

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME I JANUARY - FEBRUARY 2016



# PARADISE

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# IN PARADISE

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Cover photo: In the Southern Highlands, photographer Chris McLennan comes face to face with the Huli Wigmen. See his story on page 22.



# PARADISE



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# Message from the Chairman

## Welcome aboard



**O**n behalf of Air Niugini, I extend to you all, our valued passengers and commercial clients, a successful and happy New Year.

I am delighted to assure you that Air Niugini enters the year with great confidence and with an ambitious agenda that will significantly benefit the travelling public and Papua New Guinea as a whole.

The expansion and upgrading of services that will occur in 2016 will be the culmination of two years of planning

by the board and management of Air Niugini.

The most important development, and the one passengers will most readily experience, will be the continued fleet upgrade.

Late last year, we introduced the first two Fokker 70 jet aircraft into the fleet. The response from passengers has been positive, with flight times reduced and jet aircraft increasingly servicing our main domestic routes and regional services. Jet services have already been introduced to Cairns, Gurney and Hoskins.

This year, three more Fokker 70 aircraft will join our fleet, with four to be added next year. That will enable all major domestic routes to be serviced by jet aircraft, and will help facilitate expanded services in the South Pacific.

Air Niugini places the highest priority on faster, more reliable and comfortable domestic jet aircraft.

Mid-year will see the introduction of a second weekly service to Narita in Japan, and plans are advanced to introduce a service between Mount Hagen and Jayapura in Indonesia. Planning is also well advanced on expanding services to Pacific nations, including the Federated States of Micronesia.

Existing services will be increased to the Solomon Islands and Vanuatu – and seasonal charter services will operate between Alotau and Brisbane until the commencement in October of regular flights.

The airline's wholly owned subsidiary, Link PNG, is a great success story after just over a year in operation. It is meeting the travel needs of passengers in smaller and more distant centres. The airline will consider expanding these services this year, as passenger demand justifies.

Our management team in ensuring the PGK700 million fleet upgrade is delivered efficiently and smoothly. This upgrading will not only mean faster and more comfortable flights – it will help secure the economic future of Air Niugini in what remains a challenging environment for the airline industry.

This ambitious program is being implemented with the support of the National Government, and is consistent with the government's policy commitments in the areas of improved transport for the nation, the development of tourism, and the expansion of PNG's regional socio-economic and cultural relationships.

The other welcome change that we saw in 2015, and will be expanded in 2016, is the major airport-upgrading program being driven by the National Government.

The re-development of Jacksons International Airport has improved arrival and departures, and is allowing Air Niugini to develop its goal of making Port Moresby a regional hub for airlines from the Pacific region – using the modern terminal facilities to transit to Asia and beyond, as well as to Australia.

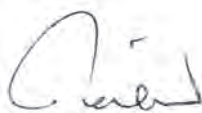
In the last two months of last year, new terminals at Hoskins and Mount Hagen airports were commissioned, and work is under way on re-development of Goroka airport, with Popondetta and Vanimo to also benefit from this program. Contracts have also been awarded for the major re-development of Nabzab airport, which services the nation's leading industrial city, Lae.

These improvements, and the expansion of runways at Mount Hagen, Alotau and Hoskins will allow Air Niugini to introduce larger jet aircraft to most major provincial centres.

Air Niugini also welcomes a program to improve navigational aids and night-landing facilities.

This is a brief snapshot of the significant agenda Air Niugini has for this year and beyond.

Thank you for travelling with Air Niugini today – and we look forward to welcoming you back very soon.



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





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YOUR WORLD  
YOUR WAY



# Nine new Fokker 70s for Air Niugini

As part of a major re-fleeting program, Air Niugini is acquiring nine Fokker 70 aircraft by 2017 to replace its existing Dash 8 Q400 fleet.

The first F70s are already in operation, with more to come soon.

Air Niugini Chairman, Sir Frederick Reiher, says the F70 aircraft are perfectly suited to the PNG market, due to their performance and operating economics. They were chosen

over the closest alternatives, the Dash 8 Q400 and ATR.

"The F70 has significant advantages over the propeller-driven alternatives, such as the ability to fly 35 per cent further for the same load, and significantly faster. Importantly, the better range of the F70 as compared to Fokker 100, Q400 and ATR, will provide more opportunities to improve and expand services to the South Pacific countries," Sir Frederick says.

The F70 aircraft have spacious cabins with generous luggage bins and are enhanced with LED lights, updated seats and a WiFi inflight entertainment system engineered, certified and fitted by Fokker.

Technically, the aircraft have state-of-the-art satellite navigation systems and tail-mounted engines, which are less likely to ingest foreign objects from the runway.

### AIR NIUGINI'S FOKKER 70 AT A GLANCE

- Business and economy class
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- Fokker 70s used worldwide by 200 airlines and operators, including customised VIP jets

The F70 can take up to 80 passengers: eight in business class and 72 in economy. The first F70 was added to the Air Niugini fleet in April last year.

"When the first F70 operated its first commercial flight to Mount Hagen, it marked a significant expansion of jet aircraft operation on our major domestic routes," Sir Frederick says.

Recently, Sir Frederick (pictured) and Air Niugini chief executive officer, Simon Foo, travelled to Amsterdam to meet the management of Fokker services to discuss the long-term support of the Fokker 70/100 operations at Air Niugini. ■



## Link PNG wins Exxon Mobil contract

Air Niugini's subsidiary company, Link PNG, will provide charter services for Exxon Mobil PNG Limited for the next three years.

Link PNG operates up to 14 charter services for Exxon Mobil

each week between Port Moresby and Komo in Hela Province. Additionally, it operates several transit services, via Moro, in the Southern Highlands.

Link PNG's general manager, Daniel Wanma, in welcoming

the new contract, said:

"On behalf of the board of Link PNG, we offer assurances of the highest safety standards and world's best practices over the next three years."

Link PNG, together with Air Niugini, handles corporate charter services for six major contractors, operating up to 60 flights and carrying more than 2000 corporate passengers weekly. ■



# Condolence for former chairman

Air Niugini has expressed sorrow at the passing on November 8 last year of the airline's former director and chairman Sir James Neng Tjoeng (pictured).

"The nation has lost one of its most successful business leaders, and Air Niugini has lost a distinguished former director and chairman," said Air Niugini chairman Sir Frederick Reiher.

"During his long and distinguished service to Air Niugini, Sir James was a driving force behind the 'Pathway to Recovery' plan, implemented when the airline faced very significant challenges a decade ago," Sir Frederick said.



He said the successful development and implementation of that plan laid the strong foundations,

which the board and management are building on today to guide the airline through another challenging period – but one with great opportunities.

Sir James served as a director of Air Niugini for two terms – from 2002 to 2011 and from 2012 to 2015. He retired in April last year due to ill health.

Sir James was the chairman of the airline from from 2006 until 2011.

Sir Frederick said Sir James devoted long hours to Air Niugini during his period as chairman, in particular bringing to the airline the benefits of his own significant success in the private sector.

"Sir James was highly regarded by his fellow directors, by management and by staff, and he was genuinely admired for his dedication and commitment when he underwent major surgery and confronted serious health challenges," Sir Frederick said.

"The board, management and staff of Air Niugini join with me in expressing to Lady Judy Tjoeng and the Tjoeng family our deepest sympathy on the sad passing of Sir James," he said.

## NEW AIR NIUGINI LOUNGE



Air Niugini executives cut the ribbon for the airline's new Paradise lounge at Mount Hagen Airport. The lounge, for Executive Club members, opened in the new Mount Hagen international airport terminal, known as Kagamunga International Airport, late last year. Overseas flights from Indonesia, and Australia, are due to start into the airport this year. New Air Niugini lounges are also due to open at Hoskins and Lae.

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# More flights to Japan

Air Niugini will begin operating a second service to Narita in Japan from July 6 to support the PNG National Government’s initiative to develop tourism in the country and to further enhance the PNG–Japan relationship.

Air Niugini’s chief executive officer, Simon Foo, made the announcement while receiving a cheque of PGK5 million in funding from the Acting Minister for Culture and Tourism and National Planning, Charles Abel.

“Air Niugini’s Japan route carries the highest percentage of inbound tourists out of all the countries we fly to, and this second service will be widely welcomed by tourism operators right across the country,” Foo says.

He says Air Niugini supports the Government’s tourism initiative

and the funding is a stepping stone towards the airline’s ambition to service Japan with at least three flights a week as soon

“

Air Niugini’s Japan route carries the highest percentage of inbound tourists out of all the countries we fly to ...

”

as amendments to the bilateral Air Service Agreement between PNG and Japan are in place.

“At least three flights can provide maximum flexibility for tour operators in Japan to create

package holidays of the most attractive duration to maximise tourism numbers. Also, Japan is a major customer for PNG LNG, and only one or two flights a week on any route is not an attractive frequency for business travellers.”

The second Port Moresby/ Narita service will be every Wednesday, departing Port Moresby at 2:10pm and arriving in Narita at 7:55pm (local time). The return flight will arrive in Port Moresby at 4:55am. Air Niugini currently operates a once-a-week service to Japan, departing every Saturday at 2:10pm.

Under the Government’s tourism initiative, there are plans to open up Rabaul, Madang, Mount Hagen and Alotau as the key tourism provinces.

Air Niugini recently conducted a test flight between Brisbane and Alotau as part of that initiative. ■

# Highest safety rating for Air Niugini

Air Niugini has been certified with an International Air Transport Association’s (IATA) Operational Safety Audit (IOSA) certificate after successfully passing the program late last year.

The IOSA is an international evaluation system designed to assess the operational and control systems of an airline.

Air Niugini is the only IATA IOSA certified PNG airline operating in the country.

Chief executive officer Simon Foo says the certificate recognises that Air Niugini has an operational safety system that meets the highest level specified and recognised by IATA.

“It is not an easy audit as internationally recognised quality audit principals are used to conduct the program. We are pleased to know that Air Niugini has successfully passed again.” ■

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## Paradise Q&A:

# Dr Martin Golman

The acting director of the National Forest Research Institute (NFRI) is leading the way in rescuing Lae's treasured botanical gardens.

**Q: What's the history of the Lae botanical gardens?**

A: Development of the gardens, now known as the National Botanic Gardens in Lae, began in 1949 by the forest botanist John S. Womersley. The site evolved in conjunction with the National Herbarium to provide a centre for botanic research. Throughout the 1960s and 1970s the gardens were well known, both nationally and internationally, as one of the most beautiful in the tropics, thus helping Lae to claim the title as the 'Garden City' of Papua New Guinea. But by the early 1980s funding for its upkeep began to decline sharply.

**Q: What is the National Botanic Gardens (Lae) Advancement Program?**

A: The program was introduced by the PNG Forest Authority and local community members who saw a need to restore the gardens to their former glory. It is sponsored by Lae businesses and aims to improve public use of the gardens through upgraded grounds, infrastructure and security facilities. It also aims to deliver education programs to current and future generations about the importance of PNG's natural assets.

**Q: Why is the program important for Lae?**

A: Lae is lucky to have a natural botanic gardens in the heart of the city, and we want residents to come out from their homes to appreciate, enjoy and treasure the aesthetic



PICTURE: MIA CUSACK

values of this natural environment. The program will encourage more people to visit and experience the gardens, ensuring that residents and visitors truly believe that they are in the 'Garden City' of Lae.

**Q: What have been your biggest challenges in getting this project going?**

A: The initial challenge was trying to circulate the program's concept to business houses and interested stakeholders to convince them to participate. Once we partnered with the Lae Chamber of Commerce, industry support came rolling in and we've already received donations from Swire's, Dekenai, Farmset, Nestle and Northbuild.

**Q: What does the future hold for the gardens?**

A: Our plan is to make this environment into an international-standard botanic gardens. Much has already been achieved with several corporate clean-up days and the restoration of the beloved RAAF DC-3 plane. There are also new world-class garden areas being designed, which include a heliconia garden, ginger garden, food, fibre and health garden and a foliage garden. Each offers a glimpse of a natural wonderland full of colour, texture and structure. ■

— MARISA HOWDEN



## BECKHAM IN PNG

English soccer star David Beckham made a flying visit to PNG late last year and stunned locals in the highlands when he played an exhibition match.

Beckham, a former Manchester United and Real Madrid player, was touring as part of a global project to play seven matches on seven continents.

The project is to mark his 10 years as an ambassador for the United Nation's Children's Fund (UNICEF) and to help raise awareness of the organisation's work.

UNICEF aims to ensure the world's children are fed, vaccinated, educated and protected.

A documentary is being made of Beckham's seven-match world marathon, with him playing matches in Nepal, Djibouti, Buenos Aires, Antarctica, Miami and England after his PNG kick off.

The visit was timely, because the FIFA Under 20 Women's World Cup will be played in PNG in November.



## Visas on arrival

Australian tourists will be issued with visas on arrival into PNG from next November, when Air Niugini starts direct services into special tourist zones, starting with Gurney-Alotau, according to National Planning Minister Charles Abel.

He says visas on arrival will also be issued at Mount Hagen, Kokopo and Madang. However, visas on arrival will not be available to Australian business travellers. ■

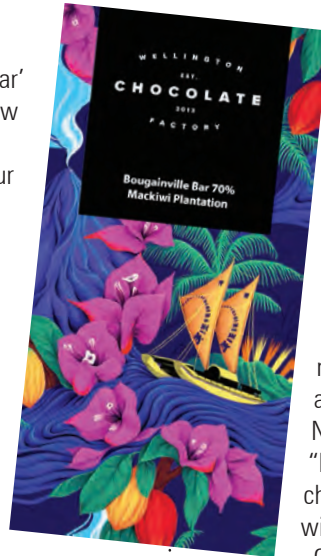
## Bougainville chocolate goes on sale

The new 'Bougainville Bar' has gone on sale in New Zealand, but if you are planning on getting your hands on the chocolate you may already be out of luck.

Most of the bars were pre-sold by the Wellington Chocolate Factory (WCF), which transported one tonne of high-grade cacao from Bougainville Island in PNG to NZ on a traditional sailing craft in October to be turned into chocolate.

Co-founder of the WCF, Rochelle Harrison, says she is now preparing to bring a second batch of cacao from Bougainville.

"We use the old way of making chocolate," she says. "We stone grind the bean and hand sort, before roasting, cracking, winnowing, conching and tempering the bean. It's a process dating back to the 18th century.



"We use single-source beans for each of our products.

"The Bougainville chocolate has a fine fruity taste," she told *Paradise*. "We're also looking to source cacao beans from Solomon Islands, Vanuatu, Fiji and Cook Islands."

WCF currently exports its range to overseas companies, and has over 100 stockists in NZ. Harrison says she also has "high hopes" of setting up a chocolate factory on Bougainville, within the next five to 10 years.

One tonne of high-quality Bougainville cacao bean will produce about 12,000 bars of chocolate. ■

**See page 104 for our story about PNG's 'secret' cacao plantation that is being used by a high-end Australian chocolate maker.**

— KEVIN McQUILLAN





# SAVING THE PIG-NOSED TURTLE

**T**he pig-nosed turtle is one of the most-hunted turtles in the world, but the Port Moresby Nature Park has stepped in to help save them.

The park has taken possession of 47 young turtles and is raising them in a safe environment as part of a conservation program with the University of Canberra and the Department of Environment and Conservation, funded by ExxonMobil PNG.

The turtles, known locally as *piku*, are severely under threat.

With their native habitat in the Kikori Delta in the Gulf Province, *piku* is the sole remaining species in its family of fresh-water turtles. The *piku*'s feet are flippers, like those of a marine turtle, and it's nose looks like that of a pig, with large nostrils at the end of a fleshy snout. They can grow to about 70 centimetres and weigh up to 20 kilograms, with a 40-year lifespan.

The turtle is hunted for its eggs and meat. It's estimated

that almost 90 per cent of the eggs laid annually are harvested. In addition, this cute reptile is illegally smuggled to supply the black-market exotic pet trade and the traditional Chinese medicine market.

The nature park will provide a protected and predator-free environment for the young turtles over 18 months.

Research shows that there is less than a one per cent survival rate of turtles in the wild and this 'head-start' *piku* program will increase their chances of survival by up to 30 per cent. After 18 months, the turtles will be tagged and released back into the Kikori Delta, where they will continue to be monitored as part of a broader conservation initiative.

"The program has been very exciting," says Susan Fari, one of the nature park's caretakers. "We received the 47 hatchlings in March and have been observing them since. We keep them in a controlled environment

– individual containers complete with a water filtration system – to monitor their progress and growth and make sure they stay healthy. So far all of them have been doing well.

"We're also in the process of designing a new public exhibit where they will have a more natural environment and it will be a wonderful way of displaying them to the broader community."

As the only known program aimed at *piku* conservation internationally, the tiny turtles have become a highlight on school education programs.

"Papua New Guinea has an incredibly unique and diverse environment," says Michelle McGeorge, general manager at the park. "We aim to stimulate curiosity and build awareness with the hope that this will help people to understand the importance of protecting the environment for the future."

"The *piku* head-start program is a wonderful way of doing this.

On the one hand we are making a significant contribution to the protection of a vulnerable species and at the same time we are able to promote conservation and environmental awareness for people living in Port Moresby. We are thrilled to be part of the program and very grateful for the support showed by our research partners and funders."

McGeorge says the initiative is the first of its kind in the country and can be used as a model for creating partnerships for conservation.

"The program is also aimed at developing strategies where local communities can participate in future 'head-start' programs of their own. By engaging with people at a local level, we can ensure that conservation efforts are on-going and this will have a positive effect on the protection of the environment for the whole country." ■

— KIARA WORTH





## SURF'S UP IN PNG

The World Surf League is considering the hosting of a regular surf competition in Papua New Guinea.

Tupira, in the Madang Province, has been identified as the venue. The first competition may take place this November, or in January 2017.

World Surf League representative Steve Robertson toured PNG late last year and says he was impressed with the wave quality and facilities.

He says there are some exceptional young PNG surfers who may qualify for a wildcard into the event, which will be broadcast live on television.

## Guam's first new resort since 1999

The Dusit Thani Guam Resort has opened its doors, marking a major milestone for Guam's tourism industry. The island's newest luxury, five-star hotel has breathtaking views of Tumon Bay and is the first newly built resort in Guam since 1999.

The 419 deluxe rooms and suites have ocean views and feature luxurious high-thread

count Egyptian linens, a complimentary mini-bar and free high-speed internet access.

There's also a day spa with Thai-inspired massage and treatments.

The Lobby Lounge outdoor terrace is the perfect place to unwind with a cocktail while taking in the spectacular Guam sunset.

Dusit International is a Thai company that has embarked

on an expansion plan beyond its home borders. It operates 26 hotels throughout Thailand, the Maldives, Philippines, UAE, Egypt, India, China, US and Kenya and is planning on opening 41 more in the next three years.

See [dusit.com/dtgu](http://dusit.com/dtgu). ■



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# India uncovered

Photojournalist Steve McCurry has visited India more than 80 times since 1978.

He has just released a book of his best images, called *India* and published by Phaidon.

McCurry documents the everyday lives of people, from the Himalayas to the beaches of Kerala and transports the reader to worlds they may never experience.

The large-format book features 96 photos, including this one of bicycles hanging on the side of a train in West Bengal. ■



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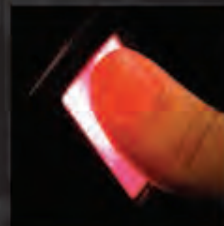


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# Samoa resort built by PNG

A stunning new resort, situated on its own island in Samoa, is scheduled to open later this year. The Taumeasina Island Resort is the work of PNG company Lamana Development.

The four-and-a-half-star property is just off the coast of the capital, Apia, connected by a 50-metre causeway.

The Island lay forgotten for many years until the Taumeasina Island Resort concept was developed and approved by the Samoan Government.

Lamana Development has wide experience in hotel concept design and construction. The company is also responsible for the construction of the re-launched Grand Pacific Hotel in Suva, Fiji, as well as Heritage Park Hotel in Honiara, Solomon Islands, and the Gazelle International Hotel in Kokopo.

The new resort in Samoa will have 80 hotel suites and 25 fully self-contained villas. It will also have a resort-style pool, fine dining restaurant, cafe, sunset bar, two private beaches, business and conference facilities, day spa, gym and a wedding venue. ■



# Women's awards

The CPL Group's annual Pride of PNG Awards for Women have been handed out in a number of categories, including 'bravery and courage', 'community spirit' and 'environment'.

Magistrate Josephine Durua, from the Morata community, won the bravery prize at a ceremony in Port Moresby late last year.

She received the honor for providing counselling and support to women who have been the victims of abuse.

The organisers said: "Josephine has fearlessly stood up for the rights of others and of herself in the face of personal injury, shame and even death. Truly, she is a shining example of bravery and courage."

Other award winners were:

Community spirit: Olivia Aripa Bunari from Poppondetta in the Oro Province, a nursing graduate who has become a community leader and has initiated several community initiatives, including programs to improve children's education.

Environment: Yolarnie Amepou for her work in saving pig-nosed turtles in remote Kikori (see story on page 16) where she spends several months each year doing field work and raising awareness in the community.

Care and compassion: Kavieng teacher Delmay Lopang for assisting children and adults, at no cost, to improve their education.

Education/role model: Kori Maraga from Pari village for her work as an educator.

Young PNG: Delisha Koime for her work as a broadcaster and an active community youth leader. ■

# Accountants on a mission

Accountants, financial advisers, auditors and their colleagues got out from behind their desks and rolled up their sleeves to help PNG charities late last year.

The workers, from the Papua New Guinean partnership of Deloitte Touche Tohmatsu, were taking part in their annual 'Impact Day' program.

About 80 Deloitte's staff participated in community projects to help charities such as the RSPCA, Links of Hope, Buk Bilong Pikinini, Oxfam and the Tufi Primary School.

With their calculators turned off, the staffers helped sort books, promoted pet adoption, donated equipment to the school and entertained children with music, dance and painting.

"It is an event which provides the staff with an opportunity to make an impact within the community," says company manager Sanchika Sutharshan. "The aim is to provide an enduring benefit to our charity partners." ■

## NUMBER CRUNCH

**168,212** The number of visitors to PNG in 2013 (the latest figures available). Males make up more than 70 per cent of total arrivals. The enduring links between PNG and Australia are strong. Australia (80,537) was the main source of arrivals. The Philippines is the fastest-growing source country, which has replaced the US and Japan. More than 22,000 arrivals came from the Philippines.

Source: Carmen Voigt-Graf, fellow at the Development Policy Centre based at the National Research Institute in Port Moresby.





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PICTURES: CHRIS McLENNAN

Face time ... the bright colours that symbolise the Huli.



“

Our baggage handler sports a grass skirt and tribal head gear beneath his fluorescent vest, only putting down his traditional bow and arrows to grab our bags.

”

# HULI TIME

*Chris McLennan goes on assignment with the Huli Wigmen of PNG's Southern Highlands and reveals some of the secrets of his photography.*

**T**aking photos has always been my favourite way to tell a good story – as the saying goes, a picture is worth a thousand words.

Photographing people, such as the magical Huli Wigmen who inhabit the Southern Highlands of Papua New Guinea, allows me to become a special kind of storyteller.

Sharing the incredibly visual culture of these remarkable people, one of the largest ethnic groups in PNG, is a privilege.

We travel via Tari, one of PNG's urban centres and a town that seems torn between its commercial enterprise and cultural heritage. Helicopters and planes dot the local airstrip, while large trucks

and lorries throw up dust along the rural roads, and yet our baggage handler sports a grass skirt and tribal head gear beneath his fluorescent vest, only putting down his traditional bow and arrows to grab our bags.

Ambua Lodge, our base from which we explore the Huli region, is in stark contrast. ➤



## Huli time



In paradise ... a Huli Wigman playing a pan flute against a stunning backdrop. This waterfall is a short hike from Ambua Lodge.

Nestled high in the Dorma Peaks, 2100 metres above sea level, this tranquil and eco-friendly domicile is made up of thatched-roof *bures* set among tropical gardens with views over the surrounding rain forest. Birdlife abounds, with 13 different species of bird of paradise found in the area.

It is against this backdrop that I take the opportunity to spend time among the Huli tribes, allowing my images to tell their story and give an insight into the lives of these striking people.

I begin my photo journey by capturing intimate portraits, using a long lens to highlight the detail and intricacy of the ornate and brightly coloured head gear and face painting for which this culture is known. Using a longer lens provides a shallow depth of field, meaning less of the image is in focus.

By placing the focus on my subject, and allowing the background to remain 'soft', I can make the subject stand out more and reduce distractions.

In these images, I have also tried to ensure I have a 'catchlight' in the person's eye. This brings the face to life and helps to create a connection with my subject. Usually the catchlight is naturally occurring light, but on some occasions I use a collapsible reflector to give the light I am after – usually a big hit with the kids.

To give my portraits some context I also like to pull back and create images that show the daily life present in Huli villages. ►







# *Airways Residences*

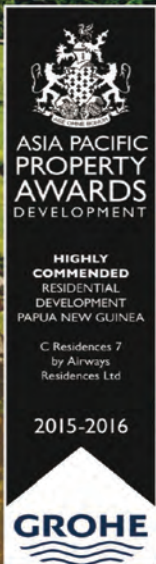
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Huli time



Of the earth ... a Huli Wigman armed with bow and arrow on a swing bridge (left); a Huli woman working in the garden planting yams (right); a Wigman watering his hair with sacred water (below). McLennan chose a slow shutter speed to accentuate the movement of the water droplets.



Showcasing daily tasks helps us to understand different cultural practices, and to recognise those habits that connect us all.

From working in the gardens to weaving hair to create the huli wigs, Huli life requires physical sustenance.

The Wigmen get their name from the very meticulous and intricate head pieces they wear, woven from human hair using a specific design indicative of each tribe. Yellow everlasting daisies are cultivated and used to decorate the wigs, along with feathers

and *cuscus* (possum) fur. The overall look is completed by a band of snakeskin worn across the forehead and a cassowary quill pierced through the nasal septa.

In addition, kina shells are worn around the neck and a decorative belt with bilum cloth is worn to cover the genitals. Face paint is elaborate and done predominantly in bright yellows and reds. Together the results are stunning and make the Huli a remarkable sight.

Alongside my portraits, I spend time capturing images of the local area; ►





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Huli time

placing Huli Wigmen in the picture reminds us where we are and to whom this dramatic land truly belongs.

The Huli are, without doubt, one of the most photogenic people I have photographed; however, it is important that I also recognise the beauty of the natural environment in which they live, and pay homage to the value they place on this land and the sustenance they draw from it. I can only hope I have told their story as well as they live it. ■

**Birds of a feather ... a group of Huli resplendent in their finery, with feathers reaching elaborate heights above their head pieces (right); a Wigman weaving human hair into a new wig (opposite page).**



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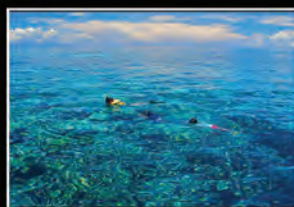
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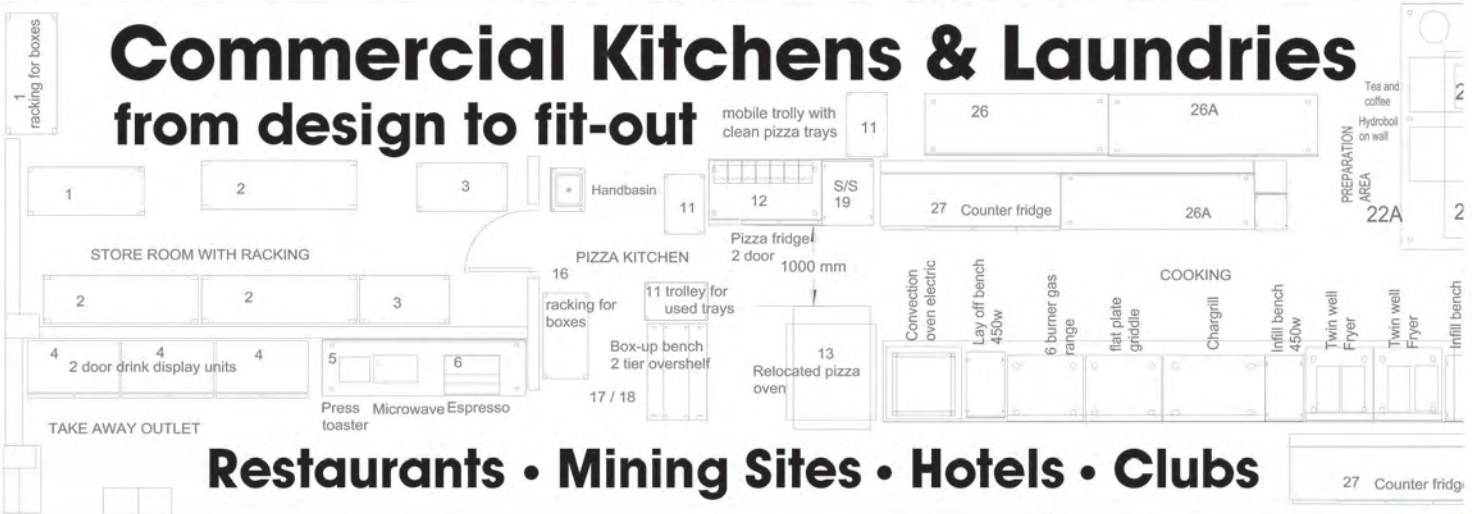
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ILLUSTRATION: SIMON SCHNEIDER





# PNG JOURNEYS

Three Papua New Guineans write about travels in their homeland.

## THE HOTEL WITH NO GUESTS FOR 10 YEARS

By DANIEL KUMBON

“You have good mountains, beautiful scenery, good weather and many attractions that would pull people here, but what you lack is a guest house.”

The scene: Sirunki, Laiagam district, Enga Province. The speaker: A German traveller. The person being spoken to: Yasowa Kome, a local councillor, the host of the German traveller. It was 1990.

This conversation with the German prompted Kome to start a guesthouse, even though Sirunki was a ‘no-go zone’ at the time, due mainly to tribal warfare and armed hold-ups.

Despite the social problems, Kome converted his two-bedroom family home into a guesthouse that he named Yaskom Resort Hotel.

Now, it is a major tourist destination in the province, the venue for official receptions, seminars, workshops and social gatherings. Even the Prime Minister, Peter O’Neill, has stayed there.

But for 10 long years not one tourist went to the hotel.

Kome takes up his own story:

‘One day in 1990 a German tourist, a medical doctor, came to Sirunki unexpectedly. He took pictures of the lake and admired the beautiful scenery and cool climate. In the afternoon he searched for a place to spend the night.

‘But he was an expatriate and we had reservations about inviting him to sleep in our village-style houses with pigs roaming around. You know, it was not conducive for him, one so used to modern comforts.

‘I am a mechanic and I had a small two-bedroom permanent house. I offered him one of the rooms, where he stayed for a week.

‘I told him we don’t have any guest houses at Sirunki, Laiagam, Porgera, Kandep or anywhere else in these western parts because no tourist ever comes here. But to demonstrate what the people could offer, I asked

people of Tucusanda village to stage a *sing-sing* especially for my German friend.

‘He took many pictures and went back to Germany. The good doctor implanted a seed in me to start a guesthouse. So I renovated my two-bed-room family home. I spent all my money hoping another visitor would come along. But none came for almost 10 years. I panicked and nearly gave up hope.’

But there was still hope. Governor Peter Ipatas won the 1997 national elections and formulated a major policy to promote tourism and economic activity in the province. People were encouraged to establish guesthouses.

Kome had already established a guesthouse, but felt reluctant to approach the governor because he had not supported him during the elections. But Kome was desperate to get a licence, so he wrote to the governor. Ipatas didn’t respond to two letters. But three years later, on the third attempt, the governor asked to see him at Irelya village. ➤



PNG journeys

After some scolding for not supporting him, Ipatas granted the coveted licence with 10 cartons of beer to start him off. This was followed by a grant of PGK100,000 from the provincial government. Kome accepted the gesture as a blessing and continued to improve his property. By then, visitors were finding their way to Sirunki.

Finally, Yaskom Resort Hotel was officially opened on August 12, 2011, nearly two decades after the German traveller visited Sirunki.

Reverend Herb Sachn, from Canada, a former missionary, was the first visitor after it was officially opened. Eight American tourists followed him. Thus the floodgates opened up to an influx of visitors who go there for relaxation, meetings or other social gatherings.

Every year during state-of-origin matches, rugby league-mad folks flock to Yaskom to watch their favourite game on the big screen



at the public forum area, or book into one of the cosy rooms to enjoy the game in private.

The hotel features 22 self-contained rooms with electric heaters, TVs and hot water, five

standard rooms, a spacious and fully kitted dining room and conference centre. A public bar and public forum area are other features.

It is a shining example of how one man can transform a forlorn area into a destination that not only brings in a regular income but peace and harmony among the locals.

It is where visitors can enjoy the natural beauty and culture of the people, like the German doctor did all that time ago. ➤

**Daniel Kumbon is a regular contributor to Paradise. He won the 2015 Crocodile Prize for 'tourism, arts and culture writing' for this story.**

**The Crocodile Prize is a national literary award.**

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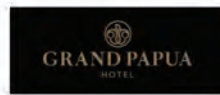
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## A RARELY SEEN FESTIVAL IN AN IDYLIC VILLAGE

By TABITHA PANGKATANA

“Agul mu,” calls a *maimai* (a clan spokesman). This is a customary term to acknowledge forefathers of the land in the Nalik language of Madina Village.

The village is a home to beautiful white sandy beaches, blue lagoons and rivers, and unquestionably, friendly spirited people.

Today, there is a crowd of excited New Irelanders and tourists in the village, gathered for the final day of the Malangan Festival, which was last celebrated nine years ago in Karaul.

The aroma of a *mumu* (food cooked with hot stones in a pit in the ground; often pork) and *kau-kau* (sweet potato) is in the air and I see women and young girls working ever so hard to prepare the food in a *hausmumu*, a traditionally built hut to stock garden food and make *mumu*.

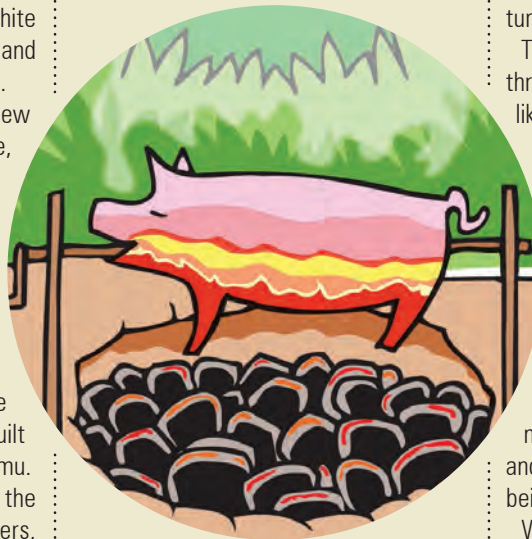
The attention of the crowd shifts to the *maimai* as he welcomes clan members, families, tourists, and – the whole purpose of gathering today – the spirits of the deceased clan members.

Leading up to the final day of the festival, there has been a week-long ceremony of feast preparation and honouring of the spirits of the deceased by clan members.

They have all worked hard. The women and young girls have gathered their food harvest, while the men and young boys have hunted pigs, built *hausmumus* and chopped firewood. Well before this, craftsmen set their hands to producing malangans (wood carvings).

Today is about freeing the lives of the dead and celebrating and honouring the lives of fallen clan members who are represented in carvings and masks.

“Agul mu” is called again, this time with a deep thrust in the *maimai*’s voice. He has announced a name of the first clan to receive contributions. People in different



clan huts rush towards a central post, where they place their donations in the form of money and *arangap* (shell money).

I learn that contributors give according to how they were aided by the receiving clan in the past, or contribute today *sapos ol bungim taim nongut lo behain taim* (in case they face trouble in the future) so the support will be reversed.

Wearing headdresses made from bird feathers and bright traditional wear, customary dancing starts with the males of the Mokamade clan, the host clan for today’s event.

The crowd waits eagerly outside an enclosure of woven coconut leaves built up to 10-metres high, like a fence. The men from

inside will break down the structure, which has taken a month of preparation, when the dancers are ready to let the crowd in.

The *garamut* (drum) is thumped loudly as the men inside men break down the structure and let the crowd into the arena.

There are male dancers standing still on a three-tiered platform, their arms out wide, like the wingspan of a bird, with beak carvings on their faces. They sway in unison to a beat of the *garamut*, imitating the graceful movement of a bird.

At that moment, there is a sudden change in the atmosphere. The people, who have just set their loved ones free, begin crying and wrap themselves in the arms of others.

A remarkable tile headstone, with a malangan carving on top, lists the names and death dates of the deceased who are being honoured today.

While the celebration continues, the festival also serves other purposes – to initiate new *maimai*’s, reinforce land ownerships, and resolve disputes.

Food is distributed on taro leaves and *sing-sing* groups perform at the heart-throbbing scene. They come in one after the other, filling the arena with colourful adornments and masks.

The goal of celebrating lives has been achieved today; showing just a slice of the beautiful spirit the Madina village has to offer. ➤

**Tabitha Pangkatana is passionate about pursuing a career in writing and photography. She hopes to echo PNG’s rich cultural diversity through her work.**



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PNG journeys

## A ROAD TRIP IN THE HIGHLANDS

By HAZEL KUTKUE

**R**oad trips are always a thrill, and travelling in the highlands of Papua New Guinea by road is an adventure.

I am taking a trip into the Gembolg district, in Simbu Province, which is northeast of Kundiawa, the province's main town.

It is a relatively fine day, but heavy grey cumulus is threatening rain. The province, like most other parts of the country, is experiencing a dry spell. However, the possibility of it actually raining is waved away by locals.

We have spent the first part of the day at a writer's workshop, at a beautiful little place called the Simbu Riverside Resort. It is cocooned in a bend of the Wara Simbu River, just a two minutes' drive outside of town.

We are in Simbu to attend the award ceremony for PNG's annual national literary com-

petition, the Crocodile Prize. The trip is arranged by the Simbu Writers' Association.

After a workshop and a light lunch, we pack into two 4WDs and set out along a windy road that is sealed at the start. We are a party of 14 people, winners and sponsors of the awards.

The right side of the road tapers into deep gorges, with the fast-flowing Wara Simbu at the bottom.

We are on the edge and we gape down the steep cliffs, with patches of tall grass and small trees growing on the sides. In places, the river is white and frothy, but where it is deeper it remains bluish-green.

The opposite bank has more grass and trees on the steep slopes. There are huge white rocks among the greenery, giving the impression of a spiky carpet draped over the mountain.

The sealed road soon gives way to dirt, which has recently been graded in preparation for its sealing. It is a smooth ride mostly, but quite dusty, which adds to the adventure of the trip.

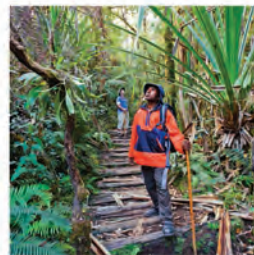
The road winds up and around stony peaks, hugging the sides of the mountain. Looking out the window, you can see the lower white ribbon that we had driven up on.

At certain places, there are food gardens on the steep hillsides. There are beautiful patches of onions and cabbage.

We make a few stops along the way to stretch our legs and take photographs.

The air becomes cooler as we ascend towards the Mondia Pass, where it is possible to turn around for the return journey.

We arrive at Mondia around 4pm and hop out of the cars for photos. Mondia is near the



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PNG journeys

point of the borders of the Madang, Simbu and Eastern Highlands provinces.

There is no local in sight, but soon enough an elderly man walks by, stopping to look at our party curiously.

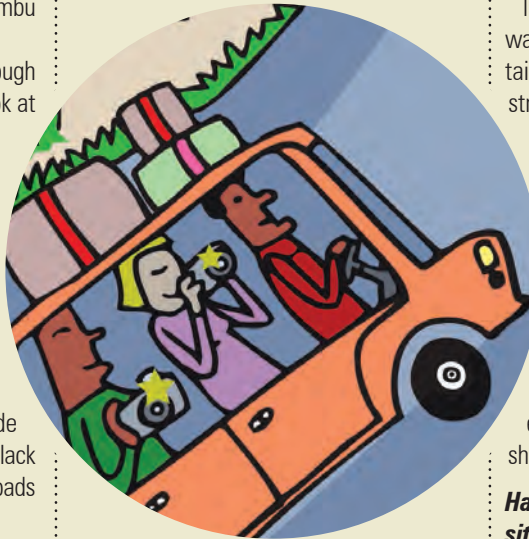
After a while, we hit the road, returning to Kundiawa.

We visit a home for disadvantaged children, the Urulg Mother of Life Centre, which is at the foot of Mount Wilhelm. It is supported by the Simbu Children's Foundation, a charity organisation.

The road leading to the home is a side road that has been paved by locals with black river stones. It reminds me of images of roads built by the Romans.

The home is in the shadows of the tall peaks, shrouded in late-afternoon mist.

There is a cluster of timber buildings, and a newly built double classroom donated by Digicel PNG. There is also a beautiful timber



cottage that was once home to a Dutch missionary, who lived there for some time and took a local wife. When he left, he sent funds to help the daily running of the home.

The children and their caretakers greet us warmly and give us bouquets of wild mountain flowers and a bowl of big, delicious strawberries.

Soon it is getting dark, and the cold becomes unbearable. We once again pack into the vehicles and make our way back to the main road.

Much of the return trip is made in silence because we are so tired. We eventually arrive back at our hotel, the Mount Wilhelm Tourist Hotel, in Kundiawa town. We are very happy about the entire experience. All I want now is a hot shower and comfy warm bed. ■

*Hazel Kutkue is a student at the University of PNG. She won the national 'short story' and 'young writers' awards in the 2015 Crocodile Prize.*

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# Dive in

*Ken Hoppen* visits Tawali, a seaside diving resort camouflaged by jungle.

**T**awali Resort is so well hidden that if you don't know it is there you could easily sail right on by.

Draped in the jungle, on a small point jutting out into Milne Bay, the dive resort has 14 rooms at the top of a ridge. Each has views to the ocean.

Wooden boardwalks join the buildings, which are quickly lost from sight due to the greenery. There are no roads here – everything and everyone is brought in by boat, or by foot via the local villages.

The birdsong coming out of the jungle is mesmerising.

Tawali has some of the best dive sites in PNG, situated very close to the resort. The inner-reef dives are about a 10-minute boat trip from the resort. ➤





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Dive in

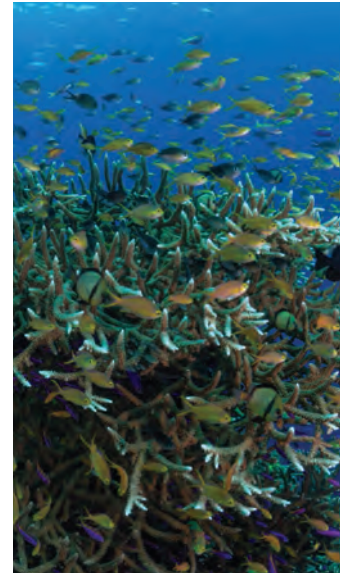
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The outer reefs pulsate with fish life of every shape, size and colour, and brilliantly clean water.

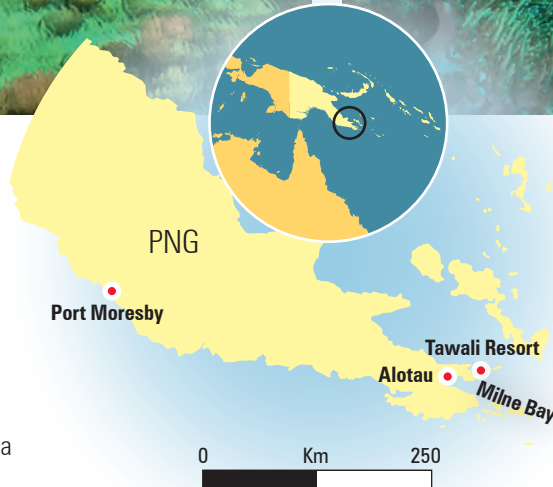
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Thick with jungle ... Tawali Resort and its pristine water is surrounded by lush vegetation.



Thick with sea life ... beautiful grass, coral and fish are seen under the water.



There are several very diverse diving sites. Wahoo Point is a slow cruise along a vertical wall that drops into depths far beyond the diver's realm. Named after the large pelagic fish that cruise past here, it is also a place to regularly see hammerhead sharks, manta rays and other large marine denizens.

The walls are filled with colour, from corals of every hue to the counter-colours of the myriad species of fish that flit through and around them.

There are some special fish here that deserve mention. Halimeda ghost pipefish live here. They are cousins of seahorses, and are extremely cryptic in their coloration, shape and size; going unnoticed by most divers as they swim past, even if the ghost pipefish is out in the open. The local guides are excellent in spotting these rarely seen creatures.

A short boat ride down the coast is Lauadi, one of PNG's iconic dive sites. Also known as Dinah's Beach, it is a brilliant muck dive. Descending close to shore, the divers first pass through a cloudy layer of water before the visibility pans out to more than 20 metres, just a few metres below the surface.

Here, a black sand slope angles down to over 35 metres. Most newcomers to this site get down there and simply wonder why they are

there: silty black sand that kicks up easily, no reef, no schooling fish; no colour to be seen.

Not at first, anyway. After 10 minutes, or so, of being led around by a good guide, the initial horror is replaced by a wonder as the small inhabitants of the sand become apparent. A demon stinger flashes colour by extending its pectoral fins; two emperor shrimp skitter around cleaning a nudibranch; gobies watch attentively over their shrimp partners; and, best of

all, a wonderpus comes out to hunt them.

These brilliantly striped octopus should be on the must-see list. Only relatively recently described, this octopus hunts by spreading the webbing between its tentacles out over as much of the sand as it can, waiting for the small fish and shrimp that it covers to react to its presence, and as they bump the webbing it grabs them and brings them to its centrally located mouth.

The octopus is usually unfazed by the presence of divers. Be careful though, there is a train of thought that this small mollusc is highly venomous, so look but don't touch. If you're lucky enough to see one, check out its eyes. They pulse with a hypnotic intensity. ➤



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Dive in



Home base ... Tawali Resort has rooms with water views, Wi-Fi in the reception area, a dive-gear shop and swimming pool.

The outer reefs pulsate with fish life of every shape, size and colour, and brilliantly clean water.

Tania's Reef, Cobbs Reef and more are simply perfect, with the chance of larger creatures such as manta rays and reef sharks cruising past adding to the ambience of these beautiful places.

There are other dives further away that can be organised, including Samurai Wharf, a manta cleaning station, and Blackjack, a World War 2 B-52 wreck.

Amazing land experiences await here, too. Just down the coast from the resort is a site that was once inhabited by head hunters. The remains of their battles and conquests can be found in some local caves, where the skulls of the unfortunate litter the floor of the caverns. ■

**NEED TO KNOW**

**GETTING THERE** From Alotau, it is a 90-minute journey on mainly good-quality dirt roads to the resort's pick-up wharf. It's a 15-minute boat ride from wharf to resort.

**ACTIVITIES** Diving, snorkelling and bushwalking.

**HOW MUCH** From PGK700 a night for deluxe bungalow with water views, including meals and airport transfers.

**MORE INFORMATION** [tawali.com](http://tawali.com)

 **Air Niugini has daily flights from Port Moresby to Alotau, the capital of Milne Bay Province. See [airniugini.com.pg](http://airniugini.com.pg).**

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## CLASSIC

Mary O'Brien picks five food delicacies to sample next time you disembark from your Air Niugini flight to Hong Kong.

“

Melt-in-the-mouth scallop, teamed with black mushroom and topped with salted egg yolk, is perfection in a parcel.

”



## MOONCAKES

Mooncakes are a serious business in Hong Kong during the Mid-Autumn Festival. I'm lucky to be lunching at the Peninsula Hotel's Spring Moon restaurant, enjoying a line-up of dumplings to die for. I've been promised a mooncake but none is forthcoming. The waiter is hesitant, the manager worried but finally I'm led upstairs to a deserted corner. Peninsula mooncakes are so in demand they can only be ordered online and serving one in the restaurant could cause trouble.

The tiny golden cake is no disappointment. The pastry is delicate and the secret moist filling (made with duck eggs) heavenly. The mooncake tradition started in the 14th century, when General Zhu used to hide secret messages in them. Embedded egg yolk and lotus seed paste is the classic filling.

**Peninsula Hotel, Salisbury Road, Tsim Sha Tsui, Hong Kong.**

**Also try:** One of the few places that bakes mooncakes all year long is Pak Sin Bakery, G/F, 197 Nam Cheong Street, Sham Shui Po, Hong Kong.



## CHAR SIU BAO

You can't be a true Hong Konger without loving popular street snack char siu bao (barbecue pork bun). Two years ago Chinese-American chef May Chow opened a 20-seater diner in Soho and turned cheeky with her pork bao, playing around with the dish. The bao is steamed in the traditional way before being grilled like a burger bun.

The succulent pork and bun are paired with leek salad, sesame dressing and hoisin. The fusion food here is all about combining fresh Asian flavours with western techniques.

Little Bao is one of those no-bookings places where everyone is photographing their food but the short menu with suggested wine and beer pairings is good value. I turn up at 6.30pm to nab a seat and by the time I leave the queue is long.

**Little Bao, G/F, 66 Staunton Street, Central, Hong Kong.**

**Also try:** The cheapest Michelin-star restaurant in the world is still drawing the crowds at Tim Ho Wan, 9-11 Fuk Wing Street, Sham Shui Po, Kowloon.





## SCALLOP DUMPLING

Dim sum is a must-do experience in Hong Kong. Snack-sized steamed dishes (plus some fried and baked) are served all day, accompanied by tea, so it's also called yum cha, which means "drinking tea".

The two Michelin-star T'ang Court at the Langham Hotel has built up such a loyal following over the years that regulars have their own engraved chopsticks at the counter. The spacious dark red two-level interior oozes elegance. It's hard to choose a star dish in the traditional dim sum menu, but the steamed scallop dumpling is hard to beat.

Melt-in-the-mouth scallop, teamed with black mushroom and topped with salted egg yolk, is perfection in a parcel. Cheung fen (pan-fried rice flour rolls) are also recommended and there's an amazing tea menu.

**T'ang Court, Langham Hotel, 8 Peking Rd, Tsim Sha Tsui, Hong Kong.**

**Also try:** Fast-and-furious Din Tai Fung is a keenly priced option. Shop 306, 3/F, Silvercord, 30 Canton Road, Tsim Sha Tsui, Hong Kong.



## MACAU EGG TART

You can't visit Macau without trying an egg tart. The sweet flaky pastry shell is filled with a rich egg custard, which is best eaten warm.

The Portuguese-English hybrid tart was invented by the late Andrew Stow in 1989. His Lord Stow outlets sell 14,000 tarts a day. Just as good is Margaret's Cafe e Nata in central Macau – reputedly started by Stow's ex wife. It's a humble little sandwich and cake shop in a laneway – easy to spot with its constant queue.

It's all a bit confusing as I try to get a cake at the counter but finally I'm motioned over to the register to pay first. The warm custard tart, fresh from the oven, has crispy pastry and a filling that walks the line nicely between sweet and savoury. Perched on a stool outside the shop, I munch gloatingly at those still in the line.

**Margaret's Café e Nata, 17a Rua Alm Costa Cabral, Avenida de Almeida Ribeiro, Macau.**

**Also try:** Lord Stow's Bakery, original shop, 1 Rua do Tassar, Coloane, Macau.



## AFRICAN CHICKEN

Macau invented fusion food way before the term was coined. Some 450 years of Portuguese influence combined with spices from former colonies (in Africa, Southeast Asia and India) and Chinese cooking techniques led to the distinct Macanese cuisine.

A good place to visit is Litoral, owned by Dona Manuela Ferreira, a great ambassador for Macanese food. I opt for African chicken, an interesting dish but not a pretty one.

The chicken is blackened and barbecued, served with a red spicy sauce (a careful balance of chilli, coconut milk, garlic, paprika and butter). Here, it's topped with olives and pickles and served with fried potatoes. Other Macanese favourites include golden codfish, minchi and lacassa soup.

**Litoral Macanese restaurant, Rua do Almirante Sergio, 261A, Macau.**

**Also try:** A great local favourite is Henri's Galley, 4G-H Avenida da Republica, Macau. ■

 **Air Niugini has Hong Kong flights three times a week.**  
See [airniugini.com.pg](http://airniugini.com.pg).





*Bronwen Gora rejuvenates mind and body at a luxurious yoga and meditation retreat.*

# Bali calm

**B**ali holidays are as popular as ever, but the shopping trips, tours, nights out and traffic jams can dull the pleasures.

That's where Nuala Retreats, a savvy yoga and wellness operation, steps in. It delivers the yin and yang of relaxing in the tropics.

Nuala, run by Australian yoga guru Varney Magill, has five packages – yoga and meditation; a detox weight-loss cleanse; spa treatments and retail therapy; family retreats; and corporate retreats – and all can be tweaked to suit each traveller. It's like striking gold.

The clincher, though, is that Nuala only offers the best – from first-class villas to incredible food, service and personal attention.

My trip starts in rock-star style as I'm whisked, like a VIP, through the bustle of Denpasar Airport, thanks to Nuala's meet and greet service.

I'm then chauffeur-driven to a luxurious beachside compound of stunning villas, pools and gardens.

Varney's arrangement for me is to partake in a week-long yoga and spiritual course run by motivational speaker Skip XX, but with the freedom to arrange any other activities I wish, with drivers on hand at all times.

I find, though, that I don't want to move very far. My opulent compound is not only opposite the beach at Canggu, but is almost too comfortable to leave.

There are four-poster beds, French doors opening on to frangipani-filled gardens, two cabanas overlooking the lawn, infinity-edge pool and the ocean beyond. Paradise indeed.

The course is a mix of yoga and talk sessions to feed the mind and spirit. Bodies are fed with exotic juices, fresh coconuts and all sorts of incredibly delicious healthy food, from crisp salads to raw chocolate puddings.

Downtime is spent lying by the pool, being manicured and pedicured, and swimming in the ocean.

Every effort is made to please, too. If a juice or meal is not to someone's taste, Varney and her team personally see to it that it's replaced. There's no pressure to turn up to course sessions either, but I love feeding my spirit with all the good vibes and healthy philosophies.

A few days in, I venture from this Balinese bubble of luxury into the island's other pleasant places. As promised, the Nuala team takes the







A calming influence ... the ambience of Nuala Retreats provides a perfect place to relax and meditate.



“

The course is a mix of yoga and talk sessions to feed the mind and spirit. Bodies are fed with exotic juices, fresh coconuts and all sorts of incredibly delicious healthy food.

”

headache out of finding where's best to be pampered, shop and dine, and I find I'm greeted warmly wherever I go.

I absolutely love, however, visiting Cocoon Medical Spa, an elite establishment where beauty treatment concepts are lifted several notches.

Plush surroundings and the impressive atrium-style foyer belie an affordable menu of non-surgical ways (for both men and women) to work wonders on the body inside and out. No persuasion is necessary for me to try anti-wrinkle injections, dermal fillers and vitamin injections.

My selection – the Vitamin IV Package – is the sort that would appeal to Cleopatra. I recline in a room lined with air-purifying Himalayan pink salt bricks, attached to an IV of high dose natural B and C vitamins while being given a foot massage and gold collagen facial. Indulgent and truly divine.

Likewise, Nuala's team also takes retail therapy to a new level. I visit excellent jewellers, handicraft sellers and fashion outlets. When it comes to experiencing culture, I am spirited far off the beaten tourist

track to locations where I am among only handful of travellers, not coachloads of people, watching excellent Balinese dancing and music. ▶

**NEED TO KNOW**

**HOW MUCH?**

Weight loss/detox and yoga/meditation/spa programs start from \$US1200 for three nights. Prices include luxury villa accommodation, three daily nutritionally designed meals, VIP airport transfers, detox and cleansing juices, health and wellness assessment.

**MORE INFORMATION** [nualaretreats.com](http://nualaretreats.com)



Bali calm

It's all too wonderful – so I extend with several days back at Nuala Retreat's headquarters in the coastal village of Umalas. This is another oasis of calm, a large, modern, self-contained compound with an L-shaped building surrounding a brilliant blue pool, outdoor lounge room, gardens and yoga cabana.

Watching the swallows dive and flit above the pool from the day bed lives in my memory. This is indeed a trip for rest and rejuvenation, both materially and metaphysically.

If partying all night and drinking cocktails all day is your ideal holiday then Nuala Retreats may not be for you. But if having an in-the-know team arrange a five-star itinerary that's balanced, healthy and fun, then this is the way to experience Bali. ■

 **Air Niugini has flights between Port Moresby and Bali once a week. See [airniugini.com.pg](http://airniugini.com.pg).**



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*Marisa Howden* unearths one of Asia's most renowned cities, leaving no monument untouched, no war story untold and no *pho* uneaten.

Still referred to as Saigon by the locals, there's no doubt that Ho Chi Minh City has come far from its early days of French and American occupation. With a dynamic food scene, lively energy and fascinating history, it's become one of Asia's most-alluring cities, having done its best to shed its war-torn past.

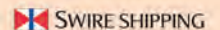
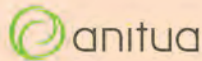
Renamed in 1975 after Vietnam's most popular communist leader, Ho Chi Minh City is now a buzzing metropolis – an eclectic mix of old and new.

The city is divided into 13 districts but you'll most likely stick to District 1, where the majority of sights, restaurants and hotels are located. You don't need more than a few days to experience the very best of Saigon, but be warned – it will leave you wanting to see more of this remarkable country. ➤



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City guide: Ho Chi Minh



GETTING AROUND

Driving in Vietnam is not for the faint hearted. The motorbikes that engulf the streets of Ho Chi Minh and their ability to intertwine with each other in perfect unison is jaw-droppingly magnificent, but not something you'd ever want to try yourself.

So unless you're brave enough to tackle this crazy labyrinth, I'd suggest a taxi. They are relatively cheap, with most fares within District 1 costing less than PGK10.

Be sure to only use VinaSun branded taxis, or else you may be duped by false meters.

Cyclos are another fun option and an excellent way to get between the sights in District 1, but be sure to negotiate the fare beforehand and be willing to pay tourist prices.

SIGHTS

The Saigon Opera House (Dong Khoi, Ben Nghe, District 1) is a stunning example of French colonial architecture, with its extravagant facade and ornate design. It's home to AO Circus Entertainment (aoshowsaigon.com) and the Ho Chi Minh City Ballet Symphony Orchestra and Opera. Built in the late 1800s by French colonists, the Notre Dame Cathedral (Han

Thuyen, District 1) bellows high above the surrounding streets, with its 58-metre bell towers. It's open to the public for viewing, with mass held on Sundays at 9.30am.

Just opposite the Cathedral is Ho Chi Minh's iconic Central Post Office (2 Cong Xa Paris), where a reminder of a bygone era is captured through attractive architecture and detailed design. ➤



CULTURE CULTURE

The War Remnants Museum (28 Vo Van Tan, District 1) pays a haunting tribute to not only the three million-plus people who died in the Vietnam War, but the millions of people whose lives have been affected by the aftermath of warfare.

With its 1960s design, the Reunification Palace (Nam Ky Khoi Nghia, District 1, pictured) presents a snapshot in time, offering insight into South Vietnam's former Presidential Palace looked like up to the day it was seized by the Communist Party.



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## City guide: Ho Chi Minh

**CHILD'S PLAY**

In a city that is so defined by its wartime past, it is much to my surprise that kids are so well catered for. Kiz City (Ku Cong vien Khanh Hoi, (08 3825 3868)) is a popular amusement centre where little ones are given the opportunity to experience 'real world' professions as they play along, learning how to be a baker, firefighter, beautician and pilot.

If you're interested in seeing a traditional Vietnamese water puppet show, the Golden Dragon Water Puppet Theatre ([goldendragonwaterpuppet.com.vn](http://goldendragonwaterpuppet.com.vn)) is a great option for kids and adults alike, with several shows on offer a day.

**RETAIL THERAPY**

The Ben Thanh Markets (Le Loi, District 1) are a shopaholic's mecca, with endless lanes of specialty stores and boutique stalls. Selling everything from fruits and spices, to home wares and clothes, it's a great place to visit even if you're not looking to shop.

The shops set in and around the Rex Hotel Arcade (141 Nguyen Hue, District 1) is where the luxury aficionados go. The timeless colonial architecture is even more beautiful than some of the goods on offer, but Rolex, Hugo Boss plus many others are available for those looking to spend up.

The ever-colourful Wholesale Flower Market in District 10 (Ho Thi Ky) is the city's biggest flower market and sells every type of flower you can ever dream of, including orchids, roses and lilies. Visit late at night or the wee hours of the morning for the best viewing selection.

**SPORTING LIFE**

Guided walking and cycling tours are the way to experience the city's many delights, while still keeping active. Vietnam Bike Tours ([vietnambiketours.com](http://vietnambiketours.com)) has a range of full and half-day tours in and around the city, while Saigon Free Walking Tours ([saigonfreewalkingtours.com](http://saigonfreewalkingtours.com)) has an excellent tour of the main sites within District 1.

Saigon Heat ([saigonheat.com](http://saigonheat.com)) is Ho Chi Minh's premier basketball team, touring as part of the ASEAN Basketball League. The Heat's season runs between October to March and local games can be seen at the Canadian International School Stadium.

For those looking to get out on the green, there are several golf courses within a couple of hours of the city. The Greg Norman designed Bluffs Ho Tam Strip ([thebluffshotram.com](http://thebluffshotram.com)) is an exciting links-style course on the southern Vietnamese coastline, while the Vietnam Golf and Country Club ([vietnamgolfcc.com](http://vietnamgolfcc.com)) has two championship courses, home to the Vietnam Masters Asian Tour events.

**Market day ... the centrally located Ben Thanh Market (right); the Mekong Delta, the food bowl of Vietnam (opposite page).**





City guide: Ho Chi Minh



ESCAPE

Considered the 'food bowl' of Vietnam, a visit to the Mekong Delta is well worth the two to three-hour drive outside the city. The region spans over 39,000 square kilometres, so you'll have to

do your research on where exactly you'd like to go. Can Tho Province is frequented by tourists due to its famous Cai Rang Floating Market, but if you want a more authentic experience head to Ben Tre Province to discover what life as

a local farmer is like (exotravel.com). One of the more popular day tours is a trip to the Cu Chi Tunnels, approximately 90 minutes outside Ho Chi Minh. The 120-kilometre long complex of tunnels played an

important role in the Viet Cong's campaign against the French and US forces, and offers a glimpse into wartime guerilla tactics. ➤



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City guide: Ho Chi Minh



**PILLOW TALK**

Located on the outskirts of District 1 is the Nikko Hotel Saigon ([hotelnikkosaigon.com.vn](http://hotelnikkosaigon.com.vn)), one of the more-affordable luxury hotels in town. The rooms are comfortable and tailored to suit business travellers, offering modern amenities, a well-equipped gym and an impressive breakfast buffet.

Considered a landmark and one of the first luxury hotels to reopen after the war, the Caravelle Hotel ([pictured, caravellehotel.com](http://caravellehotel.com)) offers understated elegance in the heart of the business, shopping and entertainment precinct of District 1.

**WATERING HOLES**

The 2 Lam Son bar (2 Lam Son Square) at the Park Hyatt Hotel may be the classiest bar in town, with its sleek design aesthetic and

tantalising range of cocktails. If you want to venture a little further afield, try Vung Oi Mo Ra in District 3 (17 Ngo Thoi Nhien Street), a well-hidden, French-inspired cafe set in an old colonial building. It's popular among the locals and features Vietnamese music after 9pm.

There is no shortage of coffee shops in the city. It's like every second storefront serves coffee, which is useful when you want to stop somewhere to give your tired feet a break. Rather than visiting any particular coffee shop, you're better off trying one of Vietnam's speciality coffees, including iced coffee with condensed milk, or the decadent Vietnamese egg coffee. ➤

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City guide: Ho Chi Minh



A taste of Vietnam ... (from left) *bun cha gio*, plates of street food, the famous *pho bo*.

EATS

Set outdoors in a leafy garden, with a vast selection of street-style food on offer, is Nha Hang Ngon (160 D Pasteur; 3827 7131) – a must try while in town. Whether you order from the menu or choose from the different options on display, you'll be sure to be treated to some of the best Vietnamese available.

Hoac Tuc Restaurant (74/7 Hai Ba Trung; hoatuc.com) is in a funky courtyard of a former opium refinery in the heart of

the Dong Khoi area in District 1. The menu has an excellent selection of Vietnamese dishes, but with an Asian fusion touch. The barbecue turmeric mackerel will be sure to awaken your senses.

If you're looking for traditional Vietnamese food at its best, then try Temple Club (29 Ton That Thiep; templeclub.com.vn) in District 1.

If the beautiful colonial architecture doesn't inspire you, then the spirited cocktail list and extensive menu will be sure to do the trick.

TUCK IN

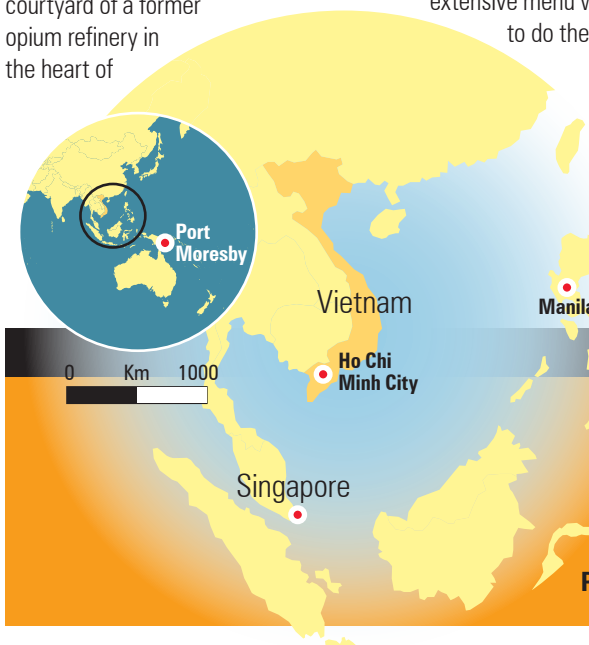
With so many delightful dishes on offer, it's hard to suggest just one. But some tempters include the ever-popular *pho bo* (noodle soup with beef) and French-inspired *banh mi* (baguette filled with a range of meats/salads).

My favourite is *bun cha gio* (Vietnamese spring rolls with vermicelli noodles) for an incredible freshness and balance of flavours.

It's included on most menus, but the best I have sampled is at Nha Hang Ngon's (as above), for its out-of-this-world take on pork and crab spring rolls.

SAIGON SPECIAL

If you're keen to sample more of the city's delicious street food, then a great place to start is by joining a food tour. Vietnam Vespa Adventures (vespaadventures.com) offers a Saigon After Dark tour, which visits some of the city's most authentic eateries, while cruising on the back of a vintage Vespa. ■



HO CHI MINH

- POPULATION: Nine million
- CURRENCY: Vietnamese Dong VND759,115 = PGK100
- TAXI FARE FROM AIRPORT: To Dong Kho Area, District 1, VND300,000
- INTERNATIONAL DIALLING CODE: +84
- LANGUAGE: Vietnamese
- POWER: Two pins, round.



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# Three of a kind ... cultural festivals



## GOROKA SHOW, PNG

Originally organised in the 1950s by Australian patrol officers as an entertainment and a cultural showcase, the Goroka Show has grown to be a sizable tourist event, arguably the largest of PNG's *sing-sing* festivals.

### WHAT

Part agricultural show, part tribal gathering and part cultural festival, the show draws participants from over 100 highlands tribes, who perform extraordinary displays of traditional song, ritual and dance. Thousands of visitors come from around the world to see different cultural groups in their spectacular costumes, such as the famous Asaro mud men, with their pale clay masks and white-painted bodies, or the Butterfly Sing-Sing Group from Goroka who have woven cane wings strapped to their backs that they flap by pulling on ropes; half their faces painted black; the other half painted white.

### WHERE

Goroka is the capital of Eastern Highlands Province. The main venue for the show is the National Sports Institute's Sports Oval.

### WHEN

The 2106 Goroka Show will run from September 16–18.

### WEBSITE

gorokashow.com



## GARMA FESTIVAL, AUSTRALIA

It's difficult to get to, it's not cheap, and the accommodation is basic, but Arnhem Land's annual Garma Festival is now a must-attend event for anyone with a serious interest in Australian indigenous culture.

### WHAT

The festival runs for four days and combines music, dance, art and storytelling with serious discussions of indigenous politics and policy. Alongside the formal daytime sessions, many of the festival's most important conversations happen informally around the campfires at night. The festival has grown dramatically in recent years – last year's event saw more than 2500 people attending. Tickets cost \$AUD1000 a head, inclusive of food and accommodation, and most people stay in a tent city.

### WHERE

The festival is held on Yolngu country in remote northeast Arnhem Land. The festival site at Gulkula, about 40 kilometres from Nhulumbuy, was traditionally a place where grievances were voiced and disputes were healed.

### WHEN

The festival is held each year in late July/early August. Subscribe early for tickets, as numbers are limited and the event usually sells out well in advance.

### WEBSITE

garmafestival.com.au



## FESTIVAL OF PACIFIC ARTS, GUAM

Held once every four years in a different location over two weeks, the festival aims to bring together the disparate nations of the Pacific, and to preserve their unique cultures by sharing and exchange.

### WHAT

With the theme 'What We Own, What We Have, What We Share, United Voices of the Pacific', the 2016 festival will feature delegations from 27 Pacific island nations, with the delegate count already estimated at 2700 artists and performers, and will attract many thousands of visitors. As host country, Guam sees the 2016 festival as an opportunity to showcase its unique Chamorro culture that has survived colonisation and modernisation. The festival host country pays participants' costs of local travel, accommodation, meals, and other hospitality. Entry to all artistic events is free to the public, to maximise cultural outreach and inclusion. The program will include cultural dancing, music, painting, carving, tattooing, filmmaking, architecture, healing arts, ceremonial arts, navigation and canoeing, culinary arts, fashion design, and many more.

### WHERE

The 2016 festival will be in Hagatna, the capital of Guam. The main venue will be the Paseo de Susana Park.

### WHEN

May 22–June 4

### WEBSITE

festpac.visitguam.com/





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TIME TRAVELLER

**Orokolo village, Gulf Province, 1932**

On the rare occasion that women were allowed to participate in ceremonies, they took a lot of trouble to look their best.

With few ornaments, other than armlets and earrings, individuality was expressed in their hairstyles. Not that different from modern times, in many ways.

In the days before a major festival, the women would style each other's hair with pieces of broken glass. The hair was cut very short and largely shaved, but in a manner that left the head decorated with stripes, semi-circles, chevrons and spirals of crisp hair in pretty patterns.

These women were filmed by Francis Edgar Williams, who served as a government anthropologist in the Territory of Papua for almost 20 years, until World War 2.

— JOHN BROOKSBANK

*If you have a photo that may be suitable for Time Traveller, email [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com).*





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PICTURE: DAVID KIRKLAND

# 2016 ALMANAC

The year ahead in PNG and Asia/Pacific

*Belinda Jackson* previews some of the hot events in the region this year, including PNG's colourful festivals, the Singapore Grand Prix and a mega shopping sale in Malaysia.

## PAPUA NEW GUINEA

### August 5–7, Crocodile Festival

The Sepik people honour their special bond with crocodiles, with live encounters with the creatures, traditional dance contests, and tours of the sacred spirit houses where men undergo intensive initiation rituals.

[papuanewguinea.travel](http://papuanewguinea.travel)

### August 20–21, Mount Hagen Show

PNG's largest cultural event attracts over 75 tribes, each donning their unique headdresses, jewellery and clothing, and paint up for a *singsing*. It's a peaceful competition of dance and song going strong for over 50 years.

[papuanewguinea.travel](http://papuanewguinea.travel)

### September 16–19, Goroka Show

A massive tribal gathering in the Eastern Highlands on the Independence Day weekend. Expect plenty of brightly coloured feathers and body paint, and watch for the arrival of the iconic Asaro Mudmen, with their heavy clay masks and mud-covered bodies.

[gorokashow.com](http://gorokashow.com)

### November 5–6, National Canoe and Kudu Festival

Canoe makers spend months making and decorating canoes for this event (pictured) in Alotau. Competitive canoe and sailing races exhibit PNG's expertise and seafaring culture, with rarely seen traditional songs and dances.

[papuanewguinea.travel](http://papuanewguinea.travel)





## AUSTRALIA

### Now until April 10, APT 8 Asia Pacific Triennial of Contemporary Art

Artists from Asia and the Pacific lead the pack in the world's largest exhibition in Brisbane, with 83 artists from 32 countries. See large-scale sculptures, interactive art and multi-media installations including performances from six Melanesian nations.

[qagoma.qld.gov.au](http://qagoma.qld.gov.au)

### January 3–10, The Brisbane International

The big guns – Roger Federer and Maria Sharapova – fly in to defend their titles, while rival tennis legends John McEnroe and Australia's Pat Cash meet on court for the first time since 1992.

[brisbaneinternational.com.au](http://brisbaneinternational.com.au)



### January 26, Australia Day

Celebrate the country's national day, marking the arrival of Britain's First Fleet into Sydney Harbour. Sydney's Opera House will host two free concerts, including the Wiggles Australia Day Concert for kids, with multi-cultural music, food and fireworks.

[australiaday.com.au](http://australiaday.com.au)

### March 9–13, World Science Festival

Inspiring wonder in the world, scientists, performers and thinkers bring science to Brisbane through musical performances, theatre, debates and outdoor exhibitions. It's the first time this festival has been held outside New York. [worldsciencefestival.com.au](http://worldsciencefestival.com.au)

### May 27–June 13, Vivid Sydney

The world's biggest display of light, music and ideas (pictured above) lights up the harbour city to create a magical outdoor gallery showcasing sculptures and Sydney's sites.



It's accompanied by cutting-edge music performances and creative discussions.

[vivid Sydney.com](http://vivid Sydney.com)

### June 30, Cairns Big Talk One Fire Indigenous Cultural Festival

Tap into the Aboriginal and Torres Strait Islander vibe with a day in the park, listening to contemporary and traditional bands and dancers, then visit the market stalls offering work by local artists, designers and craftspeople.

[umiarts.com.au](http://umiarts.com.au)

### November 19, Troy Dunne Invitational

It's all big hats and big bulls when the Professional Bull Riders (PBR) come to Townsville. Cowboys battle it out with bucking bulls (pictured above) over eight seconds, with clowns, pyrotechnics, lasers and big-screen replays.

[queensland.com](http://queensland.com), [pbraustralia.com.au](http://pbraustralia.com.au) ►



## 2016 almanac

## FIJI

**May 9–14, Fiji Fashion Week**

The country puts its well-shod foot forward (pictured above) for the ninth year, celebrating international and Fijian designers, many returning from Samoa, Australia and as far afield as Los Angeles.

[fijifashionweek.com.fj](http://fijifashionweek.com.fj)

**Fiji International**

One of the newest tournaments on the PGA Tour of Australasia and OneAsia tours, golfers tee off at picturesque Natadola Bay, on Fiji's Coral Coast. Date to be determined. The 2015 event took place in October.

[fijiinternational.com](http://fijiinternational.com)

**Diwali Festival**

Fiji's large Hindu population makes this one of the biggest events on the islands. It is celebrated with fantastic light shows, traditional firecracker displays and an overload of traditional sweets. Date to be determined. Usually held in October or November.

[diwalifestival.org/diwali-in-fiji.html](http://diwalifestival.org/diwali-in-fiji.html),  
[fiji.travel](http://fiji.travel)

## SINGAPORE

**February 19, Chingay Parade**

Looking for the largest street performance and float parade in Asia? The parade takes place amidst the three weeks of Chinese New Year celebrations, and sees all the country's ethnicities partying together. [chingay.org.sg](http://chingay.org.sg), [yoursingapore.com](http://yoursingapore.com)

**September 18–20, Formula One Grand Prix**

Soak up the petrol fumes at the world's only Formula One night race at Marina Bay (pictured above), or go large during the 10-day GP season, with the biggest names on the big stage, family activities and – this being Singapore – plenty of shopping.

[singaporegp.sg](http://singaporegp.sg)

## MALAYSIA

**May 7, Colours of Malaysia**

The annual one-day cultural extravaganza in Kuala Lumpur (pictured above) showcases the country through traditional performances, colourful parades and exhibitions, for a fantastic opportunity to learn about the Malaysian people and their diverse culture.

[tourism.gov.my](http://tourism.gov.my)

**June–August, 1Malaysia Mega Sale Carnival**

From brands to batik, great value shopping is a trademark of Malaysia, and its biggest shopping extravaganza offers two months of bargains and fun activities in malls and stalls throughout the country. Bring an empty suitcase.

[tourism.gov.my](http://tourism.gov.my)

**October, Malaysian Motorcycle Grand Prix**

With an attendance over 120,000 every year and 80 booths for bike lovers, the entertainment is both on and off-track for speed, adrenaline and bikes galore. Date to be determined.

[sepangcircuit.com](http://sepangcircuit.com) ➤



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## 2016 almanac

## JAPAN

**March–April, Cherry Blossom Festival**

Spring is intrinsically tied to Japan's celebrated cherry blossom (*sakura*) season. Step out of Tokyo's biggest train stations to find parks crowded with admirers of the sweetly scented pink blooms. Try Ueno-onshi-koen Park or Chidori-ga-fuchi, near the Imperial Palace. Too crowded? Slip into a tea house for wagashi, sakura-inspired sweets.

[jnto.org.au](http://jnto.org.au)

**June, Sanno Matsuri**

One of Tokyo's big three cultural festivals, it dates back to the 17th century. Held every two years, shrines carrying effigies of the Shinto gods are paraded through the city's streets.

[jnto.org.au](http://jnto.org.au)

**July 30, Sumida River Fireworks Festival**

What started off as a festival for the dead in 1732 is now one of Tokyo's biggest fireworks events.

[sumidagawa-hanabi.com](http://sumidagawa-hanabi.com)

## TONGA

**July–October, swim with whales**

The Vava'u archipelago is hot on southern humpback whales' annual travel itinerary. The whales spend four months here giving birth to their young in the place they were conceived. Visitors can swim with whales with licenced tour operators.

[tongaholiday.com](http://tongaholiday.com)

## VANUATU

**November, Fest'Napuan**

Port Vila lays on the local 'string-bands', Gospel and pop in a free music festival that lures international musicians and promotes local Vanuatu music in what it describes as five energetic nights of 'music, *kava* and *kakae*' (food). Date to be determined.

[2015.festnapuan.info](http://2015.festnapuan.info)



## SOLOMON ISLANDS

**June, Wogasia Spear Festival**

During this four-day event, the Aorigi people on the island of Santa Catalina, in Makira-Ulawa Province, celebrate the lunar new year and end of the yam harvest with spear fighting and feasting.

[visitsolomons.com.sb](http://visitsolomons.com.sb)

**July–August, Akuila Talasasa Festival of Arts**

Taking place in Gizo, the capital of the Western Province, the festival is a celebration of dance, music (pictured above), traditional handcrafts and a regatta of traditional *tomokos* (war canoes).

[visitsolomons.com.sb](http://visitsolomons.com.sb)

**August, Shell Money Festival**

Langa Langa lagoon, in the Malaita Province, is famous for its shell money, which was used in trade as far away as PNG, and now mainly as dowry or status symbol. See strings of shell money being made and celebrate with a pageant and canoe and swimming races.

[visitsolomons.com.sb](http://visitsolomons.com.sb)

## NEW ZEALAND

**March 12, Hokitika Wild Foods**

Weird and wonderfully wild, the west coast's premier food festival takes you way off the menu – from crocodile bites to colostrum cheesecake, or an offal fest. There is also tasty 'regular' food for the (slightly) less adventurous.

[wildfoods.co.nz](http://wildfoods.co.nz)

## PHILIPPINES

**January 8–17, Sinulog Fiesta**

Cebu's biggest festival (pictured above) is a nine-day celebration of Santo Niño, the Child Jesus, with religious re-enactments, fireworks and the crowning of Miss Cebu. The finale is the 12-hour Grand Parade and a street dance showdown.

[itsmorefuninthephilippines.com](http://itsmorefuninthephilippines.com)

**April 23, Aliwan Festival**

Shake it on the streets of Manila for this one-day celebration of cultural diversity. There's a float parade, a beauty pageant and the street dance contest that lures all comers.

[itsmorefuninthephilippines.com](http://itsmorefuninthephilippines.com) ►



2016 almanac

INDONESIA

**March 4–6, Java Jazz Festival**

Going strong for over a decade, this is one of the world’s biggest jazz festivals, featuring Indonesian and international musicians.

[javajazzfestival.com](http://javajazzfestival.com)

**October, Ubud Writers & Readers Festival**

One of the world’s great writers’ festivals (pictured far right) attracts more than 150 renowned writers from 25 countries. Held in Ubud, an hour north of Bali’s Denpasar, there are also literary lunches, children’s classes, art exhibitions and walking tours and cocktail soirees to thrash out the Big Ideas. Date to be determined.

[ubudwritersfestival.com](http://ubudwritersfestival.com) ➤



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HONG KONG



**February 19–March 20, Hong Kong Arts Festival**

The country's premier performing arts festival serves up 118 performances for all tastes from 14,000 artists, then hot on its heels, Art Basel showcases Asia-Pacific artwork alongside galleries from across the world (March 24-26). [hk.artsfestival.org](http://hk.artsfestival.org), [artbasel.com](http://artbasel.com)

**April 8–10, Hong Kong Sevens**

Hong Kong goes off when 16 countries meet for 15 minutes of hard rugby, which in 2016 debuts as an Olympic sport in Rio. Look out for the women's Sevens Series. [hksevns.com](http://hksevns.com)

**October, Hong Kong Wine & Dine Month**

After an extravagant, four-day kick-off, the city gets serious about its food, joining chefs in the kitchen, ramping up its wine knowledge, eating

on the street, or in one of the city's renowned restaurants during this gourmet month.

[discoverhongkong.com](http://discoverhongkong.com)

**December, Winterfest**

Spend the last month of the year building up to its grand finale. Soak up the Christmas spirit with seasonal shopping and winter-themed events (pictured above) culminating in fireworks across Victoria Harbour on New Year's Eve.

[discoverhongkong.com](http://discoverhongkong.com) ■



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# PAIN AND POWER

*Richard Andrews* meets the Canadian riverboat captain turned artist who has embraced PNG culture like few westerners before him.

PICTURE: DAVID MCKLAND





**John Fairfull ... at the helm as a riverboat captain; note his ceremonial chest and arm scarring (left); art works by Fairfull are inspired by PNG ceremony, legends and real-life encounters (this page).**

**W**hy would a polite, 30-year-old Canadian give up sex, safety, and perhaps sanity, for a painful ritual that would leave him scarred for life?

The answer lies in the remote jungle of the middle Sepik region, where artist John Fairfull became one of the few westerners to discover a mystical power and a secret of happiness he believes modern civilisation has largely lost.

While travelling the globe, Fairfull landed a job in 2008 as captain of the *Sepik Spirit* riverboat through his experience in catering, diesel mechanics and proven sense of adventure. For more than four years, he managed tourist cruises along the Sepik waterways and tributaries of PNG's longest river.

"As captain I was meant to be the bridge between two very different worlds," he says. "I learned Tok Pisin and developed a close

affinity to the local people we visited. But I was also looking for a better way to understand and participate in a culture that intrigued me."

Fairfull jokes that his friends compared him to the mysterious Kurtz in *Heart of Darkness* – Joseph Conrad's ominous tale of a riverboat captain's journey in Africa. By coincidence, Fairfull's desire to become a 'crocodile man' was sparked by a conversation with his Sepik helmsman, Ronald Conrad, who described the initiation ceremony.

"Ronald was delighted by my great interest and said he'd be honoured to help me pursue it," recalls Fairfull. "So I'd be eligible, he adopted me into his family of 15 kids and three wives."

Fairfull's employers were more circumspect when he asked for leave of absence to go through the initiation.

"My bosses thought I'd been in the bush too long," says Fairfull. ►



Pain and power

Sepik snapshots ... John Fairfull with elders (right); and outside a spirit house in the village of Kabriman (far right).



“However, they agreed to support me, on condition I first took a break and still wanted to proceed afterwards.  
 “They bought me a plane ticket to Australia with instructions to ‘clear my head’. I had a great week in Cairns visiting bars, clubs and scuba diving, but it didn’t change my mind.”

Months of discussion with village Big Men and masters of the *tambaran*, or spirit house, followed Fairfull’s return to the Sepik, where he was prepared for the ceremony in the village of Kabriman, in the Blackwater Lakes.

“The rules included a ban on sex of any kind for two months before initiation,” says Fairfull. “The Kabriman believe that releasing sexual energy diminishes the spiritual strength needed to survive the initiation rites. The *tambaran* is seen as the womb of the female spirit, which breeds wisdom and power

“

I didn’t really understand what pain was until I went through the initiation. I really questioned my sanity.

”

“I learned how my body would be cut to create scars representing the crocodile – the Sepik’s most feared and powerful animal. As a crocodile man you are endowed with the animal’s power and wisdom. The scars are a badge of honour showing you have completed the journey to manhood and possess the power to look after your family and the community.”

Although some have died from shock or infection during the initiation ceremony, Fairfull was not allowed to bring any medication.

“I was told I would receive no special treatment as a waitman,” he says. “If I got sick, it meant I hadn’t followed the rules and would be punished ... and if I died it’s because that’s what the spirits wanted.”

Before the cutting ceremony, Fairfull had to live in the *tambaran* for several weeks with the other initiates, signifying they had left reality and were now part of the spiritual world. During that time, crocodile men from surrounding villages gathered in Kabriman, dressed in full regalia for ➤

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## Pain and power

**Ambua Masalai ... an art work by Fairfull that depicts the meeting of two powerful forces, the Eternal Crocodile and a Masalai, or nature spirit.**

epic *sing-sings* around large fires, to the beat of *kundu* drums.

"The nights were exhausting and we hardly slept," says Fairfull. "In the mornings, the other initiates and I had to go down to the river and press white mud all over our bodies. Differences disappeared. We were all the same colour."

When describing what happened during his experiences, Fairfull avoids New Age terms such as 'achieving a higher plane of consciousness' and prefers more down to earth explanations.

"I definitely felt something," he says. "But I'm aware that dancing, chanting, fires and sleep deprivation create an atmosphere where you start seeing things."

On the day the seven initiates were considered ready, they were laid down in the lap of an 'uncle' and expected to hold still while specially qualified elders made the crocodile cuts.

Sharpened bamboo is traditionally used for cutting, but Fairfull had brought packs of razor-blades, which were accepted and distributed. The painful ritual lasted hours, leaving initiates covered in blood as well as physically and emotionally exhausted.

"I didn't know what I was getting into, or the pain I would go through," says Fairfull. "In fact I didn't really understand what pain was until I went through the initiation. I really questioned my sanity."

But after two weeks of healing, testing and further rituals, Fairfull realised he had been given access to rare knowledge as Nurama, the name he was given as a crocodile man.

"Going into the spirit house gave me a sense of belonging and community I'd never experienced as an individual in western culture," he



... says. "I learned how to listen, while elders shared stories of the Water Spirits, the Bush Spirits and the first people who occupied the land.

... "As an oral society, none of these stories are written down and the elders have incredible memories. Their people have an ancestry and know their origins from the very beginning. I'm a bit jealous of that. I know about my great grandfather, but not the history before him."





## Pain and power



Despite his commitment to PNG, Fairfull's raised awareness of the importance of community made him more open to calls from family and friends to return to Canada.

"I have to admit it, I was also missing snow," he says.

Fairfull has now entered another arcane world with its own rituals and traditions by going back to school and studying art. He believes that

becoming a crocodile man has improved him as a person and wants to share his insights.

"I've learned to be less judgemental of other cultures from a western point of view and better able to deal with life's challenges," he says. "To go through initiation takes strong will power and we were taught to think back to what happened in the spirit house whenever problems arise. They'd be nothing in comparison to what we experienced."

Whether it's an initiation ceremony, mystical legends or a real-life encounter with a cassowary, PNG has not only influenced Fairfull's life, it also continues to inspire his art. In addition to his own experiences, he regards the elders' stories of 'fascinating spirits, underwater worlds and amazing adventures' as perfect subjects for painting.

"For example, Ambua Masalai depicts the meeting of two powerful figures: the Eternal Crocodile and a Masalai, or nature spirit. I painted this story while visiting the beautiful Ambua Lodge in the Southern Highlands – home of the Huli Wigmen."

However, Fairfull considers the abstract Nurama as his most personal painting to date. Topped by 'blood stains,' the main, coffin-shaped canvas is associated with the symbolic death of an initiate entering the spirit house.

"This 'death' allows his later rebirth as a crocodile man," says Fairfull. "The crackling clay that covers the canvas illustrates the clay we covered our bodies with and how they looked when it dried.

... "The two hanging canvases represent the Spirit House walls that closed around us and the thick green paint speaks about the jungle just outside of our reach. The proximity of the smaller paintings to the main canvas conveys a tension that was always present during the month of my initiation."

... Fairfull's story behind Nurama reflects his desire to use his art as a way of bringing the Sepik sense of community to Canada. ➤



## Pain and power

"In the Sepik, a storyteller will attract a large audience," he says. "One story will lead to another and soon the whole community is involved. When I exhibit my work in Halifax, many people begin to share their stories with me. Soon we have a gathering of storytellers and an incredible dialogue. It shows how art can strengthen communities everywhere."

But what about the scars?

"I get a lot of stares when I'm on the beach or wearing a singlet," admits Fairfull. Some people are intrigued, but one woman I dated was terrified to come close.

"When I look in the mirror I see myself as normal person, but with the past etched into my body as a living reminder that the Sepik is still part of me." ■

See [johnfairfull.com](http://johnfairfull.com).



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“

My hope is to see our very rich and diverse culture is celebrated in Australia through art.

”

# The curator

*Kevin McQuillan* speaks to Bougainvillean Sana Balai, who is putting together a major exhibition of Pacific art in Australia.

“I am not an artist, I am not a trained curator and I am not from an artistic background. However, my artist merit is based on my wealth of cultural based knowledge,” says Sana Balai, assistant curator of indigenous arts at the National Gallery of Victoria in Melbourne.

“I hated art in school,” admits Bougainvillean-born Balai. “I spent more time in the headmaster’s office than in art classes.

“At one of my high school art classes, our art teacher gave us a blank piece of paper and told us to go outside and draw what we saw.

“Everybody else came back with beautiful drawings of landscapes, buildings, birds and trees. I came back with a clean sheet of paper, except at the bottom corner, which had a head, two hands looking over a wall and below the words ‘help, help, help’. I was sent to the headmaster.

“I see art, but I cannot transfer and transform it on to an actual physical art form.”

Balai, who has been at the NGV for 12 years, excelled in maths and science at primary school and wanted to be a doctor.

But, in the end, she opted for analytical science at Lae Technical College.

“The first college I attended after leaving high school was Vudal Agricultural College. I soon realised agricultural work wasn’t for me, I quit and joined Bougainville Copper Limited (BCL) and the company sponsored me to do an applied science course in Lae.”

After graduating, she spent 13 years working for Bougainville Copper’s laboratories in Bougainville, the Pilbara Laboratories and PNG Analytical Laboratories.

She left Bougainville with her husband, Bryan, in 1990, and fell into her first artistic role.

A friend in Melbourne, Olive Davis, was chairman of the Pacific Island Advisory Group to the Museum of Victoria. The museum was moving its collection and wanted a Pacific islander to join the relocation team. That was 18 years ago.

“The museum holds a very special place in heart because it helped me heal. Before we left Bougainville, I was traumatised by what I was subjected to during the Bougainville Crisis.

“When I walked into the museum I saw my great-grandmother, and the elderly or senior women in my village, depicted in all this magnificent art. I saw all this cultural stuff and I could explain what each item was and what its role was.”

She was at the museum for nearly six years, until she heard the National Gallery of Victoria was looking for art handlers and was later offered an assistant curatorial job with the indigenous art department, with Pacific art as her main focus.

“My main focus and vision over the last past 12 years has been to see that art and culture from the Pacific region hanging proudly alongside art from Europe and Asia.

“Over the past decade, Pacific art has not been really shown in Australia, so my hope is to see our very rich and diverse culture is



celebrated in Australia through art. It's been a slow progress but things are changing."

The director of the NGV, Tony Ellwood, says Balai is a great asset to the curatorial team.

"Sana brings to her role her deep knowledge and affection for her traditions and the cultures of Pacific people in general."

Balai is working on a number of Pacific exhibitions at the NGV, which will run from March, 2016. Present Tense: Enduring Legacy is an exhibition that will feature works from the NGV's Pacific art collection and other collections, including Aboriginal and Torres Strait Islander art, photography and contemporary art.

This exhibition will showcase some of the great works from the NGV's Pacific collections, some which have never been displayed before.

Balai plans to retire back to Buka in a couple of years when she hopes to open an art centre and assist up-and-coming young artists in Bougainville.

"I want to set up a multimedia centre for art in Buka, which showcases art, sculpture and ►



PICTURES: SALLY GIAM



The curator

masks that are in galleries around the world.” “We will never be able to afford to buy those items that are in galleries and museums overseas, nor will we be able to create the temperature-controlled environment and other facilities that will allow them to survive. So, having representations of Papua New Guinea art is the solution, particularly for the coming generations.

“I also want to set up an artist-in-residence scheme at this centre, so we can recreate and nurture new and emerging artists, whether they are painters, sculptors, mask makers, or whatever. That’s my dream retirement.”

Always at the back of her mind, though, is her high school art teacher.

“She is probably still laughing at me today, hopefully celebrating this turnaround.” ■

See [ngv.vic.gov.au](http://ngv.vic.gov.au).

**Sana Balai ...** “I want to set up a multimedia centre for art in Buka, which showcases art, sculpture and masks that are in galleries around the world.”



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# SOUTH PACIFIC TALES

## PAPUA NEW GUINEA



### **The Mountain** by Drusilla Modjeska (Random House, 2013)

Set largely in Port Moresby during the late 1960s and 70s, *The Mountain* is a wide sweep of a novel spanning PNG's formative years.

Drusilla Modjeska is well acquainted with her subject matter, having moved to Port Moresby when she was 20. The enormous changes and challenges of self-determination she witnessed during her time there form the backbone of her novel.

Modjeska describes *The Mountain* as a passionate response to a country and its people she grew to love and with whom she has had a life-long relationship.

Now based in Sydney and an acclaimed biographer and memoirist, Modjeska is the co-founder of a foundation for literacy in PNG, while her latest book, *Second Half First*, chronicles her return to PNG in 2004, where she met the Ömie people of Mount Lamington, from whom *The Mountain's* fictional mountain people are drawn.

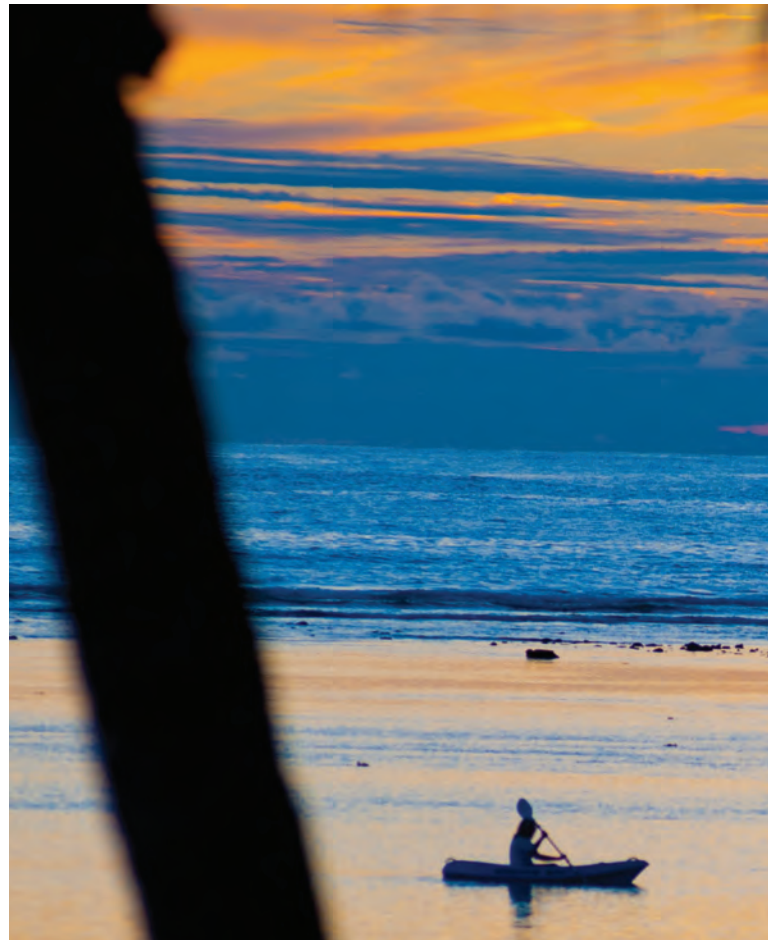


### **Kokoda** by Peter FitzSimons (Hachette, 2005)

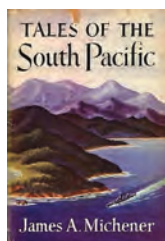
There have been many books written

about the battle for the Kokoda Track during World War 2, but Peter FitzSimons' book, *Kokoda*, gets a place on this list for its humanity. With the skill of the fine journalist that he is, FitzSimons gives life to the men who between July and November, 1942, fought along the treacherous 145-kilometre track that crosses the Owen Stanley Ranges.

FitzSimons also paints a vivid picture of the intolerable conditions and hardship endured by the soldiers, and gives due emphasis to the relationship and impact that the villagers of the Kokoda Track, the men known as the Fuzzy Wuzzy Angels, had on the outcome of the battle and on the lives of the Australian soldiers. It is a well-accepted fact that they saved scores of Australians as they would never desert an injured man irrespective of the danger they faced.



## THE PACIFIC OCEAN



### **Tales of the South Pacific** by James A. Michener (Macmillan, 1947)

James A.  
Michener

was the master of the blockbuster, multi-generational novel. He sold millions of books, but he only began writing after he was de-commissioned from

the American navy after World War 2.

Once he started, Michener was quick to find success. His first book, *Tales of the South Pacific*, for which he drew upon the knowledge he garnered as a naval officer stationed in the Coral Sea, Norfolk Island and the Solomon Islands, won the Pulitzer Prize, America's greatest literary award.

Not only was the book, which is a series of short stories linked by recurring characters, a raging





Kay O'Sullivan nominates *Moby Dick*, *Into the Heart of Borneo* and James Michener's *Hawaii* as some of the all-time great books set in the South Pacific.



success, but it was adapted for the stage by Rodgers and Hammerstein and, as *South Pacific*, went on to become one of the world's favourite musicals. A couple of films plus a television series followed.



**Pacific: The Ocean of the Future** by Simon Winchester (Harper Collins, 2015)  
Simon

Winchester has a reputation for taking on huge subjects. His books have covered the terror in Ireland, the creation of the Oxford English Dictionary, the San Francisco 1906 earthquake and the Atlantic Ocean.

In his newest release, he tackles his biggest project, the Pacific Ocean, the world's largest body of water; the ocean Winchester has dubbed the Ocean of the Future.

In the course of making the case that the future belongs to the countries of the Pacific, Winchester steers a straight course through the turbulent waters of the past – tsunamis, the Bounty Mutiny and the decline of what he regards as the marauding colonial empires. But he also draws attention to the romance of exploration, the inventiveness of the Pacific cultures, and there is a chapter devoted to surfing, a sport that was spawned on the waves of Winchester's revered Pacific.



**Moby Dick** by Herman Melville (Penguin Classics, 1851)

*Moby Dick* is rightly regarded as one of the classics of English literature, but when it was published in 1851 it went unnoticed. It took another century before Melville's story of a man's obsession received the recognition it was due.

Superficially, *Moby Dick* is the story of Ahab, captain of the Pequod, and his quest to kill Moby Dick, a rogue albino whale. But that is like saying all you need to know about the Pacific Ocean, where most of the story is set, can be gleaned from the waves on its surface.

*Moby Dick* delves deep into uncharted waters with its exploration of good and evil and the madness of obsession. The story is told by a narrator, Ishmael, who delivers perhaps the most famous opening line in English literature: "Call me Ishmael."

Melville, a whaler himself, was inspired by a true story of an albino whale responsible for a number of deadly attacks on whaling ships, across the Pacific in 1820. The whale was finally killed off the coast of Chile.



**The Kon-Tiki Expedition: By Raft Across the Southern Seas** by Thor Heyerdahl (Simon & Schuster, 1948)

In 1947, Norwegian biologist Thor Heyerdahl travelled 5000 kilometres across the Pacific Ocean, from Peru to Polynesia, on a balsa-wood raft just to prove a point. His point? Polynesia could have been populated by South Americans not just from peoples of the East, as was the conventional wisdom of the time.

To do it, he used only the tools that the pre-Columbians South Americans possessed. Hence, the balsawood raft and his insistence that the tides and the wind would get him, his five crew and a Spanish-speaking parrot to where they wanted to go. ➤



South Pacific tales

“

FitzSimons paints a vivid picture of the intolerable conditions and hardship endured by the soldiers (on the Kokoda Track) and gives due emphasis to the Fuzzy Wuzzy Angels.

”

He was right. It took 101 days, incredible hardship, but Heyerdahl and the five crew, minus the parrot who went missing during a violent storm, landed on the Raroia atoll in the Tuamotu Archipelago near Tahiti on August 7, 1947.

No wonder this book was translated into 65 languages and became a global best seller as well as spawning an Academy Award-winning documentary (which was directed by Heyerdahl) and a couple of films. Heyerdahl,

who up until he set off on his journey was barely known beyond academic circles in his homeland of Norway, will be forever associated with adventures on the high seas. It's also worth knowing that he couldn't swim and had never sailed before he hoisted the mast of *Kon-Tiki*.

HONG KONG



**Fragrant Harbour** by John Lanchester (Faber & Faber, 2013)

Literally translated, Hong Kong means 'fragrant harbour', but it has been eons since it deserved that name. The push for progress saw to that. Which is, in essence, the theme of Lanchester's much

acclaimed novel. Lanchester tracks Hong Kong's recent history – from the 1930s to the end of the 20th century, by which time Hong Kong had been transformed from fishing colony into one the world's business hubs.

The story of change is told by several characters, who, like countless other hopefuls, travel to Hong Kong in search of adventure and the elusive pot of gold. ➤

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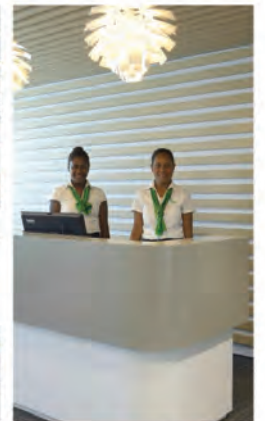
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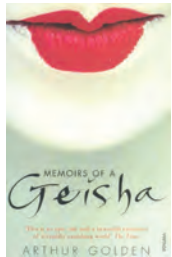
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South Pacific tales

JAPAN



**Memoirs of a Geisha by Arthur Golden (Alfred A. Knopf, 1997)**

That *Memoirs of a Geisha* is a novel and not a factual

account of the life of a geisha, as the title suggests, does not detract from the pleasure of reading this fascinating account of the closed world of the geisha. It certainly did not deter readers and it became a global bestseller when it was published in 1997.

Not surprising, really, because once started you can't put it down. What is surprising, though, is that it was written by a man,

so convincing is the voice of the female protagonist. The American author must have listened intently when he was doing his masters' degree in Japanese history.

The story, set in the middle of the 20th century, provides a riveting account of the rituals and trainings that transform young women into geishas, paragons of feminine virtues, in the teahouses of Kyoto. As well as providing insight into what was so long an enclave closed to the wider world, the reader gets a profound sense of the ancient city of Kyoto and the wider Japanese culture of the time.

NEW ZEALAND



**Once Were Warriors by Alan Duff (Random House, 1990)**

This is a not a book for the faint-hearted or the squeamish.

A gritty and searing account of what happens to families and a culture under extreme stress, this disturbing tale of violence, entrenched poverty, gangs and hopelessness made a huge impact in New Zealand when it was published in 1990.

While first-time author Alan Duff, whose mother is of Maori descent, drew loosely upon his own experiences as a child growing

up in the Auckland suburbs, its themes and insights resonated far beyond NZ's shores and it was made into a film in 1994 starring Temuera Morrison.

BALI



**Bali: The Food of My Island Home by Janet De Neefe (Pan Macmillan, 2011)**

Australian

Janet De Neefe fell in love with Bali on her first visit in 1974. Marriage, children and a stellar career in restaurants and tourism in Ubud have kept her there for the past 30 years.

Having founded both the Ubud Writers' Festival, now one of the

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South Pacific tales

world's great literary talkfests, and the Ubud Food Festival, De Neeffe is known across the island as the Queen of Ubud.

But the food of her island home remains an abiding passion and that love illuminates this beautifully photographed book. The difference between this and other cookbooks is that each recipe in Bali begins with a starter – delicious morsels from De Neeffe about the dish's history, the produce used, the people who created it and when it is eaten. And, really, can there be a more delicious way to get to know a country than through its food?

**BORNEO**



**Into the Heart of Borneo** by Redmond O'Hanlon (Penguin, 1983)

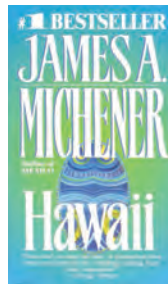
The funniest travel book ever written? Many think Redmond O'Hanlon's account of the search for the fabled Borneo rhinoceros is just that.

O'Hanlon, an Oxford scholar, decided that a jaunt into the Borneo jungle, as suggested by his friend, the poet James Fenton, was just the thing to shake off the blues of never-ending study.

That they lived to tell the story is all down to the skill (and patience) of three local trackers. O'Hanlon

did discover something on the trek, a decidedly un-English, unabashed delight in the new, which led him to a enduring career in books and television, chronicling some of the world's most inhospitable destinations.

**HAWAII**



**Hawaii** by James A. Michener (Random House, 1959)

Hawaii was a runaway success for best-selling American author James A. Michener. Like so many of the other 40 or books he wrote, Hawaii is a family saga spanning many generations. But in *Hawaii*,

Michener goes back in time to the beginning of the world and the creation of the Hawaiian Islands. He then charts the story of original inhabitants of the Hawaiian Islands as they made their perilous journey from Tahiti and he weaves the stories of the subsequent waves of Chinese and Japanese immigrants into the thrilling mix.

The action moves along at a fast clip, as was Michener's way with words, but underlying this robust adventure novel is Michener's care and concern for the fragility of the complex Hawaiian culture. Fittingly, *Hawaii* was published in 1959, the year that the group of islands was named the 50th state of the US. ■

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“

Although English is the language of education, business and government, Tok Pisin is by far the widest-spoken language in the country.

”

# Pidgin talk

John Brooksbank delves into Tok Pisin, one of PNG's main languages.

**T**ok Pisin is one of the three official languages of the country, alongside English and Motu. It's estimated that more than four million people speak it across the country.

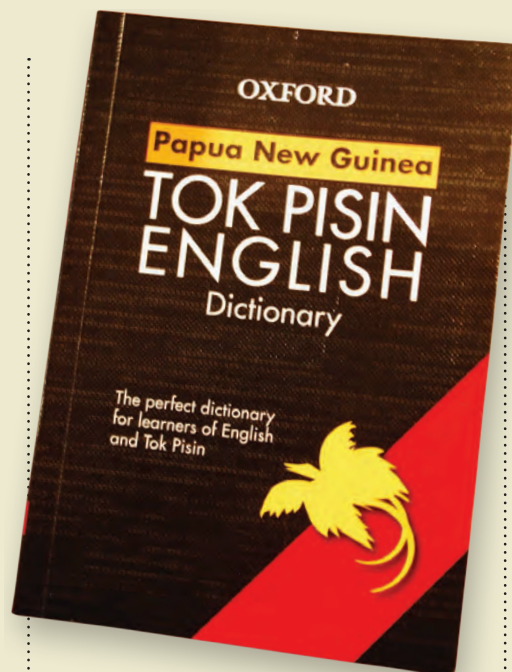
There are some delightfully descriptive words and phrases in the language, many with similarities to English. Hospital is *haus sik*, to row or paddle is *pul long kanu*, please is *plis* and to be sad is to be *sori*. Someone from Mount Hagen in the Highlands would be *man bilong Hailans*.

Pronunciation and spelling is phonetic so that, for example, *laik* is pronounced as like is in English, and *buk* as in book.

Tok Pisin is not, as some believe, simply putting 'im' on the end of verbs, inserting a few 'longs' and 'pelas' and hoping for the best.

The language is deceptively precise, occasionally vulgar, and unapologetically politically incorrect, but it is a colourful delight to the ear when used skilfully.

Tok Pisin evolved from Melanesian pidgin, which grew out of 'trade pidgin' in the late



1800s, which in turn had developed from the jargon spoken by those involved in legal and illegal blackbirding (forced labour) of villagers

from New Britain, New Ireland and the Solomons to work in copra and sugar cane plantations in Fiji, Samoa and Queensland.

The movement of thousands of plantation labourers was the real driver for a common means of communication. Between 1863 and 1887, about 36,000 indentured Pacific labourers were recruited to work in Queensland plantations alone.

After the labour trade ceased, Melanesian pidgin evolved into Pijin in the Solomons, Bislama in Vanuatu and Tok Pisin in PNG, where it is now accepted by academics as a fully blown language rather than a lingua franca or creole, since nowadays it is some peoples' first and, possibly, only spoken language.

Copra plantations were established on the islands of the Bismark Archipelago after Germany annexed the northern mainland and islands of eastern New Guinea as Kaiser Wilhelm's Land in 1884. Their labour force, some of whom had worked elsewhere in the Pacific, brought back basic Melanesian >



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Pidgin talk

pidgin which then developed further, incorporating German and local languages.

This lingua franca was adopted by the administration and used throughout German New Guinea. In contrast, the administration of British New Guinea adopted the existing Hiri Motu trade language as its lingua franca, commonly termed Police Motu.

Once known as Neo-Melanesian, Tok Pisin has a simplified grammar and vocabulary with essentially three tenses – past, present and future. It has adopted and adapted words from German, Bahasa Malay, Kuanua and other Pacific island languages, as well as English, from which approximately three-quarters of its vocabulary derives.

Certain prepositions are commonly used, such as long, bilong and wantaim. Bilong, for example, can denote possession, purpose, origin, connection or characteristic trait.

Tok Pisin was recognised in the PNG Constitution at Independence in 1975 as one of the three official languages of the country; reflecting its wide use by the administration, churches and local radio.

Father Frank Mihalic produced the best known Tok Pisin dictionary in 1957, before starting

TOK PISIN WORD ORIGIN		
TOK PISIN	ENGLISH	ORIGIN
kumul	bird of paradise	Kuanua, East New Britain
kiau	egg	Kuanua, East New Britain
binatang	insect	Bahasa
susu	milk / breast	Bahasa
gumi	rubber / tyre condom	German
raus	get out / get rid of	German
bros	chest	German
pikinini	child / infant	Portuguese
save	to know / knowledge	Portuguese
kaikai	food / eat	Polynesian
kanaka	uneducated village man	Polynesian

*Wantok* as founding editor in 1969. This weekly Tok Pisin newspaper is still printed today in Port Moresby and has a readership of 15,000 to 20,000.

In a country of over 800 different languages, where inter-ethnic marriage is common and often children do not speak the languages of their parents, there is a great need for a common language. Although English is the language of education, business and government, Tok Pisin is by far the widest-spoken language in the country.

The transfer of language is, however, not all one way. When someone leaves for good, or a long time, it is common to say in Tok Pisin that he/she 'go pinis'. This originates from expatriates advertising 'going finish' sales of excess goods and chattels when they leave.

Many studies and books have been written about Tok Pisin, unintelligible to anyone except lexicographers, but for most newcomers to PNG the ability to speak a few words will go a long way in ensuring cordial relations.

*Em tasol!* ('That's all') ■

TOK PISIN WORDS/PHRASES

- *Where do I find a taxi?*  
**Bai mi painim taxi long we?**
- *One coffee with milk please.*  
**Wanpela kap kopi wantaim susu pilis.**
- *Where is the toilet?*  
**Lik lik haus istap we?**
- *How much is this?*  
**Prais bilong dispela em haumas?**
- *Thank you very much.*  
**Tenkyu tumas.**
- *Thanks* **Tenkyu**
- *You understand English?*  
**Yu gat save long tok Inglis?**
- *Where is my bag?*  
**Bag bilong mi istap we?**
- *Where can I change my money?*  
**Long wanem hap bai mi senisim moni bilong mi igo long kina?**
- *One beer please.*  
**Wanpela SP bia ikam pilis.**
- *Why?* **Long wanem?**
- *How many children do you have?* **Yu gat haumas pikinini?**
- *Is this canoe broken or not?*  
**Dispela kanu emi bagarap o nogat?**
- *Where are you from?*  
**Yu bilong wanem hap?/ as ples bilong yu we?**
- *I don't know.* **Mi no save.**
- *What do you want?*  
**Yu laikim wanem samting?**
- *Restaurant*  
**Ples bilong kai kai**
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Dove, seabird* **Balus**
- *Fish* **Pis**

NUMBERS

- 1**  
Wan
- 2**  
Tu
- 3**  
Tri
- 4**  
Foa
- 5**  
Faiv
- 6**  
Sikis
- 7**  
Seven
- 8**  
Et
- 9**  
Nain
- 10**  
Ten





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# Gadgets and travel accessories

## Solar-powered backpack

If you've ever wanted to charge your tech items while you're on the go or off the grid, then Eclipse's Bugout solar powered backpack just might become your new best friend. The integrated, thin-film solar panel provides up to four watts of power using a USB connector in the front and a 12-volt auto socket in the rear, so you can charge your electronics quickly and efficiently. The multiple pockets for your accessories, and adjustable divider inserts in the main cavity for camera gear or clothes, mean you'll stay organised. The padded straps and back panel make it comfortable to carry, and the camouflage print means you'll look good toting it around, too.

About PGK737; [eclipsesolargear.com](http://eclipsesolargear.com).



## Merino travel kit

If you find yourself flying economy more often than you'd like, you can bring some of the comfort from the pointy end of the plane with you by investing in Parachute's super-soft merino travel kit. It includes a 100 per cent extra fine merino wool throw, a lined merino eye mask, and a silk lined merino carrying case that doubles as an aeroplane pillow cover.

About PGK439; [parachutehome.com](http://parachutehome.com).

## Clip-on iPhone lens

iPhone cameras just got even better with the introduction of the OlloClip 4-in-1 clip-on lens. Featuring fisheye, wide angle and 10x and 15x macro lenses, this nifty gadget means you can happily leave your clunky camera at home next time you want to travel light. Includes lens caps and a micro-fiber carry pouch that doubles as a lens cleaner. From about PGK147; [olloclip.com](http://olloclip.com).



## Sony Action Cam

Go Pro finally has some competition in Sony's Action Cam, the rough-and-tumble camera that's a must-have for adventure travellers with a penchant for documenting their expeditions in high-definition video. The lightweight camera features professional 4K video recording, loop recording, a built-in stereo microphone for quality sound with wind noise reduction, and live streaming that you can control via your phone.

About PGK1264; [sony.com](http://sony.com).



### Universal adaptor

We've all experienced it: that moment we realise we don't have the right electrical adaptor in a foreign country and are left with a phone, laptop and tablet we can't charge. A moment that can, thankfully, be avoided with Tumi's universal adaptor, which provides four plug configurations, which will cover you in at least 150 countries. *About PGK147; tumi.com.*



### Travel shirt

What's that? A travel shirt that will leave you sweat and odour-free wherever you are for days at a time? We'll take three, thanks. Made with durable yet lightweight ultra-fine merino wool, the Libertad travel shirt "inhibits the growth of odour-causing bacteria", according to its designer, while regulating body temperature and absorbing moisture off the body, making it ideal for tropical climates. The fibre's natural crimp helps it stay crease-free for longer than cotton, plus it can be worn year-round, thanks to tiny air pockets that help keep you cool when it's hot and warm when it's cold. Available in regular and tapered fits and in several colours and sizes. *About PGK404; libertadapparel.com.*



### Laptop lock

Just the thought of your laptop filled with all your precious work, data and photos flying out the door when left unattended in a coffee shop can cause an anxiety attack. Luckily, Kensington has been making notebook security systems for years, and its lightweight yet robust portable combination laptop lock, with 10,000 possible combinations and a 7.5-centimetre to 1.8-metre self-coiling cable, slips easily into your computer bag. *About PGK133; kensington.com.*



### Cable organiser

Avoid spending your precious travel time untangling rogue cables with Neet's Cable Keeper sleeve. The zippered fabric shell protects cables from fraying and ripping, and collects cables together so you can stay organised. Available in 10 colours including blue, red, silver and black, in a 100-centimetre length. *From about PGK35; neetproducts.com.*



### Hiking sandals

Summer for the active traveller means steep climbs in hot, sticky weather, which isn't always the most comfortable experience. Enter Merrell's Moab Drift Strap hiking sandals, which have breathable mesh insets built into the leather upper for ventilation, a soft neoprene lining to prevent chafing and slipping, and an intense grip on the sole that really grabs at uneven terrain. They're also treated with an antimicrobial odour control, so you can feel relaxed about slipping them off at the end of the day. *About PGK358; merrell.com.*



### GPS watch

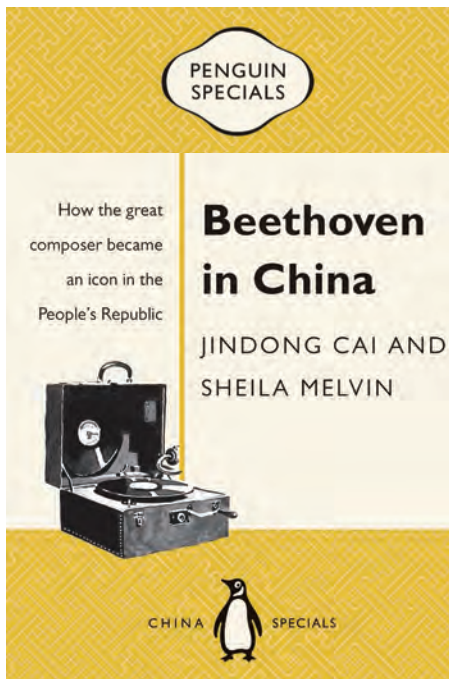
Navigation specialist Suunto has launched a new hiking and trekking-specific GPS watch called the Traverse. With an elegant streamlined design, it mixes traditional mountain watch features like an altimeter, barometer and compass, with advanced GPS navigation using topographic maps with track back, points of interest and route planning, plus tracking of metrics like speed, distance and vertical. It also tracks your steps and calories, and comes with a choice of orange, black or white straps. *About PGK1159; suunto.com.*



### Leather briefcase

Make your travel buddies jealous with Genius Pack's 100 per cent brown nappa leather Entrepreneur briefcase that's loaded with compartments to hold travel essentials including tablets, smartphones, business cards and more. The stylish briefcase, which easily slides on to the trolley handle of any luggage, also includes a water-resistant umbrella pocket, a padded compartment for laptops, an adjustable shoulder strap and a portable mobile charger. *About PGK819; geniuspack.com.*





**Beethoven in China: How the Great Composer Became an Icon in the People's Republic (Penguin Specials) by Jindong Cai and Sheila Melvin**

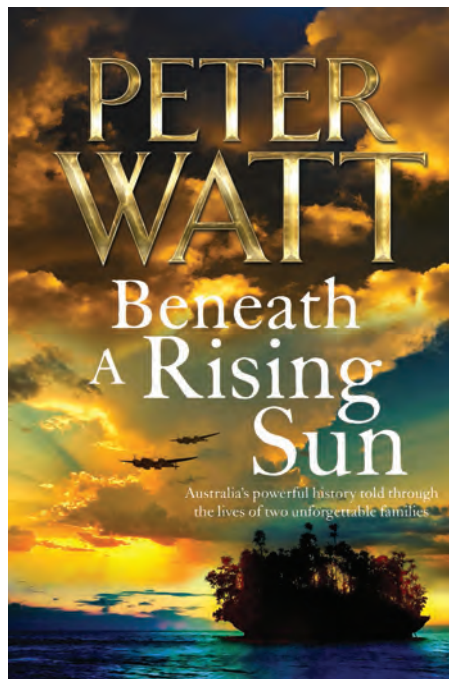
Chinese students returning home from abroad during the 1900s introduced Beethoven to China. The explanation for the German's appeal goes something like this: The composer's perseverance in the face of adversity and his musical genius resonated in a nation searching for a way forward.

The book suggests that Beethoven remained a durable part of Chinese life in the following decades, became an icon to intellectuals, music fans and party cadres.

Co-author Jindong Cai is better known as the conductor of the Stanford Symphony Orchestra, but his devotion to the musician began during the Cultural Revolution.

Culture journalist Sheila Melvin works with Cai to tell the story of Beethoven and China.

As something of a bonus, this book is a Penguin Special, which means it's cheap.



**Beneath a Rising Sun (Macmillan) by Peter Watt**

A journalist once described Peter Watt as 'Australia's answer to Willbur Smith'. His historically based adventure novels include the popular Frontier Series, (*Beneath a Rising Sun* is the ninth in the series) and the Papua series.

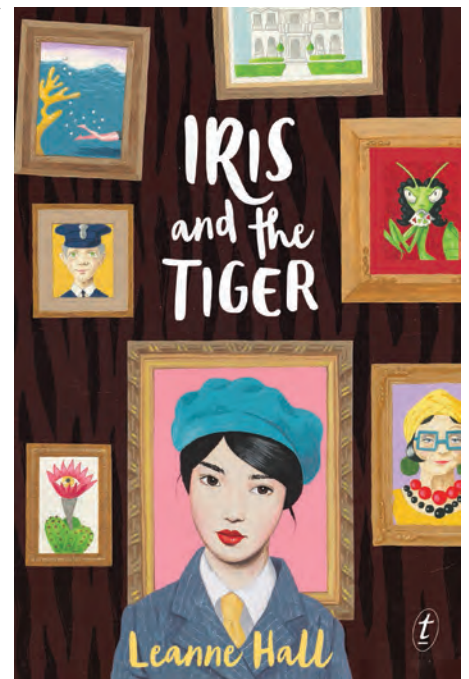
Watt has links with PNG, having worked as a police sergeant and adviser to the Royal Papua New Guinea Constabulary.

*Beneath a Rising Sun* spans the frontlines of the Pacific campaign in World War 2 to the back lots of Hollywood and follows the lives of the Duffy and Macintosh families.

Sergeant Jessica Duffy works as a code breaker for the Americans but is also secretly reporting on them to the Australians.

Major David Macintosh has survived prison camps and countless battles — but can he endure the machinations of a cousin trying to take over the family companies?

Captain James Duffy, a fighter pilot, is expected to see out the war helping to make movies that gloss over the tragic realities of war ... until a chance meeting gives him something new to fight for. Watt sets out to give life to periods from history through deadly missions, impossible choices and inescapable family legacies.



**Iris and the Tiger (Text Publishing) by Leanne Hall**

Hall is the author of the anthology *Growing Up Asian in Australia* and novels for young adults, including *This Is Shyness*.

*Iris and the Tiger*, her first work for younger readers, may appeal to older primary and younger high-school students.

In this book Iris, 12, is sent to Spain on a mission: to make sure her elderly and unusual aunt, Ursula, leaves her fortune — and her sprawling estate — to Iris's scheming parents.

In Spain Iris realises something isn't quite right. There is an odd feeling around the house. What, if anything, is Aunt Ursula hiding? Outside, in the forest, a mysterious animal moves through the shadows. When Iris discovers a painting named *Iris and the Tiger*, she dangerously sets out to uncover the animal's real identity.

Hall's novel has been described as wise and whimsical, and a fantastic journey through life, art and families.





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### The Man Who Knew Infinity

Dev Patel, from *Slumdog Millionaire*, and Englishman Jeremy Irons star in this biopic about Srinivasa Ramanujan, an Indian mathematics genius who revolutionised his profession in the early 20th century.

Ramanujan was responsible for extraordinary mathematical formulas but he needed plenty of good fortune for the world to notice them. A childhood in a poor family in Madras isn't a normal career path to Cambridge University now, let alone in 1914, but Ramanujan's unusual talents were fortunately recognised by a colleague in an Indian accounting firm.

His colleague is a math's fan and helps Ramanujan send a letter to G.W. Hardy (Irons) who, in his reply, invites Ramanujan to Trinity College, Cambridge, to work on his ideas.

Ultimately, Hardy champions his student's brilliance against racism and prejudice. Other progressives from Cambridge help out, including one played by Toby Jones (from *The Hunger Games* and *Harry Potter* movies). Jeremy Northam (*Enigma*) plays the esteemed Nobel Prize winning professor Bertrand Russell.



### Sherpa

The makers of this documentary drama set out to make a film of the 2014 Mount Everest climbing season from the sherpas' perspective.

Mountain climbers and Nepali sherpas were reportedly trading insults, even blows, on the world's highest mountain. If this were true the film makers wanted to work out 'why', and set out to make a film of the 2014 Everest climbing season, from the sherpas' point of view.

Instead, they captured a tragedy that would change Everest forever: at 6:45am on April, 18, 2014, a massive block of ice crashed on to the climbing route through the Khumbu Icefall, killing 16 sherpas. It was the worst tragedy in the history of the mountain.

The disaster provoked a significant reappraisal about the role of the sherpas in the climbing industry, and the film tells the story of how, in the face of fierce opposition, the sherpas united in grief and anger to reclaim the mountain known as Sagarmatha (in Nepal) and Chomolungma (in Tibet).



### Hail, Caesar!

The Coen Brothers (directors, writers and producers) again unite their powers for this comedy about a fixer working in the Hollywood film industry in the 1950s.

Joel and Ethan use a star-studded cast, including Josh Brolin, George Clooney, Scarlett Johansson, Tilda Swinton, and Ralph Fiennes.

Brolin plays the fixer (a problem solver) who is charged with finding out what has happened to lead actor Baird Whitlock (Clooney), who vanishes during the making of a movie, circa 1950s, by Capitol Pictures called *Hail Caesar*.

A group called The Future – those wicked, wicked, Communists could be up to no good again – may have kidnapped Whitlock. Eddie Mannix (Brolin) has to find him while protecting Capitol's reputation and keeping Whitlock's disappearance (and drinking) and other disasters out of the gossip columns.

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# DEVELOPING PNG

## SINCE 1949



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## CHOCOLATE CONFIDENTIAL

Some of the world's best cacao is growing in a hidden valley in PNG and is being used in the high-end global chocolate market. *Susan Gough Henly reports.*

Tucked into a deep alluvial valley enclosed on three sides by large mountain ranges is a cacao plantation so special – and secret – that it provides the raw materials for some of the world's finest chocolate.

"Cacao", or "cocoa", is the term given to the fermented and dried seed (referred to in the industry as a "bean") that grows inside the fruits or pods of the rainforest tree *theobroma cacao*. Native to tropical South America, cacao trees only grow within 20 degrees of the equator because they need high rainfall and warm temperatures to thrive.

The worldwide production of cacao is a \$US5–6 billion export commodity. About 95 per cent is produced by small farms in tropical developing countries. Traditional plantations, where cacao trees are planted with a variety of crops under a rainforest canopy, are vital for biodiversity and soil sustainability.

There are three main cacao varieties: forastero, criollo and trinitario; however,

many farms now use hybridised cacao that is bred more for high yield and disease resistance rather than flavour.

That is why this mystery plantation, hidden deep in Morobe Province, is so special. It is planted with rare heirloom trinitario beans that were introduced by German colonists from Samoa at the beginning of the 20th century.

These heirloom beans have finer aromatics, more fruitiness and complexity of flavour, and less bitterness. And that is the Holy Grail for fine chocolate makers.

For the past three years, Australian boutique chocolate producer Bahen & Co has been sourcing raw cacao from this plantation.

"This is the number one farm in PNG. Full stop," says founder and former fine winemaker Josh Bahen.

"We believe the combination of their heirloom genetics, well-drained volcanic soils, regular rainfall with periods of hot dry weather, and high standards of farming practices make their cacao beans so complex and special."







From pod to packet ... Australian company Bahen & Co is producing high-end chocolate from cacao sourced in Papua New Guinea.



The story of chocolate is a fascinating history and geography lesson rolled into one. The earliest evidence of chocolate consumption comes from drinking implements in pre-Mayan Mexico in 1750 BC. After the Spanish conquistadors brought cacao to Europe in the 1600s, drinking chocolate became popular in the European

“

This is the number one farm in PNG. Full stop.

”

courts. It wasn't until the 19th century that a Dutch invention enabled the creation of solid chocolate. The rest, as they say, is history. These days, however, most chocolate is made in huge factories from as little as 20

per cent cacao, (largely from hybrid beans) and lots of additives like emulsifiers, fat, vanilla, sugar and preservatives.

A small cadre of artisanal chocolate makers around the world is bucking this trend and doing things the old-fashioned way. Those, like Bahen & Co, use vintage equipment designed for small-batch production to create the finest stone-ground bean-to-bar chocolate, with 70 per cent cacao and nothing else, except raw organic sugar.

“With only two ingredients, our raw materials must be of exceptional quality,” says Bahen. “There is only a handful of producers in the world who can turn out cacao to a standard suitable for our chocolate.”

Fortunately, PNG has one of them. “Part of the reason is that this old plantation is located in a very remote and isolated region that was bypassed by modern plant breeding practices designed to service the bulk-chocolate commodity market,” Bahen says. ➤

The stories in our ‘Strictly Business’ section were first published in PNG’s online business magazine, [businessadvantagepng.com](http://businessadvantagepng.com) and are re-published by arrangement with Business Advantage International.



Chocolate confidential



HOW TO GROW THE BEST

There are many steps involved in producing high-quality heirloom cacao. Josh and his father, Mark Bahen, have donated their time and consulted with cacao farmer cooperatives in Vanuatu and the Solomon Islands in order to help improve the quality of cacao in the Pacific region.

Some very simple steps can drastically improve cacao production.

\*Cacao beans must be fully ripe when picked. Ripeness is not judged by the colour of the beans, which can vary widely, but through a range of other markers. Immature beans will have no flavour but lots of bitterness when roasted.

\*Diligent pruning is essential to ensure disease-free trees with no mould.

\*Pruning is also important to ensure dappled light reaches the crown of the tree to help lower humidity in the beans as well as increase the number of pods that grow on each tree.

\*Timing and temperature is crucial during fermentation because this is when hundreds of flavour precursors develop, which equates to about 80 per cent of the chocolate quality.

\*Slow sun drying with specific rotation of the beans is the most effective and smoke-taint-free way to deliver an excellent dried cacao bean.

“The challenge of finding lost pockets of fine-flavour beans may be painstaking but, in this case, it was an immensely rewarding exercise.

“I heard about this farm through a friend in Europe and basically we took out a pencil and drew a line around the general area on a map and my Dad went looking for it,” Bahen laughs.

“Once we found it, we worked hard to build a long-term relationship with the grower based on solid principles of mutual benefit, transparency and fairness,” he says. “Genetics are crucial but farming practices make or break a product. Being farmers ourselves, we understand what is involved in nurturing plants and we want to reward exceptional farming practices.”

Indeed, Bahen & Co’s small chocolate factory is located right on the family’s vineyard in the Margaret River region of Western Australia.

“By dealing 100 per cent direct and cutting out the middleman, we exceed Fair Trade and pay prices that respect the farmer’s efforts,” he says. “That way it is a win-win situation all the way round. The farmers make more

money by producing the exceptional raw materials we need to create an exceptional chocolate that high-end consumers are willing to pay for.”

“It’s a beautiful bean to work with and makes our job simple. This PNG cacao basically underpins our entire business, which is all about pure good quality chocolate.”

It’s not just the type of cacao tree but also where it is grown that affects the distinctive flavour of the cacao produced here, just like the terroir of specific grape varieties grown in distinctive wine regions around the world.

And what are the unique characteristics of this special PNG cacao?

“The single-origin chocolate we create from here is bright and luscious with flavours of strawberry cream, red fruit, vanilla and sweet pipe tobacco,” says Bahen.

Bahen & Co sell its chocolate into Harrods in London, as well as other specialty stores around the world, including France, Holland, Japan, Hong Kong, Singapore and the US.

“It’s something about the flavour of cacao sourced from the wilds of Papua New Guinea that appeals because it is so scarce and exotic.” ■



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# In the docks

**Kevin McQuillan reports on Port of Lae developments.**

A decision on who will build a second PGK300 million berth at the Port of Lae was expected as *Paradise* went to press, with construction due to start this year, according to PNG Ports' chief executive officer, Stanley Alphonse.

A new industrial park and an international operator for the port are also on the cards.

The construction of a second berth follows the completion of phase one of the port's development in December, 2014, at a cost of PGK700 million, which included a tidal basin, a multi-purpose berth, and terminal works including buildings, storage areas, roads, drainage, water, electricity and sewerage services.

"Operationally, a second berth of at least 240 metres LOA (length overall) is required for the terminal to be operated as efficiently as possible by

an internationally experienced terminal operator," Alphonse says.

“ This (development) will enable two vessels of anything up to 200 metres to berth at the same time.

"This will enable two vessels of anything up to 200 metres LOA to berth at the same time.

"The second berth is expected to be built adjacent to the recently built container terminal. It will add a further 240-metre

quay line capacity to what has already been delivered."

Expressions of interest in building the terminal closed in mid-September with port authorities seeking interest from terminal operators to run either or both the Lae Port and the Motukea terminal, when the Port of Port Moresby terminal is relocated.

Alphonse says the final decision will not be driven by price alone, but other qualitative factors.

"Our intention is for the Lae Tidal Basin phase two to commence as soon as the procurement process for the contractor is completed.

"Funding is expected to be sourced internally," he added.

Although phase one of the Lae Port development is complete, only coastal shipping has been allowed to use the terminal until the appointment of an international operator.

A key part of the Lae Port development is Huon Industrial Park, which will store wet (general fuels and chemicals) cargo, dry bulk materials, feed stocks and be the base for a mineral export facility.

Alphonse says a decision on the contractor is to be decided soon.

The cost is estimated to be PGK258 million.


"Planning is ongoing and designed and a priced construction report has been completed.

"PNG Ports has held some discussions with potential industrial tenants from mining, petroleum, power and fisheries, which we expect to fully commercialise in due course. Long-term concessions are currently being negotiated.

"Timing wise, implementation should take place over the next five-year period, with the first development commencing in 2016," says Alphonse. ■



**Stanley Alphonse ... says construction of the second phase of the Port of Lae redevelopment will start this year.**




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# Talk and text for all

Kevin McQuillan reports on Telikom's plan to provide telecommunications coverage to 100 per cent of PNG.

All Papua New Guineans will be connected to the country's telecommunications system within two years, according to Telikom PNG's chief executive officer, Michael Donnelly.

He says about 85 to 90 per cent of the country is currently covered and that Telikom is making major strides to connect the rest.

In conversation with Business Advantage International's publishing director, Andrew Wilkins, Donnelly told the 2015 PNG Advantage Investment Summit in Brisbane that PNG's competition policy is largely behind the move to connect Papua New Guineans "to the modern world economy

and the modern world of communications".

Donnelly says the entrance of competitor Digicel into the PNG telecommunications market has challenged Telikom to respond to customer demands in terms of service and coverage levels.

"I think the real innovation in competition policy is that the customer becomes the focus of your products and services as opposed to something else."

Donnelly says that with a very strong balance sheet and with the support of Kumul Consolidated Holdings (the government entity which oversees PNG's state-owned enterprises), Telikom had made some significant investments in the past 12 to 18 months.

He says Telikom has acquired Datec, one of the country's largest ICT providers, and is also aiming to acquire EMTV "because our corporate and retail customers are looking for convergence".

"With the large capital investments we're making over the next 12 to 18 months, we're going to be able to provide real competition and demand.

Data and data storage are the big issues for small and medium-sized enterprises because they can't make those investments themselves, hence our investment in a data centre."

Telikom has signed an agreement with Australian Data Centres, a large provider of high-end data centres to the Australian government, which will build a new data centre in Port Moresby.

Lowering the cost of telecommunications is related to coverage, says Donnelly. "As more and more users jump onto the infrastructure and more and more products and services make themselves available, whether it's an e-commerce or an e-health or some other content, clearly prices will fall."

Telikom is not only building the National Broadband Network,



Michael Donnelly ... says that competition has spurred Telikom to lift service and coverage levels.

but, working with PNG DataCo, it is looking at international connectivity.

Currently, two submarine cables come into the country, via Guam and Sydney, and Donnelly says PNG will need, and will have, a new cable before 2018 because of increased data use.

While many in PNG complain about low connection speeds, Donnelly says operators have to concentrate initially on stability and connectivity because PNG has a challenging topology – high mountains and land movement.

"So, the focus initially for Telikom has been stability, reliability, robustness, and capacity. And then comes speed," he says.

Telikom will also spend about PGK26 million this year in Wi-Fi and fibreoptics, laying additional fibre around the country. ■

“

The focus initially for Telikom has been stability, reliability, robustness, and capacity. And then comes speed.

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# PNG to reap benefits of regional summit

Port Moresby's 2018 APEC Summit is set to deliver major opportunities for PNG business. *Kevin McQuillan* reports.

Port Moresby businesses can expect a wide range of opportunities in the lead-up to the Asia-Pacific Economic Cooperation (APEC) leaders' summit, according to the PNG APEC 2018 Coordination Authority.

PNG APEC Authority interim chief executive officer Christopher Hawkins says most spending on the APEC meeting will be channelled to the private sector because the government is not in the business of delivering the items that are needed.

"That's including transportation and freight, venues, catering, uniforms, communications – everything from gifts and handy crafts. These are things that will be outsourced."

The summit is taking place in PNG for the first time, leaving Hong Kong and Chinese Taipei as

the only APEC economies yet to host the event.

Hawkins says the authority is focusing on how to address the many doubts that have persisted since Port Moresby was selected, in 2013, to host the APEC Summit.

He says the doubts centre mainly on Port Moresby's ability to host an event of this magnitude, with 21 leaders from around the world, including from leading economies, the

United States and China, expected to attend.

"Challenges that we face are mainly around perception. There are people who don't believe we can do it," Hawkins says.

"Some of these negative views are stereotypical, based on experiences from the 1980s and 1990s where things were very different. But we are moving ahead to prove these people wrong.

“

It (Pacific Games) was on time and it was on budget. It's a big act to follow but at APEC we are building our team in much the same way.

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**Christopher Hawkins ... says security and accommodation arrangements are already well underway for the 2018 APEC Summit.**

“Importantly, we have got to demonstrate our capacity all the way through until when we host the APEC. We have to manage expectations and demonstrate that we are on track.”

Hawkins says the experience of hosting the Pacific Games last year, and also several upcoming events, provide ideal preparation for Port Moresby and PNG ahead of APEC.

“Those that were in Port Moresby for the (Pacific) Games

will know that everything came together,” Hawkins says.

“It was on time and it was on budget. It’s a big act to follow but at APEC we are building our team in much the same way as the Games built their team.”

Hawkins says the authority is confident of building a skilled workforce to coordinate APEC that will require “only a couple of expat staff.”

The APEC Summit is also being planned following similar models to previous summits during

the past decade, including in Australia, Peru and Chile.

Preparation for the event involves four phases, with the scoping phase completed and approved by Parliament in 2014.

Port Moresby’s shortage of hotel rooms remains a key challenge.

Hawkins says the authority is dealing with this by organising a more ‘intimate’ event compared with previous summits held elsewhere, such as China in 2014.

“We will need cruise ships to take on accommodation capacity, which is commonplace these days,” Hawkins says.

“We have sufficient accommodation for leaders to have the room they require.”

Hawkins says security and transportation are other areas where extensive preparation is already under way.

“Security is always the big challenge for any APEC meeting – you have got 21 leaders from some of the world’s largest economies in one place meeting together. We have been working with our security partners, especially Australia.

“The airport is a concern for any APEC week. We will have a new airport terminal (in Port Moresby) by 2018 that will go where the old terminal used to be,” Hawkins says. ■

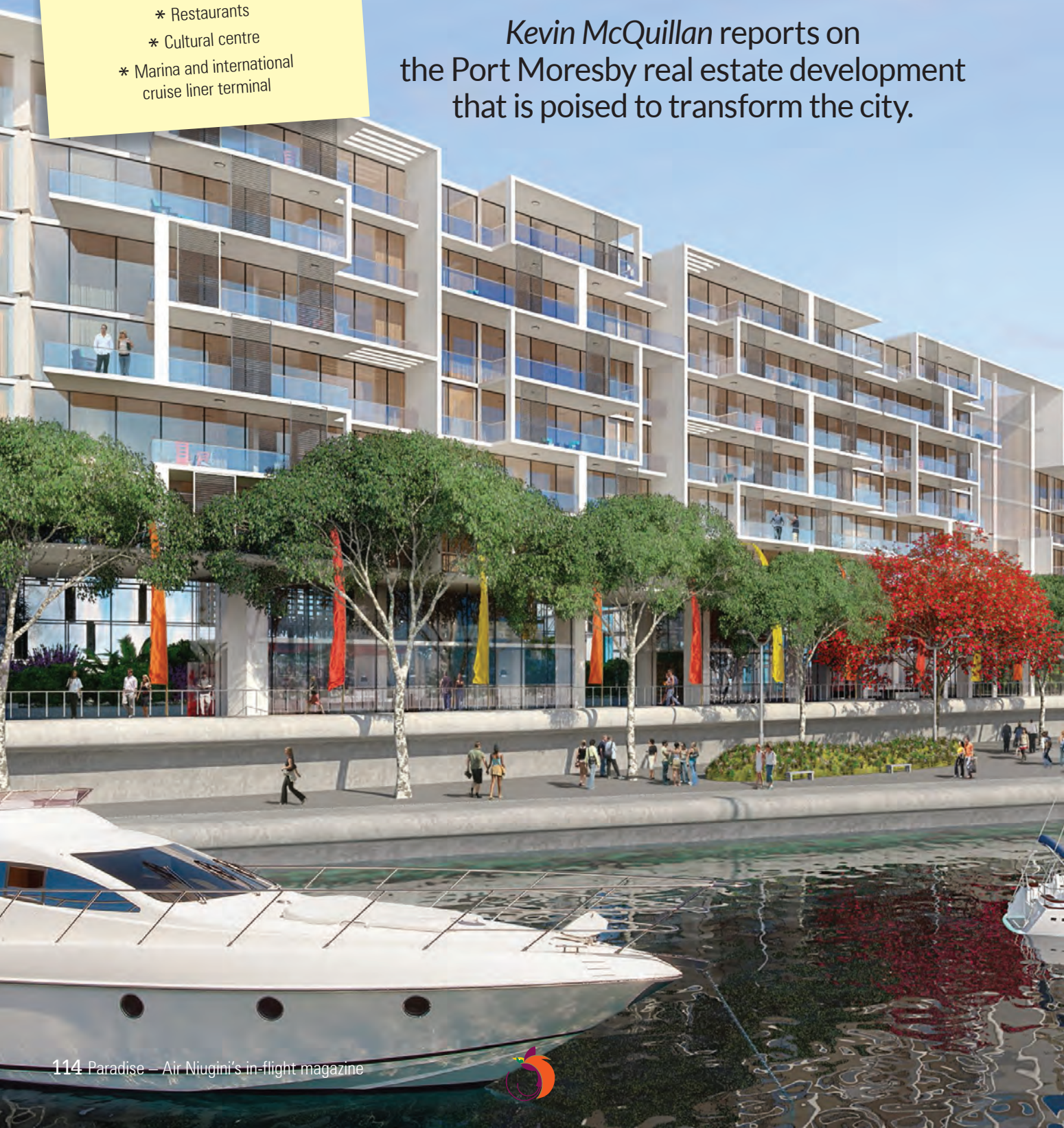


**PAGA HILL WHAT IT WILL DELIVER**

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  - \* Restaurants
  - \* Cultural centre
- \* Marina and international cruise liner terminal

# Work starts on Port Moresby landmark

*Kevin McQuillan reports on the Port Moresby real estate development that is poised to transform the city.*



Work has started at Paga Hill Estate, at the iconic headland of Papua New Guinea's capital city, Port Moresby. The development's architect, Paul Gallagher, says the project will transform the city.

The project has been declared a 'Project of National Significance' by Papua New Guinea's government and is expected to be ready to play a key role hosting the leaders' meeting at the APEC Summit in Port Moresby in 2018.

The Paga Hill area had been a squatter settlement since the mid-1990s, when a National Housing Corporation site was decommissioned. In May 2012, the company behind the project, Paga Hill Development Company, attracted controversy when it began demolishing squatters' homes, prompting an injunction.

Eventually, a court ordered the squatters to move on. And in June 2014, the company resettled the 2500-strong community after buying land at nearby Six Mile and

moving the population to that site, at the company's expense.

Gallagher, whose Sydney-based company Studio GA has been involved in the project for 12 years, says the scale of the development is "substantial".

The second major stage was the building of a Ring Road, he says.

"We've always proposed that the development be integrated into the city as the city grows," he says. "This is a long-term proposition.

"When we started working on aspects of this project almost 15 years ago, we were keen that the national government and the NCDC (National Capital District Commission) look at opportunities to improve Port Moresby, to consolidate the harbour with the city.

"The Ring Road links Paga Hill with the city and provides public access, which runs the full perimeter of the headland.

"So we can now link the harbour and Ela Beach as one continuous corridor.

"That has changed accessibility and changes the presentation of the city long-term, because now you have a frontage all the way round the headland back into the harbour."

The site of the estate has been cleared and civil and infrastructure works have started.

The PGK85 million works program includes the benching and levelling of individual development sites across the hill, reconfiguration of Chalmers Crescent and the installation of all infrastructure for the site.

The chief executive officer of Paga Hill Development Co, Gudmundur Fridriksson, says in five years time, the area will be "incredible; creating a whole new economy" in the city.

Until now, he says, no one has been able to enjoy the harbour. But with a planned 5.5 hectares of open space across the entire development, locals will be able to enjoy the waterfront, cafes, and galleries.

With a 99-year lease, the Paga Hill Development Company's master plans include 68 serviced apartments as part of a six-star luxury hotel, commercial buildings, restaurants and eateries, a cultural centre, a marina and an international cruise liner terminal.

The hotel will contain 200 luxurious guest rooms, a large ballroom venue suitable for state dinners, conference and meeting room facilities, restaurants and cafes, with views across Fairfax Harbour and the Coral Sea. ➤

**Port Moresby by the sea ... an artist's impression of what the Paga Hill Estate will deliver to the PNG capital.**



Work starts on Port Moresby landmark



**Modern and slick ... the Paga Hill Estate will feature apartments, an upmarket hotel and commercial buildings.**



There will be public access through marinas and cafes, and the city's historic bunkers and remnants of World War 2 that were used by the Allied forces are to be preserved and showcased.

Fridriksson says restoration of the World War 2 remnants is being undertaken in consultation with the National Museum, and the Australian War Memorial. He envisions the Paga Hill war

site will be used by visitors also going to the Kokoda Track, Rabaul and other key theatres of conflict.

The high point for the Paga Hill development is that it will be the venue for the leaders' meetings at the Asia-Pacific Economic Co-operation summit in Port Moresby in November 2018, according to interim CEO Christopher Hawkins.

However, Gallagher emphasises that, while the anticipated NCDC approval establishes a master plan strategy for the estate, investment interest and market, demand will progressively roll out individual developments across the 22-hectare site.

He also says cruise liners could bring tens of thousands of extra visitors annually, providing "an opportunity that's too good to miss". ■



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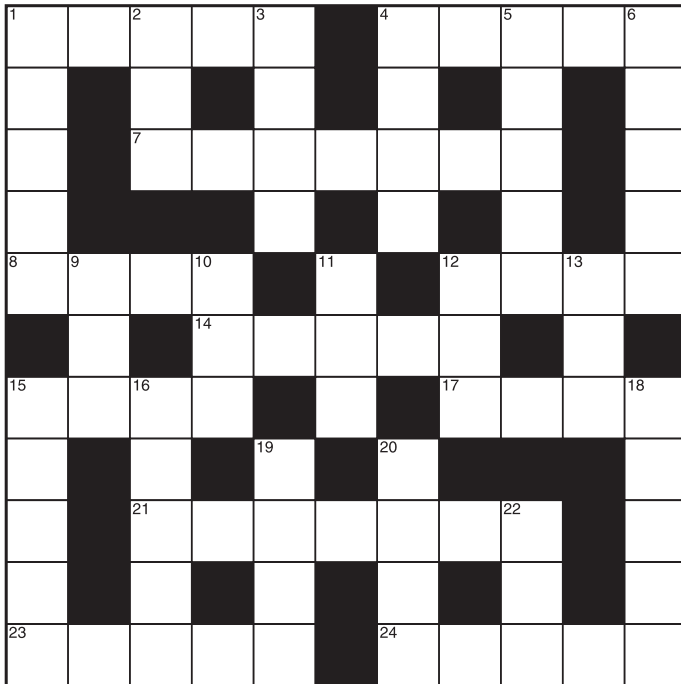
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### DoubleTake

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. Remains startled –somebody’s outside (5)
4. Teams on edge? (5)
7. Term heard ahead of oil disruption (7)
8. Marine creature close up (4)
12. South African iron is secure (4)
14. To grow less flab, half dined (5)
15. Long-running musical cast adrift (4)
17. Hang around to take orders (4)
21. Signs that slang is back (7)
23. Ale is spilt around corridor (5)
24. Rubs in herbs and spices (5)

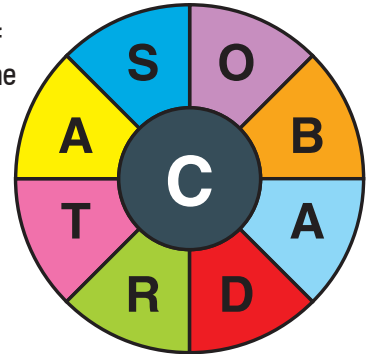
#### DOWN

1. Shop clearances caused by the odd small bees (5)
2. Raft no longer right behind (3)

3. Rose awkwardly and got hurt (4)
4. He so needs to vary footwear! (4)
5. Triangular shape in strudel tart (5)
6. Fright disturbed races (5)
9. It’s a long time in therapy (3)
10. Last letter to vanish before Vegas (3)
11. Used to own helipad, with no pile-up (3)
12. Stitch three points (3)
13. Fib upset the Feds (1,1,1)
15. Where Marco Polo went to get crockery? (5)
16. Checks exams (5)
18. Ambushes most Spartans on their way back (5)
19. Every other song free of tyrant (4)
20. Puts limit on number of hats (4)

### 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.



10 Good    15 Very Good    20+ Excellent

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22. Sounds like this family member is a star (3)

### STRAIGHT CLUES

#### ACROSS

1. Mast support wires (5)
4. Supports in dispute, ... with (5)
7. Chaos (7)
8. Wax stamp (4)
12. Strongbox (4)
14. Ease off (5)
15. Raining ... & dogs (4)
17. Delay bedtime, ... up (4)
21. Gestures (7)
23. Walkway between pews (5)
24. Smooths (wood) (5)

#### DOWN

1. Cash transactions (5)
2. Towards stern (3)
3. Tender to touch (4)

4. Sandal or boot (4)
5. Radio code for D (5)
6. Startle (5)
9. Historical period (3)
10. Canary Islands port, ... Palmas (3)
11. Was compelled (to) (3)
12. Use needle & thread (3)
13. Dana Scully & Fox Mulder are ... agents (1,1,1)
15. Great Wall of ... (5)
16. International cricket matches (5)
18. Pitfalls (5)
19. Storybook monster (4)
20. Bottle tops (4)
22. Baby boy (3)



# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. To the nearest million, what is the population of Papua New Guinea?
2. How many kilometres from Jacksons International Airport to Port Moresby town?
3. What is the northern-most province of PNG?
4. Where and when does the Kenu and Kundu (traditional canoe) Festival take place?
5. What is the currency of Indonesia called?
6. In which city are you if you are in a fabric shop in Arab Street?
7. In which marathon do racers tackle 5164 stone steps?
8. Why did the US drop thousands of dead mice with miniature parachutes into Guam in 2013?
9. Where are you if you are greeted with "kia orana"?
10. What is the capital of New Zealand?
11. Who led the mutiny on the Bounty in 1789?
12. Which US president was born in Hawaii?
13. What is the national fruit of India?
14. Who composed the musical *South Pacific* and who wrote the lyrics?
15. What are the two key moves to win a sumo wrestling bout?

## Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 120.

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# Solutions

**Wheel Words**

Solution: Card, Cart, Cast, Coat, Coda, Cord, Cost, Crab, Orca, Scab, Scar, Scat, Taco, Torc, Actor, Bract, Carat, Carob, Coast, Cobra, Castor, Scarab, Acrobat.  
 9-letter word: BROADCAST

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

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

**The Paradise Quiz**

- Seven million.
- Eight kilometres.
- Manus.
- Alotau, Milne Bay Province, in November.
- Rupiah.
- Singapore.
- China's Great Wall Marathon.
- They were laced with poison to eradicate the brown tree snake population.
- Cook Islands.
- Wellington.
- Fletcher Christian seized control of the ship from William Bligh.
- Barack Obama.
- Mango.
- Richard Rodgers and Oscar Hammerstein.
- Pushing an opponent outside the ring, or forcing him to touch the ground with any part of his body (apart from the bottom of his feet).

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# Out and about

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



PICTURES: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

### 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

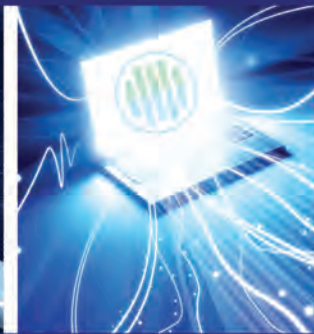
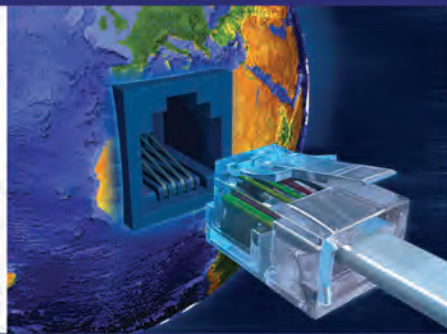
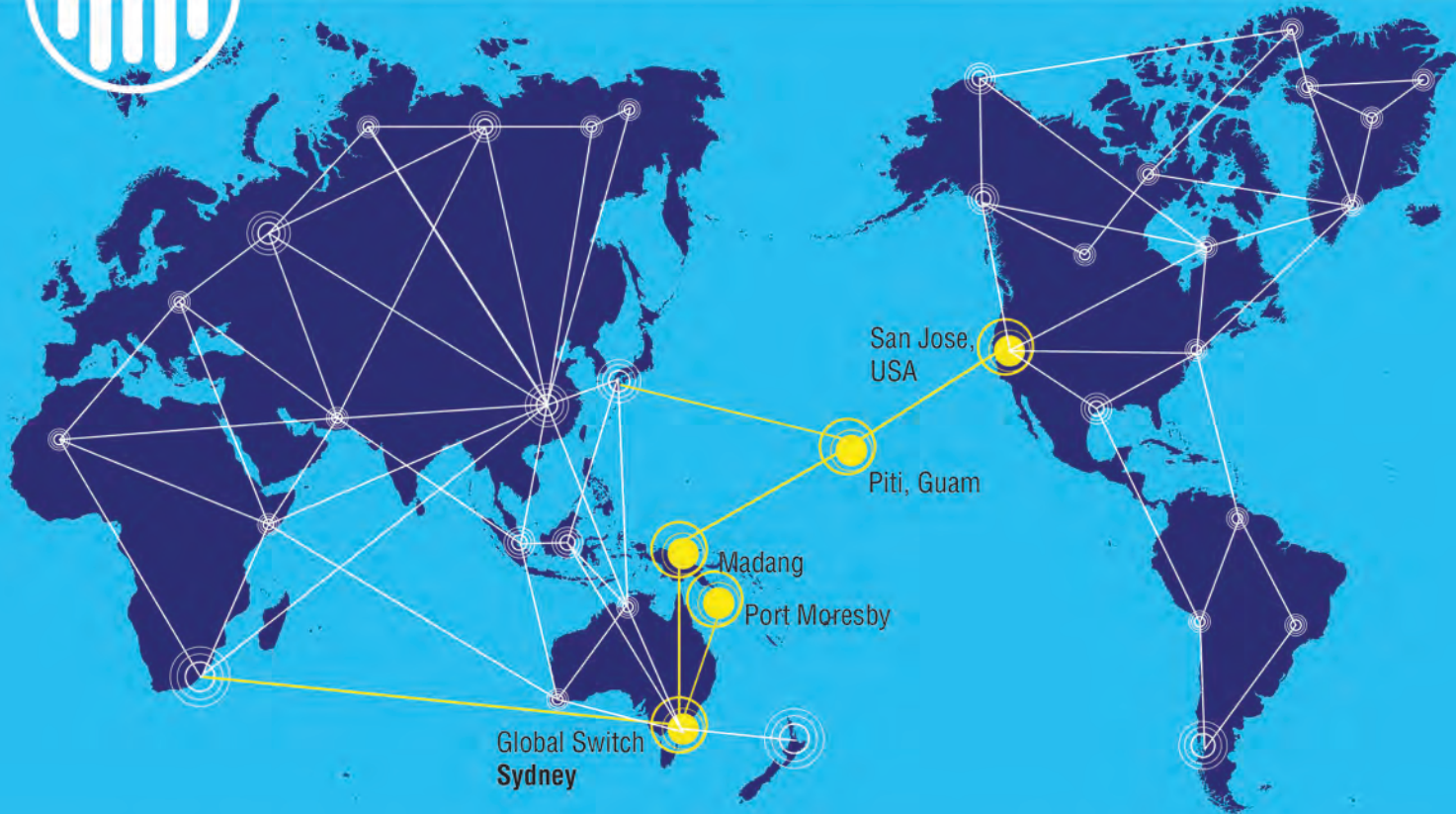
As a general rule in PNG, you need to plan your travel carefully.

**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 ➤



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of roads, especially in Lae, 4WDs/ SUVs are recommended.

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

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

**HEALTH**

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

**MONEY**

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ATMs are



located around Port Moresby, Lae and other urban centres.

**SAFETY**

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

**TIME ZONE**

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

**EATING, DRINKING, SOCIALISING IN PORT MORESBY**

**Airways Hotel:** Port Moresby's ritziest hotel has several places

to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not be 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](http://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](http://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 ►

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the ANZ and BSP bank. See [facebook.com/CafeOnTheEdge](https://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 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](https://ourportmoresby.co/things-to-do/archives/daikoku).

**Duffy Cafe, Gabaka Street:**

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

**Dynasty at Vision City:** This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sunday mornings. See [ourportmoresby.co/things-to-do/archives/dynasty](https://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](https://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](https://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](https://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](https://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](https://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 the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See [coralseahotels.com.pg](https://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](https://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](http://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 nightclub, the Gold Club. Tel +675 323 2333.

**EATING, DRINKING, SOCIALISING IN LAE**

**Bunga Raya Restaurant:**

A local favourite, serving Malaysian-style Chinese. Located next door to the Lae Golf Club.

Make sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177

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

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

**Huon Club:** A private members' club, offering air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel

connection to preview all the racing and sporting events. Tel. +675 7347 1058.

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

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

# Linking our country



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**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See [laeyachtclub.com](http://laeyachtclub.com). Tel. +675 472 4091.

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

**HOTELS**

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

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

**Lae International:** The city's premier hotel has newly renovated rooms, full bar service, conference and banquet halls, a gym and pool. See [laeinterhotel.com](http://laeinterhotel.com). Tel: +675 472 2000.

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

**Melanesian Hotel:** An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is available on site, as well as a

contemporary restaurant offering everything from pizza and steak to Asian and roast buffets. See [coralseahotels.com.pg](http://coralseahotels.com.pg). Tel. +675 472 3744.

**For general information about Lae, see [lcci.org.pg](http://lcci.org.pg) and [rainylae.com](http://rainylae.com).**

**HELPFUL WEBSITES**

Air Niugini, [airniugini.com.pg](http://airniugini.com.pg)

Business Advantage PNG, [businessadvantagepng.com](http://businessadvantagepng.com)

PNG Tourism Promotion Authority, [papunewguinea.travel](http://papunewguinea.travel)

Port Moresby Chamber of Commerce and Industry, [www.pomcci.com](http://www.pomcci.com) ■

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### Please ask us

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### Hand luggage

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

### Takeoff and landing

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

### Safety first

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

### Electronic equipment

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

### Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

### Smoking

Smoking is not permitted on any Air Niugini flight.

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On International flights, pillows and blankets are available on request from our cabin crew.

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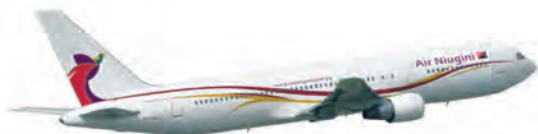
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

### 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	Power plant: 2 x PW4000
Wing span: 47.57m	Normal altitude: 11000 - 12000m
Range: 8100km	Standard seating capacity: 214
Cruising speed: 857kph	Number of aircraft in fleet: 2



### B737-800 - Boeing

Length: 39.5m	Power plant: 2 x CFM56-7B26
Wing span: 35.79m	Normal altitude: 11300m
Range: 8100km	Standard seating capacity: 158
Cruising speed: 857kph	Number of aircraft in fleet: 2



### B737-700 - Boeing

Length: 33.6m	Power plant: 2 x CFM56-7B22
Wing span: 35.79m	Normal altitude: 11300m
Range: 6370km	Standard seating capacity: 122
Cruising speed: 830kph	Number of aircraft in fleet: 1



### F100 - Fokker

Length: 35.528m	Power plant: 2 x Rolls Royce Tay 650
Wing span: 28.076m	Normal altitude: 11000m
Range: 3000km	Standard seating capacity: 98
Cruising speed: 780kph	Number of aircraft in fleet: 7



### F70 - Fokker

Length: 30.91m	Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines
Wing span: 28.08m	Normal altitude: 11000m
Range: 3410km	Standard seating capacity: 80
Cruising speed: 743kph	Number of aircraft in fleet: 1



### DASH 8-Q400 NextGen - Bombardier

Length: 32.8m	Power plant: 2 x Pratt & Whitney PW150A
Wing span: 28.4m	Normal altitude: 7500m
Range: 3000km	Standard seating capacity: 74
Cruising speed: 670kph	Number of aircraft in fleet: 6



### Falcon 900EX - Dassault

Length: 20.21m	Power plant: 3 x Honeywell TFE731
Wing span: 19.33m	Maximum altitude: 51000ft
Range: 4500nm	Standard seating capacity: 12
Cruising speed: 650mph	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 acts 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

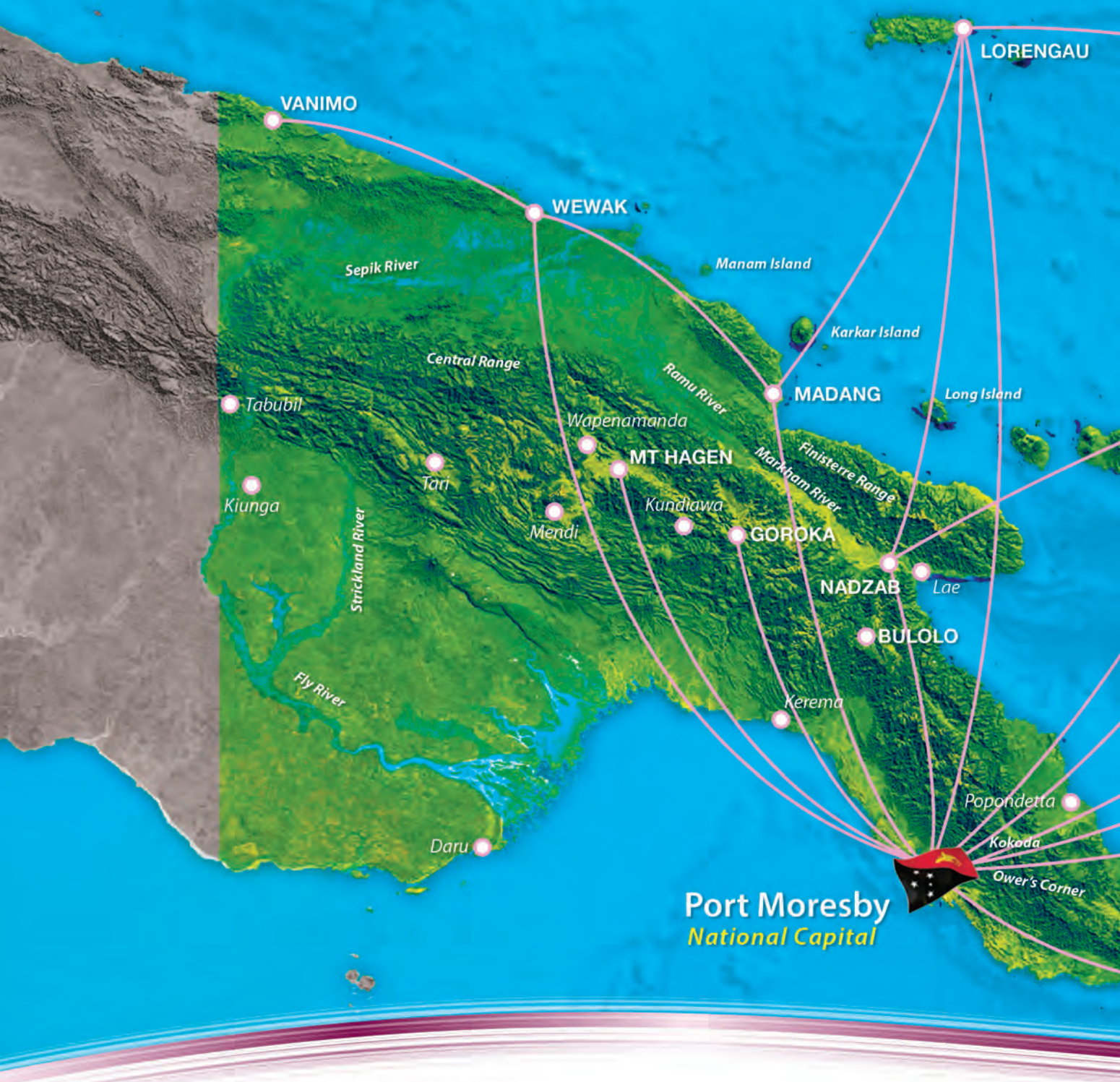
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your 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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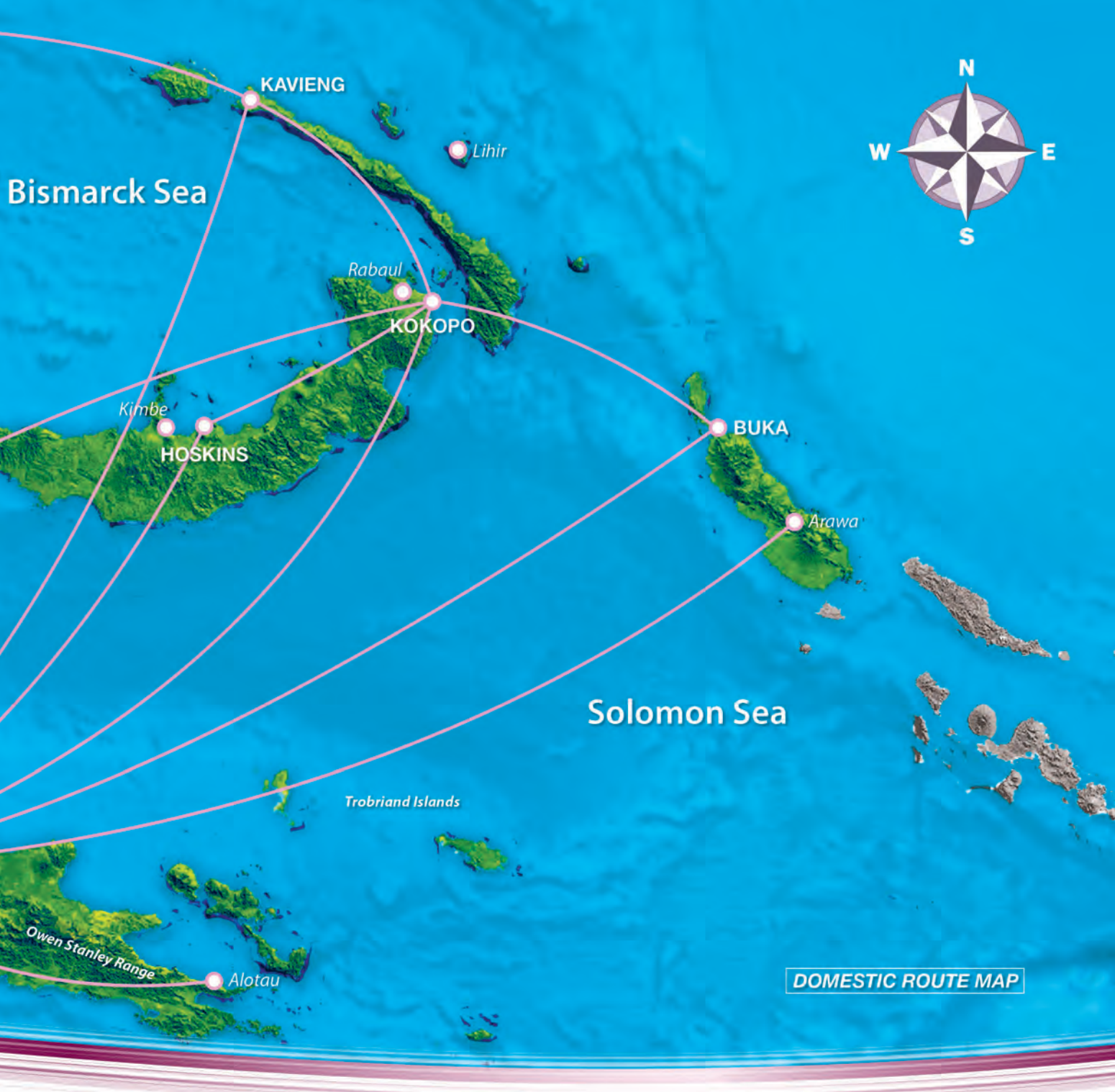
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Fax: (6332) 231 0852

Email: marget@destinationscebu.com

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# Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



## ANKLE CIRCLES

Lift feet off the floor: Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



## KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



## SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



## ARM CURL

Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.



## KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



## FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



## OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



## SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.



## NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.



## FOOT PUMPS

Foot motion is in three stages.  
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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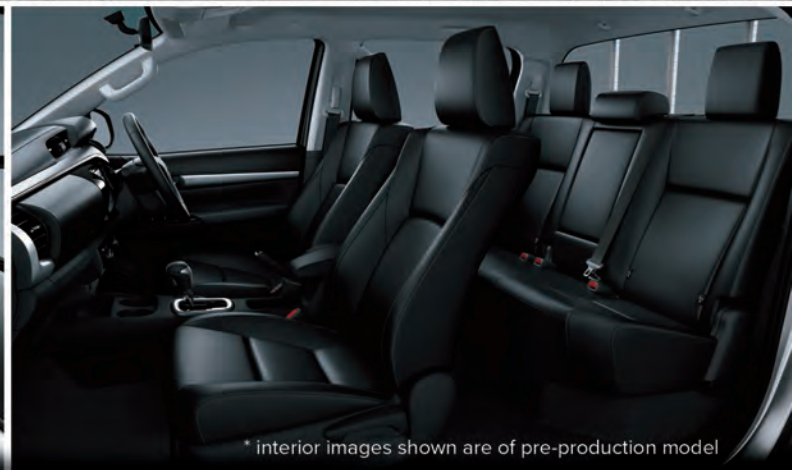
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