

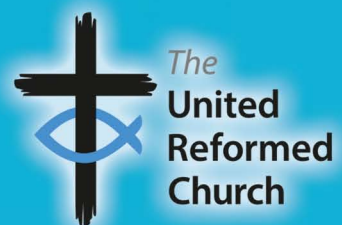


Overseas Voyage 2018

SOUTH KOREA



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PILOTS OVERSEAS VOYAGE 2019 SOUTH KOREA



Busan, South Korea



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안녕하
세요

Welcome to this Pilots resource introducing you to the country of South Korea. Facts and figures are important. They give us important information we need to know in order to better understand and explore issues and topics, including faith and culture. They are not, however, everything. As such, the sessions, games and activities detailed in these materials are designed to relate to the personal stories and experiences of Pilots. The following basic facts about South Korea are intended to be fed into the sessions in ways which each Company sees fit.



AIMS AND OBJECTIVES

Pilots Overseas Voyage Materials are produced annually to support Pilots, along with the whole Church, in:

- discovering something about the history and geography of another country
- learning what it is like to be a child or young person in another country
- exploring the culture, food, games and pastimes enjoyed in another country
- looking at the Church traditions of another country
- sharing their new found knowledge of another country with those around them

HOW TO USE THIS MATERIAL

These materials may be used and adapted to suit the needs of differing groups, communities and contexts. They could, for example, be used:

- to organise a series of weekly sessions for a Pilots company through part, or all, of their term
- throughout the year, woven into other parts of a Pilots company's programme
- as a theme for a Worship Service to be organised and led by children and young people
- as a main theme for an Away Day or camp weekend

Each Section covers a different aspect of life in South Korea, offering Bible verses, prayer links, activities, games, discussion ideas, 'Did You Know..' facts and other programme ideas to further encourage companies and groups to engage with these materials in ways most relevant for their own contexts.



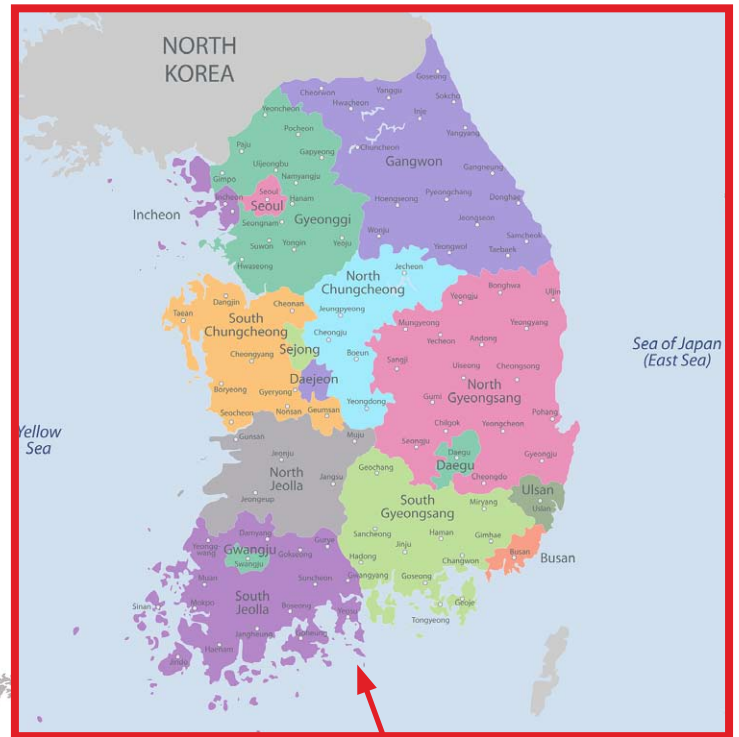
This year, the materials invite Pilots and others to focus on South Korea.

SECTION 1: GETTING TO KPOH SOUTH KOREA

INTRODUCTION

South Korea is a mountainous peninsula in Asia surrounded by water on three sides. It shares its northern border with North Korea and its closest neighbours are Japan and China. It's a small country, roughly the same size as England, and its official name is the Republic of Korea.

South Korea has a population of 50 million people and nearly half of those live in or around the capital, Seoul, one of the biggest cities in the world. Outside of Seoul, there are eight regions and many large cities. The smallest province, Jeju, is actually an island about 90 miles south of the mainland, and a popular resort.



North Korea and South Korea have been at war with each other since 1950. Although the fighting ended in 1953, there has never been a treaty to end the war. Because of this, the border between the two countries, known as the Demilitarized Zone, is closed and guarded by soldiers. South Koreans cannot visit North Korea, and vice versa.

The weather in South Korea is very hot in the summer and very cold in the winter. The spring and autumn are the nicest time of the year, when the weather's warm but not too hot. In the summer there is a monsoon season: July and August are very humid, with temperatures occasionally reaching 35 degrees, but because of the extreme humidity it feels much hotter. In contrast, in the winter it can fall below -10 degrees.



TIMELINE

Year 0 - Korea is divided into three kingdoms; Silla, Baekje and Goguryeo.

7th Century - The three kingdoms unite into Unified Silla. The Unified Silla period is famous for its culture. Some of the oldest pagodas and Buddhist temples in Korea were built during this period.

10th Century - The Goryeo Dynasty begins. The industrious Goryeo Dynasty focussed on trade and industry. Jikji, the oldest book printed with metal movable type in the world, was printed in this period.

14th Century - The Joseon Dynasty takes over from the Goryeo Dynasty. The Joseon dynasty shaped the etiquette, culture and language of both North and South Korea.

1897 - The Korean Empire is founded. The short-lived Korean Empire was an attempt by the Joseon royal family to break free of Chinese and Japanese influence.

1910 - Korea is annexed by Japan.

1945 - At the end of World War II, Korea falls under military rule.

1948 - Korea is divided into North and South Korea.

1950 - North Korea attacks South Korea, starting the Korean War.

1953 - The Korean War ends with an armistice and a line is drawn between the two countries, the Demilitarized Zone. This division remains in place today.



FLAG



The South Korean flag, or the Taegukgi, was originally designed by Gojong, the last emperor of the Joseon Dynasty, in 1882.

It consists of a white background with a circle in the middle, half red and half blue, and three black lines in each corner. The circle represents the eastern philosophy of yin and yang, which together means balance in the universe.

The white background represents peace and purity. The groups of three bars in the corners are called trigrams. Each one represents eight different elements, and together they symbolize harmony.

Trigram	Korean Name	Celestial Body	Season	Direction	Virtue	Family	Natural Element	Meaning
☰	geon	heaven	spring	east	humanity	father	heaven	justice
☷	ri	sun	autumn	south	justice	daughter	fire	fruition
☱	gam	moon	winter	north	intelligence	son	water	wisdom
☴	gon	earth	summer	west	courtesy	mother	earth	vitality

CURRENCY

The currency used in South Korea is the 'won'.

There are six different coins and four bank notes. The most common bank note is 1,000 won, which is similar to \$1. Coins come in values ranging from 1 won to 500 won, although the value of the 1 won coin is so low that it is not used. Bank notes come in values of 1,000, 5,000, 10,000 and 50,000 won.

South Korean bank notes feature well-known historical figures, including King Sejong the Great and Shim Saimdang. Be sure to look out for more information on these and other historical figures in Section 2 - People and Places.



UNIFICATION

After Japan was defeated in World War II in 1945, its 35-year occupation of Korea ended and control was handed over to the United States and the Soviet Union. The United States occupied what is today South Korea and the Soviet Union took control of what is now North Korea. The division was meant to be temporary but became more permanent after separate governments were formed in 1948 and when the Korean War broke out in 1950.

The war ended in 1953 with an armistice agreement effectively ending the fighting and creating the Demilitarized Zone between North and South. Both South and North Korea want Korea to be one country and efforts to unify the two Koreas continue in both countries.

Families were split up when Korea was divided. Between 2000 and 2015 some families managed to meet together at special events, before being separated again. Because of the political situation, these events have not been held recently.

During the Korean War the country was in chaos and refugees had to flee in every direction. When the war ended and the border became permanent, families were completely separated. Refugees who had thought they were splitting up for a few days were separated for life. Although prisoners of war were repatriated at the end of the conflict, there was no way for civilians ever to go home.

Many people in North Korea suffer great poverty and live under a vicious dictatorship, so many North Koreans try to escape to the south and more than 30,000 of them now live in South Korea. These defectors, who

risked their lives to escape the North, are familiar with the situation in both countries and may prove crucial in unifying the two countries in the future.

As the division of Korea was so recent, most of North and South Korea's history and culture remains the same. Throughout this resource the term 'Korean', rather than South Korean, will be used to describe things that pre-date the division and are true of both countries.

DID YOU KNOW ...?

More people fly between Jeju island and Seoul every year than any other flight in the world.

Skiing and snowboarding are popular winter activities in South Korea because there are so many mountains there.

The South Korean government estimates that, as of 2017, more than 60,000 families are still divided across the two Koreas.

ACTIVITIES/BIBLE/PRAYER

ACTIVITY 1



Work together to make a Korean flag, also known as The Taegukgi. You can use craft materials to make the trigrams and create a 3-D flag. The Taegukgi has lots of symbolism and meanings, some of which many Koreans aren't aware of! What would Pilots choose to represent those different categories on their own flag?

ACTIVITY 2



Jegichagi is a traditional Korean game where children try to keep a jegi in the air by kicking it. Pilots could play this game with some screwed up newspaper as the jegi. This is a team game and pilots should work together to keep the jegi in the air for as long as possible, but they can only touch the jegi with their legs!

ACTIVITY 3

The Korean Peninsula is currently divided, but people in both South and North Korea dream of the day when it is unified once again. Give pilots a printed map of the entire

Korean Peninsula, with the demarcation line clearly marked. Using fingerprints or other craft materials pilots can then work to 'unite' the two countries, obliterating the demarcation line and coloring it in however they want.

ACTIVITY 4

Due to the division of the Korean Peninsula, many people have been separated from family and friends. Divide the group/company and make it so they can't see their friends for the start of the session. Make one group a little more regimented and the other a bit freer. Then get the young people to explain how it felt when you bring them back together.

BIBLE LINK

There are estimated to be 60,000 families that are still divided by the Korean War and 30,000 North Korean defectors living in South Korea. That is nearly 100,000 people that are separated from their home, family and friends. It's almost impossible to understand how that must feel.

In the Bible we learn that the Israelites were often exiled. They were separated from their homes, friends and family. Yet, we learn in Isaiah 56:8, God promises to look after them and bring them together. He protects them when they think they are alone and gives them the strength to keep going.

The people of Korea haven't given up either. In Galatians 5:1 we learn that Christ freed us and we have to stand firm in the hope for Christ. In North and South Korea, families haven't given up on their dream of unification. For them, it's not about politics or weapons, it's about finding a long lost brother, aunt or grandparent. It's about finally being able to 'go home'.

Ask Pilots to try and think about what that must feel like and what that might mean for them. Encourage them to think about the things they take for granted in their daily lives, the things that are always there, and to really appreciate the people around them. Ask Pilots to think about how Jesus helped us to be free, and how they can reflect this in their own lives.

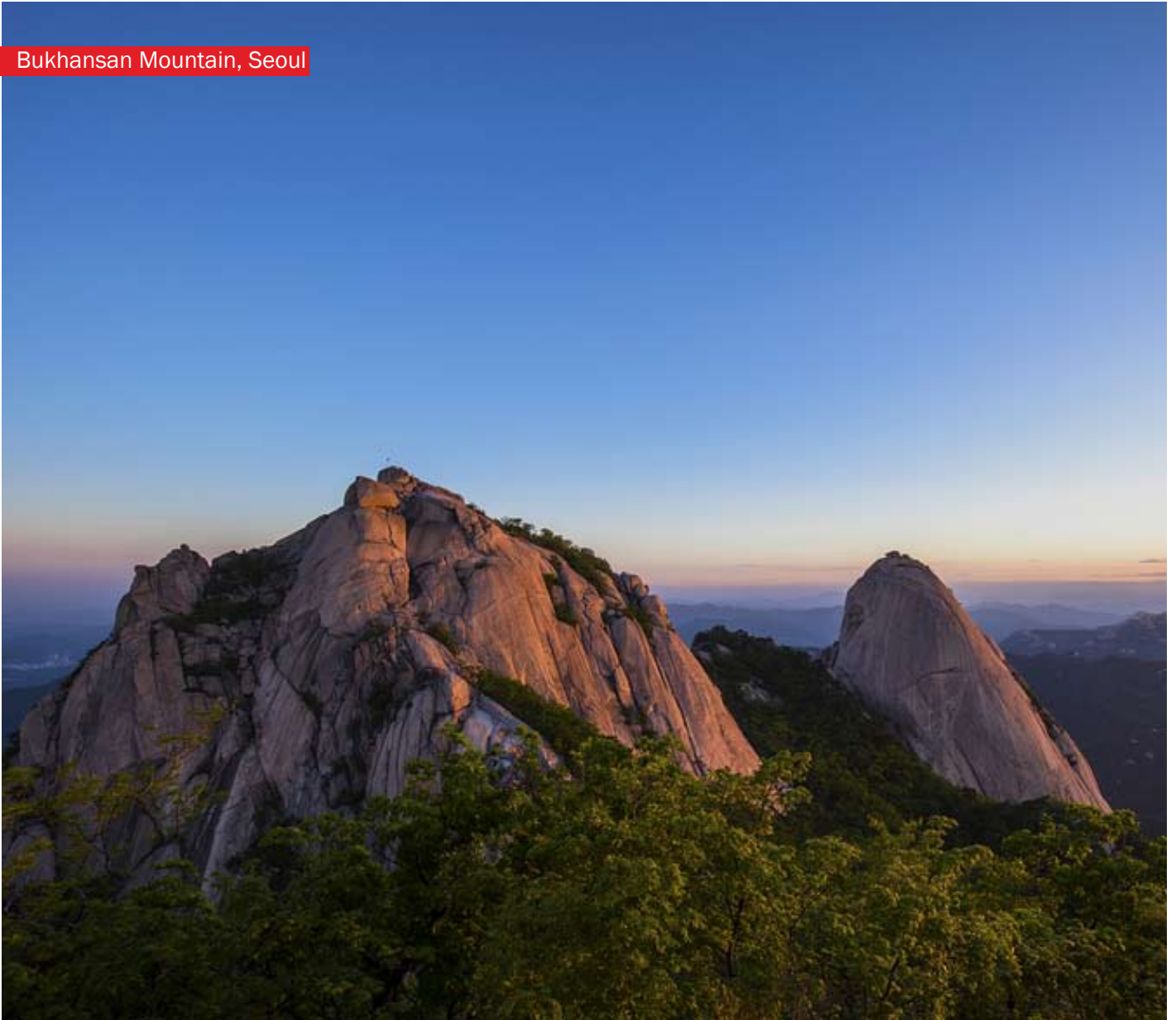
PRAYER

Encourage Pilots to pray for people around the world that are separated from their loved ones and displaced from their homes.

SECTION 2: PEOPLE AND PLACES



Bukhansan Mountain, Seoul



FAMOUS PEOPLE

Yi Sun-shin lived from 1545 to 1598. He was a Korean naval commander instrumental in defeating the Japanese during the Imjin war. In 1597 at the Battle of Myeongnyang, Yi led 13 Korean warships to defeat a Japanese armada of over 300 ships. He used his knowledge of the area to lure the Japanese into the dangerous Myeongnyang Strait, using the landscape and a heavy mist to ambush the ships. Yi is also credited with the development of the turtle ship, a covered warship with a dragon's head on the front that housed a cannon.



Kim Yuna is one of the most successful figure skaters of all time. Born in 1990, she broke 11 world records during her career, winning nine gold medals in international tournaments and never ending any competition without winning a medal. Kim was the first female skater to win the Olympic Games, the World Championships, the Four Continents Championships and the Grand Prix Final. She retired from professional skating in 2014 and is now known for philanthropy having donated over £2 million to charity.



Park Jae-sang, known professionally as Psy, is a South Korean singer, rapper, songwriter, and record producer. His music video for the song “Gangnam Style” was the first video ever to pass 1 billion views on YouTube. In South



Park Ji-sung is the most successful Asian footballer in history and a former Manchester United midfielder. He has over 100 international caps for South Korea and made 134 appearances for Manchester United. He has won 19 trophies and was the first Asian footballer to win the UEFA Champions League



trophy, to play in a UEFA Champions League final and to win the FIFA Club World Cup. Born in 1981, Park retired in 2011. He is now in charge of youth strategy for the Korea Football Association.

Kim Gu lived from 1876 to 1949. He was a leader of the independence movement during Korea’s occupation by the Japan Empire and was the final president of the Provisional Government of the Republic of Korea in China. After liberation in 1945, Kim returned to Korea and sought to ensure the country’s independence. When it became clear that North and South Korea would be divided, Kim travelled to the North to meet with Kim Il-sung in an unsuccessful attempt to unify the country.



Korea Psy has been famous since the early 2000s. He is known for his humorous videos, stage performances and often sarcastic lyrics. Internationally he is known for the success of “Gangnam Style” and “Gentleman.” “Gangnam Style,” famous for its funny video, is actually a satirical look at the wealthy materialistic lifestyle of some residents in the southern Gangnam district of Seoul.

Yu Gwan-sun was an independence activist during the Japanese occupation of Korea. Born in 1902, Yu became involved in the March 1st Movement in 1919 when she was just 16 years old. The March 1st Movement was one of the earliest public displays of Korean resistance during the Japanese annexation of Korea.



Yu began to promote demonstrations and encouraged people to protest. In April 1919 she was arrested by the Japanese military and tortured. After being arrested and tortured multiple times, Yu died in 1920 at just 17 years old. She is remembered as the symbol of Korea’s struggle for independence and her resilience and conviction is still admired today.

SECTION 2: PEOPLE AND PLACES



TRADITIONAL DRESS

The traditional Korean dress is called the Hanbok, which literally means Korean clothing. What we refer to as a Hanbok today is usually clothing from the Joseon period. The outfits are still often worn today at traditional ceremonies and holidays and are popular with tourists traveling in Korea.

Women's hanbok consist of a jeogori, similar to a blouse, and a chima, a kind of wrap around skirt. Men's hanbok also have a jeogori, which for men looks like a fastened jacket, and baji - loose fitting trousers. Sometimes an outer robe, or po, is worn over the top. These days this is only really worn for traditional wedding ceremonies. Hanbok are traditionally made from heavy fabrics similar to hemp and cotton.



HANOK

A traditional Korean house is called a hanok. Hanok architecture varies by region and is designed to adapt to Korea's cold winters and hot summers. All hanok have large open porches, often using an internal courtyard design, to keep the houses cool in the summer. They also all use the Korean ondol system, an underfloor heating system that uses smoke to heat the underside of stone floors. This system is unique to Korea and makes sure that houses stay warm in the cold winters.



PLACES TO VISIT

Seoul

The capital city of South Korea is Seoul. Covering about 230 miles, it's about 5,500 miles away from London and it takes about 12 hours to fly between London and Seoul. Seoul is the 16th biggest city in the world and is home to about 10 million people. The wider Seoul Metropolitan Area houses more than 25 million people, half the population of South Korea.. An average of about 10 million people visit Seoul every year, making it one of the 10 most visited cities in the world.

Seoul is a very historic city, and was founded in 18 BC. It is home to several old temples, palaces and fortresses. Anyone visiting the city is strongly advised to visit Gwanghwamun Square, site of Gyeongbokgung Palace, the main palace of the Joseon Dynasty built in 1395.

Seoul is split in half by the wide Han River. While the north of the river is more historic, the south of the river is home to the trendy Gangnam district, the inspiration for Psy's song Gangnam Style. A visit to the city is not complete without a trip to Gangnam to see the bright lights and bustling streets of Seoul's busiest shopping district.



Jeju

Jeju Island, located about 90 miles south of mainland South Korea, is the most popular holiday destination in the country. Jeju's climate is far more moderate than mainland Korea's. The island's temperatures are fairly consistently around 30C in the summer months. In the winter, when temperatures in Seoul often drop below -5 or even -10C, Jeju rarely falls below 0C.

Jeju Island



Jeju is dominated by Mount Halla, a volcano 1,950 metres high and the highest mountain in South Korea. The island was formed by volcanic activity millions of years ago and the rocks and some sand found around the island are formed from lava. A lava tube in the middle of the island is accessible and is now a popular tourist attraction with visitors able to walk about half a mile underground.

Visitors to Jeju often head straight for the palm tree-lined beaches. The island is also famous for pork from its indigenous black pigs and the tradition of female free-divers, called haenyeo, that dive for seafood without any breathing apparatus.

Pyeongchang

Pyeongchang is a county in South Korea's mountainous northeast. It is a rural county with a population of just over 40,000, and in 2018 it hosted the Olympics. The 2018 Pyeongchang Winter Olympic Games took place in and around Pyeongchang county and in the neighbouring city of Gangneung. The area is about 110 miles east of Seoul and is about 700 metres above sea level, on average.

As well as winter sports enthusiasts, the area is especially popular with hikers. The southern part of Mount Seorak is in the northern part of the county. Due to the height of Pyeongchang, as well as how far north it is, it gets extremely cold in the winter. The temperature in January and February is generally below -10C, although it has been known to drop as low as -30C. In the summer it gets very hot and humid during the monsoon season. Thanks to the Olympics, the area is now accessible by a high-speed bullet train from Seoul.

Mountains

South Korea is a very mountainous country. The northeast and the southwest of the country are dominated by huge mountain ranges. The northwest and the southeast have much more flat space, but are still peppered with large hills and mountains. Even Seoul and Busan, the two biggest cities, have mountains spread throughout them with neighbourhoods wrapped around them. Mount Halla, a volcano in Jeju, is the tallest mountain in the country.

On the mainland the Taebaek mountain range spans the whole of the east coast, starting in the north of North Korea and running all the way to the southeast of South Korea. These are some of the country's most impressive mountains including Mount Seorak, famous for the six jagged rocky peaks that form Ulsanbawi.

According to legend, Ulsanbawi was a mountain that lived in the southern city of Ulsan. One day all the mountains were called to a meeting in what is now North Korea and, on the way there, Ulsanbawi stopped to rest. When he finally arrived at the meeting he was already too late, so on the way home he decided to rest in the same spot again. He has stayed there ever since. This legend explains why Ulsanbawi has such a unique shape compared to the rest of the mountain range.



DO YOU KNOW ...?

The Lotte World Tower in Seoul is the 5th tallest building in the world.

84% of the Pyeongchang county is made up of largely unpopulated mountains.

In the opening ceremony of the 2018 Winter Olympics, the delegations from both South Korea and North Korea marched together under the Korean Unification Flag.

South Korea won medals in speed skating, skeleton, snowboarding, curling, bobsleigh, and short track speed skating.

K-pop is a genre of music from South Korea (short for Korean pop) which is known for involving a variety of audiovisual elements. K-pop performers include BTS and Twice.



ACTIVITIES/BIBLE/PRAYER

ACTIVITY 1

PyeongChang hosted the Winter Olympic Games in 2018 – why not celebrate this by holding your own indoor Olympics. Pilots could make Olympic torches out of kitchen roll and tissue paper and have a relay race around an obstacle course. Lots of Winter Olympic events could be converted for indoor events; the easiest is probably curling. It can be played on the table top using Pom poms and straws or on the floor with a unihock set and some brooms.



ACTIVITY 2

South Korea is famously mountainous and in Jeju they have commemorated this with a tasty meal. In a large wok, fried rice is prepared (any flavour is fine but traditionally it would be Kimchi, a spiced fermented cabbage). When the rice is cooked it is piled onto a plate like a mountain. Melted mozzarella is then poured on the top and down the sides so that it looks like a volcano. The dish is called Mount Halla Fried Rice. Pilots could share a dish whilst learning about South Korea's mountains and volcanoes.



ACTIVITY 3

Psy became famous all around the world for his funny music video and dancing. Pilots can choose a K-pop song of their own (by Psy or someone else) and make their own funny music video or dance!

BIBLE LINK

Psalm 121, A Song of Ascents, is about mountains. It's about God's unwavering support, and seeing that reflected in the mountains. The Psalm talks about how God is your shade; he protects you from the heat of the sun and the chill of the moon. God will always be watching over you, just like the mountains.

This Psalm is particularly poignant in South Korea, where there are always mountains in the distance. From the rocky crags of Mount Seorak to the rolling hills on the west coast, there are always mountains watching over you. In fact, there are more than 20 mountains in Seoul alone. Christians in South Korea really can look to the mountains for strength and support and find God, just like in Psalm 121.

Encourage Pilots to think about what, or who, in their lives they can turn to for strength and support. Where can they find God in their day-to-day lives and what little reminders do they see every day that can help them find strength. Ask Pilots where in their town or city they feel close to God, or where they feel at peace.

PRAYER

Encourage Pilots to pray for people that have to make difficult decisions and find themselves in positions of responsibility – often with other people's destinies in their hands.

Give thanks to God for those who give us strength.



KING SEJONG'S STORY



King Sejong the Great, the fourth king of the Joseon Dynasty (1392-1910), is one of the most beloved and respected figures in Korean history. Koreans hold him in high regard not only because he created the Korean alphabet, Hangul, but also because of the story behind the alphabet's creation.

Before 1446, Korea had no writing system of its own. Before Hangul was invented, the upper class used classical Chinese characters but most Koreans didn't understand the relatively complex language. King Sejong was "saddened by this," according to the old scriptures. He created 28 letters mostly consisting of lines and circles.

To celebrate King Sejong and the alphabet he created, October 9th is celebrated as Hangul Day in Korea.

HANGUL ALPHABET

Each 'character' is a syllable made up of a number of letters using the Hangul alphabet. If the syllable doesn't start with a consonant, the 'ng' letter - ㅇ - is used as a silent placeholder. English words can also be written using the Hangul alphabet.

ㄱ g	ㄴ n	ㄷ t	ㄹ r	ㅁ m	ㅂ b	ㅅ s	ㅇ ng	ㅈ j	ㅊ ch
ㅋ kh	ㆁ th	ㆁ p	ㅎ h	ㄱㄱ kk	ㅌ t	ㅍㅍ pp	ㅅㅅ sh	ㅈㅈ tch	ㅏ a
ㅑ ya	ㅓ eo	ㅕ yeo	ㅗ o	ㅛ yo	ㅜ u	ㅠ yu	ㅡ eu	ㅣ i	ㅚ ae
ㅜ yae	ㅝ e	ㅞ ye	ㅘ wa	ㅙ wae	ㅚ oe	ㅜㅜ wuo	ㅜㅝ we	ㅜㅣ wi	ㅜㅑ ui



USEFUL PHRASES

Hi
안녕
An-yong

How are you?
요즘 잘 지내?
Yo-jeum jal ji-nae?

I'm fine thanks and you?
응 난 잘 지내. 너는?
Eung nan jal ji-nae. Nuh-neun?

What's your name?
네 이름이 뭐야?
Ni yi-reumi moh-ya?

My name is...
내 이름은...
Nae yi-reum-eun...

Where do you live?
어디 살아?
Uh-di sal-a?

I live in...
나는 ... 살아.
Na-neun ... sal-a.

See you later^^
다음에 봐~
Da-eum-eh bwa.

Where is the toilet?
화장실이 어디예요?
Hwa-jang-sil-yi Uh-di-eh-yo?

God bless you!
축복합니다!
Chuk-bok-hab-ni-da!

PLEASE AND THANK YOU

In the Korean language it is not necessary to use a word for please. When sentences end with the suffix ~yo, they are formal, and are already very polite.

There is a word for thank you.

Thank you
감사합니다
Kam-sa-hap-ni-da

In Korean, the words for friends and siblings change depending on the age and gender both of the speaker and their subject.

If you are a boy you use these words:

Older brother/male friend -
형 - hyung

Older sister/female friend -
누나 - noo-na

Younger sibling/friend -
동생 - dong-saeng

If you are a girl you use these words:

Older brother/male friend -
오빠 - oppa

Older sister/female friend -
언니 - un-ni

Younger sibling/friend -
동생 - dong-saeng

If your friend was born in the same year as you, you can use their name



EDUCATION



Koreans attend school for 12 years – six years of elementary school, three years of middle school and three years of high school. Korean, Maths and English are the three major subjects in the country along with social studies, science, art, music and physical education. In high school, students can choose between two different curriculum tracks: liberal arts and natural sciences.

The 12-years of education are centered on training students for the College Scholastic Ability Test (CSAT) taken in the final year of high school. As the status of universities matters greatly in Korea when finding a job, students are under a lot of pressure to do well in the exam to get into a top university. Many students depend on private academies to supplement their regular school studies, attending these in the evenings. Students not attending academies usually still stay at school until 11 p.m. for self-study.



DO YOU
KNOW ...?

Traditionally students went to school for six days a week. From 2006 to 2011 the government allowed students to take every second Saturday off as an experiment to test the impact of a five-day week. Since 2012 school has only been five days a week.



ACTIVITIES/BIBLE/PRAYER

ACTIVITY 1

Ask Pilots to have conversations in Korean! Introduce each other and practice talking. Why not try writing their names using Hangul.

ACTIVITY 2

Play rock, paper, scissors in Korean - split Pilots into pairs and hold a tournament, the winners can play against each other until someone is finally declared winner.

Rock, paper, scissors!

가위, 바위, 보!

Ga-wee, ba-wee, bo!

ACTIVITY 3

Sing Twinkle Twinkle Little Star in Korean. The tunes are exactly the same.

Ban-chak ban-chak ja-geun-byul (Twinkle Twinkle Little Star)

Ban-chak ban-chak ja-geun-byul

Ah-reum dubb-geh bi-chi-neh

Dong-chok ha-neul-eh-suh-do

Suh-chok ha-neul eh-suh-do

Ban-chak ban-chak ja-geun-byul

Ah-reum dubb-geh bi-chi-neh

BIBLE LITK

There are roughly 6,900 languages spoken in the world. Each one is unique and special and each one is evidence of human ingenuity and the wonder of God's creation. Language is one of the greatest gifts we have been given. It's a very useful tool, but it can also do a lot of damage if used irresponsibly.

Proverbs 25 11:15 teaches us about using language responsibly. The passage shows us how important and valuable wise words are and how special the gift of language can be when used responsibly.

Ask Pilots to think about how they talk and how they use language. Do they ever use words to hurt or upset people, whether intentionally or by accident? Do they take the time to compliment and support one and other? Encourage Pilots to think about whether they use speech to build each other up and work together.

PRAYER

Ask Pilots to pray that people use language responsibly to uplift and support each other, especially in a time when it's so easy to communicate with people all around the world without even leaving home.



INTRODUCTION TO KOREAN FOOD



One of the best ways to get to know South Korea is through its food! Korean food stands out from other cuisines because of the many side dishes (banchan) that are served with each meal. The number of side dishes can range anywhere from two to twenty and most meals are served with a few. In a restaurant, side dishes normally get free refills! They can be very varied and are normally all served together at the start of the meal.

Traditionally rice is the mainstay of most Korean food, although increasingly noodles and even potatoes and bread are taking its place. Most traditional meals are similar to soup or stew and are served in one big dish in the middle of the table. Korean BBQ, where meat is grilled in the middle of the table and served with a variety of side dishes, has become very popular around the world.

Kimchi, a spiced fermented cabbage side dish, is served in or with nearly every Korean meal. Families prepare their kimchi once a year during the kimchi-making period, or kimjang season. Kimchi is stored throughout the year in special kimchi fridges. The taste changes as the kimchi matures, becoming stronger and more pungent.

Korean food is often spicy, and gochugaru, or chili pepper, is one of the most common ingredients. In the old days, using lots of spices meant the food kept for longer in Korea's very hot summers and long cold winters when supplies were scarce.

Food is generally served already prepared in bite size pieces ready to eat, or with a pair of scissors that can be used to cut it up. Knives and forks are rarely used, while chopsticks and spoons are common.

DINING ETIQUETTE

If you join a Korean family for a meal, as in any other context, manners are very important. You shouldn't begin a meal without saying "jal-meog-guess-seub-nida," literally "I will eat well." The appropriate response is to repeat the phrase. At the end of the meal "jal-meog-goss-seub-nida," or "I ate well," is used.

During a meal it is considered good manners to try and keep pace with everyone else. Finishing noticeably earlier than other diners may be considered bad manners, as would making them wait a long time for you to finish.

SECTION 4: FOOD



SOME FAVORITE KOREAN DISHES

Korean meals typically consist of several side dishes, rice and a stew. Some popular dishes include Bulgogi, marinated slices of beef and vegetables, and Buchimgae, pan-fried ingredients mixed with egg and dough. However, Koreans are increasingly using pre-made stews and dishes from large supermarkets to save time. Others may choose western-style dishes such as spaghetti and breads and fried chicken is popular, especially on those evenings when big sports matches are on.

Korea is also known for having some unusual food. Bundaegi, boiled silkworm pupae, is one unusual food that is often served in bars and on the street. This dish is not eaten at typical dining tables, but many bars or food stations serve it in a paper cup. Dotroimuk is a jelly made from acorn starch. The jelly is mixed with vegetables and a chili pepper sauce.

Dessert is not commonly eaten in Korea, and sweet foods are not particularly popular. Most Korean sweet dishes use red bean, rather than refined sugar, as the source of sweetness. Patbingsu, popular in the hot summer months and hotteok, a common snack that can be bought from stalls on the street, have recipes below. Rice cakes with sweet fillings are also popular, especially on traditional occasions.

JESA AND JESA FOODS

Jesa is a traditional ceremony held as a memorial to ancestors, usually on the anniversary of the ancestor's death.

On the day of Jesa, descendants prepare specific Jesa foods for the ritual and arrange these on a special table. While there is a basic list of what foods need to be on the ritual table, dishes that were preferred by an ancestor during their life are often added.

Each food has a specific place on the table. Rice, meat and white fruits need to be placed to the west while soup, fish and red fruits stay on the east side of the table. Fruits are placed at the front of the table, meat and fish behind them, vegetables near the back and cooked rice and soup at the rear of the table.

Common foods included in Jesa include various types of jeon, a Korean dish that looks similar to a pancake and is made by seasoning whole, sliced or minced fish, meat or vegetables and coating them with wheat flour and egg wash before frying them in oil. Rice cakes, apple, pear, chestnuts are also staple Jesa foods.

While many Christians are uncomfortable with this ritual, some still observe the tradition of Jesa on the anniversary of an ancestor's death or during the major lunar new year and harvest festivals. Although the ceremony has no spiritual meaning for a Christian, it is accepted as a way of respecting Korean traditions.



DO YOU KNOW ...?

There are more fried chicken restaurants in South Korea than McDonald's restaurants in the world.

Eating Sannakji or live octopus is often on the to-do list of many tourists. The octopus is served in slices and is still wriggling when it is served.



RECIPES

KIMBAP (KOREAN-STYLE SEAWEED AND RICE ROLLS)

**Ingredients (for 4 to 5 people)**

Three to four sheets of seaweed, each some 4 x 4 inches

Two bowls of cooked rice

6 to 8 eggs

One or more choice of cooked meat: ham, roast beef, etc.

One or more choice of vegetables: 1 to 2 bags of spinach, 2 to 3 cucumber, pickled radish, carrots.

Sesame-seed oil and cooking oil.

Sushi-rolling mat.

Method

Preparing what goes inside

1. Whisk the eggs together in a bowl. Cook them slowly with a tablespoon of oil in a frying pan to create a 2cm thick pancake. Place on a cutting board and cut it into strips, roughly 2cm wide. Place on one side.

2. To include carrots: Chop carrots into thin and short strips. Fry in a little oil then leave to cool until needed.

3. To include cucumber and pickled radish: Chop the cucumber into short, thin strips. Cut the pickled radish into long strips, similar in width and length to the fried egg strips. Place on one side.

4. To include spinach: Blanch the spinach in boiling water for 1-2 minutes. Squeeze out the water, place in a bowl, season with salt, and add approximately 3 tablespoons sesame-seed oil. Mix by hand (wearing plastic gloves) or with utensils. Place on one side.

5. Prepare your choice of meat by cutting it into strips similar in width and length to the fried egg strips. Place on one side.

Rolling the kimbap

1. Spread one sheet of seaweed on a sushi-rolling mat.
2. Spread thinly the cooked rice on 3/4 of the seaweed sheet. Place a few grains of rice on the ends of the seaweed sheet.
3. On one end of the sheet, place one strip of fried eggs and 1-2 strips of meat, then continue to add prepared ingredients on the rice, next to the eggs and meat.
4. Roll it up together bit by bit, shaping it into a roll and pressing on it gently to make sure everything is packed tight together.
5. Use a knife to cut the roll into bite-sized pieces, each less than 2.5cm wide. **Mashitgedeuseyo!**

ROLLED EGGS

Ingredients (for 4 to 5 people)

Eight to ten eggs

Pinch of salt

A cup of chopped green onions, vegetable or meat of your choice

Optional: a cup of mozzarella cheese or other ingredients to taste.

Method

1. Whisk the eggs in a bowl. Mix in the chopped green onions or chopped meat or vegetable of your choice. Add a few pinches of salt. Fry the mixture in cooking oil. If you are including cheese, add it now.

2. When the mixture is cooked just enough to remain solid when you lightly shake the pan, lift the edge with a spatula and fold it over repeatedly to form a roll, slowly and in stages. Leave it on the stove until the roll is completely cooked.

3. Place the roll on a cutting board. Allow to cool and then cut it into bite-sized pieces.

Mashitgedeuseyo!





RECIPES

HOTTEOK, OR FRIED DOUGH WITH HONEY INSIDE

Ingredients (for 4 to 5 people)

- 250 grams of flour
- 1/4 teaspoon of baking powder
- 2 tablespoons of sugar
- 1 teaspoon of salt
- 1/2 tablespoon of yeast
- 180 ml of warm water

For the honey mix that goes inside: half cup of brown sugar, 1 tablespoon of chopped nuts, 1 tablespoon of cinnamon, or anything else you fancy!

Method

1. Mix the flour, dry yeast, baking powder, sugar and salt in a bowl and add the warm water.
2. Mix well to form a dough. Cover the dough with plastic wrap or a wet cloth and leave the dough to rise for 40 minutes.
3. Mix the filling ingredients together in a bowl. Set it aside.
4. When the dough is ready, place a small lump on your palm (put some oil on your hands if the dough sticks too much) and spoon the mixture onto the middle of the dough. Make the ends of the dough meet, shaping it into a ball with the mixture inside.
5. Place the dough ball in a frying pan well coated with cooking oil. When the dough is half cooked, flip it over and use a spatula to flatten it gently. Don't press too hard or the mixture will leak out of the dough.
6. When the dough is cooked, enjoy it! (The contents are hot so be careful.)

Mashitgeduseyo!



PATBITE500 (RED-BEAN AND SHAVED ICE DESSERT)

Ingredients (For 4 to 5 people)

- Two to three cups of thinly shaved ice (tastes better if milk is frozen and then shaved)
- Sweets of your choice - a can of sweet red beans, canned fruits, half cup of rice cake, half cup of jellies, etc
- A tablespoon of sweetened condensed milk
- Ice cream

Method

1. Place the ice in a large bowl
2. Add your sweets of choice.
3. Add ice cream.
4. Pour condensed milk on top.

Mashitgeduseyo!

BIBIMBAP

Ingredients (for 1 person)

- One bowl of cooked rice
- Choice of vegetables - spinach, courgette, carrots, balloon flowers (roots), bean sprouts
- Choice of meat
- One egg, fried
- Red pepper paste

Method

1. Prepare your choice of vegetables by chopping them in thin slices and frying them in a little oil in a frying pan. If preparing spinach or bean sprouts, blanch them in boiling water until just cooked before frying.
2. Prepare your choice of meat by cooking it according to taste.
3. Place the rice on the bottom of a bowl and arrange the cooked vegetables and meat on the rice.
4. Fry the egg and place it on top.
5. According to taste, add a tablespoon (or less) of red pepper paste. Mix everything in the bowl together using a spoon.

Mashitgeduseyo!

ACTIVITIES/BIBLE/PRAYER

ACTIVITY

Hold a Korean feast! Why not invite other members of the church to share the food with you. Some dishes like kimbap and bingsu can be prepared in advance and assembled by the Pilots at the last minute.

BIBLE LINK

Exodus 16 teaches us a very important lesson about food. As the Israelites arrive in the desert they start to struggle with hunger. God provides them with 'manna', or bread, every morning but cautions them not to take more than they need. The people that take extra bread and try to keep it for themselves find it rotten and full of maggots the next day.

It is important for all believers of God to trust wholly that he provides for their daily and future needs. It is also more important than ever that we don't overindulge and cook more food than we need. Food waste is becoming a huge global problem, and many of us live in a society where food is widely available and easy to waste. Encourage Pilots to think whether they eat and drink responsibly and take the amount they want to eat.

Pilots don't need to feel bad about enjoying their food and having nice meals, but we all need to remember to prepare only what we need and not waste food that could be going to others.

PRAYER

Pray that everyone has enough food to sustain them. Remember people who don't have very much food - people in your home town, the country in which you live and in other parts of the world -including the people in North Korea, many of whom are suffering from lack of food.

Pray that those who do have enough food, share what they have. Pray that people are responsible about the food they take and don't waste valuable food.



SECTION 5: FOLKTALES

THE GRANMA AND THE TIGER



Once upon a time there was an old lady who lived in a forest. She was living alone and had to sow the fields on her own to grow her food. One day, she was sowing red bean seeds in her field when a tiger showed up. He intended to eat her but she stopped him by asking him a question.

“What will you do without me if I am not here to sow and reap the red beans?” she said.

“Come back for the autumn harvest, and I will make you a red bean paste soup. You can eat me after I make you the soup.”

It seemed like a good deal to the tiger so he agreed to come back.

Autumn came and the old lady knew her days were numbered. One day, she was in the kitchen in her home, making red bean paste soup, wondering if today was her last day before the tiger showed up again. She couldn't help but cry a little bit.

Then suddenly out of nowhere came a chestnut. It spoke to her.

“Granny, why are you crying here, all alone?” it asked.

It seemed strange that a chestnut should speak at all, but as she was nearing her last days, the old lady didn't worry about half the things that were happening in her life. In fact, she was glad for a companion.

“A tiger is coming to get me soon,” she said.

“Oh, that sounds horrible,” said the chestnut. “I have an idea. I have my friends here with me, will you give us some red bean paste soup? I think we can help you out but we are starving.”

At these words, again from out of nowhere, there appeared a turtle, a piece of dung, a needle, a very heavy stone bowl, a straw mat and a wooden rucksack.

They slurped the red bean paste soup quickly and positioned themselves throughout the old lady's house. The chestnut hid inside the fire in the kitchen, the turtle inside a jar filled with water, the dung in a corner of the kitchen, the needle near to the dung, the bowl on top of the door to the kitchen and the straw mat and rucksack lying just outside the door.

Then night-time came and so did the tiger.

“Hey old gran, I'm back. You'd better keep your promise,” he said

“Bring me some fire from the kitchen, it's pitch dark, and I need the light to set you a table for the soup,” she



told him from inside her room.

The tiger went to get some fire from the kitchen stove. He was picking out a branch when a red-hot chestnut smacked into his eyes.

“Yeow!” the tiger yelled, and ran toward the jar filled with water to clean his eyes.

But as soon as he plunged his paws into the water, his finger was bitten by the turtle inside!

Stumbling back blindly, the tiger slipped on the piece of dung on the floor, his bottom landing straight on the needle.

The tiger screeched in pain and tried to run out of the kitchen, but the bowl jumped on top of his head, knocking him out cold on top of the straw mat. The mat quickly rolled up the tiger and placed him on the wooden rucksack.

The rucksack ran as fast as its four legs could carry it, out of the house and into the forest and over the hills. Reaching one of the higher hills, it dropped the tiger, which rolled down the hill straight into a river.

And That was the last anyone ever saw of the tiger.

So the old lady lived happily ever after in the forest, along with her companions who regularly enjoyed helpings of red bean soup.

KONGJI AND PATJI

The Kongji and Patji story is a Korean folktale similar to the Cinderella story in the United Kingdom.

Kongji is a beautiful girl and an only child. Sadly, her mother died when she was very young and she was raised by a cruel stepmother along with a cruel stepsister named Patji. Kongji had to do all of the dirtiest housework while Patji and her mother ruled over the house.

One day the King announced that he was looking for a wife and held a dance in his own honour, inviting every maiden in the country. While Patji and her mother forbade Kongji from going to the ball in fear that she might attract the attention of the King, Kongji managed to go with the help of a fairy godmother who dressed Kongji in a beautiful gown and shoes.

Everyone admired the beauty of Kongji as she arrived at the ball and the King fell in love with her. Eventually Kongji ran away from the ball because she was scared of her stepmother and stepsister. As Kongji crossed over a bridge to go home, she tripped and lost her shoe. The King found the shoe after following Kongji. As the King had made up his mind to find the girl and marry her, he ordered his servants to go to every village and find the woman the shoe belonged to. It fit no one but Kongji. The King and Kongji married and lived happily ever after.

ACTIVITIES/BIBLE/PRAYER

ACTIVITY 1

Ask Pilots to get creative and explore different ways to tell the folk tales. They could act out their own version, they could paint them or even make a comic strip telling the story.

ACTIVITY 2

Write a sequel! Each of these stories ends in a good place. What happens next? Encourage Pilots to think outside the box and come up with what happens next to Kongji and Patji, the old gran and her friends or Shim Cheong and her father.

ACTIVITY 3

Arrange the items that the old gran meets in the tiger story (or as close as you can find), on a tray and ask Pilots to try and memorize what's on the tray. When they look away remove one item and ask them to work out what it is. Think of other memory games you could play with these items.

BIBLE LINK

Stories are very important in the Bible, and Jesus often used stories in his ministry. In Luke 15 Jesus tells three stories; the Parable of the Lost Sheep, the Parable of the Lost Coin and the Parable of the Lost Son. These stories are very different but they are all different ways that Jesus is trying to explain the same message about loss and redemption. Encourage Pilots to think about this message.

Throughout the Bible there are stories to help us understand difficult issues. The prophets in the old testament sometimes used stories, as did Jesus' disciples at the end of the New Testament. These stories are important as they help us to understand God's will. We also use stories in our everyday lives, both as Christians and in our own cultures and societies. These Korean folk tales all have a message. Can Pilots work out what the stories might mean?

Ask Pilots to think about not only what they read in the Bible but also what they learn from it. Can they find similar meaning in Korean folk tales? What about British folk tales?

PRAYER

Pray for wisdom and knowledge to help you understand the deeper meanings, not only in these stories but also in your everyday life.



DO YOU KNOW ...?

You can listen to another Korean folk tale about a faithful daughter called Shim Cheong on Youtube

Another tiger story is The Sun and The Moon which you can read on <http://asianfolktales.unescoapceiu.org/>

SECTION E: THE CHURCH IN SOUTH KOREA



Church in Jeonju Hanok village



The majority of people in South Korea have no formal religion, although they may still engage in some traditional rituals. According to a 2015 census, 56.9% of South Koreans either have no religion or hold Confucian or shamanistic beliefs. 27.6% of the population are Christian, about two thirds of whom are protestant and the remainder catholic. 15.5% of the population is Buddhist. All three major religions in South Korea have grown considerably since the 1960s. Religion is discouraged in North Korea and although there are small Buddhist and Christian communities, they are largely limited by the state.

Christianity in South Korea

Korea has a relatively short history of Christianity. First introduced in the 1800s, Protestantism quickly bloomed to become the most popular religion with 19.7% of the population now identifying themselves as protestants. The proportion of Catholics is 7.9%. The driving force behind the spread of Christianity has been missionaries from America and Europe. Missionaries in Korea were responsible for building the country's first hospitals and schools throughout the 1900s. The first Protestant church in Korea was Sorae Church, established by pastor Seo Sang-ryun in 1883.

Christianity in Korea was closely tied to the education of the common people. Foreign missionaries and Korean Christians worked to promote the use of Hangeul in printed Christian literature which helped many people gain direct access to Christian texts.

The number of Christians grew rapidly in South Korea in the 1980s, with a rate reportedly unmatched by other countries in the world at the time. It is said that from the late 1970s to early 1980s, some 600,000 Koreans came to believe in Jesus Christ every year. There were lots of mass gatherings to pray and worship in public at that time, such as the Billy Graham Korea Crusade which brought together some 1.1 million Christians in Seoul.

After many foreign missionaries sacrificed their lives to spread the gospel in Korea, by 2006 South Korea itself was sending the second-highest number of missionaries abroad, second only to the United States. More recently that number has started to decrease.

Before the Korean War, it was said that as many as two-thirds of the country's Christians lived in what is now North Korea. There is no concrete information available on how many North Korean Christians remain today.

JEEHEE'S PERSONAL STORY

Jeehee Kim is a journalist and a Christian youth worker. She joined the church during her final year of high school as she struggled to come to terms with the stress and rigidity of South Korea's education system. South Korea's schools are so competitive and so harsh that it has the highest suicide rate of any OECD (Organisation for Economic Co-operation and Development) country. Suicide, in fact, is the leading cause of death among Koreans aged 15 to 24. Jeehee now works with high school students who are struggling to cope with the stress and pressure they are under. She believes that, by introducing students to Jesus and giving them a safe place to talk and be themselves, she can help them to understand that grades and results are not the only things that matter.

One of the worst times of my life was when I was in the final year of high school. In Korea, the 12 years of school are all about preparing for the national university entrance exam. As the exam drew nearer, I had a mental breakdown because I just couldn't bear the stress of the harsh competition.

In those days all students in their final year were expected to stay at school and study until at least 10 p.m. As I struggled with my stress, I started sneaking out of the classroom to wander around the school, thinking about

what I would do if I didn't make it into a good university. Sometimes I was called in to consult with my teacher but the only advice she gave me was to hold on for just a little bit longer.

It was around this time that the question I had been holding onto my whole life popped up – "What is the purpose of my existence?" I was afraid to deal with the question because it meant I had to face the truth that the focus of my whole life, studying at school, wasn't the purpose after all.





JEEHEE'S PERSONAL STORY

Later, that turned out to be a life-saving question for me.

A Christian friend from school led me to church during my struggles. He told me: "If only you can believe that God has kept you safe until now, you can also believe that God is with you right now and will be with you until the end." He told me that God created me with a purpose and living today is part of the process of discovering what God's special plan is for me. He also told me that God is good, his plan will always be good regardless of the situation I am facing.

My faith in God grew as I joined our school's Christian club that held prayer meetings every day at lunch break, joined church meetings and also a small mentoring group led by college students.

After I graduated from high school I felt it was part of God's plan for me to deliver the message I received to the next generation that would go through the same difficult times that I had faced. I became a mentor for a Christian club at our high school and often consulted with students to give them courage to choose church over studying or going to private academies. I also joined a ministry for young people to meet a wider range of teenagers in the region in a weekly mentoring group.

Some young people changed the priorities in their lives, some were just happy to know that there was someone understanding their struggles and some even volunteered to become mentors as well after they had graduated.

I still volunteer as a Sunday school teacher for high school students because that's when I accepted Jesus Christ and I believe the final year of school could be the best time for many others to accept Jesus. In our most desperate and darkest times, we often choose to open our hearts to Jesus.

BUDDHISM IN SOUTH KOREA

Buddhism is the second largest religion in Korea and remains popular today. Korea is still peppered with Buddhist temples, particularly in the mountains, and temple food is very popular. Some Buddhist monks have become so well known for their use of simple ingredients to make incredible dishes that top chefs travel from all around the world to study with them.

There has been some tension between Buddhists and ultra-conservative Christians, including some Christian presidents, over the last 50 years. At times this has led to incidents of arson and temples being discriminated against in legislation. The vast majority of Christians enjoy friendly relationships with their Buddhist neighbours and have actively protested against the ultra-conservative Christian groups that seek to undermine Buddhism in Korea.

DO YOU KNOW ...?



Renowned missionaries in Korea include Horace Allen, Horace Grant Underwood and Henry Appenzeller.

Given the missionaries' emphasis on education, it is not surprising that more than 250 schools and 40 universities in Korea – including Yonsei University, one of the top three universities in the country – were established by missionaries.



ACTIVITIES/BIBLE/PRAYER

ACTIVITY 1

In Jeehee's story, Jeehee talks about how important a mentoring program was for her. Encourage Pilots to consider mentoring others, or each other, and pair younger and older Pilots together. Consider running this activity for a few weeks and encourage Pilots to work in their pairs and talk about anything that is bothering them.

ACTIVITY 2

The United Reformed Church is a member of the World Council of Churches ecumenical forum in Korea, supporting the Presbyterian Church of Korea and the Presbyterian Church in the Republic of Korea.



World Council of Churches

The URC Mission Council recently wrote a letter to support and encourage the churches there, seeing current developments as a starting point towards peace and reconciliation in Korea.

Encourage Pilots to write a letter to a church or a Christian in Korea. They can write to a whole church or to somebody their age and talk about their life and their Christianity. If you would like to send the letters on, please contact the Pilots Coordinator who can put you in touch with Jim, Esther, Jeehee and Eunjee and they will deliver the Pilots' letters, either by email or post, to a church in Korea. Alternatively you could send them to The Pilots Desk, 86 Tavistock Place, London WC1H 9RT.

Ganghwa Anglican Church of Korea, Seoul



BIBLE LINK

It is very easy for us to think of a large old stone building – or in Korea sometimes just a floor in a shiny metal skyscraper – as a church. We know what churches look like. We know that they have lots of seats and that somewhere up front there is a pulpit. In the UK we often think of a drafty old building with a cradle roll hanging on the wall. 1 Corinthians 3:16 reminds us that those buildings aren't the church after all.

It's difficult sometimes to help Pilots understand that the people, not the place, are the church. Try playing a game, ask Pilots to guess how tall they think the church is and then measure all of their heights to illustrate that this is how tall it actually is. This sort of exercise can make it easier for Pilots to really understand that they are the church.

Ask Pilots to think about the wider church around the world. Encourage them to think outside of their own communities and remember that we are all one in the church, regardless of what country or language we worship in. There are thought to be more than 2 billion Christians in the world – that's the real size of the church.

PRAYER

Pray for the church around the world and the different challenges that it faces. Pray for Christians in Korea who struggle to spread the message of God's love in a time of upheaval and fear.

Pray for Christians in your own community, and ask God to give them strength to live their lives in his light.

Yoido Full Gospel Church, Seoul



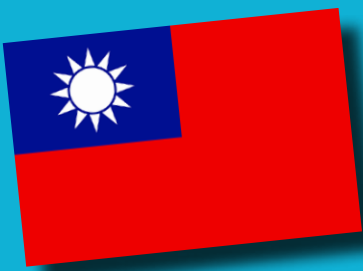
Overseas Voyages

2016 - Canada

2017 - Pakistan

2018 - South Korea

**Our next Overseas Voyage
will be to Taiwan in 2019!**



The
United
Reformed
Church

South Korea - Pilots Overseas Voyage 2018

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Overseas Voyage 2018
**SOUTH
KOREA**