

FREE

Vol. 47
FEBRUARY 2020

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

UNRIVALED PRINCESS

PUERTO
princesa

STREET SHOPPING GUIDE SUPERMARKETS & DELI
TRAVEL UNRIVALED PRINCESS PUERTO PRINCESA, PALAWAN

www.primer.com.ph

**JAPAN
SPECIAL**

SAPPORO, JAPAN

Year-Round
Destination in
Hokkaido

The first-rate golf course with supreme service

Every aspect of Subic International Golf Club goes above and beyond. We offer Members one of the finest experiences out of any golf club in the Philippines—a premium golf course with excellent service that you can experience nowhere but Subic International Golf Club.

Nestled in the special economic zone of Subic, Subic International Golf Club showcases the actively evolving premium location. High above the city lights, yet about 100 miles from the center of Manila, you can enjoy a miraculous experience at SIGC.

Memberships are available to all golf lovers, especially those who are looking for first-class quality and excitement of course and service.



PLAYING RIGHTS
MEMBERSHIP
SALE STARTS DEC. 2019

©KEN.TENZING



SUBIC INTERNATIONAL GOLF CLUB

RESERVATION & INFORMATION ☎ 047-250-3765 📠 0917-319-1156

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

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.





JAPANESE QUALITY!

100% malt, first press beer.

KIRIN ICHIBAN DRAFT BEER

DRINK RESPONSIBLY

Where to enjoy the new Kirin Ichiban draft beer

A good paring with splendid A5 Rank Japanese Black Wagyu.



YAKINIKU A5 TOKU

Be sure to taste the specialty of this draft beer and a variety of ribs!



Our specialty is A5 Rank Japanese Black Wagyu, using charcoal fire to enjoy the original taste of meat. In particular, we offer many types of rib and you can enjoy different flavors. Kirin Ichiban draft beer is essential to complete our meals. Our delicious yakiniku and Kirin Ichiban draft beer will make you enjoy a delicious time!



Manager, Tsuyoshi Morita

Little Tokyo, Chino Roces Ave, Pasong Tamo Corner Amorsolo Street, Legazpi Village, Makati
 0999-438-5943 (smart) / 0967-435-7466 (globe)
 6 pm - 12 am

Popular choice for local gatherings.



RAMEN ICHIDAIGEN

Taste our Gyoza and Kirin Ichiban draft beer! We offer the best combination.



The Creamy taste and Japanese quality of Kirin Ichiban draft beer is highly reviewed. Last year, a local company had a party at our space and Kirin Ichiban draft beer was the most popular drink among them. Our speciality is Gyoza. Please enjoy our Gyoza with Kirin Ichiban draft beer!



Manager, Mizuki Hayashi

Polaris Center 48, Brgy Poblacion, Makati City
 02-8962-1642
 11 am - 3 pm, 6 pm - 11 pm

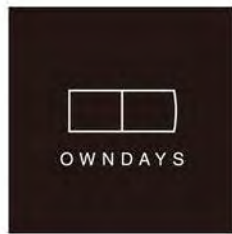
Information (For Japanese and English)

dsato@smb.sanmiguel.com.ph

Follow us on Kirin Ichiban Philippines



Person In Charge Sato



OWNDAYS


FROM TOKYO, JAPAN


only **20** min
to process



Visit us at

Glorietta 2 | Landmark Makati | Ayala North Exchange | Ayala Mall Circuit | Robinsons Place Manila | Uptown Mall | One Bonifacio High Street
Market Market | Venice Grand Central Mall | SM Megamall | Shangri-la Plaza | The Podium | Ayala Malls Feliz | SM East Ortigas | Estancia
Ayala Malls Manila Bay | SM Sucat | SM Valenzuela | Festival Mall | Southmall | Evia Lifestyle Center | Virra Mall | Promenade | SM North EDSA
Landmark Trinoma | Ayala Vertis North | Gateway Mall Robinsons Magnolia | Robinsons Galleria | Up Town Center | SM Fairview | Fairview Terraces
Eastwood Mall | Ayala malls Cloverleaf | Marquee Mall | SM Telabastagan | SM Clark | SM Molino | SM Bacoor | SM Dasmaringas | Fora Mall
Solenad 3 | Southwoods Mall | SM Olongapo | SM Baguio | SM Legazpi | Abreeza Mall | Ayala Cebu

 [owndays.ph](https://www.facebook.com/owndays.ph)

 www.owndays.com

 [owndaysph](https://www.instagram.com/owndaysph)



ESCAPE

TO THE WORLD'S NUMBER 1 ISLAND | PUERTO PRINCESA, PALAWAN

T. +632 7 744 7878 | M. +63 917 8739574 / +63 920 8227443

reservation@princesagardenisland.com

Located approximately 15 minutes away from Puerto Princesa International Airport.

www.princesagardenisland.com



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

[/princesagarden](https://www.instagram.com/princesagarden)

© Princesa Garden Island Resort & Spa



PRINCESA GARDEN ISLAND
RESORT AND SPA





THE ALPHA SUITES
MAKATI

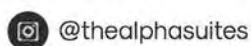


"I have not seen a hotel that is similar to The Alpha Suites. Aside from the beautiful and elegant facilities, especially the rooms, the people in the lobby are all remarkable. Secured and comfortable—that's the best way to describe The Alpha Suites."

- BbCzarina, Qatar

7232 Ayala Avenue Ext., 1209 Makati City, Philippines

www.thealphasuites.com | info@thealphasuites.com | +63.2.8737.0088 | +63.2.7752.3625 | +63.917.129.9270



STARBUCKS®
NITRO
COLD BREW
Coffee



Dark Caramel
Cold Foam
Nitro



NEW
Nitro Cold Brew
with
Vanilla Sweet Cream



Nitro
Cold Brew

Available in select Starbucks stores.
Visit www.starbucks.ph for more details



[Feature Stories]

8 Cover Story

Shopping Guide
Supermarkets & Deli

26 Travel

Puerto Princesa
Unrivaled Princess of Palawan

36 Japan Special

Sapporo, Japan
Year-Round Destination in Hokkaido

44 Medical Doctors 101

Medical Professionals in Manila

48 Business Talk

Interview with Paolo Bugayong,
Co-Founder and CEO of AIDE

50 Business Talk *Extended*

Interview with Makiko Takaoka, Manager of
NRI Singapore – Manila Branch

52 Maps

Guide to Local Businesses in Makati & BGC

56 What's New in the Metro?

Concerts, Festivals, Family Events, and More



Features of the Issue

STREET — Despite people's varying lifestyles and preferences, supermarkets are undeniably everybody's go-to as the most accessible source of sustenance, be it meats and fresh produce or grab-and-go items. This month, we take you around the metro's top supermarkets, plus delis and international groceries that might just be within your neighborhood.

COVER — With much pride, we put the spotlight on Palawan's unrivaled princess—Puerto Princesa, where budding development does not sway its people's love for nature. Its coasts and small islands cradle a thriving nature with little human interference, and these are the places we want to be. Away from the bustle and closer to nature.

JAPAN SPECIAL — Sapporo, Japan might be greatly sought after as a winter destination, but there is so much beauty to be had beneath the snow. In this month's feature, we urge you to set aside your skis, and grab a bicycle, pedal around tree-lined trails that lead to the scenery of varying lush, colorful landscapes unique to northern Japan.

Primer Media, Inc.
Unit 807, Greenbelt Mansion Building,
106 Perea St., Legaspi Village, Makati City
Tel: 02-8836-8381 | Fax: 02-8808-2163
E-mail: sales@primer.ph | Uri: <http://primer.com.ph>
information@primer.ph

PRIMER
Grab Philippine Primer's Japanese edition today!

Visit us online: 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

Shairah Nabong
Editorial Assistant

Denisse Tenorio | Deneca Ordinanza | Feliz Bueno
Heloise Diamante | Teresa Gatmaitan | Bettina Tan
Writers

Jowinie Doma | Dantes Remot | Janina Torres
Graphic Designers

Bryan Boado
Marketing Executive

SUPER MARKET GUIDE




bit.ly/Primer-Grocerguide

What would life be like without grocers and supermarkets? If establishments like these closed, days would somehow be bearable but people would be left scouring for everyday needs. Clearly, supermarkets are the very place that sustain a modern man's most basic necessities especially in a metropolis like Manila.

Get to know your local supermarkets! We summed up the most reliable supermarkets all over Metro Manila that, at large, have been around for several years already and will definitely be in the looming decades.

Feature by Shairah Nabong
Design by Janina Torres

Rustan's

With at least 19 stores gracing different parts of Metro Manila, Rustan's is indeed at a point where its brand speaks for its products and services. Not only does this high-end supermarket offer a wide selection of foreign products, but does it also feature delicatessen and eat-in corners in some of its stores where a variety of local and international dishes are available.

📍 1/F Rustan's Bldg., Ayala Ave., Makati City
☎ 02-8892-8394
🕒 8 am to 10 pm
🌐 rustansfresh.com
📘 Rustan's



Robinsons Selections



With a name identical to its sister Robinsons Supermarket, Robinsons Selections manifests a generally different concept through its finesse and its affinity with everything that is healthy. This is made apparent by its dedicated space both for the section selling an assortment of Asian and Western dishes, and for the salad bar where customers can freely tweak their orders according to their preference.

📍 8 Forbes Town Center, BGC, Taguig City
☎ 02-8887-2970 / 02-8887-2972
🕒 9 am to 11 pm
🌐 robinsonssupermarket.com.ph/robinsons-selections
📘 Robinsons Selections

S&R



S&R is a membership-shopping club modeled after the warehouse membership shopping chains introduced in the United States. It provides an expansive selection of imported and local items that encompasses not only the usual ingredients and daily necessities but home appliances and decorations as well. To date, it offers two membership types: Business Membership (P900/year) and Gold Membership (P700/year).

📍 32nd St., 5th Ave., BGC, Taguig City
☎ 02-8888-0640
🕒 9 am to 9 pm
🌐 snrshopping.com
📘 S&R Membership Shopping

Landers Superstore



Landers Superstore is a high-grade membership supermarket that prominently offers a number of perks to its members. These include getting hair cuts at Federal Barbers and acquiring discounts at Caltex gas stations among others. Its eat-in corner, meanwhile, largely serves American comfort food.

📍 Daang Hari Rd., Almazán Dos, Las Piñas City
☎ 02-8819-7060 / 02-8819-7061
🕒 9 am to 9 pm
🌐 landers.ph
📘 Landers Superstore

Landmark



Nestled inside every towering mall that bears the same familiar name, Landmark Supermart upholds a reputation for its product lineup and its affordable prices. Apart from its branch in Makati, it is also present in Alabang, Quezon City, and Laguna.

📍 Makati Ave., Ayala Center, Makati City
☎ 02-8810-9990
🕒 8:30 am to 9 pm (Sun to Thu); 8:30 am to 9:30 pm (Fri to Sat)
🌐 landmark.com.ph
📘 Landmark

Metro Supermarket



While Metro Supermarket traces its roots back to the Queen City of the South, Cebu, where it was molded from scratch by the Gaisano couple, it finds the head of its Metro Manila lineage at the store in Market! Market! Firstly traverse the Metro Department Store to reach the supermarket.

📍 Mabini St. cor. Mckinley Parkway and C5 Rd., Fort Bonifacio, Taguig City
☎ 02-8843-0032
🕒 8 am to 9 pm (Sun to Thu); 8 am to 10 pm (Fri to Sat)
🌐 themetrostores.ph
📘 The Metro Stores

South Supermarket



South Supermarket is a long-standing store whose history spans over 50 years, exceptionally offering an amicable grocery-shopping experience for every kind of customer. Its branches are not only limited to the city, as it graces the neighboring provinces of Bulacan and Laguna as well.

📍 Filinvest Ave., Filinvest Corporate City, Muntinlupa City
☎ 02-8771-2197
🕒 8 am to 9:30 pm
📘 South Supermarket

SM Supermarket



SM Supermarket takes refuge in the expansive area of every SM Mall. Apart from the usual grocery sections, SM Supermarkets house kiosks dedicated to pharmacy, foreign exchange, and bills payment as well. And quite notably, just outside SM Makati's supermarket is an often overlooked food corner where mainly Filipino dishes thrive.

📍 East Dr., Ayala Center, San Lorenzo Village, Makati City
☎ 02-8816-1040 / 02-8816-1042 / 02-8833-8863
🕒 8:30 am to 9 pm
🌐 smmarkets.ph
📘 SM Markets

WalterMart



What was then the Shopping Centers is now the familiar WalterMart that pioneered the concept of community shopping center in Southern Luzon, hence the firm uprooting of branches in the cluster. Apart from fulfilling your grocery runs, don't pass on the food kiosks present in the supermarket such as Chooks to Go where roasted chicken and boneless lechon are delights to the mouth.

📍 790 Chino Roces Ave. cor. Antonio Arnaiz Ave., Brgy. Pio Del Pilar, Makati City
☎ 02-8889-7965
🕒 9 am to 9 pm (Sun to Thu); 9 am to 10 pm (Fri to Sat)
🌐 waltermart.com.ph
📘 WalterMart Supermarket

SUPERMARKET FINDS

Unlike going around malls where the sprawled-out stores and kiosks are generally centered on satisfying one's whims, strolling around a supermarket either with a basket in hand or a cart being driven here and there is not as adorned with a post-splurging guilt.

Clearly, because the better part of the expense offers items vital to properly surviving each waking day—food, hygiene loots, and all household goods!

CANNED GOODS & DAIRY PRODUCTS

Canned Goods

1 Pure Foods Chicken Homestyle Curry

This teems with a mellow taste thanks to the coconut milk!

2 Del Monte Cream Style Corn

Simply mix this with ample amount of chicken broth and eggs and you can already treat yourself to a Chinese-style soup.

3 Molinera Crushed Tomatoes

A can of this pureed tomatoes can be readily used as meat sauce.

4 Century Tuna Cornflakes

Apart from the fact that this brand gives off the taste that is closest to that of the Japanese tuna, this is a recommended canned good as it has 50% less fat and salt.

5 Ciao Polpa do Pomodori

Acquire a good amount of authentic tomato juice with a can of peeled Italian tomatoes.



Dairy Products

1 Whipped Cream

More than anything, a spray-type whipped cream is the one for those who value convenience.

2 Land of Milk and Honey Kesong Puti

Philippines' *kesong puti* or the local cheese variant made out of carabao milk is definitely cheaper than European cheese, but it still boasts of the same luscious taste.

3 DVF Carabao Milk

This version of the country's local milk is equipped with only a small amount of sweetness, so you may opt to get it if your sweet tooth is not ready for too much.

4 Silk Milk

Among the brand's many other available flavors, you might want to try Vanilla Soymilk or Almond Milk Vanilla.

5 President Salted Butter Mini Tubs

If you're looking for a type of butter that can be used for various purposes, this might be the one for you.



FILIPINO SNACKS & SOUVENIRS

Filipino Food

1 Knorr Powder Mix

The next time you find yourself cooking *kaldereta* or *kare-kare*, utilize a good amount of Knorr Kaldereta Mix and Knorr Kare-Kare Mix to upgrade their flavors even more!



2 McCormick Spices

Make the classic Filipino favorites a lot tastier with McCormick's Adobo Classic Recipe Mix and Sinigang Soup Base Mix!



3 Lucky Me Instant Pancit Canton

Once the noodles are rightly boiled, drain the water until they're dry, and then put them on a plate so you could mix in the seasonings.



International Food

If you inadvertently run out of ingredients or snacks that are internationally-produced, most supermarkets have a separate section dedicated to foreign goods. It may just be a little hard to locate at times because they're not completely expensive, but you can definitely purchase such items in supermarkets!



Souvenir Products

1 Squeezed 4 U Calamansi Juice Concentrate

Intake some Vitamin C with this diluted calamansi juice mixed with honey.

2 HOP Cashew Polvoron

Polvoron is a fragile, powdery dessert that comes in different flavors such as the truly flavorful cashew.

3 RPM Coco Jam with Pili Nuts

Enjoy your French toast with a good amount of coconut jam!

4 Cocoa Monster Chocolate Mangoes

Switch up the regular dried mangoes with these variants coated with chocolate!



5 Ya Yammy Seeds

It might be a little cumbersome to shell, but you simply can't help but be addicted to the watermelon and pumpkin seeds!

6 Chicharon (Fried Pork Skin)

Pair up your beer with chicharon or fried pork skin, which boasts of crunchiness and saltiness that very well complement each other!

7 Danggit

Danggit is a dried and then fried fish variant that tastes the best with vinegar.

8 Papaya Soap

Since papaya soap is rich in vitamins and is good for the skin, it is popularly said to have some kind of whitening effect.

USEFUL PRODUCTS & FROZEN GOODS

Useful Products

1 Reusable Plastic Containers

Disposable tupperwares come in a variety of shapes and sizes, such as rectangular and round, which are really useful in terms of stocking up food.



2 Smart Choice Bathroom Tissue

When buying tissue papers, one must not be fooled by cheap tags because such products are normally thin and will not last for long. Although not too cheap, Smart Choice is an affordable brand that offers thick tissue!



3 ECOS Laundry Detergent Packs

Amid the motley of detergent brands popping up is a rare one called ECOS Laundry Detergent, whose quality surpasses its affordable price.



Frozen Goods

1 Frozen Broccoli

Although frozen, these types of broccoli can surprisingly be even better than the fresh, raw ones.

2 Harvestime Fruit Products

Never run out of berries when you have them frozen just like what Harvestime offers—Harvestime 4 Berry Mix and Harvestime Strawberries.

3 Ocean Delicaseas

If convenience is what we're talking about, Ocean Delicaseas' frozen squid rings are highly recommended because you can already skip the challenging phase of preparing them.

4 Amy's Pizza



Stock up your food supplies with some boxes of Amy's Pizza, the 4-cheese variant particularly, and enjoy a good slice of the classic favorite by simply warming it up.

5 Fisherfarms Cocktail Shrimp



Simply thaw then boil these frozen shrimp pieces and enjoy them as is!

6 Kisu



Japan's kisu, which is normally used in cooking tempura, resembles a local fish called asuhos.

7 Salmon



Remember, salmon is not one of the most popular fish in the Philippines for nothing.

8 Marinated Meat



Should you find yourself craving for some savory meat yet tight on schedule, simply purchase marinated meat that will definitely save you time.

SOME IMPORTANT THINGS TO KNOW WHEN...

...BUYING MEAT



Supermarkets normally sell pre-sliced meats already. But if what you're looking for is not available, they can specially cut the displayed ones according to your preference. Some of the usual slices include adobo cuts, Stroganoff cuts, shabu-shabu cuts, and sukiyaki cuts. Meat slices can be as thin as just 2 mm.

However, since frozen meat can be hard to slice, you may opt to go as early as when the supermarket opens so you can readily have them cut.



...BUYING FISH



Handling fish at home can indeed be tedious. But this should not scare you away from having fish dishes on your table, because most supermarkets will gladly do the work for you.

Simply choose the type of fish that you want and inform them of how you want it to be sliced. More so, remember that it is also possible to buy the internal organs alone.



...BUYING FRUITS



Markets normally allow customers to purchase fruits per gram. Hence, if they're not packed or labeled with a fixed price, you may take your handful of fruits and have them scaled at the fruit counter.

Of course, the prices vary greatly depending on how much they weigh.

REWARD CARDS

Since supermarkets are one of the staple places that a person goes to every now and then, owning a reward card is recommended. Just present the card to the fitting supermarket's cashier, and you will gradually accumulate points that you can use in place of cash!



FRESH CARD

Places where card is applicable: Rustan's Supermarket, Marketplace by Rustan's, Rustan's Department Store

Requirement/s to avail card: Receipt of P5,000 in the past 3 months

Application fee: P200

Return points:

1 point per peso

7,500 points = P50 (150 points = P1)

🌐 rustansfresh.com/loyalty-program



SM ADVANTAGE CARD

Places where card is applicable: SM Store, SM Supermarket/Hypermarket, UNIQLO, WalterMart Supermarket

Requirement/s to avail card: At least 1 government-issued ID

Application fee: P200 for 5 years membership

Return points:

1 point per P200 purchase

1 point = P1

🌐 smadvantage.com



ROBINSONS REWARDS

Places where card is applicable: Robinsons Supermarket, Robinsons Department Store, True Value, Toys R Us, Daiso Japan

Requirement/s to avail card: At least 1 government-issued ID

Application fee: P100

Return points:

1 point per P100 purchase

1 point = P1

🌐 robinsonsrewards.com.ph



Delicatessen



A delicatessen—or more commonly identified as deli—is an establishment where one can find a selection of ready-to-eat food products. And in the metro where a large percentage of the community is composed of people who are always on the go, it isn't surprising to see that more than a handful of delis stand tall, continuously catering to the demands of their market.

In this section, we give you a closer look into what might be your next staple retreat where sandwiches, salads, and packed meals among others, abound.

Santis Delicatessen

PPP

As an esteemed store among its kind, Santis Delicatessen continuously aims to deliver the best and highest quality products that one can most likely find in top-class hotels and fine dining restaurants. While widely known for their European Sausages, cold cuts, and prime meats like their Certified Angus Beef®, Santis Delicatessen is also prominent for their assortment of cheese, wines, imported pasta, and snacks as well. Santis Deli now has twelve branches strategically located in the following areas: Makati and Taguig City (Yakal, Rockwell, Forbes and Bonifacio Global City); Pasig, Quezon and San Juan City (Capitol Commons, Corinthian Hills, Timog and Wilson); Muntinlupa and further south of Luzon (Alabang, Silang, Sta. Rosa and Twin Lakes). And in their pursuit of providing great service to frequent clients, they have a Gourmet Card by which clients can earn points with their purchases and get special treats during their birthdays. They can also use the card when dining at Yakal restaurants (Chesa Bianca, I'm Angus Steakhouse, and Cave Werdenberg).

📍 Lower Ground Flr., C3 Bonifacio High Street Central, BGC, Taguig City
 ☎ 02-8478-6931 / 0917-809-7267
 🕒 9 am to 8 pm
 🌐 santis-deli.com 📘 Santis Delicatessen



MilkyWay Café

PPP

While the store's Arnaiz branch is designed to serve ala carte dishes that are made to order, MilkyWay Café in Rockwell serves dishes turo-turo style—a manner of picking food through a glass shelf, which is a common practice in small local eateries. They also offer ready-to-eat frozen meals, allowing customers to enjoy home-cooked meals in their homes and offices.

Choose from their line of prepared meals, which includes salads, desserts, pastas (Cheesy Macaroni and Lasagne) and prepared viands such as the well-loved Paksiw na Lechon (P595) and Ox Tongue Asado (P650). You may also want to check out their selection of bottled preserved fruits and vegetables, such as the pickled Papaya (Atchara), Radish (Labanos), Mangoes (Dikiam at Buro).

📍 G/F Power Plant Mall, Rockwell Center, Makati City
 ☎ 02-7756-5026
 🕒 11 am to 9 pm (Mon to Fri); 11 am to 10 pm (Sat to Sun)
 🌐 cafe.milkywayrestaurant.com
 📘 Milkyway Cafe



Cartel Coffee & Deli

PP

Cartel Coffee & Deli at The Picasso in Salcedo Village is a stylish, New York-inspired deli store that offers several kinds of packaged salads. This particular branch solely offers such, providing its customers a leeway to readily take them out anytime, much like the Couscous Salad (P210) made up of couscous pasta and a variety of vegetables.



Couscous Salad (P210)



◆ 1/F Picasso Boutique Serviced Residences, 119 L.P. Leviste St., Salcedo Village, Makati City
 ☎ 0917-625-2249

⌚ 7 am to 12 am (Sun to Thu); 7 am to 1 am (Fri to Sat)
 🌐 carteldeli.com
 📱 Cartel Deli

The Blue Kitchen

PP

Although not having the airiest of space, The Blue Kitchen remains as a store that beams with almost every regional and international specialty that one seeks of getting their hands on every now and then. Best of all, they are homemade sans preservatives and are either readily served or in need of just a very brief preparation time. Said products encompass meat, seafood, fruits and vegetables, confections, as well as wheat and grain that are offered in widely-varied forms. And one of the most popular sweets that you can readily taste at the store is the Almond Sansribars (P280).



◆ Level P1, Power Plant Mall, Rockwell Center, Makati City
 ☎ 02-8898-0931

⌚ 11 am to 9 pm (Mon to Fri); 10 am to 10 pm (Sat to Sun)
 🌐 thebluekitchen.com
 📱 The Blue Kitchen

Bacchus Epicerie

PPP

Bacchus Epicerie is a spacious retail shop that's copiously occupied by a wide scope of gourmet products. Antipasti, coffee, cold cuts, cheese, pasta, wine, and even appliances, you name it—Bacchus most probably has it. And quite notably, it is house to Japanese Hamachi Kama or the yellowtail collar, and Miyazaki beef.



Miyazaki A5 Chuck Ribs Yakiniku Cut (P7,500/1kg)



◆ R1, Power Plant Mall, Rockwell Dr. cor. Estrella St., Makati City
 ☎ 02-8896-0364
 ⌚ 11 am to 9 pm (Mon to Fri); 10 am to 10 pm (Sat); 10 am to 9 pm (Sun)
 🌐 bacchusepicerie.com
 📱 Bacchus Epicerie

Florentine

PP

Grand Hyatt Manila's Florentine is definitely a place that you would want to go to if you're looking to get a quick bite or if you're looking for something to-go. And what can be enjoyed for either purposes is their Pan De Sal Sandwich (P160), whose ham and cheese filling goes perfectly with the vegetables that come with it. Not only does it make for a delicious snack item, but it's also good for a light early morning meal.



Pan De Sal Sandwich (P160)



◆ Grand Hyatt Manila, 8th Ave. cor. 35th St., Taguig City
 ☎ 02-8838-1234
 ⌚ 7 am to 7 pm (Mon to Fri); 12 pm to 6 pm (Sat to Sun)
 📱 Grand Hyatt Manila

Paris Délice

PP

Taking in the form of a fast food restaurant, Paris Délice is a cafe that provides utmost convenience to its customers—be they the ones who want to have a quick dine-in or those who want to eat without stepping foot outside. Their packed cold pasta salads are highly-recommended, because these can be enjoyed the same way when they're fresh from the stove as they are without being warmed.



Tagaytay Salad (P185)



◆ Makati Ave. cor. Juno St., Makati City
 ☎ 02-7798-0740
 ⌚ 7:30 am to 7:30 pm
 🌐 parisdelice.com.ph
 📱 Paris Délice

Meat Depot

PPP

Meat Depot prominently sells a motley of high-grade beef, such as the Angus and the Japanese variants. It sells seasoned meat as well, so customers who are tight on schedule can cook it immediately right out of the pack. More so, what might be the crux of the biscuit is its feature where customers can readily enjoy their preferred meat at the store by paying a cooking charge of P125.



◆ 283 Aguirre Ave., BF Homes, Parañaque City
 ☎ 02-7759-4181
 ⌚ 8 am to 10:30 pm
 📱 MEAT DEPOT

INTERNATIONAL MARTS

The Philippines has always been a country that readily embraces diversity. This affinity with such is apparent when looking at the influx of people hailing from different parts of the globe who willingly chose to live in the country. And for this matter, it can't be helped that specialty grocery stores have acquired their own space to serve the diverse community around the urbanized expanse of Metro Manila. Notably, they are not limited to just Asian brands.

In need of some Japanese snacks or Indian spices for your special get-together meals? No problem! Check out these grocery marts to add more internationally-diverse flavors to your dinner table!

New Hatchin Japanese Grocery



Known for serving authentic takoyaki, fresh salmon, and sashimi, New Hatchin Japanese Grocery also sells deli treats like vegetable tempura, sweet egg, and seaweed among others. Notably, they distribute products to various supermarkets, restaurants, and households as well.

📍 7602 Sacred Heart St. cor. Metropolitan Ave., San Antonio Village, Makati City
 ☎ 02-8519-6567
 🕒 8 am to 7 pm
 🌐 newhatchin.com

Asian McAsia Foodtrade Corporation



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

📍 158 Apo St., Sta. Mesa Heights, Brgy. Maharlika, Quezon City
 ☎ 02-8251-3625 / 02-8252-0439 / 02-8252-0441 / 02-8252-0451
 🕒 8 am to 6 pm (Mon to Fri); 8 am to 11 am (Sat) 🌐 mcasiafoodtrade.ph
 📘 McAsia Foodtrade Corporation 📷 mcasiafoodtradecorp

Kobeya Japanese Food Mart



Offering a variety of fresh and quality Japanese products, Kobeya is a food mart where you can find your favorite Japanese meat products, seasonings, liquors, noodles, seafood, vegetables, and snacks. For those who love to cook, they also offer Asian and Italian seasoning products that you can utilize to spice up your dishes.

📍 G/F 1 Juno cor. Makati Ave., Bel-Air, Makati City
 ☎ 02-8807-1107
 🕒 10 am to 10 pm



Teppen Korean and Japanese Grocery Store



Teppen Korean and Japanese Grocery Store offers imported products both from Japan and Korea, which range from condiments and chocolates to canned goods and cooking

ingredients. So if you are fond of putting forth Japanese or Korean dishes, this is the place to cop stuff that can easily mimic the flavors exclusive to these cuisines. Aside from these, Teppen houses udon noodles and eggs that are ready to eat!

📍 Unit C, G/F Marvin Plaza Bldg., 2153 Don Chino Roces Ave. cor. Herrera St., Makati City
 ☎ 02-8553-4673 / 02-8808-1140
 🕒 7:30 am to 10 pm (Mon to Fri); 8 am to 8 pm (Sat to Sun)

Yamazaki Ramen House & Grocery



Japanese, Filipinos, and other nationalities frequent Yamazaki in Little Tokyo primarily because it has almost everything—from Japanese treats like candies, snacks, and

instant noodles, to condiments, frozen food, and personal care items, which are mostly not available in regular supermarkets. Moreover, another reason might be its in-house restaurant called Hoka Hoka Bento Ramen Shop that serves affordable and filling dishes!

📍 Little Tokyo, Chino Roces Ave., Legaspi Village, Makati City
 ☎ 02-8893-2163
 🕒 8 am to 11 pm

Euro Rich



If you are looking for a one-stop place to get the freshest supply of European ingredients such as canned tomatoes, pasta, olive oil, and truffle oil, Euro Rich is the one to call. It is a European food

ingredient company founded in 2015, wherein the authenticity and quality of products are guaranteed as they directly import from Italy and Spain. Despite being mainly a wholesale supplier, Euro Rich also accepts single purchases for those who want to try their products.

📍 #156 Speaker Perez St. cor. Alcaraz, Brgy. Maharlika, Quezon City
 ☎ 02-8252-0316 / 0917-871-5995
 🕒 8 am to 3 pm (Mon to Fri)

TPE Market Place



A brief two-minute walk from Makati Medical Center will lead you to a Taiwanese grocery store called TPE Market Place, whose products that are of Taiwanese roots are accompanied by various Japanese goods. Apart from the grocery store itself, it also features a mini Chinese delicatessen inside, totally treating you to an Asian-flavor voyage.

📍 Jaka Center, 2111 Chino Roces Ave. cor. Urban Ave., Makati City
 ☎ 02-8551-7522
 ⌚ 9 am to 11 pm
 📌 TPE Market Place - 台北超市

Bee Tin Grocery



Bee Tin Grocery specializes in Asian products, specifically Chinese ones such as spices and seasonings, dried fruits, and other vegetables. This grocery is ideal for those who are looking to score authentic Asian ingredients without having to order from overseas.

📍 #735 Ongpin St., Brgy. 295 Zone 028, District III, Binondo, Manila
 ☎ 02-8243-3453
 ⌚ 7:30 am to 7 pm



Hummus Elijah



Hummus Elijah aims to bring Mediterranean cuisine to the shores of the Philippines. Hence, everything that you'll find here mirrors Mediterranean culture and delivers the flavors exclusive to it. And because it is dedicated to uplift the health of their customers, their offerings both as a grocery store and as a restaurant all lean towards nourishing a person's overall well-being.

📍 2/F 7850 Makati Ave., Poblacion, Makati City
 ☎ 0905-313-4602
 ⌚ 9 am to 2 am (Mon to Fri); open 24 hours (Fri to Sat)
 🌐 hummuselijah.com
 📌 Hummus Elijah

Assad Mini Mart



Assad Mini Mart is one of the most well-known Indian grocers in the metro, which prominently offers a variety of Indian ingredients, snacks, cosmetics, and even incense. What's also worth noting is that it carries Indian spices that are normally hard to find in places like such.

📍 1236 U.N. Ave., Paco, Manila
 ☎ 02-8526-1349
 ⌚ 8 am to 8 pm
 📌 Assad Mini Mart

No Brand



No Brand is a Korean grocery store that recently opened here in the Philippines, which is the store's first overseas branch since it first opened in Korea in 2015. It caters to most of what the public loves and enjoys about K-Culture, naturally including home goods, beauty and personal care products, and snacks.

📍 Level 2, Robinsons Galleria, EDSA cor. Ortigas Ave., Quezon City
 ⌚ 10 am to 10 pm
 📌 No Brand Philippines

Aldimashqi Grocery



Aldimashqi Grocery offers Arabic food and goods. These include a variety of spices, Basmati rice, perfume, beauty products, and even hookah and shisha. Their products are readily available for online purchase, so it's not a problem if you can't personally drop by the store to get your desired item.

📍 The Grand Towers Manila, 790 Pablo Ocampo St., Malate, Manila
 ☎ 0915-200-0515
 ⌚ 10:30 am to 12 am
 📌 Aldimashqi Grocery عتاقب

OTHER INTERNATIONAL MARTS

JAPANESE GROCERY STORES

Darumaya Japanese Foods Center

📍 Plaza #5 Cartimar Shopping Center, Cartimar Ave., Pasay City
 ⌚ 7 am to 4pm (Mon to Sat); 7 am to 3pm (Sun)

Asuka Japanese Grocery

📍 Unit 7, Cartimar Plaza, Cartimar Ave., Pasay City
 ⌚ 7:30 am to 5 pm (Mon to Sat); 8 am to 4 pm (Sun)

KOREAN GROCERY STORES

Gangnam Mart

📍 G/F, The Fort Strip, 28th St., BGC, The Fort
 ⌚ 24/7

ASSI Fresh Plaza

📍 4th Ave., BGC, Taguig City
 ⌚ 24/7

CHINESE GROCERY STORES

YOYO Market

📍 2F-6 7th Ave. cor. 25th St. & Federation Dr., BGC, Taguig City
 ⌚ 8 am to 2 am

JZLU Mart

📍 G/F The Beacon-Roces Tower, Arnaiz Ave. cor. Don Chino Roces Ave., Makati City
 ⌚ 10 am to 2 am

INDIAN GROCERY STORES

Mustafa Mini Mart

📍 Store #5, Paseo de Magallanes, Makati City
 ⌚ 9:30 am to 8:30 pm

Anmol Indian Grocery

📍 7819 Makati Ave., Makati City
 ⌚ 9 am to 8:30 am



DINING



FOR BUFFET
30% OFF
plus 1 Free Iced Tea
per person, based on
published rate

FOR ALA CARTE
FREE ICED TEA
for 2 persons on P1,000 spend
FREE WASABI ICE CREAM
for 2 persons on P2,000 spend



15% OFF
on total bill



15% OFF
on total bill



15% OFF
on total bill



15% OFF
on total bill



15% OFF
on total bill



10% OFF
on total bill



10% OFF
on total bill (Dinner time only)



10% OFF
on total bill



10% OFF
on total bill



10% OFF*
on total bill



10% OFF
on total bill



10% OFF
on total bill



10% OFF
on total bill



10% OFF
on total bill



10% OFF
on total bill



10% OFF
for a minimum
spend of P2,000



**10% OFF on total bill
or FREE SISIG NACHOS**
for a minimum
spend of P1,000



10% OFF
on total bill



10% OFF
on total bill



10% OFF
for a minimum
spend of P500



10% OFF
for a minimum
spend of P500



**FREE SPICY
TORI KARAAGE**
for a minimum
spend of P1,000



**FREE BEEF
YAKINIKU**
for a minimum
spend of P1,000



FREE GYOZA
for a minimum
spend of P700



**FREE ALBONDIGAS
DE CHORIZO**
for a minimum spend
of P2,000



**FREE SALMOREJO
and TOCINO
DEL CIEJO**
for a minimum spend
of P1,000 (11am to 3pm)



**AVAIL OF THE 5-
COURSE (P2,600) or
9-COURSE (P3,600)
TASTING MENU**
and get a Free
Cocktail (worth P400)

RETAIL



15% OFF
on two regular-priced items only



10% OFF
on all regular-priced items



10% OFF
on all regular-priced items

Like us on Facebook
JCBPhilippines

Visit
www.ph.jcb





EXPERIENCE THE LIFESTYLE YOU DESERVE WITH YOUR JCB CREDIT CARD!

TRAVEL



30% OFF
on best available room rates



15% OFF
on food and beverages



15% OFF
on food and beverages



15% OFF
on food and beverages



20% OFF
on published rates



20% OFF
on published rates



30% OFF
on Spectrum buffet
(except Sunday brunch)



20% OFF on food
15% OFF on beverages



20% OFF
on regular treatments
(10am to 2:59pm only)



20% OFF on food
15% OFF on beverages



20% OFF
on published rates



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



20% OFF on food
15% OFF on beverages



20% OFF on food
15% OFF on beverages



20% OFF on food
15% OFF on beverages

WELLNESS



50% OFF
on Warts Removal
20% OFF
on Slimming Packages
FREE HAND PARAFFIN
for every 1 whole body massage
FREE OXYGEN INFUSION
for every P1,200 worth of facial treatments



30% OFF
on Warts Removal
20% OFF
on Diamond Peel
20% OFF
on Iontophoresis



15% OFF
on massage services



15% OFF
on massage services



15% OFF
on a minimum spend
of P1,000



10% OFF
on services

Promo valid until July 31, 2020 Per DTI-FTEB Permit No. 14411. Series of 2019. Terms and conditions apply.



SCAN ME

to apply for a
JCB Credit Card!



Enjoy authentic European cuisine in a casual space.

L'entrecôte Bistro and Upper Room

Selected as One of Asia's 50 Best Steak Restaurants in 2019!

Taking its name from the French term for sirloin, L'Entrecote serves up sumptuous and hearty plates of certified Angus beef, hailing them as one of the restaurants to serve Asia's 50 best steaks in 2019!

In particular, L'Entrecote has gained popularity with the marriage of their Swiss chef's expertise in preparing quality ingredients for all their dishes as well as offering no other than the best European dishes only for their guests. Sample L'Entrecote's hearty Tomahawk Crib, recommended just for your exquisite tastes!

Unit A Bellagio, Forbes Road, Forbes Town Center, Bonifacio Global City, Taguig
 ☎ 02-8856-4858
 ☰ 7 am - 11 pm (Sun-Thu), 7am - 11 pm (Fri-Sat)
 ✉ info@lentrecotemanila.com
 🌐 www.lentrecotemanila.com
 📍 /lentrecofebistroMNL



21 oz US Angus Beef Tomahawk Rib Bone Steak (P3,880)



Tapella

Looking for a little romance this Valentine's Day?

PAIR DEAL

(a special Spanish Set Meal for 2)
 February 7-29, 2020

Book a Table Now!

0917 7124546

(02) 77572710-11

GROUND FLOOR, GREENBELT 5
 MAKATI CITY

FOLLOW US @TAPELLARESTORAN

莆田

PUTIEN

MICHELIN Guide Singapore 2016, 2017, 2018 & 2019

ONE MICHELIN Star Restaurant

PUTIEN Kitchener Road Outlet
 新加坡莆田吉真那路老店连续4年荣获米其林一星餐厅

BROUGHT TO YOU BY THE VIKINGS GROUP

Feast to a Prosperous New Year with PUTIEN

☎ 8 282 1888 | 8 282 6888 ☑ 0918 919 3888

📘 putienphilippines 📷 putien.ph

5/F The SM KL Podium ADB Avenue, Julia Vargas, Mandaluyong City



MAP Makati G-3

Grill the finest meat in a cozy and relaxing space at Yokohama Meat Kitchen!

Yokohama Meat Kitchen

Enjoy an authentic Yokohama-style grill restaurant along Jupiter Street, perfect for foodies seeking superior-tasting food. Yokohama offers unique dishes every month made with only the freshest and highest quality of meat. With Yokohama Meat Kitchen's private location, you can enjoy these dishes in a modern and spacious place that takes you away from the hustle and bustle of Makati's commercial district and makes you feel right at home.

16 Jupiter St. cor. Antares St., Bel-Air, Makati
 ☎ 02-8831-6546/0916-377-3655 (Globe)
 Business Hours: 11:30 AM - 2:30 PM /
 5:00 PM - 11:00 PM No regular holidays
 📍 yokohameatkitchen



Upper left: Simple and cozy restaurant interior
 Upper right: Yaki Suki P530
 Lower left: Wagyu Gokujou Karubi P1600
 Lower right: Yokohama Set P1450

CARUSO

RISTORANTE ITALIANO

The world renowned Mr. Andrea Bocelli visited Caruso Ristorante Italiano as he celebrated a successful one night performance as part of his "Cinema World Tour" concert last 2016. Well known personalities including Italian Ambassador Massimo Roscigno and Italian Chamber of Commerce in the Philippines President Sergio Boero. Mr. Emilio Mina, owner of the restaurant, was proud to have the acclaimed Italian tenor under his roof to launch the famous vines and Prosecco from Bocelli's family vineyard to the Philippine Market. Caruso Ristorante Italiano truly lived up to its name.

Bocelli and Caruso



Andrea Bocelli: A famous opera singer and composer, he is also a Caruso customer.



CARUSO RISTORANTE ITALIANO

serves deliciously prepared traditional Italian cuisines.

Please come in for a nice meal and let us give you a taste of ITALY.



8895-2451 / 8895-8790

210 Nicanor Garcia St. Bel Air Makati City
Business Hours: 11:30am - 2:30pm / 6:00pm - 11:00pm

Caruso Ristorante Italiano • www.carusoristoranteitaliano.com

ROSSINI

RISTORANTE ITALIANO

Spaghetti Bottarga



We serve authentic Italian cuisine by Chef Davide Lombardi from Milan. Chef Davide has worked in some of the best Restaurants in Italy and Paris. Jennifer Lopez and Bill Clinton were among his clients.

02 8800 8061 / +63 917 5464382 2nd Floor S'Maison Conrad Manila

Carpaccio Di Manzo



Va Bene Pasta Deli

Makati Branch

2/F Petron Gas Station, EDSA
cor. Pasay Road, Dasmariñas Vill.,
Makati City
+63 2 85569442

BGC Branch

/F Cinema Level, Central Square Building,
Bonifacio High Street (BHS), 5th Ave. cor. 30th St.,
Fort Bonifacio Global City, Taguig City
+63 2 89585018

✉ vabenepastadeli@yahoo.com 🌐 www.vabenepastadeli.com 📱 vabenepastadeliMakati or vabene.pastadeli

Ready to drink better?



Take P500 off your first wine order at Manila's best online Cellar Door with this exclusive deal for Primer readers.

Enter this Code at Checkout:

PRIMER500

📱 wineryph 🌐 http://winery.ph 📞 0917-500-4657

ISLA SUGBU
Seafood CITY

UNLI SEAFOOD

Starts at **P888**
PALUTO-ALL-YOU-CAN

2F Venice Grand Canal Mall, McKinley Hill, Taguig City
The Grand Convention Center, Archbishop Reyes, Cebu City

* CRUSTACEANS AND PREMIUM ITEMS EXCLUDED.

Unforgettable taste!

らーめん 島田
RAMEN SHIMADA

OPEN at lunch time

Little Tokyo, 1277 Chino Roces Ave., Legaspi Village, Makati

Business hour 11AM - 4AM

(0956) 041-7181 (Globe) (0929) 613-1281 (Smart)

<http://ramen-shimada.business.site> ramenshimada

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

02-7728-2072

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

UNAKICHI

MAP BGC 1-3

宮崎牛
MIYAZAKI GYU

Savor the most premium beef only in Miyazaki Gyu, Japan's luxurious and exclusive wagyu restaurant in the Metro. With award-winning wagyu that meets strict standards, Miyazaki Gyu continues to attract attention with their flavorful dishes to date.

02-8829-6167 / 0917-168-6673

Podium Level, One McKinley place, 26th St., cor. 4th Ave., BGC, Taguig

11 AM to 11 PM
Open everyday, including holidays.



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

Find us on Facebook [Yakiniku Kenshin](#)

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

YOSHINOYA

www.yoshinoya.com.ph

WE DELIVER

8-288 2888

for more info yoshinoya.com.ph

Get FREE Miso Soup
Just Present this coupon

SM MANILA SM MALL OF ASIA SM MEGAMALL SM NORTH EDSA
VALERO MAKATI GLORietta 1 ROBINSONS GALLERIA

Premium coffee / chocolate NESPRESSO® compatible capsules: espresso machines and accessories. Tailored packages for the Home, Corporate, Food Service & Hospitality.

100% Biodegradable / Compostable Capsules Available
HEALTHY MIND, HEALTHY BODY, HEALTHY PLANET.

Contact Us:
02 7753 6405 (Landline)
(+63) 995 502 7452 (Globe)
info@monkeyspeakcoffee.com

Visit Us:
Monkey Speak Coffee in Central Square
B1, Bonifacio High Street, BGC, Taguig
www.monkeyspeakcoffee.com

FREE illy Mug

When you buy 1 can 250g Medium Roast Ground Coffee

FOR ORDERS, PLEASE CONTACT:

+632 8696 0463 +63 917 526 8951
+632 8531 8467 +63 917 551 7178
angeliroble@deliziosofinefoodsinc.com

FRESH ROASTER COFFEE TONYA

Italian restaurant is open in the coffee shop. Freshly-roasted coffee beans on demand

Coffee Tonya is a specialty coffee shop located in Makati City. With a highly-experienced Japanese barista from the Specialty Coffee Association of Japan (SCAJ) heading the shop, Coffee Tonya seeks to introduce their 60 brands of raw coffee beans from different parts of the world. Using a roaster from Japan, the shop offers coffee on demand, where you can have your drink customized, just the way you like it. You may also order their coffee online!

1331 Angono Street, Makati City
02-7750-6200
10 am to 7 pm (Monday to Saturday);
Closed on Holidays and Sunday
www.coffeetonyaph.com
Coffee Tonya



Over 60 YEARS of Noodle Making History in Tokyo

Ramen Noodles

Udon

Soba

NOODLE BRANDS



Chinese Noodles

Green Noodles

Gyoza Wrapper

Frozen Gyoza



8463.8437 • 0926.038.2717 UNIT 1C PHASE 2 BLK1 AFP-RSBS INDUSTRIAL PARK WESTERN BICUTAN TAGUIG
VISIT US AT: www.Kandscorporation.com

RAMEN SOUP-BASE

JUST ADD HOT WATER!!

In TONKOTSU, TANTAN, MISO, SHOYU

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

EURO RICH FOODTRADE CORPORATION

Tel/Fax Nos:
8252-03-16 / 0917-8715995 /
0925-8283322 / 7219-65-25
#156 Speaker Perez St., cor. Sgt. Alcaraz Brgy.
Maharlika Quezon City

Your Japanese Convenience Store in Makati

KOBEYA 神戸屋 JAPANESE FOOD MART 日本食材

A wide selection of products supports your healthy eating habits.

Business Hours 10AM - 10PM

Kobeya Japanese Food Mart GF Juno cor. Makati Ave., Bel Air Village, Makati City
Tel. 8807-1107 Mobile no. 0956-499-7797 | FB, IG, Twitter, LinkedIn /kobeyaPH

McASIA Foodtrade Corporation
Total Japanese Cooking Solution

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

McAsia Foodtrade Corporation 158 Apo St., Brgy. Maharlika, Q.C
Tel: 8251-3625 Fax: 8231-1026 Email: salesadmin@mcasiafoodtrade.ph
IG: /mcasiafoodtradecorp | FB: /mcasiafoodtrade

Advertise with us!

Promote your business to the expat community.

We are now accepting advertisement placement.

Give us a call at 02-8836-8381 or email us at sales@primer.ph

Philippine primer
The Expats' Guide to the Philippine Lifestyle



Restaurant Guide

MAKATI

Azuthai

☎ 02-8813-0671/02-8817-6252
📍 G/F, Milkyway Building, 900 Arnaiz Avenue cor. Paseo de Roxas, Makati City

Caruso Ristorante Italiano

☎ 02-8895-2451/02-8895-8790
📍 210 Nicanor Garcia St., Bel Air, Makati City

Cave Werdenberg

☎ 02-8892-0128 / 02-8817-1217
📍 7431 Yakal St., San Antonio Village, Makati City

Chesa Bianca

☎ 02-8815-1359/02-8892-7524
📍 7431 Yakal St., San Antonio Village, Makati City

Hanagushi

☎ 02-7744-1966
📍 G/F, The Beacon Don Chino Roces Ave. cor., Arnaiz Ave. Makati City

I'm Angus

☎ 02-8892-5852/02-8275-5938
📍 7431 Yakal St., San Antonio Village, Makati City

iTrulli

☎ 02-8832-9600
📍 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

☎ 02-8833-8946/0905-290-0703
📍 G/F 6750 Ayala Ave. Business Tower Glorietta Complex Ayala Ave., Makati City

MilkyWay Café

☎ 02-8843-4124/02-8843-7124
📍 2/F Milkyway Bldg. 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Sekitori

☎ 02-8816-7608/02-8894-3876
📍 Little Tokyo, Chino Roces Ave., Legaspi Village, Makati City

Nikkei

☎ 02-8541-6689 / 0916-636-9817
📍 G/F, One Rockwell, Rockwell Center, Makati City
☎ 02-8880-0231 / 0927-273-0114
📍 111 Rada St., Legaspi Village, Makati City
☎ 02-8637-2206 / 0995-908-3145
📍 G/F The Podium, Ortigas Center

Single Origin

☎ 02-7728-2467 / 0977-390-0429
📍 G/L, Greenbelt 3 Ayala Center, Makati City
☎ 02-8772-6259 / 0995-914-4137
📍 G/F, Edades Tower & Garden Villas, Amorsolo cor. Rockwell Dr., Rockwell, Makati City

Tapella

☎ 02-7757-2711
📍 G/F, Greenbelt 5, Makati City

Tsukiji

☎ 02-8843-4285/02-8812-2913
📍 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Unakichi

☎ 02-7728-2072
📍 G/F, Makati Cinema Square, Amorsolo St., Makati City

Yokohama Meat Kitchen

☎ 02-8831-6546 / 0916-377-3655
📍 16 Jupiter cor. Antares St., Bel-Air, Makati City

BGC

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

☎ 02-8478-3888/0917-586-6888
📍 6/F SM Aura Premier, 26th St., BGC, Taguig City

Single Origin

☎ 02-8894-4042 / 0906-268-8902
📍 2/F, C3 Building, Bonifacio High Street Central, BGC, Taguig City

OTHERS

Chi Em Gai

☎ 02-8845-2613/0928-262-2839/
0916-793-3747
📍 Cluster 2, #13 Eton Centris Walk, EDSA cor. Quezon Ave., Brgy. Pinyahan, Quezon City

Epilogue

☎ 02-8816-7088
📍 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 Ristorante Italiano

☎ 02-8285-1486
📍 Level 3, The Podium, Mandaluyong City

Rossini

☎ 02-8800-8061
📍 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

Ruby Jack's

☎ 02-8801-8888 / 0917-876-2522
📍 UG/F City of Dreams Manila

The Beer Factory

☎ 02-8845-2613 / 0917-149-6288
📍 The Hub Greenfield District, Shaw Blvd., Mandaluyong City

GROCERY / SPECIALTY STORE

Kands

☎ 02-8463-8437/0926-038-2717
📍 Unit 1F, Benrosi V Makati, 9746 Kamagong St., San Antonio Village, Makati City

Kobeya

☎ 02-8807-1107
📍 G/F, 1 Juno corner Makati Ave., Bel-Air, Makati City

McAsia Foodtrade

☎ 02-8990-5141/02-8413-8893
📍 158 Apo St, Sta. Mesa Heights, Quezon City, NCR

Santis Delicatessen

☎ 02-8844-1154
📍 7431 Yakal Street, San Antonio Village, Makati City

Sharaku Food, Inc.

☎ 02-8541-9877/0905-415-0056
📍 Stall # 111 Cartimar Shopping Center, Pasay City

TPE

☎ 02-8551-7522
📍 G/F, Jaka Center Chino Roces Ave., Makati City

While it is widely known that the Underground River and Honda Bay are Puerto Princesa's crown jewels, the discovery should not end in these natural wonders. There is much overlooked beauty in the heart of the city and around its coasts. If you look at the restaurants copiously situated around the capitol, you'll find that local restaurateurs flourish, barely disturbed by food retail giants. And if you take the time to explore the coasts, you'll soon discover an extraordinary expanse of pristine, uncrowded beaches and azure waters.

Another beautiful thing that should not go unnoticed is how locals and foreigners alike are consciously preserving the beauty of Puerto Princesa that is their home. Many business owners have switched to more sustainable and eco-friendly products and practices. And despite the city's potential to become a prime nightlife spot, people have willingly limited leisure time until around midnight.

A trip to Palawan's Puerto Princesa City is like an overlapping sojourn between the tranquility of a far-flung province and the utmost excitement in a tropical city. Despite being urbanized and enabled by infrastructures and modern-day conveniences, its thriving nature still takes the center stage.



bit.ly/Primer-in-PPC

Corazon Travel and Tours Recommended Tour Provider

If you plan to visit the major destinations around Puerto Princesa, it is best to book a package tour ahead for a hassle-free trip. This is especially practical since the number of daily visitors to the Underground River is limited—get a tour provider for the convenience of securing a visit in advance. Moreover, tourism registration and payment of fees are handled by your tour guide as you sit pretty during this part of your well-deserved vacation.

Named Top Performing Travel and Tour Agency in Puerto Princesa in 2017 and recipient of the TripAdvisor Certificate of Excellence Winner for 2 consecutive years, Corazon Travel and Tours is a duly-licensed travel and tour operator in Palawan. While their main office is located in Puerto Princesa, they have a network of trusted partners and suppliers who provide services on their behalf in various parts of Palawan. Joiner tours are available for small groups and solo travelers.



- 📍 G/F, PC Arcade Bldg., Junction 1, San Miguel, Puerto Princesa City, Palawan
- ☎ 048-433-0508 / 0998-970-8790 / 0977-843-3339 / 0927-685-5534
- ✉ travelwithcorazon@gmail.com / corazontravelandtours@gmail.com / corazontravelandtours@yahoo.com
- 🌐 corazontravelandtours.com
- 📌 Corazon Travel and Tours

UNRIVALED PRINCESS

PUERTO princesa

*Feature by Rei Leño, Denisse Tenorio,
Haloise Diamante & Shairah Nabong
Design by Jowinie Doma*





TIPS

✈ Travel by air

Manila (NAIA) to Puerto Princesa International Airport (PPS) – approx. 1.5 hrs
Airlines: Philippine Airlines, AirAsia, Cebu Pacific

🚤 Island hopping

Corazon Travel and Tour package rates:
Underground River – P2,000/person
Honda Bay – P1,500/person
Firefly Watching – P1,400/person

🚗 Getting around the city

City public transport: tricycle, jeepney
Motorbike rental – P600/day
Tricycle city tour (Crocodile Farm, Baker's Hill, Mitra's Ranch, Butterfly Garden, Immaculate Conception Cathedral) – P700 for 4 hrs.; P150 for every succeeding hour

Island tour essentials:
Aqua shoes – P150/person (rental)
Snorkel goggles – P150 (rental)
Full-face snorkel mask – P250 (rental)
Towels
Eco-friendly & reef-safe sunscreen
Waterproof case for smartphone and small valuables

the west coast

Nagtabon Beach

The west coast of Puerto Princesa is home to the best off-the-beaten-path beaches in the province. About an hour away from the airport and the city center, Nagtabon Beach is a secluded beach that is recently rising as a surfing spot in Puerto Princesa. Surfboards can be rented at the beach, and facilities like nipa cottages, toilets, shower area, and small restaurants are available. The peak time for surfing is from October to March. There is a viewing deck, 5 mins. away from the beach, that lets you admire the entirety of the beach from a high spot.

📍 Nagtabon Beach, Bacungan, Puerto Princesa, Palawan
🔪 Entrance fee: P50

Talauyong Beach

If you're looking for some peace and quiet, this is the place to be. While surfing is also possible here, Talauyong Beach is best for laidback activities aimed at re-energizing the mind. The cove's cream-colored sand is hemmed in by coconut trees, punctuated by local fishing boats—a nice scenery for barefoot strolls or splashing in the calm waters.

Along the beach, there are rental gazebos and nipa huts, and sari-sari stores for snacks and refreshments.

📍 Talauyong Beach, Bacungan, Puerto Princesa, Palawan

Sabang Beach

Just a 15-min. walk away from Sabang Port, the jump-off for Underground River-bound boats, Sabang Beach features a boho beach vibe with its long stretch of quirky restaurants and bars, and laidback resorts facing the beach. The soft, fine sand also allows for a relaxing and scenic walk, with views of the nearby rainforest. Visitors coming from the Underground River tour may opt to be dropped off at Sabang Beach (depending on weather conditions).

📍 Cabayugan, Puerto Princesa, Palawan



Photo: Tom Cui Espinas of Blue Palawan



Photo: Tom Cui Espinas of Blue Palawan



honda bay

Rich in not only aquatic life but also terrestrial ecosystems, the whole Honda Bay is a protected area encompassing around 16 islands. Only five of which—plus one coral reef nursery—are open to tourists. In one tour, the maximum allowable number of spots is 3.

Ideal for snorkeling and fish feeding, Starfish Island got its name from the numerous huge starfishes that inhabit its shores. Luli and Cowrie are rather bustling islands with tourist facilities like restaurants and activity rentals. The primary feature of Luli is its sandbar that earned the island its name, derived from the Filipino term, "lulubog-lilitaw," referring to how it disappears and appears at the rise and fall of the tides. Meanwhile, Cowrie Island is usually where tour groups have lunch at the



Luli Island



Pambato Reef

buffet-style Filipino restaurant (P300/person; included in a tour package).

The coral reef nursery that is Pambato Reef lets you watch and get close to different kinds, sizes, and colors of fish swimming among the corals. Aside from the fish, you can also find giant clams.

The tour usually starts from 7 am (pick-up from hotel) and ends at 2 pm (departure back to wharf). If you want better chances of avoiding big crowds, set your departure the earliest time possible. Bring extra cash (and put it in a waterproof case) for activities and extra snacks. Jetski, kayak, and banana boat fees are not included in the tour.



Cowrie Island



Photos courtesy of Corazon Travel and Tours

Photos courtesy: City Tourism Office of Puerto Princesa

underground river

One of the world's longest navigable rivers, the Puerto Princesa Underground River reaches a length of 8.2 km, with more still waiting to be explored. A boat tour only takes visitors across 1.5 km for about 40 mins. to 1 hour. An extended tour of up to 4 km. is possible with approval from the tourism office.



Each guest is provided with an audio guide device, available in different languages including English, Chinese, Korean, German, Spanish, and French. Throughout the tour, there are various rock formations that can tickle your imagination and overwhelm you with wonders.

The Underground River is a designated National Park and recognized as a UNESCO World Heritage Site since 1999. In 2012, it was accepted as one of the 7 Wonders of Nature.

Ugong Rock

Ugong Rock refers both to the humongous limestone formation and the expanse of unspoiled nature that teems with an exhilarating adventure and peaceful nature. This is primarily through the foremost activities, caving/spelunking (P200) and zip-lining (P250–P350). It normally takes 20 minutes to climb the steep Ugong Rock, reverberating with echoes of the hollow cave formations.

& Purok Pagkakaissa, Tagabinet, Puerto Princesa, Palawan

Kitu-Kito Firefly Watching



Kitu-Kito D'Makarios is the next big firefly watching destination after the closure of the first at Iwahig River earlier this year. The firefly watching site is a virgin mangrove area home to countless fireflies that sparkle at night. Note that there are many insects in the area; use natural/non-toxic insect repellents like citronella oil. Otherwise, wear long sleeves or jacket, pants, and closed shoes.

FOOD



Pizza of the Week – Tomato, Mozzarella, Parma Ham, and Arugula pizza



Seafood Platter (P895)

Hibiscus Pizzeria & Bar

Hibiscus Pizzeria & Bar is the in-house restaurant of Hibiscus Garden Inn. As a restaurant, Hibiscus prides itself on upholding local products and producing homemade dishes. You'll find that most of the items on the menu feature seafood and rarely meat because fishery is one of the town's major industries. The most popular item of the restaurant is pizza cooked in wood-fired oven. The pizza dough is handmade, while most of the ingredients are sourced from the local market. Meanwhile, as a bar, Hibiscus aims to be the best cocktail bar in Puerto Princesa and then eventually in Palawan. The flavors of the cocktails are diverse; however, they are mostly on the sweet and fragrant side.

📍 Hibiscus Garden Inn, Manalo Ext., Brgy. Milagrosa, Puerto Princesa City
☎ 048-723-1388
🕒 6 am to 10 pm

🌐 hibiscusgardeninn.com/restaurant/
📱 Hibiscus Pizzeria & Bar



Signature Cocktails (P320)

Badjao Seafront Restaurant

Traversing the brief walkway canopied by mangroves will lead you to the spacious Badjao Seafront, a restaurant unyielding to the waters of Puerto Princesa Bay. The restaurant concretizes the warmth unique to Filipino dining through its interior centered on wooden materials and a food selection that highlights local seafood dishes.

Complement the warm breeze and the tranquil sounds of the ocean with the always fresh Seafood Platter that is a fanfare of fish, shrimps, crabs, mussels, squid, and fried lumpia.

📍 Abueg Sr. Rd., Bagong Sikat, Puerto Princesa City
☎ 048-433-9912 / 0927-689-7887
🕒 10 am to 10 pm
📱 Badjao Seafront Restaurant



Steamed Lapu-Lapu with Tausi (P150/100g)



Croc Adobado (P395)

Kinabuch's Grill and Bar

With a long list of dishes on their menu and a 500-guest capacity, locals and tourists are made welcome to savor the familiar Filipino dishes, the international cuisines, and even the unique delicacy Palawan has to offer. One of which is the crocodile meat cooked in various ways, the best seller of which is the Croc Adobado.

📍 348 Rizal Ave. Puerto Princesa City
🕒 4 pm to 12 am (LO 11:30 pm)
📱 Kinabuchs Grill and Bar Official



Seafood Pizza (P450)

White Fence Cafe

White Fence Cafe is a humble courtyard cafe of the Purple Fountain Inn that has a focused menu on Filipino staples and Western favorites. The varied dining areas are homey and romantic.

📍 296 Manalo Ext., Puerto Princesa City
☎ 6 am to 10 pm
☎ 048-434-2430
🌐 purplefountaininn.com.ph/dining
📱 White Fence Cafe



Kalui Restaurant

With its legacy of almost 3 decades, Kalui Restaurant have gained cult followings with its seafood and vegetables. Make sure to place a reservation in order to secure seats in this consistently-packed restaurant.

📍 369 Rizal Ave., Dagumboy, Puerto Princesa City
☎ 048-433-2580
🕒 11 am to 2 pm, 6 pm to 10:30 pm
📱 Kalui Restaurant

Viet Ville

PP

From ingredients that are sourced from Vietnam to the cooking techniques passed down by the Vietnamese cooks who molded the place back in 1997, Viet Ville treats diners with flavors reminiscent of Vietnam. Don't miss the Beef Pho (P140, whose homemade noodles bathe in luscious beef broth with Vietnamese herbs and spices.

📍 Km 13, Sta. Lourdes, Puerto Princesa City
☎ 0977-441-0463 / 0919-836-6849
🕒 8 am to 9 pm
📱 Viet Ville



Beef Pho (P140)

Asiano Gourmet Cuisine

PP

Upon seeing the demand for vegetarian food in Sabang, Chef Adonis Alvarez opened the restaurant to serve vegan dishes and seafood caught fresh locally. With a long list of dishes on his menu, one can savor Filipino cuisine, Indian vegan dishes, Japanese sushi and ramen picks, and live seafood all in one sitting. Among the popular dishes are Vegetarian Thai Curry, Indian Buttered Chicken, and Pad Thai.

📍 Beach Front, Cabayugan, Sabang, Puerto Princesa City
☎ 0956-629-3877
🕒 8 am to 2 pm, 5 pm to 9 pm
📱 Asiano - gourmet cuisine



Pad Thai (P300)

Ka Joel's Restaurant

PT

Ka Joel's is one of the pioneers of Inato Chicken, a Palawan take on the Filipino chicken inasal. They also serve the local delicacy of crocodile meat in the dish, crocodile sisig.

📍 Abanico Rd., Purok Centro, Tiniguiban, Puerto Princesa City
🕒 11 am to 2 pm, 6 pm to 10 pm (Tue to Sun)
🌐 kajoelsrestaurant.com
📱 Kajoels Restaurant



Grilled Chicken Wing (P115)

La Terrasse Restaurant Café

PP

La Terrasse Restaurant Café is dedicated to serving organic, wholesome food. The menu is mostly inspired by European and Asian cuisines, with most dishes a play on original recipes. Most, if not all, of the ingredients such as sauces and soups are made from scratch. Any kind of additives, MSG, and processed food is avoided. A must-try is the Laksa Soup with a thick and flavorful soup base.

📍 Rizal Ave., Puerto Princesa City
☎ 0915-843-7605
🕒 11 am to 11 pm (Tue to Sun)
📱 La Terrasse Café



Laksa Soup (P315)

The Smoky Place

PP

This restaurant is a hidden gem of Sabang beach, offering what is probably one of the best pizzas in town. It is home to classic wood-fired cob oven pizzas like the Bacon Pizza, with a soft and chewy crust. A unique offering is Dessert Pizza made with a combination of chocolate and bananas.

📍 Sabang Beach, Cabayugan, Puerto Princesa City
☎ 0945-256-9852
🕒 9 am to 10 pm
📱 The Smoky Place



Dessert Pizza (P200)

SOUVENIRS



Buenavista View Deck

Buenavista View Deck is an ideal stopover on the way to or back from Underground River. It houses a wide array of souvenirs that range from key chains and postcards to stylish bags, hats, and shirts. It also has a small eatery and a second-story deck that offers sweeping views of Ulugan Bay.

📍 National Highway, Buenavista, Puerto Princesa City
🕒 7 am to 3 pm (stalls); 24/7 View Deck



MCA Market Mall Souvenirs

MCA Market Mall is only 5 mins. by car or 10 mins. by foot from the airport. It has an overabundance of items sold at cheap prices—you can get a nice key chain for as low as 5 pesos and a shirt for only P50.

📍 Puerto Princesa North Rd., San Miguel, Puerto Princesa City
🕒 7 am to 9 pm



Sabang Boat Terminal

At the wharf going to the Underground River, a number of welcoming locals walk around carrying a handful of handmade bracelets and necklaces, whose water-friendly materials make a good, everyday accessory. Prices start at P200, but you can get them at lower prices depending on the seller.

📍 Sabang, Puerto Princesa City

HOTELS and resorts

Princesa Garden Island Resort and Spa P P P P P

Princesa Garden Island Resort and Spa is a vast 4-hectare resort property located on a mangrove-dotted coastline. There are about 78 bedrooms of different categories and designs that fit any kind of travelers—not one offering anything less than luxury and comfort. The most romantic and exclusive choice of accommodation is the Water Villa, a 90-sqm cabana-style villa built over water and directly facing the sea.

The vast resort itself is a gastronomic destination with three restaurants offering diverse specialties. The daily breakfast buffet is held at Rice, offering Filipino and international cuisine. Tomato and Basil Cuisina Italiana is the answer for pizza cravings with its wood-fired oven pizza offerings. Sala Lobby Lounge, serving snacks and drinks, is also a nice place to loosen up especially at night when a movie is played on an outdoor projector.

For the ultimate dream holiday with zero hassle, Princesa Garden Island offers an all-in package for 4 days and 3 nights with arrangements for daily meals and 4 of the most coveted tours in Puerto Princesa (Underground River Tour, Honda Bay Island Hopping, City Tour and Firefly Watching Boat Tour). Rate starts at P35,600 net for 2 persons.

- 📍 Caniguiran, Brgy. Banca-Bancao, Puerto Princesa City
Located 15 mins. away from Puerto Princesa International Airport.
- ☎ Palawan office – 048-723-1354 / 0917-775-5776 / 0998-975-3768;
Manila office – 02-7744-7878 loc. 7205 or 7107 / 0917-873-9574 / 0918-967-5132
- 🌐 princesagardenisland.com
- 📘 Princesa Garden Island Resort & Spa
- 📷 @princesagarden



Photos: Dos Palmas website

Dos Palmas Island Resort P P P P P and Spa

If you enjoy the tour around Honda Bay, you can stick around a little longer by staying at Dos Palmas Island Resort and Spa, a luxurious private island resort situated within the bay. The idyllic island setting is complemented by spacious villas fitted with a private terrace, wooden furniture, and modern amenities. You will share your stay in this ecological haven with 300 species of fish, corals, mollusks, and crustaceans, as well as at least 95 species of birds. Dos Palmas is also a nesting site and feeding ground for 3 species of sea turtles.

- 📍 Arreceffi Island, Honda Bay, Puerto Princesa City
- ☎ 048-434-3118 / 0917-590-4442 / 0917-500-0154
- 🕒 Check-in / Check-out: 2 pm / 12 pm
- 🌐 dospalmas.com.ph
- 📘 Dos Palmas Island Resort and Spa



Photos: Sheridan Beach Resort website

Sheridan Beach Resort P P P P P and Spa

Situated along Sabang Beach, Sheridan Beach Resort and Spa offers comfortable and luxurious accommodation that promotes both wellness and adventure. All rooms have a private balcony with views of the vast pool, the garden, or the mountains.

Some of the most notable facilities of the resort are the 340-ft.-long swimming pool with the Wet'n Dry Pool Bar, and the Sheridan Nature Spa inspired by Asian health and beauty traditions. For adventure, the resort offers activities like ATV rides, nature walks, and mountain biking.

- 📍 Sabang Beach, Puerto Princesa City
- ☎ 0908-880-6648 / 0917-306-6984
- 🕒 Check-in / Check-out: 2 pm / 12 pm
- 🌐 sheridanbeachresort.com
- 📘 Sheridan Beach Resort and Spa



Blue Palawan Beach Club P P P P P

Setting foot at the entry pathway of Blue Palawan Beach Club, your eyes will instantly land on the infinity pool, which notably overlooks the beach. The pool is a well-loved hangout among sunbathers, with quick and easy access to food and drinks at the resort's bar and restaurant.

Blue, as it is called, offers three kinds of menu: Food Menu, Beverages Menu, and the Experience Menu that stays exclusive to the resort. The latter prominently seeks to provide relaxation to guests by means of "Breathe" activities, enjoyment through "Live" activities, and romance through "Love."

- 📍 East Coast Beach, BM Rd., Puerto Princesa City
- ☎ 0918-814-1111
- 🕒 Check-in / Check-out: 2 pm / 12 pm
- 🌐 bluepalawan.com
- 📘 Blue Palawan Beach Club
- 📷 @bluepalawan

Daluyon Beach and Mountain Resort

PPP

Hailed for its zero carbon ventilation and efficient environmental management, Daluyon Beach and Mountain Resort is a partner of World Wide Fund (WWF-Philippines) in raising awareness about climate change and promoting responsible tourism.

Its native contemporary-designed accommodation features private balconies and unique glass windows with views of Sabang Beach and the West Philippine Sea. There are hammocks right by the beach, a very nice spot to chill out or read books peacefully.

📍 Sabang Beach, Cabayugan, Puerto Princesa City
☎ 048-433-6379 / 0917-826-9989
🕒 Check-in / Check-out: 2 pm / 12 pm

🌐 daluyonbeachandmountainresort.com
📌 Daluyon Beach and Mountain Resort



Water Villa Room



Sala Lobby Lounge



Water Villas



Garden Casita



Daluyon Grand Suite



Hibiscus Garden Inn

PPP

Hibiscus Garden Inn is a serene abode weathed by trees and plants—openly displaying the affinity with nature of the owner who chose a flower name for his hotel. It prominently mirrors the comfort of a home, with its low-ceiling, maple-toned rooms furnished with eco-friendly furniture made from native materials. You can hardly find anything made from plastic—even the trash cans are made of wicker.

Recently, they introduced the open pool area near the rooms, the open bar by the entrance, and an air conditioned lounge room free for hotel guests to use.

📍 Manalo Ext., Milagrosa, Puerto Princesa City
☎ 0908-862-7403 / 0917-541-3304
🕒 Check-in / Check-out: 1 pm / 11:30 am
🌐 hibiscusgardeninn.com
📌 Hibiscus Garden Inn



Best Western Plus The Ivywall Hotel

PPP

In a convenient location near the airport and the main thoroughfare lies Best Western Plus The Ivywall Hotel of Puerto Princesa, offering a wide range of facilities for all kinds of visitors to feel at home. The rooms, ranging from deluxe to suites, follow contemporary Filipino design and offer comfortably and secure accommodation.

The Ivywall Hotel offers a top-notch business center and fast Wi-Fi throughout the property. For those on vacation, the hotel has a massage center, and an outdoor swimming pool with a bar. Foodies exploring what the island has to offer can start with Anibog all-day dining restaurant and the Balayong Grill and Bar.

📍 Rizal Ave. Ext., Puerto Princesa City
☎ 02-8657-1192 / 048-716-5100 / 0917-657-2880
🕒 Check-in / Check-out: 2 pm / 12 pm
🌐 bwplusivywall.com
📌 Best Western Plus The Ivywall Hotel



Panja Resort

PPPP

Panja Resort is spread amid a vast land not usually frequented by tourists, naturally offering the serenity sought by its guests. And with its clean and modest facade draped with yellow bell shrub, you can tell that this resort blends well with its surrounding nature.

It is home to 35 luxurious rooms, the glass-walled Horizon Restaurant, an infinity pool, the stylishly rustic Prana Spa, and the unbounded 360 Bar located on the topmost space of the resort—each of them providing an undisturbed view of the whole Honda Bay.

📍 Bay Vista Rd., Tagburos, Puerto Princesa City
☎ 0945-799-2908 / 0917-376-4835
🕒 Check-in / Check-out: 2 pm / 12 pm
🌐 panjaresortpalawan.com
📌 Panja Resort @panjaresortpalawan

Live like a true local

Philippine Primer is the expat's ultimate source of lifestyle and business information in the Philippines.

Philippine Primer FREE Magazine!
Distributed in Metro Manila



Know the best and the latest on local destinations, food, business, culture, top news, and more when you connect with us online:

-  www.primer.com.ph
-  [Philippine Primer](https://www.facebook.com/PhilippinePrimer)
-  [@primerph](https://twitter.com/primerph)
-  [@primerph](https://www.instagram.com/primerph)

Philippine Primer is accessible across various platforms—print, online, and mobile.
Grow your business by advertising with us: **02-8836-8381 | sales@primer.ph**



SUSHI RESTAURANT IN INUYAMA



KINKAKU-JI, KYOTO



TEAMLAB BORDERLESS, TOKYO



MOUNT FUJI



FUSHIMI INARI SHRINE, KYOTO



TOKYO SKYTREE

CREATE MEMORIES, NOT DREAMS.

Apply for a Japan visa with us.

PHILIPPINE
PRIMER LUXE
TRAVEL INC.



YASAKA PAGODA, KYOTO




OSAKA CASTLE





TOKYO TOWER

CONTACT US:

 facebook.com/primerluxe

 8808-2163 / 0920-949-7950 / 0916-302-21276

 www.primerluxe.com

 Unit 705 Greenbelt Mansion, 106 Perea St., Legaspi Village, Makati City



Please scan QR code to our website

SAPPORO *Japan*

Feature by Rei Leño | Design by Dantes Remot

Regarded as the gateway to Hokkaido Prefecture and a coveted winter destination, Sapporo City opens up plenty of avenues to explore the beauty of northern Japan. In the absence of snow, the natural beauty of Hokkaido's capital is revealed and proves it to be a year-round destination. Sapporo is a place of idyllic respite, home to numerous parks and natural attractions.

A beer-loving and ramen-yielding city, it is also the site of vibrant and gastronomic festivals throughout the year. This laidback metropolis can attract both people who love the city life and those trying to escape from it. It brims with energy at night and sways along to the rising sun, as gentle as a lamb, and anyone can find the kind of adventure—or relief—they are looking for without even leaving the city.

Major festivals to watch out for:

-  Sapporo Snow Festival
February 4 – 11, 2020
-  Sapporo Lilac Festival
Mid-May – Late-May
-  Sapporo Summer Festival and Odori Beer Garden
Mid-July – Mid-August
-  Sapporo Autumn Fest
September

**The above schedule may be subject to change at the discretion of the organizers.*



<http://bit.ly/Visit-Sapporo>

Access & Tips

By air:

Recommended airline: Japan Airlines (JAL)
Manila (MNL) to Tokyo (HND/NRT) – 4 hrs.
Tokyo (HND/NRT) to Sapporo (CTS) – 95 mins.

By train:

Covered by JR East-South Hokkaido Rail Pass and Japan Rail Pass
Tokyo Station to Shin-Aomori – Tohoku Shinkansen, 3 hrs.
Shin-Aomori to Shin-Hakodate-Hokuto – Hokkaido Shinkansen, 1 hr.
Shin-Hakodate-Hokuto to Sapporo – Hokuto Limited Express, 3.5 hrs.

Getting around

Sapporo has an efficient public transport network. The most common mode of transport is the subway. The streetcar or tram is also a nice way to tour the southwestern area of downtown Sapporo. For spots in the city outskirts, buses are a reasonable option, though taxis are also readily available. Car rental kiosks can also be found around Sapporo Station and Odori Station.



JAL Sakura Lounge



Beat airport boredom at JAL Sakura Lounge, available both in Manila and Tokyo airports, equipped with state-of-the-art amenities for privacy and comfort, such as free Wi-Fi, power outlets, USB ports, and buffet dining. Tokyo Haneda and Narita airports have more amenities like a sleeping area, kids room, and business center. The Haneda lounge, however, is under renovation and will re-open in April 2020.

Eligibility:

JMB Diamond, JMB Sapphire, JGC Premier, and JAL Global Club member (+1 companion); First Class, Business Class, Premium Economy Class, and Economy Class (Flex Y Fare) passengers

www.jal.co.jp/en/inter/service/lounge/





Tanukikoji Shopping Arcade

First established in 1869, Tanukikoji Shopping Arcade may also be considered a historical attraction. This quaint covered shopping arcade houses around 200 shops, some decades-old and some newer. A good variety can be explored in a span of 900m—there are restaurants and pubs, fashion stores, thrift shops, and even hotels. The most popular is MEGA Don Quijote, Japan's trendiest discount chain store, open 24 hours. Also be on the lookout for entryways that lead to more amazing shops and restaurants hidden underground and on upper floors.

- 📍 Nearest stop: Odori Station
- 📍 Nishi 1 – 7-chome, Minami 2 – 3-jo, Chuo-ku, Sapporo City, Hokkaido
- 🕒 Shop and restaurant hours vary; most shops open from 10 am to 9 pm and restaurants from 11 am to 11 pm
- 🌐 tanukikoji.or.jp/



Odori Park

Odori Park is a green oasis that cuts across the city center 1.5km from east to west. For both locals and tourists, it is the most accessible and affordable breathing space filled with around 90 kinds of trees that turn different colors across the seasons. If you go up Sapporo TV Tower, a 147.2m tower at the park's eastern end, your view to the west will consist of the whole Odori Park and mountains like Maruyama and Okurayama that fill the horizon. The tower is also lit up every night, a spectacle that stands out amid the nighttime cityscape.

- 📍 Nearest stops: Odori Station, Nishi Jyuichi Chome Station
- 📍 Odori Nishi 1-chome – Odori Nishi 12-chome, Chuo-ku, Sapporo City, Hokkaido
- 🕒 Park: 24/7; Sapporo TV Tower: 9 am to 10 pm (regular hours daily; may change due to holidays and other events)
- 🌐 odori-park.jp/en/
- 💰 Sapporo TV Tower observatory entrance fee: 720¥ (adult, 19 y/o & above)



Norbesa

Norbesa is a commercial complex with shops, restaurants, and amusement facilities. Its most popular attraction is Noria Ferris wheel, which is situated on its rooftop. The Ferris wheel itself is small—only 45.5m in diameter. Combined with the building's height, Noria reaches a height of 78m above ground, one of the best ways to get nice views of the city. A gondola can carry 4 people at a time, and a ride takes about 10 mins.



- 📍 Nearest stop: Susukino Station
- 📍 Nishi 5-1 Chome, Minami 3-jo, Chuo-ku, Sapporo City, Hokkaido
- 🕒 11 am to 11 pm (Mon to Thu, Sun.); 11 am to 3 am (Fri to Sat, holiday & day before holiday) 🌐 norbesa.jp
- 💰 600¥/person (10-min. ride); 800¥/person for 2 laps (20 mins.)



Susukino

Susukino, the red light district of Sapporo, is where to go if you are looking for a taste of nightlife and an exciting food tour. The district sparkles the brightest at night, with numerous neon sign boards fixed on buildings along the street, among which the most popular is the big Nikka Whisky billboard that has become a famous landmark at Susukino junction.

While options for food and booze are plenty, ramen lovers should not miss out on all the Sapporo miso ramen goodness offered by some 17 restaurants at Ganso Ramen Yokocho, a narrow alley just a 2-minute walk from the junction.

- 🚏 Nearest stop: Susukino Station
- 📍 Susukino, Chuo-ku, Sapporo City, Hokkaido



Casual course of Kudo Lamb Meat Shop (2,800¥)

Kudo Yo Nikuten

Kudo Yo Nikuten specializes in paper-thin lamb meat slices, a must-try gourmet item in Sapporo. The meat slices are so thin that they cook in the boiling broth in less than 10 seconds and have an incredible melting texture. The hot pot used is dual-sided, one side containing the restaurant's signature Rausu kelp stock and the other your choice among four kinds of broth. The Rich Grated Yam Chicken Broth is highly recommended.



- 🚏 Nearest stop: Susukino Station
- 📍 7/F Japan Land Bldg., Nishi 5-chome, Minami 5-jo, Chuo-ku, Sapporo City, Hokkaido
- 🕒 5 pm to 1 am (Mon to Sat); 5 pm to 12 am (Sun & Holidays)
- *Last order: 30 mins. before closing ● 工藤羊肉店.jp



Military Parfait (Single - 1,850¥ / Set with drink - 2,100¥)

Parfaiteria miL

Like a kids' ice cream shop but specially made for adults, Parfaiteria miL is a quirky speakeasy-style café located underground at Tanukikoji. The parfaits are decorated with ingredients that not only add color but also contribute to the overall delectable flavors. One of the most Instagrammable is the Military Parfait, ideal for the sweet-toothed as its main ingredients are chocolate, pistachio, salted caramel, and blood orange sauce. Children are welcome until early evening only. Wine is also offered.



Hydrangea Parfait (Single - 1,650¥ / Set - 1,900¥)

- 🚏 Nearest stop: Susukino Station
- 📍 B1F Sanjo Minatsu Bldg., Nishi 5-chome, Minami 3-jo, Chuo-ku, Sapporo City, Hokkaido
- 🕒 5 pm to 12 am (Mon to Thu); 5 pm to 2 am (Fri.); 3 pm to 2 am (Sat); 3 pm to 12 am (Sun. & Hol.); Hours extended until 2 am on the day before a holiday
- risotteria-gaku.net/parfait

Menu subject to change based on the season.



NIKKA

道新ニュース
北海道新聞
uhb
道新スポーツ

苫小牧 中央 IC、道央
道に新築へ 道が検討、
新年も着工

Susukino junction with the famous Nikka billboard



Hidamari Glass Pyramid, view from Mt. Moore



Play Mountain



Inside Hidamari Glass Pyramid

Moerenuma Park

Moerenuma Park is a huge masterpiece carved out of what was once a waste disposal site. Now, this 188.8-ha land harbors some of the most amazing man-made landscapes and sculptures that utilize tasteful geometry and mingle art with nature.

There are about 14 facilities with different activities for kids and adults. The park's most symbolic structure is the Hidamari Glass Pyramid, which houses a gallery dedicated to the park's designer, Isamu Noguchi, a multi-purpose space where you can lounge beneath the glass walls, souvenir shops, and a French restaurant called L'enfant Qui Reve. Another interesting feature is Mt. Moore, a man-made hill 62m. high, which provides a good vantage point to view the entirety of the park and Sapporo City.

Bike rental is available from ¥200 to ¥300. Winter sport equipment can also be rented from early January to early May.

- 📍 Nearest stop: Bus – Moerenuma Koen Higashiguchi (Moerenuma Park East Exit) – 25-30 min. ride from Central Sapporo
- 📍 Moerenuma-koen 1-1, Higashi-ku, Sapporo, Hokkaido
- 🕒 7 am to 10 pm (Park entrance closes at 9 pm) *Enter via east entrance; south and west entrance gates are open until 7 pm only, and closed in winter
- 🌐 moerenumapark.jp/english/
- 🆓 Free admission except for sports facilities



Park Station, Keiryu Zone



Soba Katsu Curry at Higashi Guchi Snack Comer

Takino Suzuran Hillside Park

The only government-managed park in Hokkaido, Takino Suzuran Hillside Park boasts a vast array of landscape features, facilities, and scenery across 400 hectares. The park has four zones dedicated to different kinds of activities: the Chushin Zone with scenic flower gardens, camping grounds, big playgrounds, and a golf course; the Takino no Mori West Zone for forest activities; the Takino no Mori East Zone for forest walks and cooking activities; and the Keiryu Zone for biking, fishing, picnics, and a waterfall tour.

Being admission-free and closest to the highway, the Keiryu Zone is the most accessible. A must-try activity is biking while going on an excursion around the falls in this zone, namely, Masumi, Shiraho, and Ashiribetsu. The falls are also a wonderful sight when they are frozen during winter. Bike rental is available at Park Station, near Masumi Guchi Gate.

- 📍 Nearest stop: For **Keiryu Zone**: Suzuran Koen Keiryu Guchi Bus Stop or Masumi no Taki Iriguchi Bus Stop | For **Chushin Zone**: Suzuran Koen Higashi Guchi Bus Stop or Suzuran Koen Chuo Guchi Bus Stop | For **Taki no Mori Zone (East and West)**: Suzuran Koen Higashi Guchi Bus Stop
- 📍 Takino 247, Minami-ku, Sapporo City, Hokkaido
- 🕒 Apr 20 to May 31 – 9 am to 5 pm; Jun 1 to Aug 31 – 9 am to 6 pm; Sep 1 to Nov 10 – 9 am to 5 pm; Dec 23 to Mar 31 – 9 am to 4 pm
- 🌐 takinopark.com
- 🆓 **Keiryu Zone**: free admission | **Chushin and Takino no Mori zones**: individual – 450¥ (adult 15 y/o and above) / 210¥ (65 y/o and above); 2-day ticket – 500¥ (adult 15 y/o and above) / 250¥ (65 y/o and above)



Masumi Falls

QUERIES ON PHILIPPINE
WORKING PERMIT
WORKING VISA
PERMANENT
RESIDENT VISA



Boutique Law Firm of the Year
Immigration Law Firm of the Year
Rising Law Firm of the Year

WE ALSO ENTERTAIN INQUIRIES ON OTHER
IMMIGRATION - RELATED CONCERNS

Contact: immigration@avenidalawoffice.com
(632) 8817 - 8920 look for Ms. Tin
<https://avenidalawoffice.com>

Accredited by the Bureau of Immigration

MAP Makati D-5

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
02-8893-8180 / 8810-9622
visa@friendshipmanila.com

CEBU OFFICE

Unit 214a, Business Center b, Oakridge Business
Park, 880 A.S. Fortuna St., Banilad, Mandaue
052-345-3459 / 344-4825
info@friendshipcebu.com
<http://friendshipcebu.com>



J-K NETWORK
RECRUITMENT SERVICES
AND CONSULTANCY, INC.

We are the Leading Recruitment Company in the Philippines.

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

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: 02-8245-2829 Globe: 0936-973-4028
Applicant's Page: <https://jknetwork-jobs.com>

For clients, please contact us:

jkhr@jp-network-e.com
Telephone: 02-8245-2829 Globe: 0917-813-9678
Client's Page: <https://jknetwork-jobs.com/forClients>

02-8245-2829

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

UNIT 3 LJKM 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.



For inquiries, please contact us at (02) 7218 3535 / marianne@aab.co.jp



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



[aabphilippines](https://www.instagram.com/aabphilippines)



AAB offers comprehensive services of Events, Advertising,
PR and Sales Promotional activities in the Philippines.

Our Branches: Japan / Vietnam / Malaysia / Indonesia / Singapore / Cambodia / Turkey / France

brother
at your side

SHOP SOME MORE

FREE worth up to **P1,500**

MOBILE PASS
sodexo

Real Tank System

FREE worth up to P1,500

Promo duration: January 1 – March 31, 2020

Find out more at: <https://www.brother.com.ph/en>

Applicable models: DCP-T310, DCP-T510W, DCP-T710W, MFC-T810W, MFC-T910W



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+
PRINTING SERVICE



P3,000/Month



P4,000/Month



P5,000/Month



For inquiries, please contact: E-mail: shinichi.tanaka@brother.com.ph

BROTHER INTERNATIONAL PHILIPPINES CORPORATION
6/F Marajo Tower, #312 26th Street West corner 4th Avenue, Bonifacio Global City, 1834 Taguig City
Trunkline: (02) 8581.9800 • Customer Service: (02) 8581.9898 • Toll-Free: 1-800-10-BROTHER

f /BROTHERatyourside

t /BROTHERPhills

www.brother.com.ph

ig /BROTHERPhills

We are near HIGH STREET!!!



STEPFORWARD BGC

Free TRIAL CLASS!!!

marketing@stepforward-inc.com
LINE: @bjz2594z

CEPT

Corporate English Proficiency Training is AVAILABLE. Feel free to contact us

Customized Curriculum

Lessons are provided depending on your needs and specifications.



Highly QUALIFIED TEACHERS

Professional teachers with TESOL and LET certifications.



price

1 lesson 670pesos (50mins)

*minimum number of lesson is 20 valid for 4 months

time

Mon-Fri 9:00~20:00

Sat 9:00~17:30



Japanese management
Executives are Japanese; one from Trading company and one from Education industry.

Unit 2108 The Trade & Financial Tower, 7th Ave cor. 32nd St., BGC, Taguig

<https://stepforward-learning.com/>

0277-516-217



PJ LINK
LANGUAGE Center, INC.

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

NIHONGO • ENGLISH • TAGALOG • TRANSLATION • STUDY AND WORK PROGRAM IN JAPAN • EIKEN / TOEFL / TOEIC • SKYPE • NIHONGO STUDY FINANCING PROGRAM • JLPT REVIEW CLASS

+63956-556-8544

4F Ricogen Bldg 112 Aguirre St., Legaspi Village Makati
Pjlink.marketing@gmail.com / <http://pjlink-manila.com/en/>



Advertise with us!

Philippine primer
The Expat's Guide to the Philippine Lifestyle

Give us a call at **02-8836-8381**
or email us at sales@primer.ph

Promote your business to the Expat community.
We are now accepting advertisement placement.

Banking Feature

Universal and Commercial Banks in the Philippines

The Philippine banking system, according to the Bangko Sentral ng Pilipinas (BSP), is composed of universal and commercial banks, thrift banks, rural and cooperative banks. Universal and commercial banks are the largest financial institutions in the country and offer the widest variety of services.

■ Featured banks with international desks



BDO Unibank, Inc.



We find ways

BDO is a full-service bank that provides a complete array of products and services that include lending, deposit-taking, foreign exchange, brokering, trust and investments, and credit cards among others.

The bank has the largest distribution network with over 1,300 branches and more than 4,000 ATMs across the Philippines. BDO is also a member of one of the country's largest and most successful conglomerates – the SM Group.

Head office: BDO Corporate Center,
7899 Makati Ave., Makati City
☎ 02-8631-8000
✉ callcenter@bdo.com.ph
📱 facebook.com/BDOUnibank
🌐 bdo.com.ph

International Desks

Japan Desk

🌐 www.bdo.com.ph/jp/home
☎ 02-8663-4001
✉ help-Japanese@bdo.com.ph

Korea Desk

🌐 www.bdo.com.ph/kr/home
☎ 02-8663-4000
✉ koreadeskhelpdesk@bdo.com.ph

China Desk

🌐 www.bdo.com.ph/cn/home
☎ 02-8631-8000
✉ chinadesk@bdo.com.ph

Other International Desks: ASEAN Desk, Europe Desk, Multi-Lateral/ECAS Desk, North America/Australia Desk, Taiwan Desk



Metrobank



You're in good hands

Recognized as the Best Managed Bank in the Philippines, Metrobank is a premier universal bank with expertise in investment, commercial, and retail banking. With almost six decades of banking excellence, Metrobank is committed to deliver meaningful banking to Filipinos everywhere through the Bank's extensive domestic branch network and overseas coverage. The Metrobank Group is one of the biggest and most profitable conglomerates in the country today. You are always in Good Hands with Metrobank.

Head office: Metrobank Plaza Sen. Gil J. Puyat Avenue, Makati City
☎ 02-88700-700
✉ customercare@metrobank.com.ph
📱 facebook.com/metrobank
🌐 metrobank.com.ph

Corporate Customer Care

☎ 02-8898-8000
✉ ibs.customercare@metrobank.com.ph



RCBC



We believe in you

RCBC is the financial flagship company of the Yuchengco Group of Companies, one of the oldest and largest business conglomerates in the Philippines. With 60 years in service, the bank is among the top largest private universal banks in the country. RCBC is engaged in all aspects of traditional banking, investment banking, microfinance, retail financing (auto, mortgage and housing loans, and credit cards), remittance, leasing, foreign exchange, and stock brokering.

With over 150 awards from various award-giving bodies, RCBC continues to grow, innovate, improve, and reach out beyond their customers.

Head office: Yuchengco Tower, RCBC Plaza,
Ayala Ave., Makati City
☎ 02-8877-7222
✉ customercare@rcbc.com
📱 facebook.com/RCBCGroup
🌐 rcbc.com

International Desks

Korean Desk

🌐 www.rcbc.com/Corporate/KoreaDesk
☎ 02-8894-9837
✉ jhoh@rcbc.com

Japan Desk

🌐 www.rcbc.com/Corporate/JapanDesk
☎ 02-8894-9986
✉ asegawa@rcbc.com

• For advertising inquiries:



☎ + 63-2-8836-8381
✉ information@primer.ph

• Visit Primer.com.ph
for more tips on
banking in the Philippines.



■ Universal and Commercial Banks in the Philippines

Bank & Contact Details	Origin	Number of Branches	Min Deposit (New Account)	Private Bank	Personal Savings Deposit (Interest)
Asia United Bank Corporation ☎ 02-8-631-3333 / 02-8-638-6888	Philippines	228	Not required	None	0.125%
Bank of Commerce ☎ 02-8-982-6000 / 02-7-214-8800	Philippines	139	P5,000	None	0.13%
Bank of Makati ☎ 02-8-889-0000	Philippines	62	P500	None	0.75%
Bank of the Philippine Islands ☎ 02-8-818-5541 to 48	Philippines	800	P3,000	Yes	0.25%
BDO Unibank, Inc. ☎ 02-8-631-8000	Philippines	1,171	P2,000	Yes	0.25%
China Banking Corporation ☎ 02-885-5888	China	620	P2,000	Yes	0.125%
Citibank Philippines ☎ 02-8-995-9999	America	3	P50,000	Yes	0.1%
CIMB Bank Philippines Inc. ☎ 02-8-924-2462	Malaysia	Head Office only	Not required	None	0.5%
Development Bank of the Philippines ☎ 02-8-818-9511	Philippines	127	P500	None	0.1%
East West Banking Corporation ☎ 02-8-888-1700 / 02-8-575-3888	Philippines	447	P2,000	None	0.125%
Land Bank of the Philippines ☎ 02-8-522-0000 / 02-8-551-2200 / 02-3-450-7001	Philippines	365	P500	None	0.10%
Maybank Philippines, Inc. ☎ 02-8-588-3888	Malaysia	74	P10,000	None	0.25%
Metrobank ☎ 02-8-8700-700	Philippines	957	P10,000	Yes	0.250%
Philippine National Bank ☎ 02-8-573-8888	Philippines	712	P3,000	None	0.10%
RCBC ☎ 02-8-877-7222	Philippines	332	P3,000	Yes	0.15%
Robinsons Bank Corporation ☎ 02-8-637-2273	Philippines	146	P100	None	0.1%
Security Bank Corporation ☎ 02-8-867-6788 / 02-8-887-9188	Philippines	305	P5,000	Yes	0.1%
Union Bank ☎ 02-7-906-3817	Philippines	111	P500	Yes	0.1%
United Coconut Planters Bank ☎ 02-8-811-9000	Philippines	188	P2,000	None	0.25%

The banks listed above deal with both corporations and individuals. Information on the listed banks were disclosed by Bangko Sentral ng Pilipinas.

In addition, the total assets found in the table were calculated from the balance sheet issued by the Bangko Sentral ng Pilipinas in June 2019, while other figures were either calculated from the websites of each bank or retrieved through a survey via phone call (as of November 12, 2019).

Glossary:

- **Private bank** financial services for wealthy individuals such as asset owners and corporate owners; a bank with a dedicated staff who comprehensively manages assets according to customer asset conditions and life plans.
- **Capital ratio** the capital (total assets) held by a bank that can be broadly divided into two categories: "equity" and "money borrowed from others". "Equity capital" means money (capital) that a bank has issued and has raised its own shares.
- **Accumulated profits (retained earnings)** percentage of net profits that are accumulated and used for reinvestment purposes. These can also be used to pay down debts rather than being paid out in dividends. The accumulated profit is often used by corporations to invest in areas that will create growth opportunities.
- **Equity ratio** refers to the ratio of equity to total assets. It is said that the higher the value is, the more healthy the management is, and it is used as one of the indicators of a management's status.

Tips:

1. Partner with a bank that meets your needs. If you are a busy bee, it's best to choose a bank that gives you easy access to ATM around you- whether in malls, near your house or office.
2. Put safety and privacy first. Choose a bank that immediately notifies via e-mail or text should there be any suspicious activity on your account and gives speedy action towards it.
3. According to Moneymax, make sure that your chosen bank is a member of the Philippine Deposit Insurance Corporation (PDIC) to ensure a maximum of P500,000 deposit insurance coverage.
4. Do not be afraid to consult a bank representative should you have any questions or clarifications before you sign anything with your chosen bank.
5. When making online bank transactions, secure your phones and/or computer by making sure to have an updated anti-virus software. Also keep your firewall up to keep your data private.

Sources: Bangko Sentral ng Pilipinas, MoneyMax





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.



Andrea Marie Macabuag-Oliva MD, FFCP, FPSEDM

Internal Medicine - Endocrinology

When it comes to endocrine complications, such as diabetes (the most common), osteoporosis, cholesterol problems, goiter, and obesity, Dr. Andrea Marie Macabuag-Oliva helps patients ease through any of these. She has been practicing Internal Medicine (IM) – Endocrinology for over four years. She graduated from the University of the Philippines (UP) Manila with a BS degree in Pharmacy, and then took up medicine and internship at the University of Santo Tomas. She acquired her residency, training, and fellowship at the Makati Medical City (MMC). Moreover, she has internationally been recognized through her research in endocrinology, for which she has received invites from Australia and Singapore. Dr. Macabuag-Oliva usually has long conversations with her patients to make sure they understand and follow her advice. She aims to motivate, educate, and inspire them to get better not only by following prescriptions, and getting regular check-ups but also by communicating with her.

Make an appointment:

- ✓ Makati Medical Center, Room 227
 - Tuesday: 1 am to 5 pm
 - Thursday: 8 am to 10 pm
 - Saturday: 8 am to 12 pm
 - Contact No.: 02-8888-8999 loc. 2227

Rod T. Castro MD, FPCP, FPCC

Internal Medicine- Cardiology

Dr. Castro is a cardiologist by profession with a subspecialty in critical care. He decided to take the medical profession as a career in response to his childhood dream of serving people and has been practicing for about 10 years. He graduated with a degree in Biology from the University of Philippines Baguio and took his MD, internship, and residency training at the University of the East- Ramon Magsaysay Medical Center. Aside from that, he also had his fellowship for cardiology at St. Luke's Medical Center, Quezon City and underwent training for Cardio Critical Care at St. Thomas' Hospital in London. As a cardiologist, some of the services that Dr. Castro offers are taking care of bypass patients, medical diagnosis and treatment of congenital heart defects, coronary artery disease, heart failure, and valvular heart disease. Because of the hard work he continuously gives in his chosen field of profession, he was awarded as the most outstanding resident doctor during his time.

Make an appointment:

- ✓ St. Luke's Medical Center- Global City, MAB 536, Tuesday: 10 am to 12 pm
Contact No.: 02-8789-7700 loc. 7536
- ✓ St. Luke's Medical Center- Quezon City, MAB 539, Monday and Friday: 9 am to 12 pm
Contact No.: 02-9732-0101 loc. 6539
- ✓ UERM Medical Center, Thursday and Saturday: 10 am to 12 pm
Contact No.: 02-8715-0861 loc. 217



Virgilio M. Novero Jr., MD, FPOGS, FPSREI, FPSGE

Obstetrics and Gynecology, Subspecialty in Infertility & Reproductive Medicine

Dr. Virgilio Novero Jr. specializes in obstetrics and gynecology and sub-specializes in infertility and reproductive medicine. Choosing his field of practice was inspired by the announcement of the first test tube baby in 1978, when he was still in high school. Today, 40 years later, Dr. Novero is the head of the Center for Advanced Reproductive Medicine and Infertility (CARMI) and the section head of Reproductive Endocrinology and Infertility of the Department of Obstetrics and Gynecology at St. Luke's Medical Center in BGC. He has distinguished himself as one of the country's pioneers in In Vitro Fertilization practice at CARMI which he helped design, plan and operationalize as the first hospital-based IVF Center in the Philippines. For aspiring doctors, Dr. Novero believes that for one to succeed in any field, one has to pursue his passion for the right reasons: "If you love the field, then practicing and serving would be second nature and earning is just incidental."

Make an appointment:

- ✓ St. Luke's Medical Center, Global City, MAB 514
Monday to Friday: 10 am to 1 pm, Saturday: 9 am to 12 pm
Contact Nos.: 02-8789-7700 loc. 7514/02-8812-1747/0927-448-2339(Secretary)



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:

- ✓ St. Luke's Medical Center Global City, MAB 935
Monday, Tuesday, Thursday: 11 am to 2 pm, Friday: 10 am to 12 pm, Saturday: 10 am to 2 pm
Contact No.: 02-8789-7700 loc. 7935



SHARP

Be Original.

JAPAN TECHNOLOGY



SHARP PLASMACLUSTER AIR PURIFIER

99.9% PROTECTION AGAINST AIRBORNE VIRUSES & BACTERIA



AIR PURIFIER WITH IOT

FP-J80EP-H 62 sq. m

HIGH-DENSITY 25000

- Emits 25,000 Ions/cm³
- High-Density Plasmacluster
- IOT (Internet of Things) Operation
- Anti-Dust Mode
- Coanda Airflow
- Plasmacluster Spot Mode
- 3-Steps Filtration
 - New Pre-Filter
 - Deodorizing Filter
 - Electrostatic HEPA Filter

Dimension (WxHxD)
416 x 728 x 291 mm

Color Available:
■ Black (H)

ALSO AVAILABLE IN AIR PURIFIER WITH MOSQUITO CATCHER:



FP-6N50E-B 46 sq. m



FP-JM40P-B 37 sq. m



FP-JM30P-B 27 sq. m



SHARP (PHILS.) CORPORATION

Km 23 West Service Road, South Superhighway, Alabang, Muntinlupa City
Tel. Nos.: (+632) 8842-0525 to 29
Fax No.: (+632) 8842-0530
Toll Free No.: 1-800-1-888-4952



www.facebook.com/SharpPhilippines



@sharp.ph

ph.sharp



— WIL TAILORS —

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



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

50% downpayment and 50% upon delivery

B24 L12 Karikitan St. Karangalan Manggahan, Pasig City

0905-282-5114

wil.tailors27@gmail.com

9am to 7pm (Monday to Saturday)

Wil Tailors Like us on Facebook

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.

02-8511-0781 / 0917-711-3049
visa@valueasia-ph.com

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



C&D Domestic Cleaning
C&D 家政保洁

CLEANING SERVICES

We employ professionals to take care of your family.

Services offered:

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

Rates:

- 1 bedroom P900
- 2 bedrooms P1250
- 3 bedrooms P1500

0966.455.2777 / 0921.363.6777 / 02.8247.7628

1418 Cityland Herrera Tower V.A Rufino St. Makati City

C&D Domestic Cleaning 家政保洁

Beauty Guide

SALONS AND BEAUTY CENTER

Ayumi Japan Eyelash and Nail Art
02-8800-6514 / 02-356-4798
Aguirre Ave., Paranaque City

Beauty & Butter
02-8470-4239
5/F, SM Megamall
2/F, SM Mall of Asia

Belo Medical Group
02-8817-7178
The Residences at Greenbelt, Esperanza St., Makati City

Bruno's Barbers
02-8840-5299
G/F, Greenbelt 1, Makati City

Callaway
02-8551-3406
Unit 113 G/F Commerceter Alabang, Commerce Ave. cor. Filinvest Ave., Filinvest Corporate City, Alabang, Muntinlupa City

Elite Nails
02-7500-6312 / 0977-852-6312
JP Rizal Ave. cor. F. Zobel St., Brgy. Poblacion, Makati City

Felipe & Sons
0917-573-7575
Mezzanine, LPL Mansions, San Agustin St., Salcedo Village, Makati City

Kiyosa
02-8805-8888 / 0939-915-8888
G/F, F1 Hotel, 32nd Street corner Lane Q, Bonifacio Global City, Taguig City

M Tokyo Manila
26/F, Fort Palm Spring Building, 30th St., 1st Ave., Bonifacio Global City, Taguig City
info@mtokyo.com

Posh Nails - Perea
0917-419-4523 / 02-8511-8279
109 Maripola Bldg. Perea St., Legaspi Village, Makati City

Skincare Solutions
02-8856-6960 / 0917-433-8172
Unit 1-H Grand Hamptons Tower 1, 31st St. cor. 2nd Ave., Bonifacio Global City, Taguig City

Strip and Browhaus
02-7501-3998
Greenbelt 5, Makati City

Tips and Toes
02-8892-6362
Glorietta 1, Ayala Center, Makati City

Wilson & Ayache
02-8846-6725
LG/F, Legaspi Park View Bldg., 134 C. Palanca St., Legaspi Village, Makati City

DENTAL

Kobayashi Dental
02-8852-3622 / 0917-894-7005 / 0919-430-9932
401 MAGA Centre, Paseo de Magallanes, Magallanes Village, Makati City

Navales Dental
02-7751-8101 / 02-8817-4824 / 0917-559-8156
Suite 1405 Medical Plaza Makati Bldg, Amorsolo cor. Dela Rosa St. Legaspi Village, Makati City

Gan Advanced Osseointegration Center (GAOC)
02-8940-9920
G/F, The Residences at Greenbelt Bldg., Arnaiz Ave., Makati City

HAIR SALON

Basement Salon
02-8801-3333
SM Aura Premier, Bonifacio Global City, Taguig City

Emphasis Salon
02-8403-0117
Joya Drive, Rockwell Center, Makati City

Hair Salon Hide2A
02-8779-8435 / 0908-299-1290 / 0927-228-7470
G/F, B and P Bldg, 843 Arnaiz Ave., Legaspi Village, Makati City

Junca Salon
02-8810-3314
Cityland, Pasong Tamo Tower, 2210, Chino Roces Ave., Makati City

HOME MESSAGE

J&J Need Massage
02-8583-3101 / 0995-992-0965 / 0999-341-6068

LB Chan Massage / Makati
0927-908-8515

Sa-ja Massage / Makati
0927-4517-600 / 0927-451-7600

Sakura Massage / Makati
02-8897-4890 / 0916-259-8945 / 0920-656-6817

Sister Massage / Makati
0915-650-5909 / 0977-374-5241 / 0999-812-9999

MASSAGE AND SPA

Island Spa / Makati
02-8823-1055

Karada / Makati and BGC
02-7503-6004

Purple Fire Spa
0995-534-3087
2/F, Makati Creekside Mall Building, Amorsolo cor. V.A. Rufino St. Legaspi Village, Makati City

Regent Spa / Makati
02-8843-4276

Shiatsu Huri
02-8843-4275
1688 Dian St., San Isidro, Makati City

The Spa / Makati, BGC and Greenbelt
02-8840-1325

Business Talk

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



Paolo Bugayong
Co-Founder and CEO of AIDE

Paolo Bugayong is the co-founder and CEO of AIDE Mobile App, a home health care platform serving the greater Metro Manila area. Established in 2016 by the Bugayong siblings, AIDE has since been providing medical services that include blood work, doctor visit, and medicine delivery all in the comfort of patients' homes. Currently, AIDE is an Ayala company and has over 200,000 users registered on the app.

Bugayong is an economics graduate of the Ateneo de Manila University where he received the prestigious Gerry Roxas Leadership Award. He then continued his studies at the University of California, Berkeley for finance. Before setting out to be an entrepreneur, he was involved in the field of corporate finance.

Can you tell us about AIDE? How did it start and what is the business all about?

In 2016, my siblings and I thought about this (AIDE) because our grandmother needed medical attention. She was already immobile, and it did not make sense to take her to the car and drive all the way to Makati or wherever the hospital is just to get medical care. Because of the traffic and the chaotic lines and systems, it can be tough. And then we thought, "Wouldn't it be nice to get healthcare to come to your home?" That's where it all started. This is a sibling-run business. My youngest brother, who is a medical school graduate, takes care of the medical side. My sister is in the customer service side so she handles operations. We are a good mix. I handle finance, business development, and others.

I have about 200,000 Filipino patients in my app. I grow constantly each day at about 100 to 300 new users. I have hit about 200 transactions in a day and this number is continuously growing. In the supply side, we have about 4,000 medical professionals—a mix of doctors, nurses, caregivers, and physical therapists.

Can you walk us through your flagship services and how the application works?

Our main services would be, number one, blood work. That is, taking your blood in your home,

bringing it to our lab partners, and then you'll get the results in the app. Part of my vision is that even when you go to the hospital or to another doctor, all your information is here in the AIDE app.

Number two, nursing care. When I say nursing care, it's short-term and long-term care. Long-term care will be 30 days; one week maybe for a sick family member.

Number three is the doctor visit and next would be medicine delivery. When you're sick, you just have to book a doctor to come to your house. It may be on the premium side like P2,500, but in terms of the value of time, you'll be able to save a lot. You'll be able to do other things while waiting for the doctor. And, of course, the medicine delivery and the vaccines. That's pretty quick. For medicine delivery, you just order, send a prescription, and we'll deliver it in a hundred minutes or less.

You could pay in the app through credit card, GCash, or cash.

How can a patient get assigned with a particular doctor?

All you have to do is put in who's sick or who needs it, and then put in the time and day that you need a doctor. Then, put in the location where you want the doctor to go, and some notes—the symptoms, what you are feeling, etc. Then, you click "Find a Doctor." True enough, after a few minutes, you'll find around three to four doctors that can do your request. Some are more experienced, some are newcomers, and some are actually your neighbor, so that's interesting.

What are the challenges you have encountered in AIDE, and how did you deal with them?

I had to find a bigger reason to keep going. Because just like any business, you know that income will come later, and for a start-up—when I say start-up, I mean I'm the first in the country—so I had to build, I had to market, I had to sell, I had to hire, and I had to fundraise all at the same time.

We did the product development in 2016, and I

said, the first thing I would do is to acquire a tech mentor because I need somebody to tell me if I'm doing the right thing. And then, in October 2017, our numbers went up. That was the inflection point. That was when we decided our strategy would be to focus on 100 customers and make them very, very, very happy; because by doing that, they will spread the word. And that's what we did. Anything they wanted, even if it's not to scale or nothing to do with technology, we would do it just to make them happy. And true enough, it never stopped from there. Our big break came when Ayala invested in AIDE.

Before you take a health service, you want to make sure who is in. Partnering with Ayala was the biggest value that contributed to our credibility. Being an Ayala company, we were taught about the best practices, how to properly vet the doctors, and how to properly record and monitor the transactions. Now, when you say AIDE is an Ayala company, at least the wall is smaller. At least the trust part is better.

How would you describe your management style?

My management style in the beginning was more of a team player role because I was trying to find the product fit. I'm the CEO, I'm the messenger, I'm the HR—I'm everything. In other words, you have to be flexible and willing to wear many hats. So my style today is I try my best to empower my team. It's very important that I don't think for them. The vision is clear, here's the main goal; I want to hear their thoughts, and I will pick the best idea that I think will work. The last one is hiring the right talent. I devote a lot of time in hiring the right people.

How would you describe the work relationships in AIDE?

I always tell everyone we're like riding an airplane and I'm the captain. I need to continuously strategize. I cannot be bogged down with operation problems or other problems. It's a machine, they have to keep on going while I continue to ride this airplane. I have to continue flying it.

Who are the people you look up to?

I only have two people in my mind—they would be my father and my father-in-law.

My father would always tell me, "You see these great businessmen out there, they all have their own story, and they all went through their own struggles. There's no shortcut to success. If you want to succeed, you have to just work hard. There's no other secret. Look at every day like it's your best day. Work well with full integrity and full excellence." He always tells me that. So I wake up each day and give it my best. I will struggle well. I will be a great leader. I will be a great team player. It's the same with my father-in-law; he taught me how to be a manager among many things.

But the most important thing that I received from these two was, "Dream big, but don't forget to put your feet on the ground." We can always dream big, but if you don't embrace reality, you are not going to succeed. You have to be real.



This interview is a collaboration between Philippine Primer and TechShake | www.techshake.aisa

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

www.primer.com.ph



Global No. 1 DAIKIN



JMATERIALS can also install aircon covers for the laid pipes!

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



D-SMART



White Panel with sensing



Ceiling Suspended



Floor Standing

- 1 ENERGY SAVING 2 DURABILITY 3 AFTER SALES SERVICE 4 INSTALL AIRCON COVERS**



For product inquiry:
Contact person : Mr. Otani
E-mail : joji.otani@daikin.com.ph
Tel. : (02) 5318-6800
Daikin Airconditioning Philippines Inc.

For quotation and set-up inquiry:
Contact person : Mr. Rico
E-mail : rico@jmaterials.com
Mobile : +63 977 842 1703
JMATERIALS CORPORATION (Daikin Authorized Dealer)



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 & 5889552
CONTACT PERSONS: KOKI BEECH mobile. 0917-5366969
CATH LIM mobile. 0917-5980291
fbeechaccesstrip@yahoo.com.ph

PROFESSIONAL CAR CONSULTATION



TAU BODY WORKS
Philippines Corporation

To be the "de facto standard" of Body Repair Shop with Japan Quality Standards

Are you looking for the following?

- Immediately repair the scratches and dents on your car
- Ride your precious car for a long time
- Get your car repaired with Japanese quality
- Entrust your car repair to a well-equipped facility
- Want a clear and easy-to-understand billing
- Want a kind and helpful consultation quality

Contact details:

Landline: 049-252-2528
Cellphone: 0917-709-5601

TAU Body Works Philippines Corporation
Email: front_001@t-bodyworks.com
Facebook: [@TauBodyWorksCalamba](https://www.facebook.com/TauBodyWorksCalamba)



Country Manager YOSHITO HAYASHI
Warehouse 12, Unit 2, Batino Road, Calamba, Laguna

TBW

Advertise with us!

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

Give us a call at **02-8836-8381**
or email us at sales@primer.ph

Promote your business to the Expat community.
We are now accepting advertisement placement.

Business Talk *Extended*

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



野村総合研究所



Makiko Takaoka
General Manager of Nomura Research
Institute (NRI) Singapore - Manila Branch

Makiko Takaoka is the general manager of Nomura Research Institute (NRI) Singapore – Manila branch. Having interest in the human behaviors and values during her school days, Takaoka is now focusing on supporting domestic and overseas companies through comprehensive human-related work such as human capital consulting and management. With a passionate mind and a sharp foresight, she looks at the whole of Asia and lays the foundation for economic development.

Takaoka was born in Fukuoka Prefecture, Japan, in 1977. She spent her childhood in Latin America, England, and Indonesia. She entered Kobe University Graduate School of Human Sciences where she majored in anthropology and got the chance to do field work in the Philippines. She joined NRI in 2002 and, four years later, moved to the Manila branch of NRI Singapore.

Could you tell us about the NRI business in the Philippines?

We provide market research and consulting, as well as systems solution. We conduct market and industry research and search for partners who want to enter the Philippines, conduct due diligence, support new businesses, and offer HR consulting to companies that have already entered the Philippines.

As for me, HR consulting has so much attractiveness in approaching people because there is not always a single right answer. No matter how good a strategy, system, or process, it is up to the people who implement them. It feels very rewarding to visualize things that are difficult to see, and support the client to solve issues.

Now, we have been developing services not only in the Philippines but also in other Asian countries. We facilitate workshops for the next-generation leaders of client companies in Japan, Thailand, and Hong Kong as well as,

conducting remote coaching. This can be done because of high English proficiency and adaptability of our members.

“How much we can contribute to social issues and how much we can provide higher value is more important.”

What is your management style?

Management for me is about leading and supporting an organization to maximize its value. There is no growth without a concrete revenue base, but achieving sales and profit targets is not a goal. How much we can contribute to social issues and how much we can provide higher value is more important.

In order to increase the value of an organization, it is important not to play by yourself but to maximize the potential of team members. Though I'm busy with my day-to-day work, I like to think about mid to long-term vision of the organization.

You have so much interest in people.

The origin of my interest in people goes back to junior high school days, when I stayed in England and Indonesia due to my father's work. Looking at 13-year-old children in London convey their opinions in their own words and Indonesian children work at the same age as mine at that time, I came to think, "What is human happiness and true wealth?"

In the university, I belonged to an NGO that

deepened my views on children's rights and in graduate school, I majored in anthropology. I stayed in the Philippines for a year to do field work and interviewed 100 working children in Baguio. They were not just limited to the unfortunate and the poor children, but each one had a different background, family relationships, and dreams for the future. At that time, I learned resilience from them.

Can you tell us more about focused services?

We are promoting a new business space on "Digital Transformation (DX)" that uses data and technology to transform existing operations and create new businesses.

For example, in the human resource field, if we can analyze the characteristics of high performers from the accumulated human resource data and create criteria for hiring, it would be so worthy. Moreover, we try to catch up with blockchain technology in the financial field. NRI's philosophy is, "Dream up the future." In the Philippine branch, each consultant will continue to take on the challenge and to provide higher value to customers and society.

What is your perspective on economics and government in the Philippines?

The attractive point in the Philippines is that the population is still growing. I think that economic development will continue as the population is young and domestic consumption is brisk. Tourism seems to have more room for growth.

The Duterte administration has enough experience in the past in Davao. On the other hand, domestic manufacturing sector is not growing enough and they have to rely on import to respond to increasing domestic consumption. I think it is necessary to have a strong will to foster even one or two priority manufacturing sector/s with proper incentives and government-led development. The difficult part of doing the strategy is to choose something and give up something.

I think that if the domestic industry grows and the middle-class increases, socio-economic disparities will be corrected.

What should be done to ensure that all people can live happily with human dignity and not economic development that only benefits some people? This is one of the questions I want to keep trying to answer seriously.

How you spend your private time?

I spend my time with my family. I have three sons. Home management is always harder because they are so energetic and always quarrelling. On weekends, we play in the park, go shopping together, play card games at home, borrow DVDs from the Japanese Association Library, and watch Japanese movies together. I try to make time to talk with my kids. I want my children to grow up with the strength to believe in what they have decided to accomplish.

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

www.primers.com.ph



SHEMARAH PROPERTY INC.



Setting up a company here in the Philippines?

Looking for an office space to rent?

We offer PROPERTY CONSULTANCY to find that perfect office for your business.

Call Us Now!

0966 263 3729
0928 347 6145
(02) 8800-0111
info@shemarah.net
www.shemarah.net



Do you own a BIG LOT of at least 1000 SQM OR BIGGER and you want to sell it?

We BUY and DEVELOP

VILLAS
COMMERCIAL
RESORTS

of International Quality for Upscale Market



LANDTECH
INNOVATION

Contact Us Now

(02) 8833-2614
info@landtechphils.com
www.landtechphils.com

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: 02-7752-1733/
0916-332-1555 (Globe) /
0977-676-7815 (Globe)
MAIL: Jnp-real-estate@billionaire-club.jp

FREE UNTIL YOUR HOME IS RENTED!
PROPERTY MANAGEMENT

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!

81 (+632) 8772-1455
0915-933-8667
inquire@81property.com
www.81property.com

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



Real Estate Guide

CONDO FOR LEASE

Adriatico Residences

☎ 0925-333-3333 / 0925-777-7777 / 02-636-0888

🏠 Pedro Gil, Mabini, Malate, Makati City

Avida Towers, Alabang

☎ 0917-8472-849

🏠 Alabang Zapote Rd. cor. Prime St., Madrigal Business Park

Eton Parkview Greenbelt

☎ 02-548-4082 / 02-755-3090 / 0905-308-9632

🏠 Gamboa St., Legazpi Village, Makati City

La Verti Residences

☎ 02-403-7368

🏠 Taft Ave., Pasay City

Two Lafayette Square

☎ 02-887-4964

🏠 105 Tordesillas St., Salcedo Village, Makati City

CONSULTANTS

JNP Real Estate Corp.

☎ 0915-332-1555

🏠 Unit UG21, Cityland Pasong Tamo Tower, Makati City

Leechiu Property Consultants

☎ 02-888-8111

🏠 2/F Makati Shangri-La Retail Arcade, Ayala Ave., Makati City

Property Icon

☎ 02-861-8960

🏠 Unit 407, 4/F Vicente Madrigal Bldg., 6793 Ayala Ave., Makati City

Shemarah Property Inc.

☎ 02-8800-0111 / 0966-263-3729 / 0928-347-6145

🏠 3/F Zuellig Bldg., Makati Ave. cor. Paseo de Roxas, Makati City

SHARED OFFICE

A SPACE

☎ 02-542-7842

🏠 A SPACE Greenbelt, 110 Legazpi St., Makati City

Eton Centris

☎ 02-548-4058

🏠 Eton Centris, Pinyahan, Diliman, Quezon City

KMC Mag Group

☎ 02-403-5519

🏠 Rufino Pacific Tower, 6784 Ayala Ave., Makati City

Leopalace 21

☎ 02-801-3417

🏠 23/F, Tower 6789, 6789 Ayala Ave., Makati City

Marimo Real Estate Philippines Inc.

☎ 02-864-4100

🏠 26/F, Twenty-Four Seven McKinley, 24th St. cor. 7th Ave., BGC, Taguig City

NOSPIL Consultancy & Manpower Systems

☎ 02-687-1978

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

One E-com

☎ 02-451-8243

🏠 4/F Unit 2C, One E-com Center Building, Ocean Drive, Mall of Asia Complex, Pasay City

VILLAGES

Ayala Alabang Village

☎ 02-809-2282

🏠 Ayala Alabang Village, Muntinlupa City

Forbes Park Village

☎ 02-624-3115

🏠 Talisay Street, Forbes Park Village, Forbes Park North, Makati City

Greenmeadows Village

☎ 02-637-3311 / 02-637-3399

🏠 Greenmeadows Ave., Greenmeadow Village, Quezon City

McKinley Hill Village

☎ 02-815-1888 / 0917-887-8696

🏠 Upper McKinley Hill Village, Taguig City

San Lorenzo Village

☎ 02-817-0999

🏠 San Lorenzo Village, Makati City

A

B

C

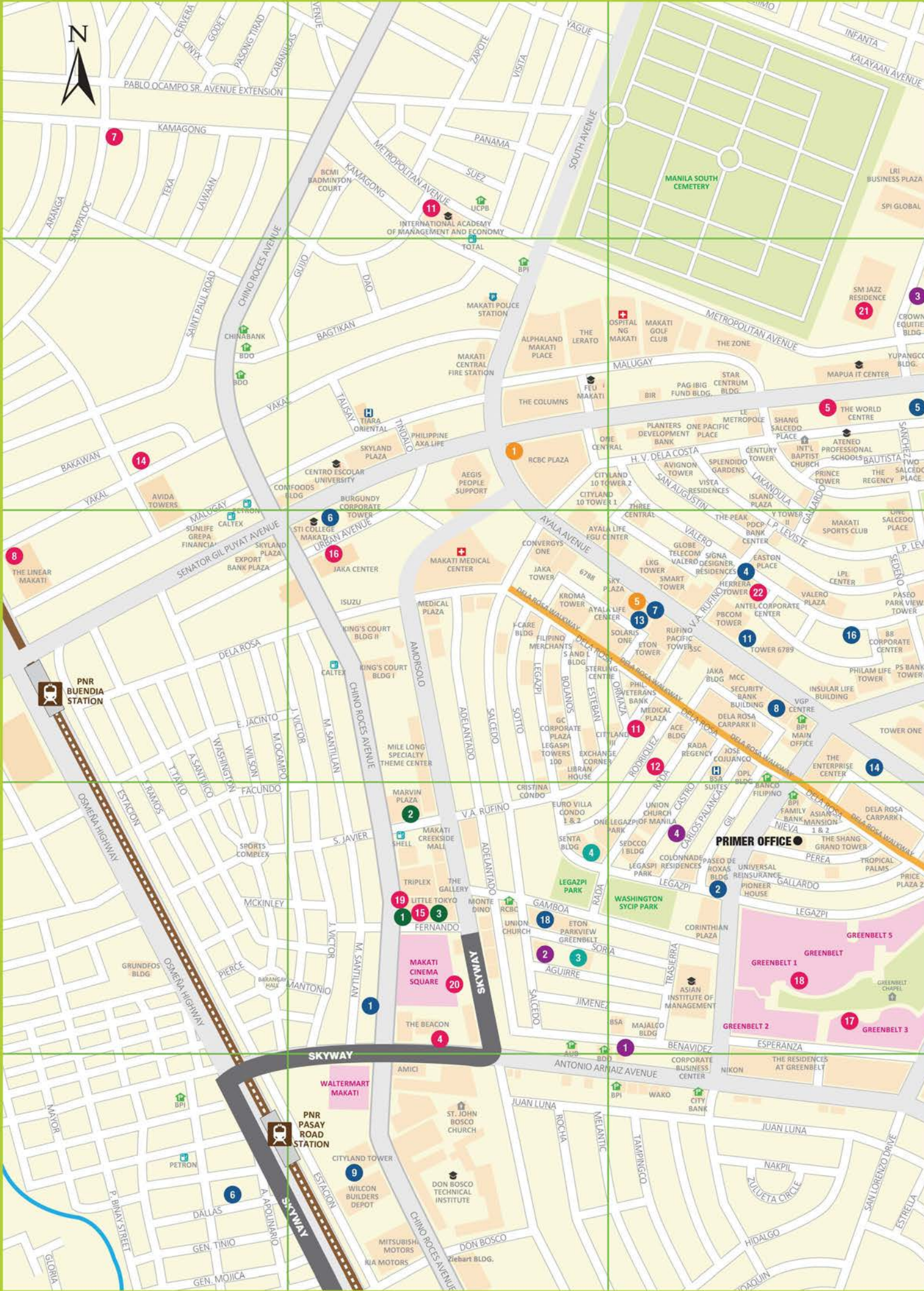
1

2

3

4

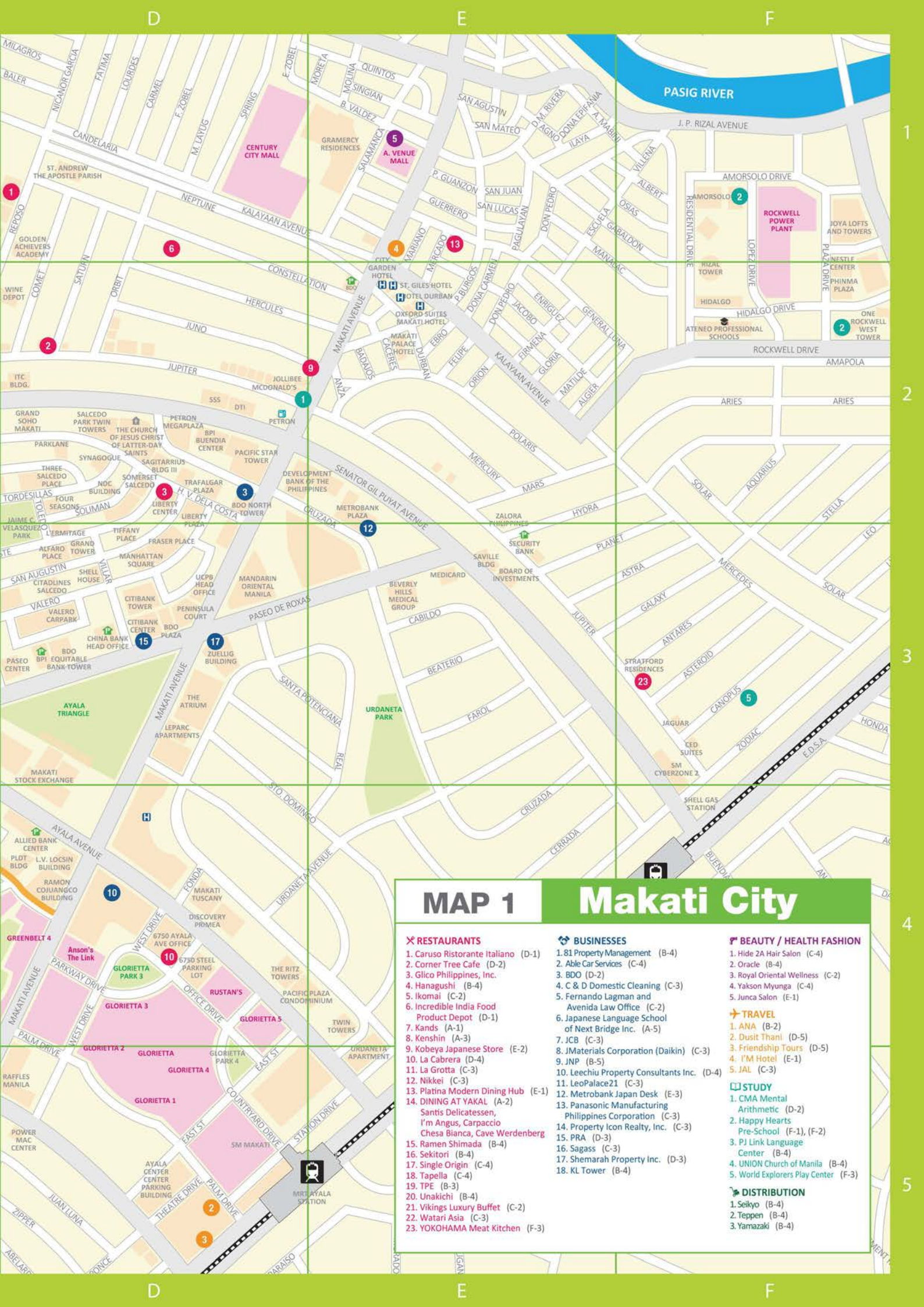
5



A

B

C



MAP 1

Makati City

RESTAURANTS

1. Caruso Ristorante Italiano (D-1)
2. Corner Tree Cafe (D-2)
3. Glico Philippines, Inc. (B-4)
4. Hanagushi (B-4)
5. Ikoma! (C-2)
6. Incredible India Food Product Depot (D-1)
7. Kands (A-1)
8. Kenshin (A-3)
9. Kobeya Japanese Store (E-2)
10. La Cabrera (D-4)
11. La Grotta (C-3)
12. Nikkei (C-3)
13. Platina Modern Dining Hub (E-1)
14. DINING AT YAKAL (A-2)
15. Ramen Shimada (B-4)
16. Sekitori (B-4)
17. Single Origin (C-4)
18. Tapella (C-4)
19. TPE (B-3)
20. Unakichi (B-4)
21. Vikings Luxury Buffet (C-2)
22. Watari Asia (C-3)
23. YOKOHAMA Meat Kitchen (F-3)

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. Shemarah Property Inc. (D-3)
18. 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)
5. World Explorers Play Center (F-3)

DISTRIBUTION

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



MAP 2 Bonifacio Global City

DISTRIBUTION

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

RESTAURANTS

- 1. Buta+Wagyu (K-4)
- 2. Musashi-Tei (J-4)
- 3. Botan Black Café (K-3)
- 4. L'Opera (J-3)
- 5. Sentro 1771 (K-3)
- 6. Saboten (K-3)
- 7. Single Origin (J-3)
- 8. Tsujiri (K-4)
- 9. Fukudaya (J-4)
- 10. The Empress (J-3)
- 11. Miyazaki Gyu (J-3)
- 12. Va Bene Pasta Deli (J-3)
- 13. Monkeyspeak Coffee (J-3)
- 14. The Alley by Vikings (J-3)
- 15. Niu by Vikings (K-4)

BEAUTY / HEALTH FASHION

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

BUSINESSES / SCHOOLS

- 1. Marimo Serviced Office (J-4)
- 2. Park West (K-1)
- 3. JTB (J-4)
- 4. Topia English Learning Center (K-2)
- 5. Genius English Academy (J-2)
- 6. Fuji Xerox Philippines, Inc (K-4)
- 7. Mommy International (L-1)
- 8. Lualhati Laundry Shop (J-3)
- 9. Eco Steam (I-2)



P2P / UBE

P2P BUS ROUTES

MAKATI

Routes	Fare
Greenbelt 1 to Alabang Town Center	(P100.00)
Greenbelt 5 to Ayala Malls South Park	(P100.00)
Glorietta 3 to Robinsons Galleria	(P30.00)
Glorietta 3 to Robinsons Novaliches	(P100.00)
Glorietta 3 to UP Town Center	(P80.00)
Ayala Center - SM Megamall - Trinoma - SM North (Saturdays)	(P100.00)
Makati Circuit Lane to Nuvali Transport Terminal	(P150.00)
Park Square to Trinoma	(P95.00)
Greenbelt 5 to SM City Masinag	(P80.00)
Makati to Eastwood	(P100.00)
Greenbelt 3 to Sucat Interchange	(P100.00)
Greenbelt 5 - SM Cherry Antipolo	(P80.00)

QUEZON CITY

Routes	Fare
Robinsons Galleria to Clark International Airport	(P250.00)
Araneta Cubao - NAIA	(P100)

ORTIGAS

Routes	Fare
Robinsons Galleria to Antipolo Triangle Mall	(P50.00)

Robinsons Galleria to Robinsons Place Antipolo	(P60.00)
SM Megamall to SM North EDSA	(P65.00)

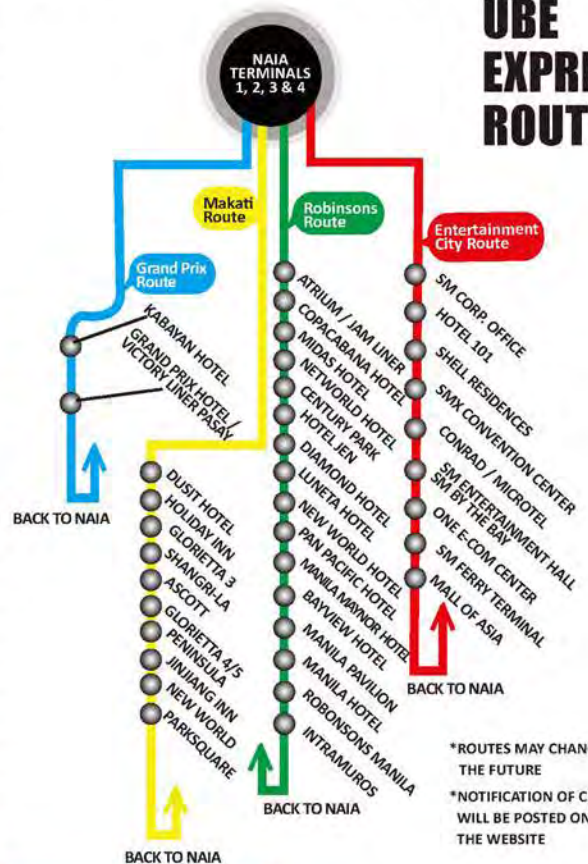
ALABANG

Routes	Fare
Alabang Town Center to Market! Market!	(P100.00)
Starmall Alabang - Central Mall Dasmariñas	(P50.00)
Starmall Alabang to Robinsons Galleria - Starmall Shaw	(P80.00)
Starmall Alabang to Vista Mall Daang Hari, Bacoor	(P35.00)
ATC to Ayala Malls 30th	(P80.00)
ATC to Greenhills Shopping Center	(P80.00)
Alabang South Station (Muntinlupa) - Market! Market!	(P100 / P80.00)
ATC - Greenbelt 1	(P180.00)
ATC - Ayala Malls the 30th	(P80.00)
ATC - Lawton	(P180.00)

BULACAN

Routes	Fare
Sta. Maria Bulacan - Trinoma	(P70.00)
Robinsons Place Malolos - North Ave. (QC)	(P80.00)

UBE EXPRESS ROUTES

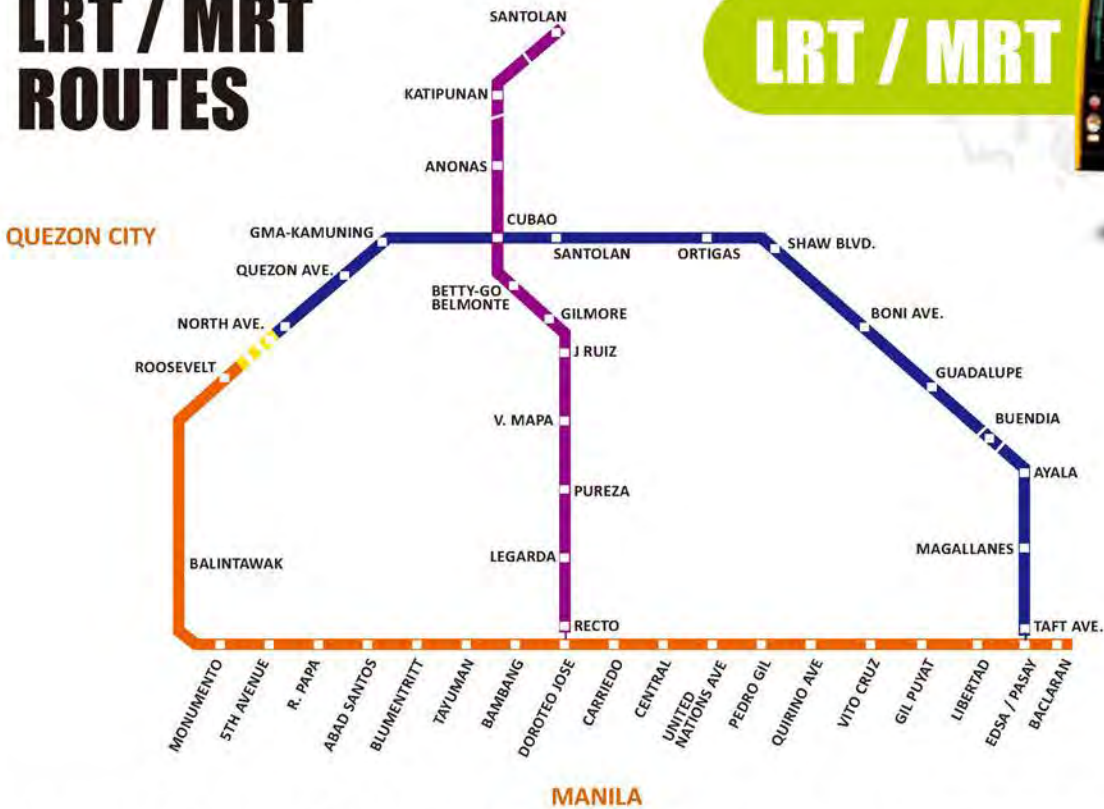


* ROUTES MAY CHANGE IN THE FUTURE
* NOTIFICATION OF CHANGES WILL BE POSTED ON THE WEBSITE

STANDARD FARE: Php 300.00

Others	Routes	Fare
	NAIA - Clark Airport	(P350.00)
	Camella Dasma Highway - San Lorenzo Place Makati	(P150.00)

LRT / MRT ROUTES



LRT / MRT

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

MAKATI

	LRT 1
	LRT 2
	MRT 3



What's New in the Metro?

PASAY CITY



27th PTAA Travel Tour Expo

Score great deals from travel agencies, airlines and hotel rooms at the 27th PTAA Travel Tour Expo, which will take place on February 7 to 9 at the SMX Convention Center Manila, Pasay City.

📍 SMX Convention Center, Pasay City



SEVENTEEN's 'Ode to You' Tour in Manila

Get ready for an amazing night as Korean boy group SEVENTEEN is set to capture hearts in the Manila leg of their Ode to You World Tour on February 8 at the Mall of Asia Arena, Pasay City!

📍 Mall of Asia Arena, Pasay City



Graphika 2020: Conference on Creativity

Get your creative visions flowing as the country's biggest creative gathering Graphika 2020: Conference on Creativity is set to happen from February 15 to 16 at the SMX Convention Center Manila in Pasay City!

📍 SMX Convention Center, Pasay City



Food and Hotel Expo Manila

Rediscover the flavors of North and South Culinary Fusion at the 2020 installment of the Food and Hotel Expo Manila, which is set to occupy the expanse of SMX Convention Center Manila, Pasay City with its 250 booths this coming February 21 to 23.

📍 SMX Convention Center, Pasay City

QUEZON CITY



Yeo Jin Goo 'Memory Line' Fanmeeting in Manila

After stealing the hearts of men and women alike again in his stint as a hotel manager in the highly-regarded Korean drama Hotel Del Luna, Yeo Jin Goo sets out to meet his fans in the Philippines this coming February 1 at the New Frontier Theater, Quezon City.

📍 New Frontier Theater, Quezon City

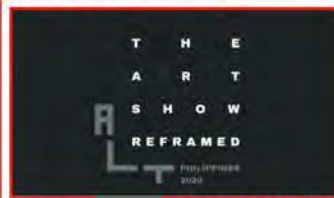


Tiny Moving Parts Live in Manila

With the release of their new album breathe, Minnesota's Tiny Moving Parts is set to perform in the Philippines for the second time on February 9 at the Skydome, SM North EDSA, Quezon City.

📍 Skydome, SM North EDSA, Quezon City

TAGUIG CITY



ALT Philippines 2020: The Art Show Reframed

Fans of the local contemporary art scene should definitely watch out for the not so ordinary art show called ALT Philippines 2020: The Art Show Reframed on February 14 to 16, 2019 at the SMX Convention Center, SM Aura Premier in Taguig City.

📍 SMX Convention Center, SM Aura Premier, Taguig City

PASIG CITY



J.R. Richards of Dishwalla Live in Manila

Aside from his stop in Metrowalk, Pasig City on February 14, the former lead singer of the American rock band Dishwalla will also grace the cities of Tagbilaran in Bohol, Cabanatuan, and Cebu.

📍 Metrowalk, Pasig City

SPOTLIGHT



Festival

Malasimbo Music and Arts Festival 2020

February 29 to March 1

Partake in various activities and programs under the shade of a hundred trees, as the first music and arts festival in the Philippines celebrates its 10th year on February 29 to March 1 at the La Mesa Eco Park in Quezon City! The line-up of artists features a mix of international and local acts with Snarky Puppy's Cory Henry and the Funk Apostles and Mike Love headlining the festival. Apart from this, guests can expect a music business conference and art and wellness programs as well.

📍 La Mesa Eco Park, Quezon City

PARAÑAQUE CITY



World Marketing Summit 2020

Harness Filipino marketing creativity at the World Marketing Summit 2020 happening this February 22 at The Theatre at Solaire, Parañaque City.

📍 The Theatre at Solaire, Parañaque City



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

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

 **JOBPRIMER**

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

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



ALL-NEW **ISUZU**
TRAVIZ
TRANSCEND
YOUR BUSINESS



TRAVIZ lightweight truck shown with Utility Van body option.



DURABLE



BIG CARGO



FUEL EFFICIENT



MODERN DESIGN

ASC Ref. No. I059N111119I

▼ VISIT AN ISUZU DEALER TODAY!

METRO MANILA

ISUZU ALABANG (02) 8-807-1788
 ISUZU COMMONWEALTH (02) 952-2760 TO 69
 ISUZU EDSA (02) 3-413-6939
 ISUZU GREENHILLS (02) 8-727-8014
 ISUZU MAKATI (02) 8-843-2173
 ISUZU MANILA (02) 562-4601 TO 06
 ISUZU PASIG (02) 8-671-3434
 ISUZU QUEZON AVENUE (02) 8-926-7111

LUZON

ISUZU BAGUIO (074) 619-0638 TO 39
 ISUZU BATANGAS (043) 778-2213

ISUZU BATANGAS CITY (0917) 208-0280
 ISUZU BULACAN (044) 760-0004
 ISUZU CABANATUAN (044) 463-8215
 ISUZU CALAPAN (0917) 866-0489
 ISUZU CAVITE (02) 7-750-5629
 ISUZU DAGUPAN (075) 523-3285
 ISUZU IGUIG (078) 844-4758
 ISUZU ISABELA (078) 652-2030
 ISUZU LEGASPI (052) 480-3578
 ISUZU MEYCAUAYAN (044) 812-0060
 ISUZU NAGA (054) 477-8886
 ISUZU PAGBLAO QUEZON (0915) 692-9921
 ISUZU PAMPANGA (045) 435-3062

ISUZU PANGASINAN (075) 568-4861
 ISUZU SAN PABLO (049) 562-9996
 ISUZU RIZAL (02) 8-645-5558
 ISUZU STA. ROSA (049) 539-3269
 ISUZU TARLAC (045) 606-6252
 ISUZU TAYTAY (02) 8-908-7190

VISAYAS

ISUZU BACOLOD (034) 441-2050
 ISUZU BOHOL (038) 412-0098
 ISUZU DUMAGUETE (035) 522-3641
 ISUZU ILOILO (033) 320-6433

ISUZU CEBU (032) 234-0471 TO 73
 ISUZU CEBU SOUTH (032) 236-2211
 ISUZU LEYTE (053) 323-2777
 ISUZU MANDAUE (032) 346-3090

MINDANAO

ISUZU BUTUAN (085) 815-2214
 ISUZU CAGAYAN DE ORO (088) 856-1892
 ISUZU DAVAO (082) 297-3344
 ISUZU DIPOLOG (065) 212-4199
 ISUZU GENERAL SANTOS (083) 552-2255
 ISUZU ZAMBOANGA (062) 991-2088

ISUZU
 Your responsible partner

f /isuzuphilippines @isuzuphil isuzuphil www.isuzuphil.com