

Dear traveler to North Korea,

We would like to say thank you for choosing Korea Konsult AB as your travel partner. Korea Konsult AB was established in 2003 and it is based in Stockholm. Sweden was the first Western country to establish a diplomatic mission in North Korea. Until now Sweden has been representing the United States, Canada, and some other countries in the Democratic People’s Republic of Korea (the DPRK).

Korea Konsult AB is proud to be called the major European gateway to North Korea. Our mission is to bring people from all over the world to North Korea and let them acquire first-hand experience of North Korea as it actually is, rather than as it is pictured in mass media.

The following information is prepared in order to make your journey in the DPRK convenient and fun. Please do not hesitate to contact us if you need any further assistance.

Time Zone

UTC/GMT +8.5: Pyongyang is 30 minutes ahead of Beijing (China), 6.5 hours ahead of Stockholm, Paris and Berlin (7.5 hours in winter time) and 5.5 hours ahead of Moscow.

Flight to/from North Korea

AirKoryo is the state-owned national flag carrier airline of North Korea. According to the flight schedule AirKoryo operates a modern jet fleet on its Beijing – Pyongyang route:

- Tu-204 is a modern aircraft launched in production in 1995. Air Koryo was officially handed over to the first Tu-204 on 27 December 2007. This aircraft complies with noise regulations described in Chapter 3 of Supplement 16 to ICAO and meets all current European and ICAO requirements. This aircraft allowed AirKoryo to recommence its flights to the EU in 2010
- Antonov-148 is a modern aircraft that took its maiden flight on 17 December 2004. The plane completed its certification programme on 26 February 2007 and it complies with all current European requirements

During the peak seasons AirKoryo may use its older aircrafts for additional flights to/from Beijing. However, during the past 3-4 years we didn’t see these older aircrafts on AirKoryo’s international routes and we have never experienced any safety-related issues with AirKoryo flights since we started operating trips to North Korea in 2003.

Weight allowance

Cabin luggage allowance is 8 kg. Economy class check-in luggage weight allowance:

Beijing-Pyongyang / Pyongyang-Beijing	Vladivostok-Pyongyang	Pyongyang- Vladivostok
20kg	30kg	20kg

Flight delays and rescheduling

Your AirKoryo e-ticket will be normally issued one week prior to your departure to Pyongyang. Please note that sometimes during peak seasons AirKoryo may reschedule flights and delay your departure from Beijing to Pyongyang. We will let you know about any changes in flight schedule as soon as possible but usually we get informed about such changes when e-tickets are issued. For example, in October 2015 a flight for one of our groups was rescheduled from 12 pm to 6 pm on the same day.

AIR CHINA: If you fly with Air China please be informed that during low seasons (November-March) Air China tends to cancel flights to Pyongyang with very short notice. Air China also doesn't operate a Wednesday flight during low season.

Visa & Passport, Customs Control

Despite concerns, you will not have any problems entering North Korea if you have stamps from the United States or South Korea in your passport. We have also never heard or witnessed anyone experiencing problems visiting or returning to the United States or South Korea because of passport stamps from North Korea.

CUSTOMS DECLARATION IN THE DEMOCRATIC PEOPLE'S REPUBLIC OF KOREA

Name: _____ Sex: _____ Age _____
 Nationality: _____ Address: _____
 Occupation: _____
 Name of delegation. _____ Destination _____
 Invited by _____
 Check in luggage _____ pieces Hand luggage _____ Pieces

Currency records

Currency	Amount	Currency	Amount

Please mark next to the item if you have any.

1. weapon, ammunition, explosives, killing device
2. drug, exciter, narcotics, poison
3. G.P.S. or Navigator
4. hand phone, cell phone and other communication means
5. historical and cultural wealth, and artistic works
6. publishing of all kinds
- * Please specify the names and quantity of other articles on the back.

Citizens of the United States of America and Israel are allowed to visit the DPRK. US citizens can enter and exit the DPRK by air only; they are not allowed to take train to/from North Korea.

During the flight/train journey to Pyongyang you will be given 3 customs forms to fill in:

- Entry/Exit Form
- Customs Declaration

In these forms please write "KITC" (which stands for "Korea International Travel Company") in "Name of delegation" and "Invited by" fields.

- Health Survey

Be aware that your luggage might be thoroughly inspected at both arrival and departure. Please note that your camera and all pictures taken might be checked by Korean customs when you enter or leave the DPRK and some of the pictures you have taken may be deleted.

Extra out of the pocket expenses

Your tour package covers most of your expenses (hotel, meals, excursions, and transportation) in Korea, nevertheless there will be some additional expenses during your trip. To fully enjoy the experiences of Korea, you may consider bringing some cash for your out of the pocket expenses such as:

- **Tickets for shows and various performances:** circus performance ~20 Euro, orchestra concert ~20 Euro, soccer game ~30 Euro, opera ~20 Euro, funfair entrance ~ 3 Euro and rides ~3 Euro per ride, water park entrance fee ~10 Euro, zoo and natural history museum ~3 Euro, beer festival ~5 Euro etc.
- **Alcoholic and soft beverages (beer, liquors, coffee, juice, yoghurt, water etc.):** beer and water will be provided during every meal (half a bottle per person) and you can purchase an extra bottle of water 0.5 Euro or beer 1 Euro at most convenience shops.
- **Snacks (chocolate, peanuts, cookies etc.) and fruit:** fruit and sweet desserts are not usually part of the provided meals but can be purchased at a very reasonable price 1-3 Euro.
- **E-mail or phone call back home:** 3 ~ 4 Euro per minute for international calls, and 2~5 Euro per email.
- **Optional transport to the top of the mountains and monuments:** lift to the top of Juche idea tower 5 Euro, cable car to the summit of Mt. Paektu 5 Euro one-way ride etc.
- **Train meals (if you take train to or from the DPRK):** you can buy lunch/dinner/breakfast at a restaurant-carriage while taking the train (Various).
- **Extra activities:** if you travel to Mt. Chilbo or Chongjin you may have extra activities such as boating ~5 Euro, bonfire displays ~5 Euro, volleyball or wrestling games with locals ~5 Euro, snacks for children’s performance in the kindergarten ~15 Euro per group.
- **Hotel services:** laundry 3 ~ 10 Euro per piece, spa 5 ~ 10 Euro, massage 10 ~ 20 Euro, bowling ~10 Euro, pool 5 ~ 10 Euro etc.
- **Optional video DVD with your trip:** We are sometimes joined by North Korean cameramen who will join the group and film your journey. At the end of the trip you can buy a video DVD of your trip for a souvenir ~ 40 Euro.
- **Souvenirs:** please refer to the shopping section below. We would advise you to reserve at least 30 ~ 50 Euro for souvenirs of your visit.
- **Local sim card:** international phone calls 50 ~ 150 Euro and 3G Internet ~200 Euro.
- **Tips for your guides and drivers:** tipping is a well-established tradition in North Korea and our advice is to reserve a total of around 50 Euro for your guides and drivers.

Your daily budget may vary, and the following information is a rough estimation of your extra expenses (not including tips for the guides):

Budget	Comfortable	Business
5-15 Euro per day	15-30 Euro per day	30-100 Euro per day

Shopping

There will be many opportunities to buy **souvenirs** during your stay in the DPRK:

- North Korean ginseng 5 ~ 200 Euro.
- Local liquors 10 ~ 40 Euro and cigarettes 1 ~ 5 Euro per pack
- Soft beverages (water, juice, coffee, yogurt) 0.5 ~ 3 Euro
- Sweets and fruit 0.5 ~ 5 Euro
- Various pins with North Korean symbols ~5 Euro, stamps 5 ~ 30 Euro, and postcards 1~5 Euro, hand-painted propaganda posters 20~60-Euro
- T-shirts 15 ~ 25 Euro, tailor-made North Korean style suit ~150 Euro
- Professional oil paintings 10 ~ 1000 Euro and embroidery 25 ~ 600 Euro
- Books 5~50 Euro and CD 5~10 Euro with North Korean music and movies.
- Kimjongilia and Kimilsungia bulbs ~5 Euro - the two flowers representing North Korean leaders.

Mobile Phones, International Calls, Internet & Email

From 1 January 2013 it is ok to bring mobile phones to the DPRK. This includes mobile phones with GPS. To be able to make calls you will need to buy a local SIM card - **NO ROAMING IS PROVIDED**. Your phone will not work in North Korea without a local SIM card. North Korea's cell phone network operates with two tiers of service, with a barrier existing between local North Korean users and foreigners in the city. Therefore, visitors will not be able to make a call from their phone to local North Korean numbers.

Most 3G phones should work just fine in North Korea (including both iPhone and Android). Koryolink voice-only SIM cards can be purchased (~50 Euro) at the airport on arrival to allow you to make international calls.

International telephone calls

It is very expensive to call overseas from North Korea, with a charge of 2~3 Euro / minute. We recommended you check the exact cost to call your home country at the hotel reception to avoid unpleasant extra charges.

Internet

Mobile Internet (3G) is available in almost all the major cities of the DPRK and an Internet-capable SIM-card can be bought at Koryolink office at Pothonggang Hotel in Pyongyang. The speed of the Internet connection is fast enough to stream live skype videos. To use mobile Internet, you will need to buy a data service plan:

- SIM card: (195 voice minutes, 20 SMS) 120 USD. SIM card will be active for approximately 2 months.
- + Internet Activation (50Mb): 90 USD.
- +Additional Internet Data (prepaid service): 0.38 USD / Mb.

The only hotel in North Korea where Internet is available in rooms is the Masik Ski Resort near Wonsan. There will be no WiFi available anywhere in the DPRK.

Email

In Pyongyang it is possible to send an e-mail from your hotel. It costs 2 Euro to send one e-mail (if the e-mail size is less than 30 KB). Larger emails or those with attachments will require an additional fee. Receiving emails is free. Please note that you will be sending e-mails from the hotel's e-mail account and not from your private e-mail account, so please ask your correspondent to put your room number as a message subject.

Food & Water

Three meals a day will be provided in the DPRK. The quality of food is fair, most of the meals include traditional Korean or fusion Chinese dishes: “Bibimbap” (rice with fresh vegetables and fried egg), “Pyongyang Naengmyeon” (cold buckwheat noodles), “Bulgogi” (barbecued pork or beef which you cook yourself), “Kimchi” (spicy pickled cabbage), “Ojingo” (dish of sautéed squid and vegetable), deep-fried chicken or fish, various asian-style soups and rice. If you feel uncomfortable with Asian style food, you may consider bringing some snacks along with you.

Local beer (half a bottle per person is included, extra can be ordered at very reasonable price) and Ginseng wine are available at meal times. In the DPRK there will be available green and herbal tea (but not black/red tea), coffee (canned and powder), canned juice and strong locally produced and imported liquors.

Tap water is not recommended for drinking. Drinking water can be purchased in plastic bottles at any hotel at very reasonable price. It is a good idea to take packets of pre-mixed coffee and powdered milk and sugar as well as a few black tea bags. It is likely that your hotel will provide you with a kettle in your hotel room to make hot tea and coffee.

VEGETARIANS: If you are a vegan or vegetarian, please let us know. There is a rather limited menu for vegetarians and vegans, and we will not be able to serve you with a specific vegetable-based menu, but we will help arrange simple meals without meat or fish. Please consider bringing nutritious bars, peanuts and canned and packaged foods to diversify your diet from the basic rice-kimchi ration.

If you have any special dietary requests or allergy on any kind of food, please let us know.

Health & Travel Insurance

IMPORTANT: Please let us know if you have any medical conditions which may affect your travel or may require special assistance while in the DPRK such as problems with your legs, heart, etc. Some parts of the itinerary may include long walking, light / medium hiking in the mountains and long-distance bus rides that may not be well-suited for some travelers. Please let us know if you have any concerns. We would be happy to make sure you have pleasant and safe experience in Korea.

We strongly recommend that all tourists traveling to the DPRK have full medical insurance - it is a wise practice when traveling to such isolated country as the DPRK. We recommend the travel insurance company World Nomads, who are well fitted for independent and adventurous travellers (<https://www.worldnomads.com/travel-insurance/>). Their insurance can be purchased

online at very reasonable price.

We also advise:

- Carrying all normally used medicines in your hand luggage. Please don't put medicine in your check-in luggage in case of delays in transit.
- Bringing some stomach medicine with you to counteract any issues caused by unfamiliar foods.
- Bringing a roll of toilet paper for the same reason to help avoid unpleasant experiences.
- Bringing disinfecting napkins or spray.

For emergencies, there is a hospital in Pyongyang that can deal with most cases. However, for more serious illnesses or injuries the patient will be transported to Beijing (China) or Vladivostok (Russia) on the earliest regular flight.

Electronic Gadgets

Electric voltage in North Korea is 220V and electric sockets are of the same type as in Western Europe. A universal adapter can be rented at the reception in your hotel in Pyongyang. Electricity shortages can occur from time to time, so it is recommended to bring a pocket lamp with batteries or an electric torch, as well as a set of spare batteries for your gadgets.

Digital cameras (both photo and amateur small-size video-camera), laptops, tablets, MP3, E-book readers are ok to bring to the DPRK.

North Korean Guides

Two local North Korean guides will accompany the group at all times during your trip. One of the guides will speak English and the other may speak another language such as German, French, Spanish, Russian, Polish, Hungarian, Chinese or Japanese. You can request a guide who speaks one of these languages 2 months in advance of your visit if you are travelling on an individual tour.

The Korean guides will oversee the itinerary and provide tourist information. These guides are authorized to adjust the itinerary, set picture taking policy, supervise movements of group members and make resolutions mandatory for all travelers.

- Please follow your guide's instructions
- Please do not leave the hotel on your own: you are **not** permitted to leave your hotel on your own without informing your guides. While staying at your hotel please stay clear of any areas marked as "Staff Only."
- Please inform your guides if you want to go somewhere on your own

Tips for North Korean Guides and Drivers

Before departing Korea, you are advised to present tips for the guides and the driver (usual amount gifted is 50 Euro in total for guides and a driver). If you give tips please try to avoid doing so in the hotel lobby or airport hall, your guides will appreciate it.

If you travel to Mt. Chilbo or Rason you will have 3 different groups of guides and

drivers:

1. local guides and a driver for Pyongyang / DMZ / Mt. Myohyang / Nampo / Wonsan / Mt. Kumgang area
2. local guides and a driver for Mt. Chilbo and Chongjin
3. local guides and a driver for Rason Free Economic Zone.

Your local guides in Mt. Chilbo / Chongjin and Rason will appreciate your tips (we advise to tip these 3 groups of guides and drivers separately). As a guideline the amount we advise is 5 Euros per day per traveler.

Accommodation and Traveling Facilities

The DPRK suffers from lack of basic infrastructure but international tourists in North Korea have access to the best facilities in the country. Before making your judgement regarding the standard of hotels, quality of service and food please take into account that you are traveling to the country which has been under strict international economic embargo for decades.

In the hotels located in the countryside, hot water may only be available for 1 hour in the morning before breakfast and 1 hour in the evening before or after dinner. Hot water is supplied 24 hours in Koryo Hotel and Yanggakdo International Hotel (situated in Pyongyang) as well as in Nampo Hot Spa Hotel (located in Nampo), Kumgangsan Hotel (located at Diamond mountain area), and Masik Ski Resort (located near Wonsan).

It is possible to do laundry in the hotel (extra charges apply). Ask your hotel's reception desk for help. Various **leisure activities** are also usually available in your hotel: such as bowling, a bar, swimming pool, casino etc.

Transport

Each group will have its own comfortable air-conditioned bus that will accompany the group during its stay in the DPRK. If you are traveling to the Chilbo mountain area, a basic bus will be provided.

Individual tourists will have a private car to accommodate them and their guides. However, if you prefer a minivan (Korean or Chinese make) can be arranged on demand in advance (about 40 Euro/day extra charge).

Etiquette and Traditions in North Korea

We want you to have a great time when you visit the DPRK. Please show respect for Korean traditions and way of life even if they are different from what you think they should be.

Whilst present in the Democratic People's Republic of Korea, visitors are subject to the laws of the country and any infringement on said laws will result in serious consequences for us a company, for the infringer, for the rest of the group and for Korean tour guides. Respecting local laws will help you avoid getting into trouble.

Koreans are very respectful to their leaders and expect foreign tourists to follow their customs:

- please be prepared to bow to statues of the leaders to show your respect (you can always talk to your guides and avoid visiting statues if you feel

- uncomfortable with this tradition)
- carefully handle pictures and photos of the leaders (for example, do not throw newspapers with photos of the leaders, or do not write or put anything on them)
- when you point to a statue or an image of the leaders please do not use your finger and instead use the whole palm to point to the leaders

To break the ice with the locals we suggest bringing some little presents/souvenirs for them. Men appreciate cigarettes (most Korean men smoke) and women like inexpensive cosmetics. Chocolate, sweets and pens will be a good present for children.

Taking Pictures & Video

Usually you can take pictures/video during the trip (including on the go from the bus) but please be prepared that sometimes your guides will ask you not to take pictures in certain areas. Always ask for permission if you want to take picture of people closely, especially military personnel. Note that it is prohibited at all times to take any pictures when passing military checkpoints.

Please note that your camera, pictures and video taken might be checked by the Korean customs when you enter or leave the DPRK and some of the pictures may be deleted.

If you travel in a group sometimes North Korean cameramen may join the group and film your journey. At the end of the trip you can buy the video DVD as a souvenir ~ 40 Euro.

What to Wear While in the DPRK

Generally there are no restrictions on the clothing you can wear in the DPRK. But do please avoid shirts and t-shirts with US/Japanese or Korean flags/emblems or provocative text. If you travel between June and August you should bring an umbrella for a rainy season.

If you travel in wintertime, please note that winter in North Korea can be very cold and most buildings are not heated enough - some of them are not heated at all. Therefore please make sure you bring appropriate winter clothing to stay warm.

Mausoleum ("Kumsusan Palace of Sun")

If you are scheduled to visit the Mausoleum it is important to observe appropriate dress code: shorts, blue jeans, mini-skirts, t-shirts without sleeves, barefoot sandals, sport sneakers or high heeled shoes/boots will not be allowed. Please pack a formal outfit (a pair of trousers or skirt, long-sleeve shirt or jacket, formal/smart-casual shoes) for such events.

Please note that people younger than 18 years' old are not allowed to visit the Mausoleum.

Your DPRK Tour Itinerary

Itineraries for our group and independent tours should both be considered only as PRELIMINARY ones. Unexpected events may influence your itinerary, and eventual itinerary changes after your arrival in the DPRK are beyond our control. Sometimes there will be unexpected opportunities to visit sights, events or performances that are not part of your original itinerary. Under no circumstances can Korea Konsult be held responsible for any itinerary changes.

Long bus rides

If you stay in Korea more than 3 days it is likely that you will go by bus to areas outside of Pyongyang. The roads in the DPRK are quite bumpy and even though nominal distance is short it may take quite a lot of time to travel between cities:

- Pyongyang-Myohyang: 170km, 2.5-3h ride
- Pyongyang-Kaesong-DMZ: 160 km, 2.5-3h ride
- Pyongyang-Wonsan: 200 km, 3.5-4h ride
- Wonsan-Mt. Kumgang(Diamond Mt.):150 km, 2.5-3h ride
- Wonsan-Hamhung: 115 km, 2-2.5h ride
- Pyongyang-Nampo: 55 km, 1h ride
- Pyongyang-Haeju: 140 km, 2.5-3h ride
- Orang-Mt. Chilbo: 70 km, 3h ride (mountain road)
- Orang-Chongjin: 30 km, 1h (countryside road)
- Chongjin-Rajin: 90 km, 2h ride (mountain road)
- Rajin-Tumangang: 50 km, 1.5h (countryside road)
- Sonbong-Tumangang: 35 km, 1h (countryside road)

Check List

We hope that the information in this brochure will be helpful for your preparation for the trip and continues to be useful while you are traveling in North Korea. Here is a checklist to make sure you don't miss anything:

Documents to bring to Korea

- travel passport which you used for your North Korean visa application
- your North Korean visa if it is not stamped in your passport. If you pick up your visa in Beijing, please print out the DPRK visa e-copy which we sent to you one week prior to your departure to Pyongyang - it may help you to board the plane in your home country
- a hard copy of your e-ticket Beijing-Pyongyang and Pyongyang-Beijing if you are going to use Chinese visa-free 72h transit
- a hard copy of your flight tickets from home to Beijing and from Beijing back home

Things to bring to Korea

- money for your out of pocket expenses: USD, EUR or RMB in small bills
- a photo or amateur video camera, charger/adapter and cables

- a roll of toilet paper
- formal trousers/skirt, shirt/blouse and shoes if you are going to visit the Mausoleum
- power adapters for your electronic gadgets, flashlight, batteries, chargers for your gadgets
- wet tissues
- your regular medicine and stomach medicine for comfort
- travel pillow for long journeys on the bus
- snacks: peanuts, energy bars, chocolate, black tea, dried fruit etc.
- gifts for children and locals: sweets, pens, cigarettes etc.

Things to LEAVE at home

- paper guides on North or South Korea, paper books or magazines about South or North Korea
- photos or movies on your laptop/smartphone or iPad contrary to the political and moral values of the country
- CD/DVD/VHS of any kind

Survival Korean

It is always nice to learn a few phrases in local language. Here you are some basic Korean which can help breaking ice with locals:

English	Romanization	Korean
Hello	Annyong-hasimnikaa?	안녕하십니까?
Bye	Annyong-hee	안녕히
Thank you	Kamsa-hamneedaa	감사합니다
Cheers	Chuk-pae!	축배!
Please bring me a beer	Mekchu hana chuse-yo	맥주 하나 주세요
I like Korea	Choson chua-hamneedaa	조선 좋아합니다
My name is John	Chonyn John eemneedaa	저는 John입니다
What is your name	Eerymyn muo-ishimnikA?	이름은 무엇입니까?
How much	Olma-eemneekA?	얼마입니까?

Koreans do not use Chinese characters (even though Korean script may make such an impression). Instead they use an alphabet-syllabus writing system which is quite similar to English. There are 28 letters in Korean alphabet which are used to form a consonant and vowel syllabus. You can ask your guides for more details and they will be happy to teach you Korean script.

Korean Songs

Koreans love singing and it is likely your guides will sing themselves or ask you to sing your country songs. There are 2 very popular Korean songs – “Arirang” (traditional one) and “We will go to Mt. Paektu” (a new one by the Moranbong girl

band). It is also a good idea to prepare one or two songs to share with the group and your Korean guides.

Arirang

Korean	Romanization	English
아리랑, 아리랑, 아라리요	Arirang, Arirang, Arariyo	Arirang, Arirang, Arariyo
아리랑 고개로 넘어간다	Arirang gogaero neomeoganda	Crossing over Arirang Pass
나를 버리고 가시는님은	Nareul beorigo gashineun nimeun	Dear who abandoned me [here]
십리도 못가서 발병난다	Shimrido motgaseo balbyeong nanda	Shall not walk even ten li before his/her feet hurt

Korean Leaders and a History Brief

The DPRK was founded on 9 September 1948 shortly after the liberation of the country from Japanese colonial rule (1910-1945) on 15 August 1945. On 25th June of 1950 the Korean War between North and South Korea started, the armistice agreement was signed on 27 July 1953.

In the DPRK images and statues of the leaders are everywhere and you will hear a lot about them during your trip. Here are brief dates and the correct way to address each of them:

- **President Kim Il Sung** (1912-1994): the founder of the DPRK and Eternal President
- **General Kim Jong Il** (1942-2011): the son of the President Kim Il Sung. He took office after his father passed away in 1994
- **Marshal Kim Jong Un** (1984-): current leader of the DPRK
- **Heroine Kim Jong Suk (1919 – 1949)** - wife of President Kim Il Sung and mother of General Kim Jong Il

Juche - translated as "self-reliance", it is the official political ideology of North Korea. It claims that an individual is "the master of his destiny" and that the North Korean masses are to act as the "masters of the revolution and construction."

Songun – is the North Korean "military first" policy, prioritizing the Korean People's Army in the affairs of state and allocation of resources. "Military first" as a principle guides political and economic life in North Korea, with "military-first politics" dominating the political system; "a line of military-first economic construction" acting as an economic system; and "military-first ideology" serving as the guiding ideology.

Worker's Party of Korea (WPK) - is the DPRK ruling party, it was founded in 1949 with the merger of the Workers' Party of North Korea and the Workers' Party of South Korea

Our Contacts

If you have more questions, please contact us:

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Korea Konsult wishes you a nice trip!