



## Palawan Environnement



**Availability :** Available all year.

**Project Start & End Days :** Sunday to Saturday

**Project Work Days :** Monday to Fridays (weekends are free)

**Age Requirement :** Must be 16 years or over.

**Nearest Airport :** Puerto Princesa Airport

## **Location of Projects :**

Palawan, officially the Province of Palawan, is an archipelagic province of the Philippines that is located in the region of MIMAROPA. It is the largest province in the country in terms of total area of 14,649.73 square kilometers. The capital City is Puerto Princesa. In addition, Palawan is one of the best places to visit in the country, as it is consistently ranked as one of the best islands in the world, and for a good reason. Palawan is also a special island dotted with fishing villages and surrounded by a beautiful blue sea. The scenes contrast perfectly with the emerald green jungled mountains which form its landscape. Further, it boasts white sand beaches and islands, crystal clear blue waters, spectacular variety of marine life, shipwreck sites, amazing waterfalls, majestic towering cliffs, historic places, savory local delicacies and dishes and rich and diverse culture groups.

On the other hand, our accommodation is located in Tigman Village in Aborlan District, a small and laid back area just outside of Puerto Princesa City. It is a two - hour drive from the City of Puerto Princesa which is around 72 Kilometers far. Meanwhile, the center consumed around twenty minutes in order to get to the Town's center which is the Aborlan Town. In addition, the center is located near the beach where you can relax, chill and swim on the beach during your spare time or after the program schedules. You can also watch the sunrise and sunsets on the beach alongside other participants.

## **Programs descriptions :**

The province of Palawan is in the MIMAROPA region abundant with wildlife sanctuaries, marine reserves, and world heritages. Being the location of Palawan Island, one of the most biodiverse islands in the Philippines, the area has one of the most beautiful seascapes in the world receiving much local interest for conservation.

Our hope through this project is to conserve mangrove plantations and reverse the trend of deteriorating mangrove sites, which has seen a rapid decrease during recent years. This can realistically only be achieved through the education of younger generations, combined with the continual physical work of planting new mangroves.

That's why we'll be asking you to serve as a fortifier of the natural coastal barrier, which is slowing storm surges, reducing beach erosion, and cleaning the beaches. They also need your help with encouraging environmental conservation through training sessions

with children.

Another thing is the plastic and environmental system, unfortunately Filipino people have become used to throwing their garbage anywhere. That's why they came up with collecting Eco-bricks from the villagers and making it as well.

For the Tree planting portion of our program, they have chosen the Moringa seeds for their multitude of benefits, availability in the local area, and because they will grow easily here.

Moringa is a "superfood" that has a lot of health benefits as well. It is also known as "miracle tree" or horseradish tree. The pods, leaves, seeds and roots are all edible. It is a favorite of local villagers as their home remedies may include seeds or leaves for prevention and treatment of various diseases. The pods or leaves may also be used in local cuisine, as it pairs well with dishes of fish or meat.

This program is perfect for you if you have a good level of physical fitness, enthusiasm, and a passion for making a change that benefits the environment, as well as the local community!

### **Your Role as volunteer**

Do consider this job requires physical strength and endurance in hot weather conditions. In addition, your work will vary from day to day. Meanwhile, your main roles will be, but are not limited to:

- Participate in Coastal Clean Up drive
- Collect mangrove seedlings
- Plant mangroves
- Prepare Lessons and Instructional Materials for Environmental Conservation Educational Campaign to Local Public Schools and to the Community
- Teach children and the community about Environmental Conservation particularly in Mangrove Rehabilitation
- Make Signage about Environmental Conservation
- Make Eco - Bricks
- Help the community in its Clean and Green Programs

Moreover, throughout your stay you are expected to adhere and follow all the stated rules and regulations set, thus, failure to comply may lead to your termination from the program. Notably, you are expected to always be on time, be respectful with the local staff, the local people, fellow participants and to the community in general at all times,

respect the culture, way of living and traditions of the village through wearing modest clothing, use appropriate words and politeness.

Finally, during the mangrove plantations and other activities, be careful and mindful, do not harm marine life and mangroves, under the influence of alcohol is strictly prohibited and ask assistance from your local coordinators for tasks that you are not sure with and of course to enjoy and make the most of your stay and make memorable learning experiences.

## **About the accomodation :**

This center houses all participants in their programs around Palawan. It is built with many natural elements and has a tropical beach look to them! You'll be sleeping on bunk beds and we have limited laundry facilities, so expect to wash your clothes by hand, unless you'd like to use the laundry service here for a small fee.

Due to our tropical setting, WiFi service may not be what you are used to at home. It is limited and sometimes inaccessible due to weather, so having your own local SIM card and purchasing data through the GLOBE network may be your best option for staying connected consistently while you are in our local village. Please be advised that due to jellyfish in the water, it is unlikely that you will be able to swim at the beach close by the accommodation. There is an area near the river or on the other side of the village, which is about a 15 minute walk away, where you will be able to enjoy some time in the water.

## **Food Arrangements :**

Three 3 good meals are provided every day of the program scheduled at 8:00 a.m..for Breakfast, 12:00 n.n. for Lunch and 6:00 p.m.. for Dinner and on weekends only brunch and dinner. Food will be mainly of typical local and western dishes. Since we are in Asia, rice is a staple. We serve rice but not everyday. We also serve pasta, noodles, sea foods, most of the time chicken and pork, vegetables and fruits. For breakfast, we may have eggs, sausages, oatmeal, bread, pancakes, coffee and tea.However, meals will also be served based on your dietary requirements.

In addition, food arrangement varies based on your program. Typically, Breakfast, Lunch and Dinner will usually serve at the Accommodation Center, however, for participants having outdoor activities or placement will have packed lunch or take lunch at the local

restaurants or at the Filipino Authentic Restaurants nearby. Finally, you are free to relax and explore the local area and local dishes during your spare time or on the weekends but at your own cost and expense.

## **Facilities**

There are many forms of local transportation such as jeepneys, buses and vans which depart every hour to the town of Aborlan or to the next town Narra. Meanwhile, the center consumed around twenty minutes in order to get to the Town's center of Aborlan and around thirty minutes to the next town , Narra.

There are ATM's & Western Union transfers available in the town of Narra. Here, you can also find all necessary amenities such as Banks, pharmacies, grocery stores, local restaurants, local bars, public markets, parks and many more.

## **Mandatory Orientation Day**

On the Monday of your first week at this location, you will join our orientation day, to familiarize you with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

## **Schedule**

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice, handling of documents & Signing up of relevant documents. - Filipino Do's and Don'ts, Dress Codes, Filipino Culture Lessons and Basic Filipino Language Lessons.
- Tour around the compound and local area; and arrange a sim-card if necessary.
- Lunch
- Project Meetings, Observations, Preparations with assigned Local Program Coordinators.
- Dinner
- Cultural Night