



PHILIPPINES NATIONAL PROFILE 2020 - 2021

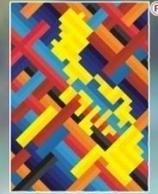


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It's more fun in the
Philippines



What about spending one year in the Queen City of the South Cebu and definitely the Pearl of the Orient Seas Philippines?!

This National Profile aims to provide you an overview of our country. As you perhaps already know via google, books, videos, etc.? Coming to the Philippines would definitely be a whole different experience. Your environment during your exchange is going to be contrary from familiar one: culture, society, politics, economics, food, transport, etc.; almost everything! But this is going to be extremely interesting, exciting and exotic. To raise your curiosity – and also to avoid you to have so big surprises 😊 - we want to give you some preview information about these topics.

Also, this folder aims to give you a first idea about volunteerism in the Philippines. We also want to make you aware that as beautiful the Philippines can be, it remains a poor country with demonstration of poverty you may not be used to. A place where some rights you may consider as normal are not, or maybe less comfort than you enjoy in your country, etc.

We hope that you enjoy going through this profile and that you will be even more excited to come to the Philippines. We are looking forward to welcome you.

-GIED TEAM-



Basic Information

Official Name: Republic of the Philippines

Capital City: Manila City

Population: 108,116,615 (estimated 2019)

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 and some offices open on Saturdays from 8 am to 12 noon.

Location and Geography

The Philippines is an archipelago that consists of more than 7,000 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 26.60 C.

The coolest months fall in January with a mean temperature of 25.50C while the warmest month occurs in May with a mean temperature of 28.30C.



Due to high temperature and the surrounding bodies of water, the Philippines has a high relative humidity. The average monthly relative humidity varies between 71 percent in March and 85 percent in September.

- It is especially uncomfortable during March to May, when temperature and humidity attain their maximum levels.
- Rainfall is the most important climatic element in the Philippines. Rainfall distribution throughout the country varies from one region to another, depending upon the direction of the moisture-bearing winds and the location of the mountain systems.
- the climate of the country can be divided into two major seasons: (1) the rainy season, from June to November; and (2) the dry season, from December to May. The dry season may be subdivided further into (a) the cool dry season, from December to February; and (b) the hot dry season, from March to May.

Government & Politics

The Philippines has an American-style democracy, headed by a president who is both head of state and head of government. The president is limited to one 6-year term in office. A bicameral legislature made up of an upper house, the Senate, and a lower house, the House of Representatives, make laws. Senators serve for six years, representatives for three. The highest court is the Supreme Court, made up of a Chief Justice and 14 associates. The current president of the Philippines is Rodrigo Duterte, elected June 30, 2016.

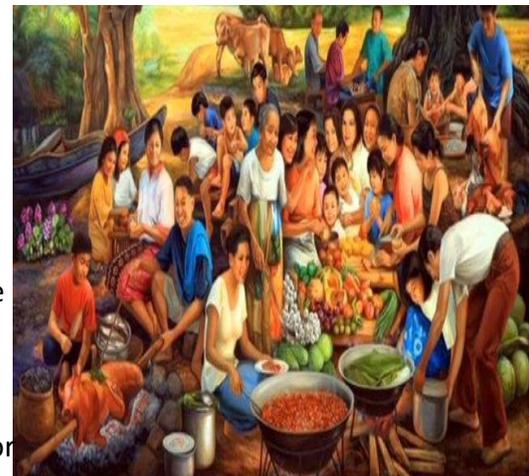


Society and Culture

The Philippines is commonly referred to as a melting pot of western and eastern cultures. The traditional culture of the Philippines is heavily influenced by the traditions of the indigenous Austronesian people. The cultural landscape also features Spanish, American, Japanese, Arabic, and Indonesian influence. The major religions in the country are Christianity and Islam which have played a significant role in shaping the culture of the Philippines.

People

The Filipino character is actually a mixture of the different cultures. The “Bayanihan” or spirit of kindness 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 piety 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

An excellent way that the cultural diversity in the Philippines is portrayed is through the local cuisine. The cuisine in the Philippines is influenced by local and foreign cultures. Rice is the staple meal in the country and is usually prepared through steaming and is served together with other foods. Rice is also ground to rice flour which is used in the preparation of pastries and sweets. The abundance of fish in the country makes seafood another common food item in most households

Lechon 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 the American chef Anthony Bourdain as having the best pig.



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.

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



The ultimate Filipino street food that is likewise a challenge both for other Filipinos (who does not want to try this) and even foreigners are our famous Balut. Balut is a duck embryo or duck fetus or the unborn duck that is boiled and eaten in the shell. Or even the infamous and one of the most popular "weird" foods in the world. A balut or balot is a developing duck embryo. It is commonly sold as street food in the Philippines. This food is usually served at night time from 7pm and beyond. The reason why only night time is because it is said to give more energy to fulfill the night. Locals who usually works for the night have it as a midnight snack. It can be bought from a stall in a street corner or from a balot vendor who rides a bicycle and roams around a certain place.

Halo-halo (Tagalog for "mixed"), also spelled **haluhalo**, is a popular Filipino cold dessert which is a concoction of crushed ice, evaporated milk and various ingredients including, among others, Ube, sweetened beans, coconut strips, sago, *gulaman* (seaweed gelatin), pinipig rice, boiled root crops in cubes, fruit slices, flan, and topped with a scoop of ice cream.



Succulent, meaty, sweet, nutritious and deliciously tempting, these are just some words to describe Philippine Mangoes. Mango or mangga in Filipino, is the national fruit of the Philippines and is then third most important fruit crop of the country next to banana and pineapple. Did you know that Philippines holds the record for the “World’s Biggest Mango” which weighs 3.5 kilos (7.7 lbs.)? And the best & the sweetest mango producer in the Philippines are in Zambales and Guimaras.



Music and Dance

The music composed in the Philippines is influenced by all the cultures in the country. The traditional folk songs are primarily inspired by the indigenous customs and beliefs. Some notable composers of Filipino folk music include Lucio San Pedro from the National Artist for Music as well as Antonio Buenaventura, a renowned patriotic music composer. The music composed in the urban regions of the Philippines, particularly targeted to the youth is known as original pinoy music or Philippine pop music. Dance in the Philippines ranges from traditional indigenous-inspired dances - modern “western-inspired” dances.



Tinikling is an example of a traditional dance with nationwide appeal. The dance imitates the movement of the *tikling* birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers.

Fiesta (Festivals)

Exuberant celebrations are customary in the Philippines. Filipinos are very accustomed with celebrations, which are commonly known as “fiesta/s”. Influenced by the Spaniards, fiestas revolve around the feast day of a patron saint of a 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” is/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. 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!



Jeepney

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 in front of the windshield. The minimum fare is Php 8.00 per 7km and they usually have this fare matrix displayed inside the vehicle for reference

Bus

Air-conditioned MyBus is useful for some city journeys. Services connect the airport, SM City mall, SM Seaside City Cebu and the North Bus Station; trips cost P25 and buses run 6am to 10pm. MyBus only accepts cash from the airport and SM City mall. Otherwise you have to purchase a travel card (P200, which is preloaded with P100 credit); these cards are available from booths.

Taxi

Taxis are the easiest option for getting around the city. Grab, Uber and Easy all operate in the city. Standard city taxis are usually as cheap as app-based taxi services, easy to catch and will almost always turn their meter on. Flagfall is P40 and then P3.50 for each additional 500m (or two minutes waiting time)



TRICYCLE

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.



HABAL-HABAL

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. Or you also can utilize “ANGKAS”, It is a passenger transport and curb-side delivery service, where users can book a biker to get a safe and efficient service.

CURRENCY: Philippine Peso (Php) (1 Euro is approximately Php 55.00)

The country uses CASH at all times, main city offers a lot of ATM and very rare to see if you visit rural areas.

In the Philippines, tipping is not required. They usually don't expect tips. However, some establishments add a service charge to your bill.

About GIED / ICYE PHILIPPINES

Global Initiative for Exchange and Development Inc. (GIED) was established in July 07, 2015 in **Cebu City, Philippines**. **GIED** offers people empowerment and connectivity through the spirit of volunteerism and building communities for sustainable development.



- It advocates inter-cultural interaction with people around the world through exchange and development focusing on a three-point agenda to wit:
 - **Global Citizenship and Voluntary Service Exchange;**
 - **Global Education, Service Training and Capability Building; and**
 - **Global Social Development Initiatives with Partner Communities**
- GIED is an Associate Member of the International Cultural Youth Exchange Federation (ICYE) since 2017 up to present and also known as ICYE Philippines National Committee. It is a full member for the Network for Voluntary Development in Asia (NVDA) since 2016 up to present and a partner organization of the Alliance of European Voluntary Service Organizations (ALLIANCE) since 2018 up to present.
- GIED works with National and Local Government Units, NGOs, Academe, local organizations /institutions, etc. In providing international volunteers with the necessary orientation, training and support.

GIED advocates for “**Live Extraordinary (#LiveXtraordinary)**”; a positive change maker lifestyle that aims to empower global youth to actively engage and impact their lives to various global social campaigns and expand their capacities on inter-cultural learning, understanding, experience and contribute to social development worldwide and be in solidarity with all.



❖ GIED Philippines Incoming/Hosting Programme is composed of

1. **LONG-TERM PROGRAMME:** 6-12 months
2. **SHORT-TERM PROGRAMME**
 - (Short-term Projects) Programme: 1-5 months



ICYE LONG-TERM (6-12 MONTHS) PROGRAMME

With this programme, you have the option to come to the Philippines for 6 or 12 months. The dates of the Programme 2020-2021 are:

September 2020 Intake:

- Window/Arrival Dates: 1st-2nd September 2020
- Starting Date: 3rd September 2020



February 2021 Intake:

- Window/Arrival Dates: 21st – 22nd February 2021
- Starting Date: 23rd February 2021

A Volunteer's life

Volunteering has many great benefits, not to mention the fact that you connect both to people and projects that is geared towards social development. However, as interesting as it may seem, to be in a new surrounding is quite overwhelming and you find yourself facing unknown situation that most of the time challenges you in personal means.

On your first months there will be times that you will feel alone and anxious and the desire to go back home is very high. It is normal to feel that way as part of the immersion to new environment and culture. Nevertheless, it is in best condition that you will not think of it constantly or compare your home country to your new place. Instead, find new alternative ways that you can cope to this new surrounding with open mind and interesting.

Philippines is really huge in terms of the number of its population. If you were to be assigned in cities, expect that it will be very busy, noisy, full of people and etc. You will find it very different from your home country but surely, it would be a new, exciting and full of adventure experience. The journey you will have is beyond measure, of course with the collaborative efforts of yourself and the people that surround you. Always have an open minded and flexible characteristics and you are good to go!

Discover Philippines! **Be a volunteer and #LiveXtraordinary!**

LIVING CONDITIONS

❖ Host Family

Living in a Filipino host family will provide you the fullest immersion into local culture and way of living. You will experience the Filipino sense of hospitality and sharing as well as their generosity or their humor at its best. Don't hesitate to ask your host family about Philippines, customs, traditions, beliefs, etc. Filipinos are willing to share about their country and will even feel happy that you are interested. They will also likely to ask you a lot about your home country. Many Filipinos have never been out of their country, so they are very curious. Also, they will be very enthusiastic to show you around or to give you advice where to visit in the country.

Most Filipino families enjoy spending their free time all together, for example by eating, watching movies, going to the beach during weekends, singing karaoke, or shopping in malls. Of course, you will be invited, and your presence will be highly appreciated. The family is very important for the locals, as host parents they will care for you as their own child.

You will be considered as a new member of the family, you should feel at home. This means that you will share the duties just like the other members of the family. That also means you have to be prepared and willing to help with the household chores. For example, your host family will probably expect that you will help with the cooking or washing dishes, to maintain the cleanliness inside the house, by sweeping the floors or taking out the trash from your room, to change your bed lines regularly, etc. Shortly said, you should contribute to daily housework as a son or a daughter. Every family has its own rules and functioning. Discuss about them directly at your arrival to make sure the expectations are clear for everyone. Communication is the key!

Being hosted means that you will share the meals with your family (especially breakfasts and dinner). If you have a particular diet, your family has to be informed so that they can adapt. Expect to eat typical and traditional Filipino food and cooking. Although they will do all their best to satisfy your tastes and needs, many families have to live on a budget and they can't afford buying specific or international products. If you are craving for something in particular, you are free to buy it by yourself.

Having the chance to live such an authentic experience goes with the fact that the comfort of your accommodation will be simple. It depends on the exact location, but for instance expect to share your room, to have a simple mattress, to have buckets of water instead of showers, to have electric fans instead of AC.

❖ Host Project

Living at the project site you are working offers you a more independent living situation than staying with a host family. Depending on the facilities, you may have your own bedroom or share one with other volunteers. The bathroom is most likely to be shared, as well as the kitchen. You may also have a dining room and/or common area to chill and rest.

Being part of a community means that you will share not only the daily life, but the rights, and duties. Clear rules may not be defined at your arrival but you should rely on your common sense to live within the

placement you should participate to the housework and chores and help to maintain the cleanliness, especially in the common areas. If you don't know how to do something or if something is not clear for you, don't hesitate to talk about it with your teammates. It's up to the group to define its own rules to make everyone feels good and at home.

Staying directly at the project will help you to integrate into the project's life. Your teammates will become a kind of second family for you. You may find friends to go out with, to do weekend trips, to share meals or leisure time with, etc. Expect other co-workers to be very diverse: they can have different age, nationality, background, etc. It will be very interesting for you to exchange with the people and it will provide you more different point of views than if you stay with a host family.

When living at the project, you will get the opportunity to manage your time and have the right to decide what to do during your free time. However, you still have to report your actions to your project manager. Depending on the project, you may have to cook for yourself in a common kitchen. For some, a common meal cooked by the canteen will be served in the dining room.

Note:

- Changing the Living Situation during the whole period is not possible. However, if during the monitoring process done by ICYE Philippines, there are enough justified reasons of existing problems then, we will consider looking for a new Living Situation.

- We prohibit performing a self placement.

Your voluntary work during the exchange year

Volunteerism and in particular ICYE projects are an opportunity for those willing and able to invest their time, initiatives, creativity, ideas, patience and respect.

Spending 6-12 months, volunteering will probably bring you more experiences, memories and lessons that your regular daily life will never bring you. Cultural patterns and customs will be very different from those you are familiar with this is why you will learn so much. If you stay open-minded and flexible, these changes can be taken as good sides; these are characteristics that will help you during your time in Philippines. Volunteerism is a particularly unique chance to mingle with the locals, to learn more about the Filipino culture, to discover the country, to understand a little bit more the way the people live, etc.

The exchange program of GIED is intended to enhance the intercultural interactions between people around the world. You will hence be immersed in a community and experience the everyday life as a local. English is widely spoken by Filipinos since it's a national language, which makes it easier and very convenient to have deep conversations and not just casual talk.

Working in a project serves as your main and important activity during your volunteering period. Your working hours will go around 30 to 40 hours a week. You will have 4 weeks off for a 12 months project, and 2 weeks off for a 6 months project. Hence, you will spend most of your time on your host project where you will be able to plan and to implement different activities. Of course, you will be asked to do some precise tasks, but there will also likely be a room for your own initiatives. Don't be shy to suggest new activities or improvements, to

propose ideas, etc. In most of the projects, there are no very strict guidelines so let's be creative! Such a context will empower yourself, make you grow, leave you more responsible and independent. In the end, most volunteers agree to say they have received more than they have given. That said, we still expect you to learn to adapt yourself and to respect the rules given by the project and your teammates.

You will avail the Philippine volunteer's visa during your stay. This means that as a participant you are not allowed to work for a regular job or to earn a salary, otherwise you will lose your residency permit.

Lastly, no doubt that you will get to know yourself better and become an even better version of yourself at the end of your experience. You will also learn a new language, have new friends and of course a better understanding of other cultures.



Seminars

We provide at least three essential trainings, an opportunity to make friends with your fellow volunteers, exchange experiences, feelings and questions, reflect on your fears, hopes and wishes and what you have experienced, ask and maybe answer questions and learn about other cultures.

- **Orientation camp**- which we will discuss the level of understanding about voluntary service and to provide important information about the project, living situation and also the norms and practices of the locals.
- **Mid Term camp**-We assess if their expectations has been met and to assess the information we had given during orientation if it was effective and helpful for in adjusting with the local way of living. In this time also, we listen to your situation about the project, the living conditions and the working relationships with the locals. We also hear your suggestions and provide advice on how to cope up with the challenges.
- **Final Evaluation**- This will be the time we will measure how you grew since the start of the project. This will relate to the mentor, co-workers and host family's feedback. We will provide a venue for the volunteer to share his/her experiences and his/her realizations during his placement starting from knowledge, attitude and practice.

Support from GIED Philippines

At your arrival in Philippines you will be welcomed and pick up in the airport by co-workers from GIED.

You will be 5 days in Cebu during orientation camp, we will try to give you some basic knowledge of Filipino culture ,Cebuano language, and what you can expect during your time abroad, the “Dos and Don’ts” and how ICYE works in Philippines.

After the camp you will travel to your project or host house where you will be received by a coordinator from the project or family member. They will show you and give you some information on the rules, customs and about the work in the project.

GIED is grateful to help you. There will be a contact person during your stay. She/he will be the one to monitor and support you all away long. If you have questions concerning family life or your project, please contact first to your project supervisor, in order to support you and will be able to help you. If not, contact your coordinator at the office.



Pocket Money

As a volunteer, you will receive pocket money. Within the ICYE Federation, the minimal standard for the pocket money in is **20 Euros/month**.



Insurance Coverage?

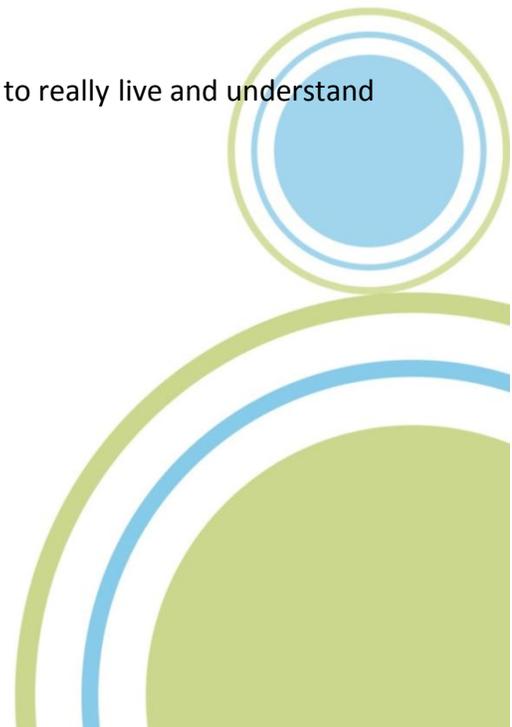
You are covered by a private health insurance and a third party liability-insurance taken out for you by ICYE.



Language Course

The language course will be given during the first month; it will be probably during the camp or in the office. and once the volunteers have reached their respective destinations, we arrange decentralized language courses, with the help of host families and projects.

Language will be one of the main obstacles you will have to overcome in order to really live and understand Philippine culture. The ICYE program includes 30 hours of language classes.



What is expected of you

- ✓ Motivation to be engaged in an international voluntary service.
- ✓ Follow the rules and decisions taken by GIED
- ✓ To be mature, responsible, open-minded, adaptable and flexible.
- ✓ Take time to adjust
- ✓ Good moral principles and respect.
- ✓ Be willing to present and share your home country's culture, this way developing a real intercultural exchange and learning.
- ✓ Willingness to fulfil the responsibilities of being an ICYE international volunteer.
- ✓

❖ Required Documents

The following documents have to be submitted to your home country ICYE National Committee, which will be sent to us (in this order of priority):

1. **ICYE Candidate's Application**, with a recent front-faced full-coloured photograph. Please fill in this form typed in a computer, in English.
2. **Passport copy**
3. **Candidate CV**
4. **Motivation letter**
5. **Police certificate**
6. **ICYE Certificate of Health Form - Part I, Part II & Part III**, you as the applicant fill in the first part, physician duly licensed to practice medicine fills in the second part, who also has to review and sign the first part, and you as the applicant has to sign the third part which is a data privacy disclaimer.
7. **ICYE Report on Candidate**, this is a form that your home country ICYE National Committee has to fill in and send it directly.
8. **ICYE Project Interests Form** of preferred Projects, detailing your interests and experience.
9. **Visa Documents**, as specified in the **GIED Visa Requirements**



Vaccinations and Health

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 travellers 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 travellers 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.

❖ Internet

In Philippines, the connection is not really that high and not all host situations provide free Wi-Fi. Some of them cannot offer it, therefore you have to be prepared to buy an own pocket Wi-Fi or buy a local sim card and register to a mobile data. These costs will not be reimbursed.

What to bring

- ✓ Clothing
- ✓ Toiletries *include insect repellents and sunscreen
- ✓ Personal First-Aid Kit
- ✓ Bring some information about your country to share: for example: pictures, brochures, maps, food, music, books, coins, recipes, etc.
- ✓ Don't forget to pack an electrical adaptor
- ✓ A good idea is to bring small gifts from your country to give to people in your Project, Host Family and friends.
- ✓ If you know any typical dishes of your country this will also be a nice sharing experience with your host family, friends, etc.
- ✓ If you have special skills, it would be nice of you to share them with the people in your host-country.
- ✓ Important documents such as passport, police certificate, photographs, invitation letter.

VISA INFORMATION

All exchangees who intend to stay in Philippines for more than 6 to 12 months, should have 47a2 Visa/ Philippine volunteers visa.

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 (47(a)(2) visa) as well as guaranteed support and safety protection from our government to our LTV participants.

Sending Organization and Volunteers must submit the following original copies at least four (4) 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**
- 6. Health Certificate**

Alien Certificate Registration

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 is a microchip-based credit card-sized identification card issued to register 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 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.

NOTE: For further instructions please take a look on the file for the Visa Procedure.

Travelling around Philippines

Philippines is a humble island country with around 7,641 islands in the Philippines and it is relatively cheap to travel around. You may travel inside the country only during weekends, holidays or your free time. When you travel outside the country please make sure of informing your Host Family, Project and the GIED office of where you go and when are you coming back. Trips never have to interfere with your responsibilities in your Project.

The Philippines has everything you'll ever want. The country boasts of tropical islands, unique wildlife, white sandy beaches, rice terraces, turquoise blue waters, world class diving and surfing spots and lot more!

Still, keep in mind, that you do not come to Philippines as a mere tourist but as a volunteer.

Traveling, in general is limited to 4 weeks for 12 month exchangees and 2 weeks for 6months exchangees.

Safety Precautions and Emergency Information

While most of the Philippines are friendly and beautiful, there are situations that make one unsafe. As a whole, the Philippines is a lovely place to visit with minimal risk of crime or danger, to make your stay in the Philippines more comfortable international volunteers are encourage to be familiar with this safety tips and information.

- Keep with you all travel documents (have a photocopy of all your important documents) and contact details of host family, staff and personnel of your host organization.
- Get yourself a local sim card. GIED advise volunteers to get Suncellular Prepaid Sim card and send mobile number information to the gied.incoming@gmail.com
- Keep a low profile
- Dont walk around with fat wallet, show phone and camers; keep these things in a pocket or bags. No need to give people the impression that you are loaded with money.
- Learn about local laws and customs. Blend with the community, best alternative is to learn some basic Cebuano words.
- Try to schedule your itinerary for not arriving late at night or if going out for a night out do tell your host family where you are going. Dont travel or walk alone at night. Minimize time spent in non-secure areas.
- Beware of any travel alerts.
- Check the weather bureau everyday for weather condition in the area where you are going, www.pag-asa.dost.gov.ph
- Be aware of the area's modus operandi.
- Don't allow people to rush you. Keep your possessions under control at all times.

Emergency Information

All over the Philippines	
National Emergency Hot- line	911
Red Cross	143
Philippines National Police	117
Cebu City	
Cebu City Disaster Risk and Emergency Management	255-0046
Police	166
Bureau of Fire Protection (BFP)	160
Ambulance	161
Hospital	<p><u>Cebu Doctor's Hospital:</u> Osmena Blvd., Capital Site, Cebu City 032-255-5555</p> <p><u>Chong Hua Hospital:</u> Fuente Osmena, Cebu city 032-255-8000</p> <p><u>Mactan Doctor's Hospital:</u> Maximo V. Patalinhug Jr. Avenue, Lapu-Lapu City, Cebu 032-236-0000</p>
Cebu Province	
Cebu Province Disaster Risk Reduction and Emergency Management	255-0046
CEBU PROVINCE POLICE DEPARTMENT (City of Naga)	489-8808 / 272-6640
Hospital	<p><u>South General Hospital</u> Tuyan, Natalio B. Bacalso S National Hwy, City of Naga, 6037 Cebu 272-2223</p>
Negros Oriental	
Police	255-1766
Ambulance	255-9110
Hospital	<p><u>Negros Oriental Provincial Hospital:</u> Barangay Piapi, Dumaguete City Negros Oriental 035-225-9286</p> <p><u>Silliman University Medical Center:</u> V. Aldecoa SR. Road, Dumaguete City 035-225-0814</p> <p>Holy Child Hospital: Legaspi Street, Dumaguete City 035-255-0510</p>

Rules and Regulations:

We kindly ask you to read and sign the following regulations:

1. I have read the GIED Philippines National Profile thoroughly, understood and accepted what it states.
2. I will reveal all of my medical conditions to GIED, including any prescribed medications.
3. I will make an effort to learn Filipino, and if possible begin to learn/practice it once I receive a confirmation of my acceptance to Philippines, knowing that the better my Filipino knowledge the better experience overall I'll have.
4. I will not be a student during my social voluntary service period.
5. I will not use illegal drugs (Marihuana is considered an illegal drug).
6. I agree that I will participate in all program activities organized by GIED, with no excuses. (Compulsory Activities: Orientation Activities, Cebuano Language Course, Mid-Term Evaluation Activities and Final Evaluation Activities)
7. I am fully informed that I am not allowed and I am not going to have a paid work during my period in Philippines because of the nature of my program, type of my special residence permit and strict law of the country.
8. I agree that during my period in Philippines it will not be possible to change my voluntary work placement and/or host situation, and I am prepared to accept the assignments that GIED offers me under GIED's rules and availability, either if they are located in the country-side or the city. Refusal of a voluntary work placement and/or host situation on my behalf may result in reputation.
9. I will not contest, but bind to the house rules in my host family or voluntary work placement, trying to integrate into my host family's or voluntary work placement's daily life and life- style, and will try to be a part of the host family or voluntary work placement.
10. I will receive a monthly allowance as Pocket Money (amount established by my programme)
11. I will be responsible in my voluntary work placement, accomplishing the established schedule and tasks.
12. I agree that my vacations will be at the end of the program (the length depending on the period of my program), agreeing that I can only receive visits from abroad before my vacations with a previous consultation to GIED and my voluntary work placement for an authorization; knowing that this may interfere with my social voluntary work.
13. For my own safety, if I take domestic travel or outside the country I will notify the GIED office with the time informing the destination and itinerary of my trip.
14. I accept that GIED is not responsible for providing me with food and accommodation during my vacation period.
15. I agree that I will not post any compromising information about ALLIANCE, NVDA or ICYE members (i.e host families, voluntary work placements, sending and/ or hosting organizations, international volunteers, etc.) on the internet, print, broadcast and or other social and media networks, keeping in mind the confidentiality of all parties involve before, during and/ or after my period in Philippines.
16. I agree to return to my home country at the end of my period in the Philippines.
17. I agree that GIED has the right to send me back to my home country, if I violate any regulation of this agreement and/ or strict law of the country.
18. I have fully read the "Agreement between Participants and GIED Philippines" and fully understood all the regulations to which I herewith confirm.

NAME: _____

SIGNATURE: _____

ORGANIZATION & COUNTRY: _____

DATE: _____

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 9338244369



gied_official



Global Initiative for Exchange and Development Inc.



giexchange2015



www.volunteergied.org



gied@volunteergied.org/giexchange2015@gmail.com
info@volunteergied.org
incoming@volunteergied.org/gied.incoming@gmail.com
outgoing@volunteergied.org/gied.outgoing@gmail.com

Rhenelyn Queen "Queenie" Dadulo
General Information
Francis Joy Yu
Francis Joy Yu