



Rise Above Foundation Cebu, Inc.

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Latest News: <http://www.RiseAboveCebu.Wordpress.com>

INTERNSHIP/VOLUNTEER PROGRAM IN THE PHILIPPINES (PI)

We are able to offer this internship/volunteer program in a variety of schools, institutions and projects we are working on or with, but before you make a decision, we will cover some practical points which can help you make a decision.

RISE ABOVE FOUNDATION

First a few words about "Rise Above Foundation". We are a non-profit, non-stock foundation and all our workers work as volunteers. See "Projects" on our Website, to read more about the programs in Cebu. The interest in relation to our internship/volunteer program in the PI is steadily growing, and in ours and your best interests and that of the projects, we saw the need to create an "Association", and all volunteers are required to become a member while here and to sign a membership form.

SAFETY

The programs and projects all take place in and around Cebu City, located in the Visayas region, which is the central region of the PI. Because of rebel activity in the southern PI, the Mindanao region, there has been some question whether it is safe to travel to the PI. In the time we have lived here (since 2000) there has been no reason for concern. And personally, we feel that Cebu is a safe place to visit and reside in.

CULTURAL DIFFERENCES

As in any third world country, there are the rich and the poor, and then there is the large and growing middle class. The rich send their children to private schools or institutions, while many children of the real poor do not attend school. The children "in between" attend the public schools. Whether it is a rich or poor school or institution, the standard varies from school to school, from institution to institution and from city to city.

All the schools, are expected to meet the level of standard set down by the Department of Education (DepEd). Teaching materials and resources are not in abundance; rather the opposite, so an internship in the PI will certainly challenge your teaching skills and be a learning experience for you. At the schools and institutions who are able to take in trainees or volunteers, the teaching will be in English. In some of the poorer schools and institutions, most children do not speak English, but are willing to learn. For the most part you will not be alone, but will be together with a local teacher, care taker or overseer.

The training varies from institution to institution, all depending on who is running it. Since we have had behavioral science students from Denmark through several years now, these institutions have shown an interest in grasping the intent of our interns, resulting in them becoming more a part of the staff at the institution and have been able to get better education and guidance hours.

AMOUNT OF REQUIRED WORK HOURS

One point that we ask you to please consider are your expected working hours. It would probably be best for all parties if you wouldn't lock yourself into too much of a restricted amount of hours, but that you be flexible in that area.

ROOM AND BOARD

If you are interested, we can help arrange fairly affordable accommodation for the internship period, with one of the Pension Houses that we are in contact with. If you will stay here for a long time (six months or more) the possibility is there to rent a small house or apartment. If you want to take care of your own accommodation, then we suggest you arrive a few days prior to your internship period. However, we would advise that you move into the pension House we have recommended, which will be a help before looking for your own place. From there we could help with practical advice. Generally the rooms at the guesthouses are for 2 persons (some offer rooms for 3). The current cost per month per person is in the range of US\$ 200-400 all depending on the standard of the rooms.

The food is good and cheap, and there is plenty of it. A meal at a restaurant costs on an average of US\$ 2-4, a beer "San Miguel" (of experts judged to be among the best in the world) is at US\$ 0.50. Generally it is quite cheap to live here, which makes the experience an even more worthwhile one.

VISA

For details please contact the PI embassy in your country, but most citizens from most countries do not **need** a visa on arrival. If you travel without a visa, you get a 21-day tourist visa on arrival, which can then be extended for 39 days giving you a total of two months. From there on, visas are renewed every 2 months and the extension of a visa currently costs around 3,000 pesos (about US\$ 67). Visas are easy to extend. The cost after the first two months is appx. 4000 pesos (appx. US\$ 90) for the following two months. (This figure is an approx. amount). We'll help you with it when the time comes.

As an alternative, you can contact the Philippine Embassy in your own country and get the needed information from them.

PS. It is required to enter the country with a return ticket or an onward ticket out of the PI. If you arrive without one, you might be faced with having to buy one at the airport, which is always expensive.

VACCINATIONS

You can search on Google about the current vaccination recommendations for the PI.

Malaria pills is not thought to be necessary for your stay in Cebu and surrounding area.

Tuberculosis vaccination is believed not to be necessary, though there is tuberculosis in dirty and unhygienic places.

CURRENCY

The US \$ is a favorite out here, but the Euro, British pound and other major denominations, are easy to exchange. Visa Card, Master Card, American Express or any other major credit/debit cards are widely accepted. If you're used to use an ATM machine you can travel with a minimum of cash and in some banks you can withdraw up to 15,000 pesos per day.

ADMINISTRATION AND FEES

To be able to assist you and help arrange your stay as an intern or volunteer, we have deemed it necessary to charge an administrative fee. This fee also covers membership of the Association "Rise Above" and all the costs associated with the RAF's administration of your internship, pick-up at the airport, the orientation meeting and the ongoing contact and assistance between you, the schools, institutions and us. The administrative fee is US\$ 125 and you are requested to please pay this amount upon arrival in Cebu or shortly thereafter. (You can pay this in cash or in the local or other currencies). Alternatively, the amount can also be paid to Rise Above Foundation's account in Cebu:

Bank of the Philippine Islands,

Account: Rise Above Foundation Cebu, Inc.

SM Branch

6000, Cebu City

Account No. 9131-0050-64

SWIFT: BOIPHHMM

ABOUT RELIGION

The PI is predominantly a Catholic country, and prayer is a common part of people's daily lives. The ones who are not confessing Catholics, respect other people's faith and religious conviction. For example, the majority of people stop their shopping in the major shopping malls every day at 12 noon and at 6pm when Catholic prayers are aired on their loudspeakers. All schools and institutions see it as their duty to install faith in their students through daily prayer and devotions.

Whether you are religious or not, that is your own choice, but if you are anti-religious, it could possibly cause you problems.

SUN, WIND, SAND AND WATER

The PI is a "third world country" and it is indeed very different from Western countries. The climate is tropical with high temperatures in March, April and May, often exceeding 33 degrees centigrade and bottom temperatures in December, January and February at approx. 25 degrees. The humidity is constantly high, causing some extreme weather conditions with typhoons in the rainy season.

There are of course a lot of things to experience out here and we'll do our best to help your stay in the PI to be both fun and exciting. Should any of you want to enjoy a little vacation before or after your stay with us you are of course most welcome. With a backpack and a few Dollars in your pocket, you can experience a lot. The PI has some of the most amazing beaches, with plenty of opportunities to snorkel or dive at some of the best coral reefs in the world. The Filipinos are a party-loving and sweet people and tourists are greeted with a smile everywhere.

Regarding diving: We currently have contact with an English dive instructor here in Cebu, who gives us a very special price for a "PADI Open Water" diving certificate. It takes three days or two weekends, and gives you access to some of the world's best dive spots. <http://www.sidive.com/>

Below is a few links about the Philippines:

<http://www.ndparking.com/bestofcebu.com>- Best of Cebu. This site contains information about the history and culture of Cebu, as well as helpful information for the traveler. Find out about Cebu's beach resorts and local entertainment.

<http://www.yehey.com/> - The local Yahoo

www.malapascua.net – an example of a beautiful tropical island resort and its offers.

www.livinginthephilippines.com

www.kayak.com/h/destinations/citylist/PH

Or the official web page of the Philippine Government: <http://www.gov.ph/>

Tickets online:

Ferry tickets: www.SuperFerry.com.ph

Plane tickets: www.philippineairlines.com or <http://www.cebupacificair.com/>

WHAT TO BRING

Everything is very cheap down here (except electronics, which have international prices). Clothes are actually really cheap so it would not be smart to buy clothes before departure. A branded T-shirt costs around. DKK US\$ 4 so you can actually do your shopping of Summer clothing here. (Just worth mentioning. If you are a girl and wear more than XL sizes, the selection is limited. Asians are indeed very "petit".)

Mobile phones are a must. A SIM card with a local telephone number costs about US\$ 2, and can be reloaded for 2-10 \$US. Everyone uses cell phones, and is the most important way of keeping in touch. You can send and receive SMS to and from any countries in the world.

Because of the many poor, the potential for theft is a reality, so it's best to leave any expensive jewelry at home.

CV - QUESTIONS FOR YOU - IMPORTANT

In order to place you in an internship/volunteer place of practice, and for it to be a challenge for you, we need some information from you.

- a. A CV (in English) with a recent photo.
- b. Your personal data, birth date and year, email address, postal address, phone number, etc. (A & B must appear at the top of the CV)
- c. A bit about yourself and what expectations you have for your time with us.
- d. What age group of children would you like to work with? Choose at least two of the schools or institutions that are listed in the "Choices" (Choice, Microsoft Word.pdf)
- e. Do you desire to have internship in a regular school or institution, or would you like a little more social characterized internship?
- f. What are your main subjects and how far along are you in your training.
- g. What time period suits you best, and for how long.

If there are other aspects you believe are important to include, please feel free to include them.

ATTENTION! - Maximum length of CV -- 1 page only.

Also remember to send us your flight plan incl. flight number, as soon as you have it.

We hope this information makes it possible for you to decide if this program is for you. We look forward to communicating with you and hopefully meeting you here in Cebu. Our desire is that your stay would both be fulfilling and exciting and that your educational criterion would also be fulfilled.

If you have any questions please feel free to write us on the following email address:

info@RiseAbove-Cebu.org

Or you can call us on the phone number at the top of the page. If you feel this information would be beneficial to colleagues or other students, please feel free to pin them on the bulletin board.

Best regards,

Flemming & Elisabet Hansen

Project Coordinators & Managers
Rise Above Foundation, Cebu

www.RiseAbove-Cebu.org

www.RiseAboveCebu.WordPress.com for the latest news.

Nothing the heart gives away is lost; it's kept in the heart of others!