

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 6 NOVEMBER – DECEMBER 2018

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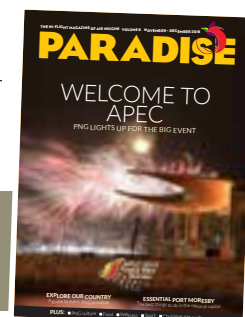
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Cover photo: APEC Haus lights up in Port Moresby. For APEC-related coverage in this issue see our stories on pages 10, 12, 14, 26, 34, 46, 128 and 132. Picture: Rocky Roe



PARADISE



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Message from the Chief Executive Officer

Welcome aboard



On behalf of all the staff at Air Niugini, Papua New Guinea's national airline, I would like to extend a warm welcome to travellers visiting Papua New Guinea for this year's momentous Asia Pacific Economic Cooperation (APEC) meetings, especially the APEC Leaders' Summit and CEO Summit.

I would like to particularly welcome you if you are visiting PNG for the first time.

APEC 2018 marks the first occasion PNG has hosted this prestigious international event and Air Niugini is proud to be a Kumul Ruby Sponsor.

As part of the sponsorship, Air Niugini's international flights have proudly carried the APEC 2018 logo since August, helping to bring the message to the region that PNG is the place to be this year.

We have already brought many thousands of visitors to PNG's shores for APEC-related meetings and will play an important role as our momentous APEC year comes to a close.

In this special APEC issue of *Paradise* magazine, you'll also find plenty of information to encourage you not just to enjoy our capital city, Port Moresby, but also to visit the 22 beautiful and diverse provinces that make up this unique country.

Air Niugini is not just PNG's international carrier. In a country with mountainous terrain and few roads, the airline is often the only way our citizens and overseas visitors can explore this beautiful country, and I encourage you to take advantage of our nation-wide services to see more of the country.

APEC aside, the end of the year is traditionally a time when Air Niugini brings together many of our customers with their families and friends for the festive season.

To all our passengers, whether you are travelling near or far, Air Niugini sends you its best wishes for an enjoyable end to 2018 and a prosperous and fulfilling new year.

A handwritten signature in black ink, appearing to read 'Tahawar Durrani'.

Tahawar Durrani





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WELCOME TO APEC 2018



A special message from the Prime Minister, Peter O'Neill

It is my pleasure to welcome all leaders, ministers and delegates to Papua New Guinea for APEC 2018.

Our country is one of the most diverse and spectacular in the world, from the blue sea around our tropical islands, to the rugged beauty of the mountains in our highlands.

We are a country of more than eight million people, with tens of thousands of years in culture and tradition.

Many of our tribes and communities evolved in remote isolation meaning today that one-third of the world's distinct languages, more than 800, are in PNG.

We are also an economy that is changing fast for the better and we are experiencing a period of economic growth and stability.

Even during the past few years when the global economy was faltering, and some countries went into decline, PNG maintained positive growth.

I hope your stay in PNG is pleasurable, and you meet many of our people, as well as take home gifts for your families that showcase the unique nature and beauty of this country.

After APEC, I invite you to return to PNG with your families for a holiday and travel around our country.

I thank you for being a part of APEC 2018 in Papua New Guinea.

Hon. Peter O'Neill, CMG, MP,
Prime Minister





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Welcome to APEC



JUSTIN TKATCHENKO, APEC MINISTER

Justin Tkatchenko, Papua New Guinea's Minister responsible for APEC, says the timing to host the event could not be better for the Pacific Island nation.

"We have been an APEC member since 1993, but for many of those years our economy was struggling," Tkatchenko says.

"But over recent years we have seen

a dramatic and positive change in our country.

"PNG's economy has maintained positive economic growth, even during the recent global commodity price slump.

"Economic indicators are positive, international investment continues to increase and more jobs are being created drawing more workers into well-paid jobs.

"Foreign investment continues to increase, and over the past five or six years we have seen a massive increase in infrastructure development.

"Right around the country this has seen the construction of more roads and bridges, new hospitals and airports, and a big expansion in access to information technology."

He says that with the growth also comes a greater obligation to increase bilateral and multilateral dialogue.

"PNG's engagement with the region, and globally, is expanding.

"It is important that we not only engage more with partner countries directly, but that we step up our interaction in multilateral forums.

"APEC is the premier forum for economic development in our region, and as host throughout 2018, PNG is making an important contribution to regional economic governance.

"Through APEC we also have the opportunity to strengthen key sectors in our economy such as tourism, agriculture and transportation.

"APEC working groups are proactive in enhancing best practices and improving technical capacity.

"We are already seeing changes in the many government agencies due to our APEC interaction.

"This includes new ways to conduct government business, reduce red tape and increase the efficiency of our staff.

"So there are certainly a number of benefits in us hosting APEC, and a very important contribution PNG can make to the region."



CHRISTOPHER HAWKINS, APEC CEO

Preparations to host APEC in Papua New Guinea have been underway since 2013 when APEC leaders announced the country would host the event in 2018.

APEC 2018 Papua New Guinea chief executive officer, Christopher Hawkins, says preparations have gone well and the nation is ready for the APEC Leaders' Week.

"A lot of work has gone into preparations over recent years, from a great team of committed Papua New Guineans," he says.

"We have so many fine young men and women, from many government agencies, along with Sir Charles Lepani, one of the great diplomats of the nation, delivering APEC in PNG."

Hawkins says the delivery of APEC logistics revolves around a few core essentials, but expectations have grown over recent years.

"We create the functional and safe environment for leaders, ministers and delegates to get on with their jobs and deliver the policy agenda.

"My first APEC summit was as a PNG delegate in 1998, and in the past two decades we have seen the scale of APEC increase.

"Hosting APEC in 2018 involves more than 15,000 visitors throughout the year, building a workforce of several thousand and a massive vehicle fleet.

"The security operation in the modern world is also substantial.

"In PNG, we have taken on these challenges and we will deliver an APEC Leaders' Week that is productive and enjoyable for delegates."

Hawkins says APEC in PNG will be unlike any previous.

"From the outset, the prime minister, has said APEC in PNG will be very Pacific in style.

"This means we will remove some of the pomp and ceremony, and focus more on the promotion of national culture and economic development.

"Security will be world class, but the environment in which leaders, ministers and delegates meet will be truly Pacific and relaxed.

"Most of our APEC visitors have never been to PNG, so this APEC will give them the chance to see an amazing country and meet some of the friendliest people in the world." ■



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PARADISE Q&A JOANNA LESTER

The rugby league journalist has directed *Power Meri*, a newly released documentary about the PNG Orchids.

Q: How did you end up making a film about the PNG Orchids?

A: Having been involved in rugby league all my life as a fan and journalist, I moved to Papua New Guinea in 2014 to work on a rugby league-themed community program run by the NRL. PNG is the only place in the world where rugby league is the national sport, and the country's huge passion for rugby league makes it a valuable tool for creating social change. In a country with traditional attitudes towards the role of women, it surprised me to learn that many women in Port Moresby played the game. I could see that their participation in this male-dominated sport was having a positive impact on their lives and the mindsets of those around them, but their story was not widely known. When it was confirmed that PNG would form a national women's team (the Orchids) to participate in the World Cup for the first time, it seemed like the perfect opportunity to document that journey and share the story with a wider audience.

Q: What impact do you hope the film will have in PNG?

A: I hope the film will help change attitudes about how individuals and communities view the strength and leadership potential of women. The Orchids

players whose stories we tell are hugely inspiring in different ways. Cathy Neap is a mother and trailblazing leader. Della Audama has defied a tough upbringing to represent her country. Schoolgirl Gloria Kaupa dreams of becoming both a professional rugby league player and a doctor.

Q: How do you hope the film will be received outside PNG?

A: I hope it gives audiences a new appreciation and understanding of PNG – a country that is rarely portrayed on the big screen. I also hope the story of the Orchids, a group of pioneering women putting their hands up to be part of something new and exciting despite criticism and barriers, will inspire audiences everywhere.

Q: Can you tell us a bit about the making of the film?

A: I made the film with a small crew of PNG and Australian colleagues, with invaluable support from the NRL, PNGRFL and Rugby League World Cup. We filmed in Port Moresby, Lae and Goroka to capture the Orchids' backstories and World Cup preparations, before travelling with them to Australia for the tournament. The film was post-produced in Sydney with a proud PNG flavour, especially the soundtrack, which combines popular PNG tracks with music that was composed for the



Shoulder to shoulder ... the PNG Orchids (top and above); documentary director Joanna Lester (top left).

film, featuring PNG drums and percussion to imitate the sounds of rugby league.

Q: Where will it be screening?

A: *Power Meri* premiered at the Pasifika Film Festival in Australia and the PNG Human

Rights Film Festival in PNG. It is screening at Paradise Cinema in Port Moresby and we are hoping to be accepted into more film festivals internationally. For details of screenings or to host a screening in any country, see powermerifilm.com. ■





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New five-star hotel in Cairns

anding at Cairns airport for a weekend break of fabulous food and relaxing pool time, many people make a beeline straight for the taxi rank, keen to get to Port Douglas or Palm Cove. But, now, the commute to a plush hotel room just got a lot shorter.

“First and foremost we want to reinvent hospitality,” explains Joel Gordon, area general manager of Riley, Cairns’ first new five-star hotel opening in over 20 years.


“

Riley is one of three hotels that hospitality group Crystalbrook Collection will be opening in Cairns in the next three years.


”

“We want to keep people in Cairns, and that starts the minute you arrive at Riley. You will be greeted by one of our ‘experience curators’ with an iPad rather than by a receptionist behind a desk. We want to personally welcome guests to the hotel – not just check them in.”





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Rising star ... the new Riley hotel in Cairns (opposite page); a Riley bedroom (above); a selection of the hotel's food and beverage offering (right).



Riley is one of three hotels that hospitality group Crystalbrook Collection will be opening in Cairns in the next three years. Riley, the 'sophisticated one', will be followed by Bailey, the 'thoughtful and arty one', in 2019, and Flynn, the 'wild child', in 2020.

All together the three hotels will bring 845 new rooms, nine restaurants and bars, and two new day spas to the city and inject new life into a place long-known as a gateway to the rest of the region rather than a destination in its own right.

Crystalbrook Lodge, three hours west of Cairns, has a long-standing reputation as an indulgent outback oasis. The team at Crystalbrook is determined that each of its three new offerings has just as much

distinctive character – starting with the 311-room Riley that boasts views of the Coral Sea.

"Our aim is to completely reinvigorate the five-star luxury market in Cairns and be the leader in the sector. The level of sophistication you will find in the hotels, especially with the food and beverages, has never been seen before in the city," says Gordon.

Riley's fun, light-hearted, resort-style feel is epitomised by its 1000+ square-metre swimming lagoon with its own artificial beach, and its Mediterranean-inspired rooftop bar, Rocco, the highest in the city. At Rocco you can expect creative, herb-infused cocktails, while the Asian-inspired restaurant Paper Crane will be serving the likes of hoisin duck rolls and vegetable gyoza, and Greek

kale salads and poké bowls can be found at healthy eating diner Greenfields.

A commitment to sustainability and local produce is highlighted in the hotel's paddock-to-plate philosophy, with all meat being sourced from the 3500 head of cattle at Crystalbrook Lodge. The hotel also has six meeting rooms that can cater for 80 to 420 people for conferences and events. ■

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

Riley opens on November 6. See crystalbrookcollection.com/riley for opening offers.

— LISA SMYTH

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Tok Pisin to be taught online

The Australian National University in Canberra is to offer a series of online language courses in Papua New Guinea's official language, Tok Pisin.

Tok Pisin language course developer Jenny Homerang, from the ANU's College of Asia & the Pacific, describes the courses as groundbreaking.

"For a very long time, Tok Pisin was seen as a language that was not a real language; some consider it as broken English. I feel glad that ANU has actually taken up the challenge to run the course," she told *Paradise*.

She says it will raise the profile of less commonly used languages.

"A lot of languages taught at the tertiary level are modern languages and the most popular ones are from Europe. So it is very important to understand that the less

commonly taught languages have the same value as the modern languages."

More than four million Papua New Guineans speak Tok Pisin, a creole that developed 120 years ago when Papua New Guineans, Solomon Islanders, New Caledonians and ni-Vanuatu were kidnapped to work in Queensland on sugar and cotton plantations. From Queensland, some Papua New Guineans went to Samoa and they brought back their brand of Tok Pisin to the German-owned plantations in the islands and coastal areas of PNG, says Homerang.

"It will be invaluable to government officials working in PNG, non-government organisation staff, researchers, business people, anyone interested in going to PNG to work, and those who are interested in PNG and the Pacific," she says.



Jenny Homerang ... has developed the Tok Pisin language course at the Australian National University in Canberra.

"It will also allow people to keep up-to-date with Tok Pisin, which is always evolving."

The first of four courses starts next year and will include online face-to-face sessions every week. ■

— KEVIN McQUILLAN

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Historic PNG pieces on show in London

More than 200 historic objects from the South Pacific are part of a major Oceanic art exhibition that is showing in London until December before moving to Paris in March. The exhibition marks the 250th anniversary year of the Royal Academy of Arts, which was founded in 1768, the same year that James Cook set out to track the transit of Venus and search for *Terra Australis Incognita* – the unknown southern continent – as Europeans called it.

Adrian Locke, a senior curator at the Royal Academy, says it is the first time some of the objects have been on public display. It is also the UK's first major show exploring Oceanic art.

Exhibition items come from Papua New Guinea, the Solomon Islands, Hawaii, Fiji, New Zealand, and across Melanesia, Polynesia and Micronesia. As well as ornaments, huge canoes and stunning god images, there are drawings by the Polynesian navigator Tupaia, who travelled on Cook's ship *Endeavour*.

Entry is free for Papua New Guinean passport holders. ■

See royalacademy.org.uk/exhibition/oceania.



PICTURE: © THE TRUSTEES OF THE BRITISH MUSEUM

A piece of history ... a late 19th-century dance shield from Buin in Bougainville.



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A mumu treat for world leaders

World leaders and foreign dignitaries attending APEC in Port Moresby will dine on a range of traditional Papua New Guinean foods, including mud crabs, organically farmed beef and hand-caught Spanish mackerel.

The food, cooked in a three-metre earth oven, styled like a traditional *mumu*, will be served to hundreds of dignitaries from 21 countries at the recently opened Hilton Hotel at the new Star Mountain Plaza.

Around 50 local chefs and 100 wait staff will work around the

clock to prepare and serve meals under the direction of Hilton executive chef Paul Brown.

Brown says he will be taking his culinary inspiration from traditional Papua New Guinean food preparation, but adding his own modern twist.

Sago, cassava, yams and sweet potato (*kaukau*) are just some of the local staples he will be utilising along with coconut cream, clay pots and a *mumu* to bring out the flavours.

Brown says the area is fortunate to have an abundance of wild greens (*kumu*), including



Local flavour ... the Hilton Hotel's Mumu restaurant and (inset) executive chef Paul Brown.

watercress, pumpkin shoots, aibika, pak choy, bok choy, kangkung and taro leaf.

This produce, along with chicken, prawns and other food, will be sourced from local

suppliers, with a limit on any imports to keep the cuisine authentic but also to support the local economy.

See starmountainplaza.com. ■



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Developing a legacy for PNG through skills transfer

One of the most important partnerships ExxonMobil PNG has in Papua New Guinea is with its workforce. Over 2,600 people are currently working on the PNG LNG Project of which 82 per cent are Papua New Guinean and 22 per cent are women.

Since the start of production, staff have received over 300,000 hours of training which is in addition to the more than 2 million hours of training delivered during construction. This is part of an extensive workforce development program established to provide Papua New Guineans with the experience and competencies needed to run the business in the future.

By creating jobs and delivering world-class training, ExxonMobil is contributing to the economy and providing skills that will leave a lasting legacy in PNG.

"More than five years' worth of training have been invested in me, including skills development and constant mentorship. This kind of capacity building is how you change the future of PNG and the company is a role model for how to invest in human resources."

Vickie Watch, the first female Control Room Technician based at the PNG LNG upstream site.

PNG Partnership

Building capacity for the future
Exxonmobil.com/pngpartnership

ExxonMobil

PNG island resort set to re-open

The redeveloped Loloata Island Resort, just out of Port Moresby, is set to re-open in February or March.

The new-look property, which originally opened in 1977 as a dive resort, will have 66 rooms, conference rooms, a pool, restaurant and bars.

Resort director Lew Nielsen says the resort's main focus will continue to be on diving, but he says it will also appeal to business travellers and a

new wave of tourists from Japan and China.

Nielsen says there will also be an attempt to attract visitors coming off the Kokoda Trail.

The island is near 29 major dive sites.

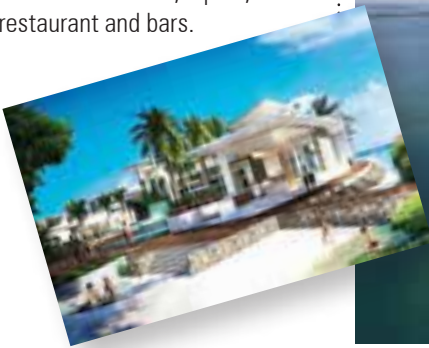
"It has a unique place in the PNG dive industry, maybe in the world," says Nielsen. "It has spectacular diving and is probably the world's best diving so close to a capital city."

He believes the island will be attractive to business travellers from Port Moresby, which is only about 30 minutes away.

People can actually stay during a business trip, he says.

The resort is a joint project between Lamana Development and the superannuation fund NASFUND. ■

— DAVID JAMES



Taking shape ... the Loloata Island Resort will welcome guests in the new year.

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BIG PICTURE

PICTURE: MATHIAS HASSLER

A man plays a bamboo flute at Snowpass village in Chimbu Province, near Kundiawa. The man is in the company of a few other villagers, playing instruments to imitate the bird of paradise. He is traditionally adorned in grass and flowers.

If you have a photo of Papua New Guinea that you'd like published in Paradise, email your submission to paradise@businessadvantageinternational.com. Photos should be at least 1.5mb and 300dpi.





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Welcome to country

Papua New Guinea is made up of 22 provinces and here we preview all of them in one of the most comprehensive guides ever compiled for PNG.



PICTURE: DAVID KIRKLAND



AUTONOMOUS REGION OF BOUGAINVILLE

CAPITAL BUKA

243,280 PEOPLE

9318 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY?

960 KILOMETRES

AIR NIUGINI flies from Port Moresby to Buka daily, except Sunday. The flight time is 1 hour 40 minutes.

With mist-shrouded mountains, belching volcanoes and palm-fringed beaches, two main islands make up most of Bougainville: the larger main island for which the region is named, as well as Buka, separated by the 'passage',

one of the fastest-running currents in the world. The region encompasses smaller atoll chains with rich fishing waters.

THINGS TO SEE & DO

- A must visit near Buin for World War 2 buffs is the downed plane of Japanese commander Yamamoto. Arrange with Bougainville Tours (bougutours.com).
- Lace up your boots with rotokasecotourism.com and hike the Numa Numa Trail across the spine of Bougainville Island.
- Cool off with some snorkelling and swimming in some of the sun-kissed islands just off Buka. Hotels can arrange transport.

WHERE TO STAY

In Buka, overlooking the passage, are Reasons (+675 72259041), Destiny (+675 7069 2458) and Kuri (kuriresortbuka.com); a few streets back is the Toyena (toyenalodge@gmail.com).
— GORDON PEAKE

CENTRAL



CAPITAL PORT MORESBY

237,016 PEOPLE

29,998 SQUARE

KILOMETRES

Most people arriving into PNG will find themselves in Port Moresby, which is in the National Capital District. The city is a springboard to Central Province, that includes mountains, river deltas and islands.

The starting point for the Kokoda Trail is at Owers' Corner, about 60 kilometres from Port Moresby. It's possible to do a day trip and to visit the Bomana war cemetery at the same time. (Ask at your hotel for a tour operator.)



THINGS TO SEE & DO

- Tackle the 96-kilometre Kokoda Trail. See kokodatrackauthority.org for licensed tour operators.
- There's good diving at the reef behind Fisherman's Island, near Port Moresby. The Dive Centre (+675 7202 1200) will get you there.

WHERE TO STAY

About 20 kilometres from Port Moresby, the Loloata Island Resort (facebook.com/Loloata) will re-open early next year after a major rejuvenation (see page 28).
— GRACE MARIBU





CHIMBU



CAPITAL KUNDIAWA
376,473 PEOPLE
6112 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 432 KILOMETRES

AIR NIUGINI flies from Port Moresby to Mount Hagen up to four times daily, except Wednesday. Flight time is 1 hour. (There are no flights to Kundiawa.)

The terrain of this province consists of mountains, isolated ravines and rock formations covered in rainforest. It all converges around the highest peak in the land, Mount Wilhelm (4509 metres). This big boy has beautiful lakes, mysterious caves, snowfalls, and majestic views.

The bustling commercial centre of Kundiawa perches on a mountainside beside the Chimbu River.

THINGS TO SEE & DO

- Trek up Mount Wilhelm. Two operators to take you there are PNG Trekking Adventures (pngtrekkingadventures.com) and Buna Treks and Tours (bunatrekkers@gmail.com).
- Bird watch at Betty's Lodge (villagehuts.com), at the foot of Mount Wilhelm.

WHERE TO STAY

Near the town centre, Kundiawa Hotel has 16 rooms with ceiling fans. The Greenland Motel is another well-priced option.

It's about a two-hour drive from Goroka or Mount Hagen to Kundiawa. Village Huts (villagehuts.com) can arrange transport and accommodation. — SIVA KIMA

EASTERN HIGHLANDS



CAPITAL GOROKA
579,825 PEOPLE
11,157 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 360 KILOMETRES

AIR NIUGINI flies from Port Moresby to Goroka twice daily. The flight time is 50 minutes.

The Asaro Valley of the Eastern Highlands is home to the famed Mudmen. Clad in ivory-white paint, elongated bamboo fingers and fearsome masks, the Mudmen captivate onlookers with eerie performances impersonating ghosts emerging from jungle mists.



THINGS TO SEE & DO

- Experience one of the biggest cultural festivals in PNG at the annual Goroka Show, each September. Book with Trans Niugini Tours (pngtours.com).
- Pick up traditional souvenirs at the *bilum* and craft market along Elizabeth Street in Goroka.
- See historic artefacts at the JK McCarthy Museum in Morchauser Street in Goroka. McCarthy was a legendary patrol officer.

WHERE TO STAY

Set in tranquil gardens, the Pacific Gardens Hotel (pacifichotel.com) in Goroka has standard self-contained rooms. It offers restaurant, bar, free wireless internet and airport transfers. Close to the airport, Bird of Paradise Hotel (coralseahotels.com.pg) has upmarket accommodation, a pool and a deck bistro. — SIVA KIMA

com.pg) in Goroka has standard self-contained rooms. It offers restaurant, bar, free wireless internet and airport transfers. Close to the airport, Bird of Paradise Hotel (coralseahotels.com.pg) has upmarket accommodation, a pool and a deck bistro. — SIVA KIMA



EAST NEW BRITAIN



CAPITAL KOKOPO
328,369 PEOPLE
15,816 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 750 KILOMETRES

AIR NIUGINI flies from Port Moresby to Rabaul up to three times daily. The flight time is 1 hour 25 minutes.

East New Britain is known for volcanoes, the Baining fire dancers, war history, idyllic islands and the annual Mask Festival each July.

THINGS TO SEE & DO

- Visit the hot springs at the foot of smoking Mount Tavurvur, or climb to the top. Most hotels will arrange tours.
- Take a boat trip to see spinner dolphins. Kokopo Beach Bungalow Resort (kbb.com.pg) and Rapopo Plantation Resort (rapopo.com) run tours.
- Visit the Kokopo War Museum, the bunker of Japanese admiral Isoroku Yamamoto and the Bita Paka war cemetery.
- Take a day trip to the Duke of York Islands (most hotels will arrange), or stay overnight (villagehuts.com).

WHERE TO STAY

In Kokopo, the Kokopo Beach Bungalow Resort (kbb.com.pg) and Rapopo Plantation Resort (rapopo.com) are by the sea and have volcano views. In Rabaul, the Rabaul Hotel (rabaulhotel.com.pg) survived the 1994 volcanic eruption and has become an icon. — ANNETTE SETE

EAST SEPIK



CAPITAL WEWAK
433,481 PEOPLE
43,426 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 760 KILOMETRES

AIR NIUGINI flies from Port Moresby to Wewak daily. The flight time is 1 hour 20 minutes.

Among the province's customs is crocodile scarification, a painful ceremony in which young men have their skin cut so the scars heal and look like crocodile scales.

The province is dominated by the Sepik River, which flows 1126 kilometres from source to the sea.



THINGS TO SEE & DO

- Attend the annual Crocodile Festival at Ambunti, a three-day cultural celebration, usually in the first week of August. ➤



Welcome to country

- Ambunti, on the Middle Sepik River, is the region's cultural centre. From Ambunti, travel by motorised canoe, staying in village guesthouses.
- See the Sepik on a luxury cruise on *The Sepik Spirit*, operated by Trans Niugini Tours (pngtours.com).

WHERE TO STAY

In Wewak, try the Paradise New Wewak Hotel (+675 456 2155) or Talio Lodge (taliolodge.com).
– GRACE MARIBU

ENGA



CAPITAL WABAG
432,045 PEOPLE
11,704 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 609 KILOMETRES

AIR NIUGINI flies from Port Moresby to Wapenamanda Airport four times weekly. The flight time is 1 hour 30 minutes.

Enga is in the northernmost part of PNG's highlands. There are mountains over 2000 metres, wild rivers, lush valleys, waterfalls, striking birdlife and glorious orchids.

THINGS TO SEE & DO

- Watch birds of paradise feed from the balcony at Kumul Lodge. The ecolodge is world famous among birdwatchers, and also conducts orchid tours.
- Take a peek at the Engan way of life at the Take Anda cultural centre in Wabag. Photographs, paintings and artefacts – including bird of paradise headdresses and fighting shields – can be seen.
- The annual Enga Cultural Show takes place each August (engaculturalshow.org.pg).

WHERE TO STAY

Ribito Hotel (ribitohotel.com), Wabag Lodge (wabaglodge855@gmail.com) and Daewon Hotel (dwlt dhagen@gmail.com) offer good value in Wabag. They are close to government offices, shops, the cultural centre and buses. Kumul Lodge (kumul-lodge.com) and Yaskom Resort Hotel (+675 7066 4580) are out of town, along the Highlands Highway.
– DANIEL KUMBON

GULF



CAPITAL KEREMA
237,017 PEOPLE
34,472 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 229 KILOMETRES

AIR NIUGINI does not fly into the province. The closest Air Niugini serviced airport is Jacksons International in Port Moresby.

Gulf Province is located on Papua New Guinea's southern coast. It has a concave coastline of large deltas that lead into the Lakekamu Basin, rich with birds and wildlife.

The province offers mountains and wide expanses of seasonally flooded grass plains stretching out from the Turama, Kikori, Purari and Vailala rivers.

There's a rich history here, which includes cannibalism and European occupation.

Weaponry and other artefacts are used in ceremonies.

World-class fishing along the coast of Gulf attracts international visitors, however few tourists visit the Gulf and tourism facilities are scarce.

THINGS TO SEE & DO

- If you want to catch the famed Papuan black bass, book through sportfishingpng.net.

- The provincial school arts and crafts festival is held every November.

WHERE TO STAY

The main accommodation in Kerema is GMI Hotel (+675 648 1397). Mission stations offer lodging (papuanewguinea.travel.com).

– JOYCELIN LEAHY



HELA



CAPITAL TARI
249,449 PEOPLE
10,498 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 617 KILOMETRES

AIR NIUGINI flies from Port Moresby to Tari four times a week. The flight time is 1 hour 30 minutes.

The province is home to Huli Wigmen, who have become one of the most internationally recognised symbols of PNG. The Huli are distinctive for their face paint and elaborate wigs made from human hair.

Be sure to pack some warm clothing for your visit – it can be cool in the mountains.

THINGS TO SEE & DO

- Trek into the Tari Gap or raft the Tangari River.
- Bushwalk with a guide into the mountains to see birds, including the famed birds of paradise.
- Visit Huli villages and the Huli wig school.
- Watch a *sing-sing* performance by Huli and other tribal groups. To undertake these activities, see pngtours.com and papuanewguinea.travel

WHERE TO STAY

Ambua Lodge is operated by Trans Niugini Tours (pngtours.com) and has a range of cultural and bird-watching excursions.
– JOYCELIN LEAHY

JIWAKA



CAPITAL BANZ
343,987 PEOPLE
4798 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 483 KILOMETRES

AIR NIUGINI flies from Port Moresby to Mount Hagen up to four times daily, except Wednesday. The flight time is 1 hour.

Guarded by mountain ranges, the Waghi Valley cuts a swathe through Jiwaka Province.

The fertile valley is fed by the indomitable Waghi River that glints pale brown in the sunlight.

To reach Jiwaka, fly to Mount Hagen, the capital of the Western Highlands, and then travel overland. It's about an hour to Banz.

THINGS TO SEE & DO

- See Banz come alive during the Jiwaka Show (pngtours.com), a colourful cultural event.
- Visit coffee plantations and see what goes into making a perfect cup of coffee. Plantation owners should be notified of visits beforehand. ➤



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Welcome to country

- Purchase some packaged coffee in local shops to taste the exquisite flavours. Coffee from Jiwaka and the highlands region is highly regarded.

WHERE TO STAY

Jiwaka Mission Resort (jiwakamissionresort.com) provides clean and comfortable rooms at affordable prices in the Banz area. Hire cars, tours and airport transfers can be arranged with the resort.

— SIVA KIMA



MADANG



CAPITAL MADANG

493,906 PEOPLE

28,886 SQUARE
KILOMETRES

HOW FAR FROM PORT
MORESBY? 494 KILOMETRES

AIR NIUGINI flies from Port Moresby to Madang twice daily. The flight time is 1 hour.

It's only when you get to Madang that you've truly arrived in paradise. Imagine taking that first

sip of an ice-cold beer while gazing out at a picture-perfect view of the sea and swaying palm trees.

THINGS TO SEE & DO

- Dive the many reefs scattered around Madang Harbour (pictured) or hire a kayak to visit islands.
- Drive up the coast to Tupira Surf Club (sapng.com/surf-camps-boats/tupira-surfclub), home to excellent waves from November to April.
- Have lunch and a swim at Jais Aben Resort (jaisabenresort.com).
- Go to Balek Wildlife Sanctuary where there's a small village and a sulphuric creek in a paradise-like setting.
- Time your visit with the Madang Festival, held each June.

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Welcome to country

WHERE TO STAY

Madang Resort (madangresort.com) is a fully serviced resort with waterfront bungalows, two restaurants, a dive shop, swimming pools and conference facilities.

— MARISA HOWDEN

MANUS



CAPITAL LORENGAU

60,485 PEOPLE

2000 SQUARE
KILOMETRES

HOW FAR FROM PORT
MORESBY? 821 KILOMETRES

AIR NIUGINI flies from Port Moresby to Manus daily, via Madang/Lae. The flight time via Madang is 2 hours 30 minutes and via Lae it is 2 hours 25 minutes.

It may be the smallest and the least populated province in PNG, but Manus has some of the loudest drumbeats in the country. Join the dance in August–September each year at the Manus Cultural Show.

Also referred to as the Admiralty Islands, Manus comprises 18-plus islands.

THINGS TO SEE & DO

- Surf at Rambutso Island and stay at Bundro Village Bungalows (davidputulan@gmail.com).
- Surf at Manus Island and stay at Chopon Surf Lodge (choponsurflodge.com).
- Hike up Mount Dremse, (arrange through local hotels). It is the province's highest point and includes limestone caves with large chambers.

WHERE TO STAY

The Seeadler Bay Hotel (seeadlerbayhotel.com) is within walking distance of Lorengau and the 28-room Lorengau Habourside Hotel (lorengauhaboursidehotel.com.pg) is positioned in the heart of Lorengau township. Village stays can be arranged by both hotels.

— JOYCELIN LEAHY

MILNE BAY



CAPITAL ALOTAU

276,000 PEOPLE

270,000 SQUARE
KILOMETRES

HOW FAR FROM PORT MORESBY?
374 KILOMETRES

AIR NIUGINI flies from Port Moresby to Alotau's Gurney Airport daily. The flight time is 50 minutes.

Comprising more than 435 islands scattered across hundreds of kilometres, Milne Bay Province is a place of spectacular natural beauty, perfect for snorkelling, diving, secluded white-sand beaches, hot springs and traditional villages.

THINGS TO SEE & DO

- Kayak or stand-up paddleboard along the jungle-lined Dawadawa River, with PNG Trekking Adventures (pngtrekkingadventures.com).
- Time a visit with the three-day Kenu and Kundu Festival in Alotau in early November each year, where war canoes with warriors in traditional dress race to the beat of island drums. ➤

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Welcome to country

WHERE TO STAY

Tawali Resort (tawali.com) is a rainforest hideaway with access to fantastic snorkelling and diving. Doini Island Plantation Resort (doiniisland.com) has beachfront bungalows. In Alotau, Driftwood (driftwoodresortpng.com) has 11 elegant bungalows on the water's edge and a jetty restaurant.
— NINA KARNIKOWSKI

MOROBE



CAPITAL LAE

674,810 PEOPLE

33,705 SQUARE
KILOMETRES

HOW FAR FROM PORT
MORESBY? 307 KILOMETRES

AIR NIUGINI flies from Port
Moresby to Lae four times daily.
The flight time is 45 minutes.

Morobe is Papua New Guinea's most populous province and the gateway to the interior of the country. Lae is the country's second-biggest urban centre and industrial hub.

The province includes the biodiverse Huon Peninsula, the Markham Valley and Delta, and coastal areas extending into the Bismarck Sea.

Morobe had a gold rush in the 1920s. World War 2 was fought intensely on its land and waters.

THINGS TO SEE & DO

- Every October, Morobe comes alive with the Morobe Provincial Agricultural Show (morobeshow.org.pg), held in Lae since 1959.
- The towns of Wau and Bulolo offer bird and butterfly watching.

- Salamaua is a tiny isthmus about an hour from Lae by boat. Go for the incredible snorkelling and swimming.

WHERE TO STAY

Lae International Hotel (laeinterhotel.com), Hotel Morobe (hotelmorobe.com), Lae City Hotel (laecityhotel.com) and Huon Gulf Motel (coralseahotels.com.pg) are all in the heart of Lae.

— GRACE MARIBU

NATIONAL CAPITAL DISTRICT



CAPITAL PORT
MORESBY

369,139 PEOPLE

240 SQUARE

KILOMETRES

The National Capital District (NCD) is Port Moresby. It is both a city and a district. NCD is the gateway to Papua New Guinea – the nation's capital, centre of politics, trade and commerce.

Port Moresby is a growing and bustling metropolitan area. Hotel and restaurant developments have taken off in the past few years, propelled by APEC.

THINGS TO SEE & DO

- Visit the National Museum and Art Gallery (museumpng.gov.pg) in Waigani.
- Get an overview of Port Moresby with a day tour with a tour operator such as Pepeta PNG (pepetapng.com), including craft markets.



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Welcome to country

■ The annual Hiri Moale Festival in September commemorates the great Hiri trade voyages and includes the crowning of the Hiri queen.

WHERE TO STAY

The Airways Hotel (airways.com.pg) and Gateway Hotel (coralseahotels.com.pg) are near the airport; the Stanley Hotel (thestanleypng.com) is at Waigani. The newest hotel in town is the Hilton (www3.hilton.com). Budget travellers may like the Shady Rest Hotel (shadyrest.com.pg) at Three Mile, or Raintree Lodge (raintreelodgepng.com) at Boroko. – GRACE MARIBU



NEW IRELAND



CAPITAL KAVIENG

118,350 PEOPLE

7404 SQUARE
KILOMETRES

HOW FAR FROM PORT
MORESBY? 859 KILOMETRES

AIR NIUGINI flies from Port Moresby to Kavieng daily, via Rabaul. The flight time is 2 hours.

One of the northernmost islands of PNG, New Ireland is long, narrow and mountainous, with vast stretches of beautiful beaches. The province comprises many islands (the largest is New Ireland) and is part of the Bismarck Archipelago.

THINGS TO SEE & DO

■ There's surfing, fishing, diving, snorkelling, island hopping and canoeing. All can be arranged with accommodation providers.

■ Take a short boat ride from Kavieng to Nusa Island where day visitors are welcome at Nusa Island Retreat (pictured). There's a small village on the island where you can buy handicrafts.

WHERE TO STAY

Kavieng Niu Lodge (kaviengniulodge.com) has air-conditioned accommodation in town. Nusa Island Retreat (nusaislandretreat.com) and Lissenung Island Resort (lissenungisland.com) are perfect if you're surfing, diving, snorkelling or fishing. The live-aboard surfing, diving and fishing boat *PNG Explorer* (pngsurfaris.com) is based at Kavieng. ➤ – ANNETTE SETE

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Welcome to country



ORO	
	CAPITAL POPONDETTA
	176,206 PEOPLE
	34,650 SQUARE KILOMETRES
HOW FAR FROM PORT MORESBY? 139 KILOMETRES	

AIR NIUGINI flies from Port Moresby to Popondetta twice daily. The flight time is 35 minutes.

Oro Province is the birthplace of the world's largest butterfly, the Queen Alexandra's birdwing, with a wingspan up to 30 centimetres. The Kokoda Trail runs through

the province (as well as Central Province), and there is world-class diving.

THINGS TO SEE & DO

- Visit Tufi Resort (tufidive.com) for diving, snorkelling, kayaking, fishing and cultural experiences.
- See war relics along the coast in Buna and Gona. It is recommended that visitors take a guide. Ask for one at Oro Guest House (+675 7316 0402), or contact PNG Trekking Adventures (pngtrekkingadventures.com).
- See the birdwing butterfly at Ondahari Village, about 40 minutes from Popondetta. Make bookings for the village guest house at the Oro Guest House in Popondetta.

WHERE TO STAY

The Tufi Resort (tufidive.com) is the province's top accommodation and has breathtaking views over fjords, the sea and mountains covered in rainforest.

World-class diving is among the many activities on offer. Traditional village accommodation is available through Tufi Village Stays (tufivillagestays.com).
— JOYCELIN LEAHY

SANDAUN (WEST SEPIK)



CAPITAL VANIMO
248,411 PEOPLE
35,920 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 993 KILOMETRES

AIR NIUGINI flies from Port Moresby to Vanimo four times

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Welcome to country



weekly. The flights are via Wewak. The flight time is 2 hours.

Sandaun Province (formerly West Sepik) is the outer province of PNG, bordering Indonesia at West Papua. Provincial capital, Vanimo, is only 30 kilometres from the Indonesian border, which is closed to tourists.

Sandaun has seen little development and tourism but on the coast, west of Vanimo, there are good beaches for swimming and surfing.

THINGS TO SEE & DO

- Head eight kilometres west of Vanimo to the village of Lido for some surfing.
- Aitape, an old German missionary station, can be reached by boat from Vanimo

(ask locals for boats and guides). There's some surfing here and you can trek and visit waterfalls.

- Tenkile Conservation Base (tenkile.com) has a collection of endangered tree kangaroos.

WHERE TO STAY

Vanimo Surf Lodge (vanimosurflodge.com) has friendly service and air-conditioned rooms.

– GRACE MARIBU

SOUTHERN HIGHLANDS



CAPITAL MENDI

515,511 PEOPLE

15,089 SQUARE
KILOMETRES

HOW FAR FROM PORT
MORESBY? 1088 KILOMETRES

AIR NIUGINI currently has no flights to Mendi.

The Southern Highlands is a province where you can get off the tourism grid into unseen and often unheard-of places.

Geographic highlights include 4368-metre Mount Giluwe, the second-highest mountain in PNG; spectacular waterfalls (pictured); and Lake Kutubu, the second-largest lake.

THINGS TO SEE & DO

- Of all the waterfalls, make sure you see the spectacular 100-metre Wasi Falls.
- Go to the Kutubu Kundu and Digaso Festival at Daga village beside Lake Kutubu. The festival, in September, acknowledges the importance of the *kundu* drum and the Digaso oil – both significant in Southern Highlands culture. ➤

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Welcome to country

Details from sjeffrey@www.pacific.org.

WHERE TO STAY

Relax at Tubo Eco Lodge, with a perfect view of Lake Kutubu, and enjoy superb birdwatching. Norman Ba'abi is the owner (nibaabi@gmail.com). Alternatively stay in Kiburu Lodge (+675 549 1350), a wilderness retreat in the rainforest, only 10 minutes from Mendi.

— JOYCELIN LEAHY

WESTERN HIGHLANDS



CAPITAL MOUNT HAGEN

46,256 PEOPLE

4299 SQUARE

KILOMETRES

HOW FAR FROM PORT

MORESBY? 514 KILOMETRES

AIR NIUGINI flies from Port Moresby to Mount Hagen up to four times daily, except Wednesday. The flight time is 1 hour.

Mount Hagen is the third-largest city in PNG, but it feels rural, especially as you come in to land over grass huts and terraced gardens throughout the fertile Wahgi Valley.

THINGS TO SEE & DO

- Go to the Mount Hagen Show, held each August and see locals



in traditional dress (pictured).

- Wander around the Mount Hagen market, where the locals are welcoming and there's a wide array of produce and other goods.
- Enjoy some of PNG's best coffee in park-like surroundings at Kofi Cave, near the airport.
- Play a round of golf at Mount Hagen Golf Club (mthagengolfclub.com).

WHERE TO STAY

Rondon Ridge Lodge (pngtours.com), 40 minutes from Mount Hagen, is part of the Trans Niugini Tours chain. The lodge is in the hills overlooking Mount Hagen. Two of the best hotels in town are the Highlander (coralseahotels.com.pg) and the McRoyal (mcroyalhotelpng.com). For no-frills accommodation, try Martha's Retreat (facebook.com/marthasretreatpng).

— JOYCELIN LEAHY

WESTERN



CAPITAL DARU

201,351 PEOPLE

98,189 SQUARE

KILOMETRES

HOW FAR FROM PORT

MORESBY? 434 KILOMETRES

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Welcome to country

Moresby to Daru four times weekly. The flight time is 1 hour 10 minutes.

Make sure you are camera-ready when you enter Western Province, it is a bird watcher's paradise. Many also travel here to catch PNG's mighty black bass and barramundi.

The largest river in PNG, the Fly, runs through the province, which is a patchwork of winding rivers, lakes and wetlands.

The giant OK Tedi mine is in the province.

THINGS TO SEE & DO

■ Fish the Fly River, Lake Murray and other areas, based at Bensbach Wildlife Lodge or Lake Murray Lodge, operated by Trans Niugini Tours (pngtours.com).

- Kiunga-based Quinten Tours (+675 7198 9397) runs fishing, birding and cultural safaris.
- Kiunga Nature Tours (+675 548 1451) conducts birdwatching excursions and trips to villages.
- Journey to Wawoi Falls, one of PNG's most spectacular waterfalls.

WHERE TO STAY

The Bensbach and Lake Murray lodges offer the pick of the province's accommodation. Ikame Village Lodge (skepuknai@gmail.com) is a good option for birdwatching.

— JOYCELIN LEAHY

WEST NEW BRITAIN



CAPITAL KIMBE

264,264 PEOPLE

20,387 SQUARE KILOMETRES

HOW FAR FROM PORT MORESBY? 525 KILOMETRES

AIR NIUGINI flies from Port Moresby to Kimbe twice daily. The flight time is 1 hour 5 minutes.

This province occupies the western half of New Britain Island. Unlike neighbouring East New Britain Province, the west is largely unknown by tourists, even though it boasts great diving, snorkelling and trekking.

Hoskins Airport is about 45 minutes' drive from the main town of Kimbe.

THINGS TO SEE & DO

- Kimbe Bay is famous for its coral, rewarding snorkelling and diving experiences, and volcanic caves.
- There's excellent fishing (baiafishingpng.com) at Kimbe Bay.

WHERE TO STAY

Walindi Plantation Resort (walindifebrina.com) is the perfect getaway for divers, offering land-based diving, as well as excursions on board the *MV FeBrina*. Liamore Reef Resort (liamoreefresort.com) and Kimbe Bay Hotel (+675 983 5001) also provide accommodation within the main town of Kimbe. ■

— ANNETTE SETE

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Essential Port Moresby

With more than 10,000 delegates and visitors expected in Port Moresby for APEC during November, *Kevin McQuillan* provides a guide to some of the best things to see and do in the PNG capital.

PORT MORESBY NATURE PARK

Port Moresby Nature Park showcases Papua New Guinea's native flora, fauna and animals at the only tract of rainforest near the capital city. Thousands of tropical plant species – including palms, gingers and heliconias – are found within the grounds, along with more than 11,000 orchids and native trees.

More than two kilometres of walkways thread under and through the jungle canopy, with

well-maintained gardens displaying local and exotic plants.

Wildlife displays include tree kangaroos, hornbills, fruit bats and a large aviary that houses parrots and birds of paradise. It's also the only place in the world where you'll find all three species of cassowary. The gardens have a cafe and picnic areas.

[facebook.com/PortMoresbyNaturePark](https://www.facebook.com/PortMoresbyNaturePark)

SANCTUARY HOTEL

Perhaps the best place to see and touch PNG's national symbol, the bird of paradise, is at the Sanctuary Hotel Resort and Spa, about 10 minutes from Jacksons Airport. Its aviary is close to the hotel entrance. Feeding times are at 8am and 4pm.

There are other species of bird at the hotel, including native pigeons, parrots, lorikeets and cockatoos.

A hotel shuttle service runs to and from the city centre. The hotel has quiet, tranquil gardens, and

an excellent cafe and restaurant, where the chef will cater specially for vegetarians.

thesanctuaryhotelresortandspa.com

ELA BEACH

Ela Beach is Port Moresby's main beach and the site of the popular market. The beach is also fast becoming a cultural hub. APEC Haus, the location for the APEC Leaders' Summit, is located at the western end.

The beach, once the home for nesting giant sea turtles (from





On a high ... Port Moresby has been transformed with new precincts, hotels and restaurants in preparation for APEC. There are plenty of 'time-out' options in the nation's capital.

which the beach gets its name; *era/ela* is Motuan for 'turtle'), was used as the site for a jail, a hospital, a cricket pitch, tennis court, shooting competitions, horse racing, canoe racing, an airstrip and a wireless telegraph station during the Australian colonial administration.

It has had a PGK55 million facelift over the past year in time for APEC, including a family beach area, a sports beach area with basketball and volleyball courts, boat ramps, picnic tables, and kid's play area.

Built into one of the beach precincts is a natural pool for swimming during low tides.

KOKI FISH MARKET

The stilt village of Koki, at the eastern end of Ela Beach, is worth visiting, particularly its Koki Fish Market, one of the oldest markets in the city.

Koki was an important Allied staging point during World War 2, but these days, it's a hub for grass-roots PNG commerce. Fresh produce and fish straight off the boat are sold here and

it's a colourful place to watch PNG commerce.

Specialties include tuna and clams, caught daily. Many people come to the market from all over Central Province for their fish, some travelling three hours a day.

The Koki market redevelopment comprises a jetty, a sales area for 60 merchants, ice-making machines and four floating pontoons for boats to offload their catches.

BOROKO HANDICRAFTS MARKETS AND BOROKO MARKET

Located near the city centre, Port Moresby's main handicrafts market is a good place to go with a group to buy *bilums*, a selection of Sepik carvings, stone axes, kina-shell breastplates, or shell jewellery. *Bilums* are handmade string bags, made by a process known as looping or knotless netting or by crocheting.

Traditionally, the string used was handmade, normally ➤





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Essential Port Moresby

from plant materials and the like.

Port Moresby's sellers are used to the ways of tourists and will happily engage in some friendly negotiation, but protracted haggling is considered rude.

OWERS' CORNER

An hour and a half drive away from downtown Port Moresby is Owers' Corner, where the road becomes the footpath that connects to the start of the Kokoda Trail. It was the scene of a month-long battle during World War 2, which played a crucial role in halting the Japanese advance just 48 kilometres from Port Moresby and prompted the Japanese retreat.

A replica of one of the two 25-pound guns used in the battle is on display. The guns were able to fire over the Australian troops and directly onto Japanese positions.



Market time ... the Ela Beach craft market is on the last Saturday of each month.

One of the soldiers is reported to have said: "The sounds of the shells passing over our heads was music to our ears".

Owers' Corner is named after lieutenant N. Owers, who had been sent out to survey a supply route for troops on the Kokoda Trail. It's an ideal place to look out over the trail and have a picnic.

SUNSET LODGE

About an hour's drive from the centre of town is Sunset Lodge, which overlooks the beautiful Papa sandy beach and where you can see the massive oil tankers at the LNG plant/terminal refilling LNG for export to the Asian markets.

The success of the PNG LNG project has boosted PNG's reputation as a place to do business and the LNG sector is likely to expand, with approval ➤

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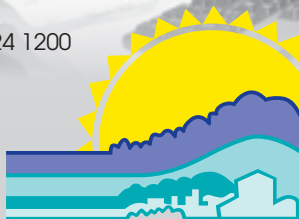
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Essential Port Moresby

In the capital ... the Port Moresby Nature Park (this page); Hanuabada stilt village and Parliament Haus (opposite page).



for another LNG project expected by year's end.

The lodge and beach area are an excellent escape for a quiet afternoon and a drink, swim or walk.

facebook.com/pg/SunsetVillageResort

SHADY REST HOTEL

The hotel is about five minutes from the city centre and features authentic Indian food at the Cellar Restaurant, as well as European, Malaysian and other southeast Asian dishes. Chefs are from India, Sri Lanka, the Philippines and PNG.

Tuesday and Friday nights are host to an all-you-can-eat curry buffet, with Indian classics, finger foods and breads, fresh from the tandoor.

Also onsite is Mike's Pizza Company. The hotel has a gaming lounge and tapas cocktail lounge where local bands play local music. It also runs karaoke nights.

shadyrest.com.pg

ROYAL PAPUA YACHT CLUB

There's nothing quite like the view of Fairfax Harbour and the marina from the Royal Papua Yacht Club. The home of sailing in PNG, with an imposing clubhouse located on the beachfront of Port Moresby Harbour, the club traces its history back to colonial days.

Macdhui Restaurant, whose executive chef Brian Topham has worked in Fiji and Vanuatu, specialises in fresh fish, as well as beef from Kimbe in West New Britain Province, feeding on palm oil which, says Topham, "makes the beef tender and tasty".

The club has four bars, and it is the Wet Bar that overlooks the marina and harbour. Downstairs is the Boat Shed, which features live music. Boats are available for hire, seven days a week.

You can only get in if a member signs you in, although there's usually someone around to do that.

rpyc.com.pg

KOITAKI FARM AND PICNIC AREAS

About an hour away from Port Moresby at Sogeri at the entrance/exit to the Kokoda Trail, is the largest cattle farm in the Pacific, outside Australia and New Zealand.

It covers almost 6000 hectares, with facilities including 35 colonial homesteads, and a hydroponic farm, which supplies vegetables to major supermarkets and restaurants in Port Moresby.

The area's mountains, forests, rivers and streams provide cool relief.

Sogeri is also home to some of the best picnic areas and parks outside Port Moresby, like the Crystal Rapids picnic area, Koitaki Country Club, Sirinumu Dam, Owers' Corner, the Hombrum Bluff, Rouna Falls Lookout and the Varirata National Park. This park is a natural rainforest park, with a sealed drive-through road to its lookout, with a couple of walk tracks with directions.

The park has a bird's eye-view lookout point of the city of Port Moresby and its outskirts. The park is a favourite for bird watchers.

GUIDED TOURS OF MOTUAN VILLAGE, HANUABADA

Although Port Moresby is a mix of cultures, its original inhabitants are Motu Koitabu, seafaring people



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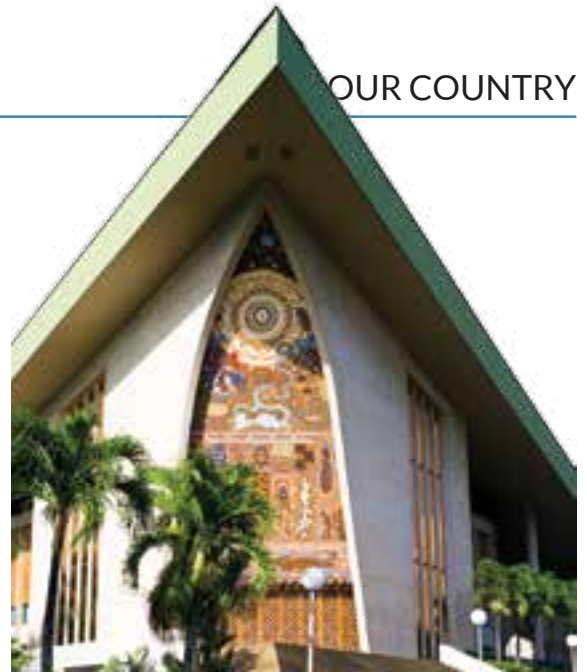

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Essential Port Moresby



of Polynesian descent, unlike the Melanesians who populated the rest of the country.

The Motuans arrived as recently as 2000 years ago, building their villages on stilts over the water to keep them safe from black magic and bad spirits.

You need an invitation or a guide to visit Hanuabada, one of only two remaining stilt villages in Port Moresby, the other being Koki at the eastern end of Ela Beach.

The original stilt houses of Hanuabada were constructed from wood, with thatched roofs. But they were destroyed by fire during World War 2 and replaced using modern materials supplied from Australia. Hanuabada has a reputation of having retained much of its traditional and conservative Motuan culture.

NATIONAL MUSEUM AND ART GALLERY

The National Museum and Art Gallery is an excellent way to learn about PNG's rich indigenous culture. It houses artefacts from all the provinces and has just been re-opened after a major refurbishment. The main building is a stunning example of traditional architecture and art, with sculpted pillars and thatched roof (also see the striking Parliament Haus building next door).

The museum has well over 30,000 anthropological collections, more than 25,000 archaeological collections, more than 18,000 natural science collections, more than 20,000 war relics and more than 7000 contemporary art collections. It consists of five display galleries: the Masterpiece Gallery, the Independence Gallery, the Sir Allan Mann Gallery (for temporary exhibits), Life and Land Gallery (natural history and prehistory) and the Sir Michael Somare Gallery (new acquisitions).

There is a central courtyard with live animals and birds, a theatre, amphitheatre, amenities area and souvenir shop. As well as the main museum it also has the Modern History Museum, also known as the War Museum, with an outdoor area for war relics.

museumpng.gov.pg

FISHERMAN ISLAND FOR PICNICS

An ideal spot for a family or group picnic, Fisherman Island was used as an airstrip during World War 2 and, until recently, pilots from Port Moresby used it as a training spot.

Archaeological evidence suggests that this island remained uninhabited for the last 1000 years, before the fishermen tribes from Hula settled there in the 1950s.

Today, this small, clear-water

island has a thriving fishermen community, Moukele village. Half an hour's boat ride from the city, the island is an ideal getaway.

No boat? Rent one through the Royal Papua Yacht Club. There are no dining spots or lounges, so you need to take your own food, water

and drinks, sunglasses, spare clothes, umbrellas, foldable chairs or blankets – and don't forget swim gear. ■

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CITY GUIDE:

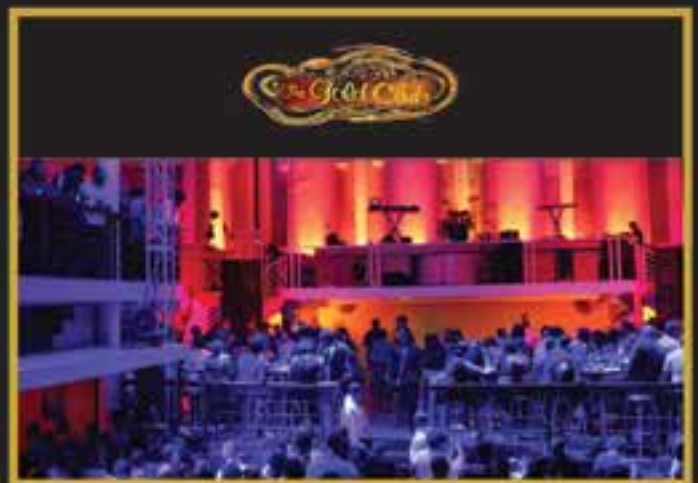
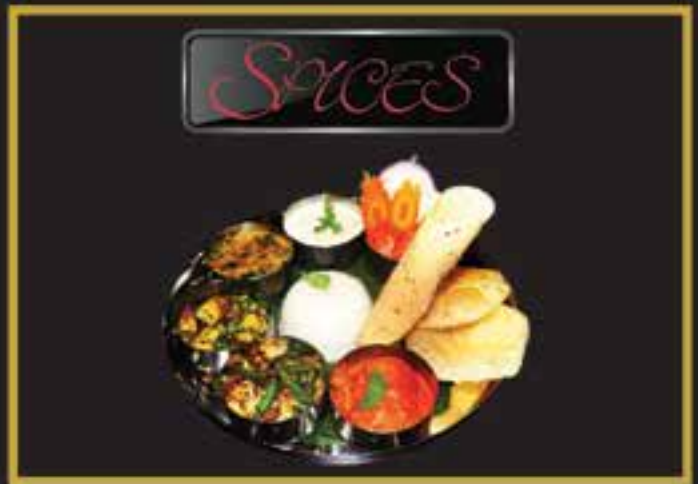
manila

Bronwen Gora delves into the hustle and bustle of the capital city of the Philippines.

The Philippines was one of the first countries to formalise diplomatic relations with Papua New Guinea after independence in 1975, and both countries continue to maintain close ties. Well over 25,000 Filipinos live in PNG, but they're never far from home with Air Niugini flying a direct 3922-kilometre route between Port Moresby and Manila. ➤

On parade ... a dancer at the annual Sumakah Festival at Antipolo City, east of Manila.

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City guide: Manila

GETTING AROUND

Manila's Ninoy Aquino International Airport (manila-airport.net) is eight kilometres from the city centre, and visitors must travel by taxi or bus (there is no train system).

Once in the city, take a ride in a colourful jeepney, a national symbol of the Philippines. However, most of your travels will be better expedited aboard Manila's Light Rail Transit (LRT) (lrta.gov.ph). There are two lines – LRT 1 and LRT 2 – reaching all parts of the city. The above-ground rail is a good way to see the city and avoid its legendary traffic jams, which are such an accepted part of living in Manila that a show called *Traffic Jam* was staged at the Philippine Educational Theatre in October this year.



SIGHTS

This is one busy city, so brace yourself before entering. Simply stepping outside the airport for the first time is a shock to most people, as they find themselves faced with a cacophony of noise, heat, tumultuous traffic, and pedestrians moving in every direction.

Push through this initial melee, both physically and mentally, and you will eventually be rewarded with the bigger picture, one in which Manila reveals itself to be a modern metropolis of skyscrapers, excellent fusion food, friendly locals with a chic urban scene where indie music thrives, cafes serve single-origin coffee and hip bars are par for the course.



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City guide: Manila

Manila comprises 16 cities and one municipality bundled together under the umbrella name of Metro Manila. It covers 636 square kilometres, everything from the cosmopolitan, to the quirky, to the shabby existing side by side.

A unique vibrancy exists in Manila from the fusion of Chinese and Spanish cultures, and there is more than a dash of American influence too: not only did America buy the Philippines from Spain for \$US20 million in 1898 after the Spanish-American war, the country was also heavily involved in the area during World War 2. When the US army left after the war, the old army jeeps were sold to

Filipinos for \$US1, resulting in the emergence of brightly decorated jeepneys, the inexpensive public buses that are unique to the Philippines.

The best way to gain a feel for Manila's colonial past is to walk the cobblestone streets past UNESCO World Heritage-listed San Agustin Church (whc.unesco.org/en/list/677), the Cathedral of Manila and Fort Santiago (en.wikipedia.org/wiki/Fort_Santiago), before an immersion in Manila's major historical enclave, the medieval fort city of Intramuros (intramuros.gov.ph).

Political activist and artist Carlos Celdran is famous for his

entertaining 'Walk this Way' Intramuros tours (carlosceldranwalks.wordpress.com).

On the flipside, Makati, Ortigas and Bonifacio are the primary districts for everything smart, modern, and fashionable. ➤

In a jam ... Manila is renowned for its traffic jams (opposite page); the Cathedral of Manila (right).



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City guide: Manila



MANILA SPECIAL

Sunsets are notably fiery in Manila. The most popular way to enjoy the daily spectacle is by strolling along the shoreline of Manila Bay, often hailed East Asia's greatest harbour.

CULTURE CULTURE

Filipinos adore music and theatre, so there is always a quality stage show to see. You will find plays, musicals and independent films at either the Cultural Centre of the Philippines (culturalcenter.gov.ph and [facebook.com/culturalcenterofthephilippines](https://www.facebook.com/culturalcenterofthephilippines) for upcoming performances and news), the Philippine Educational Theatre Association (petatheater.com) or the University of the Philippines (up.edu.ph) in Quezon City.

One of Manila's major art venues is the Ayala Museum (open Tuesday–Sunday 9am–6pm, closed Mondays, ayalamuseum.org) in the Makati central business district. Exhibitions focus on local artists. In Quezon City, it is well worth visiting the 3D museum Art In Island (open Tuesday–Sunday 9.30am–9.30pm, [facebook.com/artiniland](https://www.facebook.com/artiniland) and Instagram, @artiniland) in Cubao, ranked on visitor websites as in the top 10 things to do in the Philippines.

DOING BUSINESS

The unveiling of Manila's first large-scale events venue, the Philippine International Convention Centre (picc.gov.ph) in 1976, was followed by three equally expansive

facilities, which are all still heavily booked for major national and international conferences.

When it comes to hotels, it is hard to beat the Grand Hyatt Manila (manila.grand.hyatt.com) in the heart of Bonifacio Global City Makati, the newest up-and-coming business and

For a more intimate experience, wander over to the Makati district's The Collective (thecollectivemalugay.blogspot.com), dubbed an 'anti-mall' for eschewing chain stores in favour of boutiques, bars and vintage stores.

Souvenir hunters after authentic Filipino



social hub in Manila. Sofitel Philippine Plaza (sofitelmanila.com) is next door to the city's largest convention centre and in walking distance to such attractions as Manila Cathedral, the historic city of Intramuros and Rizal Park's Chinese Garden.

RETAIL THERAPY

If you seriously want to shop, head to the SM Mall of Asia (smsupermalls.com) in Bay City. This complex is one of the world's largest retail centres, teeming with hundreds of big-name brands as well as an ice-skating rink and IMAX Theatre.

specialties like embroidery and crafts will find quality in Tesoros in Makati. In Quezon City the shopping is particularly good at Eastwood City's exceptionally modern and upscale Eastwood Mall (megaworldcorp.com/malls/eastwood-mall).

PILLOW TALK

Alongside world-class hotel brands such as Hyatt, Shangri La, Sofitel and Pan Pacific, Manila has a generous number of suite-style hotels and charming boutique hotels. The Bayleaf Intramuros (thebayleaf.com.ph) is typical of the city's atmospheric boutique establishments designed to reflect the Spanish colonial past



Super shopper ... SM Mall of Asia is one of the world's largest retail centres (far left); a performer at one of Manila's many traditional festivals (left); local delicacies (above).

EATS

Sampling Manila's cuisine can easily take up much of a visitor's time, the food here is so good. Rich Spanish and Chinese traditions result in truly delectable dishes. Staples on restaurant menus are *echon* (suckling pig), barbecue pork skewers and *chicharon* (crispy pork rind). The late celebrity chef Anthony Bourdain declared Manila's roast pork among the best anywhere in the world.

Makati is home to a flourishing hipster cafe scene, the kind where the fashionable flock for weekend breakfasts of *champorado* – a sweet chocolate rice porridge. A multitude of cafes also serve Western dishes, with a popular go-to the Early Bird Breakfast Club (7am–9pm, Sunday to Thursday, then 24 hours starting 7am Friday to 10pm Sunday, earlybirdbreakfastclub.com) which has two locations in Makati, in the Fort Complex within the trendy Bonifacio Global City district as well as Century City Mall. Street food is the calling card of the waterfront promenade San Roxas Boulevard.

WATERING HOLES

Rooftop bars are all the go in Manila and some of the best are Sky Deck above the Bayleaf Hotel (thebayleaf.com.ph), Buddha Bar (buddhabarmanila.com), or the ➤





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City guide: Manila

Straight Up Bar, a minimalist and stylish spot above Hotel Seda (bgc.sedahotels.com).

Once night has fallen, the Makati district is, again, the centre of action. You will not have a problem finding a small funky bar or fine dining restaurants.

Ibiza Beach Club (ibizabeachclub.global/bgc-manila) is a renowned hot spot, large, sophisticated and the sort of place where it's fine to go barefoot with a cocktail, or dress to the nines for a fine dining experience. ■

 **Air Niugini flies from Port Moresby to Manila five times weekly. See airniugini.com.pg.**



Transport hub ... colourful jeepneys lined up in Manila. The public transport vehicles are a national symbol of the Philippines.

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Shanghai takeoff

Richard Andrews provides some tips on Shanghai, the newest destination on the Air Niugini route network.

Shanghai ... on the radar for Air Niugini.

Step off your flight at Pudong International Airport and it feels like Tomorrowland – the Disney theme park set in the future.

Shanghai's gleaming modern terminals are linked by walkways to the world's fastest electric train, the Maglev – a magnetic levitation marvel that propels you at speeds over 400kmh.

Faster than a small plane or a Formula One racer, the Maglev silently covers the 30-kilometre distance from airport to the CBD in

just over seven minutes, with the landscape whizzing by like a movie on fast-forward. While it's an exciting ride, a taxi may be a better bet if you're laden with luggage or want to go directly to a hotel in the older part of town.

But even in this Tomorrowland, some dealings with foreign visitors remain the same, so avoid the taxi touts wandering around the arrival lounges. Despite their official-looking uniforms and badges, these 'agents' will quote fares three or four times higher than the regular


taxis lined up outside the terminal. Company-branded taxis charge by the meter and issue a printed receipt with cab number at the end of the journey.

In fact, taxis are relatively inexpensive and a popular way to get around Shanghai. But they're not always readily available and can get stuck in the traffic jams you'd expect in a city of 25 million people. As many drivers don't speak or read English, carry hotel cards, maps or printouts with the destination written in Chinese.

Drivers often communicate via translation apps, which sometimes come up with results straight out of a Monty Python skit. In response to a question about his destination, one friend was asked: "How old are you, grandpa?" He didn't mind the inquiry, knowing that people aged 70 and over get free admittance or an 'elderly' discount to many attractions. If you qualify for the elderly discount, carry your passport or other official proof of age.

Apart from taxis, it's worth the effort to master Shanghai's





extensive metro system, a cheap, efficient and enjoyable way to travel – outside the crowded peak hours. Signs, maps and station announcements are in English, while volunteers or bystanders are happy to help visitors navigate the ticket machines.

Remember to hold onto your ticket as it's needed to both enter and exit the metro. I watched a middle-aged tourist who had to limbo under the turnstile to get out. Not a good look in a loose, floral-print dress.

Although most metro passengers are stuck on their mobile phones like everywhere else, they often like to strike up conversations with foreigners. On one journey we were seated near a man nursing a small fish tank containing two

brightly coloured koi. His wife was concerned they didn't have enough water and asked my companion to empty his bottle of drinking water into the tank. A lively conversation ensued about fish and raising children, with bystanders

contributing to the translation.

For the more adventurous, buses in Shanghai are abundant and the cheapest way to travel, but little English translation or signage is available, making it easy to get lost.

Instead, the hop-on hop-off tourist buses are another way to reach the Shanghai Museum, Oriental Pearl Tower, the Shanghai Aquarium and other leading attractions. Despite Shanghai's massive size, most of the main areas are grouped together, ➤

“

Your nose is twice as long as mine.
Welcome to Shanghai!

”



Shanghai takeoff

which makes walking the best way to explore them.

The central city area is very clean and safe with street-sweepers, security guards and CCTV cameras everywhere. Big Brother watches over your welfare. Perhaps the biggest danger comes from the electric scooters when they mount the sidewalks to avoid traffic gridlock and silently weave their way around unsuspecting pedestrians. Kung Fu on two wheels.

Nevertheless, areas such as the former French Concession, the old city area of Yu Yuan and the People's Square district make for pleasant strolls with their restaurants, stalls, side streets and markets. Upscale malls also offer an elegant shopping experience and designer-label boutiques.

But don't expect bargains, even if the goods are made in China.

Shanghai's architecture mixes traditional Chinese with gothic, baroque, art deco and ultramodern. And if there's any doubt about the size of Shanghai's population, go to Nanjing Road and join humanity on the move. Any evening, huge crowds make their way to the Bund and promenade by the Huang Po River. That's where you'll find the historic Peace Hotel. Restored to its former art deco splendor, the hotel is home to a band of veteran musicians who pump out jazz standards, amidst the clink of cocktail glasses.

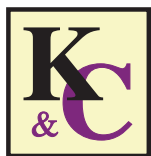
A few blocks away is Fuzhou Lu, my favourite street. It reminds me of the High Street in Harry Potter's Hogsmeade Village. Away from the 21st-century glitz, ➤



Fast track ... the Maglev reaches speeds up to 400kmh (above); the Shanghai Aquarium and Yu Yuan (below).



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Shanghai takeoff

you'll find an authentic strip of traditional calligraphy supplies, scroll paintings, antique stores, bookshops and tattoo artists.

Intrigued by the ancient decor and furniture, my wife and I enter one small shop to find out what it actually sells. A sage-like man tries to explain in Mandarin, but with our limited vocabulary we can't work it out. He then gives my wife a small paper fan decorated with traditional calligraphy. According to a Chinese professor, it is a

people anxious to ensure good fortune and happiness for their children or business.

Further down the street a cheerful old man approaches me, looks at my face and says in English: "Your nose is twice as long as mine. Welcome to Shanghai!" Certainly an unconventional way to greet a stranger, but symbolic of the city's longstanding acceptance of outsiders, regardless of appearance or origin.

For example, thousands of

political rallies, triad gangsters and even greyhound races with monkey jockeys.

The city still hosts a number of jazz and blues clubs.

For a respite from the urban jungle, it's worth visiting the Chenshan Botanical Gardens on the outskirts of Shanghai. The immense green space includes more than 200 hectares of classical gardens, beautiful lakes, waterfalls, playgrounds, landscaped walkways and

and some specimens may be as old as 2000 years.

Another curious attraction is the Ipoh Tree from the Malay Peninsula. Considered the world's most poisonous tree, its toxic sap was smeared on deadly blow darts used by local tribesmen when the Portuguese attacked Malacca in 1511.

According to reports, "every Portuguese soldier hit by darts died, except one".

When you're ready to venture



Old Shanghai ... Buck Clayton was among the American musicians to go to Shanghai in the 1930s to escape racial prejudice (left); Chenshan Botanical Gardens (right); a fan decorated with traditional calligraphy (below).



philosophical poem calling on people "to purify their hearts and limit their desire".

As for the shop, it turns out surprisingly that the man sells names. Using I Ching divination, he determines the appropriate

Chinese characters and names for

persecuted Russians flocked to Shanghai and a new life after the Bolshevik revolution in 1917.

During the 1930s, the city also welcomed and protected an estimated 20,000 Jews fleeing the Nazis.

A former synagogue has since been declared a cultural site and converted into the Shanghai Jewish Refugees Museum.

Black American musicians, such as trumpeter Buck Clayton, also headed to Shanghai between the wars to escape racial prejudice. During this time, the city gained its 'anything goes' reputation for decadence, jazz, lavish parties, dance hall brawls,

plantations of medicinal plants from around the world.

The gardens are also part of China's national greening program that involves a leading Canadian botanist. Gilles Vincent is managing experiments with plants that extract industrial pollutants from soil that's needed to grow food for a population of more than 1.4 billion.

Chenshan also boasts Asia's largest greenhouse, housing thousands of rare and protected plants. These include one of the world's oldest, rarest (and some say ugliest) desert species, *Welwitschia mirabilis*. Found in Angola and Namibia, the plant is often described as a 'living fossil'

beyond Shanghai, the city is also a hub for China's network of high-speed intercity trains. At 230kmh, they put centres, such as Nanjing and Suzhou, just 60–90 minutes away, making side trips possible from your hotel base. ■

✈ At the time of going to press, Air Niugini was due to start regular flights from Port Moresby to Shanghai. See airniugini.com.pg.





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HONG KONG'S NEW 'MUST-DO' ATTRACTION

Penny Watson visits Hong Kong's recently opened Tai Kwun Centre for Heritage and Arts, which has been restored to its colonial grandeur and houses a mixture of exhibition and performance spaces, shops, restaurants and bars.

The Tai Kwun Centre for Heritage and Arts ... colonial buildings, including a prison, have been transformed in the heart of Hong Kong Central.

For about a decade, a whole block in the urban-dense heart of Hong Kong Central sat seemingly dormant, save for the erection of trusty bamboo scaffold and the occasional banging and tinkering of onsite workmen.

The old colonial masonry walls extending around the boundary of what was the justice compound – including the former Central Police Station, Central Magistracy and Victoria Prison – muffled much of the noise, and the absence of sky-high cranes meant the whole place went largely ignored by passers-by on busy Hollywood Road.

Fast forward to mid 2018 and the opening of Tai Kwun Centre for Heritage and Arts, occupying the entire 13,600 square-metre former compound along with 16 repurposed historic buildings and two new edifices, comes as a remarkable revelation to the city.

The \$HK3.8 billion (\$US484 million) revitalisation project, the largest of its kind in Hong Kong, is not only a brilliantly realised architectural transition from a derelict heritage site to world-class public space, it is also the realisation of the city's only all-encompassing multi-purpose arts and culture hub. It will join the Star Ferry, the Temple Street night markets and The Peak as must-do attractions in the city.

First-timers to Tai Kwun, which is Cantonese for 'Big Station' as the site was colloquially known, will be suitably impressed by the parade ground alone. The enormous courtyard, studded with sun umbrellas and shaded by a 60-year-old mango tree, is bordered by the red brick former Police Headquarters (a late-Victorian building noted for its Chinese tiled roof) and the

grandiose four-storey Barrack Block, one of the centre's oldest buildings, completed in 1864. These magnificent structures now house major exhibition and multi-use performance spaces, bars and eateries and upmarket browsing shops.

Taschen Books is here alongside hand-picked homegrown boutiques such as Lokcha Tea Shop, where you can buy tea cannisters and wooden tea scoops before sitting down to traditional dim sum in nearby Lokcha Teahouse.

Free heritage tours, in both Cantonese and English, start in the parade ground, groups meet here under the shade of the trees and friends gather at the al fresco cafes. It's a tastefully evoked inner-city oasis.

Beyond the parade ground, the labyrinthine compound's heritage buildings, including the former superintendent's house and old ablution block, have been renovated and repurposed as theatres, galleries and studios. In some of them, the history, stories and lives of people involved in Tai Kwun's 170 years are told in creative ways.

All the buildings are connected via thoughtfully implemented staircases, laneways, bridges and paths to encourage meandering and exploring.

At the southern end of the compound, Tai Kwun's reverential tribute to contemporary arts and architecture is revealed in the form of two spectacular new multi-storey builds: JC Cube performance venue and JC Contemporary exhibition space. These metallic-wrapped architectural masterpieces are integrated with the neighbouring heritage buildings, including the former prison, but their design has them leveraged above ground level. ➤





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Hong Kong 'must-do'

Both venues are part of a year-round commitment to producing and hosting world-class dance, performance, art and music, from a uniquely Hong Kong viewpoint.

They stand either side of the former prison yard, an outdoor courtyard which has been reborn as a communal space with art installations that double as seats, shade trees, shops and cafes.

Sit on the semi-outdoor laundry steps under JC Cube for the Sunday Movie Series of free feature films and shorts. Or front up every Monday and Wednesday for the Lunchtime Series promoting stand-up comedy, street performances and mini-concerts.

Family days, with children's workshops, tours and activities, are held throughout the year, and evening lectures, workshops, poetry readings and talks are all part of the immersive experience. Significantly, there are public

“

It will join the
Star Ferry,
the Temple Street
night markets and
The Peak
as must-do
attractions
in the city.

”

entries via a through-way on the east and west sides of the building granting locals and in-the-know visitors easy access without having to line up at the main Hollywood Road entrance.

While contemporary art and performance takes precedence at Tai Kwun, anyone dabbling in the fine art of eating and drinking will also be inspired. Fittingly named Behind Bars is a classic bar taking over a series of former interlinked jail cells within the former prison. In the superintendent's house, new Dragonfly, with interiors by boy-wonder designer Ashley Sutton, is an art nouveau-inspired place with craft cocktails. ■

Tai Kwun (taikwun.hk) is open from 10am to 11pm daily. Visitors are encouraged to book a free Tai Kwun pass online prior to visiting for guaranteed admission. Walk-ins are also welcome, subject to site capacity.



Air Niugini flies from Port Moresby to Hong Kong three times weekly. See airniugini.com.



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AIRPORT REVIEW

BY NICOLA GAGE

JACKSONS INTERNATIONAL
AIRPORT, PORT MORESBY

As the Asia-Pacific Economic Cooperation (APEC) forum fast approaches, all eyes are on Jacksons International Airport in Port Moresby, with some of the most influential leaders in the world set to pass through its gates. Despite being Papua New Guinea's largest and busiest airport,

it's still relatively small, which benefits travellers through its easy navigation and relatively small queuing times. With all the necessities to help you in transit, we take a closer look at what Jacksons has to offer.

Home base ... Air Niugini planes on the tarmac at Jacksons International Airport.





→ WHERE

On the edge of the city in the suburb of Saraga, the airport – on Morea-Tobo Road – is a short drive from most areas of Port Moresby.

→ AIRPORT CODE

POM

→ TERMINALS

Two terminals. Terminal one is for domestic travel and terminal two is international. Located next to each other, it's only a short walk between them, making for a relatively smooth transit from domestic to international flights.

→ LOUNGE ACCESS

Air Niugini's Paradise lounge has comfortable seating with food and beverages available – a relaxing place to wait for your flight.

→ DISTANCE TO CBD

8 kilometres

→ TAXIS & HIRE CARS

Taxi stands are outside arrivals, however they are not always safe to use. Instead, hire a car



from major companies such as Hertz (+675 3254999) or Avis (+675 3249400), which are based outside international arrivals, a Black Swan escort car (a car that follows your transport, especially during the night) or a Black Swan taxi with driver (blackswans.com/secure-transport/).

→ OTHER TRANSPORT

Most hotels provide airport transfers.

→ SHOPS

There are two main stores in the international departure lounge that sell a variety of traditional items, so you can take home a little keepsake from PNG. There are plenty of souvenirs, from *bilum* bags and meri dresses to traditional hats and wooden carvings. The duty free shop is also filled with plenty of items to take on your travels.

→ FOOD & BEVERAGE

There are plenty of options in terminal two including alcohol, sandwiches, pastries, wraps, crepes and cakes.

Oh, and very good coffee. Drinks and sandwiches are also available in terminal one.

→ WI-FI

Free Wi-Fi is available at both the domestic and international departure lounges. To log in you need to present your boarding pass and passport at the information desks in either terminal.

→ FAVOURITE CORNER



Inside the international departure lounge you'll find local PNG company Duffy coffee roasters (above). Like its other businesses in Port Moresby, this cafe has tasty coffee accompanied by both fresh food and sweet treats.

The seating area is dotted with different relics from World War 2, which you can read about and peruse while waiting for your flight.



→ WHAT ELSE

Two phone stores are located in the international arrivals hall where you can purchase local sim cards with promotional short-term deals. The tourist information desk at international arrivals has information pamphlets about things to do, and there are plenty of ATMs – and a foreign exchange desk – making it easy to withdraw local currency.

→ NEARBY HOTELS

The award-winning Airways Hotel (airways.com.pg) almost sits on the edge of the runway. It boasts a restaurant, cafe, spa, hairdresser and pool. Next door is the Gateway Hotel (coralseahotels.com.pg). Both offer airport pick-up.

→ SKYTRAX SAYS

"Very little queueing times in both the domestic and international terminals. Jacksons International has just undergone some big renovation work and is looking excellent, with great shopping and cafes. A pleasant airport to transit." ■



WEWAK BOUTIQUE HOTEL, PNG

inwewak.com +675 456 2100

WHO STAYS? Business travellers and tourists.

HOW BIG? 73 keys

COST Rooms start from PGK330 +GST

CHECK IN 10am

CHECK OUT 10am

HIGHLIGHTS

- Idyllic views of the Bismarck Sea.
- Friendly staff with quality food.
- A perfect gateway to exploring the East Sepik.

NEARBY The hotel is within walking distance of the main area of town, as well as the local beach. Wewak's services, such as shops, supermarkets and petrol stations, are spread out. Some are on the main street, while others are situated along the coast. With many attractions – including Cape Wom and Mission Hill – out of town, hiring a car with driver through the hotel is a good option.

Wi-Fi in rooms/public areas: ✓

TV: ✓

Air conditioning in room: ✓

Ceiling fan in room: ✓

Room service: ✓

Swimming pool: ✓

Airport transfers: ✓

Gym: ✓

Business centre: ✓

Hotel arranges tours: ✗

Breakfast included in room charge: ✓



LOCATION

Once the site of Japan's biggest airbase on mainland New Guinea, Wewak has a fascinating war history and provides the perfect gateway to explore PNG's East Sepik Province. It is an 80-minute flight from Port Moresby with Air Niugini. The hotel is a little gem that will make your time in the sunny northern town all the more relaxing. Perched on Wewak Hill – and nestled amongst residential housing – private wooden decks with modern furniture overlook the Bismarck Sea and glorious sunsets.

THE PLACE

The hotel has two sites on Wewak Hill, which are about 200 metres apart. Both have modern facilities and the hotel organises a driver to take guests to the larger site where the pool and restaurant are located. The hotel is owned by a local family. The family collects Sepik artefacts, which decorate walls through the hotel, a captivating glimpse into the treasures this region holds. Many features make for a comfortable stay, including an outdoor pool, cafe and restaurant, business area and manicured gardens.

ROOMS

Rooms are meticulously clean and contain everything necessary for a comfortable stay, including television, direct-dial telephones, fridges and air conditioning. They're serviced daily, with a laundry service also available.

FOOD AND DRINK

In my opinion, the hotel's restaurant, Vanilla Room, serves up the best food in Wewak. A large selection of culinary options are on offer, with chefs making use of seasonal and local produce. The lobster mornay is one of my favourites. Delicious. The hotel also has a cafe, which opens for breakfast and lunch. I would suggest you make the most of the idyllic views and eat outside on the balcony.

WHAT GUESTS LIKE

"Wewak Boutique Hotel is a true and unexpected oasis ... most extraordinary was the quality of the food in the restaurant – gourmet style with a very varied menu." – TripAdvisor

"Clean, smart, well kept. Rooms well presented and spotlessly clean ... best hotel in PNG." – TripAdvisor ■



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Three of a kind: botanic gardens



Gardens by the Bay
... like stepping
into a scene from
the science fiction
fantasy movie *Avatar*.

LAE NATIONAL BOTANIC GARDENS, PNG

Since their creation in 1949, Lae's National Botanic Gardens have functioned as a centre of botanical research, conservation and education, and are looking better than ever following a regeneration and reopening in 2015. As a visitor you can stroll through this peaceful green patch of rainforest and grassland peppered with huge, vine-cloaked trees, meeting bright exotic birds, butterflies and reptiles along the way.

SOMETHING SPECIAL

Inside the gardens you'll find an RAAF DC-3 plane dating back to 1945, a reminder of Papua New Guinea's place in World War 2 history.

DON'T MISS

The exotic orchid collection, including what is said to be the world's largest orchid.

DETAILS

Open 9am to 4pm daily; adults PGK5, children PGK1. See laebotanicgardens.com.

GARDENS BY THE BAY, SINGAPORE

Stepping into Singapore's iconic 101-hectare Gardens by the Bay feels like entering a scene from James Cameron's film *Avatar*. The first thing you'll notice are the 18 steel Supertrees, ranging from 25 to 50 metres high, then the two glass conservatories popping out from the foliage like a pair of giant mechanical turtles. A 22-metre-high aerial walkway weaves through the Supertrees and, of course, hundreds of thousands of plants. The horticultural team travelled to every continent except Antarctica to source plants.

SOMETHING SPECIAL

Make sure you visit the Flower Dome, the largest glass greenhouse in the world according to the *Guinness World Records*, which houses an ever-changing floral display including tulips, orchids and blossoms.

DON'T MISS

Walking through the Supertrees canopy. You'll have to climb eight flights of stairs to get there, but you'll be rewarded with breathtaking views of the gardens, and across the water to the famous Marina Bay Sands hotel.

DETAILS

Outdoor gardens open 5am to 2am daily; free admission. Cooled conservatories open 9am to 9pm daily; \$S28 adults, \$S15 children. See gardensbythebay.com.sg.

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In 2014, a walk-through aviary filled with 600 birds – including Australian lorikeets and cockatoos, macaws and parrots – was added to the gardens. You can take a guided half-hour walk through the aviary several times a day but beware, the birds roam free and might decide to use you as their perch.

DON'T MISS

Having devonshire tea in one of the gazebos overlooking the gardens and the mountains beyond.

DETAILS

Open 9am to 4.30pm daily; adults \$A33, children \$A12. See malenybotanicgardens.com. ■





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TIME TRAVELLER

Mount Hagen, 1978

The Mount Hagen Show is a huge event, held since 1961, that brings together people from all over the Highlands. There are cultural displays and traditional dances alongside displays of agricultural developments and the latest equipment. There was great interest in 1978 in the demonstration of the use of a chainsaw to cut logs. While it is an interesting photograph illustrating the merger of traditional and modern, it's certain that today health and safety professionals would have something to say about the lack of personal protective equipment.

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



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Fire dance ... the Baining people are known for their spectacular dance.

Where there's fire

Fascinated by fire, *Daniel Hume* has travelled the world to investigate traditional fire-making techniques. Recently, he visited PNG for the third time.



There was a twinge of nerves in the pit of my stomach as I waited to board a plane in Manila. Every time I glanced up at the information screen and caught sight of my destination – Port Moresby – I felt a surge of adrenaline.

The anticipation grew throughout the five-and-a-half hour flight across the easternmost part of the Indonesian archipelago.

My search for the traditional fire-making

techniques of the world was luring me to this great island for the third time in two years.

For me, there's an incredible magic about New Guinea; I think it's the most exciting place on earth. It's the second-largest island in the world after Greenland and one of the most mysterious. It has the biggest expanse of pristine rainforest outside the Amazon, interrupted only by a 1500-kilometre spine of snow-capped mountains and an interior

inhabited by some of the most traditional indigenous people left on the planet.

My final destination is the Bismarck Archipelago off the northeast coast of the mainland. There, in the jungle-clad mountains of East New Britain, the Baining people have lived for thousands of years; a tribe that continues to lead a very traditional life and is well known for its relationship with fire, often portrayed in extraordinary dances. ➤



Where there's fire



My previous visits had been to the western half of the island to search for the 'fire thong' – an ancient fire-making technique that involves running a thin length of flexible rattan vigorously around a larger dry stick. This time, however, I am looking for the 'fire plough', a different technique that is used eastwards from Papua New Guinea to the Solomon Islands, Vanuatu, New Caledonia and all the way to New Zealand, as well as among the scattering of islands throughout the vastness of the Pacific Ocean.

It is the most wonderfully simple technique of procuring fire by friction, so much so it has to be seen to be believed. When one thinks of rubbing two sticks together to make fire, this is the technique that is most likely to be imagined. The tip of one stick – the plough – is vigorously rubbed backwards and forwards in line with the grain and in a channel on top of another length of wood. As with all friction techniques, this process produces a charred dust, which in this case coalesces into an ember at the

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Where there's fire

furthest end of the channel. Many will know the technique from its use in the film *Cast Away*, starring Tom Hanks. In a very powerful scene, Chuck, played by Hanks, struggles for hours to make a fire using the hand drill. Finally, he gives up and tries another method: the fire plough, and succeeds.

When I first read about the Baining people, I knew immediately that I had to go. Not only did they conduct fascinating dances and rituals associated with fire, but also I suspected they would fall within the fire plough's geographical zone. It would be the perfect combination for one of the chapters in the book I was writing.

After a comfortable night in Port Moresby I board a morning Air Niugini flight to Rabaul. Having spent an hour gazing dreamily out of the window down on to the Solomon Sea, I glance up at the horizon and can just make out the faint, jungle-clad mountains of New Britain looming in the distance. Half an hour later the scene changes abruptly from blue sea



to vibrant green rainforest bordered by aquamarine coral reefs.

As we descend into Rabaul I count at least four or five volcano cones, including the infamous Mount Tavurvur, which has a thin grey plume gently rising from its crater. This truly is the land of fire.

After a few days by the coast exploring the area and organising a visit to the Baining, I bump and crawl in an old four-wheel-drive vehicle up into the hills and arrive in their territory.

It is pleasantly cooler higher up and my hosts welcome me graciously. They cook a delicious meal of chicken with local vegetables wrapped in banana leaves and baked using hot stones from the fire. ➤

Traditional ways ... Papua New Guineans demonstrate their fire-making ability.

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Where there's fire



On canvas ... artistic representations of Baining fire dancers.

The afternoon seems different – there is no heavy downpour as there has been every day since I'd arrived and at night the stars shine beautifully. It is the perfect setting for the dance.

I am led out to a clearing in the forest where a few young boys are squatting down to light a pile of dry palm leaves. As the flames grow, the master of ceremonies continues to pile firewood onto the fire until there are three-metre flames licking the sky.

A group of a dozen or so men begin to beat drums and bamboo sticks and let out loud and uplifting chants. The atmosphere continues to grow and as the fire is stoked hotter with more wood, a murky, shamanic figure appears on the edge of the clearing, assessing the scene.

He begins to lead out the dancers, one by one, into the flickering light cast by the fire. The men step out wearing elaborately painted masks with immense, startled white eyes, like owls or monsters, laboriously made from bark cloth and

“
Suddenly, one of the dancers careers into the fire, releasing a million sparks up into the air, with nothing to protect him except the magic of the fire..
”

bamboo. Their bodies are draped with a variety of leaves from the forest; the masks and outfits are said to be representatives of the bush spirits who live there.

Their legs and bodies are human but their heads are otherworldly, with large beaks and wild eyes gazing around and casting towering shadows across the ground. Their costumes

are traditionally used only once for the dance ceremony before being thrown into the fire and destroyed.

The young men seem to warm themselves up and draw strength from the hypnotic banging and chanting as they bounce in unison with the beat, circling the edges of the fire, kicking the flames and sending a shower of sparks into the night sky. They are preparing themselves for the dance, communing with the spirits of the forest and moving energetically around the fire. It's as though the dancers are no longer human; their dress, coupled with the bewitching chanting, makes them appear like supernatural beings of the forest.

The heat from the fire is searing and even though I am several metres away from it, combined with the heat from the tropical air, sweat pours off me like water. I sit knowing the scene playing out before me has been repeated on countless occasions over thousands of years – a powerful concept. ➤





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Where there's fire

The anticipation of what is to follow seems to affect everyone who is present; as I look around me, the vast shadows of the masks, the sparks of the fire and the energetic dancing, the electricity in the air is palpable. Suddenly, as the music reaches fever pitch, one of the dancers careers into the fire, releasing a million sparks up into the air, with nothing to protect him except the magic of the fire.


Up and up they go, rising high on the powerful thermal column pushing up into the darkness. Mingling as they ascend, it is as if a huge swarm of fireflies has been set free. The brave dancer emerges apparently unscathed on the other side of the fire, scattering dozens of glowing coals across the ground, which are promptly stamped out by the bare-footed dancers. The flames seem to suffer a little but they soon regain their vigour and, before I know it, another dancer commits himself and repeats the act, this time lingering in the centre of the fire for a few seconds, the flames devouring his



bare legs before exiting and continuing to dance as before.

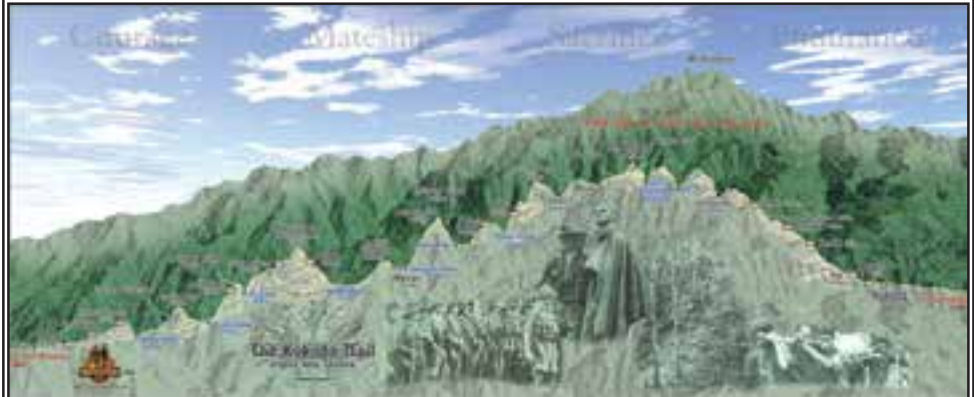
The evening goes on and it is as though I have been transported to a different time and place. The tradition says the dancing must continue while there is still wood to burn and the mountainous stack means that this is one party that is not going to end soon.

The Baining traditionally conduct their dramatic dances to mark special occasions: to celebrate the birth of a new child, to mark the commencement of their harvests, to remember their dead or as a rite of passage when initiating young men into adulthood. Sometimes, large feasts are prepared where taro, pigs, pythons and cassowaries are cooked and eaten before the dance. Anyone can spectate, but only initiated men can observe the 'secret place' in the bush where the dancers adorn themselves in preparation for dancing. Likewise with the masks that are worn: women and children must not see them



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Where there's fire



except when a dance is taking place.

After the spectacular fire dancing, I ask the young men if they can show me their traditional way of making fire. They know what I mean and begin trying to demonstrate but it just isn't working; they are trying but there is no spark. It is apparent that these young men have not had to rely on this skill.

After a while, an older man comes over and intervenes. He goes into the forest with some of the others and returns with new pieces of wood. These are very carefully selected pieces of coastal hibiscus.

He sits down, shapes the wood with his machete and makes fire very quickly, in a matter of seconds. The young people of the community, probably about 40 of them, have gathered round and are amazed at what they see. As soon as the vigorous but short-lived flames from the coconut husk tinder bundle die down, everyone seems to be invigorated by ➤

Fire men ... various techniques are used in traditional fire making.

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Where there's fire

what they have just witnessed and begin picking up any piece of wood they can find and start replicating what they have just seen.

It is an incredibly moving moment. Here is a community that is breathing life back into its culture and traditional knowledge – knowledge that may well have disappeared completely, given a few more years.

This experience is not unique in my quest for fire and there have been several times when I have met communities where the modern world has started to exchange traditional knowledge for new equipment.

This is not something we can stop, nor should we, although it is easy to view these things with a romantic eye. It's a natural progression, of course. That being said, I do think it is important to keep a record of indigenous knowledge and to slot that into modern life.

Today, the level of reliance upon the fire plough as well as most of the other traditional methods of fire making varies greatly; in more remote areas of the Bismarck Archipelago and similarly wild places, it is still heavily relied upon.

Even the teenagers, both boys and girls I meet in neighbouring New Ireland – barely 60 kilometres from Rabaul – are very adept, and even today, it is an everyday part of life for many.

In other parts it is called upon on the odd occasion when matches and lighters run out, and in some places it has become redundant and unnecessary from a practical point of view but continues to be practised and passed on to younger generations as an important part of cultural identity. ■

*Penguin Random House published Daniel Hume's book, **The Art of Fire**, in hardback in 2017. It has since been translated into seven languages and a paperback was released in October, for about PGK55. For a signed copy, get in touch with the author. Hume (pictured) will also be guiding a small group around PNG's Bismarck Archipelago next September to explore some of the area's culture and to provide an insight into the local way of life. See danhume.com.*





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PICTURES: DUSK DEVI; MODEL: JORJA NAIDU; FASHION RANGE: PACIFIC ISLANDS ART; LOCATION: GRAND PACIFIC HOTEL

“

Fashion is a big part of Suva's identity and the city revels in its style-hub cred.

”

Pacific fashion, from the heart

Dusk Devi reports on how Pacific fashion designers are flocking to the Fijian capital of Suva.

Of all the many textbook paradise islands, Fiji is a standout for its kaleidoscope of colour and multicultural society and Suva is one of the Pacific's most sophisticated capitals.

Fashion is a big part of Suva's identity and the city revels in its style-hub cred. If a designer wants to make it big in the Pacific, Suva is where they must

set up shop, and that is exactly what Pacific Islands Art (PIA) did.

PIA moved base from Tahiti to Fiji in 2012, first opening stores on the Western tourist side of Fiji, then in Suva at fashion central, Palm Court Arcade, in 2015.

No exclusive social event is complete without many of the glamorous attendees in a PIA creation. PIA dresses many high-profile Pacific Islanders, ➤

Pacific selection ... model Jorja Naidu wears (from left) an Eia evening gown, Faa evening ensemble, a Terehei halter jumpsuit, a Vini off-the-shoulder dress and a Teevaa sundress.



Pacific fashion

from Miss World Fiji to media personalities, and is seen on the proud Pacific diaspora all over the world.

PIA's distinctive hand-printed designs are created by its co-director and brand stylist, Amber Jennings. PIA is managed by husband-wife team, Tahitian Tehau Guyot and Fijian Jennings, with Jennings serving as chief designer and brand stylist. Both are also models.

Each PIA garment is influenced by Tahitian art and is individually produced, meaning each garment is unique, a distinct work of Pacific heart.

Always a popular draw at fashion events, the vibrant collection in this story (on Fijian top model Jorja Naidu) was launched at the

inaugural Fijian Fashion Festival earlier this year, held at the iconic Grand Pacific Hotel (GPH), another Pacific island work of heart.

The GPH is a Fijian icon, a monument of a bygone era, a testament to longevity. Built by the Union Steamship company in 1914 to cater to elite passengers, the staterooms were intended to make them feel like they had not left the cabins of their luxurious ocean steamers.

The GPH has had its share of downtime, going through periods of neglect during years of political conflict and disregard for history, used as military barracks, as 'squatter deterrent', degraded by cyclones and disinterest but it has now been restored (to the modern equivalent of its golden era glory)



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Pacific fashion

and is *the* place to be seen in Suva. Plus, it has a great calling card.

"The GPH is the only hotel in the world that is featured on money (\$FJ10). It is the pride of Suva, the symbol of Fiji and an icon of the South Pacific, says the hotel's general manager, Peter Gee.

"The GPH was closed for 22 years and was, frankly, a ruin. It is amazing that it didn't fall down or get bulldozed, I attribute that to luck."

Luckily for the Pacific, the GPH opened its doors again in 2014, co-owned by a consortium of superannuation funds from Fiji, New Zealand and Papua New Guinea.

Since then it has played host to many Suva socialites and glamorous events, including

the esteemed Fijian Fashion Festival. ■

PIA is stocked in Fiji, New Caledonia, Wallis and Futuna, Western Samoa, American Samoa, Japan, New Zealand, Hawaii, Vanuatu, Cook Islands and Tahiti. See pacificislandsart.com, grandpacifichotel.com.fj, fijianfashionfest.com.

Grand designs ... model Jorja Naidu at the iconic Grand Pacific Hotel in Suva.







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A CRUSADING NEWSMAN

Kevin McQuillan catches up with a former editor of PNG's *Post-Courier* who is now in charge of Samoa's biggest newspaper.



I have always had a hunger for knowledge, news and information and was a heavy reader of newspapers by the time I was in grade five," says Alexander Rheeney, former editor of the *Post-Courier* and now co-editor of the *Samoa Observer* newspaper in Apia.

Born in Port Moresby, his late father, Otto, was from Manus and his mother, Lucy, from Milne Bay Province.

"I used to store my parent's old newspapers, mainly the *Post-Courier*, in

my and my brother's room and read them at night before going to bed," he tells *Paradise* from Apia.

Rheeney's first job was as a cadet reporter at the *Post-Courier* in 2001, before he became senior reporter in 2004 to cover mainly politics, government affairs, forestry and conservation. He left in early 2008 to join the British Embassy in Port Moresby, where he worked for three years as second secretary (political and public affairs). In 2011, he completed a masters of arts at the University of Sydney, before returning to PNG's oldest daily newspaper in December 2012, this time as editor.

"The stories which stand out for me are those worked on as a team," he says.

As editor, he initiated a controversial campaign in 2013 to stop the removal of cultural carvings and totem poles from the PNG National Parliament.

"I decided that editorial support was crucial for the

National Museum and Art Gallery, in its bid to stop the desecration of PNG's traditional values and culture in a building that symbolised the unity of a diverse nation. The assignment was given to three reporters and I also contributed stories, to ensure the issue was given front-page coverage over a tumultuous two-week period.

"The coverage eventually compelled leaders to come on board to offer their support and the start of national court proceedings, which ordered the restoration of the cultural items, although some of them had been destroyed."

The team's effort was later recognised when the *Post-Courier* became a finalist in the campaign of the year in the 2014 News Corporation's editorial awards in Sydney. It was the first time the *Post-Courier* was a finalist in the category, and while it "fell short of getting the gong", it received a certificate of commendation.

Rheeney spent four years as editor, moonlighting as presenter of TVWAN's current ►

News desk ... Alexander Rheeney has taken up the editor's post at the *Samoa Observer*.



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A crusading newsman

affairs program, *The Mirror*, until late 2017.

Then the job as an editor of the *Samoa Observer* newspaper became available.

"While the assignment was in another country, I always knew that the core principles of journalism in seeking the truth and accuracy, independence, fairness and impartiality, humanity and accountability are universal and applicable anywhere – regardless of whether I was working in PNG or Samoa," he says.

Rheeney says he was impressed after meeting the newspaper's owner, Savea Sano Malifa, "whose brand of journalism revolved around pursuing the truth".

As co-editor, Rheeney is heavily involved in training journalists in basic news writing, investigative journalism and media ethics.

"I am enjoying the new working environment and learning more

us with families and children.

The tourism industry in Samoa is a major revenue earner for the country, and I continue to do a comparative analysis of the services on offer by the industry in

the best of the two years that they will spend in this beautiful part of the Pacific.

"Our children have been enrolled in local schools and learning the Samoan language is part of the curriculum."

The job also offers Rheeney the chance to expand his media experiences. Through his photography and writing for his blog, pngperspective.webnode.com, he is documenting the lives of Pacific Island communities.

After his two-year stint in Samoa is finished, Rheeney is unclear what he'll do – but says he will continue promoting public-interest journalism in the region, possibly as an academic, so he can also work with budding journalists. ■

The core principles of journalism in seeking truth and accuracy, independence, fairness and impartiality are universal.

about Samoa and its people," he says.

"Apia is smaller than Port Moresby but it is quaint and beautiful and ideal for those of

PNG and Samoa and what can be done to improve the industry back in PNG."

Rheeney, his partner, Mouna, and their four children intend to make



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A PIECE OF PNG: HOOK FIGURES

WHAT ARE THEY?

Stylised human figures resembling masks with distinctive hooks. They can be used both as practical household items and as ceremonial figures representing ancestral spirits.

WHERE ARE THEY MADE?

Several cultures in the Middle and Upper Sepik River regions carve sacred figures – such as the Bahinemo people's *garra* figures and the Yimam people's *yipwon* figures – that incorporate a series of opposed hooks.

WHO MAKES THEM?

They can be made by both the men and women of the village. Each region has its particular way of creating the figures, with Kanganaman village known for fine and elegant hooks, Kandangai village for hooks with protruding eyes, and the Hunstein Mountains for concentric hooks.



Varying styles ... a Hunstein Mountains hook figure (far left); a Sepik River hook figure (left).

HOW ARE THEY MADE?

Hook figures are usually carved from a single piece of wood in a double hook shape, sometimes elaborated with spikes or other designs, and may be as small as a hand or as large as a human. In some places, pig tusks are used to create the hooks and attached to the wood with *bilum* string. The wood can be painted with natural red, black or white pigments to provide colour, but decoration and carving are usually minimal. Many have a hanging hole at the top.

HOW ARE THEY DECORATED?

Hook figures can vary greatly in shape and style between regions and villages. Many resemble masks with stylised faces, but all have some form of opposing hooks. Some are decorated with animals or the sun and moon and may have added feathers or shells. Some Sepik River figures display highly inventive iconography, with backward-turned legs, hooks instead of feet and mask-like faces. Hook figures are notable for influencing western artists from the 1930s onwards, including British sculptor Henry Moore and Chilean surrealist Roberto Matta Echaurren, both inspired by this radical depiction of the human form.

HOW WERE THEY USED TRADITIONALLY?

Hook figures might have originated in the Great Hornbill war-related spirit ancestor of southeast Asia, with its large curved beak, though some interpret the hooks as representing the antennae of catfish. Hook figures depict ancestral spirits and were used to summon such spirits before clans set off on a hunt or raid. Each bore a specific name, and was often particularly associated with a senior male. Hook figures are carried in the hands of male dancers, or sometimes held between their legs, during initiation ceremonies. Some hook figures are large, owned collectively by a clan, and kept in the most sacred area of ceremonial houses. In contrast, other hook figures have practical uses for hanging food and other items in the house. A hook that has been used in this way often develops a smooth patina along the rim's top surface where *bilum* bags have been hung.

WHERE CAN HOOK FIGURES BE BOUGHT?

You can find hook figures made for tourists in craft shops, and antique versions in upmarket galleries. Antique hook figures can sell in international auction houses for as much as \$US170,000. ■

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GIANT STRIDES

Kevin McQuillan reports on a youngster with PNG heritage who has made it into the AFL despite suffering two knee injuries.

Aiden Bonar made it into the big league this year, playing for Australian Football League (AFL) team Greater Western Sydney (GWS). Bonar, who has a Papua New Guinean mother and a Scottish father, lined up in four home-and-away matches for the Giants and was an emergency in the finals.

His selection with the highly touted Giants came against the odds, with the 18-year-old having to overcome two serious knee injuries.

The midfielder says his initial response to being drafted by the Giants was relief, and then absolute happiness.

Bonar was taken by GWS with pick number 11 in the 2017 AFL draft.

The road to recovery from both injuries is testament to his determination and ambition to be an AFL player. The first injury happened when he was 16 and playing as a junior footballer. A player fell across him, rupturing his anterior cruciate ligament. At that time, he didn't think he'd ever play again.

After surgery came 14 months of

rehabilitation. But four games into his comeback, he felt his knee buckle as he turned and knew he had injured it again.

His newly appointed manager put him in touch with a new knee surgeon and he went down the road to recovery again.

Bonar once again threw everything into getting back on his feet. He had a planning whiteboard at home to map out his rehab, he exercised with resistance bands at school while standing at the back of the classroom, attended a gym weekly to practise jumping and landing on trampolines and got up almost every morning at 6am to exercise.

His father, Joe, would time his runs, kick footballs to him and just be there to help him keep motivated.

Not that he needed much urging. "My dad never wanted to be the one forcing me out of bed every day," Bonar says.

"He always said the motivation had to come from me."

His Kiunga-born mother, Suzie, who drove him to and from the gym each week, says she was not surprised by his desire to get better.

Support from his PNG family and friends also inspired Bonar.

"I always get messages of support that they're so proud of me. Hopefully my *bubu* (grandmother) can come to Melbourne for a holiday and watch me play."

Bonar says the recovery was a frustrating period, so it was a relief when he was drafted. "The last two years (during recovery) were tough, so to get back to playing and then to be drafted was just a dream come true."

Aiden Bonar ... the GWS midfielder will be looking for more game time in 2019 after making his debut this season.



“

He is explosive, skilled and has the appetite to tackle.

”

In the club's player profiles, the Giants describe Bonar as a powerfully built, versatile tall who excels at stoppages and has a burst of speed away from congestion. "He is strong overhead and very competitive after overcoming two ACL injuries during his junior football career. He is explosive, skilled and has the appetite to tackle."

In Melbourne, where the Bonar family lives, AFL permeates life. If you don't follow a team, striking up a conversation with a stranger can be difficult. So, even a cursory knowledge of the game is an ice breaker.

"I love the mateship and the friends that I have made from my junior years to this day," Bonar says. "Football has always been a part of my life and I couldn't imagine life without it."

Bonar's first game this year was against Carlton.

"It was so surreal. It was awesome to debut in my home state and have my family and close friends there, just an unreal experience to live out my dream.

"GWS is a great family club. My family and I felt very welcome from draft night."

After being drafted, Bonar had to move to Sydney.

"It was a bit daunting at first but the club really looks after us (recruits). They make sure you have everything you need to be comfortable and settled into the new environment.

"We have welfare managers who are always there for us. Also you form friendships within

the club and we all support each other, whether that be going out for meals together or just hanging out on days off."

Bonar wants to continue as a midfielder, developing his craft and that means, he says, improving his aerobic base. He no longer needs to take special care of his knees.

"No, it's a thing of the past. I'm fit and healthy."

GWS lost to Collingwood in its second finals game and Bonar is now looking to next year.

Off season is a time for family and friends. He'll go back to Melbourne, rest his body and then get stuck back into the training required for an even more successful 2019 season. ■

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THE FORGOTTEN SOLDIER

From Africa to PNG, Thomas Derrick displayed unwavering bravery in battle. *Roderick Eime* reports on the war hero.



The annals of Australian military history are full of tales of heroism and derring-do and every so often a new hero arises from these vast volumes.

Thomas Currie 'Diver' Derrick was one such soldier who rose to 'rock star' status among the Australian Imperial Force (AIF) in World War 1, but has since faded from memories.

Born in Adelaide in 1914 to poor parents on the rough side of town, Derrick quickly learned to live by his wits and his fists. He struggled through the depression years, earning money as a labourer and fruit picker.

He enlisted in 1940 as a private in the mostly South Australian 2/48th Battalion of the 9th Division.

From the get-go, Derrick proved himself an exceptional soldier and a tough, intelligent, quick-thinking leader. He served with distinction in the North African campaign as part of the British Eighth Army and quickly rose to the rank of sergeant.

Many close to the action thought Derrick was a walk-up start for a Victoria Cross (VC), the highest award for war-time bravery, after his exceptional exploits in the early part of the El Alamein campaign. He was, however, later awarded the Distinguished Conduct Medal (DCM).

Wounded and lucky to survive, he was evacuated with many of his unit in October, 1942. The 2/48th suffered devastating casualties during this period and returned to Australia aboard the troopship *Nieuw Amsterdam* on January 24, 1943.

Through the early part of 1943, the Australian 9th Division was rested, re-equipped and rebuilt. The soldiers trained hard near Cairns for their next call of duty in

the unforgiving jungles of Papua New Guinea, against an enemy known for fanatical and merciless fighting.

It was here in the steamy, mosquito-infested swamps and jungles around Lae and Finschhafen that Derrick and the 2/48th again

Under command of the ambitious and unforgiving Australian general, Sir Thomas Blamey, Finschhafen fell on October 2, but not before strong Japanese forces could withdraw eight kilometres to the northwest and regroup on the high ground around Sattelberg



On the march ... Australian troops at Sattelberg, PNG, during World War 2.

“

We lost good men getting that hill.
Don't pull out now. Tell my wife I
went down fighting. It's curtains
for me, and I am happy.

”

proved their mettle, with Lae falling to Australian troops ahead of schedule on September 16.

The commanders were quick to exploit their advantage and inflicted heavy casualties on the retreating Japanese forces who were withdrawing to high ground away from the coast.

where the German Lutheran missionaries had set up a station in the late 1800s.

Because of the massed Japanese forces, found to be about 5000 strong despite intelligence estimates that put the number as low as 350, it was clear Sattelberg had to

be dealt with before further advances could be made by the Australian forces.

It was mid-November before the Australians began their attack in arduous and difficult terrain. Moving in the Matilda tanks and 24-pounder artillery was almost impossible in these conditions and sappers worked tirelessly to get these vital elements in position.

But in the end, with the Matildas stuck and disabled, it was the foot soldiers, led by men like Derrick, who had to do the heavy lifting.

Machine guns, mortars and grenades were raining havoc down on them from a position they dubbed Coconut Ridge. Casualties were mounting on both sides and the battle was intense for every few metres of progress.

Finally the Australians were able to secure the ridge and move toward their ultimate objective of the mission atop the summit, but again stiff resistance was encountered by dug-in Japanese defenders.

Derrick was leading a platoon (about 40 men) and with victory within his grasp he pushed on up steep slopes through thick *kunai* grass, but was thwarted by the precipitous terrain, failing light and hand grenades lobbed on him from above.

When he reported slow progress to his commander, he was told to withdraw and have another go in the morning. Impatient and intensely competitive, Derrick creatively avoided following his orders and with a few hand-picked men supporting him with small arms, proceeded to personally destroy the 10 troublesome positions, throwing grenades like cricket balls.

By the time darkness had set in, all were on the brink of exhaustion and 50 attackers were dead, ➤



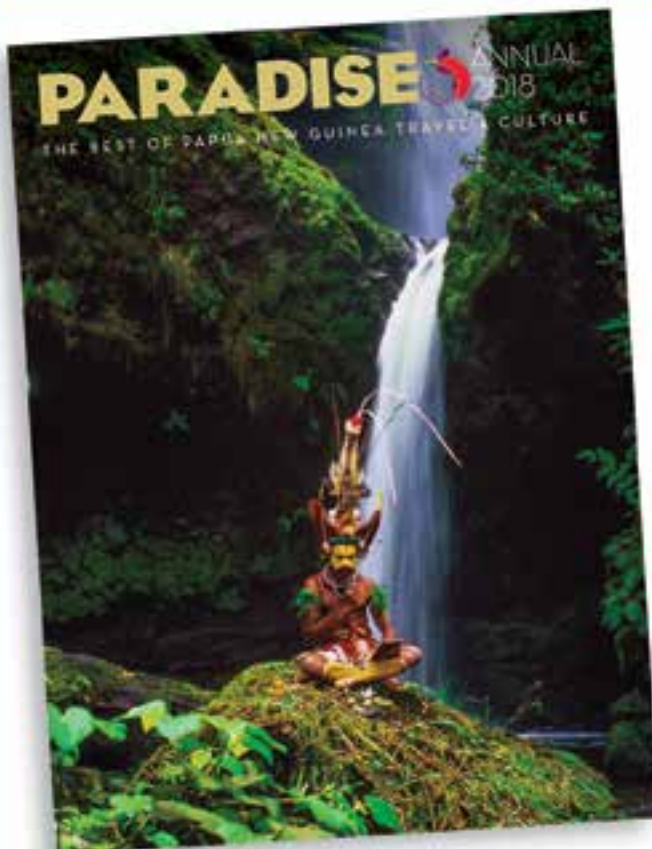
Forgotten soldier

with many more wounded. The few surviving defenders had withdrawn and Derrick decided they could take a break, so he and his men held that position until daybreak.

At dawn a final barrage ensured the last defenders had either fled or been killed and the Australians marched triumphantly onto the summit where the honour of raising the flag was reserved for Derrick.

This action secured his VC and was announced in *The London Gazette*. The lengthy description of his heroic act was summed up with the final paragraph:

“Undoubtedly Sergeant Derrick’s fine leadership and refusal to admit defeat, in the face of a seemingly impossible situation,



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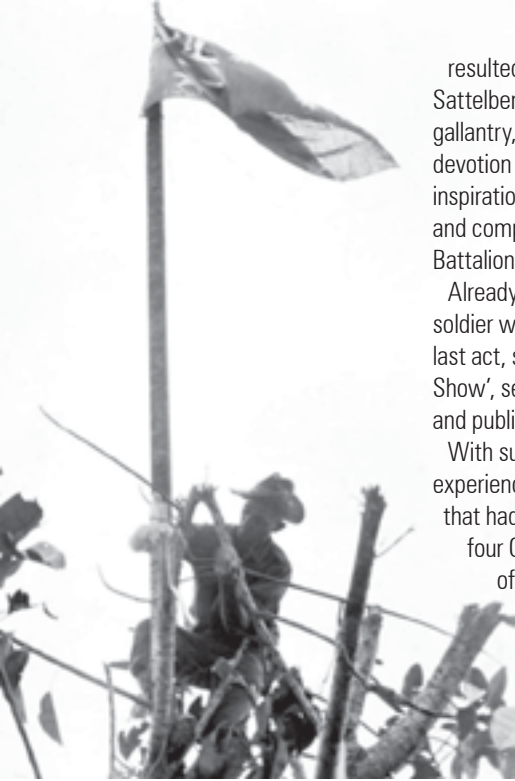
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Forgotten soldier



resulted in the capture of Sattelberg. His outstanding gallantry, thoroughness and devotion to duty were an inspiration not only to his platoon and company but to the whole Battalion."

Already something of a celebrity soldier within the 9th Division, his last act, soon known as 'Derrick's Show', secured him wide acclaim and public notoriety.

With such intense battle experience under his belt in a war that had seen him spend the last four Christmases on foreign, often hostile, soil, it would be easy to understand Derrick's growing battle fatigue. The

tough digger had recovered from numerous wounds as well as malaria and even went on to officer training, rejoining the 2/48th as a lieutenant. His subsequent return to duty on Boxing Day, 1944, was met with great jubilation.

"I suppose I'd better keep my head down this time, dad," he told his father as he set off on his final tour.

Tough as nails perhaps, and witness to untold horrors of war, Derrick was a complex individual. He wrote poetry, composed loving letters to his wife, kept a meticulous diary and even found time to collect butterflies.

When the war was in its final months, the 2/48th was sent to

Borneo to recapture the valuable oil fields around Tarakan. Of these last desperate defenders who had no intention of surrendering, he is quoted as saying he'd "never struck anything so tough as the Japanese on Tarakan".

In May, 1945, he led a successful attack but was struck by a burst of machine gun fire from an unseen position. In great pain and knowing his wounds were fatal, he continued to direct the battle and insisted the other wounded be evacuated before him. When he was eventually brought to the casualty clearing station, he was already unconscious and died soon after. ■

Mateship ... Tom Derrick with fellow soldier Reg Saunders (opposite page); Derrick raises a flag over Sattelberg (left).

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EXTREME CUISINE

Presided over by a maverick, self-proclaimed 'demon chef', Bo Innovation is one of Hong Kong's quirkiest restaurants, as *Brian Johnston* discovers.

I feel as if I'm being beamed up into a spacecraft as a lift takes me to Alvin Leung's restaurant. It pops me out into a lobby where a neon MTR route map glows on one wall, graffiti-like wallpaper graces the other. I step inside the restaurant to find a decor of austere blue and grey, where staff in black suits, some with dyed hair, glide about like acolytes in a serene temple. This feels nothing like a traditional Hong Kong restaurant.

A waiter offers me a glass of champagne and a lengthy degustation menu. As I sip, I spot restaurant owner and chef Alvin Leung (pictured above with some of his culinary creations). He looks more like an ageing rock star than a chef, with long hair and tattooed arms. When he springs into action, however, Leung is more like a mad scientist in a laboratory. Molecular gastronomy hasn't lost its lustre at Bo Innovation. Liquid nitrogen floats across the countertop and strange things are created.

This unorthodox parvenu, who refers to himself as the 'demon chef', went from culinary nobody to international superstar in a few years.

As I tuck into my opening courses, I begin to see why. A Coffin Bay oyster with lime and ginger snow is close to sensational, followed by a smoked quail egg on a nest of crispy taro, topped with caviar and golf leaf.

Leung shocks Hong Kong's conservative dining

“

Alvin Leung looks more like an ageing rock star than a chef, with long hair and tattooed arms.

”

scene with what he calls his 'X-treme Chinese cuisine', where dishes have names such as Baby Food, Classic Upgrade and Kinki.

Born in London but raised in Toronto, Leung launched an acoustic engineering business in Hong Kong that would eventually have 300 employees. But in 2003 he also started working

at a Hong Kong restaurant, although he'd never undertaken a cooking class.

Two years later he opened his own restaurant. In 2009, the inaugural Michelin guide to Hong Kong awarded him two Michelin stars for his provocative menu. At one time this was downgraded to a single star, but the chef has more recently soared to three stars.

As I glide through the courses, I see that Leung is impatient with China's revered cuisines, keen to make changes that suit contemporary palates. Yet Leung is keen to evoke traditional Hong Kong – and more widely Chinese – dishes too. Waiters are helpful in explaining each dish's influences and ingredients and how they relate to traditional Chinese cuisine.

One of Leung's famous reinterpretations is of the popular *xiao long bao* dumpling. It's a masterpiece of molecular gastronomy that looks like a grape, but still provides the same explosion of flavoursome broth.

There may be better meals in this city of notable food, but surely few are so eccentric. ■

See boinnovation.com.



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MY PNG

BY CECI TUNN

HOMEWARD
BOUND

After a 10-year absence, *Ceci Tunn* makes an emotional return to her homeland.

Peaceful PNG ... Ceci Tunn at a beach near Walindi Plantation Resort.

It's been 10 years since I've been in Papua New Guinea, the country where I was born and still regard as my first home.

I return with trepidation, mixed with excitement. I left as a wide-eyed island girl and return as an independent worldly woman.

My father would have given me one of his big bear hugs if he was here. He would say 'that's my brave little girl', and I would remind him that I'm not so little anymore. I miss him so much. He was the reason for my last visit all those years ago, when cancer took his life.

I arrive in the early hours of the morning in Port Moresby, from

Hong Kong, on Air Niugini. As I disembark, I feel a little strange and realise that I am arriving as a foreigner in my motherland.

I feel a tad apprehensive but notice that things haven't changed much. I get a visa upon arrival and the woman serving me gives me a pleasant smile, almost like welcoming me home.

My brother, Igen, greets me in the arrivals lounge. He holds out his hand to shake mine and I ignore it and give him a hug instead. Then I see my mother. I can't hold back my tears as I walk towards her, open arms. It is the longest hug I've ever had. It feels so good to be home again.

Back at the family house, I have wonderful freshly baked scones for breakfast and later *aigir* (food cooked with hot stones) for lunch. It's the local cuisine from my home province, East New Britain.

After two nights in Port Moresby, I'm back at the airport with my mother, and sister, Jane. As we wait for our flight, the Papua New Guinean Cardinal, Sir John Ribat, walks in. Sir John is a cousin of my father and I haven't seen him in a very long time. We catch up on old times before flying to Hoskins Airport in West New Britain Province.

By late afternoon we're on the road in a hired four-wheel drive.

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The journey into Kimbe isn't smooth, because of potholes, but I'm enjoying the natural beauty. We check in at a hotel and then go to my younger sister Rachel's house after dark. She has prepared a delicious *mumu*, food cooked in a pit.

The next day, we explore the town. It's so small that the locals call it 'four-corner town'. On the outskirts, there are neat rows of palm oil trees. New Britain Palm Oil Limited (NBPOL) is the biggest employer in the province.

Walindi Plantation Resort is a charming resort about 30 minutes' drive out of town. It is famed for diving and snorkelling, and is so quiet.

I sit briefly on a log washed ashore, staring out to sea thinking about nothing but the present.

A week flies by and I am back in Port Moresby for the remainder of my holiday.

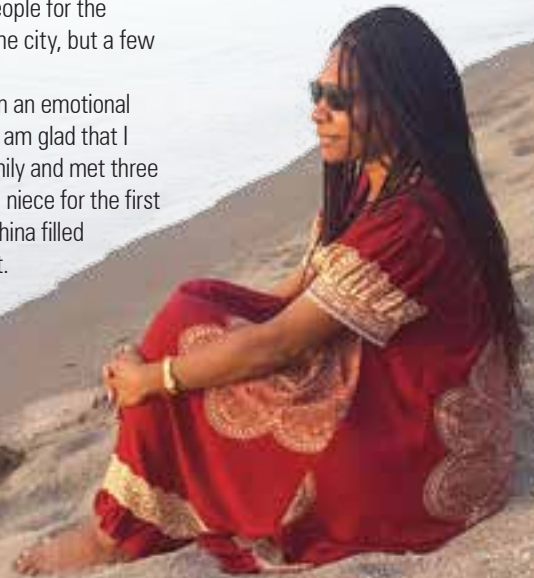
The capital feels dry and busy compared to Kimbe. Road works and building construction are going on in preparation for APEC.

There is a citywide ban on the sale and chewing of betel nut, but there are still a lot of stains on the newly built roads and pavements.

I can sense the pride in the majority of the people for the improvement in the city, but a few keep spitting.

My trip has been an emotional rollercoaster but I am glad that I have seen my family and met three nephews and one niece for the first time. I return to China filled with contentment.

Until the next time ...



'My PNG' is a column in which Papua New Guineans write about where they live, or about a part of the country they know and love. If you wish to contribute, email paradise@businessadvantageinternational.com.



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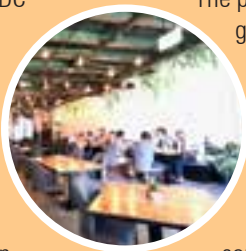
ELEMENT BAR AND RESTAURANT PNG REVIEW

Element is the latest addition to Port Moresby's growing culinary scene and raises the bar in terms of aesthetics, atmosphere and taste.

Located on the first level of MRDC Haus, it can be easily missed if you don't know where you're going. But right from stepping out of the lift, the restaurant doesn't disappoint; the entire floor has been renovated with modern decor and a huge balcony – perfect for an afternoon beer in the sun or a corporate event. The restaurant's menu is a mix of fresh, Asian dishes and modern delights, from beef pho and mushroom wantons to slow roasted pork and shaken beef.

The menu is perfect for sharing, with a

series of small and large dishes to choose from. We started off with tiato rolls – a light, refreshing entree packed with tofu, sweet potatoes, eggplant and zucchini.



The pulled pork sliders with spicy garlic aioli and papaya salad are also impressive, with tangy flavours that hang on the palate and leave you satisfied.

I was impressed with the level of table service at Element – our wine glasses were never empty and waiters were always nearby if we needed anything. This is the perfect spot for a Friday night dinner; it's on point with its youthful atmosphere and choice of food and beverages. ■

WHERE:

Champion Parade, Port Moresby

PHONE:

+675 7252 8778

STYLE:

Asian fusion

TYPICAL PRICE:

PGK40–60

OUR FAVOURITE DISH:

Caramelised lemongrass prawns

IN A WORD:

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RONIN INTERNATIONAL REVIEW

This narrow bar-cum-eatery, in the backstreets of Hong Kong's cool Sheung Wan neighbourhood has, since 2013, operated largely anonymously behind an unnamed sliding door undetectable from the street. Its clientele, die-hard epicureans happy to high-five anything produced, grown, caught, brewed or fermented in Japan, were privy to a bar with more than 100 Japanese sake, shochu and whiskey varieties, and an *izakaya* menu serving seafood delicacies. But things changed last year when Ronin debuted at number 45 on Asia's 50 Best Restaurants list. Suddenly, what was hush hush to the trendy local dining set became an Asian must-do



dining phenomenon and queues for the restaurant's 24 bar stools grew longer. This year, Ronin climbed to number 41, so the obsession continues. The exquisite dishes vary day-to-day, depending on market availability. A menu of 'raw', 'smaller' and 'bigger' options has share plate written all over it. My companion and I order wakame-topped Ebisu rock oysters, which are small and plump and tinged with sweetness, grilled sardines, flower crab with slivers of the creamy orange delicacy *uni* (sea urchin) and Kagoshima beef, hiding under maitake mushrooms, fried garlic, Japanese leek and an egg yolk. ■

WHERE:

Wo Lane, Sheung Wan,
Hong Kong

PHONE: +852 2547 5263

WEB: roninhk.com

STYLE: Japanese eatery-cum-bar

TYPICAL PRICES:

Raw \$HK70–280; smaller \$HK52–480; bigger \$HK270–420.

OUR FAVOURITE DISH:

Flower crab with sea urchin

IN A WORD OR TWO:

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Saving the tree kangaroo

The Tree Kangaroo Conservation Program turns 21 this year. *Brian Johnston* looks at how it protects the habitat and dwindling population of PNG's elusive tree kangaroos.

There's something charming and improbable about tree kangaroos. We generally think of kangaroos as bouncing creatures leaping across the vast open spaces of Australia's outback. Tree kangaroos are different.

They're the only arboreal members of the kangaroo family, with curved nails, grip-adapted paws and a pendulous tail used for balance. They can leap from tree to tree, ➤




PICTURES: TIM LAMAN, RYAN HAWK

Endangered ... tree kangaroos live high in the PNG rainforest canopy.



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Saving the tree kangaroo

and have been recorded jumping groundwards from an astonishing height of 18 metres.

Although they hop like all kangaroos, they're slow and clumsy on the ground, and can barely outpace a walking human.

Tree kangaroos are found in northern Australia and some Indonesian islands, but most notably in Papua New Guinea. Most elusive of all the species is the endangered Matschie's tree kangaroo, which inhabits just one small corner of northeast PNG: the densely forested, mountainous Huon Peninsula.

They live high in the rainforest canopy and are difficult to spot from the ground. If you do see one, you'd be forgiven for thinking a prankster had lodged a toy teddy bear in the branches. Matschie's tree kangaroos have triangular ears, white face patches and a pink nose amid chestnut-coloured fur. They look more like a Christmas present than a wild animal.



Local help ... communities in the YUS Conservation Area have come together to help protect tree kangaroos.

International conservation groups have been working on the Huon Peninsula for a long time. The region has a high concentration of endemic mammal and bird species in one of the nation's most biodiverse environments. Matschie's tree kangaroos are among its most critically endangered animals, and have become the cute-and-cuddly face of conservation efforts.

This year, the Huon Peninsula's Tree Kangaroo Conservation Program (TKCP), based at Woodland Park Zoo in Seattle, turns 21. It was set up in 1996 in partnership with government and local communities.

"I wanted to apply the zoo-based knowledge of the endangered Matschie's tree kangaroo to help the species survive in the wild in Papua New Guinea," explains Dr Lisa Dabek, TKCP's founder and director.

By 2009, the TKCP had been instrumental in creating PNG's first national conservation area, named YUS after the three rivers (Yopno, Uruwa and Som) on the Huon Peninsula. Given the nation's system of local land ownership, the involvement of local communities was vital. Some 12,000 people live in this remote region. TKCP spent years meeting with the landowners and communities to build mutual trust and an understanding of wildlife conservation. The concept wasn't entirely new. ➤



Image © David Doubilet/Walindi Resort

MV OCEANIA

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Saving the tree kangaroo

"Traditionally, our village chiefs and elders were entrusted to be the stewards of the land; a great privilege and honour," says Daniel Solomon Okena, a TKCP ranger. "Some of the land outside of our villages is declared off-limits, or *tambu*, and serve as reserves, regenerating and repopulating the entire forest."

Still, threats to endangered animals include hunting and habitat loss from subsistence farming, due to a rapidly growing population. Villagers were encouraged to participate in the management of YUS Conservation Area, and benefited from enhanced education and health care funded by the project.

"The landowners in YUS chose to pledge portions of their clan lands to create the YUS Conservation Area so that future generations can depend upon their natural resources and carry on their cultural traditions," says Dabek. "If we don't focus on community based conservation and

“

They feed on fruit, leaves and moss. In captivity, they show a hipster liking for tofu and kale.

”

sustainable living, we won't succeed in conserving endangered species. Conservation is ultimately about people."

In the last 21 years, research is slowly revealing more about Matschie's tree kangaroos in the wild. They live at high elevations and feed on fruit, leaves and moss. In captivity, they show a hipster liking for tofu and kale.

TKCP collaborated with the National Geographic Society in attaching small cameras to collared tree kangaroos, which further added to an understanding of their behaviour, feeding and distribution.

What remains uncertain is exactly how many Matschie's tree kangaroos remain, given their dense forest and mountain habitat and naturally low population density. The elusive animal is often solitary, sometimes lives in small groups, and only occasionally descends to the ground.

According to the Union for the Conservation of Nature, although the tree-kangaroo population as a whole is likely decreasing, the population in YUS Conservation Area has stabilised, and might even be increasing, giving Matschie's tree kangaroo a fighting chance of hopping on into the 21st century as one of PNG's most endearing animals. ■



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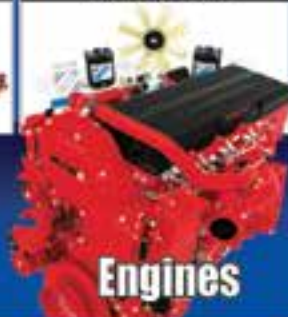
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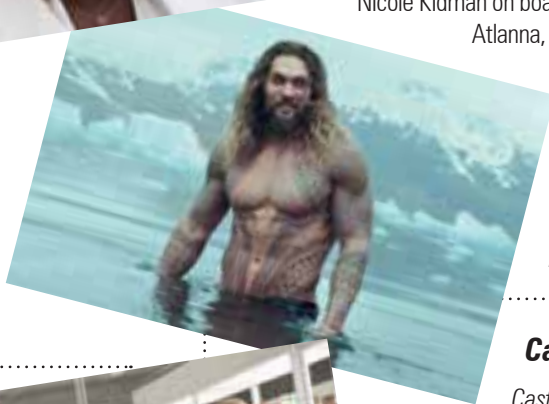


Engines

Widows

Cast: Viola Davis, Liam Neeson, Elizabeth Debicki

One of the most heavily stacked casts of the year comes together for a pulse-pounding thriller from Academy Award-winning director Steve McQueen (*12 Years a Slave*) and mega-selling writer Gillian Flynn, the mind behind *Gone Girl*. Oscar winner Viola Davis stars as Veronica Rawlins, the widow of Harry (Liam Neeson), a bank robber who dies during a failed heist with a bucket-load of debt to his name. Hunted by a collector, Rawlins joins forces with the other wives of Harry's gang to finish the job and make out like bandits. Davis and Neeson are just the first in a long list of actors who, in one way or another, play a pivotal part in the scheme: Elizabeth Debicki, Jacki Weaver, Michelle Rodriguez, Colin Farrell, Daniel Kaluuya and Robert Duvall feature. McQueen and Flynn have taken Lynda La Plante's acclaimed British mini-series from 1983 and given it a contemporary twist.



Aquaman

Cast: Jason Momoa, Amber Heard, Nicole Kidman

After Christopher Nolan ended his brilliant *Dark Knight* trilogy, the DC comic movies went rapidly downhill. Worst of all were the terrible *Batman v Superman: Dawn of Justice* and *Justice League* movies, which were nothing but failed attempts at replicating the success of Marvel's *Avengers*. Those two movies probably would have been enough to kill the franchise dead in its tracks if it weren't for the success of *Wonder Woman*. Encouraged by that hit, DC has handed *Aquaman* property over to James Wan. One of Australia's most successful exports, Wan is best known for directing the *Saw*, *Insidious* and *Conjuring* franchises plus the seventh *Fast and the Furious* film. In the first solo movie for Jason Momoa's Aquaman, Wan has brought Australian Nicole Kidman on board as the superhero's mother, Queen Atlanna, as well as Patrick Wilson as his

villainous brother, Orm. While the film lacks the surprising fun of *Wonder Woman*, Momoa is a hit as the tattooed-up hero and makes *Aquaman* a more exciting film to watch than *Suicide Squad* or *Man of Steel*.

Can You Ever Forgive Me?

Cast: Melissa McCarthy, Richard E Grant

This is a true story that brings out a new and more dramatic side for comedy queen Melissa McCarthy (*Bridesmaids*, *Spy*) as author Lee Israel, who was involved in one of the strangest frauds to ever hit the literary world. A forgotten journalist and author, Israel became famous in the early 1990s for forging letters by dead writers and selling them for profit alongside her friend Jack Hock (Richard E Grant). While McCarthy has always had a great knack of making audiences bust a gut from laughter, here she infuses Lee Israel's story with poignant humour, while finding dramatic depths that she has never shown before. She is what makes *Can You Ever Forgive Me?* memorable, allowing us to see the desperation beneath the woman's struggle for acceptance and survival.



Second Act

Cast: Jennifer Lopez, Milo Ventimiglia, Vanessa Hudgens

If the recent return of the big-screen romantic comedy in the form of *Crazy Rich Asians* has you feeling nostalgic for the sort of light and frothy star-driven comedies that were once Hollywood's bread and butter, then *Second Act* is for you. Jennifer Lopez stars as Maya, a worker in a menial and low-paying retail job who gets the opportunity to live her best life when a simple white lie – or, more exactly, a falsified resume – gets her a dream job with the pay cheque to match. Leaving her old life behind, however, brings a new set of challenges as Maya's new life means she starts to push away the people she loves, including Milo Ventimiglia as her love interest and Leah Remini as her BFF. Maya has to learn how to use her street smarts to prove you don't need book smarts to make it big and keep your self-respect at the same time.

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





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CHOCOLATE,



THE GOOD NEWS

The festive season will soon be on us, providing the perfect excuse to relax and indulge in our favourite food. One of those is chocolate, a treat that outranks every other as the world's most popular. Fortunately for fans of the tempting substance, dark chocolate has consistently come up trumps in nutrition tests, due to its range of health benefits

from high magnesium levels to the ability to lower blood pressure.

The two most recent studies, conducted in April this year, have found dark chocolate made with a minimum 70 per cent cacao reduces stress and inflammation as well as improves memory, immunity and mood.

The studies, led by Dr Lee S Berk from the Loma Linda University in California, found the reason was cacao's high levels of flavonoids, compounds with particularly strong antioxidant and anti-inflammatory properties which, among other functions, directly lead to a healthy heart and brain.

While the findings may sound similar to those discovered in previous tests, Dr Berk, who presented his research at this year's annual Experimental Biology conference, a gathering of over 14,000 scientists, in San Diego, said his study differed as it did not look at how chocolate's sugar content affected mood.

"For years we'd look at the sugar content – the more sugar, the

happier we are," said Dr Berk, an associate dean of research affairs with the School of Allied Health Professions and also a researcher in psychoneuroimmunology and food science.

"But this is the first time we have looked at the impact of large amounts of cacao in doses as small as a regular-sized chocolate bar in humans over short or long periods of time, and are encouraged by the findings.

"These studies show us that the higher the concentration of cacao, the more positive the impact on cognition, memory, mood, immunity and other beneficial effects."

The research project also ranks as one of the most credible to date, as almost all previous research on chocolate has been funded by chocolate companies.

This vegan recipe by celebrity clinical nutritionist Jessica Sepel is a perfect healthier alternative to traditional chocolate treats.

CHOCOLATE, RASPBERRY & PEANUT BUTTER BROWNIES

8–10 SERVES

INGREDIENTS

- 2 organic eggs
- ¼ cup coconut flour
- ⅓ cup raw cacao powder
- ¼ cup smooth peanut butter, plus 1 tbsp to swirl
- ¼ cup maple or rice malt syrup
- ¼ cup + 1 tbsp almond milk
- 1 tbsp chia seeds
- ⅓ cup 85% dark chocolate, chopped
- ½ cup fresh or frozen raspberries
- pinch of sea salt
- 1 tsp baking powder

METHOD

- Preheat the oven to 180°C or 320°F. Line a baking tin with baking paper.
- In a bowl, beat the eggs until combined. Then add the coconut flour and raw cacao powder, pinch of salt and baking powder. Stir to combine.
- Add peanut butter, maple or rice malt syrup, almond milk and chia seeds and mix until just combined. Stir through chopped dark chocolate and raspberries.
- Spoon the mixture evenly into the baking tin. Top with dollops of extra peanut butter and then run a knife through the dollops to create a swirl.

- Bake in oven for 25–30 minutes, or until you insert a skewer and it comes out clean.
- Remove the brownie from the oven and allow to cool slightly. Once slightly cooled, cut into brownie squares.
- Serve warm.
- Store in an airtight container for 3–4 days.

Recipe courtesy of clinical nutritionist Jessica Sepel, also the author and founder of the JSHealth App. This app aims to help people live happy, healthy and balanced lives. It contains more than 170 nutritious recipes, a daily meal planner, in-app messaging service with a team of trained nutritionists, 52 health guides and more. See jessicasepel.com/app.





BREATHE IT AWAY

Those of us who travel the world for work know how difficult it can be to maintain focus while grappling with changing time zones, airports and meeting business deadlines all at once.

Yet there is a simple and now unequivocally proven method to maintain your composure during even the most stressful periods – taking long, slow breaths.

The secret weapon of yoga devotees and meditation junkies for years, researchers at Trinity College in Dublin have discovered that deep breathing does indeed directly affect the brain in such a way as to improve attention. Slow deep breathing releases noradrenaline, which helps our brains sprout new pathways to improve

focus and concentration, they found.

If you need more help, try downloading a meditation app. There are numerous versions out there, with the Smiling Mind app's 10-minute meditations aimed particularly at those travelling on planes, trains, cars and buses.

ANTI-GRAVITY YOGA FLYING ACROSS SE ASIA



Yoga fanatics take note – anti-gravity yoga has arrived in Vietnam for the first time. Anti-Gravity Yoga, which has already taken hold in Sydney, Brisbane and more recently Cairns and Townsville on the Air Niugini route network,

is dynamic 'flying' yoga during which participants use hammocks suspended above the ground to master gravity-defying poses.

It was developed about a decade ago by Canadian former world-class gymnast and professional

dancer Christopher Harrison, whose interest in yoga was piqued during a trip to India.

It has been available in Hong Kong since 2012 at Anti-Gravity Fitness, which has 10 locations, and in Singapore at Aerial Fitness Studio, Simply Yoga, Upside Motion, Platinum Yoga and MotionWerkz Yoga.

While it may look difficult, the poses can be easily performed by most people after proper instruction. The idea is that being suspended in a hammock allows your muscles and tendons to relax, easing any pain or injury. Anti-gravity yoga is also said to have mental benefits too, in that

it encourages a deeper and more flexible connection to the self.

The new series of classes being held in Vietnam's Four Seasons Resort Nam Hai, in Hoi An, are open to non-guests as well as guests.

Each week the resort offers four 75-minute anti-gravity yoga group classes as well as private tuition.

In Sydney, Brisbane and Townsville a leading centre for anti-gravity yoga classes as well as teacher training is Flight Skool.

See www.fourseasons.com/hoian and antigravityfitness.com.au.



THE HEALTHY HOTEL

The Swissotel chain is one of the leaders in hospitality-based health and wellness. The ethos within the group follows the Swiss-inspired philosophy of healthy organic eating and staying in shape.

Guests at the Swissotel Sydney can avail themselves of the hotel's jogging maps of varying

distances, which take in some of the city's best landmarks, as well as use leisure facilities including the outdoor heated swimming pool, spa, sauna and fitness centre. They can also indulge in the Swissotel Sydney's unique Vitality drinks menu of fresh juices and smoothies, which utilise the honey from the Swissotel's rooftop beehives.

The hotel even holds an annual wellness week each June, during which the healthy food and activity options are ramped up a few notches. ■

See www.swissotel.com/hotels/sydney.



Christmas gift and gadget guide

GIFTS UNDER PGK150

Socks up

New York-based company Bombas Socks spent two years reimagining the humble sock, testing 133 tension levels and emerging with just the right one to stay up, as well as a seamless toe. For every pair purchased, the company donates a pair to someone in need – seven million so far. For men, women and children, in an endless variety of colours and sizes. *From about PGK34; bombas.com.*



Clever keychain

Is there anything more useful than a USB charging cable, an Apple lightning connector and your keys, all bound up together on one funky looking Native Union keychain? Available in an array of colours. *About PGK98; nativeunion.com.*



Canvas shoes

Toms classic canvas Alpargatas slip-ons are the ultimate busy person shoe. They're smart enough to be worn from beach to bar, and can slip off in seconds. The best part is the brand's One-for-One promise: with every pair sold, Toms donates one to a child in need. Choose from different fabrics and colours. *From about PGK146; toms.com.*

Calm balm

Aesop's Ginger Flight Therapy is pitched at easing the wearer into a zen space for flying. But really, this ginger root, lavender and geranium oil can be rolled onto pulse points whenever the stress creeps up, bringing calm and confidence. *About PGK73; aesop.com.*



Rechargeable luggage scale

You're travelling, you've shopped too much, luckily you've brought your luggage scale but ... the batteries have died. Never be in this situation again, with Balanzza's mini rechargeable scale, which charges via USB, and shows both pounds and kilograms. Comes in black, blue, orange and pink. *About PGK82; balanzza.com.*



Apple gift card

One to please every age and stage: an Apple gift card can be put towards music or movies, or devices like watches, phones or tablets.

Just choose a card design, enter an amount, compose a message, and the voucher will be emailed within 24 hours. *From about PGK59; apple.com.*



Luggage tag

Time to upgrade from free paper airport luggage tags? We suggest Longchamp's bright, chic Le Foulonné leather tags, which will help identify even the most ordinary bag on the carousel. Available in brown, red, black and pink. *About PGK95; longchamp.com.*



Mini humidifier

For the traveller in your life, a humidifier can help ward off the chapped lips and dry skin that comes from flying or air-conditioned hotels. Fancii's Cool Mist humidifier is small, cordless and perfect for travel – just attach a standard-sized water bottle to the top and off it goes. *About PGK85; fancii.com.*



Stylish boxers

Lightweight, cool and comfortable, these Sunspel striped cotton boxer shorts (when paired with a classic white tee) will ensure you greet room service in style, and they are attractive enough to wear around the house as loungewear. Choose from red, powder blue or plain white. *From about PGK108; matchesfashion.com.*



Unisex fragrance

Calvin Klein has led the way for unisex fragrances since the launch of CK One in 1994, and its latest scent, CK All, continues the tradition. Think bright, clean citrus notes, including mandarin and citrus blossom, for men and women. *From about PGK63 for 50ml; fragrancenet.com.*



Fancy tea towel

This 100 per cent linen Be Nice tea towel, created in collaboration with British artist David Shrigley, could easily transition from dish towel to wall art. *About PGK107; thirddrawerdown.com.*



PGK150-300



Polarising sunglasses

A classic shape without the hefty price tag, Local Supply's Island shades are a whole lot of yes please. Their clean shape, inspired by Scandinavian minimalism, suits almost everyone, and their hardy tortoiseshell frame and high-grade polarising lenses are highly functional, too. *About PGK190; localsupply.com.*



Summer hat

Lightweight, water-repellent, wind-resistant and breathable – this classic Summer Packer hat from 121-year-old US outdoors brand Filson could be the ultimate travel hat. The brim is sturdy, it can be rolled up and packed without compromising the shape, and there's a choice of khaki or tan. *About PGK211; filson.com.*



Toiletry bag

It's slim, completely waterproof, there are loads of zippers and pockets – you'd be hard pressed to find a better toiletry bag than Gravel's Explorer. It's great for light travellers, but there's still enough room for an electric razor and toothbrush, washes and gels and more. *About PGK160; workbygravel.com.*

Space pen

This solid brass, chrome-plated Space Pen is like the one used on the Apollo 7 space mission in 1968, after two years of testing by NASA, and has been used on all manned space flights ever since. It comes with a free line of engraving, too. *About PGK195; spacepen.com.*



Phone lens

Mobile photography has made huge leaps over the past few years, but Moment Lenses take pictures up another 10 notches. Choose from wide lens, macro, tele portrait and more, all snapping directly onto your phone case. *From about PGK294; shopmoment.com.*



Packing cubes

Your loved ones might not think they need packing cubes, until they receive them and realise they're actually life changing. Particularly this four-piece navy and red set from Herschel Supply Company, which includes thoughtfully sized cubes and an ingenious dry bag for storing wet clothes and swimmers. *About PGK192; herschel.com.*



PGK150-300 (CONTINUED)

Wallet

For those on the move, this Il Bussetto wallet makes sense. With two bill sleeves, eight card slots and two receipt pockets, there's space for all those notes, tickets and cards to be stashed, while still being compact enough to slip in a pocket. The polished leather keeps it looking classy. *About PGK334; mrporter.com.*

**Beach towel**

Taking inspiration from the creamy landscape of New Mexico's White Sands monument, this patterned oversized beach towel from family-run US brand Pendleton (founded in 1863) is super soft and can be used as a unique picnic blanket, too. It's sized 100cm x 180cm. *About PGK161; pendleton-usa.com.*

Guitar strap

Air Straps leather guitar straps are handmade in the UK and are crafted from thick, durable leather. Pick between an assortment of leather colours and prints, and get the straps engraved with a message or logo for an extra PGK43. *About PGK233; airstraps.com.*

**Poncho**

The People's Poncho is designed for everything from hiking to camping – anything that involves the chance of being rained on, really. It's superbly designed, with a peaked hood, a water resistant zippered front pouch, and a waistband to stop it flapping up. Available in black, navy, red and yellow, and in children's sizes, with free shipping and returns worldwide. *From about PGK158; thepeoplesponcho.co.uk.*

PGK300-600

**Monkii bars**

Not enough space, not enough time – no more excuses, sadly, with the Monkii Bars II Ultralight kit. The pack contains two bands with bars at the end, which attach to any tree, bar or railing, and the included Monkii App offers guided workouts. Comes in fun colours. *About PGK487; monkii.co.*

Air-quality monitor

It may look like an alarm clock, but this retro-looking device actually tracks temperature, humidity, carbon dioxide, chemicals and dust in the air. The results of each are displayed on the Awair, as well as an aggregate score out of 100, while the companion app gives tips for keeping air quality healthy. *About PGK583; getawair.com.*

**Polaroid camera**

An analogue instant camera for the modern age, the design of Polaroid's OneStep 2 was inspired by the brand's original 1977 OneStep. This version, however, has a high-quality lens, powerful flash and long-lasting rechargeable battery. Available in white, graphite and mint. *About PGK495; eu.polaroidoriginals.com.*

Travel mug

Ember's chic, robotic-looking travel mug keeps your drink at a precise temperature and is so high-tech that it won an industrial design award. *About PGK489; ember.com.*





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PGK300-600 (CONTINUED)

**Resort stay**

We all know someone who could use a little time away to unwind. A night (or three) at Nuli Sapi retreat on Milne Bay's Logea Island, where four thatch-roof bungalows hover over the water, may be just what's needed. Snorkelling, bushwalking, canoeing and fishing can all be arranged. *From PGK350 a night including meals; nulisapi.com.*

Suitcase

Check the luggage of airline crew members and chances are they'll be carrying a Travelpro suitcase. The brand's bags are lightweight, spacious, hardy and well-priced. Available in an array of sizes, shapes and colours, but we're partial to this Maxlite Expandable Spinner. *About PGK590; travelpro.com.*

**Concert tickets**

Known for their rousing, orchestral anthems, the secret behind Florence and the Machine's epic success has surely been the irresistibly powerful voice of lead singer Florence Welch. Grab tickets to their show at Brisbane's outdoor Riverstage venue on January 22 or 23. *From about PGK462 each; ticketmaster.com.au.*

TOP END TREATS

Smart watch

The Apple Watch Series 3 lets users make and receive calls, emails and texts, stream music, chat with Siri and more, but its best features are around fitness. There's run and cycle tracking, a water-resistant casing for swimming, and a heart-rate monitor on the underside. Choose from different band colours and fabrics, from rubber to handcrafted leather, and aluminum casings. *From about PGK1,097; apple.com.*

**Wireless speaker**

The UE Megaboom is one of the best-reviewed wireless bluetooth speakers you can find, and for good reason. The sound is superior, getting the party started anywhere, anytime, but it's also waterproof, connects from up to 30 metres away and can run for 20 hours without a recharge. *About PGK830; ultimateears.com.*

**Surfboard**

A company created by one of the world's best surfboard shapers and designers, Haydenshapes invented FutureFlex, a technology that revolutionised board construction, and is recognised for its monochromatic aesthetic. The White Noiz shortboard is clean, simple and fun, and best for riding waves from two to four feet. *About PGK2,088; haydenshapes.com.*

**Headphones**

Sennheiser's 4.50 BTNC noise-cancelling wireless headphones deliver excellent sound quality, have plush earpads that are comfortable to wear, and their minimal design looks great, too. *About PGK782; sennheiser.com.*



Christmas book guide

PNG

Birds of New Guinea By Phil Gregory (Lynx Edicions)

This is the first field guide to cover the entire New Guinea region, including the Bismarck Archipelago and Bougainville. All of the 943 bird species known to occur throughout PNG are covered, including doves, kingfishers, parrots, honeyeaters and birds of paradise. The book has some 1780 illustrations. The author has over 25 years experience in the region and lived in PNG for seven years.



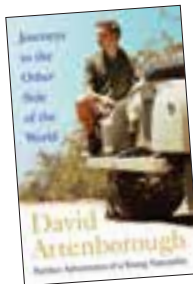
The Bulldog Track By Peter Phelps (Hachette)

Too old to fight and with jobs scarce at home, Australian Tom Phelps finds work as a carpenter in the goldfields of the New Guinea Highlands in 1942. No one expects the Japanese to attack in the Pacific. But when they do, Phelps and his mates aren't going to hang around and wait to be killed. With escape routes bombed by the Japanese, their only option is to try to reach safety by foot, through some of the most rugged terrain on Earth – the Bulldog Track.



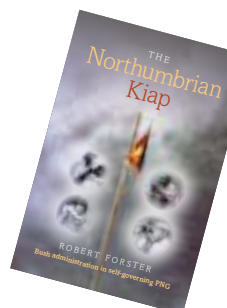
Journeys to the Other Side of the World By David Attenborough (Hachette)

In the 1950s, a young David Attenborough roamed from Madagascar and New Guinea to the Pacific Islands. He and his cameraman companion were aiming to record not just the wildlife, but the way of life of some of the indigenous people of these regions. From the *sing-sings* of New Guinea, to a Royal Kava ceremony on Tonga, Attenborough records not only culture but remarkable encounters with wildlife.



The Northumbrian Kiap By Robert Forster (Self-published, rforster.com)

British-born *kiap* (bush administrator) Robert Forster has written a first-hand account of his time in PNG. Forster's posting to



the country as a *kiap* was in the 1960s and 70s. The history of *kiaps* working in PNG up to the end of the 1950s has been well covered, but Forster writes about the issues faced by village people and their civil service during the less-well documented approach to independence in 1975.



When the War Came, New Guinea Islands 1942 Compiled by Gayle Thwaites (PNGAA)

This book has been published by the Papua New Guinea Association of Australia (pngaa.org) and recounts the experiences of civilians and soldiers living in Rabaul, Kavieng and the New Guinea islands at the outbreak of World War 2, as well as the sinking of SS *Montevideo Maru*.

NEW RELEASES

Lights in the Distance By Daniel Trilling (Pan Macmillan)

Daniel Trilling is the editor of *New Humanist* magazine and has reported extensively on refugees in Europe. He draws on his work to build a portrait of the refugee crisis and weaves together the stories of people he has followed from country to country. He shows that the terms commonly used to define them – refugee or economic migrant, legal or illegal, deserving or undeserving – fall woefully short of capturing the complex realities.



Fear, Trump in the White House By Bob Woodward (Simon & Schuster)

With the authority that comes with the covering of eight presidencies from Nixon to Obama, celebrated journalist and author Bob Woodward reveals in unprecedented detail the harrowing life inside Donald Trump's White House. Drawing from hundreds of hours of interviews with first-hand sources, meeting notes, personal diaries, files and documents, the focus is on the explosive debates and the decision-making in the Oval Office, the Situation Room, Air Force One and the White House residence.



Scrublands**By Chris Hammer (Allen & Unwin)**

In an isolated country town tormented by endless drought, a charismatic young priest opens fire on his congregation, killing five parishioners in this work of fiction, before turning the gun on himself. A year later, when a journalist arrives to write a feature on the anniversary of the tragedy, the stories he hears from the locals about the priest and incidents leading up to the shooting don't fit with the accepted version of events.

**Unsheltered****By Barbara Kingsolver (Allen & Unwin)**

Unsheltered is the story of two families, in two centuries, as they navigate the challenges of surviving a world in the throes of major cultural shifts. The novel explores the foundations we build in life, spanning time and place to give us all a clearer look at those around us, and perhaps ourselves.

Endurance, My Year in Space**By Scott Kelly (Penguin Random House)**

The veteran of four space flights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere hostile to human life. He describes navigating the extreme challenges of long-term spaceflight, the devastating effects on the body and the isolation from everyone he loves.

**CRIME FICTION****Dark Sacred Night****By Michael Connelly (Allen & Unwin)**

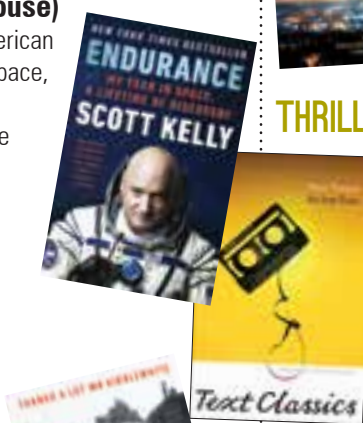
Los Angeles detective Renee Ballard teams up with legendary detective Harry Bosch in a new crime thriller from a bestselling author.

THRILLER**An Iron Rose****By Peter Temple (Text Publishing)**

When Mac Faraday's best friend is found hanging, the assumption is suicide. Mac is far from convinced, and he's a man who knows not to accept things at face value. But Mac carries a burden from his old life. And as this past of secrets, corruption, abuse and murder begins to close in, he must turn to long-forgotten resources to hang on to everything he holds dear, including his own life.

AUTOBIOGRAPHY**Thanks a Lot, Mr Kibblewhite****By Roger Daltrey (Allen & Unwin)**

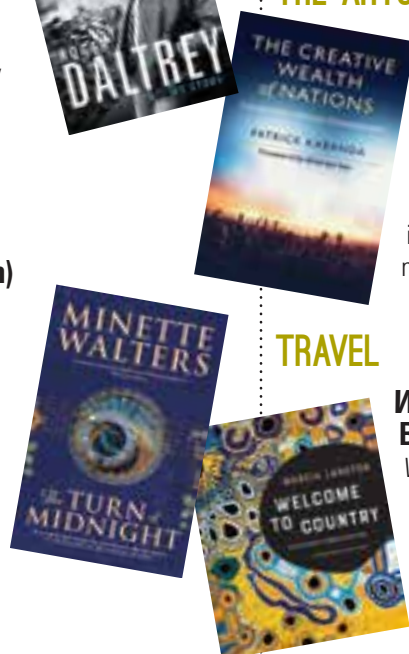
The lead singer of The Who's reference to his school headmaster in the title is almost reason enough to read the book, let alone to learn more of the band's notorious shenanigans. This, though, is as much a story of survival as it is of success.

**THE ARTS****The Creative Wealth of Nations****By Patrick Kabanda (Cambridge University Press)**

The arts are an indispensable asset, especially when taking a comprehensive approach toward the improvement of lives, suggests Kabanda. His central idea is that putting a value on the arts helps promote meaningful economic and social progress.

HISTORICAL FICTION**The Turn of Midnight****By Minette Walters (Allen & Unwin)**

Minette Walters was one of the most successful crime fiction writers in the world. But her book, *The Last Hours*, saw her take on the challenge of historical fiction. Her extraordinary historical novel was set in 1348, the year the Black Death came to England. Her latest book, *The Turn of Midnight*, is the thrilling and satisfying conclusion to the first book.

**TRAVEL****Welcome to Country****By Marcia Langton (Hardie Grant)**

Welcome to Country is a guidebook to indigenous Australia and the Torres Strait Islands. Langton, a respected elder, offers insights into indigenous languages and customs, history, native title, art and dance, storytelling, and etiquette for visitors. There is also a directory of indigenous tourism experiences. ➤



CLASSICS

Sherlock Holmes

By Sir Arthur Conan Doyle
(Penguin Random House)

Introduced to the world in the late 19th century, there is good reason why Sherlock continues to be read and turned into movies and TV series. The stories are simply brilliant.

To Kill a Mockingbird

By Harper Lee (Harper Collins)

This masterwork of honour and injustice has sold more than 40 million copies worldwide. A brave man – Atticus Finch – fights to right American Deep South wrongs.

SURFING

Beyond the Break

By Darren Longbottom and Tim Rushby-Smith (Penguin)

When Darren said goodbye to his wife and baby daughter to go on a surf trip with friends to the remote Mentawai Islands off Indonesia, he could never imagine how profoundly his life was to change. This is the tale of a freak accident, a terrifying rescue and the long and painful journey home; the story of coming to terms with the life-changing consequences of riding a single wave.

Barbarian Days: A Surfing Life
By William Finnegan (Hachette)

Acclaimed New York writer William Finnegan started surfing as a young boy in California. This is his immersive memoir of a life spent travelling the world chasing waves through the South Pacific, Australia, Asia, Africa, Peru and beyond.

SOCIETY AND CULTURE

The House of Islam

By Ed Husain (Bloomsbury)

Husain seeks to provide an insight to the minds and hearts of the world's Muslims. He introduces readers to the fairness, kindness and mercy of Mohammed. Yet the current crises of leadership in the Muslim world means that a glorious past, full of intellectual nobility and purpose, is now exploited by extremists and channelled into acts of terror.

The Billionaire Raj

By James Crabtree (Penguin Random House)

The author is an associate professor of practice at the National University of Singapore but was formerly the Mumbai bureau chief for the *Financial Times*. This is his portrait of the rise of India's new billionaire class in a radically unequal society.

The Day the Sun Died

By Yan Lianke (Text Publishing)
Translated by Carlos Rojas

Lianke has been described as one of China's most audacious novelists. Set over the course of one night, this book sets chaos and darkness against the sunny optimism of the Chinese dream promoted by the government.

HISTORY

Shakespeare's Library: Unlocking the Greatest Mystery in Literature

By Stuart Kells (Text Publishing)

For four centuries, people have searched for the personal library of the world's most famous author: in mansions, palaces and libraries; in riverbeds, sheep pens and partridge coops; and in the corridors of the mind. Yet no trace of the bard's manuscripts, books or letters has ever been found. Kells follows the trail of the hunters and takes readers through different conceptions of the library and the man himself.

The Missing Man

By Peter Rees (Allen & Unwin)

Len Waters was born on an Aboriginal reserve in Australia and left school at 13, but by 20 he was piloting a RAAF Kittyhawk fighter in the lethal skies over the Pacific in World War 2. His achievement is extraordinary, yet he became a missing man in Australia's wartime flying history. Rees rights that wrong in this powerful examination of Waters' life.

BUSINESS

The Murdoch Method

Notes on Running a Media Empire
By Irwin Stelzer (Allen & Unwin)

Rupert Murdoch is one of the most notorious and successful businessmen of our age. Now, an insider within the Murdoch empire reveals the formidable method behind the man. Irwin Stelzer was Murdoch's chief financial advisor and closest personal aide for 35 years.



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To support the flourishing Lae fisheries sector—a major growth driver of the Papua New Guinea (PNG) economy—as well as the Morobe Province's industrial base (especially its agro-processing and mining sectors): this is the vision for the Port of Lae. With the redevelopment, the port is geared to become a premier hub for Asia-Oceania trade. Key to the port program are the partnerships between the public and private sectors, and the private sector and host communities.

Port authority PNG Ports Corporation Ltd. having successfully overseen the 2014 initial upgrade in Lae, is keen on ramping up operational efficiencies and port performance, towards Lae's increased competitiveness in the South Pacific, and to boost regional trade capabilities.

Private sector partner International Container Terminal Services, Inc. (ICTSI), through PNG unit South Pacific International Container Terminal (SPICT), is investing in major equipment upgrades and leading-edge information technology. Equally significant are its investments in the people being hired for the redeveloped port.

Partner Communities represented by AHI Investments Ltd. and Labu Holdings Ltd. are engaged across several areas in the program. They will benefit directly from

port employment, with global standard training and benefits packages, and career pathing and mentoring.

Underpinning the sustainable port development are community programs to be carried out by the ICTSI Foundation, AHI Hope Foundation, the national and local governments, and host communities.

Together, the PNG Government, ICTSI, and the Partner Communities are optimizing PNG's potential across borders—and working for development that is sustainable across generations.



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APEC, THE BIGGEST SHOW IN TOWN

PICTURE: ROCKY ROE

Kevin McQuillan backgrounds the purpose of APEC and looks at the impact the massive event will have on PNG.

The biggest event in Papua New Guinea's history is the Pacific Economic Cooperation (APEC) forum, which reaches its climax in Port Moresby during November, with 10,000 delegates, world dignitaries and media in attendance.

The Singapore-based 21-member forum was established in 1989 to create greater prosperity for people in the region by developing free trade and synchronising customs procedures.

But, says Alan Bollard, executive director of the APEC secretariat, the forum has moved

on from its initial emphasis on commodity.

Tariffs have fallen from an average of 18 per cent to six per cent, so the nature of trade has changed, with economic growth now happening in service industries such as tourism, transport, banking, data movements, and telecommunications, he says.

He says it's now important to harmonise the digital platforms between the different countries and to make sure that it all works for medium, small and micro-enterprises in the region.

"We think there are about 100 million micro and small businesses in the region. We

think five million are involved in exporting and importing, maybe another five million indirectly.

"If we can get that up to another 20–30 per cent there is going to be a huge revolution in terms of involvement in regional economic growth.

"Papua New Guinea will be right in the middle of that."

PNG's APEC ambassador and chairman of APEC Senior Officials, Ivan Pomaleu, says 10,000 delegates are expected for the Leaders' Week in November and 15,000 delegates have come to PNG in the lead-up.





Fired up ... the new APEC Haus in Port Moresby is the venue for many events (opposite page); PNG APEC mastermind Chris Hawkins (above).

Among the world leaders who have confirmed they will attend the Economic Leaders' Meeting on November 17 and 18, are China's president, Xi Jinping; Russia's prime minister, Dmitry Medvedev; Japan's prime minister, Shinzo Abe; Indonesia's president, Joko Widodo and Malaysia's prime minister, Mahathir Mohamad. The US will be represented by vice president, Mike Pence, with Donald Trump electing not to attend.

Pacific leaders include Australia's prime minister, Scott Morrison, and New Zealand's prime minister, Jacinda Ardern. Thirteen

Pacific leaders have been invited to attend as observers, and to meet APEC leaders. Fiji's prime minister, Frank Bainimarama, has been invited to give the keynote address at the CEO Summit.

To ease congestion and minimise disruption at the peak meetings, the PNG government has declared the two days ahead of the Economic Leaders' Meeting, Thursday and Friday, November 15 and 16, as public holidays.

The mastermind behind the PNG APEC organisation is chief executive officer, Chris Hawkins, a former broadcaster, army captain and communications specialist who has worked as an advisor to the APEC secretariat, APEC committees and regional governments.

"The summit is the most significant foreign affairs series of events we have ever held in Papua New Guinea and the eyes of the world will be on the nation," he says.

"Security is paramount and we will ensure there is ongoing discussion so that any disruption is minimised and the summit proceeds smoothly."

The theme of the Economic Leaders' Summit is 'Harnessing Inclusive Opportunities, Embracing the Digital Future'.

Since October, 2017, hundreds of meetings of APEC ministers and officials, broken up into 70 specialist committees, have convened to prepare their leaders for their meeting.

The busiest meeting of officials, says Pomaleu, saw nearly 2000 delegates descend on Port Moresby in mid-August, where they held 107 meetings over a two-week period. As well, delegates were taken out of the capital to see other parts of PNG, including a cocoa plantation at Buka, in the Autonomous Region of Bougainville, and to assess women's business development. Mining delegates visited the Lihir gold mine in New Ireland Province.

One of the most influential meetings is that of the APEC CEO summit, held over the two days before the Economic Leaders' Meeting, but culminating in meeting APEC leaders on the first morning of their summit. Some 500 global CEOs are expected to attend this year.

Topics for this summit include the 'State of the Global Economy', 'Pursuing Inclusive Growth', 'Innovation and the Digital Future' and 'Climate Change and Trade'.

Hosting the CEO Summit has been the APEC PNG Business Advisory Council, headed by local business leader, David Toua, who ➤

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.



“The summit is the most significant foreign affairs series of events we have ever held in Papua New Guinea and the eyes of the world will be on the nation.”





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Our commitment to helping our PNG neighbours was demonstrated in February 2018, after a magnitude 7.5 earthquake struck in the PNG Highlands. Oil Search undertook the role of first responder in disaster relief efforts in Hela and Southern Highlands Provinces. We donated US\$5 million in cash and assisted more than 200,000 people in remote communities, with the provision of medical treatments, including medical evacuations, food and other essential supplies.

Oil Search is proud to be an official **Platinum Sponsor of the APEC CEO Summit 2018**, as we showcase PNG's skills, talent and values on the global stage.

says one of the challenges is to defend the benefits of globalisation.

"The message is that business, as well as governments, have to work harder to address issues of rising income inequality, job losses and the need to upgrade human skills and training."

Winning the right to host APEC was a "monumental achievement" for PNG, according to PNG prime minister, Peter O'Neill.

"We may be one of the smallest (APEC) countries but PNG is demonstrating it is able to make a positive contribution to driving business in the Asia-Pacific region."

He said after November "everyone will remember where Papua New Guinea is and not confuse it with an African country".

Charles Lepani, director-general of the PNG APEC Authority, says APEC is an opportunity to showcase PNG's culture and biodiversity, including regional visits to Goroka, Lae, Kavieng, Madang, Tabubil, Wewak, Buka and Tari.

While Australia is paying about one-third of the cost of running



Charles Lepani ... says APEC is an opportunity to showcase PNG's culture and biodiversity.

the forum, China, NZ and the US have also contributed to new buildings, roads and security. The PNG government has set aside PGK800 million for the summit.

The summit has meant building a convention centre for the Economic Leaders' Meeting, as well as new hotels, and upgraded airport facilities in the capital.

Perhaps the standout new building is APEC Haus, a PGK120 million conference facility funded

by China, which will house the Economic Leaders' Meeting, as well as the Leaders' Dialogue with the APEC Business Advisory Council.

A new road infrastructure for Port Moresby has also been built. It includes five bridges, a ring road and a road to APEC Haus.

Among the list of new buildings is Star Mountain Plaza, a PGK1.5 billion integrated project, which will feature a 212-room Hilton Hotel. Ten hotels are providing delegates' accommodation: Airways, Gateway, Stanley Hotel and Suites, Laguna, Lamana, Holiday Inn, Grand Papua, Crowne Plaza, Ela Beach Hotel and the Hilton.

Jacksons Airport now has a runway extension, with aprons

refurbished for VIP aircraft parking. Port facilities have been extended to berth three cruise ships, which will also provide accommodation for delegates and officials.

Local businesses are providing seven core services for the summit, says Hawkins. They include transportation, venues interiors, providing audio-visual, hospitality and catering, healthcare, branding and security.

Hawkins says that local companies will be contracted to provide 20,000 *bilum* (gift) bags, memorabilia, and official APEC shirts. ■



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KEY POINTS

- The biggest-ever event in PNG
- 10,000 delegates for the November Leaders' Summit
- 15,000 delegates already visited
- The leaders of China, Russia, Japan, Indonesia, Malaysia, Japan, Australia, New Zealand and the US attending
- Billions of kina spent in Port Moresby on new hotels, roads and other infrastructure
- PNG, Australia, China, NZ and the US sharing APEC and infrastructure costs



APEC PARTNERSHIP ON BILUMS

David James reports on efforts to market *bilums* online to potential buyers around the world.

The co-founder of Port Moresby-based software company Crysan Technology, Crystal Kewe, says a partnership with Google, the APEC secretariats in Papua New Guinea and Singapore, and the San Francisco-based Asia Foundation is aiming to sell *bilums* online.

Called the Digital Bilum Project, the idea is to create an international presence.

"The idea behind it is to develop a national platform for *bilum* weavers, or what we call '*bilum* mamas' in PNG, to

“The idea is to develop a national platform for *bilum* weavers in PNG, to promote and market *bilums* on a global scale.

promote and market *bilums* on a global scale.

"We are working on a model that we will test during the APEC Leaders' Meeting," Kewe says. APEC delegates will have the ability to purchase *bilums* while

they are in the country.

She says the focus is fundamentally on promoting traditional *bilums*, not those made of synthetic fibres.

Kewe says she will be working with Westpac PNG



In the bag ... a *bilum* in everyday use in PNG.

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Kulau 90GY 83/098

yellow

Man Raja Bawen 44Y 65/291

orange

Pumpkin Patch 48Y 55/366

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and MasterCard to develop a payment gateway.

Kewe, who started her first company with her father when she was 15 (she is now 18), says developing an innovation culture is critical to the future of PNG.

"A country which does not innovate will stagnate and regress at the peril of its citizens," Kewe says.

"Papua New Guinea is fortunate to have natural resources that have sustained our economy comfortably since independence. However, most of these resources are non-renewable.

"Without innovation I think the country will be doomed when resources run out and there is no inflow of new ideas, businesses and opportunities to sustain the modern economy," she says.

Crystal Kewe ... spearheading the *bilum* project.



"There is a need to recognise and modernise all actors in the economy in order to sustain innovation as a critical element of national development."

Kewe believes there is an urgent need to develop innovation clusters and supportive government policies.

She says the development of a national innovation policy in PNG is underway. It is focusing on inclusive economic growth, she says, which aims to develop, support, fund and guide the development of non-extractive sectors such as cocoa, coffee, copra, fisheries, timber and other

ordinary commodities headed by the development of regional innovation hubs.

"This means that the PNG tech industry will be a key contributor to the changing development landscape in PNG.

"Currently we have a small vibrant community of ICT start-ups, with a membership of over 30. We have organised ourselves into the PNG ICT cluster with several of our members already contributing in the education sector, conservation, micro-enterprise and other areas using web apps.

"We are working to raise awareness and link up with international organisations," Kewe says. ■

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A multi-panel advertisement for Hotel Morobe. The top panel shows the hotel's exterior with palm trees. Below it, a list of amenities is provided. Further down, there are images of hotel rooms and a reception desk. The bottom section features the slogan 'Your Affordable Luxury Escape in the Heart of Lae' and contact information.

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Green light close for gold project

Kevin McQuillan reports that Milne Bay's Woodlark gold project could start production in early 2020 and will create hundreds of jobs for locals.

Milne Bay's Woodlark gold project is likely to get the go ahead before the end of the year. Managing director of Geopacific Resources, Ron Heeks, says production could start in early 2020.

When the Woodlark licence was issued in 2014 to Kula Gold, it was the first gold-mining



Surveying the scene ... Geopacific Resources managing director, Ron Heeks, at Woodlark Island.



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lease to be issued in eight years, and marked a milestone for the sector.

Since then, Kula Gold has brought in Perth-based miner Geopacific Resources, which recently moved to 51 per cent ownership at project level.

Geopacific now has a controlling interest (85 per cent) in Kula Gold, taking its overall economic interest in the project to 93 per cent. The PNG government will have a five per cent share at the production stage.

Kula had spent PGK359 million in exploration costs, and Heeks estimates Geopacific will spend about another PGK431 million getting the project into production.

"Our pre-feasibility study indicated a low-cost, low stripping ratio, open-pit, 10-year operation, with production at about 100,000 ounces per annum," he says.

Heeks says the three sites – Kulumadai, Busai and Woodlark King – have combined resources of about 1.6 million ounces of gold

and reserves of 1.1 million ounces.

"It's not a huge project, but it is very robust," he says. "It will pump a significant amount of money into the local economy."

"Locals are keen on it and it will do wonders for the community and the whole Milne Bay area."

Woodlark is surrounded by well-established gold mines: Newcrest's Lihir at 66 million ounces of gold and St Barbara's Simberi at six million ounces.

Heeks estimates it will provide about 420 jobs with a high percentage of those earmarked for locals. The population of Woodlark Island is 6000.

"There's a huge social incentive to employ local people, and many other benefits," Heeks says.

He says many locals are employed as traditional farmers.

"But we are used to creating rosters which accommodate people's other commitments –

for example, through job sharing or just making allowances for those commitments."

Woodlark Island has some extra advantages. A deep-water port four kilometres away, with safe anchorage, will provide easy and efficient access for construction and consumables to operate the mine.

"We're building a small wharf facility on the opposite side of the bay, closer to the operation and this will avoid disrupting villagers," Heeks says.

Ironstone Capital has been appointed debt advisor and talks with financiers are also progressing well, he says.

Gold is now about PGK3945 an ounce.

"I'm happy with the current price of gold," Heeks says. "It's only 10 per cent off its all-time high and there's a bit of a problem if you can't make money at that price." ■



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Combined wisdom

David James reports on the strategies of one of PNG's most successful conglomerates.

Port Moresby-based retailer/wholesaler Supreme Industries needed facilities and services it couldn't source in Papua New Guinea, so it created them.

Supreme Industries started in July 1997, primarily as a retailer and wholesaler, but has grown into a diversified company.

"It has expanded into various industries: from manufacturing of uniforms, to offset printing and ICT solutions," says group managing director, Sanjay Shah.

“

The Supreme Group is associated with a lot of organisations, from mining to agriculture to the retail industry.

”

"The Supreme Group is associated with a lot of organisations, from mining to agriculture to the retail industry," he says.

The very nature of PNG's business environment has driven the company to offer additional services.

"When you start building up your organisation, you come across the fact that there is a lot of facilities that are not available (in PNG)," says Shah.

"So you have to backward integrate, or forward integrate, to move forward.

"And, in PNG, you often don't find the skilled workforce, so you have to get different expatriates out of different parts of the world.

"You source people with skills in the different industries to head your different operations – and then build a workforce

around it from the local and surrounding population."

Shah says when the company moved into ICT solutions, establishing Digitec earlier this decade, extensive background research was undertaken.

"We put our efforts into putting up our data storage centre and then moving into internet solutions.

"Basically, we offer ISP solutions for the business houses with a triple-redundancy package. The internet services will not go down because we use three different providers as back up.

"We are the only current providers who have got this triple redundancy in place."

Shah says growth of Digitec has been rapid and become one of the company's major focuses.

He says the uniform-making operations have also achieved strong growth.

Managing conglomerates can be complex. Shah says the company has levels of management, "but it is a more open" type of hierarchy.

"There are people who can step up very easily without any going to the board of directors."

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- Footwear
- Pharmaceutical and medical equipment
- Mining gear and supplies



Sanjay Shah ... says the Supreme Industries group is anticipating more diversification.

One important management imperative, says Shah, is to control costs.

Many local companies, he says, were overly optimistic because of the PNG LNG project, and were then caught out.

"A lot of people increased their capacity to cater to such projects coming in the future, thinking that the second train and the third train would start immediately behind that.

"They didn't. Some people had to scale down, while some people kept their costs down so they managed to keep on growing."

Shah says the company is looking to move into other sectors "that are lacking in PNG". He points to education and health.

"There is a need for enhancement of the workforce in PNG.

"It hinders a lot of expansion in the country. There is a need for skills and education, especially in the vocational area.

"If you are doing infrastructure you need trade skills: plumbing, electricians, bricklayers, road builders.

"At the moment a lot of that is lacking," he says, noting that a lot of work that should be done in PNG is going overseas. ■





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As part of our escort service, we also offer heavy vehicle recovery to ensure our clients' vehicles are not left unprotected against theft and vandalism.

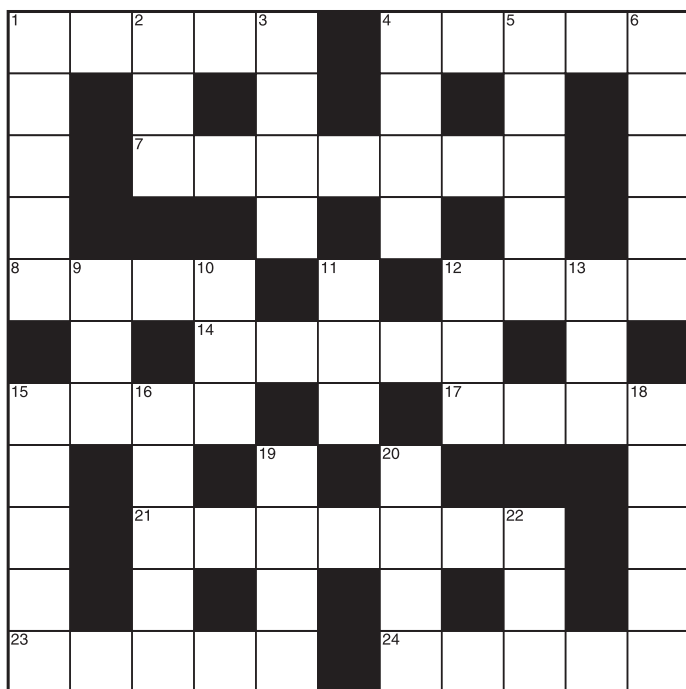
Our impressive client list covers the entire spectrum of business, government and retail sectors, and we are regularly asked to assist the diplomatic community with arrangements for visiting VIPs.



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DoubleTake

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



CRYPTIC CLUES

ACROSS

1. Served up meals for men (5)
4. Rights declared at customs (5)
7. From the start, are using fish sauce (7)
8. Apparently opposed to poker stake (4)
12. Makes solid stage scenes (4)
14. Clutch some appealing raspberries (5)
15. Excited to be in synagogue (4)
17. Ornament to hide? So be it! (4)
21. Sailor isolated shellfish (7)
23. Remove lumps in Spain? Yes, Eve (5)
24. Give out eggs you'd say (5)

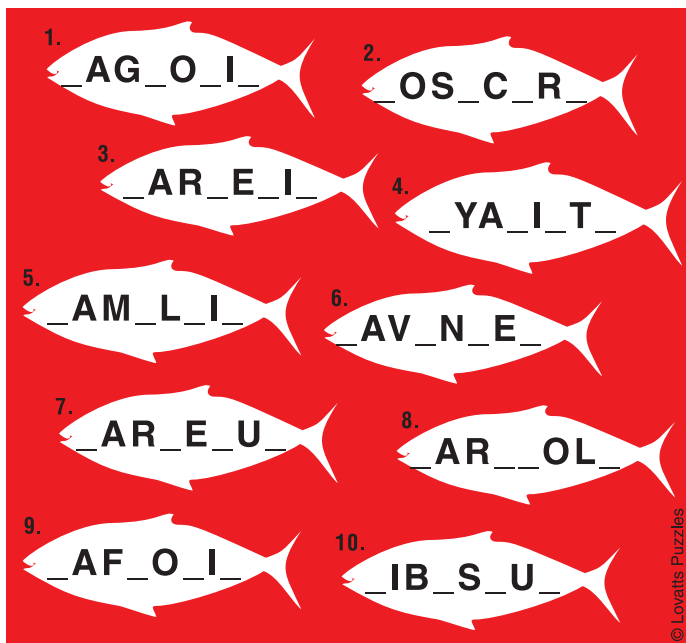
DOWN

1. Mia has an obsession (5)
2. Even Elliott was illuminated (3)
3. Certain to mention shore (4)

4. Nut taken from Renault is genuine (4)
5. The half-time subject? (5)
6. Dismisses noisy sax (5)
9. Repeatedly scold old horse (3)
10. A little nutmeg gift at Easter (3)
11. Exclude legal profession from pub (3)
12. Most of Spain is a health resort (3)
13. One of five on foot (3)
15. Pains suffered as Mr Guevara is taken in (5)
16. Nothing to estimate, so to speak (5)
18. Listen! Who is nigh? Eve? How innocent! (5)
19. Odd Brad, keen to swelter (4)
20. Company of French ethics (4)
22. "Oh," they said, "is that water in Paris?" (3)

Red Herrings

Fill in the gaps with letters to find the names of eight flowers. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have eight letters.



STRAIGHT CLUES

ACROSS

1. ... & females (5)
4. Rituals (5)
7. Spiced mayonnaise (7)
8. The A of AM (4)
12. Movie filming areas (4)
14. Comprehend (5)
15. Open-mouthed (4)
17. Prayer ending (4)
21. Seafood delicacy (7)
23. Sifting utensil (5)
24. Ooze (5)

DOWN

1. Excessive enthusiasm (5)
2. Set alight (3)
3. Positive (4)
4. Property sales rep, ... estate agent (4)
5. Signature tune, ... song (5)
6. Hessian bags (5)

9. Pester (3)
10. Free-range or barn-laid product (3)
11. Without exception, ... none (3)
12. Therapeutic bath (3)
13. Square dance call, heel & ... (3)
15. Throbs dully (5)
16. Make speech (5)
18. Unworldly (5)
19. Cook in oven (4)
20. Cipher (4)
22. Scent, ... de Cologne (3)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What does ANL stand for?
2. What is Papua New Guinea's longest river?
3. A bird of paradise is silhouetted on the PNG flag. What is it doing?
4. The hooded pitohui is a bird found in PNG. What's unusual about it?
5. Would you sooner have \$US20 to spend or PGK80?
6. Can you name the two newest PNG provinces, both created in 2009?
7. Which PNG location is further north: Port Moresby, Popondetta or Goodenough Island?
8. *Nus* is the Toki Pisin word for which part of the body?
9. What is the largest rice-producing country in the world?
10. *Lap lap* is a baked pudding originating from which South Pacific country?
11. The endangered monkey-eating eagle is the national symbol of which country near PNG?
12. The national anthem of which country is in micro text on the back of the country's \$1000 note? Hint: Air Niugini flies to this country five times a week.
13. Where in India is Bollywood?
14. In the novel *Mutiny on the Bounty*, who leads the mutiny in Tahiti and what is the name of the captain who loses his ship to the mutineers?
15. What is the Indonesian rice dish pictured?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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Solutions

Red Herrings

Magnolia, RED HERRING, gardenia, hyacinth, camellia, lavender, RED HERRING, marigold, daffodil, hibiscus.

M	A	L	E	S		R	I	T	E	S
A		I		U		E		H		A
N		T	A	R	T	A	R	E		C
I				E		L		M		K
A	N	T	E		B		S	E	T	S
	A		G	R	A	S	P		O	
A	G	O	G		R		A	M	E	N
C		R		B		C				A
H		A	B	A	L	O	N	E		I
E		T		K		D		A		V
S	I	E	V	E		E	X	U	D	E

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

The Paradise Quiz

1. Air Niugini Limited. 2. The Sepik (1126 kilometres). 3. Flying. 4. It's poisonous. 5. 80 kina is worth more. 6. Hela and Jiwaka. 7. Popondetta. 8. Nose. 9. China. 10. Vanuatu. 11. The Philippines. Also known as the Philippine eagle, there may only be 400 left in the wild. 12. Singapore. 13. The Bollywood film industry is based in Mumbai. 14. Fletcher Christian, Captain James Bligh. 15. Nasi goreng.

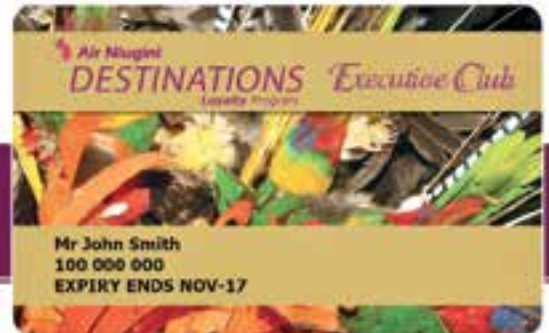


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Out and about

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. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available. Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

Phone: International mobile phone roaming is possible in PNG but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

ELECTRICITY

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

GETTING AROUND

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

Car hire: Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Taxis: Recommended firms are City Loop (1800 000), Comfort (325 3046) and Scarlet (7220 7000).



PICTURE: MILEN STILYANOV

Port Moresby from the air ... new shops, hotels and restaurants are springing up at a rapid rate.

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 for some flights, also to check in) online, but make sure you print out a copy of your receipt to show at check-in. Aircraft and helicopter charters are available for travel to remote locations.

HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have 24-hour emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent

in PNG and there have been cases of measles and tuberculosis.

MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby.

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 OUT

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 to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See airways.com.pg.

Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is 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 stir-fries, toasted sandwiches and ➤





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Bookings: 327 8100 | coralseahotels.com.pg

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. See ihg.com.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See daikokupng.com.

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See duffypng.com.

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



Cool and casual ... Edge by the Sea has a marina outlook at Harbour City.



Fresh-baked ... the popular Duffy Cafe has three stores in Port Moresby.

PICTURE SUPPLIED BY DUFFY CAFE

huge, too, with pages of Asian dishes. See facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956.

Edge by the Sea: The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

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, curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens. See coralseahotels.com.pg.

Element Bar and Restaurant: One of Port Moresby's newest restaurants, Element offers Asian fusion with excellent service. On Champion Parade, on the first level of MRDC Haus, it has modern decor and a huge balcony. Tel. +675 7252 8778.

Fusion: This is one of the city's busiest restaurants. It's 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. Tel. +675 7196 6666.

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, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned 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 Goroka 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. See grandpapuahotel.com.pg.

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.

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.

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. ➤



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Magi Seafood Restaurant:

A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

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. Tel. +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. Tel. +675 320 0001.

Stanley Hotel and Suites:

This Waigani hotel has several restaurant choices, including the fine-dining Silver Leaf and the chic tapas-style Monsoon Lounge. 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



Airways Hotel ... near the airport and renowned for its excellent service.

bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See visioncity.com.pg.

LAE

Bunga Raya: This local favourite, serving Malaysian-style 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.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Tel. +675 479 0100.

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 air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae City Cafe: Located in the Lae City Hotel on 3rd street, the cafe serves Western and Asian cuisine. The signature dishes include ribs and Nasi Goreng. Tel. +675 472 0138.

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. Tel. +675 479 0100.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants – Lului's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including

Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant:

Located at the Crossroads Hotel at Nine Mile. 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.

HOTELS**PORT MORESBY**

Airways Hotel: Airways is 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. See ihg.com. Tel. +675 309 3329.

Ela Beach Hotel and

Apartments: On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

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





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airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

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.

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: One of Port Moresby's newest hotels, this 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.

LAE

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 to both Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

Hotel Morobe: A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

Lae City Hotel: Located in the main Top Town area, this hotel has 24-hour concierge and 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. Tel. +675 479 0411. ■

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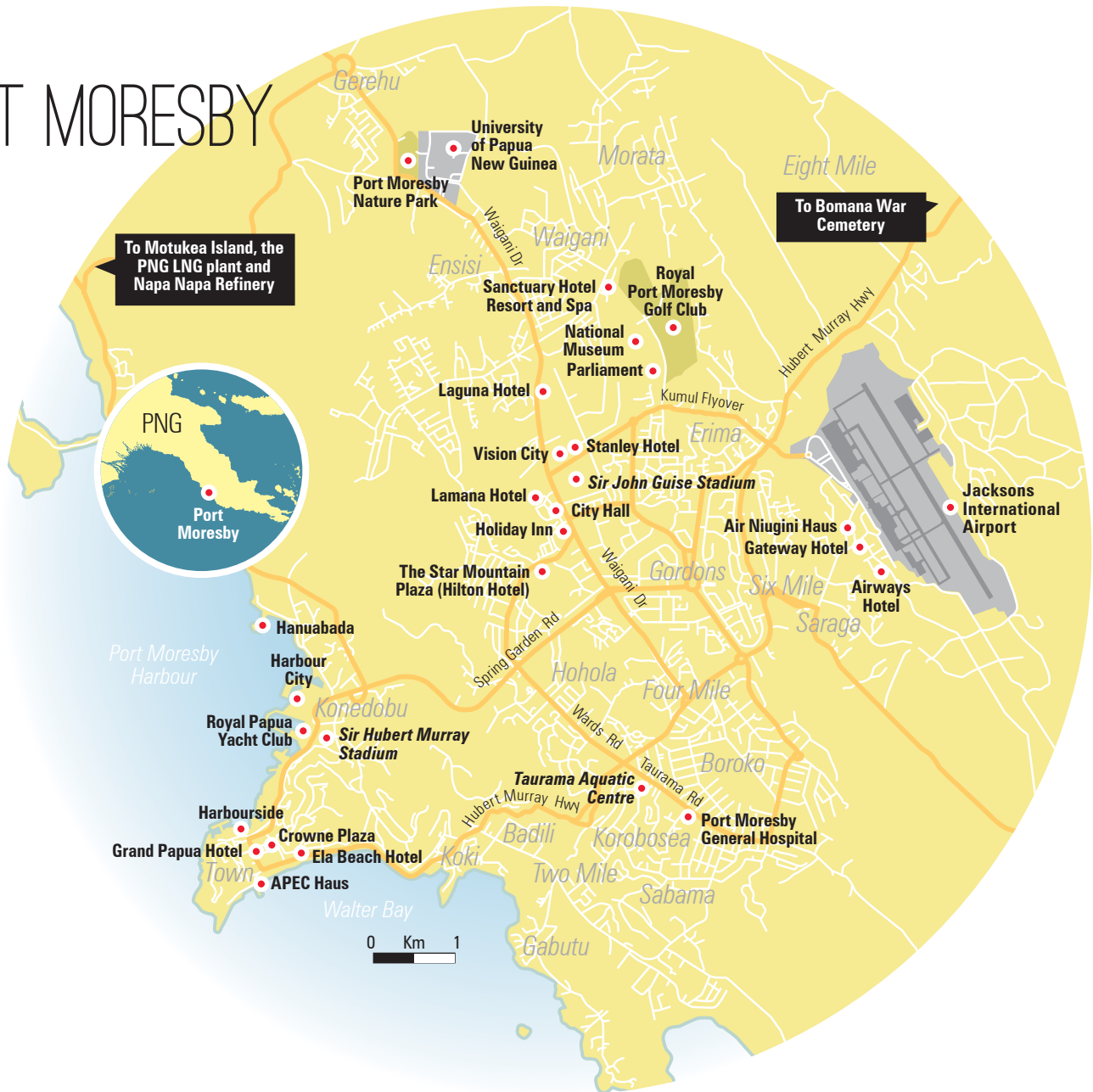
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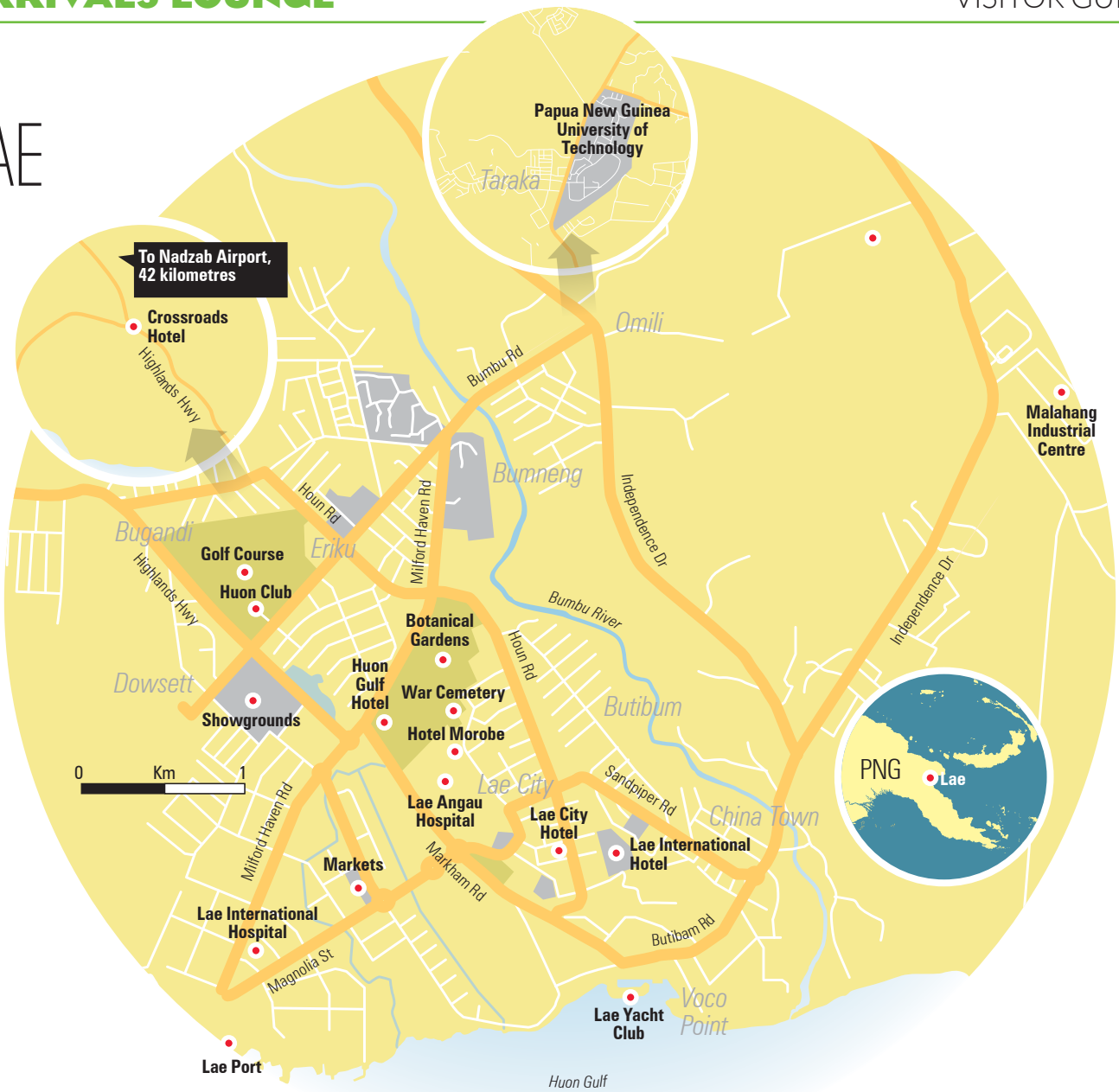
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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

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

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

- *How much is this?*
Hamas long dispela?
- *Thank you very much.*
Tenkiu tru.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi ken senisim moni bilong mi?

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

- *Restaurant*
Ples bilong kaikai
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

NUMBERS

1
Wan2
Tu3
Tri4
Foa5
Faiv6
Sikis7
Seven8
Et9
Nain10
Ten

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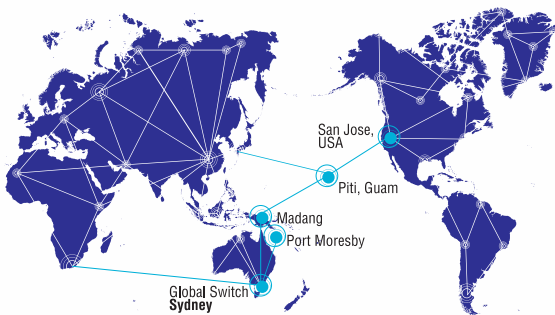




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Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

In-flight Duty Free

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

Immigration and Customs Forms

During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m
Standard seating capacity: 188
Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m
Standard seating capacity: 76
Business class: 6
Economy class: 70
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 2



DASH 8-Q315 - Bombardier

Length: 25.7m
Wing span: 24.4m
Range: 1700km
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E
Normal altitude: 7500m
Standard seating capacity: 50
Number of aircraft in fleet: 3



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m
Standard seating capacity: 116
Business class: 12
Economy class: 104
Number of aircraft in fleet: 1



DHC-8-202 - Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D
Normal altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

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

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



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



The Darkest Minds

Genre: Action, Sci-fi

Rating: PG13

Stars: Amandla Stenberg, Mandy Moore, Bradley Whitford

When teens mysteriously develop powerful abilities, they are declared a threat by the government and detained. Ruby escapes her camp and joins a group of runaway teens seeking safe haven. Soon this newfound family realises that running is not enough.



The Meg

Genre: Action, Thriller

Rating: PG13

Stars: Jason Statham, Bingbing Li, Cliff Curtis

A deep-sea submersible has been attacked by a massive creature and lies disabled in the deepest trench in the Pacific. Expert deep-sea rescue diver Jonas Taylor is recruited to save the crew.



Tag

Genre: Comedy

Rating: R

Stars: Jeremy Renner, Ed Helms, Jake Johnson

One month every year, five highly competitive friends hit the ground running in a no-holds-barred game of tag they've been playing since the first grade – risking their necks, their jobs and their relationships to take each other down.



Walk Like a Panther

Genre: Comedy, Sports

Rating: R

Stars: Stephen Graham, Jason Flemyng, Julian Sands

A group of 1980s wrestlers is forced to don the lycra one last time when the wrestlers' beloved local pub is threatened with closure.



Creed

Genre: Drama, Sport

Rating: PG13

Stars: Sylvester Stallone, Michael B. Jordan, Tessa Thompson

Adonis Johnson never knew his father, world heavyweight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with Rocky Balboa.



Blackmail

Genre: Action, Comedy

Rating: PG13

Stars: Irrfan Khan, Kirti Kulhari, Arunodaya Singh
Dev and Reena have an arranged marriage, but it begins to fall apart when Dev finds his wife in the hands of another man. Dev decides to teach him a lesson, but it proves to be a costly mistake.



Ittefaq

Genre: Thriller, Mystery

Rating: PG13

Stars: Sidharth Malhotra, Sonakshi Sinha, Akshaye Khanna

Police officer Dev Verma investigates a double homicide in Mumbai. But when the two primary suspects offer conflicting versions of the circumstances in which they were found, Verma begins to unravel an unforeseen connection between the events of that night.



Agent Mr Chan

Genre: Comedy, Romance

Rating: PG13

Stars: Dayo Wong, Charmaine Sheh

Top agent Mr Chan is removed from duty after offending policewoman Ms Shek during a mission and they become lifelong enemies. Twenty years later, city-dwelling elites begin to display dysfunctional behaviour, and Ms Shek has to ask Mr Chan to go undercover to investigate.



When I Get Home, my Wife Always Pretends to Be Dead

Genre: Comedy

Rating: PG13

Stars: Ken Yasuda, Nana Eikura

Jun returns home from work to find his wife, Chie, stabbed to death. Just as he starts to freak out she giggles, as the whole thing is a set up. Relieved, he thinks nothing of it, but a pattern begins.



Single Single: Love Is Not Enough

Genre: Romance

Rating: PG

Stars: Shaina Magdayao, Matteo Guidicelli
Just as Joe girl and Joey boy start a relationship, they gain a new roommate – a baby. Though he isn't the father, Joey boy accepts Joe girl's baby as his own, loving and caring for it unconditionally. But when you're young and just starting in life, things are bound to be difficult.



Flying the Great Wall

Genre: Documentary, Travel

Rating: PG

Stars: William Lindesay

An epic aerial journey covering the whole length of China's Great Wall. Across 2500km, for the first time ever, this triumph of Ming dynasty architecture has been captured in its entirety from the air.



Epic

Genre: Family, Animation

Rating: PG

Stars: Amanda Seyfried, Josh Hutcherson, Beyoncé

A teenage girl finds herself magically transported into a secret universe and teams up with an elite band of warriors to save their world – and ours.



TV



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Jane Goodall: Saving Paradise

Genre: Documentary, Travel

Rating: PG

Stars: Jane Goodall

Paradise takes hard work to preserve. Three islands off the coast of Tanzania are benefiting from three diverse projects that focus on turtle hatching, coral protection and educating the next generation.



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The 100

Genre: Drama

Episode: S5 E1 – Eden

Rating: PG13

Stars: Eliza Taylor, Bob Morley, Marie Avgeropoulos

Clarke struggles to survive on a desolate, scorched earth, while her friends in space come across a long-awaited beacon of hope.



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Life Sentence

Genre: Comedy, Drama

Episode: S1 E1 – Pilot

Rating: PG

Stars: Lucy Hale, Elliot Knight, Jayson Blair
Stella spent eight years living like she was dying – because she was. But when she finds out her cancer has been cured, she has to deal with the consequences of her choices, while getting to know the stranger she married on a whim.



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Prison Break (2017)

Genre: Comedy

Episode: S1 E1 – Ogygia

Rating: PG13

Stars: Dominic Purcell, Wentworth Miller, Amaury Nolasco

It's been seven years since Michael Scofield was presumed dead, but when clues suggest that he might still be alive, Lincoln Burrows reunites with Sara Tancredi to help track down the truth.



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Splitting Up Together

Genre: Comedy

Episode: S1 E1 – Pilot

Rating: PG

Stars: Jenna Fischer, Oliver Hudson, Bobby Lee

After breaking the news to their friends and family about their divorce, Lena has to deal with her son Mason's growing pains.



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Wacky Races

Genre: Family, Animation

Episode: S1 E5 – Yes, We Canyon

Rating: G

Stars: Diedrich Bader, Christopher Judge, Nicole Parker

On vacation, the racers' competitive attitudes overwhelm them and they end up destroying the Grand Canyon.



One Strange Rock

Genre: Documentary

Episode: S1 E3 – Shield

Rating: PG

Stars: Will Smith, Chris Hadfield, Mae C. Jemison

The epic story of Earth's battle with the Sun. Our star would wipe us out in an instant without the incredible planetary shields that protect us.



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Boston Legal

Genre: Drama

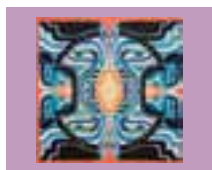
Episode: S2 E1 – The Black Widow

Rating: PG13

Stars: James Spader, William Shatner, Candice Bergen

Shore and Brad represent a woman accused of poisoning her wealthy, elderly husband and Tara finds herself opposing an old flame.

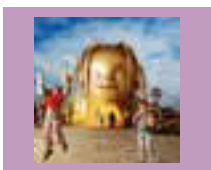
MUSIC



Tash Sultana Flow State

Genre: Pop Rating: MA 15+

This is the highly anticipated debut album from multi-instrumentalist Tash Sultana. Every song was produced, written, performed and arranged by Sultana, who also plays the 15 instruments featured throughout.



Travis Scott Astroworld

Genre: Pop Rating: MA 15+

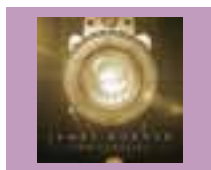
Travis Scott is at the very height of his powers with this album, tapping into interplanetary infectiousness on each song. With collaborations from hip hop's 'who's who', including The Weekend, Frank Ocean, and many more.



Jonas Kaufmann An Italian Night – Live from the Waldbuhne Berlin

Genre: Classical Rating: PG

Features popular songs and canzone as well as passionate Italian opera arias and duets from *Cavalleria Rusticana*, where Georgian mezzo-soprano Anita Rachvelishvili joined Jonas as a guest artist.



Various Artists James Horner – The Classics

Genre: Soundtrack, Classical Rating: PG

Enjoy this tribute to film composer James Horner (1953–2015). Horner's legacy is showcased through some of his greatest movie themes, including *Titanic*, *Avatar* and *Braveheart*.



Human Nature Romance of the Jukebox

Genre: Golden Hits, Easy Listening Rating: PG

This Australian band has long perfected a world-renowned vocal blend, which brings back to life the songs that have shaken and shaped generations.



Van Morrison and Joey DeFrancesco You're Driving Me Crazy

Genre: Jazz, Easy Listening Rating: PG

Van Morrison teams up with Joey DeFrancesco for a collection of fresh interpretations of jazz and blues by the likes of Cole Porter and Johnny Mercer.



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 Boroko
Sales Domestic & International
Tel: 327 3444 Fax: 327 3306
Reconfirmation Domestic & International
Tel: 327 3444
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Tel: 327 3300
Cargo Enquiries
Tel: 327 3245
Cargo Charter Enquiries
Tel: 327 3226 Fax: 327 3370
Head Office
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Jacksons Airport Saraga
Tel: 327 3200/325 9000

Alotau

PO Box 3 Alotau Gurney Airport
Tel: 641 0158
Administration & Reservations
Tel: 641 1031 Fax: 641 1636

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PO Box 169
Buka Sales
Tel: 973 9655 Fax: 973 9656
Airport
Tel: 973 9082

Daru

PO Box 518, Daru, Western Province
Tel: 276 1077

Goroka

PO Box 683 Goroka
Reservations
Tel: 732 1444 Fax: 732 1439

Kavieng

Administration,
Reservations & Cargo
Tel: 984 2135
Airport
Tel: 984 2105 Fax: 984 2337

Kieta

PO Box 186, Awaia,
Autonomous Region of
Bougainville
Tel: 975 1013

Kimbe-Hoskins

PO Box 181 Kimbe
Administration,
Reservations & Cargo
Tel: 983 5077 Fax: 983 5669
Arrival & Departure Information
Tel: 983 0012

Kiunga

PO Box 346, Kiunga,
Western Province
Tel: 649 1422

Kundiawa

PO Box 847 Kundiawa
Tel: 735 1273



Lae

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Reservations & Cargo
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International Reservations
Tel: 472 4744

Lihir

Reservations
Tel: 986 5151 Fax: 986 5134

Lorengau/Manus

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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
Airport Traffic
Tel: 549 1320

Mt Hagen

PO Box 3 Mt Hagen
Reservations Domestic
Tel: 542 1183/542 1122
Reservations International
Tel: 542 1009
Enquiries
Tel: 545 1444 Fax: 542 2361

Popondetta

PO Box 145 Popondetta
Reservations
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Airport
Tel: 329 7191

Rabaul

PO Box 3120 Rabaul
Reservations & Sales
Tel: 983 9325 Fax: 982 9034
Tokua Airport Arrival & Departure
Information
Tel: 983 9821

Tabubil

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Tel: 649 3244
International Reservations
Tel: 649 3325 Fax: 649 9189

Tari Agent

Tel: 540 8023

Vanimo

PO Box 239 Vanimo
Tel: 857 1014 Fax: 857 1473
Airport
Tel: 857 7166

Wabag & Wapenamanda

PO Box 213 Wabag
Administration
Tel: 547 1274
Arrival & Departure Information
Tel: 547 1286

Waigani

PO Box 7185 Boroko
Tel: 325 1055 Fax: 325 3683

Wewak

PO Box 61 Wewak
Sales
Tel: 856 2433
International & Domestic
Tel: 856 2367 Fax: 856 2203
Airport
Tel: 856 2367



Air Niugini International Offices

AIR NIUGINI OFFICES

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Local Call: 1300 361 380

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Brisbane, QLD 4000
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
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

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Point Cruz
P.O. Box 481, Honiara, Solomon Islands

Tel: (677) 25 210
Email: lkilo@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

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122 Avenue Des Champs, Elysees

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Email: salesPX.france@aviareps.com

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Aviareps Ag
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Email: salesPX.germany@aviareps.com

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Tam Wing Kun Holdings Ltd
Tel: (852) 2527 7098
Fax: (852) 2527 7026

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Spazio SRL
Tel (39) 064985621 Fax (39) 064985201

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TUVALU

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P.T. Ayuberga
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Fax: (62) 21 835 3937

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Abadi Aviation Services
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Fax: (603) 2141 2322
Email: pxkul@abadi.com.my

Nouvelle Calédonie

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Email: s-asaba@axxesstravel.net

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House of Travel
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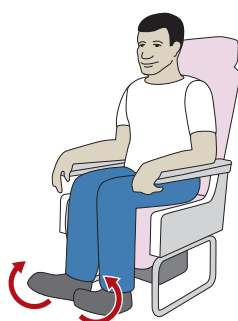
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Your wellbeing



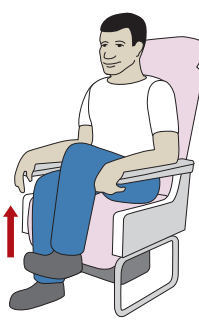
These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



ANKLE CIRCLES

Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



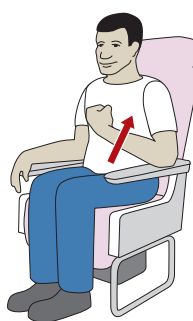
KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



ARM CURL

Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.



KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



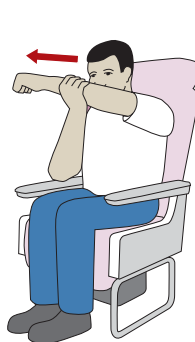
FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



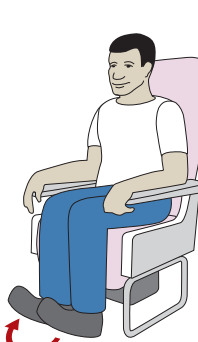
SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.



NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.



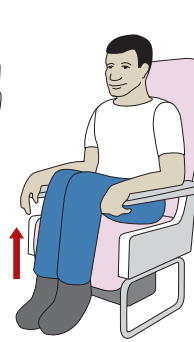
FOOT PUMPS

Foot motion is in three stages.

1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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