

LIST

1. Intro.....p. 2 (Lauren)
2. How to get there.....p. 2 (Aya)
3. The history of Lake Su sung
.....p. 3 (Lauren)
4. Gravel path.....p. 3~4 (Erin)
5. Duck boat.....p. 4(Grace)
6. Cultivation
practice.....p. 4~5
(Angella)
7. Conclusion.....p. 6(Lauren)

Intro

Hello!

I'm going to introduce how to get to Lake Su sung which is the perfect place to enjoy with your family, friends, and even your sweet heart.

I'm going to be your friend until you get to Lake Su sung.

We are going to take a bus from Dong Daegu station to Lake Su sung and experience acupuncture treatment for your feet in addition to; we are going to take a duck boat. Even you can get some knowledge about Lake Su sung!

Let's go! Go!

How to get there

Here is a Dong Daegu station. It is most big station in Daegu. Now you're going to SuSeong lake with us. Let's go!

First, you need to find exit number 6 and then walk until you can see a cross walk. By the way you need to have small money before you get on the bus. When we get on the bus we usually use 1000won. If you have 1000won, you don't need to go to the shop. The shop where you can break the money is in front of exit number 6. Cross the road for going to the bus stop. It is on your right side. You need to wait for 814 to go to SuSeong lake. Don't forget the bus number. To get on the bus you need to prepare 11000won.

Hey~! The 814 bus is coming! Get on the bus and put the money into the clear box. You can see the yellow seats and the blue seats. The yellow seats are for senior and disabled people. If you see the senior and disabled people, you need to offer your seat to them

even though you're sitting on blue. It's important to be polite elder people in KOREA. It takes about 30minutes from Dong Daegu station to SuSeong lake. When you sit, you should push the bell button which is close to the windows and then get off the bus at 15th bus stop. Then you can see the TBC broadcast station.

You should walk 15minutes to go to SuSeong lake. You can see the DooRu intersection after 10minutes walking. The SuSeong lake is on your north east side. After 5minutes walking for north east side, you can see the beautiful lake your right side.

The history of Lake Su sung

On the way to Lake Su sung, I would like to talk about the history of the lake.

It is called Su sung mot in Korean. It is neither a natural lake nor made by Koreans. It's an artificial lake which was made by MISSAKILINDDALO who was authorized by Japan government. When Korea was colonized by Japan, Japan wanted to cultivate the land which they deprived from Korea. But water was not enough to farm. So MISSAKILINDDALO started to build the lake in 1924. It was finished in 1925. There is a poem about Su sung mot. I'd like to tell you the part of it. The title is "can spring come to the deprived field?" It was made by Lee, sang whoa who was a poet in 1900s.

"Now it is other's land. Can spring come to the deprived field? Walking a day limping. But now, Deprived of field and spring might be deprived also."

In 1983, Korean government arranged illegal buildings around Su sung mot in order to develop the place for a beautiful family park.

Gravel path

You' ve been listening how to get Suseong lake and historical fact so far.

When you go along Suseong lake, you may find a long path which gravels are stuck on the path. You might be interested in this road. First, I would like to talk about how to utilize this gavel road and then, I' m going to tell you about the effects of walking on this path.

Ok! Let me tell you how to use gravel road. It' s pretty simple! First, you need to take off your shoes to make good effects. Next, you can crunch on the path slowly. As soon as you walk on the gravel road, you might feel painful. Most people insist pain when they walk on it. Actually, it means your health isn' t good enough. The reason is that human' s feet and hands are connected to your internal organs in terms of Chinese medicine. Therefore, it is said that brisk walking on the road stimulates not only your feet but also internal organs. Now, I am telling you about the effects. This treatment relieves your stress and increase blood circulation while reducing stress and fatigue as you pressing the sole of feet. Moreover, it helps removing bad smell of your feet. Even though it is painful walking on gravel road it' s helpful to prevent from disease such as insomnia and prevent aging if you do it regularly in patience. Oh, I should say that it' s for free and there is no time limitation in Suseong lake.

In brief, if you take off your shoes before walking on the gravel acupressure path, you can relieve stress and prevent disease as well, as I mentioned before. Remember, no pains, no gains! I recommend you to walk on the gravels with beautiful scenery around Suseong lake. Let's enjoy it!

Duck boat

Alright! Shall we take a duck boat? The boat looks like a duck that's why we call it like that. We need to take a walk about ten minutes to get a ticket. While you walking on the tree-lined streets, you can see several restaurants and café on your left. 'HOVAN'... Among the restaurants, HOVAN is most famous and long standing restaurant which is meaning of a lakeshore. Anyway, are you hungry? Ok, then, let's have meal later. On your right side, you can see the whole scenery of Su-Seong Lake. How beautiful it is! We've got a ticket booth. Also, there are many floated boats. Ticket booth is on your right of the corner. As you can see there is a sign of price of duck boats. The price is depends on how many people get on the boat. Boat for 2people costs 7000 won and for 4 people costs 9000 won. Mostly the duck boats for 2 people are used by couples. Also, the duck boat is driven by foot like a bicycle. If you are tired or you are alone, that is no problem. I suggest that you take a pleasure boat. Even though it isn't magnificent but cozy, is it? The pleasure boat costs 3000 won for adults and costs 2500 won for children. Let's go to take a boat!! How do you feel? Is it exciting? You can enjoy nice sceneries while you're

hanging around with swimming ducks in nature. Actually, it is more exciting that you are aboard a boat at night. But It is little dangerous and you might be careful. Nevertheless, relax yourself and don't hesitate that release the shutter!

cultivation practice

if you go to unoccupied ground of a band stand at 8 o'clock of night time, you will see people who exercise. They turn Chinese music and do a static operation. It is FalunDafa.

Every 8:00 p.m. it exercises everyday and to teach with no charge. Name of the person to teach is Park byeong gae and his phone number is 016 502 9956. When you questions, Mr. park is kind to a question and will answer. He is a also possibility of English.

Falun Dafa is a practice that has brought better health and inner peace to millions around the world. We call it a cultivation practice: "cultivation" refers to the improvement of one's heart and mind through the careful study of universal principles based on truthfulness, benevolence, and forbearance; "practice" means doing exercises and meditation to energize the body.

There is no set way to learn Falun Dafa. One can approach the practice from any one of several avenues. Should one's heart be sincere, any road into it will be fruitful. Falun Dafa is sure to be different from anything one has studied or practiced before, as its content is extremely unique and profound. Most people find the company of a practice group an enjoyable way to start.

Falun Dafa has five gentle, easy-to-learn exercises, one of which is a meditation. Falun Dafa also consists of learning the principles of self-cultivation, that is, how to embody Truthfulness, Benevolence, and Forbearance. This is achieved by reading the main book written by Falun Dafa's founder, Mr. Li Hongzhi, or by watching videotapes and listening

to audiotapes of his lectures. One book, a few exercises, and incredibly profound principles - that's Falun Dafa in brief. The rest, bringing it to life, is in your hands.

The exercise of Falun Dafa are :

Exercise 1 is a 'Buddha Showing a Thousand Hands'. Exercise 2 is a 'The Falun Standing Stance'. and The 3 is a 'Penetrating the Two Cosmic Extremes'. The 4 is a 'The Great Heavenly Circuit Extremes'. At last exercise 5 is a 'Strengthening Divine Powers'.

I want to make an introduction of Exercise 1 to you. At the core of Buddha Showing a Thousand Hands is stretching of the body. This stretching unblocks areas where energy is congested, stimulates the energy within the body and under the skin so that it circulates vigorously, and automatically absorbs a great amount of energy from the universe. This enables all of the meridians in a practitioner's body to open at the beginning. When one performs this exercise, the body will have a special feeling of warmth and of the existence of a strong energy field. This is caused by the stretching and opening of all meridians throughout the body.

Conclusion

How was Su sung mot? I hope you enjoyed a lot. I bet Daegu is the one of the beautiful city in Korea. Besides citizens of Daegu look conservative but they are very kind.

If you want to know more about Daegu, you can Visit here ["tour.daegu.go.kr"](http://tour.daegu.go.kr)