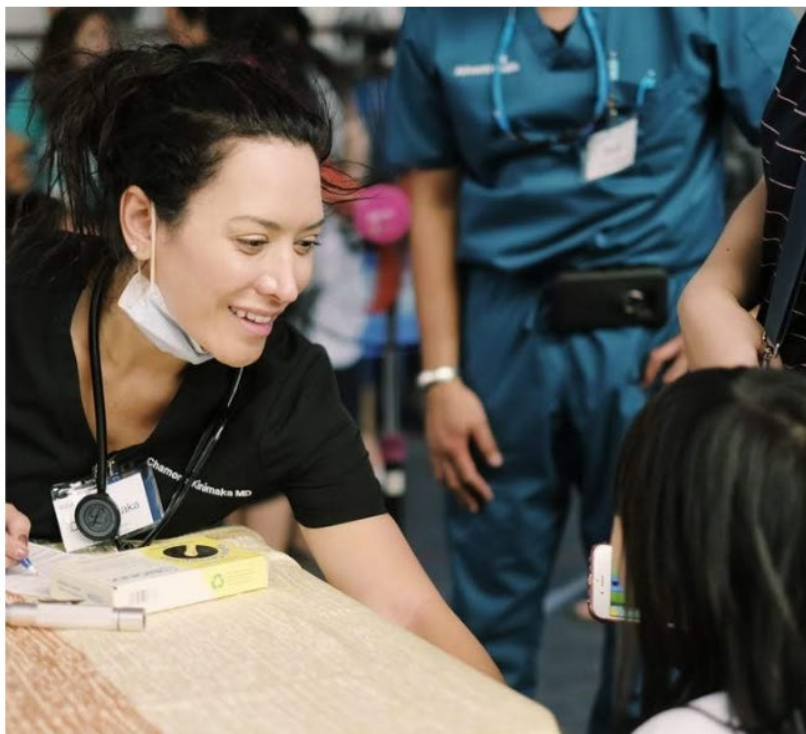




 **AdventHealth** | **Global Missions**

Philippines Mission Trip
Primary Care
October 2 – 12, 2025



Philippines Medical Mission Trip

Trip Purpose

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

Hospital

The **Adventist Medical Center Manila (AMCM)** is an acute care, tertiary, non-profit and self-supporting private hospital that is located within Pasay in Metro Manila, Philippines. Adventist Medical Center Manila can readily accommodate 150 patients in their choice of suite, private, semi-private and ward rooms housed in a four-story edifice. A full-time staff of more than four hundred provides services to its surrounding community. Through the years, Adventist Medical Center Manila has carried out a philosophy based on the Biblical tenet – “To Make Man Whole.”



Global Mission Relationship

In 2015, Adventist Medical Center Manila became an AdventHealth Mission Partner. Since commencement of this partnership, AdventHealth has participated in five Surgical and Medical mission trips to Manila and their provinces. AdventHealth also participates in providing educational sessions with Nursing & Clinical Care, Hospital Leadership, and Business planning.

Location & Culture ¹

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

People believe that it is one's duty to keep things operating smoothly. It is very important not to lose face. Being corrected or correcting another person in public is not considered acceptable behavior. Time consciousness and time management are not important considerations.

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



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

Trip Cost and Due Dates

The total trip cost is \$2,750

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Acceptance Email
Payment	\$1,275	May 23, 2025
Payment	\$1,275	August 29, 2025
TOTAL	\$2,750	

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

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

Cost of Trip Without Flight:

If you opt to purchase your own flight to the Philippines, please follow this payment schedule:

The total trip cost is \$1,200

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Acceptance Email
Payment	\$500	May 23, 2025
Payment	\$500	August 29, 2025
TOTAL	\$1,200	

Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-philippines-trip/c467051>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the "AdventHealth Foundation Central Florida" to our address:

AdventHealth Global Missions
870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to destination, if applicable
- Hotel/Accommodations
- Excursion – entrance fees, etc.
- Ground Transportation
- Meals and Drinking Water
- Short-Term Travel Insurance

Additional Costs

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

- Meals while in the airports traveling to and from the Philippines
- Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Souvenirs, gifts, and any personal extras such as beverages

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

Travel Schedule

Day	Date	Activity <i>Tentative schedule shown below, subject to change.</i>
1	Thursday October 2	Departure: Orlando, FL → Manila, Philippines
2	Friday October 3	Arrival in Manila <i>*If you are booking your own flight, you will be expected to join the rest of the volunteer team on this day.</i>
3	Saturday October 4	Travel to Northern Luzon, Philippines
4	Sunday October 5	CLINIC DAY
5	Monday October 6	CLINIC DAY
6	Tuesday October 7	CLINIC DAY
7	Wednesday October 8	CLINIC DAY
8	Thursday October 9	CLINIC DAY
9	Friday October 10	Excursion Day
10	Saturday October 11	Excursion Day
11	Sunday October 12	Departure: Manila, Philippines to Orlando, FL

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

Health and Safety Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must:

- ☐ Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- ☐ Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

Entry Requirements for Philippines

Presentation of vaccination status and vaccination certificate for COVID-19 is no longer required. All arriving international travelers are accepted regardless of their vaccination status. Additional requirements for foreign nationals:

- ✓ **Passport valid for at least six (6) months at the time of entry.**
- ✓ Sufficient space for entry visa stamp.
- ✓ No Tourist Visa required for tourist travel under 30 days.
- ✓ For temporary visitors: valid onward/return ticket

Weather and Atmosphere

The Philippines' weather is characterized by relatively high temperature, high humidity and plenty of rainfall. There are two seasons in the country, the wet season (June – November) and the dry season (December – May). During the month of October, the average temperature will be 88°F high and 78°F low.

Food and Drink

Plain steamed rice is the basis of the diet. Fish and shellfish are eaten daily, served either fresh or salted. Fish, chicken and pork are usually fried, although people are becoming more health-conscious and often choose alternative methods of cooking. Filipino food is not typically spicy.

We recommend only consuming food that is provided to you by our hosts.

Water

We recommend you do not drink tap water, only bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip.

Language

The official language in the Philippines is Tagalog with words from other native languages, and English. However, English is used in colleges, universities, commerce, and the government.

Immunizations

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

Miscellaneous

Foreign Currency

The Philippines uses the Philippine Peso as their form of currency. The current exchange rate as of Jan/2025 is **1 USD = 58 Pesos**

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards.

Electricity

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

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

Time

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

Cell phone and Internet Access

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

Important Travel Tips

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

Packing Tips:

- Be a minimalist, don't over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Scrubs are optional, on clinic days you can wear pants and a polo shirt.
- Please leave jewelry back in the U.S. and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

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

Global Missions' Supply Bag

You will receive a 15 lbs. bag with supplies the size of a shopping bag to take to the Philippines. Please pack ALL items and spread them throughout your luggage along with the shopping bag. We will collect these items once we are at our hotel.

Packing List

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