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InLife

FIVE CRUCIAL THINGS

TO CONSIDER
WHEN STARTING
A NEW
BUSINESS

6 DELICIOUS
DETOX FRUIT
WATERS TO
CLEANSE
YOUR BODY
AND BURN
FAT

**MEET
SIONY SINGH**
THE ASAN
CHARITY QUEEN
MOTHER
WINNER
OF 2018

ALL ABOUT

Lillian

Interview with a Filipino

Australian Icon



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Cover

Lillian De Los Reyes

Find out more about this Filipino-Australian icon!



OPENING REMARKS



It has been nearly 7 years now since we released the first ever issue of InLife Magazine and I want to both share a couple of thoughts as well as wish you all the best for 2018. Firstly, I want to thank the great people behind InLife Magazine who are tirelessly working behind the scenes to ensure that our magazine and website is in tip top shape. You should all be proud of the significant contribution you make to the overall InLife business. Like any business there are, of course, ways we could improve. Working together, I am confident that we can elevate InLife Magazine to an even higher level this year. I'm definitely looking forward to working with you all again this 2018, and for those of you who just came back from a break, I hope you enjoyed some much needed quality time with family and friends. God bless.

Mike Ilagan
Managing Editor

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Spotlight
Top four homecoming tips every balikbayan should know!



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Opening Remarks

You know that old joke that says there is nothing constant in this life but Death and Taxes. But we should be able to add another: People. Not just anyone. But those people that see everything that you are – the good and the bad – and celebrate you. Those people whose support you can count on – even if they disagree with you. Those people who, even if you're knee-deep in Kleenex and your eyes and nose are red from crying, can still call you 'beautiful.' They are the ones you hold on to in this ever-changing world. I truly hope that you have already these precious people in your life and if you don't, do everything you can to find them – even if that means having to take a good long at yourself first. For there is nothing more tragic than realizing that those you have surrounded yourself with, have disappeared when you need the most. And if you have already found them....love them, treasure them, cherish them. Never give them cause to doubt exactly how much they mean to you.

Jenny Aluning
Editor-in-Chief

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SIONY SINGH
CHARITY QUEEN MOTHER

Siony Singh, the Asan Charity Queen Mother Winner of 2018, is a caring woman who is doing her best to better the world. Married to her partner and the mother of one daughter, She believes in helping everyone around her as much as she can. She's a giver who has a habit of taking care of others before herself. One thing she hasn't been able to do yet, and can't wait to do, is to visit and help the underprivileged. Showing compassion, giving assistance, and helping people from her place of opportunity are her dreams.

Siony's favorite thing to do in her free time is be a mother, but she is also an active member of the Hearts of Jesus and Mary Catholic Charismatic Community. With HJM she visits the elderly in their nursing home. While there she sings, dances, and volunteers. In future, she hopes to learn, grow, and continue to support Samareno Charity works. She finds joy in supporting different organizations and their various fundraising projects. Pageants have helped her come out of her shell, build confidence, and get to know herself better, all while contributing to a worthy cause. Currently, Siony uses her Bachelor's of Science Degree in Business Administration to help her in her job as a Business Consultant for The Property Investors Alliance.

Delicious Detox Fruit Waters

TO CLEANSE YOUR BODY AND BURN FAT

By: Patricia Higgins

Did you know that water makes up 95 per cent of the human brain and 60 to 70 per cent of the entire body? Hydration is essential for both mental acuity and physical performance. Sometimes, it can be difficult to get your eight glasses of water per day. Perhaps your lifestyle/diet has included increased levels of alcohol and caffeine? The detrimental effects of these toxins can be reversed with increased hydration.

Detox waters are great ways to make water more enjoyable. And, they have extra health benefits as well. It's really simple – just fill up a container or glass with water and add nutritious ingredients. Leave overnight to distil. You'll find that a lot of everyday fruits and veggies, and also kitchen cupboard staples, can easily transform humble H₂O into your personalised detox solution. Here are the top picks:

Lemon – Lemons are an excellent source of vitamin C and enzymes. Nothing really tops the natural cleansing properties of citric acid. Lemon has been associated with boosting the liver's function and tissue regeneration. This means great things for your metabolism and you'll be radiating with healthy skin.

Cucumbers – The humble cucumber is one of the most hydrating of all vegetables – it's mostly made up of water. It's great for your physical health as it contains the minerals magnesium, potassium, silicon and sulphur (those last two are particularly great for stimulating hair growth). Also, it's very high in vitamins C and B, working synonymously to promote good general health and energy levels.

Strawberries – We all know strawberries are a luscious, tasty fruit. They provide a great flavour while also packing a punch of antioxidants, vitamins and minerals. Actually, it's the phytonutrients in strawberries (that gives them their distinctive flavour and smell) that provide protective, disease preventing compounds. Strawberries also have been proven to lower the risk of cardiovascular disease.

Cranberries/cranberry juice – Cranberry is perhaps best known for its ability to fight and preventing urinary tract infections. This berry can also improve immune function and lower cholesterol. Cranberry juice is a lot more convenient and easy to acquire in a supermarket than the berries in whole form. The berries themselves are often referred to as a "super food" for their extremely high nutrient and antioxidant density.

Apple cider vinegar – Apple cider vinegar is a pantry staple but it's also a very powerful detox supplement. It contains pectin, which is great for intestinal health. Just one or two tablespoons mixed in water can work well to reduce bloating and water retention. It's also brilliant in combating indigestion. The acetic acid in apple cider vinegar can also work to suppress appetite and increase metabolism.

Cayenne pepper – Cayenne pepper has long been used therapeutically by many societies throughout the world. It stimulates circulation and helps to neutralise acidity. It works hard to get the digestive tract moving. This means increased metabolism and weight loss through the assimilation and elimination of toxins. Helping the body to sweat and to increase lymphatic and digestive rhythms, cayenne pepper in your morning beverage provides a great total body detox.



FIVE ABSOLUTELY Essential

THINGS TO CONSIDER WHEN STARTING A NEW BUSINESS

Starting your own business is never easy, it takes time, money, effort and most of all – perseverance! If you are currently considering starting up your own business, here's the top 5 things you need to look into before taking the big leap.

1. Put together a business plan

The sad fact is that most businesses don't actually make it past the first year because they have poor cash planning, inadequate market research and most of all, they don't have a proper business plan. The very first thing you should do before starting a business is create a business plan. That business plan should highlight where you want to be in the next 5-10 years and should also highlight your goals as well as provide details on how you will achieve these goals. Nobody else has to see it; this is your own personal guide on how you will grow your business.

2. Will you be providing a product or service?

Of course, if you're planning to start a business you should already know if you will be offering a service or selling a product to the consumer. Most budding entrepreneurs start a business based on their knowledge and expertise on a specific industry sector, others start a business based on something they've always been passionate about and some start a business because they can see a 'hole' in the market which they want to infiltrate. Keep in mind that once you've decided on what business you'll be starting you then have to determine what would make your business different? Will you be offering a cheaper product or a faster service? What would make your product or service better than the competition? What's unique about your business that others would pay attention?

3. What will be your business structure?

There are actually a number of choices to choose from when it comes to business structure, the most common ones though are sole trader, partnership and limited company. The typical choice by most people is the sole trader business structure because it's the structure with the least hassle. In saying that though, this business structure can actually affect your personal security. If you're wondering what the best choice is, well here's a brief description on the 3 business structures: As a sole trader you carry all the risk –

which means that if something goes wrong in your business then you are personally liable for all the costs. If you are thinking of entering a partnership structure with a bunch of friends, keep in mind that things could all change at some point due to the demand in the business and it could possibly ruin your friendship. Now if you are thinking of setting up a limited company, yes you may lessen your individual liability, however, it's not cheap to maintain a limited company structure because you'd have to pay a yearly government fee – and this will be tough on you especially if you won't be making any money yet in the next 3 years. If you are seriously thinking of setting up a company for the first time, it's probably best to obtain professional advice from either a solicitor or accountant so that they can explain the risks and costs involved.

4. What will you name your business?

Finding a name may sound like the easiest part in the process – but think again! Some companies take years before they can come up with a suitable name for their business. Think about it this way, the name of your business will be its brand for life, whatever name you come up with is what you'll be working with for the duration of the business. Here are some questions you should ask yourself: Does the name suit the product or service you are offering? Is the name original? Can you trademark the name? Is the name available online? It's always good practice to register the name of your business to the Fair Trading office straight away to make sure that no one else has the exact same business name as what you have.

5. How are you going to market the new business?

Marketing is a crucial part of any business, without proper marketing your business is as good as dead. The big question is: what approach will you take to reach your specific target market? Do you need to look into magazine ads, billboards, social media or maybe direct mail to reach your target market? Your marketing approach will of course depend on what your product or service is, it's basically trial and error at the start. Just take the plunge and start your marketing efforts and whichever one works for your business is what you should stick on. If you don't know where to start it may be a good idea to find out what your competition is doing, you can always do the same thing but just give it a bit of a twist to make it more favourable for your business.



Must Visit: Manila Hotel

Rating: 4.5/5 Stars

If I was to describe the Manila Hotel in one word, I would describe it as "fantastic."

The moment we arrived at the Manila Hotel last month it was quite refreshing to hear an orchestra playing in the foyer to welcome us in. This hotel is quite unique. It has a pleasant classical interior design and it's also very well furnished. Their staff is very friendly, attentive and well-mannered and they really know how to make you feel special from the moment you arrived to every time you step out of your room.

We actually stayed in a double suite and let me just say that the rooms were very stylish and elegant. The beds were big and comfortable, the toilet was very roomy and there was even a TV on the toilet wall. We also had a great view of Manila Bay from where we stayed so it was great waking up to such a majestic view.

The pool was lovely and the health club amenities were new and well maintained. The breakfast buffet was absolutely mouth-watering and delectable and the enchanting music played during evenings by their orchestra in the colonial hallway is just simply divine.

Manila Hotel is definitely fine dining, elegant living, and commendable service rolled into one. It is everything a hotel should be – cosy, warm and elegant, I'd highly recommend this hotel to anyone and I would gladly stay there again when I go back to the Philippines.





Must Visit: Enchanted Kingdom

Rating: 3.5/5 Stars

EK (Enchanted Kingdom) is just a few hours away from Manila and it's definitely a great weekend get-away for the family - it's a place not just for the young people but also for those that are "young at heart."

I've actually been to Disneyland and Universal Studios in America before and Enchanted Kingdom may not be in the same level - but it's still a fun and exciting place to visit though. The 'Rio Grande Rapids' is definitely a must-try in Enchanted Kingdom but be warned - bring a spare shirt because there's a chance that you might end up wet afterwards!

If you're a thrill seeker then you should also try the 'Space Shuttle', the 'Flying Fiesta' as well as the 'Disk-O-Magic.' The 'Rialto' (3D theatre) and the Discovery Theatre (4D theatre) are also a must-visit if you just want to relax, unwind and watch something cool and interesting after going through all the adventure rides. If you're thinking of going to EK next time you visit the Philippines then just make sure you book first because it is a popular destination and the queue can be quite long.

FOUR THINGS FILIPINOS ABROAD MISS ABOUT THE PHILIPPINES

In almost every Filipino household these days, a family member or a relative is either gone or still planning to go abroad. Everybody seems to be itching their way out of the Philippines and live somewhere else. We all have varied of reasons for leaving the country and being somewhere else in the world.

Some want a better life for families. Others may just want to travel or maybe find love. And though it may seem like life is great away from the Philippines, there are just some things that you cannot find anywhere else but there. So here's a few things Filipinos abroad miss about the beautiful and exotic Philippines:

1. Food

There is no food like the Filipino Cuisine. No matter how many slices of Pizza, sautéed Veal or Quiche you have consumed, your palate knows something is definitely not quite like home.

Our dishes have a certain delectable charisma that no amount of pasta and any other Western or European dishes would replace. From the Kare-kare, Ginataang Gabi, Law-uy, bagoong to the different versions of the famous Adobo, nothing warms and comforts a Pinoy's tummy like his or her mother or grandmother's distinctive cooking.

2. One-of-a-kind Christmas Celebration

As a result of hundreds of years under the reign of foreign invaders, the majority of Filipinos are Christians and celebrates Christmas rather seriously. As soon as it hits September, we start taking out our decorations kept safely in our attics, and adorn our homes with every bit of Christmas ensembles we can find. Our streets would start to feel the holidays too as natives from the far-flung provinces roam the cities and spread cheer by singing their own version of Jiggle Bells and Holy Night in moving Jeepneys.

3. The Over-the-top hospitality

One of the things that sets our culture apart from other Asian countries is our exaggerated attempts for hospitality. The guests always get the best rooms in our homes, and the rest of the family sleeps on the floor or in the living room. We also make it to a point to always serve our guest everything that is inside our fridge leaving us with only dried fish for breakfast, lunch and dinner in the next few days.

4. The Cheap Transportation

We have all forms of public transportation which you just can't find anywhere else in the world. Get to where you need to be with the signature Philippine Jeepney, motorized tricycles, Sikad (a tricycle), habal-habal (motorcycles for hire), kalesa, and even with a Karabaw-driven carriage. They don't cost much, plus you get to enjoy a scenic view on the way.



SIX SUPERB PASALUBONG

IDEAS FOR BALIKBAYANS

Whether you are just out of the country for a vacation or visiting a relative, it is customary to always bring something (a pasalubong) with you when you get home. Moreover, for our hard-working Filipinos brothers abroad, going home meant planning and shopping months ahead to fill up boxes of what we have commonly known as the Balikbayan box.

These boxes are not only souvenirs but are rather an expression of the struggle, dedication and love of OFWs for their families. They go to great lengths in hand-picking exactly what to send home, which can sometimes be a drag especially if you have tons of family members and relatives who ask for about a dozen things.

Indeed, choosing what to buy and send them as pasalubong can be confusing. However, worry no more, I've picked out 6 a-must pasalubongs that your family would be delighted to receive:

1. Buy them chocolates. You can never go wrong it. Chocolates have been frequenting balikbayan boxes since the first OFW left the Philippines. Every country has their own version of this sugary goodness, and you can find them at any grocery store.

Moreover, there are kinds of chocolates that do not cost so much, so you can buy as much for all your relative and neighbors who decide to pop at your house unannounced.

2. Go high tech! Smartphones, tabs, and laptops have become one of the most anticipated pasalubongs from a family member abroad. And, you are not only expected to bring them just anything you can find, it has to latest model from a quite known brand in the market.

What is great about these technologically-advanced items is that anyone in the house can benefit from it, including your 80-year old grandmother.

And, with all the free social and chatting apps that they can install on those gadgets, you can talk to your loved ones every day without paying exorbitant fees for telecommunications companies.

3. Perfumes! I am not sure what it is with expensive and imported perfumes but everyone seems to be clamoring to get a bottle or two. It could be because of the appeal of luxury that these exquisitely fragrant bottles entail, but perfumes are surely something you'd like to have with you when you get home. They can be a perfect gift to your loved ones, which is far cheaper than jewelry.

4. Shop for apparels. I remember my friends would tell their parents their shoe sizes and waistlines so they'd bring them new sets of sneakers and Levis. And, why not, clothing and accessories are undeniably one of the most demanded pasalubongs from our kakabayans. There is a myriad of choices from dresses, shoes, jackets, sunglasses, flip flops and a whole lot more.

Some of them cost a lot, and some don't, depending on the label and which country you are buying it from. People love it because they can use it for awhile and these imported goods are said to be of superior quality.

5. Leave them Love Notes. Yes, your family would be delighted to receive all these great stuff from you, however, what they really want apart from all these material things, is to know that you love them.

And, though you can communicate through the phone with your family, it is rather special to receive a card or a letter from you. Let them know how much you miss them and how you are doing.



**MARX CANOY'S
FOOD FEAST**
Traditional To World-Class Philippine Cuisine



By: Marx Canoy

Ingredients

- Serves five**
- 1/2 kilo bangus
 - 2 tbsp soy sauce
 - Juice of 2 kalamansi or 1 lemon
 - Pinch of salt
 - 3 tbsp lard
 - 4 cloves garlic (chopped)
 - 1 medium-sized onion (chopped)
 - 1/2 kilo ground pork
 - 1 potato, peeled (diced and fried)
 - 1/4 cup raisins
 - 1/4 cup frozen peas
 - 2 eggs
 - enough flour to cover fish
 - extra lard for frying
 - salt and pepper for seasoning
 - parsley and tomatoes for garnish

RELLENONG
BANGUS

Method

Remove the scales and wash the fish thoroughly. Slit the back and scrape out all the flesh. Soak the skin in soy sauce and kalamansi or lemon juice for about 10 minutes. Boil the fish flesh with a little water and a pinch of salt. Drain and pick out the spines. Heat the lard and sauté the garlic and onions. Add the pork and cook for five minutes. Add the flaked fish and cook for another five minutes. Remove from heat and add fried potatoes, raisins and peas. Season with salt, pepper and extra calamansi or lemon juice. Add the eggs and mix.

Fill the whole skin of the fish with the stuffing and sew the slit with needle and thread. Dredge in flour. Fry in hot lard until golden brown. Place on a platter and decorate with parsley and tomato slices.

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MARDI GRAS
INTERNATIONAL QUEEN



It was another successful Mardi Gras season for Flagcom and friends. As expected, the Mardi Gras show was once again a big hit. The venue was packed with people from different cultural backgrounds from all over Australia.

Amongst flashing lights, media coverage and music - the gorgeous contestants rocked the runway in an array of eye-catching costumes by any standard. The Mardi Gras Queen Beauty Pageant had a sole purpose of spreading the message of Safe Sex and Social Cohesion in the community as almost 400 people flocked Club Marconi to watch the 12 finalists compete for the title. A week after, more than 60 supporters of Flagcom joined the Sydney Mardi Gras Parade to represent the Filipino Community in the annual parade at Oxford St, Sydney.

This year the Mardi Gras International Queen 2018 title went to Michelle Biñas, the Rainbow Princess title went to Lei Licdan Balayungan, and the Pink Triangle Princess and Mardi Gras Charity Queen title went to Cassandra Myles. Congratulations to all the winners and to Flagcom for organizing another successful event.



LILLIAN

DE LOS REYES

In November 2011, Lillian was inducted into the “The Hall of Fame” and received an award given to outstanding Filipinos who have for many years contributed to the community in the name of art.

By: Patricia Higgins

Lillian de Los Reyes is one of the most enduring icons of the Filipino-Australian entertainment scene. She is a veritable powerhouse of creative talent; who has performed in a steady line of major acts, both nationally and abroad.

At 63 years of age, she is a regular performer in the Northern Territory, gracing the stage at the MGM Casino and Club Darwin. This rounds out a stellar career, one that has seen this songbird traverse many exotic locales on the merit of her powerful voice and electric appeal.

InLife talked to Lillian about her life, her success and all that motivates her in her daily life and career and here's what went down.

The road to stardom

It hasn't always been roses, champagne and accolades for the talented songstress. For Lillian, the road to stardom was paved with adversity. Her sparkling smile and happy disposition hide a great sadness and a tragic event in her younger years.

Lillian becomes misty-eyed when asked her about her childhood, divulging that her father was kidnapped and killed by rebels in the Philippines. She was only two years of age at the time, and life would continue to prove difficult for her growing up. Her mother single-handedly raised her and her brother Paul, and as the eldest of four children, Lillian finished elementary in Polo (now Venezuela) in Bulacan.

Propelling into the entertainment stratosphere

Things really ignited for Lillian after high school. Blessed with natural good looks, she attended a prestigious modelling school and was invited to join beauty pageants such as 'Miss Philippines' and 'Queen of Hearts', where she was awarded as a finalist. Although she embarked on brief forays into nursing and business administration, Lillian's

real passion was always singing. So, she continued polishing her craft.

In her native Philippines, Lillian joined a Motown band and ventured into acting on television and in movies, where she found some success starring in 'Anak ng Tatlong Hari', 'Gigi ang Munting Martir' and a few other productions. She co-starred with international stars like Gerry and The Pace-makers, Lou Rowles, The Ink Spots, Del Shannon, and Al Martino, to name a few.

A regular on the scene

Now a rising star back home, Lillian migrated to Australia in 1975. She credits her big break in Australian entertainment to the television program 'You're A Star'. After she won the preliminary heat and placed in the finals; the Filipino-Australian community stepped forward to claim her. From there, Lillian would never look back.

Lillian's show 'Manila By Night' (produced by Six Pak Productions) has been running in the club circuit for more than twenty years. Her dynamic and impressive stage presence has always provided the major drawcard. An authentic philanthropist and community-minded individual, Lillian is always one to donate her time and talent to a worthy cause.

An icon in her own right

In November 2011, Lillian was inducted into the “The Hall of Fame” and received an award given to outstanding Filipinos who have for many years contributed to the community in the name of art.

When asked what philosophy guides her in life, Lillian is all about gratitude. “Life is good. To wake up in the morning and find myself still alive is a blessing in itself. It's to live the most of my life and try to always look at the good side.”

There can be no doubt that Lillian's staggering rise to fame, her sustained success and her iconic status attest to her achieving just that!

TOP HOMECOMING TIPS FOR BALIKBAYANS

Nothing inspires us more than a trip back to the Philippines. We can spend months planning the trip, packing our things, and daydreaming about it. There's nothing quite like having both your feet planted on the soil of the country you grew up in, or being around the people you've been apart from for what feels like a lifetime.

Homecoming can either be thrilling or daunting, or a mixture of diverse emotions especially for those who had been so used to a foreign country's culture, people and climate. For those who had been in a different land for a very long time and are planning to go visit their hometown, what seemed to be so ingrained in their personalities years ago before they set foot on a foreign land, now appears to be so detached that they feel a bit frightened and completely unacquainted of many things...even those that were before so close to them once.

Yet for those who frequently fly in and out of the country in search for a better opportunity, homecoming becomes a means of unwinding and finding time to once again be reunited with their loved ones.

In essence, for any of these specified conditions, homecoming is undeniably a time to look forward to whether it brings out a positive or a negative, or an amalgamation of different emotions. As inevitable as it is, so is the preparation that it entails to make another homecoming an extraordinary one (and when I mean extraordinary...I mean beyond the usual...something you can go back several times over and still be happy or even laugh about it each time).

You would definitely want to spend more time with every person you had not seen for a long time, visit places that had given you unforgettable memories, and even taste foods that you haven't tasted for years. All these along with the thought that you would once again be in a place where you are not considered a foreigner...and later will again blend in and be one with the land that was and now will be where you will be...even for such a short time.



For this reason these top homecoming tips for balikbayans would certainly serve either situations:

1. Dress for the season or the people

I believe one of the best ways you can be in touch right away with the people and be acclimatized readily, is for you to dress up as what the people in the location or the environment requires. Being able to move freely and easily will allow you to be in contact with more people once you have set foot on your hometown.

2. Pack light and take note of baggage allowances

Although you ought to be bringing every "pasalubong" you could think of just to show people closest to your heart that they are always remembered, you also need to consider the baggage allowances set by air companies.

3. Make a list

In relation to tip # 3, your need to make a list of people and your itinerary while in the country that you are visiting. Remember that itemizing everything you need for your short stay would give you extra time for people that matters more than the preparations that a homecoming requires.

4. The Balikbayan Program

Finally, if you are one of the many Filipino Overseas Workers who had populated the most of the modern world, coming back home to the Philippines would be a thrilling time and, definitely, you would want to make the most of your stay while in the country.

A thing to be grateful about is a presidential ruling as stated in Presidential Proclamation No. 181 "Declaring the Years 2011 to 2016 as the Pinoy Homecoming Years" which was signed on June 3, 2011. This campaign reinforces Republic Act No. 6768, as modified, or the "Balikbayan Program." Under the Balikbayan Program, overseas Filipinos (OFs) are provided exceptional benefits in appreciation of their contribution to the progress of the Philippine economy in terms of foreign exchange in flow as well as remittances.

"This is a campaign that recognizes three things: the invaluable contributions of Filipinos overseas, our urgent need to develop and promote Philippine tourism further and how much can be achieved when government agencies work together," mentions DOT Secretary Ramon Jimenez. "We also have to tap into the market of second and third generation Filipinos abroad and encourage them to discover their roots."

To reach a broader audience for the campaign www.pinoyhomecoming.ph was launched. With this launch, Pinoys abroad can easily access Philippine news portals, tourism products as well as services, hands-on balikbayan tips, Philippine holidays, festival calendars, as well as a directory of industry partners and the contact details of DOT's international offices.

As much as possible, you would like homecoming to be convenient. Planning ahead and considering these top homecoming tips for balikbayans would definitely provide you the comfort you so desire to have once you have set foot on your native land.

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