

# 5<sup>TH</sup> GK1MB BAYANI CHALLENGE: EXPLORE.BUILD.PROTECT

## RIO TUBA, PALAWAN

### GUIDELINES AND MECHANICS FOR BAYANI CHALLENGE 2010

1. The GK1MB Bayani Challenge is open to all. But those **below eighteen years old must fill out the waiver** form attached with this letter.
2. For those who are interested to join, kindly form **one team** composed of **fifteen members** (including the team leader) and fill out the **Registration form** attached. Email it to **gk1mbbayanichallenge2010@gmail.com** or fax to **(02) 726-7405** or mail it to **4/F Pro Friends Building, # 55 Tinio Street, Brgy. Addition Hills, Mandaluyong City.**
3. Deadline for Registration is on **March 19, 2010.**
4. There will be no registration fee, but any donations will be accepted and which will be name after your team (one GK house costs Php 85,000.00). You may deposit your donation to the GK Account **BPI Gawad Kalinga EDSA Greenhills 3101-0970-39** and kindly fax your deposit slip to **(Subject Heading: GK1MB Bayani Challenge 2010 Donation) (02) 726-7405** or Email a scanned copy to [wenmiravalles@gmail.com](mailto:wenmiravalles@gmail.com) for proper acknowledgement of receipt.
5. Each team should bring and provide the following:
  - a. Transportation to and from the GK Site
  - b. Food for the duration of the build
  - c. Cooking and Eating Utensils
  - d. Sleeping bags, mosquito nets and tent
  - e. Insect Repellant
  - f. First Aid (Including Emergency Medications ex. Anti-histamine and etc.)
  - g. Flash light
  - h. Food (Option: we will provide food caterer for every build activity venues and at the accommodation area, provided that they will order in advance)
  - i. Documentation (digital camera and/or video camera)
  - j. Tools for construction: [Minimum number of the ff]
    - One (1) Pick or *Piko* (for excavation)
    - One (1) *Bareta* (for excavation)
    - Three (3) Shovel or *Pala* (for excavation)
    - Two (2) *Kutsara* (for masonry work)
    - One (1) Meter steel tape
    - One (1) Pair hand gloves (for each member)
    - Hard hats
    - Three (3) Paint roller, paint brush and tray
    - One (1) Leveling tool or leveling hose
    - Three (3) Wood float (for plastering)
    - Three (3) Finishing Trowel (for plastering)
    - Three (3) Pail (for concrete mix)
    - One (1) Set Gardening Tools (landscaping)
    - Optional: Electric drill with bits (for roofing & jalousie installation)
    - One (1) Hammer
    - One (1) Saw (for carpentry)
    - Two (2) Hacksaw blade
    - One (1) Philips Screw driver
    - One (1) Pliers (for Electrical works)

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6. The following will be provided on the site:
  - a. Male/Female Toilets and Bathing stalls
  - b. Accommodation (Holy Trinity College – could be used before and after the event)
  - c. Transportation to and from Accommodation – GK Site
  - d. Cooking Areas
  - e. First Aid and Primary Care Facilities
  - f. Water Station and Food stalls (Concessionaires)
  - g. Pail and Dipper for bath area
  - h. Safety and Security in the area
  - i. One (1) build marshal per team
  - j. Proper Drainage and Cleanliness of Surroundings
  - k. CLEAN Program of DOH will be strictly implemented

**7. Travel and Tours Package**

For those who would like to avail travel and tour Package at Palawan after the 5<sup>th</sup> GK1MB Bayani Challenge you may visit and inquire at [www.palawanholidays-philadventures.com](http://www.palawanholidays-philadventures.com) .

**8. HEALTH PRECAUTIONS**

- i. Encouraged to take **PRESCRIBED** Anti-malarial/Anti Filariasis Combination Medication for Prophylaxis (1-2 Weeks before the Bayani Challenge). Consult a physician for proper guidance.
  - ii. Use of Insect Repellant, mosquito nets, long sleeves, long pants and socks is a must (Specially during night 6PM-6AM)
  - iii. Maintain **CLEANLINESS** at all times
  - iv. Avoid areas where stagnant water is present.
  - v. Make sure that your insect repellant lotion is always available in your pocket.
9. All team leaders are accountable for their team member's behavior and conduct.
  10. Kindly submit the following details to GK1MB Bayani Challenge 2010 Secretariat (submission would be per team) on March 19, 2010:
    - i. **Arrival to and Departure from Puerto Princesa (including Date and Time)**
    - ii. **Flight number and Airline**
    - iii. **Group name**