



Philippines

More than seven thousand tropical islands, rice terraces carved into mountains, Spanish-era churches, warm hospitality and a respectful 'po' at the end of every polite sentence.

AT A GLANCE

Facts to know

CAPITAL

Manila

LARGEST CITY

Quezon City, in Metro Manila

POPULATION

About 113 million (2024 census)

OFFICIAL LANGUAGES

Filipino and English

CURRENCY

Philippine peso

AREA

About 300,000 km²

ISLANDS

About 7,641

GOVERNMENT

Presidential republic; the president is elected for a single six-year term

HIGHEST MOUNTAIN

Mount Apo, 2,954 m, on Mindanao

LONGEST RIVER

The Cagayan River, about 505 km, on Luzon

NEIGHBOURS

No land borders. Across the sea: Taiwan, Japan, Palau, Indonesia, Malaysia, Vietnam and China

DRIVES ON THE

Right

CALLING CODE

+63

A 45-minute trip to Philippines

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Philippines together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: AD 900: The Laguna Copperplate is inscribed; 1899: The war with the United States begins; 2013: Typhoon Haiyan strikes. |
| 15 to 25 min | At the table: talk about Chicken or pork adobo and Sinigang. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Magandang umaga po" (Good morning (polite)), "Magandang hapon po" (Good afternoon (polite)), "Magandang gabi po" (Good evening (polite)). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://preview.worldstroll.com/countries/philippines/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Philippines and its cities



- Vigan (Ilocos Sur, northern Luzon): Calle Crisologo and its old houses, Horse-drawn calesa rides, Vigan longganisa sausage and empanadas
- Banaue (Ifugao, Cordillera mountains): Rice terraces, Ifugao culture and wood carving, Mountain walks to Batad
- Baguio (Cordillera Administrative Region, Luzon): Cool mountain climate, Pine trees and flower gardens, Strawberries and the Panagbenga flower festival
- Quezon City (Metro Manila, Luzon): The largest city by population, The University of the Philippines, TV studios and big shopping malls
- Manila (Metro Manila, Luzon): Intramuros, the old walled city, Sunsets over Manila Bay, Rizal Park and the Binondo Chinatown
- Legazpi (Albay, Bicol): Views of Mayon Volcano, Spicy Bicolano food cooked in coconut

milk, The gateway to Bicol

- Iloilo City (Western Visayas, island of Panay): La Paz batchoy noodle soup, Old mansions and churches, The Dinagyang festival
- Cebu City (Central Visayas, island of Cebu): Magellan's Cross and the Basilica del Santo Niño, The Sinulog festival every January, Lechon
- Tagbilaran (Bohol, Central Visayas): The gateway to the Chocolate Hills, Tarsier sanctuaries, Beaches on nearby Panglao
- Puerto Princesa (Palawan): The Underground River, Island-hopping in Honda Bay, The reefs of the Sulu Sea
- Zamboanga City (Zamboanga Peninsula, Mindanao): The Chavacano language, Colourful vinta sailing boats, Fort Pilar
- Davao City (Davao Region, Mindanao): Mount Apo, Durian and other tropical fruit, The Philippine Eagle Center

A short history of Philippines

People have lived on these islands for tens of thousands of years; the oldest modern human remains were found in the Tabon Caves on Palawan. Austronesian settlers arrived from the north by about 2200 BC, and coastal chiefdoms traded with China and the kingdoms of Southeast Asia. Spain arrived in the 1500s and stayed more than three centuries, the United States followed, and the 20th century brought war, independence, dictatorship and a peaceful revolution that the world watched on television.

AD 900 The Laguna Copperplate is inscribed

A thin copper plate dated to the year 900 records that a man's debt was forgiven. Written in Old Malay in the Kawi script, it is the oldest known dated document found in the Philippines. It was discovered by a labourer near a river in Laguna province in 1987.

1521 The Battle of Mactan

Ferdinand Magellan, a Portuguese captain sailing for Spain, reached the islands in March 1521 and planted a cross in Cebu. On 27 April he attacked the island of Mactan and was killed by the forces of the local chief Lapulapu, who is remembered today as a national hero.

Magellan's surviving crew went on to complete the first voyage around the world.

1565 Legazpi lands in Cebu

The Spanish commander Miguel López de Legazpi crossed the Pacific from Mexico and founded the first Spanish settlement in the islands, in Cebu. The same year a ship found the way back across the Pacific, opening the Manila galleon route to Acapulco that ran until 1815.

1571 Manila becomes the Spanish capital

After defeating Rajah Sulayman, the ruler of the trading town of Maynila, Legazpi made Manila the capital of the Spanish East Indies on 24 June 1571. The walled city of Intramuros grew up on the site, and silver from Mexico was traded there for Chinese silk and porcelain.

1872 Three priests are executed

The Filipino priests Mariano Gómez, José Burgos and Jacinto Zamora, remembered together as Gomburza, were executed by the Spanish

authorities after a mutiny at Cavite. They had campaigned for equal rights for Filipino priests, and their deaths stirred a new national feeling.

1892 **The Katipunan is founded**

Andrés Bonifacio and other nationalists founded the Katipunan, a secret society that aimed to win independence from Spain by armed revolution. When the Spanish discovered it in August 1896, the Philippine Revolution began.

1896 **José Rizal is executed**

José Rizal, an eye doctor and writer whose novels *Noli Me Tángere* and *El Filibusterismo* exposed the abuses of colonial rule, was shot by a Spanish firing squad in Manila on 30 December 1896. He is honoured as the national hero, and 30 December is Rizal Day.

1898 **Independence is declared at Kawit**

On 12 June 1898 the revolutionary leader Emilio Aguinaldo proclaimed independence from Spain at his house in Kawit, Cavite. At the end of the same year, after the Spanish-American War, Spain handed the islands to the United States in the Treaty of Paris.

1899 **The war with the United States begins**

Fighting broke out between the Philippine revolutionary army and American troops in February 1899. The United States declared the war over in 1902, though resistance went on in some areas for years, and the islands became an American colony.

1935 **The Commonwealth is established**

The Commonwealth of the Philippines was set up as a self-governing stage on the way to full independence, with its own president and constitution. In 1937 its government chose Tagalog as the basis of a national language.

1942 **The Bataan Death March**

Japan invaded the Philippines in December 1941. After the fall of Bataan in April 1942, about 66,000 Filipino and 12,000 American prisoners were forced to march north to prison camps, and thousands died on the way. The Japanese occupation lasted until 1945, and an estimated one million Filipinos died in the war.

1946

Full independence from the United States

On 4 July 1946 the United States recognised the independence of the Republic of the Philippines in the Treaty of Manila. Since 1962 the country has celebrated Independence Day on 12 June instead, the date of the 1898 declaration, and a law of 1964 made the change official.

1972

Martial law is declared

In September 1972 President Ferdinand Marcos placed the whole country under martial law, near the end of his last term allowed by the constitution. Congress was closed and thousands of opponents were arrested. Martial law was formally lifted in 1981, but Marcos kept almost all of his powers until 1986.

1986

The People Power Revolution

After the murder of opposition senator Benigno Aquino Jr. in 1983 and a disputed election, huge crowds gathered peacefully on EDSA, a main avenue in Metro Manila, from 22 to 25 February 1986. Marcos left the country, and Corazon Aquino became president. A new constitution followed in 1987.

1991

Mount Pinatubo erupts

On 15 June 1991 Mount Pinatubo, on Luzon, produced the second-largest volcanic eruption of the 20th century. The ash cloud rose about 40 km high, and thanks to scientists' warnings some 60,000 people had left the area around the volcano before the main blast, which saved thousands of lives.

2013

Typhoon Haiyan strikes

In November 2013 Typhoon Haiyan, called Yolanda in the Philippines, one of the most powerful storms ever recorded, hit the Visayas. At least 6,300 people died in the Philippines, most of them in Eastern Visayas, the city of Tacloban on Leyte was among the worst hit, and help came from around the world.

What people eat in Philippines

A Filipino meal is built around steamed rice. With it come one or more ulam, the dishes eaten with rice: a stew, grilled fish, a sour soup or stir-fried vegetables, all set on the table at once and shared. The usual tools are a spoon in the right hand and a fork in the left, with the side of the spoon used for cutting, and on festive occasions food may be laid out on banana leaves and eaten by hand, a style called kamayan. Filipinos love sour, salty and sweet flavours together, with vinegar, calamansi (a small local lime), fish sauce and shrimp paste on hand for seasoning at the table. The cooking shows its history: Malay roots, Chinese noodles and spring rolls, Spanish stews and custards, and American snacks. Between meals comes merienda, an afternoon snack of rice cakes, noodles or sweets.

Chicken or pork adobo

All over the Philippines

Often called the unofficial national dish. Chicken or pork is simmered in vinegar, soy sauce, lots of garlic, bay leaves and black peppercorns until tender, then sometimes browned in the pan. The vinegar helped the dish keep well in the tropical heat, and it tastes even better the next day.

Sinigang

All over the Philippines, especially the Tagalog region

A sour soup, most often made with tamarind, with pork, prawns or fish and vegetables such as water spinach, radish, long beans, okra and tomato. The sourness is refreshing in the heat, and it is eaten with rice, often with a little fish sauce on the side.

Lechon

All over the Philippines; Cebu is especially famous for it

A whole pig roasted slowly over charcoal, turned by hand for hours until the skin is glassy and crisp. Lechon is the centrepiece of fiestas, weddings and Christmas. It is often served with lechon sauce, traditionally made from the roasted pig's liver, and many cooks stuff the pig with lemongrass, tamarind leaves and other herbs.

Kare-kare

Most likely Pampanga, in central Luzon

Oxtail and beef stewed until soft in a thick, golden sauce of ground roasted peanuts and toasted rice, coloured with annatto seeds, with aubergine, long beans and pak choi. The sauce is mild, so it is always served with bagoong, a salty shrimp paste, on the side.

Sisig

Angeles City, Pampanga

Chopped pork from the pig's head and ears, boiled, grilled and then fried with onions, chilli and calamansi, served sizzling on a hot iron plate, often with an egg cracked on top. It is loved as a dish with rice or as a snack with a cold drink.

Chicken inasal (Inasal na manok)

Bacolod and Iloilo, in the Western Visayas

Chicken marinated in calamansi, coconut vinegar, black pepper and annatto, then grilled over hot coals and basted with the marinade, which gives it a golden orange colour. It is eaten with rice, a spoonful of chicken oil and a dip of soy sauce, calamansi and chilli vinegar.

Pinakbet

The Ilocos region of northern Luzon

A vegetable stew of the Ilocano people: bitter melon, aubergine, okra, long beans and tomato, cooked gently with fermented fish sauce, sometimes with a little pork. The vegetables steam in their own juices and keep their shape.

Bicol express

Cooked in Bicolano style; named in Manila in the 1970s

Pork stewed in coconut milk with shrimp paste, garlic, ginger and plenty of chillies, until the sauce is thick and creamy. Bicol, the region of Mayon Volcano, is famous for cooking with coconut milk and chilli.

Kinilaw

The Visayas and Mindanao

Fresh raw fish, such as tuna or mackerel, cut into cubes and 'cooked' in vinegar or calamansi juice with ginger, onion and chilli, sometimes with a little coconut milk. The acid firms and whitens the fish. Because the fish is not heated, pregnant women, young children, older people and anyone with a weak immune system are advised to avoid raw fish dishes.

Tinola

The Tagalog region of Luzon

A light, soothing chicken soup with plenty of ginger, green papaya or chayote, and leaves of chilli or moringa. It is home cooking, often made for someone who feels unwell or on a rainy day.

Pancit

All over the Philippines, brought by Chinese settlers

The Filipino word for noodle dishes. Pancit canton uses thick egg noodles and pancit bihon thin rice noodles, stir-fried with chicken or pork, prawns, cabbage and carrots, and served with calamansi to squeeze over. Every region has its own version.

Lumpiang shanghai

All over the Philippines, from Chinese spring rolls

Thin, crisp fried spring rolls filled with seasoned minced pork, carrot and onion, served with a sweet chilli sauce. They are made by the dozen for parties and family gatherings.

Tapsilog

All over the Philippines

The classic Filipino breakfast: tapa (thin slices of cured, marinated beef, fried), sinangag (garlic fried rice) and a fried egg, with pickled papaya or tomato and a dip of vinegar. Its name joins the three parts: TAPa, Sinangag and itLOG, which means egg.

Bibingka

All over the Philippines, especially at Christmas

A soft rice cake made with rice flour, coconut milk and egg, baked in a clay dish lined with banana leaves, with hot coals below and on a metal sheet above. It is topped with butter, sugar, grated coconut and sometimes salted egg and cheese.

Halo-halo

All over the Philippines

The favourite cold dessert: a tall glass of shaved ice and evaporated milk layered with sweet beans, jellies, coconut strips, sweetened banana and jackfruit, purple yam jam and leche flan, often topped with ube ice cream. Halo-halo means 'mix-mix', and you stir everything together before eating.

Leche flan

All over the Philippines, from Spanish flan

A rich caramel custard made with egg yolks, condensed milk and evaporated milk, steamed in an oval tin called a llanera. It is firmer and richer than a European crème caramel, and no fiesta table is complete without it.

GOOD MANNERS

At the table

- Wait until the host invites everyone to start, often with 'Kain tayo!' ('Let's eat!'). Filipinos also invite anyone who walks in during a meal to join, even if it is only

politeness.

- Eat with a spoon in the right hand and a fork in the left, using the fork to push food onto the spoon. Knives are rarely used at the table.
- Take rice first, then small portions from the shared dishes with the serving spoon, and go back for more later rather than piling up your plate.
- At a kamayan or 'boodle fight' feast, food is spread on banana leaves and eaten by hand: wash your hands first and push the food into your mouth with your thumb.
- Offer food to elders first and let them start eating before you.
- Many Filipinos in Mindanao and the Sulu islands are Muslim and do not eat pork, so check before bringing pork dishes to a shared meal.

Chicken or pork adobo

Often called the unofficial national dish. Chicken or pork is simmered in vinegar, soy sauce, lots of garlic, bay leaves and black peppercorns until tender, then sometimes browned in the pan. The vinegar helped the dish keep well in the tropical heat, and it tastes even better the next day.

Ingredients

- 1 kg chicken thighs and drumsticks, or pork belly cut into 4 cm pieces
- 120 ml cane or white vinegar
- 80 ml soy sauce
- 1 whole head of garlic, cloves peeled and crushed
- 3 bay leaves
- 1 teaspoon whole black peppercorns
- 250 ml water
- 1 tablespoon oil
- 1 teaspoon brown sugar (optional)

Method

1. Put the meat, soy sauce, half the garlic, bay leaves and peppercorns in a pot and leave for 30 minutes if you have time.
2. Add the water and vinegar. Bring to the boil without stirring for the first few minutes, so the sharp smell of the vinegar cooks off.
3. Cover and simmer over low heat for 30 to 40 minutes, until the meat is tender and cooked through.
4. Lift out the meat. Heat the oil in a frying pan, fry the rest of the garlic until golden, then brown the meat on all sides.
5. Return the meat to the pot, add the sugar if you like, and boil the sauce for a few minutes until it thickens a little. Serve with plenty of steamed rice.

Sinigang

A sour soup, most often made with tamarind, with pork, prawns or fish and vegetables such as water spinach, radish, long beans, okra and tomato. The sourness is refreshing in the heat, and it is eaten with rice, often with a little fish sauce on the side.

Ingredients

- 600 g pork ribs or pork belly, cut into pieces
- 1.5 litres water
- 1 onion, quartered, and 2 tomatoes, quartered
- About 200 g fresh tamarind pods, or 2 tablespoons tamarind paste, or a sachet of sinigang soup mix
- 1 small white radish (daikon), sliced
- A handful of long beans or green beans, cut into 5 cm pieces
- 4 okra and 1 aubergine, sliced
- A large handful of water spinach (kangkong) or spinach
- 2 green chillies (optional) and fish sauce to taste

Method

1. Put the pork, water, onion and tomatoes in a large pot, bring to the boil and skim off the foam. Simmer for about 1 hour, until the pork is tender.
2. If using fresh tamarind, boil the pods in a little water for 10 minutes, mash them, and push the pulp through a sieve into the soup. Otherwise stir in the paste or soup mix.
3. Add the radish and simmer for 5 minutes, then add the beans, okra, aubergine and chillies and cook for 5 minutes more.
4. Season with fish sauce until the soup is pleasantly sour and salty.
5. Turn off the heat, add the water spinach and let it wilt for a minute. Serve hot with steamed rice.

Lumpiang shanghai

Thin, crisp fried spring rolls filled with seasoned minced pork, carrot and onion, served with a sweet chilli sauce. They are made by the dozen for parties and family gatherings.

Ingredients

- 500 g minced pork
- 1 carrot and 1 small onion, very finely chopped
- 3 cloves garlic, finely chopped
- 2 spring onions, finely chopped
- 1 egg
- 1 tablespoon soy sauce, 1 teaspoon salt and half a teaspoon ground black pepper
- About 25 spring roll wrappers
- Oil for deep frying
- Sweet chilli sauce, to serve

Method

1. Mix the pork, carrot, onion, garlic, spring onions, egg, soy sauce, salt and pepper in a bowl.
2. Lay a wrapper flat, put a thin line of filling (about 1 tablespoon) along the edge nearest you, and roll it up tightly, folding in the sides. Seal the end with a dab of water.
3. Cut long rolls in half if you like. Keep the finished rolls under a clean damp cloth.
4. Heat the oil to about 170 °C and fry the rolls in batches for 5 to 6 minutes, turning, until deep golden and the pork inside is fully cooked.
5. Drain on kitchen paper and serve hot with sweet chilli sauce.

Halo-halo

The favourite cold dessert: a tall glass of shaved ice and evaporated milk layered with sweet beans, jellies, coconut strips, sweetened banana and jackfruit, purple yam jam and leche flan, often topped with ube ice cream. Halo-halo means 'mix-mix', and you stir everything together before eating.

Ingredients

- 4 tablespoons sweetened red beans or chickpeas (from a jar)
- 4 tablespoons coconut gel (nata de coco) or cubes of jelly
- 4 tablespoons sweetened jackfruit or banana, in pieces
- 2 tablespoons ube (purple yam) jam, optional
- About 4 cups finely shaved or crushed ice
- 150 ml evaporated milk
- 2 small squares of leche flan and 2 scoops of ube or vanilla ice cream (optional)
- 2 tablespoons toasted flattened rice (pinipig) or cornflakes, for crunch

Method

1. Divide the beans, jelly and fruit between two tall glasses.
2. Fill each glass with shaved ice, pressing it down lightly.
3. Pour the evaporated milk over the ice.
4. Top with ube jam, leche flan, a scoop of ice cream and the crunchy pinipig.
5. Serve at once with a long spoon, and mix everything together before eating.

Leche flan

A rich caramel custard made with egg yolks, condensed milk and evaporated milk, steamed in an oval tin called a llanera. It is firmer and richer than a European crème caramel, and no fiesta table is complete without it.

Ingredients

- 100 g sugar and 2 tablespoons water, for the caramel
- 8 egg yolks
- 1 can (about 390 g) sweetened condensed milk
- 1 can (about 370 ml) evaporated milk
- 1 teaspoon vanilla extract or grated calamansi or lime zest

Method

1. Heat the sugar and water in a small pan without stirring until it turns a golden caramel. Pour it at once into a 20 cm round tin or two llaneras and tilt to cover the bottom. Be careful: caramel is very hot.
2. Gently whisk the egg yolks, condensed milk, evaporated milk and vanilla, without making foam. Strain through a sieve onto the caramel.
3. Cover the tin with foil and steam over gently simmering water for 40 to 50 minutes, until the custard is set all the way through and a knife in the centre comes out clean.
4. Let it cool, then chill for at least 4 hours.
5. Run a knife around the edge, turn it out onto a plate and let the caramel run over the top.

Useful phrases

Magandang umaga po

mah-gahn-DAHNG oo-MAH-gah poh · Good morning (polite)

Magandang hapon po

mah-gahn-DAHNG HAH-pohn poh · Good afternoon (polite)

Magandang gabi po

mah-gahn-DAHNG gah-BEE poh · Good evening (polite)

Kumusta po kayo?

koo-moos-TAH poh kah-YOH · How are you? (polite)

Mabuti naman po, salamat

mah-BOO-tee nah-MAHN poh, sah-LAH-maht · I'm fine, thank you

Maraming salamat po

mah-RAH-ming sah-LAH-maht poh · Thank you very much

Walang anuman

wah-LAHNG ah-noo-MAHN · You're welcome

Pasensya na po

pah-SEN-shah nah poh · Sorry, excuse me

Ano po ang pangalan ninyo?

ah-NOH poh ahng pah-NGAH-lahn nin-YOH · What is your name? (polite)

Ako si ...

ah-KOH see · I am ... / My name is ...

Magkano po ito?

mahg-KAH-noh poh ee-TOH · How much is this?

Nasaan po ang CR?

nah-sah-AHN poh ahng see-AHR · Where is the toilet?

Para po!

PAH-rah poh · Stop here, please!

Kain tayo!

kah-EEN tah-YOH · Let's eat!

Ang sarap!

ahng sah-RAHP · It's delicious!

Hindi ko po naiintindihan

hin-DEE koh poh nah-ee-in-tin-DEE-hahn · I don't understand

Marunong po ba kayong mag-Ingles?

mah-ROO-nohng poh bah kah-YOHNG mahg-ING-les · Do you speak English?

Mano po

MAH-noh poh · Your hand, please

Ingat!

EE-ngaht · Take care!

Things you might not know

- 1.** The Philippines has about 7,641 islands. Luzon in the north and Mindanao in the south are by far the largest, and together they make up about two thirds of the land.
- 2.** The country is named after King Philip II of Spain. A Spanish expedition of the 1540s called some of the islands 'Felipinas' after him, when he was still a prince.
- 3.** With all its islands, the Philippines has a coastline of about 36,289 km, the fifth-longest in the world as of 2026.
- 4.** Filipinos start the Christmas season early: carols and decorations can appear as soon as September 1, the start of the 'ber months'.
- 5.** The Philippine tarsier, found on Bohol, Samar, Leyte and Mindanao, is one of the smallest primates, only about 8.5 to 16 cm tall, with huge eyes for hunting insects at night.
- 6.** The national bird is the Philippine eagle, one of the largest eagles in the world by length and wing surface. It is critically endangered, and it appears on the 1,000-peso banknote.
- 7.** The English word 'boondocks', meaning a remote place, comes from the Tagalog word bundok, 'mountain'. It is one of several English words borrowed from Tagalog, along with 'jeepney' and 'yaya'.
- 8.** Jeepneys, the colourful shared minibuses of Filipino streets, grew out of American military jeeps left behind after the Second World War. Their name joins 'jeep' and 'jitney'.
- 9.** Basketball, brought by the Americans in the early 1900s, is the most popular sport in the Philippines, and hoops hang in villages all over the islands.
- 10.** Independence Day is 12 June, the date of the 1898 declaration against Spain, although full independence from the United States came on 4 July 1946. The holiday was moved from 4 July to 12 June in 1962, and a law confirmed the change in 1964.
- 11.** In a typical year about 19 typhoons enter the area watched by the Philippine weather service, most of them between July and October.

12. The Rice Terraces of the Philippine Cordilleras, listed in 1995, were among the first sites UNESCO put on its World Heritage List as a 'cultural landscape'.
13. The Sinulog festival in Cebu City, held on the third Sunday of January in honour of the Santo Niño (the Child Jesus), is one of the biggest festivals in the country; the 2026 festival drew more than 5 million people.

TALK ABOUT IT

Questions for the group

- Have you ever been to the Philippines, or has someone in your family? What do you remember?
- Have you ever tasted Chicken or pork adobo or Sinigang? What is a dish you remember from a trip?
- The People Power Revolution (1986). Do you remember hearing about it? Where were you then?
- Mount Pinatubo erupts (1991). Do you remember hearing about it? Where were you then?
- Have you seen San Agustin Church, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of the Philippines, which would it be and why?

QUIZ

How well do you know Philippines?

Circle the right answer. The answers are on the last page.

1. Which national hero was imprisoned at Fort Santiago before his execution in 1896?

- A) Emilio Aguinaldo
- B) José Rizal
- C) Manuel L. Quezon
- D) Lapulapu

2. The Filipino word 'mahal' means 'love' or 'dear'. What else can it mean?

- A) Expensive
- B) Delicious
- C) Cheap
- D) Tomorrow

3. Pancit noodles are served at birthdays because the long noodles stand for a long life.

- A) True
- B) False

4. What do you say to the driver to get off a jeepney?

- A) Para po!
- B) Mano po
- C) Kain tayo!
- D) Ingat!

5. What does the small word 'po' do in a Filipino sentence?

- A) It means 'not'
- B) It shows respect
- C) It turns it into a question
- D) It puts it in the past tense

6. The Filipino word 'oo' means 'no'.

- A) True
- B) False

7. In the breakfast dish tapsilog, what does the ending 'log' stand for?

- A) Longganisa, sausage
- B) Itlog, egg
- C) Talong, aubergine
- D) Lugaw, rice porridge

8. 'Kain tayo!' means 'Let's eat!'.

- A) True
- B) False

9. As of 2026, which city is the capital of the Philippines?

- A) Davao City
- B) Quezon City
- C) Cebu City
- D) Manila

10. What does 'Magandang umaga po' mean?

- A) Good afternoon
- B) Goodbye
- C) Good morning
- D) Good evening

11. Mayon Volcano is famous around the world for what?

- A) Its twin summits
- B) Its glaciers
- C) A lake of hot water in its crater
- D) Its almost perfectly symmetrical cone

12. English is widely used in the Philippines, on signs, on menus and in schools.

- A) True
- B) False

Quiz answers

1. B) José Rizal

José Rizal. Bronze footsteps in the ground mark his last walk from his cell.

2. A) Expensive

Expensive. Mahal means both 'beloved' and 'costly'. 'Delicious' is masarap.

3. True

True. Noodles came with Chinese settlers, and long noodles are a wish for long life.

4. A) Para po!

Para po! means 'Stop here, please!'. Kain tayo! is 'Let's eat!', Ingat! is 'Take care!', and Mano po is said when greeting an elder.

5. B) It shows respect

It shows respect. Filipinos add po when speaking to older people or strangers, as in 'salamat po'.

6. False

False. Oo means 'yes' (opo to an older person). 'No' is hindi.

7. B) Itlog, egg

Itlog, egg. Tapsilog joins TAPa (cured beef), Sinangag (garlic fried rice) and itLOG (egg).

8. True

True. Filipinos say it to invite people to the table, even someone just passing by.

9. D) Manila

Manila is the capital. Its neighbour Quezon City has more people and was the official capital from 1948 to 1976, but the capital has been Manila again since 1976.

10. C) Good morning

Good morning, said politely with po. Good afternoon is magandang hapon and good evening is magandang gabi.

11. D) Its almost perfectly symmetrical cone

Its almost perfectly symmetrical cone. Mayon, near Legazpi, is also the most active volcano in the Philippines.

12. True

True. English is an official language, and people often mix it with Filipino.

Philippines visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

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