

FILIPINO Cultural Day



SOME OF THE KNOWN FILIPINO TRADITIONS/CULTURE IN THE PHILIPPINES

JEEP/JEEPNEY

Jeepneys are a common sight and the loudest in the Philippines.

Indeed, the jeepney is deeply ingrained in Filipino culture and identity. It's not just a mode of transportation but a symbol of resilience, resourcefulness, and creativity. Originally crafted from surplus military jeeps, Filipinos transformed them into vibrant and unique vehicles that reflect the country's colorful culture.



Jeepneys serve as more than just a means of getting from one place to another; they're communal spaces where people from all walks of life come together. Passengers share stories, laughter, and sometimes even food during their journeys, fostering a sense of community and camaraderie.

The jeepney's distinctive design, adorned with bold colors, intricate paintings, and decorative ornaments, showcases Filipino artistry and craftsmanship. Each jeepney is a work of art, representing the creativity and ingenuity of its makers.

Moreover, the jeepney embodies the Filipino spirit of adaptability and resilience. Despite facing challenges such as traffic congestion, pollution, and regulatory issues, jeepney drivers and operators find ways to keep these iconic vehicles running, ensuring that they remain an integral part of Filipino culture.

Overall, the jeepney is more than just a mode of transportation; it's a cultural icon that embodies the heart and soul of the Filipino people.

PHILIPPINE FESTIVALS

Philippine festivals are vibrant celebrations deeply rooted in Filipino culture and tradition. They serve as colorful expressions of faith, gratitude, and community spirit, reflecting the rich cultural diversity of the Philippines. These festivals often blend indigenous, Spanish, and modern influences, creating unique and dynamic celebrations that draw both local and international visitors.



One of the most famous festivals is the Sinulog Festival in Cebu City, which honors the Santo Niño (Holy Child). It features a grand procession, street dancing, and lively music, with participants wearing elaborate costumes and performing intricate choreography.

The Panagbenga Festival in Baguio City (where one of our colleagues, Freddie, lives), also known as the Flower Festival, showcases colorful floats adorned with flowers, street dancing, and various cultural activities, celebrating Baguio's floral abundance and cultural heritage.

In Davao City, the Kadayawan Festival celebrates the bountiful harvest and diverse cultures of the region, featuring street dancing, fruit displays, and tribal rituals.

These festivals not only provide entertainment but also serve as platforms for preserving and promoting Filipino culture and heritage. They reinforce community bonds, foster pride in local traditions, and contribute to the tourism industry, showcasing the Philippines as a vibrant and culturally rich destination. Overall, Philippine festivals are integral to Filipino identity, embodying the spirit of unity, diversity, and celebration.

MANO PO, PO and OPO

"Mano po," "po," and "opo" are significant elements of Filipino culture, deeply ingrained in the country's social customs and traditions. They reflect values of respect, humility, and politeness, which are highly valued in Filipino society.



Mano Po: "Mano po" is a gesture of respect commonly practiced in Filipino culture, especially towards elders or people of authority. It involves taking the elder's hand gently and bringing it to one's forehead as a sign of reverence. This gesture is often accompanied by the phrase "Mano po" as a form of greeting or showing respect. "Mano po" is not only a physical gesture but also a symbolic acknowledgment of the wisdom and experience that elders possess.

Po and Opo: "Po" and "opo" are honorific particles used in Filipino language to convey respect and politeness. They are added to the end of sentences or phrases when addressing someone older or of higher status. For example, instead of simply saying "yes," a person might say "opo" to show respect. Similarly, "po" is used as a polite marker in conversations, indicating deference and courtesy. These honorifics are used not only towards elders but also towards authority figures, guests, or anyone deserving of respect.

These cultural practices play a crucial role in shaping interpersonal relationships and social interactions in Filipino society. They emphasize the importance of showing deference and humility towards others, particularly those who hold positions of authority or wisdom. "Mano po," "po," and "opo" are more than just words or gestures; they represent the values of respect, courtesy, and humility that are deeply ingrained in Filipino culture.

HARANA

Harana is a traditional Filipino courtship practice that involves serenading a person, usually performed by a suitor outside the home of the object of their affection. It is a cultural tradition deeply rooted in Filipino history and is often associated with expressions of love, affection, and admiration.



Historically, harana was a common way for Filipino men to express their feelings towards a woman they were interested in. Accompanied by musicians, typically playing string instruments like guitars or ukuleles, the suitor would sing heartfelt love songs outside the window or door of the woman he admired. The songs often conveyed themes of love, longing, and devotion.

Harana is not just about the music; it is also a display of sincerity, effort, and courage. The act of serenading requires the suitor to summon the confidence to publicly declare his feelings, often in front of family members or neighbors. It is a romantic gesture that reflects the values of courtship, respect, and tradition in Filipino culture.

Although harana has become less common in modern times due to changes in social norms and technology, it continues to hold a special place in Filipino culture. Many Filipinos still cherish the romanticism and nostalgia associated with harana, viewing it as a timeless expression of love and courtship. Efforts to preserve and revive this tradition are ongoing, with some cultural groups and artists incorporating harana into contemporary performances and events, ensuring that this aspect of Filipino culture remains alive and celebrated.

NATIONAL COSTUME

The national costume of the Philippines is a symbol of Filipino identity, heritage, and culture. It represents the diverse history and influences that have shaped the Filipino people over centuries. The traditional attire varies depending on the region and ethnic group, but there are some common elements that are often incorporated into national costumes worn for special occasions and cultural events.



One iconic national costume for women is the "Maria Clara" dress, inspired by the character of Maria Clara in Jose Rizal's novel "Noli Me Tangere." The Maria Clara dress is characterized by its elegant silhouette, typically featuring a fitted bodice with butterfly sleeves (known as "panuelo" sleeves) and a floor-length skirt. It often incorporates delicate embroidery, lace, and traditional textiles such as piña (pineapple fiber) or jusi (silk), reflecting Spanish colonial influences.

For men, the traditional Barong Tagalog is considered the national costume. The Barong Tagalog is a lightweight formal shirt made from piña, jusi, or other indigenous fibers. It is often embroidered with intricate patterns known as "calado" and is worn untucked over trousers called "salakot." The Barong Tagalog represents Filipino craftsmanship and elegance and is commonly worn during formal events and celebrations.

In addition to these iconic costumes, there are also regional costumes that highlight the unique cultures and traditions of different parts of the Philippines. These may include colorful garments adorned with indigenous textiles, beads, and accessories, reflecting the rich cultural diversity of the country.

Overall, the national costume of the Philippines is more than just clothing; it is a symbol of Filipino pride, unity, and identity. It serves as a reminder of the nation's rich history and cultural heritage, and it continues to be worn with pride during cultural festivals, national celebrations, and other significant events.

FILIPINO CUISINES - ROMELITA

Filipino cuisine is a vibrant and diverse reflection of Philippine culture, history, and geography. It's a melting pot of flavors, influenced by indigenous ingredients, Malay, Chinese, Spanish, and American culinary traditions. Filipino food is characterized by its bold flavors, use of tropical ingredients, and unique cooking techniques. Here are some of the most common dishes as part of Filipino Tradition:

Adobo: Considered the national dish of the Philippines, adobo is a savory and tangy stew made with meat (commonly chicken or pork), vinegar, soy sauce, garlic, and spices. It's a dish that showcases the Filipino love for bold flavors and preservation techniques.

Sinigang: Sinigang is a sour soup typically made with tamarind as the base flavoring, along with various meats (like pork, beef, shrimp, or fish), vegetables, and sometimes other souring agents like calamansi or guava. It's a comfort food loved for its tangy and savory taste.

Lumpia: Lumpia is a simple and flavorful Filipino finger food that evolved from the Chinese spring rolls. Each lumpia consists of a rice or flour dough wrap that is stuffed with meat (most often ground pork or beef) and vegetables such as cabbage, carrots, onions, and garlic. It is then sealed with egg wash and fried.

Lechon: Lechon is a popular centerpiece of Filipino celebrations. It's a whole roasted pig, cooked over an open fire or in a spit, resulting in crispy skin and tender meat. It's often served during fiestas, holidays, and special occasions.

Pancit: Pancit refers to a variety of Filipino noodle dishes, each with its own regional variations. Pancit Canton, Pancit Bihon, and Pancit Palabok are just a few examples. Noodles symbolize long life and prosperity, making pancit a staple in celebrations and gatherings.

These are just a few examples of the rich tapestry of Filipino cuisine. What makes Filipino food truly special is not just the flavors but also the communal aspect of eating. Meals are often shared with family and friends, emphasizing the importance of hospitality and togetherness in Filipino culture.

ELERY: Thank you very much. What you've seen again are parts of the best traditions and cultures that are engraved in the heart of the Filipinos even up to the next generation. We hoped that you learned something and appreciate how us Filipinos value our cultures the way you value yours.

ELERY: And now, let us immerse ourselves in the captivating world of Philippine folk dances. Each dance is a testament to our rich cultural heritage and diversity, showcasing the beauty, grace, and rhythmic movements that define our identity as a people. From the spirited Tinikling, with its bamboo poles echoing the rhythms of rural life, to the graceful Pandanggo sa Ilaw, where dancers balance illuminated lamps with finesse, each dance tells a story of tradition, resilience, and unity. Everyone Let us all watch this. (Video will play tinikling dance).

ELLIE: What you have seen is one of the folk dances in the Philippines which is TINIKLING DANCE that uses bamboo as part of the dance routine.



FILIPINO KAREOKE

Karaoke is deeply ingrained in Filipino culture and has become an essential part of social gatherings, celebrations, and even everyday life. It's not just about singing; it's about bonding, expressing emotions, and creating memorable experiences. Karaoke is for all, singers, non-singers, children, teens, adults, elders or even who you are, karaoke is for you. To deeply understand its concept let us all watch this.

Overall, karaoke reflects the vibrancy, warmth, and love for music that are characteristic of Filipino culture. It's not just a form of entertainment but a cherished tradition that brings people closer and creates lasting memories.

