

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

## 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>Lunch</b> Rice Chicken Inasal Pinangat na Tulingan</p>	<p><b>Snacks PM</b> Sandwich bottled drinks</p> <p><b>Dinner</b> Rice Ginataang Fish Pork Sinigang Adobong Sitaw Bottled water</p>

	<p>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</p> <p><b>Snacks</b> Sandwich bottled water</p> <p><b>Lunch</b> Rice Chicken Tinola Pork Asado Chopsuey Sago gulaman Ice tea tower</p>	<p><b>Snacks PM</b> Sandwich bottled drinks</p> <p><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</p> <p><b>Snacks</b> Sandwich bottled water</p> <p><b>Lunch</b> Packed Lunch</p>	<p><b>Snacks PM</b> Sandwich bottled drinks</p> <p><b>Dinner</b> Packed Dinner</p>