Hello!! Many warm greetings from the Cheongpyeong staff to International young people all over the world! We are doing our best to prepare and make this upcoming summer 40-day (21-day) workshop fruitful, exciting and fun, and for this to happen we need your help.

For the success of a Cheongpyeong 40-day (21-day) workshop, the heartfelt participation of every participant is essential. It is very important that Cheongpyeong 40-day (21-day) workshop trainees are not forced by their parents to come. In order to make the workshop a great experience for all of the participants who will be attending, each and every trainee should act in a mature and dignified manner, and take responsibility for his/her actions.

As a trainee, and as parents of the trainee, please read the following.

1. Cheongpyeong is primarily a place for me (the trainee) to improve my relationship with the Heavenly Parent, and to find my true self. Therefore I, as a trainee, will refrain from forming any kind of intense horizontal relationship, or spending exclusive time with another trainee, either of the same or of the opposite sex, but will instead concentrate on nurturing my personal relationship with God.

2. I will try to see everybody from the viewpoint of the Heavenly Parent even though we are different and may have a hard time understanding each other, in various ways.

3. If it is necessary to go to CheongShim International Medical Center, the Youth Training Center, etc., I will leave the Training Center only after receiving permission from the Cheongpyeong staff.

4. I will always be on time and make utmost effort to fully participate in the entire schedule.

5. I will comply with the Cheongpyeong dress code (page 2).

6. I will follow and respect the Cheongpyeong staff and all the team/workshop leaders.
7. I will not eat at the holy locations (prayer hall, Tree of Blessing)
8. I will make my utmost effort to keep the Cheongpyeong grounds clean and neat.
9. I will not bring any of the prohibited items, which are listed below.
10. I will refrain from doing any of the prohibited activities, which are listed below.
11. I will not use the internet without permission from the Cheongpyeong staff.
12. I will consult immediately with the Cheongpyeong staff if any problems arise.
13. I will follow any and all other rules set forth by the staff during the workshop, since the purpose is to help me have a good experience.
14. I will maintain a clean presence around my sitting area/desk and refrain from eating in such places.

※ **It may be a good idea for you to make an internal goal and external condition of sincerity before attending the Cheongpyeong workshop.** For example, the youth may want to become a more pleasant personality centered on the Heavenly Parent (internal goal) and do a 21-day bowing condition (external condition).

※ **For the sake of having a fruitful training, if you have any concerns you need to share about with us, please feel free to email us in advance (cpintl2013@gmail.com)**

A. **Prohibited Items**
   1. Personal music players
   2. Electronic games, computers, DVD players, smart phones
   3. Jewelry, make-up
   4. Novels or other non-Cheongpyeong related books or magazines
   5. Weapons, including knives with long blades
   6. Drugs (except when accompanied by a prescription)
   7. Alcohol, tobacco products
   8. Revealing or immodest clothing (**see dress code below**)
   9. Musical instruments and CDs are allowed for use during talent shows or festivals, but must report to staff before using or practicing.
   10. Do not bring anything that is very precious to you that might lose.
Possession of a prohibited item will result in having it confiscated for the duration of the workshop. Additional consequences may be required for any improper use of the item, on a case by case basis. Dangerous, illegal, or illicit items such as drugs, alcohol, pornography or the like will be destroyed. These are counterproductive to the purpose of the workshop.

B. Prohibited activities
1. Drinking, smoking, drugs, possession or viewing of pornography
2. Stealing, shoplifting, use of foul or abusive language

C. Dress code inside the Training Center
1. Pants should be of thin material that don’t release dust (no jeans).
2. Shorts are allowed only if they cover the knees even when seated.
3. Tops should be solid white based, but no see through material. Make sure your underwear cannot be seen under the clothing.
4. Tops should not expose the shoulders (no sleeveless tops), skin below the collar bone (make sure the collar is not too wide open and you cannot see inside when you bend over) or underwear (make sure your tank tops/camisoles don’t show from your shirt).
5. No tops that show your waist area when hands are raised.
6. No tight clothing that shows body line or underwear lines.
7. No jewelry. No make-up.
   (Jewelry and make up become a distraction, especially during holy song sessions. Jewelry may injure you or other people, and make-up prevents one from separating evil spirits from the face)
8. Socks should be worn at all times in lecture rooms and prayer halls.
9. No sandals (flip flops) except for showers and rainy days.

※ If any of the above standards are personally / culturally intrusive, please kindly observe them with a heart of offering and respect for the duration of your stay at the Cheongpyeong Heaven and Earth Training Center. If you do not have proper clothing, you will be required to buy t-shirts/pants here.
Workshop information

A. Required Items
1. One week supply of pants, socks and underwear
2. One week supply of white shirts for Holy Song Sessions
3. Shoes, i.e. sneakers (We will climb the holy ground every day)
4. A pen/pencil, a notebook
5. A sufficient supply of any needed prescription medicine or other medicine not readily available in Korea
6. Medical insurance for Traveling Abroad (Traveler’s Insurance)
   1) Even if you get medical insurance, you will be asked to pay the hospital fee first and receive reimbursement later by submitting required documents, when you go back to your country. Please prepare $100 cash for emergency medical expenses, and know what papers you need to receive from the hospital to receive reimbursement.
   2) But please check details with the company whether it can be used in South Korea or not.
   (Prepare these materials before coming to the workshop. Put your name on your books, preferably outside.)
8. Umbrella or raincoat. (There will be many rainy days!!) Put name on item!
9. FM radio (for listening to the translated lectures)
10. Toiletries
11. Towels (We strongly recommend you do not bring bath towels because they do not dry well and they make the locker rooms humid. Please bring smaller towels)
12. A set of dress clothes for Ahn Shi Il and special occasions
13. One ID photo (3x4 cm) if you did not include a digital one when you registered on the website.
14. Sweater or jacket. The temperature drops when it rains, and the rooms are air conditioned.

B. Suggested Items
4. Backpack or bag to carry personal items around the training center
5. Plastic flip-flops or sandals for wear on rainy days (called "slippers" in Korea; these can be purchased at the store at Cheongpyeong)
6. If you are not familiar with Korean food (hot spicy food), granola bars, tuna cans, peanut butter, cereals, etc. can be helpful.
7. Holy robes and blessing ring if participating in ancestor blessing
8. Vitamins.

C. All items should be marked with the name of the owner.
Please do not forget to write names on clothes. Please follow this rule to prevent laundry from getting mixed up or lost.

D. Money
Trainees will need petty cash during the time of their stay.
(Exchange rate will differ daily.)
- White t-shirts: 10,000won ~12,000won
- Thin pants: 10,000 ~ 12,000won
- Laundry: washer – 1,000won / drier – 1,000won each time
- Sauna: 2,000won (once a week if one wishes to go)
- International phone cards: 10,000won
- Workshop photos: small size – 2,000won / group pictures – 4,000won
(not mandatory)
- Donation Money as an expression of gratitude (Cheon Jung Gung, Sunday Services, etc.)

E. Account number for remittance of petty cash:
If trainees urgently need money during the workshop, someone at home can send money to the following bank account:

<table>
<thead>
<tr>
<th>Name of Bank</th>
<th>Woori Bank 240158</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swift code</td>
<td>HVBKKRSE</td>
</tr>
<tr>
<td>Bank Address</td>
<td>60 Doryem dong Jongro-gu Seoul 110-051</td>
</tr>
<tr>
<td></td>
<td>Tel: +82-2-735-6905</td>
</tr>
<tr>
<td>Beneficiary</td>
<td>Kim Jin Cheol</td>
</tr>
<tr>
<td>Account Number</td>
<td>629-007514-02-101</td>
</tr>
</tbody>
</table>

 Please inform Cheongpyeong that you have made the remittance by having a fax or e-mail sent with the amount sent, contact information, and who should receive it.