

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

McKinley *Hill*



STREET

*A Taste of Europe in
McKinley Hill*

TRAVEL

*Bohol:
Balm for the Soul*



*Subic International
Golf Club*

**BREATH TAKINGLY
BEAUTIFUL**

**Miraculous Experience
Enjoyable To all**



The open atmosphere of the clubhouse, the world-class hospitality, the refined natural beauty of Subic in all its glory. Subic International Golf Club was born to bring a new kind of attraction to the Subic Bay Freeport Zone (SBFZ), one that is in harmony with the natural environment. It is a golf course where you can spend an active, luxurious and blissful time as you enjoy the challenging layout, designed for beginners to advanced golfers, and the expansive green.

Subic International Golf Club looks forward to welcoming golfers year-round.

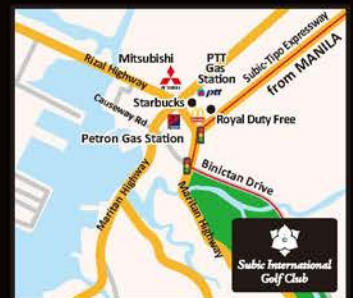
Subic International Golf Club

RESERVATION / INFORMATION

Tel: 047-250-3765 • 0917-319-1156

Web: www.subicgolf.com

6900 Binictan Drive, Subic Bay Freeport Zone Zambales, Philippines, 2222





Strength.



Like a bird nestled in a giant, formidable blossom tree, Metrobank finds a network of strength and resources in its parent company GT Capital. Valued at \$3.2 billion with branches extending to the financial, real estate, infrastructure, insurance, and auto industries, including Toyota Motor Philippines Corporation and Sumisho Motor Finance Corporation, GT Capital is a powerful conglomerate that provides Metrobank with unparalleled value and support.

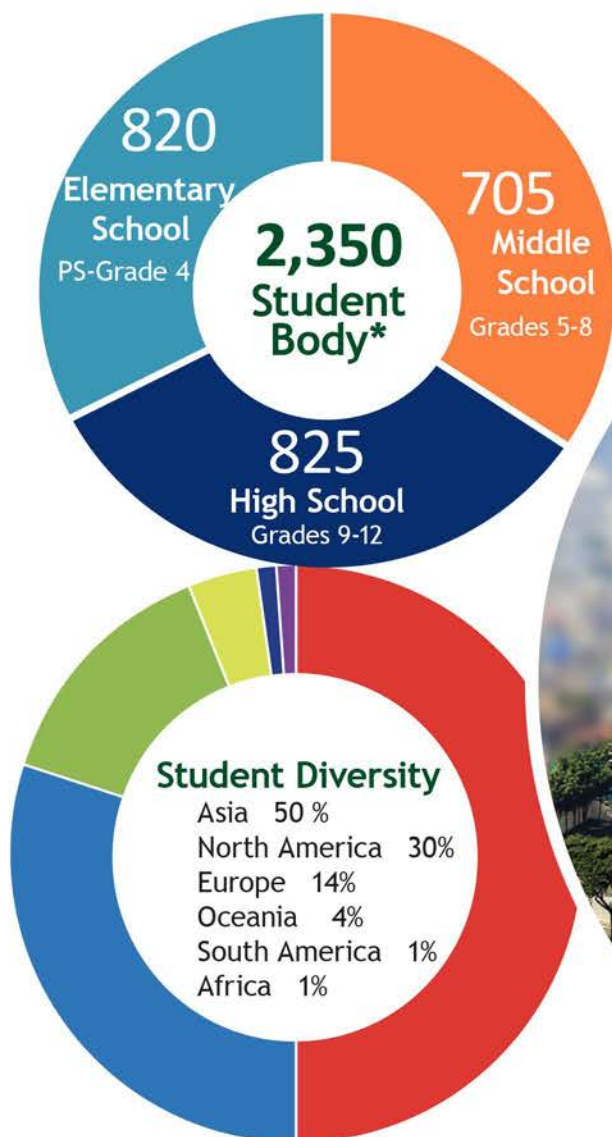
If you're a Japanese company looking to do business in the Philippines, call us. We're primed and ready to bring your business to soaring new heights.

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Email Address: consumeraffairs@bsp.gov.ph

Japan Desk

International School Manila



“
With a growing international community, ISM is celebrating 100 years of service in 2020.
”



Established in 1920, International School Manila (ISM) is the oldest international school in Manila and the first to offer the IB Diploma program in Asia. The School currently stands on a 7-hectare site in Bonifacio Global City with a purpose-built, state-of-the-art campus. ISM utilizes an international curriculum and offers a vast array of programs and co-curricular activities. ISM’s student body embraces true diversity and its faculty members are just as diverse with over 100 countries represented. With a growing international community, ISM is celebrating 100 years of service in 2020.

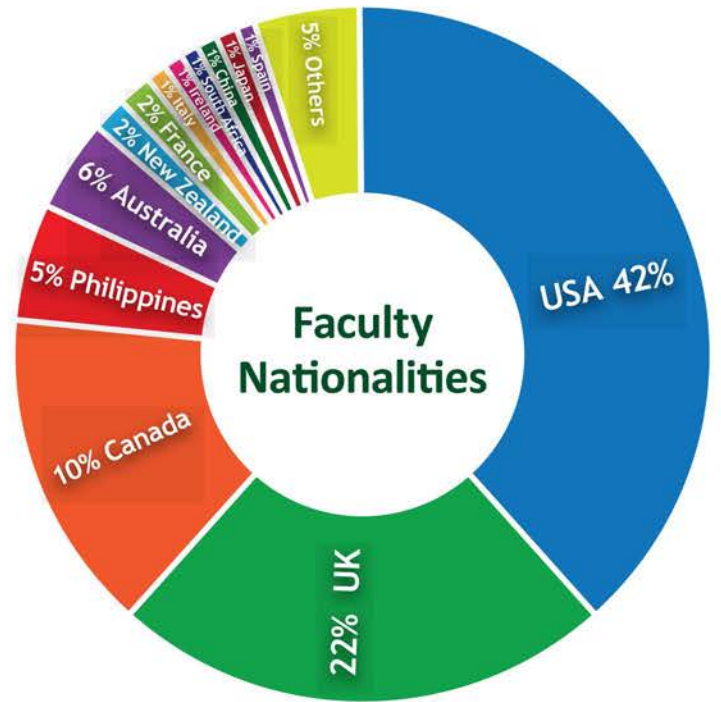
One School, Three Places to Learn

The Elementary School, Middle School and High School each have their own Administration and Faculty, yet the students and their educational goals remain the common thread that binds us as a community. Our students have the highest aspirations for their education and future lives. Every year, ISM’s Seniors are admitted to top universities around the world from Brown, Columbia, Dartmouth, Harvard, University of Pennsylvania, Princeton, Yale, Stanford and Oxford.

Beginning school year 2017-2018, the school opened its Specialized Learning Support Program that caters to students with significant learning needs.

Activities

No school in the world offers a broader range of activities. Our High School students compete internationally against the biggest and most prestigious schools in the region. Together, there are over a hundred activities that make up ISM’s vibrant after-school co-curricular program that extend learning and development beyond the standard classroom setting. Whether it’s Sports, Fine and Performing Arts, Information and Technology, Design and Technology, Robotics, Model United Nations, Service Learning, Publications, Languages and Cultures, students are sure to find something they enjoy.



*As of SY 2018-2019

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Concerts, Festivals, Family Events, and More



Features of the Issue

COVER — A close neighbor of Bonifacio Global City, Mckinley Hill is a tasteful European-inspired development by Megaworld in Fort Bonifacio that transports you to memories of the idyllic streets of Spain and the moonlit Venetian lagoons in Italy. While its main crowd puller is the replication of Italy's grand canal at Venice Grand Canal Mall, there are many other places in Mckinley Hill that espouse relaxation and intimacy. In this issue, we explore such places and give you a good taste of Europe right here in the metro.

TRAVEL — Bohol has long been one of the top tourist destinations in the Philippines, its international repute largely attributed to Chocolate Hills. However, in time, Bohol has slowly—yet surely—shaped itself into a dream spot for tropical vacations, allowing for a good repose on fine sand or an escape into the wonderful underwater world. The unveiling of the new airport in Panglao Island has paved the way for greater revelations of the beauty of Bohol province. In this issue, we explore not only the classical beauty of Bohol's range of hills but also the amazing beach scenery and gourmet scene!

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Taste of Europe



bit.ly/Primer-MckinleyHill

This 50-hectare development in Fort Bonifacio brings in a piece of the romantic cities in Italy and Spain with its elegant Mediterranean-inspired landscape that is truly inviting. The atmosphere is quite different from its neighbor, Bonifacio Global City, which is dynamic and fast-paced. Although it is also home to many corporate offices, time in Mckinley Hill seems to move at a slower pace, passing slowly as the waters flowing calmly through the canals of Venice.

Many people already know of Mckinley Hill's main attraction—the Venice Grand Canal. However, Mckinley Hill has also been rising as a coveted dining and wellness spot. Now is the perfect time to explore this lovely urban destination.

TIPS:

Getting to Mckinley Hill

McKinley Hill is accessible via major roads coming from both the north and the south such as C-5 Road and Lawton Road. P2P buses also serve McKinley Hill.

By bus, those coming from Makati and nearby can take the P2P Bus from San Lorenzo Place Terminal in Magallanes for P25. Trips run from 6 am to 12 am.

From BGC, Venice Grand Canal mall is a 15-minute walk south of McKinley Parkway Bus Stop.

Parking

There are many parking areas in and around McKinley Hill. McKinley Parking Building, Venice Luxury, and Area 7 are open 24/7. Rates for the first three hours range from P30 to P50. For more information, you may call McKinley Hill's Administration Office at 02-798-0917.



MCKINLEY HILL MAP

HOT SPOTS

Venice Grand Canal Mall



Venice Grand Canal Mall is inspired by Piazza San Marco in Italy's most romantic city—Venice. Its main attraction is a version of Italy's Grand Canal, complete with the iconic gondolas and intricate architectural details that will make you feel like you are in Italy.

⌚ 11 am to 11 pm

Tuscany Private Estates



Just a five-minute walk to the north of Venice Grand Canal Mall, Tuscany Private Estates feature a commercial strip along Upper McKinley Road, housed in colorful pastel buildings bordered by trees. This picturesque place is perfect for unwinding and relaxation, with its restaurants, cafés, and spas.

McKinley Hill Stadium



McKinley Hill Stadium, formerly known as Emperador Stadium, is a 15,000-sqm all-weather football stadium. It is home to the United Football League (UFL) and serves as the official training ground of the national rugby teams under the Philippine Rugby Football Union.

☎ 02-815-1888 / 0917-887-8696

Enderun Colleges



Enderun Colleges is one of the leading colleges in the fields of culinary arts, hotel and restaurant management, business, and hospitality. The campus is home to Alain Ducasse Institute Philippines, Southeast Asia's leading culinary center.

☎ 02-856-5000
 ● enderuncolleges.com

The Blue Leaf Events Pavilion



The Blue Leaf Events Pavilion is a banquet events place for weddings, cotillions, awarding ceremonies, corporate events, and many more. There are three modern Asian pavilions that can accommodate 200, 250, and 300 people each.

☎ 02-898-2583 / 0917-828-2583
 ● theblueleaf.com

VENICE GRAND CANAL MAP





SHOPPING & LEISURE



1 Gondola Ride

The mall's main attraction is a little replica of the famous Grand Canal in Italy, which emulates the romantic vibe of the original quite well. A ride costs P400 and lasts for about 10 minutes.

Tickets are purchased inside the mall (map: ) and the platform is under the bridge (map: .

2 Kidzooona

Kidzooona is an indoor playground concept that provides kids a fun learning experience while playing and making friends.

☎ 02-745-6816 / 0917-847-3475
 ⌚ 11 am to 11 pm (Mon to Fri);
 10 am to 11 pm (Sat to Sun)
 💰 P200 - P400



3 Kids Happy Time

Kids Happy Time has different activity areas for kids such as a Pirates of the Caribbean-themed pirate ship, story telling area, sand pool, merry-go-round, big and small ball pools, cosplay area, and more.

☎ 0956-683-5285
 ⌚ 11 am to 11 pm (Mon to Fri);
 10 am to 11 pm (Sat to Sun)
 💰 P199 - P599



4 Origani Skin Care

Origani is an Australian skin care line that offers a collection of organic, vegan, and natural products for different skin conditions. As they actively support the environment, their products are also cruelty-free.

☎ 0917-593-2874
 ⌚ 11 am to 11 pm origani.com.ph

5 Yankee Candle

Yankee Candle has over 150 variants of candle fragrances. There are housewarmer candles, car jars, diffusers, room spray, and candle accessories.

⌚ 11 am to 11 pm (Mon to Fri),
 10 am to 11 pm (Sat to Sun)
 📍 Yankee Candle Philippines



6 East Rock

East Rock has "formal yet not too serious" footwear for men using advanced leather technology for maximum comfort. Some shoes are lined with plush insoles for added cushioning for comfort.

☎ 0917-629-3954
 ⌚ 11 am to 11 pm (Mon to Fri);
 10 am to 11 pm (Sat to Sun)
 📍 East Rock

6 Namba Station P

Namba Station is named after a train station in Osaka, Japan, where delicious restaurants are within reach. Their Namba Special has a light and creamy flavor with the usual toppings of ajitama and chashu.

☎ 0906-0233-692

🕒 11 am to 10 pm (Mon to Fri);
10 am to 11 pm (Sat to Sun)

📍 Namba Food Station



Namba Special (P195)

7 Cafe del Mar PP

Cafe Del Mar sits by the Venice Grand Canal, exuding a casual and romantic atmosphere that is in contrast with the beach vibe of its namesake in Ibiza. They have a wide selection of proudly local coffee, as well as Spanish and Mediterranean-inspired dishes like paella, pizzas, and salads.

☎ 02-810-1066

🕒 9 am to 1 am (Sun to Thu); 9 am to 2 am (Fri to Sat)

📍 Cafe Del Mar Restaurant



Paella Mariscos (P890)

8 Cobalabamba PP

At Cobalabamba, you can get your late night beer and taco fix to satisfy your Mexican food cravings. A must-try is Doble Nachos, which features two layers of tacos with their own showcase of flavors.

☎ 02-701-5905

🕒 11 am to 1:30 am (Mon to Fri);
10 am to 11 pm (Sat to Sun)

📍 Cobalabamba



Doble Nachos (P295)

9 Mitsuyado Ramen PP

Mitsuyado Ramen specializes in donburi and ramen. The restaurant takes it up a notch by offering set menu with your choice of ramen, side dish, and salad.

☎ 02-813-8917

🕒 11 am to 11 pm (Mon to Fri);
10 am to 11 pm (Sat to Sun)

📍 Mitsuyado Ramen



Char Siu Ramen (P300)

10 Yuca PP

Yuca is largely influenced by Latin American cuisine, mainly focused on the delicacies of Mexico, Argentina, and Peru. What really sets them apart is the incorporation of the Filipino palate into their food, putting a twist into the usual Latin American dishes.

☎ 02-745-8389

🕒 11 am to 11 pm

📍 Yuca



Lomo Loco Taco (P180)

11 Ramen Kuroda P

Ramen Kuroda uses homemade noodles created from flour, selected by the chef himself, combined with their one-of-a-kind umami soup extracted from pork bones. Each ramen dish is seasoned with garlic oil made fresh to satisfy diners.

☎ 02-552-1170

🕒 11 am to 11 pm (last order 10:30 pm)

📍 kuroda.ph

📍 Ramen kuroda



Kuro Ramen (P180)

12 Rice & Dough PPP



World War Roll (P399.95)

Rice and Dough specializes in sushi rolls (rice) and pizzas (dough) – a bold fusion of Japanese and Italian delicacies. The World War Roll, made with various seafood, is served flaming, which already makes a killer first impression.

☎ 0966-966-0303

🕒 11 am to 11 pm (Mon to Fri);
10 am - 11 pm (Sat to Sun)

📍 Rice & Dough

14 Deli Cieux PPP



Deli Cieux is a French-inspired restaurant specializing in both French and American cuisines. House specials include grilled Reuben sandwich and Pan-Seared Halibut made with tender halibut fish fillets.

☎ 02-805-2573

🕒 11 am to 11 pm (Mon to Fri);
10 am to 11 pm (Sat to Sun)

📍 Deli Cieux

16 Empire Bar PP



Empire Bar is a gastro-lounge jutting out over the Grand Canal, which makes it the best spot to get a good view of the little waterway. It is a bistro serving Italian and Filipino cuisines by day and a selection of cocktails and whiskies by night.

☎ 02-810-1066

🕒 3 pm to 1 am (Sun to Thu);
3 pm to 2 am (Fri to Sat)

📍 Empire Bar at Venice

13 Boulangerie22 PP



Boulangerie22 boasts a traditional concept of baking, honoring the age-old techniques used in France. In baking, they use a 140-year old heirloom recipe for their sourdough, which results in a soft and moist bread.

☎ 02-809-7093

🕒 11 am to 11 pm

📍 boulangerie22.ph

📍 Boulangerie22

15 Fundador Cafe P



Fundador Cafe is the first concept store of the Spanish brandy company in the Philippines. Everything in the menu is infused with alcohol in varying quantities, just like the Fundador Cafe Latte.

🕒 11 am to 10 pm

17 All4U Grill PP



In All4U, diners can enjoy an all-you-can-eat set of both shabu-shabu and grill selections for a low price of P599 per person. You can choose from various meat offerings such as shrimp, chicken, pork, and beef brisket with unlimited servings of rice and side dishes.

☎ 02-809-2881 / 0975-277-9783

🕒 11 am to 11 pm

📍 All4u unlimited Korean Resto,
Venice Grand Canal Mall

18 Ponte Rialto



Inspired by the famous Rialto Bridge across Italy's Grand Canal, Ponte Rialto serves authentic Italian dishes that, combined with the atmosphere of Venice Grand Canal Mall, make for a romantic or intimate meal.

Seafood lovers should try Spaghetti Aglio Olio e Peperoncino con Vongole, made with soft shoe-string pasta seasoned with garlic and olive oil, fresh clams, plus chili for an appetizing kick of flavor. Meanwhile, Capricciosa is a classic Italian pizza made with tomato sauce, artichokes, ham, and oozing mozzarella.

☎ 02-617-4400 / 0917-707-4800

🕒 11 am to 11 pm (Mon to Fri); 10 am to 11 pm (Sat to Sun)

🌐 ponterialto.com.ph

📍 Ponte Rialto Ristorante Italiano



Spaghetti Aglio Olio e Peperoncino con Vongole (P450)



Capricciosa (P510)



Paella Dela Casa (P620)

19 Toni & Sergio Gastro Italiano



Toni & Sergio Gastro Italiano is a place where you can indulge in at least 70 Italian and Spanish dishes. Each dish is made with imported ingredients to make it as flavorful and authentic as it can be.

Pasta, pizza, and paella are the most popular menu items. A classic Spanish favorite is Paella Dela Casa, a pan filled with savory seafood goodness good for three persons. It has prawns, mussels, and clams, plus chicken, chorizo, and black olives.



☎ 02-776-4657

🕒 10 am to 11 pm

📍 TONI & SERGIO Gastro Italiano



20 DaTang



DaTang in Venice Grand Canal Mall classifies itself as the upscale version of its other branches in the metro. Upon entering, you will be welcomed by an ambient setting of charcoal walls, stylish tungsten lights, and red lanterns. Most of their dishes come from Sichuan, a province in southwest China known for its spicy delicacies. If your tongue is looking for an extreme adventure, Sliced Beef in Hot Chili Oil is a must-try. There are also much-loved Chinese favorites such as Fried Kuchay Dumplings, and Xiao Long Bao.



Sweet and Sour Shrimp (P380 solo; P720 for sharing)



☎ 02-845-2792 / 0917-537-0004

🕒 11 am to 11 pm (Mon to Fri); 10 am to 11 pm (Sat to Sun)

📍 DaTang Venice

21 Isla Sugbu Seafood City

PPP

The humble beginnings of Isla Sugbu Seafood City can be traced back in 1989, when it was first known as Seafood City. After its closure in 2004, it re-opened in 2015 as Isla Sugbu, its name paying homage to the province of Sugbu, more widely known as Cebu. Now, Isla Sugbu is known as the pioneer and the only provider of "paluto all you can" in the Philippines. The idea is that you choose your seafood, have them cooked in a dish you like, and then pig out!

Regular price - P1,300

Promotional rates until May 31, 2019 - P848/head (11 am to 3 pm, Mon to Thu) and P888/head (6 pm to 11 pm, Mon to Thu; 11 am to 3 pm, 6 pm to 11 pm Fri and holidays; 10 am to 3 pm, 6 pm to 11 pm, Sat to Sun)

☎ 0998-966-2990

🕒 11 am to 3 pm, 6 pm to 11 pm (Mon to Fri);
10 am to 3 pm, 6 pm to 11 pm (Sat to Sun)

🌐 seafoodcity.ph

📍 Isla Sugbu Seafood City



Il Padrino (P240)

22 Chiara's Pastry

P

For more than five years now, Chiara's Pastry has been known to serve authentic Italian favorites. Their branch in Venice, in particular, focuses more on pastries and desserts like handcrafted cakes, pastries, and gelato. For the sweet tooth in you, try Il Padrino, an a-la-mode style dessert that uses gelato over toasted bread. Meanwhile, their Mango Almond Delight gives you some sweetness with a bit of tang.



☎ 02-809-6547 / 02-959-5208 / 0917-576-2810

🕒 9 am to 11 pm

🌐 chiaraspasty.com

📍 Chiaraspasty



Tandoori Chicken (P345)

23 New Bombay Royale

PPP

Dining at New Bombay Royale will let you know that Indian cuisine is not always spicy. If the flavors are a bit too much, you can always tone it down with a yogurt drink called lassi. A recommended curry dish is Chicken Tikka Masala, with tender pieces of boneless grilled chicken cooked in rich tomato sauce with masala and thick gravy. Other house specials are Tandoori Chicken, and Shrimp Biryani, both of which are cooked with spinach sauce.



Chicken Tikka Masala (P345)



☎ 02-810-1101

🕒 11 am to 11 pm (Mon to Fri); 10 am to 11 pm (Sat to Sun)

📍 New Bombay Royale Mckinley

Restaurant 101

PPP

Restaurant 101 is the application restaurant of Enderun Colleges. Unique to the restaurant is that the waiting staff consists mostly of students of cooking and hospitality, working under the college's food and beverage faculty.

Some of the dishes offered here are rarely seen in other restaurants. One of the main courses, Roasted Lamb Loin is made with spiced tender lamb with jus, garlic puree, and assorted green vegetables on the side.

📍 1100 Campus Ave., McKinley Hill, Taguig City
☎ 856-5000 loc. 10 / 0917-874-3751
🕒 11:30 am to 2 pm, 6 pm to 9 pm (Mon to Sat)
🌐 101.enderuncolleges.com
📱 101



Book and Borders Café

PP

At Book and Borders Cafe, both coffee and book lovers can enjoy the quiet ambiance where they can read a good book while drinking a cup of delicious coffee. There are bookshelves around the café that contains different books of different genres. The atmosphere is perfect to enjoy delicious meals like sandwiches, pasta, and rice dishes.



📍 Tuscany Estates, Mckinley Hill, Taguig City
☎ 02-835-5451 / 0932-871-7856
🕒 7 am to 12:30 am (Mon to Thu) (last order 11:45 pm);
7 am to 1:30 am (Fri to Sun) (last order 12:45 am)
📱 Book and Borders Cafe



Zoo Coffee

P

Zoo Coffee is a Korean chain of animal-themed cafés. The fun and cozy interior, with life-size animal models and stuffed toys, will make you feel like you are in a safari. Enjoy a worthwhile afternoon, sipping a cup of Korean coffee like their Espresso Frappe, or Hot Red Ginseng Honey Tea. Pair those drinks with their famous waffles like the Berry Berry Waffle.



📍 Tuscany Estates, Upper McKinley Rd., McKinley Hill, Taguig City
☎ 02-247-1949
🕒 8 am to 11 pm
📱 Zoo Cafe Philippines
📱 @zoocoffeeph

Nihonkai Tsukiji

PP

Every detail in Nihonkai Tsukiji represents the Japanese culture. The name is a blend of *Nihonkai*, which means Sea of Japan, and Tsukiji, a historic fish market in Tokyo. Their sushi bar will welcome you first, along with faux sakura plants around the area.

The ingredients they use are sourced directly from Japan, and they have two Japanese chefs expertly crafting each dish from the kitchen. A recommended dish is Chirashi, a rice bowl topped with all their a la carte sashimi choices. They also have Japan's most popular type of ramen, Tonkotsu Ramen, which is creamier than shoyu ramen.



📍 Tuscany Estates, Upper McKinley Rd., McKinley Hill, Taguig City
 ☎ 0927-018-0964 🕒 11 am to 11 pm (last order 10:30 pm)
 🌐 nihonkai-tsukiji.com 📘 Nihonkai Tsukiji Japanese Restaurant



Chirashi (P575)

Wursty Wursty

PP

Wursty Wursty is a German restaurant and beer garden that adds another kind of European dining experience to McKinley Hill. They serve a ton of German-Turkish-inspired dishes, from grilled sausages and chicken, curry, chicken doner to pretzels, and many more. They also import German beers such as Paulaner, Oettinger, and Stella Artois, to name a few.



Curry Wurst with Fries (P250)



📍 Tuscany Estates, Upper McKinley Rd., McKinley Hill, Taguig City
 ☎ 02-785-0979 / 0998-293-7413
 🕒 10 am to 2 am (Mon to Sat)
 🌐 wurstywursty.com
 📘 Wursty-Wursty

Uncle Moe's Shawarma Hub

P

Uncle Moe's is the home of shawarma served on steaming hot buttered rice. The melty goodness of their kofta balls in red sauce and cheese is also irresistible. There is also the mouth-watering moussaka melt that will make you rediscover a whole new side of Middle Eastern cuisine.



Cheesy Keema Shawarma (P98)



📍 Tuscany Estates, Upper McKinley Rd., McKinley Hill, Taguig City
 🕒 10:30 am to 2 am
 📘 Uncle Moe's Shawarma Hub

TUSCANY PRIVATE ESTATES

Type	Operating Hours	Contact Number/s	Facebook	Website	
Sauceria	Restaurant	11 am to 3 am	02-583-5678	Sauceria	
Assi Fresh Plaza	Korean Grocery	24/7	02-832-9741 / 02-832-9742 / 0915-890-2065	Assi Fresh Plaza	assifresh.com.ph
Fight Factory	Gym	7 am to 10 pm (Mon to Sat); 9 am to 7 pm (Sun)	0977-475-5164	Fight Factory Manila - McKinley Hill	fightfactoryph.com
Aesthetic Asia	Medical Spa	11 am to 10 pm	0916-798-8525	Aesthetic Asia Medical Group	
I Do Nails	Nail Salon	10 am to 8:30 pm	02-823-8495 / 0917-838-8095	I Do Nails PH	
Aloha Wellness Spa	Spa	3 pm to 3 am	0917-278-1818	Aloha Wellness Spa	
Planet Vape	Vape Shop	11 am to 11 pm	02-656-5473	Planet Vape	planetvape.ph
Banapple	Bakery and Café	7:30 am 11 pm	02-837-2675	Banapple	banapplekitchen.com
Milky Way of Malate	Restaurant	11 am to 10 pm	02-823-5088	Milky Way at McKinley Hill	
Bag O' Shrimps	Restaurant	11 am to 11 pm (Mon to Thu); 11 am to 12 pm (Fri to Sun)	02-777-3538	Bag O' Shrimps	bagoshrimps.com

Have a unique experience

Dining



30% OFF
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on total bill



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spend of P1,000



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spend of P1,000



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for a minimum
spend of P1,000



10% OFF
for a minimum
spend of P1,000



10% OFF
on total bill



10% OFF
on total bill



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on total bill



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spend of P1,500



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**FREE GYOSA
APPETIZER**
for a minimum
spend of P700



Free One Order of Salmorejo
and Tocino del Ciego for a
minimum spend
of P1,000 (11am-3pm)



Free Tuna or Salmon
Croquettes for a minimum
spend of P1,500



Free Bua Loi or Sago with
Coconut Milk for a minimum
spend of P1,500



Free Chocolate Pudding
for a minimum spend
of P2,000



Free Margarita Pizza for
a minimum spend
of P2,000



**FREE ONE ORDER OF
ALBONDIGAS DE CHORIZO**
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spend of P2,000



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

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bit.ly/PrimerInBohol

Bohol

A Balm for the Soul

Feature by Chin Sanigan & Feliz Bueno | Layout by Dantes Remot

Bohol has long been known, foremost, for one of nature's most wondrous creations, the Chocolate Hills, which can be found in the mainland. While this remains to give identity to Bohol, the island holds even greater wonders for the adventurous soul—for Bohol's hidden charm lies in its forests that hold a breath of stillness, and pristine sand beaches with a bevy of sea creatures prevailing in the world underneath.

Getting to and around

- From Manila airport (NAIA Terminal 4), airlines such as AirAsia Philippines, Cebu Pacific, and Philippine Airlines offer flights to Bohol (Panglao International Airport).
- Tricycles, taxis, vans, and buses are the common modes of transportation around Bohol. Tricycles around Panglao Island cost P100 to P200 per ride (max. 4 persons). Tricycles with 4-digit plates go from Panglao to Tagbilaran City (vice versa) for P300.
- For trips between Panglao and Tagbilaran, van rides cost P38/person, while bus trips cost P30/person.



Opened in November 2018, Panglao International Airport is dubbed as the Philippines' "Green Gateway to the World," the country's first eco-airport.

Island Hopping

Not known to many, Bohol harbors many beautiful beaches not only on the mainland but also on the many pristine islets that surround it. One way to explore a number of these beaches is through an island hopping tour.



Balicasag Island

One of the islands usually included in island hopping tours is **Balicasag Island**, a 40-minute boat ride from Alona Beach. Divers and snorkelers are a common sight in the waters of Balicasag Island as the marine life is extraordinary. You may choose to have lunch on the island; bring or buy your own ingredients and have them cooked on the island through a local custom called paluto, which costs around P300.



Virgin Island

On **Virgin Island**, you will find a one-hectare sandbar that will make you feel you're in paradise. It's the perfect spot for your Instagram beach photos. You can also walk in the shallow beach and admire the crystal clear waters where you might find colorful starfish.



Panglao Island

Another highlight of any island tour is **Panglao Island** itself, where you can have the chance to meet friendly and energetic dolphins. This activity is usually the first in the tour as it is easiest to spot the dolphins early in the morning when the water is cool. Be sure to get up early as there is a greater chance of seeing the dolphins between 5 am and 6:30 am.

The spots featured here are included in the **Island Hopping Tour of Bohol Tours and Nature's Wonder Travel & Tours.**



Tour duration: 6 - 7 hours

Activities:

Dolphin watching at Panglao Island
Balicasag Island with snorkeling
Virgin Island, Scuba diving at Alona Beach



Inclusions:

Snorkels & life jacket, Banka (kayak)
Paddle boat ride to the fish sanctuary, Community fee
Hotel pick-up and drop-off, Scuba gears and dive master

📍 0573 N.A.J Bldg., CPG North Ave.,
Tagbilaran City, Bohol
☎ 038-422-8321 / 0926-750-4755
🕒 9 am to 5 pm

🌐 boholtourism.com.ph
✉ boholtourismphilippines@gmail.com
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Price Range: P P300 & below P P300 - P800

Alona Beach

On the creamy white sand of Alona Beach, you will find dive shops, restaurants, and hotels with superb beach views. Diving and snorkeling are popular activities. If going underwater isn't your thing, you can also sunbathe, get a massage, or simply take a stroll as you admire the beach. Nightlife at Alona Beach is also something to experience.

Recommended Dive Center: Bohol Mr. Dive Dive Center

📍 Alona Beach, Tawalan Panglao, Panglao Island, Bohol

☎ 0939-916-7419

🕒 9 am to 5 pm

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Lobe River Cruise P P

Also called a floating diner, Lobe River Cruise will tour you along one of the country's cleanest rivers while you enjoy a grand buffet. Musicians play novelty music, while performers dance *tinikling* (traditional bamboo dance) and play the ukulele—a cultural celebration by the local folks themselves.

📍 Poblacion Ondol, Lobe, Bohol

☎ 038-537-5582 / 0910-656-9357

🕒 9:30 am to 2:30 pm

Rate: P550/person; inclusive of entrance fee, buffet, and maintenance and security charges

*Lobe River Cruise is also included in the Countryside Tour of Bohol Tours and Nature's Wonder Travel & Tours

PPP P800 - 1,500

PPPP P1,500 - P2,000

PPPPP P2,000 & above

Nature



The Rush Bike Zipline (P450)



Viewing deck

Chocolate Hills P P

To get a good view of Chocolate Hills, you need to go up a flight of stairs that lead to a viewing deck 210 feet above ground. The hills are actually covered by grass, which gives it a green color in the wet season. During the dry season, especially from late November to May, the grass dries up and gives the hills their trademark chocolate color.

Just six minutes from the Chocolate Hills viewing deck is Chocolate Hills Adventure Park (CHAP), which opened in 2014 for adventure-seekers. "The Rush" (P450), a 150-foot high bicycle zipline spanning 550 meters between two hills, is prominent among tourists. Other popular activities are the rope courses and rope climbing.

📍 Chocolate Hills Complex, Loay Interior Road (Chocolate Hills Adventure Park), Camanayan, Brgy. Buenos Aires, Carmen, Bohol

☎ CHAP - 0932-667-7098 / 0932-042-4779; Chocolate Hills Complex - 0919-6800-492

🕒 CHAP - 8:30 am to 5:30 pm; Chocolate Hills Complex - 6 am to 6 pm

🌐 chocolatehillsadventurepark.com (CHAP)

📍 Chocolate Hills Adventure Park

Entrance Fee: CHAP - P60; Chocolate Hills Complex - P60 (Adult); P10 (children ages 10 & below), Senior Citizen discounts apply. Please bring ID.



Tarsier Conservation P

Bohol Tarsier is one of the few tarsier conservation areas certified by the Department of Environment and Natural Resources (DENR) to take care of the rare Philippine tarsiers. A total of eight tarsiers can be seen at Bohol Tarsier, with others placed under captive breeding. They usually hang out in the trees, and visitors are asked to tone any noise down as tarsiers are usually asleep during daytime. There is also a gift shop with all kinds of souvenirs, such as tarsier keychains, hats, wallets, and native bags made from palm leaves.



📍 Villa Aurora, Bilar, Bohol
☎ 0918-688-2470 / 0927-641-2063
🕒 8 am to 5 pm



Hinagdanan Cave P

Hinagdanan Cave takes its name from the Cebuano word "hinagdanan," which translates to "laddered." The farmer who first made the discovery made a ladder to access the cave; now there are concrete steps that, although steep, lead visitors more easily into the cave. Inside the cave, there are stalagmites, one of the features the cave is most known for. There is also a small saltwater lagoon for swimming.



📍 Bingag, Daus, Panglao Island, Bohol
🕒 8 am to 6 pm
Rates: Entrance fee - P50 (adult); Swimming - P75

The spots featured here are included in the **Countryside Tour** of **Bohol Tours and Nature's Wonder Travel & Tours**. Trips to CHAP, Hinagdanan Cave, Daus Church, Bohol Bee Farm, and Nova Shell Museum can be arranged.



Tour duration: 6 - 7 hours
Activities:
Chocolate Hills
Blood Compact Shrine
Baclayon Church
Tarsier Sanctuary
Loboc River Cruise or Floating Restaurant
Man-Made Forest
Hanging Bridge

Butterfly Sanctuary
Python Sanctuary
Inclusions:
Air-conditioned transportation
Buffet lunch
Entrance Fees
Tour guide and driver
ATV (30 minutes)



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Culture



📍 Baclayon Church & Museum P

Immaculate Conception Church of Baclayon, known simply as Baclayon Church, is one of Bohol's most sacred treasures of all time. The church's roots can be traced back to 1596, when it was established by Spanish Jesuit priests. Its coral stone structure was completed in 1727. With these, Baclayon Church should be an indispensable part of every tour, especially for those interested in history and culture. A tour starts from its museum and usually ends at the gift shop where you can get unique memorabilia.

📍 Bohol Circumferential Rd., Baclayon, Bohol
🕒 8:30 am to 5:30 pm (Museum)
Museum Tour Fee: P50



📍 Blood Compact Shrine

Sandugo or blood compact is the traditional equivalent of diplomatic relations. The blood compact between Datu Sikatuna of Bohol and Spanish General Miguel Lopez de Legaspi, who was on an expedition from Navidad, Mexico in 1565, is considered a significant event in Bohol's history. This event is immortalized in a bronze sculpture by a Boholano National Artist, the late Napoleon V. Abueva, located beside Ocean Suites Boutique Hotel.

📍 Tagbilaran East Rd., Bool District, Tagbilaran City, Bohol



📍 Nova Shell Museum P

Panglao Island, according to scientists, has the biggest variety of shells in the South Pacific. Most of the shells that you can find on the island are displayed in Nova Shell Museum. The museum boasts an amazing collection of seashells that come not only from the Philippine seas but also from different parts of the world. Some of the shells to watch out for are the world's smallest shell, big clams, and centuries-old shells. There is also a souvenir shop with different products made from shells.

📍 Poblacion Proper, Poblacion, Panglao Island, Bohol
🕒 8 am to 5 pm
Entrance fee: P50 (adult)

Souvenirs



Dairy Products (P45 - P55)

Supporting the local farmers of Tamboan, Dairy Box offers dairy products made from carabao's milk, such as chocolate milk, yogurt drinks, and caramilk ice cream.

Recommended: Dairy Box in Carmen



Peanut Kisses (P200 - P400 per pack)

Inspired by the shape of Chocolate Hills, Peanut Kisses is one of Bohol's most popular native treats. Find these treats in department and grocery stores, and souvenir shops along Alona Beach.

Recommended: Aproniana Souvenir Shop in Baclayon



Mango Wine (350 ml- P200; 500 ml - P300)

Mango Wines from Carpe Vinum are three-year-old fermented mango juice made into wines by storing them underground. Its alcohol content ranges from 6% to 8% depending on the wine's age.

Recommended: Aproniana Souvenir Shop in Baclayon



Tableya & Sikwate (Chocolate products) (P25 - P700)

Tableya (cacao tablets) and sikwate (native hot cocoa drink) let chocolate lovers indulge in pure chocolate goodness made from locally sourced cacao.

Recommended: Dalareich Chocolate House in Tagbilaran City

Price Range: P P300 & below PP P300 - P800

PPP P800 - 1,500

PPPP P1,500 - P2,000

PPPPP P2,000 & above

Dine

Barwoo P P

This welcoming native Nipa-style restaurant completely exudes a laid-back vibe typically associated with an island vacation. Barwoo extends the briny breeze by serving tropical Asian flavors care of former diving instructor, Larry Woo. A must-try is their Spare Ribs Platter, with ribs so tender and juicy you are sure to get lip-smacking flavors.

- 📍 Tawala, Panglao Island, Bohol
- ☎ 038-502-8176
- 🕒 12 pm to 3 pm, 5 pm to 10 pm
- *last order 8:45 pm (Mon to Tue, Thu to Sun); Closed every Wed, and Wed and Thu of every last week of the month
- 📍 Barwoo
- 📱 @barwoo_bohol



ubeco P P

Ubeco comes from two words, "ube" and "coconut" that were combined to make ubeco. According to the owner Ms. Yubin, it was simply a blend of two local flavors used in many local comfort food. Their Ubeco Sandwich is made with teriyaki chicken marinated with Ms. Yubin's own sauce blend and is served with a lot of veggies. The explosion of flavors is made better with their house salsa. Being a café, ubeco also has a wide variety of coffee, such as Coconut Coffee, which is creamy and infused with coconut that gives it an extra delightful flavor.

- 📍 Purok 6, Poblacion, Panglao, Bohol
- ☎ 038-427-2770
- 🕒 10 am to 10 pm
- (Last call for orders is at 9 pm)
- 📍 Ubeco Bohol
- 📱 ubeco bohool / 우베코 보홀



Luna Rossa P P

Luna Rossa is one of the few vegetarian restaurants in Panglao Island and features a charming al fresco ambiance. While the restaurant offers a limited variety of food, you can expect the offerings to be inventive and striking with a balance between presentation and flavor. Try their Spring Lasagna, a delectable treat with al dente pasta, mixed veggies, and a perfectly blended sauce.



- 📍 Alona, Hontanosas Rd. Panglao Island, Bohol
- ☎ 0920-234-9570
- 🕒 5:30 pm to 10:30 pm
- 📍 Luna Rossa Vegetarian Italian Restaurant

Tablea de Maria Clara P

Tablea de Maria Clara supports local farmers from Guindulman and Sierra Bulliones in Bohol who grow cacao beans that are made into Siquate. Siquate is a thick and creamy unsweetened chocolate drink, best served hot. The serving is called the Espeso, ideally paired with Puto Maya, a thick rice cake with a rose-shaped mango on top.



- 📍 Maria Clara St., Tagbilaran City, Bohol
- ☎ 0950-883-2645
- 🕒 9 am to 9 pm
- 📍 Tablea de Maria Clara

Mosia Cafe P

Mosia Cafe is an intimate garden café located away from the main road. The café mainly serves desserts and even home-made ice cream. Their menu changes every day and uses only the freshest products for their customers. One of their best-selling cakes is Hummingbird Cake, a banana-pineapple spice cake. While they have cakes served in-house, you can also order the cakes in advance.



- 📍 121 V.P. Inting St., Mansasa, Tagbilaran City, Bohol
- ☎ 0927-500-2310
- 🕒 12 pm to 12 am
- 📍 Mosia Cafe 📱 @mosiacafe



Persona Mesa P P P

The interior of Persona Mesa is mindfully designed with sophisticated pieces inspired by Thai, Filipino, and Asian heritage. The design is also incorporated in the plating of their modern Filipino and Asian specialties, put together by Chef Lor Torres. Try their big plate of Vegetable Springroll, stir-fried vegetables wrapped in fresh spring roll.

- 📍 J.A. Clarin St., Cogon District, Tagbilaran City, Bohol
- ☎ 038-411-1113 / 0998-790-1931
- 🕒 11 am to 2 pm, 5:30 pm to 10 pm (Wed to Mon)
- 📍 Persona Mesa Restaurant



Giuseppe Pizzeria & Sicilian Roast P P

The owner, Giuseppe Genco, is an accomplished chef who spent time in some of the most popular hotels like the Manila Peninsula and Shangri-La. Their pizza is one of the best on the island as they're cooked with only the finest ingredients, in a brick oven.

- 📍 Panglao Coastal Rd., Tawala, Panglao Island, Bohol
- ☎ 038-502-4255 / 0917-625-5582
- 🕒 11 am to 11 pm (Tue to Sun)
- 📱 giuseppe.panglao.info/en
- 📍 Giuseppe Pizzeria & Sicilian Roast BOHOL

Dine & Stay



Bohol Beach Club **PPPP**

After a total renovation in 2013, Bohol Beach Club now showcases 88 rooms, 80 of which are Deluxe and 8 are Beachview Suites. All rooms are designed with modern interiors, embracing wooden furniture and handicraft to preserve Filipino styling.

The Deluxe Green Rooms (starts at P13,000/night) are the newest offerings of the resort, launched in January 2019. The rooms are eco-friendly and boast reusable amenities that are less harmful to the environment.

Brgy. Bolod, Panglao Island, Bohol
 038-502-9222 / 0927-452-7054 / 0999-992-1880
 Check-in: 3 pm / Check-out: 12 pm
 boholbeachclub.com.ph
 Bohol Beach Club @ boholbeachclub



Agotata **PPP**

The main restaurant of Bohol Beach Club is Agotata, where the breakfast buffet is held. There is a variety of local favorites as well as international fares. During dinner, local acoustic bands perform and, on certain nights, there's also cultural dancing.

North Zen Villas **PPPPP**

Described as the place where a soulful getaway can be achieved, North Zen Villas incorporated Boholano artistry in every villa by including native materials. A soothing rest awaits in Zen Deluxe, with two convertible double beds, a bathroom with tub, and an outdoor garden view.

Brgy. Doljo, Panglao Island, Bohol
 038-502-8453 / 038-501-3086
 Check-in: 3 pm / Check-out: 12 pm

northzenvillas.com
 North Zen Villas

SEADS **PPP**

North Zen offers healthy alternatives and seafood dishes with farm-fresh ingredients through their in-house restaurant, SEADS. Their homegrown prawns take the center stage in Baked Prawns, served with charred snow peas and tomato rice pilaf, easily resembling a sweet, spicy, and slightly sour jambalaya.



Baked Prawns (P580)



Price Range: **P** P2,000 **PP** P2,000 - P4,000 **PPP** P4,000 - 7,000 **PPPP** P7,000- P10,000 **PPPPPP** P10,000 & above

The Peacock Garden **PPPPP**

The Peacock Garden is a family-owned business that brings European and Old World elements to create a spellbinding ambiance that will take you back in time. The hotel has three room types: Deluxe Sea View, Premier Infinity Sea View, and Peacock Suite. They also boast Fontana Aurelia Spa, the only Philippine spa included in the 2012 Conde Nast Johansens Luxury Spas.

Upper Laya, Baclayon, Bohol
 0917-729-8888
 Check-in: 2 pm / Check-out: 12 pm

thepeacockgarden.com
 The Peacock Garden
 @thepeacockgarden

Laya **PP**

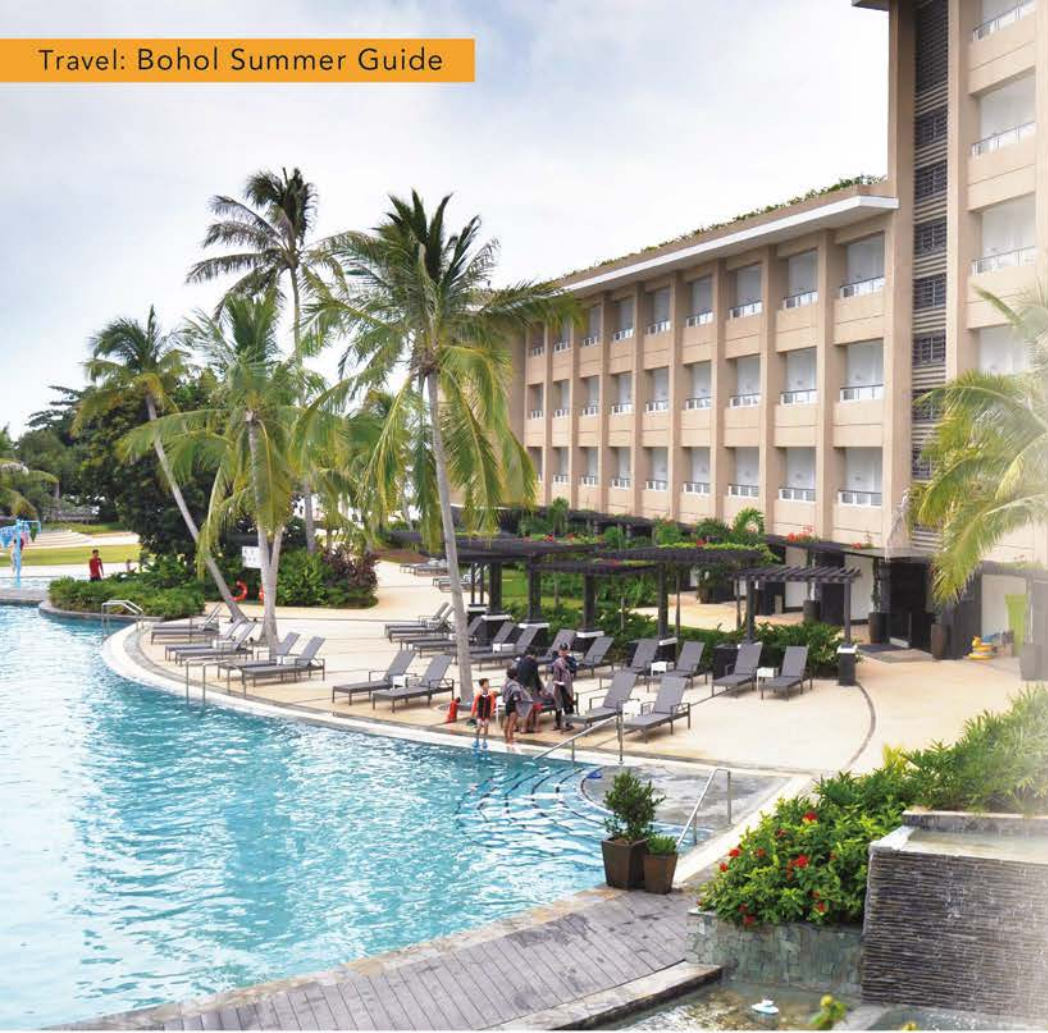
The restaurant of The Peacock Garden brings together continental and local flavors. If you're a burger fan, you'll love their Wagyu Burger served with bacon, cheese, and more. It packs a punch that will make you love wagyu even more.



Wagyu Burger (P550)



Price Range: **P** P2,000 **PP** P2,000 - P4,000 **PPP** P4,000 - 7,000 **PPPP** P7,000- P10,000 **PPPPPP** P10,000 & above



BE Grand Resort PPP

BE Grand Resort prides itself on excellent service that goes way “Beyond Expected.” The staff treats guests like family, paving the way towards a great relationship between the hotel and its guests. The resort has a total of 189 rooms and 19 suites, more than half of which have a view of the ocean and the free-form pool. The villas are what you should be eyeing—each villa has access to a moat pool and The Boathouse, one of the many dining options at BE Grand.

- 📍 BE Grand Dr., Brgy. Danao, Panglao Island, Bohol
- ☎ 038-412-9000
- 🕒 Check-in: 3 pm / Check out: 12 pm
- ✉ begrandresort-bohol.com
- 📧 bohool@beresorts.com 📍 BE Grand Resort Bohol

The Food Hall PPP

The Food Hall specializes in Asian cuisine and offers a la carte, buffet breakfast, and dinner. Its industrial design speaks to you without fail. Its mini wine cellar also has the same appeal and can be found in one of the private dining rooms in the restaurant.



Seafoods and meat dishes

Eskaya Beach Resort & Spa P P P P P

Eskaya is a romantic getaway nestled along the shoreline of Panglao. A showcase of genuine Filipino architecture, heritage, and culture awaits guests checking into one of the 24 private pool villas. The views you will get are some of the best on the island.

- 📍 Brgy. Tawala, Panglao Island, Bohol
- ☎ 038-502-9516 / 0917-552-4077
- 🕒 Check-in: 2 pm / Check out: 12 pm
- ✉ eskayaresort.com
- ✉ reservations@eskayaresort.com
- 📍 Eskaya Resort
- 📧 @eskayaresort



Lantawan PPP

Inside Eskaya, Lantawan is an al fresco fine-dining restaurant serving up continental dishes and highlighting Boholano flavors. Among expats' favorites are the Slow Roasted Pork Belly and their Binagoongang Lechon Kawali, tender and flavorful to the last bite.



Donatela Hotel P P P P P

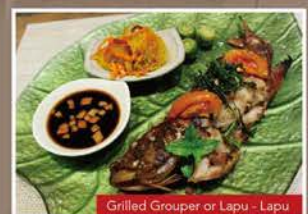
Donatela Hotel, reborn from what was previously known to many as Tarsier Botanika, draws in guests to its lush garden abode, which provides a sense of calm and privacy. With only 12 villas, this luxurious hideout makes sure not to force itself on nature by letting trees grow naturally and adjusting their villas to fit the flora instead.

- 📍 KM 16, Hoyohoy, Tawala, Panglao Island, Bohol
- ☎ 038-510-8472 / 0917-526-6001
- 🕒 Check-in: 2 pm / Check out: 12 pm
- ✉ donatelahotel.com
- 📍 Donatela Hotel
- 📧 @donatela.hotel



Tarsier Paprika PPP

Situated in the botanical garden that is Donatela Hotel, Tarsier Paprika incorporates Panglao's fresh seafood onto every plate, care of the chefs who personally make the trip to the seafood market. Some of their best-sellers are Smoked Kingfish Carpaccio, and Seafood a la Plancha.



Grilled Grouper or Lapu - Lapu



Henann Resort **Alona Beach** **PPPPP**

Known as the biggest beach resort in Panglao Island, Henann Resort gives off a relaxing vibe, with coastal elements, that only adds to the tranquility of the resort. The hotel offers seven room types. The Pool Villas (starts at P23,744/night) are perfect for those who want a little bit of exclusivity. The villas have their own private plunge pool and a veranda.

- 📍 Alona Beach, Tawala, Panglao Island, Bohol
- ☎ 038-502-9141 to 44
- 🕒 Check-in: 3 pm / Check-out: 11 am
- 🌐 henann.com/bohol/henannalonabeach
- 📍 Henann Resort Alona Beach, Bohol
- 📧 @henannresortbohol



South Palms Resort **PPPPP**

Radiating with restorative power, the scene in South Palms Resort consists of the calming breeze, the gentle swaying of numerous palm trees, and a beach that is said to be the longest in Panglao Island. Their most opulent accommodation is Panglao Villa (P41,000/night), which comes with a Jacuzzi.

- 📍 Brgy. Bolod, Panglao Island, Bohol
- ☎ 038-502-8288 / 0917-716-7609
- 🕒 Check-in: 3 pm / Check out: 12 pm
- 🌐 southpalmsresort.com
- 📍 South Palms Resort Panglao
- 📧 @southpalmsresort



Amun Ini **Resort & Spa** **PPPPP**

Amun Ini pays homage to Mother Nature with scenic natural attractions and an abundant greenery. Ideal for divers, the resort has a 300-meter wide beach, their own private cove. Amun Ini also has a spa amenity called Hilotarium Spa, specializing in an ancient Filipino method of healing called *hilot*. It is located in a spot that overlooks the beach.

- 📍 Sitio Bas Dako, Brgy. Candabong, Anda, Bohol
- ☎ 038-510-6230 / 0939-903-4536 / 0917-796-5412
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 amunini.com
- 📍 Amun Ini Resort & Spa, Anda, Bohol
- 📧 @amuniniresort



Casa Amihan **PPP**

The resort takes its name from "amihan," a Filipino word that translates to "gentle wind." Casa Amihan overlooks the sea and some of Bohol's rock formations. They offer Mediterranean-inspired cottages with private verandas overlooking the sea, the pool or the lush gardens.

- 📍 Brgy. Virgen, Sitio Lourdes, Anda, Bohol
- ☎ 0917-117-2323 / 0920-959-6875
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 amihanresortanda.com/
- 📍 Casa Amihan



Amorita Resort **PPPPP**

Awarded "Best Service" in the 2017 Condé Nast Johansens Awards for Excellence, Amorita Resort is an ideal seaside retreat that promises world-class Filipino service. The resort sits atop a cliff that overlooks the sea and the vivid landscape of Alona Beach. The Sea View Suite gives you access to a private balcony with an outdoor bathtub. The suite also lets you enjoy views of the sea.

- 📍 #1 Ester A. Lim Dr., Brgy. Tawala, Alona Beach, Panglao Island, Bohol
- ☎ 038-502-9003 / 0917-726-4526
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 amoritaresort.com
- 📍 Amorita Resort
- 📧 @amoritaresortbohol



The Bellevue Resort **PPPPP**

The Bellevue Resort places an emphasis on the comfort and the privacy of their guests. Their Bellevue Suite (starts at P35,000/night) is the epitome of luxury. The suite is fitted with a king bed and a living area, and a balcony with an outdoor Jacuzzi. There are a lot of activities to do, such as stargazing, yoga, and glass-bottom boat rides.

- 📍 Brgy. Doljo, Panglao Island, Bohol
- ☎ 038-422-2222
- 🕒 Check-in: 3 pm / Check-out: 12 pm
- 🌐 thebellevuebohol.com
- 📍 The Bellevue Resort
- 📧 @bellevueresort



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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.



Frances Kaori Togezaqi-Lobendino, MD, DPPS General Pediatrics

Becoming a pediatrician was a childhood dream come true for Dr. Frances Kaori Togezaqi-Lobendino. She expressed her admiration for pediatricians as a child and it was this admiration that inspired her to pursue the medical path. She has been in practice since 2014. She is also a Diplomate of the Philippine Pediatric Society. Dr. Togezaqi-Lobendino typically starts the day either at her clinic at home or by doing house visits before going to her regular clinic at The Medical City Satellite Clinics. She commonly treats fevers, coughs, colds, and diarrhea and also administers adult and child vaccinations, approaching her patients depending on their age. During house visits, Dr. Togezaqi-Lobendino has noticed that the kids and their parents are more relaxed because the atmosphere is less intimidating for kids and allows her to approach them without the children getting scared.

Make an appointment:

- ✓ The Medical City Clinic – Santolan Town Plaza, 2/F Santolan Town Plaza, Col. Bonny Serrano Ave., San Juan City
Mondays and Wednesdays: 3 pm to 5 pm, Saturdays: 2 pm to 4 pm
Contact nos.: 02-835-6868 local 7181
- ✓ The Medical City Clinic - Greenhills, G/F Connecticut Arcade, Greenhills Center, San Juan City
Tuesdays and Thursdays: 3 pm to 5 pm
Contact nos.: 02-717-2970 / 02-717-2972
- ✓ The Medical City Clinic - Trinoma, Level M1 Trinoma, EDSA cor. North Ave., Quezon City
Wednesdays: 11 am to 1 pm
Contact nos.: 02-915-0958
- ✓ Corinthian Gardens (By appointment only)

Michelle D. Lingao MD, DPBO

Pediatric Ophthalmologist and Adult Strabismus, Ocular Genetics, Cataract and Comprehensive Ophthalmology

Dr. Michelle Lingao is one of only a handful of pediatric ophthalmologists and ocular geneticists in the Philippines. She dedicates a part of her practice to babies, children, and teens who need basic or specialty eye care, and another part to patients with inherited or rare eye conditions and their family members. Apart from providing children with a fun, comfortable experience, she also works closely with family members to make sure they understand the eye condition before making an informed decision on the treatment or management. Dr. Lingao completed her fellowships at recognized national and international institutions, including the University of the Philippines-Philippine General Hospital (UP-PGH) and Wills Eye Institute in Philadelphia, USA. At present, she also serves as an associate clinical professor at the UP-PGH College of Medicine.



Make an appointment:

- ✓ 8/F - 9/F PHINMA Bldg., Hidalgo Dr. cor. Plaza Dr., Rockwell Center, Makati City / Thursdays: 9 am to 6 pm
Contact Nos.: 02-898-2020 / 0918-898-2020
- ✓ 2/F Santolan Town Plaza, Col. Bonny Serrano Ave., San Juan City / Mondays and Fridays: 10 am to 4 pm
Contact Nos.: 02-901-1704 / 0917-817-8556
- ✓ Unit 106, G/F Commercenter, Commerce Ave. cor. Filinvest Ave., Alabang, Muntinlupa City / Tuesdays: 11 am to 3 pm
Contact Nos.: 02-403-9013 / 02-403-8996 / 0917-628-2807

Arianne Marie Alexandra B. Castillo, DMD

General Dentistry

Dr. Castillo has been practicing dentistry for two years and is currently working on two preceptorship programs in oral surgery and orthodontics. Her day usually begins with complicated surgery cases before transitioning to pediatric cases in the afternoon. She handles patients who need teeth restorations, prosthetics, root canal therapy, and prophylactic treatment. She also treats more common cases like odontectomy or third molar removal and does dietary counseling for oral health. For Dr. Castillo, it's important to take into account the experiences of patients—especially if they have bad dental experiences. To understand the needs and wants of the patient, she tries to have as many sessions as she can with them so they can be comfortable with her giving the patient a confident smile after sessions.



Make an appointment:

- ✓ MJ Dental Clinic, 18 Maple Rd. cor. Rainbow St., SSS Village, Concepcion 2, Marikina City
(Directly across St Paul Of The Cross Parish Church) / Mondays to Saturdays (by appointment only)
Contact No.: 02-940-2246

Marianne J. Yee, PTRP

Physical Therapy – Musculoskeletal Conditions

Marianne J. Yee is the TRD (Training, Research and Development) Manager of the Almario Physio Team. In choosing her career, she was inspired by the therapists that helped her mother recover from an accident. She aspired to be someone who could support and help people during their time of need. In practice for seven years now, Ms. Yee is in charge of developing new programs that combine the latest technology, manual techniques, and exercises to maximize the recovery and potential of their clients. Her main focus for this year is the development of a gene-guided physical therapy to help patients maximize their recovery and potentials. The conditions that they specialize in treating are musculoskeletal conditions, which include back pain, knee pain, shoulder pain, weight management, and other conditions that involve joints, ligaments and muscles. Ms. Yee advises those who consider venturing into her field to never stop learning and to always look for better ways to treat patients. She also adds that one should consider the patient's goals when planning treatments.



Make an appointment:

- ✓ Unit 808 The Infinity, 26th St. cor. 11th Ave., BGC, Taguig City / Tuesdays and Fridays: 10 am to 5 pm
Contact Nos.: 02 776-4977 / 0977-831-3424
- ✓ Unit 210 McKinley Park Residences, 3rd Ave. cor. 31st St., BGC, Taguig City / 6 am to 9 pm
Contact Nos.: 02-519-8338 / 0917-634-0226
- ✓ Unit 902 Medical Plaza Makati, Amorsolo cor. Dela Rosa St., Legaspi Village, Makati City / 9 am to 5 pm
Contact Nos.: 02-621-9249 / 0917-706-2069

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Summit School ☎ 02-881-9032 / 0917-673-6789 / BGC	EDITH International Preschool ☎ 02-823-3129 / Alabang	
The Little Gym ☎ 02-815-1735 / 02-815-1779 / Makati	LANGUAGE SCHOOL	
Casa Montessori International ☎ 02-810-9722 / Makati City	Topia English Learning Center ☎ 02-368-6717 / 0917-843-1852 / BGC	KURATA Tutorial (English) (OK for Japanese) ☎ 02-813-7202 / Makati City
Fun-D-Mentals Preschool ☎ 02-818-9764 / Makati City	ART	
	Alliance Francaise de Manila (French) ☎ 02-895-7585 / Makati City	Australian International School (AIS) ☎ 02-776-1166 / 02-844-9915 / Pasay City
	English Breakthrough ☎ 02-881-5455 / 02-986-9123 / Quezon City	British School Manila (BSM) ☎ 02-860-4800 / BGC
	UNMEI (Japanese Centered School) ☎ 02-584-7811 / Ortigas Center	Mahatma Gandhi International School (MGIS) ☎ 02-776-1166 / Pasay City
	PJ Link Language Center ☎ 02-832-5735 / Makati City	Nord Anglia International School ☎ 02-519-5799 / Parañaque City
	My Masterpiece Movement ☎ 0915-432-7439 / Pasig City	Brent International School ☎ 02-511-4345 / 0918-940-7778 / Makati City
	Jolijam Arts Center ☎ 02-664-8558 / Makati City	International School Manila (ISM) ☎ 02-840-8600 / 02-840-8489 / 840-8400 / BGC
	Topia Art Center ☎ 0917-843-1852 / BGC	Reedley International School ☎ 02-571-5291 / 0917-507-9306 / Makati City
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Business Talk

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



Ryan K. Cruz
CEO and Managing Director of
The Real Ramen Nazi Inc.

Ryan K. Cruz is the man behind three famed Japanese restaurants in Metro Manila, namely, Ramen Yushoken, Mendokoro Ramenba, and Kazunori. A graduate of marketing management from De La Salle University, Cruz had a string of businesses including venturing into gaming and amusement but found his true passion in the food industry.

How did you get into the restaurant business?

The food industry is something that I've always wanted to get into. Even though I graduated with a marketing management degree, I still pushed myself to go to culinary school when I was already doing business. There was a ramen restaurant in Makati that my friends used to frequent, and the idea came to me during one of those times I tried it. For me, there was a disconnect between the line of customers and what I was eating. So, I was telling myself, "Why are people lining up for this?"

I usually don't talk about it this way because it might seem pompous or arrogant, and I try to avoid that. But it's the truth. I saw that there has to be a huge opportunity here if people were lining up for this, knowing that there was so much better stuff out there. The big lesson here is that you have to always strive to have higher standards than everyone else if you want to stand out in the industry. It's the same standard that presents opportunities for you as well.

In one of my early trips to Japan, I decided to do some sort of a ramen tour. It was an eye-opening experience because the level of education, understanding, and respect for food in Japan is very different from what it is here. That level of appreciation interests and excites me.

When was the time that you realized that you actually want to do a restaurant business?

I always knew that it was one of the riskiest businesses one could get into; the attrition rate

locally was no different from the rest of the world, about 72%. I only took it seriously when I met these ramen chefs and saw what they could do. My previous businesses were all very different. I was into micro-financing, gaming, and amusement, but those were not really industries that I was passionate about, to be completely honest. This right now is something that has proven to be what I really love doing.

It's such a rewarding experience when you know you made a difference in people's lives and you sort of become a fabric in their lifestyle already. One example is when people would come up to me and introduce me to their one-year-old son or daughter and they tell me, "You know, this guy grew up on ramen," because the whole time that the mother was pregnant, they would go to our place. Or when they say how they've had such a stressful day and they look forward to eating your food to waste that all away.

What do you think should go into creating a restaurant that has good food, good quality, and a good following?

First of all, you always have to think about the purity of intention. When I say that, it's thinking, "What kind of product will I have on the market if I didn't consider the cost and the possible income?" You start from that and develop the product. It was making sure that the intention was translated into an experience for our customers over and over again. The next thing you have to remember is, "What is the overall retail experience that I want my customers to go through?" That is something that has to involve both the front and back of the house. Always remember also that every single thing in the restaurant sends a message.

It's really spending so much time in this business that has allowed me to learn a lot of what is required to run an operation like this. In the end, you need to have the absolute passion for it. If you don't, you will end up quitting way before you are able to give what is required of you.

Can you differentiate between Mendokoro, Kazunori, and Yushoken?

Yushoken and Mendokoro are both ramen restaurants; they are essentially the same. Yushoken is a full service restaurant with typical chairs and tables. Mendokoro has a full bar format, and it actually translates to "A place where you share ramen." The whole idea was to cut the distance between the kitchen and the customer, as temperature plays such a huge role in the enjoyment of the dish. Other than that, it has the fried rice and the karaage like Yushoken has.

Kazunori is a three-in-one concept where you have a café, the main restaurant, and the sushi bar. The café menu are the things you would have in a Tokyo café, where there is a cross between Japanese and French, or Italian, or American cuisines. The restaurant concentrates on more traditional things, like the yakitori, the udon, the soba—more refined, structured things I would say. And then the sushi bar being our crown jewel is our main specialty, and we offer Omakase courses nightly, aside from our a la carte items.

What can you say about the local dining market?

I think they are a lot more educated nowadays. Now, the part of the dining scene is becoming an enjoyable cerebral exercise. If you were drinking wine, you start thinking what's the grape variety, what kind of temperature or soil makeup does the grapes grow from, etc—food has become that. However, I still think that for a lot of types of cuisines though, we're still not there yet in terms of full appreciation. Back in the '80s, it was a little more difficult because you mostly had nothing but fine dining and fast food. There was hardly anything in between. It was in the mid to late '90s, when that started changing and it's fantastic because food became more accessible. Nowadays, people are learning a lot through social media and the internet as a whole. It can only get better. Great restaurants ultimately are good for the industry itself. It is through them that the market gets educated. They prove that it's worth it to make an effort to go out, spend money for an experience that you would want to keep repeating again and again.

How would you describe your management style?

My management style is something that is constantly evolving. I came from being someone who's very hands-on—but when your company grows, micromanaging is never good because it shows that you don't trust your people. And the whole premise of hiring people who specialize in one thing, like a restaurant manager or an HR manager, is because they're supposed to know better than you. So now that I have them, it's my job to manage and guide them. And I owe it to my partners and the business itself to focus on growing it. Up to this day though, I still handle customer complaints by myself because there will always be customers who will only be satisfied if they're talking to the owner. And that's something that I tell my staff, that we're all in this together. If you make a mistake and screw up, you have me to back you up. Lastly, and this is something that I wish everyone would practice, is that I treat all my employees like family. If you don't want your customer to be treated like a commodity, then don't treat your employees like a commodity as well.

Scan the code to view the full interview. Read more on business at

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Business Talk *Extended*

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



Osamu Motonaga
President of Mirai Philippines Corp.

Osamu Motonaga became the President of Mirai Philippines Corp. in 2018. He has a diverse business background, which includes buying and selling clothes at a children's apparel company. Starting new lines of business in Mirai Philippines Corp., Motonaga is now expanding to manufacture customized packaging products. For the sake of global launch, Motonaga competes in a niche market.

Please tell us about yourself after graduating from university.

I joined an apparel company as a salesman. We mainly dealt with children's clothes, from reasonable to expensive. I worked for eight years, which included purchasing clothes, managing stocks, and shipping products. It was a good business experience for me.

When did you join Miraijushi (mother company of Mirai Philippines Corp.)?

I joined in 1992 when I turned 29. Getting married at 26 and having a baby made me feel inspired to change my career. I did not spend much time with my family while working at an apparel company, which was my main reason to change my job.

What is an attractive point of Miraijushi?

I felt a sense of familiarity because Miraijushi and my family business had the same clients. The business model of Miraijushi was attractive. It includes development of plastic products for

civil engineering materials and standardizing the items. Moreover, there was no packaging business yet.



And then you tapped the market in the Philippines.

As the Philippines has a strong potential to grow, we established a new company in August 2016, named Mirai Philippines Corp. Developing human resources here in the Philippines and making them lead our overseas operations is one of the reasons that we entered this market. We were not able to start the recycling business in Europe before because we did not have enough employees with good command of English.



How do you develop sales?

We clearly give enough details of the cost advantage of using our product to customers. Some clients were able to reduce logistics cost when they used our packing service. It is very important to go to the field, see the processes, and think about the challenges and how to solve them.

What is your principle in business?

Focusing on communication is very important. I would like to create a workplace where people with different characters respect one another.

What are the challenges Mirai Philippines Corp. have faced?

Developing human resources is so hard. Most of our clients are Japanese companies so they need Japanese quality and mentality, which are slightly different from that of the Philippines. We are planning to make our business manuals and disseminate them in our company.

What do you think are the advantages of doing business in the Philippines?

We can make the most of our strong points. Effective logistics using plastic materials isn't so familiar here. We would positively expand our business. Our services mainly deal with vehicle components now, but we are planning to increase our products in Asia.

What are the plans you have for Mirai Philippines Corp. in the future?

We consider the possibility of doing maintenance of customized trays for packing and logistics. Our clients often requested those services to us.

What is your favorite quote?

"It's not about what you do, it's about who you do it with." In my daily life, I often recall this quote.

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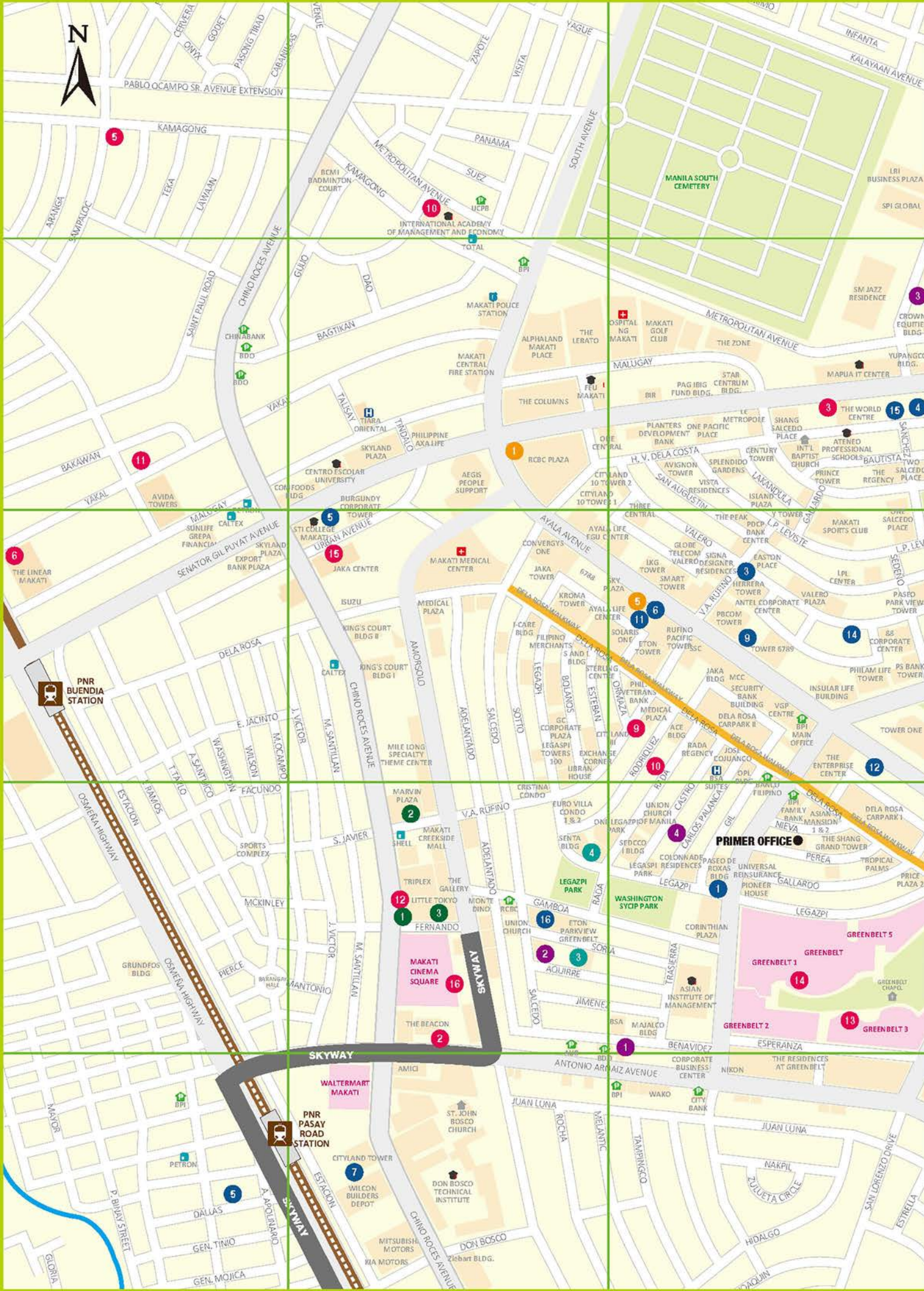
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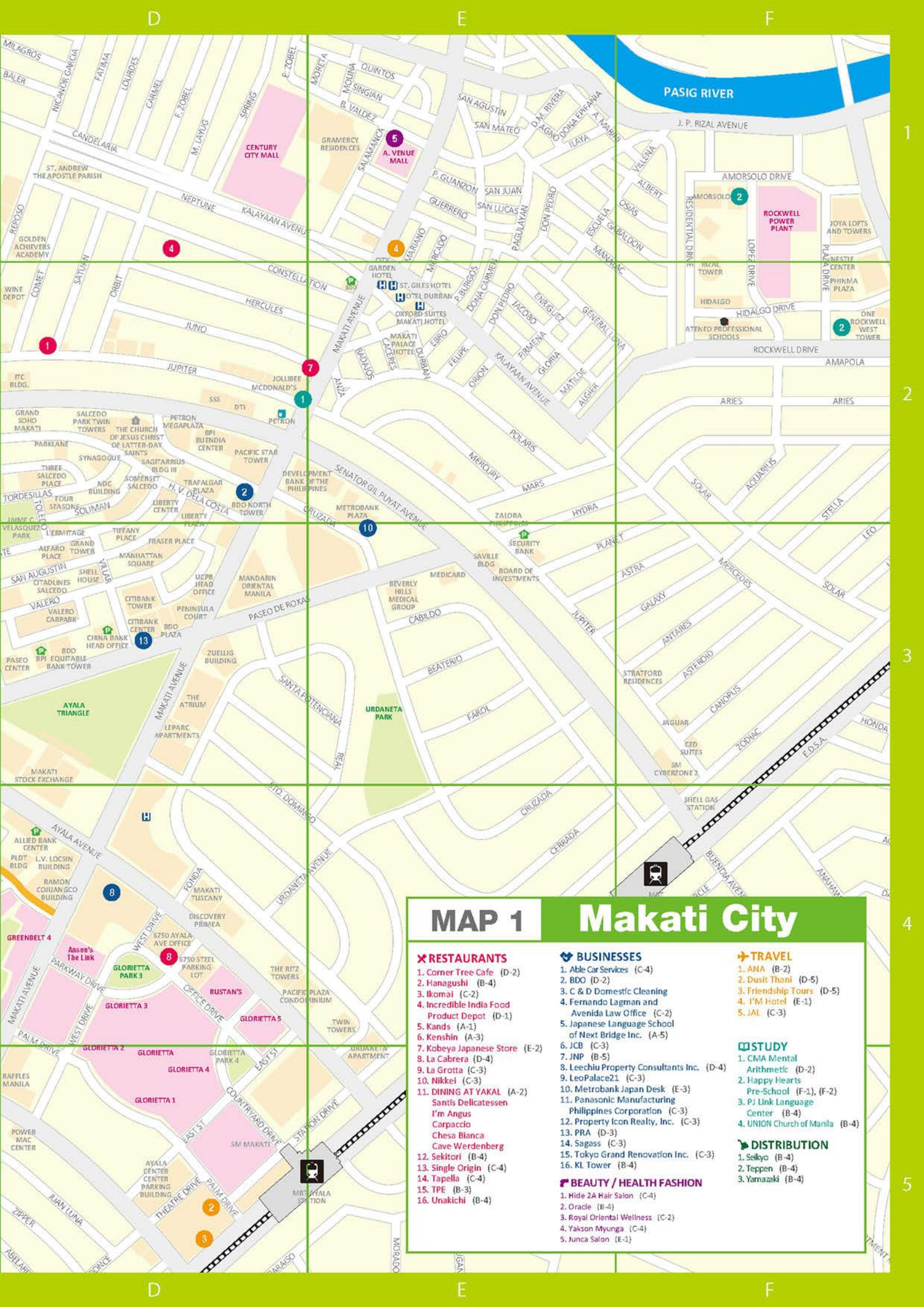
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A

B

C



MAP 1 Makati City

✕ RESTAURANTS

1. Corner Tree Cafe (D-2)
2. Hanagushi (B-4)
3. Ikamai (C-2)
4. Incredible India Food Product Depot (D-1)
5. Kands (A-1)
6. Kenshin (A-3)
7. Kobeya Japanese Store (E-2)
8. La Cabrera (D-4)
9. La Grotta (C-3)
10. Nikkei (C-3)
11. DINING AT YAKAL (A-2)
Santis Delicatessen
I'm Angus
Carpaccio
Chesa Bianca
Cave Werdenberg
12. Sekitori (B-4)
13. Single Origin (C-4)
14. Tapella (C-4)
15. TPE (B-3)
16. Unakichi (B-4)

🏢 BUSINESSES

1. Able Car Services (C-4)
2. BDO (D-2)
3. C & D Domestic Cleaning
4. Fernando Lagman and Avenida Law Office (C-2)
5. Japanese Language School of Next Bridge Inc. (A-5)
6. JCB (C-3)
7. JNP (B-5)
8. Leechiu Property Consultants Inc. (D-4)
9. LeoPalace21 (C-3)
10. Metrobank Japan Desk (E-3)
11. Panasonic Manufacturing Philippines Corporation (C-3)
12. Property Icon Realty, Inc. (C-3)
13. PRA (D-3)
14. Sagass (C-3)
15. Tokyo Grand Renovation Inc. (C-3)
16. KL Tower (B-4)

✈️ TRAVEL

1. ANA (B-2)
2. Dusit Thani (D-5)
3. Friendship Tours (D-5)
4. I'M Hotel (E-1)
5. JAL (C-3)

📖 STUDY

1. CMA Mental Arithmetic (D-2)
2. Happy Hearts Pre-School (F-1), (F-2)
3. PJ Link Language Center (B-4)
4. UNION Church of Manila (B-4)

🚚 DISTRIBUTION

1. Sakyo (B-4)
2. Teppen (B-4)
3. Yamazaki (B-4)

💄 BEAUTY / HEALTH FASHION

1. Hide 2A Hair Salon (C-4)
2. Oracle (B-4)
3. Royal Oriental Wellness (C-2)
4. Yakson Myunga (C-4)
5. Junca Salon (E-1)

What's New in the Metro?

QUEZON CITY



Concert May 5

Mayday Parade: Sunnyland Tour 2019

Pop-punk band Mayday Parade will be back in the Philippines to bring the Sunnyland Tour in Manila and Cebu City! Mayday Parade is flying to Manila on May 5, to perform at the New Frontier Theater in Cubao.

New Frontier Theater, Cubao



Performance May 9

Katya Zamolodchikova: "Help Me I'm Dying" World Tour

Drag Race fans, get ready! After Bianca Del Rio's sold out two-day show in March, another RuPaul's Drag Race alumnus is set to take the stage this May! Pink Donut Asia presents Katya Zamolodchikova's "Help Me I'm Dying" World Tour live in Manila on May 9.

New Frontier Theater, Cubao



Concert May 20 - 21

Lauv: Asia Tour Live in Manila and Cebu

Lauv, the man behind the popular hit "I Like Me Better" used in Netflix's romantic-comedy film "To All The Boys I've Loved Before," is finally going back to the Philippines for his Asia Tour 2019 and it's taking place not just in Manila but also in Cebu!

Smart Araneta Coliseum



Concert May 23

Thrice Live In Manila

Legendary post-hardcore American rock band Thrice will perform live for the first time ever in the Philippines to introduce their new album, Palms. The tour is scheduled on May 23, at the SM Skydome in Quezon City.

SM Skydome, Quezon City

MAKATI CITY

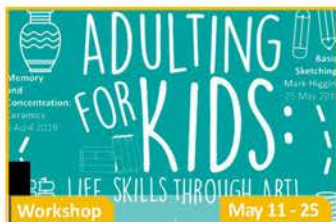


Concert May 18

Summer Noise

The grandest and the most anticipated summer music festival, Summer Noise 2019, will set the bar high for the concert events in the Philippines as they feature big-time international artists from all over the globe at Circuit Makati!

Circuit Makati



Workshop May 11 - 25

st'ART 2019

Let your kids learn great life skills through art as Ayala Museum once again presents the st'ART program this summer 2019! Adulting for Kids: Life Skills through Art will have six in-depth and engaging workshops from May 11 to 25 that will surely interest every young mind.

Ayala Museum, Makati City

TAGUIG CITY



Event May 17 - 19

Ergo & Wellness Show Philippines 2019

Discover how you can live a more comfortable and better life! Ergo & Wellness Show will be the first-ever trade show to encourage ergonomics and wellness practices in the Philippines, happening on May 17 to 19, at the SMX Convention Center in SM Aura, Taguig City.

SMX Convention Center, SM Aura, Taguig City



Event May 25 - 26

Mabuhay Germany Trade Show

Presented by the German-Philippine Chamber of Commerce and Industry (GPCCI), Mabuhay Germany is back with the theme "New Heights." This bi-annual, two-day trade show allows the members of the chamber to showcase their unique products and services.

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CEO SUMMIT MANILA 2019

May 29 - 30

This May 29 to 30, learn from various experts, keynote speakers, and panelists at the CEO Summit Manila. This two-day summit at Shangri-La at the Fort, BGC is designed for Senior Executives who have 10 to 15 years of experience, Senior Functional Leaders transitioning to Executive Management, Product/Department Managers who will be assuming corporate level positions, serial entrepreneurs, and Executives from Global Organizations.

Shangri-La at the Fort, BGC

PASAY CITY



Concert May 8

Jason Mraz Live in Manila

Following a recent one-off show in Singapore last year, American singer-songwriter Jason Mraz is coming to Manila on May 8, at the Mall of Asia Arena to kick off his series of shows in Asia.

MOA Arena, Pasay City

Philippine primer
The Expats' Guide to the Philippine Lifestyle

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



Go Kyushu

Kyushu is a beautiful island region located south of Japan blessed with breathtaking nature and scenery, World Heritage sites, and wonderful delicacies like black pig pork, red cattle meat, and seafood. There are direct flights from the Philippines to Kyushu (Fukuoka Airport), which only take about 3.5 hours. Come experience the natural beauty of Japan through Kyushu!



Experience beautiful *Japan* in Kyushu!

GoKumamoto

DAY 1

- ✦ 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
- ✦ Tram tour (1-day ticket)
- ✦ Walking around the arcade
- ✦ Stay: Hotel in Kumamoto City

\$1,000
per person

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
- ✦ 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:

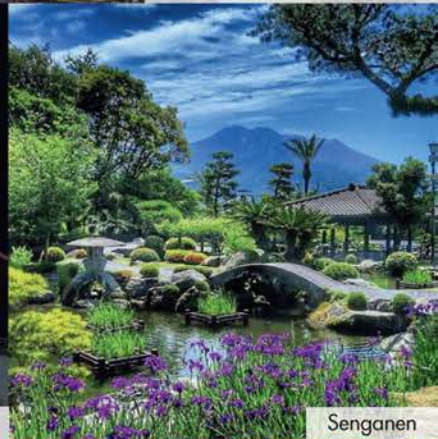
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Sunset in Amakusa Islands



Sakizu Church



Sengen



Nishihei Tsubaki Park



Konedake's Autumn Leaves (Kagoshima)



Dolphin Watching

ISUZU

D-MAX

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Nowadays, it pays to be efficient.

Being efficient means to maximize productivity with minimum wasted effort or expense. For a vehicle, it means covering more mileage at the least fuel consumption as much as possible.

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- Gericho Ponce, Isuzu D-MAX Owner / 2018 Fuel Eco Challenge Champion



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