Philippine

orimer

The **Expats'** Guide to the Philippine Lifestyle

Aslan Gulsine



Southeast Asian Restaurant Finds in Manila

Travel

Travel Guide to Hoilo, Gigantes Islands and Guimaras Island Celebrate Dinagyang Festival 2018

www.primer.com.ph

Hokkaido Special!

Revisit the Christian tracks of Hakodate Plus! Visit Noboribetsu, the onsen capital of Japan



Our strength doesn't just work for you. It works with you.

Here at Metrobank, we don't just provide you with everything that makes us one of the strongest banks in Asia. We also help you move your business forward in the best way possible. Like a true partner, we are here to help you analyse and plan your next steps and assist you in the decision-making process. We also have dedicated Japanese Relationship Officers that understand the intricacies of running a Japanese business. They're on hand just for you, ready to help you succeed and make your business grow.







No.1 Curry Brand in Japan

Tasty panese Gurry



https://goo.gl/8du4Tu

House Foods Japanese Curry is available at select major supermarkets:

HARMAN MARKET

- SM Markets
- Robinsons Supermarket
- Rustan's
- Waltermart
- Metro Supermarket
- Landmark
- Pure Gold
- Landers



Panasonic

Lighting the way to a better world.



Panasonic LED

Safety for generations

- Surge Protection
- Wide voltage range
- Fire resistance

Comfort for generations

- Low glare
- Uniform lighting

Long life for generations

- Consistent light output
- Better heat dissipation



January2018









On the cover: Azuthai

[Feature Stories]

4 Cover Story
Asian Restaurants in Manila

18 Special Feature Travel to Amakusa, Japan Gateway to Hokkaido

30 Local Travels Visit Iloilo, Gigantes Islands & Guimaras Island





44 Medical Doctors 101 Medical Professionals in Manila

48 Business Talk

Interview with Leechiu's CEO David Leechiu

54 Maps Guide to local businesses in Makati

Feature of the Issue

Welcome 2018!

COVER – Recently, the number of restaurants from our neighboring countries such as Indonesia, Vietnam, Thailand, and Singapore has been steadily increasing. Now, anyone can easily enjoy Asian authentic Southeast Asian cuisine. From high-end restaurants to cozy street food joints, here are some of the best places to eat Southeast Asian cuisine.

TRAVEL — As the holiday and long-vacation season closes in, an exciting trip to the province of Western Visayas would be a terrific way to spend the time. In this issue, Philippine Primer will take you on an inter-island expedition in this part of Visayas —from exploring the blooming historic streets and food heritage of Iloilo City to living the island life in the little "mango country," Guimaras Island, and then to escaping into the immaculate tropical beauty of the beaches in Gianntes Islands.

SPECIAL FEATURES – Philippine Primer is flying you out once more to Hakodate, Japan. Follow us on our adventure as we discover the religious tracks in Hakodate along with other attractions and spots to visit. Plus! We are visiting Hokkaido's hot spring capital – Noboribetsu, a place rich in natural wonders and interesting attractions!

Check out the places and activities you can do while visiting Hakodate and Noboribertsu in Japan, Here's to a bright and buoyant 2018 to you from Philippine Primer!

56 What's New in the Metro?

Concerts, Festivals, Openings, Sports, and Family Events

Erratum

This is to inform you that there were errors in Philippine Primer Magazine's December 2017 issue.

In the Amakusa Feature, the hotel name on page 21 should be Gosoku-no-Kutsu and not Gosoku-no-Kutsu (Promenade of Poets). The standard rate for a stay is ¥25,000 per person including breakfast and dinner. Villa C's acommodation rate is ¥44,000 per person.



In the Street Feature: Best New Restaurants of 2017, the dishes featured from Marugame Udon are Beef Ontama Bukkake Udon and Kake Udon and not Tonkatsu Ramen and Gyoza. There was also an error in the Tagaylay Travel Guide feature. One of the dishes featured for Il Gallo Nero was Spaghetti Marinara and not Tom Yum Goong and the restaurant address should be #4 Washington Ave., Royale Tagaylay Estates, Alfonso, Cavite not 1640 Maglave Dr., Brgy. Guinhawa South, Tagaytay City.

The publication apologizes to Gosoku-no-Kutsu, Marugame, and II Gallo Nero for these mistakes.

Publishing / Editing / Production

PrimerMedia, Inc. Unit 807, Greenbelt Mansion Building, 106 Perea St., Legaspi Village, Makati City

Tel: 02-836-8381 | Fax: 02-808-2163 E-mail: sales@primer.ph | Url: http://primer.com.ph information@primer.ph

プライマー Grab Philippine Primer's Japanese edition today!

> primer January Vol.22

No part of this magazine may be reproduced in whole or in part without written permission of the publisher.



Azuthai

Located in the MilkyWay building along Arnaiz Ave., Azuthai is from the same group that brought us Cirkulo, Tsukiji and Milky Way. Azuthai was the first restaurant in the Philippines to be awarded with the prestigious Thai Select award. The refined interiors adorned with artifacts from Thailand are perfect for a casual lunch or an important meeting. They have a large selection of home-cooked Thai cuisine, all cooked under the watchful eye of Chef Watee from Bangkok. We recommend the Crispy Pork with Stirfried Kale, a soy sauce-based dish with crispy pork lying on a bed of steamed kale. Another favorite is the Pandan Chicken, small portions of chicken wrapped in a pandan leaves.

- A 1/F Milkyway Bldg., 900 Arnaiz Ave., cor. Paseo de Roxas, Makati City
- O 02-813-0671 / 02-817-6252
- ① 11:30 am to 2:30 pm, 5:30 pm to 10 pm
- **Azuthai**



Just Thai

Just Thai in Alabang would probably be the best place to get your Thai food fix in the South. With their traditional recipes inherited from a chef at a famous restaurant in Bangkok, you're sure to have a great time exploring Thai's beautiful cuisine through the food they serve here.

By using imported ingredients and organic herbs at their vegetable garden, Just Thai's food easily stands out as it offers flavorful dishes to its guests. The exotic flavors of their food, from its classic soup dish up to the much-loved pad thai, make this restaurant a must-visit. If you're a vegetarian, Just Thai also has vegetarian-friendly meals so you can still try your other favorite dishes such as their best-selling salads.

- A Madrigal cor. Zapote-Alabang Rd., Molito Lifestyle Bldg., Alabang, Muntinlupa
- Q 02-403-8718
- () Lunch: 11 am to 3 pm, Dinner: 6 pm to 10 pm
- Just Thai



Bawai's Vietnamese Kitchen

Bawai's Vietnamese Kitchen has this distinct ambiance that makes you feel at home with their delectable home-cooked Vietnamese meals. It has become a favorite family dining destination in the South, and now that it's here in Manila, Asian comfort food has gotten better when it comes to the Metro's dining scene.

Bawai, which translates to "maternal grandmother," is a restaurant which serves authentic Vietnamese favorites made from healthy ingredients. Traditional dishes such as goi cuon (fresh spring roll), pho bo (beef noodle soup), and even the popular iced Vietnamese coffee are offered here for a sumptuous treat.

- G/F Uptown Parade, Bonifacio Global City, Taguig City
- © 0917-152-2924
- (1) 11 am to 10 pm
- II Bawai's Vietnamese Kitchen Uptown



Restoran Garuda

The food at Restoran Garuda is something every expat and local should try: a mix of heat and spice is found in every bite. Their best sellers include their famous Beef Rendang (P435) and Chicken Satey Ayem (P290). The Satey Ayem is tender skewered chicken meat dipped into their savory peanut sauce. For a punch of heat, their Beef Rendang is the way to go, with options of beef sirloin, chicken, boneless chicken, and vegetarian. The tender and flavorful beef is cooked for eight hours in traditional Indonesian spices and simmered in coconut milk with a side of sambal.

- @ G/F Beneficial Life Bldg., 166 Salcedo St., Legazpi Village, Makati City
- Q 02-824-3440
- (1) 11 am to 10 pm
- M Garuda Philippines



Feast on the generous and affordable for-sharing House Specials that are perfect for big groups and families. Delight in the smoky flavors of Kaiyang, the restaurant's most loved BBQ chicken, which brings together the perfect balance of sweet and spicy. Hearty helpings of another favorite, the meaty BBQ Spare Ribs are sure to satisfy big appetites. Completing the house specials are the Chicken Sate and Beef Sate: 7 skewers of meats, each marinated in Thai spices and served with a side of cucumber salad. Dip these in the yummy signature peanut sauce to add a new dimension of deliciousness.

- A The Fort Entertainment Complex, 5th Ave. cor 28th st. Fort Bonifacio, BGC, Taguig City
- © 02-846-0000
- () 11 am to 11 pm
- BBQ Original Restaurant



Explore the best of Southeast Asian cuisine through Banana Leaf!

With 11 branches in the Philippines, Banana Leaf is one of the popular restaurants which serve Asian cuisine favorites. From the Singaporean favorites such as the Hainanese Chicken, Indonesia's best-tasting fried rice, and Pad Thai of Thailand, to the Philippines' very own stir-fried kangkong (water spinach), Banana Leaf offers a diverse culinary treat that you'll love if you're a fan of Southeast Asian cuisine.

They've got Malaysian, Singaporean, Indonesian, Vietnamese, and Indian food here; perfect for those foodies who want to try several things in just one place. The place exudes a casual yet sleek vibe perfect for dining with families.

- all Concourse Level, Power Plant Mall Rockwell Center, Makati City
- Q 02-896-1828
- (Mon to Thurs, Sun) 11 am to 9 pm, (Fri to Sat) 11 am to 10 pm
- Banana Leaf Philippines



Toast Box

DD

Toast Box is a casual and homey restaurant from Singapore, known for its Kaya Toast, Singapore's popular breakfast staple. They can be found in several locations such as Greenbelt 5 and SM Aura. They may be a breakfast place, but their savory dishes are definitely worth the try, especially their signature Hainanese Chicken. The tender, moist chicken goes perfectly with their aromatic Hainanese rice which is mildly flavored with ginger and chicken soup. They also offer popular Singapore dishes like Laksa, Char Kway Teow, and Nasi Goreng among others. We also recommend their Traditional Kaya Toast set which comes with Singapore-style sweet coffee, Kaya toast and two half-boiled eggs. Spice up the eggs with some soy sauce and pepper, and try dipping the toast in the eggs for a real delight.

- 2 Unit 106, 1/F New Promenade Bldg., Greenhills Shopping Center, San Juan City
- Q 0925-300-8351
- (Mon to Fri) 11 am to 10 pm, (Sat to Sun) 8 am to 10 pm
- Toast Box Philippines



Pho Hoa

Pho Hoa is one of the most well-known Vietnamese restaurants in the Philippines. With 29 branches all over the country, it's undoubtedly a popular go-to place when it comes to Vietnamese cuisine.

One of the reasons why Pho Hoa has become a mainstay in the Asian dining scene in the country would be its healthy and flavorful meals for everyone.

Pho Hoa's Vietnamese fare lets you taste different dishes composed of fresh and flavorful herbs and spices, leaning towards the healthier side of the cuisine. Their soup dish, from its flavorful stock to its nutritious filling of meat and vegetables, is really a must-try for health-conscious foodies out there.

- Ayala Malls The 30th, Meralco Ave., Pasig City
- O 02-703-5035
- ① 11 am to 10 pm
- Pho hoa

















Bon Banhmi

Situated inside a compound a short distance away from The Linear Makati, Bon Banhmi lets you enjoy different kinds of banh mi that will fill your cravings at any time of the day. Bon Banhmi has six types of banh mi to choose from. The Traditional Banhmi is filled with a mouth-filling combination of three traditional Vietnamese hams (cha lua, cha thu, and cha gia heo) with Bon Banhmi's special paste, mayonnaise, vegetables, and sauces.

🖭 8390 Mayapis St., San Antonio Village, Makati City

- © 02-808-7979
- () 7:30 am to 8 pm
- **II** BONBanhmi



Bon Pho & Roll

As a response to the call for pho and other authentic flavors from

PP

Vietnam by Vietnamese food cravers, Bon Pho & Roll was opened a few years after the owners' first store, Bon Banhmi, started serving banh mi. Bon Pho & Roll boasts of its freshest servings because the herbs that they use come from their own backyard. Their best-selling Bon House Special has tender beef that can be loosened with chopsticks, homemade meatballs and plenty of vegetables.

🕰 8390 Mayapis St., San Antonio Village, Makati City

- Q 02-808-7979
- ① 10 am to 10 pm





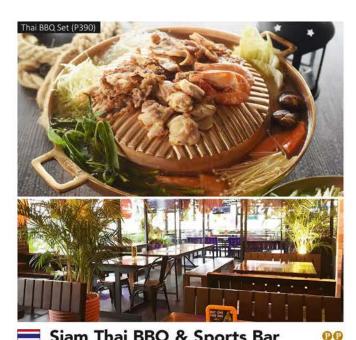
Vina Trang

What was once a home to a Vietnamese family, who also runs a restaurant in their home country, is now officially a restaurant that offers healthy and budget-friendly Vietnamese treats.

Staying true to the promise of quality, freshness, and authenticity, Vina Trang makes their own patties, sausages, sauces, and bread every morning. Taste the freshness of Vietnamese flavors in dishes like the highly-recommended Pho Dac Biet for noodle lovers or Banh Mi for sandwich fans!

- A 8836 Rooftop, Sampaloc St., San Antonio Village, Makati City
- O 0995-178-0676
- (Mon to Sun) 9 am to 11 pm

Vina Trang Cuisine

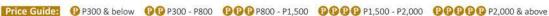


Siam Thai BBQ & Sports Bar

This restaurant serves cold meat slices, salt, and pepper crablets, and Siamese sausages to name a few, something you can only try here at Siam Thai.

Don't forget to try their hot pot and grilled meats for their best sellers. Good news: they offer a number of toppings you can put in your hot pot. That way, you can customize your hot pot the way you want it to be.

- A Pioneer Center, 8006 Pioneer St. cor. United and Brixton St., Kapitolyo, Pasig City © 02-239-2866
- (Mon to Thurs, Sun) 11 am to 11 pm, (Fri to Sat) 11 am to 12 mn
- Siam Thai BBQ and Sports Bar



BB





Benjarong

Benjarong is located at the luxurious Dusit Thani Hotel in Makati. They offer authentic Thai food combining the four flavors: salty, sweet, spicy and sour which produce rich aromas and scrumptious Thai dishes. The interior of the restaurant is very elegant with a combination of gold, white, and black shades around the room, like the traditional Benjarong in Thailand.

& Dusit Thani Manila, Ayala Center, Makati City

O 02-238-8888

O Lunch: 12 nn to 2:30 pm, Dinner: 6 pm to 10 pm





People's Palace

Located in Greenbelt 3, Makati, People's Palace serves modern Thai cuisines. What's unique about Thai dishes is that at least 3 of the 5 major sensations of taste are always present - salty, sweet, sour, bitter, and spicy. The flavors burst in the mouth on the first bite. Thai cuisines are never boring. They always pay attention not only to the flavor but also to the texture, colour, and ingredients.

The restaurant's interior is modern and bright, good for business meetings. They also have a garden dining area for customers who prefer fresh air and alfresco for those who like to have cocktails.

♠ G/F, Garden side, Greenbelt 3, Ayala Center, Makati City

Q 02-729-2888

(Sun to Thurs) 11 am to 12 am, (Fri and Sat) 11 am to 2 am



Ba Noi's

Ba Noi's has undoubtedly become the talk of the town when it comes to Vietnamese cuisine because of its no-nonsense preparations in serving their dishes: just the right amount of flavor but still gives off that appeal to everyone's palate. Here, they serve food from appetizers to salads, noodles, entrees, vegetables, baguettes, desserts, and iced blended drinks

You don't even need condiments because the simplicity of the flavors already make a great impression for their dish.

🕭 G/F, Tropical Palms, Perea St., Legazpi Village, Makati City

O 02-843-4770

() 11 am to 10 pm





Wee Nam Kee

Wee Nam Kee may be a hole-in-the-wall restaurant in Singapore, but its Philippine branches are known to be sit-down restaurants where your family can share a whole Hainanese chicken, or two.

In Wee Nam Kee Singapore, the soy chicken has always been part of their Hainanese chicken family. Here in the Philippines, their soy chicken is slightly sweet and doused in sauce, perfect for pouring over your Hainanese chicken rice.

Ayala Triangle Walkways, Makati City

O 02-846-8925

(Mon to Sun) 11 am to 9:30 pm

Mee Nam Kee Philippines





Empress Jade

Empress Jade is a modern Chinese restaurant tucked away on the ground floor of I'M Hotel in Poblacion, Makati that specializes in fresh seafood and savory meat dishes.

Their popular Signature Crab Bee Hoon is cooked and served fresh from the aquarium, letting you enjoy its rich meaty and juicy flavor. A great must-try is Singapore's classic, Hainanese Chicken, which is steamed to succulent perfection and then served on fragrant rice with dips of soy sauce, grated ginger in sesame oil, and garlic-chili.

Ground Floor, I'M Hotel, 7862 Makati Ave., Poblacion, Makati City

O 02-755-7888

O Lunch: 11 am to 2 pm, Dinner: 6 pm to 10 pm

Empress Jade





Zao Vietnamese Bistro

One of the things you need to know about Vietnamese cuisine is that they are most famous for their distinct noodle soups which boasts a rich broth. If you are thinking of trying one, ZAO Vietnamese Bistro should be in your list of must-eat Vietnamese restaurants located at Serendra, Bonifacio Global City.

Inside Zao is small-cozy bistro with lavish red interiors that blends well with one another.

🖭 G/F Serendra, Bonifacio Global City, Taguig City

O 02-856-2819

(Mon to Sun) 11 am to 11 pm

M Zao



Vietnam -

Indonesia -

Singapore -

Mixed -



Simply Thai

Thai restaurants are a dime a dozen in Makati, yet Simply Thai is a place in Greenbelt that is often filled with people craving for Thai food. They are quite known for their Pad Thai, Tom Yukun, Green Curry, Chicken Satay, and Catfish salad.

Their desserts, however, are a bit different compared to other Thai restaurants. Their Thap Tim Krawp (P185), made with ruby-colored water chestnuts on top of shaved ice, is one thing you shouldn't miss out on. There's also the Khao Naw Mamuang (P220), a combination of steamed glutinous rice, mango, and coconut cream.

G/F, Greenbelt 5, Ayala Center, Makati City

- O 02-729-6860
- ① 11 am 11 pm



Songkran

Songkran is often considered as a "go-to restaurant," especially when someone is craving for authentic Pad Thai and Thai milk tea. Thai street food reigns supreme in the restaurant's menu. However, aside from local Thai street food, the Pad Thai is always a safe bet for anyone unfamiliar with the distinct taste of Thai food. Their flat rice noodles goes well with your choice of chicken or shrimp.

- A G/F Valero Car Park II, 149 Valero St. Salcedo Village, Makati City
- © 02-893-7551
- (Mon to Fri) 11 am to 10 pm





Tao Yuan Restaurant

OPP

Aside from their seafood dishes, some of their house specialties include their Peking Duck, Beef Tenderloin with special sauce and of course their signature Singaporean Hainanese Chicken. Boneless and generously served, the Hainanese Chicken is savory and mild which is why it comes with three different sauces: ginger oil paste, chili sauce, and oyster sauce. You can combine them based on your personal taste although we recommend mixing all three sauces together for a unique flavor.

- 🗷 508-512 General Malvar St. cor. A. Mabini St., Malate, Manila
- © 02-522-7009 to 10, 02-526-8858
- ① Lunch: 11 am to 3 pm, Dinner: 6 pm to 10 pm
- II TAO YUAN RESTAURANT



Bánh Năm

Bánh Năm or baguette in Vietnamese was brought by the French during the colonial period. Since then, it has become one of the popular foods of Vietnam. Banh Nam, a franchise from Vietnam, offers four kinds of Banh Mi, which includes traditional ham, chicken, and their Bánh Năm original with a meatball. They also offer Vietnamese style coffee with condensed milk that can be enjoyed hot or iced.

- A 1/F Paseo Center, 8757 Paseo de Roxas, Makati City
- O 0936-514-8268
- (Mon to Fri) 7 am to 8 pm
- Bánh Năm Philippines





101 Hawker Food House

Open since 2010, 101 Hawker Food House serves great tasting Singaporean hawker inspired dishes at the most affordable prices. Though the restaurant is small and simple from its façade to interior, it is a favorite amongst the surrounding offices because of the quality of food and its affordability nothing fancy or complicated, just pure quality and goodness.

In 2014, the restaurant began serving vegan versions of some of their best selling dishes like the vegan curry pastes, which contain no meat or seafood products, and veggie meat or soy protein as a substitute for meat.

- ₾ 1 / F, The Beacon, Chino Roces Ave., Makati City
- O 02-886-7329
- (Mon Fri) 6 am to 10 pm, (Sat) 12 pm to 2 pm
- @ www.101hawkerfoodhouse.weebly.com

101 Hawker Food House





Mango Tree

DDD

One of the most ordered dishes is the Classic Tom Yum Goong (P450). It's a spicy and sour soup, and is the most famous dish in Thailand. They also have beers from Thailand and Spanish wine which fits most Thai food. They have live bands every weekend night to liven up the customers' moods. While listening, you can also try the chili Deep Fried Fresh Sea Bass (P850) and the Stir Fried Noodles in Soy Sauce (P450). Also try the steak salad (P450) and the leaf-wrapped salad nibbles Miang Kham (P300).

- A Bonifacio High Street Central, 7th Avenue, Bonifacio Global City, Taguig City
- Q 02-217-2367
- ① 11:30 am to 2:30 pm, 5:30 pm to 11:30 pm

DINING AT YAKAL

Take a Break from an Ordinary Day



Filetto di Pesce con Pomodori Finocchio



Gyros Style Lamb Shoulder Rack



Raclette Potato with Fresh Asparagus



- \$ 867-3164 553-9643
- **893-1573**
- G Carpaccio.Ristorante
- www.carpaccio.com.ph



\$ 892-5852 • 275-5938

- **893-1573**
- Steakhouse.ImAngus
- mww.i-am-angus.com.ph

Chesa Bhanca

- \$ 815-1359 · 892-7524
- 893-1573
- Chesa.Bianca
- www.chesabianca.com.ph

nch monuvarios overvivoek

*Lunch menu varies every week

DINE IN AND
GET A FREE
APPETIZER
CHECK OUR WEBSITE AND FB PAGE FOR MORE DETAIL

7431 Yakal St., San Antonio Village, Makati City

Try our European sausages, hams, cold cuts and other meat specialties!









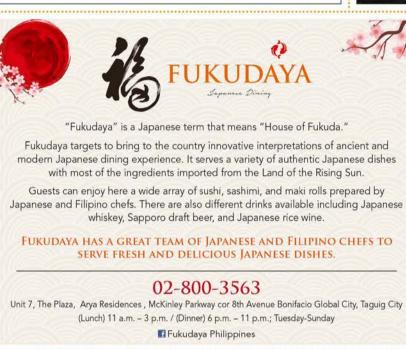






SingleOriginPH Single Origin





0995-914-4137





MAP BGC D-2

Corner Tree Café

Corner Tree Café serves vegetarian comfort food, loved, and appreciated by vegetarians and meat-lovers alike. This cozy restaurant - tucked in a tiny corner of Jupiter Street in Makati offers dishes that will appeal even to the pickiest eater.

Try their popular Arroz ala Cubana or Spinach Mushroom Lasagna, one of their best-sellers and pair it with a glass of wine or your choice of beer.

Corner Tree Café is recognized as one of Asia's Best Restaurants by the Miele Guide of Asia and considered one of the best-if not-the best vegetarian restaurant in the city by critics and fans alike.

- ▲ 150 Jupiter St., Bel-Air, Makati
- © 02-897-0295
- © 11:00 am-10:00 pm (Daily)
- cornertreecafe.com
- Corner Tree Cafe



Afternoon Tea (P630) comes with three layer of different kinds of bread



Grilled asparagus and gruyere panini with pesto P340

Botan Black Café

Botan Black Café is home to hearty Taiwanese epicurean favorites. Taiwanese restaurant offers a great mix of delicious food and drinks which are all fresh, healthy, and authentic. It is highly recommended to try their wide selection of milk teas made from high quality tea flowers fresh from Taiwan. Botan Black Café also boasts of its sleek and elegant interior which was personally designed by the owner. With its black and gold, minimalist motif, the place is all camera-friendly - perfect for those Instagram feed-conscious ones! You'll definitely enjoy your stay here!

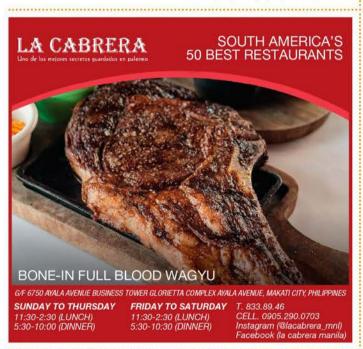


- Tue. to Sun. 11am 10:30 pm botanteacafeph.com
- Botanblackcafe
- Botan Black Café also accepts Visa and Master Card.

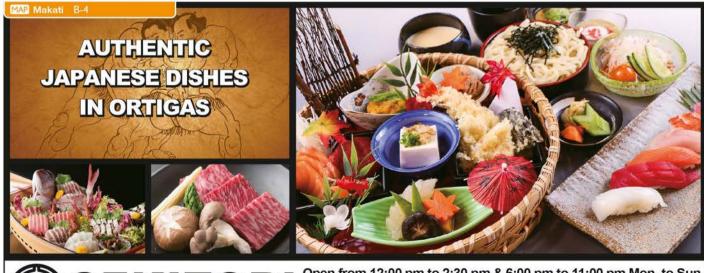


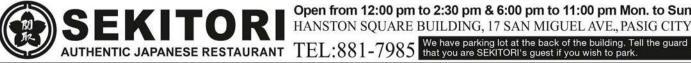


Dumplings P195









Open from 12:00 pm to 2:30 pm & 6:00 pm to 11:00 pm Mon. to Sun. HANSTON SQUARE BUILDING, 17 SAN MIGUEL AVE., PASIG CITY



















TOTAL **JAPANESE** COOKING SOLUTION

McAsia Foodtrade Corporation is one of the major leading suppliers of food items, kitchen utensils, industrial cookware, and commercial kitchens in the Philippines. They have been wholesaling products to restaurants, hotels, caterers, and grocery stores in Metro Manila. They are also open to inquiries even if you are in Visayas or Mindanao. Available products are basic seasonings such as soy sauce, wasabi powder, mayonnaise, wheat flour, cooking wines, etc. McAsia also sells high quality Japanese equipment like kitchen and dining wares. Customers can buy anything necessary for restaurants such as dried goods, cans and seasoning. There is also a wide variety of Japanese sake for sale, just name the brand that you want

Trunkline No. 02-251-3625 / 02-231-1026 Fax No. 02-415-4431 Telephone Nos. 02-411-2911

158 Apo St, Sta. Mesa Heights, Quezon City, NCR

E-mail: customercare@mcasiafoodtrade.ph /sales1@mcasiafoodtrade.ph / sales2@mcasiafoodtrade.pl





PRODUCTS

- Japanese seasoning Noodles Seafood Frozen Meat Products
- Vegetables
- Sake Whisky

Also available: Asian and Italian seasoning products

with common parking area accessible to malls and public transportation

G/F 1 Juno Cor. Makati Avenue, Bel-Air, Makati City



Want to improve your restaurant's menu? KANDS We provide FRESH and HIGH-QUALITY products.

02-463-8437 • 0926-038-2717 www.kandscorporation.com

Unit 1F, Benrosi V Makati, 9746 Kamagong St., San Antonio Village, Makati City



Noodles

(Ramen, Yakisoba, Soba, Udon, Gyoza Wrapper, Pasta, and other noodles)

Freshly Made Ingredients

(Katsuobushi / Bonito Flakes, Crashed Skipjack, Bonito Powder, and others)



Gyoza, Curry, Meat

Outsourcing

Manufacturing

(Noodle Soup Stock, Patties, Cut Vegetables, and others)













ONOMIYAKI







iii Restaurant Guide

MAKATI

Ara Korean

ନ୍ତ 02-817-1206

♠ Makati Golf Club, 7232 Malugay St., Bel-Air, Makati City

Corner Tree ® 02-897-0295 ♠ Bel-Air, Makati City

Hanagushi

ନ୍ତ 02-800-0704

♠ Ground floor, the beacon Don Chino Roxes, Avenue corner, Arnaiz Avenue, Makati City

ନ୍ତ (0999) 887-0297 / (02) 816-4588 A Dela Costa St., Salcedo, Makati City

Kichitora

ନ୍ତ 02-555-1288

♠ 2/F, Glorietta 5, Makati City

2 0949-883-1200 / 0917-551-4605

♠ G/F The Linear Makati Yakal St., corner Mayapis Street, Makati City

Motorino

ନ୍ତ 02-754-8018

♠ 2/F, Greenbelt 3, Ayala Center, Makati City

Saboten

☎ 02-625-0909

♠ G/F, Glorietta 5, Makati City

2 02-425-9030 / 894-387

Little Tokyo, Chino Roces Ave., Legaspi Village, Makati City

2 02-757-2711

♠ G/F, Greenbelt 5, Makati City

Unakichi

☎ 02-728-2072

♠ G/F, Makati Cinema Square, Amorsolo St., Makati City

Yokohama Meat Kitchen

☎ 02-831-6546/0916-377-3655

A 16 Jupiter St., corner Antares St., Bel-Air, Makati City Siam Thai

BGC

Botan Black

ନ୍ତ 02-873-3333/0917-530-6666

2/F, Wumaco Building 1, Quadrant 3, 9th Avenue, Bonifacio High Street, BGC, Taguig City

NIU by Vikings 급 02-478-3888/0917-586-6888

♠ 6/F SM Aura Premier, 26th St., Bonifacio Global City, Taguig City

Musashi Tei

₱ 02-398-3988

2/F, The Forum, 7th Ave., Bonifacio Global City, Taguig City

OTHERS

Butamaru

ନ୍ତ 02-887-4255

★ Westgate Center, Commerce Ave., Muntinlupa City, Alabang

තු 02-635-9246

G-16 Ortigas Technopoint One, Ortigas Home Depot Dona Julia Vargas Ave., Brgy. Ugong, Pasig City

〒 02-893-4155/02-887-0479

♠ UG/F, City of Dreams Manila, Aseana Ave. Cor. Roxas Blvd., Entertainment City, Paranaque City

₹ 02-246-9069 ext. 460

♠ Pioneer Center Brixton, Kapitolyo Pasig City

Sigekiya Ramen

窗 02-805 0400

♠ Commercecenter Mall Filinvest Corporate City, Alabang
♠ 2/L, Southwoods Mall Southwoods Ave., Biñan, Laguna

Ukkokei Japan

♠ LG/F, Building A, SM Megamall, Ortigas, Mandaluyong City

Wooden Horse Steakhouse

雷 02-659-7522

♠ G/F, Molito Commercial Complex, Madrigal Ave., corner Alabang Zapote Road, Muntinlupa City

GROCERY / SPECIALTY STORE

☎ 02-831-8382/347-5125

A Cartimar Complex, Cartimar Road, Pasay City

雷 02-807-1107

♠ G/F, 1 Juno corner Makati Ave., Bel-Air Makati City

Mc Asia Foodtrade

窗 02-411-2911

♠ 158 Apo St, Sta. Mesa Heights, Quezon City, NCR

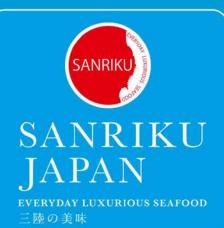
MK Kitchen

☎ 02-661-1931/02-661-1932

♠ Rodriguez Jr. Ave., Pasig City

ත 02-551-7522

♠ G/F, Jaka Center Chino Roces Ave., Makati City



Distributor of fresh, high-quality seafood from Japan at low cost for restaurants, grocery stores, specialty shops, and fish markets.

Fresh Seasonable Seafood this January



We can bring and show samples to potential buyers FREE OF CHARGE.



Imported and Distributed by Frus Corporation. Now available in selected Shopwise and Rustan's store. Shopwise - Harrison Plaza Manila Rustans Rockwell - Makati - BGC - Katipunan

02-806-0789 / 02-822-1053 +63917 7910339 / +63917 9016393 Telefax: 02-822-1053 VVS Warehouse Compound, Multinational Avenue Access Road, Brgy. Sto. Niño, Parañaque City fruscorp@gmail.com

Have a Unique Experience with your JCB Card and enjoy exclusive deals with our partner merchants nationwide!













10% OFF

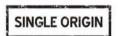


10% OFF

10% OFF

10% OFF

10% OFF













Spaghetti House

10% OFF















15% OFF

15% OFF

15% OFF

15% OFF

15% OFF on total bill (Ala Carte only) 15% OFF

15% OFF

p to 30% OFF

DISH

ш

ш

FF

OFF

15%

9

o O



30% OFF on buffet (Friday-Sunday) 20% OFF on Ala Carte



spectrum

(except for Sunday brunch)

25% OFF
on buffet for a minimum of 4 diners



20% OFF on total bill



20% OFF on total bill

S



FREE AGEDASHI TOFU for a minimum spend of P800



FREE BEEF RAMEN for a minimum spend of P800



FREE ONE (1)

CHOICE OF DISH*

for a minimum of P2,000

*Champion al Ajillo, Tortilla

Espanola or Croquetas





FREE MOLTEN LAVA CAKE for a minimum

spend of P1,200



FREE ONE (1) ORDER
OF ALBONDIGAS

DE CHORIZO for a minimum spend of P1,500



FREE DESSERT PIE

for a minimum spend of P800

Visit our website at www.ph.jcb for more shopping, travel and wellness deals!





Don't have a JCB Credit Card? **APPLY NOW!**







Step into the city of Hakodate, where Japanese and Western cultures coexist.

Considered as the gateway to Hokkaido, Hakodate is located in the southern tip of Hokkaido prefecture. Hakodate was one of the first city ports in the 19th century to open up to international traders. This resulted in its rapid industrialization, which brought in different cultures and religion.

Today, Hakodate is a lively city that encapsulates the traditions of Japanese and Western cultures.

Choosing the best spots to visit in Hakodate is no easy task. The city is bursting with remnants of the past that include historical buildings, beautiful landscapes, fresh food, and one of the most beautiful night views in all of Japan. Follow us on our adventure as we discover the religious tracks in Hakodate along with other attractions and spots to visit.

Motomachi Church

It was in the year 1549 when Christianity arrived in Japan after the arrival of Saint Francis Xavier at Kyushu Island. Since then, many churches were built, one of which is Motomachi Church. Built in 1877, this church has already been rebuilt five times after being engulfed by fire.

The existing building was reconstructed in 1924 with all the stations and altars used coming from Italy. These were sent even before the church was built and were donated by Pope Benedict XV. Make sure you keep your shoes on and your camera kept inside your bag when inside the church. This church is open daily from 10 am to 4 pm. Drop by the church at 12 noon on a Sunday to attend a Mass.



₹ 15-30 Motomachi, Hakodate 040-0054, Hokkaido, Japan



Goryokaku Park

In 1854, Hakodate was one of the first ports to open to international traders. As part of the treaty, the Goryokaku Park, a star-shaped fort, was built in 1866 to protect the office and its people from other adversaries. It was Japan's first and largest Western-style fort and was modeled after European citadels. The traditional fortress shape of the park was designed so that attack from any direction could be met with more firepower while minimizing blind spots.

During the Meiji Restoration in 1868, Goryokaku Fort became the last battle-field in the war between the Shogunate rebels and the Imperial forces. You can learn more about the war's history in the Hakodate Magistrate's Office located inside the park.

Today, Goryokaku is open to the public as a park and is famous for cherry blossom viewing. The best time to visit Goryokaku Park is during spring (April to May), especially during the cherry blossom period. Over 1,600 Someiyoshino cherry blossom trees come into full bloom and cover the whole park. Walk along the tracks full of cherry blossoms petals or eat traditional Japanese food under the fully blooming cherry blossom trees.

Beside the park is an observation tower where you can fully appreciate the star-shaped fortress.





Mt. Hakodate

Mt. Hakodate is a 334-meter-high mountain in Japan which can be reached via ropeway, car or bus. It is located between two seas and is cited as having one of the best night views in Japan. City lights that adorn Mt. Hakodate show off its breathtaking view to every tourist visiting the said place.

The observation tower that allows the guests to catch a glimpse of the beautiful place gets crowded easily during peak season. Make sure you arrive at least one hour before sunset. During the winter season, the weather can be extremely cold; we advise guests to dress warm during their visit.

Mt. Hakodate Ropeway





Trappistine Convent

When Christianity was spreading throughout Japan, eight nuns from France decided to strengthen the religion by founding the oldest and the very first convent in Japan in 1898 through the Trappistine Convent. It is a peaceful sanctuary of the nuns in Hakodate.

Tourists are not allowed inside the convent but can freely roam outside to take photos of the public designated areas. There is also a gift shop where guests can avail of the products made by the nuns themselves. Roaming around the Trappistine Convent is free of charge. It is open from 8 am to 5 pm in summer, and from 8 am to 4:30 pm in winter.

A Hakodate-shi Nakamichi 2 14 16 24. Hokkaido, 042-0914 Japan



📻 Sharestar Hakodate

This modern mall is located in the heart of Hakodate. It is a five-storey mall that houses the biggest Muji shop in Japan, occupying levels 1 to 3. Here, you can buy coffee and shop for clothes and furniture. They also have a mini bookstore inside. Various activities such as exhibitions and workshops are regularly held here.

Located on the fourth level is a community plaza named G SQUARE, dedicated to the people of Hakodate. It's a place where students can freely study and office workers can finish their work.

In addition, located on the basement floor is the Sharestar Kitchen. It is a classy and spacious area offering different kinds of local food and drinks.

₹ 040-0011, 24-1 Hon-cho. Hakodate-shi, Hokkaido, Japan



• Hakodate Morning Market

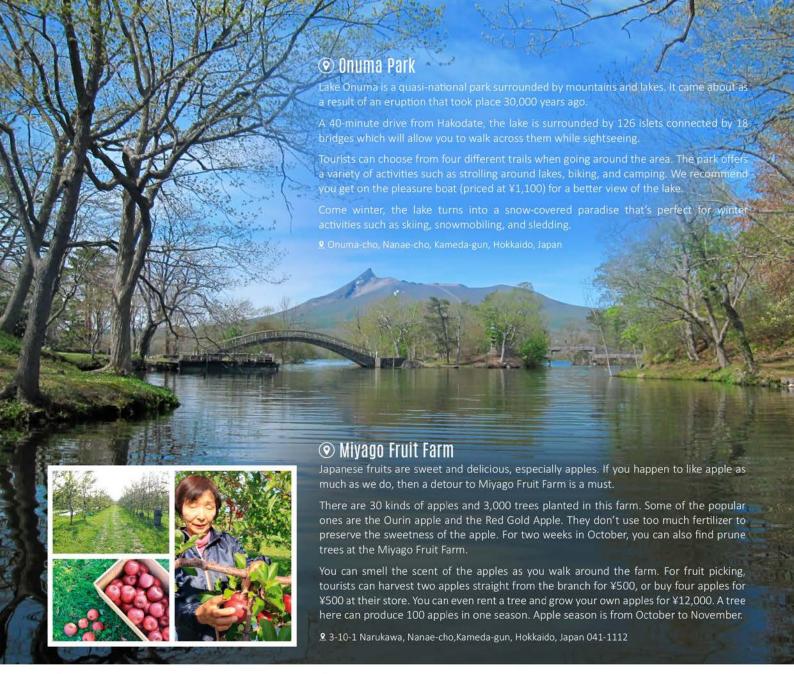
The Morning Market (Hakodate Asaichi) is three blocks of seafood goodness. Walk along the streets and have a taste of fresh produce and various kinds of seafood. There are more than 250 stores that sell different kinds of local products like seafood, vegetables, fruits, and souvenir items. Enjoy shopping at the market and experience activities like sauid fishing.

The Morning Market is open as early as 5 am from Monday to Saturday and is located near the JR Hakodate Station. It is better to visit the market in the morning because almost half of the stores will be closed by 1 pm.

№ 9-19 Wakamatsu-cho- Hakodate-shi. Hokkaido, Japan







🕡 Ton-etsu

Tonkatsu dish represents the carnivorous culture of the Japanese people. Its origin can be traced during the Meiji Restoration (1868-1912). This unpretentious Japanese dish is a deep-fried breaded pork cutlet cooked in traditional Japanese style. Ton-etsu is a tonkatsu restaurant that has been using two ways of cooking tonkatsu. One is the modern Japanese style tonkatsu, a deep-fried pork cutlet cooked in 160-degree oil. The other is the old style of cooking tonkatsu, in which the pork cutlet gets fried slowly in minimal amount of oil.

Visitors can pick the *rosu* (pork loin, ¥1,240 for 170g) or *hire* (fillet, ¥1,440 for 160g).



Lucky Pierrot

Lucky Pierrot has been one of the best local burger chains in Japan with over 17 outlets in Hakodate alone. Each outlet has its own unique themes like Christmas, circus, angels, and many more.

We highly recommend the Chinese burger with fries and drinks (¥650 ala carte). Their serving is notably big for one person, yet the price point is fairly inexpensive compared to other Western restaurants in Hakodate.



Hasegawa Store

This convenience store in Hakodate is popular with the locals of Hakodate for selling the tastiest Yakitori Bento.

Visitors can choose from 4 kinds of sauces: grilled meat, salt, salt and pepper, and uma-kara (spicy sauce). We suggest getting their Variety Bento Box (¥600) if you want to taste their four kinds of yakitori, or the salt and pepper sauce bento.

Nakamichi branch: **2** 2-4-16 Nakamichi, Hakodate, Hokkaido, 041-0853 Japan





A place rich in history, natural sceneries, and interesting attractions!

Noboritbetsu is the most popular onsen area in Hokkaido and is known for having the best natural therapeutic waters in Japan. Located in the southwest region of Hokkaido, Noboribetsu can be reached via private car or JR train. You can take a plane ride from Tokyo to Chitose Airport in Hokkaido for just about an hour and a half.

• Hell Valley (Jigokudani)

Ever wonder why it is called Hell Valley? It's because this place is rumored to be occupied by *oni* or Japanese demons!

Hell Valley is part of Shikotsu-Toya National Park. Visitors of the park are able to witness wide range volcanic activity. You can smell the sulfuric acid from various areas of the park. Hot spring vents can be seen steaming throughout the place.

From the main view deck, there are different wooden walking trails you can take; you can either choose the 10-minute or 15-minute walk. The walk isn't that hard, and there are plenty of spots to entertain you while walking. Marvel at different volcanic activity fizzing just below the surface! The best part: there's no entrance fee!

2 Noboribetsu Onsen-cho, Noboribetsu 059-0551, Hokkaido, Japan







Oyunuma River Natural Foot bath

One way to cap off a long day of touring is to soak your feet in a natural hot spring. This free foot bath is about 20 minutes away from the Jigokudani viewing point on foot. The hot spring river flows from Lake Oyunuma, where the high-temperature onsen wells up. What gives the water the right temperature is the combination of natural river water and spring water.

Tip: Bring a towel to dry your feet if you're wearing closed shoes.





Noboribetsu Enma Yakisoba

While in the resort onsen area of Noboribetsu, you might want to eat local food. Noboribetsu Enma Yakisoba serves spicy hot dishes. Make sure you order the Yakisoba set menu with kimchi and miso soup (¥1,360). It's a mix of

vegetables, seafood, flat noodles, and spicy sauce. It has a subtle sweetness from the sesame seed and the amount of spiciness is just perfect.





🗰 Takinoya

A highly luxurious *ryokan* (Japanese hotel) in Noboribetsu, Hotel Takinoya is located in the *onsen* (Japanese hot spring) resort area in Southern Hokkaido.

Upon entering the ryokan, guests will be greeted by a breathtaking view of the Japanese garden. The mistress who fluently speaks English graciously welcomes the guests with traditional matcha (green tea) and Japanese desserts.

Inside, Takinoya is elegant and classy; the interior is very minimalist and depicts true Japanese simplicity. The Japanese staff are courteous without being intrusive and will show you around with great care and attention to detail. There are only 30 rooms inside Takinoya so there's no chance of overcrowding in the hallways or the dining area. Although modern in appearance, this is definitely a formal and established ryokan in terms of experience.

We suggest you stay in a Type D room. It comes complete with a private dining room, living room, and your own open-air onsen next to the balcony. The view outside the room is otherworldly; it overlooks a lush forest that you can stare at for a long while.

Like other Japanese ryokans, the floor is covered with tatami mats. The room comes with dinner and breakfast as well as free use of the facilities inside the hotel. The kaiseki meals are tastefully done and truly an art on a plate; even the simplest of dishes balance out the taste, look, texture, and colors of the food. Looking at the beauty on your plate only proves that Japanese eat with their eyes and cook with their heart.

All the standard niceties of staying at a high-end ryokan are available. There are two public baths, one at the 5th floor overlooking the woods and a larger one located at the B1 floor. It has 4 standard-sized pools and a small pond-like outdoor pool with an awesome view of nature.

This 100-year-old ryokan is by no means cheap; it exudes class and sophistication. If you're looking for a once—in—a—lifetime splurge in Noboribetsu, you should definitely stay at Takinoya.















showcasing the splendor of Edo Period, the most beautiful era in Japanese history. Every detail inside the park feels like you went back in time: the attendants wear traditional Japanese attire, the pathway is covered with cobblestones, and even the buildings look like you're inside a movie set.

Before exploring the place, make sure to change into a Japanese attire to truly feel like you're in an old Japanese village. Rental costume costs from ¥2,100 to ¥4,500 (adults).

Here are some of the must-visit attractions inside Noboribetsu Date Jidaimura:

Nagaya

Learn about the people's daily lives during Edo Period at Nagaya area. It looks like apartment houses built next to each other with life-size Japanese manneguins inside, re-enacting their daily lives.

Taiken Dojo

Learn how to throw ninja stars, knives, or arrows at Taiken Dojo. You will have to pay for ¥500 for every round but hit the bullseye and you'll get a prize.

Ninja Maze

This attraction is for those who would like to test their inner ninja. Learning how to escape the tricks and traps inside while fighting dizziness against a variety of optical illusions is truly a challenge.

information sheet in English handed before the show. It will help you understand the flow of the story.

Other attractions include the Goblin Cat Temple, House of Monster, Outdoor Ninja Action Show, and Nyanmage Comedy. There are restaurants in the village, so you don't need to worry if you feel hungry. If you're looking for a snack, get the Dango Dumplings at Waraji-Ya. You can also get rice cake in flavors like black sesame, sweet soy sauce, and sweet bean. They are filling and sticky, perfect for the little ones in your group.

Edo Wonderland is an entertaining way to spend the morning or afternoon while in Hokkaido.

To get here, you have to take a 10-15 minute car or taxi ride from Noboribetsu Onsen area. If you're coming back to the onsen area, ask the reception to call you a cab or for directions to the train. If you prefer to take the bus, you may check the bus schedule at either the Onsen Terminal or JR Noboribetsu Station.

General admission for adults is ¥2,900, ¥1,500 for kids (ages 6 to 12) and ¥600 for toddlers. It's open from 9 am to 4 pm from November to March and 9am to 5pm from April to October.

№ 53-1 Naka-Noboribetsu-cho, Noboribetsu, Hokkaido, Japan 059-0463 www.edo-trip.jp









登別伊達時代村

NOBORIBETSU DA®TE JIDAIMURA

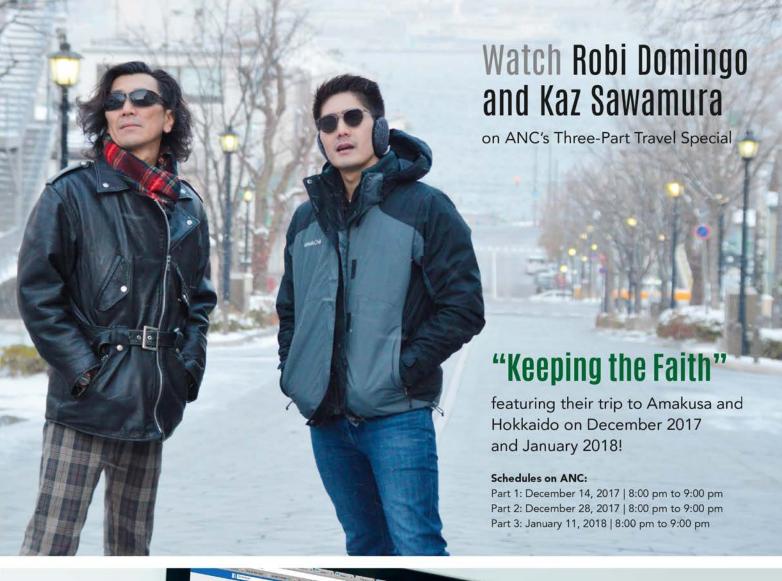
Ainu Village (Porotokotan)

If you still have time and would like to know the indigenous people of Hokkaido, it's best to make a stop at Ainu Village. The replica village consists of 5 thatched buildings facing Lake Poroto. The houses at Porotokotan exhibit a different facet of Ainu culture. The first two houses hold a free traditional show every hour where you can see the practices of the Ainu way of life. General admission is ¥800.











GO **AMAKUSA!**

Visit

goamakusa.com

to get the latest updates about

> **Amakusa** and Kumamoto.

In partnership with:



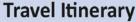




Perfect moments, always







DAY 1

- ► Manila Narita Hakodate
- ▶ Trappistine Convent,
- ► Lunch at Lucky Pierrott
- ► Visit Goryokaku Park, and Sharestar
- ► Tobetsu Trappist Monastery
- ▶ Mt. Hakodate night viewing

DAY 2

- ► Morning Market
- ▶ Visit Onuma Park and Fruit picking
- ► Eat at Ton-etsu
- ▶ Transfer to Noboribetsu via train or private car

Stay: Takinoya Hotel

DAY 3

- ▶ Jigokudani (Hell Valley) and foot bath
- ▶ Visit Date Jidaimura Theme Park

DAY 4

► Chitose Airport -Narita Airport - Manila



For tour packages, please contact us.







Begin your journey with us today!



Fly Japan Airlines to Japan

ECONOMY CLASS

ROUND TRIP

360 usd + TAX~

On board Period

Oct. 1, 2017 - Mar. 31, 2018

Applicable flights

JL742 MANILA 14:35 DEP/JL741 NARITA 9:20 DEP

Ticket Validity

14days

Manila to Tokyo Twice Daily!

JAL FLIGHT SCHEDULE			
MANILA TO TOKYO (NARITA)	FLIGHT NO.	DEPARTURE	ARRIVAL
DAILY	JL746	9:50	15:00
	JL742	14:35	19:45
TOKYO(NARITA) TO MANILA	FLIGHT NO.	DEPARTURE	ARRIVAL
DAILY	JL741	9:20	13:25
	JL745	18:10	22:15

Guide to Japan

English Support Desk +632-403-2486

www.ph.jal.com



Fly into tomorrow.





Perfect moments, always

BGC OFFICE:
Unit 2, 18th Fir., RCBC Savings Bank Corporate
Center, 26th & 25th Sts, Bonifacio South,
Bonifacio Global City, Taguig City
Mondays to Fridays / 08:45 - 17:45
Tet. (632) 8945528
Email Address: leisure_jtbbgc.ph@jtbap.com

TRA VEL SALOON MALL OF ASIA: 259 (EM) 2F South Entertainment Meil, SM Meil of Asia, MOA Complex, Pessy City Mondays to Sundleys / 1000 - 21:00 Tei: (632) 8075123 / 9948954 Mobile Not: 63949-9940249 Email Address: leisure_jithmnl.ph@jtbep.com

TRAVEL SALOON CEBU J CENTRE MALL:

Unit 2L 170, J CENTRE MALL, A.S. Fortune St. Bakilid, Mandaue City, Cebu, 6014
Tel: +63 (0)32-260-8024
Email Address: leisure_itbceb.ph@jtbap.com



HTTP://WWW.JTBPHILIPPINES.COM/HOME/





primer is ONLINE!



Visit www.primer.com.ph
to get the latest
information for expats
on Travel, Food, Beauty,
Tips, Events, Trends, and
Businesses.

CONTACT US:

02-836-8381

sales@primer.ph

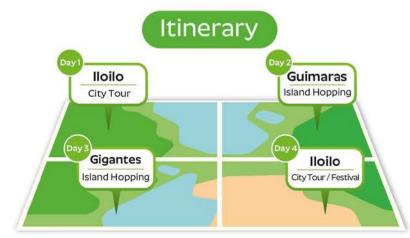
www.primer.com.ph **ENGLISH** www.primer.ph **JAPANESE**



The "City of Love," the "Emerging Museum City," the "Most Livable City," and the olden days' "Queen City of the South"—Iloilo City has been glorified with the sweetest of names. The old Spanish homes along Calle Real, streets with American names, and the century-old churches that are the city's skyscrapers are living proof of the long eventful past of Iloilo. Now, Iloilo blooms as one of the most beautiful cities with the most passionate people in the country.

The city's economy, greatly driven by tourism, is very promising and presents a big opportunity for new businesses to grow. An estimated 300,000 tourists visited the city in the third quarter of 2017 alone. People go to Iloilo City to experience time travel on its old streets, go on a gourmet quest for local heritage dishes, and feel the vibrance of the city's festivities and entertainment hubs.

Now, it's time to experience it all for yourself.



The Dinagyang Festival is one of the most gaily celebrated versions of the Ati-Atihan while also being one of the youngest. It dates back to 1967, when a replica of the image of Señor Santo Niño was brought in from Cabu by the San Jose Parish of Italia City.

"Dinagyang," an Ilonggo term for revelry or merrymaking, was coined by Illonggo writer/broadcaster Pacifico Sudario as a way of describing the celebration. It is celebrated either on the fourth Sunday of January, or the Sunday following the Sinulog Festival in Cebu and Ati-Atihan in Aklan.

Tips:

- Taxi fare from Iloilo Airport to the city is fixed. Be wise and don't take any taxi that offers you any rate higher than P400. The cheapest rate you can get is P300.
- If you are a group and staying at Seda Atria, the hotel can offer airport pickup for P500 with a sedan or P900 with a van.
- Rates for rental cars range from P2,500 to P3,500 and is good for
- The main mode of transport in the city is the jeepney.
- It is generally safe to walk around the city all day and at night Exploring Iloilo when night falls is also a different experience.
- The Iloilo City Tourism Office can assist you before you start your expedition around the city. Their office is located at Elizalde Building, J.M. Basa St., Plaza Libertad, Iloilo City, open from 8 am to 5 pm on weekdays. You can contact them at (033)-509-6213.



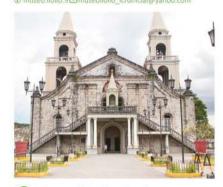
Where to go



2 Museo Iloilo

Established on May 28, 1971, Museo Iloilo shows you the culture of Iloilo with well-preserved artifacts, canvases, fabrics, chiseled molds, relics, and paintings with a history worth revisiting. Their logo is inspired by the golden masked skull found and preserved from Oton, San Antonio in Iloilo City.

9. Iloilo Cultural Research Foundation Inc., Bonifacio Drive, Iloilo City ⊙ 9 am to 5 pm ⊙(033) 337-2986 ⊕ museo.lloilo.9⊠museoiloilo_icrofficial@yahoo.com



Jaro Cathedral

This old Baroque cathedral has many names: "National Shrine of Our Lady of the Candles" and "Church of St. Elizabeth of Hungary," but it is more commonly known as Jaro Cathedral. Built only three decades after the Molo Church, Jaro Cathedral is one of the oldest churches in Iloilo and is also a great spot for people fond of architecture, history, and sightseeing.

Plaza Rizal St., Jaro, Iloilo City



Calle Real

Now named as JM Basa Street, Calle Real is known as Iloilo City's heritage street. It's home to multiple Commonwealth and Spanish-era buildings, with the area serving as the city's shopping and entertainment district as far back as the Spanish era. These buildings were once home to Iloilo's elites, most of whom lived on the second floor of these buildings.



6 Molo Church

Molo Church, also known as Saint Anne's Parish, would be a good starting point to your church-hopping. It is considered as one of the most beautiful churches in Western Visayas and the only Gothic church outside Manila. It can be unmistakenly identified through its most prominent architectural feature, the red spires on top of the two bell towers.

P800 - 1,500

Molo Plaza, Molo, Iloilo City



Iloilo Esplanade

Iloilo Esplanade opened in 2012 and is now dominated by feet rather than wheels. The best activities to do here are jogging, sunset walking, and boating. 30-minute boat rides are available from 6 am to 9 am and from 4 pm to 9 pm for only P85 per person (minimum of 2).

Mandurriao, Iloilo City
4 am to 10 pm



Molo Mansion

Once a beat-up mansion that was thought to be gone for good and couldn't be restored, the Molo Mansion is one example of an imperishable architectural beauty that has stood the test of time. Originally built in the 1920's, the mansion now stands in all its glory facing the Molo district plaza and the Molo Church.

Locsin St., Plaza Molo, Molo, Iloilo City
 10 am to 8 pm (Mon to Sat), 9 am to 8 pm (Sun)
 (033)320-9602
 The Molo Mansion

P300 - P800





- Where to eat -







@Punot

Located at Boardwalk right by the Esplanade, Punot is the brainchild restaurant of Chef Tope together with his sister, Andrea who is an international marketing executive.

What makes this restaurant different is that the owners inject a fresh and modern take on everything that comes out of this restaurant. They are guided by the promise of continuously showcasing the best of modern llonggo cuisine and bring exciting creations not only to their local patrons but to foreigners as well.

One of their best-sellers is the Baked Imbao (P220), a mangrove clam seasoned in secret sauce infused with bell pepper, onion, garlic, ginger, and lemon. There's also the Seafood ala Punot (P300), Corned Beef Kansi (P295), and even their own version of Pancit Molo (P140).

- 9. 6 Rizalina B. Pison Avenue, San Rafael, Mandurriao Iloilo City
 11 am to 10 pm (Mon to Thurs)
 11 am to 11 pm (Fri to Sun)
 (033) 320-9893
 ① punotrestaurant













Mojave Grill & Steak House

A Tex-Mex-inspired restaurant, Mojave was the very first steakhouse in Iloilo City when it opened in 2008. What makes this restaurant different from other restaurants present in the city of Iloilo is that it is the first restaurant to serve authentic imported Angus beef. In addition, all its staff are llonggo thus giving their guests a glimpse of Ilonggo hospitality.







©Dova Brunch

Dova Brunch may be new to the market, but it promises its clients a worthwhile experience. They do not focus on serving Americanized cuisine; instead, they give diners an "old soul" menu that honors the present while still giving everyone a taste of the past. Make sure you get their Pan-seared Salmon (P445) or their Back Ribs (P480 for half slab, P950 for whole slab).

- Megaworld Business Park, Mandurriao, Iloilo City © 11 am to 10 pm

- gawoin dosames i ann suite am to 10 pm 83) 320-2380 / 0998-228-8001 va Brunch Cafe ☑ verjuanleonardo@gmail.com / migscordova@yahoo.com



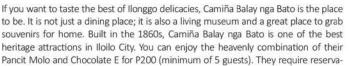




Molo Mansion Café

The Molo Mansion Café, an al fresco dining place at the back of Molo Mansion, first opened in 2015 as Table Matters. They serve delicious llonggo delicacies and unique concoctions of refreshing drinks and desserts made with fresh coconut, dragon fruit, and a flower called Blue Ternate. A must-try is their Pancit Molo with Kinihad (local toasted bread), best enjoyed with their Buco Ternate Shake, a healthy blend of coconut meat and Blue Ternate flower served in a coconut shell.

Camiña Balay Nga Bato



tion at least one day in advance. 20 Osmeña St., Arevalo, Iloilo City ○ 8 am to 9 pm (Mon to Sun) ○ (033)336-3858 / (033)336-5075 ① Camiña Balay nga Bato in Iloilo

PPP P800 - 1,500





- Where to stay -







Seda Atria



Seda Atria in Iloilo City carries in its name its dedication to provide a seamless hotel experience to every guest. Just like the seda (Filipino word for silk), their commitment is absolute and unwavering. Only 30 minutes away from Iloilo Airport and just a few minutes to most of the city's landmarks and tourist attractions, Seda Atria is one of the best accommodation options when traveling to Iloilo. It is also your comfort zone in a city that's most likely going to give you a lot of adventure. The hotel has a total of 152 rooms, all of which are equipped with modern facilities including a LED HD television with cable channels, media panel with HDMI, USB and audio-visual connectivity, IDD phone with iPod dock, alarm clock and FM radio, free WiFi, and more.

- A Pison Avenue, Atria Park District, Brgy. San Rafael, Mandurriao,
- lloilo City
 © (033)-506-8888
 ® www.sedahotels.com/atria
 ⊠ilo@sedahotels.com













Other Hotels in Iloilo City



Richmonde Hotel Ilo-ilo

Megaworld Boulevard corner Enterprise Road, Iloilo Business Park, Mandurriao, Iloilo City © 033-328-7888

☐rhi@richmondehotel.com.ph

Hotel Del Rio

M.H. del Pilar St., Molo, Iloilo City, 5000 Iloilo City © 033-3351171-74 / 0917-654-8881 / 0922-843-2069 ☑hoteldelrio@gmail.com

Urban Sands

San Pedro St., Molo, Iloilo City © 462-7000 / 0922-747-7754 ☐ info@urbansandlloilo.com m www.urbansandsiloilo.com

Adhara Resort & Spa

△ J.C. Zulueta St., Poblacion South, Oton, 5020 Iloilo City © 033-336-8949 ⊕ adhararesort.com/







In this little "Mango Country," you can find interesting restaurants that showcase the island's world-class mango in various delicacies. Being an island surrounded by abundant marine life, Guimaras is also home to exceptional and economical seafood restaurants.



Island hopping tours



• Raymen Resort Island Hopping

Raymen Beach Resort, based in Alibuhod beach in the southern part of the island, is one of the most popular providers of island hopping tours. The lineup of islands is diverse and will excite your curiosity, especially if you are a beach lover.

Poblacion, Nueva Valencia, Guimaras



Magic Island Resort

Guimaras may be known for its delicious mangoes, but the islands surrounding it are no slouch. The Taklong Island National Marine Reserve, or TINMR to the locals, is one of two places that you can visit for island hopping. TINMR was declared a marine reserve by virtue of Proclamation No. 525, s. 1990.

Where to stay



Andana Resort

Nestled within a secret cove southwest of Guimaras sits Andana Resort. A 70-room luxury resort with white sand beaches, serene waters and mesmerizing scenery. It had its soft opening last December 2017. Bookings will soon be accepted. You can check their Facebook page for updates.



La Puerta Al Paraizo Beach Resort

What makes this place stand out from other resorts in Guimaras is that it has its own restaurant, a number of cottages that surround the beach, and the owners themselves are the ones who fetch and send off their guests at Jordan Port and makes sure that the guests are okay and having fun.



Nature's Eye Beach Resort **OO**

Want to escape the busy city of Manila? Come and reconnect with nature through Nature's Eye Beach Resort. This resort is a go-to place for nature lovers. With a concept of complete privacy, safety and relaxing scenery, Nature's Eye Beach Resort offers its clients an environment-friendly and uncommercialized place that would constantly give the feel of being one with nature by being away from the comforts of home.

- Ø 8 lopez Jaena St., Iloilo City
 ⑦ andanaresort
 ☑ andanaresort.guimaras@gmail.com

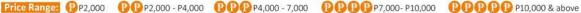












Guimaras Mountain Resort

With a goal of giving an unforgettable experience of hospitality, service, food, and accommodation to their guests, Guimaras Mountain Resort offers a personalized experience to both their local and foreign guests by catering to all their needs, may it be for a weekend family getaway, small private meetings, or big parties and events. Guimaras Mountain Resort understands the importance of gatherings and meetings, which is why they offer seven cabanas, three function rooms, and the Emilinda Lounge.







Where to eat



7 The Pitstop Restaurant



The Pitstop Restaurant is one of the first few that saw beyond mango as a fruit. Opened in 2005, this local diner started as a place for people to grab some quick grub and recharge, just as car racers make a pit stop. With its bright and casual atmosphere and extraordinary menu offerings, The Pitstop eventually became a favorite stomping ground where people take their time to savor every bite and every spoonful of their meals.

- Guimaras Circumferential Road, San Miguel, Jordan, Guimaras
- to 7 pm -532-7174 / 0950-248-4018



3 Camiña Balay nga Kawayan 🛭



What makes Camiña Balay nga Kawayan stand out is the farm tour they have and the banquet of local Guimaras cuisine present, giving its guests a glimpse of the country side the town of Guimaras has to offer. The whole place is made of bamboo and is adorned with a number of furniture, made from narra and mahogany wood. Aside from the furniture, the place uses machuca tiles and capiz windows, giving the place an old country-side feel to its local and foreign patrons.

Guimaras Circumferential Road, Sibunag, Guimaras
 (033) 336-3858



Sa Payaw Restaurant



Sa Payaw Restaurant is a well-established restaurant that has been standing on a major road in San Miguel, Jordan, serving delicious seafood dishes for more than a decade. Its rustic open-air setup with outdoor cottages is very apt for a tropical island dining experience. Sa Payaw offers different seafood dishes, from grilled to soups and stews, that are enjoyable both for your craving tummy and your tight wallet.

- Guimaras Circumferential Road, Islanders Village, San Miguel, Jordan, Guimaras
 8 am to 11 pm
 0910-708-0917







©Celian Seafoods Restaurant



Celian Seafoods Restaurant is a newly opened food spot that is already generating a lot of buzz because of its fresh seafood selections and nifty food preparation. Celian Seafoods saw the need for more restaurants to cater to the growing number of tourists in Guimaras, which is now being established as the "Bike Paradise of the Philippines."

P. Brgy, Alaguisoc, Jordan, Guimaras © 0917-756-8100 / 0947-567-9172





McNester



Being a local establishment in Guimaras, McNester started out small but was the first in Guimaras to develop calamansi concentrate. The mangoes used by McNester are usually deformed, oversized, or undersized mangoes. This doesn't affect McNester's efforts to make them known throught the island of Guimaras.

Brgy. San Isidro Buenavista, Guimaras © 0915-997-6633













Transportation: By van / bus- From Iloilo City, take a taxi going to Tagbak terminal in Jaro. Take a van or bus bound for Estancia terminal. From Estancia terminal, ride a tricyle to Estancia port. Ride the boat going to Gigantes island.

ITINERARY

Island Hopping Tour Package- P3,550 per pax Inclusion: Private Boat (to and from the port), island hopping tour in all 5-6 islands, island entrance fees, environmental fee, one-night accommodation with meals, tour guide, motorbike in Isla Gigantes.

SAMPLE ITINERARY

2 Days/ 1 Night Island Hopping Tour Itinerary

Day 1

7:00 AM Arrival at Estancia Port from Iloilo City 8:00 AM Boat transfer to Isla Gigantes

Start the island hopping tour Bantigue SandBar

Cabugao Gamay Island

Tangke Saltwater Lagoon

Snorkel or other beach activity at San Antonio Beach

Overnight at Gigantes Hideaway Island Resort

Day

Watch the sunrise at Gigantes Norte Lighthouse Boat transfer from Isla Gigantes to Carles port Van transfer from Carles post to Iloilo City



© (02)-805-3616 / (+63) 920-949-7950 / (+63) 915-404-8367 ☐ travel@primer.ph @primerluxe.com ① PrimerLuxe

Island Hopping

A total of 10 islands make up Islas de Gigantes. There are affordable island tours available so you can easily explore the charming islands of Gigantes in a day or two. For instance, a two-day-one-night package tour costs only P3,550 for three people. It includes a private boat, a tour of 6 islands, one night accommodation, entrance and environmental fee, meals, and motorbike rides. As you go around the islands, you can enjoy activities like snorkeling, cliff jumping, trekking, spelunking, visiting the old Spanish lighthouse, sunrise and sunset watching, relaxing at an island resort, and, of course, a lot of picture-taking!



Calubang Island



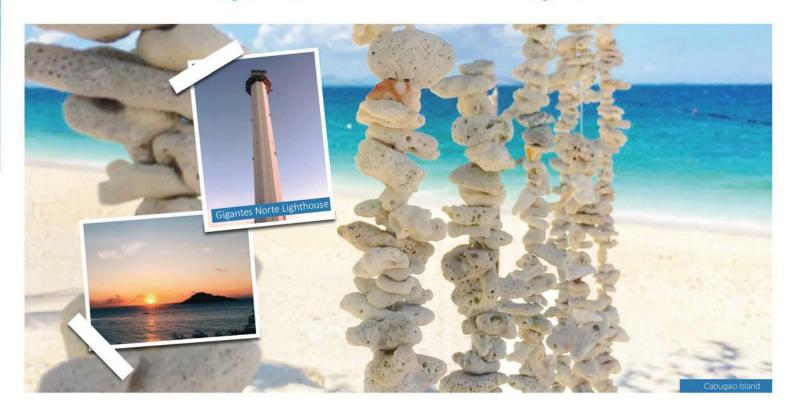
Bantigue Sandbar



Cabugao Island



Isla Gigantes





Tip

You can book tour packages at the Gigantes tourism office to get that perfect island hopping experience. Call **0918-468-5006** and look for Mr. Joel, Tourism Officer/Tour Guide.







Beauty Goals with Panasonic Beauty

Achieve your beauty goals with the latest products of Panasonic Beauty

Panasonic nanoe™ Hair Straightener EH-HS95

FAQ's

How can hair straightening affect my hair routine?

Hair straightening imparts a chic and clean look and I love adding it to my hair routine. It may cost additional amount of time yet it gives me a sleeker and formal representation.

How do I make sure that my hair is safe and far from being damaged even if I straighten my hair daily?

Look for a quality hair iron and photoceramic-coated like Panasonic's Nanoe Hair Straightener which maintains colored hair and hair moisture. Do set the right temperature and make sure that your hair is not too wet. Don't forget to air dry or towel dry your hair before straightening. Always prep your hair before straightening; use the right shampoo and conditioner to seal moisture in your hair.

What is nanoe™ technology and what does it do to my hair?

nanoe™ technology is finely charged water particles and retains approximately 1000 times more moisture than a normal negative ion. nanoe™ ions are generated from the moisture in the air, basically, it takes outside moisture and puts it inside your hair. It nourishes your hair and prevents damage caused by heat. It also gives you a shiny, smooth and silky hair.

What are the features of Panasonic nanoe™ Hair Straightener that I can easily adapt?

I love that it has a five heat setting which I'm definitely sure works for all hair types. It super safe to use because it automatically shuts off after 60 minutes. It also has rotary power cord which swivels easily so no more tangled wires. And it's perfect for travelling because it has an open-close lock feature. The straightener will definitely fit inside my luggage.

*Views and opinions expressed here are solely those of the bloggers. Results may vary.



Diane Salazar

- Itchyfeetwonders
- @_dianesalazar
- 🍏 @dianesalazar
- www.itchyfeetwonders.com

Profile

Diane Salazar is a beauty blogger, entrepreneur, and the girl behind ltchyfeetwonders – a blog about travel, makeup, skincare and food She enjoys writing and she loves creating FOTDs and one-minute videos on Instagram.







BeautyTips

- Panasonic nanoe™ Hair Straightener makes hair straightening fun and easy.
- •It makes your hair shiny and sleek in a few minutes.
- •Just remember to have a pre and post hair care routine.
- •nanoe™ Hair Straightener should not be used when the hair is wet but a slightly dampened hair is the best to iron out. You won't be able to set your hair properly if it's too wet.

Dealer Information: Abenson Glorietta 3, Makati / 772-3863, 752-0731 Abenson Ascott, BGC / 887-2875, 887-5250

Abenson Ayala Malls The 30th, Pasig / 959-2727, 650-9678 Abenson SM City East Ortigas, Pasig / 634-3467

http://www.abenson.com.ph/ customerservice@abenson.com

Contact details for inquiries: Japanese: Mr. Satoshi Kono (satoshi kono@ph.panasonic.com

English: Ms. Giselle Gaille Babasa (gisellegaille.babasa@ph.panasonic.com)

Telephone: Directline: 02-635-2260 extension line: 6214







Plus 18mins. for every 1hr. Massage.

250 Pesos only every 18hrs of the day, (6 pm to 7 pm)

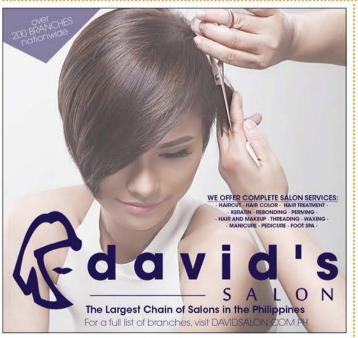
except Fridays and Holidays. Less 18% discount for 2hrs. Massage.



Globe: 0916-259-8945 Smart: 0920-656-6817 02-897-4890 PLDT:

ALL PROMOS ARE AVAILABLE IN MAKATI AREA ONLY. Like us:





















FIT FOR LIFE!

Are you worried about:

being overweight, having poor eating habits, having indigestion, high blood pressure, high cholesterol, diabetes, arthritic pain, inflammatory symptoms, fast aging process, and bacterial infection?

BIO-NORMALIZER is here to let you enjoy life the way it should be.

- * SCIENTIFICALLY PROVEN, TRIED and TESTED
- More than 130 published scientific researches
- 48 years in the world of food supplement market industry
- Over 150M sachets were sold since its commercial released in 1968.
- * All-natural dietary supplement made from organically grown green papaya and processed using JAPANESE FERMENTATION TECHNOLOGY.
- * Increases the total well-being of a person both physically and mentally



Contact us: (a) Globe: 0916-2116530 | Smart: 0998-9590811









SOUVENIRS

YOUR FRIENDLY SOURCE OF PERSONALIZED GIVEAWAY

- SPECIALIZED IN:

- Sublimation process
- Silkscreen process ◆ Tarpaulin printing
- ◆ Digital printing
- Costumized printing









a. Courses

HELLO (1-3yrs old) Subjects: English, Mathematics, Visual Arts

Pre-school (4-5yrs old) Subjects: English, Mathematics, Visual Arts

- b. Tutorial Services for Elementary students
- c. J-Shine certification (to become certified elementary English Teacher in Japan)
- d. Educational Play Land kids ages 1-10 years old)

Address: 2nd Level S Maison, Conrad Man Coral Way, MOA Complex, Pasay City Tel Number: 817-1827, 0999-101-5443 Email: megabluebirdjuku@gmail.com Facebook page: Mega Blue Bird International PH Instagram: megabluebirdint





ONIUS ENGLISH ACADEMY IN BGC

Genius Academy provides a safe, reliable, and fun learning environment for children of any age. This friendly tutorial center also caters to professionals of all ages, levels and nationalities. ESL classes include debate, reading, writing and grammar classes.

•Writing & Speaking • Reading & Listening • Debate • Business English • TOEFL • IELTS

SPECIAL CLASSES

- •GABE Help students to be more creative and imaginative.
- •PLAY FACTO assist in developing children's mathematical and creative thinking.
- •Fun Science Help kids to be ready from the real science classes. •ORDA - Practice basic math lesson in a fun

Addres: UGF, F1 Hotel, 32nd St., Bonifacio Global City, Taguig City 0949-473-4506 (Smart) / 0927-294-8953 (Globe) / 02-869-59-11







JAPAN TECHNOLOGY

Be Original.

MAXIMIZE YOUR COMFORT AND SAVINGS



The Sharp J-Tech Premium Inverter Air Conditioner is a new innovation that will redefine the way you experience cooling. It can be set up to 14°C temperature setting which is the lowest in the industry. It guarantees effective cooling even in severely hot weather. J-Tech Inverter turns precisely controlled power consumption into energy savings and energy-efficient operation.

Sharp J-Tech Premium inverter is equipped with Plasmacluster Ion Technology that deactivates airborne bacteria, viruses, mold, and other contaminants that can be found inside our houses. The unit can be set into different modes that are perfectly designed depending on your needs. It does not only help you to cool down, but protecting you and your family against harmful substances while saving energy.





SHARP (PHILS.) CORPORATION

Km 23 West Service Road, South Superhighway, Alabang, Muntinlupa City

Tel. Nos.: (+632) 842-0525 to 29 Fax No.: (+632) 842-0530 Toll Free No.: 1-800-1-888-4952











MEDICAL PROFESSIONALS

For an expat, there are basic necessities that you need to know to have a comfortable stay in the Philippines. Apart from food, means of transportation, and emergency hotlines, it is important to be aware of health services around the Metro. This includes finding a physician you can talk to about your health condition as you live in the Philippines.

To help you out, here are 4 trusted medical professionals in Manila, who are highly-experienced and trained to provide the best care for their patients. Get to know them as you read their profile and each of their specializations.



Mitsy Navales-Antolin, DMD

Pediatric Dentistry and Cosmetic Dentistry

Dr. Mitsy Navales-Antolin is a certified Pediatric Dentist, or a dentist who deals with children's oral health from infancy to teenage years. She practices her profession at Navales Dental Clinic, which provides a complete line of dentistry services for children and expats including preventive and restorative procedures. Dr. Mitsy took her post graduate degree in Pediatric Dentistry at Aichi Gakuin University School of Dentistry in Nagoya, Japan and aesthetic dentistry post graduate program at University of California, Los Angeles. She also teaches postgraduate studies in Pediatric Dentistry at the Philippine Children's Medical Center. Dr. Mitsy is also a member of the Philippine Pediatric Dental Society, Philippine Academy of Aesthetic Dentistry, and the Philippine Dental Association.

Make an appointment:

✓ Navales Dental Clinic in Medical Plaza, Makati City Mon. to Sat. except Tuesdays Contact No.: 02-751-8101 or 02-817-4824

Rogelio F. Valera Jr., MD

Urology and Venereology

Dr. Rogelio Valera Jr. is a urologist and a venereologist by profession. As a urologist, he treats ailments in the kidneys, prostate cancer cases, and patients with erectile dysfunction. As a venereologist, he treats STD patients who are diagnosed with HIV or gonorrhea. When he was young, he used to have bronchial asthma and was required to see a doctor often. Because of their frequent meeting, Dr. Varela was enticed to venture the field of medicine and has been practicing for about 11 years now. He graduated with a Bachelor of Science degree in Psychology at the University of Sto. Tomas, took his medicine proper at Our Lady of Fatima in Valenzuela City, and had his residency training for general surgery and urology at East Avenue Medical Center. Dr. Rogelio Valera Jr. was the past vice president of the residents organization at East Avenue Medical City, and is currently the medical director of St. Patrick's Health Care System Inc. His advice for aspiring doctors: "Being a doctor is really a challenging profession. To succeed in the field, your goal is to treat patients, see them as how they need the services, and be really dedicated in the profession you chose to venture to".



Make an appointment:

- Healthway Medical Clinic, Greenbelt 5, Makati City / Tuesday-Thursday (5 pm to 8 pm) Contact No.: 02-720-6109
- ✓ Manila Kidney and Prostate Care Clinic, St. Patrick's Medical Plaza, Mandaluyong City Tuesday and Friday, 1 pm to 4 pm Contact No.: (+63) 997-095-3782

June Paul Ayache Garcia, MD

Dermatology and Aesthetic Medicine

Dr. June Paul A. Garcia is a doctor of cosmetic dermatology and aesthetic medicine. He has been in the medical field for 9 years now. He took his pre-medicine degree of BS Biology at the De La Salle University in Taft Manila and his doctorate degree at the De La Salle University- Health Sciences Institute in Cavite. He completed his post-graduate training at the Cardinal Santos Medical Center and passed the Physicians Licensure Examination in 2004. In 2012, he earned a Dr. Albuquerque C. Lopez Sr. Excellence award in the field of aesthetic medicine. He also served as member of the board of the Philippine Association of Primary Skin Health Physicians Inc.

Aside from his postgraduate training at the Cardinal Santos Medical Center, he also completed his training at the Medical Skin Health Training Foundation Inc., and at the National Skin Centre in Singapore.

As a doctor that practices cosmetic dermatology and aesthetic medicine, some of his services include botox, fillers, laser skin rejuvenation, laser tattoo removal, acne treatment, chemical peel, laser hair reduction, mole and wart removal, pigmentation treatment, skin tightening and body contouring.



Make an appointment:

✓ Wilson and Ayache Clinic, Makati City
Tues to Sun 11 am to 8 pm (By Appointment)

Marie Rutchelle Darvin, MD

General Pediatrician

Dr. Darvin is a pediatrician by profession. For her, she did not choose the medical profession; rather, it chose her. She has been in the medical field for about 14 years. She usually starts her day by doing rounds for her in-patients, and holds her clinic for about 2-3 hours every day. She took her BS Biology degree at the University of the Philippines-Diliman, her medical degree at the De La Salle University - Health Sciences Institute, and completed her pediatric training at Makati Medical Center.

As a pediatrician, Dr. Darvin offers the following services: treatment for newborn jaundice, Chickenpox and Measles treatment, Bronchial Asthma treatment, growth & development evaluation & management, congenital disorders evaluation & treatment, and evaluation and treatment of genetic diseases.

Make an appointment:

✓ St. Clare's Medical Center, Room 205, 1838 Dian St., Palanan, Makati City Mon to Fri, 10 am - 12 nn / Sat, 8 am to 12 nn Contact No.: 02-831-6511





REHYDRATE WITH POCARI SWEAT.

It is easily absorbed by the body because it has balanced electrolytes and has the closest profile to our body fluids.

Be at your best with Pocari Sweat!



NO Preservatives



NO Artificial Coloring



NO Artificial Sweetener



Pocari Sweat (Philippines



PocariSweatPh



PocariSweatPH

www.pocarisweat.com.ph

ALESCO KANSAI PAINT





COMING SOON! Philippines' First Ever Anti-Mosquito Paint

- MOSQUITO-REPELLENT PROPERTIES
- STAINLESS PROPERTIES
- HIGH GRADE EMULSION
- GOOD WASHABILITY
- BRIGHT, SMOOTH, LUXURIOUS FINISH
- EXCELLENT COLOUR RETENTION
- NO ADDED LEAD OR MERCURY

Business Talk

An interview with the top executives in the Philippines Get a first person point of view when it comes to business



The Philippine real estate market has changed a lot in 20 years, and one man has been there for all of it: Leechiu Property Consultant's CEO David Leechiu. He started his career during the country's real estate bubble, landed two of the biggest deals in Philippine real estate, and now runs one of the top property consulting firms in the country.

This month, we sat down with David to get to know his beginnings, his outlook on the country's real estate market, and how local firms have caught up to international competition.

Prior to Leechiu Property Consultants, we heard you were with an international property firm.

I started my career working for the Cuervo family (Cuervo Appraisers, Inc.). At that time, they had a partnership with CB Richard Ellis (CBRE). They brought in the international standard of doing business, while the Cuervo family had the local way of doing business plus all the relationships. I tried to learn from the best of the two "worlds" that were in the office.

After working for the Cuervo family, I joined the franchise of Savills in the Philippines back in 1998 and stayed there until 2003. I became the GM for their Philippine operations in 2001, though this was in the midst of the Asian Financial Crisis.

The height of all that was in 2003. We kicked out Joseph "Erap" Estrada two and a half years earlier and installed Gloria Macapagal-Arroyo in 2003, who we tried to impeach almost immediately. The Peso went from P26:\$1 to P50:\$1, which prompted Savills to pull out of the country even though we were doing so well.

They liked what I did for their Philippine operations so when it came time for them to go, they asked me if I can continue to lead their franchise in the country. This led to me starting Leechiu Associates with my father-in-law Fernando Camus and Angela Padilla.

How do you handle big real estate deals?

I learned very early on to be sincere in doing business, i.e.,

for lack of a better phrase, "no B.S." We never give BS to clients; we are always sincere.

It's not enough to be honest or nice; you also have to be very competent. That earned us the reputation in the market and helped us develop relationships over the years. A lot of our friends and clients also helped us along the way, allowing us to get to that point of doing these big deals.

Apart from the Ortigas & Co. and the JP Morgan office building deals, what would you say are your biggest achievements in the real estate industry?

We provide a lot of transparency in a very opaque market; that, I think, is our biggest value. We provide clarity to what people don't see. We provide information that gives clarity and aids in decision-making.

What were some of the challenges you faced when you started your own property consultancy firm?

The biggest challenge was that I started this career when the real estate industry was very "colonial" or having bias towards foreigners.

A lot of businesses would not take you seriously if you were a local. If you were a foreigner, it didn't matter if you knew the local market or not; you would automatically have an edge over a local broker.

The gap between foreign and local firms was very wide unlike today. Foreigners dominated the market during the 90s up until recently. Nowadays, we have a lot of wealthy locals that are as competent, educated, and as conscious about compliance and transparency as foreigners. Transitioning through that was the biggest challenge in my career.

I grew Leechiu & Associates to a scale where it attracted international competitors. We were in talks with three international players who wanted to buy our business, so they can hire us.

In 2008, we chose to partner with Jones Lang LaSalle (JLL).

We sold our business to them so they can hire all of us, which led me to becoming the country manager of JLL for 8 years (2008 - 2015). After growing it to be the largest business in the Philippines, I left to put up Leechiu Property Consultants (LPC).

Can you tell us who your biggest clients are?

We have a very healthy mix of foreign and local clients. Locally, we do a lot of work with the conglomerates: SM, Ayala, Robinsons, Fillnvest, and DoubleDragon, which we do a lot of business with.

For foreign companies, it's a lot more different, though we mainly deal with BPOs. Some of our international clients include Citibank, HSBC, Alorica, and Convergys.

What are some of the recent trends you've seen in the real estate industry? Has it affected how you do business at LPC?

The one firm belief I have is that the economy of the Philippines will keep growing. It is fundamentally better now than it ever has been, and I think we will do many great things with this president by the sheer political power that he has, which no other president had outside Marcos.

Marcos had a very big voting bloc and the popularity to go along with it. After Marcos, nobody had the same political capital. Because of that, they will get to do a lot of things in this administration.

That will solidify what will happen to the Philippines in the next 10 - 15 years, which is why I'm quite optimistic about how the country will fare in the future.

Any plans for LPC in the future?

We're partners with CBRE, the largest property consulting company in the world. They have about \$14-16 billion in revenue. They're publicly listed in the Dow Jones (Industrial Average) and was voted number 18 in the best companies to work for by LinkedIn a few weeks ago.

It's a great company that I'm proud to be partners with and we have their confidence and trust. I hope that relationship will grow deeper as the years go by. We're also looking to be the biggest player in this market.

What's the difference between when you started in the industry versus today?

It's more real. Back when I started, the debt levels for the government and private sector were too high. That inflated assets artificially, i.e. "hot air". That's why we had that bubble.

Today, the growth is real. It's real, more sustainable, has been going on for 17 years, and will continue in the future.

It's also life-changing. The boom in the 90s was short, lasting for only five or six years, and did not benefit as many people. Interest rates were 20-30% those years.

Today, the boom is 17 years old and has benefited the economy so much yet interest rates are only at 5%. The collapse in interest rates and the money coming from overseas Filipino workers has impacted the lives of many.

This administration is almost there with passing Tax Reform Package 1, which is all about uplifting the life of the poor.

Today, you're taxed 10-20% as a minimum wage earner. Tax Reform Package 1 says when you earn P20,000 and below, you won't get taxed. That will be transformational to millions of people.

The Tax Reform Package includes an increase in real property tax. Will that increase affect the market at all?

Yes, but it will only affect the very rich. The impact to the rest of the population will be very small.

Add to that the lowering of corporate tax in Package 2 and a lot of companies will have more money to invest in the country.

For the complete interview, you may view it at www.primer.com.ph



OCCUPIER SOLUTIONS

PROJECT LEASING

INVESTMENT SALES

BPO SITE SELECTION

RESEARCH & CONSULTANCY

www.leechiu.com

PRESIDENT & CEO DAVID LEECHIU

M: 0918.910.5158 | E: david@leechiu.com

EXECUTIVE DIRECTOR LYLAH LEDONIO

M: 0917.674.1688 | E: lylah.ledonio@leechiu.com





DECADES OF PROVEN COMPETENCE IN MANPOWER BUSINESS

WE ENCOURAGE LOCAL AND OVERSEAS EMPLOYERS AND JOB SEEKERS TO CONTACT OR VISIT US FOR PROPER ASSISTANCE

APPLICANTS ARE WELCOME TO SEND THEIR RESUMES THROUGH EMAIL WE ALSO WELCOME WALK-IN APPLICANTS



NOSPHIL CONSULTANCY AND MANPOWER SERVICES INC.

(LICENSED LOCAL SUBCONTRACTOR)

(DOLE LICENSE No. NCR-PFO-78101-102616-151R)

OUTSOURCE of Male/Female Personnel for Local Offices, Oil and Gas and Construction and Engineering Works

æ-632-6871978 ♣-632-6871979 = recruitment@nosphil.com.ph; ⊕ www.nosphil.com.ph

PHILNOS CORPORATION (LOCAL AND OVERSEAS MANPOWER AGENCY).

(POEA LICENSE NO. 124-LB-091014-R) (DOLE PEA LICENSE NO. M-15-08-076)

SUPPLY OF FILIPINO MANPOWER OVERSEAS (KSA, Japan, Singapore, Qatar, Malaysia, Russia, UAE, Thailand, Bahrain, Taiwan, Papua New Guinea, Iran, Nigeria, China and all parts of the globe.)

PLACEMENT/INTRODUCTION of Male/Female Personnel for Local Offices and Construction and Engineering Works

@www.philnos.com.ph

LIST OF POSITIONS SUPPLIED BY PHILNOS AND NOSPHIL:

OFFICE PERSONNEL

- Managers (Introduction/Placement)
 Executive Assistant
- Secretary
- **Human Resources Staff**
- Administrative Staff/Assistant
- Accountant
- Accounting Staff/Assistant
- Front Desk Receptionist
- IT Engineers/Staff
- Encoder
- Clerk
- Messenger
- Janitor
- Company Driver

ENGINEERS AND SKILLED WORKERS for Oil and Gas. Construction and Engineering Works

- Engineers (All disciplines)
- Welder
- Rigger
- Electricians
- **Heavy Equipment Operators**
- Truck Drivers
- Worker
- All kinds of skilled workers

ALL OTHER POSITIONS SPECIFICALLY REQUIRED BY CLIENTS



3F OAC BUILDING NO. 27 SAN MIGUEL AVENUE, ORTIGAS CENTER. PASIG CITY, PHILIPPINES



MONDAY-WEDNESDAY: 8:00AM to 6:00PM

THURSDAY: 8:00 AM to 5:30 PM FRIDAY: 8:00 AM to 5:00 PM

COMMITTED TO EFFECTIVE AND EFFICIEN OF COMPETENT MANPOWER

Give new life to your car using Japanese quality methods and epuipment

Car Body Paint

FULL BODY WASH OVER SUV: Starts at P37,500 LARGE SUV: Starts at P40,000

■REPAINT Scratches, Minor dents

FENDER P3,500 DOOR PANEL P4,000

Body Glass Coating

- SPASHAN KAMIKAZE Starts at P12,000
- ●GF POWER COAT+ Starts at P10,500



Protection from

Easy to wash



Gloss such as the brand nev car was given

[2005 TOYOTA INNOVA]

FULL BODY WASH OVER

[2017 LEXUS ES350] **FULL BODY GLASS COATING**



0917-309-8295/02-655-7912 www.facebook.com/renergysysteminc #19 Joe Borris St., Bagong Ilog, Pasig City

technician in-house

BUY & SELL PROPERTIES JNP can help you ► Find potential buyers for your properties ► Look for your house and desired investment properties Search for lease / for sale residential, commercial and industrial properties Find tenants and manage your property Service you deserve, people you trust. Unit UG21 Cityland Pasong Tamo Tower Inc. Makati City Philippines TEL: 02-752-1733 MOBILE NO.: 0977-676-7815 MAIL: jnp-real-estate@billionaire-club.jp











What makes docukit Unique?



docukit is an All-In-One archiving appliance. An EMBEDDED server and DMS Software in one unit, which can be mounted to a multifunction device (MFD).

































Management

Management

Management

Management

Automation

Management

Sales Cycle

Service

**Open to Channel Partners













visit our website at www.ecopy.com.ph

Makati - (02) 525-9911 loc. 104 / 105, (02) 521-2574, (02) 521-8942, 902) 631-8714 to 19 Laguna - (049) 545-9044 to 45 Cebu - (032) 346-3976 / (032) 346-4565 / (032) 346-2985

Makati: #5837 Sharp eCopy Bldg., Zobel Roxas St., Brgy. Palanan, Makati City Laguna: #9049 G/G Regalena Bldg., National Hi-way Brgy. Turbina, Calamba Laguna

Cebu : #9520 G/F MDC Bldg., A.C. Cortes Avenue, Ibabo Mandaue City

Japan Visa Assistance? Our friendly staff is willing to assist you!!!



MANILA OFFICE

CEBU OFFICE

What are you waiting for? Explore Japan. Get your Visa Now and Eliminate Hassle!

Do it with Friendship Tours!!!







J-K Network Manpower Services. **J-K Network Recruitment Services** And Consultancy, Inc.

We are the leading recruitment company in the Philippines. We will continue to provide the best service to our clients and applicants.



RECRUITMENT PROVIDER by world-class

companies in the Philippines since 2014. For

our applicants, we have jobs for all nationali-

ties. For our clients, we provide bilinguals

across all nationalities and industries.





 We can provide the following nationalities: Japanese, Korean, Mandarin, other Asian and European Nationalities

• For applicants, please contact us: jkmanpower@jp-network-e.com
Telephone: 02-932-0963 Globe: 0936-973-4028

For clients, please contact us: jkhr@jp-network-e.com

Telephone: 02-932-0963 Globe: 0917-813-9678

2302-932-0963



GLOBE: 0916-493-1663 / 0936-973-4185 0936-973-4028 / 0936-973-4186 SMART: 0929-3159-901

http://jkmanpower.jp-network-e.com/ UNIT 3 IJKLM 3rd floor Crissant Plaza Building No.272 Commonwealth Avenue Old Balara, Quezon City, **Philippines**

Japanese Page: http://jkmanpower.jp-network-e.com/forClients_ja Chinese Page: http://jkmanpower.jp-network-e.com/forClients_zh-CN Korean Page: http://jkmanpower.jp-network-e.com/forClients_ko English Page: http://jkmanpower.jp-network-e.com/forClients

Japanese Page: http://jkmanpower.jp-network-e.com/forApplicants_ja Chinese page: http://jkmanpower.jp-network-e.com/forApplicants_zh-CN Korean Page: http://jkmanpower.jp-network-e.com/forApplicants_ko English Page: http://jkmanpower.jp-network-e.com/

Business Guide

AAB Philippines Inc. 2 02-218-3535

♠ Unit 409 Cattleya Building, 235 Salcedo St., Legazpi Village, Makati City

☎ 02-884-9090

♠ 7/F and G/F, Commerce and Industry Plaza (CIP) Bldg, Campus Ave., corner Park Ave., McKinley Hill, Brgy. Pinagsama, Fort Bonifacio, Taguig City

Crown Line © 0999-436-6907

♠ Unit 103 &104 JJM Building II, Ninoy Aquino Ave., Paranaque City

Kansai Paint 20 0917-545-3259

♠ Carmelray Industrial Park(CIP) II, Brgy. Punta, Calamba City, Laguna

Mitsubishi Motors ☎ 02-892-0331 to 42

Cor. Don Bosco and Pasong Tamo St., Makati City

NIKKEI ☎ 02-852-2598/1771

Nippon Express ☎ 02-403-1106

♠ Unit 2701 Yuchengco Tower RCBC Plaza, Ayala Ave., Salcedo Village, Makati City

ත 02-804-0525 to 29

Rm. 23 West Service Road, South Superhighway, Alabang, Muntinlupa City

2 02-807-9449/02-772-2705/02-807-1627

♠ Unit 2204 Tower 1 Entrata Urban Complex 2609 Civic Drive, Filinvest City, Muntinlupa City

VALUEASIA

☎ 0917-817-6549/02-511-0781

2/F, COCOFED Bldg., 144 Amorsolo St., Legaspi Village, Makati City

☎ 02-894-0341/02-817-8282

First Cityland Condominium Building Rada Street, Legazpi Village, Makati City

☎ 02-822-9911/02-776-2627

★ Suite 102, CTC Building, 2232 Roxas Boulevard, Pasay City

Asia Development Bank © 02-636-2444

♠ 6 ADB Ave., Mandaluyong City

☎ 02-840-7000

♠ 7899 Makati Ave., Makati City

☎ 02-818-5541 to 48

A BPI Head Office, 6768 Ayala Ave., Makati City

☎ 02-8700-700 ♠ Metrobank Plaza, Sen. Gil J. Puyat Ave., Makati City

☎ 02-877-7222

A Yuchengco Tower, RCBC Plaza, 6819 Ayala Ave., Makati City

RECRUITMENT

☎ 02-932-0963/0917-813-9678

A UNIT 3 JKLM 3/F, Crissant Plaza Building No.272 Commonwealth Ave., Old Balara, Quezon City

NOSPHIL

තු 02-687-1978

A 3/F, OAC Building, 27 San Miguel Ave. Ortigas Center, San Antonio, Pasig City

Reeracoen Recruitment Co., Ltd 202-893-7282/02-843-2986

ත 02-893-8815

♠ 139 Valero St., Salcedo, Makati City

Baker & McKenzie ☎ 02-819-4700

♠ 12/F, Net One Center 26th Street corner 3rd Ave. Crescent Park West, BGC, Taguig City

Ingles Laurel Calderon Law office 202-812-9419/02-812-9333

A Suite 7B, The Valero Tower, 122 Valero Street. Salcedo, Makati City

ත 02-892-3011/02-892-3032

Puyat Jacinto & Santos Law Office © 02-840-5025 to 28

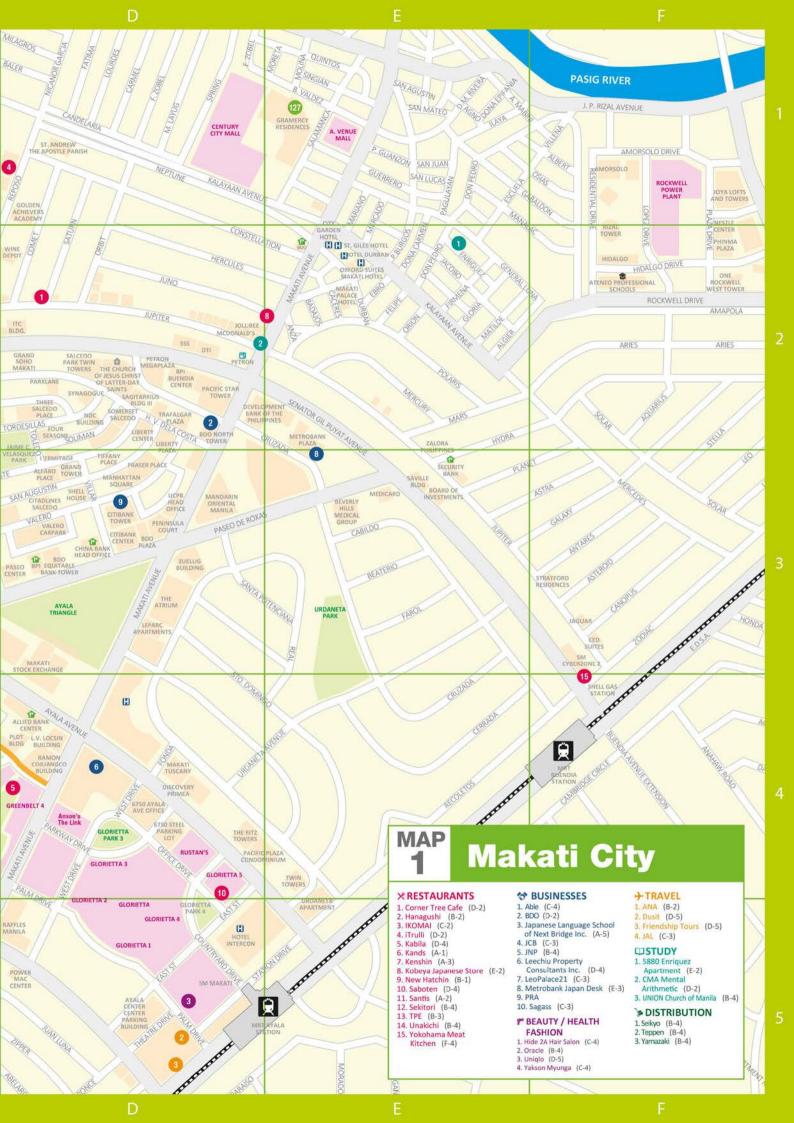
€ 10/F, 8 Rockwell, Hidalgo corner Plaza Drive Rockwell Center, Makati City

Spectrum Leasing ☎ 0917-823-2612

♠ Makati & BGC

Venture Hub ☎ 02-789-9001

♠ 40/F, PBCom Tower, 6795 Ayala Ave. V.A. Rufino St, Bel-Air, Makati City



What's New in the Metr



Disney on Ice: Everyone's Story

The coolest show in the Philippines returns as Disney On Ice celebrates Everyone's Story, bringing more than 50 unforgettable Disney stars. Mouse-ter of Ceremonies Mickey Mouse, sweetheart Minnie Mouse, Donald Duck and Goofy take to the ice with their friends from beloved Disney movies that span decades from Pinocchio to Frozen.

Mall of Asia Arena, Pasay City



Smart Kids Asia Philippines 2018

SmartKids Asia, Asia's largest Educational Kids' Fair is a fun-filled family event that combines education, health and family bonding activities to offer parents' unparalleled opportunities to spend time together and explore the potential of their children!

SMX Convention Center, Halls 3-4, Pasav City



The Nitro Circus

Amazed by dare-devil stunts? Fascinated by glamorous and well kept motorbikes? Now is the time! Come and be part of a heart stopping and breath taking performance through the Nitro Circus happening this 2018!

Mall of Asia Complex, Pasay City

SUBIC



PRUride PH 2018 **Subic Bay Freeport Leg**

The most anticipated and the biggest cycling event in the country is set to happen this 2018! Make way as Pru Life UK welcome back PRUride PH 2018, a riding event for everybody happening on January 11-14, 2018 at the Subic Bay Freeport Zone and on January 21, 2018 at McKinley West, Taguig City.

Subic Bay Freeport Zone, Zambales

MANII A



Feast of the Black Nazarene

During the 9th of January every year, devotees flock to Quiapo in Manila to be a part of the yearly procession of the replica of the Black Nazarene – a statue of Jesus Christ suffering under the weight of the cross.

Quiapo Church, City of Manila



Dinosaurs Around the World Come Alive at the Mind Musem

Embark on a time travel and globetrotting expedition to discover this land before time, together with your schoolmates, family, and friends!

The Mind Museum, JY Campos Park, 3rd Ave., Bonifacio Global City, Taguig City



GlamCon 2018

Come and be part of an empowering event that will let you love yourself even more at Glamcon Manila. Through this event, beauty will be celebrated and empowered in all its forms and sizes. Everyone is invited to take part in the biggest convention dedicated to makeup, skin care, hair, nails and all things beautiful.

SM Aura, 8 McKinley Parkway, Taguig City

QUEZON CITY



Planetshakers Conference Manila

Planetshakers Conference Manila is an opportunity for you to join Pastors Russell & Sam Evans and the Planetshakers band for a powerful time of praise, worship and encounter. The conference will cover areas like Powerful time of praise, worship and encounter.

SMART Araneta Coliseum, Araneta Center, Cubao, Quezon City



One Ok Rock Asia Tour 2018 Jan 29

Concert

This 2018, One Ok Rock will once again be heading to Manila to perform their breath-taking performances! Known for their thrilling live shows, One Ok Rock recently performed two massive concerts at Shizuoka, Japan's Nagisaen before a cumulative audience of more than 110,000 which was captured in the official live video for their single "Taking Off."

Happening on January 29, 2018 at the Mall of Asia Arena, come and be part of their thrilling performances that will definitely knock you off your feet! Gates for the concert will open at 6:00 PM, and will start at 8:00 PM.

Mall of Asia Arena, Pasay City

Concert

Jan 26 Foster The People in Manila

American Indie Rock Band, Foster The People is coming to Manila for their Sacred Hearts Club Tour. Foster the People garnered three Grammy nominations for its monumental debut, including Best Alternative Album, Best Pop Duo/Group Performance for "Pumped Up Kicks" and Best Short Form Music Video for "Houdini."

♀ Kia Theater, Araneta Center, Cubao, Quezon City



For more events, please visit primer.com.ph/events



STANDARDS



▼ VISIT US AT THE FOLLOWING LOCATIONS

METRO MANILA
ALABANG (Q1) 8071788
COMMONWEALTH (Q1) 9522760 TO 66
EDSA (Q1) 4104836
GREENHILLS (Q1) 72721289
HANGATI (Q1) 8452175
HANGILA (Q1) 5624601 TO 06
PASIG (Q1) 6714544
QUEZON AVENUE (Q2) 9267111

LUZON

BATANGAS (043) 7782213

BATANGAS CITY (0917) 2080280

BULACAN (044) 760004

CABANATLAN (044) 465215

CANTE (046) 4722145

DAGUPAN (077) 5220558

ISABELA (078) 6522050

LEGAZPI (049) 4291593 MEYCAUAYAN (044) 9131035 NAGA (054) 4778886 PAMPANGA (045) 4353062 PANGASINAN (075) 5684861 RIZAL (02) 6455558 SAN PABLO (049) 55393269 TUGUEGARAO (078) 8442920

VISAYAS BACOLOD (034) 4412050 BOHOL (038) 4120098 CEBU (032) 2340471 DUMAGUETE (035) 4226040 ILOILO (033) 3564435 ILEYTE (053) 32322777 MANDAUE (032) 4222288 TALISAY (032) 2362211

MINDANAO BUTUAN (085) 8152214 CACAYAN DE ORO (088) 8561892 DAVAO (082) 2973544 DIPOLOG (065) 2124199 GENERAL SANTOS (083) 5522255 ZAMBOANGA (062) 9112088







