

How to buy and store foodstuff during summer

😊 Desirable duration of grocery shopping?

- It is advised to finish shopping foodstuff in one hour
- Bacteria grows exponentially if the foodstuff is stored in room temperature for more than 60 minutes.

😊 Order of shopping foodstuff?

- Buy processed or dehydrated foodstuff first
- Try to buy foodstuff that needs refrigeration or perishable items such as meat, fish or tofu at the end of shopping

😊 How to store foodstuff in the refrigerator?

- Store foodstuff in the refrigerator right away
- Store foodstuff in the refrigerator the other way as shopping, (i.e. store frozen or perishable food before processed or dehydrated food).
- Temperature varies within the refrigerator. Keep the food that requires long-term storage or is vulnerable to temperature change deep inside the refrigerator
- Do not wrap vegetables in newspaper. Newspaper can contaminate the vegetables and also absorbs the vegetables' moisture and drop their freshness

Source : Dietary Life Safety Division, Ministry of Food and Drug Safety ☎ 043-719-2314

Can't Watch TV at home? Try "Auto Scan"

- Due to reallocation of regional digital TV channels, households that receive national terrestrial broadcasting such as KBS, MBC, etc. through antenna might not be able to get reception temporarily.

< Regional TV Channel Reallocation Schedule >

| '12.12.31. | '13.6.12(14:00) | '13.7.17(14:00) | '13.10.16(14:00) |
|---------------------------------------|---|---|--|
| Termination of analog TV broadcasting | Reallocation of channels in Jeolla region | Reallocation of channels in Gyeongsang region | Reallocation of channels in Seoul Metropolitan Area, Gangwon and Chungcheong regions |

- In that case, please scan and set up desired TV channels using TV remote control in order to receive the channels as before.

※ Subscribers to paid TV services (cable TV, IPTV, satellite TV) will be able to watch TV without the above set up procedure.

< How to set up digital TV channels >



- | | | | |
|------------------------|-----------------------------------|------------------|----------------------|
| ① Press menu on remote | ② Select Channel-Auto Scan(store) | ③ Start scanning | ④ Press OK or Select |
|------------------------|-----------------------------------|------------------|----------------------|

- For technical support, contact national call-centre (Tel: 124) and also visit www.digitaltv.or.kr (Korean language) for more information.

Source : Digital Broadcasting Policy Division, Ministry of Science, ICT and Future Planning ☎ 02-2110-2878

여성새로일하기센터

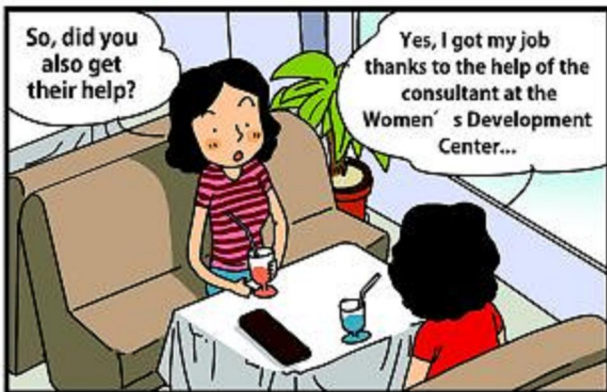
대표전화 1544-1199

Women's Development Center
(Tel: 1544-1199)



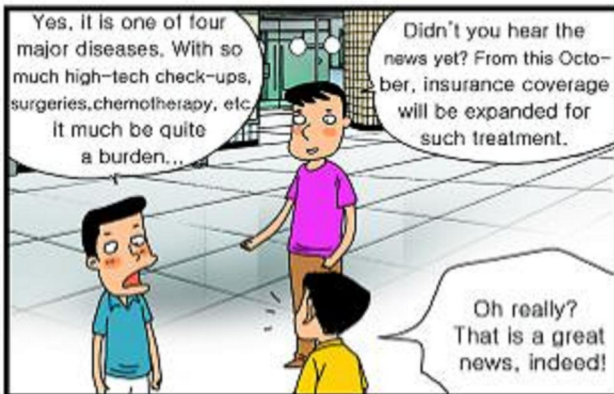
They are
very well
organized,
too.

| | |
|----------------------|--|
| Consultation Service | 1:1 Employment Counseling Group Consultation Program Employment Information Service |
| Vocational Training | Free Vocational Training, Motivation Training, Technical Training, Specialized Training |
| Employment Support | Tailored Employment support, Interview support, Internship(marriage immigrants) |
| Follow-up Service | Support Employment maintenance Creation of women-friendly company culture |



4대 중증질환 보장 강화 계획


Plan to expand coverage for 4 major diseases



| 2013 | 2014 | 2015 | 2016 |
|-------------------------------|----------------------|---|---|
| - | Anticancer drug etc. | | |
| Ultrasono- graphy (Oct) | MRI etc. | Radiotherapy, Surgeries | Test (DNA test, etc.) |
| - | - | Medical supplies for the surgeries related to 4 major diseases | Medical supplies for general operations |


Example

Chemotherapy for colorectal cancer patient



Cost to be borne by Patient: W16.25 mil.
After 2016 (with expansion in place): W980 thousand

Surgery and treatment for cerebral aneurysm for 7 days



Cost to be borne by Patient: W2.3 mil.
After 2016 (with expansion in place): W53 thousand

What about those who can't afford even that money?

The government is also offering financial support in 2015 temporarily until the necessary legislation is completed.

| | |
|-----------|--|
| Target | Patients suffering from 4 major diseases with low income (bottom 20%) or high medical cost |
| Condition | When the medical cost for hospital treatment is more than W3 mil (W1.5 mil for medical care assistance beneficiary or lower income family) |



제작: 문화체육관광부 정책여론과 ☎ 02-3704-9575 / 자료제공: 보건복지부 ☎ 02-2023-7793



No more worries about childcare! - Home-visit Childcare Service.

○ What is “home-visit childcare service”?

- The Government offers childcare service at home for households with children aged 12 years or less and covers part of related expenses

○ Service Type

- **(By hour)** Support for children’s commute or daycare support for children aged 12 years or less
 - * up to 720 hours per year
- **(Full-day)** Full-day care for children less than 12 months old
 - * 120~240 hours per month(6~12hours/day, 5 days a week)

○ Cost

| Type | Income standard('13) (4-member family) | By hour (₩5,000 per hour) | | Full-day (200hours per month, ₩1mil) | |
|------|---|------------------------------|---------------|---|---------------|
| | | Self-payment | Gov't Subsidy | Self-payment | Gov't Subsidy |
| A | less than 50%(₩2.37mil) | ₩1,000 | ₩4,000 | ₩300,000 | ₩700,000 |
| B | less than 70%(₩3.32mil) | ₩3,000 | ₩2,000 | ₩400,000 | ₩600,000 |
| C | less than 100%(₩4.74mil) | ₩4,000 | ₩1,000 | ₩500,000 | ₩500,000 |
| D | more than 100% | ₩5,000 | - | ₩600,000 | ₩400,000 |

○ How to apply

- ① Submit application at the Community Center ⇨ ② Notification of Government support type ⇨ ③ Registration at the Service Homepage and Service Request(☎1577-2514)

* Households not receiving government subsidy (Type D) can apply directly through Step 3.

○ Inquires : ☎ 1577-2514, <http://idolbom.mogef.go.kr>

Source : Family Policy Division, Ministry of Gender Equality and Family ☎ 02-2075-8706