



2022 LPU
BATANGAS
INTER-HIGH SCHOOL
ACADEMIC,
SKILLS AND
CULTURAL
COMPETITION



March 1, 2022

The Principal

Dear Sir / Madam,

Greetings!

In line with the vision and mission of the Lyceum of the Philippines University Batangas, we are always committed to opening avenues for the students to closely associate with the students from other schools through interaction and friendly competition while showcasing their critical thinking, passion, and creativity may it be in academics, skills, or cultural.

In pursuit of this commitment, it is with immense pleasure that LPU-Batangas invites your school and students to participate in the **2022 LPU Batangas Inter-High School Academic, Skills, and Cultural Competitions (virtual via zoom)** on **March 26, 2022, Saturday**.

Enclosed herewith are the guidelines and mechanics along with other relevant details of the competition. The said event has thirteen (13) categories to compete upon which are as follows:

ACADEMICS:

1. Essay Writing Contest – **LIVE Contest via zoom**
2. Extemporaneous Speech Contest – **LIVE Contest via zoom**
3. Declamation Contest – **Recorded Entry**

SKILLS:

4. Poster Making Contest – **LIVE Contest via zoom**
5. Spoken Poetry Contest – **Recorded Entry**
6. Video Making Contest – **Recorded Entry**
7. Fruit & Vegetable Carving Competition – **LIVE Contest via zoom**
8. Virtual Tour Guiding Competition – **LIVE Contest via zoom**
9. Talking Bartending Competition – **Recorded Entry**
10. In-Flight Safety Demonstration Cabin Crew Showmanship – **LIVE Contest via zoom**
11. Food Vlogging Competition - **Recorded Entry**

CULTURAL:

12. Vocal Solo Competition – **Recorded Entry**
13. Contemporary Dance Contest – **Recorded Entry**

Winners for the Essay Writing Contest will receive these prizes:

First Placer	P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer	P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer	P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Extemporaneous Speaking Contest will receive these prizes:

First Placer	P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer	P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer	P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Declamation Contest will receive these prizes:

First Placer	P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer	P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer	P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Poster Making Contest will receive these prizes:

First Placer	P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer	P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer	P2, 000 (cash), bronze medal, tarpaulin, certificate



Winners for the Contemporary Dance Contest will receive these prizes

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Vocal Solo Competition will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Fruit and Vegetable Carving Competition will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Spoken Poetry Contest will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Video Making Contest will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Virtual Tour Guiding Competition will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Talking Bartending will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the Food Vlogging Competition will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Winners for the In-Flight Safety Demonstration Cabin Crew Showmanship will receive these prizes:

First Placer P5, 000 (cash), gold medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), silver medal, tarpaulin, certificate
Third Placer P2, 000 (cash), bronze medal, tarpaulin, certificate

Overall Top Performing Schools will also receive the following prizes:

Top 1 Overall Top Performing School: **Php25, 000.00** (cash) and the most coveted IHSC

OVERALL CHAMPION Trophy

Top 2 Overall Top Performing School: **Php15, 000.00** (cash)

Top 3 Overall Top Performing School: **Php10, 000.00** (cash)



LPU
DECLARATION OF THE PHILIPPINE UNIVERSITY
BATANGAS



2022 LPU-Batangas Inter-High School Academic, Skills and Cultural Competitions

We are looking forward to having your school as one of our participants in this momentous event.

Thank you very much! God bless!

Sincerely,

Mr. Dickson P. Caringal, MBA

Overall Chairman, 2022 LPU Batangas Inter-High School Academic, Skills, and Cultural Competitions
Marketing and Communications Supervisor, LPU Batangas

Noted by:

Dr. Maribeth G. Buenviaje

Executive Director, SLIA LPU Batangas

GENERAL GUIDELINES

1. This year's general theme is **"Learn Different. Live Different: Thriving in a Digital World."** However, the specific theme for some individual categories shall be given on the spot during the contest proper.
2. The contest will be done **virtually via the zoom platform**. Make sure to download and install the updated version of the application on your gadgets.
3. **Deadline for the CONFIRMATION OF SCHOOL'S PARTICIPATION is on March 14, 2022 (Monday), 5:00 pm.** Kindly submit your confirmation via email to lpubslia@lpubatangas.edu.ph with the subject: **IHSC 2022 CONFIRMATION _ SCHOOL NAME.**
4. All Live contests *i.e.*, Essay Writing, Extemporaneous Speaking, Poster Making, Fruit and Vegetable Carving, Virtual Tour Guiding, and In-Flight Safety Demonstration Cabin Crew Showmanship will be done **virtually via zoom breakout rooms**. Official meeting links and other pertinent details will be sent after we receive your official confirmation of participation.
5. All Recorded entries *i.e.*, Declamation, Vocal Solo, Contemporary Dance, Video Making, Spoken Poetry, Talking Bartending, and Food Vlogging will be streamed on **March 26, 2022**, via Facebook Live using an official private Facebook Group intended for this event. The link to this FB private Group will be sent to your email after we receive your official confirmation of participation for you to join and watch.
6. The competition is open to all bona fide **Grades 9-12 students (unless specified)** of private and public high schools in Batangas Province, Occidental, and Oriental Mindoro.
7. Each school shall send only **one (1) contestant** for each category.
8. A contestant may join a **maximum** of two (2) contests, provided that the said contests are not simultaneous.
9. The contestants, both in Live contests and recorded contests, shall be in **CASUAL ATTIRE** (unless specified) to avoid school identification. No School ID shall be worn.
10. Zoom meeting will open and start to accept participants one (1) hour before the program proper. The **opening program is from 8:00 am to 8:30 am.**
11. Each contestant and his/her coach for each category **MUST** only use one (1) zoom account upon entering zoom following this format: **Contestant Name _ Contest _ Name of School**
12. Contestants will be advised to enter their respective zoom breakout rooms right after the opening program. Registration at the zoom breakout room begins at 8:30 am.
13. **LIVE Contests** are from 9:00 am to 12:00 noon on **March 26, 2022 (Saturday)**. There may be changes without prior notice.
14. All recorded entries must be playable in all kinds of media players. Please refer to the guidelines of each contest for the video requirements.
15. All recorded entries, *i.e.*; Declamation, Vocal Solo, Contemporary Dance, Video Making, Spoken Poetry, Talking Bartending, and Food Vlog must be uploaded to Google Drive in this



filename format: **Contestant Name _ Contest _ School Name** and the link must be sent to lpubinterhigh2022@gmail.com on or before **March 22, 2022, Tuesday, 5:00 pm**. Kindly use **IHSC2022 Recorded Entries of (School Name)** as the subject of the email. Kindly indicate as well in the body of the email the names of the contestants and their respective contests.

16. A virtual orientation for the following competitions: Fruit and Vegetable Carving, Talking Bartending, Food Vlogging, Virtual Tour Guiding, and In-Flight Safety Demonstration Cabin Crew Showmanship shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
17. The points, to determine the Overall Top Performing schools, for all the categories shall be: 7pts - 1st place, 5pts - 2nd place, 3pts - 3rd place, 1pt – participation, will be tallied. The top 3 schools to incur the highest scores will be proclaimed **1st, 2nd, and 3rd OVERALL TOP PERFORMING SCHOOLS**, respectively
18. Previous champions (1st Placer) of the individual categories shall not be allowed to join the same category; runners-up are permitted.
19. The decision of the judges/arbiters is final and irrevocable.
20. Decisions about technical concerns of both parties during the LIVE contest proper shall be decided by the organizing committee.
21. All prizes shall be delivered and or be shipped to the schools of the respective winners on a scheduled basis.
22. For inquiries, you may reach us through these numbers:
Landline: (043) 723-7370 / (043) 723-0706 loc. 105-106
Mobile: 0995 266 8471

For your information and guidance. Thank you very much.

CONFIRMATION SHEET

Name of School _____

Address _____

Contact No./s _____

Contact Person _____

Contact No./s (Landline and Mobile) _____

Email _____

Note: Please write the names in print

CONTEST	JOINING OR NOT JOINING	NAME OF CONTESTANT
1. Essay Writing Contest		
2. Extemporaneous Speaking Contest		
3. Declamation Contest		
4. Spoken Poetry Contest		
5. Poster Making Contest		
6. Fruit & Vegetable Carving Competition		
7. Vocal Solo Competition		
8. Contemporary Dance Contest		
9. Video Making Contest		
10. Virtual Tour Guiding Competition		
11. Talking Bartending Competition		
12. Food Vlogging Competition		
13. In-Flight Safety Demonstration Cabin Crew Showmanship		

This is to certify that the above-mentioned name/s is /are bona fide student/s of our school.

Signature over printed name
Designation/ Date

ESSAY WRITING CONTEST

GUIDELINES

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. Essay Writing Contest will be done **LIVE via zoom**.
5. The contest organizers shall meet contestants via the ZOOM breakout room. Contestants must be in front of a computer/laptop with their Microphone and Video **ON** for the duration of the contest.
6. The topic shall be given **on-the-spot** during the ZOOM meeting.
7. The contestant shall be given an hour to compose/type the essay in English and MS Word Format.

Font style: ARIAL

FONT Size: 12

Spacing: 1.5

Number of Words: 500 to 800

8. The organizer shall signify when the time is up. Your essay shall be sent to the email address **to be specified by the organizer during the zoom meeting**.
9. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
10. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 pm. via Zoom**.
11. The decision of the judges is final and irrevocable.

The following shall be the criteria for judging:

Originality and Style	30%
Content and relevance to the theme	40%
Mechanics (Grammar, Spelling, Punctuation, Capitalization and Organization of Thoughts)	30%
TOTAL	100%

Note: Please refer also to the General Guidelines.



EXTEMPORANEOUS SPEAKING CONTEST

GUIDELINES

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Oriental and Occidental Mindoro.
2. Only **one (1) contestant per school** is allowed.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. Extemporaneous Speaking Contest will be done **LIVE** via zoom breakout room.
5. Contestants must be in front of a computer/laptop with Microphone and Video Camera for the duration of the contest.
6. The topic shall be given **on the spot by the judges** (topic/picture to discuss shall be flashed on the screen)
7. The contestant shall be given 2 minutes to prepare and 3-5 minutes to deliver.
8. Speeches shall be delivered in English.
9. The style of the delivery shall be conversational, oratorical, or a combination of both.
10. The contestant should come in business attire.
11. The top 3 contestants who incurred the highest scores shall be proclaimed 1st, 2nd, and 3rd respectively.
12. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 pm via Zoom.**

The participants shall be judged according to the following criteria:

CONTENT (The discussion has substance and meaning.)	40%
PRESENTATION (There is a smooth flow and organization of ideas.)	30%
DELIVERY (The speaker manifests proper enumeration, pronunciation, juncture, stress, and phrasing.)	20%
STAGE PRESENTATION (The speaker exudes confidence, authority, and enthusiasm that entice the audience.)	10%
TOTAL	100%

Note: Please refer also to the General Guidelines.

DECLAMATION CONTEST

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Each school is only allowed to send one (1) participant.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The contest piece will be provided by the Organizer (please see attachment).
5. The delivery must be pre-recorded and that should be in HD format taken from any device such as mobile phone, SLR camera, and other platforms such as Zoom and Microsoft Teams (MT), saved in either MPEG, MP4, MOV, or AVI formats. Editing of video is not acceptable and any alteration on filters will not be accepted. Direct recording of the presentation is prescribed.
6. The video performance must be shot and viewed in a *“long way”* or landscape mode.
7. The piece must be delivered in a minimum of 3 minutes and a maximum of 5 minutes.
8. The contest piece must be **memorized** and **delivered in clear and expressive speech**. Contestants are **not** allowed to read any part of the speech from papers, notes, or cards.
9. **NO** props, visual effects, or background music are allowed to enhance the performance. Make-up and costume, however, are encouraged.
10. All video entries shall be considered FINAL once submitted and cannot be modified or altered prior to the selection and announcement of winners.
11. Upload your entries to Google Drive with the following filename: Name of contestant _ Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
12. **Deadline for the submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
13. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
14. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom**.
15. The Board of Judges reserves the right not to award prizes if they deem the contestants do not meet the competition standards. The decision of the Board of Judges in all aspects of the competition shall be final.

The contestants will be judged using the following criteria:

A. Verbal Clarity (<i>Voice strength and projection, enunciation, and pronunciation of words</i>)	35%
B. Presentation/Speaking Style (<i>Audience contact, ability to keep the audience engaged, facial expression, gesture, and movement</i>)	30%
C. Mastery of the Piece (<i>Memorization (evaluated by pauses)</i>)	20%
D. Stage Presence (<i>Contestant's stage presence</i>)	15%
TOTAL	100%

Note: Please refer also to the General Guidelines



DECLAMATION PIECE

We are all in this Together: Human Rights and COVID-19 Response and Recovery

The COVID-19 pandemic is a public health emergency — but it is far more.

It is an economic crisis. A social crisis. And a human crisis that is fast becoming a human rights crisis.

In February, I launched a Call to Action to put human dignity and the promise of the Universal Declaration of Human Rights at the core of our work.

As I said then, human rights cannot be an afterthought in times of crisis — and we now face the biggest international crisis in generations.

Today, I am releasing a report highlighting how human rights can and must guide COVID-19 response and recovery.

The message is clear: People — and their rights — must be front and center.

A human rights lens puts everyone in the picture and ensures that no one is left behind.

Human rights responses can help beat the pandemic, putting a focus on the imperative of healthcare for everyone.

But they also serve as an essential warning system — highlighting who is suffering most, why, and what can be done about it.

We have seen how the virus does not discriminate, but its impacts do — exposing deep weaknesses in the delivery of public services and structural inequalities that impede access to them. We must make sure they are properly addressed in the response.

We see the disproportionate effects on certain communities, the rise of hate speech, the targeting of vulnerable groups, and the risks of heavy-handed security responses undermining the health response.

Against the background of rising ethno-nationalism, populism, authoritarianism and a pushback against human rights in some countries, the crisis can provide a pretext to adopt repressive measures for purposes unrelated to the pandemic.

This is unacceptable.

The best response is one that responds proportionately to immediate threats while protecting human rights and the rule of law.

More than ever, governments must be transparent, responsive and accountable. Civic space and press freedom are critical. Civil society organizations and the private sector have essential roles to play.

And in all we do, let's never forget: The threat is the virus, not people.

We must ensure that any emergency measures — including states of emergency — are legal, proportionate, necessary and non-discriminatory, have a specific focus and duration, and take the least intrusive approach possible to protect public health.

The best response is one that responds proportionately to immediate threats while protecting human rights and the rule of law.



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2022 LPU-Batangas Inter-High School Academic, Skills and Cultural Competitions

Looking ahead, we need to build back better. The Sustainable Development Goals — which are underpinned by human rights — provide the framework for more inclusive and sustainable economies and societies.

Strengthening economic and social rights bolsters resilience for the long haul.

The recovery must also respect the rights of future generations, enhancing climate action aiming at carbon neutrality by 2050 and protecting biodiversity.

We are all in this together.

The virus threatens everyone. Human rights uplift everyone.

By respecting human rights in this time of crisis, we will build more effective and inclusive solutions for the emergency of today and the recovery for tomorrow.

**Delivered by António Guterres, 23 April 2020*

António Guterres is the ninth Secretary-General of the United Nations, who took office on 1st January 2017.

Source:

<https://www.un.org/en/un-coronavirus-communications-team/we-are-all-together-human-rights-and-covid-19-response-and?fbclid=IwAR16iNDmkYP0XuFGnjed-ap2PPLjAzm5xPVK7AY85xVIbTUs2IKNrE-RKjs>

VIDEO MAKING CONTEST

GUIDELINES

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant per school** shall be allowed.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The entry must be a 2 to 5-minute short story, documentary, audio-visual presentation, infomercial campaign, or a combination thereof revolving on the theme: **“Learn Different, Live Different: Thriving in a Digital World.”**
5. Participants can use any video editing software, and video recording devices (smartphone/video recorder).
6. Video size should be 1920 x 1080 in MPEG, MP4, MOV, or AVI formats.
7. All entries shall begin with a 5-second full screen “title screen” with the following information:
 - Title
 - School name
 - City
 - Total running time (Excluding the 5-second title screen)
8. Professional assistance is not allowed.
9. Alteration of logos is not allowed.
10. Videos must not contain inappropriate, obscene, and profane words, gestures, photographs, videos, and musical scoring.
11. Entries must be original, and unpublished. It should also not contain copyrighted songs and musical scoring. For short video clips, the source must be cited and credited.
12. By participating in the Video-Making Contest, participants acknowledge and pledge that their video entry is an original work created solely by the entrant and that it does not infringe on the copyrights, trademarks, moral rights, rights of privacy or publicity, or intellectual property rights of any person or entity, and that no other party has any right, title, claim or interest in the photograph, video, or musical scoring.
13. Upload your entries to Google Drive with the following filename: Contestant Name _ Contest _ Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
14. **Deadline for the submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
15. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
16. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
17. The decision of the judges is final and irrevocable.



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Criteria for Judging:

Relevance to the Theme:	30%
Creativity:	30%
Content and Storyline:	20%
Execution:	20%
TOTAL:	100%

Note: Please refer also to the General Guidelines.

CONTEMPORARY DANCE CONTEST

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Each school is only allowed to send one (1) participant.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The performance should depict the theme, **“Learn Different. Live Different: Thriving in a Digital World.”** The participant **is only allowed to use a SINGLE PROP** of choice in the entire performance.
5. The contestants are **free** to choose their own music.
6. Performance must be at least two (2) minutes and a maximum of four (4) minutes.
7. The dance can be a combination of elements of the contemporary dance genre including modern, jazz, lyrical, and classical ballet.
8. The dance must be **clearly recorded** in a **landscape / horizontal** format. It must be a one-take video and must not be edited. Video must also be in MPEG, MP4, MOV, or AVI formats.
9. Performance stunt/exhibition is allowed, provided that it is safe and in accordance with the dance concept.
10. Each participant shall wear an appropriate costume.
11. Upload your entries to Google Drive with the following filename:
Name of contestant _Contestant Name _Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
12. **Deadline for the submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
13. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
14. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
15. The decision of the judges is final and irrevocable.

CRITERIA FOR JUDGING:

Performance <i>(Staging, Spacing Formations, Execution Showmanship, Projection Stabilization and Variety of Routines, Entertainment Value)</i>	40%
Choreography & Originality <i>(Dance Arrangements & Concept, Incorporating Unique and Original/Creative Moves)</i>	30%
Theme & Music <i>(Musicality, Beat, Techniques, Timing, Synchronization, Moves Related to the Music)</i>	25%
Costume	5%
TOTAL	100%

Note: Please refer also to the General Guidelines

FRUIT & VEGETABLE CARVING COMPETITION

RULES & GUIDELINES

Objective: To showcase the carving skills of the students as they present carved fruit and vegetable that will showcase creativity and illustrate the theme using a variety of fruits and vegetables.

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. Fruit & Vegetable Carving Competition will be done **LIVE** via zoom breakout room.
5. Contestants must be in front of a computer/laptop with their Microphone and Video Camera **ON** for the duration of the contest.
6. Each contestant is given two (2) hours to carve, present, and display their finished product following the theme **"Festival of Flowers."**
7. Going beyond the allotted time shall mean a penalty of one (1) point per minute to be deducted from the total score.
8. Each contestant must provide his/her own working tools, fruits, and vegetables to be used in the competition. No power tools are allowed. No Food Color.
9. No pre-slicing, carving, or preparation of vegetables before the competition. No marks or drawings must be visible on the fruit and vegetables. Judges and organizers will check the materials before the start of the competition. Any materials with marks and drawings must be taken out.
10. All utensils and other paraphernalia should not bear any logo or identification marks of the schools being represented.
11. Accessories such as barbeque sticks, and toothpicks are the only items allowed to be used. Usage of accessories not included in the list shall mean a penalty of one (1) point to be deducted from the total score.
12. Contestants can use props, linens to enhance the total presentation of the entries, however, this will not be included in the judging.
13. A virtual orientation shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
14. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
15. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
16. The decision of the judges is final and irrevocable.

Criteria for Judging:

Degree of Difficulty	30 points
Artistic Achievement	20 points
Work Involved and Work Details	25 points
Originality	25 points
TOTAL	100 POINTS

Note: Please refer also to the General Guidelines.

TALKING BARTENDING COMPETITION

RULES & GUIDELINES

Objective: To showcase students' creativity and originality in mocktail preparation that should be able to tell a story behind the concoction following the theme.

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. The participant must submit a 5-minute video of her/his special concoction (**mocktail**) while telling a story behind the entry. (Voice over is not allowed) Video editing is allowed.
4. The theme for this category is "**Philippine Celebrations.**"
5. Background music is a must. Due recognition from the site and source of music used must be included in the last part of the video presentation.
6. The video must be **clearly recorded** in a **landscape / horizontal** format. Video must be in MPEG, MP4, MOV, or AVI formats.
7. The number of ingredients should not exceed more than 6 (ice and garnishes are excluded). All garnishes must be edible.
8. The participant must be in a vest and tie, white long-sleeve polo, black slacks for males, and skirt or black slacks for females (no logo of the school).
9. The background should be in a laboratory or a presentable makeshift bar.
10. In case a participant exceeds the allotted time for the AVP, 1 point will be deducted for every 10 seconds of extension.
11. A virtual orientation shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
12. Upload your entries to Google Drive with the following filename:
Name of contestant _Contestant Name _Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
13. **Deadline for the submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
14. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
15. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
16. The decision of the judges is final and irrevocable.

For reference, you may watch a sample video using this link: <https://fb.watch/bkbcfjvDmT/>

Criteria for Judging:

Knowledge and Communication Skills <i>Convincing power, recipe knowledge, and comprehensive delivery; tone and voice quality.</i>	40 points
Neatness and Presentation <i>Prep area, mise en place; correct use of glass, bar accessories, appropriateness of garnish</i>	30 points
Technical Skills <i>Proper techniques, methods, use of tools and equipment</i>	20 points
Originality <i>Use of local ingredients based on the theme</i>	10 points
TOTAL	100 POINTS

Note: Please refer also to the General Guidelines.

VIRTUAL TOUR GUIDING COMPETITION

RULES & GUIDELINES

Objective: The presentation aims to showcase students' skills in tour guiding and knowledge about Intramuros' famous attraction.

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. The LIVE Demonstration shall be done **LIVE** via zoom breakout room.
4. The theme for this category is **"Travel Back in Time"** with **Intramuros** as the main subject of the competition.
5. The participant must research the following prominent Intramuros tourist attractions.
 - San Agustin Church, Manila
 - Fort Santiago
 - Manila Cathedral
 - Plaza de Roma
 - San Agustin Church
 - Casa Manila
 - Puerta Real Gardens
 - NCCA Gallery
 - Baluarte de San Diego
 - Philippine Presidents' Murals
 - Cuartel de Sta. Lucia
 - Ayuntamiento de Manila
 - Intramuros and Rizal Bagumbayan Light and Sound Museum
 - Fr. George J. Willman, SJ Museum
 - Bahay Tsinoy
 - Palacio del Gobernador
 - Plazuela de Santa Isabel
6. Three (3) photos, from the list provided, shall be displayed on the screen, and the participant must be able to describe them to the tourists (judges).
7. Each participant shall be given a minimum of (3) minutes and a maximum of (5) minutes for his/her presentation including his/her introduction and closing spiels.
8. If the participant exceeds the time allotted for the presentation, one (1) point will be deducted for every minute exceeded.
9. The participant must be dressed appropriately as a tour guide and must have all the relevant props for his/her presentation. Nothing about the costume should reveal the name and logo of the school being represented.
10. The presentation must be delivered in English. However, greetings and/or closing spiels may include different dialects or native words or phrases.
11. A virtual background that adheres to the contest theme may be used by the participant.
12. A virtual orientation shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
13. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
14. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
15. The decision of the judges is final and irrevocable.

For reference, you may watch sample videos using these links:

https://drive.google.com/file/d/1phDnjXZ_-X5calzbaMtOCKUmelihCYfd/view

https://drive.google.com/file/d/1phDnjXZ_-X5calzbaMtOCKUmelihCYfd/view



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BATANGAS



2022 LPU-Batangas Inter-High School
Academic, Skills and Cultural
Competitions

Criteria for Judging:

Content/Tour Commentary

50 points

*Knowledge of the destination/attraction and authenticity
of information provided*

Communication Skills

40 points

*Tone and quality of voice; overall projection and language
nuances.*

Appropriateness of Attire, Confidence, Virtual Presence

10 points

TOTAL

100 POINTS

Note: Please refer also to the General Guidelines.

IN-FLIGHT SAFETY DEMONSTRATION CABIN CREW SHOWMANSHIP

RULES & GUIDELINES

Objective: To present world-class in-flight safety through Safety Demonstration. CoViD-19 Health and Safety Protocols, and new guidelines being implemented, must likewise be highlighted.

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. The theme for this category is **"Virtual In-flight Safety Demonstration"**.
4. The participant must create a fictitious airline brand and should create own airline standard. Use of an existing airline name is not allowed.
5. In-flight demonstration instruction (spiels) shall be provided by the organizer. The participant must pre-record it.
6. The recorded spiel shall be played during the competition as the participant executes the **LIVE** Demonstration.
7. All equipment must be provided by the participant.

In-flight demo kit

- Seatbelt
- Oxygen Mask
- Life vest
- Safety card

Note: Improvised equipment is acceptable.

8. The participant must be in any professional flight attendant uniform. Use of an existing airlines' official uniform is not allowed.
9. NO establishment logo or any identifying marks or brands of any product are allowed on costumes and props.
10. A virtual orientation shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
11. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
12. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
13. The decision of the judges is final and irrevocable.

For reference, you may watch sample airline safety videos using these links:

[New In-flight Safety Video | Singapore Airlines - YouTube](#)
[Philippine Airlines' Heart of the Nation Inflight Safety Video - YouTube](#)
[American Airlines Updated Safety Video - YouTube](#)
[Virgin America Safety Video #VXsafetydance - YouTube](#)
[Philippine Airlines New Safety Video - YouTube](#)
[TED Safety Video - YouTube](#)

Criteria for Judging:

Execution of Emergency Procedure (<i>Synchronization and Confidence</i>)	50 points
Delivery and Communication Skills	30 points
Demeanor (Appearance & Grooming)	20 points
TOTAL	100 POINTS

Note: Please refer also to the **General Guidelines**.

FOOD VLOGGING COMPETITION

RULES & GUIDELINES

Objective: To showcase students' communication skills, creativity, and authenticity in food preparation and promotion.

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental, and Oriental Mindoro.
2. Only **one (1) contestant** per school shall be allowed.
3. The participant must produce and submit a vlog **preparing and presenting a Local/Native dish**.
The vlog should:
 - Showcase pride and happiness
 - Exhibit fun, upbeat and vibrant mood
 - Reflect versatility and positivity
4. The vlog should take note of the following content key points:
 - History/origin of the cuisine
 - Process of Preparation and Cooking
5. The vlog could take any format – straight-to-camera talking, animation, interviews, voice/text-overs, or a series of still images.
6. The vlog should be a minimum of (3) three minutes and a maximum of (5) five minutes only. The video should be in MP4/MPEG/MOV/AVI format.
7. All utensils and other paraphernalia should not bear any logo or identification marks of the schools being represented.
8. A virtual orientation shall be conducted before the conduct of the competition. Details of the said orientation shall be communicated to the participants via the contact details indicated in the confirmation sheet. Failure to attend the said orientation shall mean disqualification of the participant.
9. Upload your entries to Google Drive with the following filename:
Name of contestant _Contestant Name _Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
10. **Deadline for the submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
11. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
12. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
13. The decision of the judges is final and irrevocable.

For reference, you may watch a sample video using this link: <https://youtu.be/BmztvPhhB-Y>

Criteria for Judging:

Concept (innovation, impact)	25 points
Creativity (entertaining, appealing, unique)	20 points
Authenticity (ingredient, preparation, presentation)	40 points
Communication (clear, engaging substance)	15 points
TOTAL	100 points

Note: Please refer also to the General Guidelines.

SPOKEN POETRY CONTEST

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in Batangas Province, Occidental and Oriental Mindoro.
2. Each school is only allowed to send one (1) participant.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The spoken poetry can be delivered in either Filipino, English, or Taglish.
5. The contestant should make a poem discussing this year's theme, **"Learn Different. Live Different: Thriving in a Digital World."**
6. Entries with messages or lines that may be considered vulgar or inappropriate will not be accepted.
7. Each video entry must be an original work of the contestant and must be owned exclusively by the contestant.
8. Video entry must be at least three (3) minutes and maximum of five (5) minutes.
9. The contestant may add background music and video clips in their video entry.
10. All video entries shall be considered FINAL once submitted and cannot be modified or altered prior to the selection and announcement of winners.
11. The video performance must be shot and viewed in a *"long way"* or landscape mode.
12. The video performance must be recorded in a clear and audible vocal rendition, saved in either MPEG, MP4, MOV, or AVI formats.
13. The poem, together with the video entry, must be submitted in either Microsoft word Document or PDF file using the following format: Name of contestant _ School Name
14. Upload your entries to Google Drive with the following filename: Name of contestant _ Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
15. **Deadline of submission of video entries is on or before March 22, 2022, Tuesday, 5:00 pm.**
16. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
17. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom.**
18. The decision of the judges is final and irrevocable.



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2022 LPU-Batangas Inter-High School Academic, Skills and Cultural Competitions

Criteria for Judging:

Content	30%
Originality	30%
Voice Quality	20%
Cinematography	10%
Overall Appeal	10%
TOTAL	100%

Note: Please also refer to the General Guidelines.

VOCAL SOLO COMPETITION

GUIDELINES

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental and Oriental Mindoro.
2. Only **one (1) contestant per school** is allowed.
3. The following are disqualified to join the competition:
 - a. Regional or national winners of similar contests
 - b. Professional singers (those paid for their services as singers)
 - c. Previous champion (1st Placer last year) of this category shall not be allowed to join; runners-up are permitted.
4. The contest piece must be an Original Pilipino Music (OPM) either English or Filipino.
5. Numbers shall be assigned based on the order of submission of entries.
6. There shall be two (2) rounds of competition.

Elimination round:

- Contestants shall sing a 1-minute acapella song (OPM) either English or Filipino.
- The 1-minute acapella performance must be sent via email to lpubinterhigh2022@gmail.com together with your school's confirmation of participation on or before **March 14, 2022, Monday, 5:00 pm**.

Note: The performance should be in HD format taken from any device such as mobile phone, SLR camera and other platforms such as Zoom and Microsoft Teams (MT), saved in either MPEG, MP4, MOV, or AVI formats. Editing of video and audio is not acceptable neither any alteration on filters will not be accepted.

- The first ten (10) who shall get the highest scores during the elimination round shall move on to the final round of the competition. The (10) ten finalists will be notified thru email and call on **March 16, 2022**.

Final Round:

- Finalists shall sing an Official Soundtrack (either English or Filipino) of a **local movie** of his/her choice.
- Performances for the Final Round will be given a maximum time limit of five (5) minutes.
- The 10 finalists are strictly required to be in formal attire during his/her performance in the final round.
- The video performance should be in Landscape, HD format taken from any device such as mobile phone, SLR camera and other platforms such as Zoom and Microsoft Teams (MT), saved in either MPEG, MP4, MOV, or AVI formats. Editing of video and audio is not acceptable neither any alteration on filters will not be accepted.

- Upload your entries to Google Drive with the following filename: Name of contestant _ Name of School and kindly send the link to lpubinterhigh2022@gmail.com.
 - **Deadline of submission of video entries of the top 10 finalists is on or before March 22, 2022, Tuesday, 5:00 pm.**
7. There shall be three (3) winners in this competition
 - a. Vocal Solo Competition - Champion
 - b. Vocal Solo Competition - 1st Runner Up
 - c. Vocal Solo Competition - 2nd Runner UP
 8. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 pm, via Zoom.**
 9. The decision of the board of judges in both rounds of competition is final and irrevocable.

CRITERIA FOR JUDGING

Voice (Tonality, Blending and Techniques)	50%
Style and Performance (Rendition qualities, discipline, timing and precision, delivery & interpretation, appropriateness of staging of the song)	40%
Stage Presence	10%
Total	<u>100%</u>

Note: Please also refer to the General Guidelines.

POSTER MAKING CONTEST

GUIDELINES

1. The competition is open to **Grades 9-12 students** of all public and private high schools in Batangas Province, Occidental and Oriental Mindoro.
2. Only **one (1) contestant per school** is allowed.
3. Previous champion (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The theme for this year's competition **shall be given on the spot** which may or may not be related to the general theme.
5. The contestant shall provide his/ her own materials for the contest (**1/8 illustration board, crayons or pastel and/or markers, ONLY**).
6. Poster Making Contest will be done **LIVE** via zoom breakout room.
7. Contestants must be in front of a computer/laptop with Microphone and Video Camera **ON** for the duration of the contest.
8. The contestants shall be given two (2) hours to finish their posters and shall not exceed the time frame.
9. The organizer shall signify when the time is up. Your poster shall be sent to the email address **to be specified by the organizer** during the zoom meeting.
10. Two (2) clear photos must be sent to the specified email address. One (1) clear photo of the poster, and one (1) photo of the participant while holding his/her poster entry.
11. There shall be three (3) winners in this contest: 1st, 2nd, and 3rd.
12. Announcement of winners will be on **March 26, 2022, Saturday, 2:00 p.m. via Zoom**.
13. The decision of the judges is final and irrevocable.

Criteria for Judging:

Relevance to the Theme	30%
Creativity	35%
Medium Expertise (synchronization, balance and proportion, choice of order)	10%
Originality	10%
Visual Impact	<u>15%</u>
Total	100%

Note: Please also refer to the General Guidelines.