

FREE

Vol. 40  
JULY 2019

# Philippine primer

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

# begin Banaue

**STREET**

*Lunch Spots for  
Makati Professionals*

**TRAVEL**

*Begin Banaue*

[www.primer.com.ph](http://www.primer.com.ph)



## BREATHTAKINGLY BEAUTIFUL

Golf Course in Subic Bay, Philippines

Located in the Subic Bay Freeport Zone, Subic International Golf Club is surrounded by breathtakingly beautiful nature, with humidity levels lower than Manila's throughout the year.

Every hole is played in harmony with nature, and our well-trained caddies guide you to pleasurable excitement of golf journey.

No wonder it may be the most beloved golf course in Philippines.



## SUBIC INTERNATIONAL GOLF CLUB

From March 22nd 2019, **Opening!**

ADDRESS / 6900 Binictican Drive, Subic Bay Freeport Zone, Zambales, Philippines, 2222  
ACCESS / 135 minutes from Metro Manila, 60 minutes from Clark International Airport

RESERVATION & INFORMATION



047-250-3765



0917-319-1156

WWW.SUBICGOLF.COM





Thank you for your trust.

You are the reason why we are the Best Managed Bank in the Philippines.

"You're in Good Hands" is not just a catchphrase, it is the promise of every Metrobanker to everyone who chooses to bank with us.

You can count on us to continue doing our best to bring you meaningful banking experiences.



**THE ASIAN BANKER**  
Best Transaction Bank  
in the Philippines

TRANSACTION AWARDS 2019



**THE ASIAN BANKER**  
Best Trade Finance Bank  
in the Philippines

TRANSACTION AWARDS 2019



**THE ASIAN BANKER**  
Best Foreign Exchange Bank  
in the Philippines

TRANSACTION AWARDS 2019



Now available at some major golf courses.

Manila Golf & Country Club  
Canlubang Golf & Country Club  
The Orchard Golf & Country Club  
KC Filipinas Golf Resort Club  
The Manila Southwoods Golf & Country Club etc.



# NEW



## KIRIN ICHIBAN

100% malt, first press beer.



*Smooth and rich.*

**Home Delivery Service**

**We will deliver KIRIN ICHIBAN (330ml in can/bottle).**

**Tel 632-2337 Online [www.smbdelivers.com/home/](http://www.smbdelivers.com/home/)**

Please text or email if you are interested

Tel: 0917-801-4346 Email: [dsato@smb.sanmiguel.com.ph](mailto:dsato@smb.sanmiguel.com.ph)

Metro Manila

(Please see details on website.)



DRINK RESPONSIBLY



What's the secret of  
NEW KIRIN ICHIBAN?



Contact Person: SATO

Follow us on **f Kirin Ichiban Philippines**





On the cover: Banaue Rice Terraces

## [ Feature Stories ]

### 4 Cover Story

Lunch Spots  
for Makati Professionals

### 22 Travel

Begin Banaue  
Rice Terraces and Beyond

### 30 Medical Doctors 101

Medical Professionals in Manila

### 36 Business Talk

Interview with Filip Boyen, CEO of Forbes Travel Guide

### 38 Business Talk *Extended*

Interview with Yoichiro Ikeda,  
Chief Advisor to the President of Asian Development Bank

### 42 Maps

Guide to Local Businesses in Makati

### 44 What's New in the Metro?

Concerts, Festivals, Family Events,  
and More



#### Features of the Issue

**STREET** — Sick of the usual fast food or cafeteria menu for lunch? Besides these places, there is a variety of lunch options for Makati's busy bees and working individuals. They are, however, not in plain sight—not known to many, there are office buildings in Makati that house food courts, offering better and more diverse options in terms of taste and quality. And the best part is—they are open to everybody! Turn immediately to the Street feature to uncover these places.

**COVER** — Besides Banaue being home to not just one—but two stunning UNESCO World Heritage-inscribed rice terraces, not many people are aware of just how beautiful this quaint Northern town is. Often considered as a side trip to Baguio and Sagada, Banaue proves to harbor many things that compel at least two days of sojourn. This month, we shine a spotlight on Banaue and the many lesser-known reasons that this town of delicate beauty should be where your adventures begin.

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

Tel: 02-836-8381 | Fax: 02-808-2163  
E-mail: [sales@primer.ph](mailto:sales@primer.ph) | Url: <http://primer.com.ph>  
[information@primer.ph](mailto:information@primer.ph)



**Grab Philippine Primer's Japanese edition today!**

Visit us online: [primer.com.ph](http://primer.com.ph)

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

Publishing / Editing / Production

Rei Leaño  
Managing Editor

Chin Sanigan  
Editorial Assistant

Denisse Tenorio | Deneca Ordinanza | Faye Almazan  
Feliz Bueno | JR Padlan | Heloise Diamante | Yana Bautista  
Writers

Jowinie Doma | Dantes Remot | Janina Torres  
Graphic Designers

Bryan Boado  
Marketing Executive





# MAKATI

# Lunch

# GUIDE

The image of the bustling Makati Central Business District takes color at broad daylight, when workers marathon along the streets to reach their office buildings. Some are able to grab a quick breakfast, but for others, a hot cup of coffee barely makes up for it. This is why for most businessmen and office workers, lunchtime is the most awaited part of the day—the part where people ask, “Where should we eat?”

Thankfully, many office buildings have their own food halls carrying a variety of lunch options from small food stalls to branded franchises, offering diverse food options for the busy bees! We have scoured different parts of Makati CBD to give you a comprehensive guide to lunch spots in the city. Now, you will have the answer to your working day’s most important question.



## TIPS

- Just as in many other restaurants in the city, food courts tend to be most crowded at lunchtime. If possible, leave your office before 12 pm or set your lunch at a slightly later time to allow the lunch crowd to thin out.
- Be sure to bring your ID in case the building requires identification upon entrance.
- It is not a rule, but it is common to leave non-valuable belongings (e.g. jacket, ID strap, etc.) to reserve a table while ordering food. However, always practice courtesy by not leaving your table for too long or staying long after a meal while others are still in wait.





# The Gourmet Republic

1

📍 The LPL Manor, L.P. Leviste St., Salcedo Village, Makati City  
 ☎ 02-813-7272  
 ⌚ 10 am to 10 pm  
 📱 The Gourmet Republic Food Hall

Access: From Gil Puyat Ave., turn to H.V. Dela Costa St. to L.P. Leviste St. The Gourmet will be on the left side.

Accessibility ★★★★★  
 Food options ★★  
 Space ★★★

For those looking for a quick bite, The Gourmet Republic serves a variety of cuisine, satisfying your appetite for something Filipino or Japanese. They offer rice toppings for a to-go lunch or sizzling plates for when you opt to dine in.

The Gourmet Republic is a quick 10-minute service from the same creators of Boracay and Tagaytay's fine-dining restaurant, Pamana. Inside the food hall, find Pamana and their other brands such as Bento Box, I ♥ Backyard BBQ, Tsokolateria, and World Topps.

They also have snack buffets where you can enjoy Filipino street food from 3 pm to 6 pm for P149/person.



Adobo Rice (P135)



Indian Vegetable Curry (P135)



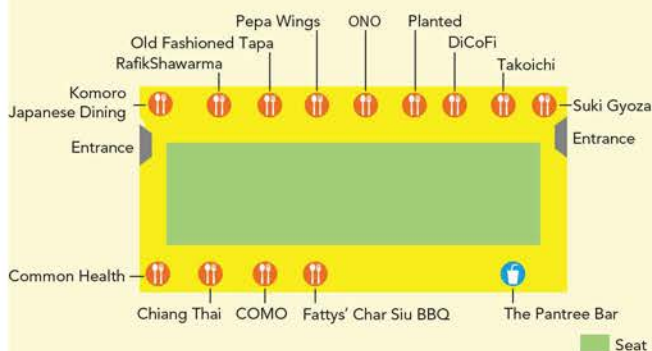
# The Pantree

2

📍 1/F JCSO Bldg., 119 Dela Rosa cor. Castro, Legaspi Village, Makati City  
 ☎ 0917-515-8398  
 ⌚ 10 am to 9 pm (Mon to Fri); Bar open until 12 am (Fri)  
 📱 The Pantree  
 📱 @thepantreeph

Access: The Pantree is situated on the left side of Dela Rosa Ave., just across Dela Rosa Car Park 2. The main entrance is on Castro St. There are also take-out windows along Dela Rosa Ave.

Accessibility ★★★★★  
 Food options ★★  
 Space ★★



## Chang Thai

Get your fill of authentic Thai food prepared by an honest-to-goodness Thai chef. Try Chang Thai best sellers including the Pad Thai, Spring Roll, and Green Curry, which are all good for sharing with your workbuddy! Those new to the place may find a long queue, all craving for a satisfying food trip to Thailand.



Pad Thai (Regular P180, Chicken P200, Shrimp P220)



## Komoro Japanese Dining

For their delicious Japanese food that costs less than P200, Komoro is popular and even has another branch at Philam Life Tower (page 9). Thanks to their bento meals, Komoro is usually busy and has long lines. Luckily, you can place your order ahead at 0945-571-3722, and pick it up through the window side of The Pantree. For delivery, you may contact them at 02-985-8240/0917-587-0809.



Cutlet Curry and Hamburger Curry (P199 each)





# Picnic

3

📍 101 V.A. Rufino St., Legaspi Village, Makati City

☎ 02-805-3014

🕒 11 am to 10 pm (Mon to Sat)

📱 Picnic

Access: Picnic is on the ground floor of Eton Tower Makati, accessible from Dela Rosa Walkway and VA Rufino St.

Accessibility ★★★★★

Food options ★

Space ★★★



## Rice & Shine

Enjoy a combo meal with meats roasted especially in the Hong Kong style. Have rice with honey glazed BBQ pork, white chicken, soy chicken, or Chinese sausage. If you want to try them all, Rice & Shine combines two, three, or all four in one rice bowl for a hearty meal.



4 Kinds Combination Rice (P330)

## Lucky Pot

An ideal go-to during the rainy season when cravings for soup are strong, Lucky Pot gives you options to customize your hot pot. Choose your broth: Mala Spicy, Seaweed, Kimchi, or Miso; and your topping: seafood, beef, or vegetarian. Suit your taste with your add-ons such as cheese and egg!



Kimchi soup + Beef (P349)

# RCBC Plaza

4

📍 2/F Yuchengco Tower, RCBC Plaza, H.V. Dela Costa St., Makati City

☎ 02-887 4941

🕒 10 am to 9:30 pm (Mon to Fri)

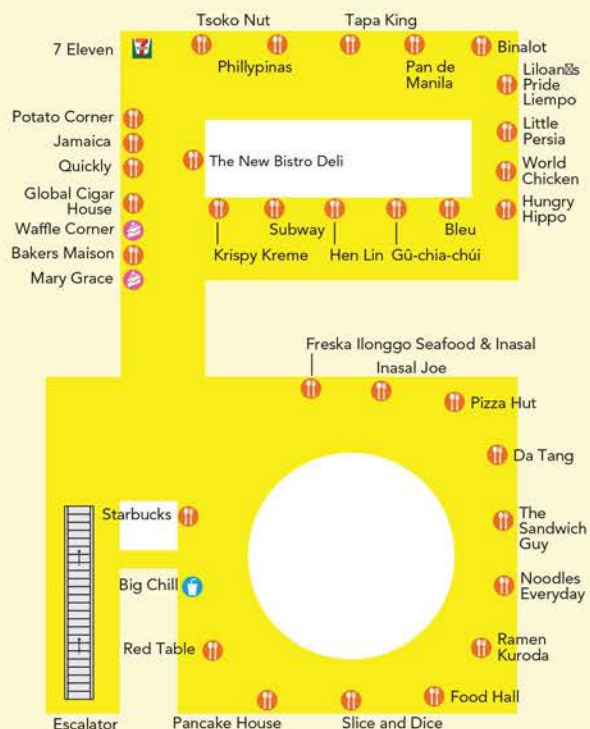
📱 RCBC Plaza

Access: Take Ayala Ave. The food court is on the 2nd floor, accessible through an escalator from the lobby.

Accessibility ★★★★★

Food options ★★★★★

Space ★★★★★



## Hungry Hippo

Eat like a hippo and chomp on these hamburgers from Hungry Hippo. If you are into panini grilled sandwiches, they have it! They also have rice meals, salad, chicken basket, and milkshakes. If you have a long lunch break, bring your friends to take down their Nacho Tower or Large French Fries together.



Double Cheeseburger (P219 / P275)

## Ramen Kuroda

Ramen can be a good choice for a quick lunch. Luckily, Ramen Kuroda included a quick pick-up stall for those craving for the all-time favorite Japanese noodles. If you come early, you can get a steaming bowl of ramen in under 5 minutes and have enough time to savor the broth, char siu, egg, and noodles!



Red Ramen (P180)

## Gū-Chia-Chúi

Get away from your office, and go taste Singaporean street food through Gū-Chia-Chúi. From laksa, bak kut teh, and Hainanese chicken, they have it! On a cold day, get their personal hot pot called Steam Boat. After which, wash it down with their highly recommended bottled coffee or Singaporean milk tea.



Hainanese Chicken Rice (P205)





# Zuellig Building

5

📍 Laza Food Station, 2/F Zuellig Bldg.,  
Makati Ave. cor. Paseo de Roxas Ave.,  
Makati City  
🕒 9 am to 8pm (Mon to Fri)

Access: The main entrance of the building is at the corner of Makati Ave. and Paseo de Roxas. There is an escalator that leads to the food court.

Accessibility ★★★★★  
Food options ★★  
Space ★★★★★



## Green Tomato

Despite the name, Green Tomato offers a color-coded and categorized menu that lets you try different styles of pasta and pizza. Their servings come in regular sizes for solo and large portions for group sharing. You can even add more toppings for a more personalized meal.



Creamy Shrimp Pasta (P185)

## Terraz

Looking to treat your business partner to lunch? Terraz is a great place to have private meetings with the team while having a good lunch. Most of the diners here are executives and yuppies given that the ambiance is quiet and waiters are attentive.



## Altamura's Mongolian

Rice meals are very popular among Filipino office workers, and Altamura knows this well as they offer budget-friendly combo meals with one, two, or three choices of vegetables and meat. Their dishes include Mongolian barbeque, fried vegetables, spring rolls, and more.



Mongolian Special (P100)

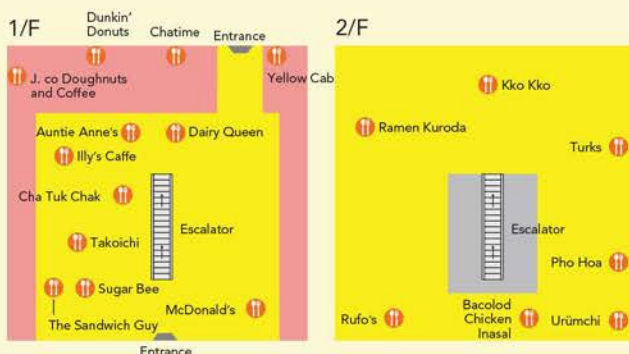
# Paseo Center

6

📍 Paseo de Roxas Ave. cor.  
Sedeño St., Salcedo Village,  
Makati City  
🕒 10 am to 9pm (Mon to Fri)  
📍 Paseo Center

Access: From Ayala Triangle, take the underpass to Sedeño St. to Paseo Center.

Accessibility ★★★★★  
Food options ★★★★★  
Space ★★★★★



## Ramen Kuroda

Ramen Kuroda at Paseo Center has more seating space than its other branch in RCBC Plaza (page 6). Just as in other branches, you can personalize and go wild with additional toppings or sides to go with your favorite ramen. If not ramen, then go for their special bento sets or rice meals!



Black Ramen (P180)

## Urümchi

Urumchi prides itself for being the first Eastern and Central Asian-style restaurant that combines flavors from both regions for all to enjoy. While their dishes are inspired by Central Asian flavors, the origin of the cuisine is Urumqi in China's Xinjiang Province. Their dishes contain hints of Turkish and Islamic spices as well as traditional Chinese flavors.



Noodles with Vegetable Home Style (P270)

## Illy's Caffé

Discover the unique taste of Italian coffee at Illy's! You'll find only the highest quality coffee at Illy's making it the perfect stop for your afternoon coffee. If you prefer to have a light meal with your coffee, Illy's serves modern and classic Italian dishes as well as pastries that you can indulge in.



Fettuccine Al Tartufo (P350)



# LKG Tower

7

📍 Food Odyssey, 11/F LKG Tower, 6801 Ayala Ave., Salcedo Village, Makati City  
 ⌚ 9 am to 8 pm (Mon to Fri)  
 ☎ 02-753-2122

Access: There is an elevator at the main lobby of LKG Tower, accessible from Ayala Ave.

Accessibility ★★★★★  
 Food options ★★★★★  
 Space ★★★★★



## Tomochan Ramen Express

If you're looking for a place to score affordable ramen, Tomochan Ramen Express offers a steaming bowl of your Japanese favorite for as low as P99. It is the perfect place to dine in when you're craving for Japanese food without having to break the bank. It is recommended that you arrive early as their booth can get packed.



Miso Special (P160)



## Lotus Vu

Find authentic and delicious Vietnamese fare at Lotus Vu, with a menu that includes all-time favorites such as Pho, Banh Mi, and Spring Rolls. They also serve coffee as well as snacks for to-go or dine-in for and in. They have generous servings as well, enabling you to share a meal with your friends.



Pho Bo Special (P249)



# The Enterprise Center

8

📍 The Mezzanine, 4/F, The Enterprise Center  
 6766 Dela Rosa St., Legaspi Village, Makati City  
 ☎ 02-752-1000  
 ⌚ 7 am to 8 pm (Mon to Fri)  
 🌐 theenterprisecenter.com.ph

Access: The drop-off and parking entrance is on Dela Rosa Ave. There are entrances on Ayala Ave., Dela Rosa Ave., and Dela Rosa Walkway that lead to the food court and shops.

Accessibility ★★★★★  
 Food options ★★★★★  
 Space ★★★



## Tong Se

Tong Se is a favorite among the building's office workers not only for their budget-friendly meals but also for their filling and flavorful fare. Surely giving a lot of bang for the buck, their combo meal lets you choose two viands and one side dish or dessert, and comes with a soup. Besides the combo meals, they also offer noodles, congee, and dim sum.

Mixed Combo (P110)



Chicken and Century Egg (P75 / P85)



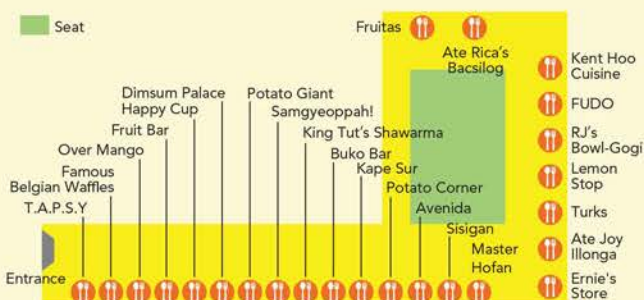
The Enterprise Center is not limited to the Mezzanine alone. In fact, you will find other shops on the 3rd floor including cafes such as Mary Grace, Starbucks, and Coffee Bean and Tea Leaf. You can also find Jamba Juice and ChaTime on the same floor, which ensures that you'll never run out of refreshing food choices!



# Lepanto Building

9

Seat



📍 Higher Ground Food Station  
 1/F Lepanto Bldg., Paseo de Roxas Ave., Salcedo Village, Makati City  
 ⌚ 7 am to 7 pm (Mon to Fri)

Access/how to get there: Lepanto Bldg. is along Paseo de Roxas, a quick walk from the Ayala Triangle through the underpass.

Accessibility ★★★★★  
 Food options ★★★★★  
 Space ★★

## Samgyeoppah!

As a kimbap specialty store, Samgyeoppah! lets you enjoy a variety of wagyu, beef, spam, pork belly, oyster mushroom, and minced meat rolled with vegetables and rice in seaweed paper. It is a meal you can eat on the go! They also offer rice meals with pork belly and Korean soy garlic. Kimbap is priced from P99 to P109 depending on the ingredients.

Beef Kimbap (P79)





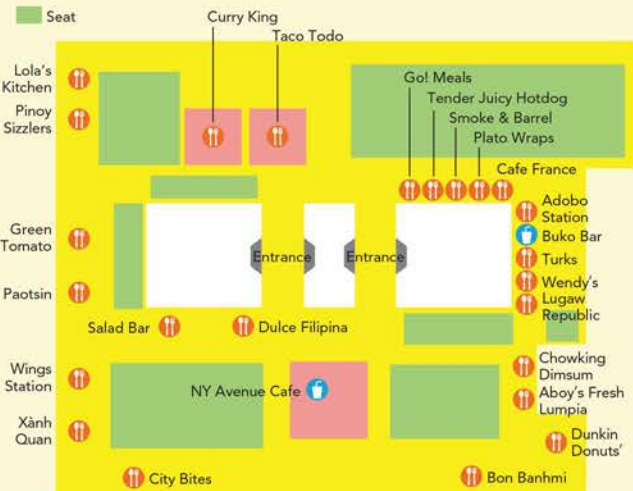
# GT Tower

10

📍 Food and Art Galerie, 12/F GT Tower, Ayala Ave., Makati City  
 🕒 7 am to 8 pm (Mon to Thu); 7 am to 9 pm (Fri)  
 ☎ 02-753-2243

Access: From Ayala Ave., locate the Ayala-Paseo de Roxas Pedestrian Underpass and make a right at H.V. Dela Costa St. The Food and Art Galerie can be accessed via elevator.

Accessibility ★★★★★  
 Food options ★★★★★  
 Space ★★★★★



## Curry King

Your consistent cravings for a bowl of creamy and flavorful curry can finally be met thanks to Curry King. They serve varieties of curry from countries such as Thailand and Singapore, as well as some healthy options. They also have party packages and group meals that you can avail if you are looking for curry for your next office party.

Photo Credit: Curry King Facebook



Thai Green Curry (P160)



## Smoke & Barrel

Smoke & Barrel is the perfect place to indulge in meat. Their Southern American specialties boast a melt-in-your-mouth factor. You'll find that their meat is juicy just like their Smoked US Angus Beef, perfectly matched with their side dishes. You can enjoy your meat of choice with rice or in a sandwich. Either way, it is going to be some of the best that you've ever tasted at an affordable price.

Photo Credit: Smoke & Barrel



Smoked US Angus Beef (P135)



# Philam Life Tower

11

📍 Tower Cafe, 9/F Philam Life Tower, Paseo de Roxas Ave., Makati City  
 ☎ 0917-887-4278  
 🕒 7 am to 7 pm (Mon to Fri)  
 🌐 themenugroup.com/tower-cafe  
 📱 Tower Cafe  
 📷 @towercafeph

Access: From Ayala Ave., take the Ayala-Paseo de Roxas Pedestrian Underpass and walk left on Paseo de Roxas Ave. Note that Philam Life Tower requires an ID to be surrendered at the reception area.

Accessibility ★★  
 Food options ★★★★★  
 Space ★★



## Hotpot

At Hotpot, you'll find yourself with some delicious broth and a variety of ingredients that you can indulge in. You can choose from meat, veggies, and noodles that can make your meal more appetizing. It is important to note that you should have your ingredients weighed to a minimum of P165 worth.



Spicy Hotpot (P192 worth of ingredients)

## Komoro Japanese Dining

At Komoro, you will find a variety of Japanese dishes from bento boxes to delicious bowls of ramen. You can also choose from their a la carte meals, which include classic Japanese favorites.



Karaage Bento (P163)

## Juice Avenue

Established in 2004, Juice Avenue is a juice bar that serves unique smoothies, which are blends of freshly picked fruits straight from the farm. Their blends usually represent the place where the flavor is inspired by. They also carry bottled juices for those who want their fix of fresh juice.





# PBCom Tower

📍 Food Village, 7/F PBCom Tower, 6795 Ayala Ave. cor. V.A. Rufino St., Makati City  
 ☎ 0917-624-6833  
 ⌚ 8 am to 6 pm (Mon to Fri)  
 📱 Food Village

Access: From Ayala Ave., head north towards the Ayala - Paseo de Roxas Pedestrian Underpass and head towards the PBCom Tower. Food Village is on the 7th floor of the tower, where you might need to surrender your ID at the reception.

Accessibility ★★  
 Food options ★★★★★  
 Space ★★★



## Eat First

Eat First is a food haven that lets you choose from roughly 50 types of dishes from their menu. They serve an array of comfort food including their Chilled Vegetarian Noodle, which you can slurp to the last drop. You'll surely enjoy dining at Eat First as they also serve generous portions where you can get your money's worth!



Chilled Vegetarian Noodle (P120)



## YAM Sandwich Gourmet

For hearty comfort food, YAM Sandwich is the place to go. Most of their meal offerings are buns and sandwiches that you can get in Double and Triple Decker varieties. They also offer rice meals, healthy sandwiches, and an all-day breakfast menu!



Two Sandwiches (P50)

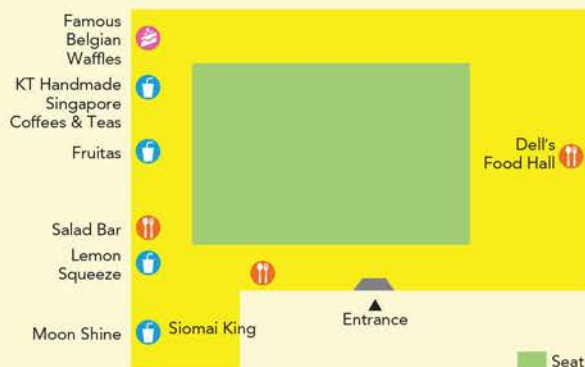


# Robinsons Summit Center

📍 Dell's Food Hall, 7/F Robinsons Summit Center, Ayala Ave., Salcedo Village, Makati City  
 ☎ 02-511-8375  
 ⌚ 7 am to 12 am (Mon to Fri); 7 am to 3 pm (Sat)  
 📱 Dell's Foodhall  
 @dellsfoodhall

Access: From Ayala Avenue, simply follow the Ayala-Pedestrian Underpass to the Robinsons Summit Center. Dell's Food Hall will be at the 7th floor of the building.

Accessibility ★★  
 Food options ★★  
 Space ★★★



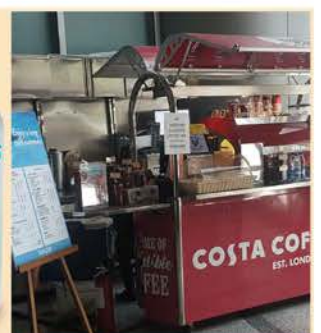
## Salad Bar

Surrounded by fast food chains, the city can be a home to unhealthy food choices. At Salad Bar, you can mix and match ingredients and make your own healthy fix. All you have to do is get a container, select from veggies, eggs, and tuna among others, and drizzle it with your choice of dressing. Don't forget to weigh your DIY salad! It costs P30/100g.



## Check out the lobby shops!

Robinsons Summit Center is also a friendly stop for those looking for a quick bite to eat. Coffee and sandwiches are available at The Sandwich Guy and Costa Coffee. You can also stop by Fruitas to get some refreshing Coconut Water made from 100% coconut. No sweeteners are added, giving you a healthy treat.





# Other Recommended Places for Power

Lunch

## Yayoi Japanese Teishoku Restaurant

Yayoi opened in 2016. Teishoku is a Japanese set meal, typically prepared with a main dish, a bowl of rice, miso soup, and veggies, designed to meet the Japanese balanced diet. Yayoi also boasts a signature ordering system where tablets are installed on tables to allow for an efficient dining experience.

📍 M1 Tower, HV Dela Costa St., Salcedo Village, Makati City  
📞 02-521-4401 / 0917-702-8429  
🕒 11:30 am to 9:30 pm



## Tien Tien Hotpot

Tien Tien Hotpot first opened in 1990 and has since provided their patrons with the best Chinese cuisine. They ensure that they only use the freshest ingredients in their dishes that are prepared by their Cantonese chef and their well-trained cooks. While they are known for their hotpot, they also have a la carte dishes.

📍 G/F The Atrium Bldg., Makati Ave., Makati City  
📞 02-893-1685  
🕒 11 am to 10 pm

## Pancake House

Pancake House has been around since the 1970s and is a popular choice among families and friends. They are famous for their flavorful pancakes that come in a variety of flavors. Apart from this, they also have all-day breakfast, pasta, and rice meals. It is guaranteed that there's something for everyone at Pancake House.

📍 Greenbelt 1, Ayala Center, Legazpi St., Makati City  
📞 02-819-0453  
🕒 11 am to 10 pm



Photo Credit: Pancake House website



## Cartel Coffee & Deli

Cartel Coffee and Deli was created by people who love to eat and drink, hence the curation of the best brands with the same ideal. Their menu is comprised of well-curated food and beverages. They take pride in their sandwiches, croissants, and coffee. They also have a market that offers local and imported products, which include salad dressings, fresh produce, wines, cheeses, coffee beans, and other everyday cooking essentials.

📍 G/F Picasso Boutique Serviced Residences, 119 LP Leviste St., Salcedo Village, Makati City  
📞 02-772-8270  
🕒 7 am to 12 am (Mon to Thu & Sun); 7 am to 1 am (Fri to Sat)

## Ayala North Exchange

Ayala North Exchange is quickly becoming a rising food and commercial hub in the business district. Favorites like Fat Fook, Macao Imperial Tea, and Banapple are inside, while soon to open stores include Nanyang, Bokjyu, Fat Fook, and Denny's.



📍 6796 Ayala Ave. cor. Salcedo St., Legaspi Village, Makati City

## V Corporate Center

Lined with restaurants and cafes for Salcedo's hustlers, V Corporate Center houses some of your favorite premium food hubs including Toby's Estate, Mendokoro Ramenba, and Wildflour Café.



📍 L.P. Leviste St., Salcedo Village, Makati City

## The Grid Food Market

Being Rockwell's first food hall, The Grid Food Market focuses on bringing out the best food offerings. Here, they offer a variety of international cuisines including American, Filipino, Japanese, Thai, and Mexican.



Photo Credit: The Grid Food Market Facebook

📍 R2 Level Expansion, Powerplant Mall, Makati City

## SM Makati Food Court

At SM Makati, you can find that their basement houses a great lineup of food stalls near the grocery store. Cebu's popular Lechon shop, "Zubuchon," for example, is where you can eat affordable, delicious food.



📍 LG/F SM Makati, Ayala Center, Makati City



📍 4/F Century Mall, Kalayaan cor. Salamanca St., Makati City

## Hole in the Wall

Century City Mall's food court, Hole in the Wall, has an industrial yet fashionable flair. The food offerings and choices are also considered of good quality, prepared by Hanamaruken Ramen, Bad Bird, Posporo, and Smoky Bastard.



📍 Valero St., Salcedo Village, Makati City

## Three Central

Being a luxury condominium, Three Central houses its own convenience stores, barber shops, and even a supermarket. Restaurants on the 1st floor serve comfort food and local, contemporary cuisine such as Tim Hortons, Bodega Kitchen & Bar, Chao Shan Beef Taste, Locavore, and Nono's.



📍 LG/F, Landmark Bldg., Makati Ave., Ayala Center, Makati City

## The Landmark Food Court

For more food options, The Landmark sports a large food court that spreads widely across the basement beside the supermarket. Aside from fast food chains, there are also small business food stalls offering Filipino, Korean, and vegetarian dishes.



📍 3/F Glorietta 4, Ayala Center, Makati City

## Glorietta Food Court

As one of the major shopping malls in Makati, Glorietta holds one of the biggest food courts, which used to have over 30 stalls, serving pastries, fast food, refreshments, and local fares. Renovations are ongoing, but watch out for their upgrade in the second half of 2019.



## Have a unique experience

### Dining



**30% OFF**  
on buffet and 20% OFF  
on Ala Carte



**20% OFF**  
on total bill



**20% OFF**  
on total bill



**15% OFF**  
on total bill



**15% OFF**  
on total bill



**15% OFF**  
on Ala Carte  
(except Sunday brunch)



**15% OFF**  
on Spectrum buffet  
(except Sunday brunch)



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



**10% OFF**  
on total bill



**10% OFF**  
on a total bill for a  
maximum of 5 pax



**10% OFF**  
on total bill



**10% OFF**  
for a minimum spend  
of P1,000



**10% OFF**  
Dinner time only



**10% OFF**  
on total bill



**10% OFF**  
on total bill



**10% OFF**  
on total bill



**10% OFF**  
for a minimum  
spend of P1,000



**10% OFF**  
for a minimum  
spend of P1,000



**10% OFF**  
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



**10% OFF**  
on total bill



**10% OFF**  
for a minimum  
spend of P1,500



**10% OFF**  
for a minimum  
spend of P1,000



**10% OFF**  
or FREE Sisig Nachos for  
a minimum spend of P1,000



**FREE TEMPURA BASKET  
or PORK TONKATSU**  
for a minimum  
spend of P1,000



**Free Kani Mango Salad** for a  
minimum spend of P2,000



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



**Free One Order of Salmorejo  
and Tocino del Cielo** 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**  
for a minimum  
spend of P2,000



Like us on Facebook  
JCBPhilippines



Visit  
[www.ph.jcb](http://www.ph.jcb)





# with your JCB Credit Card!

## Travel

**I'M HOTEL**

**15% OFF**  
on select room  
categories

**antidote**  
**20% OFF**  
for a minimum spend of P3,000

**Mermaid**  
**20% OFF**  
for a minimum spend of P1,200

**THE COMMON GOOD  
FOOD PLAYGROUND**  
**20% OFF**  
on dinner buffet & 10%  
OFF for a minimum spend of P1,000

**ACACIA**  
HOTEL MANILA

**20% OFF**  
on best available  
room rates

**ACACIA**  
**20% OFF**  
on total bill

**the lobby  
at Acacia**  
**20% OFF**  
on total bill

## Wellness

**Dermstrata**  
SKIN CLINIC & SPA

**40% OFF**  
on Warts Removal

**20% OFF**  
for every session of Diamond Peel

**30% OFF**  
on Diamond Peel (min. of 3 sessions)

**Bioessence**  
CARING BEYOND BEAUTY

**50% OFF**  
on Warts Removal

**20% OFF**  
on Celthera Face of 5 Sessions

**3+1 Free**  
on Oxygen Ceuticals-Caviar Protein Facial

**3+1 Free**  
on Oxygen Ceuticals-Intensillite Facial

**REGENT**  
Spa

**15% OFF**  
on Massage Services

**Island**  
Spa

**15% OFF**  
on Massage Services

**Japanese Body Therapy**  
**KARA-DA**  
カラダファクトリー

**10% OFF**  
on services

**junca**

**15% OFF**  
on services for a  
minimum spend of P1,000

**yoga+**

**P799**  
2 Weeks Unlimited Package

**P9,997**  
3 Month Unlimited Package

**360°**  
Fitness Club

**20% OFF**  
on 3, 6, 12, and  
18-month membership

**CROSSFIT**  
RAISING THE BAR  
1223

**15% OFF**  
on published rates of 1 or 3 mos.  
Bootcamp or Crossfit membership

## Retail

**INGLOT**

**15% OFF**  
for a minimum spend of 2 items

**NATURALIZ**

**10% OFF**  
on a regular - priced items

**Florsheim**  
SHOE COMPANY

**10% OFF**  
on a regular - priced items

**Columbia**

**10% OFF**  
on a regular - priced items

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



BDO Helpdesk: +632-631-8000



RCBC Customer Care: +632-888-1-888

Promo valid until July 31, 2019  
Per DTI-FTEB Permit No. 14297, Series of 2018.  
Terms and conditions apply.





**EVERY WEDNESDAY  
& SATURDAY NIGHT**



**Roasted US Certified Angus  
Prime Rib of Beef**

served with salad, baked potato  
and your choice of sauces  
Inclusive of a glass of red wine

**P1280+**

For reservation please contact us:

Tel No. 892-5852 / 275-5938

Mobile No. 0956-1354213 • [www.i-am-angus.com.ph](http://www.i-am-angus.com.ph)



**SÄNTIS Delicatessen**

[www.santis-deli.com](http://www.santis-deli.com)

**TRY OUR EUROPEAN SAUSAGES, HAMS,  
COLD CUTS AND OTHER MEAT SPECIALTIES!**







Chorizo Artichoke



Scallop Carpaccio



Ratatouille



Lamb Persillade



Maestro



Duck a L'Orange



Gambas



Foie Gold

EXCLUSIVE FOR PRIMER READERS

- 1 - 2 people get a FREE glass of wine each
- 3 people or more get a bottle of wine for FREE

PRESENT THIS

*Coupon*

Valid from:

7/10/19 to 8/9/19

WE ALSO OFFER  
VARIOUS DISHES

*Gastronomy  
Course menu*

P1,500 - 6 dishes



HIROYUKI MENO

Starting from Restaurant Hakata Hiramatsu, he continuously acquired experience as Head Chef and Sous Chef in Michelin-starred restaurants such as L'Auberge De L'ill and Paul Bocuse in Tokyo.

☎ 02-816-7088

Business Hours: 10:00 - 22:00  
S Maison, Conrad Manila, Seaside  
Boulevard Cor. Coral Way, Pasay City  
contact@epilogue.ph



Premium Coupon

- PRESENT THIS *Coupon*
- 1 - 2 people get a FREE glass of wine each
  - 3 people or more get a bottle of wine for FREE
- Valid from:  
7/10/19  
to  
8/9/19





# THE NEW PEARL OF THE ORIENT SEA: SEAFOOD CITY'S PALUTO-ALL-YOU-CAN

The Philippines is called the Pearl of the Orient Sea not only because of the thousands of islands with breathtaking coastlines that comprise it, and lands blessed with generous amounts of natural resources, but also because it is home to the Seafood Paluto-All-You-Can – a one of a kind gastro-journey experienced best in its capital, Isla Sugbu Seafood City.

Seafood City's brightly decorated run only started in 2014 but the chefs and crew behind it has decades of experience, which started back in 1989. Since it opened, Seafood City was awarded the prestigious SunStar Best of Cebu Award for four consecutive years, paving its way to the hearts of the Filipinos, and to opening its second branch in Taguig.

## ALWAYS A MEMORABLE SEAFOOD FEAST

The first thing you'll notice when you enter Seafood City are the large tanks brimming with live seafood and the fresh seafood cuts prepped for whatever type of feast you have in mind.

But with this many options, there are almost endless permutations, and that makes it quite hard for the inexperienced palate to decide which dish to try first. Here are a few of our best plates to get you hooked:

### SALT & PEPPER CALAMARI

Super tasty finger food to kick off a sumptuous meal! Fresh off the pan and showered with slices of chives, and red and green bell peppers. This light and flavorful appetizer is sure to cheer you up and ready you for the next plates to come!

### SCALLOP BROCCOLI WITH VEGGIES

This hearty meal is filled with all the good stuff: garden-fresh cauliflower and broccoli, crisp carrot slices, and steamed scallops. Perfect for the health-conscious.

### SALMON SINIGANG

A well-received twist to the Filipino comfort food, SFC's Salmon Sinigang is loaded with fresh and chunky salmon cuts, which makes it not just your rainy day companion but also a craving at any time of the day.

Whether you're just starting on your quest to find the best seafood, or just wanting to try something fresh, Isla Sugbu Seafood City is definitely the way to go. Visit us and #GETHOOKED!



  [islasugbuseafoodcity](https://www.instagram.com/islasugbuseafoodcity) | [www.seafoodcity.ph](http://www.seafoodcity.ph)

**Manila branch:** 2/F Venice Grand Canal Mall, McKinley Hill, Taguig City  
**Mobile No.:** +63998 966 2990

**Cebu branch:** The Grand Convention Center of Cebu, Archbishop Reyes Avenue, Cebu City  
**Tel. No.:** (032) 260-8000 • **Mobile No.:** +63998 963 1223  
**E-mail:** [inquiries@seafoodcity.ph](mailto:inquiries@seafoodcity.ph)



# PERMISSION TO PAUSE



*Frappuccino*  
blended beverage

Available in all stores for a limited time only.

© 2018 Starbucks Coffee Company. All rights reserved. Printed in the Philippines. SBX19-415456

**NEW**  
**ULTRA CARAMEL COFFEE SPHERE**



**NEW**  
**WATERMELON & LYCHEE ALOE**



鶏の照り焼き



P349

**SIZZLIN'**  
**SALPICAO**  
**P399**



**UNLIMITED STEAKS  
ON SUNDAYS**



**CPU**  
STEAKHOUSE

Weekend lunches have never been this impressive. Indulge in unlimited rib eye U.S. Certified Angus Beef that comes with organic vegetable side dishes, an appetizer with a choice of mushroom soup, foie gras or shrimp cocktail, and an assortment of desserts to end your dining experience on a sweet note.

Php 1,700 nett  
from 11:30 AM - 2:30 PM



Marriott Hotel Manila 2 Resorts Drive, Pasay City, Metro Manila 1309  
Philippines Tel (632) 988 9999 • www.manilamarriott.com

**Tapella**

Celebrate  
**PINTXOS**  
*festival*  
July 1 to 31, 2019

with 12 varieties of PINTXOS to choose from



Platter of 6 **P 295** • Platter of 12 **P 500**

FOLLOW US  
@TAPELLARESTOBAR

G/F, GREENBELT 5, MAKATI CITY

For Inquiries & Reservations:

0917 712 4546 / (02) 7572710-11

2019  
**SAN FERNIN**  
FESTIVAL



July 5, 2019/6:00PM

Come in your best white attire



Fukudaya has a great team of Japanese and Filipino chefs to serve fresh and delicious Japanese dishes.

"Fukudaya" is a Japanese term that means "House of Fukuda."  
Fukudaya targets to bring to the country innovative interpretations of ancient and modern Japanese dining experience.  
It serves a variety of authentic Japanese dishes with most of the ingredients imported from the Land of the Rising Sun.

NEW MENU



Sukiyaki Fried Spring Roll with Soft Boiled Egg (P280)



Black Sesame Pudding in White Sesame Coconut Sauce (P250)



Grilled Spanish Mackerel marinated Miso Paste in Shiitake Cream Sauce (P600)



Assorted Tuna Nigiri

Hand Roll Sushi



For reservations or inquiries. Please call: **02-800-3563 / 0927-264-0171**

Unit7 The Plaza, Arya Residences, Mckinley Parkway cor. 8th Ave., Bonifacio Global City, Taguig  
(Lunch) 11 a.m. – 3 p.m. / (Dinner) 6 p.m. – 11 p.m.; Monday to Sunday

[f](#) Fukudaya Philippines [@fukudaya.ph](#)

MAP Makati A-3

IT'S MORE FUN  
IN YAKINIKU



CALBI YUKKE

P289



CHICKEN CALBI SET

P199



SAPPORO DRAFT BEER

P99



BEEF CALBI

P199

**YAKINIKU**  
'KENSIN'

UNIT G2 MAKATI CENTRAL SQUARE MALL, DON CHINO ROCES COR. FERNANDO ST, MAKATI CITY

**0917 103 5727** ♦ 11am - 2am

[f](#) Find us on Facebook [Yakiniku Kenshin](#)

Search "YAKINIKU KENSIN" on Google Map! Available big parking space for GUESTS



Enjoy your body.  
Live healthy with Corner Tree Café.



150 Jupiter St. Bel-Air, 1209 Makati  
© (02) 897-0295  
Level R3, Power Plant Mall (new wing), Rockwell, Makati  
© 0906-350-9721 / (02) 248-2564  
[www.cornertreecafe.com](http://www.cornertreecafe.com)

**LA CABRERA**  
by gastón riveira cocinero

Makati City  
6750 Bldg. Ayala Business Tower,  
Glorietta Complex, Ayala Avenue, Makati City;  
+639 05 290 0703 , +632 833 8946  
Ortigas Center  
Mezzanine Level, Edsa Shangri-La Hotel, Ortigas Center,  
+639 67 236 7940



Trio de Carnes  
Asado del centro, Entraña en Cuadril  
750g



# Japanese Restaurant

## 花菜串

Hanagushi

☎ 02-744-1966

📍 G/F, The Beacon, Don Chino Rocas Avenue cor. Arnaiz Avenue, Makati City

🕒 11 am - 1 am



Sushi Sashimi Yakitori Tempura Kushikatsu



P300  
Shrimp tempura



P250  
Takoyaki 16 pcs



P200  
California roll

“A TASTE OF HEAVEN ON A STICK!”



Chicken Skewer



Beef Skewer



Shrimp Skewer



Pork Skewer

MONDAY-FRIDAY: 11 AM-4 AM & SATURDAY-SUNDAY: 11 AM-10 PM

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

CONTACT DETAILS

09167933747

facebook.com/ChiEmGaiPH

*Chi em gai*  
VIETNAMESE RESTAURANT

We prepare and cook LIVE UNAGI



JAPANESE UNAGI RESTAURANT



OPEN EVERYDAY

11:30 am - 2:00 pm (Lunch)  
6:00 pm - 11:00 pm (Dinner), Last call is 10:30 pm

02-728-2072

G/F, Parking Area, Makati Cinema Square,  
Amorsolo St., Makati

It's *Chao Time*  
COME AND DINE WITH US, AS WE  
CELEBRATE OUR 1ST YEAR ANNIVERSARY!



CHICKEN TERIYAKI  
PHP 188

Get 1 **FREE**  
**Chocolate Gyoza**  
once you buy any  
of our products.

Valid from:  
July 20 to 31, 2019.

\*1 chocolate gyoza per  
single transaction.

☎ 0908-390-3358 f chaochaogyozaph

Visit us at: One McKinley Place, 4th Ave. cor. 26th St., BGC, Taguig City  
Open every: Tuesday - Friday, 11 am - 2 am & Saturday - Monday, 11 am - 11 pm



# DRINKZY

LOWEST LIQUOR PRICE GUARANTEED

Remarkable Moments, Deserve Rare Blends



**LOOKING FOR A SPECIFIC BOTTLE?  
GET IN TOUCH**

+639055255449 / drinkzy.ph@gmail.com / facebook.com/DRINKZY  
instagram.com/drinkzyph / drinkzyph.com

The distributor of rare Premium Japanese Whiskies that will give you a luxurious drinking experience



Pick a premium whisky perfect for your taste from Hotei's variety of whiskies. The bottles are hard to find even in the local Japanese market but available for orders at Hotei Japanese Premium Incorporated.

**HOTEI JAPANESE  
PREMIUM INC.**

Retail and wholesale contact number

**0917-723-9126**

www.liquor.ph Akashi Philippines

MAP Makati E-2

**OBEYA**  
JAPANESE FOOD MART



Japanese Food Mart on Makati Avenue offering a wide variety of fresh and high quality products from Japan

## PRODUCTS

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

Also available: Asian and Italian seasoning products

**02-807-1107**

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

Open from Monday to Sunday  
at 10:00 am-10:00 pm

We provide HIGH-QUALITY and  
AFFORDABLE EUROPEAN INGREDIENTS for all  
your cooking needs!



**EURO RICH FOODTRADE CORPORATION**



Tel/Fax Nos:

252-03-16 / 0917-8715995 /  
0925-8283322 / 219-65-25

#156 Speaker Perez St., cor. Sct. Alcaraz Brgy.  
Maharlika Quezon City



## TOTAL JAPANESE COOKING SOLUTION

**McASIA**  
Foodtrade Corporation

McAsia Foodtrade Corporation is one of the major leading suppliers of food items, kitchen utensils, industrial cookware, and commercial kitchens in the Philippines. They have been wholesaling products to restaurants, hotels, caterers, and grocery stores in Metro Manila.

- Basic seasoning (soy sauce, wasabi powder, cooking wines, wheat flour, mayonnaise).
- Japanese kitchen and dining wares.



Trunkline No. 02-251-3625 / 02-231-1026

Fax No. 02-415-4431 Telephone Nos. 02-411-2911

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

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

**SHARAKU  
FOOD,  
INC.**

## Ramen Business

TOTAL SOLUTION PROVIDER



Crafted with 100% Japan Quality

- ✓ Original Noodles
- ✓ Gyoza Wrappers
- ✓ Original Ramen Soups

02-541-9877

Smart: 0939-242-0027

Globe: 0995-860-4420

Stall # 111 Cartimar

Shopping Center,  
Pasay City

f Sharaku FOOD INC

✉ sharakufood@gmail.com



Over  
**60 YEARS**  
of Noodle Making  
History in Tokyo



## NOODLE BRANDS



Chinese Noodle



Pasta



Yakisoba



Gyoza



Tempura Flour, Udon Flour,  
Soba Flour

Katsuo-bushi, Bonito Powder,  
Skipjack and Grilled Flying Fish



02-463-8437 • 0926-038-2717 • [www.kandscorporation.com](http://www.kandscorporation.com)  
Unit 1C Phase 2 Block 1, AFP-RSBS Industrial Park, Western, Bicutan Taguig

## Restaurant Guide

### MAKATI

#### Azuthai

☎ 02-813-0671/02-817-6252  
📍 G/F, Milkyway Building, 900 Arnaiz Avenue cor. Paseo de Roxas, 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  
📍 7431 Yakal St., San Antonio Village, Makati City

#### Hanagushi

☎ 02-744-1966  
📍 G/F, The Beacon Don Chino Rocas Ave. cor., Arnaiz Ave. Makati City

#### I'm Angus

☎ 02-892-5852/02-275-5938  
📍 7431 Yakal St., San Antonio Village, Makati City

#### iTrulli

☎ 02-832-9600  
📍 Suites 102/104, LRI Design Plaza, 210 Nicanor Garcia, Bel Air 2, Makati City

#### Kenshin

☎ 0917-535-1046  
📍 Beacon Makati G/F, A. Arnaiz Ave. Makati City  
☎ 0917-551-4605  
📍 The Linear Makati G/F, Yakal St. cor Mayapis St., Makati City

#### La Cabrera

☎ 02-833-8946/0905-290-0703  
📍 G/F 6750 Ayala Ave. Business Tower Glorietta Complex Ayala Ave., Makati City

#### MilkyWay Café

☎ 02-843-4124/02-843-7124  
📍 2/F Milkyway Bldg. 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

#### Sekitori

☎ 02-425-9030/894-387/02-894-3876  
📍 Little Tokyo, Chino Rocas Ave., Legaspi Village, Makati City

#### Nikkei

☎ 02-541-6689 / 0916-636-9817  
📍 G/F, One Rockwell, Rockwell Center, Makati City  
☎ 02-880-0231 / 0927-273-0114  
📍 111 Rada St., Legaspi Village, Makati City  
☎ 02-637-2206 / 0995-908-3145  
📍 G/F The Podium, Ortigas Center

#### Single Origin

☎ 02-728-2467 / 0977-390-0429  
📍 G/L, Greenbelt 3 Ayala Center, Makati City  
☎ 02-772-6259 / 0995-914-4137  
📍 G/F, Edades Tower & Garden Villas, Amoroso cor. Rockwell Dr., Rockwell, Makati City

#### Tapella

☎ 02-757-2711  
📍 G/F, Greenbelt 5, Makati City

#### Tsukiji

☎ 02-843-4285/02-812-2913  
📍 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

#### Unakichi

☎ 02-728-2072  
📍 G/F, Makati Cinema Square, Amoroso St., Makati City

#### Yokohama Meat Kitchen

☎ 02-8316546 / 0916-377-3655  
📍 16 Jupiter cor. Antares St., Bel-Air, Makati City

### BGC

#### Chao Chao Gyoza

☎ 02-232-7804  
📍 G/F One McKinley Place, BGC, Taguig City

#### Fukudaya

☎ 0927-264-0171 / 0998-805-6859  
📍 Unit 7 The Plaza, Arya Residences, McKinley Parkway cor. 8th Ave., BGC, Taguig City

#### Isla Sugbu

☎ 0998-966-2990  
📍 2/F Venice Grand Canal Mall, McKinley Hill, Taguig City

#### NIU by Vikings

☎ 02-478-3888/0917-586-6888  
📍 6/F SM Aura Premier, 26th St., BGC, Taguig City

#### Single Origin

☎ 02-894-4042 / 0906-268-8902  
📍 2/F, C3 Building, Bonifacio High Street Central, BGC, Taguig City

### OTHERS

#### Chi Em Gai

☎ 02-845-2613/0928-262-2839/0916-793-3747  
📍 Cluster 2, #13 Eton Centris Walk, EDSA cor. Quezon Ave., Brgy. Pinyahan, Quezon City

#### Epilogue

☎ 02-816-7088  
📍 S Maison, Conrad Manila, Seaside Boulevard Cor., Coral Way, Pasay City

#### Kenshin

☎ 0917-120-0672  
📍 G/F Vistamall Las Pinas CV Starr Ave., Las Piñas

#### La Vita

☎ 0917-576-0888  
📍 Esplanade Seaside Terminal, Seaside Boulevard, Mall of Asia Complex, Pasay City

#### Rossini

☎ 800-8061  
📍 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

#### The Beer Factory

☎ 02-845-2613 / 0917-149-6288  
📍 The Hub Greenfield District, Shaw Blvd., Mandaluyong City

### GROCERY / SPECIALTY STORE

#### DrinkZy Liquor Delivery

☎ 0905-525-5449

#### Hotei Japanese Premium

☎ 0917-723-9126

#### Kands

☎ 02-463-8437/0926-038-2717  
📍 Unit 1F, Benrosi V Makati, 9746 Kamagong St., San Antonio Village, Makati City

#### Kobeya

☎ 02-807-1107  
📍 G/F, 1 Juno corner Makati Ave., Bel-Air, Makati City

#### McAsia Foodtrade

☎ 02-990-5141/02-413-8893  
📍 158 Apo St, Sta. Mesa Heights, Quezon City, NCR

#### Santis Delicatessen

☎ 02-844-1154  
📍 7431 Yakal Street, San Antonio Village Makati City

#### Sharaku Food, Inc.

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

#### TPE

☎ 02-551-7522  
📍 G/F, Jaka Center Chino Rocas Ave., Makati City





Batad Rice Terraces

# begin Banaue

*Soak in the views of the terraces.  
Dine in a local eatery. Talk with the locals.*



Feature by Rei Leño, Chin Sanigan & Deneca Ordinanza  
Design by Janina Torres

**T**he rice terraces are the face of Banaue. These are the iconic landscapes that have earned not only Banaue but also the Cordillera region global recognition for its awe-inspiring beauty. There are five clusters of rice terraces in Ifugao province recognized as UNESCO World Heritage Sites since 1995. And Banaue proudly harbors two of them: Batad and Bangaan, each exhibiting a unique character and endowing every visitor with unforgettable experiences.

The rice terraces in Banaue showcase the incalculable wonders that man is capable of. The terraces are man-made—labored by the Ifugaos for over 2,000 years, unaided by modern machinery. The amazing landscape is something that not any kind of modern architecture can compare with. These are the product of pure human labor, driven by basic human needs—the terraces have long been an exclusive source of rice for the local communities.

While the rice terraces are the primary reason for tourists to visit Banaue, it is the experience of the local gourmet, the local hospitality, and the unique lodging options that will make you want to stay. Banaue possesses a peaceful, delicate beauty that can only be appreciated if you totally immerse yourself in it.



Bangaan Rice Terraces & Traditional Village





## TIPS

### Getting from Manila to Banaue

- **By car:** 10 hours via NLEX, SCTEX, TPLEX
- **By bus:** 9-11 hours; take Ohayami Trans (Sampaloc, Manila), Coda Lines (HM Transport Terminal, Cubao), or Dangwa Transit (Florida Bus Terminal, Cubao)

### Travel Tips

- Banaue is a rural area, so it may be difficult to find ATMs. Be sure to withdraw enough money before reaching Banaue. Those traveling by car usually stop in Solano, Nueva Vizcaya or Lagawe, Ifugao to withdraw cash and grab travel essentials.
- The main mode of transportation in Banaue is tricycle. Within the town proper, a ride costs P10 to P15.
- The town sleeps quite early than major cities. Most establishments close at 9 pm.

The picture-postcard image of Banaue's rice terraces that most people see is that of lush green fields, teeming with life; thus it is in this season of full bloom, between April and July, that people often seek to visit them. Certainly April and May are the ideal months as it is also when the weather is mostly clear. However, if you do visit in other months, you may find the terraces with a different aura—aging yellow-green terraces on the way to producing grains, golden terraces that signal the start of harvest, bare water-filled terraces that sparkle majestically at daytime.

On your first day of rice terraces tour, it is just right to explore one of the two world heritage sites in Banaue—or both. Between Batad and Bangaan, the former is higher and steeper. The **Batad terrace cluster** is semi-circular in shape and cradles a little village at the base. The trek from the drop-off point to and across the terraces takes about an hour and consists mostly of flat trail. **Tappiyah Falls**, shrouded by the terraces, is a usual part of the tour and takes only 15 minutes to reach from the

northern end of the terraces. The hard part, however, is going back as you have to trek up a steep incline. If you ever get drained of energy, there are a couple of little shops along the way that sell snacks, refreshments, and even souvenirs. There are also restaurants and inns overlooking Batad, each with their own special offerings, such as Batad Pension and Simon's Viewpoint Inn.

On an easier level than Batad, the **Bangaan rice cluster** is another one that has a charm of its own. Often compared to a banga or clay jar, the Bangaan terraces are shallower than Batad. It harbors a beautiful village of well-preserved traditional Ifugao houses called *bale*, and you can reach it in about 20 minutes. In such a small village, you can easily interact with the locals and try activities like *mumbayu* (rice pounding) and wearing a native Ifugao costume.

Batad Rice Terraces & Tappiyah Trek: 3 hrs  
Batad Fees: P50 - Banaue Environmental Fee; P50 - Batad Heritage Fee  
Bangaan Rice Terraces Trek: 1 hr  
Bangaan Fees: Donations only



Wearing Ifugao costume in Bangaan village



Tappiyah Falls



Batad Pension's dining spot offers a clear view of the terraces.



The Tuna Vegetable Pizza at Simon's is a rare and precious find.

## PREFERRED TOUR PROVIDER



Unit 118, G/F, Manila Residences Bocobo, 1160 J. Bocobo St., Ermita Manila  
 9 am to 6 pm (Mon to Fri); 9 am to 5 pm (Sat)  
 02-528-07 to 08 / 0917-886-4386 (office hours only) / 0915-199-3430 (tour coordinator)  
 info@filipinotravel.com.ph  
 filipinotravel.com.ph | FILIPINO TRAVEL CENTER

A passion project that began in Boracay in 1998, **Filipino Travel Center, Inc.** is the first to offer Banaue tours, their team composed of highly-experienced, knowledgeable, and friendly local tour guides. They customize other tours including Manila day tours, vacation packages, and adventure group tours.





Baang Rice Terraces



Bogyah Hot Spring

A recommended side trip outside of Banaue is another UNESCO World Heritage Site, the **Hungduan rice terrace cluster**—where the sight of children running around terraces and the sound of gongs reverberating across rice fields, while a norm for the locals, are new ways for foreigners to warm the soul.

In contrast to Banaue's fierce beauty, Hungduan carries a solemn persona defined by tame and scenic landscapes. It allows for a rather leisurely trek on trails that are narrow yet mostly flat.

The Hungduan rice cluster resembles a spider web, spanning three villages separated by rivers. On your trek, you will first come across Nungulun, boasting tall rice terraces, and then Hapao, resembling a wide bed of rice plants. Before reaching Baang village, characterized by stone walls that separate the terraces, you will first find yourself drawn to Bogyah Hot Spring. It has natural, clean waters that get warmer between 10 and 11 am. You may also take a dip in the cool Hungduan River right next to it. A tour of Hungduan takes about three hours, including the relaxing dip in the spring.



## Banaue Ethnic Village

Established in the 1990s by the Department of Tourism to showcase the traditions of the North, the place was later on accredited to be an ecolodge—a village-lodging sanctuary where you will find the evolution of Ifugao dwellings from the simplest (Abong Tinodmok) to the most modern (Abong-Bali).

📍 Aparnga-o, Brgy. Viewpoint, Banaue, Ifugao  
☎ 0995-179-4254  
📌 Banaue Ethnic Village and Pine Forest Resort



## Banaue Museum

The history of Banaue and the native Ifugao inhabitants can best be found in Banaue Museum, steps away from the Municipal Tourism Center. The museum owns a collection of artifacts that came from generations of Ifugaos who have lived in Banaue.

📍 Brgy. Poblacion, Banaue, Ifugao  
🕒 8 am to 5 pm  
☎ 0928-304-6463  
💰 P50 per person



## Patina Artist Gallery

Patina Artist Gallery features a collection of masterpieces by Patina Ifugao Artist, Delfin Campol. The gallery was established 15 years ago and highlights primitive sculptures with images of the Bul-ol, a rice god. Sculptures can be purchased at the gallery or online through Facebook.

📍 Ilogue, Brgy. Tam-an, Banaue, Ifugao  
🕒 6 am to 8 pm  
📌 Delfin Campol (Patina Ifugao Artist)

## SOUVENIRS

Craft and artistry is not only a part of Banaue's culture but also a major local livelihood. You can find modest stores all around the town center and even along the rice terraces where vendors are sheltered by little huts. The best souvenirs from Banaue are *pasiking* (native backpack), *ikat* cloth products, amulets, local coffee, and rice.



Pasiking



Ifugao Coffee  
Kabunyan Blend



Ikat runners, bed cover,  
and native attire





If you're looking for the Banaue Rice Terraces—the one you see on the Philippine 20-peso bill—it is right in the town proper, Poblacion.

## Hagabi Restaurant

P

Hagabi Restaurant, named after an Ifugao bench that is said to be a symbol of wealth, was established back in 2015 by Moises Chog-ap and wife, Marissa. Inside, they feature some of Ifugao's household items.

Hagabi is most known for their Hagabi Rice, consisting of a hearty serving of chicken, rice, and mixed vegetables, good to go with Ginger Tea (P35).

📍 #28, Brgy. Poblacion, Banaue Ifugao  
 ☎ 8 am to 8:30 pm  
 ☎ 0905-122-7621



Hagabi Rice (P160)

## Le Bistro

P P

Banaue has been gifted with a taste of delicious European cuisine, thanks to Zélie, a French native, who fell in love with the local community. She runs Le Bistro with her husband, Samuel, an Ifugao.

Among their best-sellers is the Végétarien Spaghetti with eggplant, onion, tomato sauce, sprinkled with pepper and parmesan. Their fresh ingredients are sourced from Pangasinan and Banaue every week.

📍 Brgy. Poblacion, Banaue, Ifugao  
 ☎ 0935-469-5245  
 ☎ 4 pm to 9 pm  
 📘 Le Bistro



Végétarien Spaghetti (P190)

## FOOD

### House of Ekolife

P P

Established in 2016, House of Ekolife was originally conceptualized as a souvenir center that showcases local products and then later on opened a cafe and restaurant. The souvenir center is at the front while the cafe is behind it, overlooking the Banaue Rice Terraces.

House of Ekolife developed a menu in consideration of the many foreigners who visit Banaue. Their Pork Kare-Kare has a unique presentation compared to the usual one. There are also usual dishes like sandwiches, pasta, and pancakes. Meanwhile, the souvenir shop has a wide array of products that are not only from Ifugao producers but also from other parts of the Philippines, extending their commitment to supporting local.

📍 G/F Banaue Musuem, Brgy. Poblacion, Banaue, Ifugao  
 ☎ 7 am to 9 pm ☎ 0936-530-6732  
 📘 House of Ekolife



Pork Kare-Kare (P230)



Chocolate Macadamia Frappe (P125)

### 7th Heaven's Cafe

P

7th Heaven's Cafe commands a good view of the Banaue Rice Terraces and also serves food with locally-sourced ingredients. An all-time favorite among expats is their Honey Cured Liempo made with pork belly, marinated in honey and spices.

📍 Nueva Vizcaya-Ifugao-Mountain Province Rd., Banaue, Ifugao  
 ☎ 6:30 am to 8 pm (Last order 7:30 pm)  
 ☎ 0927-536-4791/ 0917-620-9790  
 📘 7th Heaven's Cafe



Honey Cured Liempo (P180)

### Al's Place

P P

A family restaurant led by Alexander Mamanglo whom it was named after, Al's Place is a homey restaurant that feels like a bale house.

Their most recommended dish is the Monte Cristo Sandwich, a three-layered ham and cheese sandwich with a creamy egg coating, which will remind you of French toast. It is best paired with special Benguet coffee, which you can enjoy unlimited for only P40.

📍 Brgy. Poblacion, Banaue, Ifugao  
 ☎ 10 am to 9 pm  
 ☎ 0935-963-6788  
 📘 Al's place Banaue



Monte Cristo Sandwich (P80)





## HOTELS



## Banaue Hotel and Youth Hostel

P P P P P

Emanating an old world charm and elegance like no other hotel in Banaue, Banaue Hotel and Youth Hostel will give you a feeling of indulgence in this otherwise bucolic town. Accredited by the Tourism Infrastructure and Enterprise Authority (TIEZA), this hotel is known as the first-ever hotel built in Ifugao in 1969. It is also the first to have a swimming pool.

Banaue Hotel gives you the privilege of having many ways to relish in views of rice terraces right from the hotel—from the balcony of your room, from the swimming pool, from the in-house restaurant. It is highly recommended to wake up early for a breakfast buffet and take a table by the window at Imbayah for breathtaking views of the crisp morning.

📍 Ilogue, Brgy. Tam-an, Banaue, Ifugao

🕒 Check-in: 2 pm / Check out: 12 pm

☎ 0927-570-2355 / 0908-400-7596

🌐 [tieza.gov.ph/operating-entities/banaue-hotel-youth-hostel](http://tieza.gov.ph/operating-entities/banaue-hotel-youth-hostel)

📘 Banaue Hotel



Imbayah Restaurant in Banaue Hotel

## Las Vegas Lodge and Restaurant

P

Las Vegas Lodge and Restaurant is a popular lodging place for travelers and backpackers on a budget. It started off as a stand-alone restaurant back in 1982. Their restaurant is also popular for their home-cooked specialties, one of which is the best-selling Chicken ala Japs, garlic fried chicken with a tangy sauce.



Speakeasy-style bar

📍 Banaue-Mayoyao-Alfonso

Lista-Isabela Boundary Rd, Brgy.

Tam-an Banaue, Ifugao

🕒 Restaurant: 6 am to 9 pm

☎ 0918-440-9932

📘 Las Vegas Lodge and Restaurant

## Sanafe Lodge and Restaurant

P

Known for being the ultimate backpackers' lodge in Banaue, Sanafe is just the place for those who want to get closer to both nature and the daily routine of the Ifugaos. The lodge has five private room types and a dormitory room that can fit up to 30 persons. They also have an in-house restaurant that serves local and international cuisines, a mini bar, and a semi-private area and garden.



📍 Brgy. Poblacion, Trade Center,

Banaue, Ifugao

🕒 Check-in: Anytime / Check-out: 12 pm

☎ 02-475-5314 / 0918-947-7226

📘 Sanafe Lodge and Restaurant

## Native Village Inn

P P

If you are headed for the Hungduan Rice Terraces, Native Village Inn is the last place to check on your must-visit list. Opened by a British expat, Graham Taylor, in 2009, the inn was established to give tourists a lodging option that lets them experience living in a native Ifugao house.

They also have a restaurant offering an international cuisine, which includes Pork Tenderloin stew served with hash brown and fresh vegetables.

📍 Native Village Inn Approach Rd., Uhaj Village, Banaue Ifugao

🕒 Check-in: 8 am / Check-out: 10 am

Restaurant: 6:30 am to 10 pm (Last order 7:30 pm)

☎ 0917-308-9902







## Baleh Boble

Baleh Boble is a guesthouse that opened just in late 2018, with the aim to make you feel at home while experiencing native-style lodging. The name, in local dialect, translates to "home in a native village."

Currently, there are three cottages available. Two are modernized Ifugao huts, fitted with two beds and a pull-out bed. One has a loft, which can be turned into an additional bed. The huts cost P1,000 to P1,800 for one to two persons (P500 charge for every extra guest). For larger groups, they have one nipa hut-style cabin with a private bathroom that can accommodate up to four persons.

📍 Napitang, Brgy. Tam-an, Banaue, Ifugao  
 ⌚ Check-in: 1 pm / Check-out: 12pm  
 ☎ 0997-895-3798 📱 Baleh boble guesthouse



## Tam-an Hotel

Tam-an Hotel is one of the newest modern hotels in Banaue. Established in 2017, it is said to be the only hotel to have flat screen TVs in each of their Suite Rooms (P3,500/night), good for two to three persons. These rooms are equipped with a hot and cold shower, an air-conditioner, and a balcony that gives you a view of rice terraces and the sunrise.

📍 Bissang, Brgy. Tam-an, Banaue, Ifugao  
 ⌚ Check-in: 1 pm / Check-out: 12 pm  
 ☎ 0927-252-0147 / 0956-357-7560  
 📱 Tam-an Hotel



## Uyami's Green View Lodge

Established over 30 years ago, Uyami's Green View Lodge also sees a lot of foreign travelers in their lodging, especially Europeans. A total of 22 rooms are available, with an option between a private room (P900 to P2,000) and a common room (P250/person). Each private room has a hot and cold shower and can accommodate two to six persons.

📍 Brgy. Poblacion, Banaue, Ifugao  
 ⌚ Check-in: Anytime / Check-out: 10 am  
 Restaurant: 6:40 am to 9 pm  
 ☎ 0920-540-4225 / 0917-591-0981  
 🌐 ugreenview.wordpress.com  
 📱 Uyami's Green View Lodge & Restaurant



## Banaue Evergreen Hostel

Preferred by budget travelers for its view of the rice terraces, Banaue Evergreen is a hostel and restaurant, owned by Mariano Batton, an Ifugao. It is one of the favorite accommodation of guests from countries like France and Israel, from whom the resident cook learned how to incorporate their cuisines with the dishes at the in-house restaurant. Their private rooms are priced from P1,400/night, good for 2 persons.

📍 Ilogue, Brgy. Tam-an, Banaue, Ifugao  
 ⌚ Check-in: 9:30 am / Check-out: 8:30 am  
 ☎ 0936-473-5278  
 📱 Banaue Evergreen Hostel and Restaurant

## Hiwang Native House Inn

Hiwang Native House Inn and Viewdeck has been around for at least 50 years. Since May 2019, they now have a total of 10 native houses called the "Bare" for accommodation and two Ifugao Native House Museums. Each accommodation has a private toilet and bathroom beside each native house equipped with hot and cold shower. You may book one native house for a night for P1,800, good for one to four persons only. You may also request for a bonfire or campfire, priced at P120.

📍 Hiwang, Brgy. Gohang, Banaue, Ifugao  
 ⌚ Check-in: 7:30 am / Check-out: 8:30 am  
 ☎ 0921-642-8704 / 0927-753-8668 / 0926-434-3030 / 0926-844-4508  
 📱 Hiwang Native House Inn and Viewdeck







# MORE JAPAN

**Japan Airlines now offers early direct flights from Manila to Tokyo (Haneda).**

That means more comfort, more food, more sights, more adventures, and more discoveries.

Experience more Japan with Japan Airlines.

## MANILA ROUTE - TOKYO (HANEDA)

Flight Number	Days of Operation	Aircraft	Dep. Time	Arr. Time
JL078	Daily	787-800	Manila 2325	Tokyo (Haneda) 0445 + 1





# Japan Visa Assistance?

Our friendly staff is willing to assist you!!!

## FRIENDSHIP TOURS AND RESORTS CORPORATION

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

Do it with Friendship Tours!!!



Accredited  
by Japan  
Embassy

### VISIT/CONTACT US:

#### MANILA OFFICE

3F Dusit Thani Manila Ayala Center  
Makati City  
02-893-8180 / 810-9622  
visa@friendshipmanila.com

#### CEBU OFFICE

Unit 214a, Business Center b, Oakridge Business  
Park, 880 A.S. Fortuna St., Banilad, Mandaue  
032-345-3459 / 344-4825  
info@friendshipcebu.com  
http://friendshipcebu.com

We provide assistance for obtaining  
visa for foreign nationals whether  
for tourist, employment, retirement  
or investment.



### Types of visa we process:

- 9(g) Working Visa
- 9D Visa
- 13a Visa
- SRRV Visa
- Recognition
- and other visa here in the Philippines

## VALUEASIA Philippines Inc.

02-511-0781 /  
0917-711-3049

visa@valueasia-ph.com

101 VM Condominium, 146 Amorsolo St., Legaspi Village, Makati City

# DAILY CAR RENTAL. MONTHLY & YEARLY CAR LEASING.

ALL SERVICES ARE 12HRS. OF CAR & DRIVER SERVICE. WE ALSO HAVE GUIDE SERVICE FOR GOLF TOUR PACKAGE.



RATE 12hrs. Rate 24hrs. Rate Excess Hrs.  
**P2,900 P5,000 P400/hr.**



RATE 12hrs. Rate 24hrs. Rate Excess Hrs.  
**P3,500 P6,000 P500/hr.**

### HIACE



RATE 12hrs. Rate 24hrs. Rate Excess Hrs.  
**P5,000 P8,000 P600/hr.**

### NEW HIACE



RATE 12hrs. Rate 24hrs. Rate Excess Hrs.  
**P6,000 P9,000 P600/hr.**

### ALPHARD



RATE 12hrs. Rate 24hrs. Rate Excess Hrs.  
**P10,000 P16,000 P1,000/hr.**

## AccessTrip TRANSPORT SERVICE

2744-A FARADAY STREET SAN ISIDRO, MAKATI CITY, PHILIPPINES  
CONTACT NO. (02) 8230291 & 5869552

CONTACT PERSONS: KOKI BEECH mobile, 0917-5366969  
CATH LIM mobile, 0917-5980291  
fbecchaccesstrip@yahoo.com.ph

## Travel Guide

### AIRLINES

#### All Nippon Airways

02-553-8000 / 02-553-7000

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

#### Cebu Pacific

02-802-7000

Terminal 4, Domestic Rd., Pasay City

#### Japan Airlines

02-403-2486

2/F, 6788 Ayala Ave.,  
Oledan Sq., Makati City

#### Philippine Airlines

02-855-8888 /  
02-832-2939 **Baggage Tracking**

Mezzanine Floor, PNB Financial  
Center, President Diosdado  
Macapagal Ave., CCP Complex,  
Pasay City

### TRAVEL & TOURS

#### Attic Tours Philippines, Inc.

02-556-6301 to 05

Unit 203 COKO Building 1, Patio Madrigal  
2550 Roxas Blvd., Pasay City

#### HIS

02-822-4496

Shopping Arcade 2F, Serendra,  
Bonifacio High Street, BGC, Taguig City

#### JTB Asia Pacific Phil. Corp.

02-832-5626

Unit 2, 18th Floor, RCBC Savings  
Bank Corporate Center, 26th &  
25th Sts, BGC, Taguig City

#### Philippine Primer Luxe Travel, Inc.

0920-949-7950 / 915-404-8367 /  
805-3616

Unit 807 7/F Greenbelt Mansion, 106  
Perea St. Legaspi Vill., Makati City

#### Universal Holidays, Inc.

02-859-3833 / 39

Mezzanine Floor, Dusit Thani Hotel, Makati City

### HOTELS & RESORTS

#### Club Paradise

02-719-6971

Dimakaya Island, Coron, Northern Palawan

#### Discovery Shores

02-720-8888

Boracay Highway Central, Malay, Aklan

#### KL Tower

02-845-0084

17 Gamboa St., Legaspi Village,  
Makati City

#### La Chevrerie Resort and Spa

0998-556-7357 / 0917-703-3320

Ligaya, Anilao, Mabini, Batangas

#### Makati Shangri-La, Manila

02-813-8888

Ayala Ave. cor. Makati Ave., Makati City

#### Pan Pacific Hotel Manila

02-318-0788

M. Adriatico cor. Gen. Malvar Street, Manila

#### Raffles Makati

02-555-9777

1 Raffles Drive, Makati Ave., Makati City

#### Seda BGC

02-945-8888/02-588-5700

30th St. cor. 11th Ave., BGC, Taguig City

### OTHERS

#### AccessTrip Transport Service

0917-536-6969/0917-598-0291

2744-A Faraday St., San Isidro, Makati City

#### Friendship Tours(Visa)

02-840-1060

3/F, Dusit Thani Hotel, Makati City

#### New World Makati Hotel

02-811-6888

Esperanza St. cor. Makati  
Ave., Ayala Center, Makati City

#### Philippine Retirement Authority

02-848-1412~16

29/F, Citibank Tower, Paseo De Roxas, Makati City

#### Sarah Rent A Car

02-307-7875 / 0927-816-6080

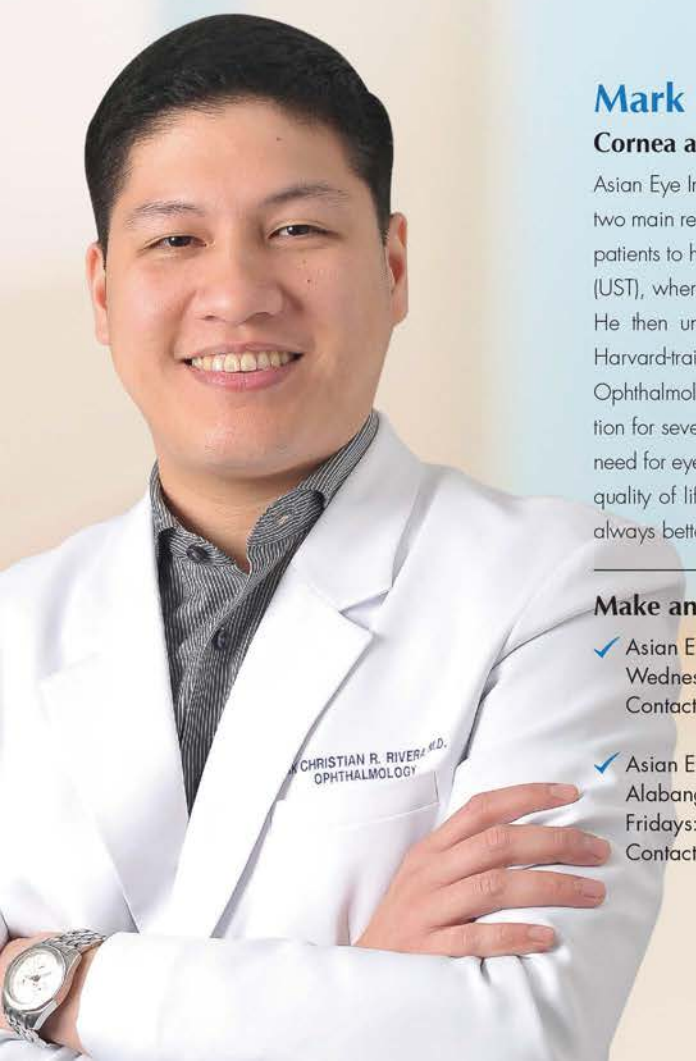




# MEDICAL PROFESSIONALS

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.



## **Mark Christian R. Rivera, MD, DPBO**

### **Cornea and Refractive Surgery, Cataract and Comprehensive Ophthalmology**

Asian Eye Institute Cornea and Refractive Specialist Dr. Mark R. Rivera chose to become a doctor for two main reasons—he comes from a family of doctors, and he loves the feeling of seeing and helping patients to have healthy vision. Dr. Rivera took up his medical degree at the University of Santo Tomas (UST), where he also obtained his post-graduate internship and residency training in ophthalmology. He then underwent fellowship training in Cornea and Refractive Surgery at Asian Eye, under Harvard-trained and multi-awarded surgeon Dr. Robert Ang. A diplomate of the Philippine Board of Ophthalmology (PBO), he has been invited to give lectures and has published and received recognition for several scientific papers. He performs LASIK surgeries to correct eye grade and eliminate the need for eyeglasses, and cataract surgeries to help the elderly have a clearer vision and have a better quality of life. He recommends everyone to have comprehensive eye exams because prevention is always better than the cure.

---

### **Make an appointment:**

- ✓ Asian Eye Rockwell, 8th, 9th, 10th floors, Phinma Plaza, Rockwell Center, Makati City  
Wednesdays: 8 am to 5 pm; Thursdays: 12 pm to 7 pm (By appointment)  
Contact Nos.: 02-898-2020 / 0918-898-2020
- ✓ Asian Eye Alabang, G/F Commercenter, Commerce Ave. cor. Filinvest Ave.,  
Alabang, Muntinlupa City  
Fridays: 10 am to 3 pm  
Contact Nos.: 02-403-9013 / 02-403-8996 / 0917-628-2807



## Ruth Margaret Francisco-Alejandro, MD

### Pediatrics

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



#### Make an appointment:

- ✓ Makati Medical Center / Room 127, Amorsolo St. cor. Dela Rosa St., Makati City  
Mondays, Wednesdays, and Saturdays: 10 am to 12 pm, Thursdays: 2 pm to 4 pm  
Contact Nos.: 02-888-8999 loc. 2127
- ✓ St. Luke's Medical Center Global City / Room 723 MAB, Rizal Dr. cor. 32nd St., and 5th Ave., Taguig City  
Mondays: 3 pm to 6 pm; Tuesdays and Thursdays: 11 am to 1 pm  
Contact Nos.: 02-789-1100 loc. 1123

## Joseph Arnold R. Darwin, MD, FPSOHNS

### Otolaryngology

Dr. Darwin is an otolaryngologist or an ENT specialist by profession. As an otolaryngologist, he treats ailments in the ears, nose and throat, and conducts head and neck surgery if needed. He graduated with a degree in BS Medical Technology at the University of Sto. Tomas, took his medicine proper at the De La Salle University College of Medicine, his residency training for internal medicine at Ospital ng Maynila Medical Center, and his fellowship training in ENT at Manila Doctor's Medical Center in U.N. Avenue, Manila City. He usually starts his day by holding his clinic for about 2-3 hours every day in Manila, Pasay, and Makati, and conducts immediate surgery for patients as needed. As an otolaryngologist, Dr. Darwin offers the following services: examination and consultation on general diseases of the ears, nose, and throat; head and neck conditions; and screening, surgery and reconstructive surgery of cancer tumors and other conditions of the head and neck.



#### Make an appointment:

- ✓ Healthway, Greenbelt 5  
4/F Greenbelt 5, Ayala Center, Makati City / Mondays: 11 am to 1 pm, Wednesdays: 1 pm to 3 pm  
Contact Nos.: 02-720-6109
- ✓ Manila Doctors Hospital  
Rm. 1122, 667 United Nations Ave, Ermita, Manila City / Tuesdays & Thursdays: 3 pm to 5 pm  
Saturday: 1 pm to 2 pm  
Contact Nos.: 558-0888 loc. 4600

## Mirabeth C. Ching, MD, DPPS

### General Pediatrics

Dr. Mirabeth Ching is a general pediatrician who has been in practice for more than 10 years now. She graduated from the University of Santo Tomas (UST) in 2002 and completed her residency training at Philippine Children's Medical Center, which she considers one of the hardest part of her medical life as working for a government-owned children's hospital meant an unexplainable amount of workload. Her choice to become a pediatrician stems from her enjoyment of being around kids, and she finds a sense of fulfillment in being a part of every stage of her patient's life. She also reiterated that being a pediatrician goes beyond the child's treatments and doctor appointments as one also needs to check on the welfare of the parents every now and then. Dr. Ching is also an active advocate of breastfeeding. She encourages her patients to not only try breastfeeding but also donate to human milk banks if they can, just like what she did after her two pregnancies.



#### Make an appointment:

- ✓ Room 935, Medical Arts Bldg., St. Luke's Medical Center-Global City, BGC, Taguig City  
Mondays, Tuesdays, Thursdays: 11 am to 2 pm  
Fridays: 10 am to 12 pm, Saturdays: 10 am to 2 pm  
Contact Nos.: 02-789-7700 loc. 7935
- ✓ Room 7, Outpatient Department (OPD), 6/F Providence Hospital, Diliman, Quezon City  
Saturdays: 5 pm to 7 pm  
Contact Nos.: 02-558-6999; 02-558-6788 loc. 623/625



# SHARP

Be Original.

# HEALSIO

HOTCOOK



KN-H24FA (2.4L)



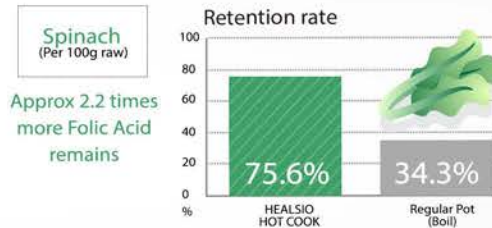
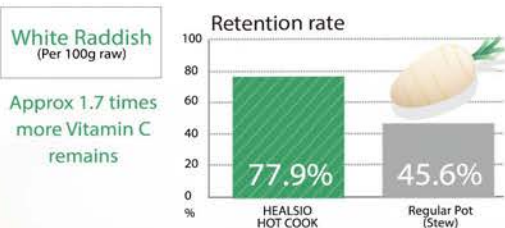
**Automatic Waterless Cooking**  
Cook healthy meals easily!

*Healthy and Rich in Flavor*

## WATERLESS COOKING

Gets the best out of the ingredients' original flavor and nutrients

- It leaves more nutrients from the ingredients



## STEAM-CIRCULATION DESIGN

HOTCOOK's steam-circulation system cooks food by using its natural moisture, so you can enjoy more of the original flavors of the ingredients.

\*Based on Japan Food Research Laboratories

*Convenient*

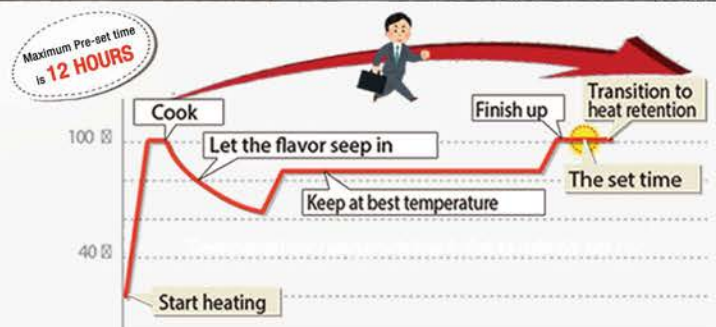
## AUTOMATIC COOKING

Let HOTCOOK do the stirring and heat control for you



## TIMER COOKING

Keeps the food safe and cooks it for the time you want it!



\*Sharp's HEALSIO HOTCOOK is an Automatic Waterless Cooker that cooks without water, by using the moisture in the ingredients. Some menus may use a small amount of water.



# HEALSIO

VACUUM BLENDER



EM-VB2F-RD (1.5L)

## WHAT IS A VACUUM BLENDER?

The Vacuum Blender has a function that minimizes air inside the Jug using Vacuum Technology.

## BENEFITS OF VACUUM BLENDING

**SGS** Laboratory Test Result

### REDUCE OXIDATION



-Prolonged Shelf Life

### ENHANCE NUTRITION



-Keeps Vitamin & Dietary Fibers

### TASTE BETTER

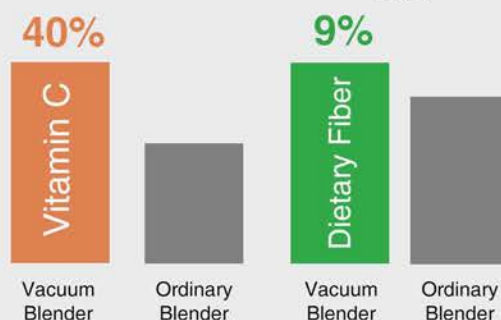


-Enhances Flavor & Texture

### NUTRIENTS COMPARISON



### VITAMIN C & DIETARY FIBER RETENTION



\*Based on SGS Laboratory Result



### SHARP (PHILS.) CORPORATION

Km 23 West Service Road, South Superhighway, Alabang, Muntinlupa City  
 Tel. Nos.: (+632) 842-0525 to 29  
 Fax No.: (+632) 842-0530  
 Toll Free No.: 1-800-1-888-4952



[www.facebook.com/SharpPhilippines](https://www.facebook.com/SharpPhilippines)

@sharp.ph

ph.sharp








**Prueba: the Map to your Maximum Potential.**



What if we can read your genes like a map and help you chart your course to unlocking your maximum potential in life?

**BRING THIS AD TO INFINITY CLINIC TO RECEIVE A FREE THOROUGH MEDICAL ASSESSMENT.**



808 The Infinity, 25th street, corner 11th Avenue, Bonifacio Global City, Taguig City

(02) 776 4977 | 0977 831 3424

[www.almariophysioteam.com](http://www.almariophysioteam.com)





**EXPERIENCE TRUE WELLNESS IN THE HEART OF MAKATI!**

Imitated, but never duplicated. We invite you to indulge in an all-inclusive spa experience at the largest spa in Manila.

From just **Php 1,950 nett** you get:  
a 60-minute massage PLUS




Access to an authentic Japanese onsen



Relaxation lounge with free-flowing wellness teas



Finnish sauna and steam room



Buffet Dinner



Karaoke Room available for Spa Parties and Group Bookings!

**WE ALSO ACCOMMODATE GROUP / CORPORATE BOOKINGS.**

Advanced reservations are recommended.  
Call us at **(+632) 7557 877**  
or email [spareservations@imhotel.com](mailto:spareservations@imhotel.com)

I'M Onsen Spa  
Upper Ground Floor, I'M Hotel, Makati Avenue corner  
Kalayaan Avenue, Makati City, Philippines 1210

[www.imonsenspa.com](http://www.imonsenspa.com)  
f i imonsenspa



## The Junca technology that developed in Japan, now embraced globally

Junca salon is part of Philippine Top Choice Awards for Excellence and Outstanding Achievers that offers quality services to valued customers

With roots in Japan, Junca is trusted by beauty queens for their treatment.



junca

Hairstyling / Hair revive / Body massage / Nails / Eyelashes (Medical Towers)

2017: Awards for Customer Service Excellence  
Golden Global Annual Awards for Business Excellence / Best High End hair and Beauty Salon  
2018: The Top Choice Trusted and Beauty Salon / World Class Philippine Company

Staff are trained on Junca's method to deliver exceptional service.

more info @junca @juncasalon  
www.junca-beauty.com

junca salon  
Business & Color Trend Beauty Salon

58, Sgt. Esguerra Avenue,  
Quezon City

02 287 1080  
0915 747 7470 (Globe)  
0921 723 5079 (Smart)

Business hour: 11:00a.m. ~ 8:00p.m.  
Closed on Monday

junca  
beauty label

Cityland Pasong Tamo Tower,  
2210 Chino Roces Ave, Makati

02 810 3314  
0956 912 3266 (Globe)  
0928 908 4639 (Smart)

Business hour: 11:00a.m. ~ 8:00p.m.  
Closed on Monday

junca  
BEAUTY LABEL  
HAIR AND BEAUTY  
LIFE STYLE SALON

Unit 103 7441 M. Santillan St.  
Corner Fernando St. Pio Del Pilar,  
Makati City

02 541 8146  
0977 214 5850 (Globe)  
0920 676 4718 (Smart)

Business hour:  
11:00a.m. ~ 8:00p.m. Monday - Thursday  
1:00p.m. ~ 9:00p.m. Friday and Saturday

junca  
BEAUTY LABEL  
HAIR AND BEAUTY  
LIFE STYLE SALON

A. Venue Mall,  
7829 Makati Ave, Makati

02 621 3460

Business hour: 11:00a.m. ~ 8:00p.m.  
Closed on Monday

## Elite Nails

Get yourself pampered at Elite Nails this weekend!

Looking for an affordable pampering treat? Visit Elite Nails, located on the 2nd floor of Lasala Building along J.P. Rizal Avenue, in front of Makati City Hall.

Elite Nails Makati branch offers a wide range of services such as manicure, pedicure, massage, facial, body hair removal, whitening, eyelash extension, and a lot more! They even have nail care services for men. Not only do they have a wide selection of polish colors and services, but they also offer affordable prices for their nail services such as nail art application.



Nail Extension with Gel Polish (P2,110)



Diamond Peel (P790)



**SPA PROMO:**  
NAIL EXTENSION SERVICE NOW AVAILABLE!  
Nail Extension with Gel Polish (P2,110)  
and Diamond Peel (P790)

Also accepting:  
Spa Party and Home Service

JP Rizal Ave., cor. F Zobel St., Brgy. Poblacion,  
Makati City  
02-500-6312 / 0917-863-5646 / 0939-931-1687  
11 am - 10 pm  
elitenailsgroup.com  
A Cozy Spa at Elite Nails Makati Branch

## WIL TAILORS



We are experts in tailoring  
different kinds of uniforms and  
made-to-order clothing.



- Office uniforms
- Hotel uniforms
- Restaurant uniforms
- Corporate uniforms

B24 L12 Karikatan St. Karangalan  
Manggahan, Pasig City

wil.tailors27@gmail.com  
Monday to Saturday  
9am to 7pm

Like us on Facebook  
@Wil Tailors

0905-282-5114

50% downpayment and  
50% upon delivery

## Happy Hearts Preschool @ Rockwell Est. 2000



Free Trial  
Class

With a year round calendar from June to May 2020  
children ages 18 months to 6 years old (S.Y. 2019-2020)



### BRANCHES!

Ground Floor, One  
Rockwell West Tower  
&  
23 Amorsolo Drive,  
Rockwell Center,  
Makati City

CONTACT:  
EMILY DAZA DIMAYUGA  
PHONE NO. (02) 216-75-00  
0917-811-3731

Email: daza\_emily@yahoo.com  
or emilydaza6@gmail.com

Visit our website: happyhearts.ph

PJ LINK  
LANGUAGE  
Center, INC.

MAKATI CENTRAL BUSINESS DISTRICT  
NEAR GREENBELT 1

### SERVICES:

- NIHONGO
- ENGLISH
- TAGALOG
- TRANSLATION
- STUDY AND WORK  
PROGRAM IN JAPAN
- EIKEN / TOEFL / TOEIC
- SKYPE



We offer Nihongo Class  
of the highest caliber at  
incredibly affordable rates.

0956-556-8544

Pjlink.marketing@gmail.com

http://pjlink-manila.com/en/ | PJ Link Language Center Inc.  
4F Ricogen Bldg 112 Aguirre St., Legaspi Village Makati





# Business Talk

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

**Forbes** ★★  
TRAVEL GUIDE



**Filip Boyen**  
CEO of Forbes Travel Guide

*Filip Boyen is the newly appointed CEO of luxury star rating service Forbes Travel Guide in 2018. Born in Belgium and currently based in London, Boyen has about three decades of experience in the luxury hospitality industry, starting as a commis chef before moving on to operations management. Before his appointment with Forbes, he was the CEO of Small Luxury Hotels of the World.*

**When did you take up the position as CEO and what does your role in Forbes Travel Guide entail?**

I joined Forbes Travel Guide as CEO in 2018. In my role, I travel to all our Star-Rated locations and properties along with many destinations and properties that we want to include in the guide in the future. I also participate in public speaking engagements from the world's biggest brands, independent associations, universities, and tourism institutions.

**How did you get into the travel/hospitality industry? Please tell us more about your beginnings.**

I left school at 18 and happened to get into a job as a commis chef. I immediately knew that hospitality was what I wanted to do. The experience of working my way up through the ranks proved invaluable in my development.

**Please tell us more about Forbes Travel Guide and its standards when rating hotels, restaurants, and spas.**

At Forbes Travel Guide, "We verify luxury," and that means we champion, support and celebrate all those with a passion for extraordinary service.

Forbes Travel Guide awards three categories for hotels: Recommended denotes the property is excellent, one of the best in its destination; Four-Star honors are for hotels that are not only excellent but offer a particularly high level of

overall luxury, convenience, and upgraded amenities; while Five-Star accolades are reserved for properties that consistently offer outstanding facilities and service that often will go above and beyond for its guests.

**Have you inspected hotels/restaurants yourself? Can you share any interesting learning or discoveries from your own travels?**

We employ extremely experienced evaluators to inspect luxury hotels, spas, and restaurants. First and last impressions are critical. When I arrive at a hotel and the doorman who opens the door of the car is welcoming, engaging, and gives me a feeling that he really wants me to be at his hotel, chances are that I have arrived at a very good property. Hotels sometimes forget that the very first impression of their property is the hotel driver that transports the guests to the hotel. It is vital that they are knowledgeable, engaging, and that they speak English.

**What are some of the biggest challenges you have faced with Forbes Travel Guide?**

One of the challenges I faced is explaining to hotels that our ratings are not for sale and that our integrity is our most important asset. Engaging with our support services is no guarantee that the hotel will receive a Five-Star rating. Our ratings have to be earned by each and every hotel. In 2019, seven new Forbes Travel Guide Five-Star hotels earned their rating without buying any of our support services. If the hotel is exceptional, it will receive a Five-Star rating.

**What plans do you have for Forbes Travel Guide in the near future?**

I plan to fulfill our amazing potential in Europe, Asia, and the Middle East. I will also help build

brand awareness through celebrating the Forbes Travel Guide-rated hotels, their achievements, and especially their excellent staff. I will continue to support and celebrate the very best hotels, restaurants, and spas in the world.

**Have you travelled to the Philippines? Please tell us what you think about the tourism/travel industry in the Philippines.**

I was in Manila in March for the first time and stayed at the wonderful Peninsula Manila, one of the new Forbes Travel Guide Five-Star hotels. I was privileged to attend an employee celebration of the Five-Star award. I was very impressed with the service culture as well as the joy and the love for life of the Filipino people. This is such a huge factor when successfully developing a luxury destination.

The Philippines has had a decade of +6.0% GDP year-on-year growth, making it one of the top countries in the world in terms of growth, along with Vietnam and Mongolia. Foreign investment and confidence has allowed industries and businesses to flourish, supporting a growing middle class and strong domestic consumption. The Philippines stands strong to benefit from trade war, as inter-Asia companies invest in the Philippines for its educated, available and affordable labor, complemented with the warm hospitality spirit of its people.

Plus, a growing domestic middle class boosts GDP through real estate, demand for services, experienced and overall consumption.

**What international destination would you recommend for Filipinos?**

Japan is a very hot destination due to its history, amazing culture, and gracious hospitality. In Europe, Iceland is very attractive with its natural beauty and richness.

**How would you describe your management style?**

My management style is inclusive and direct. I like to get things done. Our amazing team is vital, and it gets the credit whenever it achieves. Development of our colleagues is an absolute priority.

**Who are the people you look up to?**

Horst Schulze, the creator of Ritz-Carlton, and Issy Sharp, founder of Four Seasons. I love the fact that both are still active and have an amazing vision and unwavering passion for extraordinary service.

**Describe your typical day at work.**

My priority is to ensure I make the effort to visit as many of our clients as possible. They are the reason why we exist! Since I started in late October of last year, I have visited more than 250 hotels, restaurants, and spas in the Americas, Europe, Asia, and the Middle East. I constantly ask for their feedback to ensure we stay relevant as a company and that we meet their needs.

Scan the code to view the full interview. Read more on business at  
[www.primera.com.ph](http://www.primera.com.ph)





**brother**  
at your side

## Refill Tank System



**BONUS**

2 Black Bottles Included  
Only P390 per bottle

**DCP-T710W**

**SRP: 11,450**

3-in-1 Print, Copy, Scan  
Colour Inkjet Wireless Printer w/ ADF



We can offer services such as "All in Click" which offers flat rate per page or "Broprint +" which is print all you can program with fixed monthly fee.

**All in Click**  
Program



**broprint+**  
Print all you can! Reliably. Regularly.



P3,000/Month



P4,000/Month



P5,000/Month

Extended warranty for FREE up to 2 years!

For inquiries, please contact: E-mail: [shinichi.tanaka@brother.com.ph](mailto:shinichi.tanaka@brother.com.ph)

### BROTHER INTERNATIONAL PHILIPPINES CORPORATION

6/F Marajo Tower, #312 26th Street West corner 4th Avenue, Bonifacio Global City, 1634 Taguig City  
Trunkline: (02) 581.9800 • Customer Service: (02) 581.9898 • Toll-Free: 1-800-10-BROTHER

f /BROTHERatyourside

www.brother.com.ph

t /BROTHERPhils

i /BROTHERPhils



## ASSISTANCE IN PHILIPPINE WORK VISA WORK PERMIT SPOUSE VISA LONG-TERM VISAS



WE ALSO ASSIST WITH OTHER  
IMMIGRATION - RELATED CONCERNS

Contact: [immigration@fernandolaw.com.ph](mailto:immigration@fernandolaw.com.ph)

(632) 817 - 8920 look for Ms. Tin

\*Accredited by the Bureau of Immigration\*



**C&D Domestic Cleaning**  
C&D 家政保洁

## CLEANING SERVICES

We employ professionals to take care of your family.

### SERVICES:

- ✓ House/Condo cleaning
- ✓ Enterprise cleaning
- ✓ Japanese style arrangement
- ✓ Filter box dredging
- ✓ Washing and care service
- ✓ Household appliance cleaning

### RESERVATION PROCESS:

- 1 Select service
- 2 Fill in information
- 3 Completion of services — Payment



1418 Cityland Herrera Tower V.A Rufino St. Makati City  
0966-455-2777 / 0921-363-6777 / 02-247-7628

C&D Domestic Cleaning 家政保洁

MAP Makati B-5

## WE CAN ASSIST YOU TO FIND THOSE WHO WANT TO SELL AND BUY PROPERTY!



### JNP can help you

- ▶ Find potential buyers for your properties
- ▶ Look for your house and desired investment properties
- ▶ Search for lease/for sale residential, commercial and industrial properties
- ▶ Find tenants and manage your property

Service you deserve, people you trust.



Unit UG21 Cityland Pasong Tamo Tower Inc. Makati City Philippines

TEL: 0915-332-1555(Globe)/  
0977-676-7815(Globe)

MAIL: [jnp-real-estate@billionaire-club.jp](mailto:jnp-real-estate@billionaire-club.jp)



**FREE** UNTIL YOUR HOME IS  
RENTED!

## LOOKING FOR TENANT?

We will help you find the best one for your property!

### FULL PROPERTY MANAGEMENT INCLUDES:



Property Marketing



Tenant Management



Finance, Billing & Collection



Eviction & Handling Legal Matters



Property Maintenance

GET PROPOSAL NOW!

SCAN ME



(+632) 772-1455  
0915-933-8667

[inquire@81property.com](mailto:inquire@81property.com)  
[www.81property.com](http://www.81property.com)

2nd floor, L&H Building, 2310 Chino Roces Avenue, Pio del Pilar, 1230 Makati City



# Business Talk *Extended*



**Yoichiro Ikeda**  
Chief Advisor to the President  
of Asian Development Bank

Yoichiro Ikeda is the Chief Advisor to the President of Asian Development Bank (ADB) since 2017. During his 18 years of professional career, he has been wearing several hats: a government official, an international organization staff, and a leader of non-profit organization, Crossover. His work experiences have been spanning many countries including Bangladesh and the Philippines. He keeps working both at the micro grass roots and macro policy-making levels, aiming at leading an effective collaboration across different occupational, organizational, and national boundaries toward achieving a sustainable development for countries and for the globe.

## Why did you choose to work for the Ministry of Finance?

A profession that can contribute to developing one's own country is something that I wanted to pursue since my childhood, due to my interest in Japanese and world history, as well as the influence of my father and grandfather who worked hard to develop Japan. While I was on a job hunt, I found the Ministry of Finance (MoF) attractive as a place where I can dedicate myself to Japan's national development with a holistic view, grave responsibility, and effective tools. I was also impressed by the MoF staff, in particular their professional ethics and effective communication skills. My professional career started at the Budget Bureau of the MoF in 2001. Two years later, I had a chance to be seconded to the National Tax Bureau in Hiroshima.

## Could you tell us about your experiences in Hiroshima?

Exposing myself to the field where tax collection was actually going on helped me appreciate how important it is to feed both tax collectors' and taxpayers' views into the tax system, which is the foundation of a country. I was also really into studying English there. To be very honest, I even could not introduce myself in English at that time. But I transformed myself by attending an English conversation school almost every day to get as many opportunities as possible to use English. While English education in Japanese school is said to be too input-oriented, such as memorizing grammar and vocabulary, a huge jump of my English communication skill in Hiroshima would not be possible without the foundation that I built with a lot of inputs.

## With your enhanced English skills, you went to the USA.

Thanks to a generous program supported by taxpayers, I got a chance to study at Harvard Kennedy School for two years from 2006. I learned how to manage public organizations effectively and how to solve public issues through a partnership between the government, businesses, and civil society organizations. I also tried to get field experiences in developing countries by volunteering at a shelter for kids orphaned due to the HIV/AIDS pandemic in a rural place in Kenya, and also by working as an intern for the microfinance institution in India.

## Please talk about memorable experiences in the USA.

My biggest learning was from the experience that I became a so-called "minority." There were no students other than me who did not have any experiences of studying or working in English. Catching up with the discussion in the class was truly challenging. I felt I was the only one left behind. I tried hard to actively participate in discussions by setting a goal: asking at least one question in one class. This made me feel confident step by step. After two years in the Kennedy School, I came back to the Ministry of Finance in 2008 and joined a team that handled international matters.

## 2008 was the year when the financial crisis occurred.

I was struck that a financial problem in one country rapidly spreads all over the world. Under the extremely serious and imminent situation, as one of the members of the crisis response team, I worked almost around-the-clock including weekends to catch up with the ever-changing situation of the US and European markets engulfed by "a once-in-a-century financial tsunami," and considered the government's countermeasures. It was indeed daunting, but I learned a lot: the importance of taking corrective actions among various governments, as well as the difficulty of communicating with markets under the crisis. Then, I moved to the World Bank in 2011.

## What role did you play in The World Bank?

The World Bank helps developing countries

with concessional financial resources and knowledge. I worked in the Bangladesh country office to get a field-level perspective, where I developed the third party monitoring mechanism through a collaboration with the government and local civil society organization. This new mechanism was meant to get direct feedback from the users of projects such as cyclone shelters in coastal areas to enhance the design of The World Bank-funded development projects. This experience was followed by the mission at the headquarters in Washington DC to scale up the mechanism across the Bank.

## What is your role in ADB?

As the Chief Advisor, I am always with the President to support him to make an informed decision on important managerial issues. Facilitating communication between the staff and the President is also an expected role that I should play. ADB has increased available funding for the Philippines for infrastructure-related investments, like a railroad project between Clark, Pampanga, and Malolos, Bulacan, as well as for reforming education program and reconstructing Mindanao after the conflict. With about 3,300 staff, ADB helps its developing member countries address difficult social and economic issues by providing not only financial resources but also practical and cutting-edge knowledge.

## What do you have in mind for effectively managing an international organization like ADB?

What matters is to turn the differences of each staff, like nationality, culture, and specialty, into strength as a group. To prevent ADB from being a fragmented and silo-minded institution, we promote communication across various sectors and enhance staff mobility among different departments.

## What is your dream for the future?

I hope to keep contributing to making the world free from conflict. To achieve the goal, I want to squarely face people and issues in front of me, while continuing to play different but inter-related roles as a Japanese government official, an international organization official, and the leader of a civil society organization. In blazing my own path, I want to embrace curiosity, aspiration, and public spirit in my mind. I also hope to continue my practice of going back and forth between the grass roots and the operation room of a big organization to cherish both micro and macro perspective.

## Could you give us a quote that motivates you to do well in your job?

The Serenity Prayer by Reinhold Niebuhr: O God, give us serenity to accept what cannot be changed, courage to change what should be changed, and wisdom to distinguish the one from the other.

## What do you do on your holidays?

I like running, visiting the grass-roots project sites where JOCVs (JICA overseas corporation volunteers) are working, and managing my NPO, Crossover, to promote public private partnership. Since my family came to the Philippines recently, time I spend with them increased, which brings me joy and learning.

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

[www.primers.com.ph](http://www.primers.com.ph)





# Global No. 1 DAIKIN

ENERGY  
SAVING

For Family Use

Eco King

R32  
INVERTER



D-SMART



D-SMART *Elite*



EUROPEAN DESIGN SERIES



urusara 7

DURABILITY

**SkyAir**

R32  
INVERTER

For Business Use

CEILING CASSETTE



White Panel  
with sensing



Black Panel  
with sensing



Designer Panel



Ceiling Suspended



Ceiling Concealed



Wall Mounted



Floor Standing



AFTER  
SALES  
SERVICE

## Trust US, Trust JMATERIALS!

- We can do everything from Installation to Piping, Maintenance and Repair.
- We offer a year of FREE inspection.
- We also accept requests for piping covers.

WE DO  
INSTALLATION



JMATERIALS can also install aircon covers for the laid pipes!

So they are not exposed and ensures a smooth, beautiful finish.

For product inquiry:

- Contact person : Mr. Otani
- E-mail : [joji.otani@daikin.com.ph](mailto:joji.otani@daikin.com.ph)
- Tel. : (02) 318-6800

For quotation and set-up inquiry:

- Contact person : Mr. Rico
- E-mail : [rico@jmaterials.com](mailto:rico@jmaterials.com)
- Mobile : +63 977 842 1703

Daikin Airconditioning Philippines Inc. JMATERIALS CORPORATION (Daikin Authorized Dealer)



Jmaterials Ms. Camille Daikin Mr. Otani Jmaterials Ms. Andrea





**FREE**  
Registration and  
Posting

# Find the best people for your company AT NO COST!

**JobPrimer connects companies and job seekers for FREE!**



Quick and easy registration



Significantly save time  
in the hiring process



Huge cost reduction



**QJOBPRIMER**

JobPrimer caters to local and international companies  
and provides job opportunities to job seekers in the Philippines.

<https://jobprimer.com.ph/how-to-use>







**We are the Leading Recruitment Company in the Philippines.**

We will continue to provide the best service to our clients and applicants.

We are available every day, even at night, weekends and holidays  
Operating Mondays to Sundays 8:30 - 23:00

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

Work with International Companies and  
earn PHP70,000-PHP150,000 salary a month.

For applicants, please contact us:

jkmanpower@jp-network-e.com  
Telephone: 02-245-2829 Globe: 0936-973-4028  
Applicant's Page: <https://jknetwork-jobs.com>

For clients, please contact us:

jkhr@jp-network-e.com  
Telephone: 02-245-2829 Globe: 0917-813-9678  
Client's Page: <https://jknetwork-jobs.com/forClients>

**02-245-2829**

GLOBE: 0916-493-1663 / 0936-973-4185 / 0936-973-4028 /  
0936-973-4186 SMART: 0929-3139-901  
UNIT 3 JKLIM 3rd floor Crissant Plaza Building No.272  
Commonwealth Avenue Old Balara, Quezon City, Philippines



We are awarded as the **TOP MULTILINGUAL RECRUITMENT PROVIDER**  
by world-class companies in the Philippines since 2014.

For our applicants, we have jobs for all nationalities.

For our clients, we provide bilinguals across  
all nationalities and industries.

Get a **JOB**  
for **FREE**.  
Get a **Hoodie**  
for **FREE**.



**DAIKIN | HITACHI**

**Air Conditioning Systems**

**AUTHORIZED DEALER - INSTALLER**

**Highly Reflective Coating**

Just Coat it & Reduce the Roof Temperature by 10 °C

**MIRACOOOL™**



**Safety Service Kindness Phils., Inc.**

02-912-0880 | [ssk.admin@sskphinc.com](mailto:ssk.admin@sskphinc.com) / [sskphinc@gmail.com](mailto:sskphinc@gmail.com)



## Business Guide

### BUSINESS

#### AAB Philippines Inc.

☎ 02-218-3535  
Unit 409 Cattleya Building, 235 Salcedo St.,  
Legazpi Village, Makati City

#### Almario Physio Team

☎ 02-776-4977/0977-831-3424  
808 The Infinity, 26th St. cor. 11th Ave., BGC, Taguig City

#### Canon

☎ 02-884-9090  
7/F and G/F, Commerce and Industry Plaza (CIP)  
Bldg, Campus Ave., corner Park Ave., McKinley Hill,  
Brgy. Pinagsama, Fort Bonifacio, Taguig City

#### Crown Line

☎ 0999-436-6907  
Unit 103 & 104 JJM Building II, Ninoy Aquino Ave.,  
Paranaque City

#### C&D Domestic Cleaning

☎ 02-247-7628/0966-455-2777/0921-363-6777  
1418 Cityland Herrera Tower, VA Rufino St., Makati City

#### e-Copy

☎ (632) 525-9911/522-1771/536-0174  
5837 Zobel Roxas St. Palanan Makati City

#### Isuzu

☎ 02-807-1788  
Alabang-Zapote Rd. cor. Acacia Ave.,  
Ayala Alabang, Muntinlupa City

#### Kansai Paint

☎ 02-519-4276/049-530-9516  
Unit 8-A South Luzon International  
Business Park, Brgy. Batino, Calamba City

#### KL Serviced Residences

☎ 02-845-0084  
47 Gamboa St., Legaspi Village, Makati City

#### Mitsubishi Motors

☎ 02-892-0331 to 42  
Cor. Don Bosco and Pasong Tamo St., Makati City

#### Nippon Express

☎ 02-844-1111  
Unit 2701 Yuchengco Tower RCBC Plaza,  
Ayala Ave., Salcedo Village, Makati City

#### OCS

☎ 02-894-0341/02-817-8282  
First Cityland Condominium Building,  
Rada Street, Legazpi Village, Makati City

#### Sagawa

☎ 02-822-9911/02-776-2627  
Suite 102, CTC Building, 2232 Roxas Boulevard, Pasay City

#### Sharp

☎ 02-807-4991  
Km. 23 West Service Road, South Superhighway,  
Alabang, Muntinlupa City

#### Value Asia

☎ 0917-817-6549/02-511-0781  
2/F, COCOFED Bldg., 144 Amorsolo St.,  
Legaspi Village, Makati City

### BANKS

#### BD0

☎ 02-840-7000  
7899 Makati Ave., Makati City

#### BPI

☎ 02-816-9572  
BPI Head Office, 6768 Ayala Ave., Makati City

#### Metrobank

☎ 02-857-5319  
Metrobank Plaza, Sen. Gil J. Puyat Ave., Makati City

#### RCBC

☎ 02-887-4941  
Yuchengco Tower, RCBC Plaza, 6819 Ayala Ave., Makati City

### RECRUITMENT

#### J-K Manpower

☎ 02-932-0963/0917-813-9678  
UNIT 3 JKLIM 3/F, Crissant Plaza Building No.272  
Commonwealth Ave., Old Balara, Quezon City

#### NOSPIL

☎ 02-687-1978  
3/F, OAC Building, 27 San Miguel Ave.  
Ortigas Center, San Antonio, Pasig City

#### Reeracoen Recruitment Co., Ltd

☎ 02-893-7282/02-843-2986

#### Sagass

☎ 02-893-8815  
139 Valero St., Salcedo, Makati City

### LAW OFFICES

#### Ingles Laurel Calderon Law Office

☎ 02-812-9419/02-812-9333  
Suite 7B, The Valero Tower, 122 Valero  
Street, Salcedo, Makati City

#### Matsuo & Namba

☎ 02-892-3011/02-892-3032

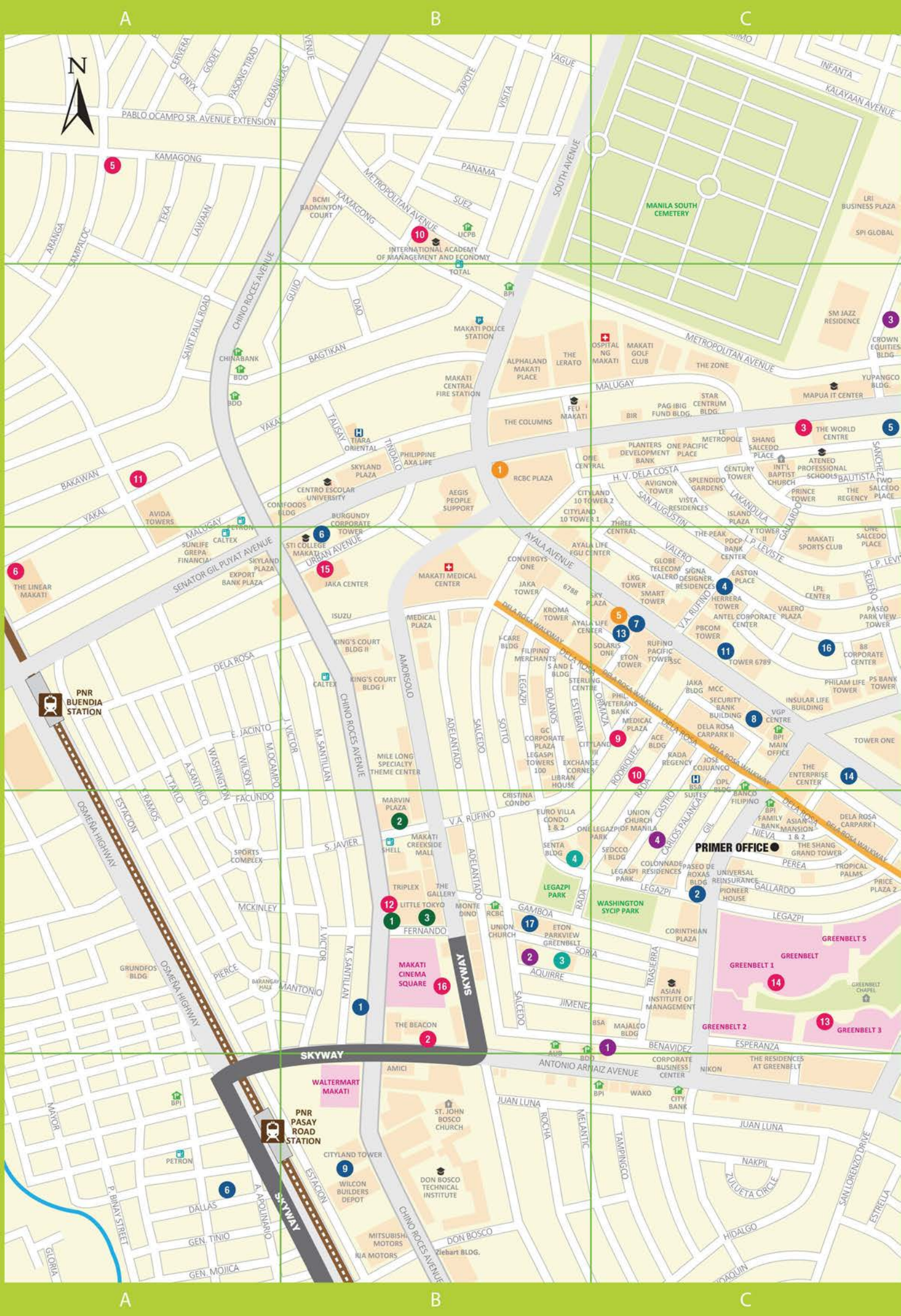
#### Puyat Jacinto & Santos Law Office

☎ 02-840-5025 to 28  
10/F, 8 Rockwell, Hidalgo corner Plaza  
Drive Rockwell Center, Makati City

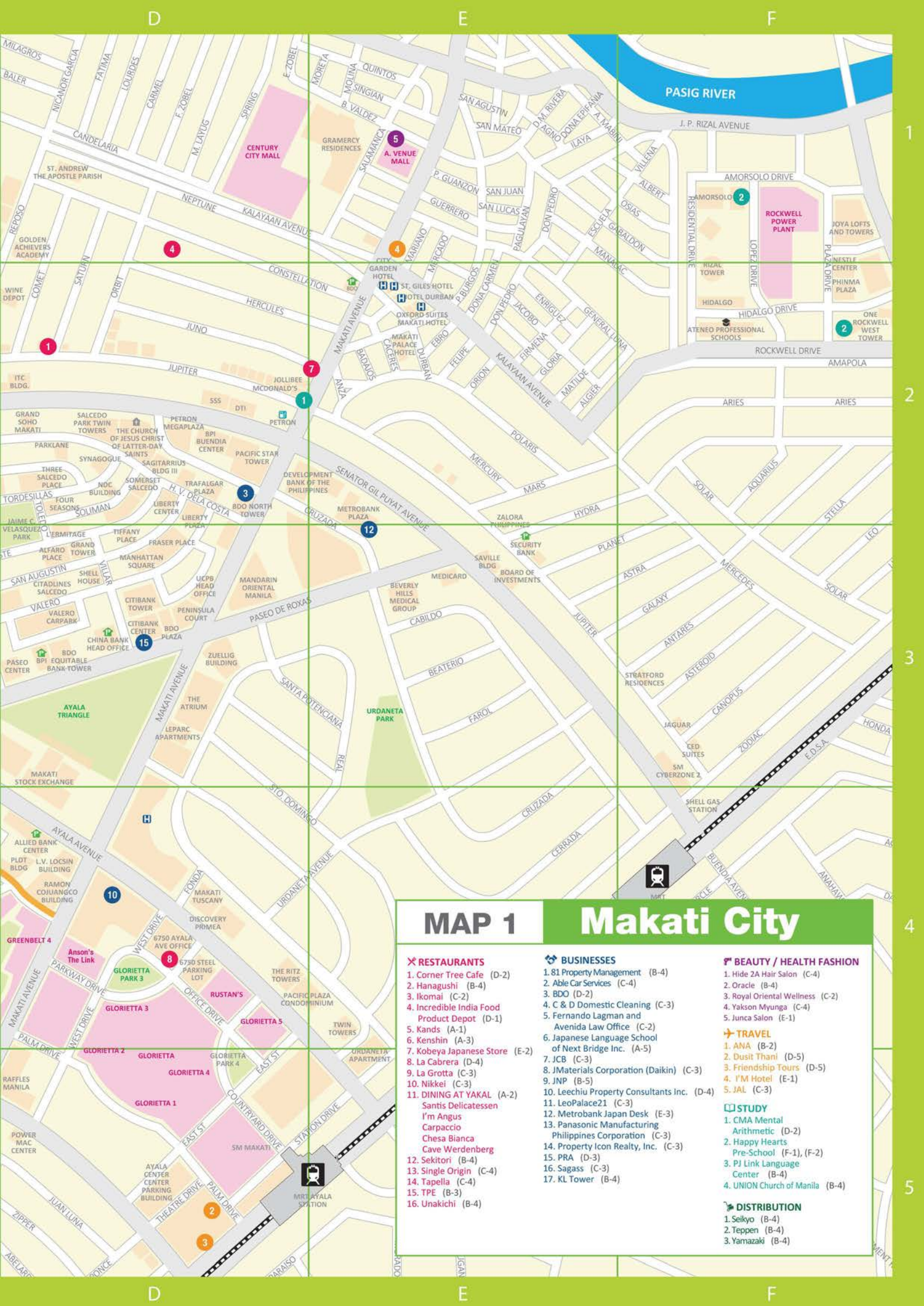
#### Venture Hub

☎ 02-789-9001  
40/F, PBCOM Tower, 6795 Ayala Ave.  
V.A. Rufino St, Bel-Air, Makati City









## MAP 1

## Makati City

### ✂ RESTAURANTS

1. Corner Tree Cafe (D-2)
2. Hanagushi (B-4)
3. Ikoma (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. 81 Property Management (B-4)
2. Able Car Services (C-4)
3. BDO (D-2)
4. C & D Domestic Cleaning (C-3)
5. Fernando Lagman and Avenida Law Office (C-2)
6. Japanese Language School of Next Bridge Inc. (A-5)
7. JCB (C-3)
8. JMaterials Corporation (Daikin) (C-3)
9. JNP (B-5)
10. Leechiu Property Consultants Inc. (D-4)
11. LeoPalace21 (C-3)
12. Metrobank Japan Desk (E-3)
13. Panasonic Manufacturing Philippines Corporation (C-3)
14. Property Icon Realty, Inc. (C-3)
15. PRA (D-3)
16. Sagass (C-3)
17. KL Tower (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)

### ✈ 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. Seikyo (B-4)
2. Teppen (B-4)
3. Yamazaki (B-4)



# What's New in the Metro?

## PASAY CITY



Event

July 4 - 7

### Travel Madness Expo 2019

The annual Travel Madness Expo is back for another exciting year of mad travel deals. Don't miss checking your travel bucket list from July 4 to 7 at the SMX Convention Center in Pasay City.

SM Mall of Asia Arena, Pasay City



Festival

July 18 - 21

### 4th Andrea O. Veneracion International Choral Festival

The 4th Andrea O. Veneracion International Choral Festival will happen this year, July 18-21, at the Cultural Center of the Philippines. The Festival will be composed of three categories namely Folk Song, Equal Voices, and Mixed Choir.

CCP, Pasay City



Concert

July 23 - 25

### LANY Returns to Manila

Coming back after their two sold-out shows last year, American indie pop band LANY is coming back to Manila from July 23 to 25, at the SM Mall of Asia Arena to promote their latest Malibu Nights album.

SM Mall of Asia Arena, Pasay City



Expo

August 7 - 10

### World Food Expo (WOFEX)

Here's another round of the biggest food shows in the country! Simultaneously happening at the SMX Convention Center and World Trade Center, WOFEX caters to food enthusiasts by allowing exhibitors to share their products to various people just before the holiday season kicks in.

SMX Convention Center & World Trade Center

## QUEZON CITY



Concert

July 23

### Daniel Caesar Live in Manila

Grammy award-winning singer and songwriter Ashton Simmonds, popularly known as Daniel Caesar, is coming back to Manila for a one-night concert. Catch the Canadian R&B artist and his soulful music happening on July 23 at the New Frontier Theater.

New Frontier Theater, Quezon City



Concert

July 27

### Russ Live in Manila

We ain't going back now 'cause American singer-songwriter and rapper, Russ, is finally coming to Manila! From first releasing his Soundcloud singles in 2011 to his first studio album, "There's Really a Wolf" in 2017, Russ is bringing his songs to the New Frontier Theater this July 27.

New Frontier Theater, Quezon City



Concert

July 30

### Westlife: The Twenty Tour in Manila

The famous Irish pop group, Westlife, is set to bring their much-awaited comeback tour at the Araneta Coliseum this July 30! Join Westlife as they celebrate their 20th anniversary with hits such as "Swear It Again," "Flying Without Wings," and "Uptown Girl" among others.

Araneta Coliseum, Quezon City

## SPOTLIGHT



Concert

### CHVRCHES: Love is Dead Asia Tour 2019

August 13

Calling all CHVRCHES fans! Catch the indie synth-pop band, CHVRCHES for their Love is Dead Asia Tour this August 13 at the Smart Araneta Coliseum. CHVRCHES, who hails from Scotland and is composed of members Iain Cook, Martin Doherty, and Lauren Mayberry, is visiting the country for the third time. For this concert, they'll be performing their hits, "Never Say Die," "Get Out," and "My Enemy."

Araneta Coliseum, Quezon City

## MAKATI CITY



August 2 - 4, 2019  
Raffles Makati

Festival

August 2 - 4

### The Philippines Readers and Writers Festival

Bookworms! Your favorite festival is finally back this year for a three-day gathering of everything book-related! From the best reads to your favorite Filipino and international best-selling authors, The Philippine Readers and Writers Festival is back this August 2 to 4, at Raffles Makati!

Raffles, Makati City

## PARAÑAQUE CITY



Concert

July 26

### Sheena Easton Live at the Theatre

Random Minds production is bringing the master performer and legendary Billboard chart-topper, Sheena Easton for an intimate one-night concert at The Theatre at Solaire. Show starts at 8 pm with tickets already available on Ticketworld online and outlets nationwide.

The Theatre, Solaire Resort & Casino, Parañaque City



For more events, please visit  
[primer.com.ph/events](http://primer.com.ph/events)



# See the hidden side of JAPAN

*Experience GoAmakusa*

Go Amakusa gives you the rare opportunity to veer away from the well-known tourist attractions and explore other parts of Japan—a way to refresh and gain greater insights on the diverse culture and heritage of this beautiful eastern nation. With partnerships and knowledge on the best attractions, hotels, and restaurants, Primer Travel's Go Amakusa provides tours and assistance on creating the most memorable trip to Amakusa in Kumamoto and Hakodate and Noboribetsu in Hokkaido.

 [goamakusa.com](http://goamakusa.com)



A-Train



Amakusa Soba Dokoro Reishuya



Dolphin watching



Kaisenkura seafood meal



Boat cruise

PHILIPPINE  
**PRIMER LUXE**  
TRAVEL INC.

## TRAVEL ITINERARY

### DAY 1

- Fukuoka Airport to Amakusa Airport
- Stay: 3-Star Hotel in Amakusa

### DAY 2

- Visit UNESCO World Heritage Church
- Visit Hidden Christian Monument
- Lunch: Seafood Bowl or Japanese BBQ Restaurant
- Stay: 3-Star Hotel in Amakusa

### DAY 3

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

### DAY 4

- Arrival at Fukuoka Airport



# ISUZU D-MAX Boondock



## NOW AVAILABLE!

### BOONDOCK PRODUCT FEATURES:

- 4JJ1-TC 3-liter Blue Power Engine with Turbo Intercooler
- Equipped with Monotube Nitrogen Charged Performance Shock Absorber
- 265/70 R17 All Terrain Yokohama Geolandar G015 Tires • Rally Design Black Alloy Wheels
- Steel Honey Comb Black Side Step with Boondock logo • With Overfender, Black Roof Rail, Cargo Bed Extender and Liner

### VISIT AN ISUZU DEALER TODAY!

#### METRO MANILA

ALABANG (02) 7796023  
COMMONWEALTH (02) 9522760 TO 69  
EDSA (02) 4136939  
GREENHILLS (02) 7278014  
MAKATI (02) 8432173  
MANILA (02) 5624601 TO 15  
PASIG (02) 6713434  
QUEZON AVENUE (02) 9267111  
TAYTAY (02) 9087190

#### LUZON

BAGUIO (074) 6190630  
BATANGAS (043) 7781227  
BATANGAS CITY (043) 7744099  
BULACAN (044) 7600004  
CABANATUAN (044) 4638215  
CALAPAN (0997) 4279588  
CAVITE (046) 4722145  
DAUPAN (075) 5233285  
IGUIG (078) 8442920  
ISABELA (078) 6522030

LEGASPI (049) 4803578  
MEYCAULAYAN (02) 4897654  
NAGA (054) 4778886  
PAGBILO (0915) 6929921  
PAMPANGA (045) 4353063  
PANGASINAN (075) 5684861  
RIZAL (02) 6455558  
SAN PABLO (049) 5033377  
STA. ROSA (049) 5393269  
TARLAC (045) 6066252

#### VISAYAS

BACOLOD (034) 4412050  
BOHOL (038) 4120098  
CEBU (032) 2340471 to 73  
CEBU SOUTH (032) 2362211  
DUMAGUETE (035) 5223641  
ILOILO (033) 3206433  
LEYTE (053) 3232777  
MANDAUE (032) 3463090

#### MINDANAO

BUTUAN (085) 9150744  
CAGAYAN DE ORO (088) 8561892  
DAVAO (082) 2973344  
DIPLOD (065) 214199  
GENERAL SANTOS (083) 5522255  
ZAMBOANGA (062) 9112088



**ISUZU**  
Your responsible partner