



Lakbay Aral

Sa **PILIPINAS**



Lakbay Aral

Sa Bicol

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

Session 1: *Philippines: The Land
and Its People*
Tagaytay
Taal, Batangas

DAY 3

Session 2: *Conversational Filipino*
Session 3: *Philippine Games*

DAY 4

Corregidor Island tour

DAY 5-6

Bulacan (Barasoain Church)
Subic Bay

DAY 7-8

Baguio City
(Mines View Park, Botanical Garden,
Mansion House, Wright Park, Baguio
Market, La Trinidad)
Session 4: *Philippine Dances*

DAY 9

Manila

DAY 10

Villa Escudero

DAY 11-12

Legazpi City
(Cagsawa Ruins, Daraga Church,
Joroan Hanging Road, Hoyop-
Hoyopan Cave)

DAY 13-14

Sorsogon
(Rizal Beach, Lake Bulusan, Bulusan
Volcano, Barcelona Church)

DAY 15

Manila
Orphanage: gift-giving

DAY 16

Closing ceremonies

**PROGRAM COST:
US\$ 1500.00**

Program content and cost may be subject to change without prior notice.

Lakbay Aral

Sa Luzon

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

Session 1: *Philippines: The Land
and Its People*
Tagaytay
Taal, Batangas

DAY 3

Session 2: *Conversational Filipino*
Session 3: *Philippine Games*

DAY 4

Corregidor Island tour

DAY 5-6

Laoag, Ilocos Norte
(Fort Ilocandia)

DAY 7-8

Vigan, Ilocos Sur
(Heritage Village)
Session 4: *Philippine Dances*

DAY 9-10

Pangasinan
(Manaoag, Hundred Islands)
Subic Bay

DAY 11

Manila

DAY 12-14

Palawan
(Honda Bay, Underground River,
Mitra's Farm, Iwahig)

DAY 15

Manila
Orphanage: gift-giving

DAY 16

Closing ceremonies

PROGRAM COST:
US\$ 1500.00

Program content and cost may be subject to change without prior notice.

Lakbay Aral

Sa Gitnang Visayas

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

Session 1: *Philippines: The Land
and Its People*
Tagaytay
Taal, Batangas

DAY 3

Session 2: *Conversational Filipino*
Session 3: *Philippine Games*

DAY 4

Corregidor Island tour

DAY 5-7

Bohol
(Blood Compact Site,
Baclayon Church, Loay
Blacksmiths, Bilar, Tarsier
Sanctuary, Loboc Church, Loboc
River, Chocolate Hills)
Session 4: *Philippine Dances*

Day 8 – 10

Cebu City
(Fort San Pedro, Basilica Minore de
Sto. Niño, Magellan's Cross,
Gorondo Museum, Taoist Temple,
Bird Watching at Olango Island)

Day 11 – 12

Negros Oriental
(Bais City, Anthropological
Museum, Apo Island, Mount Talinis,
Odloman Cave, Twin Lakes)

Day 13 – 14

Manila
Villa Escudero

Day 15

Orphanage: gift giving

Day 16

Closing ceremonies

PROGRAM COST:
US\$ 1700.00

Program content and cost may be subject to change without prior notice.

Lakbay Aral

Sa Kanlurang Visayas

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

*Session 1: Philippines: The Land
and Its People*
Tagaytay
Taal, Batangas

DAY 3

Session 2: Conversational Filipino
Session 3: Philippine Games

DAY 4

Corregidor Island tour

DAY 5-7

Boracay Island

Day 9 – 10

Iloilo City
(Miag-ao Church, Villanueva House,
Pan de Azucar)
Session 4: Philippine Dances

Day 11 – 12

Guimaras Island
(Trappist Monastery, Navalas
Church, Alibuhod, Roca Encantada)

Day 13 – 14

Manila
Villa Escudero

Day 14

Orphanage: gift giving

Day 16

Closing ceremonies

PROGRAM COST:
US\$ 1700.00

Program content and cost may be subject to change without prior notice.

Lakbay Aral

Sa Hilagang Mindanao

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

Session 1: *Philippines: The Land
and Its People*
Tagaytay
Taal, Batangas

DAY 3

Session 2: *Conversational Filipino*
Session 3: *Philippine Games*

DAY 4

Corregidor Island tour

DAY 5-6

Cagayan de Oro
(Malasag Eco-Tourism Village,
Makahambus Cave and
Adventure Park)
Session 4: *Philippine Dances*

Day 7 – 8

Camiguin Island
(Mount Hibok-Hibok, White Island,
Katibawasan Falls, Sunken
Cemetery, Sto. Niño Hot Spring)

Day 9 – 10

Bukidnon
(Del Monte Pineapple Plantation,
Mount Kitanglad National Park)

Day 11 – 12

Iligan City
(Iligan City Cathedral, Maria
Cristina Falls, Limunsudan Falls,
Tinago Falls, Dodingan Falls,
Hindang Caves)

Day 13 – 14

Manila
Villa Escudero

Day 15

Orphanage: gift giving

Day 16

Closing ceremonies

PROGRAM COST:
US\$ 1700.00

Program content and cost may be subject to change without prior notice.

Lakbay Aral

Sa Katimugang Mindanao

DAY 1

Arrival of participants
Registration and hotel check-in
Opening ceremonies
Manila walking tour

DAY 2

*Session 1: Philippines: The Land
and Its People*

Tagaytay
Taal, Batangas

DAY 3

*Session 2: Conversational Filipino
Session 3: Philippine Games*

DAY 4

Corregidor Island tour

Day 5-7

Davao City
(Philippine Eagle Center, Davao
Museum, Malagos Garden Resort)
Session 4: Philippine Dances

Day 8-9

General Santos City
(Dole Pineapple Plantation, Mt.
Matutum, Allah Valley)

Day 11-12

Manila
Orphanage: gift giving

Day 13-14

Villa Escudero

Day 15

Manila (free time)

Day 16

Closing ceremonies

PROGRAM COST:
US\$ 1700.00

Program content and cost may be subject to change without prior notice.

LAKBAY-ARAL SA PILIPINAS

REGISTRATION FORM

NAME

DATE OF BIRTH

CITIZENSHIP

HOME ADDRESS

TEL. / FAX NUMBER

E-MAIL ADDRESS

HOBBIES / INTERESTS

LANGUAGES SPOKEN

PRESENT YEAR LEVEL AND COURSE

NAME / ADDRESS OF SCHOOL

DEGREES / CERTIFICATES OBTAINED

SCHOOL OBTAINED FROM

NAME, ADDRESS, AND TEL. NO. OF PERSON TO BE CONTACTED IN CASE OF EMERGENCY

EXPECTED DATE OF ARRIVAL IN MANILA	FLIGHT NO.	TIME
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EXPECTED DATE OF DEPARTURE FROM MANILA	FLIGHT NO.	TIME
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PASSPORT NUMBER	DATE AND PLACE OF ISSUE
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SIGNATURE OF APPLICANT	DATE
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PREFERENCE (*please check*)

- LAKBAY-ARAL SA BICOL
 LAKBAY-ARAL SA LUZON
 LAKBAY-ARAL SA GITNANG VISAYAS
 LAKBAY-ARAL SA KANLURANG VISAYAS
 LAKBAY-ARAL SA HILAGANG MINDANAO
 LAKBAY-ARAL SA KATIMUGANG MINDANAO

**Please send to the
Commission on Filipinos Overseas
Fax number: (632) 561-8332**

MEDICAL AUTHORIZATION

Should it be necessary for my child, _____, to have medical treatment while participating in this program, I hereby give the supervisory personnel permission to use their judgment in obtaining medical service for my child and give permission to the physician selected by the supervisory personnel to render medical treatment deemed necessary and appropriate by the physician. If necessary, a guardian in the Philippines, whose name appears below, may be contacted.

Name of Guardian

Signature of Parent

Address and Contact Numbers of Guardian in the Philippines:

PLEASE SPECIFY IF THERE ARE ANY SPECIAL INSTRUCTIONS REGARDING MEDICAL TREATMENT OR ALLERGIES OF THE PARTICIPANT.

PARENTAL CONSENT

_____ has my permission to participate in the Lakbay-Aral Program in the Philippines to be conducted by the Commission on Filipinos Overseas from _____ to _____ 200_.

I agree to direct my child to cooperate and conform with directions and instructions of the supervisory personnel in charge.

Signature of Parent

Date

WAIVER OF CLAIMS

I understand that all persons participating in the Lakbay-Aral Program are deemed to have waived all their claims against the Commission on Filipinos Overseas and chaperons for injury, accident, illness or death occurring during or by reason of the trip, and that my signature below constitutes my consent to such waiver of liability for any such claims.

Signature of Parent

Signature of Participant

Subscribed and sworn to before me, a Notary Public in and for the State of _____ County of _____ this _____ day of _____ 200_.

Notary Public

SIGNIFICANT PLACES TO BE VISITED:

Intramuros, located along the southern bank of the Pasig River, is the oldest among the districts of the city of Manila, the capital of the Philippines. Its name is taken from the Latin words, *intra muros*, literally translated as “within the walls”. During the Spanish Period, Intramuros was considered Manila itself.

National Museum of the Philippines is the repository and guardian of the Philippines’ natural and cultural heritage.

Rizal Park was called **Bagumbayan** during the Spanish times, and became known later on as **Luneta**. In 1917, it was officially called **Rizal Park** as tribute to the Philippines’ national hero, Dr. Jose Rizal. The body of the hero is said to lie under his memorial statue there. His poem, *Mi Ultimo Adios* (My Last Farewell) is inscribed on the memorial plaque.

Corregidor Island served as the Allied headquarters (under General Douglas MacArthur) during the Battle of the Philippines (1941-1942). From December 24, 1941 to February 19, 1942, it was also the temporary seat of the government of the Commonwealth of the Philippines.

Villa Escudero is a working coconut plantation founded in 1872. In 1980, the Escudero family opened the plantation to the general public. Since then, the Villa has developed a worldwide reputation as a focal point to experience Philippine culture and history in a beautiful rural setting.

Vigan is the capital city of Ilocos Sur. It is a World Heritage Site known for having the most intact example of a Spanish colonial town in Asia. It is also well-known for its cobblestone streets and unique architecture that fuses Asian building design and construction with European colonial architecture and planning.

Ilocos Norte is noted for being the birthplace of the late President Ferdinand E. Marcos, who led an authoritarian rule over the country during the latter half of his incumbency.

Palawan is an island province of the Philippines located in the Western Visayas region. Its capital is Puerto Princesa City. The Puerto Princesa Subterranean River National Park is a World Heritage Site that features the world's longest navigable underground river.

Bohol is an island province of the Philippines located in the Central Visayas region. Its capital is Tagbilaran City, and is famous for the Chocolate Hills, beaches and resorts, and the Philippine Tarsier which is considered as the smallest primate.

Cebu City is the provincial capital of Cebu. It is the second most important metropolitan center in the country. Cebu is known for the Sinulog Festival, the biggest and most popular festival in the Philippines. The province is also famous for mangoes and guitars.

Boracay Island, located in the province of Aklan, is one of the most popular tourist destinations in the country known for its fine white sand and glassy-smooth water.

Cagayan De Oro City is the capital of the province of Misamis Oriental and the regional center for Northern Mindanao. The city is also called the "Gateway to Northern Mindanao", the "City of White Water Rafting and River Trekking". The warm and hospitable people earned the city its name as "the City of Golden Friendship".

Camiguin is a pear-shaped volcanic island considered as the second smallest province in the country in terms of population and land area. It has seven volcanoes unmatched anywhere else in Southeast Asia.

Davao City is the largest city in the Philippines in terms of land area. Davao is the home of the world's largest eagle, the Philippine eagle. It is also best known for durian, which Dabawenyos consider as the fruit that "smells like hell but tastes like heaven".

Where can we get more information?

The Program Coordinator, Lakbay-Aral Program
Commission on Filipinos Overseas

Tel. Nos. : (632) 561-8327 or 561-8321 loc. 605

Fax no. : (632) 561-8332

E-mail: info@cfo.gov.ph

What is Lakbay-Aral?

Lakbay-Aral, a Filipino term literally translated as travel-study, is a program started by the Commission on Filipinos Overseas (CFO) in 1983 to provide young Filipinos overseas with an opportunity to learn more about their roots and heritage by experiencing life in the Philippines.

What are the objectives of Lakbay-Aral?

The program seeks to provide young Filipinos overseas the opportunity to trace their roots and rediscover their identities as Filipinos. Through experiencing life in the Philippines, The participants are expected to gain a better understanding of the country and its people, and greater awareness and appreciation of their rich Filipino heritage. The experience will hopefully instill and preserve a sense of national pride among the participants, bridge the gap between their native and acquired culture, and serve as catalyst in the participants' search and realization of their Filipino identity.

How is Lakbay-Aral conducted?

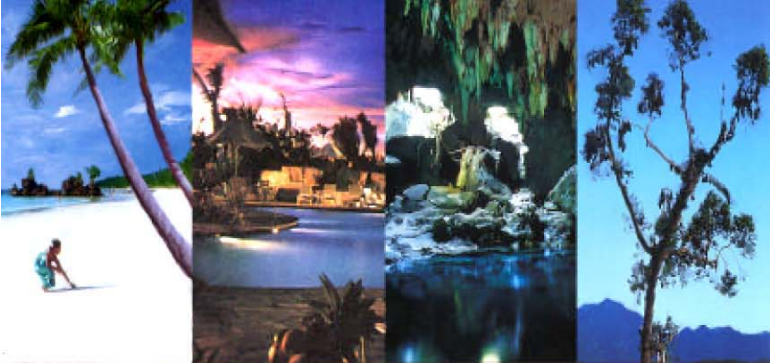
The two-week program is structured to enable the participants to learn through classroom and on-site lectures, tours, workshops, and dialogues. It features lectures and workshops on the Philippine history, geography, and culture; guided tours to historical landmarks; interaction with Filipino students, members of the indigenous communities, and government officials and community leaders; as well as participation in traditional rites and festivals.

How can you join the Lakbay-Aral Program?

The program is open to participants from 15 years old and above of Filipino ancestry or anyone who would like to learn more about the Philippines. A minimum of 30 youth participants is required for each module. Anyone may organize their own group or join the program as an individual participant. To join the program, duly completed registration forms, parental consent (for minors), and medical authorization, together with a non-refundable confirmation fee of US\$50 must be submitted to CFO.

What is the program fee?

The program fee is determined based on the module selected by the participants. The fee covers all inland transportation, food (breakfast, lunch and dinner), hotel accommodation, tour packages, learning materials, and medical and accident insurance for the duration of the program. The program fee does not cover international airfare to and from Manila. Program content and cost may be subject to change without prior notice.



Office of the President of the Philippines
COMMISSION ON FILIPINOS OVERSEAS

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