

IFA Incheon, South Korea, March 7-9, 2025

IFA Tournament website - <https://forensicstournament.net/IFA/25>

IFA Website - <https://ifa.edu/>

***Registration, the IFA business meeting, and G.I.F.T.S and Social hour, will be held at University of Utah Asia Campus. Registration is from 5:00-6:00pm, business meeting 6:00-7:30pm, and G.I.F.T.S. and social hour will begin around 7:30pm.**

Helpful tips to get you started:

- You **MUST** apply for a Korea Electronic Travel Authorization on the K-ETA website, at least 72 hours before departure - <https://www.k-eta.go.kr/portal/apply/index.do> **IF you do not hold a US passport**. This requirement varies by the country that issued your passport, so please check requirements before you travel.
- Quickest way to get to Sheraton Grand Incheon (and surrounding area) from Incheon International Airport is by taxi. Also, consider renting a shuttle for larger group - <https://www.rome2rio.com/map/Incheon-Airport-ICN/Sheraton-Grand-Incheon-Hotel#trips>
- Incheon is about 45-60 minutes away from Seoul - <https://www.rome2rio.com/s/Incheon/Seoul>
- S. Korea is known for world-class public transportation. To get around, purchase a T-money transit card for travel – you can buy at local convenience store or subway station - <https://www.t-money.co.kr/ncs/pct/ugd/ReadFrqnGd.dev>
- For getting around local areas in Incheon it is recommended to use Uber or the local equivalent called Kakao T. Hailing a taxi is not a recommended option.
- As an alternative to Google maps it is highly recommended to download and use “Naver Map” while in South Korea.
- English is widely spoken, but it can be generational, with those above 35 often speaking less English. Regardless, it’s always appreciated to learn a few phrases in Korean - <https://www.transparent.com/learn-korean/phrases>

Important Locations:

- **(Tournament Site) University of Utah, Asia Campus: 119 Songdo Moonhwa-ro Yeonsu-gu, Incheon, South Korea**
 - <https://asiacampus.utah.edu/life-in-korea/> (visit this site for more information about the tournament campus!)
- **(Tournament Hotel) Sheraton Grand Incheon: 153 Convensia-Road, Yeonsu-gu, South Korea**
 - <https://www.marriott.com/en-us/hotels/selgi-sheraton-grand-incheon-hotel/overview/> (link to tournament hotel)
 - Friendly reminder, you are welcome to stay at any local hotel and are not limited to the Sheraton, however, this is where the business meeting will take place

1. Activities - (most activities listed below are in or near Seoul, however there are also recommendations for Incheon – see descriptions for more details)

a. Cultural

- i. **Gyeongbokgung Palace:** The National Museum of Korea and the National Folk Museum are located on the grounds of this palace, built six centuries ago by the founder of the Chosun dynasty. (Seoul)
- ii. **Myeongdong Shopping Street:** This busy shopping district is famous for its beauty and skincare products, along with many popular Korean and international fashion brands. Hit the shops early for fewer crowds and stay till late for food and entertainment. The street is lined with food vendors selling Korean street food and there are a number of popular Korean restaurants in the area. You can also catch a traditional performance at one of the many theaters and check out the Myeongdong Cathedral. (Seoul)
- iii. **N Seoul Tower:** Built on a 262 meter peak in Namsan Park, the tower reaches to 480 meters above sea level. When the weather and pollution levels cooperate, visiting the observation tower (370 meters above sea level) allows you to view the entire city and surrounding areas. (Seoul)
- iv. **The War Memorial of Korea:** Poignant exhibits, war memorabilia, art works, and military equipment make this a perfect place to learn about Korea's history of war, most notably with North Korea. Kids will enjoy the display of actual tanks and airplanes. (Seoul)

- v. **Insadong:** Though touristy, this vibrant neighborhood is one of the cultural and artistic hubs of Seoul. Great tea houses, restaurants, street food, galleries and souvenir shops make it a must-see area. (Seoul)
- vi. **National Museum of Korea:** This is the largest and most popular museum in Korea with over 420,000 objects in its collection. It has six permanent exhibition galleries such as Calligraphy and Painting and the Room of Quiet Contemplation. ▶ Admission is free to all permanent exhibitions - Online reservation required for Children's Museum - Separate charges for the special exhibitions Hours: Mon, Tue, Thu, Fri, Sun: 10am-6pm / Wed, Sat: 10am-9pm
- vii. **Korean Cooking Classes:** There are a lot of options! See website for more details -
<https://english.visitkorea.or.kr/svc/contents/contentsView.do?vcontsId=129528&menuSn=367>

b. Tourist

- i. **Triple Street Songdo:** A shopping street where malls intertwine with vibrant cultural spaces (considered a must do by those who have previously visited!). For more information -
<https://english.visitkorea.or.kr/svc/contents/infoHtmlView.do?menuSn=652&vcontsId=194729>
- ii. **China Town:** Great atmosphere, food and plenty to see and learn of Chinese history in Korea. (Incheon)
- iii. **Hyundai Premium Outlet Songdo:** This is a massive shopping area with many factory outlets. (Incheon)
- iv. **Everland:** Korea's largest theme park, There are plenty of thrilling rides here, including Korea's first all-wooden roller coaster which is also one of the fastest in the world. (Seoul)

2. Day Trips

a. Local Area

- i. **Seoul:** Obviously important to take a trip to Seoul during your stay in S. Korea. Seoul is large city with endless things to do and see.

b. Further Out

- i. **Seoraksan National Park:** Seoraksan National Park, in the northeast of Korea, is a stunning national park with plenty on offer for a wide range of visitors. It is listed by South Korean government with UNESCO as a tentative world heritage site.
- ii. **DMZ Zone Tour:** The Korean Demilitarized Zone (DMZ) is a strip of land running across the Korean Peninsula that serves as a buffer zone between North Korea and South Korea. The DMZ is a de facto border barrier and divides the Korean Peninsula approximately in half
- iii. **Ganghwa Island:** Discover South Korea's quaint, rural life on a private visit to Ganghwa Island. Just a short drive from Seoul, the island offers a peaceful retreat from the bustling city streets. Visit an ancient fortress, a Buddhist temple, an Anglican cathedral, and the Peace Observatory where you can see North Korea just a few kilometers away.
- iv. **Seongmo Island:** Take a break from the Seoul city life and head to two of Korea's most famous islands on a small group day tour. Your private guide will pick you up from your hotel, before taking you to Ganghwa Island where you decide if you want to bike, picnic, stroll, or feed the seagulls. Eat your fill at Bomunsa Temple before heading to the UNESCO World Heritage Site of Bugeun-ri Dolmen.

3. Dining Options (in Incheon)

a. Affordable

- i. Hwangheea Kalgusku – Asian, Korean
- ii. Sura – Seafood, Asian
- iii. Sinpo Korean Style Sweet and Sour Chicken – Asian, Korean

b. Moderate

- i. The Jet Lagged Lizard – most popular bar/pub in Incheon
- ii. Grand Café – International Cuisine
- iii. Geohae Jjambbongsunduboo – Asian, Korean
- iv. Pizzeria Napoli – Italian, Pizza
- v. Gonghwachun – Chinese, Asian
- vi. Mamanim – Asian, Korean
- vii. Restaurant 8 – Vegetarian friendly

c. Expensive

- i. La Vista – French, Steakhouse
- ii. Sapporo – Japanese

- iii. West Sea An Clams Square – Japanese, Seafood
- iv. Feast – Seafood, International

(Top Restaurants in Seoul)

- v. Flavors – Seafood, Asian
- vi. Daol Charcoal Grill – Barbecue, Korean
- vii. The Margaux Grill – Steakhouse
- viii. Cleo – Mediterranean, Middle Eastern
- ix. The Griffin Bar – JW Marriot, great views!

4. Health and Wellness

a. Hospitals/Clinics

- a. Incheon St. Mary's Hospital
- b. Inha University Hospital
- c. Nasaret International Hospital

b. Pharmacy (Close to College Campus)

- a. SC Pharmacy
- b. Central Park Pharmacy
- c. Horangipharmacy

c. Mind

- i. **CIMER Spa and Wellness:** This spa is a K-style visitor destination that combines European aesthetics and Korea's uniquely relaxing jjimjilbang culture. This classy healing space is equipped with relaxation facilities that offer special content for every season and various themes.

1. <https://www.p-city.com/front/cimer/overview>

- ii. **Lotus Lantern International Meditation Center:** The Lotus Lantern International Meditation Center, located on Ganghwa-do Island, is supported by low mountain foothills in the rear, while out in front the temple embraces neat, tidy rice fields.

The center was founded in 1997 by Ven. Wonmyeong (1950-2003), a Korean monk who spent years teaching Buddhism abroad, on the 10th anniversary of the founding of the Lotus Lantern International Buddhist Center.

1. https://eng.templestay.com/temple_info.asp?t_id=lotus

d. Body

- i. **Bukhansan National Park:** Popular among hiking enthusiasts, Bukhansan National Park is located just outside the city of Seoul. Embark on the popular and easiest Bukhansanseong Course to Baegundae Peak, which is the park's highest point.
- ii. **GB Gym CrossFit** – a CrossFit gym located within Incheon
 - 1. <https://www.crossfit.com/gym/33023/gb-gym-crossfit>
- iii. **Trini Yoga:** A yoga studio in Incheon offering everything related to Yoga, which is yoga asana practice, singbowl meditation, vegan cooking and food. Outdoor yoga is our top-ranked program.
 - 1. <https://trini.quv.kr/>
- e. **Spirit**
 - i. **Jeondeungsa:** The oldest temple in this historical region ... Jeondeungsa Temple is located on Ganghwa Island, which has been a historically significant place from the time of ancient Joseon (i.e. the birth of the Korean people), until the present day.
 - ii. **Bomunsa Temple:** one of the oldest temples in Korea. High up on a mountain with great views of the island below. Located on Seomyeodo an island off of Gangwha island Great views.
 - iii. **Cheonggyecheon Stream:** Formerly polluted and covered with an elevated road since 2005 this stream has been cleaned up and made into an Art and nature walkway through the heart of Seoul.
 - iv. **Songdo Central Park** (Incheon)
 - v. **Incheon Grand Park** (Incheon)

5. **Local Universities**

- a. **Incheon National University:** The University is located in Songdo International Business District. This is the only state-run national university in S. Korea.
- b. **Incheon Global Campus:** Incheon Global Campus is a national project established by the Korean government and Incheon Metropolitan City, to innovate the education system of Korea and to nurture next generation of global leaders in the fields of education, economics, industry, culture and arts.

With an investment of USD 1 billion, the global campus will host ten of the world's prestigious universities.

- c. **Inha University:** A private research university located in Incheon. Known traditionally for research and education in the engineering and physical sciences.

6. **US Embassy, Seoul**

U.S. Embassy Seoul
Telephone: 02-397-4114
SeoulInfoACS@state.gov
<https://kr.usembassy.gov/services>
State Department – Consular Affairs
Telephone: +1 (888) 407-4747

US Dept. of State – South Korea information

<https://www.state.gov/countries-areas/south-korea/>

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SouthKorea.html>

Bonus Information!

1. **Alpaca World**, located in Hongcheon, Gangwondo (2 hours from Incheon, 1 hour from Seoul) For more information see:
https://www.alpacaworld.co.kr/global/e_alpacaworld.php
2. **Personal Color Analysis:** Also known as a seasonal color analysis, is a personalized consultation that determines your most complementary color palette based on your skin tone, hair color, and eye color. For more information see:
<https://www.klook.com/blog/korea-color-analysis/>



The IFA executive team looks forward to seeing everyone in South Korea very soon!!!