

# How to Enjoy Jjim-jil bang

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(Jung-Keun's part begins)

I'll let you know how to reduce your fatigue while traveling in Korea. There are a lot of ways to do that. However, I'm gonna tell you the best way. We call this place "Jjim-jil bang". It is difficult to explain "Jjim-jil" to you because it is a kind of technical term. In short words, "Jjim-jil" is something hot, especially, it is to relieve your stress or disease. "Bang" means a room. In Jjim-jil bang, you can enjoy a lot of things such as Jjim-jil, public bath and so on.

Today, you are going to "Hwang-so Jjim-jil bang". Hwang-so means Bulls. Actually, that doesn't mean a lot. Just the owner named it like this.

If you go to a Jjim-jil bang, you will experience much Korean unique culture. It will sometimes surprise you, so don't be surprised so much. It is located near Saint-Western hotel. You can easily find. It takes just 10minutes to go there on foot.

When you go out entrance of this hotel, you will see Lotte cinema. First, you will see a zebra crossing right in front of you. You need to cross the road and turn left, and then go straight. You will see Crown bakery, Dunkin Donuts, View, seven eleven convenience store. When you reach seven eleven convenience store, you will see Woori bank. "Hwang-so Jjim-jil bang" is next to Woori bank. and then you should find 'Sung seo mega town'. There is 'Hwang-so Jjim-jil bang' in 8th floor. Enter the

building between a mega pharmacy and Woori bank. You should take elevator and get off 8th floor. There is the entrance of 'Hwang-so Jjim-jil bang'.

Are you curious about the reason people visit this place ? Some people come here every weekend. I think, first of all, people can have a nice time with their friends or family. Chat with friends or family until deep in the night. In addition, you can enjoy Jjim-jil bang which relaxes your stiff muscles and relieve your stresses.

You will see a ticket office when you get off the elevator. The price board says that men pay 6,500won at day time, 7,500won at night time and women pay 5,500won at day time, 6,500won at night time. You may think it is kind of discrimination. However, there is no towel, soap, tooth paste and so on in women's place. That's why men's price is higher than women's price. I think it could be kind of discrimination anyway. If you mind this, you may visit Ministry of Gender Equality and Family. Just kidding. Anyway, after paying, you will get a kind of Jjim-jil Bang uniform and a key. And just follow the corridor. Then you will meet an entrance and there are a lot of shoe chests, which means that you need to take off your shoes here. Find your key number and put your shoes in the chest and lock it. I'd like to tell you that your shoe chest key also can be used your cloth locker as well. I mean you can open the your clothe locker with you shoe key. And you will see a front desk. They carry a variety of stuff. You can buy rinse, conditioner and things like that. But they usually sell that kind of stuff expensively. So you'd better buy those stuff outside, not here.

(Jung-Keun's part ends)

(Kyung-Myung's part begins)

Inside, first of all, find you clothe locker, open it and then take your clothe off.

There is a public bath which is pretty big. You can't miss it. Before you enter Jjim jil bang, you should take a shower briefly. Enjoying Jjim jil bang makes you feel refresh. However, what if you are so sticky before you enjoy Jjim-jil bang. Also, it is good manner to take a shower before you enter Jjim-jil bang because Jjim-jil bang is public place. It is not a your own bath room. After finishing a shower, put on the clothe the ticket office worker gave you. And staying in Jjim-jil bang makes you sweat, so you'd better not put on your underwear. If you have a spare underwear, it is up to you. But if you don't have spare one, you'd better not wear it. As I told you, it is bloody hot.

Before entering Jjim-jil bang, you have to know that people who has any heart disease and are pregnant women, high fever patients, drunk people or bleeding people are not allowed to enter here. There can be an accident if you don't follow the warning. It is almost ready to enjoy Jjim-jil bang. Before you enter the Jjim-jil bang, you should wear your key on your ankle or wrist. The key has a plastic bracelet. It is really important to wear the key all the time; otherwise you will lose it or the key will be stolen. Near the public bath, you can find some stairs easily. The Jjim-jil bang is in down stair. Go down stair. How do you feel about Jjim-jim bang ? Is it bigger than you expected? You may think "What the heck is this?" I know you must be surprised. Don't be surprised ! I know there are a lot of people lying on the floor. They look like corpses. They usually fall asleep while watching TV. You'd better adjust to that kind of things as soon as

possible. Right in front of you, there are about 10 massage machines. Massage machines relax your muscles. When you want to use this, insert a 500 won coin. Next to the massage machines, there are four rooms which are Jjim-jil bang. The first one is "San-rim yok bang". The role of "San-rim yok bang" is to help people who have a busy routine and get stressed out relieve their stress and have a good bio rhythm. Generally speaking, Jjim-jil rooms have high temperature. However, this room doesn't have a high one. So you may enjoy staying such a long time and chatting with your friends, making yourself refresh. The second one is "Hwang-to bang". Hwang-to contains a lot of calcium carbonate and carries enough moisture. Also, Hwang-to spouts moisture when humidity is high, which keeps standard humidity. In addition, it may refresh you and help you stay healthy. However, the only thing you may have lots of difficulties with is that "Hwang-to bang" is really hot. It is about 75°C. I don't know whether you can endure that hot temperature or not. But you should know that when you feel dizzy or something like that, you should get out of the room; otherwise you will be in big trouble. Actually, every room has a kind of warning message. But you may not understand Korean. That's why I'm telling you this and I don't want you to be a victim of Jjim-jil bang. Then, the third room is "So-gum bang". So-gum means salt, then you may imagine what kind of room it is. This room speeds up metabolism, which helps you healthy. Also, this room has Na, Ca, Ni, Fe and minerals. Especially, salt is the main mineral and it cleans you blood vessels. This room is about 60°C. Frankly speaking, "So-gum bang" is my favorite room because the temperature is not too hot and this room has a good aroma. It is only my opinion anyway. (Kyung-Myung's part ends)

(Jeong-Hyeon's part begins)

After Jjim-jil, you should wash your body. Go back to your locker and keep your belongings. If you don't have shower stuffs, you could buy those at the front desk which located by the shoes chests. At the bathroom entrance, you should take off your Jjim-jil uniform. Now, enter the bathroom and enjoy the bath. But, you should be careful when you move because the floor of the bathroom is slippery. As soon as you enter there, you can see the shower booth on your left. At there, wash your body with soap, and then you should find a vacant seat. If there is nothing on the shelf, that means nobody is using at the moment. Put your shower stuffs on the shelf and get a plastic washbowl and a chair from the corner. You should clean them with soap and water because those are for public use. Now have a seat and check the shower. It has each button on the upper and lower of the shower instrument. The upper button makes you use the shower head that can move and the lower button makes you fill the washbowl with water. Just push those buttons and it works automatically for some seconds. Let's enjoy the bath. It is similar to spa. There are many kinds of bathtub. Warm water bathtub, hot water bathtub, event bathtub, Hinoki bathtub, waterfall bathtub, and cold bathtub.

The way to use every bathtubs is easy. Just put your body into water. Half body bath is better than full body bath. So, you'd better put only lower part of your body into water.

After bathing, go back to your seat and scrub your body with the bath towel that you bought. For scrubbing put your hand in it and put your hand into water with it. And then rub your body with it smoothly.

You will find something blackish which comes out of your body. Rubbing your body too hard with it may make your skin scarred or tingled. So, you should be careful. If you are so tired or don't know how to use the bath towel, you can meet a bath massager who professionally scrubs others' body in a public bath in Korea. They are in the small booth next to the cold bathtub and you can find them easily because they usually wear underwear in the bathroom. He will not only scrub your body but also give a massage. But you have to pay for that. It costs 15,000won. you can pay that at the front desk in the locker room. Finally, you should take a shower and return the washbowl and chair. At the exit you should dry your body on a towel. And dry your hair with a hair drier at the dressing table. You should pay 100won for that.

(Jeong-Hyeon's part ends)

(Phil-Gang's part begins)

From now, I'm gonna tell you how to use a variety of subsidiary facilities. Near the Jjim-jil bang, there is a small room where there are 4-5 computers. It is the very small internet cafe. Of course, it is working without workers. The way to use the internet here is almost same as massage machines. Put 500won coin in the machine, and then you may use 10 minutes. I don't guarantee that the speed of internet is fast. Normally, the speed of internet is kind of slow in public place like this. But you really want to know some information, then just use and search it. Right next to the small internet cafe, there is a also room. It is a singing room where there are two singing machines. It costs you 500won per a song. Also, you need to exchange bills for coins. This small box may accept 2people only and I'm warning you that you should avoid singing between 11 p.m. and 7 a.m because most people visit here to relax themselves and sleep well, not listen to your singing. Next to a singing room, there is a kind of small snack bar. The snack bar brings a variety of food such as ice green tea, ice coffee, noodles, ice-cream, and so on, which attracts you to buy things. Some of food is quite expensive, but some beverages are resonable price such as ice coffee and ice green tea. If you feel thirsty, buy one and quench your thirsty. This shop doesn't open all night, it closes 12 p.m and open 7 a.m again and there is a children's playground next to the snack bar. The children's playground has a small slide made of plastic and other attractions. Also, there is soft sponge on the floor to prevent children from being injured. The children's playground opens all the time, but some people don't like children's screaming and yelling. If you have any children, you need to force your children not to use the children's playground and not to make a loud noise while people are sleeping. In my case, children's noise drives me crazy when I try to fall asleep. Now you see a cafeteria at the end of the corner. This cafeteria opens all the time and I'm telling you how to use this cafeteria. This cafeteria offer about 10 dishes which are all korean food. At first, decide which one you will have and then, use the vending machine located right next to the door. This machine will accept coins and bills. Insert money and push the button you want to have. Unfortunately, the button doesn't have any english, it is only korean. There are some ways to overcome this hardship. Find someone who looks like a student and try to explain what you want to someone by using body languages and your korean and english. If this way fails, try to find the person continuously until you make it. Or, the best way is that you study basic korean before coming Jjim-jil bang, which definitely helps you out, not even this time. If you make it, the vending

machine will give you a small ticket. Give it to the shop owner. The owner will offer you the dish in a few minutes. Honestly, it doesn't taste very good, it is just for alleviating your hunger. If you were a smoker, you could smoke the room located right next to the cafeteria.

(Phil-Gang's part ends)

(Chang-Ho's part begins)

Opposite the smoking room, there is a small cinema. The cinema runs until 10p.m. It usually shows new-release movies, which means that you don't need to go to the cinemas by your own expense. Unfortunately, it doesn't have any English subtitle. I'm so sorry to say that. However, you will get a chance to watch American one if you are lucky. So, I think it totally depends on how lucky you are that day.

Next to the cinema, there is a sleeping room. If you are suffering from insomnia or you don't like hearing any noise, you can sleep here. However, you should think about the people who are snoring. I mean what if there are some people who are snoring terribly in the room? It definitely drives you crazy. In my case, when I go to Jjim-jil bang, I don't usually sleep in the sleeping room because the snoring people annoy me so much. Also, if you want to enjoy Jjim-jil bang, you'd better sleep outside with a lot of people. It can be strange, but you know it can be also enjoyable. Now you can see the center of the floor. You can find the gym which is quite big. So, you can't miss it. There is a lot of equipment such as running machines and that kind of things. Actually, I don't know the names exactly. Anyway, if you want to stay fit, do exercise here. But, you know you are not allowed to use the gym after 11p.m. And next to the gym, you can see many big windows. Also, there are some chairs and tables. So, I think you can have a small talk with your friends here. Also, enjoy seeing outside through the windows. There is a huge square in the center of the floor and there are two big TV screens on the wall, so people usually sleep here while watching TV. There are many people lying on the floor, which means that when you walk around here, you should be careful. What if somebody steps on any parts of your body all of a sudden while you have a sweet dream. You will be deadly surprised and painful. In addition, you feel terrible because you've just lost the sweetest dream. Even though you may have some difficulties finding out which one is person or not. You should always be careful. I think it is like the most important thing while staying in the Jjim-jil bang.

Once you step on any parts of people's body. You will be in trouble. Definitely. The only thing you can do is to apologize politely.

When you want to sleep, you take a blanket and a pillow made of wood from the box located in the center of the floor. According to the Jjim-jil bang's policy, each person will be given only one blanket and one pillow. However, actually you can have more than one. In my case, I usually take 2 blankets because one will be on the floor like a bed and another one will cover my body. I like staying warm. Also, If you are not satisfied with your pillow, you may have 1 more blanket which is gonna be your pillow. How to make a pillow with a blanket is that you just fold it several times and make it look like a pillow. It is really like a piece of cake.

Now find a place where you want to sleep and make a bed there. Lie on the bed and watch TV. I know you may not understand Korean TV programs. You may think like "What's going on here?"

Frankly speaking, you have no choice but to watch Korean one until you fall asleep. Of course, you will have difficulty sleeping in the Jjim-jil bang. You know, it's really difficult even for me to sleep in Jjim-jil bangs. Actually, it's so noisy, but interesting.

I think that's why people visit here again. Also, I strongly recommend you to take a cup of coffee as soon as you wake up in the morning. And then, with a coffee, sit on a chair and enjoy sweet smell of the coffee. It will be really awesome. No matter how tired you are, you will have one of the most wonderful days in your life. Good Night.

(Chang-Ho's part ends)

- The End -