.

So what are some fun, easy things to do?

Here's a shortlist of fun things you can do when your guests arrive to leave them with a great impression of the city.

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1 Go to the highest observatory in the country

Located at the LCT in Haeundae, Busan X The Sky is the highest observation deck in Korea where you can also enjoy sea and city views. Bonus feature — you can also take them to the highest Starbucks in the world.

2 Enjoy great views from the Songdo cable car

The Busan Sea Cruise has brought instant tourism revitalization to Songdo Beach. You can also check out the Sea Diving boards and the Songdo Skywalk while you're in the area.

3 Take a night cruise around the bay

Get on a boat and explore the city on the seas with great night views that's fun for the whole family. Check out the city's guide to getting out on the waters.

4 Do a city tour

The easiest way to see the city in a day, hop aboard a daily tour which gives you an affordable way to show your guest the city and explore places you may not have been yourself.

5 Do some street eating in Nampodong

Sampling from Busan's ample street food offerings is the best way to try some local cuisine while warming the body and mind. Don't miss the Ssiat Hotteok, Eomuk, Danpatjuk, and EoYubu Jumeoni and try your luck at playing the Dalgona game, made popular from the Netflix series "Squid Game".

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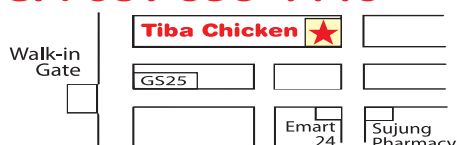
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6 Take a day trip to Gyeongnam

Walk, rest, and enjoy the cool autumn breeze at these 13 recommended non-face-to-face safe tourist destinations in Gyeongsangnam-do, all within a day trips range of Busan.

7 Take a ride on the Haeundae Beach Train

The train runs 4.8-kilometers at the eco-friendly Haeundae Blue Line Park along the abandoned site of the old Donghae Nambu Line and lets riders enjoy spectacular coastal views of East Busan.

8 Enjoy the beauty of Taejongdae

No trip to Busan is complete unless you check out Taejongdae, a scenic park with great views from cliffs facing the sea on Yeongdo Island.

9 Eat some great local food

Enjoy a great lunch or dinner at one of the city's restaurants and enjoy some great traditional Korean food. You can check out some of our recommended restaurants if you're looking for a place to go or check out the Busan Food group on Facebook.

10 Take a cable car up to Geumjeongsanseong Fortress

Built in 1966, the vintage cable cars travel 1.26 kilometers to the top of the 540-meter tall mountain ridge. The cars travel slow enough that the passengers can enjoy the lush mountain face, bright downtown lights and if they're lucky, even catch a glimpse of the Haeundae seashore.

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Stripes Sports Trivia

The WNBA has had its share of superstars. From Sheryl Swoopes to Lisa Leslie, Candace Parker to Maya Moore, the league has had plenty of faces. To no surprise, many of the its stars played college hoops at powerhouse UConn, including the league's all-time scorer. Who is she?

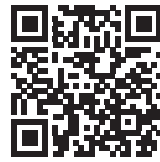
Answer

Diana Taurasi



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DID YOU KNOW?

One type of service has managed to stay in demand in South Korea is one that provides wedding guests for hire. Business is booming and some companies even allow clients to view photos of potential “guests” ahead and choose the ones they think look similar to their real friends.



Hangul of the week

돌 (stone)

Language Lesson

I don't like it.

Shiroyo.



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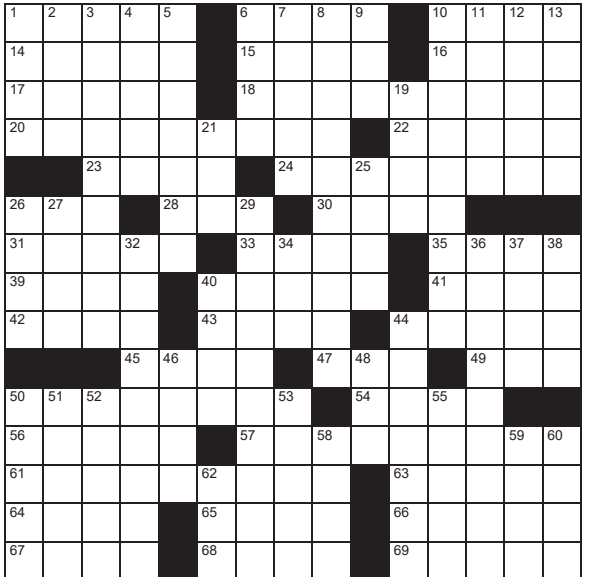
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Crossword

by Margie E. Burke

ACROSS

- 1 Upper crust
- 6 Inside info
- 10 Walking trail
- 14 Outer boundary
- 15 Who follower
- 16 Nabisco classic
- 17 Strike down
- 18 Loan seekers
- 20 South Pole region
- 22 Tube-shaped pasta
- 23 Kournikova of tennis
- 24 Took off
- 26 Work on a doily
- 28 Rock concert equipment
- 30 Cop's collar
- 31 The "A" in "CAT scan"
- 33 Makes a choice
- 35 Laddie's love
- 39 Lumber along
- 40 "___ or lose ..."
- 41 Ready, willing, and ___
- 42 Mail away
- 43 Houston slugger, to fans
- 44 Sundae topping
- 45 Ledger entry
- 47 Suffix with beat or neat
- 49 Guggenheim display
- 50 Felt in the gut
- 54 Smooch
- 56 Banded stone
- 57 Earth orbiter
- 61 Final demand
- 63 Energize (with "up")
- 64 Cut of pork
- 65 "Nebraska" actor Bruce
- 66 Touch up, as text
- 67 Chinese dynasty
- 68 Outdated expletive
- 69 ACT and MCAT



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DOWN

- 1 Schiaparelli of fashion
- 2 Depict
- 3 Knockoff
- 4 Saturn's largest moon
- 5 Going on and on
- 6 Borrower's burden
- 7 Grape-shaped
- 8 Understanding
- 9 Make a goof
- 10 Takeover attempt
- 11 "___ we all?"
- 12 Lead and tin alloy
- 13 In a fix, slangily
- 19 Fictional city in Tarzan novels
- 21 Engine part
- 25 Nuisance
- 26 Lights-out tune
- 27 Wagon part
- 29 USPS manager
- 32 Like nicotine, for many

- 34 Pricing word
- 36 Sandpaper and such
- 37 Speak unclearly
- 38 Back-to-school mo.
- 40 False friend
- 44 Cast-iron pan, often
- 46 Overflow (with)
- 48 Mamie's man
- 50 Olympics event

- 51 Dome dwelling
- 52 Lustrous fabric
- 53 Linney of "Ozark"
- 55 Snail trail
- 58 Crime-fighting turtles, briefly
- 59 REI purchase
- 60 Odds and ___
- 62 Make sense, with "up"

Answers to Previous Crossword:

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | R | I | D | A | B | A | F | T | O | G | L | E |
| P | O | S | E | V | I | C | A | R | F | L | A | V |
| E | M | B | R | O | I | D | E | R | Y | F | I | V |
| D | E | N | I | R | O | S | C | I | M | I | T | A |
| | | | | D | A | N | A | E | N | A | C | T |
| A | P | P | E | T | I | T | E | G | R | E | E | N |
| P | E | R | E | C | L | A | T | A | R | R | O | W |
| A | C | I | D | S | A | V | O | R | S | A | M | E |
| C | A | M | E | L | S | E | W | E | R | T | A | D |
| E | N | A | M | O | R | S | E | T | A | S | I | D |
| | | | | D | E | F | E | R | R | I | D | E |
| F | R | O | N | T | M | E | N | C | A | R | E | S |
| L | I | N | T | I | N | O | P | E | R | A | B | L |
| A | C | N | E | S | E | T | I | N | P | A | I | R |
| B | E | A | D | S | W | E | E | T | H | Y | P | E |

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Previous Sudoku:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 3 | 8 | 1 | 9 | 6 | 4 | 2 |
| 9 | 1 | 6 | 3 | 4 | 2 | 8 | 7 | 5 |
| 2 | 8 | 4 | 6 | 7 | 5 | 3 | 9 | 1 |
| 6 | 4 | 9 | 5 | 2 | 7 | 1 | 3 | 8 |
| 7 | 5 | 2 | 1 | 3 | 8 | 9 | 6 | 4 |
| 8 | 3 | 1 | 9 | 6 | 4 | 2 | 5 | 7 |
| 1 | 2 | 5 | 7 | 9 | 6 | 4 | 8 | 3 |
| 4 | 9 | 8 | 2 | 5 | 3 | 7 | 1 | 6 |
| 3 | 6 | 7 | 4 | 8 | 1 | 5 | 2 | 9 |

| | | | | | | | | |
|---|---|---|---|---|--|---|---|---|
| 3 | | 1 | | | | | | |
| | | | 6 | 2 | | 5 | | 1 |
| 6 | 4 | | 3 | | | 9 | | |
| 2 | 8 | | | | | | 9 | |
| | | | 2 | 6 | | 3 | 4 | |
| 7 | | | | | | 6 | 8 | |
| 9 | | | | | | | | |
| | | | 9 | 8 | | | 1 | |
| 5 | | 8 | 7 | | | | 2 | |

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- 8 successful pregnancy cases among 15 infertility patients with uterine myoma.
♥ Received 2009 Maternity-Friendly Policy Award (Presidential Award)



3 VBAC (Vaginal Birth After Cesarean section) : Natural Delivery after Cesarean Section

- The highest national VBAC, natural delivery rate, based on statistics from the Health Insurance Review and Assessment Service.
- VBAC : The head office has the critical position as it is responsible for most of the VBAC surgeries performed in Daegu and Gyeongsangbuk-do Province.

4 High Risk Maternity Care Center

- ① Pregnant hypertension (Pregnancy intoxication)
- ② Pregnancy Diabetes
- ③ Mothers with chronic diseases
- ④ Pregnant women with uterus and ovarian tumors
- ⑤ Premature contraction Experienced medicine, accumulated experience and know-how of women medical park hospital staff who can **provide intensive care for high-risk pregnant women.**

5 A Empress Postpartum Care Center *Where feels like you're in a hotel!*

If you have any inquires regarding this article, please feel free to contact below!

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November 2021

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- PAGE 3

■ Hangil Eye Hospital
is focused on you!

- PAGE 4



■ Learning how to take
care of your eyes

- PAGE 5

■ Incheon Sejong & Bucheon
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■ Pediatric dental treatment

After the baby's teeth begin to come out, it is necessary to start visiting the dentist for a check every 3-6 months. To prevent the development of cavities in children, it is recommended to apply fluoride to the teeth every 3 months, and when chewing teeth (molars) appear, it is recommended to apply a sealant to them. Timely treatment of deciduous teeth will help them play their role to the end and prevent the development of cavities on permanent teeth.

■ Orthodontic treatment

Depending on each person, the time to start carrying out orthodontic treatment differs. If a child has complications with the jaw, milk teeth were lost early, supernumerary teeth are present, permanent teeth began to grow in the wrong direction - it is necessary to contact an orthodontist for advice. If there are no such problems but parents want to correct crooked teeth, you can start orthodontic treatment at about 11-13 years old. Orthodontic treatment can also be carried out in adulthood, but the earlier treatment is started, the easier it is to carry out.

■ Wisdom tooth extraction

If a wisdom tooth begins to grow abnormally due to its growth, anterior teeth may change in position, which can lead to curvature of the teeth and malocclusion. Therefore, if a wisdom tooth begins resting on an adjacent tooth, it must be removed so it doesn't displace adjacent teeth and lead to inflammation in the gums.

■ Cavities treatment

Cavities not treated in time can develop into more serious problems, such as pulpitis and tooth extraction. The sooner you start treating cavities, the more you can save time and money for treatment.



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■ Scaling

Sometimes usual brushing of teeth does not prevent the development of calculus, which can erode enamel. If it spreads below the gum, it can lead to loosening, and in extreme cases, to the extraction of a tooth. Therefore, in order to prevent the development of tooth pathology due to calculus and plaque, it is advisable to undergo professional teeth cleaning at least once a year.

■ Post-endodontic treatment

During endodontic treatment, the nerves and blood vessels of the tooth are removed, which ultimately makes the tooth weak and vulnerable to tooth breakage. Therefore, it is important to place a dental crown after endodontic treatment.

■ Missing teeth

Teeth have a tendency to move and tilt towards missing teeth from the front and from the opposite side. Also, over time in the place of missing teeth, the partial bone loss and gingival subsidence can occur. After the extraction of teeth (in addition to wisdom teeth), it is important to start performing prosthetics (e.g., implants, dental bridges) on time. If this treatment is postponed, additional procedures may be required, such as bone grafting. In extreme cases, this may lead to not being able to install implants.

■ Teeth whitening

If the treatment plan includes the installation of implants, prostheses and whitening, then teeth whitening should be done first. After all, the color of artificial teeth (prosthetics) is best matched to the already bleached teeth. Also, after teeth whitening, for long-term maintenance of color, it is advisable to whiten teeth regularly once every 6 months. The opinion that teeth whitening is harmful to dental health is now considered erroneous.

■ Visit the dentist every six months

Prevention of diseases and their treatment at an early stage is beneficial for preserving and prolonging the life of teeth, as well as for reducing the cost of their treatment.





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HANGIL EYE HOSPITAL

Hangil Eye Hospital offers one-stop, same-day service for all kinds of eye diseases.

With a team of excellent specialists in each field and led by chairperson and ophthalmologist GyuHyung Jeong, Hangil Eye hospital takes care of 230,000 patients annually.

The hospital conducts more than 6,000 cataract surgeries year and is equipped with the best infrastructure as an ophthalmologist in respect to scale, facilities, medical staff, clinical capabilities, academics, and research.

With 36 doctors (27 ophthalmologists, 3 internal medicine specialists, 2 anesthesiologists, 4 majors) Hangil operates a dry-eye clinic and six treatment centers specializing in anterior segment, retina, glaucoma, plastic ophthalmology, LASIK, strabismus, amblyopia, and neuro-ophthalmology.

Along with these clinics, the department of internal medicine and anesthesia pain medicine has greatly improved the safety of the operation through detailed pre-operative examinations.

What our centers and clinic offer

Cornea and Cataract Center

Cataract, presbyopia/astigmatism correction cataract surgery, intraocular lens implantation, contact lenses, corneal disease, dry eye syndrome, pterygium, pinguecula, conjunctivitis, and other eye diseases

Glaucoma Center

Although the most difficult field, we are confident we are at top the top and continue to be a leader in the region. Glaucoma, laser peripheral iridectomy and plastic surgery, selective laser trabeculoplasty, trabeculectomy, glaucoma drainage device implantation, ciliary photocoagulation, combined cataract and glaucoma surgery

Retina Center

Macular degeneration, diabetic retinopathy, hypertensive retinopathy, retinitis centralis, retinal vascular atresia, uveitis, muscae volitantes, retinal detachment, macular hole, epiretinal membrane, retinal pigmentation, and other retinal diseases

Oculoplastic and Orbital Surgery Center

What we treat: Double eyelid surgery, Mongolian wrinkle correction, upper and lower blepharoplasty (eyelid sagging correction, eyelid wrinkle removal), ptosis (eyelid sagging), blepharelosis and entropion, tear path surgery, eye socket fracture, artificial eye surgery, thyroid eye disease, botox filler, etc.

Pediatric Ophthalmology Strabismus Amblyopia Neuro-Ophthalmology Center

Pediatric ophthalmology, strabismus, amblyopia, refractive error, dream lens

Refractive Surgery Center

LASIK Surgery, LASEK Surgery, Smile Surgery, LBV Presbyopia Correction Surgery, Comprehensive Ophthalmology Checkup

Dry Eye Clinic

Diagnosis of dry eye syndrome, blepharitis, treatment of decreased meibomian gland function



All eye diseases can be treated in one place without waiting One-Stop Total Care, Hangil Eye Hospital



010.5322.5708
(International Medical Center)



Medical Institution
Certification



Ophthalmology
Specialized Hospital



Medical Institution excellent to
attract foreign patients (KAHF)

HanGil Eye Hospital is the only ophthalmic specialist in Incheon and the only medical institution that has acquired three certifications hosted and issued by the Ministry of Health and Welfare.

Learning how to take care of eyes

HANGIL EYE HOSPITAL

How to apply Eye Drops

It's not easy applying eye drops, right? Flowing down, falling somewhere else... But it's not that difficult once you know the right way.

Let's learn about the proper way to apply eye drops with Dr. Beomjin Cho, of the HanGil Eye Hospital.

If you practice a few of these steps carefully, you'll soon be a pro at applying eye drops.

- 1** The first thing you have to do is wash your hands so that the eye drop bottles are less contaminated.
- 2** Then look at the bottle for the date for the manufacturing and expiration date. The expiration date is usually one or two years ahead. Once you open the eye drops, it would be best to write down the date because the drops should only last a month and should be used within that time period.
- 3** First, open the lid and hold the eye drop container with your thumb and index finger. Pull down gently on your lower eyelid with middle finger, and squeeze a drop into the eyelid pocket, ensuring the tip of the eye drop bottle does not touch your eye. (Focus your eyes up like you are trying to look in your head, which allows the pupil to rise up and exposes the white of your eye so you can easily apply the eye drops.)
- 4** Gently wipe away excess with a clean tissue, close eye, then gently press the inside corner of the eye by the nose with the finger for about 5 minutes.

How to apply two different eye drops in same eye

Also, there is something that many people are confused about. Do not apply different eye drops at the same time! If you put in one and put the other one in right away, the first medicine and the

second medicine may have unexpected bad effects. If you need to instill different eye drops in the same eye, make sure you space them out by at least 5 minutes.

Easy ways to apply eye drops

The last thing you want to do is touch your eye with the tip of the eye-drop bottle, which could irritate your eye.

To prevent this, the easiest way to have a steady hand while putting in eye drops is to make a hand-rest.

If you use your dominant hand and rest it on the back of the hand that's making the eyelid pocket, then look up and drop directly into the eye.

It's an easy and safe trick, so give it a try.

For those people who are afraid of eye drops touching their eyes, there is a way to keep the eye closed and lightly apply the eye drops into the eye.

This is not the best option, but if can't open your eye because you're scared, it is possible to spread eye drops by putting them through the eye gap.

Hope this was helpful!

Thank you.

Head of Medical Dept, BeomJin Cho

Specialties: Cataract, Cornea, Refractive Surgery (Lasik)

Academic Background:

Graduated from Seoul National University College of Medicine
MD PhD, Seoul National University College of Medicine

File photo

Check out the video on

HOW TO TAKE CARE OF MY EYES



www.youtube.com/watch?v=2voJUlpgUqw





TOP OF THEIR CLASS

Incheon Sejong Hospital, Bucheon Sejong Hospital receive Grade 1 in nation-wide evaluation

UMEDI

Incheon Sejong Hospital, which is the first and only medical complex in Korea grabbed attention as it obtained Grade 1 in the coronary artery bypass surgery adequacy evaluation conducted on 81 medical institutions at general hospitals across the nation by Health Insurance Review & Assessment Service (HIRA) in August.

In particular, Incheon Sejong Hospital has confirmed that it is a medical institution with cardiac specialty in name and in deed by obtaining Grade 1 for four its consecutive years, a first among general hospitals in Incheon area. In addition, Bucheon Sejong Hospital, which is under the Sejong Hospital Group, became the first general hospital to obtain Grade 1 for 13 consecutive years.

HIRA has conducted coronary artery bypass surgery adequacy evaluations since 2008 to ensure safe and high-quality medical services for patients with ischemic heart disease. The results of evaluation are disclosed whenever the evaluation is conducted.

Ischemic heart diseases, which have high mortality rate, are represented by acute myocardial infarction and angina pectoris and they were the second



leading cause of death in Korea in 2019. It is a disease where the coronary arteries that supply blood and oxygen to the heart muscle are narrowed or blocked, preventing sufficient supply of blood to heart. The main symptoms include the pain described as squeezing or pressing the heart, and the number of patients is increasing every year. The typical treatment method is coronary artery bypass, which forms an alternative vessel to make sure that blood can flow to the

other side when coronary arteries are narrowed or blocked.

The adequacy evaluation was conducted on 85 medical institutions at general hospitals or higher level which conducted coronary artery bypass surgery from July 2019 to June 2020. Incheon Sejong Hospital received Grade 1 after evaluation on items such as • total number of coronary artery bypass surgeries, • coronary artery bypass surgery using internal thoracic artery, • aspirin

prescription rate at discharge, • re-surgery rate due to postoperative bleeding or hematoma, • mortality during hospitalization, and • mortality within 7 days after discharge.

“I am very delighted that both hospitals obtained Grade 1 consecutively every year,” Chairman Park Jin-sik of Sejong Hospital Group said. “Bucheon Sejong Hospital and Incheon Sejong Hospital have provided a wide range of treatment for ischemic heart disease, congenital heart disease, arrhythmias, heart failure as well as heart transplantation based on their unrivaled treatment capabilities and know-how accumulated for a long time. In addition, we operate a disease-specific heart rehabilitation program to provides systematic care from diagnosis, treatment and follow-up care. We will do our best to improve the quality of care to make sure that patients with heart diseases can receive excellent treatment.”

In the meantime, Cardiovascular Center of Incheon Sejong Hospital is led by Park Pyo-won, who is recognized as the master of thoracic surgery in Korea and 8 cardiology specialists and 5 thoracic surgery specialists are doing their best to treat patients with cardiovascular diseases.

A LOOK INSIDE INCHEON SEJONG HOSPITAL

Great care!

Photos courtesy of Incheon Sejong Hospital



First Medical Center in Korea
Leading for Collaboration of Modern Medicine &
Korean Traditional Medicine

Nasaret International Hospital

Since 1981



The best treatment effect achieved by combining
the benefits of traditional Korean medicine
and modern medicine.

.....

“ Just as how each tree produces
different fruits at different times,
the time it takes for the effects
to appear is different for each person. ”

Traditional Korean Medicine M.D. LEE, KANG IL
(Chairman of the foundation Nasaret international hospital)



NASARET
INTERNATIONAL HOSPITAL

General Hospital

Address 98 Meonugeum-ro, Yeonsu-gu, Incheon, Republic of Korea

Website www.nasaret.com

Appointment 010-3289-6369, 032-899-9736

E-mail danieln379@naver.com

Collaboration
40
YEAR

Partners





DISCOVERING OAKWOOD PREMIER INCHEON



Please give us a brief introduction to Oakwood Premier Incheon.
Oakwood Premier Incheon is a landmark of Songdo International City, with 68 stories above ground and 305m in height. It is located in the second tallest building in Korea and the tallest building in Incheon, and you can enjoy a panoramic view from any side of the skyscraper. It is no exaggeration to say that the ever-changing natural scenery, such as the sunrise, sunset, and night view, as well as the city view, park view, and ocean view, are key elements of customer satisfaction.

In addition, the room is well received for its ample space and a more spacious storage compared to other hotel rooms. As a residence, it provides a comfortable environment just like home, and you can experience a pleasant and elegant residential space which is different from other hotel rooms. The hotel also boasts of a total of 423 rooms, from studios to suite-class with separate bedrooms and living rooms, equipped with a variety of amenities such as kitchen, high-end cooking utensils and tableware, refrigerators, washing machines, and dish washers. Located on the 65th floor of the hotel, Dining and BAR offer customers a unique experience by allowing them to enjoy the gleaming sunlight and panoramic view of Songdo International City.

Please tell us what makes Oakwood Premier Incheon consistently maintain the top spot in customer evaluation among five-star hotels in Korea.

Oakwood Premier Incheon is always trying to make a huge impact on customers. Each day, we constantly think about finding practical ways to improve the reviews of customers, and we make adequate effort to provide feedback to these customers as well. To ensure customer satisfaction, all employees work together to provide personalized and sincere services, by always listening and taking note of customer requests and complaints to improve our services. We try to improve our services through thorough feedback, centering on online platforms such as Tripadvisor, as well as services offered offline. In fact, many of the customers expressed a high satisfaction when revisiting, indicating that the efforts of the employees are not in vain. In particular, when a customer revisits, information such as the customer history from the last stay and the number of stays, is identified in advance and personalized services are provided to the customer. However, we will not be arrogant but continue to maintain family-like relationships with our customers, and continue to strive to provide the best services to them.

Please introduce facilities or services that can only be experienced in Oakwood Premier Incheon.
Unlike other hotels, Oakwood Premier Incheon is a residence hotel that provides personalized services for long-term business or leisure stays and returning customers to ensure their satisfaction. We provide a comfortable environment just like home, for long-term stays. You can experience a pleasant and leisurely residential space different from existing hotel rooms. A total of 423 rooms, from studios to suite-class, with separate bedrooms and living rooms, equipped with various facilities such as kitchen, high-end cooking utensils and tableware, refrigerators, and washing machines.

Inside the hotel rooms and businesses located from the 36th to the 65th floor of POSCO Tower, visitors can enjoy the gleaming sunlight and a panoramic view of Songdo International City, showing the horizon of the vast West Sea, for a truly special experience. In addition to the unique facilities of the Residence Hotel, it also has top-notch hotel services. It offers a variety of quick services, including a bar & dining on the 65th floor, restaurants on the 36th floor, banquet halls, business centers, meeting rooms, 24-hour fitness centers, playrooms and babysitter services available for parents, Oakwood Hotel limousine services, Pet friendly policies, and room maintenance. There is no doubt that it is a perfect residential space with everything set perfectly in place with customers in mind. Finally, it collects additional requests from customers to provide a space that is in the best condition to suit customer needs.

Please share how the atmosphere and direction of the hotel has changed due to COVID-19.
Amid the absolute negative effects caused by COVID-19, Oakwood Premier has had a lot of trial and error over the past two years, with the cooperation and dedication of employees towards maintaining COVID-19 rules and government guidelines. As the hotel trend was centered on Koreans, the services were strengthened, and as a result of paying a lot of attention to quarantine services, it became an opportunity to grow more than it did 20 years ago. Not only did this measure help us grow, but by providing quarantine services, we were also able to make the hotel a safe space from the pandemic.

We believe that every little detail can contribute to making a huge impact and every little service can improve the perception of customers and their evaluation of the hotel, so we make sure to never miss any small detail in our service provision. For instance, customer reviews are carefully examined and thorough feedback is provided to ensure improvements in our services. In order to create the best customer experience, it is necessary to recognize the characteristics and preferences of customers and provide delicate personalized services during their stay at the hotel. The fiercer the competition, the more important the services are, and sincerity, humanity, and consideration are the core of our services. In addition, we emphasize communication and collaboration between departments to provide a consistent and high-quality service experience. Since the best services are made by employees, we gather their opinions as well and invest a lot in education and development so that employees can produce the best results.

Please introduce the benefits that the U.S. Forces Korea can enjoy if they visit the hotel.
Oakwood Premier Incheon is a residence hotel that provides customized services to satisfy both business and leisure customers. It provides services based on comfort, humanity, and trust to U.S. soldiers and business travelers in Korea. Employees continue to train and strive to minimize customer inconvenience while staying at our hotel by identifying and handling their needs as fast as possible, with the assistance of our experienced managers. We also provide thoroughly prepared services, including careful inspection of all facilities so that customers do not feel uncomfortable and provide guide leaflets containing nearby leisure facilities.

Lastly, please share the philosophy and vision of the general manager leading Oakwood Premier Incheon.
Oakwood Premier Incheon opened in July 2014 and is in its sixth year. Since its opening, it has won the Tripadvisor Best Hotel for three consecutive years, and last year it was also the No. 1 hotel in Korea. I think the value of the hotel can be known only when the customer recognizes it. Oakwood Premier Incheon feels a lot of pride while reading praise letters and customer reviews, and we always want to provide better services with a new and better mindset. Today, we will become a hotel where we think about what kind of happiness we will provide in the future when looking at the comments from our customers, which states "I really want to come back!" and "100% willingness to revisit."



General Manager
Shim Youngchul