

Planeta First

Solidarity ecotourism

Cultural tour in the Philippines

A week on Palawan, off the tourist trail: first words of Filipino, a cooking class, a swim at Estrella Falls, Narra market, fan-making, nipa weaving and pottery.

Philippines 5 days **From €515 per person**

The tour

This week shows you the island of **Palawan** as locals know it: its traditions, language, food and places tourists rarely reach. It starts with the basics of **Filipino** and local customs, so you can connect more easily with the people around you.

The week takes in the local town, an afternoon at Nelson's Farm, a **cooking class** to prepare three traditional dishes, a day at **Estrella Falls** with a swim and a picnic, **Narra market**, and workshops in fan-making, **nipa hut weaving** and **pottery**. Evenings bring music, with a cultural night and a karaoke night.

It suits adults and families who enjoy walking and want to get close to Filipino culture. A moderate level of fitness is enough.

What makes it different

- A swim and picnic at Estrella Falls
- Fan-making, nipa weaving and pottery
- A cultural night and a karaoke night
- A cooking class: three Filipino dishes
- Narra Public Market







Day by day

Monday: Welcome to Palawan

A welcome meeting (house rules, what to expect, safety tips), an introduction to Filipino traditions and some basic language. A look round the local town, with the chance to buy a SIM card. An afternoon at Nelson's Farm, then a cultural night with music.

Tuesday: Filipino cooking

A cooking class to prepare three traditional dishes, followed by a language class to help you connect with the community.

Wednesday: Estrella Falls and Narra market

A swim at Estrella Falls in Narra and a peaceful picnic lunch. In the afternoon, a wander round Narra Public Market before heading back.

Thursday: Crafts

A workshop in fan-making and nipa hut weaving, then a pottery class to make your own keepsakes. Karaoke night.

Friday: Wrapping up

A closing meeting and project briefing for those going on to a volunteering placement.

The programme may change depending on the weather and local conditions.

On site

Accommodation

Accommodation in a shared house on Palawan for the whole week.

Meals

Meals are included, with a picnic lunch at Estrella Falls on Wednesday.

Arrival

Airport pick-up and transfer to the accommodation are included; the return transfer is not. The programme starts on Monday.

Departures

Several departures a year, to be arranged with the team

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals
- ✓ All activities in the programme
- ✓ 24/7 support and supervision
- ✓ A donation to the local project

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/cultural-tour-philippines/, **info@freepackers.com**

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.