



# ROMBLON STATE UNIVERSITY

## BIDS AND AWARDS COMMITTEE

Community Outreach Center, RSU-Main Campus, Liwanag, Odiongan, Romblon 5505  
 Telephone: (042) 567-5952  
 Email: bac@rsu.edu.ph  
 Website: rsu.edu.ph



Management System  
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www.tuv.com  
 ID 9000018803

### Itinerary for the educational tour on the subjects EE 4118 - Fundamentals of Power Plant Engineering Design with Educational Power Plant Visits and EE 4120 - Distribution System and Substation Design with Educational Substation Visits

(Sunday)	5:00 PM	Departure from Odiongan Port
Day 1 (Monday)	3:00 AM	Arrival to Batangas Port / Pick-up Batangas Pier
	4:00 AM	Travel to Baguio City
	6:00 AM	Breakfast / Stop Over
	7:00 AM	Travel to Baguio City (Continuation)
	11:00 AM	Lunch (Restaurant)
	1:00 PM	Visit: <b>National Grid Corporation of the Philippines (Benguet Substation)</b>
	5:00 PM	Check-in Hotel in Baguio City
	6:00 PM	Dinner
Day 2 (Tuesday)	6:00 AM	Breakfast at the Hotel
	9:00 AM	Visit: <b>Ambuklao Hydro Power Plant (Benguet)</b>
	11:00 AM	Lunch (Ambuklao Cafeteria)
	1:00 PM	Continuation of tour in the plant
	6:00 PM	Dinner (Fast Food Chain)
	7:00 PM	Travel back to the hotel
Day 3 (Wednesday)	6:00 AM	Check-out / Breakfast
	8:00 AM	Travel to Pangasinan Province
	11:00 AM	Lunch (Restaurant)
	1:30 PM	Visit: <b>Sual Coal Power Plant</b>
	6:00 PM	Check-in Hotel / Dinner at the hotel
Day 4 (Thursday)	5:00 AM	Check-out / Breakfast
	8:00 AM	Travel to Morong, Bataan
	11:00 AM	Lunch (Restaurant)
	1:00 PM	Visit: <b>Bataan Nuclear Power Plant</b>
	6:00 PM	Check-in Hotel / Dinner at the hotel
Day 5 (Friday)	5:00 AM	Check-out / Breakfast
	8:00 AM	Travel to Laguna Province
	11:00 AM	Lunch (Restaurant)
	2:00 PM	Visit: <b>Philflex Wires and Cables Manufacturing</b>
	5:30 PM	Travel to Laguna Hotel
	6:00 PM	Check-in Laguna Hotel / Dinner
Day 6 (Saturday)	7:00 AM	Check-out / Breakfast
	9:00 AM	Travel to Batangas Port
	11:00 AM	Drop-off in Batangas Pier w/ Lunch/ Departure for Odiongan, Romblon



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### Meal Schedule

DATE	AM SCHEDULE	PM SCHEDULE
Day 1:	<p><b>Breakfast</b>            Fried rice / Plain rice            Hotdog            egg</p> <p><b>Snacks AM</b>            Sandwich            bottled drinks</p> <p><b>Lunch</b>            Rice            Chicken Caldereta            Pork Caldereta            Chopsuey            Sago gulaman            Ice tea tower</p>	<p><b>Snacks PM</b>            Sandwich            bottled drinks</p> <p><b>Dinner</b>            Rice            Creamy beef with mushroom            Pork Estofado            Ampalaya salad            Bottled water</p>
Day 2:	<p><b>Breakfast</b>            Fried Rice            Chicken/pork longganisa            Sunny side-up Egg            Choices of coffee/milo</p> <p><b>Snacks</b>            sandwich            bottled soda / Water</p> <p><b>Lunch</b>            Rice            Chicken with garbanzos            Beef stew            Coffee jelly            Choices of Ice tea tower            and bottled water</p>	<p><b>Snacks</b>            Sandwich            bottled soda / water</p> <p><b>Dinner</b>            Rice            Dinakdakan            Fried fish            Ginisang monggo            Cucumber salad            Choices of ice tea and            bottled water</p>
Day 3:	<p><b>Breakfast</b>            Fried Rice            Scrambled egg            Fried Bangus            Choices of coffee, milo            and water</p> <p><b>Snacks</b>            Sandwich            bottled water</p> <p><b>Lunch</b>            Rice            Chicken Sisig            Pork Adobo            Pinakbet            Sago gulaman            Ice tea tower</p>	<p><b>Snacks PM</b>            Sandwich            bottled drinks</p> <p><b>Dinner</b>            Rice            Chicken Adobo            Pork Sisig            Ampalaya with Egg            Bottled water</p>
Day 4:	<p><b>Breakfast</b>            Fried Rice            Scrambled egg            Tocino            Choices of coffee, milo            and water</p> <p><b>Snacks</b>            Sandwich            bottled water</p>	<p><b>Snacks PM</b>            Sandwich            bottled drinks</p> <p><b>Dinner</b>            Rice            Ginataang Fish            Pork Sinigang            Adobong Sitaw            Bottled water</p>



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	<p><b>Lunch</b>          Rice          Chicken Inasal          Pinangat na Tulingan          Ginataang Langka          Sago gulaman          Ice tea tower</p>	
Day 5:	<p><b>Breakfast</b>          Fried Rice          Scrambled egg          Danggit          Choices of coffee, milo          and water  <b>Snacks</b>          Sandwich          bottled water  <b>Lunch</b>          Rice          Chicken Tinola          Pork Asado          Chopsuey          Sago gulaman          Ice tea tower</p>	<p><b>Snacks PM</b>          Sandwich          bottled drinks  <b>Dinner</b>          Rice          Pork Steak          Pork Sinigang          Ampalaya salad          Bottled water</p>
Day 6:	<p><b>Breakfast</b>          Fried Rice          Hardboiled Egg          Fish Fillet          Choices of coffee, milo          and water  <b>Snacks</b>          Sandwich          bottled water  <b>Lunch</b>          Packed Lunch</p>	<p><b>Snacks PM</b>          Sandwich          bottled drinks  <b>Dinner</b>          Packed Dinner</p>