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Concerts, Festivals, Family Events, and More



Features of the Issue

COVER – It's another high season for New Year's resolutions as we usher 2019 in with hopeful anticipation. If you are among the many who, every year, promises a better self and better health habits, turn immediately to our special diet and fitness feature, where we talk about the latest diet trends, the convenience of diet delivery services, the top fitness gyms in the metro, and more.

TRAVEL — Siargao used to be a sleepy little teardrop-shaped island in Northeastern Mindanao, until it opened itself up to the world when it opened its domestic airport in 2011, making it easier to reach the island from Manila. In the blink of an eye, Siargao has easily become a highly coveted international destination. This month, we celebrate the beauty of this tropical haven that the Philippines is greatly blessed with

JAPAN SPECIAL – Japan will always be a dream destination for many people in the Philippines, including expats. In this issue, we turn the spotlight on Hakodate, which captured even the heart of Filipino celebrity Robi Domingo. This cool and colorful paradise especially blossoms in Japan's springtime and reveals so much about Japan's natural beauty and rich culture.

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New Year, New You!

Feature by Yana Bautista, JR Padlan & Ryniel Berlanga | Design by Dantes Remot

s they say, a new year is for new beginnings—the start of another hopeful year fires up everybody's resolve to get a fresh start and begin anew with their personal goals. And a new year is almost always synonymous with a "new me."

In time for the new year, when personal fitness and diet is a part of most people's New Year's Resolution, we explore and tackle the various ways people can finally reach their ultimate "new year, new me" goal. In this issue, we present a comprehensive guide on the latest diet trends, plus diet delivery services that are perfect for the active millennials and busy professionals who are always on the go. We also look into the top fitness gyms in Metro Manila to help you choose the best one for your fitness goals. And if going to the gym is too hectic for you, we also list down some of the best apps that can help you maintain a healthy and fit lifestyle even in the comfort of your own home.

Kick-start 2019 and make it the year you finally reach your fitness goals!

Diet Trends

Filipinos are known to be food lovers. Filipino dishes are highly influenced by different world cuisines, and visiting provinces with their own regional delicacies will take you on a gastronomic trip. For expats in the Philippines, it may be hard to resist Filipino food. With rice as the top staple, Filipino meals are usually savory and full of flavors. Majority of the nutrients that Filipinos consume per day are composed of carbohydrates, protein, and fats.

The boom of different restaurants has led people, especially millennials, into becoming even more adventurous yet conscious of their bodies. And as we start another year, we look for new ways to live a healthy lifestyle and get fit. Philippine Primer Magazine talks to Asian Hospital and Medical Center's Chief Nutritionist Dietician Juvy C. Martillos-Sy, RND, RDN, to discuss the latest diet trends that would suit your body.

Vegan / Vegetarian

Vegans exclude eggs and dairy products, and may exclude honey. Meanwhile, a Vegetarian may or may not include egg or dairy products. The other types of vegetarian diets are lacto-vegetarian (includes dairy products but not egg products), ovo-vegetarian (includes eggs and egg products, but no dairy), and lacto-ovo vegetarian (includes eggs and dairy products). When planned appropriately, a vegan or vegetarian diet can help lower the risk of diseases like cancer, pre-diabetes, hyperlipidemia, hypertension, overweight, and obesity.

Intermittent Fasting

Intermittent fasting is a broad term with a variety of programs that modify the schedule of eating occasions. There are three types: alternate-day fasting, whole-day fasting, and time-restricted fasting. The idea with intermittent fasting is to plan limited hours for your daily meals or to have a very limited amount of calories. One example is having an estimated 25 percent of the total energy needs for two days and can eat anything you like for five days. Research on time restricted feeding is limited and specific recommendations cannot be made at present.

Paleo Diet

Paleo diet, also known as the caveman's diet, promotes the avoidance of modern food like extra refined sugar and processed energy-dense food. This also includes eating basic food that our ancestors ate during the Paleolithic era, such as meat, fish, nuts, and fruits. Further randomized controlled studies with more subjects and for longer period of time are required to determine whether it has any beneficial effect over other dietary advice.

Ketogenic Diet

According to evidence-based Clinical Nutrition practice guidelines, a ketogenic diet is recommended only for children diagnosed with seizures. This type of diet consists of very high fat and low carbohydrate food. This needs collaborative approach of medical management, which consists of a neurologist, a registered nutritionist-dietitian, and a registered nurse.

Mediterranean Diet

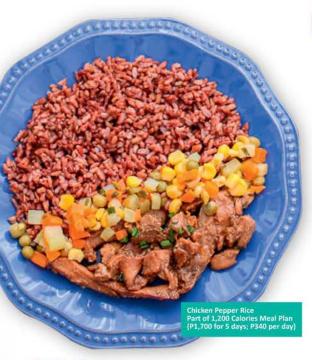
The Mediterranean diet is supported by scientific studies and is usually recommended for adults and older people for improving brain memory. Healthy monounsaturated fats are usually consumed in this type of diet, and they come from food rich in omega 3 fatty acids, including salmon, olives nuts, and more.



Diet Delivery

One the best reasons why you might consider getting a diet delivery service is that it is highly convenient—as opposed to preparing your own meal and calculating the calories that you put into it. A diet delivery service is especially ideal for busy professionals who have no time to deliberate on ingredients and cook. Diet delivery providers also do the job of controlling the number of calories in each meal, so you don't have to worry about exceeding your intended calorie intake, making it easier for you to manage your weight and nutrition.

They may not be very trendy—yet. But with more and more people seeing the importance of a balanced diet and healthy lifestyle, diet delivery providers may be one of the key players in achieving the holy grail that is fitness.



Diet Buddy

Diet Buddy prepares a convenient and delicious yet healthy, well-tailored meal plans according to your preferences. It was formed by Kynan Del Rosario to help make going on a diet fun, enjoyable, less intimidating, and achievable. The service helps you control your calorie-intake per day, updates you every day on the menu, and even gives tips on how to reach your weight goal more easily.

Every day of the week, Diet Buddy allocates different kinds of meal from breakfast to dinner to meet a customer's calorie and nutrition goals, all while satisfying their hungry palate.

Meal Plans: Calorie-counted meal plans starting at 1,200 calories per meal Price Range: P1,500 to P1,900 (5-day plan) Delivery Areas: Metro Manila Contact: 0916-527-0314 / 0917-590-1795 Facebook: Diet Buddy PH



Fitness Gourmet

Established in 2013, Fitness Gourmet PH started with a chef's goal to help others in losing weight without compromising the taste. They offer different meals depending on your preferred diet or nutrition, and even for people with medical conditions. Their registered nutritionist-dietitians also provide free consultation to determine which meal plan and diet are the best for you.

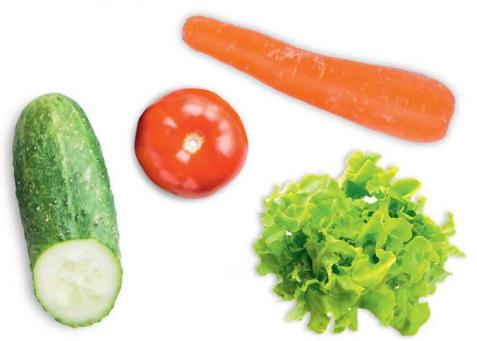
For people with special dietary requirements, they recommend the Therapeutic Package (starts at P2,500 + delivery fee). The program is inclusive of a Nutritional Care Plan, Nutritional Counseling/Coaching, and Customized Meals, with daily delivery for 5 or 7 days.

Meal Plans: Low Colorie, High Protein, Ketogenic Diet, Vegetarian, and HCG (Human Chorionic Gonadotropin) *Inclusive of breakfast, lunch, dinner, and one snack

Price Range: P1,800 - P5,000 (5-day or 7-day program only; exclusive of delivery fee P50 - P100)
Delivery Areas: Metro Manila, select parts of Rizal and Cavite

Website: fitnessgourmetph.com Contact: 0917-361-3474

Email: order@fitnessgourmetph.con Facebook: Fitness Gourmet PH





GG Salad

Green Giant Salad, otherwise called GG Salad, started from a simple concept of wanting to provide everyone with a balanced diet amidst the busyness in the corporate world. Since 2016, GG Salad has been delivering salad-based meals, and they ensure creative ways to prepare the meals while still maximizing the nutrient intake.

Instead of drastic weight management, GG Salad focuses on eating healthy with the right amount of calories every day. They also have ala-carte salad offerings that are ideal for first timers who haven't tried a diet delivery service before.

Meal Plans: Pescatarian-Pollo, GG Complete, Salad Keto, Basic Salad, Vegetarian
Price Range: P1000 - P3850 (Starts at 3-day to 6-day program; free delivery to Mokati, Mandaluyong,
Manila, Marikina, San Juan, Pasig, BGC, and Quezon City except Novaliches and Fairview)
Delivery Area: Metro Manila



Daily's Diet

Daily's Diet aims to provide meals that will contribute to an effective and proper weight loss, with the taste being as good as regular meals. Instead of pushing people to try healthy meals that are often hard to like, Daily's Diet focuses on modifying dishes that people already love and mix them with vegetables and fruits.

Aside from weight loss meal plans, Daily's Diet also offers the Medical Diet Plan, which is specifically crafted for people with hypertension, gout, diabetes, heart ailments, and other health concerns.

Meal Plans: Balanced Diet, High Protein Moderate Carb, Medical Diet *Inclusive of breakfast, lunch, dinner, and two snacks Price Range: Starts at P1,850 (5-day program and above) Delivery Areas: Metro Manila, select parts of Laguna, Rizal, and Covite Contact: 0920-978-8618 / 0956-284-1962
Email: dailysdiet@gmail.com Facebook: Daily's Diet

Lunchbox Diet Living by the tagline Make It Easy to Eat Healthy, Lunchbox Diet started in 2013 to provide a hassle-free way for everyone to still eat fresh and healthy meals amidst their busy schedule. They also have an in-house nutritionist-dietitian that helps in planning the menu and standardizing its recipes. Lunchbox Diet takes calorie count seriously as it offers options from 1,200 to 2,000 kcal, depending on your meal plan. Meal Plans: Regular, Low-Carb, Keto-Friendly, and Vegetarian *Inclusive of breakfast, lunch, dinner, and one to two snacks Price Range: P1,950 - P2,750 (starts at 5-day program; free delivery, except for parts of Manilla with an additional fee P50) Delivery Areas: Metro Manila, select parts of Rizal Website: lunchbox/diet.com.ph Contact: 0917-809-3136 Facebook: Lunchbox Diet





Lean Pork Kare Kare

The Sexy Chef

Owned by Filipino singer-actress Rachel Alejandro and her sister, Chef Barni Alejandro-Rennebeck, The Sexy Chef is one of the first diet delivery services in the country. The Sexy Chef's humble beginnings started from their grandmother's kitchen in 2004, and now it has grown into a huge team still aiming to offer nutritious meals for weight management.

There are two types of packages: Diet Plan, which is a premium, nutritionist-designed eating plan for weight loss and detoxification, including meals for the whole day; and Fit Meal, which includes lunch and dinner packages for healthy eating and weight maintenance but without breakfast and snacks.

Meal Plans: Keto, Keto-Vegetarian, South Beach, Pounds Away, Paleo, Eat Clean Detox with Essential Oils Price Range: Starts at P2,220 (4-day program)

Delivery Area: Metro Manila Website: www.thesexychef.ph

Contact: 02-721-8881 / 02-721-7399 / 0917-799-2433 Email: info@thesexychef.ph

Email: info@thesexychef.ph Facebook: The Sexy Chef



Fitness Gyms

Although some people might be taking this for granted—Metro Manila is blessed with a multitude of fitness gyms here and there, making a nice workout accessible to almost everyone in the city. If you are simply unsure of which gym to step into, it may be best to look first into the most established ones: Anytime Fitness, Fitness First, and Gold's Gym.

In choosing the right gym, some of the most important considerations to make are the costs, the accessibility, and the facilities that suit your personal goals (e.g. do you aim for weight management, body-building, or strength training?). Most gyms also offer free trial programs, so take advantage of them. This can greatly help you on your decision-making and finally get you started on your journey towards your ultimate fitness goal!

Gold's Gym

Globally, Gold's Gym has already over 3 million members who are earnestly committed to having healthier lifestyle. Gold's Gym has expanded its fitness profile, offering advanced equipment—from free-weight, selectorized to cardio machines—and top-quality services while keeping its core weight-lifting tradition. Gold's Gym has also been recognized worldwide through constant brand reinforcement and exposure in Hollywood films and TV shows like the 1977 Arnold Schwarzenegger and Lou Ferrigno film, "The Pumping Iron", Adam Sandler's "The Longest Yard," and more. Hence, Gold's Gym has been dubbed as the "Gym of the Stars." Locally, Gold's Gym continues the tradition with almost 300 celebrity members.

Facilities

Among the activities offered are Jukari Fit to Flex, Zumba, Les Mills Body Combat personal training, spinning, sports conditioning, kid's fitness, Pilates, and yoga. Also, the amenities (may vary by location) are all maintained for the highest standard of performance and a relaxing workout. Gold's Gym also offers group exercise classes and personal training with professional coaches.

Gold's Gym has a wet area that has the steam and sauna room, toilets, and shower area. There are lockers available, but you have to bring your own padlock. You may also rent towels at the front desk. They also have a spa facility, perfect for some pampering and relaxation right after a hard workout.

Rates

Membership starts at P2,750 for 1 Week Unlimited and 3,800 for 1 Month Unlimited, which includes unlimited use of gym facilities and group classes at your home branch. A 12-month membership for P28,000 gives you unlimited use of your home branch plus 12 visits to other branches. Rates may vary per branch, so it is highly recommended to visit and do a one-on-one consultation with your nearest or preferred branch.

Gold's Gym currently has 27 branches. To find your nearest branch, please visit their website. Main Branch: Gold's Gym Acropolis, 82 E. Rodriguez Jr. Ave., Acropolis, Quezon City Operating Hours: 6 am to 12 am (Mon to Fri); 6 am to 9 pm (Sat); 8 am to 9 pm (Sun & holidays) Contact: 02-470-0579 / 0943-131-2090 Website: www.goldsgym.com.ph Facebook: GOLD'S GYM Philippines

Fitness First

Fitness First was first established in 1993 in Bournemouth, UK. For more than 25 years, Fitness First has accumulated a whopping 1 million members in more than 300 Fitness First Clubs worldwide. The club is currently on a rapid growth extending its clubs in almost every part of the globe. In the Philippines, there are currently 14 Fitness First Clubs—having over 35, 000 members and 800 staff members.

Facilities

The gym's wide array of programs is one of the things to look out for at Fitness First. They offer extensive services such as cardio classes, strength & conditioning, mind and body programs, dance, freestyle, and feature classes on separate days scheduled within a timetable every week. Feature classes include spartan workout, core flow yoga, body combat, body jam, and body balance.

They also offer Fitness Products such as Bodyfirst and Kickstart, wherein you will be accompanied by expert professional trainers that will aid you according to your preferred fitness program and goals.

Also check out their Fitness Tech services, which comprise of the CustomFit app and Bioscore. CustomFit is a digital training app that keeps all of your fitness guides and condition in check. Meanwhile, Bioscore gives information on the member's biological comparison to their actual age.

Club facilities include a towel counter, steam rooms, lounge area, and swimming pool.

Rate

There are two types of Fitness First Clubs—the Premium and the Platinum, which gives more access to exclusive facilities. You can choose between a full-access, multi-club membership (Passport) and a





Anytime Fitness

Anytime Fitness is known for being convenient and accessible, opening its gyms with 24/7 access, ideal for people who are unable to commit to day workouts. Founded in 2002 by Chuck Runyon, Dave Mortensen, and Jeff Klinger, Anytime Fitness is headquartered in Woodbury, Minnesota, and operates over 4,000 clubs in 30 countries. In the Philippines, it has already more than 90 branches, with the first one being opened at Pioneer Center in Pasig City. Anytime Fitness has also been acknowledged as one of the most competitive franchises globally, ranking 1st in the Entrepreneur Magazine's Global Franchise List in 2014.

Anytime Fitness has a welcoming, professional staff, trained to assist you on your fitness journey. No matter how much support you need, they will encourage and help you to live a healthier lifestyle.

Facilities

Anytime Fitness is equipped with advanced cardio machines—from treadmills to ellipticals—with internet internet connectivity. They also have a pre-weights area, which includes equipment like dumbbells, barbells, and other strengthening machines.

The functional area is for performing functional exercises, with equipment like battle rope, TRX, ViPR, kettlebells, medicine balls, and more. Group classes like zumba, yoga, pound, and fatburn are all held inside the group class studio. Personal training services and wellness coaching are also offered.

Moreover, Anytime Fitness guarantees its members access to all its fitness gyms worldwide. Each branch, provided with parking space, private restrooms, and showers for your convenience, is unique to the community it serves. Members are required to bring their own padlock for their locker.

Rates

For new membership, there is a one-time payment of Joining Fee (P1,000) and Key Fob Fee (P2,500). Membership rates start at P2,700/month for a 6 month period. Membership includes unlimited use of gym facilities at any gym not only in the Philippines but also worldwide. Take note, however, that in your first month of membership, you can are only allowed to access your home branch. Rates may vary per branch, so it is highly recommended to visit and do a one-on-one consultation with your nearest or preferred branch.

To find your nearest branch, please visit their website. Operating hours: 24/7 Website: www.anytimefitness.ph Facebook: Anytime Fitness PH



Photo courtesy: Anytime Fitness

full-access single club membership (Home). The Platinum membership entails exclusive access and benefits, such as free towels, workout shirts, and access to different clubs, while the home membership only allows access to one's home branch.

There is a one-time payment of Joining Fee (P4,000 for 5-month and P3,000 for 12 to 18-month) and Admin Fee (P1,500). Passport membership costs P4,395/month for a 5-month period, P3,995/month for a 12-month, and P3,800/month for an 18-month membership. Rates may vary per branch, so it is highly recommended to visit and do a one-on-one consultation with your nearest or preferred branch.

Main branch: Fitness First Aura, SM Aura Premier, BGC, Taguig City Operating hours: 6 am to 10 pm (Mon to Fri); 8 am to 8 pm (Sat); 8 am to 6 pm (Sun) Contact: 02-808-9695 Website: www.fitnessfirst.com.ph Facebook: Fitness First Philippines



Health & Fitness Apps



Nike Training Club

FREE Nownload on: App Store, Google Play

Whether you're a beginner or professional, Nike Training Club has hundreds of short workouts, from yoga to strength training, featuring Nike Master Trainers to guide you in every step of the way. It also recommends workouts for you, or you may choose from its collection like Get Leaner Stronger Abs, Always Ready For the Beach, a 6-Week Guide to Get Lean,



Workout for Women

FREE Nownload on: App Store, Google Play

Specially made for busy working ladies, Workout for Women provides short and simple workouts that you can do whenever you want, wherever you are. It features personal trainers with complete video instructions to guide you, without any special equipment needed! The workouts can go up to just seven minutes per day, so you can easily incorporate them into your daily routine.



FREE Download on: App Store, Google Play, Microsoft Store

Track your daily activities easily with FitBit--from nutrient intake to workout routine to sleeping goals, this app will record everything to keep you in check with your health. You can also set and manage your own goals, providing you with a simple yet colorful graphs that you can monitor to see your progress over the



Couch to 5K Runner

Free with optional subscription options (\$9.99 for lifetime premium) Download on: App Store, Google Play

This app has won multiple awards and is considered the most effective and popular 0-5K app. It is highly recommended by health and fitness experts. Some of its distinct features include a human coach voice, music control, built-in GPS, and distance tracking.



Lose It! - Calorie Counter
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Download on: App Store, Google Play

Lose It! tracks calories effectively through its barcode scanner and food logger-just enter your profile details and custom goals so that it can suggest target calories per meal. You may also track your habits as the app provides you with insights to know which is working or not. It also encourages you to start a challenge with friends or even join a public one!



Weight Loss Fitness by Verv Free basic features, with subscription option (\$9.99/month, \$29.99/3 months, \$39.99/year) Download on: App Store, Google Play

Weight Loss Fitness by Verv helps you slim down in six weeks with a personal training plan of short and easy workouts, which lasts for about six minutes per day, based on your own goal. It adjusts real-time according to your feedback and progress while using the app. It also provides detailed weight progress statistics, motivational tips, and music to boost your mood while working out.



MvFitnessPal

Free basic features, with subscription option (\$9.99/month, \$49.99/year) Download on: App Store, Google Play

MyFitnessPal has over six million types of food in its database, with a barcode scanner, recipe importer, water counter, and restaurant logger among its features, so you can easily track your nutrient intake. It also logs your personal workouts, or you can choose from its over 350 exercises. It is easily customizable-you may create your own fitness goal or let the app do it for you and track your progress with an improvement graph or your before-after photos.



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(\$21.99/3 months, \$29.99/6 months, \$49.99/year)
Download on: App Store, Google Play

After taking a quick test, Lifesum suggests the best diet plan for you based on your schedule and lifestyle, with its food tracker, barcode scanner, calorie counter, and healthy recipes feature. It also provides tips for you to lose weight easily.

Hear it from them!





Masaru Suzuoki IT professional

I have lived in the Philippines for 13 years, and I work for an IT company. While I was eating my favorite foods, my weight reached over 100 kg., but with my friends' help, I achieved a weight loss of 26 kg. The secret is in the three sacred treasures of weight loss: penalty, numerical plan, and training.

First of all, we declare to impose the hardest penalty if we don't reach our goal. In my case, it is to give up my favorite 4G glass, which can show videos realistically. Moreover, I would feel embarrassed if I failed.

Even in the Philippines, choosing the ingredients makes it possible to take the optimum diet. Okra is versatile, moroheiya is also nutritious, while natto, broccoli, and other vegetables are also great options. But basically, seasoning should be reduced. Replacing dinner with protein was also effective for me. I also calculate the calories, and when I do not understand, I send an image to my trainer and ask help with counting the calories. I calculate the calories necessary for basal metabolism and manage it by making full use of graphs and others. We also adjust the meal before dinnertime. It becomes fun to see the numerical value going down, which means the numerical management is effective and the effect is obvious. In my case, from over 100 kg., I focused on losing weight and then gradually exercised. I started muscle training to raise my basal metabolism in the morning and evening. Now, I have started yoga to train muscles that will raise my fundamental metabolism in the morning and evening.



Ginyn Cadavillo Freelance Writer

I got curious about diet delivery services when I saw the neatly packed meals of some of my co-workers. I decided to try it to save time thinking about what to eat and to see if I could lose weight, too. At first, I just looked for the cheapest offer and subscribed to that for a few weeks. But then, the food became repetitive and lacked flavor, so I started trying others. I found sinfully good food from one diet delivery and stuck with that. I loved the low-cal snacks, cheesy dishes, and overnight oats. I have always been satisfied with the 1,200-calorie per day plans—they were enough to not make me feel deprived. I lost 5kg after trying the diet delivery for 6 weeks. Recently, I haven't been getting diet delivery services just because preparing your own meals or buying directly is more practical for me, but I think it's ideal for anyone who's too busy to do meal preps but want to eat healthier.



JUVY C. Martillos-Sy , RDN, RND
Chief Nutritionist-Dietitian at Asian Hospital and Medical Center

On choosing the best diet plan...

I strongly recommend visiting a Registered Nutritionist-Dietitian. When you visit the Nutrition Clinic of Asian Hospital and Medical Center, we will provide you an individualized diet plan according to your age, height, lifestyle, food preference, recent metabolic panel, laboratory results, and physical activities. You may also visit the official website of Food and Nutrition Research Institute (FNRI) for "Pinggang Pinoy," a visual food guide where a balanced portion of protein, carbohydrates, fats, vitamins, and minerals can be seen according to your specific age group.

On her personal diet...

We, RDNs, also practice a normal diet to enjoy food variations as long as we know our portion allowance and are willing to compromise based on our lifestyle. It is a matter of bargain and discipline on how you choose your meals.

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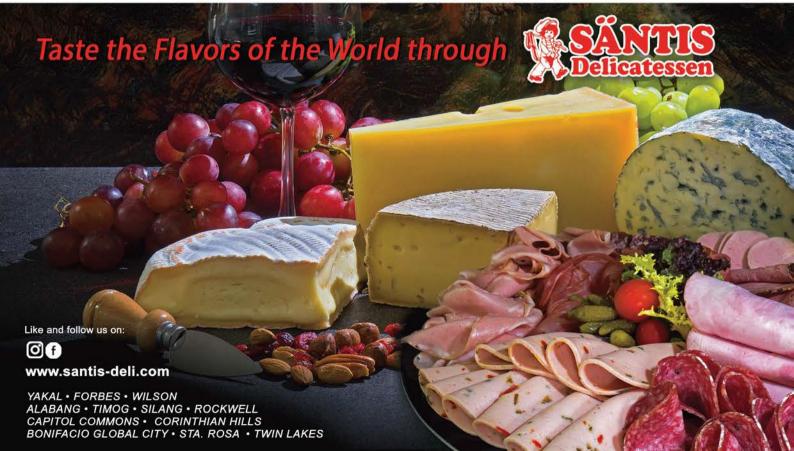


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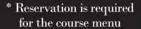
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HIROYUKI MENO

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Vietnamese coffee is one of the best coffees in the world because of its distinct and delicious taste. Vietnam is the world's second largest coffee exporter, but unlike Brazil that uses Arabica beans, Vietnam's coffee is made from Robusta beans. Robusta gives more bitterness to the taste buds, but despite that, Vietnamese coffee can capture the heart of every coffee drinker. What makes it even more unique is the way it is prepared before it is consumed. As you walk the streets of Vietnam, you'll find coffee drinkers holding aluminum drip filters with cups of exquisitely aromatic black coffee.

LOCATION

CLUSTER 2 #13 ETON CENTRIS WALK EDSA,
COR. QUEZON AVENUE, BRGY. PINYAHAN, QUEZON CITY

BUSINESS HOURS & CONTACT DETAILS

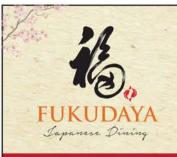
11:00am-10:00pm facebook.com/ChiEmGaiPH +639282622839







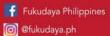




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Search "Kenshin Japanese Restaurant" on Google Map!

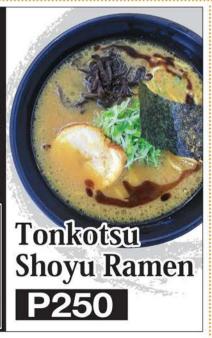


(0956) 041-7181 (Globe) (0929) 613-1281 (Smart) Business hours: 11 am to 5 am

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ttp://ramen-shimada.business.site

















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🎁 Restaurant Guide

MAKATI

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☎ 02-867-3164/02-553-9643

♠ 7431 Yakal St., San Antonio Village, Makati City

Cave Werdenberg

〒 02-892-0128/02-817-1217

♠ 7431 Yakal St., San Antonio Village, Makati City

Chesa Bianca

☎ 02-815-1359/02-892-7524 A 7431 Yakal St., San Antonio Village, Makati City

Hanagushi

ନ୍ତ 02-800-0704

♠ G/F The Beacon, Don Chino Roxes, Ave. cor., Arnaiz Ave., Makati City

Ikomai

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

I'm Angus

☎ 02-892-5852/02-275-5938

Kenshin

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

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

ସ 02-425-9030 / 894-387

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

ନ୍ତ 02-757-2710

♠ G/F, Greenbelt 5, Makati City

ନ୍ତ 02-728-2072

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

Yokohama Meat Kitchen

☎ 02-831-6546/0916-377-3655

♠ 16 Jupiter St., corner Antares St., Bel-Air, Makati City

BGC

NIU by Vikings

2 02-478-3888/0917-586-6888

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

Chao Chao Gyoza

තු 0908-390-3358

One Mckinley Place, 4th Ave. cor. 26th St., BGC, Taguig City

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ත 0928-262-2839

Cluster 2 #13 Eton Centris Walk EDSA, cor Quezon Ave., Brgy. Pinyahan, Quezon City

Rossini Ristorante

☎ 02-800-8061

♠ 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

ନ୍ତ 239-2866

♠ Pioneer Center Brixton, Kapitolyo Pasig City

Sigekiya Ramen

2 02-805-0400

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

ନ୍ତ 7-9000 (Metro Manila delivery)

Terivaki Boy

ත 7-9000 (Metro Manila delivery)

雷 02-845-2613/0917-149-6288

The Hub Greenfield District, Shaw Boulevard, Mandaluyong City

Wooden Horse Steakhouse

ପ୍ର 0927-460-2495

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

GROCERY / SPECIALTY STORE

Hotei Japanese Premium Inc. 窗 0917-723-9126

ନ୍ତ 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

A Rodriguez Jr. Ave., Pasig City

Sharaku Food, Inc.

☎ 02-541-9877/0905-415-0056 ♠ Stall # 111 Cartimar Shopping Center Pasay City

₹ 02-551-7522

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



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Dining with

TRAVEL TIPS

nown for the Island's many surf-breaks,
Siargao is now also recognized by surfers

At Going to Siargao Island

nown for the Island's many surf breaks, Siargao is now also recognized by surfers and non-surfers alike for its many resorts and concept-dining restaurants sporting different types of cuisine from the East to the West. While the local film Siargao (2017), has been pointed out as the driver of the stream of tourists frequenting the island, the sheer beauty of the place plus the stories of visitors who never left Siargao can speak for the island's charm. No wonder Siargao was also crowned the "Best Island in Asia" by New York-based luxury travel magazine, Conde Nast Traveler, in October 2018.

Join us as we explore this mystical island, where there are many secret spots to discover, restaurants to fill one's stomach, and experiences in nature to fill everybody's heart.

Feature by Chin Sanigan & JR Padlan | Design by Janina Torres

- From Manila, few domestic airlines, including Skylet Airlines offer direct flights daily to Siargao. Other airlines also uffer flights to Siargao via Cebu.
- The arrival point is at Siargao Domestic Airport or "Sayak
 Airport," located in Del Carmen. From there, it will take roughly
 45 minutes to reach the municipality of General Luna. There
 are tricycles outside the airport to transport passengers to
 General Luna, which costs P300 per person. Other options are
 van and motorbikes for hire.

Ž Going Around the Island

- Tricycles and motorbikes are the common modes of transport around Siargao. The current minimum fare is P20.
 Motorbikes can be rented for P500 per day.
- If you are going to visit other tourist spots outside General Luna, for instance, Sugba Lagoon, which is located in Del Carmen, it is advisable to rent a van as it will take hours to reach the destination.

Featured photo by Jun Lisazo



EXPLORE



Magpupungko



Cloud 9



Sugba Lagoon



Magpupungko is a unique rockpool site whose name, which means "to sit" in Visayan language, was derived from the formation of the big, circular rock sitting on top of a small, flatter rock. You can find majestic, turquoise natural pools of about 12 feet deep, where you can definitely swim and take pictures with friends. In front of these great natural formations is the ocean, where big waves can be spotted. However, be careful as the shore also has a bed of sharp rocks, where brittle stars and sea urchins reside.

A guided tour can conveniently be availed from Siargao Island Tour, which offers land tours of Magpupungko along with other beautiful spots. For individual visitors, the admission fee is P50.

Pilar, Siargao, Surigao del Norte Admission fee: P50



Known for its thick and hollow tubes, Cloud 9 is commonly recognized as one of the top surfing sites around the world.

Cloud 9 is always associated with its famous 300-meter boardwalk that provides easy access to its breathtaking waves. This area also serves as a great viewing deck where tourists may enjoy watching surfers from. Cloud 9 is also the site of the annual domestic and international surfing competition, sponsored by the provincial government of Surigao del Norte, wherein over a hundred of the world's best surfers flock on the island.

General Luna, Siargao, Surigao del Norte
 Admission fee: P50 for non-residents of General Luna



Located in a sequestered area of Del Carmen, this 87-hectare lagoon is surrounded by stunning limestone hills, where you can try paddleboarding over the still water while appreciating the tranquility of the place. It has a two-story pontoon house with a viewing deck, established by the local government unit to sufficiently accommodate tourists. It also has a wooden diving board where you can take a high angle shot from the deck with the epic mountains as the backdrop.

It takes roughly 1.5 hours from General Luna by van or motorbike, which you need to rent, going to Del Carmen. Then, you have to ride a boat to take you directly to the lagoon. The entrance fee is P100.

♥ Del Carmen, Siargao, Surigao del Norte Admission fee: P100



Naked Island





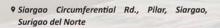
Guyam Island



Tayangban Cave



Tayangban is a rocky maze with ice cold water, which requires traversing a narrow rocky path to reach the mouth of the cave. While a local tour guide leads you safely throughout the journey to the 15-ft. cave pool at the end of the cave, it is important to be prepared and well-equipped. Wear appropriate swimwear or light clothing, including aqua shoes. The rocks are uneven, some sharper or more slippery than the others, so extra care is advised. Most importantly, keep in mind that live rocks and mineral formations can be found inside the cave and should therefore be preserved by keeping contact with them at a minimum.





Daku Island



Million Dollar View



The smallest, humble municipality of Siargao, Burgos, has a spot that is so captivating that it stops every passer-by in their tracks. This stunning, picturesque view of a beach with a prominent shoreline is known among locals as the Million Dollar View. A breathtaking scenery from the main road, Million Dollar View also has fine surf breaks and a vast tract of palm trees the island is widely-known for. Here, you can take photos while appreciating the beauty of the place.

Having this picture-perfect beach view, it is obvious why Burgos town is dubbed as the "Little Hawaii" of Siargao.

9 Burgos, Siargao, Surigao del Norte

You can enjoy the different sides of tropical life by going island-hopping on the three most sought-after islands south of General Luna.

Void of trees and huts for shade, the 200-meter stretch of white sandbar called Naked Island is open to the rays of the sun, making its name appropriate for the island's "nakedness." The ideal activities to enjoy here are swimming, sunbathing, or drinking a beer or two. To the east of Naked Island is Daku Island, literally translating to "big island," where its white sand with bungalow huts and

Pacifico Bigwish



This may be a quieter spot compared to General Luna, where most of the island bars, restaurants, and resorts are located, but Pacifico Bigwish Beach boasts big waves and a picturesque landscape of coconut trees, ideal for relaxation.

For surfers, there are surfboard rental shops like Typhoon Blues and Huna. Surfing at Pacifico Bigwish Beach Resort requires an advanced to expert surfing skill, but you may also hire an instructor for P500 to guide you through your surfing journey.

9 Pacifico, San Isidro, Siargao, Surigao del Norte

open-air cottages resting inside the palm forest may just be the perfect spot for lunch while looking over the blue ocean.

Finally, tourists may call their day off on **Guyam Island**, the smallest of the three, which is just north of Daku. Shaped like a clam, the island is so small you can traverse the whole island in just less than 10 minutes!

Siargao Island Tour

© 0917-135-6394 / 0923-348-8333

siargaoislandtour.com

Siargao Island Getaway

DINE



Aventino's Pizza & Pasta - 00

Aventino's Pizza and Pasta may be a humble pizzeria sitting at different parts of the town, but their generous servings of mouth-watering pizzas, with their signature savory and sweet dough, is what makes them the go-to pizza and pasta place of locals and tourists. A unique item is their folded pizzas, like Calzone, with bacon; Chaveli, made slightly sweet by the pineapples and onions; and Rustica with its fruity and fragrant aroma coming from the black olives and yogurt sauce.



Tuason Point, Tourism Rd., Brgy. Catangnan, General Luna, Siargao, Surigao del Norte

@ 7:30 am to 11 pm (Mon to Sat); 8 am to 11 pm (Sun) © 0909-067-3200 / 0918-338-8961

Aventino's Pizza, Pasta, and Vino



Shaka Siargao

Shaka Siargao is much known for its creatively presented smoothie bowls, coffee, tea, cold-pressed juices, and other vegetarian or vegan delights. Try their signature Power Bowls like the Super Bowl, comprised of homemade yogurt and island-grown fruits like kiwi and watermelon, or Boom Dia, made with acai. banana, mango, pineapple, berries, and coconut milk. With fruits as the primary ingredients, these bowls will instantly boost your stamina and energy!



Cloud 9, General Luna, Siargao, Surigao Del Norte O 6:30 am to 5:30 pm © 0929-422-8956

Shaka Siargao



Barrel Bar

Barrel Bar prides itself with its burgers, which both foreigners and locals go loco for. Their famous Jack Daniel's Burger is a classic beef burger with cheese, lettuce, onions and tomatoes, topped with their homemade Jack Daniel's sauce. Egg, bacon, fries, and Jalapeño chili peppers can also be added. Sticking to the traditional vibe of the island, the bar has an ample space, where sand covers the floor and the roof is made of wood, adding to your authentic island experience.



Purok 5, General Luna, Siargao, Surigao Del Norte 924/7

© 0938-233-2292/ 0921-823-4532 Barrel Sports Bar Siargao - Open 24/7

White Banana





Tuason Beach, Tourism Rd., General Luna, Siargao, Surigao del Norte

© 0908-447-7477

White Banana Beach Club

Fondly called a "BRAB" or a "bar with a room at the back" by its owner Jimi Casaccia, White Banana Beach Club boasts of both a sultry cocktail bar with spirits from around the world and a luxurious dormitory at the back. They also offer a pescatarian menu, featuring mock meats and the freshest fish on the island. A must-try is the Hummus Treats, comprised of pita bread and three kinds of hummus dips made with porcini mushroom, bell pepper cream, and olives with truffle oil. This treat is best paired with

their special White Banana Shake.

Greenhouse Cafe



Tourism Rd., Brgy. Catangnan, General Luna, Siargao, Surigao del Norte 9 7:30 am to 3:30 pm

O 0919-422-6322

"Greenhouse"

Recognized by locals for serving the best breakfast on the island. Greenhouse Cafe offers promising breakfast treats made with fresh local ingredients and secret homemade recipes. Through word of mouth, one of the "Chef's Favorite," Barrel City 2.0, has become the best-seller. It is made with its cheesy garlic bread made tastier with juicy tomatoes, egg, cheese slices and creamy cheese sauce, bacon, and sesame seeds.







L'Osteria

L'Osteria Ristorante Italiano-Vineria is cocooned near Tuason Beach, offering couples and families a fine dining experience complete with authentic Italian dishes care of Chef Hicham Merouane. This family-style restaurant offers a wide selection of pizzas like Quattro Formaggi, made with fresh cream, Parmesan, mozzarella, and Gorgonzola cheeses, as well as fresh tomatoes, recommended by Chef Merouane.



Tuason Beach, Brgy. Catangnan, General Luna, Siargao, Surigao del Norte

O 11 am to 10 pm @ 0917-892-3537 L'Osteria Siargao



Kitya's Place

Kitya's Place is a rustic yet quirky restaurant named after its owner, Kitya Ferrer. Nestled on a sandy beach, the restaurant is built with upcycled materials like plastic bottles to support the plastic-free movement. When it comes to food, Kitya's Place offers a playful fusion of different cuisines, including their Arabic Mezze Platter, made with homemade hummus, baba ganoush, falafel, and pita bread served with healthy produce like carrots and cucumber.



Purok 3, General Luna, Siargao, Surigao Del Norte @ 10 am to 11 pm (Tue-Sat), 3 pm to 3 am (Sun) © 0947-428-7836 Kitva's Place



Crêpes Siargao

OO

This creperie sports a cool, relaxing vibe with its open area and simple, healthy menu of savory and sweet French crepes, as well as fruit bowls, fruit shakes, and juices. Try their best-seller Nutella Banana Crepe with scoops of ice cream drizzled generously with Nutella. With its cold ice cream melting over warm, thin pancakes, the contrast gives the combo an exciting touch in the mouth. Partner this with either Banana Mango Milk Shake, Mango Pineapple Milk Shake, or Banana Berries Milk Shake.



Tourism Rd., Purok 5, General Luna, Siargao, Surigao del Norte

@ 7:30 am to 11 pm Q 0995-153-3204 Crepes Siargao

La Carinderia







La Carinderia was born out of Italian Head Chef Stefano Tomasiello's love for Filipino home-cooked meals and fascination with local eateries. With most of the dishes inspired by the traditional recipes of Tomasiello's mother fused with Filipino cuisine, expats will love their specialties, like Carbonara with its creamy sauce and bacon bits, making a savory ensemble of flavors.

While dining at La Carinderia, also check out Priscilla's little corner inside the restaurant, which carries apparels, postcards, towels, souvenirs, and other local and Italian products, coming from the couple's many travels in and outside the country.

Tourism Rd., Purok 5, General Luna, Siargao, Suriago del Norte

(9 11 am to 10:30 pm (Mon to Sun) © 0977-214-3914

III La Carinderia

Catangnan Fried Chicken (CFC) — 00







If the image of tender fried chicken jammed between soft burger buns makes your mouth water, then Catangnan Fried Chicken (CFC) Restobar is the best stop you can make for the "best burgers in town." Their most recommended is Mexican Chicken Burger Combo, stuffed with CFC's special chicken, salsa salad, corn chips, cheese, and fried jalapeños, biting your palate with a spice. For those who are not fond of spicy food, try their Hawaiian Chicken Burger, made sweeter with pineapple fritter.

Tourism Rd., Brgy. Catangnan, Cloud 9, General Luna, Siargao, Surigao del Norte

© 10:30 am to 9:30 pm (Mon to Sun)

© 0947-987-6192

CFC Restobar

Price Guide: P P300 & below P P P300 – P800 P P P800 – P1,500 P P P P1,500 – P2,000 P P P P P P2,000 & above

STAY & DINE

Bravo Beach Resort @@

Bravo Beach Resort is fondly called the "Surfers' Paradise" by many, considering its location close to the island's superb waves. The resort offers accommodation that combines traditional Filipino design with modern design. The Garden Rooms have their own terrace and private garden, a large semi-open shower, and a loft that can accommodate up to 3 people.

Tourism Rd., Brgy. 5, General Luna, Siargao, Surigao Del Norte

- © 0999-877-8518 / 0905-395-5493
- bravosiargao.com
- Bravo Beach Resort Siargao
- O (Restaurant) Breakfast- 7 am to 10:30 am, Lunch- 11 am to 2:30 pm, Merienda- 3 pm to 5:30 pm, Dinner- 6 pm to 9:30 pm



Photo credit: Bravo Beach Resort

Bravo Restaurant



A must-try at Bravo's in-house restaurant is Tuna Tataki, a pan-seared fresh tuna, dressed with olive oil and fried garlic. The tuna is incredibly tender and tasty and goes well with the soy sauce.

Kawayan Siargao @@@@ Resort

Nestled on a gentle slope, the 50-sqm villa of Kawayan Siargao Resort has a laid-back "tropical modern" style, combined with hand-hewn hardwood flooring, white walls, and thatched roof. The "open-sky shower" is the visitors' most well-liked feature of the accommodation. Guests can also try some recreational activities like golf, diving, island hopping, and surfing, which are all offered at the resort.

General Luna, Siargao, Surigao del Norte

- © 0999-409-6252
- ⊕ kawayansiargaoresort.com
- Kawayan Resort, Siargao
- (Restaurant) 7:30 am to 2 am

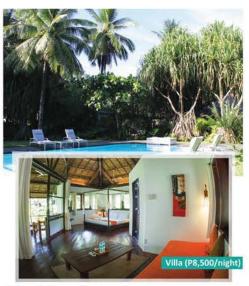


Photo credit: Kawayan Siargao Resort

Mawayan Siargao Restaurant



Photo credit: Kawayan Siargao Resort

The restaurant has a laid-back ambiance that suits the calmness of the place. Their Mediterranean Style Chicken is poached in white wine and served with fresh fressini pasta and pesto sauce.

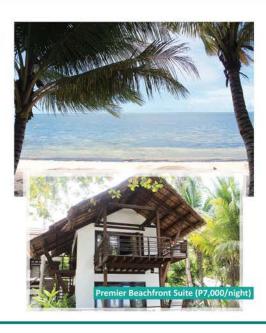
Siargao Island Villas 000

Siargao Island Villas acquaints you with your senses by bringing you closer to the island's true nature and simplicity. You will see their Premier Beachfront Suite in its immaculate getaway vibe, with a nipa roof and a private balcony to relax in. This premier suite is good for up to four occupants, ideal for groups who are ready to go on an adventure.

Along Tourism Road, Brgy. Catangnan, General Luna, Siargao, Surigao del Norte

© 0927-700-3221 / 0919-635-8064

- siargaoislandvillas.com
- Siargao Island Villas
- ⊙ (Restaurant) 7 am to 10 pm



Warung Siargao



Led by Indonesian chef, Nurlela, Warung serves various Indonesian food, as well as traditional Filipino breakfast. Try their Nasi Bungkus, a rice platter with spicy beef rendang stewed in coconut milk, chicken curry, hard boiled egg, and spinach.

Kermit Siargao Surf Restort

Kermit Siargao Surf Resort is a well-loved backpacker resort with deluxe rooms, cottages, and native bungalows. Feel the local tropical vibe by staying at their Lokal Cottage, with a wide terrace laden with bean bags—a relaxing spot after the day's activities!

Purok 5, General Luna, Siargao, Surigao del Norte © 0917-655-0648 / 0998-859-2080

- kermitsiargao.com
- Kermit Surf Resort and Restaurant Siargao
- @7 am to 11 pm (Restaurant):
 - 11 am to 2 pm, 5 pm to 10 pm (Pizzeria)



Photo credit: Kermit Siargao Surf Resort

OD

Mermit Restaurant



Tagliatelle alla Tartufata (P380)

This restaurant sources ingredients from Italy and incorporates fresh local ingredients. Patrons always ask for Tagliatelle alla Tartufata, with flat pasta made of spinach and cold cuts that give extra saltiness and texture to the pasta.

Lotus Shores

Tucked away in the midst of dense vegetation and trees, Lotus Shores is the go-to resort for yogis and people seeking the ultimate relaxation. It is also a surf and a farm retreat center. There are various types of room available at the resort, including the Villa (P4,200/night), which blends Filipino and Japanese designs - a great option for couples, groups or small families.

Purok 5 Poblacion, General Luna, Siargao, Suriago Del Norte

- © 0998-569-6928
- lotusshores.com
- Lotus Shores Siargao
- (Restaurant) Breakfast- 7 am to 10:30 am, Lunch- 11 am to 4 pm, Dinner- 5:30 pm to 8:30 pm



Photo credit: Lotus Shores

Kali Ma Café



Photo credit: Kali Ma Cafe

Lotus Shores houses a whole-food, plant-based restaurant named Kali Ma Cafe, offering meals made from scratch and local ingredients.

Buddha's Surf Resort

Amidst palm trees and green fields, the lodgings at Buddha's Surf Resort sport a number of amenities perfect for a holiday retreat. The suites are spacious and include a balcony for relaxing while savoring the fresh ocean breeze. They also offer Surf Packages, where surfing can be added to your stay at the resort.

Buddha's Surf Resort, Brgy. Catangnan, General Luna, Siargao, Surigao del Norte

©0928-207-9631 / 0919-945-6789

- @ siargaosurf.com
- 🖪 Buddha's Surf Resort- Siargao, Philippines
- (Restaurant) 7:30 am to 10:30 am, 12 pm to 9:30 pm

Photo credit: Bayud Boutique Resort

Buddha's Restaurant



Buddha's serves a fusion of Thai, Lao, and Vietnamese cuisines. The restaurant stands out for its rich and rustic cooking care of Chef Suksa-Ard Wichaisri. A simple yet very popular dish is Pad Thai.

STAY

Isla Cabana Tropical Island Resort



Modern, high-ceilinged villas are enhanced with traditional nipa hut accents and scenic landscapes in this one tropical paradise. Isla Cabana Tropical Island Resort is known all over the island for being a luxurious haven of comfort, with four types of premium rooms and the added features of a fitness gym, spa, infinity pool, kayaks, and a beach restaurant and bar serving Asian and Western cuisines.

To suit your memorable getaway experience in Siargao, stay at the Ocean Premier Suites, equipped with a king-sized bed, and indoor and outdoor showers that go with a Jacuzzi and a spacious veranda. Isla Cabana also gives you more room choices like the Superior Cabana (P9,800) with a single and a double bed available for up to four people, the Deluxe Cabana (P10,800) which offers a garden view, and the Premier Cabana (P11,800) with a private porch and a beach sun lounger to add to your luxurious stay.

Brgy. Cambutuanon, General Luna, Siargao, Surigao del Norte

© 0977-844-0618 / 0928-559-5224

- islacabanaresort.com
- Isla Cabana Cloud 9 Siargao Island Philippines









Bayud Boutique Resort

Hidden within a soothing stretch of palm trees, Bayud Boutique Resort provides guests with a friendly reception and treatment. The resort has four room types: the Presidential Suite, Seaview Room, Deluxe Villa, and Superior Room. The Presidential Suite has a living room, one master bedroom with a king-sized bed, and one family room with two double-sized beds. It has an outdoor deck that faces the panoramic view of the beach. The suite is good for six persons, plus two with an extra

Brgy. Malinao, General Luna, Siargao, Surigao del Norte

© 0945-617-5307

charge.

- bayudsiargao.com
- R Bayud Boutique Resort



Photo credit: Bayud Boutique Resort

Apsaras Tribe





Opened only this year, this new surfer-hub-inspired resort has a 200-meter pristine white sand beach, which also features a 100-meter outdoor wave pool and a 150-meter swimming pool. They have 39 fashionable guest rooms, each characterized by a fusion of contemporary Eastern and Western designs.

Secret Spot Siargao



Situated in the secluded part of Barangay Malinao, Secret Spot Siargao is a modest hostel that provides the serenity and calm everyone will surely look for after a tiring day of island hopping or surfing. Occupying a 700-sqm land within a coconut jungle, the two-story hostel has a well-maintained small garden and a big hammock outdoors. It has an easy-access reception where you will be greeted by their accomodating staff. Moreover, it has three communal bathrooms, a wide sink area, a fully-equipped kitchen, and a dining area that also works as a veranda. The airy upstairs is well-ventilated and has ten comfortable bunk beds, accommodating up to 20 guests (P600/night).

Tourism Rd., Malinao, General Luna, Siargao, Surigao del Norte

Villa Peray



This private guest house may be simple, but it boasts practicality with spacious cottage rooms with immaculate beds, laden with daily essentials, as well as amenities like a flat-screen TV, mini-fridge, and water heater. One private cottage can accommodate up to 4 people and ranges from P1,500 to P2,000 only.

Tourism Rd., Brgy. Catangnan, General Luna, Siargao, Surigao del Norte © 0909-067-3200 II Villa Peray Guest House

Patrick's on the Beach

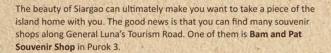


Located near a pristine white sand beach, Patrick's on the Beach offers spacious accommodations with a king or queen-sized bed complemented by a single bed. The most popular choice is the idyllic Beach Tree House (P4,950/2 pax), which has a large balcony with a lounge bed overlooking the beach.

Photo credit: Patrick's on the Beach

General Luna, Siargao, Surigao del Norte © 0920-402-4356/ 0912-161-9723 patrickonthebeach.com Patrick's on the Beach Resort & Restaurant

SOUVENIRS



Inside their tall Nipa hut shop are all kinds of goods, treats, and trinkets.. You can spot Karaga Republik t-shirts (P500) and summer hats for both men and women. There are also tasteful hanging ceiling lamps that can only be found in Siargao. Smaller souvenirs like dreamcatchers and Siargao keychains for your bags or purses can also be found here.

For those who are just about to start their Siargao adventure, visitors may also grab colorful swimwears and rash guards at affordable prices.

♥ Tourism Rd. General Luna, Siargao, Surigao del Norte







Products and Product Prices:

- Karaga Republik T-shirts (P500)
- Hanging Ceiling Lamps
- Big (P380)
- Small (P280)
- · Hats for women and men (P150-P700)
- Colorful Swimwear
- Short-sleeved
- Rashguards (P500)
- Dreamcatchers,
- keychains, and other souvenirs (P50-P320)





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15% OFF on Spectrum buffet (except Sunday brunch)



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15% OFF



10% OFF



10% OFF







10% OFF on total bill*



10% OFF on total bill*



10% OFF on total bill



10% OFF



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10% OFF



10% OFF



10% OFF



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10% OFF for a minimum



10% OFF on total bill



10% OFF on total bill



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- Depart via Cebu Pacific Airways: Manila to Fukuoka Airport (Arrive at 17:30)
- Transfer: Fukuoka International Airport to Kumamoto Traffic Center (high-speed bus)
- Stay: Hotel in Kumamoto City

DAY 2

- Kumamoto City sightseeing
- Kumamoto Castle (Sakura viewing)
- Suizenji Park
- Walking around the arcade
- Stay: Hotel in Kumamoto City

DAY 3

Free time (options below) A: Healing time at Kurokawa Onsen B: Rapid-speed train tour to Amakusa -World Cultural Heritage - Sakizu Village C: Hitoyoshi Onsen and Aoi Aso Shrine (Sakura viewing) D: Tour of Aso Volcano (one of the world's largest active volcanoes) and a magnificent view of Kusasenri

\$1,000 per person

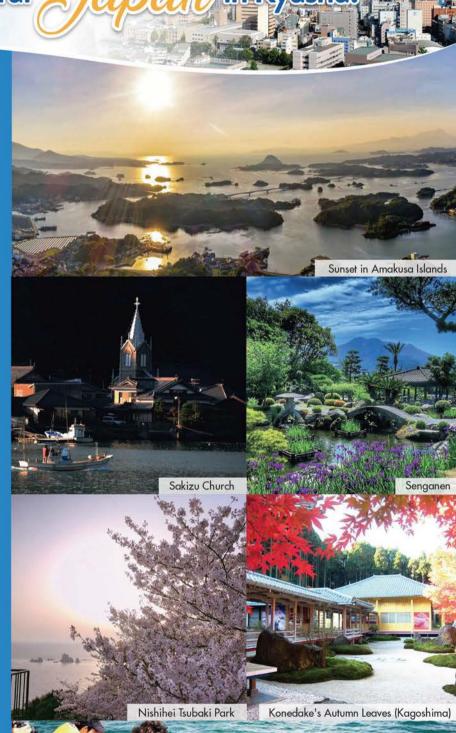
Stay: Hotel in Kumamoto City

DAY 4

- Departure day
- Free time until departure
- ⋄ Transfer: Kumamoto Traffic Center to Fukuoka International Airport (high-speed bus)
- Depart via Cebu Pacific Airways: Fukuoka Airport to Manila (Depart at 13:35)

*Package rate may be modified according to the fluctuation of flight prices.

CONTACT US: (02) 805-3616 / 0920-949-7950 / 0916-302-2176 travel@primer.ph



Dolphin Watching



Starting February 1, 2019, Japan Airlines will offer early direct flights from Manila to Tokyo (Haneda).

That means you get an early start on your adventures, food trips, shopping, discoveries, and more.

Fly with Japan Airlines. Get more out of Japan.

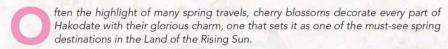
MANILA ROUTE - TOKYO (HANEDA)

| Flight Number | Days of Operation | Aircraft | Dep. Time | Arr. Time |
|---------------|-------------------|----------|-----------|----------------|
| | | | Manila | Tokyo (Haneda) |
| JL78 | Daily | 737-800 | 11:50PM | 4:55AM |





Once spring descends on Hakodate, the city transforms into a pink paradise.



This time, we traveled up north to Hokkaido's third largest city: Hakodate. In what they call as a significant port city, Hakodate seems to be a revelation of all sorts as it gives reasons why it deserves to be a must-visit destination in Japan through its nature, history, and

Along with TV personality Robi Domingo, we discovered what makes Hakodate a city on the

rise. Read on for a handy guide on all the beautiful attractions, delicious food, and amazing activities you can do in this northern city in spring.



By plane: Manila to Haneda Airport: 4 hours Haneda Airport to Hakodate Airport: 1 hour and 20 minutes

By train: Tokyo to Hakodate via Hokkaido shinkansen: 4 hours and 30 minutes



FORT GORYOKAKU

As one of Hakodate's highlight attractions, this star-shaped citadel is not just for one's viewing pleasure—it holds importance in the city's history as it was strategically built in 1864 to reduce blind spots in gun battles for defense. 50 years later, it opened as a park that is now being enjoyed as a sightseeing destination in Hakodate.

To get the best vista, a two-floor observatory is located at Goryokaku Tower, where you can get a bird's eye view of the fort. It's most especially breathtaking during spring as over a thousand cherry blossom trees fill the view. It's also stunning with autumn foliage, and even in winter when it's covered with snow.

To get to Fort Goryokaku, take the Hakodate bus and get off at Goryokaku Koen Iriguchi Bus Stop. From there, it is a 7-minute walk to the fort.





₾ 43-9 Goryokaku-cho, Hakodate City, Hokkaido

C+81-138-51-4785

O 8 am to 7 pm (Apr 21 to Oct 20); 9 am to 6 pm (Oct 21 to Apr 20)

www.goryokaku-tower.co.jp/html/index/en.html

Goryokaku Tower admission fee: ¥900 (adult); ¥680 (junior & high school); ¥450 (elementary); free for children 5 y/o below





MT. HAKODATE

Recognized as one of the three best night views in Japan, Mt. Hakodate is a sight to behold. One way to reach the top of Mt. Hakodate is through the Mt. Hakodate Ropeway, a three-minute cable car ride that offers a delightful panoramic view of the city. Other means of transportation are available, including bus, taxi, or rental car.

When you reach the mountaintop, an observation deck is available for taking photos of the glorious scenery. Tourists also have the option to hike from the base, starting from the Information Center, up to the summit, which takes about an hour. To get the best views, it is best to set your visit shortly after sunset.

- 19-7 Motomachi, Hakodate City, Hokkaido
 10 am to 10 pm (Apr 25 to Oct 15);
 10 am to 9 pm (Oct 16 to Apr 24)
- **⊕** 334.co.jp/eng/

Mt. Hakodate Ropeway Round-Trip Fees: Y1,280 (adult); Y640 (child); free for children 2 y/o below





Some people travel by taste—and in this city, foodies are right where excellent grubs are: from local cuisine and burger joints to upscale dining. Fuel up for your tour as you try delicious food in Hakodate's flourishing gastronomic scene that celebrates all kinds of food, a marriage of Japanese and Western food culture.

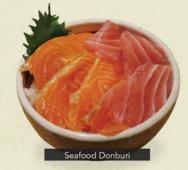
HAKODATE MORNING MARKET



You'll find the freshest produce of Hakodate within the bounds of Hakodate Morning Market, where you can try and taste it as well! Located just a few steps away from JR Hakodate Station, the market is lined with many food stalls, each serving a multitude of donburi

(rice bowl) filled with luxurious, freshly-caught seafood and other ingredients. Choose the seafood of your choice and start your day with a filling breakfast!

- № 9-19 Wakamatsu-cho, Hakodate, Hokkaido
- ⊙ 5 am to 12 noon
- https://www.hakodate.travel/ en/top7/morning-market/



AJISAI RAMEN





Shio ramen, more commonly known as salt ramen, is Hakodate's most popular dish. We tried one in Ajisai Ramen, a popular ramen shop near Kanemori Red Brick Warehouse. One generous serving of shio ramen consists of noodles with a nice soft bite and soft-boiled egg, topped with freshly chopped Japanese leeks and bamboo shoots. Ajisai Ramen's salt ramen bowl is filled to the brim so, for heavy eaters, this is definitely a satisfying meal.

- Ajisai, Kurenai 12-7 Toyokawa-cho, Hakodate Bay Gourmet Club, Hakodate City, Hokkaido
- Operating Hours: Lunch 11 am to 4 pm, Dinner 5 pm to 11 pm *Closed every 3rd Thursday of the month
- mww.ajisai.tv/

LUCKY PIERROT





Lucky Pierrot is perhaps Hakodate's most popular local burger joint, proven by people lining up early morning to get their buns. Burger lovers will enjoy Lucky Pierrot's good smashed patties, generous slices of cheese, blends of flavorful sauce, and their signature meaty buns. You'll find yourself coming back for more of their burger varieties—something you can only try in this Hakodate fast food.

For classics, try their Chinese Chicken Burger. If you want something unique, we suggest you try the Hakodate Snow Burger. Aside from burgers, they also serve curry, Hamburger steak, rice omelet, and pizza.

- № 14-17 Suehirocho, Hakodate City, Hokkaido (Marina Suehiro Bay Area Head Shop)
- **4** +81-138-27-5000
- ① 10 am to 12:30 am (Sun to Fri); 10 am to 1:30 am (Sat)
- ⊕ luckypierrot.jp/







STEAK + WINE HIGE BAR

If you're within Motomachi area, Hige Bar is your go-to place for steaks and wine. Hige Bar is a quaint little modern bar that specializes in full-course meals. It is a date-worthy restaurant that offers surprisingly affordable dishes. The place is elegant, casual, and chic, and they have huge servings of dishes to satisfy every hungry visitor. Pair your red meat with their sublime wines as you dine in this classy restaurant.

- 🕰 29-15 Motomachi, Hakodate City, Hokkaido, Japan
- C+81-138-86-5529
- O Lunch 11:30 am to 4 pm, Dinner 4 pm to 11 pm
- hige-style.com/shop/hakodate-higebar/

MUST-TRY ACTIVITIES

SQUID-FISHING AT HAKODATE MORNING MARKET

Ask anyone what they can recommend for you to buy at the market, and you'll almost always get the same answer: squid Inside the Hakodate Morning Market Square, you'll find a squid-fishing area where people line up to catch live squid using a short rod. After you catch your squid, the chef immediately prepares it into a fresh squid sashimi. For those who haven't tried raw squid yet, it tastes a bit firm and chewy compared to other sashimi. It's also best eaten with soy sauce and wasabi.

- № 9-19 Wakamatsucho, Hakodate City, Hokkaido
- 3 7 am 1:30 pm or when squids are all sold out (varies according to the season)
- @ Closed from: 3rd Wednesday (Jan. June, Oct., Nov.) / Jan. 1 - 5 / when squid fishing is canceled due to bad weather https://www.hakodate.travel/en/sightseeing_spots/activity/ fishing-for-fresh-squid-hakodate-morning-market





ADRENALINE-PUMPING RIDES AT HAKODATE PARK

Built in 1879, Hakodate Park is one of the oldest parks across Hokkaido. It's a family-friendly attraction which is ideal for those traveling with kids. One ride that you shouldn't miss out on is the Rotary Chair, a wagon-type ride that lets you circle around the tracks speedily. It's a fun, crazy attraction that will make you weak in the knees from laughing! If you're the type to say away from thrilling attractions, ride their Ferris Wheel, which gives a panoramic view of the sakura-filled park in spring

- 🕰 17 Aoyagi-cho, Hakodate City, Hokkaido Kodomo-no-kuni (small amusement park)
- 11 am to 4 pm (weekends & holidays 10am to 5 pm) (Closed from November until mid - March)
- www.hakodate-jts-kosya.jp/park/hakodate/





MEET HOT-TUBBING MONKEYS IN HAKODATE TROPICAL **BOTANICAL GARDENS**





Don't think that only humans can relax in an onsen-monkeys can do so, too! Japanese macaques also called snow monkeys, are found at Hakodate Tropical Botanical Gardens. You can have the chance to see these cozy monkeys hot tubbing like bosses waiting for you to feed them. Have fun watching these human-like monkeys who play, swim, and interact with their fellow monkeys! To grab their attention, feed them with monkey biscuits that can be bought at the entrance.

- ₾ 3-1-15 Yunokawa-cho, Hakodate City, Hokkaido
- L+81-138-57-7833
- ① 9:30 am to 6 pm (Apr to Oct); 9:30 am to 4:30 pm (Nov to Mar) *Closed from Dec 29 to Jan 1

Fees: ¥300 (adult), ¥100 (grade school); free for babies/toddlers

MATCHA DRINK-MAKING AT **KYU-CHAYA-TEI**





This fancy tea room lets you experience how to make a matcha

The matcha drink-making seems relatively easy at first, but it needs a perfect mastery of skills to create an excellent matcha drink. The staff will heartily assist you in the process, which will teach you a lot about the matcha culture of Japan. After creating your own matcha tea, pair it with their tasty strawberry

- A 14-29 Suehiro-cho, Hakodate City, Hokkaido
- C+81-138-22-4418
- (1) 11:30 am to 5 pm
- # kyuchayatei.hakodate.jp/english/default.htm

SHOPPING & COSTUME RENTAL AT KANEMORI RED BRICK WAREHOUSE

This medieval-looking district of Hakodate will take you to the olden times of Japan. It used to be the Hakodate Port, one of the first international trading ports that opened in Japan, making it a significant piece of the country's history. Currently, the Kanemori Red Brick Warehouses no longer serve its original purpose. It's now a renovated commercial complex brimming with gift shops, restaurants, and entertainment centers. It's not your typical shopping district though, as it has a traditional vibe that makes it all the more beautiful.

Meanwhile, on the second floor of Meijikan, you'll find Hakodate Rental Costume Kimono and Dress, where they have about 440 Japanese traditional costumes for men and women. Wearing their traditional attire requires a meticulous step-by-step procedure, which tells you about the fashion culture in Japan's history. While wearing a costume, you can ride a traditional rickshaw manually pulled by a friendly driver which traverses the streets within Kanemori through Ebisuya Rickshaw.

A 14-12, Suehiro-cho, Hakodate City, Hokkaido

4 +81-138-27-5530

(Gift shops) 9:30 am to 7 pm

https://www.hakodate-kanemori.com/en







A GUIDE TO MOTOMACHI

Motomachi is a treasure trove of all things architecturally beautiful—a neighborhood where you'll find mostly Western styles
The whole town looks cinematic, with each slope dotted by picture-perfect structures making it all the more scenic.
Tourists go to Motomachi to do church-hopping, so those who want a quiet tour will love the ambiance in this side of
Hakodate. It's an ideal location to do a walking tour as it has a contemplative atmosphere.

MOTOMACHI ROMAN CATHOLIC CHURCH

Built by Priest Marin in 1877, the Roman Catholic Church in Motomachi District is also recognized as the first wooden church. It was previously destroyed in a fire and was then rebuilt in 1924. The church has a Gothic architectural style, which is now fireproof. Pope Benedict XV presented the 14 Stations of the Cross on the wall you will see inside.

🕰 15-30 Motomachi, Hakodate City, Hokkaido

HAKODATE ST. JOHN'S CHURCH

Hakodate St. John's Church is noticeable due to its cross-shaped construction that's best seen from atop Mt. Hakodate. The present structure of this church was rebuilt in 1921 after it caught fire back in 1878 in its first location in Suehiro-cho. It was then completed in 1979, influenced by the architectural style of medieval churches in Europe. Although the church is not open to the public, it's an interesting spot to visit in the city.

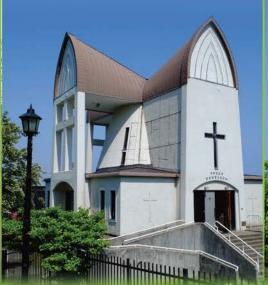
🕭 3-23 Motomachi, Hakodate City, Hokkaido

HAKODATE ORTHODOX CHURCH

Designated as an Important Cultural Property of Japan, the Hakodate Orthodox Church plays a significant role as it is the Oldest Russian Orthodox Church in Japan where Orthodox Christianity was first introduced. Also known as Gan-gan Temple, the church is known for its bell sound that is part of the 100 soundscapes of Japan—a list of Japan's greatest natural and cultural sounds.

♣ 3-13 Motomachi, Hakodate City, Hokkaido







Other religious sites to see:

TOBETSU TRAPPIST CONVENT

The red-brick Tobetsu Trappist Monastery was established in 1896 by French priests from the Citeaux Order. Japanese monks live in the confines of the monastery, where only males can enter. Towering Poplar trees line the way towards the monastery, where visitors must hike for about 15 to 20 minutes. While only males are allowed to enter the monastery, the Sunday service is open to the public.



TRAPPISTINE CONVENT

Although not located within the Motomachi area, the Trappistine Convent is a must-visit for church-hoppers. It's a monastery for Roman Catholic nuns; however, tourists are not allowed inside and can only walk in the vicinity. Visitors may buy souvenirs from a small souvenir shop that sells cookies made by the nuns themselves.

346 Kamiyunokawa-cho, Hakodate City, Hokkaido



KIKONAIWALKÄNGTOUR

One of the best ways to explore an unfamiliar place is by traveling on foot. Travelers can enjoy the place at their own pace, and it gives a more up-close experience as well. In this lesser-known part of Hokkaido, get on an adventure through Misogi-no-Sato Walking Tour, a fun way to be introduced to their interesting local culture.

Misogi-no-Sato Walking Tour | Fee: ¥1,000 (1 to 10 participants) | Duration: 1 hour | Contact Kikonai Tourist Association: +81-1392-6-7357

Operating Hours: 9 am to 5 pm (except Mon & Tue) | Email: fujiya@kikonai-kankou.net | Website: http://www.town.kikomai.hokkaido.jp/kanko/

CAPE SARAKI TULIP GARDEN



A bed of blooming tulips in every color delights every visitor in Saraki Cape in May, where 50,000 tulip varieties are planted alongside the tranquil roads of Kikonai. It is where the monument of Kanrin Maru stands, a warship that depicts Japan's take on modern navigation. In 1871, the ship sank in the ocean in Cape Saraki. Take photos of the scenic view, admire the flowers, and learn a slice of history in this part of Hakodate!

Kamekawa, Kikonai-cho, Kamiiso-gun, Hokkaido

MICHI NO EKI



Located just a few steps away from Kikonai Station, this roadside rest area is your one-stop shopping destination for food and local products. It is where you can also find a Tourism Concierge that can help you learn all the information you need before exploring the other parts of Hokkaido. If walking tours aren't your thing, you may also rent a car or bicycle here to explore the town.

- 338-14 Honcho, Kikonai-cho, Kamiiso-gun, Hokkaido
- L +81-1392-2-3161
- 19 am to 6 pm
- www.michi-no-eki.jp/stations/viewe/9721

MISOGI BEACH



Misogi Beach is not just an ordinary beach—it's where the Kanchu Misogi Festival, a purification ritual in the freezing cold waters of Tsugaru Strait, is held annually. Celebrated from January 13 to 15, the festival features four young men doused with ice cold water, an act of purification as prayers for a good harvest. In the guided Kikonai walking tour, you can even experience the ceremony yourself!

Maehama, Kikonai-cho, Kamiiso-gun, Hokkaido

MISOGI NO MAI

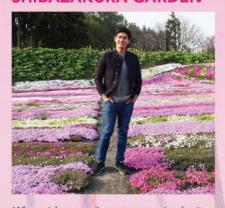


Offering a unique sake experience, Misogi no Mai is a local brand that you can only find in Kikonai. Made with rice called Honoka 224 and Hoshinoyume brewed in Tsuruoka City in Yamagata Prefecture, this refreshing liquor has a dry and mellow taste. You can find Misogi no Mai in select liquor stores in Kikonai.

Higashide Liquor Store, 329 Honcho, Kikonai-cho, Kamiiso-gun, Hokkaido +81-1392-2-2073

Price: ¥1,404 (720 ml)

MURAKAMI-SAN'S SHIBAZAKURA GARDEN



Who said you can't create a tourist destination out of your own backyard? Nakamishi Murakami-san, a resident of Kikonai, transformed his yard into a flower paradise through a carpet of pink and purple cherry blossoms called shibazakura. Now a tourist spot, this garden is a must-see in the neighborhood and makes for a great photo spot.

Satsukari, Kikonai-cho, Kamiiso-gun, Hokkaido

SUEHIRO-AN



A visit to one of the oldest and most popular sweet shops in Kikonai is a must, especially that it speaks so much of their town's local culture. At Suehiro-an, established in 1934, you can taste their traditional sweets, such as their very own Koukou mochi, a soy sauce-flavored Japanese rice cake that has walnuts inside.

237 Honchó, Kikonai-cho, Kamiiso-gun, Hokkaido
 9 am to 6 pm

*Closed every Jan 1



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FREX Room's Preset Temperature mode allows you to select any of its four settings that suit your food items. Each of these settings will return to your previously set default temperature settings after a period of time

Preset Temperature Settings









Cool Down Mode

Amazingly cools down your warm food items (<60°C) without affecting the overall refrigerator's temperature.
Suitable for dishes best served cold.

Defrost Mode

Defrosts your frozen food for your cooking convenience.

Extra Cool Mode

Chills your beverages at 0°C in a quick period of time for a more refreshing drink.

Express Cool Mode

Chills your daily food items quickly to its right temperature preserving its freshness.

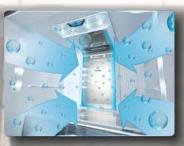
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MEDICAL PROFESSIONALS

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.



Clydine M.A. Guevara-Barrientos, MD, FPSO-HNS

ENT - Head and Neck Surgery, Subspecialty in Pediatric ENT - Head and Neck Surgery

Coming from a family of medical professionals, Dr. Clydine M.A. Guevara-Barrientos was inspired by her uncle to take ENT (Ear-Nose-Throat) as a specialty. Her subspecialty in pediatric ENT came later when she was already a resident ENT. As a resident, she dealt with patients of varying age ranges and saw that she loved handling children which ultimately led to her decision to go into the pediatric subspecialty. She went to Chicago, USA, for her fellowship because there were no existing Pediatric ENT fellowships in the country at the time of her training. She is one of the 13 pediatric ENT specialists that the Philippines currently has. As a mother of four, Dr. Guevara-Barrientos treats her patients like her own children. She makes it a point to exhaust all medical treatments so as not to result to surgery. She tries her best to avoid surgery at all costs and only does them when they are unavoidable. She also accepts adult patients in her clinic when there are not many pedia patients.

Make an appointment:

G. BARRIENTO

132, Hall B, Tower 1 Makati Medical Center, Makati City Tuesdays and Fridays: 2 pm to 5 pm (By appointment)

Wednesdays: 9 am to 12 pm, Thursdays: 9 am to 12 pm, Saturdays: 9 am to 11 am

Contact No.: 02-8888-999 loc. 7153

Angelo Lozada, MD

Internal Medicine (IM), Subspecialty in Gastroenterology and Hepatology

Dr. Angelo Lozada is an internal medicine specialist with subspecialties in gastroenterology and hepatology, treating all digestive and liver-related diseases. After completing his doctorate degree at the University of Santo Tomas in 2006, he obtained his license and finished his internship at the Makati Medical Center (MMC) all within the succeeding year. He acquired his residency in internal medicine in 2010 and his fellowship in gastroenterology in 2014 at the MMC. Dr. Lozada also took his fellowship in Hepatology at Seoul St. Mary's Hospital, Catholic Medical Center, in South Korea in 2016. His typical day at work revolves around doing endoscopy and colonoscopy procedures on his patients, teaching residents and fellows in training, and doing rounds. Every great thing is much more admirable especially when the small things are taken with great importance—that's pretty much how Dr. Lozada treats his patients. You may connect with Dr. Lozada through his official social media account: @ABLozadaMD (Facebook, Twitter, Instagram).

Make an appointment:

- ✓ Room 358, Makati Medical Center, Makati City Mondays, Wednesdays, Fridays, and Saturdays: 2 pm to 5 pm, Tuesdays and Thursdays: 9 am to 12 pm Contact No.: 02-888-8999 loc. 2387
- ✓ Room 214, The Medical City South Luzon, Santa Rosa, Laguna Tuesdays: 3 pm to 5 pm, Thursdays: 10 am to 12 pm



Ophthalmology, Specializing in Glaucoma

Dr. Benjamin Abela has been a medical professional in the field of ophthalmology, specializing in glaucoma treatment for more than 34 years. He took up his doctorate in medicine, internship, and residency at the University of the Philippines Philippine General Hospital (PGH). Dr. Abela also finished his fellowship and subspecialty in glaucoma at Lund University in Sweden. Currently, he heads the Philippine Glaucoma Society and Philippine Glaucoma Foundation. His typical day at work consists of giving consultations to outpatients and performing surgeries.

Make an appointment:

- ✓ CPM 1/F Room 6, Makati Medical Center, Makati City
 Mondays and Fridays: 10 am to 12 pm, Tuesday and Thursdays: 3 pm to 5 pm
 Contact No.: 02-888-8999 loc. 2166
- Room 205, Asian Hospital and Medical Center, Alabang, Muntinlupa City Tuesdays and Thursdays: 9 am to 12 pm (By appointment), Saturdays: By appointment Contact No.: 02-771-9000



Internal Medicine (IM) - Cardiology

Being a doctor runs in the blood—following the footsteps of his father, Dr. Benjamin Alimurung is an internal medicine specialist with a subspecialty in cardiology and has been in practice for more than 46 years. He finished his medical degree at the University of Santo Tomas (UST) in 1971. He also spent his residency in internal medicine at UST and then at Georgia Baptist Medical Center in Atlanta, Georgia, until 1976. After finishing his residency, he continued his clinical fellowship at the Emory University School of Medicine and Affiliated Hospitals in Atlanta, where he also trained in invasive and interventional cardiology. He continues to actively practice interventional cardiology procedures as Head of the Cardiac Catheterization Laboratory at the Makati Medical Center (MMC). Holding top positions in the medical industry, Dr. Alimurung is also the head of the Cardiovascular Diagnostic Laboratory (Heart Station) at MMC and is also part of the board of directors of Medical Doctors Inc.

Make an appointment:

✓ Circ Room 361, Makati Medical Center, Makati City Mondays to Fridays: 2 pm to 5 pm Contact No.: 02-888-8999 loc. 2361

Alimurung Medical Clinic, Salcedo cor. Dela Rosa St., Legaspi Village, Makati City Saturdays: 10 am to 6 pm

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



Ruel Amparo started Cropital in November 2015 at the age of 22. He earned his bachelor's degree in industrial engineering from the University of the Philippines Diliman and has been immersed in different socio-civic activities.

Cropital is a globally recognized organization whose primary purpose is to help local farmers gain access to financing by connecting them with investors from all over the world.

What does your role in Cropital entail?

My role in Cropital as CEO is similar to CEOs of other companies. The thing that's different about being a CEO for Cropital is the problem we are trying to solve. We're trying to solve a problem that has been around for a long time. If you ask farmers, capital is still one of their biggest problems. I believe that, as CEO, understanding the problem is important. It's also rooted in genuinely wanting to help farmers and a willingness to immerse yourself for you to understand how you can address the needs of the farmers and solve that problem.

How does Cropital work?

We deal directly with farmers. The farmer is the one responsible for getting the funds to cultivate their land. A lot of our farmers do not own their land. The arrangement is that they pay for rent with their harvest. It could be as low as seven or as high as 40 cavans of rice. Landlords often ask them for a certain amount regardless of yield. If they do not hit the mark, it usually goes towards the next harvest.

Our farmers usually hit at least 100 cavans every harvest, and a majority of that still goes to them, but it's still not enough to give them a better quality of

Which parts of the Philippines does Cropital support?

As far as regions are concerned, we're present in most of Central Luzon (Region 3) and Region 4, as well as Leyte, and Bohol.

What are some of the biggest challenges you've had to face with Cropital? How have you addressed these challenges?

Sustainability is one thing that's been critical to us. A lot of people know and understand that funding farmers is a high-risk undertaking. It's something that we have been looking into and working towards understanding how and why that is the case.

One thing that helped us ramp up our repayment rates is focusing on rice value chains. We've closed the loop in the sense that in a certain program, we already have a buyer under contract to purchase the farmer's products. We also have a supplier in place to give farmers the data they need. In most cases, we have a technology partner who guides them to use these data in the right way.

Essentially, the money flows through our partners, who then pay us directly. In some ways, it's helping us secure and maintain our high repayment rate. At the end of the day, we are still developing ways to determine farmers who are ready for this kind of intervention because not everyone seems to be prepared for it.

How do you determine farmers who are ready for Cropital's intervention?

We use a scoring model we developed ourselves. We also have farmer-leaders who assess their members before they can join the program. We combine the assessment with our scoring model to understand both the likelihood of the farmer being able to pay for a certain amount as well as the lowest amount they can pay, i.e. how much we can risk with this particular

What are some of the biggest achievements that Cropital has since its inception?

We have obtained P30 million in funds that have since reached farmers across the country. We also have a very high retention rate (roughly 90%) as far as our farmers are concerned. Once they start with us, they usually stick with us.

Our lenders have grown to 35,000, all of which are

registered in our platform and are interested in funding our farmers

What plans do you have for Cropital for the foreseeable future?

The way we see it, we are really focused on dealing with and building the value chains; in essence, letting farmers have access to these programs anywhere they are.

If you want to engage in a contract-growing program, a secured buyer in place, a technology that is available for you to follow, and a financing program that is ready for you, then we want to be able to provide that access.

We also want to grow it across the country and go from one crop to another. We'll see if we are ready to go to other locations where there are small farmers.

How would you describe the way you manage Cropital?

The way I manage people is the way I want to be managed. I always start with sharing the vision and our end goal, as well as how each part would contribute to the big picture. I would eventually go through their tasks and responsibilities and try to specify the impact of what they do to our goal.

I believe that it's my responsibility to make sure they are satisfied with the working conditions and how they are treated. I also like to think that it's my responsibility to improve how Cropital works and how the employees' role can evolve in the future.

One of them is Mohammed Yunus, a Bangladeshi social entrepreneur, banker, economist, and civil society leader, and the man who introduced the world to micro-financing. What we are doing with Cropital is essentially the same as his idea.

Who are some of the people you look up to?

Yunus was keen on his vision and his understanding that people in poverty are not as risky as they seem. He understands that they are worth investing in. He stuck with his vision regardless of the problems and criticisms that's been thrown his way. Today, most of the micro-financing institutions that followed his model have attained a 99% repayment rate. His genuine passion on solving the problems of small business owners has made me believe I can do what he has done.

What is a typical day of work for you?

I'm usually in the office twice a week. The rest of the week, I'm out on meetings with different people or visiting our sites.

A bulk of a typical day for me consists of talking to my team. We may work remotely, but I have regularly-scheduled meetings where we meet face-to-face, either as a whole, in groups, or as individuals. The rest of my time is spent talking to external parties: scaling the business, meeting new partners, and bringing in those who can help improve our operations.

What's the one thing that motivates you to do well in your role as the CEO?

It's really about the impact we can have. Whenever I'm faced with a problem I can't seem to solve, I always think of the farmers who benefit from what we are doing.

A simple "thank you" from them really motivates us to continue our work. It makes us feel that the work we do needs to be done and it's something that I want to make sure farmers will have access to.

Scan the code to view the full interview. Read more on business at www.primer.com.ph



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Business Talk Extended Interview with the top executives of Japanese companies that have penetrated the Philippine market



Born in Los Angeles in 1983, Yutaro Kuryu is a graduate of Tokyo University of Science. He joined East Japan Railway Company (JR East), where he was first assigned to the non-railway division and was involved with the development of railway sides. Since 2016, he has been seconded to Mitsubishi Corporation, and in October of the same year, he came to the Philippines as a senior development officer, in charge of overseas real estate development.

In recent years in the Philippines, Japan-themed commercial areas in shopping malls are gaining more and more attention. With his ample experience from JR East, he works hard to be the means of connecting Japan and the world through real estate development.

You joined JR East in 2006.

At that time, JR East was a leading developer of shopping malls within train stations. This interested me, so I applied for a job. While most job applicants wanted to do station mall development, my motive for applying the job was to do real estate development around stations. After I joined them, I was assigned to the real estate division as I had wished.

In that division, what did you do?

For the first six months, I looked after the land that was owned by JR East. My boss at that time had a habit of saying "the management is the basis of development." So, I happily accepted the site management job before I moved on to real estate development. It is not well-known that JR East is a prominent land owner in Japan; they own 18,000 hectares of land. This is 180 times more than Tokyo Disneyland and Tokyo Disney Sea put together.

The main work in site management is patrolling and checking sites on foot, so I walked nearly 10 km. a day. My patrolling area was Tokyo; I visited all Tokyo railway areas. Patrolling was done by a pair, and partners changed depending on the patrolling route. I was the only new recruit because most people who did this job were retired or part-time workers. Pairs were together all day, so naturally, they talked together. They talked about National Railway times or the history of the company. Well-experienced people talked to me one-on-one, teaching me manners and attitude towards work-it was very useful. Looking back, my foundation might have been formed this time. Site management sounds boring, but getting

there on foot, seeing things with my eyes-I think I learnt a lot from this.

What did you do after that?

I was assigned to deal with the development of spaces under elevated railway tracks, the job that I originally wanted to do. The railway shops that I dealt with still exist today, and when I pass by these shops, I become emotional remembering the hard times.

From 2008 to 2013, I was a project member of the development project of spaces underneath railways between Okachimachi and Akihabara. When this began, I was at the bottom, but before I knew it, I was the project manager. At this time, I had another job to deal with, which was to open a new line called the Ueno-Tokyo Line. I sought local residents' cooperation, carrying out land acquisition.

Seeking cooperation sounds good, but in reality, it meant surrendering land. It was my third year with JR East, young as I was, it was a hard job. I still clearly remember someone telling me, "You are under the umbrella of a big company, that's why you can talk big!" I was negotiating with people who lived there for a long time, some had small business there, some were old, but everyone was working hard to make a living. Then, suddenly a young man appeared, paid by a big company, telling them to give up their land. Oh, they must have been angry! During the negotiation, some cried; I even had coffee splashed at me. As I gained more experience, I felt more keenly that this negotiation would change people's lives! I tried to see things through their eyes, tried to comply with their wishes. The most important thing was to build a trusting relationship with them.

After that, I moved to the main office. I headed the operation strategy for real estate that was owned by JR East.

What project did you do?

Opening Hokuriku Shinkansen was the biggest subject at that time. In the headquarters, the project size was bigger, so I had to talk to site managers rather than plan on my own. I was a frequent visitor to the actual sites. Though I was a white-collar worker, I still joined surveying work that took place during the night, and I walked 50 km. of the new part of Hokuriku Shinkansen to confirm boundaries. I was also in charge of re-developing Shinjuku Station New South Exit (where you can find the Shinjuku Expressway Bus Terminal) and Chiba Station.

You were involved with the re-development of

My original motive to join JR East was real estate development around stations. Just before I came to the Philippines, I was involved with the New Shinagawa Station project-I wanted to do this job even before I joined JR East, so my dream came true! The re-development area is between Shinagawa and Tamachi, a part of the Yamanote line, the heart of Tokyo's train network. The new station will open in 2024 (opening provisionally in 2020), so I was sorting out some land for the re-development and the urban planning application. Originally, there was a train yard, and we are going to use that land. I think I can safely say that this is the last biggest development in Tokyo.

After that, you are seconded to Mitsubishi Corporation.

By collaborating with Mitsubishi Corp., we were hoping to launch a new business either in Japan or overseas. For this purpose, I was seconded to Mitsubishi Corp. in 2016. For the first three months, I was in the headquarters of Mitsubishi, learning about the company.

I came to the Philippines in October. Now I am in charge of real estate business. The Japan-themed commercial area, "Japan Town" is one of my projects.

What have you accomplished so far?

First, I established relationships with business partners. Ayala Corporation is the partner for "Japan Town," and with their request, I have been the project manager of Japan Town since January 2017.

How did the "Japan Town" project start?

In the Philippines, many shopping malls are built one after another, and they lost their originality-a cookie-cutter situation is here! The Ayala group wants to differentiate themselves from other shopping malls and, to do so, they want to make a Japan-themed commercial area, so they contacted Mitsubishi Corp. There are many things in Japan that are still unknown to the Philippines. By collaborating with Mitsubishi Corp., Ayala wants them to be brought into the Philippines.

What is the concept of Japan Town?

"Real Japan." Japan Town itself is not unusual, but usually, business concepts are based on old Japan, such as the Edo era, local street stalls, or paper lanterns-this is far from current Japan. We differentiate ourselves by showing exactly what Japan is now.

With regard to opening shops, what is the plan?

Currently, our plan is that the Japan-themed commercial area in Ayala malls will be carried out with Mitsubishi Corp. So, first, we will make a model shop in Glorietta, Makati. Then, this shop will be copied to new malls that are currently under planning. "Japan Town" in Glorietta will open in February 2019. I would like this to be the place where Filipinos enjoy real Japan.

What is your future goal?

I would like to let the world know more of Japanese culture. I would like to do a job that involves that.

Scan the code to view the full interview. Read more on business at www.primer.com.ph









Business Guide

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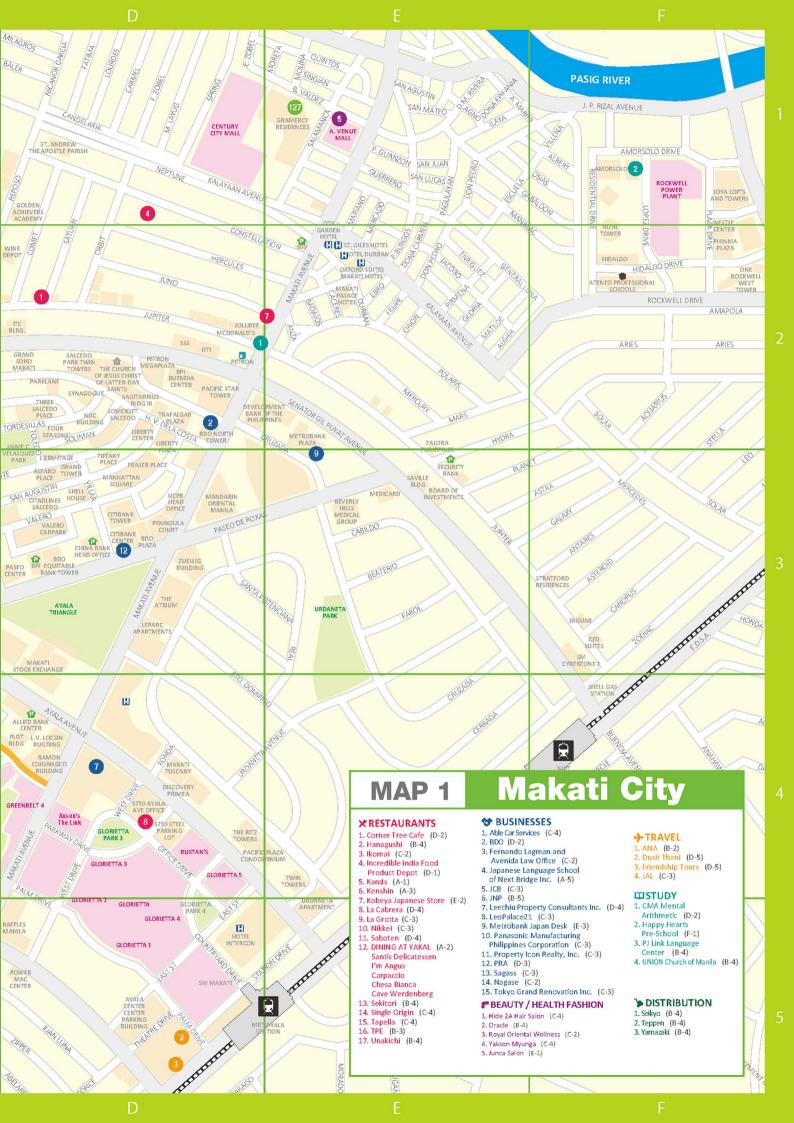
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What's New in the Metro?

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SM MOA Arena, Pasay City



Manila Autocon 2019

Manila Autocon is back from January 31 to February 3 at the SMX Convention Center in Pasay City this time featuring talks from business leaders, entrepreneurs, innovators plus WWE Star and Guardians of the Galaxy Actor Dave Bautista!

SMX Convention Center, Pasay City



BLACKPINK Live in Manila

Calling all Blinks! Today's hottest K-Pop girl group BLACKPINK is set to take over the Mall of Asia Arena stage on February 2 at 7 pm with BLACKPINK 2019 World Tour In Your Area Manila.

SM MOA Arena, Pasay City



Syzygy Music Festival 2019

Get turned up as the world class duo Dimitri Vegas and Like Mike brings the party to the Mall of Asia Concert Grounds with Syzygy Music Festival on February 9!

SM MOA Concert Grounds, Pasay City

OUEZON CITY



So What? Asia Tour

Metalcore band While She Sleeps kicks off their So What? Asia Tour 2019 with a Manila show on January 13. Catch them live at Studio 72 in Quezon City!

Studio 72, Quezon City

PLANETSHAKERSCONFERENCE KINGDOM PHILIPPINES 2019 SATURDAY, 19TH JANUARY 2019 Concert ART ARANETA C January 19

Planetshakers Conference "KINGDOM"

Christian band Planetshakers is also coming back to Manila on January 19 for another night of praise and worship at the Araneta Coliseum in Cubao, Quezon City.

Araneta Coliseum, Quezon City



Taking Back Sunday Live in Manila: 20th Anniversary Tour

In celebration of their 20th year, American rock band Taking Back Sunday is coming to Manila! Catch them at the New Frontier Theater in Quezon City on January 26.

New Frontier Theater, Quezon City

MAKATI CITY



For King & Country LIVE in Manila

Witness Grammy award-winning Christian duo, For King & Country, convey worship message through their music in a one-of-a-kind faith festival you should not miss this February 9 at Circuit Makati.

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Run and Raise 5

January 20

New World Manila Bay Hotel and New World Makati Hotel will be holding the annual charity fun run, Run and Raise 5 on January 20, at the CCP Complex grounds. The run will fund charitable works and educational opportunities in partnership with the ABS-CBN Lingkod Kapamilya Foundation Inc. — Bantay Bata 163.

♥ CCP Complex, Pasay City

PASIG CITY



AICON 2019

Catch the biggest gathering of idol enthusiasts, cosplayers, and fan artists in this very first Anime Idol Convention (AlCon) 2019 on January 13 at the Bayanihan Center in Pasig City.

Payanihan Center, Pasig City



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



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