THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 1 JANUARY - FEBRUARY 2018

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Cover photo: Adventurer Thor Jensen and his Papua New Guinean crew under sail in Milne Bay during their circumnavigation of New Guinea. PICTURE: PAUL KERRISON See our story on page 22.





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Message from the Chairman

Welcome aboard



have much pleasure in wishing the customers of Air Niugini a happy and successful 2018.

I would also like to take the opportunity to outline the airline's focus this year.

These are challenging times for the economy of Papua New Guinea and especially for the airline industry that has been impacted by 'discretionary' spending. That simply means buying an airline ticket has to be balanced

by our customers, more than ever, against other spending demands and priorities.

Despite these challenges, Air Niugini continues to perform well, and we have been preparing for the year ahead with a focus on how we can serve you better.

I have written previously about our wide-ranging cost reduction and efficiency measures. As much as possible, we have implemented these measures without significantly reducing staff, and we have not reduced domestic services.

The success achieved by our subsidiary airline, Link PNG, has enabled us to continue to maintain services to remote areas as a community service, despite them being less profitable. Our competitors are under no obligation to do so.

The introduction of the robust Fokker 70 jet aircraft to take over our main domestic services and our regional services to the South Pacific and North Queensland is starting to deliver benefits – better services and greater efficiency.

The first of our Fokkers has been fitted with new business and economy class seats and cabin features, and the remainder of the fleet will be fitted out this year.

We have greatly improved our online services, principally via the Sabre Airline Solution passenger service system.

We have also expanded our international services to include the Federated States of Micronesia (FSM) and Townsville. These routes have been well received, and since December our weekend flights to FSM have been with a Boeing 737 to ensure we continue to provide adequate capacity. Overall, I believe we have done as much as possible to manage the airline in difficult economic times and to prepare it for another challenging year.

In 2018, we will work hard to build on new opportunities. Principal among these is PNG's hosting of the APEC leaders' summit in November, when our country will host many world leaders, including the presidents of the US, China, Russia, Japan and Indonesia.

This important event, and its numerous lead up meetings, will open the world's eyes to our country and all the exciting opportunities for trade and investment and people-to-people links.

In March, we will start regular passenger and freight services to China – flying initially twice weekly into Shanghai.

PNG already has substantial trade and business links with China, but our flights will also have the potential to open up new tourism opportunities for PNG and to enhance Port Moresby as a regional hub for passengers travelling from the South Pacific and North Queensland to Southeast Asia, and Asia generally.

We are grateful to the National Government for the significant spending it made to re-develop our international airport, and to upgrade major domestic airport runways, terminals and facilities as well.

In 2018, we will begin work on the establishment of a major maintenance hangar at Jacksons Airport – a facility that will create jobs and training – and enable us to bring heavy maintenance work on our Dash 8 and Fokker fleets in-house.

And we will be preparing in earnest for the arrival of the first two new Boeing 737 Max aircraft in 2020, with two more to follow in 2021.

In conclusion, the assurance I want to give our valued customers and business partners is that the challenge of difficult times does not mean we will in any way compromise our impeccable safety record. Enjoy your flight – and we look forward to welcoming you again soon.

Sir Frederick Reiher, KCMG KBE Chairman, Air Niugini Limited

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AIRLINE NEWS

THE LATEST FROM AIR NIUGINI

PNG gets set for Chinese tourists

ir Niugini, in partnership with the PNG Tourism Promotion Authority (PNGTPA), organised a 'China ready' workshop in Port Moresby late last year to ensure tourism operators are ready to deal with Chinese tourists when Air Niugini starts direct flights to Shanghai in March.

Participants came from all over the country and included tour operators, hotel and accommodation managers, airport and airline personnel, as well as educational institutions that provide tourism and hospitality courses.

> For Papua New Guinea to tap into China's 122 million travellers each year, it is important to host PNG tourism websites in China.

An expert on Chinese tourism, Dr Marcus Lee, gave a detailed analysis of the Chinese tourism market and its expectations.

He said for Papua New Guinea to tap into China's 122 million travellers each year, it is important to host PNG tourism websites in



China focus ... Dr Marcus Lee (front row, fourth from left) with Air Niugini staff and participants of the China workshop in Port Moresby recently.

China and in the Chinese language. "It is a highly regulated internet space, which will enable Chinese to fully understand the type of products being offered by the tourism sector in PNG."

He said it is also important to know the type of services Chinese tourists want. For example, Chinese tourists use UnionPay cards. UnionPay is the largest card payment organisation in the world.

"Chinese always move in groups," he said. "One of the first things that they look for is free Wi-Fi and the UnionPay logo.

"You need to create products and engage them in something that they have never experienced. You must have a Chinese representative."

Air Niugini chief executive officer, Simon Foo, said it is important that people in the tourism industry are ready to deal with Chinese tourists when they come to PNG.

PNGTPA chief executive officer, Jerry Agus, said: "I commend Air Niugini for taking a bold step to go into the Chinese market, but it needs the support of everyone to ensure it is successful."

PNGTPA assisted Air Niugini with PGK60,000 to facilitate the workshop.

Air Niugini passes audit with flying colours

ir Niugini has passed the International Air Transport Association's (IATA) operational safety audit (IOSA), which gives the airline validation for two years.

It was the first time Air Niugini has been audited on enhanced IOSA requirements. The program enables airlines to review their safety processes using an internationally accepted worldwide standard.

Accredited auditors assessed Air Niugini's operational management and control systems, including flight operations and dispatch, aircraft engineering and maintenance, and security.

Air Niugini 's chief executive officer, Simon Foo, says the achievement provides continued

assurance that Air Niugini meets world-class safety and security standards when measured against IATA's global benchmark.

"At Air Niugini, safety is always our highest priority. It is expressed in everything we do and we are pleased to be one of the few airlines audited under the IOSA program since 2011, and we remain very proud of maintaining our unblemished safety record."













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Contract signing ... Oil Search's managing director Peter Botten (front left) and Link PNG's general manager Bruce Alabaster (front right).

Link PNG deal with Oil Search

il Search has signed a contract with Link PNG (a subsidiary of Air Niugini) for fixed-wing aircraft services inside and outside Papua New Guinea. Awarded after a competitive tender process, the contract is for three years for the initial term, with optional extension periods.

At the contract signing, Oil Search's managing director, Peter Botten, said: "Air Niugini has been providing a safe and reliable fixed-wing air service for Oil Search since 2007 and will now continue to do so via Link PNG." Link PNG general manager, Bruce Alabaster, said Link PNG will provide fixed-wing services to Oil Search to move staff between Port Moresby, Moro, Kiunga and Cairns.

Over 11 years, Air Niugini has provided eight million kilometres of safe travel to OSL employees, and uplifted over 350,000 passengers as well as thousands of tonnes of cargo.

Award-winning doco screening in-flight

nternational travellers flying to and from Papua New Guinea over the next year will be treated to an in-flight video showcasing how local communities are working to improve their quality of life.

Driving the Change documents the challenges faced by one community in remote PNG as it brings modernity into traditional lifestyle. It shows how access to water, improved education, gender equality, use of technology and creation of jobs are helping to transform a rural area.

This is a journey of leadership, hard work, dedication and partnership and how the people of Domil in Jiwaka Province are contributing to achieving sustainable development goals, says Roy Trivedy, the UN's resident coordinator.

"The UNDP (United Nations Development Program) has partnered with Air Niugini to show how the global sustainable development goals are relevant to people across PNG."

The documentary was produced by the UNDP and EMTV.

"I know that 193 nations have sat together to decide on the future of the planet by agreeing on 17 sustainable development goals, but I also know that this can only be achieved by all



On a journey ... a scene from *Driving the Change*, which chronicles the challenges faced by a PNG community as it moves towards the modern world.

of us working together, starting from where we all come from. For me it is Domil," says Domil community leader, Bernard Gunn.

"The documentary will be particularly appealing to the many delegates who will be travelling to PNG over the course of the year for APEC meetings, who may be new to PNG," says Trivedy.

"The video will capture people's imagination. PNG has huge potential. For example, 70 per cent of its forests are still intact, and with more than seven per cent of the world's biodiversity in less than one per cent of its land area."

The video won the humanity category for the best TV documentary on combating poverty at the World Television Awards in China last June. The awards are run by the Asia Pacific Institute for Broadcasting Development. It is the first such award to be won by a Papua New Guinean team.

- KEVIN McQUILLAN





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DEPARTURE LOUNCE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

paradise q&a SOMEIJONDA

This Kimbe-based conservationist is teaching PNG communities about preservation of the sea.

Q: What is Mahonia Na Dari and what does it set out to achieve?

A: The name comes from the local Bakovi language of the Talasea Peninsula in West New Britain Province. It translates as 'guardian of the sea'. We try to be *mahonia na dari*, and we get others involved to be guardians as well. That's the aim of our organisation.

Q: What is the biggest environmental concern you are trying to address?

A: Probably the worst thing that is happening here in Kimbe is overfishing. There are too many people on the coast and not enough fish in the sea to feed them. At least 50 per cent of Papua New Guineans live in coastal communities, and this problem is universal. So marine environmental education is very important for all of these communities. We outline concepts to help people find different avenues to get their food and sustain their livelihoods.

Q: What does your role of community conservation and education officer entail?

A: My duty is to reach out to at least 10,000 people a year with a message of marine environmental conservation. More recently, I have shifted over to the education officer's role. We work with four high schools and teach students everything we can to turn them into conservationists. Hopefully they'll then take that back into their communities or schools.

Q: Why is it important that young people learn about marine conservation?

A: Some people just see the sea as a place to get fish. Having people understand the ecosystems helps them appreciate it more and, in turn, they can learn to look after it more.

It's important because young people are the future of the province. The young people we train and educate can have a bold new outlook, and can make changes when they get into positions of power in their own communities or households.

Q: Where do you see Mahonia Na Dari in the future?

A: This year will be the 20th of our existence. I want to expand and reach more schools. Our learning methods are very useful for the people of PNG and can be applied anywhere. The same sort of threats threatening Kimbe, are being experienced elsewhere in PNG.

Q: What is the greatest moment of your career so far?

A: My proudest achievement would be engaging with New Britain Palm Oil for a huge project to rehabilitate the coastline. The sea is eroding the coastlines alongside Kimbe, and other places, a lot. It is quite damaging. We are going to try and save it. We are planting mangroves, as well as other coastal plants that can provide nutrients

> for the mangroves to help them thrive. Mangroves have certain properties that help slow down the effects of erosion, and they act as a buffer for the plantations and the land so the sea doesn't erode too much inland. In the next few years we should be able to see the results of this project, fingers crossed.

– KATHLEEN PRIOR

PICTURE: KATHLEEN PRIOR

WITH ROBERT UPE

PNG's APEC stamp series launched

series of PNG stamps has been launched to mark Papua New Guinea taking over the chairmanship of Asia-Pacific Economic Co-operation (APEC).

The stamps are designed to illustrate major factors that contribute to achieving sustainable, economic development – including people, prosperity, peace, planet and partnership – and reflect how PNG is working towards achieving those goals.

About 10,000 delegates from the 21 member nations of APEC are expected to visit PNG throughout 2018, with the highlight being the Leaders' Summit in Port Moresby from November 12–18.

"Chairing APEC is a unique opportunity for the country to showcase and communicate to its neighbours across the Asia, Pacific and Americas the many accomplishments it has



achieved

and the ambitions it has for the future," says Roy Trivedy, outgoing resident representative of the United Nations Development Program (UNDP) in PNG.

Post PNG worked with the UNDP on the project.

"Our team of national philatelic artists were inspired to illustrate the key themes of sustainable development through a uniquely PNG lens," says Banian Masiboda, Post PNG's philatelic manager. "For example, the peace stamp conveys the distinctive way in which people in the highlands of PNG negotiate peace."

hild and a C JL X

There are nine stamps, that range in price from 75 toea to PGK6.80, and there are two framed souvenir sets, with a nominal value of PGK20.

The stamps will be available from Post PNG outlets, and postpng.com.pg.

– KEVIN McQUILLAN



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Local languages in virtual reality

ore than 2000 languages are spoken across the Pacific, South East Asia and Australia, but by 2100 the number of languages spoken in the region is forecast to shrink to just a few hundred.

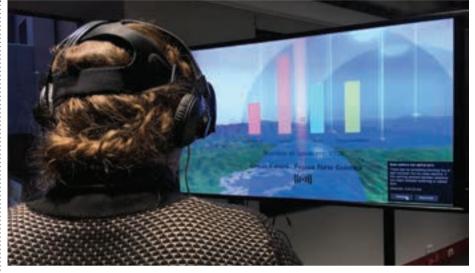
A project to maintain those languages and make them available to everyone is well on its way.

Late last year, linguists Nick Thieberger from Melbourne University and Rachel Hendry from the University of Western Sydney in Australia, along with creative developer Andrew Burrell, published a virtual-reality experience (glossopticon.com/vr.html) that is now available on mobile phones and the web. It's a virtual fly-through of Pacific countries, says Thieberger, using audio and other information stored in the Pacific and Regional Archive for Digital Sources in Endangered Cultures (PARADISEC).

As you fly over Vanuatu's 80 islands, courtesy of a virtual-reality headset, shards of light beam up from each language locality, guiding you where to go. As you approach each one, the hubbub of voices subsides and is replaced by people speaking the specific local language, with information provided on how many people are still speaking it. For some it is thousands, for others there are less than a 100 speakers.

"One purpose is to give people a sense of how many languages there are in the region.

"We have 1100 languages represented in the collection," Thieberger tells *Paradise*. He



Language online ... linguists have created a virtual-reality experience that lets you listen to more than 1000 languages in the region.

says the team is now also digitising tapes for the Divine Word University in Madang.

The collection includes rare recordings of languages that are already extinct or close to extinction. The latest version can be downloaded onto a mobile phone, Thieberger says, and people can use cheap Google Cardboard headphones. A web version is also available for laptops and PCs.

– KEVIN McQUILLAN

NUMBER CRUNCH

That's the year that Air Niugini was formed. The National Government had a 60 per cent stake in the airline and the rest was divided between Australian carriers. Ansett had a 16 per cent share, while TAA and Qantas had 12 per cent each. Today, Air Niugini is wholly owned by the National Government.





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Free helicopter flights to Fiji resort

ulti award-winning Likuliku Lagoon Resort in Fiji, which has overwater *bures*, has a special deal until March 31 that includes free helicopter transfers between the resort and Nadi Airport, where Air Niugini flies three times a week.

To take advantage of the deal, which also includes a bottle of French champagne, guests need to stay seven nights or more.

A beachfront *bure* for seven nights is \$F8400 (about PGK13,000) per person, including three gourmet meals daily, with an emphasis on local seafood and tropical fruits.

The resort is in the Mamanuca group of islands in Fiji's west. There are 45 *bures*, all air conditioned and offering views of the coral lagoon and ocean.

See likulikulagoon.com/packages.







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Raffles set to reopen, bigger and better

Singapore's iconic Raffles Hotel has announced it will reopen in the second half of the year, following a restoration that started last February.

The restoration includes new suites that include the latest technology while retaining the heritage hotel's colonial ambience.

The number of suites will increase from 103 to 115, but the sense of space in each will be retained.

In the Raffles Arcade, the gift shop has been refreshed and

will house a history gallery to illustrate the heritage of Raffles Singapore. The arcade will also house the new Raffles Spa.

Home of the Singapore Sling for over 100 years, the Long Bar will have its plantationinspired decor refreshed, and the famous Long Bar counter will be restored. Visitors and guests will be welcome to continue the tradition of throwing peanuts on the floor as they sip on a chilled glass of hand-shaken Singapore Sling.

A part of Raffles' history since 1892, the Tiffin Room will



Raffles Hotel ... the colonial ambience has been retained in the current restoration (main); Tiffin Room cuisine (inset).

continue to serve North Indian cuisine. Offering authentic specialties served in Tiffin boxes, it will also present an interactive dining experience with tableside service by chefs, complete with freshly ground spices. The restored interior decor of the Tiffin Room includes reinstated wooden floorboards.

Air Niugini flies to Singapore five times a week. See airniugini.com.pg.



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PICTURES: PAUL KERRISON & THOR JENSEN

A leaky boat around New Guinea 3 men, 13 months, 6300 kilometres

igh seas, capsizes, crocodiles, treacherous reefs, bureaucracy and even testy sea gods. Thor Jensen and his crew faced many challenges during the first recorded circumnavigation of New Guinea in a traditional sailing canoe.

Starting and ending in the Tawali Resort, Milne Bay, the Danish artist's 6300-kilometre voyage lasted an epic 13 months and 21 days.

Jensen, 36, has kayaked around Denmark, explored the jungles of Venezuela and sailed across the Atlantic. But PNG has held a special fascination for him since childhood. "I heard about these great canoes and wanted to learn from local people how to sail one, just like the Melanesians have done for centuries," he says. Jensen went to Milne Bay where he teamed up with master sailors Job Siyae and brothers Sanakoli and Justin John, who helped him find the right craft for the job.

"I bought the *Tawali Pasana* from the brothers' uncle on Basilaki Island," says Jensen. "It's a traditional wooden canoe, about nine metres long and two metres wide, powered only by paddle and wind.



A Danish adventurer and his PNG crew recently completed the first recorded circumnavigation of New Guinea. *Richard Andrews* reports on the momentous voyage.

"The canoe was made using ancient methods, but fitted with nylon ropes and sail. A symbol to me of PNG's journey from past to present." Setting off from Tawali, the first 600 kilometres were mostly smooth sailing, but then trouble struck near Lae, when the canoe needed a new outrigger. The crew spent six days in Bukawa village where locals searched for a suitable tree and helped build the replacement part.

Then, Siyae developed a medical condition after two months at sea and had to return home, leaving his three friends to continue the journey.

"It was a sad moment," says Jensen. "Job Siyae was my first contact in PNG and it is to his credit that this expedition got off to a good start."

North of Lae, on the notorious Popongara Reef, high winds stirred up huge waves that filled the boat and almost sank it. Jensen had to jump out and climb on the outrigger to stabilise the canoe, while the others started bailing. A desperate search followed for a place to land on the rocky coast.



A leaky boat around New Guinea





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PH +675 321 4499 EM pacpng@datec.net.pg Warm welcome ... villagers at Bogia village in Madang Province greet Thor Jensen.

66

It was scary to sleep in river mouths because of the crocodiles. Sometimes we had to wade through mud and murky water to reach the shore.



"Legend has it that the reef is guarded warily by a half-serpent, halfman," says Jensen. "Sanakoli warned me to be respectful and paddle in silence as we looked for shelter.

"It was good advice. There's still a lot of magic in PNG and we made it safely to a beautiful bay near a village called Wandukai."

News of the adventurers travelled ahead of them throughout the journey, by internet, cellphone and bush telegraph. Jensen says people all along the way were very protective and welcoming.

"We'd arrive at a village in the evening, meet the chief and be offered accommodation. People would give us bananas, coconuts and smoked fish, which we'd exchange for coffee and sugar. I also developed a taste for local yams and taro."

Warned of high seas near the mouth of the Sepik River, the crew decided to sail 40 kilometres off the coast and landed on Bam Island, one of a string of volcanic islands off PNG's northeast.



A leaky boat around New Guinea



Picking up dinner ... Sanakoli John snorkels over a reef to collect seafood.

"We hopped from one island to the next, amazed by all the different cultures and communities that seldom receive visitors and live almost unsupported by the outside world."

But sailing from Vanimo into the Indonesian waters of West Papua, it was modern culture that created one of the journey's biggest obstacles. The Tawali Pasana was stopped in Jayapura by local authorities and turned back to PNG because some paperwork was missing.

The John brothers returned to Milne Bay to see their families, while Jensen spent two months in Vanimo securing the necessary documents. He also ran out of money and had to chase sponsorship.

When the voyage continued, West Papua offered further challenges, especially the two months the crew spent travelling along the southern mangrove coast.

"It was scary to sleep in river mouths because of the crocodiles," he says. "Sometimes we had to wade through mud and murky water to reach the shore and I constantly had foot infections."

When the crew stopped for supplies at the island of Yos Sudarso, they hit another problem: water suitable for drinking was hard to find. However, the place had its upside.

"We were able to eat plenty of mud crabs," says Jensen. "That was good, as there was not much other food on that stretch."

Named after Thor, the Norse god, Jensen describes himself as "a relaxed guy who doesn't have the same temper" as the hammerwielding deity. However, the hardships, dangers, lack of finances and long months spent together started taking their toll on the three modern-day Vikings towards the end of the journey. >>

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A leaky boat around New Guinea



Thor Jensen ... says the hardships, dangers and lack of finances on his long journey took their toll.

"It's been one long battle and I have to admit we were getting a bit tired of each other," says Jensen. "But amazingly enough, we only had two fallouts while travelling."

All that was forgotten on October 20, when the three men reunited with Job Siyae and arrived back at the starting point.

- "It was amazing and unreal to paddle the last hundred metres to the jetty of Tawali Resort," says Jensen.
- "Traditional dancers were beating *kundu* drums and spear-thrusting warriors shouted as we arrived in a spray of champagne.
- I felt relief and pride having survived what was an arduous, magical and historic odyssey." >



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A leaky boat around New Guinea

Jensen describes Justin and Sanakoli John as "national heroes," saying their remarkable sailing skills honour their forefathers and have created a legacy that will inspire future generations to value their traditions.

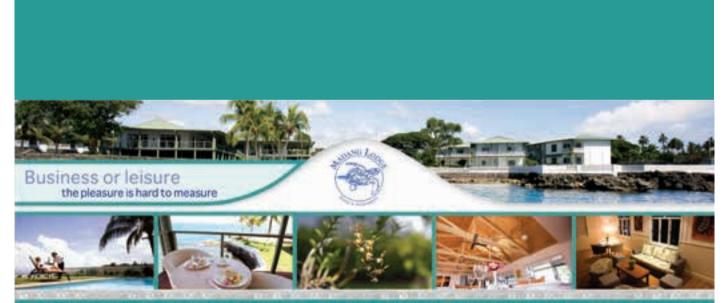
The Danish artist is now working on a book and documentary that he hopes will inspire more people to visit PNG.

"It's a beautiful country that's largely unspoiled. We believe tourism will create income for villages and incentives to protect the environment."

To read more about the voyage, see thordox.dk.

Crowd favourites ... Thor Jensen and his crew at the Kenu and Kundu Festival where they were awarded medals in recognition of their journey (right); Jensen and a map that shows the direction of travel (opposite page).





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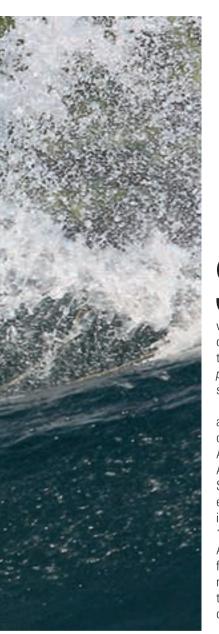
OUR COUNTRY



LET THE GOOD TIMES ROLL

Kate Webster traces the history of surfing in PNG and pinpoints some of the best places for surfers to go.





Modern versions of surfing arrived in Papua New Guinea during World War 2, when Australian troops established a surf club.

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77

Surface and the second second

Modern versions of surfing arrived in Papua New Guinea during World War 2, when Australian troops stationed in Aitape established a surf club. Small groups of surfers were exploring the East Sepik coast in the 1960s, but it was not until 1988 that a man named Andy Abel began laying the foundations for village-level surfing and a related surf tourism sector around the northwest provincial capital of Vanimo. Since then, surfing has well and truly carved its way into PNG.

The Surfing Association of Papua New Guinea (SAPNG) came from humble beginnings in 1988 when a group of surfers in Port Moresby, led by Abel, banded together. After a year of collaboration, SAPNG was firmly established.

In those early days, villagers along the Vanimo coastline were seen entering the water with pieces of carved wood salvaged from abandoned dugout canoes, shaped into streamlined 'splinters' to ride the waves. However, these wave-riding communities may have been surfing long before that.

An ancient cultural festival involving the 'calling up' of waves indicates they had been surfing for centuries, possibly long before the Polynesians.

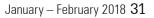
A western surfer passing through in the early 1980s left a surfing magazine with the villagers, which they used as inspiration to progress their surfing techniques.

There was no access to modern surfing technology, so they replicated those boards they saw in the pages of the magazine with what they could find, complete with wooden fins and strips of inner-tyre tubes for ankle straps. 'Splinters' had evolved.

Surfers today are drawn to PNG for the uncrowded waves and good vibes the locals bring.

There are limited surfer numbers in PNG, as it is a relatively new destination for surf adventure enthusiasts. >>







Let the good times roll

The New Ireland region near Kavieng has an abundance of rarely surfed breaks, while the outer islands off New Ireland offer the same quality waves and variety of breaks. The St Matthias group of islands, Manus Island, New Hanover and the inner islands around the New Britain Province also serve up swell. The Vanimo and Madang regions on the mainland have a variety of good-quality surf breaks that have a mixture of reef, point and beach breaks.

The surf resorts and camps throughout the country remain raw and are mostly off the beaten track, accessible only by sea or air. Accommodation is basic but comfortable, typically in traditional huts with rainwater tanks and generator power. >



Barrel roll ... a lone rider takes on the fast-peeling wave at Lido's Right at Vanimo.





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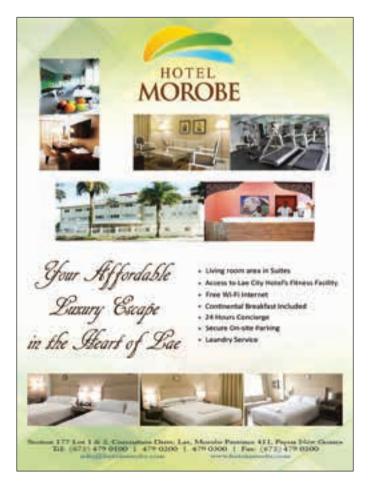


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Let the good times roll



Surfers' hangout ... the Tupira Surf Club near Madang (above); a grommet with a home-made board (right).



WAVE HUNTING - WHERE TO FIND THE BEST SURF BREAKS

PNG has countless breaks. Restrictions on surfer numbers are still imposed by the government so it is recommended you book your surf trip through an approved SAPNG operator. The waves listed here are among PNG's most popular.

VANIMO

The surf breaks here are easy to access by foot, or a short paddle, if you stay in Vanimo Surf Lodge (vanimosurflodge.com). The breaks include Town Beach, Freight Trains at the right of Log Point, and Lido's Left and Lido's Right. They are all easy when the swell is small but become more challenging as the swell picks up. The Waromo break is three kilometres west of Vanimo, via road or boat, and a further kilometre away is Yako.

KAVIENG

Pikinini Point is a fast, heavy barrelling, very shallow righthand coral reef break. Given the right conditions and swell direction, waves can peel for up to 200 metres. Nusa Lefts (also known as Karanas) is

situated across the harbour from Pikinini. It is a fast breaking, very reliable barrelling lefthander that jacks up out of deep water, with a very shallow end section. Nago Island is one of the most surfed breaks in the area. This picturesque little island has both a left and right-hander. A short boat trip from Kavieng you will find Edmago, a very good guality lefthander. Long Long is a right-hander, good on a big swell, works best on a mid-tide with a north wind. Long Long is a more forgiving wave than most of the other reef breaks. The water is deeper, and long rides with a nice wall, ending with a hollow bowl section, can be had. It's good for longboards and mid-size fish fun boards and twin fins. If you're staying in the area, check out Nusa Island Retreat (nusaislandretreat.com) and Lissenung Island Resort (lissenungisland.com).

OUR COUNTRY

TRAVELLER

Let the good times roll

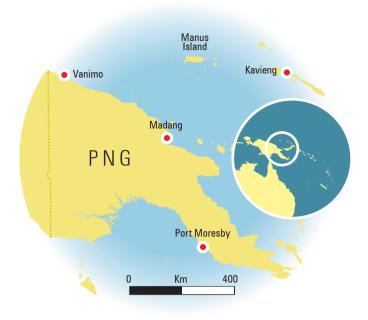
One such surf camp is Tupira Surf Club, in a pristine bay north of Madang.

Established in 2008 under the vision of the patron of Tupira Surf Club, Justice Nicholas Kirriwom, and the guidance of Abel, who is the president and co-founder of the SAPNG, Tupira can proudly claim to be Madang Province's first and only surf club. Last year, it hosted a round of the World Surf League's world longboard championship.

SAPNG – in conjunction with the surf industry, tourism operators and traditional reef custodians – has developed a sustainable foundation and permit system for surfers upon which the surfing resource is developed and managed. The surf seasons in PNG are not as black and white as for other countries in the Asia region.

PNG's surf season officially runs from November to April, when surf conditions are at their best, but it's not uncommon to score waves during the fringe season of October through to May. Typically, regardless of which direction the wind is blowing, at least half the breaks are offshore.

Waves range from one to three metres and 'you should've been here yesterday' is a seldom-heard phrase. From October to April, PNG's reefs, points and even the odd beach break turn it on with the north swells.



For more about surfing in PNG visit the Surfing Association of Papua New Guinea site, sapng.com; or follow via Facebook, facebook.com/sapng or Instagram, @surfing_png.





Ablaze ... autumn colour at Japan's Hoshinoya Fuji Hotel where views of Mount Fuji across a lake add to the glamping experience.

In the comfort zone

REGION

Julian Ryall goes camping in ultra-luxury at Japan's first glamping resort.

36 Paradise - Air Niugini's in-flight magazine

OUR REGION

or many people, the mention of camping brings back unhappy memories of sodden sleeping bags, insect infestations and burnt campfire food.

Glamping – or glamorous camping – has elevated the experience to a whole new level around the world, including in Japan where Hoshino Resorts has opened a glamping resort, the Hoshinoya Fuji Hotel. This is truly camping in style.

A hammock swings lazily beneath the soaring red pines, the scent of a hand-tossed pizza carries on the breeze and, through the forest that envelops the entire site, Lake Kawaguchi can be glimpsed with the almost perfectly symmetrical flanks of Mount Fuji rising beyond it.

Hoshino's reputation for luxury begins at the reception, which is a separate building at the base of the hill that hosts the property. Guests are invited to select a backpack that contains some of the necessities for the adventure ahead, including a pair of binoculars to seek out the wildlife, a head torch, a map of the hotel's grounds, a steel bottle for hot drinks, insect repellent and even an inflatable cushion.

Guests are then invited to clamber aboard a four-wheel-drive vehicle to be taken up the steep and sharply hair-pinned road to their cabins.

66

It is utterly peaceful, with the only sounds those of the breeze in the tree-tops and an occasional woodpecker.

The Cloud Terrace – the outdoor equivalent of the lounge or bar in a conventional hotel – is a short climb further up the hill. Beyond the discreetly sited hammocks, a yoga class is in progress on one of the interconnected wooden decks that have been cleverly set into the hillside. At the very top is the Library Cafe, where hot and cold drinks and snacks are available from 7am until 11pm. The home-made cordials – especially seasonal drinks such as the lemongrass with soda water – are a welcome refreshment.

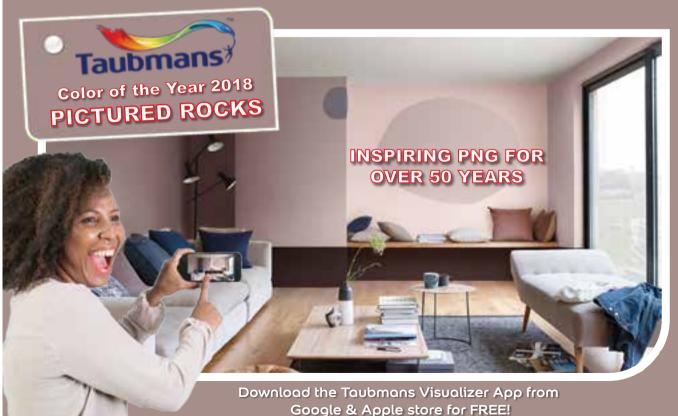
The cafe has a stove for the winter months, but even at the coldest time of year, guests still like to gather around the bonfire outside. Beanbags, loungers and comfy chairs are placed on the different decks, some beneath canvas covers but most open to the elements.

The entire area has been designed to mesh with nature, with a helping hand here and there. Cherry trees have been planted to ensure the site has a shower of pink petals in the all-too-brief cherry blossom season, while Japanese maples have also been incorporated and will take on the golds and russets of the autumn.

In the comfort zone



A seat with a view ... Mount Fuji framed by cherry blossoms (this page); the cabins have floor-to-ceiling windows (opposite page).



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In the comfort zone



The numerous smaller decks and covered spaces ensure privacy at the same time as a sense of space.

It is utterly peaceful, with the only sounds those of the breeze in the tree-tops, an occasional woodpecker and gasps of wonder from city-slickers not accustomed to the great outdoors.

The accommodation is described as cabins, but they are a long way from the rudimentary log shacks of pioneers.

Set into the hillside are 40 luxurious units, each with an en-suite bathroom with a large window and a deck fitted with a lounging sofa. But stepping into the room for the first time is genuinely a 'wow' moment.

Each room has a double-height floor-to-ceiling window that looks out squarely over the blue of Lake Kawaguchi and Mount Fuji beyond.

On summer nights, a faint chain of lights can be picked out on one flank of the mountain, where hikers are making the long ascent to the top. Even in the humid summer months, the temperature on the top of Japan's most iconic peak will be close to zero, and the air is thin. I prefer my elevation and raise a glass of cold beer to toast their endeavours.

There are four types of cabin, including one with three beds, >>





In the comfort zone

but the most sought-after is the version with its own wood stove on the terrace, meaning it is snug even in the snowy winter months.

Meals at Hoshinoya Fuji are something of an adventure as well. To get the day under way, guests have a choice between a deli-style breakfast of coffee and hot sandwiches beneath the forest canopy or a more hearty meal of Spanish omelette, bacon, sausages, salad, home-baked bread, yoghurt, soup and coffee. The third option is to have the same breakfast delivered to the balcony of the room in a carefully crafted wooden box by the modern version of a *goriki*, the mountain porters who in centuries gone by would carry hikers' luggage to the top of Mount Fuji.

Light meals – glamping curry or udon noodles – are available 24 hours, and toasting marshmallows on sticks over the ope n fire alongside the Library Cafe is clearly a popular past-time.

Reservations can be made for lunch or an evening meal at the Cloud Kitchen, where guests are able to make their own pizza from a range of local ingredients and then cook it in a Dutch oven. Guests are also able to cook their own Dutch oven dinner in the evening, being guided by the chef in choosing seasonal vegetables and meats. >>

The Cloud Terrace \ldots this is the outdoor equivalent of a lounge or bar at a conventional hotel.

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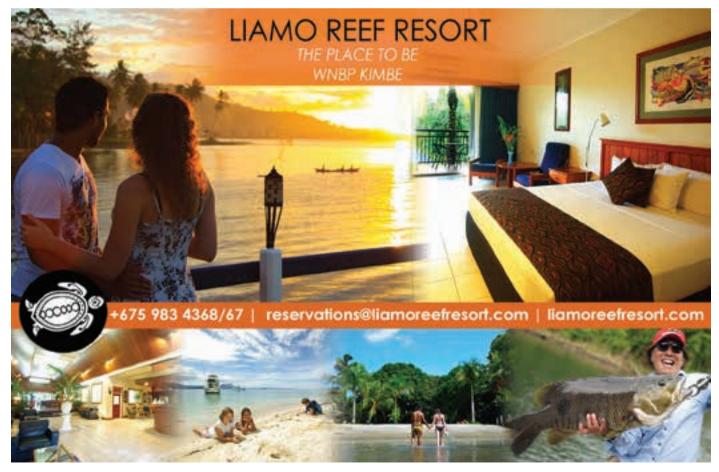
For anyone who has had enough of the outdoors for one day, Grill Dining is the place to go. The chef helps diners grill their chosen cuts of meat – both the beef and the pork are excellent and go very well with the wide selection of local Yamanashi Prefecture wines that are available. And the sense of a hands-on experience of staying at Hoshinoya Fuji extends to the activities that are laid on for guests.

As well as being involved in the making of their meals, guests can try their hand at chopping wood for the fires – not something many city folk have attempted previously – or take an early morning Canadian canoe trip on Lake Kawaguchi. The hotel can arrange horse riding on a private trail, has classes on how to smoke food with chips from old whisky barrels, or can take guests looking for flora and fauna with a guide. The forest is full of birds and insects, and also home to flying squirrels, deer and hawks.

There are also stretching sessions in the woods first thing in the morning and last thing at night, treasure hunts keep younger guests occupied and instructors can show visitors how to make a bird whistle out of wood. >



Pot boiler ... Dutch oven dinners with seasonal vegetables and meats are part of the glamping expereince.







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In the comfort zone



In the saddle ... horseriding is among the activities at Hoshinoya Fuji Hotel.

After all that packed into one day, some relaxation is in order. After the sun has gone down and a velvety dark descends – punctuated by the occasional flash of a head torch and the bonfire blazing merrily on the uppermost deck – we stretch out on a huge sofa beneath a canvas awning strung between some pines. I drink a cold beer and watch the movie *Casablanca* projected onto the rippling roof above me.

Air Niugini flies from Port Moresby to Tokyo twice a week. See airniugini.com.pg.

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PICTURES: DAVID

Brave face ... a land diver shows off his lack of nerves.



Most men jump with little hesitation, though some baulk, knees knocking as they stand out on the edge.

99

EAP OF FAITH

Craig Tansley gets a front-row seat to one of the world's deadliest rituals on a day tour in Vanuatu.

Ye bungy jumped three times, skydived twice ... and once I even bungy jumped out of a helicopter. And yet none of this has prepared me for what I'm watching right now. Men from local tribes – including teenagers being initiated into manhood – are slowly climbing a rickety 30-metre-high platform built from trees and vines.

At the top, they pause as we clap our hands and cheer, then they raise their arms, saluting the heavens, and jump. Sappy, thin vines tied around their ankles are all that breaks their fall.

Land divers on Vanuatu's Pentecost Island leap each autumn to bless their annual yam harvest. This is where the concept for bungy jumping originated, though the risks here today sure wouldn't cut it in a modern tourism world controlled by public liability insurance. The practice was first documented around the world by David Attenborough in the 1950s; in 1974 a land diver leaped to his death right in front of Queen Elizabeth on a royal tour.

I feel as if I've travelled back centuries in time just being here, yet I'm barely an hour's flying time from Vanuatu's Bauerfield International Airport, where Air Niugini flies regularly.

I've transferred on to a tiny six-seater Cessna on a day trip to Pentecost Island, 190 kilometres north of Port Vila. It can land anywhere, which is just as well because the airstrips we're using today are cut straight out of the surrounding jungle, beside deserted beaches. On the flight in to Pentecost Island, we fly over Ambryn Island, one of 83 islands in the Vanuatu group of islands. Many of them are wild, barely inhabited, and covered in foliage so thick I wonder what creatures live in the rainforest below. But the forest suddenly disappears, burnt bare by kilometre-wide flows of erupting molten lava, and I can smell the sulphur in the cockpit. We swoop low into a massive crater of a volcano, where I can see a lake of bubbling, boiling orange-brown lava.

We land soon after at Lonorore Airport on Pentecost Island where villagers run out to greet us and another tiny plane – we'll be the only westerners here today. The land-diving ceremony is taking place just a few hundred metres from the makeshift landing strip. Local children lead us there.

Most men jump with little hesitation, though some baulk, knees knocking as they stand out on the edge.

Eventually all are coaxed into it by others around them. Children dive from a shorter platform. Here, if a land diver decides not to jump, they carry the 'coward' brand for the rest of their lives; impossible to shake (even if you're just a child). >



Leap of faith

Perhaps that's the reason I can actually smell the fear in the air. Bare-chested local women dance like ravers at a dance party all around me, screaming and hollering encouragement, eyes set on the bravest of the jumping warriors. When the men jump, the cracking of vines echoes right around the valley.

After it's done, we fly south, keeping low over the sea, close enough to spot turtles and enormous coral heads, and we make a bumpy landing on the tiny island of Epi. We take a boat ride to a small village, where a family prepares us a feast of fresh fish, yams and sweet potato in a hut beside the water. When we're fed, we swim among turtles and dugongs who feed on the sea grass in the water in front.

Our pilot has joined our swim; we wait as he changes back into his pilot's uniform.

Back in the air, he spots a group of local children on a chalky-white sand beach, so

Air Niugini flies from Port Moresby to Port Vila twice a week. See airniugini.com.pg.

Lifeline ... vines are used to break the fall of Vanuatu's land divers.

he swoops in low, thrilling the kids.

Less than an hour later, we're back in Port Vila, on an airstrip of fancy passenger planes. Here in Vanuatu, an escape to an island of your own is only ever a short plane ride away.





NEED TO KNOW

TOURING THERE Air Taxi Vanuatu run flight tours out of Port Vila every Saturday from April to June for 49,000 vatu (about PGK1445) for adults, including lunch and transfers. The options include day tours to the land-diving ceremony. See airtaxivanuatu.com/ slider/naghol-land-diving-epi-eco/.

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OUR REGION

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City guide:

HONG KONG

Penny Watson, the author of Hong Kong Precincts: A Curated Guide to the Best Shops, Eateries, Bars and Other Hangouts, reports on the city's highlights and latest openings.

The bright lights ... skyscrapers on the edge of Hong Kong's spectacular harbour.

OUR REGION



ong Kong is a global city offering every possible luxury and comfort, from five-star hotels with penthouse suites to Michelin-starred restaurants with celebrity chefs at the helm.

But the city also offers a cultural hit with boutique, artisan, historical and local options that allow visitors to step outside the norm for a unique peek under the city's skin. ➤

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OUR REGION

TRAVELLER

City guide: Hong Kong

GETTING AROUND

The bus and MTR train systems, including the Airport Express (mtr.com.hk), are cheap, fast, convenient and clean. The city's red (or green or blue, depending on where you are) Toyota taxis are retro but cheap, easy to flag and have meters.

For an immersion, the city's dinky double-storey trams (hktramways.com) run east–west along Hong Kong Island. They're slow but there's no better way to see the city.

SIGHTS

Hong Kong Island's towering skyscrapers, backed by vertiginous mountains, are instantly Instagrammable. The highest point, The Peak (www.thepeak. com.hk), has views over the city towards Victoria Harbour and the New Territories. For novelty effect, arrive on the colonial era Peak

Tram, which takes passengers on a dizzyingly vertical seven-minute ascent from Admiralty.

Back down at harbourside, there's a new view from the worthwhile HK Observation Wheel (hkow.hk). Next to it, the Star Ferries (starferry.com.hk/en) are a value-for-money tourist highlight combining sailor-suited staff with futuristic skylines. Take one to Tsim Sha Tsui, to experience the chaos and excitement of this densely populated shopping hub.

Also on this side of the harbour, stretching from Jordan to Yau Ma Tei, is the festive Temple Street night market. Sample Cantonese street food and haggle for cheap



A star attraction ... the value-for-money Star Ferry (above); dried seafood at the market (below).

factory watches, electronics and copy handbags.

Another night-time spectacle is the inner-city Happy Valley racetrack (happyvalleyracecourse. com) Wednesday race meets (from September until June) where locals, expats and tourists can get trackside for beer tents and betting within an amphitheatre of residential buildings.



HONG KONG SPECIAL The streets are alive if you know where to look. Central's wet markets have been around since 1841. Before the developers get to it, take a stroll around the 100 or so fish-flapping, vegie-stacked hawker stalls spread along Graham, Gage and Peel streets.

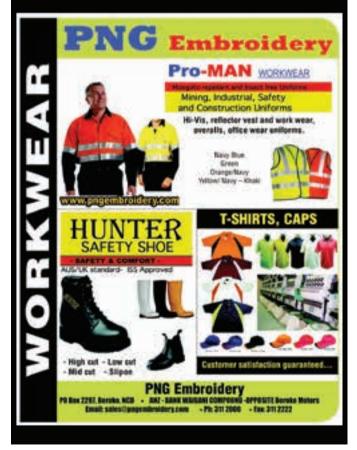
For an eye on traditional Chinese medicine and dried seafood, head to Sheung Wan's Wing Lok Street to see deer antlers mixing it with dried mushrooms. On nearby Des Voeux Road West, in Sai Ying Pun, salted fish dangle with lap cheong sausage in open-fronted shops.

CULTURE VULTURE

Cinephiles will get excited about Yau Ma Tei's Broadway Cinematheque (3 Public Square St; cinema.com.hk), a culture club with four screens showing arthouse, classic and festival flicks, plus a specialist bookshop devoted to (mostly Western) films.

M+, in the West Kowloon Cultural District (westkowloon.hk/ mplus), is due to open in 2019 but pop-up workshops, lectures and exhibitions are starting to build momentum.

Comix Home Base (7 Mallory St; comixhomebase.com.hk), in a restored heritage building in Wan Chai, has exhibitions and screenings to satiate the world's third-largest comics market. The high-brow Asia Society Hong Kong Centre (9 Justice Dr, Admiralty; (asiasociety.org/hong-kong) is set amid jungle surrounds in four mid-19th century British military buildings and has Asian-themed exhibitions, film screenings, panel discussions, a bookshop and author events. >





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City guide: Hong Kong



Reaching for the sky ... (from left) the Cordis Hotel has a high level of service and luxury; the market at remote Tai O; the Big Buddha.

DOING BUSINESS

Look for the city's two tallest buildings – the IFC (International Finance Centre) and the ICC (International Commerce Centre) to see where most of the suited and booted city workers head each day.

For something a little more with the times check out the city's co-working spaces. Wan Chai's The Hive (23 Luard Rd, thehive. com.hk/) and Causeway Bay's The Work Project (1-29 Tang Lung St; theworkproject.com) are hipster-cool with Friday craft beers in the fridge and the whiff of decent coffee. Paperclip (148 Wing Lok St; papercliphk.com) in Sheung Wan, is opened after business hours and hosts entrepreneurial gatherings.

RETAIL THERAPY

There are plenty of malls, but these four distinct shopping areas will guarantee a local experience. Wan Chai's Star Street Precinct (starstreet.com.hk) – including Star, Sun, Moon and Wing Fung streets and St Francis Yard – is a pedestrianised and shady lowrise neighbourhood with tastefully restored shops housing boutiques, artisan studios, bars and coffee shops. In Sheung Wan, Tai Ping Shan is a cobbled street combining shrines, temples and residences with teashops, homeware and clothing boutiques and art galleries.

Nearby, PMQ (35 Aberdeen Street, Central; pmq.org.hk), in the historical former Police Married Quarters, has 100 or so studios which double as shops selling home-grown jewellery, clothes, leather goods and other artisan wares.

The hub around Paterson, Kingston and Cleveland streets, in Causeway Bay, has ground-level shops (in an otherwise high-rise shopping mecca) with international but diverse fashion brands. Macau is an obvious option, but first consider Hong Kong's remote Tai O, a stilt village at the mouth of the Pearl River Delta on Lantau Island. This once-thriving fishing village retains its heritage and fishing trade to give visitors an authentic view of the old ways.

Walk through the streets and markets, visit temples and take a cruise around the stilt village before bedding down at the only accommodation in the village, luxury Tai O Heritage Hotel (taioheritagehotel.com), a gorgeous colonial venue in the restored former marine police station.





City guide: Hong Kong



Sleep, eat, drink ... (from left) a bedroom at the CHI 138 Residences; Little Tai Hang has home-style comforts; LaCabane for wine and cheese.

It has views over the South China Sea, an intriguing historical backstory and quiet charm. Combine a stay with visits to Ngong Ping 360 (np360.com.hk) scenic cable car, the 34-metre bronze Tian Tan Buddha and Po Lin Monastery (www.plm.org.hk/eng/ visitors.php), which are also on Lantau Island.

PILLOW TALK

Little Tai Hang (98 Tung Lo Wan Road; www.littletaihang.com), near Causeway Bay, is the coolest of a new school of Hong Kong hotels offering resident-style comforts – spacious rooms, plenty of storage and a laundry – in a hotel setting. Another is new CHI 138 Residences (138 Johnston Road; chi-residences.com), with clever space-saving designs, kitchens and balconies that jut out rather spectacularly over the happening Wan Chai Street below.

On the luxe level, the city centre's Landmark Mandarin Oriental (15 Queen's Road; mandarinoriental.com) offers a *pied-a-terre* atmosphere with the luxuries of the well-known brand, including one of the city's best holistic wellness retreats. In Mong Kok, Cordis Hotel (555 Shanghai Street; cordishotels.com) has 665 rooms, but the level of service, luxury bedding, art collection and Garage Bar endow it with a more intimate ambience.

EATS

Hong Kong has a justifiable reputation as one of the world's best eating cities, especially (and rather obviously) for Cantonese food.

Wellington Street's huddle of dumpling shops includes Tsim Chai Kee (98 Wellington Street, Central) for slurping fish ball and noodle soup alongside the locals. Sohofama (35 Aberdeen St, sohofama.com), at PMQ, has put traditional dishes, such as eggplant and minced pork hot pot, in a cool contemporary setting. Mott 32 (4 Des Veoux Road, Central; mott32.com), in an old bank vault, combines exceptional dim sum (think quail egg and black truffle *siu mai*) with an extravagant New York-style interior and excellent service. On the luxe scale, Spring Moon (Salisbury Road, TST; hongkong, peninsula.com), at the Peninsula Hotel, is a Michelin-starred restaurant serving the best teasmoked crispy skinned chicken you've ever sunk your teeth into.

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City guide: Hong Kong

WATERING HOLES

Opened last October, the Woods' Annex (17 Hollywood Road; thewoods.hk), in Soho, is possibly the city's smallest bar but it has the city's biggest selection of craft whiskies and gins. (Book ahead for a concierge experience.)

La Cabane Wine Bistro (62 Hollywood Road; lacabane.hk) has wine barrel tables and is fullthrottle into the natural wines trend. Settle in with fromage and charcuterie platters. Hidden off Aberdeen Street, The Old Man (37–39 Aberdeen Street, Soho; theoldmanhk.com), is a homage to serial writer (and drinker) Hemingway. It's new with cosy charm and cocktails that fit the theme.

Pirata (239 Hennessy Road; pirata.hk) is in a non-descript building in Wan Chai, but step out of the lift on the top floor to discover a heavenly space with a crafty Vermouth collection and tapas done Barcelona-style along the bar.



Pirata ... a heavenly space with tapas and Vermouth.

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

HONG KONG

POPULATION: 7.4 million **LANGUAGE:** Cantonese/Mandarin/English TAXI FARE FROM AIRPORT: Cheap and reliable. \$HK300–500. INTERNATIONAL DIALLING CODE: +852 **POWER:** UK style plug, 220V/240V **CURRENCY:** Hong Kong dollar



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Deep delights

Ken Hoppen swims with turtles and finds some strange underwater creatures in a remote corner of Indonesia.

he Bunaken Marine Park and Lembeh Strait make the north-eastern tip of the island of Sulawesi one of Indonesia's favourite diving locations.

The marine park is about 45 minutes by boat from Manado, and encompasses five islands, 390 species of coral, and an impressive array of marine species such as turtles and pelagic fish.

The diving is varied, with vertical walls in some sites and sloping sand with scattered rocky reef in others; all have crystal-clear visibility, beautiful corals and diverse fish life.

Turtles are regularly encountered, and it is not unusual to have three or four in sight at the same time. Predominantly green turtles, with



Turtles are regularly encountered, and it is not unusual to have three or four in sight at the same time.

some hawksbills, they are a joy to swim with.

They are just as easy for snorkellers to see, too, because they tend to sleep near the edge of the drop-offs in shallow water, or swim along these ridges just a few metres under the surface.

There are dives for beginners and experts. One for experienced divers is Mandolin, a drift dive with a difference. Coming down the wall, we encounter a current that takes us down to about 25 metres. The wall here is full of life, and as air diminishes, we ascend to 10 metres, where the current reverses and takes us back the other way. A short time later we come up to three metres, where once again it takes us in the opposite direction.

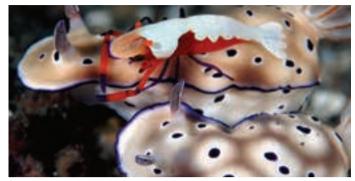
Part of the marine park is adjacent to the mainland and must

be considered every bit as good as its offshore counterpart. Known for its resident giant frogfish, a vertical wall, and the most prolific fish life in the region, the Tanjung Kelapa site takes some beating.

Lembeh Strait is a 90-minute drive to the east from Manado, and is a location most divers try to get to at least once in their life time.

The coastline of the strait has many dive resorts. The southern part of this strait is busy with shipping coming to the port of Bitung, while the northern reaches tend to be quiet of boat traffic.

This is the home of muck diving. Muck diving takes some getting used to, but for those initiated it becomes a fascination.



Underwater ... turtles are common at Bunaken Marine Park (opposite page); an emperor shrimp piggybacks on two nudibranchs (above).

Muck diving is a term that refers to any dive site that doesn't have a pleasing reef system. Usually, muck sites consist of sand, and the bottom can be stirred up, reducing visibility. These sites are often home to some of the strangest creatures in the world, and those divers that can look past the strange substrate find a world that few get to see.

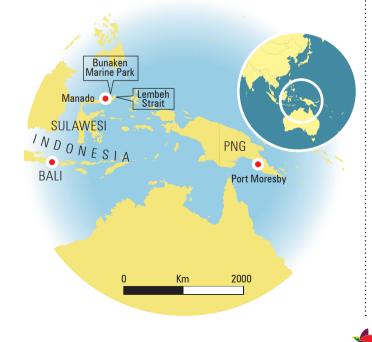
The bottom in Lembeh Strait consists of black volcanic sand, and divers descending for the first time often wonder why they have bothered.

Lembeh Strait is the home of the strange and unusual, including scorpionfish, hairy frogfish, colourful nudibranchs, harlequin shrimp, mantis shrimp and wonderpus. There are things here that you will not see on a reef dive.

But not all of the wonders in this part of the world are underwater. Many visit this area to see the terrestrial wildlife in areas such as Tankoko National Park.

This small park is home to crested black macaques, and Indonesian tarsiers, a small arboreal primate endemic to northern Sulawesi.

The park is best accessed in the late afternoon, when monkeys begin to tire after a day's foraging, and when the small



NEED TO KNOW

STAYING THERE Tasik Ria (tasikria.com) is a resort south of Manado that has its own dive shop; Two Fish Lembeh (twofishdivers.com) provides budget accommodation on Lembeh Island; Lembeh Hills Resort (lembehhills.com) is a top-of-the range property. Each resort provides diving excursions, land tours and airport pickup at Manado.

.......

tarsiers begin to grow restless after their day of sleep.

Hiking to the rim of an active volcano on Mount Mahawu, white-water rafting, exploring the sights and smells of the local food and flower markets in Manado, lunching beside a tranquil lake or just relaxing by a pool – there is enough in the Manado region to keep you coming back. ■

Air Niugini flies from Port Moresby to Singapore and Bali regularly. From those airports you can catch a local airline flight direct to Manado. See airniugini.com.pg.

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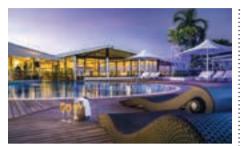
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Three of a kind ... poolside bars



AIRWAYS HOTEL, PORT MORESBY, PNG

By day, the rooftop pool at the luxurious 93-room Airways Hotel (located right by Jacksons International Airport) is the place to swim, sunbake and sip the afternoon away, floating in the warm pool while taking in stunning views towards the Owen Stanley Ranges, before relaxing under the sprawling white umbrellas. By night though, this area comes alive, with live music under the stars making it a destination in its own right.

SOMETHING SPECIAL

The live music by the pool happens from 6pm until 10pm Monday to Friday, and 11.30am to 3pm on weekends. BYO dancing shoes.

DON'T MISS

The grilled tiger prawns, perfect with a glass of sparkling, or a classic cocktail.

DETAILS

Pool open 6am to 10pm daily. Jackson Parade, Jacksons International Airport, Port Moresby. See airways.com.pg.



IVY POOL CLUB, SYDNEY, AUSTRALIA

Designed with the 1960's Italian Riviera in mind, the Ivy Pool Club is kitschy and colourful (think lots of tangerine and white) and a fun way to while away an afternoon in Australia's glitziest city. You'll find the palm-fringed rectangular pool scattered with blow-up swans and beautiful people. Order an awardwinning craft cocktail and prepare to spend the afternoon swimming and swilling – oh, and swallowing their delicious pizzas when you come up for air.

SOMETHING SPECIAL

The private cabanas lining the pool.

DON'T MISS

Aperitivo hour, with complimentary antipasti, from 5pm to 6pm on Thursdays and Fridays.

DETAILS

Open Wednesday to Friday, 12pm to late; Saturday, 6pm to late; Sunday, 12pm to late. Level 4, 320 George Street, Sydney. See merivale.com.au.



MARINA BAY SANDS, SINGAPORE

Having a drink while lazing on one of the sun loungers by the world's longest and most iconic infinity pool, which you'll find at the top of Singapore's incredible Marina Bay Sands complex, is a bucket-list experience, especially right before sunset. You do need to be staying in one of the hotel's 2500 rooms to have a dip 55 storeys above the city, but it's worth splashing out for – the views across the city are breathtaking.

SOMETHING SPECIAL

The Marina Bay Sands pool is now Singapore's most sought-after selfie spot, with the hashtag #marinabaysandspool garnering thousands of posts on Instagram. Bring your selfie stick.

DON'T MISS

A poolside Singapore Sling. The tipple is a delightful combination of gin, triple sec, cherry brandy, pineapple and bitters.

DETAILS

Pool open daily, 6am to 11pm. 10 Bayfront Avenue, Singapore. See marinabaysands.com.



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BY ROBERT UPE

REVIEW: McROYAL HOTEL, MOUNT HAGEN

mcroyalhotelpng.com +675 545 1955



LAE INTERNATIONAL HOTEL



LOCATION

The hotel is a one-minute drive from Kagamuga Airport along the airport access road, and 10 minutes from Mount Hagen's town centre.

THE PLACE

Local Lekson Wantaki opened this welcoming hotel in 2015 on a property that was formerly his home and a farm for *kaukau* (sweet potato), coffee and banana. Wantaki has ambitions for it to become of the best hotels in town. He has a renovation plan that will kick off with new rooms. Oh, and if you've wondered why it's called the McRoyal, it's not because of any royal presence, just that his children are named 'Mc': McQinnie, McGregor, McDellyn, McDonald and McDiane.

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IN THE ROOMS

The standard bedrooms, with tile floors, are spacious and come with TV, bathrooms, tea and coffee-making facilities, an iron, seating area and garden views. The deluxe rooms additionally have sofas and balconies with outdoor furniture.

SAFETY

There's an in-room safe and the property is fully fenced with 24-hour security at the front gate.

FOOD AND DRINK

Locally sourced T-bone steak, the size of a plate, is the star of the menu at the hotel's spacious 100-seat Pine Restaurant where internationally trained Goroka-born chef Tare Pehe is behind the gas burners. The steak, from Ramu, near Lae, comes as a 450-gram cut, priced at PGK105. The menu also includes a *mumu*. This is a traditional style of cooking, with chicken, fish, or pork, wrapped in banana leaves and cooked with *kaukau*, taro, yam, corn and *aibika* for a modest PGK32. The menu is well-priced and good value. If you don't want

WHO STAYS? Mainly business travellers.

HOW BIG? 28 keys.

COST From PGK450 per night for a basic room and PGK500 for a deluxe room.

CHECK IN AND OUT Midday / 10am

HICHLICHTS Welcoming staff, big rooms, good security.

NEARBY The airport, a small craft market, and the excellent Kofi Cave (serving highly regarded Banz Kofi) are all within walking distance. The cafe is set in a lush garden, with a small pond, and a pleasant wooden deck. Also close by is the Mount Hagen Golf Club, but you'll need a vehicle to get there. The hotel will help with hire cars.

the expensive steak, try the more affordable barramundi, pork chops, lamb shank, pasta or even burgers from PGK25. Wines come in three categories: entry level (PGK110),

Wi-Fi:	\checkmark
Fee for Wi-Fi:	
TV:	
Air conditioning in room:	
Ceiling fan in room:	×
Business centre:	×
Gym:	×
Room service:	
Swimming pool:	
Free airport transfers:	\checkmark
Hotel arranges tours:	
Breakfast included in room charge:	×

mid range (PGK180) and premium (PGK250). There's also a good selection of beers in the Kwila Bar, where there's a big screen to watch sporting events.





TIME TRAVELLER

Port Moresby, June 30, 1988

An aviation milestone was reached for Papua New Guinea on this day when the first all-PNG crew flew the Airbus A300B4 from Brisbane to Port Moresby. Captain Lekwa Gure, first officer Granger Narara and engineer Edward Matane were supported by an all-PNG cabin crew, also in this picture, taken on their arrival into Port Moresby. The milestone was reached 15 years after the founding of the airline, in 1973.

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







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THE YEAR AHEAD IN PNG AND ASIA-PACIFIC

All year round, there's something happening on, or near, the Air Niugini network, writes *Belinda Jackson*.



JANUARY



Current–until March 31, Kuala Lumpur Biennale, Malaysia

The theme of this inaugural international exhibition is *alami belas* (be loved), with contemporary artwork describing love of people, icons, heritage or nature by artists from Southeast Asia, China, South Korea, Japan and India.

January 20–21, Sinolog Festival, Cebu, Philippines

One of the country's biggest gatherings, Saint Nino is celebrated with a street festival of dancing, drumming, chanting and sports.

tourism.gov.ph

January 17–February 11, KidsFest, Singapore

This festival of world-class theatre is for young people in Singapore and Hong Kong. Now in its sixth year, the event creates and promotes performance styles from all corners of the world. *kidsfest.com.sg*



January 27–February 16, Chinese New Year, Hong Kong

Get into the spirit of the city's biggest, brightest festival – taste auspicious foods, Instagram the red lanterns that adorn the city, admire the fireworks, watch the float parades and catch a big-stage music performance. **discoverhongkong.com**

January 31, Thaipusam Festival, Malaysia

Tamil Hindus follow a 15-kilometre route from Kuala Lumpur to the Batu Caves, in celebration of Lord Muragan's conquest of evil demons. Many devotees pierce their chests and backs to show penance.

malaysia.travel

2018 almanac

FEBRUARY

February 9–10, Brisbane Global **Rugby Tens, Australia**

Ten-a-side action sees teams from Australia, New Zealand, France, Fiji, Samoa and Japan battle it out in day and night clashes. brisbaneglobaltens.com

February 9–25, Winter

Olympics, South Korea The world's best winter athletes skiers, ice skaters and bobsleighers among them - will compete in PyeongChang.

olympic.org/pyeongchang-2018

February 15, John Frum Festival, Tanna, Vanuatu

In this annual celebration on Tanna Island, a ceremonial army performs a hybrid of military drills and kastom dances with wooden guns. They raise the US flag, build World

War 2 planes out of grass and fashion a makeshift landing strip.

vanuatu.travel

February 16--March 4, Sydney Gay and Lesbian Mardi Gras, Australia

Sydney sparkles with parties, exhibitions, performances and family events, culminating in the fabulously colourful Mardi Gras Parade, now in its 40th year. mardigras.org.au

February 23–24, Chingay Parade, Singapore

Enjoy the largest street performance and float parade in Asia. From the main parade site to the heartlands, this street extravaganza epitomises the dynamism of Singapore's society with dragons and prancing lions.

chingay.org.sg

February 23--March 31, Hong Kong Arts Month, Hong Kong

Swiss ballet, Welsh opera, Russian orchestras, Estonian male choirs and even a a circus are the talk of the town in 2018. Art Basel, bringing artworks from 32 countries and territories, is also staged during the festival.

hk.artsfestival.org, artbasel. com/hong-kong

MARCH

March 1–31, Singapore **Restaurant Week, Singapore**

Dining in a high-quality restaurant can be a pricey affair, except during Singapore Restaurant Week. when the best restaurants serve special three-course set lunches and dinners for an affordable, fixed price.

restaurantweek.sg



March 1–3, 50th Anniversary of Yap Day, Federated States of Micronesia

Known as the Land of Stone Money, Yap's anniversary starts with the blowing of the conch shell and a stone money ceremony. visityap.com

March 2–4, Java Jazz, Jakarta, Indonesia

The tunes pour out from 172 shows on 11 stages, with almost 500 performers and over 110.000 visitors.

javajazzfestival.com

Shanghai, China Asia's top desian event



beautiful rooms, and speakers from architecture to interior design hosting forums. Design floods into the streets, with design tours and a two-week festival of art installations in the hip enclave of Xintandi.

designshanghai.com

March 15–18, CMC Rocks, Ipswich, Australia

Australia's answer to Nashville, CMC Rocks at Ipswich's Willowbank Raceway is the largest international country and roots festival in the southern hemisphere. This year's all-star line-up includes US superstars Luke Brvan, Darius Rucker and Kelsea Ballerini. cmcrocks.com

March 21–25. World Science Festival, Brisbane, Australia

Science meets art through conversation and performance by some of the world's greatest thought leaders. Expect a program in which astronauts share their tips for going to the bathroom in space, kids play with computer microscopes and food trucks compete for road space with robots.

worldsciencefestival.com.au



March 23-April 1, Game Fishing Titles, Morobe, Papua New Guinea

The country's largest sporting competition sees hundreds of keen anglers chase the big fish in Morobe Province, with a range of tackle classes, a women's competition and the introduction of a 'tag and release' division, to encourage good conservation practice.

www.gfa.com.pg >>



March 14-17, Design

sees beautiful objects in

2018 almanac

APRIL



April 4–15, Gold Coast 2018 Commonwealth Games, Australia

More than 6600 athletes from 70 nations and six continents compete for glory across 18 sports and seven para-sports with a backdrop of Queensland's Gold Coast, where most of the action takes place, and in Brisbane, Townsville and Cairns. *ac2018.com*

April 4–15, Festival 2018, Australia

Running alongside the Gold Coast 2018 Commonwealth Games is a free arts and cultural program with

theatre, music, dance, interactive art installations and indigenous arts along the coast, and in Brisbane, Townsville and Cairns.

gc2018.com/festival2018

April 6–8, Hong Kong Rugby Sevens, Hong Kong

Over three days, 28 teams battle it out for the prestigious title, with Fiji the reigning champ. Teams are drawn from across the world, from Samoa to South Africa to Scotland. *hksevens.com*

April 13–15, Ubud Food Festival, Bali, Indonesia

A three-day culinary adventure in Bali, with Indonesian food as the star, the festival has grown into Southeast Asia's leading culinary event. It showcases the archipelago's rich culinary heritage, from farmers and producers to world-class chefs and restaurants. **ubudfoodfestival.com**

April 25, Anzac Day, Port Moresby, Papua New Guinea

The Dawn Service is open to the public at the Port Moresby (Bomana) War Cemetery to



commemorate those who have served in all military services. Organised by the Port Moresby RSL. *facebook.com/pomrsl*

April 26–29, PNG Golf Open, Port Moresby, Papua New Guinea

The region's best golfers will battle it out on the fairways and greens at the Royal Port Moresby Golf Club.

Spring Festival of Mount Takao, Japan

Standing 600 metres above sea level, Mount Takao's Yakuoin Temple hosts the annual spring festival. A special display of the image of Buddha is held at the main hall, and a *goma* fire ritual at the Yukien *stupa* with a fancy-dress parade by children. *jnto.org.au*

April–May, Jakarta Fashion &

Food Festival, Kelapa Gading Mall, Indonesia

This month-long celebration is Jakarta's largest fashion and culinary fair. It includes fashion shows, a night carnival, traditional street food, and a wine and cheese. expo.

jfff.info/food-festival

MAY

May 15–June 14, Ramadan, Malaysia

The Muslim month of fasting during the day sees evenings shine, with food stalls and markets across the country, culminating in the festival of Eid al Fitr (approximate dates). *malaysia.travel*

May 25–June 16, Vivid Sydney, Australia

A celebration of light, music and ideas includes a mesmerising free public exhibition of outdoor lighting sculptures, a cutting-edge contemporary music program and



the spectacular illumination of the Sydney Opera House and harbour foreshore.

vividsydney.com

Macau International Dragon Boat Races, China

Macau's Nam Van Lake is awash with colour as rowers from across the globe come together in celebration and competition. The program is more like a festival than a series of races as locals and foreigners haul their oars in unison. **macaotourism.gov.mo**



2018 almanac

JUNE



June 5–6, Wogasia, Solomon Islands

The island of Santa Catalina, in the Makira Province, hosts this annual spear fighting and yam harvesting festival, a celebration of fertility, friendship and the hopes for a bountiful year ahead. visitsolomons.com.sb



June 6–11, Cairns Airport Adventure Festival, Australia A festival of multisport events, including ironman championships, a night run, reef swims and a kids' triathlon.

ironman.com

June 16–17, Summer Festival, Federated States of Micronesia

The Living History Museum in Colonia hosts the summer festival, with dance competitions between villages with local food and handicrafts on offer. *visityap.com*

June 18, Dragon Boat Festival, China

Shanghai's annual dragon boat festival (*Duan Wu Jie*) has been celebrated for over 2000 years and is a raucous race of dragon boats down the Suzhou River, with reputedly healthful traditional snacks and wine.

www.meet-in-shanghai.net

Mid to late June, Hotaru no Yube, Japan

Yuyake Koyake Fureai no Sato is a tourism village amid the vast greenery of the surrounding mountains. Each evening, the grounds are open free so visitors can enjoy an evening lit by some 2500 fireflies.

jnto.org.au

JULY

July 1–14, 2018 Melanesian Arts Festival, Honiara, Solomon Islands

PNG, Fiji, New Caledonia, Vanuatu and West Papua participate in this festival of arts and culture, held every four years.

visitsolomons.com.sb

July 13–15, Cairns Indigenous Art Fair, Australia

This is one of the most important events on the Australian art calendar, welcoming commercial art galleries and indigenous art centres to sell and showcase works by Queensland Aboriginal and Torres Strait Islander artists. The fair features an art market, exhibitions, dance, music and theatre. **ciaf.com.au** 2

July 15–27, Micronesian Games, Federated States of Micronesia

Athletes from across Micronesia compete in sports including coconut tree climbing, athletics, beach volleyball, golf, swimming, triathlon and the 'micro all around'. *microgames2018.com*

July 27–28, Maskelyne Canoe Race, Vanuatu

The communities of the Maskelyne Islands host their annual festival, which offers a two-day program of custom dancing canoe-making, *kava* tasking, shared local meals and the exciting outrigger canoe race that finishes with an 'Island Night' celebration.

vanuatu.travel

July 27–August 4, Australian Festival of Chamber Music, Townsville, Australia

Pianists, quartets, quintets, bands, orchestras, accordions and violins perform more than 25 concerts in Townsville, against a backdrop of tropical north Queensland. *afcm.com.au*

Mask Festival, East New Britain, Papua New Guinea

Kokopo, in East New Britain, is the staging point for the annual celebration of PNG's dramatic masks, some with thousands of years of history behind them. The festival uncovers the stories, dances and rituals behind the many masks, which are sacred, educational or celebratory. **papuanewguinea.travel**

Bula Festival, Fiji

Nadi town's annual Bula (welcome) Festival is a week of talent competitions, music and float processions, raising funds for charity. The crowning event is the naming of Miss Bula. *fiji.travel* >

2018 almanac

AUGUST



August 5–8, Sepik River Crocodile & Arts Festival, East Sepik, Papua New Guinea

Feared and revered, the crocodiles of the Sepik River inspire the songs, dances, initiation tattoos and art featured in this festival in Wewak, East Sepik Province. **papuanewguinea.travel**

August 10–19, Royal Queensland Show, Brisbane, Australia

Get your Akubra hat out, the bush comes to Brisbane for the Ekka. There are 42 competition sections from agriculture to fine arts, fashion and fleece. There's music, bars, wood chopping, a sideshow alley and the show's famous strawberry ice-creams. **ekka.com.au**

August 11–18, Hibiscus Festival, Suva, Fiji

The Fijian capital, Suva, hosts this week-long carnival, which has been running since 1956. Includes Pacific crafts, dancing and sporting competitions, children's days and the crowning of Miss Hibiscus. *hibiscusfiji.com*

August 17–19, Mount Hagen Show, Papua New Guinea

One of the country's most famous cultural displays was first organised to unify the tribes of PNG. Held in the Western Highlands Province, it offers songs, dances and traditions found across the country.

papuanewguinea.travel

Art Stage Jakarta, Indonesia

Expect exhibitions, art talks, workshops and art tours from institutions, local galleries and museums. Like its sister fair in Singapore, Art Stage Jakarta offers audiences a comprehensive overview of Southeast Asia's fastgrowing contemporary art scene. **artstage.com**

Wushu Masters Challenge, Macau, China

The world's greatest Wushu masters challenge one another for the promotion of friendship, as well as the long history of the traditional martial arts. Witness dragon and lion dance competitions.

www.macaowushumc.com

Harajuku Omotesando Genki Matsuri Super Yosakoi Festival, Japan

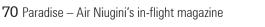
One of the largest festivals in Tokyo, 5500 dancers in 100 teams gather from all over Japan to perform the energetic *yosakoi* dance.

gotokyo.org >>



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2018 almanac

SEPTEMBER



September 7–18, Goroka Show, Eastern Highlands, Papua New Guinea The biggest gathering of PNG's tribes has taken place every September in the Eastern Highlands since 1957, with over 100 tribes embracing their cultural diversity at the *sing sing*, including the fearsome Asada Mudmen. *papuanewguinea.travel*

September 14–15, Frangipani Festival, Rabaul, Papua New Guinea The festival celebrates the rebirth of Rabaul after the 1994 volcanic eruptions. All events are free and include a march past by schools, Baining fire dances, frangipani float parade through the streets of Rabaul, traditional performances, and a *tumbuan* and *duk duk* ceremony on the foreshore.

September 14–16, 2018 Formula 1 Grand Prix, Singapore

At the only Formula One night street race in the world, watch drivers of the highest calibre race the thrilling twists and turns to take the podium. Accompanied by blockbuster concerts and pop-up stores. *singaporegp.sg*,

visitsingapore.com

September 16, Hiri Moale, Port Moresby, Papua New Guinea Port Moresby has a double celebration with both PNG's Independence Day and the Hiri Moale festival, which was originally a gathering aimed at commemorating trade between the Motuan and Gulf people, and the crowning of the Hiri queen. **papuanewguinea.travel**

September–November, 32nd Macau International Music Festival, China

Internationally renowned artists perform opera, orchestral and chamber music, Chinese folk music, jazz, Broadway numbers and a dynamic mix of all thingsmusical. Backdrops include World Heritage sites Dom Pedro V Theatre, Mount Fortress and St Dominic's Church. *icm.gov.mo/fimm*





2018 almanac



Garamut & Mamba Festival, East

Sepik, Papua New Guinea Dance, sing and plant yams in this festival of renewal. The stars of the weekend-long show in Wewak, East Sepik, are the *garamut* (drum) and *mamba* (bamboo flute). papuanewguinea.travel

Bali International Film Festival, Indonesia

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



Brisbane Festival, Australia Around a million people each year flock to the Queensland capital for an explosion of music, theatre, dance, opera, circus and the fireworks spectacle. brisbanefestival.com.au >



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2018 almanac

OCTOBER



October 27–28, Morobe Show, Papua New Guinea

This annual show in Lae is hosted by the Morobe Provincial Agricultural Society. Aside from the cultural aspect, expect to branch out – motorbike stunts and beauty competitions have made appearances in previous shows. *morobeshow.org.pg*

October 28, Masskara Festival, Philippines

Held each year in Bacalod, this mask festival is an exuberant feast of elaborate, smiling masks and plenty of street dancing in the City of Smiles.

tourism.gov.ph



PNG Human Rights Film Festival, Port Moresby, Papua New Guinea Now in its eighth year, the threeday film festival explores social issues such as arranged marriage, human rights and climate change, followed by an interactive panel discussion with the audience. facebook.com/PNGHRFF

Ubud Writers' and Readers' Festival, Bali, Indonesia

Cultural, controversial and always curious, this premier festival of words and ideas lures the big names in print and spoken word. It includes a kids' program, writing workshops and happening afterdark music scene.

ubudwritersfestival.com

Mid-Autumn Festival, Shanghai

Pay homage to the moon with wafting incense and moon offerings of food, including mooncakes on moon altars (*douxian*) laden with wafting incense, and join in the city's celebrations.

www.meet-in-shanghai.net >>







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CHEMICALS

2018 almanac

NOVEMBER



November 2–4, Kenu & Kundu Festival, Milne Bay, Papua New Guinea

Alotau, in Milne Bay Province, is all about canoes (kenu) and (kundu) drums, and the rituals that surround these war canoes, built and decorated in a time-honoured style. papuanewquinea.travel

November 6–10, Diwali Festival, Fiji

The Hindu Festival of lights sees Hindu homes elaborately decorated. *fiji.travel*

Fest Napuan, Vanuatu

This free-to-public music festival based in Port Vila features local and international artists. festnapuan.vu

November 12–18. Asia Pacific **Economic Cooperation (APEC)**, **Papua New Guinea**

The 2018 APEC gathering sees 21 world leaders from the Pacific Rim countries meet in Port Moresby. apec.org

Makepung Buffalo Races, Bali, Indonesia

The grand prix of buffalo races sees hundreds of buffalo hitched to colourful wooden ploughs competing in a three-kilometre race in Jembrana, West Bali. indonesia travel



65th Macau Grand Prix. Macau, China

Now in its 65th year, the longest running street-circuit event pits the best in motorcycle, WTCC and Formula 3 racers in the world, racing through the narrow, twisting, sharp turned Guia Street Circuit in Macau city.

macau.grandprix.gov.mo

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DECEMBER



December 1–January 1, WinterFest, Hong Kong Two light festivals dazzle the Hong Kong skyline during the month-long festival, with special shopping offers, foods and the massive Statue Square christmas tree. discoverhongkong.com

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

Canoe Festival, Federated States of Micronesia

Watch the creation of a handcarved sailing canoe or bamboo raft, and making of coconut husk rope, and watch canoes race as Yap celebrates its navigation history.

visityap.com

Roviana Lagoon Festival, **Solomon Islands**

People from the Roviana Lagoon gather in Munda for this four-day festival of the sea, with dances, sailing, ironman, swimming and fishing competitions. visitsolomons.com.sb



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PAINTING THE TOWN





Celebrations in full swing ... (from left) a dancing lion to drum up the mood of Chinese New Year; firecrackers to frighten *nian* away; a silent prayer for a better year ahead; Singapore's Chinatown ablaze with lights during Chinese New Year shopping.



here's still some time to go before Chinese New Year starts on February 16, but already there's a buzz in the air. Officially, there will be a two-day public holiday for the celebration in Singapore, but the festive mood descends on the island one month before, and ends a month later.

This greatest of Chinese festive occasions is also celebrated as the Spring Festival or Lunar New Year by about 20 per cent of the population around the world, from Shanghai to Singapore and even Sydney.

In Singapore, every shopping mall will be decked in auspicious red and gold decorations, the festive atmosphere revved up further by lion dances performed to the clash of cymbals and thunderous drumbeats.

But the centrepiece of the action is in the heart of Singapore's Chinatown, where swaying

Chinese temples are thick with wafts of curling incense smoke as devotees fervently pray with joss sticks and flowers.

Chinese lanterns garland the streets and stalls are packed with Chinese New Year goodies: pomelos, mandarins, oranges, tangerines, redmelon seeds, longans, lotus seeds, waxed duck, new year cakes, tarts, cookies and sweets. Shoppers swoop on these perennial favourites as Chinese New Year songs blare from CD players, welcoming the return of spring.

In a little nook, a fortune teller makes his prognostications and dispenses arcane advice on the subtle art of seducing Lady Luck. What will the coming year portend for each of the 12 Chinese zodiac signs? Will the new year be propitious for marriage, seeding a new business, changing jobs or moving house?

Not to be outdone, a calligrapher deftly scripts a couplet to bless a family. He flourishes his brush to delineate the classical Chinese symbols of good fortune for the buyer to festoon his house during the festive season.

Chinese temples are thick with wafts of curling incense smoke as devotees fervently pray, with joss sticks and flowers, that the new year will bring wealth and health.

RED Sir of 20

Singaporean *Tan Hoo Chwoon* explains the custom of Chinese New Year, which will be celebrated by 20 per cent of the world's population during February.



In the final run-up to Chinese New Year, each Chinese family frantically spring cleans the house. Every nook and cranny is swept to exorcise whatever ill luck may have inhabited the dirt, dust and cobwebs. Doors and windows are embellished with red papercutouts and couplets that are stylised around themes of happiness, wealth, longevity and blissful marriage.

The living rooms are adorned with blooming plants, signalling rebirth and fresh growth. Flowers are emblematic of wealth and elevated status. Blessed is the home with a plant that blossoms on Chinese New Year day, for it augurs a year redolent with prosperity and plenitude.

Trays laden with sweets occupy pride of place in living rooms where visitors will congregate and exchange warm greetings. With a firm shake of hands and sunny smiles, old grievances are forgotten and past grudges buried.

Sweet words bring good cheer and set the tone for the nature of things to come in the days ahead. Hence it is vital to get the new year off on a good footing. Therefore, naughty children are spared the rod.

The celebration of Chinese New Year stems from a tradition steeped in legend. The word *nian*, which in modern Chinese parlance means 'year', was originally the name of a monster that preyed on villagers in China on new year's eve. Its humongous mouth gobbled up many people, striking fear in one and all.

But a sagacious old man came to the rescue. He berated it: "Your reputation for ferocity precedes you. But I think it is most cowardly of you. You should devour the other beasts of prey instead of these poor, hapless Chinese villagers who are by no means worthy of your supper."

So the *nian* gormandised the other beasts of prey that had likewise been menacing the Chinese. His task accomplished, the old man took flight from Earth, riding the *nian*.

Meantime, the other predators that had terrorised the Chinese beat a hasty retreat. With peace restored, there was much joy all round. It called for a gala, which henceforth marks the beginning of a new year.

Before departing, the old man advised the Chinese to blaze their homes with red paper decorations and to drum up jarring noises each new year, both things feared by the *nian*. This explains the custom of the red decorations and the enthusiastic setting off of firecrackers.



Dusk Devi Nand reports on the annual Pacific Runway fashion show where PNG designer Dru Douglas was a clear favourite.

On the Catwalk

ashion connoisseurs were treated to the creative panache and unique hybrid style of Pacific designers at the annual Pacific Runway in Sydney, Australia, recently.

The annual event, in October, featured 20 designers from the Pacific, including Papua New Guinea, Fiji, Samoa and Tahiti. Pacific origin designers from Australia, New Zealand and the US also showcased their 2018 collections to standing ovations and a soldout house.

Mainly a consumer event, Pacific Runway is also attended by esteemed industry insiders and media from the Pacific, including New Zealand and Australia. They include famous fashion influencers, boutique buyers, fashion editors, writers and stylists, all eager to see what Pacific designers are creating.

A clear favourite at the sixth Pacific Runway was PNG designer Dru Douglas with his Lumai label.

Douglas was born and raised in Rabaul, lived in Lae, and, after finishing high school, moved to New Zealand

Cru Douglas's designs are works of heart, each collection heavy with backstory, yet each piece light in feel and clever construction.

"

on a NZ Government-sponsored scholarship to study information technology.

However, fashion was his calling and after completing his bachelor's degree and working in IT, he decided to pursue a career in fashion, starting with a bachelor of design (fashion) at the Auckland University of Technology. This included a six-month student exchange at the Amsterdam Fashion Institute in the Netherlands. Since then, he has interned with a few NZ designers and also writes for a fashion blog.

Douglas's designs are works of heart, each collection heavy with backstory, yet each piece light in feel and clever construction.

His collection shown at Pacific Runway featured simple lines and clean silhouettes in luxurious fabrics that echo his cultural background, yet incorporate 2018 trends.

Why did he name the collection Kolos, the Kuanua/Tolai name for meri blouse?

"I wanted to re-interpret and deconstruct the meri blouse, a garment that was introduced by the \succ



On the catwalk

missionaries in the late 1800s," he says. "During my research I came across images of women in the early 1900s wearing a short meri blouse that showed off their midriffs."

Douglas was inspired by what his mother and aunties wore when they styled themselves. "Whenever we went to the beach my aunties would always tie their *laplaps* over their bust and around their neck, which is something that is depicted in some of the more urban pieces of the collection. The colour white at the start and black at the end is symbolic of church and death." Douglas's label Lumai is available

> online. See pacificrunway.com. au, lumailabel.com.

In a twirl ... two creations by Fijian designer Aisea Konrote from his Hefrani collection.



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World Cup moments ... (clockwise from this page) Wellington Albert salutes the sellout crowd at Port Moresby; PNG captain David Mead kicks off; Wille Minoga is caught in an Irish tackle; pre-match entertainment.



SPORT

Kumuls rise again

The 2017 Rugby League World Cup was a watershed moment for the sport in the Pacific as PNG, Tonga and Fiji drew international praise for their dominant performances on the field, and the passion of their supporters off it. But it was the PNG LNG Kumuls who lit up the tournament with record-breaking home victories in front of capacity crowds in Port Moresby, bringing back the glory to the 'sleeping giant' of international rugby league. *Joanna Lester* was there.



or three glorious weeks in October and November, Port Moresby's Oil Search National Football Stadium hosted a new chapter in Papua New Guinea's sporting history, as the Kumuls powered through their Rugby League World Cup pool matches, notching record scores in front of sell-out crowds, and to the delight of millions watching on TV.

PNG was beamed around

the world as a must-visit destination for any self-respecting Rugby League fan, players were treated as superstars whenever they stepped out in public, and suddenly every child dreamt of being a Kumul again. ►



Kumuls rise again



Tearaway ... (clockwise from top) Gary Lo on the burst; PNG culture on show at a match; fullback Stargroth Amean celebrates with his son after the final home match against the US.







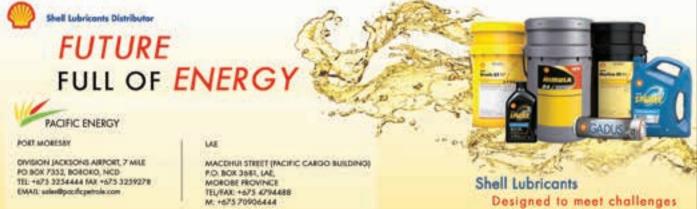


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Kumuls rise again





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Kumuls rise again

In fact, prior to 2017, PNG had not won a world cup match since 2000. But, under the tutelage of Michael Marum and a coaching staff packed with respected former Kumuls (Marcus Bai, John Wilshere, David Westley, Stanley Tepend and Arnold Krewanty) the Kumuls recalculated the winning formula and assembled arguably their strongest-ever squad.

This was the first time PNG had hosted matches in the Rugby League World Cup, and expectations were high. These were met five minutes into the first game against Wales, when captain David Mead crossed for the first of 10 Kumuls tries that afternoon, laying the platform for a 50–6 victory and setting the scene for PNG's world cup campaign. ➤



Scoreboard pressure ... (from left) crowd favourite Garry Lo crosses for a try against Ireland and runs into heavy traffic.





Kumuls rise again



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Kumuls rise again

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It has been an experience I'll remember forever. We've got another four years until the next world cup but hopefully we can keep this momentum going and play a Test every year.



Fan base ... (from left) Port Moresby drew more sell-out crowds than any other 2017 World Cup host city (above); the Kumuls' longest-serving current player, Paul Aiton, is carried on a lap of honour by Nixon Put and Moses Meninga after his last Test on home soil; David Mead (top) and Justin Olam (below) celebrate with fans.







Kumuls rise again

FITP

PNGIN

SPORT

The second match against Ireland was a far tougher encounter, with only a last-gasp try from Watson Boas getting the Kumuls home, 14–6. But the third match, against the US, provided a fitting finale to the hometown heroics, as PNG masterminded a 64–0 victory over the struggling Americans to book their place in the quarter finals. The Kumuls maintained their

The Kumuls maintained their 100 per cent winning record under coach Marum until they met the might of England in the quarter final, bowing out of the tournament 36–6 in Melbourne ►

NG

Kumuls rise again

(and equalling the Kumuls' previous best performance in a world cup, in 2000).

But the buzz around Port Moresby's hosting of world cup matches, and the Kumuls' dazzling performances, has already put PNG back on the Rugby League map. Great Britain has expressed an interest in touring PNG sooner rather than later, while photos and videos of fanatical PNG support attracted media coverage, from the British tabloids to the Al Jazeera news network.

"The whole campaign, the people, the organisation, the coaching staff, it has been overwhelming," says Kumuls hooker James Segeyaro. "It has been an experience I'll remember forever. We've got another four years until the next world cup but hopefully we can keep this momentum going and play a Test every year."

In a huddle ... (opposite page) the Orchids gather for a pep talk; Naomi Kaupa scores PNG's first try in a women's Rugby League World Cup.

FIVE MEMORABLE MOMENTS

LIKE FATHER, LIKE SON

James Segeyaro's emotional speech in the dressing room before the Wales match, in which he became the first son of a Kumul to play for the national team. His father, Ifiso, made his debut for the Kumuls in 1982.

Luke Page, known fondly as the White Kumul, became an unexpected cult hero as he got in touch with his PNG side, learning Tok Pisin and sampling lamb flaps. Page qualifies for the Kumuls through his father, who was born in Port Moresby.

CARRY LO: THE MISSILE After two seasons playing in relative anonymity in England, Lo returned to a hero's welcome in PNG, with crowds chanting his name wherever he went thanks to his explosive performances on the wing. LACHLAN LAM'S DEBUT Having waited patiently on the sidelines, Lam debuted in style against the US, scoring two tries and inspiring wild scenes as he celebrated with the crowd.

STALWARTS BOW OUT The two longestserving current Kumuls, Paul Aiton and Rod Griffin, played their final Test on home soil against the US.

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PNC ORCHIDS MAKE HISTORY



PNG also competed in the Women's Rugby League World Cup for the first time. The Oil Search PNG Orchids national team was formed just two months before the tournament and captured hearts and minds in Sydney with the remarkable story of their rapid rise from the local leagues to the international stage. PNG competed strongly in defeats to England, Canada and New Zealand, but this is only the beginning for the Orchids, who are already proving an inspiration to women and girls in PNG that they too can represent their country in its national sport.







WHAT ARE THEY?

Sepik masks represent clan spirits. They can be worn directly over the face, fastened on to a large cone-shaped wicker framework of a dance costume called a tumbuan, or made only for display.

WHERE ARE THEY MADE?

Sepik spirit masks are made by people who live in the Sepik River region. The style, and decoration, of the masks is unique to particular villages and they can be clearly identified as coming from places such as latmul, Boiken, Mindimbit, Tambanum, Angriman or Murik Lakes.

HOW ARE THEY DECORATED?

Ornamentation of masks can incorporate local natural dyes, coloured clays, various cowries and cone shells, pig tusks and feathers of certain birds such as cassowary and cockatoo. If a mask is carved with gnashing teeth or a protruding tongue, this indicates that it is intended to ward off evil spirits. When a mask has cut-out holes for eyes and a mouth it is likely to be worn during initiation ceremonies.

WHO MAKES THEM?

Since they were traditionally the representation of clan spirits, the making of such masks was only carried out by initiated adult males. Sepik societies are patrilineal and only such initiated men are involved in spiritual ceremonies, which happen around the haus tambaran, away from women and younger men in the village.

HOW ARE THEY MADE?

Most masks are carved from local timber, usually softwood, although some areas make basketry or clay masks. Some masks are fabricated on the roundish base of a turtle shell. Increasingly today, Sepik men living in Wewak, Madang, Lae or Port Moresby earn a small income from carving masks from timber-yard offcuts.

HOW WERE THE MASKS USED TRADITIONALLY?

Spirit masks, as representations of mythical or supernatural figures, were traditionally kept in the village spirit house,

haus tambaran, the domain of adult initiated men and kept secret from women of the community. Elders wore some masks during initiation ceremonies. Other types were used to promote good harvests in annual ceremonies, such as the basketry yam masks from Wosera, Abelam and Blackwater. When masks are worn directly by male initiates, they are thought to actually become the spirits they represent during dances.

WHERE CAN SEPIK MASKS BE SEEN AND BOUCHT?

Very old Sepik masks kept in village haus tambaran were collected by missionaries and colonial administrators; many can be seen in overseas museums and the National Museum at Waigani. Today, masks can be bought directly from villages along the Sepik River and its tributaries - an absolute guarantee of style authenticity. Masks are also available at local craft markets and larger hotels in Papua New Guinea. Many of these may be an amalgam of styles made especially as souvenirs for tourists. Choose with your heart and buy what you think looks good.

– JOHN BROOKSBANK







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SPOTTED IN

For the public good

Kevin McQuillan meets the PNG-born public servant who settled in the Cook Islands, and is now in NZ. He is also the driving force behind a PNG cocoa project.

or more than 20 years, Papua New Guinean Jonah Tisam worked in the Cook Islands as a senior public servant, before moving to Auckland, New Zealand, and completing a PhD.

4117km

He says that PNG is an unknown quantity for many in the Cook

Islands region, and that it is

regarded more as a part of Asia,

than the Pacific, despite its membership of the Pacific Islands

Forum.

"That's also the case in NZ, although Kiwi business people talk highly of PNG and its potential," he



says. "Recently, there's been more interest from younger people (in NZ) because of the mining boom ... they are seeking employment opportunities," he tells *Paradise*. Born in Wandumui village

in Wau, Bulolo district, Tisam attended secondary school at Asaroka Lutheran High School in the Eastern Highlands, where he excelled as an athlete, was captain of the Aussie Rules football team, and played basketball and volleyball. He went to the University of PNG, graduating in 1979 with a commerce degree, followed by a masters in public policy and management at Monash University, in Melbourne, Australia.

"I have had various work experiences, from accounting to business management, policy advisory, project management, project design, strategic planning, research and managing aid projects – some in PNG and others in the Cook Islands," he says.

Tisam left PNG in 1991, fulfilling a promise to his Cook Islands wife, Violet, that if he failed to win a seat in that year's general election, they would go to Rarotonga. He says he liked the place (Cook Islands) for his children to grow up. "It has all the facilities and easy access to good schools, hospital, running water, 24-hour power supply and good sporting amenities."

Jona Tisam ... has worked with prime ministers and held

senior positions in the Cook Islands, including public

service commissioner.

In the Cook Islands, Tisam worked in various capacities with two former prime ministers and a deputy prime minister, and was the collector of inland revenue.

After 20 years in the Cook Islands, he moved to Auckland and completed a PhD in public policy at the Auckland University of Technology in 2015.

"I am doing some business consultation work with consultants from Australia, NZ, the Cook Islands and Papua New Guinea while supporting cocoa development in the Labuta LLG area (in PNG)," he says.

"Surprisingly, after 20 years away, I found very little had changed in PNG, that is why I initiated a cocoa cooperative for the local farmers in our area.

"I am now in a position to help the farmers to grow cocoa and improve quality so we can export overseas and manufacture most of what we produce in the country.

"Since 2014, I've been able to return regularly because of the project. I also have a little house in Bukawa, that I am maintaining in the hope that my children (he has four) will come back to spend time in the village again, getting to know their PNG family and see how great PNG can be."

96 Paradise - Air Niugini's in-flight magazine

Elusive bat found after 122 years

An animal missing during the 20th century has been rediscovered in PNG. *Brian Johnston* reports.

ack in 1890, an Italian biologist wandering through Papua New Guinea came across an interesting species of bat and – as one did in those days – decided to bag a few of the beasts.

That was the last that was ever seen of the New Guinea big-eared bat (*pharotis imogene*) in the wild. The scientific community had to be satisfied with peering at the The researchers from the University of Queensland's School of Agriculture and Food Sciences were on a field expedition in the lowland forests of Abau coastal district of Central Province when they caught the bat, about 120 kilometres east of Kamali where the 19th-century Italian had collected his specimens. They were studying whether small, insectivorous bats (or microbats)

The New Guinea big-eared bat had been presumed extinct and was an obscure

footnote in the great history of biology.

increasingly dusty specimens housed in the Natural History Museum in Genoa in northern Italy, or in a few other institutions.

Fast forward to 2012, when researchers Catherine Hughes and Julie Broken-Brow from the University of Queensland. in Australia, were roaming the edge of a forest in south-eastern PNG, setting traps to capture live animals. In one such trap, they caught a small female bat that caused their brows to furrow. Had the researchers been 122 years old, they might have remembered something about this species. It was none other than a New Guinea big-eared bat – alive, well and very much not mouldering in a museum. were thriving in sustainably harvested forests, and identifying individual bat species by their unique ultrasonic calls.

Although the researchers guessed they'd trapped an unusual species, there was no sudden revelation. It took another two years to identify the bat, which was sent first to the PNG National Museum and then to the Australian Museum in Sydney. Luckily, the Australian Museum was one of a small handful of institutions that actually had one of the original 1890 specimens in its collection, acquired in 1914.

The establishment of the bat's identity caused quite a stir. It is exceedingly unusual to rediscover

an animal – especially a mammal – more than a century after it was last seen. The New Guinea big-eared bat had been presumed extinct and was an obscure footnote in the great history of biology. Suddenly, though, *pharotis imogene* was getting mentions in newspapers and scientific journals. It also leapt onto the international

hit list of top 100 most unique and endangered mammals, a list it shares with the likes of The bigeared bat ... had not been sighted for more than a century.

the black rhinoceros and giant panda. The International Union for Conservation of Nature (IUCN) still lists the bat as "possibly extinct", since no further individuals have been seen.

A next step may be to see whether more big-eared bats can be found, and to determine their distribution and numbers. Let's hope that it isn't another 122 years between sightings.



BY ROBERT HAMILTON-JONES

FOOD

FUSION 2 BISTRO, PORT MORESBY RESTAURANT REVIEW

he dining scene in Port Moresby has taken off in the past few years, so much so that it is hard to keep up with all the great new places that are springing up. One restaurant that is keeping a low

profile is Fusion 2 Bistro, tucked away in the far corner of the ANZ Bank Compound in Waigani.

Sister to the more prominent Fusion Bistro in ritzy Harbour City, it opened in early 2016 and serves a range of Asian staples from Singapore laksa to grilled

Vietnamese pork and Malaysian curry. The exterior blends into the surrounding commercial environment, while the interior is spotlessly clean and functional.

We visited at lunchtime, when you can get a

hearty meal for a very reasonable PGK30. Several regular Port Moresby diners I spoke to had never heard of Fusion's Waigani offshoot, and only the original restaurant is to be found on TripAdvisor. Yet Fusion 2

was doing a brisk trade, catering to what looked mostly like regulars from nearby businesses, and the service was suitably swift.

I opted for an old favourite of Hainanese chicken and rice, which was really good, and wellpresented with two dipping sauces.

The restaurant is also open in the evenings, with a slightly more elaborate (and a bit more expensive) menu, on which butter prawns is the signature dish.

WHERE:

ANZ Bank Compound, Waigani (Port Moresby)

PHONE: +675 7917 0077 / 7533 8311

STYLE: Asian fusion

TYPICAL PRICE: PGK30 for lunch; PGK40 for dinner.

BYO: No, but fully licensed.

OUR FAVOURITE DISH: Hainanese chicken rice

> IN A WORD: Recommended

HR AUDIT & CONSULTING

Contact: Anzillah Miro | P: +675 7500 7500 | E: am@vanguard.com.pg | W: www.vanguardpng.com



YOUR COMMUNICATIONS PARTNER IN PNG



look good, feel good BY BRONWEN GORA

A GOOD SWEET TO TO EAT O ne of Papua New Guinea's most popular foods, the sweet potato, also happens to be one of the world's healthiest. Known as *kaukau*, what these knobbly, irregular-shaped tubers lack in looks is made up for with an enormously nutritious golden flesh that is also sweet and satisfying. Just one sweet potato provides half the daily recommended dose of vitamin C along with hefty amounts of beneficial fibre, manganese, copper and potassium – all vital for optimum health. Eat an entire cup of sweet potato, and your body will receive a little over the 18,800 international units of vitamin A it needs for a whole day. Vitamin A controls your genes and cell growth, boosts immunity, and healthy eyesight, plus decreases the chances of developing night blindness.

It also promotes strong bones, lowers cholesterol and helps keep your skin soft.

Sweet potatoes also contain significant amounts of vitamin E, an antioxidant known to protect us from neurological disorders such as Alzheimer's disease, toxins in air pollution, and for helping prevent eye disorders such as cataracts.

Regular consumption of sweet potato is linked to decreased risk of developing obesity, diabetes and heart disease, all ailments that are on the rise in Southeast Asia.

It would appear fortunate, then, that the Spanish brought sweet

potatoes with them to PNG around 1200 years ago. Nowadays, there are more than 1000 varieties grown across PNG and the tuber is so popular that PNG boasts the second-largest genetic diversity of sweet potato outside Latin America. In some isolated communities, it is estimated consumption can run at up to three kilograms of sweet potato per person per day, such is the reliance on its filling, delicious flesh.

Thanks to their starchy texture, sweet potatoes do well either baked or roasted, yet are just as delectable when mashed. Other popular ways to serve them include chopping them into cubes before tossing in a mixture of olive oil and herbs, then roasting until tender. On the other hand, sweet potatoes are one of the ultimate low-maintenance vegetables – able to be tossed in the oven and roasted whole as is, and then topped with anything from sour cream to cheese.

Here is a recipe for a particularly tasty sweet potato bake, popular in many parts of PNG.

Sweet potato (kaukau) bake

Ingredients

800g to 1kg kaukau
1 large or 2 small brown onions, finely diced
2cm knob of ginger, peeled and finely chopped or grated
6–8 cloves garlic, finely chopped
2 teaspoons smoky paprika

1/2 teaspoon coriander powder (optional)

10–12 generous grinds each of fresh sea salt and pepper 270g tin of coconut cream Grated cheese for topping (optional)

Method

Preheat oven to 170 degrees Celsius.

Cut *kaukau* into 1/2cm-thick rounds.

Wash well to avoid peeling, as the peel contains nutrients along with the flesh.

In a large bowl, combine all ingredients except *kaukau* and cheese.

Mix well to combine, until there are no big lumps of coconut cream.

In a square baking dish, about 20×20 cm, smear a large spoonful of cream mixture over the bottom.

Lay a rough layer of *kaukau* rounds on the base, smear with some more cream, and keep layering until the *kaukau* and cream are used.

End with a layer of cream. Top with grated cheese if desired.

Bake in a preheated oven for 75 minutes, until soft throughout and the cheese is deep golden.

FRIENDLY FORESTS



Shinrin yoku, or forest bathing, may sound like an ancient Japanese art, but the term was coined by Japan's Forestry Ministry as recently as the mid-1980s to emphasise the benefits of being out in nature. The concept caught on quickly, spreading through Japan and beyond, especially when studies started showing that getting among the trees has a raft of benefits from lowering stress and blood pressure to improving energy, mood and focus.

Several Japanese forests and national parks now have designated 'therapy roads' where people can get their green hit far from the concrete office blocks, crowds, cars and city noise. Here are three forests easily accessed from the major cities of Tokyo, Kyoto or Osaka.

Ashizu Valley, Chizu-cho,

Tottori: The forest therapy road in Chizu's Ashizu Valley leads through stunning cedar and hardwood trees, alongside a stream, and offers panoramic mountain and valley views. There are three trails from gentle to challenging, the harder trek taking in waterfalls. Open year-round. **Yamanouchi, Nagano:** As the second-largest highland area in Japan, this skiers' mecca, just under two hours from Tokyo by *shinkansen* (bullet train), offers a multitude of hiking trails in summer. Therapy roads wind their way through primeval forests, past dozens of lakes and around 2000-metre high peaks where there may be a sea of clouds at your feet.

Shiso Hyogo: Two forest therapy roads exist here for visitors to make the most of this spectacular mountainous area located two hours from Osaka. The rivers, ravines, waterfalls and scenery (including a century-old wisteria tree) found here are all ranked among Japan's best. **See infom.org/index.html.**

WRIST ACTION

There's no end of online programs to help you keep fit on the road, and now your watch is getting in on the act. Fitbit's first smart watch, the lonic, features personal coaching on its small touchscreen that guides you through exercises in your hotel room. There's music, health insights and apps too. See fitbit.com.

BUSY BEES

Looking for the world's healthiest honey? It could well be that found in one of the South Pacific's most remote locations, the Pitcairn Islands.

In 1998 a UK Government-funded agriculture program declared Pitcairn's bee population the most disease free on the planet, as well as a source of extraordinarily high-quality honey.

Pitcairn now exports its honey worldwide. The hives are free from herbicide, pesticide, fertiliser, bee antibiotics and other substances commonly found in more massproduced honeys.

The product contains natural infection-fighting





enzymes and is also used to make a soap and a tincture.

If you can't travel to Pitcairn yourself, simply order the honey online via the Pitcairn Island Government website.

See www.government.pn.



BY NINA KARNIKOWSKI



Travel sunnies

Ray-Ban's retro-style round sunglasses are classic enough to last years without dating, and have a brilliant fold-up design where both the arms and brow bar fold in half, so they slip easily into your pocket wherever you are in the world. Also, because this is Ray-Ban, you can customise the frame, lens and tip colours, get the arms engraved, and even choose the colour of your case. About PGK596; ray-ban.com.

Billboard to bag

US brand Rareform transforms freeway billboards into bold, upcycled bags. The brothers who created Rareform wash, hand-cut, sew and ship the vinvl to Los Angeles. It's then made into the one-of-a-kind, super lightweight bags, which include padded compartments for laptops and other delicate items. About PGK186; rareform.com.



Travel cards

Lightweight, compact and durable, these Air Deck playing cards are great for plane trips. They're half the width of a regular playing card, meaning they are more manageable on tray tables. They're also waterproof, so you can use them by the pool or at the beach, and even wash them when they're feeling sticky. About PGK39; air-deck.com.



Versatile shirt

This handsome crew-neck from Toad & Co is ideal for travel as it wicks away sweat and moisture from your body, controls odours, blocks UV rays and includes an odourless bug treatment that will last through 70 washes, so you're less likely to get bitten on any outdoor trails. It's also stylish enough to wear to dinner or at the hotel bar, with a pair of jeans or a smart blazer. Comes in white or khaki. *About PGK190; toadandco.com.*



Adventure shoes

If you like the idea of going barefoot on your adventures, but also want to keep your feet protected, the Vivobarefoot Ultra 3 Adventure shoes may be just the thing. The web-like pattern lets air and water pass through, meaning they're equally as useful for jungle hiking as they are for reef exploring, or even climbing, since the sticky rubber sole grips like a climbing shoe. Whether you're on land or at sea, because they weigh just 190 grams, your feet will feel weightless in them. Available in black or white. *About PGK447; vivobarefoot.com.*

Get connected

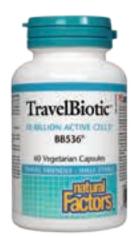
For those group travel situations when you're off the grid or away from Wi-Fi, the goTenna Mesh could be a sanity saver. Once paired with your phone it lets you create a network with your friends, so you can text and send GPS locations using an app when you don't have service of any kind. The range of this new goTenna product is more than double that of the original model, making it even more useful whether you're at a festival, on the ski slopes, or hiking in the wilds. Available in two, four or eight packs, with various colour combinations. *From about PGK816; gotenna.com.*



Camera strap

If you spend a lot of time with your camera slung around your neck, you may want to invest in one of these handsome vintage-style leather camera straps from US leather goods company Tap & Dye. Handcrafted and made to order from durable, vegetable-dyed full-grain cowhide, they come in black and various shades of brown, and feel super comfortable around the neck. *From about PGK208; tapanddye.com.*





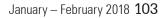
Probiotics

Staying healthy while maintaining a busy travel schedule can be tough because of different routines, foods and time zones. But keeping your belly happy with probiotics can help keep your digestion in check, and also boost your immune system. So by throwing this travel probiotic from Natural Factors into your toiletries bag, you'll give yourself a better chance of staying in shape. *About PGK43; iherb.com.*



Sustainable speakers

These House of Marley travel speakers not only sound and look fantastic, they're also better for the planet. The construction of the retro-looking Bluetooth speakers includes bamboo, Rewind fabric (woven from recycled materials), recyclable aluminium and other sustainable products, plus they come in a range of styles and sizes, including this Chant Mini BT coffee cup-sized version. *From about PGK200; thehouseofmarley.com.au.*



The Greatest Showman

Cast: Hugh Jackman, Zac Efron, Michelle Williams, Zendaya

A lavish musical full of song and dance might be just what the doctor ordered for the start of the year. Arriving with a hot-shoe shuffle to the big screen, Hugh Jackman's long-gestating passion project is an old-fashioned song and dance extravaganza set amid

the world of PT Barnum, an American businessman who founded the Barnum & Bailey Circus.

Recreated here in big, bright, and boldly flashy sets, the circus of *The Greatest Showman* is a place where magic and fantasy reign and where the handsome entertainer can belt out a show-stopping showtune alongside the bearded lady, the girl on the trapeze and the conjoined twins.

Featuring original songs by the Oscarwinning composers of last year's *La La Land*, and featuring a cast of big names for all ages, *The Greatest Showman* is set to put a smile on everybody's face and a spring in their step. You'll be humming its soundtrack for weeks.

The Post

Cast: Meryl Streep, Tom Hanks, Alison Brie

.....

Journeying back to the 1800s for a history lesson on the ins and outs of American political discourse worked well for Steven Spielberg and *Lincoln*, a compelling film that won star Daniel Day-Lewis his third Oscar and somehow made the stories of musty library books quietly compelling.

Spielberg turns to a more recent chapter of American politics in *The Post* with a different three-time Oscar winner in tow. Meryl Streep stars as Katharine 'Kay' Graham, the first female publisher of *The Washington Post* who fought to have the controversial Pentagon Papers declassified and published, revealing that the White House had lied to the world about the Vietnam War.

Without the explosions, dinosaurs and aliens that he is most famous for, Spielberg is forced to rely on the power of his words and his actors, capturing a moment in time that remains relevant to this day with the intrigue of a classic spy thriller.

Winchester: The House that Ghosts Build

Cast: Helen Mirren, Jason Clarke

Helen Mirren is best known for performances as various queens throughout history, but has a fun streak as evidenced by over-the-

top action flicks like *RED* and the most recent *Fast and the Furious* film. Her latest film is yet another surprising detour, a supernatural horror film stuffed with ghosts, ghouls, apparitions, devils, wraiths, poltergeists and any other demonic spirit you can imagine.

Winchester: The House that Ghosts Build is directed by Michael and Peter Spierig, best known for *Daybreakers* and *Jigsaw*, and is based on the true story of a reclusive heiress who believed that she was cursed for the role her family's rifle empire played in the deaths of so many people.

Her massive, supposedly haunted mansion, full

of twisted halls and hundreds of rooms, remains standing to this day. This Australian production was filmed in Melbourne and promises to be a scary movie about a woman fighting literal and figurative demons.

The Killing of a Sacred Deer

Cast: Colin Farrell, Nicole Kidman, Barry Keoghan

The exceptionally weird career of filmmaker Yorgos Lanthimos continues apace with the hypnotically compelling *The Killing of a Sacred Deer.* Greece's most famous contemporary writer-director has attracted a cultish devotion on the festival and arthouse scene thanks to films like *Dogtooth* and *The Lobster*.

He returns with that latter film's deadpan leading man,

Colin Farrell, alongside Nicole Kidman and *Dunkirk's* Barry Keoghan in the story of a doctor whose family has a bizarre curse placed upon it by a young man who claims the surgeon was drunk when operating on his father.

Leaning more heavily on Kubrickian psychological horror than quirky comedy, *The Killing of a Sacred Deer* is nonetheless infused with the wacky plots and heavily stylised performances that Lanthimos is known for.

Nicole Kidman is particularly at home here, her famously icy demeanour a perfect fit for a film that will have you arguing for days.

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

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Scientist Tim Flannery has written over 30 books, including an ecological history of North America and the memorable *Throwim Way Leg*, a book of wonder, struggle and sadness that may essentially be a love letter to Papua New Guinea and Irian Jaya.

'Throwim way leg' means to go on a journey and in his latest book Flannery takes readers on another adventure. *Sunlight and Seaweed*

investigates the technologies being developed to address the world's most pressing environmental threats. The realities of climate change are already tormenting PNG's Pacific island neighbours; however, *Sunlight and Seaweed* takes an uplifting view of the future. Flannery helps unravel some of the innovative and practical solutions that already exist and could be widely employed to make our futures a little more certain.

Solar energy has, until recently, been limited to supplying power only when the sun is shining. But technology using concentrated sunlight can provide intense heat energy that can be effectively stored to help provide clean power 24 hours a day, according to Flannery.

Drawing carbon out of the atmosphere is an essential component in limiting climate change, he argues. Flannery explores the potential of kelp (fast-growing algae seaweed) to be industrially used to convert carbon from the air to a non-gaseous form to reduce levels of atmospheric carbon.

Flannery's explanations can be engaging, which in itself is a mighty effort for many scientistists.

Parisian Charm School (Penguin), by Jamie Cat Callan

HE CAT CALLAN

This book from the Francophile author of *Bonjour, Happiness* is about the old-fashioned art of finding and keeping romance alive at any age.

Parisian Charm School is an insight into some of the particular ways of French women – from cultivating first impressions, lively conversations (in person not via a text message or social media) and artful social finesse to embracing femininity and communicating with grace and humour.

"I was inspired by my French grandmother to return to France and interview hundreds and hundreds of French women to discover their secrets to *joie de vivre*, timeless beauty, love, and romance," writes Callan.

Fallow (Pan MacMillan), by Daniel Shand

This is Daniel Shand's first novel and it is some debut. *Fallow* has won the Betty Trask Award (for authors under 35 who reside in a Commonwealth nation) for a novel of outstanding literary merit. Central to this psychological thriller are two brothers, Paul and Mikey. One is a murderer, but it's the other you have to watch out for. After one brother is released from prison they elude journalists on the chase for a story about child murder by hiding out in the remote wilds of highland Scotland.

The relationship between the brothers, who seem bound by a terrible crime, is at the heart of this tense and at times darkly comic novel.

As the brothers travel – the book is also something of a road trip – they move from one disturbing scenario to the next, eventually becoming involved with a bizarre religious cult. The power between the brothers begins to shift. There is more to their history than Paul, the narrator, has allowed us to know.

In Dust and Ashes (Allen & Unwin), by Anne Holt

Anne Holt is Norway's bestselling female crime writer, who spent two years working

for the Oslo police before founding her own law firm and serving as Norway's minister for justice between 1996 and 1997.

Holt is published in 30 languages and about seven million copies of her books have been sold. This is the 10th and final instalment of Holt's Hanne Wilhelmsen series. Wilhelmsen is a fictional Scandinavian detective.

In Dust and Ashes begins in 2001, when three-year-old Dina is killed in a car accident. Not long thereafter Dina's mother dies under

mysterious circumstances, and Dina's father, Jonas, is convicted of her murder.

Years later, these cold cases end up on the desk of detective Henrik Holme, who tries to convince his mentor, Hanne Wilhelmsen, that the father might have been wrongly convicted. Holme and Wilhelmsen discover that the case could be connected to the suicide of an eccentric blogger as well as the kidnapping of the grandson of a jackpot millionaire.

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1



STRICTLY BUSINESS

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WORKING ON THE HIGHWAY

David James reports that the Asian Development Bank is increasing the amount of finance available to PNG. Among the projects, it is backing the upgrade of the Highlands Highway.

he Asian Development Bank (ADB) has started its decade-long \$US1 billion investment in the Highlands Highway. David Hill, the bank's country director for Papua New Guinea, says the ADB is also planning significant investment in the health, civil aviation and renewable energy sectors.

The plan is to rehabilitate 430 kilometres of highway between Mount Hagen and Lae. Hill says it is a multi-tranche financing facility.

"The first tranche is for \$US360 million. Procurement is now allowed and we have some significant packages. We want to do large civil works and consultancy packages to attract competitors."



David Hill ... says the ADB is scaling up the amount of fianance available to PNG (above); a section of the Highlands Highway (top).

Hill says the executing agency is the PNG Department of Works. The government of Australia is a co-financer of the first tranche.

"This is our flagship project for the next 10 years in the transport sector."

Hill says the ADB has an advantage in being able to make long-term, multi-year financing investment programs.

"The financing is there. It provides some predictability and yet flexibility. Once the program starts, if things are not going well, we can adjust the design so that it is more effective so we make sure the money is well spent."

Hill says the ADB's focus is in the transport sector, the energy sector and, more recently, in public sector management and the health sector.

"In the next three years, we have over \$US1 billion available for financing. We are really scaling up the amount of financing we are making available to Papua New Guinea.

"In transport, we have built about 600 kilometres of roads. We have disbursed about \$US180 million principally in hydropower generation, transmission and distribution.

"We have a very successful civil aviation development investment program where we have been upgrading the terminals, the runways and the safety features of the airports in the country."

Hill says the ADB is assisting in redeveloping Jacksons Airport and upgrades of regional airports. It also has a microfinance project, mainly in the Western and Sepik provinces.

The bank is also in the concept stage for a proposed \$US600 million power sector project focusing on renewable energy



sources: hydro-power, wind, bio-mass, thermal and solar.

"We are looking at doing isolated grids where there is demand. We are looking for development partners to support us in this effort."

Hill says PNG has relatively narrow drivers of economic growth.

"The two main sectors are agriculture and mining. The extractive sector plays a significant role in the country's economy, but it has a more modest impact on government revenue and employment.

"The sector is estimated to employ only 9–13,000 people out of a population of 7.3 million."

Hill says 85 per cent of the population in PNG is involved in agriculture.

"The stumbling block standing in the way of a robust agro industry is the means to increase efficiencies throughout the value chain to make production and distribution more competitive. "Part of the problem is a lack of refining of agriculture products. But the initial problem is connectivity: getting the products to a processing plant or a market."

Hill says PNG exports most of its products in raw form; the challenge is to move up the value chain.

"As government revenue is reinvested into infrastructure projects and domestic spending power expands, the business case for downstream investment will improve.

"Should on-going economic reforms improve conditions and the ease and predictability of doing business, PNG could emerge as a regional destination for processing of mid-stream and finished products." The stories in our 'Strictly Business' section were first published in PNG's online business magazine, businessadvantagepng.com, and are re-published by arrangement with Business Advantage International.

FINANCE



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http://www.kpmg.com.pg





Hotels set for big year

Competition among hotels is heating up in Port Moresby, partly driven by APEC in the PNG capital later this year. *David James* reports.

he general manager of Port Moresby's Airways Hotel, Sushil Gordon, says that increased competition will be a boost to Papua New Guinea's hospitality sector. He says this year's APEC meetings represent a great opportunity.



Sushil Gordon ... the general manager of Airways Hotel thinks 2018 will be good for hoteliers.

"As far as we are concerned, we are looking at it that way," he says. "We are forever finding new and innovative ways to service our customers. Adding value to their stay, and adding value to their dollar, or kina.

"We are looking at our business very differently and seeing what can we do better."

Gordon says 97 per cent of the hotel's customers are business people. He describes Port Moresby as more of a stop-over than a tourism destination.

"Business customers want value for money. They want communication and good internet because everyone is doing business online.

"Most of the time people are telling us 'yours is great', but we are constantly improving internet communication.



"We find that people who are booking, especially on a secretarial level, are always looking for value for money, always looking for a better price.

"We have to be really on top of our game and maintain the quality and the service."

Gordon says he is undertaking a refurbishment of the hotel's fine dining restaurant, Bacchus. In all of the hotel's wings, the soft furnishings will be replaced and the bathrooms redone.

"Also, in some of the newer rooms we are planning to change the furniture. And we are redoing the presidential suites. It all will take quite a lot of investment."

Gordon says the APEC meeting later in the year in Port Moresby will create significant opportunities.

"APEC will have a great impact. I think 2018 is going to be a good year for all hoteliers. We are booked out in November, although before that we are not so sure.

66

We are forever finding new and innovative ways to service our customers. Adding value to their stay, and adding value to their dollar, or kina.

??

"There are a lot of inquiries and a lot of countries are looking at our hotel, but they will be looking at others as well, I am sure. We are hoping it will happen.

"After that, in 2019, we need to make sure that all the hotels and all the infrastructure that is going in will be utilised. "We need to attract more and more people to come back and I am very positive that will happen.

"It will put PNG in a different light and it will bring a lot of people. Hopefully we will develop the natural resources and tourism and the natural beauty that we have to attract more and more tourists, as well as business people."

Gordon has been with the hotel for six years. He says during his tenure he has seen significant changes.

"I have seen a big improvement in infrastructure (in Port Moresby): the roads to hospitals, the airport, the highways and the general cleanliness in the streets.

"I know we are not quite there yet, but there has been a great impact."



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The real thing

Kevin McQuillan meets an entrepreneur creating and selling authentic PNG gifts.

he difficulty in finding authentic Papua New Guinea-made gifts for friends and colleagues overseas prompted Annette Sete to create her own fashion jewellery line. Two years on, her Lavagirl brand is looking to expand overseas.

"I started Lavagirl Jewellery about two years ago to complement my ladies' clothing line of the same name, which was part of the product line of gifts targeting visitors to East New Britain," says Sete.

The jewellery range, which uses natural and recycled local products, includes earrings, necklaces, bracelets and bangles, hair pieces/ clips, and anklets.

The women's clothing line has been so successful she is now working on a men's clothing range.

"We also make gifts of various kinds and home decor pieces like candle holders, flower vases, basket purses, *bilums*, scarfs and shawls," she says.

Lavagirl products are marketed and sold though her marketing businesses, TMC and Maku Gifts. What started as a home-based business, with Sete doing all the design, creating, marketing and selling, has now expanded.

"There are 10 families working with me on a full-time basis: four on making jewellery and gifts, two on sewing, a shop assistant and three on beading and orders."

She is also tapping into women who make and sell jewellery at craft markets.

Lavagirl jewellery and gifts are sold through the Gazelle International Hotel and Bilas Hotspot in Kokopo, Wantok Clothing at Vision City Mall in Port Moresby and at the Jacksons International Airport. In Lae, Sete sells through Pasifika/Kenny Collections at the new Brian Bell Centre and she has an agent in Madang.

SMALL ENTERPRISE

I'd like to see our products on sale in other Pacific countries.

The Maku gift range is sold through Facebook, while the Lavagirl range is sold through Tictac.

"Most of the sales were through social media initially," she says. "We are discussing a possibility with a couple of retailers in Cairns and Brisbane, and I'd like to see our products on sale in other Pacific countries. Currently turnover is about PGK150,000 a year, she says.



Fashionable ... the Lavagirl clothing line (above) has expanded into jewellery; some of the Lavagirl workers (left).



New cable to link PNG and Australia

A high-speed telecommunications cable will deliver benefits to PNG businesses. *David James* reports.

he prime ministers of Papua New Guinea and Australia, Peter O'Neill and Malcolm Turnbull, have announced they will be working together to lay a new undersea high-speed telecommunications cable between Port Moresby and Australia.

The move is expected to contribute to closer economic integration between the two neighbouring countries.

Australia will provide the majority of funding, with a financial co-contribution from PNG.

An undersea cable to replace the existing ageing APNG-2 cable at Port Moresby's Ela Beach has been needed for some time, both to deal with PNG's growing internet traffic and The private sector must be happy to finally see this get done. There has been discussion about this cable for so long.

to provide redundancy for PNG's only other international gateway, PPC-1, sited in Madang.

The Australian government has also been having close discussions with the Solomon Islands government about laying a similar undersea cable from Australia to Honiara. Jonathan Pryke, director of the Lowy Institute's Pacific Islands program, estimates that the cost is likely to be about \$US100 million (PGK321 million) for a 3000-kilometre cable between Port Moresby and Sydney.

He says the move is a "very welcome development" that will be a big positive for business in PNG. "It was getting to the point where the private sector was talking about chipping in themselves. The private sector must be happy to finally see this actually get done. There has been discussion about this cable for so long."

Pryke says it is not just the cable that is needed; the domestic infrastructure also needs to be improved. "It will provide a starting point, but the bandwidth to the capital city will be something not seen before.

"The [APNG-2] cable in Port Moresby has about 5 per cent of the capacity of a modern cable. And the demand is certainly there."



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How to build a business in PNG without finance

Kevin McQuillan reports on two experts who say that budding entrepreneurs should not be preoccupied with obtaining finance. Start off slow and build up, they advise.

hile finance, or access to capital, is an issue for young entrepreneurs, it is possible to build a business with little to no capital, says Roberta Morlin, founder and co-owner of KLM Consulting, which provides marketing research and technology consulting.

A finalist in the 2015 Kumul GameChangers program, Morlin is a leader in PNG's growing community of young, tech-savvy entrepreneurs. With guidance, she moved from creating apps to running a consulting agency specialising in market research and technology.

"I pretty much do a lot of work around artificial intelligence," she says. "When I first started in 2015, I had 30 ideas and I had to validate (reduce) those ideas down to 15. I had to further validate over the next 15 months down to four, which I am currently working on."

BOOT CAMP FOR ENTREPRENEURS

The Kumul GameChangers program recently took in 40 participants who were selected from 300 applicants from Papua New Guinea and neighbouring Pacific islands.

Kumul GameChangers is an entrepreneurship program that includes two weeks of intense training and mentoring in a boot camp. The budding entrepreneurs also journeyed to

several settlements, including Hanuabada, to understand the challenges and opportunities in local settlement communities.

Of the 40 participants, 35 are Papua New Guineans.

See facebook/kumulgamechangers.

Morlin studied at Draper University in Silicon Valley and is now also a mentor with the 2017 Kumul GameChangers program.

She believes the PNG health and education sectors provide opportunities for young IT entrepreneurs. Her mentoring network now has more than 70 members.

"We sit down and we talk with these youth and we understand their passion so that we can match them to globally-funded opportunities.

"Fifty per cent of our population are youths, so we need to prepare them for the jobs of the future – and not only what they are currently studying," she says.

"Funding is an issue," she says, "but you can build a business with little to no capital, which is what we're teaching."

Morlin advises budding entrepreneurs to think about how they can start small and very lean.

COMMERCIAL PROPERTY FOR LEASE

Looking for a big space to **EXPAND** your business in 2018?

The Boroko Banking Centre will have big office and retail spaces available for lease by the 1st quarter of 2018.

Areas to be made available: 1st floor – 570 sq.m. of office or retail space 2nd floor – 950 sq.m. of office or retail space

Located within the busiest of Boroko, Port Moresby, the property is 3-level building where the whole ground floor and half of the 1st floor is occupied by BSP's Banking Centre in Boroko. This is an ideal commercial space for huge consumer-based businesses such as airline ticketing office, retail shops, financial institutions among others.

The property is guaranteed of high foot traffic due to the bank and other commercial facilities around the property. Complete with lifts to all floors, 24-hour security, secured parking space, card system security access with back-up power and water. Spaces are also open for partition if you wish to lease smaller sizes.





P.O. Box 700, Waterfront Konedobu 125 Port Moresby, NCD Papua New Guinea







Roberta Morlin ... founder and co-owner of KLM Consulting.

She says that with savings of just PGK500, you can start an online business and keep growing.

"It's always what you're passionate about growing, as opposed to understanding market trends," she says.

Entrepreneurs should just take the plunge and slowly build a business, rather than wait for a bank loan or an aid grant, according to Dr David Martin, chairman of M.Cam International, which provides financial advice in developing countries, and creator of the CNBC IQ100 equity index.

Martin's Heritable Innovation Trust has been involved in the development of community projects and companies in Rabaul. This includes Amruqa (formerly Pacific Spices), which exports spices and essential oils.

He says communities often believe that they need aid or grants to develop their local resources. **66** With savings of just PGK500, you can start an online business and keep growing.

"

"It's far better that they get supply agreements. The focus needs to be on the purchasing side," he says.

Martin says financial literacy is the key to business success, particularly understanding capital markets, finance corporations, asset holding, leasing corporations, and other developer-related entities.

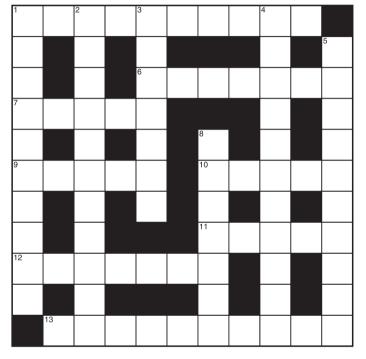




BRAIN CYM QUIZ, PUZZLES, CROSSWORD

DoubleTake

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



CRYPTIC CLUES

ACROSS

- 1. Pull trigger and get away via emergency exit (4,6)
- 6. Weave around teen win (7)
- 7. Hindu teachers send rug back to US (5)

9. He's okay on radio, and very jolly on pirate flag (5)

10. Bit of a mistake to have left church recess (5)

11. Closely follows stories told (5) 12. Strangely, it's a pin that tickles

the ivories (7) 13. Fulfils expectations to become

a sure supply in central parts (8,2)

DOWN

1. Manual controls are readily available (10)

2. Keep cool, exotic, rare fig tree (11)

3. Called for ice or ugly sight (7)4. Duke of Edinburgh yearns for Asian nation (11)

5. First vessel in convoy showsCaptain's quality (10)8. Gee! Rubbish discarded ina flash! (7)

STRAIGHT CLUES

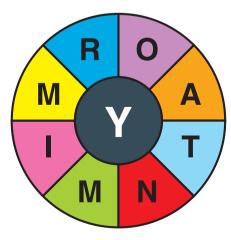
ACROSS

- 1. Safety staircase (4,6)
- 6. Twist together (7)
- 7. Respected mentors (5)
- 9. Tennis ace, ... Federer (5)
- 10. Backslide (5)
- 11. Heads or ... (5)
- 12. Steinway virtuoso (7)
- 13. Passes muster (8,2)

DOWN

- 1. Hand extremities (10)
- 2. Chill (11)
- 3. Blot on the landscape (7)
- 4. Manila is there (11)
- 5. Undisputed authority (10)
- 8. Sparkle (7)

Wheel Words



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



can find the 9-letter word using up all letters.
7 Good 12 Verv Good 15+ Excellent



The Paradise Quiz HOW WELL DO YOU KNOW THE REGION?

1. Where in Papua New Guinea are you if you have just checked into the Crossroads Hotel?

- 2. Who is the coach of the PNG Hunters Rugby League team?
- 3. Who was the prime minister of PNG from 1988 to 1992?
- 4. What is a dukduk?

5. If you order *kakaruk* at a Port Moresby restaurant will you be served carrot, kangaroo or chicken?

- 6. In which month this year will APEC be held in Port Moresby?
- 7. What is the largest lake in PNG?
- 8. Can you name the countries that neighbour PNG?
- 9. Roughly, how much is PGK100 in Australian dollars?

10. What is China's biggest city?

11. If you ate xiao long bao in China, what would you be having?

12. Which iconic Singaporean hotel will reopen later this year after closing for renovations?

13. Which Asian country is No. 1 in the men's Test team rankings in cricket?

- 14. True or false, the capital of New Zealand is Wellington?
- 15. Four of the five communist countries remaining in the world are in Asia. Can you name them?

Sudoku

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

Rating: \bigstar \bigstar \bigstar \bigstar \bigstar

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



Solutions

Wheel Words

Solution: Airy, Army, Arty, Many, Mayo, Nary, Tiny, Tray, Tyro, Yarn, Amity, Irony, Mayor, Minty, Moray, Rainy, Rayon, Notary, Minatory. 9-letter word: MATRIMONY

F	I	R	Е	Е	S	С	Α	Ρ	Е	
Ι		Е		Υ				Н		L
Ν		F		Е	Ν	Т	W	I	Ν	Е
G	U	R	U	S				L		А
E		-		0		G		-		D
R	0	G	Е	R		L	А	Ρ	S	Е
Т		Е		Е		Т		Ρ		R
Ι		R				Т	А	I	L	S
Р	Ι	А	Ν	I	S	Т		Ν		Η
S		Т				Е		Е		Ι
	М	Е	А	S	U	R	Е	S	U	Ρ

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

The Paradise quiz answers

1. Lae. 2. Michael Marum. 3. Sir Rabbie Namaliu. 4. A Tolai man in costume, representing a male spirit. 5. *Kakaruk* is the Tok Pisin word for chicken. 6. November. 7. Lake Murray. 8. Federated Sates of Micronesia (north); Solomon Islands (east); Australia (south); Indonesia (west). 9. \$41. 10. Shanghai. (Air Niugini is scheduled to start flights there in March.) 11. A famous Shanghai soup dumpling of pork and juices (the soup). 12. Raffles. 13. India. 14. True. 15. The four in Asia are China, North Korea, Vietnam and Laos. Cuba is the only other communist state in the world.



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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, Papua New Guinea 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 can be costly, all the Port Moresby hotels listed in this guide provide a fastspeed 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, you need to plan your travel carefully.

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

Car hire: Deal with one of the international names and ask



them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

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

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.

MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby and air medical evacuation throughout PNG.

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 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.

Asia Aromas: Offering Chinese and Thai by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating available. A good spot for sunset drinks. Tel. +675 321 4780.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stirfries, 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.

Bel Cibo: A casual and affordable family-style restaurant serving Italian-American at Vision City. See belcibopng.com.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See 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 Rapala restaurant, where the steaks and garlic prawns are impressive. Oldfashioned crepes suzette makes an appearance too. See ihg.com.

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. See 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.

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.

Ela Beach Hotel: The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, great curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens and a short walk to the beach. See coralseahotels.com.pg.

Fusion: This is one of the city's busiest restaurants. It's Asian with a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. See facebook.com/pages/Fusion-Bistro/199229050205354.

Gateway Hotel: The hotel's dining options include Jackson's Gaming–Restaurant–Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining with a salad bar and freshly cooked grill items, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and airconditioned space to while away some transit hours in between flights. See coralseahotels.com.pg.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas street, has barista-made Goroko coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work, or for informal business meetings. See grandpapuahotel.com.pg.

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbap. See facebook.com/pages/Korean-Garden/595454767289525.

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

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

Mojo Social: This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. See mojosocialpng.com.

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Phone +675 320 2293.

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. See rpyc.com.pg.

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

Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. See sogno. restaurant.

Stanley Hotel and Suites: This new hotel in Waigani has several restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapasstyle 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.

Tandoor on the Harbour:

Come here for a curry with great bay views. See facebook.com/ tandoorontheharbour.

Tasty Bites: This Indian restaurant is 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 ➤



ARRIVALS LOUNCE



increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are standouts. See 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. Tel. +675 324 5200.

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

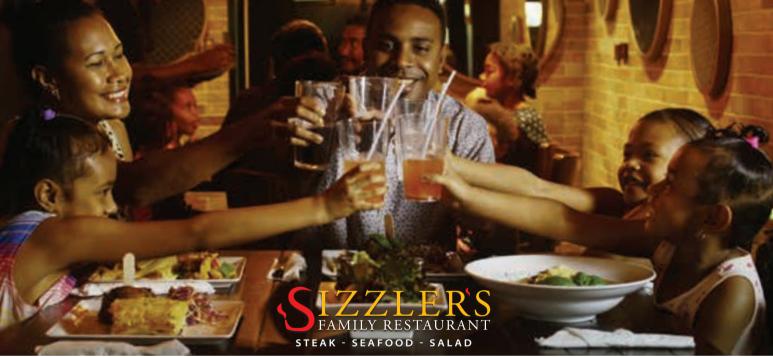
Ela Beach Hotel and Apartments: On the fringe of the CDB, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See coralseahotels.com.pg.

Gateway Hotel: Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg.

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



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All kinds of goodness... for the whole family!

Modern, stylish surroundings, great ambience and a great choice of dining styles from the grill to buffet, salad bars and gourmet stone-fired pizza - fine food to dine in or take away, Gateway Hotel is the food and entertainment destination for Port Moresby.

Open Daily for breakfast, lunch or dinner.

Bookings: 327 8100 coralseahotels.com.pg

ARRIVALS LOUNCE

Holiday Inn: Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See ihg.com. Tel. +675 303 2000.

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

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

Stanley Hotel and Suites:

Port Moresby's newest hotel (opened in July, 2016) is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

Eating, Drinking, Socialising in lae

Bunga Raya Restaurant: This local favourite, serving Malaysianstyle Chinese, is 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: This 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: This private members' club offers airconditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel connection to preview all the racing and sporting events. Tel. +675 7347 1058.

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

Lae Golf Club: Whether it's after a 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. 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/. 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 transfers both to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

Lae City Hotel: One of the newest hotels in town, offering a 24-hour concierge service.

Located in the main Top Town area, it also has an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel. com. Tel. +675 472 0138.

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

Lae Travellers Inn: An

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

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

FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can connect to free Wi-Fi.

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com





Our commitment entails the provision of International standard in Communication, Navigation and Surveillance Technology and state of the art Air Traffic Management Services that meets International safety standards and ensures efficiencies to our domestic and international airline operators and the travelling public at large.

WE ARE COMMITTED TO YOUR SAFETY

We have the entire PNG airspace covered

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PNG AIR SERVICES



PNG AIR SERVICES



Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

Cuisine

Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

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



B737-800 - Boeing

Length: 39.5m Wing span: 35.79m Range: 8100km

Normal altitude: 11300m Standard seating capacity: 144 Business class: 16 Cruising speed: 857kph Economy class: 128 Power plant: 2x CFM56 - 7826 Number of aircraft in fleet: 2



B737-700 - Boeing

Length: 33.6m Wing span: 35.79m Range: 6370km

Normal altitude: 11300m Standard seating capacity: 116 Business class: 12 Cruising speed: 830kph Economy class: 104 Power plant: 2 x CFM56 - 7822 Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m Wing span: 28.076m Range: 3000km Cruising speed: 780kph **Power plant:** 2 x Rolls Royce Tay 650

Normal altitude: 11000m Standard seating capacity: 101 Business class: 8 Economy class: 93 Number of aircraft in fleet: 7



F70 - Fokker

Length: 30.91m Wing span: 28.08m Range: 3410km Cruising speed: 743kph Power plant: 2 x Rolls Royce Tay 620-15 Number of aircraft in fleet: 5 turbo-fan engine

Normal altitude: 11000m Standard seating capacity: 76 Business class: 6 Economy class: 70



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



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



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



Dunkirk

Genre: Action, Drama

Rating: PG13 Stars: Fionn Whitehead, Barry Keoghan, Mark Rylance

Allied soldiers from Belgium, the British Empire, Canada and France are surrounded on the beaches of Dunkirk by the German army. An evacuation ensues to rescue the soldiers while they struggle to survive.



Austin Powers in Goldmember

Genre: Comedy, Action

Rating: PG13

Stars: Mike Myers, Beyonce Knowles, Seth Green It's been three years since Austin Powers has had to face his arch enemy, Dr Evil. But after Dr Evil and his accomplice, Mini-Me, escape from a maximum-security prison, Powers is called to action once more.



Running Shaadi

Genre: Comedy, Romance Rating: PG13

Stars: Amit Sadh, Taapsee Pannu, Arsh Bajwa, Richa Meena

Ram Bharose and Cyberjeet collaborate to create a website that helps young couples in Amritsar to elope. This website becomes a massive hit with youngsters.



The Lego Ninjago Movie

Genre: Family, Animation

Rating: PG Stars: Jackie Chan, Dave Franco, Fred Armisen The battle for Ninjago City calls to action young Lloyd, aka the Green Ninja, along with his friends, who are all secret warriors and Lego Master Builders, Led by kung fu master Wu, they must defeat evil warlord Garmadon



Batman and Harley Quinn

Genre: Animation, Fantasy Rating: PG13

Stars: Kevin Conroy, Melissa Rauch, Loren Lester Batman and Harley Quinn reluctantly team up, alongside Nightwing, to try to stop a global catastrophe caused by Poison Ivy and Jason Woodrue (aka the Plant-Master).



War for Planet of the Apes

Genre: Action, Sci-fi Rating: PG13 Stars: Andy Serkis, Woody Harrelson, Steve Zahn Caesar and his apes are forced into war with an army of humans led by a ruthless colonel. After the apes suffer unimaginable losses. Caesar

wrestles with his darker instincts



Me Before You

Genre: Drama, Romance

Rating: PG13

Stars: Emilia Clarke, Sam Claflin, Janet McTeer With no clear direction in her life, the quirky and creative Louisa Clark goes from one job to the next to help her tight-knit family make ends meet. Taking a job at the local castle, she becomes a caregiver and companion to a wealthy young banker



Gintama

Genre: Action, Comedy Rating: PG13

Stars: Shun Oguri, Masaki Suda, Kanna Hashimoto

In the last days of the Edo Shogunate, Japan is invaded by aliens. Samurais are forced to put down their swords and are treated with disregard



Night at the Museum: **Battle of the Smithsonian**

Genre: Family, Comedy

Rating: PG

Stars: Ben Stiller, Owen Wilson, Amy Adams Night has fallen upon the Smithsonian Institution in Washington DC, yet something incredible is stirring as former night guard Larry Daley finds himself lured into his most imagination-boggling adventure vet.



Genre: Action, Sci-Fi

Rating: PG13

Stars: Yang Mi, Wallace Huo, King Shih-Chieh Xia Tian is a single mother working as an associate researcher on technology, allowing people to go back in time. When her son, Dou Dou, is kidnapped by a mysterious man, Xia Tian must take a risk and travel to a time one hour and 50 minutes earlier in the hope of saving him.



Raees

Genre: Action, Thriller

Rating: PG13 Stars: Shah Rukh Khan, Mahira Khan, Nawazuddin Siddiqui

Threats loom over bootlegger Raees Alam and his business after ACP Majmudar decides to get the better of him. In order to survive and keen his trade thriving, Raees must outsmart him



AWOL

Genre: Action, Thriller

Rating: PG13

Stars: Gerald Anderson, Bernard Palanca, Richard Quan

Flite sniper Abel Ibarra is on a quest for justice. transforming him from a military man into a militant with a taste for revenge, death, and destruction







Tony Robinson's Time Travels

Genre: Documentary, Lifestyle

Episode: Mothers of Invention Rating: PG Stars: Tony Robinson In this episode, Robinson discovers the inspirations, set backs and ingenuity that have led to some astonishing feats of invention.



People of Earth

Genre: Comedy

Episode: S2 E1 - New Beginnings Rating: R

Stars: Wyatt Cenac, Luka Jones, Alice Wetterlund Ozzie tries to get the group back together after learning the members of StarCrossed were on the ship as kids. Meanwhile, disgraced FBI agent Alex Foster arrives in Beacon to investigate white-collar criminal Jonathan Walsh.



Chance

Genre: Thriller, Crime

The Middle

Episode: S9 E1 - Vive La Hecks

clean up and look for a job.

Stars: Patricia Heaton, Neil Flynn, Charlie

Axl returns home from his summer trip to

Europe, sporting a man-bun and with a new, chill

European outlook on life. Mike just wants him to

Genre: comedy

Rating: PG

McDermott

Episode: S1 E3 - Hiring It Done Rating: R

Stars: Hugh Laurie, Greta Lee, Ethan Suplee As Jaclyn continues her therapy, Chance

attempts to protect himself and his family from Blackstone's latest round of harassments.



Gotham

Genre: Drama, Crime Episode: S4 E1 - Pax Penguina Rating: PG13

Stars: Ben McKenzie, Jada Pinkett Smith, Donal Logue Gordon fears Jonathan Crane is alive and back

in Gotham, when The Scarecrow's MO is used in a series of robberies. Meanwhile, Penguin's 'licensing' of crime in the city backfires.



Star

Genre: Drama

Episode: S1 E1 - Pilot Rating: PG13

Stars: Jude Demorest, Brittany O'Grady, Ryan Destiny

Star, a tough-as-nails young woman who grew up in foster care, her sister Simone, and Star's Instagram bestie, Alexandra, journey to Atlanta with the hope of becoming music superstars.



New Girl

Genre: Comedy

Episode: S6 E16 - Operation: Bobcat

Rating: PG13 Stars: Zooey Deschanel, Jake Johnson, Max

Greenfield On Valentine's Day, Jess tries to convince the

gang that she is content being single. Schmidt competes for a big promotion and Winston's proposal plans to Aly are expedited.



The Looney Tunes Show

Genre: Family, Animation

Episode: S2 E18 - The Grand Old Duck of York Rating: G

Stars: Jeff Bergman, Bob Bergen, Fred Armisen Daffy takes piano lessons from Granny despite an inability to learn. As a result, Bugs gets noise-cancelling earbuds and quickly realises he can tune out everything.



P!nk Beautiful Trauma Genre: Pop Rating: R

Over the course of her illustrious career, this ageless pop star has released seven studio albums, three live albums, 34 singles, and 33 music videos. Her newest album celebrates the duality of human life.



Miley Cyrus Younger Now

 Genre: Pop
 Rating: PG

 Pop star Miley Cyrus has had a tumultuous yet undeniably successful run as a singer and actress. Now she returns to her country roots in her sixth studio album, featuring guest vocals from country music icon and Cyrus' godmother, Dolly Parton.



Foo Fighters Concrete or Gold

 Genre: Pop
 Rating: R

 Former Nirvana drummer Dave
 Grohl leads the American rock

 band Foo Fighters into a new
 chapter with their ninth studio

 album, developing a sound
 where hard rock extremes and

 pop sensibilities collide.
 Participation



Michael Jackson Scream

Genre: Pop Rating: PG
The 11th posthumous album

Scream is a 13-track compilation ranging from classics like *Thriller* to new mash-ups by EDM duo, The White Panda.



Bob Dylan Trouble No More - The Bootleg Series Vol.13 / 1979-1981

Genre: Golden hits Rating: PG The latest chapter in Columbia/ Legacy's highly acclaimed Bob Dylan Bootleg Series showcases the music Dylan wrote and performed during one of the most controversial and inspired periods of his career.



Guy Sebastian Conscious

Genre: Pop

After almost two years hunkered down working on the album, Guy has emerged with a fresh sound that can be described as funkafied soul vibe seamlessly merged with organic and electronic elements.

Rating: PG

Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation / Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- Dehydration
- Heart failure
- Trauma
- Varicose veins
- Obesity
- Tobacco smoking

Recommendations

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- Try some light exercise go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity / Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated.
- Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts 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

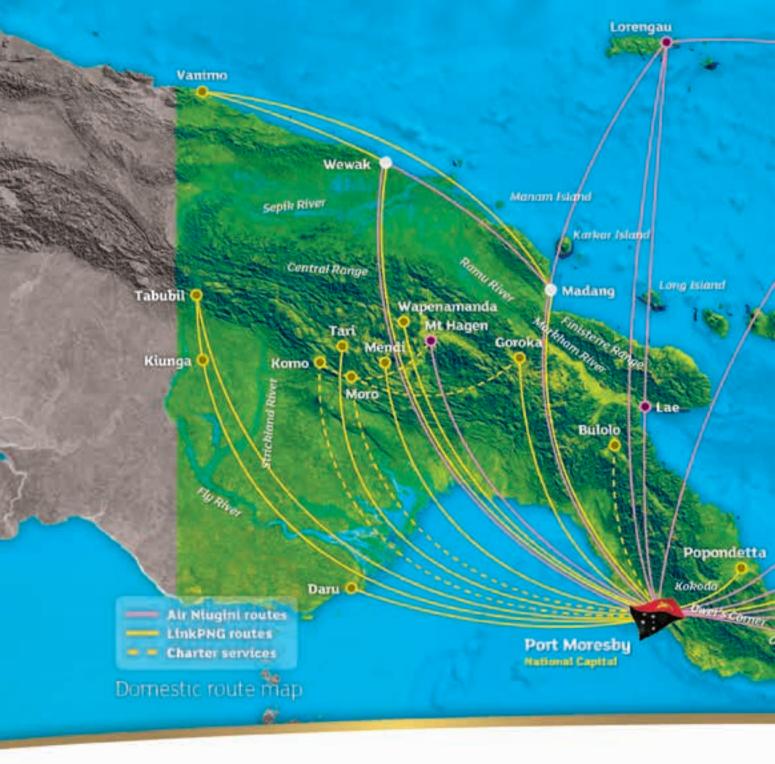
- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear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

PO Box 7186 Botoko Sales Domestic & International Tel: 327 3444 Fax: 327 3308 Reconfirmation Comestic & International Tel: 327 3444 Arrival & Departure Information Tel: 327 3300 Cargo Enquilles Tel: 327 3245 Cargo Charter Exquilles Cargo: 327 3226 Pails: 327 3370 Head Office Airport & Administration Jacksons Airport Saraga Tel: 127 3300/325 9000

AJotau

PO Box 3 Alotau Gurney Airport Tel: 641 (5158 Administration & Reservations Tel: 641 1031 Fax: 641 1636

Buka

PO Box 169 Buka Sales Tel: 973 9655 Fax: 973 9656 Airport Tel: 973 9082

Daru

PO Box 58, Danu, Western Phovince Tel: 276 1077

Goroka

PO Box 683 Goroka Reservations Tel: 732 1444 Fax: 732 1439

Kavieng

Administration; Reservations & Cargo Tet 984 2135 Arport Tet 984 2105 Fax 984 2537

Kieta

PO Box 186, Anawa, Autonomous Region of Bougainville Teb 975 1013

Kimbe-Hoskins

PO Box 181 Kimbe Administration, Biservotions & Cargo Tel: 983 50/7 Fax: 983 5669 Amval & Departure Information Tel: 985 0012

Klunga

PO Box 346, Kiunga, Western Province Tet 649 1422

Kundiawa

PO 80x 847 Kundhawar Tel: 735 1273



Lae

Administration, Domestic, Reservations & Cargo Tel: 472 3111 Fax: 472 4758 International Reservations Tel: 472.4744

Lihir

Reservations Tel: 986 5151 Fax: 986 5134

Lorengau/Manus

PO'Box 170 Lorengau Administration, Reservations & Cargo Tel: 470 9092 Fax: 470 9382

Madang

PO Box 140 Madang Administration & Reservations Tel:852 2255 Fax: 852 2079

Mendi

PO Box 210 Mendi Administration & Reservations Tel: 549 1233 Fax: 549 1250 Aliport Traffic Tel: 549 1320

Mt Hagen

PO Box 1 Mt Hagen Reservations Domestic Tel: 542 1183/542 1122 Reservations International Tel: 542 1039 Enquiries Tel: 545 1444 Fax: 542 2361

Popondetta

PO Box 145 Popondetta Reservations Tel: 329 7822 Fac: 329 7227 Arport Tel: 329 7191

Rabaul

PO Box 3120 Rabaul Reservations & Sales Tet 983 9325 Fac 982 9034 Tokua Arport Arival & Departure Information Tet 983 9821

Tabubil

PO Box 545 Tabubil Domestic Reservations. Tel: 640 3244 International Reservations Tel: 649 3325 Fax: 649 9189

Tari Agent Tel: 540 8023

Vanimo PO Box 239 Vanimo Tet: 857 1014 Fpc: 857 1473 Arport Tet: 857 7166

Wabag & Wapenamanda

PO Box 213 Webag Administration Tel: 547 1274 Antwel & Departure Information Tel: 547 1286

Waigani

FO Box 7185 Boroko Tel: 325 1055 Eax: 325 3683

Wewak

PC Box 61 Wewak Sales Tet 850 2433 International & Domestic Tet 856 2367 Fax 856 2203 Aloport Tet 856 2367



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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 Tel: (61 7) 4080 1600 Fax: (61 7) 4031 3402 Email: sales.cns@airniugini.com.pg

Sydney Somare House

Somare House 100 Clarence Street PO Box 5293 Sydney NSW 2001 Australia Tel: (61 2) 9290 1544 Fax: (61 2) 9290 2026 Email: sales.syd@airniugini.com.pg

Manila

3rd Floor, Fortune Office Building 160 Legaspi Street, Legaspi Village, Makati City, Philippines Tel: (63 2) 891 3339/40/41 Fax: (63 2) 891 3393 Email: sales.manila@airniugini.com.pg

AIR NIUGINI GSA OFFICES

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



INTERNATIONAL ROUTE MAP

Jakarta

P.T. Ayuberga Tel: (62) 21 835 6214-217 Fax: (62) 21 835 3937

Kuala Lumpur

Abadi Aviation⁵ Services Tel: (603) 2148 4313 Fax: (603) 2141 2322 Email: pxkul@abadi.com.my

Los Angeles

PNG Tourism Tel: (1) 949 752 5440 Fax: (1) 949 4716 3741 Email: sales.usa@airniugini.com.pg

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: hotravel@mail.fm / hotravel@outlook.com

Port Vila

Vanuatu Travel Services Ltd Tel: (67) 822 2836 Fax: (67) 823 3583

Seoul Sharp Inc Tel: (82) 2734 7100 Fax: (82) 2734 7108

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

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 Tel (local call): 0871 744 7470 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.





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.



Lift leg with knee

bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



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.



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.



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.



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.



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.



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 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.



Continue these three stages with continuous motion in 30 second intervals.

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