

Services, activ

American Forces Network

The American Forces Network Pacific operates a nationwide network of radio and television stations consisting of AM/FM and FM stereo and VHF/UHF color television.

AFN television is on the air 24 hours a day, featuring news, sports and entertainment programs from the leading American television networks. AFN is linked with the United States via satellite to provide up-to-the-minute news from the Cable News Network, ABC and NBC. Play-by-play coverage of all major sports is telecast on a regular basis. Entertainment shows consist of hit series in prime time each night and late movies. The series however, are one season behind schedule.

Radio broadcasts feature hourly news reports, a variety of music formats to suit any taste, and local weekday morning shows from 5 to 9 a.m. with happenings in and around Korea.

Newspapers

There are two English-language dailies, *The Korea Times* and *The Korea Herald*, which are published daily except Monday. The daily U.S. military newspaper, *Stars and Stripes*, is also available at all military installations.

KORUS Monthly is published by U.S. Forces Korea while the 1st Signal Brigade publishes the *Voice of the ROK* magazine for signal soldiers.

The weekly news magazine, *Korea Newsreview*, published by the International Cultural Society of Korea, provides a summary of major happenings each week in Korea.

Exchanges

Base and post exchanges stock U.S. name brand items as well as merchandise from foreign sources. Camera and stereo equipment are among the bargains. In addition, the Army and Air Force Exchange Service (AAFES) catalog offers bargains from worldwide sources. There are many services available through AAFES, and post and base shopping areas also have arcades, featuring locally produced items.

Military clubs

Every military installation has clubs offering dining facilities, barber shops, recreation machines and entertainment. Duty-free alcoholic beverages are sold through the Class VI stores. All packaged beverages are rationed with the exception of wine.

Medical care

The 18th Medical Command maintains a large hospital and outpatient clinic in Seoul and the Air Force has hospitals at Osan and Kunsan. Military dispensaries are at various other locations throughout Korea for emergency and outpatient care. Dental care is also available.

Customs

The following items can be brought in duty free. Articles in excess of the duty free allowance are subject to customs duty:

- Necessary personal effects such as clothing and toiletry articles.
- 400 cigarettes, 50 cigars, 250 grams of pipe tobacco and 100 grams of other tobacco; the total quantity not to exceed 500 grams.
- Two bottles of alcoholic beverages; not to exceed 1,520 cc, (about 51 fluid ounces).
- Two ounces of perfume.
- Gifts up to the value of W100,000.

An oral declaration normally is enough for hand baggage. However, written declaration is required for all valuables and unaccompanied baggage. The required customs documents are handed out by the airlines during the flight to Korea.

Taxi service

The gray Korean taxis with a blue line use a meter-based on mileage starting at W1,300. For each 400 meters, W100 is added. The drivers often don't speak English, so have the destination written



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down in Hangul (Korean) before departing. From midnight to 4 a.m., a 20 percent surcharge is added. These taxis are not allowed on U.S. military installations.

Call-taxis are black in color and start at W4,000.

AAFES taxis are the only taxi service allowed to operate on post. The cars are black or blue and will respond to on and off-post calls. They are operated as a concession of the exchange system. The drivers speak English, and the fare can be paid in dollars or won.

Postal services

A first-class letter generally travels between the United States and Korea in week through the U.S. Postal Service on the Army installations. All services except COD are available.

There are size and weight restrictions on APO mail. Letters traveling between APOs in the Pacific theater require no postage. Write "MPS" in the corner of the envelope instead of using a stamp.

Electricity

The standard electrical current is 110 volts although voltage regulators may be required since some off-post housing still have 220-volt outlets.

Financial facilities

Complete banking and credit union services are available throughout Korea. The average conversion rate is \$1 to W1,200. Dollars are accepted at many downtown duty-free shops or dollars can be converted to won at a military bank or credit union.

It's illegal to change dollars to Korean currency unless it's done at an approved facility. Once dollars are converted to won

they won't be changed back without written approval from your commander.

Clothing

Spring (March to May): The weather is warm but sometimes windy. Lightweight clothing, light sweaters and jackets are recommended.

Summer (June to August): Hot and humid conditions, but many buildings are air conditioned. Appropriate clothing for this time are short-sleeved shirts and blouses and lightweight slacks and skirts.

Autumn (September to November): This is the best season for traveling and the time for lightweight clothes, sweaters and jackets.

Winter (December to February): Three cold days are usually followed by four mild ones. Topcoats, wool suits, extra warm sweaters or jackets, thermal underwear, scarves and gloves are highly recommended.

Pets

Pets entering the Republic of Korea must have an up-to-date health certificate (less than 10 days old with two copies) and a rabies vaccination certificate (one to 11 months old, two copies) issued at their point of origin. Pets are subject to 10 days quarantine and owners are responsible for the cost of boarding and food during the quarantine. A power of attorney made to Yongsan Pet Care Center will allow them to pick the animal up at Kimpo Airport. A bill of lading or certificate of excess baggage is also required. Attach a feeding schedule, copy of rabies vaccination and health certificate to the pet's cage.



Enjoying your ROK tour

Moving to another country, another culture, job, climate and making new friends all add up to stress and change for those coming to Korea. It's important to recognize the stages and understand why you may not be yourself until you make the adjustment.

What is "Culture Shock"?

- *Things that make up culture.
- *Change is stressful; complete change can be overwhelming.
- *Examples of major life changes.
- *Security of established patterns.
- *Support system: family, close friends.
- *Unfamiliar environment

The "vacation" stage: You are newly arrived; everything is exciting, exotic, interesting; you cannot wait to tell family and friends back home about all the fun you are having. You make plans for trips and shopping tours.

The "denial" stage: You are caught between the positive vacation feelings and the negative feelings stemming from having to face the reality of living here for one or two years. You are still excited but somehow the feelings are forced.

Your initial reaction is an attempt to



deny the negative feelings.

The "anger" stage: Attempts to deny have failed. Now the negative feelings come gushing out. You begin to dwell on the negative aspects of life in Korea.

You feel unsure, anxious about the future and above all, you are mad. You feel like you don't deserve this---you fight!

The "bargain with reality" stage: Anger has subsided; tentative plans to escape the situation are made; you consider going back home.

You plan to spend as much time as possible being active and may think of a separation from your spouse.

The "depression" stage: You realize you can't escape the situation; you are caught between a rock and a hard place. During this stage, one usually experiences the more severe physical and emotional effects of culture shock. Emotionally you feel drained. There is an ab-

sence of feelings and you may become irritable over little things.

Physically you may have feelings of listlessness, sleep too much or too little. Your appetite may increase or decrease markedly. You feel tired all the time and have a sense of helplessness and hopelessness.

You may withdraw socially, increase your drinking to escape, experience marital discord and problems with your children.

Acceptance of reality: The final stage. You've been here for some time; things become more familiar.

You may have helped someone who is in the same dilemma you were in a few months back. You no longer feel sick all the time and are into community activities. You're beginning to regain control. Korea isn't that bad after all.

Learn acceptance skills

- *Get through all of the stages as quickly as possible
- *Recognize that readjustment problems are normal
- *Find post activities to participate in
- *Exercise and participate in sports
- *Increase your social activities. Move toward, not away from, people and new experiences
- *Share problems with friends
- *Use post problem-solving activities
- *Avoid problem thinking
- *Be patient with your children -- they're making their own adjustments



Reasoning behind rationing

The U.S. government is authorized to import items sold in the exchange, commissary and Class Six facilities without paying customs duties on them.

This provision of the SOFA allows U.S. service members to purchase American goods at stateside prices. Along with that provision, is the requirement to control the purchase of these goods. To discourage the flow of U.S. goods into the black market, a rationing system has been established.

To purchase non-rationed items, only an authorized ID card is required.

To purchase rationed items such as alcohol and electronics, a ration control plate is needed.

Each civilian employee and command-sponsored family member over the age of 18 is issued the plate. The plate, which resembles a credit card, is used to record the amount and type of rationed items purchased.

Each active duty member and civil-

ian employee is authorized a monthly quantity limit.

Command-sponsored people with family members are authorized quantity limits based on their command-sponsored status and age. Persons on unaccompanied tours who have non-command sponsored dependents in Korea are limited to purchases for themselves only. They are not authorized increased limits for their non-command sponsored family members.

Shelf limits are placed on selected items by retail facility managers, installation commanders, or J-1 Data Management. These limits specify the number of items or amount which may be

purchased per day.

Nonconsumable items which are not normally purchased more than once per tour per household and typically difficult to maintain in stock (TVs, refrigerators, stereos, etc.) are considered controlled items. Personnel must account for controlled items, purchased before leaving Korea.

Details on the ration control system can be found in USFK

Regulation 60-1 and in USFK J-1 information paper, "The USFK Ration Control System," available from your unit.



Don't let customs' rules confuse you

Caution should be taken to avoid a redline package

The Status of Forces Agreement allows American military members to import personal items into Korea duty free.

However, importing some Korean items into the U.S. may be a problem.

Many items you find in Korea are imitations of the high-status items sold under the copyright and trademark. The counterfeit items might seem good to send back to the states as gifts. It makes mailing large quantities for resale back in the states tempting.

U.S. customs laws and military regulations prohibit both practices, and military regulations prohibit the use of the APO for personal profit.

The USFK customs team, working with military policy authorities at all Republic of Korea

points of entry, makes sure that imported goods do not exceed "reasonable quantities for personal use."

Although SOFA members are authorized to import personal goods free of tariffs and taxes, during their first six months in Korea, there are limits.

USFK Regulation 55-72 stipulates that the amount of imported goods must be of a reasonable quantity and personal use.

Import restrictions

Items that are restricted or prohibited from importing into Korea are: fresh fruits, exotic pets, communist propaganda, pornography, aphrodisiacs, narcotics, flammables, uncut stones, deer horns, explosives and alligator hand bags.

Excessive importation of Chinese

medicines, vitamins, drugs, golf clubs, skis, furs, diamonds, color televisions, video recorders, video cameras, stereo equipment and musical instruments are dealt with severely under Republic of Korea law.

Besides potential prosecution under Korean law, members of the armed forces are also subject to actions under the Uniform Code of Military Justice and military administrative actions such as reduction in grade, court-martial and loss of retirement and other benefits.

Under SOFA agreement, the ROK government can take jurisdiction over any customs violation case it chooses.

The ROK still has the death penalty on its books for unlawful possession and transport of items such as deer horns into Korea.