

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 5 SEPTEMBER - OCTOBER 2015

PARADISE



EYE CONTACT

David Kirkland's new photo book showcases the many faces of PNG

SKIN DEEP

The extraordinary ritual of crocodile scarring

CITY GUIDE

Everything you need to know about Sydney

PLUS:

PNG CULTURE, BOOKS, MOVIES, GADGETS

THE NATION CELEBRATES



**YEARS OF
INDEPENDENCE**
13-PAGE SPECIAL

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BSP Board, Management and Staff congratulate Papua New Guinea on the 40th Anniversary of Independence.

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Tonga:	2 Branches, 28 Agents, 250 EFTPoS, 8 ATMs
Cook Islands:	1 Branch, 1 Agent, 330 EFTPoS, 9 ATMs

IN PARADISE

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LIVING
LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



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Cover photo: A girl from Bougainville featured in the new photo book, Papua New Guinea: The Last Great Frontier. (See story, page 100). Picture: David Kirkland



PARADISE



*Paradise is the complimentary in-flight magazine of Air Niugini, Papua New Guinea's international airline.
Business Advantage International publishes it six times a year.*

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Printed in Australia. Both printer and paper manufacturer for this publication are accredited to ISO14001, the internationally recognised standard for environmental management. This publication is printed using vegetable inks and the stock is elemental chlorine free and manufactured using sustainable forestry practices.

Some of the articles in this publication are edited versions of those first published on the online PNG business magazine, businessadvantagepng.com.

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Message from the Chairman

Welcome aboard



The board, management and staff of Air Niugini join with me in congratulating Papua New Guinea as we celebrate its 40th anniversary of Independence.

Air Niugini was established in 1973, almost two years before PNG became a nation on September 16, 1975.

Just as all the people of PNG are justified in being proud of our nation's achievements over the past 40 years, we at Air Niugini are proud of our contribution to the nation's growth as

the leading air transport operator, serving PNG with domestic and international air services.

Air Niugini had humble beginnings – starting with a fleet of ageing DC3s and Fokker 27s servicing the main domestic routes. Expansion was rapid, with international services to Brisbane and Cairns commencing in 1975.

Within a year, the first domestic jet services became available, and expansion of domestic and international services followed, including the first services to Asia: Manila, Hong Kong and Kagoshima.

By 1980, the shareholding held by Australian airlines Qantas, TAA and Ansett had been acquired by the National Government, making Air Niugini a truly national airline in ownership as well as operations.

One of the most significant developments in Air Niugini's history was the establishment in November, 2014, of Link PNG – a wholly owned subsidiary of Air Niugini tasked with providing affordable and regular services to remote and smaller centres across the nation.

Just as the nation looks to the challenges and opportunities that lie ahead, so is Air Niugini. Our priority will remain the provision of safe, affordable and reliable air services. The frequency of domestic services to major centres will increase as the faster and more efficient Fokker 70 aircraft are introduced to service major domestic and regional centres.

Air Niugini is also embarking on a program to make Port Moresby the regional hub for international passengers travelling between the Pacific islands and Asia – serviced by Air Niugini and our regional partner airlines.

The recently completed redevelopment of Jacksons International Airport by the National Government will enable the most customer-friendly arrival and departure facilities in our region. The economic benefits of a regional hub will be shared widely in the business community, and will provide a boost for tourism within PNG.

To further strengthen the capacity of Air Niugini to meet the challenges ahead, the airline is undertaking a major fleet replacement and upgrade over the next few years. Faster jet aircraft are being introduced on domestic, regional and international routes.

The Air Niugini success story would not have been achieved without three key factors.

The first is the commitment of our employees – management, flight crew and ground service staff across our vast network. We are proud of the airline's record in localisation at all levels, including our captains and first officers, and in training employees at all levels. We remain one of the leading providers of employee training in PNG.

The second is the support the airline has received from its shareholder – the National Government. Since 1980, the National Government has been the sole shareholder and has been unqualified in supporting the airline's growth, including helping to meet capital requirements driven by the need to expand and modernise the fleet.

The third has been the loyalty of the airline's customers – the travelling public, and our commercial clients. Air Niugini is proud of its record of service, reliability and safety. Our passengers and commercial clients have repaid our record with loyalty, even in tough economic times.

Air Niugini is a significant part of nation building in the PNG success story since Independence.

We are proud to serve the nation in the vital area of air transport.

As we join in celebrating four decades of national growth and unity, Air Niugini is committed to being just as effective a partner in the life and growth of the nation as it has been since its inception.

Happy 40th anniversary, Papua New Guinea.

A handwritten signature in dark ink, likely belonging to Sir Frederick Reiher.

Sir Frederick Reiher, KCMG, KBE
Chairman, Air Niugini Limited



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- > We've driven our Financial Literacy programme MoneyMinded to the community since 2010

Air Niugini pressing ahead in Pacific

Air Niugini has embarked on a program to enhance its role as a leader in aviation in the Pacific.

The airline's chairman, Sir Frederick Reiher, recently told the annual meeting of the Association of South Pacific Airlines (ASPA) that the airline wants to take advantage



A very PNG welcome ... delegates at the Association of South Pacific Airlines conference receive a traditional greeting in Kokopo.

of PNG's strategic regional location and to develop Port Moresby's Jacksons International Airport as the gateway to connect the Pacific region to Asia and the wider world.

"The multi-million kina redevelopment of Jacksons Airport will ensure travellers to Papua New Guinea, and transiting passengers, enjoy a vastly improved customer experience as they arrive, depart and transit, through Port Moresby to domestic and international destinations," he said at the conference in Kokopo, East New Britain.

He said Air Niugini has also started weekly flights to Port Vila as a result of a code-share agreement between Air Niugini, Air Vanuatu and Solomon Airlines.

"Air Niugini is keen to explore areas of further co-operation within the ASPA membership for code sharing arrangements, working together to achieve greater harmony in tourism and travel in our region," he said.

Sir Fred said Air Niugini had also increased services from two to three a week to Hong Kong, opening up more connections to China and north Asia.

"The IATA (International Air Transport Association) regional outlook forecasts that the Asia-Pacific region, including China, will represent one third of the global passengers by next year. The emerging markets of the Asia-Pacific region will see stronger passenger growth than regions including Latin America and the Middle East will achieve.

"There can be no question we are well placed to benefit from this extraordinary growth."

In another development, Sir Fred said Air Niugini is undertaking the largest re-fleeting program in the airline's 41-year history.

"The Fokker 70s we are introducing have compatibility with the Fokker 100s already well established in our fleet. They will progressively replace the Dash 8 Q400 turbo prop aircraft on our main Air Niugini routes.

"When fully implemented, Air Niugini will have an all-jet fleet of Fokker 70 and 100 aircraft, which can be operated by one set of pilots, and maintained by one set of engineers with the same set of spare parts and common service arrangements," he said. ■

Top job for airline chief

Air Niugini chief executive officer, Simon Foo, has been appointed chairman of the Association of South Pacific Airlines (ASPA).

He takes over from Air Caledonia's chief executive officer, Didier Taperro from New Caledonia, who was chairman for six years.

Mr Foo is not new to ASPA. He was involved in the initial discussions with Pacific

island airline executives to create ASPA in Suva, Fiji, in 1979. ASPA is comprised of CEOs, managing directors and senior representatives from South Pacific airlines.

Mr Foo said: "I am honored to be elected to lead ASPA for the next 12 months as chairman. I will try my best to continue the excellent work performed by my predecessors over the 30 years or so." ■



Sealed with a handshake ... the new chairman of the Association of South Pacific Airlines, Simon Foo (left), is congratulated by the association's secretary general, George Faktaufon.



All-female crew takes flight

An all-female crew has, for the first time, taken a flight for Air Niugini subsidiary company Link PNG.

A crew of five – comprising captain Beverly Pakii, first officer Nicole Koleala and cabin attendants Julie Tamdodo, Ulato Avei and Veapi Ranu – departed Port Moresby's Jacksons airport on a return flight to Tabubil on May 29.

The flight (PX900/901) was a first for Link PNG, although mother company, Air Niugini, had similar all-female flight four years ago under the command of Captain Bona Yasi. The Air Niugini flight may have been the first for the country, if not the region.

Link PNG chief executive officer, Daniel Wanma, says it's a milestone achievement for the women of PNG.

"Working in a male-dominated profession, it is certainly exciting to find an all-female crew serving our customers and providing the same high-quality standards as dictated by the company."

On board PX900/901 was Air Niugini cabin standards trainer Elizabeth Talum. "I am truly proud having to conduct an observation on this all-girl flight," she said.

Captain Pakii, 29, broke another record early this year, when she became a first young Papua New Guinean female pilot to have achieved her command on a Dash 8 aircraft under Air Niugini's pilot cadet program.

Captain Pakii and first officer Koleala have a strong link with Air Niugini. Their fathers – Ted Pakii and Nat Koleala – were former pilots for the airline who flew Fokkers in the 1990s. ■



Women of the air ... (from left) Julie Tamdodo, Nicole Koleala, Beverly Pakii, Ulato Avei, Veapi Ranu and Elizabeth Talum.



Four decades in the air

Air Niugini's growth as the national carrier has gone hand-in-hand with Papua New Guinea's emergence as a nation since Independence in 1975.

Although the airline took the skies a short time prior to Independence, its milestones have coincided with the growth of the country.

Here are some of the key events in Air Niugini's evolution.

1973 – Air Niugini's first flight is PX100 Port Moresby-Lae-Rabaul-Kieta. Airline operates a fleet of 12 DC-3s and Fokker 27s in its first year.

1975 – Air Niugini is the first overseas airline to fly into Cairns when F27 services added. Also starts flights to Brisbane with a leased B727 aircraft

1976 – Domestic jet services start with arrival of first Fokker 28. B707s replace the B727s on international routes to Manila, Brisbane and Sydney. Hong Kong and Kagoshima routes added to the airline's network. Government buys out Qantas and TAA shares.

1977 – Last of the DC-3 aircraft retire. The airline opens a new head office building Air Niugini Haus.

1979 – Adds services to Singapore and opens sales offices in Australia, Europe and the US.

1980 – Government buys out remaining Ansett shares, to make Air Niugini 100 per cent Government owned.

1981 – Tripartite joint service added for Hong Kong-Port Moresby-Auckland, with Cathay Pacific and Air New Zealand. Arrival of Dash-7 aircraft allows route expansion to airports with shorter runways.

1984 – First wide-body aircraft arrives, an Airbus A300 leased from TAA.

1986 – Pilot cadet scheme launched, for training of Papua New Guineans.

1989 – First A310 aircraft arrives (and a second in 1990/1).

1990s – Difficult times caused by the Bougainville crisis in 1990, and the Rabaul volcano in 1994.

1992 – Reservations system upgraded by changing from Qantam to SITA.

1997 – Dash-7s replaced by newer and faster Dash-8s.

2002 – First Boeing 767 leased from Air New Zealand. Launch of codeshare services with Qantas on the Brisbane and Sydney routes.

2004 – First of the F100s arrive to replace the Fokker 28s.

2010 – Destinations Loyalty program launched. First of six Q400s arrive for domestic expansion.

2011 – First of three Boeing 737s arrive.

2013 – The National Government starts talks on privatisation of the airline. (In 2015, the process of a managed sale is underway to superannuation and similar funds to ensure the airline remains 100 per cent PNG owned, but not 100 per cent government owned.)

2014 – Formation of Link PNG, a wholly owned subsidiary to operate routes which are too small for Air Niugini to operate with larger aircraft. Services reopened to mainland Bougainville (Kieta).

2015 – First Fokker 70 arrives in June, to commence replacement of the Q400 fleet. Services launched to Vanuatu. Hosting of the Pacific Games in PNG – Air Niugini is a major sponsor and official carrier. ■

See our 13-page Independence feature starting on page 76.

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Paradise Q&A: Wylda Bayron

This Puerto Rican photographer travelled to PNG as a tourist and ended up staying on assignment for 18 months, chronicling the traditional dress from all 22 provinces.

Q: Why is Papua New Guinea so attractive to you as a photographer?

A: There are over 850 tribes, each with distinctive traditional dress and a variety of landscapes to match. Every culture in PNG has a unique backdrop to set the stage for great photographs.

Q: Tell us about your trip to PNG and what you set out to achieve.

A: I went there as a tourist (below) for two months. My battery charger died while I was



in the Sepik, a week before the Mount Hagen Show. I set out to replace it and met a British man who was married to a Motu woman.

They took me in as family and encouraged me to stay and to start a photographic cultural preservation project. My goal was to photograph at least one example of the traditional dress of each of the 22 provinces.

It took a year and half to accomplish this. I stayed in villages, people's homes; no hotel rooms. I learned Pidgin so I could communicate my mission.

I wanted to leave behind a document in which Papua New Guineans could see themselves and their magnificent diversity. I'm looking for a publisher to share the photographs and stories in a book.

Q: What's your favourite photo from the trip?

A: One that I like is of a young boy from Simbai (above). He is the brother of one of the men who had just been initiated and he

is wearing a beautiful yet simple headdress, orchid necklaces and has a very powerful look in his eyes. I love how much strength the kids carry inside them in PNG.

Q: Where else has photography taken you?

A: I've taken photos on every continent, except Antarctica. My focus has been Asia because there's still a good amount of tribal culture in remote areas. I admire human ingenuity and I find cultures that live off the grid and retain their cultural identity an informative example of how we all evolved.

Q: Who do you shoot for?

A: I shoot for myself. My dream job would be to shoot for *National Geographic*.

Q: Where to next?

A: I'm aiming to go to the Amazon and do a comparative study of the way that the tribes there use their environment to dress and adorn themselves. It will be interesting to compare to PNG. ■



Chocolate boost for Bougainville

New Zealand artisan chocolate makers Gabe Davidson and Rochelle Harrison have started a campaign to help revive the cocoa industry in Bougainville.

The co-owners of the Wellington Chocolate Factory have promised to upgrade a 40-hectare cocoa plantation, operated by local grower James Rutana, and to purchase one tonne of beans from him.

They will ship the beans from Bougainville to Wellington on a traditional double-hulled ocean-voyaging canoe, called the *Uto ni Yaho*, and will produce 12,000 special Bougainville Bars.

The campaign has been funded through Kickstarter, a global crowd-funding site where people pledge money to start projects.

More than \$NZ36,000 was raised for the cocoa venture. In return, each donor will receive a Bougainville chocolate bar, sent to wherever they live in the world.

Davidson says he hopes the project will lead to a sustainable cocoa industry in Bougainville.

The Uto ni Yaho Trust has partnered with the chocolate makers by providing the ocean-voyaging canoe for the journey. The Fijian trust is dedicated to reviving sustainable sea transportation by rejuvenating and sustaining traditional canoe building, sailing and navigation skills.

"The canoe provides an awesome opportunity to promote a low-carbon, lower-cost option for shipping in the Pacific," Davidson says. ■



On location ... chocolate maker Gabe Davidson in Bougainville (main); the ocean-voyaging canoe; from raw product to delicious chocolate.



PICTURE: DAVE BULLER

FLEXING SOME MUSCLE

Champion Papua New Guinean sprinter Toea Wisil (above) delighted crowds at the Pacific Games in Port Moresby in July when she swept to gold medals in the 100, 200 and 400-metre events. The Games have been hailed a huge success, with PNG finishing at the top of the medal tally. PNG won 88 gold, 66 silver and 60 bronze to edge out New Caledonia and Tahiti in the overall medal standings. The president of the Pacific Games Council, Vidhya Laxhan, proclaimed the Games as outstanding. "They surpassed all expectations," he said at the closing ceremony. To see the top 10 medal tally and photos from the Games, turn to page 108. ■

NUMBER CRUNCH

380,870 tourists visited the Pacific region during the first quarter of 2015, a 7 per cent increase on last year. Fiji (143,447), Palau (48,647) and PNG (42,678) recorded the highest number of arrivals. Palau increased by a whopping 72.7 per cent, attributed to direct flights from mainland China.



PNG waves the flag in New York

Following on from a tourism campaign last year that involved Papua New Guinean tribesmen walking through the streets of New York in traditional dress, the Big Apple has just had another dose of PNG – this time at the revered Explorers' Club.

A panel of photographers, artists, filmmakers and adventurers (pictured) shared their stories about PNG and discussed how the country has grown.

The event at the club, which has served as a meeting place for explorers and scientists since 1904, also showcased rare black-and-white photographs of PNG, never before seen in the US.

The panellists included John Fairfull, a Canadian artist who spent four years as a boat captain in PNG. He became so connected to the culture that he was initiated into a tribe. Others included Michele Westmorland, an award-winning marine photographer and a member



of the Women Divers Hall of Fame, and Mary Jane Murray, a tour guide who has opened and managed lodges in PNG's most remote regions.

The event also included an interactive iPad display, which showcased the 'Humans of Papua New Guinea' project – a social media movement that highlights unique stories of local people from around the country. Founded by

Nixon and Victoria Piakal, their Facebook page (facebook.com/humansofpapuanewguinea) has grown to 16,000 likes in a little over a year.

The PNG Tourism Promotion Authority in North America arranged the event to showcase and promote the country as a travel destination. ■

PACIFIC ISLANDS MUSIC

Papua New Guinean musician Dane-Michael Starwood has released a new album, *Maiki Kira Kira*. The guitarist describes it as the music of the Pacific Islands.

He says radio stations, including Lalokau FM in Port Moresby (89.1), have started playing his new tracks.

Starwood is based in Australia now, but his background as a musician goes back a long way in PNG.

"PNG is where it all started for me," he says. "I still remember playing guitar in church as a kid in Port Moresby and then leaving for the Highlands and playing in lots of great bands."

Since living in Australia he has completed a bachelor of applied music, specialising in music composition.

To hear a taste of Starwood, listen in at the new album's website maikikirakira.com.

Made in PNG

A shop specialising in Papua New Guinean merchandise has opened in the departure area at the revamped Jacksons International Airport.

The shop, A Little Something from PNG, sells PNG made, produced and themed items ranging from Blue Mountain Coffee, grown in the Highlands, to hand-made carvings, chocolate from Bougainville and David Kirkland's new photo book about PNG (see story on page 100).

A Little Something from PNG is part of the CMH group. Director Grace Chin says: "We are very proud to represent PNG with our



retail shop, we have many travellers wanting to take photos with all the beautiful images and artefacts featured throughout. We want visitors to leave the country with a positive perception of PNG and even take a piece of PNG with them." ■

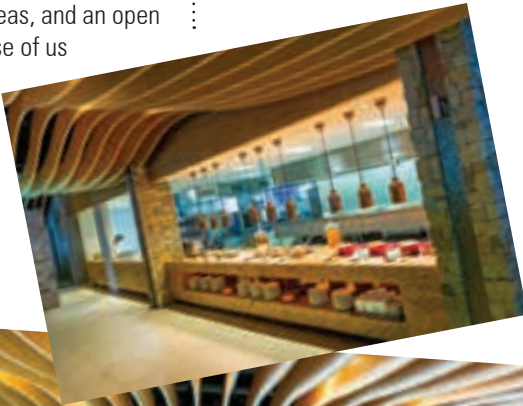


Airways revamp

The Vue Restaurant and poolside bar at Airways Hotel have recently received an upgrade that befits Port Moresby's top hotel.

Vue has long been famous for its views, but the upgrade has delivered new buffet and cold server areas, and an open kitchen for those of us who love to watch chefs in action.

Meanwhile, the poolside bar – a popular meeting place in the evening and at weekends – has been remodelled and expanded, with a counter that is a bartender's dream with new plush seating and a remarkable wave ceiling. ■



Walindi dive boat voted the best

Walindi Plantation Resort's *MV FeBrina* has, for the second time, received the top gong in an Australian magazine readers' survey for the best overseas liveaboard dive experience.

Readers of the monthly *Dive Log* nominated 43 boats, with *MV FeBrina* edging out *Palau Siren* and *Fiji Siren* for the award.

Dive Log editor Barry Andrewartha says dive quality is important in picking the winner. "But it is the crew and the staff that make the ultimate




contribution to who is the best."


Some of the *MV FeBrina* crew pictured here (from left) are hostess Jane Giru, boat manager and dive master Josie Wai Wai, engineer Levo Arioka and dive-deck crewman Lucas Meta.

The 22-metre *MV FeBrina* is based at Walindi Plantation Resort in Kimbe Bay, West New Britain.

The vessel takes 12 passengers in seven air-conditioned cabins. Dive trips range from 8 to 11 nights and cover several regions around New Britain Island.

See walindifebrina.com. ■



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Vanuatu bounces back

Vanuatu is back in business and has returned to normal since severe tropical Cyclone Pam wreaked havoc on the Pacific archipelago on March 13.

That's the message from the general manager of the Vanuatu Tourism Office, Linda Kalpoi. Speaking to *Paradise*, she recently urged tourists to return.

"We have recovered from Pam. Most of our accommodation is up and running, and all of our tour operators are back.

"It has been a very fast recovery, faster than expected, and a lot of the resorts have been rebuilt and are better than before."

Kalpoi says Vanuatu's key tourist attractions include Mount Yasur, the active volcano on Tanna Island, where daring tourists can trek



up to the rim; as well as waterfalls, visits to traditional villages, diving and the clear water of the country's blue holes (pictured).

The blue holes are formed by spring-fed fresh water rising out of limestone and are surrounded by lush rainforest. Some include facilities for day-trippers, such as water slides, rope swings and picnic areas.

Kalpoi says the land diving at Pentecost Island is also a big attraction, as well as the Millennium Cave. The cave adventure involves trekking and swimming.

Air Niugini flies from Port Moresby to Port Vila every Wednesday.

For more information about Vanuatu, see vanuatu.travel. ■

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SYDNEY DELIVERS THE GOODS



An artist's impression of Sydney's new Goods Line, which is flanked by trees, seating areas and playgrounds.

Shortly, another novelty will be opened: a long-disused railway line will become a new pedestrian and bicycle link between Central Station and Darling Harbour.

Inspired by New York's High Line, the half-kilometre Goods Line runs four metres above street level and provides pedestrians with a vehicle-free walk through one of the busiest parts of Sydney.

The formerly neglected industrial space and its rusting rail lines are now flanked by lawns, trees, seating areas and playgrounds.

Air Niugini flies from Port Moresby to Sydney twice weekly. For our City Guide to Sydney, see page 56. ■

— BRIAN JOHNSTON

A major revamp of Sydney's Ultimo and Chippendale areas is transforming the 'wrong end' of town into the place to head for art, design and fresh urban ideas. Spectacular

new buildings by some of the world's leading architects have been completed, including One Central Park (Jean Nouvel), UTS Business School (Frank Gehry) and a commercial precinct by Norman Foster.



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TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD



PICTURE: JOEL COLEMAN / SALTMOTION GALLERY



SKIN DEEP

“

The scars and the patterns they form are evocative of a crocodile's scales and cover each man's chest, lower torso and back.

”

Shoulder to shoulder ... a tribesman named 'Timi' (you can see his name carved on his back) proudly displays his crocodile scarification (this page and next); a boy with his young captive that will be reared until it is big enough to harvest for skin and meat.

In the second instalment of his travels to the Sepik River region, photographer *Chris McLennan* meets the PNG tribespeople who pay homage to the crocodile in a most painful way.

In a country recognised as one of the world's least explored (both culturally and geographically), it is no surprise to discover ancient cultural customs. For the people of Papua New Guinea – which claims over 800 languages among its seven million inhabitants – it is with a strong sense of pride that they remain true to their very diverse, yet powerful heritage.

Nowhere is this more evident than among the tribes in the Blackwater Lakes region, along the Sepik River.

Famed for their “crocodile cutting”, the tribespeople practise

an incredibly bloody but intricate form of body scarification that marks their rite of passage to adulthood.

Held every four or five years, the ritual involves boys as young as 12 through to men in their mid-30s. This disparity in ages is caused by the cost of the ritual, with families having to save for many years to afford it.

Prior to the cutting, the young men remain in isolation inside the local spirit house for up to three months, where they are taught the skills and lessons that will enable them to become strong men and leaders in their tribe. ➤



Skin deep

“

Prior to the cutting, the young men remain in isolation inside the local spirit house where they are taught skills to become leaders in their tribe.

”

The cutting is usually performed by an uncle on the mother's side. It is a detailed and painful process and the initiates are known to chew on a narcotic-type leaf that offers some pain relief.

The wounds are then carefully managed during the healing process to ensure development of the raised scars.

The results are stunning.

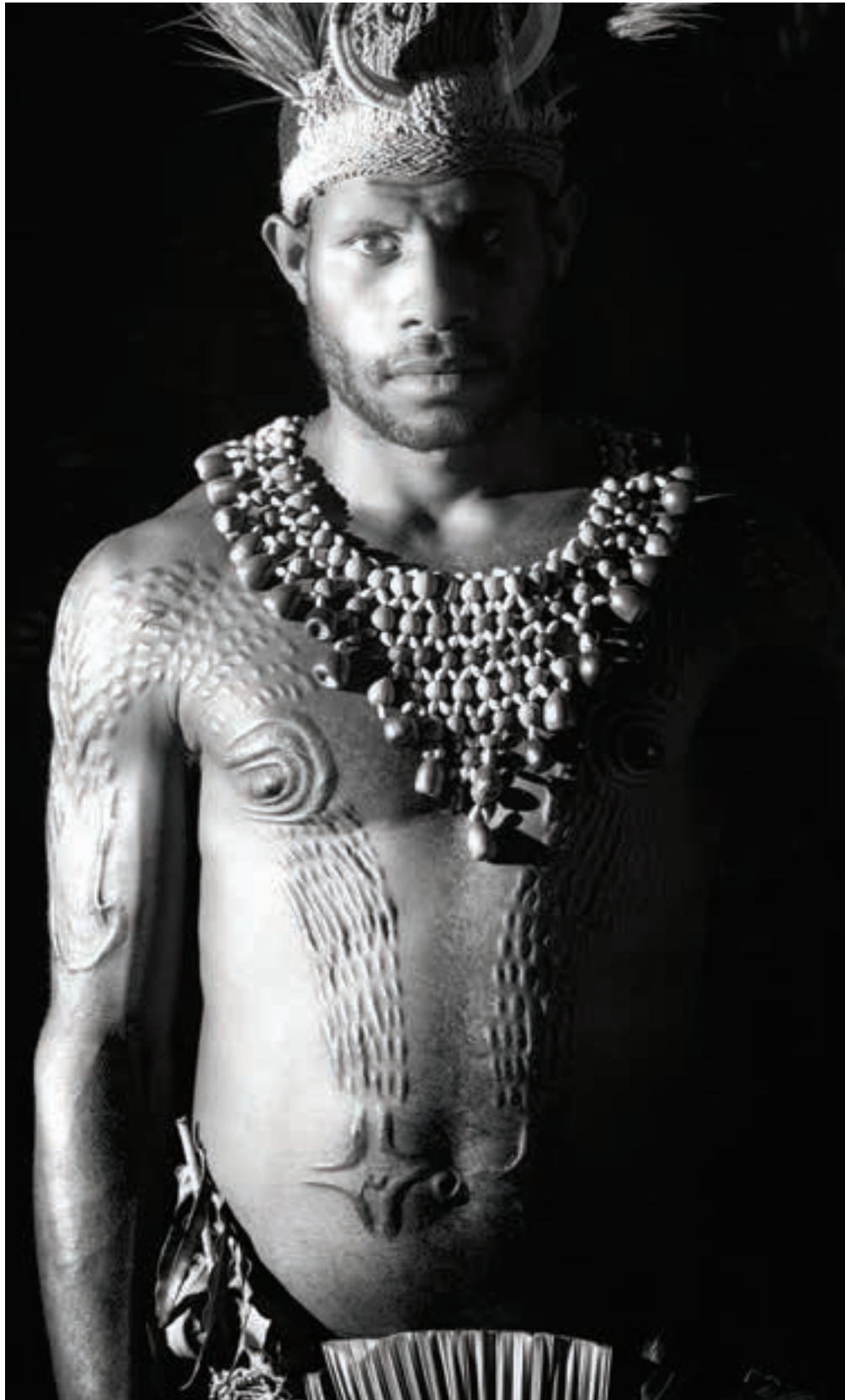
The scars and the patterns they form are evocative of a crocodile's scales and cover each man's chest, lower torso and back, and more importantly, they mark the initiate's successful transition from boyhood to manhood.

Young girls also undergo their own version of the cutting to mark their passage into womanhood, with the scarification usually covering their upper arms.

The crocodile plays a significant part in the tribal culture of the Blackwater Lakes region, and the crocodiles are believed by many to be their ancestors.

The locals hunt them for their skin and meat, and they catch young ones to raise until they are large enough to harvest.

However, exploring this area involves more than just learning about the incredible cultural practices unique to these people. ➤





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Very soon, Lamana Hotel will open the doors to The Italian Restaurant, Spices (Indian restaurant), Brazilian BBQ & Steak House, Cafe Palazzo and the Temple night club.



Skin deep



It is also a chance to discover a different pace of life, cruising wonderfully tranquil waterways aboard the *Sepik Spirit* and spending time among the friendly people. It is hard to imagine a more simple life of self-subsistence.

Many of the 'islands' that dot the waterways here are floating beds of weeds and grass and will move with the drift of the wind, sometimes making navigation of the smaller channels challenging.

Fishing camps are dotted along remote parts of the river. Villagers journey to these camps, where they spend several weeks to fish and hunt crocodile, smoking their catch before returning home. ■

Meet the locals ... (clockwise from top left) a woman with 'crocodile' scars across her shoulder; a young girl from the Mumeri Village; a woman from the Yesimbit Village displays her cultural adornment; the Krosmeri River where many of the 'islands' are floating beds of weed and grass that move with the drift and wind.



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Skin deep



Air Niugini flies daily from Port Moresby to Mount Hagen, where passengers can connect on charter flights to the Sepik Spirit. A standard three-night Sepik Spirit cruise on the Krosemri River to the Blackwater villages is \$US920 a night for singles and \$US750 per person a night for twin share, including transfers, tours, meals and accommodation. Charter flights from Mount Hagen are \$US1046 return. See airniugini.com.pg and pngtours.com.



River queen ... the *Sepik Spirit* provides a floating home for exploration into the Blackwater Lakes region; an elder, interestingly named Erotica, from the Yesimbit Village.

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Village people

Get into the heart of PNG with a guesthouse stay in a village, writes *Belinda Jackson*.

Home comforts ... accommodation on rolling green hills (above); the Bol Guesthouse in New Ireland (below).

"The only way to the island is via boat transfer from Kokopo ... when you arrive, walk across the school oval and you will be met by many friendly and smiling local children. It is an ideal place to understand the real Papua New Guinea."

These are the directions to one of PNG's most remote homestays, on Doy Island in the Duke of York Islands, East New Britain.

"This is real-life tourism," says Village Huts' director Chris Stevens, who first came to PNG to trace his grandfather's steps in World War 2 and to work as a trekking and war history guide. "I started working with PNG Trekking and very, very quickly fell in love with the place," he says.

Stevens went way off the beaten track, travelling through remote PNG on foot, bike and banana boat into tiny villages, and kept hearing the same story: villagers had spent what little money they had building and furnishing guesthouses, but nobody knew about them. "So we thought, 'How about we give this a shot?'"

Fast-forward four years, and Village Huts is a website that books guesthouses across the



country, giving independent travellers the ability to travel at their own pace and deviate from PNG's best-known attractions, without answering to a group.

Village Huts started as an idea in 2010 and the site was officially launched in March 2012 in partnership with the established PNG Trekking company, using its network to reach the outside world. Currently, there are 55 guesthouses and lodges listed on the website, with almost as many again preparing to join in the next six months.

"By the end of 2016, we want over 300 guesthouses on our website, and we think that is possible," says Stevens.

The exercise has posed challenges aplenty, to be expected in a country with 800 indigenous languages.

"I've sat down with five generations of the one family, and they're using four different dialects," recalls Stevens of the company's negotiations with villages across the country.

However, there are many other technological and geographic barriers, not least the ability to contact and pay guesthouse owners for bookings. Many villages don't have bank accounts or email addresses, so Village Huts uses an innovative electronic banking system to make payments through mobile phones.

Now, around 98 per cent of the guesthouse owners listed on the site have a mobile phone, with 30 per cent using email, and meetings and conversations are held in English and Pidgin.

Stevens is the first to admit it hasn't been easy. "We're in it for the love of it," he says with a laugh, but says the company is serious about creating grassroots opportunities. ➤



Welcome ...
(clockwise from top left) Bol Guesthouse; tranquil waters at Maira Homestay; a misty getaway; Hilltop Guest House; interior of Hilltop Guesthouse.



Village people

Stevens and his team, now working with the PNG Tourism Promotion Authority, inspect every property personally against their own quality assurance program, which sets minimum requirements for every guesthouse, such as having mosquito nets, pit toilets and a power source, be it mains or diesel generated.

Around 65 per cent of Village Huts' bookings are from Europe, with its closest neighbour, Australia, making up 30 per cent of visitors.

Backpackers in their 20s and 30s are high on the guest list, as are groups chasing PNG's famed birdlife, while most Australian bookings come through universities, driven by academics and students with a taste for adventure.

The most popular locations for guesthouse stays are New Ireland and East New Britain provinces and all are connected by road or boat – it's just a matter of how long it takes to get there.

The company is also planning to incorporate tours, festivals and transfers into the guesthouse stays. Travellers can experience each region's cultural specialties, such as fire dancing and mask carving, while giving villagers the chance to create their own employment opportunities.

The poster girl for this independent entrepreneurship is Betty Higgins, owner of Betty's Lodge, at the base of Mount Wilhelm. The first woman in PNG to get a rural investment loan, her B&B is a one-stop shop for all information on climbing the country's ➤

In the garden ... Maira Homestay (below); good food served with a smile at Dalom Guesthouse (right).





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Village people



Back to basics ... village stays are popular with backpackers in their 20s and 30s.

“

Villagers had spent what little money they had building and furnishing guesthouses, but nobody knew about them.

”

highest mountain as an independent traveller, from hooking up with guides to arranging local transport for a quarter of the cost of a pre-arranged group tour.

Shortly, the website will be able to take real-time bookings and payments, and the next step is creating lodges with dorms or rooms. Village Huts has also looked at developing tourism industries in the region, in Fiji and Vanuatu, “but PNG is our backyard, and we’ve just got to get that right first,” says Stevens. ■

NEED TO KNOW

STAYING THERE Guesthouses range in price from PGK20 a night for a simple homestay up to PGK200 for a stay in a lodge with meals.

MORE INFORMATION villagehuts.com





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10 LAE ESSENTIALS

Lae resident *Marisa Howden* offers an insider's guide to the nation's industrial capital, revealing the city's must-do activities and top attractions.

PICTURES: HELEN TAYLOR

Only a 45-minute flight from Port Moresby, Lae is Papua New Guinea's second-largest city and the industrial hub of the nation. Unfortunately, Lae can often be viewed as a dangerous place to travel to, which is a shame as there are so many wonderful things to see and do that it's well worth visiting while in PNG. As long as you remain aware and avoid driving in certain areas and alone at night, it's no different to any other city.

Lae offers a lifestyle full of excitement and adventure, as well as unrivalled natural beauty – you just have to know where to look to find it. Luckily, you have my 12 must-do activities to get you going.

Show-stopper ... scenes from the Morobe Show, one of the main attractions of Lae.

1 The Morobe Show is Lae's premier event and is on October 24–25. It showcases the agricultural, industrial, commercial and cultural aspects of the Morobe Province.

Attend on the Sunday, when traditional dancing groups or *sing sings* will offer a rare opportunity to see into many of PNG's 800+ cultures. It's one of PNG's only cultural shows where nearly all of the country's 22 provinces are illustrated through spectacular costume, song and dance. See morobeshow.org.pg.





2 Located on a quiet isthmus just an hour outside Lae is Salamaua – a true gem of PNG. Once the capital of the Morobe Province and a strategic base for Australia during World War 2, it now consists of local villages and holiday houses mostly owned by expats. Excellent snorkelling and diving can be found in the harbour, so be sure to bring your mask and snorkel. Banana boats leave daily from Voco Point (near the Lae Yacht Club).

3 A round of golf at the Lae Golf Club is a great way to get out among the town's beautiful surrounds while you try your hand at one of PNG's better courses. The club has undergone significant changes in recent years with the addition of many bunkers and trees. It is now more challenging and hosts the annual Morobe Open, which is part of the North Queensland professional tour. ➤



12 Lae essentials



Bird's-eye view ... an aerial perspective of Lae (above); scenes from Tami Islands (this page and following page).



4 Nestled along the beautiful Lae harbour foreshore, just a few minutes from town, is the Lae Yacht Club, which enjoys stunning views and excellent facilities. The restaurant has an extensive menu and is a great place to unwind over a few cold SPs while gaining a local's perspective on life in the city. See laeyachtclub.com.

5 About 40 minutes from Lae via boat is the beautiful Bisama Waterfall. A scenic walk through lush rainforest and neighbouring villages will lead you the refreshing watering hole. Transfers can be arranged from Voco Point but we recommend finding a local guide through your hotel or the Lae Yacht Club to escort you and assist with landowner negotiations.

6 The National Botanical Gardens in Lae were once recognised as one of PNG's most diverse and spectacular gardens. Maintenance issues have resulted in the grounds being closed in recent years, but through local businesses and the PNG Forest Research Institute, the gardens have undergone a major clean up and are once again open for public use. A stroll through the gardens will reveal 400+ plant and wildlife species.

7 Fishing the Huon Gulf outside Lae is like nothing else. Over 600 species of fish have been officially tagged or caught in the past year and include everything from 150-kilogram billfish to pelagics like mackerel, wahoo and mahi mahi. See lgfcpng.com. ➤



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12 Lae essentials



8 If you're looking for a place to relax, look no further than poolside at Lae International Hotel. Lounging around the new pool is the perfect way to cool down from Lae's typically humid weather and is even better when enjoyed with a few cocktails. If you get hungry, try one of the curries from the Indian menu – it'll be sure to put the heat back in you! There's a PGK20 entry for non-hotel guests. See laeinterhotel.com.

9 Two hours from Lae by boat are the Tami Islands. A haven for fishermen and divers, Tami is abundant with lively corals and reef fish. A small guesthouse is available and private charters can be organised through a handful of local boats. See lgfcpng.com.

“ Excellent snorkelling and diving can be found in the harbour, so be sure to bring your mask and snorkel. Banana boats leave daily from Voco Point.

” **10** If you're up for a bit of adventure, head out to Nine Mile and visit the Mainland Holdings Crocodile Farm, one of the largest commercial producers of crocodile skins in the southern hemisphere. Hold a baby croc fresh from its incubator and watch the older ones scramble for lunch. If you're lucky, they may even take you into the pen with their full size, mature-aged crocs (warning – not for the faint hearted). See tablebirds.com.pg.









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12 Lae essentials

11 Lae is home to the Papua New Guinea University of Technology, which houses the Matheson Library – the largest technological library in the South Pacific. ‘Unitech’, as the university is known, has a small public exhibition of rare and valuable artefacts, as well as a rainforest habitat with birds, snakes and tree kangaroos on display. See unitech.ac.pg.

12 A trip to Lae is not complete without a visit to the town’s main markets. Abundant with fresh local produce and full of characters, it’s a great place to become familiar with Papua New Guinean way of life. Many of the vendors travel great distances to sell their flowers, meat, fruit and vegetables at the markets each day and always welcome new faces. The markets are generally safe to visit on your

own but liaise with your hotel concierge if you’d like to arrange an escort. ■

 **Air Niugini flies daily from Port Moresby to Lae.**
See airniugini.com.pg.



Street scene ... Lae is PNG’s second-largest city.

NEED TO KNOW GETTING THERE

Nadzab Airport is 40 kilometres from Lae. If your hotel doesn’t provide a transfer, they can be arranged through Guard Dog Security (guarddogsecuritypng.com) or G4S Security (g4s.com.pg).

MORE INFORMATION lcci.org.pg.

WHERE TO STAY

LAKE INTERNATIONAL HOTEL

Lae’s premier hotel, offering fully serviced facilities, including newly renovated rooms, two restaurants, bar, conference and banquet halls, a gym and pool. See laeinterhotel.com.

MELANESIAN HOTEL

This is an iconic hotel in the heart of Lae. The city centre is easily accessible and the hotel has pleasant 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.

LAKE CITY HOTEL

One of the newest hotels in town, with modern rooms and a 24-hour concierge service. Located in the main Top Town area, it also has an excellent cafe and restaurant serving Western and Asian cuisine. See laecityhotel.com.

LAKE TRAVELLERS INN

This is an affordable option, offering clean and comfortable rooms. Just a few minutes from the centre of town, the Lae Travellers Inn also has full conference facilities and a small restaurant. Contact manager@lti.com.pg.

CROSSROADS HOTEL

The 45-room hotel at Awilunga Estate, 9 Mile has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, WiFi and complimentary transfers to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads.



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Nina Karnikowski kicks back in a little part of Indonesia where horse and cart is still used for transport and palm-thatched huts line the beach.

PICTURES: NINA KARNIKOWSKI

The slow life

From the moment I touch down on Lombok, I feel as though someone has pressed the slow-motion button on life. My husband and I arrive 45 minutes later than expected from neighbouring Bali, and as we rush towards our driver with apologies, he smiles and flaps his hand to instantly convey that time here is elastic.

It's a point that's driven home when, on the car ride to Puri Mas Resort in Senggigi, the main form of traffic we have to contend with is *cidomo*, the traditional horse and cart that clip-clops along beside us.

Just like that, the pace for our stay on this tropical idyll is set. On our first morning, after a lazy breakfast of *taha telur* (Indonesian bean curd omelette) and fresh papaya

juice, we're driven past beaches skirted by towering coconut palms to Bangshal Harbour. There, we transfer to a traditional wooden long boat that putters us just 30 minutes away to Gili Meno, said to be the most relaxed and romantic of the trio of islands off Lombok that are famed for their extraordinary snorkelling.

We don masks and flippers, topple off the side of the boat and snorkel around the edge of the Meno Wall, a marine 'wall' where the coral reef drops from five metres to 16. We peer through our masks at fat sea slugs, vibrant tropical fish, turtles and big chunks of coral, with shards of sunlight piercing through it all.





Post-snorkel, our boat deposits us on Lombok's western shore at Mahamaya, perhaps the classiest boutique hotel and restaurant on the island. We walk across talc-fine white sand and into the airy restaurant where we feast on steamed curried fish wrapped in banana leaves and watch the *cidomo* (the only form of transport on the island besides bikes or your legs) trot along the sand in front of us.

The jangling of the horse bells proves too much to resist and before long we've jumped into one of the little carts trailing behind them, which pulls us past rogue chickens, ambling cows and kids playing in the dirt, for the five minutes it takes us to arrive on the other side of the island.

There, we paddle in crystalline waters and wish we had the time to mimic the handful of travellers lazing in the shade of the palm-thatched huts lining the beach.

Alas, it's time to farewell this scoop of paradise.

It's an altogether different landscape we explore late the following morning.

We drive for two hours through jungle and verdant rice paddies filled with busy rice farmers, then up into the rugged highlands towards the Senaru waterfalls. En route, we stop off at Mataram produce markets, where local women sell mounds of Lombok's famous red chillies, stacks of leafy green vegetables



We step carefully through frosty water that creeps up our thighs as we move towards the powerful falls, which crash 40 metres into a deep freshwater pool. There, we close our eyes to feel the freshwater spray on our faces and let the mighty roar of the falls engulf us. Next time, we promise ourselves, we'll spend more time in sleepy Senaru and take the hike up Mount Rinjani, an active volcano and one of Indonesia's highest mountains that takes two days to summit.

Once we've dried off, we stop by the Senaru Sasak village. Approximately 85 per cent of the island's population is Sasak, that some say dates back to 5000 BC, and the villagers here continue to live in the same way they have for many thousands of years. ➤



A change of pace ... (clockwise from top left) a *cidimo* in Gili Meno; the market at Mataram; the Sasak village; Senaru waterfall; a colourful boat on the beach at Lombok.

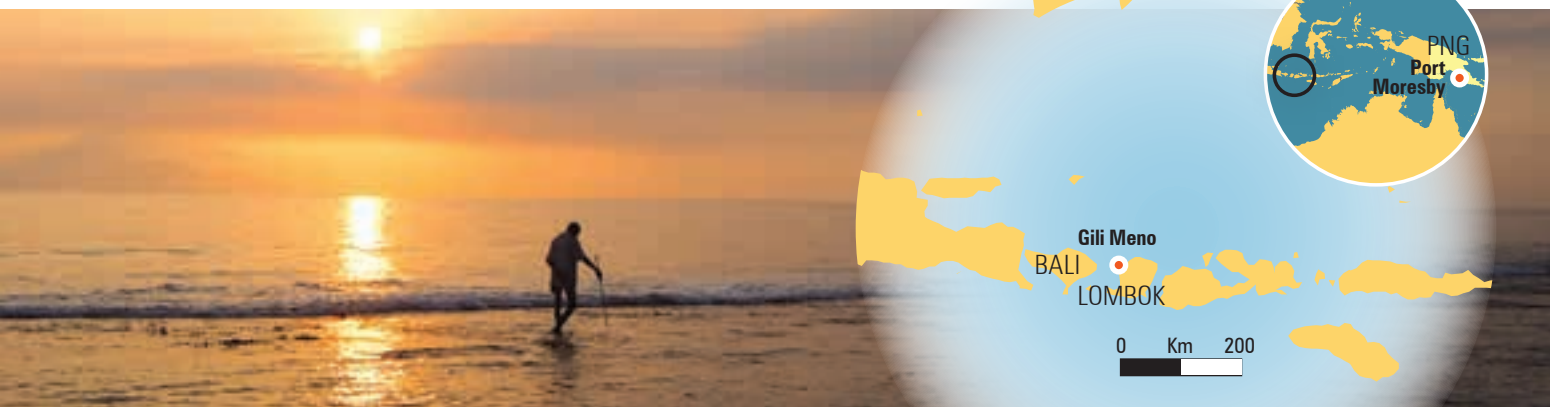


and fresh tropical fruits, gleaming fish of all shapes and sizes, wooden boxes filled with grains and even piles of tiny jumping crickets. It's colourful, energetic and mercifully devoid of other travellers.

When we reach Senaru, we walk for about 30 minutes through thick rainforest paths and wade through knee-deep springs to get to the waterfall, known locally as Air Terjun Tiu Kelep.



The slow life



Island life ... sunset by the sea (above); Puri Mas Resort (left); a cheeky Lombok local (below).

NEED TO KNOW

TOURING AND STAYING THERE

Tours are available through Puri Mas Beach Resort to the Gili Islands (about PGK95 per person) and the Senaru Waterfalls (about PGK150 per car).

There are six types of air-conditioned rooms, starting from about PGK220 a night including breakfast.

The resort is about a 45-minute drive from Lombok international airport. See purimas-lombok.com.

We traipse through rows of bale houses built from palm leaves and our driver tells us that the villagers grow their own cacao, coffee, rice, nuts and vegetables, raise their own chickens and beef to eat, and weave their own *ikat* blankets and mats. It's fascinating to witness this level of sustainability, an essential element of this ancient culture, still thriving on the island.

That evening I spend a blissful two hours at the Puri Mas Spa Resort where, surrounded by manicured gardens and an impressive selection of eastern antiques, I indulge in a Javanese Lulur treatment, which includes a body scrub, yoghurt mask, massage and floral bath. This ancient beauty treatment, which originated centuries ago, was traditionally given to young Indonesian women who were preparing to wed, and is hands down the most decadent treatment I have ever experienced.

I could easily fall straight into bed when it's finished but I don't want to miss the *Rijsttafel*,

or 'rice table' traditional Lombok feast, served by candlelight by the beach as the ocean gets tinted rosé by the setting sun. My husband and I stuff ourselves with grilled prawns, Indonesian lamb cooked with coconut milk, Lombok chilli and turmeric, soft minced snapper mixed with grated coconut grilled on bamboo skewers ... the spicy, fragrant dishes just keep coming until eventually we're defeated.

Luckily all that's left to do is stroll, in slow motion, off to bed. ■



Air Niugini flies from Port Moresby to Bali every Monday.
See airniugini.com.pg.

MORE INFORMATION

See lombok-tourism.com.



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Chopper squad ... a skier, who has been dropped in by helicopter, kicks up some powder snow in the Himalayas in far-north India.

The concept of travelling in Asia sparks images of beaches, swaying palms and relaxing days in tropical heat. Indeed, nothing to do with skiing. But there is another side of Asia just as suited to the sport as more renowned locations as Europe and North America – one of soaring snow-covered peaks, magnificent mountain vistas and endless slopes of pristine powder.

This place is the Himalaya. Here in India's far northern reaches, the Himalayan Heli Adventures operation is the only helicopter skiing operation in the world's largest and highest mountain range. As strange as it may seem, HHA has been flying under the radar since its inception in 1990; news of its superb skiing being spread by word of mouth through the skiing community.

For a skier, having the chance to ski the world's highest and most dramatic peaks is almost impossible to believe and equally as impossible to pass up.

So here I am in the hill town of Manali. This enchanting place is reached by flying to Delhi then the city of Chandigarh before HHA transports guests via a 40-minute helicopter flight right into the steep-sided Kullu valley in the Indian state of Himachal Pradesh.

Our landing is right by the luxury Mauallaya Resort & Spa, overlooking Manali. Waiters with trays of drinks and bearing gifts of locally woven hats greet us. There is suddenly no doubt we have found skiing's equivalent of heaven.

The next day, after a leisurely buffet breakfast, we saunter to the helipad just outside our rooms, where two helicopters wait

“

Anyone skiing here must be prepared for changeable snow conditions, but the guides are experts in finding the softest, most-skiable snow.

”



ON A HIGH

One of skiing's most incredible experiences is hidden in Asia's most famous peaks, *Bronwen Gora* discovers.

to fly us into the Himalayas. These helicopters, flown and maintained by Swiss engineers and pilots, are the same type that can land on Mount Everest (in perfect conditions).

Our mountain guides are highly experienced, hailing from New Zealand, Europe and Manali.

Our first few days are spent enjoying runs at lower altitudes, with the aim of acclimatising our bodies, and most importantly our lungs, to the thinner air. It is surprisingly easy to fly from the 2000-metre high Manali and land up to 3000 metres higher because we descend immediately. By the end of the week we are starting our runs from a whopping 5200 metres, the highest most of us had ever been in our lives.

By this stage you are probably thinking that this particular ski holiday is suited only to experts. Not true. HHA caters for ability

levels from intermediate and above. During our week, one couple aged in their 80s spend their days doing a few runs with their own guide on gentle slopes and easy snow conditions. Meanwhile, our more advanced group is taken to long, steep runs that seem to go forever – some a couple of kilometres, or more.

The part of skiing in the Himalaya that is most difficult is keeping your eyes on the run ahead. Every few metres there is the temptation to stop, not only to catch breath but to take in the awe-inspiring scenery.

The Himalayas are as rugged as they are beautiful. Enormous glaciers sweep down valleys and huge cornices hang over dramatic slopes.

Admittedly, anyone skiing here must be prepared for changeable snow conditions, but the guides are experts in finding the softest,

most-skiable snow, even when common challenges, such as wind crust, pop up mid-run.

As one would expect with a five-star operation, HHA prides itself on the level of luxury and service provided to guests. Our rooms are enormous, with four-poster beds, plush lounges and large picture windows overlooking Manali and its surrounding peaks. Meals are buffets, with a mix of Indian, Asian and European cuisines. Lunch is flown onto the mountain if the weather is suitable for an alpine picnic, or guests are flown back to Manuallaya for a midday treat.

The dinner service begins each evening at 7pm, with drinks and delicious canapes before we graze over generous offerings of irresistible dishes cooked by HHA's British chef. ➤



On a high

Another huge plus for HHA is the range of activities available outside of skiing. In fact, there is so much to do in and around Manali that some skiers often bring non-skiing friends and partners along.

On days when weather prevents the helicopters from flying, or afternoons when clouds tend to shroud the peaks, making it too difficult for pilots to land, there is a huge range of options available, from visiting local villages and historic places to strolling around town and shopping till you drop.

We manage to squeeze in a trip to the authentic Indian village of Rumsu, home to exquisite architecture and a way of life far removed from modern-day Western norms.

Manali town is lively and colourful, filled with shops selling local crafts, Tibetan wares, good restaurants and markets overflowing with fresh produce from the lowlands. But

easily our most fascinating day trip is to the local ski field of Solang, about half an hour from Manali.

Ever wondered where all the colourful one-piece ski suits from the 1980s ended up? The answer is here, or more correctly in the dozens of ski hire outlets lining the road to the ski field.

As a result, arriving at Solang is like walking into the biggest retro ski party on record. Even more curious is the fact that the hundreds of Indian tourists who visit here each day do mostly anything but ski: they ride yaks and snowmobiles, tandem parapente, go zorbing, ride ponies and eat at stalls surrounding the large flat area where all this activity takes place.

Never-ers are given their first skiing lessons while couples have their photographs taken on the docile

yaks. Even so, the real skiing on offer here is excellent. On days when the heli cannot fly but fresh snow abounds, HHA guides take guests to the Solang ski field where a modern gondola, the resort's only lift, opens up many challenging steep runs that are a dream to ski in deep powder.

Experiencing HHA is like stepping into a fantasy novel, a skier's heaven at the top of a snowy faraway tree, and one that is impossible to forget. ■



On a high



Air time ... a Himalayan Heli Adventures helicopter buzzes over the mountains (left); the Solang ski field where skiers need to dodge the yaks.

 **Air Niugini flies from Port Moresby to Singapore four times a week. From Singapore, there are daily connections to Delhi. See airniugini.com.pg.**

NEED TO KNOW

HOW MUCH?

A week with Himalayan Heli Adventures is PGK24,300. The price includes accommodation, meals and helicopter skiing.

WHEN TO GO

The season is from mid January until early April.

MORE INFORMATION himachal.com



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On a high

MORE PLACES TO SKI IN ASIA/PACIFIC

JAPAN

There are 500+ ski resorts in Japan, but it is the Hokkaido region that is wildly popular because of its light and fluffy powder snow. Among the standout resorts in Hokkaido is Niseko, with 30 lifts, good nightlife and lots of Japanese culture on offer, including *onsens* and *izakaya*. The terrain suits all abilities. The season is from December to late March.

See skijapan.com.

SOUTH KOREA

The 2018 Winter Olympics will be in Gangwon Province on the east coast, so expect the ski resorts to be in top shape. Pyeongchang is the host city and the nearby resorts

of Yongpyong and Alpensia will stage some of the major events. Yongpyong has 25 kilometres of groomed slopes, 15 lifts, a water theme park with hot springs, sledding and bowling alleys. The season is from mid-December to mid-March. See visitkorea.or.kr.

CHINA

Everything in China is on a massive scale – except its skiing. The country's largest snow resort is Yabuli, in the far north of the country, via Harbin. Only a handful of lifts are available, and the skiing is pedestrian. The best place to stay is Club Med. Don't miss the annual Harbin ice festival that features stunning ice sculptures.

The season is from November to March.

See clubmed.com.sg.

HAWAII

Yes, it's true. You can ski in this tropical paradise. Mauna Kea is a 4200-metre volcanic mountain that brings out the skiers when it has snow. There are no lifts or facilities, so you have to arrange your own gear and car access up the mountain.

AUSTRALIA

There are five major snow resorts in New South Wales and Victoria. Air Niugini passengers flying into Sydney can connect most easily to Thredbo and Perisher, with hire

car or coach services. Both resorts have plentiful terrain to suit all levels of skiing abilities. The season is from June until September. See Thredbo.com.au, perisher.com.au.

NEW ZEALAND

There are so many ski choices in NZ that it's hard to know where to go. One possibility is Queenstown, a beautiful lake town with access to Coronet Peak, The Remarkables, Treble Cone and Cardrona. Queenstown also has a big range of adventure activities, such as bungee jumping, great shopping and a lively food scene.

See queenstownnz.co.nz.

— ROBERT UPE



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City guide:

Sydney

An aerial photograph of the Sydney Opera House, showing its iconic white, shell-like roof structure. The opera house is situated on a peninsula, with the Sydney city skyline visible in the background. The water is a deep blue, and a few boats are visible in the harbor. The sky is clear and blue.

Beyond Sydney's iconic Opera House and Bridge, *Brian Johnston* reveals the very best of his home city – from trendy wine bars to the Vietnamese cuisine of celebrity chef Luke Nguyen.

Iconic Sydney ... the Opera House with the city skyline and Circular Quay (where ferries depart) in the background.

With its harbour and coastal setting, Sydney is quite simply magnificent. But beyond the scenic beauty of its location, this city on Air Niugini's Australian route network also offers a window into the cosmopolitan and multicultural lives of a

fifth of all Australians. It offers some of the best restaurants, most varied museums, best weather and finest beaches of any Australian city, and certainly the greatest energy and hottest nightlife. No wonder Sydney routinely gets voted as one of the world's most liveable cities. ►



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City guide: Sydney



The sights ... (from left) the Royal Botanic Gardens and city skyline; the Opera House; the weekend street market at The Rocks; Manly.

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GETTING AROUND

Sydney has a comprehensive bus, ferry and train network (transportnsw.info), which offers special day passes for tourists.

Otherwise, a 10-ride My Bus ticket can be used over several days.

The open-top, double-decker Sydney Explorer (theaustralianexplorer.com.au) bus takes you around the city sights, while a ride down the harbour to Manly on the ferry (transportnsw.info) is a Sydney highlight.

SIGHTS

Sydney Opera House (Bennelong Point; sydneyoperahouse.com) has an exterior worth admiring again and again, though a surprisingly drab interior. Walk into the adjacent Royal Botanic Gardens (Mrs Macquaries Road; rbgsyd.nsw.gov.au) for fine side-on views of the spectacular building.

The Rocks (therocks.com) is the oldest part of Sydney, established in 1799. Many of its colonial buildings have been converted into restaurants, art galleries and shops that specialise in Aussie brands.

Bondi (atbondi.com) is Australia's most famous beach. Join joggers along the promenade, surfers in the waves or the chattering classes on a cafe terrace for outdoor Sydney at its finest. ➤





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City guide: Sydney



Watering hole ... (from left) Hinky Dinks bar in Darlinghurst; the National Maritime Museum where you can clamber around a submarine; the promenade along Cockle Bay in Darling Harbour; retail therapy at a homewares store in Surry Hills.

SYDNEY SPECIAL

Sydney's inner-city suburbs of Surry Hills, Darlinghurst and Paddington are generally overlooked by tourists but much frequented by locals for their distinctive village feel and urban vibe.

Eclectic boutique shopping offers everything from hand-printed textiles and designer homewares to decorative arts.

They're also the place to dine: old favourites include Longrain (85 Commonwealth Street, Surry Hills; longrain.com) for its legendary Thai-inspired, caramelised pork hock, and Red Lantern (60 Riley Street, Darlinghurst; redlantern.com.au) for the Vietnamese cuisine of celebrity chef Luke Nguyen.

CULTURE CULTURE

The Art Gallery of New South Wales (Art Gallery Road; artgallery.nsw.gov.au) has displays of Aboriginal, Asian and European artworks, as well as excellent, regularly changing special exhibitions, often on loan from overseas.

The terrific National Maritime Museum (2 Murray Street; anmm.gov.au) highlights the importance of the ocean to Australia's trade, immigration and defence, and allows you to clamber around a submarine, naval destroyer and 1606 sailing ship.

You'll find one of the best classical Chinese gardens outside China at Darling Harbour (1 Exhibition Place; darlingharbour.com). The petite retreat packs in waterfalls, artificial hills, carp ponds, pagodas and a teahouse where you can sip green tea.

CHILD'S PLAY

Sydney Sea Life Aquarium (1–5 Wheat Road, Darling Harbour; sydneyaquarium.com.au) has walk-through underwater tunnels that provide close encounters with sharks, turtles and manta rays. It's also home to two of the world's very few captive dugongs.

Next door at Wild Life Sydney Zoo (wildlifesydney.com.au), the kids will love breakfast with the koalas, all manner of creepy-crawlies and one of the world's largest captive crocodiles.

Also conveniently in Darling Harbour, the world's largest IMAX screen (31 Wheat Road; imax.com.au) features movies, animations and spectacular documentaries, many on wildlife themes.

RETAIL THERAPY

The grande dame of Sydney shopping is the Queen Victoria Building (455 George Street; qvb.com.au), decorated with mosaic floors and stained-glass windows and housing some 200 fashion and other boutiques.

In Westfield Sydney Shopping Centre (Corner Pitt Street Mall and Market Street; westfield.com.au/sydney), upmarket style and sassy European brands combine in the latest retail chic. There's also a stylish food hall.

Wheels & Dollbaby (259 Crown Street, Darlinghurst; wheelsanddollbaby.com) is an Aussie fashion label featuring glamorous rock- and punk-inspired fashions worn by the likes of INXS, The Rolling Stones, Pink and Katy Perry. ➤



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City guide: Sydney



Sydney experiences ... (from left) Centennial Park; the Blue Mountains; a harbour-view room at the Novotel at Darling Harbour; dining at Toko in Surry Hills

SPORTING LIFE

If you want to exercise away from the concrete, head to sprawling Centennial Park (centennialparklands.com.au), where you can jog under giant fig trees or rent a bicycle and join locals on the popular cycling loop.

Sydney Harbour is perfect for kayaking just about anywhere.

Among guided tours are those by Natural Wanders ([Lavender Bay Wharf; naturalwanders.com.au](http://naturalwanders.com.au)), which take you paddling within sight of the Opera House and Sydney Harbour Bridge.

Head to Sydney Cricket Ground (Moore Park Road, Paddington; sydneycricketground.com.au) to see Australian Rules football from April to September, or international cricket between October and March.

ESCAPE

Manly (hellomanly.com.au) is a happy-go-lucky seaside suburb wedged on a peninsula between ocean and harbour, where you can wander promenades, hike bushland or enjoy the surf and shops.

Northwest of Sydney, the Hunter Valley (winecountry.com.au) unrolls vineyards, horse farms and blue skies. Visit cellar doors, go horse riding or take an early-morning hot-air balloon ride across the mist-enshrouded hills.

A two-hour drive west of Sydney, the Blue Mountains (visitbluemountains.com.au) provide an extravaganza of cliffs, waterfalls and eucalypt forest, with bushwalks through national parks. A cool climate, colonial villages and afternoon teas in chintzy cafes are other attractions.

PILLOW TALK

Sydney Harbour YHA (18 Salisbury Road; yha.com.au) might be for budget travellers, but has terrific harbour views from many rooms and its expansive rooftop deck, plus an enviable location in The Rocks.

Novotel Sydney on Darling Harbour (100 Murray Street, Pyrmont; novoteldarlingharbour.com.au) sits in another prime tourism location. The comfortable mid-range hotel has duplex suites suited to families.

Stylish and chic, The Westin Sydney (1 Martin Place; westinsydney.com) is an outstanding redevelopment in Sydney's former colonial-style general post office, with panoramic views from upper floors.

WATERING HOLES

Cute 50s-style watering hole Hinky Dinks (185 Darlinghurst Road, Darlinghurst; hinkydinks.com.au) brings back the glamour of cocktail hour, and serves American-inspired nibbles such as mini-burgers and jalapeno croquettes.

Trendy hangout The Winery by Gazebo (9 Star Street, Surry Hills; thewinerysurryhills.com.au) has an eco-conscious grass-topped bar, international nibbles (chorizo sausage rolls, mussels with lemongrass) and an outdoor space with wonderful city views.

Luxe complex The Ivy (330 George Street; merivale.com.au/ivy) will suit well-heeled, under-40s city slickers wanting to see and be seen; the multi-venue complex includes an old-fashioned pub, wine bar, Asian-themed rooms and an outdoor pool-party zone. ➤



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City guide: Sydney

EATS

Toko (490 Crown Street, Surry Hills; toko-sydney.com) has a warehouse-style setting and communal tables. It provides delectable Japanese dishes such as yakatori, soft-shell crab with wasabi mayonnaise and duck breast with nashi pear.

Gastro Park (5–9 Roslyn Street, Potts Point; gastropark.com.au) uses molecular gastronomy to provide a European and Asian influenced culinary adventure that nonetheless never loses sight of great food, well prepared.

It's worth the taxi ride to The Pier (594 New South Head Road, Rose Bay; pierrestaurant.com.au), an overwater restaurant in one of Sydney's finest harbour suburbs featuring modern Australian seafood and fine wine. ■

TUCK IN

The humble meat pie has long been a beloved Australian snack and a staple at Sydney's sporting venues and street outlets. The city's most famous pie stand is long-running Harry's Cafe de Wheels (Crown Wharf Roadway, Woolloomooloo; harryscafedewheels.com.au), where beef pie comes topped with mashed potato and mushy peas.

If you're after an upmarket version, try the snapper (fish) pie at The Boathouse (213 Ferry Road, Glebe; boathouse.net.au), topped with shavings of truffle.

SYDNEY

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COMFORT & FOOD

Mary O'Brien checks in at the Sofitel Fiji, where fresh food is guaranteed from the hotel's kitchen garden.

Sitting in one of Fiji's top restaurants, I'm surprised by the vibrant flavour of the locally caught snapper and the crisp-fresh vegetables. It seems there has been a revolution in terms of produce and availability.

The focus at the Sofitel's V restaurant is on showcasing the best of the country's fish, vegetables and fruit. Australian-trained executive chef Stuart Blair, who took over the helm in February, is using his experience of cooking in the Maldives, Malaysia and the Philippines to reshape the menus.

"I'm very much influenced by Asian ingredients and spices because they're fresh, they're fast and in Fiji we've got fantastic fish," Blair says. "I like to leave the ingredients do the talking."

“

In the grounds of the hotel, tucked behind the car park, is a 2.8-hectare kitchen garden tended by the resort's 30 gardeners.'

”

Blair is incorporating more local produce into his menus and some of those delicious fruits and vegetables are grown a few steps away from his kitchen in the Sofitel's backyard garden on Denarau Island.

In the grounds of the hotel, tucked behind the car park, is a 2.8-hectare kitchen ➤



Executive chef Stuart Blair ... incorporating more local produce into his menus; produce from the hotel's kitchen garden (below).



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Comfort & food

Sofitel's V restaurant ... showcases the best of Fiji's fish, vegetables and fruit.



garden tended by the resort's 30 gardeners. Cucumber, zucchini, bananas, pawpaw, French beans, radish and cabbage all grow well in the soil. The local eggplants are long, slim, vibrant purple and packed with flavour.

Former general manager Adam Laker started the garden four years ago as part of a sustainability drive.

Blair says: "I can pick the ingredients, give them a wash and put them straight on the plate so you've got that freshness, crispness and the beautiful flavour of organically grown vegetables."

He says they are re-sowing the garden and planting vegetables so that the availability of produce is more consistent.

Workers are trained to recognise the right time to harvest a baby carrot or cos lettuce. The herb garden is also very important. About 70 per cent of Blair's ingredients are sourced from Fiji and the Pacific. Beautiful Adi couverture chocolate comes from Savusavu, organic spices from Wainadon and some produce is sourced from Friends of Fiji, an NGO that works with local farmers.

Fijian spices such as ginger, turmeric, galangal, nutmeg and pepper are a high standard, he says.

The backyard vegies are picked, washed and put into crates in the fridge until cooking. The staff can use some of the produce and they often bring chillis into the canteen to spice up their meals.

With 78 staff in the kitchen, the chef is working hard to improve standards across the hotel's four restaurants.

A new oven has been installed and Blair plans to bake all bread

and pastries on site. There will soon be a fresh sandwich bar and cake display in La Parisienne.

Fruit has a starring role in the adult-only a la carte breakfast served in Salt, the open-air restaurant nestled between the beach and the pool. I ate there on a pristine morning and the pastries and scrambled eggs were a treat.

The Sofitel is one of the most luxurious and comfortable hotels on Denarau Island, a 20-minute drive from Nadi Airport. Good design means all the 296 bedrooms have beach views and the terraces or balconies are ideal for winding down. It's a very popular hotel for families and it can be busy during school holidays.

A new PGK4 million Waitui Beach Club opened in August, which incorporates an adults-only 25-metre lap pool, a new gym, bars and 74 designated club rooms. Complementary yoga and tai-chi classes in the mornings will help guests to relax. Blair worked with nutritionist Lucinda Zammit on the club menu to offer more healthy choices. ■



Air Niugini flies from Port Moresby to Nadi, Fiji, three times a week. See airniugini.com.pg.

NEED TO KNOW

STAYING THERE Sofitel Fiji, Denarau Island, from PGK662 a night; check for online specials.

MORE INFORMATION sofitelfiji.com.fj

GRILLED YELLOW FIN TUNA WITH APPLE AND PEANUTS

200g yellow fin tuna, sashimi grade, sliced into 2cm x 8cm pieces
1 cup tomato, cut into wedges
1 cup orange segments
1 granny smith apple, peeled and cut into wedges
1 kiwifruit, peeled and cut into wedges
50g celery, julienne (cut into thin strips)
1 tbsp peanuts, roasted
1 cup of baby cos lettuce
1 bunch coriander leaves, picked and washed

Dressing:

Fresh wasabi, grated to taste
50ml extra virgin olive oil
50ml light soy sauce
50ml ponzu sauce
100g mayonnaise
20ml apple juice
Banana or bamboo leaf for garnish

Season tuna with salt and pepper and chargrill until rare; let the tuna sit for 5 minutes. Slice cooked tuna.

Combine the tomato, orange, apple, kiwifruit, celery, peanuts and baby cos with the coriander and mix well.

Dressing: Combine the wasabi, olive oil, soy sauce, ponzu and mix well; next slowly combine with the mayonnaise and apple juice. Adjust seasoning if needed.

Place the salad in the middle of the plate, lay the tuna on top and garnish with more chopped nuts and coriander.

Drizzle the dressing over the tuna.
Serves four.

Recipe by Stuart Blair, Sofitel, Fiji





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SOMETHING SPECIAL

Nusa Island has excellent surfing from November to April. Located just south of the equator, the island's reefs are perfectly situated to interrupt the North Pacific ocean swells that have been boosted by northern hemisphere monsoons.

DON'T MISS

The resort displays a collection of Malagan art, with some pieces for sale. Malagan culture is the unique history and tradition of the northern New Ireland region. Mysterious and intriguing, Malagan carvings are highly sought-after by museums and art buyers from all over the world.

AFTERWARDS

Nusa Island is also the perfect place to dive, fish, kayak ... anything on or in the water. Or take a short trip across the bay and visit the bustling market at Kavieng.

WEBSITE

nusaaislandretreat.com



SIARGAO ISLAND, PHILIPPINES

Once the preserve of hard-core adventurers, Siargao Island is now a popular destination for serious surfers and holidaying families alike. Of the five resort hotels on the island, Buddha's Surf Resort consistently gets the best reports from visitors.

SOMETHING SPECIAL

Getting to Siargao Island can sometimes be a part of the adventure. There are daily flights from Manila and Cebu to the island, but if your budget is tight or your timing is out, you'll need to find your way to Surigao City on an internal flight, most likely stay there overnight then get a boat to the island the next morning. Or you can take an overnight slow boat from Cebu.

DON'T MISS

Cloud 9 is a world-renowned break, and the location of the annual Siargao Cup competition. But other nearby spots, including Pacifico and Rock Island, are also well worth a visit.

AFTERWARDS

There is plenty to see and experience in a day's island hopping to adjacent Guyam, Daku and Naked islands. And don't miss seeing the beautiful caves and lagoon at Sohoton.

WEBSITES

siargaosurf.com
siargaoislands.net



MATANIVUSI, FIJI

Fiji's Coral Coast is almost equidistant from Nadi and Suva. Just outside the village of Vunaniu, Brian and Donna McDonald found an amazing piece of coastline they have made into the Matanivusi eco resort.

SOMETHING SPECIAL

Matanivusi is a perfect location for a dream wedding and/or honeymoon, and the resort offers special wedding packages that can include being serenaded by the local choir.

DON'T MISS

With access to world-renowned reef breaks including J's, Fiji Pipe and Frigate Passage (pictured), visitors to Matanivusi can experience great surfing year-round. Non-surfers can enjoy diving, fishing, kayaking ... or just put their feet up and relax.

AFTERWARDS

Many of the resort staff are from nearby Vunaniu, and the village regularly hosts resort guests for kava nights and other traditional activities.

WEBSITE

surfingfiji.com



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TIME TRAVELLER

Ela Beach, Port Moresby, 1968

People of all ethnicities enjoy the open air, sea and sand along the one-kilometre beach facing Walter Bay, near Port Moresby's CBD.

The name 'Ela' is a colonial misspelling of the Motu word 'era', referring to the marine green turtle that used to swim from the beach (*Era Kone*) to the seagrass beds and mangroves on the other side of the peninsula topped by Paga Hill, now substantially reclaimed as the site of Harbour City.

Before the construction of the now long-gone Kila Kila aerodrome in the 1920s, and subsequently the many war-time airstrips, flights to Port Moresby from Australia had to land on Ela Beach.

For many years of the colonial administration, Ela Beach was designated and signposted as 'Whites Only', off limits to anyone other than the European residents, at least above the high-tide marks. Papuans could use the beach between the high and low-water marks.

However for the last 60 years, or so, everyone has had access to the beach.

— JOHN BROOKSBANK



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



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PNG RISING



Papua New Guinea is celebrating its 40th year of Independence. It was on September 16, 1975, that the PNG flag was raised on Independence Hill in Port Moresby, officially ending Australian governance.

In this special 13-page report, *Paradise* looks into the celebrations that will be taking place and writers reflect on the occasion and what it has meant for PNG.

Prominent Papua New Guineans offer their thoughts on Independence and what the future may hold, while the Australian Foreign Minister, Julie Bishop MP, sends a message from Canberra.

Flashback to 1975... (from left) Prince Charles unveils a stone plaque at Papua New Guinea's new Parliament House; Prince Charles with officials; the inaugural flag raising; Australian Prime Minister Gough Whitlam.





PICTURES: NATIONAL ARCHIVES OF AUSTRALIA



Cause for celebration

Grace Maribu looks at the events taking place for Independence, from fire dancers to military parades.



A song and dance ... celebrations in 1975.

Celebrations for Papua New Guinea's 40th Independence anniversary kicked off in August in the nation's capital Port Moresby.

A 40-day program of events – launched on August 8 and counting down to Independence Day on September 16 – includes traditional dancing, fire dancers, the display of arts and crafts, a PNG film festival showcasing documentaries about the country, a gospel music concert, parades by armed forces, and a street festival.

The PNG National Museum and Art Gallery is also hosting a major art exhibition involving more than 90 art pieces never seen before, while just across from the museum the Moresby Arts Theatre will stage *Which Way Big Man*, a play by nationally renowned playwright Norah Vagi Brash.

The events are being staged at various venues right across the city.

Beginning on September 9, shops in Port Moresby will join the festivities by dressing up their aisles in *sing-sing* leaves and encouraging their staff to attend work dressed in their traditional *bilas*.

“

Port Moresby has become the melting pot for Papua New Guineans. It is the best place to be hosting a national event, especially one that has nationalism and patriotism right at its heart.

”

Villages are also hosting dances, sporting events and arts performances to mark this milestone in the country's history.

The events culminate on September 16 with the official flag raising and lowering ceremonies.

The flag-raising ceremony will take place at Independence Hill, from 5.30-7.30am, and

the flag-lowering ceremony at Sir John Guise Stadium from 3-5.30pm.

The ceremonies include parades by the Royal PNG Constabulary and the PNG Defence.

“It was here in Port Moresby that Papua New Guinea was born; the change from colonial administration to self-government and political Independence happened in this city,” the governor of the National Capital District, Powes Pampok, says.

“Hence, it is important that Port Moresby as the nation's capital, leads the way in celebrating our country's 40th Independence anniversary, just as it must set the pace for many other aspects of our country's development.

“Port Moresby has, indeed, become the melting pot for Papua New Guineans. It is the best place to be hosting such a national event, especially this particular one that has nationalism and patriotism right at its heart – and we are proud we can make this happen for our people.” ■

For more information about Independence celebrations, go to facebook.com/pngindependence.

SEPTEMBER 16 HIGHLIGHTS

- Flag-raising ceremony (speeches, prayers, parade, hoisting of flag) 5.30am, Independence Hill, Waigani.
- Flag-lowering ceremony (officiated by Governor-General, parades by police and defence force) 5.30pm, Sir John Guise Stadium.
- Street festival (fun, games and artistic activities) 10am–3pm, Paga Hill Road, Port Moresby.
- Pacific Adventist University Show (PAU stages music, dance and art) 9am to 4pm, PAU Campus.



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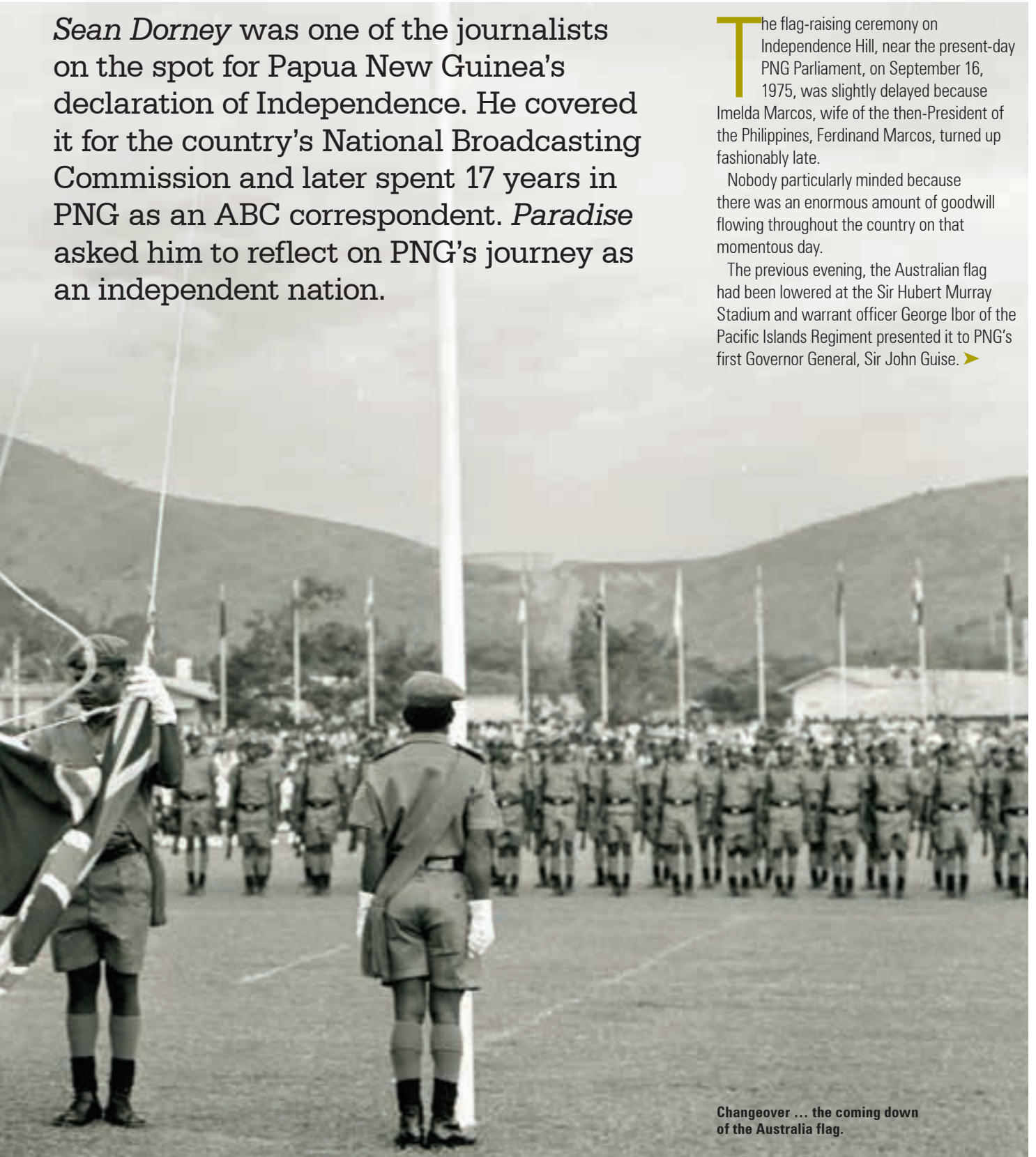
40 YEARS OF INDEPENDENCE

Sean Dorney was one of the journalists on the spot for Papua New Guinea's declaration of Independence. He covered it for the country's National Broadcasting Commission and later spent 17 years in PNG as an ABC correspondent. *Paradise* asked him to reflect on PNG's journey as an independent nation.

The flag-raising ceremony on Independence Hill, near the present-day PNG Parliament, on September 16, 1975, was slightly delayed because Imelda Marcos, wife of the then-President of the Philippines, Ferdinand Marcos, turned up fashionably late.

Nobody particularly minded because there was an enormous amount of goodwill flowing throughout the country on that momentous day.

The previous evening, the Australian flag had been lowered at the Sir Hubert Murray Stadium and warrant officer George Ibor of the Pacific Islands Regiment presented it to PNG's first Governor General, Sir John Guise. ➤



Changeover ... the coming down of the Australia flag.





40 YEARS OF INDEPENDENCE

Accepting the flag, Sir John called on all present to witness: "We are lowering the Australian flag – not tearing it down!"

Papua New Guinea achieved its Independence without bloodshed.

Ten years earlier, in 1965, Independence seemed very, very far away. The Australian Minister then in charge of PNG, Charles 'Ceb' Barnes, was predicting it would not happen before the end of the 20th century.

But a young broadcaster with the Australian Administration's provincial radio network, Michael Somare, and others attending the Administrative College in Port Moresby, formed what they called the Bully Beef Club, which became the Pangu Pati.

"We were a group of people raising our voices everywhere," Sir Michael recalls. "There were schoolteachers, there were Kiaps – who were the patrol officers – and some university people. There were some people saying this country is not ready for Independence. Even my own father was saying, 'No, you are not ready yet. The country is not ready'.

"But when I got elected in 1968 I started talking about self-government. I never hid that fact. I told them straight," Sir Michael says.

He had an ally in Gough Whitlam who, as Opposition Leader in Australia, campaigned in the 1969 Australian election on granting PNG its Independence.

Whitlam travelled to PNG on various occasions and in 1972, after elections in PNG and Australia, Somare and Whitlam headed up the respective governments.

Sir Julius Chan, the leader of the People's Progress Party, joined Somare's multi-party government, and became PNG's finance minister.

"I would say that the period at the beginning was probably the most exciting time of our 40 years of Independence," Sir Julius says. "By any comparison with other parts of the world we have upheld our democratic system of government.

"I don't know how they describe stability, but I would say we have been stable. We have not gone and fought each other and the rule of law has prevailed. By any comparison to any developing country – and that is the only guide really – I think we have done pretty well."



Sir Michael Somare ... Papua New Guinea's first Prime Minister.

“

I don't know how they describe stability, but I would say we have been stable. We have not gone and fought each other and the rule of law has prevailed. By any comparison to any developing country, I think we have done pretty well.

– SIR JULIUS CHAN

”

There were those predicting that soon after Independence PNG would descend into chaos and disunity.

"We have so many different languages that we had to borrow a foreign language to communicate, but somehow we have been able to get along," Sir Julius says.

Sir Michael set the tone for how PNG could achieve peaceful changes of government when in 1980 he was removed as prime minister in PNG's first successful parliamentary vote of no confidence. He was replaced by Sir Julius who had split with Sir Michael a year or so earlier.

Speaking of that defeat on the floor of Parliament, Sir Michael says he told his supporters to accept the result. "It is written in our Constitution so let us follow the law. Let us accept the decision and maintain the institutions."

Another future Prime Minister, Sir Mekere Morauta, was the head of the Finance Department at Independence.

"At the very beginning, the economic policy foundations were laid extremely appropriately and strongly," Sir Mekere says. "I remember hearing from Sir John Crawford who was a very important man in Australia and in PNG, commenting that he was very impressed by the processes and structures, the economic and social foundations of policy. His question was, 'Can you sustain it?'"

Forty years on, what are some of the changes?

The economy is much, much larger. Then PNG had one world-class mine, Bougainville, and coffee, tea, copra and cocoa plantations. Now PNG has a massive LNG project with a second one possible; several major mines; an agricultural sector that now includes significant oil palm production and developments in the fishing industry that mean PNG is becoming one of the world's major tuna-processing countries.

The media in PNG is now much more diversified. Then there was one national daily newspaper, *The Post Courier*, and a national radio broadcaster, the NBC. Now there are two highly competitive daily newspapers, various other publications, competing television and radio broadcasters, both national and commercial, and exceptionally lively social media. ➤





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40 YEARS OF INDEPENDENCE

Then, the Government-owned telephone network was pretty basic. Now, the mobile phone penetration is astounding, with hundreds of mobile phone towers enabling connections to even some of PNG's most-remote villages.

One of the most ambitious recent changes is the introduction of free education.

It is a signature policy of the current PNG Prime Minister, Peter O'Neill. He says his aim is to reform the whole education process in the country. "We are allowing tuition-free education for our young from elementary school all the way up to Year 12," he says. "And now we are embarking on a loan scheme for students similar to that in Australia to enable them to undertake tertiary education."

Paul Barker from the privately funded think tank, the Institute for National Affairs, says that while PNG has had its difficulties and problems it has survived.

"Some people had forecast that the country would fall apart, that it would be chaotic from an early period. But to its credit, despite being



Field of dreams ... big crowds gathered for the Independence activities and ceremonies in Port Moresby in 1975.

extremely diverse culturally, physically and geographically and a very expensive place to provide and deliver services, it has stayed together as a single state. It's obviously had its conflicts – in Bougainville notably – but by and large the country has stuck together. It still adheres to democratic principles albeit that they are a variation on what some would expect to be the norm."

Titi Gabi, a journalist who is the general manager of the online news service PNG Loop, does not discount the challenges PNG faces but urges people to appreciate how dramatic the journey has been.

"We have gone from walking to flying!" she says. "Straight – from walking to flying in one direct hit. There are now a lot of educated Papua New Guineans and highly educated Papua New Guineans today in a lot of fields. That's one big plus. We have pilots flying passenger jet aircraft in the Middle East making a name for themselves and for the country. That's amazing when you think back to 1975." ■

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Independence: What does it mean and where to now?



DAME CAROL KIDU

FORMER PNG POLITICIAN, LEADER OF THE OPPOSITION, AND PACIFIC PERSON OF THE YEAR IN 2007. PNG AWARDED HER 'DAME COMMANDER OF THE BRITISH EMPIRE' FOR HER ACHIEVEMENTS.

Q: What does Independence mean to you?

A: Independence gave the right to self-determination and national sovereignty for Papua

New Guinea. I was a young wife, mother and teacher when Papua New Guinea was granted Independence.

My life was centred on extended family, clan activities and Pari village at that time. Learning to live in a completely different culture from my birth culture dominated my life more than the excitement of Independence.

However, I did support the push for Independence and had confidence in the dedication of young men and women like my late husband, who committed themselves to their people and to nation building. To me, the only advantage of delaying Independence would have been to allow time for more infrastructural and economic development to be left as a colonial legacy.

Independence is about the freedom to make one's own choices but it is also about the responsibility to make the right choices that put people at the centre of development. People-centred development has been a challenge for all governments since Independence and perhaps our focus has been too much on our natural resources and too little on equitable development of our human capital. This is not meant as a criticism but as a statement of a reality that has very complex causes.

Much has been achieved in the 40 years since Independence and as a nation we can be proud that we are still a vibrant democracy. I pay tribute to Sir Buri and of course many other visionary leaders who were fanatical about the rule of law, the independence of the judiciary and had a determination to uphold our National Constitution, which was enacted at Independence and has guided our nation without violence through many political crises. This is something that the people of PNG should be proud of and we must continue to uphold our Constitution and the rule of law.

Q: Where would you like to see PNG in the next 40 years?

A: I would like to see PNG change the inspiring rhetoric of the Preamble to our Constitution into a new reality for the people of Papua New Guinea. The National Goals and Directive Principles of our Constitution (our Mama Law) are the basis of Vision 2050 and StaRS (the Strategy for Responsible and Sustainable Development), which was recently launched by our present government. PNG has the vision; PNG has the guiding principles and plans. Our challenge is and always has been effective and equitable implementation.

The focus must be on rural development to make rural communities attractive and accessible to reverse the process of urbanisation.

In the next 40 years I hope that all Papua New Guineans will enjoy the right and the opportunity to develop their full potential and be able to live their lives free from violence.

I hope that Papua New Guinea will not become a bad photocopy of other societies but instead will create a modern PNG that combines the best of many worlds – a society that truly promotes equality, social inclusion and justice for all and also expects honesty and hard work from all citizens to look beyond their personal and tribal interests to the betterment of all citizens of Papua New Guinea.





40 YEARS OF INDEPENDENCE

CHARLES LEPANI

**HIGH COMMISSIONER OF
PAPUA NEW GUINEA TO
AUSTRALIA**

Q: What does Independence mean to you?

A: There was much serious debate by our founding Fathers and Mothers as to when to gain Independence, and what type of society PNG needs after Independence. They took their task seriously and with robust debate and discussion in the Constitutional Planning Committee at the time.

As one who was then a keen supporter of PNG gaining Independence, I am very proud today that we have achieved much, with some challenges on the way.

There are those who still argue that PNG gained Independence too soon. They have to answer the question: 'When is the right time for any colony to gain Independence?'

There are those colonies that waited too long and the consequences have proven to be conflict and suffering. Australia and PNG remain very good friends at an official level and at people-to-people level.

The Governor General of PNG at the time of Independence, Sir John Guise, famously and eloquently expressed our thoughts towards our Australian friends as he handed the Australian flag to the then Australian governor general, Sir John Kerr, on September 16, 1975. 'We did not tear your flag down nor did we burn it, we hand it back to you with respect.'

While we have had our minor disagreements over the years since Independence, our relationship with Australia continues to mature from strength-to-strength and will continue, no doubt, to do so for the foreseeable future.

Q: Where would you like to see PNG in the next 40 years?

A: While impressive GDP growth rates and growing wealth of our economy are all important, to me, the biggest influence for the bright future of PNG is the integration of our people, a unifying force in the future of our nation.

In my young days, when I was asked where I was from the answer was Samarai. Today, if a young Papua new Guinean is posed the same question, the most likely answer is a litany of provinces where parental lineage is remarkably sourced. We should always remember and be proud of our history and cultural heritage, on which basis, we can take our country forward for the next 40 years.



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JULIE BISHOP

**AUSTRALIAN MINISTER FOR
FOREIGN AFFAIRS**

Q: What has Independence meant to the PNG/Australia relationship?

A: On behalf of the people of Australia, I extend my best wishes to the Government and people of Papua New Guinea on their 40th anniversary of Independence.

Australia values our special friendship with PNG – built on a shared history, geography and personal links – it is a true economic and strategic partnership.

Today, PNG is a strong and confident nation, playing an important leadership role in the region. We congratulate PNG on hosting the highly successful 2015 Pacific Games, and we look forward to PNG hosting other major events, including the Pacific Islands Forum Leaders' meeting in September this year and the APEC Summit in 2018."

Q: How can PNG and Australia forge an even stronger relationship over the next 40 years?

A: Australia and PNG are working together to strengthen our economic cooperation. Australia is PNG's largest trading partner, with bilateral trade worth about \$6.8 billion in 2014. Australia's private sector investment in PNG is currently worth about \$19 billion. The Economic Cooperation Treaty signed by Prime Minister O'Neill and Prime Minister Abbott in 2014 is reinforcing these economic ties.

We are also forging stronger personal and business links. Through the PNG–Australia Network and Emerging Leaders Dialogue we are building stronger relationships between PNG and Australia's businesses, entrepreneurs and students. The Australia Awards Program has for over 40 years enabled Papua New Guineans to study in Australia to develop skills and knowledge.

Under Australia's New Colombo Plan, Australian undergraduates have the opportunity to study in PNG, and undertake research, work placements and internships. Linkages between people, universities and businesses forged through the New Colombo Plan will support even closer engagement between future generations of Australians and Papua New Guineans. ■





What 40 years of Independence means to me

Daniel Kumbon was a local schoolboy when PNG's flag was raised for the first time in 1975. He recalls the time and the emotion.



Onwards and upwards ... part of Daniel Kumbon's group on the way up Mount Kondo to celebrate Independence.

I feel privileged to have witnessed the Independence events in Port Moresby on September 15 and 16, 1975.

As I reflect, it seems only yesterday that Prince Charles, on behalf of Queen Elizabeth II, flew from England to officially open the Independence celebrations at Sir Hubert Murray Stadium.

I can remember the Ela Beach Hotel being renovated to accommodate Prince Charles, the royal entourage and the many other dignitaries who came to celebrate with us.

I was a Grade 10 student at Idubada Technical College. The whole student body marched to Sir Hubert Murray Stadium to witness the ceremony. I remember the Australian flag being officially lowered for the last time in the afternoon and carefully folded.

A single soldier took it to governor-general Sir John Guise, who handed it to his Australian counterpart, Sir John Kerr.

There was no television, internet or mobile phones in PNG then. Radio played a significant

role in reporting the events and the whole country was glued to it for news and live coverage. I joined a group of students around a radio on the stroke of midnight to hear Sir John Guise announce to the world that a new country was born.

As September 16 dawned into a full bright day, Susan Karike, a young student from Yule Island's Sacred Heart School, raised the new PNG flag for the first time.

She had won a nationwide competition to design the flag.

It was a very passionate moment and people wept openly. But I was rather young and ignorant to understand the significance of the occasion, and did not pay full attention to everything that was said by Prince Charles, Australian prime minister Gough Whitlam and PNG chief minister Michael Somare.

My attention was soon focused on the 21-gun salute and the parading army, navy and police, plus the *sing-sing* groups.

Last September, during the 39th Independence celebrations, I shared these experiences with

some of my children and relatives on the top of Mount Kondo, overlooking my village of the same name in Kandep.

The youngest of my relatives was Dominica, a two-year-old girl carried to the top by her uncles and nieces. I was glad to have her on the mountain because, as a youth, I used to frequent this mountain with my peers to roast sweet potatoes and corn over open fires. This stopped when I started attending school. Now, after about 50 years, I was back on the mountain frying sausages for 30 people, mostly children.

It felt good to be on my mountain again – feeling the cold wind tug at my clothes, feeling the Independence and seeing the beautiful sights of Kandep in every direction. In the distance I could see the Lai and Mariant rivers uniting as one near my village.

As I descended Mount Kondo late that afternoon, with all the people following me, I vowed to return again this year on September 16 to celebrate the 40-year milestone. ■



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How rugby league welds the nation

PNG's national team, the Kumuls, is a force for national pride and unity. *Sean Dorney* played for the team in 1975, the year of Independence.

Line of fire ... the Kumuls unite Papua New Guinea, a country once described as a nation of a thousand tribes.

Still holding pride of place in my home, 40 years on, is my Kumuls' jersey from that incredible year for Papua New Guinea – 1975. As Independence approached, PNG was given the hosting rights for

the first-ever Pacific Rugby League Cup.

I had arrived in PNG the previous year, 1974, to work as a journalist on secondment from the ABC to the then recently created NBC of PNG. One of my work colleagues



PICTURE: NRL PHOTOS





40 YEARS OF INDEPENDENCE

in the newsroom, John Harangu, from the Sepik, invited me to join him in playing for Paga Panthers in the Port Moresby Rugby League competition.

As Paga's half-back, I was fortunate enough, early in 1975, to be picked for the Southern zone side to go to Lae for the national selection trials over the Easter weekend.

Despite being hot favourite, our Southern zone team was beaten by the Northern and Highlands zones. My lasting memory is tackling big, bruising forwards and so I think it was my defence that must have impressed the selectors.

There were not too many from the Moresby competition who made that first Kumuls squad, which went into a training camp up at Sogeri in the mountains behind Port Moresby. Our captain, from the Islands zone, was a Bougainvillean, Joe Bubo, a lanky, skillful full-back.

The Pacific Cup was played that year between four teams – the Kumuls, the New Zealand Maoris, Western Australia and Victoria. Australia's Northern Territory was supposed to be in it, but Cyclone Tracey had wrecked Darwin on Christmas Eve 1974 and the NT side had to pull out.

I played in three matches at that Pacific Cup. We had a narrow victory over WA (15–13), a more comprehensive win over Victoria (38–0) and the lost the final to NZ (38–13).

Later that year, the Kumuls played their first Test match. It was against Great Britain, who won 40–12. But I was out, having suffered a neck injury in the first club match after the Pacific Cup. Paga had played Hanuabada Hawks and I ended up in the Port Moresby General Hospital.

The following year, 1976, I made the Kumuls again but not for a Test match. Our only match was against a team from country NSW. The players in the Kumuls squad elected me captain and we won.

By then, I was married to my wife, Pauline, a radio broadcaster from Manus, and I found out after the match that my brother-in law, Pana Ranu, had to restrain Pauline's father when two of the NSW forwards tackled me rather savagely.

Then, as now, rugby league is PNG's national sport.

Like many people in PNG, I was barracking for the Kumuls when they played against the Fiji Bati on the Gold Coast in the rugby league international fixture weekend earlier this year. When Fiji won 22–10 there was anguish on social media sites in PNG. "We used to be ➤





40 YEARS OF INDEPENDENCE

Number Four in the World," one contributor said, demanding to know why the team had not won despite having Mal Meninga as the Kumul coach.

The other teams playing on the Gold Coast that day were Tonga and Samoa. An examination of the team lists for the four teams shows that while the Kumuls had only two players contracted with Australian NRL teams, quite a few of the Fijians were and the entire teams representing Samoa and Tonga were first-grade NRL players.

This has annoyed me for years – how few PNG players get the opportunity to play in the NRL. It has nothing to do with talent. James Segeyaro, from the Penrith Panthers, was the Hooker of the Year in the NRL in 2014. The first Papua New Guinean to really make it in Australia was Marcus Bai, who won a premiership with the Melbourne Storm.

“

Then, as now,
rugby league is PNG's
national sport.

”

The reason there are so many Fijians, Samoans and Tongans playing rugby league in Australia is thanks to New Zealand's migration program. Samoa was a NZ colony and 1100 Samoan citizens can migrate to NZ every year under what is called the Samoan quota scheme.

The Fijians and Tongans get in under the 'Pacific access category' that allows 650 migrants a year. Once resident, these people can apply to bring other family members to NZ under the 'family sponsored' category, and any migrant accepted under these schemes receives permanent residency.

Once accepted by NZ, these Pacific Islanders can then come to Australia. And they have in droves. Despite PNG having been an Australian colony, very limited numbers of Papua New Guineans have been allowed into Australia and they are well outnumbered by the Polynesians because of the 'NZ route'.

In signing up players, the NRL teams do not spend a lot of money going out into the Pacific to search for them. Most players on contracts have finished their secondary schooling in Australia or NZ.

It astounds me that there are far more Papua New Guinean rugby league players contracted in England than Australia.

Perhaps in this 40th year of PNG's Independence from Australia, this is something the Australian Government could look at under a sports aid program. ■



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The IT guy ... Raula Kula is researching ways to help software developers to efficiently source software codes.

THE CODE BREAKER

Kevin McQuillan speaks to Papua New Guinean Raula Kula, who is leading a complex IT project in Japan.

Papua New Guineans have a natural language advantage to write and develop software codes, says Raula Kula, because they know so many languages.

Kula should know. As a research assistant professor at Japan's Osaka University, he is part of a high-end computer development program that is looking at how to efficiently reuse software libraries. Just understanding the

project is difficult enough, without even trying to understand how to actually go about completing the task.

He's been at Osaka University since 2013, after he completed his masters of engineering and then a PhD at Nara Institute of Science and Technology, a university specialising in the sciences. ►





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Spotted in ...

Before undergoing his engineering masters, Kula spent a year learning Japanese, necessary for his current work.

"We look for ways to help software engineers to find, develop and maintain their software repositories," he explains.

"To put it in simple terms, let's look at what happens when you are searching on Google. Based on keywords, Google is able to recommend links, based on histories of similar searches.

"Similarly, we want to aid developers by recommending suitable libraries.

"As you know, apps for Android or Apple mobile phones are indeed very popular these days. Thanks to the success of Open Source Software (OSS), developers are now able to freely 'reuse' quality code provided by the open-source community. However, currently all libraries are hosted in massive repositories spread across the internet.

“

I do the usual Japanese stuff. I go to karaoke bars and eat sushi. I love the food, and the culture of being on time. They are also very safety conscious.

You could probably lose your wallet somewhere and it will still be there when you come back.

”

"Our goal is to aid developers to efficiently recommend new libraries or critical updates to patch vulnerabilities in their code."

So how does a boy from Paramana village in Central Province get to lead this world-class project?

Academically successful in maths and physics, Kula won an AUSAID scholarship to Columbia Catholic College in Charters Towers, Queensland. From there, it was to Griffith University, where he graduated in 2004 with a bachelor of information science.

His first job was with Conservation International Melanesia, which aims to foster the conservation of Melanesia's native biodiversity, natural ecosystems, and traditional cultures. Based in Port Moresby, his job took him to Apia in Samoa, Atherton in northern Queensland, and Tokyo.

"While I was working in Port Moresby, I saw an ad about scholarships to Japan. It was a ➤



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Spotted in ...

six-month scholarship program and I thought, why not." ➤

Eight years on, he is still in Japan.

Among his early achievements, which resulted in his current leadership role, was writing an SMS code in *tok pisin* and several other PNG languages. That's still a work in progress. He has a business partner with whom he is working to make it commercially viable.

Kula comes from a high-achieving family. His father, Gaikovina, runs his own consultancy, RL Environment Consultant Services. His three sisters are equally successful. The eldest, Winifred, is also an IT specialist; Elma works as part of the financial team of the Pacific Games; the youngest, Emily, manages the Anez family day care centre in Port Moresby.

Which brings us back to Papua New Guineans' language ability and how it could develop a vibrant IT sector.

"Learning a language like Japanese or English, you really have to understand the culture behind

the language and this is much more complex, much more subtle than just learning code.

"Everyone in the country has this potential.

As Papua new Guineans we really have a language advantage because we know so many languages.

"With languages and coding, the secret is syntax and semantics. Coding is more straightforward than learning a language."

Kula believes every school-age child in PNG should learn how to code and that it should be an everyday subject in schools.

"Code no longer needs to be so complex. It's a higher level language these days, and not so much zeros and ones."

He is also a firm believer in the power of the internet to improve the life of villagers in remote parts of PNG.

"Once the cost of the internet goes down and we become more connected to the world, I can see a big boom because there are a lot of young, vibrant IT professionals in PNG.

"If you compare PNG to Japan and see the accessibility and what people are doing here, what they use the internet for to improve their lives, I think we can learn much. It will really change how all Pacific islanders live.

Life in Osaka is always a treat, he says, with the unique Japanese culture and new life experiences, personally and academically.

"I spend a lot of time with friends, and I do the usual Japanese stuff. I go to karaoke bars and eat sushi. I love the food, and the culture of being on time. They are also very safety conscious. You could probably lose your wallet somewhere and it will still be there when you come back." ■



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Jeff Turnbull reports on a new book by prolific PNG photographer David Kirkland, whose work is now also exhibited at Port Moresby's airport.



PICTURES: DAVID KIRKLAND

Photo call

“

After 25 years of going to Papua New Guinea, every day there is as fascinating to me as it was when I first arrived.

”

It could be said that Australian author and photographer David Kirkland discovered Papua New Guinea almost by accident after setting off from Brisbane 25 years ago for what was meant to be a South African adventure. ➤

Laughter is the best medicine ... a young girl from the Hela Province watches as her relative poses for the camera behind the scenes at the Melanesian Cultural Festival.



Photo call



Eye contact ...the mesmerising beauty of a Bougainvillean girl (left); a young singing performer from the Simbu Province.



Instead, the young backpacker embarked on what has become a life-long love affair with the country and its people, after realising that everything he was looking for was right in his own backyard.

In June, Kirkland released his 15th book – *Papua New Guinea: The Last Great Frontier*– filled with his fascinating and vivid photographs. He now also has the honour of his work adorning the walls of Port Moresby’s Jacksons International Airport.

Kirkland’s first book followed a stint in PNG as head of a law-and-order foundation.

Kirkland has seen parts of the country, as he puts it, go from stone age to space age in less than a lifetime.

“It’s been the biggest adventure of my life and I’m very fortunate to have been in a position where I have witnessed much of that transition,” he says.

In an attempt to draw attention to traditional values and practices that are rapidly disappearing, he has started a foundation to protect, promote and preserve the indigenous cultures throughout the South Pacific.

“There is a lot of change going on,” he says. “But I can still say that after 25 years of going to Papua New Guinea, ➤



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Photo call



Brave face ... a fierce warrior pose, more a reflection of the past than the present (left); an 'experienced' dancer from the Gulf Province shows that performing is not only the domain of the young (middle); a young university student participating in the Melanesian Cultural Festival.



every day there is as fascinating to me as it was when I first arrived."

Kirkland, who offers advice to budding photographers in 20-minutes sessions on Skype, says one of the most important lessons to learn about capturing the right images on assignment is patience.

"You will find Papua New Guinea people are more than happy to engage you and share their pride in their culture provided you take it easy and not try to rush them or push them around to get your photograph," he says.

And before you go, do your homework.

Go online to identify upcoming cultural performances and be aware that not all the best pictures are unfolding inside the arenas. He says go early and look outside the venues to where the participants are preparing themselves for the ceremonies and performances.

Another tip from Kirkland is to try to enjoy yourself in the process.

"Go there to have fun and not with the sole mission to get a good photograph," he says. ➤

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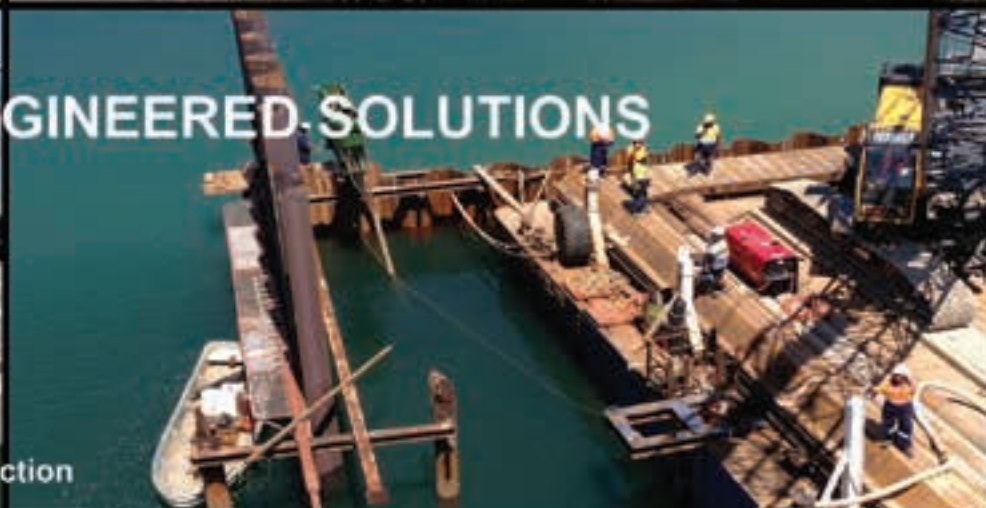
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Included in Kirkland's arsenal of cameras is a Nikon 35mm with four lenses, a medium-format Pentax digital and a compact Sony RX 100, which he bought primarily for underwater photography.

He describes the Sony as "the most revolutionary camera in the universe".

"I could not recommend the camera more highly to budding photographers. It costs around \$800 (PGK1650) and takes pictures as good as my very serious Nikon equipment," he says. ■



Play time ... young children have plenty to smile about as they frolic by the river.

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David Kirkland ... says PNG has been the biggest adventure of his life.



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Split-second timing ... PNG's Kaminiel Matlaun wins the 800 metres ahead of New Caledonia's Adrien Kela by 0.02 of a second; then (from top) swim superstar Ryan Pini who won six individual gold medals; PNG's winning Rugby League 9s team; drum solo at the opening ceremony; making a splash in the 400 metres; PNG's Thadius Katua lands a blow on his way to the lightweight boxing gold medal.



ON A WINNER

The Pacific Games in Port Moresby have been hailed a resounding success.

The 2015 Pacific Games, hosted by Papua New Guinea, were such a big hit that the Governor General, Michal Ogio, was moved to say at the July 18 closing ceremony that the country should bid for the 2026 Commonwealth Games.

PNG also topped the medal table with a massive 217 medals and swimmer Ryan Pini won the title of best male athlete.

PNG finished well on top in the medals, 52 ahead of second-placed New Caledonia and

104 ahead of third-placed Tahiti.

The president of the Pacific Games Council, Vidhya Lakhan, said the Games surpassed all expectations.

"Thank you for being such a wonderful host," he said at the closing ceremony at BSP Stadium. "Thank you for making our stay in Port Moresby safe and memorable."

PNG's Sports Minister, Justin Tkatchenko, said the Government had invested PGK1.4 billion in the Games. ➤

PICTURES: GAMES NEWS SERVICE





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On a winner

He said the money not only ensured the success of the Games, but will also provide a stepping-stone for sport in PNG, hopefully producing world and Commonwealth champions over the next 10 to 30 years with the facilities that have been created.

"We want PNG to be the new hub when it comes to sports development in the Pacific. We want PNG to be one of those forces to be reckoned with when it comes to our athletes in the future.

"We also open our doors to our Pacific neighbours and invite them to come and utilise our facilities that we have built for elite athletes."

The 16-day Games started in fine style on July 4 when Prince Andrew, the Duke of York, declared them open.

The spectacular three-hour opening ceremony at Sir John Guise Stadium featured 3000 participants, including 1000 Port Moresby school children. ➤



The royal touch ... Prince Andrew, the Duke of York, opened the Pacific Games in Port Moresby on July 4. He is seen here with the baton.

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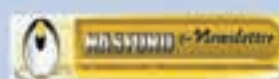
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On a winner



Closing ceremony ... PNG bids farewell to the Pacific Games (above); Samoa's triple gold medallist Ele Opeloge (below); bodybuilders strut their stuff (right).

The Games baton was carried into the stadium by PNG's gold medallists at the 2014 Glasgow Commonwealth Games, weightlifters Dika Toua and Steven Kari.

The 4000 athletes then entered the gates – the home team, in red, black and gold – bringing up the rear to the loudest applause.

Tonga is due to host the next Pacific Games, in 2019. ■

— REPORTING BY EURALIA PAINE AND ROBERT UPE



TOP 10 MEDALS TALLY

	G	S	B	T
1. PNG	88	69	60	217
2. New Caledonia	59	50	56	165
3. Tahiti	39	34	40	113
4. Fiji	33	44	37	114
5. Samoa	17	23	11	51
6. Australia	17	19	11	47
7. Nauru	7	10	5	22
8. Solomon Islands	7	6	15	28
9. Tonga	7	1	9	17
10. Cook Islands	6	7	16	29



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Gadgets and travel accessories

Techno backpack

This stylish backpack from AMPL is one that a modern-day James Bond would throw nonchalantly over his shoulder. Inside, is a hidden charger that charges up to seven gadgets simultaneously, and the bag has a shock-absorbent base and water-resistant fabric so the gadgets will stay safe and sound. The bag is also linked to an app that shows you what's charging and lets you reassign power to the devices that need it most; and it will sound an alarm if you leave the bag behind in your jet-lagged state.

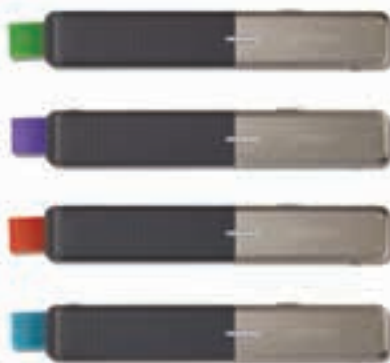
From about PGK654; ampl-labs.com.



Portable printer

Skip the hotel business centre and print on the go with Epson's WorkForce WF-100 portable printer. It's the smallest, lightest printer in the world that weighs less than two kilograms, it can produce full-colour printouts and small photos, plus it has WiFi and a rechargeable battery. Just make sure you keep it a secret or you'll have the entire conference knocking at your hotel room door.

About PGK801; epson.com.au.



Selfie button

Pair the Satechi BT selfie button with your smartphone via Bluetooth, position your phone, then press the button when you're ready to take your shot, virtually guaranteeing your smile won't have gone crooked by the time the shutter snaps. You can also use your button to control music remotely or to make calls, get directions, look up info and more via your devices. *From about PGK68; satechi.net.*

Stay in touch, even if offline

You're trekking through the jungle with friends when you realise you've lagged behind and lost them. You start to panic when you see your phone is out of service ... Only to remember, with a smile, that you were clever enough to bring your GoTenna with you. This nifty little device syncs wirelessly with your smartphone, letting you text friends in possession of your sister GoTenna (they come in pairs), even when you're off the grid. *From about PGK411 for two; gotenna.com.*





Keep track of your bags

Attach Microsoft's Treasure Tag Mini to your briefcase, camera bag, keys, wallet or other travel essentials and, when connected to the Treasure Tag app, it will send you a notification when you move too far from the item you're about to leave behind. Each item you've tagged is shown on a map so you can also search for misplaced items with your phone. *About PGK47; microsoft.com.*



Jet-lag cure

You may know that one of the best jet-lag cures is light therapy, where your eyes are exposed to a light similar to sunlight. But what you may not know is that you no longer need to sit in front of a desk lamp to get it, thanks to Luminette eyewear's light-therapy glasses. Yes they look a little silly, but you only need to wear them for half an hour to get your biological clock switched to a new time zone, helping you feel instantly more energised. *From about PGK667; myluminette.com.*



Smartpen

The Equil Smartpen 2, a ballpoint that uses real ink, transfers what you write on any regular paper pad directly to your tablet. You can instantly share what you write using email, social media, iCloud, Dropbox and Evernote. *About PGK465; myequil.com.*



Suitcase seat

Let's face it: no matter how organised we are, we're still bound to spend an inordinate amount of time waiting around in airports, taxi lines and hotel check-ins, often without a place to sit. Thank goodness for the clever folk at Dbest, who have designed a suitcase with a top that doubles as a small seat, letting its owner take a load off (up to 160 kilograms thanks to its steel frame) while on the go. Comes in water-resistant black, grey or red, and in two sizes. *From about PGK356; dbestproducts.net.*

Travel pouch

The Running Buddy was originally designed for marathon runners, but is the perfect pocket for travellers needing to store passports, smartphones, ID, keys, credit cards and money on the road. The mesh pouch connects to your waistband with magnets and comes in a variety of sizes and colours. *From about PGK38; therunningbuddy.com.*



Custom shirts delivered to hotel

Simply choose the fabric and style of the cuff, collar and more, use the iPhone or iPad app to measure yourself, then order your custom shirt from M Tailor and it will be delivered directly to your hotel. Just like having a personal tailor travelling with you. *From about PGK189; mtailor.com.*

Smaller GoPro

GoPro has released its HERO4 Session camera, which is 50 per cent smaller and 40 per cent lighter than previous versions. It's waterproof, has easy one-button control for photos or video and is compatible with a wide range of mounts, whether you want it strapped to your wrist or on the front of your surfboard. *From about PGK1200; gopro.com.*



Wireless earbuds

Behold the world's first wireless Bluetooth earbuds, The Dash from Bragi. They transmit great sound, connecting to your phone via Bluetooth and also holding 1000 songs in their onboard memory. They can cut out outside noise, track your heart rate, calories burnt, oxygen saturation and other fitness info using built-in sensors. They come with three different sized silicone sleeves to fit your ear. *About PGK818; store.bragi.com.*





**Beauty is a Wound (Text Publishing)
by Eka Kurniawan**

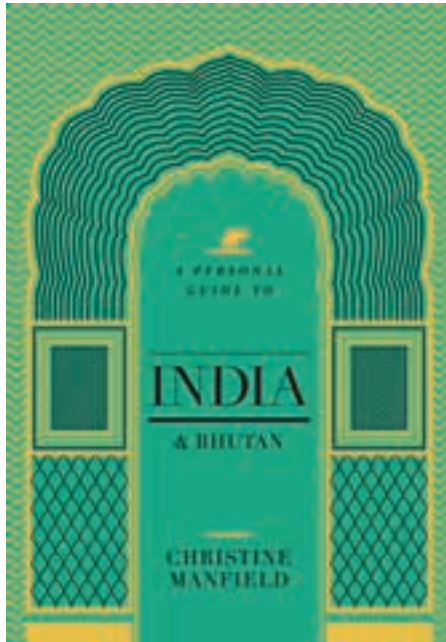
The *Jakarta Post* has described Indonesian writer Eka Kurniawan as 'one of the few influential writers in Indonesia'.

This is a humorous, fantastical and sometimes shocking novel. Its tales of passion and politics are told through the beautiful call girl Dewi Ayu and the challenges confronted by her and her four daughters. Some of these arise when she visits them 20 years after her death.

The novel draws on local folk tales and its scope is as broad as the family's challenges. It weaves together history, satire, tragedy, legend, humour and romance. It is also a critique of the still-young Indonesia, a nation born only after World War 2. The country's troubled past: the greed of colonialism; the chaotic struggle for independence; and the three decades of former President Suharto's rule are part of this work of fiction.

The praise for Kurniawan has been lavish: "The reader will have the sense of encountering not just the history of Indonesia but its soul and spirit. This is an astounding, momentous book," wrote one reviewer.

The author lives in Jakarta. This novel, translated from Indonesian, is Kurniawan's English-language debut.



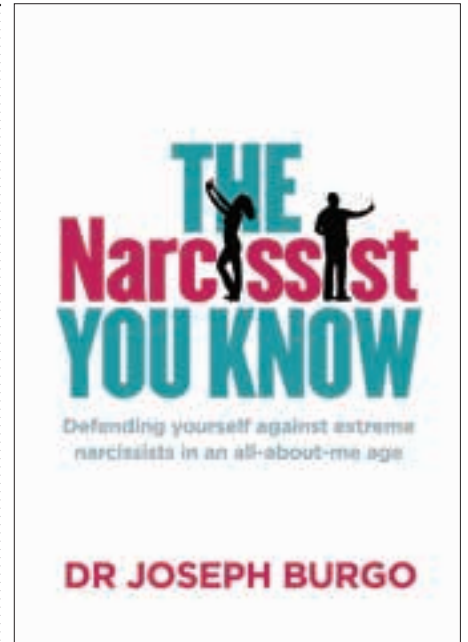
**A Personal Guide to India
and Bhutan (Penguin) by
Christine Manfield**

This guidebook by an Australian chef could make a good starting point for gastronomic adventures within the magic and memorable chaos of India.

Each chapter contains essential sights, local eats, top places to stay and the best places to shop. The book is something of a personal tour from Manfield, who has spent years exploring India, the Himalayas and Bhutan. Her book has been described as the perfect companion for travellers who want to find the really special places to eat and stay.

Chapters cover a large region of India, including most states. Rajasthan, Uttar Pradesh, Kerala, Tamil Nadu, Punjab and Gujarat as well as Bhutan and the Himalayas are featured. Manfield also peeks about and passes on her tips to cities including Mumbai (Bombay), Delhi, Chennai, Goa, Lucknow, Kolkata (Calcutta), as well as others not on the so well-worn track.

This is the prolific Manfield's eighth book.



**The Narcissist You Know
(MacMillan) by Dr Joseph Burgo**

Joseph Burgo is a psychotherapist and author of a previous book, *Why Do I Do That? Psychological Defense Mechanisms and Hidden Ways They Shape Our Lives* (2012). Burgo is also a contributor to *The New York Times*, *USA Today* and *The Washington Post* and has more than 30 years of experience studying personality disorders and treating extreme narcissists.

His bona fides seem impressive and *The Narcissist You Know* may be a guide to help those unfortunate enough to have to co-exist with one, or more, self-obsessed people.

According to Burgo, extreme narcissists make up 5 per cent of the population and this book will help identify, understand and manage narcissistic personalities.

Burgo also claims to offer tools and solutions that can be used to defuse hostile situations and survive assaults on your self-esteem should you ever find yourself in an extreme narcissist's orbit.

Refreshingly, the doctor doesn't just point the finger: He asks us to look at our own behaviour to identify the instances where our own occasional bouts of narcissism may fuel discord within our own lives.





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Steve Jobs

Danny Boyle controlled the cameras for *Slumdog Millionaire* and *Trainspotting*, and directs this biopic of Steve Jobs, the man who is still selling Apple despite his passing.

Michael Fassbender (pictured) whose previous credits include *X-men* and *Inglorious Basterds*, and the seemingly ever-faultless Kate Winslet, are names as easy to recall as Jobs and Boyle. The ingredients are there for a movie that may be far more critically acclaimed than the 2013 movie starring Ashton Kutcher (who did a fine job of Jobs).

In the trailer to the new movie, a frustrated Steve Wozniak (Seth Rogen), a co-founder of Apple with Jobs, puts this to his friend:

"You're not an engineer, you're not a designer. I built the circuit board . . . what do you do? How come I read 10 times a day Steve Jobs is a genius?"

A satisfying answer to the question may alone reveal some of the real Jobs and make the movie compelling.



A Walk in the Woods

The entire world loves writer Bill Bryson. The logic is ridiculously fallible but the movie, an adaptation of Bryson's best selling memoir, *A Walk in the Woods*, is sure to fill plenty of cinemas given the millions of books Bryson has sold.

The movie is set at a time in the author's life when he returns to the US after two decades of living in England. Bryson endeavours to reconnect with his homeland by hiking the 2200-mile Appalachian Trail.

Robert Redford plays Bryson and doubtless it would humour the writer enormously that he is being played by the screen legend/hunk.

Bryson's wife (Emma Thompson) is dismayed by this ludicrous venture and insists her husband find a travel companion. The only person Bryson is able to convince is an old friend, Stephen Katz (Nick Nolte), a recovering alcoholic and semi-reformed womaniser who, as befitting his pastimes, is grossly out of shape.

In the wilderness, the un-dynamic duo encounter hilarious characters, brought to life by Bryson's often laugh-out-loud writing. The wild animals and life-threatening situations will test the limits of their friendship – or end it.



Pan

Australian Hugh Jackman stars as Blackbeard in this visit to Neverland.

Comparisons with other Pan movies, including the brilliantly popular version starring Robin Williams, are inevitable. But the story of Peter Pan has been often told for good reason: pirates, a mysterious land (Neverland), a boy who can fly and shiploads of adventure. These are ingredients impossible not to like.

Levi Miller, another Australian, one a little younger than Jackman, makes his major movie debut as the orphan Peter. In this version of Pan, James Hook (played by Garrett Hedlund from Angelina Jolie's film *Unbroken*) helps Peter in his noble quest to save Neverland from the pirate Blackbeard. If he succeeds he might also just as nobly learn the fate of his mother.

J.M. Barrie wrote Peter Pan more than 100 years ago. This adaptation should prove to be a still perfectly adventurous escape for families.

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





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After the gold rush

Ian Neubauer visits Bulolo, an old gold-mining town that has re-invented itself with a sustainable timber industry.

PICTURES: IAN NEUBAUER

On a roll ... the timber industry has given new purpose to Bulolo.

In 1932, the Bulolo Gold Dredging Company airlifted a 110-tonne dredge piece by piece from the port city of Lae to the Bulolo River Valley.

The largest single part, the main tumbler shaft, was four-metres long and weighed more than three tonnes.

The operation pioneered large-scale air transport in PNG.

It also turned Bulolo, a tributary of the Markham River in Morobe Province, about 30 kilometres northwest of Wau, into the epicentre of gold production in the former Territory of New Guinea.

After the installation of seven other dredges flown in from Lae during the 1930s, gold production in Bulolo reached a peak of 8.5 tonnes in 1942. Production was interrupted during World War 2, when the Allies strafed Bulolo to prevent its infrastructure falling into Japanese hands under the scorched-earth policy.

Dredging resumed in 1946, with another 47 tonnes of gold removed from the river until reserves petered out in 1965. When the dredges went silent in Bulolo, the timber industry took its place.

But unlike the controversial deforestation practices the World Wildlife Fund blames for the loss of biodiversity across some parts of PNG, Bulolo harvests hoop and klinki pine from a 100,000-hectare plantation that was seeded by the Gold Dredging Company in the 1930s to provide timber to build houses for its workers.

"I've seen deforestation in parts of the country and I am not an advocate of that. Our timber supplies are 100 per cent sustainable," says Ian Cobb, the Australian-born general manager of PNG Forest Products in Bulolo.

PNG Forest Products' operations in Bulolo are not only sustainable but self-sufficient as well.

During a recent tour of the mill with purchasing and logistics manager Kevin Fauth,

Paradise was shown in-house workshops for signwriting, auto mechanics, plumbing, overhead power lines, carpentry, research and development, engineering and more.

“

Further value is added at the factory floor, where carpenters, joiners and furniture makers manufacture everything from school desks, to coffins, bed frames, flat-pack kitchens, doors and kit homes.

”





The mill even has a small cattle farm and abattoir that butchers thick T-bone steaks and succulent rib-eye medallions for the Bulolo Country Club, a licensed venue overlooking the Bulolo Golf Club – the oldest golf course in PNG.

"We have all the trades covered here," says Fauth. "We even generate our own water and power."

Until two years ago, PNG Forest Products produced a modest 5.5 megawatts of electricity from two hydroelectric stations – just enough to power the mill and homes of 1500 employees and their families who live in the bucolic gated community surrounding the mill.

The addition of a third hydroelectric station in 2013 upped power production to 14 megawatts – and created a new income stream for the company.

"The third power station was built purely and deliberately as a commercial enterprise," Cobb says. "We have an agreement with PNG Power Limited to sell them the power and direct all of it back into the grid."

"Hydroelectricity is one opportunity that has never properly been exploited in this country, so I see us as a model to show the rest of the country how both forestry and power production can be executed sustainably."

He adds: "We don't rely on the government for too much – only to keep the road open between here and Lae."

PNG Forest Products can't compete on price against the run-of-the-mill structural type plywoods produced cheaply in Indonesia. So it specialises in niche, high-end plywood products instead.

Cobb says the company excels at marine-grade ply, form ply and all sorts of specialty ply treated with veneers and overlaid with products like coach floor and train floor. "It's all about adding value," he says.

Further value is added at PNG Forest Products' voluminous factory floor, where carpenters, joiners and furniture makers –

both male and female – manufacture a vast range of timber products for domestic consumption: everything from school desks, to coffins, bed frames, flat-pack kitchens, doors and kit homes to suit various budgets.

"This is a house we are experimenting with in the Highlands," Fauth says, pointing out a small plywood roundhouse with a conical roof inset with a chimney. "You can knock it up or down in a day and you can even light a fire inside of it."

PNG Forest Products' newest value-added item is a wooden bridge that's seeing healthy demand in rural New South Wales, with sales averaging one unit per month since the bridge was launched in 2014.

"They are small bridges but that's what we are all about," Cobb says. "We're building another one right now in Tenterfield that's 20-metres long and breaks down to nine sections. The installation time is minimal – once you have your abutments in place you can install one in a day or two."

"That's a big advantage for Australia, where the cost of labour is so high." ■

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.



Timberland ... male and female carpenters and furniture makers work on the floor at PNG Forest Products (top); general manager Ian Cobb (middle); part of the company's enterprise.



Meet the Pacific's new man in Beijing

Australian-born David Morris is no stranger to promoting trade and investment. The 50-year-old was a senior adviser to the Tasmanian state government and managed trade and investment promotion for the New South Wales government. He's represented Australia on diplomatic postings, and led trade, investment and education missions to China, Hungary, India, Ireland, Japan, Malaysia and the US.

Now, he's in Beijing, as the new trade commissioner to China for Pacific Islands Trade and Invest (PT&I), the trade and investment promotion arm of the Pacific Islands Forum Secretariat.

"What interests me about this role is the great opportunity the rise of China provides to support sustainable economic development to benefit communities across the Pacific," Morris says.

"China's growth phase over the last couple of decades has been that of capital growth. There's been a massive investment in the cities and in industrial capability, and so China has been sucking commodities in from all around the world," he says.

Pacific island countries (PICs) have been a beneficiary of this, he notes, but China is now moving into a new phase, which Chinese President Xi Jinping calls 'the new normal'.

"China's growth is starting to slow and this not necessarily a bad thing. Because the burst of growth would have been unsustainable if it had continued at the pace we've seen in recent years.

"It's becoming a more balanced economy, not just focused on capital formation. It's becoming a consumption economy and this is a transformation, which is in its early days.

"I'm sitting here in Beijing surrounded by millions of middle-class consumers who are out consuming all the sorts of goods and services that we see around the world."

Two-way trade between China and the Pacific Islands Forum countries, excluding Australia and New Zealand, is worth \$US4.5 billion (PGK12.24 billion).

China's exports to the region are mainly electronic products such as phones and TV sets, instant food, machinery, clothing and footwear, ➤

David Morris is the Pacific's new trade commissioner to Beijing. He talks to *Kevin McQuillan* about China's economy and the trade and investment opportunities for the Pacific islands that can arise from being part of China's new 'Maritime Silk Road'.

China man ... David Morris says Pacific islands can benefit from China's massive desire for tourism.



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Meet the Pacific's new man in Beijing

furniture and construction materials. Chinese imports from the Pacific consist of mostly raw materials (timber and seaweed), seafood and mineral products.

But that's about to change, says Morris. "There'll still be demand for those commodities but prices are going to continue dropping. But, because of this shift, there'll be a demand for niche products, like tourism, and a whole range of things from coffee to health products.

"Any sort of lifestyle product that is a niche market within China hopefully can provide important opportunities for Pacific economies."

The PT&I office in Beijing has business managers specialising in trade, investment and tourism, who work with local Chinese companies and try to match them with Pacific island companies.

In 2012, nearly 70,000 Chinese tourists visited the seven 'approved destinations' on

the Chinese Government's list of Pacific island countries and Morris believes there is "a very strong potential to strengthen tourism".

"We need to develop direct air links, resorts and tourism experiences and infrastructure which will allow Pacific island nations to benefit from what is a massive growth in Chinese outbound tourism that is really just beginning," he says.

"Chinese tourists are much more adventurous and looking for much more diverse experiences, so those who've been down to Australia a few times are looking for a more exotic location in the Pacific for their next holiday."

Chinese President Xi Jinping visited Fiji in November 2014, and Morris says the significance of that visit cannot be underestimated.

"Within China, there's a very strong cultural dimension in forming relationships

at the highest level and this is often the way business begins in China: when people feel they can trust one another and particularly when leaders have made a commitment to one another.

"But also, very importantly, Xi Jinping outlined in his speech in Suva that the Pacific islands are part of the 'Maritime Silk Road', and it is important for us to understand where we sit in terms of developing trade, investment and tourism.

"It means, in the Chinese way of thinking, that they see a long-term commitment to the region and they want to build links and infrastructure so there will be mutual advantage through trade, investment and tourism over the long term.

"We now need to do the hard work and work out how to translate the symbolic importance of those words into action." ■

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A tonic for rural communities

Ben Creagh reports on how the corporate world is improving health services in remote parts of the country.

Papua New Guinea's rural health system largely depends on aid money, but in recent times there has also been a welcome boost from a number of corporate organisations that have stepped in with their own initiatives, often through collaboration with not-for-profit organisations.

In one such case, the Digicel PNG Foundation has grown, since 2008, to include 21 mobile health clinics, two rural health aid posts and three women's resource centres.

This is in addition to the foundation's presence in the education sector, where it has funded 194 primary school classrooms and 234 elementary school classrooms.

The foundation has invested PGK42.5 million into communities across all 22 provinces, directly affecting over 350,000 people. ➤

Beatrice Mahuru ... the chief executive officer of the Digicel PNG Foundation.



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A tonic for rural communities



Beatrice Mahuru, chief executive officer of the Digicel PNG Foundation, says the foundation plans to continue the funding of community health projects, with the aim of supporting the communities as they become more self-reliant in the future.

"No two communities are the same, so we are constantly adapting, with a considered approach, respectful of working in the different cultural contexts which are often deeply rooted in tradition," she says.

"A lot of Papua New Guineans we visit used to walk for three days to a health centre. A lot of health centres have also been shut down in these remote communities. Now, what used to be a three-day walk to a health centre has become closer to a three-hour drive."

Mahuru says that the Digicel PNG Foundation has adopted elements that form

In good hands ... Beatrice Mahuru is spearheading community health projects.

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A tonic for rural communities

“

A lot of Papua New Guineans we visit used to walk for three days to a health centre. Now, it has become closer to a three-hour drive.

”

part of the community health programs implemented by ExxonMobil during the development of its PNG LNG project.

ExxonMobil introduced its Community Health Impact Management Program through partnerships with the Papua New Guinea Institute of Medical Research (PNGIMR), Population Services International (PSI) and various contractor firms.

With support from ExxonMobil, PNGIMR's Health Demographic Surveillance System (iHDSS) has expanded to monitor the impact of the PNG LNG project on the health of communities in project areas.

Meanwhile, the PSI-implemented Enhanced Community Health Project, which operates in key locations including the project's transport and logistics route, involves community education, awareness and training to address health and wellness initiatives.

Mobilisation, Mahuru added, remains a significant challenge to the Digicel PNG

Foundation, and other organisations, and though basic services are desperately needed in rural remote communities, it is cost prohibitive.

“Mobilisation into these remote areas remains our biggest cost area,” she explains. “Air travel is very expensive and there is only one road that connects the spine of the country.”

For the Digicel PNG Foundation, this challenge reinforces the need to secure partnerships with other organisations operating in PNG, says Mahuru.

“At the crux of our work is the partnerships that we have fostered from collaboration to co-ordination,” she says.

“A partnership opportunity we would love to find is with a freight company that can help take us into these remote areas. That hasn't happened yet but we will continue to work in that direction.” ■



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PNG's growing rice bowl

Kevin McQuillan reports that Trukai is investing tens of millions of kina to produce the little white grain.

Field trip ... Trukai employees inspect the crop. The company says rice is catching on in PNG.



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The Papua New Guinea Government's new national rice policy focuses on increasing local rice farming, reducing imports and enhancing food security.

The country's dominant rice player, Trukai, is already in step with those philosophies and is planning to develop a 6000-hectare plantation in Central Province.

Trukai's chief executive officer, Greg Worthington-Eyre, says rice is now a stronger competitor against traditional local food staples. "If you're in a coastal community, rice is competing with seafood. If you're in the Highlands, rice is competing with vegetables, particularly *kau kau* and taro," he says.

"As an alternative, it's easier to cook. It's a good menu filler, and with our vitamin enrichment program it also provides additional nutrition, beyond

a vegetable diet with other proteins that locals grow."

Lae-based Trukai is two-thirds owned by Australia's SunRice, and one-third PNG owned.

It has operated in PNG for more than 40 years and employs more than 1000 Papua New Guineans.

Its local assets include a 200,000 tonne-plus rice mill and packing plant; 12 national supply centres servicing more than 80 wholesale and retail distributors; and a 2300-hectare Erap cattle farm.

At the cattle farm, it carries out an artificial insemination program to improve cattle genetics for smallholder cattle producers. (This has resulted in an elite nucleus cattle herd, providing a breeding ground for the PNG beef market.)

The company also operates the Gabmatzum Rice Research Farm near Nadzab, outside Lae.

"Trukai has a commanding market share (in rice), and although the market has been growing at about 5 per cent to



5.5 per cent per annum over the last few years, we are seeing current growth at about 3.8 per cent," Worthington-Eyre says.

"We see growth continuing between 3 and 3.5 per cent in the immediate term.

"The market itself is expanding primarily because of access to rice that we provide through our distribution network," he says.

"We have 12 sites across the country. As we provide access into new areas, we find consumption grows.

"In PNG, rice becomes more a part of the daily meal, as people can afford it. Hence the market is growing ahead of population. We don't see that really changing in the foreseeable future."

Trukai imports all its rice from Australia and, at times, other

countries and Worthington-Eyre estimates about 30,000 tons is currently grown in country for local consumption. But that's about to change.

Well before the national government announced its new rice policy, Trukai had committed itself to investing millions of kina to establish the 6000-hectare plantation in Central Province within five years, along with supporting key plantation projects in West New Britain, Markham Valley and the Highlands.

"We will start with about 1500 hectares in the next three years in Central Province," says Worthington-Eyre.

"We believe that from our research on varietal testing that we will be able to achieve similar to south-east Asian yields,

similar to smallholder networks in say Thailand or Vietnam, which is about three to four tonnes per hectare."

The plan would see some 18,000 tonnes of locally grown rice produced initially by Trukai and some of that rice may be available for export, although the focus is on food security for PNG first. As this expands, options on trading will come into play.

"With other buying programs we are establishing with some of the other farmers, and our desire to set up a rice-growing and development and purchasing agreement with all the Highland provincial governments, plus the Morobe government, we believe we can get to a significant proportion of local rice packaged and sold within the next five years.



Greg Worthington-Eyre ... the chief executive officer of Trukai.

"Now the interesting thing is that level of production would be in addition to the 30,000 tonnes of rice already locally produced. And, to enable small farmers to participate in the program, Trukai has a mobile rice mill on a semi-trailer to enable milling as close as possible to the point of harvest." ■

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CEO confident of 'new wave of high growth'

Kevin McQuillan speaks to Michael Kingston, the chief executive officer of Lae manufacturer KK Kingston.

Q: What are the key challenges facing KK Kingston?

A: We're probably facing the same challenges that all businesses in PNG are facing. The economy is obviously much more subdued than we've become accustomed to and this will continue into 2016.

I think everyone is hoping that the Total LNG project will go ahead, and we all wait for the day that Wafi-Golpu begins construction.

It is sad to see that the coffee harvest this year is again poor, both in terms of yield and price.

KK Kingston is viewing this as a consolidation period to allow us to get ready for the next wave of high growth that will inevitably come with more mine and gas development. The question is not if the economy will improve but when. We intend to be ready when it happens.

The other concern is the foreign exchange issues currently affecting PNG.

It is increasingly difficult for businesses like KK Kingston to obtain foreign currency as and when we need it. Based on all the advice we've received, I do not believe this is going to get any better over the course of 2015.

I expect foreign exchange liquidity to continue to tighten, and the waiting list for FX orders to continue to grow. This liquidity crunch presents major challenges for every business operating in PNG.

Q: What are the key issues you see for the economy in general?

A: The lack of new mining development activity and lower prices for resources

globally means that there is a lot less liquidity in the economy as a whole.

This is not limited to the mining and resource sector. The agricultural sector is also struggling with low outputs and low prices, most notably cocoa and coffee.

This will pass, and hopefully some time in 2016 we will see things heat up again.

One of the great dangers that we face in PNG is becoming overly reliant on the resource sector, and creating a one-dimensional economy. One could argue that this has already happened.

We need to create a diverse and vibrant economy where we have multiple industries that create employment and generate tax revenues for the state.

This diversity in turn creates a natural hedge for the economy.

The resources sector alone cannot create enough employment opportunities for the entire PNG population.

We also have the challenge presented by potentially unsustainable government spending. On one hand, it is great to see the government spending and investing in infrastructure and other areas that sorely need it.

Michael Kingston ... hoping to see things 'heat up' in 2016.



“

The question is not if the economy will improve but when. We intend to be ready when it happens.

”

I applaud the government of PNG for the investments they have made in ports, roads and other much needed pieces of infrastructure.

Government spending in 2015 has given the economy a much-needed injection of stimulus.

The concern for me is that running a large budget deficit is unsustainable.

I expect a supplementary budget to be released later in the year, and for this to have a greatly reduced level of state spending going forward.

Q: How is the plan to consolidate all of the Lae operations into your new Speedway site proceeding?

A: We originally planned to take a 'big bang' approach, develop the whole site and move everything at once. But the upfront investment was somewhere between PGK50 million and PGK100 million, which is a huge amount of money for us.

The only logical thing to do was to develop it in a gradual manner, one building at a time, and fund it out of cash flow.

We've already moved our container yard and raw materials storage out to Speedway, and the next step will be to build some workshops, and the step after that will be to build our finished goods warehouse.

Once the whole project is complete we will have about 12 buildings on the site and about 26,000 square metres of factory or warehouse space.

It will take us about five years to finish everything. ■

KK Kingston is one of the largest manufacturing companies in PNG. It produces plastics, industrial chemicals, paper, cooking oil, consumer goods and rotomould products.

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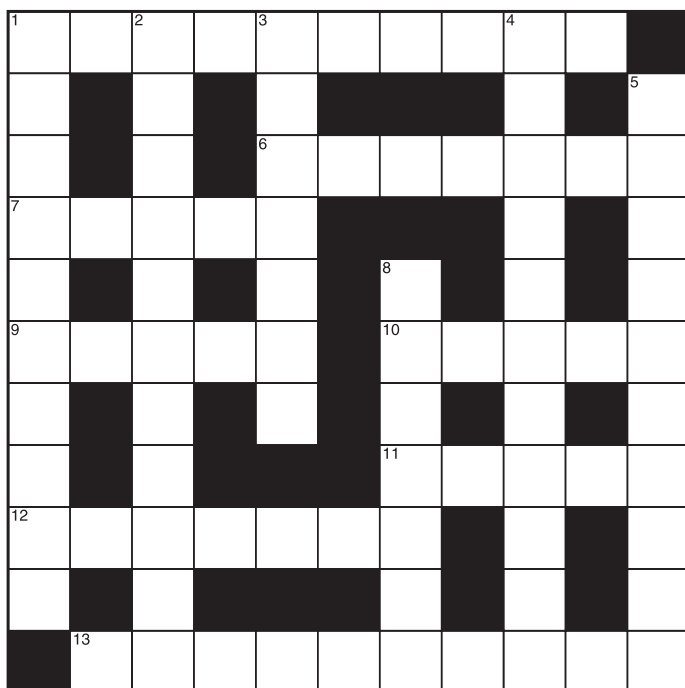
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DoubleTake

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. Revealing record being beaten (10)
6. Chat and move, watching tea disappear (7)
7. Ape climbed out of cheapest box (5)
9. It's more pleasant in an ice rink (5)
10. Coronet in Croatia rarely seen (5)
11. Finished a type of Italian food (5)
12. Aggravates with sharp spikes (7)
13. Freshwater fish comes in to join the joiners (10)

Down

1. Unhappiness about second tint (10)
2. It will provide fine evidence in a snap (5,6)
3. Address of university (7)
4. A date to resolve to do better (3,4'1,3)

5. Vast garage somehow gets on one's nerves (10)
8. Treads on blended family member (7)

STRAIGHT CLUES

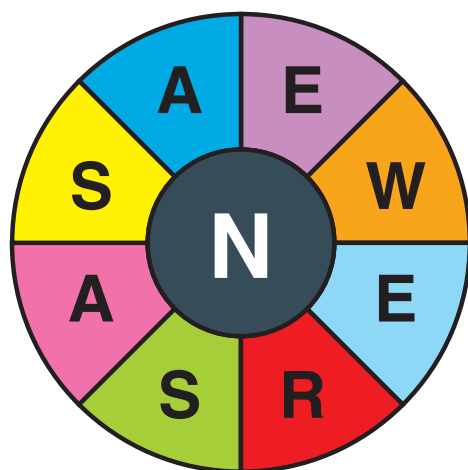
Across

1. Divulging (10)
6. Heart-to-heart (7)
7. Bosom (5)
9. More charming (5)
10. Jewelled headband (5)
11. Spaghetti or macaroni (5)
12. Pins & ... (7)
13. Singing siblings Richard and Karen, The ... (10)

Down

1. Rumbles in the ranks (10)
2. Device for detecting those driving too fast (5,6)
3. Stern dressing-down (7)
4. December 31 (3,4'1,3)
5. Makes worse (10)
8. Boy from spouse's previous marriage (7)

Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

12 Good 16 Very Good 21+ Excellent

© Lovatts Puzzles



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What is the name of the Port Moresby swimming pool that was purposed built for the 2015 Pacific Games?
2. What happened at Fiji's Cloudbreak in June?
3. How long is the Kokoda Track: 96, 156 or 206 kilometres?
4. Name PNG's two English-language newspapers.
5. What is a 'paramount' chief?
6. In which play do you hear the famous quote "To be, or not to be: that is the question"?
7. How many provinces in PNG?
8. When is an *anien* likely to make you cry?
9. What is the capital of the Solomon Islands?
10. Captain James Cook was killed in Hawaii in 1779. Lovers in many countries around the world ironically, celebrate the date on which he died. Why?
11. PNG is celebrating 40 years of Independence. Which neighbouring country is celebrating 50 years of Independence this year?
12. What are the two-letter airline codes for Air Niugini, Air Vanuatu and Air Caledonie?
13. What happened to Japan's Kei Nishikori at this year's Wimbledon tennis tournament?
14. Name the famous performer, who sings *Bennie and the Jets*, due to perform in Brisbane in December?
15. Which country's \$1000 note has its entire national anthem printed on it in micro text?

Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 136.

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Solutions

Wheel Words

Solution: Anew, Earn, Erne, Near, News, Sane, Sawn, Seen, Sewn, Swan, Wane, Warn, Wean, Wren, Arena, Newer, Renew, Saner, Sense, Snare, Sneer, Answer, Rawness.

9-letter word: AWARENESS

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

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

The Paradise Quiz

1. Taurama Aquatic and Leisure Centre. 2. The Fiji Pro surf competition, won by Australian Owen Wright. 3. 96 kilometres. 4. *The Post Courier* and *The National*. 5. The highest-level leader in a region. 6. *Hamlet*, performed in Port Moresby this year by London's Globe Theatre. 7. 22, including the autonomous region of Bougainville and the National Capital District. 8. *Anien* is the Tok Pisin word for onion. When chopped, onions release an eye-irritating gas called Propanethiol S-oxide. 9. Honiara. 10. Cook died on February 14, which is Valentine's Day (a celebration of love, friendship and affection). 11. Singapore. 12. PX, NF, TY. 13. Nishikori, the highest ranked Asian player at No. 5, had to withdraw because of injury. 14. Elton John. 15. Singapore's 'Portrait' series \$1000 notes.

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Out and about

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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.

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 ➤



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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 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 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 ➤



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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/duffyngp.



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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: The hotel's restaurant has a daily soup and salad buffet lunch, with your choice of main and a drink. There is an Indian buffet night on Thursdays. 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.

Tasty Bites: This is the newest restaurant in Port Moresby, serving Indian and 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

PNG's only top-tier hotel, Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms and excellent service. See airways.com.pg.

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 ►



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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

Port Moresby's newest premium hotel opened in late 2011. The hotel 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. See grandpapuahotel.com.pg.

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 (Port Moresby's newest hotel). Tel +675 303 2000.

Laguna hotel

The Laguna is the latest hotel to open in Port Moresby, providing high-end facilities. 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 WiFi and free buffet breakfast. Tel +675 323 9333.

Lamana Hotel

Also in Waigani, this modern hotel's facilities include the popular Palazzo restaurant (steaks, pizzas and Indian cuisine), business centre, conference facilities and fashionable nightspot, the Gold Club. Tel +675 323 2333.

LAE

In PNG's industrial hub of Lae, the Lae International Hotel has a secure, central location, pleasant grounds, cable TV and several dining options. Tel +675 472 2000, see laeinterhotel.com.pg.

The smaller Lae City Hotel has quickly established a good name since opening in 2013, but be sure to make a

reservation well in advance, laecityhotel.com.

Finally the Melanesian Hotel, part of the Coral Sea Hotels group, also provides business-standard hotels in several other urban centres.

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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Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

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.

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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: 11000m
Standard seating capacity: 122
Number of aircraft in fleet: 1



F100 - Fokker

Length: 33.526m
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 620-11 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 PW150A
Normal altitude: 7500m
Standard seating capacity: 74
Number of aircraft in fleet: 6



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 18.33m
Range: 4500km
Cruising speed: 650kph

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

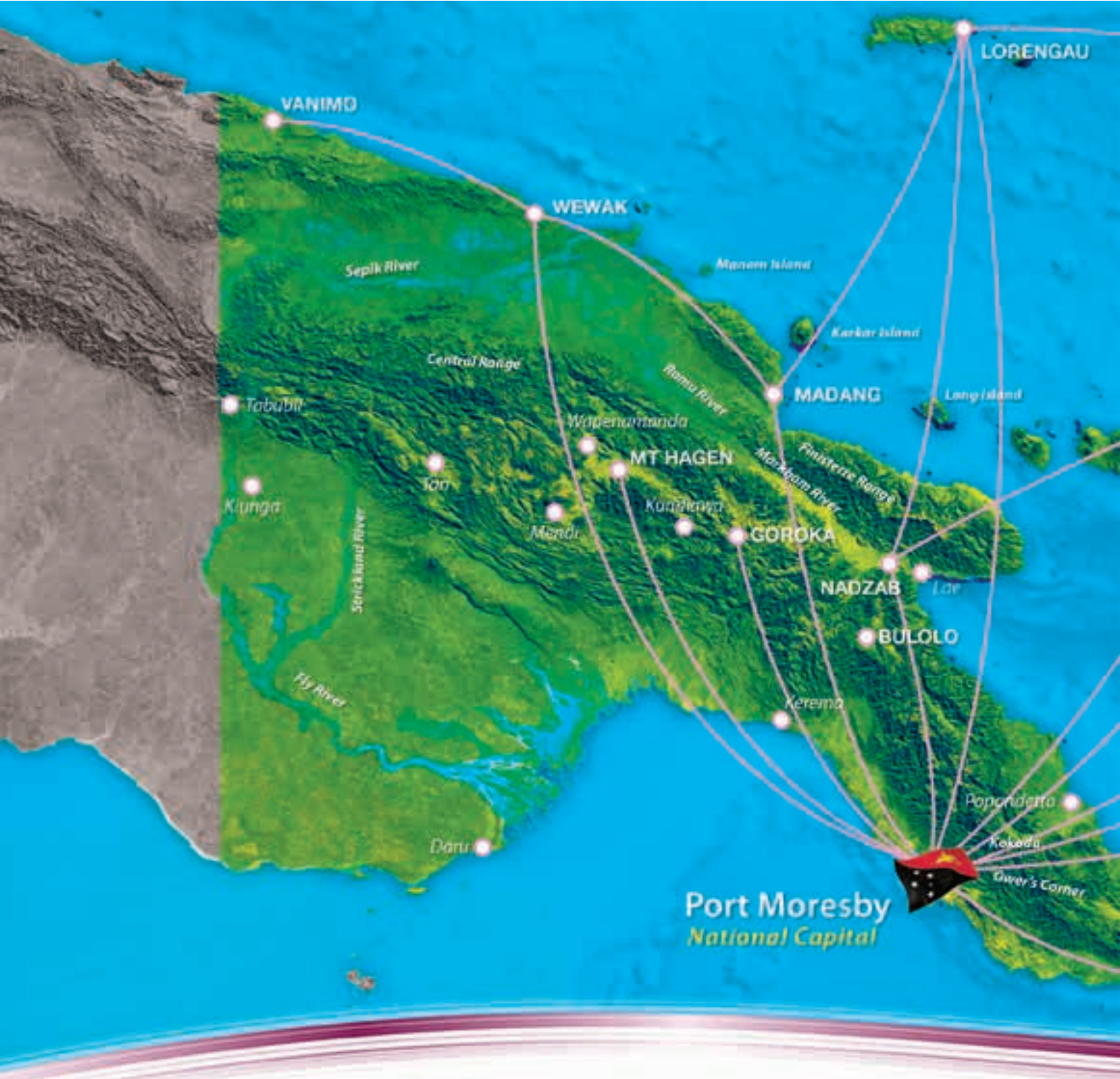
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your 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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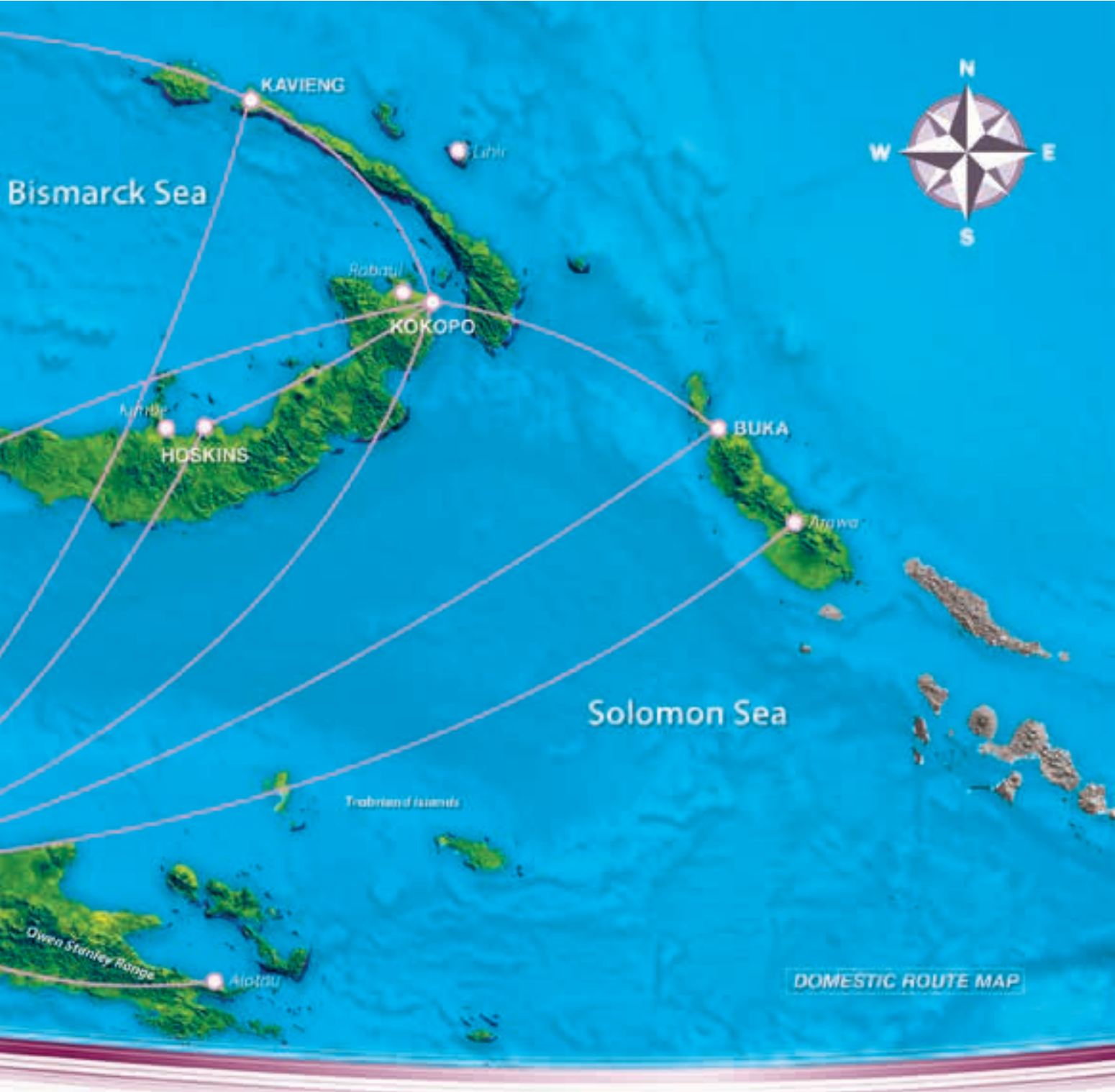
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Email: aimugini@flightdirectors.com

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.

Let us connect you

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