

## 2. About Gwangju link to (<http://eng.gjcity.net/index.jsp>)

### 3. Travel & Tour

#### 3-1. Gwangju city tour (regular)

There is regular Gwangju city tour operated by Gwangju Metropolitan city with other people costing KRW1,000 (USD1) without english guide

Courses are

18SEP (Fri) Gwangju station (09:00) – Gwangcheon-dong bus terminal (09:15) – Gwangju cityhall (09:20)  
– Gwangju Folk museum – Gwangju Biennale – lunch (12:30~13:30)  
– National 5.18 (18MAY) Memorial Park – Gyeongeyol temple – Gwangju cityhall (18:00)

19SEP (Sat) Gwangju station (09:00) – Gwangcheon-dong bus terminal (09:15) – Gwangju cityhall  
– Pyeongdong Farm village experience(09:40~12:00) – lunch (12:10~13:00)  
– Pochung temple – Birthplace of Yonga Yongchul, PARK – Gwangju Biennale – Gwangju city hall (18:00)

3-2 half day tour in Gwangju with english guide : ₩280,000 (USD200) for one person (maximum four)

₩140,000 (USD100) for two

₩95,000 (USD70) for three

(subject to change by exchange rate and person)

3-3 one day tour in Gwangju and vicinity with english guide : ₩390,000 (USD280) for one person (maximum four)

₩195,000 (USD140) for two





₩130,000 (USD95) for three

(subject to change by exchange rate and person)

#### 4. Gwangju travel with theme ( <http://eng.gjcity.net/index.jsp>)

<b>Course 1</b>	Being in the Embrace of Mt. Mudeung Climbing routes on Mt. Mudeung	① Sanjang(mountain villa)⇒Ggomakjae⇒Gyubongam⇒Jangbuljae⇒Jungmeorijae⇒Jeungsimsa Temple (12.6km) ② Sanjang⇒Neutjae⇒Toggideung⇒Bonghwadae⇒Jungmeorijae (4.9km) ③ Jeungsimsa Temple⇒Bonghwadae⇒Neodeolgeong Spring⇒ Baranjae (3.2km) ④ Jeungsimsa Temple⇒Yaksasa Saeinbong⇒Jungmeorijae (3.5km) ⑤ Neutjae⇒Donghwasan Site⇒Jungbong⇒Jangbuljae (4.0km)
<b>Course 2</b>	Visit the Scene of May 18 Democratic Uprising in 1980	May 18 Memorial Park, Liberty Park (History Hall) ⇒ Yangdong Market ⇒ Geumnamno Street ⇒ Gwangju Station ⇒ Jeonnam University May 18 National Cemetery
<b>Course 3</b>	Hands-on Learning with Children	Gwangju Hyanggyo ⇒ Gwangju Folk Museum ⇒ Gwangju National Museum ⇒ Jeonnam University Dinosaur Museum ⇒ Family Land
<b>Course 4</b>	Drive with a Loved One	Jisan Resort ⇒ Observatory ⇒ Cheongpung Rest Area⇒Wonhyosa Temple ⇒ Chungjangsa Shrine ⇒Soswaewon Garden ⇒Gwanbangjerim ⇒ Metasequoia Tree Street
<b>Course 5</b>	The Capital of Culture, Travel into the Fragrance of Art	Gwangju Art Museum ⇒ Birthplace of Yonga Park Yong-cheo ⇒ Bitgoeul Korean Traditional Music Heritage Center ⇒ Gwangju Pottery Cultural Center ⇒ Street of Art (Gwangju & Gana Art Shop) ⇒ Uijae Art Museum
<b>Course 6</b>	Nearby Tourist Attractions	Bamboo Museum ⇒ Juknokwon (bamboo forest) ⇒ Damyang Resort ⇒ Hwasun Unjusa Temple ⇒ Boseong Dawon
<b>Course 7</b>	Destinations to Discover Gwangju's Historic Figures	Pochungsa Shrine ⇒ Birthplace of Yonga Park Yong-cheol ⇒ Bingwoldang ⇒ Gwangju Art Museum ⇒ May 18 National Cemetery ⇒Gwangju Student Independence Movement Memorial Hall ⇒ Birthplace of Jeong Yul-seong ⇒ Uijae Art Museum

#### 4-1 one day course

	<b>One-day Tour Course 1</b> Gwangju National Museum ⇒ Municipal Government Building ⇒ May 18 Liberty Park ⇒ Birthplace of Yonga Park Yong-cheol ⇒ Songsan Resort
	<b>One-day Tour Course 2</b> Gwangju Art Museum ⇒ Gwangju Folk Museum ⇒ Yangdong Market ⇒ Gwangju Student Independence Movement Memorial Hall ⇒ Gwangju Hyanggyo ⇒ Street of Art
	<b>One-day Tour Course 3</b> Jeungsimsa Temple ⇒ Uijae Art Museum ⇒ Korea Tea Company ⇒ Chungjangno Street ⇒ Worldcup Stadium ⇒Bitgoeul Korean Traditional Music Heritage Center
	<b>One-day Tour Course 4</b> Jisan Resort ⇒ Observatory ⇒ Wonhyosa Temple ⇒ Chungjangsa Shrine⇒ Chunghyodong Kiln Site

## 5. Temple stay (english.visitkorea.or.kr or www.templestay.com)

What is a Temple Stay?

A Temple Stay is a cultural-experience program designed to help people understand Korean Buddhism better. Temple stays offer various kinds of practicing methods such as Yebul (ceremonial service involving chanting), Chamseon (Zen meditation), Dado (tea ceremony) and Baru Gongyang (communal Buddhist meal service). Participants can find their 'true self' amongst the harmony of nature while staying at a temple.

Temple Life, the experience of temples, is another program designed to help people better understand Korean Buddhism and the life of monks.

Main program

Devotional Chanting at Yebul, Ceremonial Service (Yebul)

Yebul is a Ceremonial Service to praise Buddha. This solemn ceremonial service is held 3 times a day; in the morning, midday and evening, helping to clear one's mind.

Zen Meditation (Chamseon)

Zen is known as "Seon" in Korean.

Chamseon is a form of meditation that allows a person to reflect about oneself.

There are two forms of this meditation:

- Jwaseon(坐禪) : a sitting-style meditation
- Haengseon(行禪) : a walking-style meditation.

Communal Buddhist Meal Service (Barugongyang)

Barugongyang is a unique and special way of eating in Korean Temples. At this communal meal practice the meal is eaten in total silence, and not a single grain of rice is wasted.

Tea Ceremony (Dado)

Making and enjoying good tea is one of the practices of the Buddhist religion.

Koreans say that there are several ways to enjoy good tea. One should start off by enjoying the sounds of water boiling, and then relax with the soothing aroma of tea and seeing its soft and subtle colors.

Lastly, one can feel the warmth of the tea radiating through the cup as they slowly savor the taste.

※ There are many other activities to participate in at Korean temples, such as lotus lantern making, impression making with ink and paper, and folk games.



## Temple Stay: Come, Stay and Discover



Ven. Jong Hun, the director of the Cultural Corps of the Jogye Order of Korean Buddhism, gazes at his surroundings after an interview with The Korea Times at the Jogye Temple. According to him, temple stay is going through a transitional period, with some arguing the more traditional the better, while others say they need more modernized facilities to attract foreigners / Korea Times Photo by Shim Hyun-chul

During a temple stay, one must wake up at around 3 a.m., the same time the monks get up every morning, to usher in a new day. / Korea Times File

Delving into the world of another culture is always a thrilling encounter, especially when people can feel, taste, smell and see it as it is.

When the government was looking for adequate lodging facilities for foreigners during the 2002 World Cup Games, head monks of several temples scattered across the country thought it was a good idea to lend a hand, introducing the concept "Temple Stay" for the first time here in Korea.

It still seems a bit foreign because it's an English term. But that is basically how it started. The lodging problem was an important issue back then, and everyone put their heads together to come up with a way to not only offer visitors a place to eat and sleep, but also a place where they could learn Korean culture. So, the temples opened up, Ven. Jong Hun, the director of the Cultural Corps of Korean Buddhism of the Jogye Order of Korean Buddhism, told The Korea Times during an interview at Jogye temple.

The division was launched back in 2002 when the need for lodging was on the rise, and it has since become the headquarters of temple stays.

A total of 110,000 visitors, 20,000 of them foreigners, participated in temple stays last year, a 36 percent jump over 2007.





Foreign participants stroll along the temple grounds as they participate in a temple stay program that is offered at 87 temples around the nation. / Korea Times File

The objective of the program was to offer a place to stay for foreigners and also enlighten them with traditional rituals they could only learn by spending time in the temples hidden in the mountains.

The program has grown into a cultural program where visitors get to spend several days at a temple, following the exact same daily routine of monks living there and participating in special lectures and activities.

“There was once an article written by a foreign reporter who experienced a temple stay. He wrote that it was uncomfortable, busy, messy and complicating, but the bottom line was that he actually enjoyed it. Simple as that,” he added.

Temple stays are indeed not an everyday trip to the mall or hotel, as participants must live as, in fact, a monk: waking up at three a.m. for the temple ritual service that involves chanting and prostrations, eating vegetarian meals without making noise, meditation, daily chores and an early bedtime at around nine p.m.

According to the division, local visitors enjoyed the 108 prostration routine, also known as the `108-bae,` while foreigners enjoy learning `dado` or the tea ceremonies, and the `balwoo-gongyang,` or the meal ceremony.

“Traveling has lost its traditional definition. There is much more than just about going out (to a temple). Now people want to experience their surroundings with their five senses, and we have also realized the shift in interests. We are currently discussing what more we can offer through (temple stays),” he said.

A total of 87 temples currently offer temple stay programs, and the list is growing every year. When a temple applies to the division, a team heads to the temple and evaluates if it’s compatible with criteria including location, facilities and programs.



Participants practice ``balwoo-gongyang," before a Buddhist monastic meal consisting of four bowls at the Baekdam Temple in Gangwon Province. / Korea Times File

Activities vary, but the Ven. Jong Hun says that the most important lessons are discovering one's self and learning how to live together with others.

Learning how to make tea and paying respect to the Buddha may qualify as interesting activities, but visitors should discover the inner self and also realize that the world is a harmonious place where you must live together with others,` said Ven. Jong hun.

He also added that although the religion started in India and expanded to other countries like Tibet, China, Myanmar and Japan, Korea is one of the only places where people can learn the true meaning of meditation.

Here, many monks carry out a ritual they call `angeo,` which roughly translated into `a quiet, tranquil life.` This retreat discipline happens twice every year, in the summer and winter, with the monks locking themselves in the temples from the outside world to meditate.

Few places in the world carry out this ritual and Korea is one of the places where monks do so every year. The temple stay has now become the best cultural asset of Korea, combining tradition and activities, both important elements in attracting tourists and locals,` he said.

As if to prove his words, a Korean tourism booth that included a temple stay session won the Best Exhibitor Award at the Internationale Tourismus Boerse (ITB) Berlin, one of the world's largest travel trade shows, for the fourth consecutive year this year.

The interest in culture and especially temple stays has indeed grown, and this has brought numerous new ideas, relevant or not, to the table, according to Ven. Jong Hun.

We are in a transition period. Until now, we've been focusing on how to bring temple stay to tourists and locals` minds. We were just running constantly. Now we are interested in bringing the temple stay to the next level, and share our culture with the world as effectively as possible. But how much were we willing to open up?` he asked.

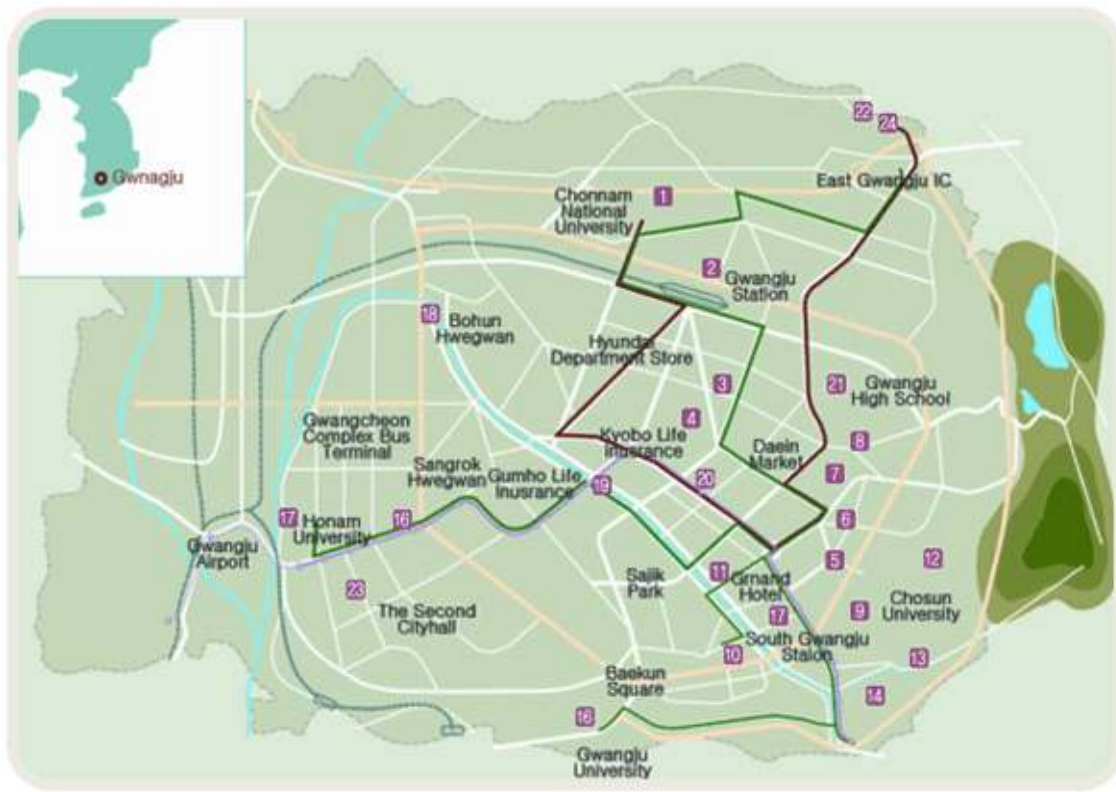
The matter of opening up was about how further the temples and organizers would go to attract foreign visitors: offer an experience as difficult and uncomfortable as it is, or make some compromises along the way?

If we change the ondol (a Korean traditional floor heating system) to beds and serve steak instead of vegetarian meals, can we call that a temple stay? Some traditions may seem uncomfortable and inconvenient, but we can learn how our ancestors lived and also learn how they adapted to the given environment along the way,` he said.

Imagine two people, one a fisherman and the other a mountaineer. For the fisherman, fish is nothing special, so when they meet, he will try to offer something that is special to him, in this case, seasonal wild greens from the mountains. But the greens are something the mountaineer eats all the time. For him, fish is a specialty, but this is nothing special for the fisherman. What we need is wisdom, not shortsightedness, to appreciate what we have and try to understand what visitors are willing to risk. It's not about impressing, but sharing the culture and discovering yourself in the most tranquil environments,` Ven. Jong Hun added.

[sanghee@koreatimes.co.kr](mailto:sanghee@koreatimes.co.kr)

6. Historic sites of Gwangju at a glance ( <http://eng.gjcity.net/index.js p> )



01. The Front Gate of Chonnam National University
02. Gwangju Station Square
03. Former Inter-city Bus Terminal Complex
04. Geumnam-ro
05. Jeonnam Provincial Hall and May 18 Democratic Square  
Provincial Hall May 18 Democratic Square Sangmugwan Gwangju YMCA
06. Former Gwangju YWCA
07. Former Gwangju MBC
08. Former Nokdu Bookstore
09. Cheonnam National University Hospital
10. Gwangju Christian Hospital
11. Former Gwangju Red Cross Hospital
12. Chosun University
13. The Vicinity of Baegopeun (Hungry) Bridge
14. Site of Massacre of Innocent Citizens near Junam Village
15. Massacre Sites at Jinwol-dong and Songam-dong
16. The Battlefield at Nongseong Square
17. Former Sangmudae
18. Front Gate of Mudeung Stadium
19. Yangdong Market
20. Gwangju Park Square – Civilian Army Post
21. The Site of the First Gunfire (In front of Gwangju High School)
22. Gwangju Prison
23. Korean Army Gwangju Hospital
24. Former May 18 Cemetery



## 7. Transit tour at Incheon airport

### 7-1 1 hour (Temple tour)

This course tours a traditional Korean temple in a short time.



<b>Daily</b>	09:00~16:00 (Starts everyday)
<b>per person</b>	\$5 (Min. 4 persons), \$10 (Min. 2 persons)
<b>Min</b>	2 people
<b>Course</b>	Incheon Airport - Yonggungsa Temple - Incheon Airport

Founded in AD 670, tenth years of the reign of King Munmu during the Shilla Dynasty, Yonggungsa Temple is famous for its 1300 years old zelkova tree, 11 meters high statue of Buddha, and the tablet "Yonggungsa" inYosachae written by Heungseon Daewongun. (Designated as Incheon Metropolitan City Tangible Cultural Property No. 15 in Nov. 9, 1990)

### 7-2 2 hours (Shopping)



<b>Daily</b>	10:30~16:00 (Starts everyday)
<b>per person</b>	\$5 (Min. 4 persons), \$10 (Min. 2 persons)
<b>Min</b>	2 people
<b>Course</b>	Incheon Airport - Shopping Mall - Incheon Airport

Participants in this tour can spend enjoyable time while shopping in a local mart/marke. The price is cheaper than the items at the airport and the sort of products is various.

### 7-3 5hours (Seoul city tour)

This course tours the central area of Seoul the capital of Korea



<b>Daily</b>	09:00~11:00 (Starts everyday)
<b>per person</b>	\$50 (for minimum 4 persons), \$80 (for minimum 2 persons)
<b>Min</b>	2 people
<b>Course</b>	Incheon Airport - Gyeongbokgung Palace -Insadong - Cheonggyecheon - Incheon Airport

This Seoul tour program guides you to the most picturesque sights of Seoul including the Cheonggyecheon Stream flowing through downtown Seoul

### 7-4 7 hours (DMZ tour)

Experience DMZ (demilitarized zone) where you can feel the reality of the only nation in the world which is separated by ideology.



<b>Daily</b>	08:30 (weekday) 09:30 (weekend) Not available on Mondays, weekends and holidays due to the circumstances of the site)
<b>per person</b>	\$60 (for minimum 4 persons), \$80 (for 3 persons), \$100 (for minimum 2 persons)
<b>Min</b>	2 people
<b>Course</b>	Incheon Airport - Imjingak Station - Underground Tunnel No.3 - Dorasan Observatory - Dorasan Station - Freedom Bridge - Incheon Airport

You can tour the underground tunnel no.3 and Imjingak which are the representative tourist attractions around DMZ and the symbols of the Cold War and the division of Korea, the only nation divided by ideology. You will symbolically experience the history of Korean division through this tour course.