

## Haeng Won Program FAQ

### Who is eligible for the Haeng Won Program?

The program is open for everyone regardless of age, race, nationality or gender. Those who are new to meditation or not already a member of the international Kwan Um School of Zen are advised to join and start a meditation practice at a local Kwan Um Zen center nearby, to become familiar with the Zen practice that is practiced at Musangsa prior to applying or committing to the Haeng Won Program.

For all KUSZ members applying, you will need a recommendation from your guiding teacher of the KUSZ Zen center where you belong. If you started your practice at Musangsa, the MSS guiding teachers will review your application. Haeng Won training requires an applicant to work for 5 hours almost everyday and attend the daily formal practice, so this program is recommended for those who make sure they can handle the challenges of both body and mind training. We also recommend that those who are beginners to meditation apply for the Hae Jae period since the Kyol Che retreat schedule and the rule of keeping silence is quite rigorous, and the cultural differences can be also challenging.

### When and for what period can I apply for Haeng Won Program?

Musangsa is a busy temple with two three-month long retreat periods each year and two three-month long informal periods called Hae Jae. We accept applications all year long, but to ensure smooth acclimatization and to enable a deeper experience, we request that participants arrive at Musangsa during Hae Jae period. In order to apply as a Haeng Won for Kyol Che, a minimum of 1 month participation during Hae Jae is required. Retreats usually start in November or May. Exact dates are published on our website. Haeng Won participants must stay a minimum of one month during Hae Jae or a minimum of two months during Kyol Che.

### I would like to apply for longer than three months.

#### Is that possible?

Musangsa only accepts Haeng Won applicants for a maximum of three months. This is to allow as many people as possible to participate in the Program. Another reason is that the Haeng Won Program is quite intensive---much like a retreat. Some people find that after 90 days, they need a break from the intensive schedule and the close confines of community life. This kind of experience is difficult to predict before actually participating in the program. Therefore, we ask that Haeng Won participants apply for a maximum of 3 months in the beginning and then speak to the guiding teachers about renewing their participation in the program 3-4 weeks before their term ends.

### What kind of work can I expect to be given?

According to a long tradition dating back to the Great Zen Master Pai Chang, famous for teaching "A day without work is a day without food," simple manual work which does not require much prior knowledge or complex thinking is best to sustain a practicing mind. Therefore, Haeng Won participants will be given work in the kitchen, such as assisting the cook with food preparation; in the garden, harvesting or weeding; and cleaning the buildings, such as the dormitory, storage or Buddha and Meditation halls. These simple duties, along with the administrative tasks usually performed by Sunims, are the fundamentals of the daily running of a temple.

### What about my visa situation?

Except for Canadian citizens who can stay in Korea for six months, most of the visitors coming to Korea as tourists receive a 90-day visa. When this period is over, your program will finish or - should you decide to extend your stay - you can go for a short (usually one day) visa extension trip to Japan, which will allow you to stay for an additional three months. The cost of the trip to Japan is usually around US \$300 and the participants are responsible for covering their own fee.

However, some Eastern European countries require a special visa application before crossing the borders of Korea. For citizens from those specific countries, it is necessary to fly back to your home country in order to apply again for a new visa. If you come from these regions, we will send you an invitation prior to your arrival. Please check with your local Korean embassy or online to determine the visa requirements for your home country.

### 90 days is not enough time to complete a full 3 months of Haeng Won and still have time to travel some in Korea. Is there anything I can do?

As mentioned above, a short visa extension run to Japan that will enable citizens from most countries to extend their tourist visa for another 90 days. If you are interested in doing this, please let us know and we can help arrange this for you.

### What is a daily schedule for Haeng Wons in the temple?

The schedule starts before dawn at 4:00 in the morning, and ends at 9:00 in the evening, when the lights go out. In between, there are 5 hours of formal practice including sitting, chanting and bowing, and 5 hours of work spread throughout the day with some breaks in between. Generally, the schedule is quite structured. In order to sustain a simple, practice-oriented spirit, the participants will rarely leave the monastery grounds. In temple training, the schedule is our first teacher because it simplifies life and limits the personal sphere of likes and dislikes –by just performing our duties for others, we learn to put down our opinions, let go of our habits and cultivate a true freedom not dependent on situation.

### What are the Program differences between Kyol Che and Hae Jae?

We advise beginners and those without much meditation experience to apply for the program during Hae Jae. During Kyol Che retreat, the work should be done in silence or with minimal functional silence, and Haeng Wons join the regular meditation sessions along with other retreat participants. There is also less time to rest than during Hae Jae. These factors, along with the cultural shock occasionally experienced by newcomers to the Asian monastic community, create a practicing environment that can support a "don't know – put it all down" mind. Sometimes, however, this can prove to be too demanding depending on a person's situation and the Hae Jae schedule allows for more flexibility. During Hae Jae, there are more opportunities to socialize with fellow Dharma friends, share experiences of Zen practice and learn the basics of Buddhism. These experiences help with the gradual acclimatization to the monastic community.

### What kind of clothes will I wear?

All Musangsa residents, both monastic and lay, wear special temple clothes. You will be provided with a blue traditional Korean shirt and pants suitable both for work and formal practice. This uniform serves also as a message for the visitors that you are a part of temple staff and can help them if necessary. The storage room of the temple has many kinds of clothes designed for warm and cold seasons, which you will be able to use. However, if you come during winter, it is good to bring warm things to wear under your uniform.

### Is there anything I should bring with me?

One of the things sometimes difficult to find in our storage are big size shoes. If your shoe size is bigger than 42 (US 8 ½ M, 10 W), it is better to bring your own shoes for mountain walking and another pair for use in the temple grounds (something easy to slip on and off) and/or for garden work. Please also bring your wristwatch and toiletries. It will be most convenient if you exchange all the money you need to Korean currency at the airport. To do so locally takes much more time and is an extra duty for our office staff.

### How can I contact my family?

### Is there Wifi or Internet access?

### Can I bring my computer?

Yes, you can bring your computer with you and, during Hae Jae when it's possible to use our wifi network without restrictions, it is even recommended. But during the Kyol Che retreat, just as for other retreat participants, computer access will be limited in order to bring concentrated focus on what is here and now. Except for emergencies, the access to a computer will be minimal during Kyol Che.

### What is the room situation?

During the Program you will be living in one room and sharing a bathroom with other Haeng Wons of the same sex and, sometimes during the retreat's busiest weeks, with other Kyol Che participants from various countries and cultural backgrounds.

Living in the community with cultural diversity, limited personal space and clearly defined relationships is a tool for developing wisdom. It is powerful teaching in understanding our correct situation from moment to moment. To function with others in harmony is both an ongoing part of training and the fruit of this training. Therefore, this program often provides opportunities to use relationship conflicts—the differences in the opinions between yourself and your coworkers and roommates—to practice non-self, freedom from judgments and putting down one's checking mind. As a result, your center grows stronger and you will be less disturbed by disagreements or other people's lifestyles in the future.

### What kind of plane ticket should I purchase to come to Korea?

Musangsa requires that all Haeng Won participants arrive with a round trip return ticket to their home country. If you are *already* thinking of extending your stay beyond three months, whether to continue as a Haeng Won participant or *for other reasons*, please purchase a round trip plane ticket with an easy-to-change return date in order to better facilitate a visa run during your stay.

### What about health? If I get sick, then what?

Just like a retreat, the Haeng Won Program will test your personal limits. Since it might be challenging for both your mind and body, take good care of your health before applying. In case of medical emergencies, please be prepared to pay for the doctor's appointments because the temple will not cover the costs of your medical treatments. Haeng Won participants are responsible for purchasing their own travel insurance for the duration of their stay. However, should a chronic illness appear, in order to ensure the proper healing process, the participants will be advised to return to their home country. This is another advantage of purchasing a round trip plane ticket with an easy to change departure date.

### I would like to travel, sightsee around the temple and get to know Korean culture better. Will that be possible?

In many ways, the Haeng Won Program is similar to a retreat because the daily schedule is clearly defined by the hour and the work itself becomes one's practice. That is why, during your stay in the temple, there will usually be only a few outings per month. These outing trips might include trips to a traditional Korean sauna, sightseeing or visiting other Korean temples or monasteries. These kinds of outings most often occur during the Hae Jae season and enable you to get a taste of Korean culture. However, if your wish is to have a deeper experience of Korea, you can schedule a trip around the country before or after your participation in the program.

