

Language

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I'm confused! What exactly is the name of the national language of the Philippines? Is it Filipino, Pilipino or Tagalog? And what's the difference anyway? This multitude of names causes confusion among Filipinos and foreigners alike, but in the end the story behind the naming reflects the cultural and political history of one language, the lingua franca of the 7000-island archipelago of the Philippines.

Filipino was first incarnated as 'Tagalog', a local language still spoken in the Manila region. Once Manila was selected as the national capital in 1595, Tagalog became the country's most widely spoken language, and in 1939 it was chosen as the official language. It was renamed 'Pilipino' 20 years later to imbue it with a more national flavour, acknowledging the many elements incorporated from other Philippine languages. The final evolution in the name came in 1987, when its initial 'p' was symbolically replaced by an 'f' to render 'Filipino'. While the islands' local languages have no native 'f' sound, it was introduced into the language through centuries of contact with other languages, particularly Spanish and English, thus acknowledging the diverse elements that encompass the modern language.

In a republic with over 165 living languages, Filipino is the archipelago's main unifying force. Although not the mother

BODY LANGUAGE

Most Filipinos signify 'Yes' by raising the eyebrows or lifting the head upwards slightly. They also do this when they greet friends.

You can hiss to gain attention, for example, when calling a waiter in a restaurant. When you want to pay the bill, make the figure of a rectangle in the air with your index finger and thumb.

It's considered impolite to pass between people conversing or facing one another. If you must do so, the polite Filipino way is to extend an arm or two arms with the hands clasped and pointing downwards either without saying anything or murmuring *iskyus*.

Touching, especially women, is not taken well by Filipinos. You'll notice that a Filipino man will extend his hand to shake yours but a Filipino woman will not readily do so. When being introduced to a couple or greeting them, you shake hands with the man and smile with a nod to the woman.

tongue of every Philippine citizen, it's spoken as a second language throughout the country, and is an official language used for university instruction and in most legal, business and governmental transactions (the other official language is English). Continuing migration to other parts of Asia, the Middle East and the USA has resulted in Filipino being spoken by 45 million people on at least three continents.

Filipino belongs to the Malayo-Polynesian family of languages, which spreads from Madagascar off the coast of Africa to Tonga in the South Pacific. From these foundations, the Philippine lingua franca has been enriched with vocabulary from many sources, including the islands' other native languages.

Seafaring merchants offered words of Chinese and Arabic origin during their many years of trade in the Pacific, and the 300 years of colonial rule under Spain left a wealth of Spanish vocabulary. Western travellers may find Filipino grammar a bit

WHAT ARE THEY SPEAKING? *Steven Martin*

Ang manidyer ay nagmaneho papunta sa palengke upang bumili ng alak. (The manager drove to the market to buy liquor).

A simple Filipino sentence – but within it are words that vividly demonstrate the Philippines' long, rich history of trade and cultural exchange. Let's break the sentence up and see what we come up with. A keen ear would easily catch the English-loan word *manidyer* (manager). Indeed, were it to appear in a publication, it might even retain its English spelling. It is estimated that modern Filipino is made up of about 20% English loan words – and the number is growing. Not surprising when you consider that a 1980 census revealed that over half the population of the Philippines claimed that they spoke English as a second language.

Perhaps less easy for the unaccustomed ear to catch is the word *nagmaneho*, from the Spanish *manejar* (to drive). Spanish loan words make up at least 15% of Filipino vocabulary. While Filipino is liberally peppered with these relics of Spanish rule, the two languages are far from mutually intelligible. As very few Filipinos received a formal education in Spanish during colonial times, loan words from Spanish often mutated and took on a slightly different pronunciation, making them unintelligible to visitors from Spanish-speaking countries. The Filipino words *bandila* (flag) and *litrato* (photograph) are derived from the Spanish *bandera* and *retrato* respectively. Sometimes loan words have altered meaning completely: *seguro* means 'sure' in Spanish – the Filipino *siguro* means 'maybe'! A census taken in 1990 showed that the number of Filipinos who spoke Spanish as a first language numbered only 2658 – limited to some of the old-money families of Spanish descent who reside in Manila.

Back to the sample sentence. The word *palengke* may seem familiar to visitors who have travelled in Mexico, where it is spelled *palenque* and means 'cockfighting ring'. Originally a Maya word meaning 'gathering place', its near-identical Filipino equivalent means 'market'. It's likely that the Spanish in colonial Mexico borrowed the word from the Maya to describe any gathering of *indios* (as the Spanish called both the Filipinos and the Native Americans of the New World), and then introduced the word to the Philippines during the 250-year galleon trade between Mexico and the Philippines.

Of course, contact with outsiders didn't begin with the Spanish. Evidence of trade with India and Arabia has also been found in the Philippines and, not surprisingly, the Filipino language reflects this. The word *alak* (liquor) shares a lineage with the Malay *arak* and was derived from the Arabic *araq*.

With the advent of Pilipino/Filipino – the modified version of Tagalog that was intended to become the predominant language (and thus, lingua franca) of the Philippines – a few feeble attempts were made to rid the language of 'foreign influences'. In some cases English loan words were replaced with Spanish ones that had fallen out of everyday usage. There were even attempts to invent new 'Pilipino' words to replace Spanish loan words. One such word was *salipawpaw*, meant to replace the Spanish-derived *eroplano*. It's no surprise that the doomed *salipawpaw* never got off the ground!

of a challenge, but they'll also find a lot of familiar vocabulary within the linguistic tapestry – English influences have been readily assimilated in recent times, to the extent that today's Filipino has been given the nickname 'Taglish'.

PRONUNCIATION

English speakers should have little trouble with the pronunciation of Filipino words, which is generally a close reflection of the way they are written. Vowels and consonants also have a consistent pronunciation.

Vowels

a	as in 'far'
e	as in 'get'
i	as in 'police'
o	as in 'more'
u	as in 'June'

When vowels occur in combination, each is pronounced separately, eg *panauhín* (visitor) is pronounced 'pa-na-u-hin'.

Some Filipino vowels are pronounced with what is called a glottal stop. This is done by making the sound of the vowel,

then arresting the flow of air. A good example in English is the 'tt' in the Cockney pronunciation of 'bottle'. Glottal stops often occur on a word-final vowel.

Diphthongs

There are a few diphthongs (combinations of vowel sounds) in Filipino:

aw	as the 'ou' in 'mount'
ay	as the 'uy' in 'buy'
ey	as in 'they'
iw	produced by making the sound 'ee' and continuing it to 'oo'
oy	as the 'oi' in 'noise'
uy	produced by making the sound 'oo' and continuing it to 'ee'

Consonants

Most Filipino consonants are pronounced in the same way as their English counterparts, with the exception of the following:

g	as in 'go' (except in words of Spanish origin, especially proper nouns)
h	as in 'haste'; always aspirated
ng	as in 'sing'; can occur at the beginning of a word, eg <i>ngayon</i> (now)
r	rolled to produce a faint trill
s	as in 'sun', never as in 'his'

Word Stress

Word stress is marked by an acute accent over the vowel on which the stress falls, eg *masayá* (happy). If stress falls on a word-final vowel with a circumflex accent (^), the vowel is pronounced with a glottal stop, eg *masamá* (bad).

ACCOMMODATION

I'm looking for a ...	<i>Naghahanáp hò akó ng ...</i>
campground	<i>kampingan</i>
guesthouse	<i>bahay para sa mgá turista</i>
hotel	<i>otel</i>
motel	<i>motél</i>
youth hostel	<i>youth hostel</i>

What's the address?

Ano hò ang adres?

Could you write the address, please?

Pakisulat niyo ngá ang adres.

I'd like to book a room, please.

Gusto ko hong magreserba ng kuwarto.

Do you have any rooms available?

May bakante hò ba kayó?

How much is it for ...?	<i>Magkano hò para sa ...?</i>
one night	<i>isáng gabí</i>
a week	<i>isáng linggò</i>
two people	<i>dalawang táo</i>

Does it include breakfast?

Kasama na hò ba doón ang almusal?

Do you have a room with two beds?

May kuwarto hò ba kayó na may dalawang kama?

Do you have a room with a double bed?

May kuwarto hò ba kayó na may kamang pangdalawahan?

I'd like ...

a single room	<i>Gusto ko hò ...</i>
to share a dorm	<i>ng pángisahan na kuwarto na makisunong sa isáng malaking kuwarto</i>

May I see it?

Maari ko hò bang tingnan?

Where is the bathroom?

Nasaán hò ba ang banyo?

It's fine. I'll take it.

Sige hò. Kukunin ko.

air-conditioning	<i>erkon</i>
bathroom	<i>banyo</i>
bottle of water	<i>bote ng tubig</i>
clean	<i>malinis</i>
key	<i>susi</i>
mosquito coil	<i>katól</i>
shower	<i>dutsa</i>
soap	<i>sabón</i>
toilet	<i>kubéta/CR/toilet</i>
toilet paper	<i>tisyu</i>
towel	<i>tuwalya</i>
water (cold/hot)	<i>(malamig/mainit na) tubig</i>

CONVERSATION & ESSENTIALS

Filipino has polite and informal modes of address. It's better to use the polite form for adults you don't know well. When you use the formal mode with friends or younger adults, you'll more than likely get the comment: 'Don't use *hò/pò* with me. I'm not that old yet'. Where both the polite and informal are given in this guide, they are marked 'pol' and 'inf' respectively.

Use the title *mamá* for a man who is a stranger or *ale* for a woman. You may also use *misis/mis* (Mrs/Miss) for adult female strangers. Use *sir* for a professional man or *ma'am* for a professional woman. The more friendly and familiar terms *páre* (for a man) or *bráð* (for a younger adult, if you are yourself one) may also be used for a man

who is of your age or younger, eg *Iskyús lang, páre* (Excuse me, my friend).

Good morning. *Magandang umaga hó.* (pol)
Magandang umaga. (inf)

Good morning. *Magandang umaga naman hó.*
(response)

Good afternoon. *Magandang hapon hó.*

Good evening. *Magandang gabi hó.*

Hello. *Kumusta hó.*

Goodbye. *Paalam na hó.*

Bye. *Babay/Sige na muna.* (inf)

Yes. *Oho/Opó.*

No. *Hindi hó.*

Excuse me. *Mawaláng-galang na nga hó.*

Sorry. *Iskyus/Sori hó.*

Thank you (very much). *(Maráming) salámat hó.*

You're welcome. *Walá hong anuman.* (lit: 'it's nothing')

What's your name? *Anóng pangalan ninyó?*

My name is ... *Akó si ...*

May I take your photo? *Maári ko ba kayóng kunan ng litrato?*

DIRECTIONS

How do we get to ...? *Papano hó namin maráratíng ang ...?*

Is it far from here? *Malayó hó ba dito?*

Is it near here? *Malapít hó ba dito?*

Can we walk there? *Puwede hó bang lakarin?*

Can you show me (on the map)? *Puwede hó ba niyóng ipakita (sa mapa)?*

What ... is this? *Anó hó bang ... itó?*

province *probinsya*

street *kalye*

town *bayan*

village *baryo*

SIGNS

Most of the signs in airports and stations are in English, so you shouldn't encounter any major problems getting around.

Mainit/Malamig	Hot/Cold
Pasukán	Entrance
Labásan	Exit
Bawal Pumások	No Entry
Bawal Manigarilyo	No Smoking
Bukás/Sará	Open/Closed
Bawal CR	Prohibited Toilets

EMERGENCIES

Help! *Saklolo!*

Watch out! *Ingat!*

Go away! *Umalis ka!*

Where are the toilets? *Násaan hó ang CR?*

Call the/a ...! *Tumawag ka ng ...!*

police *pulis*

doctor *doktór*

ambulance *ambulansiya*

Turn ... *Lumikó sa ...*

right *kanan*

Sorry. *kaliwá*

left *kanto*

at the next corner *ilaw*

at the traffic lights

Go straight ahead. *Tulóy-tulóy lang hó.*

behind ... *sa likód ng ...*

in front of ... *sa harap ng ...*

opposite *katapat ng*

north *norte/hilagá*

south *timog*

east *silangan*

west *kanluran*

HEALTH

Where is the ...? *Násaan hó ang ...?*

chemist *botika*

doctor *doktór*

hospital *ospital*

I'm sick. *May sakit hó akó.*

My friend is sick. *May sakit hó ang kasama ko.*

I need a doctor who speaks English. *Kailangan ko hó ng doktór na marúnong mag-Ingglés.*

Could I see a female doctor? *Puwede hong magpatingin sa babáeng doktór?*

I'm pregnant. *Buntis hó akó.*

I feel nauseous. *Akó ay naniliyó.*

I have a headache. *Masakit hó ang ulo ko.*

I have a stomach-ache. *Masakit hó ang tiyán ko.*

I'm ... *May ... akó.*

diabetic *diabitis*

asthmatic *hiká*

anaemic *anemya*

I'm allergic to ... *Allergic akó sa ...*

antibiotics *antibiyotikó*

penicillin *penisilin*

antiseptic *antiseptiko*

aspirin *aspirina*

bandage *benda*

Band-aids *koritas*

condoms *kondom*

painkillers *gamót na pang-pakalma ng kirót*

sanitary napkins *tampón*

soap *sabón*

sunblock *sunblock*

tampons *tampón*

toilet paper *toilet peyper*

LANGUAGE DIFFICULTIES

Do you speak English? *Marunong ba kayóng mag-Ingglés?*

Does anyone here speak English? *Meron hó bang marunong mag-Ingglés dito?*

I understand. *Náiiintindihan ko hó.*

I don't understand. *Hindi ko hó náiiintindihan.*

Please write it down. *Pakisulat niyó ngáyón.*

How do you say ...? *Papáno hó ba sabihin ...?*

What does ... mean? *Ano hó ang ibig sabihin ng ...?*

NUMBERS

There are two sets of numbers: the native Filipino and the Spanish, written the Filipino way. Spanish numbers are used for times, dates and prices which have both the high and low denomination or are above 10 pesos. English numbers are also widely used to express prices. For example the price 'P1.50' is *uno singkuwenta* or *one fifty*, but 'P1.00' is simply *piso* in Filipino.

	SPANISH	FILIPINO
1	<i>uno</i>	<i>isá</i>
2	<i>dos</i>	<i>dalawá</i>
3	<i>tres</i>	<i>tatló</i>
4	<i>kuwatro</i>	<i>apat</i>
5	<i>singko</i>	<i>limá</i>
6	<i>seis</i>	<i>ánim</i>
7	<i>siyete</i>	<i>pito</i>
8	<i>otso</i>	<i>waló</i>
9	<i>nuwebe</i>	<i>siyam</i>
10	<i>diyes</i>	<i>sampú</i>
11	<i>onse</i>	<i>labing-isá</i>
12	<i>dose</i>	<i>labindalawá</i>
13	<i>trése</i>	<i>labintatló</i>
14	<i>katórse</i>	<i>labing-apat</i>
15	<i>kinse</i>	<i>labinlimá</i>
16	<i>disiseis</i>	<i>labing-ánim</i>
17	<i>disisiyete</i>	<i>labimpitó</i>
18	<i>disioito</i>	<i>labing-waló</i>
19	<i>disinuwebe</i>	<i>labinsiyám</i>

20	<i>beynte</i>	<i>dalawampú</i>
21	<i>beynte uno</i>	<i>dalawampu't isá</i>
30	<i>treynta</i>	<i>tatlumpú</i>
40	<i>kuwarenta</i>	<i>ápatnapú</i>
50	<i>singkuwenta</i>	<i>limampú</i>
60	<i>sisenta</i>	<i>ánimnapú</i>
70	<i>sitenta</i>	<i>pitumpú</i>
80	<i>otsenta</i>	<i>walumpú</i>
90	<i>nobenta</i>	<i>siyamnapú</i>
100	<i>siyento</i>	<i>sandaan</i>
1000	<i>isang mil</i>	<i>isang libo/sanlibo</i>
1,000,000	<i>isang milyón</i>	<i>isang angaw</i>

SHOPPING & SERVICES

Where is a ...?	<i>Saán hó may ...?</i>
bank	<i>bangko</i>
bookshop	<i>tindahan ng libró</i>
chemist/pharmacy	<i>botika/parmasya</i>
consulate	<i>konsulado</i>
embassy	<i>embahada</i>
general store	<i>tindahan</i>
market	<i>palengke</i>
museum	<i>museo</i>
police station	<i>istasyon ng pulis</i>
post office	<i>pos opis</i>
public telephone	<i>teleponó</i>
public toilet	<i>comfort room/CR/palikuran</i>
town square	<i>plasa</i>

I want to change ... cash/money *Gústo ko hong magpapalit ng ... pera*

travellers cheques *travellers check*

I want to call ... *Gústo ko hong tawagan ...*

Where can I use email? *Saán hó kayá akó makagagamit ng email?*

I need to check my email. *Kailangan ko hong tingnan ang email ko.*

What time does it open/close? *Anong oras hó itó nagbukás/nagsasará?*

Where can I buy ...? *Saán ako makakabili ng ...?*

I'd like to buy ... *Gústo ko hong bumili ng ...*

I don't like it. *Ayoko nitó.*

Can I look at it? *Maari bang tingnan?*

I'm just looking. *Tumitingin hó lang akó.*

How much is this? *Magkano hó itó?*

Do you accept credit cards? *Tumátanggap ba kayó ng credit card?*

I think it's too expensive. *Ang mahal-mahal namán.*

Can you lower the price? *May tawad hó ba iyan?*

big	<i>malaki</i>
small	<i>maliit</i>
more	<i>mas marami</i>
many	<i>marami</i>
enough	<i>sapat</i>

TIME & DATES

The Filipino counterparts of 'am' and 'pm' are *n.u.* for *ng umaga* (in the morning), *n.t.* for *ng tanghali* (at noon), *n.h.* for *ng hapon* (in the afternoon) and *n.g.* for *ng gabí* (in the evening/at night).

What time is it?	<i>Anong óras na?</i>
It's (five) am.	<i>Alas (singko) n.u.</i>
It's (seven) pm.	<i>Alas (siyete) n.g.</i>
morning	<i>umaga</i>
afternoon	<i>hapon</i>
night	<i>gabí</i>
now	<i>ngayón</i>
today	<i>ngayóng araw</i>
this morning	<i>ngayóng umaga</i>
this afternoon	<i>ngayóng hapon</i>
tonight	<i>ngayóng gabí</i>
tomorrow	<i>bukas</i>
yesterday	<i>kahapon</i>

'Half past' is expressed by the word *imédyá*, eg *Alas seis imédyá* (It's half past six).

Monday	<i>Lunes</i>
Tuesday	<i>Martes</i>
Wednesday	<i>Miyérkolés</i>
Thursday	<i>Huwebes</i>
Friday	<i>Biernes</i>
Saturday	<i>Sábado</i>
Sunday	<i>Linggó</i>

January	<i>Enero</i>
February	<i>Pebrero</i>
March	<i>Marso</i>
April	<i>Abril</i>
May	<i>Mayo</i>
June	<i>Hunyo</i>
July	<i>Hulyo</i>
August	<i>Agosto</i>
September	<i>Setyembre</i>
October	<i>Oktubre</i>
November	<i>Nobyembre</i>
December	<i>Disyembre</i>

TRANSPORT

Where is the ...?	<i>Násáán hò ang ...?</i>
bus station	<i>terminal ng bus</i>
Metro station	<i>ang istasyon ng Metro Tren</i>

nearest LRT station	<i>ang pinakamalapít na istasyon ng LRT</i>
train station	<i>istasyon ng tren</i>
road to ...	<i>daán papuntáng ...</i>

What time does the ... leave/arrive?	<i>Anong oras hò áalis/dárating ang ...?</i>
boat/ship	<i>bangka/bapór</i>
bus	<i>bus</i>
plane	<i>eropláno</i>
train	<i>tren</i>

Where can I buy a ticket?	<i>Saán hò maaring bumili ng tiket?</i>
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I'd like a ... ticket.	<i>... tiket nga hò.</i>
one-way	<i>isáng one-way</i>
return	<i>isáng round trip</i>
1st class	<i>1st class</i>
2nd class	<i>2nd class</i>

There are designated bus stops for regular buses, but you can often get off anywhere, depending on the mood of the driver and the traffic situation – just say *Para!* (Stop!) loudly.

Where is the bus stop?	<i>Násáán hò ang hintúan ng bus?</i>
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Which bus goes to ...?	<i>Aling bus hò ang papuntá sa ...?</i>
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Does this bus go to ...?	<i>Papuntá hò ba itóng bus na itó sa ...?</i>
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I want to get off at ...	<i>Bábabà hò ako sa ...</i>
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What station is this?	<i>Ano hóng istasyon itó?</i>
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What's the next station?	<i>Anó hò ba ang susunód na istasyon?</i>
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Does this train stop at ...?	<i>Humihintó hò ba ang tren na itó sa ...?</i>
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The train is delayed/cancelled.	<i>Náhuli/Nákansela hò ang tren.</i>
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How long will it be delayed?	<i>Gaano katagál hò mahúhuli?</i>
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Is this taxi free?	<i>Bakánte hò ba ang taksi na itó?</i>
Please take me to ...	<i>Dalhin nga niyó akó sa ...</i>

Stop here!	<i>Para na hò dito!</i>
Where does the boat leave from?	<i>Mulá hò saán áalis ang barkó?</i>

How long does the trip take?	<i>Gaano hò katagál ang biyahe?</i>
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Is that seat taken?	<i>May nakaupò na hò ba diyán?</i>
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Where can I rent a car?	<i>Saán hò maáring umupa ng awto?</i>
Where can I hire a bicycle?	<i>Saán hò puwedeng umarkilá ng bisikleta?</i>

TRAVEL WITH CHILDREN

Is there a ...?	<i>Mayroón bang ...?</i>
I need a/an ...	<i>Kailangan ko ng ...</i>
baby change room	<i>bihisán para sa beybi</i>
baby seat	<i>pambatang upuan</i>
(English-speaking) babysitter	<i>tagapag-alaga (na marunong ng Inglés)</i>
booster seat	<i>pang-álsang upuan</i>

child-minding service	<i>serbis na pagbantáy ng batá</i>
cot	<i>kuna</i>
disposable nappies	<i>dispósaból dayper</i>
infant painkillers	<i>painkiller para sa batá</i>
highchair	<i>highchair</i>
potty	<i>arinola</i>

Are children allowed?	<i>Puwede ba ang mga batá?</i>
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Do you mind if I breastfeed here?	<i>Puwede ba akóng magpasuso dito?</i>
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Also available from Lonely Planet:
Filipino Phrasebook

Glossary

arnis de mano – a pre-Hispanic style of stick-fighting (more commonly known simply as *arnis*)

bagyo – typhoon
bahala na – you could almost call this the ‘national philosophy’; in the days before the advent of Christianity, god was called *bathala* by ancient Filipinos; the expression *bahala na* is derived from this word and expresses faith (God will provide) as well as a kind of fatalism (come what may); it’s somewhere between an Australian ‘no worries’ and Kurt Vonnegut’s ‘so it goes’, but less individualistic than either: all things shall pass and in the meantime life is to be lived, preferably in the company of one’s friends and – most importantly – family
bahay na bato – stone house
balangay – artfully crafted seagoing outrigger boat
balikbayan – an overseas Filipino returning or paying a visit to the Philippines
balisong – fan or butterfly knife
bangka – a wooden boat, usually with outriggers and powered by a cannibalised automotive engine; a pumpboat
barangay – village, neighbourhood or community, the basic sociopolitical unit of Filipino society
barong – a generic term to describe the Filipino local dress (for women) and shirt (for men) that is the ‘national costume’; it usually has a heavily embroidered or patterned front
Barong Tagalog – traditional Filipino formal shirt (the *barong* was originally for men only; it refers only to the shirt), with elaborate embroidery or patterning down the front; made of *jusi* or *pinya*
baryo – district or neighbourhood
bas-relief – style of sculpture that stands out from a surrounding flat stone background
bayanihan – Filipino tradition wherein neighbours would help a relocating family by carrying their house to its new location. More generally, the word has come to mean a communal spirit that makes seemingly impossible feats possible through the power of unity and cooperation
BPI – Bank of the Philippine Islands
butanding – whale shark
CBST – Community-Based Sustainable Tourism
CR – Comfort Room (toilet)
DENR – Department of Environment & Natural Resources
DOH – Department of Health
DOT – Department of Tourism

Filipino – the national language; created out of Tagalog, the language in Manila and surrounding provinces
fronton – *jai alai* court

GROs – ‘Guest Relation Officers’ are officially glorified waitresses; unofficially they are sex workers
haribon – the Philippine eagle, an endangered species; *haribon* literally means ‘king of birds’
HSBC – Hong Kong and Shanghai Banking Corporation

jai alai – a fast-paced ball game, and one of the more popular sports in the Philippines
jeepney – a brightly painted vehicle that looks like an extended jeep, fitted with benches, adorned with everything but a kitchen sink and crammed with passengers
jusi – fabric woven from ramie fibres; used to make a *barong*

kalabaw – water buffalo
kalesa – horse-drawn carriage
kundiman – a melancholy genre of song originating in Manila (and the Tagalog region); one of the country’s most loved musical idioms

lahar – rain-induced landslide of volcanic debris; mud from volcanic ash

mestiso – Filipinos of mixed descent, specifically Eurasians or Amerasians; a Filipino of mixed Asian ancestry is not called a *mestiso*
MILF – Moro Islamic Liberation Front
MNLF – Moro National Liberation Front
Moro – Spanish colonial term for Muslim Filipinos, once derogatory but now worn with some pride

nara – a hardwood tree, the Philippine national tree
nipa – a type of palm tree, the leaves of which are used for making nipa huts, the typical house in rural areas
NPA – New People’s Army

paraw – traditional outrigger with jib and mainsail
pasyon – Christ’s Passion, sung or re-enacted every Holy Week
Philvolcs – Philippine Institute of Volcanology & Seismology
Pinoy – a term Filipinos call themselves
pinya – fabric woven from pineapple fibres; commonly used to make a *barong*
PNB – Philippine National Bank

MENU DECODER

Names of dishes often describe the way they are cooked, so it’s worth remembering that *adobo* is stewed in vinegar and garlic, *sinigang* is sour soup, *ginataan* means cooked in coconut milk, *kilawin* or *kinilaw* is raw or vinegared seafood, *pangat* or *pinangat* includes tomatoes in a light broth and *inihaw* is grilled meat or fish (*ihaw-ihaw* denotes eateries that specialise in grilled food). The word for ‘spicy’ is *maanghang*.

adobo – often called the national dish; chicken, pork or a mixture of both, marinated in vinegar and garlic and stewed until tender
adobong pusit – squid or cuttlefish cooked *adobo*-style
arroz caldo – Spanish-style thick rice soup with chicken, garlic, ginger and onions
aso – dog; eaten with relish (or just plain) by North Luzon’s hilltribes
baboy – pork
balut – boiled duck egg containing a partially formed embryo
bangus – milkfish, grilled, fried, or cooked as *sinigang* or *paksiw bihon* – rice sticks
calamares – crispy fried squid
carne or **karne** – meat
crispy pata – crispy fried pork hock or knuckles
goto – rice porridge made with pork or beef innards
gulay – vegetables
guyabano – soursop
halu-halo – various fruit preserves served in shaved ice and milk
lapu-lapu – grouper (also spelled grouper); fish

lechon – spit-roast whole pig served with liver sauce
lechon kawali – crispy fried pork
lomi – type of noodle dish
lumpia – spring rolls filled with meat or/and vegetables
mami – noodle soup; similar to *mee* in Malaysia or Indonesia
manok – chicken
menudo – pork bits sautéed with garlic and onion and usually garnished with sliced hotdog
pansit bihon – thick- or thin-noodle soup
pinakbet – mixed vegetable stew
pochero – hotpot of beef, chicken, pork, Spanish sausage and vegetables, principally cabbage
pusit – squid or cuttlefish
rellenong bangus – fried stuffed milkfish
tanigue – tuna steak, usually grilled (also known as *tanguigue*)
tapsilog – a modern compound combining three words: *tapa* (dried beef), *sinangag* (garlic fried rice) and *itlog* (fried egg); usually eaten for breakfast
tocino – cured pork made with saltpetre

PNP – Philippine National Police
poblasyon – town centre

RCBC – Rizal Commercial Banking Corporation

sabong – cockfighting
santo – religious statue
sari-sari – small neighbourhood store stocked with all kinds of daily necessities; *sari-sari* literally means ‘assortment’
swidden farming – the cultivation of an area of land that has been cleared through the use of slash-and-burn agricultural practices

Tagalog – the dominant dialect of Manila and surrounding provinces, now the national language called Filipino
tamaraw – an endangered species of native buffalo, found only in Mindoro; one of the most endangered animals in the world
tinikling – Philippine national folk dance
tricycle – a Philippine rickshaw, formerly pedal-powered but now predominantly motorised

VFA – Visiting Forces Agreement
v-hire – local van/minibus

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