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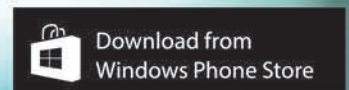
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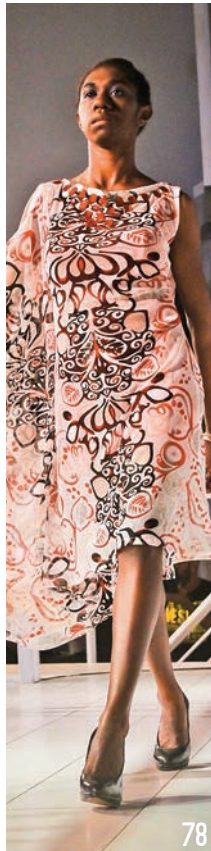
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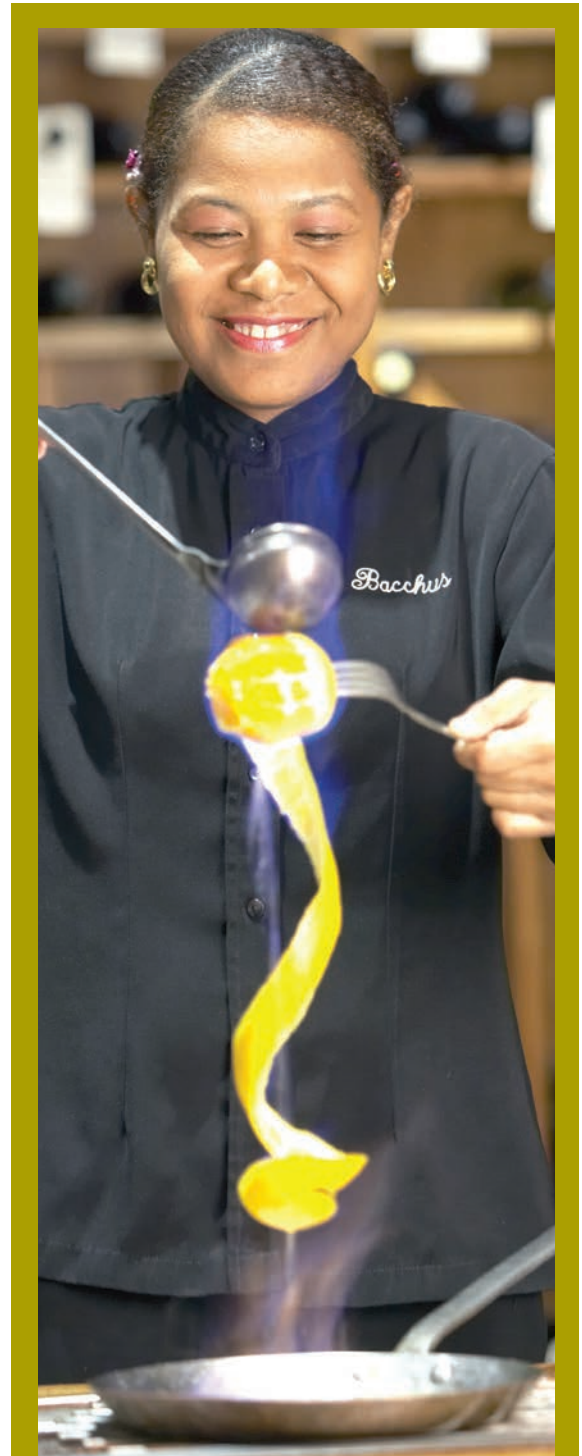
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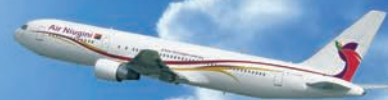


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Message from the Chief Executive Officer



Welcome aboard



Firstly, let me welcome the new publisher for *Paradise* magazine, Business Advantage International, a publishing company with a decade-long association with Papua New Guinea.

Our passengers will note the new-look *Paradise* has a new masthead and a cover design that displays the main features in the issue. The stories inside are varied and cover topics such as lifestyle, travel and up-to-date business information in the country and region.

NEW FLIGHT SCHEDULE

Our northern-winter flight schedule comes into effect on Sunday, 26 October 2014, through to Saturday, 28 March 2015.

Briefly, there are more flights in each direction between Port Moresby and Brisbane and Port Moresby and Cairns. Brisbane will have daily termination of flights, with returns to Port Moresby the following day. Meanwhile, flights between Port Moresby and Cairns will increase from nine to 11 per week, with daily mid-morning services.

The Rabaul–Cairns same-day return will terminate on Mondays and Fridays, with flights on those days now returning the next day.

Changes on our Asian routes include Boeing 767 aircraft on the five weekly flights to Singapore.

On the domestic front, all flights to Buka will be direct from Port Moresby. There are also increases in frequency to most major airports.

CUSTOMER FOCUS

In our endeavour to enhance our services to our passengers, Air Niugini initiated Customer Focus forums in Port Moresby and Mt Hagen to gauge views from its key business customers on the level of service provided and how they thought it could improve.

More forums are planned for Lae, Morobe Province, and Rabaul, East New Britain Province, before the end of this year.

PACIFIC GAMES 2015

As a commitment to promote the 2015 Pacific Games, Air Niugini has introduced the “Tura Fare”, which offers 50 per cent off all domestic fares until July 2015. This promotion will provide affordable travel for many and I urge you to take the opportunity to travel and acquaint yourself with our beautiful country.

Leading up to, and during, the 2015 Games, the national capital Port Moresby will be abuzz with visitors and athletes from 22 countries, including Australia and New Zealand, for the biggest sporting event in the Pacific region. Three of our aircraft already display the 2015 Pacific Games logo to showcase the upcoming national event.

I’m delighted this issue of *Paradise* also features November’s PNG Games in Lae. These are PNG’s grassroots games, and they have a long history of producing future Pacific Games and Commonwealth Games athletes.

Finally, during your flight with us today, please take a look at our duty free products – there are specials available that may well be to your liking. Enjoy your flight.

Simon Foo, CBE
Chief Executive Officer
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Air Niugini backs Pacific Games



“The completion of the Boeing fleet’s retrofit program has lifted the standards in air travel. It is timely that the upgrade has been carried out on the Boeing fleet prior to the Games.

”

On board ... (from left) CEO of the 2015 Pacific Games Peter Stewart, CEO of Air Niugini Simon Foo, Minister for Sports and Pacific Games Justin Tkatchenko, chairman of the Air Niugini Board Sir Fred Reiher, Minister for State Owned Enterprises & Investments Ben Micah, and chairperson of the 2015 Pacific Games, Emma Waiwai.

Air Niugini’s two Boeing 737s and a Fokker 100 have been emblazoned with the logo of the 2015 Pacific Games.

The popular yellow *lagatoi* (double-hulled canoe) with red, green, black and blue encapsulates the spirit of the games and Papua New Guinea.

As the exclusive carrier of the athletes and officials of the Games, Air Niugini is proud to promote the event on the three aircraft.

Air Niugini board chairman, Sir Fred Reiher, describes the Games as a momentous regional event that will coincide with the 40th anniversary of the country’s independence.

“Air Niugini is pleased to be on board to

promote the Pacific Games and Papua New Guinea in the region including Australia, Asia and the Pacific.

“The completion of the Boeing fleet’s retrofit program has lifted the standards in air travel and offers better customer comfort on Air Niugini’s Bird of Paradise services and it is very timely that the upgrade has been carried out on the Boeing fleet prior to the Games,” he says.

Air Niugini chief executive officer Simon Foo says the airline will be responsible for the movement of most athletes, officials and freight during the Games and is proud to lead the way in promoting this significant regional event.

“There will be about 4500 participants including 3000 athletes to attend the Games; that is a huge number of people and cargo at one time. We have upgraded our Boeing fleet and will also be looking at getting additional aircraft.”

The 2015 Pacific Games is scheduled in Port Moresby from July 4 to 18. Twenty-two countries in the Pacific are expected to take part in 28 sports. One thousand technical officials and 500 officials will accompany the athletes.

PNG previously hosted the Pacific Games in 1969 and 1991.

The Pacific Games is held every four years. ■





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Airline wins accolades over Japanese PM's visit

Papua New Guinea's diplomatic representative to Japan, ambassador Gabriel Dusava, praised Air Niugini for its ground handling during the recent visit to Port Moresby and Wewak of the Japanese Prime Minister, Shinzo Abe, and his entourage of ministers and leading industry CEOs.

Ambassador Dusava met with Air Niugini CEO Simon Foo, management and the airline's ground operation staff and conveyed his compliments.

Air Niugini's team effort required the involvement of a number of the airline's departments including flight operations, engineering, ground operations, ground support equipment and catering, and coordination with the National Airways Corporation.

Through the efforts of Air Niugini staff, recognition of services agreeable to Japanese representatives presented a major opportunity for Air Niugini to be measured against others.

It is pleasing to note the airline's ability to uphold standards and dignity of service given to people of importance to PNG.

The main focus of the visit was business, but the Prime Minister also visited a World War 2 battlefield and was greeted by thousands of people on his arrival in Wewak. ■

A job well done ... ambassador Gabriel Dusava (right) and Air Niugini CEO Simon Foo.



IN ROYAL HANDS



Vikki Joyce and John Pope from Air Niugini's UK general sales agent Flight Directors had the honour of representing the airline at an event at Highgrove, the residence of Prince Charles. They were nominated by the PNG high commissioner to the UK, Winnie Kiap, to meet with Prince Charles in celebration of the 16 Realm countries, including PNG, that form the Commonwealth of Nations.

AIR NIUGINI WELCOMES TEAM PNG HOME

Papua New Guinea's Commonwealth Games team returned triumphant from Glasgow. Gold medallists Steven Kari and Dika Toua proudly showed off their medals when they disembarked from an Air Niugini flight at Port Moresby, where they were met by sponsors and airline officials.

See Page 62 for our report.



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Q&A Jessica Mauboy

Paradise caught up with Australia's singing sensation ahead of her visit to the PNG Games in November.

The Australian music star will perform at the opening ceremony of the PNG Games on November 15. It is the highlight of her four-day visit to the Games in Lae. She will also play with PNG's Jokema to record a jingle.

Mauboy has been in the world spotlight in recent months. In May, she was the first solo artist outside Europe to make a guest appearance at the Eurovision Song Contest and in August she performed at the Commonwealth Games in Glasgow.

Departure Lounge caught up with Mauboy, who also starred in the movie *Sapphires*, during her busy schedule.

Q: What are you most looking forward to when you come to PNG?

A: I'm looking forward to getting to know the culture and community again. I feel very proud and honoured to be a part of such a great community event.

Q: Is it your first time in the country?

A: I have travelled to PNG before to raise funds and awareness for both Operation Open Heart and the Orchid Society of Papua New Guinea, and had an incredible time meeting the families of the community sharing my music.

Q: Musically, what is coming up next for you?

A: I'm in the process of writing new music and just focusing and having a lot of fun making it all come to life.

Q: Where are your favorite places to travel?

A: I currently live in Sydney and have been for quite some time, so I like to travel back to Darwin and visit all my family. But I love Greece and Vanuatu and would visit those places any day.

Q: What's in your hand luggage?

A: Deodorant, toothbrush, toothpaste, a spare set of clothes and moisturisers. ■



Boost for PNG airports



Travellers using Port Moresby and Lae airports will see marked improvements in facilities over the next year or so.

Plans to develop Port Moresby include six retail spaces and duty-free stores in the departures and arrival lounges. Other highlights are a street market-style store for local products, an arts and crafts shop and a convenience store, as well as foreign exchange and car rental outlets.

At Lae, the National Airports Corporation is hopeful of developing a bed and breakfast accommodation business and a safe parking facility. ■

For more on the airport expansions, see Page 104.

The future of travel: airports with beaches?

Global travel search site Skyscanner has released a “future of travel” report predicting that by 2024 airports will be entirely automated with passengers taking complete control, eliminating check-in desks and queues – ultimately speeding up the process.

Passengers will be able to check in and drop off their bags at Starbucks as they buy coffee and use their smartphones to monitor the queue times at security as they choose the best route to get to their gates.

Pre-set digital luggage tags and suitcases are also on the horizon and will include all flight details and destination information, allowing holiday-makers to track their bags throughout their journey. These future systems, along with biometric data cards which will replace passports, mean that travellers will experience a more efficient, pleasant and faster airport journey, according to the Skyscanner report.

Skyscanner predicts that departure halls will become the start of the holiday experience with beautiful, mood-lifting spaces – from art galleries and gardens to 3D cinemas and yoga retreats (which sounds not too dissimilar to Singapore’s Changi Airport, pictured).



A recent survey by Skyscanner found that 43 per cent of passengers would love to see an open-air park or beach as part of their airport experience.

Skyscanner’s head of B2B, Filip Filipov says: “Emerging technologies mean that by 2024 the travel journey from our home to holiday destination has the potential to be a stress-free and enjoyable experience – full of fun distractions for everyone. Airports and flights will no longer be the price we pay to travel but instead will signify the start of our holidays, where travellers can relax and create the perfect space to suit their needs, whether they’re flying for business or leisure.” ■





Choppers help connect PNG

A Digicel helicopter and crew negotiate the rugged PNG terrain to install a mobile phone tower, as part of a big rollout of 800 new towers across the country. Digicel, Telikom PNG and their smaller counterpart, bmobile, are expanding their networks outside PNG's cities and towns. In "Strictly Business" on Page 98, read how the latest advances in technology, combined with fierce competition, are bringing the world to some of the most remote and inaccessible parts of PNG. ■

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ASK THE PILOT



CAPTAIN SAMIU TAUFA,
 EXECUTIVE MANAGER, FLIGHT
 OPERATIONS
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Q: Do aircraft have brakes or only reverse thrusters?

A: Smaller aircraft have brakes. The bigger aircraft require as much retardation to assist them to stop so have the combination of both brake and reversers on the engines as well as spoilers on the wing foils.

Q: Do electronic devices really interfere with flight?

A: Research is still ongoing into this area to determine the effects of interference from electronic devices. There are varying opinions on this question. The safest option is to have them all switched off for the critical phases of flight: the takeoff and landing.

Q: What rest periods do pilots get?

A: Basically rest periods between duties are there to manage the risk of crew fatigue, during flight operations, and are a huge factor in the safety of the operation. Regulations vary on how much rest is mandated.

Q: Is turbulence a cause for concern?

A: Unexpected turbulence can be a cause for concern for passenger comfort. If passengers or cabin crew are caught off guard there may be a possibility of injury, hence the advice to have your seat belt fastened at all times.

Q: Are pilots in constant contact with air traffic controllers? What is being said?

A: Pilots are always in contact with air traffic control, from start up to shut down through the different control sections. Generally, it is aviation communication, seeking and receiving clearances, instructions, information on weather and traffic.

Q: What's the trail of mist coming from the wing tip?

A: This is the wake or contrail; it is basically a visible condensation of water droplets from the atmosphere coming from the wing tip.

If you have a question for the pilot, email paradise@businessadvantageinternational.com.

NUMBER CRUNCH

850 That's the number of individual languages listed for Papua New Guinea by the languages of the world website Ethnologue. Of these, the site says, 838 are living and 12 are extinct. Of the living languages, 43 are institutional, 303 are developing, 348 are vigorous, 108 are in trouble, and 36 are dying. Commenting on the diversity of languages, former Prime Minister Michael Somare once said: "How can a country of 800-plus languages and 700-plus ethnic groups unite to form a country, impossible but possible for PNG."



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Port Moresby's newest hotel

The Laguna Hotel is the latest hotel to open in Port Moresby, providing high-end facilities for travellers visiting the Papua New Guinean capital.

Officially opened in late May, the 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free WiFi and free buffet breakfast.

In its first month, it attracted guests from Australia, Singapore, Indonesia, China and Malaysia. Manager Pauline Chua says the

TST Group that is behind the development had diversified into the hospitality industry after identifying the need for more high-end facilities for business travellers in Port Moresby.

TST Group sees there is growth in hospitality (in PNG). This is the first and biggest step for them in diversifying their business from retail supermarkets to hotels."

For business visitors, Laguna Hotel includes a modern boardroom/ballroom complex, which can be customised to suit the requirements of its corporate visitors. ■



'I CAN'T LIVE WITHOUT ... MY SARONG'



Peter Miller is the founder and managing director of No Roads Expeditions, which offers off-the-beaten-path adventures in Papua New Guinea, Indonesia and other remote locations around the world. His inaugural trip began in Indonesia 11 years ago with a hiking expedition up Mount Rinjani. In 2006, he began treks along the Kokoda Track. He also offers sea-kayaking adventures along the Tigak Islands off New Ireland and climbing expeditions up Mount Wilhelm, the highest peak in PNG.

What can't you do without when you are travelling?

"My sarong. It is just so versatile. I use it as a top or bottom sheet, wrap it around my head to protect it from the sun, dry myself with it after a swim, dress and undress with it wrapped around me. It even works as a pillow. It weighs nothing and is so thin it dries in half an hour."

Where did you get it?

"I bought it from a woman on Senggigi Beach in Lombok about 10 years ago. It's blue with golden geckoes all over it ... pretty daggy really."

Why do you cherish it so much?

It is almost like my security blanket. It goes on every trip with me. I pack it before my underwear. It's been all over PNG, to Sumatra to see the orang-utans and it's climbed up Kilimanjaro and trekked in Nepal.

– SUSAN GOUGH HENLY



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PICTURES: KEN HOPPEN

A PLACE OF YOUR OWN

Ken Hoppen dips his toes in the water at a resort in the Conflict Islands where there are so few people that you feel like a castaway.

Footprints in the sand ... local dancers on the deserted beach; there are six cabins at Panasesa Resort.

Have you ever wanted to go somewhere truly remote? Someplace your friends have never heard of, let alone visited? Love to fish, dive, or just lie on your own perfect tropical island beach? The Conflict Islands might be for you.

Located off the tip of Papua New Guinea, in Milne Bay, the Conflict Islands are named after a British survey ship that charted these waters during the 19th century, not after any problems that might have occurred here.

The islands are unusual in that they have never been settled by the indigenous population.

They were used as a copra plantation at one stage, but that has long since gone.

Now, they are one of the few privately owned atolls in the world, and recently opened up as a tourist destination.

There are 21 islands in this group, with only one populated: Panasesa on the western side of the group.

The small resort here has six cabins facing out to the sea and a dining room and living area in the main building.



The island only ever has eight to 10 people staying at any one time.

With only the resort staff and guests, it is not hard to find a place with no-one else in sight.

Still too many people? It's simple to pack a lunch and be dropped off on one of the other islands for a day on your own.

For those who can't just envisage themselves lying on the beach, swimming, kayaking and sailing, the area is known for its fishing and diving.

Spanish mackerel, tuna, sailfish, marlin, giant trevally and more inhabit the water here; all target species for serious fishing.

But it is the diving that is the most spectacular.

The House Reef on the northern side of Panasesa is stunning. A steep sandy slope leads down to the 20-metre mark, where the wall begins and drops vertically into unimaginable depths. A slight current usually

flows one way or the other, so this dive is generally done by boat.

Clouds of colourful anthias swarm over the corals.

Butterflyfish and angelfish dart in and out of the reef, with the larger predatory sweetlips, trevally and grouper adding colour to the swirling mass of life. Gorgonian corals reach out from the wall towards the blue, colourful shells and hawkfish making their home in their intricate branches.

Nearby Irai Island has several dive sites, with perhaps the best being Coral Gardens, where several species of deepwater angelfish have been seen in depths far

shallower than is their normal range.

Beluga One and Beluga Two are also stunning sites, with large coral bommies reaching for the surface, leaving massive passageways of fish to explore.

Manta rays, mobula and Spanish mackerel are often seen passing by, and a large male giant Maori wrasse watches us from a distance, never getting close enough to ➤

NEED TO KNOW

PANASESA RESORT

Six beachfront traditional-thatched bungalows, include ensembles, balcony and deck chairs.

From about PGK1800 a night. Seven-night package about PGK11,400 includes boat transfers, diving, fishing and other activities.

More information: conflictislands.com; info@conflictislands.com; +61 7 4080 7315.



A place of your own



“
A steep sandy slope
leads down to the
20-metre mark, where
the wall begins and
drops vertically into
unimaginable depths.
”

Beach barbecue ... preparing for dinner under a thatched shelter right by the sea; colourful Nemo-like fish in the coral.



photograph, but being a constant curious companion.

Night dives are commonly done on some of the sites here, with a wide variety of shells, shrimp and basketstars.

The find of these dives, though, is the Milne Bay epaulette shark. This small bottom-feeder is beautifully patterned and only found in the Milne Bay area.

It feeds on the small crustaceans that it finds while fossicking in the coral rubble.

Currently, the Conflict Islands are only

accessible through a charter flight from Port Moresby, but there are plans for a boat connection from Alotau, the capital of Milne Bay Province.

This makes the Conflict Islands more expensive than other PNG locations at this stage, but who can argue when you have the place to yourself?

The rooms are well appointed, with their own toilet/shower and air conditioning.

The main building has a magnificent balcony to watch the ocean, satellite communications

to keep you in touch with the outside world, and is just a nice place to be and relax from the pace of the rest of the world.

The meals are good and a barbecue on the beach is a must at least once during your stay.

There are plans in the future to enlarge the resort. ■

 **Air charters can be arranged from Port Moresby.**



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Nature's playground

Diving, bird watching and swimming in volcano-heated rivers are among the natural wonders at Walindi Resort. *Sonja Heydeman* reports.



Established over 30 years ago at Kimbe Bay in West New Britain with just a couple of rooms, Walindi Plantation Resort now has more than 20, but actively works to retain its small, family feel.

While Walindi has much to offer tourists – such as bird watching, swimming and walks – the main attraction is the diving on pristine reefs and the amazing marine life.

Shore dives are available in front of the resort and the house reef called Hanging Gardens is a two-minute boat ride away.

There are three purpose-built dive boats that go out for two or three dives a day and lunch is usually enjoyed at deserted Restorf Island.

Walindi is also home to the *MV FeBrina*, a boutique live-on-board 25-metre dive vessel.

The boat has seven individually air-conditioned cabins, taking a maximum of 12 guests.

The dive deck is well set out and diving couldn't be easier, donning your gear and entering the water via the water-level duckboard.

Marine scientist Professor Charles Veron recently inspected the reefs of Kimbe Bay and says they take him back 40 years to a time when corals grew in lush profusion

untroubled by the problems that beset them today.

"A short boat ride from Walindi Resort and I am diving on reefs that have half the coral species of the world, all awaiting those rare photo opportunities that come only with the clearest water.

"I am hard pressed to think of anywhere on Earth that has this combination of vibrant health, diversity and beauty."

Bird-watching tours are available to nearby rainforests and small islets in Kimbe Bay.

Species include the Heinroth's shearwater, Nicobar pigeon, blue-eyed cockatoo, and the black-headed paradise kingfisher.

MV FeBrina is available for extended trips in search of rare seabirds, such as Beck's petrel.

Among the popular tours from Walindi is swimming in a volcano-heated river with swirling pools, mini waterfalls and sticky mud.

You can also trek up Gabuna volcano, do village walks and see abandoned World War 2 plane wrecks.

Accommodation is in secluded bures or plantation house rooms, all with ensuites, nestled along the beach front and surrounded by lush tropical gardens. ►



Nature's playground



Lunch stop ... deserted Restorf Island where divers often have lunch; a plane wreck is among the underwater attractions.



Meals feature fresh seafood and beef, fruits and vegetables.

The manicured resort gardens have towering rainforest trees that create a shady canopy under which tropical flowering plants and striking foliage flourish. Butterflies add dashes of colour.

General manager Cheyne Benjamin, a second-generation operator at Walindi,

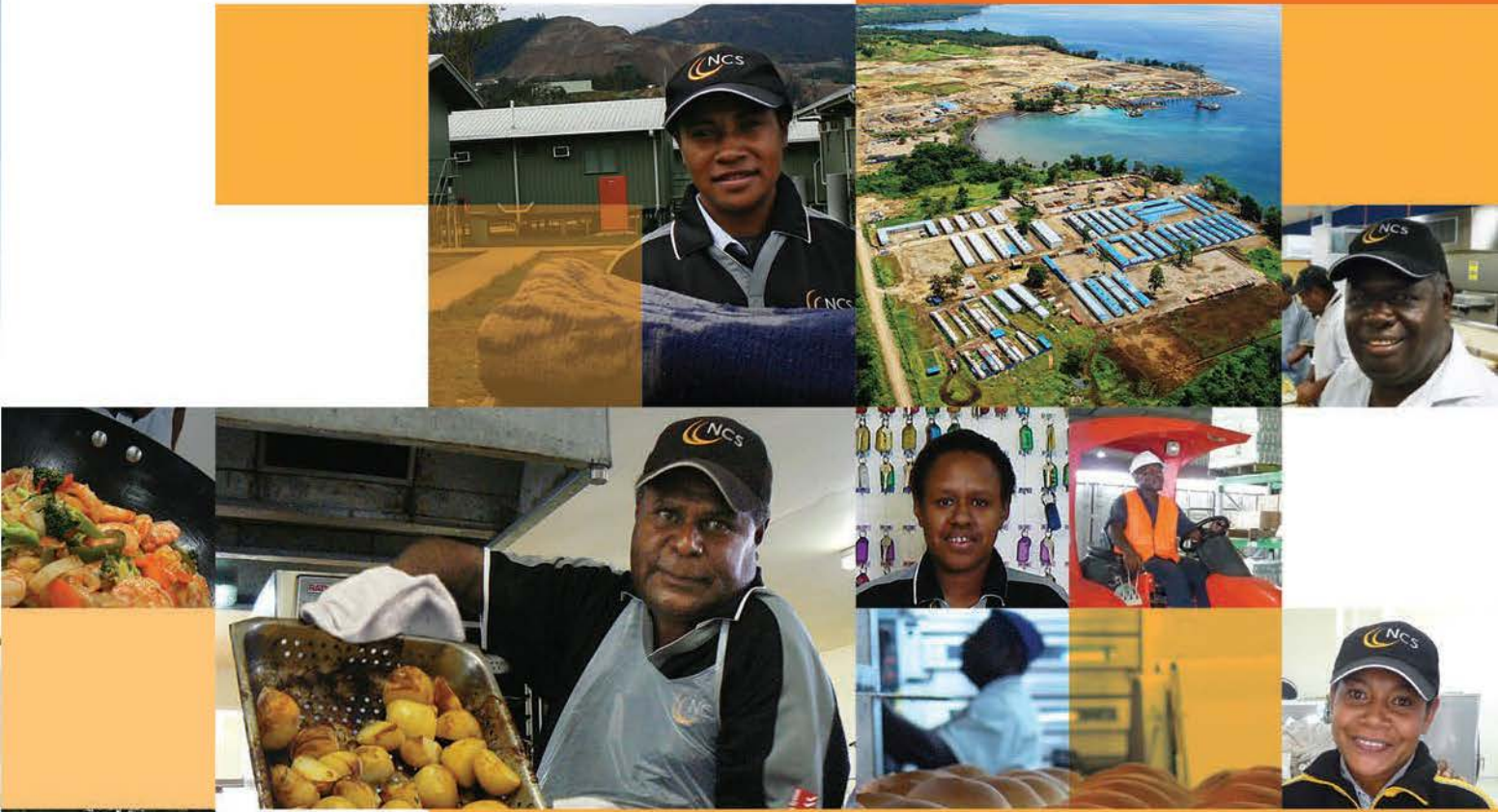
SOMETHING TO CROW ABOUT

Walindi Resort has, for the second year running, been honoured with a certificate of excellence from global tourism site TripAdvisor – an accolade earned only by the top-performing 10 per cent of businesses it lists.

says he's acutely aware of the importance of business clients – currently the resort's third-biggest market behind diving and bird watching.

He says the trend is for brief stays but with repeat business – popular with both the expat community and Papua New Guineans who come over for short breaks, especially from Port Moresby. ➤





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Nature's playground



Home comforts ... secluded bures and the Plantation House await Walindi guests. WiFi, meals and laundry are all part of the deal – as well as the enticing swimming pool.



NEED TO KNOW

HOW MUCH? Rooms at Walindi Resort start from about PGK265 per person a night twin share, including meals, laundry service and WiFi.


GETTING THERE The nearest airport is Hoskins, a 70-minute flight from Port Moresby, with the road journey to Walindi a further hour. The airport is being upgraded with a new terminal and extended runway.

MORE INFORMATION walindi.com.

"Moresby is very important to us as a market because we get a lot of clients

who want to escape the hustle and bustle and enjoy a relaxing break." The PNG LNG project has contributed to

a boost in the flow of business travellers over the past couple of years. To cater to increasing demand, Benjamin says he is considering building a few executive bungalows. ■

 **Air Niugini has daily flights from Port Moresby to Hoskins. See airniugini.com.pg.**





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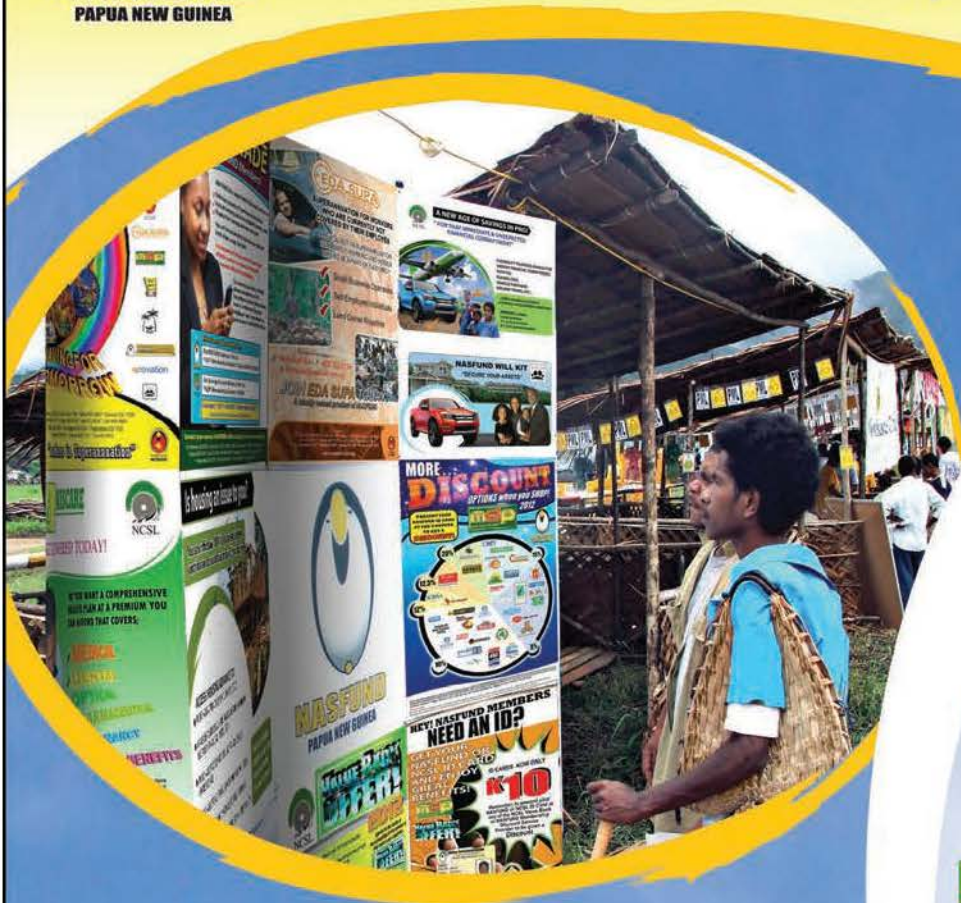
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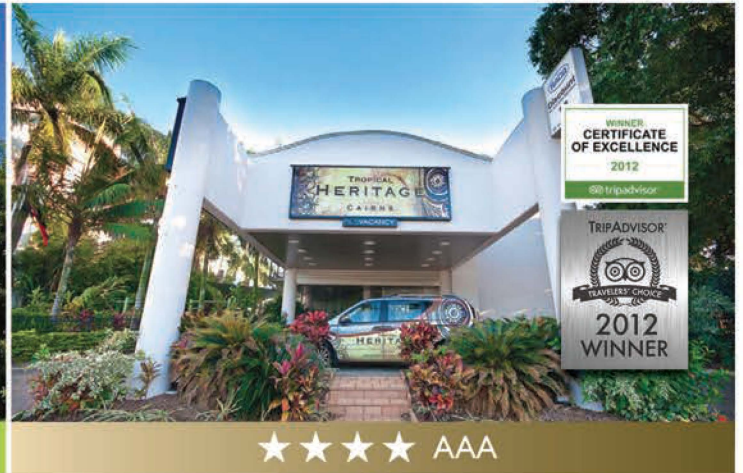
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PICTURES: PNG TOURISM

A little bit of PNG in New York



New Yorkers were stopped in their tracks at the appearance of two PNG tribesmen, writes *Kay O'Sullivan*.





On track ...
Mudiya Kepanga
and Fabian Paino
venture into New
York's subway
system (opposite)
and are traffic
stoppers at Times
Square (top).

New Yorkers are notoriously hard to impress but residents of the Big Apple couldn't hide their fascination when two Papua New Guineans dressed in traditional costumes took to their streets recently.

Mudiya Kepanga, a Huli tribe wigmaker, and Fabian Paino, a Malagan mask carver from New Ireland, spent a week in NYC as part of an initiative by the PNG Tourism Promotion Authority to increase tourism from North America.

Whatever Kepanga and Paino did, whether it was riding the subway, visiting the top of the Empire State Building or walking along Fifth Avenue, they attracted loads of attention and endless queries about where they were from and what they were doing in NYC. They also attracted a lot of media coverage.

It was the first visit to NYC for both men and one they are unlikely ►



A little bit of PNG in New York



“

Everything is bigger in New York. There are hundreds of cars and yellow taxis. It looks like colonies of ants.

”

In character ... Mudiya Kepanga and Fabian Paino get acquainted with the Naked Cowboy and the Statue of Liberty (top); Paino is a scene stealer in one of the world's most photographed cities (middle); and get's a bird's-eye view of the Big Apple from the Empire State Building.

to forget. At one point, they found themselves hanging out with three Statues of Liberty and the Naked Cowboy in Times Square.

“In New York, I was very surprised to discover that in Times Square, some people are earning money simply by posing with Mickey costumes, Spiderman or Batman,” said Kepanga, who is from the village of Kobe Tumbiali in the Central Highlands. “I have travelled extensively in ➤





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A little bit of PNG in New York

Europe, but I've never seen this kind of thing. Everything is bigger in New York. The streets are very, very wide. There are hundreds of cars and yellow taxis. It looks like colonies of ants. The buildings are very high too – it looks like they will touch the sky. The Brooklyn Bridge is also very impressive.”

The week-long tourism initiative involved numerous spectacular and well-patronised events, including the creation of a PNG Pop Up Village in Chelsea, NYC's mecca for the arts. Traditional arts and crafts – carvings, masks, traditional bags and paintings – piqued the interest of several hundred visitors, as did a birding lecture by Bruce Beehler of the Smithsonian Institute, the world's largest museum.

New Yorkers were also treated to a tempting taste of PNG's finest fare, with Highlands coffee served at all events, while top chef Will Horowitz of Duck's Eatery, one of the coolest restaurants in the lower east side, prepared a *mumu* pig roast feast. ■

At the crossroads ... PNG culture and US traffic make for strange bedfellows (top); Fabian Paino hailing a cab (middle); New York chef Will Horowitz, from Ducks Eatery, prepares for a *mumu* pig roast.





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City guide

HONG KONG

Brian Johnston discovers a world of Michelin-star dumplings, smoky temples and bustling markets.

The sky-scraping, pulsating city of Hong Kong lies embedded in a magnificent harbour, providing a spectacular setting. Experience some of the world's best accommodation, shopping and dining, soak up the sights and glittering night skyline, and explore traditional Chinese culture, alive and well in this most contemporary of cities. In exhilarating contrast to the elbow-to-elbow energy of Central and Kowloon, Hong Kong also has offshore islands, parks and temples that reveal a quieter, more contemplative side to its character.

The bright lights ... Hong Kong viewed from The Peak; tai chi gets the locals moving; the Star Ferry (opposite page).

GETTING AROUND

Grab a stored-value Octopus card (octopus.com.hk) for the comprehensive bus, ferry, tram and train network at any MTR subway station (mtr.com.hk). Rides on the delightfully old-fashioned tram (hktramways.com) from Central to Wanchai, and the Star Ferry (starferry.com.hk) across the harbour from Central to Tsim Sha Tsui, are bargain-basement Hong Kong highlights.

SIGHTS

Incense-smoky Man Mo Temple (126 Hollywood Road, Sheung Wan) is Hong Kong's oldest and most important temple. Hollywood Road has a strip of Chinese antique stores with superb collections of jade, rosewood furniture and porcelain.

The Peak (thepeak.com.hk) provides famous views, but many visitors overlook one of the world's most spectacular urban walks nearby, which takes you beneath giant palms and bamboo around Victoria Peak via Harlech and Lugard roads.

Hong Kong Museum of History (100 Chatham Road, Tsim Sha Tsui East; hk.history.museum) chronicles the city's history through movie screenings and recreations of a fishing junk, herbal medicine shop and old streets.

HONG KONG

POPULATION: 7.1 million

CURRENCY: Hong Kong dollar; 1 HK dollar = 0.3 kina

TAXI FARE FROM AIRPORT:

Central HK\$295, Tsim Sha Tsui HK\$240

INTERNATIONAL DIALLING CODE: 852

LANGUAGE: Cantonese, with Mandarin and English widely understood.

POWER: Three-pronged, square UK-style plug; 220 volts AC.





HONG KONG SPECIAL

The street markets of busy Kowloon are a must, not just for shopping but local flavour. Ladies' Market (Tung Choi Street, Mongkok; ladies-market.hk) gets you knee-deep in blouses, handbags and cosmetics. Temple Street Market (Temple Street, Yau Ma Tei; temple-street-night-market.hk) comes alive in the early evening and sells clothes, watches, electric goods, CDs and household items. Fa Yuen Street Market (Fa Yuen Street, Mongkok; sneakers-street.hk) is for the young and trendy, offering sportswear, hip fashions and accessories. Kowloon also has colourful jade, goldfish and flower markets.

CULTURE CULTURE

The Museum of Tea Ware (10 Cotton Tree Drive, Central; hk.art.museum) is a little gem outlining the history of tea culture and showcasing Chinese teapots that date as far back as the 7th century. There are also regular demonstrations of tea ceremonies.

Local residents gather at the tranquil Bird Garden (Yuen Po Street, Sham Shui Po; bird-garden.hk) to air and discuss their songbirds, much prized in Chinese culture. Market stalls sell ornate cages and grasshoppers as feed.

Head to Sunbeam Theatre (423 King's Road, North Point; sunbeamtheatre.com) for a



Cantonese opera experience. Performances are typified by extravagant sets, magnificent costumes, and stylised gestures and falsetto singing from actors.

CHILD'S PLAY

All the favourites such as Snow White and Mickey Mouse are at Hong Kong Disneyland (hongkongdisneyland.com), but Chinese characters celebrate local culture, too.

The rack railway ride to The Peak (thepeak.com.hk) for Hong Kong views is a must. The summit has a Madame Tussaud's Waxworks, and Victoria Peak Garden is a great venue for family kite flying.

Ocean Park (oceanpark.com.hk) features roller-coasters, dinosaur exhibits, playgrounds, children's rides and remote-controlled cars, as well as plenty of animals, including two giant pandas.

RETAIL THERAPY

Shanghai Tang (12 Pedder St, Central; shanghai-tang.com) is notable for its chic, contemporary reinterpretations of traditional Chinese silk pyjamas, Mao jackets and cheongsams. The shop also sells accessories and home furnishings.

Chinese Arts & Crafts (59 Queen's Road, Central; crcretail.com) brings together upscale clothing, homewares, teapots, jade, porcelains and rosewood furniture from across China.

Victor Choi, one of the city's most experienced antiques experts, showcases an extraordinary collection of jade, wood carving, porcelain, calligraphy and even Neolithic pottery at Dragon Culture (231 Hollywood Road, Sheung Wan; dragonculture.com.hk).

SPORTING LIFE

A Wednesday evening or weekend afternoon at the races in Happy Valley (Wong Nai Chung Road, Happy Valley; hkjc.com) is a Hong Kong spectacle that lets you experience the thrills of a national obsession.

Kau Sai Chau (Sai Kung, New Territories; kscgolf.org.hk) is Hong Kong's only public golf course. It has two 18-hole and a nine-hole course with panoramic ocean and island views, as well as floodlit driving ranges.

Join local tai chi practitioners early in the morning in Kowloon Park or Victoria Park, or take the Hong Kong Tourism Boards' traditional lifestyle tour (discoverhongkong.com) for tai chi on the Tsim Sha Tsui waterfront. ➤



City guide: Hong Kong



and a colourful market along its main street offering clothing, homewares and souvenirs.

LANTAU ISLAND

There are stands of forest, remote beaches and some good hiking trails here (discoverhongkong.com/lantau). A shady walk between Ngong Ping hill and Tai O fishing village takes you to a 250-tonne giant Buddha and ornate Po Lin Monastery.

PILLOW TALK

Cosmic Guest House (54-64 Nathan Road, Tsim Sha Tsui; cosmicguesthouse.com) has cheap but cheerful accommodation in backpacker complex Mirador Mansions, right in the middle of bustling Kowloon.

Novotel Hong Kong Nathan Road (348 Nathan Road, Kowloon; novotel.com) is also well-positioned among Kowloon's shops and eateries and provides chic, comfortable mid-range accommodation.

InterContinental Hong Kong (18 Salisbury Road, Tsim Sha Tsui; intercontinental.com) boasts an absolute waterfront setting with neon-bright views towards Central, and has several top restaurants.

WATERING HOLES

Stormies (46 D'Aguiar Street, Central; igors.com) is bang in the middle of raucous Lan Kwai Fong nightlife district and packed with



happy beer-drinkers discussing sports and swaying to feel-good '80s and '90s music.

1/5 Nuevo (9 Star Street, Wan Chai; elite-concepts.com) is a classy, romantic and very relaxed cocktail lounge with good chill-out music and interesting signature cocktails such as apple vodka with gingerbread syrup.

Ultra-chic Ozone Bar (Ritz-Carlton Hotel, 1 Austen Road West, Kowloon; ritzcarlton.com) is

ESCAPE

Lovely Hong Kong Park (lcsd.gov.hk/parks) is an oasis among Central skyscrapers, featuring orchid conservatories, carp-filled ponds, a walk-through aviary and local brides posing for photos in the shrubbery.

Beachside Stanley (hk-stanley-market.com) is reached by a road that supplies sweeping views over Hong Kong Island's dazzling coastline. It has good seafood restaurants

EATS

Tim Ho Wan (2-20 Kwong Wa Street, Mong Kok, Kowloon) is famed for its delicious dumplings and, at around HK\$100, provides one of the world's cheapest Michelin-star meals.

Bo Innovation (60 Johnston Road, Wan Chai; boinnovation.com) brings molecular gastronomy and European influences to traditional Chinese dishes; every meal is a deliciously whacky culinary adventure.

Spring Moon (Peninsula Hotel, Salisbury Road, Tsim Sha Tsui; hongkong.peninsula.com) is the place to head for top quality, seasonally changing dim sum and barbecued meats accompanied by the best Chinese teas.



City guide: Hong Kong

com) claims to be the world's highest bar and sits on the 118th floor of the ICC Building with views over Hong Kong harbour.

TUCK IN

Cha siu bau is Hong Kong's signature dish, a Cantonese bun (steamed or baked with a brown glaze) filled with barbecued pork in a sweet, caramelised sauce with a slightly smoky flavour that will have you licking your lips. Try *cha siu bau* at Joy Hing BBQ Shop (265-267 Hennessy Road, Wan Chai) or go for the upmarket version at Lung Keen Heen (Four Seasons Hotel, 8 Finance Street, Central; fourseasons.com/hongkong). ■

 **Air Niugini flies to Hong Kong from Port Moresby every Tuesday and Saturday. The airline also has five flights to Singapore and three to Manila with connections to Hong Kong. See airniugini.com.pg.**



City sights (clockwise from opposite page) ... trams in Central; souvenir shop in Cat Street in Sheung Wan; Temple Street night market in Kowloon; Hong Kong's signature dish *chai sui bao*.

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Cocktail hour, with dizzying views

Rob Dunlop raises a glass to some of Sydney's best bars.



These three Sydney bars scream "I am in Sydney" with their views, but they also come with great service, character and cocktails. We dissect each to reveal who goes to them, the dress code, the food and drink on offer, and the best seats.

BLU BAR ON 36

This upscale bar is in a panoramic league of its own. It is on the 36th floor of the Shangri-La Hotel in The Rocks and takes in views of the Sydney Harbour Bridge, the Opera House and Darling Harbour.

Look west to see the Blue Mountains, or east for the harbour entrance to see why Sydney is one of the world's most beautiful cities.

Blu Bar on 36 is popular for cashed-up locals who proudly present Sydney Harbour orientation lessons to visiting friends and relatives. The vibe is predominant dimly lit with hushed, "I'm somewhere special", tones. Patrons are dressed in smart casual.

Bartender Tal serves mostly cocktails, like the popular Harbourside Rose, a concoction of gin, rose syrup, grapefruit, lychee and egg white.

Table-service food comes in nibble or bite-sized offerings and includes truffle oil-fried potatoes and salt-and-pepper pork belly with calamari.

For the best harbour views, grab seats in the left-hand corner.

Need to know

- * Bar times: Monday to Thursday 5pm–midnight, Friday to Saturday 5pm–1am, Sunday 5pm–11pm.
 - * Food times: Monday to Saturday 5pm–11pm, Sunday 5pm–8pm.
 - * Where: Shangri-La Hotel, Level 36, 176 Cumberland Street, The Rocks
- More information: See 36levelsabove.com.au

OPERA BAR

The Opera Bar is arguably Sydney's best watering hole, and quite possibly one of the world's best. Sit along the alfresco concourse of Sydney Opera House and immerse yourself in Sydney's famous landmarks, and equally famous carefree vibe. Chill, Sydney style.

Day and night, everyone owns Opera Bar: Sydneysiders, tourists and dressed-up theatregoers.

The dress code is smart casual and the crowd is a mix of all ages and persuasions.

Bartender Daniel is kept busy serving mostly beer and cocktails, like the Dirty Carpet Disco with raspberry and strawberry liqueurs, vodka and mixed berries.

Modern Sydney cuisine is ordered at the bar and includes tapas-style sharing plates and pizza. The best seat in the house is too easy: sit anywhere along the concourse to soak up Sydney landmarks and revelry.

And be sure to eye off The Rocks area, directly across the cove, where Aussie pub culture began.

Need to know

- * Bar times: Sunday to Thursday 11:30am–midnight, Friday to Saturday 11:30am–1am.
 - * Food times: Monday to Sunday 11:30am–midnight.
 - * Where: Lower Concourse Level, Sydney Opera House.
- More information: See www.operabar.com.au.

O BAR

The O Bar on the 47th floor of Australia Square whirls among Sydney's skyscrapers. Literally.





Night vision ... Blu Bar on 36 (left) with Sydney icons the Opera House and the Bridge providing a stunning backdrop; "O" is for olives and the O Bar (above); smart and casual alfresco at the Opera Bar.



PICTURE: ROB DUNLOP

The swanky rotating bar with restaurant, which began life as The Summit in 1968, was once upon a time talked up as the "world's tallest and largest revolving restaurant".

A Sydney institution for decades, the space has moved along the continuum from daggy to hip, thanks to a newish celebrity owner-chef, Michael Moore. O Bar now rises above novelty.

The vibe is swanky but relaxed while the dress code is smart. Say hello to hostess Johanna. She helps dispatch the bar's gourmet plates to tables.

Fresh cocktails rule at O Bar, including the Grilled Pineapple Martini with caramelised pineapple and agave, vodka and caramel liqueur.

Food choices feature standouts like the chilli-spiced prawn cakes and salmon tacos.

Try for a seat on the revolving lower level for the best rotating 360-degree views of Sydney. Be prepared to be gobsmacked.

Need to know

* Bar times: Saturday to Tuesday 5pm-late, Wednesday to Friday noon-late.

* Food times: Saturday to Tuesday 5pm-late, Wednesday to Friday noon-late.

* Where: Level 47, Australia Square, 264 George Street, Sydney.

More information: See obardining.com.au.

 **Air Niugini flies from Port Moresby to Sydney on Fridays and Sundays. See airniugini.com.pg.**

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NEED TO KNOW

The Double-Six Luxury Hotel,
66 Double-Six Beach, Seminyak, Kuta, Bali.

Phone +62 361 733008;
see double-six.com.

A special opening rate is available until November 30 with suites from about PGK800 a night.

Bali luxe

Bali's best? That's the buzz around the new Double-Six Luxury Hotel, writes Kay O'Sullivan.

Bed, bath and bar ... Double-Six setting the standard for luxury accommodation in Bali.

Location, luxury and fine dining are a winning combination when it comes to top-end hotels. Everyone tries, not all succeed, but it certainly looks as if Bali's newest luxury resort has got it right.

Let's talk location first. Absolute beachfront. Walk out of your suite and the choice is yours: A dip in the 120-metre infinity pool or plunge straight into the surf of Seminyak's famous Double-Six beach.

Then there's the luxury factor. Indonesia's most acclaimed design talent has taken care of that. Each of the hotel's 146 suites is exquisitely

finished with bespoke furniture, fine linens, state-of-the art technology and full bathrooms with marble baths (plus a television and Hermes' amenities to boot).

No expense has been spared and there is masses of room to move. Apartment-style is the most apt description for the suites.

The luxury bit kicks in the moment you book. An e-butler will ensure your preferences, like pillow type and favourite (complimentary) cocktails, are noted and duly delivered when you arrive. The attention continues 24/7 during your stay. Need your clothes ironed? A tour booked?

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Kadek Wiranatha, the mastermind of Ku De Ta, Seminyak's renowned sunset bar and restaurant, is behind the hotel. Alongside him as creative director of food and beverage is Robert Marchetti, the genius who created some of Australia's best restaurants.

The hotel's Acqua Perla Spa takes its inspiration from the tropical beach surrounds. ■

 **Air Niugini flies from Port Moresby to Bali every Monday. See airniugini.com.pg.**



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Three of a kind ... airport hotels



CROWNE PLAZA, CHANGI AIRPORT, SINGAPORE

★★★★★

This funky 320-room property consistently rates in the top 10 best airport hotels in the annual Skytrax Awards. It has rainforest-style gardens and a swimming pool with islands. The deluxe rooms and suites have soft and calming colours and are soundproof.

HOW HANDY TO DEPARTURE GATES

There is direct access to Terminal 3 via covered walkways. Access to Terminals 1 and 2 is within minutes via the free and automated airport train system.

CHECK IN/OUT

2pm/12pm

EATING/DRINKING

There are two restaurants, the Cantonese-style Imperial Treasure and Azur with a show kitchen and a multicultural menu; there are two bars.

BUSINESS FACILITIES

The business centre is staffed and there are eight meeting rooms.

RELAXATION

Jet-lag reflexology is on the spa menu that also includes all the standards such as massage and beauty treatments. The gym is well equipped.

WHAT THEY'RE SAYING ON TRIPADVISOR

"No worries on jet noise."

"The airstrip view from the room was fascinating."

WEBSITE

crowneplaza.com/changiairport



NOVOTEL, BRISBANE AIRPORT

★★★★★

There are 157 rooms, a restaurant and bar, 24-hour reception and room service, as well as a large rooftop heated swimming pool. The hotel has a package for day use only (from 9am to 5pm).

HOW HANDY TO DEPARTURE GATES

2.6 kilometres via shuttle bus to the international terminal and 4.8 kilometres to the domestic terminal.

CHECK IN/OUT

2pm/11am

EATING/DRINKING

Catalina restaurant and bar serves contemporary Australian cuisine. Also a tapas bar menu.

BUSINESS FACILITIES

The hotel has six meeting, conference and function rooms with capacity for up to 120 delegates.

RELAXATION

An in-room massage service is available and there is a small gymnasium.

WHAT THEY'RE SAYING ON TRIPADVISOR

"The rooms are decorated in a sleek and modern fashion."

"Staff were very friendly and the shuttle bus to the airport was convenient."

"It is located across the road from DFO, which has over 120 stores."

WEBSITE

novotelbrisbaneairport.com.au



AIRWAYS, JACKSONS INTERNATIONAL AIRPORT, PORT MORESBY

★★★★★

The interiors are spacious. There are several shops, including a bespoke tailor. This is the place where presidents and prime ministers stay when they come to PNG.

HOW HANDY TO DEPARTURE GATES

Free transfers to and from the airport, which is five minutes away.

CHECK IN/OUT

2pm/11am

EATING/DRINKING

Plenty of options. Among them is Bacchus, Port Moresby's best fine-dining restaurant, while the Vue Restaurant has fantastic views of the Owen Stanley Ranges and buffet and à la carte options for breakfast, lunch and dinner.

BUSINESS FACILITIES

PNG's best business centre, fully staffed, with computers and well-furnished boardrooms.

RELAXATION

The hotel has an award-winning spa and an ultra-modern health and fitness centre, with tennis and squash courts.

WHAT THEY'RE SAYING ON TRIPADVISOR

"Very nice hotel, massive bedrooms with all the nice bits, good dining and a great gym also."

"A great hotel with high volume of staff so when you need something they do it with a smile."

WEBSITE

airways.com.pg





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TIME TRAVELLER

Astrolabe Bay, Papua New Guinea, 1905

Two-masted canoes called balanguts were once a common site in the Madang area where Astrolabe Bay is located. They were used for inter-island trading voyages but had disappeared from the horizon by the 1970s. In 2013, though, villagers built one for independence celebrations and named it *Spirit of Balangut*. Traditionally, men building *balanguts* had to abstain from sex during the construction phase.

This photograph is from a PNG pictorial history being compiled by Dianne McInnes. The boxed set of two volumes, pre-1975 and post-1975, will be published by Pictorial Press in association with the Port Moresby Chamber of Commerce & Industry. It will be available after March 2015.

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



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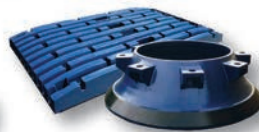
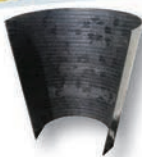
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LET THE GAMES BEGIN

Two high-profile athletes will be inspiring hopefuls at the national PNG Games, *Ben Creagh* reports.

Papua New Guinea's trailblazing sprinter, Toea Wisil, and Australian rugby league great, Scott Prince, are all set for the BSP PNG Games. They will be BSP ambassadors for the two-week event that will take place in Lae, the capital of Morobe Province, from November 16–29.

The Games are expected to attract over 8000 sports people from 22 provinces to participate in 28 sports, including athletics, swimming, rugby league, weightlifting and hockey.

The biennial Games were started by the PNG Sports Foundation in 2003, with the aim to promote and develop national unity and provincial pride through participation in sport.

It was at those inaugural Games where Wisil excelled and took a major step towards launching an international career that now includes a Commonwealth Games final and an Australian sprint title.

Born in Banz, Western Highlands, Wisil has become a sprinter of genuine international standard since her talent was uncovered, holding national records in the 200 metres and 400 metres.

Prince, who retired from rugby league after an illustrious 15-year career during which he represented Australia and Queensland in state of origin, can relate to the humble beginnings of Wisil's career, having risen to the pinnacle of his sport after growing up in a remote area of Australia.

"I can understand growing up in a small place like Mt Isa in north-west Queensland that opportunities like the PNG Games can be few and far between," Prince says.

"This event is a great platform for all athletes to show their talent, skill and passion in their chosen field."

PNG's passion for rugby league, traditionally recognised as the country's national sport, will no doubt make Prince a popular attraction at the Games. He is eager to share his own experiences with participants of all sports, and hopefully in the process inspire teams and athletes to achieve their best results.

"I had a close association with the people of PNG during my career and





“
This event is
a great platform
for all athletes
to show their
talent, skill
and passion in
their chosen
field.

”

PICTURES: BSP

PNG Games ambassadors ... Toea Wisil was “discovered” at the PNG Games; rugby league great Scott Prince says the PNG Games “are a great stepping stone for athletes”.

know how passionate they are about rugby league, and sport in general,” he says.

“These Games are a great stepping stone for the athletes, but they aren’t just about that. They are also about respect – respecting your opposition and the referees while also being passionate about representing your province in PNG.”

Wisil, who returns to PNG following her recent Glasgow Commonwealth Games campaign in Scotland, will also have a significant role as an inspirational figure for participants at the Games. She will make a key appearance at the opening ceremony, as well as at media events and prize-giving ceremonies.

Wisil will be joined at the opening ceremony by indigenous singing sensation Jessica Mauboy, who has also risen from humble beginnings to become one of the biggest stars in Australian pop music.

NEED TO KNOW

6th PNG Games,
Lae, Morobe Province, November 16–29

9000 athletes from 22 provinces

28 sports

19 venues

Ambassadors: Toea Wisil, athletics
Scott Prince, rugby league

More information pnggames.org.pg

A performance at the opening ceremony will be the highlight of Mauboy’s four-day visit to the city, where she will also appear at several areas of the Games and perform at a fundraising event.

“She will be the highest-profile performer to visit Lae in living memory,” says PNG Games Host Organising Committee (HOC) chairman Phil Franklin. The PNG Games HOC has focused on leaving a strong legacy in Lae long after the Games are over. ➤



Let the Games begin

Sporting venues and facilities around the city are being transformed with the aim of leaving a pathway for future athletes in Morobe Province.

Around 20 venues will be used during the Games, with most of them undergoing refurbishments and updates that will lift the atmosphere for spectators during the Games and improve each sporting facility for the future.

“Preparations have been going well, with Lae’s major 50-metre swimming pool now up and running and rehabilitation to venues like the athletics track taking place,” says Franklin.

“Lae already had some established sport infrastructure, which was built for the Pacific Games when they were held in PNG in 1991. The venues are all on track to be ready for the Games and will definitely leave a legacy for the city.”

With key upgrades to venues such as the Sir Ignatius Kilage Sports Stadium, more than PGK10 million is expected to be spent on infrastructure in Lae during the lead up to the PNG Games.

The HOC expects all refurbishments to be completed by late October. ■

 **Air Niugini has four flights daily from Port Moresby to Lae. See airniugini.com.pg.**



Best foot forward ... more than 3600 female athletes will be among 8000 at the PNG Games.



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OUR WEEKEND



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Glasgow gold

The PNG team returned triumphant from the Commonwealth Games, reports *Jeff Turnbull*.

Papua New Guinea's best-ever Commonwealth Games, at Glasgow, with two gold medals, followed by a ticker tape parade homecoming, has set the scene for 12 months ahead of hard work and tough competition.

Weightlifters Steven Kari and Dika Toua came home with gold after winning their events – Kari in the men's 94-kilogram division and Toua in the women's 53-kilogram division.

Toua had to do it the hard way, with the original winner, 16-year-old Nigerian schoolgirl Chika Amalaha, failing a drug test and so giving the gold to the PNG mother-of-two.

Chef de mission in Glasgow, Emma WaiWai, says their efforts will spur on a new generation of weightlifters looking to emulate their heroes. "It is definitely a great achievement."

The PNG team boasted 92 athletes and 46 officials and included other sports such as athletics, swimming, lawn bowls, table tennis, boxing and shooting.

The South Pacific sprint queen Toea Wisil, who was the flagbearer at the London Olympic Games in 2012, managed to make the semi-finals in the 100 metres and 200 metres.

There is little time to rest for the country's elite athletes, who are now preparing for the Pacific Games in Lae in November, which will also commemorate 40 years of independence.

WaiWai says the performances of some of the younger team members, such as 14-year-old national table tennis champion Jeffrey Loi, taken along to gain experience, augur well for the country.

Sports and Pacific Games Minister Justin Tkatchenko is justifiably proud of the team's effort, especially that of Toua.

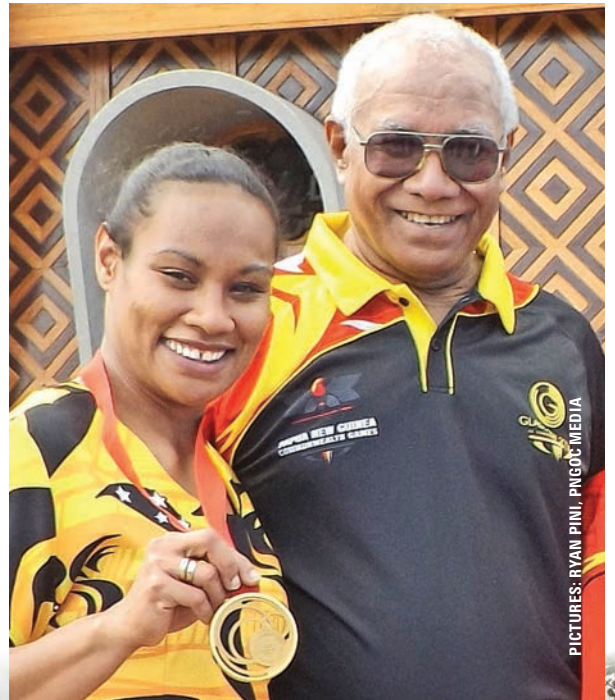
"She is the true champion of PNG, and especially as a woman coming back from illness and getting to where she now is, it is incredible.

"She is a fantastic role model for every athlete in PNG."



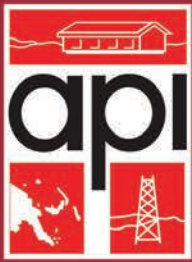


Winners are grinners ... gold-medal weightlifter Steven Kari (far left); PNG's swim team (top); swimmer Jocelyn Flynn (left); gold-medal weightlifter Dika Toua and PNG Olympic Committee president Sir John Dawanincura (right); teammates Liz Wells, Stanford Kawale, Collin Akara, Tegan McCarthy, Ryan Pini, Savannah Tkatchenko, Jocelyn Flynn and Sarenah Pini (below).



PICTURES: RYAN PINI, PNGOC/MEDIA

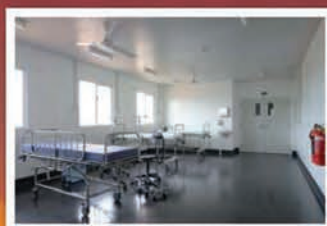




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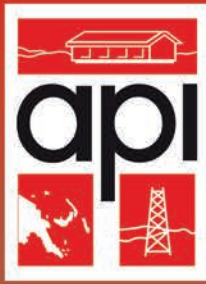
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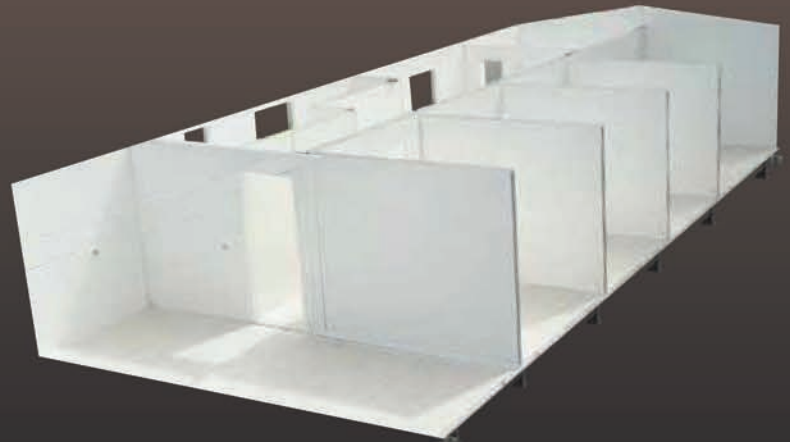
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Port Moresby on a plate

Local knowledge goes a long way. Here, we tap into that opinion to find some of the best places to eat.

ROYAL PAPUA YACHT CLUB

The Yacht Club is the place for an evening drink as the sun goes down. The sunset views here are incredible. The Yachtie, as the locals call it, has a Western menu with chicken parmas, steak, soups and salads. Don't miss the sizzling "hot rock" specialty plates, Tuesday's noodle night, when you can create your own combinations and Sunday's breakfast buffet. This is one of the few locations in Port Moresby where you can dine outside and Sails cafe is also now in operation downstairs. Note that you have to be a member of the Yacht Club to gain access. Or just find a friend who is.
rpyc.com.pg

AIRWAYS HOTEL

Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the

place to go. Start the evening with an aperitif in the Havana Bar before heading to dinner of, say, wagyu, followed by a crepe suzette table-side flambe. For something more casual, go poolside where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular wood-fired Italian pizza.

airways.com.pg

DAIKOKU

The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi and. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes

several courses, so come with an empty stomach.
ourportmoresby.co/things-to-do/archives/daikoku

FUSION

Fusion is one of the newer restaurants in the city and always seems to be doing great business. It's Asian with a fusion of flavours from China, Thailand and Vietnam. You must try the Szechuan beef; it's a knockout. The dinner menu is more extensive than the lunch offerings, but whatever time of day you go, you won't be disappointed. Takeaway available.

facebook.com/fusionbistropom

DYNASTY AT VISION CITY

This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss

yum cha on Sunday mornings.
ourportmoresby.co/things-to-do/archives/dynasty

AVIAT CLUB

Like the Yacht Club, the Aviat Club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches, and salt-and-pepper prawns. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. There are daily lunch specials, usually with three options for around PGK25–30 each. Try the PGK40 lobster lunch special on Tuesdays, available with options such as mornay and sambal.
aviat.com.pg

GRAND PAPUA BRASSERIE

The funky Grand Papua Hotel serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one





Made in PNG ... (from left) the Grand Papua Brasserie, fresh tuna from local waters; cake for sweet teeth; verandah dining at the Airways Hotel; crepe suzette at the Airways Hotel.



PICTURES: AIRWAYS HOTEL AND GRAND PAPUA HOTEL

of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. grandpauahotel.com.pg

SEOUL HOUSE

This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Kimchi and other traditional Korean dishes are available. They are deliciously authentic. Seoul House is tucked away in a garden oasis compound in Five Mile. +675 325-2231

LAMANA HOTEL

The hotel's restaurant has a daily soup-and-salad buffet lunch, with your choice of main and a drink, for a bargain PGK39. The bread rolls are the best in town. The Indian buffet night on Thursdays is value for PGK59, including salads and dessert. lamanahotel.com.pg

TASTY BITES

This is the newest restaurant in Port Moresby, serving Indian and tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book and the takeaway is running out the door, too. The lunchtime special includes a tray full of curry for PGK15. And it's quick. +675 321 2222

CAFE ON THE EDGE

There are good hamburgers here and breakfast options such as eggs benedict, avocado and the best crispy bacon. The servings are generous. It is one of the few cafes in town open early, so you can grab your first cuppa from 6.45am. It's also licensed, so you can have a drink after work while watching a Port Moresby sunset. Located under the residential buildings on the new Harbour City development, behind the ANZ and BSP banks. facebook.com/CafeOnTheEdge

CROWNE PLAZA HOTEL

There are multiple eating options at Crowne. The in-house restaurant includes a buffet option for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant where the steaks and garlic prawns are impressive. Old-fashioned crepe suzette makes an appearance here, too, and is cooked at your table. There is also Pondo Tavern, a laidback hangout for lunch and after-work drinks with pizza. crownplaza.com/PortMoresby

DUFFY CAFE

Duffy is the creation of a couple of local lads who realised there were no clothes stores in Port Moresby. So they decided to set one up. The boys design the clothes and stock all sorts of shirts, dresses, shoes and accessories. Very cool. Why is this store featured in a story about

restaurants? Well, downstairs, their recently expanded cafe has homemade pies, cakes and sandwiches. It's a good find in a city where cafes are in limited supply. A new creperie has opened and the waffles look amazing. Saturday brunch is another option here.

facebook.com/duffypng

BEACHSIDE BRASSERIE

This casual diner positions itself as a value-for-money place. Located at the Ela Beach Hotel, it has a Pacific Rim menu but also specialises in pizzas. The garlic prawns have also had good reviews. The brasserie has outdoor poolside seating. coralseahotels.com.pg ■

Meet the founder of Duffy Cafe in Strictly Business on Page 112.

Special thanks to blogger Rebecca Arnold and to Penny Burns for canvassing local opinion for this article.



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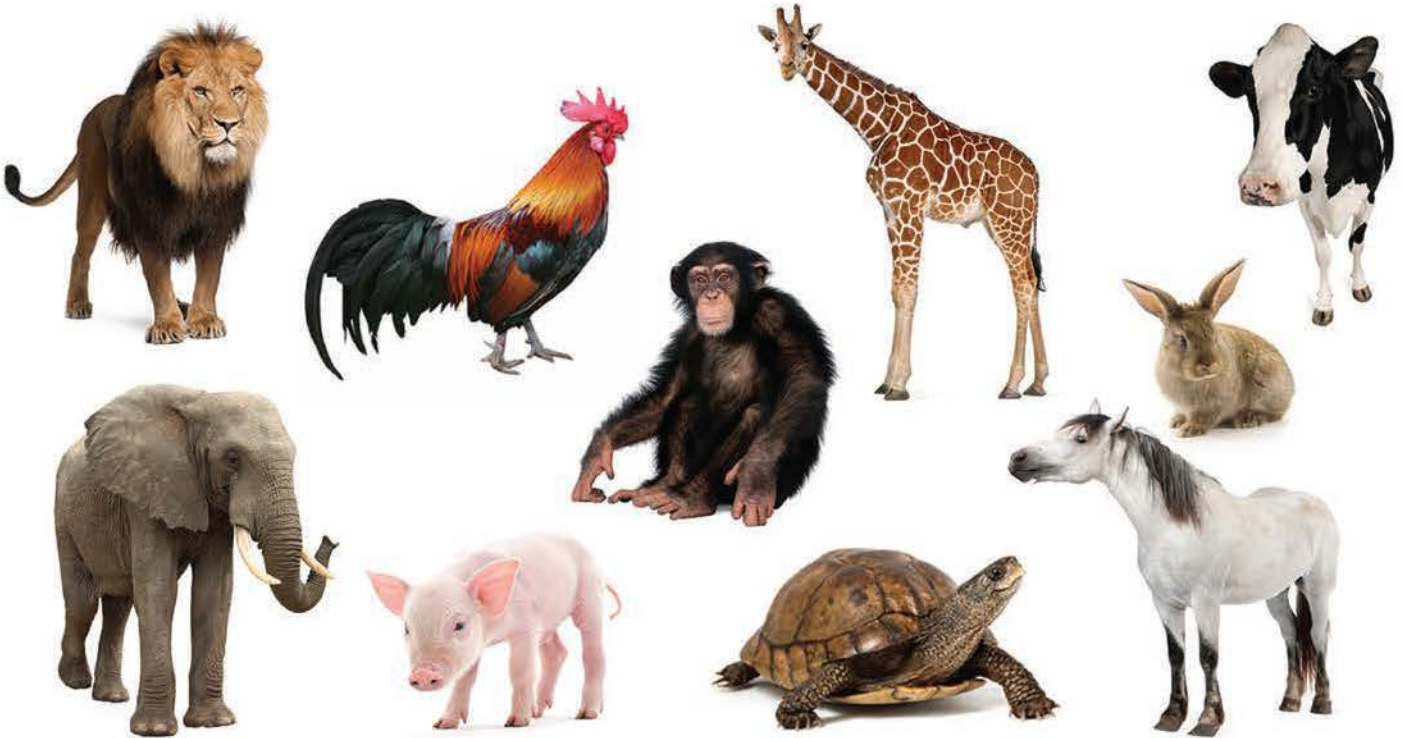
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How Good Is Your Memory?

Before you read any more of this article, have a look at the following animals.



Now go to another page, don't look back and see how many you can remember. Once you think you have memorised them all, return to this page.

Now that you're back, how many did you remember?

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FAST FOOD, ASIAN STYLE

Standing room only ... waiting for yakatori sticks in Tokyo (above); a hawker in Singapore's Boon Tat Street, famous for satays after dark.

Want to really get to know a destination? Then chow down on some street food, writes *Kay O'Sullivan*.

Cooked-to-order street food provides a melting pot of a country's history and culture for visitors to devour. Here, we take a look at five destinations where the street food has proved to be delicious over the years, from chilli crab in Singapore, to laksa in Kuala Lumpur and yakatori in Tokyo.



SINGAPORE

In days past, itinerant hawkers roamed the streets of Singapore, plying their trade to hungry hordes. Today the situation is reversed and the people of Singapore come to some 15,000 hawkers who are housed in more than 140 dedicated hawker centres around the island-nation. Some centres are inside markets, others are in historic buildings or shopping centres, and, fortunately, there are still plenty outside.

Chicken rice, a seemingly simple meal of slow-poached chicken and rice, is raised to an art form on Singapore's streets. Chilli crab is also famous well beyond Singapore's shores, while another national treasure is tow huay or douhua or tau foo fah – call it what you will – it all boils down to a silky soft tofu drizzled with sugar syrup.

All of these and more you will find in hawker centres, including the CBD's Lau Pa Sat, which has reopened after a massive renovation. Boon Tat Street is a must-do eat street, which becomes a giant kitchen serving all incarnations of satays after dark.

MORE INFORMATION yoursingapore.com





TOKYO

The Michelin men and women have decreed Tokyo the gourmet capital of the world. Luckily for us, quality is the by-word for food everywhere in Tokyo, including the food on the streets.

Across Tokyo, yakitori—grilled skewers of meat and vegetables—is a star attraction, especially in Yakitori Alley under Yurakucho station. Okonomiyaki, a savoury cabbage-based pancake, is another Tokyo fast-food favourite. Diners sit up at benches and dictate to chef what goes into their okonomiyaki as it is cooked in front of them.

One dish, ramen, a steaming hot soup with up to 40 ingredients in the broth, is so revered in Tokyo that it has its own museum. The Shin-Yokohama Raumen Museum has nine ramen shops in a streetscape that replicates life in 1958, the year the world's first instant ramen was invented.

MORE INFORMATION jnto.org.au; gotokyo.org/en

HONG KONG

Hong Kong is obsessed with food – 24/7, 365 days a year. Every street has countless options to sate your hunger.

The Chinese took thousands of years to develop their multi-layered cuisine but the Hong Kongers perfected it. Take congee, for instance. In the hands of the chefs of Hong Kong, this humble breakfast of rice porridge is transformed into a gourmet delight. Think congee with roast goose, crispy chicken, oysters and much more.

There should be a law prohibiting anyone leaving Hong Kong without trying dumplings. The same goes for the noodles made here. Fish balls are another speciality – so too, is milk tea and egg tarts.

Start your Hong Kong food adventure in SoHo, at the mid-level elevators on Central. The stalls, stores and restaurants at Stanley Market and Lamma Island are both worth the trip for waterfront eating. ➤

MORE INFORMATION discoverhongkong.com



Asian style



MALAYSIA

Hawker food is Malaysia's gift to the culinary world. You know a country loves its food when one of its streets is called Glutton Street. You'll find the inelegantly named street in Kuala Lumpur's Pudu Market. Locals and tourists alike love Jalan Alor, another KL hawker market, for the best, freshest and most diverse street food, thanks to the waves of Indian, Chinese, Portuguese, Dutch and British migration through the centuries.

World heritage-listed Penang is rightly proud of the fine street fare served up in carts and stalls along Jalan Macalister and Gurney Drive. Local favourite Assam laksa was celebrated by broadcasting behemoth CNN as one of the great dishes of the world.

MORE INFORMATION tourism.gov.my

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Asian style

BALI

The island of the gods serves up the food of the gods, especially for those who like a touch of spice.

The early morning markets are the place to unearth the heavenly secrets of Balinese cuisine as locals buy the spices – ginger, pepper, coriander seeds, cloves and nutmeg – that imbue their food with zing and life. Join them and do as they do, and grab a bowl of the traditional Balinese breakfast of bubur saur, a sludgy mixture of black and white rice, flavoured with coconut cream and palm sugar.

Rice is the staple of life in Bali. Nasi goreng is revered (the Balinese version is red because of the addition of Indonesian tomato sauce) and bakso, or meatball broth, also enjoys cult-like status. So, too, does gado gado. Yes, it is served across the archipelago but the Bali difference is that the peanut sauce is smeared across greens like water spinach and snake beans. Prawn crackers mandatory. Sublime. ■

MORE INFORMATION indonesia.travel



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Brave face ... the Melanesian Festival in full swing at Port Moresby's Ela Beach (this page); a Highlands man, one of hundreds in ceremonial dress for the festival (opposite page).



Fire and colour

Brandon Presser gets up close to fire-eaters, warriors and dancers at the Melanesian Festival.

Papua New Guinea recently hosted a colourful gathering of people from the Pacific nations, some wearing elaborate headdresses and others with spears and shields.

They came together for the 5th Melanesian Festival of Arts and Culture, held every four years in a different country. The much-anticipated festival is a chance for the constellation of islands to gather in the sharing and preservation of the elements that both unite them and make them culturally unique.

Among the attendees were delegations from Vanuatu, Fiji, Solomon Islands, New Caledonia, Timor Leste, West Papua and Torres Strait. The two-week event unveiled the diverse nature of the region and its kaleidoscope of people.

Split into two rolling fields below the hallowed grounds of Port Moresby's National Museum, the stages and gathering spaces teemed with a heady assortment of festival goers who rotated roles between performer and onlooker throughout the day.

Although the clusters of performance troupes were easily distinguishable by their drastically different costumes, all decorative elements seemed inspired by the indigenous birds. The great bird of paradise, prominently featured on PNG's national flag, reigned supreme.

The fire-eaters from Namatanai on the island of New Ireland, with their signature wreaths of scorched palm, also drew much attention.

Their gaze was ferocious and focused as they charred the ends of small logs until they were steaming and white. They devoured the smoking chunks for all to see. Hundreds of audience members stood rapt as the lucky few with smartphones furiously tapped their screens to document the event. ➤



PICTURE: ROCKY ROE



Fire and colour



Flying feathers ... dancers from the Central Province; and a gathering of tribesmen at the festival.

Then came a clan of warriors with spears and shields, performing a Haka-like dance meant to intimidate their foes. Each movement was deliberate and executed in perfect unison as they swished their weathered feet across the wooden slats of the stage floor.

But perhaps the most striking of all were the members of the cultural cadres – bedecked head to toe in ceremonial garb – who patiently waited their turn to perform by posing with friends and admirers in Western clothing.

With smiles united by their betelnut-stained teeth, those who were wearing polo shirts and T-shirts with logos seemed suddenly out of place in a sea of feathers. ■

✈ The next Melanesian Festival of Arts and Culture will be in the Solomon Islands in 2018. Air Niugini flies from Port Moresby to Honiara and Nadi every Friday, Sunday and Wednesday. See airniugini.com.pg.





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The Pacific's best fashion was on parade recently at *Stella* magazine's Runway 2014. *Amanda Donigi* tells all.

ON THE CATWALK

Designed to thrill ... the colourful Denani collection by Elizabeth Taurega Omeri (this page and next page top left); a Grace Lillian Lee outfit (next page top middle); Failepou Peni's Lepou collection (next page top right); on stage for the grand finale (next page, bottom right).

Papua New Guinea's biggest fashion show, Runway 2014, showcased 10 Pacific island designers in the stunning setting of Hotel Lamana's Gold Club in Port Moresby.

Jazz singer Alyson Joyce opened the event, performing in an original design by Grace Lillian Lee of the Torres Straits as guests arrived.

The dance troupe Tribal Dancers was first on to the 100-metre graffiti-painted catwalk, wearing blue-and-white stripes. The dancers convinced the 500-plus audience that they were there to showcase a street-wear collection.

But then they pulled the night's biggest surprise, exploding into a high-energy B-Boy routine on centre stage.

They were followed by KOKOswim, a collection of swimwear designed by PNG's 19-year-old Mayaimi Stack who has been inspired by the bird of paradise.





The other designers to feature were Patricia and Dorothy Haroharo, Sarah Todd, Anna Amos, and Elizabeth Omeri from PNG, Sydney-based Failepou Peni of Samoan heritage, Grace Lillian Lee from the Torres Straits, Erub Arts Centre from the Torres Straits, Cecilia Peterson-Keil from Samoa, and Mere & Robert from Fiji.

Songstress Pauline Tau performed during intermission and guests had a chance to visit the pop-up shop and purchase select designs and accessories off the catwalk.

Grace Lillian Lee curated the night's fashion and the finale was a burst of colour and culture with the 38 models on stage. ■

Amanda Donigi is the editor of Stella, a Pacific islands women's magazine that celebrated its second anniversary with the Runway 2014 fashion show on August 9. See stellamag.com.





Tim Richards reflects on PNG's music scene and reveals who's hot and where to see the best acts.

The beat goes on

“p”
 apua New Guinea was really a pioneer in South Pacific music,” says Braden Chin, manager of prominent Port Moresby music label CHM SuperSound.

“My dad, Raymond, would take the biggest PNG music stars on tour to the Solomon Islands in the early '80s and just blow the locals away. The Solomon's bands then were just guys standing there with one guitar and one drummer and one singer, no performance aspect. It was just basic, basic music. “When he brought the PNG bands, they would pack out stadiums and the local rock stars.”

In the heady years after PNG gained its independence, the country's music was on a creative upswing, influencing the sounds of its near neighbours.

But what goes around comes around, it seems, especially in the music world.

“Now we have a lot of Solomon Islands superstars come and perform here in Papua New Guinea,” says Chin. “When I talk to them, they say ‘When I grew up I listened to nothing but PNG music, and those touring PNG artists were like gods and we treated them like kings;”

“There's a role reversal. Solomon Islands music is quite advanced now, quite sophisticated. Now we're playing Solomon Islands music and they're doing tours here;” So what's PNG music like nowadays? “It's very broad, I have to say, a reflection of the demographics,” continues Chin. “The country itself has over 800 different languages. You have the Southern Region, the Momase Region, the Highlands Region, up in the mountains, and the Islands region. “Music is quite different in each region, even within each region. There are different languages, a difference in styles.

“Then you also have the modern and the new. If you looked at PNG music 40 to 50 years ago, it was more a traditional, contemporary grassroots style. It focused on string bands using local dialects, and traditional instruments and sounds.

“Fast forward to now, with the impact of technology, and this generation is not afraid to experiment with lots of different styles. There's new software, there's the internet, so the young generation is taking local music and fusing it with techno, with R&B, hip hop, with jazz, different genres;”

Even with this ebb and flow, one genre has remained a popular component of local music: reggae. It's a musical sound that has resonated with PNG musicians, reinforced by visiting stars such as Shaggy and Inner Circle. Though as far as audiences go, says Chin, there's a difference between urban and rural music lovers. ▶





Making music ... (clockwise from left) Lista Laka, DadiiGii, Taita Maraga and Gedix Atege.



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Rockin' in PNG ... local musicians getting plenty of fan support.

"In the cities, the radio and TV stations tend to play more modern international music. Outside these areas, you'll find what you'd call local grassroots-style music. It's more traditional, it's got a simple two-step beat. The musicians use a keyboard, guitar, sometimes mixed with local instruments like *kundu* drums or *garamut* drums or a flute, if they want to incorporate a more traditional sound."

“

The young generation is taking local music and fusing it with techno, with R&B, hip hop, with jazz ...

”

The way people listen to music has changed dramatically in recent years.

"Cassettes were the main mode of listening to music right up to 2008, when the mobile phone companies came in. Essentially that's

the way people want their music now – on flash drives, on USBs. It's sort of a new street economy now, with people selling music digitally."

As convenient as it is, the new portability of music has led to increased piracy, which has hit the royalties paid to local artists. It's an ongoing problem with no easy solution, says Chin.

On the positive side, PNG musicians are now earning money from live gigs.

"In Port Moresby, you get a lot of bars, clubs, or hotels that need regular bands, so these guys can get residencies and regular gigs.

"For local music there's Sports Inn (sportsinn.com.pg), which focuses on the grassroots segment. The Lamana Hotel (lamanahotel.com.pg) since forever has been the more upmarket place, with the more modern PNG artists performing there.

"Now a new club has opened, Cosmopolitan (cosmopolitanpng.com). It brings in international acts – they brought in Shaggy and Sean Kingston. Occasionally, they have local music nights, with five or six artists."

When asked about his favourite local artist, Chin is reluctant to take sides. But

PNG'S MUSIC STARS

Braden Chin nominates four great performers worth a listen.

Jokema

"Definitely the most popular group at the moment. This band has found the right balance between keeping a local sound and modernising it. They use local language, so the grassroots likes it, and they sing about things that they can relate to; but the sound is modern enough that the middle class and the affluent like it too."

DadiiGii

"He was basically off the streets, with a really interesting style, like Jamaican rap. So we brought him to the studio and recorded his album and, boom, he just took off. He's one of the top artists in PNG right now. He's had a string of hits, and he's done everything from rap to reggae to rock. He's quite versatile."

Betty Toea

"She's from the Central Region and sings a very traditional, typical style of music. Central people tend to sing in a high-pitched voice and they use a lot of strings, including guitar. It's very distinctive."

Gedix Atege

"This guy is from Madang, from the Momase region, and he is typical grassroots, with long dreadlocks. His music transcended all the language barriers, this guy was really big. Hasn't released anything in a while but his music is still highly requested."

he does have something to say about PNG music.

"I love local music, and music that stays true to a genre. I think music that skews too modern and moves too far away from its PNG heritage loses its uniqueness. I prefer local artists who incorporate a local sound." ■



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New TV soapie based on footy PNG's first television drama series is about to go into production, reports *Kevin McQuillan*.

A drama about a footy team? That's not the usual script for a soapie, but the producers of *Central Giants* believe the concept is a winner.

Central Giants tells the story of an ethnically diverse Port Moresby rugby league team fighting its way through a season, in spite of health scares, internal rivalries and love affairs.

The drama also explores some of the most relevant and important issues facing PNG today: maternal health, domestic violence, drugs and HIV/AIDS.

"The concept came from a survey of genre and viewing preferences, which showed us

a 'recipe'," says Domenic Friguglietti, head of ABC International's Pacific and Mekong branch.

"We had been doing a lot of work with NBC on social issues, such as violence against women, HIV/AIDS and so on, and we had produced a radio drama, which was very successful. So we then looked at what people wanted to see on television.

"The survey showed us that people wanted more sport and while they wanted news and current affairs, they also wanted more drama. So I thought why not combine those two elements, with the content focusing on the social issues? ➤



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After meeting Muffy Potter, producer and director of Put It Out There Pictures, who had produced a similar series in Afghanistan, Friguglietti commissioned her to provide a series brief, budget and a teaser.

Friguglietti was impressed that Potter had spent three years in Afghanistan, making successful television drama there.

"Drama helps develop cultural identity," says Potter. "It helps to shape ideas and growth in terms of inspiration and aspiration."

"In Afghanistan, we made dramas that looked at various issues like corruption, police, women's rights and narcotics. And the independent research that was done after the broadcast of those productions showed genuine shifts in attitudes on these issues."

Telikom PNG is the show's first major sponsor. Chief executive Michael Donnelly describes the deal as "a new frontier for PNG".



"However, what is more important for Telikom PNG is that such initiatives go a long way to creating awareness in the community about the many challenges confronting our communities."

The show will be produced through a partnership between PNG and Australian film crews, who aim to build local production skills and a sustainable local screen industry, providing mentoring by writers, directors and actors.



Take one ... producer and director Muffy Potter [far left]; shooting the trailer for *Central Giants*.

Potter is preparing to start filming later this year, with the first series of eight episodes ready to go to air next year.

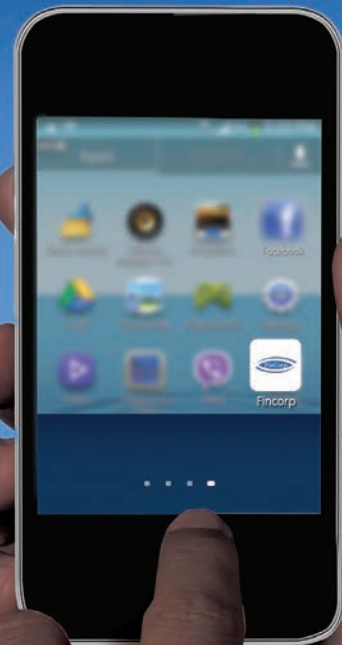
As well as being shown on local television, and distributed by DVD throughout PNG, Friguglietti is hopeful the series will be shown by broadcasters through the region, including NITV Australia and Maori TV in New Zealand. ■

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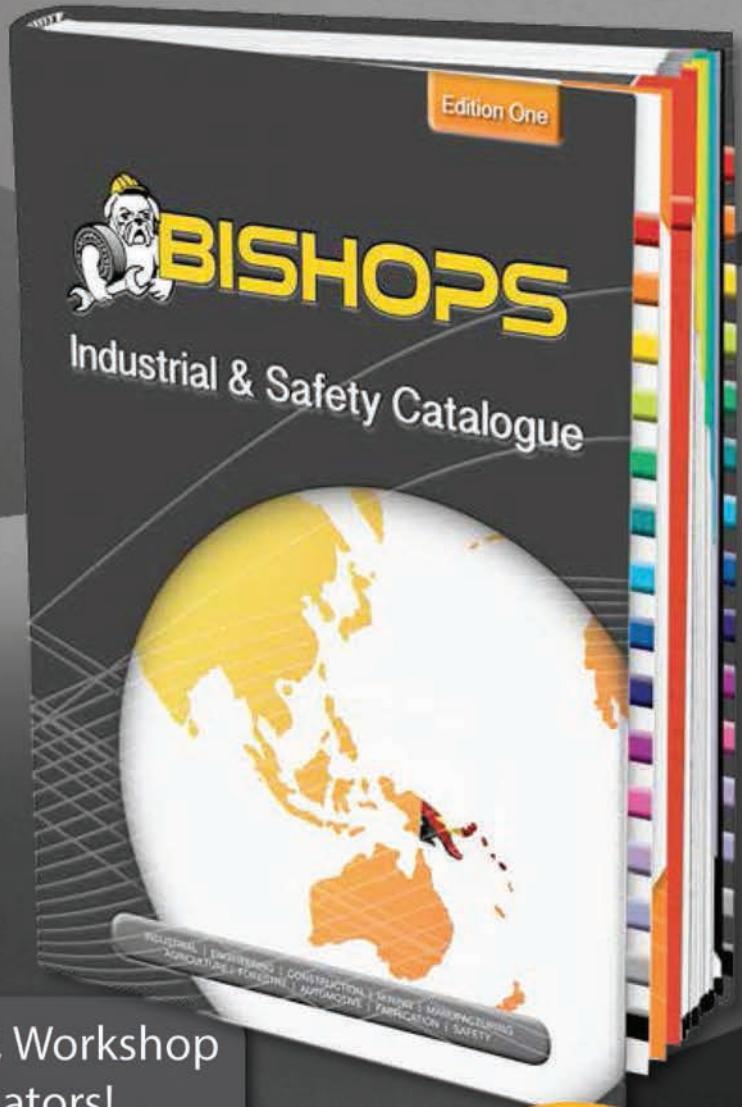
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AUSTRALIA

Gadgets and travel accessories

Sony MDR-ZX750BN headphones

In the ongoing search for the perfect noise-cancelling headphones, Sony has a candidate worthy of inspection. Its MDR-ZX750BN headphones may have a complicated number for a name, but their advantages are obvious. The inbuilt Bluetooth capability removes the need for messy cables, and the headphones swivel into a neatly folded position when not in use. Another great aspect for travellers is the digital noise-cancellation, which cuts out 98 per cent of ambient sound. This feature comes in three automatic modes: for use in the office, on public transport and on aircraft.

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About PGK640, sony-asia.com



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Who says that glamour is dead when it comes to travel? The Bellagio range of luggage by this Italian company resurrects the romance of the past, combining it with modern lightweight materials to produce suitcases with evident class. Each case has quality design elements such as rainproof zips, swivel wheels, a multi-position retractable handle, and panels allowing separate compartments. Business travellers are particularly well served by the compartment with inbuilt suit hooks and hangers. The Tuscan leather trim extends to the luggage tags and internal business-card pocket. There's a variety of sizes, colours and styles. brics.it

Glif

There's an old saying among photographers: the best camera is the one you have on you when you need it. For most of us when travelling, that's our smartphone. And though phone-based cameras have improved greatly over the years, they still have limitations. That's where the Glif comes in. This clever small device can be screwed onto any standard-sized camera tripod. Its adjustable bracket then adjusts to firmly hold your phone, making it easier to avoid vibration and take better photos. Cleverly, once detached the Glif can be used as a stand, propping up the phone for reading or viewing purposes. [About PGK70, studioneat.com](http://studioneat.com)

Scrubba washbag

One of the biggest hassles on a long journey is the need to wash dirty laundry. It's even more difficult if you're on a camping trip with no access to a washing machine. Preparing for a trip to Africa, Australian inventor Ashley Newland came up with the idea of a flexible washboard contained within a tough plastic bag, allowing clothes to be laundered anywhere. Water, clothes and cleaning liquid are added to the bag, then rubbed over the washboard for three minutes. After a rinse, they're hung out to dry – no bulky equipment required. [About PGK150, thescrubba.com.au](http://thescrubba.com.au)





Flip 2 wireless speaker

It's great being able to play music or video on a mobile device, but sometimes you yearn for better speaker quality – especially when trying to watch a film on a tablet or phone. One solution is the JBL Flip 2 wireless portable speaker system. An attractive cylindrical device that comes in four colours, the Flip 2 communicates with phones and tablets via Bluetooth. With a bass port and noise cancellation built into its technology, this portable speaker has a full, rounded sound. With a five-hour battery life and a microphone for hands-free calls, it's a great companion for entertainment or business.

About PGK390, jbl.com



Bellroy passport sleeve

The most fiddly part of international travel is the progression from check-in through security to the gate and the plane, trying not to mislay your travel documents as you're asked to present them along the way. Australian wallet company Bellroy has simplified the process with its passport sleeve, a leather-bound beauty that has separate precisely sized slots for a passport, boarding pass and two credit cards. As impressive as that is, it also contains a tiny pen, perfect for completing those immigration forms on arrival in a new country. Just the ticket.

About PGK230, bellroy.com



ScotteVest

There's no way to avoid travelling nowadays without hauling around a bundle of items on your person: a phone, maybe a tablet, and essentials such as a wallet or passport. When ScotteVest founder Scott Jordan tired of housing such things in ugly money belts or external packs, he invented a vest with cleverly concealed pockets. The travel vest for men contains 24 pockets, making it easy to combine practicality with style. There's a similar version for women, along with an 18-pocket women's trenchcoat that provides plenty of secure storage without spoiling the line of the coat.

About PGK285-340, scottevest.com



Shine monitor

Wearable activity trackers have become all the rage in recent years, measuring such things as users' steps and sleep patterns. Though popular, they've tended to look like what they are: pieces of tech. The Shine monitor, however, stands out by virtue of its attractive appearance. A smooth aluminium disc available in a range of colours, it looks more like an accessory than a gadget. There's a sports band and clasp included, and users can buy stylish add-ons such as necklaces and leather bands. It tracks walking, cycling, swimming and sleep patterns, syncing data to a smartphone app.

About PGK295, misfitwearables.com



Nikon S02 camera

In this age of ever-present smartphones, you might wonder why you'd want to own a compact camera. The tiny Nikon S02 answers that question, not least via its convenient size. At only 1.75cm wide and weighing just 100 grams, it's smaller than a business card and easy to slip into any pocket or purse. The specs are impressive too, with a 13.2 megapixel image sensor and the ability to record full HD video. Special effects and filters are built in, and the screen covers almost all of the back of the camera, making the controls easy to use.

About PGK450, nikon.com



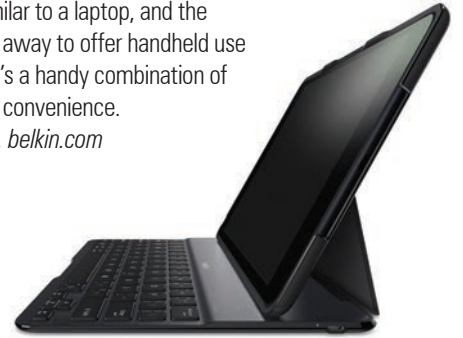
Solar Monkey Adventurer

Whatever mobile devices you use for work and play, there never seems to be enough charge to get through the day; and you're not always near a convenient power point. Enter PowerTraveller's Solar Monkey Adventurer, a charger that soaks up solar energy during daylight hours via its inbuilt solar panels. It then happily powers up your phone, tablet, games console or camera, either while charging or overnight. The charger comes with an attractive case and a clip for attaching it to a backpack or bag, to get the most out of the sunshine wherever you are.
About PGK340, powertraveller.com



QODE Ultimate Keyboard Case

It's difficult to find the perfect combination of case and keyboard for the latest iPad – often the keys are difficult to use or the case gets in the way. Belkin has tackled the challenge by producing the lightweight but tough QODE Ultimate Keyboard Case, made of an aluminium alloy and using magnets to hold the iPad in place. The well-spaced keys and choice of viewing angles offers a typing experience similar to a laptop, and the keyboard folds away to offer handheld use of the tablet. It's a handy combination of protection and convenience.
About PGK385, belkin.com



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TIMELESS PIECES

John Brooksbank explores the tradition of PNG crafts, collected all over the world as prized objets d'art.

During the recent Melanesian Arts and Culture Festival in Port Moresby, performers from all over the Pacific celebrated their cultures and showed there is a real interest in the traditional practices of the region

Small stalls at the festival venues sold a dizzying array of traditional crafts – tapa cloth, carvings, printed material, baskets and many other products.

In years gone by, or *taim bilong tumbuna* as they say in pidgin, the carving of traditional carvings that were imbued with ritual significance was not something that was undertaken lightly.

The shapes of masks, incised patterns on gope boards or designs on tapa cloth were often unique to particular ethnic groups, communities or even clans within villages – similar to the heraldic designs on the shields and pennants of medieval knights.

Certain regions of PNG that manufactured the most artistically striking or colourful traditional crafts became a focus for the earlier colonial collectors of ethnic objets d'art – notably the Sepik River villages and those in the tortuous river deltas that disgorged their waters into the Gulf of Papua.

Many ancient pieces that were purchased by avid collectors last century now adorn the shelves of museums in Germany and America, and change hands for high sums.

While legislation to prevent removal of historical pieces has been enacted, it was in many ways too late – numerous pieces had already left PNG and unfortunately increasing education, a cash economy and the general development of the country meant that traditional knowledge was in many cases not handed on to the next generation.

With the advent of Christianity, the spiritual rationale behind the crafting of certain objects was sadly lost, with only certain dances, practices and artefacts continuing to be used.

Of course, traditional culture was never static and, while the clock cannot be turned back, we should value what we have and see today, thankful that a few talented individuals still produce traditional crafts whether they be pots, tapa cloth, musical instruments, shields, canoe prows, baskets, fish traps or personal adornment.

Some of these crafts are manufactured for sale, others



Tradition on show artefacts at Madang Provincial Museum.

to enable authentic dances to be performed. In other cases traditional designs are incorporated into more modern clothing, banners, letterheads and corporate logos.

Ancient or modern, traditional or contemporary – the hundreds of languages and cultures of PNG guarantee that there will never be a shortage of inspiration for the craft of the country. ■



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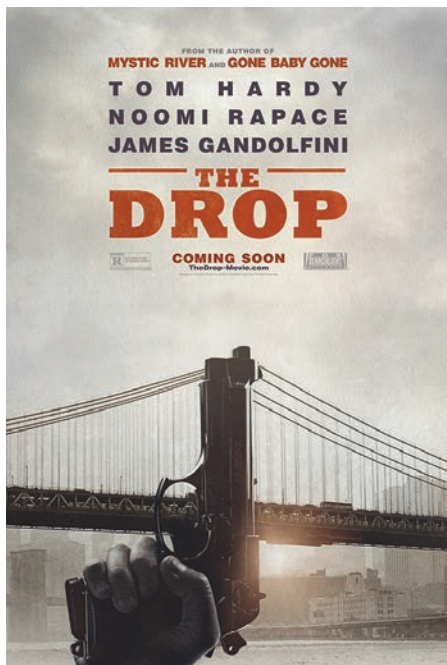
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The Drop

When setting a crime movie in New York, filmmakers often depict the high stakes of corporate crime amid the gleaming towers of Manhattan. But there's plenty of scope for gritty drama in the city's boroughs, and *The Drop* moves the focus across the East River to Brooklyn.

Barman Bob Saginowski is a lonely guy helping to run an undercover scheme by which "money drops" are left in Brooklyn bars to pay local gangsters. It's covert, off the radar and working smoothly – until Bob gets involved in an unexpected robbery that goes wrong.

Against his will, Saginowski becomes entangled in an investigation that digs deep into the neighbourhood's past, threatening to expose the secrets of families, friends and enemies.

Written by acclaimed novelist Dennis Lehane, the film's screenplay was based on his earlier short story *Animal Rescue*, which described a killing resulting from a lost dog.

The Drop stars Tom Hardy (*Inception*, *The Dark Knight Rises*), Noomi Rapace (*Sherlock Holmes: A Game of Shadows*, *Prometheus*) and James Gandolfini, famous as Tony Soprano in the TV series *The Sopranos*. Sadly, this was Gandolfini's final role, as he passed away after filming in 2013.



The Boxtrolls

Mixing old and new, *The Boxtrolls* combines 3D stop-motion animation with computer generated imagery to create an entertaining movie based on the popular fantasy adventure novel, *Here Be Monsters*.

In his 2005 book, British author Alan Snow created a number of curious creatures living alongside 19th-century humans. These included the boxtrolls, a species of troll that prefers to live inside cardboard boxes and is intrigued by anything mechanical.

The movie is set in Cheesebridge, an upmarket Victorian-era town whose inhabitants are obsessed by wealth and class. They're also fearful of the boxtrolls, believing them to be evil creatures hell-bent on stealing their children and their prized cheeses.

In reality the trolls are harmless, eccentric types, who've raised an orphaned human boy, Eggs, to help them in their junk collecting ways. When targeted by a pest exterminator, they must turn to him and an adventurous girl from a wealthy family in order to survive.

There's an impressive cast providing the voices of the characters, including Elle Fanning, Simon Pegg and Toni Collette. Cinematic royalty is also present in the person of Ben Kingsley, who plays pest exterminator Archibald Snatcher.



The Interview

Though you might have killer interview skills, they don't necessarily translate into hitman expertise. That's what Dave Skylark (played by James Franco) and his producer Aaron Rapoport (Seth Rogen) discover when their popular TV interview show goes off the rails in comedy movie *The Interview*.

Used to staging trashy celebrity interviews for their program *Skylark Tonight*, they are fascinated to learn that North Korean dictator Kim Jong-un is a fan of their work. Landing an interview with him, they see a chance to finally prove themselves as legitimate journalists.

As they prepare to travel to Pyongyang, however, the CIA steps in. The intelligence agency wants to recruit them to assassinate the North Korean leader, notwithstanding their obvious lack of aptitude for the job.

Comedy – and action – ensues as Skylark and Rapoport try to fulfil their brief against Kim Jong-un, played by Korean-descended American actor and comedian Randall Park.

The movies featured on this page will screen at Port Moresby's Paradise Cinema. For screening dates and session times see paradisecinemapng.com.



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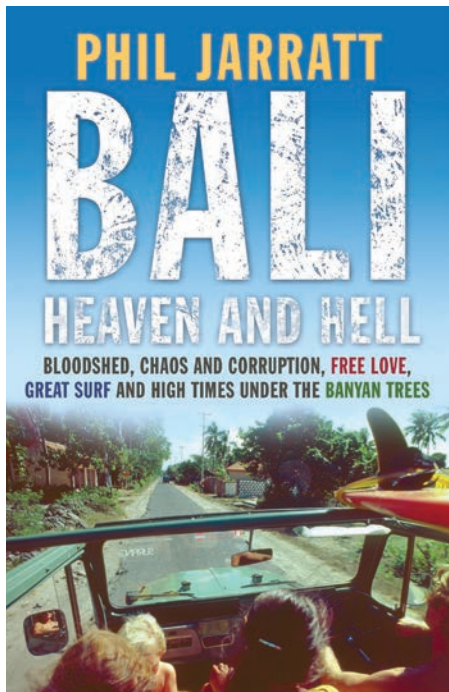


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Bali: Heaven and Hell (Hardie Grant) by Phil Jarratt

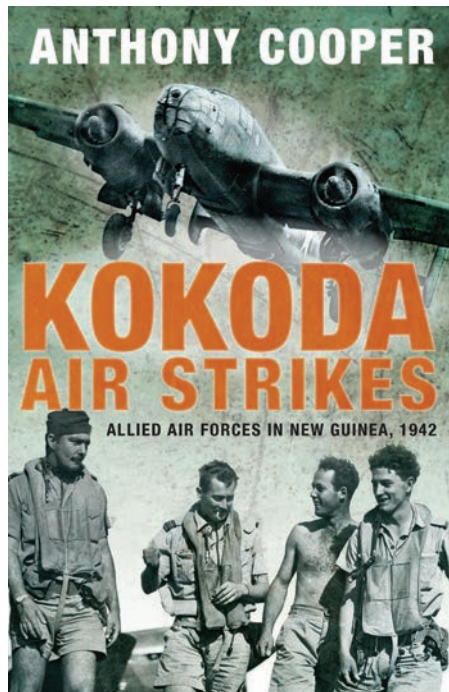
Bali has evoked the image of a tropical paradise for so many years, that it is difficult to imagine the Indonesian island as a place of disaster, politics and history. To its never-ending stream of visitors, Bali seems a timeless playground.

Though not to journalist and author Phil Jarratt. Acknowledged as a pre-eminent authority on surfing, Aussie Jarratt has been visiting Bali for over 40 years. His experience of both the light and dark sides of the tropical hotspot have been poured into his new book.

The hell in the title includes dark episodes from Bali's history, including trade in slaves and opium, Japanese occupation during World War 2, and more recent challenges involving terrorism and corruption.

On the heaven side of the ledger, the author tracks the rise of Bali as a tourist paradise.

Writing with a fondness for Bali and the Balinese, Jarratt describes an island that has survived everything history could throw at it – from war to natural disasters – to become a destination at the top of travel wish lists around the world.



Kokoda Air Strikes (NewSouth Books) by Anthony Cooper

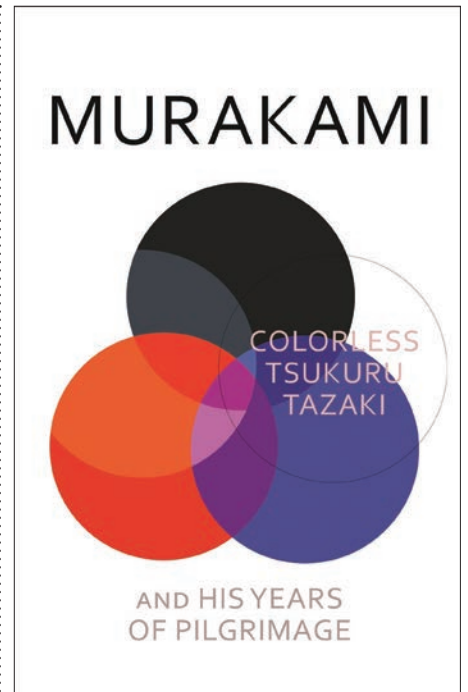
In this year of commemorations of the centenary of World War 1, Brisbane school teacher and author Anthony Cooper has chosen to remind us of conflict much closer to home – the battles between Japanese and Allied forces in the southwest Pacific during World War 2.

Having previously written about Japanese bombing attacks on northern Australia, he now turns his attention to airborne assaults in Papua New Guinea and other regions further east.

The military exploits on the ground in this region, especially those along the Kokoda Track, are much celebrated. What's less well known is the role of air forces in the conflict. Starting with the Japanese conquest of Rabaul in January 1942, he treats the battles in the Coral Sea, Kokoda, Milne Bay and Guadalcanal as a single air campaign.

There is a chapter on Kokoda, and another on an early Japanese air attack on Port Moresby which was supposed to precede an invasion. The Battle of Milne Bay, a crucial turning point, is also featured.

It's an absorbing tale of adversity faced by the Australian and American airmen who took to the skies against Japanese pilots.



Colorless Tsukuru Tazaki and His Years of Pilgrimage (Random House) by Haruki Murakami

Haruki Murakami has achieved extraordinary success over the years, with his works selling millions of copies and being translated from Japanese into over 50 languages. There's something about his surreal, first-person stories of loneliness and alienation that seems to resonate, no matter what culture his readers are from.

Those readers will be happy to learn of the release of *Colorless Tsukuru Tazaki and His Years of Pilgrimage*, his next book to be translated into English since the best-selling *1Q84* three years ago.

The new novel centres on Tsukuru Tazaki. As a youth he has four close school friends, each of whose names contain a colour. One day, without explanation, the four tell him that they don't want to see him, or talk to him, ever again.

It's a nightmare development that haunts Tazaki into his adult life, leaving him psychologically adrift, without the ability to form intimate connections with the people he meets.

Then he meets Sara, who decides that it's time to discover what really happened, and why.





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A telco revolution

First-world communication is being delivered not just to PNG's main cities but also to the remote Highlands, *Kevin McQuillan* reports.

“

Competition among mobile operators has added bonuses for users, such as mobile banking, sending money and buying utilities such as electricity.

”



PICTURE: WESTPAC

Seven years ago, the national government began deregulating Papua New Guinea's telecommunications market.

It brought in Irish-based Digicel, to compete with Bmobile (as it was known then), which operated from 1997 until 2008 as a Telikom PNG subsidiary. It recently signed a five-year marketing agreement with Vodafone UK and now trades as bmobile Vodafone in its two markets: PNG and the Solomon Islands.

Last year, the government announced that Telikom would be stripped of its wholesale assets and become a retailer to compete with Digicel and bmobile.

Telikom's digital network combination of microwave radio, satellite and intra-city optical fibre transmission systems, telephone exchanges and data switches, are now being transferred to a new state-owned enterprise, DataCo.

bmobile's CEO, Sundar Ramamurthy, describes PNG as a "greenfields" market.

Even though PNG has a relatively advanced telecom network compared with many other developing nations, tele-density and fixed-internet penetration remain very low as nearly 85 per cent of the population lives outside the major cities, according to Sydney-based telecommunications analyst, Paul Budde.

Budde says the three mobile network operators have increased accessibility to the mobile network from less than three per cent population availability to more than 80 per cent in less than a decade.

"The privately operated Digicel has been the champion in regard to this task," he says. "The government owned and part-government owned mobile network operators have been slow to increase their mobile infrastructure."

Competition among mobile operators has added bonuses for users, such as mobile banking, sending money and buying utilities such as electricity using mobile phones.

Irish-owned, Bahaman-based Digicel is now on track to becoming a multi-media telecommunications company, providing

Switched on ... 80 per cent of the PNG population has access to the mobile network.

mobile phone coverage across the country by the end of 2014 and setting up a multi-station television service, after launching an online news website, the Loop, earlier this year.

Digicel's Gary Seddon says it's part of the company's global plan to provide first-world communications to emerging economies.

"We have just over 800 towers in PNG at the moment," says Seddon, director of government relations. "We're rolling out another 360 towers this year between now and November." That will give Digicel 100 per cent coverage, he says.

For its part, in April, Telikom (TPNG) signed a US\$20-million contract with the California-based company Aviat Networks for a new cross-country microwave link. In July, it bought local internet service provider Datac PNG in a move chairman Mahesh Patel says is an "integral part" of TPNG's strategy to expand its internet and data businesses, as it moves from a wholesaler to retailer.

Since its inception, bmobile has had a chequered history. With nine CEOs, under-resourced and with limited capacity, it has hardly dented the PNG telecommunications market.

To ensure it stayed in the market, the PNG Government invested US\$85 million (PGK220 million) in the company last October through its state-owned enterprise the Independent Public Business Corporation, after a proposed recapitalisation deal with Fiji's National Provident Fund fell through.

Ramamurthy says he's spent the time since his appointment, also last October, "getting the basics right".

bmobile is now in 200 locations around the country and the plan is to be in another 200 to 300 locations within 24 months.

"We can't reverse eight years of malaise in six months. The first 12 months are very much about creating a product that's competitive. And today we do have it, but not in every place that we exist."

Seddon says Digicel also wants to be "number one" in the delivery of innovative services. It provides 4G in Port Moresby and plans to expand that to other major centres before the end of the year.

A major benefit of the plan to transfer Telikom's fibre assets to Dataco is that

internet consumer costs should fall.

The cost of off-island fibre internet is three to four times more expensive than the cost of satellite internet bandwidth in PNG, says Seddon, which is quite the reverse in other countries.

"At present, 80 per cent of Digicel's internet traffic is going out over satellite and only 20 per cent is going out across fibre and that reflects the cost of fibre bandwidth in PNG."

And it's the internet where Seddon sees growth.

"So what we're seeing in Australia and other developed countries, is that people are using less voice and text, and relying more on the internet, as a means to communicate. Apps such as Wassup, Facebook, Viber and Skype are the preferred means to communicate.

"Typical trends therefore show voice revenue to be flat or decreasing, while data is increasing, and the same can be said in PNG." ■

The stories in our 'Strictly Business' section were first published in PNG's online business magazine, businessadvantagepng.com and are re-published by arrangement with Business Advantage International.





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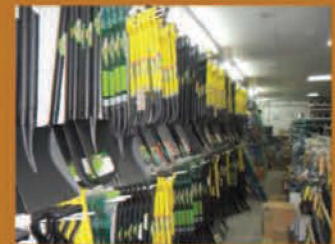
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Pure gold ... mining set to start at Woodlark Island.

Go-ahead for new mine

PNG has granted its first gold-mining lease in eight years, *Kevin McQuillan* reports.

Australian-based Kula Gold says the granting of a mining lease to develop its Woodlark Island Gold Project is a "milestone", for both itself and the Papua New Guinea government.

The next step is to confirm financing for the project, Kula's chief executive officer, Stuart Pether, says.

It has been eight years since the PNG government last issued a gold-mining lease.

"The last onshore mining lease was Hidden Valley Joint Venture in Morobe Province, granted in April 2005," says Greg Anderson, executive director of the PNG Chamber of Mines and Petroleum.

"We are really, really excited to get the mining lease. It has been a very rigorous process over the past 18 months and it does demonstrate that, even if you are a small company with limited resources, you can achieve the things you want to achieve in PNG," Pether says.

While it has taken 18 months to get the lease approved, Kula Gold has been carrying out exploration on Woodlark Island, about 250 kilometres east of Alotau, on the east coast of the mainland in Milne Bay, for the past eight years.

Financing is the next stage, Pether says.

"Based on the gold price, the level of hedging, and detailed due diligence, the company believes we should be able to get somewhere between 50 to 70 per cent debt, and the rest will need to be equity.

"I would suggest at today's gold price it's probably more likely to be 50/50, so we are looking at somewhere around A\$80 million worth of debt and \$A80 million worth of equity to get the project underway."

The government has the right to acquire up to 30 per cent of the project, and Pether is waiting to hear how much the O'Neill government will contribute, via its investment vehicle, Petromin Holdings.

"It's not a free carry. They would have to pay sunk costs of the project to date and be contributing going forward," says Pether.

A feasibility study in 2012 estimated the mine has a life of about nine years.

"The MoA (memorandum of agreement) makes a commitment to employ Woodlark Island people first, Milne Bay people second, then the rest of PNG, and then expats as required," Pether says. ■



That's the spirit

Ben Creagh reports on new vodka and gin with a distinctly local flavour.

Ramu Sugar is a well-known brand in Papua New Guinea. Its producer, Ramu Agri Industries (RAI), harvested 320,467 tonnes of cane from 6354 hectares, yielding 30,208 tonnes of sugar last year.

The company is now diversifying its manufacturing activities, with the planned launch later this year of two new spirits in its emerging range of exotic alcoholic beverages.

After launching its quality aged Ramu Rum earlier this year, the Morobe-based company is now planning to unveil new vodka and gin products, which will be aimed at the high-end alcohol market.

Jamie Graham, general manager at RAI, says the company – which primarily focuses on sugar, beef and oil palm – will target the domestic and international markets with the



How sweet it is ... Ramu Agri Industries is diversifying.

new products, as it is doing with Ramu Rum.

"If we can reach the right niche market, there is great potential and we can certainly produce

high-quality alcohol – there is no doubt about that," Graham says.

"That's partly because we have invested a lot of money in the distillery over the past five years, and we also have some very good technical staff with experience."

RAI, which has been a subsidiary of New Britain Palm Oil Limited since 2008, has focused on establishing a unique alcohol brand with distinctive Papua New Guinean origins through the expanding business.

"The spirit will be produced entirely in the [Markham] valley, from cane grown in the valley, processed in the factory producing molasses, and then used to produce vodka and gin, as is the case with the rum," Graham explains.

"Then, of course, it's aged in oak up here in the valley and finally bottled up here – so it is very much a local industry."

RAI is aiming to launch the vodka and gin by the end of this year. ■



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FLYING HIGH

Rejuvenation of Port Moresby's airport will bring better check-in areas, more counters for customs and immigration and more shops. Passengers will be the winners, *Kevin McQuillan* reports.

New look ... an artist's impression of the revamped Port Moresby airport.

Port Moresby's international airport is undergoing an expansion, ahead of an influx of passengers for the 2015 South Pacific Games, the 2018 APEC Summit and projected increases in air traffic as the economy grows.

The acting managing director of the National Airports Corporation, Joseph Tupiri, outlines the plans.

What will the airport development at Port Moresby entail?

JT: Currently we are extending the international terminal building. It is a PGK100 million design and construct contract and is already 30 per cent complete and on target to deliver it by next April, in time for the 2015 South Pacific Games. It's a 30-metre extension to the north-west end and 20-metres to the south-east end, with modifications inside to improve efficiency. We want to give the passengers a seamless experience like they have in Brisbane or Cairns, or Sydney or any Asian airport.

It's a challenging project because we have to keep the terminal building fully operational with minimum disruption during construction. Key features will include increased counters for processing passengers for airlines, and customs and immigration, as well as improved retail space.

Port Moresby international airport is lagging behind our neighbouring airports of similar size in terms of efficiency and customer experience and we have a lot of catching up to do.

Currently it takes about seven to 10 minutes to process a passenger. After the current extension is complete, that will be cut down

“

We want to give the passengers a seamless experience like they have in Brisbane or Cairns, or Sydney or any Asian airport.

”

to down to about three minutes.

Are there plans to develop any other airport land?

JT: An immediate next step is to expand the international apron area for additional parking space for aircraft and two more aero bridges.

The next stage is to connect the international and domestic terminal buildings

to increase terminal space to cater for forecast growth to 2030 and in time for the 2018 APEC Summit to be hosted by PNG.

Over the next three to four years we want to put Port Moresby airport under a public-private partnership arrangement because that's the way the rest of the airports in the region are going.

So we are aiming to put up a 35,000-square-metre, three-level building connecting the current international and domestic terminal buildings. Ground level will be for arrival and level two will be for departures. We aim to deliver that in late 2017.

So that means a lot more people will be coming through Port Moresby airport?

JT: Absolutely. The existing airport was built to process about 300,000 to 400,000 passengers per year. We are now processing about 1.5 million. When you look at the this growth and the country's projected GDP growth, a growing middle-class, freight and tourism, we think there will be significant growth and demand on the capital's airport.

We also think there will be a demand to create Port Moresby as a hub. We've done an assessment, talked to people in the region and we think there's the potential for efficiencies which regional airlines will recognise, if we build a suitable airport. ▶





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Improvement program ... Jacksons International Airport.

So might that mean, for example, that Fiji Airways might fly from Suva, through Moresby, to Bali, or something like that?

JT: You've hit the nail on the head. That's exactly what we are talking about and you know, flying from Hong Kong to Sydney takes a lot longer going via Singapore

because of the congestion at those airports than what it would going via Moresby. We have also done some quick calculations about the benefits for New Zealand, Japan and south-east Asian airlines. It's pretty exciting. ■

IMPROVEMENTS ROLL OUT AT LAE

Lae Nadzab Airport, which is already upgrading operational facilities and improving infrastructure, is set to develop commercial land for airport and trucking-related businesses, truck parking bays, a refreshment shop and a service station.

The National Airports Corporation has called for expressions of interest to develop the land and is also hopeful of developing a bed-and-breakfast accommodation business.

The commercial opportunities add to a range of development plans that have been proposed or are taking place around the airport.

In 2013, construction of the Lae–Nadzab Road upgrade to a four-lane highway was started.

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Going green at Mt Hagen

Kevin McQuillan reports on plans to establish an agricultural hub around the country's third-largest city.

Last August, the O'Neill Government announced a policy to create an agricultural hub around Mt Hagen in Papua New Guinea's Western Highlands Province and allocated PGK61 million to fund the project. Business leaders believe the hub has the potential to feed the country and beyond, but it requires some basic needs to be met.

According to James Leahy, the president of the Western Highlands Chamber of Commerce and Industry, factors slowing development include poor roads, sanitation and marketing.

"The Highlands Highway is the lifeline for our produce to get out. If the highway was good, agricultural products could flow to markets and encourage people to remain in the village and work, slowing migration to city centres."

While a new Mt Hagen airport is due for completion in 2015, Leahy says remote airstrips need to be upgraded too, so that coffee and other crops can be flown out.



Food belt ... potential to feed the entire country.

He also wants the government to help develop micro mills in remote areas so that coffee can be shelled into green bean form and air-freighted out.

Leahy says it needs government financial support to be pumped through established private businesses with proven track records, which will prevent government departments dealing with 'paper farmers' in Port Moresby, Lae and other town centres.

Leahy believes the reputation of Mt Hagen's food market should be exploited to draw in more tourists and be used as an advertisement for local produce, similar to marketing strategies used in Australia to promote local farm produce. ■

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Coffee and crepes

Kevin McQuillan meets the young man behind the booming Duffy Cafe in Port Moresby.

Three years ago, Travers Chue set up Duffy Cafe in Port Moresby with his brothers, Everett and Ashlon, and his French girlfriend, now fiancée, Olga Girault.

"Originally we had seating for only about 40 customers. Now we can seat 120 comfortably," he says.

"We started off with about 10 staff. We now have over 40.

"We've got an outdoor area and an indoor area. We've got the creperie to serve savoury and sweet crepes."

A French bakery providing fresh breads, baguettes and croissants daily is due for completion by year's end.

"It has totally exceeded our expectations," he says, through word of mouth.

The secret, he says, is quality and innovation, in coffee, food, training and presentation.

"It's about bringing back what other people are doing in other cities around the world, like Shanghai, London, Paris, Sydney, Brisbane."

TRAINING

Olga Girault, with a hospitality degree from Brussels and experience in Australia, trains staff "from scratch".

Man on a mission ...
Travers Chue plans to open more cafes.



They seek staff who have initiative and who want to learn about hospitality. While the chefs have come from hotels, Duffy's baristas, kitchen hands and pastry chefs are fresh recruits to hospitality.

The Chue brothers were educated in Brisbane, Australia. After university, Travers moved to Sydney and went into the fashion industry. Five years later, their PNG-Chinese father offered the sons the chance to take over the family business, on condition they lived in China and learnt Mandarin.

CLOTHING

"When we moved back, Dad saw a hole in the market for fashion and said to me: 'If you want to learn, start something new in fashion. I'll give you the property and you build the store. It will be a good learning curve for you.'"

Learning Mandarin paid off.

“

It's about bringing back what other people are doing in other cities around the world, like Shanghai, London, Paris, Sydney, Brisbane.

”

"We went back to China and designed and manufactured a whole clothing range for Duffy Fashion," Travers says.

So Duffy Cafe is downstairs, while upstairs is the Chue brothers' clothing and accessories

store, the only one in town, which sells branded clothing.

It's steady, consistent and growing, Travers says.

EXPANSION

He wants to open two more cafes in Port Moresby; one by mid-2015 and the other one by mid-2016. A bakery will be in place by the end of the year to supply all the cafes.

At the heart of the business, though, is coffee. Quality coffee, of course, from Papua New Guinea.

"Specialty coffee – the high end – is booming in Australia and lot of Australians who live and work here want that in Port Moresby, as do a lot of locals who have explored outside PNG and know that quality.

"This is only the beginning. There's so much more opportunity here for us with the cafes as well."



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Top-end rents down but property demand remains high

Ian Neubauer reports on the fluctuating PNG property market.

Commercial real estate activity in Port Moresby and Lae remains strong despite a fall in demand for executive rentals associated with the winding down of the six-year construction phase of the ExxonMobil-led LNG PNG project.

"The market has simply matured and there are a lot more apartments available at the moment than there have been in the past few years," says Brian Hull, executive chairman of Century 21 Siule Real Estate in Port Moresby.

"Rents at the very top end have come down considerably, up to 30 per cent, while at the mid-level they are down by 10 to 20 per cent. But there has been no change at the lower end of the market; rents are exactly where

they were before the so-called property boom," Hull says.

"There has been no slowdown at all in demand for commercial property in Port Moresby. There is very high demand, especially in the Gardens area in the epicentre of the city, and also in Harbour City, where there's a lot of high-priced premium commercial real estate."

Port Moresby Chamber of Commerce and Industry CEO David Conn says strong business confidence and anticipation of new infrastructure projects already in the pipeline have softened the projected fallout of the winding down of the ExxonMobil-led project.

"There may be a bit of a slowdown in the residential area until we see signs of new



On the rise ... apartments at Ela Beach.

long-term projects but there is still a fair bit of activity. I don't think construction is going to stop," Conn says.

"There's a couple of commercial properties on the waterfront by the Steamships Trading Company, a new tower for the Treasury, Lamana Development's projects, the ExxonMobil units at the front of Harbour City and there's a new road being built around Paga Hill that will open up a neglected area of Port Moresby.

"The buzz is not as big as it was last year but it's still there – more of a muted buzz," Conn says.

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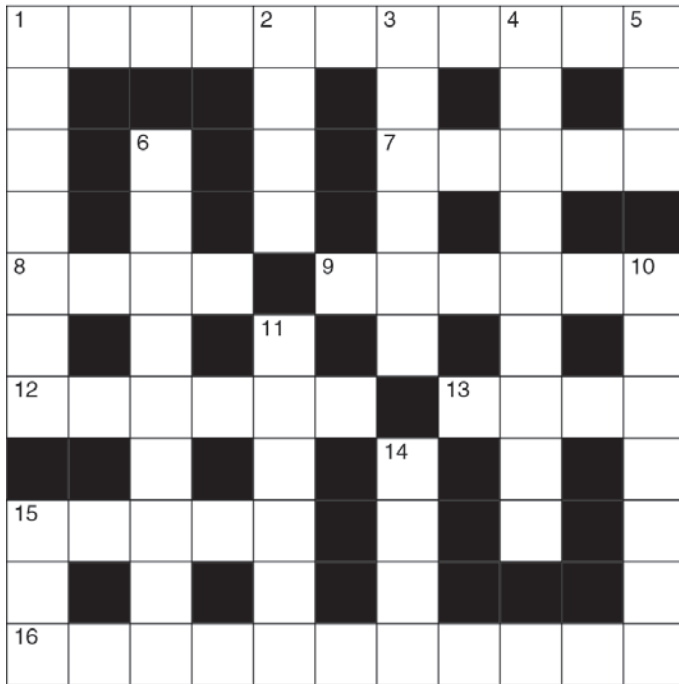
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BRAIN GYM

QUIZ, PUZZLES, CROSSWORD

DoubleTake

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



CRYPTIC CLUES

Across

1. That young grub Pat a killer, Spooner says (11)
7. Stylish trams are back? Clever! (5)
8. Stayed afloat through endless swamp (4)
9. Instructs barrister to process fibres (6)
12. Has a look around while returning spoons (6)
13. Pine fruit, cooked once (4)
15. Humble but taking a stand (5)
16. To cops, these constitute medical equipment (11)

Down

1. School groups consisting of a hundred girls (7)
2. Reckless and somewhat hasty initially (4)
3. Cover against loss in shore, apparently (6)
4. Omits to put foliage away (6,3)
5. Decay in grotto (3)
6. Go into greater detail in the lab or at expo (9)
10. For a change, respect Rod (7)

11. Address of extremely specialised tech (6)
14. Stan troubled workers (4)
15. Fool pauses every second (3)

QUICK CLUES

Across

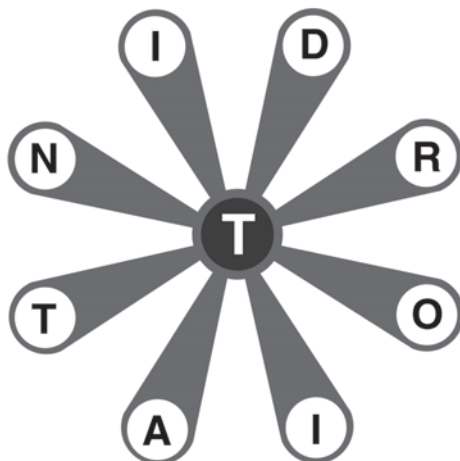
1. Butterfly larva (11)
7. Dressed to the nines (5)
8. Did breaststroke (4)
9. Underpants (6)
12. Busybodies (6)
13. Ice-cream holder (4)
15. Belittle (5)
16. Doctor's listening tool (11)

Down

1. Social divisions (7)
2. Skin eruption (4)
3. Underwrite (6)
4. Skips (6,3)
5. Decompose (3)
6. Intricate (9)
10. Orb & ... (7)
11. Utterance (6)
14. Picnic pests (4)
15. Donkey (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.



12 Good 18 Very Good 24+ Excellent

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The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What is the three-letter acronym used to describe Port Moresby's Jacksons International Airport?
2. In which year did Papua New Guinea adopt the kina and which currency did it replace?
3. Where is the ritual of land diving performed, with men jumping from high wooden towers with vines tied around their ankles to break the fall?
4. If you are standing on the observation deck at the Petronas Towers which city would you be looking over?
5. Which country will host the 2018 Commonwealth Games?
6. In what year will Port Moresby host the APEC Summit?
7. Who is the Hong Kong actor famously associated with martial arts films?
8. The PNG Hunters rugby league team is sponsored by which well-known PNG brand?
9. Who was recently elected President of Indonesia?
10. PNG'S tallest mountain is Mount Wilhelm (4509 metres). It sits at the intersection of which three provinces?
11. Name the first European explorer to discover PNG.
12. Where in PNG would you be if you were flying into Hoskins Airport?
13. If you were stepping off an Air Niugini flight and were greeted with the words, "yokoso", or, "konnichiwa", where would you be?
14. On which island is Fiji's capital of Suva?
15. What is the Ring of Fire?

Sudoku

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

Rating: ★ ★ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 118.



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Solutions

Wheel Words

Solution:

Anti, Dart, Dirt, Into, Iota, Rant, Riot, Rota, Taro, Tart, Tint, Toad, Torn, Tort, Trio, Trod, Trot, Ditto, Idiot, Intro, Ratio, Taint, Tarot, Titan, Train, Trait, Triad, Adroit, Ration.

Nine-letter word: TRADITION

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

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

The Paradise Quiz

1. POM.
2. 1975; the Australian dollar.
3. Pentecost Island, Vanuatu.
4. Kuala Lumpur.
5. Australia (Gold Coast).
6. 2018.
7. Jackie Chan.
8. SP Brewery.
9. Joko Widodo.
10. Simbu, Western Highlands and Madang provinces.
11. Portugal's Jorge de Menezes (1526-27).
12. Alotau, Milne Bay Province.
13. Tokyo.
- Yokoso means welcome in Japanese and konnichiwa means hello.
14. Vitu Levu.
15. A 40,000-kilometre ring of volcanoes around the Pacific Ocean that includes PNG.

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Out and about

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



PICTURES: PNG TOURISM

CLIMATE

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

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely

in recent years. Although it remains costly, all the Port Moresby hotels listed in this guide provide a fast-speed internet service. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available, although download speeds can vary considerably.

Phone: International mobile phone roaming is possible in PNG but it is costly. A cheaper option is to buy a local SIM and pre-paid credit (including data packs for smartphones).

It is much cheaper to make international calls from PNG than vice versa.

ELECTRICITY

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

GETTING AROUND

As a general rule in PNG, you need to plan your travel carefully.

Taxis: Recommended firms in Port Moresby are Ark (+675 323 0998/7122 5522), Red Dot (+675 311 3257) and Scarlet Taxis (+675 323 4266), although availability can vary and they do not operate late at night. Ark also operates in Lae.

Car hire: Deal with one of the international names and ask them to provide a driver (around PG K400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

Domestic flights: Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and check in) online but

make sure you print out a copy of your receipt to show at the check-in counter. Aircraft and helicopter charter services are available for travel to remote locations.

HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation alone can reach US\$30,000). Visitors should also note that malaria is prevalent in PNG.

MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific have branches at Port Moresby's international airport. ATMs are located around Port Moresby, Lae and other urban centres.

SAFETY

While the situation is not as bad as portrayed by some international media, you should always take precautions, especially at night.

TIME ZONE

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

EATING, DRINKING, SOCIALISING IN PORT MORESBY

Town: The coffee shop at the Crowne Plaza Hotel remains a convenient daytime option, as are the two cafes on the ground floor of Deloitte Tower.



Duffy Cafe, Gabaka Street:

This newcomer has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food.

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. If it's too busy, try the Aviat Club in nearby Konedobu.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs.

For more, see the Port Moresby eating guide on Pages 66–67. ➤



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HOTELS

Airways Hotel

PNG's only top-tier hotel, Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms and amenities and excellent service make for a memorable stay. Among an attractive selection of bars and restaurants, the deli/pizzeria is always popular. Tel +675 324 5200. See airways.com.pg.

Grand Papua

The hotel has 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. See grandpapuahotel.com.pg.

Crowne Plaza

Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, ➤





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undercover parking, thriving cafe and Mediterranean restaurant. Tel +675 309 3329.

Holiday Inn

Located in the government district of Waigani. Large grounds with walking track, in a tropical garden setting. Outdoor restaurant dining and bar area, business centre and gym. Tel +675 303 2000.

Lamana Hotel

Also in Waigani, this modern hotel's facilities include the popular Palazzo restaurant (steaks, pizzas and Indian cuisine), business centre, conference facilities and fashionable nightspot, the Gold Club. Tel +675 323 2333.

Laguna Hotel

The Laguna is the latest hotel to open in Port Moresby, providing high-end facilities. The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free WiFi and free buffet breakfast. Tel +675 323 9333.

Ela Beach Hotel and Apartments

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

Gateway Hotel

Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space, 130 rooms and 64 apartments. Tel +675 327 8100.

LAE

In PNG's industrial hub of Lae the Lae International Hotel has a secure, central location, pleasant grounds, cable television and several dining options. Tel +675 472 2000, www.laeinterhotel.com.pg.

The smaller Lae City Hotel has quickly established a good name since opening in 2013, but be sure to make a reservation well in advance, www.laecityhotel.com

Finally the Melanesian Hotel, part of the Coral Sea Hotels group that also provides business-standard hotels in several other urban centres.

HELPFUL WEBSITES

- Air Niugini, airniugini.com.pg
- PNG Tourism Promotion Authority, papuanewguinea.travel
- Port Moresby Chamber of Commerce and Industry, pomcci.com



KEY EVENTS

- SEPTEMBER 16:** PNG Independence Day
- OCTOBER 11–12:** Morobe Agricultural Show, Lae, Morobe Province
- NOVEMBER 7–9:** Kenu and Kundu (Canoe and Drum) Festival, Alotau, Milne Bay Province (annual)
- NOVEMBER 16–29:** 6th PNG Games, Lae, Morobe Province
- DECEMBER 1–3:** 13th PNG Mining and Petroleum Investment Conference, Sydney (every two years)

USEFUL PIDGIN PHRASES

Talking like a local ...

- Good morning,** *monin*
- Good afternoon,** *apinun*
- Thankyou,** *tenkiu*
- Yes,** *yes*
- No,** *nogat*
- Hospital,** *haus sik*
- Food or to eat,** *Kai kai*
- What is your name?** *Wanem nem bilong yu?*
- I do not like it,** *mi no laikim*



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COASTAL SHIPPING operate a fleet of coastal vessels that specialize in near coastal, estuarine and river trades in the Gulf and Western Provinces, with experience in shipping solutions throughout the New Guinea Islands and as far afield as Nauru and Australia.

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JVS, Coastal and Transport map

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Stevedoring Email: jvs_sec@steamships.com.pg



Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

A selection of movies and music including classical, modern, country and local are available on international services. Programmes can be found in the in-flight entertainment section of this magazine.

Pillows and blankets

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

Cuisine

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

In-flight Duty Free

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

Immigration and Customs Forms

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

Before you leave

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



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m	Power plant: 2 x PW4000
Wing span: 47.57m	Normal altitude: 11000 - 12000m
Range: 8100km	Standard seating capacity: 214
Cruising speed: 857kph	Number of aircraft in fleet: 2



B737-800 - Boeing

Length: 39.5m	Power plant: 2 x CFM56-7B26
Wing span: 35.79m	Normal altitude: 11300m
Range: 8100km	Standard seating capacity: 158
Cruising speed: 857kph	Number of aircraft in fleet: 2



B737-700 - Boeing

Length: 33.6m	Power plant: 2 x CFM56-7B22
Wing span: 35.79m	Normal altitude: 11300m
Range: 6370km	Standard seating capacity: 122
Cruising speed: 830kph	Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m	Power plant: 2 x Rolls Royce Tay 650
Wing span: 28.076m	Normal altitude: 11000m
Range: 3000km	Standard seating capacity: 98
Cruising speed: 780kph	Number of aircraft in fleet: 7



DASH 8-Q400 NextGen - Bombardier

Length: 32.8m	Power plant: 2 x Pratt & Whitney PW150A
Wing span: 28.4m	Normal altitude: 7500m
Range: 3000km	Standard seating capacity: 74
Cruising speed: 670kph	Number of aircraft in fleet: 6



DASH 8-Q315 - Bombardier

Length: 25.7m	Power plant: 2 x Pratt & Whitney PW123E
Wing span: 24.4m	Normal altitude: 7500m
Range: 1700km	Standard seating capacity: 50
Cruising speed: 510kph	Number of aircraft in fleet: 4



DHC-8-202 - Bombardier

Length: 22.25m	Power plant: 2 x Pratt & Whitney PW123D
Wing span: 25.89m	Normal altitude: 7600m
Range: 1800km	Standard seating capacity: 36
Cruising speed: 550kph	Number of aircraft in fleet: 4



Falcon 900EX - Dassault

Length: 20.21m	Power plant: 3 x Honeywell TFE731
Wing span: 19.33m	Maximum altitude: 51000ft
Range: 4500nm	Standard seating capacity: 12
Cruising speed: 650mph	Number of aircraft in fleet: 1

Your health inflight

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

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

Blood Circulation/Muscle Relaxation

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

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

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

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

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

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

- ✦ Former or current malignant disease
- ✦ Blood disorders leading to increased clotting tendency
- ✦ Personal or family history of DVT
- ✦ Immobilisation for a day or more

- ✦ Increasing age above 40 years
- ✦ Pregnancy
- ✦ Recent major surgery or injury, especially to lower limbs or abdomen
- ✦ Oestrogen hormone therapy, including oral contraceptives
- ✦ Dehydration
- ✦ Heart failure
- ✦ Trauma
- ✦ Varicose veins
- ✦ Obesity
- ✦ Tobacco smoking

Recommendations

- ✦ If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- ✦ Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- ✦ Get a good night's rest before your flight.
- ✦ Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- ✦ Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- ◆ Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- ◆ On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- ◆ Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed. Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity/Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- ◆ Drink water or juices frequently during the flight
- ◆ Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- ◆ Remove contact lenses and wear glasses if your eyes are irritated.
- ◆ Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act 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

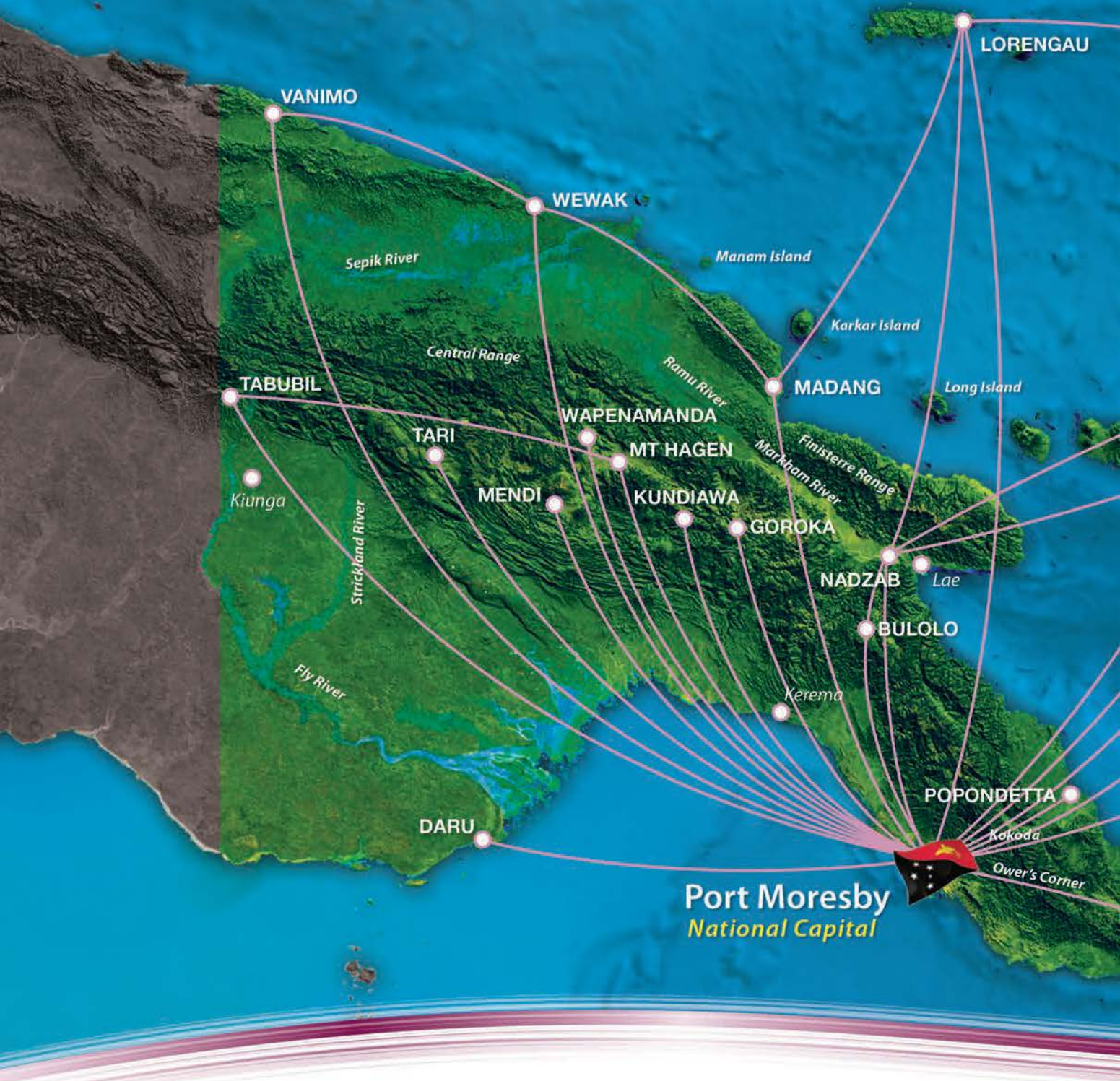
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your 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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National Capital

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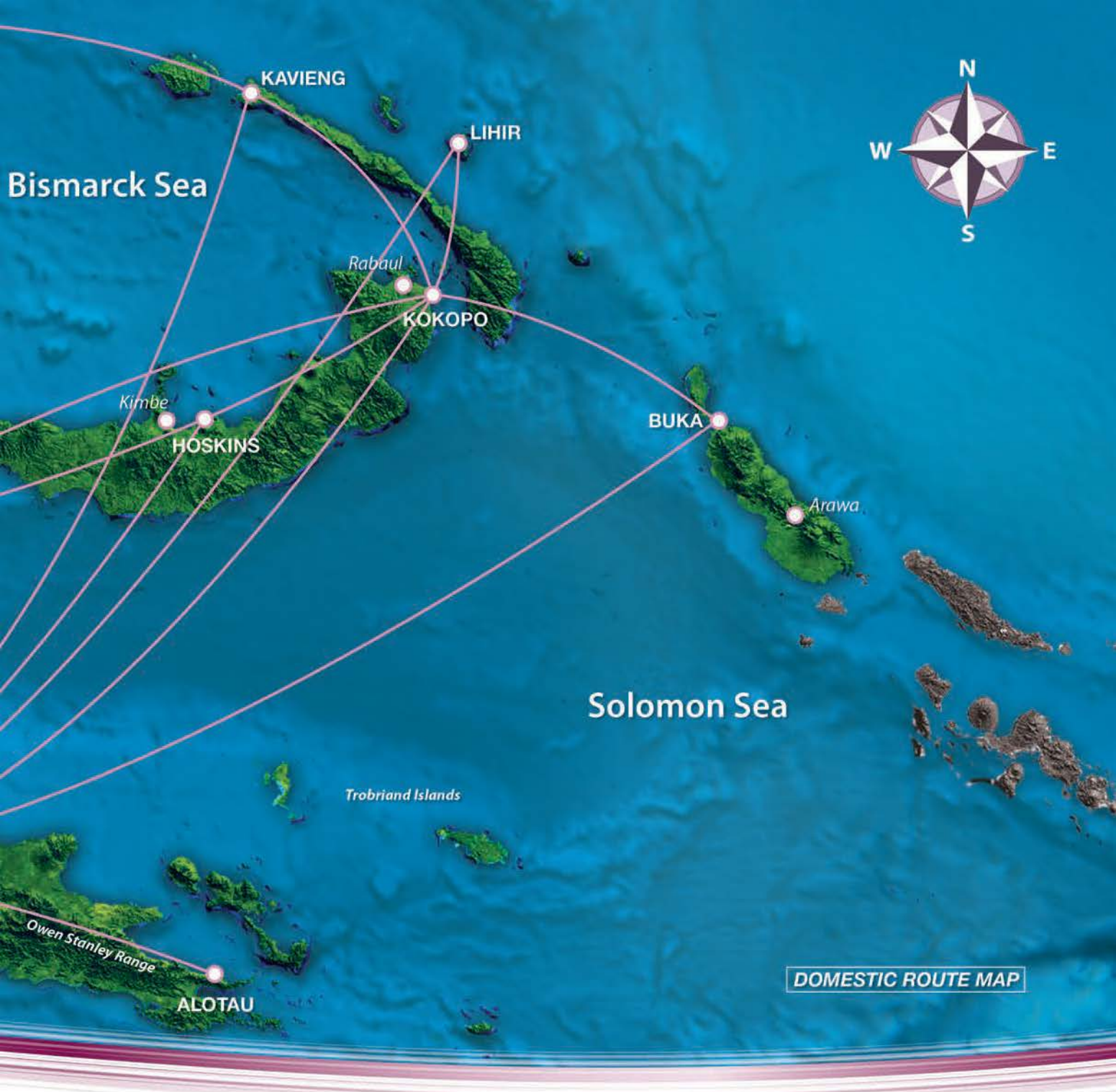
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Email: sales.usa@airniugini.com.pg

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Email: Leigh.Cathcart@worldaviations.com.au

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Fax: (67) 823 3583

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Email: px_sales@deksair.com.sg

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Email: airniugini@jetwing.lk

Suva, Fiji
Discount Flight Centre
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Fax: (679) 331 7873

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Fax: (88) 6 2500 7970

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Fax: (81) 3 5733-2568
Email: yogi@alconet.jp

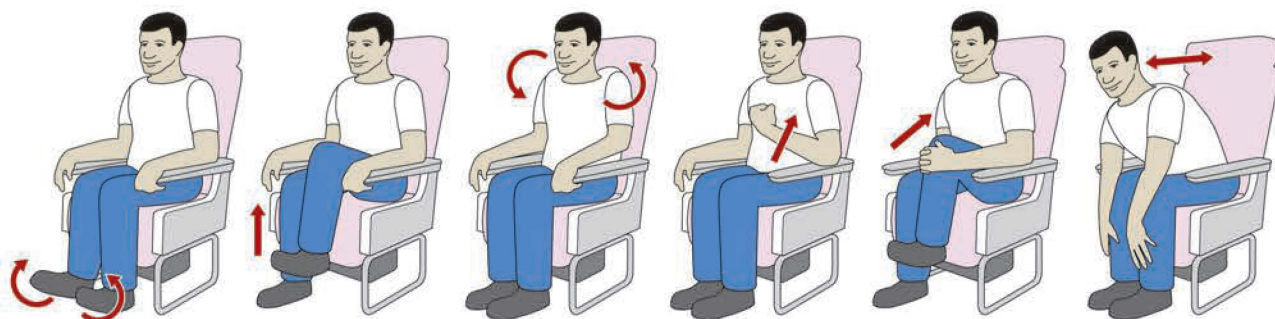
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Fax: (44) 0870 24 02 208
Email: airniugini@flightdirectors.com

Your wellbeing



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

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



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

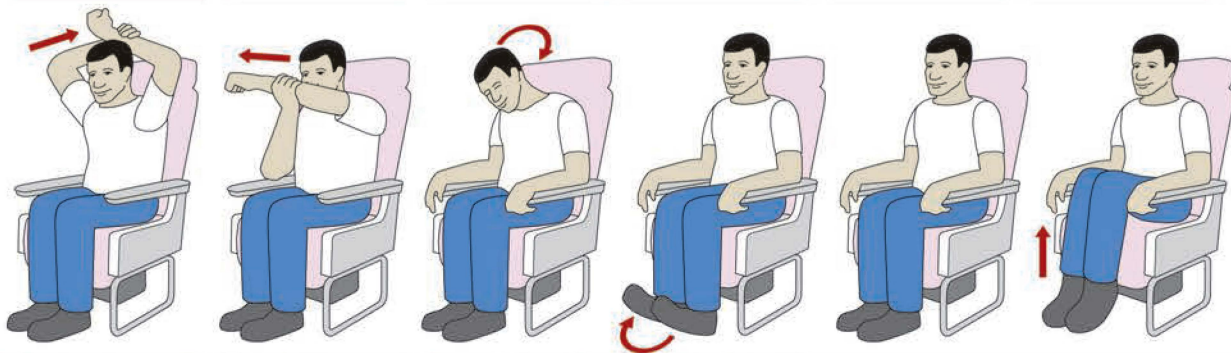
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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.

Let us connect you

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