



Office of the President of the Philippines

COMMISSION ON FILIPINOS OVERSEAS



"Responding to the Challenges of Migration and Development"

PRESS RELEASE

The **Commission on Filipinos Overseas (CFO)** reiterates its strict adherence to its **No walk-in Policy** for Pre-departure Orientation Seminar (PDOS), Peer Counseling Program (for emigrants 13 to 19 years old), Guidance and Counseling Program (GCP), and Country Familiarization Seminar (CFS). Due to the number of attendees each room can accommodate, attendees to the various seminars is strictly by appointment only.

Filipino emigrants required to attend **PDOS** or **Peer Counseling Program** must reserve and register online through the **Reservation and Registration (R&R) Online System**.

Pre-departure Orientation Seminar (PDOS)/Peer Counseling Program (PCP)

Manila: https://cfo.ph/PDOS_Reservation_Manila/
Cebu: https://cfo.ph/PDOS_Reservation_Cebu/
Clark: https://cfo.ph/PDOS_Reservation_Clark/
Davao: https://cfo.ph/PDOS_Reservation_Davao/

Filipino spouses, fiancé(e)s, and other partners of foreign nationals (or former Filipino citizens), on the other hand, are required to attend the of the CFO in compliance with Department of Foreign Affairs (DFA) Order Nos. 28-94 and 11-97, R.A. 10364 otherwise known as the "*Expanded Anti-Trafficking in Persons*", and R.A. 10906 otherwise known as the "*Anti-Mail Order Spouse*." GCP attendees must, also, set an appointment through the **GCP Online Appointment System (GOAS)** prior to visit to CFO.

Guidance and Counseling Program (GCP)

Manila: <https://cfo.ph/GCP-Manila-Appointment/>
Cebu: <https://cfo.ph/GCP-Cebu-Appointment/>
Davao: <https://cfo.ph/GCP-Davao-Appointment/>
Clark: <https://cfo.ph/GCP-Clark-Appointment/>

Filipino au pairs bound for Europe must reserve and register online through the **Au Pair Reservation and Registration Online System (ARROS)** prior to attendance to CFS at CFO. Au pair must visit this link for this purpose.

Country Familiarization Seminar (CFS)

Manila: https://cfo.ph/ARROS_Manila

Filipinos leaving the country to participate in the **Exchange Visitor Program (EVP)** of the United States are required to register with the CFO, and attend the PDOS for **J1-visa holders** prior to their departure to the United States. J1 visa

holders must the set an appointment and register online, using this link, before going to CFO.

Pre-departure Orientation Seminar (PDOS for J1 visa holders)

Manila: https://cfo.ph/evpreservation/evp_online_login.aspx

After satisfactorily completing the registration requirements, emigrants will be issued an emigrant registration sticker which will be stamped to their passports as proof of registration. While those who satisfactorily complied with the guidance and counseling requirements will be issued a guidance and counseling certificate. Au pair and J1 visa holders will be issued an Au pair and J1 registration stickers, respectively, upon completing the registration requirements and attendance to the seminar at CFO. These documents will be inspected by the authorities of the Philippine Bureau of Immigration as the port of exit as exit clearance.

The following emigrants are exempted from attending the PDOS/Peer, but should still access the Reservation and Registration Online System (R&R) to submit data online and visit the CFO personally or send an authorized representative to obtain the Emigrant Registration Sticker from the Commission:


- Minors aged 12 and below;
- Senior citizens (60 years old and above);
- Those incapacitated due to permanent or long-term ailments; or
- Those with mental health issues or psychologically-challenged; and
- Residents/immigrants/emigrants who have stayed in the destination country for an aggregate of two months who can present proof of stay.

The following clients are not required to set an APPOINTMENT, however, must register through the R&R PDOS or GOAS before visiting the CFO, and must be guided by the schedule of the different seminars:

- Senior Citizen (60 years old and up)
- Persons with Disability (PWDs) with PWD ID or medical certificate
- Visibly pregnant women or pregnant women with medical certificate
- Minors twelve (12) years old and below

Emigrants/clients who come to CFO without an online appointment can use the CFO kiosk, free of charge, to reserve the earliest possible session at their convenience. Emigrants who requests for consideration due to special circumstances (i.e. medical condition, expiring visa/medical) will be subject for review by the management.

For more information about the procedures, requirements and schedules of the seminars at CFO, please visit, <https://cfo.gov.ph/>.



For further inquiries about the programs and services of the commission, please contact:

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