

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 6 NOVEMBER – DECEMBER 2016

PARADISE



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IN PARADISE

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OUR COUNTRY, OUR REGION, OUR WORLD



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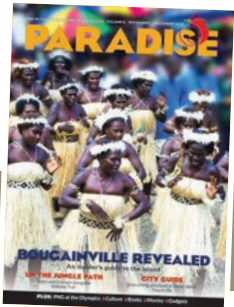
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Cover photo: Traditional grass-skirt dancers in Bougainville, photographed by Rocky Roe.
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PARADISE



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Message from the Chairman

Welcome aboard



The development of Port Moresby's Jacksons International Airport as the regional hub for the Pacific island states, and beyond, will make a significant advance in early December when twice-weekly services between Port Moresby and the Federated States of Micronesia (FSM) commence.

Air Niugini has entered into a partnership with the Government of FSM to help meet the island nation's need for more regular, affordable and

suitable air services within the region and the wider world.

For the people of FSM, there will be a vast improvement in every aspect of the air services they need to connect with Australia, other Pacific nations, South-East Asia, Asia, and beyond. Travel times will be cut drastically, fares will be more affordable, and services will be more reliable.

The new service will also meet FSM's domestic travel need as Air Niugini will be transporting passengers between Pohnpei and Chuuk.

Air Niugini was privileged to work with the FSM Government to assist with the transportation of delegates and other participants for the recent Pacific Islands Forum Leaders Meeting in Pohnpei.

I have every confidence the establishment of this service will benefit PNG as well as FSM with business development opportunities, and education and tourism opportunities opening up. As the FSM grows its tourism sector, international travellers who will pass through Port Moresby will be encouraged to include our unique tourist destinations in their holiday itineraries.

The development of Port Moresby as the major regional passenger air services hub has been made possible by two factors.

Firstly, the total redevelopment of the Jacksons airport facilities by the National Government has made passenger arrivals and departures, and transits, world class.

Air Niugini is the principal beneficiary of this redevelopment. Our challenge is to maximise the use of the airport. The regional hub approach affords us the best opportunity to do so.

Aligned with the airport upgrading, Air Niugini has been focusing on the second factor, which will ensure the maximum efficient use

of the international airport – the right aircraft that align with the regional hub development.

Air Niugini has chosen the Fokker 70 as being the best suited to meet our mainline domestic routes and regional routes in the Pacific, including FSM.

By the end of this year, six Fokker 70s will have joined the Air Niugini fleet, and by the middle of next year the full complement of nine will be meeting our major domestic and regional needs. The planes are progressively being upgraded with business-class seats, Wi-Fi, USB ports and LED lighting.

The further expansion of our regional services is being actively evaluated.

Potential new services include Tarawa (Kiribati), Majuro (Marshall Islands), Jayapura (Indonesia) and Townsville (North Queensland). Wider international services will also expand to include China – with Shanghai as the first destination.

It is important to stress that the national economy will benefit from expanded regional and international services. More aircraft movements will benefit our tourism and hospitality sectors and deliver the Government a return on its significant airport investment.

And, importantly, Papua New Guineans who travel on our international services, and connect with domestic services, will do so with maximum comfort and efficiency.

Finally, as this is the last issue of *Paradise* before Christmas, the board and management of our national airline join with me in wishing you, and your families, the very best for a happy and safe Christmas, and a prosperous New Year.

If you are travelling over the holiday period, I urge you to take advantage of our online check-in facility.

And please remember the hundreds of Air Niugini employees – flight crew, engineers and ground staff – who will work over the holidays to ensure you and your families travel in comfort and safety.

Merry Christmas.

A handwritten signature in dark ink, appearing to read 'Frederick Reiher'.

Sir Frederick Reiher KCMG KBE
Chairman, Air Niugini Limited



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YOUR WORLD
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Air Niugini backs soccer tournament

Air Niugini has come on board to support the FIFA Under 20 Women's World Cup in Port Moresby during November and December.

The airline's general manager of customers and markets, Dominic Kaumu, says the



Kick off ... (from left) FIFA's Tatjana Haenni, Air Niugini's Dominic Kaumu and PNGFA president David Chung at the announcement of the airline's support for the FIFA Under 20 Women's World Cup.

support includes air travel discounts and other promotional activities.

"Air Niugini is honoured to be associated with the renowned international football tournament. We thank FIFA for the opportunity to be a national supporter for the first-ever FIFA event hosted in Papua New Guinea."

FIFA head of women's football, Tatjana Haenni, has welcomed Air Niugini's support.

"National supporters play a crucial role in our events, particularly in the promotion of the tournament to local audiences. We are certain that Air Niugini, as a national supporter, will make a strong contribution to the success of the FIFA Under 20 Women's World Cup across Papua New Guinea."

President of PNG Football Association, David Chung, also welcomed Air Niugini on board as a football partner.

The tournament starts on November 13 with PNG taking on Brazil under lights at the newly refurbished Sir John Guise Stadium.

There are 16 countries vying for the trophy, including favourites Germany and the US. ■

For the full schedule of matches and more details about the tournament see fifa.com/u20womensworldcup/

Independence Day honours

Air Niugini chief executive officer Simon Foo has congratulated three airline staff who have been recognised in the Independence Day honours.

They are captain Lekwa Gure, Benedict Oraka and Maree Keygan.

Captain Gure, who flies the airline's Boeing 767, was awarded Officer of the Order of Logohu for his services to the airline industry for 40 years. He was also recognised for his services to the community, especially church and youth development.

Oraka, who is Air Niugini's executive manager of maintenance control, was awarded Member of the Order of Logohu for services to aviation and Air Niugini in the areas of aircraft engineering and airworthiness.

Keygan was awarded the Logohu Medal for her services to the travel industry and Air Niugini. She has worked with the airline for 26 years and is currently the manager of airport and cargo services at Cairns airport in Australia.

Meanwhile, Air Niugini staff at the head office in Port Moresby (pictured) celebrated Independence Day on September 16 by wearing the colours of the PNG flag – red, black and gold. ■



Airport comfort ... the Air Niugini lounge at Mount Hagen has been recognised for its interior design.

AIRLINE LOUNGE WINS AWARD

Air Niugini's Paradise lounge at the newly built Kagamuga International Airport in Mount Hagen has won the best commercial interior design award in the 2016 AkzoNobel Taubman's Design Excellence Awards.

The awards are organised by the PNG Institute of Architects.

The lounge project was won by Tropical Projects, a national architectural company, which was among three finalists in its category.

The others were Merea Haus' Pineapple Building and TSL shop front at Monian Haus.

Tropical Projects managing director David Gole says that when the lounge space was handed over last year it was an empty shell.

"Various nominated contractors and suppliers were sourced," he says, "including Pryde Furniture, which provided the built-in furniture, whilst the loose furniture – including dining, pendant lights and the kitchen fit-out equipment – came from Brian Bell."

Air Niugini chief executive officer Simon Foo congratulated Tropical Projects for a job well done, adding that the airline looks forward to continuing the partnership with the company.

Air Niugini's lounge at Kagamuga overlooks the airstrip and has views to the Hagen range in the distance. ■

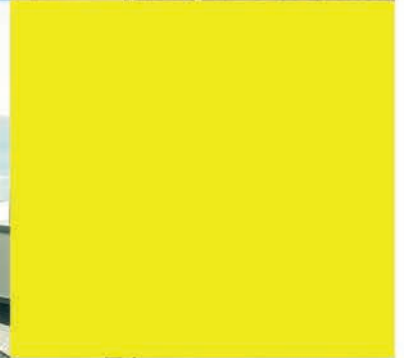
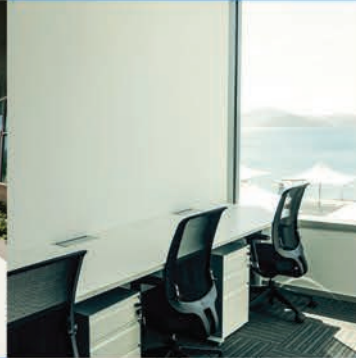




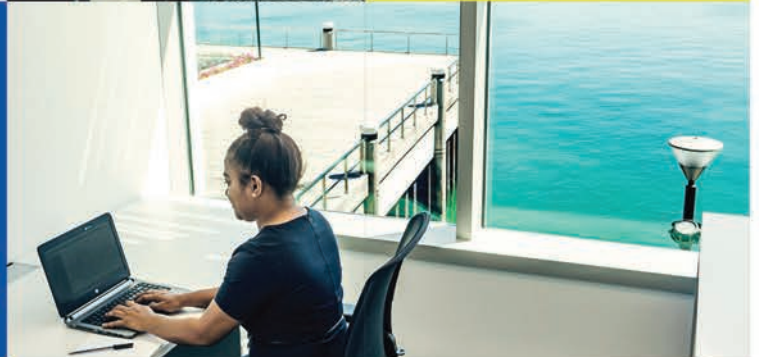
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AIR NIUGINI BUILDING TAKES SHAPE

Air Niugini's new residential building, located next to the airline's head office at Seven Mile in Port Moresby, is expected to be completed early next year.

The nine-storey building has 138 rooms, including studios and one and two-bedroom apartments.

The building is designed to meet the airline's staff accommodation requirements and ensure a sustainable long-term asset for the airline.

The building has a lobby, restaurant, swimming pool, gymnasium and an outdoor



Ground breaking ... Air Niugini's residential building will include a restaurant and gym open to the public.

exercise track. The restaurant and gymnasium will be open to the public, while the swimming pool will be used for cabin crew training that is currently conducted overseas.

The building includes a solar energy system as part of Air Niugini's commitment to eco-friendly energy solutions. ■

Cadet engineers back from NZ

Twelve Air Niugini engineers have returned to the country, armed with their aircraft maintenance engineer (AME) certificates after successfully completing a four-year cadet engineering program at Air New Zealand's Training Institute in Christchurch, New Zealand.

The program was funded by Air Niugini at a cost of PGK5.3 million.

Air Niugini chief executive officer Simon Foo says Air Niugini is serious about training and development, and invests millions of kina towards training annually.

The airline spent PGK440,000 to train each cadet engineer.

The next step for the engineers is to sit an exam for their PNG Civil Aviation Safety Authority (CASA) aircraft maintenance engineer certificates. ■

All set for Micronesia take-off

Air Niugini will start twice-weekly flights between Port Moresby and the Federated States of Micronesia (FSM) from December 3.



New territory ... Air Niugini's Boeing 737 aircraft at Chuuk during a special flight in September.

To test the market, the airline has already operated three special flights to FSM.

The regular return flights on F70 aircraft will operate every Wednesday and Saturday from Port Moresby to Chuuk and Pohnpei. This also means Air Niugini will be able to carry domestic passengers twice weekly between Pohnpei and Chuuk.

The service to FSM represents a major expansion of Air Niugini's presence in the Pacific region, and especially the role of Jacksons International Airport as a major hub for the Pacific region. ■



Welcome home ... Air Niugini CEO Simon Foo (seated second from right) and his management team with the cadet engineers on their return from Christchurch.

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Paradise Q&A: AXEL DALBERG POULSEN



During the past 10 years, this tropical botanist from Denmark has made several expeditions to study little-known gingers in PNG forests.

Q: What is your ginger project about?

A: It started in 2006, in collaboration with the Papua New Guinea Forest Research Institute in Lae, and aims to document all species of gingers in PNG and thus involves spending lots of time walking about in forests. The project also helps record local names and uses, and thus conserve the cultural heritage.

Q: Why study gingers?

A: In PNG, gingers have a wide range of uses and play an important role in traditional ceremonies. At the same time, they have hardly been studied by scientists, and there

is an imminent need to understand what the least-explored forests of the world harbour. We need this information to properly manage our natural plant resources and prioritise which areas to protect.

Q: How do you study gingers?

A: We simply go to the forest, and with approval and great help of the landowners search for gingers. Leaves are easy to recognise but it is always a gamble if we find the flowers (pictured inset), which are essential for correct identification and description. We press and dry parts of the plant and deposit them in the National

Herbarium collections in Lae, where they are secured as reference for the future.

Q: What in fact are gingers?

A: In Tok Pisin they are called *gorgor* and belong to a tropical plant family with up to 2000 species, one of which is the ginger root (scientific name: *Zingiber officinale*). Few people realise that turmeric and cardamom are also gingers. Many other species are useful as spices, condiments, medicines, or as ornamentals.

Q: What is the biggest joy of your work?

A: PNG has exciting forests with unique and fascinating plants and animals found nowhere else on Earth. The people are incredibly friendly and it is a great privilege to get the opportunity to share their wisdom of local plants and spend time with them in these forests.

Q: What is the biggest challenge of your work?

A: Not least due to the rugged topography, it is often difficult to access the forests. But again in PNG, expect the unexpected and often we hit the target fast.

Q: Are there commercial applications to your finds?

A: No. We are simply trying to make sure all gingers have a correct scientific name. At least 300 species occur in PNG. Then if somebody else in the future will look into commercial uses, at least they will have a name for the useful plant.

Q: What have you found and where?

A: So far, we have visited nine provinces and the Autonomous Region of Bougainville. We documented all gingers we found in flower. In addition to understanding existing species better, and learning their local names, we will also have to describe several new species in need of a scientific name.

Q: Is it exciting to find a new species?

A: Yes, but bear in mind that locals probably knew the 'new species' all along. For me it is equally exciting to learn details of a ginger that already had a scientific name but nobody knew much about before.

Q: Why is the project important?

A: The project will increase our understanding and hopefully appreciation of our natural forests and provide a tool for identification of gingers. Without a name for an organism, we know nothing. ■



PNG blogger on mission to save Melanesian culture

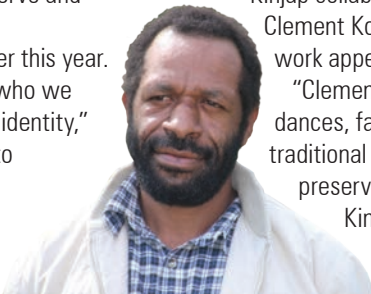
Papua New Guinean journalist Peter Kinjap has set out to preserve Melanesia culture through his blog, melanesianwaypacific.blogspot.com.

Kinjap, from Mount Hagen, believes the culture is under threat because of the growing Western influences and that there is an urgent need to preserve and promote it.

He set up the blog earlier this year.

"Melanesian culture is who we are and what shapes our identity," he says. "It is important to preserve it."

Kinjap says Melanesian culture has traditionally been passed on orally



from generation to generation. "However, more recently, generations have started to move away from traditional ways to modern Western ways and there is a growing risk that it will be lost.

"We need to record and preserve the culture using modern technology," he says.

Kinjap collaborates with Port Moresby artist Clement Koys (pictured right), whose work appears on the blog.

"Clement's artwork (showing cultural dances, face painting and other traditional aspects of society) is also preserving the Melanesian culture,"

Kinjap says.

Kinjap's blog features cultural events around the country



— including the Mount Hagen Show, Goroka Show, Rabaul's Frangipani Festival and the Don Bosco Cultural Day — and, he says, also acts as a resource for tourists and an educational tool for schools. ■

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Global award will help Simbu kids

PICTURE: CLEMENT POYE



Smiley faces ... children from the Irugi Mother of Life Orphanage, which is assisted by the Simbu Children Foundation.

The founder of Papua New Guinea's Simbu Children Foundation (SCF) has been honoured with a World of Children Award.

As *Paradise* was going to press, Jimmy Drekore was preparing to travel to New York to accept the World of Children health award, which recognises individuals making extraordinary

contributions to children through the fields of health, medicine, or the sciences.

The award is one of several given out by the World of Children each year and carries with it a \$US50,000 grant over three years for SCF.

The awards are sometimes referred to as the Nobel Prize for child advocacy.

Drekore founded SCF in 2005 and now has more than 1000 volunteers (there are no paid staff) helping deliver education and medical treatment to sick and disadvantaged children in the Simbu Province.

Among its activities, the charity funds airfares, public transport and medical costs for sick village children to travel to city and



Helping hand ... Jimmy Drekore with a Simbu mother and child who received assistance in getting to Port Moresby for an operation.

overseas hospitals for medical tests, treatment or operations that are unavailable locally. SCF also funds the travel costs for a parent or guardian.

"We are not unique, the experience of children in Simbu is being experienced by children in villages all over Papua New Guinea," Drekore says.

SCF also sources materials and medical equipment for institutions in the Simbu Province, including the Sir Joseph Nombri Memorial Hospital in Kundiawa and the Irugi Mother of Life Orphanage at the foot of Mount Wilhelm.

The World of Children Award has handed out \$US8 million in cash grants since 1998.

See simbuchildrenfoundation.org; worldofchildren.org. ■







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The resort's 294 rooms have been reimagined in coastal-living style, with splashes of turquoise, driftwood-timber tiled floors, stone-topped mini bars and natural wooden furnishings. The indoor-outdoor balconies now feature daybeds.



The resort has also unveiled 41 lagoon-edge rooms and 12 lagoon-edge studio suites on the ground floor with private balconies providing direct access to the resort's saltwater lagoon swimming pools.

Port Douglas is easily accessible via an hour's scenic drive from Cairns airport, where Air Niugini flies up to three daily services. ■

See airniugini.com.pg,
sheratonportdouglas.com.

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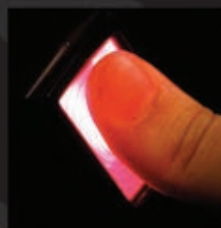


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Going up, anyone?

Imagine stepping into a lift with this fearsome four. The Asaro Mud Men, from Komunive Village on the Asaro River near

Goroka, were riding the lift at the Australian Museum in Sydney, where they visited recently for a series of workshops and

cultural dances. The museum has commissioned a series of masks and is also making a film about the Mud Men. ■



New five-star airport hotel

Air Niugini passengers flying into Sydney now have the choice of a new five-star hotel close to the airport.

The 229-room Pullman Sydney Airport opened recently, 600 metres from the domestic terminals and three kilometres from the international terminal.

The hotel includes an Executive Club Lounge with evening canapes, showers for guests in transit, as well as a 24-hour gym.

See accorhotels.com.

Adventure in PNG skies

Kiwi pilot Matt McLaughlin has written a book about his flying adventures in small planes in Papua New Guinea.

The former Royal New Zealand Air Force pilot lived in PNG for three-and-a-half years and estimates that he did over 3500 landings, most of them on remote one-way mountain strips.

"The most tricky were probably afternoon flights into a gnarly wee airstrip called Sopo in the Central Province,

up a narrow valley. It was only 532 metres long, and up-sloped an incredible 12 per cent. The afternoon crosswinds and downdrafts made an approach and landing very demanding."

McLaughlin says air travel in PNG is vital. "It has such rugged topography, such isolated communities. The aircraft has always been a key component of transport in PNG, bringing communities closer together and connecting them with the rest of the nation."

In the book, he also covers the

disappearance a pioneer aviator Amelia Earhart, who was last seen in PNG.

"A lot of people forget that her last take-off was from Lae before she vanished in July 1937. I think it was a sad case of poor radio communications and bad planning. I researched this thoroughly for the book."

The paperback is available from Brian Bell stores in Port Moresby (PGK80). The eBook version (\$US6.99) and internationally shipped paperback (\$US21) are available from Amazon, Kobo, iTunes, the Book Depository, and Fishpond.com.au. ■



NUMBER CRUNCH

375 is the estimated number of species of fish from freshwater habitats in New Guinea, according to the World Wildlife Fund. The Fly River Basin, the most species-rich river of the island, has 105 fish species, while the Sepik River Basin has 57. There are also more than 2200 species of reef fish, accounting for 37 per cent of the world's total.





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“

From pristine island beaches to epic mountain treks, from bamboo bands to bamboo cuisine, the region is ready to welcome visitors.

”

BOUGAINVILLE REVEALED

A recently launched plan to develop Bougainville as a tourism hub has put the spotlight on the island.

Tom Besley provides an insider's guide for intrepid travellers.

As I approach the summit camp of Mount Balbi, I can hear my guides in the distance, cracking sticks for the fire. I'm surprised also to hear the sound of quick feet behind me. I turn around and watch two barefoot boys overtake me, whistling as they amble up the steep final stages of the track. They smile and walk on without stopping.

Some minutes pass and then there's laughter. I'm guessing the boys have reached the fire and reported on my state.

When I arrive there is water boiling for rice and tea, and the guys are settled in for the night under a tarpaulin. I pitch my tent and sink into the soft mossy bed beneath me, listening to their jokes as the fire hisses.

Mount Balbi is a dormant volcano at the centre of Bougainville Island, opened up to visitors by Rotokas Ecotourism in 2011. ➤



PICTURES: DAVID KIRKLAND & STEVE ARKLEY



Bougainville revealed

Founded by two friends, Pedro Uravutu and Junias Repiriri, from villages on different sides of the mountain range, this initiative stretches way beyond tourism. They are committed to protecting the landscape and working in harmony with the villagers along the trekking routes.

The two friends have achieved this by tirelessly engaging landowners along the way in conservation programs and including them in decision making

If you are lucky, you might catch a glimpse of the secretive Upe, who live in this part of Bougainville. Upe is the name given to young men from Rotokas, who come of age during a period of focused schooling, where they learn how to live from their land and how to respect it. Their customary hat – called the Upe – adorns the Bougainville flag.



about how the trails should be run. This means everyone is happy to see you and it makes staying in the Rotokas region an unmissable experience.

Their base is on the main road, where they have small bungalows next to a lazy river. Guests stay the night before riding up a tributary road to where the trail begins.

To reach the summit of Mount Balbi, I pass enormous sulphur yellow vents, spewing thick white smoke that blows over deep canyons of stark grey scree.

There is a lake in one caldera, which I pass along a ridge that rises gently. At the top, the view on both sides stretches down to the sea. I can see strings of little islands that hover along Bougainville's coastline.

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Bougainville revealed

Many of the islands are inhabited and make excellent places to relax after trekking. Most popular is Pok Pok Island, which has a secluded beachfront guesthouse that faces east into the Pacific Ocean. I choose Teop Island.

Although Teop does not have a guesthouse, like most areas in Bougainville there are always places to stay.

He shows me a low mound, which is covered in large green leaves. The cooks peel back the leaves to show a pile of hot stones, which surround about 40 perfectly cooked yams. They are laid out on a table, with freshly caught tuna, cooked greens, potatoes, cooked bananas in coconut milk and big steaming piles of noodles.

As we eat, the island's string band plays a cheerful set of Pacific songs




Hat trick ... the long jar-shaped traditional hats worn by three locals (far left) are also featured on the Bougainville flag; a youngster provides a warm Bougainville welcome (centre); a local bamboo band (left).

I meet Ben Racine, the chief of the island, who has arranged a traditional greeting, which involves my feet being washed and lots of shaking of hands. As we walk through the island's immaculately kept flower gardens, he tells me that our food is being cooked in a *mumu*.

as a team of dancers in grass skirts shuffles across the sand. The whole village has turned out and we share food as dusk falls.

The next morning, I'm invited out on a dugout canoe for some fishing. It doesn't take long to find my balance, and soon we are gliding along the edge of Teop Island, waving at villagers having their morning wash. ➤

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Bougainville revealed

As a newly designated hub for tourism, Bougainville is just beginning to reveal its potential, and Teop Island is an excellent example of a village stay that can be organised with relative ease.

It is always good to phone ahead. The easiest way to arrange a trip is to call in at New Dawn FM in Buka town, the capital of Bougainville.

New Dawn is run by Aloysius Laukai, who has 30 years' experience in broadcasting in Bougainville. As a result, he has the telephone numbers of all of the key people on the island. Drop by to enjoy a cold drink and their Wi-Fi hotspot, and Laukai will help you plan your adventure. One of his reporters, Laurence, is from Teop and will help you contact the islanders to arrange your trip.

For those who prefer to book in advance, there is a village stay at Topinang in the mountains in central Bougainville. ➤

Blue lagoon ... many of the islands around Bougainville are inhabited and some have guesthouse accommodation.








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Bougainville revealed

Big blue ... a local laps up the Bougainville water and (below) things warm up on the trek to Mount Balbi.



I meet Bosco, who set up the village stay, in Arawa town, and he drives me through a torrential downpour to a cluster of traditionally constructed houses, which sit on the banks of a river.

I am welcomed with baskets of fruit, freshly baked bread and a meal of succulent aromatic squash, cooked inside a length of bamboo, a process that steams food to perfection. To my surprise the lights are on.

It turns out that the river drives a small hydro generator, and I enjoy uninterrupted power for the whole weekend.

One day I make a short hike up into the mountains overlooking Arawa, visiting a local craftsman along the way. An accomplished carver, Chris is also a master marksman who shows me how to fire a bow and arrow in a matter of minutes.

I let an arrow fly out into the thick forest that surrounds us and imagine what it would be like to join a hunt.

Later that night, some boys pass through the hamlet with a clutch of flying foxes slung over their shoulder. I ask if they used arrows and they show me their slingshots. I'm grateful that they don't offer to share their dinner with me.

The next day I am invited to a feast, which is attended by people from the surrounding villages. Enormous bamboo structures are built to hold



food harvested especially for the occasion. People are singing and dancing, everyone is laughing and sharing food. Bosco offers me a freshly split coconut and tells me that no one on Bougainville goes hungry because the land is so rich. There is so much laughter and happiness in this valley. I leave knowing I have witnessed something I will never forget.

Tourism on Bougainville is expected to go from strength to strength because of the region's

historic respect for the natural world.

The Bougainville government recently launched a tourism initiative, which will develop Buka town as a regional tourism hub. The Solomon Seas Tourism Zone Initiative Committee has also been set up to help develop other potential tourism sites in Bougainville, Solomon Islands, Vanuatu and Fiji.

Over the next decade, development will bring improved infrastructure, but the intrepid traveller needn't wait to make a trip.

From pristine island beaches to epic mountain treks, from bamboo bands to bamboo cuisine, the region is ready to welcome visitors who want to enjoy its natural beauty.

Tobias Kulang, the national minister for tourism, arts and culture, recently said that Bougainville has the potential to become a premier tourism destination. ➤



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Bougainville revealed

HOW TO DO IT

■ Rotokas Eco Tourism can arrange treks throughout central Bougainville, village stays in the Rotokas region, and birdwatching excursions. A two-day trek up Mount Balbi costs PGK700 a person, including transfers from Buka town, overnight accommodation before and after the trek, guides, a porter and meals (excluding food during the trek, which can be purchased in advance). A three-night village stay in Rotokas costs PGK450 a person including transfers from Buka town, accommodation and meals.

See rotokasecotourism.com.

■ Bougainville Experience Tours can arrange day hikes around Arawa town, village stays in Topinang, island visits and birdwatching excursions around the Panguna mine. Prices range from PGK500 a person for a single day to PGK5500 a person for a six-day cultural tour of Bougainville. This includes all airport transfers, accommodation, meals and activities.

See boughtours.com.



Lonely beach ... Bougainville is waiting to be 'discovered', says the national minister for tourism.

"This place can be defined as the last frontier in terms of tourism in Papua New Guinea and in the Pacific," he told EMTV. "Bougainville is the last discovery; it has been hidden away from the rest of world and now we are about to explore the (tourism) products." ■

The author Tom Besley lived and worked in Bougainville for two years.

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Bougainville revealed



 **Air Niugini has eight flights a week from Port Moresby to Bougainville. See airniugini.com.pg.**

BOUGAINVILLE'S TOP ATTRACTIONS

- **Volcano trekking**
(Mount Balbi and Lake Billie Mitchell, Central Bougainville).
- **Island visits**
(White Island in Buka, Pok Pok Island in Arawa).
- **Dolphin Watching**
(Kesser Point, Buka Island).
- **Cultural groups**
(‘Kissim Bek Kalsa na Kastom’ in Buin, South Bougainville).
- **Bamboo bands**
(everywhere).
- **Stone Carvers**
(‘Ugan Culture Group’ in Buin, South Bougainville).
- **World War 2 relics**
(including General Yamamoto’s plane in Buin and many discarded tanks scattered throughout).
- **Snorkelling**
(Teop Island, Central Bougainville beaches).

See bougainville.travel.

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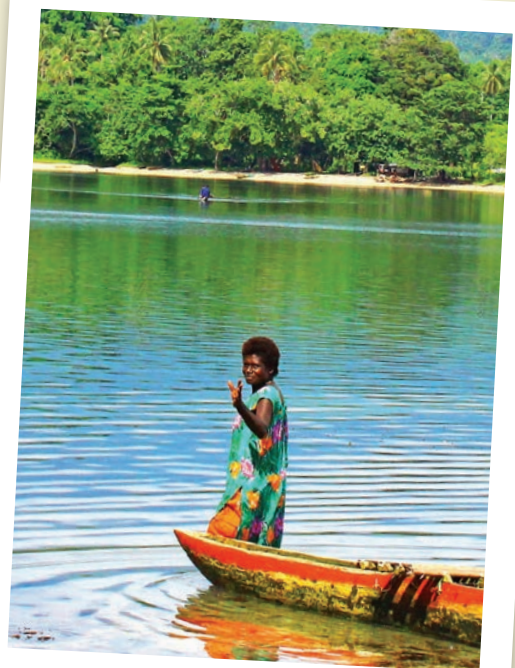




BOUGAINVILE SNAPSHOT

Papua New Guinean photographer *Ishmael Palipal* captures everyday life on Bougainville, from the Buka town market to two Wakunai boys posing with their fresh harvest of betel nut.

This page, clockwise from top left: Tinputz Harbour in calm morning light; a woman selling crayfish from a roadside stall; canoeing at Teop Island in the Tinputz District; Buka market in full swing.

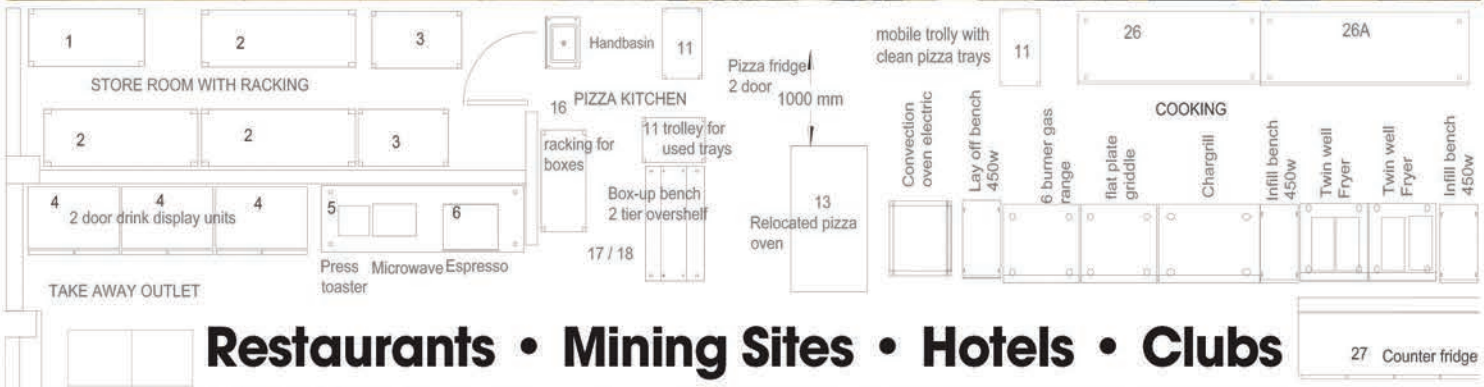




This page, clockwise from top left: bananas for sale; dancers from Haku dressed in traditional grass skirts; two Wakunai boys posing with fresh betel nuts harvested near their home; bamboo band; *ples kaikai* or local foods like *tapiok* (cassava), *saksak* (sago) and ripe banana from the local markets in Bougainville can keep your hunger away for a whole day; proudly Bougainville, a local with the Bougainville flag painted on his face for Independence Day celebrations.



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UP THE JUNGLE PATH



Sandy Wilson experiences tears and triumph during an eight-day trek along the 96-kilometre Kokoda Trail.

PICTURES: GREG NEWINGTON



“

**Our guide tells me to lie on the side
of the track.**

**I'm shattered; I imagine telling my
children I didn't even make
it through the first day.**

”

What makes a middle-aged woman take on one of the hardest treks in the world?

I'm talking with my three children about adventure travel over dinner, when one mentions the Kokoda Trail. I tell them that my employer, Hostplus (an industry superannuation fund), sponsors a police program that takes school children around age 16 to walk the track. As part of the sponsorship arrangement one staff member is selected to go.

My children suggest I apply. I laugh, saying I'd be too frightened to be in the jungle. One of my sons says 'if you're scared Mum, then that's why you should do it'.

With that comment, I know I have to at least apply. No harm in that I think, I'm a middle-aged woman, and the CEO won't select me. Much to my surprise (and initial dismay) he does.

Training is intimidating, as I'm training with members of the police force as well as fit and energetic teenagers. We climb stairs and go for long hikes up local mountains where I live in Victoria, in Australia.

I train in altitude rooms that replicate the conditions of trekking at high altitudes, where the oxygen concentration is low. We do bicycle spin classes and run on treadmills, and I learn to persevere, when my brain and body tell me to stop. ➤



Up the jungle path

The day to start the eight day-trek arrives. It's hot and humid but I'm nervously confident about what lies ahead. I begin strong and fast after having trained twice a week for four months.

The incline is easy at first. I stop in Hoi Village to buy a cold drink from the villagers, who make a little money selling soft drinks and fruit to trekkers.

Hoi Village is at the base of Deniki Hill, the first of many hills with extremely steep gradients. I'm hot, the soft drink makes me feel ill and I'm experiencing palpitations. I can't catch my breath. I'm trying to tell myself I'm prepared for this, but nothing works.

We resume zigzagging up the steep hill, trying to get a foothold between very slippery tree roots. We arrive at Isurava Village at dusk, and after a short break are told to put on our packs and start the next leg of the trek. What? We have to walk in the dark?

The track is narrow and greasy, and although we have head torches, visibility is poor. We walk single file, porters guiding us along. Some of our group stumble and fall in the dark. I'm scared but eventually get to camp.

It's the first time I meet Jonny and Silas, two of our Papua New Guinean porters. They guide us – "slowly, slowly" says Jonny. He says



Balancing act ... a trekker negotiates a slippery river crossing with the help of a guide.

Pam, our guide, tells me to lie on the side of the track. I'm shattered; I imagine telling my children I didn't even make it through the first day.

Colin, a paramedic in our group, gives me electrolytes. Pam believes I started too quickly instead of slowly acclimatising.

When I'm up walking again, I have to take 'fairy steps' to get my heartrate down. Pam asks me questions. I know she is trying to distract me. I don't remember how I climbed that hill, but I remember huge blue and green butterflies.

My heartrate slows. I get to Deniki Village. Many of my group of 30 are there already. I sit alone and eat a lunch of a small tin of cold baked beans. How am I going to make it? Some of the teenagers are running around laughing; how do they have the energy?

that to me many times over the coming days. "Slowly ... slowly... watch your steps".

Our porters start a campfire and boil water to rehydrate our dried spaghetti carbonara or nasi goreng. The porters have also set up our tents.

After dinner I go into my tent. I want so desperately to sleep, but my thoughts return to 'what on earth am I doing here'?

Eventually I sleep, but before I know it, Pam is waking us with a gentle "good morning". We're up each morning at 5am to be on the track by 6.30am. ➤





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Up the jungle path

The breaking dawn reveals Isurava memorial and beyond a view that takes my breath away. We see over the valley to the hills in the distance.

The Isurava Memorial is the site of one of several desperate battles fought by Australian troops during their retreat from the Japanese.

As we do many times over the course of the trek, we have a ceremony to honour those who fought here. The police leading the trek present us with dog tags. The four pillars of Isurava memorial read 'Courage Endurance Mateship Sacrifice'. These words are imprinted into our metal tags, but they also become the unspoken mantra for our group.

Our porters then gather on the steps to sing their national anthem. Their voices are sweet and pure and they sing proudly. ➤

Extract from 'WX Unknown', by Sapper Bert Baros

*We knew he came from the Western State,
Though to us he remained unknown;
For the WX was marked in his hat -
The rest a mortar had blown.*

*We buried him there, on the mountain spur,
where the trees are draped in moss;
We thought of his mother, no news for her
of that irreplaceable loss.*

*Just a boy he looked, with his snowy hair,
As we laid him down in the clay;
The padre's voice was low and clear,
No others had words to say.*



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Up the jungle path



Along the trail ... the remnants of war (far left); trekking poles make the going easier (centre); the 96-kilometre trek takes its toll on feet.

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Up the jungle path

Jonny 'adopts' me, helping me for the rest of the trek. Around day four he tells me, "I didn't think you would make it, but you are a very strong woman".

As I come to learn, we all have our tough days. The track strips us bare emotionally. Strong men weep like boys. Students who seem to be able to happily jump from rock to rock, tree root to tree root like mountain goats, also have sombre days.

At Brigade Hill, I read a poem to the group called "WX Unknown". It's about a mother hearing of her son's death on Kokoda and remembering her snowy haired boy. I have two boys, one snowy haired. Tears stream down my face onto the poem as I recite it. My voice shakes, but I finish. I look up and see that many are crying. We sit in silence, reflecting on our

Local transport ... a Kokoda toddler kicks back in his mother's sling (right); trekkers make their way through a jungle village (centre); on the straight and narrow over a high water crossing (far right).



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Up the jungle path



lives and those who walked and died on the ground where we sit.

I experience another challenging day when the descent is particularly treacherous and the path narrow. I'm more terrified with every step. The drop to the right of the path is sheer.

There are memorials along the track where trekkers have fallen.

When I reach the bottom, the relief is immense. Relief fades quickly as I survey the sheer incline of the next hill I am about to ascend. This is not a track so much as a hill face requiring that I pull myself (and my 17-kilogram pack) up with my hands.

I'm last into camp. I go to my tent and cry quietly. I indulge myself for a few minutes then give myself a good talking to. I've no option but to pull myself together.

Pam comes to my tent and whispers that she has found a shower. Our normal bathing involves sitting in a creek. So the shower is a luxury.

It is a single trickle of water from an overhead pipe, but I don't care. I wash my hair. ➤



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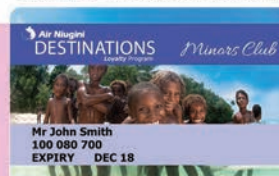


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Up the jungle path

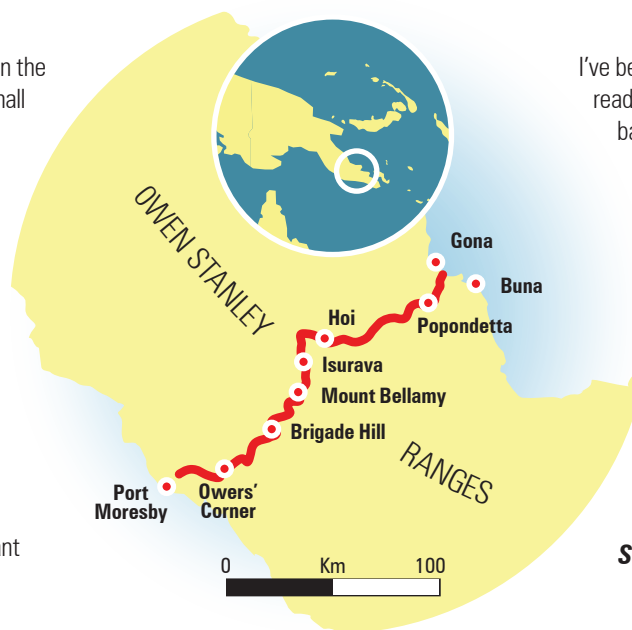


Group activity ... the author Sandy Wilson (back row in black T-shirt and cap) with members of her trekking party.

I hear giggles and peer through a hole in the tarp that is the shower curtain. Three small village children are laughing at my white legs visible from below the ragged tarp. Their amusement lifts my spirits.

As difficult as the trek is, I notice beauty all around me. We cross rivers on tree trunks. We walk through creeks that sparkle as the sun's rays stream through the jungle canopy. We take a detour to a moss forest, which is cool and lush and flat, providing welcome relief from endless hills and false peaks.

When we reach the end of the Kokoda Trail, I'm ecstatic, but strangely don't want to leave.



I've been challenged, but succeeded. I'm not ready to be out of the jungle, not ready to head back home, back to the day-to-day. I wonder how to explain this deep bond I now share with my fellow trekkers.

More difficult, is how to describe what the friendship we experienced with our porters means to us. Those guardian angels that were with us, guiding us, every slippery and arduous step of the way.

One thing I do know is that life will never be the same. ■

The author trekked with PNG Trekking Adventures. See pngtrekkingadventures.com.

KOKODA AT A GLANCE

- The bloody Kokoda campaign was fought between Australian and Japanese troops during four months in 1942.
- The Japanese pushed along the trail from Gona towards Port Moresby. They wanted to capture POM, which was the main Australian base.
- The Australians repelled the Japanese, but more than 600 were killed in action and more than 1000 wounded.
- About 3500 trekkers tackle Kokoda annually. Most are from Australia due to the World War 2 history link.
- The highest point on the main track is Mount Bellamy (2238 metres).
- The fastest recorded time along the 96-kilometre trail is 16 hours, 34 minutes.
- The official name is the Kokoda Trail, however many organisations and veterans refer to it as the Kokoda Track.





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KOKODA

Q&A:

Pam Christie, principal of
PNG Trekking Adventures

Q: How long is the Kokoda Trail and how many days does it take to trek?

It's 96 kilometres, but if we take in World War 2 history sites it is about 104 kilometres.

We think an eight-day itinerary is the best.

Q: What are the hardships encountered along the way?

The Kokoda Trail is one of the hardest treks in the world.

The physical challenge, the heat, the high humidity, the rain and the mud are major factors.

Q: Why do you think so many people find it rewarding?

For the majority of our clients it is about following in the footsteps of the soldiers who fought in the Kokoda campaign. It can be a very emotional journey for these trekkers.

There is also the physical challenge. Combining both of these factors, it is an extremely rewarding experience when they get to the finish.

The beauty of the Kokoda Trail should never be underestimated, either.

Our clients from Europe walk it purely for the flora and fauna, and the culture. Trekkers never leave PNG without having the utmost respect for our staff who work and walk with them.

We could not do any of the adventures in PNG without them. The cultural aspect is an integral part of all our treks in PNG.

Q: Do trekkers stay in tents or huts?

A combination of both. There are small guesthouses in the villages and some campsites.

We find trekkers like to sleep in the tents, although if it is wet it is nice to be in a guesthouse.

Q: Do they carry heavy backpacks?

Trekkers have the choice.

We do not encourage this option unless they are a very experienced hiker and used to carrying 20+ kilograms in extreme conditions.

We always book trekkers a personal porter to carry their large packs, unless advised otherwise.

Not only is this a great experience for them to walk with and get to know our staff, but they are also employing a young man and supporting the economy.

Q: How much walking is involved in a typical day?

It can be anywhere between six to eight hours per day. We start early in the mornings so that trekkers can get three to four hours of walking under their belt before it gets hot.

This also means that they get into the campsite at a reasonable hour. They then have time to relax, get set up, go for a swim and rest weary muscles.

Q: What's meal-time like?

The food is great, lots of variety and where we can we purchase fresh fruit and vegetables. In the villages, we can purchase fresh bread, scones, doughnuts, banana bread.

They are all baked in the ovens that PNG Trekking Adventures and BNG Trading Co have given the villages so they have a sustainable income selling product to trekkers.

Q: What training do trekkers need to do as a minimum to be prepared for Kokoda?

You can never over-train for Kokoda. Ideally, six months out from the trek people should start exercising.

We send our clients a suggested training program. Climbing up and down stairs is also excellent training for Kokoda.

Q: How many in a group?

About eight to 12 trekkers, plus support staff. We want our trekkers to have an intimate experience and not be just a number.

We want them to finish the trek having had an experience of a lifetime. We will take more trekkers if it is a corporate/school group or larger family group.

Q: When is the Kokoda trekking season?

From May through to the end of October, which is our dry season.

It would be very irresponsible and dangerous for trekkers to go out during the wet. Also the track needs time out to rejuvenate.

Q: What's your favourite part of the trek?

Up around the top of Mount Bellamy and walking through the moss forest. That area is sensationally beautiful.

Q: How much?

About PGK9300 per trekker. For corporates/schools, prices can vary. ■

PNG Trekking Adventures has been in business in Papua New Guinea since 2002. Pam Christie is the owner/operator and has walked the Kokoda Trail 60 times.





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We're so far from the tourist trail that relics from the fighting remain in the dirt. Rusty uniform buttons, barbed wire, wads of shrapnel and grenade components are collected by our group to place on a shrine before we go to a nearby village to see more artefacts that the locals have gathered.

”

War and peace

PICTURES: DAVID KIRKLAND & SARAH NICHOLSON





Solomon Islands ... a peaceful Pacific haven that was a major battleground during World War 2.

Sarah Nicholson steps ashore in the Solomon Islands, a South Pacific paradise where American and Japanese troops battled during World War 2.

I'm on a stretch of sand that looks like all the other empty beaches on Guadalcanal's north coast, with palm trees tilting towards the setting sun and lazy waves drifting in from the deep.

But on an August day, in 1942, this spot became the frontline of World War 2 in the Pacific. It's when US Marines launched the campaign that halted the Japanese advance.

Japanese forces occupied the Solomon Islands in May. They built navy bases and air stations on Guadalcanal and neighbouring Tulagi, Gavutu, and Florida islands that threatened Allied supply lines between the US and Australia.

US Marines stormed ashore at Red Beach on August 7, riding a fleet of amphibious vehicles that now rest not far away in a location nicknamed the Amtrak Graveyard, and occupied the nearby runway of Henderson Field the following afternoon.

The Guadalcanal campaign continued for six months, taking the lives of 7000 American and 30,000 Japanese combatants, and signalled the beginning of the end of the war in the South Pacific.

While there's more to the Solomon Islands than war stories (such as idyllic beaches, snorkelling and brilliant sunsets) it's easy to become immersed in recent military history on Guadalcanal, with battlefields such as the Gifu, Bloody Ridge, Alligator Creek, Mount Austen, Galloping Horse, Red Beach all an easy to reach day-trip from Honiara's Heritage Park Hotel.



I'm spending half my 10-day visit with Mat McLachlan Battlefield Tours, stepping between the American and Japanese lines to stand in the soldiers' footsteps. ➤



War and peace



The sightseeing starts at the national memorials to the fallen before inspecting lonely battlefields on the ridge above the coast that saw the fiercest fighting.

We linger at the spot above Henderson Field where Japanese troops made a stand to harass US aircraft, and gaze across the channel christened Iron Bottom Sound because so many ships from both fleets sank there during the violent naval battles that accompanied the bloody land operations.



Trophies of war ... some of the World War 2 relics to be seen in the Solomon Islands; spent casings, heavy artillery and a fighter plane.

At the Gifu, our guide points out landmarks where the action happened, and we wander around long-collapsed bunkers to survey the sinister territory US troops conquered to assault this position, which is named after the Japanese unit's home prefecture.

We're so far from the tourist trail that relics from the fighting remain in the dirt. Rusty uniform buttons, barbed wire, wads of shrapnel and grenade components are collected by our group to place on a shrine before we go to ➤


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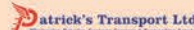



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War and peace



a nearby village to see more artefacts that the locals have gathered across the decades to exhibit in an informal alfresco museum. There's an excursion to Vila where a topical garden is packed with aircraft and big guns the owner's father retrieved from the jungle

after the fighting finished, a day on the water to survey wrecks and ruins on and around Tulagi, and a morning at the HMAS Canberra memorial to honour crew lost when the vessel sank two days after the landing.

On my last day, after my temporary travel companions depart for home, I ask Destination-Solomons' guide Chris to show me to the *Hirokawa Maru*, which is the wreck of a Japanese supply ship grounded near Honiara at the end of the operation.



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War and peace



Rusting wreck ... the Japanese supply ship *Hirokawa Maru*, grounded near Honiara (left and centre); a local boy at a war memorial (right).

It went down in a desperate bid to resupply overwhelmed troops.

The deck is long gone and only the skeletal ribs are visible above the waves, with the decaying hull now home to a coral reef that makes this a peaceful place to snorkel beside an empty beach.

As I float, enjoying the tepid water and photographing curious tropical fish, I forget I'm holidaying in a destination that saw so much death and destruction during World War 2, and simply enjoy a few hours in a South Pacific paradise.

And I wonder whether the US Marines who fought on these battlefields were able to do the same during those hellish six months on Guadalcanal. ■

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War and peace

THE BEST OF HONIARA



EAT Breakwater Cafe – 75 metres from the Heritage Park Hotel entrance – is open from early morning until late afternoon. It serves the settlement’s best breakfast, delicious fruit drinks, lunchtime baguettes and ‘real’ coffee.

DRINK The PCYC – Point Cruz Yacht Club – is quiet during the day but warms up in the evening, when locals, expats and holidaymakers descend to enjoy cold drinks in the open-air bar.

SEE Honiara’s Central Market isn’t just a place for locals to buy provisions, but also a spot to gather modest souvenirs.

DO Tulagi is 32 kilometres across Iron Bottom Sound. Neil Yates from Tulagi Dive (tulagidive.com) offers jaunts that include a stroll around the Solomons’ colonial capital, lunch in the settlement where JFK was stationed during 1943, a visit to naval vessels beached around Florida Island, and past Gavutu Island’s destroyed

flying-boat base. Yates can also arrange outings to dive on wartime wrecks or snorkel above coral reefs.

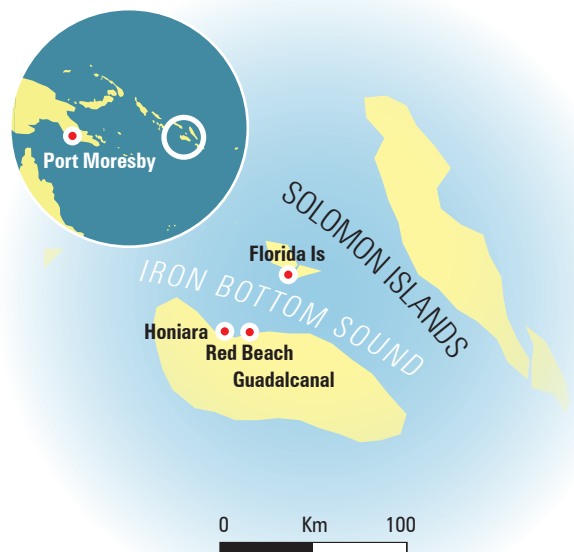
TOURS Mat McLachlan Battlefield Tours (battlefields.com.au) will mark the 75th anniversary of the Guadalcanal campaign in 2017 with a five-day visit to the Solomon Islands from August 5 to 9.

– SARAH NICHOLSON

NEED TO KNOW

STAYING THERE Honiara’s Heritage Park Hotel (pictured above) has a central location with swimming pool, bars, restaurants, and waterside rooms and apartments. Some suites have private balconies with views across Iron Bottom Sound to Savo Island. See heritageparkhotel.com.sb.

MORE INFORMATION visitsolomons.com.sb



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City guide: Townsville

Brian Johnston finds a relaxed pace in Australia's largest tropical city.

Although Australia's largest tropical city does well from manufacturing, mining and education, it's rather overshadowed by Cairns when it comes to tourism.

Those in the know, however, find Townsville a more relaxed destination, suited to travellers keen to enjoy a holiday in the slow lane.

True, it doesn't have traditional Queensland surf and beaches, but it offers a terrific waterfront, lively restaurant scene, some

top tourist attractions and a charming colonial-era town centre.

It's also surrounded by national parks and offshore islands, and lays claim to an impressive 300 days of sunshine annually. ➤

Townsville by night ... the lights of this Far North Queensland town glimmer over Ross Creek. Air Niugini has flagged its intention to start flights into Townsville when business conditions are right.



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City guide: Townsville



Out and about ... (from left) The Strand is lined with cycle tracks; Zoe Bay on Hinchinbrook Island; Flinders Street, the evening hub of Townsville; the Sunday Cotters Markets.

GETTING AROUND

You can catch the local public bus (sunbus.com.au) or a standard taxi (tsvtaxi.com.au) to get around, but if you want to up the style you can always hire a sedan or a stretch limousine (acacialimousine.com.au). Ferries to Magnetic Island are operated by Sealink (sealinkqld.com.au) and take 20 minutes.

SITES

To get a splendid view over the city, its coastal location on Cleveland Bay and its famous Magnetic Island, head up the road or the scenic track (you can walk from town) to the summit of Castle Hill.

Shady Queens Gardens (Kennedy Street, North Ward; soe-townsville.org), established in 1870 to trial potential food crops, are heritage-listed for their unusual plant collection, and provide a wonderful stroll under giant figs and pink frangipani.

Reef HQ Aquarium (2–68 Flinders Street; reefhq.com.au) has scuba shows, a sea turtle rehabilitation centre and great interactivity for children. Its highlight is the world's largest artificial, living coral reef and walk-through tunnel for shark spotting.

TOWNSVILLE SPECIAL

Nothing epitomises the tropical, laidback appeal of Townsville more than Flinders Street, and especially the section between Stanley and Wickham streets. It's graced by thoughtfully restored, late 19th-century buildings such as the Exchange and former Queen's and Tattersalls hotels, the stately white Perc Tucker Regional Gallery (once a bank) and The Brewery (a former post office). Colourful lorikeets squawk in the palm trees above and lazy breezes drift in from the harbour. Just the place to linger over a cold beer, a coffee or an ice cream...

CULTURE CULTURE

The Museum of Tropical Queensland (70–102 Flinders Street; mtq.qm.qld.gov.au) is devoted to natural history, indigenous culture, Queensland history and more. There's a particularly good exhibit on salvaged treasures from HMS *Pandora*, which sank on the Barrier Reef in 1792.

The new Jezzine Barracks redevelopment (1 Mitchell Street, North Ward; armymuseumnorth-queensland.webs.com) houses an Australian Army museum, but is more interesting for its beautiful outdoor sculpture and memorial collection set in parkland.

For performing arts, head to Townsville Civic Theatre (41 Boundary Street; townsville.qld.gov.au), which hosts touring Australian and international companies and artists in the fields of dance, music, comedy and theatre. ➤





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City guide: Townsville



Shark tank ... (from left) the Reef HQ Aquarium; clothes shopping; diving over the SS *Yongala* off the Townsville coast; koala at Billabong Sanctuary.

CHILD'S PLAY

Billabong Sanctuary (billabongsanctuary.com.au) allows you to hand-feed emus, wallabies and kangaroos, and hold pythons and koalas. There are also animal shows, including dramatic crocodile feedings.

The kids can run off their surplus energy along The Strand (townsville.qld.gov.au), which is lined by jogging tracks, cycle paths and parkland. It also has several jellyfish-free swimming enclosures and a great water park.

Spot wild dingos, wallabies, goannas and other Aussie animals and birds at Townsville Town Common Regional Park (nprsr.qld.gov.au) in wetlands six kilometres north of town. There are both walking and mountain-biking trails.

RETAIL THERAPY

Stellar Moda (8 Palmer Street; archfashion.com.au) stocks designer fashions and is a good place to find Australian brands such as the youthful and flirty Sass, the bold designs of Honey & Beau and playful women's brand Talulah.

Lively Cotters Markets (between Stanley and Denham Streets; townsvillerotarymarkets.com.au) operate on Sunday mornings and comprise about 200 craft and food stalls, as well as live entertainment.

Gecko Interiors (280 Flinders Street) is packed with reasonably priced souvenirs, curios and gifts, including jewellery and homewares.

SPORTING LIFE

There's abundant big fish in these warm Queensland waters. Take a charter boat (fishingcharterstownsville.com.au) and try your luck at bagging barramundi, coral trout, red emperor and giant trevally.

Townsville is great for serious divers, with day and overnight trips out to reefs with operators such as Adrenaline Dive (adrenalindive.com.au). A dive to the sunken SS *Yongala* steamship is a highlight.

Head out to Magnetic Island for some eco-friendly sea kayaking (seakayak.com.au) around coastal bays, where you might encounter dolphins, turtles and dugongs. You can go with instructors or rent a single or double kayak to go out on your own.

ESCAPE

Not far offshore, Magnetic Island (magneticislandtourism.com), covered in national park, is great for its water sports, resident koala population, hiking trails and other activities, such as horse riding and sailing. It's also a hugely popular backpacker retreat on the trail down the Queensland coast.

About an hour north of town, Paluma Range National Park (nprsr.qld.gov.au) features mist-shrouded hills, floodplains and scenic Jourama Falls, and is part of the Wet Tropics World Heritage Area. The town of Paluma has weekend-retreat cottages and cafes.

Hinchinbrook Island (nprsr.qld.gov.au) is Australia's largest national-park island, featuring tropical rainforest, sandy beaches and granite mountains. It has some of the country's best (but serious) bushwalking. ➤





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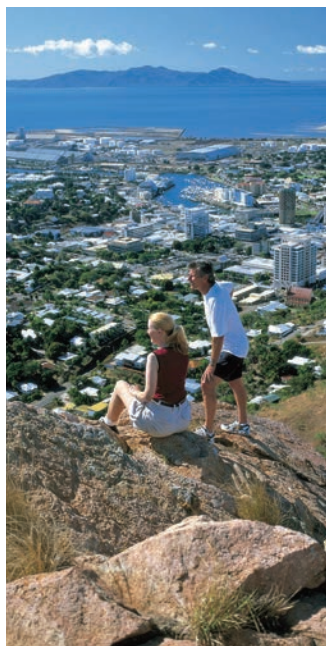
City guide: Townsville

PILLOW TALK

Stay in a beautiful old wooden Queenslander building on stilts at Yongala Lodge by the Strand (11 Fryer Street, North Ward; historicyongala.com.au). There are both motel units and self-contained apartments.

Mercure Townsville (166 Woolcock Street; mercure.com) is a good mid-range, resort-style hotel on the outskirts of town, overlooking a lake, large swimming pool and tropical gardens. It's a good retreat for a lazy holiday.

The smart, contemporary Grand Hotel Townsville (8-10 Palmer Street; grandhoteltownsville.com.au) is well located for restaurants and nightlife, and has well-presented rooms and apartments.



Viewpoint ... looking over Townsville from Castle Hill.

WATERING HOTELS

Townsville Brewing Company (252 Flinders Street; townsvillebrewery.com.au) inhabits a beautiful colonial building and brews and bottles its own beers. Taste them on the premises, with fine tasting plates to match.

C Bar (Gregory Street Headland; cbar.com.au) is a classic Aussie waterfront cafe with casual, all-day dining, and also a full range of drinks perfect for that sunset moment.

Jupiters Townsville (Sir Leslie Thiess Drive; jupiterstownsville.com.au) is a casino and entertainment centre with three bars and two restaurants. The best perch might be with a cocktail by the pool, with views over the gardens and ocean.



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City guide: Townsville



Drink ... Townsville has a lively nightlife.

EATS

A Touch of Salt (86 Ogden Street; saltrestaurants.com.au) has a lovely atmosphere and service, river views and a wide-ranging menu, including vegan and vegetarian options.

Practically everyone does seasonal, mod Oz food these days, but JAM Corner (1 Palmer Street; jamcorner.com.au) does it very

well, and highlights the quality of local produce, with especially good seafood. Further along the street, Michael's (7 Palmer Street; michelsrestaurant.com.au) has sophisticated, French-influenced dishes and fine degustation menus, accompanied by good Australian wines.



TUCK IN
You can try the gamey, low-fat, high-protein kangaroo meat at numerous Townsville restaurants, such as Southbank Grill (23 Palmer Street; rydges.com), where the fillet is encrusted with herbs and crushed nuts, or Seasoned (13 Palmer Street; seasonedrestaurants.com.au), where kangaroo prosciutto is offered on a mezze plate. For something more mainstream, go for the seafood at Michels (7 Palmer Street; michelsrestaurant.com.au) ■

Seafood ... an offering at Michels.

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PICTURES: FILIPPO BOZOTTI

Are you a changemaker, office dweller, cultural foodie or city escapee looking for adventure on an island too remote for Google Earth maps?

UK ecotourism group, Tribewanted, is looking for intrepid pioneers' who'll pay to go off the grid on Gona Bara Bara Island – a three-hectare dot off PNG's southeastern tip.

Participants will live among the island's 20 residents with no electricity, running water, or even internet access, and eating only the food caught or gathered themselves.

The project is organised by Tribewanted co-partner Filippo Bozotti, a documentary-maker and producer committed to sustainable living and the preservation of traditional cultures.

During a 2014 tour of Southeast Asia, Bozotti and his wife, Marisella, ended up in Alotau, where they heard about Gona Bara Bara and were intrigued by claims that it's one of the world's best diving locations.

"We initially went as tourists and fell in love with the place," says Bozotti. "The island had only one homestay bungalow, but when locals said they were interested in more low-impact tourism, Tribewanted offered to support that goal."

Bozotti returned to the island last year and set up a pilot program with 14 participants.



“
We learned that island time means living in the moment without watches, clocks or all the other technology we normally depend on. A bell rings when church or other gatherings begin.
”

The group camped on the beach for up to a month and helped the Mailulu clan build an extra bamboo bungalow, compost toilet, bucket shower and water tank.

"At the same time, we fished with locals like Nelson and his brothers, worked with Nydia in her garden and went to the market on nearby Samarai Island, the old provincial capital of Milne Bay. We also had plenty of opportunities to just hang out, lie in a hammock or go diving."

Bozotti says the program attracted a diverse group of adventurous professionals from the UK, Australia and Europe willing to immerse themselves in island life.

"For example, we all participated in the open-air Sunday mass, conducted under two decorated trees by Pastor Steven, the village chief. It's a beautiful experience and everyone takes it in turn to read passages."

Following the success of the pilot, Tribewanted has helped the island organise a second season, from November to January.

Bozotti cautions future visitors about tropical romanticism and is frank about what to expect.

"It's not a hotel or luxury resort, and the nearest hospital is a boat ride away," he says.





Getting away from it all ... 'castaways' (left) on Gona Bara Bar Island can stay in tents or bungalows; the amenities are basic (above).



Sunday best ... Pastor Steven (left) is the village chief and conducts open-air mass; a spirited game of volleyball (above).

"Gona Bara Bara may be paradise, but it's hot, insects bite, there are no long showers and you'll get dirty."

On the other hand, there's the opportunity to island-hop to deserted beaches and eat fresh oysters straight off the rocks.

Gona Bara Bara will also participate in Alotau's annual Kenu and Kundu Festival in early November, when visitors will be treated to the spectacle of traditional drumming, war canoes and sailboats.

For the upcoming second season, Tribewanted has partnered with Manta Watch Camp, a conservation group with expert divers working to protect the giant manta rays that visit a 'cleaning station' just offshore.

The island sits by a vibrant coral reef that's home to cleaner fish, which eat the parasites attached to mantas and remove dead or infected skin. As a result, hundreds of rays are attracted to the area as part of their health plan.

"Swimming with mantas was like a beautiful dance and a magical experience," says Nicola Moss, a participant who stayed on the island for about five weeks.

"They're huge, but friendly. One day seven mantas circled around me, one approached and

I thought it would swallow me whole. But then it gracefully changed course and glided back."

As a transitions coach and counsellor, Moss also saw her experience as a 'digital detox' and an opportunity to re-evaluate her own life in the UK.

"We arrived as fellow adventurers and solo travellers looking to live simply and differently for a while. We left enriched, with new friends and new ways of looking at things.

"We learned that island time means living in the moment without watches, clocks or all the other technology we normally depend on. A bell rings when church or other gatherings begin. (Actually, the bell is an old scuba tank hanging from a tree.)

"When I arrived back home, I asked myself why do have I so much unnecessary stuff?"

Bozotti shares this philosophy, which helps explain why he joined Tribewanted's founder Ben Keene in 2006. The co-operative's first sustainable tourism project started on Vorovoro Island in Fiji and was the subject of a BBC documentary series called *Paradise or Bust*.

Surviving cyclones, fires, insect infestations, water shortages and a military coup, the organisation went on to start further projects in Sierra Leone, Bali and central Italy.

"Gona Bara Bara is the latest example of how we try to empower local communities and establish sustainable tourism in amazing places," says Bozotti. We see it as a way of inspiring positive change within the village and beyond." ■



A week on Gona Bara Bara Island with Tribewanted starts at PGK1900 a week per person, staying in a tent and including meals, six dives and island activities. Bungalows from PGK2200. Couples and family prices also available. Rates are cheaper if staying for a month. See tribewanted.com.

— RICHARD ANDREWS



REVIEW: RAPOPO PLANTATION RESORT

Rapopo.com +675 982 9489

LOCATION

Rapopo Plantation Resort was once the site of a Japanese fighter airstrip and is now set among lush orchid gardens and banana and coconut crops. The resort is on the Gazelle Peninsula and overlooks Simpson's Bay and with volcano and mountain views.

THE PLACE

Prior to its establishment, Rapopo Plantation Resort was a coconut plantation. With the magnificent lush surroundings, the private beach and views, it has become a prime location for travellers. The 4.5-star resort has a large pool with an adjoining aquatic bar. Guests can also walk along the private beach or take a relaxing seat in the pagoda. There's a dive centre on the property, where tours, such as swimming with dolphins, can be booked. The resort also provides kayaks and stand-up paddleboards.

IN THE ROOMS

There are three room styles: garden bayside, premier poolside and executive suites. They are all spacious and include polished wooden



floors, air conditioning, satellite TV, fridge, tea and coffee-making facilities, and balcony with sea views.

FOOD AND DRINK

The Plantation Veranda Restaurant and Bar is known for its fresh seafood, including reef fish,

crabs, crayfish and oysters, brought daily to the resort by the local fishermen in their canoes. Menu specials take advantage of seasonal fresh produce from the local organic markets of Rabaul and Kokopo.

— JACQUELINE FOCK

WHO STAYS?

Mix of tourists and corporate guests.

HOW BIG?

32 keys.

COST

PGK450–650 a night.

CHECK IN/OUT TIME

10am/2pm

HIGHLIGHTS

Private beach front. Large pagoda over the water. Fresh seafood menu supporting local fishermen and their daily offerings.

NEARBY

The airport, Kokopo market and shops are 10 minutes away by hotel transfer.

Wi-Fi in rooms/public areas: ☒

Fee for Wi-Fi: ☒

TV: ☒

Air conditioning in room: ☒

Ceiling fan in room: ☒

Business centre: ☒

Gym: ☒

Room service: ☒

Swimming pool: ☒

Free airport transfers: ☒

Hotel arranges tours: ☒

Breakfast included in room charge: ☒

WHAT GUESTS LIKE

"Good quality, white crisp bed sheets, thick white bath towels, very clean rooms. Restaurant food was delicious. The fresh lobster and fish recommended, very reasonably priced." — Booking.com

"The views, property, staff, food and rooms were all exceptional. If you want one of the best dolphin experiences, this is the place. We saw hundreds of them!" — TripAdvisor

"We were picked up by a knowledgeable driver and taken to the resort where we were greeted by flowers and the staff singing their own Rapopo welcome song with ukuleles. This was followed by complimentary ice-cold coconut drinks on the front porch."

— TripAdvisor



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Three of a kind ... waterfront bungalows



MADANG RESORT & KALIBOBO VILLAGE, PNG

The fascinating history of this resort (it was a guest house 120 years ago during German colonial times, was burned and bombed during World War 2, then taken over by a conga line of colourful colonial characters) might draw you in, but it's the 40 chic, executive waterfront bungalows that'll keep you there. Positioned right at the mouth of Madang Harbour, with water frontage on to Dallman Passage and Yamilon Lagoon, it's water, water everywhere.

SOMETHING SPECIAL

Sit on your balcony of an evening, chilled beer in hand, and watch small boats ferrying people across the channel. For more active pursuits you can kayak, canoe or hire a catamaran to sail around the private lagoon, take a plunge in one of the resort's four pools, perfect your backhand on their tennis courts, or simply wander through the six hectares of landscaped tropical gardens.

DON'T MISS

Make the most of Madang's spectacular diving through the on-site PADI dive centre. Keen anglers won't want to miss heading out on the resort's game-fishing boat.

WEBSITE

madangresort.com



SERAYA ISLAND HOTEL, FLORES, INDONESIA

Set on a tiny dollop of an island off the coast of Flores in Indonesia, Seraya Island Hotel is the place to drop out in style. There are 15 upmarket wooden bungalows set right on the water of the resort's private beach, with palm-thatched roofs and frangipani-scented whitewashed rooms you won't ever want to leave.

SOMETHING SPECIAL

If you can tear yourself away from the beachfront saltwater pool come sunset, then a hike to the top of the curving, 40-metre cliffs the resort backs on to will give you 360-degree views of the ocean, the neighbouring islands, and that big orange ball dropping into the sea.

DON'T MISS

If you're staying on Seraya then you'll want to see the Komodo Dragons, for which Flores is famous. The resort offers tours to the Komodo Islands, as well as to Manta Point (you can snorkel or dive with dozens of the endangered creatures here), Pink Beach (where you'll swim over red coral that turns the beach sand light pink) and more. Seraya also has its own dive centre, and there's fantastic snorkelling right out front of the resort, too.

WEBSITE

serayahotel.com



SEABREEZE RESORT, UPOLU, SAMOA

The deck of Seabreeze's waterfront villa, shaped like the bow of a ship, juts out from a rocky outcrop and is surrounded by 270-degree views of the azure ocean. It also has its own plunge pool, and the resort's private lagoon (and the property's 10 other villas) is just steps away.

SOMETHING SPECIAL

Here's a challenge: don't leave your villa for an entire 24 hours. By day, get on-deck massages and meals delivered directly to you. By night, flop on the deck's outdoor circular lounge and gaze up at the thick blanket of stars, before heading inside, opening up all the slatted glass windows, and falling asleep to the sound of waves crashing all around you.

DON'T MISS

Once you do leave, treasures await. Walk through vine-choked rainforest paths to deserted Vavau Beach, a palm-fringed crystalline lagoon. A further 10 minutes' walk will take you to To Sua trench, a giant tidal hole sunk 30 metres into the earth and the perfect spot for an afternoon dip.

WEBSITE

seabreezesamoa.com



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TIME TRAVELLER

Western Province, 1963

Patrol officer Bob Hoade is pictured on patrol in the remote land of the Min people, many of whom had never seen outsiders at all, let alone Europeans, at this time.

In this era, it was not uncommon for lone *kiaps*, as patrol officers were known, to be away for months. They walked, accompanied by just a small team of armed national police constables and a long line of carriers, with loads of essential supplies to trade for locally available food. A bulky radio was the only way to communicate with the outside world.

Kiaps were representatives of the Australian administration and took on varied roles, including policeman and ambassador.

— JOHN BROOKSBANK

If you have a photo that may be suitable for Time Traveller, email paradise@businessadvantageinternational.com.



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PNG AT THE Olympics

With a team of just eight athletes, PNG put on a brave showing at Rio and unearthed some rising talent.
Jeff Turnbull reports.

PICTURES: SUPPLIED BY PNG OLYMPIC COMMITTEE





Papua New Guinea came home from the Rio Olympic Games confident it has unearthed some rich talent for the future.

Pacific Games champion weightlifter Morea Baru showed he has a great career ahead of him, finishing sixth in his 62-kilogram category, and in doing so becoming

No.1 in the Commonwealth in his division.

Morea put together a total lift of 290kg – 126kg snatch and 164kg clean and jerk – for his sixth place behind winner Albeiro Figuearola Mosquera of Colombia.

At just 18, boxer Thadius Katua was the youngest fighter at the Games and acquitted himself well

against his more

experienced and older Russian opponent, Adlan Abdurashidov.

Katua's supporters thought he dominated the Russian during the bout but the judges thought otherwise.

The fans were also on the Papua New Guinean's side, and when the

“

Pacific Games champion weightlifter Morea Baru showed he has a great career ahead of him, finishing sixth in his category.

”



Game time ... (clockwise from opposite page) weightlifter Morea Baru; the team and officials; sprinter Toea Wisil; judo representative Raymond Ovinou; vice sports minister Labi Amaiu who was part of the entourage to Rio; swimmer Ryan Pini; boxer Thadius Katua.

result was announced the decision was greeted with a chorus of boos.

The loss has only given Thadius further incentive to achieve higher honours and the gold winner from last year's Pacific Games is now gunning for the Tokyo Olympics in 2020.

Veteran swimmer Ryan Pini, competing in his fourth ➤



PNG at the Olympics



A kick and a whack ... Maxemillion Kassman (in red) represented PNG in taekwondo at the Rio Games.

Olympic Games at 34, is showing no signs of wilting and is preparing for the FINA World Championships (25m) in Canada from December 6-11.

At Rio, Pini finished second in his 100-metres butterfly heat, but his time was not good enough to progress to the semi-finals.

Pini, who carried the flag for the second time in his career, said representing PNG at his fourth Olympic Games was "something very special".

Taekwondo exponent Samantha Kassman did it the hard way in the 67kg class when pitted against Great Britain's Bianca

Walkden, winning just one point against the 2015 world champion.

Although the gap in experience and the noticeable difference in height and reach were telling factors, Kassman never looked out of her depth.

Her nephew Maxemillion Kassman fought in the 68kg

division and, to complete the family affair, Edward Kassman, Samantha's brother and Maxemillion's father, coached both.

The Rio Games was the 10th time PNG has taken part in the Olympics, starting in Montreal in 1976.

PNG has not yet won a medal, but Pini has previously made finals. ➤



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PNG at the Olympics

Meanwhile, in a significant move for PNG, the secretary general of the PNGOC, Auvita Rapilla, was appointed as an IOC member at a session of the IOC just prior to the opening ceremony.

Supreme Court judge Catherine Davani was also at the Rio Olympics, as a member of the Court of Arbitration for Sport's (CAS) division that dealt with any disputes at the Games.

The chef de mission for the team was Emma Waiwai.

In a pre-Games message, PNG's National Olympic Committee

president, Sir John Dawanincura, acknowledged support from the National Government through the 'Go for Gold' funding. "This support enabled the necessary training and competition for our athletes over the last four years," he said. ■

Meet Genevieve Igara, the driving force behind the PNG company that made the team uniforms for the Rio Olympics, page 110.



The PNG team ... at the Games Village in Rio.

THE PNG TEAM

ATHLETICS

Theo Piniau,
Toea Wisil

BOXING

Thadius Katua

JUDO

Raymond Ovinou

SWIMMING

Ryan Pini

TAEKWONDO

Maxemillion Kassman,
Samantha Kassman

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A PIECE OF PNG:

The kundu

■ WHAT IS IT?

A traditional drum that is known for its rhythmic sounds.

■ WHERE ARE THEY USED?

Kundu drums are an essential part of traditional ceremonies and dances in many parts of Papua New Guinea. On the national coat of arms, a *kundu* provides a perch for the *kumul*, the bird of paradise.

■ ARE THERE DIFFERENT TYPES?

Although there are regional design variations, *kundu* drums of all sizes follow a similar construction – a log is hollowed out and a reptile skin is stretched over one end as a tympanum. Drums are tuned with knobs of wax or soft tree sap before being hit with the hand.

■ HOW ARE THEY MADE?

Sections of the tree are cut off and the exterior hourglass shape, usually incorporating a handle in the middle, is carved before the solid centre of the timber instrument is gradually burned out using hot coals. The final stage is the putting on the drum's skin. A goanna or lizard skin is softened in water and stretched over the top of the *kundu* and held in place with a ring of twisted cane, today sometimes replaced by the possibly more efficient piece of old bicycle inner tube. In some Papuan provinces, such as

Gulf and Central, the base of the *kundus* have a distinctive fishtail shape.

■ HOW BIG ARE THEY?

Kundus vary in size – there are tiny ones played with just a finger or two, children's drums and also larger ones. The most common are about a metre long – a comfortable weight and size to manage – especially if the drummer is performing for hours.

■ HOW ARE THEY DECORATED?

Some drums are plain and rather utilitarian, with perhaps just a smear of oil or pig grease to brighten them up, whilst others are more elaborately carved, reflecting the style of particular ethnic groups. Some are elaborately carved, some are inset with mother of pearl, or have seeds attached to add a rattling sound to performances.

■ ARE THEY USED ALL OVER PNG?

Kundus are not part of the traditional musical tool kit of people in Manus, New Britain, New Ireland or Bougainville. However, in the rest of the country, certain tree species are recognised as being suitable for the manufacture of the drums.

■ WHERE'S THE BEST PLACE TO SEE AND HEAR THEM?

The annual Kenu & Kundu Festival in Alotau, the



provincial capital of Milne Bay, in November every year. The event attracts dance groups from all over the province as well as other parts of the country.

■ WHERE CAN YOU BUY THEM?

Kundus are not often found in hotel souvenir shops, but we did find 30-40-centimetre miniatures at the Airways Hotel souvenir shop for PGK220. The 'Something Made in PNG' shop at Jacksons International Airport has them from about PGK120. Local shows and festivals are the best places to find them. As an essential musical accompaniment to ceremonies, such as bride price payments, house, or church openings, and other events there are also opportunities to buy an instrument direct from a village player. *Kundus* from

PNG were collected by early colonial explorers and administrators and can be found in museums in England, Australia and Germany. Like any antique, their value increases with age; older ones would have been carved with stone tools and develop a patina that only comes from years of handling.

■ ARE OLD ONES AVAILABLE?

Old *kundus* are unlikely to still be held in a village, but why not buy a contemporary one? You never know when you might have to beat out a tune.

■ TRIVIA

PNG's overseas diplomatic posts are referred to as *kundus* because of their role in gathering and sharing information. The word is in each post's email address. ■

– JOHN BROOKSBANK



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An artist reborn

Grace Maribu meets Larry Santana, a PNG artist who has rediscovered his creativity.



“

My true inspiration comes from legends, our local culture, spirits, the land and sea.

”

Larry Santana is a legend in contemporary arts in Papua New Guinea. Anyone in PNG who knows art will tell you that.

With 34 years of practicing and teaching art, 50 national and international exhibitions, two US university artist-in-residence postings, many commissioned works and pieces sold overseas and locally, Santana is the best known contemporary fine artist in the country.

His works adorn the inside of the National Parliament House, galleries in Germany and the US, many homes and offices, and profiled in *The Contemporary Pacific*, the academic journal published by University of Hawaii that provides comprehensive coverage of developments in the Pacific. Santana has also been recognised by Divine Word University in its publication *Inspirational People: Role Models for a Developing Nation*

where, together with leading Papua New Guineans, he was honoured for contributing to nation building in his field.

But in 2002, Larry Santana went into a 14-year artistic hibernation, partly because of the hardships faced as an independent fine artist trying to make a living.

Today, however, Santana is making a return to the arts scene in PNG. Santana was born in 1962 in Ramu Valley, Madang Province. At Tusbab High School, he took art classes from a New Zealand art teacher who stimulated his creative skills and helped him gain admittance to Goroka Technical College.

In 1982, he graduated from the National Arts School with a diploma in fine arts and graphic design, and had his first exhibition the next year. This led to various exhibitions, both locally and in Germany, Australia and





the US. In 1989, Santana represented PNG as the guest artist to Bridgewater State College in Boston in the US, and again in 1998 as the artist-in-residence at Pine Manor University, also in Boston.

Earlier this year, Santana left his base in Madang and moved to Port Moresby, where he was part of an art exhibition with six other artists. Santana is now working on growing his collection again.

"It felt really good to paint again," he says. "Although, there is no studio, I paint at home at my daughter's place in Morata (Port Moresby) where I am lodging temporarily."

Santana's work records the old and new ways of life in PNG. ➤

Legend ... Larry Santana's *The Spirit of Kongrum* (opposite page) is a depiction of a legend from Keram River in the East Sepik Province; Santana (this page) next to his painting *Heaven is my Forest*.



An artist reborn



Pen and ink ... Larry Santana's *Legend of the Cassowary Woman* (left); Santana putting on the final touches to an abstract work.



In her book, *Painting My Country Papua New Guinea*, US arts anthropologist Pamela Rosi categorises Santana's works into four types of imagery: '*taim bipo*' (ancestral time before Western contact); '*taim bilong masta*' (Western colonisation); '*taim nau*' (cultural diversity, mixed identities, and tensions in contemporary PNG life), and '*taim bihain*' (possible futures).

"In *taim bipo*, Santana draws on traditional myths and legends for inspiration to underscore his belief that he is recording and preserving traditional life and knowledge for future generations, (thus), expressing

his pride in village traditions, with his art constructing collective memories to honour ideas of national heritage," says Rosi, adding that this category is typified by imagery of nature, spirits, heroes, wildlife of symbolic importance and signified by Santana's spin on traditional designs and motifs.

"When interpreting many of Santana's images of traditional life, it is important to recognise that they embody a moral message for modern society and that traditional values must continue to guide PNG life," says Rosi, who has curated two of Santana's American-held exhibitions.

In *taim bilong masta*, Rosi says of Santana's works: "He references colonialism either by recording particular events or enterprises, or by making images that depict the loss of cultural practices resulting from colonial rule. Loss, destruction and pain are conveyed by several symbols – *sfumato* to suggest fading; fire for destruction; cracking to connote erosion or breaking; and tears and the colour red to express pain."

In *taim nau*, Santana continues by depicting the cultural diversity of PNG with its mixed identities and cultural tensions in paintings such as his self-portrait *Pain and Sorrow at Six-Mile Dump* (1989), where traditional norms conflict modern ways in many areas.

In his imagery of *taim bihain*, Santana promotes ideals that underscore his vision for the future – the conservation of the natural environment to prevent unregulated mining, logging, and fishing; the importance of universal education; women's equal rights in national life; and breaking the cycle of economic dependency fostered by the world banking system.

"Art to me is life," Santana says.

"My inspiration comes from legends, our local culture, spirits, the land and sea; I would like to use art to communicate our connection to nature and nature's importance especially in this age where Westernisation is causing so many of us to forget our heritage. I hope that through my art, people can see the importance of preserving our natural resources for future generations."

"I have translated, exposed, described and recorded the heritage of my past, present and future. My hope is that one day my paintings will have a place in the National Museum of PNG ... where the world can appreciate the inner spirit of my feelings." ■

See more about Larry Santana at facebook.com/larry.Santana.



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HONG KONG SECRETS

Penny Watson tracks down the hidden bars of this bustling city – up fire escapes, in basements and on rooftops.





Mixology ... drinks are poured at the recently opened J.Boroski (left); a smoking concoction at J. Boroski (above); a cocktail at the Stockton (below).



We find ourselves in a narrow alleyway made all the darker for being off the brightly lit drinking strip of Wyndham Street. When my eyes adjust, I make out a wide door that looks like it could hide a bar. But there's no signage, no big red neons, no noise and no bouncer to tip us off. It can't be it.

We're about to do an about turn when out of the darkness comes a deadpan voice of indeterminate accent. "If you're looking for Stockton, it's up here".

We look up to the fire escape stairs to see the silhouette of a man against a dim light, the red ember of his cigarette glowing like a one-eyed rat. We fumble our way up to him and are directed inside with a sideways head gesture. Is this theatrics simply creative marketing or have we stumbled across 1920s prohibition-era America? It doesn't matter.

We've found Stockton, one of Hong Kong's coolest bars, made all the more sought-after by its covert access.

Hong Kong is made for hidden bars. Obscure floor spaces, disused rooftops and windowless basements, concealed

“

Guests need a door code to access the older-style residential building with metal front gates, but we slip in when somebody leaves the building.

”

amid the city centre's sloping streets and mess of vertical buildings, make for perfect low-rent drinking dens. Increasingly, the cache associated with anonymity is gaining momentum and some of the city's drinking venues are keeping their locations hush-hush, relying on word-of-mouth for clientele.

They're harder to find if you're a visitor to the city, but doubly exciting when you track them down. What's more, many of them are within walking distance so you can tick off a few in one night, like I did.

The latest and most intriguing of them is tonight's first stop. J.Boroski, which opened in August, is a self-styled 'cocktail concierge service', an invite-only, low-lit place with an anonymous entrance accessed off a tiny lane.

My invite came from the PR people on the condition I didn't reveal the location, but I was assured the invite only-entry is not about exclusivity (you can request an invite online), more about staff management and ensuring 'curated' guests 'get' the whole experience. Guests choose their alcohol from an extensive list, and their sweet or savoury, fresh or 'spirited' preference. The mixologist then gets creative, splicing, ➤



Hong Kong secrets



spraying and smoking the way to cocktail heaven. Unique syrups, mixes and infusions – such as the garlic chive-infused gin – are made in-house and ice is cracked from a big block sitting on the bar.

My tequila-based cocktail is presented in a martini glass topped with a skewer of cucumber and mint and a spray of angostura. It is delicious – strong and limey with hints of cucumber and a chilli hit on the back palate.

It's so good, that it's hard to move on, but we do, to a more casual affair on Hollywood Road. The eastern end of Hong Kong's oldest street has a retail landscape that is slowly moving from Chinese antiques to bars and restaurants, but you wouldn't notice Fu Lu Shu's front door unless you were looking for it.

Guests here need a door code to access the older-style residential building with metal front gates, but we slip in when somebody leaves the building. Inside, an old lift takes us to the seventh floor, where there's a chilled indoor bar and an al fresco area with a cool graffiti-style mural on one wall and spot-lit bamboo trees. We sink into a couch, drinks in hand, and marvel at the Hong Kong view – an amphitheatre of twinkling high-rise lights. It doesn't get more inner-city.

Our next stop is Ronin, a slim-lined Japanese whiskey bar with a handful of leather bar stools and a wall of whiskeys, sakes and spirits sourced from little-known Nippon provinces. Ronin is the sister venue to popular Yardbird restaurant, but it doesn't stop the owner camouflaging the place behind a sliding dark green door, undetectable from the busy Sheung Wan Street.

We take a pew at the bar and order bar food, which comes in the form of exquisite Japanese Shigoku oysters and mackerel smoked sashimi. It's paired by our waiter with sparkling sake, a first for me. ➤

The Stockton ... one of Hong Kong's coolest bars, made all the better with its covert access (above); the red door of Ping Pong (right); Japanese nibbles at Ronin (below); gin at Ping Pong (next page).





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Hong Kong secrets



There's another secret whiskey bar next to Ronin called Ginger, but I hear about it a day late and completely miss it. Instead, we're jumping in a cab for a 10-minute ride to Ping Pong 129, which is known for its party vibe and gin and tonics.

The front door, next to a Chinese seafood restaurant, is red with gold Chinese characters and is inconspicuous but for the words 'ping pong', a hangover from its days as a ping pong hall.

Inside, a staircase leads down into a basement adorned in canvasses and retro Hong Kong nostalgia including a pink neon sign that sends a crimson glow over a crowd bobbing to DJ tunes.

Come midnight, Ping Pong 129 closes, but there's room for one more. I pull a crumpled piece of paper out of my pocket. On it, a friend has scribbled a map showing us how to get to Stockton.

The bar's dim lighting, cosy booths, leather ottomans and shelves of olde English ephemera make this the perfect place to end a night. ■



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THE DRAGONS OF PNG

Richard Andrews reports on the discovery of fearsome ants in PNG.



Be it known. Those mythical dragons in fantasy American television series *Game of Thrones* have come to life in Papua New Guinea as insects, with the recent discovery of some unique ant species.

The spiny barbs and fearsome appearance of the new species inspired researchers to name them after Drogon and Viserion – two of the dragons in the popular TV drama.

But the similarities go further than appearance.

The dragon ants belong to the *pheidole* genus, characterised by so-called major workers, or

soldiers, who can take on the physical challenges the minor workers can't handle.

A research team at the Okinawa Institute of Science and Technology identified *pheidole drogon* and *pheidole viserion* using the latest 3D-imaging technology.

Similar to a hospital CT scan, the innovative technology found the soldiers are packed with muscles that enable them to lift objects many times heavier than their body weight. Their massive mandibles can crush seeds too hard for minor workers to crack open.

"They're only four millimetres long and may not breathe fire," says entomologist Eli Sarnat. "But imagine being strong enough, in relative terms, to pick up a bus and chomp your way through it."

In one of the first studies of its kind, Dr Sarnat and his colleagues began their dragon hunt by sifting through *pheidole* collections around the world.

"Specimens from field trips to PNG and West Papua had lain dormant and undescribed for decades in museum drawers, until we started our project," he says.





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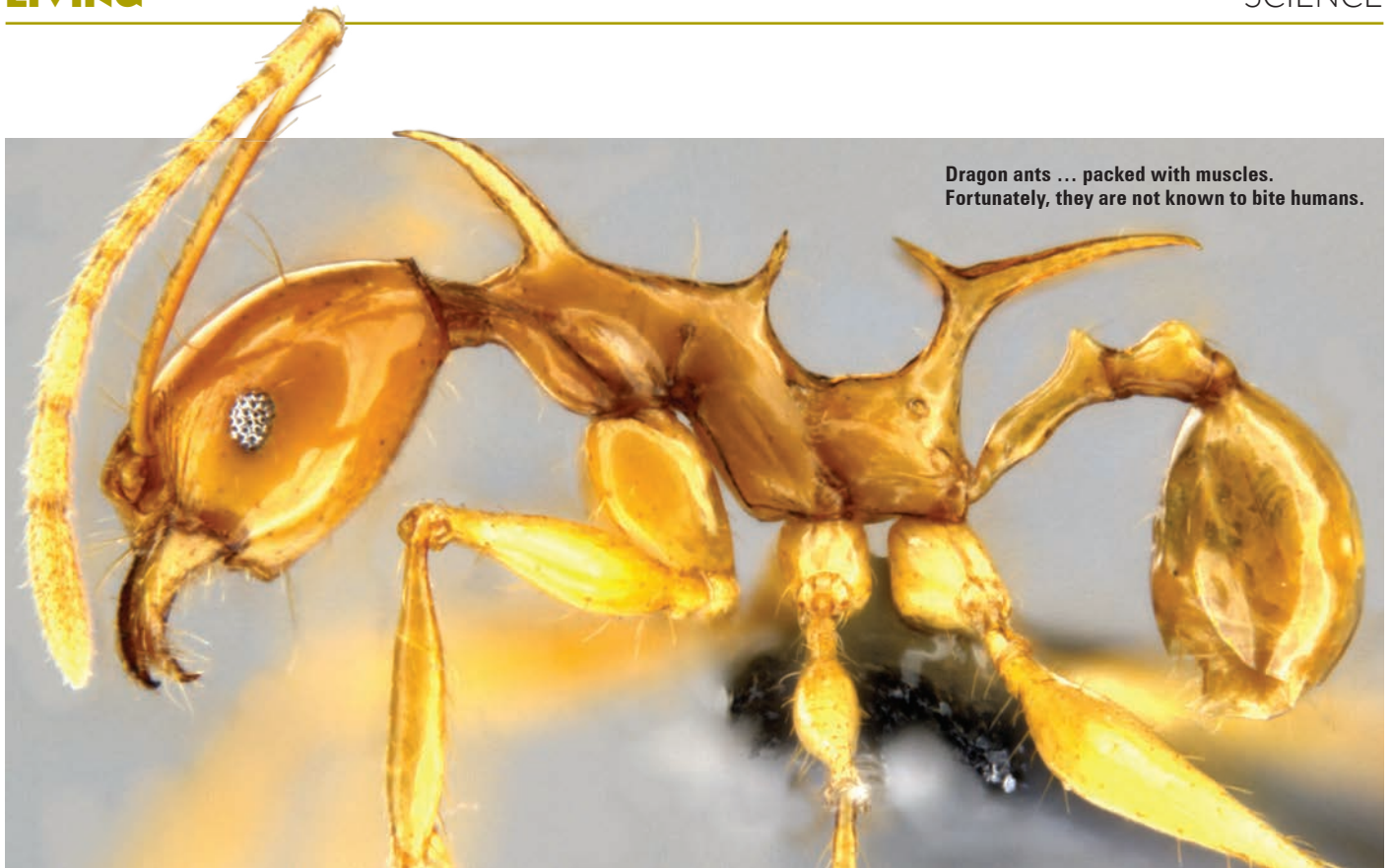






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Dragon ants ... packed with muscles. Fortunately, they are not known to bite humans.

Pheidole drogon, named after the largest and most aggressive of the three dragon hatchlings in the TV series, was found in stones and rotten wood just east of the Baiyer River Wildlife Sanctuary in the Western Highlands.

"The species is not known to bite people," says Dr Sarnat. "However, it's likely the spines are a signal to predators – such as lizards, frogs and birds – that you don't mess with me."

Further research is underway to find out more about the species as much mystery still

“
Imagine being strong
enough, in relative terms,
to pick up a bus and
chomp your way through
it.”

”

surrounds the dragon ants and their role in the local ecology. Although it's known they have a queen, she's yet to be found.

"Maybe she's living in exile like Daenerys (a character in the series)," says Dr Sarnat. Whatever the case, she's a hard one to catch."

The *Game of Thrones* parallels are a conscious departure from the entomological practice that traditionally uses Greek and Latin to name new species, whether it's after the place they were found, a description, or in tribute to the person who discovered them. ➤





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The dragons of PNG

"I've no doubt the traditionalists are shaking their heads," says Dr Sarnat. "But I think that using a popular culture reference is a way to bring in a different audience and create awareness of PNG's amazing biodiversity."

In fact, Dr Sarnat's team has made its findings available in the scientific journal *PLOS One* to encourage such awareness, as well as further research into the ecological importance of the ants.

"Spreading the knowledge online is important for interested people in the Pacific islands who don't have access to expensive journals or high-end equipment," he says.

"PNG is a treasure trove of 874 known ant species and several hundred more that have not been described. Who knows what fantastic creatures we'll find next?" ■

In the field ... Dr Eli Sarnat (right); and one of the ants named after dragons in the TV series, *Game of Thrones* (below).



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CRUISING TO SUCCESS

Broadcaster Sandra Cottam has a dream job. She hosts travel programs in Los Angeles and spends six months a year on luxury ships.

Richard Andrews reports.





“

In LA, life's a hustle and you have to drive on a freeway to find a park with a few trees. In PNG, you have faith, family and a natural environment.

”

It's a long way from the rainforests of the Central Highlands to the concrete jungle of Los Angeles.

But for broadcaster Sandra Cottam, the journey has meant working in a job that most people can only dream about.

Cottam cruises the world six months a year on Royal Caribbean luxury liners, where she produces and presents travel videos seen by 4.5 million passengers. Back in LA she hosts travel programs for cable TV and Internet channels.

Her travels have taken her zip-lining the treetops of Costa Rica, diving in the Caribbean, exploring the canals of St Petersburg and climbing Aztec pyramids in Mexico. ➤

Sandra Cottam ... produces and presents travel videos that are viewed by 4.5 million people.

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Cruising to success

With her mother from Buka and an Australian father, Cottam was born in Port Moresby and went to primary school in Kundiawa – a background she largely credits as preparation for her career.

"We moved around a lot for my father's work and we often took vacations around the South Pacific, Australia, the US and Europe," she says. "That probably developed my early love of travel."

Cottam says her schooldays in Chimbu Province also developed her love of activity, ability to adapt and openness to different cultures.

"I have fond memories of running wild with the village kids and playing popular games like Tin Fish," she recalls. "All you needed was a tennis ball and a dozen empty mackerel cans."

"When we got hungry, we'd climb guava trees and eat the fruit until we got sick, or we'd suck the sweet nectar from hibiscus flowers."

At the age of 16, Cottam added a study exchange in the Dominican Republic to her education and learned Spanish. Combined with her other travels and languages, it all helped her fall naturally into a job with the student travel office at the University of Queensland.

Cottam's international career with cruise liners followed a few years later.

She's often asked if shipboard life is really as romantic as the movies portray. Do Leonardo di Caprio and Kate Winslet (stars of the *Titanic* film) find true love on board – with or without the ship going down?

"It depends on the type of tour," says Cottam. "Cruises are run like any other business that caters to demographics.

If you're on a trip that targets families don't expect too much moonlight romance with a whole lot of kids around. Similarly, a single person on a couples voyage is going to feel like the third wheel on a bicycle."

Cottam finds that PNG attracts a different demographic; one that seeks an authentic experience that's disappearing in many other parts of the world.

"All too often people arrive at an 'exotic' destination to find the same McDonald's and Starbucks they left at home, or a 'Disneyfied' version of the original culture – you visit a replica village, not the real thing."

She recalls trekking 20 kilometres up a mountain in the Golden Triangle region of northern Thailand to visit a Karen hill tribe.

"I learned later that the village was a just a setup for tourists," she says. "I should have guessed when I heard Britney Spears (singer) coming from one of the huts."





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Cruising to success



On set ... Sandra Cottam in front of the camera (opposite page); and zip lining in Costa Rica (left).

As a result, Cottam urges PNG authorities to continue their preservation of the country's heritage, while showcasing its rich culture to the world. However, she acknowledges the false perceptions of PNG overseas and cites an example in a New York passport office.

"When I mentioned my birthplace was Port Moresby, someone in the queue asked me where it was. 'The South Pacific,' I answered and they responded: 'Oh, that's where people eat other people.' I was really shocked and hurt. It makes me extra careful to ensure my videos cover the history, culture and reality of the places they show."

Cottam also encourages people to go beyond the superficial tourist experience in other ways. It stems from her younger days when she signed up for a European tour that included seven countries in 21 days.

"My grandmother asked me why I bothered and told me I'd never learn anything. Since then, I visit fewer places but stay longer. When

I went to Mexico City recently, I stayed in just one neighbourhood for a week. I saw and experienced much more than the way I travelled in my 20s."

After 13 years in the US, Cottam wants to use her TV experience and magazine contacts to show the world more about her Bougainville origins. She's also taken an interest in PNG's media developments, especially indigenous women's publications such as *Stella*.

"I have a dream job and I hope to inspire girls to dream big, pursue their education and be curious about the world."

At the same time, Cottam wants young women to appreciate what they've got.

"In LA, life's a hustle and you have to drive on a freeway to find a park with a few trees. In PNG, you have faith, family and a natural environment." ■

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CAIRNS BY THE PLATE

Karlina See Kee finds blistering-hot chicken wings, Korean desserts and a couple of PNG-owned restaurants making their mark in the food scene of this Far North Queensland city.

Well, who'd expect this? Papua New Guineans are operating the finest Balinese eatery in Cairns, the Bayleaf Balinese Restaurant and,

just down the road, another Papua New Guinean is making his mark at Mama Coco, a cafe that rates its socks off on TripAdvisor.

Cairns is a melting pot of cultures coming together to visit the surrounding reef and rainforest, and it seems the diversity extends into the food scene. Whether you want Balinese food, Japanese, fresh Aussie seafood, or fine dining by the water, the city delivers.

Here's our guide to some of the best places to eat in the city that is just an easy Air Niugini flight away from Port Moresby.

In-the-know locals have recommended many of the places we feature.

Plating up ... Mama Coco chefs at the fish festival cook-off, which they won (main photo); Wharf One where the daily catch is harvested sustainably and ethically (right).





MORNING

Start your day on the right footing with one of these breakfast favourites.

LO LILLIPAD

72 Grafton Street, Cairns, (07) 4051 9565

More than half the menu caters for vegetarians and all-day breakfast options are vast – from burritos to eggs benedict. For lunch, there are creative salads of roast pumpkin, eggplant and zucchini, as well as crepes stuffed with sauteed vegetables. The best part? Generous servings of all elements (imagine a whole tomato and avocado sliced on your plate instead of token slivers).



LO WHARF ONE

Wharf Street, Cairns, (07) 4031 4820

Located on the wharf next to the cruise liner terminal, this is a great venue for breakfast, available until 3pm! There are beautiful surrounds: calm waters in the inlet and distant hills. The food philosophy is to use produce that is harvested or caught sustainably, ethically and locally.

LO CAFFIEND

78 Grafton Street, Cairns, (07) 4051 5522

Caffiend lays legitimate claim to the best coffee in town and has a food philosophy of locally sourced seasonal produce. Kick-start your day with roasted pumpkin, dukkah-baked goat's cheese with pan-fried mushrooms on sourdough, or house-made honey toasted muesli, with macadamia nuts, goji berries and natural yoghurt. ➤



Cairns by the plate

CASUAL EATS

Places to go for a quick bite.

🍜 GANBARANBA NOODLE COLOSSEUM

12–20 Spence Street, Cairns, (07) 4031 2522

Always packed, be sure to get here early for lunch or dinner to secure a seat. If you must take a ticket and wait, be patient – it's worth it. Fast, delicious and filling portions, the Japanese cuisine is excellent value, with nothing over \$13. Choose from soups with shredded chicken or pork slices, to handmade gyoza dumplings or soups full of noodles.

🍜 MAN-DO

6C/14 Spence Street, Cairns, 0421 353 336

Approximately 500 fresh dumplings are handmade on-site daily at this popular lunch spot (pictured right). Choose between steamed, pan-fried or deep-fried dumplings filled with pork, beef, prawns, vegetables or kimchi. The knife-cut noodles are also handmade here for all the dishes, which are a fusion of Korean and Japanese. Most popular are the cold noodle soup, bulgogi and jeyuk. ➤



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Samuel Maiabau
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Cairns by the plate

SUBURBAN SECRETS

On the city outskirts and tucked away in nearby suburbs are some delicious hidden treasures.



MAMA COCO

4/196 Mulgrave Road, Westcourt,
(07) 4052 1226

Owner Davy O'Rourke, born in Port Moresby and with family roots in Tarakwaruru in the Milne Bay Province, built this establishment from simple beginnings of selling cakes at Rusty's Market. Recently winning the Gimuy Fish Festival Cook-Off, the chefs at this cafe know how to create wholesome dishes with stimulating flavours. Try a haloumi quinoa salad, seared salmon, hand-made pie or Spanish mackerel spaghetti. Open for breakfast and lunch, and dinner once a month.



JADE RESTAURANT

313 Kamerunga Road, Freshwater,
(07) 4055 1177

Tucked away in Freshwater, this traditional Chinese restaurant is open for dinner and has Hong Kong influenced dishes. A similar menu is offered at the Sheridan Street restaurant (358 Sheridan Street, North Cairns, 07 4041 6828) open for lunch and dinner. It has some traditional dishes with a modern twist, like wasabi ox tongue and Mongolian eggplant.



BAYLEAF BALINESE RESTAURANT

227 Lake Street, Cairns, (07) 4051 4622

Across from the Cairns Hospital and part of the Bay Village Tropical Retreat, this Papua New Guinean owned restaurant opens for lunch and dinner. It has long been a favourite for authentic traditional dishes from Bali, cooked by Balinese chefs. Dishes are infused with lemongrass, chilli, sambal, coconut, spices, satay or smokey barbecue flavours. Try the Balinese rijsttafel, a set menu that ensures you sample several entrees, signature mains and desserts.

DINING FINE

Some go-to spots when you want to impress.



WATERBAR & GRILL

Pier Point Road, Cairns City,
(07) 4031 1199

This steakhouse, established in 2006, is beside the marina, so you can take in yacht views from the deck. Meals are focused on locally sourced products including steaks, prawns and squid. Specialty dish is the rack of pork ribs.



MARINA PARADISO

Shop 1, 1 Marlin Parade, Cairns,
(07) 4041 6969

Specialising in modern Italian and Mediterranean food, Marina Paradiso's house specialty is tortellini gigantic, made of local prosciutto, porcini mushrooms and ricotta cheese. The wonderful sunlit dining area, with waterfront views, creates a wonderful atmosphere.



M YOGO

Shop G9, Ground Floor Pier Shopping Centre, Pierpoint Road, (07) 4051 0522

Despite their Japanese origins, the owners love French cuisine and share this passion with their modern French menu. Chefs here make their own baguettes, gelato and creamy champagne sauce. Australian salmon, Moreton Bay bugs, beef and lamb are offered.



Cairns by the plate

SOMETHING DIFFERENT

Not your typical restaurant or cafe, these places have a special edge.

||| GREEN ANT CANTINA

**183 Bunda Street,
Parramatta Park, (07) 4041 5061**

If you dare, try the 'Wings of Death' Challenge – consume 10 blistering chicken wings doused with the hottest secret chilli sauce imaginable, with no water. Don't worry, not all the food here is this dangerous. Quesadillas, nachos and jambalaya inspired by Baja California, the Caribbean and South America give just enough kick to get your taste buds dancing. With fun decor and street-art vibe, the cantina is known for its craft beer brewed locally, as well as for its margaritas and mojitos.

||| SALT HOUSE

**2 Pierpoint Road,
Marina Point, Cairns,
(07) 4041 7733**

Located next to the Cairns Yacht Club, this venue is thoughtfully designed to bring in the marina surroundings, with water features and open sky in some areas. Their menu showcases seafood (pictured right), meats and cheeses, complimented by an extensive cocktail and wine list, making this an ideal destination for drinks before or after a meal. Live music plays on Friday to Sunday from 5pm.



||| SWEETS PLANET

**Shop 10C/46 Lake Street,
Bolands Centre, Cairns,
0432 221 511**

Just months old, Sweets Planet brings unique dessert options from Korea. This cute cafe specialises in traditional rice cake toast – a toasted sandwich (cheese filling optional) sprinkled with soya bean powder

– and waffles. Or try bingsu – ice shavings topped with red bean and fruit. Refreshing blue lemonade, orange/pink grapefruit/pineapple-ades are all made with real fruit juice. ■

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Gadgets and travel accessories

Packing cubes

Zoom Lite's packing cubes help you organise your clothes and travel accessories within your luggage. Underwear and socks in one cube, shirts in another, workout gear ... You get the drift, they make packing and re-packing wonderfully simple. Zoom Lite's four-piece set is made from a lightweight, tear-resistant nylon, and comes in different colours with a mesh-top panel so you can see into each compartment. *About PGK121; zoomlite.com.au.*



Surf flip flops

Havaianas have long been a favourite on beaches around the world, and for good reason – the Brazilian classic is world-renowned for its durability, affordability and reliable traction, even when wet. Havaianas come in a rainbow of colours and prints but this pair, created in collaboration with Australian surf photographer Aquabumps, has our vote this summer. *About PGK85; havaianas.com.*



Seat upgrade

The Airhook is a device that hooks on to the locked tray in front of you and holds your phone or tablet so you can watch them in comfort during flight. It also includes a cup holder, so you don't have to unlock your tray. *About PGK67; theairhook.com.*



Outdoor kettle

This Trekker Storm Kettle is beautifully designed and has the health of our planet in mind. It runs without gas, petrol or artificial fuel. Just fill the kettle with water, then use dry grass, twigs or paper to start a small fire in the base and you'll have boiling water in minutes, even in wet and windy conditions. Made from lightweight stainless steel, it also fits neatly into your backpack. *About PGK288; homecamp.com.au.*





Bluetooth lock

We've all been there: we think we're so clever locking our luggage, but then we get to our destination and cannot find the key or remember the combination. Enter Master Lock's Bluetooth padlock, which you unlock using an app from your mobile – effectively turning your phone into a key. Available in two different sizes. *From PGK222; masterlock.com.*

Pants for hot climates

The modestly named Best Hot Weather Pants are crafted from a fabric called T2X – a blend of Tencel for odour resistance, cotton for durability, polyester for strength and spandex for stretch. They pull moisture from the skin and allow your body to breathe while also looking chic, making them perfect for steamy destinations. They come with mesh-lined invisible thigh vents that can be unzipped for extra relief when the mercury soars, and include traveller-friendly features like hidden security pockets. *Available through Kickstarter for a PGK314 pledge; kickstarter.com.*



Travel towel

Packtowl's Ultralite quick-drying towel is extremely soft, more absorbent than competitors made of similar materials, and has great odour-resisting abilities. Available in face, hand and body sizes in a variety of colours, it also comes with a mesh carrying pouch. *From about PGK 47; cascadedesigns.com.*



Silk sleeping bag liner

Sea to Summit's 100 per cent stretch silk sleeping bag liner is soft, strong and compact, moisture wicking and quick drying. It can also be used as a stand-alone sleep cover in the hot summer months. Comes in different sizes, including regular, long and double, which pack down to about the size and weight of an apple. *From about PGK206; seatosummit.com.*



Tools for your wrist

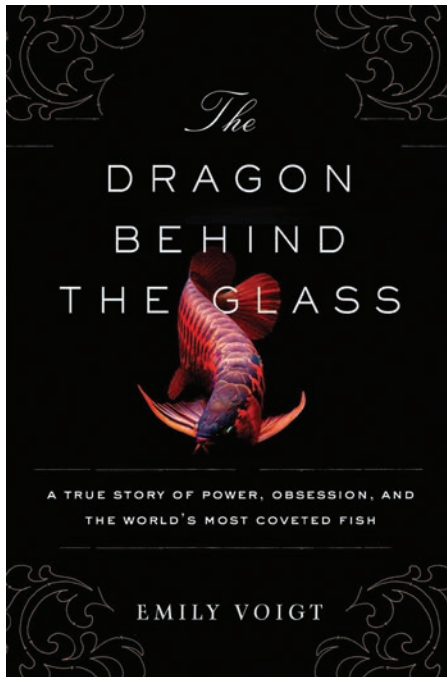
Leatherman's Tread bracelet puts 25 tools on to your wrist, including screwdrivers, Allen wrenches, an oxygen tank wrench and, perhaps most importantly, a bottle opener. Adjustable for your wrist size, fully customisable with the links you most need, and available in silver or black. *From about PGK736; leatherman.com.*



Tiny speaker

Just when we thought portable travel speakers couldn't get any better, Betron has come out with its tiny, titanium Bluetooth travel speaker, which is about half the length of a standard iPhone. With two LED banded lights across the top and bottom flashing green and blue to bring the disco vibes, it has a working range of 10 metres and operates for four to five hours on each charge. Comes in many colours, including red, green, blue, orange and silver. *About PGK127; betronstore.co.uk.*





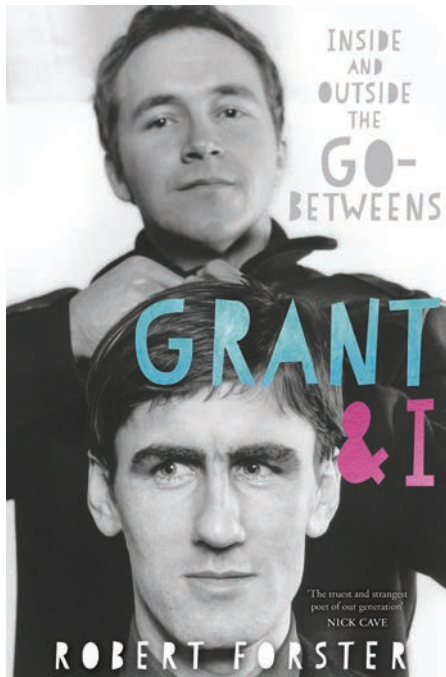
***The Dragon Behind the Glass*
(Simon & Schuster), by Emily Voigt**

This is an odyssey into the surprisingly intriguing world of a fish. The Asian *arowana*, or dragon fish, is the world's most expensive aquarium fish. There are reports the highest price paid for a single fish was \$US300,000.

Treasured as a status symbol and believed to bring good luck, the *arowana* is bred on high-security farms in Southeast Asia but in the US, where it is protected, the fish is the object of a thriving black market.

The Dragon Behind the Glass charts a story dating to the age of the dinosaurs, includes ancient Egypt, but has a contemporary setting. In Voigt's book a young man is murdered for his prized pet fish, an Asian tycoon buys a single specimen for \$US150,000 and a pet detective chases smugglers through the streets of New York.

This may sound like a work of fiction, fantasy perhaps, but it is not. Crucial to the story is Voigt documenting her own years' long quest to find the *arowana* in the wild. It may be that in one of the tropical wildernesses she found herself in she discovered the paradoxical truth behind the dragon fish's rise to fame.

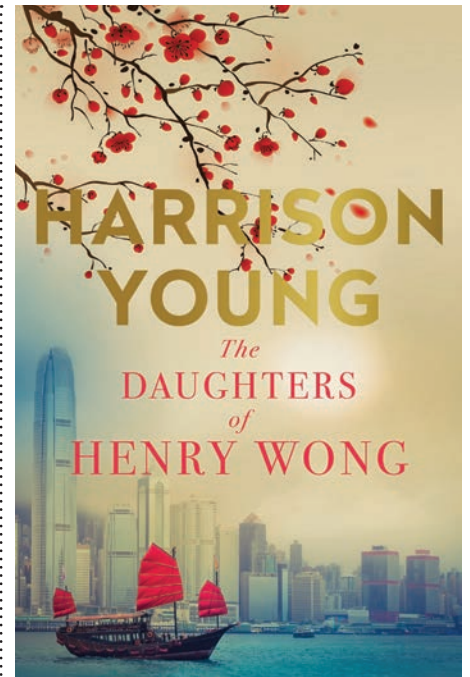


***Grant & I* (Penguin Random House),
by Robert Forster**

Grant McLennan and Robert Forster were the influential creative forces of the revered Australian band The Go-Betweens. A common favourite among music aficionados and music critics, the acclaimed band achieved international success before McLennan died suddenly in 2006.

Spring Rain and Streets of Your Town are just two classics from the band's extensive catalogue of bohemian pop (Forster describes their music as 'that striped sunlight sound' early in the book), but a decade on from McLennan's death, Forster turns to his considerable talents to print, rather than song, and produces a beautifully thoughtful, sometimes humorous, portrait of a complex friendship.

This may be a celebration of an accidental meeting of two like minds in the 1970s but it also an ode to the considerable powers of collaboration and adventure. London and Glasgow, Europe, the US and the their hometown of Brisbane were just some of the many stages where the two men shared not only their music but both sides of life – their anxieties and their triumphs – as part of the famed and important Go-Betweens.



***The Daughters of Henry Wong*
(Ventura Press), by Harrison Young.**

The Daughters of Henry Wong is the fourth book from banker and novelist Harrison Young.

This tranche of reliably page-turning assets includes money, mystery, passion and betrayal. The central character, American Jonathon 'Wendy' Lee marries into a powerful Hong Kong banking family straight out of Harvard and turns himself into an indolent eccentric.

Renowned for wearing loose-fitting, cream-coloured suits from the 1930s, Wendy spends languid days lunching alone within the affluent clubs of Hong Kong's high society. That is until his father-in-law, the infamous and influential Henry Wong, disappears.

Within days, this G&T world is transformed and Wendy is forced from his luncheons to respond to a run on the bank, a blackmail attempt, a take-over threat and his wife's disloyalty. Under the guidance of double-crossing investment bankers, a series of wise friends and alluring women, he must discover what is happening right under his nose. Unless of course it's all too late.



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Snowden

Oliver Stone directs this biopic and again brings some clandestine actions of the US government to the attention of film lovers.

In 2013, NSA contractor Edward Snowden leaked a large number of classified documents to the media, exposing the US government's surveillance practices.

The whistleblower became a hero to some, a traitor to others. Stone has his take: "There's more to it than meets the eye and whatever they tell you, you've got to look beyond."

This movie was released in the US in September, and the critics have been far more complimentary than those who accuse Snowden of treachery. Writing in *Variety* magazine, Owen Gleiberman concluded: "*Snowden* isn't leftist-conspiratorial propaganda (though some may accuse it of being that). It's a riveting procedural docudrama that takes a deep dive into what surveillance has become".

Stone's movie is based on the books *The Snowden Files: The Inside Story of the World's Most Wanted Man* (Luke Harding) and *Time of the Octopus* (Anatoly Kucherena).

Joseph Gordon-Levitt (pictured) has the lead role. The real life Snowden has a cameo in the film.



Allied

This romantic thriller by director Robert Zemeckis is apparently based on a true story about two World War 2 assassins who fall in love while on a mission to kill a German official.

Brad Pitt and French woman Marion Cotillard (pictured) take the lead while Lizzy Caplan, Matthew Goode and Jared Harris also star.

In Casablanca in 1942, spy-cum-assassin Max Vatan (Pitt) and his French colleague Marianne Beausejour (Cotillard) take the remarkable decision to marry during their assassination mission. When reunited in London, it's not only the pressures of war that threaten their relationship.

According to some reports, the story was told directly to the writer of the script, Steven Knight, when he was a young man. For this movie, as with many others, the story seems so remarkably intriguing it would be good to know where Hollywood begins and the truth ends.



I, Daniel Blake

English director Ken Loach doesn't do Hollywood, but that hasn't stopped him collecting plenty of awards for his social realism and *I, Daniel Blake*, winner of the prestigious Palme d'Or at Cannes, adds to Loach's acclaim.

At 59 years old, Daniel Blake has worked as a joiner most of his life in Newcastle but for the first time needs help from the state. During his unfamiliar struggles he crosses paths with a single mother Katie and her two young children, Daisy and Dylan.

Katie's only chance to escape a one-room hostel for the homeless in London is to accept a flat in a city she doesn't know, hundreds of miles from familiar surrounds.

During their shared plight, the two are pushed to the cliff-edge of welfare bureaucracy.

Writer, actor and, yes, stand up comic, Dave Johns (*Never Mind the Buzzcocks* and *8 Out of 10 Cats*) plays Blake while Hayley Squires (from the TV series *The Midwife*) brings Katie to life.

Port Moresby's Paradise Cinema screens many of our reviewed movies. For screening dates and session times see paradisecinemaspng.com.





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A CUT ABOVE THE REST



Dress parade ... PNG Olympic athletes at the opening ceremony in Rio.

For the first time, the uniforms of PNG's Olympic athletes have been fully made locally by a PNG-owned company.
David James reports.

Wantok Clothing, a small business started at home in Port Moresby by Genevieve Igara, was in the world spotlight recently when PNG's Olympic team marched in the

opening ceremony at the Rio Games wearing her designs.

Igara has come a long way since starting the business, funded with money from her parents.

"People are beginning to recognise our brand and they also feel very happy that it is a national company," says Igara.

"We have had a lot of good feedback from the general public that we are doing a good

job and they like the concept of PNG-made and owned products of quality.

"Definitely something like the Olympics is very prestigious for us – and it is an honour to dress the best athletes of our country and showcase our work on an international platform."

Igara, who has a background in economics, says she started the company at home before teaming up with Henry Iyaro, an old family friend and artist.

"When I moved back to Papua New Guinea, I thought we should try and commercialise something we were passionate about," she says. "We incorporated a year ago and started working."

Igara says some of the capital initially came from her parents. "That was just to start with our first lot of shirts. From that we managed to secure corporate orders and it was our corporate work that really gave us enough funding to put something away and then make deposits and pay fitout for a retail presence.

"It started from seed capital but a lot of it was savings from the corporate orders."

Igara says the company was 'doing a lot of locally printed and sewn garments for different business houses like ANZ, APEC and other organisations. They also did some private work for small events and members of the Olympics office.

That was how the opportunity arose. The Olympic organisers became aware of Wantok Clothing, and asked for samples and proof that they had the necessary capability.

"We did samples for various prints in PNG colours and submitted it to them and the board. They advised us that they were willing to give the opportunity to us, given that we had locally made products – and they approved us for the job."

Igara says they keep many designs in their portfolio, so they can pitch different ones to clients to determine where there is interest. The design that appealed to the Olympic Committee was based on *bilum* patterns.

"It was one of the prints that we had in our portfolio, which we had just made screens for. They liked the *bilum*-patterned design and it was a new design, which we had never used before.

"They went for something very simple and elegant so that the athletes would look smart.

"*Bilum* is something universal; it has many uses, and our print is still contemporary and smart looking. It was also Papua New Guinean and different from other Pacific Islands teams."

“

I think the main thing for us is that we want to show that, even as a small business, it is possible to make high-quality things in our own country.

”

Having picked the style, the next step was to explore different colours to ensure that the uniforms met the PNG team guidelines. "There were different combinations: like yellow fabric with red prints, yellow with black and other different design ideas. From all those samples they narrowed it down to what they liked the best.

"They went for something very simple and elegant so that the athletes would look smart. We don't get to meet the athletes because many of them are overseas based. So it had to be very simple. Something that they can fit into and wear easily."

The company is an importer. Igara says the fabric, which is a high-end polyester, comes from textile company Martin & Savage in Sydney, Australia. The printing and selling is then done locally by hand. The company has just opened a store in Vision City in Port Moresby.

"We do have some international interest in terms of our individual clients for our products.

"Usually they have worked or travelled in PNG already and come across our brand. We have some interest on that level. We also have some interest for possible fashion events in Australia.

"It looks good but we are a small business and have only been operating for year. So we are taking baby steps, but the dream is there."

Igara says there is a lot of support. "I think the main thing for us is that we want to show that, even as a small business, it is possible to make high quality things in our own country.

"What we are aiming to do is to contribute to the textiles/fashion industry within our own country and to showcase our rich heritage and culture through fashion.

"It is not only aesthetics, it is also about the industry. It can create a lot of jobs and opportunities. Those are the kind of things we are trying to promote as a small PNG business." ■

The stories in our 'Strictly Business' section were first published in PNG's online business magazine, businessadvantagepng.com and are re-published by arrangement with Business Advantage International.



Hotel stocks are on the rise

By the time of the APEC Summit in 2018, Port Moresby could have 2590 high-end hotel rooms.

Just five years ago, there were only 600 high-end hotel rooms in Port Moresby. But economic growth, and regional sporting and political events have prompted new investments in rooms and in conference facilities.

The newest project under consideration is a 500-room hotel, for which state-owned enterprise Kumul Consolidated Holdings

(KCH) is teaming up with Hong Kong property developer Shin Kong Pacific Investments.

The plans include a convention centre, gym, spa, restaurants and shops.

While a site has yet to be announced, one option is waterfront land vacated once the relocation of the capital's port to Motukea Island has been completed.

Port Moresby's newest hotel, the Stanley, opened recently in central Waigani, with 429 rooms. General manager Geoff Haigh says the centrepiece of the hotel is its function space, which can cater for a plenary conference up

to 1000 people and a sit-down dinner for 1200.

It has more than doubled the conference capacity of the city, he believes.

In addition, the National Convention Centre in Waigani, with its 700-seat auditorium, was opened earlier this year.

Haigh says Port Moresby can now develop as a regional conference centre, attracting large conferences, which would otherwise go to New Zealand or Australia.

The events prompting these developments include the 2015 Pacific Games, the FIFA Under 20 Women's World Cup in

November, the Rugby League World Cup in 2017 and several APEC-related events in the lead-up to the main leaders' summit in November 2018.

Greater competition in the hotel sector is also driving investment in upgraded facilities.

The Lamana Hotel recently completed major renovations, including impressive new food and beverage venues, while Airways has revamped its signature Vue restaurant. Coral Seas has spent PGK7 million upgrading its 97-room Ela Beach Hotel. It is also spending PGK25 million on new dining facilities at Gateway Hotel. ■



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Bankers set record straight

PNG'S top bankers agree on the reasons for PNG's foreign exchange shortage and say there are hopeful signs of rebalancing. *David James reports.*

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Papua New Guinea's top two bankers – Loi Bakani, the governor of the Bank of Papua New Guinea and Robin Fleming, the chief executive of Bank South Pacific – have set the record straight on the country's foreign exchange challenges.

Contrary to some suggestions, the shortage of foreign exchange is due to imbalances between supply and demand, rather than controls, they say.

Also, encouragingly, there are some indications that PNG's currency market may be starting to re-balance.

Bakani recently told *Business Advantage Boardroom* – a new regular feature on EMTV's *Business PNG* program – that the central bank had introduced a trading margin for the kina in June 2014 as a "correction to the price-setting mechanism" only.

"It is not a control to stop the downward movement in the kina," Bakani explained. "The kina has been depreciating since 2012. From 2012 to 2016, it has depreciated against the US dollar by 36 per cent. It is a huge depreciation for the currency.

"The issue that we have in front of us is the lack of foreign exchange coming in. That is due to the low commodity prices that we have, low investment into Papua New Guinea and a lack of increase in exports to bring back the foreign exchange."

Fleming agrees that the currency markets operate freely. "There are no controls around; there are no controls on what is permitted to go out of the country," he says.

"The normal foreign exchange controls that existed in the past continue to exist at the moment.

"All they (the central bank) did with the (trading) band was say to the banks – which had perhaps been unduly usurious in some of their profit margins – that you had to be a lot more reasonable about the profits that you are going to consume to the expense of the importer."

Fleming agrees that PNG's foreign exchange problems are related to the structure and flow of exports and imports.

"The governor is correct. It is very much a flow-based currency. It is unusual that

“

A positive influence has been the re-opening of the Ok Tedi mine.

”

you have a small number of exporters who deliver all of the dollars available for distribution, intermediated by the commercial banks for a very large number of importers."

Having argued that the foreign exchange market is free, Fleming also says he believes it is now starting to self-correct. He observes some hopeful signs of a rebalancing occurring. Over the past 12 months, he says, import orders have not increased and over the past three to four months they have started to reduce.

"With many of the smaller to medium importers we are finding now that within two to three weeks they are able to get their reasonable orders placed and satisfied.





Loi Bakani ... says there are no controls on what can go out of the country.

"Capital payments are a little bit different. Obviously some of the large importers, who have significant demands, are still facing some issues in being able to regularise that."

Fleming points to an improvement in commodity prices and commodity outputs in the agricultural sector. He adds that import cover "as a headline level hasn't necessarily changed that much". Imports are covered, he says, for about nine to 10 months, the level of 12 to 18 months ago.

Fleming says a positive influence has been the re-opening of the Ok Tedi mine. He notes that Ok Tedi was out of the market for the best part of



Robin Fleming ... says PNG's foreign exchange problems are related to the structure and flow of exports and imports.

nine months due to the drought. This resulted in lost revenue of \$US300–\$US350 million "which was the equivalent almost of what the backlog of orders is".

"We can't re-cast what happened from an El Nino perspective, but equally you have to put these things into context."

Fleming expects the foreign exchange situation to remain difficult for the next 12 months, but he believes import demand will reduce. It will start to normalise."

According to Fleming, in 2007–2008 the expectation was that PNG would suffer from so-called 'Dutch disease' (a skewing of the economy because of large investment in resources projects). He says it was expected that there would be a surplus of dollars associated with the PNG LNG gas project and the associated revenues.

Instead, the opposite occurred. "As it has transpired, around 2012/2013 we started to see gas prices – or oil prices, which are correlated with gas – start to fall significantly, considerably below what had been projected by all the experts associated with the modelling for PNG LNG."

Fleming says, by 2013/14, most of the foreign exchange inflows that had been associated with

the construction phase had stopped, as was anticipated. He says the foreign exchange flows associated with the production phase have "actually not been as high" as expected.

"(Meanwhile) imports have continued to remain apace at quite a significant level, without businesses necessarily contemplating that there was going to be a tailing off of demand in the country."

"What we have had is a significant build up in the import orders from various business, which haven't perhaps necessarily given due regard for some slowdown in economic activity."

Bakani is reluctant to predict where the kina is headed, saying that it is not the job of central

bank to predict movement in currencies.

The treasurer Patrick Pruaitch, however, has forecast in the Supplementary Budget a drop in the kina this year of 9.1 per cent against the US dollar and 12.6 per cent against the Australian dollar.

Bakani says forecasting is a very risky business. "It can cause a lack of confidence in the economy and the management of the economy if I start to say the kina will continue to depreciate."

Bakani says the trading margin, which is set at 75 basis points above and below the mid-point set by the market, will remain. He says when the Bank of PNG feels "comfortable that the banks are behaving the right way" then the margin will be removed. ■



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Q&A Calum Smith

The recruitment market in PNG has been affected by the economic downturn. *David James* asks the Australasian vice president for international workforce solutions provider Airswift, how the market is changing for employers and workers.

Q: How has the downturn affected remuneration considerations for PNG-based companies?

The market downturn has meant that a number of companies are increasing the ratio of citizens to expats within their senior ranks. This means that PNG citizen talent at management level is under increasing demand. Salaries are being reviewed

upwards as the competition for highly skilled local talent increases.

Across the full workforce, Consumer Price Index increases of over six per cent have meant that the average PNG citizen is more disadvantaged; often, the minimum wage paid within an organisation is not in line with actual cost of living increases.

Q: Have companies changed their



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Calum Smith ... says PNG talent at management level is under increasing demand.



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employment terms when hiring to protect themselves in difficult times?

Some companies have increased the volume of their contingent or contractor workforce to retain flexibility and fluidity. A typical response to reduced revenue is to restructure the workforce to meet minimal capabilities – either through attrition or planned redundancies.

Q: Is there less movement? Are people 'staying put' in jobs until things pick up?

In some instances, this is the case.

Particularly in lower-level positions, where the attrition rate tends to reduce during times of economic uncertainty. These employees are often the safest in continued employment.

The contrast, however, is at the other end of the spectrum, where the push for high-level skilled workers or managers translates into senior managers being more attracted to the increased salaries that are on offer elsewhere. These employees are more likely to relocate (or renegotiate their package) as a result of competition for talent at this level.

Q: What would be your advice to employers looking to bring in expat labour to PNG?

Bringing in an expatriate can be a long, time-consuming and expensive process for any organisation, so it is important to ensure that you hire the right person to fit each of the requirements of the role – not just because they've worked in PNG before, have a certain qualification, or have been with a number of companies.

The cost of a 'bad' hire is exponentially worse, and potentially disastrous for a company that is on a sound trajectory. Ensure the description of the role is prepared to describe – and remunerated to match – what is actually required of the person filling it. Compliance is key when engaging non-citizens. Trying to cut corners with requirements like work permits will ultimately cause delays. Our role is to ensure our client objectives are met whilst maintaining compliance.

Q: What would you advise employees looking for jobs to do to make them attractive in the current circumstances?

Every potential employee needs to consider:

- What they will bring to a particular role;
- How they separate themselves from the pack;
- Whether they possess the right skillsets, knowledge and attitude for the job and the organisation.

In a quieter economic environment, where there are fewer jobs, then naturally more people are applying for each role. Employers and recruiters are often seeking a wider range of attributes in potential employees, or a greater pool of candidates from which to choose. Employer expectations are then raised by their perception of abundant talent within the market.

When a candidate is presenting their CV, they should aim to provide their unique point of difference, and perhaps even customise it to specifically meet the criteria of the role. ■

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Golden opportunity

St Barbara recently announced that gold production from its Simberi Mine in New Ireland rose by 39 per cent in the year to June, exceeding expectations. Managing director Bob Vassie tells *Sarah Byrne* that the company is now looking to explore more in PNG.

Simberi produced 26,935 ounces of gold in the March quarter and 110,286 ounces for the year to June, according to St Barbara. On the back of such solid results, the company is keen to explore further.

Managing director Bob Vassie says he is planning to spend about PGK17 million on exploration in Papua New Guinea in the 2016/2017 financial year.

Oxide ore, at the company's Simberi site, will be mined out in the next few years, which has prompted St Barbara to make a decision on whether to invest in developing the plant to process sulphide ore.

"If we can find additional, nearby sources of oxide or sulphide ore, it could potentially be processed at Simberi and this would add to the economics of the project," Vassie says.

With operations at Simberi making a turnaround back into profitability, and continuing to break quarterly production records, Vassie says the company is keen to explore more ore sources to extend the life of the mine.

"With the mine operating profitably, we can fund that exploration effort and fast track the priority areas," he says.

The company is looking at two locations: Tatau Island, which is about five kilometres

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Bob Vassie ... spending PGK17 million on PNG exploration this financial year.

“

St Barbara hopes to determine whether there are mineable deposits on the Tatau Island.

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south of Simberi, and Big Tabar Island. Until recently, Tatau Island was underexplored as a result of access issues, which have since been resolved through agreements with the local landowners' association.

Tatau Island is also prospective for copper/gold porphyry deposits.

Other companies have explored Tatau, with inconclusive results. St Barbara hopes to determine whether there are mineable deposits on the island, which may be able

to contribute oxide ores to the existing Simberi operation, or sulphide ores to a future sulphide project.

“With only a few years of oxide life left at Simberi, we now need to act promptly to assess Tatau Island's potential,” says Vassie.

Preparatory work is underway, with St Barbara seeking to finalise access arrangements with local landowners. Support facilities for employees working on site will then be developed. It will involve barging supplies and machinery from Simberi, including an excavator and the drill rig.

Vassie says they have been able to do this quickly and have started drilling earlier than originally planned. Once camp has been set up on the island, drilling is expected to take several months at least.

On completion of drilling, the drill core will be sent to Queensland for analysis and interpreted by the company's geologists, Vassie explains. ➤

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Tatau Island's close proximity to Simberi is likely to provide an opportunity for ore to be barged to the Simberi plant if there is sufficient volume and grade.

"We have identified a geophysical anomaly that is associated with a historical copper-gold porphyry target. It certainly warrants drill testing," Vassie says.

Tatau Island's hilly terrain, dense vegetation and high rainfall will challenge any company seeking to develop the area. But Vassie says that Simberi has similar issues and he is confident St Barbara can overcome Tatau Island's difficult landscape.

"However, there is much less infrastructure on Tatau, so it is likely we would have to use Simberi as a base and barge supplies to Tatau," Vassie says.

Close community engagement has been a factor in the success of Simberi, according to Vassie, who says the company must apply these same principles to the communities on Tatau Island.

He says it may take the best part of a year before St Barbara has a good picture of the prospects at Tatau. If mining does subsequently commence on the island, the economic benefits to locals will be significant, as has been experience at Simberi, claims Vassie.

"The contribution to the New Ireland Province and Papua New Guinea as a country would include extended employment and skill development, additional expenditure on goods and services from local suppliers and the relevant taxes and royalties to the government."

Acknowledging that exploring for resources is a relatively slow process, Vassie says at the moment Tatau Island has 'exploration potential'. But it is possible that, in time, if the drilling is successful, it could translate to real value for shareholders. ■



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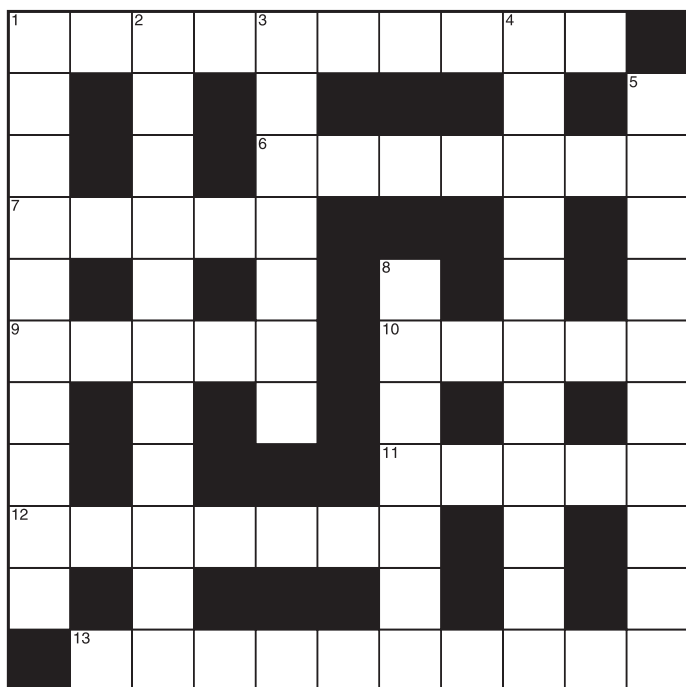
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DoubleTake

Tackle either set of these clues – you can even mix and match them, because the solutions are the same for both sets



CRYPTIC CLUES

ACROSS

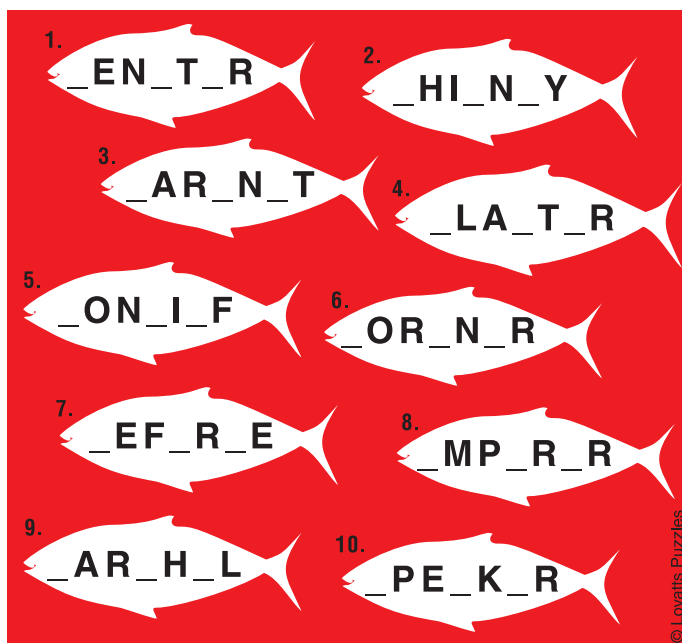
1. Perceive the true nature of these rough changes that are transparent (3-7)
6. Opposed to silver satin creation (7)
7. Regret decapitation of heron (5)
9. Bank where the French kept Eve (5)
10. One is disturbed by sound (5)
11. Remove completely from camera sequence (5)
12. Make beloved hyena mourn a little (7)
13. Typical example of music system category (10)

DOWN

1. Given space, they go round in circles (10)
2. Additional vagrant put right out for being recklessly wasteful (11)
3. Hear about the Scottish shrub (7)
4. How one's inheritance or food, controversially, might be modified? (11)
5. Inside, just one hen gets ancient ring of stones (10)
8. In fur? No, sounds hot as hell (7)

Red Herrings

Fill in the gaps with letters to find the names of eight positions of authority. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have seven letters.



STRAIGHT CLUES

ACROSS

1. Sheer (3-7)
6. Versus (7)
7. Wading bird (5)
9. Flood barrier (5)
10. Commotion (5)
11. Rub out (5)
12. Endear (7)
13. Standardised image (10)

DOWN

1. Orbiting bodies (10)
2. Big-spending (11)
3. Actress, ... Locklear (7)
4. Hereditarily (11)
5. Salisbury Plain prehistoric monument (10)
8. Intense blaze (7)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Where would you find Hanuabada Village?
2. What, or who, is the official mascot for the FIFA Under 20 Women's World Cup soccer tournament in Port Moresby during November?
3. Can you name the Catholic university in Madang?
4. Who are the PNG Barramundis?
5. What type of articles are you likely to find in PNG's *Lily* magazine?
6. What is the name of the famous waterfront promenade in Shanghai, China?
7. If you are served 'nasi goreng' in Indonesia what are you eating?
8. When did Singapore separate from Malaysia? 1938, 1965 or 1988?
9. In which suburb is Sydney Airport in Australia?
10. What is the three-letter airport code for Honiara in the Solomon Islands?
11. Which country has a saffron, white and green flag?
12. Why is the world's most expensive coffee, Kopi Luwak, also called cat poo coffee?
13. Is Vanuatu's economy primarily based on tourism, fishing, oil, or agriculture?
14. If you have Perodua Axia you are suffering from a life-threatening tropical disease transmitted by mosquitoes – true or false?
15. What is the primary staple food of East Timor – corn, sweet potato, rice, or tuna?

Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

8	7				6			
						2	8	4
		5			8			6
6	3		5	4			2	
4		1		7		5		8
	9			8	2		4	3
3			1			4		
1	4	9						
			2				9	1

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S	E	E	T	H	R	O	U	G	H	
A		X		E				E		S
T		T		A	G	A	I	N	S	T
E	G	R	E	T				E		O
L		A		H		I		T		N
L	E	V	E	E		N	O	I	S	E
I		A		R		F		C		H
T		G				E	R	A	S	E
E	N	A	M	O	U	R		L		N
S		N				N		L		G
	S	T	E	R	E	O	T	Y	P	E

8	7	4	3	2	6	9	1	5
9	6	3	7	1	5	2	8	4
2	1	5	4	9	8	3	7	6
6	3	8	5	4	1	7	2	9
4	2	1	9	7	3	5	6	8
5	9	7	6	8	2	1	4	3
3	8	2	1	6	9	4	5	7
1	4	9	8	5	7	6	3	2
7	5	6	2	3	4	8	9	1

The Paradise Quiz

1. It is a coastal village with houses on stilts over the water on the outskirts of Port Moresby. See photo on page 128. 2. A bird of paradise named Susa. 3. The Divine Word University. 4. The country's national cricket team. 5. Fashion and beauty articles. 6. The Bund. 7. Fried rice. 8. 1965. 9. Mascot. 10. HIR. 11. India. 12. It is produced from beans collected from the faeces of the Indonesian civet cat. (Critics say the civets are caged and treated cruelly.) 13. Agriculture. 14. False, it is one of Malaysia's most affordable and popular cars. 15. Corn.

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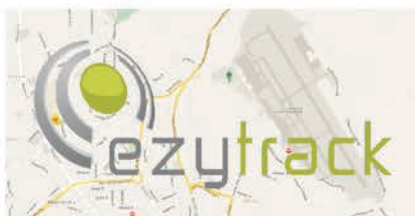


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ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE

Out and about

A quick guide to Papua New Guinea, from catching a taxi to making a phone call.



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID MCKLAND

CLIMATE

With the exception of the Highlands, PNG has a warm tropical climate. The wet season in Port Moresby is from December to April.

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. Although it remains costly, all the Port Moresby hotels listed in this guide provide a fast-speed internet service. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem is available, although download speeds can vary.

Phone: International mobile phone roaming is possible in PNG but it is costly. A cheaper option

is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

It is much cheaper to make international calls from PNG than vice versa.

Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

ELECTRICITY

The current in PNG is 240V AC 50Hz, using Australian-style plugs.

GETTING AROUND

As a general rule in PNG, you need to plan your travel carefully.

Taxis: Recommended firms are Comfort (325 3046) and Scarlet (7220 7000).

Car hire: Deal with one of the international names and ask them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Airport transfers: For arrival/departure in Port Moresby, any of the hotels listed in this guide will provide a complimentary transfer.

Domestic flights: Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and check in) online but make sure you print out a copy of your receipt to show at the check-in counter. Aircraft and helicopter charter services are available for travel to remote locations.

HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation alone can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ATMs are located around Port Moresby, Lae and other urban centres.

SAFETY

While the situation is not as bad as portrayed by some international media, you should always take precautions, especially at night.

TIME ZONE

PNG has a single time zone, 10 hours ahead of UTC/GMT.

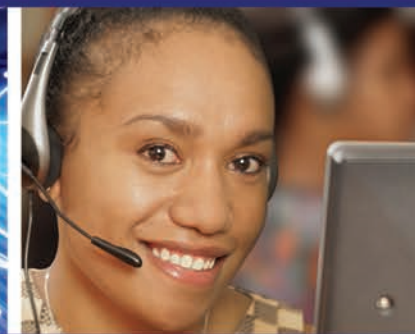
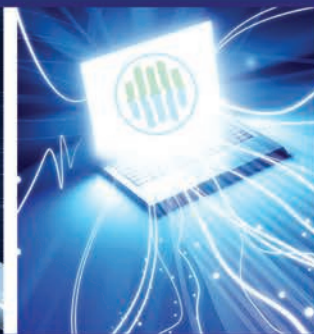
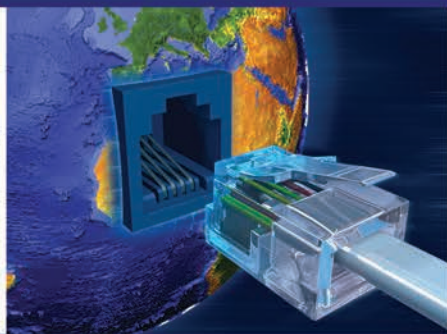
EATING, DRINKING, SOCIALISING IN PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not be ➤





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missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See airways.com.pg.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See aviat.com.pg.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and the best crispy bacon. The servings are generous. It is one of the few cafes in town that opens early; you can grab your first cuppa from 6.45am. Located under the residential buildings on the new Harbour City development, down behind the ANZ and BSP bank. See facebook.com/CafeOnTheEdge.

Crowne Plaza Hotel: There are multiple eating options at Crowne. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch



Water views ... Hanuabada Village on the outskirts of Port Moresby has overwater stilt houses.

and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant, where the steaks and garlic prawns are impressive. Old-fashioned crepes Suzette makes an appearance here, too, and is cooked at your table.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes several courses, so come with an empty stomach. See ourportmoresby.co/things-to-do/archives/daikoku.

Duffy Cafe, Gabaka Street:

This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See facebook.com/duffypng.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sunday mornings. See ourportmoresby.co/things-to-do/archives/dynasty.

Fusion: This is one of the newer restaurants in the city and always seems to be doing great business.

It's Asian with a fusion of flavours from China, Thailand and Vietnam. Takeaway available.

Grand Papuan Brasserie:

The funky Grand Papua Hotel bar serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. See grandpapuahotel.com.pg.

Lamana Hotel: You're spoilt for choice here with three restaurants (Spices, The Italian, and Rio's at the Temple), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Royal Papua Yacht Club:

Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. If it's too busy, try the Aviat Club in nearby Konedobu. See rpyc.com.pg.

Seoul House: This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Seoul House is tucked away in a garden oasis compound in Five Mile. Tel +675 325 2231. ➤

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Tasty Bites: An Indian restaurant tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book. Tel +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See ourportmoresby.co/things-to-do/archives/dynasty.

HOTELS

Airways Hotel: Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

Crowne Plaza: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving café and Mediterranean restaurant. Tel +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CDB, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See coralseahotels.com.pg.

Gateway Hotel: Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See coralseahotels.com.pg.

Grand Papua: This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. Centrally located. See grandpapaahotel.com.pg. Tel. +675 304 0000.

Holiday Inn: Located in the government district of Waigani. Large grounds with walking track, in a tropical garden setting. Outdoor restaurant dining and bar area, business centre and gym. Recently expanded to include a three-star Holiday Inn Express hotel. See ing.com. Tel +675 303 2000.

Laguna Hotel: The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See lagunahotelpng.com. Tel +675 323 9333.

Lamana Hotel: In Waigani, the hotel has 24-hour free airport



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See lamanahotel.com.pg. Tel +675 323 2333.

Stanley Hotel and Suites: Port Moresby's newest hotel (opened in July, 2016) is a luxurious 429-

room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.



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EATING, DRINKING, SOCIALISING IN LAE

Bunga Raya Restaurant:

A local favourite, serving Malaysian-style Chinese. Located next door to the Lae Golf Club. Make sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177

Chigi's Cafe: A delightful place inside the temporary Brian Bell store near the Lae main markets. Serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

Golden Aviat: A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner and yum cha on Sundays. Tel. +675 472 0486.

Huon Club: A private members' club, offering air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel connection to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae International Hotel: Home to three restaurants – Luluai's Italian Pizza, Vanda, and Kokomo, which all serve an array of international and Western cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is also a good place for a nightcap, or two. See laeinterhotel.com. Tel. +675 472 7000.

Lae Golf Club: Whether it's after a challenging round of golf or just an excuse to catch up with friends, the club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing

lunch. Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See laeyachtclub.com. Tel. +675 472 4091.

Mountain View Restaurant:

One of Lae's newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, make sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

HOTELS

Crossroads Hotel: A 45-room facility at 9 Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, WiFi and complimentary transport transfers both to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

Lae City Hotel: One of the newest hotels in town, offering a 24-hour concierge service. Located in the main Top Town area, it also has an excellent cafe and restaurant with western and Asian cuisine. See laecityhotel.com. Tel: +675 472 0138.

Lae International: The city's premier hotel has recently renovated rooms, full bar service, conference and banquet halls, a gym and pool. See laeinterhotel.com. Tel: +675 472 2000.

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. Just a few minutes from the centre of town, the inn also has conference facilities and a small restaurant serving western and Indian cuisine. Tel. +675 479 0411.

Melanesian Hotel: An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is available on site, as well as a contemporary restaurant offering everything from pizza and steak to Asian and roast buffets. See coralseahotels.com.pg. Tel. +675 472 3744.

For general information about Lae, see lcci.org.pg and rainylae.com.

FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can now connect to free

Wi-Fi. The National Airports Corporation (NAC) announced the development earlier this year.

To connect, users need to present a boarding pass and ID, or passport, at the NAC information desk in the departure lounge where they will receive a username and password.

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com


PNG Tourism Promotion Authority, papunewguinea.travel

Port Moresby Chamber of Commerce and Industry, www.pomcci.com ■


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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

Papua New Guinea has more than 800 languages, but the three official languages are Tok Pisin, English and Motu. Here, we outline some Tok Pisin, which is the largest *lingua franca* of PNG.

- *Where do I find a taxi?*
Bai mi painim taxi long wea?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap wea?

- *How much is this?*
Dispela em haumas?
- *Thank you very much.*
Tenkyu tumas.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi senisim moni bilong mi?

- *One beer, please.*
Wanpela bia plis.
- *Why? Long wanem?*
- *How many children do you have?* **Yu gat haumas pikinini?**
- *Where are you from?*
Yu bilong wanem hap?
- *I don't know.* **Mi no save.**
- *What do you want?*
Yu laikim wanem samting?

- *Restaurant*
Ples bilong kai kai
- *Goodbye* **Gudbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

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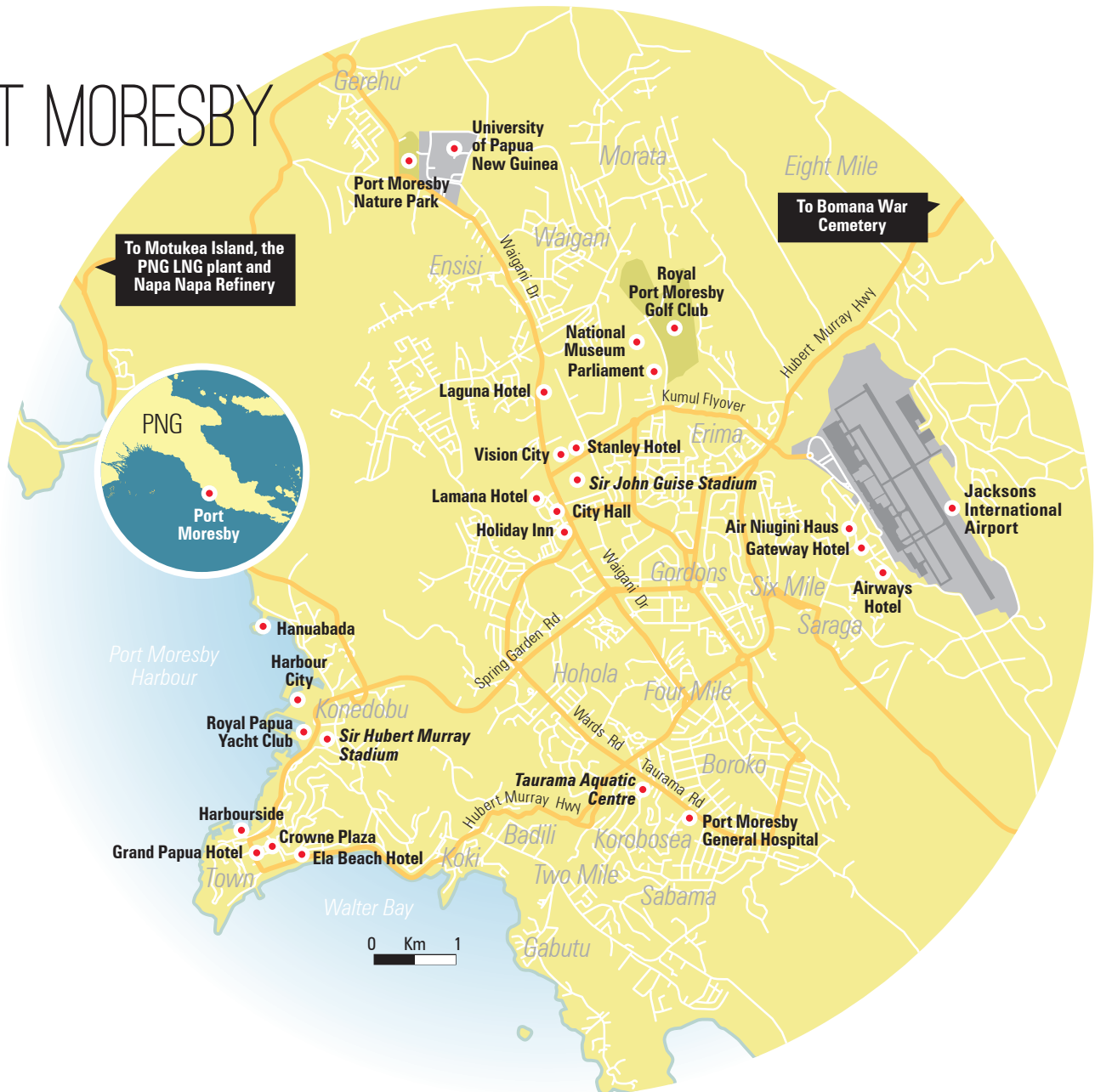
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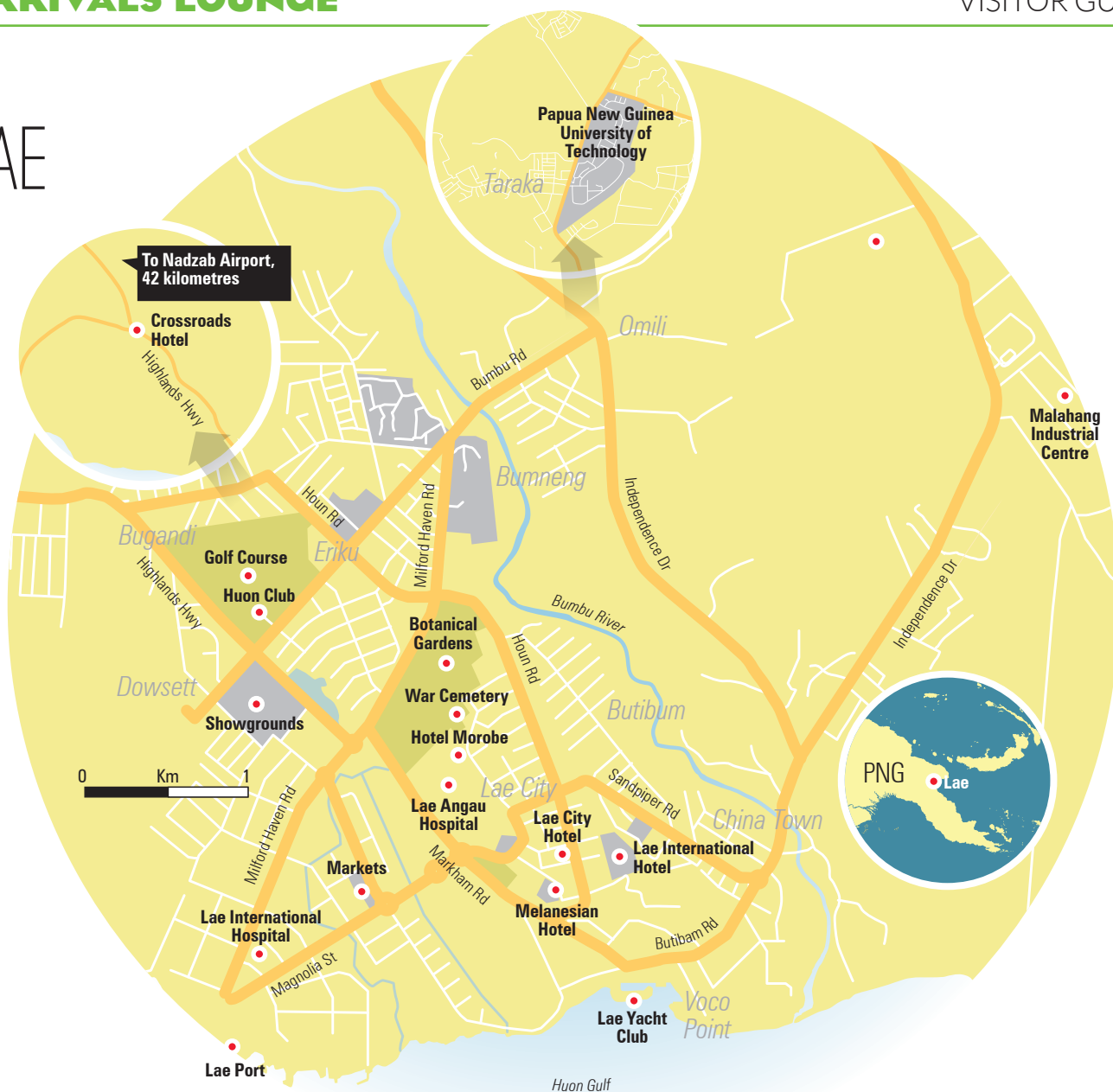
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Hand luggage

Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

Takeoff and landing

Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

Safety first

Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt fastened securely in case of unexpected turbulence.

Electronic equipment

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seat belt sign is switched off.

Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

Cuisine

Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

Immigration and Customs Forms

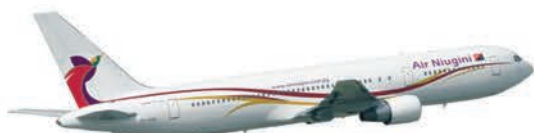
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph

Power plant: 2 x PW4000
Normal altitude: 11000 - 12000m
Standard seating capacity: 214
Number of aircraft in fleet: 2



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph

Power plant: 2 x CFM56 - 7B26
Normal altitude: 11300m
Standard seating capacity: 158
Number of aircraft in fleet: 2



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph

Power plant: 2 x CFM56 - 7B22
Normal altitude: 11300m
Standard seating capacity: 122
Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m
Wing span: 28.076m
Range: 3000km
Cruising speed: 780kph

Power plant: 2 x Rolls Royce Tay 650
Normal altitude: 11000m
Standard seating capacity: 98
Number of aircraft in fleet: 7



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph

Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines
Normal altitude: 11000m
Standard seating capacity: 80
Number of aircraft in fleet: 1



DASH 8-Q400 NextGen - Bombardier

Length: 32.8m
Wing span: 28.4m
Range: 3000km
Cruising speed: 670kph

Power plant: 2 x Pratt & Whitney PW150 A
Normal altitude: 7500m
Standard seating capacity: 74
Number of aircraft in fleet: 6



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation/Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- ✦ Former or current malignant disease
- ✦ Blood disorders leading to increased clotting tendency
- ✦ Personal or family history of DVT
- ✦ Immobilisation for a day or more

- ✦ Increasing age above 40 years
- ✦ Pregnancy
- ✦ Recent major surgery or injury, especially to lower limbs or abdomen
- ✦ Oestrogen hormone therapy, including oral contraceptives
- ✦ Dehydration
- ✦ Heart failure
- ✦ Trauma
- ✦ Varicose veins
- ✦ Obesity
- ✦ Tobacco smoking

Recommendations

- ✦ If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- ✦ Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- ✦ Get a good night's rest before your flight.
- ✦ Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- ✦ Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- ◆ Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- ◆ On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- ◆ Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed. Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity/Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- ◆ Drink water or juices frequently during the flight
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.
- ◆ Remove contact lenses and wear glasses if your eyes are irritated.
- ◆ Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

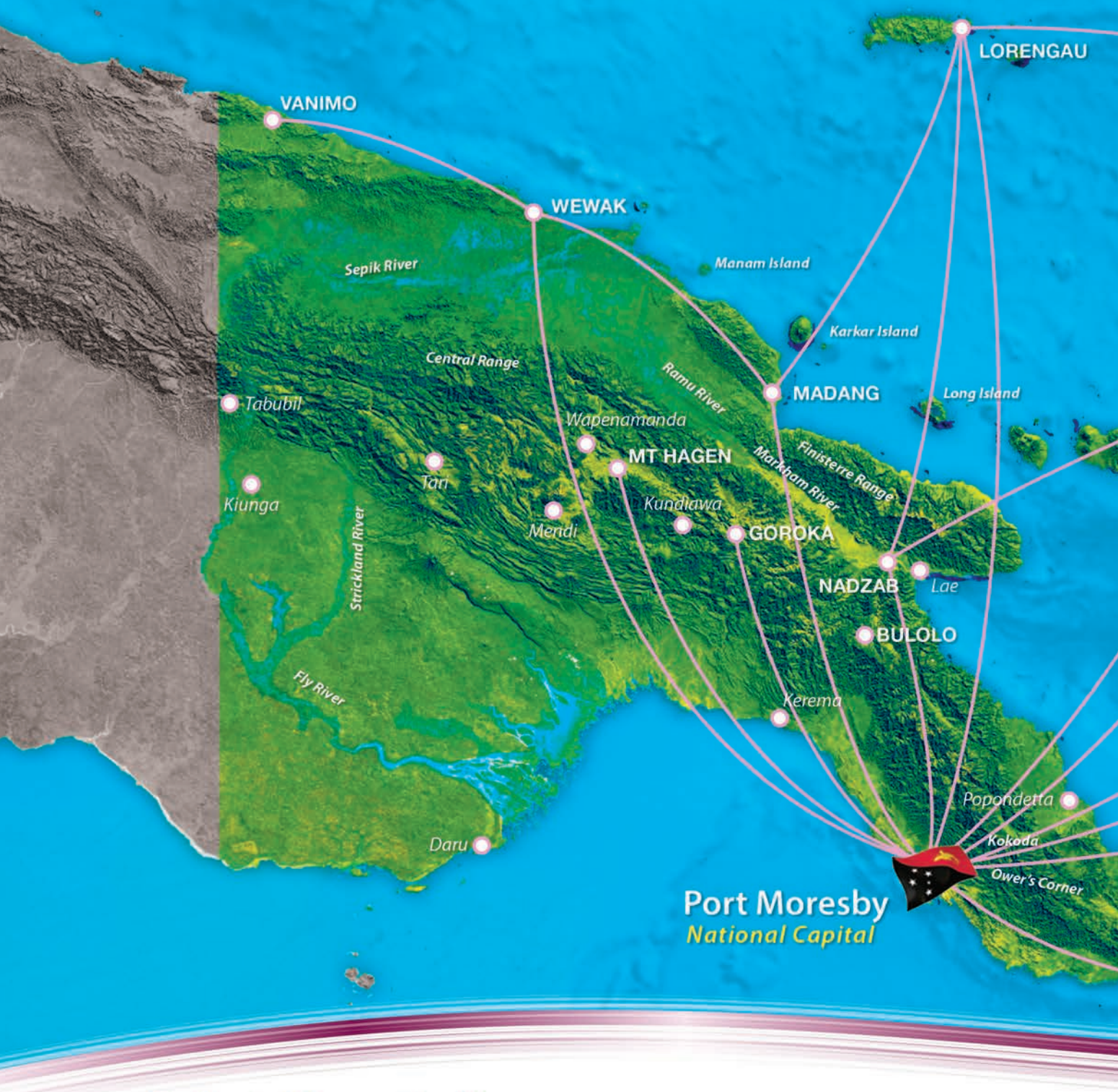
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- ◆ When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

Recommendations

- ◆ When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- ◆ You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



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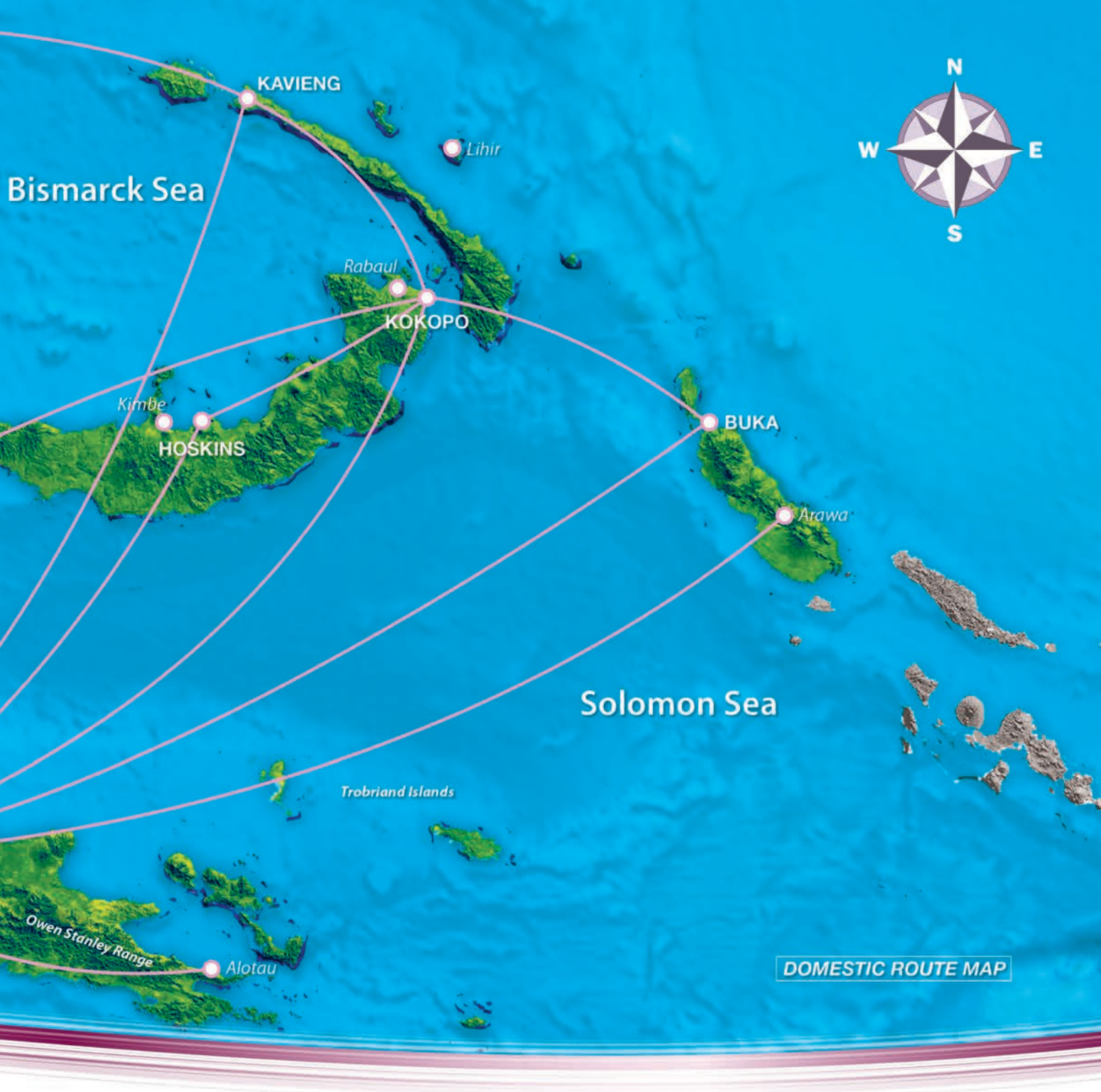
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Email: airniugini@flightdirectors.com

Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



ANKLE CIRCLES

Lift feet off the floor: Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



ARM CURL

Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.



KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.



NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.



FOOT PUMPS

Foot motion is in three stages.
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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