



Stress Management



Manage yourself and live your life with mindfulness. Our mental and physical health are essential to our lives. However, we are exposed to fast-paced and stressful situations these days. Learn how to restore balance in your life and deal with everyday stress.

The class is lead by Dr. Leo Chung, a sport psychologist and specialized in stress management . He will teach you how to keep your mental and physical health through practical techniques derived from martial arts.

한국 국적 소지자도 본 행사에 참여할 수 있습니다.

Date & time: 14:00-16:00 on Tuesday, Mar 15, 2016

Participation fee: Free!

Preparation: sports wear or comfortable wear

Place: Yeoksam Global Village Center

Reservation: ygv0417@gmail.com or KaKao (@ygv0417) with your name, nationality, mobile phone number

Free Tax Counseling with



역삼세무서
YEOKSAM DISTRICT TAX OFFICE



Do you have any tax issues? Contact us to have private counseling with tax officers. We run this program on the third Tuesday of every month.

Tax counselors from Yeoksam District Tax Office will visit Yeoksam Global Village Center for foreigners who have tax issues. If you have any tax problems, please register for an appointment by email or phone with your basic personal information and preferred time. You can then visit our center at the appointed time and ask questions to tax counselors for free.

Date & time: 09:30-12:00 on 15th March

Participation fee: Free!

Place: Yeoksam Global Village Center

Reservation: ygvc0417@gmail.com or KaKao (@ygvc0417) with your name, nationality, mobile phone number and brief information about your problem

Neobiani & Dallea muchim



YGVC will hold a K-food cooking class 'Neobiani & Dallea muchim'.

-Neobiani is ancient form of Bulgogi. If you have ever seen Korean drama (Daejanggume(대장금)), you must be familiar with Korean royal cuisine, and Neobiani is part of it. It is made from thin slices of sirloin or other prime cuts of beef. Before cooking, the meat is marinated to enhance its flavor and tenderness with a mixture of soy sauce, sugar, sesame oil, garlic, pepper. You can use apply this recipe to make other Korean grilled dishes.

-Dallae(wild chive) in Korea is as described above one of the harbingers of spring, a bom-namul. After the severe cold of winter, when the warm soft breeze starts to blow, a sleepy doziness follows with the wind and we start to lose our appetite.

Dallae is one the ingredients which is considered to help to get back our lost appetite. We will make dallae as muchim (raw salad). You will taste the sweetness and freshness.

Date & Time : March 18th 10:30am-12:30pm,

Place : Exit #2 of Ewha Woman's Unoversity station Line2

(Chungjungwon cooking studio)

Participation fee : 10,000won

Reservation : ygvco417@gmail.com or KaKao (@ygvco417)

with your name, nationality, mobile phone number

Korean Seal Making Class

YGVC will offer you a chance to make Korean stamp at the National Museum.

In Korea, personal seals are called dojang or injang. Most Koreans have personal seals, *they* are used in everyday purpose such as official transactions or documents or artworks. While signing is also accepted, many Koreans think it is more formal to use seals(stamps) on public documents.

The instructor will explain more about Korean seals . And you will use your engraving skills to make the seal. Many expats already enjoyed this class. Now it is time to make yours.



Date & time: 14:00-16:00 on Friday, Mar 18, 2016

Participation fee: 5,000won

Place: National Museum (Exit#2 of Ichon Stn. Line 4)

Reservation: ygv0417@gmail.com or KaKao (@ygv0417) with your name, nationality, mobile phone number

(서울성모병원 자원봉사)
Volunteer at
Seoul St. Mary's hospital

Date & Time : Mar 19th Saturday,
10:00-12:00

Place : Seoul St. Mary's Hospital(서울성모병원)
Exit# 4 of Express Bus terminal stn. Line 3,7,9
(volunteers are meeting 9:40 at Café Angelo, on the 1st
floor of the hospital)

We need 20 volunteers for this program.

What we do
preparing medical kits, cleaning hospital facilities,
and spending time with young patients

(Each volunteers are divided into small groups and do different task
depends on your previous experience of this activity and preference.
If you are late on that day, the task may be changed.)

To join this program, Email (ygvvc0417@gmail.com) with your
name, nationality, gender, previous experience of this program,
mobile phone number.



Perfume Making Class

Have you ever imagined making your own scent? YGVC is very pleased to hold a perfume making class this spring season.

This class is for those who want to find a customized perfume or give a unique present to someone. We are going to make samples with multiple perfumes first and complete 30ml of finished goods. Specialized perfume designers will assist you to make your own fragrance.

This will be a unique, sensual way of putting your personality and imagination into a bottle.



Date & time: 10:00-12:00 on Friday, Mar 25, 2016

Participation fee: 20,000won

Place: Cre-scent (Exit #1 of Yeoksam Stn. Line 2)

Reservation: ygvc0417@gmail.com or KaKao (@ygvc0417) with your name, nationality, mobile phone number