

A Guide to
Los Baños

for IRRI International Staff & Families



IRRI

INTERNATIONAL RICE RESEARCH INSTITUTE

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2001

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Contents

Introduction 1

Los Baños 2

Location 2

History 4

Climate 5

Specialties 5

UPLB and other institutions in Los Baños 5

Landmarks and places of interest around Los Baños 8

Places to see nearby 16

Banking 19

Banks 19

ATMs 19

Credit cards 20

Communications 21

E-mail 21

Fax 21

Mail 21

Telegrams 21

Telephone 21

Education 23

Schools teaching in English in Los Baños 23

International schools in Manila 24

Correspondence schools for children 25

Special education 26

Higher education 26

Household help 28

Job descriptions 28

Hiring/separating procedures 29

Medical checkup 29

Hours of work, holidays, and days off 29

Provisions 30

Salaries 30

Social Security and medical care **31**
IRRI ID cards **32**

Housing and utilities 33

Renting private accommodation in Los Baños **33**
Water **34**
Electricity **35**

Medical services 36

Medical care **36**
Doctors **36**
Hospitalization **37**
Blood banks **38**
Prescription drugs **38**
Having a baby in the Philippines **38**
Health notes **39**

Religious services 48

In and around Los Baños **48**
In Manila **49**

Security 50

Household security **50**
Personal security **51**
Security units **51**

Shopping and eating out 52

Business hours **52**
Grocery stores **52**
Markets **53**
Other goods and services **54**
Eating out **58**
Shopping in Manila **59**
Eating out in Manila **59**
Duty-free Fiesta **60**

Sports and recreation 61

Sports **61**
Clubs and organizations **62**
Concerts, movies, and theater **63**
Classes **63**

Transportation 65

Public transport **65**

Buying a car **66**

Buying a motorcycle or bicycle **70**

Typhoons and other emergencies 71

Typhoons **71**

Earthquakes **72**

Floods **72**

Fires **73**

Volcanoes **73**

Appendices 74

Books and Web sites **74**

Medical services in Los Baños **77**

Medical services in Manila **80**

Moving to a new country—cross-cultural adjustment **83**

Filipino culture **85**

Legends associated with Maria Makiling **88**

Filipino words and phrases **94**

Calendar of events **97**

Emergency numbers **98**

Sample contracts and forms **99**

Maps **105**

Acknowledgments **115**

Los Baños

Location

Los Baños is about 63 km southeast of Manila, in Laguna Province. The town stretches from the shoreline of Laguna de Bay, the largest inland lake in Southeast Asia, to the lower slopes of Mount Makiling, an extinct volcano. Rice fields, coconut trees, and dormant volcanoes dot the landscape around the town.



Los Baños has 14 barangays or villages

The town has a total land area of 5,650 hectares. A forest conservation reserve takes up approximately 40% of this area, with about 25% devoted to agriculture, and approximately 16% each allotted for commercial and institutional uses. Five small rivers flow through Los Baños—Dampalit, Saran, Pili, Molawin, and Maitim.

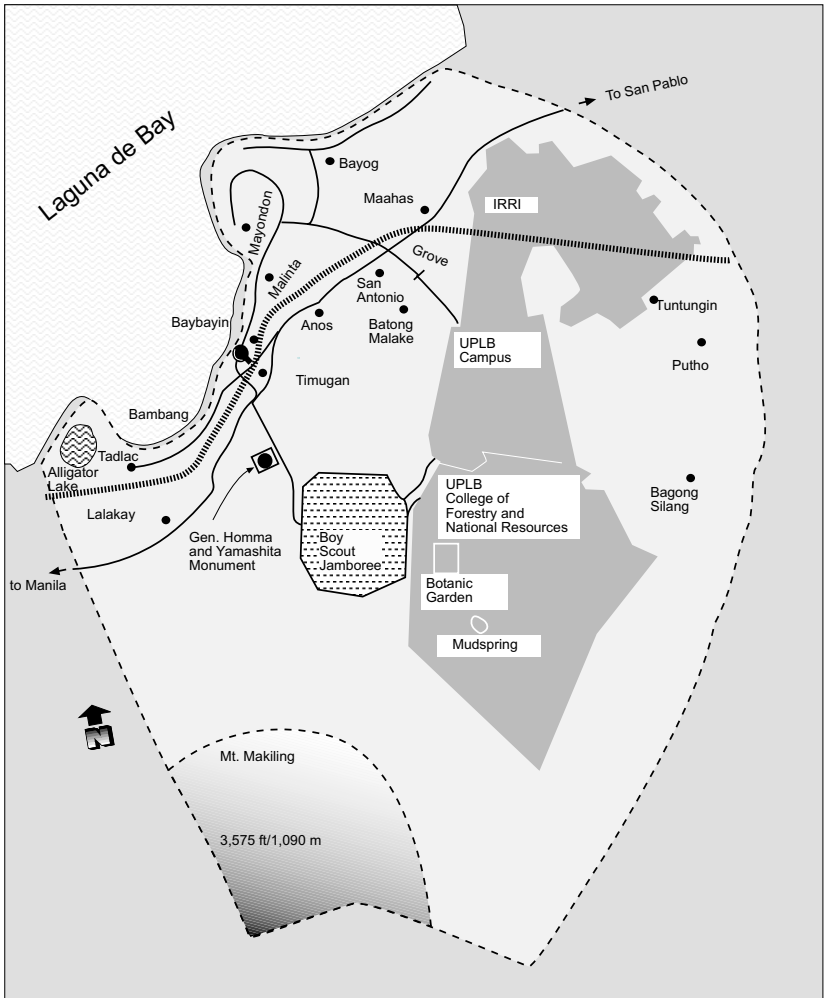
The town is divided into 14 barangays: Anos, Bagong Silang, Bambang, Batong Malake, Baybayin, Bayog, Lalakay, Maahas, Malinta, Mayondon, Putho-Tuntingin, San Antonio, Tadtak, and Timugan. A barangay (village or district) is the smallest political and administrative unit in the Philippines. Each barangay is headed by a barangay captain. The town has a mayor, vice mayor, and councilors.

Los Baños can be roughly divided into the following areas: *Bayan* (town proper or *poblacion*); Crossing or Junction, sometimes Johnson (the intersection of the national highway and Lopez Avenue, the road leading to the university); Grove, the commercial area just outside the university gate; and College (the university campus). Other ways of describing parts of the town are *loob* (inside the university campus) and *labas* (outside the gate), and *taas* (Forestry campus) and *baba* (lower campus).



Los Baños municipal hall

Los Baños was declared a special university zone in 1979, and consequently a “science, art, and



Location of Los Baños

nature city” because of its rich history, natural attractions and endowments, and the many institutions based in the town. Its accessibility to Manila has also made it a popular tourist destination.

Los Baños is about two hours from the international airport and Manila, and three hours from the nearest beaches in Batangas on the South China Sea.

History

The name Los Baños means 'The Baths' in Spanish. In the late 16th century, a Franciscan missionary built a hospital near Dampalit. The curative properties of the many natural springs in the area drew people from all over the Philippines. The many resorts around Los Baños today testify to the continuing attraction of the hot springs, and weekend and summer (March-June) visitors from Manila can cause large traffic jams.

The town itself was founded on 17 September 1615. The Catholic parish in Bayan was established in 1671. The original church was destroyed by fire in 1727, and the existing church dates back to 1851. The first administrator of the town was Juan Castañeda. A governor's palace was begun in 1879 but was not completed until 1892. This building eventually served as a hospital.

The University of the Philippines College of Agriculture (UPCA) was founded in Los Baños in 1909, with 4 American tutors and 12 Filipino students working in tents. The College gradually expanded until the Second World War.

The Japanese occupied Los Baños from 1942 to 1945. Many buildings, roads, and bridges in and around the town were destroyed. The College of Agriculture became a Japanese camp for prisoners of war, and then an internment camp for allied nationals. After the rescue of the internees by Filipino guerillas and American paratroopers on 23 February 1945, almost the entire campus was destroyed by the Japanese. Only Baker Hall remained standing. Finally, the campus became the headquarters of a secret guerilla organization.

Living conditions in Los Baños around 1909

"There was no railroad yet at the time to connect Los Baños with the main South Railroad going to Batangas via Calamba. The only comfortable way to reach Los Baños was through the Yangco boats plying daily from Manila to the different towns along the coast of Laguna de Bay (about 6 to 7 hours from Manila to Los Baños). Los Baños was more lively then that it is today. Many went to Los Baños for vacation, and business was more brisk as many people from different towns were attracted to its thermal waters, Camp Eldridge over the hill, and the military hospital by the lakeshore, McVean's hot springs in town, and a good military wharf..."

Joss Zamora, 1959

The College of Agriculture reestablished itself after the Second World War. The University of the Philippines System was created in 1972, and the agricultural college became the University of the Philippines at Los Baños (UPLB), the first autonomous campus of the comprehensive state university system.

Los Baños today has a registered population of over 73,000 inhabitants, not including students and research organization workers. The town is widely known and respected throughout Asia as a research center. It has an international community of scholars and researchers who study and work in the many government and nongovernment institutions located here.

Climate

The climate is tropical, and roughly divides into a wet season from June to November and a dry season from December to May. The cool dry season is from December to March, and the hot dry summer season lasts until the rains begin.

The rainy season is also typhoon season throughout the Philippines. Typhoons are tropical cyclones (with winds of more than 117 kph, or 73 mph), and hit Luzon typically between July and December. Los Baños is occasionally in the path of a major typhoon. About 260 cm (over 100 inches) of rain fall each year.

The average temperature is 27 °C, but it can rise to over 35 °C during the hot months. Humidity is high. Light, loose-fitting, and cool cotton clothes can be worn throughout the year.

Specialties

Los Baños is well known for its orchids and ornamentals, *buko* (young coconut) pie, and dairy products such as fresh milk, white cheese, and ice cream. The town is a tourist destination and many stores sell *pasalubong* (presents) such as cassava cake, pineapple pie, mazapan goodies, *uraro* (arrowroot) biscuits, and *pastillas* (milk candy).



Entrance to UPLB

UPLB and other institutions in Los Baños

The University of the Philippines Los Baños, UPLB, occupies 14,600 hectares (including IRRI), has an annual budget of P592 million, and offers 71 graduate and 26 undergraduate programs. It has 7,000 undergraduates and about 1,200 graduate students. There are more than 800 faculty members, with another 500 people in research and extension. Almost half of the faculty have Ph.D. or doctorate degrees, and one-third have a master's degree. More than 47% of the faculty and more than 60% of the students are female.

UPLB is a state university with a very international perspective—there are around 200 foreign students from 22 countries, many of the staff have trained abroad, and English is the medium of instruction. Expatriates have also enrolled as special students to increase skills in an area of intellectual or professional interest, or to take UPLB's Tagalog* language classes.

Although UPLB is famous for being an agricultural university, the College of Arts and Sciences is the largest college. Other colleges include Agriculture, Development Communication, Economics and Management, Engineering and Agro-Industrial Technology, Forestry and Natural Resources, Human Ecology, Public Affairs, and Veterinary Medicine. There are also the centers and institutes of Biotechnology, Plant Breeding, Crop Protection,

*Tagalog or Filipino is the national language and is spoken predominantly in the southern Luzon area.



SEAMEO-SEARCA



PCARRD



Gateway to UPLB-CFNR



UPLB-CFNR



FPRDI



ERDB

Agrarian Studies, Policy and Development Studies, Agricultural Credit and Cooperatives, Farming Systems and Soil Resources; Dairy Training and Research, Postharvest Research, Research Management, Forestry Development, Makiling Center for Mountain Ecosystems, Agricultural Machinery Development, and Environmental Science and Management.

Los Baños is well known for its academic and research community, and hosts several internationally known institutions and many national and local organizations. These include IRRI, SEAMEO Regional Center for Graduate Study and Research in Agriculture (SEARCA); Department of Science and Technology (DOST) Region IV office; Philippine Council for Agriculture, Forestry, and Natural Resources Research and Development (PCARRD); Philippine Council for Aquatic and Marine Resources Research and Development (PCAMRD); Forest Products Research and Development

Institute (FPRDI); Ecosystems Research and Development Bureau (ERDB); and many others.

IRRI also hosts scientists from several international collaborating centers and entities, including the International Center for Living Aquatic Resources Management (ICLARM); Centro Internacional de Agricultural Tropical (CIAT); Centro Mejoramiento de Maiz y Trigo (CIMMYT); International Livestock Research Institute (ILRI); International Service for the Acquisition of AgriBiotech Applications (ISAAA); and the International School Los Baños (ISLB).



The story of the buko pie

A visitor to Los Baños for the first time will surely notice the large number of signs advertising buko pie. Buko pie originated here and who knows it soon may become as popular in the Philippines as apple pie is in the United States. Here is how it all began.

Nanette Pahud worked as a cook for Dr. Knapp, a Cornell University exchange professor at the College of Agriculture. Mrs. Knapp encouraged Nanette to start her own business. When the Knapps left for the States, Nanette took some courses in the culinary arts in Manila. Then in 1968 she began experimenting with the use of buko (young green coconut) in pies. Among the many recipes she concocted, one became a favorite of the customers.

Making buko pie is both an art and a science. It is important to use buko meat of the correct tenderness. Nanette was meticulous in the choice of the right maturity of buko, such that at times she was unable to sell any pies. As the popularity of the pie grew, various other shops began to bake buko pies. In 1970, Nanette went with her husband to the United States, leaving the business in the hands of her mother Inez Pahud who now runs the business with her three nephews. To date there are more than 35 establishments selling buko pies in Los Baños. The “original” buko pie shop is on the north side of the highway about halfway between Bayan and Crossing. On a Saturday or Sunday the Pahuds sell as many as 50 pies at P6.50 each.

– Randy Barker, This is Los Baños, 1975

Buko pie is still the most popular product of Los Baños. It sells for P65 each.

The UP Open University (UPOU) can be found near IRRI. It is a constituent unit of the UP system established in 1995.

For further information on these and other institutes and organizations in Los Baños, see the list of books and materials in the Appendices.

Landmarks and places of interest around Los Baños

Alligator Lake

Sometimes called Crocodile Lake, this tiny inland body of water in Tadlac is a well-known swimming and boating spot. To get to it, turn right at Bagong Kalsada (going towards Calamba), and continue as far as the railway line. Turn sharp left in front of the Pacific Pulp and Paper factory.

Baker Hall

Baker Hall, one of the oldest remaining buildings on the UPLB campus, was named after C.F. Baker, former dean of the University of the Philippines College of Agriculture (UPCA).



Baker Hall

Boy Scouts of the Philippines (BSP) and Jamboree site

The Makiling National Scout Reservation is in Jamboree, above the SEARCA housing on the UPLB campus. There is a camping site, cottages, swimming pools, guesthouses, pavilions, and staff quarters. It was the site of the 10th World Boy Scouts Jamboree in 1959, and the Golden Jubilee for Philippine Scouting in 1973. It is a popular spot for camping, nature tripping, and trekking.

Dampalit Falls

The waterfalls at Dampalit in barangay Lalakay are a popular picnic destination. There is a rest area and small park with plant stalls nearby, in the area called "Quarry." Dampalit Falls are a few minutes' walk from the national highway or about 10 minutes from Bayan.

Girl Scouts of the Philippines (GSP)

The Laguna Girl Scouts Council has its headquarters near Bayan in Camp Maria Makiling. The 1.6-hectare camp has grown from three bamboo, nipa, and wood cottages in the early 1950s to a huge convention complex with a

250-seat conference hall, dining hall, 27 cottages with kitchen and bath, and a 112-m² swimming pool. It is a favorite camp, tour, and convention destination. Facilities can be rented at reasonable prices. For further information, contact (049) 536 0206.



Immaculate Conception Church

The church in Bayan dates back to 1851. The original church was built in 1671, but was destroyed by fire in 1727.



IRRI Riceworld Museum

Riceworld, at IRRI, is the world's largest museum dedicated to rice and rice artifacts. There are permanent exhibits of artifacts and implements from around the rice-growing world. Riceworld also serves as a learning center, teaching visitors about rice production and research and their importance in global food production.



Admission to the museum is free. Each year, more than 35,000 students, teachers, farmers, researchers, media people, policymakers, and others visit Riceworld.

Laguna de Bay

Laguna de Bay is a heart-shaped freshwater lake that covers 922 km². It is only 1 m above sea level and has an average depth of 3 m. Laguna Province, which derives its name from “la Laguna” (the lake), Rizal Province, and Manila all border the lake. Laguna de Bay is connected to Manila Bay via the Pasig river.

Less than a century ago, it was said that the lake was infested by huge man-eating crocodiles. In those days, access to towns south of Manila was via boats plying the Pasig River and the lake. Today, the lake is crowded with fish pens, and the shore is a popular location for duck farmers.

A trip around the lake takes a whole day, through picturesque old towns and other scenic spots.

Magnetic Hill

Magnetic Hill is on the road going to Jamboree from the highway, about 500 m from the Yamashita/Homma shrine (see below).

Makiling Botanic Gardens and the Center for Philippine Raptors

The Makiling Botanic Gardens were established in 1963 to support instruction and research related to forestry and plant sciences, and to serve the tourism, educational, and recreational needs of the public.

This 300-hectare forest garden has three main sections, arboreta, nurseries, and outdoor recreational areas. It includes a plantation of endemic and exotic trees, ornamentals, and collections of orchids and rare flowers, birds, and other wild animals. There are also swimming pools, a pavilion with eating tables, and barbecue pits. There are jungle trails, a steamy Mud Spring, and other recreational areas for mountain climbing enthusiasts and nature lovers.

The Botanic Gardens are open to the public every day from 8:00 am to 4:30 pm. The entrance fee is P10, and includes the use of the facilities.

Inside the Makiling Botanic Gardens is the Center for Philippine



Raptors, which was established for research into endangered raptors, or birds of prey. Here, the Philippine eagle is bred in captivity.

There are plans to further develop the site. For more information, contact (049) 536 2637, (049) 536 3572 (fax), or makiling@laguna.net (e-mail).

Mount Makiling and the Makiling Forest Reserve

Mount Makiling is an extinct volcano, 1,090 m (3,575 feet) above sea level. Mount Makiling is considered the home of the goddess, Maria Makiling. There are many legends about her interactions with the mortals of Los Baños (see Appendices). The mountain is a vital watershed of Laguna and neighboring Batangas Province and is a center for biodiversity conservation.

The Mount Makiling Forest Reserve is a 40-km² (4,244 hectares) national park that covers 70% of the mountain. It was declared a reservation in 1909, to provide a training laboratory for the “advancement of science and technology for the conservation and development of natural resources”, and is under the administration and management of UPLB.

The reservation contains native and exotic plant and animal species, such as the jade vine, wild orchids, and the wild boar.

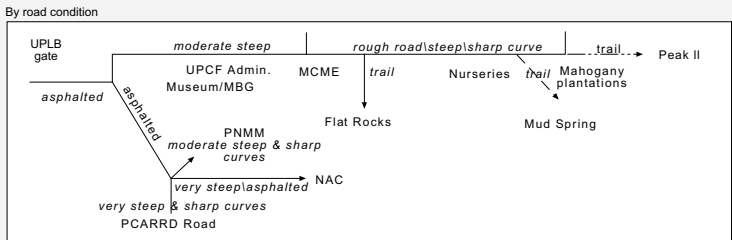
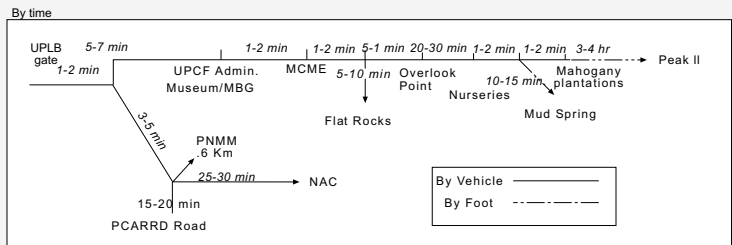
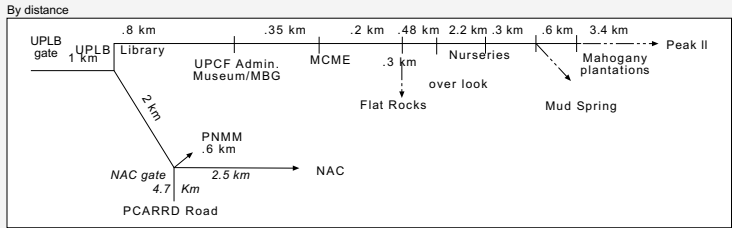
Inside the reservation are various points of interest including vast tracts of forest; the Mud spring; Flat Rocks; Peaks 1, 2, and 3; nature trails; Makiling Botanic Gardens; Center for Philippine Raptors; the Makiling Rain Forest Park; and the Makiling Experimental and Demonstration Forest.

To get to the peak, you have to go through the UPLB College of Forestry and Natural Resources. Nearby is the rock formation known as Flat Rocks, a picturesque promontory of big flat boulders in the riverbed, which can be reached by a short trail into the forest. Flat Rocks is a popular picnic site.

Our class excursions to Mount Makiling were then very difficult affairs. The trails were very slippery and infested with plenty of land leeches (limatic). We rubbed our shoes and limbs with tobacco juice to protect ourselves from the leeches for they do not only cling to our clothes but also get inside our shirts and, if one was not careful, they (leeches) would even get into the ears. It took us 2 days to go down after collecting plants for our herbarium for our botany class. We used to sleep at least one night on top of Mount Makiling. The water we used to fill our canteens was not enough to quench our thirst, so we had to resort to “cutting” rattan vines. We cut them at least once in our excursion to Mount Makiling and Mount Banahaw before we graduated. It was to temper our vitality for our future hard work.

Joss Zamora, 1910

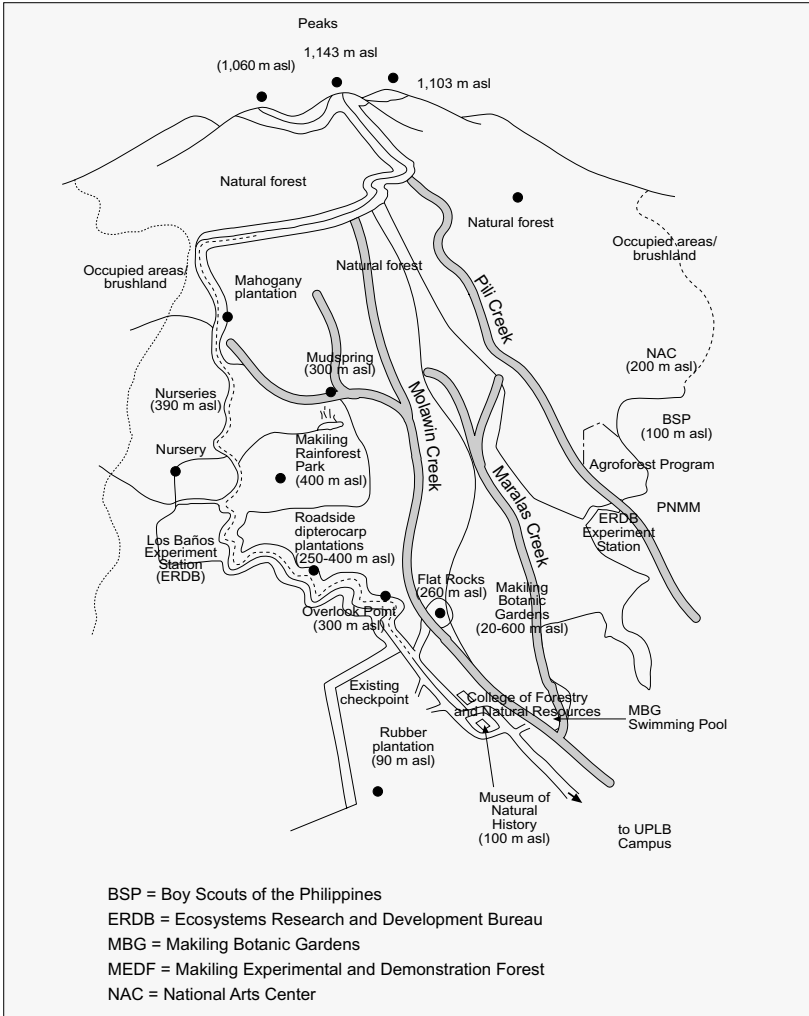
Travel Guide to Makiling Forest Reserve



The first part of the climb to Peak 2, the highest point, follows an old road leading to a picnic and camping area (about 5 km). From there, a 25-minute trek will bring you to Mud Spring or *Natugnos*, a sulfurous pool of bubbling mud, at an elevation of 350 m. Mud Spring is believed to be the main crater of Mount Makiling.

It takes approximately three hours to climb from Mud Spring to the peak, about 9 km from the College of Forestry and Natural Resources. The trail is narrow and sometimes slippery. Leeches are a problem when it is wet. It is recommended not to climb Mt Makiling during the rainy season, when there is the risk of flash floods.

For more information about the Makiling Forest Reserve, contact the Makiling Center for Mountain Ecosystems, telephone (049) 536 2268 or 536 2577.



Museum of Natural History

The UPLB Museum of Natural History in the College of Forestry and Natural Resources campus is one of the most frequently visited educational and ecotourism centers in the university complex. It was established in 1976 and grew out of the physical and staff resources of existing museums, herbaria, and the Hortorium at UPLB.

The Museum of Natural History houses a diverse collection of more than 300,000 Philippine animals, plants, microorganisms, and other artifacts. Living plants can be seen in the Hortorium near the bridge going up to Forestry campus. The Museum can be found immediately to the left of the archway going into the College of Forestry and Natural Resources.

The Museum is open on Mondays to Fridays, 8:00 am to 12 noon, and 1:00 to 5:00 pm. It is open to the public for a fee of P5. For reservations, contact (049) 536 2864.

National Arts Center

The National Arts Center, a special educational institution and retreat for training artists and musicians,



was built in 1976. Situated on the slopes of Mount Makiling, it overlooks Laguna de Bay and the towns of Los Baños and Calamba. The National Arts Center hosts the Philippine High School for the Arts, a government school for artistically gifted children. It is also a popular venue for performances by world-renowned talents.

Other facilities include the *Pugad adarna* (Executive House), *Bulwagang sarimanok* (Clubhouse), *Pook Aliguyon* (Marvilla Cottages), *Tanghalang Maria Makiling* (an open-air theater that seats 2,500 guests), an open-air chapel (St. Mark's), and a helipad. The National Arts Center is part of the Makiling Forest Reserve. Its facilities can be rented for conferences, group retreats, assemblies, reunions, concerts, receptions, and for vacation. For more information, call (02) 832 5117 and 832 3677 or fax (02) 832 5072.

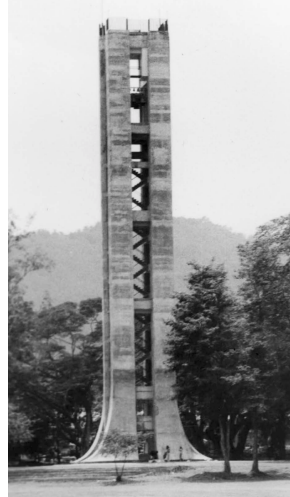
Pook ni Mariang Makiling/Rizal Park

Pook ni Mariang Makiling is also known as Rizal Park. It is in Jamboree, and is a government-operated swimming and nature resort. It has an olympic-size pool, tree houses, picnic grounds, cottages, and workshop, conference, and meeting facilities. The view from the lookout point is spectacular. You can see the forest canopy and a panoramic view of Laguna de Bay.

Entrance fees are P20 per person, Mondays to Thursdays, and P30, Fridays to Sundays and holidays. Cottages for 4–12 people are available from P700 to P1,100, while the pavilion and social hall can be rented for P650 and P600, respectively. Tree houses and huts can be rented from P100 to P400. For reservations, call (049) 536 3489.

Rizal Centenary Carillon Tower

The University of the Philippines (UP) is one of the few universities in the world to have its own carillon tower. The Rizal Centenary Carillon was built in 1996 through the efforts of alumni. It has 37 bells of different sizes. The heaviest (note F1) measures 1130 mm in diameter and weighs 897 kg, the lightest (note G4) is 225 mm in diameter and weighs 13.5 kg.



St. Therese Parish Church

St. Therese of the Child of Jesus Parish Church is a modern structure built in the early seventies. The original chapel, built after the war, still stands, although it has been converted for other uses.

Yamashita/Homma Shrine

Generals Masaharu Homma and Tomoyuki Yamashita, Japanese commanders in the Philippines during the Second World War, were executed for war crimes in April 1946. The shrines marking their executions are less than 1 km from the main highway, on the Jamboree/PCARRD road. You will need to ask someone to show you the way to the site because the markers are not easy to find.



Places to see nearby

Hidden Valley

The resort of Hidden Valley is in an ancient 90-meter deep crater on the south side of Mount Makiling in Alaminos. You can see ancient trees, ferns, orchids, springs, a gorge, and waterfalls. The entrance fee includes lunch.

Laguna towns

Many towns in Laguna are quaint and picturesque, with old churches and Spanish-style architecture. Liliw is well-known for handcrafted footwear and *uraro* (arrowroot) biscuits; Luisiana for pandan mats, hats, and bags; Lumban for hand-embroidered *barong* (a special cloth made from natural fibers)

industry; Majajay for its famous church and colonial houses; Paete for woodcarving and paper mache products; Pakil for the *Turumba* festival and filigree work; and Rizal for *tuba* and *lambanog* (alcoholic drinks made from coconut).

Lake Caliraya

Caliraya is a man-made lake that is 300 m above sea level. There are several resorts in the area, offering boating, water skiing, wind surfing, swimming, horseback riding, and fishing facilities. Less than 2 km farther, on the way to Cavinti, are the Japanese Memorial Gardens, which commemorate the many Japanese soldiers who died here during the Second World War.

Makban

Makban is the Makiling-Banahaw Geothermal project, found on the lower slopes of Mount Makiling behind the IRRI farm. Giant pipes follow the contours of the road around the mountain, and take super-heated water to drive turbines to produce electricity. Special visits can be arranged.

Mount Banahaw

Mount Banahaw is another extinct volcano, and the tallest mountain in Laguna (2,177 m or 7,383 feet). Banahaw and the adjacent Mount San Cristobal (1,420 m) form a national park. Many locals consider Banahaw sacred, and people climb the mountain to worship. The mountain has lovely waterfalls and streams on the slope, including Kristalino and Suplina Falls. It is recommended to take a local guide the first time you climb Banahaw. Unless you are very fit and in a hurry, the trip takes two to three days, camping overnight on the edge of the crater. Views in the early morning are spectacular.

Pagsanjan Falls

Shooting the rapids at Pagsanjan is one of the Philippines' most famous tourist adventures. You take a wooden boat, or *banca*, from the town of Pagsanjan, and travel for about one hour up the river to the falls. The boatmen have to lift the boat over the rapids at times, and for this reason only two passengers are allowed per boat (three if you're small!). After 14 sets of rapids, you reach the Pagsanjan (or Magdapio) Falls. If you feel like a soaking, take the raft trip through the falls to the cave behind. The return trip is much faster, as you shoot the rapids going down.

Rizal Shrine

Jose Rizal, the Philippine national hero, was born in Calamba in 1861. (Calamba is the next town north of Laguna going to Manila.) A

reconstruction of his house, a Spanish-style building with a red-tiled roof, is now a historical marker. It contains Rizal memorabilia, antique furniture, and household articles. Admission is free.

Calamba (meaning “jar”) is the center of the *Watawat ng Lahi* (Flag of the Race) sect. This group believes Rizal was a reincarnation of Christ, and that Rizal will come again.

Seven Lakes of San Pablo

San Pablo, the only city in Laguna province, is famous for its seven lakes, formed in craters from long-ago volcanic activity: Sampaloc, Bunot, Pandin, Yambo, Calibato, Palakpakin, and Mohicap. Sampaloc, 1 km across and 27 m deep, is the biggest and can be viewed from the city hall. Lakeside restaurants serve grilled fish such as *bangus* (milkfish), tilapia, and *hito* (mudfish).

Taal Lake and Volcano

Taal Volcano is a principal tourist attraction. Taal is one of three active volcanoes in the Philippines. The view of Taal Lake from Tagaytay in Cavite is breathtaking on clear sunny days. You can get a boat ride from Talisay across the lake to the volcano. There, you can hire a guide and a horse to take you to the top. From the top, you can look down into a volcano within the lake.

Underground cemetery

The underground cemetery is found in the town of Nagcarlan, which is near San Pablo City. It contains tombs and burial plaques, and was used as a secret meeting place by the *Katipuneros* (revolutionaries) in the late 19th century. Nagcarlan is also known for its vegetables, *lanzones* (lansium), and carabeef (meat from carabao).

Villa Escudero

Villa Escudero is an 800-hectare coconut plantation and *hacienda* 10 km south of San Pablo City on the boundary between Laguna and Quezon provinces. There is a private museum that features religious artifacts, Chinese porcelain, antique furniture, Spanish items, ethnic clothing, and Second World War relics. For a fee of P750 (about \$15), you can use the recreational facilities (swimming pool, tennis courts), watch a demonstration of coconut harvesting, go on a walking tour of the plantation, enjoy lunch in a lake overlooking a waterfall, get dazzled by a cultural show, be serenaded with local folk songs, and go sight-seeing by *carabao* (water buffalo) cart.

Banking

Banks

There are many banks in Los Baños. These include: Region Bank, with three branches (one inside UPLB, one in Crossing, and the other in Bayan); Philippine National Bank (two branches, in the UPLB campus near the post office and along Lopez Avenue); Land Bank (branches near the Gate and along Lopez Avenue); Bank of Philippine Islands-Family Bank; Philippine Savings Bank; Far East Bank and Trust Company; Solid Bank, and Bank of Philippine Islands (BPI). Banks are open from 9:00 am to 3:00 pm, Monday through Friday.

Expatriates can open savings and checking accounts as long as they present passports and proof of employment. Most transactions are done in cash or with credit cards in large stores and restaurants. Few establishments will accept personal checks.

Foreign exchange and money changers

There are several places that change foreign currency to pesos in Los Baños. Some double as pawn shops, for instance Eleazar-Catuiras at Anest Towers and Aguirre's near Meralco in Crossing. Banks change dollar bills, other major currencies, and travelers' checks into pesos, but for travelers' checks you have to bring your passport and proof of purchase. There are plenty of money changers in Manila, and the larger department stores, such as Shoemart and Landmark, have foreign exchange booths. The exchange rate in Manila is usually higher than in Los Baños.

ATMs

Automatic teller machines (ATMs) are available in Los Baños. The ATM at IRRRI accepts Express Net (local savings accounts), Cirrus, and American Express cards. Megalink ATM can be found at the PNB branch inside the UPLB campus and in Vega Center. Express Net and Landbank cards are accepted at the ATM in Landbank near the gate, BPI-Family Bank along Lopez Avenue, and BPI at Crossing. A Far East Bank card ATM is available at Crossing.

Credit cards

Credit cards are not widely accepted in Los Baños. However, all major stores in Manila, including supermarkets, accept VISA, Master Card, American Express, and national credit cards.

Communications

E-mail

IRRI e-mail accounts are arranged through Computer Services at IRRI. There are several Internet cafes in Los Baños (for instance in the Vega Center; UPLB Gate; CCP Hostel Building inside the UPLB Campus; along Lopez Avenue; SEARCA dormitory; Demarces Subdivision; and in Crossing). Local computer shops can help you set up a home e-mail account. Laguna Internet has an office in the Vega Center.

Fax

You can send faxes from PT&T offices. There is a PT&T office at IRRI (Harrar Hall, around the corner from Marsman Travel), which is open from 8:00 am to 5:00 pm, Monday to Friday. There are PT&T offices in the Vega Center, and along Lopez Avenue and the highway.

Mail

IRRI's address for incoming mail is:

(Your Name)
IRRI
DAPO 7777
Metro Manila
Philippines

Mail is collected every day, and distributed via the Mail Room.

To send mail, you can buy stamps and post letters at the IRRI mail room (opposite Riceland Cuisine, Harrar Hall) from 4:00 to 5:00 pm, Monday to Friday. The letters go to Manila the next day in the mail car. Or you can use the UPLB Post Office (next to the UP Police Headquarters and Philippine National Bank), which is open on weekdays from 8:00 am to 12:00 noon, and 1:00 to 5:00 pm. The Post Office has an express service as well as regular air and surface mail for letters and packages. There is also a post office at the municipal office in Bayan.

There are various courier offices in Los Baños for sending urgent letters and packages. DHL, Federal Express, LBC, and JRS have offices on Lopez Avenue or at Crossing.

Telegrams

You can send telegrams within the Philippines from RCPI or PT&T in the Vega Center and along Lopez Avenue in Grove.

Telephone

Telephones in IRRRI offices and housing are connected to the IRRRI switchboard, and have three-digit or four-digit extension (or local) numbers. Incoming callers use one of the IRRRI numbers [e.g., (63 2) 845 0563, see telephone directory for others] and go through the automatic switchboard. The caller can either connect directly if they know your extension number, or connect via the operator. Some IRRRI houses have a second telephone (e.g., those in SEARCA, see Housing and Utilities, below), which is on the local system.

The Philippine Long Distance Telephone Company (PLDT), and PT&T are the local telephone service providers. PLDT's office is along the national highway in Anos. If you don't have a telephone at home, you can place calls here. Telephone bills are paid at the PLDT office. You can also get a copy of the local telephone directory here. PT&T offices can be found in Vega Center and along Lopez Avenue in Grove.

National direct dialing (NDD) and international direct dialing (IDD) are possible from local telephones, but if you do not have direct dial for long distance calls, you can place these calls through the operator, by dialing 109 for domestic long distance or 108 for international. Ask at the PLDT office about activating NDD and IDD from your telephone. There is more information in the local telephone directory.

Personal, local, long distance, and international calls may also be made through PT&T offices, and many stores have 'payphones', their own telephones that you can use for a fee. There are also regular, coin, or card-operated payphones in the old PLDT office in front of the Church among the Palms, in Vega Center, in front of St. Therese Church, and outside Riceland Cuisine at IRRRI.

Cellphones are available in several places. There are outlets in South Supermarket, Vega Center, and on Lopez Avenue and the highway.

Education

Schools teaching in English in Los Baños

Los Baños schools that teach in English are generally private, and fees average around the equivalent of \$500 per year, billed in pesos.

Christian School International (CSI)

Kanluran Road, next to Church Among the Palms, on the UPLB campus, tel: (049) 536 2521. Principal: Mrs. Nina Cuevas. Age group: 3.5-high school.

This is a private Protestant school offering classes based on the national curriculum, with classes taught in English and some in Tagalog. The school is associated with the Church Among the Palms, a Protestant mission reflected in the school's daily religion classes and strong Christian ethic. About 25% of the students are from other countries in Asia. CSI, and all Filipino schools, follow a June to March school calendar, with summer vacation in April and May.

Cahbriba Alternative School

Mount Pulog Street, Umali Subdivision, tel: (049) 536 5329 or 536 1298. Principal: Mrs. Pilar Habito. Age group: preschool through high school.

Cahbriba describes itself as an alternative education school. The language of instruction is English, with some Tagalog. Classes are based on an American curriculum, with an open classroom, hands-on learning approach. The teachers are all graduates of local universities. The school is a private foundation, funded by donations and tuition. About 80 children (20% international and 80% Filipino) attend this school. Cahbriba has also developed and implemented a highly respected program designed specifically for autistic children. This program is housed in a separate building in the school complex.

Rainbow Group

Pleasant Village, IRRRI housing, tel: (IRRI) 439. Director: Changes yearly, as the job rotates among parents. Age group: 2–5.

The Rainbow Group is a preschool housed in an IRRRI apartment in Pleasant Village and is coordinated by the parents. About 15 children from several countries attend this nondenominational, private school. Teaching is

in English and there are three Filipino teachers. The school follows the same calendar year as the International School, from August to June.

UP Rural High School (UPRHS)

Bay, Laguna (closest town to Los Baños going south in the direction of San Pablo). Principal: Prof. Fidela Villa. Age group: 12–18.

This is a Philippine high school that administers its own curriculum, which is different from the national curriculum. Teaching is primarily in English, but some classes are taught in Tagalog. It is considered to be one of the best high schools in the country, and offers places for foreign students as special students (not necessarily intending to finish high school at UPRHS). These special students are issued a certificate of attendance. All students planning to attend this school must take the UPRHS entrance exam administered during the first week in February, when as many as 4,000 applicants compete for 160 places.

International schools in Manila

International schools are much more expensive than local private schools, and most offer the International Baccalaureate to prepare high school students for entrance into universities around the world. ISLB is an elementary school, pre-K to Grade 5, at IRRRI, set up by International School Manila. The nearest K-12 international school to Los Baños is Brent South Campus, near the South Superhighway on the way to Manila. Telephone numbers are Manila unless an area code is given.

Brent South Campus

Brentville Subdivision, Brgy Mamplasan, Biñan, Laguna 4024

Tel: (049) 511 4330-39

Fax: (049) 511 4343

www.brent.edu.ph

Director for Admissions: Dr. Gary L Mickle, gmickle@brent.edu.ph

Brent South Campus opened in August 1999. The school takes pupils from elementary through high school. The trip from Los Baños takes about 45 minutes to one hour.

British School

Madrid Street, Merville Park, Paranaque, Metro Manila

Mailing address: MCPO Box 2079, Makati 1260, Metro Manila

Tel: 824 7305

Fax: 824 7310

www.sequel.net/~headbuck

Eurocampus

75 Swaziland Street
Better Living Subdivision
Paranaque, Metro Manila
Tel: 823 4934
Fax: 824 1517

www.skyinet.net/~eurocamp/

The Eurocampus hosts the French and German Schools, and some classes from the British School. It is about one and a half hours from Los Baños.

International School Los Baños

IRRI

Tel: (IRRI) 6813

ISLB is an elementary school (pre-kinder to Grade 5/6). It was set up by International School Manila so that the younger children from IRRI would not have to travel to and from Manila. About 30 children, mostly from IRRI, are enrolled at the school.

International School Manila (ISM)

Gen. Luna St.

Bel Air

Makati City, Metro Manila

Mailing address: MCPO Box 1526, Makati

Tel: 896 9801 – 14

Fax: 818 6127

ISM takes children from pre-kinder through high school. It has an excellent reputation for college entrance. School starts at 7:15 am, and children from IRRI leave at 5:00 am.

Japanese School

Don Bosco, Levittown Subdivision, Paranaque, Metro Manila

Tel: 827 6081

Correspondence schools for children

The US-based Calvert School is a world-renowned correspondence school. The school has decades of experience in correspondence schooling needs, and provides excellent academic training in all areas of an American curriculum. Calvert provides a complete set of materials, testing and written analyses for its students, from kindergarten through 8th grade. Many International Schools, including the one in Manila, accept transfer students from this correspondence program. For more information contact The

Calvert School, 105 Tuscany Road, Baltimore, Maryland 21210-3098, USA. Tel: 00 1 (410) 243-6030.

Australian citizens interested in distance education should contact their State Distance Education Centers before coming to IRRI.

Special education

Parents of children with vision or hearing handicaps, behavioral, neurological, or learning disabilities should know that educating special needs children in the Philippines may be difficult. While Cahbriba School in Los Baños has a specialized and highly renowned program for autistic children, there is a waiting list for the limited number of places.

Higher education

The following colleges and universities are US accredited for most fields of study: University of the Philippines (six campuses in Quezon City, Manila, Los Baños, Baguio, Iloilo, and Davao); University of Santo Tomas, España, Manila; Ateneo de Manila University, Loyola Heights, Quezon City; Ateneo Graduate School, 130 H.V. de la Costa St., Makati; Asian Institute of Management, Paseo de Roxas, Makati; and De La Salle University, Manila.

There are many foreign students in these universities. A foreign student study permit is necessary for enrolment, available from the Department of Education, Culture, and Sports (DECS).

University of the Philippines Los Baños (UPLB)

College, Laguna, Philippines

Dean of Graduate School, tel: (049) 536 2310

Public Information Office, tel: (049) 536 3604

Registrar, tel: (049) 536 3553

Web: <http://www.uplb.edu.ph/>

UPLB offers Bachelor's, Master's, and Ph.D. programs in nine colleges, Agriculture (Education degrees come under this college), Arts and Sciences, Development Communication, Economics and Management, Engineering and Agro-Industrial Technology, Forestry and Natural Resources, Human Ecology, Public Affairs, and Veterinary Medicine. The Graduate School coordinates those pursuing higher degrees.

There is also the UP Open University, with offices near IRRI's Tabon Gate. UPOU offers various advance degrees and courses via distance learning.

The school year begins in June and ends in March. There are no entrance examinations for graduate students. The university has an excellent

reputation in Southeast Asia, and attracts many foreign students. The President of the University of the Philippines System is a permanent member of IRRI's Board of Trustees.

Those interested in pursuing a degree at UPLB should inquire at the Chancellor's Office in the UPLB Administration building. Specific entrance requirements may include taking the UP College Admission Test (UPCAT), which is given in August each year.

Several major Australian universities offer degree programs for nonresidents. The Australian Embassy in Manila can provide information on all of them.

Household help

Household help is readily available and easy to find. Almost before you have unpacked, people will be knocking on your door to apply for the job of maid, cook, nanny (*yaya*), or gardener. Moving in is equivalent to placing an advertisement saying, 'help wanted.' Friends, colleagues, and neighbors may also be able to suggest possible staff, particularly if someone has just left and their helpers are looking for new jobs. Remember that different families have different needs, and one family's ideal helper can be the next family's headache.

The conditions of employment and duties of helpers vary from one employer to the next. The following is intended as a guide. It is up to you and the people you employ to come to an arrangement that best suits everyone concerned. It is perfectly acceptable to take someone on for a trial period (up to four weeks) to find out if they are suitable. It is best not to expect a new helper to share your cultural or personal norms. It is also important to explain carefully and exactly what you expect them to do.

You may want to wait a few weeks before you hire anybody, so that you have a chance to settle in and find out what you will be expecting your helper to do. Applicants will readily come back at a specified time, when you are ready to interview and choose someone.

Job descriptions

Cook	The helper who cooks is the head helper. Her responsibilities may include marketing, cooking, planning meals, and cleaning. She is normally paid more than the other helpers in the household.
All around	The second helper may be responsible for cleaning, laundry, child care, and simple cooking when the cook is away or for breakfast.
<i>Lavandera</i>	A <i>lavandera</i> is responsible for laundry and ironing, and may do some cleaning as well.
<i>Yaya</i>	The <i>yaya</i> is responsible for child care, and may do some housework as well.

Gardeners and drivers can be hired on a full or part-time basis, depending on your needs.

Hiring/separating procedures

It is important to interview applicants, to find out not only how experienced they are, but also whether or not you feel comfortable with them. Even if your helpers live out, they will spend a lot of time in your house. Decide what questions you will ask before you interview anybody. As with any employee, it is important to check references and find out why they left their previous employer. There may be colleagues or neighbors who know the applicant or the people they worked for before. The interview is also a good time to discuss any rules you have regarding your children's behavior.

All staff should be hired on a trial basis that is clearly defined by you and understood by the employee. The trial period can be for as little as one week, and is not normally longer than one month. Decide on the exact length of the trial period, and how much you will pay, before you hire someone. Make sure the conditions of the trial period are absolutely clear to the employee. Terminating an employee during the trial period with one day's notice is legitimate and causes no problems.

At the end of the trial period, you can either tell the helper you will hire them permanently and agree on conditions of employment, hours, and salary; change the conditions of employment and have a second trial period with the new conditions and the same helper (you may have decided during the trial period that you have different requirements from what you originally thought); or explain that you won't be needing their services any more.

Terminating employees after the trial period is more difficult. For a regular employee, two weeks' salary in lieu of notice is normally paid on termination. An employee who leaves without 'justifiable reason' forfeits the salary owed to him or her, up to a maximum of two weeks. When expatriates leave the Philippines, they usually give their household staff a termination bonus.

Medical check up

Medical check ups are advisable for prospective employees. You should arrange and pay for the check up. This can be done before, during, or after the trial period. The medical check should include a basic physical, chest X-ray, stool examination, and blood and urine tests. Los Baños Doctors Hospital can provide all these.

Hours of work, holidays, and days off

Helpers who live in work from early in the morning until after the evening meal, with two to three hours' rest in the afternoon and at least one whole

day off a week. Helpers who live out generally work from 7:00 or 8:00 am to 4:00 or 5:00 pm, but hours are negotiable. Live-out helpers normally work five or five and a half days a week. Overtime (for instance helping at parties or babysitting) can be paid for separately. Alternatively, you can specify in the contract that the salary includes compensation for a certain number of overtime hours per month. Make sure that you and your helpers know exactly what hours of work are expected and how they will be paid.

Holidays include Christmas, Easter, New Year's Day, All Saints Day, and various national holidays. These may be given as rest days or not. Make sure you agree which of these holidays you will give as days off and which days you will expect your helpers to work. Helpers working on holidays are normally paid extra. Local diaries or calendars have the national holidays marked. Some national holidays are only declared as 'working' or 'nonworking' holidays one or two days before.

Employees are entitled to a minimum of two weeks' paid vacation per year, the timing of which is decided between the employer and employee.

Provisions

Food and toiletries (soap, toothpaste, shampoo, towels, etc.) for use in the employer's house are provided by the employer. Some helpers will eat the same food as you, others will prefer different foods and you will be expected to provide rice and other items or give them a food allowance. Live-in helpers are provided with bedding and towels. Helpers have individual agreements with their employers regarding provisions, and these vary from house to house.

Salaries

Salaries vary greatly, depending on the hours of work, responsibilities, and how long the helper has been employed by the same family. A full-time helper working five and a half days per week may earn the equivalent of around US\$80-100 per month if they have been with the family a long time. Check with friends, colleagues, or neighbors as to the going rates for new hires.

Full-time helpers may be paid weekly or monthly (generally the 15th and end of the month), and part-time helpers are paid daily or weekly. Keep a pay record for each employee, which they sign when they receive their pay. A diary specifically for this purpose is useful. Raises are normally given annually. An extra month's salary is given in December—the 13th month pay. If your helper has worked for you for less than a year, this amount is adjusted according to how long they have worked for you.

Helpers often ask for loans when they need extra money. The start and middle of the school year, when tuition fees are due, is a regular time for such requests. They may have an unexpected need for extra cash, such as when a typhoon or floods have damaged their house, or if a family member becomes sick.

Decide at the start of employment if you will give loans or not and make this clear to your helper(s). If you do give loans, they are usually paid back by regular salary deductions. You might want to specify what the maximum loan will be, or a time limit for repayments. Make sure this is absolutely clear to all concerned.

Social Security (SSS) and medical care

All employers of household help must, by Philippine law, register with the Social Security System (SSS) and pay monthly contributions for any household employees earning more than P1,000 per month. The nearest Social Security office is in the J&J Building, Crossing, Calamba, tel: (049) 545 1689, 545 2180, or 467 2804. You can also register with the larger San Pablo office. Both you and your helper(s) should register. It is important to keep registration and processing of contributions with the same office.

Medical coverage is separate from the SSS, and comes under the Philhealth system.

Registration

To register as a household employer, you must complete and submit forms R-1 and R-1A. You will be issued with an employer ID number. If your helper is not yet registered, they must complete and submit form E-1, which must be accompanied by supporting documents (e.g., birth certificate), as listed on the back of the form. Monthly contributions are evaluated according to salary level.

Payments

The employer can either pay the total themselves, or deduct the amount specified in the contributions table from the employee's salary. Several banks in Los Baños accept SSS payments. Forms for SSS and Philhealth payments are available from SSS offices. Payments are due on the 5th day of the following month, e.g., 5 February for the month of January.

Quarterly report forms

Your SSS payments have to be registered at the end of each quarter (March, June, September, and December) with the SSS office. This is done by filling in the Contribution Collection List R-3, and submitting it and your Special

Bank Receipts to your SSS office. If you fail to submit this form, your SSS payments will not be credited to your helper(s) account(s) and they will not be able to claim any of the benefits.

Philhealth

Philhealth payments are processed in a similar way, paying at the bank (form ME-5) and then submitting the Employer Quarterly Remittance Report (RF-1) to the Regional Health Insurance Office (RHIO).

Keep records of all payments, and duplicates of all forms after they have been processed and stamped by the SSS or RHIO.

IRRI ID cards

All helpers working in IRRI housing should have IRRI ID cards. These are issued by the IRRI Security Office. If an employee stops working for you, make sure to get the ID card back and return it to Security.

Checklist for hiring helpers

Make the following items absolutely clear when you agree to hire someone:

- what you expect the helper to do (job description);
- what the salary is and when you will pay it;
- hours of work;
- what days off and which holidays you will give;
- whether or not you will pay extra (and how much) to helpers working on holidays or to daily helpers who work overtime;
- whether you will pay the entire SSS (Social Security) contribution, or deduct the employee portion from their salary;
- whether you will provide additional medical coverage or pay for medical costs in addition to Philhealth;
- what your views are on pay raises and when they will be given;
- whether you will give interest-free loans and if there is a maximum amount you will lend;
- what food or allowance you will provide;
- what toiletries you will provide;
- how you feel about lateness or not showing up for work for whatever reason, and how you expect your employee to contact you in these cases;
- how you expect the employee to react to your children, including disciplining; and
- when the employee can take annual leave.

Housing and utilities

You may be assigned IRRI housing in accordance with the policies that relate to your position, or you may choose to live in private accommodation. Check your policies and guidelines for information regarding IRRI housing.

Renting private accommodation in Los Baños

Finding accommodation

Apartments and houses for rent are advertised on notice boards around UPLB and IRRI, in shop windows, and on the properties themselves. There are generally plenty of two-bedroom apartments without gardens available. Three-bedroom houses with gardens are harder to find, and word-of-mouth or knowing the departing tenants is usually how you find these.

Houses and apartments are available for rent in all subdivisions and around the UPLB campus. Consider the distance to the main road when choosing a house, particularly if you don't plan to buy a car or motorbike. What seems like a short walk can become much worse when the roads are muddy and you are laden with groceries. Jeepneys will make special trips into the subdivisions for an extra, negotiated charge, but you may not want to do this every time you need to go shopping.

Some landlords ask to be paid in US dollars. It is usual to pay a deposit of one to three months' rent, which is reimbursed when you move out. If you have to wait for the house or apartment you want to be vacated, make a down payment to ensure that you get it.

Keep receipts for any down payment, deposit, and all monthly rent payments.

Furnishings

Most houses and apartments are rented fully furnished, and should contain at least a refrigerator, gas cooker (stove), and electric fans as well as furniture. If your apartment is unfurnished, or only partly furnished, there are furniture stores in Los Baños and nearby towns, as well as Manila. Waltermart in Calamba and Biñan will deliver for a fee.

Contract, insurance, and maintenance

Insist on a written contract, notarized by a lawyer. Points to remember include:

- Garbage—find out from the landlord what you should do with your garbage.
- Garden—make sure that your rent entitles you to use the garden if there is one. Ask about any fruit trees; some landlords won't allow you to pick the fruit.
- Inventory—make sure you have a complete inventory of what the landlord is providing in the way of furniture and appliances. This should be signed by you and the landlord in the presence of a lawyer, ideally at the same time as the contract is signed.

If you rent a furnished house, the insurance of furnishings and appliances should be discussed with the landlord and covered in the contract. Find out who will replace any stolen appliances and who is responsible for paying for repairs.

It is sensible to have your own belongings insured. Make a list, including serial numbers where applicable, and take pictures of things such as camera, TV, stereo, and jewelry. Keep this list in a safe place. Find out from your insurance agent what the requirements are when making a claim—it may be necessary to produce the original receipt or other proof of ownership. For jewelry, you may need a valuation certificate from a jeweler.

Maintenance for the house is normally the landlord's responsibility, but if the garden is included in your rent, you may be responsible for its upkeep. Don't move in until all promised repairs have been made. Repairs that should be covered by the landlord include replacing window screens, fixing leaks, mending toilets, etc. You should take care of any minor repairs yourself and deduct the cost from the next rent—there should be a section in the contract stating that you are allowed to do this (again, don't forget to get receipts).

Water

The water supply is provided by the Laguna Water District, with offices near Bayan. Water supply may be unreliable, particularly during the dry season. In some places, it goes off when there is a power cut. Supply varies from subdivision to subdivision, so ask your landlord what to expect. Large water containers, e.g., plastic dustbins, should be used to store water so you have some available if the supply goes off. During long water shortages, e.g., during and after a typhoon, water trucks will deliver water and their scheduled times of delivery will be announced. Make sure that you always have at least one day's supply of boiled water for drinking. Bottled drinking water is readily available in Los Baños, and some outlets will deliver.

Some houses have their own wells. If so, ask how deep the well is (it should be at least 20 m) and have the water analyzed; the Laguna Water District office can arrange this.

Boil all water used for drinking and for making ice.

Electricity

All houses have 220-volt outlets. Some have 110-volt outlets as well. The frequency is 60 Hz, which is not suitable for some foreign appliances. The current is not steady, so if you have a computer, you will need an automatic voltage regulator (AVR) or uninterruptible power supply (UPS). The UPS has a battery which gives you time to save your work and shut your computer down if the power goes off. Both of these items are available in computer stores in Los Baños.

Power cuts, known locally as “brownouts,” occur from time to time. Always have flashlights, candles, and matches available and easy to find in the dark. Fluorescent emergency lights are useful, and if kept permanently connected and switched on, they will come on automatically when the power goes off. Kerosene or gas lanterns are available, but are a fire hazard and should be used with care. Sensitive appliances should be unplugged when the power goes off, because it often comes back on with a surge that can cause damage. A refrigerator may stay cool for up to 24 hours if you open it as little as possible.

Living in a humid climate

The humid climate means that mold grows rapidly on just about anything, especially in the rainy season when the humidity is highest. Leather shoes and belts should be cleaned regularly, and preferably kept in a closet with a light bulb inside that is left switched on permanently. Bleach kills mold on walls and floors. Damp or sweaty clothes should be washed immediately, and also stored in a closet with a light.

Dehumidifiers keep moisture levels down, but these are expensive. Cameras and lenses can be kept dry by storing them in large, sealed containers (plastic lidded boxes work well) with a desiccating agent like silica. Small containers of desiccating agents are available in the South Supermarket in Los Baños and large supermarkets in Manila; they should be changed when they become waterlogged.

Medical services

Medical care

Medical care is provided by both private and public hospitals. Three private hospitals (Los Baños Doctors Hospital, St. Jude Family Hospital, and Estacio's Clinic) and about 18 private medical and dental clinics serve the needs of town residents. The UPLB Health Service is government-run and caters primarily to UPLB staff and students. There are several large hospitals in Manila, including Makati Medical Center, St. Luke's (Quezon City), and Manila Doctors' Hospital.

Doctors

Lists of health care centers and professionals in Los Baños and Manila commonly used by expatriates can be found in the Appendices. Lists of doctors in Manila can be found in the *Hospitality International Guide* in the IRRI library or obtained from hospitals. Your embassy may also have a list of doctors in Manila.

Most doctors see patients on a first-come, first-served basis, and making an appointment is not standard practice. If you want to see a doctor, go to their office and put your name on the sign-up sheet that will either be on the door or with the receptionist. You can then wait until your name is called, or ask how long it will take and come back at about the right time. Emergency cases should be taken straight to the emergency room of a clinic or hospital.

During a consultation, the doctor will be happy to answer any questions you might have, but won't necessarily give you any information that you don't specifically ask for. Being prepared with a list of questions before you go helps you to get all the information you need.

Make sure to get receipts for consultations, examinations, treatments, and prescription drugs to be able to claim on your medical insurance. Pharmacies will give an official receipt, in addition to the till receipt, if you ask for one.

Hospitalization

If you have to go to hospital, it is advisable to have your spouse, another family member, or a companion go with you. In the Philippines, standard nursing procedures do not normally cover the patient's basic needs, it is assumed that these will be met by their family. In a nonemergency situation, when you know when you will be going into hospital, you have time to pack accordingly and should remember to take towels, soap, shampoo, and other toiletries, drinks, snacks, and even a kettle and supplies of tea or coffee if you want. Extra clothes are advisable if you will be in an air-conditioned room. Hospitals usually provide food for patients, but it may not be the kind of food you like, so your companion may be responsible for bringing in food. If you can't have a family member or friend look after you in hospital, you may want to contact your embassy to see if they can provide alternative care arrangements. The In Touch Foundation (893 1893) may also be able to put you in contact with a group of volunteer nurses. If you are going into hospital to have a baby, you should bring a large supply of sanitary pads with you.

In an emergency, try to get to hospital without calling an ambulance if you can, as it may be quicker. Again, you should try to have someone accompany you if possible. Check that you know the best way to get to the nearest emergency department before the need arises.

Letter of authorization

It is wise to make arrangements regarding emergency medical care for your children if both parents are traveling. A letter of authorization for whoever is responsible for your children during your absence will allow them to make the necessary decisions should a medical emergency arise. An example of an authorization letter is given below.

To whom it may concern

We the undersigned ...(parents)..., being the parents of ...(child's name)..., do hereby authorize any physician licensed to practice medicine in ...(city/country)... to provide any medical or surgical treatment to our ...(son/daughter)..., ...(name)..., during the period from to, upon the written authorization of any one of the following individuals: ...(list name, address and telephone number for more than one person—friend, neighbor, colleague, helper, etc.).

It is the intention of the undersigned that our ...(son/daughter)... be afforded all necessary medical and surgical treatment necessary during our absence from ...(city/country)...

...(father)...

...(mother)...

Adapted from McKay, Virginia L. *Moving abroad: a guide to international living.*

Blood banks

RH negative blood is extremely rare among Filipinos. The American Association of the Philippines (tel: 892 5198, office hours Monday to Friday) has a list of possible donors and coordinates with various other organizations in Manila that keep donor lists. The American Women's Club maintains a record of their members' blood types and of those willing to donate. Call them at 817 7587 for more information. There is no guarantee that volunteer donors will be available, and blood must sometimes be obtained from Hong Kong. For those having scheduled surgery, it is common to find blood donors among friends and colleagues, or have your own blood stored in advance.

Prescription drugs

Many prescription drugs are available over the counter in the Philippines. They are often dispensed without packaging or instructions, so you should make sure you understand the doctor's instructions when he gives you a prescription. You can ask to see the drug information sheet for the medicine you will be taking when you go to the pharmacy. Most medicines in tablet form can be sold one tablet at a time, so you should specify if you want to buy the whole prescription at once. The same is true for liquid medicine—you may need to buy two or three bottles to fill the prescription. Check that the medicines dispensed are the correct dosage, and match the prescription. Philippine law specifies the use of generic or nonbrand name medicines, so what you get from the pharmacy may not have the same name as the one on the prescription. It may be helpful to consult a reference book on drugs, for instance, the *Physician's Desk Reference* book, if you want more information.

Having a baby in the Philippines

Expatriate mothers-to-be generally prefer to give birth in one of the larger hospitals in Manila, such as Makati Medical Center or St. Luke's Hospital, where facilities are extensive and modern. Gynecologists and obstetricians (often female), and pediatricians are available both in Los Baños and in Manila (see Appendix). Lamaze classes are available and fathers are usually welcome to witness the birth of their child.

Hospital certificate of live birth

The hospital certificate of live birth includes the names of the baby, father, and mother, and must be signed by the attending obstetrician. Parents and baby may not leave the hospital until this form is completed. The hospital

gives a carbon copy of the registration to the parent, and sends the original to the Local Civil Registrar for the birth to be registered in the Philippines.

Philippine registration of birth

The original hospital certificate of live birth will be sent to the nearest Municipal Hall, where it is entered into the records of births, e.g., Makati Municipal Hall if the birth was at Makati Medical Center. The Local Civil Registrar will issue the registration certificate for your child, which can be picked up at the Municipal Hall a few days after the birth. You or your authorized representative can pick up this document.

Birth certificate from embassy, passport, and visa

Expatriates having a baby abroad must register the birth with their embassy and receive a notarized birth certificate. The Philippine birth registration certificate will be needed for this. The papers needed to obtain a passport for a new baby vary. Call your embassy before registering the child's birth and requesting a passport, so you know what to bring. Some embassies require originals of the marriage certificate and birth certificates of parents, and will not accept copies. When the child has been issued a passport, they will need a Philippine visa. The child will not be allowed out of or back into the Philippines without this visa.

Health notes

Newcomers from temperate countries are often worried that living in the tropics can be a health hazard. There are indeed diseases and risks not encountered in cooler climates, but few families find health issues to be a major factor in their daily lives. A common-sense approach to cleanliness and prevention is sufficient to nullify most health risks. The following is based on the materials listed in the References section, and provides basic health information for potential problems.

The information below is not intended to replace your doctor, who should always be consulted when health problems arise.

Cholera

Cholera is caused by the bacteria *Vibrio cholerae* and *Vibrio ElTor*. It is usually contracted by drinking water contaminated with feces. The great majority of people infected with cholera bacteria do not fall ill, or only suffer mild diarrhea. A lack of basic medical facilities is usually the reason for the high death tolls of cholera outbreaks in some less-developed areas. Vaccination

against cholera gives only limited protection; ordinary precautions such as boiling drinking water are more important in preventing cholera.

Dehydration

Dehydration can happen quickly in tropical climates, and in children this can be extremely dangerous. Thirst is not a good indicator of when you need to drink, as you are already starting to become dehydrated if you feel thirsty.

The symptoms of dehydration in an adult include dry skin, weakening muscles, and dark-colored urine. In a small child or baby, symptoms include continuous thirst, depressed fontanel (the soft spot on the top of a young child's head), and the baby feels cold to the touch.

Rehydration drinks are more beneficial than plain water in cases of dehydration. Serious cases require intravenous rehydration. The victim should be taken to the emergency room of the nearest hospital or clinic.

Rehydration drinks

- Pedialyte—liquid for children, available from pharmacies and Los Baños Doctors Hospital (LBDH)
- Oral rehydration salts (e.g., Hydrite)—tablets that are dissolved in water, available from pharmacies and LBDH
- Gatorade, Powerade—'sports' drinks, sold in grocery stores
- Home made: 1 liter boiled water, 2 tbsp sugar or honey, salt and baking soda

Remember to drink a lot of water to avoid dehydration—it is especially important that young children be reminded to drink, and that babies are given more fluids than in cooler climates.

Dengue, or 'H', fever

Dengue fever is also known as hemorrhagic, or 'H', fever. The dengue virus is transmitted by the *Aedes* mosquito, which feeds during the day, and causes acute illness. Symptoms include a high fever, which rises and falls for up to 10 days; headaches; muscle, back, and joint pain; slow pulse; and the appearance of a red rash on the third day. Symptoms are similar to those for some other conditions, and should be confirmed by blood test.

A few cases of dengue fever have been reported in Los Baños. The treatment consists of rest, relieving the symptoms, and careful monitoring of blood plasma levels. A patient with dengue fever should NOT take aspirin, as this could aggravate hemorrhagic bleeding. Tylenol or paracetamol can be taken to relieve the fever.

Diarrhea

Everyone who lives or travels in the tropics contracts diarrhea from time to time. Most stomach and diarrheal complaints come from drinking water contaminated with amoeba or bacteria. Diarrhea can be caused by gastric infections, food poisoning, a parasite (giardia, amoeba), bacteria (shigella or other), or virus (rotovirus), usually transmitted through contaminated water. In children, diarrhea may also be a sign of an infection elsewhere (ears, throat, urinary system, measles).

The most serious effect of diarrhea is dehydration, which can happen very quickly in hot climates (in a matter of hours), especially in small children. Rehydration drinks should be given to those with diarrhea. If a child experiences a lot of vomiting and/or diarrhea and cannot keep fluids down, go immediately to the emergency room of Los Baños Doctors Hospital, St. Jude's Clinic, or Estacio's Clinic, all on Lopez Avenue, and ask for intravenous rehydration (IV). An antiemetic drug (Plasil) may be given through the drip as well.

Diarrheal diseases are still the leading cause of death in children in the tropics.

Local drug stores stock all necessary antiamoeba and antibiotic medicines to combat diarrhea. Antidiarrhea drugs, such as lmodium, can be taken in cases of mild diarrhea if essential (e.g., if the victim has to travel), but should not be taken by patients with high fever or dysentery (blood and mucus in the feces).

Fevers

Fevers can be symptoms of many illnesses. Slight fevers can often be dealt with at home, but anything more severe normally requires medical treatment [37 °C = 98.4 °F (normal); 38 °C = 100.4 °F (slight fever); 39 °C = 102.2 °F (fever); 40 °C = 104.0 °F (high fever)].

Recovery diet for simple diarrhea cases without fever or blood in feces:

- Day 1 unsweetened black tea only for first 24 hours, rest, up to 10 charcoal tablets
- Day 2 tea with added salt, fruit juice, soup, apple sauce, porridge (oatmeal, avoid milk)
- Day 3 drink a lot (soft drinks at room temperature), toast with salt, pudding, soft-boiled egg
- Day 4 add boiled vegetables, bananas (should be feeling much better by now)
- Day 5 slowly get used to normal food again, but avoid greasy food for several more days.

First aid

The IRRI Safety Office runs first aid and cardiopulmonary resuscitation (CPR) courses for IRRI staff and dependents.

First aid and basic medicine kit

Adhesive tape
Antibiotic disinfectant ointment or cream
Antihistamine cream
Antiseptic ointment or cream
Aspirin or paracetamol (Acetaminophen, Tylenol)
Calamine lotion
Cotton wool, cotton buds
Disinfectant (e.g., Betadine, Physohex)
Imodium or other diarrhea medicine
Insect repellent (e.g., Citronella, Off, Cutters)
Lanoline or petroleum jelly (e.g., Vaseline)
Oil of cloves (for toothache)
Oral rehydration tablets (e.g., Hydrite, Glucolyte, Pedialyte)
Peroxide
Plasters (Band-Aids) and bandages
Scissors
Sterile gauze squares
Talcum powder
Thermometer
Tweezers
Water purifiers (e.g., Puritabs, use as directed when it is impossible to boil water)

Remember to check medicines regularly and replace those that have passed their expiration date. Check with your doctor for alternatives if you are allergic to any medicines.

Heat exhaustion/heat stroke

High temperatures and high humidity can lead to heat exhaustion and/or heat stroke, particularly if you are unaccustomed to a tropical or subtropical climate. The hottest months are April, May, and June, and temperatures in Manila can reach 40 °C or 104 °F. The wettest months are July to November. Wearing cool cotton clothes, avoiding heavy exercise in the middle of the day, and drinking lots of fluids will help you adjust in a few months.

Signs of heat exhaustion include headache, dizziness, confusion, loss of appetite and nausea, sweating, pale clammy skin, cramps in the limbs or abdominal wall, and rapid, weakening pulse and breathing. Signs of heatstroke are not the same—skin becomes hot and flushed, pulse is strong and rapid, sweating stops, the victim becomes restless and confused, and his/her ability to respond to simple questions deteriorates rapidly. Heat exhaustion can lead to heatstroke.

Heatstroke is an extremely serious condition; it can occur quickly and may cause unconsciousness in a few minutes. If you suspect heatstroke, you must start to cool the victim down immediately by wrapping him/her in a damp blanket, sponging with tepid water, or fanning if no water is available, and call a doctor straight away. Maintain cooling until body temperature reaches 38 °C/100.4 °F (under the tongue) or 37.5 °C/99.5 °F (under the armpit), and check frequently afterwards to make sure the temperature doesn't rise again.

Hepatitis (jaundice)

Hepatitis A in all its forms is fairly prevalent in the tropics. It is caused by a viral infection of the liver and is transmitted through eating contaminated food (often shellfish). It is not treatable with antibiotics. Recovery demands a long period of rest. Gamma Globulin injections offer some protection for a short time. Active immunization with hepatitis A vaccine is recommended for extended coverage.

Hepatitis B is widespread in Asia. Transmission of the virus occurs through body fluids, including sexual contact, contaminated hypodermic needles, ear-piercing or acupuncture equipment, and contaminated blood transfusions. A vaccine is available.

Malaria

Malaria is transmitted by mosquitoes that feed, or bite, between dusk and dawn. Symptoms include very high fever, chills, muscle aches, and drenching night sweats. You can take several steps to prevent yourself being bitten, such as wearing clothes that cover as much of the body as possible, having fly screens on all open windows and doors, and using insect repellants (coils, sprays, lotions).

Malaria is found throughout the Southeast Asian region, but is not normally found in Los Baños and Manila. Malaria prophylaxis is therefore not considered necessary in Los Baños or Manila, but you may need it when traveling to rural areas in the Philippines, and particularly on the island of Palawan, where *Falciparum* malaria is prevalent. Check with your doctor if you intend to travel to a potential malaria zone.

Poisoning

Minimize the risk of accidental poisoning by making sure that your household staff, including gardeners, do not transfer dangerous liquids such as insecticides or bleach into other containers. Victims of poisoning should be taken to hospital immediately. Do not attempt to induce vomiting, as the poison may damage the esophagus and mouth.

Rabies

Rabies is present in the Philippines, and is transmitted by warm-blooded animals, such as dogs, cats, bats, rats, and monkeys. All household pets should be vaccinated against rabies, and unknown dogs and cats should not be handled. Animal bites should be washed with large amounts of soap and water, and the victim should see a doctor as soon as possible to determine if rabies and tetanus toxoid vaccinations are necessary. If it is outside normal clinic hours, go to an emergency room. Untreated rabies is almost always fatal.

Respiratory infections

Allergies and asthma are common. Asthmatic reactions are most severe when trees are flowering and in the mold-producing rainy season. Bronchial infections and accompanying ear infections tend to last a long time in children and adults alike. Antibiotics are prescribed in almost all cases. Los Baños drug stores and clinics have antiasthma ventilators, inhalers and medicines, ear drops, and antibiotics. Hospitals and clinics generally have nebulizer machines, but asthma sufferers may want to bring one with them to the Philippines.

Skin infections

Scratches, mosquito bites, and open wounds heal slowly in wet heat, and are prone to infection by both fungi and bacteria. Open skin wounds should be treated with antibiotic cream and/or antifungal cream to prevent tropical ulcers (bacterial infection of the wound) from forming. Head lice are a mild problem among children from time to time, but are easily eliminated with a special shampoo.

Snake bites

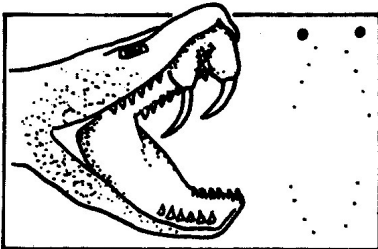
Most species of snake found in the Los Baños area are not poisonous. If you are bitten by a snake, you can see if it was poisonous by looking at the bite mark. Poisonous snakes have two fangs which leave clearly visible marks where the poison is injected, and there may also be marks from smaller teeth. Bites from nonpoisonous snakes leave two rows of teeth marks with

no fang marks. Do not try first aid methods such as sucking or cutting the wound and applying a tourniquet—these could do more harm than good. It is best to put a tight bandage around the bitten limb above the wound (between the bite and the heart), and go as quickly as possible to a doctor or emergency room. If it is possible to catch and kill the snake, you should take it with you for identification. Antivenin is kept at the IRRI clinic, tel: 536 2701-2705, local 297 or 638.

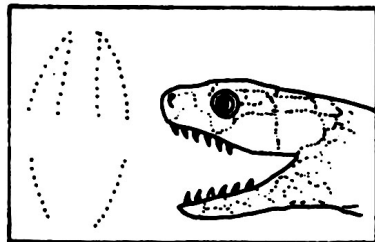
Avoiding snake bites

- Use a torch or flashlight when walking in the dark.
- In areas where there might be snakes, wear shoes and long trousers to minimize exposed flesh.
- Use a stick when walking through tall grass or thick undergrowth to beat in front of you.
- Don't reach into dark places or confined spaces without first checking for snakes.
- Don't disturb snakes in places where they typically rest or hide—under stones or wood, in long grass, under shrubs, in holes.
- Keep your house free of rats and mice.
- Keep the grass around the house short—snakes don't like open spaces.
- If you see a snake, keep still and quiet and give it a chance to get away.

Fang marks



Poisonous: marks of two fangs clearly visible; sometimes other little marks from teeth visible



Nonpoisonous: No fang marks; only two rows of teeth marks visible

Tuberculosis

Tuberculosis is common in the Philippines. BCG vaccinations are given routinely, and newcomers should consider having their families vaccinated if in doubt—many countries no longer include BCG vaccinations in a child's regular immunization schedule.

Typhoid and paratyphoid

Typhoid is caused by *Salmonella typhi* bacteria, and is contracted from contaminated food, water, or milk. Symptoms vary from person to person, and may include vomiting, cough, headaches, persistent fever and chills, weakness, abdominal pain, diarrhea, constipation, and loss of appetite. A rash may appear in the second week, along with dehydration, weight loss, and a slowing of the pulse. You should see your doctor immediately if you suspect that you or a member of your household has typhoid. A vaccine exists that provides moderate protection, and is available in tablet form. Prevention should also include making sure that anyone preparing food washes their hands frequently, being careful to drink only safe water, and buying pasteurized milk products.

Paratyphoid is caused by *Salmonella paratyphi* A, B, or C. It can only be differentiated from typhoid fever by a bacteriologist. Paratyphoid can be serious, but is easily treated by a doctor.

Vaccinations

Routine vaccinations (such as tetanus, MMR, etc.) should be kept up to date, and are available in Los Baños.

In many countries, the BCG vaccination against tuberculosis is no longer given routinely. Tuberculosis is prevalent in the Philippines, so you should consider having your family vaccinated. A booster dose of polio vaccine may also be advisable.

Hepatitis A and B are widespread and vaccines are available. Typhoid vaccine is also available locally, as is rabies vaccine.

Always check with your doctor to find out what the latest recommendations are.

Water and food

Contaminated drinking water is the most frequent source of bowel infections.

All water for drinking and making ice should be boiled, even water that has passed through a filter, as this may not have removed all the microorganisms.

Filter appliances must be cleaned regularly and the filters replaced. Bottled water is available in local supermarkets and grocery stores. There are outlets that sell purified drinking water in larger containers, and who will deliver to your home.

Food is safest when boiled or well fried. Raw vegetables and unpeeled fruit are often a source of infection. Wash everything thoroughly in safe water. Bacteria multiply fast in tropical conditions, so food should not be left out for long periods of time. Leftovers should be refrigerated quickly, and brought completely to a boil when being warmed up.

Worms

Threadworm (1 cm long, white, very thin) and roundworm (20–30 cm long, pink or white) are common. Often, adults don't realize that they have worms. Children may complain of discomfort, indigestion, weakness, or itching. Deworming medicines, such as Combantrin or Qantrel (tablets for adults and liquid for children), are readily available. Hookworms can be picked up when walking barefoot on ground contaminated by feces. Heavy infections of hookworm can cause anemia, but without reinfection from outside, hookworm infection goes away by itself eventually.

Religious services

In and around Los Baños

Baptist

Evangelical Baptist Church, Mount Halcon Street, Umali Subdivision, Sunday 8:30 am.

Roman Catholic

In English: St. Therese Parish Church, Silangan Street, UPLB campus. Masses are held daily as follows: Monday through Saturday 5:45 am and 5:30 pm, Sunday 5:45 am, 7:30 am, 9:00 am, and 5:30 pm and 7:00 pm.

In Tagalog: San Antonio de Padua, Lopez Avenue, (near Crossing), Sunday mass 6:00 am, 8:00 am, 9:00 am and 4:30 pm, 6:00 pm, 7:00 pm, Weekdays 6:00 pm.

Interdenominational

Church Among the Palms, Kanluran Street, UPLB Campus (next to Christian School International), Sunday 7:30 am and 9:30 am, 6:00 pm (Vespers).

Moslem

Islamic Center, Mount Banahaw Street, Umali Subdivision, prayer times and names of officiators posted on door, Friday morning prayer meeting.

Seventh Day Adventist

Tagalog services in Los Baños, Calamba, San Pablo, and Bay.

Presbyterian

Church of Los Baños, behind Morning Star Montessori on Agapita Street, Sunday 10:00 am.

In Manila

Sikh

Indian Sikh Temple, 1350 United Nations Avenue, Manila, tel: 564 2088, 564 2089.

Judaism

Beth Yaacov Synagogue, Tordesillas cor. de la Costa St., Salcedo Village, Makati, tel: 815 0263 or 65.

Jewish nonorthodox bible school, tel: 897 1846 (Juju Rapaport).

Seventh Day Adventist

English services in Pasay City, Manila.

Interdenominational

Union Church* of Manila, Rodriguez cor. Legaspi Street, Legaspi Village, Makati, tel: 892 1631 to 35, fax 818 0362.

*The Union Church is under reconstruction as of April 1999. Until the new building is completed, Sunday services will be held at Francisco Santiago Hall, PCI Bank Tower I, Makati Avenue cor. H.V. de la Costa Street, Salcedo Village, Makati. Times of services are: Contemporary 8:30 am, Traditional with Choir 10:15 am, Family 12:00 noon. The Union Church offices, library and Drop In Center will be located at the 27th Floor of the Trafalgar Plaza, 105 dela Costa Street, Salcedo Village, during the construction. Contact numbers at this temporary address are 811 8225 to 20, Fax 811 8269. Sunday School classes will be held in Trafalgar Plaza at 8 am (nursery through grade 2), 9:45 am (nursery through high school), and 8:30 am and 10:15 am (adult).

Japanese and Korean services are also held in the Union Church.

Security

Household security

Unfortunately, burglaries are as common in Los Baños as anywhere else. Most houses are equipped accordingly with double locks, and metal grills on the windows. Ask your landlord to install these before you move in if they are not already there.

Make sure that your helpers understand not to let strangers into the house when you are out—even if they say they have come on your instructions (for instance to take an appliance for repair, which is a typical way of stealing something). Doors should be kept locked at all times, even when the house is occupied.

Sliding doors can be opened from outside by removing the rubber lining. This can be prevented by placing a length of wood in the tracks inside, so that the door cannot be opened without removing the wood. Stationary glass doors can also be removed quite easily, so they should be fixed securely to the frame.

Security tips

- Keep outside doors locked at all times, even during ‘casual’ absences, such as when you are working in your garden or visiting a neighbor.
- Never label house (or car) keys with your name and address.
- If you have a door or window lock in the house that requires a key to unlock it from the inside, make sure that the key is accessible in the event of a fire, BUT also that it cannot be reached from outside through a broken window or screen.
- Keep carport and outside lights on all night.
- Keep important papers, bank statements, checkbooks, passports, cash, and jewelry in a locked place.
- Keep a flashlight and spare batteries by your bed in case of power cuts, and in at least one other place that is easy to find in the dark.
- Always tell your helper where you are going if you leave the house.

Personal security

Personal security is generally a matter of common sense wherever you are in the world. Local newspapers sometimes report that unwary tourists in Manila have been drugged and robbed by the so-called “Ativan” gangs. One or two members of the gang (often a ‘parent and child’, or ‘grandfather and grandson’ to make them look more authentic) approach and befriend the intended victim and either offer him/her a lift or invite him/her for a snack or drink. The intended victim is given a drink laced with Ativan, a sleep-inducing drug, and wakes up several hours later in a secluded location, without cash, valuables, credit cards, etc. Confidence tricksters such as these have to be very convincing to succeed, so beware of befriending strangers, however well-dressed and personable they appear to be.

- Don’t accept lifts from strangers, even if they produce official-looking badges.
- Don’t accept drinks or food from strangers.
- Don’t walk around with your handbag or purse open or easily accessible.
- Avoid wearing expensive jewelry in public.
- Don’t leave your car unlocked.
- Be wary of offers to guide or show you around, especially if you are on your own.

Security units

IRRI security looks after the Institute and IRRI housing areas. Call IRRI 444 or 316 in an emergency.

There are two other security units in Los Baños. The municipal police (tel: 536 2520), under the Philippine National Police, has jurisdiction over crimes committed in the town. The University Police Force (tel: 536 2255), UPLB’s security unit, maintains peace and order and enforces traffic and parking rules inside the UPLB campus.

Each barangay has its own security force called ‘*barangay tanods*.’ A barangay is the smallest political and administrative unit in the country. The barangay tanods are civilians who enforce peace and order in the locality. Most subdivisions have their own tanods or guides. Some subdivisions also hire security guards.

Shopping and eating out

Los Baños is divided by two main streets—Lopez Avenue and the national highway, which intersect at the appropriately named Crossing, or Junction. Most of the shops are found along these two streets.

Unless you have highly specialized requirements, just about anything you need can be bought in Los Baños, from computers to fresh coriander. Some things are not available constantly, but supplies are generally replenished within a few days. Anything that has to be ordered, e.g., a computer, usually arrives within a week.

Business hours

Most stores are open from about 8:00 or 9:00 am to 7:00 or 8:00 pm. Some, but not all, close for lunch.

Grocery stores

There are several grocery and convenience stores in Los Baños that sell dried and canned food supplies, eggs, frozen processed meats and ice creams, juice, rice, soft drinks, beer, cleaning supplies, and millions of other small items. Tony's Grocery, on Lopez Avenue, will keep an account for you if you wish. Other grocery stores include AceR Minimart in the Vega Center near the UPLB gate; and 7-11, Grace, and City supermarkets near the market at Crossing. Olivarez Plaza and Robinsons Town Mall in Crossing also have supermarkets. Even Mercury Drug in Crossing has a grocery and dry goods section.

South Supermarket (a large supermarket chain) has a store just outside IRR1's Tabon Gate. Its opening hours are 8:30 am to 7:30 pm. Unlike the other 'supermarkets' in Los Baños, South has meat, fish, fruit, and vegetables as well as all the usual dry goods, cleaning products, etc., that are available at the other stores.

Blessie's Food Supplies on Lopez Avenue is like a miniature supermarket, in that it has meat, fish, chicken, and vegetables as well as the usual dry goods. They take orders.

There are close to 300 sari-sari stores distributed all over Los Baños. They sell anything from canned goods to dried fish to charcoal to slippers.

Markets

There are two public markets in Los Baños, one near Crossing and one in Bayan. The Crossing market is open every day from dawn to dusk. Fruits, vegetables, meat, and fish are available on the ground floor, along with plastic goods and flowers. Upstairs there are clothes, fabrics, sewing notions, and a variety of other things. It is a good idea to explore the market soon after arrival in Los Baños, and to make yourself known to vendors. You can place standing orders with some, or ask for specific cuts of meat, types of fish, etc. to be ready for you on another day. The market is safe for foreigners (but carry your money in your pocket) and the vendors are very friendly.

The Bayan market, which is open from early to late morning, is near the municipal government building on the shore of Laguna de Bay, a couple of miles from Crossing (off the national highway heading towards Calamba).

AgriCoop is a small private market beside the Raymundo gate (3-minute walk from the UPLB gate), that is open daily, from 7:00 am. It carries fish, meat, chicken, vegetables, and fruit. Various little stores and kiosks sell miscellaneous food items and snacks.

Dairy products

Milk sold in stores is UHT-treated to maintain shelf life. Larger grocery stores also have butter, margarine, cream cheese, processed cheese, and ice cream. (Not all ice cream is made from dairy products.) South Supermarket in Maahas also sells yogurt and some imported cheeses.

Non-UHT dairy products (pasteurized milk, white cheese, chocolate milk, yogurt, ice cream) are available at DTRI, the Dairy Training and Research Institute, in the Institute of Animal Science in UPLB. Fresh milk is available daily—it comes in heat-sealed plastic bags and can be frozen.

Meat and fish

Pork and chicken can be found fresh everyday in the market at Crossing or Bayan, in AgriCoop, in various small meat stalls in Grove, Blessie's, Lapitan's Meat Shop, and Monterey Meat Shop on Lopez Avenue, and at the South Supermarket. Beef is available at the market on Saturdays, and daily at Monterey and South Supermarket. Frozen meat products such as hamburgers, bacon, and hotdogs, are available in most grocery stores and Monterey. The Monterey Meat Shop will also take orders (e.g., preparing barbecue skewers or reserving special cuts). Halal meat is available from the

International Moslem Student Association (IMSA), which is associated with the Jammi al Khair Islamic Center in Umali Subdivision.

Fresh fish, shellfish, and shrimp are also available daily in the markets and at South Supermarket.

Fruit and vegetables

The markets usually have the biggest selection of fresh fruits and vegetables, but there are also fruit and vegetable stands along Lopez Avenue and the highway. Fruits usually available all the time include imported apples, oranges, and grapes, and local mangoes, papayas, and bananas. Seasonal fruits include pineapple, cantaloupe (*melon*), watermelon (*pakwan*), tangerines (*citrus*), grapefruits (*pomelo*), rambutan, jackfruit (*langka*), avocado (*abokado*), chico (*tsiko*), custard apple (*atis*), *durian*, and *lanzones*. Prices of local fruits fluctuate according to the season. Some fruit stands often sell small quantities of fresh vegetables as well.

Bread and pastries

Local bread, called *pan de sal*, is baked several times a day and sold fresh in the many bakeries in Los Baños (Jericho's, EVC, etc.). South Supermarket also carries different kinds of breads. Santis, the French Baker, La Coeur de France, and hotel bakeries in Manila sell a greater range of breads, and most of these freeze well. Mernel's along Lopez Avenue sells cakes and pastries. Dunkin Donuts and Mister Donut outlets can be found at Vega Center, in Olivarez Plaza, and Crossing.

Storing food

All fresh food should be refrigerated, frozen, or stored in airtight containers. Dry goods, such as pasta, flour, cereal, etc., should be used quickly or stored in the freezer.

Other goods and services

A broad range of specialty shops and services are available in Los Baños. While it is impossible to list every one, the following should give an idea of what you can find locally. Things change all the time, so it is always a good idea to ask your colleagues or neighbors if you can't find something.

- Appliances and appliance repair. Appliance stores are mostly found in Crossing. Try Royal Marketing and Trinity Appliance Center. Eusebio's on Lopez Avenue is an electrical/repair shop. Broken VCRs, cassette players, toasters, etc. can usually be repaired here. There are also JVC and Panasonic/National repair shops in Anos.

- Art, paper products, and school supplies. Bookshelves, Diplomat, Maces, Maya's Bookstore, STC Copy Center, Snappy General Merchandise, Richyard Merchandizing, Tony's, and others sell paints, crayons, markers and pens, computer, typing and drawing paper, school supplies and poster board, and sewing and crafts supplies.
- Beauty salons. Haircuts and manicures are very cheap and available at many places in Los Baños (Hair Centrum, Hair Exclusiv, and Mint, etc. on Lopez Ave.; Scissors and Dion's in Vega Center, Hair Gate Center in Crossing). Los Baños has a very noticeable gay community, which staffs most of the salons. Barber shops include Paolo's (on Lopez Avenue), Elmer Barbero (Agapita's), and Nap (SEARCA dormitory on UPLB campus).
- Bicycles. Another bicycle store along the national highway in Anos called 915 Bicycle Shop also sells bikes and bike parts.
- Buko pie and other goodies. Letty's has an outlet near Agapita. Original, Mitz, Letty's, Elvie's in Anos; Sheila's in Maahas, and many other stalls along the national highway carry buko pie and other native pastries and goodies, including *espasol* (a glutinous rice cake rolled in ground rice powder) and *kesong puti* (white cheese).
- Cable TV. The Community Cable Vision Company maintains an office along Lopez Avenue.
- Catering. Many restaurants offer outside catering. Riceland Cuisine and Sallimel's (IRRI cafeterias), Mother's Best Fast Food (Lopez Avenue), Cel's, UPLB Student Union Food Service.
- Clothing. Several shops and boutiques along Lopez Avenue sell ready-to-wear clothes: I01 Boutique, Kristelle's, Fleurdelis Boutique, and Galleria Ethnika.
- Computers. Several computer stores along Lopez Avenue sell computers and accessories, (including voltage regulators and UPS), do repairs, and supply Internet access.
- Construction material. Anico's hardware and De Castro Lumber on Lopez Avenue, Kalaw Enterprises, and Maquiling Lumber on the national highway sell tools, wood, cement, and most things needed for home construction and repair. South Supermarket has a hardware section.
- Craft materials. Maces on Lopez Avenue stocks a variety of papers, paints, and sewing materials. Cross-stitch supplies from Mea's Craft Closet and Mother's Best at Lopez Avenue, Simplicity (Olivarez Plaza), Mercy Singh's stall at Crossing market (upstairs), and several other stores.
- Curtains and upholstery. Los Baños House of Curtains and Boutique (on the right hand side of national highway past Crossing), Anilef Interiors (Umali Subdivision).

- Dressmakers and tailors. Made-to-order clothes are inexpensive. Pauline's (opposite Plaza Agapita), Linda's, Grover's (next to LBDH), Threads, Sheila's gowns and barongs, and Loly's Fashion (in Anos) make both men's and women's clothing. Taz, Steven's, d'Rad's, and de Jesus, do men's tailoring. All these shops are on Lopez Avenue.
- Dry cleaning and laundry. Lavandera Co. (next to Monterey Meat Shop) on Lopez Avenue, offers dry cleaning, or you can go to Manila to get clothes dry cleaned at any one of the many dry cleaners in the big hotels or shopping centers. Labada Knights near Tony's.
- Fabrics and sewing notions. At the market, Simplicity (Olivarez Plaza), Maces, Mea's Craft Closet, and Threads.
- Fastfoods — MacDonald's at Vega Center, Burger King at Vega Arcade, Jollibee (Crossing and Olivarez Plaza), Greenwich Pizza (Olivarez), and Pizza Hut (Olivarez), Chowking (Vega and Crossing), Wendy's (Crossing).
- Flowers and plants. Cut flowers are available at the markets, Rachel's, the Aning's, Farm Fresh Flowers, and Fresh Blossoms (next to Osboy's, will deliver) on Lopez Avenue. Orchids and plants are widely available at many nurseries along the national highway going towards Calamba and in the other direction towards Sta. Cruz.
- Gas stations. Caltex in Crossing, and Shell in Anos. UPLB has a small outlet at the Campus Planning Development and Maintenance Office near the College of Engineering and Agro-Industrial Technology.
- Insurance. Fortune Life has an office near Agapita; Insular Life at Anest Towers, and Prudential Life in front of LBDH.
- Legal services. The Oliva Law Offices are in Agapita Plaza. Attorney Benjamin Ilagan has a law office in Crossing. There is a Roberto Oliva Law Office in Anos.
- Medicines. Mercury Drug store at Crossing has the largest supply. There is also a Mercury Drug in Olivarez Plaza. Los Baños Doctors Hospital (LBDH) has a pharmacy, and there are two pharmacies near LBDH on Lopez Avenue (Botica Castro and Galaxy). JM Pharmacy is in Grove, while M.L. Rigor's pharmacy can be found opposite Plaza Agapita along Lopez Avenue.
- Money changers (also serve as pawn shops). Lhuiller's, Lopez Avenue (opposite Vega Center), Eleazar-Catuiras in Anest Towers, and Aguirre's pawnshop in Crossing. These shops will exchange cash in major currencies at any time (unless they are short of pesos) and travelers' checks if you present your passport and proof of purchase. You can also change dollars in local banks.
- Paper, handmade. The Los Baños rice paper factory is located on the national highway towards San Pablo, near where the railway crosses the

highway. Varying thicknesses and qualities of paper are made from rice straw, and sold as colored sheets, decorative boxes, folders, and many other items.

- Party services. Chairs and tables can be rented and balloons ordered from Osboy's and Aisa's Balloons on Lopez Avenue, and balloons from Glaiza's on the highway near 7-11. It is strongly recommended, however, that you take care with the balloons...they are filled with hydrogen and are highly flammable.
- Pet needs. Aquarium fish and small animals from Romano's Pet Shop, Lopez Avenue; just off Lopez Avenue near the UPLB Gate. Animal food and accessories are available from South Supermarket.
- Photocopying and reproduction. Black and white and acetate (transparency) photocopying or xeroxing services abound (STC Copy Center, Vega Arcade, opposite the Vega Center; Riso at Vega Center; Prints-to-go along Lopez Avenue). Color photocopies can be made in Leo's Xerox center. There are also many small "typing" offices that have photocopiers along Lopez Avenue.
- Photographic services. AGFA in Vega Arcade, Leo's in Vega Center, Kameraworld in Olivarez Plaza, develop and sell film. Leo's in Vega Center has an 'Image Magic' machine for creating, cropping, and enlarging prints. Robles Studio in Grove and Olive's Studio beside Fresh Blossoms along Lopez Avenue.
- Printing and related services. Graphoteknik Enterprises in Demarces, Delos Reyes Printing and Crown Printing along Lopez Avenue, CRDL in Makiling Subdivision, and M.M. Quintos in PV Complex (formerly Agrix).
- Shoes and shoe repair. Fely's just by the UP Gate sells shoes, Solas (Ellen's Fried Chicken building, Demarces Subdivision near UPLB Gate), and Kuya Max (also along Lopez Avenue), repair shoes. There are also several shoe stores in Olivarez Plaza (Otto, Mendrez). There is a Shoe Doctor shop in Crossing near Jollibee.
- Sporting goods. Shops in Robinsons and along the highway towards Bayan.
- Souvenir items, handicrafts, and gifts. Shapers along Lopez Avenue in Grove, and Galleria Ethnika opposite Agapita, sell various souvenirs and novelty items from locally made *barong* and UPLB T-shirts to imported batik shirts and crafts. For a wider selection, there are plenty of places for souvenirs and gifts in Manila: the Filipiniana section of any ShoeMart branch, Landmark in Makati, Tesoro's in Ali Mall, Cubao, and Makati, Balikbayan on Pasay Road or Alabang, Silahis in Intramuros or Alabang.

- Videos. VHS has become the preferred format for video tapes in the Philippines, although Betamax used to be the most common. The television and video system here is the same as the American, NTSC 3.58. (Multisystem televisions and video players are available and will play any system of tape or accept any TV signal.) There are plenty of video rental shops in Los Baños that rent both VHS and Beta tapes, Plaza Agapita, Dis n Dat (across from LBDH on Lopez Avenue). ACA, in front of Olivarez Plaza and Dis n Dat also rent out laser disks or DVDs.
- Wines and spirits. Tony's, Agapitamart, Wine Haus, all along Lopez Avenue, and South Supermarket.

Olivarez Plaza is a medium-size mall in Crossing opposite the Caltex gas station on the highway. It has various shops and stalls that sell clothes, shoes, bangles, music cassette tapes and CDs, crafts, film, appliances; it also has a bowling alley; fast food chains (Pizza Hut, Jollibee, Greenwich Pizza, Pancake House, Mister Donut, and Goldilocks), three movie theaters, and a bingo outlet.

Robinson's Town Mall near Crossing has a supermarket, Tropical Hamburger outlet, and a hardware store among others.

Eating out

There is a wide variety of restaurants in Los Baños, serving native Filipino cuisine (such as Dalampasigan on the lake next to the Municipal Hall in Bayan), Japanese (Kaijo, next to LBDH), Turkish (Anatolia Turkish Kebab in Vega Center), and Vietnamese (Phuong, opposite Monterey Meat Shop on Lopez Avenue). Fast food chains are well-represented, with local chains such as Jollibee and Chowking in Crossing, and international chains such as Padi's Point, Pizza Hut, Burger King, McDonald's, Wendy's, and Pancake House. Some of these will deliver.

Other restaurants and food stalls serving fast food and local food line Lopez Avenue all the way to Crossing. You can find 52 Gourmet Restaurant in Vega Center; Odd Balls and Little Tramp Pizza (near the Gate); Bamboo Grove, Eibrix, Shanghai Express, Micha's, Mother's Best, Ellen's Fried Chicken, Anker's, Leandro's Cafe, Cel's, Homespun, Salad Country, Langhap Sarap, Cafe Makiling, Galactic Internet Cafe, and Consuelo's along Lopez Avenue; Sizzlers in Umali Subdivision; various small food stalls at Plaza Agapita. Bertie's coffee shop near Raymundo Gate serves mouth-watering cheesecakes with coffee and tea. City of Springs beside Dalampasigan in Bayan also has a restaurant.

Shopping in Manila

Metro Manila has several major shopping areas. Shopping hours are a little different from Los Baños. Although large grocery stores open at 8:30 am, other stores don't open until 10:00 am. Stores stay open until evening (around 7:00 or 8:00 pm). Shopping hours are usually extended around Christmas.

Makati has malls, large department stores, and the major tourist hotels. ShoeMart and Landmark department stores sell everything from groceries to appliances. Many other smaller stores abound in the same area, full of both imported and local items.

Megamall is a two-block long shopping center on EDSA, about 20 minutes' drive (depending on traffic) from Makati, near the Asian Development Bank. It has hundreds of shops, a variety of excellent restaurants, art galleries, an ice skating rink, and an entire floor of video arcades, movie theaters, children's rides, and fastfood outlets.

Alabang is a more convenient shopping area, as the turn to Alabang is south of where the traffic congestion usually starts, on the South Superhighway. SouthMall Alabang, has an ice-skating rink, restaurants, and all the usual facilities in a large shopping mall. Alabang also has the Festival SuperMall, and Towncenter, which encases shops that were once 'outside' and are now connected by covered, air-conditioned pathways—still with the original outdoor paving stones. The popular Makati Supermarket has a branch here.

Santis delicatessen is a favorite with expatriates. The main branch is on Yakal Street in Makati. Santis sells imported cheese, meat, fish, wine, vegetables, canned and packaged goods, their own hams, sausages, and freshly baked breads. There are also Santis shops in Alabang (in Festival SuperMall), Forbes Park (near the Holy Trinity Church on McKinley Avenue, next to Rustan's grocery store and Starbucks Coffee), and in Tagaytay and Lipa Cities. The major hotels also have delicatessens and bake shops.

There is an Indian grocery store near the Sikh Temple on United Nations Avenue, with a wide range of spices and other ingredients for Indian cooking.

Eating out in Manila

You can eat just about anything in Manila, from a Big Mac to sashimi, to moo goo gai pan, to filet mignon, to curry, to lobster thermidor. There are thousands of restaurants and never enough time to try them all.

For more information on shopping and dining possibilities in Manila, consult the *Hospitality International Guide* or look up www.legmanila.com.

Duty-free Fiesta

Fiesta is a huge duty-free store next to the Ninoy Aquino International Airport in Manila, and is open to anyone with a ticket showing international entry to the Philippines within the last 48 hours. Diplomatic Family Days are also held a few times a year, where those with diplomatic visas can go to shop. Fiesta is chock full of imported items, selling everything from Gouda cheese to bedspreads to computer games, and is a favorite place for returning overseas workers to buy gifts for their families. It can be extremely crowded in December.

Sports and recreation

Sports

- **Aerobics and gym.** Ma Gym behind Plaza Agapita offers aerobics, weight lifting, and other instruction, as does Shapers Body Express Gym right outside the UPLB gate on Lopez Avenue. The Mari Gym Fitness Center inside UPLB on Kanluran Street near the Sacay Grand Villas, also offers taekwondo and ballet lessons. The IRRI club has an aerobics room and weight training equipment.
- **Badminton.** Badminton can be played in Baker Hall inside the UPLB campus and in the IRRI Service building across from Motor Pool after work hours.
- **Ballroom dancing.** Ma Gym, Shapers, IRRI Club.
- **Basketball.** Basketball is a favorite national sport. Baker Hall has indoor basketball and outdoor courts. There is also a basketball court on the IRRI campus, next to Swaminathan Hall.
- **Billiards.** IRRI club, Billiards@l.b, Vega Center, Game Room, Lopez Avenue. Next to basketball, billiard is now a popular pastime.
- **Bowling.** Bowling lanes can be found at UPLB (duck pins) and at the Olivarez Plaza (ten pins), in Crossing.
- **Golf.** There are many golf courses and golf clubs, both private and public. The closest golf course to Los Baños (private) is the Canlubang Golf and Country Club located in the Canlubang Sugar Estate. There is a public golf course at Fort Bonifacio.
- **Scuba diving.** The Philippines is famous for snorkeling and scuba diving sites. Excellent diving and snorkeling areas are about three hours by car from Los Baños, in the Anilao area in the province of Batangas on the South China Sea. The many (30–40) dive resorts in Anilao offer room and board and dive masters. Some recommended resorts in Anilao, Batangas include Arthur's, Eagle Point, Aquaventure, Dive Solana, and El Pinoy. You can also take a ferry from the Port of Batangas to go to the Puerto Galera area of the island of Mindoro. Dive locations farther afield (all about an hour's domestic flight from Manila) include the islands of Cebu, Bohol, and Palawan.

Certification is required for scuba diving. Occasionally, dive instructors from Manila give a course at IRRI, and announcements for

these courses come out in the IRRI announcement folders over the email or in the IRRI bulletin. Courses can be taken at many diving resorts as well. The minimum age for certification is 10. Diving equipment is available for purchase or rent in Manila, and for rent at most larger dive resorts.

- Softball. IRRI holds a men's softball tournament each March-May. Men's and women's teams compete in the annual sports day with UPLB.
- Swimming. There are swimming pools at Baker Hall, Makiling Botanic Gardens, UPLB Social Hall, at the Jamboree site, and Pook ni Maria Makiling in Jamboree. There are various other swimming and hot spring resorts along the road between Los Baños to Pansol, Calamba.
- Table tennis. College Country Club, Student Union building basement, IRRI Club.
- Taekwondo. Ma Gym, MariGym, Shapers.
- Tennis. There are tennis courts at Baker Hall (a small fee is charged for nonmembers to use these courts), at the College Country Club (for members), at the College of Forestry and Natural Resources, and IRRI (near CPS/Dorm 3). Tennis coaches are available for hire.
- Volleyball. There are volleyball courts at Baker Hall in UPLB.

Clubs and organizations

- AFSTRI is the Association of Fellows, Scholars, Trainees and Residents of IRRI. All scholars, project scientists, fellows, and trainees of IRRI are automatically members (membership is free to all eligible). AFSTRI promotes fellowship among its members by providing cultural, social, and recreational activities for members and their families. The activities include shopping trips to Manila, sight-seeing tours, movie screenings, cultural shows, sports events, and international food bazaars. It provides the opportunity to interact with people from a range of different countries and cultures. The AFSTRI spouse club is free to spouses of AFSTRI members. For information, contact the IRRI Human Resource Development Office in F.F. Hill, tel: 392).
- College Country Club membership is open to the UPLB community, at a reasonable yearly fee and monthly dues. The club has facilities for tennis, ping pong, mahjong, bridge, and chess.
- Los Baños Tennis Club membership is also open to the Los Baños community. Fees and dues are charged from members and nonmembers.
- The IRRI Club is located in Swaminathan Hall. It is open from 4:00 pm to 7:00 pm each day. Facilities include billiards, table tennis, gym with weights, TV, and chess. All holders of an IRRI ID card are automatically members of the IRRI club, at no charge. There are regular sessions for

aerobics (Monday, Wednesday, Friday), martial arts (Tuesday, Thursday), and ballroom dancing (Monday, Wednesday).

- Rotary Club of Los Baños meets every Thursday evening at Lakeview Hotel in Bayan or the Clubhouse, Sacay Grand Villas.
- Rotary Club of Los Baños Makiling meets every Wednesday noon at Balai in SEARCA Dorm.
- Suhay is a women's group, mostly spouses of IRRI staff, that works with malnourished children and other needy groups in Los Baños.
- Toastmasters meet every Thursday evening at F.F. Hill, IRRI.

There are many other clubs, sports facilities, restaurants, and excursions in and around Los Baños and Manila. Various international groups (e.g., American Women's Club of the Philippines, Japanese Club, All Nations Women's Group) meet in Manila. See *Hospitality International Guide* for more information.

Concerts, movies, and theater

D.L. Umali Hall, the UPLB auditorium, is the venue for many visiting performers, such as Ballet Philippines and the Philippine Philharmonic Orchestra. Announcements for concerts and performances are put up around the campus. Performances by local bands are usually held at Baker Hall.

Chandler Hall Auditorium and D.L. Umali Hall at IRRI are available for members of the IRRI community who wish to put on a performance, as long as the timing is cleared through the Visitor's Office. Music recitals, choral performances, AFSTRI's movie nights and annual show, and plays are often presented here.

The Olivarez Plaza in Los Baños has three movie theaters on the top floor.

Manila has many venues for concerts and theater, including the Cultural Center of the Philippines (CCP) on Roxas Boulevard, and Repertory Philippines at the Shangri-La Plaza on EDSA. More information is available in the *Hospitality International Guide*. The annual Bamboo Organ Music Festival is held in February at St. Joseph's Church, Las Piñas (tel: 828 7718 or 828 1856).

Classes

Classes in art, music, computer, and many other things are available locally or in Manila. UPLB holds short summer courses during April and May. A wide range of subjects is offered, ranging from desktop publishing and

clothing design to crop processing, tissue culture, and radio workshops for children. A brochure for summer courses is available from the office of the Vice Chancellor for Research and Extension in the UPLB Administration Building. Announcements for classes and workshops in Manila can be found in *What's On & Expat* newspaper and in the *Hospitality International Guide*, both stocked in the IRRI Library, and at www.legmanila.com.

The IRRI Library AudioVisual Learning Center (AVLC) can be used between 9:00 am and 4:00 pm, Mondays to Fridays, by anyone with an IRRI ID card. Tapes include everything from workplace skills to documentaries on plant and animal life.

IRRI holds a rice production course twice a year. An English conversation group meets regularly. There are also groups for aerobics, ballroom dancing, bowling, bridge, hiking, painting, and a book club, among others.

Transportation

Public transport

Public transport in Los Baños is provided mainly by jeepneys and tricycles. A jeepney is an open-air minibus that looks like—and indeed originally was—an extended jeep. They are usually highly decorated and adorned with colored lights, slogans, and radio aerals.

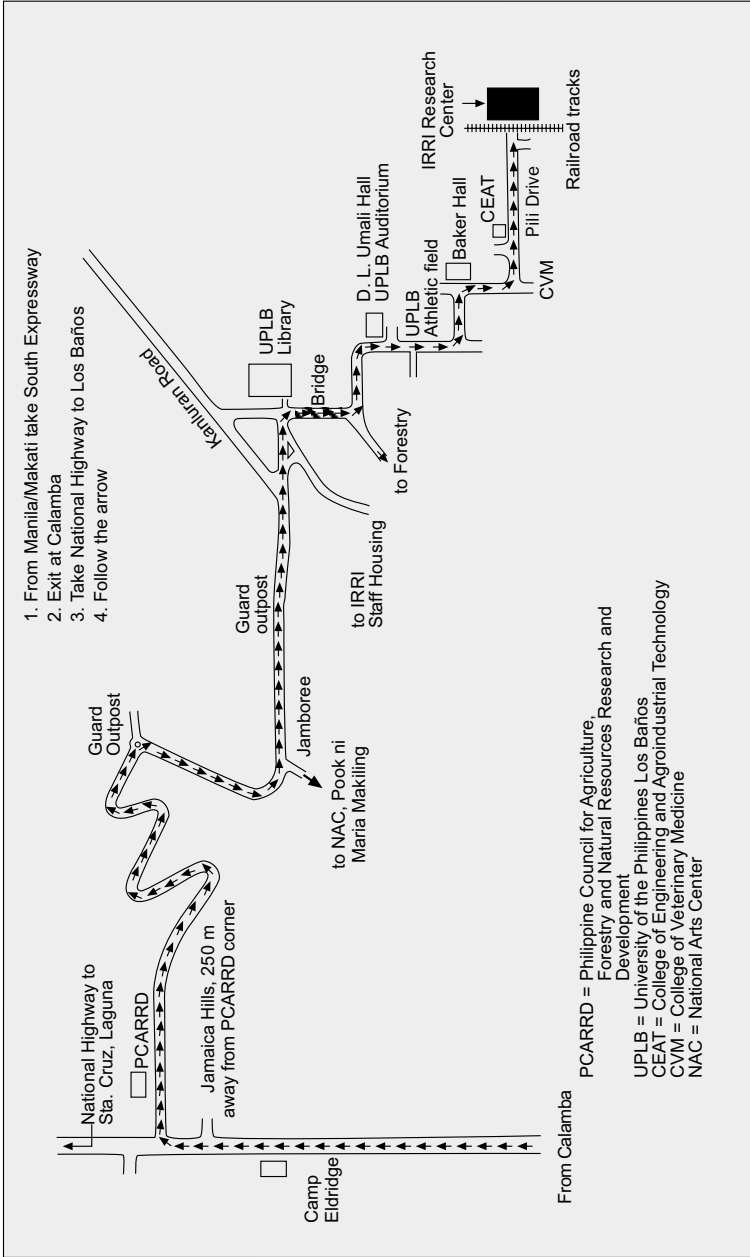
Jeepneys generally ply set routes, stopping anywhere along that route as well as regular stopping areas (often without a sign, but with a shelter to prevent waiting passengers from getting wet when it rains). Jeepneys ply the Los Baños-Calamba route (and vice versa), College-Crossing or Bayan route (and vice versa), Crossing-IRRI route (and vice versa), and Crossing-Forestry route (and vice versa). Jeepneys can make exceptions to their routes and take you to your door—a “special ride”—for an extra charge which you negotiate beforehand.

These jeepneys usually take the regular routes (national highway, Lopez Avenue, UPLB roads). Alternative routes going into the university used by private vehicles are the PCARRD-Jamboree Road (going up Mount Makiling)—take the turn just before the town poblacion going to PCARRD; the Tabon Gate at IRRI or University of the Philippines Open University near Tabon gate at Maahas; the Bay road leading to Jubileeville; or the Makban-Bitin road from Alaminos to Jubileeville.

Different areas of Los Baños have their own names—“Bayan” is the old town down by the lake, “Gate” is the area around the UPLB entrance, “College” is the UPLB campus, “Grove” covers Lopez Avenue, and “Crossing” is where Lopez Avenue meets the national highway. Inside UPLB is known as *Loob* and outside the campus is *Labas*. Forestry campus is known as *Taas*, (high) while the lower campus is called *Baba* (low).

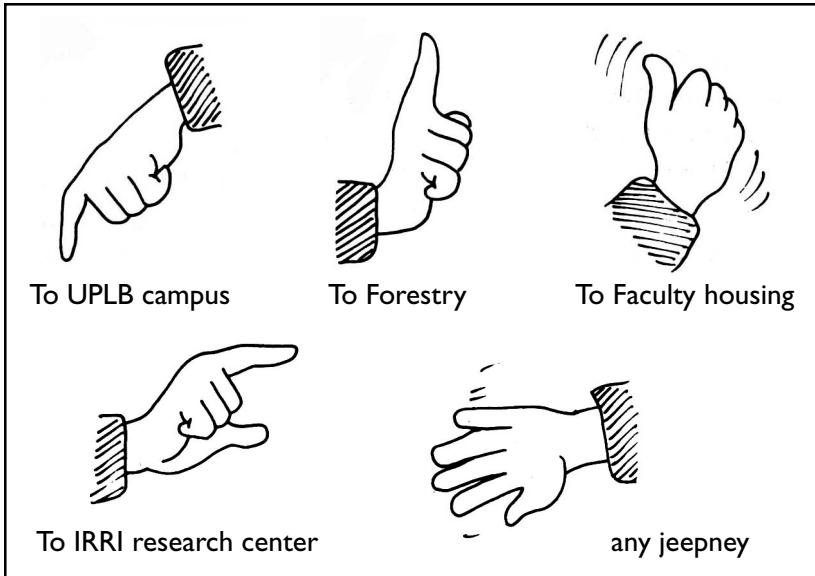
Tricycles, motorcycles with side cars, are like little taxis, in that they go wherever you want, except onto the UPLB campus, where they are not allowed. Negotiate the fare before the start of the journey.

Trolleys run on the railway tracks and you can use them to get to IRRI from as far away as Bayan, or pick one up at the highway where the railway crosses it between Crossing and the Tabon Gate. Trolleys also go from IRRI to Pleasant Village and Jubileeville.



(not drawn to scale)

Alternate route to IRR I Research Center



Buses are best for long trips, such as going to Manila or Batangas. Every bus has a sign in its front window announcing its major destination. For buses going to Manila, the major destinations are Lawton, which is near the main post office by Rizal Park; Pasay, where the buses go to their terminals on EDSA, from where it is easy to get a ride into the main shopping area of Makati or up to Megamall; and Cubao, where there are terminal(s) for buses going south (other Southern Tagalog provinces, Bicol) and north (Ilocos, Baguio). The Pasay buses are particularly convenient if you want to take the Light Rail Transit (LRT) System. The LRT has stops all along Taft Avenue and provides easy access to Ermita, Quiapo, and Sta. Cruz. The MRT on EDSA also provides a quick and cheap ride to and from Quezon City and Pasay. Catch buses to Manila in front of Olivarez Plaza at Crossing.

Buying a car

Cars for sale are advertised on notice boards around the campus at UPLB and IRRI. Check with friends if they know of any cars for sale, and at vehicle repair shops in Los Baños. If you are buying a vehicle from people who are leaving, make sure all the papers are in order before they go.

Contract

The contract is necessary to confirm transfer of ownership and should be written by a lawyer. A sample contract is included in the Appendices.

If you buy the car from a repair shop, you can ask for a guarantee on the main parts (usually 6 months to 1 year), which should be included in the contract.

Insurance

The insurance company will assist you in matters of registration, which has to be renewed once a year. Insurance fees are paid once a year.

Things to check

- Last registration paid (to avoid penalty). Otherwise, the previous owner should pay or deduct the amount from the price.
- All documents complete—registration, official receipt of registration, stencils of engine and chassis numbers.
- The car has a clearance—issued by the Headquarters of the Constabulary Highway Patrol Group, Camp Crame, Quezon City, to prove that it is not stolen. The previous owner should provide this.
- Numbers of chassis and engine are the same as those on the registration documents.
- The car color is same as that on the registration document—otherwise, you have to have an Affidavit of Change of Color, issued at the Municipality of Los Baños in Bayan.
- Don't pay anything until you are sure of all the documentation. Examples of the documents can be found in the Appendices.

Maintenance and repair

Fix the price of repairs before you leave your car at a repair shop. If new parts are needed, you are usually required to make a down payment, but make it clear you will pay the rest only if the mechanic produces the receipts for the new parts when you collect the car, and gives you the old parts that he has replaced.

When you pick up your car from the repair shop, check all easily removable items, e.g., radio, jack light bulbs, to make sure they are still there, or haven't been changed for older versions. (You may prefer to remove these items yourself before you leave the car for repair.)

UPLB sticker

To enter the UPLB campus, you need a UPLB sticker, which is valid for 1 year, otherwise you have to pay P5 for the day. To apply for a UPLB car sticker, take the registration documents of your car or motorcycle to the UPLB Police Force (Security, near the Post Office). Once the necessary forms have been completed, pay the cashier P100.

Tabon Gate sticker

To enter Tabon Gate near IRRRI, you need a Tabon Gate sticker, which is valid for 1 year. Only limited stickers are issued. To apply, go to the IRRRI Transport Office and bring your vehicle registration papers.

Driving license

Foreign licenses written in English are accepted as proof of competence to drive, and are valid for 60 days after your arrival. After that, you must obtain a Philippine driver's license if you intend to drive here. The IRRRI Transport Office will assist. If you have a driving license in a language other than English, you need to get the English translation from your embassy.

Traffic routes and parking

On weekdays, all vehicles entering UPLB gate can turn left at Silangan or right at Kanluran Road from 6:00 am to 7:00 pm, except jeepneys (public utility vehicles). All vehicles may exit anytime through the main gate.

Kanluran Road is open to two-way traffic up to 4:00 pm, Monday to Friday. A portion of it (from Agricoop to the gate) is closed to incoming vehicles from 4:00 to 6:00 pm. Motorists can enter Raymundo Gate from 6:00 to 9:00 am and 12:30 to 1:30 pm, Monday to Friday.

There are designated parking areas for UPLB staff and students. Unless otherwise indicated, private vehicles may park in designated parking areas around UPLB.

UPF personnel are deputized agents of the Land Transportation Office (LTO). They are tasked with the enforcement of the Land Transportation and Traffic Code of the Philippines in the UPLB campus, and thus they can apprehend violators and refer them to the LTO in San Pablo City or Pila, about 25 km away.

Security precautions when driving

- Ensure your car has a jack and tools, spare tire, and registration papers.
- Keep car doors locked and windows up while driving.
- Always lock your car when parked.
- Do not roll down window to give money to beggars.
- Make sure tank is always at least half full.
- Take provisions (food and water) when traveling during the rainy season, in case you are stuck in traffic due to flooding.

Buying a motorcycle or bicycle

Motorcycles are a good way to get around, especially when traffic is heavy and parking is scarce. You can buy new motorcycles and mopeds in Los Baños, or check notice boards around IRRI for secondhand ones. The insurance company will take care of the registration details.

Motorcycles are required to have a UPLB sticker to go on the campus. You must have a valid license to drive a motorcycle. A special motorcycle license is required, unless your driving license includes motorcycles. Bicycles are also a convenient means of moving around campus, but be sure to be careful as there are no bicycle lanes on the roads, and most roads on campus are only two lanes.

What to do in case of a traffic accident

If you are driving an IRRI car, you should call IRRI Security first.

1. Notify the nearest police office, police station, or municipality.
2. Do not move the vehicle until the police investigator has come to the scene. Should you be ordered by a traffic officer to remove the vehicle, take his badge number and name. Ask him to take note of the position of the cars and to give the information to the police investigator. If you have a camera, take pictures, or ask a photographer to take them. For a small tip, one of the people watching your predicament can probably find a photographer.
3. Do not make a verbal or written admission of guilt to the other party, even if you think you might be at fault.
4. Take the name and address of the other driver and/or car owner, the license plate number, the insurance policy number, and the certificate of cover.
5. Write down the names and addresses of any witnesses in either vehicle or bystanders.
6. Write down the damage sustained by the other vehicle. The location and nature of the damage may be a determining factor in the police investigation.
7. Do not surrender your driver's license to anyone except a police officer. Should a police officer take it, get his name and badge number and a receipt from him.

If there are physical injuries, refer to 1, 3, 5, and 7, and:

- Make sure you are not in danger from anyone in the crowd around the cars.
- Take the victim to the nearest medical clinic or hospital.
- Do not sign any guarantee to pay the medical or hospital bills.

Typhoons and other emergencies

Typhoons

A typhoon is a tropical revolving storm occurring in the western North Pacific. It is called a hurricane or cyclone in some parts of the world.

Typhoons are characterized by strong winds (up to 240 kph/150 mph) and rain. Twenty or thirty rainstorms that are labeled typhoons hit the Philippines each year during the 'typhoon season' from July to December, with September having the highest frequency. The high winds can blow down trees and weakly built houses, and heavy rains can cause roads to flood.

The disturbances are given Filipino women's names (in alphabetical order).

Newcomers to the Philippines are often more worried than they need to be about typhoons, and Los Baños is not as vulnerable to typhoons as other parts of the country. The biggest typhoon to hit the Philippines in 50 years passed over Luzon in November 1995. Most of Los Baños was without power for a month.

Typhoon warnings are broadcast on radio and television. Warning signals indicate what to expect.

- Signal 1 Winds with speeds of 30–60 kph/20–40 mph are expected within 36 hours.
- Signal 2 Stronger winds, between 60–100 kph/40–60 mph, are expected within 24 hours.
- Signal 3 100–185 kph/60–115 mph winds expected within 18 hours
- Signal 4 Winds with speeds greater than 185 kph/115 mph expected within 12 hours.

At Signal 1, there is usually no need for extra precautions, but Signal 2 and above mean that you should be prepared for conditions to worsen. Schools and offices will certainly be closed while Signals 3 and 4 are in force, and may be closed at Signal 2.

Most typhoons hitting the Los Baños area are NOT emergencies. However, if a Signal 3 or 4 typhoon is approaching, take the following precautions:

- Make sure that you have a supply of candles, flashlights, batteries, and emergency lights, and know where to find them in the dark, as the power will probably be cut off.

- Fill containers with water as the water supply may go off when the power goes off.
- Close all doors and windows, except for one window on the side away from the approaching typhoon (to prevent winds creating a vacuum inside the house, change sides once the eye of the typhoon has passed, as the winds will return from the opposite direction), and move everything away from the windows (rain comes in even when the windows are shut).
- Move items from verandahs and screened porches inside the house. Animals, outside furniture, potted plants, garbage cans, or other loose objects should be brought inside.
- Stay inside the house, no matter how curious you may be, and make sure children do the same. Falling branches, coconuts, and other flying objects can cause serious injuries.

Earthquakes

A devastating earthquake hit Baguio City in Northern Luzon in 1990, causing great loss of life and much damage, but Metro Manila and Los Baños are not particularly prone to earthquakes. Small tremors are felt occasionally.

In case of an earthquake:

- If outside, try to take shelter under strong structures. Beware of falling electric wires and falling debris. If you are in a hilly place, watch out for landslides and floods.
- If you are driving, slow down and stop, making sure to keep away from tall buildings.
- If you are inside and can't get out, take shelter under a heavy table or in an internal doorway. Keep away from outside walls, glass partitions, and windows. Keep away from large pieces of furniture that might fall, such as a freestanding wardrobe or bookcase, and avoid electrical installations that may have been made unsafe by the tremor.
- If you are on the coast, there is a strong danger of tsunamis, or high waves, so move to higher ground as quickly as possible.

Floods

Flooding affects traffic, especially coming out of Manila on the South Superhighway. Particularly bad floods in Manila, which occur about once every 2 or 3 years, cause major traffic jams that can last for hours. The

worst case in recent years was when the trip from Manila to Los Baños took from 2 in the afternoon to 6 o'clock the next morning, but this was unusually bad. If you are traveling during heavy rains, make sure to take some provisions with you—food and water, a blanket, a flashlight, and a first aid kit. You can buy 'jingle bags' from Mercury Drug designed for those who are stuck in traffic and are unable to reach a bathroom.

In Los Baños, Crossing can flood during heavy rains and cause traffic delays.

Fires

In case of fire, call the IRRRI Fire Brigade, local 444 or 316. The telephone number of the Los Baños Fire Department is 536-0107; Batong Malake Fire Department is 536-1395, 536-4349; and 536-2255 for the UPLB Fire Department.

Volcanoes

The Philippines is volcanically active and eruptions have been documented for centuries. Mount Makiling is a dormant volcano. The explosion of Mount Pinatubo, north of Manila, in 1991 affected the world, with clouds of ash traveling high in the atmosphere. Mayon, Pinatubo, and Taal volcanoes continue to show activity periodically. The Philippine Institute of Volcanology and Seismology monitors activity and warns inhabitants of possible danger.

Appendices

Books and Web sites

The Philippines

The IRRRI library has a good collection of books about all aspects of the Philippines, from travel guides to cookbooks, and including the very useful Hospitality International Guide. Ask at the library for their list of books and maps about the Philippines.

Information about the Philippines can also be found at these Web sites:

www.odci.gov/cia/publications/factbook/rp.html

www.lonelyplanet.com.au/dest/sea/phil/htm

www.crownworldwide.com/web/home.nsk/htm/dg-philip.html

www.legmanila.com

www.edsa.com.ph

Health

The Family Encyclopedia of Medicine and Health, The Book Company, Robinson Publishing, London, 1996.

First Aid Manual, British Red Cross, St. John Ambulance, St. Andrew's Ambulance Association, Dorling Kindersley, London, 1997.

In the tropics with children, F.G. Ory, H.W.A. Voorhoeve, J.C.M. Stigter, Royal Tropical Institute, The Netherlands, 1989.

Moving abroad: a guide to international living, Virginia L. McKay, VLM Enterprises, Wilmington, Del. USA, 1989.

Staying healthy in the tropics, J.F.M. de Groot, Royal Tropical Institute, The Netherlands, 1989.

Travel health online <http://www/tripprep.com/country/sp146.html>

Cultural adaptation

Culture shock! Philippines, Alfredo and Grace Roces, Graphic Arts Center Publications, revised edition. 1998. 248 p.

You know you're Filipino if..., Neni Romana-Cruz and Dindo Llana, Bookmark.

Understanding the Filipino, Tomas Andres and Pilar Ilada-Andres, New Day Publishers.

Philippines, Jens Peters, Lonely Planet Publications, 6th edition. 1997. 511 p.
www.culturebank.com/sepiv/realshock/sld018.htm

Los Baños

Handbook for newcomers to Los Baños, H. Oldemann, IRRI, Los Baños, 1983.

This is Los Baños, Rotary Club of Los Baños, 1975.

Los Baños Beckons, Community Survey series No. 1, Department of Social Sciences, College of Arts and Sciences, UPLB, no date.

Brief Profile, Municipality of Los Baños, Province of Laguna.

Los Baños, a practical guide for newcomers, K. Kirk and Marie-Luise Kurschner, IRRI, Los Baños, 1989.

Notes on Los Baños, Laguna, I.R. Medina, IRRI, Los Baños, no date.

IRRI

An adventure in applied science, R.F. Chandler, IRRI, Los Baños, 1982.

Annual Reports, IRRI.

www.cgiar.org/irri

UPLB and other institutions

The Mount Makiling Forest Reserve: development initiatives and management experiences, Makiling Center for Mountain Ecosystems, and Mount Makiling Reserve Area and Laguna de Bay Commission, Los Baños, 1999.

The BPI-LBNCRDC (brochure), DA-BPI, Los Baños, 1975.

Makiling Botanic Gardens (brochure), UPLB College of Forestry.

The FPRDI (brochure) and FPRDI Annual Report 1998, FPRDI, Los Baños, 1999.

Laguna GS Council (brochure) and *Golden Anniversary 1949-1999*, GSP Laguna Council, Los Baños, Laguna, 1999.

PCARRD information bulletin, PCARRD-DOST, Los Baños, 1999.

National Arts Center (brochure), NAC, Los Baños.

Museum of Natural History (brochure), UPLB, 2000.

Regional Science and Technology Center (brochure), DOST, Los Baños.

PCAMRD: setting fisheries and aquatic resources R&D directions in support of Philippines 2000 (brochure), PCAMRD-DOST, Los Baños.

Ecosystems Research and Development Bureau information brochure, ERDB-DENR, Los Baños.

Facts and Figures about Mount Makiling Forest (brochure), UPLB, Los Baños.

SEAMEO SEARCA: Southeast Asia's leader in sustainable agriculture and rural development (brochure), Los Baños, 2000.

UPLB (brochure), UPLB, Los Baños. 1999.

UPLB: a happy combination of education, science and nature (brochure), UPLB,
Los Baños.

Pook ni Mariang Makiling (handout), National Parks Development
Committee, Los Baños.

Medical services in Los Baños

The following is NOT a complete list of medical facilities and professionals in the area. It is meant only to give suggestions to newcomers who may need medical help soon after they arrive and have no time to find their own preferred care. Clinic hours may change, so check before you go if possible.

Clinics and hospitals

- Los Baños Doctors Hospital (LBDH)
Lopez Avenue
Tel: 536 0100 and 536 1825
24-hour emergency room, outpatient consultation, routine laboratory, pharmacy, pap smear, blood chemistry, ultrasound, X-ray, ECG, bacteriology, pulmonary therapy, bone setting/casts, operating room, 50 beds.
- St. Jude Family
Lopez Avenue
Tel: 536 0540
24-hour emergency room, outpatient consultation, routine laboratory, X-ray, EKG, blood chemistry, 30 beds.
- Estacio's Clinic
Lopez Avenue
Tel: 536 0179
24-hour emergency room, routine laboratory, X-ray, EKG, physiotherapy, 30 beds.
- IRRI Medical Clinic
Tel: local 297
Emergency and initial treatment only. Ambulance service.
- UPLB Health Service
Forestry
Tel: 536 3247 and 536 2470
24-hour emergency room, X-ray, pharmacy, minor surgery, ambulance service for UPLB and IRRI.

Doctors

Cardiologists

Dr. Emmanuel Lantican, LBDH, Monday 9:00 am to 12:00 noon, Tuesday-Thursday-Saturday 2:00 to 6:00 pm.

Dermatologists

Dr. Leoncia Lintag, LBDH, Sunday 10:00 am to 1 pm.

Dr. Judith Valdez-Eusebio, VE Eusebio Polyclinic, Crossing (across from Mercury Drug), consultation only, Tuesday-Thursday-Saturday 3:00 to 6:00 pm; LBDH, Wednesday 5:00 to 6:00 pm.

Dr. Wilma Laureta, Medical Specialist Clinic, Lopez Avenue (opposite Plaza Agapita), tel: 536 0125, Wednesday 10:00 am to 12 noon and 1:00 to 6:00 pm.

Ear, nose, and throat specialist

Dr. Rhodora del Rosario-Ocampo, LBDH, Thursday 4:00 to 6:00 pm, Saturday 3:00 to 5:00 pm.

Internists and general practitioners

Dr. Ernesto Pua, LBDH, Monday to Saturday 7 a.m. to 12 noon.

Dr. Zenaida Raymundo-Torres, LBDH, Monday 4:00 to 7:00 pm, Tuesday 9:00 am to 5:00 pm, Friday 2:00 am to 6:00 pm, Saturday 4:00 to 7:00 pm.

Dr. Marius Moran, near Agapita, Monday to Friday 5:00 to 7:30 pm, Saturday 8:00 am to 12 noon.

Obstetricians and gynecologists

Dr. Marilyn M. Garcia, LBDH, Monday to Friday 10:00 am to 2:00 pm, Saturday 5:00 to 8:00 pm.

Dr. Guadalupe Villanueva, LBDH, Monday-Wednesday-Friday 4:00 to 7:00 pm, Saturday 9:00 am to 12 noon.

Dr. Nectarina Rabor-Fellizar, Medical Specialist Clinic, Lopez Avenue, tel: 536 0125, Monday to Saturday 9:00 am to 12 noon.

Ophthalmologists

Dr. Lisa Bello-Ang Santo, St. Claire's, behind McDonald's Crossing, tel: 536-0529, Monday-Wednesday. 9:00 am to 12:00 noon, Friday-Saturday 1:00 to 5:00 pm.

Dr. Quinciano Reyes, LBDH, Wednesday 4:00 to 7:00 pm.

Dr. Gina Amante, LBDH, Monday-Friday 4:00 to 7:00 pm, Saturday 9:00 to 12:00 noon.

Orthopedics

Dr. Leslie M. Reyes, LBDH, Monday-Wednesday-Friday 4:00 to 7:00 pm.

Dr. Francisco Turalba, LBDH, Tuesday-Thursday 4:00 to 7:00 pm.

Pediatricians

Dr. Vergel Eusebio, VE Eusebio Polyclinic, Crossing (across from Mercury Drug), clinic hours Monday-Saturday (except Fridays) 9:00 am to 12 noon, 4:00 to 6:00 pm; LBDH, Monday-Tuesday-Wednesday-Saturday 5:00 to 6:30 pm.

Dr. Rowena Pua, LBDH, Monday to Saturday 8:00 am to 12 noon, Tuesday-Friday-Saturday 6:30 to 8:00 pm.

Dr. Jocelyn Lusanea-Tababa, Children's Clinic, Plaza Agapita, Monday to Saturday (except Thursday) 9:00 am to 12 noon.

Dr. Cristina R. Tanchico-Reyes, LBDH, Monday-Wednesday 9:00 to 12:00 noon, 4:00 to 6:00 pm, Tuesday-Thursday-Friday-Saturday 9:00 am to 12 noon.

Physical therapy

The Los Baños Physical Therapy and Rehab Center, 9827 Mount Isarog, Los Baños Subdivision, tel: 536 3917, Monday-Friday 8:00 am to 12 noon, 1:00 to 5:00 pm.

Urologist

Dr. Lafayette Ang-Santo, LBDH, Monday-Wednesday 2:00 to 5:00 pm, Friday-Saturday 9:00 am to 12:00 noon.

Medical laboratories

LBDH Laboratory, Lopez Avenue.

BIOSCAN Clinilab, Plaza Agapita, blood, stool, urine, pap smears, biopsies.

BIOSCAN will make house calls if you go and get the technician.

Dentists

Dr. Ma. Flor C. Romero-Velilla, Dr. Ma. Celina U. Garcia, Dr. Noel B. Altamirano, Vega Center, tel: 536 1258, res.: 536 2641. Clinic hours: Monday to Saturday 9:00 am to 12 noon, 2:00 to 7:00 pm.

Dr. Toniet Pordesimo and Dr. Lalaine Luis, Plaza Agapita, Monday to Saturday 9:00 am to 12 noon, 2:00 to 6:00 pm.

Dr. Noel Piga, near Agapita, Monday to Friday 5:00 to 7:00 pm, Saturday 8:00 am to 12 noon; 1:00 to 5:00 pm.

Veterinarians

UPLB Veterinary School Clinic, clinic hours: Monday to Friday 8:00 am to 5:00 pm. Walk-in service for diagnostics, vaccinations, small surgeries. Staffed by two veterinarians plus student assistants. Located in the Animal Sciences Building at the far end of Umali Freedom Park, through the archway. FM

Animal Clinic along Lopez Avenue is open from Monday to Saturday. The doctor also does house calls.

Medical services in Manila

A larger list of doctors and medical services in Manila can be found in the *Hospitality International Guide*.

Clinics and hospitals

Makati Medical Center, 2 Amorsolo Street, cor. de la Rosa Street, Makati, tel: 815 9911, Emergency: local 20.

St. Luke's Medical Center, 279 E. Rodriguez Avenue, Quezon City, tel: 78 09 71; 722 0901, 722 4811.

Manila Doctor's Hospital, 667 United Nations Avenue, Ermita, Manila, tel: 50 30 11 or 59 16 11.

Alabang Institute for Tropical Diseases. This small institute does research on tropical diseases. Malaria tests are done on the spot.

Doctors

All doctors in Makati Medical Center can be called through the switchboard, 815 9911; some have direct lines as well. It is advisable to call in advance to check clinic hours.

Allergologists

Dr. Cristina Antonio, Makati Medical Center, tel: 817 7788.

Dr. Manuel Canlas, Makati Medical Center, tel: 816 0249.

Counseling services

In Touch Foundation, Holy Trinity Church, 48-A McKinley Road, Forbes Park, Makati, tel: 893 1893 (Office), 893 1892 (Counseling); postal address: In Touch Foundation, P.O. Box 3981, MCPO 1279, Makati.

In Touch was cofounded by IRR1 spouses. Services are provided by qualified professionals and include counseling (cross-cultural adjustment, marriage, substance abuse, parenting, etc.), training, newcomer orientation, cross-cultural communications and effectiveness programs for the business community, Crisis Line (free telephone counseling and information), and Meyer-Briggs Type Indicator workshops. In Touch has an extensive library on mental health and cross-cultural issues.

Dermatologist

Dr. Vermen M. Verallo-Rowell, Annex, Makati Medical Center.

Ear, eye, nose, and throat specialist

Dr. Jaime Sevilla, Makati Medical Clinic.

Internal medicine cardiology specialist

Dr. Eloisa J. Guzman-Pastores, Makati Medical Center, tel: 815 9911 local 7334

Mammography

Makati Medical Center Breast Clinic (by appointment or walk in).

Obstetricians/Gynecologists

Dr. Rebecca Singson, Makati Medical Center, tel: 815 9911 local 7317.

Dr. Romana Borrromeo, Makati Medical Center, tel: 815 9911, 88 44 59.

Dr. Ma. Conception M. Ilaos, St. Luke's Medical Center, tel: 722 6161-80 local 6434.

Oncologist

Dr. Bernardino Agustin, St. Luke's Medical Center, tel: 722 0901.

Ophthalmologists

Dr. Benjamin M. Abela, Jr., Suite E-6 (Annex), Makati Medical Center.

Dr. Victor Caparas, Medical City General Hospital, San Miguel Avenue, tel: 631 6961-72, local 601, 635 3202 (direct).

Dr. Manuel Hechanova, Makati Medical Center.

Dr. Ronald Tablante, Makati Medical Center.

Orthopedic surgeon

Dr. Antonio Rivera, Makati Medical Center.

Pediatrics

Dr. Miguel Celdran, Makati Medical Center, tel: 815 9911, 810 2215.

Dr. Carolyn Butler, 210 Zodiac cor. Amapola Sts., Palm Village, Makati, tel: 86 61 59 (clinic), 85 42 02 (home).

Dr. Asuncion Relosa, Makati Medical Center, tel: 815 9911 local 225, 893 5134 direct line.

Urologist

Dr. Rodolfo Herrera, Makati Medical Center, tel: 815 9911, direct: 77 17 38, 85 27 80

Medical laboratories exist in all hospitals.

Dentists

Dr. Margaret Ascalon, 3rd Floor, Mile Long, Amorsolo Street, Makati, tel: 892 5541.

Dr. and Dra. Punzalan (dentist and orthodontist), Oledan Building (next to Makati Medical Center), Ayala Avenue, Makati, tel: 810 0774.

Dr. Leondro E. Rosero, 842 Pasay Rd. (above Jonie's Bakeshop), Makati, tel: 86 10 18, 85 75 72.

Veterinarians

Hernandez Animal Clinic, 87-A Amorsolo St., tel: 818 2576, 819 5324.

Makati Dog and Cat, Amapola Street, Bel Air III, Makati, tel: 896 6386, 8966 2860, fax 896 6485.

Moving to a new country—cross-cultural adjustment

Cross-cultural adjustment is often referred to as culture shock. It occurs every time a person moves to a new environment, whether to a new town or to a new country. Some moves are easier than others, so culture shock, although it sounds dramatic, may be a very mild adjustment period. It may also be more difficult, and it is important to be aware that everyone goes through this adaptation process when they move somewhere new.

It is also important to remember that cross-cultural adjustment is a two-way process. While you are adjusting to the Philippines and getting over the moving process, Filipino colleagues at work and staff in the household are also adjusting to your arrival.

The different stages of cross-cultural adjustment

Numerous studies have demonstrated that adjusting to a new culture typically follows a set path through various stages until adjustment is complete. Not everybody goes through all the stages, but they provide a guideline for understanding and assessing your progress as you adjust to a new life.

Tourist stage

This stage is also called the ‘honeymoon stage.’ Most people come to a new job and a new culture with a positive attitude. Initial contact with the Philippines is exciting and stimulating. The hectic pace of packing and moving are over, and everything seems great. This stage can last from a day to several months.

Culture shock

The second stage is also known as the ‘disintegration stage,’ and is a normal reaction to loss of the familiar. Doubt and loss of confidence emerge as trying to cope with differences leads to frustration and a feeling of incompetence. There is pressure to keep the family happy and healthy, despite medical, school and living differences that may be enormous. Problems begin to seem insurmountable, and there is a definite feeling of ‘I can’t cope!’ To make matters worse, neighbors and colleagues who have lived here for a long time seem relatively insensitive to the difficulties. People in this stage of culture shock can feel depressed, disoriented, isolated, and homesick, and seriously wonder if they will ever fit in.

Attack syndrome

Also known as the 'reintegration stage,' this phase of adjustment may be characterized by hostility towards the host culture. People in this stage can find nothing right about the Philippines, Filipinos, housing, schools, weather, the neighbors. Personal lack of coping is projected onto the host cultures of the Philippines. Although it may be hard to believe, this stage is a healthy one. People begin to channel internal resources into anger rather than depression. Shortly after, humor and hopefulness should return.

Acculturation

As time passes, people realize they are coping and enjoying things they would not have been able to deal with before. Sensitivity to cultural differences increases, and people begin to feel comfortable with customs, attitudes, and ways of doing and saying things. Familiarization with the norms of the work environment and the Philippines increases, and people feel both more flexible and more positive. Driving through Manila traffic will still cause exasperation, but not anger. For the vast majority of foreigners who come to the Philippines, living in Los Baños becomes a unique opportunity to broaden their knowledge and explore a new country and culture.

If you have Internet access, you can get more information on culture shock and strategies for dealing with each of the stages of adjustment at: <http://www.culturebank.com/sepiv/realshock/sld018.htm>

Filipino culture

The following section was contributed by Dr. Gelia T. Castillo, Philippine National Scientist for social science and a professor of rural sociology at the University of the Philippines Los Baños.

The importance of the family

The family includes the nuclear family and all relatives, godparents, sponsors, and anyone else who assumes some family responsibility. The Filipino family is described as residentially nuclear, but functionally extended. This means that although the household may be composed only of parents and children, family relationships of mutual caring and sharing, and a sense of responsibility for each other, occur across households of siblings, three generations, and relatives of both parents, including in-laws. Reciprocal patterns of assistance are characteristic of such relationships—those who have more give to those who have less.

Filipinos put a tremendous value on education and family members support each other to get ahead in life, often through college education. Parents and siblings make great sacrifices to send children to school and to further their dreams, and invest equally in boy and girl children. In the past 20 years, an ‘abroad syndrome’ has emerged, wherein families invest in relatives or children who go abroad to work as overseas contract workers (OCW) or who emigrate. Even mothers will leave small children at home to go far away in the search for better jobs that will enable them to buy a plot of land or a house of their own, or provide their children with a college education. There are many financial success stories from OCWs, as well as tales of thwarted dreams.

Families take great pride in helping a member towards success, but are also expected to be there in times of misfortune, the family functioning as a source of social security. The majority of Filipino families have no insurance or welfare to adequately cover them for sickness, old age, unemployment, education, death, accident, or other needs. Interdependence of family members is basic to the social structure, whereas independence can be seen as selfish. The needs of the family and responsibility to it are valued most highly...the extended family is responsible for the upward social mobility of many Filipinos who come from humble beginnings.

Socialness as a value

Social skill and the ability to relate to others in a nonconfrontational style that leaves other people with dignity and self-respect is most highly valued, and is called *pakikisama*. Filipinos are reluctant to engage in open conflict in

relationships, at work, or at home. To avoid causing shame or embarrassment so as to preserve a person's self-esteem, or *amor proprio*, Filipinos strive to be sensitive to others and maintain good interpersonal relations. Being offended or giving offense is a serious issue, causing loss of face and shame, or *hiya*. To avoid giving offense and to augment good social feeling, people will avoid saying 'no' directly; will, when possible, often yield to the majority opinion; will avoid giving criticisms without a balancing word of praise; and will strive to maintain peace in all relationships. Complimenting someone's skill at *pakikisama* is the greatest compliment of all.

Being socially connected with other people in an atmosphere of 'we-ness' is much preferred to being alone. The word privacy has no direct translation in Pilipino. The closest to it is 'to be alone', and to be alone is 'lonely.' Filipinos find it difficult to understand why anyone would want to be alone. This socialness can be construed by westerners as an annoying intrusion into one's privacy. For example, Filipinos will not hesitate to ask foreigners how much money they make, why they have only three children, or about any other matter the latter might consider private or personal. The value of social communication and we-ness is a most important value, whereas privacy and independence are not as highly regarded.

The wheel of life

Filipinos believe that it is important to remember those who are at the bottom when you are at the top, because, as the 'wheel of life' turns, you may find yourself back at the bottom. Filipinos are always admonished by their elders to remember where they came from, and who helped them to get ahead. Compassionate behavior and warmth in interpersonal relationships, particularly with those 'below' you on the social ladder, are admired. Being callous and brusque, even in an attempt to be fair and just, is regarded with disapproval, particularly when implemented by one's superiors. Debts of gratitude to those who have helped one get ahead in life are remembered and repaid in a system known as *utang na loob*. It is often said that what one gives to others is returned in countless ways. This system of favors received and favors repaid fosters the interdependence value, and stems from having to deal with unplanned circumstances in the natural course of life's events, especially under conditions of poverty. These are the cultural mechanisms for income redistribution in a society with uneven wealth distribution.

The status of women in the family and in society

As citizens, Filipino women have a great deal of equality with men, although a double standard of sexual and moral behavior still prevails. The Philippines

is different from other Asian countries, where there is a marked bias for sons. Daughters are given as much opportunity to go to school as their brothers, and the current university student population in the Philippines has more females than males. Female professionals are not rare in any field.

Fun, humor, music, and dance

Filipinos love to laugh, to sing and to eat, and do all three things at once at the drop of a hat. Filipinos prefer to eat three meals and two snacks each day, and each event has a partylike atmosphere. Jokes are part of daily conversation and greeting, and sharing a joke is a sign of social acceptance. Foreigners who value intense seriousness will have problems working with Filipinos. Music, art, and dance in the Philippines are rich, deep, diverse, and peopled with abundant talent. The country has more than its share of singing ability, and most social events include impromptu concerts by highly talented musicians. Furthermore, the Filipino movie industry is very successful and Filipinos are great moviegoers and committed movie fans. Popular actors, singers, and musicians enjoy a considerable following even in remote areas of the islands.

Religion and the church

Filipinos are a very churchgoing people regardless of religious affiliation. The vast majority of the population is Roman Catholic. Religion is an extremely important part of daily life for Filipinos, who value its presence as a support in times of both joy and sorrow. Many religiously significant events throughout the year, like Holy Week, barrio fiestas, All Saint's Day, and Christmas, are also social occasions when families get together and take a break from work. The Philippines celebrates the longest Christmas period in the world, starting soon after All Saint's Day (1 November) and lasting until the Feast of the Three Kings on 6 January.

Mindanao, in southern Philippines, the largest island, is predominantly Moslem.

Filipino time

Filipino culture values patience and the acceptance of life's foibles and fate, and an understanding that people do not control the universe. *Bahala na*, or 'what will be, will be', often translates into a relatively relaxed attitude to time in social settings. Foreigners are often told that Filipino time means 'never on time', and that there are no sanctions for being late. This is not true in professional settings, where Filipinos are extremely conscious of being on time, particularly when relating to foreigners or an international organization, and they expect foreigners to honor appointments on time as well.

Legends associated with Mariang Makiling

Below are three different legends about Mariang Makiling. There are others, but these are the more popular ones.

Story I (The Legend of Mariang Makiling)

According to legend, there was a time when the Gods, or Deities, could live like ordinary mortals do. Although these Gods were enchanted, they could speak, love, and even go to market like what people do in our time. This story tells what happened to the daughter of two such Deities. It is the story of Mariang Makiling.

Once upon a time there lived two Deities, Dayang Makiling and Gat Panahon. They had an only daughter named Maria. Because of her beauty and charm, she was the delight of her parents. The source of their joy and strength, Maria was, to them, a jewel, a treasure that made life full of light and laughter.

Because her parents were Deities who exercised the power of enchantment, Maria wasn't like an ordinary human being. Although she mingled with the common people, she belonged to the class of Deities just the same.

At that time people could talk with the Gods face to face, and even sit with them side by side underneath a tree. People could also ask for help when they were in need, provided they did the asking in a solemn way. For the Gods were not selfish. They helped the people in every way they could.

It was the custom of Maria to go to a small market, sometimes called talipapa, on weekdays. Just like other women, she on such occasions wears clothes made of silk and embroidered with flowers and wide stripes—for this was the fashion at that time. Maria had a long, black abundant hair, which she usually decorated with pomelo flowers. When she went to the market, her flowing hair would touch her ankles. She had a pair of such tantalizing eyes that even women were attracted to greet her. As she passed along, gallant men would bow their heads to signify their respect.

When Maria went to the market, she was always accompanied by two aetas, who served as her servants. These two servants stayed closed behind Maria, and they both carried a basket that was full of golden ginger. This golden ginger Maria would barter for such things as buri mats, silk fabrics, and other items needed for the home. There was no money at that time, and instead of buying, people bartered and exchanged their goods for the things that they needed.

On a market day, not only the natives of Makiling would go to the talipapa; merchants and other people from neighboring towns with business to transact, would be seen wandering in the place.

One day Gat Dula, the ruler of the kingdom of Bay, came to the talipapa in Makiling. He belonged to a royal family and he came not really for bartering as such, but just to while away the hours. Mariang Makiling happened to be there, too. As a matter of fact, in the way strange coincidences go, they were both trying to barter their goods for a piece animal skin with fine hair. At one moment, their shoulders touched and they looked at each other. And, without intending to do so, Gat Dula even touched briefly the soft hand of Maria—for both were holding the animal skin with fine hair.

As a sign of respect and apology, Gat Dula bowed his head in front of Maria. For her part, Maria appeared shy and modest. Before they parted from each other's company, Gat dula noticed the trace of a shy smile on the lips of Maria.

Since that first encounter, Gat Dula often visited the palace. Unluckily, he was not able to see Maria during these visits. Until one day when he saw Maria at the same small market, the scene of their first meeting. How happy he was to see her! What songs of joy his heart sang at the mere sight at Maria! He said to himself, "perhaps my sacrifices will not be in vain." Then he slowly approached Maria and greeted her. Maria responded with a very sweet smile.

That was the beginning of their friendship, which blossomed into love as the months passed. Along the shore of a murmuring brook in the forest did they discover one day their feelings of unspoken love. They realized they were in love with each other when they forgot everything around them except themselves. And they couldn't even open their lips to speak what was in their hearts.

As time passed, the love affair between Maria and Gat Dula came to be known by her father, Gat Panahon. Of course, Gat Panahon was angry. And even Dayang Makiling, Maria's mother, suffered silently with the knowledge that her only daughter was in love, not with a Deity but with a mortal. The affectionate mother asked Maria about the affair, and the daughter told her about it.

Gat Panahon and Dayang Makiling then restricted Maria's movement from that time. They prohibited her from going to earth. And her father forbade her from going to the talipapa. The parents even took back from Maria the power of enchantment which enabled the Deity to look and act like ordinary human being. And since then people and deities have been separated.

But Maria's love for Gat Dula was true and sincere. She had only one heart and one love, and both were for Gat Dula alone. Gat Dula was also sincere in his affection for Maria. Even when Maria could no longer go down to earth because of the disappearance of her power to be able to mix with

people on earth, still Gat Dula thought about her. In the midst of his loneliness, Maria appeared in his presence, but when he approached her, she disappeared. It was all like a nightmare. Yet his love for Maria remained sincere.

Then an important event happened. During those times, wars between neighboring kingdoms were quite often. In a surprise move, Lakan Bunto, the ruler of a nearby domain, invaded the kingdom of Bay which was ruled by Gat Dula. In the battle that followed, the courageous Gat Dula fought bravely and succeeded in defeating his enemy. Not a single wound did he suffer. The reason for this is that he was supported by Maria's enchantment. The inspiring love of the maiden served as his armor. Gat Dula won many other battles afterwards. He conquered enemies but he couldn't conquer his great love for Maria.

When Gat Panahon and Dayang Makiling died a few years later, Maria—and Gat Dula—inherited the wealth and treasures of her parents. She was now the ruler of Makiling. As a ruler, Maria did not forget the people she was ruling. She was charitable for she had a generous heart. Like what her dead mother had done, she would scatter the golden ginger in the yard of every house in her domain. For those who were getting married, she lent to them certain materials if they had none of these. All request for help and assistance were willingly given by Maria.

There came a time, however, when the people forgot Maria's kindness and sympathy. Many of them did not even acknowledge their debt of gratitude. Sometimes, the borrowers of Maria's wedding materials did not return these materials; they even used them in bartering other goods. In the end, Maria got angry and grew tired of it all. She told herself that the situation must be changed.

Maria instituted a number of measures to punish her people for their ungratefulness. She refused permission to pick fruits in the forest. Because of the cruelty of the people, she prohibited hunting. Catching wild hens and hunting wild birds were forbidden. If any of her orders was not obeyed, Maria gave swift punishment to the guilty parties. For any violation of her orders, she would cause the sky to grow dark and heavy rain to fall. And she would go to the forest and whip the ferocious wild carabaos in order to cause lightning.

Today, Mount Makiling rises in majesty, a towering symbol of strength and Nature's beauty. Not only that, it also serves as an apt reminder of the legend of Mariang Makiling.

— Gaudencio Aquino, Philippine legends, 1972

Story 2 (Mariang Makiling)

Mount Makiling is a beautiful mountain that lies in Laguna province of Southern Luzon. Legends say that in the distant past, a lovely nymph named Maria lived on top of Makiling. Because Maria was so kind, helpful, and just, the people loved and adored her. But the same people caused a fateful incident that made Maria very angry. The curse she cast in anger is supposed to continue to the present time.

This tragic but charming version is adapted from the legend of Mariang Makiling, one of the most popular and loved folk tales among the Tagalogs. It explains the reasons why the once-benevolent goddess had disappeared and why the fabled mountain of Makiling has become enchanted.

Long ago, there lived on Mount Makiling in the verdant province of Laguna, a lovely nymph named Maria. She had dark expressive eyes, a deep brown complexion, and long shiny black hair that flowed down to her slender shoulders. The poor and the needy venerated Maria for she was very kind and helpful.

One day, Maria noticed the sadness of a farmer digging for some ginger at the foot of Mount Makiling. "Why are you so sad?" asked the nymph. "My son is very sick, Maria," replied the farmer, "but I don't have the money to help him get well. I'm so poor all I can do is dig for some ginger." Maria smiled and told the farmer to go home. Though still sad, the farmer heeded Maria's advice. But lo! upon coming home, the ginger turned into gold! With tears in his eyes, the farmer whispered, "Thank you, Maria, thank you."

Maria's beauty and kindness attracted many suitors: Ramon Lara, an arrogant peninsular and captain in the Spanish Civil Guard showered her with gifts. "Here are some precious stones, perfume, and silk. Now, Señorita, do you believe I care for you?" Capitan Lara said proudly. "Marry me Maria," he continued, "and I'll give all the riches you want in the world." But Maria merely smiled and said nothing.

Another avid suitor was Joselito, a European-schooled half-breed who regaled Maria with tales about far away lands and peoples. "I go to Madrid, Rome, Paris, and Heidelberg every now and then, Maria," Joselito bragged. "Marry me and I'll take you to all the famous places in the world," he continued. But Maria said, "I have to think, Joselito. Even a nymph's heart must think."

Juan, Maria's third admirer, was a humble and industrious farmer. He worked hard to make his farmland fertile and his harvest bountiful.

"I cannot promise you the moon and the stars, Maria, but a happy life close to our people," Juan gently told Maria who secretly looked upon him with favor.

Confident that they had won Maria's love, Capitan Lara and Joselito insisted that Maria name the man she would marry. So one evening when the moon was full, the lovely nymph announced her decision. "I do not want to own riches or travel to famous places," Maria said. "All I want is a man whose heart is true and sincere. Thus, I have chosen Juan to be my husband."

Disappointed and angered by Maria's decision, Capitan Lara and Joselito immediately conspired against the poor and unassuming Juan.

One night, a mysterious fire broke out in one of the rooms of the Spanish town hall. But the fire was easily quelled with the help of the people including Juan.

It was only a small fire but cause enough for Capitan Lara and Joselito to create trouble. "Insurrection! That's insurrection!" cried vengeful Capitan Lara. "A clear deed of the rebel indios!" Joselito seconded with impunity.

And so, in no time, the Civil guards arrested all the townsmen, among whom was Juan. They were taken to the dark dungeons and were tortured for days.

"Tell us who burned the town hall!" Capitan Lara yelled at the prisoners. But nobody admitted the crime for the prisoners were truly innocent. At last, Capitan Lara and Joselito proposed, "Name Juan as the culprit and you'll be set free."

In the morning, Juan was taken to the town plaza to be executed. "I'm innocent, believe me, I'm innocent!" pleaded the helpless Juan. But to no avail.

Before the guilt-sticken crowd Juan was shot by a firing squad. But before he fell to the ground, he called out, "Mariaaa! Mariaaa!"

The early morning wind echoed Juan's last word to the top of Mt. Makiling. When Maria heard them, she rushed down to the town plaza. She embraced Juan's lifeless body lovingly and wept long and hard.

Then, she arose and asked the people: "Why, why did you let him die? Why?" Maria knew Capitan Lara and Joselito were responsible for Juan's senseless death. So she cursed both of them and all other men who could not accept fair defeat in love.

Fearing the nymph's curse might come true, Capitan Lara and Joselito left Laguna in haste. Weeks passed, Joselito was mysteriously struck by an incurable disease. In pain, weak and dying, Joselito knew Maria's curse had brought about his illness. After a few agonizing days, he died.

A few weeks later, the revolution broke out. Lara, now a major in the Spanish military forces, was assigned to fight the revolutionary army in the province of Laguna. Maria's curse constantly disturbed his mind and he knew he would not survive the battlefield. At the height of one of the bloody

battles, Lara was hit in the chest. He knew Maria had brought about his doom. Before he expired, he whispered to himself: "I'm sorry, Maria."

Meanwhile, the Filipino freedom fighters were getting stronger and stronger everyday. Town after town, province after province, civilians were freed from the wicked Spaniards. "Hail our independence! Hail our independence!" proclaimed the triumphant Filipinos. At last, the Filipino won their independence.

Since then, Maria was no longer seen on Mount Makiling. The townsfolk believed the mountain had become enchanted. Hunters and farmers would often lose their trail or go into a trance while up on the mountain. And they would remember the nymph and her curse. "Please forgive us, Maria, please forgive us." They would implore the birds, the trees and the wind, but they had lost Mariang Makiling forever.

— Adapted by Rene O. Villanueva

Story No. 3

A lovely story is woven around an immortal enchantress, or *mutya* who lived in a mountain range between Laguna and Quezon.

This loveliest of immortal creatures was named Maria Makiling.

It was said that she had fallen in love secretly with a local handsome young farmer who was a mortal.

Because she loved this young man and she had powers, she made his fields bloom abundantly while his neighbors' field dried up in the summer heat. She made the young man's domesticated animals and fowls robust and strong in spite of famine and disease that pestered his neighbor's flocks.

The innocent young man, not knowing the intentions of this unseen enchantress, one day decided to marry a local mortal woman. Upon learning this the enchantress was broken hearted.

On the eve of his wedding, as the young man was walking along the path of the forest, the enchantress appeared before him.

Sadly she expressed to the young man, "I have loved you with all the love I am capable of in this world of mortals. And now you will marry someone else. I had hoped that you will love me in return. I shall go away from hereon. And you go your way. I leave you to your fate."

With that she vanished and has not been seen ever since. What remained is her legend.

Filipino words and phrases

Greetings

Good morning	<i>Magandang umaga</i>
Good afternoon	<i>Magandang hapon</i>
Good evening	<i>Magandang gabi</i>
Good day	<i>Magandang araw</i>
Welcome	<i>Mabuhay</i>
How are you?	<i>Kumusta ka?</i>
Goodbye	<i>Paalam</i>
I'm fine	<i>Mabuti ako</i>
What is your name?	<i>Ano ang pangalan mo?</i>
My name is ...	<i>Ang pangalan ko ay ...</i>
Where are you from?	<i>Tagasaan ka?</i>
Where are you going?	<i>Saan ka pupunta?</i>
Please	<i>Pwede ba or Paki</i>
Thank you	<i>Salamat (informal)</i> <i>Salamat po (formal)</i>
Thank you very much	<i>Maraming salamat</i>
You are welcome	<i>Walang anuman</i>
Please sit down	<i>Maupo ka</i>
Happy Birthday	<i>Maligayang kaarawan</i>
Happy New Year	<i>Manigong Bagong Taon</i>
Merry Christmas	<i>Maligayang Pasko</i>

Opposites

Yes	<i>Oo— pronounced ohoh (informal)</i> <i>opo (formal)</i>
No	<i>Hindi (informal)</i> <i>Hindi po (formal)</i>
Beautiful	<i>Maganda</i>
Ugly	<i>Pangit</i>
Big	<i>Malaki</i>
Small	<i>Maliit</i>
Clean	<i>Malinis</i>
Dirty	<i>Marumi</i>
Girl	<i>Batang babae</i>
Boy	<i>Batang lalake</i>
Good	<i>Mabuti</i>
Bad	<i>Masama</i>
Have	<i>Mayroon</i>

Don't have/none	<i>Wala</i>
High	<i>Mataas</i>
Low	<i>Mababa</i>
Hot	<i>Mainit</i>
Cold	<i>Malamig</i>
Left	<i>Kaliwa</i>
Right	<i>Kanan</i>
Old	<i>Luma</i>
New	<i>Bago</i>
Strong	<i>Malakas</i>
Weak	<i>Mahina</i>
Woman	<i>Babae</i>
Man	<i>Lalake</i>

Numbers

1	<i>Isa</i>
2	<i>Dalawa</i>
3	<i>Tatlo</i>
4	<i>Apat</i>
5	<i>Lima</i>
6	<i>Anim</i>
7	<i>Pito</i>
8	<i>Walo</i>
9	<i>Siyam</i>
10	<i>Sampu</i>
20	<i>Dalawampu</i>
30	<i>Tatlumpu</i>
50	<i>Limampu</i>
100	<i>Sandaan</i>
500	<i>Limandaan</i>

Other common words or expressions

How much is this?	<i>Magkano ito?</i>
Expensive	<i>Mahal</i>
Cheap	<i>Mura</i>
I/We	<i>Ako/Tayo</i>
You	<i>Ikaw</i>
He, She/they	<i>Siya/Sila</i>
Who?	<i>Sino?</i>
What?	<i>Ano?</i>
Why?	<i>Bakit?</i>
When?	<i>Kailan?</i>
Stop	<i>Hinto/para</i>

Here	<i>Dito</i>
Come here	<i>Halika rito</i>
There	<i>Doon</i>
Husband or wife	<i>Asawa</i>
Father/Mother	<i>Tatay/Nanay</i>
Sister or brother	<i>Kapatid</i>
How many?	<i>Ilan?</i>

Days of the week

Monday	<i>Lunes</i>
Tuesday	<i>Martes</i>
Wednesday	<i>Miyerkules</i>
Thursday	<i>Huwebes</i>
Friday	<i>Biyernes</i>
Saturday	<i>Sabado</i>
Sunday	<i>Linggo</i>

Foods

Water	<i>Tubig</i>
Milk	<i>Gatas</i>
Tea	<i>Tsaa</i>
Coffee	<i>Kape</i>
Beer	<i>Beer</i>
Sugar	<i>Asukal</i>
Rice	<i>Bigas (raw)</i>
	<i>Kanin (cooked)</i>
Salt	<i>Asin</i>
Bread	<i>Tinapay</i>
Egg	<i>Itlog</i>
Pork	<i>Karneng baboy</i>
Beef	<i>Karneng baka</i>
Chicken	<i>Manok</i>
Fish	<i>Isda</i>
Shrimp	<i>Hipon or sugpo (prawn)</i>
Vegetables	<i>Gulay</i>
Fruit	<i>Prutas</i>
Candy	<i>Kendi</i>
Ice cream	<i>Sorbetes</i>

Calendar of events

Yearly events in the area

Flower and Garden Show Senior Social Garden, UPLB	April and October
February Fair Baker Hall, UPLB	Week of 14 February (Valentine's)
Turumba festival Pakil	Second Tuesday and Wednesday after Holy Week and 19 October
Pahiyas (harvest festival) in Lucban, Laguna and Sariaya, Gumaca, Tayabas in Quezon	15 May

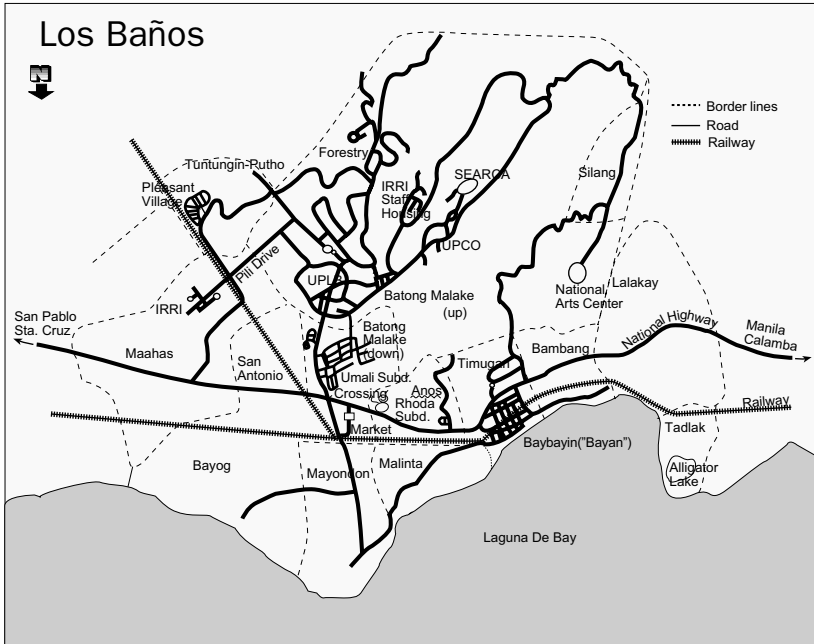
Nonworking holidays

1 January	New Year's Day
25 February	EDSA Revolution anniversary
9 April	Bataan Day (sometimes working holiday)
	Holy Thursday
	Good Friday
1 May	Labor Day
12 June	Independence Day
1 November	All Saints Day
30 November	Bonifacio Day
25 December	Christmas Day
30 December	Rizal Day, National Heroes Day

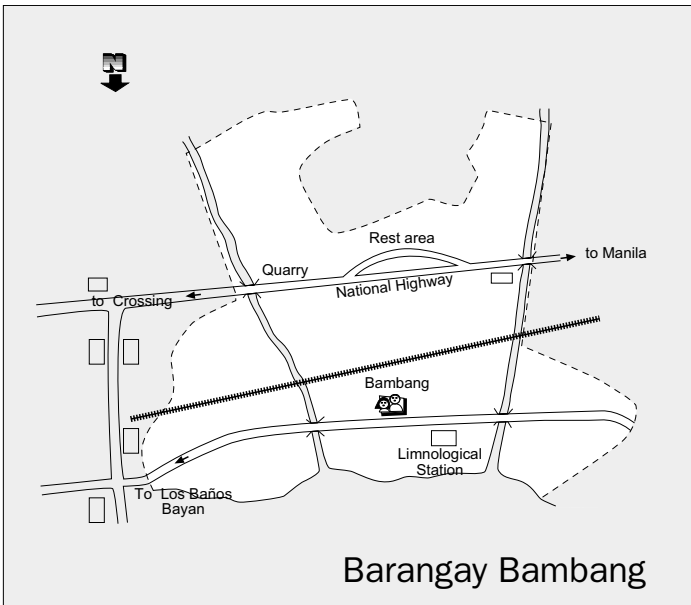
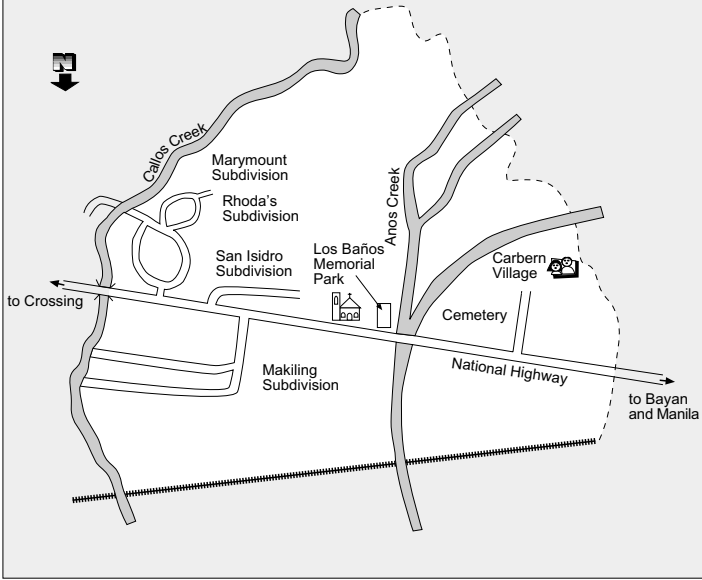
Fiesta dates

Tuntingin-Putho	Easter Sunday
Mayondon	Every first Sunday of May
Maahas	13 May
Anos	15 May
Tadlac	11 June
San Antonio	13 June
Batong Malake	13 June
Bayog	4 October
Timugan/Bambang/Baybayin/ Lalakay	8 December

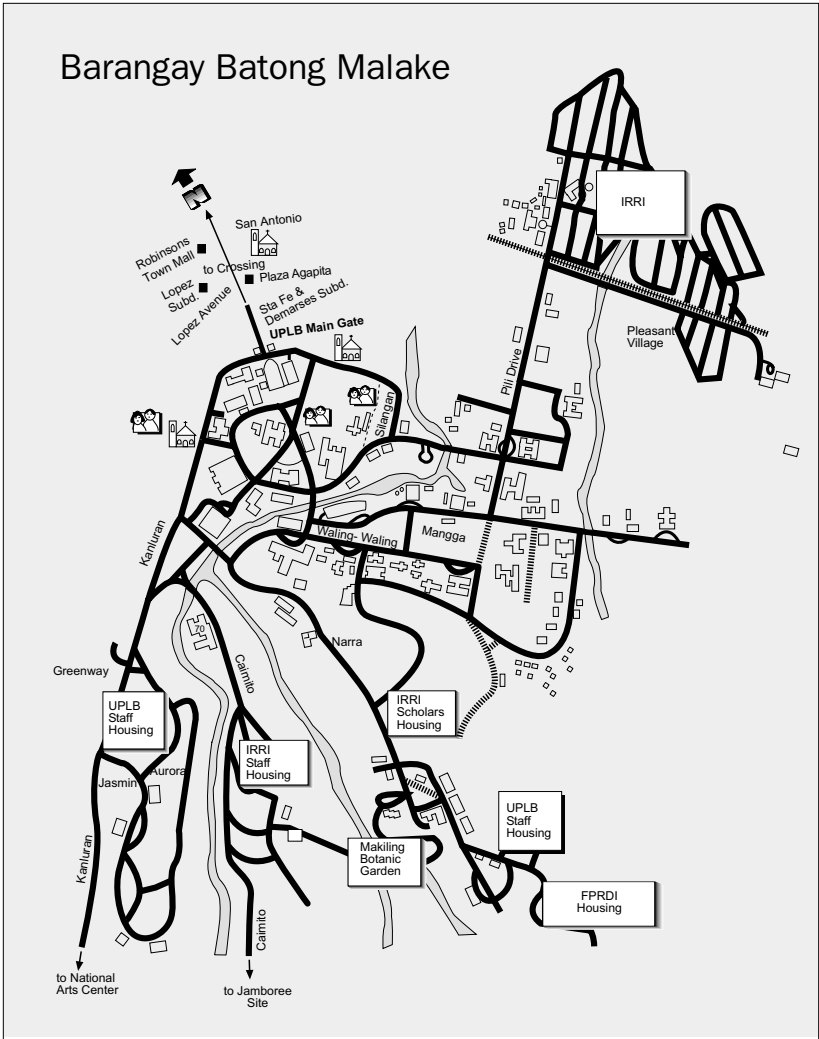
Maps



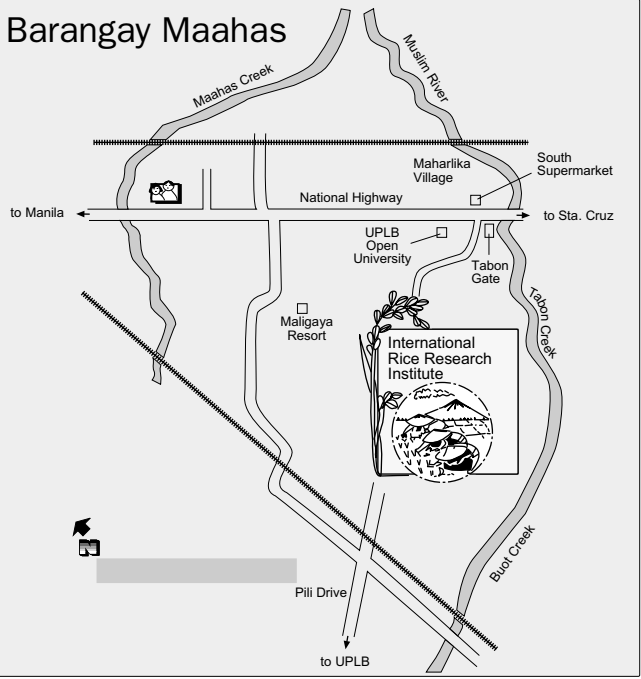
Barangay Anos



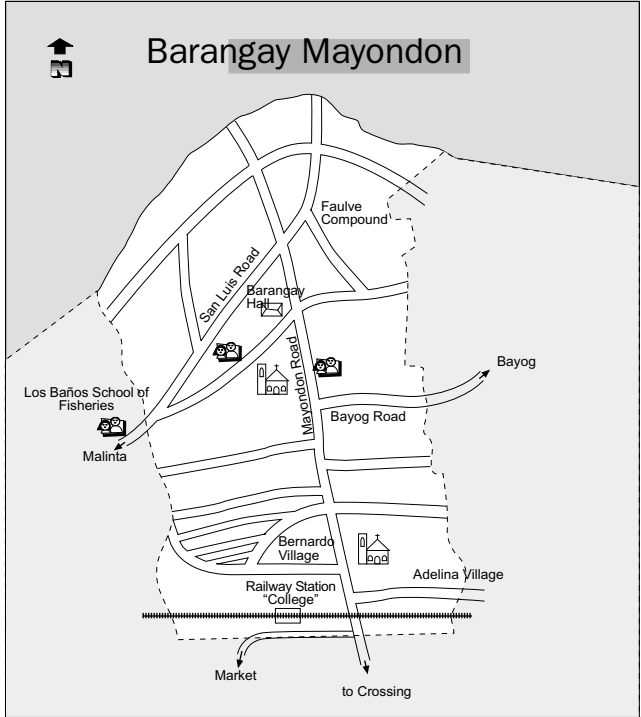
Barangay Batong Malake



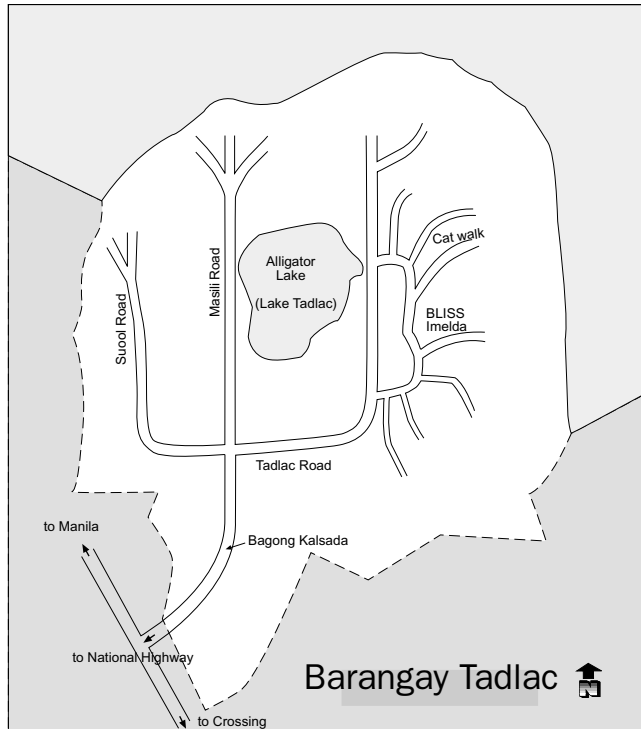
Barangay Maahas

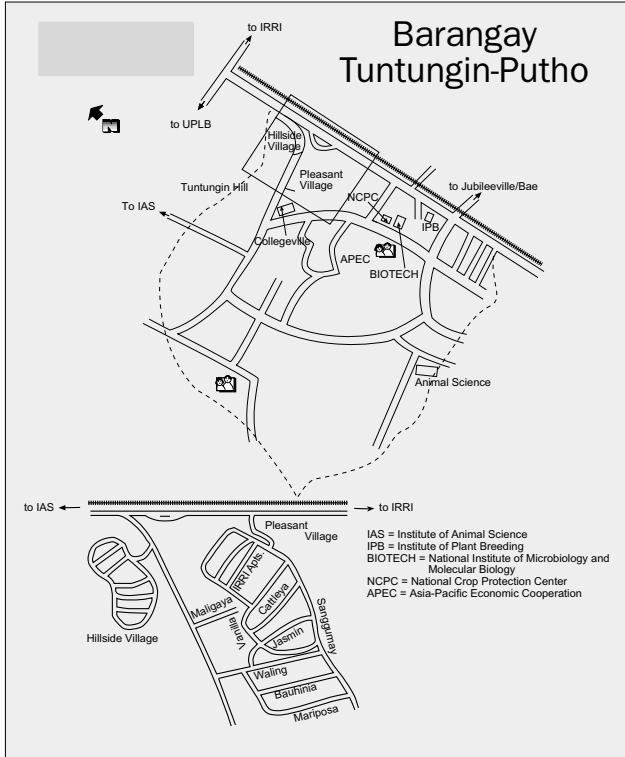
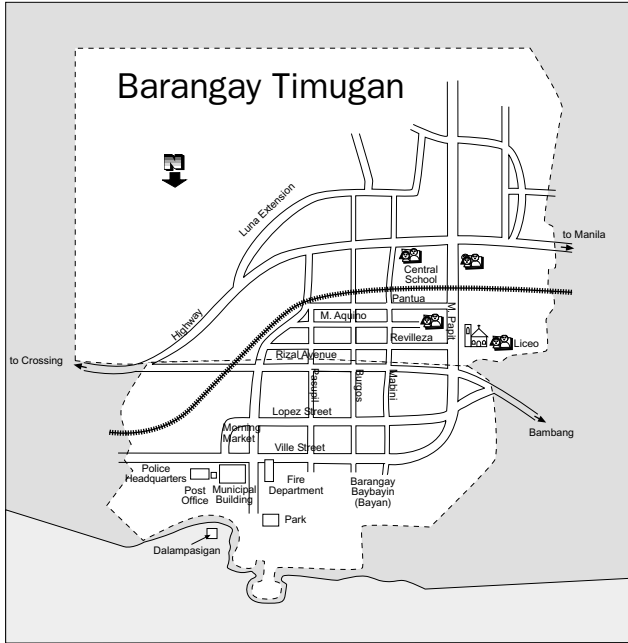


Barangay Mayondon



Barangay San Antonio





Legend

- 1 UPLB Administration
- 2 College of Development Communication
- 3 Agricultural Credit and Cooperative Institute
- 4 Research Management Center
- 5 College of Economics and Management
- 6 Institute of Community Development
- 7 Church Among the Palms, Christian School International
- 8 Institute of Biological Sciences
- 9 UPLB Main Library
- 10 Hortorium, Museum of Natural History
- 11 Education and Training Center
- 12 Graduate School, Institute of Strategic Planning and Policy Studies, International House, Business Affairs Office
- 13 DL Umali Hall (UPLB Auditorium)
- 14 SEAMEO SEARCA
- 15 College of Cooperative Store
- 16 Departments of Humanities/Social Sciences
- 17 Institute of Mathematical Sciences and Physics, Institute of Computer Science, Institute of Chemistry
- 18 Regional Training Program on Food and Nutrition Planning
- 19 College of Human Ecology
- 20 College of Arts and Sciences
- 21 School of Environmental Science and Management
- 22 Maquiling School Inc.
- 23 Institute of Mathematical Sciences and Physics
- 24 St. Therese Church/Dormitory
- 25 Fruit Crops Nursery
- 26 University Police Force
- 27 Philippine National Bank
- 28 Commission on Audit, Post Office
- 29 UPLB Development Foundation
- 30 Student Union Building, University Food Service, University Bookstore, Office of Student Affairs
- 31 ACCI Dormitory
- 32 UPLB Alumni Center/Alumni Relations Office
- 33 University Health Service
- 34 UPLB Guest House
- 35 Swimming Pool
- 36 SEARCA Guest House
- 37 Executive House, UPLB
- 38 Jamboree site, Boy Scouts of the Philippines Reservation
- 39 Pook ni Maria Makiling/Rizal Park
- 40 Makiling Center for Mountain Ecosystems
- 41 Maharlika Residence Hall
- 42 Makiling Residence Hall
- 43 College of Forestry and Natural Resources
- 44 Department of Wood Science and Technology
- 45 Makiling Botanic Gardens

- 46 Forest Products Research and Development Institute
- 47 Department of Social Forestry
- 48 Department of Forest Biological Sciences, Department of Silviculture
- 49 Ecosystems Research and Development Bureau
- 50 Museum of Natural History
- 51 College of Public Affairs
- 52 College of Country Club
- 53 SEARCA Dormitory
- 54 Women's Dormitory
- 55 Men's and Coed Dormitory
- 56 CVM Dormitory
- 57 YMCA Dormitory
- 58 Continuing Education Center UPLB Ugnayan ng Pahinungod
- 59 National Training Center for Rural Development
- 60 National Crop Protection Center Dormitory
- 61 Student Cooperative Housing
- 62 Dairy Production/Dairy Technology/Dairy Bar
- 63 Dairy Training and Research Institute
- 64 College of Veterinary Medicine
- 65 College of Veterinary Medicine Faculty Housing
- 66 Institute of Animal Science
- 67 Departments of Horticulture/Agronomy/Soil Science
- 68 Department of Citizen Military Training
- 69 Baker Hall/Department of Human Kinetics
- 70 Medical Plants Genebank
- 71 Institute of Food Science
- 72 Postharvest Horticulture Training and Research Center
- 73 Senior Social Garden
- 74 College of Engineering and Agroindustrial Technology
- 75 Department of Chemical Engineering
- 76 Regional Network for Agricultural Machinery
- 77 Campus Planning Development and Maintenance Office
- 78 Farming Systems and Soil Resources Research Institute, Tissue Culture Laboratory
- 79 Philippine Rice Research Institute
- 80 Department of Agricultural Process Engineering and Technology
- 81 Agricultural Machinery Testing and Evaluation Center, Agricultural Mechanization and Development Program
- 82 Pesticide Residue Laboratory and Biological Control Facility (NCPC)
- 83 Weather Station
- 84 International Rice Research Institute
- 85 UP Open University
- 86 Animal Disease Diagnostic Laboratory
- 87 Institute of Plant Breeding
- 88 National Crop Protection Center
- 89 National Institute of Molecular Biology and Biotechnology
- 90 National Plant Genetic Resource Laboratory
- 91 National Seed Foundation

Boy Scouts of the Philippines Reservation



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