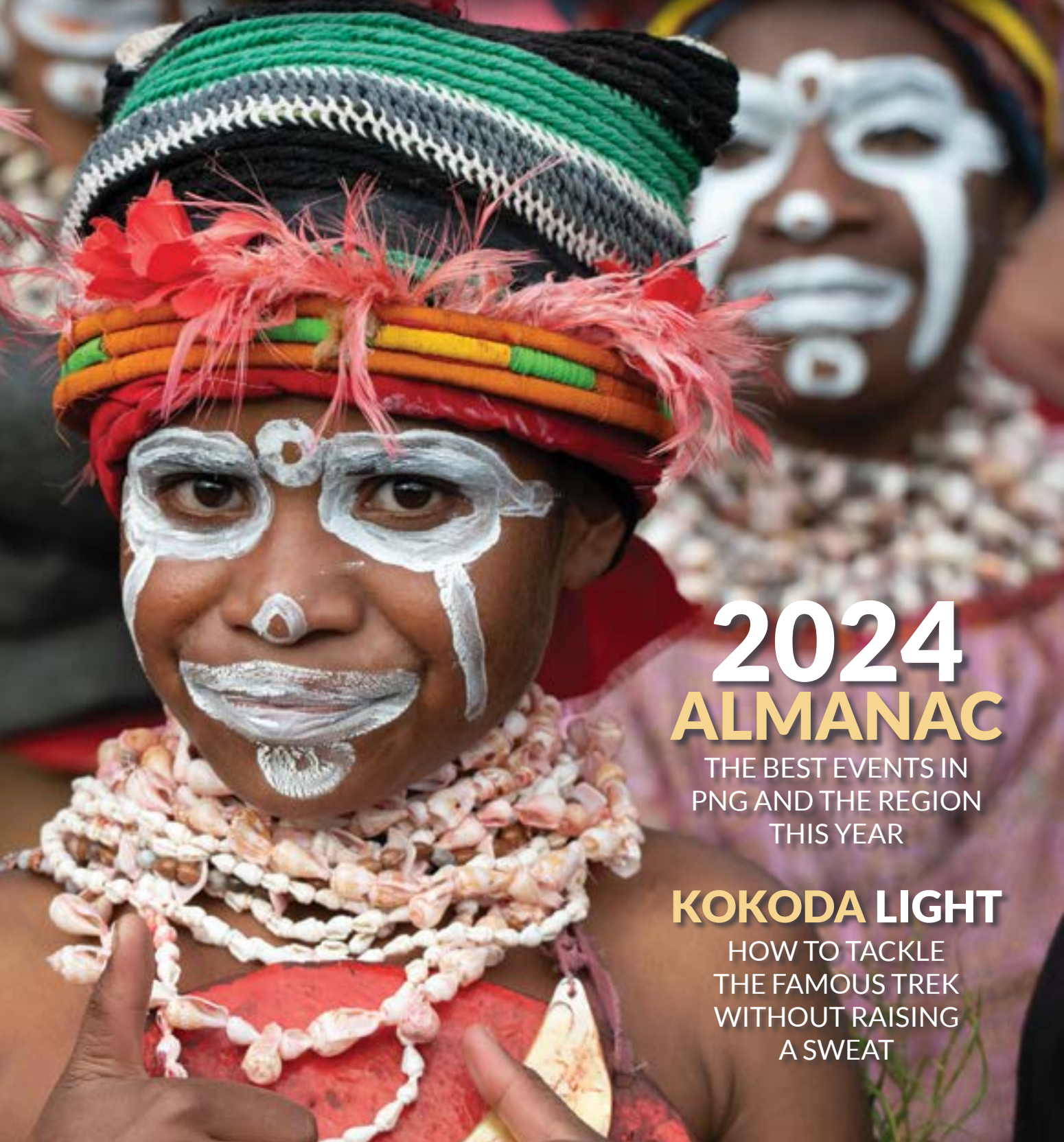


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Photographer - Dubi Shapiro

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*COVER PHOTO: Colour and character at the Mount Hagen Show, one of the highlights in our diary of 2024 events. See Page 42. Picture by Monique Van den Broek.*



# Message from the Acting CEO

## Welcome aboard



W elcome aboard this Air Niugini Bird of Paradise flight. And may I take this opportunity to wish you a very Happy New Year.

As we embark on 2024, I am filled with immense pride and optimism for the future of Air Niugini, Papua New Guinea's national airline. Our focus continues to be in the improved ability to deliver a competent, safe and sustained air transport service. Today, we stand on the precipice of an exciting

era, poised to soar to new heights and redefine the aviation landscape in our region.

At the heart of our success lies our unwavering commitment to providing our passengers with an exceptional travel experience. We are dedicated to ensuring that every flight with Air Niugini is an embodiment of PNG's rich cultural heritage, warm hospitality, and unparalleled natural beauty. Our cabin crew, the epitome of the 'Papua New Guinea Spirit,' embodies this commitment with genuine care and attention to detail, ensuring that every journey is truly memorable.

In 2024, we continue on our path to execute an ambitious fleet modernisation program, as we prepare our airline to receive state-of-the-art Airbus A220s in 2025 and Boeing 787 Dreamliners in 2026, that will enhance passenger comfort, efficiency, and environmental sustainability. These new additions will not only expand our reach but also strengthen our position as a leading regional carrier.

Our commitment to innovation extends beyond our fleet. We are continuously exploring digital transformation initiatives to enhance our customer experience, from seamless online bookings to personalised travel solutions. We are excited about the launch of our rebranded

loyalty system and look forward to sharing with you the benefits of the new program. Executive Club members and business class travellers now enjoy the benefits of the Qantas lounges in Australia, prior to our flights.

Beyond our core business, we are deeply committed to playing a pivotal role in PNG's economic growth and development. We are actively engaged in fostering trade and tourism, connecting people and businesses across the country and around the globe.

Finally, you will hear our dedicated Air Niugini team refer to the 'Bird of Paradise' service, and our relationship with this beautiful indigenous creature of PNG. Birds of paradise are endemic to PNG, found nowhere else in the world. Their vibrant plumage and captivating behaviours epitomise the country's rich biodiversity and natural beauty. Air Niugini proudly adopts the bird of paradise as its emblem, representing the airline's deep connection to its homeland and the spirit of PNG.

Air Niugini recognises the importance of preserving PNG's natural environment, including the habitats of birds of paradise. The airline is committed to sustainable practices, reducing its carbon footprint and implementing eco-friendly initiatives. This commitment aligns with the delicate balance and adaptability of the birds of paradise themselves.

Aviation is a significant contributor to climate change, accounting for about 2 per cent of global emissions. By working together, the industry can develop and implement measures to reduce emissions, such as using more sustainable fuels and improving aircraft efficiency.

Thank you for choosing Air Niugini, and we look forward to welcoming you on board again soon.

*Bamahuta! Lukim yu bihain.*

Gary Seddon  
Acting Chief Executive Officer





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SCAN ME

## PARADISE Q&A

# TIM FLANNERY



Tim Flannery (left) with Rod Morris, a guide and lecturer on the *Heritage Adventurer*.

Scientist, conservationist and writer Tim Flannery is blessed with an insatiable curiosity and sense of adventure. It's the time he spends in PNG that really excites the deep thinker, who has been described by Sir David Attenborough as being in the league of all-time great explorers. *Fiona Harper* reports.

**Q: What ignited your initial interest in Papua New Guinea?**

A: I remember when I was in around Year 7 or 8 a group of Papua New Guineans came to our school from a sister school on Yule Island. I was too shy to really speak to them, but I was intrigued. This was really the beginning

of my interest in PNG. I was always a great reader and was interested in animals, and as I started studying I realised that there are animals in PNG that we were only finding as fossils in Australia. I'm a palaeontologist and mammalogist and 'climate person', but the first 20 years of my career were spent in

Melanesia and PNG doing fauna surveys of mammals.

**Q: What it is about PNG that keeps luring you back?**

A: PNG is the most special place on Earth. I find there is so much to learn here. One time I met the most extraordinary man who was



a specialist tree kangaroo hunter. I had a list of the names of animals I wanted to find, and as soon as I mentioned the tree kangaroo, he transformed himself into the animal, imitating the way they move their head, their face and the way their eyes move. As I went through the list, each time he transformed himself into this creature. It was quite extraordinary.

I feel a great deal of gratitude to the people who have shared their knowledge with me, and I have benefited from experiencing a fundamentally different culture. For the past 20-odd years I've been trying to set up community conservation organisations to help Papua New Guineans benefit by conserving biodiversity.

**Q: What brings you back to PNG this time?**

A: I'm a guest lecturer onboard *Heritage Adventurer (HA)* on an 18-day voyage from Bali to Madang. I've been working with New Zealand-based Heritage Expeditions since around 2017, when I met Aaron Russ and

“ PNG is the most special place on Earth. I find there is so much to learn here.

realised his father was Rodney Russ (Heritage Expeditions' founder). Rodney and Rod Morris (guide and lecturer onboard *HA*) were part of the crew that rescued some of the most endangered birds, the Chatham Island Black Robin, in New Zealand back in the 1970s. These people were my heroes.


It's four years since I was last here and it's changed a lot. Changes happen fast when the language is not written, where language

evolves quickly because it's very flexible. I find myself speaking 'old man's pidgin'. Community conservation associations help to give back to those who have helped me, and this is partly why I'm here.

**Q: What's putting a smile on your face?**

A: Working in Melanesia again and catching up with some old friends after 30 years. Having lived in a number of traditional societies, I find it endlessly wondrous being in this culture again. If you want examples of good leadership, look in the villages around here. I was in a meeting two days ago to talk about the conservation association. A great Melanesian leader sat there listening, not saying much until towards the end. He said a few things that guided the conversation and then other people picked up on his ideas. It's that sort of quiet, respectful leadership that influences my admiration for Melanesian culture. ■

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# Hollywood star films in PNG

Hollywood star Will Smith wrapped up a visit to Papua New Guinea late last year declaring that he will be back.

“It was my first time here and certainly not my last,” he said.

Smith and his entourage of 60 were in PNG to film a six-part National Geographic documentary called *Welcome to Earth*.

The month-long visit to PNG was cloaked in secrecy and security, but Smith did take time out to shake hands and talk to fans who chanced upon him.

Smith, the star of Hollywood blockbusters such as *Men in Black* and *The Fresh Prince of Bel-Air*, filmed in Kavieng and small islands in New Ireland Province, including Tench Island and the St Mathias Islands.

He then moved on to Rabaul in East New Britain Province where it’s believed he filmed at Mount Tavurvur.

Apart from his blockbuster movies, Smith is infamous for slapping comedian Chris Rock on the face when the comedian

made a joke about Smith’s wife at the 2022 Academy Awards.

Smith was guided in PNG by Papua New Guinean marine conservationist John Aini.

Smith warmly thanked Aini, who he said had taken great care of him and his crew.

“The love in this man’s heart for PNG is spectacular and the love for this place radiates off him and out of his heart into mine ...” Smith said.

“The introduction to this place and into the beauty of your heart and land, I will never forget.” ■

“It was my first time here and certainly not my last.”



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# Big-game fishing titles set for Port Moresby

**M**ore than 200 anglers are expected in Port Moresby in March for the GFA PNG 47th National Game Fishing Titles.

The anglers, from Papua New Guinea and overseas, will compete over nine days, from March 23 to 31. Some boats will travel from Cairns, Australia, for the annual event.

Among the fish they'll be chasing are blue marlin, black marlin, sailfish, tuna, mackerel and wahoo.

Teams of up to four compete for points and heaviest fish, in accordance with the rules of the International Game Fishing Association. Under the rules, teams are only allowed to fish on two of the nine days.

There is also a separate one-day competition, to be conducted on the Wednesday, called the Billfish Shootout, in which anglers try



to catch the biggest billfish.

The tournament is being hosted by the Port Moresby Game Fishing Club. It's held every year and rotates between Port Moresby, Rabaul, Madang

and Lae. Last year, it was in Lae and included over 50 prize categories.

To enter, anglers need to form a team of two to four people and to have their own boat, or a charter boat.

More information is available at [pmgfc.fish](http://pmgfc.fish), [facebook.com/pmgfc](https://facebook.com/pmgfc) and [youtube.com/@pmgfc](https://youtube.com/@pmgfc). ■

“

Among the fish they'll be chasing are blue marlin.

”



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# TIME TO PARTY

Air Niugini celebrated its 50th anniversary with a staff party full of music, food and good times. Photographer Godfreeman Kaptigau mingled with the crowd to shoot these images of the gathering.

**A**ir Niugini staff in Port Moresby commemorated the airline's 50th anniversary with a *bung wantaim kaikai* in a glamorous set up at the Air Niugini head office at 7 Mile on November 3.

The event was celebrated in two sessions, morning and afternoon, to allow the shift workers to join the celebrations.

Some board directors, the Acting Chief Executive Officer, Gary Seddon, and his management team attended.

Staff received gifts and shared a meal together to mark the anniversary of the airline, which started flying on November 1, 1973.

Tribute was also paid to long-serving staff members, from 25 to 45 years, who were acknowledged for their commitment and loyalty to the airline.

As part of the celebration, there was an exhibition showing Air Niugini photos of various planes used over the half century, cabin uniforms, pilots, CEOs, and current staff.

Manus traditional *garamut* dancers and a band comprising Air Niugini staff was on hand to provide entertainment during the day. ■

**For more Airline News turn to Page 110.**



- 2** Old magazine and newspaper articles about Air Niugini on display at the airline's 50th anniversary *bung wantaim kaikai*.
- 3** A timeline of key events in Air Niugini's history was among other memorabilia on show.
- 4** Acting CEO Gary Seddon and Manus dancers get into the swing of things to the beat of *garamut* drums.
- 5** Cabin crew at the Air Niugini event (from left) Vicky Bisambi, Florence Subam, Suzzanne Linglingro and Maggie Angham.

PICTURE: ILLAN KAPRANGI



**1** Pioneer Air Niugini pilots (from left) captains Samiu Taufa, Granger Narara, Lekwa Gure and Francis Pohonhelan with Air Niugini's Acting CEO Gary Seddon.





- 6** Cargo department employee Mason Waika on guitar with the Air Niugini band that provided entertainment.
- 7** Staff taking a selfie (from left) Russell Veoli, Molly Polongou Popu and Naime Kutan.
- 8** Airfreight employees (from left) Yatom Werner, Francis Kua and Alexander Frank.
- 9** Staffer Dianne Pondreiai is escorted by the Manus dancers to receive a long-service lapel pin.
- 10** Long-serving Air Niugini staffers (from left) Kay Philip and Anthonia Jolam.
- 11** Staff in one of the marquees at the event.
- 12** Cabin crew member Norman Kari receives a long-service lapel pin from the airline's Deputy Chairman of the Board, Anthony Seeto.
- 13** Tiana Ila, the Executive Manager of Maintenance Control, is all smiles.





# A BIG PLUS FOR HONG KONG

The Madame Song exhibition at the M+ museum (above); the museum exterior day and night (below).

One of the hottest tickets in Hong Kong right now is M+, a museum dedicated to visual arts.

Since opening in November 2021, M+ has attracted more than 4.5 million visitors. It is already rivaling the city's major tourist attractions such as Victoria Peak, the Star Ferry and the Tian Tan Buddha.

There are 33 galleries at M+, with a mix of permanent and rotating exhibits showcasing works from Hong Kong and mainland China, as well as Asia and the rest of the world.

M+ is in the West Kowloon Cultural District, which is already endowed with cultural icons such as the Hong Kong Palace Museum and the Xiqu Centre, where Chinese opera is performed.

The expansive 65,000 square metre M+ building is as impressive as the creative works inside. The M+ exterior (65 metres high and 115 metres wide) is embedded with thousands of LED bulbs and is one of the biggest media walls in the world. At night, the facade transforms into an evolving digital platform,



visual media screening across its surface.

M+ has lofty ceilings, which provide open, airy spaces to view the contemporary artworks. Tall windows in the galleries frame some spectacular vistas of Victoria Harbour.

Among the rotating exhibitions at M+ is a tribute to Madame Song, a legend in Chinese art, film, music and fashion. The exhibition runs until April 14 and chronicles her life from the 1950s.

An intriguing ongoing exhibition is 'Things, Spaces, Interactions'. It presents more than 500 examples of design objects that have had an influence in Asia and the rest of the world in the past 70 years, including the Toshiba automatic rice cooker, which first went on sale in 1955.

M+ is open Tuesdays to Thursdays and weekends 10am to 6pm, Fridays 10am to 10pm, closed Mondays; adult standard general admission ticket is HK\$120 (about PGK58), [mplus.org.hk/en](http://mplus.org.hk/en). ■

— JENNIFER JOHNSTON

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# New venue for drinks and seafood in Cairns

One of the newest additions to the hospitality scene in Cairns is the Calypso Club (pictured), a rum and seafood bar in a tropical setting with palm trees at the Crystalbrook Riley Resort. The venue opened its doors just a few months ago, offering a blend of coastal-inspired dishes, and a focus on local and international rums.

Fresh local seafood features on the menu, which is inspired by Australian fish and chip shops and American crab shacks. Notable dishes include fish burgers, coral trout ceviche and the signature Calypso Roll, which is a nod to the iconic lobster rolls of New England in the US.

The cocktail list includes 'Clarified Coco' (a combination of Havana Club rum, coconut, coffee, spices and colada foam) and the 'Club Stinger' (a blend of local Mt Uncle Distillery aged rum, Rinomato, Agricole, hibiscus, watermelon and grapefruit).

The venue is open from Wednesday to Sunday from noon until late (kitchen until 8.30pm). See [crystalbrookcollection.com/riley/calypsoclub](http://crystalbrookcollection.com/riley/calypsoclub).



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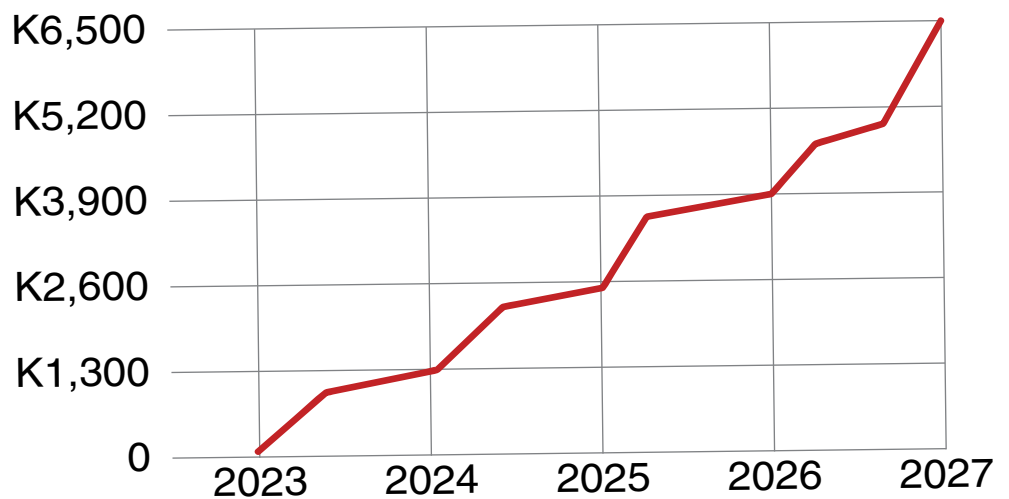



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# BIG PICTURE

TAKEN BY CRAIG J. LAFOLLETTE

This American photographer/traveller was reading a copy of *Paradise* recently when he came across the 'Big Picture' page. "As soon as I saw it, I knew I had to submit my favourite photo for the page," he says. "I travelled to Papua New Guinea to work way back in 2001 and these boys, who had been swimming in the sea in Vanimo, posed for me. The photo instantly became one of my favourites as the picture depicts the beautiful nature of the people I came into contact with during that stay."





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



## ADVERTISEMENT



# Grand Papua Hotel Rejuvenation

**Greetings from the Grand Papua** in the centre of downtown Port Moresby. Let me tell you a few facts about this iconic hotel.

Be assured that the hotel lives up to its name as the latest and grandest of the three Papua Hotels that have stood in this location since the early 1900s.

The first Papua Hotel was at the cutting edge of innovation, at various times being the first to have stabling for guest's horses, electricity, hot water, motor vehicles and air conditioning.

To differentiate the hotel from the only other accommodation establishment in town at the time, the Papua Hotel was known as the 'top pub'.

General Douglas MacArthur was one of the first 'guests' of the second Papua Hotel during World War Two, when he commandeered the building as his headquarters. When the hotel officially re-opened in September 1947, it boasted 44 bespoke rooms and a dining room seating 120, which was renowned as being one of the best places in town to eat.

Today's Grand Papua Hotel is a modern, up-market boutique hotel hosting luxurious short and long-stay apartments with more than 100 above-premium hotel rooms, the fine dining Grand Brasserie restaurant, rooftop dining Under the Shade and Executive Lounge, swimming pool, the Grand Spa, conference facilities and the atmospheric and exclusive Grand Bar.

The Grand Papua Hotel has all the necessary communication and entertainment facilities and is a member of Radisson Individuals. Built in 2011, the Grand Papua Hotel is currently six months into a makeover. A major rejuvenation of our restaurant, bar, lobby, guestrooms as well as the top floor Executive Lounge is well underway.

I promise you that even whilst rejuvenation works are underway, the hotel is 100% open and will continue to deliver the best services.

I assure you that if what is required is a central location for a business meeting or conference, with secure underground parking close to everything in town, top-class catering and a bar for quiet drinks and confidential networking afterwards, then the Grand Papua is your ideal choice.

We also have fifty-one serviced, balconied apartments and residences; also suitable for those who may wish to stay in Port Moresby for longer periods and still want access to all the comforts and facilities that the hotel has to offer.

I understand that some might yearn for a bit more luxury, and on the 16th floor we have four Executive Suites and four Presidential Suites, ideal for executive accommodation, small and large business meetings and conferencing.

I invite you to celebrate your individuality and join me in the grandeur of Papua New Guinean hospitality at the Grand Papua, which is, on many levels, still the "top pub".

### A message from

Peter Laigaard Jensen  
Senior Vice President  
& Group General Manager.  
Coral Sea Hotels.





# Kokoda Light

HOW TO TACKLE THE  
FAMOUS TREK  
WITHOUT RAISING TOO  
MUCH OF A SWEAT

*Carmel Pilotti* steps out of her comfort zone for a stroll along a short section of the Kokoda Trail.

**T**ackling the gruelling undulations, river crossings and rainforest environment of the 96-kilometre Kokoda Trail is a bucket list activity. But a high level of endurance and fitness is required, putting many people off the challenge.

Now, local tour company Tru Warrior is bringing the trek within reach of more people, with the introduction of a series of shorter excursions along the trail.

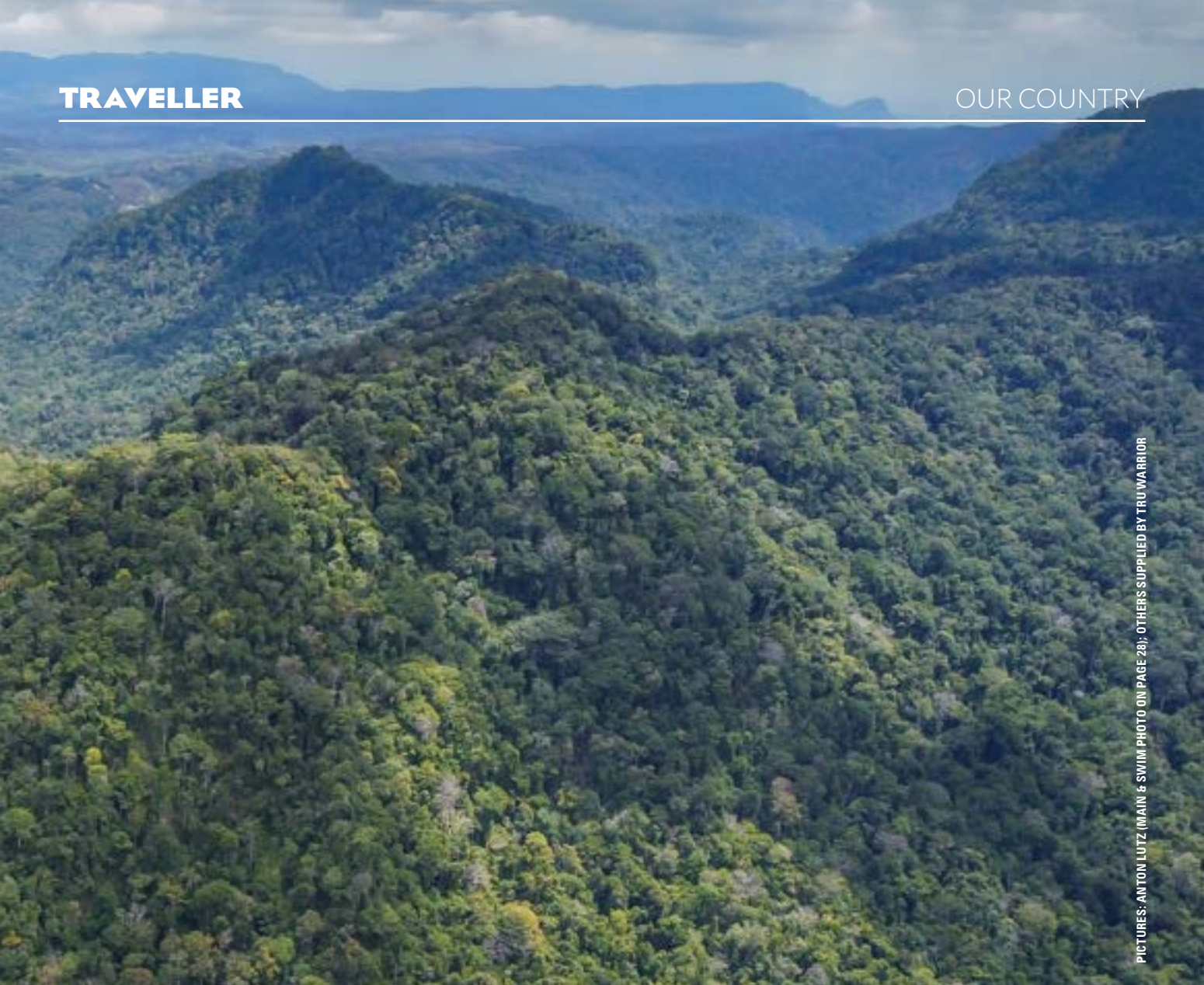
You can go for guided one- or three-day treks, an overnight camping tour along the trail, or do a 'fast trek' of the whole 96 kilometres in six days.

You may not raise the same sweat levels on a short trek as you do on the entire journey, but Tru Warrior founder, Tala Kami, warns that there are no easy days on Kokoda.

"Whether you sign up for a short trek or the full experience, it is going to be tough," Kami says. ➤







PICTURES: ANTON LUTZ (MAIN & SWIM PHOTO ON PAGE 28); OTHERS SUPPLIED BY TRU WARRIOR



**A drone view of the rugged terrain near Imita Ridge (main); trekkers and guides at Owers' Corner (far left); time out for fun and games on the trek (left).**





“For some people, it is the hardest thing they do in their lives. However, it is also one of the most amazing experiences you will have. You get to see beautiful and lush mountain rainforest, immerse yourself in the history of the trek and interact with the Koiari people and their culture.

“It is a life-changing experience and we recommend it for everyone to try.”

As a beginner, I opt for the one-day trek. Although it’s the easiest on offer, it turns out to be quite a challenge for me.

Trekking day starts early. I meet up with seven other trekkers at Gordons at 6am and we board a bus that winds through the early morning fog through the Sogeri hinterland to Owers’ Corner.

Depending on which way you are trekking, Owers’ Corner is the staging post for the start or end of the 96-kilometre trail that pierces the Owen Stanley Range.

From Owers’ Corner, there is a breathtaking view of the vast forested valleys and mountains ahead.

I admire it as best I can with butterflies in my stomach about the trek ahead and, soon enough, we are on our way, descending into the jungle.

**Cooling off in the Goldie River (above); guides on the trail (right); watermelon to help hydrate trekkers (below).**



The air thickens and the earth dampens as we walk into the jungle, with a leafy canopy now high above us.

The downhill path is steep, but I manage to walk it quickly with the help of a tree branch for a hiking pole, given to me by rangers at Owers’ Corner.

The steepness pulls me forward and I feel the impact of my heavy steps in my ankles. Walking downhill is not so easy if squatting exercises are not your regular thing.

Our destination for the day is Imita Ridge, a bit over five kilometres from Owers’ Corner.

Along the way, I realise all the hustle and bustle of the city is gone and the only noise is the occasional call from birds in the canopy. Streams with fresh, cool water are perfect for refilling water bottles.

In some places the track evens out to provide some respite from the steepness.

The good thing about this one-day trek is that you can turn around at any point if you are getting too tired. A guide will go with you to a resting spot where you can wait for the others.

After just hours on the trail, I’m approaching agony, so I’m in awe when we come across a group of guides who have been trekking ➤



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for days. They are on their way to Owers' Corner to meet their next trekking group. After they rendezvous, they'll tackle the entire 96-kilometre trail again.

Getting to Imita Ridge takes us a good portion of the day, so when we turn around, we are keen to pick up the pace a bit because a cool dip beckons in the Goldie River.

The ridge provides a view across a forested valley and there's a plaque to memorialise the last stand of the Australian and Papuan forces against the Japanese on the trail.

Supplies were carried on foot to Imita Ridge daily as the battle raged.

This is as far as the Japanese soldiers went on the trail, never making it to Port Moresby.

"Imita stands as a testament to the courage, bravery and steadfastness of the heroes who fought in the Kokoda Campaign and is an amazing way to experience the challenges and hardships the soldiers and



Trekkers at Imita Ridge.

carriers faced in defending that position," Kami says.

The history of Kokoda speaks for itself, but Kami says Tru Warrior also embraces the natural beauty of the track, with its villages nestled in cloudy mountain tops, crystal-clear rivers, ancient towering trees and the abundance of flora and fauna.

"The challenging nature of the track is also a spiritual experience; it forces you to tap deep into parts of yourself that may have lain dormant for years.

"You have no choice but to surrender to the moment you are in and be so present in every step and every breath you take." ■

**Tru Warrior one-day Kokoda treks cost PGK200, including guiding, food and return transport from Port Moresby. A weekender trip (two days, one night) is PGK549. Tel. +675 7465 3447; email [truwarriorpng@mail.com](mailto:truwarriorpng@mail.com).**

“

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Daugo Island is just off the coast of Port Moresby, close enough for a day visit. But *Kate Webster* discovers it is worth a longer stay to really slide into island village life.

# A WARM WELCOME AT AN ISLAND VILLAGE



“

I chat with the women who wash dishes outside their kitchens and children show me their homework from school. I meet fishermen who are mending their fishing nets.

”



Boats parked at Fisherman’s Island (opposite page); fishermen fixing their nets (above); children gathering around to practise their English (far left); friendly smiles can be found everywhere on the island (left).

Known by the locals as Fisherman’s Island, Daugo in the Mouto language is derived from the names of the island’s two villages, Dag village on the western tip and Ugo village on the eastern tip. The flat and rectangular island has a fringing coral reef and is home to a village of about 6000 people with six different clans.

I am met at the Koki Fish Market’s harbour in Port Moresby by Keimelo Gima, the owner of Aluraikau Homestay, board a small wooden fishing boat and take off for a scenic 30-minute ride across the bay to Fisherman’s Island. The water surrounding the island is crystal clear and I can see the bottom as we glide over some coral reef before landing on the sandy shores.

Immediately, I am greeted by the smiles and laughter of children who are playing in

the shallows. By the time I have walked up the beach, the group of children has grown considerably. Their curiosity turns into whispers and giggles as they chatter about their new island guest.

It is a peaceful island where you can walk around on your own and talk to the locals as they go about their daily lives. Everyone seems to know each other, and it feels very communal, like one giant family.

The energetic children soon gather up the courage to talk to me. “What’s your name, where are you from?”

There is a school on the island where the children are taught in English.

Knowing from my previous visit to the island that soccer and cricket are commonly played here, I have brought a sports bag full

of soccer balls and a pump. It isn’t long before the balls are inflated and booted around the sandy pitch.

Children and adults all join in, and it soon turns into a full-blown match.

Chairs are pulled out from nearby houses and placed alongside the pitch, and the growing crowd cheers and laughs whenever a goal is scored. I am delighted to see the donated sports gear already put to good use.

Shaded under a clump of palm trees, I am handed a fresh coconut that has been sliced open, and I sip the refreshing water. It replenishes my energy as I walk around the island, passing traditional houses mixed with more modern structures. I chat with the women who sit washing dishes outside their kitchens and children show me their ➤



**Beachfront houses line the shores of Fisherman's Island (right); soccer and other sports are popular on the island (below right).**

homework from school. I meet fishermen who are mending their fishing nets and learn about the seafood they catch and how they cook it. I feel like I am a part of the community, and it is a privilege to see how their island life unfolds during the day.

By late afternoon it is time to cool off, so I decide to take a boat tour to a nearby sandbank for a swim and a snorkel. The local fishing boats are plentiful on the island and for a small fee, to cover the cost of petrol, Keimelo Gima zips me across the water to a secret spot for a swim. The snorkelling isn't the best as the tides are changing, so I opt for a lazy float in the refreshing water.

Time feels like it has slowed right down on Fisherman's Island. Even the setting sun on the horizon seems to linger longer than usual.

That swim cools me off for the evening and I have a comfortable night's sleep in my room at Aluraikau Homestay. The room is basic but has all you need – a bed, tea and coffee making facilities, a kitchenette so you can bring your own food and cook, and a modest bathroom with shower. In keeping with my island life experience, this homestay is set up just like a traditional home on the island.

I fall asleep listening to the sound of lapping waves on the shore. ■

***Aluraikau Homestay is PGK100 a night per room for up to three people. Meals can be provided upon prior request at a cost of PGK40 per meal for breakfast, lunch or dinner. Transfers from Port Moresby are PGK350 for up to six people. Guided activities (at a cost) include hiking around the island, bushwalking, snorkelling, fishing and an island tour. Picnics can also be arranged. See [facebook.com/AluraikauDriftersHomestay](https://www.facebook.com/AluraikauDriftersHomestay). Tel. +675 7228 7396 or email [kgimapau7@gmail.com](mailto:kgimapau7@gmail.com).***







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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.

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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.

#### MIGRATION FEE

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PICTURES: TIM RICHARDS



**Barangaroo Reserve (left); the tasty soft taco with lobster and coleslaw at Wild Sage (above).**

# A taste of new Sydney

*Tim Richards* takes a foodie tour through Sydney's newest neighbourhood.

**S**eated at an outdoor table at a restaurant called Wild Sage, I'm being served a marvellous dish as the first instalment of a food tour of Sydney's Barangaroo district. It's a soft taco with lobster, coleslaw, grilled pineapple, chilli salsa and smoked aioli, and it's delicious. As my group's guide says, it's a good example of the diversity of dining in modern Australia.

Barangaroo seems the perfect place to sample that modern cuisine. The newest neighbourhood in the harbour city, it's been built on a defunct industrial space

on the western side of the peninsula that includes The Rocks, Sydney's first European settlement. Threading from shiny new glass and steel edifices to colonial-era buildings, this tour combines food and history, stitching together old and new.

As we reach the waterfront there are more people around, sunning themselves on the harbourside promenade and eating at restaurants with water views. A new ferry terminal is a handy feature, allowing people to arrive by boat.

We pause to sample sausage rolls from the local branch of Bourke Street Bakery, a chain that was started by two local chefs who wanted to create top-quality baked goods. The rolls on offer are pork and fennel, and chickpea and spinach.

While we eat, our guide gives us the back story of Barangaroo, which was named after an Aboriginal woman from the early days of European colonisation. The aim is for the district to be pedestrian-friendly and to have thousands of residents as well as its daily influx of commuters. There are already multi-million-dollar apartments overlooking the water.

That's followed by gelati from Rivareno, which we're told sources its milk from the Italian Alps. I enjoy the salted caramel, while others choose flavours such as maple syrup and pecan.

Now it's time for a proper walk to the Barangaroo Reserve.

With its plentiful native plants, the reserve meticulously revives the landscape that existed before the First Fleet arrived in 1788. Walking over a rise, we're granted a beautiful view of the harbour and the Sydney Harbour Bridge.

We pause for a beer at the attractive Hotel Palisade, a renovated century-old pub with lots of character.

From here, we head down to The Rocks, busy with weekend crowds.

Shortly we're enjoying our next treat, from La Renaissance. This French patisserie has been accredited by the prestigious Relais Desserts organisation, and I'm impressed with the pistachio macaron.

Rounding the edge of Circular Quay, the tour ends at Chat Thai. In this big, open contemporary space, we enjoy a culinary finale of green curry and pad Thai, before digesting what we've seen of Sydney – old and new.

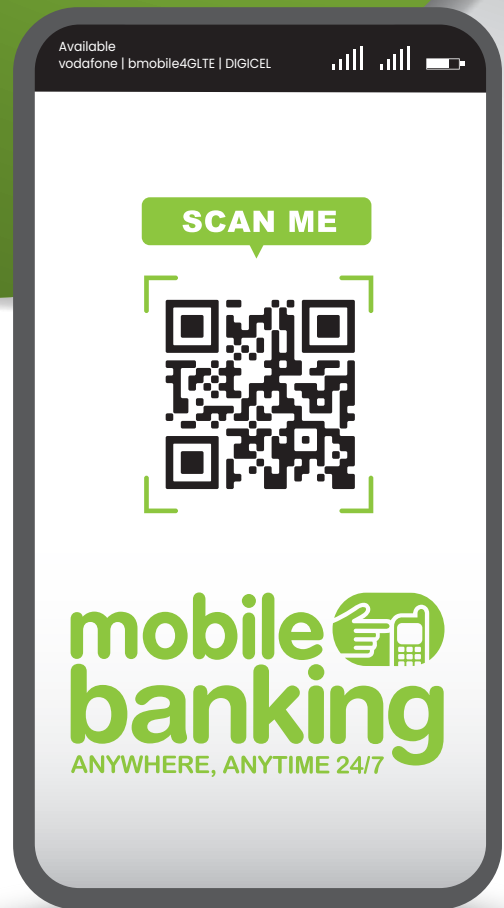
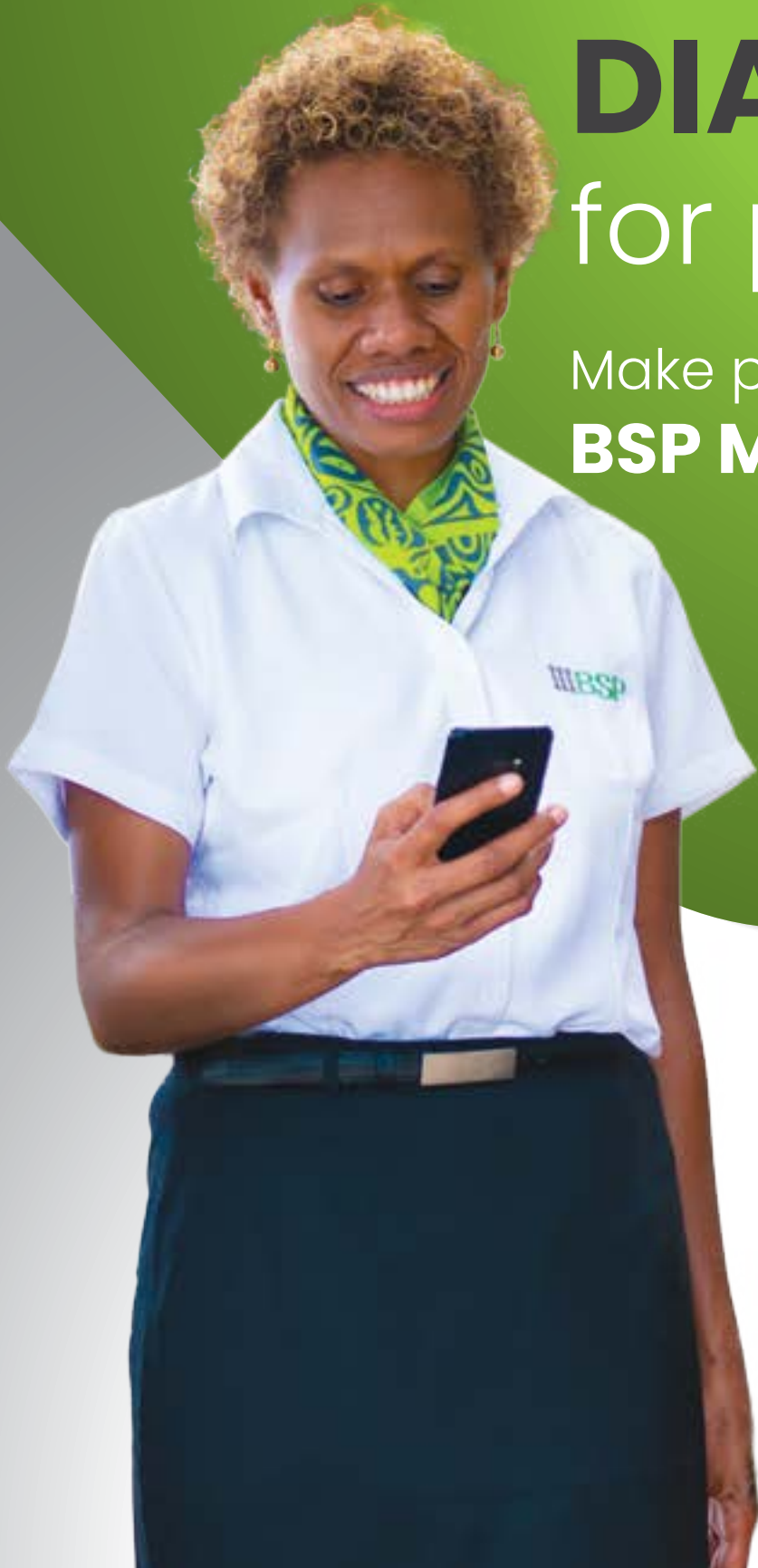
The 'Taste of Sydney: Barangaroo and The Rocks' tour costs A\$155 (about PGK380) for adults. See [tastetours.com.au](http://tastetours.com.au). ■

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



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# KNOW THY NEIGHBOUR: COOK ISLANDS



The Cook Islands are known for their lagoons and safe swimming.

## Where are the Cook Islands?

The Cook Islands are a group of 15 islands, separated into the Northern Group and the more accessible Southern Group, which includes the main island, Rarotonga. Part of Polynesia, the Cook Islands are 5808 kilometres east of Papua New Guinea, near Tahiti. The international airport is located on Rarotonga – most tourists remain on Rarotonga, though honeymoon favourite Aitutaki is also popular, 40 minutes flying time north. There are regular flights available to other islands of the Southern Group.

## What language do they speak?

The Cook Islands' two official languages are Cook Islands Maori and English. On all but the most remote islands, English is widely spoken.

## What's there for visitors?

The Cook Islands epitomise the easy-living Polynesian lifestyle. Locals are a huge attraction; they're notoriously friendly, and although there are many resorts and hotels, travellers can easily immerse themselves within the local lifestyle beyond resort restaurants and bars. Lagoons and a mountainous hinterland are a feature of

Rarotonga, allowing for safe swimming and marine activities, from diving to kayaking and fishing. The social scene is a feature of Rarotonga, with everything from sunset bars to cocktail bars set on lagoons.

## What makes the economy tick?

You do. Tourism makes up an astounding 66 per cent of the Cook Islands' GDP. Agriculture comes a distant second, at 18 per cent.

## What is the currency?

The Cook Islands have two official currencies: the Cook Islands dollar and the New Zealand dollar. Most travellers and locals use New Zealand dollars.

## What are the highlights?

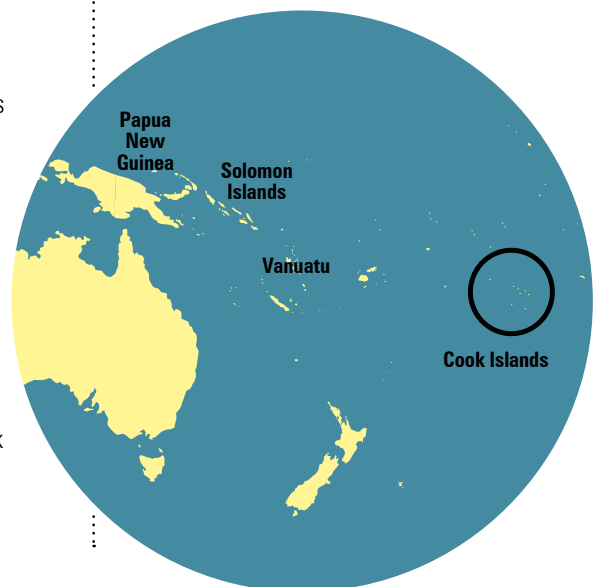
There are many – the lagoons of Rarotonga will entice you to swim several times a day, while Aitutaki's enormous lagoon (pictured) is considered the South Pacific's most pristine and can be accessed on a range of boat tours. Humpback whales pass by from July to October. The Cook Islands are also considered one of the South Pacific's best diving locations. The dining scene on Rarotonga

features some of the South Pacific's best restaurants and includes the option to take a progressive dinner through locals' homes.

## Anything unusual?

You've heard of *kava* – but in Atiu you can drink a bush beer at jungle bars called *tumunu*. ■

**'Know Thy Neighbour' is a column that puts the focus on countries near PNG or in the Pacific region.**





"Is everything OK?"

"No. But it will be."

Taro leaves, a symbol of wellbeing

2024/F1-2024/1123

## What does teamwork mean, really?

In Papua New Guinea, teams are stronger. Especially when your team keeps an eye out for the safety and health of everyone at work.

You're there for each other.

Naturally, you all get together to celebrate the success of the business. That's one of the joys of being a team.

And if business gets hard for a while, it's good to know everyone will pull together to make things better.

That's part of being a team, too.

But what happens when there's a difficult outcome for a member of your team, in terms of their health?

As an employer in PNG, you'll want to help in a meaningful way.

But sometimes there's a gap between what you want and what you can do, to make a difference.

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# HOTEL REVIEW: HILTON CAIRNS, AUSTRALIA

Tel +61 (0)7 4050 2000, see [cairns.hilton.com](http://cairns.hilton.com)

**WHO STAYS?** About 50 per cent are business travellers, the other half are leisure travellers.

**HOW BIG?** 263 keys

**COST** A\$350 (about PGK835) for a standard room. Prices can vary daily according to demand so best to refer to website for up-to-date rates.

**CHECK IN** 3pm

**CHECK OUT** 11am

**HIGHLIGHTS** Set by the marina, many of the rooms in the seven-storey hotel have water views. Higher rooms with an easterly aspect also have views over the yachts sailing up the estuary and of the Grey Peaks National Park. The location is as agreeable as the swimming pool.

**NEARBY** Restaurants, bars, and the marina from where cruises to the Great Barrier Reef depart, are within walking distance – via a splendid boardwalk – from the hotel. The casino is in one of the nearby buildings. The beaches of Cairns are about 12 kilometres from the hotel.

- 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:

**\*Breakfast included, but it is possible to book a room-only rate too.**



## LOCATION

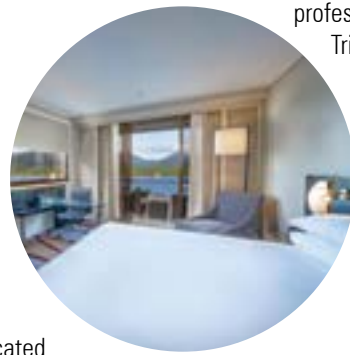
The hotel is at 34 Esplanade, one of the premier sites in central Cairns. It is about eight kilometres from the airport, which services both international flights and Australian domestic flights.

## THE PLACE

It makes perfect sense that the hotel's guests are an equal mix of business and leisure clients. Those on business in Cairns might well walk to CBD meetings. And for those lucky enough to be on holidays, many of Cairns' sought after and popular attractions are nearby.

## ROOMS

The hotel has a mix of city view rooms and waterfront rooms. Some have a spa. There are also four one-bedroom suites and one premier suite (120 square metres) on the top floor of the hotel. The executive floor rooms have access to a dedicated lounge area.



## FOOD AND DRINK

There are six dining options (as well as 24-hour room service), including a pool bar. One restaurant, Signature, is open Thursday to Saturday. Another, Mondo, on the waterfront is open seven days. The Chef's Table offers six people a dining experience prepared by the executive chef in the main commercial kitchen of the hotel. A buffet breakfast (6am to 9.30am) is included in the room tariff.

## WHAT GUESTS LIKE

"Great location. Close to everything with incredible views. Beautiful lobby. Very professional old school hotel staff." – TripAdvisor

"We enjoyed the lovely breakfast each morning. We also loved the location and the beautiful amenities and restaurants." – Booking.com



# HOTEL REVIEW: HILTON PORT MORESBY

Tel +675 7901 8000, see [hilton.com](https://www.hilton.com)

**WHO STAYS?** Mostly business travellers and those attending events at the adjacent convention centre.

**HOW BIG?** 212 rooms

**COST** From PGK600 a night.

**CHECK IN** 2pm

**CHECK OUT** 11am

**HIGHLIGHTS** Linger at the rooftop Summit Bar for city views and sunsets.

**NEARBY** Garden-lined pathways link the hotel with Kutubu Convention Centre with its open-air amphitheatre, banquet hall and meeting rooms.

- Wi-Fi in rooms/public areas:
- TV:
- Air conditioning in room:
- Room service:
- Swimming pool:
- Pre-booked free airport transfers:
- Gym:
- Hotel arranges tours:
- Breakfast included in standard charge:



## LOCATION

Hilton Port Moresby Hotel & Residences is located midway between the city’s international airport and the waterfront where the Royal Papua Yacht Club is located. The 18-level stylish and modern hotel opened in time to host APEC 2018 and is part of the Star Mountain Plaza complex. The complex is a joint venture between the Papua New Guinea Government and major provincial landowners.

## THE PLACE

The hotel is particularly well suited to business travellers with its modern, contemporary design. An Executive Lounge is for the exclusive use of executive floor guests while all guests have access to the fitness centre and outdoor swimming pool. The adjoining Residences building opens in early 2024 with one-, two- and three-bedroom residences perfect for families or small groups travelling together.

## ROOMS

Carpet and tiled-floor rooms and suites enjoy an abundance of natural light along with mountain and suburban views framed by floor-to-ceiling glass walls. Contemporary decor in muted colours is influenced by local artisans with

motif headboards and artworks adorning walls. A bar fridge, kettle and espresso machine sit alongside built-in cabinetry while a large wall-hung flat-screen TV sits atop a large workspace. Bathrooms have ample lighting with walk-in glass-walled showers, pull-out make-up mirrors and Crabtree and Evelyn toiletries.

## FOOD AND DRINK

Dining options range across five outlets along with in-room dining. Mumu restaurant showcases a traditional earthen oven culinary experience typical of PNG, lobby-side

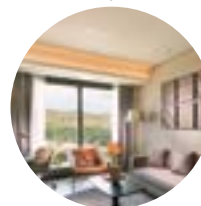
Copper is good for lunch or something light on the go, and Feast offers international and local cuisine overlooking lush gardens. The Summit Bar is a sophisticated rooftop venue ideal for sundowners or late-night cocktails.

## WHAT GUESTS LIKE

“Staff were friendly and attentive; breakfast was excellent and the bed one of the most comfortable I’ve slept in.” – TripAdvisor

“Near the airport, great hotel with a lot of facilities and the staff are most friendly.” – Google reviews

**The writer stayed with support from the PNG Tourism Promotion Authority.**



TIME TRAVELLER

**A wartime sinking, 1942**

As Japanese forces advanced on Port Moresby along the Kokoda Trail during World War 2, evacuations began of civilian families. The MV *Mamutu*, belonging to the Burns Philp shipping line, departed Port Moresby for Daru on August 6, 1942, carrying about 80 mixed-race men, women and children, plus crew. European families had already been evacuated. On August 7, the *Mamutu* was attacked and sunk by the Japanese submarine RO-33, 20 nautical miles from Bramble Cay in the Gulf of Papua. An RAAF flying boat aircraft was sent out the following day and spotted some survivors, but it crashed and sank while trying to land to pick them up. One airman was killed. The remaining air crew and one passenger from the *Mamutu*, William (Billy) Griffin, made it to land in rubber rafts from the plane. It's reported that 114 people were killed.



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



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PICTURE: MONIQUE VAN DEN BROEK



# ALMANAC

# 2024

*Belinda Jackson* rounds up the key events taking place at Air Niugini destinations this year. August and September are the busiest times for PNG's famous cultural festivals.





2

1

**JANUARY**

**SINGAPORE PONGAL**

January 14–17

The heart of this Hindu harvest festival is Singapore's Little India, where South Indians and Tamils give thanks to the sun god for an abundant harvest.

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

**SYDNEY TAMWORTH COUNTRY MUSIC FESTIVAL**

January 19–28

Australia's longest-running country music festival takes place in Tamworth, north of Sydney. The streets, pubs and parks are filled with free music, as well as ticketed shows for country royalty and the Golden Guitar Awards, on the final Saturday.

[tcmf.com.au](http://tcmf.com.au)

**FEBRUARY**

**SYDNEY SAILGP**

February 24–25

Sydney Harbour fills with national teams from around the world, battling it out in short races in hydrofoiling F50 catamarans. The wing-sailed foiling boats reach speeds close to 100kmh – best watched from spectator boats on the water.

[sailgp.com](http://sailgp.com) ➤

- 1 Colour and character at PNG's Mount Hagen Show, scheduled in August this year.
- 2 Jamming at the Tamworth Country Music Festival, north of Sydney.
- 3 Super-fast F50 catamarans will be racing on Sydney Harbour in February.

3



4



PICTURE: CARLA BARETTO

**MARCH**

**PNG HIRI MOALE FESTIVAL**

*March 5–7*  
This is the 50th anniversary of this three-day festival in Port Moresby, which celebrates the traditions of the region’s Motu and Koitabu people, including the enactment of the safe return of the *hiri* (trade voyages) and the crowning of the Hiri Queen, determined by her knowledge of Motuan culture.

[papuanewguinea.travel](http://papuanewguinea.travel)

**BRISBANE CMC ROCKS**

*March 15–17*  
Tap into the heart and soul of country and roots music at Australia’s biggest country music festival. The line-up includes some of the world’s top-performing artists and local talent. Make a weekend and camp, or stay for the day.

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

**PHILIPPINES MALASIMBO MUSIC & ARTS FESTIVAL**

*March 15–17*  
Blending music, arts, indigenous culture and the environment, this annual non-profit festival takes place in the green surrounds of Puerto Galera, south of Manila. Expect genre-bending jazz, reggae, soul and Filipino music.

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

**PALAU SHARK WEEK**

*March 15–23*  
Seven days of rare encounters with Palau’s exceptional marine wildlife on diving safaris – expect to see hundreds of sharks among the array of underwater animals, including Moorish Idols.

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

**PHILIPPINES HOLY WEEK**

*March 24–30*  
A week-long event honouring Jesus Christ’s death on the Cross, from Palm Sunday to Easter Sunday, which is marked by *salubong* or dawn processions across the country.

[philippines.travel](http://philippines.travel)

5



6



PICTURE: PALAU VISITORS AUTHORITY

- 4 The Malasimbo Music & Arts Festival in the Philippines.
- 5 Fans at CMC Rocks in Brisbane.
- 6 Sharks take centre stage at Palau’s Shark Week in March.



7



- 7 Hong Kong 7s rugby kicks off in April.
- 8 Brisbane's Suncorp Stadium will host the NRL Magic Round in March.
- 9 Stunning outfits will be on show at Cairns Fashion Week in July.

**SINGAPORE FIVE FOOTWAY FESTIVAL**

March (dates still to be confirmed at time of publication)  
 Chinatown's past is re-created along the footways of this district – witness school games, cultural performances and traditional food from the differing Chinese dialect groups.  
[chinatown.sg](http://chinatown.sg)

**APRIL**

**HONG KONG HONG KONG 7S**

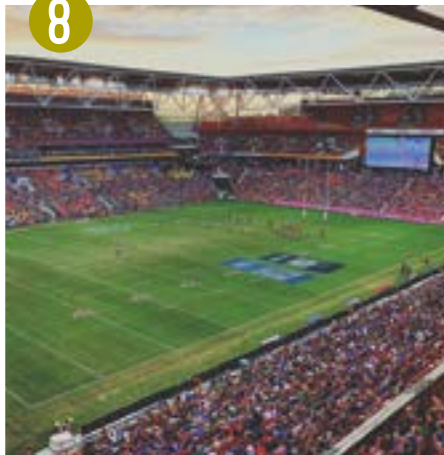
April 5–7  
 Three high-intensity days of rugby action in this fast-paced game, which started in 1976. International women's and men's teams from countries including Samoa, Australia, France and Fiji battle it out.  
[hksevens.com](http://hksevens.com)

**MAY**

**PNG TUMBUNA FESTIVAL**

May 9–19  
 A celebration of culture and tradition at Rondon Ridge outside Mount Hagen, one of the lodges operated by Trans Niugini Tours.  
[pngtours.com](http://pngtours.com)

8



**BRISBANE NRL MAGIC ROUND**

May 17–19  
 Brisbane's Suncorp Stadium sees 16 teams hit the ground for eight great rugby league matches over three days. The Brisbane Broncos play on May 17 while Melbourne Storm, with Papua New Guinean Justin Olam, play on May 19.  
[nrl.com](http://nrl.com)

**FIJI OCEAN SWIM**

May 27–31  
 Sold out in 2023, Ocean Swim is back for those who like to combine holidays with exhilarating swimming in the warm waters of the South Pacific. This swimcation offers three swims over five days, with time to explore and celebrate in between.  
[oceanswimfiji.com](http://oceanswimfiji.com)

**JUNE**

**SINGAPORE | LIGHT SINGAPORE**

May 31–June 23  
 The city-state lights up during this sustainable light festival held in Marina Bay. It features light installations by Singaporean and international artists, and you can tune into the music, food and walking tours on its fringe.  
[lightsingapore.gov.sg](http://lightsingapore.gov.sg)

**PNG ASARO MUDMEN FESTIVAL**

June (dates still to be confirmed at time of publication)  
 The mysterious Mudmen of the Asaro people are renowned for their fearsome mud masks, and their acrobatic dances to the *kundu* (drums). On the side, try local foods such as roasted yams, and listen to the stories of the great battle of the Asaro warriors.  
[papunewguinea.travel](http://papunewguinea.travel)

**SOLOMONS ISLANDS TINAKULA FESTIVAL**

June (dates still to be confirmed at time of publication)  
 In only its second year, the Tinakula Festival is a celebration of the arts, culture, crafts and traditional culture of the Temotu Province, the easternmost province of the Solomon Islands, which blends both Polynesian and Melanesian cultures.  
[visitsolomons.com.sb](http://visitsolomons.com.sb)

**JULY**

**CAIRNS FASHION WEEK**

July 3–8  
 With a backdrop of the Great Barrier Reef, discover emerging trends and talent from local and international designers during five days of fabulous fashion.  
[cairnsfashionweek.com](http://cairnsfashionweek.com)

9



**PNG NATIONAL REMEMBRANCE DAY**

July 23

Pausing to remember the lives lost during World War 1, World War 2 and other military events, this is a nationwide day of commemoration, with key events at Ela Beach in Port Moresby, Alotau in Milne Bay and the Bitapaka Memorial in East New Britain.

[papuanewguinea.travel](http://papuanewguinea.travel)

**PNG NATIONAL MASK & WARWAGIRA FESTIVAL**

July (dates still to be confirmed at time of publication)

The unique masks of the Tolai, Baining and Pomio people of East New Britain are the focus of this festival in Kokopo each year, which opens with exchanges of traditional Tolai strings of shell money.

[papuanewguinea.travel](http://papuanewguinea.travel)

**AUGUST****FIJI WORLD SURF LEAGUE CHAMPIONSHIP**

August 20–29

The world's top surfers show their skills on Fiji's most famous left-hand break and one of the world's favourite waves, Cloudbreak.

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

**PNG SEPIK RIVER CROCODILE FESTIVAL**

August (dates still to be confirmed at time of publication)

The Sepik people consider the crocodile to be sacred, and the East Sepik Province is home to huge populations of fresh and saltwater crocodiles. Celebrating their power and cunning, locals dance, tell stories and sing about these revered and feared hunters.

[papuanewguinea.travel](http://papuanewguinea.travel)

**PNG ENGA CULTURAL SHOW**

August (dates still to be confirmed at time of publication)

Spear-throwing and wrestling competitions and the famous Mudmen are highlights of this authentic festival in the Highlands, as thousands gather to chant and dance, and enact their rituals at *sing-sing* held in the provincial capital of Wabag.

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

10



10 **Legendary surfer Kelly Slater at Cloudbreak in Fiji, which will host the world's best surfers in August.**

11 **The Goroka Show in September is one of the oldest cultural festivals in PNG.**



11

**SOLOMON ISLANDS PEACE MARATHON**

August (dates still to be confirmed at time of publication)

Take to the streets of Honiara to complete a gentle fun run, or sign up for the full 42km marathon, which gets bigger every year.

[visitsolomons.com.sb](http://visitsolomons.com.sb)

**SEPTEMBER****PNG GOROKA SHOW**

September 14–15

The oldest and one of the largest of PNG's *sing-sings*, the Goroka Show started in 1957 to the sound of the *kundu* (drums). More than 100 tribes gather in the Eastern Highlands Province for three days of sharing songs and dances.

[papuanewguinea.travel](http://papuanewguinea.travel)

**PNG AMAZING PORT MORESBY INDEPENDENCE FESTIVAL**

September 16

Three days of celebrations mark PNG's independence from Australia in 1975. Fireworks, craft festivals, cultural dances, street parades and a sports carnival showcase PNG's cultural diversity.

[amazingportmoresby.com](http://amazingportmoresby.com) ➤

**PNG PAIYA MINI CULTURAL SHOW**

August (dates still to be confirmed at time of publication)

See performers warming up a day ahead of the Mount Hagen Cultural Show, in an intimate setting in the nearby Paiua village. The full-day festival includes performances, mock fights and a traditional feast.

[papuanewguinea.travel](http://papuanewguinea.travel)

**PNG MOUNT HAGEN CULTURAL SHOW**

August (dates still to be confirmed at time of publication)

At the most famous of PNG's *sing-sings*, more than 80 Highland tribes meet in the Western Highlands. First staged in 1961 in a bid to smooth tribal animosities, it has become an essential on the country's tourist trail.

[papuanewguinea.travel](http://papuanewguinea.travel)





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**PNG KALAM FESTIVAL**

September 18–19

One of PNG's most traditional regions hosts this festival that follows straight after the Goroka Show, in the remote Simbai Valley. Less crowded due to its isolation, the *sing-sing* includes ceremonies, the Simbai's *bilas* (traditional dress) and local foods from a *mumu* (earth oven).

[papuanewguinea.travel](http://papuanewguinea.travel)

**PNG KUTUBU KUNDU & DIGASO FESTIVAL**

September 26–28

This festival in the Southern Highlands Province features canoe races on beautiful Lake Kutubu and the long *hausman* (thatched longhouses) of the Foi people, and aims to create opportunities for local communities through ecotourism.

[facebook.com/PNGKutubuKunduandDigasoFestival](https://facebook.com/PNGKutubuKunduandDigasoFestival)

**PNG RABAU FRANGIPANI FESTIVAL**

September (dates still to be confirmed at time of publication)

Celebrating its rebirth after the 1994 volcanoes, Rabaul pays its respects to the beautiful frangipani, the first flower to emerge after the devastation. Expect street parades and traditional dances, and lots and lots of blossoms.

[papuanewguinea.travel](http://papuanewguinea.travel)

12



**OCTOBER**

**CAIRNS SAVANNAH IN THE ROUND**

October 11–13

Grab your bush hat and head to Mareeba for this multi-day country music festival, which draws huge headline acts. Camping and glamping options are available onsite.

[savannahintheround.com.au](http://savannahintheround.com.au)



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PARTY DECORATIONS







13

- 12 Rabaul will host the annual Frangipani Festival in September.
- 13 Dance action at the Morobe Show.

**PNG MOROBE SHOW**

October 19–20

PNG's biggest agricultural show dates to 1959. Its displays range from agricultural and cultural dancing, plus a sideshow alley, and the Morobe *sing-sing* is a full day of cultural dancing and drama groups from all over PNG.

[morobeshow.org.pg](http://morobeshow.org.pg)

**HONG KONG WINE & DINE FESTIVAL**

October (dates still to be confirmed at time of publication)

Live bands, sunset cocktails, star chefs and food stalls from across the world – this four-day food festival welcomes serious foodies and feasting families alike, with a backdrop of the Victoria Harbour.

[discoverhongkong.com](http://discoverhongkong.com) ➤



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**PALAU INDEPENDENCE MONTH**

*October (dates still to be confirmed at time of publication)*

Celebrating Palau’s independence from US-administrated territories on October 1, 1994, the republic celebrates for the entire month with boat-racing, markets, fireworks, dances and live music. Not only the prime festive season, October is also peak diving season in Palau.

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

**NOVEMBER**

**PNG KENU AND KUNDU FESTIVAL**

*November 15–17*

Celebrating the maritime traditions of Milne Bay Province in the capital of Alotau, see war canoe racing, canoe building, sing-sing dance performances, handicraft displays and markets as well as contemporary art and music.

[papunewguinea.travel](http://papunewguinea.travel)

**CAIRNS PORT DOUGLAS MARLIN CHALLENGE**

*November 15–18*

Join anglers from all over the world to fish for one of the ocean’s greatest prizes – the mighty marlin. Game boats and crews head out hoping to catch a ‘grander’ – a thousand-pound fish.

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

**PNG KARIMUI SHOW**

*November (dates still to be confirmed at time of publication)*

Conservation, agriculture and culture are the themes of this show by the Karimui people of Simbu Province in the Highlands region. More than 160 groups attend, to present the huge culture and biodiversity of the rainforests and rugged Mount Karimui, with a focus on sustainability and ecotourism.

[papunewguinea.travel](http://papunewguinea.travel)

**SOLOMON ISLANDS STUNNED MULLET FISHING COMPETITION**

*November (dates still to be confirmed at time of publication)*

The spectacular Vona Vona lagoon in the Western Province is the site of this annual fishing competition. With an incredible diversity of species, including giant trevally and, in deeper water, yellowfin tuna, wahoo, mahimahi and marlin.

[visitsolomons.com.sb](http://visitsolomons.com.sb)

**DECEMBER**

**BRISBANE WOODFORD FOLK FESTIVAL**

*December 27–January 1, 2025*

Now in its 36th year, with 27 performance spaces, Woodford hosts the largest gathering of artists and musicians in Australia, an hour northwest of Brisbane. It includes a Children’s Festival and fire event on New Year’s Day.

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

15



16



PICTURE: PALAU VISITORS AUTHORITY

**14 PNG’s Karimui Show is scheduled for November.**

**15 Your Paradise, a huge electronic music festival in Fiji in December.**

**16 Independence celebrations will take place in Palau in October.**

**FIJI YOUR PARADISE**

*December (dates still to be confirmed at time of publication)*

The Mamanuca Islands light up with five nights of the world’s best electronic music in this annual music festival on a private island. Add on sandbank yoga, conservation activities, snorkelling and floating clubs.

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

**MANILA SAN FERNANDO GIANT LANTERN FESTIVAL**

*December (dates still to be confirmed at time of publication)*

Be dazzled by giant lanterns made of fibreglass and paper, which overtake the town of San Fernando in this month-long festival. The so-called ‘Christmas Capital of the Philippines’ is 90 minutes northwest of Manila.

[philippines.travel](http://philippines.travel)





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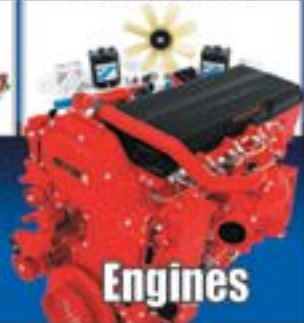
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# PICTURE PERFECT

A photo exhibition in Italy of portraits taken by Jimmy Nelson features Huli Wigmen. *Richard Andrews* reports.

An iconic photograph of Huli Wigmen is on show at an exhibition at Milan's Palazzo Reale, a prestigious international arts centre in Italy.

The photo is part of the *Humanity* exhibition until January 23, a collection of Indigenous portraits by renowned British-Dutch photographer Jimmy Nelson.

The photo was taken at Ambua Falls in the Tari Valley, Hela Province, in 2010.

Nelson says the photo was a career-defining moment for him. "It was when I met the Huli and saw and felt an alignment with how they live, feel, dress and stand in with the wonder of the natural world that I knew my artistic legacy," he says.

"That legacy is to place the beauty of Indigenous people on a worldwide stage, so we address the real wealth of humanity."





From Australia to India, Mongolia, Africa, the Pacific and beyond, Nelson, 56, has risked wars, frostbite and illness to represent the traditional dress, jewellery, weapons and symbols of traditional communities. "It's the Indigenous cultures who are protecting the natural planet," he says.

For his photos, Nelson stage-manages the subjects into stylised poses, reminiscent of classical and romantic paintings. This approach, critics say, misrepresents the reality of Indigenous life, creating unrealistic and idealised images. As a self-described romantic, Nelson responds that he's an artist, not a documentarian.

"By romanticising, you get your point across more efficiently," he says. "So-called 'authentic' pictures, showing mundane,

everyday tasks, don't attract attention. I want to create icons – beautiful and positive images of strong and proud people."

According to Nelson, the purpose of the Huli image was to put representatives of that culture "on a pedestal."

"People don't naturally stand under a waterfall at 7am waiting for the sun to rise, unless you ask them to," he says.

"I'm presenting these people in a way that hasn't been done before. I felt they deserved the sort of attention we give to important people in our culture, like politicians or celebrities."

Nelson believes the need to capture images of traditional cultures is more urgent than ever, because the internet has increased the speed and reach of modernisation. ➤

**The iconic photo of Huli Wigmen that is on show in Italy (above left); Milan's Palazzo Reale (top); photographer Jimmy Nelson with his heavy 1930s-style studio camera (above).**



“Cultures have always been evolving. But over the last decades, digitisation has boosted this process.”

That said, Nelson himself uses digital technology for much of his work. During the pandemic lockdown he launched a virtual gallery exhibition that included prominent portraits of Highlanders from Goroka and Mount Hagen.

However, he’s old school when it comes to the actual portraits of traditional peoples. Whether it’s jungle, mountain or desert, the eccentric Englishman lugs around a heavy 1930s-style studio camera, complete with a limited number of bulky film plates. Quick-fire shooting hundreds of exposures is not an option, and you need a darkroom to process the results.

“Analog photography forces you to really think about what and how you want to shoot,” he says. It slows life down. And that can feel very good these days.” ■



A Jimmy Nelson portrait of tribesmen in the Hartmann Valley in Namibia in Africa.



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# THE SHOW GOES ON

John Brooksbank reports that the Moresby Arts Theatre is still going strong after more than a century.

**T**ravis Ellison, playing the starring role of Richard Hannay, turns to the audience with a knowing, cheeky smile and gives a surreptitious thumbs up. The audience bursts into laughter.

It is just one of the scenes from the play, *The 39 Steps*, which was a recent roaring and hilarious success in Port Moresby, reinforcing

that the Moresby Arts Theatre is an active force in the city's arts scene.

The production was a comedic spoof of the 1915 novel by John Buchan. It has been performed in many theatres from the UK to the US, and there have been several film adaptations, including one by famed film producer and director Alfred Hitchcock.

The Papua New Guinean version in the boutique arts theatre at Waigani used minimal props, just enough to set a scene, and relied on the charismatic actors to carry the play's continuity. Just four actors were used for the multitude of roles.

At first hearing, the staging of an English comedy following the tribulations of Hannay







Cast members from *The 39 Steps* Jasmine Simeon, Travis Ellison, Denzel Peipul and Gavriel Chalau (opposite page); posters heralding some of the productions by Moresby Arts Theatre (this page).



as he dodges spies, killers, police and women across Scotland, seems an ambitious choice for the all-PNG cast. However, it works famously well, with the four actors serving up a stream of clever asides, weird accents, innuendo and slapstick.

Ellison, as Hannay, is the one constant. As he says: "I am the only cast member who plays just one role."

The chemistry between Hannay and the female roles played by Jasmine Simeon works well as she alternately teases, rebuffs and confuses him, evoking emotions that he convincingly shares in comments, asides and expressions with the audience. The other two cast members, Denzel Peipul and Gavriel Chalau, are also polished performers.

The production was directed by Bob Stanley and was the successful culmination of weeks of rehearsals by the cast and crew, who all have day jobs.

Stanley incorporated the backstage crew in some of the scenes. He says this is not a

“

Dramatic productions have been staged in Port Moresby since at least 1912, when the *Papuan Times* noted that the town had a flourishing dramatic club.

”

new concept and that in this play it worked particularly well.

Dramatic productions have been staged in Port Moresby since at least 1912, when the *Papuan Times* noted that the town had “a flourishing dramatic club.”

As the country transitioned from colonial rule to independence certain social institutions have demonstrated a degree of sustainability, including the Arts Theatre, which matches the longevity of the Papua Club (1912) and Royal Papua Yacht Club (1921).

In the 1970s, the Arts Council of Port Moresby, Moresby Theatre Group and the PNG Potters Society merged to form the Moresby Arts Theatre, which moved into custom-built premises built in 1974 at the edge of town, in the then new suburb of Waigani.

The theatre building included a 160-seat auditorium, foyer, props storage, a dance and arts studio, a pottery workshop, kitchen and bar area. The first 1974 production was *Threepenny Opera*, which included the ➤



building’s architect, Sandy Simmons, in the cast.

Today, the Moresby Arts Theatre, adjacent to the New Zealand High Commission and across the road from the National Parliament, is prime real estate in a central location, and Waigani is far from the edge of the city.

In some ways, the staging of *The 39 Steps* late last year embodied the re-emergence of the Moresby Arts Theatre after some quiet times, partly because of the COVID-19 outbreak.

As an independent body, it relies on volunteers, donations from corporate partners and an active management committee.

The patron of the Moresby Arts Theatre is playwright and poet Nora Vagi Brash, who actively promotes the arts and the institution itself at local schools in the National Capital District. The organisation has a management committee of 10, each of whom is elected for a two-year term.

Bob Stanley, whose tenure as President has just been renewed for another two years, is one of the main drivers of the reactivation of the Moresby Arts Theatre as an arts hub whose facilities are available to the creative community in the city, from potters to actors and artists wanting wall space or anyone who requires a venue for an event. A craft market is held in the ample grounds once a month.

Over the years, many business houses have stepped up to assist the Moresby Arts Theatre, and its committee is constantly looking for further support.

Regarding plans for the next few years, Stanley says: “We have support from a number of business houses which has enabled us to update the perimeter fencing and we have a laundry list of other improvements that will revitalise the site as an independent arts space. All donations in cash or kind are welcome.”

Apart from staging *The 39 Steps*, the theatre late last year hosted the annual Youth Arts Program involving 600 Year 9 students performing short plays. The last stage production of the year was the musical *Dear Friend*, directed by Natalie Pidik and Jacob Ilave.

Stanley says: “We are very grateful for Kumul Petroleum Holdings sponsorship of *The 39 Steps*, and realise that this is a departure from their usual sports support. The play was a financial and artistic success with a sizeable audience for every performance.”

The theatre, meanwhile, is organising events to raise funds to re-launch the pottery studio in the arts centre compound and for other improvements.

The first play scheduled for 2024 is *Taurama*, written by Nora Vagi Brash and directed by Robert Vaso. It is due to open in February. ■

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



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# Tattoos that carry special meaning

Our writer sets out on a quest to find out about traditional PNG tattooing, an artform that she fears is dying out.

It was about 17 years old the first time I saw anyone with traditional Papua New Guinean tattoos. The tattoos are quite rare these days, so on that first glimpse I was pleasantly surprised. The tattooed person was a middle-aged woman, beautifully dressed one morning, for work I assumed, with facial markings from Oro Province.

My home village of Waima in the Kairuku District of Central Province is also known for its traditional body tattoos, mainly applied by women but also some men.

The markings are a form of identity, informing those around of social status or about the clan or tribe of the tattooed person.

For females, the tattoos also mark different stages of womanhood, starting with markings that signify that a girl has reached puberty. The markings can mainly be seen on the scalp, face, back and abdomen.

My maternal grandmother, the late Aiva Maoni, underwent tattooing and was required to fast in isolation during the healing period.

I was fortunate to hear stories of my grandmother from my late mother. The knowledge of those tattoos and significance is sadly fading among younger generations and I feel a loss that traditional tattooing is not practised as widely as before.

The gradual transition away from traditional tattooing can partly be attributed to missionaries who discouraged such markings.

Fortunately, the Motuan people of Central Province are an exception and have, to some extent, maintained the body marking tradition associated with the Hiri trade expeditions.

The Hiri expeditions were sea voyages made by men from the Motuan villages. The vessels used were called *lagatois* and trading was between the Motuans and people from the Gulf of Papua.



PICTURES: SHANNON AMBU



Elder Noga Rabura and her granddaughter Vetabu.

There are 14 villages that share a common vernacular called *Motu* and have similar traditions and culture, hence the reference to these villages as Motuan villages.

Their markings or tattoos are called *revareva* and the designs vary among villages along the Motuan coastline.

During the Hiri expeditions, when the men were away, the wives and daughters would mark themselves with *revareva*.

The markings, on various parts of the body, would show if the woman was married, of marrying age, if her partner or father was a head-hunter, a great fisherman and so on.

The last known and documented Hiri voyage was made shortly after World War 2. Voyages were banned by colonial authorities after the heavy loss of life when a storm hit a *lagatoi* off the coast of Boera village.

To get some insight on the current trend or practice of the *revareva*, I visit a Motuan village called Kirakira on the outskirts of Port Moresby. I meet up with an elder, Noga Rabura, who is drawing a design on her granddaughter, Vetabu.

The elder is using modern tools, but up until about 1950 the tattoos were applied with lemon thorns. Ash from coconut shells was used for ink.

I ask her how she came to know the *revareva* designs and she says that they were passed down by her mother, who would tattoo women for the Hiri Moale Festival, which was introduced soon after the voyages stopped.



“

My home village of Waima is known for its traditional body tattoos, mainly applied by women.

”

After Kirakira, I venture down the Maggi Highway to Tubuserea, where I'm met by a friend who takes me to a nearby *buai* market, where I meet Tau and Jack Rea.

They are well versed in *revareva* and give me further insight into the designs. The one that stands out for me is the teardrop applied under the eyes of women who lost a husband, father or son during the Hiri voyages.

Jack says he would like to see more young women getting tattoos specific to their villages, and to maintain the stories behind their markings to preserve culture and heritage for future generations. ■

***'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](mailto:paradise@businessadvantageinternational.com).***

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# ARE WE ALONE?

A meteorite that crashed off Manus Island may hold clues to alien life in outer space. *Richard Andrews* reports.

A meteor that landed off Manus Island in 2014 may be the first sign of civilisation beyond our solar system, according to a leading astrophysicist.

US Space Command and further research involving the PNG University of Technology have confirmed that the 500-kilogram fireball was the first recognised interstellar meteor.

A Harvard University research team, led by Professor Avi Loeb, is analysing meteor debris retrieved last year from the ocean floor north of Manus. An expedition collected hundreds of tiny molten droplets, or spherules, from the debris, which are being analysed and dated.

"We're trying to confirm whether the spherules are like an alloy that is not made by nature, but originate from a technological civilisation," says Loeb.

"What made this object special was that it was the first to be recognised coming from outside the solar system, containing material stronger than the toughest iron space rocks," he says.

"This meteor was moving at a speed of 60 kilometres per second outside the solar system – faster than 95 per cent of all stars. So that suggests potentially that it could have been a spacecraft from another civilisation."

Dubbed 'The Alien Hunter' by British media, Loeb holds numerous awards and senior positions in physics, science and astronautics. In 2012, *Time* magazine selected the Boston professor as one of the 25 most influential people in space research.

Data from the 2014 meteor, recorded by US government sensors, went unnoticed for five years until Loeb and a Harvard



“

The spherules (debris from the meteor) may originate from an advanced technological civilisation outside the solar system.

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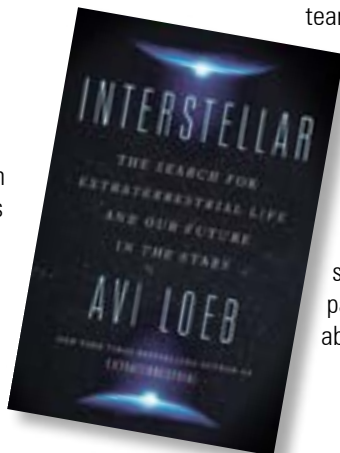


associate discovered it in 2019 and published their findings.

That led to a two-week US\$1.5 million (PGK5.5 million) expedition last June, funded by entrepreneur–philanthropist Charles Hoskinson. The 25 team members boarded the Australian research vessel *Silver Star* on Manus and set out for the meteorite site about 100 kilometres offshore.

Connected to the vessel by a five-kilometre cable, a purpose-built magnetic sled was deployed to retrieve iron particles by skimming across the seabed.

“Most of the material we found was volcanic ash, black powder,” says Loeb.



“It wasn’t until we used a fine mesh sieve to filter the volcanic ash that we found the tiny metallic spherules, created when asteroids collide with the Earth.

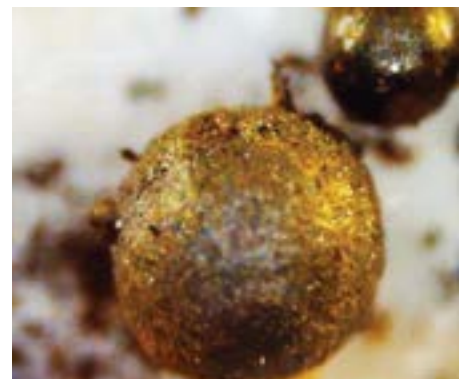
“That was a thrilling moment. I hugged the people around me.”

In collaboration with scientists and laboratories from around the world, Loeb’s team includes a research

partnership with the PNG University of Technology. Dr Jim Lem from the Mining Engineering Department travelled to Harvard University to take part in the analysis.

Early findings show that some spherules from the meteor path contain “extremely high abundances” of a previously ➤

**Imagery of a meteor tearing through space (opposite page); scientists on the research vessel *Silver Star* off Manus Island (above left); Professor Avi Loeb (above); debris from the meteor that crashed into the ocean near Manus Island (below); Professor Loeb’s recent book (left).**



PICTURES: SUPPLIED BY PROFESSOR AVI LOEB

unknown combination of heavy elements that don't match terrestrial alloys natural to Earth, fallout from nuclear explosions or other natural meteors in the solar system.

This gives rise to the controversial theory that the spherules may originate from an advanced technological civilisation outside the solar system.

Loeb's latest book, *Interstellar*, discusses the implications of the Manus expedition and says that "humanity must reset its cultural understanding and expectation of what it means to have contact with interstellar extraterrestrial civilisations."

Loeb argues that for too long humanity's default on this subject has been to speak about it in the "hushed tones of conspiracy" and that scientific success should be shared, not secret.

He refers to a July hearing in the US House of Representatives about unidentified aerial phenomena – the government's name for



**Professor Avi Loeb with Papua New Guinean academic Dr Jim Lem who travelled to Harvard University in the US.**

UFOs. One whistleblower witness, David Grush, claimed the government secretly possesses materials from alien spacecraft and is reverse-engineering them.

As a result, Senate Majority Leader Chuck Shumer and a bipartisan group of five other senators have proposed extraordinary

legislation that would declassify as many records as possible regarding "the Pentagon's experience with unidentified foreign objects."

"I'm completely agnostic about the claim," says Loeb. "We have to wait until they go down this rabbit hole to see if it's real or not. But it's the first time I've seen politicians going down this path with the goal of figuring out what government has in its possession."

At the same time, Loeb writes "I am convinced that we are tantalisingly close not only to learning that terrestrial life is not the only life in the solar system, but that human civilisation is not the only civilisation to exist or have existed."

To back up this conviction, Loeb and his team hope to return to the meteor site to collect more material.

"Now we know where to look," he says. "Because these spherules are just like romantic rose petals that lead you to your partner." ■

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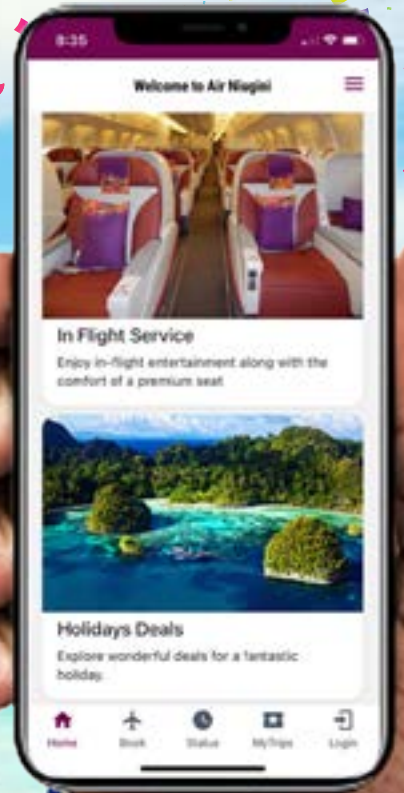
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## GREEN HAUS RESTAURANT, PORT MORESBY PNG REVIEW

**G**reen Haus restaurant in The Stanley Hotel & Suites takes casual dining to the next level. One of the first things you notice is the wall of plants, growing in honour of the restaurant's name.

The spacious area has high ceilings with lantern lights, and there are white marble tables with comfortable leather chairs to add a touch of luxury.

I decide to try the char-grilled pork chop from the a la carte menu, prepared by executive sous chef Jonathan Lumb. Presented beautifully on a natural slate plate, my well-seasoned pork is tender with just the right amount of fat and crispy crackling skin. It goes well with a side of crushed potato, a stalk of broccolini and sweet baby vegetables, which add colour and crunch. Although the dish normally comes with chimichurri sauce, I choose a rich classic red wine jus.

When it comes to dessert, the bread-and-butter pudding with a pour of custard is a personal favourite.

While I order from the menu, the restaurant fills with families enjoying the lunch buffet. Unless there is a specific theme, the buffet offering for lunch and dinner is Western, with a few international dishes included too. Expect a bread station, a selection of salads with a variety of freshly made dressings, pizzas, a roast at the carvery station, and the soup of the day. Coffee, tea and water are complimentary.



PICTURES: LENNOX MATAIWAHO

### WHERE:

The Stanley Hotel & Suites, Waigani

### PHONE:

302 8888

### WEB:

thestanleypng.com

### OPEN:

A la carte 11am to 10pm; buffet breakfast 6am to 10.30am; buffet lunch midday to 3pm; buffet dinner 6pm to 10pm.

### STYLE:

Casual a la carte dining and buffet

### TYPICAL PRICES:

Buffet PGK76–107. From menu: pastas PGK48–62; salads PGK45–67; sandwiches PGK52–66; pizza PGK52–65; mains PGK45–98, desserts PGK44.

### OUR FAVOURITE DISH:

Char-grilled pork chop

### IN A PHRASE:

Succulent and filling

The hearty morning buffet has recently added a juice station, which has a range of fruit and vegetables available to make your own smoothie combo.

Chinese New Year celebrations will be celebrated at Green Haus during February with a special menu of Chinese fusion cuisine, and lion dancers. Couples can also choose Green Haus to celebrate Valentine's Day, with a romantic dinner, chocolate desserts and cocktails on arrival.

I finish my meal with a passionfruit mojito from the restaurant's bar. Assistant director of food and beverage, Abu Choudhary, also recommends the Sea Breeze, Galaxy Way and classic Bloody Mary cocktails. ■





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A: From Champagne flutes to petite dessert wine glasses, there is a receptacle for every type of wine, but how important is it to the experience of tasting the wine?

If you ask the experts, the right wine glass can enhance your wine tasting, but it is not like your white wine will turn to vinegar if all you have to hand is a plastic cup.

For white and red wine, the most important thing is for the 'bowl' of the glass, the part that holds the wine, to be wider than the top opening of the glass. This allows more wine to come in contact with the air and for the aroma to circulate in the glass. The bigger the glass, the more the wine is able to breathe, so you find Burgundy glasses to be the biggest as this French wine is more subtle and benefits from more air contact.

White wine glasses tend to be smaller for one main reason: white wine is best enjoyed cold, so you don't want a huge glass that will warm quickly. The wines also require less time to breathe, so the air contact is not as important.



When it comes to bubbles it is all a bit of theatre. The tall Champagne flute allows you to see the bubbles rushing up to the top of the glass, but the smaller opening means that fewer bubbles escape and your Champagne, or Prosecco, stays bubbly longer.

To make things easier, the wine industry has even produced a universal wine glass, which looks much like a normal white or red glass but is somewhere in the middle when it comes to size.

One of the biggest things a wine glass does is give the drinker a sense of occasion. Yes, you can drink your wine from a coffee mug, but a well-made wine glass does elevate the drinking experience, just like putting on nice clothes for a special occasion.

Just like your preference for white over red wine, the right wine glass boils down to a matter of choice, not hard science. ■

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No. of immunisations administered to children under 5 years old



**326,552** immunisations administered across **105** facilities



No. of COVID-19 vaccinations

**8,525** people across the three provinces **vaccinated**

No. of people reached through awareness

**Reached 108,000** participants through the delivery of 681 community information and awareness sessions.

## Youth



No. of youths having work opportunities

**13 young graduates** completed the Electrical Trade Course at the Pimaga Vocational Education and Training (VET) school to participate in the Seasonal Worker program in Australia.

## Family & Sexual Violence



No. of subscribing companies under Bel isi PNG

**17** companies including **Santos**

No. of new clients seen at the Family Support Centre (FSC)

**1,972 new clients** seen across the 6 FSC sites in Hela



## Community Development

**3 Literacy Libraries** in operation, **209 children enrolled** across all the libraries.



**67 small grants** valued at **K326,059**



**151 children assessed as ready for school**



**27,200 people** benefitting from these small grants

WELLNESS

Coconut, mango, grape and walnut are all plentiful in Papua New Guinea and the good news is they have been rated among the world’s best foods for brain health in a new global study.

These fab four were found to possess powerful anti-inflammatory properties that can help reverse memory decline, improve thinking, and in doing so aid in the prevention of Alzheimer’s, Parkinson’s disease, vascular dementia and stroke.

The study by Science Direct, an online publisher of scientific peer-reviewed research, analysed 90 surveys across 47 countries.

**COCONUT** showed much promise for improving the symptoms of Alzheimer’s disease, which has become the world’s most common form of progressive dementia among the elderly. Coconut has previously been found to vastly improve brain chemical activity, improve immunity and help halt the possible degenerative effects of aluminium from sources like cookware and deodorant.



**MANGO** was found to contain high levels of anti-inflammatory neuroprotective polyphenols that could reduce mitochondrial dysfunction and neuroinflammation. Mitochondria provide energy for neurons to grow, fostering memory formation and retrieval.

**GRAPES** were also found to be especially good for memory. The global study analysed other research, which had found a group that ate a dried grapes product daily for four weeks showed far greater working memory, accuracy and faster reaction times on cognitive tasks than a group that did not.

**WALNUTS** contain the flavonoid myricetin – an antioxidant, antimicrobial and a neuroprotector. They are also chock full of omega-3 fatty acids, which boost thinking power. A 2011 study found that eating 60 grams of walnuts – just half a cup – a day for eight weeks markedly boosted students’ logical thinking skills. ■

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SPY+’s Helm Tech sunglasses do far more than shade your eyes: they keep you cool via hidden sweat channels in both the nose pads and inner temples, come with removable side shields to help block out sun, and have comfortable rubber nose pads to keep them secure no matter how much you sweat. Polycarbonate lenses are tapered to follow the eye’s natural curvature, and SPY+’s revolutionary therapeutic Happy™ lens is said to boost your mood while enhancing colour and contrast. PGK528–PGK690; spyoptic.com.au.

**Beauty on the go**

Travelling is hard on the body and the physical strain invariably takes its toll on your skin. The Minenssey Skin Revival Plus Vegan Collagen Mask Set tackles this problem with a set of masks containing a plant-based recombinant collagen, which has a 94.8 per cent biosimilar molecular structure to human collagen to rejuvenate, lift and firm the skin. Contains rare Australian plant extracts like flannel flower, snow flower and Tasmanian pepperberry. PGK179; minenssey.com.



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The GME MT610G Personal Locator Beacon (PLB) is what you want when you’re in the wilderness, anywhere on the planet, and either out of mobile phone range or have a flat battery. GME is the only Australian-owned manufacturer making PLBs, handy little devices that alert safety services to your location, and its version is compact, lightweight and easy to use. Simply deploy the antenna and press the red button to transmit a distress signal via satellite to rescue authorities in your region. Ideal for bushwalkers, 4WDers, remote workers, boaters and outdoor adventurers. PGK872; gme.net.au.





**Most handy shirt ever**

The lightweight Lentés 1/4 Zip Cover Up is designed for movement with a feature we bet you have never seen before – a slot in which to hang your glasses. Avoids having to hang them on your collar from where they can easily fall and allows you to bend down to, say, pick up a golf ball, without fear of dropping your glasses. There’s a chest zip phone/money pocket too. Lentés is Spanish for ‘glasses’. PGK350; finalahkor.com.



**Stay fit at home**

The Vitruvian Trainer+ is effectively a gym in your own home. A slim, carbon fibre, easy-to-store platform negates the need for a personal trainer by using AI tech and algorithms to respond to your weight, strength level and movements. The device comes with the Vitruvian app, which accesses 200-plus exercises, classes and goal-oriented programs as well as data tracking and performance insights. PGK9639; vitruvianform.com.



**Chafe-proof action**

Stay comfortable in the heat with this popular bamboo underwear range for men and women. Step One has become a top seller for successfully designing underwear that is not only comfortable but prevents chafing while fitting like a glove. Sustainably made, the material is manufactured from organically grown bamboo. Featured here are the women’s body shorts. PGK82; stepone.life.



**Perfect hair in a hurry**

The easily transportable Muk Wide Plate Styling Stick is ideal for looking groomed on the go. This tool stands out among competitors for its high-quality engineering that allows for millions of negatively charged ions to make hair incredibly shiny and static-free. The technology even seals the cuticle layer of hair, locking in natural oils for smooth, frizz-free styling. PGK623; marcandmaxwell.com.au.

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## MEMOIR

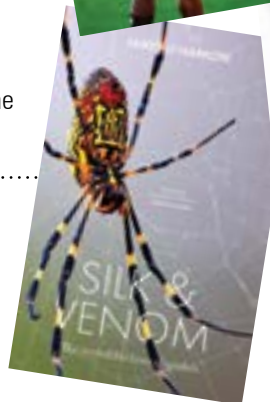
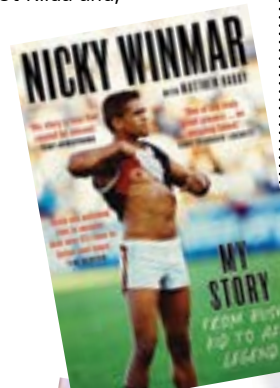
**My Story****By Nicky Winmar****(Allen & Unwin)**

The indigenous AFL star Neil Elvis 'Nicky' Winmar tells his story in this compelling account of his life. Winmar grew up in Western Australia, 200 kilometres from Perth, and from an early age played footy almost every day.

His natural talent and tenacity helped him to overcome all obstacles and play first for South Fremantle, then for St Kilda and, at the end of his playing career, for the Western Bulldogs.

Winmar's story goes beyond games, goals, obstacles and success. It also highlights a defining moment in AFL history: in 1993 Winmar stood up against racial abuse during a game. He celebrated and defended his indigenous identity by lifting his jersey, pointing to his skin and saying: "I'm black and I'm proud to be black." This moment is as relevant today as 30 years ago.

Winmar retired in 1999 after a 12-season career with St Kilda and one with the Western Bulldogs. He was inducted into the Australian Football Hall of Fame in 2022.



## POPULAR SCIENCE

**Silk & Venom****By James O'Hanlon****(New South Books)**

With over 50,000 known species of spiders, perhaps it is time to focus on what we can learn about them, and stop being scared about their sheer existence.

In *Silk & Venom*, O'Hanlon explains why spiders are incredible animals with much to teach us. For example, arachnids have helped scientists further understand gravity (in 1973 spiders were sent to space) and provide engineering insight to develop new, almost indestructible building materials by analysing their webs.

The book delves into why we fear arachnids (and why we shouldn't be so scared) and the secret life of these creatures, including the powerful memory of the miniscule jumping spider, the intricate mating dances of the peacock spider, and the tarantula whose venom could be used to develop drugs with the potential to cure many diseases.

With over 500 known spider species in Papua New Guinea this is a book you want to read.

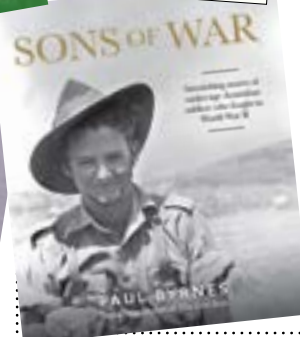
## BUSINESS

**When She's in the Room: How Empowering Women Empowers the World****By Edwina Dunn****(Harper Collins)****Also available as an audio book**

Edwina Dunn is known as one of the pioneers of Big Data, a field that has traditionally been male dominated. Yet, Dunn has proven that women can disrupt and be leaders in any field.

Through her not-for-profit, The Female Lead, she is empowering girls and women of every age and background by sharing curated content about women who are at the forefront of their field. By disrupting the conversation with powerful women, Dunn aims to do what seems impossible: give tools to this and future generations to thrive no matter what their career or field of study is.

In this book, in which she sets out her own experience and groundbreaking research, Dunn provides a roadmap and the data to ensure that equal pay and equal progression become a reality instead of a never-ending conversation. This book has been deemed as "the science-based guide to what the world would look like if women were empowered."



## MILITARY NON-FICTION

**Sons of War****By Paul Byrnes****(Affirm Press)**

What do you do when the world seems to be falling apart and you are underage? Award-winning author Paul Byrnes explores the question in this touching book about growing up during World War 2.

Hundreds of underage Australian boys decided to either escape home, save their country, get a job, or make their families proud by joining the army. Some simply wanted to follow the steps of their fathers, who had fought in the Great War.

But none knew what would happen when they were sent to Papua New Guinea, Malaysia, Borneo, Greece, Libya and Palestine. Many didn't return home; others did, and some share their experience in this book. ■





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## A SPECIAL BUSINESS REPORT

# FORGING AHEAD

HOW PNG HAS BECOME A MANUFACTURING SUCCESS

Whichever way you look at it, Papua New Guinea's manufacturing sector is in good shape with homemade and homegrown products. They come in many forms and shapes, whether it's construction material from Monier, beer from SP Brewery, chocolates from Queen Emma, kit homes from Atlas Steel, food products from Paradise Foods or rice from Trukai.

On these pages we celebrate some of the companies and individuals who have made the moniker of 'Made in PNG' something to be proud of.

We speak to many involved in the sector, including Jerry Kapka from Kongo Coffee, who says a lot of his success lies with smallholder farmers who supply him with high-quality coffee beans, and to George Constantinou, the CEO of Monier, who praises his hard-working staff and management.

Murray Woo, the Chairman of the Manufacturers Council of PNG, says a lot of products now carry the 'PNG Made' logo.

"The logo is only available to all financially paid members (of the Manufacturers Council). The biggest thing about 'PNG Made', it's well-known, it's well-accepted, and we have very good feedback from it," he says.

"We need to continuously make the case for people choosing a PNG-made product over an imported

product. To ensure that our consumers' trust in 'PNG Made' is well placed, the council has also ramped up its monitoring of our member's operations and practices to ensure that all goods carrying the logo are made in compliance with the rules and standards that underpin consumer safety."

He says that tariff reforms that were introduced in 2017 have created more employment and given local consumers and businesses more options to buy PNG-made goods.

The Manufacturers Council has seen an increase in membership numbers in the manufacturing of food and beverages such as cordial, soft drinks and boutique alcohol products. There is also an increase in membership from the construction industry.

Successful manufacturing also relies on a healthy retail and distribution network to feed products into, and this is now better than ever, he says. ■



PICTURE: MORGAN ROBERTS

**Chairman of the Manufacturers Council of PNG, Murray Woo (left); PNG beers from SP Brewery (top right); coffee beans from the Highlands (second right); Paradise Foods (third right); at work at Monier (fourth right); PNG-made goods off the shelf in Port Moresby.**





# A GROWING ENTERPRISE

Mary Tao reports on a farming enterprise that is supplying major shops and hotels in Port Moresby with fruit and vegetables.

The 9 Mile Farm has become Port Moresby's biggest supplier of fruit and vegetables over the past 12 years. The six-hectare farm is growing 24 types of crops, and its production of over 20 tonnes per week has allowed it to penetrate 80 per cent of the capital city's market. Major shops, hotels and catering companies are the farm's main clients.

The farm also supplies to Lae and to outer centres like Kokopo and Manus. It is the only farming operation in the country to acquire the Hazard Analysis Critical Control Points (HACCP) certification, confirming food safety from farm to fork.

The 9 Mile Farm is one of 10 brands under Innovative Agro Industry (IAI), a subsidiary



9 Mile Farm's Reth Natividad says there are plans to expand into international markets.

under global project development company LR Group. IAI has been headed by chairman and executive director Ilan Weiss since its inception in 2011.

Behind the 9 Mile Farm's production are its 235 employees, who receive regular training on sustainable farming techniques and general skills. "The company is committed to the local community by actively engaging in the employment of PNG nationals, thereby

contributing to job creation, community support and overall economic growth," says sales and marketing manager, Reth Natividad.

Plans to export the farm's produce are underway. "The farm aims to expand its horizon by venturing into international markets (including Fiji and Micronesia), exploring new opportunities, and diversifying its agricultural portfolio on a global scale," says Natividad. ■

# SMALL WONDERS

Smallholder farms are the key to success for Kongo Coffee, Paul Chai reports.

Focusing on small, premium-quality coffee producers may come with some challenges, but it is also the secret to the success of Kongo Coffee.

Kongo Coffee sources its beans from over 100 smallhold farmers, some of whom produce beans at the highest altitudes in Papua New Guinea.

"Coffee produced in the higher altitudes takes longer to develop and it concentrates the quality and the flavours," says Jerry Kapka, Managing Director of Kongo Coffee.



Kongo Coffee's Jerry Kapka says the best coffee is grown at the highest altitudes in PNG.

"The higher the altitude, the better the coffee."

But Kapka readily admits that with such a geographically diverse collection of coffee farms comes some challenges.

"The main problem we have is transport, the quality of the roads is an issue, and we have issues with people trying to move

their coffee to market," Kapka says. "The international demand is there, the market is there but sometimes we have supply problems."

Based in Simbu Province, PNG's third-largest coffee-producing region, Kongo has an annual coffee production of around 120,000 bags or 7200 tonnes.

Kongo is constantly looking to stay ahead of not only the inherent challenges but also the competition, so it has been making constant improvements to the coffee production process.

The focus for improvement has been to lift the quality of the green beans, which are the backbone of Kongo's export business, by upgrading factory equipment.

Kongo Coffee is also a champion of the local community, working to continuously train farmers but also address social and economic issues in the villages in which it does business. ■





# A CRACKER OF A CELEBRATION

Paradise Foods has celebrated 90 years in business with the release of a new flavour in its range of crackers.

Paradise Foods has marked its 90th anniversary with the launch of a limited-edition cracker flavour called EmNau Mumu Pik. The flavour is only available in stores for five months from its launch date last October.

The inspiration behind Mumu Pik is the tradition of highlands-style mumu preparation, combining the savoury goodness of pork with a selection of carefully chosen spices.

The company's research and development department dedicated two years to perfecting the flavour through sensory activities conducted among Paradise Foods employees and external EmNau consumers.

The company says the flavour captures the essence of a cherished family gathering.

The launch follows the success of previous product innovations, including the EmNau Beef and Onion biscuit in 2019, marking the rebranding of EmNau into the 85g packet. Subsequent new product developments introduced Choc Chip Cookies in 2020, Smart Start Breakfast Biscuits 70g, and Kala Cookies in 2021.

In addition to the new flavour, Paradise Foods has made substantial investments in its production capabilities.

The company installed a state-of-the-art cracker-making line costing more than PGK60 million at its Malahang site in Lae late last year.

Michael Penrose, the Group Chief Executive Officer of Paradise Foods, expressed his enthusiasm for this new venture.

"We have expanded our distribution warehouse to cater for this uplift in production and are excited to have the new cracker line operating," he said.

The company has also implemented technological upgrades at its Taraka site to enhance the company's production efficiency and output. ■

**A Paradise Foods worker shows off the new cracker range, which is available for a limited time.**



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# GOING WITH THE GRAIN

Paul Chai reports that Trukai has introduced training initiatives to help its rice growers.

Helping its trusted network of farmers to reach its potential is just one of the smart ways that Trukai remains the number one rice supplier in Papua New Guinea.

As the leading supplier for rice to PNG for over half a century, Trukai Industries knows that its key relationship is with its farmers. That is why the company introduced its Smart Farmer Program in 2022 in cooperation with the Papua New Guinea University of Technology in Lae.

The program is a short-term training initiative that helps them optimise their farming businesses.

Andrea Tagamasu, public relations and communication manager for Trukai, says that the program has been so successful that last year it was extended.

“We have helped 220 people so far from one university, so we were looking to expand the program,” says Tagamasu. “Recently we signed up with the Pacific Adventist University and we have had a lot of applicants coming from around the country and they have a lot of good things to say about the program.”

The product pillars of the group are the Trukai rice brand (the premium offering), the Roots brand for middle-income earners and the Wontok brand, set at a lower price point. The company employs over 100 people across PNG.

PICTURE: SUPPLIED BY TRUKAI



Trukai is the number one rice supplier in PNG.

“  
Our agriculture team teaches people how to get more yield and how to grow rice in the most sustainable way.”

The Trukai team headed to the annual Morobe Show in October last year to showcase its sustainable practices, many of which underpin the Smart Farmer Program. It is a multifaceted approach to growing rice that looks at how to put nutrients back into the soil, how to manage cash flow while waiting for crops and complementary plantings like bananas and peanuts.

“We teach our smart farmers about all aspects of irrigated rice farming,” says Tagamasu. “Our agriculture team teaches people how to get more yield, they learn about pests, both good and bad, and how to grow the most rice in the most sustainable way.”

This sustainable way of working also forms part of the company’s corporate social responsibility. Trukai has long believed in giving back to the community through events like the Trukai annual fun run, which has been going for 20 years.

Tagamasu says it is this idea of giving back that has helped the rice producer weather what has been a challenging few years.

She says the key business issue at present is the increase in freight and storage charges.

“But it is the loyalty that the people have for our brand that has helped us stay the distance, many people have grown up eating Trukai rice and have been loyal to the brand over the years,” she says. ■





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# HomeGROWN HOUSING

Carmel Pilotti reports on the rise of Atlas Steel as a major supplier of kit homes.

PICTURES: GODFREMAN KAPTIGAU & SUPPLIED BY ATLAS STEEL



Atlas Steel started making kit homes in 2007 and has since become the premier supplier of prefabricated homes for Papua New Guineans, according to the company's branch manager Peter Browne.

PNG families, Browne says, make up most customers and they favour high-set homes because of the country's tropical climate.

The kit homes are built at factories in Lae and Port Moresby, with about 750 workers including engineers, draftspeople, builders and factory production workers manufacturing 10 to 20 homes monthly.

With a range of homes for varying family sizes, prices range from PGK45,000 up to PGK300,000 for four- to five-bedroom homes.

A major trend for aspiring homeowners in PNG is to buy land first and then to build a home afterwards. The prefab homes have proved to be an easy and affordable option, Browne says.

He says Atlas offers full service from building onsite to connecting to utilities.

"There are many hurdles to jump over and other uncertainties when building a home. We help you understand what these hurdles are, and we help you understand how to overcome.

"We are there for you for the whole journey and we are also there after you move in to help you with the upkeep of the home."

As an additional quality and value for money guarantee, Browne says Atlas homes come with durable steel frames, giving them a longer and maintenance-free life, being able to withstand fire, termites and the elements.

The lavish interiors are fitted with timber, with cabinetry done by Fletcher Morobe and glass from Quality Glass & Aluminium, keeping standards high with trusted suppliers. ■



“  
The prefab homes have proved to be an easy and affordable option.  
”



High-set homes are popular in the Atlas Steel range (above); an interior and a verandah of one of the homes (far left and left).





## **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.





# NATION BUILDING



Monier has been involved in some of the biggest building projects in PNG. Here, CEO George Constantinou gives an insight into the company that employs hundreds of Papua New Guineans and has an impeccable safety record.



Monier's CEO George Constantinou (top); the company has 364 staff members, some of them pictured (above).

**Q Monier has quite an imprint in Papua New Guinea. When did the company start here and what does it manufacture?**

▲ Monier Limited was established in PNG in 1958 and purchased for the Constantinou Group of Companies by the late Sir Theophilus (George) Constantinou in 2005. We offer a range of high-quality products to suit the commercial, industrial and domestic sectors. We are the largest producer of construction materials and building products in the country.

**Q Which sections of the company are the biggest and busiest?**

▲ The quarry and masonry sectors are the largest of our eight sectors. Our masonry products are made at our 9 Mile location with a variety of masonry block and paver options. Our Nebiri quarry is in the National Capital District, and we can produce more than one million tonnes of aggregate products annually

“  
As a family-owned business, we have always taken a safety-first approach.  
”

for a variety of purposes from ready-mix concrete to road aggregates.

**Q Which major projects in Port Moresby has Monier been involved with?**

▲ Some recent projects include aggregate supply to the LNG Project, the Japanese Embassy, the American Embassy, APEC Haus, Hilton Hotel, Airways Hotel and the Port Moresby Sewerage System Upgrading Project. We have also been fortunate to be

involved in the material supply for several road and airport projects around PNG such as the 9 Mile to Laloki Road reconstruction and the NADZAB Airport Redevelopment Project.

**Q How many people are employed, and in what types of roles?**

▲ Currently we have a total of 364 staff members and 96 per cent of our workforce is made up by nationals. All our line managers are nationals of PNG. Upskilling the national workforce is a founding principle of our company.

**Q Recently you passed 700 days without an injury that has caused a staff member to take time off work. That's an impressive achievement in the construction industry – how was it achieved?**

▲ This is not doable without the hard work of all staff and management ensuring that all safety procedures that are in place are adhered to. Having globally recognised international standard accreditations for health and safety management systems ensures that we uphold ourselves to a high standard. As a family-owned business, we have always taken a safety-first approach with all our businesses, and this has been a key priority for my family since day one.

**Q Does the company have any plans that you can share?**

▲ We have recently received a new mobile concrete batch plant in addition to our mobile laboratory testing and mobile crushing equipment. Mobile batching plants allow us to mix wherever the pour is required, ensuring quality, consistent concrete on-site. This will allow Monier to start producing concrete further away from our 6 Mile plant and offer our core services throughout PNG. ■



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# AWARDS SHINE A LIGHT ON PNG'S INNOVATORS

## Some of the country's smartest and brightest innovators gathered for the 2023 PNG Innovation Awards and Conference in Port Moresby.

A food delivery service, a banking service for remote users and a new government portal for MSMEs were the big winners at the 2023 Innovation PNG Awards, announced late last year.

The winners of the 2023 Innovation PNG Awards were revealed at a gala awards at APEC Haus, Port Moresby.

A judging panel, led by futurist Dr Jane Thomason, presented trophies to three award winners, chosen from a total of 58 entries.

"The range of innovations covered by the entries was nothing short of breathtaking, covering many different economic activities, from agribusiness, food, education, real estate and energy, to telecommunications, logistics, manufacturing, construction and engineering and more," Thomason said.

"The digital economy is an important opportunity for PNG's future and the quality of applicants shows that many are already seizing this potential. It augurs well for the digital future."

Just over half of the entries for the awards came from small businesses. The award for innovation in small business went to Port Moresby-based food ordering and delivery service, GoFood PNG.

Founded in 2016 with one car, a web address and two customers, it launched its phone app in 2021 and now services over 20,000 customers, delivering from 40 restaurants, as well as supermarkets and catering companies.



**1 GoFood PNG's Vavine Anang collects the award for most innovative small business from chief judge Dr Jane Thomason and Business Advantage International's Andrew Wilkins.**

**2 MiBank MD Tony Westaway collects the large business award.**

**3 The Credit Guarantee Corporation's MD Dominic Sikakau collects the government award.**

The judges described GoFood PNG's entry as a well-conceived food ordering app and 'last mile' delivery service with market-proven execution and potential for growth.

The judges noted the service combines features present in similar services around the world with those specifically adapted to PNG's market conditions.

GoFood PNG has plans to open in Lae and Mount Hagen, and has already expanded into deliveries of non-food items.

Shortlisted for the award were Bobatom Tech and Consultancy and e-learning platform Reelae.

Special commendations were given to five SMEs: Unicorn Enterprise (t/a Hello Tax Man); two Lae-based drone businesses, DroneTree Mapping and Solutions and Hoping; the Centre for FutureNau and Papua Power.

The large business award went to microfinance provider MiBank for the development of Mobile Corporate, a service that enables organisations and groups with multiple signatories to authorise financial transactions using basic mobile phone technology.

"This innovation has particular relevance and use for remote areas where there is not adequate internet coverage, and for rural companies and groups," the judges said. "As such, it is a well-thought-out solution created for existing PNG conditions."

Also shortlisted were construction company Markham Culverts for introducing a new geotextile-based road surface to PNG, and food delivery service PGO!

Tenkile Conservation Alliance received a special commendation.

The Innovation PNG award for government went to the Credit Guarantee Corporation, only established in 2022, for its new loan referral platform: a web-based portal providing direct access to finance and ➤



PICTURES: GODFREEMAN KAPTIGAU

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9



- 4 Futurist Dr Jane Thomason was keynote speaker at Innovation PNG 2023.
- 5 PNG Dataco's CEO Paul Komboi presented the country's exciting telecommunications roadmap.
- 6 A busy expo accompanied the event at APEC Haus.
- 7 ExxonMobil PNG engineers Israel Jali Kilawe and Jonathan Teloma Lanto.
- 8 Steven Matainaho, Secretary of the Department of Information and Telecommunications Technology, presented an update on the plan to create a digital government in PNG.
- 9 Digizen ID's Kimmo Koivisto presented a new tech-driven way of providing ID cards to remote communities.

Strictly Business stories kindly provided by






**10** KonicaMinolta Australia's Chief Strategy Officer, Ted Garner.  
**11** Google Australia's John Ball joined the conference for an online Q&A session.  
**12** Innovation PNG co-host, the Port Moresby Chamber of Commerce and Industry's President Rio Fiocco (second from right), welcomes guests to the event.  
**13-15** Awards night diners.

“  
 The range of innovations covered by the entries was nothing short of breathtaking.  
 ”

related information for small and medium-sized businesses.

In the judges' view, the portal "has the potential to improve access to finance for the businesses that currently find it hardest to obtain finance".

Also shortlisted for the government award were the Department of Civil Engineering at Unitech in Lae, for an educational model that helps engineering students address waste management problems, and the Coffee Industry Corporation for promoting the use of solar driers.

Special commendations went to the Milne Bay Provincial Health Authority, Kus'e Bruce Gignal, a teacher at Gordon Secondary School, and National Judicial Staff Services.

The 2023 Innovation PNG Awards were held in conjunction with Innovation PNG 2023, a conference and expo focused on encouraging greater innovation across PNG's economy.

The conference, attended by several hundred delegates from business, government and universities, was also held at APEC Haus. It was co-hosted by the Port Moresby Chamber of Commerce and Industry and Business Advantage International, the publisher of this magazine. ■







"The joys of family time and PNG culture."

"Respect."



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# A new strategy to revive state assets

Some key Papua New Guinean state assets, including the site of Port Moresby's old port, are being readied for redevelopment, with private sector investment being sought.

The move is being guided by a new investment strategy from state holding company, Kumul Consolidated Holdings (KCH).

While its primary role is to manage and oversee the country's state enterprises, including its main utilities and national airline, state-owned KCH is also seeking to revive and redevelop some of PNG's dormant state assets.

In so doing, according to Managing Director Professor David Kavanamur, it is hoping to work more closely with private investors.

While the partial privatisation of Telikom PNG is an ongoing project, KCH is also now

“  
KCH is seeking to partner with the private sector.

”  
seeking to partner with the private sector to redevelop some of its land-based assets.

The big-ticket item is Port Moresby's old port site – vacant since 2018, when the port relocated to Motukea.

The waterfront site offers the opportunity to connect the busy suburb of Konedobu with Port Moresby Town and the planned Paga Hill

Special Economic Zone. KCH is considering several options, including developing the precinct into a commercial and residential area, a tourism destination or a mixed-use development.

KCH is also looking to attract private sector investment in two large agricultural assets: the 2300-hectare Dylup Plantation in Madang Province and the 1089-hectare Cape Rodney Estate in Central Province.

While KCH will hold onto an equity interest in these redevelopment projects in return for making the land available, and is exploring different investment models, including franchises, public private partnerships, build-own-operate-and-transfer arrangements, and joint ventures. ■

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# Investors have an eye on Mount Hagen

Major companies are increasing their presence in PNG's third-largest city.

Mount Hagen, Papua New Guinea's third-largest city and the centre of the country's populous Highlands region, is once again starting to receive attention from investors.

With an official population of just 47,064, the city in PNG's Western Highlands Province might seem, on the surface at least, to represent a modest opportunity for investors.

However, as a key logistics point along the region's major

artery, the Highlands Highway, it is a major service centre not only for the nearby Wahgi Valley agricultural zone, but also for much of PNG's most populous region. (According to PNG's National Statistics Office's 2021 estimate, the Highlands region is home to 4.57 million Papua New Guineans and growing.)

This explains why several of PNG's major companies are increasing their commitment to Mount Hagen.



ILLUSTRATION: SUPPLIED BY STEAMSHIPS

An artists' impression of the new Steamships/Tininga Wonye Dobel development in Mount Hagen.

Mostly notably, ground was broken in September 2022 on a new branch for bank BSP – phase one of the large retail-led Wonye Dobel development being created by Steamships Trading Company in partnership with Mount Hagen-based retailer Tininga.

"Steamships, in many ways, is returning to the Highlands," says Managing Director of Steamships, Rupert Bray.

"We've got a mixed-use development already in Mount Hagen, in the Hagen Central shopping centre (also with Tininga) and we have an investment in the Highlander Hotel and some other minor properties there as well.

Bray says it's hoped to commence work on the new development, worth several hundred-million-kina, early this year.

Phase two of the 38,000 square metre, two-storey mixed use development will see supermarkets, homeware centres, restaurants and more finance and government support services.

Steamships' and Tininga Wonye Dobel's investment is not the only one. It follows the Brian Bell Group's April 2022 opening of a PGK40 million new shopping centre close to the centre of Mount Hagen. Telco Vodafone PNG also opened an outlet in town in March last year.

Further investment in Mount Hagen will be supported by two other notable developments.

Firstly, ongoing improvements are being made to the Highlands Highway under the National Government's signature Connect PNG road-building program.

Secondly, with lack of finance considered to be a brake on Mount Hagen's development as a city, there have been concrete moves to improve its financing,

“

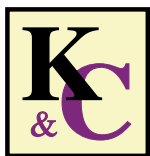
Ongoing improvements are being made to the Highlands Highway.

”

along similar lines to that already achieved with some success in PNG's second city, Lae.

Under the *Mount Hagen City (Amendment) Bill 2023*, passed by Parliament last June, the Western Highlands Provincial Government will be obliged to allocate 25 per cent of the GST revenue it receives to the city from 2024 onwards, which should bolster local services and infrastructure. ■

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## **INVESTING IN PAPUA NEW GUINEA HAS ITS REWARDS**

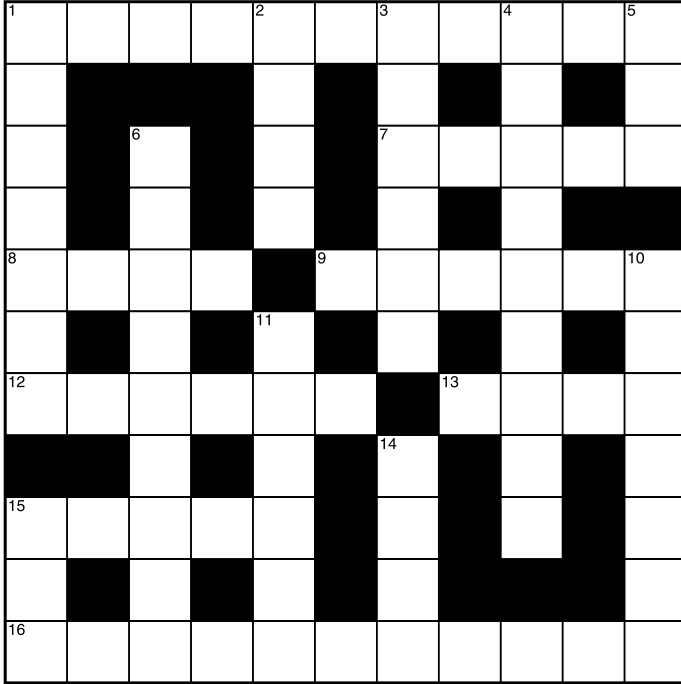
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## DoubleTake

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



### CRYPTIC CLUES

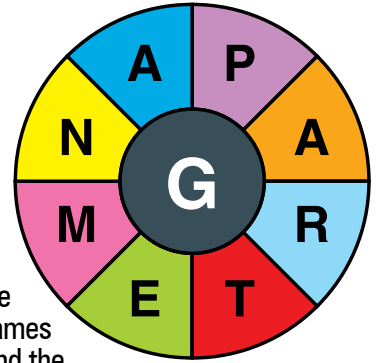
#### ACROSS

1. Good climate for Spooner to wear feather? (4-7)
7. Eager to adapt and get on (5)
8. Decorates nicest interior (4)
9. They appear to fulfil one's wishes (6)
12. Suit that comes in handy when gardening (6)
13. Lady made changes (4)
15. Sprightly GI surrounded by ale (5)
16. Doubt about land set aside (11)

#### DOWN

1. They made an impression ages ago (7)
2. Walk through water to get weighed, we hear (4)
3. Very surprised at tortuous path featured in commercial (6)
4. Hurry, Kane! Listen to Gale! (9)
5. Regret taking odd route (3)
6. Story lines involving Erica's son (9)
10. In Sweden, top dog was replaced with lovable alien, to make more palatable (7)
11. Remote-controlled fireball (6)
14. Long sleep in stucco mansion (4)
15. Even Xavier produced a melody (3)

## Wheel Words



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

24 Good      32 Very Good      37+ Excellent

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### STRAIGHT CLUES

#### ACROSS

1. Unreliable pal, ... friend (4-7)
7. See eye-to-eye (5)
8. Freezes, ... over (4)
9. Magic lamp spirits (6)
12. Buckets & ... (6)
13. The Hunchback Of Notre ... (4)
15. Nimble (5)
16. Booking (11)

#### DOWN

1. Petrified remains (7)
2. Plough (through) (4)
3. Astonished (6)
4. Violent storm (9)
5. Parisian thoroughfare (3)
6. Movie plot summaries (9)
10. Add sugar to (7)
11. Shooting star (6)
14. Prolonged unconsciousness (4)
15. Artist's tool, ... brush (3)



# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

- 1 What is the new name of Lae's Nadzab Airport?
- 2 PNG has the world's third-largest rainforest. Can you name the two largest rainforests?
- 3 Which Port Moresby car dealership shares its name with a popular Port Moresby beach?
- 4 Which annual event is Mount Hagen best known for?
- 5 What disappeared off Rabaul on September 14, 1914?
- 6 Can you name the five closest countries and territories to PNG?
- 7 A merlion is the official mascot of Singapore. What is a merlion?
- 8 Would you eat, drink or wear *yaqona* in Fiji?
- 9 Which stadium is the home of rugby league in Queensland, Australia?
- 10 True or false? The Pacific Ocean is the largest of the five oceans.
- 11 Where is Gizo?

- 12 What is the main ingredient in the Southeast Asian dish of nasi goreng?
- 13 Can you name the capital of Indonesia?
- 14 What is 4762 kilometres north of PNG?
- 15 Can you identify the three PNG sporting people pictured?



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 96.

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# Solutions

## Wheel Words

Solution: Agar, Game, Gape, Gate, Gear, Gent, Germ, Gnat, Gram, Gran, Mega, Page, Pang, Raga, Rage, Rang, Tang, Agape, Agate, Agent, Anger, Gamer, Gaper, Grant, Grape, Grate, Great, Manga, Mange, Pagan, Pager, Panga, Prang, Range, Engram, Garnet, Magnet, Manage, Manger, Parang, Parget, Ragman, Garment, Magenta, Magnate, Manager, Pageant, Pangram, Rampage, Tanager, Tangram. *9-letter word: PENTAGRAM.*

## Crossword

F	A	I	R	W	E	A	T	H	E	R
O				A		M		U		U
S		S		D		A	G	R	E	E
S		C		E		Z		R		
I	C	E	S		G	E	N	I	E	S
L		N		M		D		C		W
S	P	A	D	E	S		D	A	M	E
		R		T		C		N		E
A	G	I	L	E		O		E		T
I		O		O		M				E
R	E	S	E	R	V	A	T	I	O	N

## Sudoku

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

## The Paradise Quiz

- 1 Nadzab Tomodachi International Airport.
- 2 Amazon Rainforest and Congo Rainforest.
- 3 Ela Motors. 4 The Mount Hagen Cultural Show, which attracts up to 75 tribal groups.
5. The Australian submarine *AE1*. 6 Indonesia, Australia, Solomon Islands, the Federated States of Micronesia and New Caledonia.
- 7 A mythical creature with the head of a lion and the body of a fish. 8 *Yaqona (kava)* is the national drink of Fiji. 9 Brisbane's Suncorp Stadium. 10 True. 11 Solomon Islands. 12 Rice. 13 Jakarta. 14 Japan. 15 (a) retired swimmer Ryan Pini (b) rugby league player Justin Olam (c) weightlifter Dika Toua.

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## PAPUA NEW GUINEA VISITOR GUIDE



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

PICTURE: DAVID KIRKLAND

**Taxis:** Recommended firms are City Loop (+675 7715 9338) and Comfort (+675 7615 5663); Expedient Limited (+675 7232 9990) provides shuttle services. ODESH (+675 7981 8832/+675 7408 6270) is Port Moresby's first taxi and chauffeur on-demand booking service. See [odesh.net](http://odesh.net) or download the app.

**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 the 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.

### 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.

# Out and about

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

### CLIMATE

Except for 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). Major mobile

networks are Digicel, Telikom PNG and Vodafone. 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:** Major companies include Hertz Car Rental (+675 325 4999/+675 7235 2442) with a self-drive rate of PGK270–485 a day. With a driver it is PGK612–868. Avis Car Rental (324 9400)

day rate is PGK315–435 with a PGK4600 bond. With a driver it's an additional PGK15 per hour. With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

**Security firms:** They can provide airport transfers if you are not staying at a hotel or if you require transport at night for evening social events. Available 24 hours, quotes are given when you inquire. Recommended firms in Port Moresby are G4S (+675 7999 1700) and Black Swan International (+675 7500 0200). In Lae, recommended security firms are Guard Dog Security (+675 7202 1069) and G4S (+675 472 3999).



## SHOPPING

### Brian Bell Home Centre:

Located at Gordons, Brian Bell sells the biggest range of white and brown goods in the country. The newest Brian Bell addition is at Gordon Plaza. There is a smaller outlet in Vision City. See [facebook.com/brianbellgroup](https://facebook.com/brianbellgroup).

**Foodworld:** Has two outlets – Waterfront and Gordons. Considered the best grocery shops by many. There is a Popi's cafe at both locations.

**Rangeview Plaza:** Port Moresby's newest mall is opposite Vision City. The plaza has a big grocery shop, clothing stores and a salon. The spacious dining area upstairs has multiple food vendors and a playground.

**Stop & Shop:** It has outlets all over the city, but recommended locations are at Waigani Central (also home to Jack's of PNG, Prouds and Hardware Haus) and Harbour City.

**Unity Mall & Supermarket:** This complex at the Steamships compound in Waigani has small businesses selling PNG-designed outfits, crafts and accessories. You can also find a pharmacy and several hair stations. The eateries offer local cuisine, snacks and coffee. A supermarket is set to open soon. See [unitygroup.com.pg](https://unitygroup.com.pg).

**Vision City:** Centrally located in Waigani, the mall has everything from groceries to clothing stores, pharmacies, salons and even a carwash service. The only cinema (Paradise Cinema) in the country is on level two. You can also find a night club (The Cosmopolitan). Take your pick from the many restaurants and food vendors at the Food Junction.



**Tapa cloth is one of the locally made items on sale at Port Moresby's thriving markets.**

## MARKETS

**Boroko Market:** Next to Santos Stadium, this popular market has a great range of local produce. There is limited parking but there is a general understanding to park along the side street with caution. Open 7:30am–5pm.

**Ela Beach Craft Market:** At the IEA TAFE campus opposite the beach. Held on the last Saturday of each month. Support artisans from nearby Motuan villages and small businesses that sell paintings, *bilums*, as well as woven baskets, mats and *tapa* (tree bark) cloth sourced from rural parts of the country. Organised by the Ela Murray International School. Tel. +675 302 3800. Open 7.30am–midday.

**Gordons Market:** Next to the Gordons police station, it's the biggest market in Port Moresby with two levels. Well-organised, you can find everything from various greens, root crops and seasonal fruit. There is ample parking and security. Open 7am–6:30pm.

**Holiday Inn Craft Market:** The third Saturday of each month in Cassowary Park.

Paintings, wooden carvings and pandanus mats are just a few of the items on sale. Proceeds from the vendor fees (PGK20) and the craft market's sausage sizzle go to charity. Open 8am–1pm. See: [facebook.com/holidayinnandsuitesportmoresby](https://facebook.com/holidayinnandsuitesportmoresby).

**Koki Fish Market:** Built over the sea, this fish market is the biggest one-stop shop for seafood. Fish like tuna and red emperor caught by local villagers can be cleaned and cut for you. Open 6am–6pm.

**Moresby Arts Theatre Craft Market:** Located at Waigani (next to Parliament House) find local art, carvings, pottery and jewellery. Enjoy the barbecue, live music and movies for kids. Some craft days have cultural dances and performance art shows. First Saturday of each month. Entry PGK2. Open 8am–1pm. See [moresbyartstheatre.org](https://moresbyartstheatre.org).

**PAU Sunday Market:** Pacific Adventist University, 30 minutes outside the city, has a market every Sunday, starting at 5am. There's produce from the school's farm, including cucumber, watermelon and corn, as well as cooked food from the Pacific.

**POM City Markets:** If you're after traditional crafts as well as a whole range of novelty products from small business owners, they regularly set up at the Vision City amphitheatre, National Museum & Art Gallery and Food Republic PNG carpark. They also host the Harbourside Night Markets at the Harbourside Precinct, which includes live music and food. See [facebook.com/pomcitymarkets](https://facebook.com/pomcitymarkets) for upcoming dates. Tel. +675 7007 3046.

\*Some of these locations (as well as all food markets in general) are known for crime so it isn't recommended that you go alone, or without your own security.

## EATING & DRINKING

### PORT MORESBY

**Airways Hotel:** Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant has a buffet each morning, lunch and evening. The Filipino-themed buffet is a winner. There is also an a la carte menu and stunning views. The tandoori dishes come highly recommended. See [airways.com.pg](https://airways.com.pg). Tel +675 325 466.

**Akura:** An elegant dining and lounge bar at Harbourside that is a popular spot for after-work drinks. Try the aburi salmon rice bowl and the beef ragu pappardelle. Tel. 7320 7777. [Instagram.com/akurapng](https://instagram.com/akurapng).

**Alibi Bar & Grill:** At the Harbourside precinct, open for lunch and dinner daily. Fridays and Saturdays bring in a big night crowd and the bar stays open until late. Try their platters: the ►



## PORT MORESBY



Surf & Turf, Meat Lovers and the Fisherman's Basket with a view of the harbour. They have started serving boba drinks. See [facebook.com/alibipng](https://facebook.com/alibipng). Tel. +675 7320 7777.

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

**Aviat Port Moresby Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches, salt-and-pepper prawns and a pizza menu. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/Aviat-Club](https://facebook.com/Aviat-Club).

**Crowne Plaza Residences:** The Port Terrace Restaurant & Bar has views of Fairfax Harbour, and all-day dining. It's open 6.30am to 10pm. Try a power juice for breakfast, chicken parmy for lunch or chilli lobster for dinner. The extensive menu also includes

burgers and steaks, as well as share plates. Great spot to watch the sunset with a beverage, with wine, beer, spirits and cocktails on offer. See [portrestaurant.com.pg](https://portrestaurant.com.pg).

**Daikoku:** The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. You can find them at Stop & Shop Harbour City (first floor) and the Harbourside Precinct. See [daikokupng.com](https://daikokupng.com).

**Duffy Cafe:** Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations: at Harbourside, Gordons and Jacksons International Airport. You can order your breakfast ahead of time for those busy work mornings. See [duffypng.com](https://duffypng.com).

**Dynasty at Vision City:** This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. The crispy lemon chicken is a favourite. See [facebook.com/100064086213057](https://facebook.com/100064086213057).

**Edge by the Sea:** The Edge cafe has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. Try their new decadent Basque cheesecake. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees, perfect for those blistering-hot days. Tel. +675 7995 5263.

**Ela Beach Hotel:** Drop in to Salt Restaurant (At Beachside) for casual all-day dining, including curry, burgers and wok dishes, or pizza at Enzo's. See [coralseahotels.com.pg](https://coralseahotels.com.pg). Tel +675 7998 6510.

**Fusion Bistro:** A fusion of flavours from China, Thailand and Vietnam. Located in ENB Haus, Harbour City. Takeaway available. Tel. +675 7196 6666.

**Gateway Hotel:** The hotel's dining options include the Wild Orchard for breakfast and dinner buffet daily, Jackson's Gaming-Restaurant-Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town, Sizzler's Family Restaurant for value dining (PGK60 buffet), while Enzo's Express does quick lunches, coffee and pizza. Their newest spot, Deli Cafe, serves excellent milkshakes and the hotel's own range of bread and pastries. See [coralseahotels.com.pg](https://coralseahotels.com.pg).

**Grand Papua Hotel:** The elegant Grand Brasserie has a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka

coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See [coralseahotels.com.pg/grand-papua-hotel](https://coralseahotels.com.pg/grand-papua-hotel).

**Hilton Port Moresby:** The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG, and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See [hiltonportmoresby.hilton.com](https://hiltonportmoresby.hilton.com). Tel. +675 7501 8000.

**Holiday Inn & Suites:** The Kopi Haus Restaurant has breakfast from 6am, lunch and dinner. It has a la carte as well as a buffet, with the cuisine including PNG flavours. Expect themed buffets (such as barbecue and flavours of Asia) from Wednesday to Friday. The poolside Gekko Bar opens at midday and includes ➤



Japanese treats are on offer at Daikoku at Harbourside.



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a big screen for sports telecasts and tasty bites to go with a range of wines, cocktails and local and international beers. See ihg.com. Tel. +675 303 2952.

**Holiday Inn Express:** The Great Room has a buffet breakfast from 6am with a Grab & Go option if you're in a rush. An a la carte dinner menu is available from 5.30pm daily. Tel. +675 7373 2500 (front desk).

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

**Jeanz Cafe:** A family-friendly cafe with ample seating that

proudly serve PNG Arabica coffee. Located in Gordons Plaza, they have a great range of salads, pastries and sandwiches. See gordonsplaza.com.

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

**Lamana Hotel:** Choose from options including Spices Restaurant (Indian), the Italian Restaurant, Cafe Palazzo and PNG's biggest nightclub, The Gold Club. The 360 Bar has great night views, and exclusive birthday fireworks can be organised. See lamanahotel.com.pg. Tel +675 7373 0600.



The pool area at Loloata Island Resort.

**Loloata Island Resort:**

The private island has two restaurants. Bootless Bay is spacious with high ceilings and an open-plan style that provides a panoramic view of the sea. They serve a highly recommended breakfast and lunch buffet. The vibe at night makes it the perfect spot for a dinner date. (Expect a beachfront set-up for Valentine's Day.) The Beach Club upstairs is a

great spot for special events like corporate dinners and birthdays. See loloataislandresort.com. Tel. +675 7108 8000.

**Magi Seafood Restaurant:**

A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food. Try the plum sauce chicken wings, whole fish with oyster sauce or the butter prawns. See facebook.com/magiseafoodrestaurant. Tel. +675 7198 0505.

**Mojo Social:** This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. Try the new Mexican dishes during a regular Taco Tuesday. See mojofood.co. Tel. +675 7995 5264. ➤

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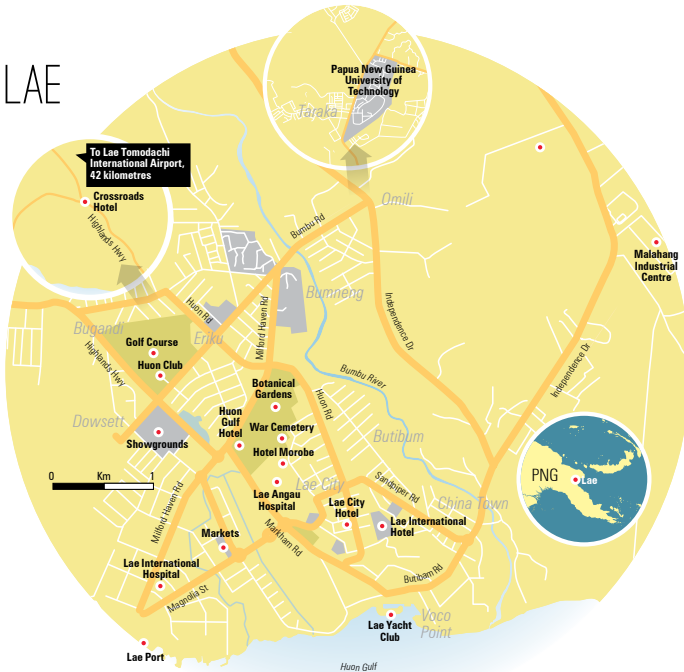


LABA SECURITY

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LAE



**Pentagon Entertainment:** On the former Laguna Hotel premises. Guests can enjoy indoor and outdoor seating. There is also a family-friendly pool area. Try some of the signature dishes like biryani stuffed roasted chicken, crispy pork sisig, and salmon in an orange glaze. Tel. +675 325 1068.

**PGO!:** PNG's first online delivery service. Their vendors are Burrito Central (Port Moresby's first Mexican takeaway), Port Terrace, The Dirty Kitchen, Abus na Kumu (translates to 'meat and greens'), Fusion, Kopibin, Mr Mike's Pizza, The Cellar, Juice Bar and Marcus Kitchenette and Catering. See [www.phipax.com](http://www.phipax.com).

**Port Terrace:** Fast becoming a popular lunch and dinner spot, the restaurant and bar is in the Crowne Plaza Residences. Try the Melanesian poke bowl along with the cocktail of the month. See [portrestaurant.com.pg](http://portrestaurant.com.pg). Tel. +675 308 3100.

**Red Rock Bar:** Located at Dogura, 6 Mile (along Magi

Highway). Be prepared for an uphill drive to the bar but it's worth the spectacular sunset. Try the Red Rock burger or sizzling lamb and pork with a table in the outdoor area. Tel. +675 8214 7357.

**Royal Papua Yacht Club:** Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. There is a themed cocktail night each Thursday. See [rpyc.com.pg](http://rpyc.com.pg).

**Seoul House:** This restaurant specialises in Korean, Thai and Chinese cuisine, cooked on a hotplate in front of you. The dishes include a seafood platter of coral trout, mussels and shrimp, and Singapore-style chili crab. Seoul House is tucked away in a garden oasis compound in Five Mile. The owners also have cafe at the Jacksons International Airport, Hotspot. Try the Black Forest cake and croissant sandwich while waiting for your flight. Tel. +675 7823 3075.

**Shady Rest Hotel:** The Indian dishes at the hotel's Cellar Restaurant draw high praise from reviewers on TripAdvisor. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel and has Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed with feta, olives, mushrooms and more. Bakeology Cafe & Bakery offers alfresco dining surrounded by lush greenery. Enjoy a range of sandwiches, salads, pastries, desserts and freshly baked bread. See [shadyrest.com.pg](http://shadyrest.com.pg). Tel +675 323 0000.

#### **Stanley Hotel and Suites:**

This Waigani hotel has several restaurant choices. On the 19th floor, the Silver Leaf offers intimate fine-dining with stunning night views. The Executive Lounge (for guests staying on the 14th to 18th floors) offers breakfast, all-day snacks and cocktail canapes. A walk up the stairs from the lounge takes you to the Mezz Bar, which offers premium spirits. There is also a smoking deck. The chic tapas-style Monsoon Lounge is on the ground floor. Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. Choose your own combo at the new juice station available at breakfast and lunch. The serene Rainforest Cafe, close to the check-in area, has coffee, desserts and pastries. See [thestanleypng.com](http://thestanleypng.com).

**Tandoor on the Harbour:** Come here for a curry with great bay views. The butter chicken with garlic nan is classic. See [facebook.com/tandoorontheharbour](http://facebook.com/tandoorontheharbour).

**Tasty Bites:** This cosy traditional Indian restaurant is tucked away in the town centre in Hunter Street

near Crowne Plaza (ANG Haus). A great spot for quick and affordable meals. Try the vegetable noodles with chicken strips or the pizza menu. Deliveries available. Tel. +675 321 2222.

**Tribes Coffee Club:** This cafe has two locations: Oasis building in the Steamships compound, Waigani, and Lawes Road, Ela Beach. All-day dining available. The seafood platter with crab, shrimps and the catch of the day is a dinner favourite. Tel. +675 321 0455.

**Tuna Bay Resort:** Located in Taurama, just five minutes from Manu. Enjoy battered fish and chips, char-grilled rump steak and boneless chicken that comes with a side of garden salad and chips. There is indoor and outdoor dining, with bay views. Tel. +675 7920 8777.

#### **LAE**

**Bulolo Golf and Country Club:** Lae's newest restaurant has an a la carte menu with indoor dining and an outdoor deck overlooking the course. The Bulolo T-bone steak is said to be among the best in the country and is sourced locally. Try 'Papa Tony's Pizza', a stone-baked pizza created by the club's chefs. Tel. +675 7358 7161.

**Bunga Raya:** This local favourite, serving Malaysian-style Chinese, is located next to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. The dessert menu has been updated and includes a tempting caramel bar. Tel. +675 472 7177.

**Cafe 411:** There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Try the T-bone steak with mushroom sauce if





you're after something hearty. Tel. +675 479 0100.

**Huon Club:** This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Open on Wednesday and Friday, members can enjoy regular lucky key draws and a barbecue menu. Inquiries to Lae Golf Club. See [laegolfclub.com.pg](http://laegolfclub.com.pg). Tel. +675 472 1363.

**Lae City Cafe:** Located in the Lae City Hotel on 3rd Street, the cafe serves Western and Asian cuisine. The signature dishes include ribs and nasi goreng. Tel. +675 472 0138.

**Lae Garden Restaurant:** The Asian menu includes staples such as crispy chicken, butter prawns and the Malaysian dish nasi lemak. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. A great venue for big dinner parties. Tel. +675 479 0100.

**Lae Golf Club:** The club is excellent for a few sundowners as you overlook the stunning green with access to the excellent bar. Apart from golf, you can enjoy the basketball and tennis courts. See [laegolfclub.com.pg](http://laegolfclub.com.pg). Tel. +675 472 1363.

**Lae International Hotel:** Home to three restaurants – Lulai's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See [laeinterhotel.com](http://laeinterhotel.com). Tel. +675 472 2000.



**The Mumu restaurant ... the casual and elegant eatery at Port Moresby's Hilton Hotel offers traditional PNG-style cooking.**

**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. Choose from four pork dishes on Pelgen Pork Sundays. See [laeyachtclub.com.pg](http://laeyachtclub.com.pg). Tel. +675 472 4091.

**Mountain View Restaurant:** Located at the Crossroads Hotel at Nine Mile. Try the newly curated menu that is a mix of Western and Pacific cuisine. Ramu steaks are a favourite. Great spot for cocktails and wine. Tel. +675 475 1124.

## HOTELS

### PORT MORESBY

**Airways Hotel:** Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See [airways.com.pg](http://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. See [facebook.com/citiboutiquehotel](http://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](http://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](http://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](http://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](http://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](http://coralseahotels.com.pg/grand-papua-hotel). Tel. +675 304 0000.

**Hilton Port Moresby:** This 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](http://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](http://ihg.com). Tel. +675 303 2000.

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



**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](http://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.

**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



Lae International Hotel ... deluxe rooms and apartments are available.

Restaurant, Mr Mike's Pizza Company and Bakeology Cafe & Bakery. See [shadyrest.com.pg](http://shadyrest.com.pg). Tel. +675 323 0000.

**Stanley Hotel and Suites:** 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](http://thestanleypng.com). Tel. +675 302 8888.

**Tuna Bay Resort:** At Taurama, the seaside resort has nine self-contained rooms, 14 deluxe suites, two conference rooms and two big pools. Indoor and outdoor

dining available, as well as drinks in the beer garden. Offers kayaking and fishing. There is a convenience shop, and the Jetty Waterfront has become a great photo-op spot for special events. Tel. +675 7920 8777.

**LAE**

**Bulolo Golf and Country Club:** Proudly open since 1947, the club has a nine-hole golf course and new recreational facilities including a pool, gym and sauna, playground, tennis and basketball courts, and even mini golf. The restaurant is also new and has stunning views from the deck. Stay at one of 20 self-contained bungalows that

are tucked among the greenery, with some having views of the country's oldest course. Tel. +675 7358 7161.

**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 the airport. Tel. +675 475 1124.

**Hotel Morobe:** A centrally located 38-room boutique property. See [hotelmorobe.com](http://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](http://laecityhotel.com). Tel. +675 472 0138.

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

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











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**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**

- |          |          |          |          |          |          |          |          |          |           |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| <b>1</b> | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b> | <b>7</b> | <b>8</b> | <b>9</b> | <b>10</b> |
| Wan      | Tu       | Tri      | Foa      | Faiv     | Sikis    | Seven    | Et       | Nain     | Ten       |

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## Air Niugini buys new A220 aircraft

**A**ir Niugini has signed an order with Airbus for the purchase of six A220-100 jets. In addition, Air Niugini will lease two A220-100s and three larger A220-300s.

The order was announced at an event in Port Moresby by Air Niugini's Acting Chief Executive officer, Gary Seddon, and President of Airbus Asia-Pacific, Anand Stanley, in the presence of the Prime Minister James Marape and the Minister for State Enterprises, William Duma.

The 11 new A220 jets will replace Air Niugini's existing fleet of Fokker 100/70s and Boeing 737s on domestic and regional international routes from 2025.

"This is a milestone in the history of our national airline. The A220 brings with it the latest technology, fuel efficiency, and the most comfortable passenger cabin in its class, and will transform the way the nation flies," the Acting CEO said.

"The A220s will primarily service our domestic routes, but also have the flexibility to operate new regional international routes of up to seven hours duration, which will support the growth of trade and tourism for Papua New Guinea."



**At the Airbus announcement (front row) President of Airbus Asia-Pacific Anand Stanley, Acting Air Niugini CEO, Gary Seddon, with the Prime Minister, James Marape, the Minister for State Enterprises, William Duma, and Air Niugini Chairman, Karl Yalo, looking on.**

Minister Duma said: "This is a momentous occasion for Air Niugini. Coinciding with the airline's 50th Anniversary, Air Niugini secures new regional jets that will revolutionise travel for the citizens of Papua New Guinea. I am looking forward to welcoming 'the people's *balus*' to our skies."

Airbus Chief Commercial Officer and Head of International, Christian Scherer, said: "The

efficiency and range capability of the A220 make it the perfect solution for Air Niugini's network as it charts a new trajectory. We thank Air Niugini for its confidence in Airbus and are committed to offering our full support to the airline as it transitions to its new fleet."

The A220 is already in successful service with 17 airlines worldwide. ■

## Airline supports cancer charity run

**A**s a major sponsor of the Pinktober charity run for breast cancer awareness, Air Niugini contributed PGK50,000 recently to the Friends of Port Moresby General Hospital (POMGH) to support women who seek cancer diagnosis and tests at the hospital.

Air Niugini Acting Chief Executive Officer, Gary Seddon, who participated in the event with a number of Air Niugini staff, was on

hand to also present two return airline tickets to any domestic destination to the winner of the run.

The charity run/walk over seven kilometres from Hubert Murray Stadium to APEC Haus and back was hosted by the NCDC Active City Development Program, the French Embassy and Friends of POMGH. ■



**At the run (from left) NCD Governor, Powes Parkop, Air Niugini Acting CEO, Gary Seddon, the French Ambassador to PNG, Guillaume Lemoine, and the winner of the Pinktober run.**



# Ministers, dignitaries at cake cutting

**A**ir Niugini officially launched its 50th anniversary on October 25, with the cutting of a giant anniversary cake in Port Moresby.

The cake cutting, ahead of the actual anniversary day on November 1, was attended by the Prime Minister, James Marape, and other government ministers, including the Minister for State Owned Enterprise, William Duma, and the Minister for Transport and Civil Aviation, Walter Schnaubelt.

Pictured cutting the cake are (from left) Air Niugini Board Chairman, Karl Yalo, Minister



Duma, and Air Niugini's Acting CEO, Gary Seddon. The Prime Minister is pictured making his address at the event. ■



# Cairns Airport pays tribute to Air Niugini

**C**airns Airport in Queensland, Australia, has acknowledged Air Niugini for reaching its 50th anniversary milestone on November 1.

Air Niugini was the first international airline to operate flights to Cairns, on September 17, 1975, when a Fokker Fellowship F28 flight took off from Port Moresby.

In a news conference at Cairns airport, Air Niugini was presented with a Certificate of Achievement from Cairns Airport.

On hand to receive the certificate was Air Niugini's Chief Commercial Officer, David Glover, who thanked Cairns Airport for the continued partnership, adding that Air Niugini has helped grow a vital link for businesses, expats and many Papua New Guineans living in Far North Queensland.

Cairns Airport Chief Operating Officer, Garry Porter, said: "Air Niugini continues to be one of Cairns Airport's most integral partners and we are thrilled to be celebrating this achievement with them. The connectivity provided by Air Niugini has led to significant tourism and business opportunities that would not otherwise be viable, and its international network plays a crucial and valuable role in the transport of cargo across Australia and overseas. It's a special relationship that we've treasured for a long time, and we hope to see it prosper into the future." ■



Air Niugini's David Glover receiving a certificate of achievement from Cairns Airport's Garry Porter.

# DC3 MONUMENT UNVEILED

**A** new monument under the DC3 P2-ANQ aircraft mounted outside the Air Niugini head office in Port Moresby has been unveiled as part of the airline's 50th anniversary celebrations.

Air Niugini Deputy Board Chairman and Director, Anthony Seeto, and Board Director, Lady Aivu Tauvasa, alongside the airline's Acting Chief Executive Officer, Gary Seddon, cut the ribbon to unveil the monument.

Air Niugini mounted the aircraft in 1979 to remember all airmen who have given their lives flying in Papua New Guinea.

The aircraft was named Larry Blackman after a well-known Air Niugini captain who commanded that aircraft for many of the 17,000 hours that he flew the DC3s. ■



# CELEBRATIONS SPREAD ACROSS THE COUNTRY AND OVERSEAS

**A**ir Niugini's 50th anniversary celebrations have extended well beyond Port Moresby, with celebrations held across the country and overseas.

At the time of *Paradise* going to print, events had taken place in Port Moresby, Mount Hagen, Popondetta, Goroka, Lae and Hoskins, as well as Cairns, Honiara, Singapore, Manila and Hong Kong.

Pictured here are Air Niugini staff who celebrated in Lae. ■



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### **Please ask us**

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

### **Hand luggage**

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

### **Takeoff and landing**

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

### **Safety first**

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

### **Electronic equipment**

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

### **Children and babies**

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

### **Smoking**

Smoking is not permitted on any Air Niugini flight.

### **Entertainment**

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

### **Pillows and blankets**

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

### **Cuisine**

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

### **Immigration and Customs Forms**

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

### **Before you leave**

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





## AIR NIUGINI FLEET



### B767-300ER - Boeing

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



### 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



### 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

# 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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Kavieng

Lihir

Rabaul

Hoskins

Buka

Arawa

Solomon Sea

Owen Stanley Range

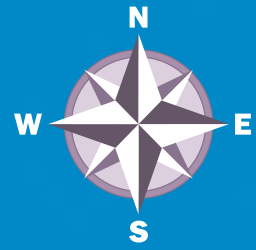
Alotau

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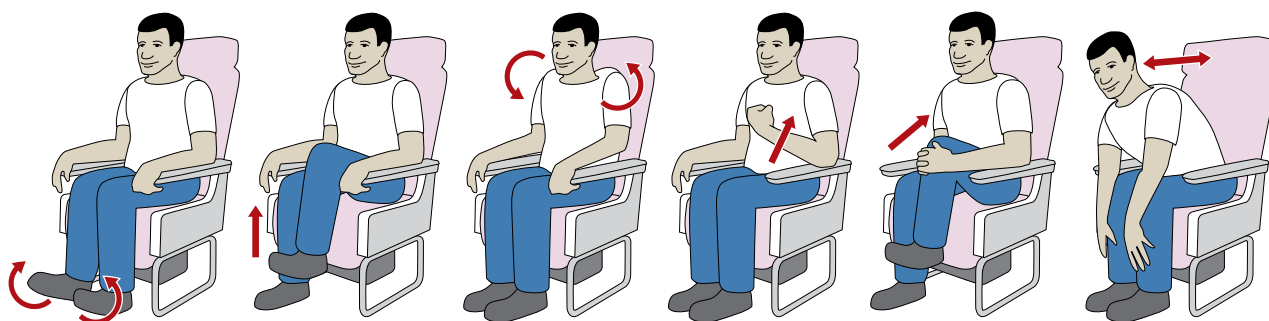
**INTERNATIONAL ROUTE MAP**

# 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

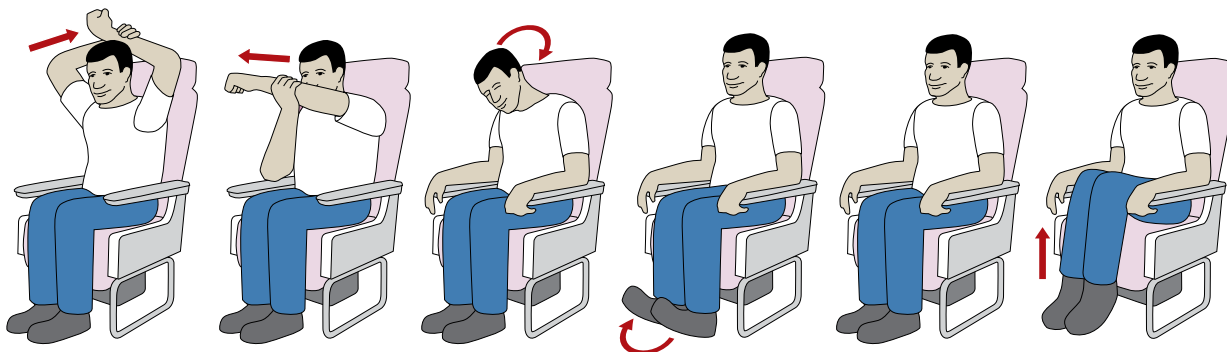
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

## 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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