

# Philippines JOC 2019

## Critical Information

*A SUMMARY OF WHAT YOU NEED TO KNOW: READ IT ALL!*

### Air Travel

You are responsible for purchasing your own airline tickets to the Philippines. All team members must arrive at Manila Ninoy Aquino International Airport (MNL) on Sunday March 10th and depart on Friday March 22nd. The costs for any extended stay beyond the posted dates are at your own expense. Please do not purchase airline tickets until you have sent your itinerary to [jeri@impactnations.com](mailto:jeri@impactnations.com) for approval. You will be responsible for any charges incurred if you have to change your ticket. If you prefer, Impact Nations has a travel agent who will make all your arrangements.

### Location

Our hotel in Manila is the Kabayan Hotel, 347 Epifanio de los Santos Ave, Pasay, 1300 Metro Manila, Philippines Phone: +63 2 702 2700. Our hotel in Borongan City is Primea Hotel G. Abogado St, Corner A. Alido St, Barangay "C", Borongan City, Eastern Samar, Philippines. Phone: +63 977 137 9395 Our contact while in the Philippines will be Chacha Del Corro – we will advise this number in the near future.

### Luggage

Each team member may bring only **one check-in piece and one carry-on piece of luggage. Check-in luggage will be restricted to 20KG (44lbs) per person.** This is because we will be flying internally between Manila and Tacloban City (domestic airline return ticket is included in your ground costs) (The international airline may allow you two check-in pieces, but to accommodate the ground transportation and internal flights, you must pack everything into one check-in piece). Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself. Any carry-on toiletries must be in containers less than 9 ml/3oz. and placed within a 1 liter/quart sized clear Ziploc bag. Be sure your suitcase can be locked while in the hotel. Label your luggage inside and out with your full name and home address, including country. Also include a destination address with the dates you will be there.

### Dress Code

In the Philippines, dress is usually casual.  $\frac{3}{4}$  pants for ladies are suitable for ministry. Shorts only for the hotel. For church we suggest, "smart casual" (men: shirt with a collar, women: skirts or dresses below the knees or slacks and blouses). For more information and tips see the Packing List at end of document.

## Vaccinations

All travelers should review which vaccinations are required and recommended. These recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time. All travelers need to carry their vaccination records with them on the trip. Visiting your local travel clinic can give you the most up-to-date and personalized information. Vaccines: Please make sure your routine vaccinations are up-to-date. Vaccinations to consider for travel to the Philippines as posted by the CDC:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/philippines>

- Hepatitis A & B
- Influenza
- Japanese Encephalitis [only if recommended by your doctor]
- Measles
- Rabies [only if recommended by your doctor]. Travellers are cautioned to avoid contact with live animals to prevent infection of rabies.
- Typhoid

Malaria: At the time of writing, there was no malaria in the areas we will be visiting (Manila and the island of Eastern Samar). Travel clinics should have up-to-date information, and you can check this link: [Malaria in the Philippines](#)

## Prescription Medicines:

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY USE. IF YOUR CHECKED IN LUGGAGE DOES NOT ARRIVE AT THE SAME TIME AS YOU, YOU MAY NOT BE ABLE TO OBTAIN THE SAME MEDICATIONS WHILE IN THE PHILIPPINES. Leave all medicine in its original, labeled container with the name of either the pharmacy that dispensed the medication or the manufacturer of the medication. If concerned, you may want to carry a copy of the original prescription, with both the generic and trade names of the drug and/or a note from your doctor explaining why you are taking the medication.

## Spending Money

Your trip fee includes 3 meals a day, water, your accommodation (March 10th - 22nd inclusive). Please be aware that it does not cover additional costs such as telephone calls from the hotel (expensive!), personal shopping, laundry, etc.

The local currency is the Philippine Peso. At the time of writing this document (Oct. 2018), \$1 USD was equal to PHP 54.25. \$1 AUD was equal to PHP 38.3. For the latest exchange rate in your currency, visit <http://www.xe.com/ucc/full.shtml>.

The amount of spending money you bring depends on you, but for 14 days, you'll probably find US \$50 USD, \$70 AUD sufficient. You may want more money for souvenir shopping.

Normally, you are better off to exchange money at the money changer in mall next to the Kabayan Hotel in Manila which give very good rates. We will arrange for you to be able to change currency; you can exchange Australian Dollars or US Dollars that are newer 2006. We try to provide an opportunity to do some shopping.

## **Medical Insurance**

Medical Insurance Impact Nations provides secondary travel medical insurance that is meant to supplement the insurance you have already arranged. It is accident coverage only - no pre-existing conditions covered. It also includes

- \$600,000 Medical Coverage with \$0 deductible
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

## **Schedule**

Your trip to the Philippines will take place from March 10th - March 22nd.

The following is the anticipated schedule for the trip. Changes in the schedule and/or locations often occur, so this is a tentative schedule.

Sunday, Mar 10th - Arrive in Manila. Dinner and team orientation.

Monday Mar 11th - Team orientation

Tuesday Mar 12th – Travel to Borongan City via Tacloban

Wednesday Mar 13th to Wednesday Mar 20th - morning team worship & prayer, door to door ministry, installing water filters, distributing food packages, visiting schools, university students and hospital patients, evening outreaches. Ministering in local churches on Sunday, rest time.

This is exciting stuff!

Thursday, Mar 22nd – Travel to Manila. Team debriefs.

Friday, Mar 23rd – Team departs.

## **Electric Current**

Philippines travel adaptors; For the Philippines there are three associated plug types, A, B and C. Plug type A has two flat parallel pins, plug type B has two parallel pins and a grounding pin and type C has two round pins. The Philippines operates on a 220V supply voltage and 60Hz.



The flat pins are most commonly used.

For North American participants hair dryers and curling irons are usually not adaptable and require a converter that can provide or increase sufficient wattage. You might want to take the hairdryer to the local electrical gadget store and ask them to match up a properly sized converter.

Note that there are “adaptors” and “converters”. Adaptors are passive devices that allow your plug to fit into the local outlets. Converters are active devices that transform voltage levels.

### **Requests for money, gifts or personal information**

It is not unusual in most 3rd World countries for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a ministry, not a foundation. What we have to give is spiritual impartation, training, primary health care during a Journey, power evangelism, healing and love. We seek transformation through Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. You may put something in the offering on Sunday. Sometimes will give the team the opportunity to contribute to a small project, give a love offering to the local team or church, which will be administered by the local leaders.

When requested for personal contact information, you can provide them with our Impact Nations website ([www.impactnations.com](http://www.impactnations.com)) and our email address ([info@impactnations.com](mailto:info@impactnations.com)). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact leadership team who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally acceptable and should not be viewed as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping it.

## Security

Some tips for cash & valuables: try not to appear wealthy only carry what is necessary and carry your money on the front side of your body. It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers. These are readily available at travel stores and wilderness outfitters. Bring a lock so that you can lock your suitcase while you are out of your room. Always lock your valuables in your suitcase - it is not that the staff are dishonest, it is not fair to place temptation in their way.

## Communication

With us during the trip:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

### With home:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in India and what special instructions you might need.

Wireless Internet may be available in the hotel.

Your family and friends contacting you: Shortly after we arrive we will have a cell number that your family can use for emergencies.

# Packing List

Travel light! Pack only what you think you need (as you will be carrying your suitcase); you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there may be laundry facilities at the hotel. Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity. As the temperatures may be cool prepare to wear layers. Bring a small backpack as your carry-on or in your luggage to carry water, toilet paper and any other personal items you may need when doing village ministry. We will be using Sawyer water filters throughout the trip, so we suggest you bring your favorite water bottle.

Comfortable shoes! You could be standing a long time. Avoid open-toed shoes, as you will be walking on rough paths in the villages that may be littered with animal droppings or trash.

Also, in many places, body piercings, except for women's earrings, are offensive and should be removed for the trip. During personal time, we ask that all clothing remain modest. We do not expect any opportunity for a swim, but you can bring your best conservative swimsuit just in case.

## Essential Items:

- One clearly labeled suitcase and carry-on (include in these a small backpack for day use)
- Passport
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc.
- Hand sanitizer
- Your favorite diarrhea medicines
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.); if bringing these add a plug adaptor and possibly a voltage converter.
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Sun equipment: sunglasses, suntan lotion, [hat\(s\)](#)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)

- Small packets of tissues
- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Warm sleepwear or sweats (sometimes bed clothing can be inadequate)
- A light jacket or sweater (evenings can get cool)
- Footwear you can wear in water for river trip - these can be purchased cheaply in Borongan City if needed
- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- A few band-aids, a small first aid kit, pain pills, antacids, cold and flu, throat lozenges, diarrhea antibiotics, charcoal tablets, electrolytes, imodium ... your normal pharmaceuticals.

#### Recommended Optional Items:

- A small umbrella. (hopefully won't be necessary)
- Conservative bathing suit
- A comfortable pillow if this is essential to your ability to sleep
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced
- Spare batteries for camera, flashlight, etc.
- **Digital Camera**
- Digital voice recorder or mini-cassette for recording healings, notes, worship, etc.
- A travel kettle or coffee maker if your morning tea/coffee is essential to your well-being and sociability (hotel rooms do not provide a kettle or refrigerator)
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items: There are some items that would be put to good use. Because of weight restrictions on our internal flight you might like to bring some extra funds to help purchase school books, pens and pencils, soap and washcloths for hospital patients Thanks!

#### For Kids: (Please stay below 20 KG/44 Lbs)

- Coloring books
- Small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!
- Also, any other supplies for playing with children or giving away to local schools and churches

#### Language

Useful Phrases More useful phrases on this link...Tagalog Lesson 111: Sharing Your Christian Faith <http://www.youtube.com/watch?v=63d16l88l5o>

English Filipino Phrases Greeting Pagbatì Hi! Hi! Good morning! Magándang umaga! Good afternoon! Magándang hapon! Good evening! Magándang gabi! Welcome! (to greet someone) Maligayang pagdating! Hello my friend! Hello, kaibigan ko! How are you? (friendly) Kumusta ka na? How are you? (polite) Kumusta na po kayó? I'm fine, thank you! Mabuti namán akó, salamat! And you? (friendly) At ikáw? And you? (polite) At kayó po? Good Magánda Not so good Hindi masyadong magánda Long time no see Matagál nang waláng pagkikita I missed you Mis na kitá What's new? Anóng bago?

Nothing new

Wala namang bago. (Or) Dati pa rin Thank you (very much)! (maraming) salamat! You're welcome! (for "thank you") Waláng anumán! My pleasure Ikinalulugod ko. Come in! (or: enter!) Tulóy po kayó! Make yourself at home! Huwag kang mahiyâ!

How to Introduce Yourself Paano Ipapakilala ang Sarili What's your name? Anóng pangalan mo? My name is (John Doe) (John Doe) ang pangalan ko. Nice to meet you! Ikinalulugod kong makilala ka Where are you from? Saan ka nagmulâ? I'm from (the U.S/ The Philippines) Nagmulâ ako (sa U.S. / sa Pilipinas) I'm (American/ Filipino) (Amerikano / Pilipino) ako Where do you live? Saán ka nakatirá?

I live in (the U.S/ The Philippines)

Nakatirá ako (sa U.S. / sa Pilipinas) Do you like it here? Gustó mo ba dito? The Philippines is a beautiful country Magandáng bansâ ang Pilipinas. What do you do for a living? Anó ang hanapbuhay mo? I'm a (teacher/ student/ engineer) (Guro / Estudyante / Engineer) ako Do you speak (English/ Tagalog)? Marunong ka ba (mag-Ingles / mag-Tagalog)? Just a little Kontì lang I like Tagalog Gustó ko ng Tagalog

I'm trying to learn Tagalog Sinusubukan kong matuto ng Tagalog It's a hard language Mahirap na wikà 'yan It's an easy language Madalíng wikà 'yan Oh! That's good! Oh! Magandá 'yan! Can I practice with you? Maaari bang magpraktis ako kasama ka? I will try my best to learn Susubukan ko ang lahat upang matuto How old are you? Ilang taón ka na?

I'm (twenty one, thirty two) years old

(Dalawampu't isang / Tatlumpu't dalawang) taóng gulang na akó It was nice talking to you! Masayá akó at nakausap kita! It was nice meeting you! Masayá akó at nakilala kitá Mr.../ Mrs. .../ Miss... Ginoó.../Ginang.../Binibini... This is my wife Siyá ang asawa ko This is my husband Siyá ang asawa ko Say hi to Thomas for me Pakisabi kay Thomas, hi

*Notes:*

*1. The main Filipino Language is Tagalog. Students are bilingual. English is the medium of instruction.*

*2. The Filipinos speak every syllable and even stand-alone vowels considered a syllable as in Spanish.*

*3. All the VOWELS in all dialects in the Philippines are phonetically SHORT sounds i.e.*

*a. A as in Apple b. E as in Elementary c. I as in Igloo d. O as in On e. U as in Uzbekistan*

*4. We are going to Eastern Samar where the main dialect is WARAY, which stems from Bisaya, a major Filipino language. But everyone understands Tagalog.*