MINDANAO

Zamboanga Peninsula
Northern Mindanao
Davao Region
SOCCSKSARGEN Region
Caraga Region
ARMM Region
Mindanao is the second largest and southernmost island in the Philippines. It is also the name of one of the three island groups in the country (the other two being Luzon and the Visayas), consisting of the island of Mindanao and smaller surrounding islands.
Mindanao is the only geographical area of the Philippines with a significantly large Muslim presence. The southernmost part of Mindanao, particularly Maguindanao Province, Lanao del Sur, Sulu, and Tawi-tawi provinces (part of the Autonomous Region of Muslim Mindanao (ARMM)), are home to a sizeable Muslim population. Due to widespread poverty and religious differences, the island has seen a communist insurgency as well as armed Moro separatist movements.
Mindanao, about the same area as South Korea, is considered the agricultural basin of the Philippines. Eight of the top 10 agri-commodities exported from the Philippines come from here.
History
Mindanao is named after the Maguindanaons who constituted the largest Sultanate historically, and evidence from maps made during the 17th and 18th centuries suggests that the name was used to refer to the island by the powerful natives at the time.
Mindanao Island is also a sacred home of the largest non-Muslim Subanon Tribe; the aborigine of the Zamboanga Peninsula’s Zamboanga del Norte, Zamboanga del Sur, Zamboanga Sibugay, Island of Basilan, and northern provinces of Misamis Occidental, Lanao del Norte, and Misamis Oriental.
Subanen (read as Subanon) people are native to the Zamboanga Peninsula, Misamis Oriental and Misamis Occidental in the southern Philippine island of Mindanao. Subanon are the biggest group of Lumad or non-Muslim indigenous cultural community on the island of Mindanao. The word is derived from the word soba or suba, a word common in Sulu, Visayas, and Mindanao, which means “river,” and the suffix “-nun” or -non” which indicates a locality or place of origin.
Subanon means “a person or people of the river”; more specifically, “from up the river,” since they are usually differentiated from the coastal and plains inhabitants of Zamboanga peninsula. They were originally found along the river banks or "suba" but many reside primarily in the mountains. The continuous bringing in of the Spanish of people from Visayas and to its Penal Colonies of recalcitrants from Luzon forming the Chavacanos. Migrations of Cebuano speakers in the coastal areas of the Zamboanga Peninsula attracted by the inviting Land Tenure Laws further pushed the Subanon into the interior.
The groups that traditionally remained animist call themselves "Subanen", or "Subanon" in the area closer to Zamboanga City. Other groups who are linguistically members of the Subanen language subgroup but adopted Islam call themselves "Kolibugan" in western areas and Kalibugan in the central area.
Political Division
Zamboanga Peninsula (Region 9)
it is Mindanao’s smallest region.
Zamboanga Peninsula, located in Western Mindanao, is an administrative region located in the Philippines. The regional center is Pagadian. The provinces and independent cities are:

- Isabela (Independent City/Capital City of Basilan)
- Zamboanga City (Independent City)
- Zamboanga del Norte (Capital: Dipolog City)
- Zamboanga del Sur (Capital: Pagadian City)
- Zamboanga Sibugay (Capital: Ipil)
The name of Zamboanga was derived from the Malay word "Jambangan", meaning a pot or place of flowers.
The original inhabitants of the Zamboanga peninsula were the Subanens, who settled along the riverbanks. The next group of settlers to arrive were Muslim migrants from the neighboring provinces. The Maguindanaoans and Kalibugans were farmers; the Tausugs, Samals, and Badjaos were fishermen; and the Maranaos were traders and artisans. Mat weaving was the major occupation of the Muslim settlers.
Zamboanga del Norte or simply known as ZaNorte - is a province of the Philippines located in the Zamboanga Peninsula region in Mindanao. Its capital is Dipolog City. Zamboanga del Norte is subdivided into 25 municipalities and 2 cities (Diplog City and Dapitan City).
Hudyaka Festival
-is held every May 30 to June 7 to highlight the founding anniversary of the province of Zamboanga del Norte that is being celebrated every June 6 in Dipolog City, the province's capital.
Zamboanga del Sur is a province of the Philippines located in the Zamboanga Peninsula region in Mindanao. Pagadian City is the capital. Zamboanga del Sur is subdivided into 26 municipalities and 1 city.
Megayon Festival
- the grandest festival in commemoration of the Anniversary Celebration of the Province of Zamboanga del Sur. This festival showcases the arts and crafts of Zamboanga del Sur.
Zamboanga Sibugay
-is a province of the Philippines located in the Zamboanga Peninsula region in Mindanao. Its capital is Ipil.
Zamboanga Sibugay was created in 2001 when the third district of Zamboanga del Sur was carved out of that province. Zamboanga Sibugay is the 79th province created in the Philippines. Zamboanga Sibugay Province is subdivided into 16 municipalities.
Sibug – Sibug Festivals – an annual grand event every February 15 to 26, in celebration of the founding anniversary of Zamboanga Sibugay.
Dapitan City - is also known as the "Shrine City in the Philippines" because the place where Jose Rizal, the National Hero, was exiled. It is also known for the old St. James Parish and the beach resort of Dakak. The name derives from the Cebuano word “Dapit”, which means “to invite”.
Pagadian City - is also known as the "Little Hong Kong of the South" because of its topographical feature that is reminiscent of Hong Kong. It also has an affluent Chinese community that officially celebrates the Chinese Lunar New Year.
Zamboanga City is the only highly-urbanized city in the region. The City holds the Second richest city in Mindanao, Davao City is only the richest. Zamboanga City holds more than half of the economy of the region. Zamboanga City also has the largest airport and seaport and the only city in the region with most investors.
Northern Mindanao (Region 10)

Northern Mindanao is an all occupying the north-central part of Mindanao island, and the island-province of Camiguin. The regional center is Cagayan de Oro. The provinces and cities are:

- Bukidnon (Malaybalay City)
- Camiguin (Mambajao)
- Lanao del Norte with Iligan (Capital: Tubud)
- Misamis Occidental (Capital: Oroquieta City)
- Misamis Oriental with Cagayan de Oro/Capital)
Bukidnon

A landlocked province of the Philippines located in the Northern Mindanao region. Its capital is Malaybalay City. The name "Bukidnon" means highlander or mountain dweller. Bukidnon is considered to be the food basket of Mindanao. It is the major producer of rice and corn in the region. Plantations in the province also produce pineapples, bananas and sugarcane.
Bukidnon is the home of Mount Dulang-dulang, the 2nd highest mountain in the Philippines with an elevation of 2,938 m located in Kitanglad Mountain Range. Mount Kitanglad (2,899m.), Mount Kalatungan (2,860m.), Mt. Maagnaw (2,742m.), Mt. Lumuluyaw (2,612m.) and Mt. Tuminungan (2,400m.), the 4th, 5th, 8th, 17th and 30th highest mountains in the country respectively, are also found in the province.
Mt. Dulang-Dulang
Lantapan, Bukidnon
Bukidnon is known as the watershed of Mindanao. It is endowed with six major river systems namely: Pulangi, Tagoloan, Cagayan, Manupali, Muleta, and Bobonawan Rivers. These rivers carved the landscape of the province creating numerous canyons.

The Pulangi River, considered the longest river in the province, is a tributary of the Rio Grande of Mindanao.
The Bukidnon are one of the seven tribes in the Bukidnon plateau of Mindanao. Bukidnon means 'that of the mountains' ('people of the mountains'), despite the fact that most Bukidnon tribes settle in the lowlands.

The Bukidnon people believe in one god, Magbabaya (Ruler of All), though there are several minor gods and goddesses that they worship as well.
Kaamulan Festival is an ethnic cultural festival held annually in Malaybalay City, Bukidnon from the second half of February to March 10, the anniversary date of the foundation of Bukidnon as a province in 1917. It is held to celebrate the culture and tradition of the seven ethnic tribal groups—Bukidnon, Higaonon, Talaandig, Manobo, Matigsalug, Tigwahanon and Umayamnon—that originally inhabit the province. It is the only ethnic festival in the Philippines.
Kaamulan Festival - comes from the Binukid word “amul” meaning to gather. It is gathering for a purpose—a datuship ritual, a wedding ceremony, a thanksgiving festival during harvest time, a peace pact, or all of these together.
Traditional Bukidnon costumes are composed of alternate horizontal stripes of red, white, and black accented with jewelries of gold and yellow.
Camiguin (Island Born of Fire)
Camiguin is the second-smallest in the country both in population and land area after Batanes. Mambajao is the capital of the province and its largest municipality both in area and population.
Camiguin Island is a pearl-shaped island with an area of approximately 238 km² (92 sq mi). The island measures about 23 kilometres (14 mi) at its longest and 14.5 kilometres (9.0 mi) at its widest.
Etymology
The name Camiguin is derived from the native word “Kamagong”, a species of the ebony tree that thrives near Lake Mainit in the province of Surigao del Norte, the region from which the earlier inhabitants of the islands, the Manobos, came. Kinamigin, the local language of Camiguin, is closely related to the Manobo language.

An earlier Spanish geography book writes the island as "Camiguing". There is reason to suppose the Spaniards dropped the final g.
Demographics

The people of Camiguin are called Camiguingnon or Camiguinon. The dialects widely spoken in the province are Cebuano and Hiligaynon while only a few people still speak Kinamigin, the ancient tribal dialect of Camiguin. Only in the municipality of Sagay is where the people has retained the usage of the Kinamigin language. English is also widely spoken by the local population.
Camiguin Sunken Cemetery
It is an ancestral burial ground that was washed out to sea during the eruption of a volcano in the 1800s.
Lanzones Festival

Each year in October, a festival is held celebrating the Lanzones, a small grape-sized tropical fruit grown all over the island. The week-long Lanzones Festival is one of the more colorful events in the Philippines.
Lanao del Norte (Land of Beauty and Bounty) - is a province of the Philippines located in the Northern Mindanao region. Its capital is Tubod.

It is the home of Agus Power plants 4, 6, and 7 that stretch from Baloi to Iligan City. It serves as the power supply in some parts of Mindanao.
Misamis Occidental
-is a province of the Philippines located in the Northern Mindanao region. Its capital is Oroquieta City. The province of Misamis was originally inhabited by Subanons.
The name "Misamis" is believed to have been derived from the Subano word "Kuyamis" which is a variety of sweet coconut - the staple food of the early settlers in this place. Upon the advent of the Spanish settlers, the word "kuyamis" easily gave way to the more convenient pronounceable but corrupted word "Misamis".
Misamis Oriental is a province of the Philippines located in the Northern Mindanao region. Its capital and provincial center is Cagayan de Oro City.
Kagay-an Festival, is a week-long festival in celebration of Cagayan de Oro's patron saint Señor San Agustin, held every month of August. The word "Kagay-an" thus means a river
Cagayan de Oro (City of Golden Friendship, The New Adventure Capital of the Philippines) - famous for its whitewater rafting or kayaking adventures, that has been one of the tourism activity being promoted in the Cagayan de Oro River
Iligan City
- Known as Industrial Center of the South and City of Majestic Waterfalls
The name Iligan is from the Higaonon word iligan or ilijan' meaning "fortress of defense" against frequent attacks by pirates and other hostile Mindanao tribes.
Davao Region (Region 11)

Davao Region / Southern Mindanao is one of the regions of the Philippines, located on the southeastern portion of Mindanao. The regional center is **Davao City**. Its provinces are:

- Compostela Valley (Capital: Nabunturan)
- Davao del Norte (Capital: Tagum City)
- Davao Oriental (Capital: Mati City)
- Davao del Sur with Davao City (Capital: Digos City)
- Davao Occidental (Capital: Malita)
Davao is the Hispanicized pronunciation of daba-daba, the Bagobo word for "fire" (the Cebuano translation is "kalayo").
Compostela Valley (The Solidarity Ring) is a province of the Philippines located in the Davao Region in Mindanao. The province, called Comval for short, used to be part of Davao del Norte until it was made independent in 1998. It is the third newest province of the Philippines, behind Dinagat Islands and Zamboanga Sibugay. Its capital is Nabunturan.
Bulawan Festival - showcases the culture of Compostela Valley. This event is usually celebrated from March 3 to 8 which is also the founding anniversary of the province.
Davao del Norte (Banana Capital of the Philippines)

-is a province of the Philippines located in the Davao Region in Mindanao. Its capital is Tagum City. The province of Compostela Valley used to be part of Davao until it was made into an independent province in 1998. Before 1967, the four provinces—Davao, Davao Oriental, Davao del Sur, and Compostela Valley—were once a single province named Davao.
Davao del Sur is a province of the Philippines located in the Davao Region in Mindanao. Its capital and largest city is **Digos City**.
The province of Davao del Sur is subdivided into 9 municipalities (or towns) and 2 cities: 1 independent city and 1 component city.
Davao Oriental (Copra Capital of the Philippines) - is a province of the Philippines located in the Davao Region in Mindanao. Its capital is Mati. Davao Oriental is subdivided into 10 municipalities and 1 city.
Sambuokan Festival - festival of Mati, Davao Oriental held every October. Sambuokan came from Mandaya word “sambuok”, meaning unity and oneness. It is a thanks-giving for bountiful harvest and community progress.
Sambuokan Festival 2010
Mati, Davao Oriental
Jojie Alcantara
Davao Occidental

-is 81st and newest province in the Philippines located in the Davao Region in Mindanao.

Its capital is the municipality of Malita.
Mandaya
- is a group of non-Christian, non-Islamic people living in Eastern Mindanao. The word "Mandaya" is derived from "man" which means "first" and "daya" which means "upstream" or "upper portion of a river", thus the name Mandaya means "the people who live upstream".
The Mandaya are mainly located in the provinces of Davao Oriental, Davao del Norte, Compostela Valley, Surigao del Sur, Surigao del Norte, and the eastern areas of Cotabato. They are also scattered throughout the South-Eastern of Mindanao province and northward of Lianga, Surigao del Sur and Southern Agusan.
Mandaya’s religion is animistic, believing in anitos, but they consider "Magbabayo or Tagalog-lang" (God) as the Supreme Being.
Mandaya women on their traditional attire
To the Mandaya the good god Tagamaling taught a Mandaya woman how to weave abaca fibers to make the design. This art of producing textile took her three months to master the craft locally called Dagmay.
Dagmay Cloth
Among the Mandayamas, the dagmay has been worn as women’s skirts but it is also used as blankets and to wrap the dead.

Each design, however, carries with it a certain story. Most of the traditional designs, which can easily date back to over a hundred years, have come to them in dreams.
Davao City -is the largest city in Mindanao. It is the richest province in Mindanao.
Kadayawan Festival -is an annual festival in the city of Davao in the Philippines. Its name derives from the friendly greeting "Madayaw", from the Dabawenyo word "dayaw", meaning good, valuable, superior or beautiful..
Kadayawan is a celebration of life, a thanksgiving for the gifts of nature, the wealth of culture, the bounties of harvest and serenity of living
Kadayawan is the most popular and celebrated event in Davao and known as “King of the Festivals”.
Lumads
Are non-Islamized and un-Christianized Austronesian people composed of around 18 ethnolinguistic groups in Mindanao. Includes the Atta, Bagobo, Banwaon, B’laan, Bukidnon, Dibabawon, Higaonon, Mamanwa, Mandaya, Manguwangan, Manobo, Mansaka, Subanon, Tagakaolo, Tasaday, T’boli, Teduray, and Ubo.
Butuanons and Surigaonons are not included as lumads because they are of Visayan origins. Although the term lumad is of Visayan origin.
Lumads of Davao Bagobo
-live in an area that extends from Davao del Sur and South Cotabato to the foot of Mt. Apo and Davao City. Their traditional costume is woven from abaca fiber and heavily ornamented with beads, shells, metal discs, embroidery and brightly colored geometric applique. Like the Mandayyas and Mansakas, they shave their eyebrows to a thin line and file and blacken their teeth.
Among the Bagobos, it was the spirit Baipandi, who taught the weavers the tie dyeing technique (ikat) and the designs woven into fabric. Baipandi also taught them the art of embroidery and beadwork.
Tagacaolo or Tagakaolo number about 23,000 and occupy the area between the western shores of the gulf and the slopes of Mt. Apo. This is one of the tribes which resisted Muslim conversion and maintained a highland animistic culture.

Kalagans are a Muslim group related to the Tagacaolos. Numbering only about 7,000, they live along the shores of the Davao Gulf.
Mangguangan or Manguwangan -are now only 3,000. They can be found in Davao del Sur and Davao del Norte.

Mandaya and Mansaka are culturally related groups who are highly musical - playing the five string bamboo guitar, two-string lute, violin, flute, gong, drum and bamboo Jew's harp. They are also excellent silversmiths crafting breastplates, jewellery, daggers and knives. The Mandayanas are famous for their colorful abaca fiber weaves embroidered with tribal motifs.
Aeta people

Aeta people live in some areas of Davao City all the way to Davao del Norte, Compostela Valley and Bukidnon. They are related to the Manobos of Cotabato and include sub-groups such as the Talaingod of the Kapalong forests in Davao del Norte and the Matigsalug. Numbering about 222,000, Ata men wear long-sleeved shirts, carry spears, hunt, log and grow crops. Their womenfolk wear native blouses, "malong" skirts and accessories of brass bracelets and bead necklaces.
SOCCSKSARGEN Region (Region 12) is a region of the Philippines, located in central Mindanao. The regional center is Koronadal. The name is an acronym that stands for the region's four provinces and one of its cities:

- South Cotabato with General Santos City (Capital: Koronadal City)
- North Cotabato (Capital: Kidapawan City)
- Sultan Kudarat (Capital: Isulan)
- Sarangani Province (Capital: Alabel)

- Cotabato City is a part of Maguindanao but a part of SOCCSKSARGEN Region
SOCCKSARGEN
The name is an acronym that stands for the region's four provinces and one of its cities: South Cotabato, Cotabato, Sultan Kudarat, Sarangani and General Santos City. The region is more formally known by its older name Central Mindanao. The regional center is Koronadal City located in the province of South Cotabato.
Cotabato (North Cotabato) is a landlocked province of the Philippines located in the SOCCSKSARGEN region in Mindanao. Its capital is Kidapawan City. North Cotabato is presently composed of the capital city of Kidapawan, 17 municipalities, and 544 barangays. The province has two congressional districts.
Cotabato derives its name from the Maguindanao kuta wato (from Malay - "Kota Batu"), meaning "stone fort", referring to the stone fort which served as the seat of the great Sultan Kudarat in what is now Cotabato City.
The former province of North Cotabato was once the largest in the Philippines. In 1966, South Cotabato was created as a separate province. On November 22, 1973, by virtue of Presidential Decree No. 341, what remained of the old Cotabato was further divided into the provinces of North Cotabato, Maguindanao, and Sultan Kudarat. North Cotabato was later renamed Cotabato through Batas Pambansa Blg. 660 approved on December 19, 1983.
North Cotabato is considered as Mindanao’s food basket. It is a major producer of cereals, tropical fruits, vegetables, sugarcane, coconut, coffee, freshwater fish and livestock.

It is also one of the country’s leading producers of raw and semi-processed rubber and industrial trees, with markets in Asia and Europe.
South Cotabato
-is a province of the Philippines located in the SOCCSKSARGEN region in Mindanao. Its capital is Koronadal City.
General Santos, located on the shores of Sarangani Bay, is the largest city in the region, and is a major seaport. The province of Sarangani used to be part of South Cotabato until it was made an independent province in 1992.
Tiboli or T’boli -are one of the indigenous peoples of South Cotabato in Southern Mindanao.
T'nalak -is a traditional cloth of Tboli people. This traditional cloth is hand-woven made of Abaca fibers which traditionally has three primary colors, red, black and the original color of the Abaca leaves.
The colorant of the materials are naturally dyed boiled in with bark, roots and leaves of plants. It is an heritage and believed that the intricate and creative patterns of the Tinalak was seen on their dreams and made it on to work. They can't create a design of the Tinalak if they haven't dreamed of it. They are sometimes called the "Dream Weavers".
Making the t’nalak is a skill that young T’boli women learn through their mothers, grandmothers or even sisters. In their early years, the young T’boli women are introduced to the process by first assisting in the initial stages. As they progress, they move on to the dyeing, weaving and tying of the knots. It can take around one to five years of constant practice for a T’boli woman to fully learn the full production method of the t’nalak.
Making the t’nalak is a tedious process taking up to several months to finish, depending on the length and the intricacy of the pattern. It is made from natural abaca fibers (Manila hemp) and hand-dyed using the ikat-method with pigments gathered from certain roots, leaves and bark of the “loko” plant and the “k’nalum” tree. The abaca fibers give the textile strength and the natural dyes are almost permanent, that when well taken care of they will never fade. In addition, its surface is coated with beeswax and burnished with a cowry shell to give it a smooth sheen.
The T’boli women design the t’nalak without the use of drawn patterns or guides, but instead, rely on a mental image of the designs. Often times called the “dream weavers” the T’boli women believe that the patterns are bestowed on them through either their own dreams, those from their ancestors or ones granted specially through “Fu Dalu,” the spirit of the abaca. These designs are handed down or shared but not every t’nalak weaver knows every design. Usually, a few of the original designs stay within a certain family while others are shared.
Today, the tradition of the t’nalak lives on through the few weavers that strive to safeguard this tradition. While it continues to represent the tribe’s uniqueness and gives a sense of pride to the T’boli, many factors affecting its production could lead to the extinction of a part of their culture.
Lang Dulay - is a T'boli artist from Lake Sebu, South Cotabato. She is considered as a traditional weaver of "t'nalak" or "tinalak" cloth in her community. She was a GAMABA (Gawad sa Manlilikha ng Bayan) 1998 awardee.
Sultan Kudarat

-is a province of the Philippines located in the SOCCSKSARGEN region in Mindanao. Its capital is Isulan.
The name Sultan Kudarat given to the province was derived from a Muslim ruler, the late Sultan Muhammad Dipatuan Kudarat who begun to assert his leadership in the year 1619 and reigned the Sultanate of Maguindanao from January 1625 to 1671 AD.
Sultan Kudarat was a virtuous leader who embodied the idea of basic unity, oneness and freedom among the diverse people scattered throughout its Sultanate. For this reason, he was considered as one of the National heroes of the country and for his honour this province was named after him.
Kalimudan Festival - held in Sultan Kudarat every November to commemorate the foundation anniversary of Sultan Kudarat.
Kalimudan is a Maguindanaoan phrase meaning "informal gathering". This festival brings together every major ethnic group on the island, like the Manobo, Tiruray or T'boli. The festivity memorialize the richness of Mindanao arts and the tribes' social, ancestral and historical heritage with various activities such as street dance, sports competitions and the exchange of gifts.
Sarangani is a province of the Philippines located in the SOCCSKSARGEN region. Its capital is Alabel. The province is divided into two parts, separated by the Sarangani Bay and General Santos City, and it used to be part of South Cotabato until it was made an independent province in 1992.
The island of Sarangani was named by Ruy López de Villalobos in 1543 as *Antonia*, in honor of Antonio de Mendoza y Pacheco who commissioned Villalobos expedition to the Philippines.
Maitum is Sarangani’s cradle of civilization. It is home to the unique 2,000-year old anthropomorphic jars, an archaeological finding unparalleled throughout Southeast Asia. These find were used as burial jars believed to be utilized during the Metal Age in the Philippines around 5 B.C. to A.D. 225. The original jars are now housed at the National Musuem although there are replicas which can be viewed at the town hall.
Maitum Jars – secondary burial jars
The early inhabitants who first inhabited Sarangani were the indigenous natives, called "MunaTo," a native term for "first people". In 1942, the Japanese troops occupied Southern Cotabato (now Sarangani).
MunaTo Festival - Sarangani founding anniversary celebrates every month of November.
Pangi River
It was 2nd Runner Up in 2003's national search for the cleanest river in the Philippines.
The famous Maitum white water tubing is famous in Pangi River at barangay New La Union, Maitum Sarangani Province.
Isla Parilla
It is a Sarangani’s landmark – a resort which is now an "AA" world-class resort, built within a man-made island.
Cities

SOCCSKSARGEN has 3 components cities, 1 independent city and 1 highly urbanized city.

Cotabato City
- is the regional center of the Autonomous Region in Muslim Mindanao but the city is actually part of the SOCCSKSARGEN region and does not belong to the ARMM.
General Santos City - dubbed as the "Tuna Capital of the Philippines" because of the bountiful existence of Yellow fin Tuna in Sarangani Bay, and as the Highly Urbanized City it serves as the center of the Metropolitan and Regional Center of trade and industry of SOCCSKARGEN.
Kidapawan City
- Kidapawan, the city hailed as “A Spring in the Highland”, comes from the words “TIDA” which means spring and “PAWAN” meaning highland. The city is found at the bottom of the majestic Mt. Apo, the country’s tallest mountain making it a great spot and first-rate tourist attraction. Kidapawan is situated at the southeastern section of Cotabato province, placed in the middle of three other major cities of Davao, Cotabato, General Santos and Koronadal
Koronadal City - a.k.a. Marbel is dubbed as the "Sports Mecca of the South" because of hosting 2 Palarong Pambansa, National Schools' Press Conference and the Mindanao Business Conference. It is the Political Regional Center of SOCCSKSARGEN.
Tacurong City - is the only city of Sultan Kudarat and it is famous for its Bird Sanctuary.
Tourist attractions

Mt. Apo in Kidapawan City

- It is the highest mountain in the Philippines with an altitude of 2,954 metres (9,692 ft) above sea level.
Lake Sebu in Lake Sebu - is a natural lake located in the municipality of Lake Sebu, South Cotabato and within the Alah Valley region. The Philippine government has recognized it as one of the country's most important watersheds. Lake Sebu is one of the many bodies of water supplying important irrigation to the provinces of Sultan Kudarat and South Cotabato.it is one of the prime eco-tourism destinations in the Region. famous for its 2 km Zipline, Longest in the Philippines.
Baras Bird Sanctuary in Tacurong City - the most visited site in Tacurong. In an almost two hectares of land lying by a river bank here, the crack of dawn offers a melodious harmony of birds; thousands dot the skies also during sunsets, a pleasure for bird watchers.
Gumasa Beach in Glan - dubbed as the "Small Boracay in Mindanao" or “Boracay in Mindanao”. The white sand and fine crystal land makes your feet comfortable to walk around the beach.
Mt. Matutum in Polomolok and Tupi - Its characteristic irregular but imposing cone shape dominates the landscape from General Santos to Koronadal City. Rising to 2293 MASL, it is considered an active volcano. Realizing the need to protect the mountain, local officials have made it an ecotourism spot, regulating hiking activity. An interesting feature is the requirement for each climber to plant a seedling in a designated area in the mountain. The motto is "Amyak Maleh Matutum! (Climb and plant..."
Buluan Island features white sand beach and clear blue waters, with views of the highlands of Zamboanga Sibugay. The privately owned island is not developed but there are bamboo cottages and tables available to visitors at no cost.
Caraga is an administrative region of the Philippines, on the northeastern portion of the island of Mindanao. The regional center is Butuan City. Its provinces are:

- Agusan del Norte with Cabadbaran City
- Agusan del Sur with Prosperidad
- Surigao del Norte with Surigao City
- Surigao del Sur with Tandag City
- Island Province of Dinagat with San Jose
Caraga is subdivided into five provinces and Butuan City.
The etymology of the word "Caraga" is said to have originated from the native word "Kalag" which means "spirit of soul". Hence, the whole Provincia de Caraga of AD 1622 was called "region de gente animosa", that is "region of spirited men". Another fictional etymology of the name "Caraga" flows from a local legend as coming from the word "Cagang", a numerous small crabs matting the beach of Caraga, which is also known as "katang" to the native Caraguenos. Legend goes that the town was named as such because the first Spanish missionaries who came in the early years of 1600 found numerous small crabs matting the beach.
Agusan del Norte (Tagalog: Hilagang Agusan) is a province of the Philippines located in the Caraga, a region in Mindanao. Its capital is Cabadbaran City and it borders Surigao del Norte to the north, Surigao del Sur to the east, Agusan del Sur to the south, and Misamis Oriental to the west. It faces Butuan Bay, part of the Bohol Sea, to the northwest.
Agusan del Sur (Filipino: Timog Agusan) is a landlocked province of the Philippines located in the Caraga region in Mindanao. Its capital is Prosperidad and borders, from the north clockwise, Agusan del Norte, Surigao del Sur, Davao Oriental, Compostela Valley, Davao del Norte, Bukidnon, and Misamis Oriental.
Agusan derived its name from the local dialect, "agasan", meaning "where the water flows", referring to the great river splitting the land and meandering south to north in a 250-kilometer rush to Butuan Bay. Agusan River - the third largest in the country - served as highway for the Spanish colonizers in gaining access to inner northeastern Mindanao.
Manobo are several people groups who inhabit the island of Mindanao in the Philippines. They speak one of the languages belonging to the Manobo language family. Their origins can be traced back to the early Malay peoples who came from the surrounding islands of Southeast Asia.

The Manobo cluster includes eight groups: the Cotabato Manobo, Agusan Manobo, Dibabawon Manobo, Matig Salug Manobo, Sarangani Manobo, Manobo of Western Bukidnon, Obo Manobo, and Tagabawa Manobo.
Agusan, Manobo
The most prominent ethnic group in Agusan. They are great weavers and artisans. They make beads, baskets, and other items that they used in their daily lives. The bright color choice of the Manobos in their costumes are expressions of their life in hinterlands and forest villages.
"Agusan Gold Image" 13th century solid gold statue of a Hindu-Malaysian goddess from the Philippines weighing 4 pounds and stands about 7 inches tall, also known as "The Golden Tara of Agusan"
The Golden Tara was discovered in 1918 in Esperanza, Agusan by Bilay Campos a Manobo tribeswoman.[4] The Golden Tara was eventually brought to the Field Museum of Natural History in Chicago, Illinois in 1922. Henry Otley Beyer, the Philippines’s pioneer anthropologist-archaeologist, and some experts have agreed on its identity and have dated it to belong within 900-950 CE.
Agusan Marsh Wildlife Sanctuary -is a protected area in the Philippines declared by the former President Fidel V. Ramos. The marshland acts like a sponge, as it is nestled in the midwaters of the Agusan River drainage basin.
Agusan Marsh is one of the most ecologically significant wetlands in the Philippines. Found in the heart of Mindanao's Agusan Basin, this vast expanse of marsh covers an area roughly the size of Metro Manila. It contains nearly 15% of the nation's fresh water resources in the form of swamp forests.

In the very heart of the marsh is a semi-permanent lake where many square kilometres of lily pads, hyacinths and other hydrophytic plants spread out like an enormous green quilt. In the dark tea-colored waters live untold numbers of catfish, carp, soft-shell fresh water turtles, and crocodiles.

Agusan Marsh is also host to "Wonderland", where you can see natural "bonsai" trees crafted by nature. It can be reached from Barangay Caimpogan or from Barangay New Visayas in the municipality of San Francisco.
The tiny community of mostly ethnic Manobos have made their permanent homes deep within the marsh, living on floating homes. The small houses made of bamboo and nipa lashed to hardwood logs, freely rise or fall with the level of the marsh itself. The marsh provides virtually everything the Manobos need.
During the rainy season, when the water rises to create large lakes, vast number of ducks come to Agusan Marsh to nest. In the dry months, thousands of birds come from as faraway as Japan, China and Russia to escape the chilly winter winds of Northern Asia. Over 200 individual species have been known to spend at least part of the year in the marsh, making it one of Asia's most important transit points for wild birds.
The sanctuary was home to the 20.24 feet (6.17 meter) saltwater crocodile Lolong, the world's largest captive crocodile.
Butuan City
Home of the Balangays
"Timber City of the South"
Etymology

The name “Butuan” is believed to have originated from the sour fruit locally called batuan. Other etymological sources say that it comes from a certain Datu Buntuan, a chieftain who once ruled over areas of the present-day city.
Golden Sash
The owner of the Golden sash is the owner of a Sovereign of such a High Status. It is worn by a powerful chieftain.
A dagger handle from the Surigao Treasure. The swirling lines and the asymmetric form suggest raging flames surrounding a bird’s head with a disk at the tip of its long beak. In Indonesia, the garuda or sun-bird was the god Vishnu’s vehicle. In old Philippine languages, the sun was also called hari, or king. The symbolism here, then, is that the Butuan kings were vehicles of the divine.
Golden Face Cover and Headband
Scribed swirls and waves on headbands and facial covers from Butuan inscribed by waves or the niaga, the snake or dragon motif, which symbolized the sea, which the ancient Filipinos mastered. The abstract pattern expresses the dynamism of ancient Philippine civilization. Those patterns and motifs survive in the southern Philippine okir design tradition. Artisans used a stylus — perhaps just a pointed bamboo stick — to scribe the patterns on the hammered sheet.
Other golden treasures
Dinagat Islands
-is a group of islands constituting a province in the Philippines, located on the south side of Leyte Gulf. Leyte Island is to its west, across Surigao Strait, and Mindanao is to its south. Its main island, Dinagat, is about 60 kilometres (37 mi) from north to south. Dinagat Islands Province is divided into six municipalities including the capital:
Surigao del Norte is a province of the Philippines located in the Caraga region in Mindanao. Its capital is Surigao City. The province consists of two major islands—Siargao Island and Bucas Grande Island—in the Philippine Sea, and a small region at the northernmost tip of the island of Mindanao. It is the second northernmost of the Mindanao provinces and is an important transportation hub between Visayas and Mindanao.
Bonok-Bonok Festival - depicts the native folks' merry-making to show gratitude to God for bountiful harvest and good health. It is held at the feast of San Nicolas de Tolentino every September 10.
Surigao del Sur -is a province of the Philippines located in the CARAGA region in Mindanao. Its capital is Tandag City. Surigao del Sur is located at the eastern coast of Mindanao and faces the Philippine Sea.
Surigao is home to the Mamanwa and Manobo ethnic tribe. Their dances are showcased in a local festival called "Bonok-Bonok".
Mamanwa- the Aeta of Mindanao
“Aeta”, “Ayta”, “Agta”, (Ata, “Ate”, and “Ita” was probably derived from the root word, “it” which means “black” as inferred from the Tagalog term itim and the Bisayan term itom. The Mamanwas are the mountain people who are black-skinned, small of frame, kinky-haired, snub-nosed and with black eyes. Generally, they are short with an average height of 1.35 to 1.5 meters.
In Mindanao, the Aeta known as the Mamanwa lives in the northeastern provinces of Surigao and Agusan. The term Mamanwa means “First Forest Dwellers”, derived from “man” (first) and “banwa” (forest). However, they are popularly called “Kongking” because of their kinky hair. Lowlanders.
Mamanwa- the Negrito group of Mindanao
Manobo - simply means “people” or “person”; alternate names include Manuvu and Minuvu. The term may have originated from “Mansuba,” a combination of man (people) and suba (river). Manobos are concentrated in Agusan, Bukidnon, Cotabato, Davao, Misamis Oriental, and Surigao Del Sur.
Tinuy-an Falls is a waterfall in Bislig City, Surigao del Sur. It is the main tourist attraction in Bislig, a city known as the Booming City by the Bay. Tinuy-an Falls is known as the "Niagara Falls" of the Philippines. It is a white water curtain that flows in three levels about 55 meters high.
Butuan City
-is a highly urbanized city in the Philippines. The city is also the regional center of Caraga. The name "Butuan" is believed to have originated from the sour fruit, batuan. Other etymology sources say that it comes from a certain "Datu Buntuan", a chieftain who once ruled over Butuan.

Butuan was the capital of the province of Agusan del Norte until 2000 when Republic Act 8811 transferred the capital to Cabadbaran.
The Kahimunan Festival is celebrated every third Sunday of January in celebration of the city patron Sr. Sto. Niño. This celebration is a Butuanon version of the Sinulog festival of Cebu City. Kahimunan is a Lumad term which means "gathering".
Autonomous Region in Muslim Mindanao (ARMM Region)
is the region, located in the Mindanao island group of the Philippines, that is composed of predominantly Muslim provinces. The regional center is Cotabato City although it is not administratively part of the ARMM. Its provinces are:

- Basilan except Isabela (Capital: Isabela City)
- Lanao del Sur (Capital: Marawi)
- Maguindanao except Cotabato (Capital: Shariff Aguak)
- Sulu (Capital: Jolo)
- Tawi-Tawi (Capital: Bongao)
Basilan - is an island province of the Philippines within the Autonomous Region in Muslim Mindanao (ARMM). Basilan is the largest and northernmost of the major islands of the Sulu Archipelago. Its biggest population center, Isabela City, is administered as part of the Zamboanga Peninsula Region.
Basilan is home to three main ethnic groups.

• Yakan (predominantly Muslim)
• Tausug (predominantly Muslim)
• Chavacano (mainly Christian)
Yakan - among the major indigenous Muslim tribes in Mindanao. The Yakan mostly reside in Basilan but are also in Zamboanga City. They speak a language known as Bahasa Yakan.
Designs or motifs of Yakan used repeatedly in all their visual arts and crafts.
Pussuk labbung - is a sawtooth design used for cloth baskets and the native sword called kris.
Bunga sama - used for table runners, monuments for the dead and on trunks. It is a symmetrical design made of rectangular-shaped figures.
Kabban buddi - is a set of triangles, squares, and other geometric shapes used for cushions, pillows, casings, mats, and hats.
Baggang kettan - combines incised triangles and rectangles, and is used to decorate the kris.
Ukil lagbas - consists of a combination of various lines - wavy, crossed-wavy, and straight - used on shirts, windows of houses, and boats.
The Tausug are the Yakan's traditional rivals in the Sulu Archipelago. Based primarily in the island of Jolo, the Tausug built a powerful maritime confederation of Datus and Rajas extending from the Sulu Archipelago to Palawan and North Borneo.
"Tausug" derives from tau meaning "man" and sug meaning "current," and translates into "people of the current." It refers to the majority Islamized group in the Sulu. The province of Sulu derives its name from "sulug" or "sug" which in Tausug means "ocean current," while Sulu's capital Jolo is the Spanish corruption of Sulu.
The Tausug speak bahasa sug, a Malayo-Polynesian language related to the Visayan variety spoken in Surigao, and write in a Malayo-Arabic script known as jawi or sulat sug.
Hablun or textile weaving is another well-known art form among the Tausug.
Chavacano

-also variously known as Zamboangueño, has been known for quite to be both a Spanish-based creole language and a Filipino tribe born officially on June 23, 1635.
Lanao del Sur
-is a province of the Philippines located in the Autonomous Region in Muslim Mindanao (ARMM). The capital is the Islamic City of Marawi.
Lanao Lake
It is found in the interior of Lanao del Sur. This lake is the largest lake in Mindanao, and the second largest lake in the Philippines and counted as one of the 15 ancient lakes in the world.
Lanao comes from the word ranao, meaning "lake." Lanao centers on the basin of Lake Lanao; thus, it is the land of the Maranaos, the "people of the lake."
Maranao Arts

Maranao-referring to the southern tribe who are now the people of the lake called Ranao, in the Iranon language, meaning "People of the Lake," referring to the indigenous people who inhabited the lands around Lake Lanao whose principal town is Marawi City. The Maranaos are part of the wider Moro ethnic group.
OKIR
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Okkir or okkil - literally means “to carve”. It is the term for geometric and flowing designs (often based on an elaborate leaf and vine pattern) and folk motifs that can be usually found in Maranao and Muslim-influenced artwork.
In the Philippines, an ancient proof of okir's style of flowering symbols is the torogan.
Torogan
-the ancestral home of the highest titleholder in a Maranao village. It is a symbol of power and prestige usually adorned during festivities. Its prominent part is the panolong.
The Maranao Torogan
Panulong or Panolong - carved beam that protrudes in the front of the house and styled with okir motif.
Some variations of the okir involves the use of nāga or serpent/snake motif.
Maranao instruments (like kulintang) usually are styled with okir.
A more prominent variation of okir is the sarimanok, a chicken-like figure that carries a fish in its beak.
Sarimanok is a legendary bird of the Maranao people who originate from Mindanao, a major island in the Philippines. It comes from the words "sari" and "manok." "Sari" means cloth or garment, which is generally of assorted colors. Manòk is a Philippine word for chicken.
Sarimanok is a rooster-like figure with colorful wings and feathered tail, holding a fish on its beak or talons. The head is profusely decorated with scroll, leaf, and spiral motifs. It is said to be a symbol of good fortune.
The okir design is found woven or printed in textiles, carved into wooden cemetery markers and wooden boxes, and it can also be found etched into knife or sword blades and handles, and cast or etched into various brass and silver objects.
Malong
-is a traditional "tube skirt" made of handwoven or machine-made multi-colored cotton cloth, bearing a variety of geometric or okir designs.
The malong is akin to the sarong worn by peoples in Malaysia, Brunei and Indonesia. This tubular garment is among the highly prized clothing materials of the Maranaos.
It was the Maranao of Lanao who turned the malong into a work of art. The designs they use are called okir, the generic term for the scroll and geometric patterns of the area.
Okir a dato - refers to the ornamental design for men.

Okir a bay - design for women.

Okir a impangkat (zigzag design) - adorn the handwoven, narrow, colorful strip called the langket. The wider langket used as accents on the malong are sewn vertically while the narrower strips are done horizontally. Some malong have abstract designs representing plants, animals or other objects.
Maguindanao is a province of the Philippines located in the Autonomous Region in Muslim Mindanao (ARMM). Its capital is Shariff Aguak.
Shariff Mohammed Kabungsuwan of Johore introduced Islam in the area at the end of the 15th century. He subsequently married a local princess from the Maranao Tribe of Malabang and Maguindanao Province, and established the Sultanate of Maguindanao. The Cotabato Valley formed the sultanate's heartland but its influence extended from the Zamboanga Peninsula to Sarangani Bay and Davao.
Sulu

-is an autonomous island province of the Philippines located in the Autonomous Region in Muslim Mindanao (ARMM). Its capital is Jolo and occupies the middle group of islands of the Sulu Archipelago, between Basilan and Tawi-Tawi.
Art expression of Sulu people are usually in the forms of dance, weapons and clothing. Their Barong sword are styled according to the Marano okir tradition.
Tawi-Tawi - is an island province of the Philippines located in the Autonomous Region in Muslim Mindanao (ARMM). The capitals of Tawi-Tawi are Bongao and Panglima Sugala. Tawi-Tawi also covers some islands in the Sulu Sea to the northwest, the Cagayan de Tawi-Tawi Island and the Turtle Islands, just 20 kilometers away from Sabah.
Tawi-Tawi was previously part of the province of Sulu. On September 11, 1973, pursuant to Presidential Decree No. 302, the new province of Tawi-Tawi was officially created, separate from Sulu. The seat of the provincial government was established in Bongao.

The name of Tawi-Tawi is a projection of the Malay word "jauh" meaning "far." Prehistoric travelers from the Asian mainland would repeat the word as "jaui-jaui" to mean "far away" because of the distance of the islands from the continent of Asia. The word "Tawi-Tawi" was picked up to later become the official name of the province.
Hi! I’m Elmer
Thank you for listening