

INVITATION

MANILA
AND NEARBY
COUNTRYSIDE

**SOLIDARITY TRIP
PHILIPPINES**
FROM 19 SEPT TO 28 SEPT

WHAT IS IT ABOUT?

Viva Salud warmly invites you to join us on our solidarity trip to the Philippines in September 2025!

In a small group of 7 to 12 people – including Viva Salud colleagues Camille and Marie-Lou – we will take part in meaningful meetings and activities in Manila and its surroundings. Our goal is to deepen our understanding of the social and political situation in the Philippines through direct contact with Viva Salud's partners and local communities. We'll especially focus on the attack on human rights and the ongoing struggle of Filipino health workers and activists.

Together, we'll have the unique opportunity to engage in concrete solidarity actions, such as visiting imprisoned activists, exchanging with local health workers, and witnessing a local demonstration. With the support of IBON, research center, we'll explore the key political and social issues affecting the country. We'll also meet with KARAPATAN and Gabriela, human rights and feminist organizations, and with CHD, we'll learn about the concrete challenges in healthcare.

This solidarity trip will give all of us a powerful insight into the Filipino struggle. We'll return with meaningful stories and experiences to share within our own movements and networks – becoming strong voices for the Filipino cause here at home.

WHAT DO WE EXPECT FROM YOU?

- Good understanding and basic speaking of English is mandatory.
- Attending a mandatory training day (31 august) prior to the departure of the trip. The day will include political, historical and practical briefing.
- Solidarity fundraising of 200 euro prior to the departure, with the help and tips from Viva Salud.
- The whole group must show adaptability and a respectful attitude along the trip. In some circumstances, the level of comfort might be low and the rhythm of the trip tiring.
- After the trip, the group will organize together an event or activity to share their experience.

PROGRAM OF THE WEEK

19 SEPT	Arrival in Manila and shared diner with other participants
20 SEPT <i>DAY 1</i>	First contact with the partners and introduction on national and health situation
21 SEPT <i>DAY 2</i>	Martial Law Mobilization (as observers) (National protest)
22 SEPT <i>DAY 3</i>	Visit to a public hospital and meeting with a hospital union.
23 SEPT <i>DAY 4</i>	Visit to a CHD's community (possible overnight stay in Bulacan)
24 SEPT <i>DAY 5</i>	Meeting with Gabriela's women community leaders
25 SEPT <i>DAY 6</i>	Meeting with political prisoners/ youth and environment defenders.
26 SEPT <i>DAY 7</i>	Meeting with progressive legislator/ with families and victims of the drug war.
27 SEPT <i>DAY 8</i>	Travel to Bulacan/ Cavite. Meet with Bungalan farmers (possible overnight stay).
28 SEPT <i>DAY 9</i>	Meet with the labor sector of jeepney drivers. Feedback session and solidarity night.



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LOGISTICS

- International flights to be booked individually (Viva Salud can help).
- Local transport during the solidarity trip will be provided by our partners: van and/or jeepney.
- Participants will sleep in simple hostels or in guesthouses, in shared rooms (2 to 4 people).
- Food will depend on the program of the day. Some meals will be provided and shared with the local partners. Sometimes every participant will be responsible for their own food (buying a sandwich, free evening etc).



WHAT DO YOU NEED

- Passport valid at least 6 months after return date. No visa required for stays under 30 days.
- **Recommended vaccines:** Hepatitis A, Japanese encephalitis, as well as up-to-date vaccinations against polio, tetanus and diphtheria.
- Light and covering clothing, first-aid kit and appropriate gear for a trip to a tropical country.

ESTIMATED BUDGET

- Round-trip flight: €700 to €1,000 (depending on booking date)
- Local expenses: €600 to €750 (includes accommodation, meals, local transport, and other things)
- Estimated total: €1,300 to €1,750

QUESTIONS ?

If you have questions or need more information, please don't hesitate to contact us:

- Badie Marie-Lou:
marielou@vivasalud.be | 0493452013
- Camille Quentel:
camille@vivasalud.be | 0033762083641

HOW TO APPLY ?

Send an application letter of half a page to one full page to marielou@vivasalud.be and camille@vivasalud.be

This letter should include 3 elements:

1. Your profile, age, gender, work and other useful information
2. Some of your relevant experiences or activities in social movements or other areas of your life
3. Your motivation: what makes you want to participate ?

Application deadline: July 31st 2025