



## THIS IS WHO WE ARE

The Philippines are an archipelago in the Pacific Ocean and belong to the Asian continent. There are over 7,000 individual islands. Many of these islands are uninhabited, meaning no humans live there. The inhabitants of the Philippines are called Filipinos. Girls and women are called Filipinas. About 85 million Filipinos and Filipinas live there. The Philippine’s capital is Manila.

A long time ago the Philippines were conquered by the Spaniards. At that time this archipelago was not yet called the Philippines. Only when the Spaniards arrived, did they give the region the name “Philippines” to honour their Spanish king, Philipp II.



Philippine landscape: chocolate hills  
(Picture: wikipedia/Ramir Borja)



People in the streets of Manila  
(Picture: wikipedia/Ville Miettinen)



### Archipelago

A maritime region with many islands is called an archipelago. The Philippines can be described as an archipelago, as they consist of over 7,000 islands.



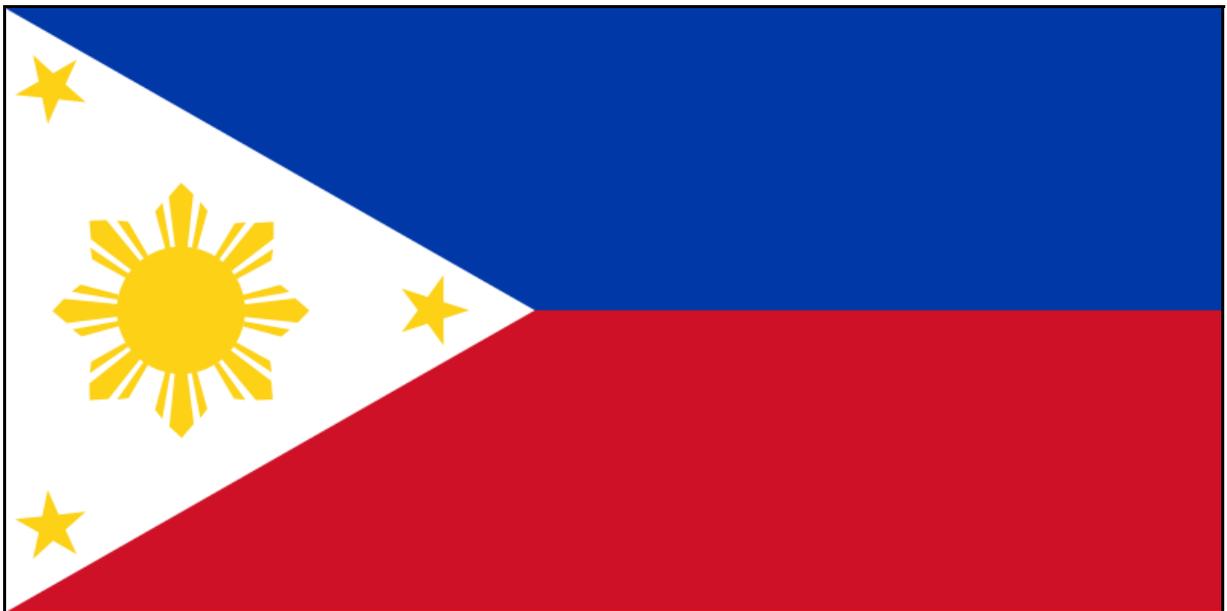
### Discussion:

An Island is only surrounded by water. How can you get to such an island? Can you imagine living on an island? What is different when you live on an island?



## THIS IS WHO WE ARE

The Philippine's flag consists of a blue and a red stripe and a white triangle with a sun and three stars on it. The blue colour symbolises the love that the Filipinos and Filipinas have for their country, the red symbolises their braveness and the white stands for peace. The Philippines can be divided into three regions: the Luzon Island, the island group Mindanao and the island group Visayas. Every star on the flag represents one of these three regions.



The Philippine flag  
(Graphic: wikipedia/Zscout370)



### Activity: Create your own country

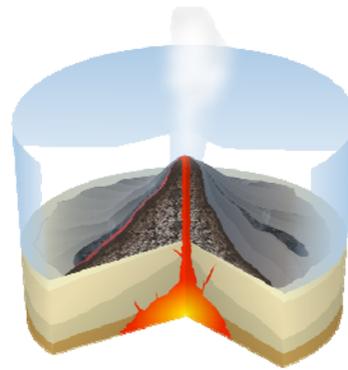
Create your own country. What does it look like? What is the name of your country? Create your own flag too. What is shown on the flag? What do the colours and symbols mean?

## THIS IS HOW WE LIVE

On the Philippine islands there are a lot of mountains. Some of them can get very hot and can spit fire. Those mountains are called volcanoes. Some volcanoes are already expired and don't erupt anymore, others are still active. On the Philippines there are approximately 20 volcanoes which are still active.



The volcano Mayon on the island Luzon  
(Picture: wikipedia/C.G. Newhall)



Volcano eruption  
(Graphic: wikipedia/Sémur)



### Volcanoes

Volcanoes evolve wherever there are openings in the earth's crust. Such openings occur for example when two tectonic plates collide. In the interior of the earth it is very hot. Through the openings in the earth's surface hot viscous rocks can escape. If the pressure is too high, there is a volcanic eruption. These hot rocks are called lava once they melt and once they reach the earth's surface, they either explode or slowly flow down the mountains. This process is accompanied by a gas cloud. A volcano can be still for a long period of time and then suddenly erupt again.

Such eruptions can be very dangerous. The landscape and nearby cities can be buried under the ash or the hot lava.

## THIS IS HOW WE LIVE

More than 80% of the Philippine population is catholic and celebrate religious ceremonies like Easter and Christmas. On Easter they have a special tradition. The parents lift their children by the head because they believe that their little ones will get taller that way.



### Activity: Rice sprinkled Easter eggs

#### What you need:

- Boiled eggs
- Food colouring
- Rice
- Plastic container with lid into which an egg easily fits (e.g. an old margarine box)



#### How to do it:

Pour a little bit of food colouring and a few rice grains into the plastic container, depending how strong you would like the colour to be. Close the container and shake it. Place the boiled egg into it and shake it again. Play around, what does the egg look like if you use two different colours?



## THIS IS OUR SCHOOL

The Philippines apply a lot of value to a good education. They belong to those countries of the world with the lowest rate of illiteracy.



### Illiterate

An illiterate person is somebody who can either not read or write at all or simply very little. There are only a few illiterate people in the Philippines.

The Philippine school system is based on the American one. The children start with primary school, called "Elementary school" for 6 years. This is when the required length of education ends. The secondary school, "middle/high school", takes another 4 years. Thereafter, the Filipinos and Filipinas can attend to a university or start a professional education.



### Activity: Sign language

If you meet other children who speak a different language you can only communicate with signs and gestures. Create your own sign language with your family or friends!

In the Philippines there are over 170 languages. "Dadowa", "dua", "duara", "addwa", "dalawa", "duha" are all words for the number 2, in a different Philippine language. But only two are the official ones: the national language Filipino and English. Therefore the children grow up bilingually. The classes in primary school are in English and Filipino, from 7<sup>th</sup> grade on they only speak English in school. The Philippines are the third largest English speaking country in the world.



### Activity: Ask someone how is he doing in Philippine

You pronounce Filipino as you read it. The accents at the beginning and middle of a word show how to stress it.

Kumustá ka?  
Mabúti naman.

How are you?  
I'm fine.

## THIS IS OUR FAVOURITE DISH

The Philippine cuisine is very diverse. The Filipinos eat rice with almost every meal. The rice terraces of Banaue on the Luzon Island are very famous. This rice growing area looks like stairs or terraces. The rice doesn't grow exactly from of the soil. The rice grains grow from the flower of the rice plant. A flower has about 80-100 rice grains.



Rice terraces of Banaue  
(Picture: wikipedia/Niro5)



Rice plant  
(Picture: wikipedia)



### Activity: Create your own rainmaker

The name says everything: A rainmaker is a kind of instrument which imitates the noise of the rain. With a little bit of help from an adult you can create your own.

#### What you need:

- A tube (e.g. old toilet paper roll, paper towel roll or a bamboo stick)
- Nails and a hammer
- Rice
- Left over fabrics /cardboard
- Glue/rubber band
- To decorate: feathers, pearls, sequins, crayons, coloured construction paper etc.



#### How to do it:

- 1 For the first step you need the help of an adult: hammer the nails into the tube in the form of a spiral. With a toilet paper or a paper towel roll you can do this without a hammer.
2. Close the tube on one side. For this you can use old pieces of cardboard and glue/rubber band.
3. Pour the rice into the tube and close the other side.
4. Decorate the rainmaker as you like, so that you can't see the nails anymore. Your own rainmaker is ready! Play around. Let the rain be louder, softer, faster and slower.



## THIS IS OUR FAVOURITE DISH

Ace's favourite dish is Sinigang. This is a soup with a sour flavour, mostly with seafood. But there are also variations with chicken, pork or beef. Ace loves the soup with prawns, called Sinigang na Hipon. Seafood is a basic ingredient in the Philippine kitchen. Not surprising considering that the Philippines are completely surrounded by the Pacific Ocean!



### Soured prawn soup (Sinigang na Hipon)

#### Ingredients:

- 1 kg of prawns
- 12 pieces tamarind
- 1 bundle Kangkong (or spinach)
- 1 big onion (diced)
- 3 big tomatoes (quartered)
- 2 white radishes (sliced)
- Taro
- 5 cups water
- Salt and pepper to taste

#### How to do it:

1. Soak the tamarind in water to soften it and then squeeze the juices out of it.
2. Boil water and add the tamarind juice, the onions, the tomatoes and the radishes.
3. On low heat, add the prawns and the kangkong and let simmer for 5 minutes.
4. Season everything with salt and pepper.

## THIS IS OUR FAVOURITE GAME

### Sports

Due to the American colonial time from the end of the 19th century until the mid 20th century, you can still feel the American influence in the Philippines. The American sports basketball and baseball are very popular in the Philippines. Soccer is also very common.

Arnis is a traditional Philippine martial arts type. It is practiced with or without weapons, alone or in pairs. Usually sticks are used as weapons. Important within this martial art is the transferability to other objects, such as for example onto towels or pens.

### Game instruction for the favourite games of Ace and Elkanah:

#### Luksong Tinik (Jumping over thorns)

Two children sit across from each other and make their fingers into the form of thorns. The “thorns” continue to grow higher and higher and the other children jump over them until they get “tangled” in the “thorns”.

#### Tumbang preso (Hit the Can)

The goal of the game is to topple a can using your shoe. The prisoner has to make sure the can is upright so he can tag the next prisoner.



#### Activity: Hit the can

Do you know the game often played at fairs where you try to hit a can? Collect 6 old cans. If you like you can paint them with different colours. Pile them into a pyramid and try to hit them all from a certain distance. Can you make it in 3 attempts? Then try it from a greater distance.

## THIS IS OUR FAVOURITE SONG

Ace and his schoolmates sing a song about a sea crab:

***Tong tong tong pakitong-kitong***

*Tong tong tong pakitong kitong*

*The sea crab*

*Big and delicious*

*Is hard to catch*

*Because it pinches!*



### Activity: Pantomime

Ace and his schoolmates do not only sing, they also illustrate the song with their hands. Think of any song you know and try to present it only with your body, without using words.

Elkanah and his friends sing the following song:

***Leron, Leron sinta (Leron, Leron my Love)***

*Leron, Leron, my love*

*Up a papaya tree*

*With him a new basket*

*To hold the fruit for me*

*But when he reached the top*

*The branch broke off*

*Oh what bad luck*

*He has to get another one.*



### National anthem

Every country has its own song: the national anthem. It is played on special occasions like international sport events or state receptions. Normally a national anthem is based on a text and a melody, only a few are without lyrics. Many national anthems have a name. In its national language the Philippine one is called “Lupang Hinirang“. This means “beloved country”.



### Diskussion:

Do you know the national anthem of your country? Have you ever heard it? When have you heard it?