

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 3 MAY - JUNE 2019



PARADISE

PORTRAITS OF A NATION

A PORTFOLIO OF PNG

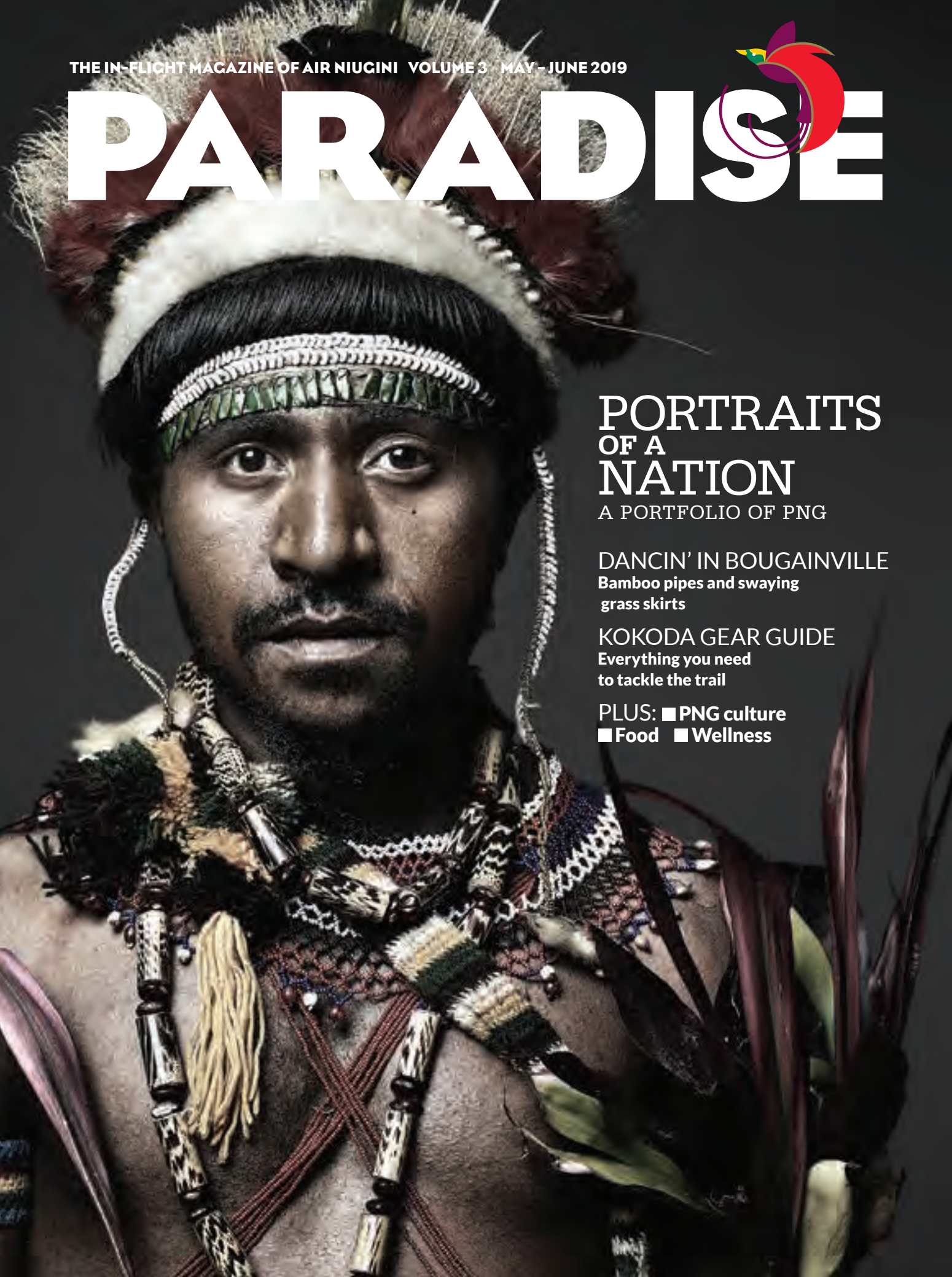
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OUR COUNTRY, OUR REGION, OUR WORLD



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LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



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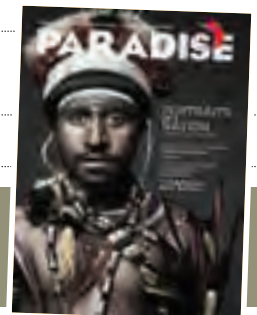
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Cover photo: American Sandro Miller has photographed people from 450 PNG communities. Our cover shows one of his subjects, Siko Tota, a farmer from Komufe village near Goroka. See story, Page 88 Picture: Sandro Miller



PARADISE



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Message from the Managing Director

Welcome aboard



In recent months, I have been travelling across Air Niugini's network introducing our customers to our new program, 'Higher Altitudes', which I also announced in the last issue of *Paradise*.

This program aims to transform Air Niugini by focusing on our people, our customer service,

our operational excellence and our profitability.

Already, I am pleased to report the program is starting to have an impact.

The clearest evidence of this is the way in which all of our people at Air Niugini have embraced it.

For us, the key goal of 'Higher Altitude' is to improve our engagement with you, the customer.

We have created a new customer-focused group within Air Niugini to ensure that all efforts are directed to giving you the best possible service whenever you fly with Air Niugini.

That means we are now even more focused on improving the on-time performance of our flights, providing a better check-in experience, a more pleasant lounge experience for our Executive Club members,

improving inflight catering and entertainment, providing better international connections, and much more.

Part of our goal is to be a more agile airline, better able to respond to the changing needs of our customers, and the changing realities of the marketplace. We need to be ready to respond, quickly and effectively.

Key to that is supporting the development of our major asset – the people of Air Niugini. We need to have a development plan for every one of our 2000 people, and we will.

It is the people of Air Niugini who are the ones who can make a difference to your experience every time you fly with us. It is their passion and commitment that is driving us to a 'Higher Altitude'.

I believe it is not only possible, but *essential*, that we provide both excellence in our customer service and also provide a healthy return to our shareholders.

The owners of Air Niugini – the people of Papua New Guinea – will, I hope, be pleased to note that the airline was profitable in the first quarter of 2019.

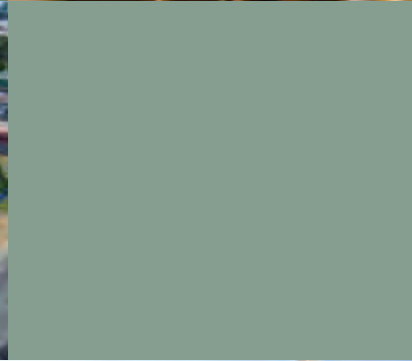
An encouraging start to the year.

Alan Milne
Managing Director





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Air Niugini has officially launched a transformation program called 'Higher Altitude', which aims to take the airline from 'good' to 'great'.

Air Niugini managing director, Alan Milne, says the program focuses on costs, revenue opportunities, staff, and customer and operational excellence.

He says one of the biggest decisions faced by the airline is the makeup of the fleet.

“

We have to focus on customers like never before.

”

“We have delivery of four brand-new Boeing 737 Max aircraft to look forward to from 2020/2021, and we also have to make decisions on the eventual replacement of our Boeing

Air Niugini launches excellence program

767, Fokker jets and Dash 8 turboprop aircraft. That's a long-term planning process that is underway now," he says.

Another important focus of the program is on airline employees, in particular developing the next generation of leaders and ensuring that all staff members are involved and engaged.

Alan Milne ... says long-term planning is underway to choose new planes for Air Niugini's fleet.



“If our staff are engaged and we give them the right tools and resources to deliver their work, they will ensure reliable service standards, schedules and all-round customer satisfaction.”

Another area of focus is customer experience.

“Without good, safe and compliant operations and customer proposition, we really don't have an airline, hence it is very important for us to retain this and build on it further.”

“We have to focus on customers like we have never had to before – the whole end-to-end customer proposition – that's from making the booking on the website to the check-in experience, schedule, aircraft availability, the lounge experience, inflight entertainment, the food that we serve, and the service standards that Air Niugini is so well known for.

“We'll be concentrating on these areas to ensure that we can deliver at a reasonable price and competitive way. We have also set up a new dedicated customer group within our organisation structure; they'll be a central point of contact for all things concerning our customers.” ■

Airline backs SP Hunters again

Air Niugini has extended its agreement with the Papua New Guinea Rugby Football League (PNGRFL) for another year as a silver sponsor of the SP Hunters. The airline's managing director, Alan Milne, says the national airline is proud to continue its partnership with the PNGRFL.

“Under the agreement, Air Niugini will provide airfares for all SP PNG Hunters' travel to and from Queensland, as well as within Papua New Guinea.

“It's an honour to be your airline of choice, we will do everything possible to ensure your travel is carried out smoothly.”

PNGRFL chief executive officer, Reatau Rau, commented: “We are grateful to our national flag carrier Air Niugini for continuing this vital partnership for the SP PNG Hunters players and staff to travel to and from Queensland to participate in the Intrust Super Cup competition.” ■



Signing on ... (from left) SP PNG Hunters chairman, Graham Osborne; PNGRFL CEO, Reatau Rau; Air Niugini managing director, Alan Milne; and Air Niugini general manager of commercial services, Dominic Kaumu.



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AIR NIUGINI PEOPLE: PILOTS

Father and son pilot Air Niugini flight

Two pilots created Air Niugini history recently when they became the first father-and-son duo to take the controls on a commercial flight. Captain Mark Yates-Round and first officer Christian Yates-Round flew a Fokker 70 from Port Moresby to Lae, then Hoskins, Rabaul and back to Port Moresby on February 1. Following that, they also flew from Port Moresby to Hoskins. The return flight was made even more special with Jernin Yates-Round joining her husband and son as a passenger. "I wasn't sure we would ever get to fly together, but I was hoping that one day the schedule would

"Today was a culmination of my flying career and a proud moment for me to have my son and I flying a commercial flight together."

work out," Christian said. "It's an experience of a lifetime to have flown with dad." Christian became interested in aviation as a child living in Port Moresby in the 1990s. He joined the Royal Australian Air Force in 2001 and flew a Hercules for 12 years, including six tours of duty in Iraq and Afghanistan. Mark started with Air Niugini in 1989 as a first officer on F28s. He left the airline in 2000 to expand his skill set before returning in 2008. "Today was a culmination of my flying career and a proud moment for me to have my son and I flying a commercial flight together," he said. ■



Father and son pilots ... Mark Yates-Round and Christian Yates-Round.

AIR NIUGINI PEOPLE: SALES AGENTS

Gathering of Air Niugini agents from around the world



Sales force ... participants at Air Niugini's sales conference.

Air Niugini recently hosted a two-day sales conference in Port Moresby, attended by the airline's domestic and international sales teams, together with general sales agents (GSAs) from around the world. Managers and team leaders from the commercial division at Air Niugini head office in Port Moresby were also present. Air Niugini general manager of commercial services, Dominic Kaumu, said: "We are pleased to note that some of our GSAs from Israel, Italy, the US, South Korea, India, New Caledonia and New Zealand attended the conference for the first time. Although Air Niugini and PNG may be small in global terms, these GSAs have now

alia Leka (pictured) has been appointed as the executive manager of Air Niugini's cargo services. "Helping customers to ensure their cargo safely reaches its destination anywhere in the world can be challenging, but if you are passionate about what you do, you will always look for new ways, better processes and procedures to ensure all cargo reaches its final destination on time and that customers are happy," says the mother of one from Makerupu in Central Province. ■



alia Leka (pictured) has been appointed as the executive manager of Air Niugini's cargo services.

AIR NIUGINI PEOPLE: CARGO MANAGER

New boss for cargo services



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PARADISE Q&A

DAVID KIRKLAND

This prolific photographer of PNG estimates that he has taken tens of thousands of pictures of the country. The work of the Brisbane-based snapper appears in *Paradise* and other media around the world, and his photos hang at Jacksons International Airport. Now, he is about to publish his 17th book.

Q: How many times have you been to PNG?

A: That's a good question for someone who's chronologically challenged. I first came to PNG about 25 years ago wanting a career in travel photography – and, visually, it's still the most exciting part of the world to photograph because of the diversity of its culture. I'd say I've had at least 30 assignments since.

Q: Have you ever estimated how many photos you have taken in PNG?

A: Tens of thousands. I started in the old film days and I have several shelves full of film folders and a studio overflowing with digital images.

Q: Do you have a favourite PNG photo?

A: That is so hard. Sort of like saying do you have a favourite child. The photo of the woman holding the arms of the guys at Lake Murray always brings a smile to my face, but one of my most popular, used in the the tourism authority's campaign to bring visitors to PNG, is the guy in front of the waterfall.

Q: Where else in the world does your photographic work take you?

A: I'm familiar with most of the South Pacific and a lot of South-East Asia (I've just done an assignment in Vietnam

and Cambodia), but recently I've been commissioned to photograph Saudi Arabia and countries on the African continent. This year I'm looking at photographing India, the Maldives, Rwanda and Singapore – all around a busy schedule in the South Pacific.

Q: Your photos hang at Jacksons International Airport. That must be quite a thrill to see them every time you land in PNG?

A: I love it. It's great walking down that corridor and knowing everyone who comes to PNG is likely to notice them.

Q: What's the best advice you can give to someone starting out in photography?

A: Differentiate yourself. Sure, show you can do what's needed but, if your portfolio/web site is looking like everyone else's, you're always likely to be struggling. And be consistent. I have no doubt that many people can take a wonderful photograph, but it's a professional that takes them consistently and under just about any conditions – and that's what a prospective client needs to see in your work.

Q: What gear do you use?

A: I generally carry two 35mm Nikons, a medium-format Pentax 645D, a range of pro



2.8 lenses (mainly 17–35mm, 30–70mm, 50mm and 80–200mm), a Manfrotto stand, a reflector, a flash and the Sony RX100 in an underwater housing. Nowadays I also carry around the Phantom 4 Pro.

Q: Can you tell us a bit about your new book?

A: *The Last Great Frontier* is a collection of the best photographs I have taken of PNG over more than two decades – with a new update on a modern Port Moresby from an assignment I did last year. Importantly, it's a snapshot of this fascinating country in transition at the turn of the century.

Q: How many books have you published previously?

A: My company has published 16 of my books – all of which, I'm happy to say, have moved into second editions. They have largely been travel books on Australia and the countries I have photographed in the South Pacific. I used to write books of short stories and include photographs about the places I travelled. Nowadays I don't get a lot of time to write, unfortunately, as I travel on commissions up to eight months of the year. ■

– ROBERT UPE



“

It is so hard to pick a favourite photo. Sort of like saying do you have a favourite child. The photo of the woman holding the arms of the guys at Lake Murray always brings a smile to my face.

”



PICTURES: DAVID KIRKLAND



All smiles ... the photo of a tourist holding the arms of two men in Western Province is one of David Kirkland's favourites from the tens of thousands he has taken in PNG (above); the photo of a tribesman in front of a waterfall has been used in tourism campaigns (far left); Kirkland's new book (left).

David Kirkland's new book, *The Last Great Frontier, Papua New Guinea*, is exclusively distributed by Chin H Meen, which has a retail outlet at Jacksons International Airport in Port Moresby. The recommended retail price is about PGK100.



Are aliens listening to PNG music?



Outer space ... Voyager passes Mars (left); the NASA record with PNG music that is on board the spacecraft (below).

“It was our chance to create a human culture chest of Noah,” Sagan said at the time.

Two of the 27 songs are from the Pacific.

NASA lists the PNG music as a ‘men’s house song’ from the Nyaura clan in Kandingei village, in Sepik Province. It was recorded by Robert MacLennan in 1964.

NASA lists the Solomon Islands’ contribution as panpipes, collected by the Solomon Islands Broadcasting Service from the village of Oroha, in Malaita Province.

There were eight men playing the pipes for the recording. Sam Matanai, the nephew of original musician Isaac Houmawai, says the song is traditionally reserved for special occasions, like feasts.

Both spacecraft are hurtling through space at about 55,000kph, and aren’t expected to come close to another star for at least another 40,000 years. ■

– KEVIN McQUILLAN

PICTURE: NASA



If there is life in outer space, it’s possible that a life form is listening to music from Papua New Guinea and the Solomon Islands.

They’re listening thanks to a phonograph record, a 12-inch gold-plated copper disk containing sounds and images selected to portray the diversity of life and culture on Earth, put on board the Voyager spacecrafts.

There are two Voyager spacecrafts, both launched within months of each other in 1977.

Voyager 1 entered interstellar space in August 2012, while Voyager 2 reached

interstellar space last December, after taking a different route.

NASA says interstellar space is where our sun’s constant flow of material and magnetic field stops affecting its surroundings – about 18,450,000,000 kilometres from Earth.

The contents of the record were selected for NASA by a committee chaired by the late Carl Sagan of Cornell University, who compiled 115 images and sounds, such as those made by surf, wind and thunder, birds, whales and other animals.

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PNG's first reality TV show arrives with a heartbeat

Paramedics facing crash scenes, the miracle of birth and workers travelling hours into the jungle to help the injured. These are just some of the scenes audiences are seeing in PNG's first-ever reality television show.

Green Angels follows St John Ambulance officers as they venture through the National Capital District and Central Province, often undertaking life-saving work.

The idea to tackle reality TV came about when St John Ambulance chief executive officer, Matthew Cannon, was exploring ways to change the public misconception in PNG of what an ambulance service does.

"It's not just to transport people to hospitals," he says. "Life-saving equipment

and skilled personnel are on board every ambulance, who can confidently provide pre-hospital medical care."

Cannon thought taking people behind the scenes and into the ambulance was the best way to capture people's attention. And he says it's been paying off. "We often only hear about the negative stories surrounding health care in Papua New Guinea," he says. "But there are incredible people in the Papua New Guinea health system – doctors, nurses and ambulance officers – doing amazing things everyday, continuing to save lives. This show was an opportunity to show just that."

The program was inspired by a similar reality series aired in Australia.



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St John's deputy chairman, Ian Clough, says it highlights the positives of what's happening on the ground. "We want people to understand and appreciate the need and importance for ambulance services in addressing key health challenges, particularly maternal and infant survival," he says.

The show has also helped the families of ambulance officers understand the sacrifices they make every day. "The family member of one of our ambulance officers that saw her husband on the show was in tears through the episode with just how proud she was," Cannon says. "She had no idea what he does and what he's faced with every day when he puts on his uniform and goes to work." ■

– NICOLA GAGE

Green Angels airs on EMTV at 9.30pm on Saturdays until the end of May.



Lifesavers ... paramedics (above and opposite page) are the stars in *Green Angels*, a TV series that looks at the work of PNG's St John Ambulance.

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Kokoda museums to open along trail

Next year, countries around the world will mark the 75th anniversary of the end of World War 2. Stories from that transformative time, especially from the brutal campaigns along the Kokoda Trail, are read about in schools across Papua New Guinea, Australia and Japan, and passed down orally through the generations.

But much of the physical history from the war has been eroded by weather and neglect, or simply lost in the intervening years as PNG set its sights on the vital task of nation building.

“Some people only see rusty old bits of metal,” explains Greg Babilis, curator of the modern history department at the National Museum and Art Gallery (NMAG), when describing the machine guns, rifles and unexploded ordnances that will be on display at three new local museums on or near the Kokoda Trail. “But these items act as memory touchstones for both diggers and local people, and we think that’s worth preserving.”

“

The community museums will better preserve military artefacts and provide an income for the custodians of these relics.

”

NMAG, with support from the Kokoda Initiative under a PNG and Australian Government partnership, is working with local communities to build and manage the three local museums at Alola and Efogi villages on the Kokoda Trail, and at Buna on the northern coast.

“The new local museums are simply building upon what is already in place,” says Babilis.



Preserving Kokoda ... locals gather around the new museum at Alola.

“Residents have been collecting and displaying artefacts for trekkers since the war ended – we just helped with labelling, curation and object biographies to create more depth to the stories of the soldiers’ experiences and we supplied building materials to help create permanent structures.”

Attached to each museum is an open-air trade *haus* and community centre, where locals, particularly women, can sell souvenirs, food and drinks to the estimated 3500 Kokoda trekkers who pass through the villages each year. The Kokoda Trail is the number one tourist destination in the country. The museum and trading *haus* at Alola have already been completed, and the ones in Efogi and Buna will be opened in coming months.

“This investment in community museums will better preserve military artefacts and provide an income for the custodians of these relics,” Babilis says. “It will also enhance the tourist experience for trekkers who are interested in the history of the Kokoda campaign, by ensuring artefacts are adequately protected, displayed and interpreted.”

While the museums are primarily targeted at overseas tourists and trekkers, Babilis believes they could have a powerful role in helping Papua New Guineans understand their own modern history.

“I hope the museums help spark young people’s interest in military history. Everything we do should inform curriculum development, and what should be taught in primary and high schools. Museums have an important educational function for the work we do in archaeology, history and biology,” Babilis says.

The museums will act as pilot sites to test ideas and concepts that could be rolled out to other community museums.

In addition to the museums, there are plans to develop an interactive, multi-layer 3D digital map of the entire Kokoda Trail, with extra detail for special sites such as the Etoa battlefield and Brigade Hill, and for selected foxholes or trenches to be restored as interactive sites to recreate wartime conditions. ■

– LISA SMYTH



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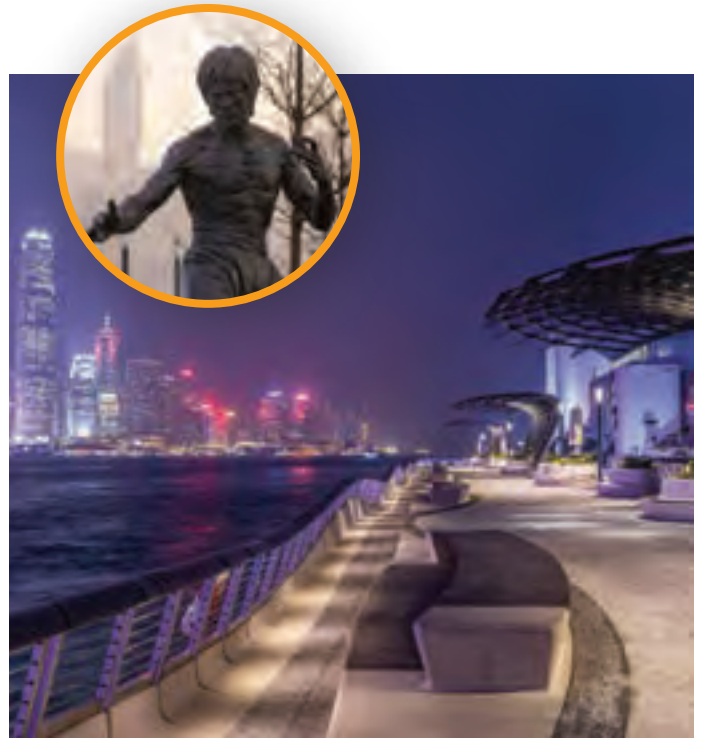
Hong Kong's walk of fame reopens

Hong Kong's iconic Avenue of Stars has reopened following three years of redevelopment under the guidance of renowned New York High Line architect James Corner.

The 457-metre-long promenade first opened in 1982 and was modelled after the Hollywood Walk of Fame.

The area continues to offer spectacular views of the skyline and Victoria Harbour, and new highlights include:

- The handprints of 117 famous actors – visitors can scan QR codes to access biographies and clips from their films.
- Kiosks and mobile carts featuring local brands, including Mei Lok Store, Ho Cha, POS Talk and Tiny. Bruce Lee souvenirs are also available.
- Multifunctional LED lamp posts providing lighting, Wi-Fi, mobile signals and security cameras.
- Another lighting system that illuminates the water beneath the pedestrian deck after dark. ■



Walk of fame ... Hong Kong's Avenue of Stars lit up at night and (inset) a statue of actor and martial arts fighter Bruce Lee.

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By purchasing as many goods and services as possible from local Papua New Guinea businesses, ExxonMobil PNG is helping grow the local economy and community skills.

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Local businesses have been stimulated through the ExxonMobil-supported Institute of Banking and Business Management Enterprise Centre which provides training, mentorship and advisory services to local businesses.

The contribution PNG businesses have made to ExxonMobil PNG's success is considerable, and grows as the skills and capacity of local companies increase.

“Through constant training and mentorship, local businesses are now delivering better services at a higher standard and the PNG LNG Project has provided growth opportunities that would otherwise not have existed. These lessons of business development are now being taken back into the local communities and have contributed to transforming local economies.”

Joshua Coughran, General Manager of LABA, landowner company for the LNG Plant communities.

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On the plate

The Curated Plate, a new four-day food festival, is set to make its debut on the Sunshine Coast in Queensland, Australia. The festival, on August 8–11, brings together the region’s finest produce with the best chefs in the Australian and international dining scene, including Japan’s ‘best restaurant’ chef, Zaiyu Hasegawa. Exclusive culinary events and incredible dishes like the prawn cocktail (pictured) will span the region from the coast to the hinterland. The Sunshine Coast is just hours from Brisbane, where Air Niugini flies daily. See thecuratedplate.com.au. ■



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Porgera women farmers display their food crops during the 2017 Porgera Agriculture Show.



PJV Community Development Manager Jacqueline Nen with PCCI President Nickson Pakea at the signing of PJV as an affiliated member of the PCCI.



Small businesses are the lifeblood of PNG and the Porgera Joint Venture is proud to work hand in hand with community organisations to help them thrive.

Through our support and funding, the Porgera Chamber of Commerce and Industry provides small and medium businesses in the Porgera Valley with cost effective information, advice and advocacy. This in turn facilitates job creation, financial literacy and opportunities for women in the community.

By advancing local commerce and employment opportunities, the Porgera Joint Venture is investing in the local economy and leaving a lasting legacy in the Porgera Valley.



Part of the community

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BIG PICTURE

TAKEN BY PETER HOWARD

PNG's cultural festivals are famed for their colour and character. In this series of photos, the photographer has captured some of the many faces at the Mount Hagen Show, where up to 75 tribes gather for cultural events. The photographer says he has 800 more photos like this! This year's show is on August 17-18.



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





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Bamboo pipes and swaying grass skirts

Olga Fontanellaz travels to Bougainville's little-known Reeds Festival.

“Never heard of it.” “Why Bougainville?” “Why don’t you go to Mount Hagen Festival?” They were some of the comments from my local friends about my plan to go to the Reeds Festival in Bougainville. In Papua New Guinea, when you talk about the festivals, everyone thinks of the Highlands, Mount Hagen and Goroka, and to some extent Rabaul and the Sepik. But the Reeds Festival, what kind of festival is it? What’s it like?

I wanted to find out.

I heard the festival was held on Bougainville Island beginning in July, just enough information last year to board the plane in Port Moresby with my husband.

Bougainville Island is as far east as you can go in PNG. Together with Buka Island and countless small islands and atolls, it’s part of the Autonomous Region of Bougainville. No roads lead to or from it, you get there by plane or by boat.

One-and-a-half-hours later, our descent to Bougainville reveals views over blue water dotted with islands, lush jungle and mountain ridges.

French explorer Louis-Antoine de Bougainville discovered this volcanic island about 250 years ago and named it after himself.

At Buka airport, the moist Bougainvillean heat engulfs us. Melanesian mothers with rainbow-coloured umbrellas wave and smile at us. Old women sitting on the ground quietly weave *bilums*, PNG traditional string bags. Noisy children are running around, climbing betel nut trees and causing trouble.



“

The Reeds Festival was initiated a few years ago to showcase and preserve the cultural traditions of the people of Bougainville. But very few tourists have journeyed to the island to see it.

”



In the groove ... bamboo pipes at the Reeds Festival (opposite page); dancers swaying their hips to the rhythms of island music (above).

From Buka, the provincial capital, a short banana boat ride takes us across Buka Passage – the channel separating Bougainville and Buka islands – to Kokopau. From here, it’s a four-hour drive south by public motor vehicle (PMV) to Arawa, where the festival is taking place.

PMVs in Bougainville are four-wheel-drive Toyota LandCruisers. That’s the good news. The bad news is that they seem to have no limit to how many people can fit inside.

Having different names like ‘Transformer’, ‘Yumi Yet Rong’, ‘Crazy Rider’, ‘Mad Max’ and ‘Rollercoaster’, the PMVs all promise an unforgettable ride. Of course, we go on ‘Mad Max’. With the Bougainvillean flag flapping about by the windscreen and a figurine of the Virgin Mary violently bouncing on the dashboard, Steven, our PMV driver, fulfils the promise with a combination of flashing signals and horn honking. “We are rich. You know how much copper and gold we have?” Steven says, making reference to Panguna mine. “And copra and cocoa too.” ➤



Bamboo pipes and swaying grass skirts



“Do you like swimming? Snorkelling? All tourists like snorkelling,” he says as he points to sugar-white beaches and clear turquoise waters. At the risk of disappointing him, I tell him that we have come for the Reeds Festival. Does he know if it’s on? “Yeaap,” he says with some hesitation.

Our frenzied drive works out all right, and we race with all our limbs attached into Arawa.

Regardless of potholes the size of bathtubs, I have to admit the drive is scenic, too, with white sandy beaches fringed by coconut palms, lush jungle and plantations of banana and cocoa palm.

We are hosted by a couple working for the Volunteer Service Abroad, who tell us: “Tourists don’t know how beautiful Bougainville is.”

In the morning, we join the crowds at the Reeds Festival, where bamboo pipes, *sing-sings*, cultural performances dramatising local legends, live bands playing contemporary Bougainville music and art and craft displays are part of the program.

We are soon tapping our feet to the rhythm of the bamboo pipes. Made from a combination of different sizes of *mambu* (bamboo), the pipes are unique to Bougainville. ➤

Stagecraft ... performers at the Reeds Festival (above); men and young boys painted for the festival with natural pigments (right); men playing pan flutes consisting of several pipes of gradually increasing length (far right).



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Bamboo pipes and swaying grass skirts

The beat of the pipes echoes in the air, resonating through my whole body. With the first sounds of the music, Bougainvillean women with broad charming smiles and long grass skirts come forward, swaying their hips and graciously moving their heads to the island tune.

The women's hypnotising performance is followed by men's warrior dances, which are traditionally performed to welcome chiefs from other tribes, or at the start or end of a war.

Other performing groups from all over Bougainville soon join the warrior dancers.

Ignoring the energy-sapping heat, they sing traditional songs about their daily lives – fishing, canoeing and gardening.

Gone are those days when people here wore grass skirts. Western-style clothes have been eagerly adopted. But for special occasions, such as the Reeds Festival, traditional attire is taken out from the old suitcases.

All the performers are dressed in grass skirts – men and women – and they are decorated with necklaces, belts, armbands and hairbands.

There is no vivid body paint, or towering headdresses loved and treasured by the Highlanders. There are no boar tusks or cassowary quills pierced through the noses, but necklaces and hairbands made of dried seeds and shells. The costumes aren't extravagant and eye-catching. Their beauty comes from their simplicity and the use of natural materials.



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Bamboo pipes and swaying grass skirts



Local fashion ... traditionally dressed Bougainvillean women with grass skirts and headdresses made from bird feathers.

Bilums are part of the dress too. In Bougainville they are still made using woven plant reeds and natural dyes, not the flamboyant synthetic yarns popular elsewhere.

I have to remind myself I am in PNG because the costumes look so similar to those worn in the Solomon Islands.

At this point, the sun is blazing relentlessly. It is hot, humid and airless.

Despite the heat, a group of men blow into a row of vibrating panpipes, traditionally used for ceremonial and ritual occasions. Typical to Bougainville, their close neighbours, the Solomon Islanders, also know how to blow these pipes. Consisting of several pipes of gradually increasing length, they are made of bamboo or local reeds, giving the festival its name.

To the right, there is another group of men. They have bows and arrows, and piercing eyes. My husband can't take his eyes off them, captivated by their mock battles and warrior-like cries.

With 23 languages spoken in Bougainville, the culture varies from area to area, but everyone seems to agree about the need to "save our God-given culture".

The Reeds Festival was initiated a few years ago to showcase and preserve the cultural traditions of the people of Bougainville. Support from sponsors has made it a regular event, but so far very few tourists have journeyed to the island to see it. ➤

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Bamboo pipes and swaying grass skirts

When I return to Port Moresby, sunburnt and holding a woven basket full of *kaukau*, the questions change from ‘why Bougainville?’ to ‘what was it like?’

I tell my local friends that the beauty of the island isn’t only in white sandy beaches and blue waters teeming with fish, but in its warm-hearted and resilient people who have rebuilt their lives and revived their culture since the 1988–1998 civil conflict. ■



NEED TO KNOW

WHEN The Reeds Festival is on July 5–9. See the Bougainville Travel website (bougainville.travel) or contact Allan Gioni from the Bougainville Heritage Foundation (allan.gioni29@gmail.com) for more information.

WHERE The Reeds Festival is at the Tubiana beachfront and Kaamuri Festival Park near Arawa.

EAT & STAY See bougainville.travel.

 **Air Niugini flies from Port Moresby to Buka six times a week and to Kieta twice a week. See airniugini.com.pg.**



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In a land of Eden

Kayla Reimann ventures into a Jurassic-like jungle landscape where Tuke villagers have their hopes pinned on a new eco tourism venture.

Making a splash ... one of the swimming holes near Tuke village (right); an aerial of the cascades (inset).



Nestled in the Nakanai Ranges of New Britain Island, Tuke village is a wild Eden. Think tremendous landscapes and cliffs carpeted in white wildflowers, elaborate and uncharted cave systems boring into the sides of mountains and bright-blue crystal cascades raging downstream.

Under the threat of logging, the people of Tuke asked my father, Riccard Reimann, founder of the eco-conscious Baia Sportfishing Lodge, to help establish an eco tourism model in their mountains. By arranging helicopter day tours into the area for small, managed groups, it's hoped this model can bring much-needed revenue to the locals to improve community

health care and education, without them losing their land and livelihood to logging.

As a preliminary step, a group of seven scientists and conservationists were recently invited in to survey the region's biodiversity and document the importance of preserving such a rich eco system. I was lucky enough to tag along as a translator.

Although I was looking forward to the gruelling two-day trek into Tuke from Baia, I was fortunate enough to be offered a seat on a helicopter heading in.

The 40-minute flight provides some perspective to the 1600-metre elevated walls of lush jungle and intact rainforest and the colossal size of ancient sinkholes, large enough to maintain their own





PICTURES: TIANA REIMANN

microclimate. If ever there is a Jurassic-like jungle, this is it.

After touching down in a small clearing, we are welcomed by an excited crowd.

Kids scurry ahead to a magnificent series of blue lagoons running fresh with icy rapids. From the rocks, they launch into the narrow channel where the rapids churn.

“

The 40-minute flight provides some perspective to the 1600-metre elevated walls of lush jungle and the colossal size of ancient sinkholes, large enough to maintain their own microclimate.

”



Then their curly-haired heads bounce up out of the water; overjoyed by the adrenalin, they are ready to jump again.

The lagoons are the main meeting area for the locals. It is where kids play and mamas wash their babies, where men share their stories on the banks, and where we go daily for our morning swim. ➤

In a land of Eden

Crossing limestone ridges, we are taken to a spot where we see two towering waterfalls plummeting into a network of streams and rapids.

The waterfalls are lined with hibiscus and the impenetrable wall of deep jungle, giving me my first glimpse of this Eden.

Trekking past *kunai* huts we eventually come across the dark mouth of a cave, 11 storeys high. Bats rush about the entrance and towering stalagmites are covered with moss and broad-leafed, bottle-green ferns.

Venturing towards the cave, we are surrounded by limestone walls and climb – on all fours – up a sheer, rocky slope. Finally at the cave mouth, the narrow beam of our head torches reveals a realm of scuttling insects and bats on the hunt for them.

To me, the bats all look the same – small, brown and furry. The passion of the group’s ‘bat scientist’, however, rubs off on us and eventually we are as excited as he is to be identifying the frequencies of over 13 bat species.

Also, like the bats, we become accustomed to eating insects. ➤



Cooling off ... the author takes a dip with Tuke locals (right); young boys taking part in a village *sing-sing* (opposite page).

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In a land of Eden



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In a land of Eden



Crayfish of the land ... one of the giant stick insects that taste like pork crackling (above); local accommodation (right).



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In a land of Eden

At Tuke, a favourite for lunch is the *kidam blo bush*, or crayfish of the land. These giant stick insects are found in abundance in logs and taste like pork crackling.

The next morning, local people perform a *sing-sing* for us to

mark the start of a sustainable relationship, with heli-tours and the prospect of other eco tourism initiatives promising an income for the locals without costing them their land or livelihood. ■

NEED TO KNOW

GETTING THERE Baia Sport Fishing organises heli-tours to Tuke from Kimbe or Rabaul. The day tours include visits to swimming spots, interaction with locals and exploring the immediate area.

MORE INFORMATION Email baiafishingpng@gmail.com, see baiafishingpng.com.



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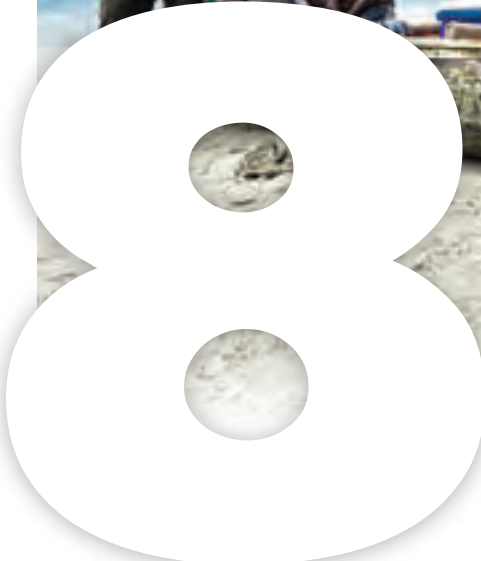


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PICTURES: NICOLA GAGE

On the coast ... a friendly welcome from the locals.



REASONS TO VISIT WEWAK

If you're up for adventure and looking to discover PNG's untouched treasures, Wewak is the place for you. *Nicola Gage* reports.

"Can you see where you're going?" I ask John, from the passenger seat. Heavy rain is pelting over the tropical canopies that line the road – as well as our car's windscreen – as we make our way through the ranges. We're on the hunt for a waterfall – specifically, one near Passam High School, inland of Wewak. As we slowly descend the mountain, the deluge clears into a light

shower, revealing a quiet street where kids are playing a game of soccer. We turn through an open gate and park on a shady patch of grass. While I take in the surrounds, three young men walk up and introduce themselves, offering to take us to the water. We must be in the right place, I think to myself. Perfect. After squeezing through a broken fence and traversing a waterway, we begin trekking through steep, dense

rainforest, in the hope of finding what we came for. This is how adventures begin in the East Sepik – through a small gap in a fence. You'll only come across many hidden gems, like this one, through word of mouth, or chatting with a local. It truly is the land of the unknown – isolated, exhilarating, unique. This is part of its appeal. As the rain grows in strength, the dense landscape peels open on itself; a crystal-clear waterfall – we've made it.

The Sepik region is a mysterious region, rich with culture, colour and secrets. Tourists often bypass Wewak, however, and head straight to the mighty Sepik, one of the great rivers of the world. There is plenty on offer, though, in and around the East Sepik Province capital, home to about 25,000 people. You just have to look a little closer to find it. Like other parts of PNG, remnants of war can be seen right across Wewak. During World >





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8 reasons to visit Wewak

“

You'll come across many hidden gems through word of mouth, or chatting with a local. It truly is the land of the unknown – isolated, exhilarating, unique.

”



Vegetable patch ... fresh produce at Wewak market (right); a relic of World War 2 at Mission Hill (opposite page).

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War 2 it was home to the largest Japanese air base on mainland New Guinea and subjected to a barrage of bombing attacks. If you search, you can still see bomb craters around both the current and former airstrips, as well as the rusting remains of Japanese landing barges on the beach near the hospital.

The surrounding islands are a holiday in themselves, providing a tranquil escape from the mainland. Turquoise waters run across across white, sandy beaches, with palms stretching inland as far as the eye can see. Some of them are rugged beyond belief, then you turn a corner only to find a bustling community.

The majority of people here live a subsistence lifestyle, with villages scattered through town. Locals hunt, fish for crayfish and sell their catch on the roadside. Outside of the main strip, the town is relaxed and relatively safe, however I would always

recommend a high degree of caution when travelling through PNG.

If you're looking for a helping hand, Sepik Adventure Tours specialises in guides around Wewak as well as further out (adventurepng@gmail.com; +675 456 2525). Operators of the Naigboi Guesthouse on Yuo Island can also set up tours of the islands and boats from the mainland (+675 7276 1483).

For any supplies, the best supermarket in town is Garamut, across from the main beach. With most services spread out, you'll need to hire a car. Hertz is based in town and will deliver the vehicle to the airport if necessary (+675 456 1338). The Boutique Hotel also organises airport transfers.

Here are some of the reasons why I think Wewak is a good place to visit.



8 reasons to visit Wewak



1 KAIRURU ISLAND
 This is one of the best-kept secrets of the Sepik. A short boat ride from Wewak and reaching nearly 800 metres high, this mountainous paradise has a little bit of everything. The best way to see it is by boat, hopping off at different spots along the way. You'll be able to find remnants from World War 2, with pieces of aircraft scattered through some areas, as well as tunnels used during the Japanese occupation. Around the bay you can visit hot springs created from volcanic activity on the island; the water is as warm as a hot tub. It also has some amazing surf breaks, reefs and waterfalls, so be sure to bring your swimmers and a mask. This is a must-see.

2 WEWAK MARKETS
 I find the best way to meet locals and learn about their lifestyle is by visiting the local markets. Wewak's main market is in the west end of the town

centre; it's a bustling hive of colour and activity, with hundreds of people selling local produce brought in each day. You can also find a few baskets and *bilum* bags here, if you're looking for a souvenir.

3 CAPE WOM AND WAR HISTORY
 About 10 kilometres outside of Wewak, Cape Wom International Memorial Park is the site of a former airstrip used during World War 2. It is also where the Japanese locally surrendered on September 13, 1945. The area is well manicured and houses several artefacts. If you look behind it, there are several more Japanese tunnels, which connect parts of the cape. Mission Hill is also worth visiting – the drive there is also a treat. ▶



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8 reasons to visit Wewak

4 UNAI ISLAND

Unai is a tiny isle near Wewak. Uninhabited, calm and bordered by bright, white sand, it will only take you about 10 minutes to walk the entire way around. When organising a tour of the islands, be sure to sail here. Help pull your banana boat into shore, roll out a picnic rug and watch the clouds drift by. You will feel like the only people on the planet.

5 NAIGBOI GUESTHOUSE

This is the ideal hideaway if you want to meet locals and relax. Located on Yuo Island, not far from Kairuru, the guesthouse is a stone's throw from the water and contains about eight rooms and two bungalows. While it's basic (mattresses with ▶



In the jungle ... Passam waterfall is a short drive from Wewak.



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8 reasons to visit Wewak

mosquito nets), that's what makes it enticing; it's a great place to wind down and learn about PNG's culture. There's clear water, stunning beaches and delicious food. What more could you want? Be sure to bring a surfboard from November through April.

6 GATEWAY TO THE SEPIK
With direct flights from Port Moresby, Wewak is the ideal location to begin your Sepik adventures. It's a great base to explore the region, whether you're planning on touring the river, visiting other communities like Ambunti for the annual Crocodile Festival, or Maprik to see a traditional yam ceremony.

7 BOUTIQUE HOTEL
In Wewak, the hotel will make your time in the Sepik all the more relaxing. Perched on Wewak Hill and nestled amongst residential housing, this hotel is an unexpected oasis overlooking the Bismarck Sea. Its Vanilla Room Restaurant is the best place to eat in town; it's well worth basing yourself here before heading out to otherworldly reaches of this land.

8 PASSAM WATERFALL
There are two waterfalls here, located just behind the Passam High School. It's a bit tricky to find on your own. I would advise that you take this tour with a local, otherwise you may get lost. I'm sure someone in



Local life... Wewak's beach is lined with palms and filled with friendly faces.

the community will be more than happy to lead you; just ask when you arrive. We were led through by a young man named Samuel Chan Bakavi. Feel free to contact him

on Facebook if you need help. The environment is rugged and steep – and you will be wading through knee-deep water – so be sure to pack your hiking boots. ■



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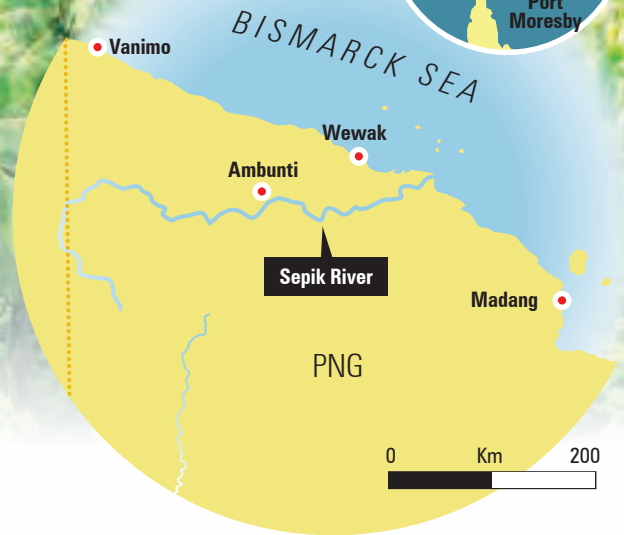
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8 reasons to visit Wewak



NEED TO KNOW

GETTING THERE The Air Niugini flight from Port Moresby is direct and takes one hour and 20 minutes. The airport is a 10-minute drive from the town centre.

BEST TIME TO GO It's warm all year round, but if you visit in August you can also attend the Sepik's annual Crocodile Festival. The festival this year happens from August 5-7.

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

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Back to nature

Jennifer Ennion checks in at Queensland's Thala Beach Nature Reserve, where the natural world blends with life's little luxuries.



Thala Beach Nature Reserve ... the resort is set on a rocky headland (above); relax in a hammock under a shady tree, or indulge in good food (opposite page).

On a rocky headland that juts into the Coral Sea, with the verdant Macalister Range as a backdrop, Thala Beach Nature Reserve lures travellers to Tropical North Queensland. A sophisticated re-imagining of a Robinson Crusoe hideaway, Thala has attracted the attention of eco-conscious tourists the world over for more reasons than its stunning location. But let's start there.

From Captain Cook Highway, visitors see a fleeting patchwork of towering coconut palms

as they travel between two of Queensland's most iconic holiday destinations, Port Douglas to the north and Cairns to the south. The plantation is enough to entice photographers – most notably Instagrammers – off course. They take a few snaps of the 700-odd palms to woo friends back home and are quickly gone again, leaving Thala guests none the wiser. And that's how you want it.

Hidden among 58 hectares of native forest, visitors spend their days flitting between the

pools, restaurant and bungalows. Secluded Oak Beach has plenty of pull, too, and it's easy to find yourself cocooned in a hammock reading a book with no-one else around.

The lazing about is only interrupted when it's time to cool down in the inviting sea (it's safe to swim between May and October) or wander the two-kilometre stretch of cream sand.

Another temptation is Osprey's Restaurant, where chefs follow the seasons, and the modern Australian menu features plenty of seafood.





“

It's easy to find yourself cocooned in a hammock reading a book with no-one else around.

”



Expect to be wowed with dishes such as smoked paprika and chilli calamari, line-caught yellowfin tuna, and a coconut seafood laksa with tiger prawns and mussels.

The open-air restaurant is like a giant tree-house – the lodge centrepiece, you could say – with coastal views extending 140 kilometres northward to Cape Tribulation. It complements the environment, as do the bungalows that perch on stilts or hide among eucalypts and

casuarinas, ensuring privacy and garden or ocean views.

Inside the bungalows, the furnishings speak of another era, but are far from outdated. Think cane armchairs, glass bowls of shells and plenty of timber.

In the mini bars, guests will find stainless steel and/or bamboo water bottles (which they're encouraged to take home), as part of a recent commitment to being free of single-use plastic

bottles. Other practical measures at the family owned wildlife retreat include the rehabilitation of what was once a sugar cane plantation, and the use of sustainable materials during a low-impact build.

Thala's conservation focus has seen it granted the highest level of Advanced Eco Certification for simultaneously connecting guests to the landscape, minimising environmental impact and supporting local communities. ➤



Back to nature

Step up ... the entrance to Osprey's Restaurant (right); one of the room interiors (far right); setting sun on the beach (below).



Wildlife experts run nature, garden, bird and butterfly walks throughout the reserve, as well as a stargazing tour and Australia's only coconut tour, focused on the fruit's health benefits.

Kuku Yalangi Elders, from the local Aboriginal community, also hold storytelling sessions about their cultural traditions, such as the use of healing plants and the significance of the wooden wind instrument the didgeridoo.

Combine these programs with the private beach, plentiful wildlife – including excited rainbow lorikeets – and more than 10 kilometres of walking trails, and you'll find it hard to fault the place.

It's this winning mix that's seen it become a member of *National Geographic's* Unique Lodges of the World, a status recognising the best in sustainable tourism worldwide. As if

such accolades and features aren't enough of a drawcard, let's talk destination again. Thala holds prime position in one of Australia's most sought-after locales, with both the Great Barrier Reef, one of the seven natural wonders of the world, and the UNESCO World Heritage-listed Daintree Rainforest on its doorstep. Needless to say, Thala is a special place. ■

FOUR GREAT THINGS TO DO NEAR THALA

- Spend a morning shopping along the boutique-lined Macrossan Street in Port Douglas, about 15 minutes' drive north.
- Enjoy a special meal at the beachfront Nu Nu Restaurant in the nearby resort village of Palm Cove.
- See some of the most exquisite coral on the 2300-kilometre-long Great Barrier Reef on a snorkelling or scuba diving charter.
- Learn about Queensland's Indigenous culture, and how to make bush tea and damper, on a Mossman Gorge Dreamtime walk through the Daintree Rainforest.

NEED TO KNOW

STAYING THERE Thala Beach Nature Reserve is 45 minutes' drive north of Cairns. There are four room types, from jungle bungalows to a deluxe suite, which include air-conditioning, balconies and bath tubs. Rooms from PGK900 per night (sleeps two).

MORE INFORMATION See thalabeach.com.au.



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



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Squinting, I can just make out Monuriki Island, famous as the location for the filming of Tom Hanks' movie *Cast Away*.

”

Castaway in Fiji

Jennifer Johnston finds barefoot bliss at a luxury island resort.



Looking out over so many variations of blue water, the colours teal, cerulean, sapphire, azure and turquoise come to mind to describe them. I'm at the highest point on Castaway Island, a private island resort in the heart of Fiji's Mamanuca Islands, 30 kilometres from the main island of Viti Levu.

I've ascended a dirt track, winding its way upwards through dense tropical rainforest, finishing at a lookout.

The 20-minute trek has been worth the exertion, despite the humidity.

For my efforts I'm rewarded with spectacular views to the

north. Tree-covered volcanic islands break up the vast hues of blue. Squinting, I can just make out Monuriki Island, famous as the location for the filming of Tom Hanks' movie *Cast Away*.

On this Castaway Island, though, there's no need to invent an imaginary friend like Tom Hanks did with Wilson. Walking about the resort, which occupies a small pocket of the island's 70 hectares, there's a greeting of *bula* and a warm smile at every turn from the resort staff.

Their friendliness is infectious from the moment you step off the boat onto the island's white sand. You're greeted by a bunch

of barefooted Fijian people welcoming you with an uplifting song and wide smiles.

One of our welcoming songsters on the beach, Meli Titoko, guides us to the Sundowner bar for a refreshing drink before we check into one of the resort's 64 burees.

At Castaway you choose how to spend your time. If chillaxing is your preference, the resort has two freshwater pools (one is for family with a poolside café, the other adults only with a swim-up-bar). Lying in a hammock tied between two palm trees conveniently located outside my air-conditioned buree is one of my favourite 'chill' activities, followed

by a relaxing Fiji-style massage in one of the massage burees.

For more active pursuits, head to the water sports kiosk and grab a kayak and paddle around the north beach area (or the entire island if you're feeling energetic).

Provided there's enough wind, catamarans and windsurfers are ready for sailing. There's always an option to snorkel over coral beds in the translucent water, a step off from either south or north beach. The resort offers PADI scuba diving and if you're an early riser and love surfing, a 45-minute speedboat ride delivers you to some of the best surfing waves in the





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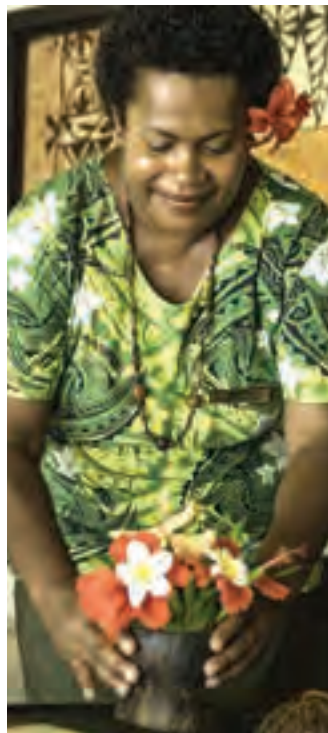
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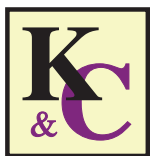
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Castaway pleasures ... cool drinks, friendly service and luxury interiors.

world, including the renowned Fiji surf spot, Cloudbreak.

The resort caters for many appetites with four restaurants and bars. The Sundowner bar offers pizza and cocktails. The Water's Edge restaurant has buffet breakfast and a la carte dinners (there's a Fijian lovo buffet on Wednesday nights). The Nuku Marau bar and grill next to the family pool has an extensive a la carte menu.

The adults-only 1808 restaurant offers outdoor dining under the stars, tables perched on the white sand, and a culinary fusion of Fijian, Indian and Chinese cuisines. ■

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

NEED TO KNOW

GETTING THERE Reaching the Mamanuca Islands from Viti Levu takes 60 to 90 minutes by ferry or water taxi. See ssc.com.fj.

STAYING THERE Castaway Island has four types of accommodation, including beach burees. All are air conditioned. Prices from about PGK1420 a night.

MORE INFORMATION See castawayfiji.com.





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CITY GUIDE:

MACAU

Macau is best known for its flashy casinos, but *Bronwen Gora* reports that there's much more to this region near Hong Kong, including Michelin-star dumplings and a Eurasian vibe.

Macau ... a thriving metropolis close to Hong Kong (this page); Macau Tower (opposite, far right); the ruins of St Paul's at the end of a row of colourful houses (opposite, right).



Macau's popularity as a tourism destination is soaring for myriad reasons. Yes, it has spectacular casinos including the world's two largest, a gaming industry seven times larger than in Las Vegas and reaps tourism's ninth-highest revenue in the world.

But Macau's eclectic Eurasian culture also draws visitors to what is now the planet's most densely populated region. The coastal enclave on the edge of mainland China has a mere 30 square kilometre footprint – two-thirds of which has been reclaimed from the sea – yet comfortably supports 21,000 people per square kilometre.

The colonisation of the once tiny fishing village of Macau by Portuguese traders in the 16th

century left such a unique legacy of Eurasian food, culture and history that visitors nowadays need not even set foot on a gaming floor to fill their time.

Much of this time should be spent eating: Macau's cuisine is deemed so impressive that UNESCO placed it on the Creative Cities for Gastronomy list.

Air Niugini flies from Port Moresby to Hong Kong three times weekly. From Hong Kong, it's easy to get across to Macau.

GETTING AROUND

Macau is 64 kilometres south-west across the water from Hong Kong Island, and the most common way to get there is by ferry).

After arriving at Hong Kong International Airport, head for the well-signposted Mainland/Macau



transfer area. Purchase ferry tickets from automated machines or the counter in transfer area E2 before checking-in luggage and taking either the automated people mover, bus or taxi to Hong Kong–Macau Ferry Terminal. The ferry ride to Macau takes about 70 minutes. As an alternative, visitors can also travel to Macau from Hong Kong (35 minutes) through the recently opened Hong Kong–Zhuhai–Macau Bridge, an attraction itself for being both the longest sea crossing and longest fixed link on earth.

The region comprises the city of Macau, built on a peninsula, and the two islands of Taipa and Coloane, all linked by two bridges and a causeway. The best way to travel is with the efficient ➤



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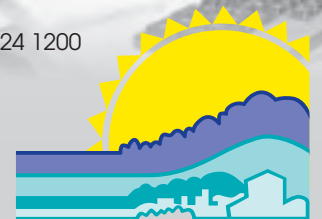
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City guide: Macau

bus services and taxis. Every bus stop displays information on destinations and timetables, and payment is via the electronic MACAUpass card which can be purchased at convenience stores, some bakeries and vending machines. Cars can also be hired.

Walking is the next best way to enjoy Macau. Highly recommended is downloading the Step Out Macau mobile app, which contains eight suggested self-guided routes through the historic centre, major arts and culture spots, Taipa Village, Coloane and more. It is available in five languages including English, Chinese and Japanese. Taking guided tours is also highly recommended.

SIGHTS

The Historic Centre of Macau (macaotourism.gov.mo) made the World Heritage List in 2005. Top of its 20 major monuments are the ruins of St Paul's, Senado Square, A-Ma Temple and the 20-metre high statue of goddess A-Ma. St Paul's is a 'western Baroque-mannerist facade', all that's left of a church razed by fire in 1835. A soaring structure covered in a bizarre array of motifs, it is one of Macau's most-photographed places.

Extending toward St Paul's is Macau's main Senado Square, paved with wave-patterned stone mosaic created by experts from Portugal. Aside the square is the yellow and white St Dominic's Church, an excellent example of baroque architecture built in the 17th century.

Nearby Camoes Garden is a lush, hilly park of winding paths and ponds, probably the best place to seek respite from the city. Enjoy the peaceful sight of locals taking tai chi classes under shady trees and try walking barefoot on a pebbled path laid to massage feet.



Cutting edge ... the MGM Cotai has been described as a multi-sensory realm (top); the A-Ma Temple (above).

The A-Ma Temple, Macau's most significant, is located near the harbourfront.

Taipa (taipavillagemacau.com) along with Coloane is one of Macau's most important historic districts. Wander through its narrow streets, revitalised with hip restaurants, edgy boutiques, contemporary art galleries and jewellery stores in historic homes and buildings.

Catapult into the future by touring Macau's most modern casinos and hotels, built with some of the most advanced architectural concepts on earth. The foyer of the MGM Cotai (mgm.mo) is a destination in itself with a ceiling the size of a soccer field above the world's largest area of permanent indoor LED screen displaying digital art. Enter the Wynn Palace (wynnpalace.com) by boarding a cable car that travels over a lake of dancing fountains and winds its way around gigantic statues of dragons before arriving at the door. The Parisian

(parisianmacao.com) sports a half-sized replica of Paris's Eiffel Tower, while Studio City (studiocity-macau.com) features the world's first and Asia's highest figure-8 Ferris wheel – suspended 130 metres above ground between the hotel's twin towers.

MACAU SPECIAL

The House of Dancing Waters (thehouseofdancingwater.com) inside the City of Dreams resort is a stage show that cannot be missed, billed as the most extravagant in Asia and the only one of its type. The breathtaking show features a retractable stage above enough water to fill five Olympic swimming pools, and jaw-dropping athleticism.

For excitement-plus hit the annual Macau Grand Prix (www.macao.grandprix.gov.mo), this year on the weekend of November 16–17. It is the only street-circuit racing event for both cars and motorcycles and the climax of the Formula 3

calendar, with many winners going on to compete in Formula 1.

CULTURE VULTURE

The Macau Arts Festival (www.icm.gov.mo/fam) is a month-long extravaganza which this year runs from May 4 to June 2. Macau International Music Festival (www.icm.gov.mo/fimm) held from October 3 to November 4 features a major opera among many other performances, some of which are held in historic sites such as St Dominic's Church, Dom Pedro V Theatre and Mount Fortress.

Macau Museum (macaumuseum.gov.mo) celebrated its 20th anniversary last year. It is housed within 17th-century Mount Fortress, built as the city's military defence headquarters. The museum takes up two underground levels of the fortress and the top floor for its numerous objects depicting life in Macau from its genesis, its arts and traditions.

DOING BUSINESS

Macau's economy has been transformed by investment in resorts, entertainment facilities and related facilities, and the International Monetary Fund forecasts Macau to have the highest levels of GDP per capita by 2020. The four-floor Macau Tower Convention and Entertainment Centre (macautower.com.mo) opened in 2001 is the focus for the majority of significant business conferences as well as those seeking a 360-degree panorama from its 338-metre high tower.

Most popular places to stay among business travellers are the Conrad Macau, the enormous Sheraton Grand Macau Hotel (marriott.com/hotels/travel/mfmsi-sheraton-grand-macao-hotel-cotai-central) in Cotai Central and The Venetian Macau Resort Hotel (venetianmacao.com). ➤



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City guide: Macau



Colours and patterns ... Taipa village (left); Senado Square (right).

RETAIL THERAPY

Major department stores, the New Yaohan and Landmark, are located in the Outer Harbour area and good for finding brand fashions, high-quality children's wear, bar-

gain-priced electronics, cameras and duty-free cosmetics. For famous boutiques like Escada, Cartier and Lanvin, head to Macau's main shopping areas – Avenue Almada Ribeiro, Avenue

Infante D. Henrique and Rua do Campo. Authentic antiques and fine reproductions can be found in the side streets around Senado Square and the ruins of St Paul's, where there are also street stalls selling knitwear and locally made clothing, and a great flea market.

PILLOW TALK

Mix old and new by staying amid tasteful 18th-century Victoriana at boutique hotel The Rocks (rockshotel.com.mo) at Fishermans Wharf before moving to one of Macau's exceptionally modern casino resorts such as the MGM ➤

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City guide: Macau



Cotai (mgm.mo), the JW Marriott (jwmarriott.com) or the Ritz-Carlton (ritzcarlton.com/macau).

The visually astonishing Morphheus at City of Dreams (cityofdreamsmacau.com) opened last year, featuring ultra-modern curved towers and voids.

Macanese food blends Chinese, Cantonese and Portuguese styles and is hailed as the earliest of fusion foods. For the genuine article, dine at The Flamingo

Restaurant within the Art Hotel (regencyarthotel.com.mo/dining-regency_restaurant). Must-visits are also Espaco Lisboa Restaurant in Coloane (espacolisboa.pt) and Restaurant O'Manel (omanelmacau.com/en), a humble eatery

renowned for home-cooked Portuguese meals.

Sink your teeth into a Macanese tart – a little less sweet than their Portuguese counterparts and equally delicious – from the renowned Lord Stow's Bakery (lordstow.com/macau-outlets).

Sample two-star Michelin dumplings and other Chinese delicacies at the elegant Jade Dragon in the City of Dreams (cityofdreamsma-



cau.com/en/dine/chinese/jade-dragon).

WATERING HOLES

Lovers of gin must head straight for the Ritz-Carlton's Bar and Lounge (ritzcarlton.com/en/hotels/china/macau/dining/

the-ritz-carlton-bar-lounge) where waiters wheel around trolleys of spices and fruits to zest cocktails made from not only gin, but tonics sourced from around the globe.

The venue for both terrific views and a stylish night out is Sky 21, (skyconceptmacau.com/sky21) perched atop a skyscraper, while for music and a chic ambience the China Rouge Macau (galaxy-macau.com/en/entertainment/china-rouge) is the ticket. ■

MACAU

POPULATION:
630,000

LANGUAGE:
Chinese and Portuguese

CURRENCY:
Pataca (MOP) linked to the Hong Kong dollar

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SHUTTLE FROM HONG KONG AIRPORT:
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POWER: 220V

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Old-style Singapore ... shophouses along Duxton Road.

Street appeal

There's more to Singapore than skyscrapers. *Mary O'Brien* explores the city's colourful shophouses and checks into an intriguing hotel in Chinatown.

I'm wondering if I'm making a mistake as I leave my plush modern Singapore hotel to stay in Chinatown. My taxi driver is puzzled. Every so often he repeats the address and laughs. Possibly he's old enough to remember when Chinatown had a dodgy reputation and wasn't the cool happening place it is today.

As we drive past the Singapore City Gallery, he urges me to visit the model replica of the city inside. "I can even see my own house there," he says.

Despite its reputation as a city of futuristic skyscrapers, Singapore has a rich street heritage. Luckily, several decades ago, it set about saving its colourful shophouses – the narrow two and three-storey buildings in a mix of Chinese, Malay and European styles where traditionally families ran a business at the bottom and lived overhead.

A row of those shophouses has been turned into an intriguing new Chinatown hotel, the darkly coloured Six Senses Duxton. As I walk through the door, I feel I'm entering another world.

It's a dramatic yellow, gold and black place, a reimagined luxurious opium-den-inspired interior, designed by well-regarded British designer and former Bond girl Anouska Hempel.

“
There's also a free
consultation with a Chinese
physician in a room lined
with herbal concoctions.
”

After completing the check-in formalities, I'm encouraged to step into a large singing bowl – like an inverted bell – which is then struck. The vibrations flow through my body and are surprisingly relaxing. There's also a free consultation with a Chinese physician in a room lined with herbal concoctions.

My room is one of the smaller ones but it's cleverly designed – again in distinctive colours and with great attention to detail such as the copies of indenture or land contracts used as wallpaper.

Ceilings are low, corridors are winding and the rooms have many different layouts due to heritage requirements. Guests are welcome to lounge around the public areas and leaf through the collection of coffee-table books.

The Yellow Pot restaurant offers contemporary Chinese food using local and regional ingredients and its terrace makes good use of the sheltered outdoor space in front, often called the 'five-foot way' (the minimum width of shophouses).

The Duxton has some nice connections to its neighbourhood such as the tea appreciation classes run by a nearby tea merchant – Yixing Xuan Teahouse – and the advisory Chinese medicine doctor is from Long Zhong Tang Clinic across the road.

About a five-minute walk away, the Six Senses sister hotel, the Maxwell, opened in December in a grander, colonial 19th-century former shop/office building. ➤





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Heritage ... (from left) Duxton Road facades; Tanjong Pagar; Six Senses Maxwell.

Its 138 rooms were designed in a very different style by French architect Jacques Garcia, drawing out the European and Asian history of the building.

Not surprisingly, the two hotels have won Urban Redevelopment Authority Architectural Heritage Awards.

Duxton Road itself has an interesting history as it was where the rickshaw drivers

parked their rickshaws in the 19th century. Later it became a slum, noted for its brothels and opium and gambling dens. Today the shophouses form part of the Tanjong Pagar conservation area.

Singapore has been listing its old buildings since the 1970s and more than 7000 buildings have conservation status. As the modern city of skyscrapers grew, the authorities

realised the history and memory of place needed to be preserved for future generations.

Shophouses were built from the mid-19th to mid-20th century and range from neoclassical, Chinese baroque and rococo to tropical deco and modernist.

Walking through Chinatown, near Ann Siang Road, I see many of these colourful former ➤

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Seeing red ... (from left) Six Senses Duxton; Ann Siang Road; Tanjong Pagar.

shophouses are now operating as small businesses such as boutiques, cafes, restaurants and even shared workspaces.

One night I dine early and beat the queue at the reasonably priced Coconut Club, which earned a mention in the *Michelin Guide's* Bib Gourmand good value section. It occupies a lovely old shophouse that has been stripped back to its bare essentials.

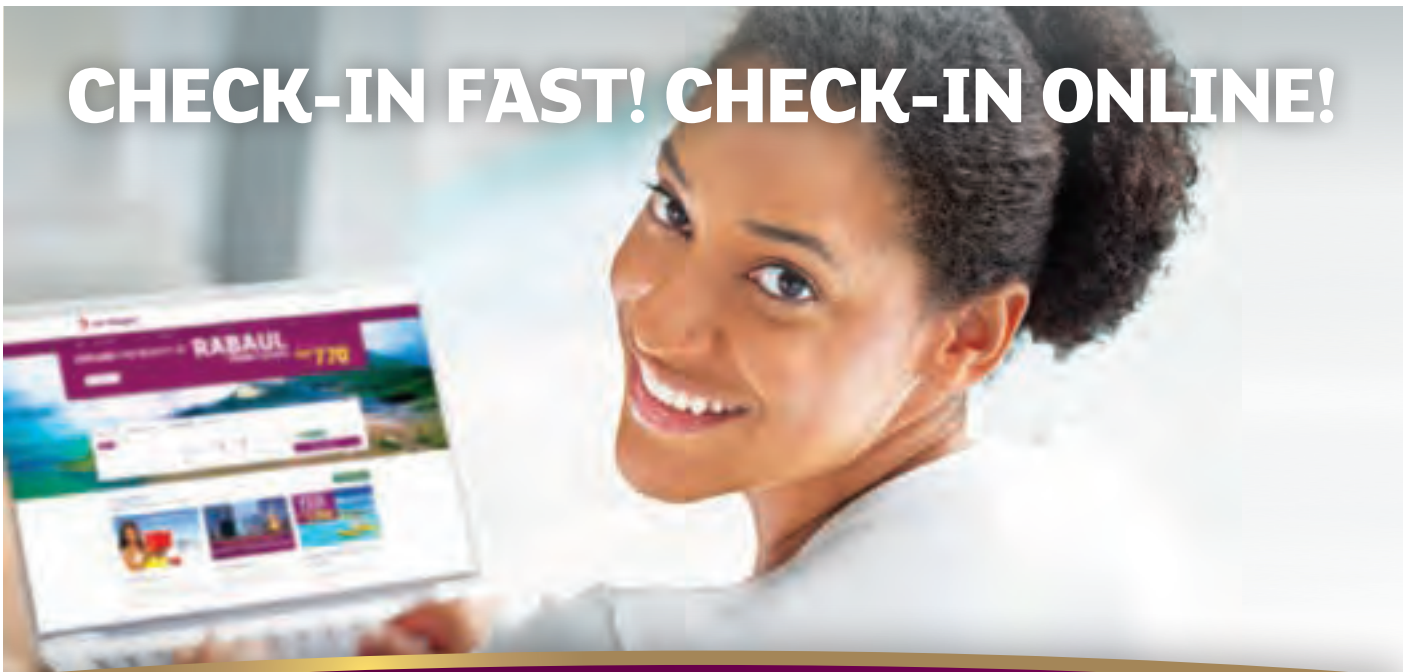
Also nearby, on Neil Road, are two shophouses that have been restored by the Urban Development Authority to show how people traditionally lived. Number 9 Neil Road is home to a tea house, Tea Chapter. Built in the 1890s, number 157 Neil Road is one of the city's few untouched Straits-Chinese houses. It was originally the home of the descendants of 19th-century shipping tycoon Wee Bin. It was restored in

2008 and the interior shows how the Peranakan (or Straits-Chinese) community lived in the early 20th century.

Tours are offered five times a week but bookings are essential (babahouse.nus.edu.sg). ■

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

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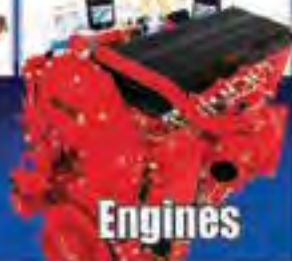
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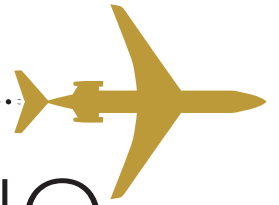
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AIRPORT REVIEW

BY BELINDA JACKSON



MANILA NINYOY AQUINO INTERNATIONAL AIRPORT



The Philippines' biggest international airport started life as a US Air Force base, and in 1987 had a name change to become Ninoy Aquino International Airport (NAIA), in remembrance of the Filipino senator assassinated here in 1983. The airport saw 45 million passengers pass through its doors in 2018.

→ **WHERE**

It's located on the southern fringe of Manila, in Pasay City.

→ **AIRPORT CODE**
MNL

→ **WEBSITE**
miaa.gov.ph

→ **TERMINALS**

There are four terminals and Air Niugini uses Terminal 1 (T1), which is dominated by premium airlines. Terminal 2 (T2) is exclusively for the country's legacy carrier, Philippine Airlines, while Terminal 3 (T3) is the newest and largest terminal. There are reports that Air Niugini will eventually move to T3.

Terminal 4 (T4) is for domestic flights. A free, sporadic airport shuttle bus and taxis connect all four terminals.

→ **LOUNGE ACCESS**

Air Niugini uses the PAGSS Lounge in T1, which includes food, beverages and Wi-Fi.

→ **DISTANCE TO CBD**

Seven kilometres to Makati CBD.



→ **TAXIS & HIRE CARS**

There are two types of taxi ranks at each terminal. Coupon taxis charge a fixed amount based on the destination, while airport taxis are metered. A taxi into Makati CBD or Taguig City CBD costs around PGK25–35 outside Manila’s notorious peak hours, which are from 7–10am and 4–7pm.

→ **OTHER TRANSPORT**

The main local ridesharing app is Grab, which has stands at the terminals and staff to help book a car if you don’t want to download the app. Otherwise, an airport bus service has four routes from across the city to the airport (ubeexpress.com).

→ **SHOPS**

Each terminal stocks all the standard duty-free as well as Filipino handicrafts and souvenirs and a clutch of international luxury brands. Terminal 1’s limited shops close in the early evening, compared with T3’s shops and food court, which remain open until midnight or, in some cases, are open 24 hours.

→ **FOOD & BEVERAGE**

The Philippines’ two great culinary offerings, chicken adobe and the dessert-drink *halo-halo* are both available in the terminals’ Filipino restaurants, alongside the usual international fast-food chains and cafes.



→ **WI-FI**

There is free Wi-Fi throughout, but a Filipino phone number is required after the first 30 minutes. A better bet is the Wi-Fi offered in many restaurants.

→ **WHAT ELSE**

From T3, the neon-lit Runway Manila connects to Resorts World Manila’s entertainment complex, with shopping malls, restaurants and a casino. From T1 and T2,

take the free airport shuttle to the Resorts World complex.

→ **FAVOURITE CORNER**

While away your transit time at the massage centres in T1 and T2, open from 6am until 11pm and 7pm respectively. T3’s day spa is open 24 hours, and offers a full range of spa treatments, including massages and manicures.

→ **CLOSEST HOTELS**

You can admire the take-offs from T3 from the hotels of Newport City, an entire new city still under construction right beside the hotel. It features a strip of five-star hotels: the two newest – the Hilton Manila and Sheraton Manila – are a 15-minute walk from T3 via the Runway Manila walkway, or grab a Grab car from the other terminals. ■

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



INTERNATIONAL REVIEW: HILTON MANILA

1 Newport Blvd, Newport City, Pasay, hilton.com, Tel. +632 239 7788

WHO STAYS? Business travellers and tourists.

HOW BIG? 357 keys

COST Rooms from PHP12,264 (about PGK 800).

CHECK IN 3pm

CHECK OUT 12pm

HIGHLIGHTS Walking distance to Ninoy Aquino International airport's Terminal 3.

Vast lagoon pool with swim-up bar.

Excellent concierge services to help first-time visitors.

NEARBY Newport Mall is opposite the hotel, with high-end shopping and a large number of restaurants, from fast-food to flash. Alternatively, take the side door from the lobby and you're in a huge, gold-encrusted casino.

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



Hilton Manila ... connected by skybridge to the airport (above); luxurious interiors and the lagoon pool (opposite page).

LOCATION

Set in Newport City, this hotel is located close to Manila's international airport, which is within walking distance via a skybridge from Terminal 3. Regular airport buses run from all of the airport's terminals to the hotel.

THE PLACE

Opened last October, Hilton Manila has a third-floor lobby that looks out to the huge lagoon pool, as do all the inward-facing rooms. The Hilton style has a touch of Filipino bling, with bronze fittings and plush fabrics, and massive, sparkling chandeliers tempering the business-like grey tones.

ROOMS

Hilton's Serenity bed lives up to its name, with plenty of mood lighting. The full-length windows look down over the pool, which is lit at dusk. The desk is fitted with international power points, and the bathroom includes a separate bath and Crabtree & Evelyn toiletries. Signing up to Hilton's free loyalty program, Hilton Honors, gets you free Wi-Fi as well as digital key technology, which allows your phone to become your room key.

FOOD AND DRINK

As the name suggests, the Kusina Sea Kitchens buffet restaurant focuses on seafood, cooked

to order in the Philippines' point-and-cook 'dampa-style'. You'll find an international breakfast spread here each morning, as well as lunch and dinner. The property also has a Shanghainese brasserie, and a cosy little bar with stools pulled up to the bar. Make time for the little Madison Bar & Lounge at the ground-floor entrance, which serves truly delicious pastries by day (try the chocolate croissants and fruit danishes), and a wide range of unusual gins by night, when the lounge singer sets up. And not to be overlooked is the swim-up bar, for hot, fresh pizzas and fun, tropical cocktails at reasonable prices: order the mango mai tai.

WHAT GUESTS LIKE

"A great new hotel near the airport and inside the Resorts World complex. Check-in was a breeze and staff were attentive at the executive lounge."

– TripAdvisor

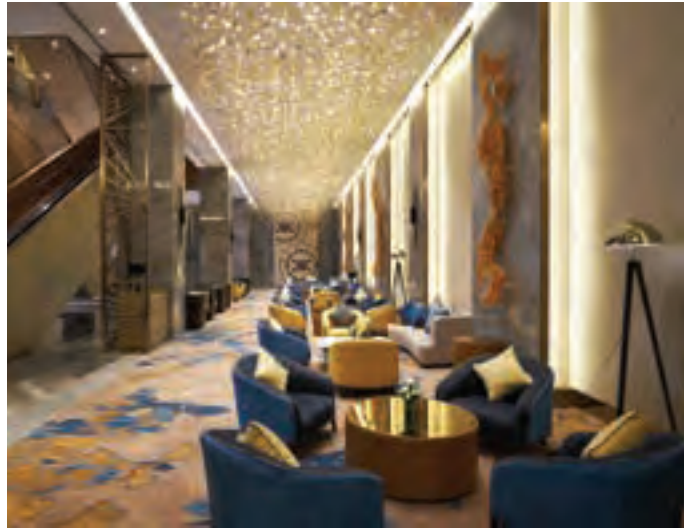
"Great customer service. My stay was brief but comfortable. Shuttle bus and proximity to the airport are convenient."

– Booking.com

"Excellent choice for business stay or if you want to stay close to the airport and remain centrally located to Manila."

–Expedia ■





PNG REVIEW: THE LAMANA HOTEL, PORT MORESBY

Lamana Road, Waigani, lamanahotel.com.pg, Tel. +675 323 2333

WHO STAYS? Business and leisure travellers.

HOW BIG? 120 keys

COST Standard rooms from PGK400.

CHECK IN 2pm

CHECK OUT 11am

HIGHLIGHTS The Gold Club provides some of the best nightlife in town. There are a variety of eateries, several bars, and regular live music and DJs. Lanes is the only tenpin bowling alley in PNG.

NEARBY Parliament House, High Commissions, National Museum and Art Gallery, Vision City Mega Mall, University of PNG.

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



LOCATION

The hotel is tucked away in the foothills of Waigani, about 10 minutes from the airport and close to government offices.

THE PLACE

This four-star hotel has a staggering range of accommodation styles and facilities, including apartments, twin and deluxe rooms, as well as executive suites. There are three restaurants and a cafe. Guests can unwind with a drink at one of several bars/lounges. There’s also a nightclub, a bowling alley, a snooker room, a day spa, a beauty salon, a dental clinic, a fitness centre, and outdoor tennis courts. The hotel recently completed renovations, including new food and beverage venues.

ROOMS

All rooms have flat-screen TVs, air-conditioning, and tea and coffee-making facilities. Depending on the apartment or room style, they also include king and queen-sized beds, coffee tables, lounge seating, Nespresso machines, free Wi-Fi and writing desks.

FOOD AND DRINK

The Italian restaurant is popular for its pizza and pasta (for lunch and dinner) and provides one of Port Moresby’s most authentic Italian food experiences. It also has a buffet on Sundays. Rio’s at the Temple is a steakhouse that serves meat off long skewers straight from the barbecue, a Brazilian-style of cooking known as *churrasco*. Spices Restaurant offers Indian-inspired dishes and has a buffet on Thursday nights. Cafe Palazzo has some of the best barista coffee in Port Moresby, made from locally sourced beans. There’s comfortable lounge seating in the cafe, along with a good selection of pastries and light meals.

WHAT GUESTS LIKE

“We stayed for two nights at the Lamana Hotel, following eight nights exploring northern battlefields. The Lamana was just what we needed. Great rooms, efficient a/c, nice showers and a boot-cleaning service included at no charge! The room rates are extremely competitive.”

– TripAdvisor ■





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TAWALI DIVE RESORT, MILNE BAY, PNG

Set on a limestone headland 25 metres above the ocean, surrounded by fishing villages and backed by lush jungle in a secluded area of Milne Bay, Tawali is accessible only by boat. The resort was built by local craftsmen, with carved totem poles and woodwork featuring throughout, and guest bungalows are connected by covered walkways, making it feel like a true jungle retreat.

SOMETHING SPECIAL

The focus here is scuba diving, being on the doorstep of some of Papua New Guinea's best dive sites. Explore the well-known muck diving sites at Lawadi and Observation Point, the many nearby World War 2 wreck dive sites and Giants@Home, one of the most reliable places in PNG to see and interact with manta rays near Samarai Island. Visibility is optimal during the wet season, from June through to August.

DON'T MISS

A trip to the Milne Bay skull cave, an underground cavern filled with the skulls of ancestors. A powerful experience.

DETAILS

From PGK385 a night; see tawali.com.



HOSHINOYA RYOKAN, TOKYO, JAPAN

Sliding paper screens, tatami mat floors, futon beds, hot spring bathing, kimonos and no shoes: Hoshinoya is Tokyo's first luxury traditional ryokan inn, housed in an 18-storey skyscraper and giving guests a real taste of Japanese culture in an urban environment. The 84 rooms are split into groups of six, with each of the hotel's 14 floors mimicking a self-contained ryokan inn with its own traditional *ochanoma* lounge, where sake, tea and cakes are served.

SOMETHING SPECIAL

The water in the 17th-floor onsen baths flows from 1500 metres beneath the hotel, making it the place to head immediately after a long flight. Baths are segregated by gender, open all night, and set beneath skylights so you can stargaze while soaking. There's also a day spa offering massage, beauty treatments and more.

DON'T MISS

Dining at the restaurant, with only 10 exclusive tables, where rising star chef Noriyuki Hamada adapts traditional Japanese dishes and ingredients with classic French preparations. Make sure to book in advance.

DETAILS

Rooms from PGK455 a night; see hoshinoya.com.



PAPERBARK CAMP, JERVIS BAY, AUSTRALIA

This luxury tented camp brings the African-style safari experience to Australia, just two hours' drive south of Sydney. The 12 canvas tents are surrounded by towering paperbark and eucalyptus trees and kitted out with comfortable beds, ensuite showers (deluxe rooms also have freestanding tubs) and wraparound verandahs that are perfect for kangaroo spotting. This is glamping at its best, where you can watch the sunrise from bed while wrapped in crisp linen sheets, swim in the nearby pristine beaches of Jervis Bay and hike in the surrounding national parks, or grab one of Paperbark's bikes or canoes and have an adventure. Once the sun goes down, it'll be time for a locally sourced meal at their airy treetop restaurant, Gunyah, before stargazing on your deck.

SOMETHING SPECIAL

Paperbark Camp is an eco-friendly outfit, using solar power and natural ventilation in the tents, keeping the impact on the surrounding environment to a minimum and using recycled paper and natural products as much as possible.

DON'T MISS

The bonfire that Paperbark creates each evening, for guests to gather around and sip wine, stargaze and chat.

DETAILS

From about PGK979 a night, two-night minimum stay; see paperbarkcamp.com.au.





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Victoria, Australia, 1979

It's a big step to move from a DC3 to a military jet, but Papua New Guinea Defence Force (PNGDF) pilot David Inau successfully made the transition in May 1979. From Wewak, East Sepik Province, Inau became the first PNG pilot to fly solo in a Royal Australian Air Force (RAAF) Macchi jet. After months of training and air time in Australia, he later re-joined the PNGDF as its first national instructor. Lieutenant Inau is pictured here being congratulated by Wing Commander R. Cooper, commanding officer of the RAAF flying unit stationed at Sale.

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PICTURES: SANDRO MILLER



Mother and child ...
Nellie Gowey from
the Waskuk Hills near
Ambunti, in East Sepik
Province, with her son
Martin.



Portraits of a nation

Chicago-based photographer Sandro Miller has captured images from more than 450 communities in PNG. His work has been shown at the Smithsonian Institute in the US and there is a book on the way.

Richard Andrews reports.

From models and movie stars, to matadors and motorbike outlaws, Sandro Miller has shot them all. "But I was completely blown away by the people in PNG," says the award-winning photographer, writer and film maker.

Sandro, as he's known, has visited the country three times to capture images of people from more than 450 communities, such as the Asaro, Omo Masalai, Sili Muli and Huli.

Back home in Chicago, he describes the daunting project as "the most expansive collection of photographs of the tribes of Papua New Guinea ever recorded".

Acknowledging the claim, Washington's Smithsonian Institute last year published a selection of the striking portraits.

The 60-year-old photographer is known for his intimate images of different cultures, including indigenous groups, American bikers and even the arcane world of Joselito, one of Spain's most controversial (and battered) bullfighters.

"I've been influenced by the great classic photographer Irving Penn," says Sandro. "As a teenager I saw his celebrated portraits of the Asaro Mud Men, taken in 1970. His impact was so powerful it changed my whole life and worldview of photography."

But it was veteran Australian photographer, Torsten Blackwood, who

persuaded Sandro to take on the PNG project, starting with the gathering of clans at the Goroka Show.

"Arriving in Goroka was a real eye-opener with all the costumes, *singsings* displays and constant movement of people," he says. "I set up a makeshift studio in a vacant schoolroom and started shooting portraits."

Fascinated by the country, Sandro returned a year later (in 2016), this time to the upper Sepik region. It was a full-on expedition.

"We took a bouncy van from Wewak to Pagui village, with nearly 900 kilograms of water, food supplies, luggage, a pop-up studio and photographic equipment," he says.

"We loaded it all into a 15-metre dugout canoe that that took us to Ambunti, where I recommenced my portrait sessions."

With its lush rainforests and abundance of wildlife, Sandro describes his Sepik trip as magical.

"It's the best area to see the bird of paradise and I felt as if I were in a living *National Geographic* documentary."

"One of my most memorable experiences was attending an initiation ritual that honors the spirit of the crocodile.

"It was incredibly intense watching young men go through a painful skin cutting process that leaves them with marks similar to the scales of the revered animal." ►



Portraits of a nation



Portraits of a nation



Sandro's portrait of Quentin Daki, on Page 94, symbolises the crocodile's significance to the Sepik people.

"I remember how she walked gently over to my set and posed calmly with the crocodile draped around her neck. Luckily its mouth was bound so I didn't really have to fear it was going to bite me."

Sandro credits much of the success of his Sepik trip to Mathew Kaka, a local leader who runs a guesthouse in Wagu village. ►

On show ... this unidentified man was photographed during a *sing-sing* at the Goroka Show.



Portraits of a nation

“

I'm a touchy, hands-on person. I'm a hugger and express my love. I will smile, laugh, and jump up and down.

”

“Mathew was an amazing, kind and very caring guide,” says Sandro. “When approaching a village, it was sometimes scary to be met by a bunch of men armed with machetes, spears and bows. We'd always send in our guides ahead, for discussions with village leaders.

“Everything usually turned out okay, although we had a brief scrap in one village when one man tried to take my cameras. However, the others broke it up quickly and returned my equipment.”

As a self-described 'city boy', Sandro says his main fear was not people, but walking in the jungle.

“The country has over 80 species of snakes, many of them deadly. The worst is the Papuan black snake, which is responsible for hundreds of deaths annually. I also encountered spiders as big as my fist.

“On one trek, I remember saying to myself: ‘What the hell is this? What was I thinking?’”

Whatever his attitude to wildlife, the thinking behind his portrait photography is to “express silence, quietude, slowness, reflection, mysticism, contemplation and secrets,” he says.

“I try to get into the heart and soul of whatever subject I am shooting. To do that I have to win their confidence.

“I'm a touchy, hands-on person. I'm a hugger and express my love. I will smile, laugh, and jump up and down. Because of that people trust me and trust what I'm going to take from them to show the world.”

Nevertheless, Sandro is aware this approach can be risky. ➤

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Portraits of a nation



Reptilian wrap ... Quentin Daki from the Nowara tribe of Kamanjao village in the Sepik holds a freshwater crocodile (above); Siko Tota, a subsistence farmer from Komufe village near Goroka (opposite page and front cover).

"You have to find very specific words to work with a group or a culture. When you walk into the base of outlaw bikers you have to act easy," he says.

"You say to them: 'you're very genuine, or interesting'. I'd never use the word 'different'. Instead, I tell them: 'I'm working on a book and would love to photograph you to show the world a different side of who bikers are'."

In PNG, the same method was used when Sandro visited a camp of *raskols*.

"I was also extremely respectful and careful," he says. "It was heavy duty, but I was able to photograph portraits for three hours before it became uncomfortable and time to leave." ►



Portraits of a nation



Portraits of a nation

Despite the artifice of a staged studio setup, Sandro believes that his Rembrandt-style portraits are the best way to get an important message across.

“Most images of people in PNG show them in a natural setting doing daily tasks. I think that’s been overdone. I don’t feel there’s a connection with the subject when a photo is taken from afar with a telephoto lens.”

Sandro is assembling his portraits in a book that he hopes will preserve PNG’s traditional culture.

“For me this is a study of something that I fear is going away quickly with western influence. I want people to know and appreciate this beautiful country more.” ■

For more information about Sandro Miller, see sandrofilm.com.

To get in touch with Sepik guide Mathew Kaka, tel. +675 7378 6776.

In the field ... photographer Sandro Miller (right); Thomas Kome, from the Kuruwari tribe of Alkena village in the Tambul district of the Western Highlands (opposite page).

SANDRO MILLER ON ...

Travelling through PNG

“I felt as if I were in a *National Geographic* documentary.”

His greatest fear as a 'city boy'

“Walking in the jungle. The country has over 80 species of snakes.”

Photographing *raskols*

“I was able to photograph them for three hours before it became uncomfortable and time to leave.”



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Portraits of a nation



“

We would like to be able to successfully breed the national bird.

”

For the birds

The Port Moresby Nature Park has opened a new walk-through bird precinct and is stepping up efforts in bird research and breeding. *Nicola Gage* reports.

Papua New Guinea is home to 32 of the world's 34 bird of paradise (*kumul*) species, however the majority of research undertaken on this unique creature occurs overseas. Despite it being the country's national bird, little is known about it.

Port Moresby's Nature Park is increasing its focus on further research in a bid to change this, and become an internationally recognised breeding and research destination.

"For us, it's about bringing it home," says Michelle McGeorge, the park's general manager. "Most *ex situ* research on PNG animals is currently done overseas, so the goal of the nature park is to bring research of PNG animals, especially the bird of paradise, back into the country."

The first step is to have the right facilities. With help from its sponsors, a new bird precinct, Plumes of Paradise, has been constructed – a walk-through interpretive centre that showcases eight species of the bird of paradise, as well as other wildlife.

The PGK700,000 project has been two years in the making and was designed by the park's curator, Brett Smith, purposefully planned with breeding in mind.

"Bird of paradise have quite a few requirements in order for successful breeding to occur," McGeorge explains. One of those requirements is the height of the exhibits – many of the males need room to conduct their spectacular breeding displays.

"For a lot of those species, they want to do that up high, so the exhibits are tall," she says. "We've also got special lock-off areas where we feed the birds, so when we start to see nesting behaviour of the female, we can successfully move the male into a different exhibit."

That's because the males tend to destroy the eggs. ➤

Ruling the roost ... a bird of paradise at Port Moresby's Nature Park.





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For the birds



“As soon as the female is not in her nest, she’s ready to breed again, so they have motives for destroying those eggs,” McGeorge says.

The park’s first aim is to successfully breed the *raggiana* species.

“We would like to be able to successfully breed the national bird and, as we’ve already seen them conduct nesting behaviours here in the park, we are confident it will be a success,” McGeorge says.

While she admits it will be challenging, McGeorge is confident that, with the new precinct, they will prevail.

“Some species have never been bred in captivity, so a lot of this is world first and trial and error,” she says.

“We’ve reached that maturity with the organisation that now we’re turning our attention to developing that conservation and research arm, and it’s bringing a whole new dimension of expertise to the park.

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For the birds

“We already breed the crinkle-collared manucode and are the only people in the world presently breeding this bird of paradise species, so we are really looking to build on this.

“The bird of paradise isn’t alone when it comes to a lack of data on the species – there is a lot we still don’t know about the country’s species in general,” McGeorge says.

“People always talk about PNG being the final frontier and it’s true,” she says. “There are very few countries in the world where researchers can go out into the jungle and actually find a dozen new frogs and dozens of new insects and butterflies.

“PNG is still finding mammals, different types of rats, recently a new species of wallaby was discovered, and it’s because we’re so diverse. Every mountain, every valley is its own ecosystem. We want to be able to build on this type of knowledge and lead the world in its research.” ■



Bird house ... the Plumes of Paradise enclosure (left); Nature Park wildlife keeper Epe Vila (right).

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Hooked on tuna

Papua New Guinean Ludwig Kumoru has landed a top job in the fishing industry despite challenges. Kevin McQuillan reports.



Ludwig Kumoru ... chief executive officer of Parties to the Nauru Agreement in the Marshall Islands.

Being stranded for five years on Bougainville Island because of the civil conflict failed to deter Ludwig Kumoru from developing a career in the fishing industry.

Determined to use his science degree in the fishing industry, he eventually worked his way out of Bougainville.

Kumoru began his fishing industry work as a research scientist with the Department of Fisheries and Marine Resources in December 1994, in Port Moresby.

At the time, tuna management was just kicking off in Papua New Guinea, so Kumoru became involved in monitoring the country's tuna fishing industry.

After six years, when the department was restructured to become the National Fisheries Authority, he was appointed tuna fishery manager, a position he held for 10 years, before joining the region's premier fishing organisation, the 15-member Parties to the Nauru Agreement (PNA), in the Marshall Islands.

The PNA controls the world's largest sustainable tuna area.

However, Kumoru tells *Paradise* he almost never got involved in the industry in the first place because of the Bougainville civil conflict.

Kumoru was born in Ororo village, population 500, in South Bougainville. After a Catholic education, including boarding school at St Joseph's High School in central Bougainville, he was selected to attend Sogeri National High School in Port Moresby to finish high school. In 1984, he went to the University of PNG (UPNG), graduating with

a bachelor's degree in science in 1987 and a postgraduate diploma in education in 1988.

He'd applied for work at the Department of Fisheries and Marine Resources, and decided to go home to Bougainville for the holidays at the end of 1989.

It turned out to be a disastrous decision.

"It was the last flight in or out of Bougainville. The civil conflict

got worse. I ended up stranded for five years."

During and after the war ended, there was a goods and services embargo on Bougainville by the national government. "There were no shops, no phones, no newspapers. If you saw a bit of typed paper on the ground, you'd immediately pick it up to read. We were starved for reading material."

“

I remembered the fisheries department phone number in Port Moresby, so I tried the number. Someone I knew answered. They said they thought I was dead.

”

Five years after the conflict, while on a field trip to the northern part of Bougainville, Kumoru noticed a public phone. "I remembered the fisheries department phone number in Port Moresby, so I tried the number. Someone I knew answered.

"They said they thought I was dead. I told them I'd applied for a job while I was at UPNG, but then hadn't been able to get out

of Bougainville." As luck would have it, the person said the same position had been recently re-advertised. Kumoru applied that night and got the job.

He rose through the ranks and was deputy managing director of the National Fisheries Authority when the PNA chief executive officer position became available.

He sees his role with the PNA as empowering Pacific nations to manage fisheries and protect their rights. His most successful achievements have been to professionalise the PNA, sorting out administrative processes, creating a new strategic plan, and constructing new headquarters.

Majuro in the Marshall Islands is a good place to live, he says. His wife, Demiana, is working at the local college and his teenage children have been educated there.

"People are honest and there isn't much crime," he says. "Recently, I left my computer and mobile phone in a taxi. I thought I'd never see them again. But our office put an announcement on the radio station and the next day, the driver showed up with my bag. Nothing was taken.

"Majuro is that kind of a place." ■





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The mysterious stones of PNG

PNG might be associated with wooden carvings, but the earliest Oceanic sculptures are stone objects discovered in the highlands, reports *Brian Johnston*.

A brooding power emanates from the ancient stone figures of Papua New Guinea's highlands. Some are birds' heads with powerful beaks and glaring eyes. Others depict strange, half-emerged creatures seemingly attempting to struggle from the stone. Still others are animal abstracts that could almost be contemporary works of art.

All are mysterious and compelling. You can feel their presence and their potency, even if you can't discern their purpose.

These stone figures encapsulate almost all we know about the prehistory of PNG, though what we know is almost nothing. The stone figures and the culture – or cultures – that produced them remain enigmatic. Some are astonishingly old, with organic material found in the cracks of some stone objects carbon-dated to 1500 BC, which would make them the earliest sculptures in Oceania.

Some academics suggest they could be

Hard core ... (from left) a bird-shaped stone mortar from the Eastern Highlands; a 16th-century stone from the Komun River region; a stone in the shape of a bird head from Morobe Province, date unknown.



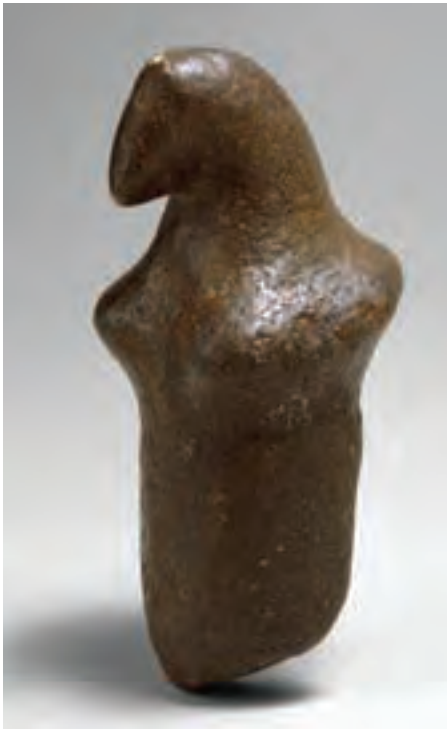
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far older, perhaps 8000 years old. We have no firm dating or chronology for any of these wonderful stone figures, since none have yet been excavated from an undisturbed archaeological site. Most are found, quite by accident, by gardeners or farmers or workmen at the controls of a bulldozer.

The stone sculptures discovered so far are of three types: mortars, pestles and free-standing figures. They change in shape and decoration from place to place, with designs possibly carried along ancient trade routes.

What they have in common are their zoomorphic shapes. They depict echidnas, birds, birds' heads and cassowaries, the latter still considered a supernaturally powerful animal by highland people.

The animal figures typically lack lower limbs, except in the stone figures from the upper Lai and Maramuni rivers region, which are full-body carvings. ➤



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The mysterious stones



Occasionally, stones come in the form of human heads or a truncated human figure but – compared to their abundance in Indonesian and Polynesian islands – very few of these have emerged in PNG.

Mortars are sometimes decorated with geometric motifs and may have had pigments applied as part of a ritual. Equally, they could have been used to grind pigments, for example to create body paint for warriors.

Certainly, these ancient mortars probably had some form of totemic power in hunting and warfare. Many display a slightly blueish hue that comes from the mineral vivianite, associated with cassowary hunting in the Eastern Highlands and used in rituals to decorate shields and other cult war objects in the Southern Highlands.

What else we know about these stone figures is also hypothesis, often drawn from our

Rock art ... (from left) a pestle in the form of a bird; a zoomorphic figure from the Mendi region; a stone mortar from Ramu Valley in Madang Province.



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The mysterious stones

knowledge of early 20th-century beliefs prior to widespread missionary influence in PNG. It's far from certain that such beliefs were the same 3000 years earlier. Nevertheless, the stone figures were likely totemic objects that embodied supernatural power or ancestral spirits, and played an important role in religious ceremonies.

Such stones were thought to have the ability to move and reproduce, and were often buried at significant locations, smeared with pig blood and fat. For some groups, they were considered the petrified bones of ancestors, while others thought them powerful objects handed down from the same spirits in the sky that created humans. They might have been used in fertility or sickness rites, and were important enough to hand down from father to son.

The hypothesis that such mortar and pestles had a ceremonial use is reinforced by their relative fragility, making them inappropriate

for preparing food on a daily basis. One theory is that they were specifically used for ceremonially grinding taro. If that's the case, then they could be up to 9000 years old, from a time after the last Ice Age when PNG was one of just seven locations worldwide that saw the independent emergence of farming.

The vast majority of stone figures

have been found in areas suitable for agriculture, and particularly historical taro production. Hardly any have been discovered above 2100 metres, the limit of taro growth.

The mystery and potential age of the stone figures adds to their appeal. As figurative sculptures, they're often exceedingly striking. Because of their appeal and rarity, such stone

figures can reach huge sums of money at auction. In 2011, a pestle in the form of a bird was sold at Sotheby's for nearly 1.2 million euros, far outstripping its estimated price of 130,000 euros. ■



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DAIKOKU JAPANESE STEAK HOUSE PNG REVIEW

Visible only by a nondescript window sign and small staircase in the Harbour City Shop N Stop supermarket car park, Daikoku Japanese Steak House is easy to miss.

But after visiting this hidden gem, I'm confident in saying you will definitely return. Walking in, you immediately feel like you've stepped into a little corner of Japan.

Homely wooden finishings surround silver teppanyaki grills – ready for guests to watch the showmanship and skills of chefs doing what they do best. Hide-away rooms also add to the oriental charm.

The business has become a long-running fixture on Port Moresby's culinary scene, serving up traditional meals to residents for 30 years.

Dishes include all your traditional Japanese fare like sushi, sashimi, ramen and tempura. A highlight is the differing options of teppanyaki, not only for the entertainment factor (there will



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be flames) but also the quality and variety of food. The produce is fresh and handled with care, from beef, chicken and tiger prawns to lobster and shrimp.

Prices vary depending on how hungry you are. Sashimi, tempura and sushi dishes start at PGK17 and go right up to PGK160, while three-course teppanyaki meals are around PGK110. Trust me, though, it's worth the money.

Daikoku's long-term presence in Port Moresby is a testament to its quality produce, customer service and laid-back feel. ■



IVI RESTAURANT FIJI INTERNATIONAL REVIEW

This restaurant at the Outrigger Fiji Beach Resort on Fiji's largest island, Viti Levu, provides food lovers with a five-star dining experience. Over the years, the adults-only Ivi has received numerous awards, the most recent being best restaurant in Fiji at the 2017 Fiji Tourism Awards.

Executive chef Shailesh Naidu's focus on sourcing the finest local ingredients, as well as the best from overseas, has paid off with a mouth-watering selection of creative dishes.

Greeted by friendly staff, we're led inside the beautifully designed Fijian interior and seated at our table. A white tablecloth, warm candles and the sweet serenading of *Jale* (pronounced Charlie) on guitar creates a special ambience.

For entrée, a few of my dining companions select the Fijian *ika kokoda* (a popular national dish) prepared at our table by Leni. The fish is marinated with lime juice and coconut cream, a touch of chilli adding a nice kick. It's served in halved coconut shells.

My main dish of cinnamon and sage braised pork belly melts in my mouth.

Watching Leni at our table expertly peel the orange and then flambé it for a chocolate frangelico crepes suzette dessert is a theatrical and perfect way to end a night of sumptuous dining. ■



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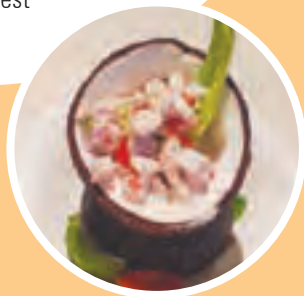
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look good, feel good BY BRONWEN GORA

Can't resist potatoes?

Here's a healthy way to eat them



When it comes to food, we all like the thought of having our cake and eating it too, although staying in good health tends to dictate this can never be the case. But there is a way to indulge in your favourite carbohydrates such as potatoes, rice, bananas, pasta and other comforting starchy treats so that they contribute to your health and even help you lose weight – and it has everything to do with a substance called resistant starch.

What is resistant starch?

Ordinary starch is digested in the small intestine and turned into sugar which gives us energy –

but resistant starch 'resists digestion', passing through the stomach and intestinal tract to the colon where it ferments and feeds the good bacteria in the colon. This produces highly significant health benefits.

Why is it good?

When good bacteria feed on resistant starch they produce short-chain fatty acids, wonderful things that do everything from burn fat, aid digestion, stop bloating by keeping gut flora in optimum shape, help prevent colon cancer, and protect against chronic diseases like diabetes and heart disease.

Another primary benefit of resistant starch is its ability to improve insulin sensitivity and lower blood sugar, making it ideal for diabetes sufferers.

It also boosts the body's ability to metabolise fat, aiding weight control, and leads to a greater feeling of fullness.

Studies have found eating meals high in resistant starch can result in metabolising up to 30 per cent more fat throughout the day.

How do I increase the amount of resistant starch in my diet?

Primarily by choosing more fresh, unprocessed quality carbohydrates such as whole grains, fruits, vegetables and particularly beans and legumes – and then knowing how and when to

NATURAL SKINCARE



Universally loved singer, songwriter, actress and cancer survivor Olivia Newton-John has just unveiled her first range of all-natural skincare products. Skincare scientists were consulted to

formulate the Retreatment Botanics range.

Products from hand creams to face polish are filled with all kinds of plant extracts sourced from green tea and Kakadu plum to macadamia oil and even kale.

Wanting to evoke the feeling of a spa treatment for those using the product, the singer also ensured that all products have all-natural calming and uplifting aromas.

See retreatmentorganics.com.



eat them. This is because of the four types of resistant starch:

Type 1 – found in grains, seeds and legumes, all of which contain a degree of resistant starch in their cell walls.

Type 2 – found in some starchy foods such as raw potatoes and green bananas.

Type 3 – the one that excites most people as it is created in several popular starchy foods like rice and potatoes when they are cooked, then cooled.

Type 4 – the synthetic form, starch that is chemically modified to make it resistant to digestive enzymes in order to be added to processed foods.

So what are the best foods for resistant starch?

Beans are among the highest sources by far, especially when cooked and cooled, along with green (unripe) bananas and cooked mashed plantain. Cooked and cooled potato, sweet potato, white rice and oats are also high on the scale as is green banana flour and cassava flour.

Remember, the key with many of these carbs is to eat them the right way: for instance with bananas, resistant starch is highest when they are unripe, because the ripening process degrades the resistant starch as the banana becomes higher in sugar and sweeter. Oats are another terrific source – but only the uncooked variety, as found in natural muesli. (Cooked oats are still healthy however, they are simply turned into sugar for energy.)



Corn is one of the highest sources of resistant starch, especially the Hi-Maize variety.

Potatoes, yams and rice – foods eaten widely across South-East Asia and the South Pacific – as well as pasta are terrific sources of resistant starch – but only when cooked, then cooled.

In good news for lovers of sushi, the popular Japanese food falls into the category of type three resistant starch because the rice is cooked and cooled. Other top foods for resistant starch are artichokes, chicory root, pearl barley and lentils.

The study of this wonder substance is ongoing, its benefits only being discovered as recently as the 1990s.

Cold potato salad is a perfect way to add resistant starch to your diet. The recipe here uses an oil-based dressing, too, instead of a creamy mayonnaise.

POTATO SALAD RECIPE

INGREDIENTS

700 grams potatoes, cut into bite-sized cubes	½ tsp salt
100 grams (about 1¼ cups) of snow peas or similar favourite vegetable, cut into bite-sized pieces	¼ tsp black pepper
3 tbsp extra virgin olive oil	1 tsp Dijon mustard
3 tbsp rice vinegar	2 spring onions (about ½ cup), chopped
	½ red onion, finely chopped
	½ cup chopped parsley

METHOD

Place potatoes in a large saucepan and cover with water. Bring to a boil, then reduce heat to bubbling gently and cook until potatoes are at desired level of tenderness. This should take about 10 minutes.

Just before potatoes reach the desired tenderness, drop snow peas into pot and cook for maximum one minute to keep a bit of crunch, then drain and rinse in cold water to

stop the cooking process.

While the potatoes are cooking, whisk oil, vinegar, salt, pepper and mustard together.

Once potatoes and snow peas are well drained, put them in a large bowl with spring onions, red onion and parsley. Pour dressing over potatoes and vegetables and mix gently.

Chill well before serving.

THE NEW WAY TO EAT

Flexitarianism is the latest buzz word in healthy eating circles – a flexitarian being a person who is primarily vegetarian but occasionally eats meat or fish.

Based on this idea, internationally best-selling author Olivia Andrews, who trained with superstar British chef Gordon Ramsay, releases her third book *Three Veg and Meat* this month.

As the title suggests, these recipes turn the traditional idea that evening meals, in particular,

should be made up of meat and three vegetables upside down.

The easy-to-follow recipes are for dozens of popular meals in which vegetables are made the predominant ingredient no matter whether meat is usually at the forefront – everything from ramen to roast pork dinners and even sausage rolls are transformed into meals heavy with garden produce.

The book is also created with the aim of pleasing the fussiest of eaters and keeping both

vegetarians and meat eaters at the same table, plus there is a four-week meal plan to cater for busy people who need to stay organised.

The author's previous books include *Whole Food Slow Cooked* and *Healthy Thermo Cooking for Busy Families*. ■

See www.booktopia.com.au.



KOKODA TRAIL GEAR GUIDE

The Kokoda Trail, which runs over the Owen Stanley Ranges between Oro and Central provinces, is a serious undertaking. Following the route of the running battle between Australian and Japanese soldiers in 1942, hikers must cross numerous steep ridges during a walk of seven to 10 days, in conditions that can include blistering heat, heavy downpours, slippery mud and high humidity.

Biting insects can be a nuisance, nights can be chilly at high eleva-

tions, and modesty is important in the Seventh Day Adventist villages that line the trail.

In terms of preparation, choosing the correct clothing and equipment for such an undertaking is almost as important as the physical training required.

Here, *Paradise* notes some of the most important things to consider when packing for Kokoda.

BACKPACK

An important piece of gear in your arsenal is your backpack. Depending on whether or not you are carrying all your own equipment, you'll need a volume of between 35 and 65 litres. Comfort is paramount – try on as many packs in store as you can bear. Make sure the assistant knows what he's talking about, fits the pack properly and fills it with a decent weight. You may be carrying up to 15 kilograms on your back all day for over a week. Because of the heat and humidity, good ventilation around the back is a plus, although you'll likely be dripping in sweat by morning break anyway. The pack must be hydration compatible, preferably with a reservoir sleeve, but at least provide easy access to your water bottles – you won't want to be struggling to access your water at any time. At the other end of the scale, torrential rain will soak your gear without adequate waterproofing, so it pays to have either a rain cover or pack-liner, and a number of roll-top dry bags.





CLOTHING SYSTEM

Whether you hike in shorts and a T-shirt or long pants and a collared shirt (better for sun, insect and bush protection), ensure your clothing is woven from lightweight synthetic material such as nylon or polyester. Cotton is out. Specialised clothing breathes better, it wicks perspiration away from your skin and dries quickly, all processes in which cotton performs poorly. If you can't stand the feel or odour of synthetics, go for merino wool instead, and this includes your underwear. If your next-to-skin layer isn't performing, the other layers won't either.



BOOTS

Probably the most important thing to get right, your hiking boots are the foundation on which your expedition is laid. 'Look after your feet,' goes the old saying, 'and your feet will look after you.' Ankle support is paramount on the steep and slippery climbs and descents; turning an ankle will end your trip very quickly indeed. Look for something stiff that offers both lateral and arch support, and remember to size up – your feet will be a lot bigger after eight hours of walking than when you try them on in the store. Kokoda is tough on boots, so the lightest choice is not necessarily the best. Leather is good as it breathes well in the heat, whereas a water-proof lining such as Gore-Tex will impede breathability, so if you're prone to hot, sweaty feet, you may want to ditch the membrane. It will protect your feet from getting wet up to a point, but when you have to wade a river, which you inevitably will, it'll mean longer drying times than for a non-waterproof boot.

SOCK SYSTEM

The benefits of wearing thin liner socks inside your hiking socks are threefold: the two layers rub against each other to dissipate friction, the main cause of blisters; they wick perspiration away from your feet, keeping them dry; they are easier to wash and quicker to dry at the end of each day, removing the necessity of washing your main socks. Two pairs of each should be sufficient. You'll also need some gaiters to keep mud, twigs, stones and seeds out of your boots. The most popular choice for Kokoda is Sox Savers Oilskin Gaiters from Over Boots. ➤



Kokoda Trail gear guide

HYDRATION SYSTEM

Bottles or reservoir, you'll need to keep hydrated, and that water will need to be purified. Trekkers can either use a UV light source, such as a SteriPen, which will purify a litre of water in 90 seconds, or a chemical-based system such as Aquaprove – a solution made on the spot from a single tablet, three drops of which will treat a litre of water in five minutes. Also recommended are electrolyte tablets to replace the salts lost through constant perspiration. Drinking 500 millilitres of rehydration solution at lunch and dinner will help your recovery and prepare you for the next day's slog.

**SLEEP SYSTEM**

Versatility is the key here – at the start and end of the trek the nights are hot and you won't need a bag at all – just a silk or cotton sleep sheet is sufficient. As you sleep higher up, the nights become chilly and you'll want to cover up to various extents. Source a sleeping bag with a full zip so that you can vary your body coverage. A limit of comfort temperature of around 0–2°C is sufficient. You'll also need a sleeping mat, preferably inflatable/self-inflating, and a pillow. You'll want to do as much as you can to get a good night's sleep as it makes the next day's walking so much more pleasant.

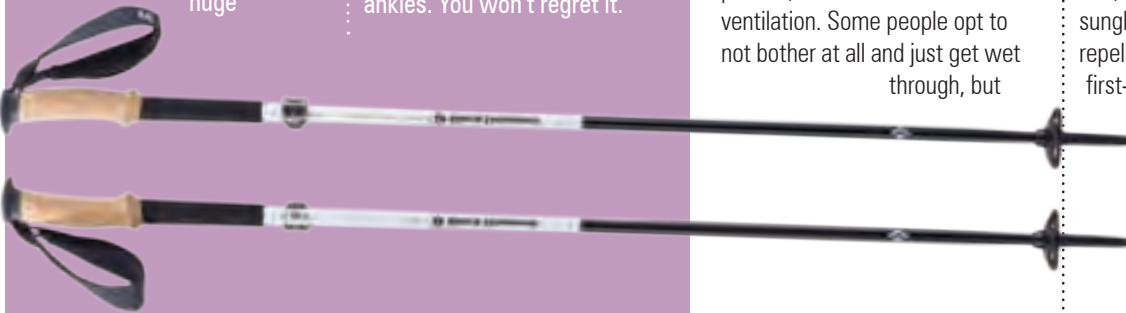


Kokoda Trail gear guide

TREKKING POLES

If you haven't used them before, get yourself a pair. If any trek in the world requires trekking poles, it's Kokoda. The sheer gradient of the ascents and descents demands it. Going uphill, you'll use your upper body strength to help your legs in hauling your body weight, saving huge

stresses on the knees. Downhill, you'll be very grateful for the extra stability while again taking the pressure off your knees. Even on flat sections, the extra balance will be invaluable when tackling murky bogs and river crossings. With poles you'll end each day fresher, stronger and sooner, and without any broken ankles. You won't regret it.



PONCHO

Unlike on temperate or alpine hikes, pulling out a waterproof jacket when the heavens open in the tropics is not the best answer. The combination of humidity and a waterproof membrane will ensure you'll be just as wet through from sweat as you would be from the rain. A much better solution in this situation is a lightweight poncho, which will allow for more ventilation. Some people opt to not bother at all and just get wet through, but

on the crest of the range this can lead to chills and hypothermia, and although it is possible to light fires at night to dry your clothes, there is no guarantee that this will work.

OTHER ESSENTIAL ITEMS

Microfibre towel, biodegradable soap, Buff, wide-brimmed hat, hiking sandals, blister prevention, dry bags, pillow, head torch, sunglasses, sunscreen, insect repellent, hand sanitiser, personal first-aid kit, polypropylene or merino thermal base layers will all help make the trek more enjoyable. ■



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Portable purifier

Packing this sleek, compact air purifier from The Pure Company will immediately upgrade any hotel experience. Weighing under 300 grams, it freshens rooms using filterless ionisation, which eliminates allergens and pollution. Adding a few drops of the pure essential oil blends the Quiet scent, which mixes ylang-ylang, lavender, bergamot, juniper berry and patchouli, to the aromatherapy pad will make the room even more zen. About PGK333; thepurecompany.com.



Hard drive

With tons of storage and a very fair price tag, Seagate's Expansion portable hard drive is a business traveller's best friend. Compact enough to fit in your pocket or laptop case, it's also super easy to use thanks to a no-frills design that looks pretty slick, too. From about PGK188 for 1TB (up to 4TB available); seagate.com.



Sleep buddy

Sensitive sleepers rejoice: the new Bose Sleepbuds not only eliminate surrounding noise by fully sealing the ear canal with your choice of three different sized ear tips, but also include 10 pre-loaded 'sleep tracks'. These tracks emulate crackling fires, cascading waterfalls, soft rain and more, and run at frequencies that supposedly neutralise common disruptive noises like chatting, snoring and barking dogs, so you can drift off in total comfort. The buds will even wake you up, with an alarm only you will hear, when it's time to rise and shine. About PGK840; bose.com.



Carry-on without stress

Keeping stress to a minimum is essential when travelling for work. The carry-on version of Eastpak's Tranzshell suitcase (it also comes in medium, large and extra large) has an inbuilt lock to keep your things safe, and a 360-degree four-wheel system that makes getting through airports a breeze. Available in this sophisticated but easy to recognise dot print, plus a range of other fun prints, as well as classic black and grey. From about PGK728; eastpak.com.



Fancy Fitbit

A fitness tracker that can pretty much organise your entire life? Yes please. The Fitbit Versa integrates all the expected health features – heart-rate tracking, step counting, sleep analysis and more – into a chic, customisable face. It also stores hundreds of songs for phone-free Bluetooth listening, and includes apps for weather, countdown timing, video workouts, Uber requests, flight status updates and more. From about PGK672; fitbit.com.



Lightweight tablet

Blending the functionality of a laptop and the portability of a tablet, Microsoft's 10-inch Surface Go is the smallest and lightest of the Surface models, weighing just over 500 grams. It includes all the great features you might expect from a tablet, including crisp resolution, an intuitive touchscreen, an adjustable stand and up to nine hours of use from one charge, to get you through the busiest of days. About PGK1433; microsoft.com.



Fleece vest

Patagonia is reinventing what it means to be socially responsible as a brand, using a large portion of recycled materials, fixing customers' gear for free, and donating one per cent of its total sales to hundreds of grassroots activist groups. Which means you can feel good about purchasing the Better Sweater polyester fleece vest, dyed with a process that significantly reduces energy and water use, and sewn in a certified fair trade factory. About PGK504; patagonia.com.



Practical pants

Kuhl's Konfidant Air pants are designed to take you from sloshing through a river to heading to dinner at a restaurant. They're made from a rapid-drying fabric called Enduro with UPF 50 protection, and include nine generous pockets and 11 vents, including behind the knee and at the crotch, to allow for better airflow in high humidity. They also look fantastic, fitting in as well by the campfire as they do by the bar. About PGK299; kuhl.com.



E-reader

Poolside reading never looked so good. Kobo's Aura H2O Edition 2 has a backlit 6.8-inch screen, is super comfortable to hold and exceptionally light, lasts a month off the charger and is fully waterproof. Thanks to the company's patented H2O protection, it can be held under the water for 30 minutes and still function, which means you can also take it into the bath and not worry about dropping it in. About PGK574; kobobooks.com.



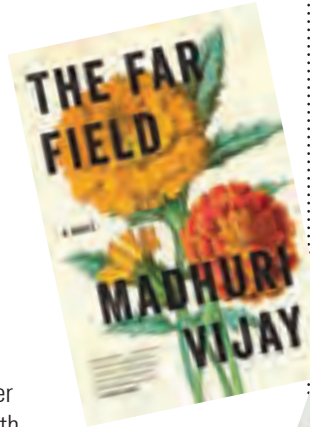
***The Far Field* By Madhuri Vijay (Grove Press)**

In the wake of her mother's death, Shalini, a privileged, naive and restless young woman from Bangalore, in India, sets out in this work of fiction for a remote Himalayan village in the troubled northern region of Kashmir.

Certain that the loss of her mother is connected to the decade-old disappearance of Bashir Ahmed, a charming Kashmiri salesman who frequented her childhood home, she is determined to confront him. But upon her arrival, Shalini is brought face to face with Kashmir's politics, as well as the tangled history of the local family that takes her in.

And when life in the village turns volatile and old hatreds threaten to erupt into violence, Shalini finds herself forced to make a series of choices that could hold dangerous repercussions for the people she has come to love.

The author, who was born in Bangalore, has received wide praise for *The Far Field*, her first book.



***The Efficiency Paradox – What Big Data Can't Do* By Edward Tenner (Penguin Random House)**

One of the great promises of the internet and big data revolutions is to improve the processes and routines of our work and personal lives and to get more done in less time.

What if we are performing at higher levels and moving at unprecedented speed but are heading in the wrong direction?

Melding the long-term history of technology with the latest findings of computer and social science, *The Efficiency Paradox* questions assumptions about efficiency and posits how relying on the algorithms of digital platforms can in fact lead to wasted efforts, missed opportunities and an inability to break out of established patterns.

Tenner not only offers an alternative way of thinking about efficiency, but reveals what a combination of artificial intelligence and trained intuition can learn from the random and unexpected.

The author is a scholar of the Smithsonian's Lemelson Centre for the Study of Invention and Innovation and a visiting scholar in the Rutgers University Department of History in the US.



***The Bells of Old Tokyo: Travels in Japanese Time* By Anna Sherman (Pan Macmillan)**

In a novel way to understand the history and culture of Tokyo, Anna Sherman searches for the lost bells of the city, which once marked neighbourhoods and kept a version of time represented by animals and the zodiac before Jesuit priests introduced clocks in the 17th century.

The book moves in and out of various time as readers are introduced to Tokyo residents past and present, including an aristocrat who makes his way through Tokyo's sea of ashes after World War 2's firebombs, and a shrine priest who remembers Yukio Mishima, one of the most important Japanese authors of the 20th century.

Sherman, who lives in Tokyo, also delves into the hotels of Shinjuku and into the impact of the Tohoku earthquake, when 16,000 people died in 2011.

Her book has been described as a literary and cultural appreciation, a mix of memoir and journalism.



***The Island of Sea Women* By Lisa See (Simon & Schuster)**

Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends who come from very different backgrounds. When old enough, they begin working in the sea with their village's all-female diving collective, led by Young-sook's mother.

As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility, but also danger.

The Island of Sea Women is set over many decades, a work of historical fiction, beginning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War 2, the Korean War and its aftermath, and moving into a more contemporary world.

Throughout this, the residents of Jeju find themselves caught between warring empires. Mi-ja is the daughter of a Japanese collaborator, and she will forever be marked by the association. Young-sook was born into a long line of *haenyeo* – female divers from Jeju – and will inherit her mother's position leading the divers in their village.

Little do the two friends know that after surviving hundreds of dives and developing the closest of bonds, forces outside their control will push their

friendship to breaking point.



When the War Came – New Guinea Islands 1942
 Compiled by Gayle Thwaites (Papua New Guinea Association of Australia)

With its spectacular harbour, Rabaul was once known as the Pearl of the Pacific. The port was an important export and import point.

On January 23, 1942, the Japanese invaded, transformed the town into a Pacific fortress and used it to launch campaigns at Kokoda as well as the battles of Midway and the Coral Sea.

Unlike many of the infamous battles staged from Rabaul, the story of the port town has been little told. But this book, a social history, aims to correct the oversight with a bewitching collection of personal and family stories. It also recounts the sinking of the *Montevideo Maru*.

The individual stories transport the reader to another time. The story of Gladys Baker is one of 149 stories (the book runs to about 500 pages), written, in many cases, by descendants of those whose lives were lost to war.

Baker scribbled notes on scraps of paper. Her story is told by Ally Martell, who says that the news that Rabaul had been bombed came

by drums and smoke signals. "It was a clear day and the smoke signals had been seen on the mainland 64 miles (103 kilometres) away. On January 24 I loaded my *pinnace* (a small boat), *Langu II*, and set out to make food dumps ..."

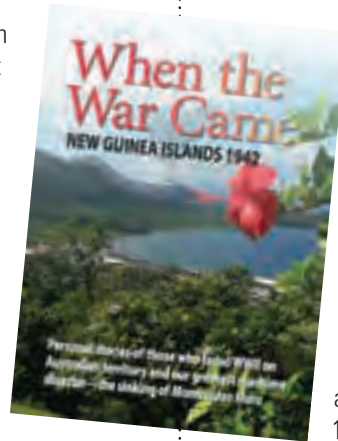
Baker's remarkable story includes an encounter with a Japanese sea plane. But the feisty plantation owner is credited with saving the lives of 240 sick and wounded who escaped from Rabaul.

The introductory pages of *When the War Came* include a powerful contribution from Max Uechtriz, born in Rabaul, who was a director of news at the Australian Broadcasting Corporation (ABC) and at Al Jazeera English.

He writes: "The war is long gone but the pain and anger of descendants of victims will not fade away. The anger could be eased – by giving the events of Rabaul 1942 due respect and recognition."

The book, made up of black and white photographs that place it in the time it portrays, seems to do just that.

When the War Came has been produced by the Papua New Guinea Association of Australia. There are limited copies available. See pngaa.org.



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Top End Wedding

Cast: Miranda Tapsell, Kerry Fox

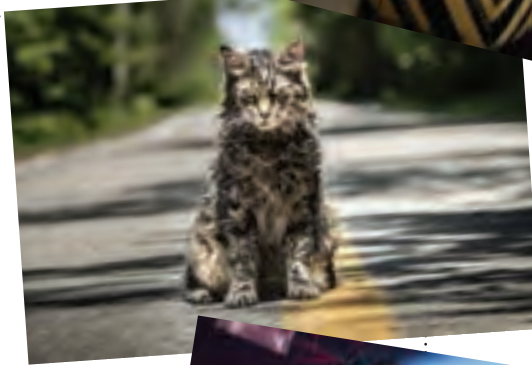
This Australian romantic comedy comes with more than a few twists. It stars indigenous actress Miranda Tapsell (*The Sapphires*) as Lauren, a woman eager to plan her upcoming wedding in the Northern Territory, where she can be with her mother. Featuring stunning and picturesque images of Australia's far north, *Top End Wedding* has much more on its mind than just the mechanics of romance. It's about finding what is really special to us and who we want to be around when the times are tough. Directed by Wayne Blair, who made crowd-pleasing *The Sapphires*, *Top End Wedding* is bound to give audiences a flutter in their heart and a tear in their eye.



Pet Sematary

Cast: Jason Clarke, Amy Seimetz, John Lithgow

Did we need another adaptation of Stephen King's famed novel *Pet Sematary*? Probably not, but in a year that is giving us a reboot of the *Child's Play* franchise and *The Grudge*, this particular franchise at least hasn't been done to death. And in all honesty, the 1989 original isn't all that good – and we won't mention the sequel – so there is room for it to stand up as the creepy zombie animal movie horror fans deserve. Of course, it's all very silly watching cats and dogs get their claws out to kill dumb humans after reanimating from their burial ground, but that's actually what makes it fun. There is probably too much computer-generated imagery, but the moggy villains and the evil they unleash are a refreshing change of pace to the evil we see in other, more gruesomely bad horror movies.



Rocketman

Cast: Taron Egerton, Jamie Bell, Richard Madden

If *Bohemian Rhapsody* and the story of Queen frontman Freddie Mercury wasn't enough for you, then here comes *Rocketman*. Described as a true fantasy, *Rocketman* covers the early life of a similarly flamboyant British pop-rockstar, Elton John. Played here by Taron Egerton (*Kingsman: The Secret Service*, *Eddie the Eagle*), Elton's rise to fame is that of a dorky kid whose real name was Reginald Kenneth Dwight and who had a knack for the piano as well as outrageous costumes. Of course, there wouldn't be a movie about Elton John if his life wasn't full of the sort of hardships we have come to expect from a musical biopic. There are the drugs and the extravagant lifestyles and the issue around the public's growing awareness of his sexuality.

Unlike *Bohemian Rhapsody*, however, *Rocketman* takes a more fantastical route with musical sequences that blur the line between fact and fiction, magic and reality. *Rocketman* shows that there is still a spark in this tired genre.

Yesterday

Cast: Himesh Patel, Lily James

What happens if you wake up and you discover The Beatles never existed? That's the far-fetched premise of this crowd-pleasing musical comedy from the director of *Slumdog Millionaire*, Danny Boyle, and writer of *Four Weddings and a Funeral*, *Notting Hill* and *Love Actually*. Himesh Patel, known best for his role as Tamwar on popular British soap opera *EastEnders*, stars as a struggling musician who gets hit by a car at the exact moment a power outage occurs around the entire world. When he comes to, he sings *Yesterday* to

his family, stunned by his sudden song-writing abilities. He soon discovers the world has no idea about *Hey Jude*, *I Want to Hold Your Hand*, *A Hard Day's Night* and more, sending him on a rock and roll trip to superstardom that comes with a price. Featuring industry names like musician Ed Sheeran and talk-show host James Corden, as well as *Mamma Mia! Here We Go Again*'s Lily James, *Yesterday* is made to be embraced for its feelgood charms and classic, hit-filled soundtrack.

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





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Life after Ok Tedi

As the Ok Tedi gold and copper mine nears the end of its current mine life, the Ok Tedi Development Foundation has launched a five-year plan to create economic self-reliance for the people of Western Province. *Kevin McQuillan* reports.

The Ok Tedi Development Foundation (OTDF) was originally set up as a subsidiary of the 35-year-old Ok Tedi gold and copper mine, one of the world's largest and a key contributor to the Papua New Guinea economy.

Since 2010, OTDF has been an independent entity with a unique development partnership between mining, the people and the government, although it relies on the mine for its annual operating income of about PGK20 million.

Since taking over as chief executive officer in 2009, Ian Middleton has been working to create plans to ensure self-reliance for the 147,000 people living in 158 villages in the mine area, along the Ok Tedi, Strickland and Fly rivers, and the highway between Tabubil and Kiunga.

"Our vision is to create a positive legacy for our communities," he tells *Paradise*.



Ian Middleton ... working on plans to ensure self-reliance for the 147,000 people living in the Ok Tedi mine area.

Late last year, he announced a strategic partnership with Israeli company Innovative Agro Industries (IAI), to develop the WestAgro Master Plan, which he estimates will cost around PGK200 million for the first four years, 2019–2023, before the venture is financially self-sustaining.

OTDF, the Fly River Provincial Government (FRPG), the Mineral Resource Development Corporation (MRDC) and IAI are the key

partners in the WestAgro Joint Venture Company.

The key elements of the master plan for new and expanding industries are poultry, rice, rubber, eaglewood, cocoa, black pepper, vanilla and annato (a food colouring crop).

"Delivery of the WestAgro master plan is our principal focus in addressing sustainable economic and social development," he says.

“WestAgro is expected to change the economic and social fabric of this province, shifting from a gold dependency to a green self-sustainability and as an organisation we are all very proud to have developed a plan that can truly deliver this outcome.

“So long as our partner communities have money in their pockets, it will go a long way towards addressing any housing, health or education needs.”

Middleton admits the foundation is reliant on the mine to support OTDF operations, but if WestAgro is successful, the eventual mine closure will have very little impact on the communities’ need for continuance of the foundation.

Three agro-industrial centres form the basis of the WestAgro master plan at Kiunga in the North Fly, Kaviananga in the Middle Fly and Suki in the South Fly.

This year, the foundation through its partner, IAI, will be establishing a vanilla nursery and agricultural industrial base in Kiunga.

“

The key elements of the master plan for new and expanding industries are poultry, rice, rubber, eaglewood, cocoa, black pepper, vanilla and annato (a food colouring crop).

”

This base, at Samagos, will incorporate a commercial nucleus estate as well as support all technical farming requirements for family smallholders.

They will expand the current poultry and egg project to include broilers in Tabubil, establishing a slaughterhouse to process 500 tonnes of chilled and frozen broiler meat to be supplied into the province, and work with farmers to produce a locally farmed corn supply for the poultry feed.



Hands on ... rice is one of the key elements for new and expanding industries in the Ok Tedi precinct.

“We hope to kick start a PNG Incentive Fund financed 40-hectare rice project in Kaviananga in the Middle Fly,” he says.

A Kaviananga landowner group has allocated 40 hectares of land for commercial trials from which protocols will be established to expand farming throughout the province. It is hoped that 1000 hectares of rice can be planted, grown and processed. This will meet all the rice-consumption requirements in Western Province.

At the Suki agricultural industrial base in the South Fly, a cocoa nursery and 500-hectare plantation will be developed along with support for the inclusion of smallholders. Additionally, research and development for an eaglewood industry will be completed by year’s end.

Middleton is optimistic that community farmers will be keen to actively take part in growing these commodities.

“There has been a dramatic change in attitude amongst our partner communities, there is now a genuine realisation that they can’t forever rely on mining benefits.

“Gold and copper does not grow on trees like these crops. Once it is harvested, it’s gone yet vanilla, cocoa, rice, eaglewood or rubber will continuously grow and produce a return to the farmer.”

Middleton says the involvement of IAI is critical to the success of the master plan.

“IAI is by far the most technically capable agribusiness provider available in PNG and they were willing to put their money where their mouth is,” he says.

“They have already committed to being a funding partner, committing to 20 per cent of the project.”

“They can also provide a holistic, on-ground support base with extensive market connections for every commodity we plan to implement across the province.”

Middleton has announced his retirement as chief executive officer of OTDF at year end but will continue to play a major role to implement the WestAgro master plan. ■

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



New food delivery service for Port Moresby

Kevin McQuillan reports on a service that is delivering fast food, restaurant meals and grocery items to busy city dwellers.

Two Papua New Guinean entrepreneurs have started a food delivery service in Port Moresby. GoFood PNG picks up food from restaurants and delivers to customers across the city.

The co-founders are Eugene Anang and Samson Korawali.

Anang, who is also chief executive officer, says he identified a need for the service and enlisted Korawali to develop the technology to allow customers to place their orders online.

“

We want GoFood PNG to be the leader in this field, so we are developing a mobile app.

”

“Either they (the customers) didn’t have a car, didn’t want to go out again after coming home from a long day of work, or they didn’t want to go out at night for security reasons,” Anang says.

Korawali says customers are middle to upper-class Papua New Guineans and expats who work long hours and are looking for a service that can cater for their food needs.

The two entrepreneurs had to raise the capital to buy cars and motorbikes for the new service, and had to create an online local ordering system for Port Moresby.

Korawali says they had to be creative. They wanted to avoid borrowing from banks, which is notoriously difficult for small-to-medium enterprises in PNG.

“We are both entrepreneurs and own multiple small businesses, so we leveraged profits from our other businesses to pump capital into this new opportunity.”

Korawali says the aim of the company is to be the most reliable and convenient food delivery service in Port Moresby.

Twenty restaurants have signed up for the service and, earlier this year, the CPL-owned Stop N Shop supermarket chain, as well as Meat Haus, joined to provide grocery home deliveries.

GoFood has six staff, three cars and two motorbikes. Staff currently take the orders by phone or online and then the order is sent (by text message) to the respective restaurants.

They then go to the restaurants, pick up the food and take it to the delivery address. But the strategy is about to change.

“We are in the process of improving our technology so that all orders are done online without the phone calls,” says Korawali.



“There will be no texting, and invoices are automated and sent to the restaurant so that everything is done online.

“We want GoFood PNG to be the leader in this field, so we are also developing a mobile app. That is quite different to having a website. We want to get it right in Port Moresby first and have our strategy, structures, processes and management in place so that we can improve our services to our valued customers.

“Then we can explore other opportunities in Lae and expand to Fiji or Solomon Islands.”

Marketing is done by social media. “Social media will play a key part in our marketing strategy and I am hoping to bring on more people to help us market through digital platforms.

“Social media is having a huge impact on the life of Papua New Guineans,” Korawali says. ■



Food partners ... Samson Korawali (left) and Eugene Anang (right).



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THE GUARD DOG GROUP
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SPECIAL REPORT



In this *Paradise* special report, we take a look at PNG's manufacturing sector. A small part of the country's economy is busy at work producing a range of products that showcase the best of PNG, including coffee, beer, chocolates, honey and other foods. In other areas, such as steel production and building supplies, the sector provides a variety of local jobs.



PNG at work ... (clockwise from top) Queen Emma chocolates; art beer cans by SP Brewery; rice by Trukai; fish set for dispatch at RD Tuna; building materials at Monier.



On the rebound

David James reports that things are looking up for PNG's manufacturing sector.

Manufacturing in Papua New Guinea is comparatively small, but it is vital for the country. The sector only contributes about three per cent of Papua New Guinea's GDP, but according to the Government's 'Medium Term Development Plan' (MTDP) it employs about half of the people in the formal sector in the country.

A strong manufacturing sector is thus crucial for developing the economy and stimulating broad-based economic growth.

Most manufacturing in PNG is built off the country's strength in agriculture and resource-based industries. The largest manufacturing export commodities are palm oil, processed tuna, copra oil, processed timber and refined petroleum and LNG.

The MTDP notes that "the promotion of the manufacturing sector's contribution to economic output should have the highest impact on job creation".

The National Government has adopted a strategy of broadening PNG's industry base to reduce the impact of volatility in the resources sector. The aim is to move the economy from its dependence just on primary industries into higher value-added processing industries.

Chief executive of the Manufacturers Council of Papua New Guinea, Chey Scovell, believes that boosting PNG's manufacturing industry is essential to achieve greater diversification in the economy. "The more value added you can do, the better. If you are talking agriculture, for example, value adding is critical."

There have been moves to protect manufacturing in PNG better. According to a study by the Australian National University (ANU) '2018 PNG Economic Survey', the 2018 budget introduced legislation that increased about 250 tariffs; 600 decreases were abandoned. "On average, the tariff increases were moderate (about 7 per cent), but there were some substantial increases," the ANU report says.

Tariffs were increased on clothing, household and consumer items, and some processed food, such as ice cream.

Scovell says the changes to tariffs over the last two years have resulted in better protection for PNG manufacturers.

Chey Scovell ... says changes to tariffs have resulted in better protection for manufacturers.



On the rebound



In for the long haul ... fishermen at work for RD Tuna.

“Those tariff reforms have resulted in significant investment, including re-capitalisation of existing manufacturers, like Coca Cola and Pacific Industries and Paradise Foods. There has also been a whole number of new entrants. American Cola, the soft drink brand, took up a chunk of the market.

“They are actually building two manufacturing plants, one in Port Moresby and one in Lae. Lae Biscuit Company is about to open up a huge noodle manufacturing line. We will have another big noodle manufacturer in PNG.”

Scovell says Goodman Fielder is also increasing its investments, including building a new flour mill.

Some companies are also experiencing natural growth in demand. For example, Vijay Kumar, general manager of Poly Allied Products, says the household market for his products is growing.

“The end-user is happy to use Poly Pipe instead of copper pipe for water supply. Mining sector demand is also going up.”

There are also examples of PNG manufacturing companies globalising their production. New

Britain Palm Oil, PNG’s biggest palm oil producer and largest private employer, has a refinery in Liverpool, England. Almost all of the company’s output goes to the European Union.

It is not just tariff policies that have been altered. There have also

Scovell says these changes have had a galvanising effect. “What happened in the past is that most of the fisheries located in PNG were a type of dual-structure business. They had a fishing company and a canning company and the subsidy was being applied to the fishing.”

“

Better prospects in the oil, gas and mining sectors will affect manufacturing. The prospect of some big projects starting, such as the Total-led Papua LNG project, have got a lot of people excited.

”

been changes to subsidies that have affected manufacturing. The ANU report says in 2017, the PNG Government announced that all fish caught in PNG waters would have to be processed in PNG, and that its existing policy of subsidised fishing in PNG waters, in return for some processing, would be replaced by a rebate for fish processed in PNG.

Scovell says before the legislative changes, some companies used the subsidy to provide cheap fish to their overseas operations, only processing a small proportion of the catch – as low as three to five per cent. One exception, he says, was RD Tuna, which used to process about 75–80 per cent of its catch in PNG in the peak season.

“Now, it is a rebate based on the volume that you produce – that you process (manufacture). Within six months we saw a doubling of the output on the process side and now we are seeing between two and three times (the pre-change subsidy level).

“They have gone from running one short shift a day to running two or three full shifts. Some of them have gone to almost 24-hour production. That has been a huge success, creating more labour and revenue.”

Erwin Ortiz, general manager of RD Tuna Canned, says one challenge for the company is exporting to international markets apart from Europe. “This has been a recurring concern that we are determined to overcome,” he says. “Target marketing and niche promotions can be implemented to be able to attain our aim of a wider local customer base.”

Infrastructure shortcomings remain a challenge. Melinda Ragudos, general manager cannery, for Frabelle PNG Limited, says the road between the company’s facility in Lae and the wharf is in bad condition.



On the rebound

“Utilities are an ongoing challenge in terms of both reliability and price.”

But she says the company nevertheless remains committed to PNG. “We have raised our production levels this year and are planning to increase our capacity.”

Scovell says better prospects in the oil and gas and mining sectors will affect manufacturing.

He says the prospect of some big projects starting, such as the Total-led Papua LNG project and the proposed copper-gold mine Wafi-Golpu, have “got a lot of people excited, particularly in the construction and housing sector as well as the FMCG (Fast Moving Consumer Goods) sector”.

Scovell notes that, with the establishment of a ministerial

oversight committee for these projects, progress has been sped up. The hope is that work will start on some of the resources projects towards the end of the year.

“That is going to be huge; it is some of the early spend. I am also buoyed by the fact that the government is saying there must be a heavy weighting towards local content, particularly on the early spend.”

He adds that he is “not hearing resistance” to using local providers, whereas with previous projects contracts were given to people outside the country.

Michael Kingston, chief executive of diversified manufacturer KK Kingston and an economist, believes PNG must be careful in the way it approaches resource booms.

He says resource-driven growth tends to coincide with an increase in the wealth gap between those who have and those who have not.

“In countries that develop using a different model – we can look to East Asia where manufacturing has been a driver and could equally be a driver in PNG – the approaches to development tend to be far more inclusive.

“In economies that have followed the path of import substitution industrialisation; followed by export oriented industrialisation; followed by domestic consumption driven growth, one usually sees a much more even distribution of rewards and economic benefits.

“My concern is that the boom that is going to happen with Wafi-Golpu and Total (the Papua LNG

project) may make our government once again see dollar signs associated with resource-driven growth, and forget manufacturing and agriculture – which are the biggest employers in the country.

“The changes they have made to fostering manufacturing are long overdue. I hope that they continue to stick with those policies.”

Another boost to prospects in the manufacturing sector is the establishment of the Papua New Guinea Electrification Partnership (PEP) in the 2018 APEC meetings, which were hosted by PNG.

“One of the issues is you can build all the infrastructure, but how can you do it on a commercial basis? The PEP gives grants to build infrastructure even in areas where you don’t have the business case to justify financing it.” ■

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MOSIN FRESH

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VITIS INDUSTRIES LIMITED started to produce new food product - Mosin Fresh Coffee Flowers Honey. This honey made in Mosin Hills estate at Wau, Morobe province, where we have 400 honey bees hives.

Honey bees help to pollinate coffee flowers on our coffee plantations and to increase coffee harvest. This honey has dark deep brown colour, dense body and strong flowers taste.

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ALL LOVE FOR LOCAL

Give the best to be the best. This is the principle that drives Dolly Tuna, Papua New Guinea's leading tuna brand, which operates on the idea that preparing and serving top quality tuna means leaving nothing to chance. From casting their nets down to exporting their cans, RD Tuna Canners Ltd., Dolly's flagship company, has spent over two decades adhering strictly to international standards to ensure that every household gets only the freshest fix of tuna.



RD Tuna Canners Ltd. has received certifications from the Marine Stewardship Council, the British Retail Consortium, the International Food Standard, the International Standard Organization of Food Safety Standard, and the National Fisheries Authority. In addition, it is also the biggest exporter of Papua New Guinea-made tuna products to Europe, the Middle East, and selected areas in Asia, allowing it to contribute to the country's dollar reserves.





Proudly made in PNG, the number one tuna brand, Dolly, has been around since 2005. Dolly Tuna is responsibly fished by RD's Group of fishing fleet, to keep both the consumers and their natural environment protected and preserved. It is properly loined, canned, and is now packaged for easier consumption, because RD Tuna puts a premium on their customers' best interest just as much as they value producing Papua New Guinea's best canned tuna.

With every can of Dolly Tuna, you not only get quality tuna and a handful of its health benefits such as improved blood circulation and reduced obesity risks; you also get the added satisfaction of knowing you have supported the biggest employer of Papua New Guinea nationals in the fishing sector. Prepared and sold by a growing team of around 3,000 RD Tuna and RD Fishing directly employed Papua New Guineans, Dolly, like other RD Tuna brands such as Dolores, Diana, and Diana White, truly loves local, and invites everyone else to do the same.



CHOOSE THE BRAND THAT CHOOSES YOU.

CHOOSE 

“

Things are generally in a better place for the first quarter of 2019.

”

Brewer says things are looking up

Being a manufacturer in Papua New Guinea means managing cycles, according to Stan Joyce, managing director of SP Brewery, PNG's oldest brewer. He is expecting economic developments to start turning in the sector's favour.

“Things are generally in a better place for the first quarter of 2019 than they were for most of 2018, and 2017,” he says. “The re-set in the market – the adjustment to the availability of foreign exchange, the adjustment to weaker consumer demand – has, in the main, started to wash itself out. Most people are now preparing for a better future.”

In an effort to partially reduce its need for foreign exchange to purchase internationally, SP Brewery has started producing its own starch using cassava crops. It has also established a flour mill in Lae.

Joyce describes the move as small steps only, but he believes

it is sound long-term strategic positioning. “It gives us a better sustainable footprint. In the longer run, the things that we have seen happen in the last four or five years will happen again in four or five years' time. That cycle just occurs.”

Joyce believes protection of manufacturing industries using tariffs can be positive, provided it is implemented on a case-by-case basis. “There is an argument that can be made for these things. If you have the right safeguards and the right incentives given, with the right obligations from all the stakeholders, it can be a good thing.”

Joyce says his company has investors who take a long-term view of the economy and are

Stan Joyce ... expects economic developments to turn in favour of local manufacturing.



prepared to “put away some for a rainy day”. He notes that SP Brewery has been in PNG since 1952.

“We continue to have a very positive view of what the poten-

tial is, and the future of the country. We look forward to working with those in government and those people who are interested in developing the sector.” ■

– DAVID JAMES

Cheers to local art

SP Brewery has launched a series of art beer cans. The Export Art Series cans have been

devised from a nationwide design competition that attracted 500 entries last year. Twenty-two winning designs, from

each province, were selected. SP Brewery marketing manager, Josh Wheeler, says the aim is to “celebrate the best of PNG

through our great culture, land, agriculture, people and, of course, our indigenous arts and designs”. ■





Trukai is proud to deliver to you the finest locally grown long grain rice in PNG. Trukai Hamamas Rice is grown in Rangiampum, Umi, in the Markham Valley and milled and packaged in Lae, Morobe Province.

You can be satisfied with the knowledge that every delicious mouthful of Trukai Hamamas Rice has been proudly grown by Papua New Guineans, for Papua New Guineans.



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Tariff changes positive for PNG

Controlling costs and adapting to trends in the market are key to success, says Michael Kingston, chief executive of diversified manufacturer KK Kingston.

He says that changes to tariffs have encouraged overseas manufacturers to invest in PNG.

“A lot of companies are looking at manufacturing locally, whereas previously the trend was the opposite – people were getting out of local manufacturing and offshoring.

“Some of the tariffs have had an impact. Until recently, we were probably the last domestic bottler of cooking oil left. Now there are four, maybe five, who are bottling locally.”

KK Kingston is diversified. It wholesales products directly to customers and also produces Fast Moving Consumer Goods (FMCGs), which are sent to retailers.

He says currently the FMCG sector is experiencing the fastest growth.

Kingston says the likely start up of new resource projects, such as the proposed gold-copper mine Wafi-Golpu and Papua LNG, will positively affect his business.

But he has learned some lessons from the last boom and is keen to avoid previous mistakes, when he allowed the “cost base to grow too quickly and we over invested in assets and capacity that we didn’t really need and we took

on too much debt in anticipation of sustained growth that didn’t eventuate”.

This time, he is aiming to keep his overheads constant, or even reduced. “I am focusing keenly on producing products at a lower cost per unit than previously by trying to do more with less.”

He is avoiding additional investment, reducing debt and looking to eke out more efficiencies and more productivity from the labour force, and “the assets we currently operate”. ■

– DAVID JAMES

Michael Kingston ... says adapting to trends is the key to success.



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VITIS INDUSTRIES LIMITED developed new PNG MADE product to satisfy the growing demand of PNG public for high quality drinks.

CocoU is a coconut rum made from fine sugar cane spirit, fresh coconuts and cane sugar grown in Papua New Guinea.

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AMIGO PREMIUM TEQUILA IS SIMILAR TO FAMOUS TEQUILAS LIKE JOSE CUERVO AND SIERRA MADE IN MEXICO.

AMIGO PREMIUM TEQUILA HAS SOFT SMOOTH TEXTURE, STRONG AGAVE AROMA AND TASTE AND LIGHT FUELLING BODY.

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HACCAP Approved · Customs Clearance and Cartage · Meat Haus Retail Branch
Buffalo Burger Takeaway Restaurants · 300 Staff Strong**

“
”

The porter is my favourite beer. It is strong, with a dense body, sweet, with a rich hops flavour, some hint of vanilla and a dark rich colour.

PNG boutique beers winning international awards

Since venturing into the boutique brewery market three years ago, Vitis Industries has expanded its range of beers and won medals at two international competitions. General manager, Sergey Mosin, says five new beers will go on sale this year.

Vitis' brewery is only the second (legal) brewery in PNG.

From selling just two beers three years ago, Vitis is now selling 12.

“Our sales are good and constantly growing. Our current production is not big and all produced beers are sold. We have our own two bottle shops in Port Moresby and one bottle shop in Wau,” says Mosin.

The range is also sold in some supermarkets.

Mosin says his brewery uses batch-brewing, a method often used these days by boutique breweries, which produce a traditional style of beer.

“It takes about 60 days to complete the bottling process,” he says.

“This method guarantees high quality and outstanding taste.

As a result our beers won medals in the Berlin International Beer Competition in 2019 and the Melbourne Beer Competition in 2019.”

The most popular beers are Classic Lager, Imperial Porter and Wheat Ale.

Last year he added Imperial Porter, Wheat Ale, Pilsner Ale, Honey Lager, Pineapple Lager and this year he expects to produce Margarita Lager, Cherry Lager, Orange Lager, Blonde Ale and Coffee Stout.

The most powerful, he says, is Imperial Porter, a strong traditional style with 9.5 per cent alcohol.

“It follows the old tradition of Irish and Baltic stouts and porters made from Australian malts.”

“The porter is my favourite beer and reminds me of my young days in the USSR. It is strong, with a dense body, sweet, with

a rich hops flavour, some hint of vanilla and a dark rich colour.”

Brew master is Phil Magic, who has worked in various breweries in Australia and New Zealand.

“The main idea behind the manufacturing of our range of spirits and liquors is to utilise locally grown agriculture crops and convert them into valuable and long-lasting products,” explains Mosin.

As well as packaged drinks, Vitis owns a 1200-hectare agriculture estate with coffee plantations, vanilla plantations and honey bees at Wau in Morobe Province, which produces 100 per cent Arabica coffee, vanilla essence and natural honey.

“We produce green coffee beans for export, as well as roasted coffee beans, drip coffee, instant liquid coffee and coffee capsules for Nespresso coffee makers,” says Mosin.

Overall, the company employs about 1000 people. Five hundred are employed at its Nine Mile factory in Port Moresby, including in the brewery section. Another 250 permanent staff work at the Wau estate, where 300 seasonal staff are also employed. ■

– KEVIN McQUILLAN





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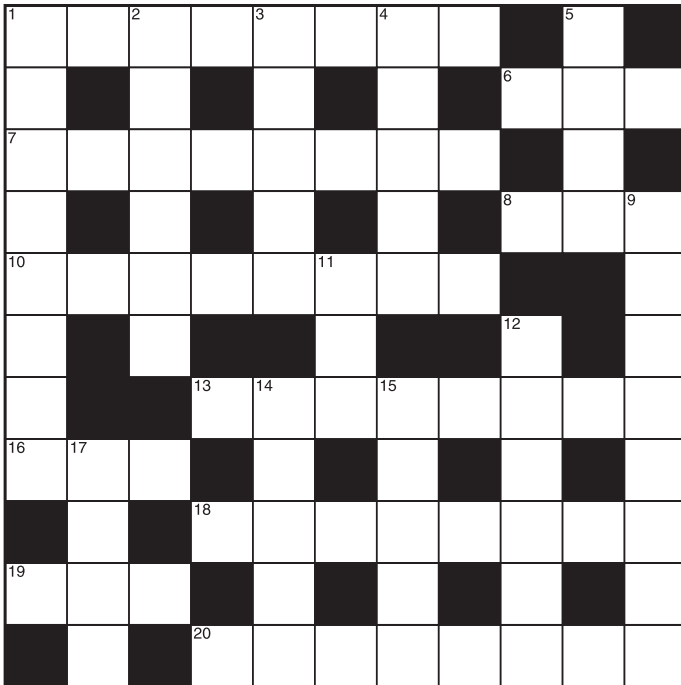
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DoubleTake

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



CRYPTIC CLUES

ACROSS

1. Is back in, rested, having put up a fight (8)
6. Cognac is half-gone when tooth is found (3)
7. Added salt and pepper like a veteran (8)
8. Wildebeest is an odd genius (3)
10. Lucky wheel let into route (8)
13. Ned eager to become outlaw (8)
16. Gentle stroke for a bad back (3)
18. Madmen ran to get figurine (8)
19. Be gone without one request for charity? (3)
20. Punishment put into words? (8)

DOWN

1. Shy communist accepts court delivery (8)
2. You instate figure (6)
3. Talked of part of bike (5)

4. Bail out rejected characters who lost colour (5)
5. Heartless notion at midday (4)
9. Upset ten lutes by mistake (8)
11. Bask in sun in Brittany (3)
12. Cannot aver nastiness occurring in inn (6)
14. Eastern queen that is weird (5)
15. Former performance was precise (5)
17. A long time to be trapped inside, stage-struck (4)

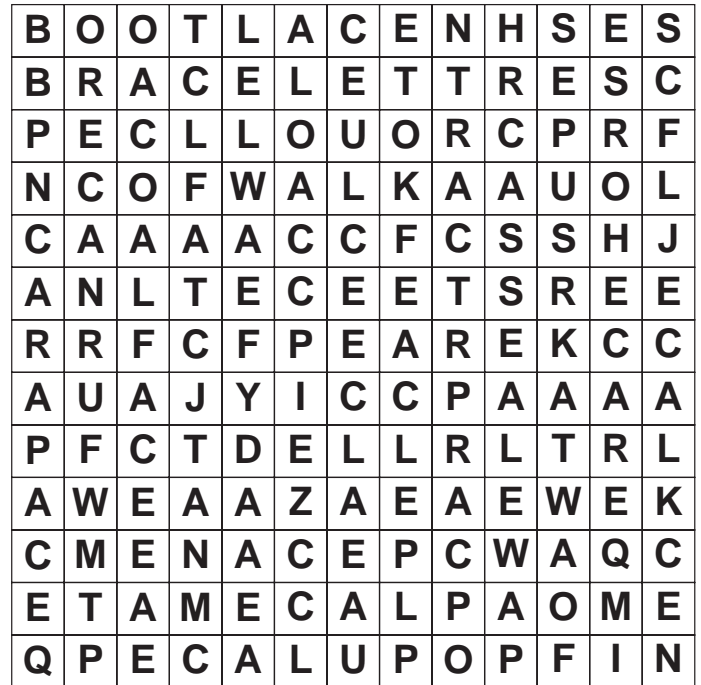
STRAIGHT CLUES

ACROSS

1. Opposed (8)
6. Gearwheel projection (3)
7. Experienced (8)
8. African antelope (3)
10. Casino game (8)
13. Turncoat (8)
16. Skilled person, ... hand (3)
18. Small decorative object (8)

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.



19. Seek alms (3)
20. Part of paragraph (8)

DOWN

1. Booked (tickets) (8)
2. The ... of Liberty (6)
3. Orated (5)
4. Remove (CD) (5)
5. Climax, high ... (4)
9. Shake up (8)
11. The *Joy Luck Club* author, Amy ... (3)
12. Pub (6)
14. Spooky (5)
15. Word-for-word (5)
17. Medieval period, Middle ... (4)

Theme: ACE WORDS

- BOOTLACE
- BRACELET
- CARAPACE
- COALFACE
- CRUSTACEAN
- FACE CLOTH
- FACE CREAM
- FACE-LIFT
- FURNACE
- LACERATE
- MENACE
- NECKLACE
- PALACE
- PLACEMAT
- POPULACE
- RACEHORSE
- REPLACE
- SPACE
- TYPEFACE



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Can you name a Papua New Guinean town from this jumble of letters: *ovinma*?
2. In Tok Pisin, what is a *wantok*?
3. What is the most recent five-star hotel to open in Port Moresby?
4. Who is James Segeyaro?
5. In which year did the kina replace the Australian dollar as the official currency of PNG?
6. Where in PNG would you find Arawa?
7. Which PNG city has the greater population, Popondetta or Madang?
8. Frank Bainimarama is the prime minister of which country?
9. Where is the Mount Yasur volcano?
10. Which city is known as the Lion City?
11. Which Air Niugini destination has the most three-star Michelin rated restaurants, Hong Kong or Japan?
12. In China, every year is represented by one of 12 animals. What is 2019 the year of?
13. Where would you most likely be if you buy a copy of the *South China Morning Post* newspaper?
14. Can you name the four states that make up the Federated States of Micronesia?
15. The flag (pictured) belongs to which PNG neighbour?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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



Solutions

CROSSWORD

R	E	S	I	S	T	E	D		N	
E		T		P		J		C	O	G
S	E	A	S	O	N	E	D		O	
E		T		K		C		G	N	U
R	O	U	L	E	T	T	E			N
V		E				A			T	S
E				R	E	N	E	G	A	D
D	A	B		E		X		V		T
	G		O	R	N	A	M	E	N	T
B	E	G		I		C		R		L
	S		S	E	N	T	E	N	C	E

WORDSEARCH

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

SUDOKU

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

The Paradise Quiz

1. Vanimo.
2. A countryman, a friend, a person from the same ethnic group.
3. Hilton.
4. A Papua New Guinean rugby league player.
5. 1975.
6. Bougainville.
7. Popondetta has a population of 28,198 and Madang 27,419.
8. Fiji.
9. Vanuatu (Tanna Island).
10. Singapore.
11. Japan 25, Hong Kong 10.
12. Pig.
13. Hong Kong.
14. Chuuk, Pohnpei, Yap, Kosrae.
15. Vanuatu.





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Out and about

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



PICTURE: MILEN STILYANOV

Port Moresby from the air ... Harbour City in the foreground and the suburb of Konedobu nestling into the hills.

CLIMATE

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

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available. Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

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

ELECTRICITY

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

GETTING AROUND

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

Car hire: Deal with one of the international names and ask them

to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

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

helicopter charters are available for travel to remote locations.

HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have 24-hour emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis. ➤





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MEDICAL EMERGENCY

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

MONEY

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

PUBLIC HOLIDAYS

PNG observes a number of public holidays unique to the country. In 2019, they include National Remembrance Day on Tuesday, July 23; National Repentance Day on Monday, August 26; and Independence Day on Monday, September 16.

SAFETY

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

TIME ZONE

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

EATING OUT

PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See airways.com.pg.

Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is



Element Bar and Restaurant ... Asian fusion in a youthful atmosphere.

available. A good spot for sunset drinks. Tel. +675 321 4780.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

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

Crown Hotel: There are multiple eating options at Crown. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant. See ihg.com.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See daikokupng.com.

Duffy Cafe: Known for excellent coffee and homemade cafe-

style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See duffypng.com.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956.

Edge by the Sea: The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

Ela Beach Hotel: The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, curry, pastas, and a classic grill menu. It's located next to the

pool, set in Italian gardens. See coralseahotels.com.pg.

Element Bar and Restaurant:

One of Port Moresby's newest restaurants, Element offers Asian fusion with excellent service. On Champion Parade, on the first level of MRDC Haus, it has modern decor and a huge balcony. Tel. +675 7252 8778.

Fusion: This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

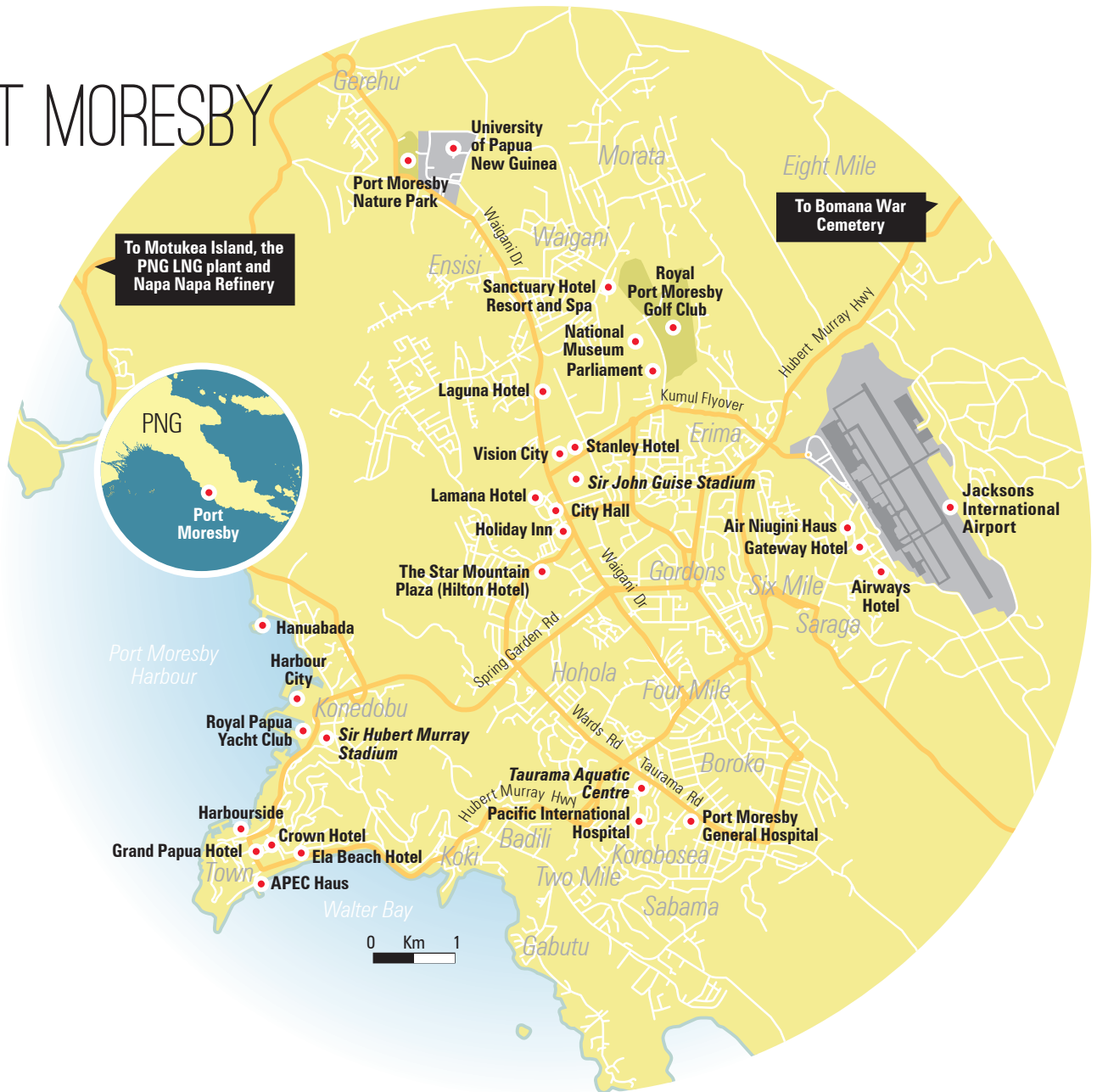
Gateway Hotel: The hotel's dining options include Jackson's Gaming–Restaurant–Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See coralseahotels.com.pg.

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

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG



PORT MORESBY



and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See www3.hilton.com. Tel. +675 750 1800.

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in

ramen (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimhap. See facebook.com/pages/Korean-Garden/595454767289525.

Lamana Hotel: You're spoilt for choice here with Spices (Indian),

the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Magi Seafood Restaurant: A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

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

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

Royal Papua Yacht Club: Relaxed, spacious and open to



non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See rpyc.com.pg.

Seoul House: This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Seoul House is tucked away in a garden oasis compound in Five Mile. Tel. +675 325 2231.

Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices, including the fine-dining Silver Leaf and the chic tapas-style Monsoon Lounge. Green Haus restaurant has all-day dining, including buffet dinners

with live cooking stations. See thestanleypng.com.

Tandoor on the Harbour: Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

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

LAE

Bunga Raya: This local favourite, serving Malaysian-style Chinese, is located next door to the Lae

Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Tel. +675 479 0100.

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

Golden Aviat: A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner, and yum cha on Sundays. Tel. +675 472 0486.

Huon Club: This private members' club offers 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. Tel. +675 7347 1058.

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

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. Tel. +675 479 0100.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants –

Luluai's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: Located at the Crossroads Hotel at Nine Mile. Be sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com/pg/crossroads. Tel. +675 475 1124.

HOTELS

PORT MORESBY

Airways Hotel: Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

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

Citi Serviced Apartments and Motel: There are two Citi Serviced Apartments and Motel properties, one block located at East Boroko and the other at Manu. They are set in ➤

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safe and secure grounds. The apartments are fully kitted out. They include cable TV, free Wi-Fi, washing machines, dryers, fridges, fans and air conditioning. Housekeeping is also provided. See citiboutiquehotel.com. Tel. +675 300 1300.

Crown Hotel: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See ihg.com. Tel. +675 309 3329.

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



Hilton Port Moresby ... the 15-storey hotel opened recently.

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

Grand Papua: This premium hotel features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See grandpapuahotel.com.pg. Tel. +675 304 0000.

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See www3.hilton.com. Tel. +675 750 18000.

Holiday Inn: Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See ihg.com. Tel. +675 303 2000. ➤

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Laguna Hotel: The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See lagunahotelpng.com. Tel. +675 323 9333.

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

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



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

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

LAE

Crossroads Hotel: A 45-room facility at Nine Mile. The hotel has a Japanese-themed

teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

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

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

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

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

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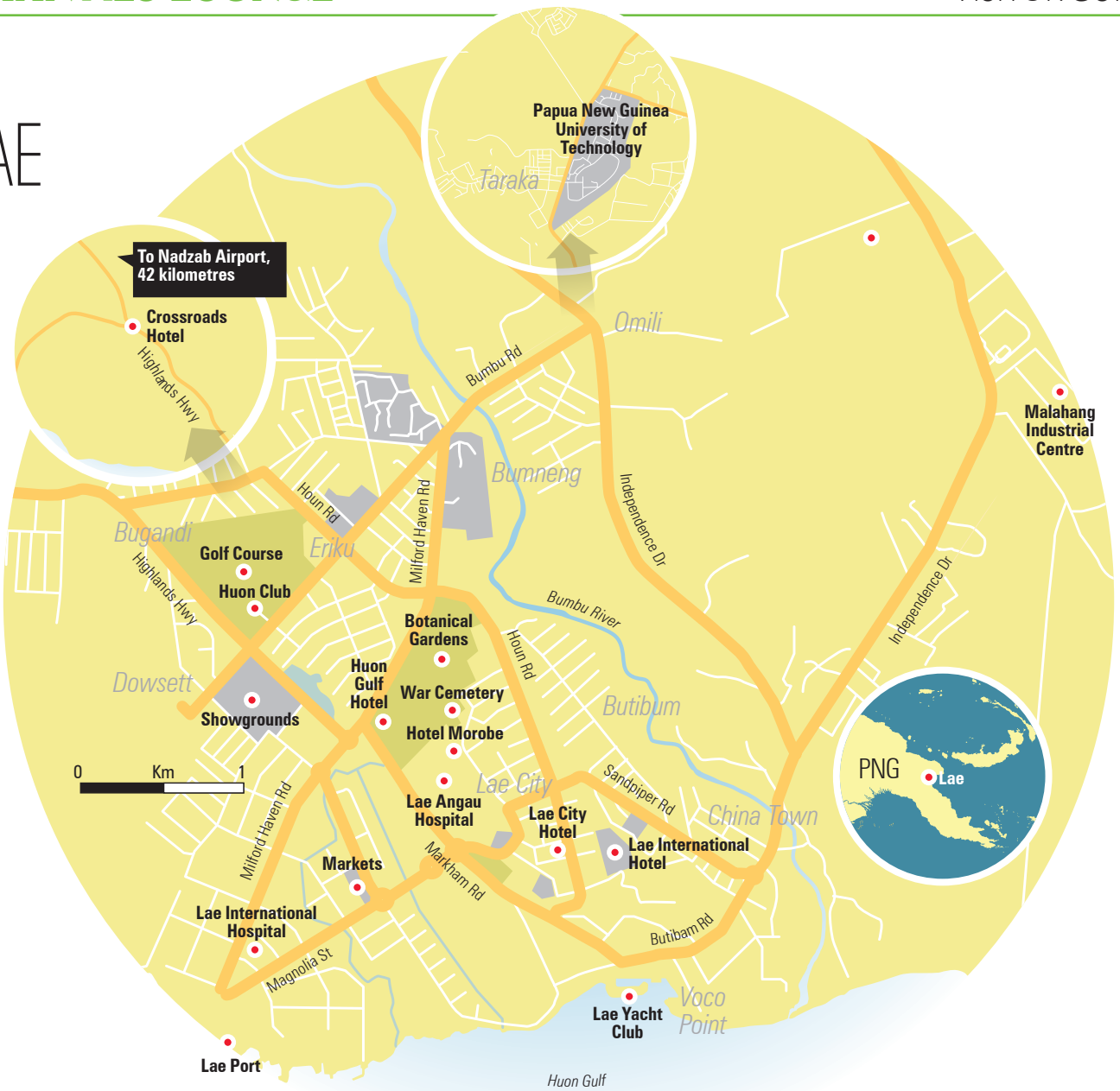
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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

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**

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Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m
Standard seating capacity: 76
Business class: 6
Economy class: 70
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 2



DASH 8-Q315 - Bombardier

Length: 25.7m
Wing span: 24.4m
Range: 1700km
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E
Normal altitude: 7500m
Standard seating capacity: 50
Number of aircraft in fleet: 3



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m
Standard seating capacity: 116
Business class: 12
Economy class: 104
Number of aircraft in fleet: 1



DHC-8-202 - Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D
Normal altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.528m
Wing span: 28.076m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 7



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



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Ice Age 2: The Meltdown

Genre: Family, Animation

Rating: PG

Stars: Ray Romano, John Leguizamo, Denis Leary

The sub-zero heroes from the worldwide blockbuster *Ice Age* are back, but in *Meltdown*, the ice age is coming to an end and the animals are delighting in the melting paradise that is their new world.



© 2019 WBIE

The Mule

Genre: Drama, Thriller

Rating: MA15+

Stars: Clint Eastwood, Bradley Cooper, Manny Montana

Earl Stone is a man in his 80s who is broke, alone, and facing foreclosure of his business, when he's offered a job that simply requires him to drive.



© 2019 WBIE

I Am Sam

Genre: Drama

Rating: PG13+

Stars: Sean Penn, Michelle Pfeiffer, Dakota Fanning

A workaholic lawyer learns a few lessons about parenthood when she helps a mentally disabled man fight for custody of his daughter.



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Phone Booth

Genre: Action, Thriller

Rating: MA15+

Stars: Colin Farrell, Forest Whitaker, Kiefer Sutherland

An innocent man is held hostage in a Manhattan phone booth by a sniper who controls his every move.



© 2019 WBIE

The Sisterhood of the Travelling Pants 2

Genre: Comedy, Romance

Rating: PG13+

Stars: Amber Tamblyn, Blake Lively, Alexis Bledel
The Pants are back for another glorious summer. Lena immerses herself in her painting. Carmen falls under the spell of a college friend. Bridget joins a dig for an ancient city on the coast of Turkey. Tibby leaves behind someone she loves.



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The Watch

Genre: Comedy, Sci-Fi

Rating: MA15+

Stars: Ben Stiller, Vince Vaughn, Jonah Hill
Four suburban guys come together to form a neighborhood watch group, but only as an excuse to escape their humdrum lives. But when they accidentally discover that their town has become overrun with aliens, they have no choice but to save their neighborhood.



Soorma

Genre: Drama

Rating: M

Stars: Diljit Dosanjh, Tapsee Pannu, Angad Bedi
Sandeep Singh, a talented young sportsman, shares the same aspiration as every other youngster in the town of Shahabad – to be a part of the Indian hockey team.



To Love Some Buddy

Genre: Comedy, Romance

Rating: TBA

Stars: Maja Salvador, Zanjoe Marudo, Donny Pangilinan

As best friends, Faith and Julius are inseparable. They share the same dreams until they decide to become more than best friends.



Last Letter

Genre: Drama, Romance

Rating: PG

Stars: Zhou Xun, Qin Hao, Du Jiang
When an invitation to a school reunion arrives for the recently deceased Chi Nam, sister Chi Wah decides to attend the gathering with the intention of informing former classmates of Chi Nam's recent passing. Unfortunately, she's unable to convey the sad news and instead is mistaken for Chi Nam.



© 2019 "The Miracle of Crybaby Shottan" Project Partners: Shoji Segawa/KODANSHA

The Miracle of Crybaby Shottan

Genre: Drama

Rating: TBA

Stars: Ryuhei Matsuda, Yojiro Noda, Hirofumi Arai

Shogi is a 1000-year-old game of strategy. Shoji Segawa has loved the game since he was a young boy. When he and his best friend Yuya discover the local shogi parlour, a whole new world opens up, inspiring both to compete.



© 2019 WBIE/TM © DC Comics

Aquaman

Genre: Action, Fantasy

Rating: M

Stars: Jason Momoa, Amber Heard, Nicole Kidman

Aquaman reveals the origin story of half-human, half-Atlantean Arthur Curry and takes him on the journey of his lifetime – one that will not only force him to face who he really is, but to discover if he is worthy of who he was born to be ... a king.



October

Genre: Drama

Rating: M

Stars: Varun Dhawan, Banita Sandhu, Gitanjali Rao

Dan, a student of hotel management, is an intern at a top hotel in Delhi. An incident occurs at the hotel, with one of his colleagues ending up in hospital. This affects Dan far more deeply than he ever imagined.



TV



Billy Connolly: Made in Scotland

Genre: Documentary

Stars: Billy Connolly, Micky Flanagan, Eddie Izzard
This is part shaggy dog tale and part self-portrait with a lot of jokes, and a few famous faces (including Eddie Izzard, Micky Flanagan and Tracey Ullman) thrown in between.



Drain the Oceans

Genre: Documentary

Episode: Sunken Treasures
Stars: Russell Boulter
Treasure hunting has captured our imaginations for centuries. This show reveals the richest wrecks ever found.



Big Bang Theory

Genre: Comedy

Episode: The Comet Polarisation
Stars: Johnny Galecki, Jim Parsons, Kaley Cuoco
Sheldon's comic book store experiences change when writer Neil Gaiman puts Stuart's store on the map. Friendships are threatened when Raj takes credit for Penny's astronomical discovery.



Fresh Off the Boat

Genre: Comedy

Episode: Fresh Off the RV
Stars: Randall Park, Constance Wu, Hudson Yang
While Honey and Marvin celebrate the birth of their baby, Jessica's book is released, and she's looking forward to a book store reading that's been set up by her publisher.



Longmire

Genre: Drama

Episode: The Eagle and the Osprey
Stars: Robert Taylor, Katee Sackhoff, Lou Diamond Phillips
In the sixth and final season premiere episode, a bank robbery ends in a shooting, giving Sawyer Crane more leverage against Walt.



This Is Us

Genre: Drama

Episode: Last Seven Weeks
Stars: Milo Ventimiglia, Mandy Moore, Sterling K. Brown
Randall's campaign comes to a close. Kevin meets someone from Zoe's past. Kate and Toby get ready for the baby.



Dorothy and the Wizard of Oz

Genre: Family, Animation

Episode: Locket Locket In My Pocket / Mixed-Up Mixer
Stars: Steve Blum, Jessica DiCicco, Bill Fagerbakke
Wilhelmina finds a magical locket that allows her to look exactly like whoever's picture she keeps in it. / Dorothy shows Ozma how to make cookies, but accidentally grubs the Potion of Life instead of the vanilla and pours it into the mixing bowl.

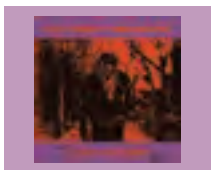


Friends

Genre: Comedy

Episode: The One with the Videotape
Stars: Jennifer Aniston, Courteney Cox, David Schwimmer
Ross and Rachel's attempt to explain how they ended up in bed together turns into an argument over who pursued who. Then, Ross shocks everyone by announcing that he has the encounter on video.

MUSIC



Future Future Hndrxx Presents: The Wizrd

Genre: Pop

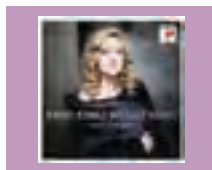
The *Wizrd* is the seventh studio album by American rapper Future and includes guest appearances from Young Thug, Gunna, and Travis Scott. It is Future's first solo full-length since 2017's *HNDRXX*.



Tom Walker What a Time to be Alive

Genre: Pop

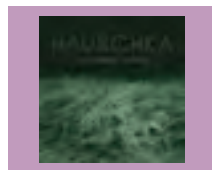
Tom Walker is a multi-instrumentalist and vocalist. He rose to fame after the release of his single *Leave a Light On*. He won the Best Breakthrough Act at the 2019 Brit Awards and his debut album features his blend of soul, pop and reggae.



Simone Kermes Mio Caro Handel

Genre: Classical, Easy Listening

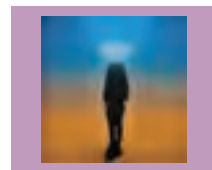
The soprano Simone Kermes glows as soon as she hears Handel's name. His works have become the cornerstone of her career time and again.



Hauschka A Different Forest

Genre: Chill, Classical

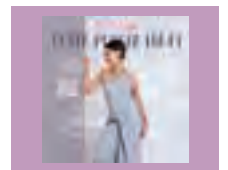
German composer Volker Bertelmann (aka Hauschka) creates a journey through a forest where majestic trees soar above an arboreal landscape.



H.E.R. H.E.R.

Genre: Pop

Gabriella Wilson is H.E.R. (Having Everything Revealed), a Filipino/African-American singer and songwriter. The album was nominated for five Grammy awards in 2019, winning for 'Best R&B Performance' and 'Best R&B Album'.



Mytha Cuma Punya Hati

Genre: Easy Listening, Pop

Paramytha Lestari Mulyarto, better known by the name Mytha, is an Indonesian pop singer. She won the first season of the reality television *Mamamia Show*.



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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Tel: 677 2330
Cargo Enquiries
Tel: 677 5245
Cargo/Charter Enquiries
Tel: 677 5226 Fax: 677 4370
Head Office
Arrival & Administration
Deliveries/Report Centre
Tel: 677 5229/529 0000

Alotau

PO Box 3 Alotau/Gurney Airport
Tel: 941 0159
Administration & Reservations
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Buka

PO Box 160
Buka Sales
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Airport
Tel: 979 9692

Daru

PO Box 58, Daru, Western Province
Tel: 679 1077

Goroka

PO Box 863 Goroka
Reservations
Tel: 707 1444 Fax: 707 1450

Kavirig

Administration,
Reservations & Cargo
Tel: 964 2130
Airport
Tel: 964 2105 Fax: 964 2100

Weta

PO Box 106, Weta,
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Bougainville
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Kimbe-Mookim

PO Box 187 Kimbe
Administration,
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Arrival & Departure Information
Tel: 982 0512

Kiunga

PO Box 346, Kiunga,
Western Province
Tel: 649 1402

Kundawa

PO Box 917 Kundawa
Tel: 708 1279



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International Reservations
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Lihle
Reservations
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Tel: 471 9082 Fax: 471 9192

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Administration & Reservations
Tel: 652 1111 Fax: 652 3119

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Tel: 549 1331

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Abadi Aviation Services
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Airline Pros
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Noumea, New Caledonia
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Discount Flight Centre
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Email: makereta@dfc.com.fj

Taipei, Taiwan
Cha May Travel Services
Tel: (02) 2515 2028
Email: decwetwn@ms35.hinet.net

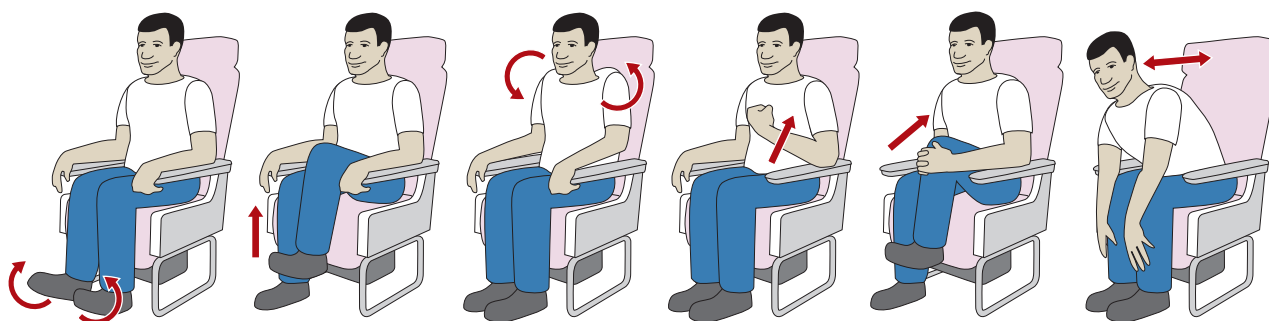
Tokyo, Japan
Alconet Corporation
Tel: (81) 3 5733 7109
Email: info@airniugini.co.jp

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

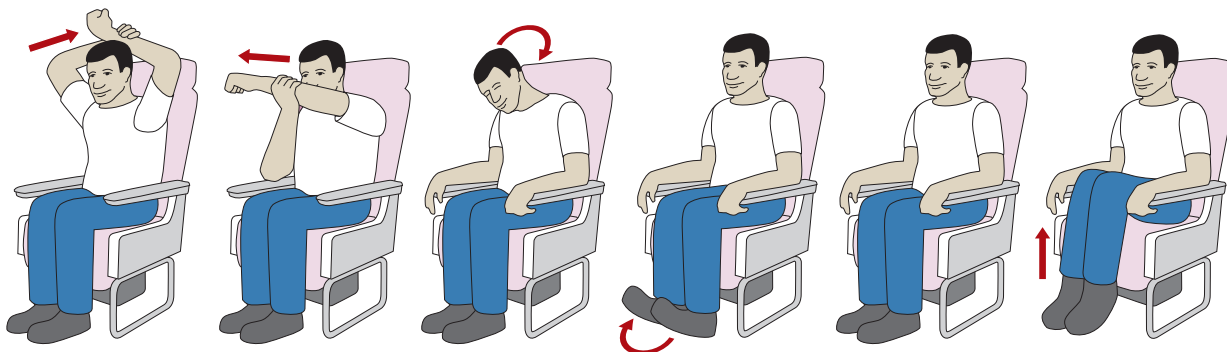
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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