2nd Announcement

6th World Congress on Sleep Medicine

March 21-25, 2015 Seoul, Korea
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Welcome Message

Dear Colleagues and Friends,

On behalf of the WASM program committee and the host Korean Society of Sleep Medicine, it is our great honor and pleasure to invite you to the 6th World Congress on Sleep Medicine which will be held March 21 -25, 2015 at the COEX Convention and Exhibition Center in Seoul, Korea.

The 6th World Congress on Sleep Medicine will provide participants from around the world unmatched opportunities to pursue continuing education, to learn about recent advances in clinical sleep medicine and the up-to-date clinical and basic research techniques, and to exchange research activities, scientific ideas and experiences in Sleep Medicine.

Seoul is the political, economic, social and cultural center of Korea and has served as its capital city for over 700 years. Participants of the 6th World Congress on Sleep Medicine are sure to enjoy this fascinating and historic city which embodies both modern and traditional Korea.

We hope that you will join us for this important event and look forward to welcoming you soon to Seoul!
Program Committee

Co-Chair: Christian Guilleminault
Co-Chair: Seung Bong Hong

Richard Allen
Jung Hie Lee
Chol Shin
Chang-Ho Yun
Max Hirshkowitz
Charles Morin
Virend Somers
Seung Chul Hong
Allan O’Bryan
Claudia Trenkwalder

International Scientific Committee

Torbjorn Akerstedt
Richard Allen
Sonia Ancoli-Israel
Monica Andersen
Jean Askenasy
Najib Ayas
Ahmed BaHammam
Ferran Barbe
Celyne Bastien
Michel Billiard
Diane Boivin
Oliviero Bruni
Antje Buettner-Teleaga
Ninghung Chen
Sudhansu Chokroverty
Valerie Cochen De Cock
Kimberly Cote
Antonio Culebras
Yves Dauvilliers
Joseph De Koninck
Luís de Lecea
Taydar Desudchit
Tang Xiang Dong
Helen Driver
Colin Espie
Han Fang
Luigi Ferini-Strambi
Raffaele Ferri
Arturo Garay
Diego Garcia-Borreguero
Daniel Goh
Nadia Gosselin
Reut Gruber
Christian Guilleminault
Georgios Hadjigeorghiou
Iris Haimov
Jan Hedner
Raphael Heinzer
Max Hirshkowitz
Birgit Hogl
Seung Bong Hong
Seung Chul Hong
Yuichi Inoue
Poul Jennum
Sharon Keenan
Jun Kohyama
Vijaya Krishnan
Jamie Lam
Gerrit Lammers
Gilles Lavigne
Lena Leissner
Huang Zhi Li
Chia Mo Lin
Zhang Xi Long
Pierre-Herve Luppi
Ignatius Mark
Geert Mayer
Soichiro Miyazaki
Jaques Montplaisier
Charles Morin
Hiroshi Nakamura
Sona Nevsimalova
F. Javier Nieto
Teresa Paiva
Eleftherios Papathanasiou
Liborio Parrino
Thomas Penzel
Jean-Louis Pepin
Pierre Philip
Claudio Podesta
Aroonwan Preuthipan
F. Javier Puertas Cuesta
Maria-Antonia Quera-Salva
Albert Rafanan
Dieter Riemann
Leon Rosenthal
Charles Samuels
Julia Santin
Josee Savard
Chol Shin
Garima Shukla
Michael Smith
Karel Sonka
Jagdish Chander Suri
Eva Svanborg
Nana Tachibana
Mehdi Tafti
Rimawati Tedjasukmana
Robert Thomas
Claudia Trenkwalder
Manjari Tripathi
Sergio Tufik
Eus Van Someren
Marco Venegas
Shelly Weiss
Yun-Kwok Wing
Juliane Winkelmann
Ye Jing Ying
Phyllis Zee
Marco Zucconi

National Organizing Committee

Jin-Young Choi
Soo Jeon Choi
Jin-Woo Chung
Yoo-Sam Chung
Seung Bong Hong
Seung Chul Hong
Jee Hyun Kim
Myung-Rip Kim
Se Joong Kim
Sung Wan Kim
Tae-Won Kim
Hyang Woon Lee
Jun Hie Lee
Sang Ahm Lee
Seung Hoon Lee
Chan-Soon Park
Chae-Seo Rhee
Chol Shin
Won Chul Shin
In-Young Yoon
Ho-Kee Yum
Chang-Ho Yun

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Technologist Committee
Sharon Keenan  Simone de Lacy  Jee Hyun Kim  Jinkwan Kim  Min Sung Kim

Course Co-Chair Committee
Robert Thomas  Chang-Ho Yun

Surgeon Committee
Marc Blumen  Sung Wan Kim  Song Tar Toh
Julio Cifuentes  Kasey Li  Jingying Ye
Jin-Woo Chung  Cheng-Hui Lin  Christian Guilleminault
Mario Fabiani
Congress Overview

<table>
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<tr>
<th>Title</th>
<th>6th World Congress on Sleep Medicine</th>
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<tr>
<td>Period</td>
<td>March 21 (Sat) ~ 25 (Wed), 2015</td>
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<tr>
<td>Location</td>
<td>COEX Convention and Exhibition Center, Seoul, Korea</td>
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<tr>
<td>Organized by</td>
<td>World Association of Sleep Medicine Korean Society of Sleep Medicine</td>
</tr>
<tr>
<td>Official Language</td>
<td>English</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.waasmcongress.com">www.waasmcongress.com</a></td>
</tr>
</tbody>
</table>

Program at a Glance

[Program schedule and details]

※ YI: Young Investigator
Congress Venue

COEX is Korea’s top event venue and has helped to earn Seoul a ranking in the top ten major international convention cities by the International Congress and Convention Association (ICCA). The center itself is four-floor meetings venue with over 450,000㎡ of total floor space. Over 200 exhibitions and 2,000 conferences are held each year at COEX including the successfully held G20 Summit in 2010 and 2012 Seoul Nuclear Security Summit.

- 51 Dividable Meeting Rooms
- 4 Multi-purpose Exhibition Halls
- 36,007㎡ of Exhibition Space
- State-of-the-art AV Systems
- 3 Five Star Hotels
- 200 Stores and over 100 Restaurants
- Direct Access to Seoul Subway
- Direct Bus Service to and from Incheon International Airport
- Eco-friendly ‘Green’ Industry Leader

Important Dates

- Abstract Submission Opens ......................................................... April 1, 2014
- Early Registration by ............................................................. December 31, 2014
- Abstract Submission by ............................................................ January 31, 2015
- Notification of Acceptance ......................................................... February 15, 2015
- Abstract Book Available by ....................................................... March 15, 2015
- Standard Registration by .......................................................... February 28, 2015
**Scientific Program**

**Keynote**

- **Allan Pack**  
  *Genetics of Sleep and its Disorders*  
  March 23 (Mon), 2015  
  8am-9am  

- **Kasey Li**  
  *Sleep Apnea Surgery*  
  March 24 (Tue), 2015  
  2:30pm-3:30pm  

- **Robert Stickgold**  
  *Sleep, Cognition and Learning*  
  March 24 (Tue), 2015  
  8am-9am  

- **Till Roenneberg**  
  *Sleep Research in the Real World – first steps towards a Human Sleep Project*  
  March 25 (Wed), 2015  
  8am-9am  

- **Danielle Friberg**  
  *The evidence for uvulopalatopharyngoplasty. how effective and safe is it to treat OSA patients?*  
  March 23 (Mon), 2015  
  2:30pm-3:30pm  

- **Yun-Kwok Wing**  
  *Insomnia from epidemiology to intervention – what does the future hold?*  
  March 25 (Wed), 2015  
  2:30pm-3:30pm  

- **Emmanuel Mignot**  
  *Narcolepsy as Auto-Immune Disease*  
  March 23 (Mon), 2015  
  2:30pm-3:30pm  

- **Bradley F. Boeve**  
  Wayne Hening Memorial Speaker  
  *RBD New Insights*  
  March 25 (Wed), 2015  
  12:45pm-2:15pm
Scientific Program

Symposium

March 23, Monday
9:00am-10:30am

S01 Does insufficient sleep make us fatter?
Chair: Eve VanCauter
Speaker: Jean-Phillippe Chaput
Marie-Pierre St-Onge
Anders Sjodin
Giovanni Cizza

S02 Advances in brain imaging and CNS stimulation studies and treatments of sensory-motor functioning in RLS
Chair: Richard Allen
Speaker: Giovanni Rizzo
Yong Won Cho
Yuping Wang
Rachel Salas
Cornelius Bachmann

S03 Upper Airway Stimulation for Obstructive Sleep Apnea
Chair: Patrick Strollo Jr
Speaker: Winfried Randerath
B Tucker Woodson
Kingman P Strohl
Patrick Strollo Jr

S04 New insights into the neural correlates of insomnia
Chair: Seung Bong Hong
Speaker: Thien Thanh Dang-Vu
Eus VanSomeren
Eunyeon Joo
Sooyeon Suh
Kai Spiegelhalder

S05 Basic Science
Chair: Christian Guillemainault
Speaker: TBD

S06 Development of Obstruction Site Evaluation
Chair: Song Tar Toh
Speaker: Hirotaka Hara
Sookwoen Koo
Jeong-Whun Kim
Hsueh-Yu Li
Li-Ang Lee

11:00am-12:30pm

S07 Sleep and the human transcriptome: from circadian disruption to depression and OSA
Chair: Simon N Archer
Speaker: Derk-Jan Dijk
Allan Pack
Jun Li
Sina Gharib
Sergio Tufik

S08 Are there precursors for RBD?
Chair: Birgit Högl
Speaker: Bradley Boeve
Claudia Trenkwalder
Ambra Stefani
Yuichi Inoue

S09 Optogenetic probing of sleep and wakefulness
Chair: Luis de Lecea
Speaker: Hee-Sup Shin
Sebastian Royer
Antoine Adamantidis
John Peever

S10 OPEN

S11 Familial fatal insomnia : World Wide Experience
Chair: Tayard Desudchit
Speaker: Inga Zerr
Xiao-Ping Dong
Zhan SQ
Tayard Desudchit
Scientific Program

Symposium

S12 Computational Fluid Dynamics (CFD) in Obstructive Sleep Apneics

**Chair:** Ning-Hung Chen  
**Speaker:** Peter Cistulli  
Honda Hsiao  
Sam SP Hsu  
Cheng-Hui Lin

4:00pm-5:30pm

S13 Neuroimaging update in sleep and sleep disorders

**Chair:** Luigi Ferini-Strambi, Seung Bong Hong  
**Speaker:** Philippe Peigneux  
Luigi Ferini-Strambi  
Seung Bong Hong  
Masayuki Miyamoto

S14 Sleep, dream consciousness and psychosis

**Chair:** Armando D’Agostino  
**Speaker:** Ursula Voss  
Yukiyasu Kamitani  
Simone Cavallotti  
Simone Sarasso  
Andrew Thompson

S15 Age-related sleep disturbance: Change in circadian rhythm and clinical implications

**Chair:** Phyllis Zee, Jung Hie Lee  
**Speaker:** Phyllis Zee  
Jeanne F Duffy  
Jung Hie Lee  
Karine Scheuermaier  
Sonia Ancoli-Israel

S16 J-shaped or U-shaped association? New perspectives about the effect of sleep in the risk of stroke

**Chair:** Monica Levy Anderson  
**Speaker:** Jong Sung Kim  
Claudio L. Bassetti  
Lenise Jihe Kim  
Fernando Morgadinho Coelho  
Sergio Tufik

S17 Oral facial growth, children, sleep disordered breathing- and role of dental specialists in SDB prevention

**Chair:** Micelle Hervy  
**Speaker:** Cheng-Hui Lin  
Christian Guilleminault  
Hiroko Tsuda  
Micelle Hervy

5:30pm-7:00pm

S18 Psychiatric and Sleep

**Chair:** Seung Chul Hong  
**Speaker:** TBD

S19 New Technologies for sleep apnea monitoring

**Chair:** Thomas Penzel  
**Speaker:** Thomas Penzel  
Toshiaki Shiomi  
Ludger Grote  
Robert Poirrier  
Brigitte Faurox

S20 Sleep and Cancer

**Chair:** Sonia Ancoli-Israel  
**Speaker:** TBD

S21 Optimal diagnosis and management for Pediatric OSA as ENT clinician

**Chair:** Young Min Ahn  
**Speaker:** Chan-Soon Park  
Yoo-Sam Chung  
Seung Hoon Lee  
Hyun Jun Kim  
Yu-shu Huang

March 24, Tuesday

9:00am-10:30am

S22 Non pharmacological approaches in the management of Insomnia/Trends in Insomnia

**Chair:** Seung Bong Hong  
**Speaker:** Seung Bong Hong  
Jung Hie Lee  
Iris Haimov  
Manjari Tripathi  
DK Cheuk
Scientific Program

S23  Sleep duration and sleeping habits
Chair: Maurice M. Ohayon
Speaker: Maurice M. Ohayon
         Seung Chul Hong
         Yun Kwok Wing
         Dalva Poyares
         Max Hirshkowitz

S24  Cognition, sleep and sleep-disordered breathing in children
Chair: Christian Guilleminault, Yu-shu Huang
Speaker: Yu-shu Huang
         Sarah Biggs
         Barbara Galland
         Damien Leger

S25  Genetics of Sleep Disorders
Chair: Philip Gehrman
Speaker: Juliane Winkelmann
         Chang-Ho Yun
         Lyle Palmer
         Philip Gehrman

S26  OPEN

S27  Modification and Limitation of Tongue base Surgery
Chair: Yoo-Sam Chung
Speaker: Sung Wan Kim
         Hsin-Ching Lin
         Evert Hamans

11:00am-12:30pm

S28  Bridges between basic neuroscience and clinical sleep medicine
Chair: Hyang Woon Lee
Speaker: Hyang Woon Lee
         Ritchie Brown
         Jee Hyun Choi
         Simone Sarasso
         Jee Hoon Roh

S29  H1N1 and Narcolepsy
Chair: Emmanuel Mignot
Speaker: Emmanuel Mignot
         Fang Han
         Markku Partinen
         Outi Vaarala
         Hanna Olliila

S30  Iron, Hypoxia, Dopamine: A new model of interconnecting pathways to restless legs syndrome (Willis Ekbom Disease)
Chair: Richard Allen
Speaker: Christopher J. Earley
         James Connor
         Olli Polo
         Richard Allen

S31  Tramanttic Brain Injury
Chair: Christine Won
Speaker: TBD

S32  OPEN

4:00pm-5:30pm

S33  Sex differences in circadian timing systems: implications for sleep and psychological health
Chair: Diane B. Boivin, Jeanne F Duffy
Speaker: Rae Silver
         Jeanne F Duffy
         Diane B. Boivin
         Jung Hie Lee
         Barbara L. Parry

S34  Sleep disturbance and Sleep disordered breathing during Pregnancy
Chair: Visasiri Tantrakul
Speaker: Michele Okun
         Ghada Bourjeily
         Christian Guilleminault
Scientific Program

Symposium

S35  Fitness to Drive
**Chair:** Philip Pierre
**Speaker:** Markku Partinen
Anna Anund
Philip Pierre
Vakulin Andrew
Quera Salva Ma

S36  Young Investigator 1

S37  Sleep and Epilepsy
**Chair:** TBD
**Speaker:** TBD

S38  Sleep-disordered breathing in dentistry
**Chair:** Gilles Lavigne
**Speaker:** Gilles Lavigne
Peter Cistulli
Jin Woo Chung
Jin Young Choi

5:30pm-7:00pm

S39  Night Eating Syndrome: Sleeping disorder, eating disorder or separate diagnostic entity?
**Chair:** Orna Tzischinsky
**Speaker:** Pier Vinai
Howell Michael
Latzer Yael
Orna Tzischinsky

S40  Parasomnias Violence and Sleep
**Chair:** TBD
**Speaker:** TBD

S41  Sleep and Pain: Neurobiology, Placebo Effect, Traumatic Brain Injury and Management
**Chair:** Gilles Lavigne
**Speaker:** Helen Bastugi
Samar Khoury
Florian Chouchou
Marco Zucconi
Michael Smith

S42  Surgical Treatments in OSA
**Chair:** Nestor Montesdeoca
**Speaker:** Julio Cifuentes
Claudio Vicini
Christopher Viozzi

March 24, Tuesday
9:00am-10:30am

S43  Role of adenosine and dopamine in the basal ganglia for control of sleep and wakefulness
**Chair:** Yoshihiro Urade
**Speaker:** Yoshihiro Urade
Michael Lazarus
Zhi-Li Huang
Jun Lu
Jiang-Fan Chen

S44  The Characteristics of Asian narcolepsy patients
**Chair:** Fang Han
**Speaker:** Makoto Honda
Takashi Kanbayashi
Seung Chul Hong
Yu Shu Huang
Fang Han

S45  Adaptive Servoventilation and Central Sleep Apnea Syndromes
**Chair:** Shahrokh Javaheri
**Speaker:** Shahrokh Javaheri
Michelle Cao
Timothy Morgenthaler
Shahrokh Javaheri
Patrick Levy

S46  Advances in experimental studies of RLS: neurophysiological and neuropharmacological aspects
**Chair:** Raffaele Ferri
**Speaker:** Imad Ghorayeb
Giuseppe Lanza
Dirk Czesnik
Walter Paulus
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<th>Time</th>
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<tr>
<td>11:00am-12:30pm</td>
<td>S47 Racial &amp; cross cultural difference in sleep disorders -Focusing on Asian ethnicity-&lt;br&gt;Chair: Yun Kwok Wing, Yuichi Inoue&lt;br&gt;Speaker: Ning-Hung Chen, Joyce SP Lam, Fang Han, Yuichi Inoue</td>
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<td>S48 Sleep extremes: why does the average population not explain all of our research questions?&lt;br&gt;Chair: Sergio Tufik&lt;br&gt;Speaker: Chol Shin, Leise Jihe Kim, Monica Levy Andersen, Leila Kheirandish-Gozal</td>
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<td>S49 Sleep and Cognition: Mechanisms, Prediction and Intervention&lt;br&gt;Chair: Michael Chee&lt;br&gt;Speaker: Susanne Diekelmann, Julien Doyon, Michael Chee, Derk-Jan Dijk</td>
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<td>S50 Sleep, Sleep disorders and chronic kidney disease&lt;br&gt;Chair: Hiroshi Nakamura, Ho Jun Chin&lt;br&gt;Speaker: Lin Yu-sheng, Ho Jun Chin, Kunitoshi Iseki, Shigefumi Koike</td>
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<td>S51 Kleine-Levin syndrome: new information from large series&lt;br&gt;Chair: Isabelle Arnulf&lt;br&gt;Speaker: Isabelle Arnulf, Emmanuel Mignot, Fang Han, Yu Shu Huang, Geert Mayer</td>
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<td>4:00pm-5:30pm</td>
<td>S52 Cross-Cultural Differences in Sleep in Young Children&lt;br&gt;Chair: Young-Min Anh, Albert Li&lt;br&gt;Speaker: Arthur Teng, Daniel Goh, Mahesh B Ramamurthy, Jodi Mindell</td>
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<td>S53 The craniofacial structure of sleep apnea syndrome&lt;br&gt;Chair: Ning-Hung Chen&lt;br&gt;Speaker: Makoto Satoh, Shih-Wei Satoh, Kate Sutherland, Tzu-I Tseng</td>
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<td>S54 The role of sleep and insomnia in stress, emotion regulation and psychiatric symptoms&lt;br&gt;Chair: Eus VanSomeren&lt;br&gt;Speaker: Eus VanSomeren, Gina Poe, Daniel J. Buysse, Jihui Zhang</td>
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<td>S55 Young Investigator 2</td>
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<td>5:30pm-7:00pm</td>
<td>S56 The Natural History of Insomnia&lt;br&gt;Chair: Charles Morin&lt;br&gt;Speaker: Jason Ellis, Yun Kwok Wing, Maurice Ohayon, Borge Sivertsen</td>
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<td>S57 REM sleep behavior disorder-clinical implications beyond neurodegeneration&lt;br&gt;Chair: Garima Shukla&lt;br&gt;Speaker: Nana Tachibana, Garima Shukla, In-Young Yoon, Federica Provini</td>
</tr>
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</table>
Accommodation

How to Book a Room

WASM2015 participants are entitled to special hotel rates available through the official housing bureau. Reservations can be made online on a first-come, first-served basis. Please do not contact the hotels directly. The housing bureau will be available for all your hotel reservation inquiries or group reservation.

Make a reservation at www.wasmcongress.com  
Choose from different accommodation options to suit your budget  
Check the congress website for more details and updates

Congress Hotels

Please visit the congress website www.wasmcongress.com for more detailed information about the congress hotels.

* Currency: Korean Won(KRW)

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<tr>
<th>Hotel Name</th>
<th>Room Type</th>
<th>Price</th>
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<th>Time to Venue</th>
<th>VAT &amp; SVC</th>
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<td>Intercontinental Seoul COEX*****</td>
<td>Superior (Single Occupancy)</td>
<td>279,500</td>
<td>31,000</td>
<td>2 min. on foot (Connected to COEX)</td>
<td>21%</td>
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<td>299,500</td>
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<td></td>
<td>Superior (Double Occupancy)</td>
<td>309,500</td>
<td>31,000</td>
<td>2 min. on foot (Connected to COEX)</td>
<td>21%</td>
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<td>329,500</td>
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<tr>
<td>Ramada Seoul****</td>
<td>Superior Room</td>
<td>150,000</td>
<td>18,000</td>
<td>15 min on foot, 5 min. by car</td>
<td>21%</td>
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<tr>
<td>Mercure Seoul Ambassador Gangnam Sodowe*****</td>
<td>Standard</td>
<td>198,000</td>
<td>19,000</td>
<td>10 min. by car</td>
<td>10%</td>
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<tr>
<td>Ibis Ambassador Seoul Gangnam***</td>
<td>Standard</td>
<td>165,000</td>
<td>19,000</td>
<td>10 min. by car</td>
<td>10%</td>
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<tr>
<td>Seoul Residence**</td>
<td>Double Studio</td>
<td>104,000</td>
<td>5,000</td>
<td>10 min on foot</td>
<td>21%</td>
</tr>
</tbody>
</table>

Contact Information

Local Organizing Committee
27, Seochojungang-ro-24-gil, Seocho-gu, Seoul 137-070, Korea
Tel: +82-2-3476-7700    FAX: +82-2-3476-8800
Email: wasm2015@koconex.com
Tour Program

WASM2015 offers an exciting tour program which includes daily tours and pre/post congress tours. All tours are designed to give participants an authentic Korean experience, bringing visitors face to face with Korea’s natural beauty, abundant historical sites and modern amenities. Congress participants are encouraged to take the opportunity to explore the real Korea through various experiences offered by the tour program. The following program is tentative and subject to change without notice.

### Half/Full Day Tours

**Seoul Tower and Changdeokgung Palace**
This tour takes participants to two of Seoul’s most well-known landmarks. Constructed atop the famous Mt. Namhan located almost directly in the heart of Seoul, the 236 meter high Seoul Tower was opened to the public in 1986 and was quickly recognized for its unparalleled panoramic views of the city. Changdeokgung Palace was the principal palace and was designated a UNESCO World Cultural Heritage Site in December 1997.

**Templelife at Jinkwansa Temple**
Templelife is a 2 to 4 hour long temple program designed to give participants a better understanding of Korean Buddhism and the life of monks through first-hand experience. The main activities include a tour of the temple, Chamseon (zen meditation) and Dado (tea ceremony).

**DMZ (Demilitarized Zone), Hyeri Art Village and Seoul World Cup Stadium**
This trip to the last remaining relic of the Cold War includes a tour through the famed 3rd tunnel which was constructed by North Koreans to infiltrate the South. Visitors will also have an opportunity to watch North Koreans going about their daily lives through a telescope at Dora Observatory. The tour will continue to the Hyeri Art Village following a final stop, which will bring participants to the Seoul World Cup Stadium, the site of the Opening Ceremony and Opening Game of the 2002 FIFA World Cup jointly hosted by Korea and Japan.

**Korean Folk Village and Icheon Ceramic Village**
Minsokchon, the Korean Folk Village is an open-air folk museum and international tourist attraction for both Korean and foreign visitors. It is the home of the true Korean heritage where visitors can experience the authentic atmosphere with over 260 traditional houses reminiscent of the late Joseon Dynasty. At Icheon Ceramic Village, participants can experience making of traditional Korean ceramics.

**Gyeongbokgung Palace, Insadong Antique Street, Taekwondo Performance and Seoul Museum of History**
Gyeongbokgung Palace is the most comprehensive and grandest of the five palaces of the Joseon Dynasty. Along the streets of Insa-dong, visitors are lured by hundreds of shops brimming with traditional ink paintings, calligraphic works, antique furniture, curios, handicrafts, ceramics, and modern style traditional dresses. Experience Taekwondo performance - Seoul City offers Taekwondo programs for international tourists. Visitors can watch a performance before taking part in the classes. Seoul Museum of History - reflects on the history and traditional culture of Seoul.
Tour Program

Han River Dinner Cruise (Evening)
A symbol of Seoul, the Han River runs through Seoul east to west, with an average depth of 2.5m and width of 175m. The river is crossed by 22 bridges and there are excursion boats plying between Yeouido and Jamsi.

Pre / Post Congress Tours

Woljeongsa Temple Stay
At Woljeongsa, participants will have a chance to experience Korean Buddhist traditional culture and the practice of Seon Meditation. This 24-hour overnight program will allow participants to relax, reflect and revitalize themselves. Temple stays also provide opportunities to partake in various traditional practices and ceremonies. Participants can find their “true selves” amidst the harmony of nature during the temple stay.

Jeju Island
Just an hour’s flight south of Seoul, Jeju Island’s temperate climate, beautiful natural scenery, sparkling beaches and abundance of leisure activities make it one of the most popular destinations for Koreans as well as visitors from other parts of the world.

Jeju Island Golf Outing
This tour will include a golf outing at one of Jeju Island’s famous courses in addition to stops at other scenic locations.

Gyeongju
The tour will begin with Bulguksa, one of Korea’s best known temples and a testimony to both the skill of Silla architects and the depth of Buddhist faith at the time. The Gyeongju National Museum, a place of compelling interest, preserves much of the Silla heritage, including magnificent gold crowns, pottery, Buddhist artifacts, and stone sculptures. The museum also houses the Divine Bell of King Seongdeok the Great, also referred to as the legendary Emille Bell, one of Asia’s largest and most resonant bells - nineteen tons of bronze standing eleven feet high. Yangdong Folk Village is Korea’s largest traditional village, showcasing the traditional culture of the Joseon Dynasty and the beautiful natural surroundings.

Seorak Mountain
Seoraksan (Mountain), the third highest mountain in South Korea, is one of the most beloved sites for Koreans. The tour will start with a visit to the Chamsori Sound Museum which houses a collection of 4,000 sound machines. Seorak Waterpia is one of Korea’s largest theme parks offering a wide variety of outdoor leisure activities and hot spring facilities. The tour to Seorak Mountain also includes stops at Goseong Unification Observatory and Woljeongsa temple stay. (Refer to temple stay above)
About Korea

Seoul, the Soul of Asia

Seoul, a historic city which has served as the capital of Korea for over 600 years, promises to provide you with a unique and unforgettable experience. As the backdrop for the “Miracle on the Han River”, Seoul’s amazing transformation has resulted in a dynamic city which blends ancient Korean heritage with modern style and innovation. Despite being labeled the “Tech capital of the world”, Seoul is home to a number of cultural heritage sites where visitors can observe authentic Korean traditional architecture and feel what life was like centuries ago, in addition to countless landmarks, museums, parks and other attractions.

Congress attendees from around the world unmistakably fall in love with this city that is one of millennial Asia’s most exciting destinations.

Korean TV Show

The Korean TV Dramas are seducing the world. “My Love from the Star”, a romantic comedy of a famous actress and her alien boyfriend who landed on Earth four-hundred-years ago. Another smash hit in world was “The Heirs”, based in Seoul, a high teen romance story of the privileged teenager as well as urban rich. Both dramas are captivating audiences worldwide with refreshing stories and contents. These Korean TV dramas and other related contents are sweeping beyond Asia and creating new trends around the world.

K-Pop

In the last few years, the Korean pop music and performance also have been rolling around the world. Psy, Girls’generation, Super Junior, SHNee, 2PM and Bigbang are currently some of the more popular groups. K-pop has captured the international imagination with refreshing new styles, choreography, music and overall dazzle. Beginning with k-pop and dramas that became popular in Southeast Asia, the related various contents growing to include sports, food and fashion in Europe and Americas as well.
Useful Information

Language

The official language of Korea is Korean, but English is spoken at most hotels, restaurants, shops and in all the main tourist sites. All public transportation signs and information are also printed in English.

Weather

The climate of Korea is characterized by four distinct seasons; spring, summer, fall, and winter. Seoul in early March is in the beginning of spring and the average temperature is 7.9°C (46.22°F).

Time Zone

Korean time is 9 hours ahead of Greenwich Mean Time (GMT+9)

Business Hours

Government office hours are usually from 9:00 to 18:00 on weekdays and closed on weekends. Banks are open from 9:00 to 16:00 on weekdays and closed on Saturdays and Sundays. Most stores are open every day from 10:30 to 20:00, including Sundays.

Currency & Exchange

The Standard unit of currency in Korea is the Korean Won (KRW). Currency can be exchanged at most banks and International Airports by displaying your passport. As of August 28, 2014, the exchange rate is approximately USD 1 to KRW 1,015.

Electricity

The standard electricity supply is 220-volt AC/60 cycles. Most hotels may provide outlet converters for 110 and 220 volts.

Useful Websites

Korea Tourism Organization http://kto.visitkorea.or.kr/enu/index.jsp
Gateway to Korea http://www.korea.net
Seoul Convention & Visitors Bureau http://www.miceseoul.com
Seoul Metropolitan Government http://english.seoul.go.kr
Visit Seoul http://www.visitseoul.net
Korea Immigration Service http://www.immigration.go.kr/indeximmeng.html
Ministry of Foreign Affairs and Trade http://www.mofat.go.kr/english/visa/apply/index.jsp
Incheon International Airport http://www.airport.or.kr
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