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We, the whole AFS Philippines, would like to express our warm welcome as you have chosen our dear country for your exchange program. We are very delighted that with over 80 destinations, you have chosen to unlock new adventures with us. You have opened your doors to learn and keep up with another culture – which might be close or way different to yours.

During your stay here, you will enjoy the hospitality for which Filipinos are well known for. You will also understand the way of life, appreciate how we cope with the daily struggles of a developing country, and cultivate long-lasting friendship with us.

As an AFS Participant, you are the ambassador/ambassadress of peace from your home country. Come out of your shell and connect your life with your host CPO/ school, community and family, and share your culture, too!

The Philippines will be your home for the next several months. We want your stay with us to be as enjoyable and as safe as possible. This Handbook is written to prepare you as you embark your jour AFS journey. Please read this carefully so that you will be guided accordingly.

Go on, start expanding your horizon! See for yourself on what it takes to be an AFSer while enjoying the warmth of the sun here in the Philippines!

IMPORTANT CONTACT INFORMATION

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REPUBLIC OF THE PHILIPPINES

REPUBLIKA NG PILIPINAS



Is a country of 7,107 islands located in Southeast Asia, with three major islands: Luzon, Visayas, and Mindanao with Manila as the capital.

Filipinos are widely known for being friendly, smiley, and very proud. Filipino is the national language, although Cebuano is widely spoken in the country coming both from Visayas and Mindanao. Whereas English is the medium of instruction in schools and in public, making it a tourist-friendly country in Asia.

Filipino food are generally sweet! from pasta, salad, bread, main dish and etc. Resulting to significant numbers of Filipinos getting diabetes.

Transportation is fun! From two-wheel vehicle to three and four! Depending to your destination, few wheels like tricycle goes around your neighborhood or the famous jeepney runs around the city. International and domestic transport remains available in various cities.

Entertainment never gets you outdated! Filipinos are updated as the West getting the latest top playlist on their ipods and songs played in FM stations all over the country even at the most rural areas.

Philippines will be a fascinating country to live in! With people never get you serious but resilient, with close-knit family that feels you as part of the family, with transportation that gets you from one place to another easily, with English language as widely spoken, with healthy food you could chose from cheaply, and a paradisiacal places to unwind.

PHILIPPINE HISTORY

KASAYSAYAN NG PILIPINAS

The Philippines is the third largest English-speaking nation in the world.

The country has a lavish history with a mixture of influences of Asian, European, and American.

Before the Spaniards conquered the Philippines in 1521, the Filipinos had a wealthy culture and civilization and were trading with neighboring countries most especially with China and Japan. During the Spanish

colonization in the country, which resulted the establishment of Intramuros or the Walled City in 1571 composed of building, churches and infrastructures designed after the European influence.

In 1898, after 350 years and 300 rebellions, the Filipinos, with leaders and later proclaimed national heroes like Jose Rizal and Emilio Aguinaldo, succeeded in winning the Philippine independence.

In 1898, the country became the first and only colony of the United States of America. Following the Philippine- American War, the US brought widespread education to the islands.

Filipinos fought alongside Americans during World War II, particularly at the famous battle of Bataan and Corregidor, which delayed Japanese advance in the country. The war against the Japanese lasted for 5 years, from 1941 to 1945.

The Philippines regained its independence in 1946.

PHILIPPINE CULTURE KULTURA NG PILIPINAS

For 48 years of American settlement in the Philippines, the country has had huge influences in so many ways.

Today, Philippines remains the widely known English speaking country in Asia. The mushroomed American customer care centers in the Philippines mirrors significant history and its major impact. Filipinos are a freedomloving people, having waged two bloodless EDSA revolutions, against harsh and corrupt leaders.

Filipinos are a fun-loving people. Throughout the islands, there are fiestas celebrated everyday and foreign guests are always welcome to their homes. Filipino culture remains distinctive especially when it comes to socials and values.

Food has also largely influenced Filipinos by having some cravings on burgers, sandwiches, pizzas, ketchup, spaghetti, sodas, etc.

This resulting to growing numbers of American fastfood chains like McDonalds, KFC, Dunkin Donuts, Shakey's, Wendy's nationwide and others limited in major cities like Burger King and Starbucks.

The Philippines is a vibrant democracy, as evidenced by 12 English national newspapers, 7 national television stations, hundreds of cable TV stations, and 2,000 radio stations.

BASIC FILIPINO PHRASES

My name is	Ang pangalan ko ay
How are you?	Kumusta ka?
I am fine.	Mabuti naman.
Where is the?	Saan po ang?
I am hungry.	Nagugutom ako.
I am full.	Busog na ako.
l like/want	Gusto ko ng
I don't like	Hindi ko gusto ng
Yes	Оро
No	Hindi
Hello	Kumusta
Please	Pakisuyo
Excuse Me	Patawad Po
Goodbye	Paalam
I	Ako
We	Tayo
You	Ikaw
They	Sila
Good	Mabuti
Bad	Masama
Good Morning	Magandang Umaga
Good Noon	Magandang Tanghali
Good Afternoon	Magandang Hapon
Good Evening	Magandang Gabi
You are Welcome	Walang Anuman
Thank You	Salamat
Happy Birthday / Happy Wishes	Maligayang Kaarawan / Maligayang Bati
Happy New Year	Maligayang Bagong Taon
Merry Christmas	Maligayang Pasko
This is delicious / This feels good	Ito ay masarap
I don't want / I don't like / I don't wan t to	Ayaw ko / Ayoko
I like this / I want this	Gusto ko nito
Just a Moment / Wait / Hold on a second	Sandali lang
I'm leaving now	Aalis na ako
I am sorry	Pasensya na po



CRACKING THE COCONUT TIPS AND TRICKS IN DEALING WITH THE PHILIPPINE CULTURE AND ITS PEOPLE

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PAMILYA



The importance of family loyalty, obligation, and interdependence supports the family structure and kinship ties that reflect the multicultural Filipino heritage.

WHAT IS THE FAMILY COMPOSED OF?

Both the mother and father's lineages are of equal importance. The extended family system is pronounced and typical in the Philippines. Within given households, nuclear families average six to eight members in size. Unmarried adult daughters and sons typically remain in their parents' home and contribute to family support. Additional extended family members such as grandparents, aunts, uncles, or cousins also may live in the same house and assume vital roles.

WHO IS THE HEAD OF THE FAMILY?

In a traditional family, the Father is considered the head and provider of the family, while the mother is regarded to be in charge of the needs within the house which includes the emotional growth and values formation of the children. Both performs different task and being remarked as separately by the children. Children see their mothers as soft and calm, while the father as strong and eminent figure of the family.

TYPICAL FAMILY ROUTINE ON WEEKDAYS

Parents are at work and children are at school. School and work typically starts at 7:30am and ends at 5pm. Everyone is expected to be home by 6PM especially the children. After dinner, children typically do homework or study lessons for the next day. In spare times, most families bond together by watching home videos or televisions, ranging from news channels to soap operas.

WHAT IS THE FAMILY COMPOSED OF?

Saturday could be home- cleaning, each assigned with household chores then a family bonding either indoor like watching television or home movies, stationary games or outdoor like going to the malls, cinemas, parks and picnics in the afternoon. For Sunday, most families (Catholics) go to church and eat lunch outside or remains at home to rest, bond, then children do homework.

HOW SHOULD CHILDREN ASK PERMISSION WHEN GOING OUT WITH FRIENDS?

Parents could be overprotective. Permission must be done ahead of time and information on 4Ws and H must be provided. It is a need to tell your parents on your whereabouts.

HOW DO CHILDREN RECONCILE WITH PARENTS WHEN IN TROUBLE OR MADE PROBLEMS?

An exceptional Filipino trait is their strong respect for elders. Children are taught from birth, as early as possible how to say "po" and "opo". These words are used to show respect to people of older level. Children fighting back or addressing parents or elder people with

arrogant tone are not at all tolerated. Parents do not expect children to talk back to parents but explains in a proper way.

HOW IS SIBLING RELATIONSHIP?

Sibling respect is deeply rooted in Filipino homes. Siblings are generally close with each other but may have the same or different interest and activities. With the restructuring of Filipino families the past several years, siblings and their relationships have also evolved over the years. Siblings confide each other from time to time about a range of topics and issues, may be personal with the hopes of satisfying their need for comfort and guidance. In many instances, the eldest among siblings is consulted regarding pressing family matters, and next to the parents, has a major part in decision-making.

Filipino values dictate that the younger defer to the older, unless the older passes the responsibility to another sibling.

Signifying respect, the eldest among the siblings are addressed with "Ate" for females and "Kuya" for males.



FILIPINO CUISINE PAGKAING PILIPINO



Filipino Cuisine
is one of the
richest cuisines
in the world
brought upon
by the different
influences
throughout its
long and colorful
history.

Tracing the influences of other countries to Filipino food, you will see influences of the Malays, the Spanish, Mexican, Arab, Chinese, American, Indian and Japanese. Also to consider is the fact that the country is divided into different regions and islands and each has its own influences, customs and produce. All these add to the uniqueness and richness of the Filipino Cuisine.

WHAT TYPE OF FOOD DO YOU TYPICALLY EAT?

The staple food is rice, and it is usually found in every meal. To go with rice are the different dishes according to the meal of the day. Usually for breakfast, there is the typically fried, garlic rice and the usual like the dish of tapas (dried beef), tocino (cured meat), fried fish, hotdog with boiled or fried egg.



In some regions breakfast usually starts with pieces of local bread, called pandesal with coffee, milk or fruit juice. For lunch, the typical Filipino dish is rice with a particular dish like sinigang, adobo and kare- kare. For dinner, there is the typical seafood cuisine since the Philippines has an abundant supply of seafood. They are cooked in different ways, from broiling to grilling. Some of the seaweed is also made into exotic salads to complete the seafood meals.



For merienda or snack, there are the ones made from root crops, such as the sweetened banana on a stick (banana cue), sweetened camote (sweet potato cue) on sticks, or cassava. There are also different rice cakes to enjoy, like the kakanin.



HOW OFTEN DO YOU EAT DURING THE DAY OR AT WHAT TIMES?

5 times a day (Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner).

IS IT MORE COMMON TO EAT WITH UTENSILS? WITH YOUR HANDS? ARE THERE CERTAIN FOODS YOU EAT WITH YOUR HANDS?

It is common to eat with utensils and/ or with hands but varies in certain circumstances. Eating with bare hands is still widely practiced in the country especially in homes but not in fine dining restaurants and special occasions. Finger foods and/or rice with fried food (i.e fish, chicken) can be eaten using your clean, washed bare hands.



WHAT IS THE BEST WAY TO LET PEOPLE KNOW THAT YOU ARE FULL?

By telling them directly that you are full enough to take more food. It is in the culture of the Filipinos the tendency to offer you more food during meal time unless you tell them you are already full. It is fine to say you had enough food already, but deliver it in a modest and appreciative way.

WILL YOU EXPECT ANY PROBLEMS WITH VITAMINS, FAT, HOW FOODS ARE PREPARED, ETC.?

Yes, especially to those who are not into oily food since we love to prepare different course of meals and/or for some provinces/ communities with so much spices. Filipino meals are generally meaty although there are vegetables.

Most families cook meals at home but since there is an expansion trend of convenience stores, fast food franchises and establishments in the country, some families and children tend to dine outside.

Families are encouraged to take active roles in influencing and consuming more healthy and nutritious food.

WHAT SHOULD YOU BE CAUTIOUS ABOUT?

In some households, tap water is potable. Drinking purified and distilled water is highly encouraged. These can be purchased from supermarkets and legitimate stores like water refilling stations.

Trying street foods in the Philippines is fun, challenging and offers you a variety of inexpensive cuisine. Street foods are mostly spotted on schools, bus or jeep terminals, church, parks and mini-stores along the streets from vendors or peddlers.

People are advised to be cautious and rigid in observing the sanitary preparation and serving of these foods.

WHAT IS CONSIDERED POSITIVE IN THE HOST CULTURE THAT MAY SEEM ODD TO OTHER NATIONALS?

Rice in all 3 types of Meals.

Eating with your bare hands during meals.



Using spoon with your right hand and fork with the left hand during meals. In some households, using dinner knife is uncommon.



DRESS DAMIT



School uniforms in the Philippine context are officially required in public and private schools especially in secondary institutions.

WHAT IS TYPICAL TO WEAR TO SCHOOL?

In some schools, however, like international and private universities, colleges, there are specified days when students can wear civilian clothing and in mostly progressive schools, there is no uniform except for required physical education classes or practicum/internship.

Uniforms for public high schools and private schools vary widely in pattern and color mostly the official colors of the school, but usually consist of cotton material for the warm weather with white socks, black leather shoes.

IS FORMAL DRESS REQUIRED FOR CERTAIN OCCASSIONS? WHAT DO YOU CONSIDER FORMAL CLOTHING? ON WHAT OCCASSIONS DO YOU DRESS UP?

Parties such as debut, graduation, anniversaries, and/ or official function(s), a formal dress is required. In official school activities where there is a clear standard of appropriate attire, some schools restrict and highly discourage the use of tight, immodest, revealing clothes by students.

IS IT COMMON TO WEAR SHOES IN THE HOUSE?

In most Filipino homes, one takes off his/ her shoes before switching into a pair of house slippers or sometimes barefoot.

IS IT COMMON FOR BOTH BOYS AND GIRLS TO SHAVE?

Some ladies do and while others don't shave or wax depending on their up bringing, cultural and personal grooming, lifestyle and financial situation. Shaving legs and armpits is more common to girls compared to boys.

IS IT OK NOT TO TAKE A BATH REGULARLY?

It is very important for the Filipinos to observe proper hygiene. The hot sunny days cause profuse sweating. And the rains often get people drenched and wading in floodwaters.

Personal hygiene includes everyday habits which are helpful in maintaining body cleanliness. It includes regular toothbrushing, bathing, shampooing the hair, hand washing, applying deodorant, and wearing clean clothes.

IS IT OK TO WEAR RIPPED JEANS? IS IT CONSIDERED IN BAD TASTE TO WEAR RIPPED CLOTHING?

It is okay to wear ripped jeans except in schools or some religious sites and centers.

WAYS TO STAY OUT OF TROUBLE

- Avoid dressing in a way that makes you stand out or perceived as arrogant and disrespectful of one's self.
- Be mindful of your surroundings; always think about security and safety.
 - For example, never walk alone especially late at night, in areas with little or no light, hold onto your belongings, etc.
- Avoid drinking alcohol it makes you more vulnerable to trouble.
- 4. Intake and consumption of marijuana and other prohibited drugs is strictly prohibited.
- Remember that members of the opposite sex in the host country may be attracted to you because you are foreign.
- 6. If you choose to have intimate relationships and indulge in romance and love-making, practice safe sex.
- Closely monitor weather forecast and check-up-todate weather warnings.
- 8. Respect and abide Philippine national and local laws.



DAILY LIFE AND CUSTOMS



The schools emphasis is on academic excellence but also addresses development and engagement of students in varied co-curricular and extra-curricular activities as time, interests, and abilities allow them.

DO TEENAGERS TYPICALLY DO THINGS ONLY WITH MEMBERS OF THE SAME GENDER? IS IT COMMON TO GO OUT IN MIXED GROUPS?

Typically, yes!

The tendency of same gender hanging out together, pursuing their same interests and shared activities is expected and visible. But, for some communities especially in big, major cities, it is also common to go out in mixed groups.

IS YOUR SOCIAL LIFE CONNECTED WITH SCHOOL ACTIVITIES?

The majority of friends are made in schools, some in varied co-curricular and extra-curricular activities especially for minors and those enrolled in educational institutions. But for those of legal age, it does not necessarily follow.

IS IT COMMON TO DATE? IF YOU GO OUT ON A DATE, IS IT COMMON TO DATE ALONE OR WITH A GROUP?

It is not very common to date alone. Some friends and classmates go out on a date together as a group. In the school context, "tuksuhan lang" (just teasing) is the usual term associated with pairing o potential couples in Filipino culture. This is common among teenagers and young adults. It is a way of matching people who may have mutual admiration or affection for each other. It may end up in a romance or avoidance of each other if the situation

becomes embarrassing and awkward for both individuals.

If you intend to go on a date alone or in a group, it is still a must to ask permission from your Filipino Parents.

IF YOU GO ON A DATE, WHO INVITES? WHO PAYS? WHAT IS THE NORM IN DATING?

The dating culture in the Philippines involves stages and phases before you finally have the right to call each other as girlfriend or boyfriend.

Most still want to undergo the courtship stage where the guy will prove to girl that his love is sincere and he's worth it.

Traditionally, it should be the male who invites and pays. Shared expenses is becoming common and mainstream.

WHAT ARE COMMON ACTIVITIES TO DO WITH FRIENDS [OUTSIDE OF SCHOOL] FOR A TEENAGER?

Commonly done by teenagers are watching movies, window-shopping, hanging out within the school/university campus and/or strolling around mall, downtown/parks.

Some would like to engage in educational activities, dance schools and sports like basketball, tennis, badminton, volleyball and biking among others.

Others belong to youth groups of churches and other community organizations.

WILL THE SCHOOL PROVIDE MANY EXTRA-CURRICULAR AND/OR SOCIAL ACTIVITIES?

Schools bring their students from a traditional classroom experience into various activities, contests, exhibits, games, workshops and presentations that will allow students not only to train and nurture the skills they currently have, but also to unearth undiscovered talents and stir up new interests.

Examples would be different school clubs like English, Math, etc clubs to activities like intramurals, JS prom, school fair, community and service learning projects. Not a lot of opportunities for theatre.



FRIENDSHIP PAGKAKAIBIGAN



Filipinos are naturally friendly, warm and hospitable.

IS IT COMMON TO HAVE A LOT OF FRIENDS OR A SMALL GROUP OF FRIENDS?

It is common to have a lot of friends.

Having group and circle of friends that share the same interests within a given class is also common.

IS FRIENDSHIP SOMETHING THAT CAN BE DEVELOPED OVER A SHORT PERIOD OF TIME?

Filipinos smile a lot, which makes it easier for strangers or foreigners to feel at ease with them. They can easily initiate a conversation with the person seated next to them.

Filipinos can communicate with people of other countries with ease because the majority of the population can fluently converse in English.



GENDER AND FAMILY ROLES

KASARIAN AT TUNGKULIN NG PAMILYA



Children are expected to contribute in doing of household chores in the house.

WHO COMMONLY PREPARES THE MEALS IN THE FAMILY? WHO DOES THE LAUNDRY? THE GROCERY SHOPPING? THE CLEANING?

These chores are traditionally done by Mothers and shared with the children. However, for Middle Class and/ or High Class families, they have a house help to do the said chores.

DO GIRLS RECEIVE THE SAME EDUCATION AS BOYS?

Yes. Both girls and boys are entitled to receive education. Women enjoy equal social and political rights with men.

DO BOTH BOYS AND GIRLS HELP AROUND THE HOUSE?

Yes, tasks at home are usually delegated and/or specified. (i.e Boys take care of throwing the trash while Girls take care of the cleanliness of the house and laundry).

Chores such as common bathroom cleaning, washing dishes and laundyring and pressing clothes is usually done by the household help. The older siblings in the family may know how to cook, helps prepare meals for the family.

DO BOYS AND GIRLS HAVE DIFFERENT CURFEWS OR DATING RULES?

Yes. Traditionally, parents are protective for both their son(s) and daughter(s). In some households, parents tend to be stricter to girls than boys.

CONCEPT OF TIME

KONSEPTO NG ORAS



Common Annoyances in the Country

- 1. Crowded public transportation
- 2. Heavy traffics/ being a pedestrian
 - 3. Pickpocketing/ Crimes
 - 4. Spitting

IN GENERAL, IF YOU ARRANGE TO MEET A FRIEND, DO YOU ARRIVE AT THE EXACT TIME? OR WHEN DO YOU ARRIVE?

We are flexible with time. For Western People, it is usually considered late. When we say, we will meet at 2:00pm; we will be arriving at around 2:30pm or beyond. This is called the "Filipino time" however, this concept is slowly fading as Filipinos nowadays tend to meet at the scheduled appointment or meeting either earlier or on time.

IS THE CONCEPT OF PUNCTUALITY DIFFERENT IF YOU HAVE AN APPOINTMENT WITH A DENTIST OR A DOCTOR? IF YOU ARE INVITED TO A PARTY?

For Doctor's appointment, we are to be punctual. For parties, flexibility of time still applies. However, it is always encouraged to arrive earlier or on time as scheduled.

IF TEENAGER IS AT A PARTY, IS IT COMMON THAT SHE/HE IS EXPECTED TO BE HOME AT A CERTAIN TIME? DO PARENTS GENERALLY HAVE A CURFEW TIME? IF A TEENAGER IS GOING TO BE LATE, WHAT IS COMMONLY DONE?

Yes. Generally, parents have certain curfew for teenagers. Should the teenager be late, they commonly talk to them and may directly or indirectly give them a warning for.

INDEPENDENCE AND RESPONSIBILITIES

KALAYAAN AT RESPONSIBILIDAD



Part-time jobs is not limited to working in café, fast-food chain and restaurants, in-person and online tutorial, school and teacher assistants.

Youth employment (above 18 years old) is practiced in different households as needed.

ARE TEENAGERS GENRALLY FINANCIALLY INDEPENDENT? DO THEY HAVE A JOB OUTSIDE OF SCHOOL?

Generally, teenagers are financially dependent to their parents. In some cases wherein parents are unable to send their children to school due to financial constraints, students may have part-time jobs to help them pay their education.

DO YOU HAVE A CURFEW? IF YOU ARE AT A PARTY AND IT GETS VERY LATE, IS IT OK FOR YOU TO STAY OVER WITH A FRIEND WITHOUT TELLING YOUR PARENTS?

Traditionally, Parents, even though you will be home past your curfew, they will expect and still want you to be home. Again, Parents can be overprotective. It is still a must that you ask permission and seek approval from your parents if you want to spend the night in your friend's house.

WHAT ARE TYPICAL RESPONSIBILITIES FOR TEENAGE CHILDREN AT HOME?

Typically, teenage children are to help with house chores and focus in their studies.

ARE PUBLIC DISPLAYS OF AFFECTION, ANGER OR OTHER EMOTIONS ACCEPTABLE?

Most Filipinos are generally open about their emotions (as long as in their judgment, they are appropriate and positive). But they do not normally express anger in public so as not to appear rude and maintain modesty and humility. Public display of affection such as holding hands and putting arms around the shoulders of one's significant other are acceptable.

HAWAK



Greet a friend with a smile and by saying "Hello" or "Kumusta ka? (How are you?)".

For relatives, if they are Grandparents, Uncles and/or Aunts, they must be greeted by blessing their hand or the "mano" or "beso" (kissing the cheek).

Saying goodbye: For relatives, they say 'goodbye' with a hug or beso.

For friends, just saying 'goodbye' with a smile is okay. Some close friends will do the beso.

IS IT COMMON TO TOUCH A FRIEND WHEN YOU ARE CARRYING ON A CONVERSATION?

Yes. But. not too much.

IS IT ACCEPTABLE FOR TWO GIRLS OR BOYS TO HOLD HAND IN PUBLIC? HOW IS KISSING REGARDED IN PUBLIC?

Holding hands in public is acceptable but kissing (on the lips) in public, although somehow accepted, will get the attention of people and may be regarded as exaggerated public display of affection.

DOES ACCEPTABLE TOUCHING BEHAVIOR DIFFER ACCORDING TO THE AGE OF THE PEOPLE? FOR EXAMPLE, IS IT MORE PERMISSIBLE FOR AN ELDERLY PERSON OR A CHILD TO TOUCH OTHERS? DOES STATUS PERMIT SOMEONE TO INITIATE TOUCH?

Touching behavior will differ according to the sex/gender, age and relationship with the people.

For Girls: Girls should not be too touchy with boys because they might misunderstand it to something inappropriate.

For Boys: Boys should not be too touchy with girls because they might misunderstand it to being rude and/or to something inappropriate.

MONEY PERA

In terms of handling money, there are a few things to keep in mind when going out and spending in the Philippines.



Be mindful of these guide questions when doing so:

- HOW MUCH MONEY DID YOU BRING WITH YOU?
- HOW DID YOU ACCESS MONEY?
- WHAT KINDS OF THINGS DID YOU SPEND YOUR MONEY ON?

WHEN YOU ARE WITH YOUR HOST FAMILY, SHOULD YOU OFFER TO PAY FOR THINGS?

No, it is not necessary to pay for your host family's expenses, and doing so may send the wrong message to your host family.

ARE YOU AWARE OF ANY SOCIAL NORMS ABOUT MONEY THAT MIGHT BE NEW OR DIFFERENT FOR OTHER NATIONALS?

Remember to not spend too much, because you'll never know when you will need extra cash for emergencies.

Also, be very careful of your money, and your belongings in general, when in public to avoid being victimized by snatchers and robbers.

EQUALITY AND SUPERIORITY

SUBORDINATE RELATIONS



ARE THERE STATUS DIFFERENCE? HOW DO YOU TREAT YOUR GRANDMOTHER? THE POLICEMEN? YOUR TEACHER? WHAT IS DONE ACKNOWLEDGE STATUS DIFFERENCES?

Generally speaking softly and with respect and wear a smile when talking to people older than you or with authority.

WOULD YOUR PARENTS RISE TO GREET THEIR PASTOR/MINISTER/RABBI/PRIESTS?

Traditionally, yes.

ARE THERE SITUATIONS WHEN YOU ALLOW SOMEONE TO SPEAK FIRST? TO TALK LOUDER? TO INTERRUPT THE CONVERSATION? TO INITIATE TOUCH?

Talk with moderate volume.

HOW IMPORTANT ARE THESE THINGS? IF THEY ARE NOT IMPORTANT, WHAT IN LIFE IS MOST VALUED? CAN YOU GENERALIZE?

Close-knit family, reputation, gratitude.

RELIGION OR FAITH

RELIHIYON O PANANAMPALATAYA



The Philippines is the only Christian nation in Asia and Filipinos have high spiritual passion. They observe holy days (business establishments are normally closed during Holy Week-Maundy Thursday, Good Friday, Easter, All Saints'-All Souls' Days and Christmas).

> Sunday is considered both a religious and a family day.

IS IT TYPICAL FOR PEOPLE TO ATTEND RELIGIOUS SERVICES?

Yes. Date and time of religious service differs per religious affiliation.

IS RELIGION TALKED ABOUT IN DAY-TO-DAY CONVERSATIONS?

It is a case-to-case basis.

DO PEOPLE SPEAK OPENLY ABOUT THEIR RELIGION? Yes.

HOW DOES RELIGION AFFECT YOUR LIFE? DOES THE CHURCH/SYNAGOGUE/MOSQUE/TEMPLE PROVIDE A SOCIAL LIFE AS WELL AS A SPIRITUAL LIFE?

Youth participate in choir and church activities.

HOW DO FILIPINOS REGARD TO ETHNICITY?

Filipinos have a strong sense of regionalism. Strong ties bind those who come from the same province or those who speak the same dialect. They support each other because they consider themselves as "brothers or sisters".

GALAW



Filipinos differ in ethnic background, religious affiliation, social class, gender and age are important in determining people's level of comfort with touching, tone of voice and gestures.

WHAT DO I NEED TO KNOW ABOUT VERBAL AND NON-VERBAL COMMUNICATIONS?

Generally, Filipinos try to avoid hurting other people's feelings, so they struggle with the word "no" when asked for a favor or request to do work (they may say "maybe", "I'll see...", "I'll try..." etc.).

As much as possible, they express their opinions and ideas with diplomacy and humility so as not to appear arrogant. They have difficulty contending with frankness or directness.

It is common to shake hands with both men and women, when introduced or greeting a person.

A beso among women is usual. But touching, especially men touching women, is not taken well by Filipinos. Carefully observe the degree of comfort and sense of space in Muslim-dominated areas.

Eye contact is important, especially professionally. It is a good sign of self-confidence. But if a person refuses to or is reluctant to make eye contact, it is considered a sign of shyness.

Filipinos use a lot of non-verbal communication. Some examples are raising eyebrows or lifting the head upwards slightly to indicate "yes" or to greet friends.

It is considered impolite to pass between people conversing or facing one another. If you must do so, the Filipino polite way is to extend an arm or two arms with the hands clasped and pointing downwards.

Some gestures that are considered rude are middle finger erect, waving/curling a pointed index finger back and forth and pointing at someone.



Filipinos prefer to save "face" (self-pride) rather than feel shame ("hiya") for a sudden act or a wrong decision. So it is better to discuss privately with a colleague or friend "strategies to resolve the conflict". It is difficult to know if a friend is having problems with you because Filipinos do not like to assert themselves or appear aggressive.

"Eyebrow ash"—a quick lifting of eyebrows—is a Filipino greeting or may signify as recognition or agreement.

If Filipinos don't understand a question, they open their mouths.

Staring is considered rude and could be misinterpreted as a challenge, but Filipinos might stare or even touch foreigners, especially in areas where foreigners are rarely seen.

To Filipinos, standing with your hands on your hips means you are angry.

WHAT TO DO DURING

YOUR FIRST DAYS

The following are some suggestions that you can do during your first days of your program.

- 1. Call or email your Natural Family. They will want to know how are you doing.
- No words? No problem! It's okay if you can't speak the language, that will come soon enough. In the meantime, try to communicate in any way you can. Use your phone, your hands, a dictionary, anything.
- 3. Sleep. Although exhausted, you keep on going to because everything is new and exciting. However, precisely because everything is new and exciting you need more sleep.
- 4. Register and go to School/ Report to Work. You are expected to go to school/ report to work during your first week of arrival. Ask your host family and local volunteer(s) about school registration/CPO orientation.
- Get to know your neighborhood/community.
 Familiarity with your new environment/ community will make you feel less strange in your new home.

Conclusion: Everything you see that is different is a chance for you to learn a little more about the Philippines, about your home country and about yourself.

Remember, it is not wrong or right; it is just different!









HIGH SCHOOL LIFE

IN FILIPINO SCHOOL

In the Philippines, high school students generally take 10 subjects per school year which are mandated by the Department of Education (DepEd) for all high schools.

Elective subjects are not the norm. Typical school days are from 7:30am to 5pm, Monday to Friday. Classrooms average about 30 to 40 students (boys and girls together) and students remain in one classroom and teachers come in to teach different subjects.

The language of instruction is predominantly English except for Filipino classes.

School Rules: Every school has its own set of rules and regulations below are some common rules you will encounter:

- Students must come to school with complete uniform.
- Those who come in late must get a pass from the Guidance Counselor.
- If you are absent you must secure/show an excuse letter explaining the reason for your absence, signed by your host parents. In case of sickness, a medical certificate is required. Total number of absences should not exceed to 20% of the total number of your school days.
- Smoking, gambling, vandalism stealing, cheating in examinations, cutting classes and other similar infractions are punishable with suspension from classes or expulsion from school.
- Excessively public display of affection is frowned at.
 Kissing in public is prohibited.
- On days where uniform is not required, girls may not wear short dresses or skirts, tank tops and the like.
- In some schools, haircut is checked. Boys must maintain wearing a short haircut.





LIFE IN THE UNIVERSITY

Life in the university is fun, yet a very challenging one. Most Philippine universities do have foreign students too, but only a few percentage of the total population of the whole academic institution. That being said, it is safe to say that fitting and adapting into the school community may create some puzzling experience for you as you go along with your AFS journey. Here are some of the tips that we may give you as you take a step in becoming a global citizen through your academic life in the country.

- 1. First, you must acknowledge that there are differences in the educational system between your home and host country. Though there are differences, both countries aim to provide quality education for all its students. No academic institution would want their students to not learn anything from them.
- 2. During your first days in school, familiarize yourself inside the school's premises. Also, familiarize the school rules and regulations being implemented.
- 3. Some universities have their school uniform, some don't. Make sure that you will follow what is prescribed for you to wear in entering the campus.
- 4. Normally, students are given at least 15 units per semester (which is equivalent to 5 subjects). Since you will only be having 5 subjects in a week, expect that you will have a lot of free time after school hours. Make use of it by joining clubs, organizations, or even the school varsity team. You may even ask your teachers if you can conduct a language tutorial class of your own. This will definitely create a good balance between your academic and social life.
- 5. If in high school learnings are spoon-fed by the teachers through focused teaching, in university, teachers use a facilitated learning style(*) for its students. Learn how to become independent in learning more about your lessons, or interact with your classmates so that you'll have a "study buddy" in school.
 - (*) facilitated learning is where the students are encouraged to take control of their learning process.
- If there's anything that seems not clear for you, JUST ASK. That is the best way for you to understand things.

For many foreign students, there are encounters and situations wherein they get frustrated to. However, your support system – your host family, friends, school and the AFS team – will always be there for you to keep your stress levels relatively under control and even thrive in the university setting.

BEING IN A WORK

ENVIRONMENT

The Philippine work environment has a business custom that is rooted from the Filipino values of hospitality, friendliness, and family-orientedness. Below you will find how employees do their tasks and what are you expected to do and act while at work:

- English is the official business language (but it depends to the field of work that you are into). During conversations, they code-switch between English and Filipino languages. It is better if you will try to learn the local dialect for easier communication.
- 2. Filipinos are very conversational. Usually before they start working on their individual tasks, employees allot a few minutes of small talk. In this way, they are setting positive vibes and building rapport to each other.
- 3. High power distance can be relatively noticed in the work environment. Subordinates tend to address their superiors with "Sir", "Ma'am", or "Miss".
- 4. When the task assigned to you is done, be proactive in helping your colleagues. Ask them if they need any assistance to get the job done more efficiently.
- 5. If things don't work well for you, politely approach your supervisor and discuss work-related issues in private.
- 6. Always have the initiative to think what else can you do to help the organization. Do not just stick to the work plan provided to you.
- 7. Be flexible at times. Consult your supervisor if you wish to do other programs/tasks which are not listed in the work plan.

FILIPINO

COMMUNICATION STYLES

CIRCULAR

Communication is conducted in a circular manner around the main point. The point may be left unstated because the verbal and nonverbal information provided is sufficient for understanding. Stating the point explicitly is seen as insulting to the other person.

- Be elegant and flowing with your remarks.
- Never preface a comment with "the point is.."
- Embellish your remarks with stories and anecdotes. Let the story make a point.
- Let the other person infer the meaning of your comments from the story.

INDIRECT

Meaning is conveyed by subtle means such as nonverbal behaviour, parables and stories, suggestions and implication. Indirectness is equated with politeness and respect for the other person.

- Respect the other persons feelings.
- Don't put the other person on the spot by being too direct.
- Be polite.

ATTACHED (EMOTIONAL)

Communication is carried out with feeling and emotion. Issues are discussed with passion and commitment. Communication is very expressive.

- Sharing one's values and feelings about the issues is highly valued.
- State your views with passion and conviction.
- If you care about an idea, show it.
- Bring yourself as a person into the discussion and show who you are.

AND CONCERNS

MEDICAL INSURANCE

AFS provide Medical plan to all participants. This covers the prompt, suitable medical treatment whenever needed by the participants. AFS seeks to ensure that participants' medical expenses are paid during the whole duration of the program.

However, please note that the medical plan does not cover any treatment required for any pre-existing conditions or preventive purposes of dental or eye care.

Ask your community volunteers on how the medical insurance will work while on program.

SEXUAL HARASSMENT

Sexual Harassment is committed by an individual or any person whom having authority, influence, or moral ascendency over another in a work or training or education environment, demands, requests, or otherwise requires any sexual form from the others, regardless of whether the demand request or requirement for submission is accepted or not by the object of said act.

Any situation that makes you feel uncomfortable must be reported as soon as possible.

GRADE ACCREDITATION

Subjects taken in school will never be credited or graded. It depends on your school back home if they will be accrediting your grades while on program. The only documents which the school can provide are as follows:

- Certificate of attendance.
- 2. List of subjects taken with course description.

AND CONCERNS

TRAVFI RUIFS

INDEPENDENT TRAVEL (Travelling Alone)

If you wish to visit any part of the Philippines, you are free to do so. Just send us your complete travel waiver form at least 2 weeks prior to your travel date. AFS Philippines will be contacting your natural parents and ask their permission for you to go on a trip. An online travel permission request form will be shared with you once part of the program

TRAVEL WITH OTHER AFS EXCHANGE PARTICIPANTS

The information about this type of travel is the same with the independent travel. But this time, only one online permission request should be created for all the participants travelling together. Encode all the names of those who will be joining the travel and complete all the information needed.

TRAVEL WITH HOST FAMILY

All travels with host families are automatically approved by AFS Philippines as this is a family activity. Yet, please make sure that an online travel permission request is to be keyed in for documentation purposes. Just categorize the travel as "travel with host family".

TRAVEL WITH LOCAL VOLUNTEERS

If ever you are going to travel with any of the local volunteers in your chapter, this will be considered as an independent travel. Please see information about independent travels.

AND CONCERNS

TRAVEL RULES

OUTSIDE THE COUNTRY TRAVELS

Please be advised that we **DO NOT ALLOW** independent travels outside the Philippines due to visa-related concerns (especially for school-based program participants). However, if you will be travelling with your host family or with a local volunteer, we may grant your request. Follow the instructions on applying request for independent travels. If your request will be approved, let us know at least 1 to 2 months before you leave the Philippines.

Please be advised that **ALL TRAVEL REQUESTS** are going to be reviewed and approved by AFS Philippines. There are instances that your travel requests might be disapproved due to some circumstances.

We will not allow travel requests without any travel waiver forms submitted to us prior to the date of departure. Once we found out that a participant went outside the hosting chapter without our knowledge, corresponding sanctions shall apply.

***NO ONE IS ALLOWED TO SKIP ANY SCHOOL DAYS DUE TO PERSONAL TRAVELS.

Always keep in mind that studying/volunteering is the very main reason why you are here in the country. Visiting other places can be done during your free days, or as the school calendar ends.

Failure to comply with these rules and procedures will not approve all travel plans.

A Support Agreement (SA) will be issues if the rules are disobeyed.

This can lead to an eventual Early Return (ER).

AND CONCERNS

VISA

All participants coming to the Philippines are expected to secure a 9A Tourist Visa (valid for 60 days). Upon arrival to the country, or at least 2 weeks before the visa expires, the passports must be surrendered to AFS Philippines in order to facilitate necessary extensions. While your passports are with us, rest assured that we will safe keep your travel documents and shall be handed over to you whenever needed. An Alien Card Registration ID issued by the immigration office will be provided so that you will have an official document with you.

If in case that the participant refuses to entrust their passport to us, then we will ask them to sign a waiver stating that AFS Philippines will no longer be assisting in making sure that their visa is valid. Refunds or reimbursements will not be made as well given the situation.

For student-based participants, a Special Study Permit (SSP) will be secured by the host school from the Bureau of Immigration.

RULES AND

REGULATIONS

AFS CARDINAL RULES



Failure to follow these rules will be a ground for Early Return or Program Termination immediately. Other causes of program termination are the following:

- Abuse of alcoholic beverages/smoking while on program
- Early Pregnancy / Fatherhood
- Serious Illnesses
- Accidents
- Unauthorized Travels
- External Conditions
- Breaking of Philippine Laws

EMERGENCY

PROCEDURES

What should you do in case there is a...

TYPHOON

- STAY SHELTERED. Postpone any school/work or travel commitments. If you are
 living in a high-risk area, talk with your host family if you will be evacuating to a safer
 location.
- CHECK YOUR SUPPLIES. Make sure that you have enough food, water, medical supplies, etc. Ensure that you have battery-operated flashlights and radios so that you can monitor the news accordingly.
- AVOID FLOODWATER. Do not soak yourself into the floodwater so that you will not get sick.

EARTHQUAKE

- ASK ANY EMERGENCY PLANS. Inquire your host family/community volunteers as to where you should go in case earthquake occurs.
- "DROP, COVER and HOLD".
- PROTECT YOURSELF. During earthquake, look for a place where you can be safe, and while being calm. Avoid windows, mirrors, tall cabinets and hanging objects. If you are trapped in debris, try not to inhale dangerous dusts by covering your nose and mouth.
- DO NOT LEAVE THE BUILDING/HOUSE. You will be at greater risk from falling debris
- STAY AWAY FROM INFRASTRUCTURES. If you are outside, proceed to an open spaces away from tall buildings, posts and trees.

OTHER EMERGENCIES

- FAMILIARIZE YOURSELF WITH THE EMERGENCY PLANS. During host family or community meetings, make sure that you know what you are going to do and where you should go during any emergencies.
- STAY CALM AND ALERT. Don't panic. Every emergencies has its own solutions. Do not let your emotions control the situation.
- HAVE AN EMERGENCY ID. In your wallet, or phone, make sure that you always bring an emergency ID card with the number of your host family, school, any local volunteers, and most especially, a contact information of AFS Philippines.



Independent Travel Waiver

AFS Intercultural Programs, Inc. and its agents and affiliates, such as AFS Philippines and local organizations and other organizations that are working directly with AFS, or are involved in supporting promoting and assisting in AFS activities (together referred to as "AFS") discourages independent travel outside of the program at any time due to increased risk exposure. We understand that recent events may pose travel disruptions and may carry increased risk at this time.

Despite the foregoing, I,, outside the AFS program, and in that connection I hereber for and release AFS from any responsibility, including a rangements, arrangement of medical services, food and tance for me during the period I am absent from a to on an independent travel. I a part of the AFS Program and also acknowledge that AFS	oy assume full responsibility care and welfare, travel ard lodging or financial assismy hosting community on cknowledge this is no way a
In connection with this travel, I agree to indemnify and and all claims against AFS arising from my acts or omiss cept to the extent covered by AFS medical insurance) curred by AFS by reason thereof.	ions, during such travel (ex-
I further understand that during such travel period I/we and conditions of the AFS Participant Agreement.	are still bound by the terms
Destination:	
Contact Details/ mobile phone:	_
Signature of Participant over Printed Name	Date
Signature of Host Family over Printed Name	Date

AFS PHILIPPINES RULES AND RESPONSIBILITIES

FOR HOSTED PARTICIPANTS

Exhange Participants have signed an **AFS Participation Agreement**, whereby they have agreed to abide by the laws of the Philippines and the rules of AFS Intercultural Programs.

A **Support Agreement (SA)** may be issued if these rules are violated. Two (SA) will lead to an eventual **Early Return (ER)**. Violations of the <u>Cardinal Rules</u> will result in an automatic termination of the Exchange Program and a return of the participant to their home country, without any SA being issued. AFS reserves the right to evaluate a participant's behavior as basis for the continuation of the exchange program.

1. AFS Cardinal Rules

- a. No Driving
- b. No Hitchhiking
- c. No involvement in or use of Illegal Drugs

2. Possible reasons for the issuance of a Support Agreement:

- a. Smoking or use of other tobacco products (including e-cigarettes)
- b. Abuse of alcoholic beverages
- c. Pregnancy/Fatherhood
- d. Serious Illness
- e. Accidents which result in injuries where recovery is better suited in the home country.
- f. Other medical conditions where professional medical advice calls for a return to the participant's home country.
- g. External conditions (politial, climate, etc.)
- h. Breaking of Philippine laws

Note that there are other offenses that may result in the issuance of a Support Agreement.

3. AFS Philippines Participant Responsibilities

- a. Be truthful with the host family, host school and hosting community officers;
- b. Be an active member of the host family by helping the host parents and sibling whenever the participant is able;
- c. Attend and participate actively in school, (i.e. examinations, programs);
 Participants are not to skip classes or school events. Host schools in the
 Philippines place great importance on student presence in all class sessions.
 Participants may be expelled from their host school as a result of unexcused tardiness or absence, and that will result in an Early Return.
- d. Exert all effort to be the best AFS student possible. Learn as much as possible about the host country's culture and traditions, and share those who are interested in the participant's own culture and traditions;
- e. Complete the requirements of the High School Exchange Program, which may include (but are not limited to):
 - i. Participation in monthly contact evaluation
 - ii. Completion of community service hours
 - iii. Other submissions as requested by AFS Philippines
- f. Share the AFS experience in the host school and host community;
- g. Keep an open mind about people and events during the exchange program;
- h. Comply with AFS rules and regulations, particularly those that pertain to illegal drugs, hitchhiking, and consumption of alchohol; and
- Remember that AFS Participants are global citizens who work for the creation of a more just and peaceful world.

4. Travel and Activity Rules

- a. AFS Participants are not tourists and are not considered fully independent to travel alone. Participants should always be considerate of their host family, host school, and host community. Thus, participants are only allowed trips with members of the family over the age of 21 and those by the host school and the host community.
- b. Travelling independently is only allowed after a certain time has passed since the start of the Exchange Program.

For the following programs:

- i. YP 6 months after the start of the program
- ii. SM 3 months after the start of the program
- iii. TR 6 weeks after the start of the program
- iv. IP 4 weeks after the start of the program
- v. VS 1 week after the start of the program

Travelling before the specified time is permitted during school holidays and long weekends, and only when travelling with the host family or during school-organized and supervised activities.

- c. AFS compulsory events and the participant's attendance in the host school must not be interrupted by travel or other activities.
- d. AFS Philippines will not give consent to a participant to engage in the following activities:
 - i. Hang gliding
 - ii. Bungee jumping
 - iii. Jumping on a trampoline
 - iv. Parachute jumping
 - v. Parasailing
 - vi. Scuba diving
 - vii. Mountain biking
 - viii. Rock climbing
 - ix. Skateboarding
 - x. Parkour
 - xi. Using firearm or weapon
 - xii. Cliff diving
 - xiii. Skydiving
 - xiv. Surfing
 - xv. Horseback Riding

Note that this is not an exhaustive list of restricted activities. The Programs Team of AFS Philippines reserves the right to determine which physical activities are considered high risk and therefore not recommended for participants.

- e. Participants are required to submit an **Online Travel Request Form (TRF)** whenever trips are planned with the host family or host school. Participants are also required to submit an **Independent Travel Waiver** before leaving the host community if the participant will embark on trips without host family, host school, or AFS supervision. The AFS Philippines office should be informed of the participant's itinerary, place of stay, and contact number at least two weeks before the start of all trips.
- f. Travel outside the Philippines is only allowed for the following reasons:
 - i. Organized by host family as a family trip;
 - ii. Organized by the host school as a field trip or short exchange.

A Parental Permission Form to Travel with Host School or Family outside of the Host Country and TRF will have to be accomplished first and approved by the host family, the Liaison Coordinator or other designated volunteer in the host region, AFS Philippines National Office, the sending partner country AFS office, and the participant's natural parents.

- g. AFS Philippines will jot consent to releasing the participant from the Exchange Program for travel with visiting natural family, relatives or friends until the conclusion of the program.
- h. Visits by natural family, relatives and friends are discouraged and should be scheduled after the end of the Exchange Program. These visits can be very disruptive to the exchange program, particularly intergration into the host community. Natural family visits distract participants from their commitments to a new life and impose new responsibilities on the host families and the local support structure. These visits can only be made after the end of the exchange program and a Program Release has been submitted and approved by AFS Philippines.



