

Health, Security, Risk, Politics and Practical Tips in the Philippines

INFORMATION BROCHURE

**This information is for Sending Organizations in the
weltwärts-program**

Living in the Philippines



Table of Contents

1. The Philippines and its people	4
1.1 Country profile	4
1.1.1 Layer, Area, Islands, Cities	4
1.1.2 Population/Religion	4
1.1.3 Language	4
1.1.4 Time Zone	5
1.1.5 Climate	5
1.2 History	5
1.3 Political System	6
1.4 Economy	6
1.5 Holidays	7
1.5.1 Special (Non-working) Days 2014	7
1.5.2 Regular Holidays 2014	7
1.5.3 Special (Non-working) Days 2015	7
1.5.4 Regular Holidays 2015	7
1.6 Some Aspects on Filipino Values	8
1.6.1 Collectivism	8
1.6.2 Politeness	9
1.6.3 Adaptability	9
2. Travel preparation	10
2.1 Getting there	10
2.2 Entry Regulations / Visa	10
2.2.1 Visa application procedures – Tourist Visa	10
2.2.2 Visa application procedures – Missionary Visa	10
2.3 Embassies	11
2.4 Customs Regulations	11
2.5 Money	11
2.5.1 Realistic budgeting for Manila, Cebu, Iloilo and Davao	11
2.5.2 Changing money and withdrawing money	11
2.6 Health, Immunization, First-Aid Kit	12
2.7 Philippine Driver’s License	12
2.8 Communication	13
2.8.1 Post	13
2.8.2 Internet and Email	14
2.8.3 Electrical Appliances	14

2.8.4 Mobile Phones	14
2.9 Further Information	14
2.9.1 Clothing, Toiletries	14
2.9.2 Literature	14
3. In the Philippines	16
3.1 Arrival at the Airport – Manila or Cebu	16
3.2 Security and Safety	16
3.3 Major Goods and Services - Manila	16
3.4 Transport	17
4. Annex	21
4.1 Important Addresses in Manila	21
4.2 Important Addresses in Cebu	21
4.3 Hospitals	22
4.4 Recommended Doctors	23

1. The Philippines and its people

1.1 Country profile

1.1.1 Layer, Area, Islands, Cities

Layer

Five to 21 degrees north of Equator, 160 km south of Taiwan; 25 Km north of Sabah (Borneo); 960 km east of Vietnam.

Area

The Philippines stretches across a 299,404 km² land area (as a comparison: Germany covers an area of 356,945 km²). From north to south, the distance is 1,850 km; and 1,100 km from east to west.

Islands

Of overall 7,107 islands, about 2000 are inhabited. Just about 500 islands are bigger than one square kilometer. The biggest islands are Luzon (104,688 km²), Mindanao (94,630 km²), Samar (13,080 km²), Negros (12,710 km²), Palawan (11,785 km²), Panay (11,515 km²), Mindoro (9,735 km²), Leyte (7,214 km²), Cebu (4,421 km²) and Bohol (3,864 km²). The Philippine islands are subdivided into four groups: the northern part is Luzon, the southern part Mindanao, the western part Palawan and in between lie the Visayas.

Cities

Despite a lack of jobs, the migration from the provinces to the cities is increasing. Metro Manila is the most populous of the twelve defined metropolitan areas in the Philippines and the 11th most populous in the world. According to the 2010 Census, about 12 million people live in the National Capital Region (NCR)¹, comprising 13% of the national population. Including suburbs in the adjacent provinces (Bulacan, Cavite, Laguna, and Rizal) of Greater Manila, the population amounted to about 23 million in 2010. Other big cities in the Philippines outside Greater Manila are Davao City (~1.5 m), Cebu City (~866,000) and Zamboanga City (~807,000). The seat of government is in Manila, the national assembly meets in Quezon City.

1.1.2 Population/Religion

Approximately 95 million² people live in the Philippines. The majority of the population is Roman Catholic (83%) while Protestants amount to 9% and Muslims to 5%³ reside mainly in Mindanao, the southernmost area of the country.

1.1.3 Language

Filipino (Tagalog) and English are the official national languages. Filipino or Tagalog is the predominant local language used in Luzon, which includes Manila and the provinces of Bulacan, Laguna, Batangas, Cavite, and Nueva Ecija. In the Visayas and Mindanao region Cebuano, Visayan and Ilonggo languages are widely used. English is widely spoken and used in business and government transactions.

¹ National Statistics Office. 2010.

<http://www.census.gov.ph/sites/default/files/attachments/hsd/pressrelease/National%20Capital%20Region.pdf>

² The World Bank. 2011. <http://data.worldbank.org/country/philippines>

³ CIA World Factbook. <https://www.cia.gov/library/publications/the-world-factbook/geos/rp.html>

Phrases

Hello: **Kumusta**

Goodbye: **Paalam na pô**

Thank you: **Salamat**

I understand: **Náíintindihán ko**

I don't understand: **Hindí ko náíintindihán**

Help!: **Tulong!**

How much is it?: **Magkano?**

Excuse me: **Sorry po**

1.1.4 Time Zone

Time zone in the Philippines is UTC +8:00 (Central European Time (CET/MEZ) plus 7 hours and during summer time plus 6 hours).

1.1.5 Climate

Summer season starts in March running through to May with temperatures reaching up to 37° degrees Centigrade. Rainy season lasts from June to October. The coolest months of the year are November to February with an average temperature of 25 degrees Centigrade. Due to the tropical climate, wearing light clothes is recommended. However, all public areas, such as shopping malls and theaters, and most restaurants, offices and meeting rooms are air-conditioned. Therefore, it is best to bring a light vest or pullover. Warmer garments are needed for trips to the elevated mountain regions.

Earthquakes and Volcanoes

Situated on the western fringes of the Pacific Ring of Fire, the Philippines experience frequent seismic and volcanic activity. The Benham Plateau to the east in the Philippine Sea is an undersea region active in tectonic subduction. Around 20 earthquakes are registered daily, though most are too weak to be felt. The last major earthquake was the 1990 Luzon earthquake. There are many active volcanoes such as the Mayon Volcano, Mount Pinatubo, and Taal Volcano. The eruption of Mount Pinatubo in June 1991 produced the second largest terrestrial eruption of the 20th century. Not all notable geographic features are so violent or destructive.

Typhoons

Sitting astride the typhoon belt, most of the islands experience annual torrential rains and thunderstorms from July to October, with around nineteen typhoons entering the Philippine area of responsibility in a typical year and eight or nine making landfall. Annual rainfall measures as much as 5,000 millimeters (200 inches) in the mountainous east coast section but less than 1,000 millimeters (39 inches) in some of the sheltered valleys. Blackouts occur almost in every typhoon.

1.2 History

Archeological and paleontological evidence suggests that the Philippines has been inhabited by human settlement for about 50,000 years. The indigenous peoples (IP) of the Philippines, referred to as *Negritos* by the Spanish, are an Australo-Melanesian people who arrived in the Philippines reportedly at least 30,000 years ago. It is also suggested that inhabitants of the Philippines were trading with populations living in what is now China and Japan as early as the 9th century and that cultural ties with Malaysia, Indonesia and India stretch back even further into the country's past.

The arrival of Islam in the 13th century and Christianity in the 16th have left marked impressions on the Philippines, as conflicts continue to flare up along ethno-religious fault lines. While Islam was introduced to the inhabitants of the Philippines three centuries prior to Christianity, the fact that the latter has taken greater hold in the country is considered largely

due to the colonisation of the Philippines by a Christian based society (namely the Spanish). Only the southernmost area of the archipelago of Mindanao, ruled by Islamic sultanates, was able to maintain relative autonomy from colonial rule and cultural influences.

In addition to religion, Spain's influence on Filipino culture stretches from language, music and cuisine, over architecture, fashion and traditions up to the archipelago's official name, called after Philip II, king of Spain (1527-1598). Absolute Spanish rule continued in the Philippines until the Propaganda Movement began to gain prominence in the 1880s and 1890s. The Propaganda Movement was a revolutionary movement aimed at highlighting to the Spanish government the injustices being undertaken by the colonial administration against the people of the Philippines.

Complete Spanish control over the Philippines was ended by the Spanish-American war in 1898, whereafter the Spanish were forced to officially cede the Philippines to the United States of America.

Emerging from negotiations following the Filipino fight for independence in the American-Filipino War from 1899-1902, the Philippines went from being a straight territory of the United States to being the commonwealth of the Philippines in 1935. This did not only allow for greater autonomy, but was structured to allow independence within a 10 year time frame. Invasion and occupation by the empire of Japan during World War II, however, interrupted these plans.

After Japan's formal surrender in 1945, the Philippines finally gained independence when the United States officially relinquished its sovereignty on July 4, 1946. Nevertheless, a strong American influence on Filipino culture and way of living is still very present.

Since independence, the Philippines has faced a number of threats to its internal stability including insurgent groups, martial law, coup attempts, poor economic conditions and accusations of government corruption.

1.3 Political System

The politics of the Philippines takes place in an organised framework of a presidential, representative, and democratic republic.

President: *Benigno AQUINO III* (since 30 June 2010);

Vice President: *Jejomar BINAY* (since 30 June 2010).

1.4 Economy

The national economy of the Philippines is the 40th largest in the world, with an estimated 2012 gross domestic product (nominal) of \$227 billion ⁴.

Primary exports include semiconductors and electronic products, transport equipment, garments, copper products, petroleum products, coconut oil, and fruits. Major trading partners include the United States, Japan, China, Singapore, South Korea, the Netherlands, Hong Kong, Germany, Taiwan, and Thailand ⁵.

A newly industrialized country, the Philippine economy has been transitioning from one based on agriculture to one based more on services and manufacturing. Of the country's

⁴ IMF. 2013.

<http://www.imf.org/external/pubs/ft/weo/2012/01/weodata/weorept.aspx?pr.x=36&pr.y=14&sy=2009&ey=2012&scsm=1&ssd=1&sort=country&ds=.&br=1&c=566&s=NGDPD%2CNGDPDPC%2CPPPGDP%2CPPPPC%2CLP&grp=0&a=>

⁵ CIA World Factbook. June 2013. <https://www.cia.gov/library/publications/the-world-factbook/geos/rp.html>

total labour force of around 40.4 million, the agricultural sector employs close to 32% but contributes to only about 12% of GDP. The industrial sector employs around 15% of the workforce and accounts for 31% of GDP. Meanwhile the 53% of workers involved in the services sector are responsible for 57% of GDP⁶. The unemployment rate amounts to around 7% and inflation reads 3.2% (both 2012 estimates). Foreign exchange reserves as of March 2013 are \$83,951 billion. Public debt as a percentage of GDP decreased from 74.2% to 51% in 2012. Gross external debt amounts to \$66.34 billion⁷. The country is a net importer.

1.5 Holidays

1.5.1 Special (Non-working) Days 2014

- Chinese New Year – January 31
- Ninoy Aquino Day – August 21
- All Saints Day – November 1
- Additional special (non-working) day – December 24
- Additional special (non-working) day – December 26
- Last Day of the Year – December 31

1.5.2 Regular Holidays 2014

- New Year's Day – January 1
- EDSA Revolution Anniversary – February 25 (Holiday for all schools)
- Maundy Thursday – April 17
- Good Friday – April 18
- Araw ng Kagitingan – April 9
- Labor Day – May 1
- Independence Day – June 12
- National Heroes Day – August 25
- Bonifacio Day – November 30
- Christmas Day – December 25
- Rizal Day – December 30

1.5.3 Special (Non-working) Days 2015

- New Year's Day – January 1
- Chinese New Year – February 19
- Ninoy Aquino Day – August 21
- All Saints Day – November 1
- Additional special (non-working) day – December 24
- Last Day of the Year – December 31

1.5.4 Regular Holidays 2015

- New Year's Day – January 1
- EDSA Revolution Anniversary – February 25 (Holiday for all schools)
- Maundy Thursday – April 2
- Good Friday – April 3
- Araw ng Kagitingan – April 9
- Labor Day – May 1
- Independence Day – June 12
- National Heroes Day – August 31
- Bonifacio Day – November 30

⁶ IMF. March 2013. <http://www.imf.org/external/np/sta/ir/IRProcessWeb/data/phl/eng/curphl.htm>

⁷ CIA World Factbook. June 2013. <https://www.cia.gov/library/publications/the-world-factbook/geos/rp.html>

- Christmas Day – December 25
- Rizal Day – December 30

Holidays, however, are subjected to arbitrary and last minute changes by the local authority. The National holidays for the observance of the Islamic holidays Eid'l Fitr (Last day of Ramadan) and Eid'l Adha (Islam Feast of Sacrifice) shall be determined in accordance with the Islamic or lunar calendar. Dates will be determined by National Commission on Muslim Filipinos (NCMF).

1.6 Some Aspects on Filipino Values

During 300 years of Spanish colonialism and almost 100 years of American presence, the Philippines have adopted many Western cultural elements; this is already obvious if you see the fast food restaurants that are placed on every corner. But under the surface you can discover also many typical Asian values, such as the collectivistic thinking or the politeness: The Philippine mentality is both - Western and Asian.

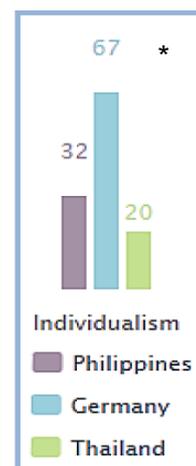
1.6.1 Collectivism

Filipinos are in a very close relationship with her family. The family provides social security – e.g. in unemployment, illness or high age – and supports the children financially in school and training. It is common for Filipinos to stay until marriage or even longer with their parents. In general, society is clearly preferred compared to privacy.

Also when eating Filipinos think collectively: If you go together to a restaurant, it is typical to "share" the meal, i.e. everything is divided, the bill at the end simply by the number of people. If you, as a European, want to save money, you can only hope that the others are not too hungry. It's even harder if the income difference is particularly large. Then Filipinos possibly assume that the richest will take care for the whole expenses.

If you are invited yourself or if you're coming back from a trip, you should definitely bring a pasalubong (souvenir), e.g. fruits or some candy. If you don't bring anything, some Filipinos will jokingly, but persistently ask for it again and again.

As a collectivistic society, the Philippines are more focused on consensus and it is extremely important in a group, never to lose his face. On one hand that means, you have to adjust that a "No" will be rather formulated as "Siguro mamaya"(maybe later), on the other hand, one should avoid it if possible, to criticize something too directly – especially not in the presence of other people. Filipinos expect in communication a sense for "Hiya", for sensitivity and restraint.



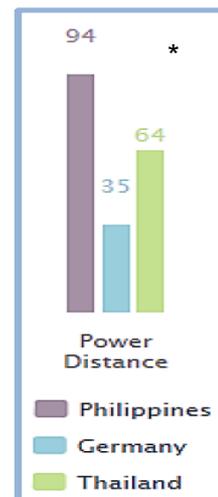
* The graph illustrates the orientation of the Philippines compared to Germany as Western State and Thailand – an Asian country without a colonial past.
 Quelle: <http://geert-hofstede.com/philippines.html>

1.6.2 Politeness

Although the relationship with colleagues at work can usually be characterized as quite personal and friendly, you will rarely experience in the Philippines that the boss acts as a partner towards his employees, or even that an employee is contradicting his employer. Filipinos are very conscious about hierarchies compared to Europeans.

Customers and highly respected people are addressed as "Sir" or "Mam", people of equal rank are called up to an age of about 50 years simply as "Kuya" (older brother) or "Ate" (older sister). If Filipinos speak Tagalog, they express their respect by the use of the salutation "po" - and not just once, but by practically implementing it in each set.

Critical judgments should generally be avoided or at least softened with polite phrases. An exception is statements about the body mass: "You gained weight" is never a problem for Filipinos.

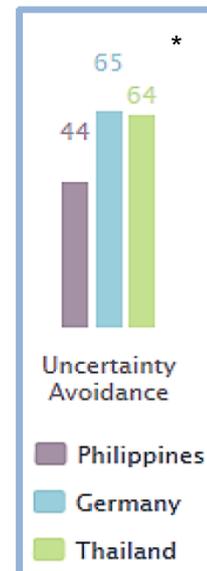


1.6.3 Adaptability

Filipinos often see the world as one over which they have little or no control. They tend more to simply accept what happened; for example in the case of environmental disasters Filipinos can relatively easy adapt to the new situation without losing hope or getting stuck in looking for causes and mistakes. However, as Europeans one can miss initiative and foresight. With a "Mamaya!" (Later!) they sometimes postpone important work and preparation and if there's not enough time any more an appointment is easily just canceled.

The graph illustrates that the Philippines are among the countries that hardly see the need for institutions that take care for their safety: Politics and governmental support are rarely present in the lives of Filipinos, rules are only respected, as long as they are regarded as useful. Even traffic lights are seen by many Filipinos more as recommendations than as strict rules.

Overall, Filipinos have a quite relaxed attitude to life, especially when it comes to time. Although Filipinos like to take a tricycle even for a distance of only 100 meters, the reason is never that they are in a hurry. If you're invited to a party, it may even be rude to come on time because this way you won't give your host additional time to prepare. Instead, you use Filipino Time: 30 minutes late is completely okay – as long as it is not a meeting or another formal event.



2. Travel preparation

2.1 Getting there

Manila (Ninoy Aquino International Airport), Cebu (Mactan International Airport) and Davao City (Francisco Bangoy International Airport) are the main international gateway cities in the Philippines and are served by major international air carriers and cruise lines.

To **Manila** there are stopover flights from:

- Frankfurt with Emirates (via Dubai)
- Frankfurt Singapore Airlines (via Singapore)
- Frankfurt Cathay Pacific (via Hong Kong)
- Frankfurt Thai Airways (via Bangkok)
- Frankfurt China Airlines (via Taipei, Taiwan)
- Frankfurt Etihad Airways (via Abu Dhabi)
- Frankfurt Qatar Airways (via Doha)
- Frankfurt Malaysian Airlines (via Kuala Lumpur)
- Frankfurt Korean Airlines (via Seoul)
- Frankfurt Gulf Air (via Bahrain).

To **Cebu** there are stopover flights from:

- Frankfurt with Singapore Airlines (via Singapore)
- München with Singapore Airlines (via Singapore)
- Frankfurt Cathay Pacific (via Hong Kong)
- Frankfurt Korean Airlines (via Seoul)
- Frankfurt Asiana Airlines (via Seoul)

To **Davao** there are stopover flights from:

- Frankfurt with Singapore Airlines (via Singapore)
- München with Singapore Airlines (via Singapore)

As of July 10 2014 KLM is the only airline that offers direct flights from Europe (Amsterdam) to the Philippines (Manila)

2.2 Entry Regulations / Visa

2.2.1 Visa application procedures – Tourist Visa

For visa application procedures regarding tourist visa please refer to document "Visabestimmungen Philippinen". This document was previously sent to the sending organizations.

Those who are in the Philippines on a tourist visa (9a visa) and stay more than 59 days will obtain an Alien Certificate of Registration Identity Card (ACR I-card). The ACR I-card is a microchip-based credit card-sized identification card issued to registered alien. It has an embedded computer chip with biometric security features. For further information please check www.immigration.gov.ph.

2.2.2 Visa application procedures – Missionary Visa

For visa application procedures regarding tourist visa please refer to document "Missionarsvisum Philippinen". This document was previously sent to the sending organizations. For further information please check www.immigration.gov.ph.

2.3 Embassies

Philippine Embassy Berlin

10715 Berlin, Uhlandstr. 97

Tel.: +49 (0) 30 864 9500

Opening hours: Mo - Fr 9am to 1pm

<http://www.philippine-embassy.de/>

German Embassy Manila

25/F Tower 2, RCBC Plaza

6819 Ayala Ave (cor Sen. Gil Puyat Ave)

Makati City, Metro Manila, Philippines

Opening hours: Mo - Th 7:30am to

3:30pm, Fr 7:30am to 1:30pm

Visiting hours: Mo - Fr 10am to 11:30am

<http://www.manila.diplo.de/>

Deutsches Honorarkonsulat

Ford's Inn Hotel

A.S. Fortuna St. cor. Banilad Road

6000, Cebu City

Mobile (Smart): +63-929 667 63 86

Mobile (Globe): +63-927 536 20 44

<http://www.honorarkonsul-cebu.de/>

2.4 Customs Regulations

In order to facilitate customs examination, a "Baggage and Currency Declaration Form" must be filled out by all airline passengers before arrival. For those with no currency or articles to declare, the (Baggage and Currency) BC Form, signed by the customs officer, will serve as an exit gate pass. It is allowed to bring in duty free two bottles of alcoholic beverages (one Liter each), and two cartons of cigarettes (four hundred sticks) or 250g of smoking tobacco. Visitors carrying more than US\$ 3,000.00 are requested to declare the amount at the Central Bank Counter at the Customs Area. Foreign currency taken out upon departure must not exceed the amount brought into the Philippines. For this reason, **keep all exchange receipts for record purposes**. Departing passengers may not take out more than PHP 10,000.00 in local currency. Departure tax is PHP 750.00 for all passengers departing for international destinations.

2.5 Money

The unit of currency is the Philippine Peso (PHP), divided into 100 centavos. Banknotes come in PHP 1,000s, PHP 500s, PHP200s, PHP100s, PHP50s and PHP20s. International Credit Cards such as Visa, Mastercard and American Express are accepted in major establishments in Manila. One should be aware that the credit card prices compared to cash payments are between 5% and 10% higher. Visa and Mastercard are most widely accepted.

2.5.1 Realistic budgeting for Manila, Cebu, Iloilo and Davao

Prices vary quite drastically between Makati and the rest of Manila, Cebu and Iloilo and Davao. Eating out in Makati can get very expensive, if one frequents the usual malls (e.g. Glorietta, Greenbelt). In Cebu, Iloilo or Davao on the other hand, it is often cheaper to eat out than to cook.

2.5.2 Changing money and withdrawing money

Most banks have a 24 hours ATM service. You can also find ATMs in big shopping malls. The transfer fee will be about 3% of the withdrawn amount but at least Euro 5. Withdrawal limits are: Citibank up to 15,000 PHP, BPI up to 20,000 PHP and HSBC up to 40,000 PHP per withdrawal. All others disburse only 10,000 PHP. The best way to withdraw money in the Philippines is to open an account with an international bank like Citibank in Germany – then you may withdraw money at Citibank Manila for free and the amount of money available will

be enlarged up to 60,000 PHP (4 x 15,000 PHP) per day. Or open an account with comdirect, DKB, Postbank or any other bank which does not charge a transfer fee.

Euros can be exchanged at the moneychangers of banks, big hotels and resorts as well as malls, such as SM (Shoemart). If you exchange money, bring your passport with you. Travelers Cheques are not advisable to bring, as they are hard to cash in. However, if you bring Traveler Cheques they should be in US-Dollars, especially when traveling to the provinces, since you might have some difficulties if your TCs are in other currencies. Most banks and moneychangers ask for a purchase slip and passport before they accept your TC.

2.6 Health, Immunization, First-Aid Kit

Coming from Germany, no vaccination is imperative. However, according to the German Foreign Office, travelers should be vaccinated against Hepatitis A, Hepatitis B (if staying longer than six months), Tetanus-Diphtheria, Polio, Typhoid and, if staying in rural areas for more than six weeks, against Japanese Encephalitis. Please check the website of the Federal Foreign Office for further information:

www.auswaertiges-amt.de/DE/Laenderinformationen/00-SiHi/PhilippinenSicherheit.html.

2.7 Philippine Driver's License

Acquiring a Philippine Driver's License

A requirement for you to be able to drive in the Philippines is to acquire a Philippine Driver's License issued by the Land Transportation Office (LTO). An international driver's license is only valid for three months. Relevant documents must be translated. The German Embassy recommends official translators on its website:

http://www.manila.diplo.de/contentblob/3612752/Daten/4135078/ddatei_translators_apr_14.pdf

Take note that you personally have to be at the LTO for a physical test and for photographs. License fee is minimal. Philippine Driver's License takes one day to be released, but meanwhile, the LTO official receipt indicating the approval of your application serves as your temporary license.

LTO: <http://ltoexam.com/international-license-requirements/>

A non-professional driver's license issued to you is good and valid for a period of 2 years only. It has to be renewed before your birthday on the year of expiration. In the process of renewing your driver's license, you will have to submit your original driver's license and official receipt. You are also requested to be at the LTO for drug testing, physical test, and a new photo.

2.8 Communication

2.8.1 Post

Central Post Offices

Manila

Makati Central Post Office

Sen. Gil Puyat Avenue, Makati City
Telephone: 812-9211; 844-0150

Pasay Central Post Office

Aurora Blvd, Pasay City
Telephone: 831-8258

Manila Central Post Office

Liwasang Bonifacio, Plaza Manila
Telephone: 527-0069
Mo-Fr. 7am-5.30pm

Ortigas Centre Post Office

Emerald Ave., Ortigas Center,
Pasig City
Telephone: 635-2425

Cebu

Cebu Central Post Office

A. Pigafetta St., 6000 Cebu City, Cebu, Philippines
Telephone: (032) 253-2806

Davao

Davao Central Post Office

R. Magsaysay corner Roxas Extension
Telephone: 221-1094; 221-2166
224-0491 (Fax)

P.O. Boxes

Besides receiving mail at your residence or office, you may also use post boxes. There are post boxes available in different sizes at the Makati Central Post office in the Central Business District (CBD) and in other large post offices within Metro Manila. You may also check the Philippine Postal Corporation Website to check for additional information: www.philpost.gov.ph

Mail Stations

"Mail Stations" are portable service booths of the Post Office for the public's convenience. These small booths are easily found in malls all over Metro Manila, prominently painted with red, white and blue markings. In Makati, you will also find them in the Ayala Terminal, EDSA Carpark, Greenbelt Junction, and Quad in Ayala Center. In Mandaluyong, Mail Station booths are located at Robinson's Galleria and Manuela malls.

When mailing packages, all items must be left open and ready for Custom's inspection. They will be re-wrapped at the post office. Take wrapping paper, string, pen, tape and scissors with you.

Small packages or large mailing size envelopes are delivered directly to the residence. Bigger packages are usually held at the nearest post office. You will receive a notification card stating from which post office and window to pick up your package. Inspectors cut open and search the package before clearing it. The Philippine Postal Corporation charges PHP 10 to PHP 50 to clear a package.

2.8.2 Internet and Email

Getting an internet connection in Metro Manila, Cebu or Davao is quite simple. You just apply for a landline from any of the leading Telephone service providers (e.g. PLDT, Globe, SMART, BayanTel) and then request for installation of a DSL broadband connection. The costs amount to 1000 – 2000 PHP per month; depending on the speed of connection you want to have. However, there are already wireless internet services available which offer speeds that are the same as the available broadband connections. Services such as Smart Wireless Networks and PLDT WeRoam wireless broadband internet services are available for less than PHP 2000 per month.

2.8.3 Electrical Appliances

Electric current is 60 cycles, 220 and 110 volts. Equipment designed for 50 cycles will run 1/5 faster. **German made appliances will need adaptors** for the plugs. Adaptors are available in most supermarkets and hardware stores.

Television is NTSC 3.58, the same as in the United States. Computers are generally available, including most modern standard brands. There is no German “Betriebssystem” and keyboard available in the market.

All essential appliances are available inside major shopping malls. Take note that electrical stoves are available but gas stoves are more commonly used.

2.8.4 Mobile Phones

Mobile or cellular phones (Cellphones) are inexpensive and most people have them. Besides calling, text messaging (SMS) is common in the Philippines. Local Subscriber Identification Module (SIM) cards are affordable, priced around PHP 50 and are widely available. SMART and GLOBE are the most common providers for SIM cards.

2.9 Further Information

2.9.1 Clothing, Toiletries

All clothes are available. Clothes without brand are much cheaper than in Germany but with brand they are sometimes even more expensive. Usually, bigger sizes are available in foreign brand stores and rarely in local brands. It is best to wear light, natural fiber clothing. Relaxed and practical clothes such as jeans, T-shirts and blouses are recommended especially when traveling. In the Philippines it is not common that men wear shorts and sleeveless shirts. It is advised to dress comfortably but decently. For trips to highland areas such as Baguio, a light jacket or pullover can be very useful.

Almost all types of toiletries are available in supermarkets and in shopping malls. It is highly recommended to buy sunscreen and insect repellent lotions for trips to beaches and provinces. Also, for ladies it is advisable to bring tampons since they are not commonly used, as well as contraceptives if necessary. These are rarely available in small stores and can be purchased only in popular drugstores such as Mercury Drug and Rustan’s supermarkets.

2.9.2 Literature

Background

1. „Handbuch Philippinen: Gesellschaft. Politik. Wirtschaft. Kultur“, by Niklas Reese & Rainer Werning, Horlemann Verlag 2012, ISBN 978-3895023392.
2. „History of the Philippines: From Indios Bravos to Filipinos“, by Luis Francia, ISBN 978-1590202852.
3. “Philippine Politics and Society in the Twentieth Century: Colonial Legacies, Post-Colonial Trajectories”, by Eva-Lotta Hedman & John Sidel, Routledge 2001, ISBN

978-0415147910.

Guidebooks

4. „Philippinen: Unterwegs im Land der 7000 Inseln“, by Thilo Thielke, Brandes & Apsel Verlag 2011, ISBN 978-3-86099-711-6.
5. „Philippinen Reise-Handbuch“, by Jens Peters, Verlag Jens Peters Publikationen 2012, ISBN 978-3923821358
6. Lonely Planet „Philippines“, Lonely Planet Publications 2012, ISBN 978-1741796940.
7. “The Rough Guide to the Philippines”, Rough Guides 2011, ISBN 978-1405381130.

Novels

8. „Noli Me Tangere“ (Touch Me Not), by Jose Rizal, Penguin Classics 2006, ISBN 978-0143039693.
9. „Dogeaters“, by Jessica Hagedorn, Theatre Communications Group 2002, ISBN 978-1559362153.
10. „Himmel und Straßenstaub: unser Leben als Familie in den Slums von Manila“, by Christine und Christian Schneider, Brunnen Verlag Gießen 2011, ISBN 978-37655-1798-3.
11. „Infanta“, by Bodo Kirchhoff, Deutscher Taschenbuchverlag 2011, ISBN 978-3423140294.

3. In the Philippines

3.1 Arrival at the Airport – Manila or Cebu

Upon arriving near the baggage claim area, you may avail of baggage carts free of charge. After going through Customs and having your BC Form signed by the customs official, you are free to leave. **Please check if the stamp of the immigration officer indicates the same data as shown on your visa!**

There are banking facilities available in the custom's area where foreign currency can be converted into Philippines Pesos. In exceptional cases, you may also pay in US\$. The exchange rates (as of June 2014) are:

1 EURO = PHP 59,51 (as of July 10 2014)

1 USD = PHP 43,64 (as of July 10 2014)

(source: www.oanda.com)

ATMs are readily available at many locations in major cities of the Philippines (e.g. BDO, HSBC, Chinabank, RCBC, BPI, Metrobank). As of July 10, it is possible to withdraw 40,000 PHP at HSBC per withdrawal. Usually only 10,000 PHP are disbursed (see 2.5.2)

3.2 Security and Safety

Extensive information is provided on the official website of the German Federal Foreign Office: www.auswaertiges-amt.de/DE/Laenderinformationen/00-SiHi/PhilippinenSicherheit.html.

3.3 Major Goods and Services - Manila

Your shopping for the usual groceries is best done at Rustan's, SM (ShoeMart), Landmark or Cash&Carry supermarkets.

For bread, try the French Baker, Le Cœur de France, Café France, the Schwarzwälder, the bakery of any 5-star hotel (e.g. Mandarin Oriental Hotel) or, especially for dark bread, try Nielsen's Danish Bakery at Kamagong Street, San Antonio Village, Makati City. The Shangri-La Hotel Makati carries a great variety of German style bread in its bake shop as well. For cheese and cold cuts, Sântis outlets are found in many parts of Manila. Vegetables, international cooked food, cakes and pastries can also be bought at the local wet markets, e.g. Salcedo Market (Saturdays, 7am – 2pm) and Legazpi Market (Sundays, 7.30am – 2 pm).

Supermarkets

- Savemore Supermarket: Good for daily needs
- SM Hypermarket: More choices, better quality of meat and seafood
- Shopwise: Even more choices, even some imported products available
- Robinsons: More exclusive and a lot of imported goods
- Metro in Market!Market!: Very good choices, a lot of imported goods, especially with cheese and sausages

Others

- Sari-Sari-Store: Good and close for cheap Softdrinks (glas bottles!), beer, cigarettes and sometimes even vegetables and rice.

- Wet Market: Good for vegetables, fruits and meat. Cheaper and mostly fresher than in the supermarket.
- Dampa: Good for cheap and fresh seafood
- 7-11/Ministop: Always open but more expensive store. Good for drinks and small grocery stops on the way.

Tipping

Tipping is generally expected for any kind of service. In the Philippines, tipping is done in small amounts, rounding up the amount. Be aware that inappropriate high tipping highly affects the prices.

However, most hotels and restaurants include a 10% service charge along with the 12% Extra Value Added Tax, making additional tipping optional. A hotel porter will be happy with PHP 20.00 per suitcase, so make sure that you have smaller bills available. In order to get a better overview on the prices in the Philippines, please consult the following indicators:

General Alimentation		Equipment	
1 Bottle of Beer (San Miguel)	PHP 25	Refrigerator (Whirlpool)	PHP 27,000
1 can of Soda	PHP 25	Washing Machine (Electrolux)	PHP 23,000
1 loaf Oat wheat bread (Fortune Bakery)	PHP 58		
1 L. Fresh Milk	PHP 67	General Items	
12 eggs	PHP 60	1 pkg. Cigarettes (imports)	PHP 40
1 large Toothpaste	PHP 74	(locals)	PHP 28
1 kg. Fresh Fish	PHP 170	1 L. Petroleum	PHP 54
400 g Beef Tapa	PHP 120	Newspaper (Bulletin Today, Inquirer, etc.)	PHP 18
1 L. Wine	PHP 500	Laundry Service 1 kg	PHP 25
Starbucks Cappuccino	PHP 125	Water Refill Service 5L	PHP 50
Medical Treatment			
Consultation to General Doctor	PHP 700		
Consultation to Specialist Doctor	PHP 900		
Daily Room Charge in Hospital (without Doctor's fee)	PHP 1500		

3.4 Transport

Taxi

There are plenty of taxis to hire at nearly every street corner in major cities of the Philippines. Be aware that especially during rush-hour and heavy rains, it could take some time to get a taxi. Always insist that the driver turns on the meter, starting at PHP 40 plus PHP 3.5 for 300 meters or two minutes of waiting time. Beware of some drivers who try to negotiate a "fixed rate", they usually overestimate the cost so as to gain bigger profit. Always have change available and pay in pesos only. Rounding up the amount when paying in a metered taxi will serve as the tip. Most drivers speak English. However, it is wise to write down an unfamiliar address or offer to have a map ready for the driver to use as a guide for your journey.

There are a few taxi companies in Manila, Cebu and Davao you can call to send a taxi to the location you are at (remember that within the gated communities it could be difficult to get a taxi otherwise):

Taxi Manila:

Tai Taxi (02) 801 1093

Basic Taxi (02) 643 7777, 02 900 1447, 02 900 1448

Dollar Taxi (02) 921 2383, 02 927 8718

Xavierville (02) 788 0204

Avis (02) 718 4064 to 66

MGE Taxi (02) 363 6096, 02 364 8260
R&E Taxi (02) 362 1890, 02 362 9090, 02 330 1654

Taxi Cebu:

Air Land Taxi Corporation (032) 255 1319
Atlas Taxicab (032) 2536637
Blue Eye Taxi (032) 238 0307
Catz Taxi (032) 414 6449
Good Shepherd Taxi (032) 345 0861
Holiday Taxi (032) 345 1621

Taxi Davao:

Holiday Taxi 300-1717 / 221-0665 /221-3
Via SMS: [Smart] (949)856-7947, [Globe] (927)819-8347, [Sun] (922)748-2774
Mabuhay Taxi / Blue Taxi (082) 233-0445 / 234-1360 / 235-1784
Maligaya Taxi (082) 299-1111; (82) 296-1391; (82) 296-1392
Via SMS: [Smart] (919)230-0188, [Globe] (917)705-4455, [Sun] (922)803-4455
STC Taxi (082) 299 1143 / 304 4779 / 304 4739
Via SMS: [Globe] (917)545-8975, [Sun] (923)719-3833
Midvalley Taxi 301-0479, 286-0639
Krizia Taxi 298-5837 to 39, 298-5541
Via SMS: [Smart] (929)812-0299, [Globe] (917)621-4040, [Sun] (922)873-2020

Tricycle

Tricycles are motorbikes or bicycles, with sidecars. They are good for short destinations and cost between PHP 15 and PHP 50, depending on bargaining.

Habal-Habal

A habal-habal is a motorcycle with an extended bench for up to four passengers. These are common in the north-east of Mindanao.

Jeepney

Jeepneys are unique to the Philippines and the country's most common form of public transportation. Each jeepney has a limited, designated route painted on its side. Jeepneys are usually not air-conditioned, but a number of air-conditioned jeepneys are available, particularly in Makati City. Jeepney fares amount to PHP 8.00 for the first four kilometers and an additional PHP 0.80 for every kilometer thereafter. A fare template for every route is usually posted inside the jeepney for passengers' reference.

A map of jeepney routes in Makati can be found here:

http://mmtm2.tripod.com/pdfs/mmtm_makati_1051.pdf

Metrorail – Metro Manila

There are three Rail Transits available in Metro Manila. These are the Metro Rail Transit or Line 3 (MRT), the Light Rail Transit Line 1 (LRT1), and the newly inaugurated Light Rail Transit Line 2 (LRT2). The MRT route connects North Avenue, Quezon City to Taft Avenue, Pasay City. The LRT1 route serves from Baclaran until Monumento. Lastly, the LRT2 serves passengers from Recto, Manila going to Santolan in the East Metro Manila area. Rail transport fares range from PHP 10 - PHP 20 pesos per ride.

For further information: <http://www.urbanrail.net/as/mani/manila.htm>

FX-Taxi (mostly Metro Manila)

Another popular means of transportation is the FX taxi ("FX" is the model of the car). The FX driver waits in a designated area with a small Asian Utility Vehicle and gathers about ten

passengers. Like jeepneys, these cars travel along a designated route. All FX taxis are airconditioned and therefore preferred by commuters. The FX fare is slightly higher than the jeepney rate and ranges from PHP 15 - PHP 40, depending on the distance to your destination.

Van

In some areas there are also vans driving the same routes as busses, but most commonly non-stop. These take up to 20 passengers and the prices are a little higher compared to the busses.

Bus System

All over the Philippines there are overland buses going to all bigger and most of smaller cities. For longer trips many buses go overnight to avoid the traffic. Buses are as well regularly running specific routes within Metro Manila and to nearby places. Many of the buses used are very old and would (in a German context) not be roadworthy anymore. Often tires are worn out, brakes are malfunctioning and the bus overall is really run-down. Especially for longer trips the buses of the company chosen should be checked out beforehand and it is strongly recommended to only use those that are (still) in good condition.

Another problem of the bus system in the Philippines is that many bus drivers are driving for much more than 8 hours straight and are often under the influence of various substances to stay awake. Bus drivers are frequently paid according to the number of passengers and kilometers run which leads to long working hours, speeding and competing for passenger (especially for the buses roaming within Metro Manila and nearby places). For Mindanao it is strongly advised not to use buses and for all work related trips buses are prohibited! In the Visayas and Luzon, buses might be used but, only reliable and recommended bus companies should be deployed.

Reputable bus companies are, among others, Ceres Liner, Philitraco or Bachelor Express.

Domestic Flights

There are a number of alternative domestic Philippine airlines flying people all over the Philippine Islands on a daily basis. Don't forget that when you are traveling with a Philippines domestic airlines to have the approx. PHP 200 terminal fee ready, which still has to be paid in airport out of Manila or Cebu (as of July 10 2014).

<http://www.cebupacificair.com>

<http://www.philippineairlines.com>

<http://www.flyzest.com/>

<http://www.airphils.com/>

<http://www.skyscanner.com>

Ferries

Traveling by Philippine ferries is an economical way for budget conscious travelers to get around. It is also a fantastic way to see areas of the country that would be impossible to see by air or land travel.

From Manila the major ports or islands accessible by Philippines passenger ferry are Bohol, Catanduanes, Cebu, Leyte, Lubang, Marinduque, Masbate, Mindanao, Mindoro, Negros, Palawan, Panay, Romblon and Samar. This is not an exhaustive list but does cover the major ports.

From these major ports or islands, there are other Philippine ferries to smaller or lesser known islands and so forth.

See two examples with time schedules:

<http://oceanjet.net/schedules.htm>

<http://www.supercat.com.ph/sched.asp>

Train

There is just one line available, from Manila to Naga, South-Luzon. There may be an extension to Legaspi. The railways in North-Luzon are not in use anymore.

Car

A car is the most convenient way to travel around and experience the country. Especially in Central- and North-Luzon, travel by car is advisable. Transportation by bus in these areas takes very long and there are no flights available to all areas.

4. Annex

4.1 Important Addresses in Manila

**EMBASSY OF THE FEDERAL
REPUBLIC OF GERMANY**

25th Floor Tower 2, RCBC Plaza
6819 Ayala Avenue, Makati City
Tel.: 702-3000
Fax: 702-3015, Fax Visa-Section: 702-3045
Website: www.manila.diplo.de

**GOETHE INSTITUT
(GERMAN CULTURAL CENTER)**

5th Floor, Adamson Center,
121 Leviste St., Salcedo Village Makati City
Tel.: 840-5723-4; 817-0978
Website:
www.goethe.de/manila

GERMAN CLUB

Penthouse, Eurovilla II Building
118 V.A. Rufino Street, Legaspi Village,
Makati City
Tel.: 817-3552; 818-3552
Fax: 892-8949
Website: www.germanclub.ph

FRIEDRICH EBERT STIFTUNG

Unit 2601 Discovery Centre
25 ADB Avenue, Ortigas Center
Pasig City
Tel.: 634-6919; 637-7186 or -7187
Fax: 632-0697
Website: www.fes.org.ph

KONRAD ADENAUER STIFTUNG

5th Floor, Cambridge Center Building.
108 Tordesillas cor. Gallardo Sts.
Salcedo Village, Makati City
Tel.: 894-3737
Fax: 893-6199
Website: www.kas.de/philippinen

PHILIPPINE AIRLINES

PAL Building II, Legaspi St.,
Legaspi Village, Makati City
Tel.: 816-1358 Information
855-8888 Reservation
Website: www.philippineairlines.com

4.2 Important Addresses in Cebu

DEUTSCHES HONORARKONSULAT

Ford's Inn Hotel
A.S. Fortuna St. cor. Banilad Road
6000, Cebu City
Mobile (Smart): +63-929 667 63 86
Mobile (Globe): +63-927 536 20 44
<http://www.honorarkonsul-cebu.de/>

4.3 Hospitals

Manila

Makati Medical Center (MMC)

2 Amorsolo cor. Dela Rosa Sts.
Makati City
888-8999
www.makatimed.net.ph

The Medical City (General Hospital)

Ortigas Avenue, Pasig City
Metro Manila
635-6789; 631-8626
www.themedicalcity.com

Asian General Hospital and Medical Center

2205 Civic Drive
Alabang, Muntinlupa
771-9000
2nd Street Bonifacio Global City
Taguig City
Emergency #: 876-5739 to 5741
www.asianhospital.com

St. Luke's Medical Center

279 E. Rodriguez Avenue, Cathedral
Quezon City
723-0101 or 722-6162 Or 32

Manila Doctors Hospital

667 U.N. Avenue
Ermita, Metro Manila
524-3011
www.maniladoctors.com.ph

Medical Center Manila

1122 Gen. Luna Stree cor. U.N. Avenue
Ermita, Metro Manila
523-8131
info@medicalcentermanila.com.ph
www.medicalcentermanila.com.ph

Cebu

Cebu Doctors' University Hospital

Osmeña Boulevard,
Cebu City, 6000 Philippines
+63 32 412 4931
<http://222.127.252.62/>

Davao

Davao Doctors Hospital

118 E. Quirino Avenue,
Davao City Philippines 8000
(+6382) 221-2101, 222-8000 or
224-0616 to 223
<http://www.ddh.com.ph>

Brokenshire Hospital

Brokenshire Heights, Madapo
8000 Davao City
(082) 305 3525
<http://www.brokenshire.org>

Metro Davao Medical & Research Center

J. P. Laurel Ave. Bajada City, Davao City
Philippines 8000
(082) 272-7771 / 287-7777

4.4 Recommended Doctors

MANILA

Dr. Alexander AYCO (Austrian Embassy)

Institution: Makati Medical Center, Room 259,
Second Floor New Wing
Amorsolo Street, Legaspi Village, Makati
(+63/2) 815 9911-2259
Mobil: (+63) 917 819 6983
Telefax: (+63/2) 892 4108
Fields: Internal medicine, cardiology
Language: English, Filipino

Dr. Peter S. KALISKI (Austrian and German Embassy)

Institution: Kaliski Medical Clinic, Medical
Towers
Makati, Suite 302
103 Rufino Street (former Herrera St.), Legaspi
Village, Makati
(+63/2) 840 27 92
Mobil: (+63) 918 905 0515
Telefax: (+63/2) 840 27 92
Fields: General medicine, Internal Medicine,
Language: German, English, Filipino

Dr. Diana Peralta (German Embassy)

Institution: P&D Peralta Medical Clinic, 14th
floor
Jaka Building
6780 Ayala Avenue, San Lorenzo, Makati
(+63/2) 817 2632; (+63/2) 810 0820
Fields: General medicine, Emergency
medicine

Dr. Carolyn A. Butler

Institution: Medical Plaza Makati
Suite 2005, Amorsolo cor Dela Rosa Sts,
Makati
(+63/2) 867 2026; Cell: (+63/0) 917 527 3857;
(+63/2) 771 9327 (Asian Hospital)
Fields: Pediatrics
Language: English

Dr. Ida Tacata

Institution: Makati Medical Center
2 Amorsolo Street, Legaspi Village, Makati
(+63/2) 813 4861; (+63/2) 8888 999 loc 2144
Fields: Hand and upper limb surgery
Language: English, Filipino

Institution: Medical Plaza Makati
Suite 1109, Amorsolo cor Dela Rosa Sts,
Makati City
(+63/2) 813 0225; (+63/2) 771 9296
(Asian Hospital), Fields: Obstetrics –
Gynecology Language: English, Filipino

Dr. Ma. Theresa Tangkeko-Lopez

Dr. Leandro E. Rosero

Institution: Rosero Dental Clinic
Street: 3rd floor Lerose Bldg., 832 Arnaiz Avenue,
San Lorenzo Village, Makati City
(+63/2) 752 8529; (+63/2) 844 8683; (+63/2)
771 9208 (Asian Hospital)
Fields: Cosmetic – General Dentistry
Language: English, Filipino

For psychological support:

InTouch Community Services, Inc.

48 McKinley Road, Forbes Park, Makati, 1219
(+63/2) 893 1893; (+63/2) 810 6233
Fax: (+63/2) 893 1892
Fields: Psychologistes, Psychotherapists,
coaching and more
Languages : English, Tagalog, German

Petra Maierhofer

(+63/2) 723 7018
Mobile: 0927 787 3749
Fax: (+63/2) 723 7019
Fields: Ergo therapy, Psychotherapy
Languages: German, English

VISAYAS

Riverside Hospital in Bacolod

Dr. Ethel Locson

Internal Medicine
(034) 434 4489 local 7426

Dr. John Ledesma

Gastroenteritis
Room 401, Clinic: Monday to Saturday 10am -
3pm

Divine Word Hospital in Tacloban, Leyte

Dr. Conchito DELA CRUZ

Internal Medicine
(053)3212308
Clinic Schedule:
Monday to Friday: 3pm - 5pm
Saturday: 9am - 12pm

MINDANAO

Metro Davao Medical & Research Center in Davao

Dr. SAYSON, NELDA ENANO

Obstetrics & Gynecology
Room : M510
Phone : (082) 272-7771 / 287-7777
Mon - Fri 9-12 nn & 1-4 pm

Dr. SAYSON JR., MARLON L.

General Surgery
Room : M510
Phone : (082) 272-7771 / 287-7777
Mon – Fri: 9-4 PM