



Panglao Guide

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팡라오 가이드



邦勞指南

More fun in the Philippines



Virgin Island Bohol 버진 아일랜드 보홀 維爾京群島保和島

Virgin Island (also known as Pungtud or Pontod Island) is probably the most iconic island destinations in Bohol. Its main draw: a lengthy sandbar that curls and fades into the sea like the tail of a mischievous tadpole (or a sperm cell; there, we said it). The sandy runway makes for a postcard perfect backdrop! The surrounding areas are mostly grassy, though.



버진 아일랜드는 아마도 보홀에서 가장 상징적 인 섬 목적지 일 것입니다. 주요 결점 : 장난스러운 올챙이 (또는 정자 세포의 꼬리와 같이 바다로 말리거나 사라지는 긴 모래톱). 모래 활주로가 업서를 완벽하게 배경으로 만듭니다! 주변 지역은 대부분 잔디입니다.



維爾京群島可能是保和島最具代表性的島嶼目的地。它的主要吸引力：一個長長的沙洲，像一個惡作劇的蝌蚪（或精子細胞；在那裡，我們說過它）的尾巴捲曲和褪入大海。沙質跑道是明信片的完美背景！不過，周邊地區大多是草地。

Visit Panglao Island 팡라오 섬 방문 參觀邦勞島



No boats are involved in getting from Bohol to Panglao- just a small bridge. Spend the day on this beautiful white sand beach playing in the water, getting a relaxing massage, or sipping some cocktails at a beachfront bar. This island is great for romantic candlelit dinners that offer seafood platters with huge shrimp, lobster, and fish! Hire a tour boat to take you snorkeling or join a dive shop for an underwater exploration. As Panglao is just a short drive away from the center of Bohol, this makes for an easy day-trip. If you decide to stay the night, however, there is plenty accommodation for you to stay.



보홀에서 팡라오까지가는 보트는 없습니다. 다리. 이 아름다운 하얀 모래 해변에서 하루를 보내십시오. 물놀이, 편안한 마사지 받기 또는 해변가 바에서 칵테일을 마시 며 휴식을 취하십시오. 이 섬은 거대한 새우, 랍스터 및 생선으로 해산물 플래터를 제공하는 낭만적 인 촛불 저녁 식사에 좋습니다! 스노클링을 타거나 다이빙을하기 위해 투어 보트를 타거나 수중 탐험을 해보세요. Panglao는 보홀 중심부에서 차로 가까운



從保和到邦勞沒有船隻參與 - 只是一小部分橋。在這美麗的白色沙灘上度過一天在水中玩耍，享受輕鬆的按摩，或在海濱酒吧品酒雞尾酒。這個島嶼非常適合浪漫的燭光晚餐，提供海鮮拼盤，包括大蝦，龍蝦和魚！您可以租一艘遊船去浮潛或者去潛水商店進行水下探險。因為Panglao距離薄荷島中心只有很短的車程，這使得一日遊很容易。但是，如果您決定入住，那麼您可以住宿。



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分銷網點

Cherry's Home Too,

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Mikes Burger,

Dreamcat, One for the Road,

Seven Seas, La Vida,

Roman Empire, Calypso, Accasia,

Golden Palm Resort,

Grazziella Pizza, Airport Panglao,

Alonaland Resort, Acacia Sunset Village Inn,

And Much More



Here are a few Jokes to laugh

다음은 웃을 농담입니다.

這裡有幾個可笑的笑話



The judge to the accused: "You are accused of having your neighbor driven into the woods under curses and terribly beaten up there, did not you go a bit too far, defendant?" Answer: "Yes, that's right, Mr. Richter, I should have done it on the meadow before!"

피고인의 판사 : "당신은 이웃이 저주를 받고 숲속으로 몰려 들어 그곳에서 심하게 구타 당했다는 비난을 받고 있습니다. 피고인이 너무 멀리 가지 않았습니까?"

답변 : "예, 맞습니다, 리치 터 씨, 전에 초원에서 그랬어 야 했어요!

對被告的法官說：“你被指控讓你的鄰居被詛咒帶到樹林裡，並在那裡遭受了極大的打擊，你有沒有走得太遠，被告？”

回答：“是的，那是對的，里希特先生，我應該在草地上完成它！”

An old lady drinks whiskey for the first time. She thinks for a while and then says: "Strange, the stuff tastes just like the medicine that my blessed husband had to take twenty years."

노부인이 처음으로 위스키를 마신다. 그녀는 잠시 생각하고 다음과 같이 말합니다. "이상한 것은 물건이 내 축복받은 남편이 20 년 동안 먹어야했던 약과 같은 맛입니다."

一位老太太第一次喝威士忌。她想了一會然後說道：“奇怪的是，這些東西的味道就像我祝福的丈夫花了二十年的藥。

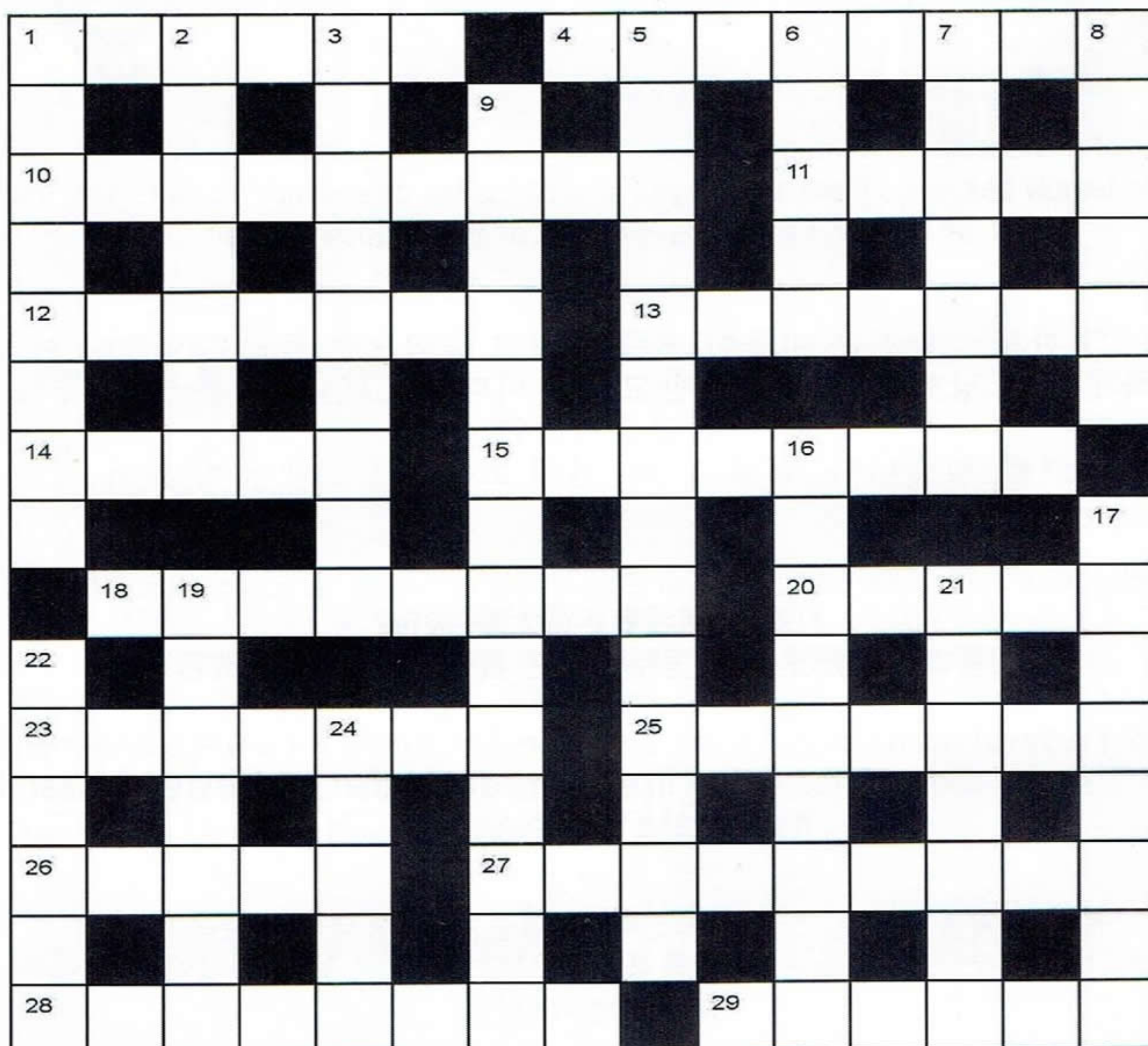
Barber: "Your hair is getting gray!" Customer: "No wonder at your work pace!"

이발사 : "머리카락이 뿌! 다!" 고객 : "작업 속도에 놀랍지 않습니다!"

理髮師：“你的頭髮變灰了！”顧客：“難怪你的工作節奏

CROSSWORD

PUZZLE FOR ADULT



ACROSS

- 1 Nitpicker, after sport, starts to detect insect (6)
4 Musicians surround wife - they're not faithful (8)
10 Maiden fixed angular user interface (9)
11 Regularly tying bear - a beast (5)
12 I wear brown - Ted is blighted? (7)
13 Lad, good egg, opens a saga in the near future (7)
14 Cambridge pub fit for a king? (5)
15 Clean, unlike a leopard (8)
18 Politician returns to penniless college (8)
20 Gland backfiring within bred duck (5)
23 Second starter of beef holds partner back before lunchtime courses (7)
25 Warning - mind drink (5,2)
26 Happy priest in California gets a hot drink (5)
27 Refurbished *Mosaic Inn* - for one who can't sleep (9)
28 The Spanish worker holds esteemed politician hostage initially - as an animal (8)
29 Mate has time or backing beat (6)

DOWN

- 1 Hints for dogs (8)
2 Attracting success in make-up (7)
3 Perhaps Vinyl soon begins to tempt Pitt, say (9)
5 Mad search for shoelaces - I'd go West wandering (4,5,5)
6 Records - bits of music? (5)
7 Interest English friend (7)
8 Withdraw from quiet redhead with tattoo (6)
9 Tendency for terrorist spot to support soft communist (14)
16 Disease produced a puke a mile with no pressure (9)
17 Stifling Capricorn, say, beside a lake (8)
19 Trump connects in Estonia? (7)
21 Log dries so at sea? (7)
22 Loveless bouquet for revolutionary has personality (6)
24 Some saw ashtrays covered in water (5)

Horoskop Virgin 처녀 자리 處女座 (24.08. - 23.09.)



Strengths of the Virgin Ascendant: industriousness, conscientiousness, pragmatism, care, helpfulness

Weaknesses of the Virgin Ascendant: pettiness, perfectionism, intolerance, prudery, arrogance

처녀 승천 자의 강점: 근면, 양심, 실용주의, 주의, 도움이 되는 것

처녀 승천의 약점: 소심, 완벽, 편협, 거만

處女上升的優勢: 勤奮, 自覺性, 實用主義, 關懷, 樂於助人

聖母升天的弱點: ☒毛蒜皮的小事, 完美主義, 不耐症, 傲慢

Love & partnership

They feel well in the relationship. Everything you do together will fill you with joy and has the best chance of success. Singles enjoy being courted. And not only that! Until 14.9. Venus stands in your sign, which increases your effect on the opposite sex. The chances of a special encounter are high.

사랑과 파트너십

그들은 관계에서 기분이 좋습니다. 당신이 함께하는 모든 일은 당신을 기쁨으로 가득 채울 것이며 최고의 성공 기회를 가지고 있습니다. 독신은 구애를 좋아합니다. 뿐만 아니라! 14.9까지. 금성은 당신의 표시에 서서 이성에 대한 영향을 증가시킵니다. 특별한 만남의 가능성이 높습니다.

愛與夥伴關係

他們在關係中感覺良好。你一起做的每件事都會讓你充滿喜悅, 並有最大的成功機會。單身人士喜歡被人追求。而且不僅如此! 直到14.9。金星矗立在你的星座上, 這會增加你對異性的影響。特殊遭遇的可能性很高。

Occupation & Finance

You are self-confident with Mars. You know what you want - and now you do everything that is necessary. They also like to ride a few extra layers, if need be. You also develop leadership qualities. You guide your colleagues and enrich the team with your professional skills. Creative

직업 및 금융

당신은 화성과 자부합니다. 당신은 당신이 원하는 것을 알고 있습니다-이제 당신은 필요한 모든 것을합니다. 또한 필요한 경우 몇 개의 추가 레이어를 타기를 좋아합니다. 또한 리더십 자질을 개발합니다. 당신은 당신의 동료들을 안내하고 전문 기술로 팀을 풍요롭게합니다. 창의적인 작업은 14.9까지 성공합니다. 이 단계는 재정에도 좋습니다.

職業與金融

你對火星有自信。你知道你想要什麼 - 現在你做了所有必要的事情。如果需要, 他們還喜歡騎一些額外的層。你也發展領導素質。您可以指導您的同事並使用您的專業技能豐富團隊。創意任務一直持續到14.9。比平常更好。這個階段也有利於財務狀況。

Health & Fitness

When the sun and Mars are both in your power planet, you become active and want to live it out. One thing is clear now: exercise is your key to well-being. In domestic projects, you run riot, even in sports you give everything. Nevertheless, you will find a healthy measure and

건강 및 피트니스

태양과 화성이 둘 다 당신의 힘 행성에있을 때, 당신은 활동적이되어 그것을 살기를 원합니다. 한 가지 분명한 사실은 운동이 건강의 열쇠입니다. 국내 프로젝트에서는 폭동을 일으키고

健康與健身

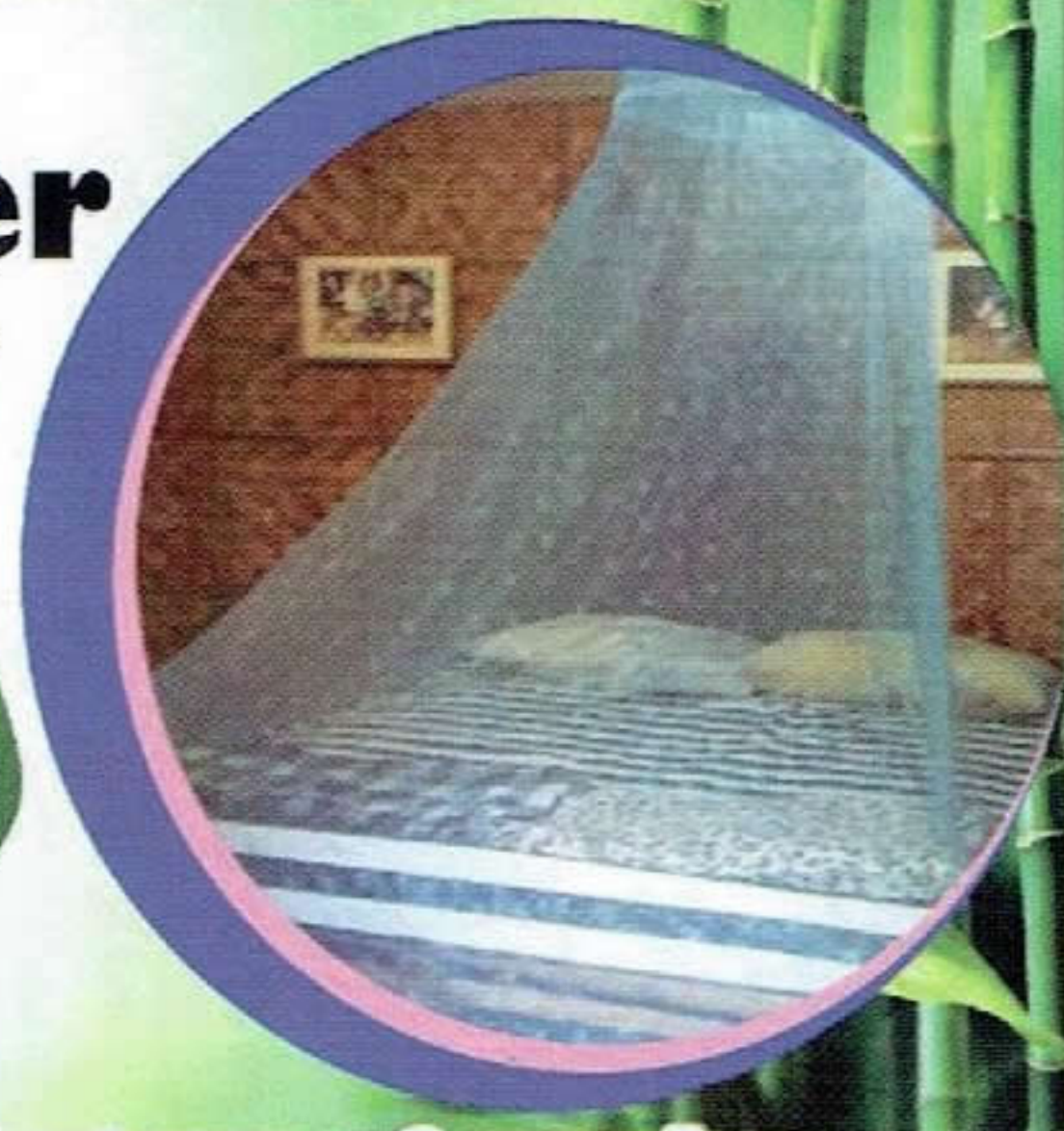
當太陽和火星都在你的力量星球上時, 你會變得活躍並想要活出來。現在有一件事是清楚的: 鍛煉是你幸福的關鍵。在國內項目中, 你會騷亂, 即使在體育運動中, 你也可以放棄一切。然而, 你會發現一個健康的措施, 永遠不會超越你的極限。

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Facilities

Swimming pool

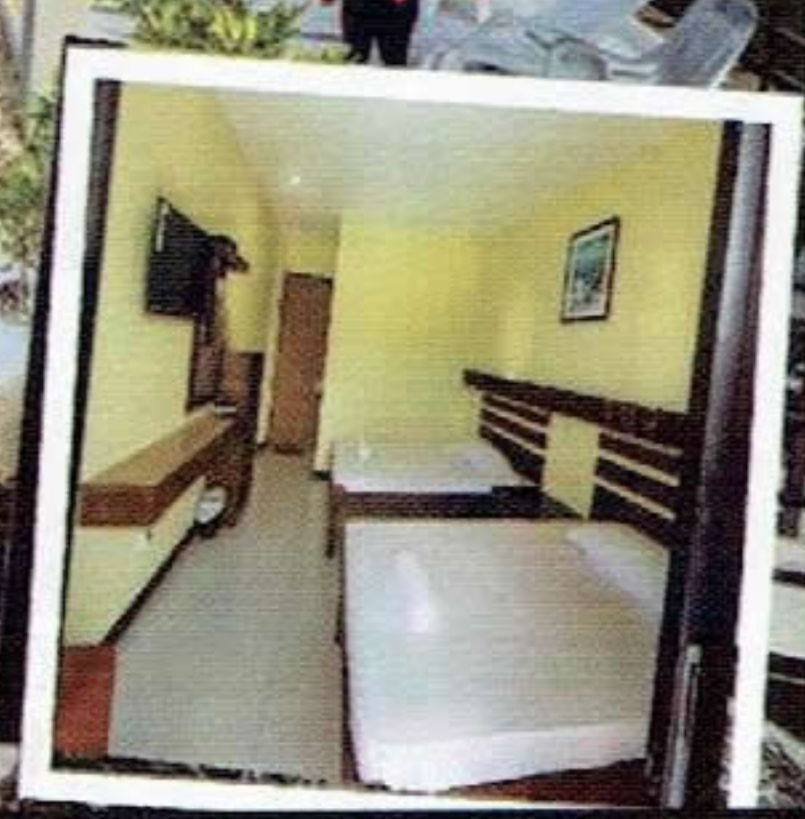
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Map: Bohol

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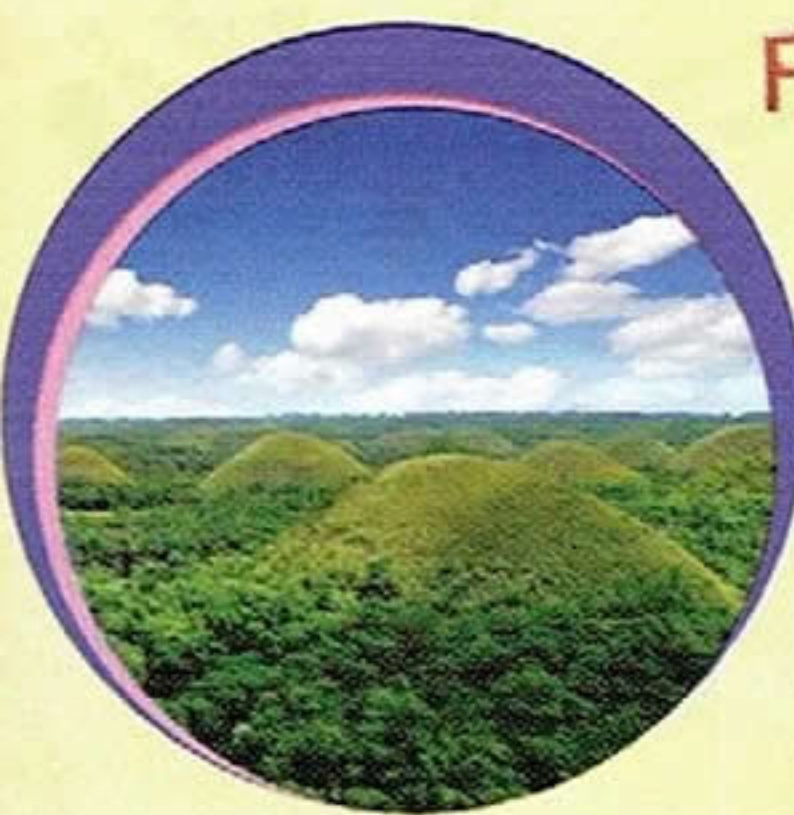
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Falling in Love with a Wonderland Bohol

Let's start with the Chocolate Hills, the greatest pride of Bohol. Basically it's a strange group of oddly shaped hills, a lot of hills. There are more than 1000. It's not easy to describe the place; it's like a piece of art. An unbelievable scenery. I felt like being on the set of a science fiction movie. They look extremely surreal. It's hard to believe that the Chocolate Hills are not man-made. They're a natural wonder, and personally, I think they look like giant boobs. No offense, I mean that in a good way. However, you probably noticed that the Chocolate Hills are covered with green grass. So, where is the name coming from? Good question. The hills turn brownish during the dry season. That's why they call them the Chocolate Hills because, yes chocolate is mostly brown. Even today, scientists aren't able to figure out how the Chocolate Hills were formed. However it was, this strange earth formation looks truly fascinating, for sure.

가장 큰 자부심 인 초콜릿 힐스부터 시작합니다. 보홀, 기본적으로 그것은 이상한 모양의 언덕의 이상한 그룹입니다. 많은 언덕, 1000 개가 넘습니다. 설명하기 쉽지 않습니다 장소; 그것은 예술 작품과 같습니다. 믿을 수 없는 풍경. 나는 1:1 김 공상 과학 영화에 출연했습니다. 그들은 매우 초현실적으로 보입니다. 믿기 어렵다 초콜릿 힐스 는 인공이 아닙니다. 개인적으로, 나는 그들이 거대한 가슴처럼 보인다고 생각합니다. 불쾌하지 않다, 나는 그것을 좋은 방법으로 의미한다. 그러나 아마도 초콜릿 힐 스가 주된 잔디로 덮여 있음을 알았습니다. 그래서, 이들은 어디에서 왔습니까? 좋은 질문. 언덕이 갈색으로 변한다 건기 동안. 그래서 그들은 그들을 초콜릿 힐스라고 부릅니다. 때문에 ... 예 ... 초콜릿은 대부분 갈색입니다. 오늘날에도 과학자들은 어떻게 초콜릿 힐스를 알아낼 수 없습니다. 형성되었다. 그러나이 이상한 지구 형성은 확실히 정말 놀라웁게 보입니다.

讓我們從巧克力山開始,這是最偉大的驕傲 薄荷島。基本上它是一群奇形怪狀的山丘,一個很多山。有超過1000個。描述起來並不容易 這個地方;它就像一件藝術品。一個難以置信的風景。我感覺正在寫一部科幻電影。他們 看起來非常超現實。很難相信巧克力山不是人造的。這是一個自然的奇蹟,而且就個人而言,我認為它們看起來像巨大的胸部。沒有冒犯,我的意思是好的方式。但是,你可能 注意到巧克力山上長滿了綠草。所以,這個名字來自哪裡? 好問題。山丘變成褐色 在旱季。這就是他們稱之為巧克力山的原因 因為... 是的。巧克力大多是棕色的。即使在今天,科學家也無法弄清楚巧克力山是怎樣的 成立了。然而就是這個奇怪的地球形成 看起來確實令人著迷。



THE PHILIPPINE TARSIER

Let's talk about those cuddly Tarsiers. Sweetest creature ever! Like a mix of a monkey and a rat ... or bat? Whatever, it's easy to fall in love with them. These tiny Tarsiers are sleeping all day, only getting active at night to find food. Their heads can rotate 180 degrees. The Tarsier is small, like a human fist, but it has extremely huge eyes which make it look like Gizmo from the Gremlins. You might wanna pick one from the tree and keep it as a pet because this little furry thing is such a cute creature. Don't even think about it. I'm serious, please don't take them home. And don't cuddle with them either!! They're actually pretty bizarre animals. If they're getting stressed (probably from rude tourists being loud or taking photos of them with flash) they tend to commit suicide. The Tarsier will hit his head against something until it dies. No joke! They are very sensitive to noises and light, so you better be very cautious around them.

귀엽고 Tarsiers에 대해 이야기합니다. 가장 달콤한 생물 이제까지! 원숭이와 쥐의 혼합처럼... 또는 박쥐? 어쨌든 그들과 사랑에 빠지기 쉽습니다.이 작은 Tarsiers는 자 하루 종일 밤에만 음식을 찾기 위해 활동적입니다.그들의 머리는 180도 회전 할 수 있습니다. Tarsier는 사람의 주먹처럼 작지만 기즈모 처럼 보이는 거대한 눈. 당신은 나무에서 하나를 선택하고 애완 동물로 유지할 수 있습니다 이 작은 털복숭이가 그렇게 귀여운 생물이기 때문입니다. 그것에 대해 생각조차하지 마십시오. 진지해 제발 가지마 그들 집. 그리고 그들도 안아주세요!! 그들은 실제로 매우 기이 한 동물입니다. 그들이 스트레스를 받고 있다면 (아마도) 무례한 관광객이 큰 소리로 들리거나 플래시로 사진을 찍는 경우) 자살합니다. Tarsier는 죽을 때까지 무언가에 대해 머리를 부딪칠 것입니다. 농담 없어요! 소음과 빛에 매우 민감하므로 그들 주위에 매우 신중합니다.

讓我們來談談那些可愛的眼鏡猴。最甜蜜的生物! 就像一個混合的 猴子和老鼠... 還是棒球? 無論如何,很容易愛上他們。這些小眼鏡猴整天都在睡覺,只在晚上活動才能找到食物。他們的頭可以旋轉 180度。眼鏡猴很小,像人的拳頭,但是 它擁有極其巨大的眼睛,使它看起來像 小發明。你可能想從樹上挑一個,並把它作為一個寵物,因為這一點 毛茸茸的東西是如此可愛的生物。甚至不要考慮它。拜託,我很認真 不要帶他們回家。也不要抱抱他們!! 它們實際上是非常奇怪的動物。如果他們受到壓力(可能 從粗魯的遊客大聲或用閃光燈拍照他們傾向於自殺。眼鏡猴會對著某種東西撞到他的腦袋,直到它死去。可不是鬧著玩的! 他們對噪音和光線非常敏感,所以你最好是 他們周圍非常謹慎。

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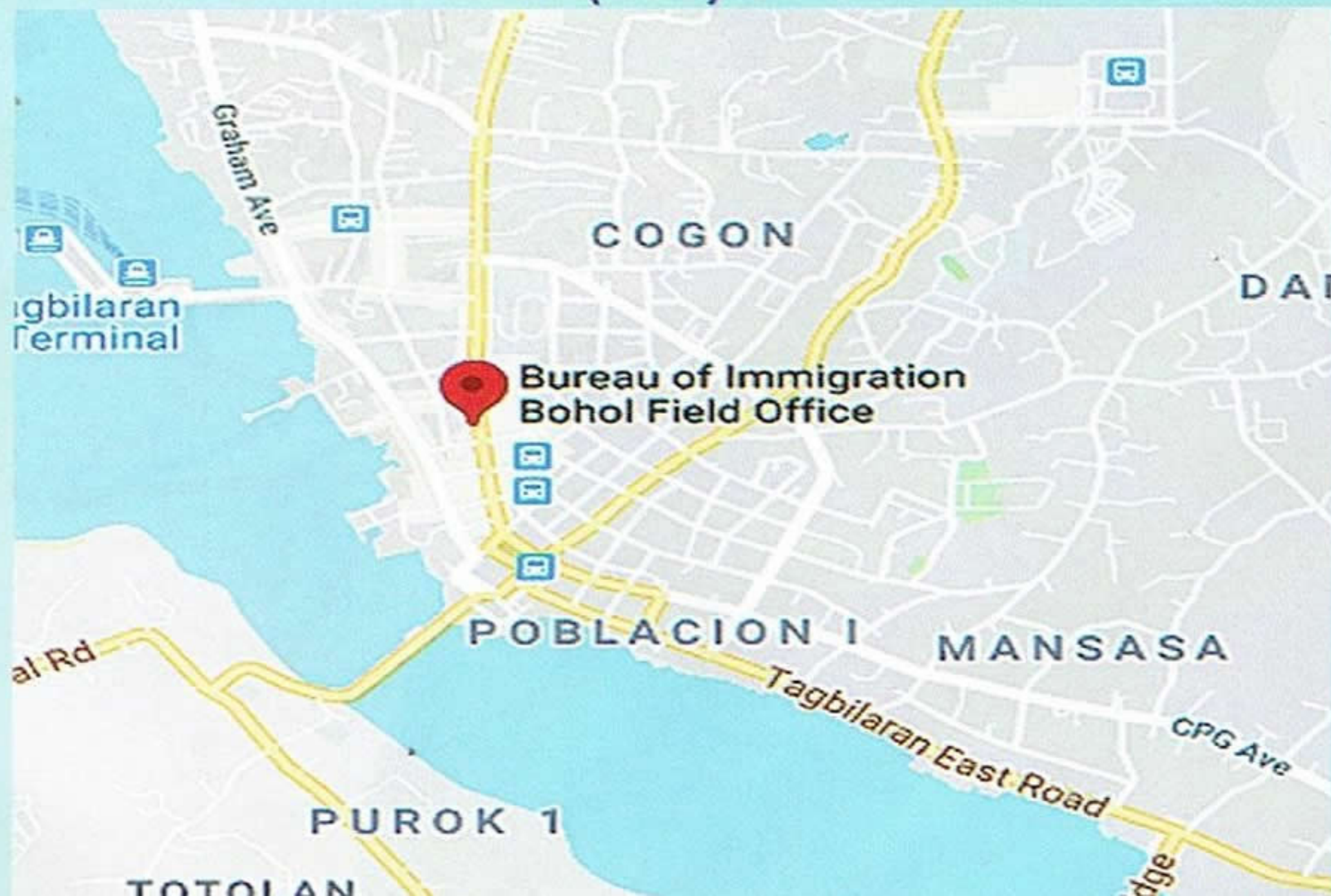
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WORD SEARCH

Find and circle or highlight the words from the list below. The hidden words can go horizontally, vertically, or diagonally—and they can go forward or backward.

Star Trek

L	E	R	C	T	N	A	C	E	L	L	E	S	K
A	G	H	S	W	J	B	O	R	G	P	T	E	I
Y	S	C	O	T	T	Y	M	E	R	D	A	L	R
P	R	N	I	A	T	P	A	C	N	R	A	O	K
P	O	O	E	L	T	T	U	H	S	O	R	H	B
S	D	L	R	P	A	R	U	H	U	M	E	M	F
O	D	O	A	E	A	A	R	P	L	U	G	R	E
O	E	H	S	E	R	K	R	I	U	L	A	O	R
B	N	M	T	C	S	L	S	C	S	A	Y	W	E
A	B	E	H	J	P	I	T	A	B	N	O	A	N
J	E	E	S	E	O	N	L	R	T	N	V	R	G
O	R	G	T	R	C	G	N	D	K	H	K	H	I
R	R	B	E	R	K	O	T	O	P	R	O	D	D
H	Y	R	G	O	P	N	S	I	S	K	O	R	K

BORG
ARCHER
RODDENBERRY
FERengi
SULU
WORMHOLE
KLINGON
PICARD
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One of the oldest therapies is the classic massage. Here, the masseur or physiotherapist feels the body parts to be treated and treats them with different grip techniques. You can experience here, for example, how the gripping techniques kneading, friction, knocking or stretching are applied. These massages have been used since ancient times and until today they are popular with medical problems.

Among other things, the massage can help you with back pain, sore muscles, rehabilitation after injuries or migraine. The modes of action are on the one hand the mechanical effect, which takes place by pressure and train. If you have adhesions in the tissue, this can be solved by the massage. The neurophysiological effect is also important as the tension of your tissue and the elasticity are improved again. You should not underestimate the psychic effect of the massage either, since you receive human attention here and can benefit psychologically here. After a lot of work and stress in your life, massages are simply enjoyable and help you to rebuild your psychic life. Do you feel exhausted, then the massage can leave a feeling, as if you are like "born again". That's your mental relief.

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最古老的療法之一是經典按摩。在這裡，按摩師或物理治療師感覺到要治療的身體部位用不同的握技術對待們。例如，可以體驗如何應用夾緊技術捏，摩擦，敲擊或拉伸。這些按摩自古以來就被使用，直到今天們仍然受到醫學問題的歡迎。

除此之外，按摩可以助背部疼痛，肌肉酸痛，受傷後康復或偏頭痛。作用方式一方面是通過壓力和火車發生的機械效應。如果的組織有粘連，可以通過按摩來解決。神經生理學效應也重要，因組織的張力和彈性再次得到改善。不應該低估按摩的心理效果，因們在這裡受到人的關注，且在這裡可以從心理上受益。經過大量的工作和生活中的壓力，按摩簡單，可以助重建精神生活。是否感到疲憊，然後按摩可以留下一種感覺，好像像“重生”一樣。這是的精神上的寬慰。

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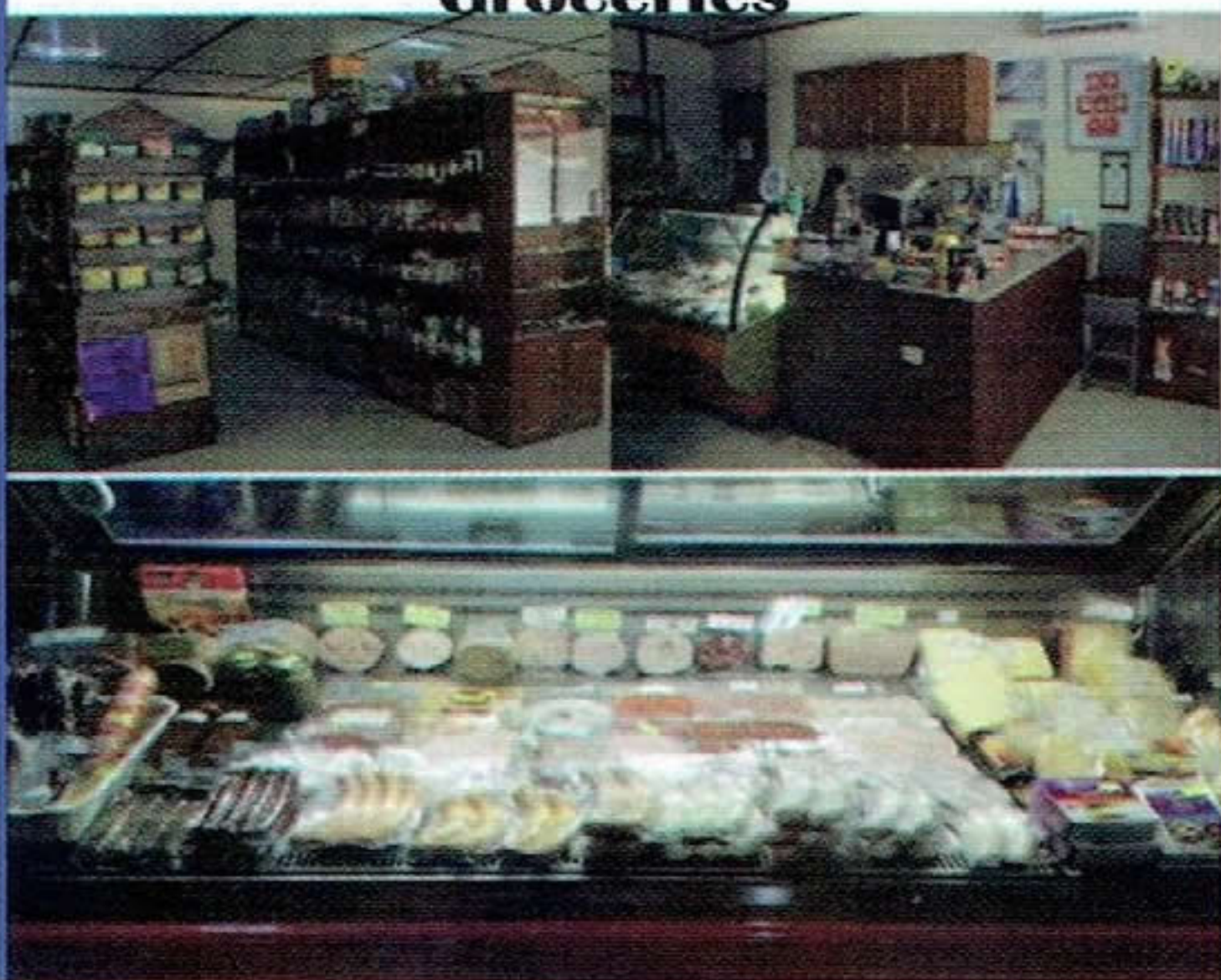
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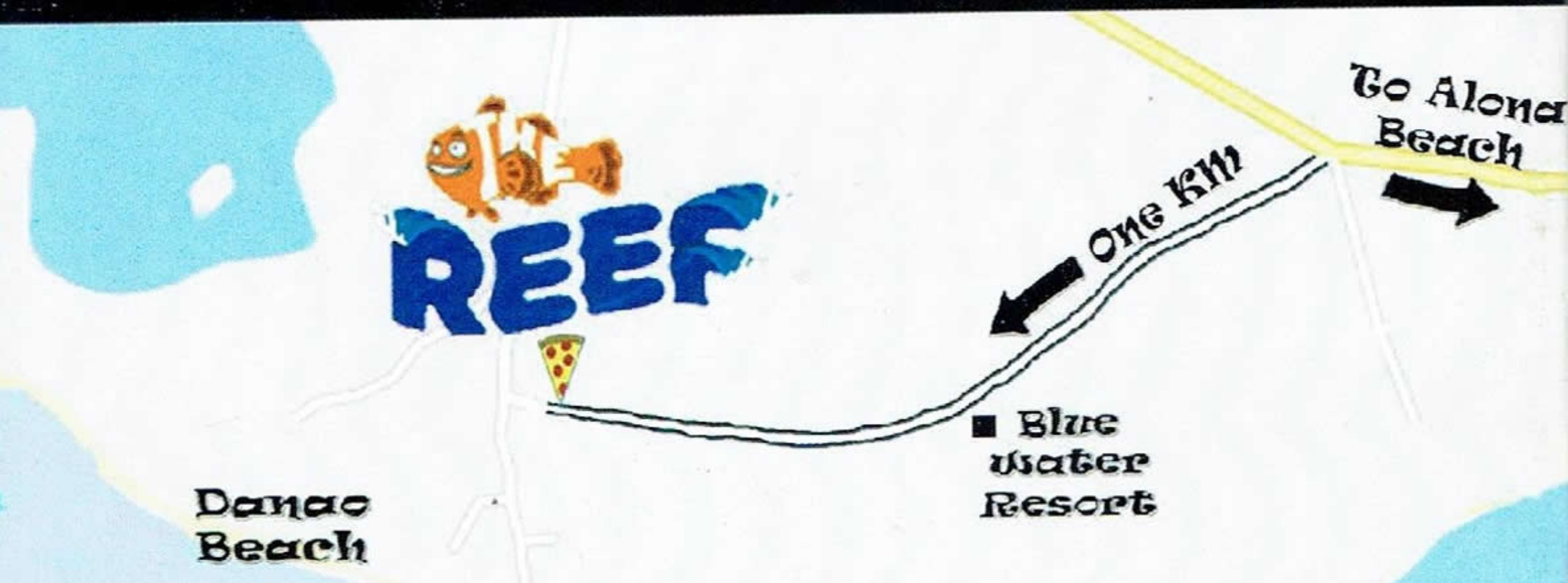


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