

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

French Cuisine



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Features of the Issue

COVER – From haute cuisine to regional specialties enjoyed by the common folk, French cuisine is the very definition of what a gourmet meal is supposed to be. And rightly so, French cuisine has been declared by UNESCO as a “world intangible heritage.” This month, we introduce high-end French restaurants perfect for special occasions, plus some nice French cafes great for everyday dining.

TRAVEL – Not many people are aware of the multitude of things to find and activities to do in Subic, which has been mainly synonymous with waterparks. The Department of Tourism certified Subic Bay Freeport as one of the country's top destinations, and in this month's feature, we showcase the many reasons why Subic is indeed a must-visit for anyone looking for a great dose of relaxation, fun, and adventure.

PLUS! The Land of the Rising Sun harbors a golfing paradise that not many people know about. Learn more about the beauty of golfing in Japan in this month's issue.



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Bon appetit!



A part of UNESCO's Intangible Cultural Heritage of Humanity in 2010, French cuisine is distinguished by its multi-course meals, impeccable dining rites, and ubiquitous wine pairings. Sophistication and respect for food are what French cuisine is all about. Every meticulously prepared and beautifully presented dish showcases the culinary discipline of France.

In the Philippines, restaurants are slowly making a name for themselves through their own sophisticated cooking style rooted in the culinary heritage of France—each with their own fusion of art, elegance, and flavors. Get to know more about this beautiful cuisine through some of the best French restaurants in and around Metro Manila!



Dr. Wine Manila | PPP

Housing 150 types of wine, Dr. Wine boasts of wines that are personally tasted and chosen by French sommeliers and owners Vincent and Eva Landais, Jean Philippe Guillot of AWC Wines Philippines, and Simon Côté of Apotheke Craft Spirits Co.

The Doctor's Platter consists of a variety of cold cuts all imported from France and Germany, while their pâté and mousse are homemade. The Chicken Liver Mousse, on the other hand, has maple syrup which gives it a sweet flavor.



Doctor's Platter Cheese & Cold Cuts (P1,680)



📍 5921 Algier, Poblacion, Makati City
 ☎ 0917-563-8811
 🕒 5 pm to 2 am
 📍 Dr. Wine Manila

Le Jardin Cafe | PP

For those who like a hearty meal, rice is served with Le Jardin's Iberian Chicken sprinkled with herbs and sitting on a bed of juice with potatoes. In the afternoon, diners may also sample Le Jardin's version of a French ham and cheese sandwich, the Croque Monsieur, with its cheese oozing on the side, sprinkled with herbs, and served with a side of chips. With its size, the sandwich can be shared with a loved one or enjoyed alone by a hungry diner.

📍 G/F Bonifacio Stopover Corporate Center, 31st St. cor. 2nd Ave., BGC, Taguig City
 ☎ 0917-817-6584 🕒 7 am to 10 pm (Mon to Sat) 📍 Le Jardin Cafe



Iberian Chicken (P330)



Scallop with Squid Ink (P395)



Mews | PPP

The restaurant's elegant and modish interior makes it a perfect place for couples, families, or anyone who wants to have a romantic meal together.

One of the recommended dishes is the Salmon Gravlax, made with homemade smoked salmon and delicious beet puree. Another must-try is the Scallop with Squid Ink, a large grilled scallop coated with squid ink puree that has the taste of fresh seafood.

📍 115 L'Ermitage Bldg., L.P. Leviste cor. Toledo St., Salcedo Village, Makati City
 ☎ 0917-765-9440
 🕒 11 am to 12 am 📍 Mews



Pan-Seared Foie Gras (880)



Seafood Brochette

Lemuria Restaurant & Wine Bar | PPPPP

For those who seek an intimate fine dining, Lemuria offers a 6-course and a 9-course degustation menu, which lets you appreciate different kinds of exquisite French meals, from meat and seafood to sorbet, desserts, and cheese.

Also one of the restaurant's best feature is their wine collection. Given that Lemuria first started out as a winery, one can expect that the wines they serve are top-notch.

📍 The Plaza @ Arya Residences, McKinley Parkway cor. Rizal Dr., BGC, Taguig City ☎ 02-541-1723 / 02-404-8704
 🕒 6:30 am to 9:30 pm 📍 lemuria.com.ph
 📍 Lemuria Restaurant & Wine Bar

Le Bar | PPP

Le Bar offers a taste of classic favorite dishes from France, combined with a few Filipino food delicacies. From ravioli and foie gras to a French adaptation of *bulalo* (pot au feu Filipino), guests can dive into the appetizing pleasures of their chosen dishes.

📍 Sofitel Manila, Roxas Blvd., Pasay City
 ☎ 02-551-5555, 02-573-5555
 🕒 5 am to 2 am
 📍 sofitelmanila.com/restaurants-bars/le-bar



Sauna of Lamb (P760)



Restaurant 101 | PPP

Restaurant 101 is the application restaurant of Enderun Colleges. You will find the waiting staff composed mostly of students in cooking and hospitality. The restaurant has a modish interior with the elegance of a contemporary Parisian bistro.

The main course, Sauna of Lamb, consists of rack of lamb, caper crust, fava beans, arugula puree, porcini sauce and is refreshing with fine lean meat.

📍 Enderun Colleges, 1100 Campus Ave., McKinley Hill, Fort Bonifacio, Taguig City
 ☎ 02-856-5000 loc. 101
 🕒 Lunch - 11:30 am to 2 pm, Dinner - 6 pm to 9 pm (Mon to Sat)
 📍 101.enderuncolleges.com 📍 101

Street Feature: French Cuisine in the Metro



(Clockwise L-R) The L'entrecote's Double (P2,580), It Melts In Your Mouth (P340), Saumon Fume Pissaladière (P285), House Salad (P235)



Eggplant and Garlic Purée with Lettuce and Pita Bread

Sagana Épicerie and Bistro | PPP

Sagana uses as many organic local ingredients as possible while bringing France to every diner's table. At its helm is French celebrity chef, Marc Aubry. Their Market Menu (P1,250) is a weekly special in which dishes are never the same, always exciting and fresh.

📍 G/F Net One Center, 3rd Ave. cor. 26th St., BGC, Taguig City ☎ 02-815-8801
 ⌚ 10:30 am to 10 pm (Mon to Sat); 8 am to 3 pm (Sun) 📍 Sagana Epicerie and Bistro



Steak Frites (P1,950)



CDP Global Table | PPP

Thanks to having the same owner as Mamou, CDP Global Table offers the same great steaks. Though their steaks are on the leaner side, there is no need for major chewing action. They are baked with French butter so you can be sure that each dish is rich and flavorful. For those avoiding meat, they also offer a few vegetarian and pescetarian dishes like the Salmon Beurre Blanc.

📍 148B Level R1 Power Plant Mall, Lopez Dr., Rockwell Center, Makati City ☎ 0917-832-9828
 ⌚ 12 pm to 3 pm, 6 pm to 11 pm (Mon to Thu); 12 pm to 3 pm, 6 pm to 2 am (Fri); 11:30 am to 2 am (Sat);
 11:30 am to 11 pm (Sun)

L'entrecote Corner Bistro | PPP

This French-Swiss restaurant that serves delectable steaks derives its name, L'entrecôte, from a word that means sirloin steak in French. A popular item is The L'entrecôte Steak, made with US Choice sirloin steak and a secret herb butter sauce which uses 20 kinds of seeds. The sauce recipe is so precious that only the restaurant owner knows it. As for the meat, they only use certified US Angus beef and choose the best cuts, which is one of the reasons for the distinct quality flavor.

📍 Unit A Bellagio II, Burgos Circle, Forbes Town Center, BGC, Taguig City
 ☎ 02-856-4858
 ⌚ 7 pm to 11 pm (Sun to Thu); 7 pm to 1 am (Fri to Sat)
 🌐 L'entrecotemanila.com
 📍 L'entrecote Manila: Bistro & Upper Room



Bacon and Potato Omelette (P450)



La Mère Poulard | PP

On one side of the restaurant is a semi-open kitchen where you can see many chefs, led by a French chef, gracefully working together to produce the best-tasting dishes to be served on your table.

The restaurant's menu lists a number of dishes that highlight the use of eggs, like the Poached Leek in Vinaigrette Sauce which uses egg Mimosa and bacon crumbles; and, of course, the different variations of their signature omelette like the Bacon and Potato Omelette.

📍 UG/F SM Aura Premier, BGC, Taguig City
 ☎ 0917-573-5513 / 0917-580-0137
 ⌚ 10 am to 10 pm
 📍 La Mère Poulard-Philippines



Foie Gras in Mango Chutney (P590)



French Lamb Stew (P790)

Petit Bistro | P P P P

Co-owner and chef Glenda Maupin explains that bistros in France are normally "a more relaxed and friendly place serving authentic classic cuisine"—the reason for her to make this the concept of Petit Bistro. For French food with a twist, Petit Bistro offers classic French dishes with robust Asian flavors. The restaurant's best-selling dishes are Egg Mimosa, Foie Gras in Mango Chutney, French Lamb Stew, and Salmon Gravlax.

📍 G/F Water Garden, Festival Supermall Alabang, Muntinlupa City ☎ 02-821-5294 / 0905-259-5368
 ⌚ 11 am to 1 am 🌐 petitbistromanila.com 📍 Petit Bistro



Tempura of Oysters with Mango Orange Sauce and Lumpfish (P400)



Slow Braised Kurobuta Pork Cheek with Seared Scallop



Sala Restaurant | P P P

With its modern and laid-back interior tempered by simplified elegance, diners will surely enjoy dining at Sala. Their menu changes regularly, which is one way to excite all new and frequent customers. To match their exceptional French offerings, Sala also has an extensive list of wine and whiskey.

📍 Podium Level, L.V. Locsin Bldg., 6752 Ayala Ave. cor. Makati Ave., Makati City ☎ 02-750-1555 / 02-893-0242
 ⌚ Lunch - 11 am to 2:30 pm, Dinner - 6 pm to 10:30 pm (Mon to Sat) 🌐 salarestaurant.com



Antonio's | P P P P

Antonio's is known for using fresh farm produce and applying meticulous culinary techniques, which make up its one-of-a-kind French menu. While it is a homegrown restaurant, Antonio's has been widely acclaimed for its French specialties that are well-matched with other international restaurants.

📍 Purok 138, Brgy. Neogan, Tagaytay City
 ☎ 0917-899-2866 / 0918-899-2866
 ⌚ 11:30 am to 1:30 pm, 5:30 pm to 7:30 pm (Tue to Sun)
 🌐 antoniosrestaurant.ph/antonios-restaurant



Roast Venison Loin and Lamb Shoulder Torchon (P1,850)



Caviar Restaurant and Champagne Bar | P P P P

Caviar Restaurant and Champagne Bar is a high-end French-Mediterranean restaurant handled by a pair of Dutchmen: Bastiaan van der Walle as the general manager and sommelier and his brother Frank as the executive chef. The restaurant is sectioned into a cozy lounge with a champagne bar, and a luxurious dining area. Seats close to the wall allow better privacy, perfect for intimate dates.

📍 Unit A-206 Westgate Center, Commerce Ave. cor. Filinvest Ave., Alabang, Muntinlupa City
 ☎ 02-552-7930 ⌚ 5:30 pm to 10 pm (Mon to Sat); 10 am to 2 pm (Sun)
 🌐 caviarrestaurant.com 📍 Caviar restaurant



Sole Façon Meunière (P570)



Le Café Curieux | P P P P

Dubbed as "a little slice of France," this restaurant bar welcomes you into a bold yet refined interior, dominated by black and red colors and magnificent works of art and enhanced by good music.

A recommended dish is the Sole Façon Meunière, a classic French food which usually makes use of sole fish skinned or filleted, and then dredged and fried in butter.

📍 Unit G1, G/F Soho Bel Air Bldg., Bel Air Polaris cor. Badajos St., Poblacion, Makati City
 ☎ 02-908-6684 / 0977-815-5988 ⌚ 6 pm to 1 am (Mon to Thu); 6 pm to 4 am (Fri to Sat)
 🌐 cafecurieux.ph

Epilogue | P P P

Epilogue gives feelings of anticipation and satisfaction by introducing different flavors of continental cuisine through the expertise of Japanese chef Hiroyuki Meno, who has his own take on making each dish surely a feast for the palate.

Epilogue offers a French full-course meal on their menu, and you'll surely be tempted by their Capri (Caprese salad) for appetizer, and Wagyu and US Prime beef for the main course. You can pair each dish off with a glass of wine.

📍 G/F S'Maison, Conrad Manila, Ocean Dr., Mall of Asia Complex, Pasay City
 ☎ 02-816-7088 🕒 10 am to 10 pm
 📧 epilogue.ph
 📍 Epilogue PH



Wagyu MB5



Crispy Confit Pork Belly (P960)



Wagyu Beef Short Ribs in Thyme Juice



Duo of Duck Liver, Pan-Fried Duck Liver with Mango Rougail Crepe & Prune Sauce, & Duck Liver Marble Terrine with Red Cabbage Foam

Mirèio | P P P P

Mirèio recently introduced its new Chef De Cuisine, Chef Hervé Clair, a Provençal native who has managed to take what Mireio is good at and elevate it to new heights, all with the simplicity and elegance that Provençal cuisine is known for.

One of the main courses is Crispy Confit Pork Belly. The skin is crispy as advertised, the fricassée elevated the flavor of the pork, and the François Labet 2015 Pinot Noir helped bring out the flavors of the dish even more.

📍 9/F Raffles Makati, 1 Raffles Dr., Makati Ave., Makati City
 ☎ 02-795-0707
 📧 mireio.makati@raffles.com
 📍 raffles.com/makati/dining/mireio

The Champagne Room | P P P P

For those who wish to sample a wide array of dishes, the Degustation Set Menu is always a good choice. Note that the menu changes every month so it's best to call the restaurant if you want to know what they're offering. Whatever the menu and course offering, one can expect the bare bones of fine dining with a starter, appetizer, soup, sorbet, main dish, dessert and cheese course.

📍 The Manila Hotel, One Rizal Park, Ermita, Manila
 ☎ 02-527-0011
 🕒 Lunch - 11 am to 1 pm, Dinner - 6 pm to 11 pm
 📍 manila-hotel.com.ph/champagne-room-2/

Impressions | P P P P P

The US Certified Angus Beef and the Grilled Sea Bass are some of the best dishes that Impressions offers. The menu is categorized into three: warm dishes, cold dishes, and desserts. Although the food choices are rather limited, every dish promises to be delectable as only the finest ingredients are used and the most intricate preparation is done. To complement the dishes, Impressions has over 2,000 bottles of wines displayed on the rack on one side of the restaurant.

📍 3/F Maxims Hotel, Newport Blvd., Newport City, Pasay City
 ☎ 02-908-8883
 🕒 6 pm to 12 mn (Mon to Sat); 11 am to 3 pm, 6 pm to 10 pm (Sun)

Vatel Restaurant | PPP

Those who want a classic French main dish can try Vatel's Beef Bourguignon. This rich stew likely takes its name from Burgundy wine and not the region. Whatever its origins, diners are sure to want more of this filling dish. For a slightly lighter main course, there is also the Braised Lamb Shank, with apricot and rosemary sauce. The apricot and rosemary sauce complements the lamb very well, cutting into the richness of the meat.



Beef Bourguignon (P395)



📍 Roofdeck, Hotel Benilde Maison De La Salle, Arellano Ave. cor. Estrada St., Malate, Manila
 ☎ 02-523-8888
 ⌚ 11:30 am to 8:30 pm (Mon to Fri); 11:30 am to 6:30 pm (Sat)
 📍 Vatel Restaurant Manila



Salidou Crepe (P165)

La Creperie | PP

La Creperie specializes in Parisian meals and desserts. Their crepes are deemed one of a kind for the infusion of flavors into each recipe. They have many types of crepes—from those with meat and cheese to ones that are purely filled with chocolate.

📍 V Corporate Center, 125 L.P. Leviste St., Salcedo Village, Makati City
 ☎ 0942-582-4946
 ⌚ 11 am to 11 pm (Sun to Fri); 11 am to 10 pm (Sat)
 📍 La Creperie (PH)



Cocotte Osso Bucco Caldereta (P800)



Café 1771 | PPP

A sister café of Chateau 1771, Café 1771 looks like a modest country house from the outside while the inside projects itself as a quirky yet inviting Parisian flat. The restaurant is divided into two sections: The Whimsy and The Lounge. Casual meals are a match for The Whimsy room, while The Lounge is reserved for private meals.

Their house special, the Cocotte Osso Bucco Caldereta is recommended for first-time diners. Originally an Italian dish, the Cocotte Osso Bucco is a meat stew that is also a popular home-cooked meal in France.

📍 El Pueblo Real de Manila, Ortigas Center, Pasig City
 ☎ 02-470-6559 / 02-631-7340 / 0917-866-0442
 ⌚ 7 am to 10 pm (Mon to Fri); 8 am to 3 pm (Sat to Sun)
 🌐 cafe1771.com 📍 Café 1771



Croissants & Tea



Lartizan Boulangerie Francaise | PP

Aside from the wide range of artisanal bread that they are well-known for, Lartizan also offers a breakfast menu, light lunches and sandwiches, and afternoon teas. There is also a tasting area where small portions of macarons, cookies, brownies, lavash, and more, are available for free tasting.

📍 LG/F Century City Mall, Kalayaan Ave. cor. Salamanca St., Poblacion, Makati City
 ☎ 02-511-7866
 ⌚ 8 am to 10 pm
 📍 Lartizan
 🌐 Lartizan.com

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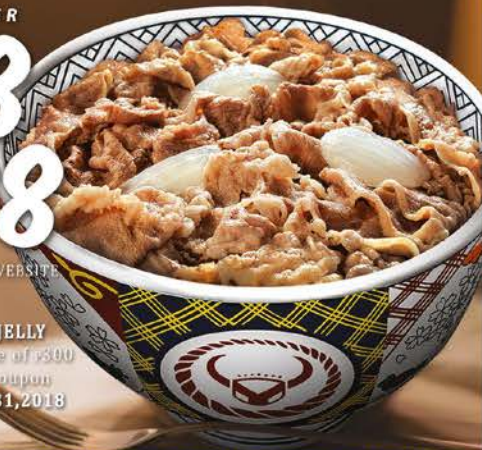
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OKONOMIYAKI

TAKOYAKI

Outsourcing Manufacturing
(Noodle Soup Stock, Gyoza, Curry, Meat Patties, Cut Vegetables, and others)



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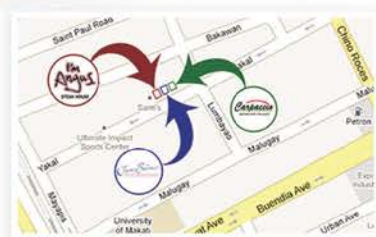
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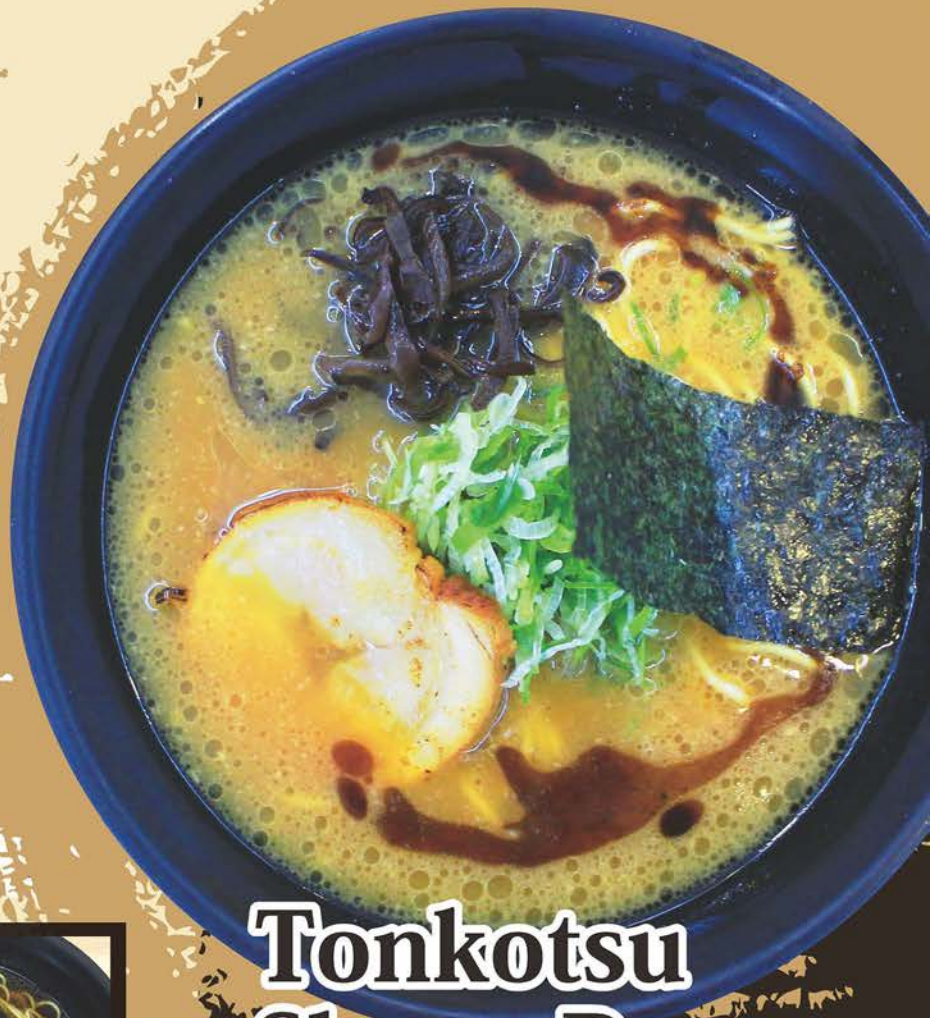
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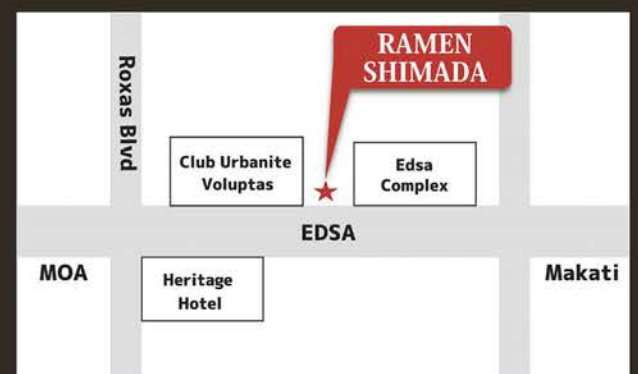
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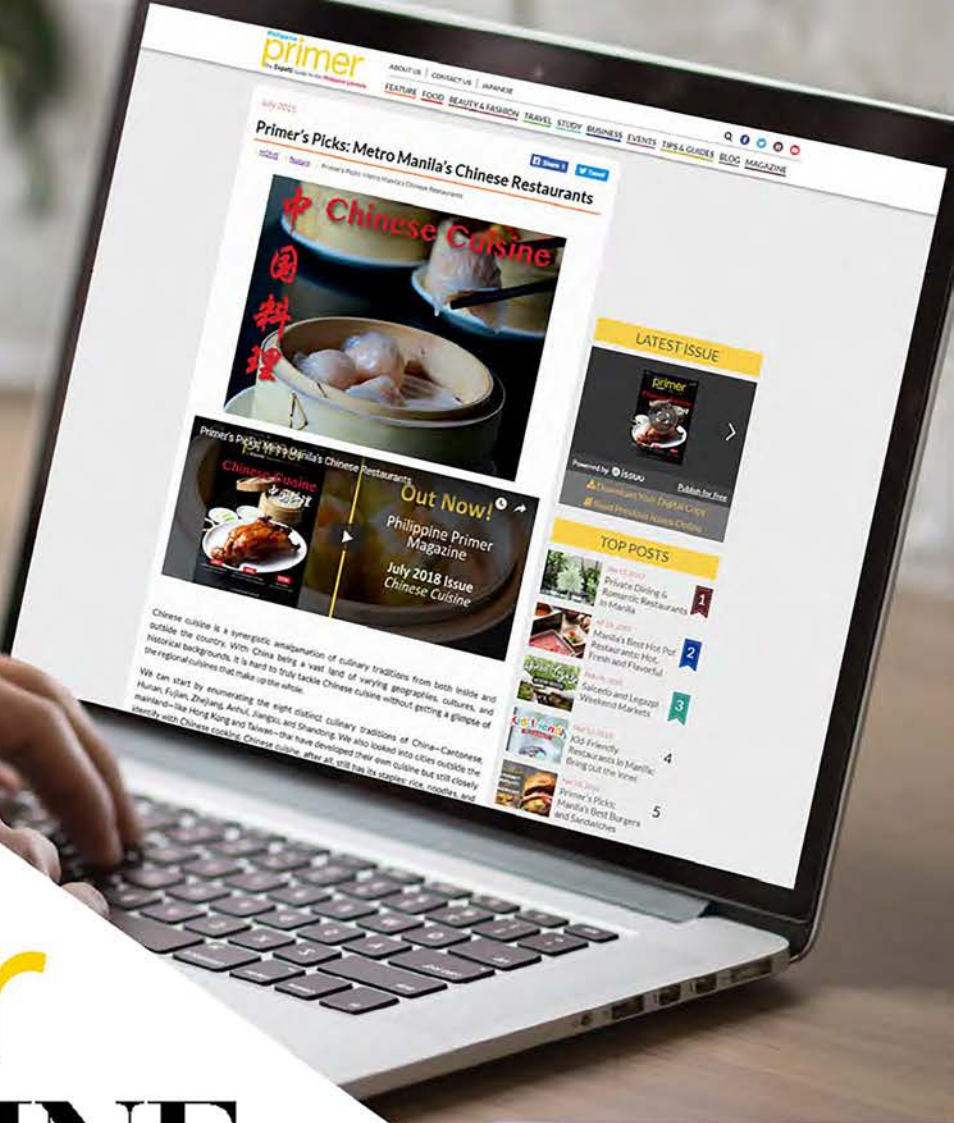


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GOLFING in JAPAN

The Golf Scene in Japan You Didn't Know About

More and more people are discovering the golfing culture in Japan. It is now time for you to explore this new destination.



DOORS HAVE BEEN OPENED

When Kobe Golf Club was born in 1903 in Kobe, it was said to be the beginning of golf history in Japan.

Since the first golf course was built in Japan, the golfing community in the country expanded quickly, with the number of golf courses reaching 2,400 and the number of golf players reaching 15 million by 1995. It was a huge industry, made up not only of golf courses but also golf equipment providers and driving ranges.

It's a well-known fact that the Japanese economic growth was driven in part by the golf industry, but when the economy declined in 1993, the number of players started to drop and never recovered. The huge number of golf players brought not only good things to the golf industry but also brought about a bad practice—golf courses didn't see the need to promote their business because the huge domestic market was enough for them.

When golf players decreased to 7 million in 2012, golf courses were forced to drop their prices. Between 1995 and 2012, the number of golfers dropped by almost 50%, while the number of golf courses dropped by only 4%, with at least 2,300 courses still operational. This kind of imbalance shows a strange golf scene in Japan. Most golf courses are struggling to survive with only 5 million golfers and greatly reduced green fees.

Since 2012, sporting events, such as the Tokyo Olympics in 2020, have been confirmed to take place in Japan; therefore, the Japanese government has redirected their attention to the tourism industry. The Japanese government has strongly encouraged businesses to upgrade, improve, and prepare for the next few years, to take part in the largely expected tourism boom. In fact, a lot of foreigners have visited Japan since the Japanese government opened its doors and eased visa rules for Southeast Asian tourists in 2012.

With the promising state of tourism in Japan, golf courses have finally found new opportunities to reach international markets since 2016.

The time has come for Japan to once again open its doors to the golfing community all over the world and continue its long history since 1903.

THE MOST EXCITING PART OF GOLFING IN JAPAN

Japan has always been a popular country to travel with its variety of tourist spots. Its features have inspired many people around the world.

The number of tourists has increased rapidly in the past few years, with almost 24 million people visiting Japan in 2017.

Since Japan is an attractive country to visit, many people may wish to play golf if there were options during their stay. Normally, when we talk about a golf trip, we need to find and select a good golf destination with the best golf course in the country, a famous tournament course, or one with beautiful seafront views. These, however, are not the only charming points of golfing in Japan. A golf trip in Japan also touches on traditional culture, local food, Japanese hospitality, and the country's four beautiful seasons.

Some golf destinations are located a little bit far from the city, so it is possible to find unspoiled scenery and discover things you may have never heard of before.

Imagine playing at a well-maintained golf course with great views, after which you will enjoy a hot spring, and then eat delicious local cuisine with Japanese sake and chill with your close friends...that would be a perfect moment in your life.

EVERYBODY CAN PLAY IN JAPAN!

There are 47 prefectures in Japan, with Tokyo, Hokkaido, Osaka, and Kyoto as the more popular ones.

Mie Prefecture, located in the middle of Japan, between Osaka and Nagoya, established a golf tourism association that's known as the first of its kind in Japan. The prefecture is home to a total of 68 golf courses.

A Memorandum of Understanding (MOU) made in 2016 with the East Golf Coast Association (EGA) in Pattaya has helped promote and send golfers between the two regions. It was a good step for Mie Prefecture with a lot of learning from the strategic relationship. This is also how Mie became one of the most famous golf destinations in the Southeast Asian market.

Japan is no longer an expensive golf destination. It's very easy to get to, and you should let yourself experience the beauty of Japanese culture, savor Japanese cuisine, and relish Japanese hospitality. Your next golf destination should be Japan.



Sushi is the most famous Japanese dish outside of Japan and one of the most popular dishes among the Japanese themselves.

Japan has various fish brought from the sea, and this is the only kind of environment possible to serve fresh sushi.



1 Often referred to as Nihonshu in Japanese, sake is an alcoholic drink made from fermented rice. You can enjoy sake at any kind of restaurant in Japan, and it is good when paired with sushi; **2** Kimono is a traditional Japanese garment used since the 16th century. Kimono is always worn for important festivals or formal occasions such as graduation or marriage; **3** Autumn scenery in a restaurant in a ryokan (Japanese-style accommodation). There are 4 seasons in Japan, each featuring unique scenery; **4** Natural hot springs are numerous and highly popular across Japan. Different minerals provide different benefits, and all hot springs have a relaxing effect on your body and mind.



COCOPA RESORT

Golfing beyond leisure – it is a lifestyle

4 types of golf course and 3 types of accommodation are surrounded by breathtaking scenery.
No.1 golf complex in Japan

Accommodating foreign tourists for more than 10 years

The golf complex has an outstanding spread at the foot of the mountains, showcasing not only the quality of the courses but also the surrounding nature. Close to where the courses are located, two buildings mainly make up Cocopa Resort's accommodation: Hotel Chateau and Hotel Azalea. Both hotels are a mere five minutes from the Hakusan Village

courses by shuttle bus. Cocopa Resort Complex has many features in order to accommodate guests, including a chauffeur service to and from the airport which can include a staff driver or just the vehicle waiting at the airport.

In 2015, the complex held the Japan Senior Open Tournament and is now scheduled to hold the Japan Women's Open, currently investing in the renovation of its course and

hotel in order to fit the grand tournament. Cocopa Resort Complex has had the pleasure of housing not only domestic events but also international ones such as the 2016 Asian Senior Amateur Golf Friendship Match, which had 450 golfers from Indonesia, the Philippines, Taiwan, South Korea, and Japan as participants.

Cocopa Resort Complex is one of the few golf courses in Japan that have



1 Japanese hospitality is one of the best things to experience in Japan. People always welcome you with warmth; **2** Located on the golf course, Villa Cocopa is good for families or couples. You can take the free shuttle bus at this resort anytime; **3** Azalea / 79 rooms (most are twin rooms) and 3 kinds of restaurants are located at Azalea resort.



1 Wagyu shabu-shabu is a kind of hot pot wherein you dip a slice of Japanese beef into the boiled water and serve yourself with sauce; 2 Steaming of chicken or vegetable using a bamboo steamer, a very healthy way to eat; 3 Kaiseki is a Japanese traditional meal brought in courses. It normally has 7 or 8 dishes.

“luxurious world-class golf course standards.”

These standards have not been maintained for business reasons but rather to ensure that golf, as a leisure activity, can become something that everybody can happily enjoy. Having been open for 25 years, it should also be noted that the complex is still evolving and progressing, with no signs of slowing down.

Comfortable, even to Japan's first-time traveler

With the opening of the Chubu Centrair International Airport, Cocopa Resort has seen a dramatic increase in the number of international guests, and it continues to grow every year.

Currently, Cocopa Resort has recruited staff members who can speak Chinese, Korean, and English, establishing a system to further support a hassle-free stay. Cocopa Resort may perhaps be the only golf

course complex that can offer services in four languages.

Guests who stay for four to seven nights are able to not only challenge and take part in the intriguing courses Cocopa has to offer, but also take the time to explore the scenery of Mie, which can be arranged by the hospitality services of the resort complex.

The hotel manages five restaurants, all located on the complex grounds. Though the restaurants are in the hotel, arrangements and transfers can be made to enjoy meals outside of the resort complex. These new services are attempts to improve the

resort complex, born from the idea of “customer satisfaction,” something that Cocopa Resort Complex has recently introduced. With luxurious golf courses, accommodations with a side of relaxing hot springs, and many close tourist attractions, it can be said that Cocopa Resort Complex is an all-inclusive resort.



Mie Hakusan course



Phoenix course

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- 5th Oct Play @ Hakusan Village Queen Course

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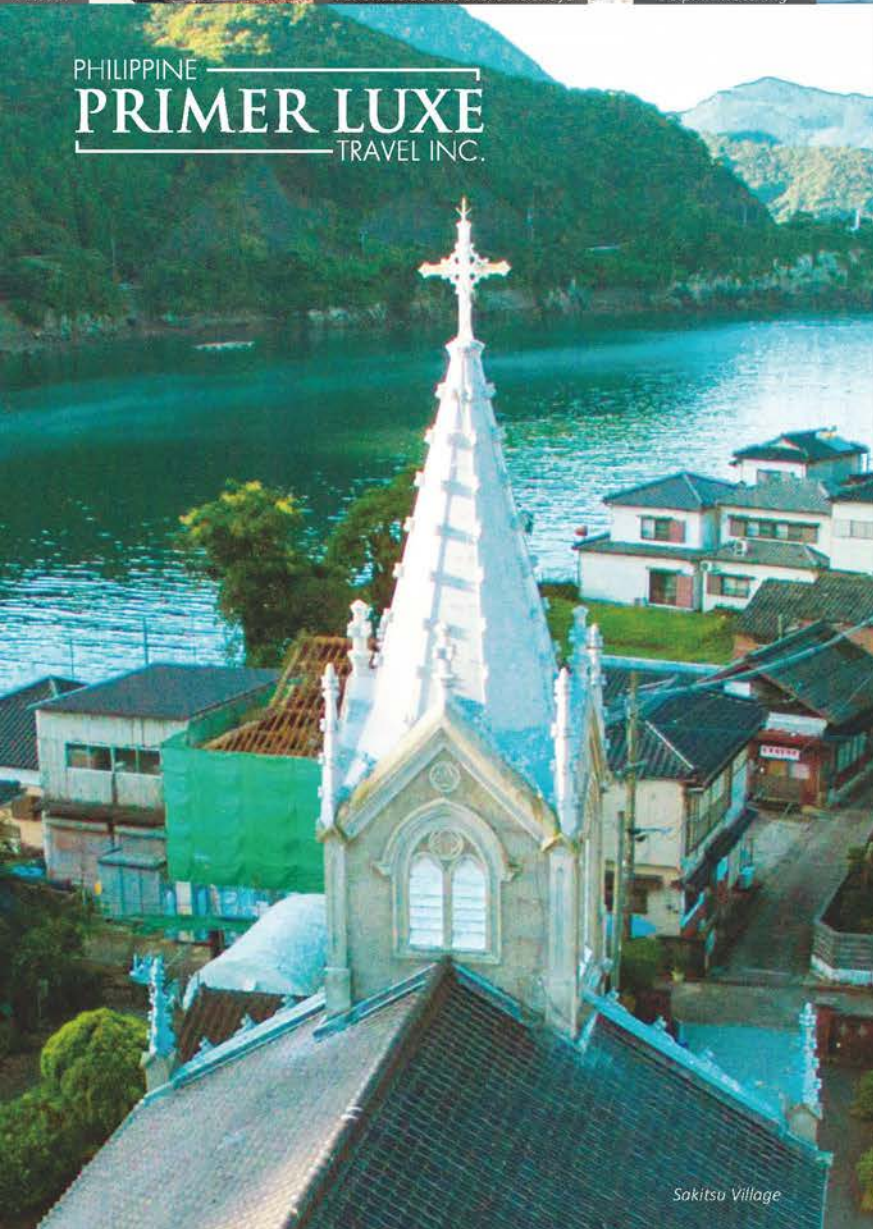


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DAY 2

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- ▶ Lunch: Seafood Bowl or Japanese BBQ Restaurant
- ▶ Stay: 3-Star Hotel in Amakusa

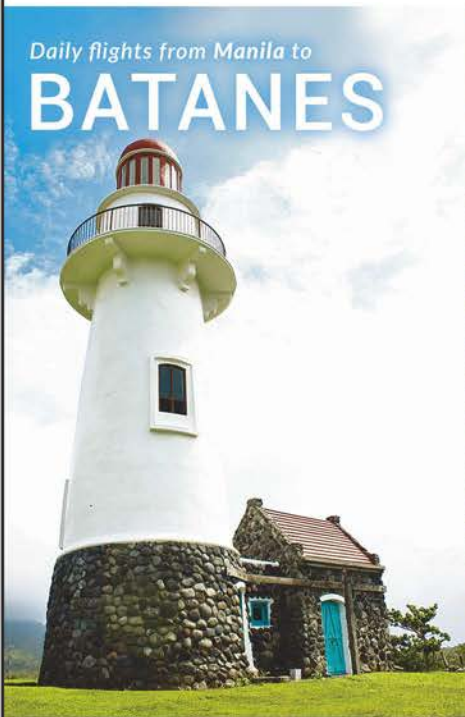
DAY 3

- ▶ Sea Donut Aquarium
- ▶ Dolphin Cruise
- ▶ Lunch: Tempura Restaurant
- ▶ Shopping: Local souvenirs and snacks
- ▶ Boat Cruise in Kami Amakusa
- ▶ Luxury Train (Kumamoto - Kami Amakusa)
- ▶ Bullet Train to Fukuoka
- ▶ Stay: Fukuoka

DAY 4

- ▶ Arrival at Fukuoka Airport

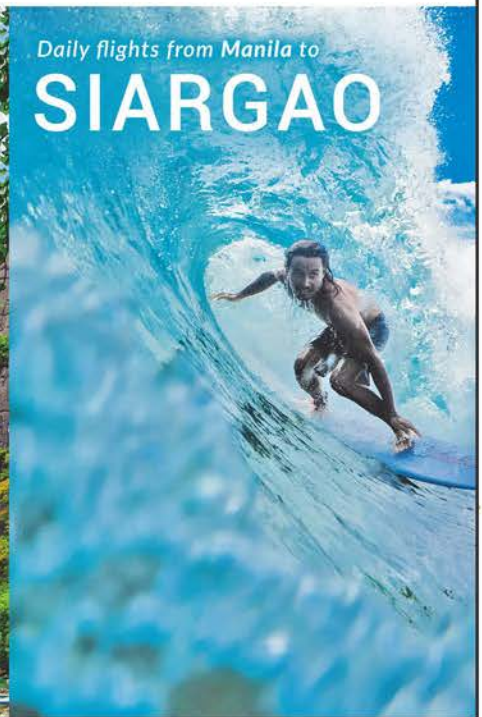
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🏠 15/F, Tower 2, RCBC PLAZA, 6819 Ayala Ave. Cor Sen Gil Puyat Ave., Makati City

Cebu Pacific

☎ 02-802-7000
🏠 Terminal 4, Domestic Road, Pasay City

Philippine Airlines

☎ 02-855-8888 / 02-832-2939 **Baggage Tracking**
🏠 Mezzanine Floor, PNB Financial Center President Diosdado Macapagal Avenue CCP Complex, Pasay City

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SUBIC BAY

COASTAL MELTING POT

Written by: Rei Leaño & Heloise Diamante

Recognized by the Department of Tourism as one of the top destinations in the Philippines, Subic Bay is a great vacation bundle for both local and foreign tourists. From being a naval base, Subic Bay has gracefully transformed into an economic and freeport zone, attracting and cradling expats and foreign businessmen in the multicultural city that it is today. Subic is not only a beautiful urban paradise but also a place embraced by nature. There are many activities to do here—in the city, in the mountains, in the forests, in the sea, and up in the air—that let you make the most out of your vacation. Join Philippine Primer as we explore this little bayside city called Subic Bay!





S pots

1. JEST Camp

Upper Mau, Cubi-Triboa, Subic Bay Freeport Zone | 047-252-1489 / 0917-701-63 56

Jungle Environment Survival Training Camp, otherwise called JEST Camp, calls itself a “one-stop shop” where visitors can do thrilling activities in nature and enjoy the most delicious camp food. People can learn how to live and survive in the wilderness and work as one with nature. One of their most famous training adventures is the Jungle Survival Course wherein you will undertake challenges that you could not possibly encounter in the city but otherwise quite practical—dealing with mosquitoes or securing your tent amid bad weather.

Among the Jungle Survival Courses, you can choose from Survival Bootcamp (extreme jungle survival with 72-hour certification), Wild Child (overnight jungle survival for kids), Camp Craft (survival training and Boton Falls tour with set lunch) or Hunter-Gatherer (overnight jungle survival with certification). Rates range from P450 to P1,100 per person.

2. Networx Jetsports

Waterfront Rd., Central Business District, Subic Bay Freeport Zone | 047-252-3469

One of the best and most accessible places to get a good dose of water adventure, Networx Jetsports offers various kinds of activities depending on the level of thrill you seek. For adrenaline junkies, they have many interesting activities not usually offered in other beaches in the Philippines. One of their

newest and most exciting activities is the Flyboard (P4,500/person), first launched in the country by Networx Jetsports. This activity requires guts—you will be propelled high into the air as you stand on the board. This activity is good for 20 minutes and is strictly for those aged 18 years old and above.

3. El Kabayo Stables

El Kabayo Rd., Binictican, Subic Bay Freeport Zone | 047-252-1050 / 0999-738-3022 / 0915-567-2049

El Kabayo Stables is managed by a non-profit organization dedicated to the conservation of species and animal well-being. They offer horseback riding with two trails to choose from (El Kabayo Falls or River Trail) and one-hour or ten-hour riding lessons. You can earn a Certificate of Horsemanship when you complete ten hours. Other activities include harmless horse painting for children or for groups. Rates for horseback riding start at P700/hour.

4. Inflatable Island

Subic Bay Waters, National Hwy., Lower Kalaklan, Olongapo City | 0917-713-7784 / 0917-150-1103 / 0917-835-2665

Inflatable Island in Zambales is a great side-trip to make when traveling to Subic. The huge floating playground consists of various fun segments like inflatable slides, towers, bridges, human launchers, Tarzan swings, and more. They have a new pink Bali-inspired lounge on the shore, and Unicorn Island which is specially made for kids and kids-at-heart.

Inflatable Island offers one-hour (Sprinkle), two-hour (Splash), half-day (Spray, 8 am to 11:50

am or 2 pm to 6 pm), and whole-day (Soaked) passes. All play passes include a whole-day access to the pink Bali lounge and the floating zoo on a first come first served basis.

5. Pamulaklakin Forest Trail

Pamulaklakin Forest Trail, Binictican Dr., Subic Bay Freeport Zone | 047-252-4242 / 047-252-4123 / 047-252-4032

Pamulaklakin Forest Trail is a great place to immerse in nature and indigenous culture. With activities like the guided ecology tour (P250 for 2-3 hours) and guided jungle tour (P100 for 30 minutes), not only can you better appreciate the pristine nature that's sheltered in Subic but will you also learn some jungle survival skills from the Aetas themselves. An overnight jungle tour is also offered at P500 (plus P50 for every succeeding night). Sightseeing and picture taking only costs P50.

6. Subic Bay Yacht Club

Rizal Hwy. cor. Burgos St. Central Business District, Subic Bay Freeport Zone | 047-252-5211

The only yacht club in Subic, Subic Bay Yacht Club, is open to the public, which means that anyone who wishes to have a luxurious getaway can have it at this premier yacht club. The club has around 300 berths that can accommodate 25-ft to 178-ft long watercraft. Subic Bay Yacht Club also offers yacht and boat rental, and yacht cruise packages. A yacht cruise package priced at P21,000 can let a group of up to 20 persons enjoy two hours of luxurious recreation on a yacht with delicious food and beverages.



TIPS:

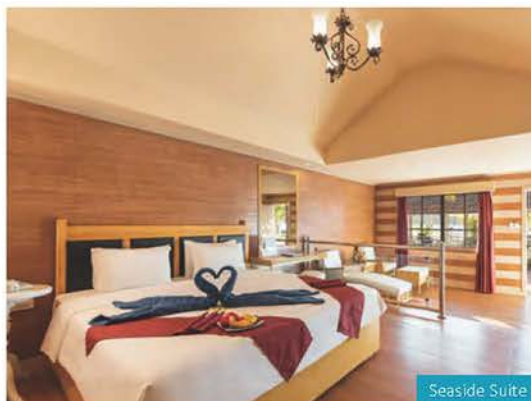
Subic Bay Freeport Zone's Unique Transportation System

Subic Bay Freeport Zone is only two to three hours away from Manila by car. If commuting, travel time can be a bit longer because of the bus routes and rest stops.

It is best to go to Subic with a private vehicle, but getting around the Central Business District (CBD) is fairly easy without one. Public transportation like buses and jeepneys are not allowed inside Subic Bay Freeport Zone, so the only transport option is taxi. The taxi system in the Freeport Zone is quite unique—they are not metered, but they do have a system.

- Authorized taxis have the SBFZ (Subic Bay Freeport Zone) decal on their body — be sure to check!
- Taxis have a fare guide to follow. A ride around the CBD costs P50 to P150.
- If you go out of CBD going to other tourist attractions like Ocean Adventure or the beaches in the southern area, a one-way taxi ride would cost around P300.
- There is no Grab in the Freeport Zone, but the taxis here work pretty much like them. Taxi drivers usually hand out their calling card or contact number, so that you may call them if you need to be picked up at a certain place. If they are not available, they contact other drivers who can pick you up.
- If you don't have a contact on hand, establishments may also call a taxi for you.

Whiterock Beach Resort Hotel + Waterpark



Seaside Suite



Whiterock Beach Resort Hotel + Waterpark is a one-stop vacation spot resting on a 10-hectare private beach. It has various amenities and activities that friends, families, and couples are sure to enjoy. The resort features a 300-meter stretch of a beach with fine creamy sand and calm waters.

You can enjoy playing at recreational facilities which include a waterpark with an Aqua Slide at the beach, two wave pools, a raging river pool, and three kinds of thrilling water slides. There are also amusement facilities for kids, such as a children's play pool, a playground, and a creative corner. Entrance to the beach and waterpark costs P900. They have also recently opened the Inflatable Waterpark, which is open from 7 am to 6 pm and costs P350 for a one-day access.

They have several types of rooms and suites to choose from, depending on the environment you want to be surrounded by: views of the pool, the sea, the mountains, or the beach. All rooms are completely equipped with basic amenities, including free Wi-Fi.

📍 Purok 3, Matain, Subic, Zambales
 ☎ 047-232-0066 / 0917-863-0844
 🌐 whiterock.com.ph 📺 Whiterock Beach Hotel + Waterpark

Court Meridian Hotel



Super Deluxe with Veranda



Court Meridian Hotel has made it their mission to provide guests with comfortable, safe, and warm accommodation. Situated close to the beachfront, the hotel is an ideal choice for those who plan to go extreme with various water activities. The hotel also features spacious function rooms, which makes it a favorite venue for corporate events and special celebrations.

The hotel complex comprises a one-story building and a four-story annex. There are 67 well-appointed guest rooms, which combine rusticity and modern luxury. The super deluxe room with veranda is a great place for people who want to unwind with a relaxing view of Subic Bay. The executive suite, meanwhile, includes a living area close to the swimming pool.



📍 Lot B, Waterfront Rd. cor. Rojas St., Central Business District, Subic Bay Freeport Zone
 ☎ 047-252-2366 / 047-250-2021
 🌐 courtmeridian.com
 📺 Court Meridian Hotel & Suites

Best Western Plus Hotel Subic

PPP



Executive Bedroom Deluxe Seaview

Situated conveniently near Waterfront in Subic Bay, where most of the excitement in the city is concentrated, Best Western Plus Hotel Subic offers its guests a world-class stay with cozy and spacious rooms that are perfect after all the exciting activities in Subic. The hotel has eight types of rooms for different types of travelers, each room reflecting comfort and luxury in a clean white and gold theme.

Each room is equipped with air-conditioning, a flat screen TV, wired and wireless internet access, an IDD and NDD phone, international outlets, high-resolution music via USB, work desk, safety deposit box, and mini bar. The hotel also provides laundry service and other privilege services.



Lot C-5B Block C, Dewey Ave., Central Business District, Subic Bay Freeport Zone
 047-250-8000 @bestwesternplussubic.com
 Best Western Plus HOTEL SUBIC

Segara Suites

PPP



Double Deluxe Room

Lobby

With 18 stylishly designed and well-appointed guest rooms, Segara Suites is a great option for those who want to achieve a true home-away-from-home vacation. Compared to bigger hotels that are usually brimming with guests, you can be sure that the services at Segara Suites are personalized and friendly, and your stay more memorable and romantic.

Segara Suites has two main types of Asian-inspired rooms: superior room (P6,050/night) or double deluxe room (P6,600/night), both with a capacity of two persons. All rooms are fully furnished with a California king bed (superior room) or two queen beds (double deluxe), a private veranda, air-conditioning system, glass shower, electronic safe, IDD and NDD phone, free Wi-Fi, and LCD TV. For families, each room can comfortably accommodate two adults with two children 7 years old and below.



Bldg 12P, Rivera Pier, SRF Compound, Subic Bay Freeport Zone
 047-252-9978
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 Segara Suites

Sun Plaza Subic

PPPP



The Superior Twin Room

Sun Plaza Subic accommodates its guests in tasteful rooms coupled with the most picturesque views of the bay. The hotel's 37 rooms are decorated with colors that evoke the mood of either the sunset (orange) or the ocean (blue). The orange-themed rooms best complement the sunset views, while the blue-themed rooms amplify the bayside scenery. Each has its own balcony, a dining and sitting area, while the more spacious rooms are outfitted with a fully equipped kitchenette.

Blk 5, Lot 3, Moonbay Marina Complex, Waterfront Rd., Central Business District, Subic Bay Freeport Zone
 047-252-0088 / 0939-934-6215 / 0917-770-1840
 @sunplazasubic.com.ph Sun Plaza Subic Hotel

Camayan Beach Resort & Hotel

PPPP



Deluxe Room

Camayan Beach Resort and Hotel will inspire you to spend a vacation by the beach and feel the sand between your toes, after which you will come home to the comforts of their nipa hut-inspired accommodation. The rooms are reminiscent of a classic Filipino home, furnished with modern furniture and fixtures made from indigenous materials like *sawali* (woven split bamboo) and rattan. Guests can choose from a superior room, a deluxe room, the Captain's suite (with a view of landscaped gardens), and the sunset suite (with a veranda overlooking Subic Bay).

Camayan Wharf, West Ilanin Forest Area, Subic Bay Freeport Zone
 047-252-8000 / 0998-589-3390 / 0917-726-3533
 @camayanbeachresort.ph Camayan Beach Resort

Le Charmé Suites

PPPP



Deluxe Twin

An answer to the needs of active individuals from outside the city is Le Charmé Suites, a modern hotel for athletes and on-the-go travelers. The hotel allows and encourages guests to bring their bikes and other equipment (there are bike racks for guests) and use their fitness center.

2/F, La Terraza Bldg., 1131 Palm St., Central Business District, Subic Bay Freeport Zone
 047-250 3333 / 0915-933-8113
 @lecharmehotels.com Le Charmé Suites- Subic

*Photos from the respective hotels

Price Guide: PPP P2,000 & below PPP P2,000 – P4,000 PPP P4,00 – P7,000 PPP P7,000 – P10,000 PPP P10,000 & above

Dine

Sakura

P P



Nabeyaki Udon Set (P480)

Sakura is said to be the first authentic Japanese restaurant to enter Subic's food scene, and after 20 years, it remains one of the best restaurants to enjoy delicious Japanese delicacies. The restaurant boasts of a very diverse menu. A highly recommended dish is their Kaisen Teppanyaki, a platter of prawns, lapu-lapu, squid, and shiitake mushrooms cooked on an iron griddle.

To a hungry stomach and a lonely heart, their Nabeyaki Udon Set is a good comfort. A bowl is filled to the brim with firm and chewy udon noodles and comforting ingredients like ebi tempura, chicken, squid, fish, egg, and vegetables.

Noticeably, Sakura has a long shelf filled with countless liquor bottles labeled with their customers' names—called a bottle-keep service. This proves, without a doubt, that Sakura already has a great customer base.



Lot 5 Times Square Bldg. Rizal Hwy. cor. Sta. Rita Rd., Central Business District, Subic Bay Freeport Zone
 Lunch- 11 am to 2:30 pm, Dinner- 5 pm to 10:30 pm
 047-252-2666 f Sakura Restaurant Subic

Pirates Bistro

P P



Captain Teague's (P999)



Everything inside Pirates Bistro is an allusion to all things pirate and adventurous. It is located right next to Alava Wharf, and at the back of the restaurant, you may get to see huge naval and cargo ships docked at the pier.

If you're not a pirate yet have the roaring appetite of one, you would certainly enjoy Pirates Bistro. Their dishes are all cleverly named after pirate characters and places. Take, for instance, one of their best sellers, Captain Teague's, named after a notorious pirate in the Caribbean who is also Jack Sparrow's father. It is a big serving of baby back ribs smoked and glazed with barbecue sauce, crunchy chicken wings, and mixed seafood on a wooden platter. It is served with your choice of four side dishes: plain rice, garlic rice, coleslaw and/or potato chips. Captain Teague's meal can feed a hungry crew of three to five persons.

Bldg. 532, Waterfront Rd., Central Business District, Subic Bay Freeport Zone
 6 am to 12 am 0930-665-2747 f Pirates Bistro

Teppan 101

P P



Surf and Turf Combo (P500)



Crispy Kani Maki (P279)



The concept of Teppan 101 is based on the hibachi grill, a charcoal brazier traditionally used in Japanese households. It is now widely used in performance cooking, where the hibachi chef carries out an impressive cooking exhibition on a flat grill in front of customers.

The restaurant is affiliated with Le Charmé Suites. With a Taiwanese owner and master chef, the restaurant boasts of having highly trained chefs eager to please every customer with their cooking expertise and exhibition. With beef from Argentina and seafood from Bataan, expect no less than the best Asian fusion dishes in town. They serve surf-and-turf dishes, where seafood is paired with red meat. Customers can opt for potatoes or rice to go with the dish.

G/F La Terraza Building, 1131 Palm St., Central Business District, Subic Bay Freeport Zone
 047-250-0870 11 am to 10 pm
 teppan101.com f Teppan 101

Rali's Grill and Bar

P P



Blackened Tuna Salad (P450)



Stuffed Bacon Wrapped Chicken (P360)



A wonderful story of kindness and passion is within these walls. With no real direction for the revamping of the restaurant's interior, Rali's indoor area was initially bare. An interior designer who enjoyed their food offered to design the restaurant. The place soon got wall decor, couches, plants, and light fixtures that created a romantic and relaxed atmosphere.

Their menu is a playful mix of comfort food, and European and Mediterranean dishes. Like the bestseller, Blackened Tuna Salad, which fuses Japanese raw tuna with Greek salad and Creole cooking, there is always something exciting and new to explore.

📍 Malawaan Park, Argonaut Hwy., Subic Bay Freeport Zone
 ☎ 047-251-3889
 ☉ 10 am to 10 pm (Sun to Thu); 10 am to 12 am (Fri to Sat)
 🍷 Rali's Restaurant

New Feng Huang

P P

New Feng Huang offers meals cooked with an innovative vision of perfection, featuring a subtle yet effective blend of flavors, served in the ever-gracious tradition of warm hospitality. The restaurant is managed by celebrity Chef Eddy Wong, who also crafted the menu. His specialties include Tian Jiu, a traditional Cantonese soup made with shark's fin prepared in a special broth sauce. Dishes in big servings like Salted Egg Yolk Chicken are a perfect choice for groups and family.



Sweet and Sour Cream Dory (P420)



📍 Bld. 2 Lot 3 Waterfront Rd., Central Business District, Subic Bay Freeport Zone
 ☎ 047-252-9022 / 0917-881-8819 / 0999-992-5658
 ☉ 7 am to 10 pm
 🍷 New Feng Huang Seafood Restaurant

Liberty Sports Bar

P P



Liberty Pizza (P528)



As a sports bar and a restaurant right on the pier, Liberty Sports Bar is decked out with various sports and navy memorabilia, from athlete portraits to military flags and navy caps. Of course, there are the ubiquitous TV screens always with sports games on. They have a pool table, darts, PSP and Xbox games available for use.

Despite being known as a sports bar, Liberty is also a great place to fill up with delicious dishes together with friends or family. Start the day with a big Western-style breakfast and, for dinner, come back for the Liberty Pizza, topped with pepperoni, beef, onions, tomato, bell peppers, olives, mushrooms, and cheese that could serve as your bar chow at night.

📍 Unit 6, Alava Pier Global Commercial Bldg., Waterfront Rd., Central Business District, Subic Bay Freeport Zone
 ☎ 047-251-3330
 ☉ 10 am to 2 am (Mon to Fri); 10 am to 3 am (Sat to Sun)
 🍷 Liberty Sports Bar

Crab and Belly

P P



Seafood Delicious Meal (P1,499)

It may not be close enough to the beach for you to hear the sound of waves breaking on the shore, but Crab and Belly will certainly boost the beach vibe with its fresh, finger-licking seafood specialties. Diners are all in for a treat with their unlimited seafood offerings. Their Seafood Delicious Meal lets you get your choice of unlimited crab or shrimp for only P1,499 per person. This offer is available all day and there is no time limit—indulge in as many meaty crab or shrimp as you can.

📍 93 Lincoln St., Central Business District Subic Bay Freeport Zone
 ☎ 047-250-3427
 ☉ 7 am to 10:30 pm (Sun to Thu); 7 am to 12 am (Fri to Sat)
 🌐 crabandbelly.com
 🍷 Crab and Belly



Meat Plus Cafe

P P



Meat Plus Cafe US Rib-eye (P770/180g)

Meat Plus Cafe has been in business since 1993 as a toy store before transforming into a meat and steak restaurant in 1997. The type of service in Meat Plus Cafe is fast casual. They don't pre-cook their meat, ensuring the meals are fresh and juicy. Trained chefs make everything from scratch, producing the best steaks and meats, as well as original recipes of apple pies, extra yield carbonara, and gravy.

📍 6 Sampson Rd., Central Business District, Subic Bay Freeport Zone
 ☎ 047-251-8000 / 047-252-6090 / 0945 499 5129
 ☉ 10 am to 9 pm



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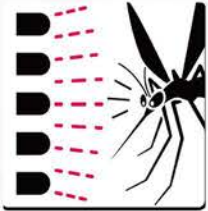
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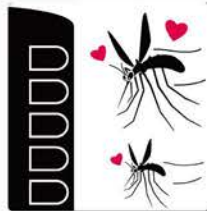
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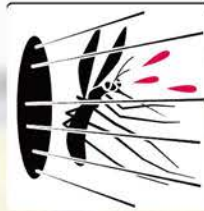
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MEDICAL PROFESSIONALS

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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.



Ruth Margaret Francisco-Alejandro, MD Pediatrics

Dr. Alejandro is a pediatrician and has been practicing for 15 years. She earned her pre-medical degree from the University of the Philippines and her medicine proper from the University of the East Ramon Magsaysay Memorial Medical Center. A typical day for Dr. Alejandro starts with conducting rounds before holding her clinic. Despite the unavoidable communication barriers of having babies and children as patients, Dr. Alejandro loves being a pediatrician because of the sense of fulfillment brought about by helping others overcome their illness. Watching her patients from infants to teenagers is also rewarding. For aspiring doctors, Dr. Alejandro advises them to be completely sure before taking a medical degree. Although it has been said many times before, she reiterates that medicine is more of a vocation than a profession.

Make an appointment:

- ✓ Makati Medical Center / Room 127, Amorsolo St. cor. Dela Rosa St., Makati City
Mondays, Wednesdays, and Saturdays: 10 am to 12 pm
- ✓ St. Luke's Medical Center Global City / Room 723 MAB, Rizal Dr. cor. 32nd St., and 5th Ave., Taguig City
Mondays: 3 pm to 6 pm; Tuesdays and Thursdays: 11 am to 1 pm

Dr. Melgar Opeca Matulac MD, FPCP, FPCC

Internal Medicine, Adult Cardiology, Interventional Cardiology

Dr. Matulac practices interventional cardiology, treating most heart diseases. He studied adult cardiology at the University of the Philippines and underwent additional training in Taiwan. Dr. Matulac is also an internal medicine specialist at several clinics and hospitals. He is affiliated with Manila Doctors Hospital, Medical Center Manila, and the Lakambini Diagnostic Center. Every function of the body is affected by the heart or affects the heart, which is why he chose to study cardiology. Dr. Matulac believes that there is no other profession nobler than saving lives. Dr. Matulac starts his day in his clinic or by reviewing his patients' records before going to the hospital to make rounds. He provides general medical check-up and medical permits, as well as performing treatments for structural heart diseases including angiogram and angioplasty.



Make an appointment:

- ✓ Adventist Medical Center Manila / Donata St. cor. San Juan, Pasay City
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- ✓ Matulac Medical Clinic and Pharmacy / #74 C. Jose St. Malibay, Pasay City
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- ✓ Air Force General Hospital / Villamor, Pasay City Heart Station / Mondays: 2pm to 4pm
- ✓ St. Clare Medical Center / Room 207, Dian St., Makati City
Fridays: 2pm to 4pm, Saturdays: 9am to 11am

Maria Lourdes Fernandez-Tapang, M.D.

Physical Medicine and Rehabilitation

If pain, weakness, and disability are things that hinder you from being your best self, Dr. Tapang is the one you should see. She is a physiatrist, or a Physical Medicine and Rehabilitation physician, with a degree in Biology from the University of Santo Tomas (UST) as her pre-medicine course. She also took her internship and residency at the UST Hospital. As someone who loves dancing, she is aware of how such activities exposes the body to weakness and injuries; this is why Dr. Tapang decided to specialize in physical medicine and rehabilitation, even if the field is not particularly known by many. She has been practicing with this specialty for more than 10 years. She is also currently taking a masters degree in public health at the University of the Philippines Manila. As a physiatrist, Dr. Tapang works in a variety of environments including inpatient, outpatient, and consulting roles. She also cooperates with physical and occupational therapists.



Make an appointment:

- ✓ Capitol Medical Center / Scout Magbanua, Quezon City
Wednesdays and Saturdays: 8am to 10am
Contact no.: 02-372-3825 loc. 2106/2107
- ✓ NY Theraspine Clinic / 73 Scout Dr., Lazcano St., Diliman, Quezon City
Fridays: 8am to 10am

Ma. Celi Rico-Tantianpact, MD

General Pediatrics, subspecialty in Pediatric Dermatology

Even though she came from a family of lawyers, the interest didn't rub off on Dr. Tantianpact as she already knew what she wanted — to be a doctor. Eventually, the calling for medicine just fell into place for her and being a doctor for kids is exactly what she would love to become. She took Medicine at University of the East Ramon Magsaysay Memorial Medical Center and had her internship and residency at the Department of Pediatrics in Makati Medical Center. She took her subspecialty of Pediatric Dermatology at KK Women's and Children's Hospital, Singapore, and is now handling cases such as atopic dermatitis or eczema, skin infections, as well as congenital skin conditions such as hemangioma and nevi or moles. She has been a pediatrician for five years now and, even in such a long year of practicing, she never fails to acknowledge that each child is fascinating and special in their own way.



Make an appointment:

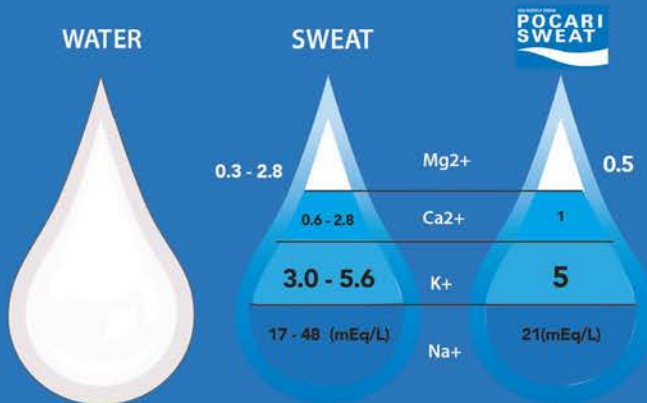
- ✓ Makati Medical Center / Room 359, Tower 1, 2 Amorsolo St., Legaspi Village, Makati City
Mondays, Wednesdays, Fridays, Saturdays: 9 am to 12 pm
Tuesdays: 9 am to 12 pm, 1 pm to 3 pm, Thursdays: 9 am to 12 pm, 3pm to 5 pm
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Ray Refundo
CEO and Founder of Qwikwire

Ray Refundo is the CEO and founder of Qwikwire, a multi-award-winning startup that provides cross-border payment solutions with its powerful network of banks and payment facilities around the world. He is less on the day-to-day operations and more on Qwikwire's strategic side like getting partnerships with banks from different parts of the world. The startup was founded in 2013 and has been profitable since May 2017.

How long have you been in the tech industry?

For this company, it's been almost five years. I did have another tech company 12 or 15 years ago called MoneyTran, which was an online money transfer service. It didn't work out so it closed down. 10 years after that, I started Qwikwire, so you can say I have been in the industry for as much as 15 years now.

I was born and raised in the Philippines but I went to college in California, Silicon Valley to be exact. The influence there was everywhere, and that's how I got in.

Can you share more about how a startup like Qwikwire is built compared to big corporations and companies?

It's more agile. The decision-making is faster. You're also going to make a lot of mistakes but that's the beauty of it: you're allowed to take risks, especially in the beginning. The goal of a startup is to become a big corporation.

Most startups don't have a chief operating officer; that comes in later when the company has grown and needs someone to focus on operations-heavy activity. We don't have that yet. What we do have are a lot of activities that involve marketing, sales, and product development.

What separates your company from other firms that can provide the same type of service?

One of the things that separates us is that we are a US company operating in the Philippines. We are licensed with the US Department of Treasury and we have banking partnerships all over the world, especially in the US. US banks are very sophisticated;

they're able to operate all over the world. We're able to leverage on that and connect to almost every bank account in the world and every credit card you can imagine.

Our greatest strength, however, is our infrastructure, our banking network. Banks in the Philippines don't have the same network that we do. We're also the first to introduce electronic cheques, which as far as we know do not exist even in other countries.

Are there achievements you want to highlight?

We have a new project called AQwire, which is something different from what we currently offer. We realized that the problem our property developers have is access to foreign buyers. What we want to do is to build a marketplace where foreigners can buy real estate easily, anywhere in the world. It's like a marketplace for international real estate.

We want to streamline that process so it's easier for brokers and property developers to be able to sell their units to foreign buyers.

What are some of the challenges that Qwikwire has faced?

The biggest challenge we have now is our ability to scale. We've reached \$1.5 million per month in transactions last June and we should hit \$2 million per month in transactions by September. The problem is we could be doing up to \$7 million a month already, but we missed out on a lot of big payments because we have a limit of \$20,000 per transaction.

Our main problem is not the lack of tech or infrastructure; the challenge comes from us not having earned the trust of both the banks and the property developers yet, which prevents us from operating at full capacity.

I talked to the founder of Flywire, one of the biggest cross-border payment providers for consumers. They told us that there's a lot of problems that will be solved by size, and not by how much you can handle per year. The bigger your company is, the easier it will be for you to get clients. The first five years is really the make or break point for your team. We are in the process of raising \$15 million through a token sale,

which will also include an ICO (Initial Coin Offering) for AQwire outside the Philippines.

What plans do you have for Qwikwire in the foreseeable future?

If the AQwire platform succeeds and becomes big, it will need Qwikwire as its payment system. The bigger AQwire gets, the better it is for Qwikwire. Our goal for the next two to three years is to build on that.

We already have a client in Singapore. The funny thing is we never marketed in Singapore; that client used to be in the Philippines but moved to Singapore. We are planning to open offices in Thailand, the UAE, and the US early next year.

How would you describe the way you manage Qwikwire?

It wasn't perfect, especially in the beginning. I made a lot of mistakes.

The way I manage things is that I tell them our big goal and they figure out how to get there. I don't tell them exactly what to do. They can do it in their own way as long as we get the result.

Take marketing for example. I don't know anything about marketing, so I respect their ideas. I ask questions, but at the end of the day they are still the ones who will do it. They don't even need my approval; they just tell me what they have done.

“The way I manage things is that I tell them our big goal and they figure out how to get there. I don't tell them exactly what to do.”

What has made the most impact on your role as CEO of Qwikwire?

Guidance. I've been fortunate to have the guidance of people who know more than me. Brainsparks (Victor Belen, Artie Lopez, et al.) has given us so much help as far as guiding us in how we can sustainably grow Qwikwire. They were there when we needed guidance and investors.

Do you have a motto or quote you live by?

“Customers first, employees second, shareholders last.” - Jack Ma

I believe in giving people security. I'm not a “hire slow, fire fast” kind of guy. I'm not like the GM who fires his lowest-performing staff every year. I'm not trying to have everyone compete with each other; that's not the culture we want here. They're also free to make mistakes because they're free to choose and make decisions. I've made a lot of mistakes myself. You won't get in trouble for making a mistake here because even I don't know what the right direction is. The key is to learn from those mistakes and move on.

Message to readers:

A big piece of advice I can give to anyone is the importance of networking. There's a lot of startup advice going around, but I feel that networking is underappreciated and overlooked.

Your success comes from people, and that can only come from the power and size of your network. The more people you know, the more chances you have of being introduced to someone who will eventually open doors for you. We've found the best employees, investors, and clients in these networking events.

View the complete interview at
www.primer.com.ph

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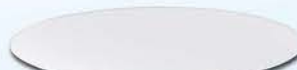


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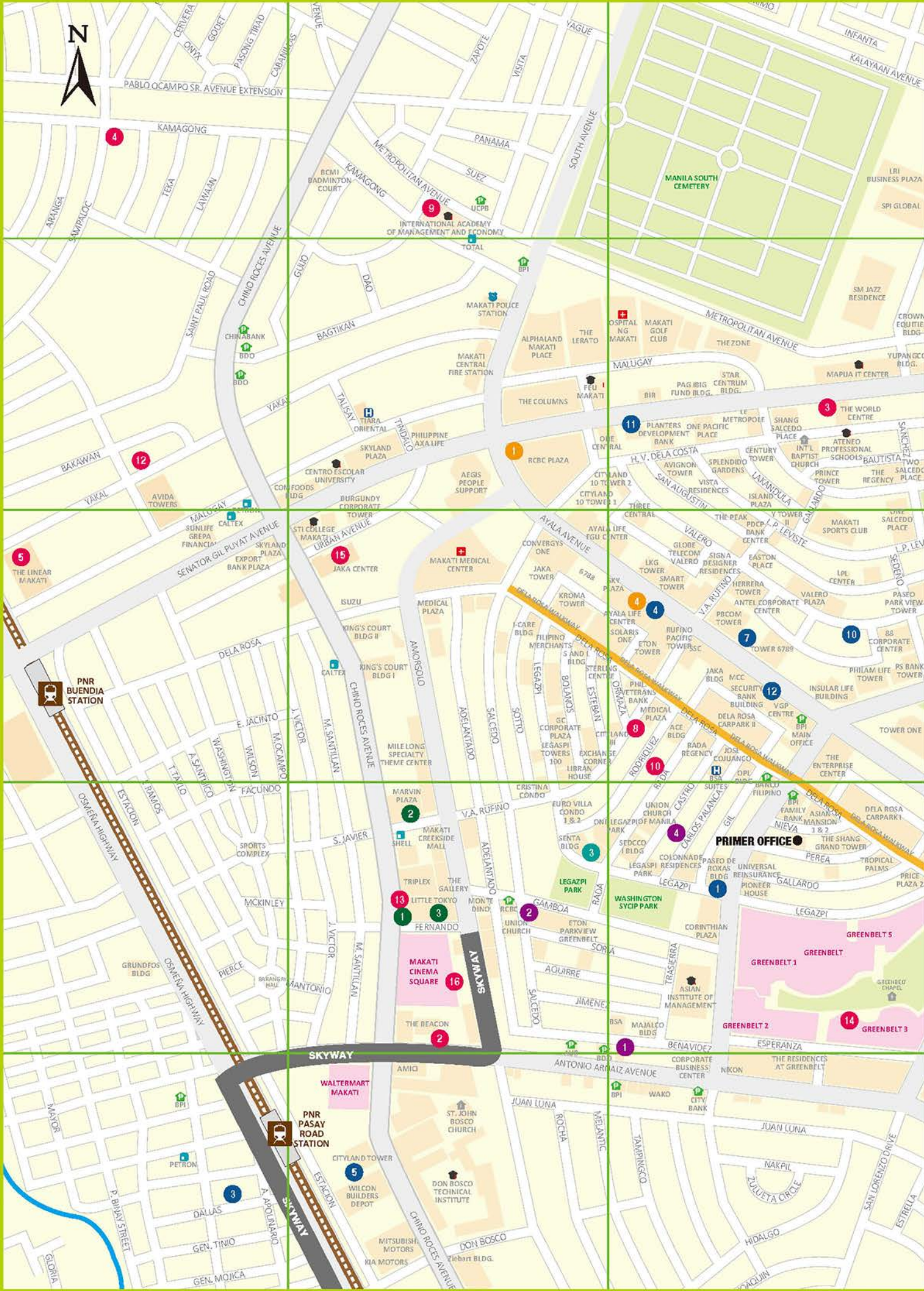
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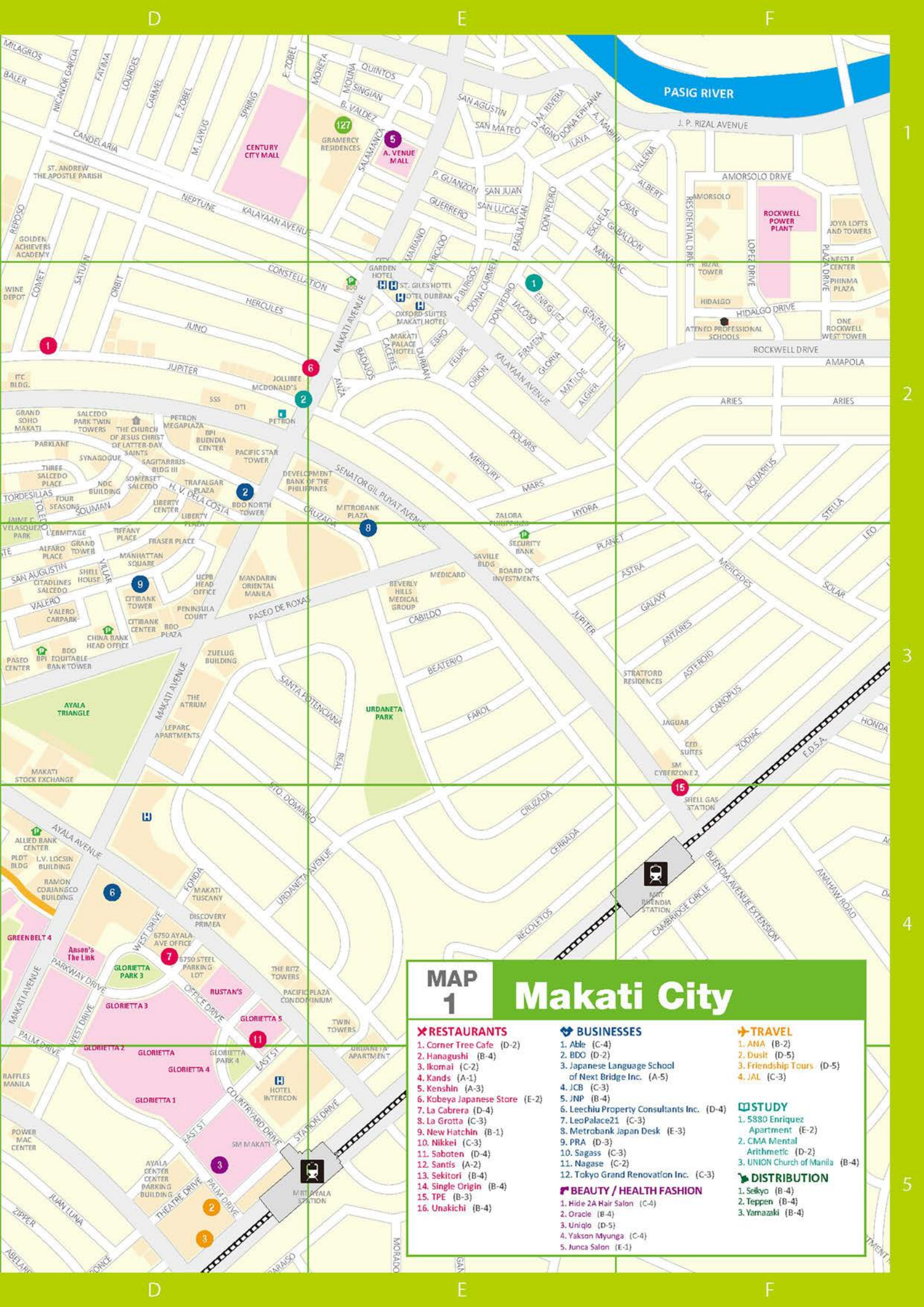
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A

B

C



MAP 1 Makati City

<p>✕ RESTAURANTS</p> <ol style="list-style-type: none"> 1. Corner Tree Cafe (D-2) 2. Hanagushi (B-4) 3. Ikomal (C-2) 4. Kands (A-1) 5. Kenshin (A-3) 6. Kobeya Japanese Store (E-2) 7. La Cabrera (D-4) 8. La Grotta (C-3) 9. New Hatchin (B-1) 10. Nikkei (C-3) 11. Saboten (D-4) 12. Santis (A-2) 13. Sekitori (B-4) 14. Single Origin (B-4) 15. TPE (B-3) 16. Unakichi (B-4) 	<p>🏢 BUSINESSES</p> <ol style="list-style-type: none"> 1. Able (C-4) 2. BDO (D-2) 3. Japanese Language School of Next Bridge Inc. (A-5) 4. JCB (C-3) 5. JNP (B-4) 6. Leechiu Property Consultants Inc. (D-4) 7. LeoPalace21 (C-3) 8. Metrobank Japan Desk (E-3) 9. PRA (D-3) 10. Sagass (C-3) 11. Nagase (C-2) 12. Tokyo Grand Renovation Inc. (C-3) 	<p>✈️ TRAVEL</p> <ol style="list-style-type: none"> 1. ANA (B-2) 2. Dusit (D-5) 3. Friendship Tours (D-5) 4. JAL (C-3)
<p>📖 STUDY</p> <ol style="list-style-type: none"> 1. 5880 Enriquez Apartment (E-2) 2. CMA Mental Arithmetic (D-2) 3. UNION Church of Manila (B-4) 		
<p>👗 DISTRIBUTION</p> <ol style="list-style-type: none"> 1. Seikyo (B-4) 2. Teppen (B-4) 3. Yarnazaki (B-4) 		
<p>💄 BEAUTY / HEALTH FASHION</p> <ol style="list-style-type: none"> 1. Hide 2A Hair Salon (C-4) 2. Oracle (B-4) 3. Uniqlo (D-5) 4. Yakson Myunga (C-4) 5. Junca Salon (E-1) 		



MAP 2 Bonifacio Global City

DISTRIBUTION

- 1. SANTS Delicatessen (J-3)
- 2. UCC
- 3. Starbucks

RESTAURANTS

- 1. Buta+Wagyu (K-4)
- 2. Musashi-Tei (J-4)
- 3. Botan Black Café (K-3)
- 4. L'Opera (J-3)
- 5. Sentro 1771 (K-3)
- 6. Saboten (K-3)
- 7. Single Origin
- 8. Tsujiri (K-4) (J-3)
- 9. Fukudaya (J-4)

BEAUTY / HEALTH FASHION

- 1. KIYOSA (J-2)
- 2. KARADA Factory (K-3)
- 3. Uniqlo (J-3)
- 4. M Tokyo (I-2)
- 5. The Smile Bar (K-2)
- 6. Vision Gym (I-2)

BUSINESSES

- 1. Marino Serviced Office (J-4)
- 2. Park West (K-1)
- 3. JTB (J-4)
- 4. Topia English Learning Center (K-2)
- 5. Genius English Academy (J-2)

Nihonkai



P2P / UBE

P2P BUS ROUTES

MAKATI

Routes	Fare
Greenbelt 1 to Alabang Town Center	₱80.00
Greenbelt 5 to Ayala Malls South Park	₱80.00
Glorietta 3 to Robinsons Galleria	₱30.00
Glorietta 3 to Robinsons Novaliches	₱100.00
Greenbelt 5 to Trinoma	₱75.00
Glorietta 3 to UP Town Center	₱100.00
Glorietta 5 - SM Megamall - Trinoma - SM North (Weekends)	₱50.00
Makati Circuit Lane to Nuvali Transport Terminal	₱150.00
Park Square to Trinoma	₱75.00
Greenbelt 5 to SM City Masinag	₱75.00
Makati to Eastwood	₱85.00
Greenbelt 3 to Sucat Lakefront	₱100.00

QUEZON CITY

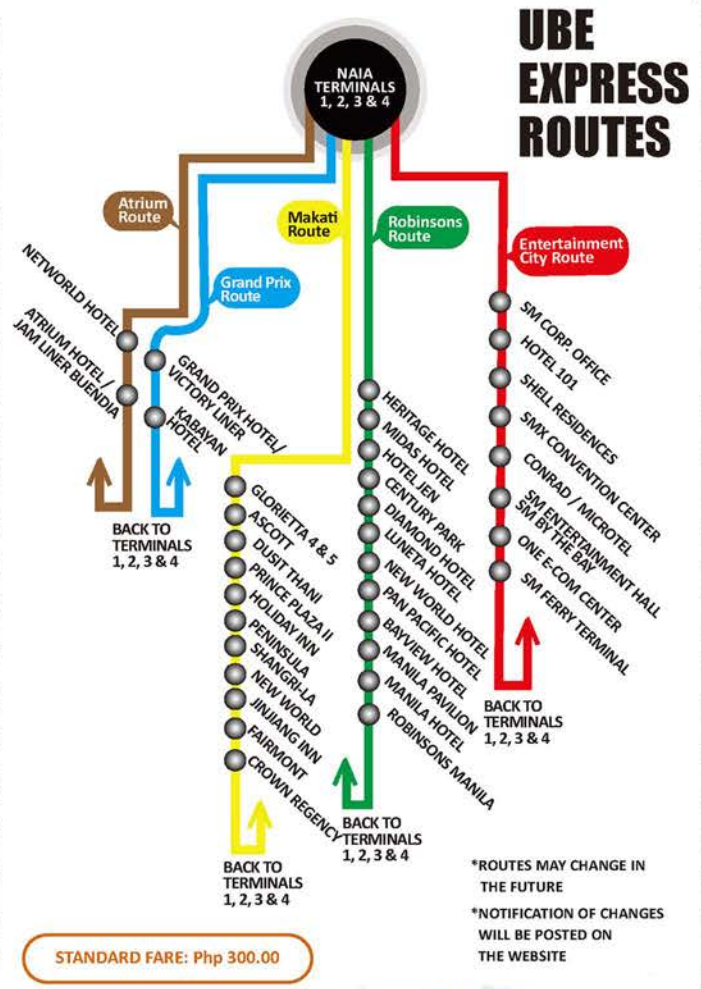
Routes	Fare
North EDSA MRT Station / Trinoma to Clark International Airport	₱250.00

ORTIGAS

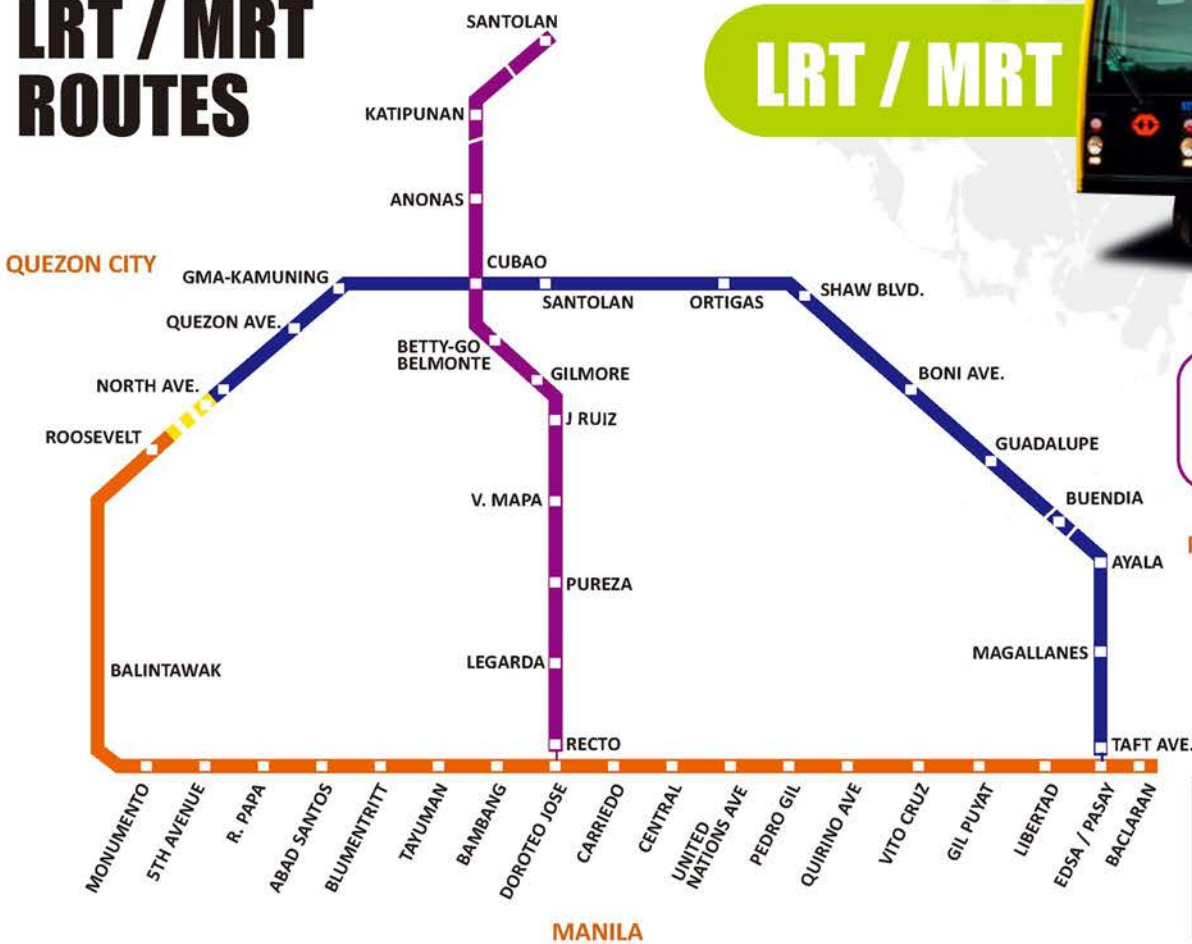
Routes	Fare
Robinsons Galleria to Antipolo Triangle Mall	₱50.00
Robinsons Galleria to Robinsons Place Antipolo	₱50.00
SM Megamall to SM North EDSA	₱60.00

ALABANG

Routes	Fare
Alabang Town Center to Market! Market!	₱100.00
Starmall Alabang - Central Mall Dasmariñas	₱50.00
Starmall Alabang to Robinsons Galleria - Starmall Shaw	₱80.00
Starmall Alabang to Vista Mall Daang Hari, Bacoor	₱30.00
ATC to Ayala Malls 30th	₱80.00
ATC to Greenhills Shopping Center	₱80.00



LRT / MRT ROUTES



FARES: (SINGLE JOURNEY)
 MRT - ₱13.00 to ₱28.00
 LRT1 - ₱15.00 to ₱30.00
 LRT2 - ₱15.00 to ₱25.00

	LRT 1
	LRT 2
	MRT 3



LRT / MRT

What's New in the Metro?

PASAY CITY



HYDRO Manila Music Festival 2018
Expect a whole lot of fun as Hydro Manila Music Festival is heading back to the SM Mall of Asia Concert Grounds this August 18! Rain. Music. Life. Mix it all up and you'll have one heck of a night party! Bob to the beat and dance to the rhythm of your favorite songs and bands while getting water-soaked!

📍 SM Mall of Asia Concert Grounds, Pasay City



Chance the Rapper
Catch hip-hop artist Chance the Rapper on August 22 for a one-night-only concert at the Mall of Asia Arena. The artist announced his upcoming tour in Asia via Instagram and Twitter. Chance will start in Osaka, then Tokyo before heading to Manila. He will cap his short tour in Singapore.

📍 Mall of Asia Arena, Pasay City



Paramore: Tour Four Manila
Here's to reliving our pop punk era! Paramore is heading back to Manila to promote their latest album, *After Laughter*, as they perform live at the Mall of Asia Arena on August 23. This will be their third concert in the country following their last tour in 2013.

📍 Mall of Asia Arena, Pasay City



The Best of Anime 2018
The Best of Anime, the most awaited event for many cosplayers, J-pop fans, and anime enthusiasts, is now on its 9th year! Happening from August 25 to 26 at the SMX Convention Center, the event will once again showcase an exciting line-up of artists, competitions, and activities!

📍 SMX Convention Center, Pasay City



Cinemalaya 2018
The Cultural Center of the Philippines and the Cinemalaya Foundation are set to roll out the red carpet for the 14th edition of the country's biggest independent film festival, the Cinemalaya Philippine Independent Film Festival, from August 3 to 12, at various venues of the CCP and selected Ayala Cinemas.

📍 CCP Complex, Pasay City



Season of GFriend in Manila 2018
Get ready as the hit K-pop group GFriend is coming to Manila! This August 19, the most requested girl group in My Music Taste, GFriend, will be in Manila for a one-night concert. Join in the fandom at 7 pm at the Kia Theatre for their first concert in the Philippines.

📍 Kia Theatre, Quezon City



The Freelancer Fair 2018
If you're a freelancer and looking for something to help you up your game, Manila Workshops has something in store for you this year! Join other freelancers at The Freelancer Fair "Up Your Game" workshop this coming August 25!

📍 Metrotrout Convention Center, South Dr., Pasig City



Eto na! Musikal nAPO!
OPM icon APO Hiking Society's music lives on with the jukebox musical *Eto na! Musikal nAPO!* Set in the 1970s or the golden era of OPM, the musical follows a group of seven friends, all college students, who entered a song writing, singing contest.

📍 Maybank Performing Arts Theater, BGC

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📍 The Globe Tower, BGC

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