

# SOUTH KOREA

STUDY TRIP 2022



**WAGNER**  
& **COMPANY**

46 PAGES  
RCI ASPIRE/u  
December 2022

**FIRST STOP SEOUL.** In the capital Seoul, futuristic buildings rise next to historic temples, discover the latest fashion trends and enjoy the best street food.

**FROM ULSAN TO BUSAN.** A beautiful harbour city close to Ulsan surrounded by heavy and high tech industry. A wonderful mix of labor and leisure.

## Knowledge on Tour

TRAVELING WITH MORE AND  
MORE LUGGAGE

“A journey of a thousand miles begins with a single step”

25 SEPT. / 2 OKT. 2022

### STUDY TRIP IMPRESSIONS

In a world where change is the only constant and the pace of work, life and living increases exponentially, it is wise to slow down and remember what we have achieved and what is yet to come.



## A NOTE FROM THE ORGANIZATION

The trip was prepared substantively by a committee consisting of two experienced company doctors/management consultants: Hans Recourt and Toon Frankenmolen, together with Philip Wagner, professor/entrepreneur. The three of them have prepared a program that has been accredited by the Accreditation Office for Social Medicine for 24 points. We are happy to offer the program.



### NEL UFKES

Manager of the Advisory & Development Practice of Wagner & Company. Nel supports the organization of the study trip and is the point of contact for questions about practical matters.



### PHILIP WAGNER

Professor of Global Economy & Governance at ICUC/Managing Director of Wagner & Company, has been guiding trips to various destinations for decades. He provides the correct interpretation of the situations on the spot and links this interpretation to the consequences for companies and organizations in the Western European tradition.

## CITIES



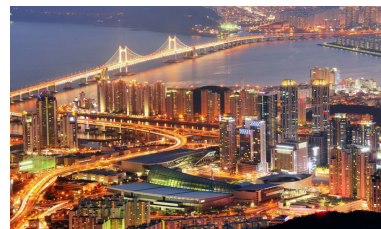
### SEOUL

Seoul is the world's 16th largest city, and forms the heart of the Seoul Capital Area, which includes the surrounding Incheon metropolis and Gyeonggi province.



### ULSAN

Famed for its arresting rocky cliffs and long stretches of sandy beaches. It is home to the world's largest automobile manufacturing plant.



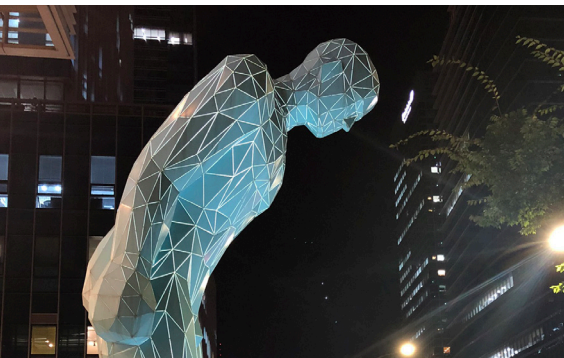
### BUSAN

Busan is known as the "Miami of South Korea". Thousands of tourists travel to this city to enjoy its wonderful waters and relax with all the nature that surrounds the landscape.



# THE STUDY TRIP CONTENT

South Korea is a wonderful learning context for a Knowledge on Tour | Study trip. The travel plan that follows from the theme outlined above is set up along the following geographical lines: We travel from south to north. From Seoul to Ulsan and from Ulsan to Busan. There are both theoretical insights from lectures and 'real life experiences from experiences 'on the street and 'behind the wallpaper'. We are literally and figuratively guests. We go to universities and research centers, companies and treatment centers. The urban environment and the countryside. We learn from the cases, the content, reflection on each other and on ourselves. Based on the motto: 'Travelling with more and more luggage'.



25/09/2022

Welcome, introduction of participants and program layout, dinner

26/09/2022

Visit Dutch Embassy and Gachon University College of Medicine

27/09/2022

Visit Beauty healing clinic K-Medi Center. Presentation H. Recourt

28/09/2022

Visit DMZ border North Korea. Presentation P. Wagner

29/09/2022

Ulsan: Visit Korea Occupational Safety and Health Agency

30/09/2022

Visit Hyundai Motors. Medical care and production facilities

01/10/2022

Visit Gyeongju Nature and Royal Tombs. Learning outcomes and Eva.

02/10/2022

End of Study trip. We say goodbye to each other



I hope you enjoy this impression book of the study trip South Korea 2022. We have learned much, seen much and got to know each other better. It is always great to travel with inspiring and creative people in broadening perspectives and deepening relations. I hope this book will be a great memory but also a reminder that there is yet so much to see and to do. Keep traveling, keep learning! Regards. Ricardo

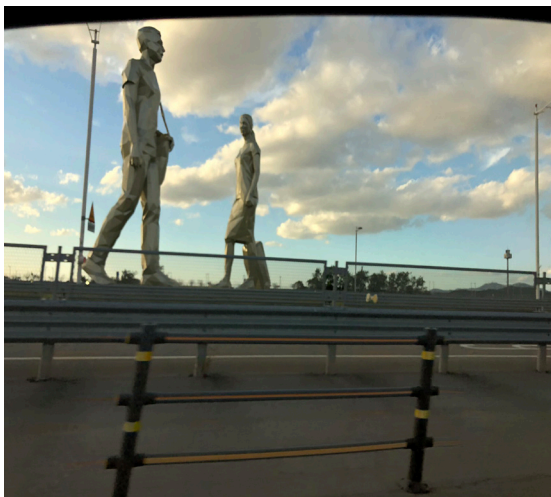




# DAY 1. WELCOME AND INTRODUCTION



Welcome, introduction of candidates and program explanation at Lotte City Myeongdong Seoul.



Throughout Seoul the landscape is fascinating and inviting. Art with special messages rise next to highways making the journey wick mostly takes place going from traffic jam to traffic jam a journey of culture and appreciation.

This is the speed in which South Korea is growing and being a super power fueling much of the Western needs and desires.

Sure it is a business country but the experience tells that South Korea is definitely also a holiday country.

I would say go and discover! You will be surprised

THE IDEA... L  
SEOUL AND I  
FUTURE DEV





Whether it's because of the movie *Parasite* that conquered Oscars, the Korean Kia that is currently the best-selling car brand in the Netherlands, the explosion of interest in K-pop, cooking fanatics who go crazy over bibimbap or the incredible hype around K beauty products: South Korea is hot.

In the capital Seoul, futuristic buildings rise next to historic temples, discover the latest fashion trends and enjoy the best street food.

South Korea is a leading country in the world in the heavy and high-tech industry. But there are also other phenomena that do not initially get all the attention. To name two: the enormous (work) pressure that (especially) young people experience, leading to hundreds of thousands of young people who move each year from the big city to the countryside in search of a different life.

The rapid aging of the population is putting considerable pressure on the labor market and the healthcare system.

Dinner at restaurant Saffron  
Lotte City Hotel



LET'S MEET IN  
DISCUSS  
ELOPMENTS



# DAY 1. SIGHT SEEING CITY SEOUL



"Experience the best of both worlds in Seoul - a modern city with a rich history and cultural traditions. From towering skyscrapers to ancient temples, this city has it all!"  
#Seoul #modernity #traditions





# NOT ALL THOSE WHO WANDER ARE LOST...



Seoul is a vibrant and dynamic city that is full of energy and excitement. When you stroll through the city, you'll likely encounter a mix of modern and traditional elements. Here are some things that are typical of the city:

**Skyscrapers:** As the capital of South Korea, Seoul is home to many modern skyscrapers that dominate the skyline. These buildings house businesses, offices, and apartments.

**Shopping districts:** Seoul is known for its shopping districts, which are filled with shops, markets, and stalls selling a wide variety of goods, from clothing and accessories to electronics and gadgets.

**Street food:** Strolling through the city, you'll likely encounter many street vendors selling delicious Korean street food, such as tteokbokki (spicy rice cakes), gimbap (rice rolls), and odeng (fishcake skewers).

**Historical sites:** Despite its modernity, Seoul is also home to many historical sites, including ancient palaces, temples, and fortresses. These sites are a testament to the city's rich history and cultural traditions.

**Parks and green spaces:** The city is also home to many beautiful parks and green spaces, which are popular with locals and tourists alike for their serene beauty and peaceful atmosphere.

**Cafes and restaurants:** There are also many cafes and restaurants in Seoul that serve a variety of cuisines, from Korean to international. You'll find something to suit every taste and budget.

Discovering seoul city at night





Visit Dutch Embassy and meeting with Peter Wijnhuizen, consul. Introduction of South Korea of 2022 National healthcare and social insurances.





# DAY 2. VISIT DUTCH EM- BASSY



Daily briefing and program overview, updates and preparations.







KimChi is the word of the week  
in sound and in sign.





# BUNCKON VILLAGE

## OLD TOWN AND PALACE



Our guide Un Park explains the origin and the future development of this ancient village.





# BUNCKON VILLAGE



A walking lecture on history, present and future developments of this beautiful old village which by the way is located in the heart of modern high rises.





The best time to plant a tree was  
20 years ago...





# GACHON UNIVERSITY COLLEGE OF MEDICINE



Presentation on Occupational Health in The Netherlands by Prof. Philip Wagner







When you share knowledge you can multiply it.  
Great lectures on how the university dealt with the  
COVID 19 pandemic.



Presentation on Occupational Health in The Netherlands by Dr. Toon Frankenmolen

## Learning before Knowing

The process of acquisition of knowledge or skills through experience, study, or by being taught. What is important for us to distinguish is that this is about the capability of knowledge acquisition—how we do this—and not the knowledge in and of itself.

- The Heart Of Transformation - Michael J. Leckie



# BRIDGE TO SUCCESS



Dinner at Sadan Pubin  
Seoul Club







Good food, good company and great conversations. In the end all is well!

If you obey all the rules,  
you miss all the fun :)

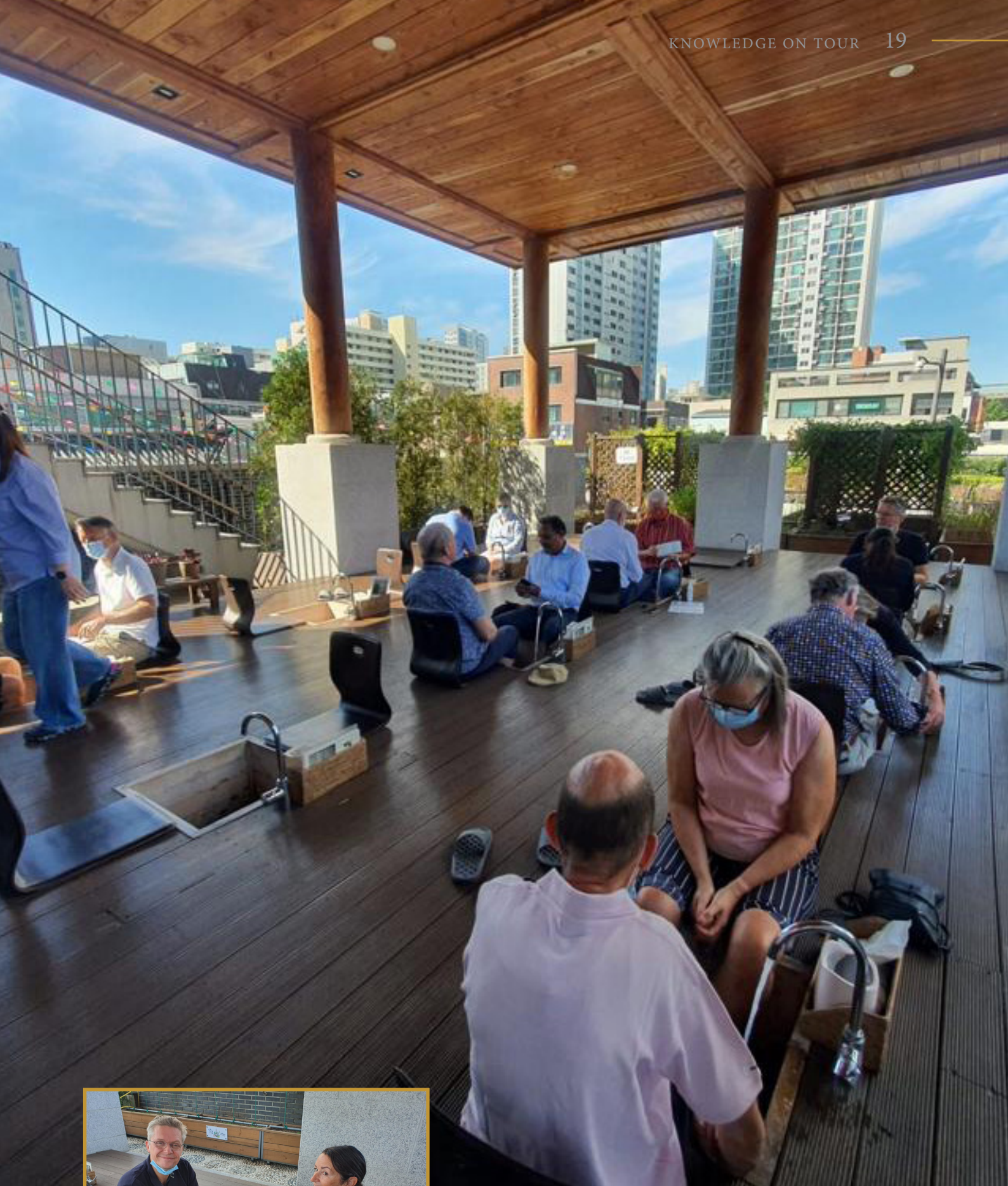




# DAY 3. BEAUTY HEAL- ING CLINIC K- MEDI CENTER







“Find Your Balance: The Importance of Work-Life Harmony and Self-Care”



# DAY 3. BEAUTY HEALING CLINIC



Grounding oneself, also known as “earthing,” is a practice that involves connecting with the Earth’s natural energy and balancing one’s own energy. It is often considered an important morning ritual because it can help to bring a sense of calm and clarity to the start of the day.

There are many ways to ground oneself, including walking barefoot on the grass or sand, spending time in nature, or simply taking a few deep breaths and focusing on the present moment. Some people also find it helpful to do some simple stretching or yoga poses to help ground themselves and start the day off feeling centered and focused.



Incorporating grounding techniques into your morning routine can help you to feel more connected and grounded throughout the day, which can in turn help you to feel more balanced and at peace. It can also help to reduce stress and improve overall well-being. So if you’re looking to start your day off on the right foot, consider incorporating some grounding techniques into your morning ritual.







The moment before the treatment is one of curiosity and excitement





# DAY 4. DMZ PANMUMJON

## Demilitarized Zone (border with North Korea)

The DMZ (Demilitarized Zone) is a strip of land that runs across the Korean Peninsula, separating North and South Korea. It was established in 1953 as part of the armistice that ended the Korean War, and serves as a buffer zone between the two countries. The DMZ is approximately 250 kilometers long and 4 kilometers wide, and is heavily guarded by both North and South Korean military forces.

Within the DMZ, there are several points of interest, including the Joint Security Area (JSA), where talks between the two Koreas have taken place, and the Dorasan Observatory, which offers views of North Korea. The DMZ is also home to a number of wildlife species, including the endangered Korean tiger, which is believed to have re-established a population in the area.

Despite its name, the DMZ is not entirely demilitarized, and tensions between North and South Korea remain high. In recent years, there have been a number of incidents within the DMZ, including exchanges of gunfire and the defection of North Korean soldiers. Despite these tensions, the DMZ remains an important symbol of the ongoing peace process between the two Koreas.

DMZ (Border North Korea)

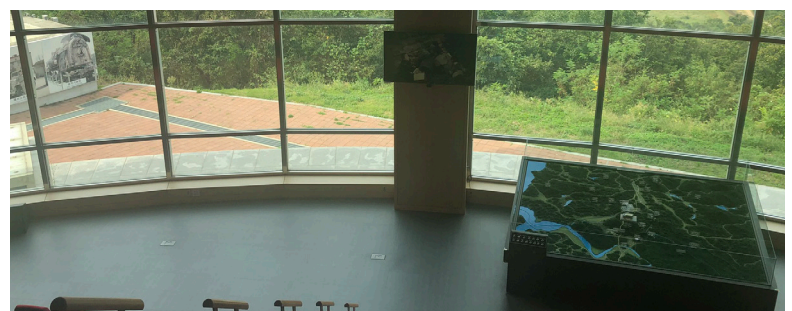






DMZ (Border North Korea)

“Peace is More Than a Dream: It’s a Possibility Within Our Grasp”







We traveled together in style from city to city



Nel making sure no one is left behind :)

Peace and tolerance are two essential qualities that are necessary for a harmonious society. Peace refers to the absence of conflict or turmoil, while tolerance is the ability to respect and accept the beliefs and practices of others, even if they differ from your own. Together, peace and tolerance create a sense of understanding and acceptance among people, which can lead to a more cohesive and compassionate society.





In order to cultivate peace and tolerance, it is important to recognize the inherent value and dignity of every individual. This means acknowledging and respecting the differences that exist among people, and being open to the possibility that others may have different perspectives and viewpoints. It also means being willing to listen and engage in respectful dialogue, rather than resorting to violence or aggression when faced with disagreement.

By embracing peace and tolerance, we can create a more peaceful and harmonious world for ourselves and future generations. This can involve working to address the root causes of conflict and promoting understanding and cooperation among different groups. It can also involve taking a stand against hate and bigotry, and working to create a more inclusive and accepting society. Ultimately, peace and tolerance are essential for creating a better world for all of us to live in. So, we should always try to be peaceful and tolerant in our lives.





## Local Food and Drinks

“Experience the Timeless Beauty of South Korea’s Old Villages”





# Success is a symptom of happiness



Traditional art and dancing performed by the local dance group





Presentation WellBe by Dr. Toon Buskermolen at Kosha

# Knowledge Sharing

Knowledge sharing across borders is essential for the advancement of occupational health and care. By sharing research and best practices, professionals in the field can learn from one another and improve their ability to protect and care for workers. This can have a significant impact on the overall health and well-being of workers around the world.

One of the major benefits of knowledge sharing across borders is that it allows professionals to learn from a diverse range of experiences and perspectives. For example, a worker in a developing country may face different challenges and hazards than a worker in a developed country, and by sharing their knowledge and experiences, professionals in different parts of the world can learn from one another and find solutions to common problems.

In addition, knowledge sharing across borders can help to identify and address global trends and issues in occupational health and care. By sharing data and research findings, professionals can work together to identify and address common challenges, such as emerging health threats or the impact of new technologies on worker health.

Overall, the importance of knowledge sharing across borders for occupational health and care cannot be overstated. By sharing research, experiences, and best practices, professionals around the world can work together to improve the health and well-being of workers everywhere.



# DAY 5. VISIT KOSHA ULSAN



Korea Occupational Safety and Health Agency (Kosha)







Presentation WellBe by Prof. Philip Wagner at Kosha

## The Dutch Approach

The Dutch approach refers to the approach taken by the Netherlands in addressing a particular issue or problem. The Dutch are known for their innovative and pragmatic approach to problem-solving, and their approach is often characterized by a focus on finding practical and effective solutions to problems.

One example of the Dutch approach is the country's approach to water management. The Netherlands is a low-lying country that is prone to flooding, and the Dutch have developed a number of innovative solutions to address this challenge. These solutions include a system of dikes and levees to protect against flooding, as well as the use of "room for the river" policies, which involve allowing floodplains to flood in order to protect against more severe flooding elsewhere.

Other examples of the Dutch approach include the country's approach to transportation and urban planning. The Dutch are known for their extensive network of bike lanes and their focus on sustainable transportation options, as well as their approach to urban design, which emphasizes walkability and mixed-use development.

Overall, the Dutch approach is characterized by a focus on practical, evidence-based solutions to problems, and a willingness to think outside the box in order to find creative and effective solutions.



# DAY 5. VISIT KOSHA ULSAN



Korea Occupational Safety and Health Agency (Kosha)





# DAY 6. VISIT HYUNDAI MOTORS



HYUNDAI SHOWROOM





The future is likely  
to be stranger  
and unpredictable than  
we imagine

- James J. Hughes-





# “Achieving Harmony and Balance: The Key to a Fulfilling Life”



Harmony and balance are two qualities that are essential for a healthy and fulfilling life. Harmony refers to a sense of unity and cooperation among different parts or elements, while balance refers to the state of having all parts in proper proportion or alignment. Together, harmony and balance create a sense of stability and equilibrium that is essential for personal and social well-being.

In order to achieve harmony and balance, it is important to recognize the interconnectedness of all things and to strive for a sense of unity among different parts of our lives. This can involve finding balance between work and leisure, between our personal and professional responsibilities, and between our own needs and the needs of others.

It is also important to recognize the value of diversity and to embrace differences rather than trying to suppress them. By creating a sense of harmony and balance within ourselves and our relationships with others, we can create a more peaceful and harmonious world for ourselves and future generations.

In short, harmony and balance are essential for creating a sense of well-being and fulfillment in life. By striving for these qualities we can create a more harmonious and balanced world for ourselves and others.



# Mastering Success Through the Power of a Master Mind Circle

Food and eating together have the ability to create a strong bond and connect people in a special way. Sharing a meal with others allows us to come together and share a common experience, which can foster a sense of community and belonging.

Eating together also allows us to share our culture and traditions with others. Different cultures have their own unique foods and eating customs, and by sharing these with others, we can learn about and appreciate different ways of life. This can help to create a sense of understanding and respect among people from different backgrounds.

Food can also be a source of comfort and nurturing, and sharing a meal with others can create a sense of warmth and care. Whether it's a home-cooked meal shared with family and friends or a meal enjoyed with coworkers or strangers, food has the power to bring people together and create meaningful connections.

Overall, food and eating together have the ability to create a strong bond and connect people in a special way. Whether it's through sharing a common experience, appreciating different cultures, or providing comfort and nurturing, food has the power to bring people together and create meaningful connections.





# “SAVOR THE EXPERIENCE OF DINING ON THE WATER: A UNIQUE AND MEMORABLE CULINARY ADVENTURE”

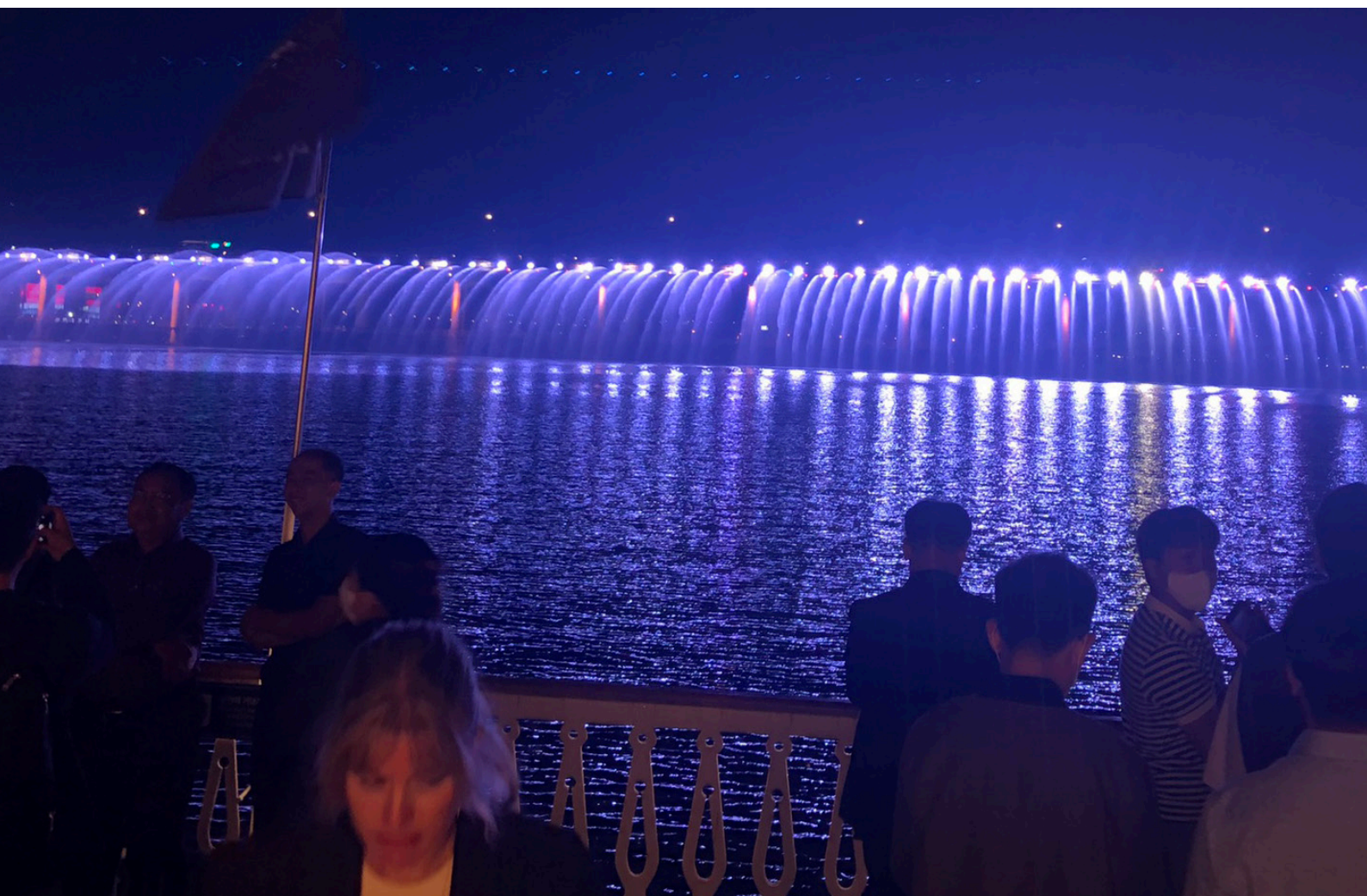
Dining while cruising the Han River







Eland Cruise for a lovely dinner on the Han River





# DAY 7. GYEONGJU NATURE AND ROYAL TOMBS

Gyeongju is a city in South Korea known for its natural beauty and rich cultural history. The city is home to a number of beautiful nature spots, including Bulguksa Temple, Seokguram Grotto, and Anapji Pond. These sites are popular tourist attractions and are known for their stunning natural surroundings and cultural significance.

Gyeongju is also home to a number of royal tombs, which are burial sites for members of the Silla Dynasty, a Korean kingdom that ruled from the 7th to the 10th centuries. These tombs are an important part of Gyeongju's cultural heritage and are known for their unique architectural styles and artistic features. Some of the most famous royal tombs in Gyeongju include Cheonmachong Tomb, Hwangnamdaechong Tomb, and Daereungwon Tomb Complex.

Overall, Gyeongju is a city with a rich history and stunning natural beauty, and its nature and royal tombs are an important part of its cultural heritage.

The Kimchie Gang







To transcend to higher dimensions one has to put  
some effort and work in it

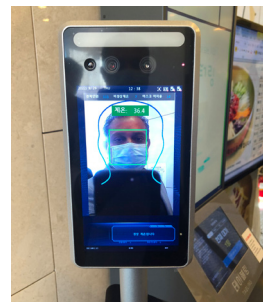




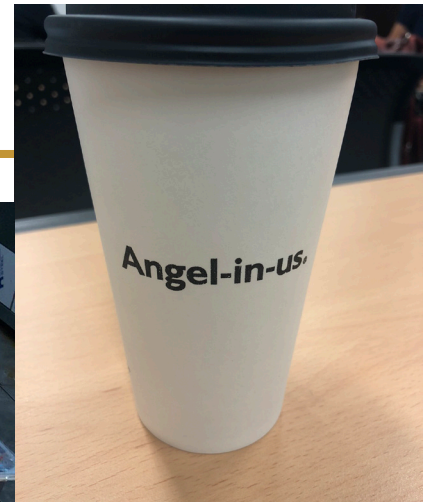
# LATE NIGHT DRINKS AT THE ROAD SIDE



Sitting on the sidewalks, sipping their drinks, and enjoying the warm breeze of a late summer's night, the study group members laughed and chatted. The street was bustling with people, and the sound of their conversations mixed with the sounds of the city. The air was filled with the delicious smells of the various food stalls and restaurants that lined the streets. As they sat and drank, they felt a sense of camaraderie and joy, grateful for the good company and the beautiful night. The warmth of the evening and the lively atmosphere made for the perfect setting to unwind and enjoy each other's company.







"Experience the vibrant colors and diverse flavors of South Korean cuisine, known for its health benefits and delicious taste"



FOOD AND YOGA GO VERY WELL TOGETHER



# FINAL THOUGHTS AND GRADUATION CEREMONY



As human beings, we are constantly facing transitions and changes in our lives. These transitions can have a significant impact on us, both personally and collectively.

One of the major impacts of transitions is the sense of uncertainty and insecurity that they can bring. When we are facing change, it can be difficult to predict what the future will hold, and this can lead to feelings of anxiety and stress. It is important to remember, however, that change is a natural and necessary part of life, and that it can also bring new opportunities and growth.

Transitions can also have a social and collective impact. When we are facing change as a society or community, it can lead to shifts in power dynamics and relationships, and it can challenge our sense of identity and belonging. It is important to work together and support one another during times of transition in order to navigate these changes and build a stronger, more resilient community.

Overall, the impact of transitions can be challenging, but they are also an integral part of life. By embracing change and working together, we can navigate these transitions and find growth and opportunity along the way.







As we gather here today to celebrate this momentous occasion, it is important to reflect on all that we have accomplished over the past few days.

As we move forward, we will face new challenges and opportunities, and it will be up to us to make the most of them.

So as we leave this place and embark on the next phase of our lives, let us remember to stay true to ourselves and to pursue our passions with determination and perseverance. And let us always strive to make a positive impact on the world around us.



# STUDY TRIP EVALUATION



The beautiful skyline stretched out before us, reaching into the heavens like a beacon of light. The tall buildings, shining in the sunlight, seemed to invite us to explore and discover the wonders of the city.

As we stood and gazed at the skyline, we were mesmerized by its beauty and grandeur. The colors of the buildings, the sparkling windows, and the hustle and bustle of the city below all combined to create a breathtaking view.

It was hard to tear our eyes away from the magnificent sight, and we knew that we would always remember this moment. The skyline was a reminder of the incredible achievements of humanity and the endless possibilities that lay before us.



Skyline Busan Harbour City







When we transit from formal to informal

“Success is not about the destination, it’s about the journey. Travel allows us to see the world, expand our horizons, and grow as individuals.”



## Lessons Learned

Follow up

Respect

K-Study Trip

Discipline

Meaningful

Culture

Opportunities

Collaboration

Contacts

Inspiring

Where next?





# “Farewell and Best Wishes for Your Future Endeavors”



Dear Participants of the International Study Trip to South Korea,

As our time in South Korea comes to an end, we wanted to take a moment to thank you all for your participation in this unique and exciting opportunity. Over the past few days, we have had the chance to explore a new country, learn about its culture and history, and make new friends from around the world. We are grateful for the contributions and insights that each and every one of you brought to the group, and we hope that you have taken away as much from the experience as we have.

We would also like to express our appreciation for the warm hospitality and generous support that we received from our hosts in South Korea. Their kindness and generosity made our trip even more memorable and enjoyable.

As you return home, we hope that you will take with you not only the memories of your time in South Korea, but also a renewed sense of curiosity and excitement about the world around you. Thank you again for joining us on this adventure, and we hope to see you again in the future.

Sincerely,

Ricardo Abdoel

(p.s. the text is written by chatGPT AI)