

19 November 2024

**MS. VILMA D. EDA, CESO V**  
Schools Division Superintendent  
Vigan City, Ilocos Sur

Dear Ma'am:

Youthful greetings!

The Provincial Government of Ilocos Sur through its Provincial Youth Development Office will conduct a **Hiking X Healing: The Pahinga" You Needed "Ako naman muna"** at **Kapan-Awan Campsite Lingsat, Bantay Ilocos Sur** supposedly move on *November 9-10*, but due to the inclement weather it was postponed. In connection to this the **rescheduled date is on November 23-24, 2024.**

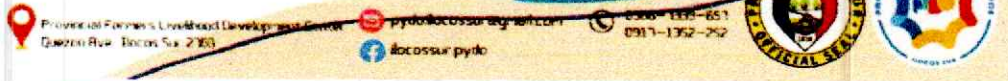
With this, we would like to invite participants who are willing to join us at the above-mentioned event. For joiners, scan the QR code or click the link below:  
<https://forms.gle/VgyMAqFnNNkLU1EKA>

Should you have concerns or clarifications, please don't hesitate to contact us at [pydo.ilocosur@gmail.com](mailto:pydo.ilocosur@gmail.com) / Ms. Anicah Arce 09171352252 / PYDO Ilocos Sur FB page.

Thank you for always supporting our programs and activities.

Yours truly,

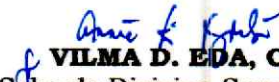
  
**OLIVIA MARIE A. ISATJAN, RM, MAN**  
Provincial Youth Development Officer



November 21, 2024

To: Assistant Schools Division Superintendent  
Chief Education Supervisor – SGOD & CID  
Public Elementary and Secondary School Heads

All personnel are encouraged to attend the said activity. The participation of the learners shall be on a voluntary basis only.

  
**VILMA D. EDA, CESO V**  
Schools Division Superintendent

Address: Mena Crisologo St. corner Rivero St., Brgy. IX, Vigan City, Ilocos Sur  
Telephone No: (077) 722-20-23 / (077) 632-05-33  
Email Address: [vigan\\_city@deped.gov.ph](mailto:vigan_city@deped.gov.ph)  
Website: [www.depedviganacity.com](http://www.depedviganacity.com)

Your Feedback is important to us. Visit this link [bit.ly/SDOViganCityCSM](http://bit.ly/SDOViganCityCSM)



2411-1417

ILOCOS SUR



PROVINCIAL YOUTH DEVELOPMENT OFFICE

19 November 2024

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Schools Division Superintendent  
Vigan City, Ilocos Sur

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Thank you for always supporting our programs and activities.

Yours truly,

**OLIVIA MARIE A. IBATUAN, RM, MAN**  
Provincial Youth Development Officer



Provincial Farmers Livelihood Development Center  
Quezon Ave. Ilocos Sur 2700



[pydo.ilcossur@gmail.com](mailto:pydo.ilcossur@gmail.com)



0566-1338-657  
0917-1352-252



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# HIKING X HEALING

the much needed *pahinga*

KAPAN-AWAN LINGSAT BANTAY, ILOCOS SUR

23-24 NOVEMBER 2024

## SCHEDULE OF ACTIVITIES

### 23 November

- |         |  |
|---------|--|
| 2:00PM  | Pick up at PFLDC   |
| 2:30PM  | Pre-Orientation  |
| 3:00PM  | Fantasy Hiking Trail   |
| 5:00PM  | Preparation <ul style="list-style-type: none"><li>- setting up of tents</li><li>- dinner</li></ul>                             |
| 7:00PM  | Bonfire <ul style="list-style-type: none"><li>- Trick N Treats</li><li>- Healing with nature</li><li>- "Quiet" Party</li></ul> |
| 11:00PM | Lights Off   |

### 24 November

- |        |                 |
|--------|-----------------|
| 5:00AM | Morning harness |
| 7:00AM | Pack up         |





# HIKING X HEALING

the much needed *pahinga*

Mt. Kapan-awan Lingsat, Bantay, Ilocos Sur

23-24 NOVEMBER 2024



SCAN THE CODE TO JOIN



Kapan-awan  
LINGSAT, BANTAY, ILOCOS SUR



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FOR THE  
YOUTH OF  
ILOCOS SUR

ONE  
ILOCOS SUR