

Would you like to understand the impact of living in two cultures on health ?



Do you want to know how culture is related to family relationships?

Do you want to know how living in dual cultures impact human behaviors?

Are you searching for your ethnic identity?



This seminar will help you to understand...

- Korean culture that is based on Confucianism and collectivism



- American culture that is based on individualism and Judeo-Christian tradition

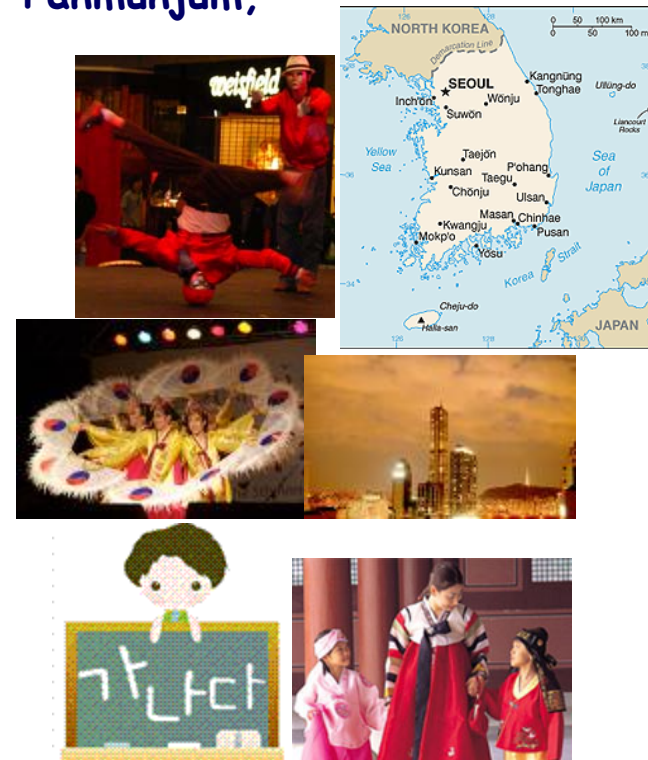


- How to analyze the relation among culture, behaviors, and health
- How to manage stress and improve well-being using Korean meditation and exercise

The seminar includes:
Instruction on Korean language, culture, immigration, social and health behaviors, meditation, and exercise

Bed and breakfast in Seoul, Korea

Field trip to hospitals, old palaces, museums, markets, Korean folk village, Panmunjum,



Program Director

A nursing professor, Eunjung Kim, whose research and expertise concerns the impact of living in dual cultures on Korean immigrant family relationships and health



Friends House

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<http://www.friends-house.com>



Program fee

Program fee \$2,295 includes:

- Online instruction in Summer quarter
- Visit to Korea from Aug 25 to Sep 14
- Special lectures by Korean scholars and families
- Buddy system with a Korean college students
- Korean language instruction
- Cooking traditional Korean dishes
- Instruction on meditation and exercise
- Bed and breakfast
- Field trips

It does not include:

- Airfare
- Transportation to and from the airport
- Lunches and dinners
- Personal expenses
- Expenses for individual travel
- The \$200 IPE fee

Students are expected to have a medical insurance and a current passport

Financial Aid & Scholarships:
<http://ipe.washington.edu>

Eligibility

Any UW students

Korean language proficiency is not required

Korean culture, immigration, and health



University of Washington
Exploration Seminar
Early Fall 2009

5 Credits in
CHID 471, SISEA 490,
NURS 499/599, ANTH 269

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