

## ITINERARY FORM

Project Name : Familiarization Tour with the Japanese Travel Agents For Health and Wellness

Date : 10 – 14 November 2022

Venue : Manila, Tagaytay, and Batangas

Date / Time	Activity	Remarks
<b>DAY 01</b> <b>[Tokyo/Manila]</b> <b>10 November 2022   Thursday</b>		
18:20	Depart Narita for Manila via 5J 5057	
22:25	Arrive in Manila	
	Check-in Shangri-La at the Fort	
	Overnight	
<b>DAY 02</b> <b>[Manila/Tagaytay]</b> <b>11 November 2022   Friday</b>		
	Breakfast at the hotel	
08:00	Ocular of hotel facilities	
	Check-out hotel	
09:00	Proceed to Sonya's Garden in Tagaytay	
11:00	Arrive in Sonya's Garden	
	Ocular of facilities	
12:00	Lunch in Sonya's Garden	
13:00	Proceed to Nurture Wellness Village	
	Check-in resort	
14:00	Ocular of facilities	
15:30	Wellness experience (Nilaib)	
	Free time at leisure	
19:00	Dinner at the resort	
	Overnight	
<b>DAY 03</b> <b>[Tagaytay/Batangas]</b> <b>12 November 2022   Saturday</b>		
	Breakfast at the resort	
07:30	Farm tour with a demonstration on how to make a healthy juice and coffee roasting demonstration	
	Tai Chi activity	
	Check-out resort	
09:30	Proceed to The Farm at San Benito in Batangas	
11:30	Arrive at The Farm at San Benito	
	On-site Antigen Nasal Swab Testing	
	Registration at the Meeting Hall	
	Brief Introduction of The Farm at San Benito	

	Wellness Talk with an Integrative Doctor	
12:30	Lunch	
14:00	Check-in resort	
	Guided walking tour of the property including organic helifarm	
16:30	Wellness activities (schedule c/o The Farm)	
	Free time at leisure	
19:00	Dinner	
	Overnight	
<b>DAY 04</b> <b>[Batangas/Manila]</b> <b>13 November 2022   Sunday</b>		
	Breakfast at the resort	
	Morning activities at the resort (yoga/qi gong, fitness walk, mandala flower arrangement, etc.)	
	<i>List of available activities to be provided by The Farm upon check-in</i>	
	Check-out resort	
10:00	Proceed back to Manila	
	<i>To conduct the RT-PCR Saliva Test of the participants (venue to be confirmed)</i>	
12:00	Lunch	
14:00	Check-in Hotel Okura	
	Ocular of local spas and other health and wellness activities / Shopping in SM Mall of Asia or Makati area	
19:00	Dinner	
	Overnight	
<b>DAY 05</b> <b>[Manila/Tokyo]</b> <b>14 November 2022   Monday</b>		
	Breakfast at the hotel	
	Check-out hotel	
08:00	Proceed to airport	
11:05	Depart Manila for Narita via 5J 5056	
16:55	Arrive in Narita	
<b>END OF TRIP</b>		

As of 20 September 2022

***\*Itinerary may change subject to travel protocol guidelines, in close coordination with the Official Tour Operator and DOT Regional offices in (CALABARZON and NCR) from time to time.***