



PHILIPPINES

INFORMATION GUIDE



Basic Facts about the Philippines

Population of Philippines:	105 million people
Population of Manila:	18 million people
Population of Negros:	2,497,261 people
Population of Bacolod:	561,875 in 2015
National Language:	Tagalog
Language of Negros:	Ilonggo
Government:	In past history the government has been unstable and corrupt. This has been part of their culture for a long time.
Major religions:	Catholicism Spirit filled Christianity is growing strongly Muslim Other cults and native religions.
Economic situation:	There is a great separation between the rich and the poor. Most of the population of Negros earn less than 200 pesos (approx \$5 Australian Dollars) per day.
Instability:	A number of the southern islands and some mountain areas are Muslim or communist strongholds. Therefore, at ALL times, it is important that you take advice from Pastor Joe Chavez. He knows when and where it is safe for you to travel.
Getting there:	Costs of air fares depends on the season. Cebu Pacific www.cebupacificair.com is the budget airline that flies: Melbourne - Manila (Tue, Thu or Sat) Manila - Melbourne (Mon, Wed, Fri), or Sydney - Manila (Tue, Wed, Thu, Sat, Sun) Manila - Sydney (Mon, Tue, Wed, Fri, Sat) Standard fares one way with checked luggage is \$400 but you can find sales for as cheap as \$180.. You can also fly Philippine Air www.philippineairlines.com every day.
Accommodation:	Manila: \$130 per night depending on where you stay. We recommend the Belmont Manila Airport Hotel. Bacolod: East View Hotel \$45/night standard room or L'Fisher Hotel starting at \$40/night.

Food: Wherever you eat, ensure your drinks do not have ice in them, unless they are certain it is distilled water (not tap water). We do not recommend ordering salads or cut fruit/vegetables that are raw, due to being washed in tap water.

Breakfast: There are a number of fast food options for breakfast. They include Jollibee (similar to KFC but with rice), McDonalds (with rice and chicken), Greenwich (pizza and omelettes), Dunking Donuts (buns and donuts).

Lunch: Similar to breakfast. You might also find yourself eating at a family's home or church meeting. Most things are alright to eat, but don't drink the water or water-based drinks. When you go to shopping centres, there is also Pizza Hut and Bigby's (American style restaurant) and food halls.

Dinner: There are many opportunities to eat out e.g. Jo's Chicken Inato, Kaisai Japanese Restaurant, Apollo Chinese restaurant and Aboys Kamalig.

It is not where you eat, or when you eat that is important. What is important is that you take the opportunity to bless others. Most of the people that you will get to know can't afford such places. Take them out for a meal and bless them with your company.

Apart from the cost of accommodation and airfares, you will need \$500-\$700 spending money. This will enable you to buy necessities, food, and to bless the people you are with.

Culture shock:

During the trip you may feel homesick or lonely due to the change in culture. This is normal. The worst think you can do is isolate yourself from the rest of the group.

Supporting and encouraging each other, will help you get over these moments and enable you to enjoy your trip. Make time to share, pray together, study together and do things together.

You will frequently see Filipino's holding hands or resting an arm on each other's shoulders. This is an accepted part of their culture, but only with the same gender. It is not okay with a person of the opposite gender.

Historically, Filipinos have been suppressed by other cultures, particularly Spain and USA. As a result, they don't think highly of themselves. They are non-confrontational, and relating as we would in Australia may feel too confronting to them. When this happens they become non-responsive and shy, so speak gently and have relaxed body language.

Shopping:

There are plenty of opportunities to shop. The range of clothing and footwear is huge. Clothing is cheaper in Bacolod than Manila due to the local income. There are four main shopping centres: Robinson's Place, Gaisano (City and central), and Loupes East (plus Loupes San Sebastian and central), and SM (Shoe Mart) Mega Mall.

Transport:

There are a number of ways to get around Bacolod, the most common way is the Jeepney. The Jeepney developed from the WWII jeep used by the US forces. Most Jeepneys have their route painted on the side or back. The fares vary depending on the length of the trip. If you don't know which Jeepney to catch, just ask and someone will tell you. Make sure that you have enough coins to pay the cost, as most drivers don't have enough money to change notes.



Taxi's are a comfortable way to get around. They will generally only take you within a limited range, but do go to City Harvest Church.

The cost from East View Hotel to City Harvest Church is about 100 pesos.

Motorised side car or a pedi-cab: Both of these options are available if you're feeling brave. They are generally more expensive and slower and you're taking your safety into your own hands. Be prepared to barter the cost and enjoy the experience.



Suggested items to take

- Clothing:** T-Shirts or thin tops - Ladies must wear a sleeved top to church (no thin strapped tank tops or dresses).
Shorts
Trousers / Skirt - this is necessary for church services
Sandals or dress shoes for church
Thongs for hotel room or visits to a pool
Shoes - closed in for when out and about on the street or in the slums.
Swimming gear
Beach towel
Face washer
Neck towels (thin hand towels will do and can be purchased there)
- Medical:** Basic first aid kit
Electrolyte tablets
Imodium
- Toiletries:** It is recommended to take a box of antibiotics from Australia
Most toiletries can be purchased from the shopping malls, but essentials should be taken such as:
Tooth brush and tooth paste
Shaving equipment (razors are poor quality and hard to find there)
Some hand sanitizer (buy more when you get there)
Several packs of soft tissues (toilet paper is rare there)
- Electrical:** Digital / Video cameras
Disk man
Electric shaver
Mobile phone - you can purchase a basic phone over there at a reasonable price. Sim cards are only a few dollars and can be obtained at the Manila airport when you arrive. Most people use Globe as their carrier. Texting each other is useful as a means of communicating.
- Bedding:** If you stay for the Camp, you will need some sheets and a pillow.
You can buy these over there and leave them to bless a Filipino family when you leave.

It is a good idea to pack light as clothing is much cheaper than in Australia. You can buy your next season's wardrobe for a fraction of the cost. The only difficulty you might have is finding plus-sized clothing or larger shoe sizes. Most stores sell up to size 9 or 10, if your feet are larger, you just might scare them away!

Healthy, Wealthy & Wise!

If you have never been on a missions trip to the Philippines, the following points are worth reading.

Staying healthy:

- DON'T have sauce on your longanissa, better still, don't have any longanissa.
- Try a corn dipped ice cream. Buko salad and ube ice creams are also worth a try.
- DON'T try a breakfast steak anywhere.
- Chow King is off limits 24/7
- A T-bone steak is a T-Bone steak, a Porterhouse steak, is a T-Bone steak, just more expensive.
- If a bunwich at Dunkin' Donuts at 1:30am seems like a good idea, it's NOT!
- Buko is good in moderation.
- Only drink bottled water that has an unbroken seal.
- NO ice... EVER... unless you can confirm it is made from Distilled water (McDonald's ice is okay - but CHECK first).
- Get fit before you go because you lose fitness when you're there.
- Pizza Hut is very expensive and very oily.
- Be patient at ALL TIMES.
- Ignore the sea-monkeys in your hot drinks, they do go away.
- Eat lots of fresh fruit, especially mangoes but try to buy the fruit whole, not cut.
- Try some Sparkle.
- Joe's Chicken Inato is the best in town (and cheapest place for large groups).
- Don't be surprised to hear the words 'Not available' frequently.
- Always multiply times by a factor of two, then things will be on time and never late. Better still, by three, then at least they can be early once in a while.
- Try some traditional food, especially Balut, but don't buy food from street vendors.
- If you want a coke float, point to the picture, otherwise it will not be available.
- You will see a lot of Mormans, ignore them, the locals do. Better still preach the truth and watch them run!
- Have a box of munchkins.
- Get some common sense.
- Go for a walk through the fish market, it's an unforgettable experience.
- If you are unsure about any sort of food or drink, get advice from your leaders.
- ALWAYS talk openly about how you're feeling, DON'T isolate yourself.
- Call your loved ones.

Healthy, Wealthy & Wise! (part 2 & 3)

Staying wealthy:

- Take lots of cash, try not to use the ATM's too much as there is a \$5 to \$10 surcharge on every transaction.
- Be careful how you handle cash and valuables in public, otherwise you may be targeted.
- Ask your leaders when, where and who to bless. DON'T give cash out without checking with the leaders first.
- DON'T give to beggars, no matter how much pity you feel.
- Reverse charge phone calls are expensive, buy a Filipino SIM card and get your loved ones to call you, better still text them.
- Haggling is part of the culture, so haggle with the street vendors.
- Only exchange money at places recommended by your team leader. In recent years the best exchange rate has been at the Manila airport.
- DON'T change money on the streets.
- DON'T flash your money around and keep your valuables close to you at all times.
- Take between \$50-\$100 cash with you when travelling to and from the Philippines, You will need it for taxes and taxi's.
- If you really feel you want to use an ATM, remember the golden rule is "BE PATIENT"!
- Make sure your baggage is under the airlines weight limit. It can be costly if you have to pay excess baggage (about \$20US per kilo).
- The maximum amount you can withdraw from an ATM is 4000 pesos (about \$100 Australian).
- Remember what Luke 6:38 says... that's bad, you've forgotten already. Go read your bible!
- Money is a gift from God. We are His stewards, go and bless the people.

Staying wise:

- Don't tell ANYONE where you are staying, unless it is okayed by your leader.
- If someone yells out "Gwapo' don't turn, RUN!"
- Young guys (even old guys) be careful around the girls in department stores, they watch you like hawks, with a wedding in mind.
- Have a positive attitude at all times, don't let your circumstances get to you.
- Be prepared to be stretched, not just physically either.
- Don't have an attitude that you can show them how things are done, or that you can change them. They have a lot to show you too.
- Be prepared to come back different.
- Take photos and video, keep a diary. It's going to be busy and there's too much to take in while you're there.
- Get prayed up and passionate and be prepared to share a devotion, testimony or even a sermon!
- Be patient in all things.
- Filipinos learn English from American TV, if they don't understand speak slower with an American accent.
- Pack light, buy heavy.
- Wisdom is the application of understood knowledge, be wise and ask those who have been before what it's like. Be specific in your questions and make the most of the knowledge gained.
- Filipinos are known for being friendly. Bacolod is called The City Of Smiles for a reason. Smile back and remember you are blessed to be a blessing.

Common Ilonggo Phrases

Greetings:

Good morning	-	Mayong aga
Good noon	-	Mayong ugto
Good evening	-	Mayong gabi
Good night	-	Mayong gabi
Thank you	-	Salamat

Invitations:

Come here	-	Palapit di
Let's go	-	Lakat ta
Let's stand	-	Tindog ta
Let's eat	-	Kaon ta
Let's dance	-	Saot ta
Let's sing	-	Kanta ta
Let's jump	-	Tumbo ta
Let's run	-	Dalagan ta
Let's pray	-	Mangamuyo ta
Let's enjoy	-	Magkalipay ta
Let's play	-	Hampang ta

Descriptions:

Pretty	-	Gwapa
Handsom	-	Gapo
Tall	-	Ta-as
Short	-	Putot
Big	-	Dako
Small	-	Gamay
Wide	-	Lapad
Deep	-	Dalom
Narrow	-	Kitid
Thin	-	Nipis

Colours:

White	-	Puti
Black	-	Itom
Red	-	Pula
Blue	-	Asul
Grey	-	Abu
Yellow	-	Dilavy
Dark green	-	Berde
Orange	-	Dalandan
Violet	-	Ube
Light blue	-	Bughaw

Commands of action:

Take your seat	-	Pungko
Stand up	-	Tindog
Clap your hands	-	Palakpak
Shout	-	Singgit
Praise God	-	Dayawon ang ginoo
Speak louder	-	Hambal tunog
Speak faster	-	Hambal dasig
Speak slower	-	Hambal hinay
Move quickly	-	Giho dasig
Double time	-	Dali - Dali
Faster	-	Dasiga
Slower	-	Hinaya
Louder	-	Tunuga
Listen	-	Pamati
Silence please	-	Palihog hipos
Don't be shy	-	Indi maghuyahuya
Turn around	-	Libot-libot
Talk to me	-	Hambal sa akon
Follow me	-	Sunda ko

Numbers:

One	-	Isa
Two	-	Duwa
Three	-	Tatlo
Four	-	Apat
Five	-	Lima
Six	-	Anum
Seven	-	Pito
Eight	-	Walo
Nine	-	Syam
Ten	-	Pulo
Eleven	-	Unsi
Twelve	-	Dusi
Thirteen	-	Tresi
Fourteen	-	Katurse
Fifteen	-	Kensi
Sixteen	-	Desisays
Seventeen	-	Desisyete
Eighteen	-	Desiutso
Nineteen	-	Desinwebe
Twenty	-	Baynte

Common Ilonggo Phrases

Body Parts:

Head	- Ulo
Hair	- Buhok
Eyes	- Mata
Nose	- Ilong
Ears	- Dulunggan
Mouth	- Baba
Neck	- Li - og
Shoulders	- Abaga
Arms	- Braso
Hands	- Kamot
Fingers	- Tudlo
Waist	- Hawak
Hips	- Balikawant
Buttocks	- Buli
Knees	- Tuhod
Legs	- Paa
Feet	- Tiil
Elbow	- Siko
Cheek	- Guya

Foods:

Rice	- Kan - on
Viand	- Sud - an
Fried rice	- Kalokalo
Dried fish	- Uga
Chicken	- Manok
Pork	- Baboy
Beef	- Baka
Meat	- Karne
Vegetables	- Utan
Fruits	- Prutas
Milk	- Gatas
Coffee	- Kape
Soup	- Sopas
Water	- Tubig
Barbeque	- Inihaw
Sardines	- Sardinas
Corned Beef	- Carne Norte
Watermelon	- Sandiya
Banana	- Saging
Grapes	- Ubas

Direction:

Right	- To - o
Left	- Wala
Front	- Tubang
Centre	- Tunga
Back	- Likod
Side	- Kilod
Below	- Dalum
Above	- Babaw
About face	- Talikod
Jump	- Tumbo

Expressions:

Be cool	- Kalma lang
Be still	- Pahimunong
See you again	- Kit - anay ta liwat
I love you	- Palangga ko kamo
Be strong	- Magpakabakod
Good voice	- Mayo tingog
Are you alright?	- Okay ka lang?
Keep up	- Padayon

Nature:

Mountain	- Bukid
Rivers	- Suba
Land	- Duta
Sky	- Langit
Hills	- Banglid
Falls	- Busay
Lake	- Sapa
Trees	- Kahoy
Flowers	- Bulak
Plants	- Tanum
Rocks	- Bato
Sand	- Balas
Wind	- Hanging
Rain	- Ulan
Storm	- Bagyo
Thunder	- Dagu - ub
Lightning	- Kilat
Sea	- Dagat
Ocean	- Kalalawran

Common Ilonggo Phrases

Things

Clothes	- Bayo
Shoes	- Sapatos
Sleepers	- Smagul
Eye glass	- Antipara
Cup	- Kalo
Plate	- Pinggan
Spoon	- Kutsara
Fork	- Tinidor
Cup & Saucer	- Baso; Platito
Towel	- Tualya
Watch	- Relo
Paper	- Papel
Book	- Libro
Bible	- Bibliya
Ballpen	- Bolpen
Pencil	- Lapis
Camera	- Kamera
Radio	- Radyo
Sacks	- Medyas

Feelings & Emotions:

Happy	- Nalipay
Sad	- Subo
Angry	- Akig
Shy	- Huya
Afraid	- Nahadlok
Doubt	- Duha - duha
Gossip	- Kocho - kocho
Terrified / Shock	- Nakibot
Confused	- Natingala
Disturbed	- Disturbo

The 'wh' question

What?	- Anao?
Where?	- Diin?
When?	- San - o?
Who?	- Sin - o?
How?	- Paano?

Common Ilonggo Confersation:

What's your name?	- Anu ngalan mo?
Where are you going?	- Diin ka makadto?
What time is it?	- Ano oras na?
I'm so tired?	- Kapoy gid ko
I feel hot	- Nainitan ko
It's very cold	- Katugnaw gid
I'm hungry	- Nagutom ko
I'm full	- Buson go
I don't know	- Wala do dabalo
Do you understand?	- Inchende?
Maybe	- Siguro
Really?	- To - od?
God is good	- Ang Diyos mayo
Join with us	- Intra sa amon
I'm busy	- Sako gid ko
Do you remember me?	- Nadumduman mo 'ko?
I'll wait for you	- Hulaton ta ka
Always pray	- Pangamuyo perme
I; You; We; They	- Ako; Ikaw; Kita; Sila
We need the Lord	- Kinahanglan naton ang Diyos
I want to be your friend	- Gusto kita mangin abyan
Don't be afraid	- Indi mahadlok
God bless you	- Ang Diyos magpaka mayo sa inyo
Can I help you?	- May mabulig-ko?
We are one in Christ	- Isa kita kay Kristo
Until next time	- Sa liwat naman
Let's praise the Lord!	- Dayawon ta ang Diyos!
All together now	- Dungan tanan
You're so funny	- Kamalipayon sa imo
You're so tall	- Kataas gid sa imo
Filipinos are small	- Pinoy mga gagmay nga tawo
Simple, yet terrible	- Simpli, pero teribli
God is Holy	- Ang Diyos balaan
Never give up	- Indi mag - untat
Go to a higher level	- Lakat sa mas mataas nga lebel
Holy Spirit	- Balaan nga Ispirito
Touch the heart	- Tanguda ang tagipusuom

Common Ilonggo Phrases

Other Ilonggo Words:

Time	-	Oras
Day	-	Adlaw
Month	-	Bulan
Year	-	Tuid
Sun	-	Adlaw
Moon	-	Bulan
Stars	-	Bitoon
Planets	-	Planeta
world	-	Kalibutan
Girl	-	Baye
Boy	-	Laki
Grandma	-	Lola
Grandpa	-	Lolo
Mother	-	Lloy / Nanay
Father	-	Amay / Tatay
Good	-	Maayo
Bad	-	Malain
Delicious	-	Namit
Sour	-	Aslom
Bitter	-	Pa - it
Cry	-	Hibi
Laugh	-	Kadlaw
Crawl	-	Kamang
Hide	-	Panago
Show	-	Pakita
Where have you been?	-	Diin ka Naghalin?
Take care	-	Halong
How's your sleep?-	-	Kamusta tulog mo?
Start	-	Sugod
Finish	-	Tapos
Pray	-	Pangamuyo
Serious	-	Seryoso
Teach	-	Tudlo
Heal	-	Ayo
Love	-	Gugma
Call	-	Tawag
Write	-	Sulat
Erase	-	Panas

Animals:

Cat	-	Kuring
Dog	-	Ido
Carabao	-	Karabaw
Cow	-	Baka
Bird	-	Pispis
Monkey	-	Awo
Snake	-	Man - og
Eagle	-	Agila
Pig	-	Baboy
Worm	-	Lago
Fish	-	Isda
Deer	-	Usa
Tiger	-	Tigre
Lion	-	Liyon
Crocodile	-	Ua - aya
Duck	-	Pato
Butterfly	-	Alibangbang
Horse	-	Kabayo
Elephant	-	Elepante

Other words

Life	-	Kabuhi
Soul	-	Kalag
Eternity	-	Eternidad
House	-	Balay
Church	-	Simbahan
Tour around	-	Lagaw - lagaw
Pain	-	Sakit
Sickness	-	Masakit
Desire	-	Handom
Anointing	-	Haplas
Trust	-	Salig
Faith	-	Pagtoo
Obey	-	Tuman
Help	-	Bulig
Reach out	-	Lab - ot
Vision	-	Palanan - awon
Mission	-	Misyon
Plan	-	Plano
Truth	-	Kamatayon

Common Ilonggo Phrases

Other Words (cont'd):

Lie	-	Butig
Sin	-	Sala
Death	-	Kamatayon
Dead	-	Patay
Alive	-	Buhi
Wellbeing	-	Tingua
Man	-	Tawo
Unite	-	Pag - isa
Solemn	-	Solemno
Weather	-	Chempo
Rainbow	-	Balangaw
Clouds	-	Panganod
Dust	-	Yab - ok
Take	-	Kuha
Make	-	Himo
Try	-	Tisting
Invent	-	Imbento
Create	-	Ubra

Musical:

Songs	-	Kalantahon
Guitar	-	Gitara
Microphone	-	Micropono
Worship	-	Pag amba
Praise	-	Pagdayaw

Biblical Words:

Jesus	-	Hesus
Son of God	-	Anak sang Diyos
Righteous	-	Matarong
Creator	-	Manonoga
Salvation	-	Kulawasan
Saviour	-	Manluluwas
I'm saved	-	Naluwas ko!
Resurrected	-	Nabanhaw
Soar or fly	-	Lupad
Sweep away the darkness	-	Kwa - on ang kadalum
Bring forth light	-	Hatag kasanag

Using the WH questions:

What is this?	-	Ano ini?
What is that?	-	Ano ina?
Which one?	-	Diin dampi?
Where are they?	-	Diin na lisa?
When are you leaving?	-	San - o ka malakat?
Who is that?	-	Sin - o na?
What did you say?	-	Ano hambal mo?
Where can we find him?	-	Diin ta siya Makita?
When was the time I have met you?	-	San - o ta ka nakilala?
What else?	-	Ano pa?
Who's in charge?	-	Sin - o ang natalana?

Other words and phrases:

No Ice	-	Indi ice
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Important information when completing immigration forms::

Purpose for Visit: Visiting friends

Address during stay: your hotel

Other useful addresses:

City Harvest Church

**1 Sigma Street,
Greensville (1)**

Directions for Taxi: Turn right into Greensville (1), then straight down to Sigma St., Turn left into Sigma Street then straight on to the church.

L'Kaisei Restuarant: Open 9am - 10pm 7 days a week

Phone +63 34 433 5599

Corner 10th Street & **Lacson Street**, Lacson St, Lungsod ng Bacolod

Palapala Seafood Grill & Restaurant: Open 7am - 10pm 7 days a week

Phone +63 34 433 9153

Corner Aguinaldo Street & **18th Street**, Brgy. 4, Bacolod

Bob's Restaurant & Pastry Shop: Open 7am - 10pm 7 days a week

Phone +63 34 434 2409

B.S Aquino Drive, Bacolod

Robinson's Mall

Lacson St, Bacolod

SM City Mall: Open 10am - 9pm 7 days

Lungsod ng Bacolod

Lopues East Centre: Open 10am - 8pm

Corner Burgos Avenue & Circumferential Road

New Bacolod-Silay
International Airport
10 Apr 4:55am

The Ruins

Bacolod

Araneta Ave

Alijis Rd

Talisay City