



Titolo Viaggio: **Viaggio Territoriale EXTRA EUROPA - FILIPPINE**
Study Trip full name: Study Trip in Philippines

Viaggio ID: FIL2-2324
22/01/2024 - 02/02/2024

Tutor: R. Hallett

SUNDAY 21 JANUARY 2024

03:15

Meeting at Bra Movicentro

03:30

Departure from Bra Movicentro in bus

05:30

Arrival at Milano Malpensa Airport (MXP); check-in and bag drop

FREE BREAKFAST in transit

08:40

Flight QR124 (Qatar Airways) to Doha

Lunch in flight

16:30

Arrive Hamad International Airport (DOH)

18:35

Flight QR934 (Qatar Airways) to Manila

Dinner & overnight in flight

MONDAY 22 JANUARY 2024

08:05

Arrival at Ninoy Aquino International Airport Manila (MNL); customs & immigration, luggage collection

Check-in and bag drop for domestic flight

11:55

Flight 5J 483 (Cebu Pacific Airways) to Bacolod

13:20

Arrival at Bacolod-Silay International Airport (BCD); luggage collection, currency exchange & bus transfer

14:30

Lunch at Twenty Six Herb Garden

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

15:30

Departure from restaurant

16:00

Arrival at May's Organic Garden; check-in and room assignments

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

Free time to relax

19:30

Dinner at Lanai by FreshStart Organic

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

21:30

Overnight at accommodation

End of didactic activities

TUESDAY 23 JANUARY 2024

07:00



Breakfast in accommodation

08:30

Departure in bus

11:00

Visit with Slow Food Community Kusina South and Kalibutan Society to learn about heirloom rice varieties and visit a traditional Muscovado sugar cane mill, followed by lunch

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

12:30

Departure in bus

12:45

Visit to CPSU (Central Philippine State University) Agricultural and Biodiversity Conservation Center; guided tour about sustainable production methods for a local variety of Camote (sweet potato) and visit to weaving facility

Meeting with Camingawan Tagukon Farmer's Association to learn about Tinigib Corn and Ube Kinampay (SF Ark of Taste)

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

15:30

Departure in bus

17:30

Arrive at accommodation to freshen up before dinner

19:00

Dinner at Portiko Café & Lounge with chef Nico Millanes

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

21:30

Return to May's Organic Garden

22:00

Overnight at accommodation

End of didactic activities

WEDNESDAY 24 JANUARY 2024

07:00

Breakfast at accommodation

08:30

Departure in bus

09:15

Meeting with members of Mailum Organic Village Association, a group of organic farmers who produce varieties of vegetables, rice, and poultry to discuss production methods, pricing, and the market for their product

[https://www.facebook.com/people/Mailum-Organic-Village-Association/100078504831991/?](https://www.facebook.com/people/Mailum-Organic-Village-Association/100078504831991/?locale=ms_MY&paipv=0&eav=Afbi7YWTqflhTtwsEmnK4Xu_yLwbeTMQsh30_28CAP0gWu3Je0FeDIjAyH8BZMugoP4&_rdr)

[locale=ms_MY&paipv=0&eav=Afbi7YWTqflhTtwsEmnK4Xu_yLwbeTMQsh30_28CAP0gWu3Je0FeDIjAyH8BZMugoP4&_rdr](https://www.facebook.com/people/Mailum-Organic-Village-Association/100078504831991/?locale=ms_MY&paipv=0&eav=Afbi7YWTqflhTtwsEmnK4Xu_yLwbeTMQsh30_28CAP0gWu3Je0FeDIjAyH8BZMugoP4&_rdr)

Cooking demonstration of Linupak, followed by lunch based on the farmer's produce

14:00

Departure in bus

15:00

Meeting with Chris Fadriga at his cacao nursery to learn about heirloom Criollo cacao (SF Ark of Taste), the "diamond" of cacao production

[https://news.abs-cbn.com/ancx/culture/spotlight/05/24/22/farmer-from-negros-grows-one-of-worlds-50-](https://news.abs-cbn.com/ancx/culture/spotlight/05/24/22/farmer-from-negros-grows-one-of-worlds-50-best-cacaos)
[best-cacaos](https://news.abs-cbn.com/ancx/culture/spotlight/05/24/22/farmer-from-negros-grows-one-of-worlds-50-best-cacaos)

16:00



Departure in bus

17:00

Sunset at Bantayan Park, dinner with the Slow Food Community of Bago including a tasting Bago River Eel (SF Ark of Taste)

21:30

Return to May's Organic Garden

22:00

Overnight at accommodation

End of didactic activities

THURSDAY 25 JANUARY 2024

07:00

Breakfast at accommodation

08:30

Departure in bus

09:15

Meeting with Teddy Canete, a coffee farmer and active member of the local Slow Food Coffee Coalition to learn about coffee production from bean to cup, followed by a farmer's lunch prepared by the family

12:00

Departure in bus

12:30

Free time at Mambukal Hot Springs

16:00

Departure in bus

17:00

Visit to Coffee Culture Roastery, practical exercise on coffee cupping with Roaster and Q Grader Thomas Sproten, also a Slow Food Coffee Coalition Member

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

19:30

Bus transfer to Gina's Seafoods restaurant for dinner

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

21:30

Return to May's Organic Garden

22:00

Overnight at accommodation

End of didactic activities

FRIDAY 26 JANUARY 2024

06:00

Breakfast at accommodation

07:00

Departure in bus

09:30

Arrive at Sagay City; boat trip to Suyac Island

Visit to Suyac Island Mangrove Eco Park to learn about the importance of maintaining this ecosystem for the local community, followed by lunch and a swim in the mangroves

13:30

Boat trip to Carbin Reef for free time

15:30

Boat trip back to Sagay City and transfer to Balay Kauswagan hotel for check-in, room assignments, and a



quick refresh before dinner

<https://www.facebook.com/balaykauswagan1996/>

18:30

Meeting with chef Vicente “Enting” Lobaton to learn about the secrets behind his famous Kinilaw

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

21:30

Return to hotel

Overnight in accommodation

End of didactic activities

SATURDAY 27 JANUARY 2024

06:30

Departure in Bus

07:30

Visit with local community of Molocaboc Island to learn about Sea Ranching, a unique and traditional method of harvesting seafood, as well as helping to prepare the day's catch for breakfast and lunch

12:30

Departure from island in boat

13:00

Departure in bus

15:00

Visit to Earth Market at Casa A. Gamboa, followed by dinner

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

20:30

Departure in bus

21:00

Arrival at May's Organic Garden

Overnight in accommodation

End of didactic activities

SUNDAY 28 JANUARY 2024

07:00

Departure in bus

8:30

Visit to Gawahon Eco Park to learn about honey production from local stingless bees

10:15

Departure in bus

11:00

Meeting with Kiko Torno of 7 Hectares, a grower of premium seafood using sustainable aquaculture methods, followed by lunch

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

16:00

Departure in bus

17:00

Arrival at May's Organic Garden; freshen up before dinner

19:00

Cooking demonstration and dinner prepared by chef Jai Cambelisa at May's Organic Garden

Overnight at accommodation

End of didactic activities



MONDAY 29 JANUARY 2024

07:00

Breakfast at accommodation; check out

09:00

Departure in bus

11:00

Farewell with local contacts and cooking demonstration of Ibos, followed by lunch prepared by the Slow Food Cook's Alliance at Casa Gamboa

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

14:45

Departure in bus

15:00

Arrival at Bacolod-Silay International Airport (BCD); check-in and bag drop

17:00

Flight 5J 488 (Cebu Pacific Airways)

18:25

Arrival at Ninoy Aquino International Airport Manila (MNL); bus transfer to Bacolor, Pampanga

Dinner in Transit

21:00

Arrival at Diaspora Farm Resort; check in and room assignments

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

Overnight in accommodation

End of didactic activities

TUESDAY 30 JANUARY 2024

07:00

Breakfast at Diaspora Farm, followed by a farm tour and preparation of a local snack

11:00

Departure in bus

11:30

Arrival at Apag Marangle, cooking demonstration and lunch

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

13:30

Departure in bus

14:00

Tour of San Fernando City Public Market with Jam Melchor

16:30

Departure in bus

17:00

Arrival at Lola Ima Pampanga Cuisine for dinner

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

20:00

Nightcap at Lantern Center

21:00

Return to Diaspora Farm Resort in bus

21:30

Overnight in accommodation

End of didactic activities

WEDNESDAY 31 JANUARY 2024



07:00

Breakfast at Diaspora Farm

08:00

Departure in bus

08:30

Market tour of Guagua Public Market with Jam Melchor, including breakfast

09:30

Departure from market in bus

10:30

Presentation at Center for Kapampangan Studies at Holy Angel University

11:30

Departure in bus

12:30

Lunch at Bariotik in Angeles City

14:00

Walking tour of Angeles City Downtown District with Jam Melchor, including Angeles' popular street food districts

17:30

Cooking demonstration of Sisig and Betute at the Museo ning Angeles Grounds, followed by an early dinner

20:00

Departure in bus to Manila

22:30

Arrival at Hop Inn Ermita Manila; check-in and room assignments

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

Overnight at accommodation

End of didactic activities

THURSDAY 1 FEBRUARY 2024

FREE DAY in Manila including FREE LUNCH and FREE DINNER

Overnight at Hop Inn Ermita

FRIDAY 2 FEBRUARY 2024

06:00

Check out and departure from hotel in bus

06:30

Arrival at Ninoy Aquino International Airport Manila (MNL); check in and bag drop

FREE BREAKFAST in transit

09:35

Flight QR935 (Qatar Airways) to Doha

Lunch in flight

14:25

Arrive Hamad International Airport (DOH)

15:30

Flight QR117 (Qatar Airways) to Milan

Dinner in flight

20:05

Arrive Milan Malpensa Airport (MXP); customs & immigration, luggage collection

Bus transfer to Bra Movicentro

23:00



ETA Bra Movicentro
End of study trip