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PARADISE

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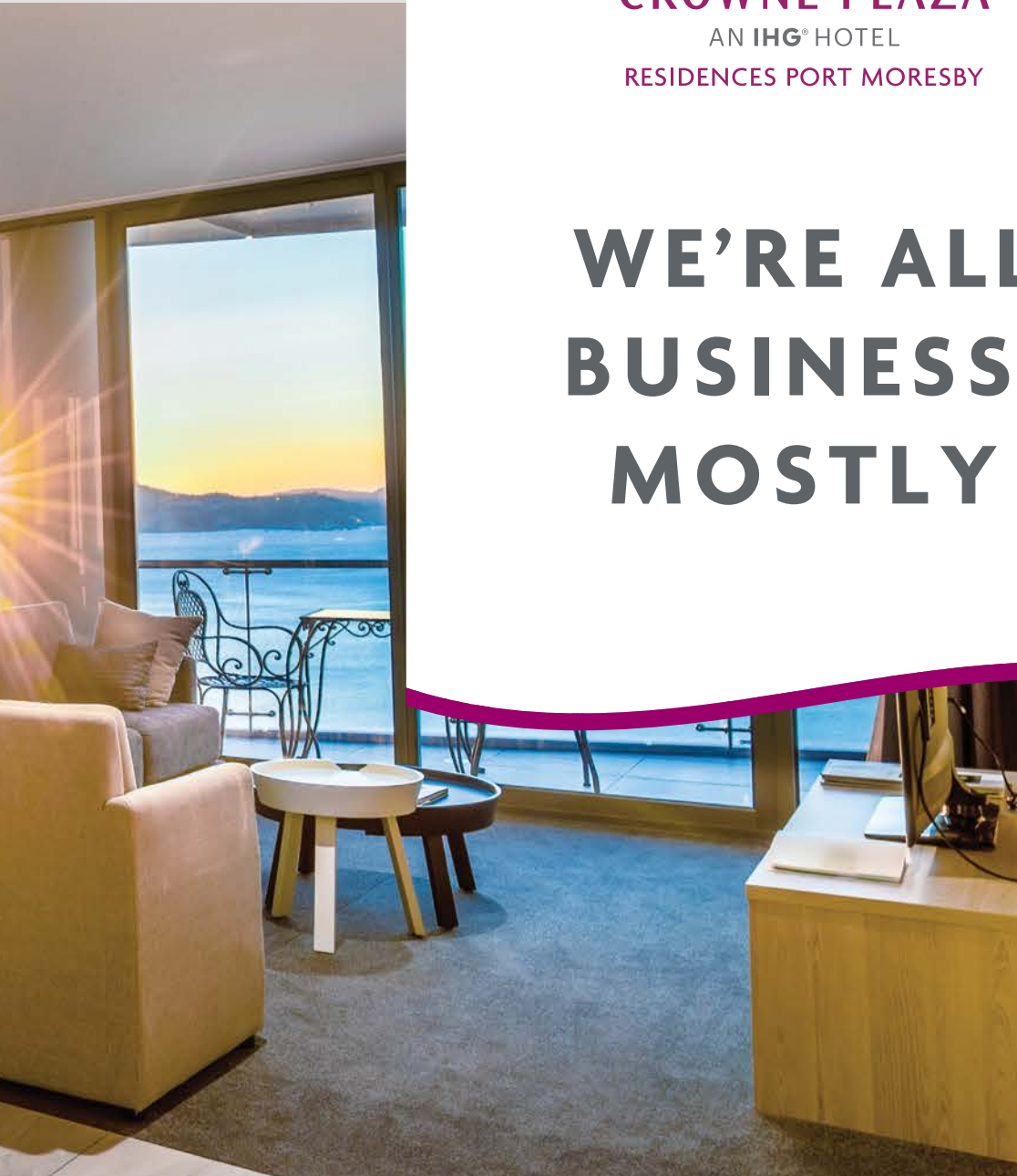


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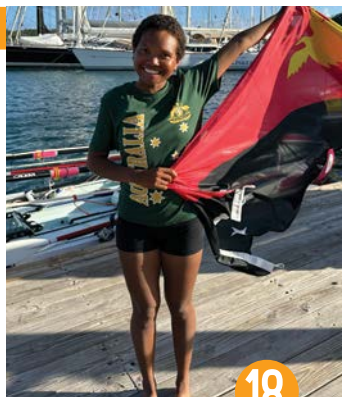
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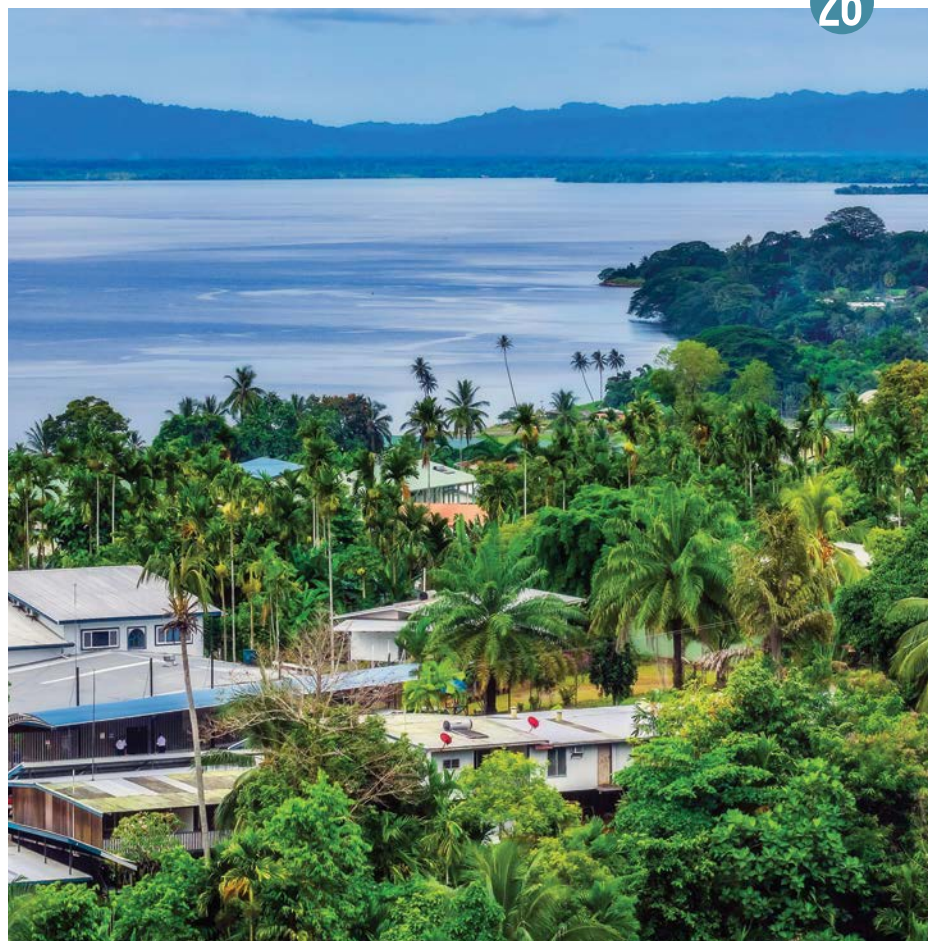
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COVER PHOTO: PNG's much-loved Goroka Bilum Festival will showcase the work of women weavers, including bilum dresses like the one modelled here by Tessa Saria. See our story, Page 64. Picture: JAT Photography.



Message from the Acting CEO

Welcome aboard



Hello, and welcome to our beautiful country, which has a rich tapestry of over 850 unique languages, cultures and traditions.

Papua New Guinea is a land brimming with adventure and intrigue, offering a wide variety of activities. Dive into the depths of pristine waters, surf the waves, embark on a fishing expedition,

explore breathtaking trekking trails and marvel at the spectacular birdlife. PNG has it all.

Immerse yourself in the vibrant cultural activities that dot our nation. Witness the exuberance of the Goroka Bilum Festival and the magnificence of the Mount Hagen Show or the Enga Show in the Highlands. Discover the allure of the Sel Kambang Festival, a new addition to our cultural celebrations in the northern part of the country.

Journey to the southern region of Milne Bay and experience the captivating Kenu and Kundu Festival.

For a touch of mystery, venture to Hiliwau in East Cape and explore the enigmatic skull caves.

History enthusiasts can visit Finschhafen, located just outside Lae, to soak in its remarkable historical significance and breathtaking beauty.

Air Niugini proudly offers daily services to provincial centres, providing connections to these remarkable destinations.

Let Air Niugini be your gateway to the wonders of our country.

For our international travellers, we have exciting news. Air Niugini recently made the decision to acquire the state-of-the-

art Boeing 787-8 aircraft, starting from 2026, to enhance our medium- to long-haul network.

This next-generation aircraft not only offers improved efficiency and sustainability, but also provides a new level of comfort. Over the next four years, we will be replacing 65 per cent of our fleet with brand-new aircraft, enhancing the Air Niugini travel experience.

This year, Air Niugini will introduce six additional turboprop and jet aircraft. This expansion will not only enhance our domestic services but also allow us to increase frequency and capacity to regional destinations. We are committed to building integrity into our domestic and international schedules, ensuring reliable and convenient travel options for our valued passengers.

At Air Niugini, we believe in investing in our team's growth. That is why we have embarked on a substantial investment program, allocating PGK40 million to a skills improvement program. Through this initiative, we aim to further enhance the development and empowerment of our dedicated staff, improving customer service and creating future leaders for our airline.

In November, Air Niugini will celebrate its golden jubilee, 50 years of operation. We look forward to bringing you all the great memories, stories and images of Air Niugini through the years, all captured in a special issue of *Paradise*.

Thank you for choosing Air Niugini. *Bamahuta! Lukim yu gen long narapla ron blong Air Niugini.*

Gary Seddon
Acting Chief Executive Officer



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PARADISE Q&A

SHANNON ANDREW

The Managing Director of the East Coast Football Club has injected an entrepreneurial spirit into his club, which plays within the Port Moresby Soccer Association. *Carmel Pilotti* reports.

Q: At age 30, you are the youngest football executive in Papua New Guinea and a livewire in the sport. How did this journey begin from idea to boots on the ground?

A: Football has always fascinated me; I've loved the game since I was a kid. I lived in Manchester, England, for two years when I was a youngster, and the culture, atmosphere and influence of the clubs were incredible. It has had a tremendous impact in the way I view the industry. I've also been fortunate to have played football in PNG (for Hekari United FC, FC Port Moresby, Admiralty FC and Gigira Laitepo) and in Queensland (for Peninsula Power FC). I also represented the PNG Sports Federation at the International Olympic Committee for the Youth Olympic Games as PNG's



PICTURE: GODFREY KAPTIGAU

“

We want to revolutionise the way football is perceived as a business here in PNG and the Pacific.

”

Young Ambassador. This gave me a broader perspective into the combination of sport and business. Football is the largest and most influential commercial sport in the world.

Q: How does this insight rub off at the East Coast Football Club (ECFC)?

A: The way international football is run as a business at

top-tier governance level, at national association level, at domestic level, and at club level provides fuel to the way we run our club. It shows us how we can establish our model to run programs that advance us in football excellence, while establishing business partnerships and a brand

associated with positive community development.

Q: What type of management style have you brought to the club?

A: I'd like to think that our management style is one of entrepreneurial spirit, as there is an element where we bring a younger and more ambitious perspective to the existing football industry. In saying this, however, we're still learning what works for us as a club/business.

We promote the team primarily through game-day appearances in the competition, but we also have programs in schools and corporate events.

Q: How do you see the future of the club?

A: We want to revolutionise the way football is perceived as a business here in PNG and the Pacific. We are working extremely hard. A lot of progress has been made, so there are positive signs.

Q: Why is it important for the club to be run in an entrepreneurial way?

A: Because we see it is the only way to establish a professional football industry and market within the region – which is what the governing body, the PNG Football Association, is mandated to do by FIFA. This will not just grow the code by providing on-field success but will also create employment pathways for those who see a career path in football. ■



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Air Niugini flies pop legend to PNG for charity event

Australian pop legend Daryl Braithwaite (pictured) and his four-member band were flown from Australia to Papua New Guinea recently by Air Niugini for a charity event.

The flights for the musicians were part of the ongoing support that the airline provides for the Operation Open Heart Foundation (OOH).

Braithwaite played at the foundation's annual fundraising dinner at APEC Haus.

Air Niugini's Acting Chief Executive Officer, Gary Seddon, says the airline has supported OOH since it started in 1993, by uplifting lifesaving medical equipment to assist Papua New Guineans in need of complex heart surgeries.



PICTURE SUPPLIED BY THE NATIONAL

"Air Niugini is pleased to have the opportunity to participate in OOH, which continues to save and improve the lives of hundreds of citizens with heart conditions."


Seddon says Air Niugini will continue to support the foundation into the future.

The fundraising dinner was attended by the Prime Minister, James Marape, OOH

Patron and Minister for Foreign Affairs, Justin Tkatchenko, OOH doctors, nurses, health workers and officials, as well as many sponsors, including Air Niugini.

Since the program started 30 years ago, OOH has helped more than 1800 Papua New Guineans with heart problems, mostly children. Apart from giving children a second chance in life, this program also ensures knowledge and skills transfer between the visiting and local medical teams.

A team of volunteers including doctors, nurses and other medical specialists from OOH International in Australia visits PNG annually. The team also provides training and support, particularly in surgery and post-operative care. ■

 **For more airline news from Air Niugini see Page 110.**

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North Fly tribes ready for festival

After a three-year hiatus, the Sel Kambang Festival will be staged in Kiunga in Western Province from September 13 to 15, with a showcase of cultural performances by North Fly tribes.

Sing-sing groups from Awin, Faiwol, Ningerum, Pare and Yongom will be among those to perform, with hundreds of visitors expected.

The festival, one of the newest in Papua New Guinea, was first held in 2018, as well as 2019, but it was put on hold in 2020 due to the outbreak of COVID-19.

Traditional wear will be on show, including the *sel kambang* (penis gourd), after which



Jerry Gabongim from the Faiwol tribe dressed in traditional dance costume typically seen at the Sel Kambang Festival.

the festival is named, and costumes made with bird-of-paradise feathers. Locally woven string bags (*bilums*), as well as body painting with ash and charcoal, will feature.

Kiunga is on the banks of the Fly River. It is the capital of North Fly as well as the main administrative hub of the province. It is the northernmost port town and the heartbeat of operations for the Ok Tedi Mine.

The town is a five-minute drive from the airport. There are several accommodation choices in the centre of town, including the Cassowary Hotel (coralseahotels.com.pg), the Kiunga Guest House (+675 649 1188), and the New Century Hotel (+675 7029 0888). ■

Air Niugini flies from Port Moresby to Kiunga four times a week. See airniugini.com.pg. For festival information contact the organising committee on +675 798 37619 or email selkambangfestival@gmail.com.

— ADRIAN MATHIAS FENENG



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PICTURES: GODFREY KAPITIGAU



PNG business leaders gather at breakfast

The who's who of Papua New Guinean business attended a sold-out breakfast at the Royal Papua Yacht Club earlier in the year to hear the results of the 2023 PNG 100 CEO Survey.

The annual survey, conducted by Business Advantage International (BAI), the publisher of this magazine, asks CEOs in PNG for their business expectations for the next year.

This is the 12th year of the survey.

The speakers included BAI Publishing Director Andrew Wilkins, Westpac Senior Economist Justin Smirk, and the new head of KPMG's South Pacific practice, Zanie Theron, who joined a panel discussion.

The breakfast was conducted jointly by BAI, the Port Moresby Chamber of Commerce and Industry, and Westpac PNG. ■

Read the full results of the CEO survey on Page 98.



- 1** The Royal Papua Yacht Club was packed for the annual CEO breakfast in Port Moresby. Attendees heard that business confidence is the highest it's been in PNG since 2019.
- 2** Westpac's Senior Economist Justin Smirk was among the speakers.
- 3** Manufacturers Council of PNG CEO Chey Scovell makes a point.
- 4** KPMG's Zanie Theron spoke about the challenges of managing foreign exchange shortages.
- 5** Attendees at the sold-out business breakfast.





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Rowing 4800km across the Atlantic Ocean

Papua New Guinean Angela Lawrence (pictured) has rowed 4800 kilometres across the Atlantic Ocean, starting in the Canary Islands, near Spain, and finishing in Antigua and Barbuda in the West Indies.

The idea for the incredible feat started while Australian-based Lawrence was having a coffee with friend Rosie Arnel.

Arnel suggested they pair up for the row, despite Lawrence being a novice rower and living hundreds of kilometres inland in Australia at the border town of Albury–Wodonga.

Lawrence's adventurous spirit was enough for her to say 'yes', and they went ahead and entered the Talisker Whiskey Atlantic Challenge.

The event is considered to be the world's toughest rowing challenge and rowers must complete the crossing without any support.



Lawrence and Arnel formed a team called But A Dream, and set about getting ready for the crossing.

The obstacle of living far from the ocean was not the only challenge they faced. Their boat was based in the UK, so they



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“

Seasickness was a problem at the start as they faced waves two storeys high.

”

could not train in it until a few months before the row.

Instead, they did strength and condition training, and mental preparation. Besides training they raised awareness and funds for the McGrath Foundation, which supports people with breast cancer and their families. Arnel is a survivor of breast cancer.

Leading up to the challenge, Lawrence and Arnel made two trips to England. The first was to log hours in their boat, as well as have

navigation training, medical check-ups and learn sea survival skills. The second was to convince the organisers that they could take on the crossing despite training on the other side of the world away from their boat.

With the aim of crossing the Atlantic Ocean in 50 days, Lawrence and Arnel cast off from the Canary Islands on December 12 last year.

Seasickness was a problem at the start as they faced waves two storeys high. They took turns at rowing, two hours at a time.

Being at sea on Christmas, and missing their families, added to the already difficult task. Lawrence says the mind challenge was their toughest burden.

With a total of 61 days out at sea, they arrived at the finishing line on February 11 to the embrace of their families and cheers from the crowd.

Lawrence now has her eye on more adventures, including the Kokoda Trail. ■

— MARY ASEARI

Marathon for POM

Port Moresby runners are preparing for the country's first fully fledged marathon since 1998.

The Amazing Port Moresby International Marathon is scheduled for July 30. The full marathon distance is 42.195 kilometres, but there will also be a half marathon and a 10-kilometre run.

The marathon is being organised by the Port Moresby Road Runners, a group that has been conducting running events in the capital for more than 40 years.

Organisers are hoping to attract runners from overseas to take part in the marathon and are also seeking sponsorship for local runners.

Australian running store Intraining Running Centre has already stepped up with a donation of 40 pairs of runners for locals. ■

See pommarathon.com.

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World Cup buzz in Brisbane

Air Niugini passengers flying to Brisbane will notice an extra buzz in the air during July and August as the city hosts matches for the FIFA Women's World Cup.

The first match between England and Haiti kicks off at Brisbane Stadium on July 22 and is followed by Australia and Nigeria on July 27. For the full match schedule, see fifa.com.

Papua New Guinea's women's team made a strong bid to qualify for the World Cup, however the team was knocked out 2–0 in a qualifier against Panama in New Zealand last year.



Brisbane is one of nine cities in Australia and New Zealand hosting matches for the FIFA Women's World Cup.

The PNG women have never qualified for a World Cup or Olympic Games, but they have been dominant in the Pacific Games, winning the tournament in 2003, 2007, 2011, 2015 and 2019.

The PNG women's team is currently ranked 55th of 188 countries by FIFA.

The World Cup is being co-hosted by Australia and New Zealand. There will be 64

matches played by 32 teams in nine cities. Australian matches are also scheduled in Sydney, Melbourne, Adelaide and Perth. The final will be in Sydney on August 20.

The World Cup is the first global event in Brisbane since *Time* magazine ranked Brisbane among the "50 most extraordinary destinations to explore in 2023" thanks to its attributes of sport and sunshine. ■

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BIG PICTURE

TAKEN BY PRAKRITI SHRESTHA

The photographer of this colourful portrait from the 2022 Goroka Show was visiting from Nepal. The 16-year-old says the event gave her a deeper appreciation of the culture of PNG. "I have enjoyed taking photos for a long time, but photographing in PNG has given me particular joy," she says. "I have fallen in love with PNG, its culture and people."

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



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PICTURES: OLGA FONTANELLAZ, DAVID KIRKLAND FOR TPA, CARMEL PILOTTI

ESCAPE TO Alotau

Carmel Pilotti visits the seaside town of Alotau in Milne Bay Province.

There are many beautiful features of the Milne Bay mainland but one I find immediately striking is the densely forested, fog-engulfed mountains of the Stirling Range close to the sea.

Being used to Port Moresby's mostly hilly savannahs, this is a feature I admire on the taxi ride into Alotau from Gurney Airport.

Much of the forest is filled with chestnut trees, the fruit of which is the staple nutty element of Milne Bay cuisine. If you are planning on joining one of the many village tours available here, you will undoubtedly be treated to the delicacy cooked in a clay pot over the fire. But more about food later.

Other good news is that the majestic greenery of the Stirling Range is accessible,

with opportunities to explore on trekking tours and even to stay within it, at the amazing Treetops Rainforest Resort at Ulumani.

Treetops is in the forested foothills of the Pini Ranges at Waga Waga, a short dinghy ride across from Alotau's Sanderson Bay wharf.

Out of the 35-kilometre bay, around the easternmost tip of the mainland at East Cape, you'll find waves crashing into limestone walls covered in lush vegetation.

The caves hold a macabre attraction famous to the province — piles of well-preserved human skulls that tell a story of a warring past where warriors took the heads of their enemies as trophies, depositing the bony remains in communal shrines. ➤



Alotau (main picture) is set in a striking landscape of forest and sea; a smiling face at the National Kenu and Kundu Festival (this picture); the region is known for its intricate wood carvings (right).



As we peer at the skulls in our torchlight, our guide Johnson Ludelo tells us that the skulls here belong to men, women and teens. The savage beheadings were not restricted to men, as they were with other cultures with these practices.

The caves are eerie and cool. Groundwater drips from the stalactites hanging from the ceiling, depositing limestone over the skulls which melds them together at odd angles.

The cave we visit is at Hiliwau village – a 40-minute dinghy ride from the East Cape jetty. That time is halved if you make the trip from the luxury Tawali Dive Resort.

Tawali sits in a secluded bay and is only accessible by boat. Guests can be picked up by the resort at a private wharf at East Cape, 90 minutes from the airport.

The northern coastline is littered with skull caves. The head of Milne Bay Tourism, Modakula Kunuyobu, says there are more than 200 known sites, and certainly many more that are yet to be officially recorded.

Rivers and waterfalls are dotted throughout this landscape, and visits to skull caves can often be combined with a dip in the refreshing water.

On the way back from Hiliwau, Normanby Island stands out in the D'Entrecasteaux Islands group. It is one of 600 islands across 253,000 square kilometres of maritime province and it is, naturally, known for its fresh seafood.

We make a point of ordering seafood meals while in Alotau, with the seafood pizza at Driftwood Resort being particularly ➤



The Alotau market (above); the skull cave (left); seafarers with a traditional canoe (below).



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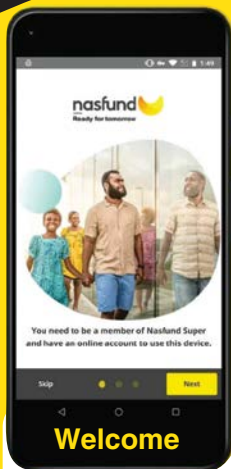
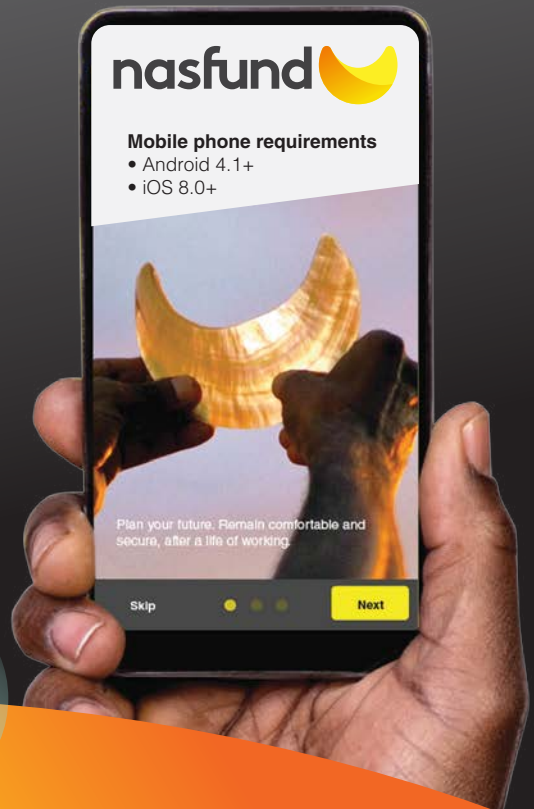
The province's famous National Kenu and Kundu Festival returns this year, scheduled from November 3-5.

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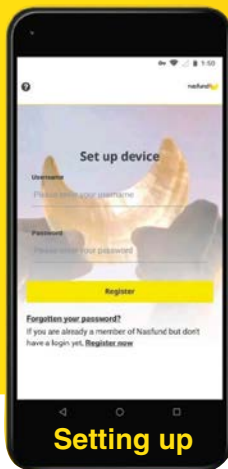
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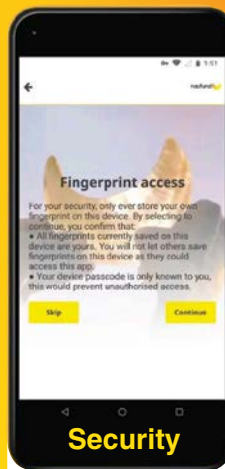
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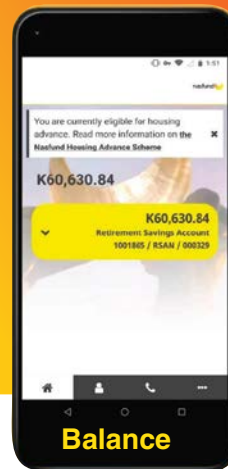
Setting up



Registration



Security



Balance



Menu Screen

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memorable, as well as the fish fingers with chips and salad at Napatana Lodge.

If you want to try some seafood from the market, I'd recommend clam shells boiled with chestnuts in coconut milk and threaded kebab-style onto the spine of the coconut leaf.

With so much to offer, Milne Bay can hopefully reclaim its place as one of the leading tourism provinces in the country. Tourism took a severe downturn in the province during the COVID-19 outbreak.

"Tourism is building up again and we are certain that once our infrastructure is built and local attractions are fully developed, we will have foreign and local tourists frequent Milne Bay destinations," says Modakula Kunuyobu.

The province's famous National Kenu and Kundu Festival returns this year, scheduled from November 3-5, after three years of dormancy due to COVID-19. Next year, the



Waterfalls and rivers dot the landscape around Milne Bay.

Huhu War Canoe Festival joins in as the second-largest festival in Milne Bay.

Both Alotau-based events provide a glimpse into the skill of oceangoing canoe-making and nautical knowledge of the Milne Bay people, retained over the centuries from their seafaring ancestors.

More for the culture enthusiasts and history buffs can be sourced at the Alotau Museum, just a short drive out of the main town area, and at the numerous war memorials around the province.

Jeff Evennett, a guide for Tour Guide Gone Troppo, shares Milne Bay's World War 2 history on his tours through stories that connect us to the human element of the war.

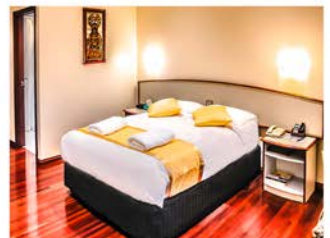
"The significance of the Battle of Milne Bay was that it was the first defeat inflicted on the Japanese on land since Pearl Harbour," he says. "The Japanese had swept through all before them, capturing post after post, and the general feeling among the Allies ➤



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was that they were invincible. The victory gave the Allies a much-needed boost to their morale, not only in New Guinea but also in Singapore and Europe – it was the turning point.”

According to Evennett, there are four main memorial sites located on the battlefield.

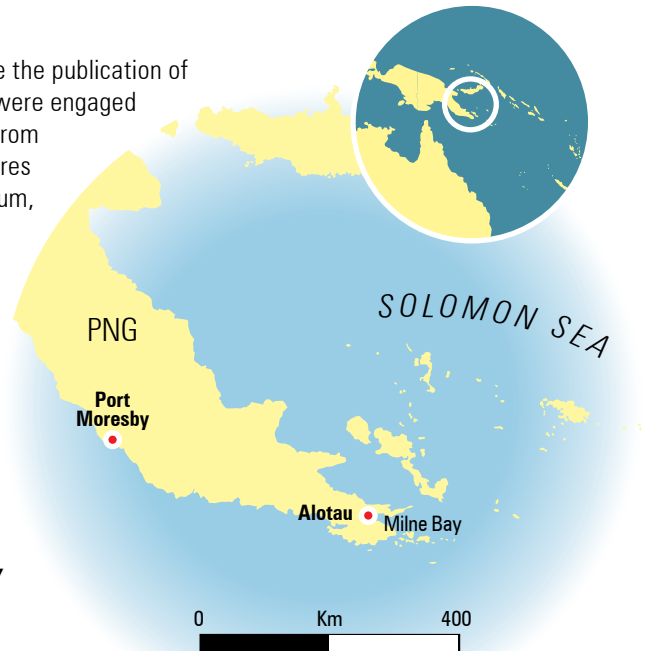
One of the memorials marks the Battle of Milne Bay itself, another honours Corporal John French who was posthumously awarded the Victoria Cross for single-handedly attacking and knocking out a Japanese machine gun post on the second-last day of the battle, when he lost his life.

Milne Bay, and more specifically the Trobriand Islands, have a special place in global anthropology thanks to the highly influential British-Polish scholar Bronislaw Malinowski, who published his principal work, *Argonauts of the Western Pacific*, in 1922 after spending several years living in and studying the islands.

To mark 100 years since the publication of the work, 100 sculptors were engaged to each carve a figurine from ebony wood. The sculptures can be seen at the museum, alongside some of the works of Malinowski.

Carving is a significant part of Milne Bay art and one cannot leave the province without picking up a few intricately crafted pieces. ■

 **Air Niugini flies from Port Moresby to Alotau seven times a week. See airniugini.com.pg.**



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July – October 2023 33

MY PNG

BY HAZEL KUTKUE

Waterfalls, white-sand beaches and tales of a lost city

This author has a heavy heart after leaving Finschhafen, where she lived and worked as a bush doctor.

Lying 80 kilometres east of Lae on the Huon Peninsula, Finschhafen is a region of great historical significance and beauty.

I called it home for almost two years, and its beauty never failed to astound me.

Leaving the area after serving as a bush doctor at the Braun Memorial Hospital caused me a great deal of sadness, as I dearly loved everything about it.

A three-hour banana boat ride takes you from Lae's Voco Point to the small boat stop at Gagidu, which is Finschhafen's administrative station.

The journey takes you along beautiful coastline, with the sea changing colour from shades of blue to moody greens. Black sandy beaches give way to pebbled beaches, with trees hanging low over the water in some places, and small seaside villages dot the coast.

Boat operators usually stop once or twice along the way, at beachside village markets where crafts and fish are sold. You can catch a much-needed bathroom break on these stops.

The boat stop at Gagidu is at a small, white sandy beach where boats are anchored with ropes to palms lining the shore, and clusters of operators chat to each other while waiting for passengers.

Its glory days now gone, Finschhafen is like a lost city. In its prime, it was German New Guinea's first capital, from 1884 to 1891. But now, the site of that original settlement has been reclaimed by nature.

Toward the end of the World War 2, Finschhafen served as a staging post for the

“
Butaweng River is a cascading affair of waterfalls that pour into large blue-green pools, which sparkle in the tropical sunshine.”

US troops. When the war ended, aircraft and other equipment deemed useless were bulldozed into a large hole in Dregerhafen, four kilometres south of Gagidu.

Dregerhafen occupies a peninsula officially called Cape Cretin, which juts out into the Vitiaz Strait. The harbour is formed by a number of islands that have barrier reefs in between.

Dregerhafen Secondary School used to be called Dregerhafen Education Centre in the pre-independence days and the late Sir Michael Somare was educated there, along with several other prominent figures in PNG's history.

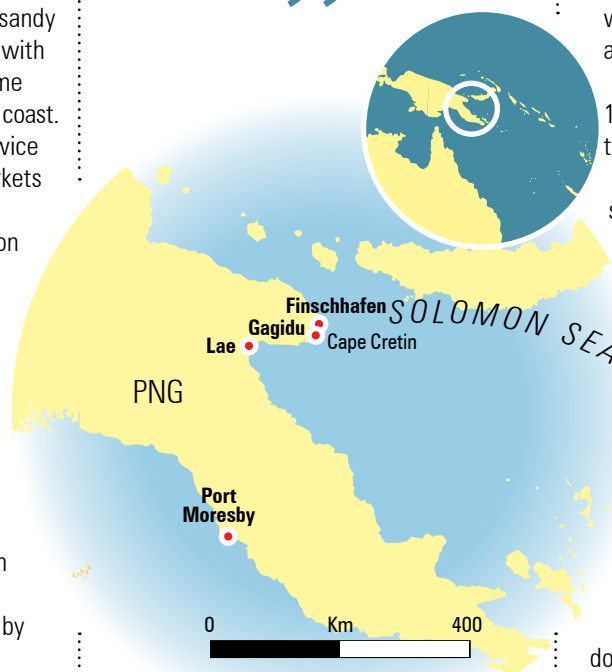
German Lutheran missionaries and health workers were a big influence in the region and remain so even to this day.

The missionaries arrived in the late 1800s and provided basic medical aid for the sick.

The area had several small mission stations, which had small hospitals set up by the missionaries. Remnants of the health centres now stand as modern-day aid posts and health centres operated by the Lutheran Health Services.

The largest facility established was Butaweng Hospital, which opened in 1958. It was initially a chest hospital, from 1958 to 1974. From 1974 to 1997, it served as a general hospital. After 1997, it assumed the name Braun Memorial Hospital in honour of Dr Braun, the first doctor there.

Dr Braun served in Finschhafen and Madang for 42 years before retiring in 1972. His time





A view overlooking Gagidu and surrounding islands, with barrier reef in between.

in PNG included his capture by the Japanese as a POW.

While practising medicine in the bush, I lived in Butaweng, a small hospital community 10 minutes by car on recently paved roads from Gagidu township. Forest frames the two-lane road, almost swallowing it.

The Butaweng community life revolves around the Butaweng and Mape rivers. Butaweng River is a cascading affair of waterfalls that pour into large blue-green pools, which sparkle in the tropical sunshine.

The Butaweng River is a tributary of the Mape River, which is wide, deep, green, moody and silent with only the slightest hint of the current underneath flowing to the sea.

The house that I lived in was built on the banks of the Butaweng at the place just

before the river meets the larger Mape. The sound of the Butaweng at night is like rain, a perfect sleep soundtrack.

A few metres away from my then home is the old German mission house where reggae singer O-Shen (Jason Hershey) was raised from a very young age as a missionary doctor's son.

O-Shen often describes the waterfalls in social media posts as *wara kalap* (waterfall) and is very vocal about the conservation of the river system.

The video clip for O-Shen's locally famous song *Meri Lewa* was filmed here, showing the singer paddling a dug-out canoe in the blue pools of the last waterfall.

The heat is tropical strength, and thunderstorms will often surprise you in the middle of the day. Thankfully, cooling off in the Butaweng is the ideal way to beat the heat.

Beyond the Butaweng community, the road stretches further on to the hinterland of Finschhafen and onward to Sialum in Tewae-Siassi District. The road also connects Gagidu to the Maneba wharf where passenger and cargo ferries dock to load and unload.

Butaweng sees a lot of new faces annually, with resident medical officers, medical students and nursing students visiting to do their rural training at the hospital.

It is a good place to learn the art of the bush doctor, who practises in resource-limited settings.

It is also a popular site during the festive Christmas season, when the people come in throngs from Lae and even from outside the province. If you'd rather visit when it's quieter, pick a date in the middle of the year.

Here are some tips if you plan to visit.

- The fare for a three-hour banana boat ride from Lae to Gagidu is PGK100.
- Guesthouses in Gagidu cost about PGK250 a night and hosts will usually provide transport. Braun Memorial Hospital has a guesthouse for PGK50 a night, just 100 metres from the Butaweng swimming spot.
- You can hitch a ride on the trucks that travel the paved roads. The drivers have seen their fair share of international visitors, and won't be overly curious as is common in other parts of the country.
- You can enjoy swimming in rivers with crystal clear pools, free for all to access.
- You can borrow canoes from villagers and go for a paddle, providing much fun for villagers in the event you capsize.
- For a swim or picnic, try Scarlet Beach, where Allied forces landed on September 22, 1943, to recapture Finschhafen from the Japanese (Operation Diminish).
- Historical sites to see include the First Lutheran Mission Station at Simbang. ■

'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.



PICTURES: SCARLET HOTEL & SINGAPORE TOURISM BOARD



Richard Andrews returns to the Lion City after 50 years to find a whole new world.

THE JOYS OF MODERN SINGAPORE



Much has changed in the Lion City since my first visit in the early 1970s. On that trip I stayed in a shophouse hotel, where the pastel-green room had a ceiling fan, a basic bed for a BYO sleeping bag and not much else. The 19th-century building had originally housed Chinese immigrants fleeing the devastation of the Taiping Rebellion, famine and the Opium Wars.

Returning recently, I found that Singapore has grown into one of the world's most prosperous countries, an international financial centre and a popular tourist destination.

Symbolic of that change is the award-winning Scarlet Hotel: a long line of renovated, two-storey shophouses with nary a green wall inside. The gold, bronze and crimson decor includes rose-patterned furniture, a chandelier and gilded mirrors. Two restaurants, a bar and fitness centre complete the picture. And you don't need a sleeping bag in the well-appointed rooms.

Located near a hawker food market, the boutique hotel is a short walk from the labyrinth of narrow streets and alleys of the



3



now-gentrified Chinatown with its stalls, temples and cafes.

The hotel also represents one period of Singapore's wide range of architectural styles and influences, ranging from traditional Malay and British colonial to European and ultra-modern.

An iconic example of the ultra-modern is the Marina Bay Sands, a hotel, luxury casino and entertainment complex. An infinity swimming pool spans three 55-storey towers, inspired by a deck of cards. There's even an ice-skating rink for those who want a break from the tropical heat.

The humid climate plus a focus on sustainability have also influenced Singapore architecture, with its emphasis on green landscapes. A prime example is Changi Airport, which rates among the top international airports year after year. Features include an indoor forest, with treetop walking trails, the world's tallest indoor waterfall, a lush butterfly garden, a rooftop swimming pool and an IMAX theatre. Unlike most other airports, Changi is often regarded as a destination in its own right, whether or not you're flying. ➤

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The street food is still as delicious and affordable as I remember.

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- ❶ The award-winning Scarlet Hotel.
- ❷ The hawker food market.
- ❸ Changi Airport's waterfall is reputed to be the largest indoor waterfall in the world.



- 5** The Singapore skyline with the spectacular Marina Bay Sands at rear.
- 6** High-end shopping.
- 7** The Zall Bookstore on Orchard Road.

Despite its go-go progressiveness, Singapore has been criticised over the years as a 'nanny' state that censors controversial movies, restricts magazines with sexual content and bans chewing gum.

The country has some of the world's toughest drug laws, which include capital punishment, while vandals can be caned. Graphic posters call for cleanliness in public toilets, with hefty penalties for offenders. Litterbugs who throw cigarette butts or candy wrappers can be fined hundreds of dollars.

Singaporeans say these laws have paid off, to create an impeccably clean city and the "least deadly and safest destination in the world for tourists," according to one report.

More recently, the country has decriminalised sexual activity between men and granted permits to rock bands that once would have been banned as a cultural threat.

A Western diplomat alerted me to another change: a speakeasy scene, for so-called "enthusiastic drinkers". You must know where to look, I was told.

Hidden behind the freezer door of a steakhouse in the Katong district is the Hidden Story, a speakeasy inspired by US prohibition-era bars. The vintage decor includes plump leather sofas and Tiffany lamps, but no gangsters with submachine guns are visible. Similarly, an unmarked door in the loading dock of a waterfront condo block will lead you to the Roxy Bar. Here, the ambience is reminiscent of the back rooms and rock-and-roll nightclubs of Manhattan in the 1970s.

While offbeat, such bars are hardly as illicit as the name *speakeasy* suggests. A walk down Bugis Street reminded me of the raucous dining and boozing make it before a government crackdown ended the party in 1985. Named after the early Bugis immigrants, the street was a seedy attraction

in Old Singapore, known internationally for its nightly drag promenades.

"Singapore had the most beautiful transsexual women in the world," said a former participant.

Attempts were later made to revitalise Bugis Street, but they fizzled out. It's now known for its cheap clothes, bags and watches. Although they're still around, Singapore has cracked down on fake branding. After all, the real thing is offered in places such as the space-age Apple and Louis Vuitton stores in swanky Marina Bay.

Tiny Singapore is Asia's most densely populated country, with nearly six million. However, the island still has room for nature parks, Universal Studios and Disneyland. It's easy to get around by Uber, taxi and an efficient metro network. No need to buy tickets; just tap your credit card on the turnstile.

The city has minimised the traffic jams common in many other Asian capitals. Electronic sensors manage traffic flows and reduce peak-hour hold-ups in busy areas by imposing a congestion fee. The number of cars allowed on the roads is also controlled through high taxes and expensive permits.

One driver told me he paid S\$96,000 (PGK254,400) for a medium-sized sedan, plus another S\$96,000 (PGK225,250) for a Certificate of Entitlement to put it on the road.

High-end restaurants are also expensive, but the street food is still as delicious and affordable as I remember. Some hawkers have won (and later lost) a Michelin rating. A few years ago, one soy sauce and chicken stall was reputedly the world's cheapest Michelin-starred restaurant.

Despite its small domestic market and a lack of natural resources, per capita GDP is among the world's highest, above that of the

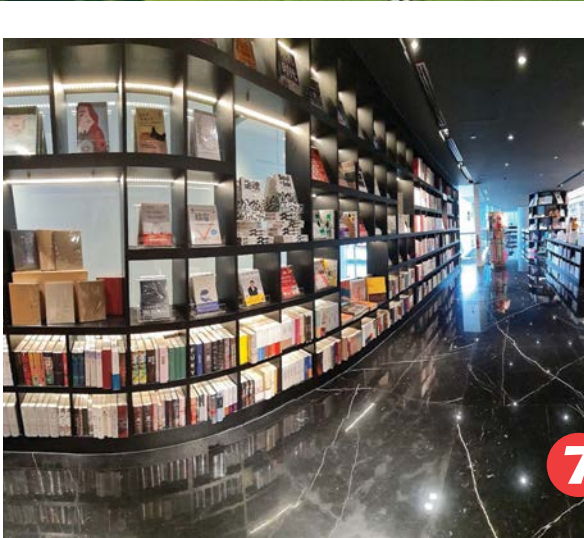
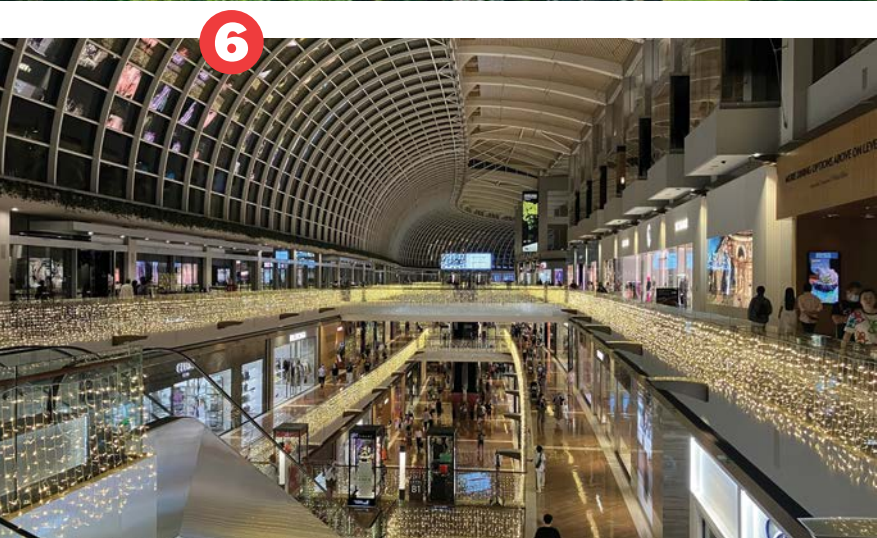


US. Observers attribute much of this success to investment in technology, brain power and education.

I thought of this while browsing in the upscale Zall Bookstore on Orchard Road. A young child, little more than a toddler, picked up a big book and sat down on the floor to 'read' it, as her mother watched proudly. In other words, the Lion City is no longer the duty-free stopover I first visited, but an exciting ultra-modern destination, sometimes described as the "city of the future". ■

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





IN THE NEIGHBOURHOOD

The best way to get to know Singapore is by exploring its very different neighbourhoods.
Mary O'Brien reports.



PICTURES: SINGAPORE TOURISM BOARD

1 CHINATOWN

For sheer colour, buzz and fun, it's hard to beat Chinatown, a delightful mix of temples, shops, restaurants and bars. This was the area where the first Chinese immigrants to Singapore originally lived. Interestingly, it's the only Chinatown in the world that has a Buddhist temple, a mosque and a Hindu temple on the same street.

The impressive Buddha Tooth Relic Temple (pictured above) was built in 2007 in the Tang Dynasty style. The museum on level three is well worth visiting. Dating from 1827, the Sri Mariamman (pictured right) is the oldest temple in the city. The grand tower entrance of this Hindu temple has five tiers of sculptures of deities and figures. Nearby, the Masjid Jamae, one of the oldest mosques in Singapore, was built by the Tamil Muslims from southern India.

For a bite to eat, visit the nearby Amoy Street Food Centre, one of Singapore's famous hawker centres where people line up

for lunch and dinner. Try A Noodle Story stall, which was awarded a Michelin Bib Gourmand in 2018 for its fusion ramen-dumpling dish. At Maxwell Food Centre, Tian Tian Hainanese Chicken Rice is another Bib Gourmand winner. For coffee and brunch, try the Food Peeps cafe.

2 LITTLE INDIA

Another hive of activity, Little India is centred around the iconic Serangoon Road. Dedicated to Kali, the goddess and destroyer of evil, the Sri Veeramakaliamman Hindu temple with its distinctive tower is impossible to miss. It was built by Indian immigrants in the 19th century.

Bargain hunters head to the Mustafa Centre, an indoor market and a good spot to buy souvenirs or jewellery. (It used to be open 24 hours but now closes at 2am.)

For a reasonably priced snack, try Tekka Centre with hawker stalls and a wet market – don't miss the Indian specialties. This is definitely the place to try *teh tarik* (frothy milk tea). Bring your wipes and a packet of tissues to mark your seat as taken.



While the neighbourhood is gritty, it's an up-and-coming destination. Serangoon House, an Indian-colonial-style hotel, opened in December. Nearby is Kampong Gelam – check out its story in the Malay Heritage Centre.



3 ORCHARD ROAD

A long-time favourite with tourists, Orchard Road is the glittering epicentre of shopping and upscale restaurants. All the big international labels are here – think Marks and Spencers, Uniqlo and Isetan – with most centres open until 9pm.

The iconic Tangs department store, which opened in 1958, is still popular today. The glossy ION centre houses luxury brands and well-known fashion outlets. Far East Plaza on Scotts Road is the place to visit for good deals.

If you're hungry, try the Palais Renaissance mall, which has a range of mid-priced restaurants including PS Café, Merci Marcel and French Fold crepes.

The Hilton opened a new hotel here last year and Voco hotel is another newcomer. Nearby, on Cuscaden Road, the Manhattan bar at the Regent is number nine on the Asia's Best Bars 2022 list. ➤





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4 TIONG BAHRU

Relaxed Tiong Bahru, a cool place for locals to hang out on weekends, shows off a very different side of Singapore. This low-rise housing estate was built in the 1930s and its art deco apartments are highly sought after today – Moh Guan Terrace is a classic example.

There are free walking tours twice a month or you can do a self-guided walk. Start at the

circular Tiong Bahru Market, which houses a wet market and hawker stalls. Try *kaya* toast or local coffee *kopi peng* there.

Popular street cafes include Tiong Bahru Bakery and Plain Vanilla. Nana & Bird stocks interesting fashionwear and Woods in the Books is a cute children's bookshop.

5 CIVIC CENTRE/ WATERFRONT

Singapore River runs through the heart of the city and many landmark buildings are nearby. The National Gallery Singapore, housed in the former Supreme Court and City Hall, contains the world's largest collection of South-East Asian art, including fascinating permanent exhibitions on Singapore and its people.

Raffles Hotel is another essential stop – be prepared to queue at the cocktail bar for your Singapore sling.

The Fullerton Hotel, a luxury hotel in the former general post office, offers some free public tours each week. Down at the

waterfront is Singapore's famous statue of the mythical Merlion (part lion, part fish), which turned 50 last year.

Dominating the skyline, the iconic Marina Bay Sands contains a hotel, casino and glamorous rooftop pool. Don't miss Gardens by the Bay, the city's 21st-century botanical garden. Try to time your visit to the Supertree Grove for sunset. Vertical gardens hang off the huge structures and at dusk there's a light and sound show. ■



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Designed by former Bond girl Anouska Hempel, the Duxton Reserve is an elegant design-focused hotel in Chinatown. The hotel is decked out in black, gold and yellow with ornamental fans and calligraphy. Each of the

49 rooms is different. The streetfront Yellow Pot restaurant is popular with locals; enjoy a cocktail in Anouska's Bar first to tune into the atmosphere.

duxtonreserve.com

ICONIC RESTAURANT
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Housed in the National Gallery Singapore, Violet Oon's National Kitchen focuses on



Peranakan cuisine. Singapore's first celebrity chef, Oon offers authentic dishes in a colonial-style dining room. Dry laksa and beef rendang are among the favourites and vegetarians are well catered for.

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WHO STAYS? Mostly business travellers, some staying 12 months or more.

HOW BIG? 54 fully serviced two- and three-bedroom apartments.

COST From PGK850 a night for short term.

CHECK IN 2pm

CHECK OUT 10am

HIGHLIGHTS The rooftop outdoor lounge on level nine overlooks Fairfax Harbour and has a barbecue facility.

NEARBY Stroll along the Era Kone beachfront or swim in the turquoise waters. On the other side of the harbour, explore the growing food and entertainment precinct at Harbourside.

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 charge:	✓



LOCATION

The Crowne Plaza Residences is in the Port Moresby CBD, a 20-minute drive from Jacksons International Airport. It's located at Touaguba Hill and has a panoramic view of Fairfax Harbour.

THE PLACE

The Residences is ideal for business travellers. The comfortable executive-style apartments are modern and have an open design. Conference rooms are available, as well as a lounge with expresso machine and fast wi-fi.

ROOMS

Most apartments have panoramic harbour views from private balconies with sun lounges. All have a master bedroom and are serviced every second day for long stays and daily for short stays. They are equipped with basic kitchen utensils, bathroom towels and toiletries, and bedroom linen. Each apartment has its own laundry area with a washing machine and cupboard space for storage. There are two TV sets – one in the master bedroom and the

other in the living room – with 99 channels to choose from.

FOOD AND DRINK

Adjacent to the hotel, the Port Terrace Restaurant & Bar provides a collection of modern spaces with harbour views, for eating, drinking and co-working. The restaurant's menu has an international flavour, but prioritises local produce to support the local community and to promote sustainable food practices. Two recommendations from the menu are the coconut and ginger red emperor fillet and the chicken fettucine.

WHAT GUESTS LIKE

"Service is great and all staff very courteous. Internet is very fast."
– TripAdvisor

"The wi-fi worked well, and I was able to easily work from the hotel in between meetings. The hotel is close to everything – just a short walk to Revenue Haus and Deloitte Haus."

– TripAdvisor

See our Port Terrace Restaurant review, Page 52.





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Sec: 32, Lot: 30, Lawes Road, Ogoa Street
Port Moresby, Papua New Guinea
PH: +675 321 3153 • E: info@oilmin.com
www.oilmin.com



KNOW THY NEIGHBOUR: PALAU



A snorkeller takes a dip in Palau's Jellyfish Lake.

Where is Palau?

The Republic of Palau is a microstate and archipelago in the western Pacific Ocean. Part of Micronesia, it sits north of the equator above Papua New Guinea, northeast of Indonesia and southeast of the Philippines. Palau gained its independence in 1994 as a presidential republic under a Compact of Free Association with the US, with the Americans providing defence, funding and other services. Its capital, Ngerulmud, is on Babeldaob Island and the largest town, Koror, is on adjacent Koror Island. The islands are connected by a bridge.

What languages do they speak?

Palau's official national languages are Palauan and English, with Sonsorolese and Tobian as official regional languages. Many Palauans are also proficient in Japanese.

What's there for visitors?

In a tropical archipelago with over 300 limestone and volcanic islands it's not surprising that world-class snorkelling and diving are among the top attractions. The marine life that has been described as like an underwater Serengeti. For military history buffs, many World War 2 relics remain scattered through the jungle. The Peleliu World War 2 Memorial Museum honours one of the war's bloodiest battles anywhere, the 1944

engagement in which around 2000 Americans and 10,000 Japanese died.

What makes the economy tick?

With a population of 18,000, Palau's economy focuses mostly on tourism and government employment, along with subsistence agriculture and fishing.

What is the currency?

Palau's currency is the US dollar.

What are the highlights?

The enigmatic Badrulchau Stone Monoliths of northern Babeldaob Island have been called the Easter Island of Micronesia. These squat basalt pillars, weighing up to five tonnes, are almost 2000 years old. While their origins are unknown, 28 of the 52 monoliths are carved with human faces. Or, for something truly different, at Jellyfish Lake, on Eil Malk Island, visitors can swim with millions of non-stinging jellyfish.

Anything unusual?

Yes, plenty. In 1981, Palau adopted the world's first nuclear-free constitution. In 2009, it announced the world's first shark sanctuary. In 2017, Palau established an eco-

promise, known as the Palau Pledge, which is stamped in visitors' passports on arrival.

'Know Thy Neighbour' is a column that puts the focus on a country near Papua New Guinea.

 **Air Niugini has launched weekly flights to Palau. See airniugini.com.pg.**





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TIME TRAVELLER

Port Moresby Harbour, 1969

This view looking over Champion Parade and Stanley Esplanade shows the busy downtown area of Port Moresby in 1969. The main T-wharf hosted larger vessels, while the rest of the foreshore consisted of wharves and jetties for smaller fishing boats. The once busy shipping foreshore has now been reclaimed and consists of the Harbourside East and West office towers, while the low-rise buildings on each side of Champion Parade have been replaced by distinctly taller buildings.

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



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enquiries@gdsspng.com

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MAGNIFICENT

Although it was hit hard by the pandemic, the Papua New Guinean dining scene has proven its resilience. With new openings and fresh menus, restaurants across the country are providing customers with a diverse range of culinary experiences. Restaurants are drawing upon an ever-increasing variety of cuisines and flavours to create high-quality dishes.

From fine dining to baked delicacies, these gourmet recommendations from Port Moresby showcase all that the capital has to offer in the way of food.

This carefully curated list will have you covered for impressive breakfast, lunch and dinner options, whether you're visiting or local.

1 MUMU TRADITIONAL PAPUA NEW GUINEAN

Mumu's menu feels like a finely tuned work of art, with every brushstroke having been carefully thought out. Aptly named after a traditional form of oven from the Highlands, Mumu's dishes delicately interweave authentic Papua New Guinean flavours.

From simple cafe fare to a full-blown *mumu* feast, *Amy Jones* picks seven restaurants in Port Moresby that are worth a try, right now.

With a lush rainforest theme, the restaurant's ambience is certainly exotic, but also classy and relaxing.

Paradise visited recently on a Saturday evening, when the signature suckling pig special is exclusively available.

We can also recommend the delightful seared tuna (with candied chilli and ginger, and a watermelon and cucumber salad) as well as the fragrant Fly River barramundi curry, cooked on hot stones.

For dessert, the stones are edible in the form of chocolate-coated Mumu Rocks.

WHERE Hilton Port Moresby, Wards Rd, Hohola

TEL +675 7501 8015

WEB starmountainplaza.com/restaurants-bars/mumu

OPEN Monday to Saturday 5pm to 10.30pm

2 DELI KC ITALIAN DELIGHTS

Five-star Airways Hotel is in the process of making some big changes to its various dining outlets. For Deli KC, this has involved the addition of an expansive new menu.

Its deli-style sandwiches, homemade gnocchi and decadent tiramisu are sure to satisfy any Italian cravings. We love the spaghetti Palermo, which combines spice and seafood.

While the fellow Airways establishment Bacchus boasts fine dining, at Deli KC you can find a more relaxed and informal setting.

WHERE Airways Hotel and Residences, Jackson's Parade

TEL +675 324 5200 (ext 3400)

WEB airways.com.pg/dining/deli-kc

OPEN Daily 6am to 10pm

This PNG Gourmet feature is brought to you by



The classy and exotic Mumu restaurant
at the Hilton Port Moresby.

PICTURES: GODFREYMAN KAPITIGAU & SUPPLIED

3 PORT TERRACE

CULINARY FUSION

Port Terrace's head chef, James Robinson, is imparting his international culinary experience at this Port Moresby favourite. Having worked extensively across the Pacific, New Zealand and Australia, he is well versed in the art of impressing customers.

At Port Terrace, this translates to bold, contemporary cuisine. Robinson says the restaurant's new menu maintains simplicity to honour high-quality local produce.

Among the dishes we love is French toast coated with brown sugar and cinnamon, paired with galip nuts and other indigenous PNG delicacies.

Enjoy this blend of local and modern while taking in some of the best views in the city.

WHERE Crowne Plaza Residences, Lot 24, Section 8, MacGregor Street

TEL +675 308 3130

WEB portrestaurant.com.pg

OPEN Daily 6am to 10pm

4 TRIBES COFFEE CLUB

CAFE CULTURE

Great coffee and comfort food from hot breakfasts to thick pizzas and T-bones are hallmarks at Tribes.

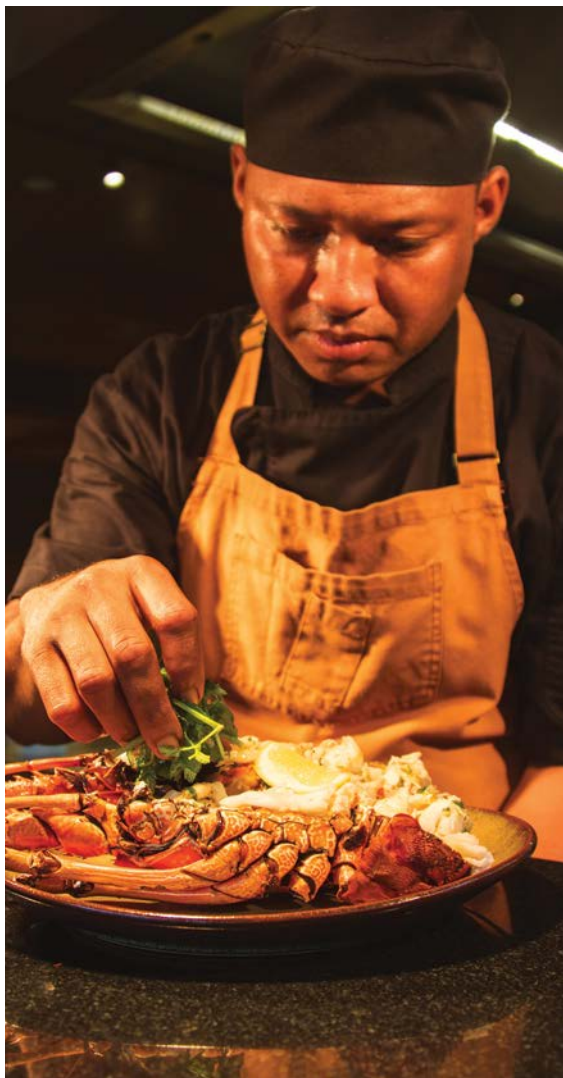
Coffee is best purchased as a combo with an indulgent chocolate-chip muffin or a freshly baked doughnut.

This well-regarded coffee club is the perfect start for a busy day or for a casual lunch.

WHERE The Oasis Building, Steamships Compound, Islander Drive, Waigani

TEL +675 7608 2839

OPEN Daily 6.40am to 5pm



The Port Terrace has some of the best views in the city (top); Mumu senior chef Richard Rupa (above and left); a tasty bite from Deli KC at Airways Hotel (below).



THE BEER YOU DESERVE



5 AKURA BITES AND BOOZE

Not sure whether you're in the mood for burgers or bao buns? Have a taste of both at Akura (pictured). The restaurant's new menu features Western and Asian cuisines.

We recommend the beef ragu pappardelle, along with a beverage from the cocktail menu, which changes monthly.

It's worth keeping an eye on Akura's socials because there are regular announcements of special events and menu updates to keep things interesting.

WHERE Harbourside, Stanley Esplanade

TEL +675 7320 7777

WEB facebook.com/Akuralounge

OPEN Tuesday to Thursday and Sunday 11 to 11pm; Friday and Saturday 11am to 2am



“

Not sure whether you're in the mood for burgers or bao buns? Have a taste of both at Akura.

”

6 GRAND PAPUA HOTEL 15TH FLOOR

SUNSET DINING

Enjoy the decadence of a five-course meal at the Grand Papua Hotel's 15th floor. With a kitchen team made up of young Papua New Guinean chefs, the menu has been developed with a fresh perspective.

Feast on their creations, such as braised pork belly with pumpkin puree and Ramu steak with red wine sauce, with the setting sun in view and a glass of chilled white wine.

The dishes are complemented by little luxuries, with extras such as truffle oil and lemon zest anglaise providing depth to the exuberant flavour palettes.

WHERE Mary Street

TEL +675 304 0000

WEB coralseahotels.com.pg/restaurants-bars

OPEN Daily 6pm to 10pm

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Ph: (+675) 545 1990
Fax: (+675) 545 1019





Elegant dining and alfresco comfort at Grand Papua's 15th floor (above and left).

7 CAFE PALAZZO

A TASTE OF EUROPE

Experience European-style delicacies made from locally sourced ingredients at Cafe Palazzo. Try out the French mustard roll with chicken, bacon and tomato on your next lunch break.

Situated at the Lamana Hotel, this newly opened cafe is well worth a visit for exemplary coffee and tasty lunch options.

The barista-made coffee is made from beans from the PNG Highlands and pairs nicely with the cafe's range of pastries and other baked goods.

WHERE Lamana Hotel, Waigani Drive

TEL +675 323 2333

WEB lamanahotel.com.pg

OPEN Daily 9am to 5pm

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AND TWO OUT OF TOWN

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This is a gem of a place to eat. It's set in a *hauswin*, which is like an open-sided gazebo, with sago roof, ceiling fans and views to the sea and distant volcanoes.

Outside, there's a treetop deck, perfect for lunch or dinner when the weather is favourable (which is often in Kokopo).

Be sure to leave some time before dining for a casual drink in the relaxing Lulak Bar.

The extensive menu includes Western, Indian, Pinoy and PNG-style dishes. There are stirfries, curries and even pizza. Yum cha is served on Sundays.

WHERE Kokopo Beach Bungalow Resort, Kokopo



Hauswin at the Kokopo Beach Bungalow Resort.

TEL +675 982 8788**WEB** kbb.com.pg/restaurant**OPEN** Daily 6.30am to 10pm**THE PHOENIX
ROOM, RABAUL**

QUIRKY ASIAN (AND MORE)

The Phoenix Room at Rabaul Hotel has an Asian-dominated menu, but there's also an international menu, vegetarian menu and a pizza menu.

The room is decorated with collectibles from PNG and Asian countries, including a large *tabu* wheel made of shell money. The collectibles provide plenty to ponder between courses, including chow mein, crispy-skin chicken and stuffed eggplant with prawns.

The friendly service complemented the tasty dishes on our visit.

WHERE Rabaul Hotel, Mango Avenue, Rabaul

TEL +675 982 1999**WEB** rabaulhotel.com.pg**OPEN** Daily, breakfast, lunch, dinner

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PORTRAIT OF AN ARTIST

A rugby game, an icon of the art world and traditional dress all connect as artist Lesley Wengembo paints the stories of PNG's elders. *Belinda Jackson* reports.

// was 12 the first time I held a brush and paint,” says fine artist Lesley Wengembo, looking back at his Port Moresby childhood.

“It was ahead of Australia’s annual State of Origin rugby game between Queensland and NSW, and some dude gave me these paints and told me, ‘go paint your friends’ faces’. So, we were painting each other’s faces NSW blue or Queensland maroon, and I thought, ‘why don’t I paint on canvas?’”

Fourteen years later, Wengembo would find himself in another rugby-painting scenario, this time facing Fijian-Australian rugby legend Petero Civoniceva. The front-rower sat for what would become the latest of Wengembo’s four entries into the prestigious Archibald Prize for portraiture.

“I grew up playing rugby in the streets of Morata,” says the 26-year-old artist, “and I was a little afraid Petero wouldn’t be happy (with the painting). But he was, and I was so relieved. He was humbled that I wanted to paint him, he’d never been painted before.

“I always find that faces inspire me,” says Wengembo, who is based in Cairns, in northern Australia.

Wengembo was only seven when his pencil sketch of his grandfather turned heads, but it was a chance meeting five years later, with one of PNG’s most influential artists, that set him on his life’s course as an artist.

Helping his mother, Josephine, sell her printed fabrics, carvings and *meri* blouses at a Port Moresby craft market, Wengembo met Martin Morububuna, at the time one of PNG’s leading artists. Morububuna recognised Wengembo’s talent and introduced him to oil paints, which Wengembo quickly realised would take his work further.

But art, he admits, is not most families’ first choice for their children.

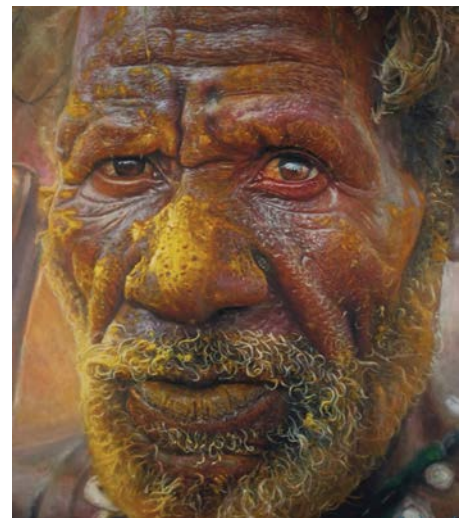
“Your family sacrifices to send you to school and university, to get a good job in a modern society. So, mine was disappointed when I rejected the offer to study science and technology at university, choosing art instead.

“However, I made a living out of it in the first year, and that changed my family’s concept of art as a career, as I followed my dream.”

Wengembo still paints with oil on canvas today, creating his large-scale, ➤



Artist Lesley Wengembo with his latest work, *Ruminate* (2023, oil on canvas), featuring fellow artist Ratoos Gary Haoapa (opposite); *Dream Story* (2019, oil on canvas), a portrait of an indigenous Aboriginal woman from Arnhem Land, northern Australia (above); *Gaze* (2018, oil on canvas).



“

Painting each piece is like keeping a journal of my beautiful country.

”

hyperrealistic portraits of older PNG folk in their traditional dress.

“I create portraiture to show all this music, these clothes and face paints. And to ask, ‘Where do these ideas come from?’ Traditional dress has a higher thought than just to cover yourself. I feel kids today won’t follow our customs as they’re being looked down on, and I don’t know why.

“As a child, I spent a year living with my grandparents in Bundi, in Madang Province,” he recalls. “Later, when my grandmother passed away, I realised how valuable our elderly people are, and how little time we have with them in this world. They have so much experience, and I feel that has to be captured in some form. As an artist, I can capture their essence while they’re still alive.

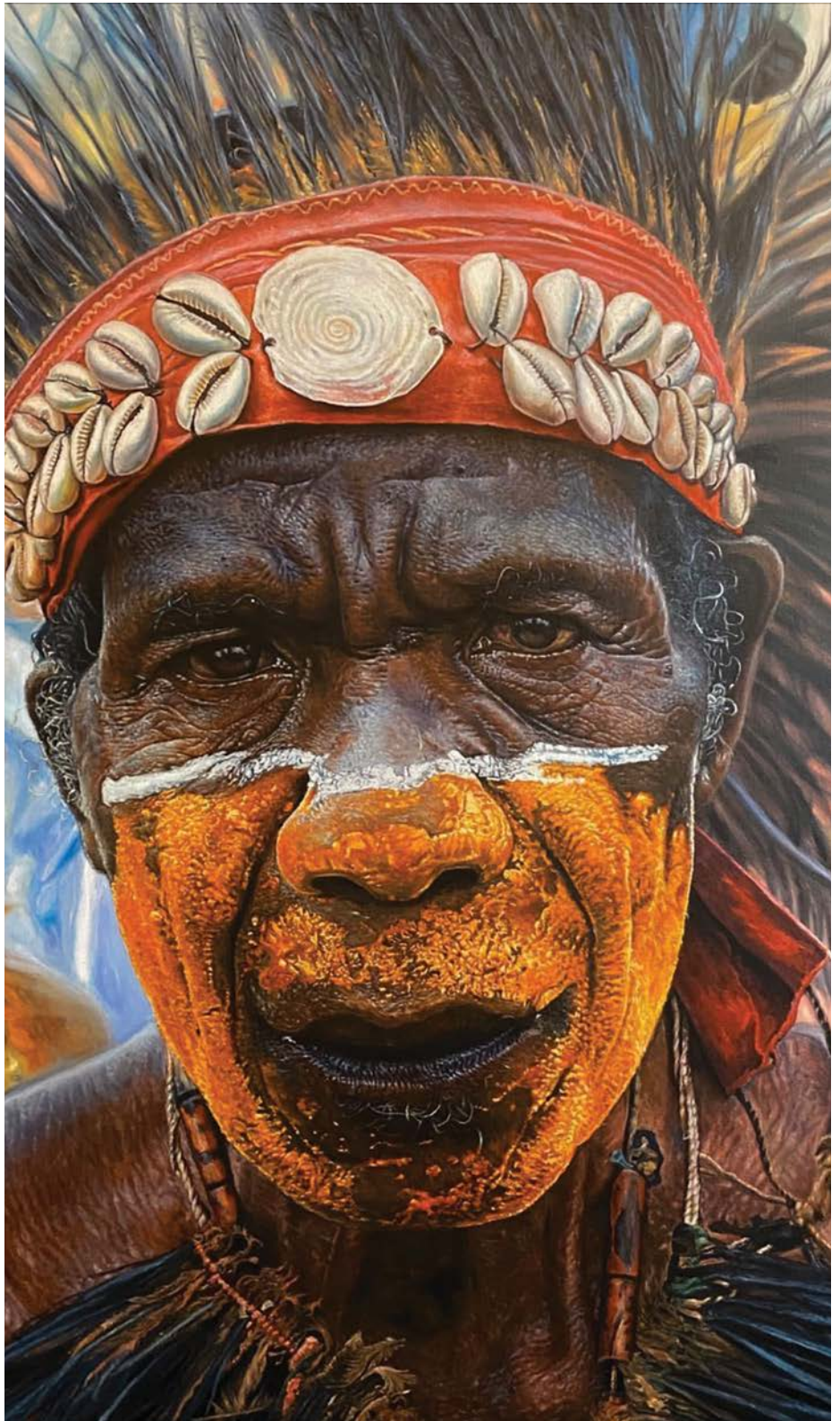
“I’m not a great storyteller in words, but I tried to capture my grandmother’s stories – how she met my grandfather, the story of the village – in sketches and paintings.”

To expand his skills, the portrait artist moved from PNG to Sydney five years ago to attend the National Art School, and recently relocated to Cairns, in Far North Queensland.

“Cairns is a lot closer to home, and there are a lot of people from PNG here, so I feel connected and closer to the essence of my work,” he says.

“But I need to go home soon, to ‘fill up my bucket,’” he says. “I rely on photos, songs, dances and videos to get material to paint, and now, I feel like I’m empty, I’m just a robot.”

Wengembo plans to return to PNG to create his next body of work, potentially for a solo show in Sydney, and top of his list is a visit to his paternal grandfather, his last remaining grandparent. ➤



The Golden Man (2019, oil on canvas) depicts a performer at the Goroka Show. “I met him at the show in 2018, which was my first time at the *sing-sing*,” Wengembo says.



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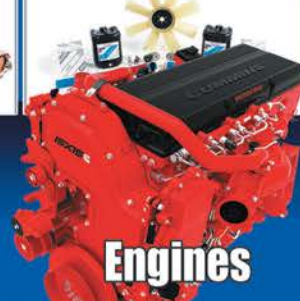
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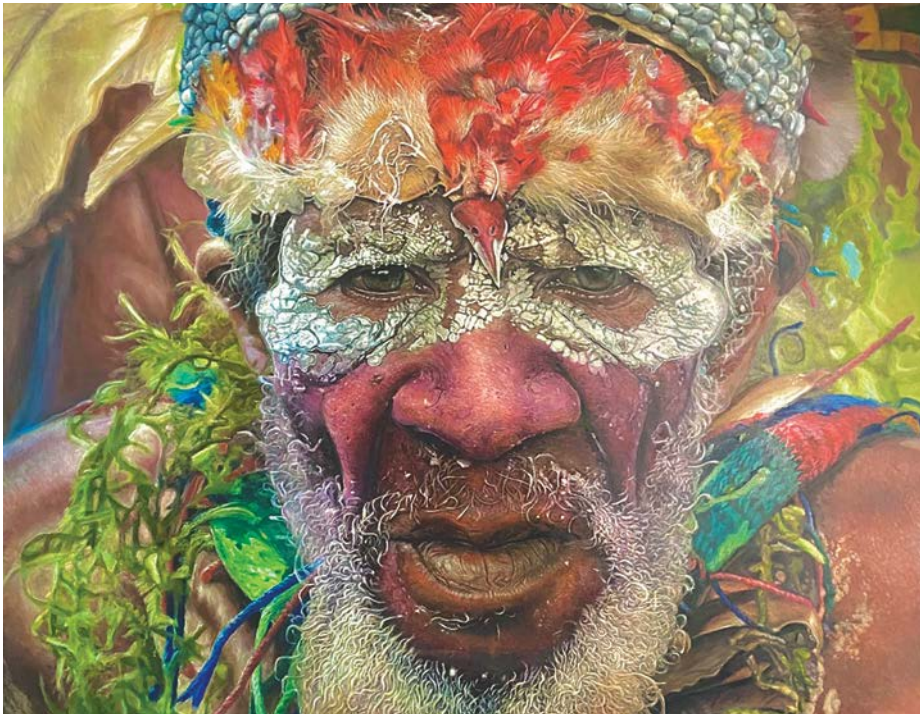
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Engines

Bird Man (2021, oil on canvas), painted in Sydney over two years.



“He is my subject; I’ll go back to Morea, my dad’s village in Pangia in the Southern Highlands Province, to paint him and to record some of his stories on video. It’s so important, time is running out.

“I paint while it’s still fresh; I’m so inspired because I’m living in the environment,” says Wengembo. “Home is where I gain my energy and my inspiration.

“Through art, I am connected to my ancestors, because we’ve always done art. It’s a part of our life that we live with,” he adds.

“Painting each piece is like keeping a journal of my beautiful country.” ■

To see more of Lesley Wengembo’s work, visit facebook.com/lwengembo107; instagram.com/lwengemboart/?hl=en. Wengembo’s work is currently showing at the Australia.Gallery, 86 Lake Street, Cairns, galleryaustralia.com.au.

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Established in 2010, our PNG Biomass Project in the Markham Valley of Morobe Province has been repurposed into a significant Carbon Abatement Project focused on the establishment of conservation forests for carbon sequestration.

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This long-term commitment will support a three-to-four-decade long nature-based carbon capture project focusing on planting native mixed species, providing habitat, increasing biodiversity, and supporting social development in the Markham Valley in Morobe.

This project is an exciting next step in our commitment to innovate nature-based carbon solutions and underpins our Climate Transition Action Plan.

**Read more at
santos.com/sustainability/climate-change**

Santos

PICTURES: JAT PHOTOGRAPHY



A CELEBRATION OF THE BILUM



Model Amanda Willy with a *bilum* (top left); models displaying *bilum* dresses from the Rasta Collection (top right); festival founder and director Florence Jaukae Kamel with model Damaris Lee (above).

The Goroka Bilum Festival started as a small *bilum* competition and fashion show in 2009 and has grown to a week-long event that attracts thousands of people. It's scheduled this year from September 11–17 at Goroka's Pacific Gardens Hotel.

The festival aims to provide market access for women weavers and to provide a platform for showcasing their work to the world.

The program includes a daily market with weavers selling their products, a fashion show, workshops to preserve and transfer traditional *bilum* weaving knowledge, a competition, and a cultural night with traditional performances, songs and poems.

"The festival plays an integral role in supporting women's economic empowerment across the country, preserving and celebrating culture and supporting social inclusion," says festival founder and director Florence Jaukae Kamel.

Jaukae Kamel is an internationally recognised fibre artist who has exhibited in Australia. Nine of her *bilum* dresses are held in museums globally.

As a single mother of five, she knows firsthand the hardships experienced by many weavers who struggle to meet daily living costs, and she started the festival in response.

Last year, 134 weavers sold PGK123,590 of *bilum* products across seven days of the festival.

"The festival has also attracted international buyers and has resulted in ongoing export orders and the establishment of regular work for weavers," she says. "Many of the weavers are single mothers, making this income vital for their livelihoods."

The festival still has some sponsorship opportunities available for this year. ■

See facebook.com/BilumFestival.





Models from the PNG Fashion Week displaying *bilum* creations on a virtual runway (above); performers at last year's Goroka Bilum Festival (left).

“

The festival provides a platform for showcasing the *bilum* to the world.

”



LET THE GAMES BEGIN

The countdown is on to the Pacific Games in the Solomon Islands.

Robert Upe reports on the preparations.



PICTURES: SUPPLIED BY THE SOL 2023 GAMES ORGANISING COMMITTEE

PACIFIC GAMES 2023

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NUMBER OF SPORTS 24

ONLINE sol2023.com.sb

* The rights holder for the telecast was still to be confirmed when *Paradise* went to press.

The new National Stadium in Honiara is taking shape for the Pacific Games (left); Games boss Peter Stewart (inset).

Organisers of the Pacific Games, which start in Honiara in the Solomon Islands on November 19, say preparations are well on track and the island nation will be in good shape to welcome 5000 athletes and officials from 24 countries.

"We are confident of delivering an event bigger than any other ever seen in the Solomon Islands, and definitely one of the biggest Pacific Games ever," says Peter Stewart, the Chief Executive Officer of the Sol23 Games Organising Committee.

He says the Games could attract up to 300,000 spectators during the 14 days of competition.

The opening and closing ceremonies will be at the new 10,000-seat National Stadium in Honiara.

"Solomon Islands culture is rooted in music and dance and our ceremonies promise to put

that front and centre," Stewart says.

Tickets for the ceremonies are hot property, and sports such as football, boxing and weightlifting are expected to draw big crowds.

The Games precinct in Honiara is a compact area, making it easy for fans and athletes to get around. Most sporting venues are within two kilometres of each other, and all are within a five-kilometre radius.

"We've achieved a really good result with the Solomon Islands Government to design and build a great sports complex for these Games and for the future of sport in the Solomon Islands," Stewart says.

"We appreciate the support we have received from the Indonesian Government, the People's Republic of China Government and the Australian Government, which have all helped build, maintain and renovate all the facilities we will use for the Games," he says.

Among those facilities is the new National Stadium, an aquatic centre, tennis courts, a warm-up track, and six schools that have been renovated to be used as Games villages for athletes.

If you think Stewart's name sounds familiar, it may be because he was also the CEO of the successful 2015 Pacific Games in Port Moresby.

Stewart is leading a workforce of about 200 in the Solomons.

"We will be one of the largest employers in the country during the Games, but the numbers of contractors and other people who will be employed to deliver the Games is in the thousands," he says.

There is strong community participation in the Games, and more than 3000 volunteers are being recruited to help run the Games. ■



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PNG AND THE GAMES

Paradise asked Team PNG chef de mission Faye-Zina Lalo about Papua New Guinea's participation in the next Pacific Games.

How big a contingent of athletes and officials is PNG sending to the Pacific Games in Honiara?

There will be 582 in total. That consists of 438 athletes, 16 Team PNG officials, 106 officials for the different sports (including coaches) and 22 medical staff.

Which sports will PNG compete in?

Athletics (including para-athletes), basketball 5x5, basketball 3x3, beach

volleyball, boxing, bodybuilding, football, golf, hockey, indoor volleyball, judo, karate, netball, powerlifting, rugby 7s, rugby 9s, rugby touch, sailing, swimming, table tennis (including para-athletes), taekwondo, tennis, triathlon, va'a racing and weightlifting.

Who are the key PNG athletes to watch?

At this stage it's too early to say because the 'justification process', in which respective coaches justify an athlete's inclusion in Team PNG, has not taken place. That said, of course there are fan favourites such as weightlifters Dika Toua and Morea Baru, and boxer John Ume. We can expect some new fan favourites after these Games.

Does PNG have a good record in previous Pacific Games?

PNG has finished in the top five since the

2015 Games. In the Pacific Games in Samoa in 2019, PNG came second in the medal tally.

How many Pacific Games has PNG competed in?

PNG has competed in every Pacific Games since the event's inception in 1963, for a total of 16 appearances. ■



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Weightlifter Dika Toua has been a regular face for PNG in international-level competition, including several appearances at the Olympics, Commonwealth Games and Pacific Games. She will be on the stage again at the Pacific Games in Honiara.

GAMES TRIVIA

- New Caledonia leads the all-time Pacific Games medal tally (the first Games were in 1963) with a total of 2269 medals, followed by French Polynesia with 1446, and PNG with 1352. Australia and New Zealand were added to the all-time medal tally after they competed in their first Games in 2015.
- PNG has hosted the Games in 1969, 1991 and 2015.
- Underwater fishing was dropped from the Games in 1999.
- One of the more obscure sports in the Pacific Games is va'a racing, which is outrigger canoe racing.
- The Games were called the South Pacific Games until 2007.
- In 2007 Samoa's then Prime Minister, Tuilaepa Sailile, was the first PM to compete in the Games where he won silver in archery. At age 74, he became the oldest Games competitor when he took part again in 2019.
- Some countries boycotted the Games in Papeete, Tahiti, in 1995 as a protest at French nuclear testing in the Pacific.
- After 2023, the next Pacific Games are scheduled to be held in Papeete, Tahiti, in 2027.



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THE KARATE KING

Nigel Bana is a Pacific Games veteran who is aiming to win one more gold medal.
Lemach Lavari reports.

First-degree blackbelt karate exponent Nigel Bana has been representing Papua New Guinea in the sport for 12 years, and now he is aiming for selection in the Pacific Games in the Solomon Islands in November.

Bana is no stranger to the Pacific Games. He made his debut at the Games in 2011, in Noumea, New Caledonia.

He is the current Pacific Games champion in the 60-kilogram division, having won gold at the Games in Port Moresby in 2015. (Karate was not included in the Games in Apia, Samoa, in 2018.)

However, for the Solomons, he has been provisionally named in the higher 67-kilogram division.

"I will not have the chance to defend that medal (60kg)," he says. "However, it is good to move up as you gain more experience. It also opens the opportunity for other fighters to come into the (lower) division."

Bana says he is aiming for gold in his new division in Honiara.

"I cannot control how my opponents train, but I can control how I prepare for the Games," he says. "This includes mental and physical preparation. So, if I put in enough time, the result will speak for itself. I would rather focus on the process and let the result take care of itself."

Bana plans to retire from international competition after the Games.



Up for the fight, Nigel Bana is preparing for the Pacific Games.

“

If I put in enough time, the result will speak for itself.

”

"I feel my body needs to take a break," he says. "I want to have fun. I don't want to watch what I eat anymore or wake up at 4am to train."

Whatever path Bana chooses after Honiara, he will still be involved in sport. He is a member of the PNG Athletes Commission, which represents and advocates for elite PNG athletes, and he is an educator with the Oceania Sports Education Program, which facilitates training programs for athletes in the region.

Bana is also building his fitness brand, NB Fitness & Wellness, providing strength and conditioning training, karate classes, physiotherapy, massage and dietary advice.

"I am just the face of the company, but I have a team of champions behind the scenes who make it happen," he says.

Bana attributes his success in life to his participation in karate. He says he was an introvert and the sport helped him build his self-esteem and confidence, something he wants to share through NB Fitness & Wellness.

"Karate has helped me in terms of mental resilience and mental toughness.

"At first, I thought karate was only about fighting, but I realised that it was about self-care, self-preservation and caring for your environment. It is more of a lifestyle than just kicking and punching." ■





BUILDING CAPACITY IN LOCAL RICE FARMING & SUPPORTING COMMUNITIES IN PNG

Trukai Industries' Certificate in Irrigated Rice Farming is a program conducted under a five-year partnership with the PNG University of Technology's Agriculture Department and the Pacific Adventist University, under Trukai's Smart Farmer Program.

Established in 2022, the training has proudly certified more than 120 local rice farmers with plans to empower more than 1,000 farmers by the end of 2023.

Trukai has one of the most extensive agricultural programs, investing millions of kina in rice research, science, technology and development. Trukai continues to support local rice farmers by enhancing their rice cultivation skills, strengthening families, building communities and reaffirming our commitment to the people of PNG.



IF YOU GO ...

How can I get tickets to the Pacific Games?

Go to the official website, sol2023.com.sb. Tickets start from SI\$30 (about PGK13).

Will it be hard to find accommodation during the Games?

Yes. When *Paradise* was going to press most major hotels in Honiara had been booked out. You may have more luck finding a booking in a homestay or an apartment. The major hotels include the Heritage Park Hotel, the Solomon Kitano Mendana Hotel, the Coral Sea Resort and Casino, the Pacific Casino Hotel, the King Solomon Hotel and Honiara Hotel.

See visitsolomons.com.sb.

How can I get around Honiara?

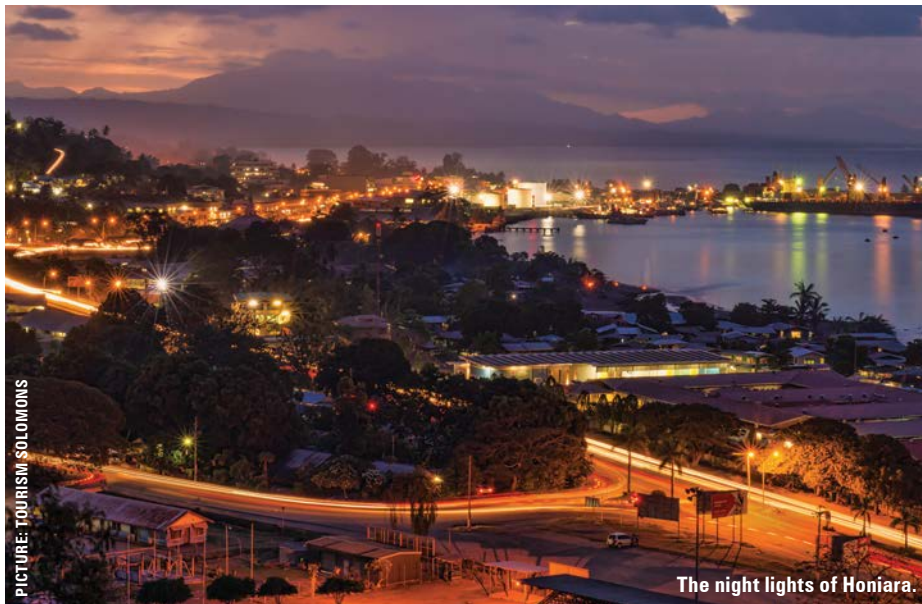
Bus and taxis are the best options. Bus routes run mainly along main roads, with a one-way fare usually SI\$3. Taxis cost about SI\$10 per kilometre. Some use meters, some do not, but the rule of thumb is SI\$10 per kilometre (about PGK4.25).

Is it safe to move around the city in taxis and buses?

Honiara is a very safe city, and the Solomon Islanders are a friendly, hospitable people. Tourism Solomons recommends visitors exercise normal safety precautions.

What can I do in Honiara when I'm not at the Games?

Take a historical World War 2 tour, go to the bustling Honiara Central Market where produce and some crafts are sold, or



PICTURE: TOURISM SOLOMONS

visit the National Art Gallery, the National Museum and National Parliament.

What about day trips out of Honiara?

Savo Island, Tenaru Falls, Chaha Falls and the Bat Caves are popular destinations for day trips. There's also a new attraction, the Amazing Grace Boutique Cocoa Farm and Garden Tours. Day trips can also be arranged to Central Islands Province. Options include Tulagi, Roderick Bay, Nugu Beach Resort and Double Island.

Bookings through *Tourism Solomons*, + 677 22442, info@tourismsolomons.com.sb.

Are there some good places to eat in Honiara?

Some recommendations include Capitana Restaurant at the Mendana Hotel, GG's

Restaurant at the Heritage Park Hotel, Palm Sugar at Point Cruz, Breakwater Cafeteria, Tenkai Sushi Café, Club Havannah at the Honiara Hotel, and Haydn's Steakhouse at the Coral Sea Resort and Casino.

Do I need a visa to visit?

PNG passport holders do not need to apply for a visa before arrival. A free 90-day visa is given on arrival if travellers meet all requirements – international COVID-19 vaccination certificate, passport with six months validity on day of arrival, and a return ticket.

How often does Air Niugini fly to Honiara?

Weekly, every Tuesday.
See airniugini.com.pg.



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WINE GURU

For the wine novice one of the simplest indicators of a wine's quality is its price. The more expensive the bottle of wine the better, right?

Well, not quite. There are several factors that influence the price of a bottle of wine: where it comes from, how it was kept and its rarity.

An expensive bottle of wine should also be able to age well (giving it time to increase in value) and, yes, it should be a darling with the wine critics – meaning that it should taste good.

In some rare cases, though, a wine may be undrinkable and still command a high price if it is of historic interest. For example, a Chateau Mouton Rothschild from 1945 set tongues wagging when it was sold in 2015 for US\$18,000 for a single bottle even though it was thought the wine was oxidised (or off).

But there is one factor that can really make a wine's price shoot higher than a skyward-bound Champagne cork. The wine industry might refer to it as prestige, but really it is just hype.

If a wine is perceived to have value, if it gets a certain international buzz and wine collectors start to fight over a bottle, then things get very expensive.



A 1945 bottle of
Domaine de la
Romanee-Conti sold
for US\$558,000 in
2018.

The most expensive bottle of wine ever sold also hails from 1945. In 2018, two bottles of Domaine de la Romanee-Conti sold: one for US\$558,000 and the other for US\$496,000.

Domaine de la Romanee-Conti, or simply DRC, comes from a legendary winery in Burgundy and has been made since 1869 using just seven vineyards, all of which are considered Grand Cru, an official French classification denoting a superior grade of wine.

This family-owned winery has it all: history, provenance, quality and scarcity. Who knows, it might even taste like it is worth US\$100,000 a glass, but most of us who enjoy a glass of wine are unlikely to ever find out. ■

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New coloured iPhone

The iPhone 14 now comes in a sunny yellow to add to its array of features, which include cinematic video mode, dual cameras and hugely improved battery life. PGK3165; apple.com.



Game while you travel

The Backbone One iPhone mobile gaming controller/gamepad allows you to snap in your phone and play any iOS game or service that supports controllers, including Xbox Game Pass, Apple Arcade, and even stream from your Xbox using Remote Play. No charging, no waiting for updates, no tedious set-up. PGK420; playbackbone.com.



Take your workspace to the next level

The Satechi Thunderbolt 4 dock uses new and faster Thunderbolt 4 technology to provide better flexibility and versatility for your entire computer setup. It has a multitude of ports including three Thunderbolt 4, four USB-A (three data, one charging), gigabit ethernet, UHS-II card reader and 3.5mm audio jack port. PGK1170; macgear.com.au.



Protect your phone in style

The Bellroy case for Pixel 7 and 7 Pro offers leatherbound protection in a range of colours including Blue Daze. The case is wireless-charging compatible and has a microfibre layer for added cushioning. PGK170; bellroy.com.

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The Pod travel pillow by Pluto Pillow is the next generation of plane napping accessories. It not only protects your neck and keeps it upright, but you can enclose your head and cover your eyes, making for a quality sensory blackout to help you arrive at your destination refreshed. PGK340; plutopillow.com.



Keep your travel clothes looking great

The Steamery range of portable steamers is an easy way to keep your clothes free of wrinkles without wrangling with the hotel iron and ironing board. The Cirrus 3 steamer-iron hybrid is easy to use and it can even help by killing bacteria and keeping clothes smelling good longer. PGK515; steamerystockholm.com.



Simple but effective backpack

Bellroy's latest backpack looks simple and slick but has a huge array of pockets and sections to help you find everything quickly. Features include a 16-inch laptop sleeve, and a zip mesh pocket with clip and an angled zipper to prevent things spilling out when it is opened. PGK440; bellroy.com.



Drink stylishly on the go

The Ember travel mug is more than just an insulated mug; it has a smart feature that allows you to set the temperature exactly and it will maintain that temperature for up to three hours. It holds 355mm and has a leak-proof lid. PGK700; ember.com.

Travel and watch movies

The Kodak Luma 350 is one of the lightest, brightest and sturdiest portable projectors on the market with Bluetooth and wi-fi connectivity as well as USB and HDMI ports. Download your favourite apps and turn the wall of your hotel into a home cinema. PGK1635; kodak.com.



Winter warmer

Swannndri's Falmouth cable-knit crew jumper was originally worn by fishermen to keep them warm at sea. This modern take is a heavy-gauge, cable-knit jumper, which is still your best bet to keep warm in PNG's Highlands. The Falmouth has a unique cable pattern and is made with a heavy lambswool and nylon yarn. PGK375; swannndri.com.au.



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Love and belonging in the wilds of World War 2 New Guinea

This extract is from *A Dangerous Land*, from the debut novel by Marisa K Jones.

Daniel grabbed Amelia's hand and raced towards the hangar that housed her Moth. It'd been years since the two had flown together, but they jumped into action, easily falling into a natural rhythm to prep the plane for flight. He pumped the propeller and moved the wedges from behind the wheels, before climbing onto the wing towards the rear pilot's seat.

"What do you think you're doing?" Amelia asked. She looked up at him, hand on hip.

"Uh ... flying," Daniel replied.

"So, you assume that because you're a man you get to take the lead?"

Daniel's lip inched upwards. "I'd never dare to assume anything with you, Meels." He reached down to pull her onto the wing, squeezing her hand as they paused to stare at each other.

He couldn't believe what a fool he'd been last night, letting her believe he didn't want this, didn't want her. Staying up all night to watch the moon make its way across the sky, setting behind the Hertzog Range until rays of sunlight peeked out from the other side, his mind churning the entire time, knowing he had to be firm with her – that he didn't have a choice.

And yet that look of humiliation that had flooded her face wouldn't stop flashing in front of him. And he was the one who had caused it. He'd raced to find her as soon as he'd heard about Pearl Harbor, running into Evelyn along the way, who was also searching for her. She'd said Amelia wasn't in her bed that morning, and Daniel immediately knew she must've fallen asleep at his place, waiting for his return.

As much as he wanted to go to her, to atone for his shame, he told Evelyn to fetch her. It was best she was with her family during this time. But as soon as he saw Amelia in the hangar, puffy cheeks and blotchy eyes, he knew what an idiot he'd been.

Now standing in front of her on the wing of a plane, her breath on his lips, he could feel every part of his body awakening. Their

countries were at war, and he wouldn't waste one more minute pretending he didn't want this. She drew in a breath, and he could not help but kiss her. It started slow, both afraid of how the other would react, until they fell into a rhythm, like they had last night. When they were done, he rested his forehead against hers, his heart beating with hers.

She stepped into the rear cockpit and pulled a pair of goggles over her eyes while Daniel jumped back down to wind the prop. He gave it a couple of thrusts, heart racing from that kiss, before climbing into the front as the plane roared to life. Amelia eased it out of the hangar towards the top of the runway, vibrations rumbling beneath them.

"Ready?" she said into the Gosport tube that connected the two seats.

"Always!" Daniel replied, reaching his hand back.

Amelia's fingers immediately found his, squeezing tightly and only letting go as the plane took flight. Daniel looked below. Salamaua swept across a thin strip of land, the mouth of the Francisco River swelling into the ocean on one side, while the harbour glistened like a cold beer on a hot day on the other. Even though he did that take-off every day, it wasn't until that morning – his entire life now up in the air – that he truly appreciated how beautiful it was. He had to be willing to do anything to protect it.

"You sure you're ready?" Amelia said again.

"Ready for what ...?" But before he could finish, she was off, giving the Moth full throttle. They climbed vertically into the clouds until the plane sloped onto its back and looped into a full three-sixty circle. His stomach rolled with the exhilaration of weightlessness.

She eased off the throttle and arced the plane down, coursing over the Huon Gulf, the Hertzog Range to their left, the treetops like broccoli, and the towering peaks of the Rawlinson to their right. She swooped into Lae, past Voco Point, Hotel Cecil and the terraced houses that hugged Mount

THE AUTHOR

Prior to fiction writing, Marisa K Jones worked as a freelance writer for magazines, including *Paradise*. Born and raised in Hawaii, she currently lives between Brisbane, Australia and Lae, PNG, with her family. Drawing inspiration from the Pacific, she brings the region's diverse cultures and history to life through words.



Lunaman, its thick blanket of verdant foliage speckled with bursts of orange from the Flame of the Forest trees.

She flew low over the aerodrome, past the Jacobsen Plantation, densely covered with thick raintrees, all the way out to the Edwards, Heath and Whittaker Plantations, taking care not to brush the towering palm trees that lined the dusty road, before pushing the throttle up again and looping the Moth back around.

"You're crazy, you know that?" Daniel said when she levelled the plane back over the ocean towards Salamaua.

Amelia laughed. "You could've taken over at any point."

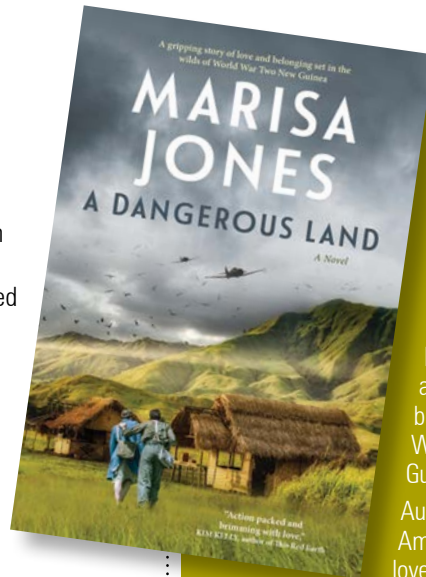
"Wouldn't want to hold you back," he replied.

She landed the plane with an ease that came only to avid aviators, but when they climbed out of the cockpit, Daniel sensed how uneasy she was.

"What now?" she asked as she stepped onto the wing and looked out to the grey clouds that'd formed above the mountains. A low rumble of thunder echoed inland.

"I guess we wait," he replied, knowing that waiting was sometimes the hardest thing of all.

A Dangerous Land by Marisa K Jones, released June 2023, see marisajonesbooks.com.



THE BOOK

A Dangerous Land is a historical novel about love and belonging set in World War 2 New Guinea.

Australian aviatrix Amelia McKenzie's love for her Pacific island home of

New Guinea is as strong as her love for Daniel, a pilot she's known since childhood. But with the Pacific war looming, forces threaten to tear them apart.

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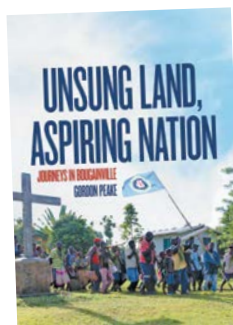
MEMOIR

Unsung Land, Aspiring Nation: Journeys in Bougainville**By Gordon Peake****(ANU Press)****Available as audiobook or read free online at press.anu.edu.au.**

The award-winning author and podcaster Gordon Peake applied for and got a job with the Government of the Autonomous Region of Bougainville (ARB) in 2016 when he was in Zimbabwe with his family.

From 2016 to 2020, he was an adviser to the ARB, helping the island that could become the newest country in the world prepare for the 2019 referendum (which saw 97.7 per cent of the people voting for independence).

Peake's memoir takes us everywhere in Bougainville, from rooms filled with research papers left by previous advisers for the preparation of the referendum and the days it happened. The author describes this book as one of travel accounts, histories, vignettes and recollections from the four years he spent in the ARB. He also ponders the current situation and how COVID-19 affected the dialogues between the current Papua New Guinea government and the ARB government. After all, as he says, "becoming a new nation is difficult."



WAR

The War Nurses**By Anthea Hodgson****(Penguin Books Australia)**

Inspired by the story of her great aunt Minnie Hodgson, Australian author Anthea Hodgson reimagines with kindness, humour and bravery the story of the young nurses who in 1941 departed Sydney aboard the *Queen Elizabeth* to "do their bit" in the Asia-Pacific during World War 2.

In Hodgson's story, Minnie, Lola, Beth and Margot meet on the *Queen Elizabeth* and become friends when they are stationed in Singapore. Amid rumours of an attack, the young nurses attend wounded soldiers, fall in love, share stories about their families and imagine what life could look like after the war.

When the Japanese attacked Singapore in 1942, several nurses and hundreds of patients and civilians escaped to Australia in the *Empire Star* and *Wah Sui*. However, those on the SS *Vyner Brooke* were not as lucky.

After the *Vyner Brooke* sank, some of the passengers became war prisoners; others drowned; and 22 nurses ended up at Bangka Island, where they were murdered.

The War Nurses explores this forgotten episode of the war through these characters and lets us see how the prisoners survived during three and a half years in camps in Bangka Island and Sumatra.

CELEBRITY

Did I Ever Tell You This?**By Sam Neill****(Text Publishing)**

There are two things people can expect from actor Sam Neill: an outstanding performance and a good story – and his memoir *Did I Ever Tell You This?* does not disappoint. In this book, he tells us how he went from a timid young boy in boarding school in New Zealand to starring in the *Jurassic Park* movies and becoming one of Hollywood's favourites.

Now this is not a book about A-listers gossip; this is a book about Neill, his friends and family. It's a story where we hear about Meryl Streep, his daughters, Isabel Adjani, and, of course, his famous (and lovely) Two Paddocks pinot noir.

It is also a book written with a sense of urgency. The thespian started writing when he was receiving treatment for blood cancer and, although he doesn't delve into the condition, one can see he wanted to ensure he had some control over his life's narration and what is shared with his fans.

What you can expect, as for any Sam Neill film, is a good story that will sometimes make you laugh and, more often than not, understand a bit more about the world at large.



THE ROYALS

King Charles III: 100 Moments from His Journey to the Throne**Compiled by Sam Carlisle****(HarperCollins Publishers)**

Since the late 1970s, Arthur Edwards has been a royal photographer for the British newspaper *The Sun*. He has photographed many royals, focusing on the then Prince Charles for 40 years and capturing the moments that made history.

The book, published in time to make a nice souvenir for Charles' coronation, starts its story on November 14, 1948 with an image of the then Princess Elizabeth gazing over her firstborn.

King Charles III then presents in chronological order photographs of Prince Charles alongside a text explaining the importance of each moment for the monarch and his family.

In the book, we can see a very young Prince Charles at his mother's coronation, remember the first encounters between Charles and Camilla, cherish moments between Charles, William and Harry, and follow the now King on his many tours around the world. ■





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AT THE MOVIES

What's happening in the world of cinema



PREVIEW

Barbie

Cast: Margot Robbie, Ryan Gosling, Will Ferrell, Simu Liu

While there have been dozens of cheaply made animated Barbie movies, this time the plastic doll is finally getting a big-budget Hollywood production with massive movie-stars and a surprising name behind the camera.

Directed and co-written by indie icon Greta Gerwig, *Barbie* comes after the breakout teen comedy *Lady Bird*, and Gerwig's dramatic retelling of *Little Women* proved that she is not just a great actress, but a great filmmaker, too.

What we can gather from the candy-coloured trailer and posters is that Margot Robbie and Ryan Gosling star as Barbie and Ken in a world full of Barbies and Kens. They are then forced to leave their world of hot pink and fluorescent yellow and venture out into the real world where all sorts of madness ensue.

WHAT TO WATCH IN CINEMAS

July

Oppenheimer — Christopher Nolan returns to cinemas with this dramatisation of the US military operation that built the atom bomb. A cast of famous faces and Nolan's preference to shoot on IMAX where possible mean this one cannot be missed in cinemas.



August

The Meg 2: The Trench — Why have just sharks when you can have a megalodon? Jason Statham returns in this sequel to the 2018 original that was about the largest marine predator to ever exist. Will it now be even larger?

September

A Haunting in Venice — Despite nobody being all that much of a fan of his first two Hercule Poirot movies, Kenneth Branagh returns with another Agatha Christie murder mystery.



SEARCH IS ON FOR THE NEXT MOANA

It has been announced that the first ever South Pacific Disney Princess will get her own live-action treatment. *Moana*, the hit animation from 2016, will now follow in the footsteps of other such classic titles as *Beauty and the Beast*, *Cinderella*, *The Lion King*, *Aladdin* and *The Little Mermaid*.

Dwayne Johnson — whose family hails from Samoa and who voiced Maui in the Oscar-nominated original — took to social media to make the announcement.

Auli'i Cravalho originally voiced the character of Moana but won't star in this new version. Instead, a new actress will be found to sing songs such as *How Far I'll Go* and will surely become the first Polynesian woman to front a major Hollywood motion picture.

This news comes on the heels of controversy surrounding the casting of the *Lilo and Stitch* remake. That film, set on the Hawaiian Islands in the northern Pacific Ocean, has recently been criticised for the casting of light-skinned actress and singer Sydney Agudong in a key role.

BIG NIGHT FOR ASIAN FILM STARS AT ACADEMY AWARDS

The time-travelling sci-fi comedy *Everything Everywhere All at Once* was the big winner at the Academy Awards. The film won seven statues including the coveted Best Picture Award.

But it was Malaysian star Michelle Yeoh who made history as just the second woman of colour to ever win Best Actress, and the first of Asian heritage to do so.

Her co-star and former *Goonies* child star Ke Huy Quan also won for Best Supporting Actor as did Hollywood legend Jamie Lee Curtis for Best Supporting Actress.

Yeoh, Quan and fellow *Everything Everywhere* nominee Stephanie Hsu will feature alongside one another again in the Disney+ television series *American Born Chinese*.

Port Moresby's Paradise Cinema screens many of the movies mentioned on this page. For screening dates and session times see paradisecinemaspng.com.





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Into the future

Thanks to digital technology, rising smartphone uptake and plans to power up the country, the sky's the limit for local innovators. *Mark Story* talks to some of PNG's early adopters.

Papua New Guinea is on the cusp of unprecedented modernisation, due in part to government plans to make telecommunications connectivity and power – currently at 13 per cent – available to 70 per cent and 90 per cent of Papua New Guineans by 2030 and 2027 respectively.

The promise of additional high-capacity fibre connections to complement the Coral Sea Cable System launched in 2019 is expected to result in cheaper and more accessible internet access.

The government is also interested in tapping into Hawaiki Nui, a major new international cable system, which is set to be laid adjacent to the Gulf of Papua by 2025.

DIGITAL MONEY: ANYTIME, ANYWHERE

More people will eventually have smartphones, and new telco entrant Vodafone PNG ►

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PICTURES: GODFREEMAN KAPTIGAU & SUPPLIED

Vani Nades has established an online marketplace as well as an online resource hub for SMEs.





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expects lower price points to turbocharge the adoption of mobile devices and usage of social platforms.

While the 4G network of PNG's largest telco Digital Pacific now reaches 71 per cent of the population, Vodafone PNG is on target to cover all provinces with its own tower network by June 2023.

Greater smartphone uptake is expected to reduce reliance of PNG's remote communities on cash. Early in 2020, Digicel introduced Cell Moni, which helps remote villagers who've never had a bank account to withdraw, deposit and transfer money.

Vodafone PNG is already talking about the future rollout of mobile money – a surrogate bank for anyone with a smartphone.

THE E-COMMERCE WAVE

Local entrepreneur James Inglis, CEO of fintech company Niupay, is helping develop the public sector's e-government ecosystem. Included within Niupay's recent e-government initiatives



PGOI is an online success story that tracks takeaway orders from place of purchase to front door.

are the Immigration and Citizenship Authority's online visa platform, and a tax payment ecosystem.

Inglis is currently working on making e-government systems available to

people in rural communities by kiosk infrastructure and utilising drones for 'last-mile' delivery.

"The desire across PNG to embrace innovation and leapfrog obstructive methods has led to a lot more online services, the next big wave is e-commerce," says Inglis.

ADAPTATION PNG-STYLE

Young entrepreneurial Papua New Guineans are also transforming old ways.

One exciting example is PGOI, a tech company responsible for developing PNG's homegrown version of DoorDash, which tracks takeaway orders from place of purchase to your front door in real time.

Based on the success of PGOI, founder and non-executive director, Andrew Kitum, has branched out into the on-demand delivery of non-food vendors, like grocery and clothing boutiques, and is looking to add more staples people consume daily.



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"Instead of reinventing the wheel, innovation is an opportunity to modify global applications that also help solve key issues confronting PNG," says Kitum.

RIDESHARE

App-based and GPS-enabled technologies also extend to people movement, with Port Moresby locals now having access to DEXSS PNG, a homegrown rideshare service that utilises personal vehicles as either a taxi service or Uber Eats style food delivery.

Entrepreneur Jonathan Ilau created Port Moresby's first rideshare service late in 2022 as an innovative way to move people safely around the city with drivers who have local knowledge.

Ilau plans to extend these services into Lae, Rabaul and Kimbe by July.

AMAZON, PNG-STYLE

During COVID-19, internet service providers focused on rural connectivity. Emstret

“The desire across PNG to embrace innovation and leapfrog obstructive methods has led to a lot more online services.

”

established Shoptmart PNG, the country's first online marketplace for everything from sporting goods, and toys through to artefacts, chairs, necklaces and produce previously only available within local communities.

According to the company's founder and Chief Executive Officer, Vani Nades, local products like honey and coffee are highly sought after, especially by locals living abroad.

Nades is also responsible for establishing e-space, a resource hub where SMEs, freelancers, designers, artists, musicians and NGOs can get support to grow their businesses.

"If we can trade more goods sourced from across PNG, instead of importing everything, it will create an economic boom for the people," she says. ■



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Levelling the playing field for remote small-scale farmers

Not even PNG's remote small-scale farmers are being left out of the country's innovation wave thanks to Edidiman, a digital market platform developed by agriculture information systems specialist, Bougainvillean Jordan Becks.

Around 50,000 farmers across the country, plus two international buyers, are now using the agritech startup's supply chain to track prices of cash crops to help achieve the best price for their produce.

"Edidiman is a simple yet powerful way to communicate market information, best crop management practices, and other farmer-related agendas," says Becks.

"Our farmers and rural local economies need to embrace the new normal," says Becks, who's now the Group SME & agricultural development specialist with the CPL Group.

Edidiman is not alone in helping remote farmers, with AgriKonnekt, another agritech startup platform, aiming to bridge the divide between farmers and their market using a seamless online marketplace.

Currently being trialed in Central Province before being rolled out to the rest of the country, AgriKonnekt provides a supply chain that links farmers with transport to carry their produce. ■

— MARK STORY

FIVE INNOVATION TIPS

- 1 Ask yourself 'What are the dumb things we do that we could change?'
- 2 Review your work regularly, asking 'What did we learn?' and 'How could we do things differently?'
- 3 In teams, combine people from diverse backgrounds and skills.
- 4 Avoid spending too much on resources by innovating in small steps, even on long-term projects.
- 5 Stay open-minded and invite constructive criticism.

Supplied by Pete Williams, Chief Edge Officer at the Deloitte Centre for The Edge.



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SCAN ME

Hilton Residences set to open

Carmel Pilotti takes a sneak peek into one of Port Moresby's newest lifestyle developments.

An 18-storey development with apartments, business facilities, restaurant, bar and swimming pool is due to open during July at Port Moresby's Star Mountain Plaza, which is already home to the five-star Hilton Hotel.

The apartments in the new Hilton Residences building will be available in a choice of studios, one-bedroom and two-bedroom configurations. A three-bedroom configuration will also be available, by opening a studio to a two-bedroom residence.

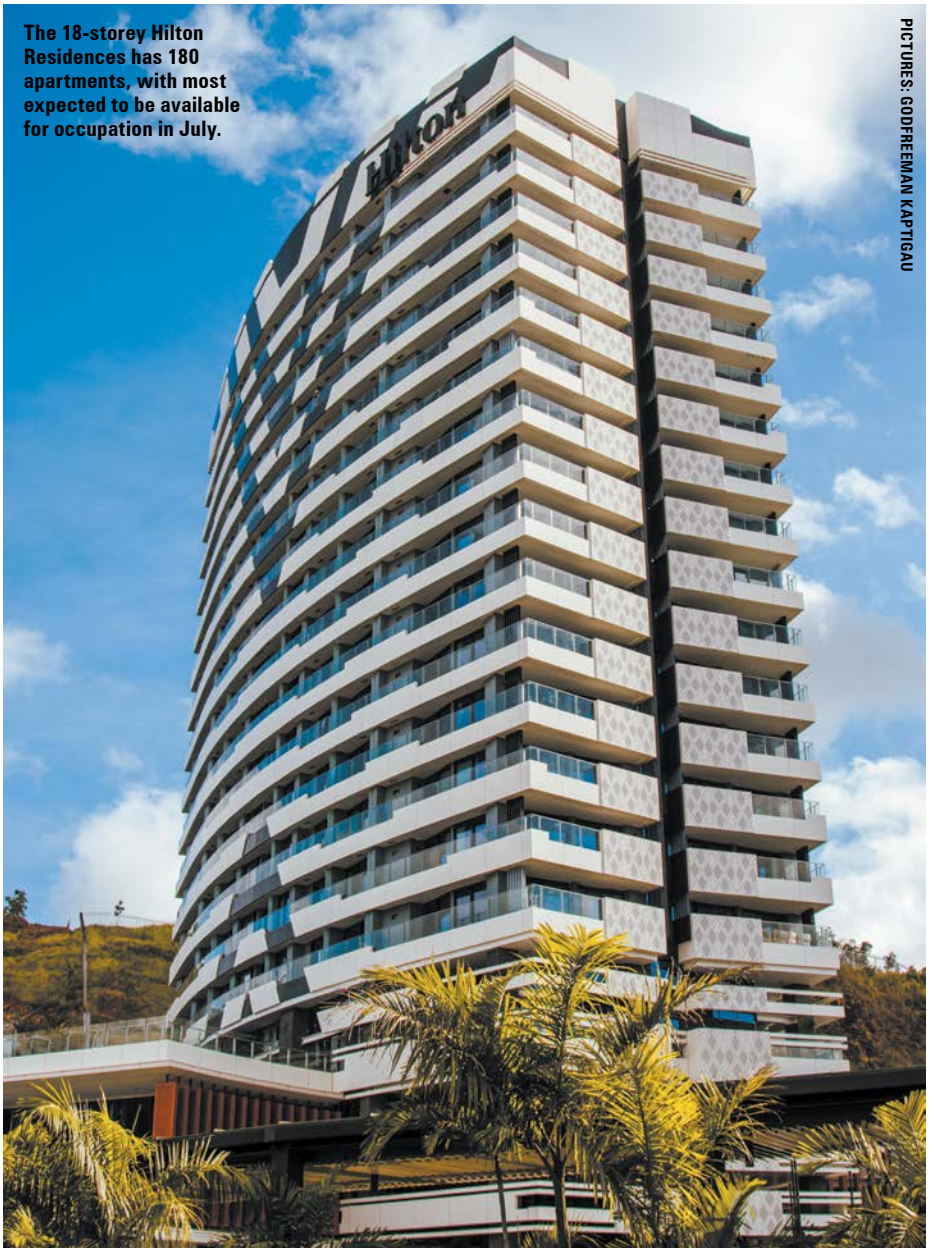
The new building includes 180 apartments, a business centre, a recreational deck with a swimming pool, a fitness centre, a restaurant and a rooftop bar.

Hilton Port Moresby Hotel and Residences General Manager, Ryan Mikkelsen, says that during the day the food and beverage area will have a 'grab and go' deli-style offering, and at night it will provide a casual a la carte dining experience.

The building also houses three floors of a business space called Hub Works, which Mikkelsen says is a new co-working concept for Port Moresby. It will offer private office spaces, casual working spaces and meeting

The 18-storey Hilton Residences has 180 apartments, with most expected to be available for occupation in July.

PICTURES: GODFREEMAN KAPITIGAU





facilities, as well as administration support and printing services.

Membership options to the co-working space will be tailored to corporates, small businesses and individual start-ups.

Area Vice President and Head of Australasia at Hilton Asia Pacific, Paul Hutton, says the strong rebound after COVID-19, not just in PNG but the rest of the Pacific, has given Hilton a high level of confidence with the new development.

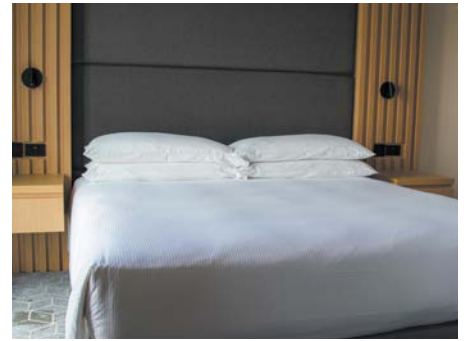
Some of the furnishings and interiors of the Hilton Residences (this page); the Hilton executive team on site at the development at Wards Road, Hohola (opposite).

"We have around 250 employees here and intend to boost that by another 40 per cent soon, simply because we will have these 180 units of full-time tenants," he says.

"There are a number of huge projects that have been signed (in PNG). Some have been delayed, but from what I understand they seem to be getting back on track, and so is tourism. So, we're very bullish about this – lots of individuals and a number of multinationals have already expressed interest."

Unsurprisingly, the residences uphold the standard of quality that is associated with the Hilton brand worldwide, from furnishings to white and brown goods and decor.

Depending on apartment size, the six-monthly price range is from PGK17,000 to PGK30,000, Mikkelsen says.



The Star Mountain Plaza comprises three stages of development. The first stage, which opened in 2018, included the Hilton Hotel, restaurants, bars and a convention centre; the second stage includes the Hilton Residences and the final stage will include retail, commercial offices and a 200-room four-star hotel. ■

See starmountainplaza.com.

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The POM plaza that is wooing locals

One of Port Moresby's newest developments has hit the right chord, *Mark Story* reports.



The Rangeview Plaza at Waigani (above); the Rangeview apartments, with access to spacious grounds, pool and gym (above right); the Rangeview Grocer (middle right); shopping in the plaza (bottom right).

The PGK320 million Rangeview Plaza, which opened in the heart of Waigani mid last year, is rapidly earning a reputation as the destination where more locals want to meet, shop and dine safely.

With more than 30 stores over three levels, the plaza has a wide range of shops. The anchor tenant, Rangeview Grocer, is a four-star supermarket with competitive prices.

In addition to an international food court, five restaurants, a medical clinic and a hair salon, the plaza has 88 fully leased apartments, equipped with pool, gym and 24-hour security.

Included among the shops is an Air Niugini booking outlet on level one, Fone Haus, and a men's clothing store offering free alterations.

The introduction of a free children's train is expected to attract more people to the plaza. The train does continuous circles on level one every afternoon and on weekends.

“The plaza's reputation as a safe and family-friendly destination is enhanced by 24-hour security, the proximity to public transport and plenty of undercover car parking.”

The train rides are complemented with a children's playground on level two – the first of its kind in Papua New Guinea – where parents can leave their little ones under supervised care while shopping.

The plaza's reputation as a safe and family-friendly destination is enhanced by 24-hour security, the proximity to public transport and plenty of undercover car parking (270 car parks), says the plaza's General Manager, Mike Taylor.

Another first for Rangeview Plaza is its unique status as an exclusively PNG-owned retail and commercial hub.

The country's largest super fund, Nambawan Super, which has 210,000-plus members in PNG, owns 56.72 per cent of the plaza.

The other shareholders include the National Capital District Commission and Lamana Development Limited, which own 12.76 per cent and 30.52 per cent respectively.

Rangeview has also created more than 500 jobs through the plaza's various retail outlets and property management arm. ■

PICTURES: GODFREEMAN KAPTIGAU & BUSINESS ADVANTAGE INTERNATIONAL





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What CEOs think about the PNG economy

The latest Business Advantage PNG/Westpac PNG 100 CEO Survey asked the CEOs of PNG's largest companies for their profit, investment and recruitment expectations for 2023. *Mark Story* reports on the results.

The results of the 2023 PNG 100 CEO Survey, released earlier this year, reveal a significant rise in the confidence of Papua New Guinea's leading businesses.

To start with, the survey asked CEOs how profits were last year, against their expectations.

For the first time since 2019, no CEOs expected their profits to be substantially lower this year than last.

Overall, around half of respondents (49 per cent) said their profits were higher than expected in 2022.

This group was divided into around 19 per cent who reported profits greatly exceeded their expectations and around 30 per cent who said profits slightly exceeded expectations.

Another 27 per cent said profits had met expectations.

Meanwhile, 19 per cent reported profits fell slightly short of expectations in 2022.

Only 5.41 per cent of respondents reported profits substantially short of expectations. By contrast, this figure was 35 per cent in 2021, when CEOs expected COVID-



PICTURE: GODFREY KAPITAU

Westpac senior economist Justin Smirk delivers the results of the CEO survey to business leaders in Port Moresby earlier this year.

induced disruptions to drag profits substantially lower.

Next, the survey asked CEOs about their profit expectations for 2023, with 75 per cent expecting to exceed last year's profits (last year, it was 55.55 per cent).

“

It looks like being a good year for employment.

”

For the first time since 2019, no CEOs expected their profits to be substantially lower this year than last.

One important indication of business confidence is how much companies are planning to invest in new plant, equipment and other assets.

Overall, almost three-quarters of respondents (72 per cent) expected to invest more on

capital expenditure this year, compared to only half of respondents in last year's survey.

Of these, 41 per cent expected a substantial increase in capital expenditure this year, compared to 28 per cent last year.

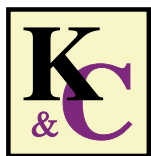
Every year, the survey asks employers for their recruitment plans for the coming year.

Based on responses, 2023 looks like being a good year for employment.

Overall, respondents expecting to recruit more staff lifted from 46 per cent in 2022 to 64 per cent this year. Almost a quarter (23 per cent) are planning to substantially increase their head count. ■

The 2023 PNG 100 CEO Survey was conducted by Business Advantage PNG (the publisher of this magazine) between November 2002 and January 2023. Respondents came from a representative sample of the largest companies across all of PNG's key economic sectors.

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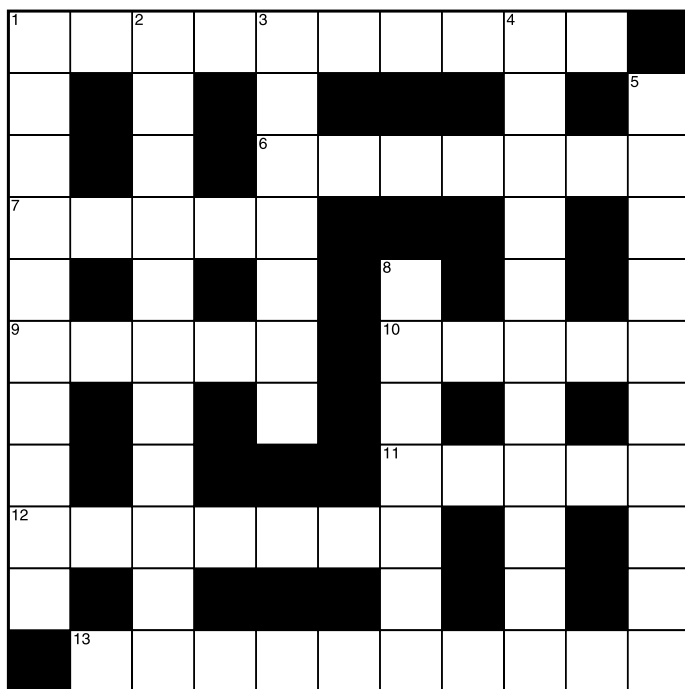
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STEAMSHIPS

DoubleTake

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



CRYPTIC CLUES

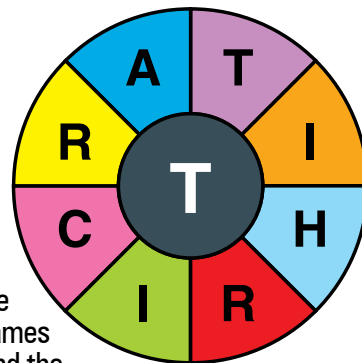
ACROSS

1. Spots a cage prepared for those copping the blame (10)
6. Inactive spy found under train tracks (7)
7. Sword is set evenly between arm and hand (5)
9. Overlooks moist mixture (5)
10. Choose to erect from right to left (5)
11. Rock or rap has to be faced in the end (5)
12. Wild marjoram is a bit of a terror, e.g. a no-hoper (7)
13. Ah! Cess meant to say analysis (10)

DOWN

1. Strange to own limos that go at a snail's pace (4,6)
2. Manages to increase the number of clergy apparently (11)
3. Yes, cats curiously show sheer delight (7)
4. Record me – a guaranteed device for calculating length of material (4,7)
5. Lord! Maybe it's a carrot! (10)
8. Speeches for the masses (7)

Wheel Words



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

7 Good 10 Very Good 13+ Excellent

STRAIGHT CLUES

ACROSS

1. Fall guys (10)
6. Simple earring (7)
7. Rebuke, slap on the ... (5)
9. Leaves out (5)
10. Vote into office (5)
11. The Sound of ... (5)
12. Pizza herb (7)
13. Appraisal (10)

DOWN

1. Action replay technique (4,6)
2. Deals out (justice) (11)
3. The agony and the ... (7)
4. Dressmaker's aid (4,7)
5. Duke or earl (10)
8. Pulpit exhortations (7)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Which PNG town conducts the annual Frangipani Festival?
2. What milestone is Air Niugini celebrating this year?
3. Which world leader cancelled his trip to PNG in May, and why?
4. What is the name of the war cemetery about 20 kilometres north of Port Moresby?
5. What does 'SP' stand for in 'SP Brewery'?
6. Who is George Telek?
7. Which Australian city that Air Niugini flies to has a population of about 2.5 million people?
8. What and where is Kavachi?
9. What type of meat is now commonly used in the Tongan dish of *lu pulu*?
10. Where are you if you are sitting on the Star Ferry?
11. A poke bowl is a traditional dish from where?
12. Which country has the capital of Pailikir?
13. Which big multi-sport event will take place in the Solomon Islands in November this year?
14. How many islands constitute Vanuatu: 10, 52 or 83?
15. The flag of which country is pictured?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 102.

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Solutions

Wheel Words

Solution: Cart, Chat, Chit, Hart, Itch, Rath, Tact, Tahr, Tart, That, Titi, Attic, Chart, Tacit, Tract, Trait, Iatric.
9-letter word: ARTHRITIC

Crossword

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

Sudoku

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

The Paradise Quiz

1. Rabaul
2. 50th birthday
3. US President Joe Biden to deal with a debt crisis in the US
4. Bomana
5. South Pacific
6. A PNG singer
7. Brisbane
8. An underwater volcano in the Solomon Islands
9. Canned corned beef
10. Hong Kong
11. Hawaii
12. Federated States of Micronesia
13. Pacific Games
14. 83
15. Palau



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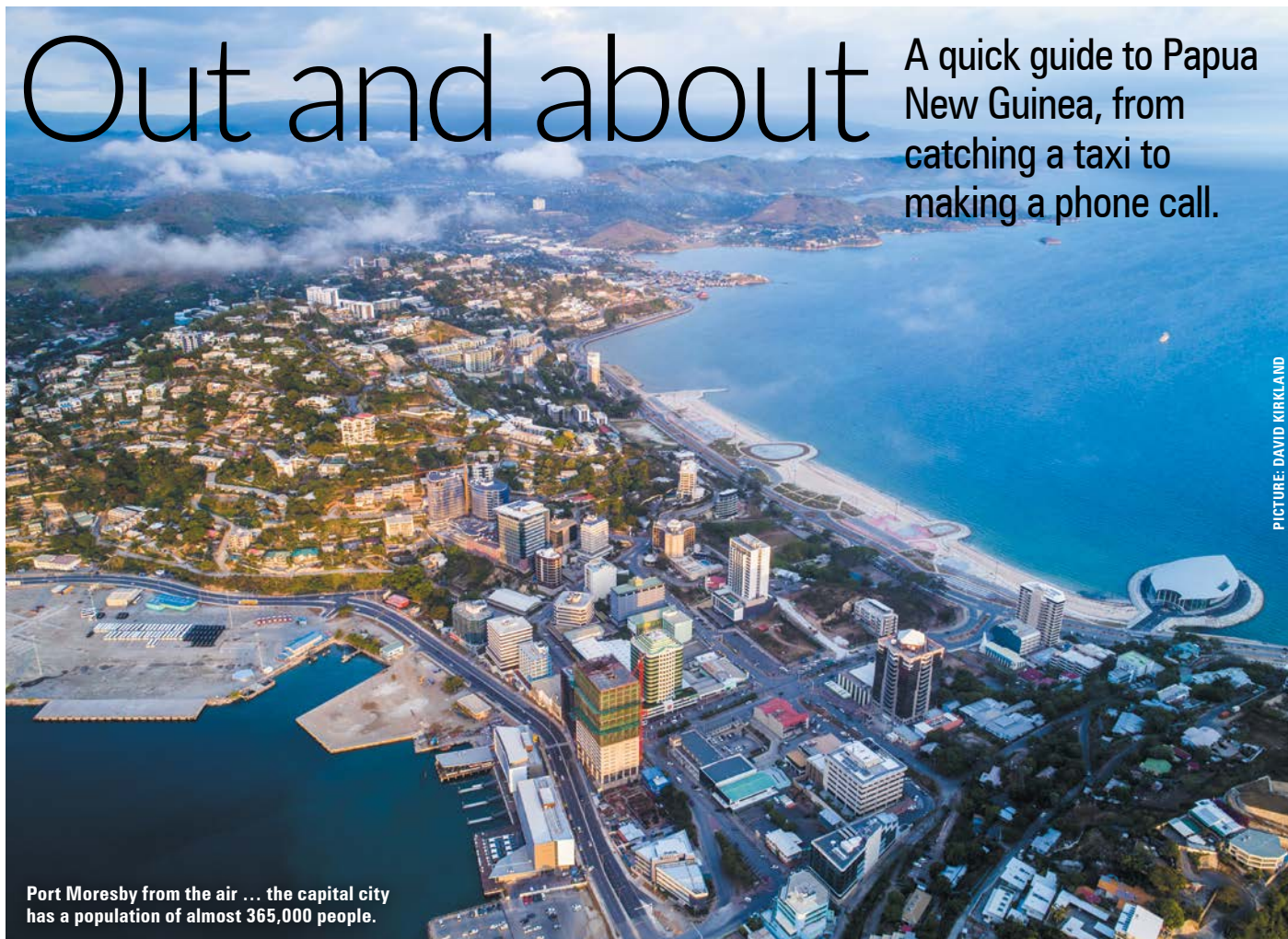
The product shown may not be on every flight.

ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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



PICTURE: DAVID KIRKLAND

Port Moresby from the air ... the capital city has a population of almost 365,000 people.

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. Complimentary wi-fi is available at hotels and at Jacksons International Airport.

Phone: International 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). Mobile data is available in cities and towns but may not be available in rural areas.

ELECTRICITY

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

GETTING AROUND

Airport transfers: For arrival/departure in Port Moresby, hotels 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 (70124400) and Comfort (325 3046). Expedient Limited (7232 9990) provides shuttle services. ODESH is Port Moresby's first taxi and chauffeur on-demand booking service. See odesh.net.

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

helicopter charters are available for travel to remote locations.

HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital, Paradise Private Hospital and Port Moresby General Hospital, which have emergency services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover. The cost of medical evacuation can be high. Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis. ➤



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LAE



MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides a 24-hour ambulance service in Port Moresby.

MONEY

PNG's currency is the kina (PGK). Banks and ATMs are located around Port Moresby, Lae and almost all urban centres.

PUBLIC HOLIDAYS

PNG observes a number of public holidays, including Independence Day on September 16.

TIME ZONE

PNG has a single time zone, 10 hours ahead of UTC/GMT.

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 a three-star property in Boroko. 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 facebook.com/citiboutiquehotel. Tel. +675 300 1300.

facebook.com/citiboutiquehotel. Tel. +675 300 1300.

Citi Serviced Apartments and Motel

There are two Citi Serviced Apartments and 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 facebook.com/citiboutiquehotel. 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 ihg.com. Tel. +675 309 3329.

Ela Beach Hotel and Apartments

On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

Gateway Hotel: Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

Grand Papua: This premium hotel is now part of the Raddison group 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 coralseahotels.com.pg/grand-papua-hotel. Tel. +675 304 0000.

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

Holiday Inn & Suites: 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 hotelsbeaches.com/laguna-hotel. 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.

Loloata Island Resort: This island resort, 40 minutes from Port Moresby, opened in late 2019. There are 68 rooms (including some overwater suites and villas), a day spa and two restaurants. Day passes are available for visitors who aren't staying overnight, and shuttles are provided from Port Moresby. The island is perfect for swimming, snorkelling, diving, walking or just lounging beside the pool. See loloataislandresort.com. Tel. +675 7108 8000.

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from the airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ramps for people with disabilities. Tel. +675 303 7400.

PORT MORESBY



Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly built executive rooms, conference facilities, a day spa and salon, a small gaming lounge, a tapas lounge, the Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel. +675 323 0000.

Stanley Hotel and Suites: One of Port Moresby's newest hotels, this is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive

lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

LAE

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

Hotel Morobe: A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

Lae City Hotel: Located in the main Top Town area, this hotel has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

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

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. Tel. +675 479 0411. ■



MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

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

- *How much is this?*
Hamas long dispela?
- *Thank you very much.*
Tenkiu tru.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi ken senisim moni bilong mi?

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

- *Restaurant*
Ples bilong kaikai
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

NUMBERS

1	2	3	4	5	6	7	8	9	10
Wan	Tu	Tri	Foa	Faiv	Sikis	Seven	Et	Nain	Ten

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Our team of product specialists are on hand to assist you with quoting all your project requirements. Why not give us a try the next time you are sourcing a product to see how we can offer you savings on both price and time.

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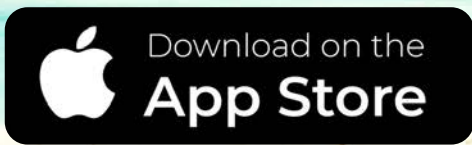
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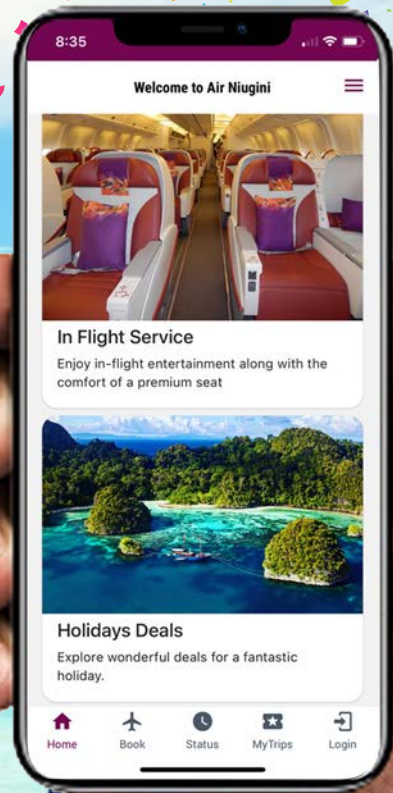
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Heavy lifting



Michelle Geekala unloading 83 tonnes of mining equipment in Port Moresby from a Boeing 747-400 freighter from Perth, Australia.

Air Niugini cargo department employee Michelle Geekala has become the first female at the airline to operate a main deck loader (MDL). The machinery is used to move large cargo from the main deck of widebody aircraft.

Recently, she was required to move 83 tonnes of mining equipment from a Boeing 747 freighter in Port Moresby.

"The journey has not been easy, it comes with its own challenges, but you have to believe in yourself, even when no one does," she says. "You have to be your own supporter

and critic, challenge yourself to be better than you were yesterday."

Geekala previously operated a lower deck loader for B747 and B737 freighters.

Air Niugini's Manager for Cargo Operations, Trevor Elly, says: "We are proud of Michelle's progress, breaking into an area where you find only men working."

"She is the only female in the Port Moresby operations unit who operates the MDL equipment and joins a legacy of other female cargo operations staff, including our current

Cargo Business Development Manager, Donna Hevoho, as well as General Manager Cargo, Paila Leka."

Air Niugini's Acting Chief Executive Officer, Gary Seddon, says that Air Niugini is an equal opportunity employer. "We have women working across our business, loading aircraft as well as flying them, from junior to very senior roles. I am very proud of the efforts of the dedicated men and women who are collectively, taking our airline to new heights." ■

Moves to boost PNG tourism

Air Niugini and PNG Tourism Promotion Authority (PNGTPA) executives met recently to discuss tourism growth across Papua New Guinea.

Air Niugini's Acting Chief Executive Officer, Gary Seddon, and PNGTPA Chief Executive Office, Eric Mossman Uvovo, shared ideas and discussed challenges and opportunities in the country's tourism development.

Seddon says there are efforts across the industry to restart tourism after years of uncertainty and restrictions.

"Air Niugini is about to undertake a major investment program in its fleet," he says. "Next-generation aircraft will improve reliability and expand our network, for the benefit of our country. These aircraft will be larger and more efficient."

Uvovo says the PNGTPA is willing to establish a memorandum of understanding



Air Niugini's Gary Seddon (left) and the TPA's Eric Mossman Uvovo have met to discuss a collaborative approach to tourism initiatives.

with Air Niugini to commit to a series of tourism initiatives that build on existing products across the country, with Air Niugini offering to support greater access through a competitive range of airfares.

"The TPA is excited about the prospect of a collaboration if it benefits tourism SMEs and PNG tourism businesses. Tourism grows local economies with substantial jobs growth," says Uvovo. ■

FOKKERS IN AIR AGAIN FOR MOUNT HAGEN

Air Niugini has resumed its Fokker jet service to Mount Hagen's Kagamuga Airport. The resumption of Fokker flights follows the completion of runway maintenance and repair works by the National Airports Corporation (NAC).

During the maintenance works, Air Niugini operated smaller Dash-8 aircraft to Mount Hagen.

Air Niugini Acting Chief Executive Officer, Gary Seddon, thanked customers for their patience during the modified service.

"Air Niugini is pleased that the works are now complete, and we thank the NAC for their efforts," Seddon says. ■





Air Niugini training instructors and managers (from left) Ostonu Faga, Martin Tugano and Maika Bovo displaying the airline's dangerous goods accreditation certificate.

Training in the danger zone

Air Niugini has received its Certificate of Accreditation on Dangerous Goods training from the International Air Transport Association (IATA).

This is the first such accreditation for an airline in Papua New Guinea.

The certification is based on competency-based training and assessment guidelines (CBTA).

Air Niugini's Acting Chief Executive Officer, Gary Seddon, says the CBTA is a new, mandated method of conducting and assessing dangerous goods training.

"The accreditation means the Air Niugini Training School can provide internationally recognised dangerous goods training qualifications with co-branded IATA certification," Seddon says. "This further supports Air Niugini's dangerous goods training reputation across the region."

Air Niugini provides dangerous goods training internally to its staff and externally to organisations with dangerous goods cargo requirements including airlines, mining companies and fuel companies.

Dangerous goods include restricted articles and hazardous materials. The dangerous goods training provides the technical knowledge, procedures and processes to ensure the highest safety standards and regulatory requirements are met when moving these goods. ■

AIRFARES GIVEN AWAY IN FISHING RAFFLE

Air Niugini was among 64 businesses that supported the 46th National Games Fishing titles hosted by the Lae Game Fishing Club during Easter.

The nine-day fishing competition included novice and experienced anglers from fishing clubs around Papua New Guinea, as well as overseas.

As part of its sponsorship, Air Niugini provided return airfares for two people from Lae to Singapore.

The tickets were won in a raffle by Harry Kaisa who works as the National Sales and Marketing Manager for Ramu Agri Industry. He says he purchased five tickets for PGK50 each.

"I told myself not to get over excited when I first received a text message advising of the prize, thinking it was a scam. However, after getting a call from Air Niugini, I was jumping up and down," he says.

Kaisa says he is grateful for the prize and that he will purchase another return ticket



Air Niugini's Manager Corporate Communications, Illan Kaprangi, presents the prize winner's letter to Henry Kaisa.

so that he can take his two young daughters to Singapore.

He plans to take a trip during the third-term school holidays.

"What a great way for the girls to spend their school holidays. We are all excited and cannot wait." ■

AIRLINE BOARD MEETS IN PORT MORESBY



Air Niugini Board members met recently at the airline's headquarters in Port Moresby. The members (from left) are Chairman Sir Kostas Constantinou, Monica Salter, Anthony Seeto, Lady Aivu Tauvasa, Prashant Shastri, Karl Yalo and the airline's Acting Chief Executive Officer, Gary Seddon.

LOCAL DISHES FOR INFLIGHT MENU

Air Niugini's international inflight menu will soon include the choice of local Papua New Guinean dishes. It is the first time that local dishes will be included on the menu.

The introduction of the dishes is an initiative of the Acting Chief Executive Officer, Gary

Seddon, who wants to bring back PNG pride and local flavour to the national airline, and to support local farmers.

The local dishes will complement the Asian- and Western-style dishes that are already on the menu. ■





WELCOME ABOARD

ENJOY OUR BIRD OF PARADISE IN-FLIGHT SERVICE

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

Immigration and Customs Forms

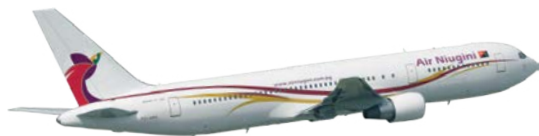
During your flight, our cabin crew will distribute Immigration and Customs forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



AIR NIUGINI FLEET



B767-300ER - Boeing

Length: 59.94m
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x PW4000
Normal altitude: 11000 - 12000m
Standard seating capacity: 188
Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines
Normal altitude: 11000m
Standard seating capacity: 73
Business class: 08
Economy class: 65
Number of aircraft in fleet: 4



DHC8-202 – Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph
Power plant: 02 x Pratt & Whitney PW123D
Normal Altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.53m
Wing span: 22.08m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650-15 turbo engines
Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 6



DHC8-Q315 – Bombardier

Length: 25.7m
Wing span: 27.4m
Range: 1700km
Cruising speed: 510kph
Power plant: 02 x Pratt & Whitney PW123E
Normal Altitude: 6100m
Standard seating capacity: 50
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 5000-5500km
Cruising speed: 810-850kph
Power plant: 2 x CFM56 - 7B26
Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 1



DHC8 – 400 – Bombardier

Length: 32.8m
Wing span: 28.4m
Range: 3000km
Cruising speed: 670kph
Power plant: 02 x Pratt & Whitney PW150A
Normal Altitude: 7600m
Standard seating capacity: 76
Number of aircraft in fleet: 3



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

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.

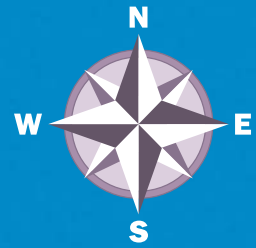


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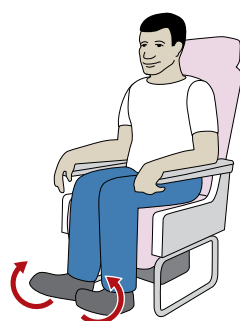
INTERNATIONAL ROUTE MAP

Your wellbeing



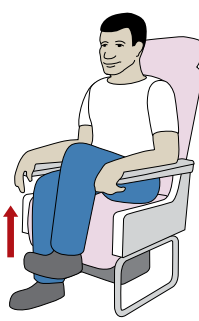
These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



ANKLE CIRCLES

Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



ARM CURL

Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.



KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



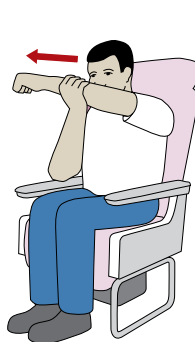
FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



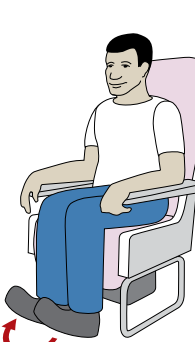
SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.



NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.

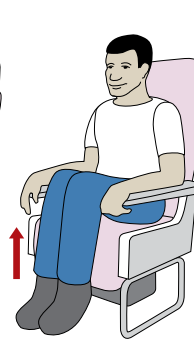


FOOT PUMPS

Foot motion is in three stages.
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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TRAVEL UPDATE

COVID-19 VACCINATION CARD

It is a requirement to attach your Covid-19 vaccination certificate and a Supplementary Health Form each time you apply for a visa.

VISA ON ARRIVAL (VOA)

VOA for all eligible nationalities remain suspended until further notice.

PASSPORT VALIDITY

Your passport must be valid for over 6 months.

WORK PERMIT

Foreign nationals who will be engaged in formal employment in the private sector needs a work permit approval before applying for a visa. Your employer is responsible for sponsoring your permits.

PRIORITY PROCESSING

A standard priority processing fee of US\$2,000 applies to all visa categories for fast track processing within 24 - 48 hours.

VISA AND WORK PERMIT FORMS

You can download the forms on PNG Immigration website.

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