

 **Kyung Hee University**

# Handbook

for International Students

2009-2010 | **Seoul Campus**

 **Kyung Hee University**

**Handbook for International Students**  
Center for International Students and Scholars(CISS)

Office No.320 Main building, Hoegi-dong, Dongdaemun-gu,  
Seoul 130-701, Korea  
<http://www.kyunghee.edu>  
Email: [ciss@khu.ac.kr](mailto:ciss@khu.ac.kr)

Copyright © 2009 Center for International Students and Scholars Limited



## IMPORTANT DISCLAIMER

While CISS has tried to include the most current information and made every effort to ensure the accuracy of it in this Handbook at the time of publication, you may find some of the details need updating. This Handbook is produced for the reference of Kyung Hee's International students. Mention on this guide is not an endorsement by the CISS or Kyung Hee University of any particular resource, service, establishment or product. CISS hopes you will bring any inaccuracies to our attention. However, if you find a mistake or have any suggestions to improve this Handbook, CISS would be glad to hear from you at [ciss@khu.ac.kr](mailto:ciss@khu.ac.kr).

# CONTENTS

## First semester checklist 6

### Academic Progress 7

Academic Calendar & Holidays 7

Academic Evaluation 8

Academic life advice 9

### Your Center for International Students & Scholars (CISS) 10

#### Other useful offices you need to know 12

Office of International Affairs(OIA) 12

Onestop Service Center 13

Campus Clinic 13

Kyung Hee Medical Center 13

### International program 14

Global Collaborative(GC) 14

Exchange and study abroad 15

Institute of International Education 16

### VISA 17

Application & Process 17

Advice on managing your visa 18

### Study Support 19

Central Library 19

E-community 21

Center for Teaching and Learning(CTL) 22

### Adjustment Advice 23

Housing 23

Food and Cuisine 24

Enjoy nightlife & Responsibilities 25

Being a part of Kyung Hee community 26

Transportation 27

Managing your finance 29

Healthcare 30

Keeping safe 31

### Understand Korea 33

Adapting a new culture 33

Brief introduction of Korea and Seoul 33

### Coping with Culture Shock 35

### Appendix 36

What is your plan? (academic planning form) 36

Campus map

Seoul subway map

## WELCOME TO **KYUNG HEE**

Welcome to Kyung Hee University! You are joining a multi-cultural community of international students here at Kyung Hee. With cooperation of many international students and scholars from many countries, domestic students, faculties and staffs, Kyung Hee has made vibrant intellectual and diverse atmosphere. Your presence will add to this stimulating and cultural mix, and we look forward to getting to know you better during your time here.

Kyung Hee is a complex institution. Discovering Kyung Hee's resources and learning about its traditions, you may have difficulties to get accustomed to them. This book has been prepared help with many practical matters you must pay attention to now that you have arrived at Kyung Hee University campus, furthermore introduce the various programs and activities offered by Center for International Students and Scholars(CISS) and other departments to make your transition to the University easier and your stay here productive and comfortable.

Located in the main building at the campus, CISS welcomes to you. We hope that you will feel comfortable coming to visit us with any concerns that you may have. At CISS you can find advisers who are experts in immigration regulations and willing to listen your say. CISS staffs can direct you to resources that will help you solve problems, such as applying for medical insurance and finding the opportunities to practice your Korean. From the experiences of living in different parts of world, all the staff at CISS understands the dynamics of "culture shocks". If you need some to talk to regarding for your difficulties for living in Korea or studying in Kyung Hee University, stop by CISS.

CISS will also be in contact with you throughout your stay at Kyung Hee through the Kyung Hee Information Sytem. We use this system to send you important information about your immigration status, any changes in the immigration regulations and University announcements. You will also find CISS announcements and other helpful information with provided of the foreign language translation on the CISS notice board at <http://club.khu.ac.kr/ciss>

We welcome your comments about this hand book and about CISS programs and services in general, so please keep in touch

**Eui Young Kim**, Dean

**Jung Ju Yoon**, Vice Dean

#### **Beom Su Ko,**

International Program Manager (Japan),  
bsko@khu.ac.kr

#### **Jin Hee Park(Rana),**

International Program Coordinator,  
ranajhpark@khu.ac.kr

#### **Ho In Kim(Danny),**

International Program Coordinator,  
hoinkim@khu.ac.kr

#### **Su Jin Choi(Eileen),**

International Program Coordinator,  
eileencui@khu.ac.kr

#### **Ok Jin Kang(Jade),**

International Program Coordinator,  
jade@khu.ac.kr

# KYUNG HEE AT A GLANCE

A private university, Kyung Hee has a comprehensive education system encompassing all grades from kindergarten to graduate school. Founded in 1949 as a two-year college, Kyung Hee established a four-year university at the Seoul Campus in 1952. The Global Campus at Suwon opened in 1979, followed by the Gwangneung Campus in 1984.

As Kyung Hee celebrates its 60th anniversary in 2009, it ascertains prestige as a university of significance and infinite possibility despite its short history of only half a century. It has appointed the next fifty years as the second Renaissance for leading forward. As Kyung Hee reaches for its goal of expanding to the competitive university, it is concentrating its efforts into strengthening the core capacity in the fields of education, internationalization, research, and university management.

Besides, Kyung Hee strives to bridge cultural and social gaps by promoting mutual understanding and prosperity. As a result, it encourages frequent exchanges with sister schools overseas to facilitate the exchange of ideas. These activities spread a shared belief in the value of learning.

## MISSION STATEMENT

### Knowledge and Peace

#### New Horizons in University Development

Kyung Hee, which has long recognized "knowledge" and "Peace" as the future-oriented values that guide the university's development, faces a turning point in its history on the 60th anniversary of its foundation. On the basis of its historic achievements, Kyung Hee now moves forward toward the goal of becoming a world-class private university, a leader in this era of change and creativity in the 21st century. As the University rebuilds "the academic authority" and promotes an environment for academic dialogue and exchange, it presents a new road to creative achievements. Through the integration of research, education and practice, Kyung Hee is opening a new horizon in the University's development.

## THE FACTS

- **Student Enrollment** : 29,017 (as of 2009. Oct)
- **Undergraduate** : 22,821
  - Seoul Campus : 11,869
  - Global Campus : 10,952
- **Graduate** : 6,196
- **University Administration**
  - Chancellor-Founder : Dr. Young Seek Choue
  - President : Dr. Inwon Choue
- **Three Campuses**
  - Seoul Campus : 245 acres
  - Global Campus : 510 acres, 25 miles south of Seoul
  - Gwangneung Campus (Graduate Institute of Peace Studies) : 12 acres, 25 miles north of Seoul

## Undergraduate College

- **Seoul Campus** : College of Humanities, College of Law, College of Politics and Economics, College of Business Administration, College of Hotel and Tourism Management, College of Science, College of Human Ecology, College of Medicine, College of Oriental Medicine, College of Dentistry, College of Pharmacy, College of Nursing Science, College of Music, College of Fine Art, College of Arts and Design, School of Dance, General Education (16 Colleges in total)
- **Global Campus (Suwon)** : College of Engineering, College of Electronics and Information, College of Applied Science, College of Life Science, College of Management and International Relations, College of Foreign Languages and Literature, College of Art and Design, College of Physical Education, College of Liberal Arts (9 Colleges in total)

# FIRST SEMESTER CHECKLIST

## Adjusting to life in Korea

- Visit the Center for International Students and Scholars. *See page no.10*
- Make safety and security precautions part of your daily routine. *See page no.31-32*
- Be prepared for culture shock. *See page no.35*
- Manage your finances. *See page no.29-30*
- Always pay attention to any changes on Korean immigration regulation. *See page no.17-18*
- Ask for help quickly if you have any questions or problems. *See page no.10*

## Studying

- Read your Kyung Hee International Students Handbook.
- Understand your programs and assessment requirements.
- Meet your academic adviser- find out how they can support you.
- Develop your Korean and study skills.
- Find out how to avoid plagiarism.
- Learn how to make the most of the library facilities. *See page no.19-21*

## Language Skills and Cultural Exchange

- Develop your skills in English or another language.
- Find an Exchange Partner to practice a language or learn about another culture.

## Personal and Career Development

- Find out work opportunities with CISS. *See page no.10*
- Make time for training to develop your skills.
- Do voluntary work to gain new skills with CISS. *See page no.10*

## Making friends and having fun

- Meet friends from different countries from club activities or parties held by Kyung Hee.
- Go on day trip.
- Visit museums in campus and Seoul.
- Join student societies and make Korean and international students. *See page no.26*
- Do voluntary work or join a community group or class in the city to meet local people.
- Explore Kyung Hee and the local area.
- Take part in Kyung Hee Spring Festival. (Daedongje)
- Enjoy cherry blossom festival in April.

# ACADEMIC PROGRESS

## Academic calendar & holidays

### First Semester - Spring

March	First Week	Class Begins
April	Last Week	Mid-term Examinations
May	Third Week	Spring Festival
	18 <sup>th</sup>	Anniversary of the University
June	Second Week	Final Examinations
	Third Week	Summer Vacation begins
August	Third Week	Course Registration

### Second Semester - Fall

September	First Week	Class Begins
October	Third Week	Mid-term Examinations
November	Last Week	Pre-registration For the First Semester
December	Second Week	Final Examinations Winter Vacation begins
February	Third Week	Course Registration

## Holidays

*\* No Classes Held.  
\* Holidays of 2010 are marked in the parentheses.*

### January 1

New Year's Day: The first day of the solar calendar is celebrated.

### January 25-27 (February 13-15)

Lunar New Year's Day: The first day of the first month by lunar calendar, also known as

National Folklore Day. Many families observe rituals honoring ancestors, followed by special food and traditional games.

### March 1

Independence Movement Day: Koreans observe the anniversary of March 1st, 1919 Independence Movement against Japanese rule.

### May 5

Children's Day: A special day set aside for parents to spend time with and show appreciation for their children.

### May 2 (May 21)

Buddha's Birthday also known as the Feast of Lanterns: Eighth day of the Fourth Month by the lunar calendar.

**May 18:** Founding day of Kyung Hee University

### June 6

Memorial Day: On this day, the nation pays tribute to the war dead, and memorial services are held at the National Cemetery in Seoul.

### August 15

Independence Day: On this day in 1945, Korea was liberated from Japan after 36 years of colonial rule. This also marks the establishment of the government of the Republic of Korea.

### October 2-3 (September 21-23)

Korean Thanksgiving or Ch'usok: Fifteenth Day of the Eighth Month by the lunar calendar. It is a great national holiday celebrating the Harvest Moon and family.

### October 3

Korean's Foundation Day: This day celebrates the creation of the Ko-Choson Kingdom in 2333 B.C. by the legendary god-king Tan-gun.

### December 25: Christmas Day

## Academic evaluation regulation

Based on the Kyung Hee University regulation 46, maximum score achievable of each course is a 100 score. The academic grade is evaluated by the synthetic combination of exam results and class results (attendance and assignments). Furthermore, Kyung Hee University nullifies the student's credit of the relevant semester in some cases. For detailed information, please visit the Kyung Hee University website.

### Exam Evaluation

By the Kyung Hee University Regulation 3.46, the university has a standardized grade policy for all courses. In other words, 40 percentage of students in one class can get more than B grade. However, some courses such as a class has less than ten students and experiments class are not applied this policy. The standard of the academic grade is the same as following;

Score	Grade	Grade point average (GPA)
100	A <sup>+</sup>	4.3
96	A <sup>0</sup>	4.0
93	A <sup>-</sup>	3.7
89	B <sup>+</sup>	3.3
86	B <sup>0</sup>	3.0
83	B <sup>-</sup>	2.7
79	C <sup>+</sup>	2.3
76	C <sup>0</sup>	2.0
73	C <sup>-</sup>	1.7
69	D <sup>+</sup>	1.3
66	D <sup>0</sup>	1.0
63	D <sup>-</sup>	0.7
0	F	0

## Academic life advice

### Academic planning tips for your first semester

The first semester of the university plays a crucial role for your whole academic life. This is because that a good start will lead to a better finish. CISS provides some academic planning tips for your successful academic life at Kyung Hee University.

- Do not miss the classes
- Be receptive to new areas of study.
- Notice which classes you do not enjoy and in which you struggle.
- Talk with your adviser and professors about classes you find interesting.
- Strengthen your writing skills.

- Learn about Kyung Hee, read The Kyung Hee International Students Handbook.
- Make use of all the resources Kyung Hee has to offer.
- Keep your academic plan up to date.
- Try to make an academic plan for each of your 4 years at Kyung Hee: freshmen year, sophomore year, junior year and senior year. (See the appendix for a sample form)

### Kyung Hee University Students Award and Punishment Committee

According to Kyung Hee University regulation 11.70, Kyung Hee University Students Award and Punishment Committee can take disciplinary actions against students who break the University regulation.

# YOUR CENTER FOR INTERNATIONAL STUDENTS and SCHOLARS(CISS)

Center for International Students and Scholars (CISS) is the embodiment of our efforts at Kyung Hee University to create a location in which our international students and scholars feel their office and visit us comfortably with any concern that they may have. At CISS you will find friendly advisers who are experts in immigration regulation and helpers who gladly assist you with any problems relating to academic, campus and community life.

## How can the CISS help me?

CISS staffs assist with problems related to immigration and employment status, social and personal adjustments to a new culture, and practical matters related to students stay in Kyung Hee University. They will be provided with an orientation to the university community and city of Seoul, as well as receive an information package. CISS also can assist visiting international scholars with immigration matters, work permits, advice on personal concerns, or any topic of special interest.

## Who works in the CISS?

The friendly team members who are ready for providing high quality support to meet the needs of international students and scholars at the University.

The followings are the team members of CISS, their main jobs and contact details.

### Office Staff

**Prof. Dr. Eui Young Kim** Dean, The Office of International Affairs

**Dr. Jung Ju Yoon** Vice Dean, The Office of International Affairs

**Mr. Beom Su Ko** (bsko@khu.ac.kr) / International Program Manager (Japan)

**Jin Hee Park** (Rana)International Program Coordinator, ranajhpark@khu.ac.kr  
Application for undergraduate program and counseling (international student only)

**Ho In Kim**(Danny) International Program Coordinator, hoinkim@khu.ac.kr

- International Students visa guide  
- Scholarship guide

**Su Jin Choi**(Eileen) International Program Coordinator, eileencui@khu.ac.kr  
- Campus dormitory (I-House) management  
- Cultural events and job opportunities guide

**Ok Jin Kang**(Jade) International Program Coordinator, jade@khu.ac.kr

- Publication for International students  
- Scholars visa guide

## Office Hours

CISS is open from Monday to Friday, except on University holidays. Our business hours are from 09:00 am to 5:30 pm except for lunch time (12:00pm~1:00pm). We, therefore, strongly recommend that students should visit the office at least 10minutes earlier prior to closure.

## How to Contact Us

- **Phone** : +82-2-961-9286 ~7
- **Fax** : +82-2-961-2230
- **Web** : <http://club.khu.ac.kr/ciss>
- **E-mail** : [ciss@khu.ac.kr](mailto:ciss@khu.ac.kr)
- **Location** : Office No. 320, Main Building, Kyung Hee University

## ※ Address Updating

Have you moved out recently? Please update your personal information and address at Kyung Hee University Information System (KHUIS) if there have been any changes.

# OTHER USEFUL OFFICES YOU NEED TO KNOW

This chapter contains much of the information about University offices that the international students may frequently visit to ask for help related to their academic and campus life.

## Office of International Affairs (OIA)

In 1984, the Center for International Exchanges (CIE) was established on the Seoul Campus to promote international education exchange programs for students and faculty members as well as to coordinate various other international activities at the university. With the enlargement of its roles and activities, the CIE was set up also on the Global Campus (Suwon) in 2005. Its name has been changed to Office of International Affairs (OIA) from 2008 as the university puts more focus on international affairs.

### The major activities of OIA include the following:

- Cross-institutional credit exchange programs with sister universities overseas
- Joint-research and faculty exchange programs
- Cultural and educational programs for international

students  
- Support for the various international conferences and activities held at the Kyung Hee University campuses.  
OIA at KHU can provide you with practical advice and information that will help you prepare for living in Korea and teaching at KHU. When you arrive, KHU students together with our staff will help you to ease into campus life in the Korean community.

### Office Staff

**Prof. Dr. Eui Young Kim** Dean, The Office of International Affairs

**Dr. Jung Ju Yoon** Vice Dean, The Office of International Affairs

**Mr. Beom Su Ko** (bsko@khu.ac.kr)  
International Program Manager (Japan)

**Mr. Jin Sub Lee** (leejs@khu.ac.kr)  
International Program Coordinator (China, Taiwan)

**Mr. Jeesuk Kang** (jaykang@khu.ac.kr)  
International Program Coordinator

**Ms. Jungah Yu** (yjungah@khu.ac.kr)  
International Program Coordinator

**Ms. So Yeon Lee** (sue331@khu.ac.kr)  
International Program Coordinator

**Ms. Jin Young Kim** (jenkim@khu.ac.kr)  
International Program Coordinator

## Contact details

- **Address** : 1 Hoegidong Dongdaemungu, Seoul 130-701, Republic of Korea
- **Phone** : +82-2-961-0031~3
- **Fax** : +82-2-962-4343
- **E-mail** : oiase@khu.ac.kr
- **Web site** : <http://oia.khu.ac.kr>
- **Location** : Office No. 304, Main Building, Kyung Hee University

## Onestop service center (BAROCHEORISIL)

Students can get every type of certificates that the University issues officially. OneStop Service Center is located on the 1st floor of Chungwoongwan.

### Types of Certificates

- transcript
- certificate of enrollment
- certificate of graduation
- certificate of registration
- certificate of the expectant graduation
- leave of absence certificate
- certificate of expulsion
- course completion certificate
- teaching course completion certificate

### Fees

Undergraduate student : ₩500/piece  
Graduated students : ₩1,000/piece  
Certificate issued by English : ₩1,000/piece

### Other methods of certificates application

- Vending machine : located just in front of OneStop Service Center. Students can obtain the certificates

from the machine directly without visiting the office. However, some certificates are not served from the machine.

- Internet service : visit <http://www.kyunghee.certpia.com> and apply the certificates by following steps that the website tells you.

### Contact detail

- **Phone** : +82-2-961-9355~7, 0055
- **Fax** : +82-961-9338, 9345
- **Web** : <http://www.sonestop.khu.ac.kr>

### Office hour

- 09:00 ~ 18:00 from Monday to Friday

## Campus clinic

Campus Clinic is available for International Students including exchange students from partner universities of Kyung Hee as well as Korean students. It serves annual health check-ups, provides consultation and diagnosis certification and prescriptions. This facility is located on office number 152, Orbis Hall. Student must carry Kyung Hee Student Card for medical treatment.

### Contact detail and office hour

- **Phone** : +82-2-961-0145
- **Opening hours** : 09:00~17:00 from Monday to Friday

## Kyung hee medical center

According to the first diagnosis from the Campus Clinic, Kyung Hee Medical Center can provide the treatments. The KHMC is located in front of the main gate.

# INTERNATIONAL PROGRAMS

## Global Collaborative(GC)

The Global Collaborative Summer Program is joined by East Asia's finest universities; Peking University in China, Ritsumeikan University in Japan, Moscow State University in Russia as well as the United Nation's Department of Economics and Social Affairs and Conference of NGOs(CONGO).

An extension of the Penn-Kyung Hee Collaborative Summer program, a joint initiative of Kyung Hee University and University of Pennsylvania, launched in 2006, the Global Collaborative strives to promote a better understanding of the East Asian region and the world, in tandem with the current quests for "multiculturalism" and "global trust." It also aims to provide a new paradigm for higher education by integrating education, research, and practice.

Through high- quality research, education and diverse modules on Global Governance and East Asian Civilization, we hope this program will present an opportunity for students around the world to come together for a better understanding of each other. We also wish all the participants can explore the common norms, tasks, and goals for the future of global society in the 21st Century.

### Mission Statement

Harmony between diversity and universality is the key to a better future for human society. Kyung Hee University and the University of Pennsylvania join hands in the Global Collaborative Summer Program to set a new paradigm for higher education in the 21st century by cultivating leaders, who will shape a better human society. The program's goals include;

Building an international network through exchange of human resources, collaborative research, and joint programs by

- Developing and implementing an innovative academic program.
- Creating a human network by training leaders of international society.
- Forming an East Asian hub for education, research, and global service.

**Providing students and professors with a variety of superior education, research opportunities, and service by**

- Maintaining a central focus on East Asian studies and global governance.

- Featuring co-teaching by Kyung Hee and Penn professors, as well as other renowned scholars from major universities in East Asia.

**Cultivating world citizens as leaders of global civil society by**

- Educating global leaders, who will advance the era of globalization.
- Providing civic education through internships and participation in social services.
- Offering special lectures on current issues of East Asia.

### For more Information

- Visit website <http://gc.khu.ac.kr>
- Contact on Office of International Affairs, Kyung Hee University
  - Tel : +82-2-961-0031-0033
  - Fax : +82-2-962-4343
  - E-mail : [summer@khu.ac.kr](mailto:summer@khu.ac.kr)

## Exchange and study abroad

Since its inception, Kyung Hee University has endeavored to advance the cause of peace and mutual understanding through excellence in education and an international perspective. In 1984, the "Committee for and Office of International Exchanges(CIE)", now the Office for International Affairs(OIA), was established to promote the international education exchange program for students and faculty members, as well as to coordinate various other international activities at Kyung Hee. The activities of OIA include financial support programs for faculty members for their research abroad, student exchange program, language programs, cultural exchange programs with sister universities, and support for international

conference and activities of KHU.

Through the student exchange program, which was initiated in 1991, the students had opportunities to study at sister universities of Kyung Hee with credits exchanged. The universities with which Kyung Hee maintains exchange agreements include the University of North Carolina at Wilmington(U.S.A), the University of New South Wales(Australia), Nihon University(Japan), Moscow State University(Russia), and Southeast University(P.R. China) among many others. During vacations, OIA sends student groups for Language Training Program at our sister campuses.

A large number of students and faculty members from sister universities have also visited Kyung Hee to participate in credit exchange programs as well as other activities such as the short term educational and cultural programs. Delegations from Ball State University, Northern Illinois University, Pittsburg State University(U.S.A), Southeast University(P.R. China), Soka University, Hokuriku University, and Ritsumeikan University(Japan) visit Kyung Hee annually for our short-term international programs, which include cultural activities, special lectures on various topics, and site-seeing. OIA also provides custom-made short-term programs for delegations from sister campuses, which satisfies each group's unique area of interest and need.

The International Medical Service program was initiated in 1982 in order to provide medical care to the people in developing countries. The medical service team from the Kyung Hee Medical Center has preformed medical services with university affiliated medical institutes in Thailand(1982), Indonesia(1984), Sudan(1992), Mogolia(1993) and Kazakhstan(1995).

Kyung Hee has also been hosting an international conference since 1982 commemorating the U.N.'s declaration of the International Day of Peace.

Furthermore, Kyung Hee has hosted several international conferences, including the World Youth Leaders Conference in May 1995, the Continental Cup International University Women's Golf Tournament in October 1997, The International Executive Vice Presidents' Conference in June 1998, and the 8th Forum of the AUAP (Association of University of Asia and the Pacific) in April 1999. Commemorating its 50th Anniversary year, Kyung Hee is to co-hosted The 1999 Seoul International Conference of NGOs with the UN in October 1999. Today, Kyung Hee University maintains sister relationships with 346 universities in 59 countries (as of June 2009) around the world.

For more information

- **Phone**: +82-2-961-0031
- **Fax**: +82-2-962-4343/ Email:oiasc@khu.ac.kr

## Institute of International Education

The IIE(Institute of International Education) of Kyung Hee is a specialized language-teaching institute which has one of the best groups of instructors and the newest facilities in Korea. In 1993, the IIE initiated its Korean language program and was selected as an official institute for teaching Korean to foreign students. These students came to study in Korea on an invitational scholarship offered by our government since 1996. Every year about 3,000 people from over 60 different countries attended the IIE. Our school helps foreign students become accustomed to both a different language and life style, without much difficulty. Furthermore, through the provision of a "volunteer system" the foreign students will feel at ease, with the help of their Korean volunteers. In addition, our foreign language program has native speaking teachers in English, Chinese and Japanese.

### For more information

- **Phone**: +82-2-961-0081~2
- **Fax**: +82-2-959-9018
- **Website**: <http://www.iie.ac.kr>
- **Email**: iie@khu.ac.kr

# VISA

## Application and process

This information has been excerpted from the Web Site of Immigration Bureau at <http://www.immigration.go.kr/indeximmeng.html>. Please visit its Web site for more information.

It is extremely important for you to pay close attention to your non-immigrant visa status and maintain contact with CISS. You should be aware of the restrictions imposed upon you by your particular visa status. The staff of CISS will assist you with most aspects of your immigration status. Please do not hesitate to contact CISS should you have any questions regarding your immigration status.

### Foreigner Registration

Those wishing to stay in Korea for more than 90 days are required to register at a local immigration office having the jurisdiction over the place of stay within 90 days from the date of entry.

※ Those who fail to register within 90 days are subject to penalty.

To register, students/faculty should make an application to the local or district Immigration office in person.

Document requirements are as follows:

- Application forms
- Passport

- Two color photos (3cm × 4cm)
- Certificate of enrollment or certificate of studentship
- Application Fee: ₩10,000

If your application is accepted, the Immigration officer in charge will stamp your passport and issue a certificate of alien registration to you. It usually takes three or four days for the applicant to get the certificate of alien registration.

### Extension of Stay in Korea

Those wishing to stay longer than the period of stay given are required to apply for permission at a local or district Immigration office before the period of stay expires.

※ Overstays are subject to penalty.

Applications to extend the period of stay are accepted only when the period of stay given expires within two months of the application. The only exception to this rule is a temporarily leave from Korea on business. In this case, an earlier application may be made. To apply for permission, make an application to a local or district Immigration Office having jurisdiction over the place of stay in person.

The required documents are as follows:

- Passport
- Foreigner registration card, if applicable

- Application forms
- Certificate of enrollment
- Receipt of tuition
- Application Fee 30,000 Won

If the application is accepted, the Immigration officer in charge will stamp the applicant's passport and record the amendments on the back of the applicant's Foreigner registration card.

Please visit <http://www.immigration.go.kr/indeximmeng.html> for more information.

- <CISS Office> Phone : +82-2-961-9286~7

### ※ Part time employment permission(S-3) of Study Abroad (D-2)

According to the Immigration Law of Korea, those who have been studied at least one semester can change their status from Study Abroad (D-2) or add up their period from both statuses to one semester.

- Allowed time and workplace: Up to 20 hours per week during school terms. (Unlimited hours during weekends, holidays, vacations)
- Limited to 2 workplaces total.

### Re-entry

The registered foreigners wish to re-enter Korea after visiting their native country or travelling abroad are required to visit the immigration office and request your application.

- Fee : Single ₩30,000 / Multiple ₩50,000

Re-entry permit application must be filed at least 3 working days before your departure date.

### The way to get Seoul Immigration Office Sejongno Branch

- ✓ Address : SK Hub Building, 2F, 89-4, Gyeongdong, Jongno-gu, Seoul
- ✓ Phone Number : +82-2-732-6214
- ✓ Fax Number : +82-2-732-6217
- ✓ Direction (from Kyung Hee University)

### - By subway

Take a shuttle bus number 01 at the bus stop in front of Kyung Hee University's main gate and get off Heogi Station(회기역) It takes normally 5~7minutes. From Heogi Station, take No.1 line(1호선)and get off at Jongno-3ga(종로3가) and transfer to No.3 line(3호선)and get off Anguk Station(안국역). This part of journey will take approximately 20minutes. Exit from Gate No.6 and go straight less than 1 minute, you can find SK Hub building after passing Jongno Police Station(종로경찰서). Seoul Immigration Office Sejongno Branch office is located on 2nd floor.

### What to know

If you want to save your time, it is better to make a visit reservation from the online. For more information, visit website- <http://www.hikorea.go.kr/pt/index.html>

## Advice on managing your VISA

### Do not ask your friends

Korean Immigration law and regulations are very complex. Your friends may want to be helpful but they will not have the expertise to give correct answers to questions about immigration. Even if their situations seem similar to yours, it is crucial you seek expert immigration advice. If you take the wrong advice you risk having your visa extension refused and/or being required to return home.

Check your visa expiry date to prevent illegal overstay  
Student must know the visa condition and expiry date not to lead an illegal overstay.

Understand exact procedure of the change of status of sojourn and extension of your visa  
If you have any changes on your visa status, you need to prepare the application for them before they are effective. If do not, you may have to pay penalties to Korean Immigration office.

# STUDY SUPPORT

## Central Library

Located on the right side of the Main Administration Building, it first opened in Gagyosa, Busan in 1951 with over 700 books. The building was moved to the current site in 1968, and it holds over 1,155,000 collections and over 2,000 seats. There are study rooms, reference material room, special reference room, information technology room, antique collection room, daily newspaper room, seminar room, audio-video room and photocopy room. There are sub-university central libraries in College of

Oriental Medicine, College of Dentistry, College of Law, College of Music and Graduate Institute of Peace Studies for each specified references.

### Contact Detail

**Phone Number** : +82-2-961-0074~5

**Fax Number** : +82-2-959-1582 / +82-2-965-8003

**Website** : <http://khis.khu.ac.kr>

### Hours

Library hours are subject to change when the Library's Director admits that to be necessary.

### Central Library

Room	During Semester			During Vacation		
	Weekdays	Saturday	Sunday & Holiday	Weekdays	Saturday	Sunday & Holiday
Open-stack Section	9am - 9pm	9am - 1pm	Closed	9am - 5:20pm	Closed	Closed
Reference and Serials Section						
Electronic Resources Service Room	9am - 5:20pm	Closed		9am - 5:20pm	Closed	
Dissertations Room						
Special Publications Rooms						
Study Rooms	5am - midnight			5am - midnight		

## Branches

Room	During Semester			During Vacation		
	Weekdays	Saturday	Sunday & Holiday	Weekdays	Saturday	Sunday & Holiday
Oriental Medicine Library	9am - 5:20pm	Closed	Closed	9am - 5:20pm	Closed	Closed
Law Library	9am - 9pm			9am - 5:20pm		
Medical Library	9am - 9pm			9am - 5:20pm		
Music Library	9am - 5:20pm			9am - 5:20pm		
Library of Medical Center	9am - 5:20pm	8:30am-12:30pm	Closed	8:30am-5:30pm	8:30am-12:30pm	Closed
Library of G.I.P.	9am - 5pm	Closed		9am - 5pm	Closed	

## User's Guide

### Borrowing & Renewals

Number of books and loan period (effective on and after July 1, 2005)

Borrower Type	Number of Books	Loan Period
Undergraduate students	7 books	14 days
Graduate students (Masters)	15 books	28 days
Graduate students (Doctorate)	20 books	28 days
Part-time faculty & staff	20 books	30 days
Full-time faculty & staff	60 books for 90 days or 30 books for 180 days	
students of a lifelong education institution or special courses	3 books	14 days

Faculty, students, and staff of the University may access to and search for all materials in the library. In order to borrow books from the library, you should present them along with your ID card direct to the Circulation Desk in the library.

Accompanying materials or CDs can be also borrowed and not included in the number of checked out books, but failure to return them on time will result in an overdue fine.

When you need to extend the loan period of

checked out books, you should renew your books directly to the circulation desk or through the Library website even after the due date.

### How to use

- go to the library website
- find out My Library
- find out Borrow & Renewals
- click Renewal button

## Borrowing from Suwon Campus Library or Library of GIP

If materials not held in the library of Seoul Campus are held and available in the library of Suwon or GIP Campus, you may check out them by use of the Inter-Library Loan service.

### how to use

- go to the library website
- find out Inter-Library Loan button
- check out your information
- save it

You can check the progress of your request on the My Library, and pick up the books at the Circulation Desk in the library 1-2 days later.

### Holding Items

When books that you would like to use have been already checked out, you may request for reserving of them for priority.

Upon arrival of reserved books, arrival notice will be sent to the patron who first reserves them via e-mail. Reserved books should be checked out within 2 days after the dispatch of the arrival notice.

Each book is allowed to be reserved for up to 3 people, and each user is allowed to reserve for up to 3 books.

### how to use

- go to the library website
- search for the information you need
- click 'Detail Bibliography'
- click 'Holds'

### Returning Materials

Checked out books must be returned on the Return Desk of central or branch library which you borrowed the books. (Books borrowed from the

library of Suwon or Gwangnung Campus can be returned on the library of Seoul Campus.)

Unless you return the books on the due date, overdue fine will be charged at the rate of 100 Won per day per book. The maximum of overdue fine is 20,000 Won.

If you hold overdue books for more than 30 days after the due date, you are classified as a long-term overdue patron who is not eligible to borrow any books from the library or to request for issuing any certificates for a month.

If you lose a book checked out from the library, please visit and report it to the Circulation Desk in the library. You should purchase and return the same book within a week after reporting of the loss.

When it is not possible to replace the same book due to out of stock or out of print, the library will designate a specific book similar to the lost one.

.If you do not compensate it within a week after reporting the loss, overdue fine will be charged.

## E-Community

This is the key tool for the students to use to access wealth of information, resources and services form around the campus. Therefore, it is extremely important to check any updates frequently. Student can get information about ;

- Information from around the campus including the latest news and announcements
- Community tools, including discussion areas and groups
- Information of the University cafeterias menu
- Making student's own blog

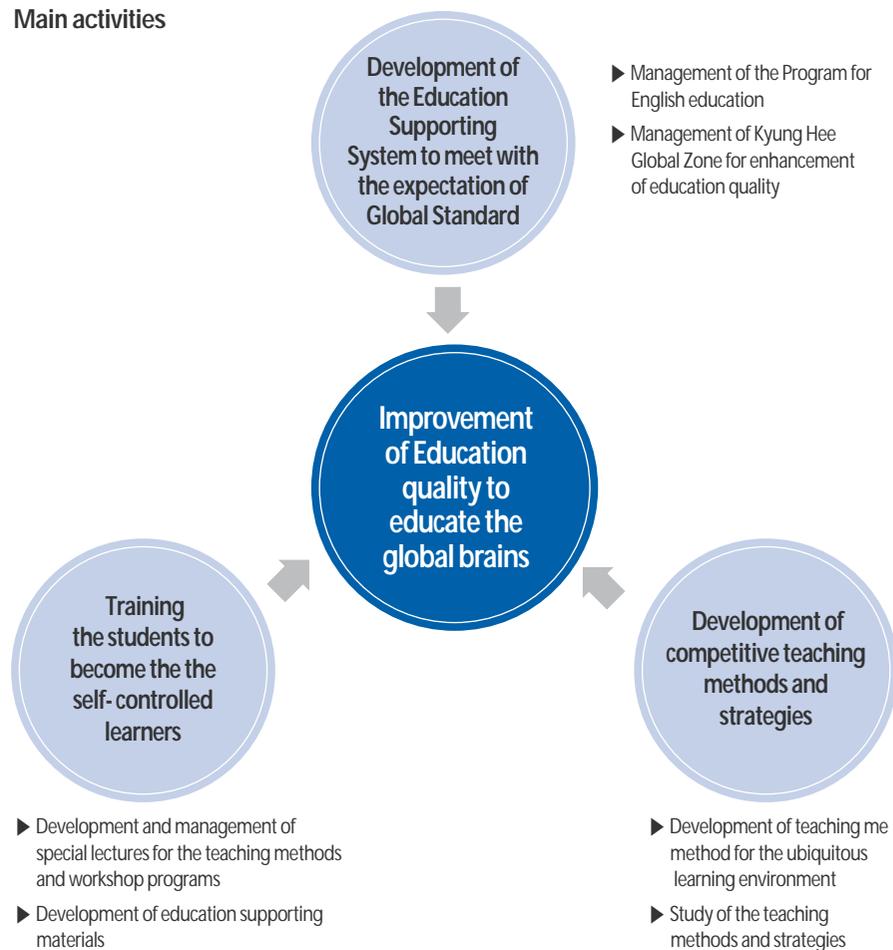
To log in to the E-COMMUNITY,

go to <http://community.khu.ac.kr/forum>

## Center for Teaching and Learning(CTL)

This department has been established since March, 2004 to support the students and faculties of Kyung Hee University about the relevant teaching and learning methods.

### Main activities



### For more information

Website <http://khctl.khu.ac.kr> Phone +82-2-961-0889, 0901 Fax +82-2-961-0178 E-mail [khctl@khu.ac.kr](mailto:khctl@khu.ac.kr)

# ADJUSTMENT ADVICE

## Housing

### On campus Housing- Sameuiwon Complex

Located on the Seoul campus, Sameuiwon is a dormitory complex that can accommodate 392 students including international students. With newly renovated structures, the rooms are equipped with beds, desks, cabinets, air conditioner, LAN and phone for the comfort of students. Generally a room is shared by 4 students.

#### For more information

- Phone : +82-2-961-0505
- Fax : +82-2-959-1584
- Website : <http://web.khu.ac.kr/~sam-dom/>
- Email : [khsd3140@khu.ac.kr](mailto:khsd3140@khu.ac.kr)

### On Campus Housing- Sehwawon Dormitory

Partially funded by the Korean government, this new residential hall opened in March 2005 with the most up-to-date facilities. A room with a toilet and washbasin is shared by two students. It can accommodate 432 students in total.

#### For more information

- Phone : +82-2-961-9476-7
- Fax : +82-2-961-9479
- Website : <http://gaya.khu.ac.kr/new/>
- Email : [khsd9476@khu.ac.kr](mailto:khsd9476@khu.ac.kr)

### I-House | & ||

It opened on the August of 2008 is equipped with the up-to-date facilities. In the dormitory 25 rooms for 2 people, 48 international students, 2 guards live. I-House 1 has sink, electric stove, laundry machine, desk, chair, closet, shoe closet, and bathroom in each room, and there is a water fountain at the end of the 2nd floor hallway. Students can also use internet 24 hours in your home.

#### For more information

- Phone : +82-2-961-9286
- Fax : +82-2-961-2230
- Email : [ciss@khu.ac.kr](mailto:ciss@khu.ac.kr)

### Off Campus Housing

Residential areas are spread all over Seoul, excluding the business districts in the northern part of the city. Especially in the suburbs of Seoul, there are huge residential complexes that have been developed over the last decade. The following are different

types of payment methods for purchasing or renting a house in Seoul.

### Rental type 1 - "Cheonse" (Key money deposit)

A half or more of the value of the house is deposited to the owner for the term of the lease. There are no monthly payments. This deposit is returned upon termination of the lease. This is called the "Cheon-se" system, practiced mainly by the local Koreans, but is increasingly becoming popular with foreigners as well.

### Rental type 2 - "Wolse 1" (Key money deposit + monthly payment)

Ten to twenty times amounts of the monthly rent are deposited for the term of the lease. Monthly rent is also paid to the owner. The deposit is returned to the tenant upon termination of the lease.

### Rental type 3 - "Wolse 2" (Advance payment of total monthly rent)

This requires advance payment of the monthly rent at a set date every month for the entire lease term. No deposit is required. In Itaewon, Hannam-dong and Seongbuk-dong, this system is popular with foreigners

<http://global.seoul.go.kr>

## **Food and Cuisine**

### **Korean Food Culture**

International students will discover a wide range of unique and delicious food in Korea. Rice has been cultivated as Korean's staple food since ancient times, because Korean was once a primarily agricultural nation. Nowadays Korean cuisine has various types of meat and fish dishes which also

come with lots of vegetables. Preserving food was a main issue for Korean ancestors therefore, various preserved food and spices have been developed such as kimchi(fermented spicy cabbage), doenjang(fermented soy bean paste) and kanjang(fermented soy sauce). They are still most popular food and spices to all generations of Koreans even the foreigners due to their distinctive flavor and high nutrition. In Korean cuisine all the dishes are served at the same time. A meal normally includes rice, soup and several side dishes. People eat with chopsticks and a spoon.

### Food in Kyung Hee

Kyung hee has more unique and exotic food culture due to rapidly increasing international students and scholar.

### **University Student Cafeteria**

Student cafeterias are located on second basement of the Cheongwoongwan Building and Pureunsol Culture Center nearby Sehawon Dormitory. They usually serve Korean food at affordable price. At the College of Hotel and Tourism Management, you can find "Kyung Hee Bakery" where you can find take out coffee and sandwiches.

### **Off Campus Restaurants**

#### Korean Restaurants

Students can find all kinds of restaurants just outside the main gate. There are many Korean restaurants in the area serving galbi (ribs), kalguksu (chopped noodle soup), samgyupsal(pork belly) and bulgogi(marinated beef). But you can also find specialty restaurants such as eel, tofu, mushrooms, raw fish, samgyetang(soup with chicken, glutinous rice and ginseng), and dolsotbap(steamd rice in heated-stone container served with vegetables).

### Other non-Korean Restaurants

There are many western restaurants such as Sorento, Italian Plato and Outback just outside of the main entrance gate. Poplar pizza franchised restaurants in Korea, Mr. Pizza and Sungshinje Pizza are also just outside of campus. A global chain of hamburger fast food restaurant, Burger King is located off campus area as well.

Asian restaurants have opened since last five years. There are Thai restaurant called K-Chang, Indian restaurants called Dehli and Kkotmool, numerous Japanese restaurants and Chinese restaurants in front of the campus.

## **Enjoy Nightlife & Responsibilities**

### **Nightlife**

Korea comes at night with a lot of entertaining activities. The area around Kyung Hee University is not the exception. The part of the city becomes hustle-bustle with nightlife-loving people who enjoy live performances, drinking, dancing, karaoke and dining. If you interested in movies, the closest area is Wangsip-ri that can be reached by subway no.1. You can find the Korean major theater called GCV there. If you like coffee, ice, cream, or tea, there are many coffee shops, some neo-traditional teahouses, and numerous ice cream parlors in the downtown area of Hoegi area. Finally, in order to truly experience a part of Korean nightlife, you should visit a Noraebang (singing room) with some friends. Both Korean and English songs are available.

### **Responsibilities**

#### Smoking

Korean government has gradually prohibited smoking in some public places. Therefore, if you are

a smoker, you need to check first whether the place is smoking area or not. In case of breaking the smoking regulation, you have to pay a certain amount of penalty.

### Alcohol in Korean Social life

Students can find that in Korea alcohol is served on many social occasions. For some Korean students drinking with friends is a very important part of their social life and some may drink more than is good for them. However, many students just have a few drinks and some choose not to drink at all. Students certainly will not be alone if they ask for a non-alcoholic drink, whether they are at bars, or at someone's home for parties.

There is a wide range of non-alcoholic drinks, so do not be embarrassed to order one.

### Drinking and safety risks

Students always have to remember that the potential dangers related to drinking alcohol. Alcohol acts as a relaxant, slowing down your normal reaction times and making you feel drowsy. Never, drink and drive and take care when crossing roads after drinking. Anyone who drinks alcohol too much may vomit and even lose consciousness. Do not drink from your glass if you notice a change of taste or color. If you feel unwell, tell a friend. Also, never accept a drink from a stranger.

### Drugs

Taking and possessing drugs are completely prohibited under Korean Government regulation. If you are caught with controlled drugs in your possession you can be criminally prosecuted.

## Being a part of Kyung Hee community

### Student Clubs

There is a various range of student clubs in the Student's Union Building. These activity groups, organize and run by the students who share an interest such as sports, music and play. Simply visit their offices as many as you can, get information about the clubs from each student club representative and choose the club you really join in. Student clubs offers you the chance to try something you have not done before and meet new friends.

### International Students' Club



"YOU CAN MAKE FRIENDS & LEARN ABOUT KOREA"



For More information and photos about IFCC, visit the Facebook and search IFCC or visit CISS.

## IFCC (International Friendship & Culture Club)

*"We give you unforgettable memories at KHU!!"*

IFCC is a club established in 2006 for foreign students studying at KyungHee Univ, all our members are undergraduates at KHU and what we do is to help you with living in Korea, and also we do provide you with great opportunities to enjoy Korean culture and lifestyle. Moreover, we organize many events for you such as an orientation, a welcome party, an outing, a sports [field] day, a farewell dinner)

Through IFCC, the best thing you can do is ..

## Transportation

\* Note: Bus Schedule and fares are subject to change.

### 1. Public Buses

Many buses provide transportation to and from Kyung Hee University. Although public bus fares may vary, currently, buses within Seoul area cost 900 Won when using Seoul Multi Trans Card and 1,000 Won if using cash.

Here are some of the main public buses routes

which are starting from the campus.

It is highly recommended to purchase a Seoul Multi Trans Card (Seoul Gyeong Card) as it is much cheaper than using cash. It can be purchased at branches of Woori Bank in Seoul and at kiosks near bus stops. The card is rechargeable at any subway stations or bus kiosks.

Bus Number	Routes
1217	Goes to Wuidong~Cheongnyangni
1222	Goes to Wolgyedong ~ Cheongnyangni
147	Goes to Seokgye Subway Station ~ Cheongnyangni
261	Goes to Seokgwandong ~ Yeoeuido KBS
705	Goes to Wolgyedong ~ Kyung Hee University

### 2. Subway and Trains

Hoegi Station, Dark Blue Line # 1, is the nearest subway station from Kyung Hee University. Use the Exit # 1.

- Free for children 6 years or younger.
- For total distances exceeding 10 kilometers, additional 100 won is charged every 5 kilometers.

- For total distances exceeding 40 kilometers, additional 100 won is charged for every 10 kilometers.

- If traveling outside of Seoul, additional 100 won is charged for each every 5 kilometers and 100 won for every 10 kilometers if the total trip exceeds 35 kilometers.

### Seoul Subway Fares

Base fare for 12km	19 years and older	13-18 years old	7-12 years old
Transportation Card	900 Won	720 Won	450 Won
Cash	1,000 Won	1,000 Won	450 Won

### Basic Line Information

There are nine lines within Seoul, which also links Seoul to satellite cities like Incheon, Uijeongbu, Suwon and Ansan. Some of the lines, such as Line 1, runs along the north-south axis, while others, such as Line 5, runs east-west. Line 2, is a circular line crossing Hanggang River twice. See the map below:

Koreans usually refer to the subway lines by their number (i.e., Line 1, Line 2, etc), but foreigners have a tendency to refer to the lines by their color codes. See below

### Subway Lines in Korea

Color Number	Korean name	Start→End	Operator
dark blue Line 1	서울지하철 2호선	Soyosan→ Incheon, Cheonan	Korail (Soyosan-Hoegi, Namyong-Cheonan, Guro-Incheon, Siheung-Gwangmyeong) / Seoul Metro (Seoul Station-Cheongnyangni)
green Line 2	서울지하철 2호선	City Hall, Seongsu, Sindorim→ City Hall, Sinseol-dong, Kkachisan	Seoul Metro (except Kkachisan. SMRT runs Kkachisan station.)
orange Line 3	서울지하철 3호선	Daehwa→Susco	Seoul Metro (Jichuk-Suseo) / Korail (Jichuk-Daehwa)
blue Line 4	서울지하철 4호선	Danggogae→Oido	Seoul Metro (Danggogae-Namtaeryeong) / Korail (Seonbawi-Oido)
purple Line 5	서울지하철 5호선	Banghwa→ Sangil-dong, Macheon	SMRT
brown Line 6	서울지하철 6호선	Eungam→ Bonghwasan	SMRT
olive Line 7	서울지하철 7호선	Jangam→ Onsu	SMRT
pink Line 8	서울지하철 8호선	Amsa→Moran	SMRT
lemon Bundang Line	수도권전철 분당선	Seolleung→ Bojeong	Korail
aqua Yongsan- Deokso Line	중앙선	Yongsan→Kooksu	Korail

Airport Line (Kimpo airport -Incheon international airport) is also available and Line 9 will start to run from July,2009. For More information : <http://www.seoulmetro.co.kr> From Hoegi station, you can walk to the campus and/or you can catch a Maeul Bus (commute bus it costs ₩600 by Seoul Multi Trans Card and ₩700 by cash

### 3. School Buses

For mobility between our two campuses, Seoul Campus and Global Campus, school buses are provided during the semester. (No buses during the vacation) The buses run directly to and from the campuses and cost 1,500 Won. Following is the time table.

#### From the Seoul Campus

To	Time
Global Campus	13:30
	16:30

#### From the Global Campus

To	Time
Seoul Campus	10:00
	12:00

## Managing your finance

### DEALING WITH MONEY IN KOREA

#### Basic Information of Korean Currency

Korea's official monetary unit is ₩won. The Korean currency consists of a ten thousand, five thousand, and one thousand won notes, and five hundred, one hundred, fifty and ten won coins.

#### Exchanging Money

When you need to exchange your foreign currency into Korean won, visit a bank, exchange service center or an authorized exchange agencies.

Business hours

- Bank : 9:00 am - 4:00 pm except Saturday,

Sunday and Holidays

- Exchange service center : 9:30 am - 10 pm,

everyday

- Authorized exchange agencies: 24 hours in hotel, and 9:00 am - 5:00 pm at other places. Do not forget to take your receipt.

### Other types of money

#### Travelers checks

Travelers checks are financial drafts that are issued by banks and selected other financial institutions. While debit cards and similar options are often used today by many people who travel for work or pleasure, the travelers check is very much alive and well. Most important benefits of using travelers checks is that it is virtually impossible to use a stolen travelers check. This is because the checks are signed at the time of purchase, and then must be countersigned when they are redeemed with a vendor or bank. Since the likelihood that it would be possible to replicate the original signature without hesitation, thieves do not find the checks as attractive as credit or debit cards. Travelers checks can also allow the international traveler to take advantage of attractive rates of exchange. This is because many services will issue the checks in any currency desired. By investigating the current foreign exchange rates, it is possible to purchase the checks in a relevant currency and lock in an attractive rate that will not change at any time during the trip, regardless of what shifts occur in the valued rate for the currency.

#### Credit Card

Visa, American Express, Diners Club, Master Card and others are used at hotels, department stores, large restaurants, and stores.

## On Campus Bank

A branch of Hana Bank(<http://www.hanabank.com/> - Korean only) is located on the first floor of the Cheong Woon Gwan Building. Woori Bank branch(<http://eng.wooribank.com/> - English and Korean) is also on the first basement of the same Building. ID card is in cooperation with Hana Bank, it is highly advised to open a bank account at Hana Bank.

## Services

- Foreign currency exchange and remittance
- Withdraw cash from global ATM
- Business Hours
- 09:30-16:00 except Saturday, Sunday, and National Holidays

## ADVICE FOR YOUR FINANCIAL HEALTH

### The ways of avoiding financial problems

#### Weekly budgeting and money-saving

It is important to have a clear idea of how much money you have to spend each week and what your essential costs are so you know how much you have left to spend non-essential thing.

#### Late tuition and accommodation fee payments

If you discover that you will be unable to pay your tuition fee to University on time, visit the office of Academic Supporting Affairs and apply for 'Kyung Hee Installment Plan'. (you can check the possible period for application from E-COMMUNITY) Do not wait until your payment deadline has passed because you can be omitted from University registration of the next semester.

#### Failed direct debit costs

If you arrange to pay bills by direct debit, make sure the money is in your bank account two working days before the direct debit payment is due to be collected. If not, there is an extra charge for late payment.

#### Win the scholarships

Kyung Hee has two types of scholarships for international students. If you win the scholarships, you could manage your finance easier.

## Healthcare

### Campus Clinic and KHMC

As information is written on the page no.9 of this book.

### Medications and Pharmacies

If you have minor health problems, you can visit a pharmacy where the pharmacist will be able offer advice and sell you treatments. (e.g winter flu, sore throat and minor cuts) The closest pharmacies near Kyung Hee Medical Center and larger pharmacies are more likely to carry a greater range of drugs. Pharmacies in Seoul are everywhere and easy to spot. Just look for a 약 or 약국 sign. It is possible at pharmacies to buy medicine with a doctor's prescription, as well as over-the-counter medication. It is important to let your doctor and pharmacist know of any allergies you may have.

### Medical Insurance

Kyung Hee University strongly recommends that the international students should buy private medical insurance. If you need any advice for medical insurance, simply visit CISS and check the coverage, limit and terms and condition with the staff in CISS.

## FOR YOUR PHYSICAL AND MENTAL HEALTH

### Keeping in good physical health

Many people find that if they ensure they are in good physical health, their mental health is also better. There are many things you can do to keep yourself in good physical health. These include; eating well, getting some regular exercise, relaxing, getting a good night's sleep and cutting down on smoking and alcohol.

### Keeping in good mental health

Health experts recommend that so as to keep in good mental health we need to look after ourselves by:

- talking to our friends
- keeping in touch with family
- eating well
- doing regular exercise
- avoiding too much alcohol and cigarettes
- seeking help if we feel stressed or depressed for some time

The experience of living in a different country and the pressures of study can often make students feel down or depression or other health problems. This is usually temporary situation and if student seek help early, they can get the support they need to start feeling better and carry on to complete their course successfully.

### If your depression does not go away

Visit your doctor to talk about the way you are feeling. Do not just wait. You should try to recover your mental health.

## Keeping safe

Seoul is a great place to live, but as with all big cities it is does have some crime, so you need to take sensible care for your daily routine. You also need to be aware of health and safety risks in your accommodation and in places where you study. The situation in Korea may be different to what you are used to at home so it is extremely essential that you pay attention to the following advice.

### Protect your possessions

- Make sure valuable items can not be seen through the window of your room and are out of sight when you leave.
- Use a Highlight pen to mark your valuable items with University name and your student number. If your possessions are stolen and the police find them, they can return them to you.
- When your phone is stolen, call to service provider of your phone immediately and ask them to cease the phone service.
- Keep a note of the telephone number of your credit/bank card provide so you can inform them immediately if your cards are lost or stolen.
- Back up work regularly and keep copies in case your laptop is stolen or lost.

### Protect against identify theft

- Do not let the criminals use your personal information for any fraud.
- Do not throw away your bank statement or credit card statement.
- If your documents are stolen or lost, report immediately to the organization which issued them.
- Never let the others know your security passwords of credit/bank cards.

## Safety when you go out

- Be aware of your surroundings at all times. Be especially careful if you're wearing on headphones or talking on mobile phones.
- Avoid attracting attention by wearing expensive jewels and bags.
- Do not walk alone or use outside cash machines after dark.
- Keep yourself safe when you are in bars and clubs.

## Safety at home

- Be aware of fire safety precaution in case of fire at your home.
- Keep your accommodation secure by locking all windows and doors when you leave your room and do not let anyone you do not know into the building.

## SECURITY AND SAFETY SERVICE

### Hoegi Police Station

You can report a crime by visiting the police station face-to-face with the police officer

**Address :** 60-39 Hoegidong, dongdaemun-gu, Seoul

**Telephone number :** +82+2+959+0730

### Kyung Hee Security Service

Kyung Hee Student organized a self-controlled University Security Service, is called KYUCHALDAE only operated during the semesters. Also, there is another Security service, is called CAPS which operates 24-hours a day, every day of year. This Security staffs patrol the campus and respond alarms and emergencies.

### Emergency Services

#### - Phone 112

a national-wide phone number for reporting crime.

#### - Phone 119

a national-wide phone number for fire and ambulance.

# UNDERSTAND KOREA

## Adapting a new culture

Living in different country is a big challenge. It can be exciting and fun. The advantage of studying international university like Kyung Hee is learning more about Korean culture and also you can enjoy a multi-cultural experience. To make your time in Kyung Hee smarter, you need to do;

### - Find Language Exchange Partners:

your first language is not Korean; therefore it is better to find the student who wants to learn your mother tongue and culture to learn Korean and culture. Kyung Hee Korean students have great eagerness to experience different country's language and culture because Kyung Hee University has motivated the students the importance of globalization. You can meet them all over the campus!!!

### - Find the way to reduce homesickness:

A good way to overcome homesickness is to talk about the way you feel with other international students. If you share your emotion with people who really understand, you will feel much better. If you join IFCC (see page no.26), you can meet other international students.

## Brief introduction of Korea and Seoul

The lifting and folding of Korea's granite and limestone base has created breathtaking landscapes of scenic hills and valleys. The mountain range that traverses the length of the east coast plunges steeply into the East Sea, while along the southern and western coasts, the mountains descend gradually to the coastal plains that produce the bulk of Korea's agricultural crops, especially rice.

The Korean peninsula is divided just slightly north of the 38th parallel. The democratic Republic of Korea in the south and communist North Korea are separated by a demilitarized zone.

South Korea's 99,500 sq.km land is populated by 48.2 million people. Administratively, the Republic of Korea consists of nine provinces (do), the capital of Seoul and the six metro-politan cities of Busan, Daegu, Incheon, Gwangju, Daejeon and Ulsan. In total, there are 77 cities (si) and 88 counties (gun).

## Land

<http://english.tour2korea.com>



The Korean peninsula extends southward from the eastern end of the Asian continent. It is roughly 1,020km (612miles) long and 175km (105miles) wide at its narrowest point. Mountains cover 70% of the Korean's land mass, making it one of the most mountainous regions in the world.

## National Flag



The Korea flag is called the Taegeukgi. Its design symbolizes the principles of the yin and yang in Oriental philosophy. The circle in the center of the flag is divided into two equal parts. The upper red section represents the proactive cosmic forces of the yang. Conversely, the lower blue section represents the responsive cosmic forces of the yin. The two forces together embody the concepts of continual movement, balance and harmony that characterize the sphere of infinity. The circle is surrounded by four trigrams, one in each corner. Each trigram symbolizes one of the four universal elements: the heaven, earth, fire, and, water.

## National Flower

The national flower of Korea is the Mugunghwa, Rose of Sharon. Every year from July to October, a



profusion of the Mugunghwa blossoms graces the entire country. Unlike most flowers, the Mugunghwa is remarkably tenacious and able to withstand both blight and insects. The flower's symbolic significance stems from the Korean word mugung, meaning immortality. This word accurately reflects the enduring nature of Korean culture, and the determination and perseverance of the Korean people.

## Climate

Korea lies in the temperate zone and has four distinct seasons. In late March or early April, the trees burst into leafy splendor to mark the beginning of spring. Mostly sunny days can be expected from March to May. During the relatively hot and rainy summer season, the vegetation is lush. By June the average temperature is over 20°... (68°F). Monsoon

rains usually begin around the end of June and last until mid-to-late July. August is hot and humid. The coming of autumn in late September brings continental winds and clear, dry weather, making the fall months perhaps the most pleasant time of year. October's vivid golds and vibrant reds create a colorful panorama. December to February are cold and dry with occasional snow. During the winter months, three or four days of cold weather are often followed by a few warmer days.

## About Seoul

[http://www.visitseoul.net/english\\_new/index.htm](http://www.visitseoul.net/english_new/index.htm)

Seoul has been the center of the politics, economy, culture and transportation of Korea for six centuries since King Taejo, the founder of the Joseon Dynasty, moved the capital there in the third year (1394) of his reign. Today one quarter of the nation's population

lives in Seoul. Seoul preserves numerous relics of the Joseon Dynasty: the Dongdaemun and Namdaemun Gates; five extant palaces, namely Gyeongbokgung, Changdeokgung, Changgyeonggung, Deoksugung and Gyeonghuigung; the royal tombs, including Hongneung and Seonjeongneung; and Sung Kyun Kwan, the Confucian education institution. The litany of Seoul's cultural heritage is endless.

The city's legacy winds through its labyrinthine alleys. At the same time, Seoul has risen as a global landmark of modernity, with many must-see attractions: Lotte World (amusement park), Seoul Tower (the symbol of Seoul, blazing the night through), many parks and museums, department stores and other emporiums, jazz bars, cafes, and a casino. These make Seoul a favorite tourist destination where visitors find all the amenities and entertainment they could want.

# COPING WITH A CULTURE SHOCK

Culture shock is a reaction, often confusing, experience of moving to another different culture. It comes from anything like the food, the weather, different social behavior, traditional customs and the regulations and systems in Korea may make you feel uncomfortable. These are normally temporary symptoms of culture shock. However, the severity of the symptoms can vary from person to person.

## Helpful advice to reduce culture shock

- **Gather information about Kyung Hee and Korea:** Watch how the natives do or do not do things. It could be a good start to understand the new culture.

- **Get involved in activities:** Kyung Hee has various types of student social clubs. Explore them and join the club that attracts you. Try to have a fun with your club members!!

- **Do not be afraid to try:** You had already understood that you possibly have has time to adjust to the new culture when you had decided to study abroad. So you need to open to the new experience and try new things.

- **Find people to interact with you:** Do not live in isolation from others and study alone. Find the people who can talk with you. Invite them to have coffee or take a walk in campus.

- **Visit CISS:** Visit us. Good listeners wait for you.

# APPENDIX

---

## What is your plan?

Think and outline your academic plans. You will enjoy looking back on this paper when you graduate!!!

Freshman Year	Sophomore Year
Junior Year	Senior Year