



# National Alliance for Filipino Concerns

## TRAVEL ADVISORY

### WHEN AND WHERE?

#### Schedule of Solidarity and Health Mission in the Philippines

Dates	Locations
	<b>NAFCON Led Mission</b>
July 24	Arrival in Tacloban & Orientation
July 25 – July 29	Relief and Rehabilitation Mission
	<b>BAYAN USA led Mission</b>
July 30	Travel, arrival, & welcome in Mindanao (For those who will join 2 <sup>nd</sup> BAYAN USA Mission)
July 31	Travel to regional centers & orientation
August 1	Rest Day for Mission 1 participants
August 2 - 5	Travel and Community Exposures
August 6 - 9	Travel back, assessments and closing activities

### HOW?

#### Fundraising and Resources

As all funds solicited for this relief campaign will all go to the victims of Typhoon Haiyan victims, all volunteers for the SHM shall bear the cost of their airfare, food and accommodation, and inland transportation while in the Philippines. Hence, each participant should have at least \$2500.00 when joining the Solidarity and Health Mission in the Philippines. Please find below a safe estimate of expenses, (all rates at P42.50: \$ 1.00).

\*Note costs do not include BAYAN USA led mission. Those who register for Mindanao mission in addition to NAFCON Leyte mission will be provided additional information. (If you have not already done so please [register here](#).)

EXPENSE ITEM	PARTICULARS	EST. AMOUNT
1. Plane Fare: USA-Philippines (round trip)		\$ 1,500.00
2. Plane Fare Manila to Samar/Leyte (round trip)		\$100.00--\$150.00
Bus fare (optional)		\$ 80.00-- \$100.00
3. Place to stay in Manila: if no relatives (Dormitory Type, 4 beds in a room, excluding Meals)	\$10.00--\$12.00/day x 5 days	\$ 50.00-- \$ 60.00

4. Single Room with breakfast	\$ 25.00- \$ 40.00 x 5 days	\$125.00--\$200.00
5. In Mission sites: Volunteers will stay in medical/relief sites (in tents, using sleeping bags. Please bring sleeping bags) since most houses, even hotels and Inns were destroyed by typhoon Haiyan		
6. Food in Mission sites for the duration of the stay	\$12.00/day x 5 -9 days	\$ 60.00--\$108.00
	<b>TOTAL:</b>	<b>\$1,915.00 -- \$2118.00</b>

## What to bring during the Solidarity and Health Mission

- Tents (if available), sleeping bag, flashlight, pen light, insect repellent
- Personal items/toiletries: tooth brush, soap, etc
- Medical instruments (for health professionals): stethoscope, BP apparatus, thermometer, pulse Oxymeter, glucometer and other instruments that is handy and necessary to perform medical check up
- Cell Phones, cameras, batteries, IPad, laptops (some areas do not have power lines)
- Any medication you'll need

## WHO TO CONTACT?

### Contact Organization, Committee and Regional Coordinators in the US

	Name	Contact information	Phone
National Coordinator	Eugene Gambol	<a href="mailto:egambol@gmail.com">egambol@gmail.com</a>	(916) 296 - 4848
Public Info Officer	Jun Cruz	<a href="mailto:jun@filipinocc.org">jun@filipinocc.org</a>	(415) 333 - 6267

### Regional Coordinators

Regional Contacts	Name	Email	Phone
Southern California	Shalom Lorenzana	<a href="mailto:fahwa2013@gmail.com">fahwa2013@gmail.com</a>	(562) 900 - 2640
	Kuusela Hilo	<a href="mailto:kuusela@gmail.com">kuusela@gmail.com</a>	(818) 395 - 9207
Northern California	Eugene Gambol	<a href="mailto:egambol@gmail.com">egambol@gmail.com</a>	(916) 296 - 4848
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Midwest	Nerissa Allegretti	<a href="mailto:allegrettineris@yahoo.com">allegrettineris@yahoo.com</a>	(224) 381 - 6888
	Lorena Nabua	<a href="mailto:lorena.cpnb@gmail.com">lorena.cpnb@gmail.com</a>	

### Sponsored by:

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