



GLOBAL INITIATIVE FOR EXCHANGE AND DEVELOPMENT INC.

PHILIPPINES NATIONAL PROFILE

2018 - 2019

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Basic Information

Official Name: Republic of the Philippines

Capital City: Manila City

Area: 301,780 square kilometers (116,518 sq mi)

Population: 102,250,133 million (estimate in 2016)

Religions: 86 percent are Roman Catholic

6 percent are Christian Cults

4 percent are Muslim

2 percent are Protestants

2 percent are Indigenous

Official Languages: Filipino and English

Time: Philippine time zone is GMT + 8 hours

Currency: Philippine Peso (Php)

Business Hours:

Banks usually opens 9am until 4pm from Monday to Friday, Shopping malls and department stores opens 9am to 10pm 7 days a week, while private and public offices open from 8am to 5pm during weekdays.

Location and Geography

The Philippines is an archipelago that consists of 7,641 islands with a total land area of 301,780 square kilometers (116,518 sq mi). The 11 largest islands contain 95% of the total land area. The largest of these islands is Luzon at about 105,000 square kilometers (40,541 sq mi). The next largest island is Mindanao at about 95,000 square kilometers (36,680 sq mi). The archipelago is around 800 kilometers (500 mi) from the Asian mainland and is located between Taiwan and Borneo.



Climate

Based on the average of all weather stations in the Philippines, excluding Baguio, the mean annual temperature is 26.6°C. The coolest months fall in January with a mean temperature of 25.5°C while the warmest month occurs in May with a mean temperature of 28.3°C. Latitude is an insignificant factor in the variation of temperature while altitude shows greater contrast in temperature. Thus, the mean annual temperature of Baguio with an elevation of 1,500 meters is 18.3°C. This makes the temperature of Baguio comparable with those in the temperate climate and because of this, it is known as the summer capital of the Philippines.

The difference between the mean annual temperature of the southernmost station in Zamboanga and that of the northernmost station in Laoag is insignificant. In other words, there is essentially no difference in the mean annual temperature of places in Luzon, Visayas or Mindanao measured at or near sea level.

Government & Politics

The Philippines is divided into a hierarchy of local government units (LGUs) with the 80 provinces as the primary unit. Provinces are further subdivided into cities and municipalities, which are in turn composed of barangays. The barangay is the smallest local government unit.

Most government offices establish regional offices to serve the constituent provinces. The regions themselves do not possess a separate local government, with the exception of the Autonomous Region in Muslim Mindanao.



The Politics of the Philippines take place in an organized framework of a presidential, representative, and democratic republic whereby the president is both the head of state and the head of government within a pluriform multi-party system. This system revolves around three separate and sovereign yet interdependent branches: the legislative branch, the executive branch, and the judicial branch. Executive power is exercised by the government under the leadership of the president. Legislative

power is vested in both the government and the two-chamber Congress: the Senate (the upper chamber) and the House of Representatives (the lower chamber). Judicial power is vested in the courts with the Supreme Court of the Philippines as the highest judicial body.

Society and Culture

Philippines is a beautiful country that sees a mix of diverse cultures. The culture of Philippines has seen various influences in the past. With over 7,000 islands and a population of 105,490,221 as recorded last November 10, 2017 based on UN estimates. The Philippines is equivalent to 1.39% of the total world population. The Filipinos, as the people over here are known, are distinctive in many ways and have preserved their rich traditions and culture. Here, we shall take a look at the finer aspects of the culture of Philippines.

People

The Filipino character is actually a mixture of the different cultures. The “Bayanihan” or spirit of kinship and camaraderie that Filipinos are famous for is said to be taken from Malay forefathers. The close family relations are said to have been inherited from the Chinese; the piousness comes from the Spaniards who introduced Christianity in the 16th century. However, what distinguishes Filipino character from other nationality is the unrelenting Hospitality.

Extended family is also a common practice for Filipinos as it would allow married children or relatives to stay with their parents or other close relatives’ house together with their new families in a very long time or probably, a lifetime compared to other foreign cultures that would condemn dependency to anyone.

Philippine Food

The **Chicharon** is a popular snack in the Philippines. This is deep fried pork dish that goes well with any alcoholic beverages. Since Filipinos are high consumers of pork, many dishes that



have pork as main ingredient are observable in the different parts of the country.

Apart from this, Filipinos are sweet-loving people and as rice and coconuts are available a lot of treats are often served during any celebrations. The **bibingka** which is a rice cake and the **ensaymada** which is a sweet roll are few of the popular snack items in the Philippines. **Lechon** which is a whole roasted pig is also a popular food dish in the cuisine of Philippines usually served during fiestas and other celebrations. Filipinos love to gorge on pescado – a fried fish dish, pinakbet – vegetable stew, puto-rice cakes and pan de sal – salted rolls of bread.



Lechón is a pork dish in several regions of the world, most specifically Spain and its former colonial possessions throughout the world. The word *lechón* originated from the Spanish term *lechón*, referring to a suckling pig that is roasted. Additionally, it is a national dish of the Philippines with Cebu being acknowledged by American chef Anthony Bourdain as having the best pig.

Native Delicacies or Kakanin.

Uniquely Filipino, these are sweet munchies or sometimes desserts made from rice, sweet rice or root vegetables that are slow cooked and usually made with coconut or coconut milk. It could be made from rice or sweet rice, or any of the root vegetables like ube, cassava, taro. It could use coconut, and coconut by-products. It could be cooked in banana leaf or flavored with pandan leaf. It usually is sticky, chewy and takes hours to make - a real labor of love...



Music and Dance

Music of the Philippines are performance arts composed in various genre and styles. The music of the Philippines is a mixture of other Asian, European,



Latin American, American, and indigenous influences. Philippine gong music can be divided into two types: the flat gong commonly known as *gangsa* and played by the groups in the Cordillera region of the bossed gongs played among the Islam and animist groups in the Southern Philippines.



There are many dances performed in the Philippine Islands such as the popular "Tinikling", to the exoticized "Pangalay", to the skill-based interpretation of the "Banga" and Spanish-tinged "Jota". Dance categorizations range from geographic localization, to societal functions, to dance influences, and to time periods.

Art

Art of the Philippines is diverse.

It includes:

- ✓ Painting
- ✓ Dancing
- ✓ Weaving
- ✓ Sculpting
- ✓ Pottery



Dress

Barong Tagalog, the official national costume of Filipino men, originated from the northern part of the Philippines, and is originally made of jusi or pineapple cloth called "pina" (woven from pineapple leaves). It is worn over a Chinese collarless shirt called *camisa de Chino*. It exhibits the loose, long lines of its Chinese sources, the airy tropical appearance of Indo-Malay costume, the elongated effect of Hindu dressing, and the ornamental restraint of European men's clothing. Today, barong tagalong can come from different materials and different colors. It is usually used for formal occasion and meetings.



Fiesta (Festivals)

Exuberant celebrations are customary in the Philippines. Filipinos are very accustomed with celebrations, which are commonly known as “fiesta/s”. It revolves around the feast day of the patron saint of the province or an important historical date. Each city and barrio (village) has at least one local festival of its own. An advance and vigorous planning would take place from both the local government and the church just to make sure that “fiesta/s” are thoroughly prepared. Days of colorful street dancing, feasting and parades are held to celebrate the occasion which draws a lot of tourists and pilgrims alike.



Transportation

Public transportation in the Philippines is not as organized as in most countries and doesn't always work to schedule! A network of land/air/ferry transportation is in the early stages of development and rail travel is limited in Luzon except for between San Fernando and Legaspi. Fast ferries between islands are common in the Western Visayas region. Land transportation is by cheap metered taxi, buses and/or jeepneys in and between the major cities. Out of the cities you will travel by “banca” (motorized outrigger boat), “pedicab” or a “tricycle” (motorcycle with side seat). They depart when full rather than to a timed itinerary and are an interesting experience!

You can ride a **taxi** and tell the driver where you want to go (generally they know all the routes) just ask them to switch on their meter. By the way, **the plug down rate in a taxi is Php 40.00.**

Jeepneys are also widely used in Cebu. It is an innovative, one of a kind means of transportation in the Philippines. They have certain routes and you'll know their route by their sign board on front of the windshield. The minimum fare is **Php 6.50 per 7 km.** and they usually have this fare matrix displayed inside the vehicle for reference.

We also have the **tri-bike** or as affectionately known in the Philippines a “trike”. This is a motorbike with passenger side car. Usually it is used for transportation within the barangays, inside subdivisions or places with buildings with near proximity. Two to three people can be accommodated on the trike and the usual fare is Php7.00 to Php10.00 each. You can access nearby places with this transportation means without walking.

Motorbike is widely use as well in Philippines, there are areas that the only means of transportations are motorbikes. In Visayas, specifically in Cebu motorbikes for hire are called **HABAL-HABAL**.

Jeepney



Tricycle



Taxi



Bus



Ship



Airplane



Airport Information



Ninoy Aquino International Airpot (NAIA)

Ninoy Aquino International Airport (Filipino: Paliparang Pandaigdig ng Ninoy Aquino) or NAIA (IATA: MNL, ICAO: RPLL), also known as **Manila** International Airport is one of the two international airports serving the Metro Manila Area. It is the main international gateway to the Philippines. The international airport has an adequate traveler facilities: duty-free and souvenir shops, tourist information and assistance counters, hotel and travel agency representatives, car rental services, bank and automated teller machines, postal service, national

and international direct dial telephone booths, medical clinics and baggage deposit areas.

It is located along the border between Pasay City and Parañaque City in Metro Manila. It is about 7 kilometers south of the country's capital Manila, and southwest of Makati City's Central Business District.

It has 4 terminals:

- Terminal 1: NAIA Terminal - International flights, non-Philippine Airlines
- Terminal 2: Centennial Terminal - All Philippine Airlines flights only (North wing International, South wing Domestic)
- Terminal 3: NAIA International Terminal – International/Domestic flights (Philippine Airlines, Cebu Pacific, Airasia)
- Terminal 4: MIAA Domestic Terminal - All domestic flights (Airasia, Cebu Pacific, Airswift, Tiger Airways)



Mactan Cebu International Airport (MCIA)

Mactan–Cebu International Airport (Cebuano: Tugpahanang Pangkalibutan sa Mactan–Sugbo, Filipino: Paliparang Pandaigdig ng Mactan–Cebu) (IATA: CEB, ICAO: RPVM) is the second busiest airport of the Philippines. It is located in Lapu-Lapu City on Mactan Island in Metro Cebu which belongs to the Central Visayas region of the Philippines.

Cebu is the second busiest airport of the Philippines with 52,000 flights and over 6.5M passengers. All the Philippine carriers are serving Cebu (Philippine Airlines, Air Asia, Air Swift, Seair, etc.) and it is home of Cebu Pacific Air (ATR-72, A320). Foreign carriers during daytime are Cathay Pacific

(Hongkong), Silkair (Singapore) and Tigerair (Singapore). During the nighttime, the Korean carriers are coming with Korean Air, Asiana, Air Busan, Jejuair and Jinair. There is one Seair B737-200 still in service, leaving CEB to Clark every evening with cargo for UPS and returning the next morning around 8/9am from Clark – during the day, the 737 is parked on the ramp.

Mactan–Cebu International Airport was chosen as the most viable location for the world's largest aircraft, the Antonov An-225 *Mriya*, to safely land when considering the combination of onward land transportation, sea freight, and airport capacity. The arrival of the aircraft in the airport marked the very first time that the aircraft landed in the Philippines.

Facilities for the physically-handicapped: The airports are handicapped-friendly. Wheelchairs are available on request from the airline ground staff.

Customs: Visitors are advised to fill in the Baggage Declaration Form before disembarking to facilitate Customs examination. The following are allowed inside the duty-free: reasonable quantity of clothes, jewelry, and toiletries; 400 sticks of cigarettes or two tins of tobacco, two bottles of wine or spirits of not more than one liter each.

Porterage: Baggage carts are available for free. Porter service are also free. Tipping is traditionally accepted.

Airport Transfers: Visitors are advised to avail of accredited fixed rate or metered taxis in Arrival Area. At the Manila Domestic Airport, accredited transfer services are available on pre-paid coupon basis. Other airports are served by metered taxis. All airports have counters for hotel transport and car rental services.



About Us

The Global Initiative for Exchange and Development Inc. (GIED) is a non-profit and non-government organization established in July 07, 2015 in Cebu City, Philippines. The organization aims to promote people empowerment and connectivity through the spirit of volunteerism working together and building communities for sustainable development.

GIED wants to enhance the inter-cultural interactions of people around the world through exchange and development focusing on a three-point agenda to wit: (1) **Global Citizenship and Voluntary Service Exchange**; (2) **Global Education, Service Training and Capability Building**; and (3) **Global Social Development Initiatives with Partner Communities**.

Under each agenda are specific programs, projects and activities that focuses on social issues like education, health and gender sensitivity, environment, children, youth and women participation in society, peace and rights-based issues, social exclusion, language barrier and other impact social development efforts in marginalized communities.

GIED is a full member of the Network for Voluntary Development in Asia (NVDA), an associate member of the International Cultural Youth Exchange Federation (ICYE) and a guest organization at the Alliance of European Voluntary Service Organizations (ALLIANCE). It is also registered with the Philippine National Volunteer Service Coordinating Agency (PNVSCA) as a Volunteer Service Organization, Department of Social Welfare and Development (DSWD) as a Social Welfare Organization and the National Youth Commission (NYC) as a Youth Serving Organization of the Philippine Government.

VISION

A leader in global inter-cultural exchange and mentor of voluntary work for sustainable development.

MISSION

- Promote international voluntary service and exchange
- Develop globally competitive training and learner-centered capacity building programs
- Build linkages between and among development organization both public and private
- Support social entrepreneurship and global citizenship initiatives

GOAL

- People connectivity through inter-cultural promotion of international cooperation, peace and solidarity within and across nations in the world.

OBJECTIVES

- To promote global peace and unity through inter-cultural exchange and development of programs, activities and projects
- To engage development-based organizations, practitioners, and volunteers to promote sustainable communities
- To encourage and enjoin people to do volunteer work and services
- To establish an institute for voluntary work and social development

PROGRAMS

I. Global Citizenship and Voluntary Service Exchange

A. International /Local Volunteer Placements Programs

Advocate and deploy foreign/local volunteers to institutions and communities involved in social welfare related services for short to long term volunteer programs (1-12 months)

B. Local, Bilateral and International Work Camps

Organize, coordinate and deploy foreign/local volunteer groups to participate work camps on different social themes like art/cultural events, Eco-trail treks/environment, health, renovation/reconstruction, agriculture, education, music and sports, etc. from 5-24 days programs

II. Global Education, Service Training and Capability Building

A. Conduct, Coordinate & Facilitate various Training, Workshops and Seminars

- Health and gender sensitivity issues
- Children, youth and women participation in governance/society
- Peace and rights-based issues and advocacy
- Eco/volunteer trail, climate change, food security programs
- Inter-cultural learning and international voluntary service
- Social entrepreneurship and livelihood initiatives
- Community/social development
- International/Asian Volunteering Summit

B. Volunteer and Learn English as a Second Language (ESL)

- Establish regular classes for non-English speaking foreign volunteers
- Volunteer placements in partner communities to enhance ESL capabilities
- Establish customized placement/itinerary for ESL program for volunteers/partners

III. Global Social Development Initiatives with Partner Communities

A. Organize, coordinate, network with local communities for different social development work and resource mobilization to (but not limited to) the following:

- Build/renovate community libraries/information centers in selected local villages
- Build/renovate Birthing or health centers at selected local villages
- Build Toilets for marginalized community/households
- Build/renovate community recreation centers/playground/parks/marine sanctuaries
- Mobilization of Medical, Dental, Health Missions
- Mobilization of People/community towards community development
- Agriculture, Livelihood and social entrepreneurship development

Contact Information

Location

Door 4, 2F, Causing Feria Bldg., Block 145, Osmeña Blvd., Cebu City 6000 Philippines

Tel. No.: +63 32 412 3102 Mobile No.: +63 9228603831

Website: www.volunteergied.org

Facebook: Global Initiative for Exchange and Development Inc.

Skype: giexchange2015

Email Contacts

gied@volunteergied.org/giexchange2015@gmail.com

“Queenie”

Rhenelyn Queen Dadulo

info@volunteergied.org

General Information

incoming@volunteergied.org/gied.incoming@gmail.com

Lea Mae Salvo

outgoing@volunteergied.org/gied.outgoing@gmail.com

Fritz Anderson Cruda



Coming to the Philippines

VISA INFORMATION

Visa Arrangements for Long Term Volunteers (LTV)

With the GIED's registration to PNVSCA ,GIED's Long Term Volunteer Program (6 months-1 year or more) is now recognized by our government as our contribution to the National Volunteer Service Program. Thus, all future incoming LTVs will now have a chance to access the Philippines' Free Volunteers Visa as well as guaranteed support and safety protection from our government to our LTV participants.

Sending Organization and Volunteers must submit the the following original copies at least two (2) months before their placement.

Philippines Free Volunteers Visa Requirements:

1. Signed ICYE Candidates Application from Applicant and NC in charge
2. Police Certification
3. Comprehensive CV/Resume with 2X2 colored photo with white background
4. Motivation Letter with signature
5. Scanned Passport copy

Visa Arrangements for Short Term Volunteer (STV)

Volunteers should apply for a non-immigrant **tourist visa** in their home country, if they are staying longer than 30 days in the Philippines.

Nationals from 151 countries **may enter the Philippines without a visa and stay for a maximum of thirty (30) days**, provided they are holders of a passport valid at least six (6) months beyond the period of stay in the Philippines, and present a return or outward bound ticket to their country of origin or to a next country of destination. However, Immigration Officers at ports of entry may exercise their discretion to admit holders of passports valid for at least sixty (60) days beyond the intended period of stay.

DOCUMENTS REQUIRED FOR MAKING A PHILIPPINES TOURIST VISA

The following requirements must be submitted when applying for this type of visa:

1. Duly-accomplished visa application (F.A. Form 2). Application forms that are incompletely filled-out will be returned to the applicant.
2. Valid passport (the original passport itself must be submitted) whose validity must extend at least six (6) months beyond the length of proposed stay in the Philippines.
3. One 2" x 2" size photograph taken within the last six (6) months. The applicant's signature must be affixed on the front side of the picture.

4. A photocopy of the applicant's round trip ticket to his/her country of origin or confirmed ticket to his/her next country of destination.
5. Proof of financial capacity (e.g. travelers' cheques, latest print-out of credit card account(s), latest print-out of bank statements, ownership of real estate properties, and other documents showing the applicant's capacity to financially support himself/herself during his/her stay in the Philippines)
6. If applicant is not appearing in person before the Consular Officer, the application form must be notarized by a local notary public.
7. The applicable fees for a tourist visa are as follows:
 - Single entry valid for three (3) months: US\$30.00
 - Multiple entry valid for (6) months US\$60.00
 - Multiple entry valid for twelve (12) months \$90.00

NOTE: The authorized maximum period of stay granted by the Philippine Consulate to all temporary visitor's visa applicants is fifty-nine (59) days. If the applicant will stay beyond 59 days in the Philippines, an application for extension of stay must be filed at the Bureau of Immigration in Manila, or the Immigration office nearest to the place where the applicant is temporarily residing.

Guidelines on the Entry of Temporary Visitors to the Philippines

NON-VISA ENTRY FOR 30-DAYS STAY UNDER E. O. 408

- A. Countries whose nationals may enter the Philippines without a visa for a stay not exceeding thirty (30) days under E.O. 408, provided these foreign nationals are holders of a passport valid at least six (6) months, beyond the period of stay in the Philippines and return or outward bound tickets to country of origin or next country of destination.
- B. Nationals from the following countries are allowed to enter the Philippines without a visa for a period of stay of thirty (30) days or less:

Andorra Angola Antigua and Barbuda Argentina Australia Austria Bahamas Bahrain Barbados Belgium Benin Bhutan Bolivia Botswana Brazil* Brunei Darussalam Bulgaria Burkina Faso Burundi Cambodia Canada Cape Verde Central African Republic Chad Chile Colombia Comoros Costa Rica Cote d'Ivoire Cyprus Czech Republic Democratic Republic of the Congo Denmark Djibouti Dominica Dominican Republic Ecuador El Salvador Equatorial Guinea Eritrea Estonia Ethiopia Fiji Finland France Gabon Gambia Germany Ghana Gibraltar Greece Grenada Guatemala Guinea Guinea Bissau Guyana Haiti Honduras Hungary Iceland Indonesia Ireland Israel* Italy Jamaica Japan Kenya Kiribati Kuwait Lao People's Democratic Republic Latvia Lesotho Liberia Liechtenstein Lithuania Luxembourg Madagascar Malawi Malaysia Maldives Mali Malta Marshall Islands Mauritania Mauritius Mexico Micronesia Monaco Mongolia Morocco Mozambique Myanmar Namibia Nepal Netherlands New Zealand Nicaragua Niger Norway Oman Palau Panama Papua New Guinea Paraguay Peru Poland Portugal Qatar Republic of Korea Romania Russia Rwanda Saint Kitts and Nevis Saint Lucia Saint Vincent and the Grenadines Samoa San Marino Sao Tome and Principe Saudi Arabia Senegal Seychelles Singapore Slovakia Slovenia Solomon Islands Somalia South Africa Spain Suriname Swaziland Sweden Switzerland Thailand Togo Trinidad and Tobago Tunisia Turkey Tuvalu Uganda United Arab Emirates United Kingdom of Great Britain and Northern

Ireland United Republic of Tanzania United States of America Uruguay Venezuela Vietnam Zambia Zimbabwe.

C. The following are allowed to enter the Philippines without a visa for a stay not exceeding fifty-nine (59) days:

1. Holders of Brazil passports; and
2. Holders of Israel passports

D. The following nationals are allowed to enter the Philippines without a visa for a stay not exceeding seven (7) days.

1. Holders of Hong Kong Special Administrative Region (SAR) passports.
2. Holders of British National Overseas (BNO) passports.
3. Holders of Portuguese Passports issued in Macao
4. Holders of Macau Special Administrative Region (SAR) passports

Alien Certificate Registration

THE ACR I-CARD PROJECT

The ACR I-Card Project automates the entire process of alien registration and integrates the issuance of various paper-based alien documentations into a microchip-based identification card called the ACR I-Card.

THE ACR I-CARD

The ACR I-Card is a microchip-based credit card-sized identification card issued to registered to all registered aliens whose stay in the Philippines has exceeded fifty nine (59) days. It has an embedded computer chip with biometric security features capable of data management and can be updated electronically. It is fraud and tamper-proof/resistant with the following data:

1. Personal information such as name, age, date of birth, place of birth, etc.
2. Photograph
3. Date and status of admission
4. Visa type granted/date granted/date issued/expiry date
5. Biometric information (2 digitalized fingerprint templates)
6. Signature
7. ACR and ICR/NBCR/CRTV/CRTT/CRTS and CRPE numbers
8. Travel details
9. Payment of immigration fees details

The ACR I-Card likewise serves as the Emigration Clearance Certificate (ECC), Re-entry Permit (RP) and Special Return Certificate (SRC) of the holder upon payment of the required fees.

ACR I-CARD SCHEDULE OF FEES

USD 50.00 (Peso Equivalent) Plus Php 500.00

**Fees are updated as of 06 March 2014 and may change without prior notice*

ISSUANCE US\$50 (Peso equivalent)

Express Fee Php 500

RE-ISSUANCE US\$50 (Peso equivalent)

Express Fee Php 500

- Damaged Card
- Rejected Card (*wrong entries or information printed in the card due to fault or negligence of the applicant*)
- Amendments

Lost I-Card Re-issuance

RE-ISSUANCE US\$20 (Peso equivalent)

Express Fee Php1000

RENEWAL US\$50 (Peso equivalent)

Express Fee Php500

- Expiration of one (1) year validity of the card
- Re-registration upon reaching the age of 14
- Change of Visa Status
- ACR Replacement (Alien Registration Act of 1950, as amended)

**Fees are updated as of 06 March 2014 and may change without prior notice*

Notice: when you apply for a visa in the Philippines, do NOT mention the word “work” or “work camp” or “volunteer”, you still need a tourist visa because you are not an immigrant, you can mention that you are an exchange participant for an intercultural learning exposure/immersion program of Global Initiative for Exchange and Development Inc. (GIED). Do not forget to ask for a letter of invitation from GIED that you are their official participant with a sign from the President/Executive Director or National Coordinator of the organization. Usually, the immigration will ask you for a formal letter of contract of the hosting organization with a logo and office address and contact number upon your arrival. So, **please don't forget your important documents for arrival!**

Health Information

1. Please check the vaccines and medicines list and visit your doctor (ideally 4-6 weeks) before your trip to get vaccines or medicines you may need. This is also a good opportunity to discuss important travel health issues including safe food and water, accidents, sun exposure and insect bites.
2. Make sure you are up-to-date on routine vaccines before your trip to the Philippines. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.
3. It is recommend vaccinating against Hepatitis A, which you can get through contaminated food or water in the Philippines, regardless of where you are eating or staying.

4. Vaccination against typhoid is advised. You can get typhoid through contaminated food or water in the Philippines.
5. A yellow fever or typhus vaccination certificate is required from travelers over 1 year of age arriving within 6 days from infected areas. A certificate is also required by those arriving from small pox or plague infected areas.
6. Following WHO guidelines issued in 1973, a cholera vaccination certificate is not a condition of entry to the Philippines, unless travelers arrive from infected areas. However, cholera is a risk in this country and precautions are essential. Up-to-date advice should be sought before deciding whether these precautions should include vaccination, as medical opinion is divided over its effectiveness.
7. Malaria is a serious and sometimes fatal disease transmitted by mosquitoes. You cannot be vaccinated against malaria. Malaria risk exists throughout the year in areas below 600m in rural areas, except urban areas and the 22 provinces of: Aklan, Albay, Benguet, Bilaran, Bohol, Camiguin, Capiz, Catanduanes, Cavite, Cebu, Guimaras, Iloilo, Leyte, Marinduque, Masbate, East West and North Samar, Siquijor, Sorsogon and Surigao Del Norte. Malaria precautions are essential. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net.
8. Please ask your doctor what vaccines and medicines you need. Some may advise you to vaccinate against Hepatitis B, Japanese Encephalitis or Rabies as well.

Emergency Information

All over the Philippines	
National Emergency Hot- line	911
Red Cross	143
Philippines National Police	117
Manila	
Police	177
Bureau of Fire Protection (BFP)	729-5166, 410-6254, 431-8859, 407-1230
Ambulance (Ambucore)	255-5987
National Disaster and Risk Reduction Management Council (NDRRMC)	911 1406, 912-2665, 912-5668
Hospital	<u>Manila Doctor's Hospital:</u> 667 United Nations Ave., Ermita (02)524-3011 <u>Makati Medical Center:</u> No.2 Amorsolo St. Legaspi Village, Makati City 02-815-9911 <u>St. Luke's Medical Center-Quezon City:</u> 279 E.Rodriguez Sr. Boulevard, Quezon city 02-727-5561

Cebu	
Cebu City Disaster Risk and Emergency Management	255-0046
Police	166
Bureau of Fire Protection (BFP)	160
Ambulance	161
Hospital	<u>Cebu Doctor's Hospital:</u> Osmena Blvd., Capital Site, Cebu City 032-255-5555 <u>Chong Hua Hospital:</u> Fuente Osmena, Cebu city 032-255-8000 <u>Mactan Doctor's Hospital:</u> Maximo V. Patalinhug Jr. Avenue, Lapu-Lapu City, Cebu 032-236-0000
Cebu Province	
Cebu Province Disaster Risk Reduction and Emergency Management	255-0046
CEBU PROVINCE POLICE DEPARTMENT (City of Naga)	489-8808 / 272-6640
Hospital	<u>South General Hospital</u> Tuyan, Natalio B. Bacalso S National Hwy, City of Naga, 6037 Cebu 272-2223
Negros Occidental	
Police	708-8093
Bureau of Fire Protection (BFP)	434-5022
Ambulance	457-0770
Hospital	<u>South Bacolod General Hospital and Medical Center, Inc.:</u> Araneta Ave, Bacolod, Negros Occidental 034-704-2911 <u>San Carlos City Hospital:</u> Ylagan Street, San Carlos City, 6127 Negros Occidental 034-312-5674 <u>Corazon Locsin Montelibano Memorial Regional Hospital:</u> Lacson St, Bacolod, 6100 Negros Occidental 063-243-3159
Negros Oriental	
Police	255-1766
Ambulance	255-9110
Hospital	<u>Negros Oriental Provincial Hospital:</u> Barangay Piapi, Dumaguete City Negros Oriental 035-225-9286 <u>Silliman University Medical Center:</u>

	V. Aldecoa SR. Road, Dumagete City 035-225-0814 Holy Child Hospital: Legaspi Street, Dumaguete City 035-255-0510
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Regular Holidays are:

January 1, 2018, Monday	New Year's Day
April 9, 2018, Monday	Araw ng Kagitingan
March 29, 2018	Maundy Thursday
March 30, 2018	Good Friday
May 1, 2018, Tuesday	Labor Day
June 12, 2018, Tuesday	Independence Day
August 27, 2018, Last Monday of August	National Heroes Day
November 30, 2018, Friday	Bonifacio Day
December 25, 2018, Tuesday	Christmas Day
December 30, 2018, Sunday	Rizal Day

Special (non-working) days:

February 16, 2018, Friday	Chinese New Year's Day
February 25, 2018, Sunday	EDSA Revolution Anniversary
March 31, 2018	Black Saturday
August 21, 2018, Tuesday	Ninoy Aquino Day
	Additional special (non-working) Day
November 1, 2018, Thursday	All Saints Day
December 31, 2018, Monday	Last day of the year

Filipinos also observe special holidays for the observance of Eid'l Fitr and Eid'l Adha, which will be announced soon. Proclamations to declare national holidays for Eid'l Fitr and Eidul Adha shall follow after approximate dates of the Islamic holidays have been determined.

Basic Cebuano Language

The Cebuano language, also known as Sebuano or Sugbuhanon, is one of the most important languages in the Republic of the Philippines, along with Tagalog and Filipino. The name “Cebuano” is derived from the island of Cebu, home to one of the largest metropolitan areas in the country. Language will help you understand better the culture and the people. Few words will help you connect to people immediately, so here are some basic Cebuano languages that are surely helpful for you.

What is your name?	Unsa imu pangalan ?
How are you?	Kumusta ka?
I'm fine.	Maayo man ko.
Yes.	Oo.
No.	Dili.
I don't know.	Ambot lang.
Stop	Para
Left	Wala
Right	Tuo
Please	Palihug
How much	Tag pila?
Delicious	Lami
I am sorry.	Pasaylo-a ko
Thank you.	Salamat
Thank you very much.	Daghang Salamat
You're welcome.	Walay sapayan.
Good morning	Maayong buntag
Good afternoon	Maayong hapon

Good evening

Maayong gabii

I am fine.

Maayo man ko.



The People Behind GIED

Global Initiative for Exchange and Development Inc. has around 5 staff members (3 full time and 2 part time staff) and receives around 5-12 interns annually from different universities in the Philippines. The interns help in the coordination, promotion and implementation of the programs and activities organized by GIED nationwide.



The Current Board Members of GIED

Rhenelyn Queen Dadulo	President and CEO
Jennifer Pacursa	BOD Secretary
Mark Anthony Gumera	BOD Treasurer
Carmela Gan	Member
Eddie Cuaresma	Member
Norbert Francis Mil Elnar	Member

Staff

Rhenelyn Queen Dadulo	President
Lea Mae Salvo	Incoming Program Officer
Fritz Anderson Cruda	Outgoing Program Officer
Catherine Trimidal	Communication Assistant
Henny Ann Jimenez	Administrative Asst.
Ramil Repe	Finance Assistant

“The best way to find YOUrself is to lose yourself in the service of others.”

Gandhi