



Advent Health

Global Missions

**MANILA, PHILIPPINES Medical
Mission Information Packet
November 6 – 16, 2020**





Manila, Philippines Medical Mission Trip

Trip Purpose

AdventHealth Global Missions' volunteers will provide medical treatment to the people of Manila, Philippines.

Hospital

The **Adventist Medical Center Manila** is an acute care, tertiary, non-profit and self-supporting private hospital that is located within Pasay in Metro Manila, Philippines. It is one of the two constituents, the other being an educational institution. It envisions to be the premier wellness and lifestyle medical center. It is committed to sharing Jesus Christ's healing ministry under the leadership of its president, Dr. Bibly L. Macaya.

Location & Culture ¹

The Republic of the Philippines, a nation of 7,107 islands is located on the Pacific Rim of Southeast Asia. Two thousand of its islands are inhabited. The estimated population in July 2000 was eighty-one million. The most populous area is Metropolitan Manila, where eight million to ten million people live. The Philippines is the only Christian nation in Asia. More than 85 percent of the people are Roman Catholic.

The official languages are Filipino, which is based on Tagalog with words from other native languages, and English. Since only 55 percent of residents speak Filipino fluently, English is used in colleges, universities, the courts, and the government.

People believe that it is one's duty to keep things operating smoothly. It is very important not to lose face. Being corrected or correcting another person in public is not considered acceptable behavior. Time consciousness and time management are not important considerations. A planned meeting may take place later, much later, or never.

People pride themselves on hospitality.

They readily go out of their way to help visitors or take them to their destination. It is of the highest importance to recognize the positions of others and use full titles and full names when introducing or referring to people.



¹ <http://www.everyculture.com/No-Sa/The-Philippines.html>

Trip Cost and Due Dates

The total trip cost is \$2,500

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Application
50% of Remaining Trip Cost	\$1,050	August 2, 2019
75% of Remaining Trip Cost	\$625	September 20, 2019
100% of Remaining Trip Cost	\$625	October 4, 2019
TOTAL	\$2,500	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

Please call our office at 407-303-2632 to make payments over the phone, or you can mail us a check made out to the "AdventHealth Foundation Central Florida" to our address:

870 Sunshine Lane

Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Cultural tours/Entrance fees
- Tour Leader/Translator and tips on behalf of the group
- Short-Term Travel Insurance

Donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals en route While flying to and from locations
- Medications May be covered by your health plan
- Personal Tips For laundry or other personal items not covered by group tips
- Emergencies Any personal emergency expense above what the insurance covers
- Beverages You may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Fundraising Opportunities

Global Missions gives you an opportunity to join a mission team and create your own customized giving page to share your journey of providing health and healing around the world. You can customize your personal giving page to share your story of how Global Mission Initiatives has inspired you to build relationships around the globe.

Travel Schedule

Day	Date	Activity <i>Tentative schedule shown below, subject to change.</i>
1	Friday November 6	Departure: Orlando, FL → Manila, Philippines
2	Saturday November 7	Arrival in Manila
3	Sunday November 8	City tour / Rest day. Acclimate to the new time zone
4	Monday November 9	CLINIC DAY
5	Tuesday November 10	CLINIC DAY
6	Wednesday November 11	CLINIC DAY
7	Thursday November 12	CLINIC DAY
8	Friday November 13	CLINIC DAY
9	Saturday November 14	Excursion Day: Manila, Philippines
10	Sunday November 15	Excursion Day: Manila, Philippines
11	Monday November 16	Departure: Manila, Philippines → Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep your passport with you at all times while traveling through the Philippines. For U.S. citizens, no visa is necessary if your stay is less than three months.

Weather and Atmosphere

The Philippines' weather is characterized by relatively high temperature, high humidity and plenty of rainfall. There are two seasons in the country, the wet season (June – November) and the dry season (December – May). During the month of November, the average temperature will be 88°F high and 77°F low.

Food and Drink

Plain steamed rice is the basis of the diet. Fish and shellfish are eaten daily, served either fresh or salted. Fish, chicken and pork are usually fried, although people are becoming more health-conscious and often choose alternative methods of cooking. Filipino food is not typically spicy. **DO NOT eat food from a street vendor.** Eat carefully. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the elevation changes you may encounter.

Immunizations

We recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations are available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Travel Clinic

AdventHealth provides a comprehensive international immunization program. If you are planning to travel internationally contact the Travel Medicine Center for your immunization needs.

Medicine Specialists
2501 N Orange Ave # 235
Orlando, FL 32804

Call: 407-303-7270 for an appointment.

You will need a Global Missions' authorization card **BEFORE** you visit the Medicine Specialists.

If you are an AdventHealth Employee and are covered by our insurance, you need to present your AdventHealth employee insurance card at the time of service and your visit and immunizations will be covered by your insurance.

If you are **not** an AdventHealth Employee, Global Missions will cover the cost of the visit and you will be responsible for any additional charges, including vaccines.

Miscellaneous

Foreign Currency

The Philippines uses the Philippine Peso as their form of currency. The current exchange rate as of Oct. 2019 is **1 USD = 51 Pesos**

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. At times you can bargain the price down, but please keep in mind you are bargaining with people that make in a month what you make in a day.

Electricity

The voltage is 220V, you will need a voltage converter to use your electrical devices. *Note:* some devices are able to work with a wide range of voltages, check the label before plugging in so you do not destroy your device. If you have any concerns with a special device i.e. a medical device, bring a voltage converter.

You will most likely not need an adapter in the Philippines, the plugs are the same as in the U.S.

Time

The Philippines are **12 hours ahead** of the time in Orlando, FL.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access will be available.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport "to expedite" your check-in. Wait in line yourself.
- Identify yourself as a tourist – "tour group" on immigration documents. Stay with group when we go through customs.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late), although the people there are more relaxed about schedules.
- Remember: You are a guest in the Philippines... the rules and cultural norms may be different and more conservative.

Packing List

BASICS	TO TRAVEL:		FUNDS		TRAVEL AIDS	
	Passport		Wallet		Pleasure reading	
	Copy of travel docs		Cash		Chewing gum	
	Copy of passport		Credit Cards		Snacks	
	Emergency contact info		Foreign Currency		Earplugs	
	Medical insurance card		Money belt		Sleeping mask	
	Headphones				Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
Tablet & Charger						
CLOTHES	BASICS		Scrub Top		ACCESSORIES	
	Underwear		Scrub Bottom		Belt	
	Socks		OUTERWEAR		Wristwatch	
	Undershirts		Jacket		Glasses	
	Bras		Rain jacket		Sunglasses	
	Sleepwear (warm)		Scarves		Glasses case	
	CASUAL		FOOTWEAR		Hat	
	T-shirts		Hiking Shoes			
	Sweatshirts		Athletic/Comfy shoes			
Pants/Jeans		Sandals/flip-flops				
HYGIENE	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
EXTRAS	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Pen/Journal		Toys	
	Guidebook		Plug adapter		School Supplies	
	Backpack/day bag		Voltage converter		Toiletries	
	Stain remover		Laundry bag			
	Important Phone numbers		Ziploc bags			
	Powdered drink packets		Stethoscope			
	Personal snacks		Personal medical tools			
Flashlight & extra batteries		MED BAG supplied by GMI				

Packing Tips:

- Be a minimalist, don't over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Bring your own scrubs, if you do not own any the GMI office can supply you with some.
- PLEASE leave jewelry back in the U.S. and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

1. Suitcase Weight limit = 50 lbs.
2. Suitcase Weight limit = 50 lbs.
3. Carry-on 22 x 14 x 9 inches
4. Personal bag

You will be given a bag of medical supplies to include in your luggage that will be used on the trip.

Emergency Contact Info

GMI Office (407) 303-2632

Andrea Ward's cell phone: (407) 304-7716

The cell phone will be operational while in the Philippines. You can give these numbers to your family so if an **emergency** should arise they will be able to contact you.