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IN PARADISE

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INFLIGHT



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Cover photo: A surfer catches a wave at Tupira, in Madang Province. See our story, page 32. Picture: Supplied by SAPNG



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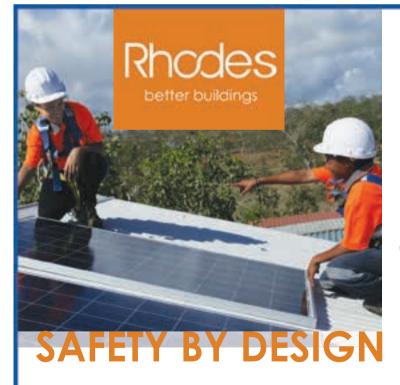
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DISCOVER THE AIRWAYS DIFFERENCE

Message from the Managing Director

Welcome aboard



elcome to this edition of *Paradise*, my first as the managing director for Air Niugini. My time with Air Niugini started shortly before the most significant international event ever held in Papua New Guinea — the 2018 APEC Leaders' Meeting.

The benefits of hosting the

event — improved infrastructure (including improved airport facilities) and a greater profile for PNG in our region — will be felt for many years to come.

For me, as a newcomer to PNG, there could have been no better introduction to what makes Air Niugini such a special organisation: its people.

All the airline's major departments were heavily involved on the frontline work for APEC 2018: from airline operations, aircraft engineering, aviation security and inflight services, to ground service equipment, operations control and cargo.

Over a short period of time, and with the eyes of the world upon us, a total of well over 100 extra foreign

aircraft movements, carrying up to 10,000 passengers and hundreds of tonnes of cargo, were handled in Port Moresby.

It was an extraordinary achievement and one of which all Air Niugini staff – and every Papua New Guinean – can feel proud.

Seeing the international standards the national airline is capable of meeting makes me feel positive about the coming year.

Less high profile, but just as significant for the airline, Air Niugini is now fully approved to conduct heavy maintenance checks on our Fokker aircraft in PNG.

A C check is the most detailed maintenance that is required on the Fokker aircraft and the quality being delivered by our engineers is world class.

This reflects extremely well on the high skill level of our engineers and service staff and emphasises our commitment to comfort and safety.

It will be an exciting year for Air Niugini and I hope you join us on this wonderful journey.

Thank you for choosing Air Niugini and enjoy your flight.

Alan Milne Managing Director













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THE LATEST FROM AIR NIUGINI

NEW BOSS APPOINTED TO AIR NIUGINI

lan Milne has been appointed as managing director of Air Niugini, officially taking up his new post last November.

"I could not be more excited than joining this great organisation. It is an honour and a privilege to lead a national icon as well as such an important business in the country," he said.

Milne joined Air Niugini from Qantas in Australia. He has a wealth of experience in the aviation industry.

He had a distinguished 36-year career with Qantas, joining as an apprentice aircraft maintenance engineer and working his way up to the senior management ranks to head of engineering and head of operations performance.

Apart from his qualification as a licensed aircraft maintenance engineer, he also has a master of business and technology from the University of New South Wales, a bachelor of technology from Deakin University, and holds a private pilot's licence.

"I am pleased to welcome Alan Milne as the new managing director," Air Niugini chairman,



Alan Milne ... the new Air Niugini managing director previously held senior management positions with Qantas.

Sir Kostas Constantinou, said. "This follows an extensive local and international recruitment process."

Among other duties, the new managing director has been busy on a series of familiarisation visits with staff and industry contacts, including travel agents.



CHAIRMAN VISITS AIRLINE SALES OFFICES

ir Niugini chairman Sir Kostas Constantinou (centre) visited the airline's sales office in Mount Hagen recently, where he told staff the airline is committed to maintaining high standards in customer service, as well as looking after the communities where it operates.

Since his appointment a few months ago, he has also visited Air Niugini offices in Madang, Honiara (Solomon Islands) and Rabaul. More visits are planned.

Feedback from staff is that the chairman's visits have been encouraging and motivating.

SMS and email alerts available for passengers

ir Niugini customers are now able to receive trip reminders through SMS and email.

The notifications became available

during November and remind passengers of their upcoming journey at least 24 hours prior to departure.

Notifications regarding cancellations, delays and schedule changes are also being rolled out progressively.

Air Niugini's general manager of commercial services, Dominic Kaumu, said: "All valid mobile phone numbers and email addresses provided by the customer during booking

will now receive a trip reminder, flight updates and other related information via text message or email. This will ensure convenience for our customers who will not have to travel all the way to the airport, only to find out that there has been a change to their travel."





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Air Niugini completes first major in-house aircraft check

ir Niugini's Fokker 70 jet aircraft, *P2 ANR*, is back in operation following a successful completion of the in-house C check, or heavy maintenance check, at the airline's engineering hangar in Port Moresby.

P2 ANR is the first Fokker 70 to have had a C check done in-house.

Air Niugini's newly appointed managing director, Alan Milne, acknowledged the engineering team and all staff involved for an excellent job, saving the airline millions of kina.

"Air Niugini saves PGK2.5 million each time a C check is carried out in-house — that's a huge saving and a remarkable achievement," he said. "We acknowledge and appreciate the support from all staff involved in the project and look forward to similar outcomes for

other aircraft being worked on at the moment."

Milne — who worked for Qantas in Australia for many years, starting as an apprentice aircraft maintenance engineer — said such an achievement demonstrates how much aviation has grown in Papua New Guinea, adding that the team delivered a remarkable project just in time for the airline's 45th anniversary.

"I could not be more excited to be joining this great organisation. As a former engineer, I know the pride I took in helping to build and grow the national airline and it has been wonderful to see the same pride in the eyes of the Air Niugini team."

Previously, aircraft had to be sent overseas for such maintenance, a costly exercise for Air Niugini.

Air Niugini's engineer in charge of heavy maintenance, Richard



Checklist completed ... Air Niugini managing director Alan Milne (centre) with members of the airline's engineering team responsible for the heavy maintenance check on *P2 ANR*.

Woolcock, said great team work ensured a great outcome for the airline

"We appreciate the trust and confidence that has been placed in us by Air Niugini to get the C checks done on shore. All staff involved in the project, from the team on the hangar floor, to the staff in the side shops and the stores personnel, and even the admin staff, have pulled together."

C checks are the most thorough maintenance checks that can be carried out on an aircraft.

Basically, engineers take off every part fitted to the aircraft, and inspect the parts and the aircraft for damage, wear, and corrosion. Where necessary, repairs are done or parts are replaced.

"In future, Air Niugini may consider doing C checks for other PNG-based airlines or other operators in the region. It would be great for Air Niugini and even better for Papua New Guinea," Milne said.

Staff praised for smooth running during APEC

ir Niugini management has congratulated staff involved in airport operations during the busy APEC period in Port Moresby last year.

Air Niugini's representative on APEC and general manager of corporate services, Marco McConnell, on behalf of the airline's board, thanked everyone for a job well done. "It was a massive undertaking beyond our normal scope of airport handling, due to the bigger aircraft sizes, much increased number of aircraft movements and the sensitivity and importance of many of the customers; however our team performed extremely well," he said.

"We had to ensure strict protocols and precise coordination

for the entire arrival and departure period, including the red-carpet stairs and VIP arrival and departure processes."

Air Niugini has also acknowledged the National Airports Corporation and other organisations that assisted with airport coordination during APEC.

Our team performed extremely well.





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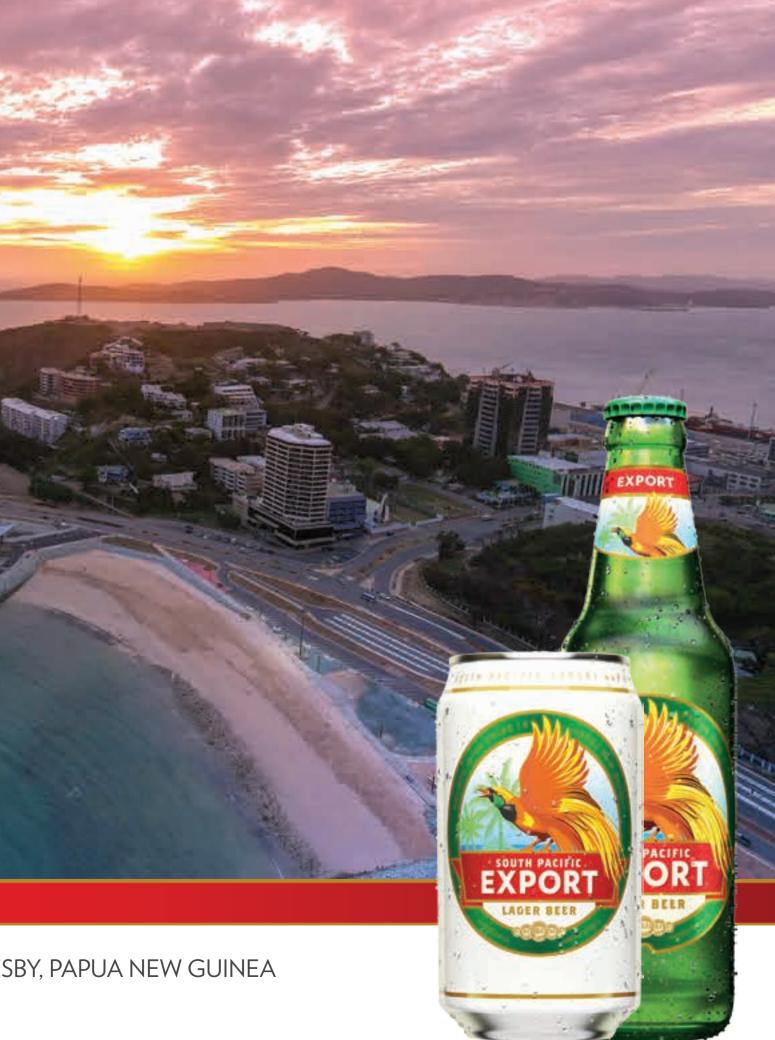
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DEPARTURE LOUNCE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

PARADISE Q&A

LANCE SEETO

Born in PNG to Cantonese parents, this chef has carved a culinary career in the kitchens and TV studios of Australia and now in Fiji, where he's fed the country's rugby team, dished up for the nation's airline and tantalised top-end tourists with tastes of the South Pacific.

Q: What's the one dish that visitors to Fiji must try?

A: Kokoda, a cured fish dish (pronounced 'koh-kon-dah', it's often mistakenly pronounced the same way as Papua New Guinea's Kokoda Trail). Cubes of Spanish mackerel are cured overnight in fresh lemon juice, and then mixed with freshly squeezed coconut milk, lemon and a tomato salsa.

Q: Has PNG influenced any of your cooking styles or your approach to food?

A: We left Rabaul, in East New Britain Province, when I was only 3½ months old and returned only once, in 1975, just as PNG gained independence. We stayed at my uncle's place in Alotau, and although I was only 10, I remember my first introduction to fresh coconut milk and the *mumu* (the communal earth oven), called a *lovo* in Fiji. This remarkable invention can be found across South Pacific communities.

Q: How has Fijian cuisine changed?

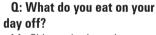
A: Fijian cuisine has taken a dramatic turn in the past five years, and I have to admit I have been partly responsible. My regional TV series Taste of Paradise re-introduced an appreciation of local produce and the traditional Melanesian diet to offset processed tinned and packaged foods, excess salt and sugar. At the same time, our tourism industry was driving a need for more local cuisine in our resorts, as visitors demanded more tastes of traditional foods.

Q: What's your favourite indigenous ingredient, or something you must slather on every dish?

A: I eat papaya, drink coconut water and cook with fresh coconut milk every day. The tinned/packaged coconut milk and coconut water just don't compare.



A: In one of my travels to the southern islands, I could smell what I thought was fresh popcorn. My nose led me to a kitchen hut where an elderly woman was tossing red-hot volcanic stone in a wooden bowl of freshly grated coconut, which gave the milk an earthy, smoked taste and released nutritional oils from the coconut. This version of Kokoda, which I call 'Scorched Kokoda', is one of the most delicate, silky and salubrious dishes that truly showcases the Polynesian technique of food preservation (curing) and cooking with wood fire (to heat the stones).



My Chinese heritage is strongest when eating at home on a day off, so a bowl of steamed rice or soup noodles is staple. My time in Rabaul – and my father's home cooking – introduced me to tinned bully beef, fried onions, steamed rice, fried egg and soy, so you can bet it's on the menu too.

Taste chef Lance Seeto's new Fijian cuisine at Malamala Beach Club and on South Sea Cruises, see malamalabeachclub.com, ssc.com.fj.

- BELINDA JACKSON











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NEW-LOOK MUSEUM RE-OPENS

his year is shaping up to be a boom year for the new-look PNG National Museum and Art Gallery (NMAG). Visitor numbers have been on the rise since the museum re-opened in October.

The refurbishment has been designed to ensure the museum remains a source of pride as the country's leading cultural institution, according to director, Andrew Moutu.

The museum re-opened just before the APEC leaders' meeting last year and an estimated 3000 people went through the refurbished building in its first month.

Moutu says the new look is modern, fresh and comparable to museums and galleries around the world.

"The upgrade has come at a time when we are moving forward as a nation, and can offer Papua New Guineans and international visitors a dynamic space to learn about our history and culture," he told Paradise.

All 22 PNG provinces are represented, with items chosen from the anthropological, archaeological, natural history, war relics and contemporary art collections.

The NMAG was built in 1975 and opened to the public in 1977. Its earliest collection dates back to the 1800s from the Papua administration of Sir William MacGregor.



"The latest renovations have taken 10 months of incredible effort, as the conservation team had to remove, store and ensure the conservation of all the objects previously displayed, in parallel with the building works," says Tamzin Wardley, corporate and business services manager at the museum.

The project involved refurbishing four of the museum's five gallery spaces and the external entry area.

"Our intention was to reveal the qualities of the original building by stripping the spaces back to the original and then only adding in new materials where needed," says Stephanie Donigi, a designer from Brisbanebased architect company, Architectus.

Some objects were fixed in place and the building teams have had to work around them

as layers of old paint and crumbling cement were peeled away to bring the gallery spaces back to their original format.

In honour of the original vision for the museum as an authentically indigenous





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The latest renovations have taken 10 months of incredible effort.

99



institution, the five galleries are named after cultural identities: Susan Karike (the 15-year-old who designed the national flag), Tumbuna (ancestors), Bernard Mullu Narokobi (lawyer, politician, activist and lay churchman), Be Jijimo (named after a legend advising people to remain vigilant) and lan Saem Majnep (a pioneering PNG scientist, ethnobotanist, ethnozoologist and archaeologist).

One of the museum's highlights is a display from Kuk, in the Western Highlands. This World Heritage listed site has evidence of the world's earliest known human agriculture.

The upgrade – funded by the Australian Government – also brought in new electrical systems, air conditioning and fire systems.

A strong focus of the museum is to encourage local visitors to come view their



heritage and understand cultures from across PNG, other than their own.

The Australian high commissioner, Bruce Davis, says the museum is a symbol of the shared history and connection Australia has with PNG."We are pleased to continue this support with the refurbishment of the museum's gallery spaces and external entry areas to ensure the culture and history of the nation is accessible for all."

Moutu says the next step is to digitise the collection to allow greater accessibility.

"Our galleries showcase some 700 objects from our collections, but we have thousands of items in storage. NMAG is working towards digitising the complete collection so we can share our heritage with everyone and create new educational opportunities."

The museum's longest-serving employee is chief conservator Francis Bafmatuk, who joined the museum in 1971 as a high-school graduate, after stowing away to Port Moresby via Rabaul on a copra ship.

In 1973, he studied conservation at the Australian Museum in Sydney and has been a passionate conservator ever since.

- KEVIN McQUILLAN

The NMAG is open 9am to 3pm Monday to Saturday and 1pm to 3pm Sunday. Entry is free on weekdays, PGK5 for residents on weekends and PGK10 for overseas visitors. It is located next to Parliament House on Independence Drive, Waigani. See museumpng.gov.pg.





Port Moresby's new star attraction

ominating the skyline at 15-storeys high, Papua New Guinea's newest hotel – Hilton Port Moresby – is both impressive and hard to miss. Its sheer height, however, isn't what makes this development stand out.

Instead, it's the mighty footprint of its surrounding precinct, Star Mountain Plaza, which takes in the Kutubu convention centre, an amphitheatre and a fine-dining restaurant, Mumu, named after the traditional earthen oven from the highlands of PNG.

Star Mountain Plaza, a joint venture between the PNG Government and three major provincial landowner companies, has taken years of planning, design and construction. More than PGK750 million in investment has been poured into the hotel and convention centre alone.



Star Mountain Plaza ... more than PGK750 million has gone into the development that includes the new Hilton Port Moresby, a convention centre and an amphitheatre.



66

At the height of construction, over 1000 people worked on Star Mountain Plaza.
Stage two of the plaza's development is underway and will include 160 apartments and shops.

99

What catches your eye first is the abundance of green flora. More than 12,000 native plants have been trucked in, creating an outdoor oasis in the city centre.

It's also evident that the two main architecture firms, Auckland-based Ignite Architects and Melbourne's Grimshaw Architects, thought long and hard to ensure its aesthetic design embraces the spirit of the nation.

"They took inspiration from around PNG," Matthew Ezra from project management group Stratum says. "There are some real subtleties, like the Fly River references in the design." The Fly River comes through in the shape of the precinct's landscaping, which twists around the garden, while the convention centre's external design is inspired by PNG's traditional longhouses.

Connected to the Hilton by an outdoor walkway, is the 3900-square-metre convention centre, with its eye-grabbing curved rooftop. Its banquet hall can seat up

to 600 people. Next to it is Mumu, which Hilton general manager, John Lucas, says showcases the country's traditional cooking.

"There will be a lot of the nice cuts of meat and chicken, all roasted, seafood, and traditional root vegetables like kumara, sweet potato, and the like," he explains. "This will be an authentic food experience, so it's about how all the items are cooked, the garnishes and all the service that goes with it."

At the height of construction, over a 1000 people worked on Star Mountain Plaza, including more than 700 locals, and a few hundred workers now have ongoing employment to run the services.

Stage two of the plaza's development is underway and will include 160 apartments and shops. It's expected to be finished in 2020.

- NICOLA GAGE

For our review of the new Hilton Port Moresby, see page 68.





MUSIC AWARD FOR NGAIIRE



ae-born rhythm and blues singer Ngaiire has won the Artistic Excellence Award at the inaugural Australian Women in Music Awards.

The 14 award categories acknowledge and celebrate first nations and multicultural performers, excellence in artistry, technical and production skills, cross-cultural development, song-writing, music education, music photography, and management.

"The excellence category recognises exceptional creative achievement from a female artist or musician across any genre," Vicki Gordon, the founding director and executive producer of AWMA, told *Paradise*.

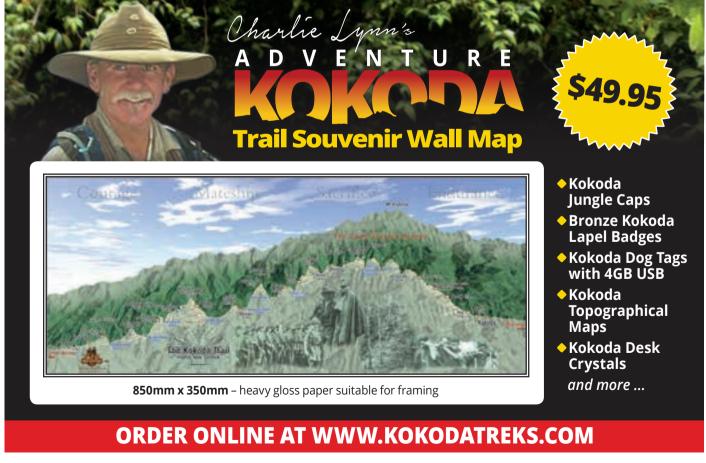
"This award is totally appropriate to honour Ngaiire's remarkable creative talent as a potent artist succeeding on her own terms in her own unique way.

"The first time I heard Ngaiire sing and saw her perform I was speechless. She still takes my breath away. I know I am in the presence of something deeply profound and very special whenever I witness Ngaiire in performance."

Ngaiire studied jazz at Central Queensland University, and has won numerous awards, including Best R&B or Soul Live Act and the NSW Voice of the Year at the Australian Live Music Awards in 2015. She has played at Glastonbury Festival and sang at the opening ceremony for the 2015 Pacific Games.

She's produced two albums, *Lamentations* (2013) and *Blastoma* (2016). ■

- KEVIN McQUILLAN







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Stunning addition to Changi airport

ingapore's Changi Airport, : already voted the world's best airport by Skytrax for six years in a row, is about to get even better.

A new development, called Jewel, is set to open in the first half of this year with a hotel and more than 280 shops and eateries in a glass and steel dome.

The dome also includes four storeys of lush greenery (one of Singapore's largest indoor collections of plants), mazes, a 250-metre long bouncing net and the world's tallest indoor waterfall at 40-metres high.

Jewel has been designed by world-renowned architect, Moshe Safdie (the same architect who designed Singapore's iconic Marina Bay Sands).

See jewelchangiairport.com.



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





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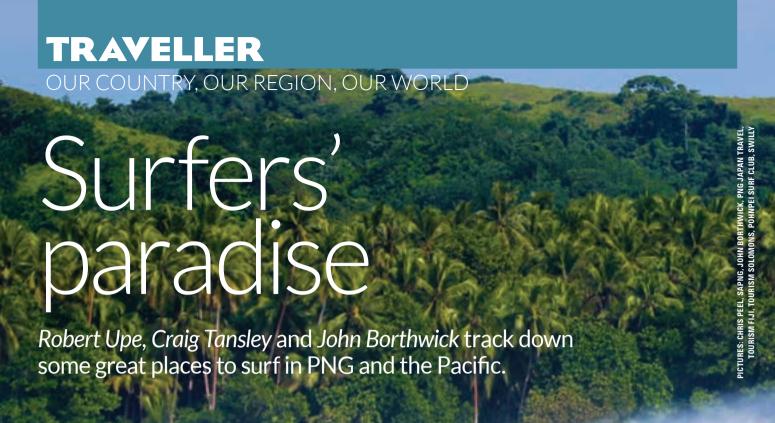












Charging... a surfer catches a right hander at Ulingan Bay, opposite Tupira Surf Club, in Madang Province (above); beachfront huts at Vanimo (right).

NUSA ISLAND RETREAT, PNG

WHAT'S THE SURF LIKE?

There's boat access to several nearby reef breaks, which typically break at 3–5 feet, sometimes up to 6–8 feet. Surfer numbers are capped and most likely you'll be surfing with just five or six others. As for all of PNG, the best surf is from November to April.

STAYING THERE

Nusa Island Retreat (nusaislandretreat.com) is on a small island across the harbour from Kavieng. The laidback retreat has 11 traditional bungalows, some sleeping up to six. The best are overwater and include verandahs with hammocks and en suites. There are also beach bungalows, with a mix of en suites and shared bathrooms. Dinner and drinks are in an open-plan restaurant/bar with a sand floor. The evening buffet includes fresh seafood — outstanding every night during our visit.

WHAT ELSE CAN YOU DO?

The retreat shares the island with a village, where you're welcome to mingle or buy handicrafts. There's a beautiful beach for swimming opposite the restaurant, or snorkel over wrecks (some of them sunk

during World War 2). Kayaking, fishing and diving are also on the cards.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Kavieng. Nusa Island Retreat picks surfers up at the airport for a short road and boat transfer to the island. — RU

TUPIRA SURF CLUB, PNG

WHAT'S THE SURF LIKE?

PNG'S inaugural international surfing event — a round of the 2017 World Longboard Championship — was conducted at Ulingan Bay, opposite Tupira Surf Club. That such an event can be staged here is testimony to the consistency and quality of the waves. There are nine reef breaks in the area, including a right-hand point break.

STAYING THERE

Tupira Surf Club (tupira.com) offers back-to-basics accommodation in a guesthouse that sleeps 12, six twin rooms and a two-bedroom bungalow. Fresh and organic food is on the menu.

WHAT ELSE CAN YOU DO?

Go fishing, catch prawns at night, hang out with the locals or go bird watching to see PNG's famed bird of paradise.



TRAVELLER OUR REGION



HOW TO GET THERE

Air Niugini flies from Port Moresby to Madang. It's a two-hour 180-kilometre road trip north from Madang to Tupira Surf Club. — RU

VANIMO SURF LODGE, PNG

WHAT'S THE SURF LIKE?

PNG's far north is blessed with uncrowded waves. There are at least eight reef breaks and two beach breaks close to Vanimo (and many more a bit further away). All levels can find a wave here, whether it's easy Town Beach or Lido Point, a right-hander that can peel for 150 metres. Seasonal



swells originate from Philippine monsoons and North Pacific storms and range in size from 2–10 feet. There are plans for a round of the WSL longboard championship to be held at Vanimo this year.

STAYING THERE

Vanimo Surf Lodge (vanimosurflodge.com) has traditional beachfront huts facing Lido Point. The lodge has capacity for 16 guests but rarely achieves those numbers. There is an adjoining shower and toilet block, as well as a bar and eating area with a table-tennis table and hammocks. Hire boards are available. The food is fresh and local, whether it's from the sea or land.

WHAT ELSE CAN YOU DO?

Waterfall bushwalks, village tours and beach or boat fishing are available.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Vanimo. Vanimo Surf Lodge provides airport transfers. − RU ➤



Surfers' paradise



DALOM, PNG WHAT'S THE SURFLIKE?

The wave at Dalom is an easy beach break. Beside a creek and surrounded by jungle, a little questhouse sits right on a whitesand beach. Step from the door, let the creek current carry you out to the break, and then surf until dusk. You can explore in both directions along the coast for more challenging waves, such as further south at Rubio Plantation Retreat (newirelandsurf.com).

STAYING THERE

Dalom Village Guesthouse (villagehuts.com) has six basic rooms and several bungalows. The meals are filling but simple, mainly fish, rice and vegetables; bring a few chocolate bars and other treats, if so inclined. The villagers are very friendly but, this being a traditional rural culture, don't expect nightlife.

WHAT ELSE CAN YOU DO?

Other activities include beach fishing, trekking and cycling.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Kavieng. Dalom is 170 kilometres south of Kavieng on the Boluminski Highway, so arrange a transfer when booking your accommodation. The highway runs the length of New Ireland Island, tracking beside the sea – perfect for surf checks as you drive. - JB

PNG EXPLORER

WHAT'S THE SURF LIKE?

You'll be accessing deserted breaks by small ship along the New Hanover and New Ireland coastline in the Bismarck Archipelago. Surfers have a choice of breaks some, like The Slab (shallow righthander) are for experts, but mostly these are waves for intermediates.

STAYING THERE

While the cabins are fairly simple and functional, there's nothing downgrade about staying on the PNG Explorer (pngsurfaris.com) there's even an espresso machine on board serving fresh-ground PNG coffee. Passengers gather for communal seafood dinners on deck. and beers are served cold at sunset.

WHAT ELSE CAN YOU DO?

Fish in waters that have hardly been touched by commercial fishing. Marlin jump as you troll; if you can't catch a 10-kilogram plus game fish, throw your rod away. You can also snorkel, visit

PAPATURA, SOLOMON ISLANDS

WHAT'S THE SURF LIKE?

Papatura Island Retreat is on the shore of a pristine, out-of-the-way, jungle-lined bay. Access to nearby empty reef breaks is by boat with a guide/driver. Some of the breaks are within 10 minutes and include Anchovies, a right-hander that can barrel, and Zoli's, a fun left-hander. Papatura waves are usually in the range of 3-6 feet and are best surfed from November to April.

STAYING THERE

Papatura (papatura.com) has a casual barefoot vibe with traditional-style basic huts. Some are on the water's edge and others are scattered in the jungle. connected by boardwalks. Life here revolves around the open-sided dining/kitchen hut, where three meals (including crab and crayfish) are served daily at shared tables.



traditional villages and dive World War 2 wrecks (Japanese and American planes).

HOW TO GET THERE

Air Niugini flies from Port Moresby to Kavieng, where the PNG Explorer is based. The good folk from the PNG Explorer will pick you up at the airport. - CT

There's also a bar, where everyone gathers after the day's surfing to swap stories. Longboards and shortboards are available free if you don't bring your own.

WHAT ELSE CAN YOU DO?

Fishing, snorkelling and village visits are available.





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Our community livelihoods improvement program, in partnership with ANUE, has helped our neighbouring communities restore food gardens following the devastation of the earthquake earlier this year.

We are also supporting a public private partnership to advance commercial agriculture in the Hela Province. The venture will train and equip small-holder farmers to produce stock feed and vegetables, and over time, is intended to rejuvenate the local coffee industry.

PNG Partnership

Building capacity for the future Exxonmobil.com/pngpartnership

E‰onMobil

TRAVELLER **OUR REGION**

Surfers' paradise

HOW TO GET THERE

Air Niugini flies from Port Moresby to Honiara five times weekly. From Honiara, connect with Solomon Airlines for a 60-minute flight to Santa Isabel Island in a Twin Otter that lands on a grass strip, followed by a short boat ride. - RU

FATBOYS, SOLOMON ISLANDS

WHAT'S THE SURF LIKE?

The Fatboys resort is near Gizo, with several reef breaks accessed by boat. Two of the major breaks are Paelonghi, a fast right-hander, and Titiana, a strong left-hander. There are no crowds here and the few local surfers we meet are welcoming.

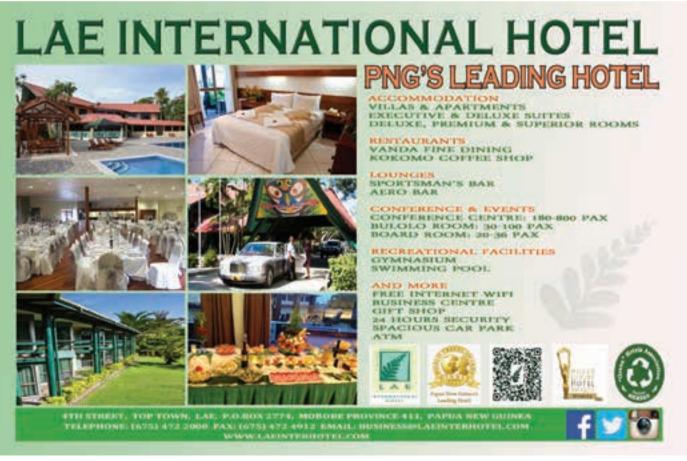
STAYING THERE

Fatboys Resort (solomonislands fatboys.com.au) consists of comfortable en suite bungalows along the water's edge, and an overwater restaurant/bar accessed along a jetty. The food is simple and excellent. You can eat crayfish every day without going broke. There's a snooker table in the bar and plenty of lounges where you can catch the sea breeze with a gin and tonic.

WHAT ELSE CAN YOU DO?

Swimming, snorkelling and fishing are available. Kennedy Island is a small and uninhabited island you can visit for a swim or picnic. It's where John F Kennedy (before his presidency) hid when the Japanese forces sank his PT boat during World War 2.







TRAYELLER OUR REGION

Surfers' paradise



HOW TO GET THERE

Air Niugini flies from Port Moresby to Honiara. From Honiara, connect with Solomon Airlines for a one-hour flight to Gizo and an eight-minute boat journey to Fatboys.

— RIJ

PALIKIR PASS, MICRONESIA WHAT'S THE SURF LIKE?

Palikir Pass (P-Pass) has a fearsome reputation, and it's true that pro surfers from around the world suddenly show up when forecasts indicate a big swell. But locals will tell you this only occurs once or twice a year and that this wave usually breaks at 3–6 feet. Like all breaks in this area, it can only be accessed by boat.

STAYING THERE

It's a 15-minute boat ride from the Pohnpei Surf Club (pohnpeisurfclub. com) to P-Pass. There are eight lagoon-front rooms (motel style) at the club, with mod cons like AC, TV and Wi-Fi. The bar and restaurant, renowned for its sushi, are where you want to hang out.

WHAT ELSE CAN YOU DO?

Pohnpei is blessed with waterfalls, many easily accessible. It is also the site of the ancient stone ruins of Nan Madol. Diving and war history are also on the agenda.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Pohnpei. It's a 10-minute drive from the airport to Pohnpei Surf Club. — RU

Chilling out ... the restaurant and bar at Pohnpei Surf Club.





TRAVELLER OUR REGION

Surfers' paradise



In the groove \dots a PNG local gets some wave action (this page); a surf shop at Baler in the Philippines (opposite).

BREAKAS BEACH RESORT, VANUATU

WHAT'S THE SURF LIKE?

Vanuatu will never compete with French Polynesia or Fiji for waves. But there's a fun high-tide wave right in front of this resort that's a great right-hander for intermediates.

STAYING THERE

That's the best part: this is a resort set around a wave. Paddle straight out from Breakas Beach Resort (breakas.com), then keep your eye on conditions for your next surf from the pool. Villas look out on the break.

WHAT ELSE CAN YOU DO?

You're 10 minutes from Port Vila,

Vanuatu's capital, home to the island's best bars and restaurants. Only 25 minutes to the Mele Cascades waterfall – ideal for swimming and abseiling. Or hire a quad bike and explore the island (adventurequadtours.com). Eratap Beach Resort (eratap.com) is 20 minutes from Port Vila and while it doesn't market itself as a surf destination it does have a wave on occasions and provides surfboards.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Port Vila. Breakas is a 15-minute drive from the international airport. The resort can organise transfers — it's worth renting a car (Budget, Avis and Europear operate from the airport) with so much to see on the island of Efate. — CT

SIARGAO ISLAND, PHILIPPINES

WHAT'S THE SURF LIKE?

Siargao's renowned wave, Cloud 9, is a shallow, hollow, board-snapping reef peak that's not for amateurs. Fortunately, this island off northeastern Mindanao also has less gnarly breaks such as Stimpy's, Rock Island and Pacifico, all reached by boat. With the annual Cloud 9 Cup now on the world competition circuit, Siargao has become the surfing capital of the Philippines. July to November is surf season.

STAYING THERE

The past decade has seen a proliferation of small hotels, surf lodges and resorts, with standards





TRAVELLER OUR REGION

Surfers' paradise



ranging from plush to primitive. Cafes and bars have followed.

WHAT FISE CAN YOU DO?

Visit other islands around Siargao. such as Daku or Naked Island for snorkelling.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Manila. Siargao Island is 800 kilometres southeast of Manila and 70 kilometres off Mindanao's Surigao City. You can take an overnight ferry from Cebu to Surigao (surigaoislands.com) and then a shorter ride to Siargao. followed by van transfer to General Luna village. - JB

BALER, PHILIPPINES WHAT'S THE SURF LIKE?

"Charlie don't surf." ranted Robert Duval in one of Hollywood's most famous lines. He was standing on Baler's Sabang Beach where many of the coastal scenes of the Vietnam War classic, Apocalypse Now, were shot. Here, at the birthplace of Philippines surfing, the movie's memory lives on at Charlie's Point, a sand-bottomed, A-frame peak, plus numerous other beach breaks and the tougher barrels of Cemento Reef.

STAYING THERE

Duval also bellowed, "I love the smell of napalm in the morning," but you'll more likely smell roast pork, chicken adobo or fish soup.





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Surfers' paradise

Snoozy, rural Baler (pronounced Bal-air) has a classic, Spanishera square, plus accommodation ranging from surf lodges to hotels and resorts of varying standards. Check out Surfhouse Baler (surfhousebaler.com) and Blue Coco Baler Beach House, +63 9175 401234.

WHAT ELSE CAN YOU DO?

Visit Baler's historic church, scene of a dramatic, year-long siege during the Spanish-American War. Try horseback riding on Sabang Beach, diving or snorkelling on Los Confites Reef, or waterfall trekking.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Manila. You can do the 140 kilometre, six-hour road journey northeast from Manila by rental car or the daily Genesis Transport bus. The best surf is from October to February. See philippines-travelquide.com/baler-surfing.html. — JB

MAQAI, QAMEA ISLAND, FIJI

WHAT'S THE SURF LIKE?

Unlike most of of those in Fiji, this wave's often yours to surf alone — a crowd here is five people. Only discovered 12 years back, this is the best wave in northern Fiji. It's okay to surf at all tides (and that's rare on a reef) but it *is* a reef break, so no-one below intermediate level should surf it, except at high tide.

Barrel ride ... a surfer pushes through at Vanimo.







TRAYELLER OUR REGION

Surfers' paradise

STAYING THERE

Stay at Qamea Resort & Spa (qamea.com) and take a speed boat to this outer reef break 20 minutes away with a guide from Tropic Surf (which is stationed at the resort). The resort's five-star, but it's a barefoot kind of luxury.

WHAT ELSE CAN YOU DO?

There's plenty to do within the resort – from yoga overlooking the sea, to stand-up paddle-boarding on tiny waves, which break just offshore. Also visit local traditional villages, or take a boat to nearby Taveuni to hike the renowned forests of the so-called Garden Isle, and swim beneath waterfalls.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Nadi. Fly to Taveuni with Fiji

Airways and the resort will pick you up and take you to a small boat harbour for a 10-minute ride across the water to the resort. Expect a song on arrival. — CT

COCONUTS, SAMOA

WHAT'S THE SURF LIKE?

This is the best wave in Samoa (the South Pacific's most underrated surf destination). It's a right-hand wave that's extremely hollow and can hold swell up to three metres. It's best accessed by boat – though a paddle across the lagoon is possible if you're fit. If you're not up for this wave, there are 11 easier alternatives nearby.

STAYING THERE

This is Samoa's surf central zone. Coconuts Beach Club Resort & Spa (cbcsamoa.com) sits on a lagoon ideal for snorkelling and looks across to the waves. It has a trendy day spa and one of the better restaurants in Samoa. Those seeking even higher-end digs, can try Sinalei Reef Resort and Spa (sinalei.com), while budget surfers might prefer Maninoa Surf Fales (maninoa.com).

WHAT ELSE CAN YOU DO?

That's the great thing about Samoa – there's plenty to do on flat days. The lagoon here's ideal for swimming, snorkelling and kayaking – while just a short drive away are waterfalls you can swim at.

HOW TO GET THERE

It's best to hire your own car; Avis and Budget offer cars at Samoa's international airport. From the airport it's a 75-minute drive on roads where the speed limit's a leisurely 50kmh (watch out for kids and pigs).

CLOUDBREAK, FIJI WHAT'S THE SURF LIKE?

Discovered in the 1970s, this is one of the world's most revered waves. It's a shallow, hollow left-hander that breaks below sea level. It can hold surf up to 20-feet high and can be deadly.





Surfers' paradise

STAYING THERE

There's two main choices - both are private island resorts. Namotu Island Resort (namotuislandfiii. com) and Tavarua Island Resort (tavarua.com) sit on tiny atolls with villas looking to the waves.

WHAT ELSE CAN YOU DO?

There's plenty to do on non-surf days - this area offers some of the best kite-surfing and diving options in the South Pacific. You're also part of the 20-island Mamanuca group, accessible by boat - there's everything here from sailing excursions to jet-skiing to a floating bar set on a pontoon, Cloud 9 (cloud9.com.fj).

HOW TO GET THERE

Air Niugini flies from Port Moresby to Nadi. At Nadi you'll be greeted by staff who'll take you on a bus for 30 minutes to board a long boat for a short ride across to the resorts. - CT

HA'APITI, MOOREA, FRENCH POLYNESIA

WHAT'S THE SURF LIKE?

French Polynesia's famous for its deadly reef breaks. Ha'apiti might break like a classic Polynesian reef pass, but it doesn't have the same fear factor. It's a left-hander, which isn't as shallow, or powerful. But you can get tubed for seconds.

STAYING THERE

Moorea's the home of the over-water bungalow, a honeymoon mainstay. Surfers should consider the Moorea Surf Inn (mooreasurf. com) - where you can

paddle straight to the wave across a stunning lagoon. It's set on a hectare block, and you'll have local surf legend Tama Pacomme to show you the ropes.

WHAT ELSE CAN YOU DO?

Moorea is one of French Polynesia's most striking islands. Rent a car or scooter and drive right around the island in an hour. There are eight peaks to hike, and swimming with dolphins and rays in the lagoon should be mandatory. There's also the best championship golf course in Polynesia (greenpearl.golf.com/ en/).

HOW TO GET THERE

You can fly from Tahiti in seven minutes, or take a 45-minute ferry ride from Tahiti. It's best to rent a car or scooter (international car rental companies Avis and Europcar operate on Moorea). Ha'apiti is located 20 minutes from the wharf. - CT

ULUWATU, BALI

WHAT'S THE SURF LIKE?

Uluwatu was made famous in the 1971 surf classic. Morning of the Earth. Surfers paddle through a hole in

limestone cliffs beside a Hindu temple to a shallow left-hander that's actually five breaks in one. Ride it all the way to the end and vou have hero status for life.

STAYING THERE

Nowhere in Bali is quite so surf hip. There's an ever-increasing number of accommodation options built high on the limestone cliffs above. Three Monkeys Villas (threemonkeysvillas.com) is the pick of them - it's 500 metres from the break and is a true surfer's retreat

WHAT ELSE CAN YOU DO?

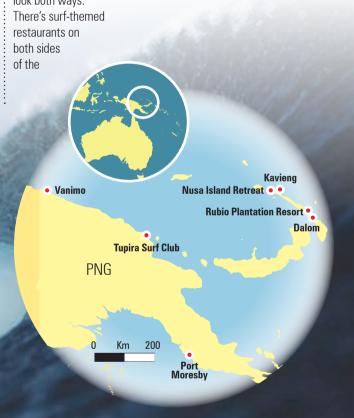
Hire a scooter – Bali's southwestern Bukit Peninsula is set up for a motorbike. Cruise between temples and jungle, dodging water buffalo and surfers too excited to look both ways.

road, while Single Fin (singlefinbali. com) is the most iconic surf bar in Asia.

HOW TO GET THERE

Air Niugini flies from Port Moresby to Bali. (Services were recently temporarily suspended, so check airniugini.com.pg for updates.) Take a taxi from the airport to Uluwatu. It's a 40-minute journey (metered and fixed fares are available). - CT

For more information about surfing in PNG, see the Surf Association of Papua New Guinea website. sapng.com.



Air Niugini carries 10 kilograms of any sporting equipment (including surfboards) for free. There is a 15-kilogram allowance for scuba-diving equipment. See airniugini.com.pg.



TRAYELLER OUR REGION

Surfers' paradise















Moments in the sun and surf ... (clockwise from opposite page) Cloudbreak; Nusa Island Retreat; a PNG local with a home-made surf craft; board transport in the Philippines; cabin at Nusa Island Retreat; the ancient Nan Madol ruins in Micronesia; a sign spruiking the surf at Vanimo; a wave accessed by the PNG Explorer; waterfall at Pohnpei, Micronesia.





Beauty and the beasts

Deborah Dickson-Smith takes the plunge at Fiji's Bega Lagoon, where diving with big sharks is part of the attraction.

iji's Bega Lagoon is one of the world's top shark-diving destinations. Located on the southern coast of the main island of Vitu Levu, the lagoon is home to three incredible shark dives that lure divers from across the world.

But there was a time when this picturesque location was more famous for its coral reefs, one of five soft-coral hot spots in Fiji that inspired the legendary Jacques Cousteau to name it 'the soft coral capital of the world'.

Like most divers, I am lured to this destination by the chance to dive with big bull sharks, maybe even tiger sharks, in a swirling feeding frenzy. So, when we arrive and discover that our first day's diving doesn't include sharks at all, I am a little disappointed.

My disappointment doesn't last long, however, as I quickly discover what inspired Cousteau.

We're staying at Waidroka Bay Resort, a secluded resort located two hours' drive south of Nadi, just outside Bega Lagoon, but seemingly a world away from the bustling resort town of Pacific Harbour.

Arriving at the resort in the afternoon, we check into our rooms and find we have time for a quick afternoon dive. Only 10 minutes from the resort is a fringing reef that has some great surf breaks, as well as some lovely dive sites.

We dive a site called Pipes (no doubt named for the action above water), and explore a coral wall, caves and vast hard-coral gardens. Only 18 metres deep, and close to shore, we are surprised how rich this site is, seeing turtles, a

school of tuna and a great variety of reef fish.

The next day we head out to Bega Lagoon, a 40-minute boat ride from the resort. The conditions can't be better - sunny skies, flat seas and very blue water. Arriving at our first destination on our boat, Fantasy 1, the water is so clear we can see the sea floor, and our dive site, soon to become one of my alltime favourites.

This site is made up of three large bommies (reef outcrops) rising from 20 metres to five metres, but we spend most of our time on the middle bommie, which is riddled with caves and ledges and covered in exquisite corals.

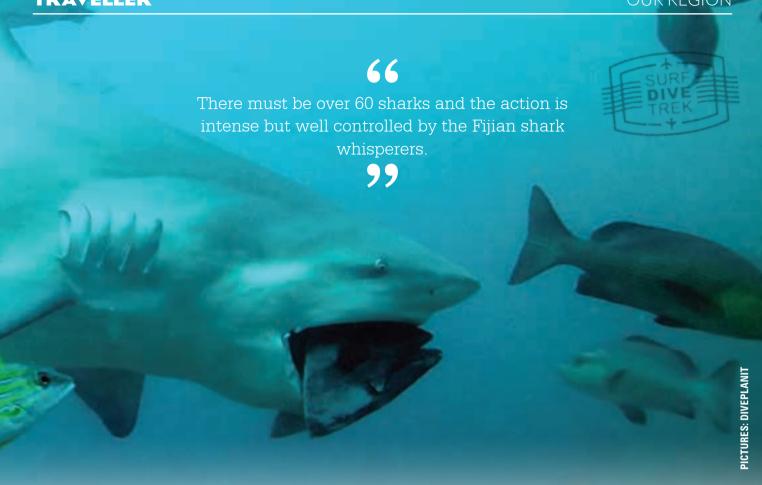
This site is jaw-droppingly beautiful, the gorgonian fans and soft corals simply spectacular. Over the hour-long dive, we encounter reef sharks, angel fish, swarms of basslets and anthias forming clouds around the soft and hard corals, and, in the nooks and crannies, nudibranchs and other macro critters.

After our surface interval (spent scoffing homemade biscuits and muffins on an uninhabited island) we dive a site called Seven Sisters. It also has numerous bommies, incredible corals and a good population of fish, plus a shipwreck.

Resting near the main bommie is the Tasu II, a 33-metre long fishing vessel scuttled many years ago. The wreck rests in 25 metres and makes for a fun dive, encrusted with soft corals, gorgonians, black coral trees and sea whips. Our guide tells us we should find a resident giant black frogfish on the wreck, and sure enough, he's one of the first critters we



TRAVELLER OUR REGION



encounter, standing on the bow doing a passable Kate Winslet impersonation.

On the wreck, we also find pipefish, longnose hawkfish dragonets and, in the rubble bottom around the wreck, muck critters: scorpionfish, octopus, shrimp gobies and garden eels.

After a bit of fun on the wreck we explore the main bommie, again finding its walls and caves covered in soft corals and gorgonians, and end the dive exploring the coral gardens on top of this bommie, which are home to masses of small fish such as damsels, basslets and fusiliers.

Our first two days diving here reinforce Fiji's soft-coral legendary status. Bega Lagoon still has some of the most colourful reefs in Fiji, and you would be mad to miss them. Our next day diving,

however, is somewhat different.

On our third day, we get to meet

On our third day, we get to meet the beasts of Bega Lagoon.

Fiji is actually home to five shark dives, where sharks are lured in close with baits and hand fed for the amazement and wonder of divers. Fiji's three most famous and popular shark dives are in Bega Lagoon.

We're diving with two of the three Beqa Lagoon shark dive operators on this

trip: Beqa Adventure Divers (BAD) and Aquatrek.

The following morning, we board one of BAD's dive boats for a trip out to 'The Arena' in Shark Reef Marine Reserve. Dive guide Ben gives us a briefing on the site and the dos and don'ts around the sharks.

For the first dive we head down to 30 metres, position ourselves behind a rock wall and the guides then start to feed the assembled fish and sharks. The two main

shark species on this dive are small grey reef

sharks, with
several larger
bull sharks
swimming in
fast through
the swirling
fish to grab the
larger chunks of bait.

The action is intense and after 15 minutes our guides lead us up to 10 metres where the reef sharks get fed, with dozens of grey reef and whitetip reef sharks zooming in for food.

The final part of the dive is spent

at five metres, where the smaller blacktip and whitetip reef sharks get fed as we do our safety stop. The sharks are so close at times you could reach out and touch them (don't) and all three stages are an incredible adrenalin rush.

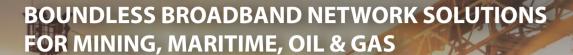
Our next day is filled with more shark diving, this time with Aqua Trek. Aqua Trek's Brandon Paige pioneered shark diving in Fiji in the 1980s and has been taking divers to shark dives in the Beqa area since 1997.

We're still buzzing from yesterday's shark action and keen for more, so we soon find ourselves at the aptly named 'The Bistro'.

Again, perched behind a rock wall at 22 metres, we're buzzed by silvertip sharks, sicklefin lemon sharks, grey reef sharks, whitetip reef sharks, bull sharks and











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TRAVELLER **OUR REGION**

Beauty and the beasts



tawny nurse sharks. There must be over 60 sharks and the action is intense but well controlled by the Fijian shark whisperers.

At one stage a small tiger shark makes a brief appearance, but it's too wary to come in close. After 40 fun-filled minutes we wave goodbye to the sharks and explore one of the two ships scuttled

Our second dive at 'The Bistro' is just as good, but as the hyperactive silvertip sharks have mysteriously departed, the rest of the sharks are more settled. Paige tells us this is a regular pattern for this dive: "they

come for their morning feed and that's enough for them".

After two adrenalin-fuelled days filled with Bega's magnificent beasts, we're ready to explore more beauty and spend the rest of our week exploring the lagoon's magnificent coral reefs.

This week opened our eyes to the brilliant diving in this area - the sharks are thrilling and unforgettable, but so are the reefs and shipwrecks. The highlight, though, is the coral – beautiful gorgonians and spectacular soft corals.

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

NEED TO KNOW

STAYING THERE Waidroka Bay Resort, Pacific Harbour, waidroka.com; Uprising Beach Resort, Beach Rd, Pacific Harbour, uprisingbeachresort.com.

DIVING THERE: See diveplanit.com.

Shark action ... Fiji's Bega Lagoon attracts shark divers from around the world. One of the dive sites is called 'The Bistro'.

WHERE ELSE TO SWIM WITH SEA LIFE

TURTLES

PNG's Lissenung Island Resort (lissenung.com) and surrounding islands are nesting grounds for green turtles.

MANTA RAYS

PNG's Gonu Bara Bara Island has a resident population of giant manta: rays that you can snorkel

or dive with. Stav nearby: at Doini Island Plantation Resort (doiniisland.com). which will take you to the rays.

DOLPHINS

Spinner dolphins, sometimes in their hundreds, can be seen in the water off PNG's Kokopo, Hotels and : resorts, such as Kokopo Beach Bungalow Resort (kbb.com.pg) and Rapopo Plantation Resort (rapopo.com), run early morning excursions to see them as they perform spectacular aerials and leaps out of the water.

WHALE SHARKS

In the Philippines, there are two popular locations to swim with whale sharks: Oslob, south of

Cebu, and Donsol, at the southern end of the main island of Sorsogan.

MINKE WHALES

Between June and July, you can snorkel with minkes in the far northern reaches of Australia's Great Barrier Reef, near Turtle Island.









66

The porters are the unsung heroes of this trip.

They cook all our meals, carry our belongings, pitch our tents and sing us songs.

99

The big walk

Nicola Gage provides a day-by-day account of the joys and hardships along PNG's famous Kokoda Trail.

f you want to catch a glimpse of a bird of paradise, it's best to search on sunrise. The air hangs still in those first few hours, revealing sounds and smells that can otherwise go unnoticed. I purposely fall behind my trekking group with one of our local porters, Ronnie, to enhance the conditions for a sighting.

I refrain from looking down at my swollen feet and, instead, up at the twisted tree branches towering overhead. In a moment, I see the long, bronzed feathers of a bird of paradise, gently flying over the Kokoda Trail.

We call Ronnie the birdman. You guessed it — it's because he knows a whole lot about local bird species, from their varying colours to their call signs. I want to soak up his knowledge.

"Shhh," he whispers, as another bird's screech ricochets past. It's the endangered pesquet parrot, he tells us. It's a black, surly-looking thing with a vulture-like beak and red feathers on its belly and wings. A flight of swallows then joins the chorus. As we catch up to the trekking group, others

also listen intently to the surrounds, waiting to see what else the birdman can find.

Ronnie grew up around Kokoda and has walked it more times than he can count. He makes it look easy, attacking the abrupt mountain sides in a broken pair of old shoes held together only by duct tape while carrying my heavy backpack, as well as a smile.

For years, the 96-kilometre journey has been a means of getting him where he needs to be — the only other way to travel is by air. This place is his home; what grows in the fertile soil here feeds his family.

For visitors, especially Australians, it's a reminder of the fallen. A place where fierce and bloody fighting took place during World War 2, and where brave soldiers lost their lives.

While it has become part of Australian folklore, this remote stretch of Papua New Guinea has also become a serious tourist destination for not only its military history, but also ancient landscapes, unique ecosystems and fascinating cultural heritage. Every year more than 5000 people tackle the trail.

DAY ONE: PORT MORESBY TO DENIKI

My alarm rings at 4.30am, but it makes no difference — I've been up all night vomiting. Yep. The sheer thought of tackling the Kokoda Trail has sent my body into a state of panic.

I force myself out of bed and make my way to the airport.

The flight to Popondetta, near the eastern coast, takes only about 30 minutes and, as we fly over the Owen Stanley Range, I look down at the trail and reflect on what we are about to confront on foot.

Not far from here, in July 1942, the Japanese landed on the coast to attack Port Moresby from the north, using the Kokoda Trail.

Australian troops were ordered up the trail from the south, with the aim of pushing the Japanese back to the coast. This campaign led to more than 600 Australians dying and over 1600 wounded.

It's not long before we're sitting on a wooden bench in the back of an open truck for the three-hour



The big walk



On the trail ... tall trees and colourful flowers (this page); Ronnie, the guide they call the birdman (opposite).





ride from Popondetta to Kokoda Station, where we will start walking. It's hot and as we approach the mountains they look big. There's no turning back now.

Our group of eight trekkers and 10 porters starts trekking early in the afternoon for the battle site of Deniki, which will be our first overnight stop. The jungle grows denser the further we walk, then we hit our first climb. The ascent is sweaty and arduous — I quickly realise that the next few days are going to be more than just testing.

The Deniki campsite is surrounded by forest and overlooks the steep terrain we just tackled. The porters help us pitch tents before moving straight to the makeshift kitchen – a camp fire – to prepare tonight's dinner of chicken and rice. As the sun sets on our first day, we chat and listen to the porters play ukuleles and sing.

DAY TWO: DENIKI TO EORA CREEK

This morning we venture through forests so dense they look like they're covered in green carpet. The vines creep so far up tree trunks it's hard to discern where the ground ends and the thick roots begin. The legacy of World War 2 is just as tightly woven around this place as the leaves are to these trunks.

Our first stop is the Isurava Memorial, one of the key battle sites of the Kokoda campaign. The sky here is a clear blue and birds are soaring around the valley.

It was here that Australian soldier Bruce Kingsbury, who was awarded a Victoria Cross, was killed as he pushed forward towards the Japanese, firing his Bren gun to hold off the enemy in a courageous counter-attack. The large rock next to which Kingsbury died now makes up part of this memorial. For a moment, standing above it and staring into the



The big walk



endless valley, I try to put myself silently in his shoes.

After lunch (which includes donuts done on an outdoor fire) our group is on the move again.

Late afternoon, we raise our tents in the valley next to Eora Creek, with the mountains staring down at us on either side. The temperature quickly drops as night falls. We bathe in the freezing creek water, drink hot chocolate and fill our stomachs with pizza.

DAY THREE: EORA CREEK TO NADURI

With a big day ahead, we set off at 6am. With the sun just rising, I can hear only the crunch of branches and shrubs under my mud-stained shoes. Oh, and the birds.

I notice the landscape changing as we increase in altitude. Moss starts to appear on trees and there's moisture in the air. Different plant types emerge and those that I saw earlier disappear.

About an hour in, we veer off track and down a side path, on

suggestion from our guides. It's dark in the thick foliage but, as I walk futher, I notice a pile of objects among the tree roots. Dozens of unexploded mortar bombs are on the ground.

As we continue, the landscape changes again, morphing into a forest of giant pandanas trees, then mushroom-like fungus caps poking out the sides of tree trunks. Moss covers their tops like pot plants. We're in what is known as the Moss Forest and have just passed the ridge of Mount Bellamy — the highest point of the trek. I suddenly forget about my aching feet as I begin photographing the different shapes and colours of this magical place.

The Owen Stanley Range forests provide habitat for many endangered and even critically endangered species. I've never seen as many butterflies in one place as I have along the Kokoda Trail. I lose track of



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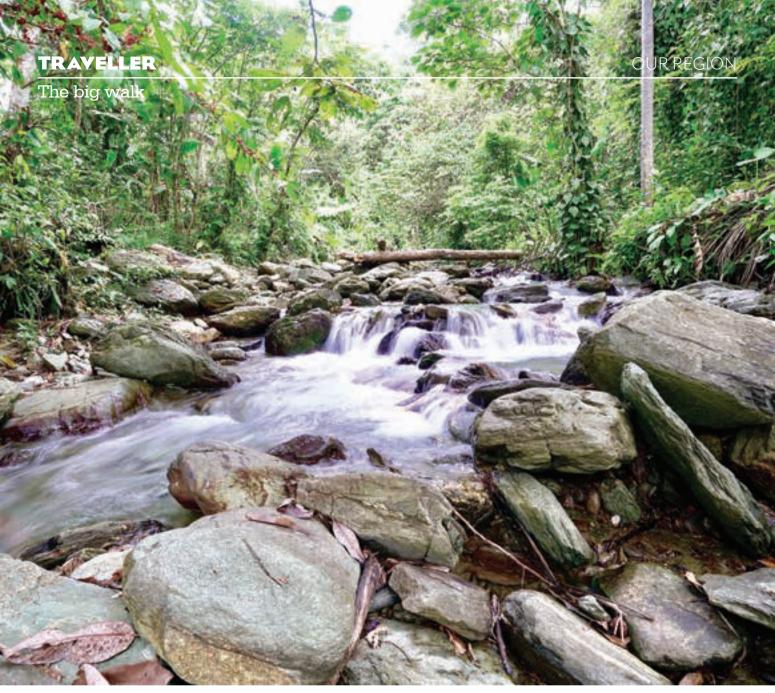
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Water crossing ... the Kokoda Trail throws up a variety of challenges for the 5000 people who tackle it annually.

time thinking about the types of animals and aquatic insects that may live here. At the same time, however, I neglect to think of my tiring legs. I suddenly find myself tumbling, landing in between two tree roots on the muddy surface. I'm tired. I make it into camp slowly but content at 5.30pm. It's been nearly a 12-hour day of trekking and my watch tells me I have journeyed 32 kilometres. I think it's time for bed.

DAY FOUR: NADURI TO MENARI

After I down an extra cup of coffee to get moving, we stop at Efogi and buy some avocados from the locals. Each village we pass gives us the energy to keep moving. The homes are simple yet tidy; you can tell people take pride in their communities. The people are warm and friendly, taking every opportunity to wave and chat to us.

For many of the locals, tourism is their only form of income, so at

most stops I buy some crisps and a soft drink – just the sugary boost I need.

Then we begin the steep, hot and dusty walk up to Brigade Hill. This part of the trek is mainly open, with no shade, making it impossible to hide from this piercing sun.

It's tough. We keep walking up the big hills, just thinking about the top.

Once we reach Brigade Hill, we sit next to each other on the soft grass. The battle here was fought over three days. Rows of poppies

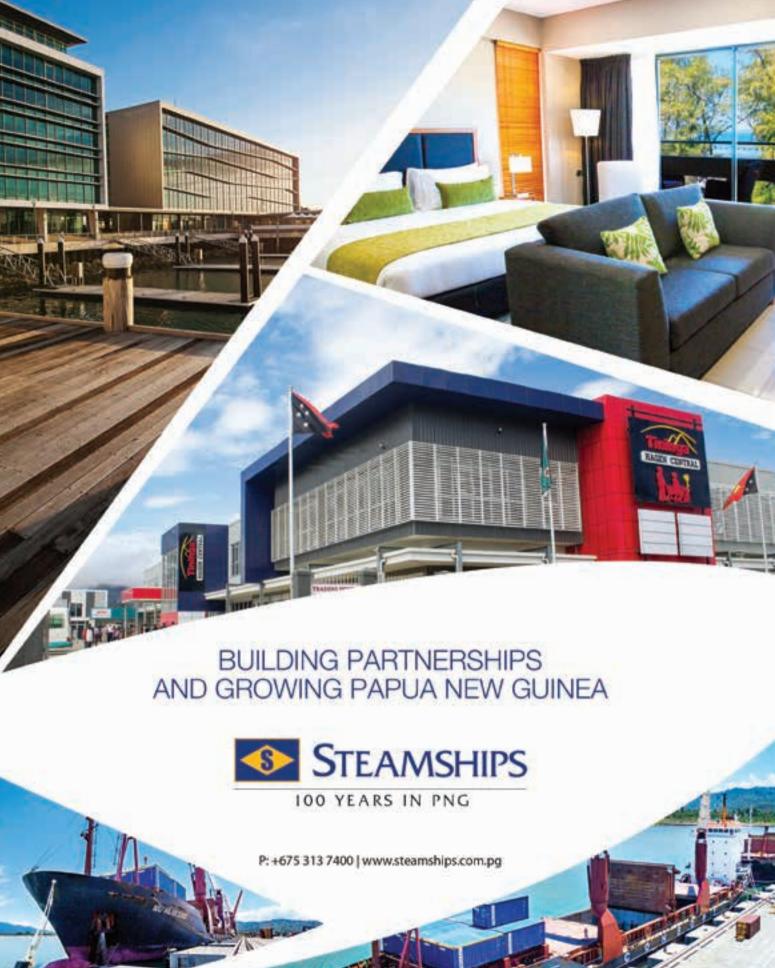
are lined here to remember the many soldiers killed.

We reach Menari during midafternoon, which is our destination for the night. It's a clean, friendly community with kids running around on the oval.

I'm told a plane lands on the small grass airstrip once a week to bring deliveries to this isolated place.

After tending to my blistered feet we sit down for dinner and play some card games under the lights of our head torches.





The big walk

DAY FIVE: MENARI TO IORIABAIWA VILLAGE

I knew Kokoda was going to test my physical strength but it's also about mental endurance.

Today we are climbing a mountain with nine false peaks. Nine.

We sit under a shady tree at the first 'peak' to have a snack, contemplating whether to have an early lunch or push on. We decide on the latter, so we grab our backpacks, take a deep breath and keep moving.

Now, descending in altitude, the temperature rises. And so does the time – we've been on the move since sunrise, it's 2pm and we are yet to eat lunch.

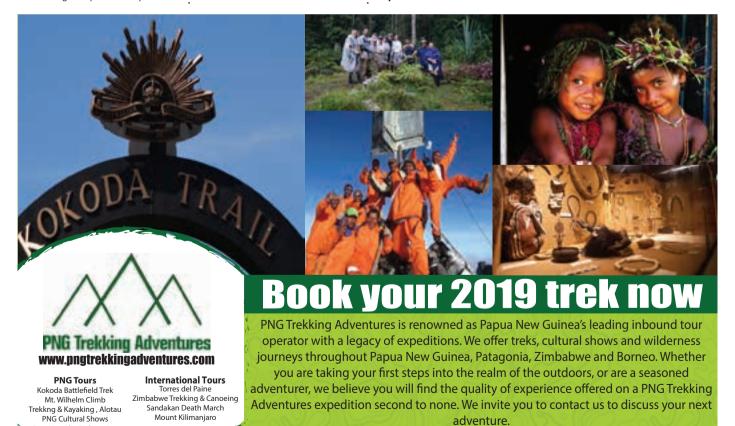
On the unforgiving descent to Ofi Creek Crossing I need a break, so I sit on a log and process my next move. Not long after, we make it to our lunch spot, where the guides have made a cake.

Despite still being half a day away from the finish, arriving at loriabaiwa village at the end of day feels like the end of the road. We are exhausted but happy to be welcomed by the villagers.

It's a stunning location surrounded by sharp mountains and the sky turns a calming pink as the sun sets. From a distance we can see Imita Ridge and know that, from there. Owers Corner is not far.

Our group is re-energised as we play with local kids and relax around the camp fire. Even with a niggling pain shooting up my foot, I am ready for what tomorrow brings.

Village life ... people along the trail are friendly and take pride in their communities. For many, tourism is their only form of income.



For more information or bookings contact us on:

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Port Moresby Sightseeing

The big walk





DAY SIX: IORIABAIWA VILLAGE TO OWERS CORNER

It's hard to wake up this morning. My legs are stiff and the sleeping bag is warm. But knowing we're so close to the finish pulls me up and into the day.

I finish off a bowl of hot porridge, pack up my belongings and again, set off through the dense jungle.

The undulating landscape is drying out as we head closer to Port Moresby. Thick tree roots hang from the canopies above, like a series of ropes that Tarzan would travel on.

We cross creek after creek, balancing on stone trails popping up through the gushing water.





The big walk

bigger and bigger above the ridge.

We're home.



combined with the

generous warmth of Papua New

sits in the cannon of

great walks around the world.

If you plan to tackle Kokoda, the Kokoda Track Authority (kokodatrackauthority.org) has a list of 37 licensed operators.

Air Niugini flies from Port Moresby to Popondetta twice daily. See airniugini.com.pg.

it brings together history, wildlife

The uniqueness of Kokoda is that





CONNECTING BUSINESSES ACROSS ASIA AND BEYOND IT'S IN OUR DNA

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HOMEWARD BOUND



Hand-reared ... one of PNG's key industries is its coffee. Some of the best and most sought-after Arabica beans come from the Highlands region. The beans are grown, harvested and ground here before export.

Micah Trostle makes a return visit to Ukarumpa, a missionary base in the Eastern Highlands, where he grew up. Here's a selection of his photos, taken as he travelled across the region.







Market fresh ... you can purchase almost anything from Mount Hagen market (left), from a fresh a pineapple (PGK7) to a live chicken (PGK30). All the fruit and vegetables are locally grown.

Bird's-eye view ... flying over the mountainous terrain (above) of PNG's Highlands is one of the best ways to take in the natural beauty of the rugged landscape. Small villages are enveloped by the green terrain for miles in all directions.



Men's shed ... coffee workers take a break for the camera (above). They are hard-working, often using machinery that looks like it could be from the World War 2 era.

Star gazing ... nights in the mountainous regions of PNG are a spectacle (right). With very little light pollution, the Milky Way can be seen clearly and there are countless meteors streaking across the sky.







Clay creations ... PNG is home to skilled craftsmen. In Kainantu, about a two-hour flight from Port Moresby, you can find intricately made goods, such as these pottery sets (left).

In the bag ... Arabica coffee beans (above) ready for export from the Highlands.



Incredible travel moments



In Lonely Planet's new book, The Best Moment of Your Life, people from the world of travel share their most remarkable, poignant and memorable experiences from the road.

They share moments that changed them as individuals and reshaped their perspectives of the world, from climbing Mount Kilimanjaro in Tanzania to walking in the snow in New York's Central Park.

In this extract, *Ruth Cosgrove* writes about sailing in Papua New Guinea's Louisiade Archipelago.

FIRST WATCH ON THE CORAL SEA

Louisiade Archipelago, Papua New Guinea

I was 12 years old and my mum had just given me my first digital watch. Fittingly, I was using it to keep time on my other first watch, a solo pre-dawn stint on the deck of our sailboat as we crossed the Coral Sea from Cairns to New Guinea. I was skippering while my family slept below, and I felt so grown up.

When I went up to the bow to check the ropes, I looked out at the quiet ocean and contemplated the fact that we were two days' sail from anywhere. Raising my gaze above the dim horizon to the heavens above that were lit by stars, I was hyper-aware that it was just tiny me floating on our massive planet.

Later, when I was looking down into the deep water, I saw streamers of tiny lights curling through the darkness. At first I thought it was the reflection of the stars, but I soon realised it was ribbons of bioluminescence stirred up by a pod of dolphins who'd decided to join me. Although they ended up accompanying us alongside our boat for the next day or so, playing at the bow and throwing us coy glances from the water, it was that early morning which I will truly never forget; the ocean, the quiet night and the stars, the animals, me, growing up in the world. Magic.

The Take Away

Travel can make and maintain a sense of wonder that drives everything in a better direction.

The Build Up

The crossing of the Coral Sea from Cairns in Australia's far North Queensland to the Louisiade Archipelago, which extends from the tip of New Guinea, typically takes about five days' sailing, depending on the weather conditions. This trip was undertaken in May, and was the beginning of a six-month-long island-hopping and diving adventure that explored the tropical islands of Papua New Guinea and the Solomon Islands.

Crewing jobs (eg deckhands, cooks, stewards, engineers) on the many private yachts that sail the area (Coastal Queensland, New Guinea and throughout Indonesia) can be found by contacting local yacht clubs, and on sites such as crewseekers.net, vikingrecruitment.com and even gumtree.com.

Getting a scuba-diving ticket is recommended as the diving on the reefs that surround the islands of Papua New Guinea is some of the best in the world.

Ruth Cosgrove caught the travel bug when her mum took her backpacking through Europe at the age of six. Since then she's sailed, walked and written in as many places as possible and plans to keep going.

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66

At one point, I pass a group of children being given instruction in traditional swordplay.

99

Full steam ahead

Tim Richards boards an old-time train for a journey into Japan.

o a train fan, there's nothing more exciting than the hiss of a steam locomotive, and the peal of its whistle. Even more so when the train is about to carry you through a picturesque area of Japan.

I'm about to board the SL *Taiju*, a loco that worked on the northern island of Hokkaido from 1941 to 1974. Recently granted a second life in the Nikko region, north of Tokyo, it runs 35-minute trips between the hot springs town of Kinugawa Onsen and Shimo-Imaichi.

Arriving at Kinugawa Onsen for an 11.08am departure, I'm not the only steam fan who wants a piece of the *Taiju*. Before the loco is connected to its 1960s carriages, Tobu Railway makes a big show of presenting it to the public on the turntable outside the station.

At 10.30am a crowd gathers as the striking black locomotive, with a disc bearing its name in Kanji characters, pulls onto the turntable. It hisses and steams as it's slowly turned, and an announcer explains its features.



All aboard ... this steam locomotive runs trips to the hot springs town of Kinugawa Onsen, north of Tokyo (above); Tobu World, where the world's great buildings are duplicated in miniature (below).

Eventually we board, then head off past low green mountains on a cool humid morning.

Trundling steadily south, the train passes houses and forests, with the blue-green Kinu River



appearing below us. Further on, we pass rice fields, and pass beneath canopies formed by Japanese cedar trees.

One of the *Taiju's* stops is Tobu World Square. This remarkable theme park is packed with

scale models of buildings from around the world, built on a generous scale. As I walk through the grounds, Tokyo's lofty Skytree Tower looms above me, as do New York's Chrysler Building and Empire State Building.

Further around, there are impressive replicas of Egypt's pyramids and the Sphinx, leading to the Europe zone where I spot, among others, the Colosseum and the Eiffel Tower.

In the Asia section there are many more icons, including Beijing's Forbidden City and the Taj Mahal.

Tobu World Square's nearby sister attraction is Edo Wonderland, a historical village dedicated to Tokyo's golden age from the 17th to 19th centuries.

During that era, Tokyo and its surrounds experienced a great flowering of culture, and the village replicates daily life via costumed actors, shops, restaurants and shows.

Entertainment aside, Edo Wonderland is a beautiful place to walk through.





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Full steam ahead

Many people are dressed in the clothing of the era, including visitors who are encouraged to hire an outfit. At one point, I pass a group of children being given instruction in traditional swordplay.

My final stop is the Toshogu Shrine, within Nikko's World Heritage area, dedicated to the *shogun* (military leader) who initiated the Edo era.

Built over several levels in the middle of a forest, this complex is both grand and tranquil. Its buildings are edged in gilt paint, and contain a wealth of detail in their intricate colours and statuary.

The day ends with a soak in one of the region's famous thermal baths, known as *onsen*. This trip began with the excitement of the steam from a train – now it's ending in relaxation, amid steam from the hot springs below.

See tobujapantrip.com.



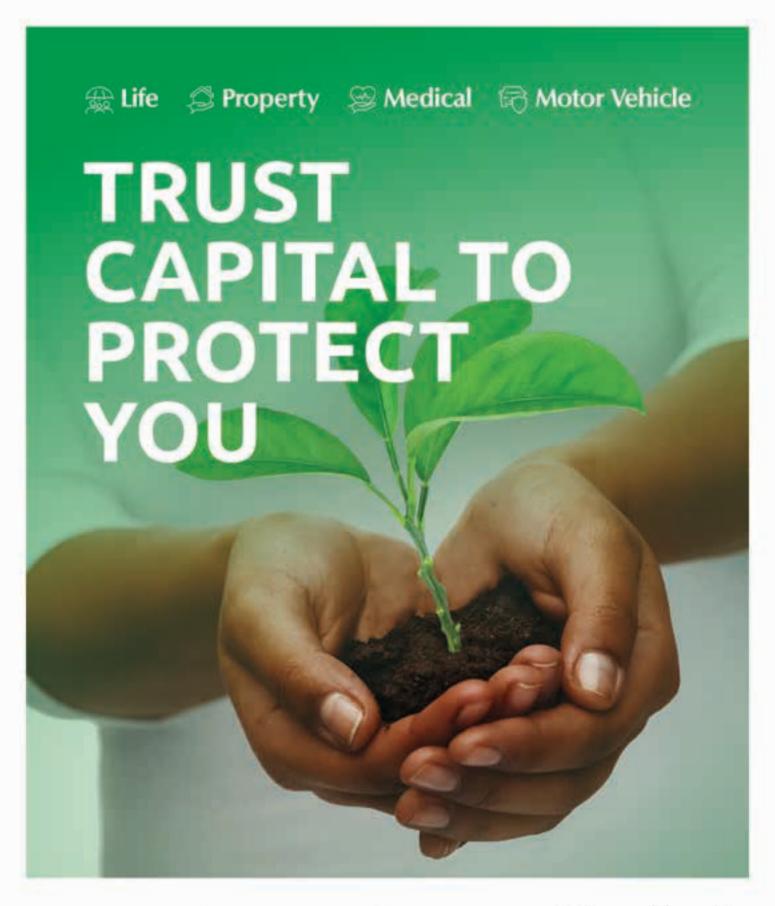
Edo Wonderland ... a historic village where visitors are encouraged to hire and dress in traditional clothing.



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







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ong Kong International Airport (HKIA) ranks as the fourth busiest in the world, processing almost 73 million travellers annually. It is famous for offering the best across every area of service, from shopping to entertainment.

Standards are so consistently high that the airport (hongkongairport.com) has figured prominently in the World Airport Awards by Skytrax since opening in 1998.





→ WHERE

It's on the artificial island of Chek Lap Kok.

→ AIRPORT CODE

>> TERMINALS

Two terminals. Air Niugini uses terminal one (T1), which is used by most airlines. Terminal two (T2) opened in 2007, and has a check-in facility, and the SkyPlaza mall. The terminals are linked by train.



> LOUNGE ACCESS

Air Niugini uses Plaza Premium Lounge in T2, with features including showers, massage, and a food and beverage buffet.

→ DISTANCE TO CBD

35 kilometres

>> TAXIS & HIRE CARS

Taxis are located outside the main terminal, on the left of the arrivals hall exit, and in separate rows designated for different taxi types as Hong Kong taxis are colour-coded according to their operating areas. The taxis serving Hong Kong are red and cost about \$HK310 (about 133 PGK) for the 40-minute

trip to the city centre. Green taxis serve the New Territories, and the blue taxis Lantau. Major hire car companies, including Avis and Hertz, are on level five of the arrivals hall.



→ OTHER TRANSPORT

The Hong Kong Airport Express train takes 24 minutes to central Hong Kong. The station is located just beyond the taxi stand. There's also a shuttle bus service, which has five routes serving the city. Luxury limousine providers are found in the arrivals hall. Ferries from the airport connects Hong Kong with Macau.

→ SHOPS

With over 320 outlets ranging from quality souvenirs to European designers, HKIA is a dream for the serious shopper. Buy anything from Bose headphones to organic skin products. Stores are of such high standards that both Giorgio Armani and Tiffany & Co. chose HKIA for their first airport outlets.





→ FOOD & BEVERAGE

Excellent choices across the board saw HKIA voted world's best for airport dining by Skytrax in last year's awards. Over 70 outlets offer an almost even split between international and local cuisine. Try the Hong Kong-Western fusion food at Tsui Wah Eatery, like its famous bun toasted with condensed milk, and sample traditional Chinese tea at the Food Ming Tong Tea Shop.

→ WI-FI

Free Wi-Fi is available across the entire airport. Click on 'HKAirport Free WiFi' to connect to the network. Over 60 desktop computers are available free to travellers, and are located throughout the departures level in T1

→ WHAT ELSE

Catch a movie on the biggest screen in all of Hong Kong at the impressive 350-seat IMAX cinema found in T2's SkyMall plaza area.

>> FAVOURITE CORNER

While away time during a layover with a round of golf at the GolfZon

GreenLive indoor simulator. Alternatively, the Sky City Nine Eagles Golf Course is a minute away by shuttle bus from gate 18, at T2.

-- CLOSEST HOTELS

Regal Airport Hotel (regalhotel. com) is a two-minute walk from customs, while both the Novotel Hotel Citygate (novotelcitygate. com) and Sky City Marriott (marriott.com) are about five minutes by shuttle bus.



-- SKYTRAX SAYS

"Certified with the most prestigious five-star airport rating." "The customer experience is excellent for arrivals, departures and transit."

"Hong Kong continues to innovate to deliver very high standards of product and service quality to its customers."



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



OUR COUNTRY

REVIEW: HILTON PORT MORESBY

Tel. +675 750 1800 075

WHO STAYS? Mainly business travellers, with some tourists.

HOW BIG? 212 keys

COST Rooms start from PGK800.

CHECK IN 2pm

CHECK OUT 11am

HICHLICHTS

- Five separate dining areas.
- Executive lounge.
- · Outdoor pool and fitness centre.
- Adjoining convention centre and amphitheatre.

NEARBY Parliament House as well as the National Art Gallery and Museum are five minutes away, while the Vision City shopping Mall, with restaurants and a cinema, is just around the corner.

Wi-Fi in rooms/public areas:
TV:
Air conditioning in room:
Room service:
Swimming pool:
Free airport transfers:
Gym:
Business centre:
Hotel arranges tours:
Breakfast included in standard room charge: $\qquad \qquad \times$

A peep inside ... (clockwise from this page) the 15-storey exterior of the Hilton; a barman at the whiskey bar; the executive lounge; Mumu restaurant; executive dining; staff from the hotel's Feast restaurant; interiors; Copper cafe in the lobby.



LOCATION

Located in the government district, just 10 minutes from the airport on Wards Road in Hohola, this is a central and easy location to reach any corner of the city.

THE PLACE

A visit to this new hotel (it opened in October) is like taking a tour through PNG. You can find photographs and films displaying the country's diverse cultures along hallways and in bedrooms, while the hotel's stylish interior and modern design — with wooden finishes and native gardens — breathes a certain aesthetic that ties into the country's heritage and lifestyle. The hotel feels upscale yet relaxed, with plenty of culinary options, including traditionally-inspired dishes. The fitness centre and outdoor pool are also welcome features.

ROOMS

Floor-to-ceiling windows with panoramic views of the city make some of these rooms a visual feast and experience in themselves. Finishings in the bathroom are luxurious and all accommodation options are well sized. The hotel includes 46 suites and there's a mix of king and double beds available, as well as an exclusive top-floor lounge with outdoor area for

those staying in the executive suites. All rooms are soundproofed but it's the little extras that caught my eye the most, including Egyptian-cotton sheets, bathrobes and a coffee maker.

FOOD AND DRINK

The unique restaurant, Mumu, is sure to be become a gourmet destination of choice in Port Moresby. It's named after the traditional earthen oven from PNG's Highlands, travellers and locals will be able to experience a little bit of the country's culture with traditionally inspired authentic dishes. The food and bar areas include a lobby cafe, outdoor coffee shop and a stylish, top-floor lounge bar called Summit — a modern take on the old-style whiskey bars. The buffet restaurant serves breakfast and specialises in international cuisine.

WHAT CUESTS LIKE

"I'm happy with my first stay at Moresby's brand new Hilton Hotel. Well located for anyone doing business in the Waigani area. The 15th-floor executive lounge and the Summit whiskey bar are very enjoyable zones and are the stand-out for this hotel."

TripAdvisor



BY NICOLA GAGE







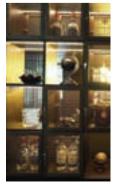














BY NINA KARNIKOWSKI

Three of a kind: outstanding coffee houses



DUFFY CAFE HARBOURSIDE, PORT MORESBY, PNG

With its elegant black-and-white interiors and unbeatable waterfront location on Stanley Esplanade, Duffy Cafe Harbourside is one of Port Moresby's best spots for a caffeine fix. Founded in 2010 by expats Travers Chue and Olga Girault, Duffy now has three Port Moresby outlets. Duffy is also the place to head for the city's best French bread and pastries, baked on site.

SOMETHING SPECIAL

All the beans used at Duffy – including Fuzzy Wuzzy blend, Kissed by a Highlander beans from the Western Highlands, and Gimiyufa Village micro-lot coffee from the Eastern Highlands – are freshly roasted at the Duffy flagship store on Gabaka Street.

DON'T MISS

The savoury and sweet crepes. There couldn't be a more perfect coffee accompaniment.

DETAILS

Open 7am to 4pm Monday to Friday, 8am to 4pm Sunday; closed Saturday. Stanley Esplanade, Harbourside East. See duffypng.com.



AMBER COFFEE BREWERY, HONG KONG

Amber is run by award-winning barista Dawn Chan, a two-time champion in the Hong Kong Barista Championship who also came fourth in the 2015 World Barista Championship. Perch yourself on one of the leather-topped bar stools at the long bench and order your favourite brew, sourced from small-batch farms in places like Colombia, Kenya and Brazil.

SOMETHING SPECIAL

Once your coffee is done, stick around to see Amber transform into a wine bar, staying open until 9.30pm on weekdays. Also, Chan features special creations each month, like the 'Amber', which is coffee mixed with pineapple juice, beer hops and Earl Grey tea.

DON'T MISS

Checking out the exquisite latte art before you slurp. You're likely to see anything from a rose, to a snowflake, to a detailed love heart.

DETAILS

Open 8am to 6pm daily; wine bar open until 9.30pm weekdays. 142 Des Voeux Rd, Central. See facebook.com/ambercoffeebrewery.



JOHN MILLS HIMSELF, BRISBANE, AUSTRALIA

This intimate cafe and bar in Brisbane's CBD uses only locally made products. The coffee comes from a variety of local roasters, and the milk from local dairies. The kilometres each beverage (including tap beers, local wines and spirits) has travelled by road are calculated and written into the menu, meaning drinkers can reduce their carbon footprint by drinking as locally as possible. If you're peckish, there are pastries, friands, brownies, lamingtons and donuts.

SOMETHING SPECIAL

The John Mills Himself building dates back to 1918, and was originally a printing and stationery business.

DON'T MISS

The 70 per cent dark, dairy milk and white hot chocolate, made with heirloom chocolate in more than 10 flavours. Favourites include the dark chocolate and orange, and the dairy milk with peanut butter.

DETAILS

Cafe open 6.30am to 3.30pm Monday to Friday. 40 Charlotte St, Brisbane. See johnmillshimself.com.au.





Monier Compound, Saraga Street, 6 Mile, Port Moresby
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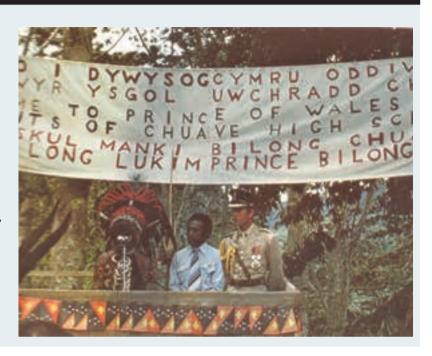
BY JOHN BROOKSBANK

TIME TRAVELLER

Chuave High School, Chimbu Province, **September 17, 1975**

Representing Queen Elizabeth II at Papua New Guinea's independence, Charles, the Prince of Wales, undertook a tour of the country after the independence ceremony and associated activities in Port Moresby. His tour included a visit to highlands provinces, including the Eastern Highlands where he landed in Goroka before being driven in a flag-bedecked open truck to Kundiawa in Chimbu. At Kundiawa he was met by local MP the late lambakey Okuk. Among places he visited was Chuave High School, where students had designed a welcome sign in Tok Pisin, English and Welsh.

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



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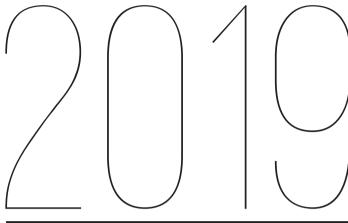
LIVING

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The year ahead in PNG and Asia-Pacific, by *Belinda Jackson*.

JANUARY



BRISBANE 9th Asia Pacific Triennial of Contemporary Art, November 24, 2018 – April 28, 2019

A shell sculpture from East New Britain, PNG, is one of the headline pieces at this gathering of works drawn from 80 artists and groups across the Asia-Pacific.

qagoma.qld.gov.au

SYDNEY Sydney Festival, January 9–27

Art installations, music and dance

are all part of this massive cultural celebration.

sydneyfestival.org.au

SINGAPORE Kidsfest, January 16 – February 3

A theatre festival for young people sees scenes from classic children's stories including the beloved *The Gruffalo* and *The Tiger Who Came to Tea* enacted on stage.

kidsfest.com.sg ➤



FEBRUARY

FEDERATED STATES OF MICRONESIA Operation Hailstones, February 17



This annual celebration in Chuuk remembers the US Navy's attack on the Imperial Japanese Navy forces here in 1944, with wreaths laid on some of the many shipwrecks submerged in Chuuk Lagoon.

visit-micronesia.fm

HONG KONG Hong Kong Arts Festival, February 21 – March 23

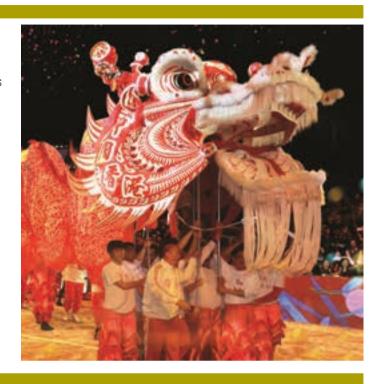
Now in its 47th year, the highlights of the 2019 festival include the Hamburg Ballet, Oper Leipzig and the Sao Paulo Symphony Orchestra.

hk.artsfestival.org

SINGAPORE Chinese New Year, throughout February

Singapore glows as its historic neighbourhoods are lit up, along with Marina Bay and the River Hongbae, with family rides, street food and fireworks. Chinese New Year falls on February 5 as the country welcomes the Year of the Pig.

visitsingapore.com



MARCH



PHILIPPINES Malasimbo Music & Arts Festival, March 1–2

Fast becoming one of the country's key events, this outdoor music festival is held in Puerto Galera, about three hours' drive south of Manila on Mindoro island.

malasimbo.com

PNG Women Weavers of Milne Bay Fashion & Culture, March 8–9

Explore the vast range of weaving, cultures and contemporary fashion within Milne Bay at this annual event.

facebook.com/ womenweaversofmilnebay/



TOKYO Sakura Matsuri, March 17—April 1

The flower viewing (hanami) season is one of Japan's most beloved times of the year, with street food and flowering cherry and plum trees lit at night for a fairyland.

scene.jnto.org.au

BRISBANE Australian Football League, March 23

The Brisbane Lions start their AFL season at the Gabba with a night

game against reigning premier West Coast.

afl.com.au

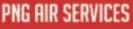
FEDERATED STATES OF MICRONESIA Micronesian Culture & Traditions Day, March 31

Across its islands, the nation celebrates its cultural and traditional events, its languages, beliefs and food, including in Pohnpei and Chuuk.

visit-micronesia.fm >









APRIL



SYDNEY Royal Easter Show, April 12–23

The country comes to town at the show, as agricultural competitions and animal experiences are served

up with live entertainment, carnival fun and shopping in this major Sydney event.

eastershow.com.au

HONG KONG Hong Kong Rugby Sevens, April 5–7

The 2018 men's winner, Fiji, and women's champion, China, defend their titles against the world's top Rugby Sevens powerhouse teams in round seven of the 2019 HSBC World Rugby Sevens Series.

hksevens.com

VANUATU Naghol, Londot, April–June

The famed Naghol, or land diving, ritual sees the young men of Pentecost Island leap from a 30-metre high tower, attached only by a vine, part of the celebration of the yam harvest.

vanuatu.travel





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MAY

NOOSA Noosa Food & Wine Festival, May 16-20

This five-day celebration of good food and wine includes celebrity chefs, beach barbecues, special dinners and tastings. Noosa is only a short hop from Brisbane.

noosafoodandwine.com.au

BRISBANE NRL Magic Round, May 17-19

League lovers will pack Brisbane's Suncorp Stadium to see Australia's 16 National Rugby League (NRL) teams go head-to-head in a festival of footy.

nrl.com



MACAU Feast of the Drunken Dragon, May 22 Honouring the legend of a local man who drank

wine to give himself the courage to destroy an evil dragon, Macau's fishermen parade a dragon puppet through the streets around Kuan Tai Temple, toasting his memory. visitmacao.com.au >





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JUNE

SOLOMON ISLANDS Wagosia Festival, June

The people of East Makira preserve their traditions of spear fighting and yam harvesting in Santa Catalina, Makira Province. Check closer to time for exact date.

visitsolomons.com.sb



PNG Madang Festival, Madang, June 8–10

This colourful cultural event is on the Queen's Birthday weekend each year. The Bilum Festival on Karkar Island is held the week before.

papuanewquinea.travel



CAIRNS Ironman Asia Pacific. June 9

Taking competitors from reef to rainforest on this beautiful ironman course in tropical North Queensland, the bike section curls along the coast from Cairns to Port Douglas.

ap.ironman.com



PNG Selkambang Festival, Kiunga, June 28-30

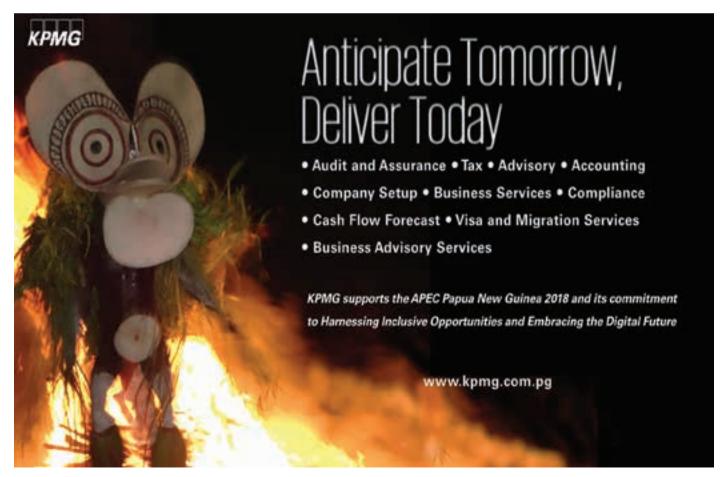
There are plans for this fledgling cultural festival, formerly known as the North Fly Cultural Show, to become an annual event on the same dates in June each year. Sing-sing groups from the district come together for the festival, which attracts hundreds of locals in the Western Province, but few tourists, Contact points for further information are still being established and will be added to Paradise online (airniuginiparadise.com) when available.



SINGAPORE

Singapore Food Festival, June-July

Singaporeans know how to eat, and this annual celebration of all things food includes workshops and tours featuring local tastes and talents. *visitsingapore.com*





JULY



CAIRNS Cairns Indigenous Art Fair, July 12–14 Australia's top arts fair for Aboriginal and Torres Strait islander artists is now in its 10th year, drawing artists, admirers and collectors, supported by films, as well as fashion, dance and theatre performances.

ciaf.com.au

SOLOMON ISLANDS Akuila Talasasa Festival of Arts, July 17_18

Culture is on display in Gizo, with traditional bamboo bands, *tomoko* (war canoe) demonstrations and stone carving.

visitsolomons.com.sb

VANUATU Santo Rodeo, July 20–21

Speed and agility are on display at this annual rodeo at Espiritu,



on Santo Island, with bull riding and horseback racing, clowns and kids' fun.

santo.travel

TOKYO Sumida River Fireworks, July 27

The world's oldest fireworks festival has been held since 1733 on the banks of Tokyo's Sumida River, and still maintains its pop and wonder.

jnto.org.au

PNG National Mask Festival, July

The masks of East New Britain reveal their stories in this annual festival in Kokopo. Highlights include the Baining fire dance, a night-time dance performed by initiated men through blazing fires.

papuanewguinea.travel

AUGUST

PNG Sepik River Crocodile & Arts Festival, August 5–7

Celebrating the role crocodiles play in the lives of the Sepik people, this annual celebration in Ambunti includes skin-cutting rituals, and a conservation edge.

papuanewguinea.travel



A showcase of song, dance and culture.

papuanewguinea.travel

BRISBANE Curated Plate, August 8–11

A new four-day food festival, the focus is on organic, local and the best regional dining, north of Brisbane on Queensland's Sunshine Coast.

thecuratedplate.com.au





to 75 tribes gather in the Western Highlands province to create one of PNG's biggest cultural events, with traditional music, dance and storytelling.

papuanewguinea.travel

VANUATU Vanuatu Golf Open, August 27 – September 1

Vanuatu's capital, Port Vila, hosts a week of festivities alongside the Open, which draws golfers from across the South Pacific.

vanuatugolfopen.com >



SEPTEMBER



PNG Frangipani 📮 Festival, September 15

Celebrating Rabaul's survival after the 1994 eruptions of Mount Tayuryur, and named after the trees that line the city, witness fire dances, canoe races and float parades in the East New Britain Province capital. papuanewguinea.travel

PNG Hiri Moale Festival, September

PNG's Independence Day, on September 16, is the anchor for this Port Moresby celebration, which remembers the Motuan people's historic trading routes. papuanewguinea.travel

JAPAN Rugby World Cup, September 20 - November 2

Estimated as the third-biggest sporting event in the world, the matches will be played in seven cities including Tokyo and Sapporo. Qualifiers include Samoa, Tonga and Fiji.

visitjapan2019.com

FIJI Ocean Swim Fiji, September

A five-day 'swimcation', the events include swim clinics and ocean swims in the warm waters of the South Pacific.

oceanswimfiji.com >







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OCTOBER



PNG Morobe Show, October

12-13

Lae hosts the annual Morobe Provincial Agricultural Society show, going strong since 1959. Livestock, agricultural and horticultural displays are joined by traditional dances, sing-sings, cowboy events and the crowning of the show queen.

morobeshow.org.pg

SYDNEY Pacific Runway, October 15

Contemporary streetwear and traditional weaving walk the catwalk as fashion designers from



PNG Huhu War Canoe Festival, October 25-26

The war canoes of Milne Bay Province are the focus of this annual festival, with war dances and retelling of historic battles.

facebook.com/ HuhuWarCanoeFestival/

PHILIPPINES MassKara Festival, October

The month-long festival in Bacolod peaks on October 27 with a massive masked street parade. tourism.gov.ph

PNG PNG Human Rights Film Festival, October

Tackling such issues as gender equality, youth rights and freedom of speech through films and panel discussions, this festival runs in Port Moresby and other major cities.

facebook.com/PNGHRFF



NOVEMBER



PNG Kenu & Kundu Festival, Milne Bay, November 1-3

Traditional canoes (kenu) and drums (kundu) are a big part of this festival of dancing, drama and

nationalkenukundufestival.com

TOKYO Meiji Shrine Autumn Festival, November 1-3 The birthday of Emperor Meiji is the key celebration of this three-day



a menu of music

on the side.

discover

com

hongkong.

event, with signature displays of horseback archery, Aikido martial arts demos and sumo wrestling. meijijingu.or.jp/english/

FIJI World Vintage Rugby Carnival, November 10-17

Thirty teams of players over 35 vears of age, drawn from around the world, clash at Churchill Park Rugby Ground in Lautoka for a week of rugby.

vintagerugbyfiji.com

DECEMBER



MACAU Macau International Parade, December

Cultural integration is the key to this parade, as local artists and international performers weave through the city-state's streets and allevs in a vibrant dance-off.

visitmacao.com.au

SOLOMON ISLANDS Surf competition, December

Surfing hot spots Paelonge and Titiana in Gizo, Western Province, will see the action of a surf competition inviting local and international competitors.

visitsolomons.com.sb





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We are focused on consolidating our position as the State's nominee in all future oil and gas developments, including the expansion of the PNG LNG Project; the Papua LNG project, operated by Total SA and Pasca A, the first offshore project operated by Twinza Oil. **J**

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PNG'S 'WOW





apua New Guinea fashion label Tabu wowed audiences at the annual Pacific Runway fashion show in Sydney, Australia, late last year.

Tabu's showing at the sold-out event followed successful appearances by PNG designers lyara and Lumai in 2016 and 2017.

Tabu is owned and operated by Port Moresby based designer Tabu Pelei-Warupi. Her designs depict the diversity of PNG's 800-plus cultures.

Her beadwork, woven of raw and natural materials, hand-printed and dyed fabrics and structured silhouettes all combine to create a statement of identity in a modern world.

Although currently primarily a general public event, Pacific Runway is attended by Australian and Pacific fashion and media industry personnel, as well as high-profile personalities and social media influencers.

Influencer and current face of Country Road Men, Jordan Turner says:

LIVING

TABU





Fashion moments ... some of the most talented Pacific designers showed their wares at Pacific





MOMENT ON THE RUNWA



Dusk Devi reports on the Pacific Runway fashion show. where a PNG label made a big impact.



It was a spellbinding night of Pacific magic. Personalities. character and culture shone bright.





about who is wearing your clothes." Event founder Jannike Seiuli has brought some of the

Personalities, character and culture shone bright. It was a

reminder that a runway is not just about fashion, but also

most talented Pacific designers to the international forefront, since starting the show in 2012.

Another highlight of the show is the multicultural runway.

Models from different backgrounds – primarily but not just Pacific – graced, strutted and tore up the runway, bringing to life each designer's vision.

Voque Australia's sustainability editor, Clare Press, says: "At Pacific Runway, the models also told a story, one

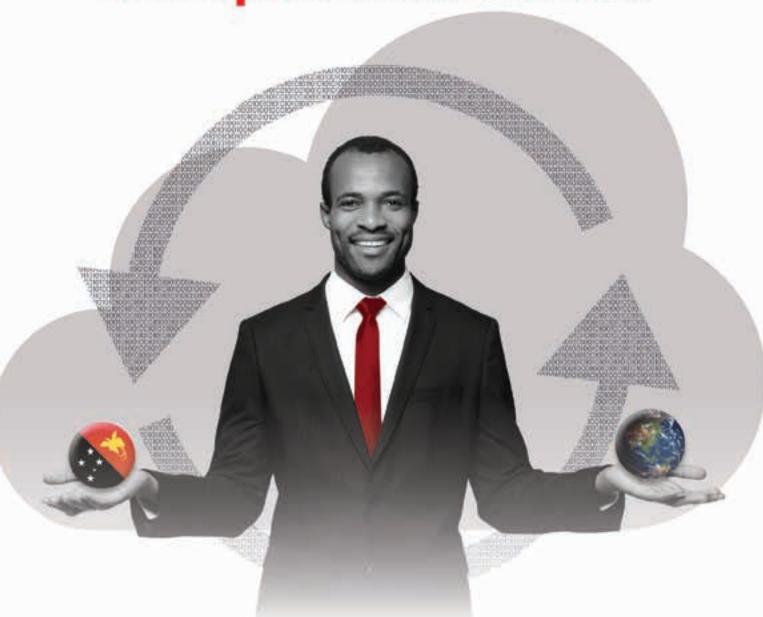
of inclusion, diversity and a celebration of the female form that is not bound by a cultural expectation of either sameness or extreme skinniness. These girls of all shapes and sizes exuded a joy and sass that's often lacking on the catwalk. Note to the big fashion weeks: Seiuli's casting directors are streets ahead."

Pacific Runway is also a great opportunity for Pacific designers to demonstrate how (by using traditional methods and cultural influences) they are at the forefront of ethical and sustainability practices, another fashion industry hot topic.

Designers Sheenz (by Sheena Taivairanga) and Janet Laird Designs both create consciously, the former through deliberate ethical sourcing and the latter >



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PNG's 'wow' moment on the runway



through recycling everyday materials.

In keeping with its platform of inclusivity, Pacific Runway invites an indigenous Australian designer to open the show each year. This year it was opened by luxury resort wear brand Kirrikin.

Brand manager Kym Lester says: "Pacific Runway has carved its presence in the market representing Pacific fashion. Pacific Runway is smashing down the obstacles and clearing the path for us all."

See pacificrunway.com.au.

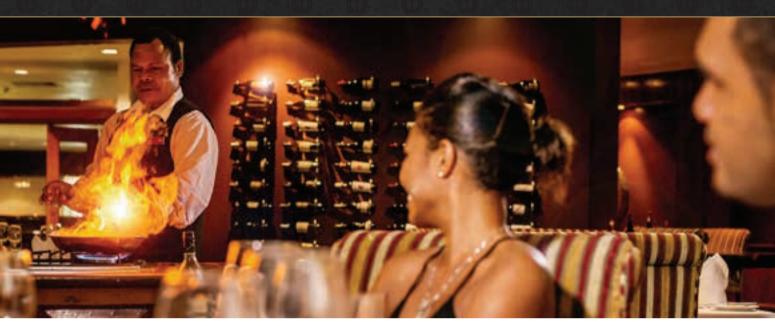
Tabu Pelei-Warupi ... the Papua New Guinean designer was a big hit at Pacific Runway.







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66

Everyone laughed in delight to hear a 'white girl' speak their language.

"



Word perfect ... Kate Lindsey at work on an Ende dictionary with pastor Warama Kurupel and chief Jerry Dareda.

Rare words preserved

Richard Andrews reports on an American linguistics student who went off the beaten track to help preserve Ende, a language spoken by only about 800 people in PNG.

alifornian, Kate Lindsey, 29, recently returned to the high-tech comforts of Silicon Valley after living eight months in a Papua New Guinean village without electricity, plumbing, hospitals, or even currency.

The linguistics student from Stanford University was recruited by the people of Limol, Western Province, to record their traditional stories and help preserve Ende (pronounced EN-day) — a language spoken by only about 800 people in a remote southern area of PNG.

The community first reached out to Nicholas Evans, a language researcher from the

Australian National University, who was working in PNG.

"A party of three men from Limol walked three days to reach Nicholas and ask for help," says Lindsey. "He passed the request on to me and I was invited to live in the village."

While English is taught in Limol's two schools, the community was anxious to preserve Ende for future generations with children's books, a dictionary and a documentary.

"PNG is a linguistic treasure trove," says Lindsey. "It's home to about 850 spoken languages — that's 12 per cent of the world's total, concentrated in a small area." Small and isolated, Limol is reached by a flight to Daru, two days' travel by boat and canoe, then a bush hike from the river to the village of 200 residents. Lindsey and her various assistants made the trip five times.

"After coming from California, the first night we arrived was magical," she says. "Children lit fires by the side of the path so we could see the way and we were greeted by the whole village, complete with a big bowl of sweet potato."

During the Fly River section of the trip, Lindsey learned enough Ende from a local to make a thank you speech when she was greeted in





Rare words preserved

Limol. "Everyone laughed in delight to hear a 'white girl' speak their language," she says.

"We were then taken to the home of our host." pastor Warama Kurupel and his family. It was a house on stilts, made of palm bark, beautifully decorated with flowers, palm leaves and banana leaves."

Although she's a vegan, Lindsey was eager to fit in with village life and adapted to the local diet of wild pigs, deer, bandicoots and fish.

She says that creating the children's books also required adaptation.

"As the village has no electricity, most things had to be done by hand. We brought in solar panels to power the computers and recording equipment, but even then our ability to use technology was limited."

Lindsey and her team went around Limol and asked villagers to tell their stories for the books.

"We recorded everything from true events and accounts of ancestors, to folk tales about animals such as crocodiles and dogs," she says.

People picked their favourite stories. which were edited. transcribed and illustrated by village volunteers to fill six books. Multiple copies were printed in California and Australia, and then brought back to Limol.

"I got to see the children reading the books in the elementary school in their own language," says Lindsey. "It was a very special moment."

Lindsey found that

working on the Ende dictionary required a new way of thinking.

"I can't be sarcastic in Ende." she says.



Book making ... Andrew K. Dobola and Diana Johnson at work on a children's book (above); Kalamato Joanang displays the finished book (right); Winny Madura shows the story that she contributed (far right).







Rare words preserved



"People don't understand and think you're not telling the whole truth.

"As an English speaker – and an American – I'm quick to speak and can usually get the gist

of what someone is saying within the first few words. English conversations are very fast and you can cut in early. However, when speaking in Ende, you have to wait patiently for the verb at the end of the sentence, which will determine the meaning of what comes before it.

"Also, you don't talk about left or right, or north and south. Actions are defined as coming towards the village or away from it. The language shows how the village has been the centre of people's lives for thousands of years.

"Similarly, when people are out hunting, the distance between them will affect the length of some words and how they're used. For example, you say *mer ag* ('good morning') if someone is close by and *mer ag o* if they're further away."

Limol is located in a multilingual area where people may speak five or six languages. Lindsey says this can create some humorous situations.

"Because of my Russian background, I say oopah, if I make









Rare words preserved

a mistake. It's the equivalent of *oops* in Russian. When we were playing Frisbee one day, I dropped the disc and exclaimed *oopah*, which means testicles in the next-door language. People thought this was hilarious and it became a joke that was passed around."

Lindsey says the villagers were keen to make a video about their community, so she conducted workshops on how to use cameras and computers. The resulting documentary shows traditional village life and how Christianity came to Limol.

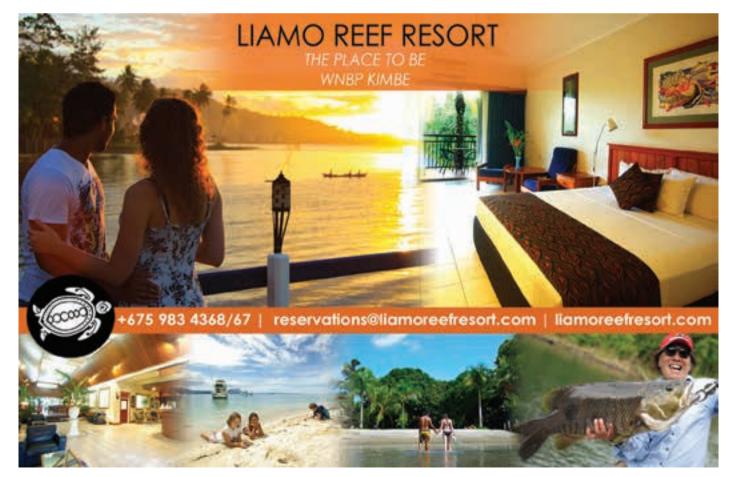
"The community chose the topic, directed and narrated the story from their point of view," she says. "We then edited it all on my small laptop and screened the 30-minute documentary at Stanford."

"Limol has introduced itself to the outside world."

Light into Ende Tribe is available with subtitles on YouTube.
See katelynnlindsey.weebly.com.



A fond farewell ... people at Limol village says goodbye to visiting linguists.









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Broadcaster Namila Benson tells Kevin McQuillan that radio has connected remote PNG to the rest of the world

adio creates a sense of connection, crossing time and distance, linking family, ideas and entertainment. savs Melbourne-based broadcaster Namila Benson.

Benson was brought up in radio and is keeping alive a family tradition. Her father, Warium Benson, was a Tok Pisin broadcaster with Radio Australia for nearly 40 years. The family moved from Port Moresby to Melbourne during the 1970s and Benson was born shortly after their arrival in Melbourne.

"So I used to go into work with dad at weekends," she tells Paradise. "I love the story-telling element of radio."

Benson says she realised how influential radio can be in remote parts of PNG when she visited her family village in Rabaul.

She says her grandfather, who wasn't formally educated, could heartily debate a lot of global and regional issues.

knew what was going on in the world, and that was because of radio. He had his little transistor radio that he would sit with every day on his woven mat, and so I understood the importance of radio as a tool to engage and educate." She also recalls how being in the village connected her to her

Melbourne home.

"We were sitting around the fire one night in our village. Dad turned off the tape recorder and switched to the radio and I realised we were listening to Kasey Kasem's American Top 40. And I remember thinking – I was nine at the time - here is this guy in America. broadcasting the countdown. I listen to him in Melbourne, but here he is, also in Rabaul, It was a defining moment about the power of radio."

Benson refined her broadcasting skills on community radio and graduated in a bachelor of comminications from Melbourne's RMIT University in 2004. As a morning talk show host on community radio she covered issues and discussions relating to race, culture, gender, health.

education, legal topics and more.

"He was fluent in English and he

Namila Benson ... working in Melbourne as a broadcaster, writer and podcast trainer.







She was also a regular guest presenter on ABC TV's Art Nation program.

When the ABC closed Radio Australia in 2014 Renson returned to community radio to focus on training and mentoring emerging broadcasters.

This included travelling to Port Moresby in 2015 for a couple of stints working with the NBC's dedicated youth radio station, Tribe FM. Benson worked with the station's handpicked team of presenters and producers prior to the network launching nationally later that year.

Benson, a mother of two boys, joined ABC RN (Radio National) in 2017, where she is a producer on the morning show Life Matters.

She and her grandfather speak snippets of Tok Pisin and the Tolai language, Kuanua, to the boys.

"Our home is filled with people, photos, paintings, bilums, baskets and bilas (ornamentation and body adornments) from PNG," she says.

"I'm a proud Tolai woman and

"People say crazy, misinformed things about PNG. Which is not to say there aren't challenges, but what we don't hear enough about are the kindness of ordinary people, strong cultural pride,



My grandfather was fluent in English and he knew what was going on in the world. and that was because of radio.

Matalau (her family village) is where my heart is, although I live in Melbourne. I have my feet firmly planted in both places, but as I get older, I am more and more inclined towards the island way of doing things.

commitment to family and respect for elders. That's what I cherish about my homeland."

Music is also a key part of remaining connected with her homeland and the PNG diaspora in Australia. "Wantoks are really

killing the game at the moment when it comes to the music and art scene," she says.

Citing young Australian-based singers Ngaiire (R&B and soul). Kaiit Waup (neo-soul, hip-hop, jazz) and Airileke (musician/producer), Benson says she feels proud of how these PNG artists are 'repping the fam' (representing the family).

"They incorporate that wantok sense of family, culture and community to embed it in their professional lives through their music."

Benson is on leave from the ABC to ghost write the memoir of an Aboriginal elder. The book will be released this year – another style of storytelling, she says.

"But I'll always be a radio girl at heart, whether it's traditional radio or podcasts."

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MY PNG

BY RUTH BIHORO

A GRANDFATHER'S LEGACY

Ruth Bihoro tells of efforts to develop and nurture a beautiful slice of PNG.

n the early 1920s, Salamaua was unknown to the outside world. My grandfather, Bumbu Agi, lived in the comfort of this paradise of white sandy beaches, swaying coconut palms, sparkling blue sea and colourful sea life.

That was until World War 2 took away the peace and turned his

paradise into a horrific battlefield. After the war, during colonisation, grandfather got married, had eight children and started working as a bus driver in Lae.

But Bumbu Agi was not an ordinary bus driver; he owned much land back home, and among this land was the sacred ancestral

fishing ground Mundaha. Perhaps it was grandfather's exposure to white colonists that led him to believe that he had to preserve his sacred fishing land, and envisioned it to be developed for economic purposes after he returned home.

Despite my conclusion, the mystery still remains of why my grandfather, in 1986, one year before I was born, took my parents fishing in his sacred ancestral fishing ground and said wanpela taim yutupla kam wokim sampela wok lo hia (one day both of you must come and build something here).

Grandfather entrusted to my mother and father, a man from the highlands of Morobe, his land. My mother said my father won his heart through his respect and hard work

I was born in 1987 and grew up spending all of my holidays with my grandparents until grandmother died in 2002 from a terrible fall. My grandfather lived a full life and, after 11 years away from his beloved wife, died in 2013, peacefully in his sleep.

I was devastated, but his death pushed us to develop Mundaha.

Christmas 2013 marked the start of hard work for my siblings and myself as we camped on the





beachfront. The nights were cold and windy and it rained into our canvas at times, but we worked hard each morning to clear the land. We built a house, helped by our uncles from Garaina.

Since 2013, my parents and I have pumped our energies into developing this land, with help from our extended family.

In 2015, we opened a picnic spot on our land and we had Americanbased Christian pop artist Beckah Shae visit to record some music. In September, we opened some trekking trails that connect the islands along Huon
coastline and into
Garaina.

Mundaha is open
for business.

We are currently
working on building
our online presence and
can be contacted at
lae.e.tours@gmail.com.

'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.







Training the Nation

The Kumul Petroleum Academy through participation in the South Pacific Employment Institute (SPEI) – NTC RTO 187 – and its partnership with Site Group International, a reputable facilitator of industrial training, is offering competency-based training for 'Junior Job-Ready Technicians' in the oil and gas industry. The training provides young Papua New Guineans with the vital skills and knowledge that are in high demand by the industry.

enquiries@spe-institute.com





SOUND TREK

British musician Black Merlin has recorded an album in PNG, sometimes venturing into difficult and risky parts of the country. *Richard Andrew's* reports.

want my work to take people from their daily grind and transport them to another world," says George Thompson, aka Black Merlin.

The British soundscape artist and documentary maker recently produced a passport to that other world in the form of a double vinyl album, recorded in Papua New Guinea's Southern Highlands.

"Kosua 2x12 mixes synthesised effects with the daily lives, ancient dance customs and wildlife of the Mount Bosavi region," says Thompson, 42.

Looking for adventure and new challenges, the North Yorkshire resident first travelled around



It was a big leap into the unknown for me.
The pilot said 'I'll see you in a month', and off I went.

"

PNG in 2015, by land, plane and traditional sailing canoe.

"The journey blew me away," he says. "I was hungry to come back as soon as I could."

Seeing such enthusiasm, an Australian guide introduced Thompson to Chocol Sawe, a Kosua villager who invited the artist to visit the area in 2016.

"It was a big leap into the unknown for me," says Thompson. "I didn't even know how I'd get there. Fortunately, the MAF (Missionary Aviation Fellowship) offered me a ride from Mount Hagen and I was delivered to a grass landing strip at Fogomay'iu village."

"The pilot said 'I'll see you in a month', and off I went."

Over the following two years, Thompson revisited, staying in Fogomay'iu, Talisu and Seane Falls to record his album.





"The villagers were incredibly friendly and open," he says. "They're rightfully proud of their rich culture and want people in the outside world to learn about it.

"When I arrived in Seane Falls, I was taken straight to the *Big Haus* for a *sing-sing*. People danced throughout the night to the light of burning torches. It was fantastic!"

Recording in such a remote area created many technical challenges. Humidity can upset audiovisual equipment and with no electricity, Thompson had to lug around backup power banks, solar panels and batteries.

"It was a lot of hard work," he says. Thompson is also making a documentary about his PNG experiences, and his kit bag included a drone for aerial shots.

"A flying eye with propellers was a big sensation," he says. "People were also very excited to see their village from the sky, for the first time."

During one recording trip, Thompson spent 14 days trekking alone in the rainforest, which he says was a real test of endurance and the "ability to live with yourself far from home".

> But it was an expedition to Mount Bosavi with a small group of young locals that became a life-changing experience.

The extinct volcano stands spectacularly apart from the Central Range and soars above the surrounding rainforest. As a proposed UNESCO World Heritage site, the mountain is home to many plant and animal species found nowhere else.

Music man ... George Thompson, aka Black Merlin, in PNG; the Kosua album cover (opposite page).







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Sound trek

Giant rats, pygmy parrots, grunting fish and fanged frogs inhabit a forested crater that's about four kilometres wide and one kilometre deep.

"It's a magical place with special significance to the local communities," says Thompson. "Chief Sigalo, the Kosua head man, told me to take care. He warned the trip was difficult and risky.

"However, the Kosua have traditional ways to deal with the mountain's dangers," says Thompson. "When we reached the summit, group members called out to the volcano, saying 'we're coming in, please look after us'.

"During our descent into the crater, they switched from speaking Kosua to Bosavi: the 'volcano language' that's used only inside the mountain"

Sound check ... recording jungle noises (right); camping out at Mount Bosavi (middle right); Chocol Sawe (far right).









Sound trek





According to Thompson, the volcano has a strange energy. He believes it may be the reason his drone and GPS stopped working for the four days he spent in the crater.

"As we descended carefully to avoid falling, it felt like I was being watched," he says. "The others told me to keep calm, show respect to the surroundings and avoid pointing with fingers.

"Dense jungle, pitch black in parts, lines the inner crater. Looking around, you can see the vegetation is different from the outside. It's like the legendary Lost World."

Thompson's album reflects the sounds and mystical atmosphere he describes.

"Tracks like *Self Heat* help you visualise what's actually happening and make you create the scene in your own imagination," he says.

Thompson plans a return trip this year to finish his documentary (assuming the volcano allows his video equipment to work this time).







Nightspot ... a Kosua sing-sing.

"Meanwhile, I stay in touch with my friends from the other side of the world and speak to Chocol when he can get a signal on his cellphone," Thompson says.

"It's not always easy and sometimes he has to

walk five days to buy a new SIM card."

As a self-described 'PNG addict', Thompson acknowledges that his way of travelling is not for everyone.

"PNG is not always comfortable but the

rewards are incredible. If you're prepared to throw yourself into it, the adventure just unfolds in front of you.

"It's a place that will feature big in my life."
See soundcloud.com/black-merlin.

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Tree kangaroos the stars in movie

Glenn Dunks reports on a film that focuses on conservation efforts to save PNG's tenkile tree kangaroo.

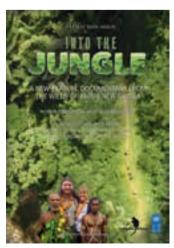
he survival of Papua New Guinea's tenkile tree kangaroo has become a pet project for Australian filmmakers Jim and Jean Thomas

Native to the Torricelli Mountains in PNG's north west, the brown and charcoal-coloured tree kangaroo has become gravely endangered due to logging and hunting for its meat and fur.

The filmmakers always knew their mission to save the animal was going to be difficult, considering the tree kangaroos has been part of the PNG diet for centuries.

But with its numbers estimated at a mere 100 in the wild a decade ago, this mission has been of the utmost importance and urgency.

Through the work of the filmmakers so far, it's estimated that numbers have tripled.



With the Tenkile Conservation Alliance — Jim is CEO and Jean is COO — the couple called on years of experience they gained working as zoologists at some of the world's best wildlife parks.

Between them, they have worked in the conservation efforts of other endangered animals such as the brush-tailed rock wallaby, the orange-bellied parrot, the eastern barred bandicoot and the helmeted honeyeater.

The Thomas family's efforts to bring awareness to and save this precious PNG native is featured in a new documentary feature, *Into the Jungle*, playing at film festivals and special charity engagements.

Featuring pre-eminent nature documentarian Richard Attenborough, and researchers Jane Goodall and Tim Flannery, the film charts the Thomas' efforts including the introduction of alternative, sustainable food options to the region's natural inhabitants, most of who still live traditionally, the way their ancestors did hundreds of years ago.

The film features stunning picturesque photography of the kangaroo's natural habitat: mist-covered mountains, rainforest terrain where the sun streams down through the canopy, and untouched rivers.

The existence of *Into the Jungle* is almost as much of a miracle as the saving of the *tenkile*.



On a mission ... Jim and Jean Thomas with a *tenkile* tree kangaroo (above); a poster for their movie (below left).

Films are rarely made in PNG, especially in areas as remote as the Torricelli Mountains, although this latest entry follows in the very small tradition of titles like *Black Harvest* (1992), *Cannibal Tour* (1988), and the Academy Award-nominated *First Contact* (1982).

Jim and Jean Thomas hope *Into the Jungle* proves their tireless efforts trekking across the hostile countryside were not in vain and that the tree kangaroo will remain a part of the world for a lifetime to come.

See intothejungle.net.

The film
features preeminent nature
documentarian
Richard
Attenborough,
and researchers
Jane Goodall and
Tim Flannery.







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BACCHUS RESTAURANT PNG REVIEW

acchus Restaurant at Airways Hotel in Port Moresby has long billed itself as Papua New Guinea's leading fine-dining venue, but a major overhaul of the menu has taken the food to another level.

Thankfully some old favourites have been retained, and I could not resist the sublime fresh local tuna sashimi and crépes Suzette, Bacchus's signature dessert that is

satisfyingly flambéed at your table.

The new menu includes a wider range of seafood, such as Hokkaido scallops (served with cauliflower cream, butter sauce and truffle oil) and fricasée of lobster, as well as the award-winning Master Kobe wagyu beef.

Slightly less ambitiously, I opted for the seared duck breast confit as a main course, with a side of truffle mash. Served with a tangv

orange sauce ('gastrique'), it did not disappoint.

Although the food takes centre stage, there is also a huge wine list, live pianist, and the service remains as attentive as ever.

Bacchus avoids having that 'hotel restaurant' feel thanks to being located in an entirely separate building. A planned refit this year should enhance the atmosphere further.

WHERE: Jacksons Parade.

Six Mile, Port Moresby.

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WEB:

airways.com.pg

STYLE:

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TYPICAL PRICE:

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OUR FAVOURITE DISH:

Crépes Suzette

BYO: No

IN A WORD:







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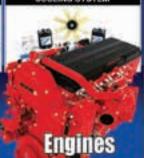


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BY JOHN BROOKSBANK

A PIECE OF PNG: HULI FIGHTING PICKS

Weapon of choice ... a Huli fighting pick; a Huli in traditional colours.

WHAT ARE THEY?

These traditional weapons were used mainly by the Huli-speaking people in Hela Province in the highlands region, where they are referred to as *ayu nogoba*. The Huli are well known for the application of bright yellow ochre face paint for *sing-sings* and ceremonies, where they also wear their iconic and spectacular wigs.

WHERE ARE FIGHTING PICKS MADE?

Traditionally they were made in many villages in this highlands region and today they are made in villages close to the main provincial towns of Tari, Koroba and Komo – the Huli heartland.

WHO MAKES THEM?

As personal weapons, the picks were traditionally made by the men in the village.

HOW ARE THEY MADE?

The relatively light wooden handle, perhaps incorporating an angle formed by a branch, is shaved to the correct dimensions. A groove is cut into the top 'arm' of the handle into which a black palm shaft is laid and held in place with a tight binding of split cane.

At the end of the black palm shaft, a sharpened cassowary bone or claw tip is attached, also held in place with tightly woven split cane.

HOW ARE THEY DECORATED?

The black palm shaft is often carved and coloured with local ochres, but otherwise the pick is a plain utilitarian weapon.

HOW WERE FIGHTING PICKS USED TRADITIONALLY?

Huli fighting men used them for close combat in interclan tribal fights that arose in disputes about land, women or compensation payments, alongside bows and arrows, which were used as longer distance weapons. The acute angle between the handle and the pointed end of the pick means they are used to attack enemies who are running away – striking them from behind and over the shoulder to inflict wounds in the chest or around the side into the belly. Alternatively, a pick could be swung in a backward motion while retreating, to injure a chaser. When not used, they were tucked into a man's bark belt. Fighting picks are not used as weapons today.

WHERE CAN FIGHTING PICKS BE BOUGHT?

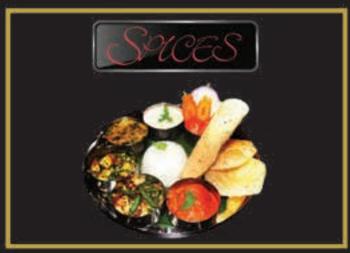
They can be found at local markets in Hela Province, including Tari, and at the annual Mount Hagen or Goroka shows, where they are sold in stalls. ■





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look good, feel good BYBRONWENGORA

f you have ever eaten a dish made with real vanilla, instead of extract, you know the taste difference is huge. There is no comparison between the genuine product and a factory made substitute. What many people do not realise, though, is not only does real vanilla undergo a carefully managed and painstaking process to reach our tables, it is a nutritional powerhouse.

Vanilla cultivation is a major enterprise in Papua New Guinea, with the country the second-largest global grower of the precious spice in 2017. Local food corporations produce a range of 100 per cent pure vanilla products such as paste, powder and extract straight from the vanilla bean — all of which are the only forms of vanilla we should be ingesting, whether it be in desserts or drinks.

Even a little pure vanilla is good for boosting mood and brain health, not to mention taking in its aroma, renowned for inducing feelings of pleasure and satiation. Vanilla is full of essential B-vitamins as well as polyphenols, which have strong antioxidant properties, leading to cosmetic use for its anti-ageing properties, as well as good amounts of important minerals.

Just one teaspoon of vanilla powder — about equal to the powder from one large bean — contains more than 100 milligrams of potassium, the mineral required to keep blood pressure at a healthy level. Potassium regulates the body's water levels, is necessary for the heart to contract optimally, and helps balance electrolytes. The mineral ultimately relaxes blood vessels (which is how it levels out blood pressure), directly alleviating stress and tension.



Vanilla is the real deal



That same single teaspoon of vanilla powder also contains beneficial amounts of calcium — enough to relax your mind and lower stress levels. While calcium is well known as necessary for bone strength, it is less known for its cortisol-reducing properties. Cortisol is a stress hormone and when levels are too high — a common problem in the Western world — it can result in low moods and lead to weight gain.

Pure vanilla is also high in magnesium, another balancing mineral that gives us both energy and the ability to relax, along with regulating blood sugar, maintaining healthy blood pressure, lessening chances of mild depression and PMS and ensuring our 'feel good' hormones are pumping.

Up your intake to a tablespoon of vanilla bean powder, and you will be providing your body with about 30 per cent of its daily requirement for manganese. Necessary for healthy moods, metabolism and brain function, manganese is found in several superfoods but especially pure vanilla.

While buying vanilla bean powder is convenient, it is possible to purchase vanilla bean pods and scrape the powder out yourself. The pods are not exactly edible, although Mayan and Aztec civilisations would grind them to create medicinal elixirs and drinks for their nobility.

This recipe from health and fitness advocate Sam Wood, creator of the *28bySamWood* weight loss program (28bysamwood.com), for golden coconut and vanilla French toast is a delicious way to receive a good dose of beneficial pure vanilla as well as a host of other nutrients.

GOLDEN COCONUT & VANILLA FRENCH TOAST

INGREDIENTS

- 4 tablespoons milk
- 2 free-range eggs
- 1 teaspoon pure vanilla extract
- ½ teaspoon cinnamon (ground)
- 1 teaspoon butter
- 4 slices sourdough (or gluten free) bread
- 4 tablespoons shredded coconut

TO SERVE

- 1 teaspoon rice malt syrup or pure honey
- ½ cup raspberries (fresh or frozen)
- 2 tablespoons natural yoghurt

METHOD

- In a shallow bowl, whisk together the milk, eggs, vanilla and cinnamon.
- Heat half the butter in a frying pan or skillet on low heat.
- Place two pieces of bread in the egg mixture and coast both sides.
- Allow the excess to drip off and then place into a bowl full of the shredded coconut, coating both sides. Add bread to the frying pan and allow to cook for 2 minutes or until bottom is golden. Flip over and cook the other side until golden. Place on a
- plate and continue the process with the final two pieces of bread.
- To serve, place two slices of golden coconut and vanilla French toast on each plate and serve with the yoghurt, raspberries and a drizzle of the rice malt syrup or pure honey.



YOGA BY THE SEA IN SYDNEY

Air Niugini travellers to Sydney need not even be a guest at The Pullman Quay Grand Sydney Harbour to take advantage of the centrally located hotel's latest health initiative.

The property has introduced Zen Sessions: Yoga By The Harbour and classes are aimed at any travellers, locals and, of course, guests of the hotel who want to start their day with some peaceful exercise.

The classes focus on mind, body and overall wellness, and are held in a tranquil room overlooking Sydney Harbour. There are three early morning classes per week, each Monday, Wednesday and Friday, from 7am.

Yoga styles are a combination of dynamic-flow yoga and slow-flow yoga and the classes, taught by fully qualified instructors, are open to all abilities. Casual classes are available, as is a 10-visit pass, which gives the holder one free class and 10 per cent off the total cost.

> Bookings are essential. See pullmanguaygrandsydneyharbour.com.

HOW TO BEAT JET LAG

Start taking steps – not days, but weeks in advance – if you want to minimise jet lag as much as possible. That is the latest news on banishing the bug bear of every long-distance traveller, according to scientists from the University of Sydney's Charles Perkins Centre, who looked into as many non-pharmacological ways of counteracting jet lag as they could.

The bottom line is that the sooner you start operating on the time zone to which you are travelling, the better. That means taking steps to reset your biological body clock well before departure - as your

body clock can only be shifted by about 90 minutes per day.

So, if travelling west from Papua New Guinea, you need to delay your body clock by going to bed half an hour to an hour later in the days prior to boarding the flight.

Methods for feeling better that stand the test of time are avoiding alcohol and drinking more water than usual while in the air, and avoiding looking at blue light - computer screens, smart phones and the like - prior to sleeping.

THE SPORTS THAT MAKE YOU LIVE LONGER

Playing tennis and other racquet life, and badminton players enjoyed sports that involve social 6.2 extra years. Soccer players interaction and physical exertion have been found to add almost 10 years to a person's lifespan. The Copenhagen City Heart Study findings published in US journal Mayo Clinic Proceedings late last vear found cycling resulted in adding

rider's life. as opposed to being sedentary, and running contributed another 3.2 years of life on average.

about 3.7

years to a

Tennis, however, was found to add about 9.7 years to a player's didn't fare that badly either, with five years added to their lifespans. Other sports surveyed included swimming (3.4 years), calisthenics (3.1 years) and health club activities (1.5 years). Researchers concluded the leisuretime sports that resulted

improved lifespans were those involving the most social interaction, and that this finding warranted further investigation.

in the most

PURELY FIJI

One of the freshest, purest products coming out of the South Pacific is from Pure Fiji. Their skincare range has its beginnings in all kinds of plants, including passionflower, green coconut. sugar cane, lavender, mint, pineapple and papaya.

These freshly harvested ingredients are blended with coldpressed oils from wild-harvested coconuts as well as dilo. macadamia and skieci nuts, all of which possess medicinal and beautifying agents that nourish, moisturise and ultimately protect the skin. Deep-sea plants are also used in some of the formulations for their sun-protective properties and hydrating effects.

Pure Fiji is a feel-good product for other reasons too.

The company involves and supports as many local



communities as possible in the creation of its products, and wild harvests many of the product ingredients, thus reducing the need for energy-sapping irrigation and fertilising. Bottles and jars used in packaging are from environmentally friendly PET, gift packaging is either handmade paper or baskets woven from natural fibres, and even the staff uniforms and linen used in Pure Fiji's several spa operations are sundried to lessen the use of electricity. Pure Fiji products are available worldwide, see purefiji. com/buy-online.



BY NINA KARNIKOWSKI



Olympus camera

With its chic design, incredibly fast autofocus system and high-end electronic viewfinder, the Olympus OM-D EM1 Mark II is a superb mirrorless camera to accompany you on your travels. There's a lot to love about it, not least its advanced shutter mechanism. It's one of the very few freeze-proof, splash-proof and dust-proof interchangeable lens cameras on the market. From about PGK5305 (body only); teds.com.au.





Travel towel

Sure, there are lots of quick-drying travel towels on the market. But this one from Gentlemen's Hardware has a particularly handsome design that will inspire you to get out and explore, and rolls up into a very compact size, too. About PGK41; johnlewis.com.

Clippable lantern

Whether you need a torch, a headlamp or a bike light, the Biolite PowerLight Mini — which is smaller than a regular smartphone at 8.5 centimetres tall — covers all bases. The USB rechargeable battery gives up to 52 hours of light in four different lighting modes and can be used as a back-up battery for your phone. Available in teal, grey, red and yellow. About PGK146; row.bioliteenergy.com.

Sleeping bag

Anyone who's ever experienced that get-me-out-of-here feeling in a sleeping bag in the middle of the night should consider US adventure brand Eddie Bauer's Flying Squirrel. Created without zippers, you can fold yourself up in the down bag as you please, without feeling restricted. It packs down into a small sack. About PGK972; eddiebauer.com.





Explorer book

Jammed full of inspiring imagery and first-person adventure tales set in destinations both on and off the beaten track, from Lisbon to Seville, Tokyo to Sarajevo and beyond, Taschen's *New York Times Explorer: Cities & Towns* is the tome you should reach for to inspire your next jaunt. Edited by American travel writer and editor Barbara Ireland, a woman whose judgment you can trust implicitly. About PGK125; taschen.com.



Smartphone protection

Made from materials used in astronaut suits, this thermal pocket will guarantee your phone stays safe from extreme temperatures, survives long drops, and floats. Whether you have an Apple, android, Samsung or Microsoft device, you'll still be able to stream music to Bluetooth headphones and charge your device when it's inside the pocket, too. Comes in a variety of sizes and colours. From about PGK98; phoozy.com.



Lightweight sneakers

Light as a feather, these APL TechLoom Pro unisex running shoes pack down to almost nothing so you don't have to give up your morning run when you're travelling, no matter how much you have stuffed in your bag. They're breathable, flexible and strong, plus they're unisex. About PGK458; athleticpropulsionlabs.com.



Floating tent

We've all been there: trying to sleep while on a camping adventure, but that rogue rock keeps sticking into your back no matter which way you move. The Tentsile's UNA tree tent eliminates that problem completely. Tie the ultra-light, hammock-style tent between three trees, and you'll be suspended in the air all night. It's fully waterproof, has a 'foot box' to keep condensation off your toes and only takes 15 minutes to put up. About PGK857: tentsile.com.



GoPro alternative

Giving GoPro a run for its money, the Revl Arc takes excellent 4K video and 12-megapixel photos. Thanks to its physical and electronic stabilisation mechanisms, shaky video is no longer a thing. The coolest feature, though, has to be the editor in the accompanying app, which automatically finds highlights so you don't have to trawl through hours of footage. The Arc is also super durable and waterproof. About PGK1623; revl.com.



Money belt

A money belt that looks like a regular belt rather than a bulging pocket sticking out from under your T-shirt? Yes, please. Zero Grid's unisex travel belt will keep your cash safe from pickpockets, is made from a nylon webbing that prevents fraying and tearing, and is metal-free to get you through airport security without a hitch. About PGK81; zerogrid.com.





On the Basis of Sex

Cast: Felicity Jones, Justin Theroux, Armie Hammer

If you follow American politics, then you have surely heard of Ruth Bader

Ginsburg. The iconic Supreme Court justice and

internet meme sensation
has sat on America's highest
court for a quarter of a
century — and shows no sign
of stepping down. Ginsburg
started out as a lawyer who
battled sexism and misogyny in
her effort to get an education,
and even more so when she
showed the nerve to demand a
job at a law firm worthy of her
scholarly results. On the Basis of

Sex stars Felicity Jones (*The Theory of Everything* and *Rogue One*) as Ginsburg as she battles for equal rights, with Armie Hammer as her dedicated husband. The biopic takes its title from the statistic that says there were once nearly 200 US laws on the books that differentiated on the basis of sex.

If Beale Street Could Talk

Cast: Kiki Layne, Regina King, Stephan James

You no doubt remember one of the most shocking moments of live television you are ever likely to witness: when the producer of La La Land took to the microphone at the Academy Awards and confessed to the world that the wrong film had been announced as the Best Picture of the year. It wasn't La La Land that won, but Moonlight. The low-budget drama about an African American boy growing up with a drug-addicted mother and struggling with his sexuality had actually won the biggest film prize in the world. Director Barry Jenkins returns two years later with a new movie and it's got everybody talking that an upset could happen all over again. This time he is adapting author James Baldwin's story of a pregnant woman trying to prove her boyfriend's

innocence. Once again, the film is beautiful
to look at and is full of powerful
performances that could win Oscars.

Green Book

Cast: Viggo Mortensen, Mahershala Ali, Linda Cardellini

Take *Driving Miss Daisy* and add a dash of *The Blind Side*, and you probably have a good idea of what *Green Book* is, a surprising new direction for director Peter

Farrelly who is best known as the master of gross-out humour with *There's Something About Mary* and *Dumb & Dumber*. Viggo Mortensen (*The Lord of the Rings* trilogy's Aragorn) stars in the sort-of-true story as a man in desperate need of a job who accepts the role of chauffeur to a travelling musician played by Oscar-winner Mahershala Ali. The driver's experience as a bouncer proves particularly helpful considering the musician's journey is through the deeply racist south of America in the 1960s. The pair's odd friendship is the heart of the film and audiences will likely find its feel-good

spirit amid diversity entirely relevant and beautiful to experience, although others may see it as too saccharine. Mortensen and Ali, however, make it a must see.

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

Colette

Cast: Keira Knightley, Dominic West, Fiona Shaw

Keira Knightley has never met a corset she doesn't want to get cinched, nor a petticoat or hat that she couldn't slip on and take an audience back in time. The number of period costume dramas that the Oscar-nominated actress has starred in are too numerous to count on two hands but include Atonement, The Duchess, Pride and Prejudice and now Colette, about the

famed French author of the same name. Directed by the man who made *Still Alice* with Julianne Moore, *Colette* is another intimate character drama about a woman confronting the world's hostilities. Of course, despite the French origins of the story, *Colette* has been given a British make-over with Knightley's plum British accent just one among those of a large cast of British actors including Dominic West as Colette's husband and *Harry Potter*'s Fiona Shaw as her mother. It's lovely to look at

and Knightley is typically delightful, but an off-screen glance into Collette's private life shows she was far more interesting than just costumes and romance.







THE **ONE** THAT IS **100%**JASMINE RICE!



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BY GREG CLARKE

Red Birds **By Mohammed Hanif** (Bloomsbury)

Hanif has been described as Pakistan's brightest English-language voice. He has served as a pilot officer in the Pakistan air force and his first novel, A Case of Exploding Mangoes, was longlisted for the Man Booker Prize.

An American pilot crash-lands in the desert and takes refuge in the very camp he was supposed to bomb. Worrying about dehydrating to death isn't what the pilot expected from this mission.

In the camp, teenager Momo's money-making schemes are failing. His brother left for his first day at work and never returned, his parents are at each other's throats and his dog is having a very bad day.

In Red Birds, Hanif shows an eye for absurdity and telling truths about the world today.



.......

This is the story of the miracle rescue of the Wild Boars soccer team and their coach from Tham Luang cave in northern Thailand last year.

Keen to go exploring after soccer practice, the boys and their coach ignored the sign at the cave entrance warning visitors not to enter during the monsoon season. The 12 boys and their young coach became

They were trapped in an air pocket, surrounded by rising waters, about two kilometres from the cave entrance. None knew how to dive.

The boys were found by a pair of British divers nine days after going missing and the international mission to rescue them riveted millions around the world.

Expert British, Australian, US, Chinese and other international divers joined the Thai Navy SEALs and hundreds of local volunteers to save them.

Massola recreates the drama, tension and inspiration of the rescue.

Two Girls Down By Louisa Luna (Text Publishing)

gone forever.

When two sisters disappear from a parking lot while their mother is shopping, the devastated family hires bounty hunter Alice

Vega to help find the girls. Immediately shut out by a local police department already stretched too thin by budget cuts, Vega enlists the help of a disgraced former cop, Max Caplan.

Cap is a man trying to put the scandal of his past behind him and move on, but Vega needs his help, and she will not be denied. With little to go on, Vega and Cap will go to extraordinary lengths to untangle a dangerous web of lies, false leads and complex relationships to find the girls, before time runs out and they are

The Book of Five Rings By Miyamoto Musashi (Penguin Random House)

Musashi was a Japanese swordsman and philosopher who lived around 1600 and reportedly engaged in 60 duels without defeat.

This adaptation of Musashi's 17th-century treatise centres on what he considers the art forms of confrontation and victory. Strategic thinking, concentration, appropriate caution and work ethic are central components to them. The book is said to reflect the traditional

Japanese approach to life and according to the publishers it has become a classic in the US business community. There, it is also studied as a text on Japanese management techniques. Musashi's work has further been described as a guide to enlightenment, providing the wisdom necessary for success in many endeavours.





ON THE HORIZON: A GATEWAY TO GREATER GLOBAL COMPETITIVENESS, A BLUEPRINT FOR SUSTAINABLE GROWTH

Charting a more expansive course for Papua New Guinea's (PNG) economy requires a world-class maritime gateway, designed for growing trade across Asia and Oceania, and thoughtfully planned to benefit present and future stakeholders. This is precisely the vision for the international port in Motukea in Port Moresby, the bustling capital of PNG—a vision being realized through the strong partnerships between public, private and community sectors.





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STRICTLY BUSINESS

from www.businessadvantagepng.com

PNG'S DIGITAL CREATORS

They're creative, they're tech savvy and they're keen to share their stories. Lisa Smyth speaks to six Papua New Guineans who are at the forefront of the digital push in PNG.

apua New Guinea's digital revolution may seem slow compared to other parts of the world, but that doesn't mean that it's any less exciting.

According to the latest instalment of Hootsuite's annual world report, *Digital in 2018*, there are over 900,000 internet users in PNG, which accounts for 11 per cent of the population.

PNG bloggers, podcasters, filmmakers and social media gurus are making waves both inside and outside the country with their homegrown approach to digital creation, education and storytelling.

Here, we profile six who are at the forefront of the digital push.



NAME IAN HETRI, BRAND AND DIGITAL MARKETING STRATEGIST

HIS AGENCY LINKPAD TECHNOLOGIES & PUBLISHING (LINKPADDESIGN.COM)

BASED PORT MORESBY, CENTRAL PROVINCE

Originally from Morobe, lan Hetri describes himself as a typical village kid who was selected under the Pacific Island Leadership program to study at the University of Hawaii in 2014.

On his return to PNG, he started his own branding and marketing agency, LinkPad Technologies & Publishing.

"Companies like my own, and others such as Blockchain Pacific and groups like PNG ICT Cluster, are doing lots to advocate and drive change in this country. Young, vibrant, industrious leaders are emerging," he says.

Where Hetri has really made his mark has been as a content creator and thought leader on LinkedIn. He has surpassed 10,000 followers since he began posting original articles and engaging on the platform eight months ago.

"My choice to be active on LinkedIn was as a result of Facebook tweaking its algorithm and my business page getting hit hard. Now, I generate high-quality leads every week on LinkedIn using content marketing."

In November 2018, Hetri organised the first ever 'LinkedIn Local PNG' event with over 300 attendees. LinkedIn Local is a global networking series that has occurred in 150 cities around the world.





NAME KATHERINE REKI, FILMMAKER

HER FILM MY MOTHER'S BLOOD

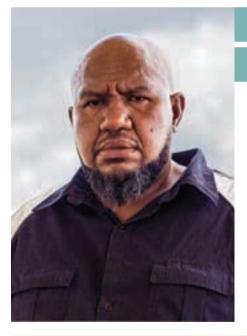
BASED MADANG. MADANG PROVINCE

Katherine Reki had dreamt of having her stories made into a film, but never thought she would be the one writing, directing and editing a movie from start to finish.

But, in 2015, she entered the Commonwealth Foundation Pacific Shorts competition (commonwealthwriters.org/pacific-voices) and won. "I was pretty surprised I got picked. I had a lot of self-doubt, but after going through the process of making the film I realised I can do this sort of work."

Reki's digital short film, My Mother's Blood, shines a spotlight on sorcery-related violence in PNG and how women are valued in society. The Divine Word University graduate and mother of four children has had her film screened in Hawaii, Samoa, Fiji, New Zealand, the UK, and, finally, in her home country at the 2018 PNG Human Rights Film Festival.

"A lot of people have thanked me for making the film and encouraged me to do more movies to highlight social issues in PNG. It was important to make this film." she says.



NAME MELLAH KILANGIT, FILMMAKER

BASED PORT MORESBY, CENTRAL PROVINCE

A computer science graduate from Unitech, Mellah Kilangit never planned to be a filmmaker, but eight years ago a cousin asked him to shoot and produce a music video and he hasn't looked back.

"I was working in the mines and I would work on films during my breaks. I am entirely self taught. I went online and learnt the basics and grew from there."

Kilangit does music videos and films for politicians, but he is passionate about using digital filmmaking to document the lives of ordinary Papua New Guineans. "Film is a medium to say the things you need to say. We have 800-plus cultures and tribes in PNG – there are so many legends and stories I would like to tell through film." Kilangit posts his passion projects to YouTube.

At the moment, he believes there is not enough investment in filmmaking in PNG, but that shouldn't stop those interested in pursuing it. "Just pick up a camera and go online and learn as much as you can," he advises.

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.







NAME ELVINA OGIL, PODCASTER

HER PODCAST WHO ASKED HER (SOUNDCLOUD.COM/HOSKEDER-THEODCAST)

BASED SYDNEY, AUSTRALIA

Born in Mount Hagen and a lawyer by trade, Elvina Ogil is a massive fan of podcasts. So much so, that last year she decided to launch PNG's first-ever feminist podcast, Who Asked Her. "There aren't enough spaces for intelligent conversations about the issues affecting PNG women, and the role we play in our societies. I wanted to change the narrative," she says.

Lauded by Marie Claire Australia as one of the top podcasts for women by women in 2018, the listenership is mostly international, but Ogil has also had a lot of positive reception from her home country as well. "I had messages from people in Vanimo telling me they were buying extra data to listen to it. Podcasts are a new medium for PNG, but they require less data than video and can be listened to anywhere."

Active on Twitter, Ogil believes there is enormous scope for political podcasts in PNG, and she says that people shouldn't be put off by the technical side of things. "It's just me, my laptop and a microphone in my apartment with a guest. If you think your conversation is worth having take the plunge – people just want good content."



NAME CAROLE CHOLAI, BLOGGER

HER SITE PNG ICT MERI (PNGICTMERI.WORDPRESS.COM)

BASED KOKOPO, EAST NEW BRITAIN PROVINCE

Four years ago Carole Cholai, originally from Manus and a Unitech Computer Science graduate, entered a blogging competition that focused on agriculture and information and communication technology (ICT) stories.

As one of three encouragement award winners, she was flown to Kenya, Africa, to attend a social media training and she found her interests shifting.

"I had spent 10 years working with computer hardware, but I realised how powerful blogging and social media were becoming. I became passionate about upskilling and empowering women and children to use ICT to improve their lives," she says.

A single parent of three children, two girls and a boy, Cholai developed 'Girls in ICT Tech Week' in 2015, where 20 secondary school girls gained ICT skills and knowledge. The program continues to run annually, and over 60 girls have already participated.

The work inspired her to begin her own blog, sharing ICT jobs, scholarships, events and opportunities from across the region. "There is a lot more access to the internet now through mobile phones, so I hope PNG ICT Meri can grow beyond just being a blog into a full website and brand, inspiring PNG girls to take up jobs in ICT," she says.





NAME SCOTT WAIDE, BLOGGER

HIS SITE INSPIRATIONAL PAPUA NEW GUINEANS (INSPIRATIONAL PAPUANE WGUINEANS, WORDPRESS, COM)

BASED LAE. MOROBE PROVINCE

In 2017, Scott Waide celebrated 20 years working in TV, and today he is the highly respected Lae bureau chief for EMTV. It was also in 2017 that he decided to start his blog, Inspirational Papua New Guineans.

"Working in news you focus a lot on negative stories about politics and corruption, and I wanted to put positive stories out there. I wanted to highlight the ordinary people who are heroes in their communities," he says.

With 10,000 views a month, Waide says his readership is split between Papua New

Guineans and foreigners, mostly from the US, Australia and the UK. Even though it is still a hobby for now, with over 6000 Facebook followers, he says the blog has taken on a life of its own. "I get sent suggestions of who to profile next all the time. There is a demand for optimistic stories, and as internet coverage grows across the country so will the number of PNG content creators."







Coffee industry brews up new business plan

Sarah Byrne reports on a plan to revitalise PNG's coffee industry.

apua New Guinea's Coffee Industry Corporation (CIC) is working on a new 10-year strategy.

Steven Tumae, general manager of industry and operations at the CIC, says the strategy is necessary to address problems in the industry.

The strategy aims to address six key areas, including production levels, coffee quality, product marketing systems, infrastructure, and the legal and policy environment, Tumae says.

"While the strategy will follow on from the corporation's previous 10-year plan (which ended in 2018), we hope to produce an updated plan that is measurable, relevant and holds stakeholders accountable," he says.







Tumae says there are many stakeholders to consider in the strategy, including exporters, processors, transport companies and industry organisations.

"We must address why the previous plan wasn't effectively implemented," Tumae says. "To do this, it's important all stakeholders play a role in the development of the new strategy."

Providing a staff structure that supports the delivery of the plan is also important, as well as ensuring the plan is in line with the PNG Government's global and local policy goals, he adds.

Tumae believes that encouraging cooperative groups, including micro SMEs, will be a game changer for the sector.

The CIC's strategy will aim to help farmers work together to develop their farms into sustainable and profitable businesses.

"Farmers lack the business acumen, financial knowhow, and the knowledge of how to make the most profit in the long-term from their coffee trees," he says.



The strategy will aim to help farmers work together to develop their farms into sustainable and profitable businesses

99

"There are plenty of small businesses that can be developed ... if the farmers work together as micro SMEs. The shared profit would be substantial.

"The CIC plans to enable smallholders to become business-orientated farmers with direct access to the market."

Potential small business activities include nurseries, processing coffee as green beans,

and selling quality coffee beans direct to local cafes and venues.

Tumae says there has been a decline in training programs in the industry for years.

"With farmers in cooperatives, we can accommodate group training and develop centralised processing plants, which will help maintain consistent quality of coffee beans."

Another potential advantage is the support provided by farmers to other farmers within a cooperative group, says Tumae.

"With each farming region having its own unique set of challenges, the plan can't be a 'one-size fits-all' approach.

"Engaging with a broad range of stakeholders across all regions will be fundamental to the success of the strategy."

In addition, building partnerships with government and businesses is the best way forward to resolving infrastructure issues and ensuring the industry is sustainable, he says.

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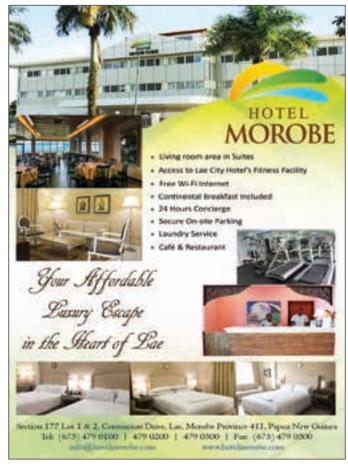
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WHEN APEC CAME TO TOWN

he Asia-Pacific Economic Cooperation (APEC) forum has come and gone, with tens of thousands of delegates, as well as world leaders, visiting Papua New Guinea to forge business and trade links between the 21 APEC countries.

APEC was centred in Port Moresby, culminating in the November Leaders' Meeting, which included US vice president Mike Pence, Indonesia's president Joko Widodo, Australian prime minister Scott Morrison, and Chinese president Xi Jinping.

Part of the APEC legacy is vastly improved infrastructure in Port Moresby, including roads, hotels and other buildings, among them the PGK120 million APEC Haus conference facility.

But perhaps one of the biggest deals is the \$US1.7 billion Papua New Guinea Electrification Partnership with Australia, Japan, the US and New Zealand.

The aim is to provide power to 70 per cent of the country's population by 2030. Currently, only 13 per cent of PNG's population has reliable access to electricity.

The planned investment will be in new generation capacity, as well as transmission and distribution lines, with the aim of connecting households, service providers and businesses to the grid.





Photo call ... PNG's prime minister Peter O'Neill is flanked by world leaders (top); delegates at work (above); PNG's David Toua, an APEC ambassador and the chair of the APEC Business Advisory Council (right); spouses and partners of delegates and leaders visiting Port Moresby Nature Park (left).







STRICTLY BUSINESS APEC







At your service ... an APEC volunteer (above); PNG's APEC Minister Justin Tkatchenko (above middle, yellow tie); a cocktail reception (above right); a P&O ship, used for APEC events and accommodation, at anchor in Port Moresby (below).









Meet the Huli ... APEC visitors were greeted by Papua New Guinean cultural groups, including the Huli (above); delegates in Port Moresby (right).



Centre stage ...
Crystal Kewe, the
designer of an APEC
award-winning app,
speaks to delegates
(above); shipboard
entertainment for
delegates (left);
a coffee break in
between meetings (far
left).





All you need to know about the undersea cable

The Coral Seas Cable System – the undersea fibreoptic cable to be laid between Sydney, Australia, and PNG, and then to the Solomon Islands – will transform telecommunications in the two Pacific countries. Here, we answer key questions about this keenly anticipated project.

Q: What is the state of the current cable between Papua New Guinea and Australia?

A: Cables generally have a life span of 25 years. The current connection is coming to the end of its useful life. It would not be able to meet the demand predicted for the next 25 years.

Q: When will the new cable be up and running?

A: The 40 tbps (terabits per second) cable system is expected to be finished and operational by December. The cable will have

four fibre pairs, about the width of a human hair each. PNG and Solomon Islands will get will get 20 tbps capacity each.

Q: How will it change capacity?

A: The cable has a technical maximum capacity of 10 terabytes per second, which is about 1000 times current capacity.

Q: What is the cost?

A: It has been valued at PGK324 million.

O: What are the stages of construction?

A: A marine survey will define the precise route of the cable. Terrestrial construction will take place, including building the cable

landing stations to connect it to domestic infrastructure in PNG and the Solomon Islands. The cable will be manufactured in Calais, France, then shipped and installed towards the end of the year.

Q: Where will it be connected in PNG?

A: The landing site will be Kila Kila in Port Moresby. The undersea cable will be dragged up to the shore and connected to a cable station on top of the cliff.

Q: Which organisations will be involved?

A: State-owned PNG DataCo and its parent, Kumul Telikom, will be involved on the PNG side. Vocus Group has been selected to manage the delivery. The work to build and lay the cable has been subcontracted to Alcatel-Lucent Submarine Networks, while Telstra will provide the facility on the Australian mainland. Vocus has form: it built a 2100-kilometre cable to connect Darwin to Port Hedland, and is working on a 4600-kilometre cable to connect Perth with Jakarta and Singapore.









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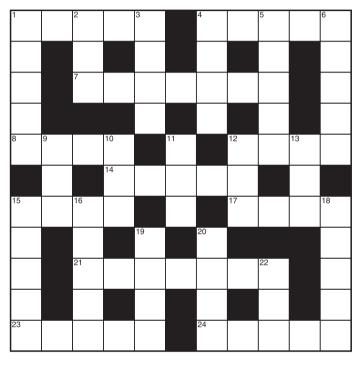
SECURING PNG

BRAIN CYM

QUIZ, PUZZLES, CROSSWORD

DoubleTake

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



Wheel Words

15 Cood

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

20 Vary Good

E	S	L	E
T	R		D
mes d the tters.			

10 | Evadlant

13 0000	So very dood	40+ Excellent

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
- 11. Exclude legal profession from (S) dug
- 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)

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)

- 1. Excessive enthusiasm (5)
- 2. Set alight (3)
- 3. Positive (4)
- 4. Property sales rep, ... estate agent (4)

- 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)

- 5. Signature tune, ... song (5)
- 6. Hessian bags (5)
- 9. Pester (3)



SOLUTIONS, PAGE 140

The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

- 1. What does the abbreviation 'POM' stand for?
- 2. What would you find at Hanuahada?
- 3. What is PNG's currency called?
- 4. What is the annual yearly rainfall in PNG: 50cm, 300cm or 450cm?
- 5. Which four countries does PNG share a maritime border with?
- 6. Can you place, in order, which of these world capitals is furthest from Port Moresby: Moscow,

- Russia; Ottawa, Canada; Rio de Janeiro. Brazil?
- 7. In which year did the Sydney Harbour Bridge open: 1932, 1957 or 1966?
- 8. Is Singapore a country or a city?
- 9. Which Air Niugini destination will host the Summer Olympics in 2020?
- 10. Where is the Ninoy Aquino International Airport?
- 11. What is the name of the major newspaper in Cairns?

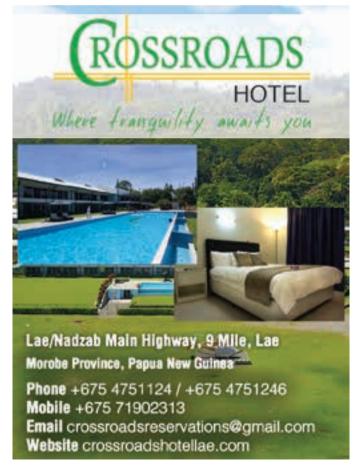
- 12. Where are you most likely to eat *xiaolongbao*?
- 13. What divides the North Pacific Ocean from the South Pacific Ocean?
- 14. Costa Rica, Mexico and Colombia are the top three countries on the Happy Planet Index, which measures sustainable wellbeing. Can you name the Air Niugini destination that is fourth on the table?
- 15. Can you name the produce pictured at a PNG market?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆								
						4		
			7	4		6		
1	8			2	6			5
2	4				8	7		9
5			1	9	2			8
8		1	4				5	6
9			2	6			3	7
		2		3	5			
		6						





Solutions

Wheel Words

Solution: Beer, Beet, Belt, Best, Bled, Blue, Blur, Bred, Brut, Burl, Bust, Debt, Drub, Lube, Slub, Stub, Tube, Beret, Beset, Betel, Bleed, Bluer, Bluer, Bluet, Blurt, Breed, Brute, Burst, Bused, Debut, Lubed, Rebus, Rebut, Tubed, Tuber, Belted, Bested, Bluest, Burled, Buster, Bustle, Butler, Sublet, Subtle, Treble, Blurted, Bluster, Bustled, Subtler, Trebled. 9-letter word: BLUSTERED

М	Α	L	Ε	S		R	I	Т	Е	S
Α		I		С		Е		Н		Α
N		Т	Α	R	Т	Α	R	Е		С
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6	7	9	5	8	1	4	2	3
3	2	5	7	4	9	6	8	1
1	8	4	3	2	6	9	7	5
2	4	3	6	5	8	7	1	9
5	6	7	1	9	2	3	4	8
8	9	1	4	7	3	2	5	6
9	5	8	2	6	4	1	3	7
7	1	2	9	3	5	8	6	4
4	3	6	8	1	7	5	9	2

The Paradise Quiz

1. Port Moresby. 2. Over-water stilt houses in Port Moresby. 3. Kina. 4. 300cm. 5. Australia, Federated States of Micronesia, Solomon Islands, New Caledonia (France). 6. Rio 16,235km, Ottawa 14,294km Moscow 12,085km. 7. 1932. 8. Both. 9. Tokyo. 10. Manila. 11. *Cairns Post*. 12. China. (*Xiaolongbao* are Shanghai soup dumplings.) 13. The equator. 14. Vanuatu. 15. Betel nut.







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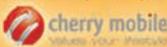
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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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



CLIMATE

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

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. 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.

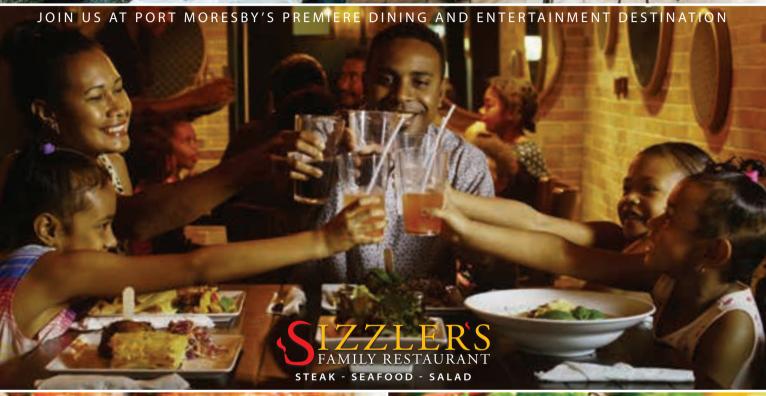
Taxis: Recommended firms are City Loop (1800 000), Comfort (325 3046) and Scarlet (7220 7000).

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.













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Bookings: 327 8100 coralseahotels.com.pg



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 stirfries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

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

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See facebook.com/edgebythesea/.

Crown Hotel: There are multiple eating options at Crown. The inhouse 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 cafestyle 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 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 ➤









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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.

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 bay views. See facebook.com/tandoorontheharbour.







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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 Westernstyle menu includes finger foods and PNG coffee. Tel. +675 479 0100

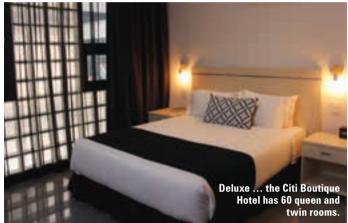
Chigi's Cafe: This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

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 airconditioned 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 — Luluai'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.pq. 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.

Citi Boutique Hotel: The Citi Boutique Hotel is in Boroko, a quiet residential area with shopping centres and sporting facilities. It has 60 deluxe queen and twin rooms, a business centre, cable TV and free Wi-Fi. There's also a day spa and beauty salon, restaurant, bar, karaoke room, and a rooftop terrace. The hotel provides free airport transfers. See citiboutiquehotel. com. Tel. +675 300 1300

Citi Serviced Apartments and Motel: There are two Citi Serviced Apartments & Motel properties, one block located at East Boroko and the other at Manu. They are set in safe and secure grounds. The apartments are fully kitted out. They include cable TV, free Wi-Fi, washing machines, dryers, fridges, fans and air conditioning. Housekeeping is also provided. See citiboutiquehotel.com. Tel. +675 300 1300.

Crown Hotel: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See ihq.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 airport shuttles are available for quests. 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 429room 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.

LAF

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. +675479 0411









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TWO-MINUTE CUIDE TO TOK PISIN WORDS/PHRASES

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

- Where do I find a taxi? Bai mi painim taxi long 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

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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

Normal altitude: 11300m

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 Number of aircraft in fleet: 5

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

Economy class: 70



B737-800 - Boeing

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

Standard seating capacity: 144 Business class: 16 Cruising speed: 857kph Economy class: 128
Power plant: 2x CFM56 - 7B26 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 Economy class: 104
Power plant: 2x CFM56-7B22 Number of aircraft in fleet: 1

Normal altitude: 11300m Standard seating capacity: 116 Business class: 12



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



Bad Times at the El Royale

Genre: Action, Drama, Mystery

Rating: R

Stars: Jeff Bridges, Cynthia Erivo, Dakota

Seven strangers, each with a secret to bury, meet at Lake Tahoe's El Rovale, a rundown hotel with a dark past. Over the course of one fateful night, everyone will have a last shot at redemotion ... before everything goes to hell.



Bhavesh Joshi – Superhero

Genre: Action, Drama

Rating: PG13

Stars: Harshvardhan Kapoor, Priyanshu Painyuli, Nishikant Kamat

A young man discovers that he is destined to do bigger things, which will transform him from a common man into a superhero.



Hokusai: Old Man Crazy to **Paint**

Genre: Documentary, Biography

Stars: Patricia Wheatley, Ascanio Branca, Andy Serkis

This is the definitive film biography of the world-renowned Japanese artist Katsushika Hokusai, whose print 'The Great Wave' is globally famous.



Smallfoot

Genre: Family, Animation

Rating: PG

Stars: Channing Tatum, James Corden, Zendaya A bright young yeti finds something he thought didn't exist - a human. News of this 'smallfoot' throws the simple veti community into an uproar over what else might be out there in the big world beyond their snowy village.



Gintama 2: Rules are Made to be Broken

Genre: Action, Comedy

Rating: PG13

Stars: Shun Oguri, Kanna Hashimoto, Masaki

While looking for work, Gintoki stumbles across a potential conspiracy involving the most powerful Shogun in the nation



Hidden Treasures of Oceania: Papua New Guinea

Genre: Documentary, Biography

Rating: PG

Stars: Gildas Corgnet, Julien Felix

PNG is a land similar to those in adventure novels. Having huge rivers and thick tropical forests, it also has cultural richness and biodiversity.



All the President's Men

Genre: Drama, History, Biography

Rating: PG

Stars: Robert Redford, Dustin Hoffman, Jack Warden

The true story of Washington Post reporters Carl Bernstein and Bob Woodward, whose investigation of a seemingly minor hotel room break-in uncovers the greatest political scandal in US history.



Bia Brother

Genre: Action, Drama

Rating: PG13

Stars: Donnie Yen, Joe Chen A veteran uses unconventional teaching methods to teach a group of academically poor students.



We Will Not Die Tonight

The Dark Knight

Genre: Fantasy, Adventure

themselves prey to the Joker.

Stars: Christian Bale, Heath Ledger, Aaron

With the help of lieutenant Jim Gordon and new district attorney Harvey Dent, Batman sets out to

destroy organised crime in Gotham City forever.

The three enjoy early success, but they soon find

Rating: PG13

Fckhart

Genre: Action

Rating: PG13

Stars: Erich Gonzales, Alex Vincent Medina,

Kray is a stuntwoman, an aspiring actress, and all around racketeer who can't seem to catch a break - in her career and in life



The Descendants

Genre: Drama

Rating: R

Stars: George Clooney, Shailene Woodley,

In Hawaii, a man attempts to repair his relationship with his two daughters after his wife is in a boating accident.



Diary of a Wimpy Kid: **Rodrick Rules**

Genre: Comedy

Stars: Zachary Gordon, Devon Bostick, Robert

As he begins seventh grade, 'wimpy kid' Greg and his older brother - and chief tormentor -Rodrick must deal with their parents' misguided attempts to have them bond.





Lethal Weapon

Genre: Drama, Comedy

Episode: S3 E1 – In the Same Boat

Rating: PG13 Stars: Damon Wayans, Keesha Sharp, Clayne

Stars: Damon Wayans, Keesha Sharp, Clayne Crawford

Murtaugh meets his match in former international CIA operative Wesley Cole.



Queen Sugar

Genre: Drama

Episode: S3 E1 — A Rock, a River, a Tree **Rating:** PG13

Stars: Rutina Wesley, Dawn-Lyen Gardner, Kofi Siriboe

Ralph Angel finally learns the truth about his biological connection to Blue. Elsewhere, Violet and Hollywood return home from Venice, Italy.



Family Guy

Genre: Comedy

Episode: S17 E2 – Dead Dog Walking

Rating: PG13

Stars: Seth MacFarlane, Alex Borstein, Seth Green

Brian's marriage to Jess is not what he envisioned. At the suggestion of Peter, Brian lets himself go, causing Jess to make a surprising decision.



Legion of Superheroes

Genre: Family, Animation

Episode: S2 E1 – The Man from the Edge of Tomorrow: Part 1

Rating: PG

Stars: Yuri Lowenthal, Andy Milder

In the 41st century, the universe will be terrorised by a warrior named Imperiex. The only person standing in the way of his plans for domination is a clone of the original Superman.



Modern Family

Genre: Comedy

Episode: S10 E1 — I Love a Parade Rating: PG

Stars: Ed O'Neill, Sofía Vergara, Julie Bowen The Pritchett-Dunphy-Tucker clan is going to set off more than a few fireworks at the annual Fourth of July Parade, where Jay will be the grand marshal.



The 100

Genre: Drama

Episode: S5 E4 — Pandora's Box **Rating:** PG13

Stars: Eliza Taylor, Bob Morley, Marie Avgeropoulos

Our heroes are forced to rely on the help of Shallow Valley's dangerous new inhabitants in order to save some of their own.



New Girl

Genre: Comedy

Episode: S7 E3 — Lillypads **Rating:** PG13

Stars: Zooey Deschanel, Jake Johnson, Max Greenfield

Nervous about Ruth's interview at a prestigious pre-school, Schmidt recruits Jess to help her prepare. Meanwhile, Winston prepares to confront his fear of testifying in court.



Prison Break (2017)

Genre: Drama

Episode: S1 E3 – The Liar Rating: PG13

Stars: Dominic Purcell, Wentworth Miller, Amaury Nolasco

When T-Bag ambushes Sara, he warns her that two of Poseidon's henchmen, Van Gogh and A&W, may be following her.

MUSIC



Placido Domingo & Pablo Sainz Villegas Volver

Genre: Chill Rating: PG

One of the most exciting musical encounters in recent years: Placido Domingo, world-renowned opera tenor, meets Pablo Sainz Villegas, whom Domingo has hailed as 'the master of the guitar'.



Pink Floyd A Foot in the Door: The Best of Pink Floyd

Genre: Greatest Hits Rating: PG

This album features 16 popular songs over the course of Pink Floyd's history. The majority come from the band's two bestselling albums, *The Dark Side of the Moon* and *The Wall.*



Brockhampton iridescence

Genre: Pop Rating: R

This is a rollercoaster of a fourth album from the self described 'hip hop boy band' from the US. Language warning.



Little Mix LM5

Genre: Pop Rating: MA 15+

This is the anticipated fifth studio album of UK girl group Little Mix. Language warning.



Barbra Streisand Walls

Genre: Easy Listening Rating: PG

This is Barbra Streisand's first album primarily consisting of original songs since 2005.



Isyana Sarasvati Paradox

Genre: Pop

Rating: PG

Paradox is an album from Indonesian singer-songwriter Isyana Sarasvati. It was nominated for the 2018 Indonesian Choice Award for Album of the Year. Includes Winter Song, Echo and Sekali Lagi.



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.



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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.



KNEFLIETS

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 CURI

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.



KNEETO 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.



oth 3. Lift heels on high, keeping or. balls of feet on floor. Continue these three stages with continuous motion in 30 second

intervals.



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