



PHILIPPINE RETIREMENT NEWS

The Official Newsletter of the Philippine Retirement Authority

CYNTHIA CARRION Leads PRA as New GM & CEO



The Philippine Retirement Authority welcomes a new General Manager and Chief Executive Officer, Hon. Cynthia Lagdameo Carrion.

GM Carrion is not new to public service. She is a top-notch government official who has served several government agencies since 2001 to present. She has served as: (1) Chairman and CEO of the Corregidor Foundation, Inc.; (2) President and Chief Operating Officer of the Philippine Tourism Promotions Board; (3) Undersecretary of the Philippine Department of Tourism for Sports and Wellness Tourism; (4) Executive Director of the Philippine Commission on Sports Scuba Diving; and (5) Member of the Board of Commissioners of the Philippine Sports Commission.

She is also a staunch advocate and a key mover in sports promotion and development in the Philippines. Among her affiliations are: (1) President of the Gymnastics Association of the Philippines; (2) Board Member of the Philippine Olympic Committee and concurrently the Chairman of its Women in Sports Commission; (3) Vice President (SEA zone) Asian Gymnastics Union; (4) Executive Committee member of the Women in Gymnastics Commission under the Fédération Internationale de Gymnastique (FIG); and (5) a Council Member of the SEA Games Federation, among others.

(continued on page 4)

Davao City could be your dream come true

Retirement is a time to embrace new adventures, explore new horizons, and relax in a tranquil setting while enjoying the fruits of your labor.

For many retirees, the idea of retiring in a tropical paradise with a low cost of living and warm, welcoming locals is incredibly appealing. Davao City, located in the southern Philippines, fits this description perfectly.

Affordable Cost of Living

One of the most attractive aspects of retiring in Davao City is the affordable cost of living. Housing, food, transportation, and healthcare are all relatively inexpensive compared to many Western countries. You can rent a comfortable apartment or even buy a home at a fraction of the cost you'd expect in many developed countries. This affordability allows retirees to stretch their retirement savings and enjoy a higher quality of life.

Beautiful Natural Environment

Davao City is renowned for its breathtaking natural beauty. The city is surrounded by lush greenery, pristine beaches, and the majestic Mount Apo, the highest peak in the Philippines. The presence of parks and gardens amid the urban landscape contributes to the city's charm. Retirees can enjoy the outdoors year-round, with a tropical climate that offers a warm, cozy feeling and a refreshing breeze.

Diverse Culinary Scene

Davao City offers an impressive and diverse selection of culinary delights, ranging from authentic Filipino cuisine to a variety of international options, making it an ideal destination for food enthusiasts. Don't miss trying local specialties like durian, pomelo, and tuna, which are abundant in the region. The city's night market, Roxas Avenue, is a great place to savor street food while immersing oneself in a vibrant ambiance.



Safety and Security

Safety is a significant concern for retirees, and Davao City ranks as one of the safest cities in the Philippines. The local government's strict policies and emphasis on law and order have led to a low crime rate. This sense of security allows locals and retirees to explore the city and its surroundings without undue worry.

Friendly and Welcoming Community

Filipinos are known for their warmth and hospitality, and Davaoños exemplifies this characteristic. The locals here are known for their friendliness and willingness to lend a helping hand to those who are new to the community. You'll quickly find yourself embraced by a welcoming community, making the transition to retirement in a foreign country much smoother.

Healthcare Facilities

Davao City maintains an efficient healthcare system with modern facilities and well-trained medical professionals. Numerous healthcare facilities, including hospitals and clinics, presents an extensive range of medical treatments at significantly reduced expenses in comparison to healthcare systems prevalent in Western countries. Retirees can access quality healthcare without exhausting their retirement savings.

Cultural and Recreational Activities

Retirement doesn't have to be all about leisure and relaxation; it can also be a time to explore new pursuits, interests, and hobbies. Davao City offers a variety of cultural and recreational activities, including art galleries, theaters, dance performances, and music festivals. Additionally, the city's proximity to picturesque beaches, alluring waterfalls, and scenic hiking trails ensures that retirees can stay active and engaged in various outdoor activities.



For retirees who choose to reside in Davao, participating in the Kadayawan Festival is a wonderful way to meet new people and interact with the local community. They can see native cultures performing traditional dances, savor local delicacies made from fresh vegetables and fruits, and adore the vibrant displays of flowers during parades.

Retiring in Davao City offers a unique opportunity to live a comfortable, cost-effective, and fulfilling life in a tropical paradise. With its low cost of living, stunning scenery, friendly community, and excellent healthcare, Davao City is an excellent choice for retirees looking to make the most of their golden years. If you're seeking an ideal retirement destination, Davao City may just be the place you've been dreaming of. Embrace the inviting atmosphere and vibrant energy of this city, and start your new adventure in retirement today.

(continued from page 1)

Cynthia Carrion Leads PRA as New GM & CEO

A health enthusiast herself, GM Cynthia spent her life promoting sports, fitness, health and wellness not only in the Philippines but throughout the world. She also advocates and promotes the welfare of the marginalized sector, especially women and children, through her active involvement and dedication as Vice President of the Philippine Good Works Mission Foundation.

Throughout her career, her exemplary work has been acknowledged internationally. Among the awards she has received are: (1) “100 Most Influential Filipina Women” in the World Award given by the Global Filipina Women’s Network (2016); (2) “Personal Fitness Trainer of the Year” conferred by the IDEA, USA (2009); (3) “Ambassador of the Sea” by the Ocean Environment for her dedication and leadership in promoting the Philippines’ conservation and protection of marine resources (2008); and (4) “Best in Women in Sports” for the Asia continent, awarded by the International Olympic Committee in Lausanne, Switzerland (2003).

Her leadership style aligns seamlessly with PRA’s values, emphasizing collaboration, innovation, and a commitment to excellence.

In one of her speeches, GM Carrion shared insights into her vision for the future, emphasizing a commitment to fostering a collaborative, dynamic, and healthy workplace culture. She also



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underscored her plans to form a more active engagement with PRA retirees and to build stronger partnerships with stakeholders such as accredited marketers, retirement facilities, other government agencies, and players in the tourism and migration industry, to name a few.

With a proven track record of leadership and innovation, the new PRA General Manager brings a fresh perspective to steer the company toward new heights. GM Carrion’s extensive background in the sports, tourism, and wellness sectors brings a wealth of experience and expertise to the table.

PRA looks forward to GM Carrion’s leadership and anticipates bold innovations that will make the organization more valuable and stronger than ever.



Message from the General Manager

Dear PRA retiree-members:

With great pride and excitement, I greet you as the new General Manager and Chief Executive Officer of the Philippine Retirement Authority.

Let me take this precious moment to express my sincerest appreciation for choosing the Philippines as your home and retirement haven.

Wherever part of this island country you have decided as your place of residency, I believe that our inclusivity, community, and most of all, our cultural values promoting care, compassion, and commitment in localities you are immersed into have made you feel genuinely a member of their extended family.

Please continue to experience firsthand the warmth of the friendly locals who are always ready to lend a helping hand. You all deserve to live a comfortable life in surroundings filled with natural beauty and alluring landscapes that are distinctively ours. Settle down and savor the perks of retiring anywhere, from any of our shoreline communities to our vibrant cities to our green and cool mountain forests. All these offer tranquility, modern amenities, and a wonderful anthropology of some of nature’s most diverse ecosystems. Please be part of the world’s most smiley people and of the vibrant cultural tapestry that is unique to our nation.

The new management of the Philippine Retirement Authority is committed to giving you a fun-filled, relaxed, and meaningful life that is nothing short of exceptional. We will continue to upgrade the competency of our people and services and to restrengthen our steadfast dedication to providing you with the support you all deserve. To that end, we need your informed and active engagement.

Again, on behalf of the Philippine Retirement Authority, I would like to thank you for loving this country as your home. Being part of your retirement journey is indeed an honor. Lastly, please know that I would love to personally know how you are doing, your challenges if there are any, and your suggestions to make your stay more impactful, soulful, and meaningful.

This is just the beginning. We plan to schedule town hall meetings and related get-togethers in the coming days to seek your participation in improving our services and outreach to each of you.

Warmest regards,
CYNTHIA LAGDAMEO CARRION
General Manager and CEO

LOVE TO LIVE
IN THE PHILIPPINES

The Residences at New Clark City: A Dreamlike Retreat in Tarlac

By: Carmel Joy Llabore-Lorete



Nestled between the bustling city of Manila and the picturesque mountains of Baguio, lies the Province of Tarlac, a hidden gem that is quickly transforming into one of Central Luzon's prime destinations. It boasts of vast, rolling plains and lush mountain scenery that offers tranquil and serene environment. Imagine waking up to the soft rustling of leaves and the soothing sound of songbirds. Despite its rustic charm and rural beauty, it is located right at the crossroads of major highways and railways, making it accessible to shopping centers, medical facilities and recreational activities.

Foreign retirees, in particular, have begun to recognize Tarlac's appeal. The province provides an affordable alternative to the crowded major hubs, making it an ideal place to retire in the Philippines. The warm climate is a welcome change for those who wish to escape the extreme cold of their home countries. Well-equipped health-care facilities are also accessible, ensuring peace of mind for retirees.

The people of Tarlac are the heart and soul of this enchanting province. They will welcome you with friendly smiles and generous hearts. From the market vendors to the neighbors who gather every weekend to share stories and laughter, retirees will surely feel the warmth of the locals and experience a strong sense of community.



Central Luzon accepts the concept of multi-generational living. The province's inclusive culture fosters an environment where family bonds grow stronger. It is also a home to 4670 PRA retirees with 3550 Principal retirees, 494 Dependent spouses and 626 Dependent children. The Clark Subic Satellite Office is conveniently located near the expat community to address clients' concerns and inquiries.

Whether a retiree is looking for a vacation home, a place to retire, or a smart investment, The Residences at New Clark City in Tarlac has a lot to offer. This residential development is not only a sanctuary of comfort but a journey of leisure and luxury. The elegant condominiums and well-planned townhouses are designed with modern aesthetics and comfort in mind.





A Haven for Foreign Investors.

The Residences at New Clark is a condominium complex with 516 fully furnished housing units for government employees, general public and retirees. It is set to become a smart and sustainable metropolis that draws the world's attention.

Investors are drawn to the city's strategic location, which is positioned as a key hub for business, logistics, and innovation. The New Clark City International Airport is a gateway to the world, and the Clark Freeport Zone, an economic haven, offers numerous opportunities for growth and success.

Wellness Retreat.

The Residences take your well-being seriously. A fully equipped basketball/volleyball court, swimming pool, yoga and meditation areas, ensure that you have access to everything you need to maintain a healthy and balanced lifestyle. After all, retirement is a time to focus on your health and happiness.

Green Spaces.

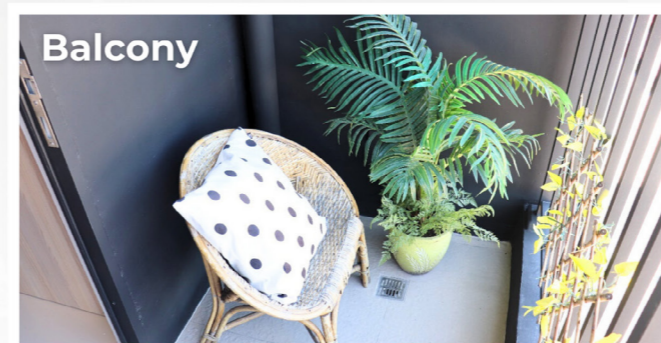
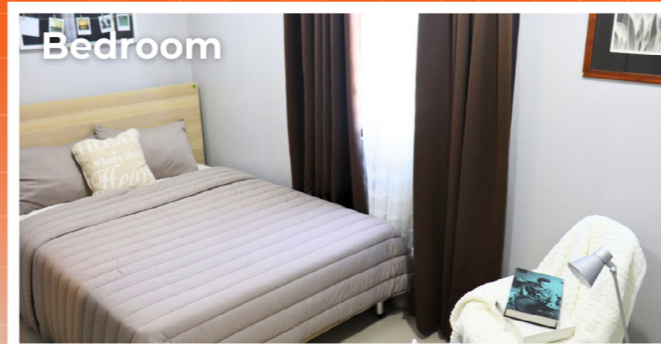
These lush green spaces provide an environment that is perfect for morning strolls or enjoying the beauty of nature. The fragrant blooms and calm water features are balms for the soul, creating an atmosphere of tranquility that's ideal for retirees seeking peace and relaxation.

Secure and Peaceful Environment.

Safety and security are paramount, especially for foreign retirees. The Residences provide 24/7 security services, so you can enjoy peace of mind and truly relax.

Sustainable Living.

The project is committed to eco-friendly living. The sustainable design not only promotes a healthier environment but also enhances the overall quality of life. It's a place where you can enjoy the beauty of nature without compromising on modern comfort.



So, if you are a retiree seeking for tranquility, a visionary looking for the next big investment, or someone who simply wants to be a part of a thriving and sustainable community, The Residences at New Clark City is a canvas for endless possibilities. Join this journey, walk through the enchanting gardens, enjoy the wellness and cultural offerings and write the next chapter of your life in Tarlac's dreamlike retreat.

RETIREMENT FACILITY:

THE RESIDENCES

Address: National Government Administrative Center, New Clark City, Capas, Tarlac

Classification: Ready-For-Occupancy (RFO)

Developer: **NEW CLARK GOVERNMENT CENTER CORPORATION**

Bedroom Units:

Living Area

Dining Area

Kitchen Area

Master Bedroom

Balcony – 40 sqm – 71 sqm

Amenities:

Swimming Pool

Administrative Center

316 parking slots

Community Center

Gym

Basketball/ volleyball court

Commercial spaces

Open green spaces

Proximity:

3kms from Public and private schools

19kms from Clark International Airport

90kms from Metro Manila

Representative: **Mr. Alan S. Yu**

Email Address:

ncgcc.marketing@gmail.com

Contact Number: **0999-706-8903 /**

0915-779-7103

Social media:

<https://www.facebook.com/condonewclarkcityhornz/>



Education is a very important tool to empower the youth and Mr. Wolf's philanthropic act is a simple but effective way to help the children of General Nakar take a closer step to their dreams and aspirations.



Mr. Wolf's Generosity: Nurturing Minds and Building Futures

By: Rubie Jane Baguio

One of the principles that guide the Philippine Retirement Authority is Social Responsibility, defined as an obligation to act for the benefit of the community and the country as a whole. It is thus PRA's great pleasure to hear stories of retiree-members

who are making contributions to the community where they belong.

One such retiree is Mr. Wilhelmus Josephus Andrianus Maria Wolfs, who extended his generosity and shared the gift of learning in his community.

Mr. Wolfs, driven by his sense of social awareness and responsibility, had donated books to elementary and secondary students of the Paaralang Sekundarya ng Heneral Nakar (PSHN) in General Nakar, Quezon.



Apart from donating books, Mr. Wolfs also provided feeding programs to school-children. His commitment to the betterment of the community as a whole is an inspiration to us all.

Kudos to Mr. Wolfs for continuously empowering our youth in his own special way. May this worthy contribution help produce future movers of the society, who will strengthen the socio-economic development of the country. Indeed, this valuable undertaking is worth emulating.

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TALK TO US!

For inquiries, clarifications, and concerns, please course them through the following email addresses and mobile numbers:

For SRRV members:

8848-1411
servicing@pra.gov.ph

For submitted SRRV Applications:

8848-1412
processing@pra.gov.ph

For SRRV inquiries:

srrvapplication@pra.gov.ph
clientrelations.pra@gmail.com

For feature/interview of PH experience:

adspromo@pra.gov.ph
adspromo.pra@gmail.com

Learn all you need to know about the Special Resident Retiree's Visa (SRRV)!

SRRV Applicants and Representatives:

<https://bit.ly/3Dz78Nu>

Marketer's Accreditation Orientation:

<https://bit.ly/3HQ16uw>



PRA ID Card Renewal

Pursuant to PRA Circular No. 002 dated 9 May 2023, s. 2023, the PRA ID Card of SRRV holders is issued with validity of two (2) years, subject to the following conditions:

1. That the requisite visa deposit is maintained and intact at any PRA-accredited bank.
2. That a retiree-member with pre-existing investment/s or a retiree-member who has converted his deposit into an investment is compliant with the Implementing Investment Guidelines under Rule VIII-A of the Rules and Regulations Implementing Executive Order No. 1037.
3. That should a retiree-member who opted for a 2-year ID Card withdraws and/or converts the deposit into an investment during the two (2) year period, said retiree-member must surrender his/ her ID Card for the re-issuance of the same, valid for one (1) year. Advance payment/s is non-refundable (*applicable to old schemes*).