

Welcome to Korea

(ROM Version)



Update Apr 2020

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DEPARTMENT OF THE NAVY
COMMANDER, U.S. NAVAL FORCES KOREA
COMMANDER, TASK FORCE 78
COMMANDER, NAVY REGION KOREA
PSC 478 BOX 1
FPO AP 96212-9997

1740
Ser N1/
20 Apr 20

Welcome aboard! As commander of US Naval Forces Korea, I am pleased to personally welcome you to the Republic of Korea, "Land of the Morning Calm." You will soon join a group of professionals working to maintain peace in this vital area of the world. Commander, U.S. Naval Forces Korea (CNFK) is responsible for providing U.S. Navy leadership and expertise to Joint and combined forces in the Korean area of responsibility. We assist U.S. Forces Korea (USFK), U.S. SEVENTH Fleet, and the Republic of Korea Navy with plans, policies, and training. We also provide coordination assistance in armistice and wartime to U.S. and Republic of Korea naval forces.

Because of the COVID-19 virus, your first two weeks in the Republic of Korea will be spent in quarantine for a minimum of 14 days. This requirement is imposed by both the Republic of Korea and U.S. Forces Korea, and non-compliance can lead to action under the UCMJ and potentially the Korean government. The purpose and priorities of this quarantine are to:

- 1) Effectively protect our personnel-incoming and already on deck-so that we are mission ready to "Fight Tonight."
- 2) Be a process that enables support for our incoming personnel, with availability of resources to field your questions and concerns during your quarantine period and for what to expect during your tour.
- 3) To help make constructive use of your quarantine time, by providing virtual training and access to resources that ensure your quick integration with your command once you are complete with quarantine and on deck at your ultimate duty location.

Here is what to expect. Upon arrival at Osan Air Base, you will undergo medical screening and testing for COVID-19. If you are asymptomatic, U.S. Eighth Army (8A) representatives with proper PPE will transfer you to USAG Camp Humphreys where you will be assigned to one of the three quarantine buildings. Due to the USFK's collective efforts to minimize the contacts from international arrivals, your sponsor will not be able to greet you at the arrival terminal or at the quarantine buildings. If you are symptomatic at the terminal, you will be escorted to a medical facility for further medical treatment.

Once you arrive to the one of quarantine buildings, you will be assigned a room and you will be required to stay in this room at all times. Visitors are not allowed. WIFI will be provided, members are encouraged to bring their laptop or tablet in order to participate in virtual town halls, welcome messages and training via Microsoft Teams Commercial Virtual Remote (CVR) Environment conferences (you should verify enrollment in Microsoft Teams CVR with your current command, so that you have it available via your personal device while in quarantine). If you have a book or two and access to NETFLIX or some other streaming channel it will help to pass your days.

Three meals will be provided and delivered to your room each day. You can also order food from different restaurants on USAG Camp Humphreys through the My Exchange food app. Bedding will be provided and exchanged for cleaning once a week or as needed. Cleaning supplies for your room will be provided upon request. You will need to bring your own hygiene items and life essentials such as soap, tooth brush, tooth paste, shampoo, towels, shower shoes, diapers and baby formula. If you take medications, make sure you have enough for 16 days. You will not have access to a laundry room, so make sure you and your family members have enough clothes for 16 days. On your thirteenth day of ROM you will be exit-tested for COVID-19 in order to receive a memorandum of release (MOR), once you receive your MOR you will be released from quarantine and transported to your gaining command by a duty driver provided by your ultimate activity or gaining command. Bottom line: while in quarantine, you are not allowed to leave your room-plan for at least 14 days.

Additionally, you will receive a copy of Commander, U.S. Naval Forces Korea/Navy Region Korea Notice 5200 dated 16 Apr 2020 that provides information on Health Protection Conditions-Charlie (HPCON-C) and COVID-19 health protection guidance. It is imperative that you read this notice in its entirety and understand the health restrictions in place. Your actions could have implications on our force readiness-your compliance is necessary to protect yourself and to protect our personnel, in order to be mission ready. Should you choose to ignore any of the HPCON-C restrictions, such conduct may be held accountable under the Uniform Code of Military Justice (UCMJ).

Upon release from quarantine you will be allowed freedom of movement provided it complies with CNFK/CNRKNOTE 5200 for HPCON-C. You will also be required to have a liberty buddy for the first 30 days following quarantines between the hours of 0100 to 0500, daily, when not in a private residence, a hotel room, onboard a U.S. military installation, in the execution of official duties, or transiting to or from the execution of official duties. Violation of this policy may be punished under the UCMJ.

MAC Bert Gregory and HTC Troy Heffner will be your main points of contact while you are in quarantine and will make daily contact with you until you are transferred to your gaining command. They can be reached at DSN (315) 755-5118, commercial 011-82-10-5465-1953, or via email at ggregory2587@yahoo.com / american.heff@yahoo.com . If you have instant chat tool- such as “Whatsapp” or “Facebook,” please provide your contact and travel information to MAC Gregory.

The CNFK Command Sponsor Program coordinator, ITC Jason Piao, can also help with any questions, special needs or requirements you may have prior to arrival. He can be reached at DSN (315) 763-8641 or via e-mail atjason.piao@fe.navy.mil.

Below is some useful information:

- There is a 13-hour time difference in Republic of Korea from U.S. Eastern Daylight Time. Korea is in the same time zone as Tokyo, Japan.

Important Phone Numbers:
CNFK BWC (24 HR)
COMM: +82-50-33638303
DSN: 315-763-8303

Command Address:
PSC 478 BOX 1
FPO AP 96212

OMBUDSMAN:
Mrs. Aimee Kloster
Mrs. Janella Daniels
e-mail: busanombudsman@gmail.com

All personnel reporting to the Republic of Korea are required by USFK to complete on-line theater specific training prior to arrival. To complete this training please go to: www.usfk.mil. Click on “Required Training” under the Command Center tab and follow the instructions. This training will take up to three days to complete, so please plan accordingly. Prior to arrival in Korea, you are required to send a copy of your USFK Regulation 350-2 theater specific training certificate to the sponsor coordinator.

You must complete all essential immunizations for Korea as directed by USFK Reg 40-7 or have the appropriate medical exemptions documented in your health record. Specifically, you must have: Inactivated Polio Vaccine (IPV); Tetanus, Measles, Mumps and Rubella (MMR); Hepatitis A and Hepatitis B (complete series); Typhoid, Anthrax, Smallpox, Japanese Encephalitis Virus and annual Influenza. All immunizations must be electronically reported via the Medical Readiness Reporting System (MRRS).

You can find additional information about Korea at www.usfk.mil, www.cnmc.navy.mil/korea/index.html classified, and unclassified at <http://www.cnmc.navy.mil/regions/cnfc>. Social media links are also available--Facebook: www.facebook.com/U.S.Navy.Korea; Twitter: #USNavyKorea; YouTube: www.youtube.com/user/USNavalForcesKorea. Members with an active Microsoft Teams Commercial Virtual Remote (CVR) Environment account should join the CNFK group. Microsoft Teams CVR will be used to facilitate virtual access and collaboration for command and cultural information during your quarantine. Please notify your sponsor as soon as possible if you are having difficulty establishing a Microsoft Teams CVR account with your current command.

General Military Training (GMT) requirements and resources for mandatory and the 14 command-discretion training topics are available on My Navy Portal at <https://my.navy.mil>. Once logged in, select “Career and Life Events” at the top of the page, then select “Training, Education, and Qualifications” from the drop-down menu. On the following page, select “Training” on the left of the page, then select “GMT” from the drop-down menu.

I am sure your assignment in Korea will be enjoyable and rewarding. I wish you a safe journey to Korea and look forward to your arrival. Do not hesitate to contact your sponsor, your gaining chain of command, CNFK’s ombudsman, or CNFK (at CNFK-PAO@fe.navy.mil) if you have any questions. Though it may seem tedious, the receiving, screening, and quarantine process required upon arrival is meant to ensure your health and personal safety, ensure our force readiness and preserve our ability to “Fight Tonight.”

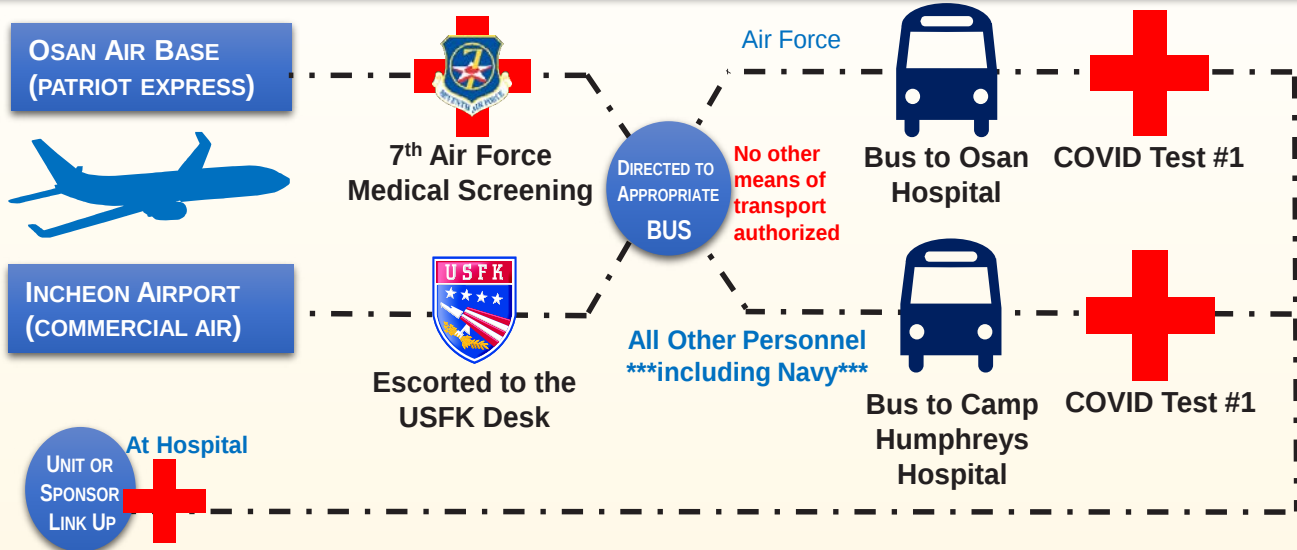

M. P. DONNELLY



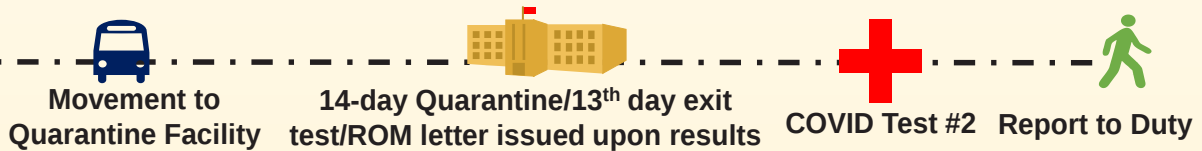
ARRIVAL INTO KOREA FLOW CHART



ALL USFK-AFFILIATED PERSONNEL ARRIVING TO KOREA FROM OVERSEAS ARE REQUIRED TO CONDUCT A 14-DAY QUARANTINE AND RECEIVE 2 COVID-19 TESTS WITH NEGATIVE RESULTS BEFORE BEING RELEASED



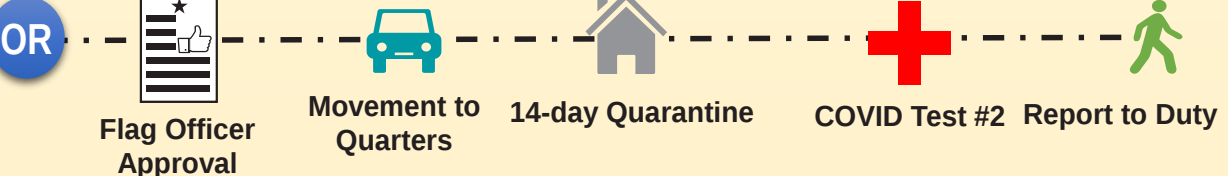
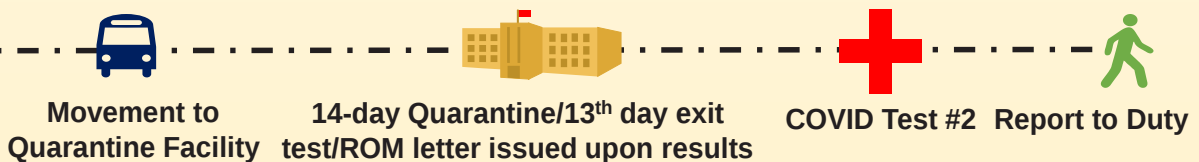
NEWLY ARRIVING TO KOREA



RETURNING TO KOREA • LIVING OFF POST W/O DEPENDENTS OR LIVING ON POST



RETURNING TO KOREA • OFF POST WITH DEPENDENTS



COORDINATE WITH YOUR UNIT AND SPONSOR IN ADVANCE OF YOUR ARRIVAL • ENSURE YOU HAVE WHAT YOU NEED FOR 14-DAY QUARANTINE • CONTACT YOUR CHAIN OF COMMAND WITH ANY QUESTIONS



PCS Quarantine/ ROM/ Onboarding

COUNSELING:

- Options for Virtual Counseling: CNRK N91 POCs verifying with their credentialing body of tele-counseling options
- Liaising with Osan/Humphreys for clinical abilities and services (**Ongoing**)
- Military Family Life Counselor (MFLC)
 - Telehealth availability / flyer
- Alternate Counseling Services Flyer (Enclosed)

SPONSORSHIP:

- Busan & Chinhae Sponsorship Packages (PDF) updated and on Navy MWR Korea Website
- Can assist with Virtual Command Indoc as required
- Request PG/PL Tickler with Command Location & Family Demographics if able

SCHOOLING:

- Member to contact School Liaison Officer (SLO) prior to arrival - Korea. LO@fe.nav.mil
- SLO "Collected" Info magazine w / Non-DODs School Program Info
- NOTE: Most Families Select Korea Schools after physical site visits
- Suggest members continue schooling from current location through 14 day ROM period

WORK & FAMILY LIFE (WaFL):

- Can assist and provide teleconferencing for Command Indoc as needed
- WFL "Check In" with ROM Personnel
- Similar to services by Individual Deployed Support Specialist (IDSS)
- Need members preferred contact info
- WFL can provide virtual or ad hoc workshops using LMS Zeiders System (piggy back off of CNRJ) Requires approx. 1 week to coordinate

MWR:

- MWR liaising/ coordinating with DFMWR Contacts for their service posture (Ongoing)
- Fun & Fit Kits Prepared for Personnel
 - Fit: SPRI Kits
 - Fun: Books / Board Games
- Resources - Korea@Home:
<https://www.navy.mwrkorea.com/korea-home>
<https://www.navy.mwr.org/navy-mwr-at-home>

RESOURCES PROVIDED:

- N91 Alternative counseling flyer
- MFLC tele-health flyer
- Sponsorship Packages (Busan & Chinhae)
- SLO Connected Magazine
- Korea@Home info link
- MWR@Home info link
- USFK Family Support & MWR contact list



Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The Military and Family Life Counseling Program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes at home due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

Schedule an appointment with a Military and Family Life Counselor:

Your point of contact: Daphne Pearson
Phone number: 010-7291-0854

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit www.MilitaryOneSource.mil.

Chaplain On-Call Duty Number

Area I

Camp Hovey DSN 730-2834
Camp Casey 010-6259-8299
Camp Red Cloud DSN 732-6637

Area II

Yongsan 010-4793-0143

Area III

Camp Humphreys 010-9496-7445

Area IV

Camp Walker 010-9374-9917
Chinhae 010-8613-6389

Area V

Osan Air Base
DSN 784-5000 (Working Hours)
DSN 784-7000 (After Hours)

Area VI

Kunsan Air Base DSN 782-6000

So you've caught up on all your TV shows, binge watched some new shows, even cleaned out your closet.

NOW WHAT?

KOREA@ HOME

helps make your time at home more enjoyable and productive.

LIBRARY@HOME

- Explore the Navy MWR Digital library

FITNESS@HOME

- Compete in a Fitness Challenge

KIDS@HOME

- Get a tutor to help with homework
- Find a fun arts-and-crafts project to do

TOURS@HOME

- Take a virtual tour of some of Korea's amazing museums and cultural sites

COOKING@HOME

- Find and Try new recipes

HEALTH@HOME

- Information on how to talk with your kids about COVID-19
- Points of contact if you need to talk with a professional about your mental health



To access information,
go to

**[https://
www.navymwrchinhae
.com/korea-home](https://www.navymwrchinhae.com/korea-home)**

Information will be added, so
be sure to return to the page
for new things to do, fun
projects and many
new resources.



Have an idea to add?

Please email the description
and web link to

**M-KO-CFAC-MWR-Admin
-Officer-00D1-
GS@fe.navy.mil**



Navy MWR at Home

STAY CONNECTED

Information and Resources



Stay active. Stay informed. Stay connected.

www.navymwr.org/navy-mwr-at-home

COOKING

<https://www.navymwr.org/navy-mwr-at-home/cooking>

ENTERTAINMENT

<https://www.navymwr.org/navy-mwr-at-home/entertainment>

FITNESS

<https://www.navymwr.org/navy-mwr-at-home/fitness>

KIDS

<https://www.navymwr.org/navy-mwr-at-home/kids>

LIBRARY

<https://www.navymwr.org/navy-mwr-at-home/library>

RECREATION

<https://www.navymwr.org/navy-mwr-at-home/recreation>

VIRTUAL TRAVEL

<https://www.navymwr.org/navy-mwr-at-home/virtual-travel>

FLEET AND FAMILY SUPPORT CENTERS

<https://www.flsp.navy.mil>

NAVY HOUSING

www.enic.navy.mil/contacthousing

NAVY WOUNDED WARRIOR

www.navywoundedwarrior.com



Stay Informed

To access information, go to
www.navymwr.org/navy-mwr-at-home.

Information will be added, so return to the page for new things to do, fun projects and resources.



Follow Us On Facebook

www.facebook.com/navyflr
#navymwrathome

Have an idea to add or a suggestion?

Please contact us at www.navymwr.org/contact for consideration.

WELCOME AND CONGRATULATIONS ON YOUR ORDERS TO KOREA!

Korea is a beautiful and fascinating country and though Korea's culture is very different from America's, the Western influence is readily apparent in most of the metropolitan areas. Because of this, Sailors assigned here often have the best of both worlds -- they can enjoy a foreign culture, but still experience a touch of home.

Despite what you may see or hear on the news, feel confident your new host country is safe. What's more, if any emergencies were to arise, evacuation procedures of all non-essential personnel are in place to ensure families are returned home long before the supposed threat of danger occurs.



MULTIPLE COMMANDS AND LOCATIONS

Command Naval Forces Korea (CNFK)

Personnel work and live in the metropolis city of Busan, where there is an abundance of social and cultural activities to explore. It is the second largest city in Korea as well as the largest port. With a metro population of 8.2 million people, the city has first class attractions and amazing and affordable public transportation.

There are city-based activities such as museums, cultural exhibits and theaters to enjoy. For nature lovers there are a multitude of gorgeous hikes, coastal walks and quiet neighborhoods to explore plus several amazing beaches. Luckily, the climate is very mild compared to the northern part of Korea and you can enjoy the outdoors for much of the year. There truly is something to enjoy in Busan no matter the season.



Commander Fleet Activities Chinhae (CFAC)

Located in the city of Chinhae on the southeast tip of the Korean peninsula. There is a population of around 182,000 people. Chinhae boasts more than 160,000 cherry blossom trees and people come from all over the country for the famous cherry blossom festival.

There is a large Korean and U.S. naval personnel population because Chinhae is also home to the largest Korean Navy Base and the Naval Academy. The atmosphere is relaxed and friendly and U.S. sailors are generally made to feel welcomed by the locals. It is vital that we keep it this way and therefore it is important to remember that you are an ambassador for the Navy at all times.

Korean Culture and General Information

GEOGRAPHY & TOPOGRAPHY

The Korean peninsula is divided just slightly north of the 38th parallel. The democratic Republic of Korea in the south and the communist government of North Korea are separated by a demilitarized zone. The peninsula, contiguous to the two continental powers of China and Russia to the north and nearby oceanic Japan to the south, functioned for a long time as a land bridge and had the advantage of easy access to the adjacent cultures but also the disadvantage of becoming the target of aggressive neighbors.

South Korea shares a land boundary with North Korea of about 150 miles/238 kilometers. Approximately 70 percent of South Korea's land area is comprised of mountains and hills. Mount Halla (6,396 feet/1,950 meters) on Jeju Island is the tallest mountain. The longest rivers are the Nakdong River, the Kum River, and the Han River, which flows through Seoul.

Korean National Symbols

National Flag



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

National Flower

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



National Anthem

The Korean national anthem is “Aegukga,” which means “Love the Country”. Records show that a Western-style military band was formed during the time of the Dae-han Empire {1897-1910) and the “Dae-han Empire Aegukga” was composed in 1902 and played at important national functions. The original words of Aegukga appeared in a written form around 1907 to inspire allegiance to the nation and foster the spirit of independence as the country faced threats of foreign annexation. Over the years, the lyrics and tune have gone through several versions until they were adopted as the national anthem in the present form in 1948.



Population & Crowds



There are over 51 million people in South Korea, a third of whom live in Seoul area. But even the smaller cities are densely populated and quite congested. Expect a good bit of jostling and pushing in public places especially in the open air or street markets. Don't be shocked if you get pushed a bit as someone tries to get through the crowds. It may be annoying but try not to get angry or take it personally. Similar jockeying for position takes place on the roads and highways.

Climate

Korea has four distinct seasons with dry, cold winters and short, hot humid summers with late monsoon rains and typhoons. Seoul's January mean temperature is 22 degrees F. to 35 degrees F. In July it is 73 degrees F. to 78 degrees F. The annual rainfall varies from year to year but usually averages more than 39 inches/100 centimeters. Of that total, two-thirds of the precipitation falls between June and September. Since Busan and Chinhae are in the southern part of the peninsula, the weather is less extreme than Seoul in the winter and summer but as coastal cities they can be quite windy.



Pollution



The air tends to get smoggy in the springtime and sporadically throughout the year. When this happens, the city will issue warnings and safety tips about staying indoors. Some apartments include built in filtration systems while you can also purchase your own portable systems. Additionally, there are many free apps you can download for up-to-date air quality ratings.

Food

Korean food is an acquired taste. Some people never get used to it while others quickly become addicted to the many flavors and dishes. But all would agree that it's not for the faint of heart as many dishes, such as Kimchi, are flavored with chili peppers, which grows in abundance here.

A Korean meal typically consists of rice, soup, and a number of small vegetarian dishes such as spinach, bean sprouts, and tofu. Beef and pork are very popular and are often marinated and grilled at the table (Bulgogi and Kalbi). Also popular with foreigners are Yaki Mandu (fried dumplings) and Japchae (clear noodles with vegetables and beef).

Korean chopsticks can be a little challenging at first as they are very thin, made of steel and quite slippery. Another change for many is being seated at a traditional style restaurant with low tables and cushions on the floor.

If you eat out with Korean friends who are a bit older or just "old school", they may insist on paying especially if they made the invitation but try to return the favor at a later time. If you go out to eat in a group, like for Korean BBQ where you are sharing all the main dishes, it is pretty common to just pay for your portion and beverages at the cashiers.



Korean Language

Learning the Alphabet: Known as Hangeul (or Hangeul), the Korean alphabet is considered one of the most efficient alphabets in the world and has garnered praise from language experts for its scientific design. Hangeul was created under King Sejong in 1446 who desired that the common people could read and write. Thus, Hangeul's original name, Hunmin Chong-um, literally meant "the correct sounds for instruction of the people."

Hangeul is a phonetic system consisting of 24 letters, and is not difficult to learn. Being able to decipher a little Hangeul is a very useful skill. The Korean spoken language is properly referred to as "Han gung mal." Because the sounds of Korean don't correspond precisely with those of English, their words are difficult to write in the Roman alphabet. Korea recently began to change the way it transliterates certain sounds to more accurately reflect their pronunciation, but not all of the signage has caught up with this spelling reform. Expect to see the same word written with either P/B, T/D, K/G, CH/J, O/EO. For example: Chinhae/Jinhae, Pusan/Busan, Taeku/Daegu, Cheju/Jeju, Pyongtaek/Pyeongtaek.

At first glance Hangul might seem overwhelming and confusing but in less than 2 hours you can learn the symbols and sounds and begin working on vocabulary and phrases which will open so many doors during your experience in Korea.

Learning to read street signs can help you find your way around while you may be surprised to find that so many restaurant menu items have the same pronunciation in Korean and English but are spelled in Hangul. Reading Hangul will also help with many pronunciation mistakes that hinder foreigners from communicating with taxi drivers, neighbors, and servers.

***“A wise man can acquaint himself with Hangul before the morning is over; a stupid man can learn them in the space of 10 days*”**

Where Can I Learn Korean: From affordable books to free language apps there are so many resources available to learn Korean. The cities of Chinhae and Busan have a variety of language learning opportunities, or you can

visit the Fleet & Family Support Center to borrow some language-learning books and audio curriculum. Search websites like Facebook and Meetup.com for more information or to find a local language exchange partner.

And Remember! A simple bow and a smile goes a long way! Like the rest of us, if someone sees you are trying, Koreans are often willing to lend a hand or forgive cultural faux pas if you lead with kindness first.

12 PHRASES IN KOREAN FOR BEGINNERS KOREANCLASS101	
안녕하세요. (annyeonghaseyo) Hello!	좋은 아침이에요. (joeun achimieyo) Good morning!
잘 가요. (jal gayo) Goodbye!	저기요. (jeogiyo) Excuse me.
잘 지냈어요? (jal jinaesseoyo?) How are you?	감사합니다. (gamsahamnida) Thank you.
사랑해요. (saranghaeyo) I love you.	정말요? (jeongmalyo) Really?
죄송합니다. (joesonghamnida) I'm sorry.	반가워요. (bangawoyo) Nice to meet you.
대단해요! (daedanhaeyo) Awesome!	얼마예요? (eolmayeyo) How much is it?

English has been taught in Korean schools, starting in the 1st grade, since 1998. In the past, English was taught in Korean schools, beginning in the 7th grade, with an emphasis on grammar instead of speaking. When you are speaking with Korean nationals, speak slowly and clearly to increase your chances of being understood.

More Helpful Phrases

Excuse me - *Mian hamnida*
You're welcome - *Chon manhaeyo*
It's delicious - *Mah shi seumnida*
Help! - *Saram sallyeo yo*
Where's the restroom? - *Hwajangshil eodi iseoyo?*

Holidays

LUNAR (VARIABLE-DATE) HOLIDAYS

On Lunar New Year and Chuseok (Korean Thanksgiving day), most Koreans make a pilgrimage to their hometown to celebrate with their parents and honor their ancestors. Stay off the roads during these 3-day festivals! All the nation's roads, from the interstates to village streets, are clogged with traffic during this time and a short trip can become a full day affair!

DATE	HOLIDAY
Jan-Feb	Lunar New Years - 3 Days
May	Buddha's Birthday
Sep-Oct	Chuseok (Korean Thanksgiving 3 days)

SOLAR (FIXED DATE) HOLIDAYS

DATE	HOLIDAY
Jan 1	New Year's Day
Mar 1	Independence Movement Day
Apr 5	Arbor Day
Apr 19	Anniversar of the Student Revolution of 1960
May 5	Children's Day
May 8	Parent's Day
June 6	Memorial Day
July 17	Constitution Day
Aug 8	Liberation Day
Oct 1	Armed Forces Day
Oct 3	National Foundation Day
Oct 9	Hangul Day
Oct 24	United Nations Day
Dec 25	Christmas

Names and Name Cards

NAMES

Korean names consist of three parts: Traditionally the family name first (Kim) followed by a two-syllable first name (Dae-Jung), one of which is a generational name given to all members of the family. Women keep their maiden name even after marrying. However Korean- prefers to address each other by their titles (teacher, elder sister, Johnnie's mommy, etc.) rather than by name. Those who interact frequently with Americans, however, are accustomed to being called by their first names. With people you don't know well, it is preferable to say Mr. Oh or Ms. Chong rather than Sang-soo or Yun-hee.

NAME CARDS



Koreans always carry a supply of their business cards, sometimes printed in English on one side, which they call name cards. Even shopkeepers will often hand you their card so you can find their shop again (some have little maps on them) or recommend them to your friends. When being handed a name card, receive it respectfully. Accept it with both hands, read it, and place it in a safe place such as your wallet. Don't stuff it in your back pocket, at least not in the presence of its owner.

Gifts

Koreans are extremely generous and exchange gifts on many occasions. The appearance and presentation are as important as the present itself. A gift should always be wrapped in several layers: tissue or wrapping paper, ribbon, and perhaps a gift bag. The sincerity of the donor is reflected in the degree of care taken with the presentation. Like name cards, gifts should always be offered and accepted with both hands.



If you attend a wedding or funeral, bring a small amount of money in a white envelope with your name written on it (not in red ink!), which you hand to the clerk at the door. It is very rude to hand someone cash directly, except of course when making purchases. It is always appropriate to bring a small hostess gift when invited to someone's home. Koreans will often bring common household necessities like gift sets of tissues, soaps or laundry detergent. Don't be surprised if you, too, receive such gifts if you invite Koreans over.

Generally, Koreans will not open a gift in the donor's presence, in order not to embarrass him if the gift is a modest one. Koreans often exchange presents for the Chuseok holiday. You too may want to give something to your housekeeper, landlord, or friends at this time. Since it is a harvest festival, agricultural products such as alcoholic beverages, ginseng, honey or fruit are traditional gifts. Americans might consider giving homemade baked goods to their Korean friends.

Restrooms

A few friendly bathroom tips

- You will find Western-style toilets in most homes, larger cities, some public buildings, and at highway rest stops. Elsewhere, expect the traditional squat toilet.

- Remember to carry tissues with you since Korean toilets do not always include this amenity.

- In some public restrooms the toilet paper is in the room near the sinks/doorway and not in the individual stall.

- If someone knocks on the stall door while you're in there, simply knock back to show it's occupied or the person might try to open the door.

- You also may notice that many restrooms will have signs instructing you to put the toilet paper in the toilet or in the trash as some old plumbing systems will get clogged easily. Please follow the signs to avoid any unfortunate and costly situations



Do's and Don'ts in Korea

do

- Remove shoes when entering a home or traditional Eastern-style restaurant
- Show respect for the elderly by acting dignified and polite around them.
- Wait for older people at the table to start eating before you begin.
- Avoid comparing Korea to Japan (unless favorably).
- Take a small hostess gift if invited to a Korean home.
- Use both hands to give or receive gifts and money.

don't

- Wear shoes into a Korean home.
- Offer money or gift with one hand. Always use both hands.
- Write someone's name in red ink. In Korea, this denotes death.
- Stick chopsticks upright in a rice bowl. This also denotes death, since this is only done during a memorial service.
- Touch people on the shoulder or head, especially if they are older than you.
- Motion for someone with the index finger. This gesture is only for pets; to beckon a person in this way is extremely disrespectful.
- Put your feet up on a desk or chair.
- Blow your nose at the dinner table.

Don't be surprised if...

- If brand-new acquaintances inquire about personal matters such as your age, background or marital status. It's a sign of interest, not nosiness.
- To see Koreans of the same sex linking arms or holding hands. Usually they are just friends.
- If you receive a last-minute invitation as Koreans are very spontaneous.
- Korean guests come early or late since time frames have a more fluid meaning here.

Before You Arrive

Unofficial Simplified Checklist

What

When

- | | |
|--|--|
| ☐ - Obtain No-Fee Passports for all Family | - ASAP |
| ☐ - Members Initiate Pet Paperwork | - ASAP |
| ☐ - Research Schools and initiate transfer | - ASAP |
| ☐ - Update Family Immunizations | - 6 weeks out |
| ☐ - Complete & email housing application | - 30 days out |
| ☐ - Ensure Driver's Licenses are current | - 30 days out |
| ☐ - Update Insurance: Auto, Renters, Home-Owners | - 30 days out |
| ☐ - Ensure all DEERS information is accurate so you can sign up for | - http://www.tricare-overseas.com
https://www.internationalsos.com |
| ☐ - Complete theater specific training | - Prior to arrival |

REQUIRED TRAINING

Click on the link button on the lower left side of the main page that says required training. This required training includes the welcome aboard video, training module, 350-2, and policy letters. You must provide proof of completion to initially shop in duty-free outlets such as the exchange and commissary!

<http://www.usfk.mil/Newcomers/Training.aspx>

CELL PHONES & DIALING TO/FROM KOREA

DIALING INSTRUCTIONS: TO/FROM KOREA

To call a commercial number from a DSN line, first dial '99'.

Dialing Instructions: From Korea To USA

002 + country code+ area code+ number

Ex. 002-1-234-567-8910 for U.S.

Breakdown of An International Phone Number

- 011 = International call from the U.S.
- 82 = Korea's Country Code
- City Code:

Busan = 51	Daegu = 53	Seoul = 2
Pyeongtaek/Osan = 31	Cell = 10 or 11	

Ex. Call 051-212-3456 within Busan city: 212-3456

Ex. Call 051-212-3456 from in Korea: 051-212-3456

Calling into Korea: +82 XX XXXX YYYY. The leading "0" is dropped when dialing into South Korea from overseas.

Ex. Call 051-212-3456 from outside Korea: +82-51-212-3456

- Number is typically an eight digit number
- Google: "South Korea Telephone country codes" for more

Calling Korean Cell Phone Numbers From U.S.

To call a cell phone, if the Korean cell number is 010-1234-5678, dial 011-82-10-1234-5678

Cell phone prefixes are 010 or 011, drop the first number and add 011-82

Calling DSN Numbers

Calling DSN Numbers from a State Side commercial phone

To call Korea from the U.S.: 011-82 + area code minus '0' number

- 011-82-31-619-XXXX (for a 754 prefix)
- 011-82-31-690-XXXX (for a 753 prefix)

Calling DSN Numbers from a commercial phone in Korea

- FOR DSN 762 PREFIX dial 055-540-XXXX
From another DSN 315-762-XXXX
- FOR DSN 763 PREFIX dial 0503-363-XXXX
- FOR DSN 753 PREFIX dial 0503-353-XXXX
- FOR DSN 754 PREFIX dial 0503-354-XXXX

To dial an Air Force Installation you must dial a civilian prefix

- Kunsan AB dial 063-470-XXXX
- Osan AB dial 031-661-XXXX
- Suwon AB dial 031-220-XXXX

CELL PHONES:

International plans from U.S. Cell Phone provider are usually not practical for 1 +year orders in Korea. Many current cellular or smart phones, if unlocked, will work on a Korea Cellular network. There are several ways to acquire a local Korean SIM card. We highly recommend going through the mobile phone service desk on base. For a phone to work in Korea, it needs to satisfy these requirements:

1. Be unlocked - Contact your cellular network provider before you leave the U.S. to determine if you phone is unlocked.
2. Have a SIM card slot .
3. Support LTE data (latest generation smart phones) that operates on bands 3, 8, and 26•in Korea. If your phone does not support one of these bands, it should still connect at 3G speeds using the WCDMA 2100 MHz frequency.
4. Support WCDMA 2100 MHz frequencies - this is most important, as this is the frequency band that most Korean networks run their 3G networks on; this capability is inherent to the phone.

Sailor/Spouse's Suggestion/Tip: With the phone store at CFAC there are only specific models of unlocked phones they can work with or you have to purchase a Korean phone . You might want to drive to Daegu where there are multiple options for network providers and more unlocked phones they can set up.

Keeping in touch abroad:

While a local Korean cell number is recommended for communicating within South Korea, international plans are not practical so service members and their families should explore the variety of other options to communicate abroad or back to the U.S.

Below is a list of commonly used applications to explore:

- KakaoTalk - text, video and call (used extensively in South Korea by everyone)
- Skype - text, call, video chat
- Facetime - video chat (Apple only)
- Facebook messenger - text, call, video
- WhatsApp - text, call, video
- Signal - text, call, video
- Voxer - text, walkie-talkie
- Viber - text, call

***Tbis list is not all-inclusive and new applications are available everyday. Ask your sponsor for recommendations.

RATION CONTROL & CARDS

The ration control program exists in order to prevent black marketing, the sale or transfer of duty-free goods to unauthorized persons. All dependents will be issued a ration control plate (RCP), which is presented when making purchases at the Commissary, PX, Class Six store, and elsewhere. Active duty military members merely present their ID. Your military sponsor must apply for it on your behalf with his/her unit Ration Control clerk. You will receive a temporary card until the permanent one is ready, usually within a few weeks. In case of loss or theft, notify Security and Ad min.

Certain goods may be purchased in limited quantities only. They are:

MONTHLY LIQUOR LIMITS. Were set for 3 units for single/unaccompanied personnel and 5 units for accompanied personnel.

Change - only affects accompanied personnel. Change will reflect 3 units for sponsor and 2 additional units for every family member 21 years of age and older.

Example - a family of three, sponsor/spouse/son (21) monthly liquor ration would be 7 vice 5.

No change for single/unaccompanied personnel. Monthly limit remains at 3.

MONTHLY BEER LIMITS. Were set for 8 cases a month for accompanied/unaccompanied.

Change now reflects 6 cases a month for single/unaccompanied. Change will reflect 6 units for sponsor and 2 additional units for every family member 21 years of age and older.

Example - sponsor and spouse (over 21) would still remain 8 units per month and would increase by 2 units per month for every additional family member over 21.

OTHER CONTROLLED ITEMS

Diamonds/diamond jewelry	Watches above \$200	Cosmetics above \$50	Perfume above \$50
Furniture above \$200	Golf clubs more than \$50	Air conditioners	Washers/Dryers
Stoves, refrigerators, freezers	Color TV's/monitors above 27"	Computer hardware (including monitors, hard drives, printers)	

WIC Overseas

Infants - Children - Pregnant Women - Postpartum Women - Breastfeeding Women



**The WIC Overseas Program provides
several important benefits that
help you & your family lead healthier lives.**



Program services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

If you qualify for the WIC Overseas Program, you will receive benefits, such as nutrition education and healthy foods to enhance the quality of health and wellness for you and your family.



Vehicle Information

Getting a License

WHO MAY DRIVE

Active-duty military personnel are required to have a valid state driver's license when you report to this Command but only the following personnel are authorized to have a POV license in Korea:

- Anyone command-sponsored, regardless of grade
- USFK service members, grade E-5 and above
- DoD civilians, grade GS-5 and above
- Invited contractors with SOFA privileges
- Anyone in Joint Domicile status, authorized a POV on their orders
- Personnel with a letter of approval from the Commander.

GETTING A LICENSE

Active-duty military personnel, civilian employees and family members age 18 or older who are planning to drive a POV must get a USFK driver's license. Drivers must pass an eye exam and a written test. Military personnel are issued a USFK driver's license for two years, while DOD civilians are issued a five-year license. Invited contractors and their dependents must also get a ROK driver's license. Documents needed:

- Valid U.S. driver's license (renew if necessary before coming to Korea)
- Sponsor's military orders
- Letter of approval from commander
- Proof of overseas insurance

GETTING A PERMIT

Learner's permits may be obtained by family members age 16 and older. They entitle the holder to drive only on military installations while accompanied by a licensed driver during daylight hours.

Vehicle Insurance

You must have insurance in order to register your vehicle and there are several options available. USAA can advise you on current insurance recommendations for Korea (Phone Number ONSE 008-800-531-87220/DACOM 002-800 -531-87220 / KTA 001-800-531-87220) or you can use an English speaking agent for Korean insurance companies.

Traffic violations, even minor ones, are handled by the criminal law system and can carry criminal penalties, especially if there has been injury or death. Korean law encourages private compensation of injured parties by the person at fault. An adequate insurance payment to the victim often meets the requirement of the law; therefore, criminal charges against the person responsible are usually reduced or dropped. Having sufficient insurance can keep you out of jail.

Buying a Car in Korea

You may be wondering whether to ship your POV from the United States to Korea. If so, it might help to know that inexpensive local cars are available. Sailors are PCSing throughout the year, particularly in the late spring and selling their cars.

Most of the cars that come on the market are older Korean models such as Hyundai Excel or Sonata. Prices vary depending on vintage and condition, but it is not hard to find a car in the \$500 to \$2,000 price range and you shouldn't have any problem selling it again at the end of your tour.

There are several buy/sell expat groups on Facebook.

KOREAN CURRENCY

₩ 50,000-This new SOK note features Shin, Sa-im-dang (1504-1551). This is the first time a woman has appeared on a Korean note and was a famous painter, author, poet and even more famous for mothering and raising the great philosopher Yul-gok also known as Yi I (pictured on 5,000-won note).



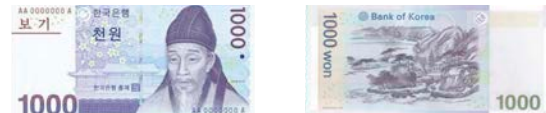
₩ 10,000 shows a portrait of King Se jong. There was a surge of creative literary activities in the early Yi Dynasty, especially during the reign of the 4th ruler, King Sejong, in 15th century. Hangul was invented by a team of scholars working under the direction of King Sejong Great in 1446.



₩ 5,000 features (Scholar Yi, I): He worked with Scholar Yi, Hwang.



₩ 1,000 highlights the Scholar Yi, Hwang. He instituted political and economic reforms, adopted neo-confuciation, as the official state ideology in the early Yi Dynasty. This Confucian emphasis in many social institutions still exerts a strong influence on contemporary Korean life.



COINS

₩ 1 shows a Hibiscus Syriacus which is the national flower of Korea.

₩ 10 features the Dabo Pagoda built at the garden of Bulkuk Temple in Kyungju, the Shilla capital in the 6th century. WSO highlights the importance of rice as a staple food.

₩ 100 shows Admiral Yi, Sunshin, a celebrated hero and one of the inventors of the world's finest iron-plated, turtle-shaped warship.

₩ 500 has the Huk, which is a crane and the national bird and symbol of luck, noble and a long life since the Yi Dynasty.



**As of April 24, 2020 the current exchange rate of the Korean Won to USD is:
1,236.35 Won = 1 USD**

(This rate will fluctuate)



Family Name (Last, First, Rate/Rank): _____

Unit POC: _____

Commissary Items for Quarantine Member(s)

Location items requested from (Camp Humphreys, Osan AB, CFAC): _____

Date Requested by: _____

Unit POC (for p/u, delivery): _____

Location for drop off: _____

Item #	Item	# of items	price per item
	Granola bars		
	Fruit Snacks		
	Paper towels		
	Plastic utensils and paper plates		
	Salt and pepper		
	Wet wips		
	Diaper		
	Baby food or formula		
	Trash bags		
	Tissue		
	Dog or cat food		
	Clorox wipes		
	Laundry Pods		
	Coffee, tea, sugar, etc.		
	Milk		
	Orange Juice		
	Juice boxes		
	Dish Soap		
	Water		
	Instant Mac and Cheese		
	Peanut butter and jelly		
	Bread		
	Crackers/goldfish		
	Chips and salsa		
	Cereal mini variety pack		
	Candy bars		
	Fresh fruit		
	Shampoo		
	Conditioner		
	Body wash		
	Shave gel and razors		
	Deodorant		
	Female hygiene products		
	Body lotion		
	Toothpaste		

CONTACT INFO

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