



Yeongdo-Gu cheers on the bid to host the World Expo Busan 2030!

Promotion of 14 projects in 3 fields

Held publicity and participation events for residents, such as cheering relay, Yeongdo Galmaetgil walk, Huinyeoul busking performance, etc.

From April 2 to 7, when the due diligence team of the Bureau International des Expositions (BIE) visits Busan, various events will be held throughout the city to actively inform the due diligence team of the Busan citizens' willingness and enthusiasm for hosting the World EXPO.

The world EXPO (a Registered Exhibition) is one of the three major international events along with the Olympics and World Cup. In particular, if Busan's bid is successful, Korea will be the 12th country in the world to host the Registered Exhibition and the seventh country in the world to host all three mega-events: the world EXPO, Olympics, and World Cup.

Accordingly, Yeongdo District and related organizations within the jurisdiction are conducting a relay campaign to create a boom-up to bid to host the world EXPO, and are gathering support to host the World EXPO Busan 2030.

11 Dongs in the jurisdiction are making every effort to create a sophisticated and dignified city

image of Busan. Spring Flower Planting works, including large-scale environmental maintenance activities, are being carried out to welcome the due diligence team: eight places including the lower part of the Busan Port Grand Bridge and seven medians, etc.

In addition, world EXPO sculptures were installed and publicity materials were posted to major tourist attractions (Yeongdo Marino Auto Camping Ground, Huinyeoul Culture Village, etc.) and streets in the city so that the due diligence team and residents could develop familiarity with the World EXPO 2030.

In particular, we further heightened the bid-to-host aspirational atmosphere through various festivals and events.

Through various events such as the national singing contest, Yeongdo-Gu at Amir Park on March 25, Guryong Village Festival on April 1, Yeongdo Galmaetgil Walk and Huinyeoul Busking Performance on April 6, etc., the need to host

World EXPO Busan 2030 will be promoted and voluntary participation by residents will be encouraged.

On April 4, around 500 residents of Busan will welcome the BIE due diligence team near the Busan Grand Bridge and Namhang Grand Bridge, and on the 8th, a gala concert will be held at Bongrae Hall of the Yeongdo Culture and Arts Center with a commentary on the successful hosting of the World Expo Busan 2030. You can see the performance of the United Korean Orchestra for free.

Meanwhile, Yeongdo Mayor of Gu said "The hosting of World EXPO Busan 2030 is a national project for future generations that will enhance Korea's national status and secure balanced national development and new growth engines." and requested "I urge all residents to unite their capabilities to inform the 2030 World EXPO due diligence team of Yeongdo and show off the charm of Busan."



Digital Tourist Resident Card Project Selection

Yeongdo District on March 9 was selected for the 'Digital Tourist Resident Card Project' promoted by the Korea Tourism Organization.

The 'Digital Tourist Resident Card Project' aims to build interest and bond in depopulated areas and revitalize the local economy through tourism; it is going to be promoted in 11 regions nationwide, including Yeongdo District.

The 'Digital Tourist Resident Card', an honorary resident registration card, is issued by the 'Daehanminkook Guseokguseok (Every Inch of Korea)' mobile app. It is a system to receive discounts on various travel convenience facilities and experience programs using QR codes such as receiving tickets for tourist attractions in the region, as well as various accommodations, food

and beverages, and experience venues.

Yeongdo District plans to promote the 'Digital Tourist Resident Card Business' in cooperation with the Busan Ulsan branch of the Korea Tourism Organization (Director Park Seongwoong), and start preparing for full-scale operation starting in May.

Yeongdo Mayor of Gu said, "We anticipate that it will be an opportunity for Yeongdo-Gu, a depopulated area designated by the Ministry of Public Administration and Security, to overcome the population decline crisis through the 'Digital Tourist Resident Card Project' and we will do our utmost to make the area more lively by actively attracting tourists such as providing various benefits to tourists visiting Yeongdo, etc."

Special relationship between Yeongdo and Yonsei University

Yonsei University Yeongdo Campus Monument Unveiling Ceremony held at Busan Healthcare High School



A stone monument commemorating the Yonsei University school campus, rooted in Yeongdo during the Korean War, was erected on the site of Busan Healthcare High School, the former campus.

On February 28, the 'Yonsei University Yeongdo Campus Monument Unveiling and planting a Commemorative Tree Planting Ceremony' was held at Busan Healthcare High School. About 150 people attended the event, including a member of the National Assembly Hwang Bo-seung-hee, Yonsei University President Suh Seung-hwan, Yeongdo Mayor of Gu, Cheongma Yu Chi-hwan's bereaved family members, and others.

In particular, the special relationship between Yeongdo and Yonsei University was further enhanced by presenting a commemorative plaque through the story of the

oldest stew restaurant in the city, which was frequented by Yonsei faculty and students during the war.

Yonhee University, the predecessor of Yonsei University, was repeatedly closed due to the outbreak of the Korean War in 1950, and in January 1951, it was forced to evacuate. At the time, although Jeonsi Yeonhap University opened in Busan, Gwangju, Jeonju, Daejeon, Cheongju, Daegu, etc. according to the policy of the Ministry of Education. Yonhee University independently resumed university education in October 1951, in five tent schools on the hill behind Namhang Elementary school.

It has been known that a total of 1239 students attended Yonsei University Yeongdo Campus even during the war.



Wooden buildings of Yonhee University during the Korean War

Artificial intelligence (AI)-based free fundus examination to be conducted starting from April

The Yeongdo-Gu Public Health Center will conduct 「Artificial Intelligence (AI)-based free fundus examination」 starting in April as part of the cardio-cerebrovascular disease prevention and management project. The AI-based fundus examination is an eye disease diagnosis service that can screen and examine the three major blinding diseases (glaucoma, macular degeneration, and diabetic retinopathy); and is a project linked to the Busan City strategic project unit task 「Development of an eye disease diagnosis service platform」.

Starting in April, it will be held every Tuesday and Wednesday from 9:00 am to 6:00 pm. The test will be conducted starting with those subjects to the public health center hypertension/diabetes registration management project and will be expanded into general subjects in the future. The residents of Yeongdo-Gu who wish to be tested can make a reservation by phone with the cardio-cerebrovascular disease manager at the public health center (☎419-4950, 4912) and get a test on the designated date.

AI-based fundus examination equipment can quickly and conveniently take fundus images in around 5 minutes without mydriasis (widening the retina by artificially growing the pupil) and a

glare of light after the shooting, which previously required waiting for more than 30 minutes after instilling medicine for examination. Fundus image reading after shooting is done through an AI artificial intelligence reading program designed by an ophthalmologist.

According to the Yeongdo-Gu community health statistics data 2021, the experience rate of hypertension diagnosis is 22.4% (standardization rate) in Yeongdo-Gu, 17.9% (standardization rate) in Busan, and the experience rate of diabetes diagnosis is 11.5% (standardization rate), and 8.3% (standardization rate) in Busan: the both Yeongdo figures are higher than those of Busan. In particular, as a result of the survey on the importance of public health center promotion tasks for residents of Yeongdo District, the cardio-cerebrovascular disease prevention and management project ranked first with 16.6%, and the need for it is gradually increasing.

An official from the public health center said "It is expected that the three major eye diseases that have no special symptoms at first but can cause blindness can be detected and treated early, and hence the complications caused by these diseases will be prevented."

Yeongdo-Gu Out-Of-School Youth Support Center · comfortable female clinic business agreement signed



On March 10, Yeongdo-Gu out-of-school Youth Support Center (Center Director Park Sook-kyeong) signed a business agreement with a comfortable female clinic (Director Lee Seon-kyeong) in the region to prevent diseases and activate the connection system for out-of-school youth.

The business agreement was signed for early detection and prevention of related diseases through the provision of cervical cancer vaccination services and medical examinations for out-of-school youth who are vulner-

able to health care. Yeongdo-Gu out-of-school Youth Support Center has been providing effective services by establishing systematic health support programs such as health examinations and vaccinations for out-of-school youth who are in the welfare blind spot.

Director Lee Seon-kyeong said, "We signed the agreement to help improve the quality of life of at-risk youth in Yeongdo-Gu through health care tailored to the life cycle of the youth."

Yeongdo-Gu Out-of-school Youth

Support Center help youth prevent diseases and grow healthy by supporting customized services suitable for out-of-school youth such as BMI test, vision and blood tests, chest X-ray, oral examination, etc., part of monthly comprehensive health checkup service. In addition, we support various programs such as educational support programs, self-reliance support programs, job experience, and activity support to help out-of-school youth improve their academic achievement and smoothly enter into society.

“Would you like a cup of coffee?”

Yeongdo-Gu Family Center’s barista intensive course for improving vocational skills of married immigrant women “Would you like a cup of coffee?”, a total of 13 sessions, will be held from April 4 (Tues.) to May 4 (Tues.). Through barista education, which is highly preferred, we want to increase the competency development and participation of married immigrant women, and in particular, we want to help them acquire barista licenses through professional education.

The course particulars are ▲The role of a barista and an introduction to coffee studies, ▲Understanding

coffee machines, ▲Exam preparation practice lessons, ▲In addition to the lessons on theoretical topics to obtain certification, the students will have time to practice what they learn. Furthermore, in the future, through running a cafe and working in a cafe, we want to instill confidence in starting a cafe.

Duxin (China), a user of Yeongdo-Gu Family Center said “I was interested in the easy-to-access barista job. At first, I didn’t know how to study for it but now I have high expectations as the center offers both theoretical and practical lessons.”

Program Schedule and Guide

Date	Schedule
4/4(Tues.) 11:00~13:00	- Project orientation and Self-help meeting
4/4(Tues.) 13:00~15:00	- The role of barista and coffee studies
4/6(Thurs.) 13:00~15:00	- Understanding of coffee machines and related terminology training
4/11(Tues.) 13:00~15:00	- Espresso extraction practice in preparation for the exam
4/13(Thurs.) 13:00~15:00	- Milk steaming practice and pouring (preparation for a certification exam)
4/18(Tues.) 13:00~15:00	- Preparation 10 min practice
4/20(Thurs.) 13:00~15:00	- Preparation 10min, Demonstration 10min, Arrangement 5min practice
4/25(Tues.) 13:00~15:00	- Preparation 10min, Demonstration 10min, Arrangement 5min practice
4/27(Thurs.) 13:00~15:00	- Preparation 10min, Demonstration 10min, Arrangement 5min practice
5/2(Tues.) 13:00~15:00	- Preparation 10min, Demonstration 10min, Arrangement 5min practice
5/4(Thurs.) 13:00~15:00	- Preparation 10min, Demonstration 10min, Arrangement 5min practice

I Am Sam II - Eyelashes

The Yeongdo-Gu Family Center offers “I Am Sam - Eyelashes” education to improve vocational skills for married immigrant women with Yeongdo Gu Hall Lifelong Learning Department to help support independence for married immigrant women from May 8 (Mon.) to June 14 (Wedn.); Any married immi-

grant women can apply for a total of 11 sessions.

Course details are ▲Basic extension techniques (C curl, J curl) learning course ▲ Practice lessons; first, mannequins will be used for practice and then real models will be used for the demonstration.



Group Activities

Activity Topic	Schedule
5/8(Mon.) 11:00~13:00	- Sewing Crafts & Practice
5/10(Wedn.) 11:00~13:00	- Basic extension technique1 (jc curl)
5/15(Mon.) 11:00~13:00	- Basic extension technique1 (c curl)
5/17(Wedn.) 11:00~13:00	- Basic extension technique1 (mannequin)
5/22(Mon.) 11:00~13:00	- Basic extension technique1 (mannequin)
5/24(Wedn.) 11:00~13:00	- Practice (reciprocal)
5/31(Wedn.) 11:00~13:00	- Practice (reciprocal)
6/7(Wedn.) 11:00~13:00	- Practice (model)
6/12(Mon.) 11:00~13:00	- Practice (model)
6/14(Wedn.) 11:00~13:00	- Summary and Q & A
6/14(Wedn.) 13:00~15:00	-1 Self-help meeting

Inquiry Yeongdo-Gu Family Center(☎414-9606-7)

Program reviews

Name

Roseline

Participated program

I Am Sam - sewing crafts

My name is Roselyn from the Philippines. I have been in Korea for over 10 years, but when I first came to Korea, the Korean language was difficult and life in Korea was difficult. Now I am doing well in Korea with my husband, children, and friends. Thanks to my Filipino friends and the center, I seem to have adapted well. I first came

across Yeongdo-Gu Family Center as a place that has Korean language classes; now I sign up for the classes every year. Also, the center has a lot of really fun classes, and every time the teachers remember me and help me with the registrations, so I’m able to take fun classes. The first class of this year was a sewing machine class, but at first, I found out that using the sewing machine was too difficult and hence I was clumsy. At first, I was worried that “Will my hand get hurt by the needle?”. But now I enjoy taking classes and I’m much more comfortable with sewing-machine sewing than hand-needle sewing. Moreover, my first daughter likes the items I made at

sewing crafts classes. And she asks “Mom! Make a doll for me next time!” This boosts my confidence and I desire to do better.

When I first learned sewing crafts, I thought a sewing machine was used to make items that were difficult to sew by hand, but I was really surprised that I could make so many

different items. It was so amazing that the way I sew changed every time I turned the dial. I enjoy sewing and remodeling using leftover fabric at home. But through the sewing crafts classes, I learned how to use a sewing machine and learn about various types of sewing, so now I can make many more things.



Spring's unwelcome guest 'spring fatigue', take care of your health with spring greens!



Metabolic capabilities of the human body, which were inactive during the winter, become active in the spring, and more and more people are complaining of spring fatigue, such as being sleepy or feeling tired often. How about doing regular and moderate exercise according to your physical strength and overcoming spring fatigue with seasonal spring vegetables, a treasure trove of nutrients? I would like to introduce nutritious spring greens that are good for your appetite and health.



01
The mugwort

The mugwort, familiar to us, has long been used as a food ingredient and medicine.

If you read Donguibogam, it is said that it is bitter, spicy, and warm in nature, so it has the effect of strengthening the functions of organs by controlling the bad energy and habits of the five viscera.

It is rich in vitamins and minerals, so it is good for relieving fatigue. Mugwort soup made with soybean paste and shepherd's purse is excellent in taste, aroma, and nutrition, and helps overcome spring fatigue.

The shepherd's Purse, which has a unique fragrant fragrance, is a representative food ingredient of spring and is rich in vitamins A, B1, B2, and C. In addition, it is high in protein and contains a lot of calcium, iron, and phosphorus, which help with blood vessel health.

The shepherd's purse can be eaten raw, but when parboiled in salted water, the bitter taste disappears and tastes better. If you boil it for too long, it will soften and change color and lose its texture so it is better to lightly parboil.

The wild chive, which has a pungent taste and aroma, tastes similar to garlic and contains a component called allicin, which helps improve blood circulation. In addition, the wild chive

grown in early spring helps prevent weakened immunity caused by vitamin A deficiency, dry lips caused by vitamin B1/B2 deficiency, and gum swelling caused by vitamin C deficiency.

It is good for preventing respiratory diseases such as colds and rhinitis and improving insomnia and loss of appetite.

When eating wild chive, it is better to eat it raw rather than parboiled. This way, fewer nutrients are destroyed, so vitamins that are lacking in winter can be appeased with the wild chive.

It has a unique fragrance and is widely available. And it is eaten as wild greens. **The edible shoots of a fatsia**, young shoots of a fatsia tree, have an unusually high content of selenium which is good for anti-aging; 3.85µg per 100g. The selenium content is unusually high for a wild vegetable.

It enhances immunity that has been weakened during the winter, relieves fatigue, and energizes the body because it evenly contains vitamin B, vitamin K, vitamin C, folic acid, and other minerals. And it helps relieve spring fatigue.

The 'saponin', the bitter taste of the edible shoots of a fatsia, is highly effective in increasing vitality, relieving fatigue, and promoting blood circulation.

After lightly parboiling it in water, dip it in vinegared red pepper paste to stimulate your appetite. It can also be fried after cutting it into bite-size pieces.

The water parsley, popular as a healthy vegetable, is characterized by its unique flavor and soft texture.

The water parsley, which is rich in various nutrients, is an excellent detox agent and is effective in



05
The water parsley

discharging heavy metals and various toxins in the body. In particular, it is good for improving liver functions and is effective in relieving hangovers.

Quercetin, a vegetable pigment contained in the water parsley, protects the body from oxidizing agents through its antioxidant action and gives vitality to bodies that become languid in spring.

It is also rich in potassium, calcium, and iron, and contains more vitamin A than cabbage, which improves eyesight and immunity.

The wild aster, an alkaline food rich in vitamin A and potassium, helps excrete salt in the body.

It contains 124mg of calcium per 100g, so it is good for osteoporosis patients and growing children. It is also used as an ingredient for herbal medicine for colds, sore throats, and headaches.

The wild aster contains a lot of oxalic acids, which can bind with the calcium in the body and form gallstones. It is better not to eat it raw, but to parboil it if possible.

However, if soaked for too long, water-soluble nutrients are destroyed, so care is needed. Adding a pinch of salt when parboiling can prevent vitamin C loss.



06
The wild aster



02
The shepherd's purse



04
The edible shoots of a fatsia



03
The wild chive



[Source] Korea Policy Briefing (www.korea.kr)

[Data] Rural Development Administration, National Institute of Horticultural and Herbal Science