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APRIL - MAY 2015

Travel Diaries

Stories and Advice from Experienced SIWA Travelers

Membership Renewal

2015-2016 Year

Interest Groups

SEOUL INTERNATIONAL WOMEN'S ASSOCIATION



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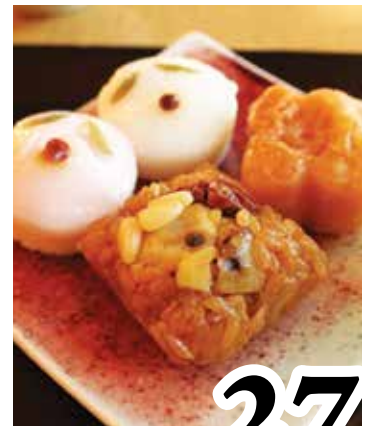
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This winter my husband and I began planning a trip to Australia. After thumbing through a travel book and watching some corny travel DVD's I quickly realized that there must be a better way to go about our trip organization. So I shifted gears and contacted one of my favorite Aussies (who also happens to be a SIWA member) and asked for her expert opinion.

In a matter of days, I was invited to her home where she presented me with lots of travel information and even some Vegemite! Both she and her husband were filled with information and gave us lots of inspiration we would never find in a guidebook. What an ample way to organize an adventure.

One thing that almost every SIWA member has in common is a case of Wanderlust. Many SIWA events are travel and culture focused. Even when not the topic of conversation they still seem to be interlinked.

There is always someone getting back from a spectacular trip or telling fabulous stories from their hometown. My mind always dances around their tales. I want to pick their brains for more information so I can vicariously live through them, or if I am oh so lucky, follow in their footsteps and have my own adventure.

For that reason I thought that Discovery would be the quintessential place for these lovely trips to be put into print for all of us to enjoy. So sit back and revel in some of these dream destinations as you read your fellow SIWA ladies travel diaries!

Sincerely,
Megan Fox
Editor, Discovery

Meet our Discovery Editorial Team



Jen Skuse



Mhyla Borkowski



Debora Hong

*A special thank you to these ladies
for making Discovery Possible!*

Welcome Barri Tsavaris as Public Relations Chair



Barri is the founder and CEO of Kanlaya Designs, a fair-trade retail company that will be launched in fall of 2015. Barri has also spent over three years as the Artistic Director of Seoul Players, Korea's longest-running expat arts organization.

Barri received a BS in Film from Boston University and hails from New York, where she performed and taught improv and sketch comedy for eight years before emigrating to Seoul in 2010. Her play I WILL FOLLOW debuted in the NY International Fringe Festival. Barri is active in the Seoul arts community as a playwright, director, producer, and actor for both stage and film. She lives in Yongsan with her husband and two beautiful Persians.

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Discovery Photo Files

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Contributions Welcome!

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Travel. The definition of travel is the movement of people. I term travel as an experience and an exploration, whether near or far and regardless of the duration. Under this context, I am 'travelling' right now - as a temporary resident in Seoul, I am trying new tastes and seeing new sights all of the time.

This subject is so relevant to many of the SIWA ladies here today, and we have a rich tapestry of experiences to speak of and photographs to show for it. How often at a coffee morning or at an event do we have the opportunity to share our travel experiences – particularly of East Asia - and as expatriates with travel experiences all over the world with such a diverse group of ladies? I have been influenced by many of your recommendations, and it has shaped my personal travel experience.

Our Facebook page is littered with wonderful views and backdrops of photographs that have been generously shared, and they give a great insight into the possibilities so close to us here in Seoul.

Before I embarked on this expat journey, travelling was only reserved for a very special occasion – the annual holiday or a birthday celebration. How privileged I am that this is now a part of everyday life. Travel has broadened my outlook as a person, given me confidence in meeting people from a wide range of cultures, and my memory (and photograph albums!) is full of cherished moments.

Having a range of travel stories certainly ensures that I am never stuck for an after-dinner anecdote or a conversation with a new acquaintance.

Over the past year, exploring Seoul and spending time with SIWA have enriched me both personally and professionally, and I was honored in serving the position of President.

It is with great sadness that I am leaving Korea, but continuing this wonderful travel experience in the Middle East and beginning my own family will be a whole new exciting adventure! It has been fascinating to hear experiences from SIWA members who have travelled and even lived in that area – what a fantastic resource SIWA is! I now feel more prepared and confident going there after hearing about the expected dress code, formalities, and opportunities there.

I wish all the SIWA members the very best for the future, and I look forward to staying connected to witness the outcomes of all of the wonderful events that are in the SIWA calendar – Spring Brunch, Fall Enrichment Classes and 2015 Bazaar, to name but a few. With the help of social media, I am looking forward to following the progress of the 2015-'16 SIWA board and leaders. I am confident they will take on their roles with energy and grace, and that the smooth running of this great organization will continue and thrive in the future.

Yours Sincerely,
Sophia



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To learn about the benefits of becoming a SIWA Sponsor, please contact Jiyoon at sponsorsiwa@siwapage.com.



Find SIWA in Social Media

SIWA has now joined Instagram, YouTube and Tapzin! **Instagram** is a free photo and video sharing app available on smartphones and tablets. **YouTube** is for videos only, and will allow us to share kodak moments from SIWA events in a fast & easy way. **Tapzin** is a free Korean magazines portal for tablet PCs and smartphones (Apple and Android), providing

the services of interactive lifestyle magazines – enjoy SIWA digital as well a print! Stay connected with SIWA in one or more of the following free social networking services. For questions or suggestions, feel free to contact us at socialmedia@siwapage.com

Tip: When sharing photos or posting updates about SIWA events, use hashtag #siwakorea.

- Facebook Page** fb.com/siwakorea
- Facebook Group** fb.com/groups/siwakorea (SIWA Members Only)
- Instagram NEW!** instagram.com/siwakorea
- Meetup** meetup.com/siwakorea
- Twitter** twitter.com/siwakorea
- Tapzin NEW!** tapzin.com (free download access)
- YouTube NEW!** youtube.com/siwakorea
- Website** siwapage.com



SIWA Opportunities



SIWA VOLUNTEER OF THE YEAR

Congratulations to Michelle Morrison who was presented with the 'SIWA Volunteer of the Year Award' at the Annual General Meeting yesterday! SIWA members vote for only one recipient of this special award each year.



Photo courtesy of Mihe Shin, Annual General Meeting

SIWA is run by a team of volunteers. Whatever your interest or skills, there's sure to be a committee or chair position for you. Please consider these positions which are vacant or will be vacant soon.

- Bazaar Team – Support in specific tasks for the annual SIWA and Diplomatic Community Fall Bazaar, which is the largest SIWA fundraiser of the year
- Blog Team – Assists with posting content for this interactive medium.
- Marketing Team – Sources and manages advertisers for SIWA's magazine & blog.
 - Discovery Editorial Team – Assists with writing and soliciting articles, editing and design.
 - Enrichment Classes Coordinator – Manages all aspects of Fall signups including communication with instructors, venue and members.
 - Graphics Designer – Creates and manages contents for SIWA events and publications.
 - Hospitality Team – Assists with Coffee Morning planning and execution for members, guests and vendors.
 - Invitations Manager – Evaluates community events and makes recommendations for SIWA's participation.
 - Gala Chair – Manages all aspects of the Spring Gala fundraiser.
 - Membership Team – Manages administration and database regarding welcoming and renewing members.
 - Newsletter – Creates the weekly eNewsletter and manages SIWA's digital images.
 - Sponsorship Team – Sources financial sponsors and ensures they receive appropriate SIWA benefits.
 - Welfare Committee Member – Solicits, evaluates and fulfills charity requests.

Please let us know your additional area(s) of interest and skill. You can express your interest in a SIWA volunteer position by contacting joinSIWAleaders@siwapage.com. Please provide a brief summary of your background and skills related to the volunteer position.

Join SIWA volunteers to use your skills or learn new ones



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Mark Your Calendar

Book Club

Do you love to read? Join book club and enjoy a discussion with other book lovers. The next book is *Defending Jacob*, the third book by William Landay, a former district attorney. A courtroom drama that covers the murder of a high school boy, it keeps you guessing about the identity of the murderer right until the end.



Even if you have not read the book, or not finished reading the entire book, you are welcome to this discussion.

- **When:** Fri 10 Apr 2015 from 1:30 pm - 3:30 pm
- **Meeting Point:** Member residence near Hannam station (#K113)
- **Upcoming book club dates and books:**
 - May 8, 2015:* Enrique's Journey by Sonia Nazario
 - June 12, 2015:* The Thunderbolt Kid by Bill Bryson
 - July 10, 2015:* Breaking Night by Liz Murray

SIWA Interest Group: Transition Group



Every change in our lives results in challenging our old ways, going through chaos and finally adopting new ways. SIWA Transition Group is a forum for members to support each other in making sense of their life transitions and finding adaptive strategies. Each member is invited to share their experience, support others going through similar situation. The group is led by SIWA members who are experts in transitions facilitating active

discussions and learnings to foster personal growth. Core topics for discussions include; personal growth, crossing culture, third culture kids (TCK) and family support.

Transition Group usually meets over lunch every third Thursday of a month at a restaurant. No fees except for your own lunch cost.

- **Upcoming dates:** April 16, May 21, June 18
- **Time:** 12:00~14:00
- **Venue:** Serafina New York Restaurant, 2nd Floor Mecenatpolis, Exit 9 & 10 Hapjeong Station on Subway lines 2 & 6
- Tel:** 02)3443-1123

Transition Group Leader : Isabelle Min
Contact: Transition@siwapage.com

Register online at <http://siwapage.com/activities/interest-groups/>

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SIWA Membership Renewal 2015-2016

SIWA Membership Year: May 1, 2015 – April 30, 2016

Spring is here! May rings in a new SIWA calendar year and on April 1st you can begin renewing your SIWA membership. Registration and payment guarantees a full year of membership benefits and your new personalized SIWA e-card. SIWA membership benefits include:

- A world of networking with international women
- Discovery bi-monthly magazine
- Discounted member fee at SIWA tours & events
- Access to member-only events, including some clubs and group meetings and enrichment classes
- A bi-weekly newsletter
- SIWA Discount Program, which gives discounts exclusively for SIWA members at local merchants

With your SIWA membership renewal, receive your new personalized SIWA e-card which you can save on your phone or print and cut to carry around:



Starting April 1st, submit your online Membership Application Form and pay your Annual Membership Fee of 60,000 won. The online form and payment instructions can be found at siwapage.com/join-siwa/membership-form/. Both the online form and payment must be completed for your membership application process to be considered complete and to receive your new membership ID number with your SIWA e-card.

For any questions regarding our membership program, please email membership@siwapage.com.



Finding a Community in SIWA

Elize Kim



My name is Elize Kim, and it was a privilege to be invited and to experience my first SIWA event. I am a Korean-American classical pianist; I also call myself a traveler. Ever since my family immigrated to the United States, I have always felt that I belonged nowhere. I was a stranger in my new city and to its people.

Throughout my life and because of my career as a pianist, I have traveled to many different countries. I have learned to associate with people in a variety of fields. I always enjoy meeting people from different countries and experiencing different cultures. By knowing who they are and hearing their life stories, I am able to see and learn things in a roundabout way with my imagination. I am able to discover myself through others.

After a long journey of traveling and learning, I finally decided to settle in the country where I was born. It has been two months since I returned to Korea. I have many good friends here, I always practice the piano, and luckily I have started my own business. But as I got settled, I occasionally had the feeling that something was missing. As usual, I felt like a stranger. Finally when I got to meet people from SIWA, I felt at home. With open-minded people from all over the world, I feel welcomed and part of a community.

Meeting people from different countries who are living in Korea have made me see another side of the community from others' perspectives. I believe SIWA is such a great organization, and it is a great opportunity for foreigners to join and gather together to experience Korean culture. I know how important it is to feel attached to something when you are not in your home country. It is invigorating to know that not only are you attached to a community but you are with people who can show you love and care and who will be there when you need help. As Korean nationals and foreigners, our lives are better and happier thanks to SIWA.



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Safari in Africa.

It is on nearly everyone's must-do, "Bucket List." Whether fueled by a sense of adventure, wildlife conservation or simple wanderlust, an African Safari can be the answer to all of these callings as well as create new ones.

"Safari" is the Swahili word for "Journey." And, like any good journey, the better the preparation, the better the experience. Most people, when beginning to explore the idea of a Safari in Africa, first ask "how much does one cost?" This is a logical question, but actually there are other questions that need to be asked before this one can be answered. And there are several aspects of an African Safari to examine prior to even booking a journey.

What do you want to experience? First, one needs to know exactly what animals or parts of Africa you are most interested in seeing. For instance, if you have dreamed your whole life of experiencing "The Great Migration", this puts you in Kenya and Tanzania at specific times of the year, in fact, during the height of their Safari season.

But, what if you saw "Gorillas in the Mist" as a child and you envisioned being Dian Fossey? This unique experience, with most reliable estimates for 2014 reporting between 750-880 Mountain Gorillas left in the wild, narrows your geographical opportunities to safely experience these magnificent creatures to Rwanda and Uganda.

Yet, if you spent hours of your childhood daydreaming of climbing the magnificent Mount Kilimanjaro, this puts you in Tanzania.

Think about what you want to see and have fun studying in which parts and at which times of year your dreams and passions will take you on Safari in Africa.

Reputable In-Country Operators. Finding trustworthy in-country operators can be an issue for any part of the globe. For an African Safari, look for licensed partners in your home country or your country of choice. For example, in the United States, if a business is licensed, and not simply operating a "hobby business", they are more likely to have a sense of accountability. Also, check to find out if they have lived and worked in your area of interest in Africa. Lastly, be clear and up-front that you are looking for an individualized, personalized Safari to fit your needs.

Ask a lot of questions about the in-country operators, making sure they are interested in your specific interests and desires, not simply attempting to sell you a "prepackaged tour." As Charles Muindi, who operates Safaris for Airports & Beyond Tours in Nairobi, Kenya says, "Your safari should be tailor-made, with drivers and guides who are expert specialists and who have a passion for Safaris, who will give you honest and informed advice."

Staying Healthy and Safe. Part of staying safe and healthy is tied to finding Safari operators who put your safety first and foremost. While most in-country operators have a vested interest in making sure you are safe from the moment you step off the plane to moment you are back on, there is also a responsibility on the part of the Safari goer to



be aware of their obligations. The well-seasoned traveler may be lulled into complacency by the sheer amount of travel they've experienced. Here, again, is where preparation is key.

For example, the Yellow Fever vaccination is required for travel to almost all East African countries. The vaccine should be taken no less than 15 days before travel and especially if there is an outbreak anywhere in East Africa, you will not be allowed in most countries without vaccine certification. Also, certain strains of bacteria are now immune to certain antibiotics in different parts of the world. So, don't assume your "leftover medicines" will suffice for an African Safari.

Get the Children Involved. One of the major trends in Safaris is to encourage travel with children. This shift over the past decade, where in the past, children under 12 had been discouraged from African Safaris. This shift has more to do with wildlife conservation than Safari companies simply looking for new clients. As poaching continues to decimate many species, especially Elephant and Rhinoceros, encouraging an interest in wildlife conservation is seen as crucial to the species' survival.

While now encouraged, when traveling with children on African Safari there are several things to keep in mind. One is that you must be aware of your child's safety at all times. The younger the child, the more appealing to animal predators. And again, you need to do your own homework and preparation. For example, in Uganda there are 36 Gorilla Passes given each day and no child under the age of 15 is allowed on a Gorilla Trek. The Uganda Wildlife Authority (UGA) will check your child's passport and no matter what you may have heard or been told by someone else, the UGA will not allow anyone under 15 in to trek. Simply put, the few remaining Mountain Gorillas are too valuable and the risk to a small child too high, to even "bend the rules, just this once!"

Whether it is your children, grandchildren, nieces or nephews, look at taking them on the adventure of a lifetime and hopefully open a world of wildlife and conservation for a lifetime.

Dream, Plan and Prepare. As you plan for your perfect African Safari think of your dreams and passions. Revisit old childhood memories. Plan and ask questions - this is certainly a time homework should be fun! And remember preparation is part of the journey. The dreaming, planning and preparing should make each day on African Safari a "Happy Day!" and a "Safe Safari!"



Amy Millican is the owner of Flyga Twiga LLC, a personal safari service and consultancy with focus in East Africa. She is a member of The Explorer's Club and has worked with the Wildlife Conservation Society (WCS-the international branch of the New York Zoological Society/Bronx Zoo) on Sustainable Tourism in South Sudan. She believes by helping people experience the East African wildlife, many species who are near extinction, can be saved.



Home stays, hostels and hotels

“It’s a dangerous business, Frodo, going out your door. You step onto the road, and if you don’t keep your feet, there’s no knowing where you might be swept off to.”

J.R.R. Tolkien

What’s your motivation for travelling? A relaxing break? A chance to try new cuisine? To delve into another culture? Chances are whatever your motivation is, it will affect your choice of accommodation whilst you travel. There are of course other factors - are you travelling alone or as a family? Budget restrictions and that little discussed and yet oh so important - comfort factor. By comfort factor, I don’t mean fluffy pillows and soft towels but how comfortable you feel in the environment you are in.

I know many women who will only stay in chain hotels as you “always know what you’re going to get” and others who go by recommendations or blogs. I also have one determined and inspiring friend who books as she goes, turning up and seeing what’s available. I cannot tell you how much I admire her for this. For me, I have a minimum set of requirements: hot shower, doors that lock, and booked in advance. In my early twenties, I wanted hotels, all inclusive and comfortable experiences. I liked to “taste” the local culture and cuisine but mostly, I wanted to know what to expect. It was a friend taking me to Thailand with the promise “it’ll be easy to find a place” that allowed me to severely lower my standards. This middle-class sheltered English girl met her first cockroach that night and fell asleep clutching her passport for dear life!

Looking back, I can’t help but smile at the shock and fear of this first time outside my “comfort” zone. There were many more restless nights with roommates much bigger than my cockroach friend, but also some wonderful and exciting experiences.

In Bali and California, I utilized home stays, hostels and hotels during my travels. Each type of accommodation brought with it invaluable experiences. With home stays, I found myself totally immersed in the culture, cuisine and daily life of the community I was staying in. With hostels, I got to meet other travellers, make friends, and learn the local secrets from a foreigner’s point of view; and with hotels, the beauty of luxury, relaxation, and abundant information!

I hope that during my life I will continue to explore and enjoy these three very different and equally wonderful forms of accommodation. Which one is your favourite?



Jen Skuse is an English, tea drinking, baked goods loving kindergarten teacher with a passion for life. She came to Seoul 6 years ago to spend a year abroad and hasn’t left. Jen is a self confessed hobby addict, always looking for something new and fun to experience and learn.



California Adventures

Winter Break 2014: I set off on a West Coast American adventure! Three weeks to see California - with an amazing yoga retreat thrown in the middle. I spent the majority of my time between LA, San Francisco, and Monterey Bay. Three very different cities, three very different adventures, and three very different accommodations.

Homestay in LA: I spent the most time in LA, and to keep costs down, I decided to take advantage of a home stay. It was great to have a place that felt more organic and to have a taste of what it would be like to live in LA. Melrose was a five-minute walk away, as well as Whole Foods and the Big Red Bus tour stop. It was great to get a local flavor of LA, to wander around the streets near the house and not feel like everyday had to be go, go, GO! On Christmas Day, I got to eat homemade food, sit by a Christmas tree, and open presents - it felt like home.

Plus: cheap, authentic, local experience.

Minus: luxury, rest, completely independent schedules - you don't always know you'll get on with the host family.

Hostel in San Francisco: I spent four days in San Francisco, and hearing of the high cost of living, I again looked for a cheaper alternative. Airbnb brought me to an amazing hostel right in the middle of Chinatown. Friendly, fun, clean, and suited to the lower budget - I had an amazing time! On my second day, I met a French girl staying in my room, and we spent the rest of the weekend hanging out. I really loved the people in the hostel and their stories; it was one of the best parts of my holiday.

Plus: cheap, meeting fellow travelers, local flavor geared towards low budget.

Minus: somewhat noisy, crowded, no "alone time", dorm-style living.

Hotel in Monterey Bay: I had three days in Monterey and decided to treat myself at the Portola Hotel and Spa, and boy was it worth it! Right next to the bay, molasses cookie upon arrival, comfortable bed, big bathroom, and great service. I slept so soundly and enjoyed the freedom of coming and going as I pleased without disturbing anyone. It was a wonderful splash of luxury among my holiday of sofas, floors, and bunk beds!

Plus: luxury, clean, no stress, independent living.

Minus: the emphasis is on you to find things to do and you can miss local delights.

I loved my holiday and all three types of accommodation; I certainly wouldn't be put off staying in any of them again.



Bali

My Travel Journal: Bali excerpts, three different locations, three different experiences.

Homestay "Day 1: I'm greeted by Wayan, he is the epitome of warmth and kindness. He greets me in Korean, which makes me smile and we have a little small talk. He is brushing up on his Korean, he explains, as Bali is attracting so many Korean tourists. We get into the car and chat about culture, life, families, and the many things to do in Bali. I feel as though we have been friends for years! The villa is beautiful! I'm so excited to stay here. It's getting dark and suddenly a plague of bugs is invading! They are everywhere!!!! They are even crawling under the door. It's official! It's the apocalypse, I daren't move for fear of them touching me. HELP!!!! The girls from the main house arrive with my food. Picking up and sweeping away the bugs, they tell me to turn off the lights, then they will go away. It's raining and now it's pitch black. I cannot even see my plate, the floor is crawling... five minutes after they left, I sat on the floor, surrounded by bugs, my heart racing I've never felt so isolated in all my life. It's taking every ounce of strength in my being not to cry. I move. I'm now sitting on the bed and I'm terrified. I haven't been scared of the dark in years but here, in this remote village, rain pouring outside and the buzzing of bugs surrounding me... I'd give anything to turn on a light.... the paradise of peace and tranquility feels suddenly like a nightmare... I want to go home. Somehow I pull myself together and have a shower - an outside shower at that - with the bugs. The girls came back later to pick me up, dressed me in a traditional Balinese dress, and we went to the temple to pray. I walked in, knelt down, and watched. It was beautiful seeing everyone lifting the flowers to their foreheads, the mutterings of prayer. I was told to follow and placed my hands out for the offering of water, twice to be drunk, and twice sprinkled on my hair. Then rice was pressed into my forehead and collarbone. Once we finished, we moved across to the ceremonial stage. For three hours, people danced. The children were dressed in gold with ornate makeup and gold headdresses. They told stories with each bend of the hand and wrist. At times, they were dancing only with their eyes, it was incredibly powerful. Three villages were involved. Children as young as five were dancing, whilst the audience, dressed mostly in white, applauded and cheered each new performer. I could feel myself falling into a trance, mouth open, eyes wide, completely captivated by this glorious event. Such community engagement and such a joyful occasion. I returned home completely exhausted and yet renewed. I was part of something special that night, God was smiling down on me."

Hostel: "I arrived at our hostel, a beautiful treehouse-style affair with lush greenery below, a hammock and a cup of tea - bliss. Thumbing through brochures of what to do here in Ubud, I'm excited to say the least! Heading into town I stopped off at Bali Buda for a late lunch. It was amazing!!!! I sat for over two hours eating and chatting away with the girl on the next table. I had a pot of coffee, papaya & coconut smoothie, and Gado-Gado (freshly steamed veggies and peanut sauce). I was in green yummy heaven!!! We decided we wanted to do something cultural and unique so we signed up for an offerings class. Having been to the temple everyday the week before and witnessing the ritual blessings every morning outside of my villa, I was so excited to learn how to make these beautiful crafts. We sat down at the table with our young coconut leaves, flowers, grasses and knives and watched as our teacher nimbly cut the leaves, manipulating the knife with such ease it was like cutting butter. Then came our turn - having nearly cut my finger off, the knife was swiftly taken away from me and I was relegated to watching, wide-eyed and fascinated, as she prepared our materials. Then it was time to fold and weave the intricate pieces together. Her smiling face and reassurance that this was 'easy, very simple' were far from convincing as we watched the master at work..."

Hotel: "Seminyak is definitely the tourists' Mecca - everything is internationally oriented and twice as expensive as anywhere we had been up to this point. 'I love Bali' t-shirts strewn along the pavements with beach sellers carting everything from sunglasses to mini Buddhas wandering relentlessly up and down the sand. Early night as it's beach day tomorrow!! It was nice to finally rest our heads on soft pillows and feel a little bit of luxury- only one gecko. The next day we noticed Potatohead Beach Club, and we headed in for a drink. It was gorgeous!! Why hadn't we come before?? The gorgeous pool on the edge of the beach, beautiful furnishings, and a bar island in the pool. Some virgin cocktails and a quick swim were sadly all we had time for, but it was awesome fun and so, so beautiful."





Traveling Back in Time

California is a favorite travel spot for many people to visit. Los Angeles, San Francisco, Monterey, Santa Cruz, San Jose, El Dorado Hills, Fremont, and Yosemite National Park are among several well-travelled destinations.

In and around the state capital area, there are many spots to recommend such as American River Parkway, Discovery Museum of Sacramento – Science & Space Center, California State Capital, Crocker Art Museum, Raging Water, Effic Yeaw Nature Center, Fairytale Town, Six Flags Discovery Kingdom, Jelly Belly Candy Company, Sacramento Zoo, Old Sacramento, California State Railroad Museum, and Sutter's Fort State Historic Park.

However, as one who has lived in both southern and northern California the past few decades, I would like to introduce the less-travelled but rather rich historical preservation area of Sacramento, especially the hidden treasure of Old Sacramento and nearby historical sites.

Sacramento is largely underrated as a California travel destination – it is often overlooked in favor of San Francisco or Los Angeles. Besides being the state capital, Sacramento has a beautiful old town area and plenty of attractions to keep families, couples or single travelers entertained. Come with me and uncover the hidden treasure of Sacramento.

Take a walking tour or a horse-drawn buggy ride to best experience the 28-acre State Historic Park, an important commercial center during the 1840s and early 1850s. Shops, restaurants, museums, and shows keep visitors thoroughly busy and entertained as they browse and learn about Sacramento's Gold Rush era. When my mother-in-law visited, this spot was the first guided tour I gave her and she thoroughly enjoyed herself.

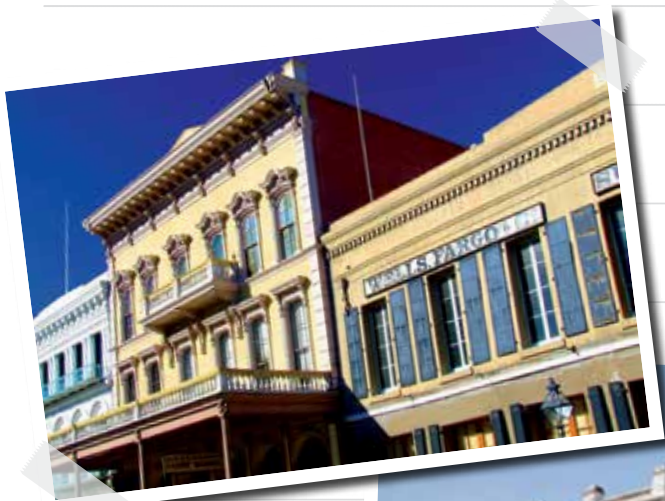
There are many old-time favorite hat shops, an irresistible candy store, and a place to take a costume photo. The best restaurant in this old part of town is "Fat City." Visiting this place makes you feel like you stepped back in time.

The California State Railroad Museum in Old Sacramento. Located throughout the main Railroad History Museum building are 21 meticulously restored locomotives and cars, and numerous exhibits illustrate how railroads have shaped people's lives, the economy, and the unique culture of California and the West. Included are a Pullman-style sleeping car, a dining car filled with railroad china, and a Railway Post Office that visitors can actually step aboard.

Board the Delta King. The whitewashed paddle-wheeler is permanently docked in Old Sacramento so that anyone can enjoy its ambience by sipping a drink on the deck, dining in the Pilothouse Restaurant, and much more.



Michelle Morrison is an active SIWA member who's wearing many hats. Currently not only serves as a board member but also Newcomers Meeting, Working Women's Network, International Culinary Exchange (ICE) Chair, and also serves as a Tour Coordinator/Tour Developer since 2010. Michelle is a historian from Northern California who came to Korea to further study Korean History at Yonsei Grad-School back in June of 2009. With this back ground she has been serving SIWA members with rich Socio-historical cultural tours over 70 tours past five years. She spends great deal of time and effort to develop more interesting and enlightening tours by doing endless study and research because she loves what she does. She will goes to the distance for researching much improved contents of her work.





Lessons learned from Travel Planning

These days there are a lot of ways to book your next trip. You can go through the traditional travel agent or do everything yourself online. There are even apps for your smart phone that can take care of reservations quickly and easily for you.

• Travel Agent

Just in the last few years I started using a travel agent in Korea. It was easy and convenient to be using someone locally. She was fluent in English and she always had an itinerary for me in just a few hours. In fact she could even hold the flight for me till I made the bank transfer in a few days. She was a dream come true as I was flying more and each vacation I took would require a lot of transfers. Having a travel agent made my life so much easier and she always seemed to be the cheapest option.

The downfall to doing it this way (so I found out on my recent trip to America) was that she did not have a 24-hour emergency number or an office in America. The snow storm in America cancelled my flight and I was going to miss my connection back to Korea. To make matters worse she had me on two different airlines on two separate reservations. If you do decide to go through a small travel agent in Korea, specify that you want to be on the same airline. By doing it this way you can then call the airlines local office in the current country you are in and they will be able to assist you.

• Booking Online Yourself

If you just need a round trip ticket, it's very easy to do it yourself online. But are you getting the best deal? It also helps to sign up for newsletters. You never know when there might be a big sale somewhere.

• Using Apps

For my recent trip to Peru, I decided to try out an app called Skyscanner (you can book through their website too). This was highly recommended through some travel bloggers I know as being the cheapest way to book flights.

NOTE: When using an app like this triple check to make sure you are booking your flight on the correct day before you click "book". In my experience, you could be saving hundreds of dollars.

(After booking through Skyscanner, I realized I had made the reservation on the wrong day. After few more weeks of emailing, I was hit with a US\$200 penalty fee including the flight increase fare for two people. For the rest of my flights for this trip, I decided to check the prices of the local airline at their website. Their flights were cheaper than Skyscanner!)

• My Favorite Apps

Whenever I am out of Korea, I always get a sim card for my phone (your phone must be unlocked and be a smart phone) as soon as I arrive. This is not only good for emergencies, but it is also great for using apps to find activities to do if you have some free time or using the GPS in Google Maps if you get lost. By using a smart phone with the countries sim card, you will be able to book a lot of things online and check email without having to find an internet café all the time.

I found that the taxis in Peru did not have a GPS and most people do not have a smart phone. This app saved my life when a taxi could not find a museum I really wanted to visit. (Please note that these apps will only work with a smart phone and all of these were used on an Android operating system. Some may work with the Apple system as well.)

Hotspot Shield - This is extra security for your phone when you are using Wi-Fi in a public place so someone does not try to pretend they are you. It changes the location of your phone when activated.

Agoda - My favorite place to book moderate hotels at the best price.

Google Maps -When you enable the GPS on your phone, it will find where you are and give you directions to where you want to be.

Hostels - If you like backpacking like I do and never like staying in the same place very long, this is the place to book your stay. You can book a private room or a dorm room.

Kayak - My favorite site to book online if my trip will be fairly simple without moving around a lot. It will also compare cheaper flights with other online competitors.

Skyscanner - Even after my mishap with them on my last trip, I would still try them again. It won't hurt to try.

TripAdvisor - Great in finding out if the place you are going to or not is really worth it

VisitKorea - The best app to site-seeing in Korea!

Translate - Just type in the words in the language you normally use and it will translate it to the local language.

Tripso - Here you can search by destination or browse guides and it will tell you everything you can do in the area along with maps on how to get there.

GetYourGuide - You can organize your day so you can make sure you have enough time to do everything you want to do.

Gym Finder and Gym Locator Pro - With these apps you can locate the gym nearest you so you can still workout on vacation.

Hiking trails, Backpacker GPS Trails, and AllTrails - These apps will give you the type of terrain, trails, altitude and your location.

Finding the Best Bargains My Way

First I decide how long my vacation will be. Then, I will network on Twitter (my Twitter network consists of mostly travel bloggers) and wait till I find something interesting. If it is a country or place I have not been to yet and sounds adventurous, it goes further up the chain for me as a must see destination. I will then Google it. When I use Google, I pay special attention to travel bloggers, who have been to the country, travel agencies in that country, and to the countries tourism board to get real first hand insights about the area. I then sign up for their newsletters. Once I have established a connection through the person or company with a few emails, I send a proposal letter telling them who I am. You want to first give them a compliment and then tell them that you are interested in visiting the place and would be willing to promote them by taking a lot of photos and blogging about them on your website and through social media for a complimentary tour or a few free night's stay with breakfast.



Doria Gams-Sotelo is an American citizen who has traveled to 84 countries and has lived almost her entire life in Asia. A resident of Korea for the past 9 years, her favorite things about SIWA is making new friends on the temple tours. She also enjoys writing, blogging, and photographing her adventures around the world. Doria can be contacted at dgarms_2000@yahoo.com or through her main blog at doriadtravels.com



Cambodia

A closer look

When traveling, don't like to make a complete itinerary. I like to have a few "must do" things to see, neighborhoods to visit, or restaurants at which to eat, but I leave most of the time free to wander around and absorb the culture. The thing I do to prepare for the trip is to look deeper—What lies beneath the physical beauty of the location? Behind the great beaches or interesting architecture?

I visited Cambodia for two weeks in January—the best time to go. It's the dry, cool season. But don't let that fool you. You still need to wear shorts. Cambodia is a popular tourist destination for all age groups. It's easy to see why—the blue sky, the colorful markets, the inexpensive restaurants and hotels. Angkor Wat can't be missed!

Despite the vibrant city streets of Phnom Penh and Siem Reap, Cambodia has a dark past. And just like all history, if we don't learn from it, we are doomed to repeat it. A man who called himself Pol Pot came to power in the late 1970s and led the Khmer Rouge in a reign of terror. The Killing Fields and S21 (Tuol Sleng Genocide Museum) are a reminder of the terror and torture that one man can cause.

And unfortunately Cambodia has some dark elements in its present. The Asia Pacific region is known for its sex tourism. Did you know Cambodia is known specifically for its child sex tourism? Due to the widespread corruption, poverty, lack of education, and poor family ties, many young women, girls and boys have been sold into slavery. These children are forced into the sex trade and many remain in it for the remainder of their lives.


If you don't know about this problem before you go, you'll probably not notice it once you get there. But look closer at the KTV (karaoke) bars. Do you see the women sitting outside the entrance waiting to greet the men? They are there for the purpose of being sold for the evening by the bar. Look closer at the men walking down the street holding hands with a very young local girl. Does something look "off" to you?

According to the ILO (International Labor Organization) there are 11.7 million victims of forced labor, i.e. modern day slavery, in the Asia Pacific region. Most of those are forced into sex slavery. The more harrowing number is 10. That's the average number of times the girls are sexually violated by "customers" each day. Some of these girls are as young as 8 years old.

The purpose of my visit to Cambodia wasn't vacation, but to work with Agape International Mission (AIM). AIM is an anti-human trafficking organization with branches in Phnom Penh and Siem Reap. Their mission is to prevent trafficking and rescue, restore, and reintegrate girls who have been victims of sex trafficking. That sounds like a very dreadful place to work, but it's one of the most joyful



Michelle Roberts, SIWA Hospitality Chair, is an American citizen living in Asia for 6 years. While her day job includes the titles of "mom" and "Girl Scout Troop Leader," she also works to raise awareness and the blunt effects of human trafficking. To learn more about human trafficking, contact Michelle at Hospitality@siwapage.com.



organizations I've ever had the privilege to work with. It's a lot of hard work, but the reward of seeing the girls heal mentally, emotionally, and physically after years of abuse is more than worth it.

The prevention portion of AIM's work includes a free health clinic, kid's club, private school (little to no cost to the students), and fostering relationships with high-risk families. AIM is transforming this community from the inside out. The hope is that this transformation will spread beyond the town's borders to the rest of the country.

What I've reported may sound like I'm discouraging a visit to Cambodia, but it's not. You should visit. Spend your money at legitimate businesses to boost the local economy. If the local people can earn a living wage, they are able to care for their families, therefore

lowering the risk of their daughters or sons being sold into slavery. By visiting the country you'll play a part in the prevention of human trafficking and modern day slavery.

Know before you go: Read *Cambodia's Curse* by Joel Brinkley. This book is an overview of the history of Cambodia, how it got to where it is today and the international community's role in it.

Must See: The Killing Fields, S21 (Tuol Sleng Genocide Museum), Angkor Wat

Must Eat: Bloom, Blossom, Daughters of Cambodia, Tuk Tuk Cafe

Must Shop: MADE, Daughters of Cambodia, Siem Reap Night Market

To learn more about AIM: agapewebsite.org



El Nido

During the hot and muggy August summer, my parents and I set out for a two-week tour of Asia. One of our chosen destinations was the Philippines.

I had travelled to Boracay before with my sister. I had loved my trip but wanted to explore more of the country. After researching online I stumbled upon the beach destination of El Nido located on the island of Palawan.

My parents and I flew directly to Palawan from Hong Kong. The major airport on the island is Puerto Princesa. From there it can be possible to take a small puddle jumper to El Nido, but flight reservations are generally reserved for those staying at the resorts located outside of town. Other than flying there are two options to get to El Nido, which most tourists choose, a private van or public bus. The road to El Nido takes from 5 to 6 hours and is long and bumpy, several parts unpaved. It is a trip not for the faint hearted, however, once you arrive in town you will leave your car sickness behind as you stand in one of this world's tropical paradises!

Friendly locals walk through the dusty dirt roads that lead to the main beach in town, with smiles on their faces, many happy to stop and chat. Looking upward you can marvel at the stunning limestone cliff face encasing the town. The year round warm weather is always accommodating for beach goers. The small town's grocery stores, bakery and convenience store welcome both locals and tourists. This is a land free of commercial restaurants, chain stores and even ATMs! (With that said, make sure to withdraw your cash in Puerto Princesa). Life is simple, and power is turned off during most of the day to preserve energy, making this the perfect no frills backpackers paradise.

El Nido is known for their island hopping tours. They offer 3 major tours (A, B and C) that take you to destinations including lagoons, caves, shrines and stunning shallow reefs perfect for snorkelling. The tours are regulated by the government and only go out during appropriate weather conditions. There is also a life guard on most of the boats, making safety a priority. Prices for the tours cost generally the same price at most travel agents. It wasn't necessary for us to book anything ahead of time for our trip, from the private van to and from El Nido to the tours we participated in.

During our time in El Nido we took two island hopping tours, costing the three of us under 100 dollars for both trips. Outrigger boats guide you to several of the islands that are dotted around the sea, just minutes from Palawan. It is the perfect place for snorkelling! Our first tour was tour C that took us to some extraordinary snorkelling spots including Matinloc Island, Tapiutan Island and the Secret Beach.



Megan Fox is a journalist and teacher from the Northeastern United States, currently living and working in Seoul, South Korea. She is a blogger and freelance writer, currently writing a blog, www.seoulmateskorea.com, that is aimed to help expats explore life in Korea. Megan's love for travel and exploring new cultures has made Korea the 5th country in four continents in which she has worked. Her other interests include cooking, hiking, and volunteering.



As we set off towards the islands the sun was high and the views stunning. We sat at the front of the boat taking in the limestone islands, jetting out from the turquoise waters in front of us. Our first stop was a small lagoon where we floated along the water through rock formations that created a shallow river like area.

Following the lagoon we headed to a wonderful snorkelling spot where we spent the next hour exploring bright and beautiful fish among the shallow reefs. The reefs in the area are home to beautiful blue star fish that can easily be seen when snorkelling, along with hundreds of species of under water life!

Once we got our fill of snorkelling it was on to another island that housed Matinloc Shrine and

an abandon mansion. On this island you can climb up the limestone cliffs and get stunning views of the surrounding area. It was a quick stop, but well worth the journey to take in the scenery.

From here we headed to another island for lunch on the beach. We did not expect too much for lunch, but when we sat down we were trilled with a huge spread of fresh seafood, meat, and fruit. Not only was there a lot of food, but it was plated beautifully. Our guide had taken the time to cut the fruits and vegetables into flowers and birds. I asked him how he had learned to do this, seeing that my husband struggles with a frozen pizza, and he replied that he learned his craft on Youtube!

Our other island hoping tour was equally as amazing! The second tour consisted of lagoons and beaches. The cliffs again created tiny inlets that allowed us to swim along a river like area. The first lagoon housed a small cave you could swim into. The second lagoon was called the secret lagoon. A narrow inlet in the rock face opened up. You had to slide your body through to enter into a giant pool of water on the other side. I lay in the pool and floated looking up at the massive cliffs all around me yelling hellooooo and hearing my voice echo all around me. I couldn't help wondering... was I dreaming? We could not have enjoyed these two fun filled days in the sun more!

Each night, back in town we wandered around the winding roads, exploring the several shops and looking over menus at the few dozen restaurants that are located here. Food and drink is extremely affordable with meals ranging from 5-10 dollars. A beer will cost 1 to 2 dollars at most bars.

One of the day trips we did on the main island was to explore El Nido's small waterfalls that are located about a 40 minute tuk tuk drive from the main land. After enjoying a morning out of the strong sun exploring the forest and waterfall, we made our way to Napcan Beach. The beach is located about 30 minutes from El Nido town and houses another small town and several hotels. It is absolutely stunning! It stretches for about a mile with white sand and rolling waves. This beach is easily on my top 5 list of best beaches I have ever been to, and with that said I've been to some amazing beaches! If you are in El Nido, do not miss a trip to the beach!

If you ever find yourself with some time to get off the beaten path and explore the Philippines, without a doubt head to El Nido! The trip was one I will never forget, with memories that are sure to last a lifetime.

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Upcoming SIWA Tours 2015 April - May

Current information for tours can be found at: www.siwapage.com/activities/tours.

Some details may have changed, and more tours for this time period may have been added.

To register for a tour: go to the bottom of the tour description on the website, fill out the registration form, and submit.

Pricing: Please note that Non-SIWA Members pay W10,000 more (for SIWA Welfare Fund).

Thursday, April 23 mid-day

Lunch at Swedish Restaurant

No need to leave town to eat kottbullar (Swedish meatballs). We can find them in a well-hidden Swedish restaurant in Central Seoul which serves delicious food. Afterwards, we will stroll around the Myeongdong neighborhood.

Coordinator: Greta Tonnon

Leader: Anneleen Cornelis

Meeting Point: Near Hoehyeon station

Cost: Whatever you order to eat and drink



Saturday, April 25 morning

Historical Sites East of Insadong

Unhyeong-gung was an auxiliary palace during the Joseon era and has been recently restored. Cheondo-gyo Central Cathedral was constructed by 1921 as the headquarters of "Cheondoism" or "Religion of the Heavenly Way." The original campus of Deokseong Women's University has interesting colonial architecture and a lovely garden for us to stroll-through. We will also visit Min's Club, a classic 1930's aristocratic urban-home which is now a restaurant; and Nakwon-dong, an area which features the primary traditional markets for rice-cakes and musical instruments.

Coordinator: Greta Tonnon

Leader: David Mason

Meeting Point: Near Anguk station

Cost: W15,000 guide fee

Friday, April 24 morning

Yangnyeong Oriental Medicine Market

We will visit the nation's largest oriental medicine market, Yangnyeong-si. 70% of all oriental medicine traded in Korea goes through here, and more than 1,000 oriental medicine shops and clinics are located in this area. We will also visit Gyeongdong Food Market and have lunch afterwards in a local restaurant nearby.

Coordinator: Greta Tonnon

Leader: Mrs. Sunok Moon

Meeting Point: Near Jegidong station

Cost: W10,000 guide fee

Wednesday, April 29 morning

Art Galleries East of Gyeongbokgung

This tour takes us to art galleries in the area east of Gyeongbokgung Palace: Samcheong-dong and Bukchon. We will walk through the neighborhoods, popping in and out of galleries to see whatever is on display at the time. Some of the directors/curators will talk to us briefly about the current exhibits.

Coordinator: Lissa Miner

Leader: Liza Linklater

Meeting Point: Near Gyeongbokgung station

Cost: W5,000

Saturday, May 9 morning Munmyo Shrine and Neo-Confucianism

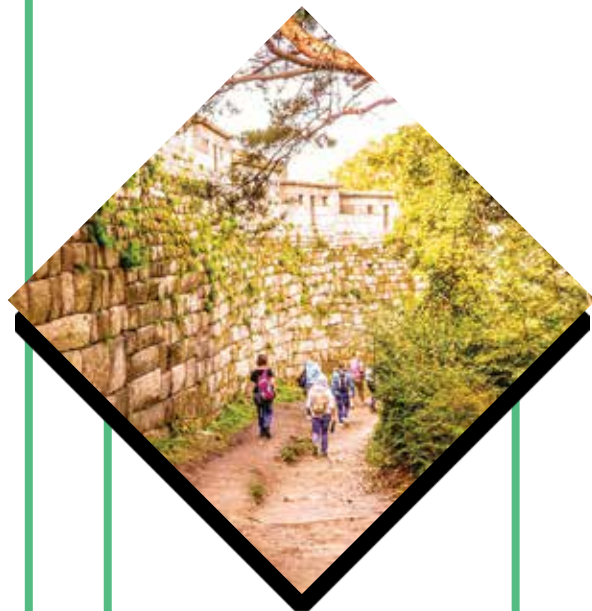
At Sungkyunkwan University, our guide will explain the history and philosophy of Neo-Confucianism as it developed in China and Korea. We will see Munmyo Shrine and hear about the history and significance of the shrine and of the ceremony that takes place twice a year.

Coordinator: Ines Hoehenleitner
Leader: David Mason
Meeting Point: Near Hyehwa station
Cost: W15,000 guide fee

Tuesday, May 19 morning Hiking Bukhansan Dulle-gil Southeast Section

Dulle-gil is a trail which leads around Bukhansan National Park, divided in different sections and with a entire length of 63.2 kilometers. This path guides through the lower areas of the mountains and it combines history, nature and culture. We will hike the southeast part of Dulle-gil -called Huingureum-gil. Along the way we will see an observatory and a temple.

Coordinator: Ines Hoehenleitner
Meeting Point: Near Gireum Station
Cost: W5,000



April 21, 28, May 7, 14, morning

Seoul Fortress Wall Hikes

Did you know that the Seoul Fortress Wall is 18.2 kilometers long? It was constructed over 600 years ago (1396) during the Joseon Dynasty for the purpose of city defense and linked together the ridges of Bugaksan, Ingwansan, Namsan and Naksan. The magnificent, solid structure and the different techniques used to build the wall during the reigns of Kings Taejo, Sejong, Sukjong and Sunjo are still visible today.

The fortress wall hike will take place in 4 sections on different dates. Each hike is a separate SIWA tour:

Hike #1 Tuesday, April 21: Naksan
Hike #2 Tuesday, April 28: Bugaksan
Hike #3 Thursday, May 7: Ingwansan
Hike #4 Thursday, May 14: Namsan

Coordinator: Greta Tonnon
Leader: Mary Ann Fischbach
Meeting Point: to be communicated
Cost: W5,000

Monday, May 11 morning Homeplus Shopping Experience

Homeplus, a grocery and department store based in the United Kingdom, has several locations in Seoul. They carry the Tesco brand, as well as many fresh and prepared foods. Our guide will help us navigate categories and brands, and you can ask questions that will help you in local markets too.

Coordinator: Greta Tonnon
Leader: Mrs. Moon
Meeting Point: Near Jegidong station
Cost: W10,000 guide fee



Saturday, May 30 evening Social Evening in Hongdae

We will have a nice dinner in Hongdae and possibly check out a jazz club or bar afterwards. Couples welcome!

Coordinator: Patricia Tiedemann
Meeting Point: Near Sangsu station
Cost: Whatever you order to eat and drink

Participants Enjoy SIWA Tours

Winter 2014 - 2015



December 8 - Gyeongbokgung Palace

"Despite the cold, we had fun trying on the hanbok. The Korean guide was interesting. Now I have finally seen the big palace!"

Anonymous

December 19 - Dongdaemun Beads & Craft Market

"The Dongdaemun beads and crafts tour was very worthwhile, and a fulfilling experience for me, even as a Seoulite. I'd strongly recommend this tour to other members so they can learn about this hidden jewel in the city."

Mihe Shin, Korea



Photos courtesy of Robbie Schuldt

January 12 - iPhone Apps to Manage Your Life in Seoul

"Excellent workshop - thanks Robbie and Julie! This was an awesome class for newcomers to Seoul. There were Apps and ideas that came from this class that immediately made life in Seoul easier for me!"

Amy Millican, USA

January 13 - Myeongdong Day

"Fun morning. Lunch was fabulous. My niece who was here from the US also had a fun time."

Mary Ann Fischbach, USA



January 19 - Ewha University, Severance Hospital and Yonsei University

"Great tour! I loved the idea of getting to see a part of Seoul history that is different from the main tour sites. Lunch was enjoyable."

Amy Millican, USA

January 23 - Dragon Hill Spa

“Excellent tour, nice environment and very good tour guide. Highly recommended.”

Dana Oancea, Romania

“This Spa tour is so unique! Everyone visiting or living in Seoul should experience the Dragon Hill Spa.”

Liza Linklater, Canada



January 24 - The Garden of Morning Calm

“A beautiful garden lit up in the evening made for a lovely and romantic night! I especially liked the surrounding mountainous landscape and breathing the fresh air.”

Melanie Buckley, USA

January 27 - Fine Art of Embroidery

“This was a unique opportunity to visit a private museum possible only due to Lissa’s personal connection with the artist. Mrs. Sun’s work of over 50 years is spectacular. It was humbling to observe this lady’s dedication of her entire life to her art. A gracious host, she had arranged for some welcome dandelion tea on a suddenly chilly morning before guiding us through the exhibits. We saw the transition of her work from traditional Joseon dynasty portraits to modern photographic quality scenery worked with so much detailing you could see the shadows cast by door knobs, whiskers on cats and even fallen leaves in her Korean style garden, all portrayed in fine silk embroidery. A portrayal of her alma mater, Ewha University executed with obvious love stands out. Her current work in progress is the depiction of 8 significant scenes from Buddha’s life. Each work takes her a year or more to complete. The frames, specially made for her work add to the beauty. Many thanks to Mr. Kim who translated her passionate explanations for us.”

Shubha Maudgal, India

January 29 - Dracula’s Lounge in Haebangchon

“This was a fun event! The food was delicious and the staff were very hospitable!”

Rhonda Kupka, USA

“Great activity! I really liked Dracula’s Lounge: the atmosphere, the food, and the location. I will definitely go back!”

Nadia Jolling, Belgium





February 3 - Shopping at Paju Premium Outlets

"Great outing. Fitri knew the area well and the transportation by bus was easy and efficient. I would go again!"

Cindy Dodge, USA

"Wonderful tour, and Fitri is the friendliest person I've ever met in SIWA."

Monica Park, Korea

February 6 - Daehan Empire at Deoksugung Palace

"Very insightful. A lot of new information to deepen my understanding of Korea."

Matthias Geister, Germany

"Deoksugung's Seokjojeon Hall is a palace in the European sense of the word - indoors with large adjoining rooms with furniture, curtains and chandeliers to admire. Mr. Choi of Korea Heritage Society has deep understanding of Korean history and is a privilege to hear him explain it with enthusiasm."

Robbie Schuldt, USA

February 9 - Dongdaemun Fabric Market

"It was a really fun day and a great tour. It is exactly what a SIWA tour should be - a good introduction to a place, with someone who knows it. Michelle was a perfect guide for this venue (which is pretty vast!). She ran the tour at just the right pace and allowed those who wanted to "do their own thing" to go, and didn't lose control of the group. Well done! Oh, and the lunch was delicious! Michelle picked the most awesome place. I'm still dreaming of the grilled fish!"

Amy Millican, USA

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The Tours Committee thanks the following people for gathering the information for this article:
Mhyla Borkowski, Tatiana Kotova, Vicki Frame, and Courtney Snede.

SIWA PARTICIPANTS ENJOY INTEREST GROUP GATHERINGS WINTER 2014-2015

SIWA supports a variety of Interest Groups that are organized and led by members. If you would like to create a new interest Group, please contact interestgroups@siwapage.com.



Korean-English Conversation Group (KE)

- Leader: Kyunghye Park

December 9: Visit to Pangyo and Meeting Rice Cake Instructor

"Thank you Kyunghye for taking time to arrange and organise the wonderful and interesting sessions of the Korean conversation meetings. I had fun learning the language through interactions with other helpful Korean members. Your sessions are all so informative. I learn not only the language but also Korean culture and food."

Pauline Tan, Singapore



Moms and Tots (MT)

- Leader: Linda Lee

February 4: Yoga Pretzels

"When the weather is cold outside and it is hard to get fully unwound like it is in February, one option is to get all twisted up into Yoga Pretzels with Moms and Tots. Seven kids came to wiggle and bend, jump and stretch under the instruction of Maitri Shah, founder of 135.1 Yoga Studio in Chennai India. Together we all acted out the elements of a fantastical story featuring princesses and fire-breathing dragons. My two boys were less squirmy at the end of class, and they can't wait for the next time Moms and Tots get together again".

Linda Lee, USA

"My daughters really enjoyed the yoga class. I was in the class and followed kids' posture which was a fun experience! "

Bo Kim, Korea



Book Club (BC)

- Leader: Shubha Maudgal

February 13: "Who Ate Up All the Shingha?" by Park Wan-suh

"Our February Book Club meeting of "Who Ate Up All the Shingha" by Park Wan-Suh had 17 ladies in attendance and it was such a lively discussion about war, love, family and what it takes to survive. Shubha Maudgal does a fantastic job of leading an orderly discussion, but also challenges us to think outside our comfort zone at times, and with such a mixture of nationalities in this group, there is always much to gain."

Mary Ann Fischbach, United States



Cultural Connection (CC)

- Leader: Bockhee Lee

February 26: Portugal

"In the spirit of SIWA, Antonio Quinteiro Nobre, the Portuguese Ambassador, and his charming wife Marina Nobre Quinteiro graciously opened their home to over 30 SIWA members. The gathering started with a wonderful introduction to the beautiful country of Portugal, along with listening to the moving fado Canção do Mar by Dulce Pontes. Following the introduction, the Ambassador and his wife hosted a magnificent lunch of traditional Portuguese foods, including bacalhau (codfish). The lunch was accompanied by superb Portuguese wines, as well as the exquisite Quinta Da Costa Das Aguaneiras Porto LBV 2003. Owing to the conviviality of the Ambassador and his wife, each SIWA member left the exceptional Cultural Connection having learned more about this unique European nation, and with a part of Portugal to keep in their hearts."

Amy Millican, USA

Korean Class

So, you are studying Korean?!

Pronunciation	Romanization	Korean word
It is the same.	ga-ta-yo.	같아요.
It is different.	dal-la-yo.	달라요.
It is similar.	bi-seu-thae-yo.	비슷해요.
both	dul da	둘 다
other	da-reun	다른
It is correct.	ma-ja-yo.	맞아요.
It is incorrect.	teul-lyeo-yo.	틀려요.
How do you say?	eo-ddeo-khe mal-hae-yo?	어떻게 말해요?
I have already studied this.	i-geo-seun imi gong-bu-hae-sseo-yo.	이것은 이미 공부했어요.
I have not yet studied this.	i-geo-seun a-jik gong-bu an hae-sseo-yo.	이것은 아직 공부 안 했어요.
I remember.	gi-eo-khae-yo.	기억해요.
next	da-eum	다음
noun	myeong-sa	명사
verb	dong-sa	동사
infinitive	gi-bon-hyeong	기본형
regular (verb conjugation)	gyu-chik	규칙
irregular (verb conjugation)	bul-gyu-chik	불규칙
consonant at the bottom of the Korean character block	ba-chim	받침
homework	suk-je	숙제
test	shi-heom	시험
lesson	su-eop	수업
question	jil-mun	질문
answer	dae-dap	대답
I forgot.	i-jeo-beo-ryeo-sseo-yo.	잊어버렸어요.
I understand.	al-ge-sseo-yo.	알겠어요.
again	da-shi	다시
Please write.	sseo ju-se-yo.	써 주세요.
Please change this.	ba-kkwo ju-se-yo.	바꿔 주세요.
first of all	meon-jeo	먼저
Please explain.	seol-myeong-hae ju-se-yo.	설명해 주세요.
expression	pyo-hyeon	표현
sentence	mun-jang	문장
pronunciation	ba-reum	발음
vocabulary	da-neo	단어
grammar	mun-bbeop	문법
honorific form of speaking	jon-daen-mal	존댓말
present tense	hyeon-jae	현재
past tense	gwa-geo	과거
future tense	mi-rae	미래
subject	ju-eo	주어
consonant	ja-eum	자음
vowel	mo-eum	모음



Hyejin Kim

teaches Korean class at Itaewon and Seorae Global Village Centers.



Robbie Schuldt

studies Korean with Kim Hye-jin. She was a winner of the 2014 Korean Speech Contest.

Events Around Town

ABOUT KOREA

- **Representing the Ideal Korean Woman in K-Pop**, YEOL Lecture by Heather Willoughby, Monday 13 April, Seoul Museum of History, Jongno-gu
- **Fulbright Forum** - Memorializations of the Korean War: Representations of Nation & Gender in Museums & Cinema, Friday 29 May, 7PM, Fulbright Building, Mapo-gu

ART & CULTURE

- **Martyn Thompson Exhibition**, 8-31 April, Gallery-I, Insa-dong, Jongno-gu
- **The Story of Bohemian Glass**, Ends 26 April, National Museum of Korea, Yongsan-gu
- **CHOI Byung-so Exhibition**, Ends 26 April, Arario Gallery, Jongno-gu, Seoul
- **Jean-François Millet Exhibition**, Ends 10 May, SOMA, Songpa-gu
- **Brilliant Hues** -Mother of Pearl of the Joseon Dynasty, Ends 30 June, Horim Museum, Gangnam-gu

ENTERTAINMENT

- **The Piano Guys Live in Seoul**, 8PM Monday 20 April, Olympic Park, Songpa-gu
- **Taming of the Shrew** – Korean National Ballet Company, 29 April – 03 May, Seoul Arts Center, Seocho-gu
- **Paul McCartney Live in Seoul**, 8PM Saturday 02 May, Sport Complex Stadium, Songpa-gu
- **Camarata Chorale** – Beloved Beethoven, 7PM Saturday 9 May, Chungdong First Methodist Church, Jung-gu
- **Seoul Philharmonic Orchestra** – Russian Night, 8PM Thursday 14 May, SAC, Seocho-gu (20% discount for K4E visitors)

FESTIVALS

- **Yeouido Spring Flower Festival**, 03-08 April, Yeongdeungpo-gu, Seoul
- **Craft Beer and Camping Festival**, 17-18 April, Gapyeong, Gyeonggi-do
- **Lotus Lantern Festival**, 15-17 May, Jogyesa and Bongjeunsa (Temples) area, (Jongno-gu and Gangnam-gu), Seoul
- **Seoul Jazz Festival**, 23-25 May, Olympic Park, Songpa-gu, Seoul
- **Rainbow Island Music & Camping Festival**, 20-21 June, Nami Island, Chuncheon, Gangwon-do

For details on the events listed (including directions, links, etc) go to www.korea4expats.com and click on What's Going On.



Anne Ladouceur is a past president of SIWA (1999-2000). She marked her 10th year in Korea by creating Korea4Expats.com. To receive Anne's twice monthly events e-newsletter contact her at events@korea4expats.com.

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