

Important Information on The Philippines

The Perfect Travel Group P/L strongly recommends you keep yourself informed and updated about current conditions at your holiday destinations. Your country's Department of Foreign Affairs will provide up-to-date information on their website, and you can search for more information or register online before your trip.

Visa and Passports

Holders of some passports can stay in the Philippines for thirty (30) days or less without a visa, but this depends on the country so please check with your department of foreign affairs for the latest info.

Avisa-free stay allows for regular tourism and business meetings. Visits exceeding 30 days will require a visa.

Baggage

For most international airlines, a limit of 20kgs for economy and 30kgs for business class is allowed, as well as an in-flight cabin bag, normally not more than 7 kgs. Low cost carriers may be less, so please always check direct with your airline or your consultant if you are unsure.

With Philippine Airlines you are usually allowed 1 piece of luggage – so either a suitcase or a surf board bag. Airlines only accept excess baggage according to space availability, so if you think you will be over your limit, check in early!

Carry-On Luggage

New Liquids, Aerosols and Gels restrictions now apply to your carry-on luggage on all flights. Each container of liquids, aerosols or gels in your carry-on baggage must be 100ml or less. They must all be sealed in a transparent, one-litre plastic bag. You are only allowed one bag. Any resealable bag of one litre capacity or less is allowed. You may still carry through the screening point prescription medicines. Baby products and non-prescription medicines that you need for the flight are also allowed, but proof of need may be required. Purchases of Tax and Duty free goods bought after security screening at the airport can be taken on flights as carry-on.

Import Restrictions

Free import only by persons over 18 years of age: 2 bottles of alcohol, not more than 1 litre each not intended for commercial use, up to the value of USD 250. In case of members of a family travelling together, free import is in general only allowed for 2 members. Prohibited: dangerous drugs or narcotic substances, firearms, pornographic materials and any material ridiculing any religious belief.

Airport

You will be greeted at the airport by a representative of your hotel or resort and taken to your transfer van. Once you enter arrivals hall, look out for someone holding a sign of your hotel or your name. If you are staying at a resort and for some reason are not greeted, contact them by phone - their phone number is on your booking voucher.

Climate

The Philippines has a tropical climate with March to May (summer) being the hottest months. The rainy season starts in June and extends through October. The average temperature ranges from 25C to 32C and humidity is around 77%

Electricity / Communication

The international country dialing code for The Philippines is +63. The outgoing code is 0011, followed by the relevant country code.

There are three major companies operating GSM 900/1800 mobile networks: Globe, Smart and Sun Cellular

Most of the Philippines is 220 Volt 60 Hz mixed with the American and European plug. It's best to bring items that work universally such as those electronics marked with a 100V-240V 50/60hz compatibility to avoid voltage concerns.

Time

UTC/GMT +08:00 hours

Money

The currency is the Philippine Peso (PHP). Check out xe.com for the latest exchange rates.

ATMs are located in many places (especially at bank branches) in the cities and suburbs, less so in the countryside.

Currency Exchangers are not so common in the Philippines outside some heavily tourist areas. A rule of thumb: the more currency you wish to exchange, the more favourable the rates can be.

Safety

Although the people of these islands are generally friendly and accommodating, one must be aware of the prevalence of poverty (especially in big cities) and the things that, unfortunately, come with it. You must not flash your valuables (especially Apple iPods and iPhones) because they pose a pickpocketing threat. Carry small change and don't flash large bills. Pickpockets are common in the big cities.

Important Information on The Philippines

Dress and Etiquette

It is customary to remove shoes and wear conservative attire (i.e. no miniskirts, tank tops, short pants etc.) when visiting temples.

Avoid pointing or wagging a finger at people. Same goes with curling a finger to summon someone.

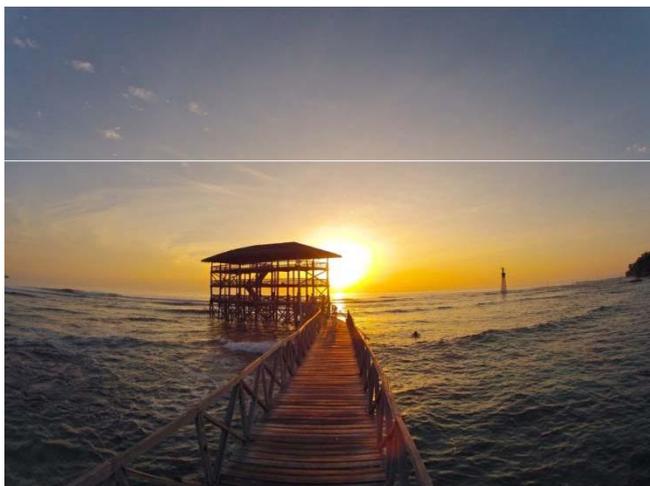
Tipping

Tipping is always accepted but not always compulsory. Tips are customary, and in some instances, mandatory in the more high-end environments such as hotels and major restaurants.

Respect

Islam is the oldest continually practiced organized religion in the Philippines. Catholicism is the most widely practiced religion.

In many of the larger cities extreme poverty is prevalent. It is illegal to give money to beggars or the street children who run around at all hours. If you really want to give something, food is the better alternative.



Food and Drink

Filipino cuisine has developed from the different cultures that shaped its history. As such, it is a melange of Indian, Chinese, Malay, Spanish, European and American influences. Though its cuisine is not as renowned as many of its neighbours, such as that of Thailand and Vietnam, Filipino cooking is nonetheless distinct in that it is possibly the least spicy of all South East Asian cuisines.

To experience how the Filipinos eat in a budget way, **Carenderias** (food stalls) and **Turo-turo** (meaning Point-point, which actually means you point at the food you want to eat in the buffet table) are some of the options. Mains cost less than \$1.

Police

If any possessions are stolen, report the incident to the local police and obtain a report for insurance purposes.

Embassies and consulates

Australia, Level 23/Tower 2 RCBC Plaza 6819 Ayala Avenue, Makati City, 1200 - **Telephone**: +63 2 757 8100
Immigration and Visa Office: 757 8340

UK, 120 Upper McKinley Road, McKinley Hill 1634 Taguig City – **Telephone**: +63 2 858 2200

A Perfect Foundation

A Perfect Foundation is our Non-Profit Organization created to empower local communities in remote surf regions through education and skill acquisition to make a sustainable difference. Founded by The Perfect Wave Surf Experience, we wanted to be able to give back to the island communities that have allowed us to enjoy their natural resources and homelands.

If you wish to make a donation to the foundation, or visit the Mentawai Collaboration Centre please visit our website to learn how: <http://www.aperfectfoundation.org/>



Empowering Communities

Enjoy your Philippines Surf Trip!

(If you have any other tips or advice you would like to share with your fellow traveler please let us know)

The Perfect Wave Surf Experience

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