



Changdeokgung in the spring, Seoul

Medicine in South Korea
in association with the
Royal Society of Medicine

28 March – 9 April 2023





Haedong yonggungsa, Busan

South Korea is a welcoming destination of great beauty and stark contrasts. A country shaped by its long history and traditions, it also sits comfortably at the cutting edge of modernity. From its distinctive, flavourful cuisine to its unique customs and etiquette, South Korea is a dynamic destination that is still relatively unknown to many. This carefully curated tour provides fascinating insight into medicine in South Korea, while experiencing its culture, history and cuisine during the beautiful cherry blossom season.

Start in Seoul, South Korea's capital and powerhouse. Ancient temples and palaces and traditional wooden houses sit cheek by jowl with soaring steel and glass cityscapes. By contrast, Busan, the second biggest city, is laidback in its seafront location, with bustling sea food markets, sandy beaches and seaside temples.

Discover archaic history a short train ride away in Gyeongju, the ancient capital, and gourmet delights in Jeonju, with Jeonju bibimbap and makgeolli (rice wine) found within Korea's largest collection of hanok houses. Finally, return to traditional Korea in Andong and experience the breathtaking countryside, with rice paddies, mountains and the longest river in South Korea, the Nakdong.

There is a wide range of professional visits providing real insight into medicine, health care and society in South Korea. Several visits have been organised via Korean members of the Royal Society of Medicine. This tour was created by Loren Hall, who has spent a lot of time living and studying in South Korea. She majored in Korean at SOAS, speaks the language and lives in East Sussex with her Korean husband, who she met whilst she was working in South Korea.

Tour Leader

Janice Liverseidge was previously Director of Membership at The Royal Society of Medicine and is now a full-time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba, South Africa and China.



“Janice brought her extensive experience in leading professional tours; her kindness and sense of humour were particularly appreciated.”

Pauly Nance and Roland Edmond, RSM Medicine and Society in China tour, May 2018

Visit beautifully preserved Andong Hahoe folk village



Itinerary 28 March – 9 April 2023

B = Breakfast **L** = Lunch **D** = Dinner

4 nights Seoul – 3 nights Busan – 2 nights Jeonju – 2 nights Andong – 1 night Seoul



Day 1: Seoul (Tue, 28 Mar) **D**

Am: Arrive in Seoul, the captivating capital of South Korea and a UNESCO City of Design. Transfer to the hotel.

Eve: Dinner with night city views at Namsan Tower.

Day 2: Seoul (Wed, 29 Mar) **B D**

Am: Visit UNESCO-listed Changdeokgung Palace, the most favoured of the 'Five Grand Palaces' of the Joseon dynasty. Explore its Secret Garden, kept as natural as possible.

Pm: Walk through Bukchon Hanok Village with its hundreds of traditional hanok houses. Continue to the Gahoe Museum, a Korean folk-art museum exhibiting a private collection of over 2,000 folk paintings and religious amulets. Take a break in a traditional Korean tea house. At leisure in lively Insadong with its back alleys and many eclectic shops.

Eve: Korean BBQ welcome dinner.

Day 3: Seoul (Thurs, 30 Mar) **B L**

Am: Visit the city teaching hospital for a background on Korean healthcare and its history. Take a walking tour through Gangnam with its juxtaposing traditional and modern architecture, ending at Bongeunsa, a 1,200-year-old Buddhist temple.

Pm: Explore Garosu-gil, the ginkgo tree-lined street, known as 'artists' street' for its

eccentric flair and charming cafes and shops. Continue to Seolleung Royal Tomb, a peaceful city park in the middle of bustling Seoul.

Day 4: Seoul (Fri, 31 Mar) **B L**

Am: Visit the DMZ, the Korean Demilitarised Zone, established in 1953 after the Korean War. Walk inside The Third Tunnel of Aggression, an infiltration tunnel built by North Korea in the 1970s. Visit the Dora Observatory, where you can overlook North Korea. Visit Imjingak Park and the Freedom Bridge.

Pm: Visit the military hospital.

Day 5: Seoul / Busan (Sat, 1 Apr) **B**

Am: Take the KTX train to Busan.

Pm: Take Songdo cable car for panoramic views of the city by the sea and have a walking tour of Busan.

Day 6: Busan (Sun, 2 Apr) **B L**

Am: Visit Haedong Yonggungsa Temple, a shoreline Buddhist temple built in 1376 and rebuilt in 1930 after Japanese invasion.

Pm: Visit Jagalchi Fish Market, the biggest seafood market in South Korea, and have lunch. Continue to Gamcheon Cultural Village, nestled into the side of a mountain. This former slum is a mishmash of pastel-coloured, Lego-like houses; it was transformed by a government initiative in 2009, when painters and sculptors added their artistic touch to its streets, homes and businesses.

Day 7: Busan / Gyeongju / Busan (Mon, 3 Apr) **B D**

Am: Take the train to Gyeongju, the ancient capital of the Kingdom of Silla, which ruled the Korean peninsula for almost 1,000 years from 57 BC to 935 AD. Visit Cheomseongdae Observatory; the oldest surviving astronomical observatory in Asia dating back to the 7th century. Continue on to Donggung Palace, the remains of a palace complex of ancient Silla.

Pm: Visit Bulguksa Buddhist temple complex and Seokguram Grotto, UNESCO Heritage listed

for being “a masterpiece of Buddhist art in the Far East.” Dating back to the 8th century, it contains some of the most important Buddhist sculptures in the world. Travel back to Busan.

Day 8: Busan / Jeonju (Tue, 4 Apr) B D

- Am: Travel to Jeonju, a UNESCO-designated City of Gastronomy.
- Pm: Take part in a culinary tour. The city has no less than seven ‘makgeolli towns’ – bar strips that specialise in locally produced versions of the local tippie, which comes in huge copper kettles. In Makgeolli bars you pay for the drink, and the food is included for free. Join a Korean cooking class.

Day 9: Jeonju (Wed, 5 Apr) B D

- Am: Professional visit to a local GP.
- Pm: Explore Jeonju Hanok Village, which contains over 800 traditional houses, and see Jeondong Cathedral, the oldest Western style structure in Jeollado. Walk up to Omokdae, a hillside pavilion that offers panoramic views. Across the footbridge from the pavilion is another village within the city: Jaman Art Village. This ‘moon village’ – a euphemistic term for hillside shantytowns that sprung up after the Korean War – has been given new life with colourful murals and sculptures.
- Eve: Enjoy Jeonju’s signature meal, bibimbap.

Day 10: Jeonju / Andong (Thur, 6 Apr) B D

- Am: Travel to Andong and visit a community health clinic.
- Eve: Walk along the Woryeonggyo Bridge, the longest wooden bridge in Korea, under full moon. The bridge is famous for its scenic views under moonlight. Eat at a traditional Andong restaurant, serving Andong mackerel.

Day 11: Andong (Fri, 7 Apr) B D

- Am: Visit the beautifully preserved Andong Hahoe village, a UNESCO World Heritage site on the Nakdonggang River. This traditional Joseon dynasty village was established in the 16th century and retains the village Confucian school and folk-art traditions.
- Pm: Continue on to Bongjeongsa Temple, dating

back to the 7th century.

- Eve: Sample Andong Soju, the local firewater, which dates back to the 13th century when Mongol invaders brought arak’s distillation methods to the Andong region. Traditional soju is to this day produced in Andong, and unlike the cheap, ubiquitous green bottles made from diluted ethanol produced from sweet potatoes, this regional specialty is created using a blend of fermented and distilled rice and grains. Enjoy traditional Andong Jjimdak in the evening.

Day 12: Andong / Seoul (Sat, 8 Apr) B D

- Am: Travel back to Seoul.
- Pm: Learn about hanyak, traditional Korean medicine, from a specialist at Yangnyeongsi Hanyak Market, one of the largest herbal medicine markets in the country, where shops spill bags, boxes and buckets of herbs, dried fruits and plants onto the streets. Continue on to Yangnyeongsi Herb Medicine Museum on the grounds of Bojewon, a medical institution for the poor that was in operation during the Joseon dynasty.
- Eve: Enjoy a farewell dinner fit for royalty with Korean Royal Court Cuisine.

Day 13: Seoul (Sun, 9 Apr) B

- Am: Depart for the airport after breakfast.



Cheomseongdae Observatory, Gyeongju



Kaksi, bride's mask, Andong mask dance performance

Introducing South Korea

Known as the land of the morning calm, Korea has over 5000 years of history and culture to discover within its mountainous landscape. Bound by traditional Confucian values while enthusiastically embracing cutting-edge modernity, South Korea is a welcoming and hospitable place to travel to. Balancing the convenience and benefits of a high-tech nation with a respect for tradition, it is also the ideal destination for foodies.

Did you know?

- Koreans consider themselves one-year-old the moment they come out of the womb. South Koreans celebrate their birthdays on the date they were born just like everyone else, but their age won't "change" until the New Year, which is every first of January.
- South Korea is the plastic surgery capital of the world. Plastic surgery is embraced in South Korea and parents even encourage their children to get it before starting university as a graduation gift from high school. The country has the largest usage of plastic surgery, per capita, in the world.
- There are more than 200 types of kimchi in South Korea, all with different tastes, all with high nutritional value thanks to its fermentation process.
- Knowing one's blood type in South Korea is as common as knowing your zodiac sign. The blood type is believed to be an indication of an individual's personality. Hence, some Koreans also look at blood type compatibility when they're dating or looking for a romantic match.





Gamcheon Culture Village, Busan (top); Seolleung Royal Tomb, Seoul; Jeonju Hanok Village; Hanyak, traditional Korean medicine (above)

The cost of the tour per person sharing is US \$4,707

The cost of the tour with a room to yourself is US \$5,491

The cost includes:

- The services of a tour leader (Janice Liverseidge)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- Breakfast daily
- Eight dinners and 3 lunches
- All admission fees
- All professional arrangements
- Services of specialist English speaking national guide throughout
- All transport services, tips and taxes in South Korea

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks with meals except welcome and farewell dinners

All itineraries are subject to change, according to local conditions.



Haeundae, Busan

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Night view of the harbour, Busan (top); Palace Guard, Seoul; Jeonju Bibimbap; Imjingak Park, DMZ (above)



Jon Baines
tours

