MEMORANDUM TO:

OIC-Office of the Assistant Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Elementary and Secondary School Principals
Officers-in-Charge
Public Schools

ACTIVITIES OF UGAT FOUNDATION INC.
FOR CHILDREN OF OVERSEAS WORKERS

Attached is a letter from Mr. Carlos T. Lagaya, Project Director, PANATAG, UGAT Foundation Inc. re: activities of UGAT Foundation Inc. for children of overseas workers, content of which is self-explanatory, for information and appropriate action.

Wide dissemination of this Memorandum is desired.

JOEL T. TORRECAMPO
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

July 25, 2019
March 5, 2019

Dr. Joel T. Torrecampo
Officer in Charge
Office of the School Division Superintendent
Marikina City, Rizal

Dear Dr. Torrecampo:

10% of the Filipino population live and work abroad. The funds they send home support their families and strengthen the Philippine economy. Indeed the OFWs are hailed as heroes of our nation.

But the material gains brought about by the OFW phenomenon have serious negative effects on our society. Children are left behind with an incomplete family and lack the emotional support, guidance, and upbringing they sorely need. Schools and communities are seeing the some of the outcomes of family separation—falling grades, under performance, anti-social behavior, rebellion against authorities, and school drop-outs. It is possible you may be seeing some of that in your school.

We at UGAT (Ugnayan at Tulong para sa Maralitang Pamilya) Foundation would like to work with your school to help address these OFW-related issues and help minimize the problems that may arise from them. UGAT Foundation, Inc. was established by Rev. Fr. Nilo E. Tanalega, SJ to help Filipino migrant families. Our PANATAG(Pamilya ng Nangibang bansa Aruga at Gabay) program is structured to help the children cope with family separation through 3 potent tools:

- **ANAk** (Anak ng Nangibang Bansa Aruga at Kaagapay) Workshop- (support for children of overseas Filipinos) A values formation seminar for children of overseas workers who are directly affected by the migration of their parent(s). This seminar deals with the feelings associated with being a child of a migrant as well as their coping mechanism. This may be given in a format suitable for young children, teenager or adults. *(Duration: 1 day, start at 8am, end at 4pm)*

- **ALAB** (Antigin ang Landas at Tuklasin ang Alab ng Buhay mo) Youth Camp- This is an intensive two-night camp for OFW Children who took the ANAk Workshop. It combines carefully selected talks & interactive activities intended to boost self-image, build self-confidence, help the kids overcome past negative attitudes & behaviors, and inspire them to set positive goals in their lives. For many, the ANAk Youth Camp is an unforgettable experience that leaves them energized and raring to step back into their lives with new paradigms. The camp’s theme, appropriately, is ALAB, meaning “blaze” or “ardor.” *(Duration: 2 nights and 3 days: 1st day start at 3:00pm and ends at 12:00 of 3rd day)*
- **KAISA (Kasama sa Pag-iisa)** Workshop — A formation seminar for spouses of overseas Filipinos to help them deal with their adjustments and concerns during temporary separation from spouses and to guide them in dealing with the children.

  *(Duration: half day, 8:00am to 12:00 noon)*

Since the PANATAG Program began in 2008, we have reached out to over 23,000 OFW children throughout the country. Attached are excerpts of responses we received from students who attended our ANAK Workshops and the ALAB Youth Camp.

If you have students who are children of OFWs, our programs will be able to help them deal with the many issues that beset them. I will be happy to answer any questions you may have and to discuss how we can work together to help your students. Please feel free to contact us at (02) 352-5884/ 0998-588-9012 or email at ugaT.panatag@gmail.com. Website: www.ugatpanatag.com.

Very truly yours,

Carlos T. Tugaya
PANATAG
Project Director
10% of the Filipino population live and work abroad. Our Overseas Filipino Workers (OFW) are heroes of our nation. But the OFW phenomenon weighs heavily on the children of our society. Failing grades. Rebellion. Under performance. Truancy. Anti-social behavior. 

UGAT Foundation
(Ugnayan at Tulungan para sa Maralitang Familia)

UGAT Foundation, Inc.
Institute of Social Order
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Ateneo de Manila University
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Founder/Director, UGAT

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UGAT FOUNDATION, INC.

As OFWs struggle to afford a house...

PANATAG
Pamilya ng Nangibang Bansa
Aruga at Gabay

A psycho social support program aimed at helping OFW families weather the pains of separation and strengthen them through healing and empowerment.

visit our website
www.ugatpanatag.com

would like to help address/minimize these OFW-related issues & problems through our PANATAG program.

their families struggle to keep the home...
And here are comments from students who attended the ALAB Youth Camp for ANAK Workshop graduates:

Dahil sa Camp ay Natutuhan kong...

"...magpatawad sa mga nagawang masakit at tumawag sa Panginoong Diyos"

"... magtiwala sa sarili, always do your best.. at higit sa lahat ay mag-try nang mag-try at huwag mawalan ng pag-asa."

"...naging mas mabuti akong anak at natuto akong magtiwala sa sarili na kakayanin ko ang lahat."

Sa katapusan ng Camp, ang paninindigan kong gagawin upang Maisaayos ang aking sarili ay ...

"...huwag malititin ang sarili, mag-improve pa, huwag papatalo sa mga weaknesses ko, intindihin pa lalo ang magulang ko

"...di na ako magiging rebelde, di na sasagot sa mga maatanda, at di na manloloko ng kaibigan"

"...umiwas sa mga bisyo, magtiwala sa sarili, at huwag magpadala sa mga barkada."

"...Sana ma-extend pa po (ang camp) para mas makilala ko pa ang aking sarili
Here are some of the responses from high school students who attended the ANAK Workshop:

<table>
<thead>
<tr>
<th>Ang nangingibabaw na damdamin sa akin pagkatapos ng ANAK workshop ay…</th>
<th>Pagkatapos ng workshop, naisip ko na…</th>
<th>Kung mayroon mang agad na nabago pagkatapos ng workshop, ito ay ang…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malungkot</td>
<td>Pagbubutihin ko pag-aaral ko para sa tatay ko</td>
<td>Lakas ng loob</td>
</tr>
<tr>
<td>Lungkot at saya. Lungkot, dahil wala ang aking mama at saya naman dahil alam kong mayos naman ang kalagayan niya doon.</td>
<td>Mahirap palang maging anak ng OFW dahil hindi mo alam kung anong mangyayari sa iyo dahil walang naggagabay sa iyo.</td>
<td>Wag kong isipin na nakakaawa ako dahil wala akong nanay dahil nasa ibang bansa pero dapat kong isipin na hindi lang ako nag-isa dahil marami kami.</td>
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PANATAG consists of five (5) primary tools:

A. ANAK WORKSHOP
(Anak ng Nangibang Bansa Aruga at Kaagapay)

A values formation seminar for children of overseas workers who are directly affected by the migration of their parent(s). This seminar deals with the feelings associated with being a child of a migrant as well as their means of coping. This may be given in a format suitable for young children, teenagers or adults.

(Duration: 1 day, start at 8am, end at 4pm)

B. ANAK MENTORING & SUPPORT TRACK

Those who have completed the ANAK Workshop are invited to join the Mentorship & Support Track. They are clustered into small groups under the guidance of trained mentors. They meet regularly over an extended period of time during which the mentors continue deepening discussions on self-discovery, conduct activities that build teamwork, raise self-esteem and impart values.

The long-term objective is transformative empowerment: to help equip the children with core values and life skills such as goal-setting, prioritizing, and decision-making.

(Duration: 3 - 4 hours after ANAK Seminar)

C. ALAB YOUTH CAMP
(Anhinigang Laniadas at Tuklasin ang Alab ng Buhay mo)

This is an intensive two-night camp for OFW Children who took the ANAK Workshop. It combines carefully selected talks & interactive activities intended to boost self-image, build self-confidence, help the kids overcome past negative attitudes & behaviors, and inspire them to set positive goals in their lives. The camp’s theme, appropriately, is ALAB, meaning “flame” or “ardor.”

(Duration: 2 nights and 3 days; 1st day start at 300pm and ends at 12:00 of 3rd day)

D. GABAY WORKSHOP

UGAT encourages the local community to be a partner in the healing and transformation of OFW families. Partner schools and organizations are urged to select volunteer facilitators and mentors who can take on the follow-up work of mentoring and interacting with the children after they finish the ANAK Workshop. GABAY Training Workshops are given by UGAT to empower the local volunteers (GABAY) with skills for counseling & facilitation.

(Duration: 1 day, start at 8am, end at 4pm)

E. KAIUSA WORKSHOP
(Kasama sa Pag-isa)

A formation seminar for spouses of overseas Filipinos to help them deal with their adjustments and concerns during temporary separation from spouses and to guide them in dealing with the children.

(Duration: half day, 8:00am to 12:00 noon)

DO YOU HAVE STUDENTS WHO ARE KIDS OF OFWs?

PANATAG may be able to help you!

PROGRAM NEEDS

1. Venue (preferably closed)
2. LCD, Mic (preferably wireless) & Soundsystem
3. Food and accommodations (for mentors & speakers)
4. Simple donation to the Foundation
5. Ready participants (preferably 40 per session)

AND LEAVE THE REST TO US!

CONTACT US! SET A SCHEDULE!

SEE YOU SOON!