NEWS November 8, 2026 · HANA ACADEMY

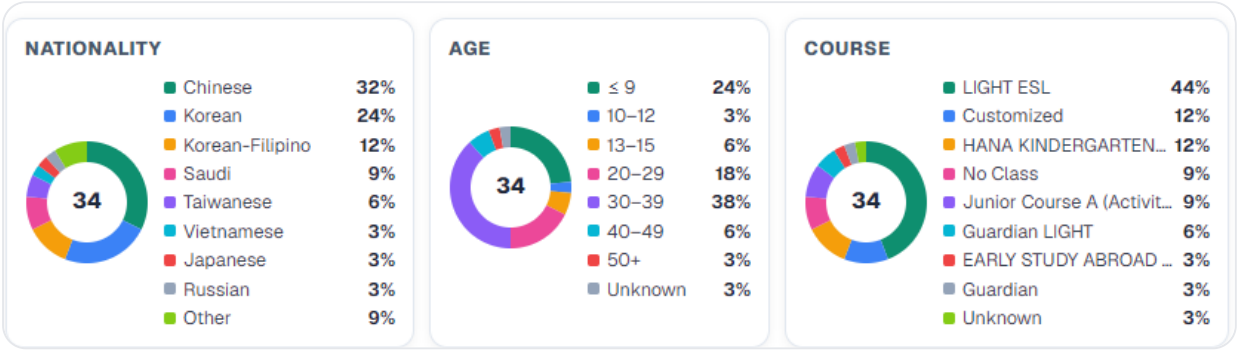
HANA Academy Weekly News — First Week of November 2026 (Nov 2–8)



> The nationality, age and course mix of our 34 students, a recommendation posted on RedNote, the 13 weekday meals, our place of the week Clark Parade Grounds, and this week's Instagram posts from each of our accounts. Issue 3 of HANA Academy Weekly News.

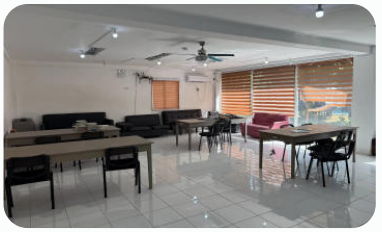
Hello from HANA Academy in Clark. Weekly News issue 3 covers the week from November 2 to 8. Monday, November 2 was All Souls' Day, a public holiday in the Philippines. From this issue on, the weekly news comes out every Friday and looks back on the previous week (Monday to Sunday).

This week's numbers



Nationality, age and course mix of 34 current students (November 2–8, 2026, from the academy management system)





Review of the week — if Sparta-style study sounds too intense

A recommendation that Candy posted on RedNote (Xiaohongshu) in China. She calls HANA a great fit for people who dread high-pressure Sparta-style programs and want to learn English at a relaxed pace, pointing to small classes with plenty of one-to-one lessons, patient teachers who wait when you get stuck, a quiet campus, and good value from the all-inclusive course. She recommends it to beginners who want to practise speaking and to anyone taking a short break from work or study to improve quickly.

Read the full review ↗

This week's menu

The academy cafeteria serves three mostly Korean meals a day on weekdays and brunch on weekends. Monday was a public holiday, so only one brunch (rice, soup and kimchi) was served from 9 to 11 am; Tuesday to Friday had three meals a day, 13 meals in all. Here are the main dishes.

DAY	BREAKFAST	LUNCH	DINNER
Mon (Nov 2)	Brunch (9–11 am): beef and radish soup with rice and kimchi	—	—
Tue (Nov 3)	Hamburger steak with gravy and fried egg	Chicken caldereta (Filipino chicken stew in tomato sauce)	Dakdoritang (spicy braised chicken)
Wed (Nov 4)	French toast and vegetable egg stir-fry	Tangsuyuk (sweet and sour pork)	Pork guisantes (pork with green peas)
Thu (Nov 5)	Fried hotdog and fried egg	Chicken with tartar sauce	Odeng bokkeum (stir-fried fish cake)
Fri (Nov 6)	Fried rice, fried egg and fried smoked ham	Pork barbecue stir-fry	Pork curry

Breakfast comes with soup, vegetables and kimchi; lunch with vegetables, kimchi, fruit and soup; dinner with side dishes and soup.



Mon (Nov 2) · brunch · beef and radish soup



Tue (Nov 3) · breakfast · lunch · dinner



Wed (Nov 4) · breakfast · lunch · dinner

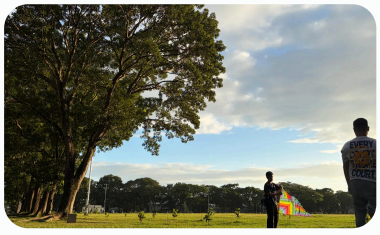


Thu (Nov 5) · breakfast · lunch · dinner



Fri (Nov 6) · breakfast · lunch · dinner

Three meals a day (from left: breakfast, lunch, dinner)







Place of the week — Clark Parade Grounds

KIM DO YEON packed a picnic mat and spent a weekend afternoon here with friends from the academy. Her post shows local families playing badminton and flying kites on the lawn, a nearby café to escape the midday heat, and the fountain show that plays to music around 7 to 8 pm. Her tips: go in the late afternoon when the sun is gentler, and bring a mat, water, sunscreen and mosquito repellent.

Read about Clark Parade Grounds ↗

This week on Instagram

HANA Academy's Instagram is run by our managers for each country, each on their own account. Here are the posts from this week (November 2–8), grouped by account. The Japan account had no post this week, so we have included its post from November 10.

English

@clarkhanaesl



Thu, Nov 5

A short video of our Coco-themed Halloween Fiesta day.

View on Instagram Blog post

KR Korea · Family

@hana_english_clark



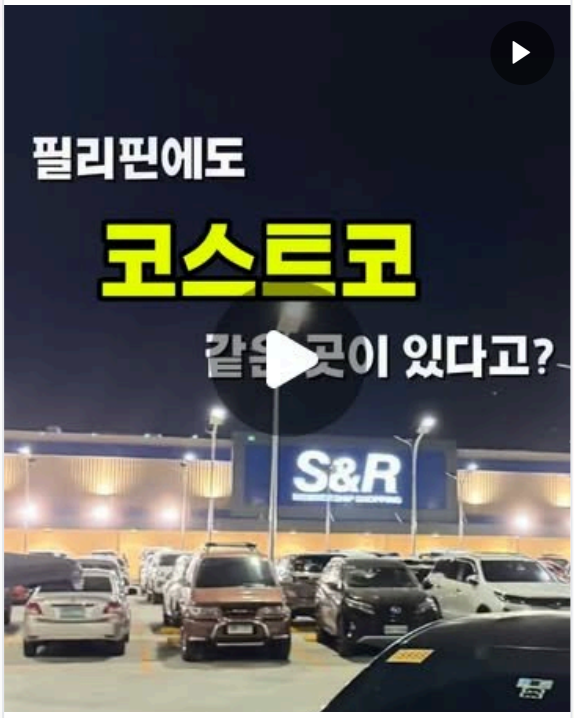
Fri, Nov 6

Scenes from the Halloween party: trick-or-treating, a chopsticks-and-mirror game, a "find the director" treasure hunt, and the costume fashion show and awards.

View on Instagram Blog post

KR Korea · Adults

@clarkhana._.kr



Tue, Nov 3

A Costco-like store in the Philippines? A look at S&R, the membership warehouse store in Clark.

View on Instagram Blog post

JP Japan

@clarkhanajp

Tue, Nov 10

A price check at Pure Gold, a supermarket a five-minute walk from the academy, on products familiar from Japan. Imported goods cost a little more, but with Koreatown nearby there is plenty of choice.

View on Instagram

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An A4 PDF, handy for printing or sharing in a messenger app.

The weekly news comes out every Friday and covers the previous week (Monday to Sunday); every four weeks we also publish a monthly newsletter. Figures are based on the current student list in the academy management system, and the menu may change.

View original (Korean original) ↗