

# HAVE A SAFE TRIP, **PINAS**

Guide to staying safe and healthy in the Philippines



British Embassy  
Manila







Mabuhay! Welcome to the archipelago of 7,641 islands where there are endless beaches, lively and fashionable cities, smouldering volcanoes, and underwater wonderlands waiting to be discovered.

The Philippines is a land rich in natural resources, scenic locales, and friendly smiles. Here, everybody is welcome to be part of the fun - from the captivating coastlines, to the creative native crafts, to the unique gastronomic experience, you will find the kind of fun that is uniquely yours.

Just like the fun that can be experienced, opportunities abound here in the Philippines. Whether that is through tourism, hospitality, manufacturing, or sustainable development, there is a plethora of ways to grow your business here.

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## GENERAL INFORMATION

### WEATHER

The climate of the Philippines is subtropical and has two seasons; the rainy season, from June to November and the dry season, from December to May.

The dry season is then further subdivided into the 'cool dry season' from December to February – this is the Philippines 'winter' and perfect for those wanting to travel in a cooler climate. The average temperature is around 22°C to 28°C, with little precipitation and sunny and dry weather.

And the 'hot dry season' from March to May – this is the Philippines 'summer' where you can expect it to reach temperatures of about 40°C in the midday of May.

### LANGUAGE

Filipino is the national language of the Philippines. However, English is widely used throughout and has become one of the official languages of the country – so don't be shy to start a conversation!

You will also discover regional languages as you travel the different islands and destinations

### CURRENCY & MONEY MATTERS

The currency of the Philippines is Peso (PHP) and goes a long way when exchanging Pounds to Pesos.

Foreign currency may be exchanged at some hotels, and in most of the large department stores, banks and authorised money changing shops.

When paying a tip, 10% of the total bill is usual practice. Check to see if the bill already includes a service charge as in these cases, tipping is optional.

### POWER OUTLET

The most commonly used electric plug in the Philippines is the two-pin, Type A electrical plug (220V/60hz). This is different from what is used in the UK.

### BUSINESS HOURS

Most retail shops and malls tend to open later in the morning and close around 9:00 PM - 10:00 PM depending on the area. Banks are open from 9:00 AM until 3:00 PM, Mondays through Fridays. When doing your bank transaction, it is advisable to have your passport with you for identification.



## HAVE A SAFE TRIP, PINAS

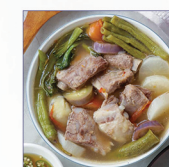
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## FAMOUS FILIPINO FOOD MUST-TRY



**Adobo:** Pretty much everyone considers Adobo as the Philippines' national food. Every province you go in the country, there is a version of this Filipino cuisine that's unique to their land, but still maintaining the essence of what Adobo is.



**Sinigang:** It is typically made with pork and tamarind. Tomatoes, garlic, onion, and various other vegetables complete the stew.



**Halo-Halo:** This list wouldn't be completed without this traditional Filipino dessert. Literally translates as mix-mix, it is indeed quite a mixture of shaved ice, ice cream, and condensed milk. It could also include fruits such as lychee or mango, sweetened red beans, jellies, corn flakes, coconut strings and more!



## WELCOME TO THE PHILIPPINES

Many thousands of British nationals travel overseas every year, most of which pass without any kind of incident. However, there is always risk in international travel and it is important to remember that outside the UK:

- You are less likely to be familiar with local conditions and the legal framework. There may be language barriers.
- You may be more exposed to a wide variety of risk and threats, such as theft, fraud and other crimes.
- Support which you could freely get in the UK may not be available or may be very expensive.

Please read the information carefully and share with your travel companions.

You may also read our online leaflet, "Support for British nationals Abroad: a guide," for guidance on how you can help yourself stay safe abroad and what help the FCDO can provide.

<https://www.gov.uk/government/publications/support-for-british-nationals-abroad-a-guide>



British Embassy  
Manila

**British Embassy Manila Hotline:**  
(Available 24/7):  
**+63 2 8858 2200**

Philippine National Emergency: 911

Philippine National Police Hotline: 117 or +63 2 8722 0650

Bureau of Fire Protection Hotline: +63 2 8426 0219 /  
+63 2 8426 3812

Philippine Red Cross Hotline: 143 / +63 2 8527 8385 to 95

# KEEP CALM & TRAVEL SAFE

- Be aware of your surroundings, security and take sensible precautions. Stay alert of what is going on around you and keep away from situations where you do not feel comfortable.
- Always keep in mind that crowded places remain attractive targets for terrorists.
- If you see or hear something unusual or suspicious trust your instincts and report to the authorities. Remember to focus on a person's behaviour not their appearance.



- If you are caught up in an incident and are not sure what action to take, follow the guidance 'Run, Hide, Tell' which can be applied to many places and situations both at home and overseas.

<https://act.campaign.gov.uk>

- Philippines is one of world's most-disaster prone countries. In the event of an earthquake, always practice 'Duck, Cover and Hold'.



- Be careful what you access online. Cybercriminals may target your data, specifically your sensitive information. Only connect to secured wi-fi connections and don't be careless with your data.

Take time to read the UK government's Philippines travel advice page and sign up for email alerts to be notified of any updates.

<https://www.gov.uk/foreign-travel-advice/philippines>

Reach out to your bank to avoid getting your card or account from being blocked whilst abroad.

**Access to healthcare:** Whilst standards of healthcare are generally good in the Philippines, access to emergency treatment varies greatly and may not match UK levels and can be expensive. Make sure that your travel insurance is valid and covers everything and everyone who is travelling or consider taking out a local health insurance policy for the duration of your stay.

<https://www.abi.org.uk/products-and-issues/topics-and-issues/coronavirus-hub/travel-insurance/>

**Visas:** If you chose or need to extend your stay, make sure you obtain or extend your visa to avoid issues on departing the Philippines.

<https://immigration.gov.ph>

Ensure that your family and friends are aware of your travel plans and are provided with a copy of your passport and itinerary.

Local Department of Tourism offices are useful contacts for additional travel guidance.

<https://philippines.travel/safetrip>

### General Travel Advisory:



The FCDO advises against all travel to western and central Mindanao and the Sulu archipelago (excluding Camiguin, Dinagat and Siargao Islands) due to terrorist activity and clashes between the military and insurgent groups.



## HOW THE BRITISH EMBASSY CAN HELP YOU

We are here to provide assistance to British nationals travelling in the Philippines. The level and type of assistance we offer is tailored to the individual circumstances of each case.

Our staff will make an assessment of your vulnerability and the needs you have, based on who you are, where you are, and your situation. We will then aim to offer assistance which helps meet your needs, such as:

- Provide advice and help if you have suffered sexual or physical assault, are a victim of other crimes, are ill or are in a hospital;
- Provide timely, accurate, local information so that you can help yourself effectively. This might include details of local lawyers, interpreters, doctors or funeral directors;
- Issue emergency travel documents;
- Provide information about transferring money through commercial providers;
- Provide details of other organisations that may be able to provide specialist support;
- Contact family or friends for you if you cannot do this yourself;
- Work alongside the local authorities, travel industry, insurance companies and others to provide rapid and effective support in the aftermath of major incidents affecting a large number of British nationals.