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Why do we need to preserve cultures?  
First is to know our roots, we may say that it is where we came from or our origin as Filipinos, it is what shaped us to be the people we are today. And that we can also express or show our culture to today’s youth since evolution is rapidly growing, some youths can no longer witness these practices.

Second is tourism, when the world notices and acknowledged the beauty of our culture, they find time to visit our country specially the sights where everything began. So promoting our cultures can attract tourists that are interested in our practices and at the same time preserving it.  
  
  
**Stories**Cañao

This dance is a socio-religious ritual where pigs, chickens or carabaos are feasted as thanksgiving for a bountiful harvest, to signal another season of plantation, as part of weddings or to celebrate the birth of a new member of the community.

The Cañao is slowly fading because some Cordillerans are finally embracing Christian faith, though it is still practiced in occasions such as marriage and feasts. The preservation of this culture should benefit the pride of the local Cordillerans and to bring back the practice and the joy of celebration.

Bahag

The Bahag or Loincloth continues to be used by the ethnolinguistic groups in the Cordilleras. It is a hand-loomed long cloth that is wrapped around a man’s middle. The Bahag is not just a cover of the groin and buttocks but it is also a statement of one’s class in the community or the society, the designs on the Bahag would distinguish the rich from the poor. But nowadays in the Cordilleras, anyone can wear the Bahag often with many colors and different designs.

Preservation of this culture for the ethnolinguistic groups or indigenous groups around the Mountain Province can bring out their pride as the people of the Cordilleras.