



# Culture week in Philippine

Our culture week is tailored to introduce you to some of the best things the island of Palawan has to offer. This week will get you learning the basics of the language, cooking in a class, tasting authentic food, visiting famous sites, and discovering areas where tourists don't often go!

# Program description

This week-long program in Palawan lets you dive into the island's culture, language, and traditions. You'll learn Filipino basics, take a cooking class, and explore local markets. Enjoy outdoor activities like swimming and visit scenic spots such as Estrella Waterfalls.

The program also includes creative activities like hand fan-making and pottery crafting. By the end of the week, you'll be ready for your volunteer project, with an understanding of the local culture and environment. It's a perfect way to connect with Palawan's beauty and people.

## **Program Highlights:**

- Learn Filipino traditions and basic language.
- Visit Nelson's Farm, Estrella Waterfalls, and the Narra Market.
- Try hand fan making, nipa hut weaving, and pottery.
- Learn to cook Filipino dishes in a hands-on class.
- Get ready for your volunteer work with project orientation.

# Additional Equipment

- Moderate fitness is necessary as the tour includes activities like hiking, and extended walking.
- Modest clothing (covers knees and shoulders)
- Comfortable walking shoes, sandals, water shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)
- A small backpack for day trips.
- Waterproof bags to keep electronics safe.
- A flashlight or headlamp for nighttime adventures.
- Snorkeling gear, if you'd rather use your own.
- A camera or smartphone to capture memories.
- A travel journal to jot down your experiences.



# Schedule

## Monday

- Kick off the week with a welcome meeting and an introduction to the program, including house rules, expectations, and safety tips. Dive into Filipino culture with lessons on traditions and basic language skills.
- Explore the local town and get a SIM card if needed. In the afternoon, enjoy a hands-on experience at Nelson's Farm. Wrap up the day with a fun cultural night filled with music and activities.

## Tuesday

- Join a Filipino cooking class and learn to prepare three delicious traditional dishes.
- Afterward, attend a language class to help you connect better with the community.

## Wednesday

- Visit Estrella Waterfalls in Narra, Palawan, for a refreshing swim and a peaceful picnic lunch.
- In the afternoon, wander through Narra Public Market before heading back to your accommodation.

## Thursday

- Enjoy a creative workshop where you'll learn to make hand fans and weave nipa huts.
- Later, join a pottery-making class to craft your own keepsakes. End the day with a lively karaoke night, singing and having fun with friends.

## Friday

- Conclude the week with a project meeting and orientation. Prepare for upcoming volunteer work and finalize your plans to make a meaningful impact.

*\*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.*