



*"...I came that they may have life, and have it more abundantly." (John 10:10)*

## Travel Preparations

### 1. Pre – Assembly Preparations

**Google Mail.** We strongly recommend that you create a Google account for yourself. We will be using the Google Drive to share and edit documents and other files before, during and after the Assembly. You can create a Google account through this link: <http://goo.gl/0uS4H>

**Shirt Size.** One of the souvenirs of the Assembly is a Polo Shirt, which will be used during the Assembly. Kindly send to your Region's Young Brother Coordinator your **shirt size** as soon as possible. It will help if you can send the exact measurements of your neck, chest and belly.

**On – Line Registration.** Please remember to register at our Assembly website:  
[http://iyba.lasalle.org/?page\\_id=37](http://iyba.lasalle.org/?page_id=37)

You need to upload a photo of yourself no bigger than 300 pixels both in height and width. This website can help adjust your photo to an acceptable size for the online registration:  
<http://www.resizeimage.4u2ges.com/>

### 2. Travel

**Travel Days.** All participants are expected to arrive on Sunday, **28 July 2013** and depart on Thursday, **08 August 2013**. It is important that you send to your Region's Young Brother Coordinator your **flight details** as soon as possible. We will need the **dates and times of your arrival and departure, the airlines and flight numbers**.

Those who wish to extend their stay in the Philippines or any other country within the Lasallian East Asia District (LEAD) beyond these dates are welcome but will need to make their own arrangements early.

**Visa.** Citizens of most countries will be granted an entry Visa of 21 days upon arrival, which can be extended up to 60 days. If you want to be sure that you do not need to apply for a Visa prior to your arrival, you may contact your embassy in the Philippines:  
<http://embassy.goabroad.com/embassies-in/Philippines>

Those who will need a letter of invitation for Visa applications may contact Br. Richie Yap FSC directly. When making the request, send your Passport Name, Passport Number and Nationality. His email address is: [br.richie@delasalle.ph](mailto:br.richie@delasalle.ph)



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**International Arrivals.** It is strongly advised that your port of entry and exit in the Philippines is "Manila (Ninoy Aquino) International Airport" as this is the airport nearest the venue. If we have your flight details, someone will pick you up at the airport on your arrival and we will bring you to the airport on your departure date. We will send more details on arrival instructions at a later time.

**Travel Documents.** Start preparing and checking your travel documents: Passport, Airline Tickets, Identification Card, and Visa, if necessary. Make sure that your passport will not expire in 6 months or less before you travel. Have a photocopy of your passport and keep it safely separate from your original. You will need this photocopy in case you lose your original passport.

**Arrival and Departure Cards.** All foreigners must fill – in an "Arrival Card" and "Departure Card." Flight attendants usually provide the "Arrival Card" during your inbound flight to Manila. The "Departure Card" is available upon check – in on departure day and is collected at the Immigration Counter.

**Airport Terminal Fee.** Upon departure, the Manila International Airport will be collecting a terminal fee of Philippine Pesos ₱550.00 or about United States Dollars \$13.50 – \$15.00. Please be ready to pay this amount in cash or credit card (Visa or MasterCard).

**Travel Expenses.** Districts, Delegations and Sectors will be responsible for the travel and other personal expenses of their participants. It is recommended that you bring extra cash in case of an emergency.

### 3. Health Preparations

**Required Vaccinations.** Before visiting the Philippines, see your doctor or a health – care provider at least 4 – 6 weeks before your trip. This is to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it. Even if you have less than 4 weeks before you leave, you should still see a health – care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

Although **yellow fever** is not a disease risk in the Philippines, **the government requires travelers arriving from or transiting through countries with risk of yellow fever transmission to present proof of yellow fever vaccination.** If you are travelling from **Africa** or **South**



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**America** or visited a country in the yellow – fever zone within six days prior to entering the Philippines, you should check to see if you require proof of vaccination.

**Personal Medications.** If needed, bring your own personal medications. Pack in their original, clearly labeled containers. A signed and dated letter from your physician describing your medical conditions and medications, including generic names, is also a good idea. Bring a mosquito repellent lotion or spray.

**Medical Conditions and Allergies.** It is important that you inform us if you have any special medical condition or allergies to certain food or medicine.

#### 4. Venue

##### Address and contact information.

##### Retreat and Conference Center

De La Salle University – Dasmariñas

Congressional Road

DBB – B

DASMARIÑAS CITY

Cavite, Philippines

Tel : +63 (2) 844 7830

+63 (2) 844 7832

+63 (46) 416 4531 local 3001

[www.dlsud.edu.ph](http://www.dlsud.edu.ph)

**Accommodations.** Each Brother will have his own bedroom. The rooms are air – conditioned, with telephone, desk, closet, private toilet and shower. Towels will be provided. Wifi and Internet are available in the bedrooms and assembly venues. Room cleaning and laundry services are available upon request.

**Assembly Venue and Facilities.** The “Retreat and Conference Center” of the University will be the main venue of the Assembly. It is located on the north – west side of the campus. The Center has its own Chapel, Dining Area and Common Rooms. Other venues for certain activities will be announced during the Assembly.

The University has a sprawling 27 – hectare (67 acres) campus. You may use other facilities in the campus such as the sports facilities (swimming pool, track and oval, courts for football,



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basketball, tennis, volleyball, etc.) upon request and reservations with the front desk of the Retreat and Conference Center.

**Campus Curfew.** The campus of the University closes at 10:00 PM. If you wish to stay beyond curfew hours outside the University, you will need to inform your Region Coordinator, the front desk of the Retreat and Conference Center, and the Security Office located at your exit gate.

**Brothers' Community.** There is a community of Brothers in the University. Their home is located at the south – east side of the campus.

**Hospital and Medical Care.** In case of emergency, the De La Salle University Medical Center is located about one kilometer from the campus.

## 5. The Philippines

**Climate and Weather.** The Philippines has a tropical climate with an average year – round temperature of 26.6 °C (79.9 °F). Relative humidity is high in the Philippines. A high amount of moisture or vapor in the air makes hot temperatures feel hotter. The rainy season falls on the months of June to October. Be forewarned that the months between July and September are characterized by typhoons.

**Language.** Filipino (formerly Pilipino) is based on Tagalog and is the official language of the Philippines. In addition to Filipino are about 111 distinct indigenous languages and dialects, of which only about 10 are important regionally. **English** is generally used for educational, governmental and commercial purposes and is widely understood since it is the medium of instruction in schools.

**Clothing.** Given the warm climate, all you will need are light, casual clothes. Please remember to bring your robes (religious habit) or its equivalent in your District / Delegation / Sector. If you plan to exercise, swim, or play, bring the necessary outfit. Pack what you need in your luggage but leave some space for any gifts and souvenirs you will receive or buy while in the Philippines.

**Laptop or Tablet PCs.** We also recommend that you bring your laptop or other personal electronic device that will enable you to access the Internet.

**Electricity Supply.** Electricity in Philippines is 220 Volts, alternating at 60 cycles per second. If you travel to Philippines with a device that does not accept 220 Volts at 60 Hertz, you will



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need to bring a voltage converter. The two flat prongs plug and socket is the most common in the country. Remember to bring adapters, if needed, as these will not be supplied.

**Time Zone.** The Philippine Time Zone is UTC / GMT +8 hours.

**Country Code.** The Philippine International Phone Code is +63.

## 6. Currency and Exchange

**Peso.** The Philippine currency is called the "Peso." The exchange rates (as of 7 May 2012) are US\$1.00 = PHP40.86 or €1.00 = PHP53.60

**Exchange.** Money can be changed at the Airport, in banks and at other Foreign Exchange services. Credit cards are widely accepted. The University can also facilitate currency exchange. It is strongly recommended that you exchange currencies at the airport.

## 7. Food and Drinks

**Food.** A range of western and Asian dishes will be served. If you have special dietary needs please inform us as soon as possible.

**Water.** Water is not drinkable from the taps anywhere. Bottled water will be provided.

**Socials.** Socials will be held in the evenings. Gifts of 'duty free' will be gratefully accepted.

## 8. Registration

Each Brother should register immediately upon arrival at the front desk. Districts, Delegations and Sectors will be responsible for the Registration Fee. All fees will be collected in **cash** (United States Dollars) during the Assembly registration.

### Thank you very much!

Brother Christopher Patiño, FSC  
Brother Diego Armando Rico, FSC  
Brother Jose Andres Sanchez, FSC  
Brother Michel Tolojanahary, FSC  
Brother Richie Yap, FSC

RELAN  
RELAL  
RELEM  
RELAF  
PARC

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