

## Philippines “Bayanihan Experience” Sample Itinerary

### Saturday



Mid-Day	Meet up and lunch in Manila
Afternoon	Travel from Manila to Cabanatuan City
Evening	Welcome dinner, free time

### Sunday

Morning	Breakfast and Orientation
Mid-Morning	Meet students and families of persons with disabilities / plant trees
Mid-Day	Lunch
Afternoon	Local Tour
Evening	Dinner



### Monday



Morning	Breakfast at hotel
Mid-Morning	Work Project - Repair / construction work for persons with disabilities
Mid-Day	Lunch
Afternoon	Classroom teaching with students
Evening	Volleyball / sports game with students followed by dinner near hotel

### Tuesday

Morning	Breakfast at hotel
Mid-Morning	Repair / construction work for persons with disabilities
Mid-Day	Lunch
Afternoon	Historical tour of Cabanatuan, Gapan and Isidro
Evening	Dinner near hotel



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### Wednesday



Morning	Breakfast
Mid-Morning	Repair / construction work for persons with disabilities
Mid-Day	Lunch
Afternoon	Filipino Cooking Class with staff and students
Evening	Dinner

### Thursday

Morning	Breakfast
Mid-Morning	Repair / construction work for persons with disabilities
Mid-Day	Lunch
Afternoon	Cultural sharing with tribes of Bacao
Evening	Dinner; free time



### Friday



Morning	Breakfast
Mid-Morning	Repair / construction work for persons with disabilities
Mid-Day	Lunch
Afternoon	Travel to Minalungao National Park for hiking / swimming
Evening	Farewell dinner party with work project community

### Saturday

Morning	Breakfast; depart for Manila
	Drop off at airport