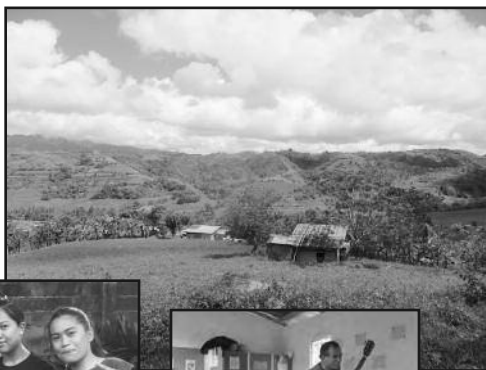


Unitarian Universalist Partner Church Council



Philippines Travel Tips and Information 2014–2015



What to Pack

- Passport
- Travel journal (you will receive this from the UUPCC after registration)
- Paper copy of passport main page
- List of important contact numbers
- Credit card/debit card (authorized for foreign use)
- Electrical converter (they are on 220) if needed
- Your medications
- Small first aid kit with antihistamines, antibiotic creams, bandaids, pain relievers, antidiarrheal drugs and constipation relievers
- Insect repellent
- Camera with extra film/memory card/battery charger
- Good walking shoes—two pair in case of soaking
- Lightweight raincoat or poncho/umbrella
- Lightweight slacks
- Tops with sleeves
- Socks
- Lightweight jacket
- Swim suit/shorts/t-shirt for swimming
- Travel towel/small washcloth in Ziploc bag
- Toiletries
- Small tissue packets/TP
- Little packets of alcohol wipes and antibacterial hand sanitizer
- Sunscreen
- Sunglasses/extra pair of glasses
- A little laundry soap
- Earplugs/sleep mask if helpful for sleeping; other sleep aids if desired
- Quart size Ziploc bags (for carry on and misc. duties)
- Pictures of your home congregation/community
- Gifts
- Laptop computer, if you wish

Most important... a good, go-with-the-flow attitude.

This trip is physically demanding. There can be strenuous walks to visit congregations. If you have a medical condition, please consult with your doctor before considering this trip.

Contents

You will find in this little booklet, some tips, information, and wisdom about pilgrimage to the Philippines. This has been gathered over the years by travelers and trip leaders, and compiled here for your reading pleasure.

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Background Information

The Philippines is an archipelago of 7,107 islands that stretch over 1,000 miles from the north to the south. It is divided into three geographical areas:

- Luzon,
- the Visayas, and
- Mindanao.

Manila is located on the northernmost island of Luzon. Negros Island, where the majority of the UU churches are located, is the fourth largest island in the archipelago; it is part of the Visayas. Mindanao is the southernmost island in the Philippines.

Geography

The lush islands are characterized by irregular shorelines, alluvial plains, mountainous interiors, rolling hills and narrow valleys. There are a few volcanos which have been active in recent years. The UU congregation of Aquino is located near the beautiful volcanic Mt. Canlaon.

Climate

The Philippines have a tropical climate with relatively abundant rainfall, moderate to high humidity and normally gentle winds. There are many typhoons that pass through the islands each year. Fortunately Negros is usually protected from the strongest winds by its location within the archipelago. We will be traveling during the dry season. Although there may be some rains, they will probably not be heavy or extensive. The temperature is often in the 80s in February, but may be higher.

The People:

There are about 90 million people living in the Philippines today. Over 80% of the population is Catholic; the remainder is primarily a mixture of Protestant, Muslim and independent Christian church goers. There are over 2,000 Unitarian Universalists. Although there is a healthy economic sector in Manila and signs of economic growth in other larger cities, most of the population of the Philippines lives in considerable poverty.

The Philippines is unique among its neighbors in Southeast Asia. Its people have shown a remarkable ability to accept and assimilate foreign cultural influences and yet they think and behave in a manner that is uniquely Filipino. As you travel the country, you will see the influence of Chinese culture that first arrived with the 12th century traders from China, along with Indian and Muslim merchants, who came to engage in bustling trade with the original Malay residents of the Philippines. After almost 50 years of American occupation, western influences are also very much evident. But then, the Filipinos "filipinized" what the Americans brought in. Traces of Spanish influence, as well, remain in the cities of the Philippines and have become manifest in the language of the people.

Wherever you travel in the Philippines you will be sure to be greeted with smiles. The Philippine people have

welcomed so many visitors to their shores that generosity has become a national trait. *Mabuhay* means “hello” and “welcome” in Filipino (a form of the language known as Tagalog), and is a phrase you’ll see and hear often when you visit the Philippines. Filipino values include *bayanihan* (the spirit of cooperation), piety, and close family ties.

More than 40 ethnic groups constitute the country’s cultural minorities, including cave-dwelling mountain tribes and semi-nomadic hunter-gatherers. Perhaps the best known of these groups are the *Tasaday*, discovered in 1971 after 50,000 years of cave-dwelling life in South Cotabato, Mindanao. Despite claims of a scientific hoax, their authenticity as a surviving Stone Age culture has since been confirmed. Even more elusive to outsiders are the *Badjao* of the Sulu archipelago. The Badjao live on boats or in offshore stilt houses and come ashore only to die. In the mountains of the Central Cordillera dwell 200,000 mountain people whose origins and lifestyles vary greatly. They include the *Apayao*, *Bontoc*, *Benguet*, *Ifugao*, and *Kalinga*. The *Negrito* people of the Luzon area are nomads, living in twig-and-branch huts, who hunt with bows and poison-tipped arrows.

There are several still lesser-known groups, and it’s advisable to inquire about local sensibilities before poking your nose or camera into their territory. Filipinos are generally happy to share information, provided that you are willing to chat freely about yourself. Wherever you go in the Philippines, it’s a good idea to have plenty of photos, inexpensive gifts, and conversational props on hand. A song, no matter how badly sung, is sure to bring out the welcome mat.

Languages

There are eight major language groups in the Philippines and over a hundred dialects. Although the official languages are Filipino (a form of Tagalog) and English, the people of each island, region, and even different villages speak their own distinct languages.

Filipino and English are spoken in Manila and are taught in schools throughout the country. On Negros Island there are two primary local languages spoken, *Cebuano* and *Hiligaynon*. The UUCP leadership in Manila speaks primarily English and Filipino. In Dumaguete, the UUCP staff speaks English, Tagalog

and Cebuano. Some speak Hiligaynon as well, and possibly other dialects of the Island. Members of the Negros congregations usually speak their local dialect; however those who are more highly-educated will speak Tagalog and English as well. Spanish is spoken only by an elite few, a remnant from the time of Spanish colonization when the priests learned the local languages and guarded Spanish for themselves.

History

For 333 years, the Philippines was a colony of Spain. Following the Spanish-American war in 1899, the Philippines was annexed by the United States. For three years, the Philippine people fought against this takeover; however they were defeated and the Philippines remained an American colony until 1946. During World War II, the Japanese forces took control of the Philippines for several years before their eventual defeat. From 1965 to 1986, the rule of Ferdinand Marcos marked a period of extreme corruption and fear following the declaration of martial law in 1972. The current leader of the country is Benigno Aquino.

Politics

In the Philippines, politics and entertainment are almost synonymous. Political events and politicians' antics unfold like a soap opera with many twists and drama, captivating the people. Democracy is enjoyed and taken very seriously—thus Filipinos would easily dispute any sign of political suppression. The media in the Philippines is one of the freest in Asia and are the biggest allies of the people in voicing their concerns and sentiments. The Philippines is a republic constituting three branches of government: executive, legislative and judicial. It is headed by a president and vice-president, who are elected to a six-year term respectively. The Congress is bicameral with a 24-member Senate and a 200-member House of Representatives. The government is modeled after that of the U.S.A.

Travel Concerns

You will not need a visa for this trip. Make sure that your passport is current! It would be a good idea to check with the airlines you will be traveling with to determine the weight limits,

and fees for the luggage you will be traveling with. Generally, it is a good plan to travel as lightly as possible. The airlines that travel from Manila to Dumaguete tend to charge fees for luggage that weighs 22 lbs (10 kg) or more.

What to Eat The diet of the Philippine people includes a lot of white rice (sometimes cooked with garlic—very good) and a variety of different meats and fish. Pork and chicken are the most commonly prepared meats; and there are many types of fish eaten on the islands. There are splendid and abundant tropical fruits, including mangos, bananas, coconuts, papayas, and melons. Eggs are commonly eaten as are a variety of warm season vegetables, including squash, beans, eggplants, and some tropical greens. Noodles called *pancit* are popular, and soy sauce, ginger, curry, lime, onions, and garlic are frequently-used seasonings. Generally the food is not spiced hot. Bread is often soft and white and may even be lavender if it contains the mildly sweet root vegetable, *ube*. Negros Island peanuts are abundant, roasted with garlic, and a special treat. In the larger cities, you can find a variety of ethnic foods.

Vegetarians can easily find vegetarian meals in the cities. Grocery stores often carry tofu, and vegetarian pizza is easy to find. The UUCP is accustomed to preparing vegetarian meals, and will provide vegetarian dishes as part of the dinners they prepare for us.

Bottled water is readily available throughout the Philippines—it is advisable to drink either bottled or boiled water. Coffee is easy to find as are fruit juices, however, the coffee you will usually be served is Nescafé. If you are a true coffee lover, you may choose to bring over a stash of your personal favorite high-quality instant coffee. If you want decaf, you will need to bring it with you. Many folks have said complimentary things about the Starbucks version of instant.

What to wear: The culture of the Philippines is conservative in many ways, including habits of dress. Much of this is related to centuries of conservative Catholic influence. Although in Manila there is a very progressive manner of dress among some, things are more conservative on Negros, especially in the small villages. You will find that sleeveless shirts and blouses are not frequently worn by adults, and long pants are more acceptable

than shorts (even long shorts—although these are okay under some circumstances. Capri length pants are a very nice option.) Dresses and skirts (not minis) are fine. When swimming in a public place, it is most proper to wear a t-shirt and shorts. At resorts, swim suits are just fine. You will want to bring shoes that are comfortable for walking. Many people like to wear closed-toe shoes; hiking sandals are another good option.

Daytime temperatures will probably be in the 80s, or perhaps even the 90s, and evenings are a little cooler. If you plan on bringing lightweight, casual-but-nice long-legged (or semi-long-legged) pants and shirts with sleeves, you will be fine. Be sure to pack a raincoat/small umbrella, good walking shoes, and something to wear for swimming and sleeping. You may want to bring a hat or scarf and sunglasses—you will be under a tropical sun.

Laundry can be done very inexpensively at the hotels where we stay—with the exception of Manila, which is more expensive. If you plan to have your laundry done along the way, be sure to take it to the hotel desk as soon as you arrive so it will be done swiftly. There are laundries in Dumaguete that do an excellent job and are inexpensive. Many travelers choose to take along some laundry soap and hand wash a few of their own items along the way.

How to Communicate

Our friends with the UUCP all speak English and will provide translation when we are visiting the congregations on Negros. *Cebuano* and *Hiligaynon* are the local languages there, and books for these languages aren't easy to find in the States or Canada, but Wikitravel has phrasebooks in Cebuano and Tagalog that can easily be found by searching online. Some basic phrases in Tagalog and Cebuano are on page 20 and the inside back cover of this booklet.

As far as methods of communication are concerned, the people of the Philippines use cell phones a lot—but almost always use them to text each other. The cost of speaking on cell phones is too high for common usage. There are internet cafes to be found in most towns (not villages) and they are very reasonable. If you would like to bring your computer, you will

find wireless internet available at the Manila hotels and at some places in Dumaguete. Telephones are available at our accommodations.

Health Concerns

The CDC in the U.S. and the Canadian government recommend that you visit a travel clinic near you. They will assess your situation and give you the vaccinations you need, as well as other health advice. You can also check out the CDC website to see what is currently recommended for travel to the Philippines. Sometimes county health groups or your doctor may be able to provide the immunizations you want more conveniently/less expensively than the clinics. Most likely you will be told that what is recommended are vaccinations against Hepatitis A and B, a DT booster if you haven't had one in the past 10 years, medications to protect against malaria, and a typhoid vaccination. Also recommended are flu shots, a polio booster if you are behind, and vaccinations against Japanese Encephalitis, and rabies. You will need to judge for yourself how important you think it is to get a rabies vaccination or one for Japanese Encephalitis—these are very unlikely to be needed. Recently the concerns about Malaria have fallen, and many clinics no longer recommend protections from it. As far as that is concerned, all of the shots/pills are a matter of choice. Discuss with your health care provider and do what *YOU* think is necessary.

This trip is physically demanding. There can be strenuous walks to visit congregations. If you have a relevant medical condition, please consult with your doctor before embarking on this trip.

Dengue fever can occur on Negros Island, and there are no vaccinations against this disease. So it is important that you ***protect yourself against the possibility of mosquito bites.*** We will be visiting during the dry season so hopefully we will not see many mosquitoes. They are likely to be here and there, and there are few. Yet common sense protection against mosquitoes is important. It is also wise to protect yourself from sunburn, food/water borne disease (*by drinking bottled water and making sure your food is well-cooked*), and making sure that you keep up with your normal medications.

Since sleep problems can occur with the huge time differences involved with our travel, you might want to be prepared with prescription/non-prescription sleeping pills or your favorite natural remedies for sleeping difficulties. Be sure to take all the prescription medications you will need with you. Make a list of your regular medications, dosages, your allergies, etc. on a card and keep it with your wallet/passport. Also bring along a few remedies for headaches, colds, diarrhea, constipation, minor infections, and sunburn. If you are prone to motion sickness, be sure to be prepared for that too.

Safety Concerns:

Naturally we can never absolutely guarantee your safety on any trip you might take with us, however your safety is of great importance to us as it is to our hosts in the Philippines. The sources of concern in the Philippines today lie mostly on Mindanao, which we will not be visiting, and some big city crime which one might encounter in Manila (no greater concern than almost any large American city). Using common sense caution and being on a group tour with natives of the Philippines who treasure our safety should keep our risk in Manila very low.

Although the political system in the Philippines is sometimes marked by violent acts, these are not aimed at North Americans, but rather at rival politicians. The possibilities of getting caught up in political violence are extremely rare. Unitarian Universalists are a very small and generally nonthreatening group on the social-political scene of the Philippines today; we would be a most unlikely target.

For your personal security though, you may choose to carry your passport and cash in a money belt under clothing. It is also a good idea to keep a copy of your passport photo page in your suitcase along with a separate note that has the phone numbers of your bank and your credit card numbers.

Another area of safety to be concerned about is the roads and sidewalks. We will be traveling with experienced professional drivers when we make our road trip around Negros, and generally they can navigate some really awful roads with great skill. Occasionally deep muddy ruts will prove too daunting however, and we will need to readjust our transporta-

tion plans; this may include options for walking, motorcycle rides, truck rides, buses, or even cancellation of some plans.

In the cities and villages it is very important to walk with great caution as sidewalks can be very uneven, strewn with cables and various other items to trip over. Paths may be rocky/slippery/steep.

Money, money, money!

The currency of the Philippines is the *peso*.

- One peso is divided into 100 *centavos*, with bills in denominations of P10, 20, 50, 100, 200, 500, and 1,000.
- Coins come in values of 250 centavos, P1, P5, and P10.

In September 2014, the exchange rate was P43.6 to one US dollar and P40.3 to one Canadian dollar. An easy way to check up on the current rate is to look at this website:

www.xe.com/ucc. Once you arrive at the International airport in Manila, you will be able to exchange money there. The airport in Dumaguete also has money exchange. The exchange rate at hotels is always less generous. Several local banks or money exchange places have the best exchange rates. Major credit cards and debit card transactions work in the cities of Dumaguete, Manila, and other larger Negros cities. Be sure that you have been in touch with your credit card company/bank before you leave so that they will know that you may be having transactions from abroad. This is important. You also must know your PIN number for debit card transactions.

- **Credit Cards:** Many business establishments accept credit cards. Additional charges are very common in the Philippines. ATM machines are plentiful in city centers and tourist centers and in major cities. But bring cash to all remote places. Some areas don't even have a bank.

- US Dollar, Euro and other currencies are accepted all over the country, best to bring \$US, Aus\$, UK Pound or Euro.

- **Traveller's Cheques:** Most merchants don't take them. Few banks will cash them. Some money changers will take them. Leave home without them. Also, you will pay commission on buying and cashing.

- *ATMs sometimes run out of money at weekends!*

- **Money changers in Manila:** never use money changers that employ touts. They offer higher rates but you will be robbed by sleight of hand! Ask on TA Forums for reliable money

changers. When they count your money and put it on the counter, make sure you count it again yourself before you put it in your wallet. Money changers in the metro Manila area offer better rates than changers at the airport. Bring large bills! You'll get a better rate for a \$100 bill than you will for five \$20 bills.

- In case you run out of money: There are Western Union branches all over the country, even in remote places.

- A new problem is *skimming or copying of ATM and credit cards*. It is difficult to identify the source because banks hide behind confidentiality laws which also hinder police investigation. However, it is not difficult to defeat. It is unlikely to happen in malls or any other place where your card is presented at the point of sale, and is therefore never out of your sight. The most likely place for the skimming to be done is in restaurants where you hand your card over and it is taken out of your sight to produce the vouchers. To defeat the skimmers, just pay in cash if you cannot watch the online transaction. You can also ask your bank not to pay any transactions not needing a signature.

- The card slot on modern ATM machines is almost flush with the machine. If the mouth for the entry for your card is not flush with the machine, it is possible it has a *card skimmer* attached. Other clues for the presence of a card skimmer are unnecessary mirrors and or brochure holders. These may have cameras attached to pick up your PIN.

—If you see any of these, do not insert your card.—

The UUPCC tour will be paying for: your hotel, your meals, air travel to Dumaguete and back to Manila, land travel during the tour, and reimbursement for all those who have made arrangements, provided entertainment and/or guidance, translation, or information. Your airport fees to go to Dumaguete and back to Manila are included. We'll also provide drinking water and snacks.

What *you* will need to pay for are: any alcoholic beverages, gifts, your meals, and any accommodation fees before and after the dates that the tour covers, an airport fee in Manila of approximately \$20 when you return to the States or Canada, and miscellaneous land transportation fees if you choose to explore Manila/Dumaguete on your own.

Arrival in Manila *Manila (Ninoy Aquino) International Airport [NAIA]*

Arriving in Manila for the first time can be daunting, but rest assured that many UU pilgrims have travelled to and from Manila with ease. Here are some basics to help smooth your entry.

Arrival Terminal 1 (*Arrival Terminal 2 for Air Philippines is the same process but a little less confusing because there are fewer people and only one airline. See next page.*) The time you arrive will depend on how many flights are due to arrive at the same time as your flight. Hopefully, not many. The first obstacle will be the lines into the Immigration/Passport Control counters. You need to be able to show the immigration officials that you have at least six months remaining in your current passport, and a return flight; if you do, then you will automatically be allowed entry for up to 21 days without a visa.

Before you land at Manila Airport, you will be given a disembarkation card to complete, and hand in at Immigration. Make sure you complete this on the plane *before* you arrive otherwise it will just hold you up.

Once you pass through Immigration you will come to the baggage carousels. At the baggage carousel a number of conveyor belts will bring you your luggage. Above each conveyor belt is a flight information board letting you know at which conveyor belt your luggage will arrive. If you have cumbersome baggage, you can get a trolley. Just be prepared for a long wait with lots of people, all of who are just like you, trying their hardest to get out.

Okay, you have now been through Immigration, collected a trolley, have managed to find your luggage, and are now proceeding to Customs—and you are still smiling!

Before you reach the Arrival Lobby there is a last check, the Luggage Tag Check Point. Have your ticket with the tag ready. If the tags on your ticket correspond to the tags on your luggage, you pass.

Customs: Be prepared to be searched: make sure your luggage can be opened up with little fuss. It is here you will need to present your Baggage Declaration Form.

The queues here can be long and challenging. Just remember that the customs official does not care what sort of mood you are in, or how long your flight was; if you are grumpy

they will seem to take more pleasure in holding you up longer than necessary. Just keep smiling! You have just about made it. You are now at the Arrival Lobby...

Arrival Lobby: It is here in the Manila Airport that you can change money. You should change about \$50 - \$100. The exchange rate right now is about \$1USD = 43.6 PHP (*pesos*).

To arrange taxi transportation into Manila you *can* pre-pay (*yellow taxi*) inside the arrival lobby (if there is a taxi booth or stand there—if not, follow the directions below) then join the queue for an official taxi to take you to your hotel.

Airport Taxi: There are two kinds of taxis: yellow taxis, and white taxis. Either taxi is safe, and the cost is less than \$20. Yellow pre-pay is the most secure.

- **Yellow taxis** are prepaid at the airport. This is a little more expensive but keeps you from being overcharged. Payment is made in advance by the passenger, who is handed a ticket to be presented to the cabbie in the queue. Prices are about 830 PHP.

Here is what the airport guide says about this taxi: “In order to curb the abuses heaped on helpless tourists and other arriving passengers by unscrupulous taxi drivers over the years, airport authorities have implemented a scheme of accrediting taxicabs who can pick up fares at the NAIA Terminal 1.”

- **White taxis:** You are given a ticket and you pay the driver when you get to the hotel. The cost is about 550 PHP. The directions below will get you to those taxis.

To get to the point where you find the taxis: Exit from the main building and follow the green line to the next building. Keep to the left, and onto the ramp, until you get to the point where there is a stall for taxis. Tell them where you are going (**Pearl Manila Hotel in Ermita**) and they will issue a ticket. You pay the driver of the taxi when you get to the hotel. It is safe and secure.

Arrival Terminal 2: The instructions for Terminal 2 are different than for Terminal 1. This is what you need to do when exiting the building to find the taxis: walk out from the building, straight ahead to the driveway. Cross the first driveway to the aisle, and you will see that the taxi stalls there are both the yellow pre-paid, and the white that you pay when you get to the hotel (white). *See notes about Airport Taxi, above.*

At both terminals: Other taxis—individuals who approach you at the curb or on the street—will charge you the meter rate which might be less—or more—depending on the traffic. Some of them will not turn the meter on which is against the law but they do it all the time. *DO NOT TAKE A TAXI THAT DOES NOT TURN THE METER ON!*



Recommended Books/Media/Websites:

Learn about the Philippines and the UUCP

Books:

Maglipay Universalist, a History of the Unitarian Universalist Church of the Philippines by Rev. Fred Muir, the UU Church of Annapolis, Annapolis, Maryland. To purchase this book, contact the UU Church of Annapolis, 410-266-8044

In Our Image: America's Empire in the Philippines by Stanley Karnow. This is a comprehensive history of the relationship between the U.S. and the Philippines. An eye-opener written by a well-respected historian.

Plundering Paradise: The Struggle for the Environment in the Philippines by Robin Broad with John Cavanagh

Ghost Soldiers: The Epic Account of WW II's Greatest Rescue Mission by Hampton Sides. Highly acclaimed.

Noli Me Tangere by Jose Rizal. This classic literary work was written by the National Hero of the Philippines during the waning years of the Spanish control of the country. Rizal was a Renaissance man who was martyred for his beliefs which are often associated with UU values.

El filibusterismo: Subversion, by Jose Rizal (sequel to *Noli me tangere*)

When Elephants Dance by Tess Uriz Holthe. Excellent historical fiction which brings to life a story of the hope and courage needed to survive in wartime (WW II). This story progresses through the power of folktales and family stories.

Hey, Joe: A Slice of the City; an American in Manila by Ted Lerner. Recommended by a Dumaguete bookstore employee.

Understanding Filipino Values by Thomas D. Andres. Also recommended by the Dumaguete bookstore employee.

Philippine Society and Revolution by Joe Sision. This book discusses the progressive/liberal wing of the political ideology in the Philippines. It comes highly recommended by Kevin Mann, former member of the UU Church of San Diego.

Any book by Reynaldo Constantino about Philippine history.
Another recommendation by Kevin.

The Philippines—A Singular and a Plural Place by David Joel Steinberg. An in-depth contemporary history.

Babaylan: An Anthology of Filipina and Filipina American Writers, co-edited by Nick Carbo and Eileen Tabios, published by Aunt Lute Books.

Through the Language Glass: Why the World Looks Different in Other Languages, by Guy Deutscher.

Dreaming in Chinese: Mandarin Lessons in Life, Love, and Language, by Deborah Fallows.

The above two books are explorations into the ways native languages color the way we experience our world.

Leche, by R. Zamora Linmark—"seductive novel of a young Filipino American's riotous adventures through the sprawling, tragicomic landscape of modern-day Manila... quirky & funny as its oddball characters..."

The Oracles: My Filipino Grandparents in America, a memoir by Pati Navalta Poblete. More at <http://patipoblete.blogspot.com>

When the Rainbow Goddess Wept, by Cecilia Manguerra Brainard. Rich with myths and legends against a historical background.

Dogeaters, by Jessica Hagedorn. The cover description is most apt: "surrealistically hip epic of Manila."

Ilustrado, by Miguel Syjuco—winner of the Man Asian Literary Prize. It also is rich with history and cultural imperative, great characterizations.

Poor Economics: A Radical Rethinking of the Way to Fight Global Poverty by Abhijit Banerjee and Esther Duflo—About the complexities of both theory and practice of anti-poverty policies in developing nations. Written by two highly-regarded economists, yet readable and understandable by the interested lay reader. Highly recommended by Christine Nielsen (UU Church of Annapolis).

From Kathy Smith: I would like to add any book by the foremost novelist of the Philippines, F. Sionil Jose. I found them at the Solidarity Bookstore (531 Padre Faura, Ermita), owned by this

same novelist, who is part of the Solidarity Movement in the Philippines. *Tree* is one of the books in the Rosales saga, for which he won the 1980 Ramon Magsaysay Award for journalism, and literature. He also won a Pablo Neruda Centennial Award. It is the story of the rural poor, a book about growing up in an Ilogano town, surrounded by friends below his social class. It is also a story of oppression and compassion.
https://en.wikipedia.org/wiki/F._Sionil_Jos%C3%A9

Travel Books:

Culture Shock Philippines: A Survival Guide to Customs & Etiquette (Marshall Cavendish Reference; 7th edition, 2009)
Lonely Planet Philippines (Lonely Planet; 11th edition, 2012)
Philippines Travel Guide by Jens Peters (Jens Peters Publications; 4th edition, 2012)

From Liz Jones (San Diego): Two books I read to prepare me for the trip that I felt were valuable were:

Travel as a Political Act, Rick Steves
Art of Pilgrimage: The Seekers Guide to Making Travel Sacred, Phillip Cousineau

NOTE: Most of these books can be found online through Amazon.com as used books (usually very economically) or located through your local library. Others may require more searching.

Websites:

www.uupcc.org/ *UU Partner Church Council (many resources for partners)*
<http://uuphil.org/> *website of the UU Church of the Philippines*
www.joserizal.ph *site dedicated to the Philippines National hero*
<http://encyclopedia.thefreedictionary.com/Rizal,+Jos%C3%A9>
another site dedicated to Jose Rizal
<http://www.ipl.org/IPLBrowse/GetSubject?vid=11&cid=5&tid=8533&parent=7750> *links to newspapers*
http://en.wikipedia.org/wiki/Negros_%28island%29
general information about Negros Island

www.negros-occ.gov.ph/ *Negros Occidental official site*
http://en.wikipedia.org/wiki/Negros_Occidental
<http://www.negor.gov.ph/> *Negros Oriental official site*
http://en.wikipedia.org/wiki/Negros_Oriental
www.philippinecountry.com *general information*
www.camperspoint.com *general information*

Videos:

Aishite Imasu (fabulous for showing the historical impact of the Japanese occupation.)

Mano Po (instructive for showing the Chinese-Philippine cultural conflicts.)

Caregiver (revealing about much of the reality of the Overseas Worker phenomenon.)

Service (slice of the seamy side of Manila life, including the impact of the state's no-divorce law due to Catholicism.)

All of these are available from either Netflix or Amazon. Thank you, Julie Steinbach, for the recommendations.

Videos:

We Are the Village (4 min.) —a song written by Chris Hassett, San Diego UU www.vimeo.com/20448611

Fire In Their Hearts (11 min.) —a video created by the San Diego UUs which tells the story of the UUs of the Philippines by examining the lives and beliefs of Jose Rizal and Toribio Quimada www.vimeo.com/21128189

Spirit of Life (1 min.) —performed at the UUCP www.vimeo.com/15852308

Maglipay Universalist (3 min.) — sung at the UUCP www.vimeo.com/15852011

UU Church of the Philippines History Timeline

- 1917, April 27**—Toribio Quimada, founder of the UU Church of the Philippines, was born in Cebu.
- 1930s–1940s**—Quimada settled in Nataban on Negros Island, left the Roman Catholic faith and joined Iglesia Universal de Cristo, becoming an ordained minister in 1948, with nine congregations.
- 1951**—Quimada reached out for support and resources to the Universalist Church of America and the Universalist Service Committee and began preaching the message of universal salvation and love.
- 1954**—Quimada was excommunicated by Iglesia Universal de Cristo and his license revoked. His nine congregations followed him to the new faith.
- 1955**—The Universalist Church of the Philippines was registered with the Philippines SEC on April 25. The first Universalist Church of the Philippines convention was held in Nataban on April 23-27. The UUCP Annual Convention continues to be held every year at this time, culminating in the celebration of Toribio Quimada's birthday.
- 1958–1965**—Quimada completed his high school and college education, and received a B.S. Degree from Foundation University in Dumaguete.
- Late 1960s**—Quimada moved to Nagbinlod in the mountains west of Dumaguete, where his ministry began a new focus on social activism and land reform, working on behalf of the poor farmers.
- 1972**—The UCP became a member of the International Association for Religious Freedom (IARF)
- 1985**—“Unitarian” was added to the name: UCP became UUCP to insure that the Philippine government would recognize the long planned and hoped for association with the UUA.
- 1988**—On May 23rd Toribio Quimada was assassinated and his family home was burned, most likely in retaliation for his social justice ministry. On June 19th at General Assembly, the UUA welcomed the UUCP into membership.

Currently the UUCP includes 27 congregations on Negros Island, the Bicutan Church in Manila, and the Unitarian Universalists of Metro Manila (Quezon City).

Rev. Rebecca Quimada Sienes, daughter of Toribio Quimada, is President of the UUCP.

UU Theology in the Philippines

Throughout the world, UU theology, beliefs and traditions are expressed in ways that are unique to each community where it is practiced. What you experience in the Philippines may be very different from what you experience in your home congregation. The first thing that often surprises visitors to the UU Church of the Philippines is the fact that there are eight UU principles: the seven typically affirmed in North America and one more that affirms the existence of God as love. After all, this was the Universalist theology that founder Rev. Toribio Quimada shared with his followers. In a country that has known a long history of oppressive religion, Rev. Quimada's message was a welcome relief to the people whose lives he touched.

Within the rural congregations you'll discover a strong reliance on the Bible, and many of the rural ministers you meet may speak of it as truth. In the cities of Manila and Dumaguete, you may meet Philippine UUs who have more contact and sympathy with a North American UU perspective. Some actively read UU blogs and are very much up-to-date with the latest discussions among Western UUs. They are likely to share with you their own understanding of their faith within a Philippine context.

As you travel, it's important to leave behind any assumptions you have about the universality of your own beliefs or worldview. If you keep an open mind and heart, and are truly present to the UU Filipinos and Filipinas you meet, your own understanding of Unitarian Universalism is sure to be greatly expanded and enriched.

Tagalog Basic Phrases

provided by Angela Albay-Yenney

Thank you	Salamat (<i>informal</i>) Maraming salamt po (<i>formal</i>)
You're welcome	Walang anuman
I'm pleased to meet you	I Kinagagalak kayong maiklala
Where is the restroom?	Nasaan ang CR? (<i>comfort room</i>)
Do you speak English?	Nagsasalita ba kayo ng Ingles? (<i>ng pronounced nang</i>)
Yes	Oo (<i>oh-oh</i>)
No	Hindi
Where do you live?	Saan (<i>sah-ahn</i>) ka nakatira?
My name is _____	Ang Pangalan ko ay _____
What's your name?	Anong pangalan mo?
How are you?	Kumusta ka? (<i>informal</i>) Kumustapo kayo? (<i>formal</i>)
How much is this?	Magkano ho ito?
I'm fine	Mabuti
Goodbye	Paalam na

Wikitravel also has phrasebooks for Cebuano (spoken in Negros) and Filipino (Tagalog, spoken in Manila). Here are the links:

http://wikitravel.org/en/Cebuano_phrasebook

http://wikitravel.org/en/Filipino_phrasebook

Cebuano Basic Phrases

(spoken on Negros Island)

Thank you very much **Dahang Salamat** *(DAG-hang sah-LAH-maht)*

You're welcome **Walay sapayan** *(WAH-lay sah-PAH-yahn)*

Nice to meet you **Maayo nga nagka-ila ta**
(MAH-ah-yoh ngah NAHG-kah-ee-lah tah)

Please **Palihug** *(pah-LEE-hoog)*

Where is the toilet? **Asa dapit ang kasilyas?**
(AH-sah DAH-peat ahng kah-SEE-lyahs?)

Do you speak English? **Makasulti ka ug ingles?**
(mah-kah-SOOI-tih kah oog EEN-glehs?)

Yes **Oo** *(OH-oh)*

No **Dili** *(DEE-lee)*

My name is _____. **Ang akong pangalan mao si _____.**
(ahng AH-kohng pahn-GAH-lahn MAH oh see_____)

What is your name? **Unsay imong pangalan?**
Unsay ngalan mo?
(OON-sai EE-mohng PAHN-gahn?, OON-sai NGAH-lahn moh?)

How are you? **Kumusta ka?** *(koo-MOOS-tah kah?)*

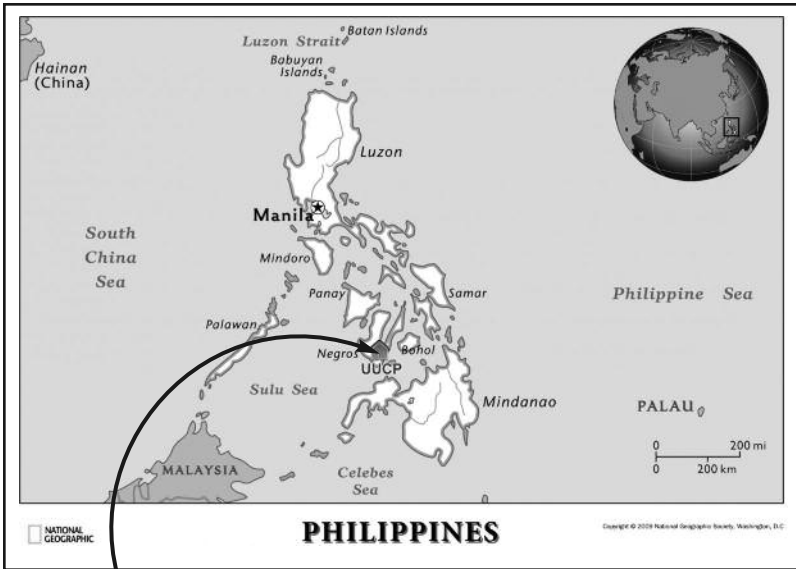
Fine, thank you **Maayo, salamat** *(MAH-ah-yoh, SAH-maht)*

No problem **Walay problema** *(WAH-lay prob-LEH-ma)*

Excuse me
(getting attention) **Kadiyot lang** *(KAH-dyoht lahng)*

Excuse me
(begging pardon) **Pasaylo-a ko** *(pah-SAI-loh-ah koh)*

Goodbye **Babay** *(BAH-bai)*



Headquarters for the Unitarian Universalist Church of the Philippines (UUCP) is located in Dumaguete City on the island of Negros.

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