

Summer Camp

Brittany, France, 22. - 28. July 2017



By Jean Francois Moulinet

From the 22nd to the 28th of July 2017, the 8th Ocean Summer Family Camp took place in Saint Jacques in the Morbihan. There were 27 participants between 4 and 70 years old.

The morning program was sports at 7:30, followed by one hour of hoon dok hae to begin the day well, a good breakfast to give us strength and energy for the day and, finally, a conference or a testimony given by our elders.

We continued the day with excellent meals prepared by one of the teams, an exercise that helped reinforce the cohesion of the teams. Then the afternoons were filled with various activities: paddleboard or catamaran, a challenge day, a treasure hunt and a sports competition. Finally, there were moments of free time giving everyone the opportunity to benefit from the beauty of the Brittany coast and to spend time with friends, new and old.

After the satisfying dinners every evening, we refocused on our life if faith with 20 –

30 minutes of Gido-hae (evening hoon dok hae), another team activity. Then we would take time for one of our favorite activities, evening games and quizzes. Some participants were so caught up in the games that they continued until early morning!

Once again, our summer camp was a very enriching experience and the desire to see each other again, as soon as possible, showed clearly on everyone's faces as they said goodbye.