

TAEKWONDO INTERNATIONAL EXCHANGE CAMP DETAILED ITINERARY

Day 1, SUNDAY – July 14, 2024

- 3pm – 5pm Arrival at ICN (Incheon International Airport)
- 5:30 – 8:30 pm Private ground transportation from ICN to Chosun University dormitory
- 8:30 – 9:30 pm Accommodation check-in / Dinner

Day 2, MONDAY – July 15, 2024

- 7:30 – 8:30am Breakfast & Free Time
- 9:00 – 10:15am Taekwondo Group Activities
- 10:30 – 11:45am Taekwondo Group Activities
- 12:00 – 1:00pm Lunch and Free time
- 1:30 – 2:30pm Theme Training
- 2:45 – 4:00pm Taekwondo Group Activities
- 5:30 – 7:00pm Opening Ceremony & Dinner

Day 3, TUESDAY – July 16, 2024

- 7:30 – 8:30am Breakfast & Free Time
- 9:00 – 10:15am Taekwondo Group Activities
- 10:30 – 11:45am Taekwondo Group Activities
- 12:00 – 1:00pm Lunch and Free time
- 1:30 – 2:30pm Theme Training
- 2:45 – 4:00pm Taekwondo Group Activities
- 4:15 – 5:30pm Taekwondo Group Activities
- 6:00 – 7:30pm Dinner and Free Time
- 8:00 – 9:00pm Taekwondo Free Time

Day 4, WEDNESDAY – July 17, 2024

- 7:30 – 8:30am Breakfast & Free Time
- 9:00 – 10:15am Taekwondo Group Activities
- 10:30 – 11:45am Taekwondo Group Activities
- 12:00 – 1:00pm Lunch and Free time
- 1:30 – 2:30pm Theme Training
- 2:45 – 4:00pm Taekwondo Group Activities
- 4:15 – 5:30pm Taekwondo Group Activities
- 6:00 – 7:30pm Dinner and Free Time
- 8:00 – 9:00pm Taekwondo Free Time

Day 5, THURSDAY – July 18, 2024

- 7:30 – 8:30am Breakfast & Free Time
- 9:00 – 10:15am Taekwondo Group Activities
- 10:30 – 11:45am Taekwondo Group Activities
- 12:00 – 1:00pm Lunch and Free time
- 1:30 – 2:30pm Theme Training
- 2:45 – 4:00pm Taekwondo Group Activities
- 4:15 – 5:30pm Taekwondo Group Activities
- 6:00 – 7:30pm Dinner and Free Time
- 8:00 – 9:00pm Taekwondo Free Time

Day 6, FRIDAY – July 19, 2024

7:30 – 8:30am Breakfast
9:30 – 6:00pm All Day Tour – Water Theme Park and Sightseeing Tour
Admission and Lunch & Dinner Provided.

Day 7, SATURDAY – July 20, 2024

7:30 – 8:30am Breakfast
9:00 – All Day Gwangju Open Int'l Taekwondo Championships (Optional)
Closing Ceremony
Tournament Admission and Lunch & Dinner Provided.

Day 8, SUNDAY – July 21, 2024

7:30 – 8:30am Breakfast
9:00 – 9:30am Chosun University Checkout
10:00am Private Ground Transportation from Chosun University to ICN (Incheon International Airport)

All itineraries are subject to changes without prior notice.

OPTIONAL EXCURSIONS FOR NON-TAEKWONDO PARTICIPANTS

*Private Ground Transportation, Lunch, Admission Ticket & Guide is included in all Excursions.

Day 2, Monday – July 15, 2024

Cost Per Person \$100.00

Bamboo Forest (Juknowon), Metasequia (Garosugil), Small French Meta Province (Damyangseong)
10:00 am – 4:00 pm

Day 3, Tuesday – July 16, 2024

Cost Per Person \$100.00

Gwangju Biennale (Art Fair), Southern Korean Food Museum, Gwangju 5.18 Culture Center
<https://www.gwangjubiennale.org/gb/index.do> <https://bukgu.gwangju.kr/namdofood/>
<https://artsandculture.google.com/partner/asia-culture-center?hl=ko>
10:00 am – 4:00 pm

Day 4, Wednesday – July 17, 2024

Cost Per Person \$100.00

Jeonju Hanok Folk Traditional Village <http://hanok.jeonju.go.kr/>
10:00 am – 4:00 pm

Day 5, Thursday – July 18, 2024

Cost Per Person \$100.00

Nagan Eupseong Folk Village and Boseong Green Tea Field Sightseeing
<https://www.suncheon.go.kr/nagan/>
10:00 am – 4:30 pm

Reservation for Optional Excursions are available at www.USWCtkd.com