

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 3 MAY-JUNE 2017

# PARADISE

A woman in traditional PNG attire, including a large feathered headdress and body paint, is shown in profile. She is holding a small bird in her hand. The background is a lush green jungle.

## JUNGLE JAUNT

A journey into the heart of PNG

### 75 YEARS ON

All set for the Kokoda anniversary

### NEW KIDS ON THE BLOCK

Latest hotel openings on Air Niugini routes

### LAE PHOTO ESSAY

PNG's second-largest city in pictures

PLUS: ■ PNG SURFING CHAMPIONSHIPS ■ SCIENTIST TIM FLANNERY ■ SOUTH PACIFIC FASHION



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# IN PARADISE

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Cover photo: A bird in the hand ... an Avi villager in the Wahgi Valley, near Mount Hagen, has a close encounter with a bird of paradise. The region is included in 'Jungle Jaunt', our story starting on page 22. PICTURE: CHRIS McLENNAN



# PARADISE



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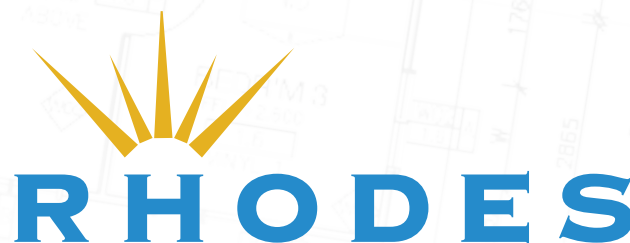
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# Message from the Chairman

## Welcome aboard



The direct air service between Port Moresby and Townsville, which started on March 31, was marked with the warmest welcome possible in Australia's Tropical North.

I thank the mayor of Townsville, Jenny Hill, her council, Townsville Airport, Townsville Enterprise, the *Townsville Bulletin* newspaper, the business community, YWAM, and the significant number of citizens drawn from the large

'ex-PNG' community in Townsville, and North Queensland generally.

I also thank the Air Niugini management team, and our in-flight and ground staff, who worked in co-operation with their counterparts in Townsville to make the first flight a memorable event.

We were privileged that the prime minister, Peter O'Neill, as well as the Minister for Culture, Arts and Tourism and a delegation of government, business and community leaders, were able to join us on the flight and the subsequent engagements, where the goodwill and hospitality were so evident.

The PM delighted the community on Palm Island, off the coast of Townsville with a population of about 3000, with his visit there at the invitation of mayor Alf Lacey, who proudly announced that Peter O'Neill was the first prime minister of any country, including Australia, to visit the island community.

One important aspect of the new relationship between PNG and Townsville is the opportunities it opens for the 'ex-PNG' community in and around Townsville.

It was a surprise to learn that this community numbers more than 5000. Some are former PNG citizens now resident in the city, while others are Australian citizens who had lived and worked in PNG.

The establishment of regular flights between the two cities will be a boost for family reunions, family holidays and a range of other people-to-people exchanges, such as cultural events and sporting competitions. Air Niugini will offer affordable airfares to provide as much support as possible for reunions and wider community engagement.

As Air Niugini plans future regional and international expansion – to Shanghai in China, and the Marshall Islands and Kiribati in the Pacific – we will draw on the success of the inaugural service to Townsville, and the community and business engagement it is already facilitating.

Thank you, Townsville. I hope residents take the opportunity to visit PNG and take advantage of our regional hub service based out of Jacksons International Airport, which offers efficient and affordable connections to cities as diverse as Singapore, Manila, Hong Kong, Narita, Bali, Honiara, Port Vila, Nadi, Chuuk and Pohnpei.

Also contained in this issue is an excellent feature on a number of the outstanding tourism resorts in PNG, which are at the heart of our nation's wide-ranging and growing adventure tourism sector.

The three destinations featured are in the Hela, Western Highlands and East Sepik provinces. I urge readers to consider visiting these excellent resorts, which highlight the rich diversity of the cultural and natural environment that PNG has to offer.

Air Niugini is proud of the contribution it makes, as the national airline of PNG, to the development of our tourism and hospitality sectors – a contribution we continue to enhance.

I want to commend to our business clients the excellent Business Travel Centre now fully operational and located at Waterfront Foodworld in Port Moresby. Air Niugini has developed this travel agency to meet the travel, accommodation and other needs of our business clients.

Finally, on behalf of the Air Niugini family, I welcome our second group of cadet engineers, who will have returned home in April as qualified maintenance engineers with European Aviation Safety Agency (EASA) licences.

Enjoy your flight, and we look forward to welcoming you back on board very soon.

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

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







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### Air Niugini starts flights to Townsville



**VIP occasion (from right) Air Niugini chairman, Sir Frederick Reiher; PNG's prime minister, Peter O'Neill; the mayor of Townsville, Jenny Hill, in Townsville for the first flight.**

**A**ir Niugini has started direct flights between Port Moresby and Townsville.

The airline's chairman, Sir Frederick Reiher, says the new flights, which started on March 31, will benefit both Papua New Guinea and Townsville in many ways – including education, business, agriculture, freight and sports.

He says the service will also help over 5000 Papua New Guineans in the PNG community in and around Townsville to reunite with their families back home.

"It's an opportunity for former PNG citizens and residents who now live in Townsville to visit PNG, reunite with family and friends, and perhaps look at opportunities in the small-business sector.



**Traditional PNG welcome ... sing-sing dancers at Townsville airport.**

"There are also strong links already in sport, especially rugby league, but also between our church groups, schools, health and other community groups. It will also benefit Townsville and regional Queensland rugby league teams playing in the Intrust cup, as well as our own PNG SP Hunters. PNG has many fans of the North Queensland Cowboys who will now find it easier to travel and watch the home games. This direct service will reduce travel time and costs for them," Sir Frederick says.

"This service will also assist organisations such as Youth With A Mission (YWAM) with the uplift of their volunteers, medical and other supplies in and out of Townsville, enabling them to continue and expand the splendid work they are doing in PNG to help people in rural communities."

Sir Frederick has urged North Queenslanders to take advantage of the new flights and accommodation packages to explore the many attractions in PNG.

The Port Moresby/Townsville direct services operate every Monday and Friday, departing Port Moresby at 9:55am and arriving in Townsville at 11:45am. The return flight departs Townsville at 12:30pm and arrives in Port Moresby at 2:20pm. ■

**NRL legend reveals what he loves about Townsville, see page 20.**

### VANUATU CODESHARE AGREEMENT

Air Niugini and Air Vanuatu have implemented a codeshare agreement that will increase traffic between the two nations and beyond. The first flight under the arrangement operated on March 28.

Air Niugini chief executive officer, Simon Foo, says the codeshare benefits passengers from both countries because it introduces competition between airlines to sell seats on their aircraft.

"The codeshare agreement also allows passengers in both markets to make seamless connections, and to have a wider choice through fares and tickets than currently available.

"Customers from both airlines will continue to enjoy the choice of schedule, comfort, frequent-flyer programs and access to the lounge."

Air Vanuatu's chief executive officer, Joseph Laloyer, also welcomed the codeshare services.

"Part of our strategic planning is building relationships with other carriers that enable Air Vanuatu to tap in to new markets and thus bring more traffic to Vanuatu," he says.

Air Niugini is operating a Boeing 737 aircraft for this service. It operates twice weekly, every Tuesday and Thursday, to Port Vila via Honiara, and returns the next day (Wednesday and Friday).

In a codeshare agreement, both airlines participate in selling seats on an aircraft, one as an operating carrier and the other as the marketing carrier.

Under this arrangement, Air Niugini is the operating carrier and Air Vanuatu, as the marketing carrier, is able to place its 'NF' code on all Air Niugini flights operating between Port Moresby and Port Vila. This includes the intermediate sector between Honiara, Solomon Islands and Port Vila.

Apart from Air Vanuatu, Air Niugini also has codeshare agreements with Qantas of Australia and Solomon Airlines. ■







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# HR high flyers



**Airline executives ... (front row, from left) Luke Ambu, Ritchilyn Barrios, Kilembe Neimani, Francis Danny; (back row, from left) Raymond John, Simon Foo, Ray Baloiloi and Rei Logona.**

Two Air Niugini staff are among eight other Papua New Guineans who have been awarded scholarships by the PNG Human Resource Institute (PNGHRI) to do a two-year masters degree in human resource management at the University of Papua New Guinea.

The Air Niugini staffers are Ritchilyn Barrios, who is the airline's human resource administration manager, and Kilembe Neimani, who say they are grateful for the opportunity.

Barrios says: "I am honoured to be nominated by Air Niugini management for this scholarship. The company has recognised my efforts in a way I have never imagined. I know it's tough juggling work and studies, but I look forward to the challenges of completing my studies and contributing to ANG's (Air Niugini's) HR development."

Neimani says: "With the new skills and knowledge acquired, I plan to focus on strategic human resource management practice in Air Niugini, including aligning the airline HR policies and code of conduct to ensure effective and timely customer service to our stake holders, staff and the company."

PNGHRI executive officer, Francis Danny, says the Brunel Masters Skilim Laif scholarship

program has been developed through a strategic partnership with Brunel International to contribute to human capital development in PNG.

He says: "The scholarships cost PGK75,000 each for employees for the two years and covers the full school fees, fortnightly allowances, super and relevant continued professional courses offered by PNGHRI."

A total 20 of Papua New Guineans have been awarded this scholarship since it started last year.

Air Niugini chief executive officer, Simon Foo, says Barrios and Neimani are part of the upcoming 'emerging leaders' program at Air Niugini, and were selected because they are seen to have the potential to excel in their careers.

He acknowledged the president of PNGHRI, Jerry Wemin, and his executives for the opportunity provided to Air Niugini staff.

"PNGHRI provides a good platform and information base for the HR profession in PNG. We are thankful for its support and recognition of Air Niugini as a valued partner of PNGHRI and will continue to work together in the future."

## Women's rights on the agenda

Air Niugini staff (pictured) gathered in March to commemorate International Women's Day. The day is a time to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities. ■



## New flight attendants set for takeoff

Newly recruited cabin crew recently visited Air Niugini's head office in Port Moresby where they toured several departments.

To become a cabin crew member for Air Niugini, candidates need excellent interpersonal skills, a pleasant personality and self-motivation. They must be single and aged between 19 and 25, with a grade 12 minimum of B passes. Height requirements for women are 160 centimetres, and 170 centimetres for men.

Those with additional qualifications in tourism and hospitality, as well as work experience in customer service and hospitality, are looked upon favourably. ■



**Recruits ... the flight attendants at Air Niugini HQ with cabin crew trainer Julie Sihine (far left).**







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## Paradise Q&A

# TIM FLANNERY

The internationally acclaimed scientist, explorer, conservationist and climate change activist is escorting a PNG cruise.

**Q: You have travelled to Papua New Guinea previously. Can you tell us about those travels?**

A: I made over 20 trips to PNG from 1981 to 2001. I was a mammal researcher at the Australian Museum at the time, and I visited most of the country looking for mammals such as tree kangaroos and kapuls. I spent the longest time in Sandaun Province, around Telefomin and Lumi. The region is so beautiful, with amazing mountain ranges, and it is the home of very interesting cultures. I travelled everywhere with Lester Seri, who is now a senior chief from the Wanigela area. We had a lot of fun, as well as making amazing discoveries.

**Q: What were some of those amazing discoveries?**

A: I discovered that many of PNG's largest mammals had not been scientifically described. Earlier explorers had been reluctant to go into the bush for long periods with the local expert hunters, so these hard-to-find species had been overlooked. They included three tree kangaroos (the tenkile, golden mantled and Seri's tree kangaroo) and a wallaby (the alpine pademelon).

**Q: What is taking you to PNG this time?**

A: I'm going to help lead a cruise (for World Expeditions) to some areas I haven't seen previously, like New Britain and Mussau Island. I will be very interested to talk with the locals about their plants and animals.

**Q: What can cruise passengers expect from this voyage?**

A: I haven't been to those parts of PNG, but I'm certain that we will see some of the most beautiful natural habitats on the planet, and

meet some people unlike anyone else we've met. And there's always the chance that we'll come across some unknown creature.

**Q: What excites you about PNG?**

A: I love the warm heartedness of the people, the beauty of the landscapes, and the excitement of being in such a poorly known place. There is nowhere else like it.

**Q: Are there still new things to discover in PNG?**

A: There are still many things to discover in PNG – even new mammals. Among the insects and plants there are many, many discoveries to be made. It will take the work of generations of scientists – hopefully Papua New Guineans themselves – before the nation's biodiversity is documented.

**Q: The Solomon Islands are also on the itinerary for your upcoming cruise. What do you look forward to there?**

A: The Solomon Islands are, from a biological perspective, quite different from PNG. There are no native marsupials in the Solomons, so creatures like bats, giant rats and

reptiles fill the ecological niches. It's like a whole other world.

**Q: Is climate change a particular threat to PNG and what can Papua New Guineans do about it?**

A: Papua New Guinea is already feeling serious climate impacts, with people being forced to flee their island homes due to rising seas. Sadly, unless Greenhouse gas emissions are reduced, many native birds and animals are threatened with extinction. Thankfully, Papua New Guineans are real champions in discussions to address climate change. I watch at the international meetings in admiration as they argue, eloquently, from first-hand experience, of the need to tackle the issue. For a small country, they have a big impact. ■

***The World Expeditions' 'Melanesia Discoverer' cruise with Tim Flannery is from October 8–21. The itinerary starts in Madang, with fares from \$US6995 a person for a triple cabin. Highlights include bird-watching, exploring the Sepik River, volcanoes and atolls. See [worldexpeditions.com](http://worldexpeditions.com). Cruise passengers can connect from Port Moresby to Madang with Air Niugini, which flies there daily. See [airniugini.com.pg](http://airniugini.com.pg).***







History in the making ... a MyHeritage team member works with villagers to map their family trees.

Israeli-based family history and DNA company, MyHeritage, has embarked on a project to help preserve the family histories of five PNG tribes.

A team of five spent two weeks in Papua New Guinea last year, building up a profile of the tribes, visiting 11 locations, recording about 4363 names and creating family trees, the biggest of which has 745 names. The tribes are Owolka (Jiwaka Province), Melpa (Western Highlands), Karim (East Sepik), Yokoim (East Sepik) and Chimbu (Chimbu).

"When speaking to the tribes, we would start with the heads of each family, and collect general information about the tribe, location and their memories," project leader, Golan Levi, says.

"Once we had a general outline we would start to forensically track all members of the family, dates, birth certificates, photos and any other memorabilia."

The response was amazing, says Golan.

"This is the first time that an external international organisation has attempted

to create family histories of these tribes.

"We also made it clear that the information being collected is for the local tribes to own themselves. It is a living record that they can build on in the years to come."

At the end of each family session, the team snapped a family portrait using a Polaroid.

"For many, seeing a photo being printed is akin to a magical experience, which is wonderful to see."

Golan says the team is amazed at how much value the locals

place on the importance of preserving their history.

"There were some very emotional moments. During a panel with some elders, they recalled childhood memories, which included the bombings from World War 2.

"What MyHeritage is doing is safeguarding our language and our history," says tribesman Luke from the Yokoim clan. ■

**See [tribalquest.org](http://tribalquest.org)**

—KEVIN MCQUILLAN

## PNG Games on track for November

Papua New Guinea's showcase athletic event, the PNG Games, will go ahead from November 18 to December 2, following another deferral. The Games will be staged in Kimbe, in the

West New Britain Province. The delay will allow organisers to complete infrastructure and give teams more time to prepare. The event brings together 12,000 athletes from 22 provinces. ■

### NUMBER CRUNCH

# 906,695

That's the number of internet users in PNG, representing 11.7 per cent penetration of the population. In the past few years, the number of users has been steadily growing by about 10 per cent, according to Internet Live Stats. The site says there are 3,424,971,237 internet users around the world.



# World's best surf PNG



**Carving it up ... (clockwise from this page)**  
Aussie longboarder Harvey Ingleby in the Tupira surf; children with traditional boards at the opening ceremony; the winners, Taylor Jensen from the US and Chloe Calmon from Brazil; France's Victoria Vergara cuts a fine line; Jensen celebrates his victory.

**T**he first-ever World Surf League (WSL) event in Papua New Guinea has been staged at Tupira in Madang Province.

The Kumul PNG World Longboard Championship in March attracted big crowds and has been highly praised by the world's best longboard surfers.

The men's winner, Taylor Jensen from the US, said: "This is crazy, I've never experienced anything like that and to get a win here makes it that much more special.

"This has been an amazing experience from start to finish. I was a little worried coming

here, just because you hear things, but witnessing it in person was just proof you can't believe everything you hear. The people here are amazing and this is something I'll never forget."

Brazil's Chloe Calmon won the women's competition, her first-ever WSL victory.

"I've always dreamed about winning an event, but this is completely different from anything I've ever thought it would be like," Calmon said. "Since the first heat I was so amazed by the energy of this place. I'm so thankful to be here in this amazing place with these great people."

The women's runner up, Crystal Walsh from Hawaii, was equally enthusiastic. "This wave is so dreamy and perfect, it was great to have a longboard event here and really show that we can charge. Especially the locals -- Ruthy Kurumuk was just going for it on the big days. I'm really excited and just super afraid of waking up and this being all a dream."

Kurumuk was among a number of PNG wildcard surfers who competed in the early heats. Others included the current PNG longboard champion, Marianne Longa, as well as Titima Mange and Akun Alois.

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Surfers from 11 countries took part, including Australia, Brazil, France, Great Britain, Japan, Peru, South Africa and the US.

The WSL partnered with the Surfing Association Papua New Guinea (SAPNG) to host the event.

SAPNG president and co-founder, Andrew Abel, said: "It (the event) marks a significant milestone in the evolution of surfing/ surf tourism in PNG from humble beginnings.

"SAPNG can now not only stage a major world surfing event live streamed to 120 million people around the world, but more

importantly can showcase the Pink Nose Revolution campaign that empowers women with equal rights and opportunities and combats violence against women."

Abel says the event will be held annually in PNG, but it will move to a different location each year.

Tupira is 180 kilometres north of Madang, near Ulingan Bay, which is known for its uncrowded breaks and consistent swell. ■

**For all the results, see [worldsurfleague.com](http://worldsurfleague.com).**



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# WW2 planes found



Three planes that were shot down in Papua New Guinea during World War 2 have been found near Madang by an American recovery team that visited recently.

One of the planes is American and the other two are Japanese.

But the team also has solid leads for more aircraft in Astrolabe Bay, off the Madang Golf Course, and along the Rai Coast, and will return in September to search further.

The 'Project Recover' team comprised eight scientists from the Scripps Institution of Oceanography, University of Delaware, and the BentProp Project. They were accompanied by representatives of the PNG National Museum and the US Embassy.

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Remnants of war ... Lalok villagers brief the recovery team about plane debris (far left, circle); a B25 bomber found off Wangat Island (opposite page); Madang Resort's support vessels (this page).

A memorial service was held for the airman missing from the US plane.

The scientists used remote-control submarines during the search.

They also travelled to Lalok village, at the entrance of the Minjim River, where locals told them of an aircraft that had crashed into the river mouth during the war. Possible evidence of the crash includes aircraft debris that has been used in nearby villages.

The team was based on the 30-metre charter yacht *Kalibobo Spirit* and the dive vessel *Dallman Diver*, operated by Madang Resort's Sir Peter Barter.

The team's leader, Dr Andrew Pietruszka, praised the crew and the friendliness of the Madang people who had been so helpful to the searchers.

The team will share its findings with the Papua New Guinean and US governments. ■

## NEW MEDICAL SHIP FOR PNG

A 65-metre supply vessel, the MV *L'Astrolabe* (pictured), has been acquired by YWAM Medical Ships for their work in Papua New Guinea.

The ship, soon to be renamed the MV *YWAM Liberty*, will be the fourth vessel to be deployed by YWAM into PNG.

YWAM PNG director, Ken Mulligan, says the acquisition of the ship represents hope for tens of thousands of people with critical health needs in PNG. Since 2010, YWAM has delivered 648,062 healthcare services in PNG and training to 145,567 people.



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# Brent Tate: My Townsville

**W**ith the introduction of Air Niugini flights into Townsville, Papua New Guinea's avid rugby league fans can easily go to North Queensland Cowboys games.

One of the NRL team's greatest players – Brent Tate – who started his amazing career with the Brisbane Broncos, has retired from the game and chosen to stay in Townsville with his young family.

He's very appreciative of his following in PNG during his 229-game NRL career, complemented by 26 Tests for Australia and 23 state-of-origin matches.

"I get blown away how recognisable you are up there in Papua New Guinea," Tate says. "We all know how they love their footy and how passionate they are about it."

Tate now works on the corporate side of football with the Cowboys, and along with motivational speaking, positions on several football-related boards, visiting schools and charity events, he sounds busier than ever.

Tate is also a great spruiker for his adopted city of Townsville.

"The easy living and laid-back style appealed to us," he says. "It's a great place to bring up kids."

For first-time visitors to Townsville, he recommends a hike up Castle Hill followed by lunch and quality coffee in The Strand.

"The view from Castle Hill is well worth the exercise and going down The Strand – they are two of the most iconic things in Townsville."

Two of his favourite hangouts are Michels and JAM Corner for good coffee and great food.

"In fact, anywhere along Palmer Street is pretty good, with some great restaurants that punch well above their weight."

The climate is another factor for staying in Townsville. "Winter for us is thongs, boardies and singlets," Tate says.

"And, if you're packing for a holiday here, don't forget sunscreen and a hat." ■

—JEFF TURNBULL



**Brent Tate ... recommends a hike up Castle Hill and lunch along The Strand.**

 **Air Niugini flies from Port Moresby to Townsville twice a week. See [airniugini.com.pg](http://airniugini.com.pg).**



On the radar ... Air Niugini is now flying to Townsville (left); there are good food and drink options along The Strand (middle); the Cowboys' home ground (right).







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# Jungle jaunt

*Robert Upe ventures into the remote heart of PNG, a trip that involves dugout canoes, rivers and jungle that goes forever.*

PICTURES: CHRIS MCLENNAN, ROBERT UPE







**Jungle panorama ... the view from the verandah of Karawari Lodge (opposite page); a Papuan hornbill (above); Paul, the guide.**

**T**he jungle choir is in full voice. Papuan hornbills, kingfishers, lorikeets, parrots and butcherbirds are singing an operetta from the treetops. They're accompanied by the screeching of low-lying cicadas and the deep bass-like rumbles of distant thunder.

We're floating down the muddy Karawari River, going softly with a current that pushes through the endless East Sepik jungle in Papua New Guinea's interior.

It is eight hours downstream to the nearest road, and then another eight hours by that road to the nearest small settlement, Wewak. I later work out on Google that the closest McDonald's hamburger restaurant is roughly 1500 kilometres away, in Cairns, Australia.

Our guide, a local villager who has adopted the Anglo name of Paul, has turned off the

350-horsepower jet engine of our steel boat so we can silently float and listen to the end-of-day cacophony.

Under a hot brow-wiping sun, we have visited tribes along the river today, greeted by curious villagers and excited children wherever the jet engine has taken us.

It's not as though we are the first travellers here. However, our group of six is a novelty, especially the tall West Hollywood blonde who is a student of anthropology and psychology, and her lanky elderly companion with Woody Allen humour. We're told that the next visitors aren't due for three more weeks.

The villagers have performed cultural dances, welcomed us into their huts, and allowed us to enter spirit houses where human skulls are neatly arranged on shelves.

They have told us spirit stories. "Crocodiles never die, they turn into spirits. That's why you never find the body of a crocodile." ➤





## Jungle jaunt

The villagers have also shared their sago pancakes, and splashed with us in the river where the mud in the shallows squishes between our toes.

Obligingly, they allowed us to try a dugout canoe. The dugouts are so narrow that they hardly fit Western-sized hips. I get wedged in so tight that I pray I won't roll over, but I dare not stand up to paddle, as is the custom for men.

Dugouts are vital to each family for transport and fishing. They take up to a month to make, with axes used to chop and shape the red cedar.

So, when one is handed over, it is a supreme show of faith.

Thankfully, the spirits grant safe passage. I don't capsize and, with a companion paddler, I'm able to complete a wobbly criss-cross of

the wide river, to the collective amusement of the villagers.

The seven-metre *puk puks* (crocodiles) that inhabit this territory are further upstream, I'm advised. Paul says 'piranha' are in these waters too, but they are not the flesh-eating little terrors of South America.

"We only call them 'piranha' because they have sharp teeth," he laughs. "They won't bite people."

Paul eventually indicates to the boat driver that our peaceful float listening to the choir must end. We need to go home, which tonight is Karawari Lodge.

As the thrust of the jet engine increases, the choir is lost in the treetops.

Our boat is square, with 18 plastic seats and a canopy over the



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top. It's a bit like a party vessel that New Year's revellers may hire on Sydney or Auckland harbours, but comfortable and manoeuvrable for this jungle travel.

Its flat bottom allows us to skim across shallow sections of water when we detour into vine-cloaked tributaries that are choked with reeds and flanked by jungle vegetation I'd never heard of, such as octomeles and macarangas. Wild pigs, monitor lizards,

bandicoots, cassowaries, pythons and four species of PNG's iconic bird of paradise hide within.

"The forest here is untouched," says Paul as he sweeps his hand across the landscape. "There is no logging or mining."

Karawari Lodge is perched at the top of a ridge, overlooking the river and the jungle that stretches to a mountainous horizon. By the time we are on the verandah with cold beer and popcorn,





# Jungle jaunt



Fearsome ... one of the famous Mud Men (opposite page, top); thatched stilt houses along the Karawari River (opposite page, bottom); excited village kids (left).

a furious electrical storm has crackled into life.

Bolts of lightning clap down for hours and tropical-strength rain smacks into the thatched roofing.

We six (we're the only ones staying) are joined by a hornbill that shelters with us. This must be the smartest bird in the jungle.

Soon, she musters the courage to jump on the shoulder of one beer drinker.

Joanna (that's the courageous hornbill named by the lodge, not the beer drinker) is a gentle soul. Her long down-curved beak can probably crush human bones, but when she clamps on to arms or hands to investigate the curious human form, it is with the tenderness of a choir singer.

The next morning, there's more river exploration. We shove off with our party boat into the current from the riverbank below the lodge, where the *Sepik Spirit* is tied up.

This riverboat is reminiscent of something from the 1950's

adventure film *The African Queen*. The *Spirit* is still being spruced up for the coming season, but we hear she'll soon be shipshape and offering three-night trips for up to 20 passengers at a time.

Our destination today is Yimas Lakes, where saltwater crocodiles will outnumber us and gaze at our picnic lunch.

On the way, we stop at Yimas village. This is the home of Paul, and he proudly brings us ashore where women with painted faces and grass skirts perform the 'fish dance' to the beat of a *kundu* drum.

The dance is reserved for celebrations, Christmas and to welcome visitors.

Baskets, masks, bows, arrows, spears, bilums, jewellery and carvings that have been handmade over days, or weeks, of toil are laid out on the ground for us to buy at bargain prices.

This is the case in every village we visit. Strictly speaking, there ➤

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## Jungle jaunt



is no bargaining but you can ask for a 'second price'.

There are more than 800 languages in PNG, so negotiation is often easiest with translation by the guide.

The children of Yimas bid us an excited farewell. They hang on to the side of the party boat for as long as they dare, before jumping back to shore with thumping barefoot landings on the dirt.

More children have gathered up river, where they wait for us to pass so they can play in the bow waves that will roll to shore. To the screech of the kids, the driver accelerates the jet engine to create bigger waves and more fun.

The sun is overhead and the humidity is sapping and sweat inducing, despite a breeze created by the party boat's momentum.



**Tribal pride ... a village chief and his wife near Mount Hagen (opposite page); Huli Wigmen in all their finery near Tari (above).**

White-bellied sea eagles and kites ride the thermals overhead. They are hunting, perhaps for the bandicoot among the octomeles.

As we round a bend, we come across a group of about 20 women fishing in dugout canoes. They are

in traditional dress, with white and ochre body and face paint. This is how it would have looked if you rounded this bend 100 years ago.

Some of the women have babies with them and some have small fires on board so they can ➤

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## Jungle jaunt



**Traffic jam ... a flotilla of fisherwomen on the Karawari River (above); the fish are smoked over small fires in their dugout canoes (right); a Western Highlands tribesman near Mount Hagen (far right).**



smoke the fish before they spoil in the heat.

The fisherwomen come alongside. Tobacco is traded and we buy a large catfish for PGK5 (\$US1.58), as well as a *piku* for PGK10. The *piku* is the 'piranha' that Paul spoke of.

As we picnic at Yimas Lakes later, our boat driver wades in to gut and clean the fish. There's no frenzy of crocodile action, but the salties are watchful.

That night, the lodge chefs prepare the fish simply so we can appreciate the true taste. It's neither good, nor terrible, but satisfying in its freshness and the way it was obtained.

Karawari Lodge is one of several wilderness lodges operated by Trans Niugini Tours, a highly capable tour company that has been in business for 35 years. (The company also runs the *Sepik Spirit*).

Travelling between the lodges involves boats, bumpy roads and light planes that thud on to grass landing strips. Pack light, because the luggage limit is 10 kilograms.

On this nine-day tour, we also stay at Rondon Ridge near Mount Hagen in the Western Highlands, and Ambua Lodge in Hela Province, which can fairly be described as David Attenborough territory.

The British naturalist stayed at Ambua Lodge while filming his 1996 classic documentary about the bird of paradise, *Attenborough in Paradise*.

Attenborough's birding guide, Joseph, also leads us on an excursion, but the birds prove to be elusive.

From Ambua, we visit villages (by road, rather than river) and meet the colourful

Huli Wigmen who perform a *sing-sing* (traditional song and dance).

They paint their faces a distinctive yellow and red, and wear wigs with feathered headdresses. ➤





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## Jungle jaunt



Wilderness quarters ... (from left) Karawari, Ambua and Rondon Ridge lodges.

At Rondon Ridge, we meet villagers from several tribes, including the notorious Mud Men.

Simply, the story of the Mud Men is that a small tribe was dispossessed of its land by a larger tribe. To win back their land, they made masks and covered themselves in mud and hid in the

cemetery. As a misty dawn broke they rose up from the graves and scared the bejesus out of the intruders, who fled, never to return.



**Air Niugini flies from Port Moresby to Tari four times a week and daily to Mount Hagen. See [airniugini.com.pg](http://airniugini.com.pg).**

### NEED TO KNOW

**TOURING THERE** Trans Niugini Tours has a nine-day 'Wonders of Niugini' trip that costs about \$US4800 a person twin share, including accommodation, meals and guides. Flights extra.

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

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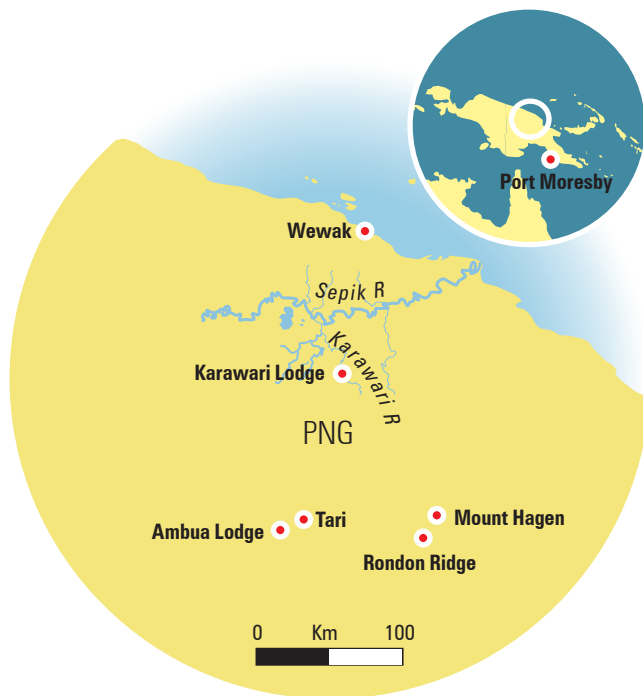
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## LODGES ON OUR TOUR

### AMBUA

**Where:** Hela Province

**How we got there:** Air Niugini flight from Port Moresby to Tari, then a 50-minute drive along the Highlands Highway.

**How big:** 26 round huts made of bush materials and 18 newer hotel-style rooms.

**What it's like:** The huts and rooms are basic; they include small bathrooms, and have comforts such as electric blankets for the cool mountain mornings and evenings, and armchairs.

All accommodation has good views into the Tari Basin. There are sofas and sitting areas in the main lodge, a small bar where beers cost PGK12, a central wood burner, and a dining area. There's also an adjacent souvenir shop selling artefacts. Good home-style cooking.

**What you'll see:** Huli Wigmen, bird of paradise, waterfalls, and village ceremonies.

**Elevation:** 2100 metres

**Climate:** Warm, but cool nights and mornings.

### KARAWARI

**Where:** East Sepik Province

**How we got there:** Light plane from Tari (45 minutes).

**How big:** 20 rooms (10 with river views, 10 with jungle views).

**What it's like:** Basic, but full of character. Despite some shortcomings (limited power, trickling showers) our group rated this as the favourite lodge on the trip. Rooms include beds with mosquito nets, bathrooms and ceiling fans (but generators are

turned off between 10pm and 6am). The main lodge area is full of artefacts that are for sale, and the verandah has great views of the river below, of jungle that goes forever and mountains. Again, the home-style meals are good.

**What you'll see:** There are visits to several villages along the river, where various ceremonies are performed.

**Elevation:** 90 metres (tropical lowland)

**Climate:** Hot and humid.

### RONDON RIDGE

**Where:** Western Highlands Province

**How we got there:** Light plane from Karawari to Mount Hagen (45 minutes), then one hour by road from Mount Hagen. (Air Niugini also flies to Mount Hagen from Port Moresby.)

**How big:** 29 rooms

**What it's like:** This place rocks when it comes to jungle comforts. It's like a luxury city hotel, except it's in the wilds. Rolling Stone Mick Jagger stayed in 2014. The spacious tri-level new suites (opened last year) have flat-screen TVs, sofas, lounge chairs, well-equipped kitchens, electric blankets, bedside touch lamps and rain showers with endless hot water. Older basic rooms are

smaller, but they are cosy and well equipped. There's also the super-spacious two-bedroom double-storey Wingti Villa (opened last year) that's fit for prime ministers and royalty. I bet Jagger would stay in this villa if he ever comes back. All accommodation has great views looking over Mount Hagen township in the valley below. The main lodge has a bar, dining area, sofas and lounge chairs, souvenir shop and outside seating next to landscaped gardens and pond.

**What you'll see:** Mud Men, bird of paradise, spirit dances, a medicine man, PNG's third-largest town, Mount Hagen.

**Elevation:** 2150 metres

**Climate:** Warm but may need a cardigan at night.







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# NEW KIDS ON THE BLOCK

*Sue Gough Henly* provides the low-down on the latest hotel openings on Air Niugini routes.



## **NADI: MARRIOTT RESORT MOMI BAY (FIJI)** [marriott.com/hotels/travel/nanmc-fiji-marriott-resort-momi-bay](https://marriott.com/hotels/travel/nanmc-fiji-marriott-resort-momi-bay)

Just 29 kilometres from Nadi and 33 kilometres from Fiji's international airport, the brand-new waterfront Fiji Marriott Resort Momi Bay, offers 250 tranquil, neutral-toned over-water or lagoon-front bures all with balconies, freestanding baths and air-conditioning. After you've spent the day enjoying water sports

or relaxing at the beach, around the pools and by the sheltered lagoon, chill out at The Lagoon Lounge, which is the heart and soul of the resort. As for food options, there's all-day dining at Goji Kitchen and Bar, Mediterranean fare at The Lagoon House Restaurant, while the oceanfront Fish Bar offers casual seafood

during the day before morphing into an elegant al fresco restaurant offering grilled favourites from the land and sea. Tennis courts, a health club and a serene spa round out the offerings and families will love the Turtles Kids' Club and superb Fijian babysitting services.



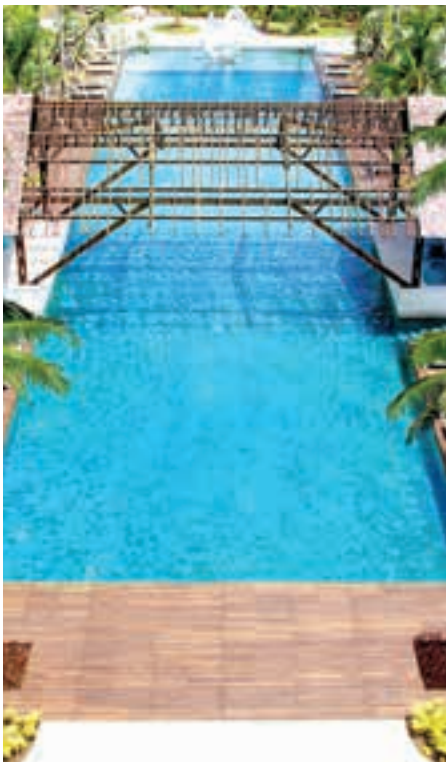




### BALI: MOVENPICK RESORT & SPA JIMBARAN (INDONESIA)

[movenpick.com/en/asia/indonesia/bali/jimbaran-bali/overview](https://movenpick.com/en/asia/indonesia/bali/jimbaran-bali/overview)

It's not just an ice cream – Movenpick is also a Swiss-owned resort chain and its newest five-star property is just 15 minutes from Ngurah Rai International Airport and 100 metres behind Jimbaran Beach. This is the perfect family lifestyle resort with 297 elegant rooms, each with balconies with views of Jimbaran Bay or the resort's lush gardens. There's something for everyone here with swim-up hammocks beside the pool, Peruvian-Japanese cuisine at the ocean-view rooftop bar (just one of five dining destinations offering a range of Asian, Swiss and contemporary international cuisine), Balinese massages and Indonesian healing rituals in the spa, a fully-equipped fitness centre, shopping at Samasta Lifestyle Village and a pirate-themed kids club.



### JAKARTA: THE WESTIN (INDONESIA)

[westinjakarta.com](https://westinjakarta.com)

Jakarta's tallest hotel, the brand-new Westin, is located in a 63-storey tower in Jakarta's Golden Triangle in the heart of the city's business district and close to the National Museum of Indonesia and Ancol Dreamland, one of Asia's largest theme parks. The hotel starts at level 52 so each of the 283 rooms, which feature the Westin Heavenly Bed, have great views. The Henshin Restaurant specialises in Japanese food while the Seasonal Tastes Restaurant has a range of imaginative dishes, and the hotel also offers Westin's SuperFoodRX healthy eating program. There's also an indoor pool, fitness studio and spa. ➤



New kids on the block

**SYDNEY: THE OLD CLARE (AUSTRALIA)** [theoldclarehotel.com.au](http://theoldclarehotel.com.au)



Created from the historic bones of an old pub and brewery building, which are joined by a glass-and-steel atrium, The Old Clare has a pared-back, post-Industrial feel that perfectly reflects its locale in Sydney's edgy urban renewal hub of Chippendale. Check into one of the hotel's 62 individually decorated rooms and suites, which have high ceilings, large original framed windows, heritage timber panelling and original exposed brick walls. Bespoke details are provided by pendant lights, vintage furniture, and custom tote bags and cushions inspired by Australian flora and fauna. The ground-floor hotel bar embraces its earlier incarnation as the preferred watering hole for indie rock lovers, bohemians, artists and intellectuals. Two independent restaurants are also part of the Old Clare: the sleek, monochromatic Automata has an inspired seasonal degustation menu while the airy, casual Kensington Street Social offers witty versions of classic brasserie dishes.



**PORT DOUGLAS: SHERATON MIRAGE (AUSTRALIA)**

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

If you haven't visited in a while, you'll be pleasantly surprised by the new-look Sheraton Mirage Port Douglas, which has undergone a multi-million dollar refurbishment. The highlight remains its two hectares of saltwater lagoon and freshwater pools surrounded by lush gardens, which now include 26 new private cabanas. Three brand-new suites

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offer unparalleled tropical North Queensland luxury while new 'swim out' rooms enable guests to access the lagoons from their private balconies. All 294 guest rooms have been transformed and feature warm tropical tones and crisp fresh textures inspired by the tropics. There's a new signature restaurant called Feast and a new Lobby Cafe, while the revitalised Mirage Country Club has terrific golf and tennis facilities, as well as a lap pool and fitness centre.

### BRISBANE: SAGE HOTEL (AUSTRALIA)

[snhotels.com/sage/james-street-brisbane](http://snhotels.com/sage/james-street-brisbane)

Located on groovy James Street, which is jam-packed with cafes, boutiques and art galleries in Brisbane's Fortitude Valley, the 93-room Sage Hotel cleverly combines a repurposed warehouse with traditional elements of the adjoining Queens Arms Hotel. The hotel lobby sports polished concrete floors, split aged and recycled sand stock brick and stunning lighting design. Get comfortable in the hotel's spacious rooms, which feature marble bathrooms, edgy photography, free Wi-Fi on unlimited devices and distinctive minibar offerings from local providers. On-site dining options include Botanical Kitchen and Bar plus a wine cellar, deli and James Street Café located in the lobby. Guests receive complimentary passes to the heritage Valley Baths and can easily walk in one direction to the Valley's many bars and nightclubs and in the other to riverside New Farm Park and Brisbane Powerhouse arts centre. ➤



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## New kids on the block

### PORT VILA: RAMADA (VANUATU) [ramadaresort.com.vu](http://ramadaresort.com.vu)



Check into the newly built Ramada Resort Port Vila, which is a full-service beachfront resort nestled on the cliffs of Erakor Lagoon, close to downtown Port Vila and just eight kilometres from the international airport. Eighty self-contained, air-conditioned apartments feature satellite flat-screen televisions and balconies offering panoramic lagoon views. There is a gym, a large pool and beach for swimming, plus kayaking and snorkelling equipment. The in-house restaurant has a selection of Melanesian and Polynesian dishes, as well as international cuisine. The tranquil Lounge Bar has superb views over the lagoon while the Sports Bar features large-screen televisions showing games from around the world.

### HONG KONG: THE MURRAY [marcopolohotels.com/en/niccolo/hotels/hongkong/tral/the\\_murray/index.html](http://marcopolohotels.com/en/niccolo/hotels/hongkong/tral/the_murray/index.html)

After a \$HK1.2 billion preservation project by Pritzker-award-winning architect Norman Foster to repurpose one of Hong Kong's iconic landmark buildings, the 336-room Murray Hotel will open on Cotton Tree Drive near Hong Kong Park in the Central district in October. The 27-storey hotel retains the building's signature arches and will offer some of Hong Kong's most spacious rooms and suites, each with floor-to-ceiling windows. There will be five restaurants and bars, including a rooftop bar and restaurant with views of The Peak and the business district skyline, the Pavilion Chinese Restaurant, a tea lounge, and an exclusive lobby bar. Multilingual city insiders, a new generation of in-the-know concierges, will provide guests access to some of Hong Kong's best-kept secrets.



### TOKYO: AMAN (JAPAN) [aman.com/resorts/aman-tokyo](http://aman.com/resorts/aman-tokyo)

The first Aman urban hotel is almost two years old, but still feels very new. Its 84 large rooms and suites are at the top of the 40-storey Otemachi Tower, just steps away from Tokyo Station and the Ginza shopping district. Savour updated Japanese interiors with light camphor

wood and washi-paper shoji screens blended with modern technology, luxurious fabrics and sublime views. Long narrow bathrooms have Washlet toilets, traditional baths and yukata robes. Indulge in a sublime treatment at the Aman Spa, the largest hotel spa in Tokyo, or in



the 30-metre swimming pool with panoramic views from its floor-to-ceiling windows. The fine dining restaurant overlooks the Imperial Palace Gardens and Mount Fuji while a cafe is tucked into greenery on the ground floor.





## New kids on the block

**SHANGHAI: SOFITEL SHANGHAI HONGQIAO (CHINA)\***

[sofitel.com/gb/hotel-9933-sofitel-shanghai-hongqiao/index.shtml](http://sofitel.com/gb/hotel-9933-sofitel-shanghai-hongqiao/index.shtml)

Located in Shanghai's newest business district and only three kilometres from Hongqiao Airport, Sofitel Shanghai Hongqiao combines Shanghainese innovation with classic Parisian style reminiscent of the city's French Quarter architecture. Its 354 large rooms and suites feature Sofitel MyBed, Lanvin amenities, free Wi-Fi and 48-inch LCD screens with satellite channels. Among the many restaurants are Le Chinois, which is a modern Cantonese restaurant that incorporates elements of French gastronomy, Takara Japanese restaurant, Le Bar and Ocho tapas and wine bar. There is also a 25-metre indoor swimming pool, French spa and fully equipped gym. ■

***\*Air Niugini is planning to start flights to Shanghai.***



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PICTURES: COURTESY TOURISM TROPICAL NORTH QUEENSLAND

# REASONS TO VISIT CAIRNS

*Fiona Harper* reveals some of the attractions of this Far North Queensland town, from waterfalls to parklands, and the 'in' bars and restaurants.

**W**edged between the Great Dividing Range, World Heritage wet tropics rainforest and the Coral Sea, Cairns is no shrinking violet when it comes to natural beauty. While the Great Barrier Reef needs little introduction, north Queensland's tropical city is the central hub in a many-spoked wheel.

Here are some of our top reasons to visit Cairns.



## 1 PARONELLA PARK

Uncover a romantic tale between Spanish cane farmer Jose Paronella's and his beloved wife Margarita at Paronella Park, south of Cairns. After purchasing virgin scrub in the 1920s, Jose created a pleasure garden for Margarita, later expanding it and opening the five-hectare park to the public. Powered by an innovative hydro-electric system pumping water from Mena Creek, Paronella has won numerous awards. Rising from the forest, stairways and paths

glide past elaborately constructed walls leading to a Spanish-style castle. Draped in lichen and moss, structures are shaded by a magnificent stand of kauri trees planted by Jose almost 100 years ago. Stay for lunch at the cafe or overnight in a small cabin.

**See [paronellapark.com.au](http://paronellapark.com.au).**





## 2 LANEWAY BAR CULTURE

There is growing laneway momentum in Cairns with intimate night spots gaining a loyal following. It started with The Conservatory, a sophisticated wine bar with tapas-style dining and low-key live music. Then came Harvest Bar-B-Que, a seasonal weekend popup serving smoked meats, sharp cocktails and hip hop down the garden

laneway next to The Paddock ([thepaddockcairns.com/harvest](http://thepaddockcairns.com/harvest)). Down Red Brick Laneway, Three Wolves ([threewolves.com.au](http://threewolves.com.au)) is the latest to pop up with a focus on premium spirits and cocktails matched with delectable eats.

**See**  
[theconservatorybar.com.au](http://theconservatorybar.com.au).



## 3 GREEN ISLAND

Take a boat trip to Green Island, a small coral atoll approximately 30 kilometres east of Cairns, surrounded by fringing coral reef. A small resort with cafe, shops, swimming pool and dive shop is the hub for both day-trippers and overnight guests. Try scuba diving or snorkelling, or, for something completely different, helmet diving. Don a helmet, which

looks like the old-fashioned pearl diver helmets but with a modern upgrade, and walk across the ocean floor with schools of fish swimming around your head. Keep an eye out for serial photo bomber Gavin, a friendly parrotfish who loves his photo taken; he's famous for his toothy grin.

**See** [greenislandcairns.com](http://greenislandcairns.com).



## 4 COUNTRY CLUB AND RESORT

Paradise Palms and Country Club in the northern suburbs of Cairns is ranked by Golf Digest in Australia's Top 100 golf courses. Its challenging championship layout with undulating fairways, testing greens among lakes and immaculately landscaped gardens make an unforgettable golfing experience. Several creeks run across the course, cascading

down the surrounding tropical rainforest-clad mountains, which provide a dramatic backdrop. A Queenslander-style country club welcomes golfers, and non-golfers, as does the adjacent Paradise Palms Resort with its resort-style (family friendly) facilities.

**See** [paradisepalms.com.au](http://paradisepalms.com.au). ➤



**Cairns at a glance ...** (clockwise from opposite page) on the beach at Palm Cove; Paronella Park; a seafood feast; Green Island; the city from the air.





## 8 reasons to visit Cairns

### 5 MUNRO MARTIN PARKLANDS

A new venue on the local cultural scene, Munro Martin Parklands is an outdoor music and cultural venue for intimate performances. Designed in a style appropriate to the tropics, MMP is a lushly landscaped open-air amphitheatre draped in vines beneath star-dappled tropical skies. A diverse program of cultural events is on offer year-round.

See [cairns.qld.gov.au](http://cairns.qld.gov.au). ➤



Relaxed ... the Cairns waterfront and esplanade.



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## 8 reasons to visit Cairns

**6 PALM COVE**  
 Palm Cove is a palm tree-lined beachside suburb on the Cairns northern beaches. With a lifeguard-patrolled beach, it's the favoured hangout of celebrities and A-listers, as well as locals. Home to some of Cairns' best restaurants and cafes, Palm Cove's landscaped waterfront has free beachfront barbecues and picnic tables. One of Queensland's most awarded restaurants, Nu Nu's, is undisputedly Cairns' best restaurant, serving modern Australian cuisine influenced by fresh local produce. Vivo is splendid for breakfast, or lingering over lunch on the Queenslander-style verandah.

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



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## 8 reasons to visit Cairns



Among the palms ... dining at Palm Beach (opposite page); one of the enticing freshwater pools that surround Cairns (this page).

### THE ESPLANADE LAGOON

Open every day from dawn to after dark, the waterfront Esplanade Lagoon is one of Cairns' biggest attractions. And it's completely free. A saltwater lagoon-style swimming pool surrounded by landscaped parklands is patrolled by lifeguards. Take part in one of the fun fitness classes (like water-based Zumba or aqua aerobics), walk or cycle the boardwalks, or feast on an Aussie barbecue at one of the free gas-fired barbies. If you'd rather not self-cater, there's countless restaurants from casual to fine dining along the Esplanade and marina boardwalk.

See [cairns.qld.gov.au](http://cairns.qld.gov.au) ➤

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## 8 reasons to visit Cairns

Millaa Millaa Falls ... a popular swimming spot on the waterfall circuit.



## 8 WATERFALLS AND RAINFOREST

In the Atherton Tablelands, west of Cairns, forest-clad mountain ranges conceal waterfalls that plunge into enticing freshwater swimming holes.

Most are accessible year-round and provide safe swimming holes devoid of saltwater crocodiles and marine stingers. The Waterfall Circuit, near Millaa Millaa, has five waterfalls close to each other. Less than one hour from the city,

Behana Gorge is another, which is reached via a concrete path that gently ascends through forest. It's well worth the walk as there's a deep-water pool among towering rock outcrops at the base of the waterfall. Closer to Cairns is

Crystal Cascades, where you'll find a series of swimming holes, small waterfalls and shady picnic areas linked by paths.

**See [millaamillaa.com](http://millaamillaa.com).** ■

 **Air Niugini flies from Port Moresby to Cairns 13 times a week. See [airniugini.com.pg](http://airniugini.com.pg).**



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# Must-see streets of Singapore

*Penny Watson* explores the colourful laneways and streets of Singapore and gives her tips on where to buy everything from batik shirts, to spices, bespoke jewellery and local delicacies.



## HAJI LANE AND BALI LANE

*Haji* is the term given to a Muslim male fresh from a pilgrimage to Mecca. In times past, if you wanted to get to Mecca, this is where you found your *haji* broker. How times have changed.

Today this strip of brightly coloured pre-war shophouses, in the Kampong Glam Malay-Muslim quarter, is the antithesis of the city's gleaming metropolis, attracting visitors who rate eclectic, creative and independent boutiques over shopping malls.

The hipster influence plays out in shops such as Tokyobike, Oro hats and Mujosh barber, but the emphasis is on homespun places where one-offs rule. Mood Swing vintage has racks of retro-fabric dresses and headbands, Salad Shop tosses stylish home wares in with dresses

and bespoke jewellery, and Fluffy Feline's clothes and accessories are the output of five local designers.

I Am cafe, at the end of the lane, is known for its hookah pipes and rainbow crepe. Parallel to Haji, Bali Lane is smaller with more of the same.

## ARAB STREET AND BUSSORAH MALL

Arab Street was created in 1824 as the main thoroughfare in the Kampong Glam Malay-Muslim quarter, attracting Malay, Indian, Arab, Buginese and Javanese people.

It lies parallel to Haji Lane, but it's a completely different scene altogether. The wide street is lined with shops selling Indonesian batik shirts, Indian saris, colourful fabrics, and bolts of lace and organza. Hand-knotted Persian rugs,

hanging from the walls, are almost as big as the signs promoting 'massive reductions' and shop owners are not shy of touting customers on the footpath.

In keeping with the Middle Eastern theme, but with a contemporary edge, Sifr Aromatics, a refined place with custom-made aromatics and exquisite perfume bottles, is a must. Around the corner on Bussorah Mall, Masjid Sultan Mosque is the focal point for the city's Muslim community, with a prayer hall that holds 5000 worshippers. Its popularity has spawned the preponderance of cafes and restaurants on this pedestrian-only strip, which has authentic architecture and palm trees but can feel a bit like a theme park. For a bite, head instead to Kampong Glam Cafe on nearby Baghdad Street for well-priced Malay cuisine.







Street walk ... Haji Lane (opposite page); Serangoon Road (left); Arab Street (below).



### AMOY STREET AND TELOK AYER

Like Chinatowns everywhere, Singapore's is a grid of festive, lantern-strung streets jam-packed with stalls selling dragon masks, jade Buddhas and other Sino souvenirs. There's a chintzy food street with food carts and plenty of dim sum diners for an outdoor lunch. Once you've had your fill, it's worth strolling away from the touristy area to historic Amoy Street and Telok Ayer.

In the 19th century, before land reclamation, Telok Ayer was the port for Chinese settlers who came by junk boat from the mainland. Today the history is writ large in the sculpture installations in the central square and the traditional architecture of Thian Hock Keng temple. ➤





## Must-see streets of Singapore

Both streets have a rainbow of painted three-storey shophouses that have been converted into offices, high-end boutiques and modern restaurants and bars. Come here for global cuisine and a cocktail, but don't overlook the Amoy Street Food Centre, where hundreds of office workers gather to eat bowls of chicken rice and noodles for about \$5.

### SERANCOON ROAD

While Chinatown and Kampong Glam were gazetted Chinese and Malay areas respectively, Singapore's Indian population has grown organically along Serangoon Road. Known as Little India, it has become their religious, cultural and commercial heartland.

It's at its best during feast days, such as Diwali, when Singaporeans turn out to eat and drink in the lavishly decorated streets, but it is an intriguing destination year-round.

The shophouses are wonderfully weatherworn with peeling pastel paint, ceramic tiles and ornamental floral plasterwork. The

streets are aromatically charged with spice shops and restaurants such as Banana Leaf Apolo (48 Serangoon Road) where you eat Indian style – with your hands. Pit stops include the intricately decorated five-tier Sri Srinivasa Perumal Temple (397 Serangoon Road), one of the city's oldest temples, and nearby Tan Teng Niah House (37 Kerbau Road) a psychedelically painted example of courtyard mansions of the early 1900s.

### BUCIS STREET AND QUEEN STREET

The shops don't open until after 10am but rise and shine early for a window into local life. The food market on Queen Street at the base of an older style Chen Yan Court apartment block is the city's alarm clock with stalls selling baked buns and cakes, fresh tropical juices, crackly roast duck and pickled vegetables plonked on rice.

Sit on the bright yellow plastic chairs and sip sickly but deliciously sweet local coffee with



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## Must-see streets of Singapore



a dollop of condensed milk for \$S1.10 and watch people coming and going from the nearby temple.

Street food Michelin-star winner Ah Heng Curry Chicken Bee Hoon Mee is here too. Once the infamous haunt of trans-gender prostitutes, cheap food and a nightly sex bazaar, Bugis Street is now a characteristic local indoor market selling tacky favourites: phone accessories, T-shirts, watches, key rings, factory toys and polyester clothes. It's a haven for cheap souvenirs and Singaporean snacks. ➤

**Bugis Street ... a haven for souvenirs and Singaporean snacks.**



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## Must-see streets of Singapore

## BEACH ROAD

In the Arab Quarter, Beach Road isn't a destination in its own right, but a trio of unique boutiques in a line of restored shophouses makes it a worthy detour.

Scene Shang (sceneshang.com) is a contemporary furniture label that takes its cues from 1930's art deco Shanghai – think glass and marble banker desk lamps and distressed green leather armchairs.

Next door, Supermama (supermamastore.com) is the go-to for retro-cool souvenirs, including the melamine recipe plates featuring iconic local dishes such as Hokkien mee and Nonya laksa.

LookSee (lbehold.com/looksee) is a tranquil contemporary tea salon and book room featuring titles from thinkers in Singapore's creative industries. ■

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54 Paradise – Air Niugini's in-flight magazine





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City guide:

# AUCKLAND

*Brian Johnston* finds the best things to do and the best places to stay in New Zealand's 'City of Sails'.

End of day ... the sun sets over downtown Auckland and its harbour.

**G**raced with a magnificent harbour and surrounding landscape of ancient volcanoes, Auckland is a city that provides wild beauty on its doorstep. A highlight for visitors is getting beyond the city centre for a harbour walk, ferry ride or drive along its stunning coastlines.

But the city itself is replete with enough attractions to keep even the world-weary visitor happy. Auckland has

great museums, shopping and dining, and an increasingly lively nightlife. After all, this is New Zealand's largest, most cosmopolitan, multi-ethnic and vibrant destination.

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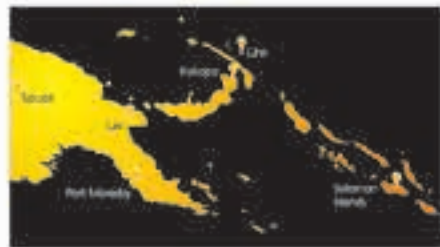
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# City guide: Auckland



Into thin air ... Sky Tower thrills 90 metres above the streets of Auckland (left); the Mediterranean-like Waiheke Island (centre); wind in the sails on Auckland Harbour (right).

## GETTING AROUND

Auckland Transport ([at.govt.nz](http://at.govt.nz)) runs an efficient network of buses and ferries that link city and suburbs. The inner-city Link and City Circuit services are the most useful for visitors; the ferry to Devonport provides great views. Taxis can be hailed on the street or at plentiful stands.

## SIGHTS

Auckland Domain ([aucklandcouncil.govt.nz](http://aucklandcouncil.govt.nz)) features native ferns and other plants, while hothouse flowers erupt in its elegant

Wintergardens conservatory. It surrounds the excellent Auckland War Memorial Museum ([aucklandmuseum.com](http://aucklandmuseum.com)).

Auckland Art Gallery (corner Kitchener and Wellesley Streets; [aucklandartgallery.com](http://aucklandartgallery.com)) features European art but is most interesting for New Zealand landscape paintings, portraits of tattoo-decorated Maori warriors and depictions of early contact with European explorers.

Seaside suburb Devonport ([visitdevonport.co.nz](http://visitdevonport.co.nz)) on the harbour's north shore is a world

away in atmosphere from the city centre, with the air of a colonial-era village. It has pretty shops and galleries, while North Head offers splendid views towards the city.

## AUCKLAND SPECIAL

There's a reason Auckland is nicknamed 'City of Sails': it reputedly has more boats per capita than anywhere else. The city has hosted the America's Cup, Whitbread Round the World Races and more recently Volvo Ocean Races. Visitors have ample opportunities to sail, with dozens

of companies offering charters and skippered excursions. The New Zealand Maritime Museum (Corner Quay and Hobson Streets, Viaduct Harbour; [maritimemuseum.co.nz](http://maritimemuseum.co.nz)) showcases seafaring history from the Maoris onwards; watch experts repairing traditional wooden vessels.

## CULTURE CULTURE

The Museum of Transport and Technology (805 Great North Road, Western Springs; [motat.org.nz](http://motat.org.nz)) features old steam trains, trams and tractors, and keeps kids ➤

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City guide: Auckland



**Museum piece ... the Auckland War Memorial Museum (above); volleyball fun at Mission Bay (opposite page); bird's-eye view of Waiheke Island (opposite page).**

entertained with flight simulators and a mirror maze.

Step back into Victorian middle-class life at Ewelme Cottage (14 Ayr Street, Parnell; heritage.org.nz), once lived in by the fantastically named Blanche Lush. Built of kauri wood, the house has well-preserved

19th-century interiors and furnishings.

Beautiful Auckland Town Hall (301–317 Queen Street; aucklandlive.co.nz) is a neo-Baroque building and frequently hosts the NZ Symphony Orchestra, choirs, bands and comedians.

**CHILD'S PLAY**

Adventure playground Rainbow's End Theme Park (2 Clist Crescent, Manukau; rainbowsend.co.nz) has thrill and water rides for older children, and a Kidz Kingdom for under-10s.

Kelly Tarlton's Sea Life Aquarium (23 Tamaki Drive, Orakei; kellytarltons.co.nz) houses the country's only penguin colony, as well as stingrays, sharks, turtles and seahorses.

Older kids can tackle the adrenaline-surging challenges of Sky Tower (Victoria Street West; skycityauckland.co.nz), which includes an outdoor Sky Walk 192 metres above street level, and a Sky Jump for a quick descent.

**RETAIL THERAPY**

Department store Smith & Caughey's (253–261 Queen Street; smithandcaugheys.co.nz) was founded in 1880 and is still going strong. It's a good one-stop destination for fashion and accessories, perfumes, homewares and gifts.

If you've got a fat wallet or just want to stickybeak, then Gow Langsford Gallery (corner Kitchener and Wellesley Streets; gowlangsfordgallery.co.nz) provides ever-changing exhibitions of New Zealand's best artists.

On Saturday mornings, hit Parnell Farmers' Market (545 Parnell Road, Parnell; parnell.org.nz) for fresh frittatas and muffins, organic coffee and a browse through stalls selling fresh New Zealand produce.



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**City guide: Auckland**

**SPORTING LIFE**

Rise early and cycle or jog along scenic waterfront route Tamaki Drive around Auckland Harbour's eastern bays. You can go as far as Saint Helliers, though the cafes of Mission Bay make for a good recuperation point.

Explore (Explore Kiosk, Viaduct Harbour; [exploregroup.com.au](http://exploregroup.com.au)) offers boat hire, sailing courses and an America's Cup experience on racing yachts.

Hire a kayak at Fergs Kayaks (12 Tamaki Drive, Orakei; [fergskayaks.co.nz](http://fergskayaks.co.nz)) and paddle about yourself or join one of several tours, such as a half-day trip to volcanic island Rangitoto for sunset viewing from its summit.

**ESCAPE**

Expansive Cornwall Park ([cornwallpark.co.nz](http://cornwallpark.co.nz)) is lined with impressive avenues of mature trees and is great for walking and picnicking. At its centre is One Tree Hill, the remnant of an old volcano topped by the remains of Maori fortifications.

Take the half-hour ferry ride across the harbour to Waiheke Island ([tourismwaiheke.co.nz](http://tourismwaiheke.co.nz)), where you'll find vineyards, cafes and arts-and-crafts stores embedded in a scenic landscape that sometimes seems almost Mediterranean-like.

The Pohutukawa Coast ([pohutukawacoast.co.nz](http://pohutukawacoast.co.nz)) is a getaway destination for Aucklanders. The scenic coastline is backed by vineyards and forested coast terrific for hiking, mountain biking and bird watching. ➤



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# City guide: Auckland



City comforts ... the Sofitel Auckland inside and out (left); slow-braised Lebanese-style lamb from Ima Cuisine (right).



## PILLOW TALK

The Great Ponsonby Arthotel (30 Ponsonby Terrace, Ponsonby; [greatpons.co.nz](http://greatpons.co.nz)) is a colourful, charming B&B decorated with New Zealand and Pacific Island artworks, and is located in a lively evening dining area.

The chic and sleek Pullman Auckland (corner Princes Street and Waterloo Quadrant; [pullmanauckland.co.nz](http://pullmanauckland.co.nz)) has both spacious rooms and 'residences' with kitchens, and is a favourite among visiting business people.

Sofitel Auckland Viaduct Harbour (21 Viaduct Harbour Avenue; [sofitel.com](http://sofitel.com)) sits in shimmering glass with views onto clouds and yachts, right on Auckland's trendy waterfront. Don't pass up the chance to tuck into French fare at Lava Dining.

## WATERING HOLES

Brothers Beer (90 Wellesley Street West; [brothersbeer.co.nz](http://brothersbeer.co.nz)) has both a microbrewery providing its own brews and some 200 other boutique beers. Kick back on couches and play with retro toys.

Neck of the Woods (155B Karangahape Road; [neckofthewoods.co.nz](http://neckofthewoods.co.nz)) is a live-music venue, art gallery and bar, and does a great line in cocktails and craft beers. The vibe is energetic and fun.

Mo's Bar (5 Federal Street; [mosbar.co.nz](http://mosbar.co.nz)) is a friendly, popular after-work joint for classic cocktails. It's easy to strike up a conversation: there's only room for 20 squeezed-in drinkers.

## EATS

Glamorous Soul Bar & Bistro (corner Lower Hobson Street and Customs Street West, Viaduct Harbour; [soulbar.co.nz](http://soulbar.co.nz)) is a great place for a cocktail and dinner, with a menu that impresses with fish and vegetarian choices.

The French Cafe (210 Symonds Street, Eden Terrace; [thefrenchcafe.co.nz](http://thefrenchcafe.co.nz)) delivers superb contemporary NZ cuisine; its tasting menu takes you through delights such as kingfish, smoked venison and duck breast.

Chic venue Fish (147 Quay Street, Princes Wharf; [fishrestaurant.co.nz](http://fishrestaurant.co.nz)) provides seafood with a view, including Cloudy Bay clams, Ora king salmon and freshly shucked oysters, accompanied by NZ wines.

## TUCK IN

New Zealand lamb is internationally renowned for its quality and is one of the country's top exports, traditionally eaten roasted with seasonal vegetables. But multi-ethnic dining has turned lamb into much more of an adventure in recent years. Check out the lamb ribs at Depot (86 Federal Street; [eatatdepot.co.nz](http://eatatdepot.co.nz)), the Mongolian or Sichuan lamb at Grand Harbour (corner Pakenham Street and Customs Street West; [grandharbour.co.nz](http://grandharbour.co.nz)) or slow braised lamb Lebanese style at Ima Cuisine (57 Fort Street; [imacuisine.co.nz](http://imacuisine.co.nz)). ■

## AUCKLAND

**POPULATION:**  
1.4 million

**CURRENCY:**  
New Zealand dollar (NZD); 1 dollar = PKG2.3

**TAXI FARE FROM AIRPORT:**  
Around \$NZD80 to the city centre.

**INTERNATIONAL DIALLING CODE:**  
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**LANGUAGE:**  
English, Maori and NZ Sign Language.

**POWER:**  
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It isn't easy getting to Jerry Gonjuan's three-room guesthouse, in the remote town of Ambunti, on the banks of the Sepik River.

First, there's a four-hour bus ride from Wewak to Pagwi, then a two-hour boat journey up river, followed by a three-kilometre walk.

The Wombun guesthouse sits among palm trees and neatly kept lawns. It has a living room and three bedrooms (PGK100 a night per room). Each room is furnished with the basics – such as beds with mosquito nets, fans, table and chairs – and there is running water and a diesel generator for power.

Meals are cooked by Gonjuan's wife, Regina, and include sweet potatoes, yams and other garden foods, as well as freshly caught fish and fruit.

Gonjuan conducts motorised canoe visits, for up to five people, to villages along the Sepik River. The canoes have woven-cane chairs, bringing a degree of luxury to the river journey. But you'll need a big sun hat for protection from the tropical sun.

Villages that are visited include Yamanumbu, Korogu, Palimbe (stopover village), Yenchen, Kanganamun, Kamanimbit



**Wombun guesthouse ... four hours by bus, two hours by boat and a three-kilometre walk.**



**Souvenir hunters ... tourists buying local handicrafts along the Sepik River.**

(stopover village), and Aibam and Chambri, in the Chambri Lake area (stopover village).

Kanganamun has one of the oldest spirit houses along the Sepik River. It was built in the pre-World War 2 days and is three storeys. Among the interesting features is the carving of a naked woman sitting at the front of the *haus tambaran* (a spirit house for sacred rituals).

In Aibam, villagers have unique, traditionally styled clay pots that are available for sale, there's a crocodile farm at Yamanumbu, and in Kamanimbit you can see sago making.

Most villages have *haus tambarans* and *haus bois* (a house used for sacred male rituals with total female exclusion) that you can visit. Some villages showcase their *tumbuna* (traditional) dances, carvings and other art.

Other activities include hiking into low-lying hills to see birdlife, including the bird of paradise, and going on a crocodile hunt with Wagu villagers.

The guesthouses are primarily made of traditional materials, but have electricity from generators and water tanks for guest use.

The region's main attraction is the annual Sepik River Crocodile Festival at Ambunti, to be staged this year on August 5–7. (Gonjuan will take visitors to the festival.)

His motorised canoe trips start from PGK3415 for one day. The cost includes accommodation in guesthouses at stopover villages,

meals and hired help, such as escorts and drivers. Extra costs are payable to see dances and take photos.

To contact Jerry Gonjuan, phone +675 71431905 / +675 75433200 or email [jerrygonjuan@outlook.com](mailto:jerrygonjuan@outlook.com). ■

 **Air Niugini flies daily to Wewak from Madang. See [airniugini.com.pg](http://airniugini.com.pg).**

—HAZEL KUTKUE



**Jerry Gonjuan ... offers motorised boat tours of the Sepik River.**







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**COST** \$SBD2400 night for a villa, \$SBD1800 for suites.

**CHECK IN AND OUT** 2pm/11am

**HIGHLIGHTS** The villas are breathtaking and the chef at Haydn's Steakhouse takes his craft very seriously. The bar is fun during the evening and don't miss the casino.

**NEARBY** The airport is a 20-minute drive, but central Honiara is on the doorstep, including the Botanical Gardens, the National Museum, the Point Cruz Yacht Club and Mbonege Beach.

Wi-Fi in rooms/public areas:	✓
Fee for Wi-Fi:	✓
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Ceiling fan in room:	✓
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Gym:	✗
Room service:	✓
Swimming pool:	✓
Free airport transfers:	✗
Hotel arranges tours:	✓
Breakfast included in room charge:	✓

## WHAT GUESTS LIKE

"Excellent location. Very friendly and professional staff, great food and large selection of drinks. Fantastic architecture and very spacious." – Facebook

"I am currently staying in one of the new villas. It is amazing, first class inside and out." – TripAdvisor



## LOCATION

The resort lies to the west of central Honiara, but close to everything that the city has to offer. The airport is just 20 minutes away and other attractions are within walking distance. The hotel has been built back from the main road and looks over manicured lawns leading down to a private beach.

## THE PLACE

The five-star Coral Sea Resort only opened in December, so it still has that brand-new sparkle. It has an impressive restaurant and bar, a pool for the daytime and casino for after-dark. Work is continuing on additional accommodation – although construction was not intrusive during my stay – while there are plans for a spa, a gym and a bar and restaurant over the beach. By the end of this year, an eight-berth private marina will also be in place, catering for vessels that are passing through the islands.

## ROOMS

The Coral Sea Villas would not be out of place among accommodation in some of the Pacific's better-known high-end travel destinations, including Bali and Hawaii. They have high and airy ceilings, fully fitted kitchenettes and a shower and bathroom that it is hard to drag yourself away from. The lounge area is more than comfortable – but let's be honest, who

wants to sit on the sofa and watch the TV when the private decked terrace has a jacuzzi and views over the ocean?

## FOOD AND DRINK

Good steaks are not always easy to track down in the Solomon Islands, so Haydn's Steakhouse – named in honour of the owner's father – is a welcome addition to the local restaurant scene. And they go the extra mile to ensure that the prime Australian steaks are in top condition by having them vacuum packed, instead of frozen, before being imported. The 400-gram T-bone is a feast. The menu also includes a wide selection of Asian dishes, including Thai green chicken curry and Malaysian laksa curry soup, as well as old favourites such as burgers and pizza. Meals can be served in the restaurant or alongside the pool, while the imminent opening of the restaurant by the beach will add a new dimension to dining out. The bar is stocked with everything from familiar friends – an impressive selection of bourbons – to the unusual. And for a local take on a classic, try the Haydn's Espresso Martini. ■

—JULIAN RYALL



**Air Niugini flies from Port Moresby to Honiara four times weekly. See [airniugini.com.pg](http://airniugini.com.pg).**





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# Three of a kind ... markets



## KOKOPO MARKET, PNG

Visit buzzing, open-air Kokopo market in East New Britain – one of the largest markets in the country – to peruse row upon row of stalls set up both out on the grass and under open-sided shelters. You'll find everything from vegetables, fruit (don't miss the delicious young coconuts), live crabs and smoked fish wrapped in banana leaves, to handmade cigars, betel nut and its accompaniments (mustard stick and powdered lime), as well as handicrafts like handwoven grass mats with colourful finishings.

### SOMETHING SPECIAL

Returning from a trip to Papua New Guinea without a *bilum* is like returning from Paris without a beret. You'll usually find sellers armed with dozens of these colourful string bags, handmade with a technique similar to crocheting, towards the front of the market. The hardest part will be choosing just one from the rainbow of colours and patterns.

### DON'T MISS

If you can time your visit for a Saturday, do. This is when the market is at its busiest and most exciting, and when you'll have the greatest choice of treats for both your dinner table and home décor.

### WEBSITE

[tpa.papuanewguinea.travel](http://tpa.papuanewguinea.travel); open six days a week (closed Sundays).



## UBUD MARKET, INDONESIA

In the centre of Bali's laid-back art capital, opposite the Ubud Palace, Ubud market found fame after being featured in the Hollywood film *Eat, Pray, Love*. With a maze of stalls selling everything from traditional Balinese carvings, rattan bags, paintings, sculptures, silk scarves and trinkets galore, this is where to head for your Bali souvenir shop – especially because most items are locally produced.

### SOMETHING SPECIAL

Be prepared to bargain, because haggling is expected at this market. Some say to halve the vendor's first price and go from there, others to simply decide what the piece is worth to you and try to get the vendor to agree. Either way, try to make it a price that's fair for you both.

### DON'T MISS

Once you're done perusing the stalls, wander down Ubud's flower-strewn streets, checking out small cafes, temples and galleries en route. And an Ubud visit wouldn't be complete without checking out the picture-perfect rice paddies that the area is famous for.

### WEBSITE

[balitourismboard.org](http://balitourismboard.org); open seven days.



## EUMUNDI MARKETS, AUSTRALIA

Being Australia's biggest arts and crafts market, this biweekly market really is an unmissable feature of any trip to Australia's Sunshine Coast, and well worth the 90-minute drive from Brisbane. With the tagline 'make it, bake it, sew it, grow it', the market offers an impressive array of wares from 600 local vendors. You'll find homegrown and homemade food, as well as clothes, art, skincare products, homewares and much more.

### SOMETHING SPECIAL

This market is really more like a festival, with the music and entertainment being perhaps even more enjoyable than the shopping. Two stages play host to live bands, which you can enjoy, cold-brew coffee in hand, as you groove on the grass.

### DON'T MISS

Check out the unique, hand-engraved hardwood signs by John at Larrikin Signs, and pick up some cold-pressed macadamia oil at Eco Nuts Australia. If the weather's hot, grab some artisan gelato or sorbet at G-Lato.

### WEBSITE

[eumundimarkets.com.au](http://eumundimarkets.com.au); open Wednesday and Saturday.





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## TIME TRAVELLER

## PNG, 1975

In decades gone by, it was fashionable for companies to produce their own calendars, and Air Niugini was no exception. These two images are from the airline's 1975 calendar, showing a Fokker F27-200 in flight and a Junkers W34 floatplane taxiing on the Vailala River near Upoia. The images were sent in by avid *Paradise* reader and collector Paul Jamison from Queensland in Australia.

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



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To ensure Papua New Guineans enjoy a healthy, nutritious meal in order to live a healthy lifestyle, Trukai Industries adheres to World Food Standards that require food products to be vitamin enriched and fortified.

### What is Vitamin Enrichment (VE)?

VE is a process whereby micronutrients such as Iron and B Vitamins are added to foods to regain the nutritional content lost during the manufacturing process.

### Why is VE important for rice products?

- Rice is a staple food consumed by more than half the world's population...

In Papua New Guinea, we love eating our Trukai rice.

- Because rice loses several key nutrients during the milling process it is important that we VE our rice. This is so individuals and families who rely heavily on our rice as a main source of food, receive adequate nutrition.

- ALL Trukai products are Vitamin Enriched!

### What is Fortification?

- It is estimated that 30% of the world's population is affected by vitamin and mineral deficiencies.
- Fortification is the adding of vitamins and minerals to foods, especially staple foods, to prevent nutritional deficiencies and improve health outcomes.

- All of our Trukai rice products are fortified!

### What are the different methods of rice fortification?

- Rice can be fortified using dusting, coating or extrusion.
- Extrusion is the most effective but also the most expensive method of fortifying rice. Trukai uses this method.
- This means that extruded VE pellets are added into Trukai rice products instead of powder.
- So no matter how many times you wash your Trukai rice, it won't lose its efficacy or nutritional value!

## Trukai produces rice with world-leading nutritional value.



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PICTURES: DARREN JEW

Whale of a time ... a Darren Jew snapshot of the giants of the sea. He swims with them with a snorkel and mask.





# Encounters with whales

*Richard Andrews meets a daredevil photographer who swims with whales and has a passionate connection with PNG.*

Some people will do anything for a great photo. For Darren Jew, that's meant facing a charge of eight "bus-sized" whales as they compete for a female mate.

In a heart-stopping sequence, a recent Netflix documentary shows the photographer, equipped only with a mask, snorkel and flippers, swimming among a pod of 30-tonne humpbacks.

The *Tales by Light* documentary was shot in Vava'u, a group of northern islands in Tonga, renowned for their spectacular diving sites, sea-level caves and dramatic limestone cliffs. ➤



## Encounters with whales

Darren Jew images ... (clockwise from right) on the coast at Rabaul; playtime with whales; evening peace at PNG's Louisiade Archipelago.



“

When a whale looks you in the eye that's quite a profound moment. It's like no other feeling that I've ever had before.

”

But Jew was too busy to look at the scenery while capturing a rarely photographed 'heat run'. He credits professional discipline for the ability to remain calm, despite the risk of being accidentally battered by huge, amorous whales.

"My mind's always on the picture, it's my only focus," says the award-winning Australian photographer. "I have no hesitation being in the water with the whales. I'm confident they know where I am. They're very agile and aware of their surroundings."

When diving with whales, Jew prefers to hold his breath and leave scuba gear behind on the boat. He wants to blend in and avoid releasing bubbles, which humpbacks use as a form of defence.

"To protect a calf from predators, whales will produce a big stream of bubbles to create confusion," he says. "When whales are fighting each other, they'll also blow bubbles to show who's boss. If you're wearing scuba, you risk attracting unwanted attention."

Jew's free-diving approach, plus lots of patience, enabled him to win the confidence of a protective whale and her calf for a lyrical close up of the mother and child.

"I first got them used to seeing the boat, then entered the water and slowly approached in stages until they accepted my presence," he says.





## Encounters with whales



"Our encounters could last up to one-and-a-half hours.

"Like us, however, every whale is different and they have moods. Some days they're not that happy to deal with people and you have to read their behaviour well. Whales can swim really fast!"

Jew considers his most memorable encounters with whales are when they swim right up to him out of curiosity. "When a whale looks you in the eye that's quite a profound moment. It's like no other feeling that I've ever had before."

"It's an overused expression," he says, "but I know that when I take other divers swimming with whales it's a life-changing moment that people talk about well after the encounter."

In fact, since Netflix started screening *Tales by Light* last November, Jew gets daily messages from viewers saying how that episode has changed the way they look at the world. "It's very encouraging that photography and the ocean can be so exciting to people," he says.

Photo shoots in the Pacific, Africa, India, the Americas and the Arctic Circle reveal that the Queensland photographer inherited a love of the ocean from his father – an explorer who spent time in Antarctica and kept his diving kit on display in the bedroom, ready for action.

"I was fascinated by Dad's colour slides," says Jew. "Seeing his scuba tank in the corner showed I could connect to the world of Jacques Cousteau and the men in silver suits that I loved watching on TV.

"It all inspired me to do something other than get a job in a bank. I took up diving when I was young and later studied photography in Brisbane."

A primary school friend also shaped Jew's career and adventures. ➤



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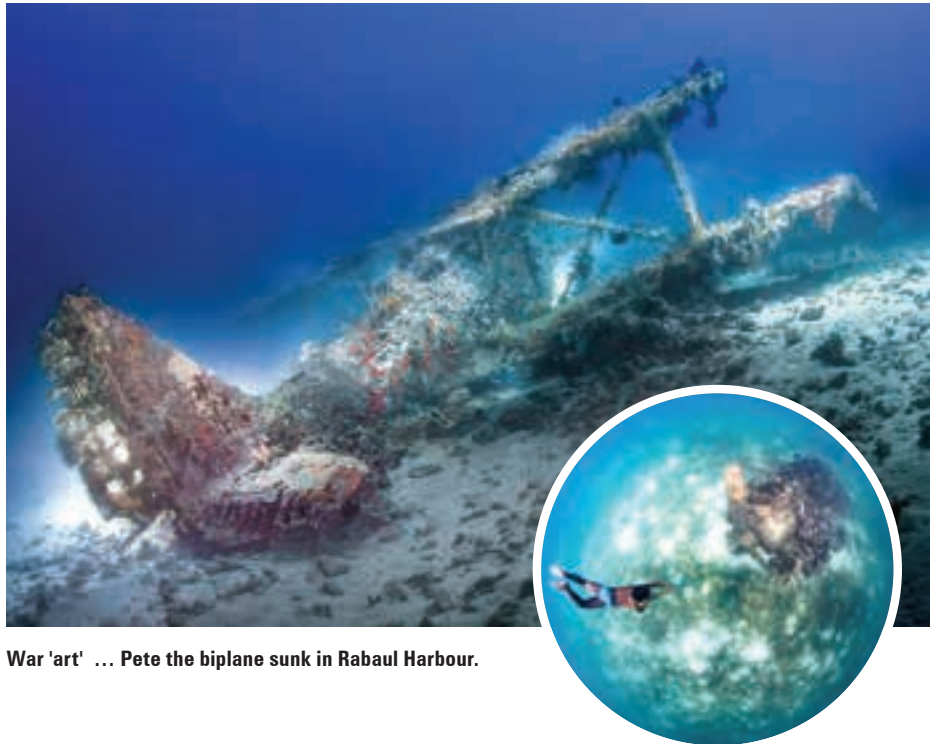


## Encounters with whales

"I was fascinated by the stories told by a new kid who'd lived in PNG. As a result, I did class projects about the country and learned about its significance in World War 2. The interest lasted and I vividly remember, at the age of 15, seeing a black-and-white picture of Pete in a magazine. Seeing it for real went on my 'To Do' list."

Pete was the Allied forces code name of a Mitsubishi biplane sunk in Rabaul Harbour during the Japanese occupation. Jew eventually fulfilled his boyhood ambition when he found the 70-year-old wreck in 30 metres of water, encrusted with coral and home to a vibrant variety of tropical fish.

He decided to use a creative photographic technique to paint an iconic image of "an old machine built for death and destruction that now supports life". ➤



War 'art' ... Pete the biplane sunk in Rabaul Harbour.

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## Encounters with whales

"I opened up the camera and swam around Pete in the dark with a torch. Wherever I pointed the torch got exposed, to produce the final effect."

"What came out of it was a shrine to the horrors of war."

In addition to his own work, Jew also guides photo cruises to locations such as the Sepik River and the remote Louisiade Archipelago. With its wrecks, reefs and manta rays, the string of volcanic and coral islands boasts some of the region's best diving and natural wonders.

Lying off PNG's southeastern tip, the largely untouched area receives few tourists, any shops are often a boat ride away and much local trading still consists of bartering for goods.

"Louisiade was a real eye opener," says Jew. "We stopped at islands that see visitors only a couple of times a year. It's even remote by PNG standards."

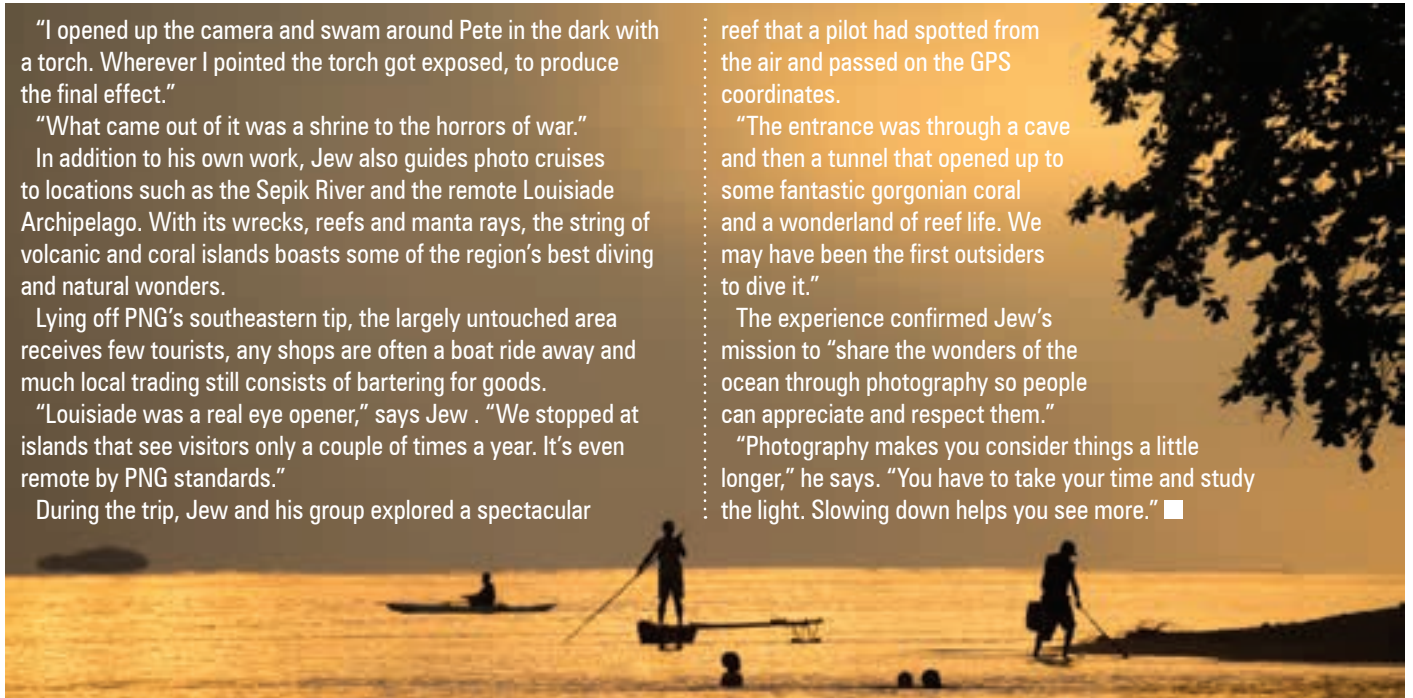
During the trip, Jew and his group explored a spectacular

reef that a pilot had spotted from the air and passed on the GPS coordinates.

"The entrance was through a cave and then a tunnel that opened up to some fantastic gorgonian coral and a wonderland of reef life. We may have been the first outsiders to dive it."

The experience confirmed Jew's mission to "share the wonders of the ocean through photography so people can appreciate and respect them."

"Photography makes you consider things a little longer," he says. "You have to take your time and study the light. Slowing down helps you see more." ■



The light of day ... gentle times in Rabaul.

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# 75 YEARS ON

PICTURES: PNG TOURISM PROMOTION AUTHORITY, TOM CUNNINGHAM; MAT MCLACHLAN BATTLEFIELD TOURS; KRUMBS ALONG KOKODA

The Kokoda Trail is seen as a pilgrimage by many Australians, with this year's 75th anniversary of the Kokoda Campaign promising an especially emotional experience. *Brian Johnston* reports.





The Kokoda Trail is one of the world's toughest hiking challenges. Yet every year, thousands of ordinary visitors (most of them Australian) tackle this 96-kilometre trek across the Owen Stanley Ranges from Ower's Corner in the south to Kokoda village in the north.

Rugged terrain, hostile rainforest, mud, searing humidity and almost daily rainfall provide an environment of daunting proportions. It takes between six and nine days to conquer the route, and some give up.

A decade ago, only a few hundred hardy trekkers made the attempt. Now, some 30 trekking companies offer trips and more than 3500 visitors – and sometimes as many as 5000 – walk the trail annually.

What brings them here isn't just the physical and mental challenge but an acknowledgment of the hardships suffered by Australians and locals during World War 2. It's considered something of a rite of passage among Australians, providing lessons about courage, sacrifice and endurance. For some, it's also a re-enactment

Track Foundation ambassador Will Genia.

This year is the 75th anniversary of the Kokoda Campaign, which will be especially poignant as the last significant anniversary involving surviving veterans, who are now in their early 90s or older.

PNG Tourism has partnered with the Kokoda Track Authority in commemorative activities throughout this year, many of which were observed recently on Anzac Day (April 25), Australia's traditional day of wartime remembrance.



The physical challenge is immense and only a few notches short of advanced survival skills.

"The terrain is extreme, with lots of steep ascents and descents, and many river and log crossings," explains Michele Eckersley of World Expeditions. "Much of the ground is muddy and can be slippery, and accommodation is in remote jungle camps. It's a must-do trek for those who want to test their limits."



of one of the defining episodes in Australian history, and especially emotional for those who had relatives involved in the Kokoda Campaign.

"When you trek Kokoda you step into history and feel a connection with the Aussie soldiers who fought there. But you also feel a connection with the people of Papua New Guinea who live in communities along the track today," says rugby union player and Kokoda



Memorial services are also planned at Ela Beach for PNG's National Remembrance Day (July 23) and at Kokoda Station on the northern end of the trail on Kokoda Day (November 3), which marks the date on which Kokoda was recaptured from the Japanese. Memorial services will also take place at Bomana War Cemetery, Isurava Battlefield Memorial and Ower's Corner. ➤

**Kokoda moments ... an arch marking the trail\* (opposite page); trekkers on a hill descent (above left); a statue at McDonald's Corner (above centre); getting feet wet on one of many creek crossings along the trail (above right).**

**\*The official name is the Kokoda Trail, however many organisations and veterans refer to it as Kokoda Track.**





75 years on

“

Though interest in the Kokoda Trail has been growing steadily over the last two decades, the anniversary year has sparked another surge in interest. Tour and trekking companies are marking the 75th anniversary with special tours.

”



Though interest in the Kokoda Trail has been growing steadily over the last two decades, the anniversary year has sparked another surge in interest.

“All Kokoda Tour Operator Association members, who represent approximately 75 per cent of the market, have indicated a significant increase in their bookings for this year,” says Peter Miller, managing director of No Roads Expeditions. “We’re expecting an increase of 25 per cent on 2016 numbers, or around 4000 trekkers this year.”

Tour and trekking companies are marking the 75th anniversary with special tours. Some were focused on Anzac Day to include its memorial services, but many others are continuing throughout the year and will include events at Bomana and Isurava. ➤

**A poignant reminder of war ... the Bomana War Cemetery (top); a bridge with a high degree of difficulty (above); the Isurava Battlefield Memorial where a special service will take place (right).**







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## 75 years on



Rugged landscape ... a view from the 96-kilometre trail of jungle and forbidding mountains.

No Roads Expeditions might be offering the most demanding of these, running a gruelling 'Kokoda Back to Back' return trek in both the northerly and southerly directions, over 15 days, for the undaunted. Also in July, its 'March to Kokoda Re-enactment' will follow in the footsteps of the 39th Australian Infantry Battalion's B Company. Participants will wear historically accurate military attire, eat army rations and camp at the same sites as the wartime unit.

Escape Trekking Adventures and World Expeditions have 75th anniversary tours in late August that include two days in the northern beach villages of Gona, Sanananda and Buna, where Japanese troops first landed and where the final stages of the campaign played out. PNG Trekking Adventures is rolling out a 'Fuzzy Wuzzy Angel Kokoda Trail 75th Anniversary Trek' in late October, timed to include services associated with Kokoda Day on November 3.

Especially notable this year, however, is the introduction of tours that don't involve trekking, which allow a whole new group of travellers to visit this Papua New Guinean region. Escape Trekking Adventures and Kokoda Treks & Tours have an early August commemoration tour that visits both ends of the trail and other destinations of wartime significance, accompanied by a military historian. ➤

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## 75 years on



Welcome ... locals selling bakery items to trekkers through the Krums Along Kokoda charity (above left); meeting some of the locals during a breather on the trail (above right).



It can be extended to Milne Bay, another significant theatre in the Allied conflict with the Japanese.

Mat McLachlan Battlefield Tours is also running a special seven-day Kokoda Trail

anniversary tour in late October, without the need for hiking. It visits Ower's Corner by four-wheel drive, the battlefields and memorials in the region of Kokoda village, and the beachhead battlefields near Gona, as well as

war sites in Port Moresby. On November 3, the group will commemorate the anniversary of the recapture of Kokoda with a ceremonial flag-raising on the same spot Australian troops raised their flag in 1942. ➤



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75 years on

### THE KOKODA CAMPAIGN EXPLAINED

For Australians, the Kokoda Campaign was the most important battle of World War 2. In early 1942, Singapore had fallen, Darwin on the Australian mainland had been bombed and the Japanese army had landed at Rabaul.

By July 21, the Japanese had established a beachhead at Gona on the north coast of Papua with the intention of taking Port Moresby from the north by traversing the Owen Stanley Ranges. From here, the Japanese could launch a bombing offensive against Queensland or an invasion of Australia, which was almost completely undefended.

With the majority of Australian forces operating in the Middle East, it was young, inexperienced, under-trained and outnumbered Australian soldiers who were tasked with preventing the Japanese advance. They succeeded with the crucial support of PNG locals, affectionately nicknamed the 'Fuzzy Wuzzy Angels', who kept open a supply chain of ammunition, food and other supplies and evacuated wounded soldiers along what would become known as the Kokoda Trail.

Although the Japanese came within 40 kilometres of Port Moresby, they were slowly pushed back north. By January, 1943, the Japanese advance had been repulsed. A thousand Australian soldiers were wounded and 625 killed. Some 1300 Papuans and 4500 Japanese also perished in the campaign.

Water crossing ... trekkers make their way into a village, one of many along the way.

### ONE GOOD DEED ...

Charities in the Kokoda Trail region have long been inspired to repay the historical help given to Australians by Papua New Guineans. "Because of our shared history, the legacy of World War 2 and the support Australia received during the Kokoda Campaign, we support PNG communities to overcome some of the tremendous challenges they face today," says Genevieve Nelson, executive director of the Kokoda Track Foundation (KTF), one of the charities operating in the region.

KTF runs sustainable, community-owned programs that target healthcare, education, livelihoods and leadership projects across five provinces in PNG. Among them, it builds classrooms and aid posts, trains teachers and health workers and delivers solar energy to remote villages.

Many trekking companies engage in charitable work, too. PNG Trekking Adventures, for example, has a partnership with PNG Trading to run Krums along Kokoda, a charity that has equipped villagers with ovens so they can make and sell baked goods to trekkers, providing a sustainable income for their community.

Sponsored trekkers also tackle the Kokoda Trail to raise funds for charitable organisations, while a portion of the money raised through the trek-permit system is also given to local communities. Villagers, too, see benefits through employment as trail workers, porters and suppliers of goods, bringing much-needed income to villages along the Kokoda Trail that would never otherwise encounter tourists. ■







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# LAE SNAPSHOT

Photographer *Milen Stiliyanov* has captured these images of his home city. Text by *Marisa Howden*.

**T**ucked away in the Huon Gulf is Papua New Guinea's second-largest city, Lae. With the country's largest port facilities and a host of manufacturers calling it home, Lae has been deemed PNG's industrial capital.



PICTURES: MILEN STILIYANOV





**Safe harbour ... the Lae Yacht Club (opposite page); Lae's best-kept secret, Salamaua (left); on the shore at Salamaua (below).**



**Lae of the land ... (clockwise, from above left) the city's main business district; Lae lit up; one of the locals; the Lae Yacht Club, which provides one of the city's main watering holes.**

Lae was established during the 1920's gold rush as a supply base for the Wau goldfields and was later occupied by the Japanese in World War 2 as one of their strategic bases against the allies.

In 1937, Lae was the last stop for pioneer American aviator Amelia Earhart as part of her round-the-world expedition, after which sadly she was never seen again, going missing somewhere in the Pacific.

Today, Lae is a thriving town well serviced by major retail outlets, restaurants, hotels, banks and local trade stores, establishing itself as a buzzing metropolis.

Also considered the gateway to the Highlands, Lae has the only road network that connects the major agriculture and resource ►



## Lae snapshot



Star attraction ... Laukanu has beautiful swimming, snorkelling and diving and is a day trip from Lae.

rich centres of Goroka and Mount Hagen to the rest of the country.

While some might balk at Lae's mixed reputation, they need to see beyond the hype for what it really is – a bustling, tropical city and the heart of PNG's economy.

Just an hour from Lae by boat is one of the city's best-kept secrets, Salamaua. A tiny isthmus, it was once the capital of the Morobe Province and a base for Australia during the war.

Incredible snorkelling, diving and fishing can be found in and around Salamaua, as well as the wider Huon Gulf, with destinations such as Laukanu and the Tami Islands less than two hours away. ■





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# Fiji flair

*Dusk Devi* reports on the thriving fashion industry in Fiji and gives her tips on where to buy the best threads.

**F**iji is a premier destination for holidays, coconuts, seashells, flowers in your hair, crystal-clear water, sandy beaches and cocktails at sunset ... and that ubiquitous island print on everything from T-shirts to sarongs. The height of tropical fashion? Not quite.

Fiji may not be the first country that comes to mind when thinking about fashion, but it has

a thriving fashion industry that has been alive for more than 50 years and goes way beyond the island prints.

The country has iconic fashion brands, designer boutiques, a fashion council, prestigious fashion events, such as Style Fiji, and top models who are household names.

The model on these pages, Sandhya, has been one of Fiji's most famous since the 80s.

The garment industry is certainly serious business here, with globally renowned companies such as Kookai Australia and Gap manufacturing their wares in Fiji.

Nadi, where all the great hotels are, is not quite as sophisticated in its fashion offering as Suva. ➤



**Breezy fashions ... leading Fiji designs (from left) Aisea Konrote; Myra Fiji; Naina and Zilda Silks.**





“

The country (Fiji) has iconic fashion brands, designer boutiques, a fashion council, prestigious fashion events and top models.

”





## Fiji flair

**Off the shoulder ... an Aisea gown with a custom headpiece by IkelArts (this page); Zilda Silks (opposite page).**

Suva is hardly ever more than a day trip for most visitors, which is a shame because the fashion shopping options are endless – from shops that stock imported street fashion and coveted labels, to boutiques specialising in local designers, department stores, Indian wear houses and even trendy recycled and vintage clothing stores.

Among the highly recommended shops in Suva is the Treehouse Boutique at Damodar City (approximately 15 minutes away by car from the CBD), which stocks its own brand, combining colourful prints with structured design that can be worn for work or leisure.

At Tappoo City, in the CBD, you will find Robert Kennedy's urban-wearable tropical styles and ensembles.



Also, don't miss Pacific Island Arts, which has successfully created a fusion brand of traditional prints and sexy, modern silhouettes for men and women.

Nearby, Aladdin's Cave has a treasure chest of international and local designers, a dazzling array of fashion, run by a powerhouse Fijian businesswoman Elaine Taylor.

However, Nadi is catching up and now it is where the savvy fashionistas of Fiji are shopping and opening their shops. Like Pineapple Boutique at Port Denarau Marina, which stocks a range of upmarket local designs. Be aware that prices are not cheap here, but you're not here looking for bargains, you're looking for quality.

Speaking of quality, Nadi-based House of Design Fiji was started by two

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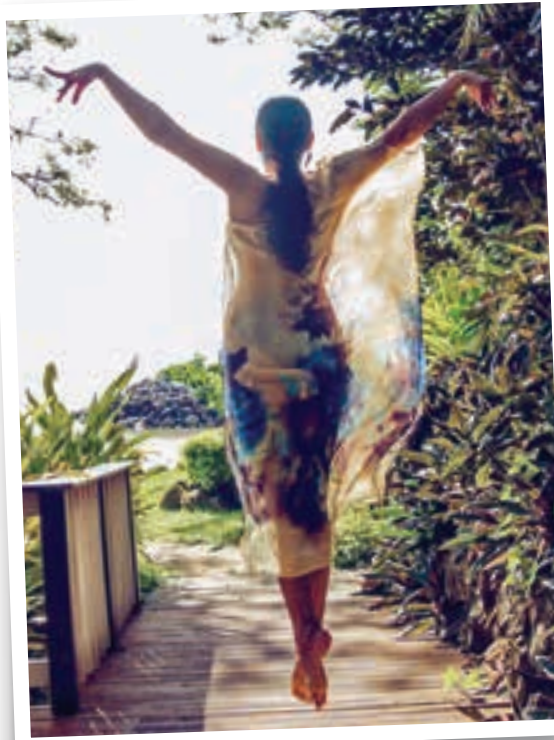


## Fiji flair

stalwarts of the Fiji fashion industry – Zelda Thomas (ex top model, one of Fiji's top designers, co-producer of the prestigious Style Fiji) and Fuzz Ali (chairperson of the Fashion Council of Fiji, fashion stylist and magazine editor) – who envisioned it as an incubator for existing designers, a showcase for established designers and something for newbies to aspire to.

It has the best Fiji fashion designers brands, including Naina, Zilda, Morgan-Rose, Samson Lee, Aisea Konrote and Zuber, as well as artists like Smashing Art and Penelope Casey.

Veteran designers like Naina and Zilda have been delivering seasonal resort collections and signature staples for over two decades, while newer designers like Samson Lee pay homage to iconic names like Tiki Togs but with a modern twist and ethnic fusion.



Zuber, too, mixes up unexpected combinations of traditional and edgy. Aisea Konrote is the Valentino of the Pacific, sensual, versatile gowns that compliment women of all ages. AK and Naina are the two designers whose designs translate well globally.

Other designers to look out for, but not in boutiques, are Anton Conway Wye, Kuiviti Couture and Myra Fiji, the latter a new avant-garde label with an exciting vision.

Coming soon to House of Design boutique is PNG's own Iyara, which has been winning accolades from Port Moresby to Sydney to Singapore.

Fiji has a plethora of pleasure to offer. Add fashion shopping to that list and be sure to take an empty suitcase. ■







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Geoff Ila ... with two students from the Hohola Youth Development Centre that benefits from the work of Tribal Foundation.

## MEDICINE MAN

This Papua New Guinean has settled in the US where he sources donations of medical supplies for PNG. *Kevin McQuillan* reports.

No man is an island, noted the English poet John Donne in 1624, and in the non-profit, healthcare sector, partnerships are the key to success, according to Geoff Ila, partnership development manager with the PNG Tribal Foundation.

Founded by Goroka-born GT Bustin in 2009, the foundation has formed more than 40 partnerships with donors and recipients with a focus on providing medical supplies in hospitals and remote health centres in PNG. (GT had earlier co-founded Samaritan Aviation, now providing East Sepik Province with emergency evacuation flights, the delivery of medical supplies, and health programs.)

“  
I take care of the logistics  
for our medical containers  
to PNG, working closely  
with our partners here  
in the US to ensure much-  
needed medical supplies  
reach PNG.  
”

It has an impressive list of achievements. Last December, for example, the foundation and ExxonMobil PNG brought four containers of medical supplies to Port Moresby General and Lae's Angau Memorial hospitals.

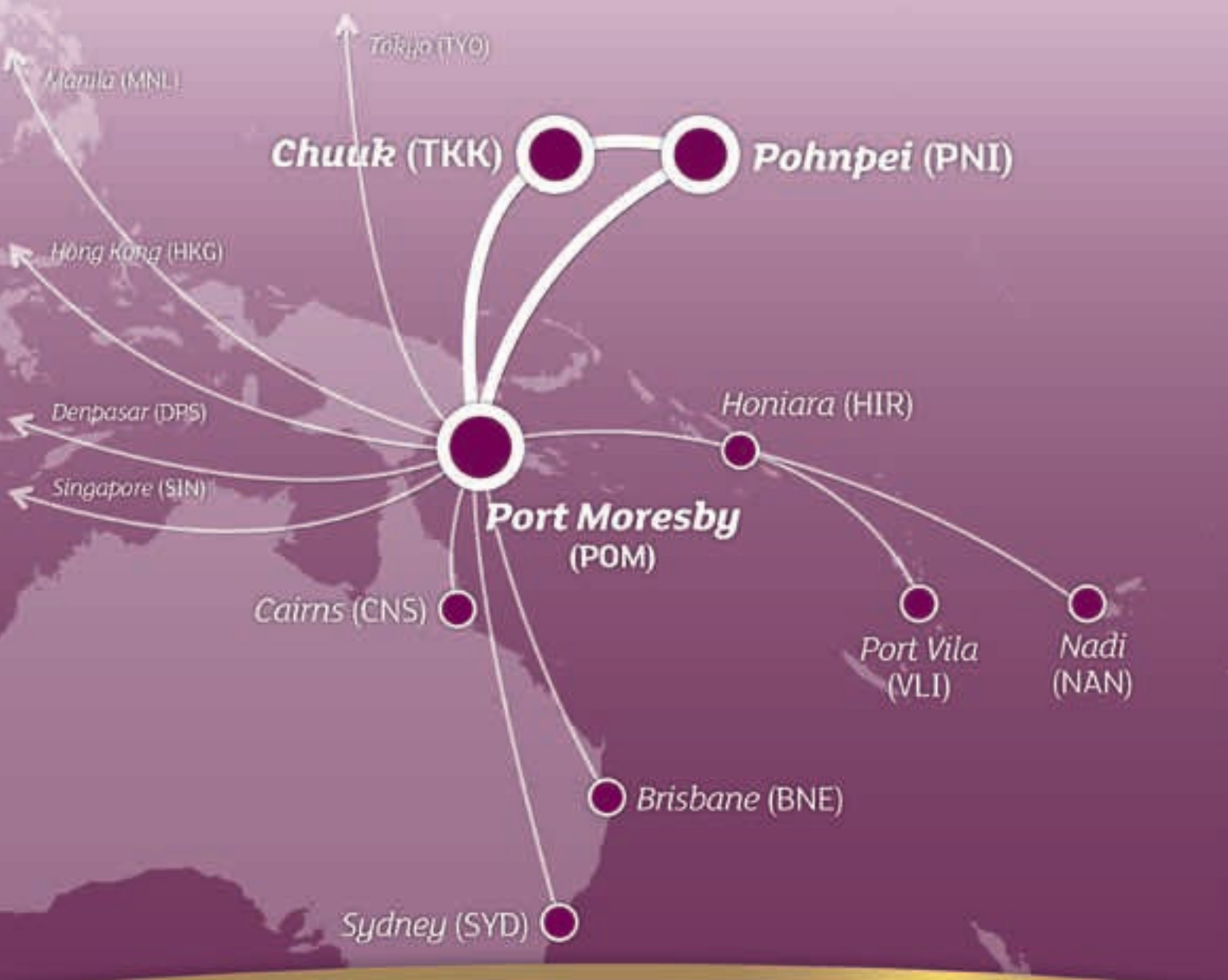
The medical supplies in Lae were primarily for the children's ward and included much-needed consumables, as well as equipment like incubators for premature babies.

A key player in this process is Ila, born in Port Moresby, raised in Lae and educated at Toowoomba Grammar School, Queensland.

"I started working with PNG Tribal in 2012," he tells *Paradise*. "When I first started working with PNG Tribal Foundation my job consisted of working with the partners that Tribal provides ➤







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## Medicine man

support to and invests in – non-profit groups such as Life PNG, Hohola Youth Development Centre and Cheshire DisAbility Services to name a few.

"I would assess what their needs were for support and source partners that could meet those needs.

"I now take care of the logistics for our medical containers to PNG, working closely with our partners here in the US to ensure much-needed medical supplies reach PNG.

"I am also currently overseeing our social media department, researching and sourcing the needs of Tribal to better serve our people in PNG."

Ila says he came to the US "by default".

In 2000, his two-year-old daughter, Jamie, was having health issues. At the time, he and his family were in Kenya on a six-week mission trip. They called in to the US on the way home, so Jamie could have a check-up. They ended up staying – and it's been 17 years.

Ila's wife, Megan, is originally from Montrose, Colorado. They met and married in Lae.

Like many non-Americans, Ila finds Americans genuine, friendly, generous and kind. "Being born and raised in my homeland PNG means I was raised in community/family.

"It may not be the thing that is done here in the US, but I always give people respect despite their appearance, skin colour, background, or heritage. I was taught that in order to gain respect, you first give respect. Whether, it's given back to me or not, is not my issue."



In the field ... Geoff Ila at work for PNG Tribal Foundation.

Before he came to the US, he worked with Youth With A Mission PNG (YWAM) for several years. Prayer has been an important part of his life.

"We would pray for the government, for issues such as gender-based violence, for our young people, for the infant mortality rate, which is still one of the highest in the world along with so many other needs that this nation has."

Travel is part of his job, sometimes to accompany supplies to PNG. And in the US, Ila goes to gatherings to explain Tribal to the estimated 90–100 wantoks living in the US.

"This generates a lot of interest in the programs we run and creates an opportunity for our people here in the US to partner with us in investing in PNG."

The couple has four children: Teira 21, Jamie 19, Shae 15, and their only boy, Tayne, who is 13. Visiting PNG is important and they visit every chance they get.

"Although I miss my homeland, living in the US has offered a lot of perspective," Ila says.

"There are a few things I would like to see develop in PNG that I see here. The first thing is the respect and recognition given to women, and also allowing women to have a voice.

"I believe much of the success that the US has reaped in history is because of their proper treatment of women and seeing women as an integral part of this nation's foundation and growth.

"I sit here in my office in Montrose, Colorado, of all places and marvel at the fact that I am actually an answer to my own prayers. Yes, I believe the little work I do makes a significant impact in Papua New Guinea, the nation I love and call my own." ■

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# Gadgets and travel accessories

## Keychain charger

No matter how organised you are, there's bound to be a situation when you forget your phone charger. That's where Nomad Key steps in, a house key-sized device made from tough high-grade polycarbonate and rubber elastomer that sits on your keychain and connects your phone directly to any USB port for instant charge.

About PGK64; [hellonomad.com](http://hellonomad.com).



## Winter jacket

For those times when you only want to bring one jacket with you, sustainable adventure brand Cotopaxi's Pacaya insulated jacket may be your best friend. It's a shell and insulating layer in one good-looking package. Complete with two zippered hand pockets and an interior zippered chest pocket, it's a purchase you don't have to feel guilty about either, since some of the brand's profits go to alleviating global poverty.

About PGK570; [cotopaxi.com](http://cotopaxi.com).



## Leather wash bag

Handsome wash bags are few and far between. Thank goodness, then, for Australian outback brand R.M. Williams, which has crafted this timeless 100 per cent leather wash bag, with a tough zip, press-stud side straps, nylon lining and internal pocket to keep your bits and pieces organised, no matter how fast you're moving.

About PGK410; [rmwilliams.com](http://rmwilliams.com).



## Smart watch

Ever considered travelling without your phone or wallet? Well, now you can, because the Samsung Gear S3 Frontier lets you call, text, browse apps and emails, listen to music, and use GPS tracking and Samsung Pay right from your wrist. You don't have to compromise on style, either – with its twisting bezel and chic black and red analog face, it has the look and feel of a premium watch.

About PGK1446; [samsung.com](http://samsung.com).



## Safe passport wallet

Sure, there are countless good-looking travel wallets on the market. But what makes this Samsonite one a bit wow is the embedded metallic layer that protects your RFID (the chip in your passport and credit cards that transfers information wirelessly) from unauthorised readers, which sneaky thieves can use to swipe your data just by walking by you in an airport, or on the street.

About PGK145; [samsonite.com](http://samsonite.com).





### Solar charger

If you're planning on getting lost in the wilderness for a few days, but still want some of your phone functions for emergencies, the lightweight BioLite Solar Panel 5+ will power your phone or tablet, giving you access to maps and other necessary travel tools. The integrated sundial helps you align most effectively to the sun for maximum charge, the 360-degree kickstand makes it easy to position on bumpy ground, and the battery stores unused power for later. *About PGK361; bioliteenergy.com.*



### Mobile stabiliser

The video cameras on mobile phones are excellent quality these days, often equipped with image stabilisation and 4K, but none of that really matters if there's still the issue of unsteady hands. Luckily, the DJI Osmo Mobile cradles your mobile in a three-axis gimbal to turn wobbly shots and shaky pans into smooth, steady sweeps worthy of the silver screen. It even has a tracking feature that stays focused on your subject as you move. Available in black or silver, to match your device. *About PGK1,234; store.dji.com.*



### Theft-proof backpack

The cleverly designed Presli Voyager backpack does its darndest to stop bag snatchers and pick-pocketers from snatching your valuables. Crafted from slash-resistant material and with a reverse zipper that sits against your back, it also includes nice features for business travellers, including a 15-inch laptop sleeve, another for A4 documents, a business-card holder and pen holders. Comes in navy blue or black. *About PGK169; presli.co.*



### Pocket keyboard

An urgent email pings through that requires an in-depth response, but you only have your phone and spend the next 30 minutes working up a sweat battling autocorrect. Maybe not, though, if you have the Zagg keyboard in your jacket pocket, which, when unfolded and attached, instantly transforms your phone into a laptop. *About PGK175; zagg.com.*

### Portable speaker

The sturdy, wireless Yatra Aquatune 9612 portable Bluetooth speaker pumps high-quality audio out of a completely weatherproof, dustproof, shockproof and fun design, so you can take a soundtrack with you wherever you are. Especially since the rubber hoop means you can attach the compact speaker to your backpack, bike or belt loop with a carabiner. *About PGK211; shopyatra.com.*



### Wireless earbuds

Trust a Swedish company to come up with these new minimalist, wireless earbuds. Using Bluetooth to capture audio with minimal distortion and a tight bass, the Earin M-1 buds are crafted from super-comfortable, supple foam to keep unwanted noise out and the earbuds in. Being the smallest, lightest wireless buds around, they only have three hours of battery life – but they come with a chic aluminium charging case that will get you through your next long-haul flight. *About PGK632; earin.com.*





### ***The Eagle Huntress***

This movie was born after director Otto Bell saw an image of a girl and her eagle on the internet, and then promptly flew to Mongolia to find out more about her.

The result of Bell's admirable inquisitiveness and daring – he'd never made a movie before committing to make the film using his own funds – is an extraordinary documentary about Aisholpan, the young girl whose desire to hunt proves stronger than the views of the male elders who try to block her path.

Bell manages to film Aisholpan on a remarkable journey: from taking a fledgling eagle from its nest the film soars all the way to where Aisholpan enters the Golden Eagle Festival in Olgii, a nomad festival won previously by her father.

It's hard not to be inspired by this incredible tale and the cinematic beauty but this is also a story of a father and a daughter and their love.

This highly praised and beautifully shot film is narrated by *Star Wars* actor Daisy Ridley.



### ***Viceroy's House***

Hugh Bonneville, who played Robert Crawley, Earl of Grantham in *Downton Abbey*, and the renowned Gillian Anderson, Michael Gambon and Manish Dayal, lead the cast of this drama written and directed by Gurinder Chadha, who is perhaps best known for his movie *Bend It Like Beckham*.

Viceroy's House in Delhi was the home of the British rulers of India. For six months in 1947, Lord Mountbatten assumed the post of the last viceroy, charged with handing India back to its people.

Mountbatten (played by Bonneville) lived upstairs with his wife and daughter, while downstairs lived 500 Hindu, Muslim and Sikh servants.

As the political elite took their seats upstairs to wrangle over the birth of independent India and Pakistan, conflict erupted throughout the house.

In a moment of history long forgotten, a decision was taken that continues to reverberate throughout the world.



### ***The Trip to Spain***

Esteemed and prolific director Michael Winterbottom follows up movies *The Trip* and *The Trip to Italy*, and has Steve Coogan and Rob Brydon again playing semi-fictionalised versions of themselves.

Coogan is a British actor and, just as importantly for this role, a stand-up comedian. Popular Welshman Brydon shares a good part of Coogan's CV – as an actor he also effortlessly lends his talents to comedy.

In this journey of *The Trip* series, restaurants, gentle bickering and impersonations feature as much as the duo's peregrinations through the Basque region, Cantabria, Aragon, Rioja, Castile-La Mancha and Andalusia.

Coogan and Brydon also do their best to fill up on the food, but somehow manage to leave plenty of room for fun and frivolity. Winterbottom's comedy is suitably mouth-watering.

***Port Moresby's Paradise Cinema screens many of our reviewed movies. For screening dates and session times see [paradisecinemaspng.com](http://paradisecinemaspng.com).***





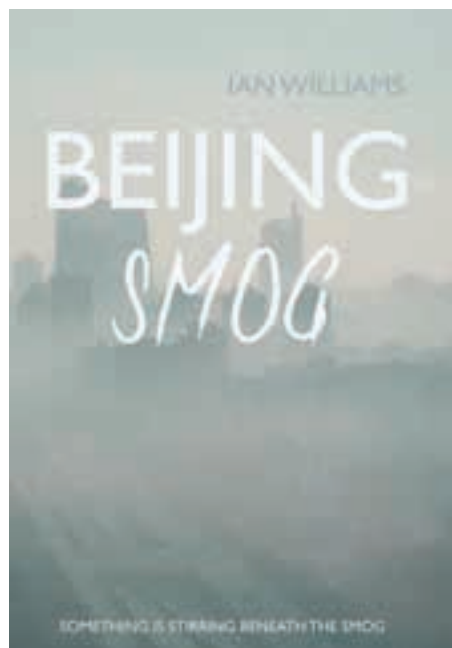
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***Beijing Smog* (Matador), by Ian Williams**

This novel about deception centres around the story of an image that, posted online as a joke, goes viral and ends up threatening the ruling Communist Party.

There are three central characters. One is a 21-year-old Chinese blogger who lives in a world found through his smartphone; another is a delusional British businessman still selling the China Miracle even as it crumbles around him, and there is the cyber-spy-chasing American diplomat.

Rumour, and the Communist Party leaders' lack of humour, also play their parts in the novel but the triumvirate of main characters collide and it threatens lives and that of the Party as well.

Beijing's smoggy streets, Shanghai's historic Bund, the casinos of Macau and the grim factories of southern China play their part in this thriller's satirical look at the sometimes confounding world that is modern China.

Ian Williams has lived in and reported from Asia for more than 20 years. For the last nine years, he has covered Asia and China for NBC News.



***Home* (Text), edited by John Freeman**

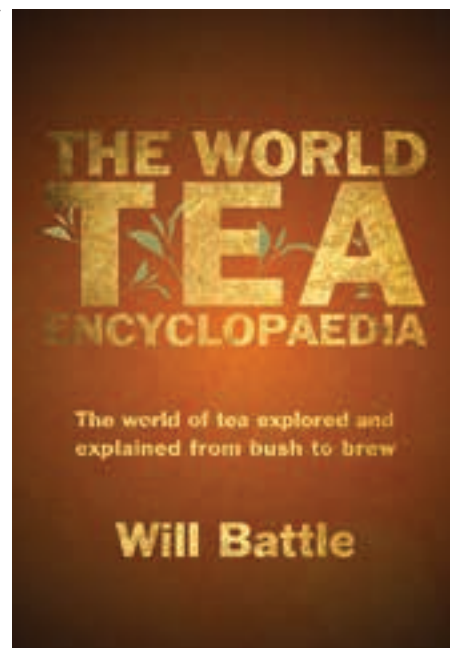
John Freeman is an award-winning American writer and book critic who was the editor-in-chief of literary magazine *Granta*.

The third volume of his biannual journal series explores the universal theme of 'home'.

Freeman includes stories from emerging writers and literary luminaries alike, and while this work is American-centric – in the sense that many of the contributors now live in the US – the breadth of their interests are commendably diverse.

Viet Thanh Nguyen, a Vietnamese American novelist, offers a haunting piece of fiction about those fleeing Vietnam after the war. Rabih Alameddine, born in Amman, leaves his mother's Beirut apartment to connect with Syrian refugees who are rebuilding a semblance of normalcy, even beauty. Nir Baram takes readers on a journey to the West Bank. Gerald Murnane celebrates winning a literary prize named after his hometown, while Xiaolu Guo reflects on her childhood in a remote Chinese fishing village.

The stories may be diverse but all answer central questions: what is it to build, leave, return to, lose, and love a home?



***The World Tea Encyclopaedia* (Troubador), by Will Battle**

For almost 20 years, Will Battle has been tasting teas and creating blends for tea lovers all over the world. He has lived and worked alongside tea producers in Asia and Africa and here he gives an in-depth look at the wealth of teas on offer to those who love to infuse and brew.

According to Battle, chest loads of teas are still undiscovered. He sheds light on the wealth of variety in tea and debunks the snobbishness and doctrine that can scare off newcomers from the joys of tea connoisseurship.

The book will help enthusiasts navigate the sometimes complex world of tea as well as educate, inspire and feed a new world of tea-drinking enjoyment. For those who know little of the vagaries of tea there is also the opportunity to submit to curiosity and jump into a world of discovery.

*The World Tea Encyclopaedia* contains beautiful images and detailed maps of tea-producing countries, and no less importantly shows readers that there is life beyond a discount tea bag.





# THE NEW WAY TO FLY



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# Locally made

PNG manufacturers produce a diverse number of products, from baskets to beer, and they have proved to be a resilient lot, *David James* reports.



Whether it is steel construction materials, processed fish, or baskets, Papua New Guinea manufacturers produce a wide range of products.

Some are for direct consumption, while others provide essential support to communities throughout the country.

PNG manufacturers also display great versatility in order to adapt to the continuously changing economic circumstances.

A quick glance at what is on offer at Port Moresby's Jacksons International Airport departure terminal indicates the versatility. The offerings range from traditional handicrafts to themed items that reflect village life and culture – from the Highlands to the islands.

Coffee, vanilla beans, carved animals and wildlife books are all on offer, showing just how diverse the PNG culture of making things is.

Chey Scovell, chief executive of the Manufacturers Council of PNG, says PNG manufacturers are proving to be resilient. "We have five new indigenous manufacturers located throughout the Highlands.

"That is something we have never really had before: people taking value-added and manufacturing industries of a significant scale into the heartland where people are. It is really positive.

"A lot of the fast-moving consumer goods (FMCGs) are where the local manufacturers are really going gangbusters – and smallgoods manufacturers as well."







**PNG at work ... the country produces everything from bread, to paint and beer.**



PNG has enormous natural advantages, which is a big opportunity for food processors. This can be seen, for example, in the fisheries sector.

Alan McLay, president of the Lae Chamber of Commerce, describes Lae's established fish canneries as a shining light, especially the tuna canneries relying on stock from Morobe waters."

He says a new cannery will be built soon, showing "the strength of the industry".

Stan Joyce, managing director of SP Brewery, PNG's largest brewer, says cyclical economic swings can challenge PNG manufacturers, but he says that for those who persist the rewards are great. "We have a lot more than before we started out on this wonderful journey." ■





Thriving enterprise ... Ernestine Maxtone-Graham (above); her range of coconut soaps (opposite page).

“By the end of 2017, we’ll be up and running with coconut cooking oil and we’ll be giving Indonesia a run for its money with its cheap imports coming into PNG.”

# ON A ROLL

*Kevin McQuillan reports on a PNG coconut enterprise that is poised to go international.*

In early 2015, Ernestine Maxtone-Graham returned to PNG to join her husband, Mungo, with the intention of developing a business, MaxtoneHaus, based on the increasing demand for coconut products.

“I was coming back to PNG and I wanted to get involved with coconut because I used coconut-based products while we lived in Australia,” New Ireland-born Maxtone-Graham says.

They started their coconut oil processing plant at Kanudi in Port Moresby in June, 2015, buying copra from local farmers along the coastal villages in the Abau District of the Central Province, about a five-hour drive from the capital.

“We started buying coconuts which had been sun-dried, but now we buy whole coconuts which we hot-air dry ourselves. They come de-husked. The shell is used for fuel, the meat is pressed for oil and when we’ve finished, the meal that comes out is sold to piggeries. No wastage.”

The wife and husband team chose to base themselves in Port Moresby because it would be easier to process, market and ship from the capital. But that is about to change.

“One of the continuous challenges is having consistent supply. We’re now at the stage of deciding to relocate closer to the source of supplies.

“So, we will be based in Kimbe (in West New Britain) by the end of the second half of the year. That will prove another challenge, because getting the products out of Kimbe is not easy, as there aren’t as many ships coming to Moresby from there.”

Moving to Kimbe will not just cut down travel time; being closer to the source of her raw materials means she can ensure consistent quality.

“We’re getting coconut from a variety of farmers and, if we are closer to the source, we know where the coconut is coming from. We can also liaise with the Coconut Industry Corporation.”

Farmers are able to see what is happening to their product and can be trained to produce higher-quality coconut.

“All villagers know how to grow coconuts, but not all know how to grow them properly,” she says.

The processing will be done in Kimbe and there will be a warehouse in Port Moresby.

MaxtoneHaus products are sold throughout PNG through City Pharmacy Limited (CPL), A Little Something From PNG at Jacksons International Airport and into North Queensland through the Ibis supermarket chain.

Maxtone-Graham says CPL founder, Mahesh Patel, gave her good advice and encouragement.

“Before we actually started production we talked to him about how we could enter the market with our range.”

Their initial range includes oils and soaps, although Maxtone-Graham says she is planning on two new products by the end of 2017: coconut cooking oil and coconut ointment.





“Coconut oil has a lot of medicinal properties. I’m not going to say it will cure diabetes, but it has been used as an ointment.”

She says coconut oil contains lauric acid and monolaurin, which can kill harmful pathogens like bacteria, viruses and fungi. When applied to the skin, coconut oil offers protection from microbial infections that can get into open wounds.

“It may be possible to use it as an ointment, particularly in villages where medicines are hard to come by,” she says.

“We’re planning to take our products internationally. We’ll take our products to the Pasifika Festival and, once people hear about MaxtoneHaus, we’ll get the sales,” she confidently predicts.

She believes PNG has the potential to capitalise on the global shortage of coconuts, which is the result of a major boom in coconut consumption around the world, the long-term effect of natural disasters and demand outstripping the pace of coconut trees’ growth.



Within the next five years, she hopes to be a big manufacturer of coconut cooking oil and ointments throughout the Pacific.

“By the end of 2017, we’ll be up and running with coconut cooking oil and we’ll be giving Indonesia a run for its money with its cheap imports coming into PNG.”

PNG ranks as the world’s seventh producer of coconuts, according to figures for 2014. It produces 1.2 million tonnes annually, behind Indonesia, which tops the rankings with 18.3 million tonnes, followed by the Philippines with 1.35 million tonnes.

Total world supply of coconut was 61.4 million tonnes in 2014, according to the Food and Agriculture Organisation of the UN. ■

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# MOTORING AHEAD

Ela Motors is at the forefront of delivering Yamaha boats and Toyota mini buses in PNG. *David James reports.*



All aboard ... PNG's ubiquitous '23-footer' is a key mode of transport in PNG.

“

We have in excess of a 90 per cent market share (in PNG) for boats and outboard motors. Together with the boat, Yamaha Enduro Outboards are the most popular model in PNG with their durability and reliability.

”

In Papua New Guinea, the '23-footer' is the standard water craft for coastal and inter-island travel – a critical mode of transport for the many communities that reside along its 5150-kilometre coastline. For years, Ela Motors has sold the market-leading boat, supplied by global giant Yamaha.

Two years ago, says Ela Motors chief executive officer Takeshi Abe, discussions were held with the National Marine Safety Authority (NMSA) on the new regulations coming up in PNG for boat safety.

This led to the introduction of new safety equipment and other changes.

“We had several meetings with the NMSA to clarify the requirements, then we asked Yamaha to design the new dinghy boat to match them,” he says.

In terms of the number of units produced, he says the project is currently Yamaha's biggest in the world.







“  
We loaded the  
boat up with  
people and then  
flooded it. Even  
fully flooded, it  
fully meets safety  
requirements.  
”



Abe says there was a particular focus on the 23-foot boats staying afloat in all conditions. “They wanted the boat to still be intact floating whilst it was in the water with people inside it. So, we loaded the boat up with people and then flooded it. Even fully flooded, with people in it, it fully meets their requirements.”

The boats should have eight passengers and are supplied with eight life jackets. But they have been tested with more than 18 people. “We did testing with people in it and then filled up with the water to see if it still floated,” says Abe. “This is what the NMSA was requesting. Whenever water comes into the boat they want

something that the passengers can stay in for a while until the rescue comes.”

Abe says Ela Motors has a technical assistance agreement with Yamaha. “We appoint the manufacturer and we appoint the factory,” he says. Ela Motors is the retailer. ➤

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## Motoring ahead



**Toughening up ...** Ela Motors is bringing a new 25-seater mini bus to PNG with a reinforced body frame.



The boats are made by a company called Samarai Plastics (Samplas), which is making more than 1000 fibreglass boats a year. He says the factory was in Alotau, but it got burned down in October of 2016. Samplas is currently making the boats in a temporary shed.

"Ela Motors is now setting up a new factory in Lae, which Samplas will move into and be the manufacturer. By August or October of this year, we should be able to return to full production.

"We have in excess of a 90 per cent market share (in PNG) for boats and outboard motors. Together with the boat, Yamaha Enduro Outboards are the most popular model in PNG with their durability and reliability.

"Our 15 dealerships country-wide, will also support the customers by providing necessary service and spare parts," says Abe.

Ela Motors will also be bringing a new 25-seater bus to the market, called the Toyota Coaster. Abe says the company currently enjoys an 84 per cent market share in the segment.

Coaster is the most popular people-moving vehicle in PNG.

In the new Coaster model, he says, the interior and design will change.

"Everything is different. Toyota makes buses specifically for PNG conditions. In the factory in Japan, there is a production line specifically reserved for the buses for PNG.

"To stop the torsion twist because of the condition of the PNG roads, it is necessary to reinforce the bus body frame," explains Abe. "It is the toughest Coaster Toyota makes."

The new model will also have a reinforced roof to prevent it caving in if the bus rolls over. Abe says Toyota will also be supplying a 30-seater bus, which has the Land Cruiser six-cylinder engine. ■



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# A steel will to grow market share

PNG's steel industry is burgeoning, according to an industry executive. *David James reports.*



Frank McQuoid ... "being a local manufacturer has advantages".

**A**dapting to different economic conditions is the key to manufacturing in Papua New Guinea, says Frank McQuoid, chairman of steel fabricator, Steel Industries.

He says the PNG metal trades industry has about 20 per cent of the domestic market and there is great potential for this proportion to rise.

"If we can get a bigger chunk of the market there is an opportunity, without any growth whatsoever, to be five times as large as we are now."

McQuoid says that even on a more modest scenario, 10–15 per cent growth is feasible.

McQuoid says the sector is burgeoning. "You can stand at the airport and look out and you can see a whole new city out there: 5000 new houses."

He says he is hopeful that the government will look to protect the sector. He says being a local manufacturer has advantages in an environment where foreign exchange can be hard to get.

"They know when they come to our company they can pay for their product in PNG kina.

"Every day I go to the shop floor I am proud of what we can do. We can do it, we have done it, we are doing it. We are making a competitive product to international standards and we are doing it with Papua New Guineans. I am proud to achieve it in my life time." ■

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PICTURE: STEPHEN RAE

Paga Hill ... when finished, it will be the site of APEC Haus, a six-star hotel, 68 serviced apartments, commercial buildings, restaurants, a cultural centre, a marina and an international cruise line terminal.

# APEC bonanza

Experts predict that the APEC meeting in Port Moresby in 2018 will bring many benefits.  
*Kevin McQuillan reports.*

The Asia-Pacific Economic Cooperation (APEC) meeting in 2018 in Port Moresby will be a major boost for Papua New Guinea, according to David Toua, the president of the Business Council of PNG.

"There are two great opportunities to be realised from hosting APEC," he says.

"The first is to invite people to our country, and showcase its enormous potential as an investment destination. The second is to bring our people closer to the global market beyond our borders."

Toua says the e-commerce small-medium enterprise (SME) summit hosted in Port Moresby in April, provided "a glimpse of the entrepreneurial and technological opportunities that our people and our businesses can access".

The experience of other countries that have hosted the event suggests benefits outweigh the costs, according to Francis Hualupmomi, a political scientist at New Zealand's Victoria University in Wellington.

"For instance, the Philippines, as a host of two APEC meetings (1995 and 2015),





is currently experiencing a growth rate of eight per cent, partially as a result of heavy investment in between those years.”

Hualupmomi points to increased investment from tourists and business, which results in job creation; restored credibility of the state as a host of future high-level meetings; the boosting of PNG's socio-economic infrastructure; and enhanced defence capability and capacity.

In the long-term, the meeting will “deepen PNG's trade and investments in the region”, he says.

The national government has allocated PGK800 million for the event and preparations are “on track”, according to PNG's APEC ambassador, Ivan Pomaleu.

He says the Committee on APEC Policy Issues has focused on four areas: enhancing regional economic integration; achieving sustainable and inclusive growth; moving towards structural reforms; and enhancing human capital development. A calendar of events will be ready in mid-2017.

The construction of the purpose-built APEC Haus convention centre is expected to be completed by August, 2018. LNG producer Oil Search is carrying out the work, which is funded through a tax credit scheme.

APEC Haus is being built on reclaimed land near Ela Beach in Port Moresby's central business district. APEC Minister Justin Tkatchenko says the unique design of the facility, which resembles a *lakatoi* sail, will rival other iconic world sites.

“It will be just like what the Sydney Opera House is to Australia,” he says.

APEC Haus will host the Leaders' Summit and the Leaders' Dialogue with the APEC Business Advisory Council.

A PGK85 million development at the new Paga Hill Estate, which is adjacent to APEC



“

By the time the summit starts, Port Moresby could have as many as 2590 high-end hotel rooms, and conference capacity for many thousands. It will be a sharp contrast to five years ago, when the city had just 600 high-end hotel rooms.

”

Haus, will play a key role in accommodating APEC participants. It consists of a six-star hotel, 68 serviced apartments, commercial buildings, restaurants, a cultural centre, a marina and an international cruise line terminal.

By the time the summit starts, Port Moresby could have as many as 2590 high-end hotel rooms, and conference capacity for many thousands. It will be a sharp contrast to five years ago, when the city had just 600 high-end hotel rooms.

According to Chris Hawkins, chief executive of the APEC Authority, guests will be accommodated in new and existing hotels, and three cruise liners.

“There are sufficient rooms for leaders to have the rooms they require,” he says.

One of the new hotels is The Stanley, which opened in July, 2016. It features 429 rooms, a plenary conference centre for up to 1000 and a sit-down dining room for 1200.

Another new hotel is the 212-room Hilton, which will be ready later this year. A PGK550 million upgrade of Jackson's national and international airport is due for completion by August, 2018.

Two key roads have been built to provide easy access from the airport and between APEC conference facilities. Six new roads have been built at a cost of PGK700 million.

The Paga Hill ring road connects all precincts on Paga Hill and the waterfront, as well as linking the city centre, the port and Ela Beach.

The 2018 APEC event and the meetings will generate many opportunities for the tourism industry: not just the nation's capital, but also the provinces of East New Britain, Morobe, Madang, Eastern Highlands, Milne Bay and New Ireland. All have been selected to host APEC meetings. ■

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





# COFFEE BLUEPRINT

*Sarah Byrne reports on moves to give PNG's coffee industry a vital shot in the arm.*

**P**apua New Guinea's Coffee Industry Corporation (CIC) has implemented a strategy of mobilising farmers into groups in an attempt to address farmer concerns about low coffee-bean prices.

If farmers work together, the consistency of the crop improves; it is a strategy that provides the growers with larger-crop volumes, putting them in a stronger position to negotiate the sale price with the exporter.

"When they go as individuals to the roadside or market to sell

their coffee, they have no power. The Coffee Industry Corporation's approach to mobilise the farmers is a good strategy," says the corporation's chief scientist, Tom Kukhang.

He says that eventually the grower co-ops will allow the farmers to deal directly with small roasters throughout the world, removing the 'middle man'.

"This is one way of getting the farmers to receive some good income, which will keep them interested in growing coffee and committed to the crop."

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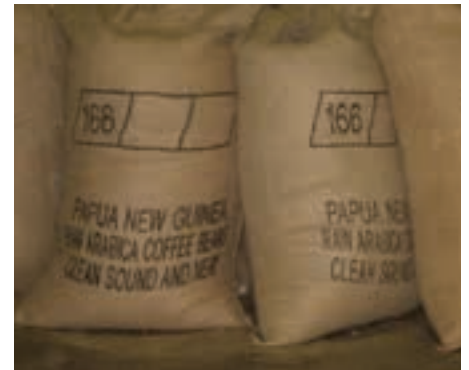
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A handful ... prime coffee beans (above left); coffee country (above); bagged and ready to go (right).





Kukhang says the market demands quality coffee and consistency from growers. Raising the standard of Papua New Guinean coffee is accordingly fundamental to the success of the industry.

In line with the corporation's strategy, the World Bank is seeking to improve the livelihoods of smallholder farmers through its Productive Partnerships in Agriculture Project (PPAP) for PNG.

David Freyne, former general manager for research on the CIC board and former project manager for the Productive Partnership in Agriculture Project PNG (PPAP), says the program provides farmers with the support they would not otherwise receive.

Kukhang says the corporation must support farmers by providing them with technical advice and the resources to manage their businesses.

He says promotion of smallholder farmers and their crop to overseas markets should be a priority.

"Australia is one of the best coffee markets in the world. We need to do a lot more promotion of Papua New Guinean coffee in Australia," Kukhang says.

Both Kukhang and Freyne agree the industry has a long way to go when it comes to providing the necessary training and achieving consistently good-quality coffee.

"Consistency is what the market wants," Kukhang says. ■

Full of beans ... a farmer inspecting coffee beans gets a helping hand from a youngster.



PICTURE: ADB / IAN GILL

A photograph of a woman in a grey t-shirt shaking hands with a man in a yellow Guard Dog Security uniform. They are standing in front of a white SUV with "GUARD DOG SECURITY" and "VIP TRANSFERS" written on the side. The background shows palm trees and a clear sky.

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# WOMEN DIGGING IN

A project is under way to encourage and foster the participation of women in agribusiness. *Sarah Byrne* reports.

Women in rural Papua New Guinea are keen to engage in agribusiness, but many have traditionally struggled to take leadership roles. That is beginning to change, Curtin University researcher, Dr Gina Koczberski, says.

Operating small-scale agribusiness financially empowers women by giving them greater control of household income and

expenditure, according to Koczberski, who is researching ways women in rural areas of PNG can take up more leadership roles in agribusiness.

It also results in a range of benefits for the wider community. On average, 75 per cent of income generated by women is used to meet family needs, compared with 25 per cent of men's income.

Koczberski also observes that when women take on

entrepreneurial roles, families are more resilient and capable of adapting to external shocks, such as drought, illness or death.

"Women in rural Papua New Guinea are beginning to engage in agricultural activities at a commercial level.

"The economic and social impacts on families, and communities, of more women having control over their own income are likely to be significant," she adds.

However, there is little knowledge of how women can become successful entrepreneurs, or of the barriers that limit their engagement.

Koczberski is leading a research project to address these issues, which she will conduct with Professor George Curry, also from Curtin University's Department of Planning and Geography.

The project is funded by a PGK2.88 million grant from

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the Australian Centre for International Agricultural Research and will run over four years. The aim is to identify tactics that will support women in leadership roles.

The project is a collaborative effort between Curtin University, the Coffee Industry Corporation, the PNG Oil Palm Research Association, the PNG Cocoa and Coconut Institute, PNG Unitech and CARE International.

In addition to understanding the barriers many women are facing, the project aims to work alongside government to develop effective policies and programs.

"The project fits with the Papua New Guinean government's launch of its small-medium sized enterprise (SME) policy in March 2016," says Koczberski.

"Despite the government funds dedicated to SME development, there remain large gaps in our knowledge of some of the constraints on SME development in the agricultural sector."

Data will be collected across five provinces from rural individuals and households, private and public sector organisations from the main commodity crop industries, and the fresh food produce sector, Koczberski says.

At the institutional level, the researchers will evaluate past and present policies, programs and services.

"This step will pinpoint the gaps, barriers, successes and failures in institutional programs and interventions for women."

Three small schemes will be piloted to foster women's



PICTURE: RW GROUP

**Growth factor ... women in rural PNG are beginning to engage in agricultural activities at a commercial level.**

transition into managing their own or family-led agricultural enterprises.

One of these schemes will work with CARE International to

evaluate a business development package with two farmer cooperatives in the Eastern Highlands Province, Koczberski adds. ■



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Photo: Anitua



Greg Pawson ... says technology advances are allowing PNG to catch up quickly with the rest of the world in electronic banking.



# Online banking catching on in PNG

*David James speaks with Westpac Pacific general manager Greg Pawson about the advent of electronic banking in PNG.*

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The advent of electronic banking in Papua New Guinea has the potential to significantly modernise and expand the country's financial system, says Greg Pawson, the general manager of Westpac Pacific.

Pawson says that technology advances, which have resulted in greater use of internet platforms and mobile phones, have made it possible for PNG to catch up quickly.

"From a banking perspective, we're probably 20 years behind more developed markets like Australia and New Zealand with respect to the use of electronic transactional banking," he says.

"So, clearly, there is a mandate for us to get customers in the Pacific seeing the value and convenience of these electronic

platforms and (have them) actively use them.

"That will give people back the time they spend visiting branches or managing their financial affairs. It will also help to take the pressure off the volume, the sheer volume, in cash and cheques that are in the banking systems in both (the PNG and Fiji) markets today."

Pawson identifies a number of trends at the regional, corporate, mid-level and micro-level.

Regionally, many Australian corporations that operate in PNG are relocating their headquarters from Australia to Singapore in an effort to integrate more into the Asian region.

"If you look at the upper end of the market, we are making sure that we're connecting our PNG and Fiji corporate and





commercial customers to the trade and capital flows to and from Australia and New Zealand. And, clearly, connectivity into Asia is really important for business in PNG."

In the small business, mid-market, commercial and corporate customer base, Westpac has "some fairly significant technology investments" that have been made to help the small-medium sized enterprise (SME) sector, says Pawson.

"We've got our corporate online platform, and last year we launched the new generation EFTPOS terminal, which has revolutionised many businesses with its speed, usability and first-class security."

At the smallest level there are barriers, says Pawson. He says Westpac does not "have the risk appetite, nor the capability" to deliver micro-finance. But he does see its importance to the economy and is keen to play a role. Westpac's strategy will be to offer wholesale support to local micro-financing firms.

"We won't do micro-finance, but we will partner with micro-finance companies to support them from a wholesale funding perspective and to bank their



Screen shot ... Westpac PNG's online banking sign-in page.

customers through our mobile banking platform."

Micro-finance based on electronic banking has been used effectively in Africa and South-East Asia, but Pawson says PNG has some way to go.

"Unfortunately most of the micro-finance companies, unlike in Africa and South-East Asia, just can't get the scale to make the operation profitable enough. "We would look to potentially, with our mobile banking platform, partner with a company to support them from a funding perspective to roll out their micro-finance programs. But it is early days."

Pawson says the bank has a big focus on gender, with its Pacific Women In Business website helping women to set up and run their own businesses, and flagship awards programs like the WOW awards celebrating women's professional achievements.

"We want to do all we can to help women thrive, and we know that entrepreneurialism is often a way to boost household income.

"So we are providing the resources and support that is within our areas of expertise, and will be able to link women with a micro-finance provider that has that specific lending experience and expertise."

“

There is a mandate for us to get customers in the Pacific seeing the value and convenience of these electronic platforms and (have them) actively use them.

”

Westpac's targets for its electronic banking are ambitious. Pawson says the bank is aiming to have a million retail customers by 2020, as part of its Everywhere Banking proposition.

"The thing with that, though, is that we don't want a million customers transacting through

50 odd branches. That would overload our branch network and waste people's time in queues.

"We know that, more and more, people will start to use and prefer electronic platforms, especially as internet and smart phone usage increases.

Pawson says Westpac has 130,000 users on its mobile banking platform, which it is expecting to increase substantially.

"People are activating it and using it, and it's good for account balances and transfers and domestic remittances. But the key to success with this platform is when you start to connect value-added services, so the customers can top up their mobile phone." ■



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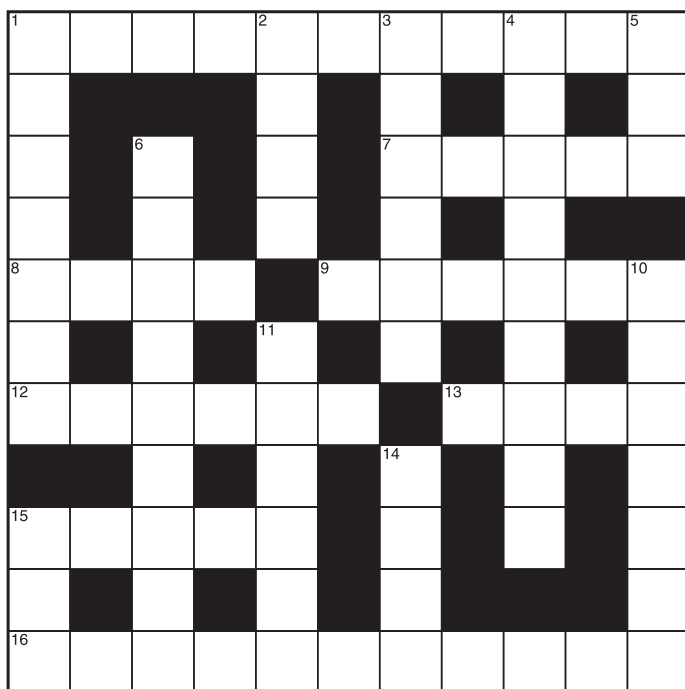
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### DoubleTake

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



### CRYPTIC CLUES

#### ACROSS

1. Wonderful helmet peaks for foremen (11)
7. Cross-examine? Yes! (5)
8. Made back in Dutch dairy (4)
9. Nine, for example, managed to get motor (6)
12. Kebab spike found in cask ewe ruined (6)
13. Edna, district attorney and myself (4)
15. Cost of soft grain (5)
16. Art saunters out to where he will eat well (11)

#### DOWN

1. Runs security check on vets (7)
2. Care about track event (4)
3. Absorbed in canvas shelter (6)
4. In some jobs, Tina tends to be mulish (9)
5. Animal pen said to be eye sore (3)
6. Dies after triage when I left – what terrible events! (9)
10. Rivals are troubled men, I see (7)

11. Avenge the wrongs of a European city (6)
14. Drink from the tap (4)
15. Golfing average in jeopardy (3)

### STRAIGHT CLUES

#### ACROSS

1. Overseers (11)
7. Irritable (5)
8. Red-skinned cheese (4)
9. Google, search ... (6)
12. Roasting spit (6)
13. Paris cathedral, Notre ... (4)
15. Horror actor, Vincent ... (5)
16. Bistros (11)

#### DOWN

1. Shows (movie) (7)
2. Hurry (4)
3. Purpose (6)
4. Stubborn (9)
5. Filthy place (3)
6. Heartbreaking stories (9)
10. Foes (7)
11. POW agreement, ... Convention (6)
14. Fun & games, ... & skittles (4)
15. Beyond comparison, ... excellence (3)

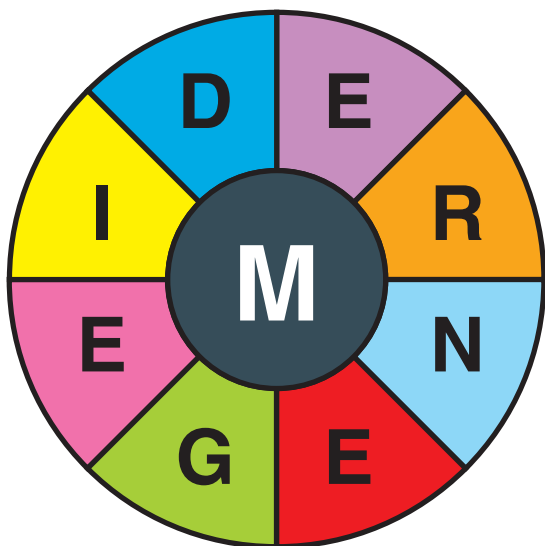
### Wheel Words

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

10 Good

18 Very Good

26+ Excellent




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# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. Which NRL club does former PNG Hunters star Justin Olam play for?
2. Where would you find the Coastwatchers Memorial Lighthouse?
3. What does *lik lik* mean in Tok Pisin?
4. Who is Mount Hagen named after?
5. What happens in Alotau every November?
6. In PNG, what is used as a form of currency and can also be eaten?
7. The PNG Games were first held in 2003. How many Games have there been?
8. Bintang beer is synonymous with which holiday destination?
9. If you're eating the salad dish of *rojak*, where are you likely to be?
10. By population, can you name, in order, Australia's three largest capital cities?
11. Where is the famous Angkor Wat temple?
12. Queensland's Magnetic Island can be accessed from which Australian city that Air Niugini flies to?
13. What do you call someone who comes from the Philippines, and can you spell the word?
14. What's the difference between the Japanese delicacies sushi and sashimi?
15. Which PNG town is pictured?



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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# Solutions

## Wheel Words

Solution: Deem, Dime, Emir, Germ, Grim, Mend, Mere, Mien, Mind, Mine, Mire, Rime, Denim, Emend, Grime, Merge, Midge, Mined, Miner, Mired, Emerge, Emigre, Ermine, Grimed, Mender, Merged, Minder, Redeem, Regime, Remind, Deeming, Demerge, Emerged, Regimen.

9-letter word: REDEEMING

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

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

## The Paradise quiz answers

- Melbourne Storm.
- Madang.
- Little.
- German officer Curt von Hagen.
- The Kenu and Kundu Festival.
- Pigs.
- Six.
- Bali.
- Rojak* is popular in Singapore, Indonesia and Malaysia.
- Sydney, Melbourne, Brisbane.
- Cambodia.
- Townsville.
- Filipino.
- Sushi is rice that is typically rolled and served with seafood or vegetables; sashimi is thinly sliced raw fish.
- Rabaul.



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# ARRIVALS LOUNGE

## PAPUA NEW GUINEA VISITOR GUIDE

# Out and about

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

### 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).



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

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

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

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

### HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical

evacuation alone can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

### MONEY

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

### SAFETY

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

### TIME ZONE

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

### EATING, DRINKING, SOCIALISING IN PORT MORESBY

**Airways Hotel:** Port Moresby's ritziest hotel has several places

to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See [airways.com.pg](http://airways.com.pg).

**Aviat Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/pages/Aviat-Club/141553252563094](https://facebook.com/pages/Aviat-Club/141553252563094).

**Cafe on the Edge:** There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. The servings are generous. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See [facebook.com/edgebythesea/](https://facebook.com/edgebythesea/).

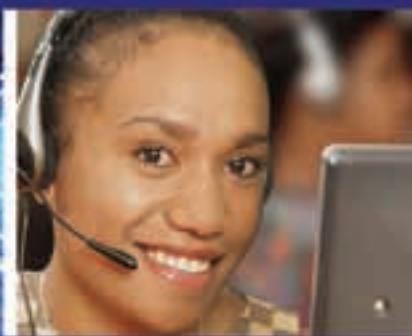
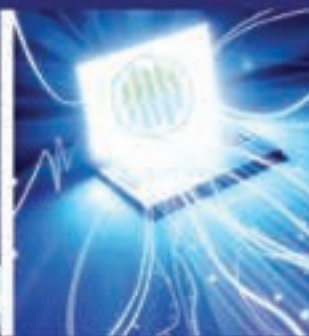
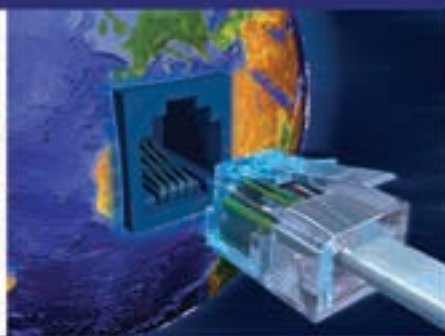
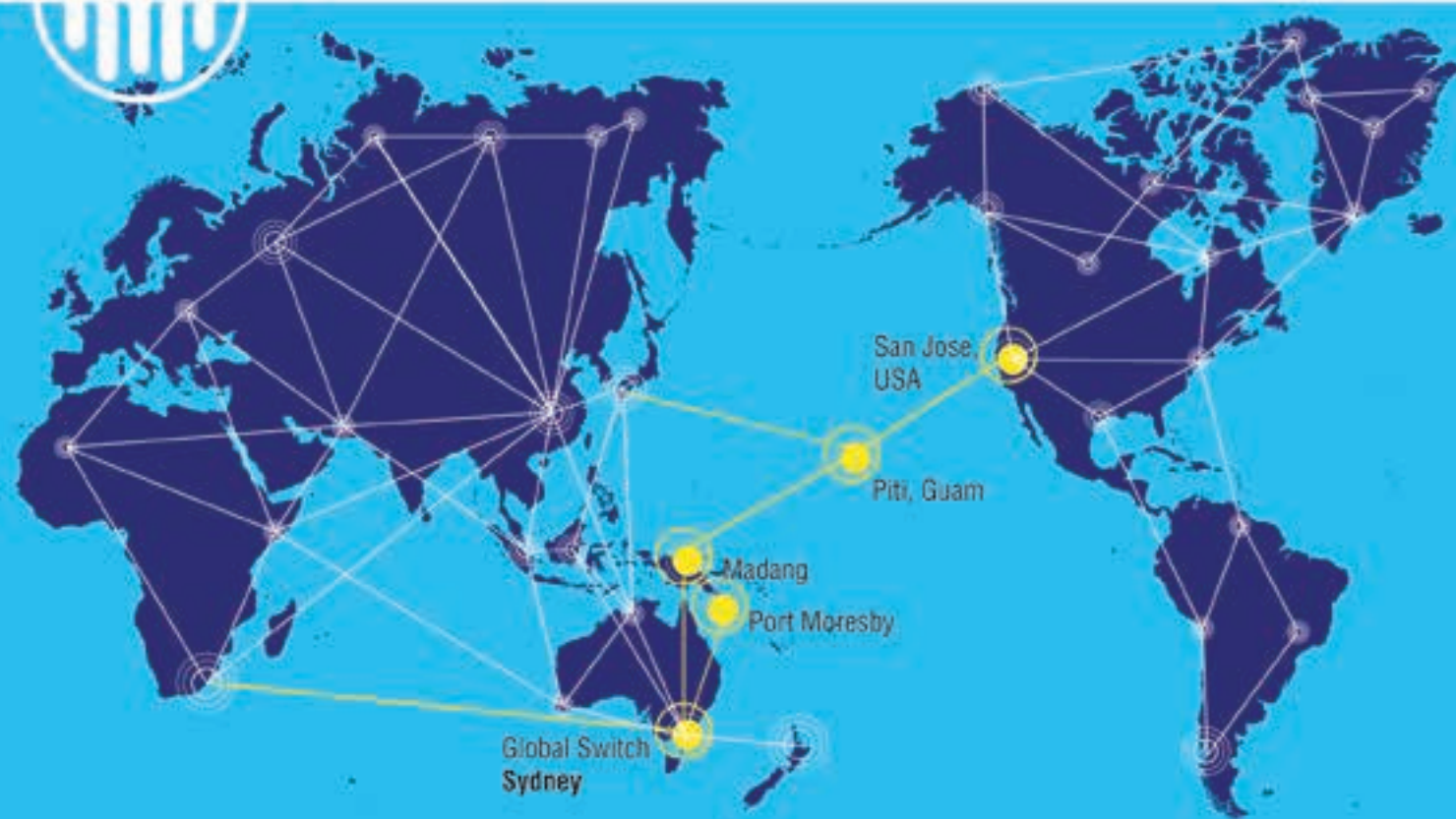
**Crowne Plaza Hotel:** There are multiple eating options at Crowne. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the ➤







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

**Duffy Cafe, Gabaka Street:** This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See [facebook.com/duffypng](https://facebook.com/duffypng).

**Dynasty at Vision City:** This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sundays. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](https://facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

**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 [grandpauahotel.com.pg](http://grandpauahotel.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](http://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](http://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.

**Stanley Hotel & Suites:** This new hotel in Waigani has several

restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See [thestanleypng.com](http://thestanleypng.com).

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

**Vision City:** PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See [visioncity.com.pg](http://visioncity.com.pg).

## PORT MORESBY 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](http://airways.com.pg). Tel. +675 324 5200.

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

**Ela Beach Hotel and Apartments:** On the fringe of the CDB, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See [coralseahotels.com.pg](http://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](http://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 [grandpauahotel.com.pg](http://grandpauahotel.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. Included the three-star Holiday Inn Express hotel. See [ihg.com](http://ihg.com). Tel. +675 303 2000.


**Laguna Hotel:** The 60-room property is a five-minute drive from the heart of Port Moresby ➤

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and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See [lagunahotelpng.com](http://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](http://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](http://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 – Lulua's Italian Pizza, Vanda, and Kokomo, which all serve an array of international and Western cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is also a good place for a nightcap, or two. See [laeinterhotel.com](http://laeinterhotel.com). Tel. +675 472 7000.

**Lae Golf Club:** Whether it's after a 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.pg](http://laeyachtclub.com.pg). Tel. +675 472 4091.

**Mountain View Restaurant:** One of Lae's newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, 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/](http://hornibrook.com.pg/crossroads/). Tel. +675 475 1124.

## LAE HOTELS

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

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

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

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

**For general information about Lae, see [lcci.org.pg](http://lcci.org.pg) and [rainylae.com](http://rainylae.com).**

## FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can connect to free Wi-Fi.

## HELPFUL WEBSITES

Air Niugini, [airniugini.com.pg](http://airniugini.com.pg)

Business Advantage PNG, [businessadvantagepng.com](http://businessadvantagepng.com) ■



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

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

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

- *How much is this?*  
**Dispela em hamas?**
- *Thank you very much.*  
**Tenkiu tru.**
- *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 ken senisim moni bilong mi?**

- *One beer, please.*  
**Wanpela bia plis.**
- *Why? Bilong wanem?*
- *How many children do you have?* **Yu gat hamaspla 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 kaikai**
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

## NUMBERS

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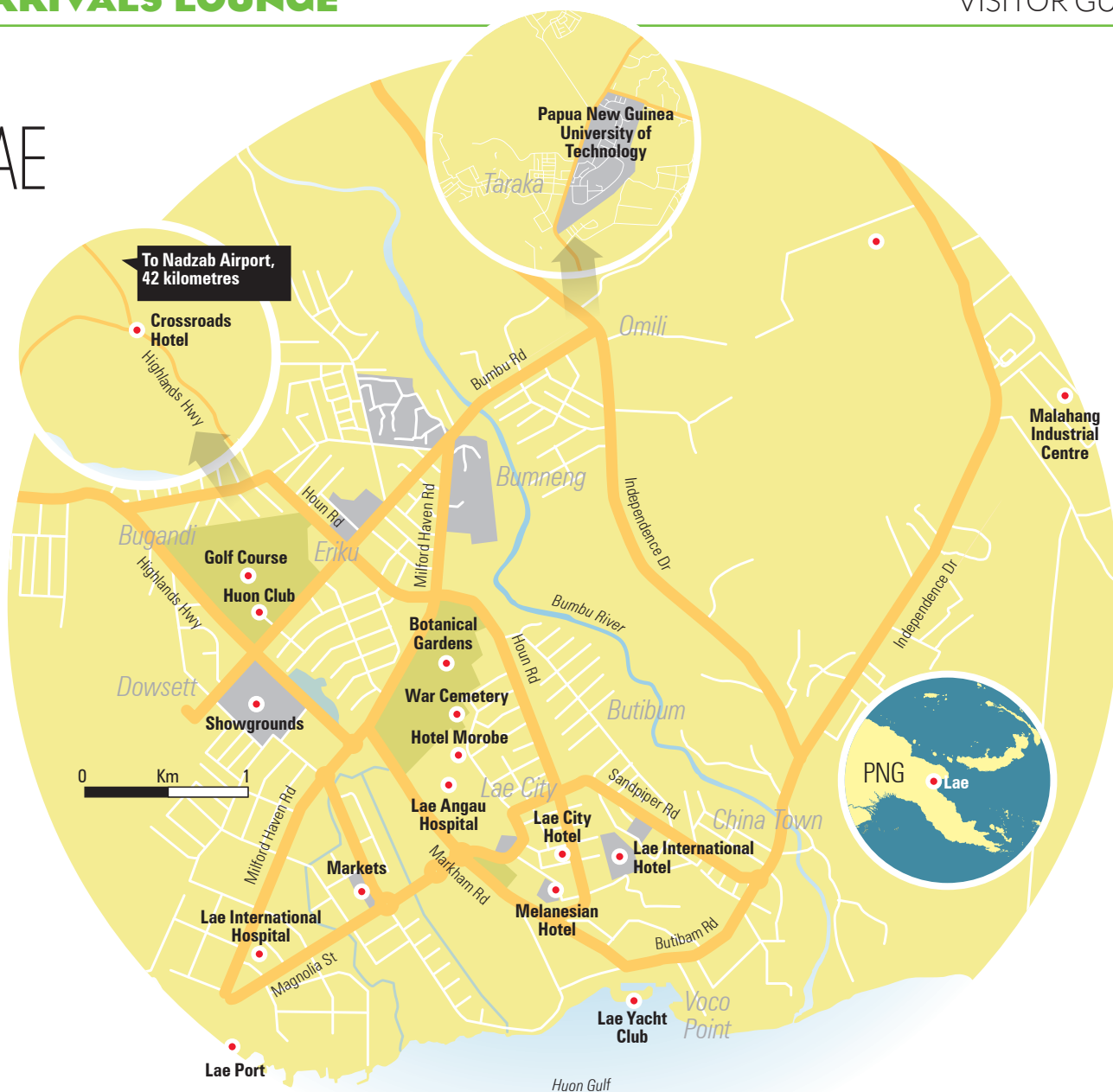





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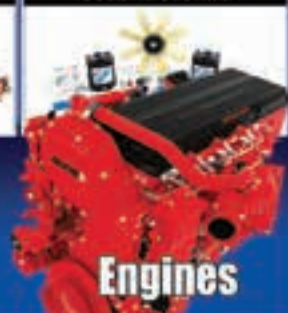
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# Welcome aboard

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### 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: 59.94m  
Wing span: 47.57m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m  
Standard seating capacity: 188  
Business class: 28  
Economy class: 160  
Number of aircraft in fleet: 2



### F70 - Fokker

Length: 30.91m  
Wing span: 28.08m  
Range: 3410km  
Cruising speed: 743kph  
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m  
Standard seating capacity: 76  
Business class: 6  
Economy class: 70  
Number of aircraft in fleet: 5



### B737-800 - Boeing

Length: 39.5m  
Wing span: 35.79m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m  
Standard seating capacity: 144  
Business class: 16  
Economy class: 128  
Number of aircraft in fleet: 2



### DASH 8-Q315 - Bombardier

Length: 25.7m  
Wing span: 24.4m  
Range: 1700km  
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E  
Normal altitude: 7500m  
Standard seating capacity: 50  
Number of aircraft in fleet: 3



### B737-700 - Boeing

Length: 33.6m  
Wing span: 35.79m  
Range: 6370km  
Cruising speed: 830kph  
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m  
Standard seating capacity: 116  
Business class: 12  
Economy class: 104  
Number of aircraft in fleet: 1



### DHC-8-202 - Bombardier

Length: 22.25m  
Wing span: 25.89m  
Range: 1800km  
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D  
Normal altitude: 7600m  
Standard seating capacity: 36  
Number of aircraft in fleet: 2



### F100 - Fokker

Length: 35.528m  
Wing span: 28.076m  
Range: 3000km  
Cruising speed: 780kph  
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m  
Standard seating capacity: 101  
Business class: 8  
Economy class: 93  
Number of aircraft in fleet: 7



### Falcon 900EX - Dassault

Length: 20.21m  
Wing span: 19.33m  
Range: 4500nm  
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731  
Maximum altitude: 51000ft  
Standard seating capacity: 12  
Number of aircraft in fleet: 1

# Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

## MOVIES



### Hidden Figures

Genre: Drama, History

Rating: PG

Stars: Taraji P. Henson, Octavia Spencer, Janelle Monae

Recounts the vital history of an elite team of black female mathematicians at NASA who helped win the all-out space race against America's rivals in the Soviet Union and, at the same time, sent the quest for equal rights and opportunity rocketing forwards.



### Rules Don't Apply

Genre: Drama, Romance

Rating: PG13

Stars: Warren Beatty, Lily Collins, Alden Ehrenreich

An aspiring young actress and her ambitious young driver struggle with the absurd eccentricities of the unpredictable billionaire Howard Hughes, for whom they work.



### Rustom

Genre: Thriller

Rating: PG13

Stars: Akshay Kumar, Ileana D'Cruz, Arjan Bajwa, Esha Gupta

Navy officer Rustom Pavri learns that his wife is having an affair with his friend, Vikram Makhija. Soon, Makhija is found dead in his bedroom. Pavri surrenders to the police, but the case takes an interesting turn.



### Live by Night

Genre: Crime, Drama, Thriller

Rating: R

Warnings: V, L, S

Stars: Ben Affleck, Elle Fanning, Brendan Gleeson  
Taking fatherly advice is not in Joe Coughlin's nature. Instead, the World War 1 vet is a self-proclaimed anti-establishment outlaw, despite being the son of the Boston police deputy superintendent.



### Why Him?

Genre: Comedy

Rating: R

Warnings: S, L

Stars: James Franco, Bryan Cranston, Zoey Deutch

Over the holidays, loving but overprotective dad Ned Fleming travels to California to visit his daughter at Stanford – where he meets his biggest nightmare.



### Shippu Rondo

Genre: Drama, Comedy

Rating: PG13

Stars: Hiroshi Abe, Tadayoshi Okura, Yuko Oshima

It's just another day at work for Kuribayashi, that's until a top-secret biological weapon is stolen from the university lab.



### Assassin's Creed

Genre: Action, Adventure, Fantasy

Rating: PG13

Stars: Michael Fassbender, Marion Cotillard, Jeremy Irons

Marked by tragedy at an early age, Cal Lynch is a convict facing capital punishment when he gains an unexpected second chance at life thanks to the mysterious workings of Abstergo Industries.



### The Curious Case of Benjamin Button

Genre: Drama, Fantasy, Romance

Rating: PG13

Stars: Brad Pitt, Cate Blanchett, Tilda Swinton

An old man physically ages backward. At age 50, he falls in love with a 30-year-old woman and then must come to terms with the relationship as they literally grow in opposite directions.



### Sword Master

Genre: Action, Drama

Rating: PG13

Stars: Lin Gengxin, Peter Ho, Jiang Yiyao

The Third Master of the Sword Mansion has been the most powerful swordsman since the age of 12. But he has grown tired of the bloodshed. Deciding to go away for good, he spreads news of his own death.



### Fantastic Beasts and Where to Find Them

Genre: Adventure, Family, Fantasy

Rating: PG13

Stars: Ezra Miller, Eddie Redmayne, Colin Farrell

Opens in 1926 as Newt Scamander has just completed a global excursion to find and document an extraordinary array of magical creatures.



### Dhanak

Genre: Drama

Rating: PG13

Stars: Hetal Gadda, Krishi Chhabria, Vipin Sharma

Orphaned siblings Pari and Chotu live in Rajasthan. Pari promises visually impaired Chotu that he will get his vision back. When she learns that actor Shah Rukh Khan is shooting in Jaisalmer, she is certain her hero will help restore Chotu's eyesight.



### How to Be Yours

Genre: Drama, Romance

Rating: PG

Stars: Bea Alonzo, Divine Aulina, Gerald Anderson

Two people driven by their professional ambitions fall in love and are forced to reassess their goals as they encounter the trials of a serious relationship.

(D) Drug Reference (L) Language (S) Sex (V) Violence





## TV



### Cafe Niugini

Genre: Documentary, Lifestyle, Travel

Episode: S1 E4 – Eastern Highlands  
Rating: PG

Stars: Jennifer Baing

Cafe Niugini explores the extraordinary food cultures and cuisine of PNG. This episode celebrates an elaborate food initiation ceremony and reveals bamboo cooking traditions of the Kabiufa and Kafesa communities.



### 2 Broke Girls

Genre: Comedy

Episode: S6 E11 – And the Planes, Fingers and Automobiles  
Rating: PG13

Stars: Kat Dennings, Beth Behrs, Garrett Morris  
When Max decides to head to Los Angeles to win back Randy, she and Caroline embark on a cross-country road trip with Han at the wheel.



### Empire

Genre: Drama

Episode: S3 E1 – Light in Darkness  
Rating: PG13

Stars: Terrence Howard, Taraji P. Henson, Jussie Smollett

Hakeem is left at the altar, Lucious and Anika are married and Anika and Rhonda are fighting on the roof – until someone falls.



### The Grinder

Genre: Comedy

Episode: S1 E21 – Divergence  
Rating: PG

Stars: Rob Lowe, Fred Savage, Mary Elizabeth Ellis

After finding out Dean Senior is guilty, Stew thinks they should settle the case. Dean, of course, believes they should try to win.



### New Girl

Genre: Comedy

Episode: S6 E3 – Single and Sufficient  
Rating: PG13

Stars: Zooey Deschanel, Jake Johnson, Max Greenfield

When Schmidt and Cece and Winston and Aly invite Jess on their couples glamping trip, members of her singles-only group tag along.



### Riverdale

Genre: Drama, Mystery

Episode: S1 E1 – Chapter One: The River's Edge  
Rating: R

Stars: K.J. Apa, Lili Reinhart, Camila Mendes  
As a new school year begins, the town of Riverdale is reeling from the tragic death of high school golden boy Jason Blossom.



### Training Day

Genre: Drama, Action, Crime

Episode: S1 E1 – Apocalypse Now  
Rating: PG13

Stars: Justin Cornwell, Bill Paxton, Katrina Law  
Follows a young, idealistic police officer who goes undercover in an elite squad of the LAPD, where he partners with a morally ambiguous veteran detective.



### The Bugs Bunny Show

Genre: Family, Animation

Episode: My Bunny Lies Over the Sea/ Scaredy Cat/ Sentimental Romeo  
Rating: G

Stars: Mel Blanc, June Foray, Jim Backus  
Bugs gets lost on his way to the La Brea Tar Pit and ends up in Scotland; Porky Pig brings Sylvester to their new home, a gothic mansion; Pepe Le Pew gets romantic.

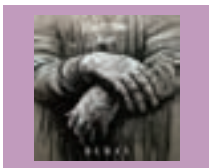
## MUSIC



### John Mayer The Search For Everything

Genre: Easy Listening Rating: PG

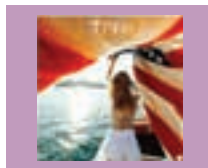
Soulful, guitar-led pop from the American singer-songwriter. Now on his seventh studio album, *The Search for Everything* sees Mayer reflect on getting older.



### Rag'n'Bone Man Human

Genre: Pop Rating: PG

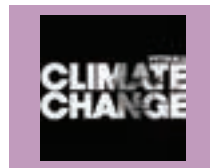
The winner of the 2017 BRITs Critics' Choice Award unleashes his debut album of big-voiced soul. Includes the chart-topping single *Human*.



### Train A Girl, a Bottle, a Boat

Genre: Pop Rating: PG

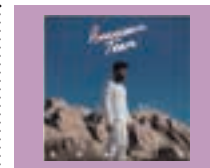
Eighth studio album by American pop-rock band, Train. Includes the tracks, *Play That Song*, *What Good is Saturday* and *Loverman*.



### Pitbull Climate Change

Genre: Pop Rating: R

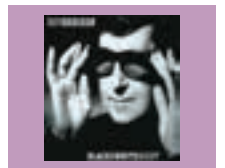
Featuring Flo Rida, Ty Dolla \$ign, Jason Derulo and Enrique Iglesias. Some of the highest-profile talent in pop today.



### Khalid American Teen

Genre: Chill Rating: R

A fantastic soft-synth R&B debut album.



### Roy Orbison Black & White Night

Genre: Golden Hits Rating: PG

A recording of Orbison's 1987 comeback concert, alongside a backup band for the ages: Bruce Springsteen, Elvis Costello, Bonnie Raitt, K.D. Lang, Jackson Browne and Tom Waits.



# Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

## Blood Circulation/Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- ◆ Former or current malignant disease
- ◆ Blood disorders leading to increased clotting tendency
- ◆ Personal or family history of DVT
- ◆ Immobilisation for a day or more

- ◆ Increasing age above 40 years
- ◆ Pregnancy
- ◆ Recent major surgery or injury, especially to lower limbs or abdomen
- ◆ Oestrogen hormone therapy, including oral contraceptives
- ◆ Dehydration
- ◆ Heart failure
- ◆ Trauma
- ◆ Varicose veins
- ◆ Obesity
- ◆ Tobacco smoking

## Recommendations

- ◆ If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- ◆ Follow our in-flight exercises programme.

## Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

## Recommendations

- ◆ Get a good night's rest before your flight.
- ◆ Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- ◆ Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.





- ◆ Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- ◆ On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- ◆ Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- ◆ Fly direct to minimise flight time. This allows you to relax more upon arrival.

### Cabin Humidity/Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

#### Recommendations

- ◆ Drink water or juices frequently during the flight.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.
- ◆ Remove contact lenses and wear glasses if your eyes are irritated.
- ◆ Use a skin moisturiser to refresh the skin.

### Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

#### Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.

### Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

#### Recommendations

- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- ◆ When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

### Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

#### Recommendations

- ◆ When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- ◆ You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.





## Air Niugini Domestic offices

### Port Moresby

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Tel: 327 3300  
Cargo Enquiries  
Tel: 327 3243  
Cargo Charter Enquiries  
Tel: 327 3226 Pairs: 327 3370  
Head Office  
Airport & Administration  
Jacksons Airport Saraga  
Tel: 327 3200/325 9000

### Alotau

PO Box 3 Alotau Gurney Airport  
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Administration & Reservations  
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### Buka

PO Box 169  
Buka Sales  
Tel: 973 9655 Fax: 973 9656  
Airport  
Tel: 973 9082

### Daru

PO Box 58, Daru, Western Province  
Tel: 276 1077

### Goroka

PO Box 683 Goroka  
Reservations  
Tel: 732 1444 Fax: 732 1439

### Kavieng

Administration,  
Reservations & Cargo  
Tel: 984 2135  
Airport  
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PO Box 186, Aisaia,  
Autonomous Region of  
Bougainville  
Tel: 975 1013

### Kimbe-Hoskins

PO Box 181 Kimbe  
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Tel: 983 5077 Fax: 983 5669  
Arrival & Departure Information  
Tel: 983 0012

### Kiunga

PO Box 346, Kiunga,  
Western Province  
Tel: 649 1422

### Kundiawa

PO Box 847 Kundiawa  
Tel: 735 1273





#### **Lae**

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Tel: 472 3111 Fax: 472 4758  
International Reservations  
Tel: 472 4744

#### **Lihir**

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Tel: 966 5151 Fax: 966 5134

#### **Lorengau/Manus**

PO Box 170 Lorengau  
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Tel: 470 9092 Fax: 470 9382

#### **Madang**

PO Box 140 Madang  
Administration & Reservations  
Tel: 549 1233 Fax: 549 1250  
Airport Traffic  
Tel: 549 1320

#### **Mendi**

PO Box 210 Mendi  
Administration & Reservations  
Tel: 549 1233 Fax: 549 1250  
Airport Traffic  
Tel: 549 1320

#### **Mt Hagen**

PO Box 3 Mt Hagen  
Reservations Domestic  
Tel: 542 1183/542 1122  
Reservations International  
Tel: 542 1039  
Enquiries  
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Airport  
Tel: 329 7191

#### **Rabaul**

PO Box 3120 Rabaul  
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Tokua Airport Arrival & Departure  
Information  
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#### **Tabubil**

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International Reservations  
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#### **Tari Agent**

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#### **Waigani**

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PO Box 61 Wewak  
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Tel: 856 2433  
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Tel: 856 2367 Fax: 856 2203  
Airport  
Tel: 856 2367



## Air Niugini International Offices

### AIR NIUGINI OFFICES

#### Australia Wide

Local Call: 1300 361 380

#### Brisbane

Level 3, 97 Creek Street  
GPO Box 2216 Brisbane QLD 4001  
Australia Tel: (61 7) 3221 1544  
Fax: (61 7) 3220 0040  
Email: sales.bne@airniugini.com.pg

#### Cairns

Shop 1 Palm Court 34 Lake Street  
PO Box 1941, Cairns QLD 4870 Australia  
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Email: sales.cns@airniugini.com.pg

#### Sydney

Somare House  
100 Clarence Street  
PO Box 5293 Sydney NSW 2001  
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Fax: (61 2) 9290 2026  
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#### Manila

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160 Legaspi Street, Legaspi Village,  
Makati City, Philippines  
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Fax: (63 2) 891 3393  
Email: sales.manila@airniugini.com.pg

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#### Auckland/Cook Islands

Walshes World  
Tel: (64 9) 9772230

#### Cebu, Philippines

Destinations Specialists  
Tel: (6332) 231 2461  
Fax: (6332) 231 0852  
Email: marget@destinationscebu.com

#### France

Aviareps Sarl  
122 Avenue Des Champs, Elysees  
75008 Paris, France  
Tel: (33) 1 5343 3394  
Email: salespx.france@aviareps.com

#### Germany

Aviareps Ag  
Kaiserstrasse 77, 60329  
Frankfurt Main, Germany  
Tel: (49) 89 552 533 46  
Email: salespx.germany@aviareps.com

#### Hong Kong

Tam Wing Kun Holdings Ltd  
Tel: (852) 2527 7098 Fax: (852) 2527 7026

#### Honiara

Travel Industry Services  
Tel: (67) 720 336  
Fax: (67) 723 887  
Email: kevin@gts.com.sb

#### Italy

Spazio SRL  
Tel (39) 064985621 Fax (39) 064985201



# PACIFIC OCEAN

HAWAIIAN ISLANDS

MARSHALL ISLANDS

TUVALU

KIRIBATI

PORT VILA  
NADI

NEW CALEDONIA

COOK ISLANDS

FRENCH POLYNESIA

AUCKLAND

INTERNATIONAL ROUTE MAP

## Jakarta

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Fax: (62) 21 835 3937

## Kuala Lumpur

Abadi Aviation Services  
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Fax: (603) 2141 2322  
Email: pxkul@abadi.com.my

## Nouvelle Caledonie

Axxess Travel  
Espace Moselle, 22 Rue Duquesne, 98845  
Noumea Cedex, Nouvelle Caledonie  
Tel: (687) 286677  
Email: s-asaba@axxesstravel.net

## Perth, Australia

World Aviation Systems  
Tel: (61 8) 9229 9370  
Email: leigh.cathcart@worldaviations.com.au

## Phonpei

House of Travel  
2nd Floor A-One Mart Bldg,  
P O Box 1138, Kolonia,  
Pohnpei FSM.  
Tel: (691) 320- 5888 Fax: (691) 320 5889  
Email: hottravel@mail.fm /  
hottravel@outlook.com

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Fax: (67) 823 3583

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Tel: (82) 2734 7100  
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## Singapore

Deks Air  
Tel: (65) 6250 4868  
Fax: (65) 6253 3425  
Email: px\_sales@deksair.com.sg  
300 Beach Road  
#13-05A The Concourse  
Singapore 199555

## 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

## Taipei

Cha May Travel Service  
Tel: (88) 6 2500 7811  
Fax: (88) 6 2500 7970

## Tokyo

Alconet Corporation  
Tel: (81) 3 5733-2567  
Fax: (81) 3 5733-2568  
Email: yogi@alconet.jp

## United Kingdom

Flight Directors  
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Tel: (44) 1293 874 952  
Fax: (44) 0870 24 02 208  
Email: airniugini@  
flightdirectors.com

# Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



## ANKLE CIRCLES

Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



## KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



## SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



## ARM CURLS

Start with arms held high at 90° angle - elbows down; hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.



## KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



## FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



## OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



## SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.



## NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.



## FOOT PUMPS

Foot motion is in three stages.  
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.



# Let us connect you

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Cargo Charter Enquiries  
Cargo: 327 3226 Fax: 327 3370  
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Airport & Administration  
Jacksons Airport Salaga  
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