



**HÁY PANGO' OY UH,
HÁY NA-IMP FÁNGUNÁN ÁN
A-AT UH JÁ HÁY PHOTAN UH**

BOOK 4





Youth Capacity Building and Exchange Program Towards Sustainable Development and Conservation of Ifugao Rice Terraces: #Y4IRT Ayangan

Series Authors: Inocencio E. Buot, Jr., Ph.D., Consuelo D. Habito, Ph.D, Marissa P. Bulong, Ph.D., Mark Anthony F. Rabena, Thaddeus P. Lawas, Ph.D., Elpidio Basilio, Jr., Ph.D., Romeo A. Gomez, Jr., Ph.D., Melanie S. Subilla, Aurora V. Lacaste, Francis Mark Dioscoro R. Fellizar, Eulalie D. Dulnuan, Joane V. Serrano, Ph.D., Sherry B. Marasigan, Ph.D. & Martina B. Labhat, Ph.D.

Series Translators: Josephine G. Pataueg, Rebecca W. Bumahit & Gregorio Umingli

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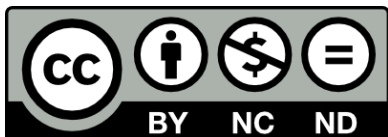


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HÁY PANGO'OY UH, HÁY NA-IMPFÁNGUNÁN ÁN A-AT UH JÁ HÁY PHOTAN UH

Book Authors: Joane V. Serrano, Ph.D., Sherry B. Marasigan, Ph.D. & Martina B. Labhat, Ph.D.

Translator: Gregorio Umingli
(Lagawe-Ayangan)





Hay, chájuh! Ha'in hu Pfugan, apngaon chá'ju itoy mi-apat án ma-acháá. Háy pango'oy, na-impfangunán án a-at dja pfoatan án ipa-acháá chi chokchokóó pay an pango'oy, a-at ja pfoatan, ja hay ijatan chatoy an tulu hi pi'takguwan chi imipugkaw.

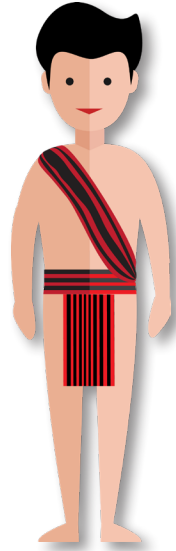
Hitoy án ma-acháá já o-ohonáy pango'oy, na-impfangunán án ni-atan chatoy hi ni-takguwán chi i-ipukgaw. Itoy án ma-acháá ja achalon ju pay chi chokchokoo án cháchán án pango'oy, pangulug ja in-inat chi a-apu ju chin nahop. Itoy kguan ma-acháá já o-ohoná haná cháchán án pangat án mangipapto', mangipfaliw já punpapto'an áy hanachá án i-ipukgaw.

Omat hi oha ung-ungga án i-ipukgaw, mápfálin án ojon juh achoo ju án nakguni' ta kgáhin achalon haná pnago-oy, na-impfangunán án a-at já hat pfoatan chi -ipukgaw. Hitoy hán kanayun án ipfákgán chi u'ungah tud ipukgaw án mi-id pay háh nepto' hi hungpfat náh.

Itoy án ma-acháá já mahaná já mahungpfatanáh hitoy ugkgán ipfakgán chi u'ungah tu ád ipukgaw.



Mu áhi ta-u itultuluy, pfahaon
ta-uy uchum hinán ano-ojon chi
u'unga ni panggep hi pangó'oy
wenno ukgalin chi i-ipukgaw já
hinuy má-á-áli án kginitti an
padjáv ád ipukgáv



"No planning needed. Day 1 of
Rice Terraces done. The Ifugao
aren't only master builders of
these terraces, they're really
nice people too." - @JCingcars

"I know I'm not Ifugao but I
was really in tears looking at
the genius of the rice terraces
and felt so proud to be
Filipino" - @Queen_Glorious



It was all just an elementary
dream. #PostCardSurreal
#sagada2017 @ Banaue Rice
Terraces View..."
- @JohnRapvinsky



#NaturePhotographyChallenge Day 2 of 7. I salute the all our agriculturists for doing their best to feed the Philippines. Let's promote Food Security for a healthier society. Hooray for the cultural and agricultural sustainability of the Nagacadan Rice Terraces!

I wanna go to Banaue Rice Terraces and wear an Ifugao costume. <3" - @arvirtous



Pfinidpfid ta-uy uchum vn o-odjon chi u'unga án pfu-un i-ipukgáw án ijamlong chá chi ukkali já pangó'oy chi i-ipukgaw jv háy láing chá án nangámmá kginitti án padjáv. Háy uchum já tinnig chá já an á yen-enop án nipa-annong. Hay uchum já un chá lang tinnig hi latlatu ja liblu. Mu ay cha'juh, nakgahkgahat aju ti nunpfoblojan ju já tigtigkan ju apfikgapfikgat.





Áhi ta-u itultuluy, penhod un
mi'djinnila áy chá'juh, há'in hi
Gwikgan!
Ád-uwán, tikgán ta-u moh hinuy
penhod toy ma-acháá áy chita-u
hi unig chi opat án lingkqu.



OBJECTIVES

Akgibpfuhan toy án achalon ta-u, mápfálin dju án:

1. Ma-ípákgay penhod án ojon nuy pango'oy, na-impfangunán án a-at/ukgali, já ináchángján án pfofan;
2. Ma-ípákgay, ngay nunhihinapfaliyan chi pango'oy inuy na-impfangunán án a-at;
3. Punhahapitan/umanon haná cháchán án pangat án mangipaphod, mangipapto' já pangipapfofan áy hanachán sigud án pfofan chi immipugkgáw;
4. Manomnom, malasin haná mápfálin án ma-at já chumáchág hinán maphod án pango'oy já pangat án pfofan chi immipugkgáw;
5. Ma-apfolot djuy pí'jatan chi u'unga hi pangipaphod, pangipfaliw ja pangi-pfofanán hinán maphod án sigud án pango'oy já sigud án pfofan án kginitti án padjáv chi immipugkgáw.

BOOK 4

HÁY PANGO'OY UH, HÁY NA-IMPfangUNÁN AN A-AT UH JÁ HÁY PHOTAN UH

CHAPTER 1: PANGO'OY JA NA-IMPfangUNAN AN A-AT CHI AN AMIN AN MATMATTIG



Akgibpfuhan toy án ma-acháá já mápfálin dju án:

1. Ma-ipfákgáh nuy ipfálinán chi na-impfangunán án a-at já pango'oy;
2. Ma-ipfákgáh nuy umatan chi na-impfangunán án a-at já pango'oy chi immipugkgáw.



Hitoy máhhuñ án ma-acháa ja o-ohoná panggep hi pang'ooy já na-impfangunán án a-at já háy ipa'atana apfikgapfikgat án pi'takguwán chi immipugkgáw.

Ta ahi ta-u ituluy, ihna hán aton ta-uh.

Mahhun án pun-achalan (Learning Activity 1)

Pohcho' ituppug juy pun nomnom ju já muntigkgátigkgáw ájuh nunlene'ochán juh. Ngay mattig ju weno tinnig ju? Lumah-un ádju kguh cholah ta muntigkgátigkgáw ájuh. Michattan adju himpulun minoto án muntigkgátigkgáw hi ma'ma-at hi nunlene'ochán ju.

Djá penhod u án alan juy pepéé ju ta itucho' dju hay himpulu hi nattig ju já tinnig ju hi nunlene'ochan juh.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Mahhun án pun-achalan (Learning Activity 1)

Kas-anu hi pun-nomnom ju ay chanuy intucho' ju dja hay ni-atana hi pango'oy ju an immipugkaw?

Ad-uwán já punhahapitan ta-u nu nakgunuy pango'oy já na-impfángunán án a-at chi immipugkaw.

Hay pango'oy, ojon Edward B. Taylor dja nipattig an pfotan chi ohan takguh hichin a-apu nah. Chatoy dja nunlalagkgatan chi pangulug, mapmaphod an pun-ngunuh, pangat, pangug-ukgali djá nán uchum án áphalinan án na-acháá inuy ni'pfoblojan. (Panopio, 2004)

Odjon met Bronislaw Malinowski chi hinuy nunlalagkgatan án pfotan an pango'oy, djá gwacháy mattig djá áchi mattig. Hi Robert Redfield djá ojonáy hitoy chi nalalammungan án ipfalinan chi maphod an pangipapto' hi kgina-uh, pangitata'chug hi nunpfolodján já pamalóó. Hitoy hán nalaklaka án pangawatan djá pannikgan hi umatan chi pango'oy, ti ipfakanay ka-importanten chi pamaloo an mangachaa dja mi'kikinna-awatan hi ka-pfoblojan. Hi ay Radcliffe Brown, ja hinuy pango'oy, hinuy aton án mangipapto' áy chanuy mapmaphod án nang-nangat chin a-apu án namotan já nangipapfotan ta achi mautaw (Sociology Guide, n.d.).

Tapnu ma-aw-awatan ta-u pay, dja buyaon tau toy "videon" chi pango'oy chi uchum an himpamobloy ta ma-innilaan ta-u hana alimangnun chi pango'oy.



Major Elements that Define Culture
<https://bit.ly/3fi0M7L>

Mi-ád gwa án ma-acháá (Learning Activity 2)

Háy mehnot án aton djudja mángámma adju hi chokóó án pun-achalan, usaron dju chi "video" wenno "powerpoint" mangipa-innila hi umatan chi pango'oy hi punnomnom chi l-ipukgaw.

Ojon Arias-Maldonado (2015) nan na-impfangunán án a-at (nature) dja hatu ni achi agpysu. Ojo an, "nan a-at ni na-impfangunán án a-at (nature) dja a-pugwan ni echa ni-amma-án an chatoy mo matigtigáw tau nan etau nunlene'ochan, an agge naki-alam chi tatagu ichatoy". Nan penhod ipa-ennela djá chatoy an na-impfangunán án a-at (nature) djá nagwaja cha ghapu hinan a-at chi taghu ngem agguy naki-alam chi tagu ichatoy.

Háy ka-importanten chi na-impfangunán án a-at (nature) já mapfaha hi: <https://friendsoftheearth.uk/nature/importance-nature>.

Akgibfuhan chi punpfid-pfichán dju djá itucho' dju mi-unnud inuy punnomnom dju djá pangawat dju áy chánuy na-impfangunán án a-at (nature) djá pango'oy (culture).

Umatan chi na-impfangunán an a-at

Umatan chi pango'oy

Haná nun-inalláán chi na-impfangunán an a-at djá pango'oy

Haná ihná nomnom-u án achi' ma-awatan panggep hi umatan nuy ná-impfangunán án a-at djá háy pango'oy:

Nakgibpfoh án hinapehapet ta-uh panggep hi ná-impfángunán án a-at dja pango'oy, pachaton ta-u án achalon nu ngachán hatu án pango'oy. Siguru ihnán chá juy mun-nomnomnom án hinuy pango'oy djá un nomnom án mi-id ustuh napugwanáh. Ot pachaton ta-un achalon chi uchum án pango'oy chi immipugkwáw.

Hatuy uchum án pango'oy chi I-ipukgwáw án ma'ma-at pay engkgná ád uwán:

Pango'oy (hi pi'takguwán chi ohan Immipugkwáw)

Itoy án ma-acháá, pfid-pfichon ju chi "Chapter VIII-Ifugao Rituals of the Ifugao Indigenous Knowledge (IK) Workbook" by Ifugao State University. Itoy án mapfaha djá ipfágpřakganá haná nunhi-hinnapfali án pango'oy chi pfimmobloy ád lpukgwáw. Itoy kguh já ma-innila haná ma'ma-at pay ád uwán djá haná mapmaphod án ma-ichat ná áy chita-uh. Tanda-anán dju án kada ohan himpamobloy hitu ad lpukgwáw djá gwacháy nunhihinnapfáliyán chi pango'oy djá pangat chá hi pi'takguwan chá panggep hi pangipapto' hi inadlan (health), punháma hi kgahtuh (economics), pulitika, djá punhapfalan. Ma-innila dju kgu án ihnáy himpa-himpamobloy án nunpapadchong chi pango'oy chá djá ihnáy uchum án ákguy nunpapadchong

Akgibpfuhan án pfinid-pfid djuh toy án "chapter", sungbatan dju chi "part I of the activities of Chapter VIII-Ifugao Rituals of the Ifugao Indigenous Knowledge (IK) Workbook."

Tadjáw djá Piesta

Para itoy an achalon ta-u, pfid-pfichon dju chi "Chapter IX-Dances and Festivals of the Ifugao Indigenous Knowledge (IK) Workbook" by Ifugao State University. Itoy djá ma-acháá ta-u chi hapfahapfali án tadjáw djá kgámikgám (attires/materials) án ma-ucháá hinán inam-amlongan/piesta (ritual gathering/feast). Itoy kgu án "chapter" djá ma-innila chi hapfahapfali án topfob djá panadjáw chi himpahimpamobloy ád lpukgwáw hinán inam-amlongan (feast) wenna Hongah (ritual). Hinuy Chudjah djá topfob chi Tuwáli ád Hungduwan, Banaue, Lagawe djá Hingyon; hay Henanga djá tadjáw chi Mayoyao; djá Pagadchot chi topfob chi Kiangan. (Háy pfutakge' wenna Hingkgatot chi topfob chi Adjangan).

Itoy án ma-acháá djá ituppug ta-un punhahapitan chi Tadjaw chi Henanga ád Madjaw.

Mi-atlu án ma-acháá (Learning Activity 3)

Inila' án inpa-engha dju hinuy tadjáw inuy nunpfolodján dju. Ad-uwán, nakgibpfoh án pfinid-pfid dju nuy "Chapter IX-Dances and Festivals of the Ifugao Indigenous Knowledge (IK) Workbook" djá pfinid-pfid dju nuy penhod chí tadjáw chí Henanga an ipattig, timpu dju met án ipa-innila chí u-matan chí tadjáw dju nunpfolodján dju. Itadjáw dju nuy tadjáw hi nunpunpoblojan dju án ucháá dju haná kgámikgám án ma-ucháá hi nunpunpfolodján dju. Ip fakga dju hi oha ta i-video ná nuy tadjáw dju.

Umat hi latlatu, ip fakga djuy penhod nuy tadjáw dju án ipfág-pfákgh.

Liwligwá djá Adjokgh

Itoy án ma-acháá, ma-awatan dju chí ka-importanten chí liwligwá an intucho' Mrs. Mary Lydia M. De Castro. Malaksid án hidja djá manudtuchu, hidja kgu djá oha án mangun-unud djá mang-mangat hi pango'oy wenna ukghali, mangita'ta'chug hi nunpfolodján djá simba-an ád Kiangan.



Mrs. De Castro's portrait in Ifugao traditional costume. Photo by the Youth for Ifugao Rice Terraces Project. Used with permission.

Video Interview: Ifugao Chants and Songs
<https://bit.ly/3hkZDwC>

Pun-achalan (Learning Activity 4)

Nakgibpfo n chengngo dju djá na-acháá dju nuy inpfákgán nuy nalá-ing an manudtuchu tau djá nán liwligwá djá ádjokgáná, ád-uwán, mumpili ádju met háh liwligwá wenno ádjokgá inuy nun-pfoblodján dju ta i-liwligwa dju wenno i-ádjokgá dju.

Pangpangngat (Arts)/Nang nangngat

Itoy án ma-acháá, mattig dju hatu:

1. Pa-ot (carving) – kinahummngan chi nun-video chi ohan munpa-ot ád Hungduan
2. Apfóó – kinahummangan chá chi munpun-apfóó ad Banaue
3. Topeng – ní'humngan chi na-graduate hi ISMTP panggep hi topeng

Video Interview: Ifugao Wood Carving
<https://bit.ly/2QdjbqB>

Video Interview: Ifugao Weaving
<https://bit.ly/31gARYM>

Video Interview: Stone Walling in the Ifugao Rice Terraces
<https://bit.ly/3gjcQEP>

Pun-achalan (Learning Activity 5)

Chá'dju ngay? Mápálin án ipfingáy dju nán pun-laingán dju áy chánuy ka-grupuán dju? Pun-laingán dju án munpa-ot? Mun-apfóó? Muntopeng?

Mihcháh/Pana'ang hi má'má-án

Ihnáy pangat chi I-ipukgáw án munhá'ang. Ihnay pana'ang cháh má-án djá mihchá umat hi: Pfiná'láy, Inutum, Tinangpfóó, Pinunnog djá Inahinán.

Pun-achalan (Learning Activity 6)

Nomnom-nomon hatu án mipfakgah:

1. Án tinamtamá' hatu an má'má-án djá mihcháh?

2. Án ihna pay hatu án miha'ha-ang hi apfong mi?

3. Án mapfálin chátoy án mipa-an dj mipidchá nán mangiliyon djá turista itoy pfobloy? Ngay gwachá nomnom u panggep áy chatoy?

4. Án pohcho' án itutuluy án mangan áy chátoy gwa-án ihna cháý barbaru án má-án itoy nunpfoblodján?

5. Án mapfálin án lumlumonon chi aton án manghá'ang ta mahab-hapfaliyán chi tamtam ná? Nu mapfálin, kas-anu?

BOOK 4

HÁY PANGO'OY UH, HÁY NA-IMPÁNGUNÁN ÁN A-AT UH JÁ HÁY PHOTAN UH

CHAPTER 2: NA-IMPÁNGUNÁN/CHATI ÁN A-AT DJÁ PANGO'OY/UKGALI ÁN NAPFOTAN



OBJECTIVES

Akgibpfuhan toy án achalon, mapfálin dju án:

1. Ma-ipfákgá nu nakgunuy na-impángunán wenko chati án a-at djá nakgunuy pango'oy wenko ukkali án napfotan;
2. Mahámá' dju nu ngachán haná maphod án a-at djá pango'oy wenko ug-ukkali án mipfati wenko pfang-ngachon.

Tikgán dju hatu "video" án mangipfáká nu ngay umatan chi na-impfangunán án a-at djá pango'oy wenno ukgali án naphotan:



Natural Heritage
<https://bit.ly/32XUEwn>



Cultural Heritage
<https://bit.ly/3kl3swA>

Natural Heritage

Hitoy án “video” djá ipfag-pfaganá án amin haná na-impfángunán án pfofan wenno nagwachá án pfu-un takguy nangámmá umat hanachán himmangáw djá munchad-challan hinán inaláhan djá nunlene’ochán chi nunpfoblodján. Gwacháh hichin timpun chi a-apu djá níapto’ engkganá áy chita-un tinanud. Hitoy án “video” djá ipfakganá kguy uchum nun-nomnom djá nangihapet chán níkgamméé inuy na-impfángunán an pfofan.

Cultural Heritage

Hitoy án “video” djá o-odjona panggep hi pangat wenno pangó’oy án panginom-nomnomán hi la-ing chi hinpamobloy án nipapfo-papfofan hi tinanud án gwachay ma-ipfadchang ná hi mehnot pay án matanuchán. Pangó’oy wenno pangat án pfofan djá o-odjoná chi la-ing chin a-apu pagámmáh apfong, punpadjáv hi kginitti djá haná idjamma cha an ihnay penhod nán ipanongom (monuments). Mapflin kgu án haná mi-id nipadchunganá án pangáy-ádjokgá djá punliwligwán chi oha án hinpamobloy.

Matmattig án hatu inám-ámmán chin a-apu djá chokóó chi nacháchág, mapfálin oha djá hi chokóó án mangili (tourist). Ohan kang-runáán án nomnomon ta-u djá háy aton ta-un áchi mang-pacháchág áy chátoy án pfofan chi hinpamobloy. Mapfálin kguh án hatu pangó’oy wenno pangat ta-u ád-uwán djá ihnáy ákgkuy namenhod tun mehnot án matanuchán mu áchi án ámin ti ihna cháy magituluy hi uchum án matanuchán.

Pun-achalan (Learning Activity 7)

Akgibpfuhan án nabuya dju nuy “video”, munnom-nomnomon dju haná ma’ma-at.

Háy odjon chá Pilai (2013) ay Rashid (2015) an impfákgn Lee (n.d.) djá hinuy punnomnomon djá panglistaan y chánuy ma’ma-at (cultural mapping) djá oha án maphod án aton ta ma-innila haná mapmaphod án pu-unbán chi oha án himpamobloy djá a-inniláán chi na’na-at hi a-apu chá, inat chán ní’takgu, nun-i-ibpfáán kas oha án pfimmobloy djá attikgnán chi nihabhapfaliyán chá uchum án pfimmobloy. Itoy aton dju djá mangamma adju háh mapa wenno drowing án pannikgnán nu chá’kguh tu chá chi nun-iha’achán haná pu-unbán djá pangngalan hi pí’takguwán inuy pfobloy. Hatu chi mahonhonohnot ánn aton djuh.

1. Ipanoh dju iháh drowing ta ma’attig haná pu-unbán inuy nun pfoblodján djuh.

Háy máhhun án ma-at hi punplanuwán djá háy pang-drowingan hi ustu án agwachan haná pu-unbán djá ma’ma-at. Penhod nán ípfákga án itoy án aton dju dja ma-innila nu cha’kguy ipogpokgnán nuy imapáán wenno iplanuán djuh, nakgu chánuy aton djuh djá usaron djuh, hinuy penhod dju án ma-at (goals) djá kas-anu aton dju áy haná “data” án ma-ala djuh. Itoy án aton dju djá ituppug dju inuy nunpfoblodján dju. Usaron dju chi kinalá-ing dju ta

masiguradu djá ag-akga án ma-at djuh. Mapfálin án munpatolong adju nán kgákágdjum djá i-ibpfa djuh.

2. Háy aton án mangi-mapah

Akgibpfuhan án naiplanu dju nuy imapa dju, mapfálin án ituluy dju moh án aton haná mahonhonohnot án aton djuh. Lasilasinon dju djá imapa dju hahaná na-ipfangunan án pu-unnán/maphod án ma-ucháá án mattig wenko achi mattig ay chanuy nun ihá'áchán chá wenko a-atan chá inuy nunpfoblodján.

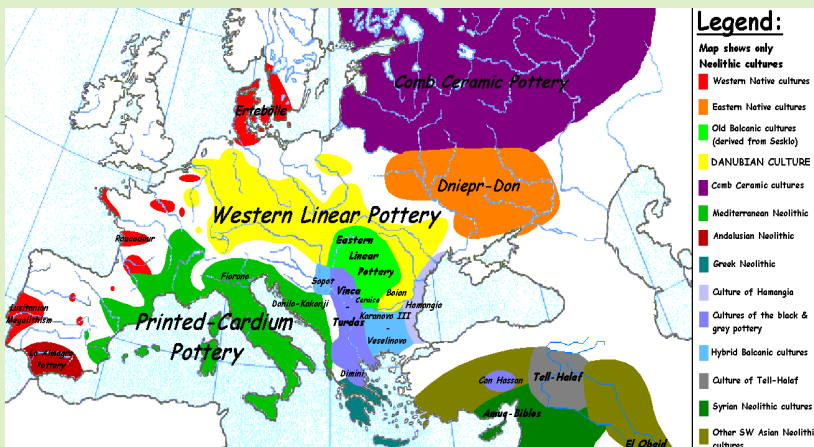
Hahaná na-ipfangunán án pu-unnán (cultural assets) djá chugwán klase ihnay mattig wenko machapah (tangible) dja achi mattig wenko machapah nu ihnáh, wenko ma'ma-at. Hahaná mattig án pu-unnán (tangible assets) djá importanten kahapulan umat hi maphod án nunlene'ochán, tatakgu, lenteg, punhapfalan djá mihapfáá inuy pfoblodjan djá uchum pay. Hahaná met achi mattig án pu-unnán (intangible assets) ngem ihnáy otong án ipain-nila ná hi a-at wenko umatan chi pangipapto' cháh itakgwán, pangulug, pangat chá án paka-ilasinán chá án hinpamobloy (identity) djá uchum pay.

Itoy án aton dju, imapa dju haná mattig (tangible) djá áchi mattig (intangible) án pu-unnán nuy munisipyu wenko nunpfoblodján djuh. Mapfálin án aton djuh toy án usaron djuj latlatu, "video" djá uchum insigun hi penhod dju.

3. Pangámmá hi mapa

Itoy baba djá hán pangipa'atan án mapah. Mapfálin án idjunnud dju itoy hinuy ámmán dju wenko ámmán mi-unnud inuy penhod dju án aton. Basta isiguradu dju án machata' (clear) haná imapa dju djá panghá-achán djuh.

Maphod kgu nu pi'há-ád dju haná piniktire djuh. Pi'tucho' dju kgu nu chá'kguy nangngalan dju inuy latlatu.



Middle European neolithic cultural map.

Photo retrieved from https://commons.wikimedia.org/wiki/File:European_Middle_Neolithic.gif.

Hatuy uchum án aton djuh malaksid inuy ámmán dju án mapah:

1. Ikadju mi'dju-ukgud áy hanachán lallakay djá pfabpfaket panggep hi ni'takguwán cháñ. Hatu chi mapflin án damagon djuh:

- Nakguy umatan chi ni'takguwán dju hichin napala'oh?
- Kas-anu chi diperensya ná inuy itakguwan dju ad-uwán?
- Mapfálin án ihnáy ma-ipfakga dju áy haná nahukkatan án na-at hanchih?
- Nu michattan ah chansa, nakgu chá chi cháchán án pango'oy chi penhod mu án pfang-ngachon wenko ipfati?

2. Mi'dju-ukgud ádju áy hanachán ne'ád hi Gubirnu, nachán Organisasyon nu kas-anu chá án inpapto' chi na-impfángunán (natural) án pfofan djá pang'oy án pfofan. Hatuy mapfálin án damakon djuh:

- Nakgu cháy na-ámmán án lenteg án pfumadchang ta mipapto' chi na-impfángunán án pfofan djá pang'oy án pfofan?
- Nakguy patingkan/pogpog chi ni-implemtoan chátoy án lenteg?
- Nakgu cháy uchum án programa án at-aton chá?
- Nakguy at-aton chá ta misiguradu án háy produkton chi l-ipukgaw djá matutuluy án maphod?
- Nakguy planu chá hitun mangali án makapfadchang ta áchi ma-utaw wenko macháchag haná maphod án na-impfángunán án pfofan djá pang'oy án pfofan?
- Nakgu cháy pangat án ma-ipfákga dju ta makapfadchang áy haná ád luta, ád padjáv án mangun-unud hí lenteg chi gubirnu?

3. Mi'dju-ukgud ádju áy hanachán turista napu uchum án ni-áchágwin pfobloy djá nachán napuh tu Pilipinas nu nakguy rason ta piliyon cháñ tu ad lpukgáv án umáliyán. Hatuy mapfálin an damakon djuh:

Para nachán taga Pilipinas:

- Nakguy kgapuná ta pfumihhita ádjuh tu ád lpukgáv? (Mapfálin án ipfakga dju nuy pfobloy)
- Nakgu cháy namnamaon dju áynuy pfumihhitáan dju tu lpukgáv? Án na-at haná án ninamnamá djuh?
- Chá'kgu tu ád lpukgáv chi pfinihhita djuh?
- Ngachán áy chánuy pfinihhita dju chi na-appenhod djuh? Nakguni'?

Para ay hanachan napuh uchum án pfobloy, pfu-un hitu Pilipinas:

- Nakguy kgapuná ta pfumihhita adjuh tu ád lpukgáv? (Mapfálin án ipfakga djuh nuy pfobloy)
- Nakguni' ta napili djuh tu ád lpukgáv án pfu-un háy uchum án pun-pasyaran hitu Pilipinas?
- Chá'kgu tu ád lpukgáv chi pfinihhita djuh?
- Ngachán nuy pfobloy án pfinihhita dju chi na-appenpenhod djuh? Nakguni'?

Háy oha án ma-at itoy án ma-acháá djá ap-appot hi latlatuh (Photo Contest).

Makgokgodgwa ádju hi grupuh. Henohhan grupu djá ay cha munlatlatu áy hanachán inila chá paka-ipattigán chi na-impfangunán án pfofan djá pangó'oy án pfofan chi l-ipukgáw. l-aplod dju hatu án latlatu inuy grupu djuh "facebook" djá ih'áchán djuh panginniláán hi kada oha án latlatuh. Haná mun-acháá djá mapfagkgáán chá nu nakguy odjon chá panggep áy chánuy latlatu án in aplod djuh. Haná mangappot djá piliyon háh grupu án munhogwet.

Itoy mila'lat án ma-at itoy án ma-acháá djá háy pangámmán háh planun chi pangipa'at (action plan).

Hinuy planun chi pangipa'at djá pangipfagáán dju nu nakguy penhod dju án ma-at wenno ma-ala inuy káátna án timpuh (time). Mibasar áy chánuy áy kadju ní'dju-ukguchán djá haná na-oberbar dju djá kas oha án ungha (youth), nakguy maipfadchang dju ta mipapto' djá mephod haná na-impfangunán án pfofan djá pangó'oy án pfofan chi l-pukgáw. Mangámma ádju planun chi pangipa'at ta ipattig dju hinán upihhinán chi gubirnu (LGU) hinán nunpunhitugwán djuh.

| Target Audience: Community members | | | | | | |
|--|--|--|-----------------------------|---|--|--|
| Goal | Community members have access to activities, programs and initiatives to increase their physical activity. | | | | | |
| Objectives | To increase the number of community members participating in the challenge and using active transport to and from their houses | | | | | |
| Action Step What needs to be done? | Agency/ Person Responsible Who should take action to complete the step? | Place of Activity Where will the action step take place? | Duration | Resources Required What do you need in order to complete this step? | Potential Hazards Are there any potential challenges that may impede completion? How will you overcome time? | Desired Outcomes Was this step successfully completed? Were any new steps identified in the process? |
| Provide bike racks in safe, convenient locations | [Insert name of youth] | | [Insert start and end date] | Budget to purchase bike racks | | Installed bike racks; Increase in community members participating; |
| Map out walking routes | [Insert name of youth] | | [Insert start and end date] | Walking routes in school; maps | | Reports on physical activity increase |

BOOK 4

HÁY PANGO'OY UH, HÁY NA-IMPFA'NGUNÁN ÁN A-AT UH JÁ HÁY PHOTAN UH

CHAPTER 3: NAHINPAMOBLODJÁN ÁN TONONG CHI PUN-NOMNOM DJÁ INILAH



OBJECTIVES

Hi akgibpfuhan toy án ma-acháá, chánuy mun-acháá djá apfalinán chá kuma án:

1. Ma-ipfákgá nu ngay penhod án odjon nuy nahinpamoblodján an pun-nomnom/inilah;
2. Ma-apfolot chá hi maphod hanachán nahimpamoblodján án pangat djá maphod án inat chá án pfimmobloy djá nangipapto' chá napugwán wenco nang-ngalan cháh ní'takguwan chá ta ágkguy na cháchág;
3. Ma-apfolot chá hi maphod hanachán na-ipfadchang chi nahinpamoblodján an nomnom wenco inila án napfotapfotan án pangat án mangacháá hi aton án mangipapto' hi nunpfoblodján;
4. Ma-námá' ay hanachán makapfadchang hi nahinpamoblodján án pun-nomnom ta midchum án ma-ucháá hi pangipaphod áy hanachán maphod án pfotan.

Para itoy án ma-acháá, pfidpfichon dju hinuy inámmán chi “United Nations Educational, Scientific and Cultural Organization (UNESCO)” án nangádnán hi nahinpamoblodján án pun-nomnom/panginnila djá pangipapto’, usaron dju toy nitucho án nahon-honohnot hi baba:

http://www.sdnbd.org/sdi/issues/indigenouknowledge/indigenouknowledge_sustainability.pdf

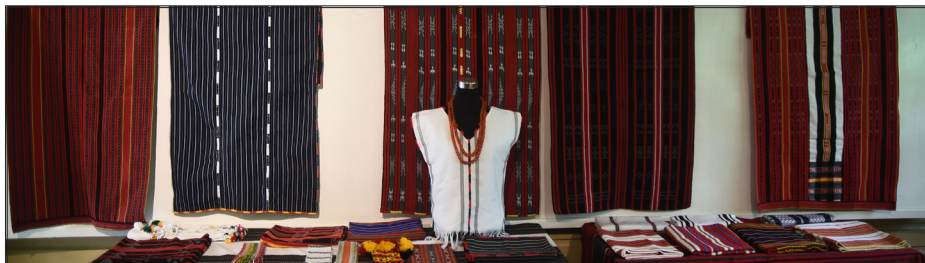
Cháttoy án pu-unnán án ma-ucháá ipaláwág ná nu nakguy penhod nán odjon hinuy nahinpamoblodján án pun-nomnom wenno inila, nakguni’ ta importante djá ngachán chánuy má-áli án hinpamoblodjan án tatakguh.

Háy UNESCO djá odjonáy háy nahinpamoblodján an pun-nomnom wenno panginnila djá:

“Hinuy pun-nomnom djá pangat chi tatakgu inuy án pfobloy djá nidumdumá wenno mi-id nipadchunganá hi uchum án pfobloy. Cháttoy an pun-nomnom djá napu nunpfoblodján, tatakgu, napfotapfotan án láing wenno nipapfotan án panginnila hi nepto’ djá maphod. Cháttoy djá nipapfotan án nata-óo dja ni-ukgud wenno hinán ukgalí án na’nat hidjáy nipu’uwán chi aton án munhapfáá, pangipapto hi má’má-án, pangipapto’ hi inadlan, acháá, pangipfaliw djá uchum án aton ta pumhod chi punpfolodján hi án amin apfobpfobloy hi interon toy lutah.”

Itoy kgun mapfidpfid, ipfágpfákga na kgu chi umatan chánuy má-áli án nahinpamoblodján án tatakguh. Hichin 1993 impfákgan chi “United Nations” cháttoy án pangimatunán áy chánuy nahinpamoblodján án tatakguh:

“Chánuy nahinpamoblodján an pfobloy, tatakgu hi ápfoblopfobloy djá haná gwacháy tupun chá, tonton chá hichin mi-id pay kgupfat djá tatakguh napuh uchum án pfobloy án immali ta munhanchih djá, nun-ephod hi nunpfoblodján chá. Apfuluton kgun chánuy nahinpamoblodján án ihnáy nihábhápfáliyán chá hinán uchum án immalin ni’pfobloy djá chimmokóo. Fu-un moh chicháy má-á-áli inuy nunpfolodján mu ihnáy pangipapati chá án mangpapto’, mangephod hi pfotan chá án nunpfoblodján djá haná attikgán chi kina Idjadjang/ tatakgu án mipapfotan hi mehnot án mun-atanuchán ta a-inniláá na án chicha djá ihna chá pay án mi’takgu mi-unnud hi pangoyóy chá djá pangipanoh chá án pfimmobloy.”



Háy odjon chi “United Nations” háy grupun chi nahinpamoblodján án tatakgu hi interon chi pfobloy itoy luta djá umabut hi “370 million”. Hitu Pilipinas, háy nahinpamoblodjan án tatakgu djá ihná hi “10-20%” nuy án-ámin án pfimmobloy. Hay I-ipukgáw djá mipfilang chá án nahinpamoblodján án tatakguh án sakop chí Cordillera.

Sigun hi acháá chi “UNESCO” áy nuy ngádnán chá hi Pi’takguwan inuy Nahinpamoblodján án Pun-nomnom, djá ihnay opat án pangat haná nahinpamoblodján án tatakgu hi interon chi apfobpfobloy án mangucháá hi nomnom chá ta mi’takgu cháh maphod.

Waday opat an ka-at, an us-usaron di Indigenous an tataguy nomnom da an makitattu. Hituwe ya nibasar hinan UNESCO resource “Living by Indigenous Knowledge”.

1. Ma-onngan án ni-atan itoy lutah

Hi kachokolan án nahinpamoblodján án tatakgu án pi’lagkgatan chi Ipukgáw, háy luta djá apugwán chi pi’takguwán. Haná nahinpamoblodján án pangó’oy, a-at djá pangulug djá nikonektar inuy luta cháh. Para ay hanachán I-ipukgáw, háy pognád chi pangó’oy chá djá attikgán chi kina Ipukgáw chá djá nattig djá mattig áy haná kginitti án padjáv ad Ipukgáw (Ifugao Rice Terraces). Haná kginitti án padjáv chi nangngalan chin a-apu hi tanud chá djá nipapfotan áy chita-u ad-uwán ta pangngalan ta-u met hi tanud ta-u djá mipapfotan hi meh not án matanuchán ta panginom-nomnomán hi anhan án pangipapto’ chin a-apu ta-u holág chá djá háy a-ap-apu cháh matanuchán.

Háy uchum án I-ipukgáw, imam-alla hanachán nun-anomnomán djá gwachán chicháy nahámád án punpfalóó. Han panginnilá án hi án amin hi pi’takguwan djá háy pfuludná, gwanggwang, apfunidján, munchadchallan, himmangáw, choplah djá háy tatakgu djá gwacháy nunhohobgwopfán chah. Haná ma-ucháá án mattig djá achi mattig djá nunhohobgwob chá djá mangilin án ipfalinán cháh. Hitoy án pamaloo chi nahinpamoblodján án tatakgu (Indigenous People) hi luta djá náma’id hinán nunpfobloy hinán “city” lummuh nán pangó’oy, pangat djá ukgali án inchatong hanachán napuh uchum án pfobloy.

Para áy hanachán I-ipukgáw, haná “kginitti án padjáv” (IRT’s) djá pfu-un lang ta pangngalan hi pi’takguwán. Hahaná kginitti án padjáv djá inpapfotan chin a-apuh djá haná mi-id nipadchunganá án pangó’oy án mi’takgu djá pangipapto’ djá ma’attig chi ni-ataná áy haná kginitti án padjáv. Kas-u’ungah tu ád Ipukgáw, importante án gwacháy ná-unek án pangawat dju hi idjataná hi áy cha’djuh djá hinuy acháchákgán chátoy án nipapfotan áy chá’dju djá acháchákgán dju met ti parte ádju itoy án pfotan.

2. Haná na-impfangunán án akgah djá aton án mun-akgah

Hi chokóó án pfobloy, haná nahinpamoblodján án pfimobloy djá ihnáy pangimatun chá wenco pangilasin chá klasen chi luta, timpu, nitanum wenco himmangáw djá nachán munchadchallan djá inila chaguh chi ngay a-at chá djá paka-uchalan chá. Hachi nahinpamoblodján án tatakgu djá nginachanán chá tugwa' haná himangáw wenco nitanum djá munchadchallan hichin mi-id chá pay chi na-achalan wenco mun-acháá (botanist/entomologist) panggep hi nitanum djá munchadchallan.

Hitu ád lpukgáw gwachá met kguy nahinpamoblodján án himmangáw hinán inalahan djá hinán nunlene'ochán án ma-ud-ucháá an pun-akgah.

Ihnáy manomnom dju? Djá mangachán dju?

3. Punhalimun djá pangipapto' hi ma-ucháá

Hi napfádjág án tagwon, háy l-ipukgáw djá ní'takgu chá án agkguy chá pina'pa'eh chi inaphod chi nunlene'ochán. Inucháá cháh chi nalodlod án inilachá án pfallóó chi luta djá maphod án nunlene'ochán án áchi cháchákgon mu unknot ipapto'. Hitoy chi ustu án pangat án munpapto'.

Ngem ketdi, itoy napala'oh án tagwon, gwacháy nun-baliwán chi pangóoy/pangat chi tatakgu án munhapfáá án chokoo chi ád-áchi án inpfunga ná wenco epekto ná fu-un la-eng háy nunlene'ochán ti pati hi pangóoy an mi'takgu djá aton án manámá' hi idjatakguh.

Nakgu cha chi inila dju án nunbaliwán chi pangóoy án ihnay adachi hi ichat ná wenco ipfunga ná hi nunlene'ochán?

4. Punhálimun hi Pun-i-ibpfaan

"Háy pun-i-ibpfaan djá pun-oh-ohhaan chi nakapfadchang hi ní'takguwán chi chokóó áy hanachán nahinpamoblodján án pfimmobloy. Háy resultan chi punhapfáá wenco punhámá' hi tanud djá pun-anop djá depende met nu kas-ánuy aton chá án munpfi-pfinnadchang ti nu mi-id pun-oh-ohháán djá áchi maphod chi ipfunga ná áy chichá djá háy pfimmobloy. Hi chokóó án pfobloy djá gwacháy maphod án puntinnulungan chi linala-i djá pfinapfaih, nu ágkguy mán nunpapadchong chi ngunuh; pati disisyon hi pulitika, ma-unud chi penhod chi kachokolan án pfimmobloy djá háy uchum án ma-at án mangchat hi maphod hi nunpfoblodján djá ihnáy ni-atan chi nahinpamoblodján án pangóoy djá ukkali án nafotapfotan."

At hina met kgu hitud lpukgáw.

Ma-at án Pun-achalan (Learning Activity 8)

Na-ala hi UNESCO panginnila dja pangipapto' wenno pang-ephod

Para itoy án ma-at djá mumpili ádjú hi oha áy chátoy án mahahapet: pangipapto' hi inadlan djá akgah, kinaleneh chi nunlene'ochán, pangipapto' hi pu-unnán án ma-uchaa, djá punhapfáá/punhapfalan.

Mi'dju-ukgud ádjú háy nanom-nomán án ma'ma-ellog inuy nunhitugwán dju panggep inuy napili dju án punhapapitan.

TOPIC 1: PANGIPAPTO' HI INADLAN DJÁ AKGAH (Health and Medicine)

1. *Pun-akgah hi nunhihinapfali án chokgoh wenno sugat*
Mangichat ádjúh nán nipapfotan an aton wenno pangat án mun-akgah:
Ngachán nuy ma-ucháá (umat hi holo') nakguy idjakgahaná djá ngay aton án mang-akgah:

2. *Hána ma-at ta malisiyán haná umichat hi chokgoh (umat hi lalog, umalat, attakab djá háy uchum pay)*
Mangichat adjuh-nán nipapfotan án aton wenno pangat:
Ngachan chanuy ma-ucháá djá ngay aton án mang-ucháá:

TOPIC 2: PANGILENEH (Sanitation)

1. *Pangipano' hi Lokget*
Mangichat ádjú nachán nipapfotan án aton án mang-papto' hi lokget:
Ngay kahapulan án ma-ucháá (umat hi naka'utan):

2. *Háy Pangipapto' hi Inadlan*
Mangichat ádjú nachán nipapfotan án aton:
Ngay kahapulan án ma-ucháá:

3. *Háy Pangileneh hi Leteng/apugwán chi leteng*
Mangichat ádjú nachán nipapfotan án aton/pangat:
Ngay kahapulan án ma-ucháá:

TOPIC 3: PANGIPAPTO' NACHÁN PU-UNNÁN AN MA-UCHÁÁ (Resource Management)

1. *Mapaniyaw an aton hi animals (animals) dja nitanum*
Mangichat ádju nachán nipapfotan án aton/pangat:
Kahapulan án ma-ucháá (umat hi pun-ngilin án mangaa hinán mi-akgah án holo’):

2. *Pangipapto' hi Inalahan*
Mangichat ádju nachán nipapfotan án aton/pangat (Umat hi pun-pukguh/pinukguh):
Kahapulan án ma-ucháá:

3. *Tukgun hi Puntanumán hi Adjiw*
Mangichat ádju nachán nipapfotan án aton/pangat:
Kahapulan án ma-ucháá:

TOPIC 4: PUNHAPFÁÁ DJÁ PI'TANGCHANÁN (Farming and Livestock Raising)

1. *Pangipapto' ta áchi mapa'eh chi inaphod chi punhappalan*
Mangichat ádju nachán nipapfotan án aton/pangat án munhappáá djá mi'tangchán:
Kahapulan án ma-ucháá:

2. *Pangipapto' ta áchi mapa'eh chi tanum wenno pangtanum*
Mangichat ádju nachán nipapfotan án aton/pangat (umat hi pun-pfengoh hi mabto' án pakguy):
Kahapulan án ma-ucháá:

3. *Punhani hi Peste, Pamatoy hi Insecto djá Chokgoh chi mitanum*
Mangichat ádju nachán nipapfotan án aton/pangat:
Kahapulan án ma-ucháá:

4. *Pangipapto nachán Matanuchán dja Mamog-mokgán án tangchán*
Mangichat ádju nachán nipapfotan án aton/pangat:
Kahapulan án ma-ucháá:

Ma-at an Pun-achalan (Learning Activity 9)

Mí'cháchámmu ádju papadchong djun u'unga hi munisipyu dju. Chá'dju kas ohan grupu djá mangipattig ádju háh drama án attikgán chi namenhod dju nachán nahinpamoblodján án pango'oy. Itucho' dju háh aton dju mi-unnud itoy án pangat.

BOOK 4

HÁY PANGO'OY UH, HÁY NA-IMPFÁNGUNÁN ÁN A-AT UH JÁ HÁY PHOTAN UH

CHAPTER 4: HAHANÁ MAHAH-HAHAPET DJÁ NÁN MÁPFÁLIN ÁN MA-AT



Akgibpfuhan toy án ma-acháá, mápfálinán dju moh kuma án:

1. Ma-innila/ma-ilasin haná ma'ma-at án maka-cháchág áy hanachán na-impfágunán djá pango'oy án pfootan chi l-ipukgáw/Immipugkgáw;
2. Ma-apfolot chi pi'djatan chi u'unga hi pangephochán, pun-protektar djá pangipapfootan áy hanachán na-impfágunán djá pango'oy hi pfootan án kginitti án padjáv ád lpukgáw.

Pun-achalan (Learning Activity 10)

Insigun inuy natnattig wenna na-observerbar dju, mangichat ádjú háh lema (5) án kanayun án lili djá problemá ágkgán odjon chí o-ommod djá nun-anomnomán nipanggep hi punbalbaliwán chí nunlene'ochan itoy ád lpukgaw.

1. _____
2. _____
3. _____
4. _____
5. _____

Insigun hi natnattig wenna na-observerbar dju, mangichat ádjú háh lema (5) án kanayun án lili djá problemá án ágkgan odjon chí o-ommod djá nun-anomnomán panggep hi mabalbaliwán án a-at, pango'oy djá ukgalin chí l-ipukgaw/lmmipugkgaw.

1. _____
2. _____
3. _____
4. _____
5. _____

Kas oha met án u'ungah tu ád lpukgaw, án male'na wenna mattig dju met ba, hahatu problemá án ipfágpfákgán nachán o-ommod dju? Nakguni' ta odjon dju met?

Kas oha met án u'ungah tu ád lpukgaw, nakgu cháy lema án kanayun wenna mahaphapet án problema panggep hi a-at wenna pango'oy chí l-ipukgaw án ma-ipfingáy dju nachán kgákgád-djum djuh?

1. _____
2. _____
3. _____
4. _____
5. _____

Nakguni' ta odjon djuy problemá hatuh? lhná ba at-aton dju ta masorba hatun problemá? Nakguni? Kas-ánu?

Manomnom dju ba hahachi komentar án
napfidpfid dju hichin nite'áan toy án inacháá
tau? Nakgibpfuhaná án pfinidpfid djá binuya
dju hahaná na-ucháá, apfuluton dju ba hahatu
ipfágpfakga chá?

Pfangngachon dju án nomnomon haná
ipfágpfákán chi uchum án tatakgu panggep
haná kginitti án padjáv chi lpukgáv. Inomnom dju
hi ád ámin án nahahapet itoy inacháá djuh, nakgu
met chi pannig dju djá ma-ipfakga dju panggep hi
bukud dju án a-at, pango'oy djá pfotan?



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