



The Ruel Foundation is privileged to host short term teams each year. This page provides information to teams who are planning on coming to visit us. If that's you, then please, feel free to read below to see how you can prepare for your trip to the Ruel Foundation.

Money

\$40.00 pays for your daily stay at the guest facilities. This covers all meals, accommodation, internet, laundry and most transportation. Airport pick up and drop off is not included in this price but can be organised by us to make your stay as care free as possible. Most people/teams also try to find ways to contribute towards a project at Ruel. This may be a construction project, sponsorship of a child, village feeding or special program. No set amount is required for this type of giving.

There are different ways to organise this payment. We can organise money transfer, direct debit or cash on arrival.

Cash or Credit

There are many places here where you can use your credit/debit card to make purchases. Most of the major restaurants and stores take credit card, but if you're going to get things from smaller places and markets, you'll need cash. Local transportation is always paid in cash. In general, it's a good idea to have at least a little cash on your person.

Exchanging Money

There are a few ways to exchange money. When exchanging money expect to pay at least 1% in conversion fees. Exchange rates will differ slightly between different exchange places, but unless you're exchanging large amounts, it won't make much of a difference. Here are some of the options for exchanging cash.

- At the airport.

Just after you go through customs, you'll have a chance to exchange cash to PHP. The rate here is ok. It might be a good idea to get some pesos here to get you through the first day or so.

- Exchange Shop

This is probably where you'll get the best rate. There are several shops in Calapan City and we can help organise transport there.

- At the bank.

We can also help make this happen.

Withdrawing Money/ATM

There are many ATMs at nearby banks that you can withdraw money from your foreign bank account. Just know that you will be charged the conversion fee, plus an ATM fee for each foreign transaction.

Passport and VISA

Make sure passport(s) valid for six (6) months after your arrival date. Passports from [these countries](#) are allowed 30 days free visa in the Philippines. If your stay is going to be longer than 30 days, we can give you more information about extending your visa

Clothing & Weather

There are basically two seasons in the Philippines: hot and rainy. Sometimes it's both. Either way, it's going to be hot and humid when you come. Unless you're used to hot weather, plan on bringing light clothing, i.e. shorts and t-shirts. Sandals or flip-flops are a shoe of choice here, but if you're planning on doing construction, make sure you have shoes you can work in.

We do ask that our female guests dress modestly, not in clothing that is too revealing. Also, try to bring whatever feminine products you need from home as they are generally not as accessible here.

Other things to think about packing are sunscreen and bug spray.

Laundry

We have washing machines and dryers available for guest use.

Bringing or Buying to Bless

You may wish to bring some things with you or buy them here in order to do this. Ruel Foundation always has specific needs and if you wish to contribute goods, please contact us at nathanw@ruelfoundation.com.

Arrival at the Airport

There are three different terminals/airports in Manila, and the airline you arrive on will determine which one you arrive on. If you are coming straight to Ruel on your arrival our details are as follows:

- While on the plane. Fill out the arrival card with this information:
 - Brgy. Masipit, Calapan City
 - Telephone: + 63 43 288 2039
- Depart plane.
- Pass through Immigration. If you have any team members that are 14 and under and are not with their parent (unaccompanied minors), their passports will be held at Immigration and fee will need to be paid.
- Pick up luggage.

- Hand in Customs form.
- Exchanging Money. See MONEY section above.

Transportation in Calapan

Calapan's main form of transportation is the tricycle. This is basically a motorcycle with a sidecar and a ride into town for four people will cost around 50 pesos in total.



Safety

Safety is an important consideration when travelling to any foreign country. Below are some answers to common questions about safety in the Philippines. If you have more questions, feel free to contact us. We want to make sure you feel safe before you leave and while you're here.

Should I be concerned about:

- Malaria or other diseases? Please see your local doctor to see what recommendations they have for immunisations. If you have any further questions, please ask us.
- Cultural Differences? You will not need to worry about being in uncomfortable settings. As a general rule, it's good to go places in pairs or more, just to help you feel more secure.
- Theft? You will be serving in an impoverished country. There is always a temptation for needy people here to steal to survive. Never flash large amounts of money in the open, especially after exchanging or withdrawing from an ATM. We have had instances of camera/property theft while team members were riding on jeepneys or out at fast food restaurants. Always make sure you have your cameras, purses, wallets, etc. in sight and on your person.

Food and Water

Breakfast, lunch, and dinner are provided for teams each day, and costs are covered by the room fees. As a general rule, it isn't safe to drink water out of a tap here. Ruel House has bottled water, so it's a good idea to fill up a water bottle at Ruel and take it with you if you plan on leaving. The number one way of staying healthy is to stay hydrated, so make sure you're drinking a lot of water while here.

Electricity 220/110

Electricity in the Philippines is 220V. In the US it is 110V. This can cause a problem if you plug a 110V appliance into a 220V outlet- it will fry your appliance. Before you arrive you may need to purchase a transformer to protect your electronics.

Internet

There is free wifi internet in the lobby at Ruel House. Please see us on arrival for the password.

Shopping

There are small markets in Calapan. You can haggle prices at markets; the prices are usually cheaper than at malls and larger stores. There are shopping malls within ten minutes drive from Ruel House. These malls have restaurants, a movie theatre, and shopping stores.

Need a Short Break?

Ruel House is 60km away from Puerto Galera. Puerto Galera is a soothing vision of seas surrounded by lush mountains. It is considered one of the most beautiful and developed beach resort community in the country.



There are a thousand things one can do here. People can play volleyball, toss a Frisbee, go beach-hopping, watch the sunset, gaze at the stars, hike, go rock climbing or discover Oriental Mindoro's other tourist spots.

But water is certainly the main attraction of the island. Crystal clear and shimmering especially during the hot summer months, the sea framing Puerto Galera is ideal for swimming, sailing, surfing, snorkeling and scuba diving.

We can help organize a trip or short stay to Puerto Galera. Please contact us if you need any more information.