



Titolo Viaggio: **Viaggio Didattico Territoriale in Filippine**  
*Study Trip full name: Study Trip in Filippine*

Viaggio ID: MOGMOB24EXG  
16/03/2024 - 27/03/2024

Tutor: M. Graglia

### SATURDAY, MARCH 16TH, 2024

4:30

Meeting at Bra Movicentro

4:45

Departure by bus from Bra Movicentro to Milano Malpensa (MXP)

9:55 - 18:45 (local time)

Flight EY 088 from Milano Malpensa to Abu Dhabi

Free dinner at the airport

### SUNDAY, MARCH 17TH, 2024

02:40 - 15:10 (local time)

Flight EY 424 from Abu Dhabi to Ninoy Aquino International Airport Manila (MNL)

Customs & immigration, luggage collection, check-in and bag drop for domestic flight

21:05 - 22:30

Flight Cebu Pacific 5J 479 from Manila to Bacolod-Silay International Airport (BCD)

Luggage pickup, bus transfer to May's Organic Garden, check-in, and prepare for a well-deserved sleep!

<https://www.facebook.com/maysorganicgarden/?ref=bookmarks>

### MONDAY, MARCH 18TH, 2024

Breakfast in accommodation

8:30

Departure for Kabankalan. After a 2-hour drive, we'll be welcomed at the Central Philippine State University (CPSU), where we'll spend the morning engaging in discussions and enjoying a food exchange lunch together. This is a learning experience that mirrors the significant early trans-oceanic cultural exchanges which reshaped the food cultures of countries worldwide. Remember to bring along a food item from your home country or Italy. This is also similar to the Filipino pasalubong social script, wherein people coming from abroad bring little gifts for their hosts or family

<https://cpsu.edu.ph/>

13:30

Visit to some of the various community-based projects run by this university: a traditional muscovado production site, and do short workshops on Asian-style (fermentation-heavy) organic farming, along with vermicast making. Following that, we'll explore locally developed planting techniques such as Green Mining. The local women will also demonstrate handloom weaving. Later, we will travel back to Bacolod

18:00

Dinner at Terrasse, located at Ayala Talisay. Chef Nico Millanes will prepare a special meal featuring local ingredients prepared with Western techniques for us

<https://www.facebook.com/terrassebistrobacolod/>

End of the didactic activities

Night stay in May's Organic Garden

### TUESDAY, MARCH 19TH, 2024

Breakfast in accommodation

9:00



Departure from May's Organic Garden. We'll be spending our day in Valladolid and Bago, approximately 30 kilometers south of Bacolod City. In the morning, we'll head out to the neighboring city of Valladolid to witness the seasonal harvesting of a rare clam that was saved from the brink of extinction. The *diwal* (*Pholas orientalis*) is a highly-prized succulent bivalve that is hand-harvested in the shores of this town only during certain months of the year. We will ride small boats and observe men artisanally harvest diwal from the sandy shallows nearby, feeling for the clams with specially-designed rods. Today, diwal is a part of the Ark of Taste of the Slow Food movement. A diwal-themed lunch will be prepared for us at a local eatery

<https://www.fondazioneSlowFood.com/en/ark-of-taste-slow-food/angel-wings-clam/>

12:00

Head towards Atipuluan, Bago City. We'll be visiting Chris Fadriga's Criollo Cacao Farm, to learn about the history of cacao in the Philippines and explore the entire cacao processing journey

<https://plantaciondesikwate.com/?cat=87>

Later, we'll continue our activities at Grace Farms, where we'll learn about the different varieties of organic rice, see how it's milled, and cook rice the traditional way using the *palayok* (clay pot)

[https://www.facebook.com/p/GRACE-FARM-100068133086906/?locale=is\\_IS](https://www.facebook.com/p/GRACE-FARM-100068133086906/?locale=is_IS)

17:30

Return by bus to Bacolod and dinner at Lanai

<https://www.facebook.com/LanaiByFreshStart/>

End of the didactic activities

Night stay in May's Organic Garden

### WEDNESDAY, MARCH 20TH, 2024

Breakfast at accommodation

Note: take only an overnight bag with clothes and equipment for sea activities (i.e. sun hat, goggles, snorkeling gear, and aqua shoes). Leave your luggage packed in your room for easier room cleaning while we are away

7:00

Departure by bus towards Sagay, located along the northeastern coast of Negros Island

Once we arrive, the schoolchildren of Sagay City will host a tour around a museum dedicated to educating local youth about Philippine marine biodiversity. We will thereafter take boats to reach Suyac Island and visit the mangroves while learning about how the community protects them. The community will also prepare a meal for us

14:00

Head to Carbin Reef, a spotless white sandbar located off the shore of Sagay town, where we can spend a few hours snorkeling and exploring the protected coral reefs

16:00

Return to the mainland, check in at Osner Hotel, and freshen up. For dinner, we will have a demonstration of making *kinilaw*, a special dish similar to ceviche. Their kinilaw was one of the dishes highly-praised by Anthony Bourdain in his show "Parts Unknown"

<https://www.facebook.com/entingsspecialofsagay/>

End of the didactic activities

Night stay at Osner Hotel

### THURSDAY, MARCH 21ST, 2024

7:30

Depart for Lapus-Lapus, and take boats to go to floating cottages. Learn about sea ranching and harvest the atob-atob. Sea ranching is one of several passive and sustainable mariculture methods, it involves the creation of artificial reefs (atob-atob) in tidal shallows which encourage the fish to inhabit. After several months, it is hand-harvested and rebuilt again. Whatever we harvest, we will cook for breakfast!



10:30

Head back to Osner Hotel to quickly wash up then depart for Gawahon, Victorias. Lunch will be served in this protected forest, and in the afternoon, we'll learn about their stingless bees. We will visit an apiary situated in the protected area of the 162-hectare Gawahon Eco-Park in the city of Victorias. Stingless bees are several genera of bees (e.g. *Tetragonula*, *Tetragona*) that are native/endemic to the Philippines. They also produce honey, but their hive and honeycomb structures are very unique. A local beekeeper will give us a lecture and tasting of this honey straight from the hive. Note: wear hats or headgear as the bees can get in your hair

15:30

Our day will end at 7 Hectares, where we'll meet with Kiko Torno, who will give us a lecture and tour of various fishponds where he has premium seafood items like Asian seabass that are grown using natural methods. A seven-course meal will be served afterwards. Please notice that dinner will be served early because the site in the middle of the fish ponds has no electricity

<https://www.facebook.com/7Hectares/>

End of the didactic activities

Night stay in May's Organic Garden

#### FRIDAY, MARCH 22ND, 2024

Breakfast at accommodation

8:30

Departing for Minoyan, Murcia, we'll have the pleasure of meeting Teddy Canete, the head of the Coffee Coalition of Minoyan. Our morning will be spent in insightful discussions about coffee, from the art of harvesting it to understanding the process of producing good, clean, and fair coffee. We'll also get to explore the process of making coconut vinegar, as the farmers have coconut trees. And let's not forget about *Sinamak*, a flavorful spicy vinegar concoction that we'll have the opportunity to learn how to make

11:30

Lunch, prepared by Joy Canete, followed by a visit to Alijis to learn about coffee cupping with Thomas Sproten

18:00

Dinner will be served at Twenty Six Herb Garden, in Bacolod

<https://www.facebook.com/p/Twenty-Six-Herb-Garden-Store-100064167573853/>

End of the didactic activities

Night stay in May's Organic Garden

#### SATURDAY, MARCH 23RD, 2024

Breakfast at accommodation

9:00

Our morning will be spent exploring the area of Don Salvador Benedicto, a post-colonial provincial hill station located in the heart of the mountains in northern Negros Occidental. Despite being a small town, DSB has seen a significant rise in its municipal economy through local agriculture and tourism, making it a popular tourist spot

11:30

Lunch at Rapha Valley Wellness: this mountain farm-resort, which is owned by a medical doctor, espouses plant-based eating. We will tour his various gardens and listen to his philosophy of healthy eating

<https://www.raphavalley.com/>

After lunch, we'll visit a local grower who will show us his cinnamon trees and do a demonstration of bark harvesting. Later on, we'll travel to Silay, to visit the Slow Food Earth Market at Casa Gamboa. This venue will also be the site of our dinner with the Slow Food Cooks Alliance, where we'll have the opportunity to participate in a *Valenciana* (a local dish inspired by paella) cooking lesson



End of the didactic activities  
Night stay in May's Organic Garden

### SUNDAY, MARCH 24TH, 2024

Check out with luggages

6:00

Early wake-up call to head to Iloilo, on the nearby Panay island (breakfast will be packed by May's Organic Garden and enjoyed during transfer). We'll travel to Panay via sea, and once there, we'll begin our city tour. Renowned for its rich history and cultural heritage, the city is home to numerous Spanish-era historic sites. As with Bacolod and Negros, this city was made prosperous by its vast sugar plantations established in the late 1800s. Lunch will be served at Jezra Darag Chicken Farm, where a tasty variety of chicken is grown. A tour of the farm follows

<https://www.facebook.com/daragnation/>

14:00

We then head to the district of Molo for some souvenir shopping and a merenda of Molo Soup at Kap Ising Eatery, and visit the Yusay-Consing Heritage Mansion in the Molo District for souvenir shopping and other snacks / local coffee

17:00

Check in at Days Hotel to freshen up before heading to Breakthrough Restaurant for dinner, which will feature kansí (a beef shank soup flavored with an Ark of Taste-listed native fruit called batwan)

<https://breakthroughrestaurants.com/>

End of the didactic activities

Night stay at Days Hotel

<https://www.dayshotel.com.ph/>

### MONDAY, MARCH 25TH, 2024

Breakfast at accommodation

9:00

Departure towards Barangay Hoskyn to visit a tultul salt producer. This is a coconut-milk-enhanced artisanal salt block, and its making is an age-old tradition that has become a rarity nowadays. Tultul is used as a viand by the locals by dabbing it on steaming hot rice dribbled with lard or oil, and can also be used as a condiment for cooking

12:00

Lunch will be served at Balay nga Kawayan, and we will explore its adjacent farm to learn about cashew plantation and processing, as well as natural mango farming

<https://www.facebook.com/BalayNgaKawayanGuimaras/>

18:00

Farewell dinner at Fort San Pedro with our local contacts

End of the didactic activities

Night stay at Days Hotel

### TUESDAY, MARCH 26TH, 2024

Breakfast at accommodation

8:00

Check out with luggages and departure towards Iloilo International Airport (ILO)

11:05 - 12:30

Flight Cebu Pacific 5J 458 from Iloilo to Ninoy Aquino International Airport Manila (MNL)

Luggage collection, check-in and bag drop for international flight

18:45 - 00:15 +1 (local time)



Flight EY 423 from Manila to Abu Dhabi

**WEDNESDAY, MARCH 27TH, 2024**

3:10 - 6:45 (local time)

Flight EY 081 from Abu Dhabi to Milano Malpensa (MXP)

11:00

ETA in Bra Movicentro

End of the didactic study trip