



The 6th Asian Regional Conference for Headache

Combined with the Annual Meeting of the Korean Headache Society

Date. Saturday, October 15 ~ Sunday, October 16, 2016

Place. Seoul St. Mary's Hospital, Seoul, Korea

Special Lectures

David Dodick (President of International Headache Society)

Lars Edvinsson (President - elect of International Headache Society)

New Era of Anti-migraine Drugs

- Recent updates on Botox, CGRP antibodies, and 5HT_{1F} agonist

Travel Grant Program

The Travel Grant will be offered to Poster Presenters from abroad.

Please look at the page 13 for details.



대한두통학회
THE KOREAN HEADACHE SOCIETY

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대한두통학회
THE KOREAN HEADACHE SOCIETY

Welcome Address

Welcome Address by Congress Chair of the 6th ARCH

Dear Colleagues and Members of the Asian Regional Conference for Headache, On behalf of the Korean Headache Society, I would like to invite you to attend the 6th Asian Regional Conference for Headache (ARCH), which will be held in Seoul on October 15 to 16, 2016.

It is a great pleasure that I welcome you to Seoul for the 6th ARCH. This congress is returning to Seoul since 2010. It is an great honor for both myself and the entire faculty of the Korean Headache Society(KHS) to be hosting this event again. The Korean Headache Society, founded in 1998, has developed rapidly in such a short period. The KHS has more than 1,500 members now.

As the capital of Korea, Seoul has risen astonishingly fast from the ashes of the Korean war to become one of East Asia's largest and most dynamic cities, with a growing reputation as a creative powerhouse.

The 6th ARCH 2016 will cover diverse range of headache disorders and include world-renowned speakers. This conference will also provide an opportunity for social networking and relaxation in the after-hours. Cultural reputation and great sightseeing places in Seoul are well known the world over. Please do attend in large numbers and let there be a record attendance.

We look forward to welcoming you to marvellous Seoul for what promises to be a congress to remember.

Best regards,

Byung-Kun Kim, M.D., Ph.D.
Congress Chair of the 6th ARCH



Welcome Address by President of IHS

I would like to welcome everyone to the Asian Regional Conference for Headache and congratulate the organizing committee on developing an innovative educational program. It is my honor to be a member of this distinguished faculty. It is also my privilege, as President, to represent the International Headache Society (IHS). IHS is an international professional organization working with other for the benefit of people affected by headache disorders. The purpose of IHS is to advance headache science, education, and management, and promote headache awareness worldwide. With a population of more than 4.3 billion, Asia accounts for 60% of the world population. There are an estimated 516 million migraine sufferers in Asia. Therefore, IHS therefore places a high priority on assisting our colleagues throughout Asia raise awareness and improve the recognition and care of those who suffer with debilitating headache disorders, ARCH provides IHS with an important opportunity to both advance its mission and inspire physicians and other health care practitioners to pursue a career devoted to advancing the clinical and basic science of headache. This ARCH meeting will increase the overall awareness of headache, improve the knowledge and skills of physicians, and improve access to specialty care amongst patients with headache. It will also provide a unique and valuable opportunity to make new friends, meet new colleagues, and learn from one another.

Warm regards,



David W, Dodick

President, International Headache Society

Welcome Address by Chairman of ARCH

I welcome to the 6th Asian Regional Conference for Headache (ARCH) under the auspices of the International Headache Society (IHS). This conference is planned to pursue our strong commitment to developing clinical practice, research and education of headache disorders in Asia. The Korean Headache Society will hold the 6th ARCH congress from 15-16 October 2016 in Seoul.

Asian Regional Committee for Headache (ARCH) started in 2009 as a subcommittee of the International Headache Society. There are now 11 members of national societies in Asia including Australia, China, India, Japan, Korea, Malaysia, Myanmar, Philippines, Singapore, Taiwan and Thailand. We are expecting new member societies to join this group. Collaboration among Asian national societies for the study of headache is growing rapidly, and the ARCH conference offers first class presentations on research and clinical practice. ARCH will be an excellent learning experience for all participants. Participants will have a great networking opportunity through extensive discussion and informative exchange.

Dr. ByungKun Kim and other Korean headache specialists have established as one of the world top leaders in the study of headache. During the 6th ARCH conference participants will expand their knowledge on headache which is causing a big burden in our world. Join us at the 6th ARCH, and join the International Headache Society.

Fumihiko Sakai, M.D., Ph.D.

Chairman of ARCH



● Conference Information

Council Member & Organizing Committee

President	Byung-Kun Kim
Secretary General	Min Kyung Chu
Vice Secretary General	Pil-Wook Chung
Chair, Scientific Committee	Soo-Jin Cho
Vice Chair, Scientific Committee	Heui-Soo Moon
Scientific Committee	Jung-Wook Park, Kyungmi Oh, Kwang-Yeol Park, Jong Hee Sohn
Treasurers	Jin Young Ahn, Byung-Su Kim

Date October 15(Sat) ~ October 16(Sun), 2016

Important Dates

- Abstract Submission Due September 18, 2016
- Early Registration Due October 3, 2016

Official Language English

Website <http://www.headache.or.kr/ARCH>

Venue Seoul St. Mary's Hospital
Address: 222 Banpo-daero, Seocho-gu, Seoul 06591, Korea
Tel: +82-1588-1511 Website: www.mcseoul.or.kr/global/eng/front



Secretariat of The 6th ARCH

c/o LS Communications
#404 Gangdong Santevill, 1065, Chunhodaero, Gangdong-gu, Seoul 05336, Korea
Tel: +82-2-476-6718 Fax: +82-2-476-6719 E-mail: arch@headache.or.kr

● Program at a Glance

Time \ Venue	Oct 15 (Sat)	Oct 16 (Sun)
	Auditorium (B1F), Main Building, Seoul St. Mary's Hospital	Auditorium (2F), Institute of Biomedical Industry, Seoul St. Mary's Hospital
08:00-09:00	Morning Session 1: Diagnosis of Headache: Pearls and Pitfalls	Morning Session 2: Pathophysiology of Migraine
09:00-09:10	Opening Remark	Symposium 5: Special Headaches
09:10-10:10	Symposium 1: Chronic Daily Headache and Medication Overuse Headache	
10:10-10:40	Coffee Break	
10:40-12:05	Symposium 2: New Era of Anti-Migraine Drugs	Coffee Break
		Symposium 6: Management of Headache
12:05-13:30	Lunch & Poster Presentation	Closing Ceremony
13:30-14:50	Symposium 3: Assessment Tools for Headache	
14:50-15:20	Coffee Break	
15:20-17:00	Symposium 4: Advance in Headache Research / Botox Workshop	
17:00-18:00	Move to The Banquet Venue	
18:00-19:00	Visit Attraction: Namsangol Hanok Village	
19:00-20:30	Banquet	
20:30-21:30	Traditional Performance	

● Travel Grant Program

The Travel Grant will be offered to Poster Presenters from abroad. Please look at the page 13 for details.

Program

Scientific Program - Day1

Oct 15, Sat

Morning Session 1		Fumihiko Sakai (Japan)
08:00-09:00	Diagnosis of Headache: Pearls and Pitfalls	David Dodick (USA)
09:00-09:10	Opening Remark	
Chronic Daily Headache and Medication Overuse Headache		Norihiro Suzuki (Japan)
		Soo-Jin Cho (Korea)
09:10-09:30	Risk Factors for Chronification of Migraine	Yasmin binte Idu Jion (Singapore)
09:30-09:50	Central Sensitization in Chronic Headache	Shengyuan Yu (China)
09:50-10:10	Educational Program for Medication Overuse Headache in Australia	Bronwyn Jenkins (Australia)
10:10-10:40	Coffee Break	
New Era of Anti-Migraine Drugs		Sjow Hua Chiang, Charles (Singapore)
		Julia Shahnaz Merican (Malaysia)
10:40-11:10	CGRP and CGRP Receptor Story; from Molecule to Novel Medication	Lars Edvinsson (Sweden)
11:10-11:30	Clinical Trials of CGRP Ab for Episodic and Chronic Migraine	Vladimir Skljarevski (USA)
11:30-11:45	Botulinum Toxin Treatment in Real World: Korean Chronic Migraine Subgroup Analysis of COMPEL Study	Min Kyung Chu (Korea)
11:45-12:05	SAMURAI—Pivotal Phase 3 Clinical Trial of 5HT1F agonist for the acute treatment	David Dodick (USA)
12:05-13:30	Lunch & Poster	
Assessment Tools for Headache		Kon-Hee Lee (Korea)
		Kaung Myat Kyaw (Myanmar)
13:30-13:50	Comorbidity of Migraine	Jong-Ling Fuh (Taiwan)
13:50-14:10	Assessment of Psychiatric Disorders in Migraine	Sung-Pa Park (Korea)
14:10-14:30	QOL Measurement to Bridge the Gap between Doctors and Patients	Yasuo Terayama (Japan)
14:30-14:50	Electronic Headache Diary	Jung-Wook Park (Korea)
14:50-15:20	Coffee Break	
Advance in Headache Research		Somchit Vorachit (Laos)
		Pil-Wook Chung (Korea)
15:20-15:40	Animal Models for Migraine	Anan Srikiatkachorn (Thailand)
15:40-16:00	Are All Types of Migraine Channelopathies?	Wenjing Tang (China)
		Xiaolin Wang (China)
16:00-16:20	HMGB1, an Important Mediator of Multiple CSD-induced Microglial Activation	Mamoru Shibata (Japan)

Oct 15, Sat

16:20-16:40	tDCS Study in Headache Treatment	Wei-Hung Chen (Taiwan)
16:40-17:00	Neurophysiology of Migraine	Jae-Moon Kim (Korea)
BOTOX Workshop		Kwang-Soo Lee (Korea)
		Byung-Su Kim (Korea)
15:20-15:45	Mechanism and Clinical Evidence of Botulinum Toxin for CM	Yen-Feng Wang (Taiwan)
15:45-16:10	Recent Update of BOTOX Protocol for CM	Dong-Jin Chang (Korea)
16:10-16:35	Clinical Implications and Pitfalls of Botulinum Toxin for CM	Yunju Choi (Korea)
16:35-17:00	Discussion and Practice	
18:00-19:00	Visit Namsangol Hanok Village	
19:00-20:30	Banquet (Korea House)	
20:30-21:30	Traditional Performance	

Scientific Program - Day2

Oct 16, Sun

Morning Session 2		Heui-Soo Moon (Korea)
08:00-09:00	Pathophysiology of Migraine	Lars Edvinsson (Sweden)
Special Headaches		Regina Macalintal-Canlas (Philippines)
		Surat Tanprawate (Thailand)
09:00-09:30	RCVS	Shuu-Jiun Wang (Taiwan)
09:30-09:50	Trigeminal Autonomic Cephalgia	Takao Takeshima (Japan)
09:50-10:20	Other Primary Headaches	K. Ravishankar (India)
10:20-10:40	Spontaneous Intracranial Hypotension	Salome Nicdao-Vios (Philippines)
10:40-11:00	Coffee Break	
Management of Headache		Lars Edvinsson (Sweden)
		Byung-Kun Kim (Korea)
11:00-11:40	Neurostimulation for Headache: Current and Future Applications	David Dodick (USA)
11:40-12:00	Special Tips for Management of Intractable Migraine	Chin-Sang Chung (Korea)
12:00-12:20	Setting Up a Headache Service with Limited Resources	Tissa Wijeratne (Australia)
12:20-12:40	Meditation and Headache	Siwaporn Chankrachang (Thailand)
12:40-13:00	Why Headache Treatment Fails?	K. Ravishankar (India)
13:00-13:10	Closing Ceremony	

Moderator & Speaker



David Dodick
IHS President, USA



Lars Edvinsson
Lund University Hospital, Sweden
IHS President-elect



Fumihiko Sakai
Saitama Neuropsychiatric Institute, Japan
Japan ARCH President



Byung-Kun Kim
Seoul Eulji Hospital, Korea
President of The 6th ARCH



Vladimir Skljarevski
Eli Lilly and Company, USA



Bronwyn Jenkins
The Epping Clinic, Australia



Tissa Wijeratne
Western Hospital, Australia



Shengyuan Yu
Chinese PLA General Hospital,
China



Wenjing Tang
Chinese PLA General Hospital,
China



K. Ravishankar
Jaslok and Lilavati Hospitals
Mumbai, India



Norihiro Suzuki
Keio University School of Medicine,
Japan



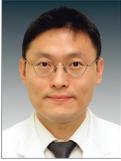
Mamoru Shibata
Mamoru Shibata, Japan



Takao Takeshima
Tominaga Hospital, Japan

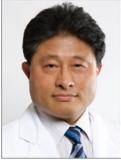


Yasuo Terayama
Iwate Medical University, Japan



Byung-Su Kim

Bundang Jesaeng General Hospital,
Korea



Kon-Hee Lee

Kangnam Sacred Heart Hospital,
Korea



Soo-Jin Cho

Dongtan Sacred Hospital, Korea



Dong-Jin Chang

Allergan Korea, Korea



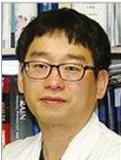
Jung-Wook Park

Uijeongbu St. Mary' Hospital, Korea



Min Kyung Chu

Sacred Heart Hospital, Korea



Yunju Choi

Presbyterian Medical Center, Korea



Heui-Soo Moon

Kangbuk Samsung Hospital, Korea



Pil-Wook Chung

Kangbuk Samsung Hospital, Korea



Chin-Sang Chung

Samsung Soeul Hospital, Korea



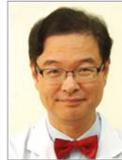
Jae-Moon Kim

Chungnam National University
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Kwang-Soo Lee

Seoul St' Mary's Hospital, Korea



Sung-Pa Park

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Somchit Vorachit

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Salome Nicdao-Vios

University of The Philippines,
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Siow Hua Chiang, Charles

Mt Alvernia and Mt Elizabeth
Hospital, Singapore



Yasmin binte Idu Jion

National Neuroscience Institute,
Singapore



Wei-Hung Chen

Shin Kong International HealthCare
Center, Taiwan



Jong-Ling Fuh

Taipei Veterans General Hospital,
Taiwan



Shuu-Jiun Wang

National Yang-Ming University
School of Medicine / Taipei Veterans
General Hospital, Taiwan



Yen-Feng Wang

Taipei Veterans General Hospital,
Taiwan



Surat Tanprawate

The Northern Neuroscience Center,
Thailand



Siwaporn Chankrachang

Chiang Mai University, Thailand



Anan Srikiatkachorn

Chulalongkorn University, Thailand

● Call for Abstracts

● Category

- Basic reearch
- Primary headache
- Secondary headache
- Epidemiology
- Children and adolescence
- Pathophysiology
- Imaging
- Genetic and biomarkers
- Psychological and behavior

● Presentation Type

Poster Presentation (Oct 15)

● How to Prepare and Submit Abstracts

1. All abstract must be submitted via the conference website ONLY (www.headache.or.kr/ARCH). Abstract sent by fax or e-mail will not be accepted.
2. The content of the abstract is solely the responsibility of the author, and any published articles will not be accepted.
3. In preparation of the abstract, please adopt the following structured format:
[Original Article] Objectives - Methods - Results - Conclusions
[Case Report] Objectives - Case Description - Conclusions
4. The size of the abstract is limited to 300 words including spaces.
5. All abbreviations must be defined the first time they appear before being used as an abbreviation in the text.
6. The title should not contain more than 30 words and must be submitted in English.
* KOREAN should submit your abstract in KHS(www.headache.or.kr)
내국인(한국인)은 대한두통학회 홈페이지에서 초록을 등록하여 주시기 바랍니다.

● Important Dates

- Call for abstracts **May 23, 2016**
- Abstract Submission Due **September 18, 2016**

● Travel Grant Program (Limited to abroad presenters)

The travel grant (400 USD) will be provided for all participants who submit their abstract at this 6th ARCH website and receive an official acceptance to present it at the Poster Session of the conference.

● Registration

● On-line registration

- On-line Registration Start **May 23, 2016**
- On-line Registration Deadline **October 3, 2016**

Registration Fees

* Overseas coutry

	On-line Early Registration (Until October 3, 2016)	On-site Registration
Fulltime participants	50,000 KRW	70,000 KRW
Trainee/Students	10,000 KRW	50,000 KRW
Accompanying person	10,000 KRW	50,000 KRW
Banquet	10,000 KRW	50,000 KRW

* Invited speakers / moderator should register until October 3, 2016(without charge).

* The registration fee is non-refundable.

And the registration of banquet will be made on first-come, first-served basis since we have a limited space and seats. Therefore, early registration is highly recommended.

* Notice for Early Registrant

Please register on-line only and please pay the registration fee in cash or credit card (KRW) directly at the conference venue. Also, we understandably guarantee that you would pay the same fee as the online registration fee, not the on-site fee.

* Korea

	사전등록	현장등록
평생회원	20,000원	30,000원
정회원(연회비 납부)	20,000원	30,000원
정회원(연회비 미납)	40,000원	50,000원
준회원	10,000원	20,000원
비회원	40,000원	50,000원

* 사전등록의 전화 신청, 등록비 환불은 불가합니다.

● Hotel Information & Room Rates

Class	Hotel	Room type	Room Rate
★★★★★	Sheraton Seoul Palace Gangnam Hotel  (http://www.sheratonseoulpalace.com/)	Deluxe Twin	181,500 KRW
		Club Queen	242,000 KRW

* Above quoted rates include SVC & VAT.

★★★★	Ocloud Hotel  (http://www.ocloudhotel.com)	Standard Double	100,000 KRW
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* Above quoted rates include SVC & VAT.

★★★★	Provista Hotel  (http://www.provista.co.kr/index_eng.asp)	Standard Double	132,000 KRW
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* Above quoted rates include SVC & VAT.

● Booking & Payment Conditions

- The room rate are fixed in Korean Won, and rates in US\$ are subject to change according to foreign exchange rates.
- As rooms will be assigned **on a first-come, first-served basis**, early reservation is recommended. Room availability and rates may not be guaranteed.
- Early check-in and late check-out changes will be applied to each hotel's policy.

● How to Reserve

Visit the conference [website http://www.headache.or.kr/ARCH](http://www.headache.or.kr/ARCH) for the hotel reservation.

● Transportation

● Airport ↔ Sheraton Seoul Palace Gangnam Hotel

* Limousine Bus

No.	Type	Fare	How to buy a ticket	Boarding spot	Interval time	Operating time	Bus stop to get off	Duration	Contact
6703	KAL Limousine	16,000 KRW	Credit card - go to KAL Limousine counter in front of Gate 4 on the 1st floor of the airport	4B (east) 11A (west)	40 mins	05:02 ~22:56	The Palace Hotel (Sheraton Seoul Palace Gangnam Hotel)	90 mins	+82-2-2667-0386 www.kallimousine.com
			Cash - use the counter or just pay when you get on the bus						
6020	Limousine	15,000 KRW	Credit card - go to the Limousine ticket office on the 1st floor of the airport. The ticket offices are located inside and outside of the entry place.	5A 11B	20 mins	05:40 ~23:02	Express bus terminal	60 mins	+82-2-557-1343~5 www.seoulbus.co.kr
			Cash - use the counter or just pay when you get on the bus						

● Airport Railroad & Subway

* Airport Railroad (total fare: 4,150 KRW / total duration: 100 mins)

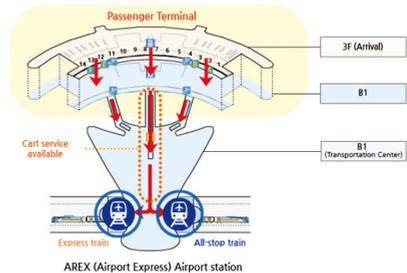
AREX(Airport Express) connects the airport and Seoul city.

You can reach AREX Airport station through Transportation Center on the first basement floor of the airport.

▶ How to get to Sheraton Seoul Palace Gangnam Hotel

In AREX Airport station, take the train to Gimpo Int'l Airport and transfer to the Line 9.

Pass 21 stations and get off at Express Bus Terminal. You can find the hotel outside of Exit 5.



* Taxi

You can take a taxi in a taxi stand of the airport. It is approximately 62km to The Palace Hotel and costs 50,000 KRW. It will take 90 mins.

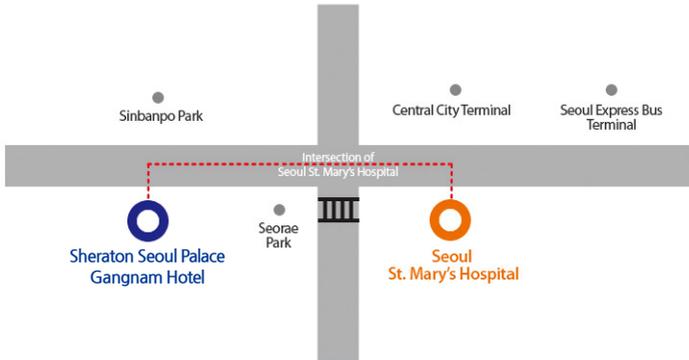
Please keep that in mind it could take longer because of traffic jam. Cash and credit card acceptable.



● **Sheraton Seoul Palace Gangnam Hotel ↔ Seoul St. Mary's Hospital**

It only takes 5 minutes by walk from the hotel to the venue. In the main entrance of the hotel, turn right and go straight along Sapyeong-dearo.

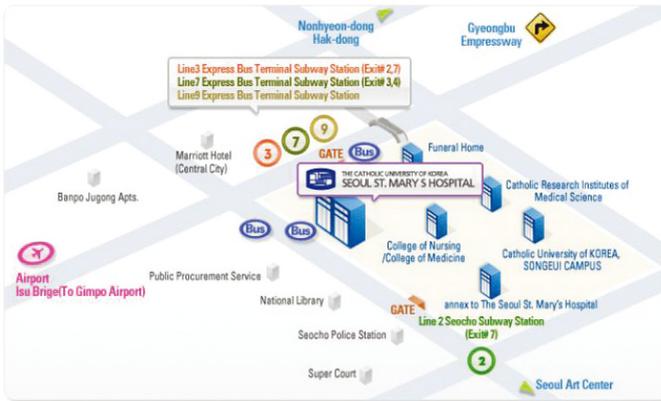
After 150m by walk, cross the street and you can see Seoul St. Mary's Hospital in front.



● **Airport ↔ Seoul St. Mary's Hospital**

Seoul St. Mary's Hospital is conveniently located within minutes by car, subway, bus or on foot from many Seoul's international companies, hotel, and government buildings. The JW Marriott Hotel, the Express Bus Terminal, and subway lines 3 and 7 are a five-minute walk across a pedestrian bridge from the hospital's international Health Care Center, and subway line 2 is a seven-minute walk from the hospital.

The hospital has ample parking space and is a short drive from Banpo Bridge and the Olympic Expressway.



* **Airport**

Airline passengers can take the airport shuttle bus (airport limousine) at Incheon International Airport.

Bus Line	Bus Stop No.	Via
Garak Market (No.609)	5A, 11B	Gangnam Express Bus Terminal
Jamsil (No.600)	6A, 12B	Gangnam Express Bus Terminal
Airport Shuttle Bus bound for Gangnam Express Bus Terminal	4A, 10B	Gangnam Express Bus Terminal (Central City, Marriott Hotel)
Gangnam (past Hotel) bound Airport Shuttle Bus	4B, 11A	The Palace Hotel

● About Korea

The Republic of Korea (herein after Korea) is a country that more than ten million visitors from abroad come to visit every year. With its long history in culture and tradition, the country has a lot to offer to travelers. Please continue reading to learn general information about Korea before visiting.

| Where is Korea?



The Korean peninsula is located in North-East Asia. It is surrounded by the ocean on three sides, making it a unique geographical location. With Seoul as its capital city, the landsite is roughly 1,030 km (612 miles) long and 175 km (105 miles) wide at its narrowest point. Korea's total land area is 100,033 square km, neighboring Japan to the east, China to the west, and sharing a northern border with Democratic People's Republic of Korea (North Korea).

- National Flag

Taegeukgi: Its design symbolizes the principles of the yin and yang in oriental philosophy. The circle in the center is divided into two equal parts, where the upper red responds to the active cosmic forces of the yang; conversely, the lower blue section represents the passive cosmic forces of the yin.



The flag's background is white, representing Korean's desire for peace and purity. The circle is surrounded by four trigrams, one in each corner, characterizing continual movement, balance and harmony. Each trigram symbolizes one of the four universal elements (heaven, earth, fire, and water).

- National Flower

Mugunghwa: The national flower of Korea is mugunghwa, or rose of Sharon, which comes into bloom from July to October every year. Profusions of the blossom gracefully decorate the entire nation during that time, providing a view which has been loved by all Korean for many years. It is also favorite plant of the people as 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

Aegukga: Aegukga literally means 'a song expressing one's love towards their country' in Korean, and that was the exact reason this anthem came to be born. Since its creation, the song has undergone several versions of transition; however, it remained focused on praising the sense of loyalty to the country. Maestro Ahn Eak-tai (1905-1965) is credited with having made the present form of the song in 1935, which was then adopted by the Korean Government (1948) officially as the national anthem and began to be used at all schools and official

| Population of Korea

According to the Ministry of Government Administration and Home Affairs, as of July 2015, the total population of Korea is 51,448,183, ranking 26th globally by country. Out of the total population, roughly 20% live in Seoul, the capital city of Korea. Other large and economically advanced cities such as Busan, Incheon, Daegu, Daejeon, Gwangju and Ulsan have higher population densities than other cities in Korea.



● About Seoul

Like the rest of Korea, Seoul has four distinct seasons, which means the landscape changes considerably throughout the year. This unique climate is deeply embedded within Korea's cultural fabric.

Spring in Seoul

Seoul's average temperature is 12.5degrees Celsius, and spring begins around March, when the entire city bursts into flowers. Many Seoulites enjoy strolling around Yeouido or other green spaces throughout the city that are filled with a dizzying display of cherry blossoms, forsythias, azaleas, and magnolias. This is the season when the temperature drops sharply after nightfall.



Those planning to visit Seoul at this time must remember to pack suitable clothing. A pair of sunglasses and a mask to keep you from inhaling the yellow dust that is carried over from China during the spring are essential. The atmosphere can be extremely dry, so take extra care if you have sensitive skin or a sore throat.

Summer in Seoul

Seoul's long, hot, and humid summer is only interrupted by sporadic monsoon rains in June and July. If you find Seoul somewhat quiet during this period, that's because many Koreans go on vacation at this time of year. You will also find people gathered around the water fountain in front of Gwanghwamun Square or under a bridge along the Hangang (River). Banpodaegyo (Bridge) is a popular spot that offers a fantastic view of the city.



Fall in Seoul

Seoul's pleasant autumn season lasts from September to November. Seoul is filled with bright autumnal colors at this time of year. It is the harvest season, which is celebrated by showing thanks to the ancestral deities and spirits. It is also the season in which people prepare for the imminent winter. This period is also when Hi! Seoul Festival, one of Seoul'



s major festivals, is held, offering interesting events and activities not only during the day but also at night with the nighttime opening of Changgyeonggung and Gyeongbokgung Palaces, and the Seoul Lantern Festival which illuminates the streets at night.

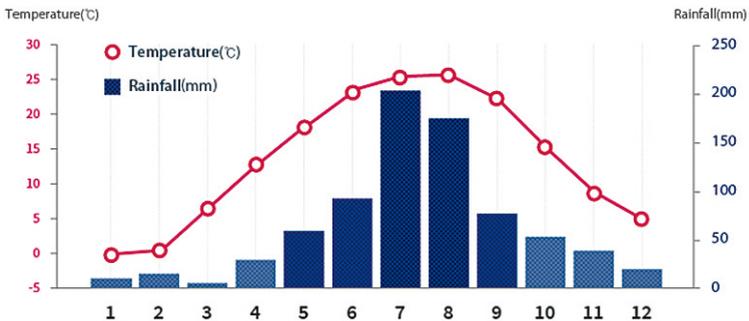
Winter in Seoul

Due to the strong influence of icy air from the North, winter is quite cold in Seoul. This is when public areas all over Seoul open skating rinks. The days become markedly shorter, and you will see Seoulites busily going about their business wrapped up against the cold under myriad flashy neon lights.



Seoul's average temperature and rainfall by month (unit °C,mm)

Month	1	2	3	4	5	6	7	8	9	10	11	12	Year
Temperature	-0.9	1.0	6.3	13.3	18.9	23.6	25.8	26.3	22.4	15.5	8.9	5.0	13.8
Rainfall	13.0	16.2	7.2	31.0	63.0	98.1	207.9	172.8	88.1	52.2	41.5	17.9	808



● General Information

Climate

Korea's climate is regarded as a continental climate from a temperate standpoint and a monsoonal climate from a precipitation standpoint. The climate of Korea is characterized by four distinct seasons: spring, summer, fall, and winter. The average temperature during the conference is between 8°C and 19°C which will be perfectly pleasant and comfortable.



Food

Eating out is one of the great pleasures of visiting Korea, a country famous for its diverse native dishes. Korean cuisine is nutritious, well balanced and low in calories as it involves a wide variety of vegetables and fermented foods. Bulgogi (Marinated, barbecued beef) and Bibimbap (Boiled rice mixed with vegetables) are the most famous.



Money & Currency

The unit of Korean currency is the Won (₩). Coin denominations are ₩10, ₩50, ₩100 and ₩500. Banknotes are ₩1,000, ₩5,000, ₩10,000 and ₩50,000. The exchange rate is approximately USD 1 to KRW 1,170 as of July 21, 2015.

- Currency exchange: Foreign banknotes and traveler's check can be exchanged at foreign exchange banks and other authorized moneychangers.
- Traveler's checks: Accepted, but may be difficult to change in smaller towns. To avoid additional exchange rate charges, travelers are advised to take Traveler's check in US Dollars.
- Banking hours: Monday to Friday 09:00 - 16:00, ATM operating hours 08:00-22:00



Credit Card

Diners Club, Visa, American Express and MasterCard are widely accepted at major hotels, shops and restaurants in the larger cities. Check with your credit card company for details of merchant acceptability and other services which may be available.

Liability and Insurance

The organizing committee will take no liability for personal injuries sustained by, or for loss or damage to property belonging to conference participants, either during or as a result of the conference. It is, therefore, advised that participants arrange their own personal health, accident and travel insurance. Emergency call numbers in Korea are 112 for police and 119 for fire/rescue and hospital service.

Time Zone

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

Telephone Call

A local call costs ₩70 for three minutes. For international call, first dial the international dialing code (001, 002 or 00700), then the country code, followed by the area code, and then the phone number. You can rent a cellular phone at the Incheon International Airport and Gimhae International Airport.

1330 Korea Travel Phone

Korea Travel Phone 1330, operated by the Korea Tourism Organization, is Korea's leading tourism information hotline, providing a variety of information on travel in Korea to both Korean and foreign tourists.

Business Hour

Government office hours are usually from 9:00am to 6:00pm on weekdays and closed on weekends. Banks are open from 9:00am to 4:00pm on weekdays and closed on Saturday and Sunday. Major stores are open every day from 10:30am to 8:00pm including Sundays

Electricity

The standard electricity supply is 220-volts AC/60 cycles. Most hotels may provide outlet converters for 110 and 220 volts. It is advised to check with the hotel beforehand.

Emergency Calls

International SOS Korea provides a 24-hour emergency service for participants.

- 1339 : For medical emergencies/First aid patient
- 119 : Emergencies for fire / Rescue & Hospital service
- 112 : Police

For more information, please visit: <http://english.visitkorea.or.kr>

Banquet

| Namsangol Hanok Village

Coming out of Exit 3 or 4 of Chungmuro Subway Station, you will see the normal city scenes of large buildings and bustling streets, but you are also right in front of Namsangol Hanok Village. You may find it interesting that this traditional Korean village is located between modern skyscrapers. This village has five restored traditional Korean houses, a pavilion, a pond and a time capsule as well, making it a perfect spot to take a leisure walk.

When you enter from the front gate, you will see the vast valley and Chunugak Pavilion to the left of a small pond. Beside the pond, there is a large open space where performances are usually held. On the other side, you will see five traditional houses. These houses were remodeled after the traditional houses of Joseon Dynasty and belong to those of various social classes, ranking from peasants to aristocrats. The furniture in the houses is situated to help guests understand the daily lives of the past, and the clean, traditional houses, as well as their antique items provide a great photo op.

If you would like to check out some souvenirs, stop by the traditional craftwork exhibit where you can buy small dishes and other items. You can also have some traditional tea and refreshments. On the grounds are traditional games that you may try such as neollttwigi (seesaw jumping), tuho (arrow throwing) and yutnori (traditional board game).

Don't forget to catch the traditional marriage ceremony that takes place during the weekends at Bak Yeong Hyo's Residence. The traditional marriage ceremony is an interesting event for both Koreans and foreigners and many gather to watch. During the winter season (November to February), there are not as many wedding ceremonies as compared to that during spring and fall. Weddings are typically held around 12:00 or 1:00 p.m. and visitors can take pictures with the husband and wife wearing traditional wedding costumes. There is also a time capsule commemorating Seoul's 600 Year Anniversary that was buried in 1994 and is scheduled to be reopened four hundred years later in 2394.



| Korea House

Korea House is located in the center of Korea, in Jung-gu (central district), Seoul, near Chungmuro, the center of the Korean film industry, Namsan traditional Korean House Village and Myeongdong. At Korea House, guests can feel the unique culture of Korea with their five senses in antique and elegant buildings which have received the vital force of Mt. Namsan.



<Traditional Food>

The traditional court cuisine of Korea House is cooked on the basis of the records contained in ancient literature. The foods are cooked by superior chefs at Korea House under the supervision of ‘Han Bok-ryeo’ who has been designated as Important Intangible Cultural Property No. 38 for his expert knowledge about the court cuisine of the Joseon Dynasty).

The representative dishes are *Sinseollo* (also called ‘*Yeolguja tang*’ meaning it makes the mouth happy) which is often put on the dinner table for state guests; *Jeonyuhwa* which can

be shared by friends on happy occasions and *Gujeolpan* which provides delicate tastes from vegetables and meat arranged on a wooden plate and which is divided into 9 compartments. All the dishes are prepared with the most delicious raw materials of the season in a sincere manner by the best chefs in Korea to provide the best taste and flavor and promote the health of diners.

Come to enjoy the unique tastes of Korea by tasting traditional court cuisine in a charming atmosphere.

<Traditional Performance>

Introduction of Performance

- KOREA Sim Cheong

A new venue for traditional Korean performing arts has been created by fusing Korea’s best classical novel ‘The Story of Sim Cheong’ and media art! The art troupe and production team of the Korea Cultural Heritage Foundation, which has devoted itself to the preservation of traditional Korean art performances for the past thirty-six years, is proud to present a new performance.

- “Jump” and “Bibap” creator Choi Cheol-gi meets Korean novel “The Story of Sim Cheong,” a filial daughter, Producer Choi Cheol-gi, who creates global contents from Korean content, has produced a new genre by synthesizing videos, dance, and drawings under the motif of the novel “The Story of Sim Cheong.” As a new global content, “Korea Sim Cheong” is unveiled for both young and old from around the world to enjoy.

- “Sim Cheong, a girl who sacrificed herself to the sea to give her father back his sight, Today, the filial daughter Sim Cheong speaks to you.”

The filial daughter ‘Sim Cheong’ lost her mother when she was a young girl and cared for her blind father ‘Sim Bongsu.’ One day, Sim Cheong was told that she could restore her father’s vision if she offered 300 seok of rice (48,000 kg) to the Buddha. At that very moment, a merchant from Namgyeong was said to be looking for a sacrifice to calm the turbulent sea, so Sim Cheong decided to offer herself up as a sacrifice. After Sim Cheong prayed for her father’s eyes to open, she threw herself into the sea....

For more information, please visit: <http://www.koreahouse.or.kr/eng/>

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