



GLOBAL INITIATIVE FOR EXCHANGE AND DEVELOPMENT INC.

NATIONAL PROFILE | 2022 - 2023

Welcome to the Pearl of the Orient Seas Philippines?!

This National Profile aims to provide you with 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 having so big surprises - we want to give you some preview information about these topics.

Also, our national profile 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 welcoming you.

*-GIED TEAM-*



# 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 3pm 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 demo-cratic 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 really beautiful country that sees a mix of diverse cultures. The culture of Philippines has seen various influences in the past. This beautiful country consists of around 7,107 islands with a large settlement of mostly Malay people. 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**

With around 100 million people, the Republic of Philippines has a mixed crowd that consists of different religions and people from various regions. One can see a mix of Christians and Muslims. The Chinese, Americans and Spanish lot are also spotted and Christianity is widely practiced out here.

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. Hospitality is a common denominator in the Filipino character and this is what distinguishes the Filipino.

### **Philippine Food**

The **Chicharon** is a popular snack in the Philippines. This is deep fried pork or chicken dish. Apart from this, the bibingka which is a rice cake and the ensaymada which is a sweet roll is also popular as a snack item. The lechon which is a whole roasted pig is also a popular food dish in the cuisine of Philippines. 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

The official national costume of Filipino men is the **barong tagalog**. The upper garment of the boy in the picture is a **barong**. It is worn over a Chinese collarless shirt called **camisa de Chino**. The official national costume of Filipina women is the **baro at saya** (= baro't saya). The **baro** is the top blouse. The **saya** is the skirt.



### Fiesta (Festivals)

Exuberant celebrations are customary in the Philippines. Called “fiesta” is part and parcel of Filipino culture. It revolves around the celebration of 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. Days of street dancing, feasting and parades are held to celebrate the occasion.

### Transportation

Public transportation in the Philippines is not as organised 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 used 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 Airport (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 traditional.

**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. It aims to promote participation of people through the spirit of volunteerism and empowerment of local communities for sustainable development.

GIED wants to enhance the global inter-cultural understanding and cooperation of people focusing on a three-point agenda to wit: (1) International Voluntary Service Exchange; (2) Global Education and Capability Building; and (3) Social Development Initiatives.

GIED's strategic agendas are designed to help address basic social issues like education, health, environment, livelihood and social entrepreneurship, employment, youth and women participation and empowerment, rights-based issues, social exclusion, language barrier and other impact social development efforts in marginalized communities.

GIED looks forward to be among the relevant social innovators that put premium to dynamic community of like-minded social conscious actors who think and act alike to help sustain human and community development. GIED believe that it has every equal opportunity to powerfully shift minds and design radical positive thinking and doing approach to contribute greatly to human and community development and bringing it further to the global center stage of international development.

### MEMBERSHIPS AND AFFILIATIONS

GIED is actively engaged internationally being a full member of the Network for Voluntary Development in Asia (NVDA), an associate member of the International Cultural Youth Exchange Federation (ICYE) and Coordinating Committee for International Voluntary Service (CCIVS) as well as a partner organization of the Alliance of European Voluntary Service Organizations (ALLIANCE). Through these international networks, GIED has been a recipient, participant, partner and collaborator to different programs and services it offered to promote international voluntary service since 2015 up to present. GIED is also recognized as a significant international leader having been elected as president of NVDA in 2018-2020 and as an active member of the IVS leaders core assembly in 2018 up to present.

GIED is likewise well recognized nationally given its strategic affiliation to different Philippine government agencies namely: Philippine National Volunteer Service Coordinating Agency (PNVSCA) as a Volunteer Service Organization since 2017 up to present, Department of Social Welfare and Development (DSWD) as a Licensed Auxiliary SWDA-Resource Agency for the LGUs and community since 2016 up to present and the National Youth Commission (NYC) as a Youth Serving Organization since 2016 up to present. These national affiliations ushered opportunities for GIED to access and engage with the different programs, projects and activities of our national and local government units nationwide. It also build a strong reputation of being a reliable and well meaning partner with other stakeholders in the social development work.

## **VISION**

A leader in global inter-cultural cooperation and a mentor of social development innovations 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 organizations both public and private
- Support social entrepreneurship for social progress

## **GOAL**

People empowerment through inter-cultural cooperation, peace and solidarity within and across nations in the world.

## **OBJECTIVES**

- To promote global peace and unity through inter-cultural understanding and international cooperation
- To engage with development-based organizations, practitioners, and peoples to promote sustainable communities
- To encourage people to do voluntary services and contribute to social progress
- To establish an institute for social technologies

## **PROGRAMS**

### **I. International Voluntary Service (IVS)**

#### **A. Short and Long Term Individual Exchange Program**

Promote and deploy local and international participants to global/local volunteering opportunities to development institutions and communities to contribute to social progress and deepen inter-cultural understanding and cooperation.

#### **B. Bilateral and International Work Camps Exchange Program**

Promote, organize, coordinate and deploy local and international participants/groups to different

development projects and activities of local communities for a specific period and aims to support local development initiatives and be introduced with inter-cultural understanding and cooperation.

## **II. Global Education and Capability Building**

### **A. Global Education**

Promote and offer non-formal education practices, projects and activities in partnership with local and international development institutions, to highlight the importance of global citizenship, social responsibility and sustainable development.

Promote and offer internship and or practical development training programs to local / international participants from vocational, higher education and or private/public institutions to gain and or be certified with work related experiences for academic, personal and professional development.

### **C. Capability Building**

Develop, promote and conduct various development training, conferences, workshops, seminars, events, etc. in partnership with local and international development institutions to empower marginalized people/communities and promote sustainable development

## **III. Social Development Initiatives**

### **A. Switch to Roots Program (SR)**

A unique approach of bringing together four sectors – citizens/peoples organizations, non-profit, business and government – to work in collaboration with target community inclusion networks and stakeholders in a collective effort to reduce poverty across local communities. It focuses on social entrepreneurship (SE) innovation, research, marketing as well as business development for community development.

### **D. Bag It Local (BIL) E-Commerce**

Complementary to the SR program is the newly developed e-commerce platform as one of the resource mobilization strategy that combine e-business with our social enterprise development. It is the most practical approach to present and sell our innovations and products to the world. The digital platform is the most strategic way to ensure our exposure and serve as a good medium to highlight the ethics and message behind every products and services promoted.

BIL act as an online market place and distribute local products and service from people's organizations, cooperatives, civil societies, NPOs/NGOs, foundations, associations, local governments, local communities and individuals that adhere to the values and create a brand that will empower every marginalized citizens.

## **CLIENTELES/BENEFICIARIES**

GIED's development work focuses in the most vulnerable sectors that include but not limited to children, youth, women, indigenous people, persons with disabilities, elderly, etc. in specific local communities in partnership with national and local development organizations, communities and institutions in the Philippines.

Specifically these clients/beneficiaries may include but not limited to the following:

1. Abandoned, neglected, orphaned, abused and exploited children and other children in need of special protection, i.e. Children in conflict with the law
2. Out-of-school children/youth and other youth with special needs
3. Women in especially difficult circumstances (WEDC)
4. Persons with Disabilities
5. Senior citizens/elderly
6. Marginalized & disadvantaged individuals, families & communities i.e. indigenous group(s), locally displaced/migration due to armed conflict, political/civil unrest, etc.
7. Victims of natural and man-made calamities & disasters



## *Coming to the Philippines*

### **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 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, Biliran, 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.

## Basic Cebuano Language

The Cebuano language, also known as Sebuano or Sugbuanon, 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.

How are you?	Kumusta ka?
How is she/he?	Kumusta siya?
I'm fine.	Maayo man ko.
Yes.	Oo.
No.	Dili.
I don't know.	Ambot lang.
Wait . (asking people to wait )	Kadiyut.
Is it possible?	Mahimo ba?
Goodbye.	Bye. Babay
I'll see you .	Mag kita na lang ta.
Ok.	Sige
Excuse me.	Tabi ....
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

Global Initiative for Exchange and Development Inc. is currently supported by the Board Members while it is still recovering from the global health and financial crisis. It also regularly receives around 5-10 interns annually from different universities in the Philippines. The interns help in planning and coordinating with the activities organized by GIED Inc. for the local and international volunteers.

## The Current Board Members of GIED

Rhenelyn Queen Dadulo	President and CEO
Mark Anthony Gumera	BOD Secretary/Treasurer
Carmela Gan	Member
Eddie Cuaresma	Member
Norbert Francis Elnar	Member
Joey Gatus	Member
Harold Clavite	Member

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

**GANDHI**