



# VISIT TO THE PHILIPPINES

LITTLE EXPLORERS





*Our Little Explorers*

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A tropical beach at sunset. The sky is filled with dramatic, dark clouds illuminated from below by the setting sun, creating a vibrant orange and yellow glow. Silhouetted palm trees stand on the right side of the frame. In the distance, a large ship is visible on the water. The foreground shows the sandy beach and the gentle waves of the ocean.

# OVERVIEW





## OVERVIEW

### Location

Southeastern Asia, between the Philippine Sea and the South China Sea, east of Vietnam. The country is slightly larger than the state of Arizona.

### Geography

The Philippines are made up of 7,107 islands. The country is favorably located in relation to many of Southeast Asia's main water bodies: the South China Sea, Philippine Sea, Sulu Sea, Celebes Sea, and Luzon Strait

### Population

100,096,496

### Terrain

The Philippine terrain is mostly mountains with narrow to extensive coastal lowlands. The highest point is Mount Apo at 2,950 m.

### Natural Resources

timber, petroleum, nickel, cobalt, silver, gold, salt, copper

### Climate

A tropical marine climate with a season of northeast monsoons November to April and southwest monsoons from May to October.



Manila is the capital city  
of the Philippines.







The 7,000 islands (1,000 of which are inhabited) of the Philippines comprise a land area equal to that of Italy and a little larger than that of Arizona. If superimposed on the eastern United States, the islands would stretch east-west from New York City to Chicago and north-south from Massachusetts to Florida. There are eleven major islands: Luzon (more than one-third of the total land area); Mindoro; Palawan; Masbate; Panay; Negros; Cebu; Bohol; Leyte; Samar; and Mindanao (another one-third of the land area).







## THE FILIPINO FLAG

The Filipino flag shows two equal horizontal bands of blue (top) and red; a white equilateral triangle is based on the hoist side; the center of the triangle displays a yellow sun with eight primary rays; each corner of the triangle contains a small, yellow, five-pointed star; blue stands for peace and justice, red symbolizes courage, the

white equal-sided triangle represents equality; the rays recall the first eight provinces that sought independence from Spain, while the stars represent the three major geographical divisions of the country: Luzon, Visayas, and Mindanao; the design of the flag dates to 1897.





THE CURRENCY OF THE PHILIPPINES  
IS THE PESO

# THE NATIONAL ANTHEM



Land of the morning  
Child of the sun returning  
With fervor burning  
Thee do our souls adore.

Land dear and holy,  
Cradle of noble heroes,  
Ne'er shall invaders  
Trample thy sacred shores.

Ever within thy skies and through thy clouds  
And o'er thy hills and seas ;  
Do we behold thy radiance, feel the throb  
Of glorious liberty.

Thy banner dear to all hearts  
Its sun and stars alright,  
Oh, never shall its shining fields  
Be dimmed by tyrants might.

Beautiful land of love, oh land of light,  
In thine embrace 'tis rapture to lie ;  
But it is glory ever when thou art wronged  
For us thy sons to suffer and die.



A high-angle, low-key photograph of a group of approximately 12 young people, likely indigenous, arranged in a tight circle. They are all smiling and looking towards the camera. They are wearing traditional clothing with vibrant colors and intricate patterns. Some are wearing headbands with feathers. The lighting is bright, creating a warm and joyful atmosphere. The text "PEOPLE AND CULTURE" is overlaid on the bottom left of the image.

PEOPLE AND CULTURE



# THE TYPICAL FILIPINO FAMILY

The family is Filipino society's central institution. The typical household consists of a married couple, children, grandparents, and sometimes servants (common in middle-class households). Children generally live at home until marriage. Newlywed couples stay with either set of parents for some time. Older children, grandparents, and other relatives, help care for younger children; it is common for older children to help their younger siblings by working to put them through school, for example.

Older siblings are addressed with special terms—in Tagalog-Pilipino, Ate for an older sister and Kuya for an older brother. Filipinos feel equal bonds with relatives from both the mother's and fa-

ther's sides. Married couples are expected to maintain equal closeness with both spouses' families.

Individuals are free to choose their marriage partners, but family approval is an important consideration. Among Catholics, divorce is illegal. It is legal only among Muslims and other non-Christians.

Filipino men and women have relative equality. Filipino wives manage family finances, giving spending money to their husbands just as to their children. Women are well represented in the professions, government, and business. However, men still hold most of the top positions.

Families average six to eight members in size. Children typically remain in their parents' home and contribute to family support until they marry. Extended family members such as grandparents, aunts, uncles, or cousins often live in the same house and assume vital roles.





## LANGUAGE

The Filipino language is based on the Tagalog language. The Tagalog language is the native language of the Philippines. Today, many people say the two languages are the same. Tagalog has many Spanish and American words. Most Filipinos say Tagalog and English words when they speak. When these words from two languages are used together in sentences, the language is called Taglish. The Filipino language continues to change with the addition of foreign words and English words. Hello/How are you? I am fine.







Try to say some of these Tagalog phrases

Hello

Goodbye!

Please.

Thank you.

You're welcome.

Yes.

No.

Okay.

I don't know.

Kumusta? (Koo-moo-STAH?) Mabuti. (Mah-BOO-tee.)

Paalam! (Pah-AHL-ahm!)

Paki. (Pah-KEE.)

Salamat. (Sah-LAH-maht.)

Walang anuman. (Wah-LAHNG ah-noo-MAHN.)

Oo. (OH-oh.)

Hindi. (Heehn-DEE.)

Sige. (SEE-geh.)

Hindi ko alam. (Heen-DEE koh ah-LAHM.)





**ACTIVITY:**  
Try one of these games  
with your friends!

## CHILDREN'S GAMES IN PHILIPPINES

### **Patintero:**

This game takes three to five children per team. Draw a rectangle on concrete with chalk, five to six meters with equal sections. Create as many teams as you'd like. Half of the children guard the area, while the other half tries to pass through without getting tagged. The team guarding must not step out of line, or they lose.

### **Agawan Base:**

Two teams are formed, and there can be any amount of children on each team. Draw a line or create a line down the center of the field. Use any item or thing for a base marker on each opposing side. The children chase and tag any child on the other team who tries to get to their base.

### **Tumbang Preso:**

One child is the prisoner (preso) or protector of a can. The prisoner stops all of the other children from knocking the can over. When the can is knocked over, the player must remove the slipper that did it (two slippers per player, one is removed). This goes on until all of the slippers have been taken from the children. At that point, the prisoner chases the other players until he or she tags another child to be the next prisoner.



A person must have *hiya*, a sense of shame or a social conscience that prevents him or her from violating social norms. Unaccepted behavior damages the reputations of both the individual and his or her immediate family. An individual strives to earn and keep the respect of others, a value called *amor-propio*, Spanish for "loving oneself."







## FILIPINO CLOTHING

The younger generation of Filipinos prefers to wear the westernized style of clothing.

The older generation still prefers the traditional attire the 'baro'tsaya' is a colorful gown, a national dress for the women of the Philippines. Today it is a Filipino blouse and skirt, covering their entire upper body as to not offend any married couples.

Men traditionally wear a barong tagalog. It is an embroidered top, worn untucked, with collars and long sleeves.







# TRADITIONAL FESTIVALS

## **Ati-Atihan:**

A celebration in honor of the St. Nino. Citizens wear costumes, paint themselves, and dance around the city specifically to the song “HalaBira!” This is one of the most popular celebrations held from January 16 to January 22 annually.

## **Fecist of Our Lady of Candles:**

Widely celebrated, Filipinos gather on February 2 annually for a pageant celebrating the Nuestra Senora de Candelana and the fiesta queen.

## **Children’s Day**

Annually August 29th, children put on shows, city wide parades and festivals, adults dress up to entertain the children; a holiday specifically for children is held in high regard to show appreciation for the innocence of the youth in the Philippines.

## **New Year’s:**

Like the United States, the New Year celebrations host many gatherings and ritual traditions for every Filipino family. Special food is prepared and this time is known as Filipinos noisiest time of the year. There are fireworks, and doors are left wide open to bring in the new year with open arms.





Lanterns are an icon for Christmas in the Philippines.







## MUSIC

Played with traditional instruments like; the zither with bamboo strings, tubular bamboo resonators, wooden luters, and other stringed instruments, Filipino music is rich in sound and culture. There are many different genres of music depending on the region. Gangsa is played by indigenous peoples in the Philippines, while Gang Chime is played in the southern islands of the Philippines. Folk music is the traditional genre, but there still is the modern pop music, as well as rock and blues.





## GESTURES

While passing in front of older people or people of higher status, etiquette dictates that one walk slowly, bowing the head, and either clasping the hands together in front or extending one of the open palms in the direction one is going.

One beckons another to come closer with a downward motion of the open palm.

Pointing with the fingers is considered offensive; people point pursed lips in the direction they wish to indicate.

When catching sight of acquaintances, quickly raising and lowering the eyebrows is sufficient sign of recognition and may substitute for small talk if one is in a hurry.

Prolonged staring is considered aggressive, as is holding the arms outstretched.

With merely a sharp, clipped hiss, mothers can show displeasure to their children; anyone can use a softer, somewhat more prolonged hiss as a very informal means of catching someone's attention.



## CUSTOMS

**Mano Po:** to show respect, towards elders, the younger family member takes the elders hand and places the back of it on their forehead.

**Remove Your Shoes:** removing the shoes is a sign of cleanliness and respect

**Hello/Goodbye:** make eye contact, raise eyebrows, acknowledge every ones presence individually, whether saying hello or goodbye.







## FUN FACTS

Adult literacy is 95% in the country, as education is highly valued

85% of the total population is Roman Catholic

They drive on the right side of the car

Most people cook on an open fire, so it always smells like smoke

Over 80 million people live in the Philippines

Tagalog is the national language





## LIVING CONDITIONS

Almost half the population lives below the poverty line set by the government. Sharing of resources by more affluent family members and relatives working overseas helps many of the poor. Standards of living also vary dramatically from region to region and between urban and rural areas.

The Spanish colonists settled the Philippines in a pattern called *población*. This is a town laid out in a grid around a church plaza. The *población* was in turn the center for a number of *barrios*, villages surrounded by fields. Many of the *barrios* had remote satellite hamlets (very small villages) known as *sitios*.





## HOMES

The bahay kubo or nipa hut, a two-or three-room structure with bamboo walls and floors and a cogon-grass or palm-leaf roof raised on wooden piles, was the traditional style of housing for the majority of less wealthy Filipinos. Below the house, animals were kept, primarily pigs, chickens, and perhaps a water buffalo. In less-developed parts of the country, this remains the most common type of house. A little less than half of all housing was of this type as of the late 1990s.

In contemporary towns, houses typically have two stories with wooden walls, corrugated iron roofs, and cement foundations. Wealthier residences adopt Spanish elements such as tiled roofs and floors, walls of brick or stone, and iron grillwork on windows, fences, and gates.

Over half of households had electricity in 1990. Drinkable water was available to about 65 percent of households in 1990, and 20 percent of households had a refrigerator. Only about 4 percent of all Filipino household have telephones, but more than 50 percent of those in the capital, Manila, do. Over 50 percent of houses dispose of garbage by burning it in their backyards.

## TRAVEL

As of the late 1990s, less than 10 percent of households owned a car. In both cities and rural areas, people take tricycles (motorcycles with a passenger car on the side). In rural areas, kalesas (horse-drawn carts) are still common. Brightly painted jeepneys (originally

U.S. military surplus jeeps with back sections lengthened to accommodate passengers) are the cheapest way to get around cities and between towns. Travel between islands is by large passenger ships or by airplane. The traditional bangka, an outrigger canoe, is still in common use for fishing and local transport.





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FOOD



## FOODS AND CUISINE

Influenced by Malay, Spanish, and Chinese cultures, Filipino cuisine is a melting pot of delicious delectable that even we in the United States can agree is a treat. Jackfruit (langka), coconut (buko), and palm nuts (kaong) are just a few must haves in Filipino cuisine. Rice and Cassava are popular sides, while some type of beef is typically a main dish because pork is considered taboo.







# LUMPIA

## Ingredients :

- 1 lb. ground pork
- 1 cup chopped shrimps
- 1/4 cup finely chopped onions
- 1/2 cup finely chopped carrots
- 2 whole eggs
- 3 tbsp. soy sauce
- 3 dashes of sesame oil
- salt and pepper, to taste
- lumpia wrapper
- vegetable oil, for frying



## Cooking Procedures :

1. In a bowl, combine all ingredients. Mix until well blended.
2. Wrap into thin rolls in lumpia wrapper. Fry in deep hot oil.
3. Drain on paper towels. Transfer to a serving platter. Serve with your favorite cat-sup or make your own Sweet and Sour Sauce recipe.



## PUTO MAYA

### Ingredients:

- 2 cups sweet rice (malagkit)
- 1 ½ cup grated fresh coconut
- 1 ¼ cup of white sugar
- 2 ¼ cups of water, 2 tbsp of butter

### Directions:

1. Wash and rinse sweet rice at least two times
2. Add water, bring to a boil. When water has evaporated, lower Heat
3. Cook for 5-10 minutes. Let it cool.
4. Mix ¾ cup of sugar and butter in, shape mixture into small balls  
Around 1 ½ inches in diameter.
5. Roll balls into grated coconut

## RICEBALLS WITH COCONUT MILK

### Ingredients:

- 1 cup of rice flour
- 1 cup sugar
- 3 cups coconut milk
- 2 cups large pearl taioca
- 1 ½ cups coconut cream, strips langka

### Directions:

1. Blend the flour and water into dough, shape into small balls
2. In a pot, bring coconut milk to a boil. Stir in sugar and Tapioca. Add rice balls.
3. Boil for 5 minutes, serve hot



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