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Photographer - Dubi Shapiro

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PARADISE



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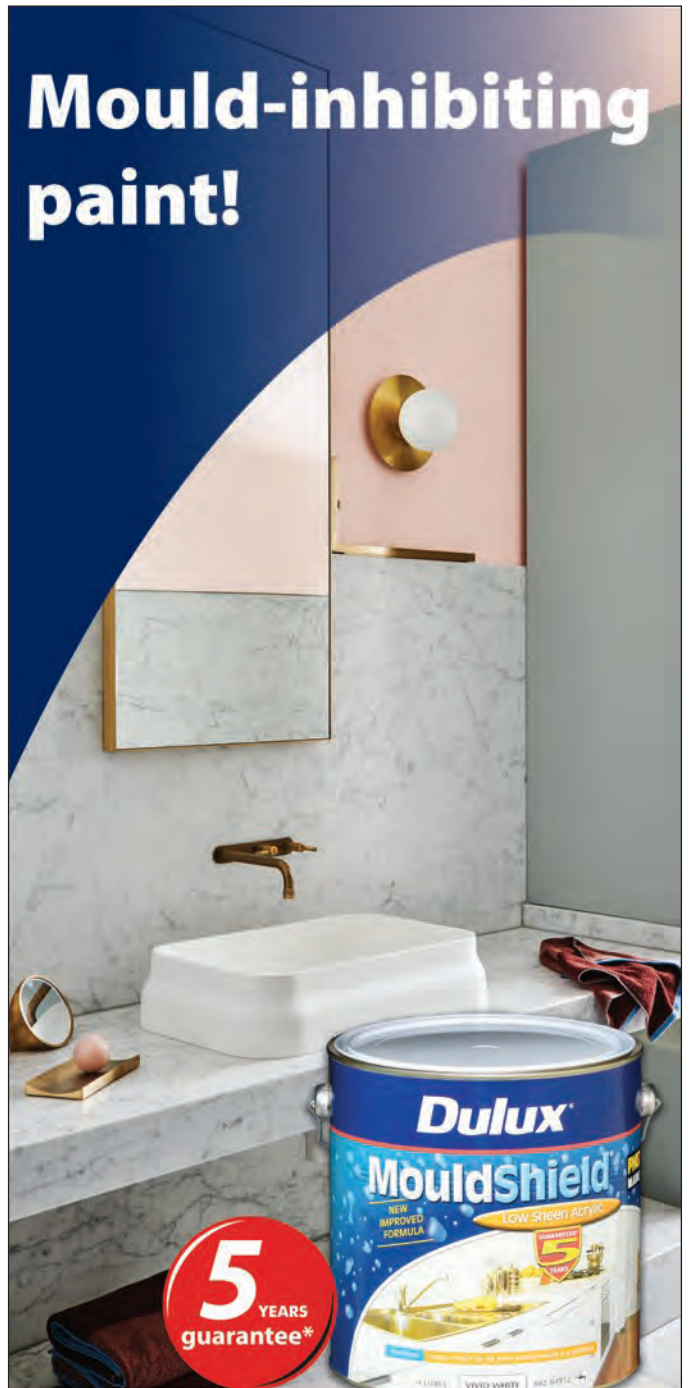
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COVER PHOTO: An Asaro Mudman in his jungle domain. See our story Page 52. Picture by David Van Driessche.



Message from the Acting CEO

Welcome aboard



The bird of paradise holds deep cultural significance in Papua New Guinea, symbolising beauty, grace and freedom.

In the context of Air Niugini's 'Bird of Paradise' service, it embodies the airline's commitment to providing exceptional hospitality, comfort and service to our passengers.

Just as the bird of paradise displays its vibrant plumage and dances with elegance, Air Niugini aims to captivate passengers with a similarly

enchanting experience. The 'Bird of Paradise' service reflects the warm hospitality and genuine care that is characteristic of Papua New Guinean culture, ensuring that passengers feel welcomed and valued from the moment they step on board.

At Air Niugini, we acknowledge the challenges we face. While our performance record is not yet at the level we aspire to, our team remains dedicated to working alongside our partners and stakeholders to implement initiatives aimed at enhancing your overall experience – from the moment you decide to travel to the seamless collection of your bags at your destination. We are committed to taking decisive and informed actions to elevate the Air Niugini product.

This is our *Paradise* inflight magazine, your window into the vibrant culture, rich history and exciting developments across PNG and beyond.

As we embark on this journey together, we are thrilled to share with you some of the most exciting happenings in our beautiful country. From the grand opening of the state-of-the-art Nadzab Tomodachi Airport, heralding a new era of connectivity and convenience for travellers, to the bustling construction sites of apartments and malls springing up across PNG in anticipation of an economic boom, the landscape of our nation is undergoing unprecedented transformation.

Yet, as we celebrate these remarkable strides forward, we also acknowledge the challenges we have faced along the way. The global COVID-19 pandemic has left an indelible mark on communities worldwide, including here in PNG. However, amidst adversity, stories of resilience and hope continue to emerge, reminding us of the strength and spirit that defines our people.

In this edition, we delve into the heart of PNG's vibrant tourism scene, exploring the mesmerising Baining Fire Dance in East New Britain, the enigmatic Asaro Mudmen of the Eastern Highlands, and the inspiring turtle conservation efforts on Lissenung Island, New Ireland. We also take a closer look at the global impact of PNG's traditional *bilum* designs, making waves on international fashion runways and captivating audiences worldwide with their unique artistry and cultural significance.

Turning our attention to the realm of sports, we proudly celebrate the achievements of our nation's athletes on the international stage. From the remarkable success of our PNG Pepes national women's netball team at the Four Nation championships in Hong Kong to the triumphant victories of PNG boxing at the Pacific Games in the Solomon Islands, our athletes continue to showcase the unparalleled talent and determination that epitomises PNG's sporting spirit.

As we embark on this journey together, we invite you to sit back, relax and immerse yourself in the diverse tapestry of experiences that make PNG unique. From the rugged peaks of our highlands to the pristine shores of our coastal paradises, there is no shortage of wonders to discover and stories to unravel in this beautiful land we proudly call home.

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

Bamahuta! Lukim yu bihain.

Gary Seddon
Acting Chief Executive Officer



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SCAN ME

PARADISE Q&A JACK O'SHEA

The newly appointed Program Director of Australian Business Volunteers explains how the organisation is helping in PNG.

Q: What is Australian Business Volunteers and where is it active?

A: We identify as an international development organisation with a mission to alleviate poverty. We have a database of over 250 skilled business professionals who volunteer their knowledge and expertise. ABV has been doing this work for decades and continues to work on creating positive change for local communities in Papua New Guinea, Australia and other places in the Pacific such as Solomon Islands, Vanuatu, Samoa, Nauru and Fiji. The main goal is to contribute to community-led growth; it's all about meeting the needs of and supporting local businesses.

Q: Who volunteers with ABV and what type of work do they do?

A: Our volunteers don't build fences or plant trees; they donate business experience, some having over 20 years' experience in a particular field. Our volunteers range from corporate CEOs to education specialists and all business skills in-between, such as finance, business development, marketing, IT and governance. By supporting small businesses, we boost the local economy and improve the quality of life for families and the wider community.

Q: How long has the organisation been operating in PNG and what does it do here?

A: We collaborate with partners and skilled volunteers to deliver tailored business programs throughout the country and have been doing this for 20 years. Our primary hub, the Apeketon Business Hub in Lihir, (established in 2019 in partnership with Newcrest Mining), is a central location for all our initiatives. We focus on assisting

residents in enhancing their financial circumstances and seizing business opportunities.

At the Apeketon Business Hub, one of our key programs is Family Money Management, which helps families budget for better savings and future planning. It's especially important to support women in running SMEs and we are very proud of the fact that 60 per cent of our participants are women.

We also run programs like YES (Your Enterprise Scheme), for entrepreneurs and small businesses, helping them reach new heights and achieve their dreams.

YES is delivered across PNG in Port Moresby, Lae and Mount Hagen, run in partnership with BSP Financial Group Limited.

Q: Can you provide us with a success story?

A: One success story is Richard Mark, the proud owner of Abus Na Kumu, a popular catering company known for its 'service like family' motto. Following the YES program, he successfully secured funding with BSP after a challenging 18 months of applying, enabling him to open his first restaurant

in Waigani. I hear the pork ribs are excellent! We are on track to meet our target of supporting 250 SMEs by mid-2024.

Q: How long have you headed operations in PNG and what is your background?

A: I began working with ABV in August 2023. It was fantastic to be considered for the role, as the organisation has a reputable background in SME development and corporate mentoring throughout the country. Although I am new to the role, I am not new to PNG, having lived here for five years or so.

To find out more, see abv.org.au.



PICTURE: LENNOX MATANAHO





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Check out our sustainability highlights

Lae's new airport up and running

A major redevelopment of the airport at Lae has been completed, with the airport now capable of taking international flights. The PGK692 million rejuvenation could provide a boon for industry, commerce and tourism in the region and wider Papua New Guinea.

The Prime Minister James Marape officially opened the renamed Nadzab Tomodachi International Airport in late 2023.

"I want to announce that this will be our second international gateway, after Jacksons International Airport in Port Moresby, as far as air travel is concerned. We have




The Prime Minister James Marape (third from left) with other dignitaries at the official opening of Lae's new airport.


established state-of-the-art facilities to accommodate international flights," he said.

Construction on the project, partly funded by Japanese money, started in 2016 and includes a new terminal for domestic and international flights with 16 check-in

counters, two lounges, the latest airport systems, immigration and quarantine facilities, and aerobridges.

The project also includes the expansion and reinforcement of runways and aprons to international aviation standards, with big jets





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The new airport cost PGK692 million and can take international traffic.

such as the wide-bodied Boeing B777-200 now capable of landing in Lae.

The Prime Minister went on to say at the opening: "There must be flights from Nadzab to Japan carrying tuna and agricultural produce, tourists, students, and businesspeople, as well as bringing back Japanese tourists and businesspeople."

Prime Minister Marape urged Air Niugini and the National Airports Corporation to ensure regular flights from Nadzab to Australian cities like Brisbane or Cairns. "This will facilitate travellers from the Highlands, Momase, and New Guinea Islands to fly

directly to Australia, bypassing the need to go through Port Moresby," he said.

The director of a PNG–Australia trade organisation, Tony Sheehan, told the ABC that he hoped the possibility of direct flights to Lae will increase commercial opportunities for contractors in Australia.

Additionally, international air traffic in and out of Lae will be able to support the Wafi-Golpu gold mine (65 kilometres south-west of Lae), which is expected to open in the next few years.

The redevelopment of the airport was jointly funded by the PNG government and a loan

from the Japan International Cooperation Agency. The construction was led by Japanese contractor Dai Nippon Nippo Joint Venture.

Among the dignitaries at the airport opening were PNG Government officials, Japan's Foreign Affairs Minister Iwao Horii, the Japanese Ambassador to PNG Nobuyuki Watanabe and Air Niugini's Acting Chief Executive Officer Gary Seddon.

Air Niugini currently has 30 domestic flights a week between Port Moresby and Lae. ■

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Deli bar and bistro opens at Hilton Residences

The much-anticipated opening of Hilton Residences in February also saw one of Port Moresby's newest dining spots, Host Deli, Bar & Bistro, welcome guests on the residence's second floor.

There's a cool vibe in the urban-style lounge, open from breakfast to dinner, with a large bar as the centrepiece and comfortable seating that includes nooks with sofas.

Local ingredients are prominent on the menu and everything, from bread to sauces, is made in-house.

Host Deli has specially created a Super Bowl, a healthy option

loaded with roasted cauliflower, falafel, poached egg, chickpeas, mixed local greens with hummus, labneh and halloumi. Other must-try breakfast options include the eggs benedict and the three-egg omelette.

Lunch and dinner dishes include comfort foods such as fish and chips, and mac 'n cheese with a twist, plus top-end dishes such as pappardelle with lobster, beef ragu and scotch fillet.

The deli bar has a selection of pastries, sandwiches and desserts.

The extensive wine list has wines imported from Australia and New Zealand. The gin bar is



The main bar at Host Deli; friendly service (inset top); the recommended eggs benedict (inset right).

PICTURES: LENNOX MATAINAHO

one of the best-stocked in town and features 40 gins from around the world.

A private room is available for meetings. ■

— MARY TAO



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PNG-created comedy screens on Australian TV

A new mini-series, *Bad Ancestors*, created by Papua New Guinean actor, playwright and screenwriter Wendy Mocke is screening on Australian TV. It is available to watch on ABC iView's YouTube page and started streaming in February.

The three-part comedy follows best friends Nora (Mocke) and Charli (played by Joseph Althouse) who become ancestors after their accidental deaths and are then tasked to be spiritual guides to black and brown youth in the afterlife.

Bad Ancestors has attracted more than a lot of laughs; it has received much critical acclaim for highlighting the matter

of Pacific Island and First Nations people finding their place in Australian society and bringing forward the pressing issue of equal representation on all platforms.



Bad Ancestors is produced by Jessica Magro's Purple Carrot Entertainment in partnership with ABC and Screen Australia's Fresh Blood initiative. ■

– MARY TAO



PICTURE: HAMEED AKIHWANDE

Wendy Mocke and Joseph Althouse in *Bad Ancestors*.

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PNG NETBALLERS WIN FOUR NATIONS CHAMPIONSHIP

Papua New Guinea’s international netball team the Pepes won the Hong Kong Four Nations Cup played earlier in the year.

The event featured teams from Hong Kong, Brunei and the Philippines at Kowloon Park Sports Centre in January.

PNG won all of its matches, beating the Philippines 55–35, Hong Kong 60–36 and Brunei 68–31, before securing the championship by defeating Hong Kong in the final 57–33.

Coach Annie Iamo told *The National* newspaper that it was a very good tournament for the Pepes. “Hong Kong were very determined to win the final,” she said.

Air Niugini is the official airline for Netball PNG and has congratulated the team on its success.



The airline has a track record of encouraging sports in PNG where women take part.

Air Niugini’s Acting Chief Executive Officer Gary Seddon is pictured (centre) with the

Pepes during their selection trials in Port Moresby late last year. ■

For more news about Air Niugini, turn to Pages 110–111.



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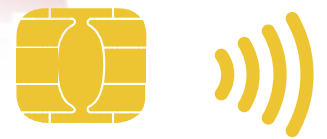
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BIG PICTURE

TAKEN BY OLGA FONTANELLAZ

The photographer came across these children making their own fun on Logeia Island, which is about a 1.5-hour dinghy ride from Alotau in Milne Bay Province. "The children play with the wheels by pushing them with sticks and making them roll as far as they can. I didn't manage to roll my wheel far; I need some more practice," she says. Logeia Island is home to the Nuli Sapi eco-lodge and dolphins are often seen in the surrounding waters, the photographer says.





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Mary Tao reports.



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WHAT IT'S LIKE

Loloata has 68 luxurious suites, some set overwater, and some set on the oceanfront, all with views of Bootless Bay. The bigger villas can accommodate up to five people. The two main open-air restaurants and bar offer cuisine inspired by the Pacific.

WHAT TO DO

Choose from over 29 pristine dive and snorkelling sites around the island to enjoy marine life, plus the wreck of a World War 2 Boston Bomber. PADI diving lessons are available. On the beachfront, there are kayaks, paddleboards and volleyball. The spectacular resort pool has sun lounges where you can chill out.

A HIGHLIGHT

A rejuvenating massage at Sea Salt Spa.

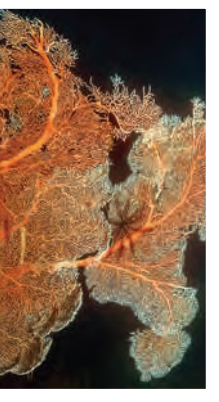
HOW MUCH?

A three-night stay is PGK1399. If you just want to visit for the day to use facilities such as the pool and restaurants, it's PGK100 including sea transfers.

GETTING THERE

Drive along Magi Highway to Tahira jetty, 20 minutes from Port Moresby, then it's a 10-minute ferry ride to the resort. Ferry transfers run from 10am to 4.30pm. There is a complimentary shuttle between the Royal Port Moresby Yacht Club and Tahira.

Loloata Private Island Resort (main); diving at Tawali (inset); Koitaki Country Club (below).



KOITAKI COUNTRY CLUB SOGERI

Tel. +675 7268 3273; see koitakicc.com.pg

WHAT IT'S LIKE

The country club is set on a lush 12 hectares, surrounded by mountain views and beautiful gardens that thrive in the cooler temperatures of the foothills at Sogeri. The club has fully furnished and self-contained cabins, ranging from singles to family size.

WHAT TO DO

Play golf on the nine-hole course, birdwatch or fish for talapia. Dine on the club's deck with a view of the grounds or have a picnic along the Eworogo River where you can camp for the night. For Kokoda Trail trekkers, there is transport to and from Owers' Corner. There is also a shuttle to Crystal Rapids, Sirinumu Dam and Varirata National Park for sightseeing and swimming.

A HIGHLIGHT

Saddle up for a guided horse ride.

HOW MUCH?

From PGK350 to PGK1450 a night.

GETTING THERE

Located 17 kilometres outside Port Moresby, the country club is about an hour away, via Sogeri Road. A shuttle service runs from 10am to 3pm, with pick-ups from Jacksons International Airport, hotels and shopping centres. The shuttle is PGK70 a person.

TAWALI LEISURE AND DIVE RESORT MILNE BAY

Tel. +675 722 3585; see tawali.com

WHAT IT'S LIKE

The resort is in a remote part of Milne Bay and sits on top of a limestone bluff 80 metres above crystal-clear waters. The waters are home to Coral Garden, considered by many to be the best diving site in the country. Much of the island is still untouched forest, filled with local flora and fauna. The resort's bungalows have great views of Hoia Bay.

WHAT TO DO

There are trips to nearby islands where you can snorkel, swim, birdwatch or sightsee. There are over 60 diving spots around the island, including wrecks from World War 2. ▶



Try your hand at fishing, with everything from mackerel to barracuda being fair game. On land, traditional cooking and canoe-making are among the activities that showcase local culture.

A HIGHLIGHT

Visit Skull Cave, the final resting place of the indigenous people dating back before the arrival of missionaries. The cave also has stalagmites and stalactites.

HOW MUCH?

Air Niugini has a PGK2599 package, which includes return airfares, two nights' accommodation, meals, Wi-Fi plus return airport and boat transfers per person.

GETTING THERE

From Gurney Airport in Milne Bay's capital Alotau, it's a 90-minute drive along the coast and a 20-minute boat ride to the resort. Airport shuttle available.



Putting on the nine-hole golf course at Bulolo Golf and Country Club.

An advertisement for Walindi Resort. It features a stylized map of an island with a white airplane icon flying towards it. The word 'Unwind' is written in a large, white, cursive font across the top. Below it, 'AT WALINDI' is written in a smaller, white, sans-serif font. The Walindi Resort logo is prominently displayed in the center, with the text 'walindi resort' in green and black, and 'PLANTATION PAPUA NEW GUINEA' in smaller text below it. Underneath the logo, it says 'KIMBE BAY WEST NEW BRITAIN PROVINCE'. A blue button with the text 'BOOK TODAY!' is located at the bottom center. At the very bottom, there is a row of text: 'SCUBA-DIVING SNORKELLING BIRDPWATCHING LAND-TOURS RELAXING' followed by contact information: '+ 675 7234 8460 RESORT@WALINDIFEBRINA.COM WWW.WALINDIRESORT.COM'.

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**RUBIO PLANTATION RETREAT
NEW IRELAND**

Tel. +675 7216 6566; see newirelandsurf.com

WHAT IT'S LIKE

There are six bungalows made of traditional materials with modern amenities inside, all along the retreat's private beachfront. Rubio is a 76-hectare plantation that grows coconut and cocoa, and makes cold-pressed coconut oil and chocolate.

WHAT TO DO

Go surfing – there are three recommended breaks at Rubio and 20 more in the surrounding area. For non-surfers, you can chill on the secluded beachfront, or swim in the plantation's stream and waterfall. Guided car and boat tours available.

A HIGHLIGHT

Rubio is one of the few places in the world that makes chocolate from the planting to

consumption, all in one location. Take a tour to see how it's made.

HOW MUCH?

From PGK315 an adult per night. Three meals daily are included. Air Niugini has packages to Kavieng starting at PGK1539.

GETTING THERE

From Kavieng Airport it's a three-hour shuttle ride along the Boluminski Highway (PGK280 each way).

BULOLO GOLF AND COUNTRY CLUB MOROBE

Tel. +675 7358 7161; see facebook.com/bulolocountryclub

WHAT IT'S LIKE

There are 20 fully furnished, comfortable bungalows with views of the golf course. The club is surrounded by big trees, adding to a sense of privacy. It is a great spot to dine and

regularly offers locally sourced fresh produce on its menu.

WHAT TO DO

There is a nine-hole golf course, sauna, gym, basketball and tennis courts. There is big pool and playground for the kids.

A HIGHLIGHT

It is the oldest golf club in the country (opened in 1947) and draws a big crowd for the annual Bulolo Ambrose.

HOW MUCH?

A two-night weekend package is PGK770 for a bungalow including breakfast, access to the golf course and use of the recreational facilities.

GETTING THERE

From Nadzab Tomodachi International Airport in Lae, it's a three-hour drive to the club along the Highlands Highway. ➤



Rapopo Plantation Resort received 2018 Travellers' Choice Top 25 Hotels in the South Pacific being TripAdvisor's most prestigious award. In 2020 Rapopo was given the Hall of Fame award recognising 8 consecutive years of consistent Excellent rating from Travellers.

Located just 10 minutes from the airport and 5 minutes from the township of Kokopo, the Resort has an absolute beachfront with stunning views of Tavuvur volcano overlooking the crystal clear waters and islands of Rabaul, East New Britain. Truly "The Land of the Unexpected", a wide variety of attractions are best enjoyed at Rapopo Plantation Resort.

Visit the ash buried town of Rabaul once considered "the Pearl of the South Pacific" and encounter the 500 km Japanese war tunnels and relics left from World War II. Climb a volcano, discover the undeveloped islands, dive in turquoise waters with excellent clarity, snorkel or swim on our beach approximately 20 metres from your room, experience our Spa menu or simply relax in our amazing pool.

Enjoy fresh lobsters and fish caught in our unpolluted waters by our local fishermen using traditional handline methods ensuring sustainability. Western, Asian, Thai and international cuisine are amongst our specialities.

Special dietary requirements are also catered for. We serve organic fruit and vegetables sourced daily by our chefs from the local markets.

Rapopo Plantation Resort also offers conference facilities. Our beachfront lawn is perfect for outdoor gatherings such as weddings, gala dinners and events. Our innovative and creative events team shall ensure a memorable experience for your occasion.

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MOBILE : (+675) 72172150 / 73370022
EMAIL : reservations@rapopo.com**





Nusa Island Resort with its overwater bungalows (left); fishing at Betty's Lodge (above); an idyllic spot beside the sea at Madang Resort (right).

NUSA ISLAND RESORT NEW IRELAND

Tel. +675 7231 8302; see nusaislandretreat.com

WHAT IT'S LIKE

The resort has 11 bungalows made from local traditional materials but with modern amenities inside. Bungalows are built over crystal-blue waters with views of Kavieng Harbour that you can enjoy from your own large verandah. For the more budget-conscious, there are two garden standard rooms that access well maintained shared amenities.

WHAT TO DO

There's great surfing, go on a fishing expedition with the prospect of catching everything from billfish to cod, or venture underwater to see World War 2 wrecks. You can also snorkel in the freshwater sinkhole and caves back on the mainland. Kayaking trips can be arranged to nearby islands. Scenic trails can be walked near the retreat and on its sister island, Nusa Lavu (Big Nusa).

A HIGHLIGHT

The resort prides itself on being eco-friendly, which is vital for the many fish species and starfish that inhabit the area.

HOW MUCH?

Air Niugini has a PGK1965 package, which includes return airfares and two nights' accommodation.

GETTING THERE

The resort is close to the centre of Kavieng town and is a five-minute drive from the airport, followed by a three-minute boat ride.

KOKOPO BUNGALOW BEACH RESORT EAST NEW BRITAIN

Tel. +675 982 8788; see kbb.com.pg

WHAT IT'S LIKE

Located at Kokopo on the shore of Blanche Bay, the spacious traditionally inspired bungalows have breathtaking volcano, garden and sea views. Stretched out in front of the resort is a sandy white beach lined with coconut trees and lush greenery. The resort's tree top deck is one of a kind and there's a *hauswin*-style restaurant and café which offer Asian, Indian and Western cuisine.

WHAT TO DO

The resort offers a wide range of tours. Experience Rabaul's rich history and culture by visiting World War 2 sites and relics, explore Mount Tavurvur, which is still an active

volcano, and visit the Duke of York islands. A variety of cruises is available, as well as fishing, diving and snorkelling.

A HIGHLIGHT

Hop on an early morning cruise to get up close to a pod of spinner dolphins.

HOW MUCH?

Bungalows typically range from PGK625 to PGK900 a night. Air Niugini has packages starting from PGK1093. The airline's Loyalty Program members can redeem and earn points at the resort.

GETTING THERE

It's a 20-minute drive from Rabaul (Tokua) Airport. Shuttles are available.

MADANG RESORT MADANG

Tel. +675 7999 1661; see madangresort.com

WHAT IT'S LIKE

Enjoy scenic waterfront views that have made the resort a tourist hub for decades. Bungalows are built right on the water's edge, where you can catch stunning sunrises and sunsets. The well-kept grounds are lush and green, providing lots of shade and tranquility.

WHAT TO DO

Complimentary kayaks and paddleboards are available. The resort also offers harbour





cruises that include snorkelling around Pik Island. The resort can arrange a tour of Madang with Melanesian Tourist Services or you can enjoy a game of golf and even lawn bowling at Madang Country Club two minutes away.

A HIGHLIGHT

Choose from three outdoor pools to have a swim with a view.

HOW MUCH?

Costs vary from PGK380 to PGK1040 a night per adult.

GETTING THERE

From Madang Airport it's a 10-minute drive to the resort. It's PGK15 each way for the airport shuttle.

BETTY'S LODGE SIMBU

Tel. +675 7116 896; see facebook.com/bettyslodge

WHAT IT'S LIKE

This agritourism lodge sits at the base of the tallest peak in the country, Mount Wilhelm. The lodge has comfortable rooms with heating, as evenings can be cold. Enjoy magnificent views of the country with beautiful flora lining cobblestone pathways. Guests are often treated to the personal attention of owner Betty Higgins, whose lodge has become the main hub for anyone wanting to climb Mount Wilhelm.

WHAT TO DO

Most guests go to the lodge to trek up the 4509-metre summit of Mount Wilhelm. It takes four hours to reach Base Camp from ➤

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the lodge, where you will spend the night before the seven-hour trek up to the summit. On your way back to the lodge, try your hand at fly or trout fishing.

A HIGHLIGHT

Staying at the lodge supports the lodge's trout farm and the locals Betty employs. You also get to enjoy the abundant vegetables, fresh from the garden.

HOW MUCH?

A weekend package costs PGK3900, which covers transport, accommodation, meals and a porter for the climb.

GETTING THERE

Fly to Mount Hagen (Kagamuga) Airport where you will be picked up for a scenic four-hour drive through Wahgi Valley and Simbu Gorge before reaching the lodge in Gembogl.

**RONDON RIDGE LODGE
WESTERN HIGHLANDS**

Tel. +675 7198 9397; see pngtours.com

WHAT IT'S LIKE

This stylish eco-friendly lodge is built on the Kubo Range 7000 metres above sea level. Enjoy stunning views of surrounding mountains and Mount Hagen town below. Guests can choose from 28 modern rooms.

WHAT TO DO

Local guides can take you on various tours, where you can learn about the culture and history of different tribes, such as the Melpa people, who are considered the world's first horticulturists, or hear the stories of the remarkable Pogla Mudmen.

A HIGHLIGHT

This is a birdwatcher's dream: there are over 180 bird species in the surrounding rainforests, including 10 species of the bird of paradise.



The main lounge at Rondon Ridge Lodge.

HOW MUCH?

Air Niugini has a two-day package for PGK2306, including accommodation, meals and airport shuttle.

GETTING THERE

It takes about an hour to reach the lodge from Kagamuga Airport. ■



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PICTURES: PORT MORESBY NATURE PARK & PNG TOURISM PROMOTION AUTHORITY



The National Museum and Art Gallery (far left); a bird of paradise at the Port Moresby Nature Park (left and below); APEC Haus at Ela Beach (opposite).

7 WEEKEND ACTIVITIES IN PORT MORESBY

Fiona Harper reports that it's worth lingering in the capital, which has attractions ranging from birdwatching to diving.

Travellers intent on experiencing Papua New Guinea's unique customs, landscapes and marine wonderlands often transit through Port Moresby thinking there's no reason to linger.

But the truth is the multicultural city has much to offer. As the natural hub of PNG's immense cultural heritage wheel, the city is home to markets, museums and galleries housing world-renowned exhibits.

Lush tropical gardens and rainforests are in abundance. So too the unique wildlife, which lures naturalists from across the globe.

1 PORT MORESBY NATURE PARK
Spread across 12 hectares of parkland, about 10 kilometres north of Jacksons International Airport, the nature park is inhabited by more than 350 native animals amid a stunning collection of tropical flora.

The nature reserve was once the National Botanical Gardens before being transformed into a nature park, housing some endemic

species, such as the rahianna bird of paradise.

Gardens include the Rainforest Retreat and Palm Corridor, creating natural tropical backdrops for a traditionally carved yam house, totem poles, war canoes and periodic cultural presentations.

There are five bird aviaries, promising a delightful journey into the avian wonders of this region. Apart from the elusive bird of paradise, visitors can see cassowaries, Papuan lorikeets, cockatoos, parrots and much more.

The park is open daily 7 from 9am to 4pm.
portmoresbynaturepark.org

2 NATIONAL MUSEUM AND ART GALLERY

Papua New Guinea's National Museum and Art Gallery is a significant cultural precinct housing tens of thousands of artefacts and artworks representing PNG's diverse cultural traditions.

There are actually four museums that come under the National Gallery umbrella: Waigani, Haus Independent Museum, J.K. McCarthy Museum and Kokoda Track Museums.

Collections represent the 22 PNG provinces, with objects dating back as far back as the 1800s. Waigani is adjacent to the National Parliament House on Independent Hill and exhibits cultural artefacts, archaeological finds, photographs and contemporary artworks.

museumpng.gov.pg

3 BOMANA WAR CEMETERY

The war cemetery is managed by the Commonwealth War Graves Commission and commemorates those who fought in battles of the former Territory of Papua and on Bougainville Island. The cemetery is the final resting place for almost 4000 men and women, 699 of whom remain unidentified.

Additionally, the cemetery is the site of the Port Moresby Memorial, which commemorates almost 750 courageous Australian Army and Papua New Guinea soldiers, along with Australian Navy and Airforce personnel who lost their lives in Papua battles and have no known graves.

The cemetery is on the road to Owers' Corner, which marks one end of the Kokoda Trail.



4 DIVING

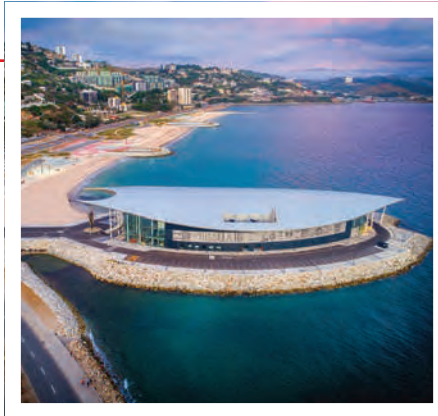
Port Moresby may not be the first place you think of when arranging a tropical dive holiday. But the waters surrounding the city are worthy of blowing some bubbles.

Port Moresby's location on a headland jutting into Fairfax Harbour means there's plenty of opportunity to explore marine wonderlands, whether within the harbour or offshore around Nateara and Sunken Barrier reefs.

Nutrient-rich waters are washed in from the Pacific Ocean, creating bio diverse habitats and ecosystems. Look for the uber-cute pygmy seahorse hiding among gorgonian sea fans or dive on the wreck of the 65-metre Japanese former liquified gas carrier Pacific Gas at Horseshoe Reef.

5 NATIONAL ORCHID GARDENS

Located within the grounds of the Adventure Park, the National Orchid Garden houses the largest collection of orchids in the



Southern Hemisphere, including hybrid and pedigree species, many of which are native to PNG. They are on display year-round (peak flowering season is from December to April).

Camilla dendrobium is a species named following the 2012 Royal visit by (as they were then known) Prince Charles and Duchess Camilla, and a section of garden is named after former PNG First Lady Veronica Somare, a keen orchid gardener.

6 HARBOURSIDE

Port Moresby's Harbourside precinct is a lively waterfront promenade of restaurants, cafes and a monthly market with live music

and where you can pick up locally made handicrafts. Harbourside has a relaxed vibe with outdoor seating on the deck (go there for sunset) overlooking the water or indoors where views are framed by floor-to-ceiling glass. Tuck into house specialties like lamb rack at Akura, seafood platters at Alibi Bar & Grill, spicy Indian curries at Tandoor on the Harbour or Asian flavours of the Orient at Asia Aromas.

7 ELA BEACH

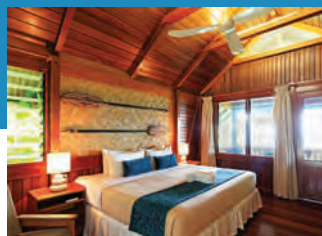
Ela Beach is a picture-perfect kilometre-long strip of white sandy beach on the western shore of Walter Bay. With landscaped parklands, a Remembrance Park and sports facilities, the beach's most striking landmark is APEC Haus, a meeting centre built to accommodate world leaders attending the 2018 APEC Summit. The building's sculptural roof is inspired by traditional Motuan *lakatois*, the sailing canoes used during the Hiri trade between the people of Central and Gulf provinces in exchange of clay pots and sago. ■



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Dancers of the flame

In the village of Gaulim in East New Britain, *Kate Webster* witnesses the tribal spectacle of a fire dance.

The dog-like creature flicked his elongated claws, creeping towards me with a cheeky look in his eye. His torso was painted white with clay and grass hair fell long down his back. His presence caused a feeling of unease as I anticipated his pounce.

From the jungle, one by one, more dog-like men appeared and joined the pack, stirring up the crowd as they moved around the field until a circle formed. The thudding beat of a bamboo pole thrust against the ground by a group of men sitting to the right initiated the dance. The dog men's menacing presence quickly turned theatrical. Moving in their circle, the pack stamped their feet to music before momentarily stopping to flex their claws and growl at the crowd.

So began the build-up to the Baining Fire Dance, an ancient fire dance ritual performed to summon the spirit world, and that has long mystified and captured the imaginations of

those lucky enough to witness it. Dancers perform to welcome births, celebrate the start or end of the harvest, to remember the dead and to initiate young men into adulthood.

Once taboo and only witnessed by the men of the tribe, the Baining Fire Dance has recently been brought to light, launching as a festival in 2019. This year, the festival returns from September 19–21 as the renamed Gazelle District Festival, to light up the night and ignite the imaginations of those who witness it.

Recognising that, through festivals and cultural displays, visitors can delve into the anthropological secrets of Papua New Guinea's rich cultural traditions, the Gazelle District came together to establish the festival.

A cultural spectacle that awakens all the senses, the festival is based in East New Britain Province. Held across two days, the festival with unique cultures and subcultures ▶

A fire dancer approaches the flames (main); there are over 50 unique masked performances at the festival (right).



“

Without warning, the first dancer exploded through the fire, kicking embers high into the air.

”





on display gives, an insight into how diverse the region is. There are over 50 masked performances, each and every one unique.

What makes this festival different to some of the more popular and longer-running festivals conducted at showgrounds is that it takes you directly into the villages.

I was fortunate enough to attend the festival, and to this day, rate it as the most mesmerising experience I have had.

The 'dog' men I witnessed were Eseng villagers, performing the Imga. The story goes that long ago an old woman took care of many dogs, one of which she named Imga. One day, she gathered her dogs at home, warning them not to wander about the bush as there was a prowling bad spirit that might kill and eat them.

As they spent their day at home, this old woman played a bamboo musical instrument to the dogs and they began to dance around. The dancing warded off the bad spirit. From that day on, the old woman taught the people of the village to do the same to keep the bad spirit away.

At the performance, the music's beat quickened and whipped the masked dog men into a frenzied dance, with the crescendo delivering one last lurch at the crowd. Squeals of fright followed by applause proved this performance was a favourite.

As quickly as they appeared, the performers disappeared back into the jungle.

Continuing the festival, various tribes emerged from the jungle and shared their stories with the audience. Tales of secret women's business, the bravery of adolescents in initiation, harvest rituals and more played out in colourful dance and song. I witnessed tribes transform as geckos, cassowaries, lizards, frogs, birds and spirits that set my imagination alight.

As the sun set and the night fell, the feeling of taboo became thicker in the air. This is what the day had been building up to, the Baining Fire Dance. The festival's dance is timed as a performance to celebrate the harvest.

Wood was stacked high on the burning fire and, as the flames grew, so did the anticipation. I was surrounded by darkness ►



Colourful dance and song at the Baining Fire Dance Festival, which this year has been renamed as the Gazelle District Festival.

“

The dog-like creature flicked his elongated claws, creeping towards me. His torso was painted white with clay.

”





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with the only illumination provided by the flickering light of the fire.

The drums began to beat and drew me into a rhythmic trance. I felt slightly anxious, like I was watching something I shouldn't be. The time had come when the creatures of the night I was warned about would soon come out to play.

The flames licked up higher into the night sky and allowed me glimpses of what was gathering in the dark. To my right sat about 15 adolescent males, thudding large bamboo sticks into the ground while chanting in unison.

Suddenly a silhouette passed in front of the fire, breaking my gaze. It was the *larqi* (a spirit with healing powers) of the Uramat group. One by one, more Uramat appeared and accompanied the *larqi* as they capered around the fire. The excitement of their appearance simmered, and I was drawn back into the hypnotic beat of the bamboo music. This music controlled the atmosphere and a lull soon turned to chaos as the tempo increased, whipping the village spectators into a frenzy.

The fire dancers had arrived. From the jungle they appeared, emerging from the darkness. These were the masked men of the Linganga. With their skin painted black, it was hard to see any human form in the darkness, just huge elaborate masks with enormous eyes and protruding beaks that looked like those of ducks. As if stating their arrival, one by one they passed around the fire before lining up behind its flickering flames.

Without warning, the first dancer exploded through the fire, kicking embers high into the air.

The dancers appeared to feed off music. In an almost trance-like state, each summoned up the courage to take turns running through the roaring fire. Every burst of sparks was as dramatic as the last, raining down like fireworks.

So swift were some fire dancers that the flames followed them beyond the fire as if the spirits themselves were trying to hold onto them. Captivated by the sensory overload, I had to remind myself to breathe.

This entrancing performance continued into the night until the fire died down to glowing



Elaborate dress and headwear are an integral part of the Gazelle District Festival.

embers. The flames vanished and, before I knew it, the masked men also vanished into the jungle darkness.

In awe of what I had just witnessed, I drove away from the village engulfed by a lingering magic, with the wonder of what ceremonies would continue through the night away from the eyes of outsiders. It was a privilege to witness something that until fairly recently was relatively unknown to the wider world. ■



Air Niugini flies from Port Moresby to Tokua Airport, which services Kokopo and Rabaul, 14 times a week. See airniugini.com.pg.

HOW TO SEE THE FESTIVAL

The best place to stay for the festival is in Kokopo, where hotels such as the Rapopo Plantation Resort (rapopo.com), Kokopo Beach Bungalow Resort (kbb.com.pg), Taklam Lodge (facebook.com/taklamlodgetours) and the Gazelle International Hotel (gazelleinterhotel.com) provide tours and transport to see the performances.

International travellers can see the festival on a fully guided tour with companies such as Intrepid Travel (intrepidtravel.com.au).



From PNG, we are now creating a global Santos Foundation.

Here are some of the ways we've had an impact in Papua New Guinea in 2022.

At Santos, we continue to build on the great work of the Oil Search Foundation through the launch of the Santos Foundation in 2023. The Santos Foundation will have a strong focus on building resilient communities and advancing economic pathways.

Health

No. of immunisations administered to children under 5 years old



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



No. of COVID-19 vaccinations

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

No. of people reached through awareness

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

Youth



No. of youths having work opportunities

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

Family & Sexual Violence



No. of subscribing companies under Bel isi PNG

17 companies including **Santos**

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

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



Community Development

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



151 children assessed as ready for school

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



27,200 people benefitting from these small grants



72 HOURS IN SYDNEY

From the thrill of climbing the bridge to relaxed cocktails on a rooftop, *Daniel Scott* reveals some of the highlights of Sydney.

Sydney is one of the world's most picturesque cities, with images of the Harbour Bridge and the Opera House, which marked its 50th birthday recently, seared into popular imagination.

The modern metropolis is home to more than five million people, having expanded from its original site around the shores of Sydney Cove where, in 1788, the British established a colony. Yet its history stretches back far longer than that, to when the traditional owners, the Gadigal People, were the sole inhabitants of these coastal lands.

Even if you're a regular visitor, new Sydney attractions – like the superb North Building

of the Art Gallery of NSW, and exciting restaurant openings like Funda in the CBD – provide fresh incentive to come.

Whether you're in town for sport or extending a business trip, this massive multicultural city promises glorious views, food, drink and culture.

DAY 1 AFTERNOON

If you are in town for rugby, head to Sydney Football (Allianz) Stadium in Moore Park. Finished in August 2022, it is an impressive modern venue. If there is no game on, 60-minute tours (PGK62/A\$25) are available (allianzstadium.com.au). The adjacent Sydney

Cricket Ground (sydneycricketground.com.au) also offer tours (PGK82/A\$33).

DAY 1 EVENING

For dinner, head to happening Crown Street, in Surry Hills, to new Sri Lankan restaurant and hopper bar Kurumba (kurumbasyd.com.au). Family run and occupying two levels of a Victorian terrace, Kurumba takes Sri Lankan street food as its inspiration with Kajugama tiger prawns and slow-cooked short rib curry among menu highlights.

DAY 2 MORNING

Begin the day with breakfast at the Fine Food Store (finefoodstore.com), in the historic





Sydney Harbour Bridge climbers with the Opera House in the distance (main); the rooftop bar at Jacksons on George (top right); pea and crab breakfast at the Food Store (bottom right).

Rocks. Forget smashed avo, try the green pea and crabmeat with squashed egg, crushed chilli oil, kewpie mayo and toast, and fortify yourself for the day with an in-house-roasted coffee.

There is no better way of seeing Sydney than on a climb of the Sydney Harbour Bridge. Opened in 1932, the bridge is, like the Opera House it overlooks, an irreplaceable part of the city skyline. Seamlessly organised, three-hour climbs, in groups of up to 14, depart regularly. Dedicated tour leaders take visitors up the eastern side of the 'coat hanger' – from a base beneath busy Bradfield Highway – to the top of the upper arch, via four ladders, with frequent pauses to admire 360-degree views of this resplendent, harbour-hugging metropolis. Climbers are attached to a safety rail throughout, meaning even those scared of heights can consider completing it, as have over four million people since 1998 (from PGK727/A\$294 per adult, bridgeclimb.com).

DAY 2 AFTERNOON

Continue your day at the heart of Sydney by visiting The Rocks Discovery Museum (rocksdiscoverymuseum.com). Captivating exhibits cover the geological and indigenous history of Warrane, the name given to Sydney Cove, where European settlement began, by its original Gadigal People.

The Contemporary Art Museum (mca.com.au), at nearby Circular Quay, is also free. Sydney's 24th Biennale runs here until June and significant First Nations art on display includes the striking foyer work *Past-Present-Future* by Vincent Namatjira.

If museums aren't your thing, continue your acquaintance with Sydney Harbour on a three-hour sailing trip with Sydney By Sail (sydneybysail.com), departing Darling Harbour 1–4pm daily (PGK 618/A\$250 adults); or take a 20-minute ferry ride to Manly, the resort-like seaside suburb on Sydney's north shore.

DAY 2 EVENING

In the evening, absorb the city centre vibe over drinks at Jacksons on George's rooftop bar (jacksonsongeorge.com.au). If peckish, try the charcuterie or cheese share boards, or kick back to live DJ beats over an 'Out of Office' cocktail, with tequila, Aperol, passionfruit and lime.



PICTURES: DANIEL SCOTT, JIWON KIM & SUPPLIED

For dinner, the new Korean restaurant Funda (fundasysdney.com.au), in Pitt Street, is a theatrical, back-to-the-2000s (K-pop heyday) experience, with the feel of an American diner infused with typically South-East Asian bright light. It may be casual dining with an emphasis on fun but the food here, from executive chef Jung-Su Chang, is seriously classy. Menu standouts include fried seaweed roll with prawn and scallop mousse; grilled leek, dripping in stracciatella cheese, pistachio relish and Korean soy sauce, and wagyu steak, with anchovy ssamjang, radish kimchi and Korean salad. For dessert, the butterscotch caramel jujube cake is delicious. ➤



The Opera House (right); the Sydney Modern expansion of the Art Gallery of NSW (bottom left); new Korean restaurant Funda (bottom right).



DAY 3 MORNING

Begin the day with a stroll through Sydney’s Royal Botanic Gardens (botanicgardens.org.au), a green oasis close to the CBD, pausing for breakfast at Farm Cove Eatery, in Botanic House (botanichouse.com.au/farm-cove-eatery).

For the rest of the morning immerse yourself in the nearby Art Gallery of NSW (artgallery.nsw.gov.au). While the original South Building has long been a Sydney treasure, the new North precinct, designed by award-winning New York-based architects SANAA, and opened in December 2022, is next level.

Part of the Sydney Modern Project, the new building and public art gardens are the city’s

most significant cultural development since the Opera House opened 50 years ago. It is a light-filled, sustainable space where you can easily spend all day. Highlights include the Yiribana indigenous gallery and the Louise Bourgeois exhibition (until April 28).

DAY 3 AFTERNOON

After lunch at a gallery cafe, head to Rose Bay for a two-hour walk along a glittering section of Sydney Harbour. Begin by following the Hermitage Foreshore Track, running from Bayview Hill Road, a leafy, 1.8-kilometre path that threads behind harbour beaches and has outstanding city views. Rest up on the lawns of the grand 19th-century Strickland Estate or swim off secluded Milk Beach.

The track ends at lovely Nielsen Park, but you can continue walking along quiet Vaucluse streets, passing Sydney’s most desirable waterfront mansions. Follow the harbour’s contours via Coolong Road before descending some steps off Fitzwilliam Road, crossing the bridge over Parsley Bay, finally winding along The Crescent towards Watson’s Bay.

The Watson’s Bay Hotel, right on the harbour, is ideal for a well-earned drink, but don’t miss walking up to Gap Lookout, overlooking the churning Tasman Sea, with its memorial to the Dunbar ship, wrecked in 1857 at the harbour entrance, with the loss of 121 lives. ▶





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DAY 3 EVENING

From Watson's Bay take the ferry back to Circular Quay or the 380 bus to Bondi Beach, with its multiple drink and dinner options.

Promenade Bondi Beach (promenadebondibeach.com), spilling out of



Camperdown Cemetery (left); the Promenade Bondi Beach (above).

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To feel very special, pull up a deck chair at the outdoor Beach Bar, order a cocktail, a delicious share plate of Serrano ham with melon and shaved cheddar, some tiger prawns roasted in lemon and garlic butter and a memorable potato galette, with mustard beurre blanc.

DAY 4 MORNING


If you haven't yet managed to visit Sydney's vibrant inner west, head to Newtown this morning. It features not only Sydney's best street food, from bao buns to sushi, but also excellent bookshops, a large weekend antique market at The Hub, and the pubs and cafes

on its central King Street are where the city's young come out to play.

The Camperdown Cemetery, in Church Street, is one of Sydney's most compelling cemeteries. Historical figures, including John Steyne, captain of the doomed ship *Dunbar*, are buried there.

Newtown is an engaging place to end your stay, savouring weekend breakfast ramen at Rising Sun Workshop (risingsunworkshop.com/restaurant), a motorcycle mechanic cum restaurant, or a Portuguese tart or pastry from A.P artisan bakery (apbakery.com.au).

For Sydney bus, train and ferry information, see transportnsw.info. ■

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

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KNOW THY NEIGHBOUR: BALI



Where is Bali?

Bali is one of Indonesia's most well-known islands in an archipelago nation that has so many islands even Indonesian officials can't be sure of the exact number. It has about 18,100 islands according to the Indonesian Consulate General, with Bali being one of the more sizeable islands, sandwiched between Lombok and Java.

What languages do they speak?

Most Balinese speak at least two languages, Balinese and Indonesian, with many speaking English as well.

What's there for visitors?

The question should really be what there isn't to do. Bali has cornered the market of Asia-bound fun-loving holidaymakers. There's an endless array of holiday attractions branching out from the tourist strip north and south of Ngurah Rai International Airport. While Kuta and its northern cousins of Legian, Seminyak and Canggu, along with Sanur and Nusa Dua on the east coast, lure visitors to a plethora of beachfront restaurants, beach clubs, swimming and surfing opportunities, seeing the 'real Bali' requires venturing further afield.

Take a mountain bike tour with Spice Roads Cycle Tours to explore the backroads by bicycle or board a traditional *pinisi* sailboat with Seatrek Sailing Adventures to see Bali

from a seafarer's perspective. Ubud is where you'll find Bali's more spiritual and creative side, with artisans selling exquisite artworks such as timber carvings, woven baskets, silver jewellery and batik fabrics.

What makes the economy tick?

Tourism is a major income source, generating approximately 60 per cent of gross regional domestic product.

What is the currency?

The Indonesian rupiah (IDR).

What are the highlights?

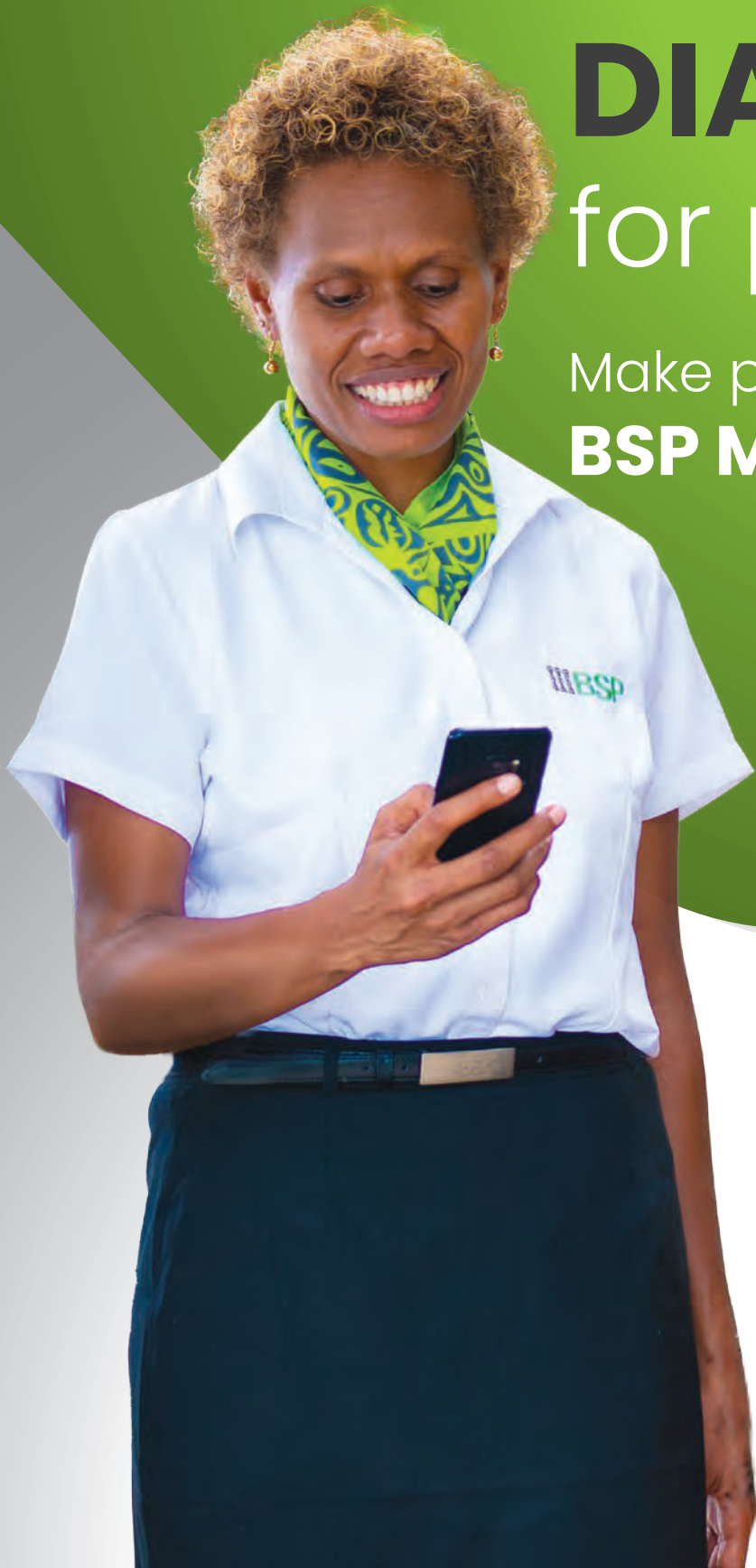
Bali's tourism has drastically evolved in the past decade or so, yet the quintessential Bali experience and the renowned friendliness of the island's people ensure travellers keep returning. The beaches – and adjacent plush hotels and villas – have long been a drawcard for surfers, beach walkers and flop-and-drop holidaymakers who are content to move between beachfront sunlounges where food and drink offerings are plentiful. Bali's notorious traffic is not getting any better and some luxury hotels (like Viceroy Bali in Ubud) are installing helipads, offering helicopter transfers between the airport and hotel for cashed-up travellers.

Anything unusual?

Bali literally sits at the crossroads of species evolution – the Wallace Line – as defined by Alfred Russel Wallace in 1859. The Wallace Line is an imaginary line that separates Bali from its near-neighbour Lombok along the Lombok Strait, and it marks the difference between species found east of the line in Australia and Papua New Guinea and west of the line in Asia. ■

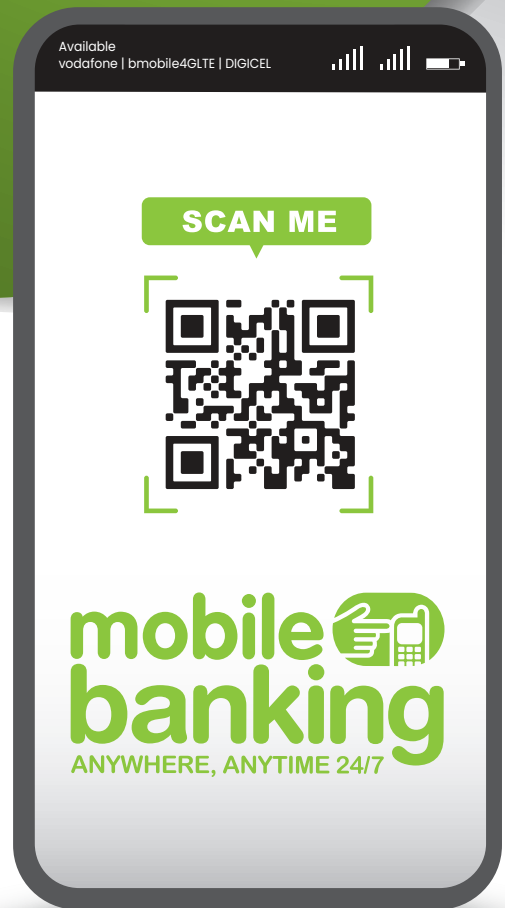
'Know Thy Neighbour' is a column that puts the focus on countries near PNG or in the Pacific region.





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HOTEL REVIEW: AEROTEL, CHANGI AIRPORT, SINGAPORE

Tel +65 6955 8989, see myaerotel.com

WHO STAYS? Transit passengers. A mix of business travellers needing to refresh between long-haul flights and families wanting a break from stressful journeys with children.

HOW BIG? 68 rooms

COST From PGK475 (SGD 170) for a solo room, PGK695 (SGD248) for a Double Plus (two large single beds, ensuite bathroom) per six hours. Bookings are advised well before your travel dates as occupancy is often high.

CHECK IN/CHECK OUT Aerotel offers flexible hourly booking (minimum six-hour block). Check in and check out times are set by guests but are charged in blocks of six, 12 or 24 hours.

HIGHLIGHTS It is Asia's only airport transit hotel equipped with a swimming pool (open midday to 10pm), with poolside Aerobar. It also features a fitness corner and library lounge for quiet meals and workspace.

NEARBY Changi Airport's cinema room, butterfly house, duty-free shops, cafes and restaurants are all on the doorstep.

- Wi-Fi in rooms/public areas: ✓
- TV: ✓
- Air conditioning in room: ✓
- Room service: ✓
- Swimming pool: ✓
- Gym: ✓
- Business centre: ✗
- Hotel arranges tours: ✗
- Breakfast included in standard charge: ✓



LOCATION

The Singapore Aerotel is located on level 3, inside Terminal 1 at Changi Airport and only airside passengers can access the hotel. To get to the hotel, take the up escalator near gate D40. For arriving guests free Skytrain or bus shuttles link all four terminals at Changi, although walking between the terminals is a good leg stretcher after a long flight. Departing passengers must clear immigration to reach Aerotel. Arriving guests with onward flights need boarding passes and luggage tagged to their ultimate destination.

THE PLACE

The Aerotel is perfect for a restful overnight or daytime layover between flights. By night, the transit hotel is a haven from the stress and discomfort of plane travel and airports. By day the outdoor pool, jacuzzi and poolside bar (open midday until 10pm) are the star attractions, offering weary travellers the opportunity to refresh, and, along with the fitness corner, get much-needed exercise. It is cool watching planes take off while you swim.

ROOMS

The Aerotel's 68 rooms come in a variety of configurations, from 8sqm solo rooms with shared bathrooms to 45sqm, two-bedroom family rooms with ensuite bathrooms. At night, rooms are surprisingly quiet and are

kept scrupulously clean despite rapid guest turnover. We shared a Double Plus room, with two king single beds, between one adult and two teenagers. Beds are very comfortable. One issue is the air conditioning, which remains continuously on at the same cool/cold temperature. To deal with this, it is worth bringing pyjamas or T-shirt in your hand luggage. Televisions, in-room coffee and tea and personal amenities complete the facilities.

FOOD AND DRINK

There's 24-hour in-room dining featuring a mix of Asian and Western cuisines. Meals can also be pre-ordered and enjoyed in the library lounge. The poolside Aerobar has a range of wines, beers and cocktails as well as a menu that includes signature dishes such as Singapore chicken rice, beef burgers and lemongrass chicken wings.

WHAT GUESTS LIKE

"A good transit hotel. We stayed for six hours. Check-in was quick and efficient. Room was clean and a good size." – TripAdvisor

"Nice room to get few hours of sleep. Comes with all-day breakfast. Very kind staff. The clerk took us to our room, showed all the amenities. When we got up, she also took care of our breakfast. We had requested for wheelchairs and the staff arranged for them." – TripAdvisor





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TIME TRAVELLER

First planes in PNG, 1922

The first aircraft to be seen in Port Moresby were seaplanes – a Curtiss flying boat (pictured) and a Short biplane – transported by ship from Australia in 1922 by photographer and adventurer Frank Hurley. They were assembled and used by him to take aerial photographs and travel around the country for a film called *Pearls and Savages*. The usually calm waters of Port Moresby Harbour proved ideal for the aircraft to take off and land, and they were understandably objects of curiosity for the residents of local coastal villages such as Hanuabada and Tatana.

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



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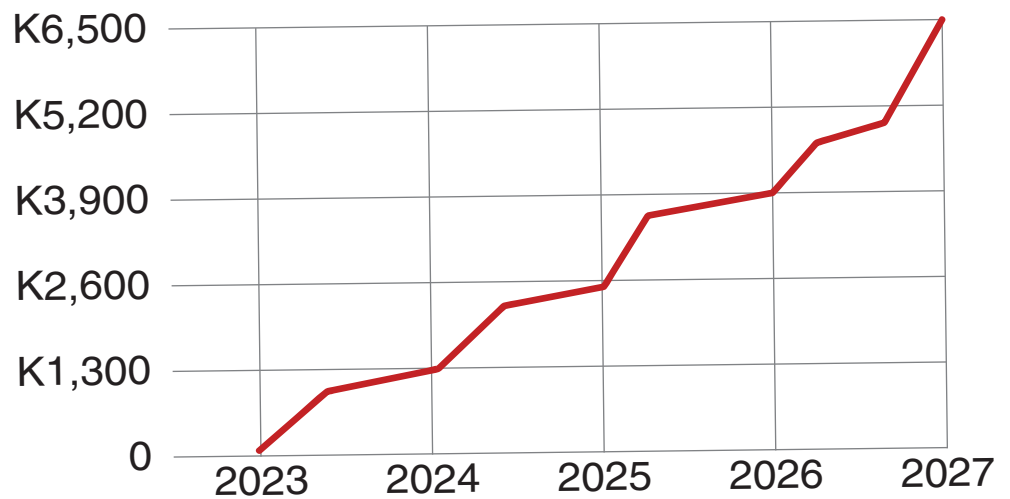


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TRIBAL CONTACT

Richard Andrews reports that the unique culture of some PNG tribes can now be fully appreciated by staying in eco-lodges in their villages.

CLOSE ENCOUNTERS WITH THE MUDMEN & SKELETON PEOPLE



Insect People from Chimbu Province (main); an Asaro Mudman (top); an Asaro eco-lodge where guests can stay (above); Belgian photographer David Van Driessche with a woman from the Narku tribe (left).

“PNG is the Holy Grail, with its own magic, mystery and legends,” says David Van Driessche.

After 20 years of exploring Asia, the Belgian photographer, video-maker and tour guide has in recent years been focusing his guided trips on remote areas in PNG.

Since 2017, the Bangkok-based world traveller says he has developed friendships with local PNG communities and partnered with them to build eco-lodges in remote villages for tourists and photographers.

The simple, but well-appointed huts, made from local materials, form part of what he describes as a “full-immersion experience”.

“You can only get a full appreciation of the culture when you stay with the locals, sit at a campfire, eat with them, sing and tell stories,” he says. “It doesn’t happen if you’re at a five-star hotel and just go on a day trip to see a small performance.”

Among the groups visited from the Narku tribe in Chimbu Province are the so-called Skeleton People, Insect Hunters and Dust Shakers. The names are given to show the traditional customs of the tribe.

Van Driessche proudly points to the striking photos that result from such visits.

“The most exciting scenes are when we can find a beautiful location, go there with ▶



local dancers or artists, and wait for good light," he says. "The magic happens when you combine landscape with portraiture."

Van Driessche first studied photography and film in Europe, then worked as a tourism product manager in the 1990s, photographing many of the finest hotels, resorts and locations around the world.

He believes the childhood influence of classic horror movies with Boris Karloff and Vincent Price may have contributed to his fascination with the Skeleton People in Simbu Province.

Legend has it that a search party looking for hunters who never returned found a small cave containing numerous human bones. As in the best horror movies, they believed a werewolf-shaped monster had eaten them. To get rid of the monster, the villagers painted themselves as skeletons and lay next to the bones. When the monster returned, they arose and killed it. To this day the locals continue to paint their bodies like skeletons to ward off evil.

"Their appearance can be very frightening," says Van Driessche. "We hired a bus driver from Enga to pick us up at the Chimbu Lodge after a photo session. But when he saw the skeleton guys in full costume, he got terrified and ran away."

Another eco-lodge is located between Goroka and Mount Hagen, home to the Asaro Mudmen. Here, the Asaro pay tribute to their ancestors by covering their bodies with mud and wearing heavy masks.

According to their legend, villagers were attacked by a powerful tribe and fled to the nearby Asaro River. When their assailants reached the bank, they came upon figures coated in white and grey river mud. Believing they had encountered the ghost spirits of the Asaro they had just killed, the aggressors panicked and fled, never to return.

"With more than 800 languages, PNG culture is full of great stories like that," says Van Driessche.

"Before tourism, the Skeleton Men and the Mudmen did not know each other, but now the two groups cooperate and refer visitors from one village to the other."

Van Driessche recalls how he took the elderly Asaro chief to the skeleton village and asked both chiefs to pose for a portrait together. ➤





“

You can only get a full appreciation of the culture when you stay with the locals, sit at a campfire, eat with them, sing and tell stories.

”

Images of PNG cultural groups taken by David Van Driessche. The photographer says you can only get a full appreciation of their culture by staying with them.





“The skeleton chief was difficult to convince, as he hadn’t painted up for 15 years,” he says. The chief eventually came around to the idea and the chiefs became best friends. “It is one of my favourite photos,” Van Driessche says.

A book of Van Driessche’s photos and research is scheduled to be published next year, as the word spreads about what he’s doing.

“Other villages are coming forward and want to show their culture to keep it alive,” he says. “They’re happy when tourists come to see them, and the projects are expanding in response.”

Most recently, the Black Faced Tribe of Enga started building its first holiday units in a remote village. “Because this area has had no tourism, the experience is truly amazing,” says Van Driessche. “It’s like going back in time and learning to appreciate how our ancestors lived – but it’s real life now.” ■

For more about David Van Driessche’s PNG eco-lodge trips see tribesofpapuanewguinea.com.



David Van Driessche’s favourite photo shows the chief from the Skeleton People and the chief from the Mudmen (top); portrait of a Skeleton Man in the jungle (above).





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PNG WEAVERS CLINCH A

PNG's revered *bilums* are fast gaining world renown while the weavers who make them reap much-needed rewards. *Bronwen Gora reports.*

PICTURES: SUPPLIED BY AMONG EQUALS



Among Equals creator Caroline Sherman (in red dress) with PNG fashionista Florence Jaukae Kamel (above); Sherman's network of *bilum* weavers has grown to more than 2000 (below left); Lina Singu trains weavers in remote areas (below right).

Prior to 2015, relatively few *bilums* were sold, with most sales in Papua New Guinean markets. Fast forward to the present day and an estimated 4300 of the bags have sold globally since then through an enterprise called Among Equals, with all earnings flowing back to the communities from where they came.

The woman responsible for Among Equals is Sydney textile designer and good Samaritan Caroline Sherman.

"When I first saw the bags at a Sydney show put on by the trade commissioner, I was struck by their colour and beauty but also by the vibrancy of the women I met that day who made them," Sherman recalls. "They each had such a joyous spirit and were so passionate about their work."

Before long, Sherman had learned that the exquisitely made traditional product sold solely within PNG, and that the weavers

were seeking someone to make their dreams of reaching an international market come true.

The result was Sherman spearheading Among Equals, a not-for-profit operation that has taken the woven bags – made as part of a centuries-old tradition in PNG – worldwide.

Craftmanship is intricate, considered and meaningful; for example, a diamond design *bilum* is gifted by a mother to a daughter when she marries; a mountain design tells the story of a young girl's challenging hike through the jungle to sell her *bilum* at a market.

Now the *bilums* are sold everywhere from Australia to the US, UK and Italy, and have even been spotted on the red carpet at Hollywood's Academy Awards.

But best of all is the way in which the global trajectory is giving back to weavers and their communities.



GLOBAL MARKET

“With each *bilum* sold, we can directly see the benefits aiding anything from 10 to 15 people,” Sherman says.

“Obviously putting food on the table is the most important thing and after that all the proceeds go back into buying more *bilums* and training and into different divisions for projects,” she says. “Our network of weavers has expanded from 20 to more than 2000 and we’re training more all the time.”

Sherman says she has been able to see the impact year on year. “A lot of the little girls in these communities weren’t going to school, for instance, before we started.

“The boys were the priority. Now the mothers are able to afford to have their girls go to school as well. We pay each weaver a premium price for their *bilum*, and this has given hundreds of women regular incomes for school fees and living expenses.”

The Among Equals network of weavers spans eight communities across as many provinces, including remote ➤

***Bilum* bags are becoming hot fashion items and are sold in over a dozen countries from Australia to the UK and Italy. They have even been worn on Hollywood red carpets.**

“

The *bilums* are sold everywhere from Australia to the US, UK and Italy, and have even been spotted on the red carpet at Hollywood’s Academy Awards.

”



High levels of skill are employed to make *bilum* bags, which bear designs full of meaning.



Caroline Sherman's not-for-profit venture has given hundreds of women new hope (below left); the income that Tama Jackson earns from making *bilums* has allowed her to send her son to school (below right).



Sandaun. It would not be possible without 'aggregators', leaders in each area such as Lina Singu, who has made it her mission to travel by boat along the Sepik River, training women in some of the country's most far-flung villages in *bilum* weaving.

Florence Jaukae Kamel is Sherman's lynchpin on the ground in PNG. "Florence is a really passionate advocate for the weavers, and I really felt that when I met her for the first time," Sherman says.

Kamel manages the PNG operation on a day-to-day basis and oversees multiple initiatives like the Blue Haus, a purpose-built house especially for the weavers in Goroka. A happy place, it is light and airy, complete with water tank and sanitation unit, and provides a place for socialising, weaving and training. "It even has solar panels," Sherman says proudly, adding that more Blue Haus spaces are in the pipeline for weaving communities.

As well as helping educate hundreds of children in under a decade, Among Equals has teamed with the Books 4 PNG Kids initiative to improve literacy in early childhood.

An initial call for donations in Australia last year resulted in 120 kilograms of children's books being sent to PNG for distribution to educational organisations and schools in some of the remotest regions.

For Sherman, building Among Equals has been as equally rewarding as it has for the women whose lives her brainchild has immeasurably transformed.

"It's unusual for the women to have the level of trust in me that they do," Sherman says. "We've taken things very gradually and built up that trust slowly and it has been really lovely. To be honest sometimes it's overwhelming as there are so many women now relying on this income.

"Now they're like my sisters, they're like family, and each of their bags tells a story of strength and hope.

"I just love the stories. You're not just buying a bag, you're buying an incredible story. Every bag has a meaning, every splotch of colour is individual, a mark of skilled craftsmanship. Their bags really are true art, and it's a beautiful story to tell around the world. All of them are just so positive." ■

For more, see amongequals.com.au.





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SAVING TURTLES

ONE EGG AT A TIME

PICTURES: LOUISE MURRAY



Visitors to Lissenung Island Resort can become involved in the resort's turtle conservation program. *Louise Murray* reports.

It's the school holidays, and eight youngsters from Eruk village in New Ireland are running excitedly along the beach towards our boat. Four of us are guests at Lissenung Island Resort, only 10 minutes away.

The children squeeze in among us and we set off, Benson skippering. His four-year-old son Stuart begs to be allowed to drive the boat and, under Dad's close supervision, beaming, he steers us the short distance to Ral Island, an uninhabited islet.

Before we even land, it is clear from the

tracks on the sand that a female turtle has laboriously hauled herself up the beach to dig out her nest above the high-water mark, depositing her eggs during the night. She has now returned to her natural environment to rest.

The kids join Benson in gently digging out the sand near her tracks to pinpoint the actual nesting site. Once found, the delicate operation of lifting out the freshly laid eggs begins. The children ready cardboard egg boxes by part-filling them with damp sand. It is important that the eggs remain in the same orientation ►



An adult hawksbill turtle (main);
Ral Island in the Bismarck Sea
near Lissenung (inset).



“

On Christmas Day the first hatchlings make their way to the surface of their sandy nest, followed by the rest of the clutch, some 70 babies. Quite a Christmas present!

”

that they were laid to avoid detaching the developing embryos.

The egg boxes are layered up in a cool box before being taken to our boat for transport back to Lissenung. There is one more island to check for nests before we drop off the children at the village and head back. You’d think that being excavated and transported might affect the viability of the eggs, but this is a tried and tested method that results in a very high proportion of babies hatching. Over 90 per cent of collected eggs hatch out on average, while in nature the figure is nearer to 70 per cent.

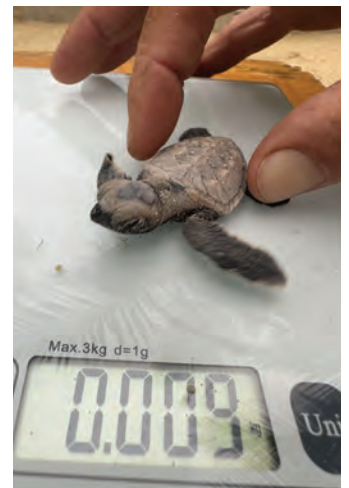
Dietmar and Ange Amon have been welcoming guests to their eight-cabin intimate island resort, just off Kavieng, New Ireland, for almost 30 years.

Uncrowded breaks attract surfers, and excellent dive sites in both the Bismarck Sea and the Pacific Ocean, a short boat ride from the island, appeal to scuba divers in the know. The Austrian-Australian couple are passionate ocean conservationists and have been collecting the eggs laid by critically endangered hawksbill and green turtles for 12 years.

Dietmar is waiting on the beach to transfer the eggs into a new artificial sand nest that is predator-proof. A random 10 eggs are weighed and measured. After carefully reburying the eggs, the nest is labelled with the estimated hatching date, some 60 days from now.

“Turtle eggs are an additional source of protein for local families. Our collections are eggs that would otherwise be eaten by villagers. We are trying to protect this critically endangered species. Involving the children in the collection work helps get the conservation message to their parents,” explains Dietmar.

This is not citizen science being done in ►



Benson and children from Eruk Island search for a turtle nesting site on Real Island (above left); measuring a newly found egg (top); weighing a hatchling before it is released into the sea (above); Dietmar Amon readies a predator-proof artificial nest site for newly laid turtle eggs (left).



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isolation; all the data and the statistics are shared with one of Australia's top marine turtle scientists, Dr Colin Limpus. The program at Lissenung started after a chance visit to the island by a scientist from New Zealand. Out with Ange near Ral Island, they spotted local families digging up a nest and managed to get half of the clutch of eggs. Sixty days later the first turtle babies were born, and their conservation story began.

After the excitement of being part of the collection process, Dietmar tells me some disappointing news. The next clutch of eggs,

A hawksbill turtle hatchling. The odds are against them, with only about one in 1000 surviving until adulthood. Most are eaten by hungry birds and fish.

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due to hatch two days after Christmas, is due on the day I must leave Lissenung. But the baby turtles have different plans. On Christmas Day the first hatchlings make their way to the surface of their sandy nest, followed by the rest of the clutch, some 70 babies. Quite a Christmas present!

In nature, all of these would have died as they emerged in daylight, eaten by birds on the beach, and by hungry fish when they entered the ocean. But safe in their predator-proof artificial nest site they will survive, before being released by Ange under the cover of darkness.

Again, a random selection of 10 hatchlings is weighed and measured before being taken down to the beach. Only one in maybe 1000 babies will survive until adulthood, travelling on the ocean currents, feeding almost exclusively on sponges for 20 to 30 years. Females return to the same beaches where they were born, to complete the life cycle.

Life in the ocean is not free from hazards. Fisheries trap the animals in nets, leading to drowning; nesting beaches are developed for tourism and light pollution confuses nesting adults; and there is still a demand for their beautiful shells, even though trade in tortoiseshell has been banned for decades.

Over 20,000 hatchlings have been released by Dietmar and Ange over the 12 years of their conservation program, but the earliest mature females will return is 2032.

Visitors can be part of the critically endangered hawksbill and green turtle conservation program at Lissenung during the nesting and hatching season, which lasts from the middle of September until the end of April, but excellent diving can be experienced here all year round. ■

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

STAYING THERE

A double standard room at Lissenung Island Resort is PGK610 a night, all meals included. Return airport transfers are PGK160. Snorkelling, diving, fishing and surfing trips are available. Take a village tour to nearby Eruk Island to meet local families and experience their way of life.

See lissenung.com.



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PNG BOXERS PUNCHING ABOVE THEIR WEIGHT

HOMETOWN HEROES

PNG boxers won 14 medals at the Pacific Games last year, including eight gold. *Paul Chai* talks to the sport's organisers about the phenomenal medal success and the future of the sport in the country.

Papua New Guinea's team of pugilists dominated the Sol2023 Pacific Games in Honiara, Solomon Islands last year with a haul of 14 medals, making them national heroes. But, like the story of Sylvester Stallone's fictional fighter, Rocky Balboa, this was very much an underdog story.

PNG may have a proud history of successful boxers, but it is rugby league that tends to attract the sponsorship dollars, so while the Pacific Games boxers brought home the gold





PICTURES: SUPPLIED BY TEAM PNG

Pacific Games gold-medal winning PNG boxers (from left) Liranda Kidu, Goli Bali, Kantie Oaike, Kendu Stephen, Jamie Chang, Sheila Yama and Petronella Nokenoke. Liranda Kidu (below) won her gold medal in the 81-kilogram division.

they did so on a modest budget.

National boxing coach, Mark Keto, says there were many challenges that went into the big win. "You need a world-class gym to have a world-class team," Keto says. "We share one pair of gloves between three boxers, so these are some of the challenges that we face."

But Keto is proud of what his team has achieved against the odds,



“All these boxers are such good role models, they live in settlements around Port Moresby and kids know who they are.”

a sentiment shared by a volunteer coach, Australian Peter Morrison, who also works as a guide on the Kokoda Trail.

"All these boxers are such good role models, they live in settlements around Port Moresby and kids know who they are and lots of kids now want to do boxing," he says. "You can't be what you can't see, so the more the boxers are promoted, then people can see that boxing is a positive sport."

Morrison thinks this is particularly true of the female boxers who did well at the Pacific Games.

"That is really important for equality and gender balance and to show the men that girls can do this combat sport and do even better than the men," he says. Morrison, an ex-boxer, has also used his links with Boxing New South Wales in Australia to bring out the PNG national team so they can train with the Australian competitors, something that has helped the team improve and gain international experience.

PNG Boxing Union General Secretary, Martin Liri, says that the recent gains on the international stage mean that boxing is at a crossroads in PNG.

"For me, I want boxing to be a sport that keeps people fit, keeps them disciplined and to improve to the point that the sport can become a full-time job for boxers," Liri says. "For that we need a strong foundation."

Liri says the current team is made up of quite a few new faces, thanks to a recent recruitment drive. He cites up-and-coming boxers like John Ume and Allan Oaike, who made the

final in Sol2023 and lost to his Australian opponent on points, as some of the most promising in the current team. He also has his eyes on Jamie Chang.

Keto points to gold-medal winning female boxer Sheila Yama as a PNG boxer to watch. "She has the height, she has the speed," he says. Yama is based in New Zealand and Keto says she has access to good facilities and is able to spar with good Kiwi boxers.

Yama's two fights at Sol2023 were the first time she had pulled on the gloves overseas and she walked away with a gold medal for her efforts. This is even more impressive considering she rarely trains with the team and keeps up with her colleagues via social media from NZ, where she is applying to work as a nurse.

Yama's dad hails from the Western Highlands and her mother is from Lae; she began as a boxer in Port Moresby before moving to the Cook Islands and then NZ.

"I took boxing up for fitness and then I fell in love with it," says Yama.

"Hopefully seeing successful women boxers will get young women to see that they can do anything that they put their mind to; and it could be a good motivation to take up the sport for fun but also for safety purposes."

Yama trains daily and the next focus is the same as that of the PNG national team which is to qualify for the Paris Olympics. The team heads to Thailand for a qualifying round in May and June. The annual National Boxing Championship is on in April this year.

Dr Gideon Kendino, PNG Boxing Union president, says that he is also keen that the Union expand its skills beyond just boxers.

"We can be a better team overall if we had more qualified coaches and referees in PNG," he says.

"Our aim in our five-year plan is to train at least three judges and three coaches ►

every year to an IBA (International Boxing Association)-certified level. If you do not have good coaches and referees the boxers are not learning properly.”

Dr Kendino says the current team comprises around 80 per cent boxers from Port Moresby but they are always on the lookout for regional stars, and he is aware of a strong collection of boxers in the Highlands and beyond.

Liri acknowledges this too. “The geography of PNG means that finding all the talent is a challenge. There are definitely boxers out there that are naturally talented, but we need to find them.”

Liri says the PNG Boxing Union is grateful for the support it receives from organisations and sponsors such as the PNG Sports Foundation, the PNG Olympic Committee, Kumul Consolidated Holdings,



National Finance, Adventure Kokoda, the National Sports Institute and Lamana Hotel. The union has also put a call out for prospective sponsors or financial supporters from within PNG. “We really need a major partnership with a mining company or large firm in PNG to help our athletes realise their potential,” says coach Morrison.

Yama has some words of advice for any prospective fighters.

“Go for it, it is not for everyone, but I find it keeps you calm, disciplined and if you are going to do it then you have to give it your all, because if you don’t you get beat up,” she laughs. ■

Kendu Stephen won his gold medal in the 75-kilogram division at the Pacific Games.



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LUCKY LUCKY, PORT MORESBY RESTAURANT REVIEW

Port Moresby's flourishing dining scene now feature a Thai restaurant – and it's a good 'un. Lucky Lucky launched in late 2023 in the smart Nambawan Plaza development (it's right below the Port Terrace Restaurant), offering town and harbour views and a balcony for alfresco dining.

It promises "authentic modern Thai made from fresh local PNG ingredients", and it does not disappoint.

The food is of international standard and the menu ranges from Thai staples such as green curry, fish cakes and chicken basil stir-fry (also perfect for takeaway) to some eye-catching signature dishes that belong in the fine dining category.

I tried one at each end of the spectrum.

The pad Thai noodle dish was certainly authentic and the portion generous. Meanwhile, the crying tiger beef (charcoal grilled pepper beef sirloin with crushed chilli, tamarind sauce and lemon) provided an interesting and excellent twist on Thai food. I was just sorry I couldn't get anyone to share the sashimi reef fish with ponzu, lime, chilli and coconut – next time!

Lucky Lucky is about more than just food though. As the latest project



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IN A PHRASE:

The perfect place to unwind.

from the Mojo Food Co (Mojo Social, The Edge Cafe), it is no surprise that the ambience is informal but classy, and the service efficient. It is hard to put your finger on just what makes a great all-round venue but there's no doubt this is the perfect place to unwind. ■

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WINE GURU

Q: What can I read to learn more about wine?

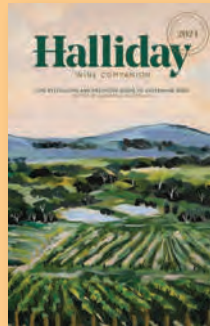
A: You want to be able to tell your sauvignon from your sangiovese, your tokay from your gamay. But where is a wine newbie to start when it comes to the right information?

There are many good books dedicated to the love of wine and we've found three that are particularly good for beginners.

Despite its lofty title, *The Wine Bible* by Karen MacNeil is a very approachable read for the uninitiated as it looks at the history of wine, the basics of wine drinking and an easy to follow 'great wines' list for each country covered.

Now in its third edition, this is America's highest-selling wine book and is an information-packed read that will have you talking like a wine buff in no time.

Not taking itself too seriously is *Cork Dork* by journalist, blogger and 'amateur drinker' Bianca Bosker. Bosker takes a deep dive into the world of sommeliers and looks at what drives their obsession with wine, as well as if they really do have



extra-sensory skills that allow them to sniff out notes of wood, tin and fresh-cut grass in a glass of vino.

Though the topic is high-end wine obsession, Bosker approaches it with a sense of humour and makes the world of hardcore wine lovers both interesting and a little bit silly, which makes it relatable to those of us who find wine appreciation just a little bit daunting. Learn a little and laugh a lot.

For a thorough look at wines from near neighbour Australia, the *Halliday Wine Companion* by wine writer James Halliday has been educating Aussie wine lovers for over 30 years.

While its size can make it look hard work, the companion works great for looking up a specific wine and getting the thoughts of an expert. Halliday also has sections looking at specific vineyards and regions, with

plenty of useful information. ■

Do you have a wine question? Email us at paradise@businessadvantageinternational.com.

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WELLNESS

Developing a strong core delivers enormous benefits to health and well-being, especially as we age.

When people talk about building a strong core, most of us picture a set of rippling abdominal muscles, but your core involves far more than looks.

As well as those visible muscles (the rectus abdominus) the core comprises many more muscles hidden deep inside – muscles that attach to the spine and pelvis between the diaphragm, glutes and pelvic floor.

So why is it so important to keep these internal powerhouses strong? Because they basically affect everything we do.

Core muscles are responsible for good balance, proper movement and are essential for a healthy spine. They are designed to prevent injury, aches, pains and falls, so it's in our best interests to keep them strong. If we do, our core strength will make everything easier, from the bending and twisting



involved in housework and gardening to swinging that golf club or hitting a tennis ball.

But before you think you'll never do a sit-up or join a gym, here are other easily accessible ways to strengthen your core.

1 Harvard University researchers recommend holding the plank position (pictured) as a good way to begin, starting with three sets of 30-second planks three times a week and slowly increasing the time as you get stronger.

2 Walk-and-carry exercises also come highly recommended – walking while holding dumbbells or other heavy objects, for instance.

3 Swimming, cycling and running engage core muscles just as much as they enhance overall fitness.

4 Stand up straight. Be aware of your posture and correct it when you notice slouching.

5 Yoga and pilates are ideal tummy tightenors and hence core strengtheners. ■

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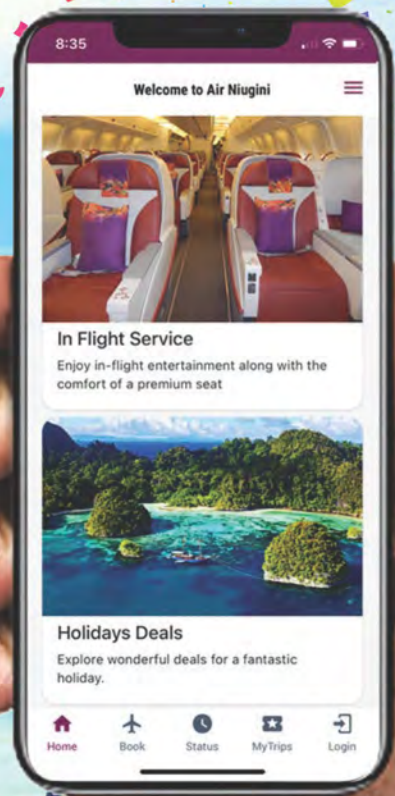
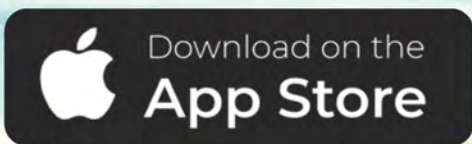
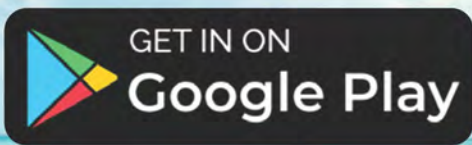
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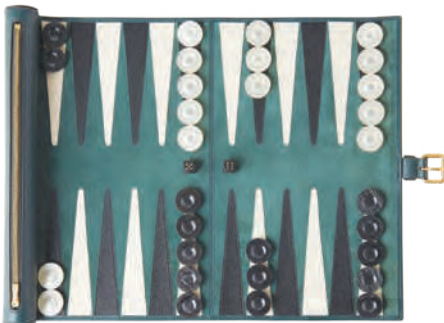
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Mulberry travel backgammon set

The price may raise eyebrows but if you're into high-end design and clever concepts (and backgammon of course) then this is the travel game for you. This set rolls up into a sleek cylinder ready to be toted from hotel suite to poolside to just about anywhere. PGK3537; mulberry.com.



Bluetooth eye mask

Block out light and noise so you can fall into a deep sleep with your favourite music, thanks to the built-in functionality of the Sleepwell Bluetooth eye mask sleep headphone. The design of the speakers is such that they are still comfortable for side sleepers. What's more, they're ideal for tropical climates thanks to being made from ultrasoft, cool material. Wireless up to 15 metres, built-in microphone if you really need to make that late-night call, and washable after removing headphones. PGK73; sleepwellblog.org.



Right on time

The Apple Watch Ultra 2 tweaks the original rugged high-performance timepiece to deliver better performance updates, with a new double-tap gesture and even carbon-neutral options. Features Apple's brightest display ever, expanded altitude range, Precision Finding for iPhone and advanced capabilities for "water adventures". PGK3455; apple.com.





Personal air cooler

evaCHILL is an ultraportable evaporative air cooler with an easy-carry handle, allowing you to cool yourself wherever you go. A lightweight and extended tank allows you to enjoy the coolness for up to nine hours. It can be powered by a power bank, a laptop or a power socket. PGK370; evapolar.com.



Suitcase as smart as you

The July Carry-On Pro suitcase is a step up from the maker's original Carry-On suitcase. The Pro model features the same ejectable power bank as the Carry On but also an easily accessible hard-shell front pocket for your laptop, made of protective polycarbonate. Super handy, super simple. PGK1306; july.com.

Tesalate sand-free towel

Never carry home a wet, heavy, sandy towel from the beach again. These stylish towels are made from a revolutionary fabric of thin, synthetic microfibre tagged Absorblite, which repels sand and dries fast too. Just as handy for the gym as it is at the beach. Free shipping worldwide. PGK192; au.tesalate.com.



Turn on the charm

The MAISON de SABRÉ AirTag charm isn't just ultra-stylish, it's functional too. Designed to perfectly fit the AirTag, the charm clips securely to the device as well as all the travel must-haves: your suitcase, keys, laptop zipper and any other gizmo that would cause chaos if lost. Gleaming, gold embossed and crafted from sustainable leather. PGK144; maisondesabre.com.



Walk on the wild side

Salomon's Quest Rove GTX hiking/walking shoes are just the ticket for anyone wanting to hoof it through tough terrain. These are billed as having timeless design and as a "backpacking shoe that means business". Full suede leather upper and waterproof GORE-TEX plus the security of ultra-grippy Contragrip tread. PGK607; salomon.com.



'Pocket' paddleboard

OK, we know you can't pop it in your pocket, but you can pop Red's 12'0" Compact Inflatable Paddle Board into a 60cm x 42cm x 36cm backpack when deflated. That's why this board is billed the most transportable adventure stand-up paddleboard on the market – and it packs a punch too. Large volume makes it ideal for exploring, a high-tech design offers maximum rigidity and there is a new and improved cargo system for your gear. PGK6163; red-equipment.com.au.



WAR

Saving Lieutenant Kennedy: The Heroic Story of the Australian Who Helped Rescue JFK**Brett Mason | New South Books**

In August 1943, the boat *PT-109*, commanded by the then Lieutenant John F. Kennedy, was sunk by Japanese soldiers. He and a few members of his crew survived and were spotted by Australia coast watcher Reg Evans, who planned and coordinated a perilous rescue mission to Olosana Island, in the Solomon Islands, where Kennedy and his crew were found safe.

Written by former politician and diplomat Brett Mason, this book is testament to the unlikely friendships forged during World War 2 and the consequences they still have today.

According to Mason, JFK once said to Australian Prime Minister Robert Menzies that Australia was “responsible in a way” for his presidency. JFK was the 35th president of the US, from 1961 until his assassination two years later in November 1963.



MINING

Pitfall: The Race to Mine the World's Most Vulnerable Places**Christopher Pollon | University of Queensland Press**

Award-winning journalist Christopher Pollon tackles the urgent question of responsibly mining metals for clean energy transition while avoiding historical environmental and human rights violations.

For this book, the Canadian journalist interviewed CEOs, marketers, miners and environmental activists, among others, to understand how global mining companies have controlled the industry in Latin America, Africa, Australia, Asia and the Pacific, including Papua New Guinea, exposing the many perils of the mining industry today such as water pollution.

The investigation is essential to comprehend current mining practices, and to plan for a greener future that oddly enough relies heavily on metal extraction while aiming to respect the indigenous calls for greater involvement in land decisions.



MYSTERY

The Mystery Writer**Sulari Gentill | Ultimo Press**

Award-winning author Gentill delivers another great mystery tale that promises to captivate all who are interested in books and the publishing world.

Theo moves in with her brother in the US so that she can fully commit to her writing and achieve her dream of becoming a

bestselling author. Soon after the move, she befriends writer extraordinaire Dan Murdoch. When Dan is found dead, Theo becomes the primary suspect. Will she clear her name? Who murdered Dan? As Theo unravels the mystery, she puts herself in danger. An addictive read, particularly for those who wonder where creativity lies and about the boundaries between fiction and non-fiction.



ECONOMICS

The Shortest History of Economics**Andrew Leigh | Black Inc Books**

This not-so-short book combines historical anecdotes and fun facts (including how Monopoly was invented) that present an abridged history of economics, from the emergence of agriculture to climate change.

Its author, Andrew Leigh, was a professor of economics at the

Australian National University before becoming a politician, and in this book he uses his background to deliver an insightful text that helps readers understand the basics of how economics works and how it affects everything – including our lifespan.

A truly interesting read that delves into the evolution of economics. ■





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Air Niugini CEOs reveal how they coped with COVID-19 crisis

Peter Wilmoth reports on the trials and tribulations of the national airline during the pandemic and how it has prevailed.

When news began spreading in the first weeks of 2020 of a respiratory virus racing across the world no-one could know the impact it would have.

Soon to be named COVID 19, the once-in-a-hundred-year event shook the world, hitting airlines and associated businesses around the world first, and hard.

Across the world, air travel virtually ceased. Alan Milne was serving the last few weeks of his role as Air Niugini's Chief Executive Officer.

"The last few weeks I was there were pretty tense, and not just for the airline," he remembers. "It was the PNG people, the Government trying to get their heads around what it would look like if this started running wild, especially in the Highlands community where it was going to be very difficult to contain.

"I was at Qantas for 36 years and for a time I ran the integrated operations centre, so I had crisis management responsibility as well. None of us knew the gravity of it when we first heard about it. At Qantas I'd been through the SARS crisis and thought maybe it was going to be similar but of course it was worse than that, as we now know."



Air Niugini weathered the COVID-19 storm but the Airline's Acting CEO Gary Seddon (inset) says it was a "distressing time".



Milne activated the airline's emergency responses, including a designated 'crisis room'. Given the importance of the airline to the country, Air Niugini worked closely with the PNG government's crisis response team.

Changes were made immediately. Air Niugini stopped serving catering on board, removed the inflight magazines so multiple people weren't handling them and tried distancing passengers, but, as Milne says, "numbers of passengers reduced anyway so we could spread them out throughout the cabin".

In March 2020, Milne stepped down and Bruce Alabaster took up the CEO role. In March 2023 Gary Seddon was appointed Acting Chief Executive Officer.

He describes it as "a tremendously distressing time". "COVID devastated the airline industry not only in the region but

around the world – 160 million jobs lost and billions of dollars," he says.

"For Air Niugini, it was an interesting time because in March 2020 as the world closed down, as the borders in Australia shut, Air Niugini's future suddenly became very, very shaky. However, in a very short period of time, once Qantas had stopped altogether and ➤

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all of the other airlines – Philippine Airlines stopped coming to PNG – it was very apparent that Air Niugini represented the single only means of transport between Australia, Singapore and Papua New Guinea.”

In March 2020 the PNG government introduced the Pandemic Act and the Essential Services Act, which declared that air travel was fundamental.

With limited passenger travel Air Niugini was able to operate – mainly carrying freight – on just two routes: between Brisbane and Port Moresby, and Singapore and Port Moresby.

The services Air Niugini offered between those countries were heavily supported by both the PNG government and the

Australian government to provide that single lifeline.

“On the domestic side we provided a limited service – whenever there was a recorded case of COVID-19, whether it was in Eastern Highlands Province or West New Britain and so on, the province would shut down, all the flights would stop,” Seddon says.

“It became very challenging to try and maintain some form of service. Even though we were flying, the company had to scale right back to its nucleus, to really the bare boards in terms of staffing, in terms of operations, everything.”

It was challenging maintaining staff levels. “Well over a thousand employees were furloughed (and) early retirement programs (were brought in).

“Air Niugini tried to be as compassionate as possible, as I think most airlines did but at some point you reach a critical point. I think the airline did as best as it could under the circumstances.”

When the borders to Australia opened on January 22, 2022, travel started getting back to a new normal.

It was clear that the industry had been devastated and “getting it back to pre-COVID conditions was going to be impossible in a short timeframe,” Seddon says.

There were “huge” supply chain issues and staffing issues.

“The baggage handlers in 2020, the check-in staff, the airport services, the caterers – they’d gone, went to jobs where they could pay their mortgages and so on.



Former Air Niugini CEO Alan Milne was at the helm when COVID-19 struck.

travelling, but challenges did not stop when flying resumed.

“Places where we went to get our spares, those companies didn’t exist, they had to come out from other places. There was massive investment from the major airlines. For example, Boeing invested \$US40 billion in the supply chain network just to provide appropriate spare parts and services for its new aircraft assembly. So, for us operating older aircraft, reconstituting the integrity of those supply chains was immensely challenging.”

The airline is now in happier times. Air Niugini is celebrating its 50th year with the effects of the pandemic that shook the world largely behind it. ■

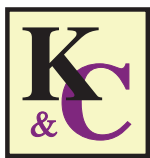
Peter Wilmoth is a journalist and author currently working on a 50th anniversary book for Air Niugini. The book recounts the history of the airline over a half century and is a project of Business Advantage International, the publisher of this magazine. The book is due for release later this year.

“It became very challenging to try and maintain some form of service. Even though we were flying, the company had to scale right back.

“Cabin crew, pilots, the works; pilots were driving buses and trucks. And to recall all of that was going to take years, not days.”

The airline returned to what was called a ‘new normal’ in terms of load factor and people

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A solution for remote-area banking

How do landowner groups in remote PNG conduct their banking without the internet and without a bank branch in sight? Microfinance business MiBank has come up with an award-winning fix. *Tony Jordan* reports.

Landowner groups, SMEs and women's groups in remote areas of Papua New Guinea are potentially among the biggest beneficiaries of an award-winning product built by microfinance provider MiBank.

Its Mobile Corporate service was launched last year to solve a specific challenge: how do you authorise a transaction when there's a group of people that

have access to a bank account, they could be anywhere in the country (or overseas), and they don't necessarily have devices with internet access?

MiBank's Managing Director Tony Westaway says the solution is to use simple USSD cellphone protocols that could be used with a basic handset, allowing any signatory with cellphone connectivity to authorise a transaction.



MiBank's Tony Westaway (left) receives an innovation award from Business Advantage International's Andrew Wilkins and chief award judge Dr Jane Thomason.



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MiBank’s team developed the technology in-house, and also integrated the service into the company’s MiCash mobile banking platform.

“We now have 548 landowner groups, women’s groups and SMEs that are using this functionality on their mobile wallet,” says Westaway. “Those accounts alone account for PGK2.8 million in savings, so it has made a difference to our business, but I’m hoping and wishing it’s making a big difference to our customers’ business as well.”

The three-step process begins when a signatory of a corporate, group or clan account initiates a transaction. The other signatories then receive an SMS alert asking them to authorise the transaction

“It’s convenient, there’s easy access and transactions are secure. Signatories don’t all have to turn up at the branch.

through the MiCash app, and the system seamlessly completes the request.

“The benefits are pretty simple to see,” Westaway says. “It’s convenient, there’s easy access and transactions are secure. Signatories don’t all have to turn up at the branch and they don’t all have to turn up at the agent.”

The solution was recognised at the Innovation PNG 2023 Awards, with judges describing Mobile Corporate as “a well-thought-out solution created for existing PNG conditions” and noting it had “particular relevance and use for remote areas where there is not adequate internet coverage, and for rural companies and groups”.

With about 120,000 of MiBank’s 500,000 customers already using mobile wallets, Westaway says using technology to build solutions for local conditions helps MiBank extend its outreach in PNG.

The rapid expansion of mobile connectivity, combined with innovations such as Mobile Corporate and digital ID cards from Digizen, are helping to expand access to banking in some of PNG’s most remote regions.

The Mobile Corporate service is already proving popular with women’s groups, farming cooperatives and landowner groups, in addition to companies and smaller businesses, Westaway says. ■

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EXECUTIVE APARTMENTS

A SPECIAL PROPERTY REPORT

PNG property folio getting a whole lot better

PNG is experiencing a flurry of apartment and mall projects as the country gets ready for greater economic activity.

PICTURES: GODFREMAN KAPTIGAU



The Hilton Residences development at Star Mountain Plaza has started welcoming long-stay guests.

Papua New Guinea's premier hotels and apartments are bouncing back from their COVID-19 slump, and property managers are preparing for a fresh surge in demand as major resource projects ramp up.

In Port Moresby, the developers of the Marriott Executive Apartments at the new Harbourside South building and the Hilton Residences at Star Mountain Plaza are expecting strong demand when they welcome guests later this year.

"The retail units are close to fully tenanted and we have very strong indications for the Marriott Executive Apartments," says Rupert Bray, Managing Director of Steamships Trading Company, the company behind Harbourside South.

While demand will be spurred by a final investment decision on the Papua LNG project, expected later this year, hotel operators say they're already moving beyond the boom-bust of previous resource cycles by refining the types of rooms they offer and injecting fresh energy and local character into food-and-beverage options that appeal to PNG's growing middle class.

Hilton Residences, stage 2 of the Star Mountain Plaza development in Port Moresby's Waigani administrative district, has started welcoming long-stay guests to its 180 rooms, which range from studios to one-two- and three-bedroom apartments.

The project's third phase will include a four-level retail mall with restaurants, cinemas and an additional 10 storeys for accommodation.

"The vision for Star Mountain Plaza is that you'll be able to enjoy the same level of services as in a mall in Brisbane, Cairns or Singapore," says Augustine Mano, Chief ▶





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“

The vision for Star Mountain Plaza is that you'll be able to enjoy the same level of services as in a mall in Brisbane, Cairns or Singapore.

”

Executive Officer of state-owned Mineral Resources Development Corporation, which fronts the consortium of landowner funds behind the project.

Marriott and Hilton will provide competition to popular long-stay properties including the Crowne Plaza Residences, managed by InterContinental Hotels Group (IHG), which hosts residents on 6 or 12-month contracts while also maintaining an inventory of short-stay rooms for members of its IHG Rewards loyalty program.

“We don't sell all our rooms because we have so many guests that need short-term accommodation,” explains Mauro Leone, Area General Manager at IHG PNG.

The company is this year due to start a PGK30 million, 18-month renovation of 152 rooms in the two oldest sections of sister property the Holiday Inn and Suites.

Meanwhile, Pacific Palms Property is renovating its Whittaker and Windward apartments in Port Moresby and refurbishing its Blaikie Apartments in Lae.

PNG's largest hotel, The Stanley Hotel and Suites, which offers over 400 hotel-style rooms and apartments in Port Moresby's Waigani district, is planning a ground-floor renovation that will include a refurbished lobby reflecting the character of local areas and traditions.

Further ahead, plans have been announced for a PGK840 million Raddison Blu resort, mall and residences in Port Moresby's planned Paga Hill tourism precinct. ■



PICTURES: GODFREEMAN KAPTIGAU & SUPPLIED BY MARRIOTT

Marriott puts out the welcome mat in Port Moresby

Mary Tao peeks inside the new Marriott Executive Apartments at Harbourside South.

The largest hotel chain in the world, Marriott International, has extended its brand into Papua New Guinea. The Marriott Executive Apartments Port Moresby, which take up the top nine levels of Harbourside South, is the chain's first branch in the South Pacific and is a welcome addition to Stanley Esplanade. Harbourside South has 21 floors and

is managed by Pacific Palms Property. It provides multilevel parking, four levels for corporate use and shops.

The private Marriott residences start on level 13 and all 88 suites are available for lease. Clients can choose from premium classic one- or two-bedroom apartments that have views of Fairfax Harbour. The view is perhaps most breathtaking from one of the five luxurious penthouses (one or two bedrooms) with large balconies.

Interior-designed by Hachem, all the suites have high ceilings and plenty of natural light, creating a sense of space and a calm flow.

The living rooms have an open-plan style that connects with the kitchens, which all have mirrored-glass splash-backs that reflect





The living areas of the Marriott Executive Apartments have views of Fairfax Harbour (opposite); the Harbourside South Building (top); a light-filled bathroom (above left); a master bedroom (above right).

“

Clients can choose from premium classic one- or two-bedroom apartments that have views of Fairfax Harbour.

”

the outside. This adds to the ultra-modern vibe of the space and allows residents to take full advantage of the beautiful harbour views.

The carefully curated furniture and art have been sourced locally and promote minimalism.

Restaurants, entertainment and leisure activities are within safe walking distance, and residents can use a newly built skywalk that connects the Harbourside precinct and Harbourside South.

“The goal is to really acclimate whoever comes,” says Sherry Maglasang, opening General Manager of the apartments.

“We don’t want to secure them (the residents) in one place, we want them to see PNG, and PNG is not inside (the apartments). You don’t box them in, that’s a thing of the past.”

Measures such as an orientation packet and correspondence with a resident prior to their arrival are part of helping residents settle in and learn about Port Moresby and the rest of the country.

Although the target market is corporate executives needing a home away from home for a long stay, the property is also family-friendly, with access to recreational facilities on level 11 that include two pools and a playground.

To wind down after a long day, there is an executive lounge, spa, 24-hour gym and dance studio. For professionals who wish to conduct business on site there are meeting rooms. ■

See marriott.com



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Grand Papua Hotel Rejuvenation

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

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

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

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

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

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

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

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

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

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

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

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

A message from

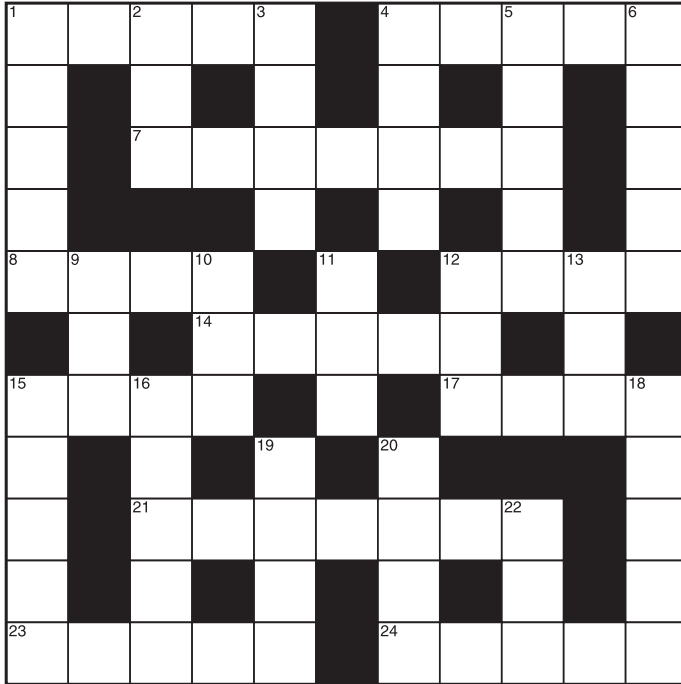
Chief Executive Officer
Steamships Hospitality
(Coral Sea Hotels,
Upscale Hotels,
ENZO'S Pizza)





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. Keys in categories (5)
- 4. Notices pimples (5)
- 7. Rod used to get a good reception (7)
- 8. Epic tale set in Algiers again (4)
- 12. Go steady with fruit (4)
- 14. End in peace as expected (5)
- 15. Team sighed audibly (4)
- 17. Leon comes back for Christmas (4)
- 21. Makes a difference to a mature non-professional (7)
- 23. Cancel in the middle of camera set-up (5)
- 24. Partridge loses part of sharp crest (5)

DOWN

- 1. Sad to mistreat ugly amphibians (5)
- 2. It's round and green, looks sweet in the garden (3)
- 3. Stage scenes for groups of people (4)
- 4. Dispatched cent as verbally requested (4)
- 5. Written in memos "A kasbah for Honshu city" (5)
- 6. Twenty in total (5)
- 9. Mr Baba is some goalie! (3)
- 10. A church expert (3)
- 11. Flying fox found in birdbath (3)
- 12. Oddly enough, doesn't study (3)
- 13. Golf peg kept in canteen (3)
- 15. Tony's car even included alarm (5)

- 16. Turbulent situation that often precedes queen (5)
- 18. Not all knowledge is on the shelf (5)
- 19. One hundred at the start of short, wide street to see grotto (4)
- 20. Engineers read Beloved (4)
- 22. Ruby is embarrassed (3)

STRAIGHT CLUES

ACROSS

- 1. Kinds (5)
- 4. Leopard's markings (5)
- 7. Insect feeler (7)
- 8. Lengthy story (4)
- 12. Sticky ... pudding (4)
- 14. Stop (5)
- 15. Support, ... with (4)
- 17. Sir ... Coward (4)
- 21. Unpaid sportsman (7)

Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.



- 23. Remove completely (5)
- 24. Narrow hilltop (5)

DOWN

- 1. Frog relatives (5)
- 2. Whistle ball (3)
- 3. Solidifies (4)
- 4. Mailed (4)
- 5. Japanese seaport (5)
- 6. Take revenge, settle the ... (5)
- 9. Boxer, Muhammad ... (3)
- 10. Top pilot (3)
- 11. Flutter (one's eyelids) (3)
- 12. Lion's home (3)
- 13. Arrange, ... up (3)
- 15. Frighten (5)
- 16. Theatrical piece (5)
- 18. Cliff projection (5)
- 19. Collapse, ... in (4)
- 20. Expensive (4)
- 22. In debt, in the ... (3)

Theme: AMPHIBIANS

- AIR-BREATHING
- AMPHIBIA
- ANURA
- AQUATIC LARVA
- CAECILIANS
- COLD-BLOODED
- EVOLUTION
- LARVAE
- LIFE CYCLE
- LIMBLESS
- POND
- RAINFOREST
- SALIENTA
- TADPOLE
- TERRESTRIAL
- TROPICS
- URODELA
- VERTEBRATE
- WEBBED



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

- 1 Who is the Governor of Port Moresby?
- 2 In which year did James Marape become the prime minister of PNG?
- 3 How long is the Sepik River: 603km, 875km or 1126km?
- 4 Where have you most likely been if you are at the corner of Air Corps Road and Mangola Street with a shopping bag full of fruit and vegetables?
- 5 Air Niugini recently ordered six new state-of-the-art aircraft scheduled for 2025. Can you name the aircraft type?
- 6 Port Moresby's Jacksons International Airport is named after RAAF squadron leader Jackson. Do you know his first name?
- 7 Which famous Australian broadcaster nicknamed the 'Golden Tonsils' was born in Wau, PNG?
- 8 What is British naval officer Rear Admiral John Moresby famous for?
- 9 What is the currency of Palau?

- 10 What do Honiara in the Solomon Islands, Apia in Samoa and Port Vila in Vanuatu have in common?
- 11 What is a Goliath Birdwing and where is it found?
- 12 Which is the main ethnic group in Singapore: Chinese, Malay or Indian?
- 13 With what team do you associate the colours of maroon, white and gold?
- 14 How many islands in the Vanuatu archipelago: 11, 83 or 117?
- 15 Can you identify these three provincial PNG flags?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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

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Q	L	E	A	E	G	L	Z	E	Z	O	I	X	A	V
U	W	V	A	R	C	J	I	D	P	P	Z	I	Z	L
A	O	O	W	L	B	I	N	F	O	G	N	X	A	M
T	R	L	E	E	E	E	L	R	E	F	R	R	J	P
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C	S	T	O	N	A	B	O	R	A	A	Y	G	I	L
L	E	I	P	W	Q	A	E	R	E	N	I	C	R	A
A	L	O	D	X	K	S	U	D	U	V	S	E	L	K
R	B	N	A	Q	T	N	V	P	Z	Z	T	F	R	E
V	M	A	T	L	A	I	R	T	S	E	R	R	E	T
A	I	X	C	O	L	D	B	L	O	O	D	E	D	W
D	L	H	Y	S	A	L	I	E	N	T	A	M	Z	M
Y	I	M	A	I	R	B	R	E	A	T	H	I	N	G

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

The Paradise Quiz

1 Powes Parkop 2 2019 3 1126km 4 Lae main market. 5 Airbus A220 6 John 7 John Laws 8 He was the first European to discover the site of Port Moresby. 9 US dollar 10 They are all capital cities. 11 A butterfly. It is found in Indonesia and is the second largest in the world after PNG's Queen Alexandra's Birdwing. 12 Chinese 13 The Brisbane Broncos rugby league team. 14 83 15 (A) Bougainville (B) Enga Province (C) West New Britain Province

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PAPUA NEW GUINEA VISITOR GUIDE



PICTURE: DAVID KIRKLAND

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

Out and about

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

CLIMATE

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

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. Complimentary Wi-Fi is available at hotels and at Jacksons International Airport.

Phone: International phone roaming is possible in PNG, but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones). Major mobile networks are Digicel, Telikom PNG and Vodafone. Mobile data is available in cities and towns but may not be available in rural areas.

ELECTRICITY

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

GETTING AROUND

Airport transfers: For arrival/ departure in Port Moresby, hotels provide a complimentary transfer.

Car hire: Major companies include Hertz Car Rental (+675 325 4999/+675 7235 2442) with a self-drive rate of PGK270–485 a day. With a driver it is PGK612–868. Avis Car Rental (324 9400) day rate is PGK315–435 with a PGK4600 bond. With a driver it's an additional PGK15 per hour. With the poor state of roads,

especially in Lae, 4WDs/SUVs are recommended.

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





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

Established in 2022, the training has proudly certified more than 120 local rice farmers with plans to empower more than 1,000 farmers by the end of 2023. Trukai has one of the most extensive agricultural programs, investing millions of kina in rice research, science, technology and development. Trukai continues to support local rice farmers by enhancing their rice cultivation skills, strengthening families, building communities and reaffirming our commitment to the people of PNG.



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

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

HEALTH

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

MEDICAL EMERGENCY

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

MONEY

PNG's currency is the kina (PGK). Banks and ATMs are located



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

around Port Moresby, Lae and almost all urban centres.

SHOPPING

Brian Bell Home Centre:

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

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

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

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

Unity Mall & Supermarket: This complex at the Steamships compound in Waigani has small businesses selling PNG-designed

outfits, crafts and accessories. You can also find a pharmacy and several hair stations. The eateries offer local cuisine, snacks and coffee. A supermarket is set to open soon. See unitygroup.com.pg.

Vision City: Centrally located in Waigani, the mall has everything from groceries to clothing stores, pharmacies, salons and even a carwash service. The only cinema (Paradise Cinema) in the country is on level 2. You can also find a night club (The Cosmopolitan). Take your pick from the many restaurants and food vendors at the Food Junction.

MARKETS

Boroko Market: Next to Santos Stadium, this popular market has a great range of local produce. There is limited parking but there is a general understanding to park along the side street with caution. Open 7.30am–5pm.

Ela Beach Craft Market: At the IEA TAFE campus opposite the beach. Held on the last Saturday of each month. Support artisans from nearby Motuan villages and small businesses that sell paintings, *bilums*, as well as woven baskets, mats and *tapa* (tree bark) cloth sourced

from rural parts of the country. Organised by the Ela Murray International School. Tel. +675 302 3800. Open 7.30am–midday.

Gordons Market: Next to the Gordons police station, it's the biggest market in Port Moresby with two levels. Well-organised, you can find everything from various greens, root crops and seasonal fruit. There is ample parking and security. Open 7am–6.30pm.

Holiday Inn Craft Market:

Held the third Saturday of each month in Cassowary Park. Paintings, wooden carvings and pandanus mats are just a few of the items on sale. Proceeds from the vendor fees (PGK20) and the craft market's sausage sizzle go to charity. Open 8am–1pm. See facebook.com/holidayinnandsuitesportmoresby.

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

Moresby Arts Theatre Craft Market:

Located at Waigani (next to Parliament House) find local art, carvings, pottery and jewellery. Enjoy the barbecue, live music and movies for kids. Some craft days have cultural dances and performance art shows. Held first Saturday of each month. Entry PGK2. Open 8am–1pm. See moresbyartstheatre.org.

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



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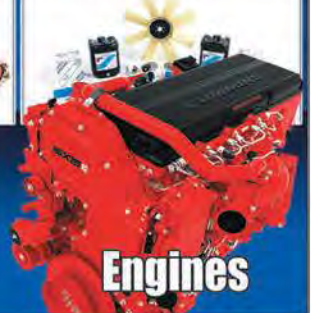
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POM City Markets: If you're after traditional crafts as well as a whole range of novelty products started serving boba drinks. See facebook.com/allibping. Tel. +675 7320 7777.

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

Aviat Port Moresby Club:

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

PORT MORESBY

EATING & DRINKING

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

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant has a buffet each morning, lunch and evening. The Filipino-themed buffet is a winner. There is also an a la carte menu and stunning views. The tandoori dishes come highly recommended. See airways.com.pg. Tel. +675 324 5200 and +675 7373 2600.

Akura: An elegant dining and lounge bar at Harbourside that is a popular spot for after-work drinks. Try the aburi salmon rice bowl and the beef ragu pappardelle. Tel. +675 7320 7777. See instagram.com/akuraping.

Aibi Bar & Grill: At the Harbourside precinct, open for lunch and dinner daily. Fridays and Saturdays bring in a big night crowd and the bar stays open until late. Try their platters: the Surf & Turf, Meat Lovers and

the Fisherman's Basket with a view of the harbour. They have started serving boba drinks. See facebook.com/allibping. Tel. +675 7320 7777.

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

Crowne Plaza Residences:

The Port Terrace Restaurant & Bar has views of Fairfax Harbour, and all-day dining. It's open 6.30am to 10pm. Try a power juice for breakfast, chicken parmy for lunch or chilli lobster for dinner. The extensive menu also includes burgers and steaks, as well as share plates. Great spot to watch the sunset with a beverage, with wine, beer, spirits and cocktails on offer. See portrestaurant.com.pg.

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

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations: at Harbourside, Gordons and Jacksons International Airport. You can order your breakfast ahead of time



Japanese treats are on offer at Daikoku at Harbourside.

for those busy work mornings. See duffyng.com.

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

Edge by the Sea: The Edge cafe has affresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. Try their new

decadent Basque cheesecake. There's a mist water system in the affresco area that can reduce the ambient air temperature by up to 10 degrees, perfect for those blistering-hot days. Tel. +675 7995 5263.

Ela Beach Hotel: Drop in to Salt Restaurant (at Beachside) for casual all-day dining, including

curry, burgers and wok dishes, or pizza at Enzo's. See coralseahotels.com.pg. Tel. +675 7998 6510.

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

Gateway Hotel: The hotel's dining options include the Wild Orchard for breakfast and dinner buffet daily, Jackson's Gaming-Restaurant-Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town, Sizzler's Family Restaurant for value dining (FGK60 buffet), while Enzo's Express does quick lunches, coffee and pizza. Their newest spot, Deli Cafe, serves excellent milkshakes and the hotel's own range of bread and pastries. See coralseahotels.com.pg.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See coralseahotels.com.pg/grand-papua-hotel.

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG, and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in

and coffee, at Halo in





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- ▶ Visitor/sports person (60 days)
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NOTE: PNG Government has allowed visa auto-grant only to selected visa classes under the Visitor visa category and the Restricted Employment Visa (REV).

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TRAVEL UPDATE

COVID-19 VACCINATION CARD

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

VISA ON ARRIVAL (VOA)

VOA for all eligible nationalities remain suspended until further notice.

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Your passport must be valid for over 6 months.

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

PRIORITY PROCESSING

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

VISA AND WORK PERMIT FORMS

You can download the forms on PNG Immigration website.

MIGRATION FEE

You can pay your migration fee for visa, passport and all other migration charges online by creating a MICA Account on the official website www.ica.gov.pg



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the convention centre foyer. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

Holiday Inn & Suites: The Kopi Haus Restaurant has breakfast from 6am, lunch and dinner. It has a la carte as well as a buffet, with the cuisine including PNG flavours. Expect themed buffets (such as barbecue and flavours of Asia) from Wednesday to Friday. The poolside Gekko Bar opens at midday and includes a big screen for sports telecasts and tasty bites to go with a range of wines, cocktails and local and international beers. See ihg.com. Tel. +675 303 2000.

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

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

Jeanz Cafe: A family-friendly cafe with ample seating that proudly serves PNG Arabica coffee. Located in Gordons Plaza, it has a great range of salads, pastries and sandwiches. See gordonsplaza.com.

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

Lamana Hotel: Choose from options including Spices Restaurant (Indian), the Italian Restaurant, Cafe Palazzo and PNG's biggest nightclub, The Gold



The pool area at Loloata Island Resort.

Club. The 360 Bar has great night views, and exclusive birthday fireworks can be organised. See lamanahotel.com.pg. Tel. +675 7373 0600.

Loloata Island Resort: The private island has two restaurants. Bootless Bay is spacious with high ceilings and an open-plan style that provides a panoramic view of the sea. They serve a highly recommended breakfast and lunch buffet. The vibe at night makes it the perfect spot for a dinner date. (Expect a beachfront set-up for Valentine's Day.) The Beach Club upstairs is a great spot for special events like corporate dinners and birthdays. See loloataislandresort.com. Tel. +675 7108 8000.

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

Mojo Social: This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. Try the new

Mexican dishes during a regular Taco Tuesday. See mojofood.co. Tel. +675 7995 5264.

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

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

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

Red Rock Bar: Located at Dogura, 6 Mile (along Magi Highway). Be prepared for an uphill drive to the bar but it's

worth the spectacular sunset. Try the Red Rock burger or sizzling lamb and pork with a table in the outdoor area. Tel. +675 8214 7357.

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

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

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

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices. On the 19th ►





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

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

Tasty Bites: This cosy traditional Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza (ANG Haus). A great spot for quick and affordable meals. Try the vegetable noodles with chicken strips or the pizza menu. Deliveries available. Tel. +675 321 2222.

Tribes Coffee Club: This cafe has two locations: Oasis building

in the Steamships compound, Waigani, and Lawes Road, Ela Beach. All-day dining available. The seafood platter with crab, shrimps and the catch of the day is a dinner favourite. Tel. +675 321 0455.

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

LAE

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

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

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Try the T-bone steak with mushroom sauce if you're after something hearty. Tel. +675 479 0100.

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

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

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken, butter prawns and the Malaysian dish nasi lemak. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. A great

venue for big dinner parties. Tel. +675 479 0100.

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

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

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

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



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NGCB CEO Imelda Agon's Visionary Capacity Building Initiative Expands Horizon Through Australian Study Program



Imelda Agon, the visionary CEO of the National Gaming Control Board (NGCB), has embarked on a groundbreaking initiative that promises to enhance the knowledge and expertise of NGCB staff members.

Under the Memorandum of Agreement (MOA) between Ferguson Education Group (FEG), a leading education group in Australia and New Zealand, and the NGCB, a select group of NGCB employees will undertake a six-month study program in Australia.

First batch of four staff have been sent down to Australia and currently undergoing training in Certificate IV in Business (Cyber Security).

This pioneering venture spearheaded by Ms Agon is set to revolutionise the gaming landscape in Papua New Guinea and elevate the NGCB to new heights.

The study program in Australia will provide NGCB employees with a unique opportunity by equipping them with an understanding of legislative requirements, maintaining security of digital devices, assessment and management of cyber-security threats while also promoting IT security awareness and best practice in the workplace.

The insights gained from this program will undoubtedly catalyse the NGCB's efforts to establish a robust regulatory framework and promote best gaming practices domestically.

The CEO's visionary leadership has been instrumental in securing this collaboration with FEG.

Recognising the significance of cross-border partnerships in the modern gaming industry, Agon has actively pursued alliances that leverage international expertise to uplift the NGCB capabilities.

Through this MOU, she has demonstrated her commitment to fostering a culture of continuous learning and professional development within NGCB.

The benefits of this Australian study program extend beyond the individual participants, as they will play a pivotal role in disseminating the knowledge and skills acquired to their colleagues upon their return.

The NGCB under Imelda Agon's guidance is poised to become a hub of excellence in gaming regulation, setting new standards of integrity and transparency in the PNG gaming industry.

Furthermore, this initiative aligns perfectly with the broader national vision of PNG gaming sector.

By investing in the professional development of NGCB staff, the country is reinforcing its commitment to responsible gaming practices, consumer protection, and economic growth.

The knowledge gained from studying in Australia will help shape policies that strike a balance between fostering a thriving gaming industry and safeguarding the welfare of PNG citizens.



Signing of the Memorandum of Agreement between NGCB and FEG in Gold Coast Australia



Ferguson Management team enjoyed a great dinner with team members of NGCB



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EDUCATION & MIGRATION

MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

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

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

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

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

NUMBERS

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

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Airbus training for Air Niugini staff

Airbus, through its learning subsidiary, Airbus Beyond, has finalised a commitment to support the development of Air Niugini staff.

The agreement was co-signed in Singapore by Airbus Beyond Chief Executive Officer Adam McGonigal and Air Niugini Acting Chief Executive Officer Gary Seddon.

The move signifies a pivotal step towards advancing the airline's workforce capabilities and aims to equip Air Niugini's middle management with the expertise required for the next phase of its development. This comes following the recent order by the airline for a new A220 fleet.

Over the next three years, Airbus Beyond will deliver specialised training courses at the Airbus campus in Singapore.

The programs are designed to nurture future talents in crucial areas such as airline operations, planning and sustainability, ensuring Air Niugini will have a skilled and agile workforce capable of navigating the evolving landscape of the global aviation sector.

"Airbus Beyond is proud to be a part of this journey and to provide crucial support to the airline's growth," McGonigal says.

Airbus says more than 50,000 people have advanced their skills through Airbus Beyond,



Airbus Beyond CEO Adam McGonigal (left) and Air Niugini Acting CEO Gary Seddon in Singapore after the signing of the training agreement.

taking part in scheduled courses, training, facilitation, coaching, consulting, business simulations, on-the-job auditing, virtual classrooms and e-learning.

Under its fleet modernisation plan, Air Niugini has placed an order for six A220-100 aircraft. Additionally, the airline will acquire three A220-300s and two more A220-100s from third-party lessors. ■

Trade link with PNG and Cairns

Air Niugini's Chief Operations Officer Captain Granger Narara was a guest speaker at a recent Tradelinked PNG event in Cairns, Australia.

He spoke about the airline's re-fleeting program and what it means for the airline, the country and the region.

He said the new aircraft, scheduled for delivery from next year, will allow Air Niugini to increase its footprint in the region and expand business, emphasising the government's focus on tourism, agriculture and air transport, and how investors can come in.

The President of Tradelinked Cairns PNG Pacific, Tony Sheehan, congratulated Air Niugini on its recent 50th anniversary and said Tradelinked looked forward to more opportunities with the airline.



President of Tradelinked Cairns PNG Pacific Tony Sheehan (left) receives an Air Niugini model plane from Captain Granger Narara.

The event was attended by members of the PNG community in Cairns, former Air Niugini staff based in the area and businesspeople focused on driving business growth in the Pacific.

Tradelinked is an industry group focused on growing trade relations between Cairns and the Pacific. ■



RESOURCES PROJECTS PRESENT OPPORTUNITY FOR AIR NIUGINI

Air Niugini's Acting Chief Executive Officer Gary Seddon addressed the 17th PNG Resources & Energy Investment Conference in Sydney late last year.

He spoke about Air Niugini's re-fleeting program and how the airline is aligning itself to support and take advantage of the investment opportunities in the resources sector, and especially the new projects in the pipeline.

There are eight new resource projects in progress and the development and extension of infrastructure necessary for the projects is important to ensuring a successful outcome not only for the sector but also the country.

The three-day conference was held at the Sydney International Convention Centre and was opened by the Prime Minister James Marape.

Air Niugini was among the exhibitors at the conference.

The annual event brings together representatives from the Papua New Guinea and Australian governments, resource sector ministers and industry leaders.

Organised by the PNG Chamber of Mines and Petroleum, the event looks at the future of mining and petroleum sector in PNG and how the resource sector can be developed over the next 10 years. ■



From left, Air Niugini's Australian Airports Regional Manager Maree Keygan, Acting CEO Gary Seddon, Business Development Manager NSW Marie Ozaltin and Board Chairman Karl Yalo at the airline's exhibition booth in Sydney.

Anniversary celebrations around the country

Air Niugini staff around Papua New Guinea gathered for the airline's 50th anniversary last year. Some of the staff pictured at celebrations include (clockwise from top right) Team Mount Hagen, Team Lae, Team Madang, Team Kavieng, Team Hoskins, Team Kokopo, Team Alotau and Team Manus.



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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

Immigration and Customs Forms

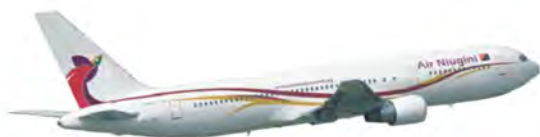
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

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



AIR NIUGINI FLEET



B767-300ER - Boeing

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



F100 - Fokker

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



DHC8-Q315 – Bombardier

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



B737-800 - Boeing

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



DHC8 – 400 – Bombardier

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



Falcon 900EX - Dassault

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



F70 - Fokker

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



DHC8-202 – Bombardier

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

Your health inflight

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

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

Blood Circulation / Muscle Relaxation

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

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

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

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

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

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

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

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

Recommendations

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

Jetlag

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

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

Recommendations

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



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

Cabin Humidity / Dehydration

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

Recommendations

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

Eating and Drinking

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

Recommendations

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

Motion Sickness

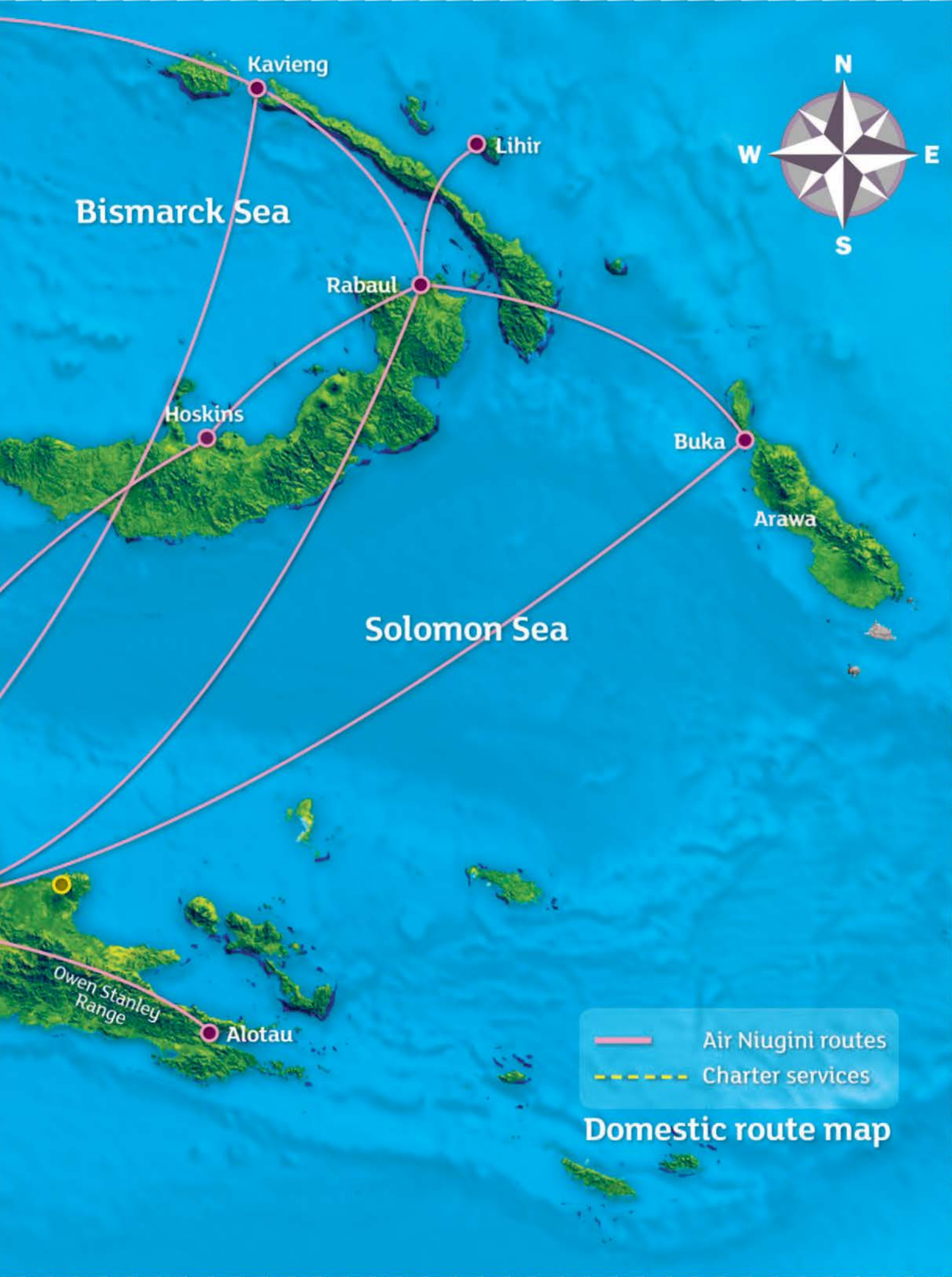
This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

Recommendations

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



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Kavieng

Lihir

Bismarck Sea

Rabaul

Hoskins

Buka

Arawa

Solomon Sea

Owen Stanley Range

Alotau

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- Charter services

Domestic route map



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OCEAN**

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TARAWA

TUVALU

PORT VILA

APIA

NADI

NOUMÉA

AUCKLAND

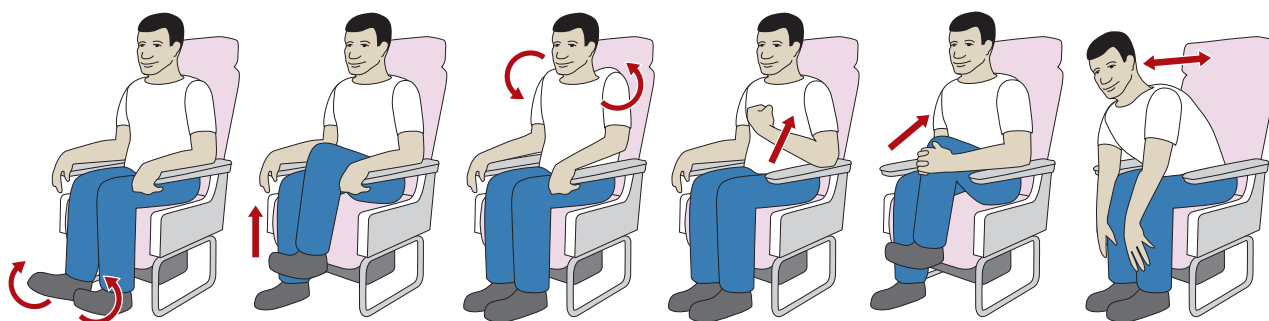
INTERNATIONAL ROUTE MAP

Your wellbeing



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

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



ANKLE CIRCLES

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

KNEE LIFTS

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

SHOULDER ROLL

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

ARM CURL

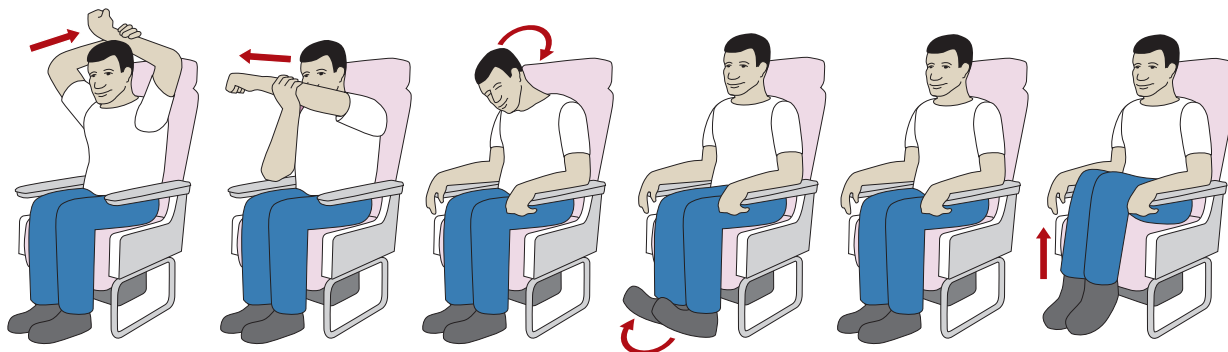
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

KNEE TO CHEST

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

FORWARD FLEX

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



OVERHEAD STRETCH

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

SHOULDER STRETCH

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

NECK ROLL

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

FOOT PUMPS

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

2. Put both feet flat on the floor.

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

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