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# IN PARADISE

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OUR COUNTRY, OUR REGION, OUR WORLD







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> Cover photo: Smiling faces of Papua New Guinea. PICTURE: DAVID KIRKLAND, PNG TOURISM PROMOTION AUTHORITY





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# Welcome aboard



he board, management and staff of Air Niugini join with me in wishing you a healthy and prosperous New Year.

As 2017 begins, we at Air Niugini are focused on meeting the significant challenges we face in a difficult environment for our nation and our economy. In difficult economic conditions airlines are impacted quite seriously

Our challenge is to manage a difficult

situation while fully discharging the obligations we have as the national carrier to provide air services to every province — and that includes services that are unprofitable or marginal.

I want to assure you the board and management of Air Niugini are fully focused on doing so and, wherever possible, just not maintaining services but expanding them to meet the growing demand brought about by the development of tourist attractions and economic development generally.

However, it is vital we also continue with the careful expansion plans that we have been developing for implementation in 2017, and I want to outline the key components.

Our plans centre on maximising the benefits for Air Niugini, and the travelling public, of the significant re-development of Jacksons International Airport, Port Moresby, funded by the National Government.

To do so, Air Niugini is developing our international airport as a major hub for the Pacific Islands, and northern Australia, connecting with the rapidly developing economies of Southeast Asia and Asia generally.

At the beginning of December, our first regular service connecting Papua New Guinea and the Federated States of Micronesia (FSM) commenced. This will benefit the people, and the businesses, of FSM, a regional neighbour and good friend. It will also greatly benefit travellers from Australia and New Zealand, as well as from Japan and our Southeast Asian neighbours who want to visit FSM.

Early this year we will commence charter services to Shanghai, China, ahead of the introduction of regular services to the world's largest nation.

In our March schedule, we will make further advances when Air Niugini commences regular services to Townsville, Queensland. This step will enhance the growth of the Jacksons Airport hub. Travellers from Townsville, and surrounding areas, will be able to connect with our services to major destinations, including Singapore, Manila, Hong Kong and Narita, and soon Shanghai.

On the domestic front, Air Niugini as the official carrier of the 2017 PNG Games, will be uplifting thousands of athletes to and from Hoskins in the West New Britain Province. Over 9000 athletes from all over our country will be competing in at least 28 sports. The Games will run over two weeks.

In conclusion, I want to take the opportunity on behalf of the whole Air Niugini family, and I believe you our valued customers, to warmly congratulate Cardinal Sir John Ribat, Catholic Archbishop of Port Moresby, on becoming the first from the Bishops Conference of Papua New Guinea and Solomon Islands to be made a Cardinal of the universal Catholic Church.

His elevation reflects the important contribution the Christian churches as a whole make to the life of our many communities right across Papua New Guinea.

Air Niugini is proud to be the carrier for many of the clergy, missionaries, teachers and health workers for all our churches — and we are privileged to welcome on board our first cardinal.

I hope you enjoy your flight – and that we will be able to welcome you back soon.



Sir Frederick Reiher KCMG KBE Chairman, Air Niugini Limited





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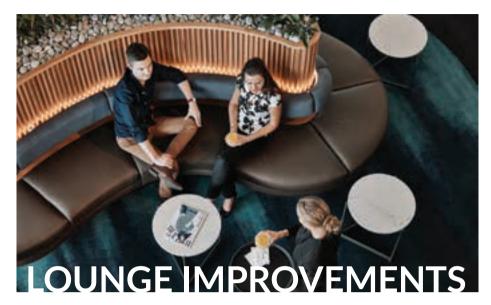






# **AIRLINE NEWS**

### THE LATEST FROM AIR NIUGINI



ir Niugini's Destinations Gold Club members travelling from Brisbane to Port Moresby have access to the new Qantas international lounge that was unveiled late last year.

The lounge – situated on two levels – offers nearly 30 per cent more space than the previous lounges.

The furnishings are inspired by a relaxed approach to living in the tropical north, with timber cafe seating and low-slung sofas. Inset rugs bring colour and texture reminiscent of the reef, sandbars and waterways of Queensland's coast and inlets.

Seasonal menus are designed by Qantas food doyen Neil Perry, with a focus on working with local food producers.

A new signature breakfast hatch will see chefs serving breakfast dishes to order, such as healthy breakfast bowls, bircher muesli and French toast. The lounge will also offer a premium hot and cold buffet.

The offering is part of the enhanced lounge experience available to Air Niugini's Gold Club members.

Air Niugini has also been revamping its lounges in Papua New Guinea, including the flagship Port Moresby lounge, the awardwinning Mount Hagen lounge, Lae and Hoskins. Goroka is also earmarked for a revamp.

To further improve your flying experience, see our story on page 102 about the best comfort items to take on board.

# CARDINAL FOR PNG

he archbishop of Port Moresby, Sir John Ribat (pictured below), has been named by Pope Francis as one of 17 new cardinals.

He is the first-ever Papua New Guinean cardinal and told local media that the appointment, late last year, came as a surprise.

"If it is the will of God, then may he give me his grace and strength to fulfil this course and carry out this responsibility," Cardinal Ribat said.

"I am grateful to accept this call and this appointment may come as personal, but it is really for the church and for our people of PNG."

Cardinal Ribat is from the Volavolo village in the East New Britain Province.

Cardinals are the most senior members of the Roman Catholic Church, after



# New plane touches down in Port Moresby

ir Niugini's latest acquisition, a fifth
Fokker 70 aircraft, arrived in Port
Moresby late last year. A further four
are scheduled to be delivered this year.
Air Niugini chief executive officer, Simon

Air Niugini chief executive officer, Simon Foo, says the latest arrival is a continuation of Air Niugini's re-fleeting program to replace the Q400 aircraft and standardise its domestic and short-haul regional international operations on an all-Fokker 100/70 jet fleet.

He says the F70 has significant advantages over propeller-driven aircraft in speed, range, and passenger comfort.

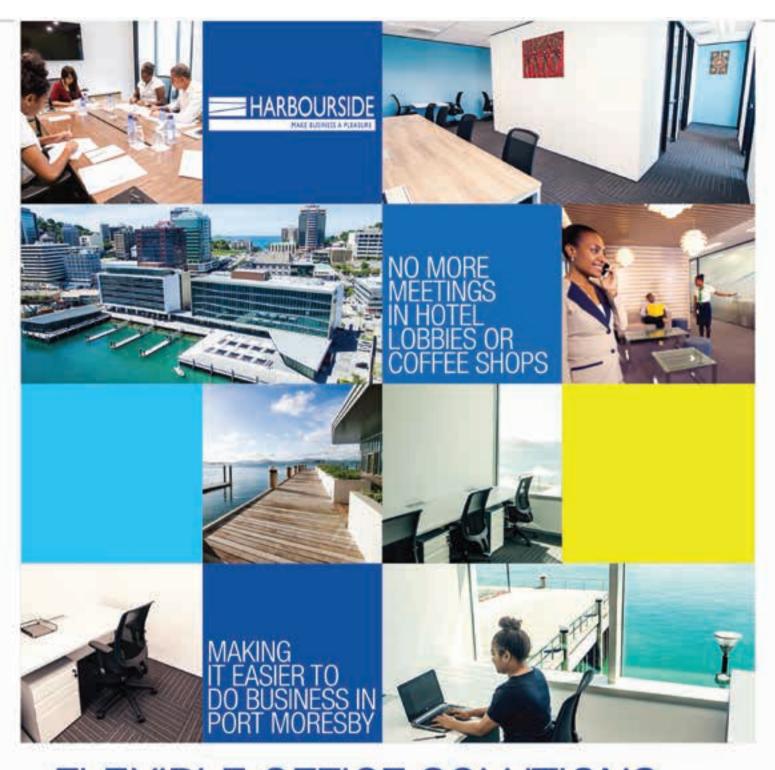
"The F70 has the ability to fly 35 per cent greater distances with the same load as its propeller-driven competitors, and its faster speed reduces flight times by 20 minutes on average . It also flies 30 per cent higher than the Q400 and ATR, ensuring customers a smoother and quieter journey."

Air Niugini has 25 aircraft, including B767, B737, F100, F70, Q400 and Dash 8s. The Dash 8s are operated by its subsidiary company, Link PNG. ■



On the tarmac ... the latest addition to Air Niugini's fleet is this Fokker 70. It is one of nine that will be delivered to boost the fleet.





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# Aircraft named after 'Rabaul'

100 Air Niugini has named one of its Fokker 100 aircraft 'Rabaul', following on from another F100 that has been named 'City of Lae' and F70s that have been named 'Mt Hagen', 'Hoskins' and 'Alotau'.

Air Niugini chairman Sir Frederick Reiher said at the naming ceremony that the name 'Rabaul' is in recognition of the significant contribution made by East New Britain towards the airline's domestic routes.

Air Niugini currently operates 48 flights a week between Rabaul and Port Moresby, Kavieng, Buka, Kieta, Lihir, Hoskins and Lae.

"Through the national hub in Port Moresby, Air Niugini connects Rabaul to 55 international flights a week in each direction. These flights cover 13 destinations in Asia, Australia and the Pacific."

Sir Frederick also said that East New Britain, and its capital Rabaul, have been nominated by the National Government under its four pillars of national economic development plan as the tourism hub for the country, and therefore it is fitting to have the provincial capital's name on one of its aircraft.

Sir Frederick, Air Niugini chief executive officer, Simon Foo, Rabaul MP Dr Allan Marat and ENB governor Ereman ToBaining Junior (pictured above) conducted the naming ceremony during a heavy downpour in Rabaul.

Meanwhile, Link PNG is planning new services between Rabaul and Jacquinot Bay this year. ■

## STREAMLINED AIR TRAVEL WITH ONLINE CHECK-IN

ir Niugini passengers on domestic and international flights are being encouraged to make use of the airline's online check-in system to avoid queuing at airport check-in counters.

The airline's general manager of customers and markets, Dominic Kaumu, says the online check-in is a self-service facility available at airniugini.com.pg.

"Passengers have the advantage of selecting their preferred seats and being able to purchase other services such as extra leg room seats, extra baggage allowances and other products that may be on offer on the flight."

He says that at the end of the online check-in process, passengers can print or email their boarding passes, and those without baggage can proceed to the security gate and into the boarding lounge without having to present themselves at the check-in counter.

Passengers with bags can check-in at a specific bag-drop counter without having to go through the entire check-in process.

Passengers can check-in online from 24 hours up to three hours before the flight departs. The online service is available to passengers travelling on all Air Niugini and Link PNG destinations, except for Australia and Japan, which will come online later.

# Hundreds attend airline's open day

undreds of people turned up for
Air Niugini's recent open day at the
Vunapope School in Kokopo, East
New Britain.

The day was part of the airline's 43rd anniversary activities in Kokopo. Different departments within the airline provided career information and showcased their activities.

Among the staff on hand was aircraft maintenance engineer Walumi Nagela (pictured right).

He specialises in airframe and powerplant rating on the Fokker F70 and F100, Bombardier DHC-8-200, DHC-8-300, and the O400 aircraft.







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# **DEPARTURE LOUNCE**

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

# Paradise Q&A WINNE KIAP

PNG'S high commissioner to the UK grew up on Manus Island and now mixes in diplomatic circles in London.

### Q: It's a long way from Manus Island to being PNG's high commissioner to the UK. How did you get there?

A: I was fortunate to be given a scholarship to study in Australia, where I did my secondary schooling and university. I have been a public servant all my life — starting with my first job in Tonga — and my position now is really that of a public servant.

Q: PNG's relationships with other countries have grown over the past 10 or 15 years, possibly because PNG has more to offer economically. Do you agree that people are starting to notice PNG more?

A: Yes, I think so. The LNG Project increased the footprint of Papua New Guinea internationally and is opening up doors to many other (business) opportunities. We are engaging more with the world, not only in business, but also in multi lateral policy arenas.

# Q: Is your role to facilitate relationships between PNG and the United Kingdom?

A: PNG already has a special relationship with the United Kingdom, because the Queen is our head of state. She is represented by the governor-general. That relationship is a glue that binds PNG to the British monarchy, and therefore in a sense to the UK. One of my roles is to uphold that relationship. So that includes building relationships with palace officials.

## Q: You co-ordinated the painting of a portrait of the Queen?

A: Yes, it was for the Realm Countries to mark the occasion of the Queen becoming the longest-reigning British monarch (on September 9, 2015), overtaking Queen Victoria. Other than the UK, there are 15 Realm Countries for which the Queen is head of state. My role was to co-ordinate the countries (through their London high commissioners), the palace and the portraitist. Her Majesty agreed to sit for the portrait, and we presented it to her at a small ceremony at St James's Palace. (The only Realm countries not to be part of the project were Australia and Canada.)

Q: What other things do you have to do in your role?

A: I need to make sure the British Government and London-based multilaterals are aware of the opportunities PNG offers and also the kinds of challenges that we face. Most of the time I speak not only for PNG, but also for the Pacific Island countries as a whole. My role also includes facilitating bilateral relations with Cyprus, Egypt, Israel, South Africa and Zimbabwe. I represent PNG to these countries.

Q: Where do you think the opportunities are for PNG to sell to the UK? Is it agricultural commodities like palm oil and coffee?

A: They (the UK) are becoming a big

A: They (the UK) are becoming a big nation of coffee drinkers because the young population now prefers to be identified with coffee rather than with tea. It's a coffee generation. So that's the market that we have to target. Our coffee (and chocolate from our single-origin cocoa) is already in the supermarkets but we have huge competition from African and American producers. As a tourist destination PNG has no competitor in our region. Our product our cultural diversity, natural beauty of the land and sea, biodiversity both on land and in the sea — is unique. You travel from one area to another only 30 minutes away and you are in a different language and cultural area. Where else in the Pacific do vou get that?

WITH ROBERT UPE

# Goal! PNG's proudest FIFA moment

apua New Guinea's Under 20 women's team in the FIFA World Cup soccer tournament, played in Port Moresby late last year, created a little bit of history in the clash against Korea DPR.



Best foot forward ... PNG's Nicollete Ageva in action during the match against Brazil.

The team scored PNG's first-ever goal in a FIFA tournament, thanks to speedy forward Nicollete Ageva, who beat two defenders and the advancing keeper to slot the ball into the net

"I was really excited and proud of myself, and also for proving to my country that we could achieve this," Ageva told FIFA.com. "It was our aim for this game just to score one goal for us and for all of PNG."

There were more than 9000 people at the match, held at the Sir John Guise Stadium, and as Ageva's teammates swamped her, the crowd went into a frenzy.

PNG qualified for the tournament because it was the host country, but did not win any of its three group matches. It lost to Brazil 0–9, Sweden 0–6 and Korea DPR 1–7.



The PNG team ... goal scorer Nicollete Ageva is in the back row, third from right.

But Ageva, who hails from Bougainville, told Radio NZ: "This tournament, it will bring the level of football in Papua New Guinea up and motivate other girls to get playing soccer too."

The tournament was won by Korea DPR, which beat France 3-1 in the final. ■



# A taste of Italy in PNG





Master chefs ... Alberto Annarumma and Elnava de Rosa with Airways kitchen staff (left); and two of their creations (above and below).



wo highly awarded Italian chefs recently completed an 11-day residency at Port Moresby's Airways Hotels, where they presented their dishes at the Deli KC delicatessen—bistro.

Alberto Annarumma and Elnava de Rosa worked alongside local chefs during their visit.

Chef Annarumma has worked in Michelinstarred restaurants around the globe, including the Ritz-Carlton in Hong Kong and Four Seasons in Paris.

He specialises in pizza and pasta and the use of traditional Italian ingredients

such as buffalo mozzarella, ricotta, tomatoes and lemons.

Chef de Rosa is a pastry chef who has trained in Rome, England and France.

Meanwhile, Airways Hotel has been named in a list of the world's best hotels.

Huffington Post contributor, travel pioneer and 'father' of modern adventure travel, Richard Bangs, placed Airways fifth in the top 10 hotels he has experienced.

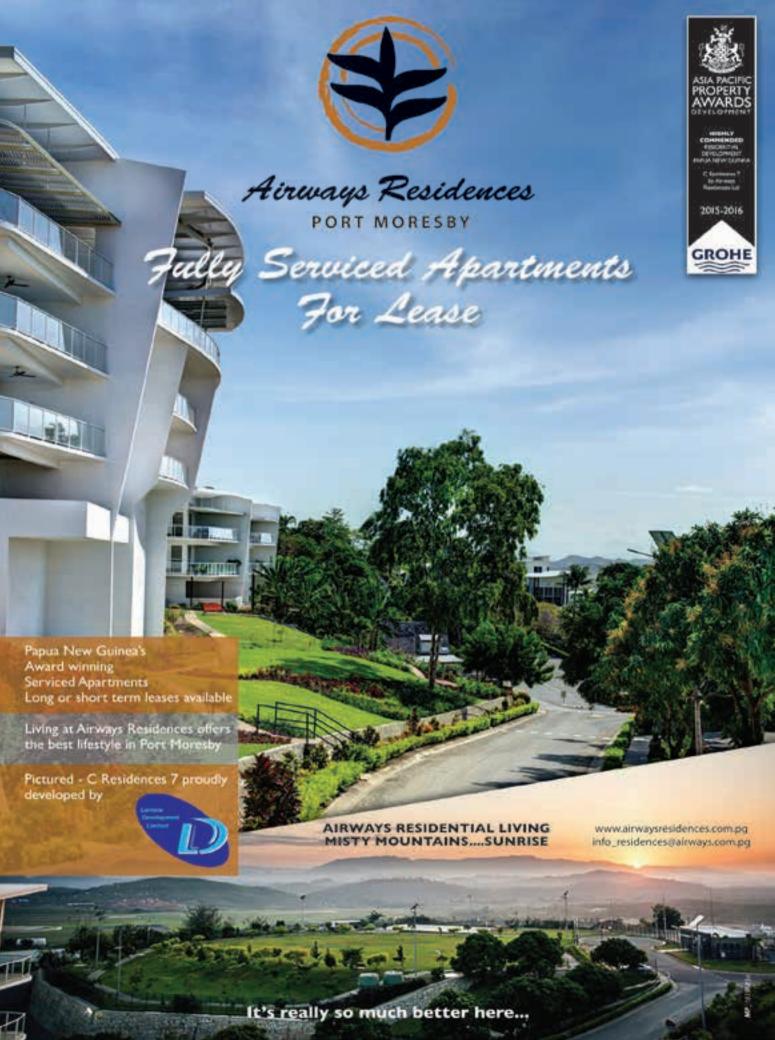
Bangs based his selections – posted on his blog – on cosiness, service and 'ineffable quality of heart'.

He says of Airways: "It is at once luxurious and whimsical, with a DC-3 Dakota aircraft set into the side of the hotel, and lobby decorations crafted from fuselages.

"The Vue restaurant, near the infinity pool on the seventh floor, has been renovated and offers brilliant food (and fresh coconut water), with a delectable view of the Owen Stanley Ranges, Bootless Bay and the nearby international runway."

See richardbangs.com, airways.com.pg.





# Brisbane showcases PNG art



On show ... Adam and Eve (2011), carved by Lucas Tangun, is on Ioan in Brisbane from the Alcheringa Gallery in Canada.

major exhibition of PNG art is on at the Queensland Art Gallery in Brisbane until the end of January. Its title, No. 1 Neighbour, suggests its intention—using pidgin patois to underline that PNG and Australia are close.

The selection of artworks from the 50-year period 1966 to 2015 is intended "to expand our knowledge of a shared history", says curator Ruth McDougall.

Artists include Simon Gende, Lucas Tangun, Lisa Hilli, Mathias Kauage, Julia Mage'au Gray and John Siune; while communities include the Baining mask-makers from East New Britain, the Kwoman Koromb or Spirit House builders of the Sepik, and the Omie barkcloth artists of Oro Province

PNG art cannot just sit there in silence. Storytelling is its first accompaniment. There were sing-sing performances at the exhibition opening, along with films showing the performances of the legendary PNG band Sanguma.

McDougall wants Australia to recognise its colonial past in PNG and go on to rejoice in the vibrancy and strength of its *No. 1 Neighbour* today.

The QAG has also published a a lively and colourful catalogue



On show ... John Siune's Boyfriend and Girlfriend (1999).

about the exhibition, with essays on individual artists and groups.

See qagoma.qld.gov.au.

—JEREMY ECCLES





# Raffles restoration

ingapore's famous Raffles : Hotel will undergo a major restoration this year. It will be carried out in three phases, meaning the hotel will be able to operate as usual for most of 2017.

However, near the end of the year, it will close completely before a grand re-opening in the second guarter of 2018.

The renovation work will start in the heritage hotel's shopping

arcade that includes 40 shops and the Long Bar, home of the iconic Singapore Sling.

Singapore Slings will continue to be served from the hotel's Bar & Billiard Room during the restoration.

Following the work in the arcade area, some of the hotel's 103 suites and lobby will be restored

Declared a National Monument by the Singapore Government



Ready for a facelift ... renovation work on Raffles Hotel in Singapore will get underway at the start of this year and will be completed next year.

in 1987. Raffles is one of the world's few remaining 19thcentury hotels.

It has gained international recognition as an oasis for the well travelled, with its unique

blend of classical architecture and tropical-garden setting.

The most recent restoration was conducted from 1989 to 1991, with the hotel closing for two and a half years.



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# Glamping in Bali



ali's first beachfront glamping resort has opened in the far north of the island, offering African-style safari tents with queen-size beds, polished floorboards, television, Wi-Fi, showers, flushing toilets and timber decks with sea views across to Java.

The Menjangan Beach Camp and Dive Resort also has a day spa, a relaxed beach club where meals are served (try the fresh-caught fish), an open-air bar, and an infinity pool with waiter service.

It's a low-key affair, set on 16 hectares adjacent to a national

park, at least four hours by road from the hustle and bustle of Denpasar. There are plans to introduce helicopter and seaplane transfers.

Some of the best diving is at nearby Menjangan Island, where turtles, big sea fans and wall diving provide the highlights. Snorkellers will like it, too, and there are other activities such as stand-up paddleboarding and kayaking.

Beach camp tents, ideal for two people, start from \$US230 a night, including breakfast, afternoon tea, a 15-minute spa sampler and Wi-Fi. There are also one and two-bedroom tent villas



Far north Bali ... the Menjangan resort is sited on a peninsula.

that are suitable for families, from \$US450. The villas have their own infinity plunge pools.

The resort opened in September and the guests, so far, have mainly been expats living in the region. Be sure to get there before everyone else catches on.

Air Niugini flies to Bali weekly. See airniugini.com.pg and mdr.pphotels.com.

# Japanese wine on the rise

he Japanese love their shochu, sake, whisky and beer, and lately even their wine, especially if it's made from the emerging and increasingly popular koshu grape grown in the Yamanashi Prefecture (the Bordeaux of Japan) in the foothills of Mount Fuji.

I visited Yamanashi recently and was surprised and impressed by

koshu. It's a white table wine with a flavour that sits somewhere between sauvignon blanc and riesling, and as such pairs beautifully with Japanese cuisine — especially sashimi, sushi and tempura.

Pale in colour and light bodied, it's low in alcohol with a crisp acidity and a clean finish.

Aromatically, it's a melange of citrus and stone fruit.

It's refreshingly easy to drink and its purity and limpidity give it a 'Zen-like' character, according to world-renowned wine authority Jancis Robinson.

Koshu wine is not new to Japan; however, its quality has improved dramatically over the past decade. In 2010 it was the first Japanese grape variety to be certified by the European Union.

It is starting to pop up in some of Asia's top Japanese restaurants and is served at Japan's overseas embassies. It's even reached as far south as Australia.

Traditionally, wine is seldom served with local cuisine in Japan; however, koshu is starting to gain a wider acceptance, both domestically and internationally.



Koshu ... a white table wine perfect with sashimi or tempura.

Some of the better koshu I have tasted include Grace, Haramo, Katsunuma Jyozo, Kurambon, Lumiere, Marufuji's 'Rubaiyat' and Yamato .

So, if you're flying to Tokyo with Air Niugini and you like white wine, and wish to savour something quintessentially Japanese, koshu is for you.

-MICHAEL HINCE

## **NUMBER CRUNCH**

15,000-20,000 plant species live in PNG, according to the World Wildlife Fund.

The country has more than 2000 species of orchids and 2000 species of ferns. There are still remnants of most plants of Gondwanaland, a 'super-continent' that more than 100 million years ago included most of the landmasses that make up Australia, New Guinea, Antarctica, South America, Africa, Madagascar, India, Arabia and New Zealand.



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# SMOKIN' HOT

Fascinated by nature's spectacular fireworks, a breed of adventurers is chasing volcanic eruptions around the world, including PNG. Belinda Jackson reports.

eering into a chasm in the Earth's crust is the chance to peer into creation — pits of bubbling, boiling lava, deep rumbling voices from our planet's core, plumes of sulphurous gases and the spectacular, powerful arcs of red-hot, molten lava shooting into a darkened sky.

### Smokin' hot



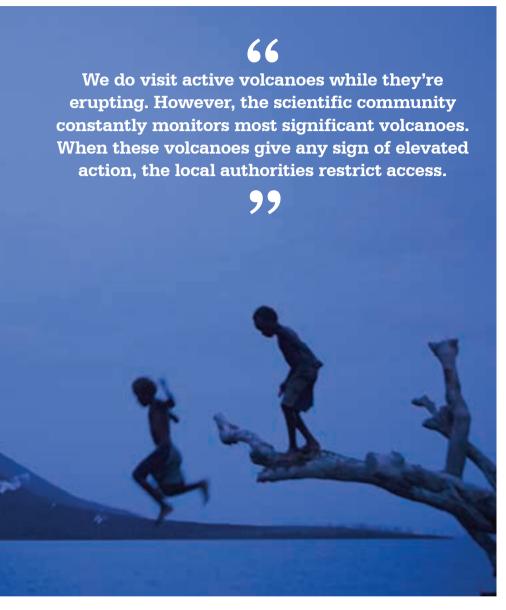






**TRAYELLER** OUR WORLD

Smokin' hot



For some, it's a glimpse into hell. For others, it's the perfect holiday.

"I guess we're like storm chasers and people who want to see solar eclipses – we're in the same family," says Belgian geologist Dr Ingrid Smet, a quide for Volcano Adventures (VA).

Founded in 2014 by German volcanologist and adventurer Dr Tom Pfeiffer, VA adventures across the world, from Papua New Guinea to Japan and Guatemala, each destination adding its own local flavour.

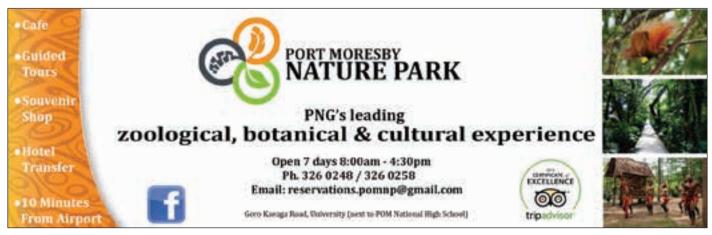
"Some people want to travel off the beaten track, to see new cultures and try new foods, while others travel for days specifically to see a volcano erupting and to photograph it," says Smet of VA's guests.

First, let's ask the most obvious question for those of us who have never chased volcanoes before: is it safe to stand on the edge of a caldera — a volcanic crater — armed with nothing but a tripod and maybe a hard hat?

"We do visit active volcanoes while they're erupting, such as Erta Ale in Ethiopia, or Kilauea in Hawaii," says Smet. However, she says most significant volcanoes are also constantly monitored by the scientific community and local authorities, which track their activity 24/7.

"When these volcanoes give any sign of unnatural or elevated action, the local authorities restrict access." she reassures.

Southeast Asia is particularly fascinating for volcanologists — from PNG to Vanuatu, the Philippines and Indonesia, entire countries were created by volcanoes, and form part of the 40,000-kilometre Pacific Rim of Fire that is home to more than 75 per cent of the world's volcanoes





**TRAVELLER** OUR WORLD

### Smokin' hot

PNG is a hotbed of volcanic activity, with a high density of volcanoes, says photographer, filmmaker and VA guide Ulla Lohmann, who has been exploring the country for 15 years.

"There is always at least one volcano erupting," she says. "It's not only the volcanoes that are intriguing, but also the people who live close to the volcanoes and live with the permanent destruction of their environment.

"I love to visit Mount Garbuna (West New Britain), a volcano that has erupted after 1700 years of inactivity in 2005, or Mount Ulawun (New Britain), one of the Decade Volcanoes (16 volcanoes across the world identified as being worthy of particular study because of their history of large, destructive eruptions and proximity to populated areas)."

In 2017, VA plans to visit two new destinations, Russia's remote eastern peninsula of fire and ice, Kamchatka, to see

Steambath ... Papua New Guinean children play in the shallows near Mount Tarvurvur.







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**TRAYELLER** 

### Smokin' hot





Land of volcanoes ... looking over New Ireland, home to the Luise caldera, which generates hot springs, boiling mud pools and gas vents (above); a villager at Matiput Island, near Rabaul, collects bird eggs as a volcano smokes in the background (left).

five of its most active volcanoes, and a more gentle pilot tour to Myanmar, which also includes exploration of caves, archaeological sites and its food and culture.

"It's not only the volcano that counts, but also the journey to the volcano," says Lohmann. Around the world, some 500 million people live on or close to volcanoes, which feature in legends, songs, histories and even Hollywood movies. We can observe, worship or fear, yet they refuse to be contained or controlled.

"You can't put nature in boxes," says Lohmann. "It just doesn't fit."

### **NEED TO KNOW**

**TOURING** The next Expedition Papua volcano tour takes place July 11-24. Costs PGK13,300 a person (not including international airfares).

MORE INFORMATION volcano-adventures.com.

**READING** Volcano Discoveries: A Photographic Journey Around the World (2015) by Tom Pfeiffer & Ingrid Smet, Reed New Holland, about PGK95 (hardcover), au.newhollandpublishers.com.



28 Paradise – Air Niugini's in-flight magazine















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Longer and steeper than the Kokoda Trail, PNG's Kapa Kapa Trail took its toll on US soldiers during World War 2. *Peter Gamgee* reports.



y the light of a fire, I'm listening to a story about how a big snake formed the Bofu River and how evil spirits blocked it. The legend goes that the warriors who tried to unblock the river were turned into black and white birds that to this day come out before every flood.

My son, Jake, and I are trekking 220 kilometres over the Owen Stanley Range on the little-known Kapa Kapa Trail.

It runs roughly parallel, and 50 kilometres southeast, of the 96-kilometre Kokoda Trail.

Also in our small trekking group are a few local people. Peter Bonga is from the northern

beaches village of Buna, and Bardey Walbino and Didibu lova are from the village of Laronu in the southern foothills of the Owen Stanley Range. They accompany us as guides, carriers, and increasingly as we travel, friends.

We're spending the night at Bofu village, where the welcome has been spontaneous











On the trail ... the author beside the Kemp Welsh River (left); trekkers crossing the Mimai River (above right); celebrating after reaching a plateau (above middle); and a friendly wave from a banana farmer on the Kemp Welsh River (right).

and heart warming, and we're sharing the prize from the recent village hunting party — wild pig, roasted over hot rocks.

Our host, Mary, is not only feeding us tonight – but also about 30 other transient villagers from far-flung communities who are making their way to the markets in Popondetta.

Popondetta is the capital of Oro Province and is a day's walk plus a 30-minute truck ride away, and is also our restocking destination. Our ultimate destination is Buna on the coast.

We are walking the Kapa Kapa Trail, following the route taken in October 1942, by the US 126th Infantry Regiment of the 32nd Red Arrows Division. General McArthur, who was the commander of the South West Pacific forces, sent 1000 troops over this barely passable trail to cut off the Japanese supply line to the Kokoda Trail and mount an assault on the Japanese fortification at Buna.



### The big trek





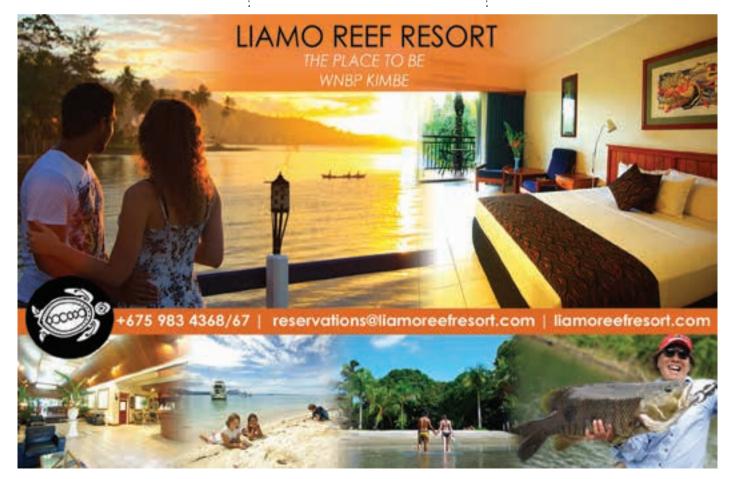
On the way to war ... US troops from the 126th Infantry Regiment board an aircraft at the Amberley RAAF Base in Queensland, Australia, bound for Port Moresby during World War 2 (left); the troops crossing one of many streams along the Kapa Kapa Trail (right).

The Kapa Kapa Trail took its toll on those troops. By the time they got over the ranges only a quarter were still fit to fight, the rest having succumbed to exhaustion, sickness, tropical infections and injuries.

As I sit in the open guest hut in this one-family village, I reflect on how we started our trek 25 days earlier.

We travelled by truck a few hours east of Port Moresby to the coastal village of Gaba Gaba. (A mispronunciation of the village name by the US soldiers gave rise to the name of the trail, the Kapa Kapa.)

At Gaba Gaba, we meet Bala, who tells us that he recalls the Americans passing by in 1942. Bala, who must have been about 14 at the time, says the soldiers were mostly kind. While many





### The big trek



66

Our host feeds us boiled green bananas. It is a bit hard for our stomachs to get used to but we eat it because we know we will need the energy for the next day's walk.



99

A foot soak ... trekkers cross the Avaru River along the Kapa Kapa Trail (left); the jungle path beside the Kemp Welsh River near the village of Kokenomu where villagers grow betel nut and bananas to take by raft down the river to various markets.

of the locals fled, some were conscripted as Fuzzy Wuzzies to help the soldiers.

After Gaba Gaba, we continue our trek alongside the Kemp Welsh River. We sweat profusely in the humidity and even the smallest of hills has us sympathising with

the soldiers who started discarding their full packs at this point. They dropped anything they thought was not essential, including blankets, but regretted this later when they were in the damp and cold of the high country.

In the lower villages by the Kemp Welsh River the village life is basic. They grow betel nut and bananas to take by raft down the river to sell at the markets in Kwikila or Port Moresby.

At Kokenomu village, our host Debbie empties out part of her two-room hut for us to stay



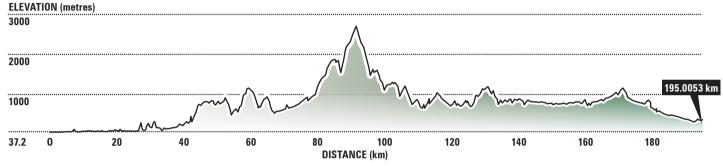




### The big trek











Moments along the Kapa Kapa Trail ... the author and Bardey Walbino smell some local ginger on the side of the Mimai River (top left); a small eating house (top right); a graphic showing the elevation of the trail (middle); the author with villagers at Jaure (bottom left); coconut trees tower over the village of Umwate (bottom right).

and she feeds us with their staple diet — boiled green bananas. It is a bit hard for our stomachs to get used to but we eat it because we know we will need the energy for the next day's walk.

We leave the banks of the Kemp Welsh River and climb up and over our first mountain range. The track is narrow, and after a night camping in a jungle clearing, under a tarpaulin, where the leeches find their way into our sleeping bags, we pause at the quaint village of Imiduru on the

way to the central and largest village on the south side of the range, Doribisoro.

We stay overnight in a house vacated for us, and in the intense heat of the morning sun we follow our village guide to the grave of an Australian soldier, private Albert King.

Private King, who perished as a result of sickness, was the aide to Captain Buckler.
Buckler was the leader of a party of 41
Australian soldiers from the 2/14th who found

themselves behind enemy lines after being cut off at the battle of Isuava on the Kokoda Trail. After a six-week journey, which was undertaken mostly without food, Buckler and the rest of his party made it out successfully along the Kapa Kapa Trail, rafting the last section down the Kemp Welsh River.

Just after leaving Doribisoro, we visit the sister village of Igonomu on the other side of the Mimai River. The access across the river is















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### The big trek

a wire-rope bridge patched up with many pieces of wood and vines. Just to be safe and sure, we cross one at a time and we are careful where we place our feet.

At Igonomu we are welcomed by villagers in traditional dress and offered food for our journey up the Mimai River valley.

We walk for about four hours along the banks of the Mimai River, criss-crossing this beautiful mountain stream, as we make our way to the village of Laronu and the home to Walbino and Iova. It is still hot, but the walk is pleasantly relaxing.

The people in the villages along the way want us to stop and talk and share their shelter and some of the fruit they have picked. It is here that we get our first taste of the local pineapples. They are beautifully sweet and thirst quenching.

Laronu village is the jewel of the Kapa Kapa Trail. Nestled in the foothills of the ranges, the climate is temperate, the accommodation in a comfortable guesthouse, and we find the best, albeit cold, swimming hole so far.



Welcome ... a dance party greets trekkers as they enter Itokama village (this page); boys from the village of Umwate are painted up to greet trekkers (opposite page).





**TRAYELLER** OUR COUNTRY

#### The big trek



I spend time talking to Berua about the history of the village and his recollections of the time the 'Americans came', while Jake is off with the older boys, trying his hand at fishing for eels in the mountain streams.

After leaving the comfort of Laronu, we rapidly climb to the plateau looking over the Mimai River valley and then walk further to a remote hunting camp by a jungle stream, about 1200 metres above sea level. This is the start of a continuous climb to our highest point on the trail.

Rising early, we start just before daylight. It is a matter of head down and one foot in front of the other, sometimes grabbing trees to help get up the steep and ill-defined trail.

Eventually, after clambering through a moss forest that could have been the set for Lord of The Rings, we reach Niori, or Bardey's Pass as it has locally been dubbed, just before midday. It is cold here and we put on our warmest gear while we spend a little time celebrating having reached 2750 metres, the highest point on the trail.





#### The big trek







Enough to feed an army ... cutting up a monster vegetable frittata for a feast at Itokama village (left); smoked fish in the village of Goreba (top right); a welcome to Bofu village (bottom right).

As the sun disappears behind the constantly forming cloud over the ranges, we are happy to make as rapid decent as possible to another bush camp, about 1500 metres lower. This camp is also the site of a grave of one of the US soldiers and a sobering reminder to us of the hard times the 126th endured.

There's another early start the next day and we walk for about 10 hours through uninhabited country to the remotest village on our journey. I dub this village New Suwari because it was created just a year ago in the confluence of two rivers, replacing Suwari, an old village that had poor access to water and land for gardens.

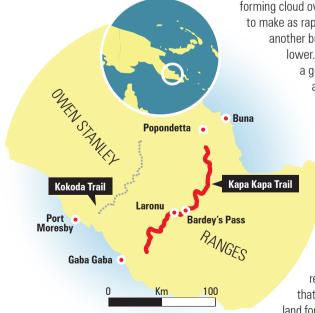
Leaving some newly formed friends at New Suwari behind, we walk for a couple of days, dropping down further out of the mountains to the river systems until we arrive at the village of Umwate. In the centre of the village are towering coconut trees, the first we have seen since leaving Gaba Gaba.

We are surrounded by children eager to engage us in a game of soccer. Their ball, which is the consistency of rubber, has been crafted from the trunk of a large tree fern.

Jake is surprised and delighted when he is given one of the largest pineapples I have ever seen.

After a few steep hills, the terrain flattens out and we walk through a series of pristine villages to arrive at Itokama.

We are welcomed like royalty, and villagers from the surrounding area are there to greet us and share a feast of local food, the highlight of which is a vegetable frittata more than



TRAYELLER OUR COUNTRY

#### The big trek

a metre in diameter that was cooked with hot rocks, or *mumu*.

At our next stop of Natanga, I am taken to the site of an ancient cannibalism-era village where the huts were built in the trees.

On the way back to the village we visit the dancing trees of the bird of paradise — with two magnificent male birds in full swing, flying between two of their favourite trees.

Close by is the wreck of a cargo plane that was downed in 1942 when a parachute fouled the tail while dropping food to the 126th Infantry Regiment. The regiment's leader, Colonel Quinn, who was on board to make sure the supplies got to the troops, was killed in that crash.

When we finally end this amazing adventure in Buna on the northern beaches I know we will be both sad and relieved. We are thankful we have made the journey in safety, but it is going to take a big effort to return to 'normal' life.

For those prepared to take this journey, collectively climbing 9500 metres — much more than a Mount Everest summit, you are guaranteed an adventure at a grass roots level. In many places the trail and the jungle are the same as they were for the soldiers of the 126th

Today, however, the thoughts of the tragedy and hardships then suffered are overshadowed by the beauty of the landscape, the sense of adventure, the culture and the welcoming communities along the way.

#### **NEED TO KNOW**

**TREKKING** It takes 18–20 days to complete the Kapa Kapa Trail, with some rest days. Getaway Trekking (getawaytrekking.com.au) does an annual trek that includes carriers, pre-trek training, food, accommodation in tents or village huts, and an experienced guide. The cost is about PGK15,300.

**READING** *The Kapa Kapa* by Peter Gamgee is available from everestsports.com.au or online at Amazon.







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They play cricket here, riotously, about 50 a side, with a hand-carved bat and teams dressed in leis and loincloths.







A smile for all occasions ... Trobriand Islanders show their happy demeanour whether sheltering from rain, dancing in the sand, or battling it out in a tug of war (this page); Kitava girls show off their balancing skills, a dancer adorned with shells, coral and beads, and a game of cricket (opposite page).













# TROBRIAND ISLANDS SNAPSHOT

Award-winning travel writer *John Borthwick* journeys to the Trobriand Islands, where he experiences enthusiastic dancing and cricket.

Rapua New Guinea's legendary Trobriand Islands, the welcome mat for our cruise ship is a barefoot supermarket on the beach. We come ashore to find that the local carvers, among the best in the Pacific, have displayed finely worked wooden bowls inlaid with mother-of-pearl, as well as elaborate ebony walking staves and delicate shell necklaces.

The arrival of a ship is important in the island economy, and school kids have the day off. With many of them dressed in traditional

loincloths, headdresses and facepaint, they're ready for a day of exuberant dancing, singing and tug-of-war tussles.

Passengers from the *Pacific Eden* wander through the village with its neat wood-and-thatch homes, yam houses and playing field. The gardens nearby are bursting with taro, banana and breadfruit. In fact, the Trobriands' traditional diet of seafood, fruits and yam is acclaimed as perhaps the healthiest in the world – heart disease and strokes are virtually unknown.



**TRAVELLER OUR COUNTRY** 

#### Trobriand Islands snapshot



Our next port, Kiriwina Island, home to some 12,000 people, is the largest in the Trobriands group. They play cricket here, riotously, about 50 a side, with a handcarved bat and teams dressed in leis and loincloths. It takes place to the wild accompaniment of whistles and conch horns, and slogging a ball carved from a quava tree root.

Following the cricket, on come the dancers in attire that is both demurely skimpy and elaborate.



Small enterprise ... a boy does some busking for cruise passengers with his homemade ukelele (left); a girl sells souvenir seashells on the beach (right).



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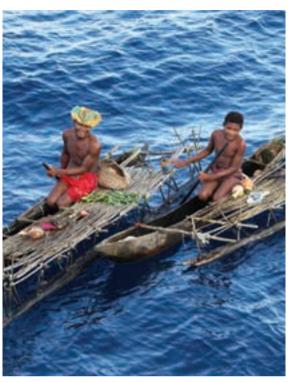
#### Trobriand Islands snapshot

Bedecked with grass skirts, flowers, feathers, shells and boar tusks, even Christmas tinsel, the men and women dance up a storm, singing lustily and often breaking into laughter.

Here, too, a pop-up beachside market appears with carved crocodiles and platters, shell necklaces, bowls and beadwork a-plenty. Our kina and dollars flow freely ashore. And then it's time to go. The carvers head home and our good ship moves on but, I suspect, somewhat lower in the water now under the weight of all our Trobriands' treasure.

Sheltering from the rain ... a Kitava woman casually waits out a shower under her palm frond 'umbrella' (left); men in outrigger dugout canoes greet cruise passengers (middle); Pacific Eden anchored at Kiriwina Island (right).





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**TRAYELLER** OUR COUNTRY

#### Trobriand Islands snapshot



John Borthwick is the 2016-17 travel writer of the year, judged by the Australian Society of Travel Writers. He travelled to the Trobriand Islands on a seven-day cruise from Cairns on P&O's Pacific Eden.



TRAVELLER OUR REGION



# BAREFOOT LUXURY, FIJIAN STYLE

Bronwen Gora experiences the enviable lifestyle of Fiji's Nanuku Auberge resort.



TRAYELLER OUR REGION



66

Nanuku beachfront resort is intimate and luxe, its collection of stylish villas and impressive penthouse suites nestling in landscaped grounds, footsteps from Bega Lagoon.

"

he happy sound of voices singing
Fijian welcome songs wafts through
the air as my taxi approaches Nanuku
Auberge Resort. At the entrance I
discover my personal choir is a male quartet
dressed as Fijian warriors, and they lead me
along a stone pathway to the resort's beachside
lawn and pool.

I'm handed a cocktail while staff take photos of the new guest and her greeters before a backdrop of swaying palms, bright blue sea and the setting sun. Any residual city stress dissolves in laughter and the warm tropical breeze.

As the sole boutique resort on Fiji's main island Viti Levu, Nanuku beachfront resort is intimate and luxe, its collection of stylish villas and impressive penthouse suites nestling in landscaped grounds, footsteps from Beqa Lagoon.

Along with its stunning location, I quickly realise Nanuku's success also comes down to offering the perfect balance between home comfort and over-the-top luxury. The rooms are palatial and the food five-star, yet the staff are so friendly and natural, everyone so genuinely caring and the service so thoughtful that I'm instantly at ease while living like a royal.



TRAVELLER OUR REGION

#### Barefoot luxury, Fijian style



On the market ... Nanuku properties for sale come with tranquil gardens and pool areas.

It is like being welcomed into a large extended family.

As a result I feel right at home in my penthouse suite with a spa bath is as large as my bathroom at home, and there is a horizon-

edged plunge pool on the balcony overlooking the lagoon.

I've just thrown my suitcase open when my 'villa mama', Ani, comes to the door. Villa mamas are assigned to every villa, I learn, and Ani explains

she is there to look after anything I may need — dinner reservations, massage reservations, room service — anything at all. Fabulous news. But now there is a dilemma only I can solve: shall I swing in the egg chair hanging by the











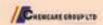




















































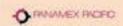




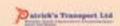














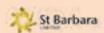


















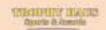


















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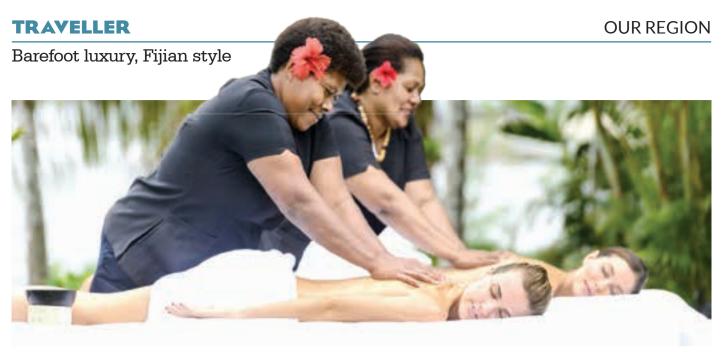
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Relax ... massage and day spa treatments are on offer at Nanuku.

pool, or go explore? The latter is tempting. Nanuku is located on Fiji's 'activity capital' the Coral Coast — with no shortage of tropical adventures. From diving with sharks and surfing to more subdued pursuits like snorkelling, shopping and visiting waterfalls, there is everything – as well as nothing – to do.

I choose to visit Nanuku resort's private island, a pretty little outcrop a short jetski ride away.

I sit on the sandy beach looking back at the resort, lost in a meditative trance as impossibly clear water laps at my feet. A few metres away a media crew photographs a model for a glossy publication's fashion spread.



TRAVELLER OUR REGION

#### Barefoot luxury, Fijian style



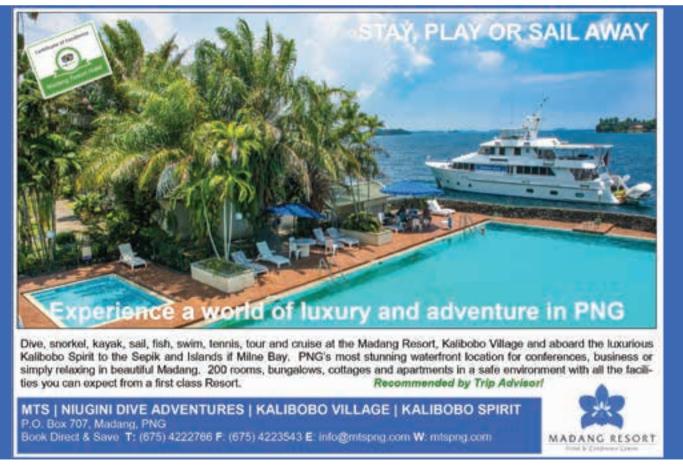


Comfort ... the villas offer five-star interiors and views.

The next day I go on a food safari with a guide from the resort. We start at a local market, where I'm enlightened about all sorts of local fruit and vegetables. Next stop is a village where local women 'call' prawns from their hiding places, and then it's on to a local crab farm, where I choose a crustacean for dinner. On our return, it is thankfully put into the capable hands of Nanuku's chefs. It is delicious.

The fresh seafood proves irresistible, so I can't go past signing up for the traditional prawn cookout, also on Nanuku's activity menu.

Myself and a few other guests are shown how to build a fire, and then watch as our Fijian





**TRAVELLER OUR REGION** 

#### Barefoot luxury, Fijian style

guide hollows out a piece of freshly cut bamboo in which the prawns are cooked.

Along with its stunning location, the lifestyle on offer here is a major reason Nanuku is rolling out Fiji's largest and most upscale freehold beachfront property development.

A selection of chic island villas and prestige ocean-view homes is taking shape along the beach, adjacent the resort.

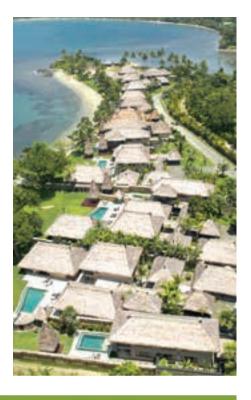
Marketing of the Nanuku Auberge property development started last October and building will continue over the next few years.



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



Resort villas ... Nanuku resort has a stunning location on Bega Lagoon.





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We are proud of the work we are doing with local communities and have invested more than 780 million Kina to build infrastructure, develop social programs, and enhance skills and knowledge to improve the quality of life for the people of Papua New Guinea.

We are proud that 82 percent of our workforce of 2400 are Papua New Guineans.

We are committed to remaining a valued member of the communities in which we are working and look forward to continuing our positive partnership with the people of PNG.

PNG LNG

www.pnglng.com



TRAYELLER OUR REGION



While the South Korean capital may seem like a city of the future, a thick vein of traditionalism runs just under the surface. *Matthew C. Crawford* reports.

irst-time visitors to Seoul can easily feel intimidated – after all, where do you begin in a city with more than 10 subway lines and well over 100 stations?

On top of the sheer size and scale of things,

Seoul has an incredibly fast rate of change. A case in point is the 123-storey Lotte Tower, which has become the new city landmark after just a few years of construction. At the same time, though, Seoul has been working to have

its old city wall registered as a UNESCO World Heritage Site.

The choice is yours — see the city from a 500-metre observation deck or on a stroll along a 500-year-old wall, or both.





Over the past 15 years Trukai has invested 60 million kina in ensuring that our farmers are the future custodians of commercial rice trade in PNG.

Our investment has been used testing different agricultural crops, training landholders and providing equipment to support the food security capabilities of PNG.

Between 2010 and 2015 alone, Trukal has committed 30 million kina to help small landholders in PNG grow rice. All for the purpose of buying that very same rice back from them. Close to 5.5 million kina has been invested by Trukai in agricultural infrastructure and asset procurement in the last 5 years.

So far 64 tonnes of local rice has been purchased from local rice projects, with Trukai paying out over 40 thousand kina to smallholder farmers.

We have been able to harvest 200 tonnes of locally grown rice at our Erap Farm in the Morobe Province. We are only just scratching the surface in terms of what we want to achieve not for, but with, our local farmers.

We aim to achieve an additional 300 hectares of domestic rice production in 2017 alone. Beyond that, we believe the sky is the limit. Trukai's rice and agricultural development strategy is guided by the overarching principle that the people own the land, and through mutual partnerships with Provincial Governments, Trukai will assist locals develop their land and provide market access to sell their crops.

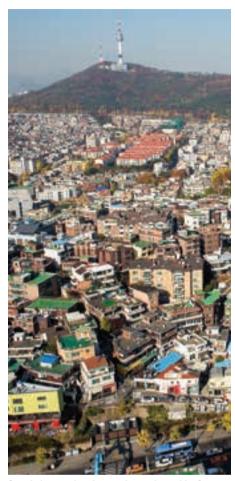
We have assisted local rice farmers all over the nation. Amadi-Baga & Vekabu in the Central Province. Kapore in West New Britain, Northern Province. Naramanghi and Chingwam in the Morobe Province...

and we don't plan to stop there.

# Trukai is proud of our 46 years in PNG. We are excited about the next 46.

TRAYELLER OUR REGION

City quide: Seoul







Seoul sites ... the city can be navigated by foot, or ultra-efficient public transport (left); Gyeonbok Palace (middle); Museum of Modern Art (right).

#### **GETTING AROUND**

Seoul's city centre was the royal palace district of the last dynasty, Joseon. From the main gate of Gyeongbok Palace runs Sejong Avenue, named after a beloved scholarly king. Though the city was once bounded by the mountains of Bukhansan in the north and the Han River in the south, it now stretches beyond the river to Gangnam. It's possible to navigate the downtown area on foot, but for longer journeys, use Seoul's ultra-efficient subway or bus system. Otherwise, take one of the many taxis. Daytime fares begin at KRW3000 for regular taxis. Deluxe and international taxis are a bit pricier.

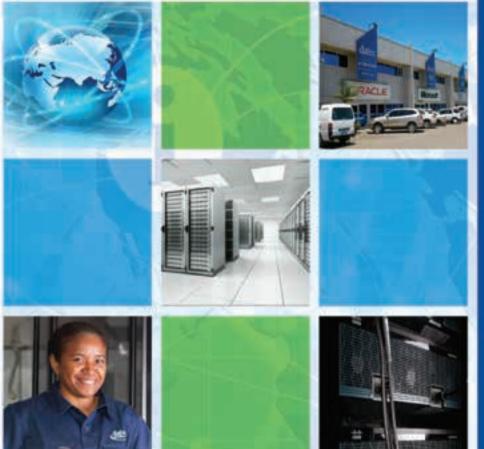
#### **SIGHTS**

Among Seoul's five royal palaces, Gyeongbok and Changdeok palaces (eng.cdg.go.kr) are the grandest. For Changdeok Palace, be sure to make an advance reservation as its Secret Garden can only be visited as part of a guided tour. The kingly garden is photogenic in all seasons, but do bring comfortable footwear as there's a great deal of territory to cover, including a few hills. After taking in some of the royal sites, you may want to mingle with the common folk at the gargantuan Gwangjang Market, which has some of the best food stalls in the city, and shops selling hanbok, the traditional Korean costume. To visit several sites in one day, consider buying a day pass for the Seoul Tiger Bus (en.seoulcitybus.com), a hopon, hop-off shuttle with a downtown circuit (22 stops), Panorama Course (16 stops) and Night Course (nine stops).

#### **CULTURE VULTURE**

Museums and galleries abound in the Samcheong-dong neighbourhood, east of Gyeongbok Palace, and the touristy lanes of Insadong. The city's heavy hitters include the National Museum of Korea (www.museum. go.kr/site/eng), an imposing edifice near Ichon Station. Entry is free for the permanent exhibitions, which are graced with national treasures. Nearby, a short walk from Samgakji Station, the War Memorial of Korea (www. warmemo.or.kr) will clear up any questions you might have about the Korean War, or war in general. In Samcheong-dong, the Seoul branch of the National Museum of Modern and Contemporary Art (www.mmca.go.kr/eng) can be counted on for cutting-edge exhibits and installations. The main building dates back to 1932 and was once the Defense Security Command.





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City guide: Seoul







Top attractions ... the Seoul Grand Park (left); shopping for local crafts (centre); Namsan cable car (right).

#### **CHILD'S PLAY**

Children are sure to enjoy the Changing of the Royal Guards ceremony (www.royalguard.or.kr) in front of Deoksu Palace, near City Hall Station. Performances take place every day, except Monday, at 11am, 2pm, and 3.30pm, and there are similar performances at nearby locations. Seoul has four IMAX theatres and three large aquariums — the Lotte World Aquarium (www.lotteworld.com/aquarium/en), the Coex Aquarium (www.coexaqua.co.kr/index \_ eng. asp), and Aqua Planet 63. Outside of the city limits but easy to reach by subway, Seoul Zoo is one of the draws at Seoul Grand Park (grandpark.seoul.go.kr/engMain.jsp).

#### **RETAIL THERAPY**

Touted as the biggest market in the country, Namdaemun Market has a lot on offer, including souvenirs and two colourful (but hard-to-find) food alleys, one specialising in kalguksu (noodle soup) and the other in galchi jorim (hairtail hotpot). The market is centrally located, next to Hoehyeon Station. At the other end of the retail spectrum is Coex Mall (www.coex.co.kr/eng), near Samseong Station in Gangnam. Said to be the largest underground shopping mall in Asia, it reopened in 2014 after a comprehensive makeover.

#### **SPORTING LIFE**

In terms of hilliness, Seoul stands head to head with cities like San Francisco. It even lays claim to a few mountains. A hike up Namsan to the N Seoul Tower will take about 30 minutes, though there's also a cable car. More difficult are the grinds up mounts Bugak and Inwang, both of which follow the old city wall. For truly sublime hiking, or even rock climbing, head to Bukhansan National Park. Joggers and cyclists favor the paths along the Han River and the various streams that feed into it, but think twice before entering city traffic on a bicycle. It's also easy to find batting cages, screen-golf centres, and even punching machines on the streets of Seoul.



**TRAYELLER** OUR REGION

City guide: Seoul



A testing trek ... the path to Mount Inwang beside the old city wall (left); Seoul Plaza, a prime location to stay (right).



#### **ESCAPE**

Travellers can quickly escape from the capital to the countryside on a train or bus. From Seoul Station, high-speed KTX trains take just over two hours to reach Gyeongju, the capital of the Silla Dynasty (57 BC to 935 AD). A visitor to Gyeongju should take in the timeless Buddhist temple of Bulguksa and, high up on a hillside, the mystical sculptures of Seokguram Grotto. The city's other historical offerings include ancient royal tombs just a few blocks from the bus station. To visit the heartland of Korean

cuisine, take a KTX from Yongsan Station to Gwangju (just under two hours). Gwangju's specialties include *tteok-kalbi* (grilled short-rib patties), which are best sampled at a cluster of restaurants in the Songjeong area.

#### **PILLOW TALK**

The Westin Chosun (www.westinchosun.co.kr) is the country's oldest hotel and has a prime location next to Seoul Plaza — a public space with a sidewalk fountain in the summer and an ice rink in the winter. Nearby are the swank

Hotel President (www.hotelpresident.co.kr) and Plaza (www.hoteltheplaza.com), which is run by Marriot. In the business district of Yeouido, the Conrad (www.conradseoul.co.kr) offers up-close views of the Han River. For affordability paired with four-star quality, consider staying at the Best Western Premier Hotel Kukdo (premier-hotel-kukdo-seoul.h-rzn.com), in the downtown neighbourhood of Euljiro 3-ga. A spate of guesthouses has been cropping up in recent years, though local motels, called *yeogwan*, are cheaper.





TRAVELLER **OUR REGION** 

City guide: Seoul



goes on. In the Gyeongnidan neighbourhood, next to Itaewon, Magpie Brewing (magpiebrewing.com) has become the hub of Seoul's craft-beer scene on the strength of its pale ale. While there are dozens of coffee-shop chains to choose from, Hakrim Dabang is one of the originals. Opened in 1956 in the theatre district of Hyehwa-dong, its classical music and refined ambiance make it an urban sanctuary.

#### **EATS**

Korea's national dish is kimchi – spicy fermented cabbage – and the best place to revel in the red stuff is at Hanokjib Kimchi Jjim (hanokjib. co.kr), accessible from Exit 1 of Seodaemun Station. The restaurant's specialty, kimchi jiim, is a platter of aged kimchi and steamed pork that falls apart at the touch of a chopstick. For a perfect pairing, order a bowl of kimchi jiigae (kimchi and pork stew) and a jug of rice beer (makgeolli).

#### SEOUL SPECIAL

Though Western-style bakeries and doughnut shops can be found throughout the city, you may notice more traditional treats laid out on counters in the quieter, older parts of town. These colourful confections are rice cakes (tteok), and they range from rainbow cake (mujigae tteok) to half-moon cakes (songpyeon), which are an essential part of Korea's harvest festival.





**TRAVELLER OUR REGION** 

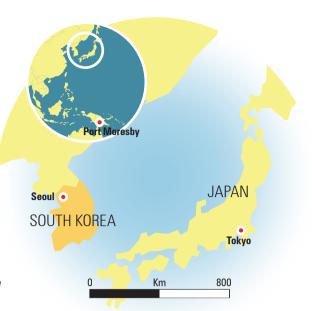
City guide: Seoul



#### **TUCK IN**

Grilled meat restaurants are ubiquitous in Seoul – every neighbourhood has one or two, and some have a dozen. Most serve various cuts of beef and pork, and the tipples of choice are beer, soju (the local firewater), or a mix of the two. The tables are equipped with grills so diners can cook their own meat, pieces of which can be wrapped with condiments in leafy vegetables or simply dipped in salt or sesame oil. The well-preserved Ikseon-dong area has a cluster of welcoming grilled meat restaurants, with outdoor seating along the narrow lanes. They're a short walk from Exit 6 of Jongno 3-ga Station.

Air Niugini flies from Port Moresby to Tokyo twice a week. Connect from Toyko to Seoul with local carriers. See airniugini.com.pg.



#### **SEOUL**

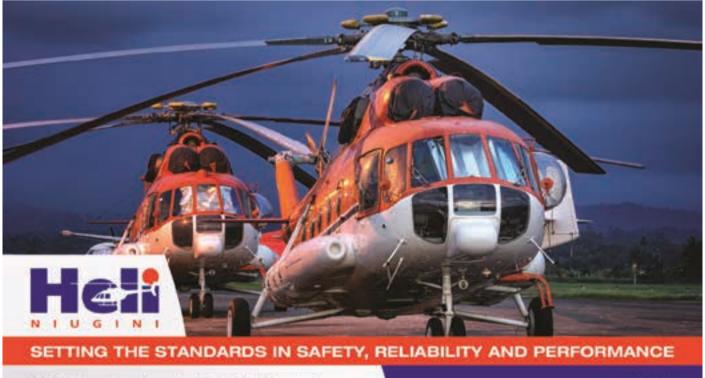
POPULATION: 10 million

LANGUAGE: Korean

**CURRENCY**: **South Korean** won KRW1000 = **TAXI FARE FROM** AIRPORT: To downtown area KRW65,000

INTERNATIONAL **DIALLING CODE:** +82

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**TRAVELLER** OUR COUNTRY



The three-day expedition starts and finishes at the Tufi
Dive and Adventure Resort and includes two overnight
stays in villages, snorkelling, visits to waterfalls and lonely white-sand
beaches, as well as swimming in jungle water holes.

for families, and is available in the Oro Province with

PNG Trekking Adventures.

The dug-out outriggers have large bamboo platforms on which guests sit. There's plenty of time to soak in the scenery and take photos, because local guides and crew do the paddling.

After hugging the coastline, they'll paddle into picture-perfect fjords and then explore jungle-fringed tributaries.

There's a bit of walking involved to one of the inland villages, and also if you choose to go on a 4am bird watching excursion to see PNG's famed birds of paradise.

in traditional costumes.

Sing-sings are another part of the trip, with villagers performing their traditional songs and dances.

Visiting kids will be right in their element. The village

pikininis (children) will paint them up and dress them

The village guesthouses are basic, with sandy floors, mattresses and mosquito nets. There is no power or running water. Light is supplied from candles and kerosene lanterns. There are bucket showers, and pit toilets.

Tufi is the only area in the southern hemisphere that has fjords, other than New Zealand and Patagonia.

The trip costs about PGK1400 a person. The best time to visit is between October and June. ■

For more information see pngtrekkingadventures.com.

—ROBERT UPE





# SHAPE YOUR CITY



TRAVELLER OUR COUNTRY

## REVIEW: GATEWAY HOTEL AND APARTMENTS

coralseahotels.com.pg +675 327 8255

**WHO STAYS?** Mix of corporate guests, tour groups and more casual travellers.

**HOW BIG?** 194 keys (130 guest rooms and 64 apartments).

**COST** From PGK531.

CHECK IN AND OUT 12pm/10am HIGHLICHTS Extensive conference and

function facilities. Plenty to do on-site during downtime, with Jackson's Bar, Restaurant and Gaming a great addition to the property.

**NEARBY** The airport is barely a minute's drive away, front gate to terminal. If you get bored with eating in, Bacchus — a terrific fine diner attached to the Airways Hotel — is just a couple of hundred metres up the road.

Wi-Fi in rooms/public areas:
Fee for Wi-Fi:
TV:
Air conditioning in room:
Ceiling fan in room:
Business centre:
Gym:
Room service:
Swimming pool:
Free airport transfers:
Hotel arranges tours:
Breakfast included in room charge: $ imes$

#### WHAT CUESTS LIKE

"The service from the doorman, porter, concierge and front desk was good. Security is good." – Booking.com

"Delicious club sandwiches, cookies and pizza supreme; cocktails at Jackson's rooftop bar watching the planes and sunset."

Agoda.com

"I usually choose rooms with a balcony for the fresh air and to take in the the lovely garden and pool areas." – TripAdvisor



#### LOCATION

Situated about as close as you can get to Jacksons International Airport, Gateway's sprawling nature means this is actually a relatively peaceful inn, particularly if you take a room on the Jacksons Parade side of the complex.

#### THE PLACE

Significant renovations in 2011 have seen Gateway became a popular destination for business conferences (there are seven conference rooms, in various sizes, which can be joined together). Otherwise, it's an understated four-star property that's perhaps beginning to show a few signs of age despite some fastidious upkeep. This isn't a luxury resort, but the essentials are spot on: crisp service, clean public areas — which include tennis courts, a generously sized swimming pool and fitness centre — and an efficient 24-hour airport pick-up and drop-off service.

#### ROOMS

There are three types — deluxe, premier and executive — along with a selection of studio, one, two or three-bedroom apartments. All feature polished tile floors, air conditioning, satellite TV, fridge and tea and coffee-making facilities. The rooms include sizeable work desks and our room — some way along the eastern wing of the hotel — picked up a decent connection to the free Wi-Fi.



#### **FOOD AND DRINK**

You certainly won't go hungry. Wild Orchid (6am to 10pm) is the hotel's lynchpin, which outside of breakfast hours serves buffet and a la carte meals. But 2016 saw Gateway invest heavily in food and beverage, with three new restaurants opening on site. Enzo's (7am to 10pm) offers decent pizzas and burgers, while the brand new Sizzler's (11am to 10pm) is a family restaurant focusing on steak and seafood. The drawcard, though, is Jackson's Bar, Restaurant and Gaming (10am to 11pm) - a slick bolthole (pictured above) on the high side of the precinct with views straight across the airfield. Also, it has the coldest beer in town, locals will tell you. Departure Bar (8am to 10pm) is a relaxed lobby joint to while away the hours before your flight. Room service is 24 hours.

: —MATT SHEA





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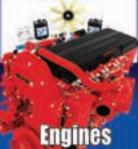












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BY NINA KARNIKOWSKI

## Three of a kind ... jungle hikes



#### MOUNT WILHELM, PAPUA NEW GUINEA

Wilhelm is the highest mountain in PNG — there's a solid trail leading to the summit, but you definitely will feel the effects of altitude at an insane 4509 metres. Be prepared and make sure you're in good physical condition before you attempt the four-day ascent (you can do it in three, but why rush it)? Escape Trekking Adventures can take you there, using a moderately difficult route from Keglsugl in the Chimbu Province. The best months to climb are May to November — the weather is warm during the day and quite cool at night. Whenever you go, the views from the top will be magnificent.

#### **SOMETHING SPECIAL**

If you decide to take on the challenge, you'll be rewarded with one of the most scenically magnificent areas of PNG. You'll pass through high-elevation rainforests, moss-coated forests, alpine grasslands and a glacial valley, which are home to spectacular sights including abundant wild orchids and a savanna of cycads.

#### **DON'T MISS**

The twin lakes of Piunde and Aunde. Sitting on the side of the mountain looking down into these glacial lakes is the perfect opportunity to soak up the serenity.

#### **WEBSITE**

escapetrekkingadventures.com.au



#### CROSS-ISLAND TREK, RAROTONGA, COOK ISLANDS

You'll want to lace up your boots good and proper for this day hike, which begins on the north coast at Avarua Harbour and leads up the Avatiu Valley, through dense tropical forest and a mountainous interior. Trekkers emerge at the pinnacle of Te Rua Manga rock, also known as the 'Needle', a remarkable rock formation and an ancient place of worship. From there the track continues south, through Rarotonga's interior rainforest, passing giant ferns and the Papua Stream, and ends near Wigmore's Waterfall on the south coast. Thankfully, there's a bus there to take you back along the coast road to your starting point.

#### **SOMETHING SPECIAL**

Doing this walk with Pa Teuruaa of Pa's Treks, a colourful, dreadlocked local character who has been guiding hikers (including the Dalai Lama) across Rarotonga for over 30 years, will mean you get to hear his famed stories of the island's ancient myths and legends en route. He will also make sure no exotic butterfly, endemic plant or fern goes unnoticed.

#### **DON'T MISS**

Very experienced climbers or the ultraambitious can try the punishing 413-metre ascent up the sheer rock face to the top of the 'Needle'. It won't be easy, but the drop-dead gorgeous views of the island spread below you will be worth it.

#### **WEBSITE**

pastreks.com



#### LAVENA COASTAL TRAIL, TAVEUNI. FIJI

Taveuni is known as the garden island of Fiji, and for good reason. It's rugged and wild, covered in lush vegetation and palm trees, fringed with white-sand beaches made of ground-up coral, and is so pretty they filmed the movie *Return to the Blue Lagoon* here. Taveuni Adventures can guide you along the beach, through the forests and over streams for a full day.

#### **SOMETHING SPECIAL**

You won't Forget the dazzling panoramas you'll take in as you meander along. Ditto for the dramatic waterfalls you'll pass which, complete with icy pools that are perfect for cooling off in, are your reward for working up a sweat.

#### DON'T MISS

Dropping into Lavena Village on your return journey.

#### WEBSITE

taveuni.com.au



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#### TIME TRAVELLER

#### **Jimi Valley, Western Highlands, 1950**

Two-year-old Susan Blood travelled in style with her parents, Captain Neptune Blood and Olga Blood, during an expedition to the Jimi Valley in the Western Highlands Province in 1950.

They set out from an experimental sheep farm that Captain Blood managed at Nonduql, in the Wahqi Valley, for Sir Edward Hallstrom.

A litter was constructed for Susan, carried by four men for the entire journey.

The aim of the expedition was to re-establish relations with residents of the Jimi Valley and document the flora and fauna of the area, particularly birds of paradise.

The journey took six weeks and involved a line of more than 100 carriers and guides, as well as a few armed policemen.

Although the expedition was a well-documented success, gathering many specimens of plants and animals, the sheep farm failed. The herd was diagnosed with intestinal parasites, and the farm became uneconomic to operate and eventually closed.

- JOHN BROOKSBANK

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







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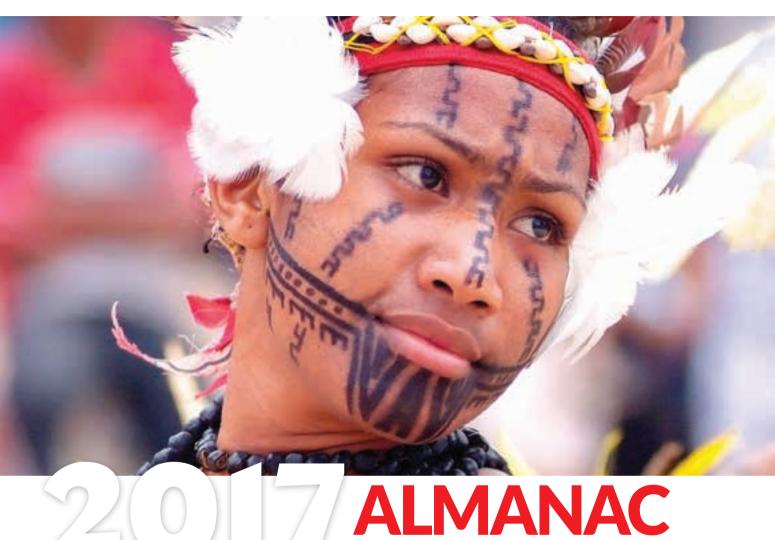
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### LIVING



The year ahead in PNG and Asia/Pacific

#### **PAPUA NEW GUINEA**

#### March 18-April 1, PNG Games

This showcase of PNG sporting prowess will take place in Kimbe, in the West New Britain province. The event, bringing together 12,000 athletes from 22 provinces, was originally scheduled for last November, but was postponed because it would have clashed with the Under-20 Women's FIFA World Cup tournament in Port Moresby.

papuanewguinea.travel

#### June 24-July 28, **PNG** elections

The national and local government elections take place across the country. The theme of the elections is 'Your Choice, Protect the Democracy'.

pngec.gov.pg

#### July, Kokoda Trail

Mark the 75th anniversary of the Japanese landing in PNG by challenging yourself on the Kokoda Trail, uncovering the key battles along the route. The 96-kilometre track links PNG's southern and northern coasts.

kokodatrackauthority.org

#### August 5-7, Sepik River **Crocodile Festival**

The salt and freshwater crocodiles of the Sepik River are revered by the local communities, who celebrate them with initiation ceremonies, dance and song.

papuanewquinea.travel











Belinda Jackson previews some of the year's hot events, including PNG's colourful festivals, World Cup rugby league in Port Moresby, and firewalking in Fiji.

#### August 19–20, Mount Hagen Show

This long-running celebration of traditional songs, rituals and dance from the tribes of the Western Highlands Province was established to calm tribal rivalries and retain their cultures.

#### papuanewguinea.travel

#### September 16, Hiri Moale

Port Moresby has a double celebration with both PNG's Independence Day and the Hiri festival, originally a gathering aimed at encouraging trade between tribes, and the crowning of the queen, the Hiri Hanenamo. papuanewquinea.travel

#### September 16–17,

**Goroka Show** 

2017 marks the 50th anniversary of PNG's best-known show, where the Eastern Highlands reveals its true colours in its annual cultural gathering of more than 100 tribes, including the crowd-pleasing Asaro Mudmen.

papuanewguinea.travel

#### October 27–December 2, Rugby League World Cup

For the first time, PNG is a host partner in the clash of rugby greats, which kicks off with PNG facing Wales in Port Moresby on October 28. Matches between the 14 teams will also take place in New Zealand and Australia, with the grand final in Brisbane on December 2.

rlwc2017.com

## November, Kenu and Kundu Festival

Groups from across the Milne Bay province gather in Alotau to remember the role of kundu drums and dugout canoes in their ceremonies and rituals, with drama performances, singing and canoe races.

papuanewguinea.travel >



#### **AUSTRALIA**



Footy fantastic ... the PNG Mosquitoes will be in action in Australia during August.

#### Brisbane February 11–12, Brisbane Global 10s

The newest fixture on the Rugby Union scene, teams of 10-a-side are drawn around the world, including France, Samoa and South Africa, to meet 10 Super Rugby Australian and New Zealand teams over two days.

#### brisbaneglobaltens.com

#### March 25, AFL football

The 23-round season kicks off this weekend. Air Niugini passengers arriving into Brisbane will be able to see Queensland rivals Brisbane and Gold Coast Suns clashing at Metricon Stadium on the Gold Coast. The following week (March 30) Brisbane plays Essendon at the Gabba in Brisbane. afl.com.au

#### March 24–26, CMC Rocks Queensland

The Dixie Chicks headline
Australia's biggest country and
roots music festival in Willowbank,
Ipswich, west of Brisbane. Now
in its 10th year, the cream of
the Australian scene meets
international stars.

#### cmcrocks.com

#### Cairns

## June 30–July 2, Laura Dance Festival

Traditional dance cycles, which have been enacted for millennia, are performed on the Cape York Peninsula. A chance for more than 20 communities to pass on their culture and compete for the festival shield.

lauradancefestival.com

#### Townsville



#### July 7–9, Supercars Castrol Edge Townsville 400

Three days of

raucous revs, with V8 Supercars including the 2016 winner, a Holden VF Commodore, hitting up to 260kmh on the circuit through Townsville's city centre.

#### supercars.com/Townsville

#### **Sydney**



#### May 26-June 17, Vivid Sydney

Sydney's harbour lights up for 23 nights,

accompanied by a contemporary music and ideas program that covers film, fashion, arts and design. More than two million people visit to see the Opera House, Harbour Bridge and other icons light the sky.

#### vividsydney.com



#### July 13–15, Arsenal in Sydney tour English Premier

League giants

Arsenal play international friendlies against Sydney FC and Western Sydney Wanderers. It's been 40 years since the Gunners, one of the world's oldest clubs, toured Australia.

#### arsenalinsydney.com.au

#### Melbourne August 5–19, AFL International Cup

The PNG Mosquitoes are the reigning champions of this competition, which is held every three years. In 2014, 25 teams including PNG's women's team, Flame, competed in the league. The grand final will take place in Melbourne.

afl.com.au >







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#### **HONG KONG**



#### January 28, Chinese New Year Celebrations

Hong Kong's biggest party ushers the New Year in with a magnificent night parade. Taste traditional 'good luck' foods, undertake temple rituals for good fortune, and shop for bargains.

discoverhongkong.com



#### November 1–30, Great November Feast

It's a month of great eating at festivals and eateries across the city. See the best mixologists at play in chic cocktail bars, top chefs concocting memorable menus and the city's eat streets turn into fun food-party zones.

discoverhongkong.com



#### October 1–31, Hong Kong Sports Month

As the temperature cools down, the sporting action hots up with the Hong Kong Open tennis, Cricket Sixes, the green-energy ePrix, boxing's Battle of Victors and the historic 1.8-kilometre swimming race across Victoria Harbour.

discoverhongkong.com

#### MACAU



#### February, Procession of the Passion of Our Lord, the God Jesus

A unique Macau religious celebration when an image of Christ carrying the cross is taken in solemn procession from St Augustine's Church to the Cathedral for an overnight vigil. It is then returned through the city via the stations of the Cross, accompanied by a magenta-robed escort and crowds of the faithful and curious.

#### macaotourism.gov.mo

#### **April, A-Ma Festival**

Homage is paid to Macau's most popular deity, the Goddess of Seafarers, from whom Macau is said to derive its name. The maiden A-Ma ordered the elements to calm down when a storm threatened a boat. The winds abated. On the spot where the boat reached land, the grateful mariners built the A-Ma Temple. A day when seafarers and their families visit the ancient temple in the Inner Harbour.

macaotourism.gov.mo

#### September, Macao International Fireworks contest

A month-long event, this highly charged challenge attracts 10 teams from around the world to compete for the major prize, fireworks set off each weekend in September over the imposing 338-metre high Macau Tower.

#### macaotourism.gov.mo

#### **November, Macau Grand Prix**

The longest-running Grand Prix in the world, this road circuit event pits the world's best Formula 3 drivers to follow in the footsteps of drivers who later gained fame on the Formula One circuits. Motorcycle racing and sports sedans are also included.

macaotourism.gov.mo

# December, Parade through Macao, Latin City

A giant and very colourful street parade designed to showcase the many facets of a multi-cultural Macau.

macaotourism.gov.mo



#### **MALAYSIA**



#### Kuala Lumpur July 14–16, Rainforest World Music Festival

Borneo's jungle reverberates with the rhythms of world music. The family event, held in Sarawak Cultural Village, has workshops for dance, kids, meditation and showcases local crafts. In between acts, go spotting for Irrawaddy dolphins or crocodiles.

rwmf.net



#### September 15–17, F1 Petronas Grand Prix

The Formula One world championship takes place in Sepang, an hour south of Kuala Lumpur. With free concerts and the fastest cars in the world, it's one of the most affordable races on the F1 circuit.

formula1.com



#### November 1—December 31, Malaysia Year-End Sale

Malaysians are pro shoppers, and love a sale. Finish 2017 with more

bang for your buck in the lead-up to Christmas, from high-end to bargain basement.

malaysia.travel

#### **SINCAPORE**

#### March 3–26, iLight Marina Bay

The Marina Bay waterfront becomes a gigantic public art gallery for Asia's largest light festival. The festival aims to raise awareness of eco issues through its sustainable light art installations. **ilightmarinabay.sq** 



#### July 15–31, Singapore Food Festival

Food-crazy Singaporeans devour offerings from chefs and hawkers dishing up what's been dubbed 'mod-sin', modern Singaporean cuisine. Take a crash cookery course, or mix classics with new masterpieces on the one plate.

yoursingapore.com



#### October 19–23, Deepavali

Deepavali (or Diwali) is Hinduism's joyous Festival of Lights. Head to Little India to see the streets lit up with oil lamps and light displays, taste festive sweets, get a henna tattoo or catch a concert.

yoursingapore.com >





#### **INDONESIA**

#### Bali

# September, Bali International Film Festival

Dubbed BALINALE, international filmmakers present their work to locals and expatriates. Now in its 10th year, expect documentaries and feature films as well as works by upcoming talent, promoting Indonesian cinema. **balinale.com** 

#### October, Ubud Writers' and Readers' Festival

Cultural, controversial and always curious, this festival of words and ideas lures the big names in print and spoken word. Includes a kids' program, writing workshops and happening after-dark music scene.

ubudwritersfestival.com

#### November 20, Makepung Buffalo races

The grand prix of buffalo races sees hundreds of pairs of buffalo, with jockeys astride traditional wooden ploughs, competing in Jembrana, West Bali. The Melaya district conducts monthly heats leading up to the big race.

#### indonesia.travel

# Jakarta Djakarta Warehouse Project (DWP)

This annual dance-music festival sees Indo DJs and producers meet their international counterparts in a two-day, heart-pumping extravaganza of sound in Jakarta.

djakartawarehouse.com

#### FIJI



#### Pacific Nations Cup

Fiji, Tonga and Samoa go head-tohead on the rugby field between three rugby-mad Pacific nations. The current champion, Fiji, defends its title in 2017. **worldrugby.org** 

#### July 22-29, Bula Festival

The week-long fiesta of talent nights, food stalls, bands and float processions culminates in the crowning of Miss Bula. Held in

Nadi every year, all proceeds go toward charity.

#### fiji.travel

#### **August, Indian Firewalking**

Maha Devi Temple, in Suva, is the site of spectacular South Indian firewalking, a religious Hindu rite that sees devotees walk through a trench of fiery embers to help discipline the mind for a truly balanced life.

fiii.travel >

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#### DIARY

#### 2017 almanac

#### **JAPAN**



**Tokyo November, Autumn Leaves**If chasing cherry blossoms isn't your thing, Tokyo glows in autumn.

and parks, which glimmer with autumn colour (*koyo*), and indulge in seasonal sweets made from chestnuts and autumn berries. **qotokyo.org** 



#### August, Fukagawa Hachiman Festival

Get wet and happy at this massive street water fight that pays homage to the gods. Teams parade the streets bearing 2000-kilogram carriages for the *mikoshi*, or gods, while the crowds throw water on them: a fun way to cool down in steamy Tokyo. **gotokyo.org** 



#### VANUATU



#### Port Vila April–June, Nagol Land Diving

Billed as 'the original bungy jump', every Saturday the men of Pentecost Island take a 30-metre leap with only a vine wrapped around their legs. A woman first made the jump to escape her husband (she survived, he did not) and it is now a fertility rite.

discovervanuatu.com.au

#### July, The Kiwanis Charity Race Week

Vanuatu's only horseracing event runs over three days during the country's Independence Day holiday. Pack for the race ball, fashions on the field and race day, raising money for local charities.

kiwanis.invanuatu.net >



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Clothing Stone







**Duty Free Shop** 



#### **SOLOMON ISLANDS**



#### October 2–4, Solomons Dive Festival

Scuba divers descend on Munda, on the island of New Georgia, Western Province, to explore the richness of the corals in the Vona Vona Iagoon. Munda was a military airbase during World War 2, and the waters have great wreck diving.

visitsolomons.com.sb

## August 7, Guadalcanal landing commemoration

2017 marks the 75th anniversary of the US Marines' landing on Guadalcanal, a pivotal point in the war in the Pacific. Events include military parades, commemoration

of the sinking of the HMAS *Canberra* on August 9, 1942, and the laying of wreaths at the American and Japanese monuments.

visitsolomons.com.sb

#### **PHILIPPINES**

#### June, Wogasia Spear Festival

The island of Santa Catalina echoes with bloodcurdling screams as warriors face off to shake off old animosities and welcome a new year of peace and fertility during this famed two-day festival. **visitsolomons.com.sb** 

#### visitsolomons.com.sb

#### **January, Cebu Sinulog Festival**

Filipinas celebrate their acceptance of Christianity with their trademark flamboyance and fireworks: the highlight of the month of festivities is a religious procession and parade on January 15.

itsmorefuninthephilippines.com.au

### January 30, Miss Universe 2017

Manila's Mall of Asia Arena will be overrun with beauty as it hosts this year's Miss Universe pageant. The crowds will pour in to see the 2016 queen, local girl Pia Wurtzbach, hand over the crown.

#### its more funint he philippines. com. au

#### **April, Aliwan Fiesta**

Religion, culture and tradition are woven into a gloriously spangled three-day extravaganza that culminates in a four-kilometre float parade and street dance competition through Manila, with rivals drawn from across the country.

aliwanfiesta.com.ph

#### CHINA

#### Shanghai May 30, Duan Wu Jie (Dragon Boat Festival)

Turn your hand to eating zongzis (traditional rice dumplings), drinking xionghuangjiu (a yellow wine said to be good for keeping evil at bay), and racing wooden dragon boats to the beat of a drum on the Suzhou River.

meet-in-shanghai.net

#### **Chinese Grand Prix F1**

The Mercedes team returns to China to defend its title as winner on this 5.4-kilometre Formula 1 racetrack, which was designed to resemble the Chinese character for 'high' or 'above'.

#### formula1.com

#### **April, Shanghai Fashion Week**

This week-long festival of fashion sees kids, men and women prance on more than 50 catwalks, featuring progressive designers from China and across the world, in a bid to establish Shanghai as Asia's fashion capital.

shanghaifashionweek.com

Some events did not have dates finalised when Paradise went to press. Check their websites for updates.





PNG's fashionistas gathered at Port Moresby's Gateway Hotel recently for Runway 2016. Sandhya Dusk Nand reports.

# GLAMUUR

on the runway

he best of Papua New Guinea's fashion was on show in Port Moresby recently at the third annual Stella magazine Runway fashion parade.

Genevieve Igara-Falevai, the founder and co-designer of Wantok Clothing, was named designer of the year.

Igara-Falevai and her business partner Henry Iyaro were in the spotlight last year for making the PNG Olympic team's uniforms, but it was their lyara fashion line that was a big hit with judges and audiences at Runway. The collection was judged to be the most internationally viable, commercially and creatively. It was also a big hit at

Runway shows that Papua New Guinea has designers and models with the skill and drive to gain world recognition.

Pacific Runway, Australia's most prestigious platform for Pacific designers, based in Sydney.

The exposure means Iyara will soon be stocked in exclusive boutiques in Sydney and Fiii.

"Runway shows that Papua New Guinea has designers and models with the skill and drive to gain world recognition," says Stella founder and editor Amanda Donigi.









On parade ... the lyara collection from Wantok Clothing (first three photos from left); judges and award winners (above); Dru Douglas designs (three photos below).

As part of her prize, Igara-Falevai won a yearlong mentorship and a week's on site tuition at the Raffles College of Design in Sydney.

"Our partnership with fashion educators from Raffles College, as well as other regional events such as Pacific Runway, is an exciting step forward for our designers and models," Doniqi says.

"I couldn't be happier with the outcome of Runway 2016. Everyone worked to their full potential and that potential bred perfection."

Iyara isn't the only collection winning kudos internationally. The Runway 2016 runner-up is Florence Jaukae-Kamel, aka Bilum Meri, who is already world renowned for her exciting take and interpretation of the classic bilum, the ubiquitous bag of PNG culture.

Jaukae-Kamel uses the traditional method of weaving to create garments that are not just apparel; they are stories, walking tomes of

history and tales of the present and a harbinger of PNG possibility.

She enthralled the audience and judges with her wearable art creations, some of which are now adorning the walls of the Gallery of Modern Art in Brisbane, while fashion-art doyennes in Australia and the Pacific have snapped others up.

Apart from the guest international collection (a selection of garments by graduate designers of Raffles College) and a 'city living'









#### Glamour on the runway







Catwalk highlights ... designs by Seri Davis (above); Tabu Pelei Warupi (above middle and right); Jenny Dalton (below).



collection by sponsor Jacks of PNG, 11 other designers showcased their collections.

Among them, PNG fashion veteran Sarah Todd showed her

usual mix of vibrant colour and traditional PNG patterns on modern styles; New Zealand-based fashion artisan Dru Douglas presented amazing structural pieces inspired by PNG culture, and Jenny Dalton impressed with her contemporary depiction of island street wear.

One of the three international judges at









#### Glamour on the runway







# TIME AND MOTION

PNG economist Eli Direye has learnt the value of effective time management while living in the US. *Kevin McQuillan* reports.

iving and studying in the northwest of the United States with people from all over the globe has been a life-changing experience for Eli Direye, who's on an 18-month Fulbright Scholarship at Kent State University in Ohio.

While it may seem an age away from his home village in one of the remotest parts of the

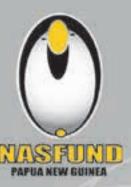
Highlands, he tells Paradise, "Ohio's trees and lakes make me feel at home".

Born in Talu village of North Waghi District in Jiwaka Province in the Highlands, Direye is on study leave from the Bank of Papua New Guinea, where he analyses PNG's monetary and financial developments.









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#### Time and motion

The University of Papua New Guinea economics graduate (2010) admits to culture shock when he arrived in the US last July.

"The most life-changing aspect of culture in the US to me is effective time management. Strikingly, I have experienced the often-cited phrase 'time means money'.

"Indeed, it is a precious commodity whose immeasurable value can be appreciated if you fully utilise it wisely. I note in order for you to survive in a competitive part of the developed regions of the world like the US, you cannot misuse time."

Reflecting on this in relation to PNG, Direye feels that "we seriously need to transform our traditional mindsets of complacency towards time, which often makes us to be less productive".

He says: "We are indispensable assets for our country and have great potential to boost the development of PNG if we adopt the attitude of valuing time as a scarce resource."

66

We have great potential to boost the development of PNG if we adopt the attitude of valuing time as a scarce resource.

99

Ohio is located in the Great Lakes region of the US. Inhabitants are known as 'buckeyes', after its buckeye trees. Summers are typically hot and humid throughout the state, while winters generally range from cool to cold. And, like parts of PNG, it is earthquake prone.

"I have plans to camp in the forest and fish at the lake during weekends and semester breaks," says Direye. Kent State University drew worldwide attention in May, 1970, when the Ohio National Guard shot and killed four, unarmed students who were protesting against the Nixon government's plans to extend the Vietnam War into Cambodia. The killings are remembered each May 4.

"There is a student body that leads series of activities such as silent march, candle lighting, the ringing of the Victory Bell, and there are speeches by distinguished speakers, including family members and eyewitnesses," says Direye.

The prestigious US News&World Report ranked the university in the top 100 in the US in 2015. It was ranked by the Carnegie Foundation as in the top 100 public research universities in the US and in the top 100 in community engagement.

Direye describes it as "an ideal place to study because the school is equipped with modern facilities and situated in amazing surrounding vegetation and geographical settings. The







#### Time and motion



environment is truly conducive for me to accomplish my study objective successfully. The professors are very friendly and have an opendoor policy to assist students".

Fulbright scholarship recipients are chosen for their academic merit and leadership potential. They receive a tuition grant for their course work and a monthly stipend to cover living expenses. They also receive travel and healthcare benefits.

Direye's research focus is entitled Measuring the macroeconomic implications of fiscal policy in Papua New Guinea. It is an area that he believes should complement the monetary policy research agenda of the Bank of PNG.

He has the support of Dr Jan Gottschalk, senior economist at the International Monetary Fund, who is providing guidance on technical-analytical aspects of the study.

A key feature of the Fulbright scholarship scheme is the non-academic activities designed to ensure students network with fellow

international Fulbright recipients and meet prominent Americans in their chosen field.

Being the pioneer Papua New Guinean attending Kent State University, Direye has two key aims. He wants to perform well academically as well as participate in international student-organised activities to show case PNG culture.

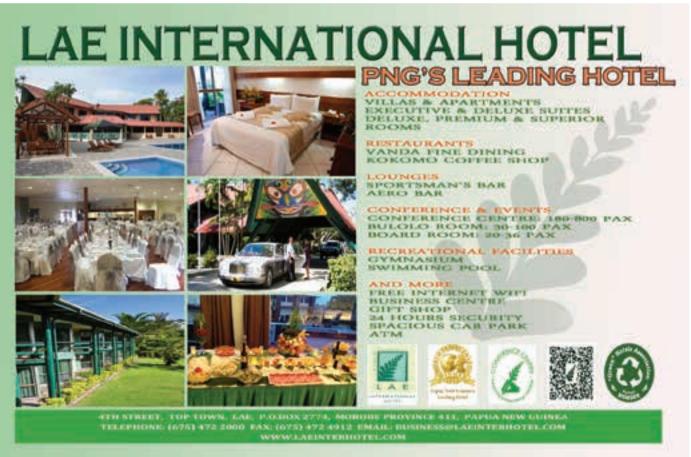
"I really want to leave a legacy after I graduate and return home," he says.

"As a representative of my society and country, I am excited to inform the world how beautiful PNG is as well as the challenges we face in our pursuit to modernise our society economically and socially."

Living in Ohio also means spending a winter living in snow. Is he prepared for that?

"This will be my first time in life to see snow. After hearing about the harsh experiences of winter, I ordered my gear for the season. I look forward to this inaugural experience."

Eli Direye ... has an 18-month Fulbright scholarship to study at Kent State University in Ohio.





# Tapa cloth

#### WHAT IS IT?

Tapa is literally beaten out of nature - a traditional cloth made from the inner bark of paper mulberry or, sometimes, breadfruit trees.

#### WHERE IS IT MADE?

Most commonly, tapa cloth is associated with the Oro Province. The villages of the Maisin people in the Collingwood Bay area form the epicentre of commercial production. Their tapa cloth has distinctive black and brickred designs. Tapa is also produced in the

islands of

Melanesia.

However,

what is

little known is that the traditional manufacturing of tapa cloth was, and still is, practised in other parts of PNG. Bark cloth is made in certain Highlands regions, such as by the Fasu and Foi people who reside near Lake Kutubu. They utilise larger sheets as undecorated rain capes, predominantly worn by women in times of bad weather, as well as in traditional dances and ceremonies. Tapa has also been found in other provinces such as Milne Bay and New Ireland, where other colours such as yellow and green have been used in the decoration, although these are rarer nowadays.

#### WHO MAKES IT?

Tapa was traditionally the domain of women, who were the custodians of the intellectual property associated with tattoo and tapa designs as well as the principal bark cloth manufacturers.

#### **HOW IS IT MADE?**

The inner bark layer is peeled from the trunks of harvested

trees and alternately soaked in water and beaten. to gradually produce a thin sheet. Strips of tapa are often overlaid crosswise and beaten again to produce larger

and stronger pieces of blank cloth to suit particular end uses and designs. Tapa beating is carried out using a hardwood or stone tool to flatten the fibres against a smooth log or similar.

#### **HOW IS IT DECORATED?**

Oro tapa is decorated using dyes made from plants and other natural materials, using a variety of designs - some being clan or family specific while others are general or 'trade' designs. Other designs have a religious significance after the activities of the Anglican church which



#### **HOW WAS TAPA USED** TRADITIONALLY?

In Oro tapa cloth was used as loincloths for men, called koefi. and short skirts for women. called embobi. Tapa was used as a material for clothing and as an article of wealth and prestige; it was used in lifecycle rituals such as bride price payments, funerals and other compensation as well as in trade with neighbouring groups.

What has really kept this product alive is the adaption of tapa for everyday modern use – apart from pieces that are suitable as framed wall hangings, one can today buy tapa made into hats, purses, bags, other adornment, and even tables.

#### WHERE CAN TAPA **BE BOUGHT?**

Tapa cloth in some form can be found in most hotel gift shops, among the artifacts displayed outside major hotels and is sure to be for sale in the irregular craft markets that are held around Port Moresby. such as the one sometimes held poolside at the Laguna

Remember, as with any cloth, it is best to keep your tapa clean and dry since it will be susceptible to mould or insect attack if left in any damp, dark spot.

- JOHN BROOKSBANK







# ON THE

PNG has had a variety of currencies throughout its history. Brian Johnston takes a look at the evolution of PNG money from traditional shells to contemporary polymer.

hroughout most of the history of what is now Papua New Guinea, its inhabitants literally shelled out money during transactions.

The first currencies were – in common with many societies around the world – seashells, used to settle dowries, disputes and land acquisitions, and for general barter.

Such currencies went under various names such as diwara, tambu or tabu and varied from place to place. In the Duke of York Islands, for example, diwara was made from sea-snail shells, each threaded onto a cane a finger's width apart. A length about two metres long (the width of outspread arms) contained 320 shells and formed the basic unit called a param. Ten param was an arip, and to create a tutana or money wheel the canes of 100 arip were rolled into huge hoops containing an impressive 320.000 shells.

Shell money is particularly associated with the Tolai people of East New Britain and New Ireland. Men started accumulating shells from their first initiation rites as the foundation of a money wheel with which to attract a bride. Shell money may still occasionally be used in remote community markets, and is ceremoniously exchanged during special events such as weddings. A deceased Tolai chief's tutana is cut up and distributed to quests at a funeral.

Shell currencies weren't officially abolished until 1933, although tabu was recently reintroduced as semi-legal tender in East New Britain as an alternative to the kina, with which it can be exchanged or used to pay taxes or court settlements.

Shell money started to decline with the arrival of European powers, however. The mark became the official currency of German New Guinea in 1884. Between 1894 and 1911 copper, silver and gold coins were issued specifically for New Guinea, depicting birds of paradise. Few survive, although fakes are common. A genuine silver five-mark coin can now fetch upwards of \$US7000, while a modest one-pfennig piece (one-hundredth of a mark) might fetch several hundred dollars

Between 1894 and 1911 copper, silver and gold coins were issued for New Guinea, depicting birds of paradise. Few survive. A genuine silver fivemark coin can now fetch upwards of \$US7000.

World War 1 saw the Germans depart. In 1914 the Australian occupying forces issued poorly printed notes (commonly called Rabaul Treasury notes) for five, 10, 20, 50 and 100 marks. Only 29 are known to survive, and there's just a single 100-mark note remaining, now in a German museum.







Shell money ... traditionally used to settle dowries, disputes, land acquisitions and for general barter.

By 1915 the Australian pound had become the official currency. Like the British pound in those days, it was divided into 20 shillings, each shilling into 12 pence. Both Australian currency and coins minted for the Territory of New Guinea circulated together between 1929 and 1945. The coins are much sought-after by collectors. Those minted in 1936 are the rarest, since they bear the image of Edward VIII, who abdicated after less than a year on the throne; most other colonial territories hadn't got around to depicting him on coinage.

During World War 2, the Japanese issued the Oceania pound in New Guinea and various other Pacific islands. The four denominations (half shilling, shilling, 10 shillings and one pound) feature a palm-lined beach and a capital letter 'O' followed by a serial number. Strangely, collectors are more interested in the fakes produced in Australia in 1944, which fetch up to 10 times the price of the more common originals.

The Australian pound continued circulating after the war, replaced by the decimal Australian dollar in 1966. On April 19, 1975, the *kina* replaced the dollar at par, using the same colour scheme for its banknotes; the dollar ceased to be legal tender at year's end. The name of the new currency was derived from the word for pearl shell in the Tolai's region's Kuanua language. The *kina* has remained since, though there has been some tinkering with notes and

coins. The two-*kina* note was replaced by a coin in 2008, for example, and one and two-*toea* coins were abolished that same year. A 20-*kina* note was introduced in 1977, 50 *kinas* in 1988 and 100 *kinas* in 2005.

With the exception of commemorative notes, PNG has produced notes in polymer since 1991. These plastic-derived notes were first developed in Australia in 1988 and last longer, are more cost-effective and have additional security features.

When paper money cased to be legal tender at the end of 2014, PNG became one of just a handful of countries to fully convert to polymer notes in the last of its interesting evolution in money matters.





They're like
ghosts, rarely seen
by scientists
since they were
first documented
early
last century.

99



# SCIENTISTS CATCH RARE RODENT

A local villager in Bougainville has helped scientists bag a reclusive giant rat. *Richard Andrews* reports.

fter six years of trekking dense rainforests, sitting out earthquakes and scaling volcanic slopes, Dr Tyrone Lavery and his team have finally bagged the rare Bougainville giant rat — with the help of an agile young villager.

"Weighing over a kilogram, these rats are some of the most spectacular rodents on Earth," says the Australian Museum biologist. "But they're like ghosts, rarely seen by scientists since they were first documented early last century."

Two species of the oversized rodent were captured on southern Bougainville, including one little-known type that is "data deficient," according to the International Union for Conservation of Nature.

"No scientist has really looked at this particular species and described its ecology," says Dr Lavery, modestly avoiding the term 'world first.'

The reclusive rats were measured, weighed and photographed, with

some small tissue samples taken for later DNA analysis.

Dr Lavery's team worked with Dr Jeffrey Noro, director of The Kainake Project, a community conservation group named after his home village on Bougainville.

The project identifies endangered species and vulnerable ecosystems in order to designate conservation areas and protect them from hunting, logging or other environmental disruptions.

Kainake villagers have been trained to conduct biological surveys as part of the project and proved invaluable in tracking down the rats.

Young people are also encouraged to join the project's conservation efforts and local school holidays freed up an extra source of enthusiastic rat catchers to support Dr Lavery's team.

"One huge benefit of working with locals is that they're more agile than I am," he says. "A young man named Francis was able to climb up high and hand-capture one of the giant rats dining in a tree nest. "Another rat was caught lower down while we were spotlighting one night."

Dr Lavery says the rodents have strong jaws and teeth sharp enough to crack nuts and strip coconuts. "However, you can hold them under the chin to avoid getting bitten."

Despite their size and strength, rat numbers have decreased dramatically in the past century. Camera traps left in the forest graphically show that the Kamare, as it's known locally, is no match for the large numbers of feral cats.

The expedition's findings are the latest contribution to research started about 100 years ago by the Reverend J.B. Poncelet from the Catholic Mission at Buin, in the south of Bougainville Island.

Dr Lavery has carried on the tradition by focusing on endangered mammals throughout Melanesia.







The Queensland biologist's previous expedition took him to Malaita, a biogeographically similar island to Bougainville, in the Solomon Archipelago. With its rich and diverse wildlife the region has been dubbed 'the Galapagos of the Western Pacific,' by the internationally acclaimed conservationist, Tim Flannery.

"Loss of habitat because of logging is endangering unique species," says Dr Lavery. "Villagers are pushing conservation efforts to protect the animals for future generations and we're working to help them."

His next mission in the region is to track down and capture other rarely seen creatures, including three species of monkey-faced bats — a unique mammal with prehistoric lineage, which now faces extinction.

"These bats are found nowhere else in the world," says Dr Lavery.

"They evolved in the Solomons and Bougainville to take on roles

that would elsewhere be occupied by animals such as monkeys or possums."

Searching for bats and rats is no walk in the park. Expeditions involve lugging heavy equipment up steep, slippery hillsides, tents flooded out by heavy rain, and more.

Dr Lavery's first field trip to the Solomons in 2010 was a real test of his commitment.

"We had to sit tight through an earthquake, with aftershocks that lasted through the night and the next morning. That made it quite interesting.

"But so little is known about Melanesia's mammals and so much work needs to be done. That's what keeps me going."





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The warm-up act is a fried chicken morsel, atop a rujak salad – a dish from West Java of fruit salad in a chili and palm sugar dressing that's sweet, spicy and crunchy.

"



Gabrielle Dunlevy samples the delights at the annual Ubud Food Festival in Indonesia.

delectable food that appears before me at the bar, I'm getting an education that means I'll never look at the spice rack in the same way again.

Ubud 'gastrobar' Spice by Chris Salens is hosting a special event, celebrating Indonesian spices with a selection of canapes and complementary cocktails.

It's part of the Ubud Food Festival, an annual event drawing foodies from around the region into Bali's cultural heartland for three days of new tastes and food for thought.

Tonight, chef Reynaldo de Luna II has a small audience seated around the bar, watching on as he bounces from end to end, enthusing about his favourite ingredients.

The warm-up act is a fried chicken morsel, atop a rujak salad – a dish from West Java of fruit salad in a chili and palm sugar dressing that's simul-taneously sweet, spicy and crunchy.

With it comes a lemongrass-infused, vodkabased cocktail to cool the palate.

The Spanish-Mexican chef tells us he's been in Indon-esia for four years, but he's still so

enthralled
by the local
produce you
would think he just
stepped off the plane.

The stars of tonight's courses are Indonesian staples: lemongrass, turmeric and nutmeg.

Chef de Luna darts to the other end of the bar, and the next plate appears — this time cubes of melt-in-the-mouth pork belly, on a vibrant yellow swirl of aromatic turmeric sauce.











Festival moments ... plenty to eat, masterclasses and long-table dinners are all part of the annual Ubud Food Festival.

Finally comes the crescendo of the event and the dish I've most been looking forward to — a nutmeg sorbet, served with a jam made with the fruit of the spice, and topped with crunchy kinari nuts.

The three-day food festival returns this year from May 12-14, with festival founder Janet DeNeefe planning to involve more producers of Indonesia's special ingredients, as well as those who master them in the kitchen.

"We will be searching high and low in Indonesia and the region for the food world's latest movers and shakers," she says.





#### A celebration of food

Past panel discussions have featured experts talking about how Indonesia, a nation of 250 million, can feed itself in a future with vanishing agricultural lands and climate change.

DeNeefe says educational events on sustainability and the slow food movement will continue, as well as the lively food demonstrations and the program of cocktail parties, banquets, picnics and markets.

I can't wait to return, because no matter how much I learn about Indonesian food, there's always something more to discover.

Three days in Ubud is not enough to eat it all, but it's certainly a wonderful entree.

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



On the menu ... delicacies of all sorts are served up during the three days of the festival.











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# Comfort items for the plane



#### **Travel pillow**

When inflated, the banana-shaped Travelrest Ultimate travel pillow tucks in above your shoulder and crosses your body. It clips at one end into a plane or car seatbelt holder, and has a string on the other to pull over your headrest

so it stays snug. Once you've reached your destination, it easily deflates into a compact roll which you can snap onto your suitcase or backpack handle. Choose from blue, red, grey or yellow. About PGK95; travelrest.net.



#### Headphones

A good pair of noise-cancelling headphones will help you zone out on any plane trip, no matter how many screaming babies are surrounding you. The Bluetooth wireless Plantronics BackBeat Pros have a sturdy, comfortable design and excellent battery life, with up to 24 hours of juice with Bluetooth and noise cancelling on, and up to 60 hours if used in wired mode. Bonus, they also come with a snazzy carrying pouch. *About PGK845*; plantronics.com.



#### Eye mask

The best thing about the lightweight, contoured Nidra Deep Rest eye mask has to be the deep eye cups that let you blink freely. Like a soft pair of goggles, they rest

on your face and give you more space for your eyes to flutter during REM sleep, which means they'll help you feel fresh and ready to go. About PGK38; amazon.com.



#### **Travel blanket**

Better quality than you'll find in most business or even first cabins, this cashmere cabled blanket from Maison Cashmere will keep you warm and make you feel pampered no matter what class you're flying. Available in a selection of subdued colours and looks terrific when used as a scarf . From about PGK688, maisoncashmere.com.









#### 9.7-inch iPad Pro

Travelling with an iPad not only means you'll be in complete control of your in-flight entertainment, but also that you can leave your laptop, camera, and even phone at home. This next generation mid-size iPad is small, slick and superfast, with an improved display and amazing camera and video capability. *About PGK2053; apple.com.* 



#### Jack Black grooming kit Sometimes you just need a little extra TLC on a long flight. So why

not pack this grooming kit by Jack Black (yep, the actor), which fits easily into your carry-on? It includes all-organic, fragrance and colourant-free facial cleanser and moisturiser with SPF 20, as well as two-in-one shampoo and conditioner and hair gel. *About PGK76; bergdorfgoodman.com.* 

#### Slipper socks

These wool-blend Acorn slipper socks are so comfortable you won't want to take them off

once you touch down. They have a memory-foam layer for extra cushioning, and leather sidewalls and outsoles that are durable enough to wear at a campsite (they were originally designed for camping), but are soft and warm enough to keep you comfy all flight long. *About PGK160; acorn.com.* 



#### Water bottle

Taking an empty water bottle that you get filled once you're on board means you can avoid buying environmentally unfriendly bottles or constantly asking for the teeny plastic cups as you fly. Square by Clean Bottle is a fantastic option — as the name suggests it's square so it can't roll off your tray table, and both the top and bottom come off so you can hand wash it easily. It's BPA-free, comes in a variety of colours and in stainless steel.

with optional flavor infuser and filter add-ons. *From about PGK38; cleanbottle.com.* 



#### **Sweat pants**

Slim cut with stylish white-zippered side pockets, you can wear these Calvin Klein track pants in any airport or lounge with pride, meaning you won't have to get changed once you get on the plane. The elasticated waist ensures you'll stay super comfortable. *About PGK605; calvinklein.com.* 





BY NINA KARNIKOWSKI

# Gadgets and travel accessories

#### Paperback notebook

Leather-bound travel journals are beautiful, sure, but if you're wanting to travel light this *Guide to Getting Lost* travel diary may be just the ticket. With a retro charm, along with 96 lined and plain pages to record your adventures on, it's a place where you can keep your musings, diary entries and holiday snaps all in one place. *About PGK39*; *gifts.co.uk*.



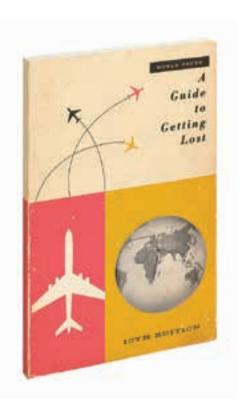
#### **Dirty duds carrier**

So you don't want to pay exorbitant hotel drycleaning prices, but you also don't want your dirty duds to odorise your suitcase, either. Enter the Genius Pack Carry-On Spinner suitcase. While it doesn't do your laundry for you, it does compress it to take up less room, expelling air through a valve integrated into one compartment of the luggage. Once you're home, all you have to do is pull the dirty laundry bag compartment out and throw it directly in the wash. *About PGK817*; *geniuspack.com*.



#### **Travel scooter**

For those travels close to home, the electric-powered Emicro One scooter might become your go-to runabout. It's motion controlled, meaning it knows when you're moving before its 500-watt motor kicks in to propel it up to 25kmh. The battery takes one hour to recharge, it weighs only 7.5 kilograms, and there are three modes: eco for a leisurely pace, standard, and sport for when you're hurrying. *About PGK3626; microscooters.com.au.* 





#### Lomo cinecam

Give your holiday home movies a hint of nostalgia with Lomo's analogue film camera, the Lomokino Movie Maker. Using 35mm film, a hand-crank and black leather casing, it lets you create artistic silent films. *About PGK222; amazon.com*.





#### **Smart umbrella**

A good umbrella (and by good we mean sturdy and able to properly protect you from the elements) is a non-negotiable when travelling. Australian brand Blunt has a range of tough, compact options, including the XS Metro + UV, which blocks 99.99 per cent of sunlight and more than 99 per cent of ultra-violet light. It also has a water repellent coating, so you can shake it dry in seconds before slipping it back into your suitcase. About PGK264; bluntumbrellas.com.au.



#### **Beach bats**

Take your beach paddle ball game to the next level with this deluxe Brazilian bat-and-ball set by Frescobol, handmade from Brazilian hardwood and polished to a lovely shiny finish. With a variety of handle colours, it's virtually guaranteed to get you some extra attention next time you're by the sea. About PGK582 for two; frescobolcarioca.com.

#### **Train reaction**

Anyone who's wheeled multiple suitcases around an airport or city knows how painful it can be — both emotionally and physically. The Train Reaction, which is basically a small flat rubber ladder with ends that snap shut, piggybacks your bags by strapping their handles together so they become one unit. *From about PGK48; trainreaction.com*.



#### Savvy soap

Ultra-portable, solid, natural and spill-proof, OneSoap hair and body wash can travel with you wherever you go. Just attach the suction cap to the wall of your hotel shower, turn it, twist it out a little, use it, then when you're done pull it off the wall using the flap. Because it's solid, you can carry it on board and it won't spill into your bag. Developed by a German pharmacist and doctor, OneSoap uses activated carbon to give it its glossy black colour, and oils to give it its juicy lime smell. *About PGK35; kickstarter.com*.



#### Clever camera

Proof that appearances can be deceiving, the retro-look Olympus OM-D E-M5 Mark II camera is actually a cutting-edge mirrorless camera with top-performing image stabilisation, HD video capability, speed, touch-screen capabilities, and a wide array of add-on lenses to fit the compact body. An easy-to-use camera, with loads of customisable settings. *About PGK2660; olympus.com.* 





#### Versatile hoodie

Designed by American TV host (Travel Channel, *National Geographic* and more) and expert traveller Zane Lamprey, the Adv3nture Hoodie includes nine pockets for items like your passport, sunnies and pen, including a neoprene pocket for a smartphone or a cool beverage. There are underarm vents and foldable hand warmers, and the whole thing can be converted into a travel pillow. Comes in a variety of colours, including grey with a red zipper, or black with a blue zipper. *From about PGK250, kickstarter.com*.



#### Fitness watch

With GPS and sleep tracking, heartrate monitoring and music all in one, the TomTom Spark is great for anyone who wants to keep track of their activity levels when they're on the road. It also uses Bluetooth to sync to wireless earphones. About PGK634; tomtom.com/spark.

BY GREG CLARKE



#### Fear (Text), by Dirk Kurbjuweit

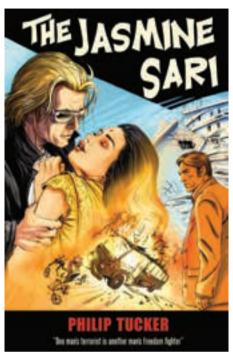
This is the first time Dirk Kurbjuweit, an acclaimed writer and journalist from Germany, has been published in English.

This psychological thriller, a bestseller in Germany, has been described as unsettling. Randolph Tiefenthaler appears to have it all. Happily married with two children, he is a father, husband and citizen.

But Randolph's father has just been arrested for the murder of Dieter Tiberius, the basement tenant who lived in the flat below the Tiefenthaler family.

Tiberius had recently accused Randolph and his wife of child abuse. With Randolph unwilling to defend his family, it seems his father was the one to act, killing Tiberius in an act of revenge. As we gain insight into Randolph's inner workings and his wavering conscience, Dieter's accusations may have triggered a crisis that was waiting to happen.

Some people may consider *Fear* a penetrating analysis of class politics and middle-class privilege in modern society. Indeed, Kurbjuweit may inspire readers to have a good think about family and society, violence and fear, middle-class privilege and the rule of law



# *The Jasmine Sari* (Troubador), by Philip Tucker

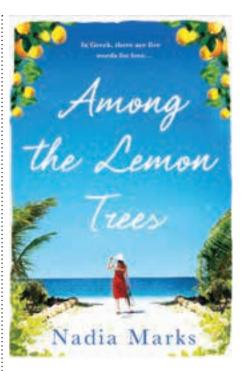
This fast paced thriller by a former counterterrorism officer explores terrorism, many of its complexities and some of the frailties of those who carry it out.

London anti-terror cop Alex Cadman is sent to Bangladesh to share his experience with local police officers. He thinks his days of working on actual terrorist investigations are long gone but during protests about anti-Muslim cartoons, Dhaka becomes an increasingly tense and dangerous place to be.

Cadman seeks haven in the Foreigners' Club, a place detached from the majority of the local population, However, in this ultimately toxic place he meets Jasmina, the Bangladeshi policewoman who beguiles him with charm and baffles him with forthright politics.

And in the luxurious club Cadman finds himself embroiled in an investigation. Can he identify the terrorists and their plot before tragedy strikes again?

The Jasmine Sari is Tucker's second novel; his first novel, An Englishman in Terror, was published in 2013.



#### Among the Lemon Trees (Pan Macmillan), by Nadia Marks

Nadia Marks was born in Cyprus, grew up in London and became a creative director on a number of leading British women's magazines. In this novel she has created Anna, a woman who thought her marriage as solid as the ancient olive and lemon groves in Greece, where this story is set.

Yet, a revelation from Anna's husband just before their wedding anniversary shakes her world. Uncertain of the future, Anna takes up an offer from her widowed father to spend the summer on the small Aegean island of his birth.

There, the chance discovery of letters in her aunt's house unleashes family secrets that have been hidden for 60 years.

These paper treasures partly document a tumultuous family history, beginning in Greece at the beginning of the 20th century and ending in Naples at the close of World War 2.

While confronting the family truths, Anna begins to understand that if she is ever to heal the present, she must first understand the past.



# TIME FOR AN EXPORT.

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EXPORT





BY GREG CLARKE



#### Resident Evil: The Final Chapter

This science fiction/action-horror film franchise must have planeloads of followers, for this is the sixth (and final) movie.

The movies star Milla Jovovich, Ali Larter, Ruby Rose and South Korean actor, model and singer, Lee Joon-gi.

In this film Jovovich — a Ukrainian-born cover girl, singer and actor — plays Alice (pictured), a secret agent who joins forces with old friends, and an unlikely ally, in a battle with mutant monsters and undead hordes

This, Alice's most difficult adventure, is complicated by betrayal and Alice and her friends' fight to save humanity may not go according to the plan, expectations, or even the script fans of the *Resident Evil* series may be expecting.



#### Silence

It has reportedly been a long-held ambition of Martin Scorsese to direct *Silence*, a dramatic adaptation of Japanese writer Shusaku Endo's much-analysed novel about 17th-century Jesuits who risked their lives to bring Christianity to Japan.

In 1640 a young, idealistic Portuguese priest, Sebastian Rodrigues, sets sail for Japan determined to help the brutally oppressed Christians there. But undertaking God's work is not the sole reason for Rodrigues' quest.

The priest is also desperate to discover the truth about his missing former mentor, a man who is rumoured to have renounced his faith under torture.

As Rodrigues' journey takes him deeper into Japan and then into the hands of those who would crush his faith, he finds himself forced to make an impossible choice: whether to abandon his fellow Christians or his God.

Andrew Garfield, Peter Parker in *The Amazing Spider-man*, plays Rodrigues. *Silence* also stars Liam Neeson (pictured) and Adam Driver, who plays Kylo Ren in some of the *Star Wars* movies.



#### Lion

Adapted from the novel *A Long Way Home* by Saroo Brierly, this true story opens with five-year-old Saroo alone and travelling on the wrong train away from his home in northern India.

Saroo ends up thousands of miles away in chaotic and mesmerising Kolkata. Somehow he survives living on the streets, dodges all sorts of terror, and ends up in an orphanage. From there an Australian couple adopts him.

While growing up in the Australian state of Tasmania, Saroo finds safety and love. He buries his past and his hope of ever finding his lost birth mother and his brother so as not to hurt his adoptive parents' feelings.

Then as a young adult, Saroo meets some fellow Indians who reawaken his secret yearnings. With a small store of memories, and the help of some newly developed satellite-imaging technology, Saroo returns to India — in the land of a billion people he plans to search out his lost family.

Dev Patel (pictured) from *Slumdog Millionaire* plays the adult Saroo. *Lion* also stars Nicole Kidman (Saroo's Australian mother) and Indian actor and model Priyanka Bose.

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



# THE NEW WAY TO FLY



#### **STRICTLY BUSINESS**

from www.businessadvantagepng.com



# Sweet success looms for PNG cocoa

An international delegation of high-end cocoa buyers has toured PNG, liking what they see. *Ben Packham* reports.

alifornian chocolate maker Brad Kintzer plunges his hands into a box of half-fermented cocoa beans, groping around in the hot, sticky mess. There's a smell in the air that's thick and sweet, with just a hint of vinegar.

He doesn't need to have his hands in there; he just wants to get closer to the beans. He wants to see and experience everything about the cocoa that he'll take home to his San Francisco factory to transform into luxury, single-origin chocolate.

Kintzer is on Papua New Guinea's Karkar Island, about 30 kilometres offshore from Madang Province, with a group of international cocoa buyers searching for reliable supplies of top-quality beans.

The cocoa trees here grow under slender coconut palms, set against the blue—green waters of the Bismark Sea.

Welshman Martyn O'Dare rushes about trying to photograph the scene, which seems to provide the perfect marketing image for his new business – Islands Chocolate and Cocoa.

But the view is too vast and the coconut trees too tall to capture everything in a single frame.

Also on the tour are Belgian cocoa buyer
Mathieu Bours and his client Raoul Boulanger,
an award-winning French chocolate maker.

The group is in PNG with the Pacific Horticultural and Agricultural Market Access Program; an Australian Government initiative to help Pacific nations maximise their export opportunities.

PNG cocoa sells at about market price. But the group says it's comparable to Madagascan cocoa, which commands a premium of \$US800—\$900 a tonne.

"Right now I would say that PNG cocoa has the potential to be some of best cocoa in the world, hands down," Kintzer says.



PNG cocoa has the potential to be some of best cocoa in the world, hands down.

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"It tends to have a lot of note of cherries, of almonds, of a lot of different sour tropical fruit notes. It's really remarkable the diversity (of flavour) in PNG as well."

Bours, whose company Le Cercle du Cacao sources beans for top European chocolate makers, is also impressed.



"We've had cocoa with nuts; we've had cocoa with really sour fruits; we've had cocoa with orange, which is something I've never had before," he says of the flavours found in PNG cocoa. "We've had cooked fruits, like cooked pear — it's really, really good."

Cocoa is one of PNG's most important cash crops, supporting an estimated 500,000 families.

Production was devastated by the arrival of cocoa pod borer in East New Britain in 2006. It spread around the country in subsequent years and destroyed 90 per cent of the cocoa crop in some areas. But the arrival of new cocoa clones has helped farmers get back on their feet.

Concerns remain among some specialty buyers about 'smoky' or 'hammy' flavours that are often associated with PNG beans, caused by leaky wood-fired dryers or poorly managed fermentation.

But the group is confident that by working directly with farmers, exporters and the PNG Cocoa Board, it can source consistently high-quality PNG beans.

"They seem really open-minded and open to discovering new ways of doing the cocoa," Bours says.

"And that will help us to work together towards a great cocoa, because they have



In hand ... freshly opened cocoa.



Buyers and farmers ... the international delegation meets with cocoa growers at Transgogol in Madang province.

the whole potential here and with a bit of work that potential will become real and we can have a great cocoa in the end."

The buyer group visits Karkar Island's historic plantations, and meets smallholder farmers in Madang, Morobe and Bougainville.

Morobe Province's Lower Watut Cooperative has already earned a reputation for producing high-quality cocoa beans; chocolate made from the cooperative's cocoa won a coveted award at last year's Salon du Chocolat in Paris.

But its farmers are keen to learn everything they can from the group so they can produce cocoa to suit the buyers' requirements.

"What we really want is to work with the chocolate makers," Lower Watut Cooperative manager Sofin Matakhu says. "They can help us to improve our quality so we can meet their market. And if they can buy cocoa from us that would really help our farmers."

For the growers, it often means more work. They need to minimise or eliminate the use of chemicals, and pay closer attention to the fermenting and drying processes. But there's a clear reward for that extra effort.

Kintzer's Tcho brand chocolate sells for \$US15 for 100 grams. His clients include Silicon Valley tech giant Google, which gives the bars to its workers as treats.

"I'm happy to pay a much higher price for cocoa as long as the quality is great,"

Kintzer says. "And I can do that because my consumer is happy to pay more for their chocolate bar."

Consumers of single-origin chocolate are like wine connoisseurs, he says. They're looking for fine flavours that have their

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









Cocoa quest ... Brad Kintz getting his hands dirty (above); members of the international delegation Raoul Boulanger, Mathieu Bours and Kintz (right).

origin in the genetics of the crop, the soil where it is grown, and the way in which it is farmed and processed. But it's not only about taste. Consumers also want to feel a connection to the people who grow the cocoa.

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"The speciality chocolate buyer — most of what drives them is a curiosity," Kintzer says. "It's a curiosity about finding new flavours, and learning about chocolate in ways that they never knew about; whether that be the flavour profiles or the stories of where the cocoa is coming from, it's all part of the experience."

Cocoa is one of PNG's most important cash crops, supporting an estimated 500.000 families.

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O'Dare, who's been making chocolate for 35 years, is banking on this instinct.

"In my new company, we will be marketing PNG cocoa as the new flavour on the block," he says. "We all know about cocoa from South America, Venezuela, Dominican Republic, Peru. But we don't know much about Far Eastern cocoa; from here, the Solomon Islands, and Vanuatu. Papua New Guinea has such a potential. It's a big grower and can get bigger."

The buyers arrange for cocoa samples to be sent to them, to make test batches of single-origin chocolate from each of the locations they visit. It's a process that will help to guide their ongoing discussions with growers.

Not all PNG cocoa farmers will be able to produce the premium beans demanded by these high-end buyers. But it's hoped that by building the country's reputation as a fine flavour cocoa producer, it will lift returns for PNG cocoa farms across the board.

"We are the trend setters,"
Bours says. "If you have these
luxury brands branding PNG as
fine cocoa, full of flavour, you'll
have this mass market which will
try to follow and hopefully buy
volumes of the cocoa."





# INTEGRATED CONSTRUCTION AND PROJECT SOLUTIONS FOR PNG



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# Melanesian oceans valued at PGK176 trillion

A World Wildlife Fund report into the seas around Melanesia has calculated that its gross marine product equals the combined economies of Fiji and the Solomon Islands. *David James* reports.

elanesia's ocean assets are worth a minimum \$US548 billion (PGK1.736 trillion), according to the World Wildlife Fund (WWF). The WWF assesses the economic value by aggregating the primary assets of the ocean: marine fisheries, mangroves, coral reefs and seagrass. It then adds adjacent or ancillary

assets: productive coastlines (focused on tourism) and carbon absorption.

The report estimates that the annual 'gross marine product' of the Melanesian region (an equivalent of a country's annual gross domestic product) is worth at least \$US5.4 billion (PGK17.1 billion).

This makes it the third-largest 'economy' in the region.

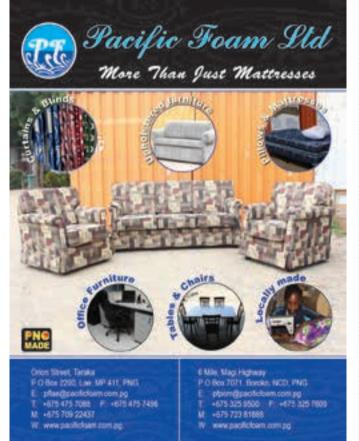
"The ocean can be seen as a 'shared wealth fund', with the principal capital of the Melanesian region being eroded at a rate that undermines the ocean's value for current and future generations," the report warns.

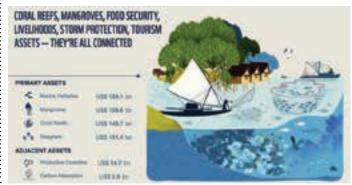
"It is time to reset the agenda before this ocean capital base collapses," the report says. "The good news is that rapid action on a number of key issues will deliver benefits for ocean systems and the people who depend on them.

"Some of the benefits could be reinstated in a relatively short period of time."

The report lists essential actions to protect the ocean assets. They include creating roadmaps and spatial planning and eco-system based approaches to resource-based management.

The report says the actual value may be considerably higher than indicated by the economic statistics. It says fishing helps people maintain a stable source of income independent of market uncertainty, and "is an important factor in social cohesion".







It notes that fishing requires very little initial investment and training and it cannot easily be substituted by other sources of income or food

"The value that local communities attribute to money, and its function in life, differs widely from common economic assumptions.

"For example, island societies assign value to items that lack exchange equivalents, or relative prices, and which therefore are difficult to include in a classical economic evaluation."

#### TUNA WARNING

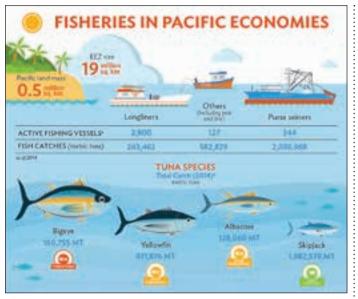
Meanwhile, a recent report by the Asian Development Bank (ADB) says catch rates of some varieties of tuna would have to fall by over half to remain sustainable. The report adds that increasing productivity in the fisheries sector "could help boost jobs" in PNG.

According to the ADB, the annual tuna fisheries catch in the western and central Pacific Ocean averaged 2.7 million metric tons, valued at \$US6.1 billion (PGK19.3 billion) over 2011–15.

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Fishing requires very little initial investment and training and it cannot easily be substituted by other sources of income or food.

"



Of this, around 1.6 million metric tonnes, worth \$US3.1 billion (PGK9.8 billion), was taken in exclusive economic zones (EEZs) of the Pacific Island Forum Fisheries Agency (FFA) members.

One area of particular concern is albacore, a type of tuna. "For a number of years, Pacific fisheries ministers have called for urgent action to address the depletion of the South Pacific albacore stock, which makes up around 55–60 per cent of the catch taken in the southern long line fishery," the report says.

"Despite efforts to implement tighter management through the Western and Central Pacific Fisheries Commission (WPCFC), efforts in the southern longline fishery has continued to grow, depleting stocks of albacore tuna such that catch rates are often below economically viable levels for many pacific island domestic vessels.

"Since 2011, persistently low catch rates have resulted in poor economic conditions for the southern longline fishery and

forced Pacific Island vessels to tie up for extended periods, or to exit the fishery. "While the albacore stock is currently biologically healthy, if recent effort levels are maintained the size of the stock will continue to decline as will catch rates."

The ADB report says declining catch rates reduce the viability of domestic fleets, and the ability of Pacific Island countries to levy access fees on foreign vessels.

"If vessels can easily shift their fishing activity elsewhere, or the rights created are freely available to any vessel that seeks them, the system will fail," the report says.

It argues that to make a rights based system work there needs to be "a high level of regional cooperation and shared policy development".



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Anitua is the largest and most successful company in PNG that is wholly owned by local people. *Kevin McQuillan* meets the new chief executive officer, John Gethin-Jones.

riginally set up in 1989 for the people of Lihir Island, in New Ireland, to participate in the Lihir Gold project, Anitua's portfolio includes 16 subsidiaries and employs 3500 people in 30 locations in PNG and Australia.

In doing so, it has become an exemplary company in managing tribal complexities.

Its founding CEO, Colin Vale, ran Anitua until late last year, "taking it from a bunch of companies all working individually, with no synergies or group direction, to what is now considered the most successful landowner company in PNG", says new CEO, John Gethin-Jones.

Gethin-Jones was, for the past five years, the managing director of Anitua's largest subsidiary, catering and camp management company, NCS Holdings. He says there will be no immediate change of direction.

"We are still focused on achieving the 'Lihir Destiny', of being non-reliant on mining activities on Lihir, to ensure the future of all Lihirians."

While the ROI (rate of return) is a key indicator of the company's performance, business excellence principles play a large part in Anitua's planning process, he says.

"As a group, we keep a close watch on cash flow, margins, profitability – delivering value to our shareholders."

With a finance and investment background, Gethin-Jones will focus on ROI as he reviews the financials of current companies within the group and potential business opportunities.



The board of Anitua is made up of one representative from each of the six main clans on Lihir Island.

"We consistently review our market place, our competitive environment and our own competencies. We use a number of matrixes to assess new business opportunities and determine top priority opportunities.

"Most importantly, we constantly review our plans, reviewing the external environment and amending our strategic plans to suit."

The board of Anitua is made up of one representative from each of the six main clans on Lihir Island. It is an active board, says Gethin-Jones.

"They are involved in assessing new business opportunities and reviewing current businesses."

66

Our senior managers are all culturally sensitive and experienced in managing and delivering on landowner expectations.

99

Anitua has three-year strategic and business improvement plans for each of its 16 businesses, all sitting under a master three-year strategic plan

for the group.

Gethin-Jones admits managing landowners and their expectations can sometimes be 'tricky'.

"However, it is something that we, as a group, pride

Anitua CEO ... John Gethin-Jones.



On the front line ... an Anitua concreting gang at work (left); the NCS team at Lihir Island (above).

ourselves on. Our senior managers are all culturally sensitive and experienced in managing and delivering on landowner expectations.

"Colin Vale is exceptional in his ability to work well with landowners, and it is something that I hope to be able to replicate," he says

"The other area in which we probably lead the country in, is our success at partnering with other landowner groups on commercial terms. NCS, our camp and catering company, has developed a number of highly

successful JVs (joint ventures) with small landowner companies, enabling them

to participate in local resource projects.

"We share our expertise to benefit landowner groups across the country, including at Ramu Nickel and Hidden Valley.

"It sounds cliched, but staff really are our most important asset," Gethin-Jones says. Fifty per cent of

staff at NCS are women, who receive extensive in-house training, complemented by externally provided training programs."

A founding member of the BCFW (Business Coalition for Women), Anitua has used its 'Women in Leadership' training program to develop staff to positions such as group HR manager.

Gethin-Jones regards other landowner groups and multi-nationals as competitors.

"Being a landowner company doesn't affect the way in which we view our competitors. We respect them and ensure we know our competitors as well as we can, with a view to obtaining our own competitive advantages in each of our companies."

Gethin-Jones admits the downturn in the PNG economy, in particular the resources sector, has made things tougher for the group.

"We have had to focus on costs and cash flow. I find that hard times sometimes bring out the best in an organisation. You have to be more creative, be disruptive in your thinking and look for new niches, look for new business opportunities.

"We have been heavily reliant on contracts with resources companies, but we have strategies in play to ensure that our reliance on the resources sector is not as strong in the medium to longer term. We have a

#### People power

focus on some new industries, which have high-growth opportunities.

"The next stage of development will see Anitua enter new market segments," he says.

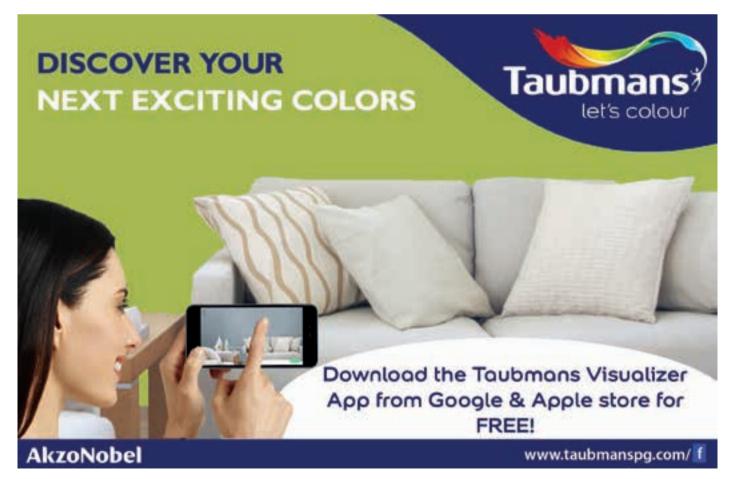
"We will still be heavily involved in providing a range of services to new resource projects, such as Frieda River and Wafi, and to continue to grow the group and achieve the 'Lihir Destiny' of self-reliance before mine closure.

"We are also looking closely at the opportunities on Bougainville. A number of our companies have already been working there and we feel that there are definitely synergies with being involved there on a greater scale."

Gethin-Jones believes the PNG government needs to focus on non-resource sectors, to help grow sectors such as tourism and agriculture, and to focus on exporting goods that aren't from the resources sector.



Of the land ... Anitua farm employees.

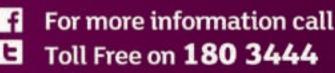






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#### Credit given, where it's due

apua New Guinea has risen 14 places in the World Bank's annual Ease of Doing Business report.

The report has singled out a new private credit bureau as having improved the credit information system in PNG.

Bruce Mackinlay, managing director of the Credit & Data Bureau, says that the organisation is improving the country's transparency and accountability.

Mackinlay says the number of transactions being covered by the bureau has grown sharply. "We had a quiet start: 2009 was our first full year, and in that year we did about 4300 transactions. Now we are averaging about 16,000 a month.

"It is a bit hard to estimate how our members (PNG's lenders, such as banks) benefit from the credit history check when they decline a loan because of that, but anecdotally we know our members avoid a lot of issues when they don't take on customers who have a poor credit history.

"We do have an accurate measurement of how much our members have recovered through listing their defaulters on the database — it's now over PGK203 million since we commenced."

Mackinlay says the bureau's credit reporting at the moment is only on defaults or failed payments, but there is an intention to expand.

"We haven't got to the stage where we have moved into positive reporting: details where people are paying off their loans with no problems at all.

"That is probably going to happen in the next 12 to 18 months. We will be working

with members and our software providers."

Mackinlay says the bureau has more than 290,000 consumer records and 21,000 company records.

Mackinlay was seconded to the Bureau after retiring as a school principal, having taught for 40 years in PNG.

He says the availability of credit histories is making for much greater transparency and accountability in financial dealings.

"If you are a company or an individual with a poor credit history then life is difficult and your records are going to reflect that. If you are a company that has never had an issue and you are a borrower, it is a positive. If there is no adverse information that makes it a lot easier for the borrower."

—KEVIN McQUILLAN





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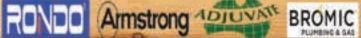












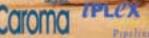




















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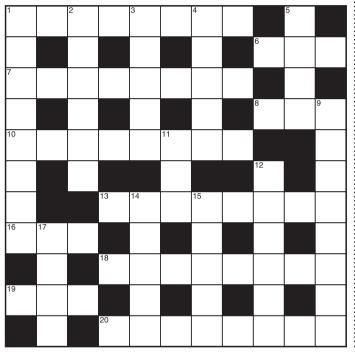
Sec 34 , Lot 14 , Klinki Street , Waigani , Port Moresby , Papua New Guinea

#### BRAIN CYM

QUIZ, PUZZLES, CROSSWORD

#### DoubleTake

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



#### Sudoku

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

Rating: ★ ☆ ☆ ☆									
	1					2	9		
8			6	2			5		
		9		1	7		4	6	
		5			1		7	2	
			4	5	8				
1	9		2			4			
9	2		1	4		5			
	8			9	2			7	
	6	1					2		

#### **CRYPTIC CLUES**

#### **ACROSS**

- 1. Depict in words how Ed turned on writer (8)
- 6. Shot in Punjab (3)
- 7. Highlander? Most got mixed up in scan (8)
- 8. Jewel that can create green eyed monster, at first (3)
- 10. Naughty child and donkeys in blind alleys (8)
- 13. Rambling tale about one cadet (8)
- 16. Prophet known as eel? I say! (3)
- 18. Send out tin trams (8)
- 19. Sensitivity to music in your heart (3)
- 20. Thinks calmly about what a mirror does (8)

#### **DOWN**

- 1. Discipline lost in follower of doctrines (8)
- 2. Shovels news stories? (6)
- 3. Pauses give musicians a break (5)
- 4. Offhand around sable (5)
- 5. Alleviate the vowels for referee (4)
- 9. Memo sent out with reminders of the past (8)
- 11. A litigious woman? (3)
- 12. Head of state in comic? That's great! (6)
- 14. Courage shown when dentist hits one (5)
- 15. Is Al able to make waterway? (5)
- 17. Heard lyre has stories to tell (4)

#### STRAIGHT CLUES

#### **ACROSS**

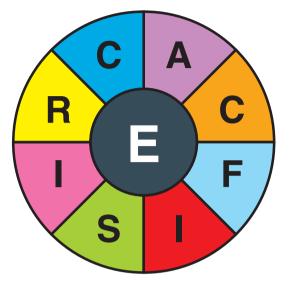
- 1. Give account of (8)
- 6. Swift punch (3)
- 7. London/Edinburgh rail express, Flying ... (8)
- 8. Diamond or ruby (3)
- 10. Dead ends (8)
- 13. Personal reminiscence (8)
- 16. Actor, ... Wallach (3)
- 18. Broadcast (8)
- 19. Head of wheat (3)
- 20. Ponders (8)

#### **DOWN**

- 1. Apostle (8)
- 2. Serves of ice cream (6)
- 3. Relaxes (5)
- 4. Unenthusiastic (5)
- 5. Edgy, ill at ... (4)
- 9. Keepsakes (8)
- 11. Prosecute (3)
- 12. Intergalactic (6)
- 14. Skin sensor (5)
- 15. The Suez ... (5)
- 17. Untruthful person (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.

12 Good	20 Very Good	24+ Excellent	

# The Paradise Quiz

- 1. In which province of Papua New Guinea would you find Lake Murray?
- 2. Who is PNG's Governor-General?
- 3. What is a kundu?
- 4. Which city is further north: Lae, Madang or Rabaul?
- 5. What does the acronym 'FSM' stand for?
- 6. What is the capital of Tahiti?
- 7. *Adobo* is the most popular dish in which country? What is it?
- 8. Why is Shibuya Crossing best known?
- 9. Where are you if you're landing at the airport coded 'DPS'?
- 10. Australian singer Dami Im was a big hit at the 2016 Eurovision song contest. Where was she born?

- 11. What is the name of the active volcano on Vanuatu's Tanna Island?
- 12. The 2018 Winter Olympics will be in Pyeongchang in South Korea. Name two other east Asian cities to have hosted the Games
- 13. Which number is regarded as the luckiest in Chinese culture?
- 14. What is Sina Weibo?
- 15. Where in the world would you find this iconic hotel (pictured)?



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#### Solutions

#### Wheel Words

Solution: Acre, Cafe, Care, Case, Face, Fare, Fear, Fire, Race, Rice, Rife, Rise, Safe, Sear, Serf, Sire, Afire, Arise, Facer, Farce, Icier, Raise, Safer, Scare, Serif, Scarce.

9-letter word: SACRIFICE

D	Е	S	С	R	I	В	Е		Е	
П		С		Е		L		J	Α	В
S	С	0	Т	S	М	Α	Ν		S	
С		0		Т		S		G	Е	М
1	М	Р	Α	S	S	Е	S			Е
Р		S			U			С		М
L			Α	Ν	Е	С	D	0	Т	Е
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	R		R	Ε	F	L	Ε	С	Т	S

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

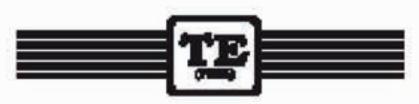
#### The Paradise quiz answers

1. Western Province. 2. Sir Michael Ogio. 3. A traditional PNG drum. 4. Rabaul. 5. Federated States of Micronesia. (Air Niugini has started flying there.) 6. Papeete. 7. Philippines. Pork or chicken in a sauce that includes vinegar, garlic, bay leaf, peppercorns and soy sauce. 8. The Tokyo intersection is said to be the busiest in the world. 9. Denpasar (Bali) in Indonesia. 10. South Korea. 11. Mount Yasur. 12. Sapporo (1972) and Nagano (1998) in Japan. 13. Eight. 14. One of the biggest social media platforms in China. 15. Singapore. It's the Marina Bay Sands Hotel.

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#### **ARRIVALS LOUNCE**

PAPUA NEW GUINEA VISITOR GUIDE

# Out and about

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



#### CLIMATE

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

#### **COMMUNICATIONS**

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

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

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

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

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

#### **ELECTRICITY**

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

#### **GETTING AROUND**

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

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

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

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

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

#### **HFAITH**

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

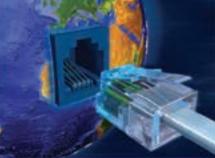
Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should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

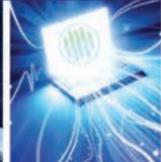


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be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See airways.com.pg.

**Aviat Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stirfries, 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 airconditioned bar. See aviat.com.pg.

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

**Crowne Plaza Hotel:** There are multiple eating options at Crowne. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few

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

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

#### **Duffy Cafe, Gabaka Street:**

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

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

**Fusion:** This is one of the newer restaurants in the city and always seems to be doing great business. It's Asian with a fusion of flavours from China, Thailand and Vietnam. Takeaway available.

#### **Grand Papuan Brasserie:**

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

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

#### **Royal Papua Yacht Club:**

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

**Seoul House:** This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Seoul House

is tucked away in a garden oasis compound in Five Mile. Tel +675 325 2231.

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

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

#### HOTELS

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

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

#### **Ela Beach Hotel and**

**Apartments:** On the fringe of the CDB, this constantly expanding hotel/apartment complex is ➤









# APPROACHING 100 YEARS OF INVESTMENT IN PNG

PROPERTY, COMMERCIAL AND LOGISTICS



- PROPERTY
- · Coral Sea Hotels
- · Pacific Palms Property



- COMMERCIAL
- Laga Industries
- · Colgate Palmolive (PNG)



- LOGISTICS
- · Consort · Pacific Towing
- Transport and Port Services

part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See coralseahotels. com.pg.

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

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

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

**Laguna Hotel:** The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi

and free buffet breakfast. See lagunahotelpng.com.
Tel +675 323 9333.

**Lamana Hotel:** In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See lamanahotel.com.pg. Tel +675 323 2333.

Stanley Hotel and Suites: Port Moresby's newest hotel (opened in July, 2016) is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge.

Connected to Vision City Mega Mall. See thestanleypng.com.

Tel. + 675 302 8888.

## EATING, DRINKING, SOCIALISING IN LAE

#### **Bunga Raya Restaurant:**

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

**Chigi's Cafe:** A delightful place inside the temporary Brian Bell store near the Lae main markets. Serves good coffee, milkshakes,

sandwiches, cakes and salads. Tel. +675 7217 1966.

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

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

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

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

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



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

#### **Mountain View Restaurant:**

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



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#### HOTELS

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

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

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

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

Melanesian Hotel: An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is

available on site, as well as a contemporary restaurant offering everything from pizza and steak to Asian and roast buffets.
See coralseahotels.com.pg.
Tel. +675 472 3744.

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

#### FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can now connect to free Wi-Fi. The National Airports Corporation (NAC) announced the development last year.

To connect, users need to present a boarding pass and ID,

or passport, at the NAC information desk in the departure lounge where they will receive a username and password.

#### HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com

PNG Tourism Promotion Authority, papuanewquinea.travel

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



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#### TWO-MINUTE CUIDE TO TOK PISIN WORDS/PHRASES

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

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

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

Wanem hap bai mi senisim moni bilong mi?

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

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

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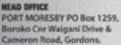












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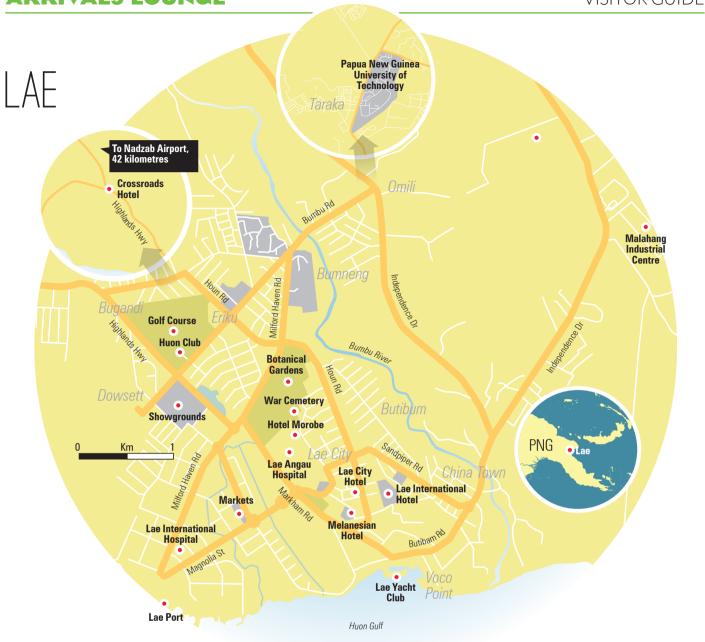


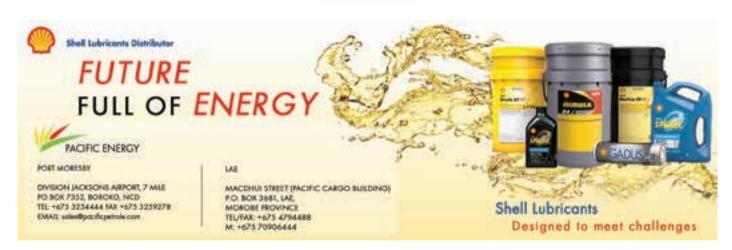
















# "when I see dark clouds gathering, I know there's a long night ahead."

Whether you're moving products or people across the ocean or just along the coast, keeping them safe is a top priority. However, in today's world, planning for the unexpected can be challenging. That's when QBE can deliver. With our expertise, we help you manage your risks, giving you the confidence to achieve your goals and ambillions. We also understand the complex challenges as well as the opportunities in this diverse region. So whether it's marine cargo, huil and machinery, liability or protection and indemnity risks, we focus on providing the marine insurance solutions that best suit your specific needs:





#### Enjoy our Bird of Paradise in-flight service

#### Please ask us

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

#### Hand luggage

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

#### Takeoff and landing

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

#### Safety first

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

#### Electronic equipment

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

#### Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

#### Smoking

Smoking is not permitted on any Air Niugini flight.

#### Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

#### Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

#### Cuisine

Our in-flight\* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

#### In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

#### Immigration and Customs Forms

During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

#### Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



#### Air Niugini fleet



#### B767-300ER - Boeing

Length: 5894/n Wing span: 4757/m Bange: 8100km Cruising speed: 8578ph Power plant: 2x PW4000 Normal altitude: 11000-12000m Standard seating capacity: 188 Business class: 28 Economy class: 160 Number of aircraft in fleet: 2



#### B737-700 - Boeing

Length: 33.6m Wing span: 35.79m Range: 63.70km Cruising speed: 833lph Power plant: 2x CFM56-7822 Normal altitude: (1300m) Standard seating capacity: (176 Business class: 127 Economy class: (104 Number of alectaft in fleet: )



#### F70 - Fokker

Length: 30,97m Wing span: 28,00m Range: 3410km Cruiting speed: 7434ph Power plant: 2x flois Rigue Rig 426-13 beto-lai engon Normal altitude: /1000m Standard soating capacity: 76 Business class: 6 Economy class: 70 Number of aircraft in fleet: /



#### Falcon 900EX - Dassault

Length: 20,21m Wing spare 19,33m Range: 4500m Cruiting speed: 650mph

Power plant: J # Honeywell TEE 33 Maximum altitude: \$1000% Standard seating capacity: 12 Number of aircraft in fleet: 3

#### 8737-800 - Boeing

Length: 395m Wing space 35,79m Range: 8100km Crusing speed: 857kph Power plant: 2 × CTMS6 - 7826

Normal altitude: 11300m Standard seating capacity: 144 Business class: 16 Economy class: 128 Number of aircraft in fleet: 2



#### F100 - Fokker

Length: 35.528m Wing spare: 28.076m Range: 3000km Crueling speed: 780kph Power plant: 2 x Rolls Rayor Tay 650.

Normal altitude: 1/000m Standard seating capacity: 101 Business class: 8 Economy class: 93 Number of aircraft in fleet: 7



#### DASH 8-Q400 NextGen - Bombardier

Length: 328m Wing sport: 28.4m Range: 3000km Cruining speed: 670kph Power plant: 2×Prut & Whitney PW/50 A. Normal altitude: 7500n Standard seating capacity; 24 Number of aircraft in fleet: 6

#### LinkPNG Fleet



#### DASH 8-Q315 - Bombardier.

Length: 25.7m Wing span: 34.4m Range 1700im Cruising speed: 510iph Power plant: 2 x Prot & Whitney PW123E Normal altitude: 7500m Standard seating capacity: 50 Number of aircraft in fleet: 4



#### DHC-8-202 - Bombardier

Length: 2225m Wing span: 25,89m Range: 1800km Cruising speed: 550kph Power plant: 2xPutt &Whitney PW123D Normal altitude: 7600m Standard seeting capacity: 36 Number of aircraft in fleet: 3

# 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.

#### Rinod Circulation/Muscle Relayation

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
- Fersonal 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
- Cestrogen 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.

#### Jeffact

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 imitate 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 acts as diuretics, increasing the body's dehydration.

#### Cahin 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

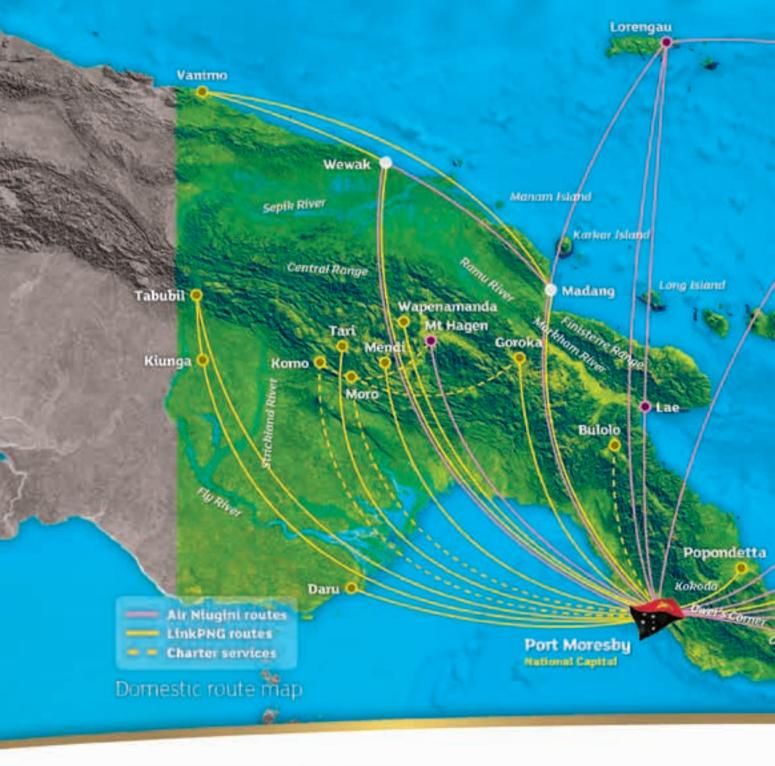
- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning.
   These actions help open your eustachlan tubes, equalizing pressure between your ear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

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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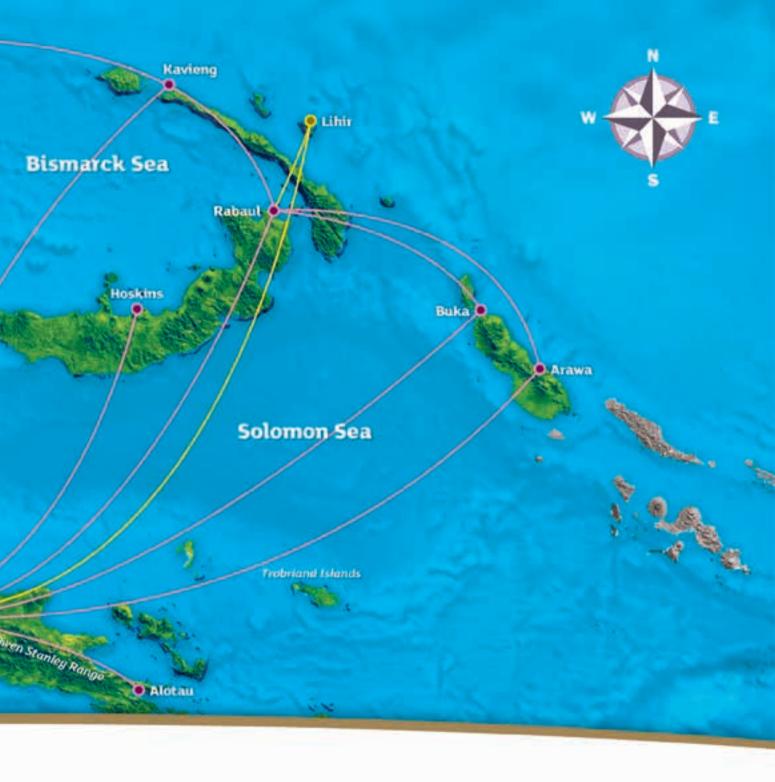
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#### Air Niugini International Offices

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World Aviation Systems Tel: (61 8) 9229 9370 Email: leigh.cathcart@worldaviations.com.au

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Sri Lanka

Jetwing Air Tel: (94) 114732400 Email: airniugini@jetwing.lk

Suva, Fiji Discount Flight Centre Tel: (679) 331 7870 Fax: (679) 331 7873 Shop #5, Sabrina Building Victoria Parade Suva, Fiji

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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.



#### About Booking page

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.



#### A STATE OF THE PARTY OF THE PAR

Lift log with knee best while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



#### MARKET BOSE BOOK

Frunch shoulders forward, then upward. then backward, then downward using a gentle cloular motion.



#### ARM CURE

Start with arms held high at 90° angleelbows down, hands out in front. Raise hands up to chest and back down alternating arm and back down and back down alternating arm 30° second internals.



#### WARRENCE COMPANY

Bend forward slightly. Clasp hands around left knee and hug is to your chest, thold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



#### EDEWARD S EV

With both feet on the floor and stomach held in slowly, bend floorward to walk your hands down the floor of your legs sowards your ankles. Hold stretch for 15 seconds and slowly int back up.



#### ENTHUGAS STREET,

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 stratch for 15 seconds.

Repeat other side.



#### MICHIGAN DORSTHER IN

Reach right hand over left shoulder. Place left hand behind right ellows and genely pass elbows towards shoulder, Hold stretch for 15 seconds. Repeat other side.



#### NEWS ROLL

With shoulders related, drop our to shoulder and gently self neck forward and to the other side, houlding each position about 5 seconds. Repeat 5 times.



#### DOOR PURES

Foot motion is in three stages. 1.-Start with both hirels on the floor

1. Start with both heels on the floor and point first upwords as high as you can





3. Liftheeti high, keeping bulls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.



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