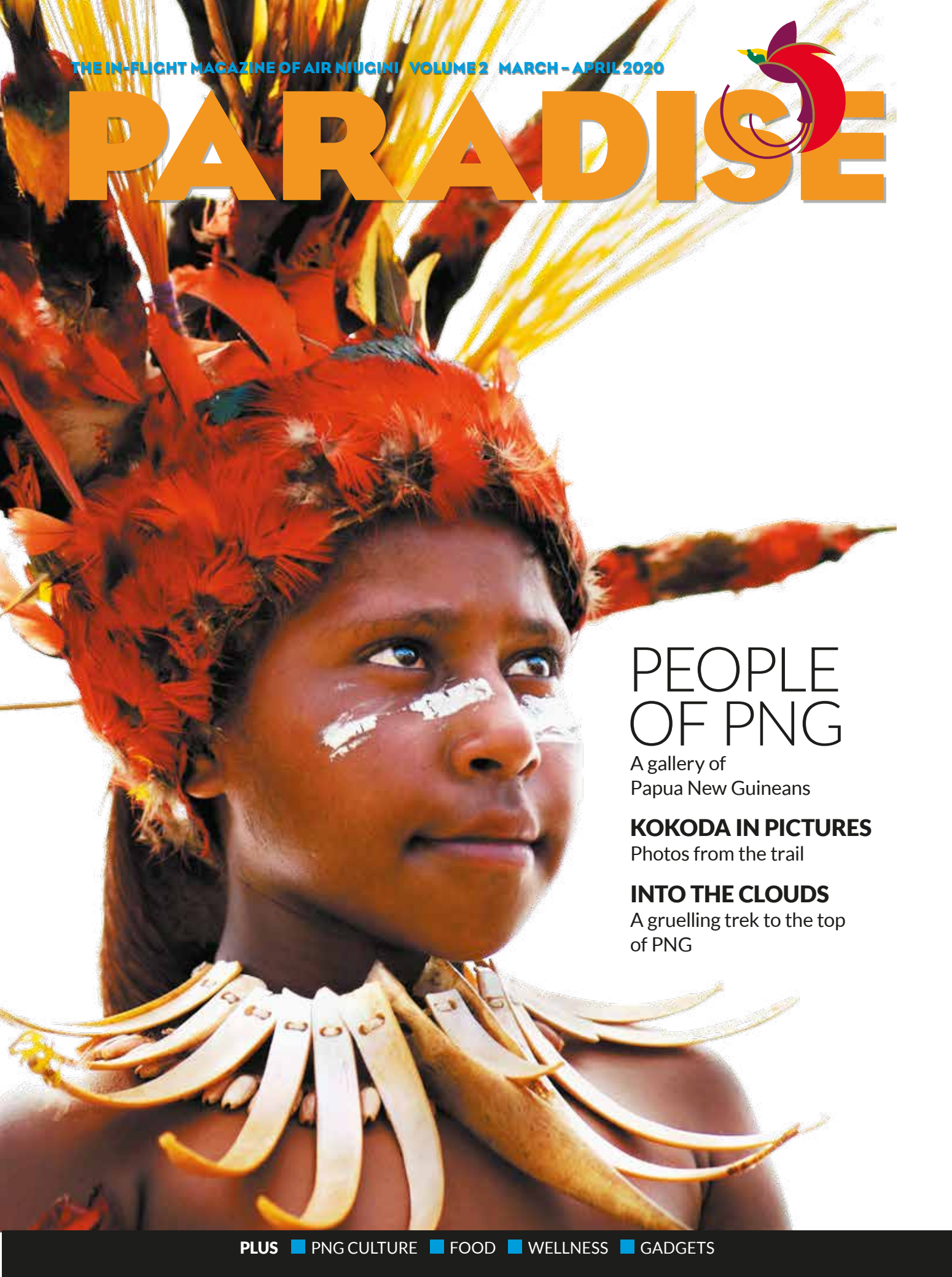


THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 2 MARCH - APRIL 2020



PARADISE



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Papua New Guineans

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Photos from the trail

INTO THE CLOUDS

A gruelling trek to the top
of PNG

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IN PARADISE

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Kokoda in pictures

Photos from the trail

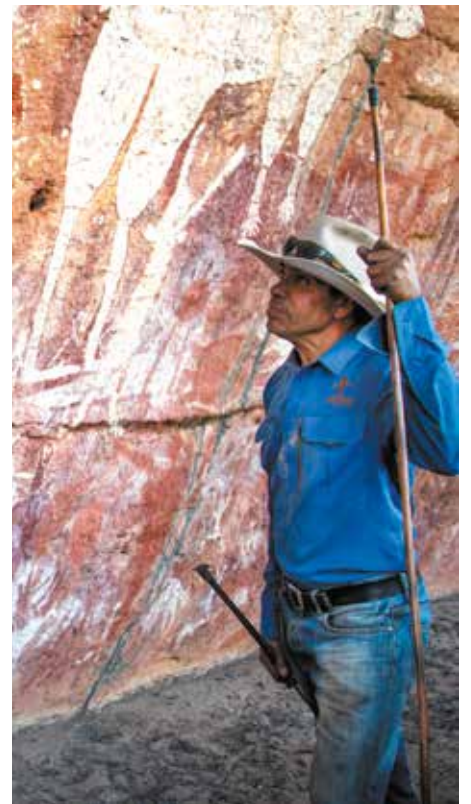
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COVER PHOTO: This child was photographed in a portfolio of PNG tribal photos put together by award-winning photographer Brian Hodges. See his pictures, Page 68.



PARADISE



**Paradise is the complimentary in-flight magazine of Air Niugini, Papua New Guinea's international airline.
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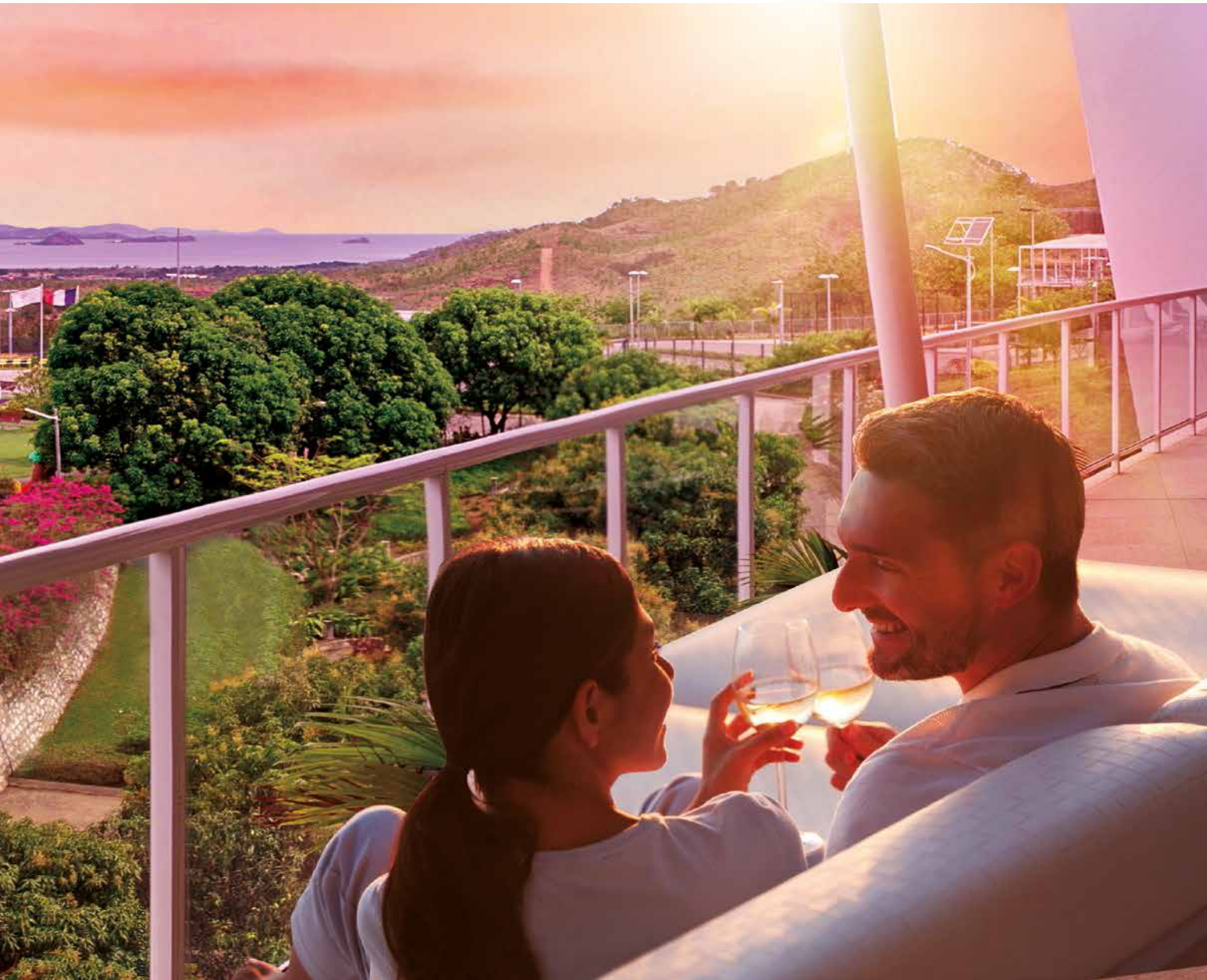
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Message from the Managing Director

Welcome aboard



Air Niugini is continually improving its work processes to enhance customer service.

In this issue of *Paradise*, I'd like to highlight some recent improvements we have implemented with the use of smart technology.

Through the Internet Booking Engine, Air Niugini is now accepting PayPal and POLi payments for airline tickets purchased online. These payment methods will be particularly welcomed by customers who are still not comfortable entering their credit card details online.

The PayPal payment option is available for travel from Australia, Singapore, Hong Kong, Manila, Fiji, Solomon Islands, the Federated States of Micronesia, New Zealand, Japan and Vanuatu.

POLi is widely used in Australia and New Zealand, with payment only available when bookings are made in Australian dollars from eligible Australian banks. It is available for travel from Australia, Fiji, Solomon Islands and Vanuatu.

However, these new payment options are not yet available for travel from Papua New Guinea.

The new payment options are offered on Air Niugini's website, airniugini.com.pg, and are in addition to the four methods already available: Visa, Mastercard, Amex and Universal Air Travel Plan.

Air Niugini is also now offering online prepaid lounge access for non-Executive Club members, as well as prepaid excess baggage that can save passengers up to 20 per cent. Prepaid excess baggage is available on Air Niugini's entire network, domestic and international.

Our customers can also enjoy the convenience of purchasing their Qantas and Air New Zealand travel online at airniugini.com.pg, to destinations including Adelaide, Canberra, Melbourne, Perth, Townsville, Auckland, Christchurch and Wellington, which are served by our partner airlines.

Online options for our Destinations Loyalty members have been improved, including the redemption of airline tickets with destination points, tour bookings and shopping online for merchandise.

We will continue to drive improvements and enhancements during the year to further improve customer service.

Thank you for choosing to fly with Air Niugini.

Alan Milne
Managing Director





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Air Niugini opens flagship office

Air Niugini has opened a new sales office at the Waigani Central Stop n Shop Complex in Port Moresby and closed the office in the Datec building in Waigani.

There is easy access to the new office and ample parking.

Air Niugini managing director, Alan Milne, says the new facility is the airline's flagship office, paving the way for enhanced customer services.

"This is our newest and biggest domestic sales facility, which is centrally located with sufficient parking space for customers. It is also close to bus stops and is a 'one-stop shop' where customers can do their shopping and other business in the same area."

The new sales office has been in operation since December. Its opening hours are 8am to 8pm, including Sundays.

The office has 15 staff, but this is expected to increase to more than 20 with several domestic and international counters in the

“

This is our newest and biggest domestic sales facility.

”

retail section, as well as corporate sales. This will cater for the increasing number of customers and corporate clients, including group travel, VIP and government travel. ■



Faster, bigger plane put into service

Link PNG, a subsidiary of Air Niugini, has taken delivery of its first Q402 aircraft (pictured). The Q402 operates close to jet speeds and is 30 per cent faster than the other turbo-props operating in Papua New Guinea.

On a route such as Port Moresby to Rabaul, the Q402 will save 32 minutes, with a flight time of one hour 38 minutes instead of two hours 10 minutes.

With 76 seats, it has over 50 per cent more passenger capacity than Link PNG's Dash 8s. It is also capable of operating into smaller airports that are unable to handle Fokker jets.

Link PNG general manager, Bruce Alabaster, says the new aircraft will be able to operate longer direct routes, and the additional seating capacity can be expected to result in lower airfares. "It has 50 per cent more seats than the DHC-8s, but similar operating costs."

The immediate use of the Q402s will be to airports that are planned for runway upgrades during 2020 and hence will not be available for Fokker jet operations. These airports include Rabaul, Alotau, Madang and Kavieng.

Additional Q402 aircraft have been ordered. ■



Grand opening ... Air Niugini's managing director Alan Milne (cutting ribbon) and Air Niugini staff at the opening of the airline's new flagship sales office in Waigani.





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Air Niugini provides ‘dangerous goods’ training overseas



Vanuatu training ... Air Niugini instructor Martin Tugano (centre, in red) with participants at the Port Vila dangerous goods training session.

Air Niugini has extended its dangerous goods training to include other organisations in the Pacific, starting with Pohnpei in Micronesia and Port Vila in Vanuatu.

Dangerous goods are articles or substances that pose hazards to health, safety, property or environment.

Air Niugini non-technical training instructor Martin Tugano, who conducted the training, says there was positive feedback with overwhelming interest.

There were 33 participants at the Port Vila training, from organisations such as Vanuatu Terminal Services, the Civil Aviation Authority Vanuatu and Aviation Vanuatu.

Tugano says there have been requests for more training to include other stakeholders such as freight forwarders, hospitals and small airlines.

Air Niugini has scheduled 24 dangerous goods training sessions this year.

“Everyone in the transport chain must do their job properly when shipping these (dangerous) goods,” Tugano says.

“Transportation of dangerous goods by air is very restricted and therefore I encouraged those companies who require dangerous goods training to contact Air Niugini’s training centre.”

For further information and bookings, contact Air Niugini on +675 327 1481 or email ekila@airniugini.com.pg or mtugano@airniugini.com.pg.

HOLLYWOOD STAR FLIES WITH AIR NIUGINI

Air Niugini welcomed Hollywood actor Zac Efron on a flight late last year. The *High School Musical* star, 32, was in Papua New Guinea to film an adventure series in Wewak.

The series, reportedly called *Killing Zac Efron*, is a survival reality show that puts Efron deep into remote jungle.

Efron, who is also executive producer of the new series, is pictured with (from left) captain Caleb Oki, flight attendants Amy Makis and Idaak Essau, and first officer Patrick Kiromat.



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PARADISE Q&A

ANDY LEWIS

This Australian marine biologist and his international crew from the Coral Sea Foundation are working with local people to develop marine reserves, fisheries and ecotourism in Papua New Guinea.



Q: What motivated you to start the PNG Marine Conservation Initiative 2020?

A: This area of the eastern Coral Sea Triangle contains the last great tract of high biodiversity reef in the world, and it desperately needs more marine protected areas. This means getting out to the remote PNG islands and supporting the communities in their reef-management aspirations. We (the Coral Sea Foundation) have the 24-metre dive vessel *Golden Dawn* for our work this year, which is vital for access to the islands of Melanesia.

Q: How many expeditions are you planning this year and who can participate?

A: We are planning five expeditions: the first to the Louisiade Archipelago, the second to D'Entrecasteaux Islands, the third to the south-east Bismarck Sea (Kimbe and Manus) islands, the fourth to the north-west Bismarck Sea (Hermit and Ninigo atolls), and the fifth to the Solomon Islands and Bougainville. The vessel will be crewed by Coral Sea Foundation marine scientists, including our indigenous Sea Women of Melanesia, representatives from the PNG Centre for Locally Managed Areas, the Conservation and Environmental Protection Agency, and medical personnel.

Q: How do fisheries benefit from projects such as this?

A: Research by members of the Coral Sea Foundation scientific team has shown conclusively that marine reserves have more fish – and larger fish – than equivalent areas nearby that are open to fishing. Larger fish produce many more offspring that help replenish fish stocks on the nearby reefs open to fishing. This is the crucial concept that we are trying to get across to the local people – a marine reserve is a win-win situation because they will catch more fish and have an ecological resource attractive to ecotourists.

Q: How can ecotourism help develop marine reserves in PNG?

We explain to the local communities that the primary benefit of a marine reserve is sustainable fish catches for their own people. We also let them know that marine protected areas are highly attractive to ecotourists, and so a secondary benefit of a marine reserve is a source of ecotourism income for the community. That income provides a strong incentive for people to observe the 'no-take' rules of the marine reserve. Ecotourism plays an important role in the bigger marine conservation picture.

Q: What are some of the stories that have emerged from your work in the Coral Triangle?

A: We have seen some incredible sights underwater, but the most gratifying moments

have come through interactions with the people of PNG. In 2018, on a shoestring budget, I travelled 160 kilometres by open longboat to help my good friends at Ferguson Island with their marine reserve work. Grown men were in tears at the community meetings; they were so thankful that somebody had shown interest in their well being. Together, we designated the seven protected reefs of the Nua Marine reserve network. At the end of my time there, I was taken to a stunning waterfall that no outsider had ever seen, and I was gifted a beautiful native house on the edge of the rainforest in Sebutua Bay. Such incredible generosity from these humble people that had so little: I was deeply touched.

Q: Are you planning to launch other programs or initiatives for 2020 through the Coral Sea Foundation?

A: We have plenty of exciting projects in the pipeline, from developing our own multihull expedition vessel that will run on wind power and coconut oil, to delivering our first waste plastic conversion units at Hermit Atoll to help deal with the pollution problem by turning plastic rubbish into cooking gas. All of these things depend on building the partnerships that can secure our funding stream. ■

— GABRIELLA MUNOZ





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Safer air space for PNG

Satellite technology is set to increase flight safety and efficiency for domestic and international airlines in Papua New Guinean air space this year.

Papua New Guinea Air Services Limited (PNGASL) has signed an agreement with Aireon, to install the US manufacturer's next-generation navigation system.

Automatic Dependent Surveillance-Broadcast, or ADS-B, uses satellite receivers that monitor aircraft globally in real time.

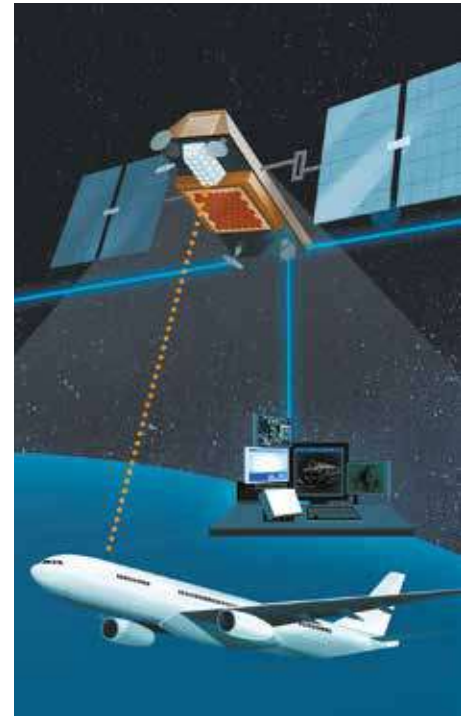
PNGASL describes adoption of the new technology as a "significant milestone" for the company, which currently relies on ground-based infrastructure for aircraft surveillance.

Since operations started in 2008, the company has faced difficulties maintaining and installing ground stations because of mountainous terrain, inclement weather and local power outages.

"With space-based ADS-B, PNGASL will no longer be constrained by these geographic and technical challenges," says chief executive officer, managing director and captain Ted Pakii.

"The Aireon surveillance data will strengthen all operations overseeing our Port Moresby flight information region, from improving our controllers' workload and broadening their capabilities, to facilitating user-preferred routes for our customers.

Ground control ... new technology being adopted for PNG air space will provide flight identification, the latitude and longitude of planes, their rate of climb and descent, ground speed and other data that will make the skies safer and more efficient for airlines.



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The technology will facilitate seamless services for the aviation industry in PNG and within the region.

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“Additionally, Aireon’s technology will facilitate seamless services for the aviation industry in PNG and within the region and enable more accurate positioning for search-and-rescue operations, among other benefits,” he says.

An Aireon spokesperson says the company is partnering with PNGASL to deploy ADS-B by the end of 2020. ■

– RICHARD ANDREWS

A FESTIVAL OF INDIGENOUS DANCE

The biannual Laura Dance Festival is Australia’s longest-running Aboriginal cultural festival. Over three days (July 3–5) Laura, in Queensland, throbs to the beat of clapsticks and the mesmerising rhythms of didgeridoos as indigenous Australians celebrate their culture with music, song and dance. Held at a sacred site on traditional Bora ground, Aboriginal communities from across Cape York attend. Air Niugini has daily flights to Cairns, the closest international airport to Laura. ■

– FIONA HARPER



On the rocks, indigenous rock art in Australia, see our story, Page 54

PICTURE: KARLINA SEE KEE



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DUMPLINGS AND DRAGON BOATS

Behind two of Singapore's most popular festivals lies a sad story.

Disillusioned with the corruption at the imperial court, a patriotic minister Qu Yuan, who was much beloved by the populace, threw himself into the raging Miluo River on the fifth day of the fifth lunar year in 278 BC. When word of his suicide spread, his heartbroken countrymen loaded tetrahedral-shaped rice-



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dumplings in their boats (decked with drums and gongs) and raced down the Miluo River.

They beat their drums and gongs furiously in an attempt to shoo away the shoals of fishes that might have come to prey on Qu Yuan's body and, at the same time, jettisoned the rice dumplings to bait the fish away from Qu Yuan – alas, to no avail.

To this day, Chinese all around the world commemorate the passing of Qu Yuan by holding the Dumpling Festival on the fifth day of the fifth lunar month, which this year falls on June 25. The Dragon Boat Festival, which

is tied to the Dumpling Festival, will be held in Singapore as a two-day event on July 18 and 19 from 9am to 6pm at the Bedok Reservoir where 22-member crews will pit their paddling prowess against one another in this exciting competition.

To get there, take the metro's Downtown Line and get off at the DT30 Station. You will hear the beating of drums and gongs way before you get to see the boat. ■



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

– TAN HOO CHWOON

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BIG PICTURE

TAKEN BY YASMINA LLOYD

Yasmina Lloyd is a dive instructor and underwater photographer. She took this photo at Bootless Bay, 30 minutes from the PNG capital, where there are more than 20 dive sites. "It shows feather stars and corals at Baldwin's Bommie," she says. "The visibility was 20+ metres and the water was 26 degrees."

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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“

I love the idea that through challenging ourselves we become better versions of ourselves.

”

FOCUS ON Kokoda

PHOTOS AND TEXT BY PHILLIP WOODHOUSE

I was fortunate enough to walk the Kokoda Trail late last year, following in the footsteps of many heroes and legends – not just from the war, but all those who have taken on the challenge of

walking 96 kilometres over seven nights in Papua New Guinea’s Owen Stanley Ranges.

The trail is seen as a pilgrimage to honour soldiers and family members who fought

during times of war. For me, however, as someone with no family ties to the military, my motivations and mindset were a little different. ►

The front line ... the author trekked with this group to raise funds for charity.



Focus on Kokoda








On the trail ... locals dance and play music at the end of the trek (above); careful consideration is given to each foot placement during a descent (below right); local students greet trekkers (below).



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Focus on Kokoda

I love the idea that through challenging ourselves we become better versions of ourselves – stronger, both physically and mentally. This challenge pulled me out of my comfortable home routine and placed me in a remote jungle, walking for eight hours a day and tolerating sore knee joints (from all the downhill descents). ➤



Taking stock ... trekkers check a map to see how far they have progressed and the challenges to come (right); tough going on the trail (middle right); happy village children met the trekkers all along the trail (far right).

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Focus on Kokoda



Step by step ... the trekking group's mantra was 'a little bit of uphill, a little bit of downhill, rinse and repeat'.

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Focus on Kokoda

Without a doubt, however, it was one of the best things I have pushed myself to do. The trip was organised to raise funds for Mates in Construction, a not-for-profit Australian construction-based suicide awareness charity. For myself, the trip was made extra special by completing it with my father. ■

The best time to do the Kokoda Trail is during the dry season, from April to October. For a list of accredited operators and guides, see the Kokoda Track Authority website at kokodatrackauthority.org.



Mates ... the author with his porter who gifted him a hand-carved stick carved along the trail (above); back in Port Moresby, the trekkers visited the Bomana War Cemetery (right).




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Jane Mogina, Biodiversity Advisor at ExxonMobil PNG.

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“

At some points, I am on my hands and knees, using all of my strength to pull me up sheer granite surfaces.

”

Into the clouds

Marisa Howden tackles a tough ascent on PNG's highest peak, Mount Wilhelm.

“Mount Wilhelm will be fun,” I declared to a friend, thinking a trek up Papua New Guinea's highest mountain will be a good fitness goal after the birth of my second baby.

At 4509 metres, Mount Wilhelm is no easy feat. It's half the height of Mount Everest and, for someone who's never done any mountaineering before, it is a huge undertaking. But I wasn't going to let that scare me off.

THE JOURNEY STARTS

One Friday morning, we set off from Lae, our group excited for the weekend ahead. The drive to Goroka takes us into Kassam Pass and through a countryside of rolling green hills.

We see the heart of PNG come to life through the small villages that line the Highlands Highway. The faces of the women and children light up with the awe of seeing foreigners in such a remote part of PNG.

But the drive is a feat in itself. The highway is in poor condition and it may be a good idea to save it for another time and, instead, fly into Goroka or Mount Hagen.

Betty, from Betty's Lodge at the bottom of Mount Wilhelm, can arrange to collect you from either town.

After a night in Goroka, to help acclimatise, we arrive in Keglsugl by early afternoon and head straight to Betty's Lodge, conscious we only have a few hours to get to base camp before sunset. Betty and her husband, Peter, greet us on arrival and organise our porters and guides for the journey.

With a guide each, and enough porters to move a mountain, we set off, limbs pulsating and hearts racing for the adventure. ➤





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Into the clouds

BASE CAMP

As we make our way up from Betty's Lodge at 2800 metres to base camp at 3550 metres, the scenery changes from lush forests to open valleys with picturesque views of the mountainous Chimbu Province.

We listen attentively as our lead guide, Paul, points out the sound of a bird of paradise.

Paul tells us he has summited Mount Wilhelm more than 500 times, which invokes some confidence as I push towards base camp.

There are four rest stops along the way, and it takes a bit over three hours to get there, where a stunning sunset over Lake Aunde meets us. It's a strenuous hike through moss forests, across alpine grasslands and up muddy waterfalls, but well worth it for the beautiful scenery.

Don't underestimate the effects of altitude. Several people in our group are struck down immediately and can only make it this far. If time is on your side, consider a night at Betty's Lodge before the trek to help acclimatise.

An old university monitoring station serves as our accommodation for the evening, which includes a gas burner and a drop toilet. We repack our bags, load up on carbohydrates for dinner and go to bed early.

SUMMIT ATTEMPT

We wake just before 1am, the early morning chill gnawing at our limbs as we gear up. Layered in thermals and heavy jackets, with our head torches shining bright, we set off at 1.30am, hopeful to reach the summit for sunrise.

The trek starts moderately as we make our way up beside a waterfall that connects Mount Wilhelm's top and bottom lakes. The terrain is muddy and the sound of the water whooshing past is a little scary.

Our guides lead us past the top lake (not that we know it's there as our head torches offer the only light). We break, fuelling up on muesli bars and bananas as we strip back layers, the pace of the hike serving as a warming agent.

PICTURE: DAVID KIRKLAND



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Into the clouds



We continue on, and begin to spread out as our fitness levels begin to show. I'm in the middle with my guide, who holds my hand up every rocky step, ensuring my footing is correct, especially up the nearly vertical rock walls we begin to face.

My heart accelerates each time we come across these steep faces, as I try not to think of all the wrong ways this could go. At some points, I am on my hands and knees, using all of my strength to pull me up sheer granite surfaces.

We take another break, this time on the side of a grassy cliff. I'm panting, my heart trying to keep up with my lungs, the piercing pain of climbing at altitude constricting every breath. I hadn't noticed at first, but the weather has turned as an icy wind whips across the mountain.

I layer back up, this time with every single piece of clothing I have brought. But even with a beanie, neck warmer, hooded ski jacket and ➤

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Into the clouds

PICTURES: MARISA HOWDEN, GEMMA KATE KING



High and mighty ... (clockwise from top) steep terrain surrounds a mountain lake; home comforts at Betty's Lodge; Betty; a local vendor; a PNG flag above the clouds..



two pairs of gloves, I'm still freezing, wind and sleet thrashing at my face. So we keep moving, my only reassuring thought that we're going to be at the summit soon.

We make our way through another tricky bit, climbing up with our hands. My nerves really start to come into play, the thought of falling and leaving my children without a mother debilitating.

We pause halfway up a very arduous bit and I check the time – 5.30am, less than an hour until sunrise, less than an hour to go. But for some reason I ask my guide, 'How much longer?' and I am met with the worst possible answer.

"Another four hours," he answers.

"What!" I am in a state of shock. "That's not possible. It's nearly sunrise. We should be there by sunrise."

He shines his torch up the mountain and reiterates, "another four hours".

My heart sinks, my fading limbs weep at the thought of another four hours of this. Another four hours up means another four hours back down, on top of what we've already done.

Done. I am done. I tell my guide I want to head back. I break off from my friend Sean, who is determined to keep going, and I make my way back down. It's a slow descent, my muscles weak. And then out of nowhere it's light, but the mountain is covered in a grey cloud. This



makes me feel a little better knowing there wouldn't be a view from the top anyway.

The only consolation is when we finally make it down the mountain we stop for an extended break on the hill overlooking the top lake. The cloud has cleared and the view is breathtaking; the alpine forests surrounding the placid lake are cathartic. I don't want to leave, but I also want to put as much distance between this mountain and me as possible, so I drag myself down the final slope. When we finally get back to base camp, I am beyond exhausted, defeated by mighty Mount Wilhelm. ➤



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Into the clouds

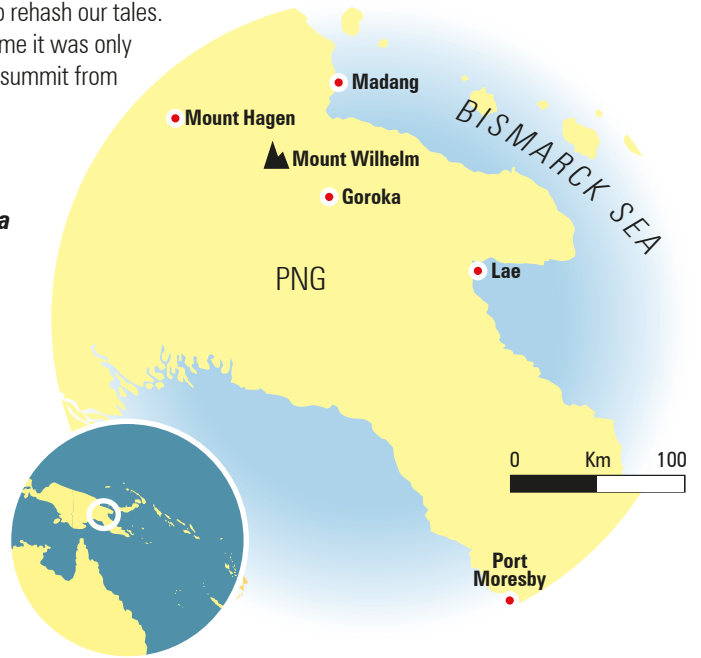
BETTY'S LODGE

A warm and hospitable Betty meets us when we arrive at her lodge later in the day. The cute cottage is filled with beautiful hydrangeas from the garden, and the smell of fresh trout from her farm sizzles in the kitchen. Tea and coffee

are served as we cosy up by the fire, our group slowly coming together to rehash our tales.

It's here that Sean tells me it was only another two hours to the summit from where I left him. ■

 **Air Niugini flies from Port Moresby to Mount Hagen and Goroka daily. See airniugini.com.pg.**



IF YOU WANT TO GO

DOING IT Betty's Lodge (a new lodge is opening in August) is PGK300 per night, including all meals. Guides are PGK170 and porters PGK60.

EMAIL bhiggins905@gmail.com or see facebook.com/bettyslodge.

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An oasis in the ocean

John Borthwick steps ashore on the Conflict Islands, where turtles swim in the jungle-framed turquoise lagoon in the far east of PNG.

“I’m an accidental conservationist,” says Ian Gowrie-Smith as he scans a pure white sandbar that stretches into a near-turquoise lagoon. Framed by jungle, this tropical tableau seems so improbably perfect that I might be looking at a screen-saver.

We’re on Panasesa Island in the remote Conflict Islands. Green sea turtles swim protected in this 10-kilometre wide lagoon, as do their hawkbill cousins, with the young of both species nurtured at the island’s hatchery. They’re among an extraordinary array of tropical marine species – up to one-third

of the world’s total – found in the atoll’s waters.

Where are these Edenic islands? And why the bellicose name? Think of the easternmost tip of Papua New Guinea, then mind-travel another 150 kilometres south-east. You’ll come to the 21-island Conflict Group, the remnants of an ancient volcanic caldera that sits between the Solomon and Coral seas, and barely appears on the map. Despite its name – bestowed by the British ship, HMS *Conflict* that first surveyed the islands in 1880 – this unpeopled and unplundered atoll feels like the least conflicted place on earth.

Gowrie-Smith, 71, a tall, quiet, London-based Australian businessman bought the freehold islands “sight unseen” 15 years ago. The 100-hectare atoll was uninhabited and its old coconut plantation on the main island, Panasesa, was long abandoned.

“My spell-checker can’t handle the name,” Gowrie-Smith jokes as we wander the triangular island. Panasesa is frequently ‘corrected’ to *Panacea* – “a remedy for all ills or difficulties” – which seems the perfect tag for this zone of retreat from a tumultuous world. We’re ambling along sandy paths shaded by tall pandanus palms and a high, dense canopy.

At times we step around freshly dug turtle-egg nests that have been marked off so that day-trippers from my visiting cruise ship can avoid them.

Gowrie-Smith, who sees his role as island custodian, admits that he didn’t arrive as a conservationist but soon became one. The turning point was seeing the lagoon being stripped of *trepang* (sea cucumbers) and its sharks being de-finned for the Asian export market. As an alternative to these unsustainable ravages he has

“

Despite its name, this unpeopled and unplundered atoll feels like the least conflicted place on earth.

”

employed former fishermen from local islands as rangers. Meanwhile, their families staff the facilities that cater to the visitors from some 14 cruise ships that call here each year. With limited accommodation, Panasesa isn’t a resort but it has hosted some 40,000 cruise passengers in recent years. Dance troupes travel here from the neighbouring Engineer Islands to welcome passengers as they land, after which the visitors head for the beach chairs, bar and food stands, or to the paddleboards, kayaks and glass-bottom boats, all operated by local folk.

I head a few hundred metres offshore to a dive platform from where I can snorkel along a reef drop-off that’s encrusted with vivid, pristine corals. The menagerie of fish that flit past me through these protected waters is simply brilliant. Gowrie-Smith’s pet project, the Conflict Islands Conservation Initiative, with resident researchers, also nurtures charismatic marine species like turtles, rays and sharks.

Onshore again, he shows me a gallery of intricately handcrafted bowls and carvings from the nearby Trobriand Islands. Delicately inlaid with mother-of-pearl or carved from ebony wood, these pieces — admittedly pricey — are superior to most works

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At anchor ... a P&O ship visiting the Conflict Islands; Ian Gowrie-Smith (right); one of the local sea turtles (below).

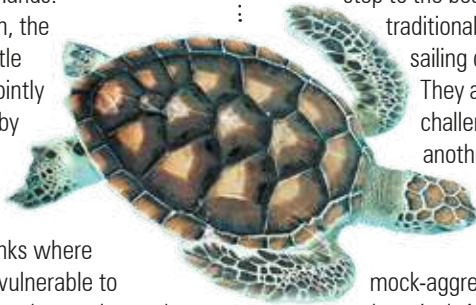


PICTURES: JOHN BORTHWICK

that we had earlier seen for sale in the Trobriands.

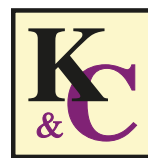
Further on, the island's turtle hatchery, jointly supported by P&O Cruises, houses 10 large tanks where hatchlings vulnerable to predator attack are relocated until they're ready for release. Visitors can sponsor a green or hawksbill turtle and even take part in returning an eagerly wriggling ninja to the sea.

There's a special event today, coinciding with our ship's visit. Islanders from the Engineer Group will enact a *kula* ring ceremony. For hundreds of years, and over wide sea distances, the island communities of the Milne Bay region have exchanged elaborate shell 'trinkets' as a means of establishing trust and obligation, and earning status.



A group of bare-chested men step to the beach from a traditional *silau* sailing canoe. They are challenged by another group of men. The greeting is loud, mock-aggressive, theatrical. A line of grass-skirted island kids dance in the background. The main man, a giant, presents a complex, woven construction of shells and beads – 'trinket' is hardly the word – to his opposite number, an equally formidable dude, who hangs the heavy piece around his neck like a breastplate. The gesture is reciprocated. The dancing then kicks up a notch and friendly greetings are soon swapped between the island parties. ➤

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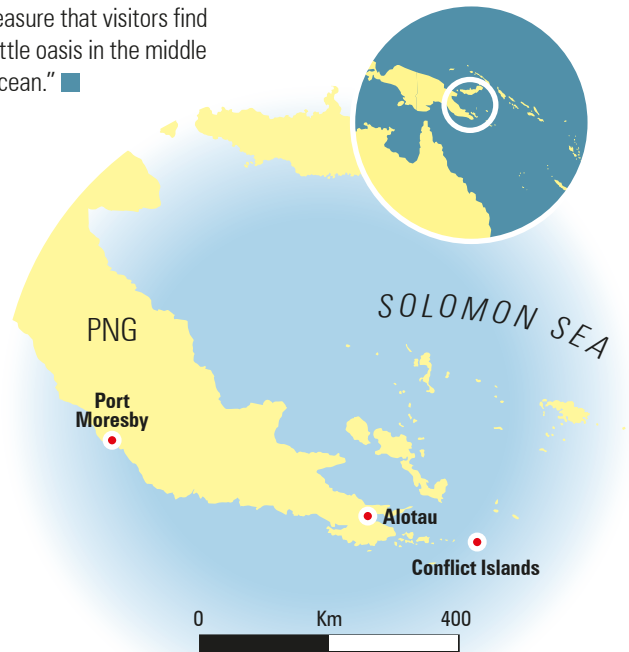


An oasis in the ocean

Hundreds of these impressive shell creations, known as *bagi* and *mwali*, remain in continual circulation, both clockwise and anti-clockwise, around the 'Kula Ring' of Milne Bay's island communities. They have no monetary value – and they're not trade items – but are symbolically

priceless. And then it's time to join the return shuttle across that turquoise, T-shirt-blue lagoon, back to our waiting ship, *Pacific Aria*. At the jetty I notice passengers coming to thank Gowrie-Smith for their time in this unique haven. "I think that's my greatest joy," he tells me.

"The pleasure that visitors find at this little oasis in the middle of the ocean." ■



IF YOU WANT TO GO

DOING IT The Conflict Islands can be reached by private charter flight from Port Moresby or boat from Alotau, Milne Bay. Air Niugini has daily flights from Port Moresby to Alotau. See airniugini.com.pg.

CRUISING THERE P&O and Carnival cruise ships visit Panasesa Island for day excursions. See pocruses.com.au.



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Mostly, the 45 islands are uninhabited, except for four island resorts.

”

THE WORLD'S BEST ISLANDS

Belinda Jackson discovers that the Philippines' Bacuit Archipelago is an island-hopping paradise.

The plane dips its wings to the right and the cabin fills with sunlight and a postcard-perfect image of curved, white-sand beaches, aquamarine waters and tiny, mountainous limestone islands.

It's not Thailand's Phang Nga Bay, it's not Vietnam's Halong Bay. This is the Palawan's Bacuit Archipelago, on the far western edge of the Philippines, where the country tips into the South China Sea.

At first, it's what I can't see that is the surprise. No coach tours. No high-rise hotels. And, best of all, no pollution.

Obviously, these three factors help explain why Palawan is currently topping the 'world's best islands' lists.

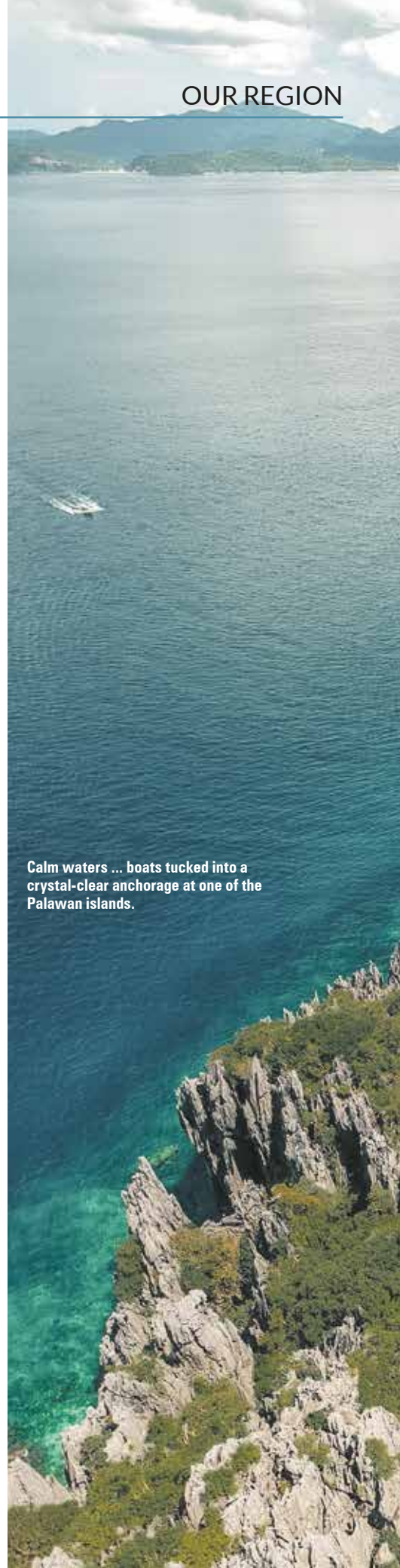
Until last year, getting to El Nido required fortitude: an hour's flight from Manila to the province capital, Puerto Princesa, then a shared minibus or private car along the long, narrow island to El Nido. With the traffic crawling, it takes up to five hours to travel 240 kilometres to El Nido on a road so deeply potholed, it's like riding a mechanical bull.

With the Philippines' pin-up island Boracay closed recently for infrastructure upgrades, Palawan enjoyed a brief flare of warmth in the tourism spotlight. So that corroded road is now being remade into a smooth, albeit slimline highway, while at the same time, the tiny, privately owned El Nido airport is open for business, running direct flights from Manila. You may miss the mango juice stands and scenic village on the drive up from the island's capital, Puerto Princesa, but the views from the twin-turboprop aircraft as they circle over the beautiful archipelago are ample compensation.

Tourists in Palawan are an odd mix of bedfellows – backpackers doing beach parties and dodgy digs, and high-end beachcombers staying in remote island retreats that don't give change from PGK2500 a night.

Whatever their budget, everyone's coming for the same thing: the crystal-clear waters and laid-back vibe of this dreamy outpost, and the peace and natural beauty that can be explored by liveaboard boats, or on day tours from ramshackle El Nido town. ➤

Calm waters ... boats tucked into a crystal-clear anchorage at one of the Palawan islands.





The world's best islands



Don't let the haphazard town's uncomplicated open-air bars and simple restaurants fool you: the island of Palawan has banned single-use plastics, which means no plastic bags and no disposable water bottles can be taken out on its island-hopping day tours.

Still, El Nido is slow-moving to the point of comatose. To observe a traffic jam in Palawan, we head down to the town beach of El Nido in the early morning, where dozens of *bancas* – long, slow-moving outriggers – jostle for parking space as their guests waded into the waist-deep water to climb aboard for the day trips that depart here every day.

There are four set day tours that weave their routes throughout the 45 islands of the archipelago: prosaically, they're known as Tour A, Tour B, Tour C and Tour D. Each tour has a limited capacity, to avoid overcrowding at its beauty spots.

Tours A and D are the most popular for their stops at the Big, Small and Cadlao lagoons, and this morning, both tours are booked out.

Our *banca*, the grandly named *Nathan Gabriel*, sets its course for Tour C, which includes a snorkelling stop on Dilumacad Island, swimming off Matinloc Island, and the chance to explore the clandestine-sounding Secret Beach and Hidden Beach.



Among the palms ... El Nido Resort (left); a floating lunch (above); boats at El Nido (below).

So, as the turquoise-coloured outrigger sets off from the shore with just a handful of us on board, we take with us our reusable water bottles and a sense of exploration. The boat



supplies snorkelling masks and coral shoes, and even though it's currently high season, which runs from December to March, we spy just a handful of other *bancas*, the crews waving as we photograph each other.

We skirt the inner islands of the archipelago before heading out to the horizon for a snorkelling stop at Dilumacad Island, nicknamed Helicopter Island for its undulating profile. Mostly, the 45 islands are uninhabited, except for the four island resorts scattered among them, which includes the thatch-roof huts of Miniloc and the five-star Pangalusian Island eco-resort.

There's Snake Island, with its long tail of sand exposed at low tide, and the tranquil waters of Cadlao Lagoon. The largest of the islands and the closest to El Nido, it's visible from our hotel, the newly opened El Nido Resort.

At lunchtime, we sail towards a broad swathe of white sand known to visitors as Star Beach, where about a dozen *bancas* are lined up. To protect the coral in the shallow waters, they're moored offshore, and once again we're wading in waist-high water to the beach. ➤





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The world's best islands

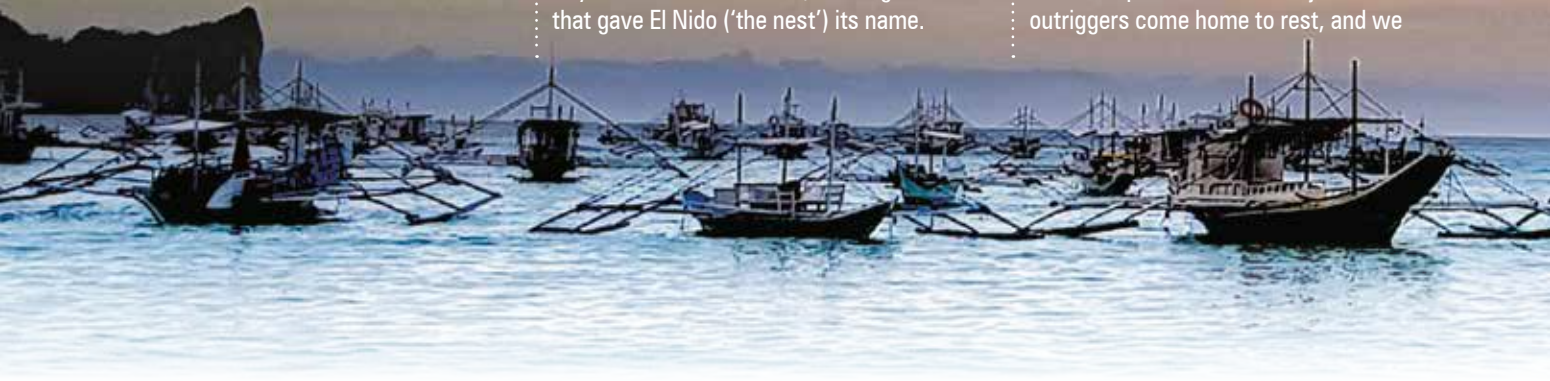
But how to get the food off the boat – and, ultimately, into our bellies? The ingenious staff have a plan: a small floating pontoon, about the size of a dining table, appears from somewhere on the boat, and is tossed into the water, where it floats. Five minutes later, it's laden with mountains of mussels, platters of prawns, fresh fish and the country's national dish, a garlicky pork adobo.

The centrepiece of this floating table is a festive array of tropical fruit, with the words 'EL NIDO' cut into a watermelon. It must be something about the sea air, because our small group devours the lot, with white rice and bread on the side.

The waters are rich with sea turtles and manta rays, though I'm always strikingly unlucky when it comes to spotting dugongs. As we motor past spiked limestone cliffs, tiny swifts dart in and out, building the nests that gave El Nido ('the nest') its name.

It's easy to point out Matinloc Island, topped by a Christian shrine, which we climb to for panoramic views, while Hidden Beach lives up to its name – to get into the concealed white-sand beach, we swim through a narrow opening between tall, limestone shards, to reveal their sheltered treasure, a calm lagoon where kayaks are waiting for us.

The close of day is the only other time El Nido experiences a traffic jam – as the outriggers come home to rest, and we



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The world's best islands

scramble overboard for the final time.

Back on the mainland, dinner is a feast of garlicky crabs from the bay, and a dish of *ginataang tilapia*, local tilapia fish and spinach cooked in coconut milk at the upmarket Lio Estate, to the north of the main town.

Little bars open their doors to entice travellers in for a cold San Miguel pilsner or even a bottle of the locally brewed Palaweno craft beer, and chilled beats carry across

the sea from beanbag bars set at the water's edge.

We are not alone: we are part of an audience. As one, we gather and face west, to witness the setting of the sun over the islands of this rare and remarkable archipelago. ■



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





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This land holds its treasures close to its heart and requires a local guide to locate the art sites.

”

Masterpiece ... UNESCO regards the images depicting spirit figures in Quinkan Country as being among the most significant rock art in the world.

Beneath a twinkling, star-filled sky, I'm about to close my eyes and fall asleep after an exhilarating day of travelling overland when an amber glow on the horizon catches my attention.

My first thought is that there must be a fire. I sniff for smoke and smell none.

As I rise on my elbows to focus more clearly, the radiance is noticeably brighter. It's now silhouetting the gum trees standing proud on the far escarpment. Moments later I realise I'm seeing the full moon rising and call softly to my friend, who has settled into her camp stretcher 30 metres away.

Amidst the stillness of the bush, we both sit up and watch the moon's graceful ascent. There's not a breath of wind. The silence is absolute as the enormous orange ball rises above the horizon, extinguishing the stars as it moves ever higher, casting a silvery tint across the landscape. Soon, I fall asleep bathed in moonlight, having shunned the canvas tent in favour of a camp stretcher sans walls and ceiling.

The peaceful embrace of Quinkan Country wraps around me as I sleep deeply before awaking at dawn to a pastel sky tinged the colour of fairy floss. I feel rested and blissfully at

peace, despite hair matted by dampness and the persistence of early-rising flies.

We're just 300 kilometres west of Cairns, though this timeless land feels a million miles from civilisation. Travelling by 4WD through savannah lands awash with merlot-hued kangaroo grass, the rugged track beyond the small community of Laura has led us deep into Quinkan Country.

The ghostly remains of May Town, a thriving metropolis during the height of the Palmer River goldrush, are further down the dusty track, its once abundant golden riches plundered into history.





Fiona Harper goes deep into the Australian bush to see some of the best Aboriginal rock art in the country.

Now, it's rock art that lures travellers to Quinkan Country, thanks to an ever-growing enthusiasm for Australian Aboriginal culture. This land holds its treasures close to its heart and requires a local guide to locate the art sites, not only to avoid getting lost, but as a sign of respect for walking on this sacred country.

Quinkan rock art galleries are considered amongst the world's most important collections, with UNESCO regarding those with images depicting Quinkan spirit figures as one of the 10 most significant bodies of rock art in the world.

Proud Western Yalanji man, Johnny Murison, is our ticket to these treasures. He set up Jarramali Rock Art Tours in 2016 after he and a mate stumbled across an impressive gallery.

"In 2016 myself and my cousin were out hunting, camping and fishing when we rediscovered the rock art now known as the Magnificent Gallery," he says. Oh, it had been 'discovered' before, he explains, but its location was kept pretty quiet. He explains how he eventually came to be a custodian of this extraordinary place, enabling the development of a low-key glamping-style tourism business.

"I knew I belonged here. Once I had all the permissions from the Elders and my uncles I started bringing others here," he continues.

In developing Jarramali Rock Art Tours, Murison has created a simple yet adequate camp on the edge of a sandstone escarpment a short walk from the appropriately named Magnificent Gallery rock art site. Bringing in materials like water tanks, timber and roofing iron on the back of his 4WD, he built a cabin with one side completely open to take advantage of the views over the extraordinary landscape. ►



On the rocks



A peace offering ... Johnny Murison conducts a smoking ceremony to negate 'bad spirits' before visiting Magnificent Gallery; camping out at Jarramali invites a deep connection to the ancient landscape (below); access to Jarramali is via a rugged 4WD track (bottom of page) from the small town of Laura.

There's a kitchen sink and gas stove to boil water but Murison prefers to cook roasted meats and vegetables flavoured with plenty of garlic in camp ovens over hot coals. A handful of tents equipped with camp stretchers and duvets are positioned in strategic locations a short walk from this cabin. The doorless compost toilet has the best view, with the tree-lined escarpment hogging the limelight.

As glorious as the views are, the undisputed star of this two day/one night adventure is the Magnificent Gallery. After a brief smoking ceremony to negate any 'bad' spirits, we follow Murison across the ridge and down into the valley.

He announces our arrival at the open-fronted cave, calling out to his ancestors, letting them know that he has people with him not 'from country' and that we are friend, not foe.



The gallery that greets us is spectacular, both in its scale and abundance of art works.

A born storyteller with the raconteur of a seasoned professional, it's easy to be mesmerised by Murison as he shares stories that reach back thousands of years, allowing us a small insight into the people, his ancestors, who created these treasures.

An extraordinary collection of approximately 400 artworks graces the

towering overhang. Created over 20,000-odd years ago by Kuku Yalanji people, who roamed this land following the hunting and gathering seasons, I close my eyes and envision standing in their living room, smell the smoke from their cooking fires and imagine falling asleep on the soft sand underfoot.

I turn my back on the gallery and take in the endless blue sky above the same tree-lined valley and striking cliff faces these Kuku Yalanji enjoyed for thousands of years. It's not too difficult to imagine where the creative inspiration came from. ■

 **Air Niugini flies from Port Moresby to Cairns 10 times a week. See airniugini.com.pg.**



IF YOU WANT TO GO

TOURING THERE Jarramali Rock Art Tours has day trips and overnight camping excursions to see the rock art in Quinkan Country, starting from \$AUD280 (PGK660) a person for the day tour.

MORE INFORMATION jarramalirockarttours.com.au





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Down deep ... a clownfish (this page); cabbage coral and staghorn (right); a gorgonian fan (far right).



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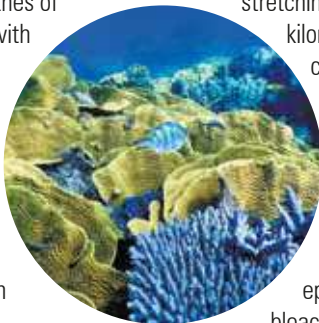
It's the kind of place that makes you think being shipwrecked wouldn't be such a bad thing.

”

Technicolour treasure

Laura Waters takes the plunge on Queensland's Great Barrier Reef.

Mackay Reef is awash with colour. I'm mesmerised by the sound of my breath flowing through a snorkel and the tangled branches of lilac and blue staghorn coral clustered beneath me. I idly fin through the warm water, over delicate curls of green cabbage coral, plate corals, quivering soft corals and huge rounded bommies embedded with dozens of electric blue clams. On a day trip out of Port Douglas with Sailaway, the northern fringe of Mackay Reef looks exhilaratingly good. An hour later, on its southern edge, I jump in the water again and discover great swathes of coral interspersed with the gently swirling tentacles of purple anemones hiding shy little 'Nemos'. I spot a red gorgonian sea fan, four green turtles, schools of parrotfish and scores of other reef fish.



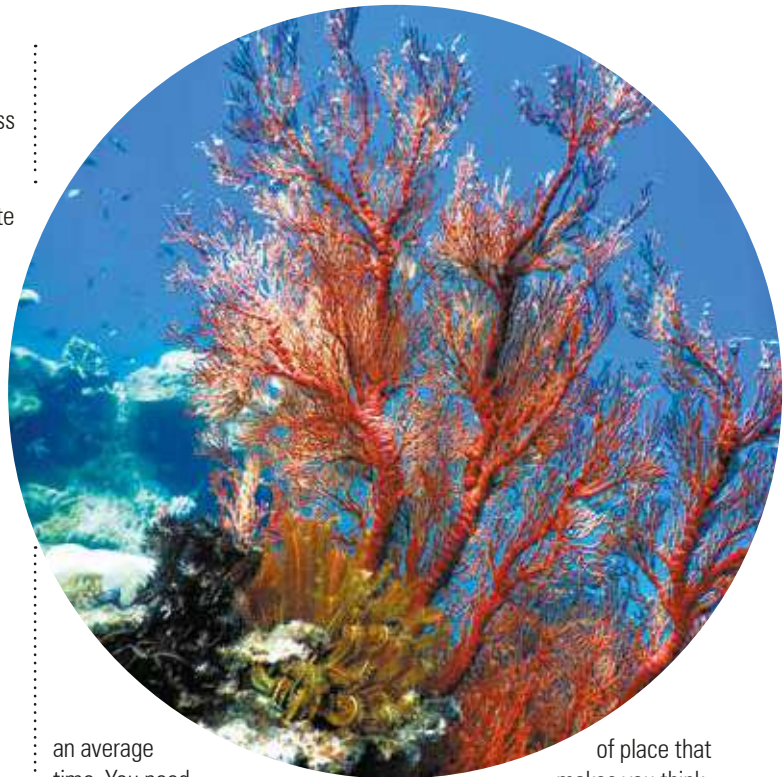
The experience leaves me on a high, much to the delight of snorkel guide Maddi. "I want everyone to love the reef as much as I do," she enthuses. "I want them to know it's not dead." Maddi, a graduate in

marine biology, plays host aboard *Sailaway VII* as a master reef guide, an initiative launched across the industry in early 2019 to help share the stories of the reef and explain how visitors can contribute to its protection (essentially by reducing their personal carbon footprint, reducing waste and getting involved in various environmental activities).

"We want to make sure that everyone who comes to the reef can appreciate it, because if people understand something they'll care for it," she says.

The Great Barrier Reef is the largest living structure on Earth, stretching over 2000 kilometres and comprising around 3000 individual reefs and 1050 islands and cays. While some areas have been affected by episodes of coral bleaching, others are thriving.

David Wachenfeld, chief scientist at the Great Barrier Reef Marine Park Authority, puts it this way: "Just like a tourist anywhere, if you were to turn up with no guide and no guidebook you could have



an average time. You need local knowledge. You need a local guide to take you to the best places."

Sailaway has six sites that it alternates between across Mackay and Undine reefs, depending on tide and weather conditions. Between swims, we are whizzed via a glass-bottom tender to Mackay Coral Cay, a dollop of blindingly white sand surrounded by aquamarine waters. It's the kind

of place that makes you think being shipwrecked wouldn't be such a bad thing.

Back on board, lunch is a casual affair, with guests grabbing a plate and scattering across the indoor lounge and ample deck up top. *Sailaway VII* is a 25-metre luxury sailing catamaran and though it's surveyed for 110 passengers, owner and operator Steve Edmondson likes to cap numbers at 45. ▶



Technicolour treasure

PICTURE: SAILAWAY

He's conscious when sourcing his guests too. "I like to get the right mix, like a good dinner party," he says. I don't know how he does it but I feel like I'm on a private yacht with 30 friends I've never met before.


Edmondson's ultimate goal, though, is clearly plastered across the back of his shirt: "It's all about the environment."

He and his wife, Katrina, have been in business for 17 years and operating carbon neutral for the

last eight. Caring for the planet has been an integral part of their business values since inception.

On the health of the reef, he says: "It doesn't mean we don't have huge challenges. The Great Barrier Reef has become the

poster child for the state of the environment, and while it is alive now, its future survival is at risk from climate change." ■

 Air Niugini flies from Port Moresby to Cairns 10 times a week. See airniugini.com.pg.



IF YOU WANT TO GO

SAILING THERE Sailaway operates a range of cruises from Port Douglas (a one-hour drive north of Cairns). The full day Mackay and Undine Coral Cay trips to the outer reef operate daily and cost \$275 per adult, including snorkelling equipment, buffet lunch and afternoon tea.

MORE INFORMATION sailawayportdouglas.com

Running with the wind ... Sailaway's luxury catamaran heads past the Lowe Isles on the Queensland coast.



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PNG REVIEW: CASSOWARY HOTEL, KIUNGA

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WHO STAYS? Mostly business and government travellers, and the occasional tourist.

HOW BIG? 43 rooms, including six long-stay apartments.

COST From PGK487 per night.

CHECK IN 2pm

CHECK OUT 10am

HIGHLIGHTS The staff make an excellent cup of coffee, no matter your preference. The rooms are exceptionally clean and have large rain-showers, divine after a long, hot day working. The food at the restaurant is diverse and seriously delicious; be sure to try the curry lobster.

NEARBY Take a drive to the local market to get some fresh fruit and engage with people from all over Papua New Guinea. You can also take a 20-minute walk (a short drive from the hotel) to the closest bird of paradise viewing area.

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



LOCATION

Kiunga, the last main town accessible by boat on the Fly River in the Western Province, flourishes as it provides the port access for the Ok Tedi Mine, about a three-hour drive away in Tabubil. Air Niugini flies from Port Moresby to Kiunga daily, providing the fastest route of two hours and 55 minutes with a short stop in Tabubil. The green of the mountains and the beautiful sunsets provide a natural accent for this essentially industrial town.

THE PLACE

Local landowners are shareholders of the hotel through their Community Mine Continuation Agreement Trust Investment. This ensures that when you stay you are directly supporting people in the region. The Cassowary Hotel provides the most upmarket, and modern accommodation option in Kiunga, with friendly, proactive staff. Stay a few days and you will feel like family.

ROOMS

Spacious, with modern fittings and one of the biggest showers you will see in a hotel in rural PNG, it's set up for the comfort of business travellers, with complimentary

access to Wi-Fi throughout the hotel, and a desk in every room. Security is good, with electronic key room access. The apartments are well appointed and adequately stocked with kitchen items for your independence. To cater for business travellers needing to meet larger groups, there are two small meeting rooms that can be joined for total seating capacity of 60.

FOOD AND DRINK

Sitting on the outside deck of the restaurant watching the sun disappear each evening is a nice place to enjoy one of the excellent coffees, or a cold drink. The food will equally impress, with the restaurant offering a diverse menu with many dishes, including a twist with local ingredients.

WHAT GUESTS LIKE

For a port town, very good service. Great meals. Scrumptious club sandwiches. Great coffee too. – Trip Advisor

Stayed here for three days. By far the best option in Kiunga ... good rooms, great food and friendly staff. Would recommend to anyone. – Trip Advisor










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THREE OF A KIND: ART GALLERIES



PICTURE: DAVID KIRKLAND

NATIONAL MUSEUM & ART GALLERY, PORT MORESBY, PNG

Step inside this handsome, recently remodelled art gallery and museum (pictured) and you'll be greeted by tens of thousands of artefacts from Papua New Guinea's 22 provinces, relating to anthropology, archaeology, natural history and contemporary art, some dating back to the 1800s. Wander around the thoughtfully curated exhibits and you'll find musical instruments, kina shell money, headgear decorated with feathers, ceremonial drums, elaborate bark cloth masks, totem poles from the Sepik, and much more.

NEARBY EATS

The Vision City Mega Mall is about five minutes away and has 15 food and beverage outlets, including fast food, bakeries, cafes and restaurants.

NEED TO KNOW

Open Monday to Saturday 9am to 3pm; Sunday 1pm to 3pm. Independence Drive, Waigani, Port Moresby. Free admission on weekdays; PGK10 on weekends for non-residents. For tours phone +675 325 2422. See museumpng.gov.pg.

MUSEUM OF CONTEMPORARY ART, SYDNEY, AUSTRALIA

Attracting over one million visitors each year, the Museum of Contemporary Art Australia (MCA) is Sydney's major modern art venue and has some of the most spectacular harbour views in the city, overlooking the ferries at Circular Quay. The permanent collection is devoted to contemporary Australian, Aboriginal and Torres Strait Islander artists, including sculpture, painting, photography, video art and installations, while regularly changing cult exhibitions feature major international artists, including Annie Leibovitz and Anish Kapoor. Plan your visit for Wednesdays to see Art After Hours until 9pm, or for the quarterly ARTBAR events (check website for dates) combining art, music and live acts, with rooftop dancing and drinks.

NEARBY EATS

Head up to the fourth-floor, semi-alfresco MCA Cafe for breakfast and lunch, and insane views of the Sydney Opera House and Sydney Harbour Bridge.

NEED TO KNOW

Open 10am to 5pm daily; Wednesday until 9pm. Free admission, except to the major summer exhibition. Free daily guided tours and a downloadable app are available to help you navigate the exhibitions. See mca.com.au.

NATIONAL GALLERY, SINGAPORE

Singapore's National Art Gallery, which owns the largest public collection (more than 8000 works) of modern art in South-East Asia, is a work of art itself. Open since late 2015, it has blended two national colonial monuments, City Hall and Singapore's former Supreme Court, and focuses on Singaporean and South-East Asian art from the 19th century to today. Temporary exhibitions cover everything from Vietnamese lacquer painting to Chinese calligraphy (check website for upcoming exhibitions), while the inaugural exhibit 'Siapa Nama Kamu?' focuses on Singaporean art since the 19th century. For art with views of the Singaporean skyline, check out the open-air gallery on the top floor.

NEARBY EATS

There are nine great bars and restaurants inside the gallery, but if you want to go further afield, head to Long Beach Main Seafood Restaurant (1018 East Coast Parkway) for a no-fuss vibe and excellent chilli crab.

NEED TO KNOW

Open Saturday to Thursday 10am to 6pm; Friday 10am to 9pm. Entry \$S20 for non-Singaporeans. See nationalgallery.sg.





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TIME TRAVELLER

Wau, Morobe Province, 1937

Workers from the Morobe Bakery load Navy biscuits on to a truck. The bakery was established in 1937 in Wau and Salamaua. James Rice, the chief executive officer of Paradise Foods, supplied this photo and says the biscuits were originally made as rations for the navy. He says Arnot's purchased Morobe Bakery in 1972, which in turn purchased Paradise Bakery in 1992. The two companies were combined into a new company, Paradise Foods. "We still make the ration biscuits to this day," he says.

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



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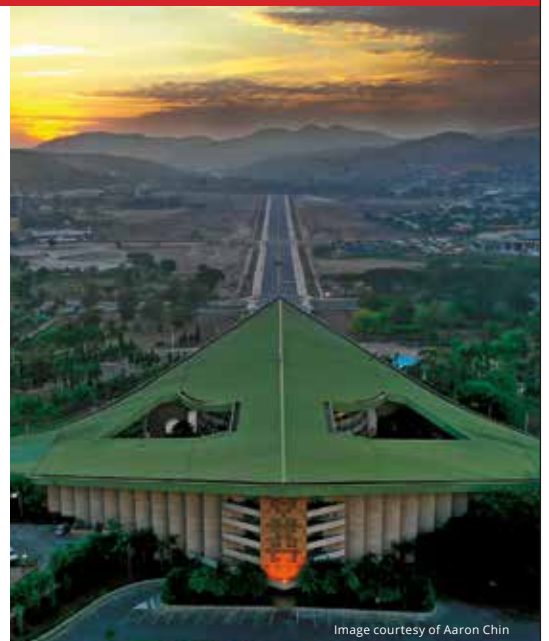


Image courtesy of Aaron Chin

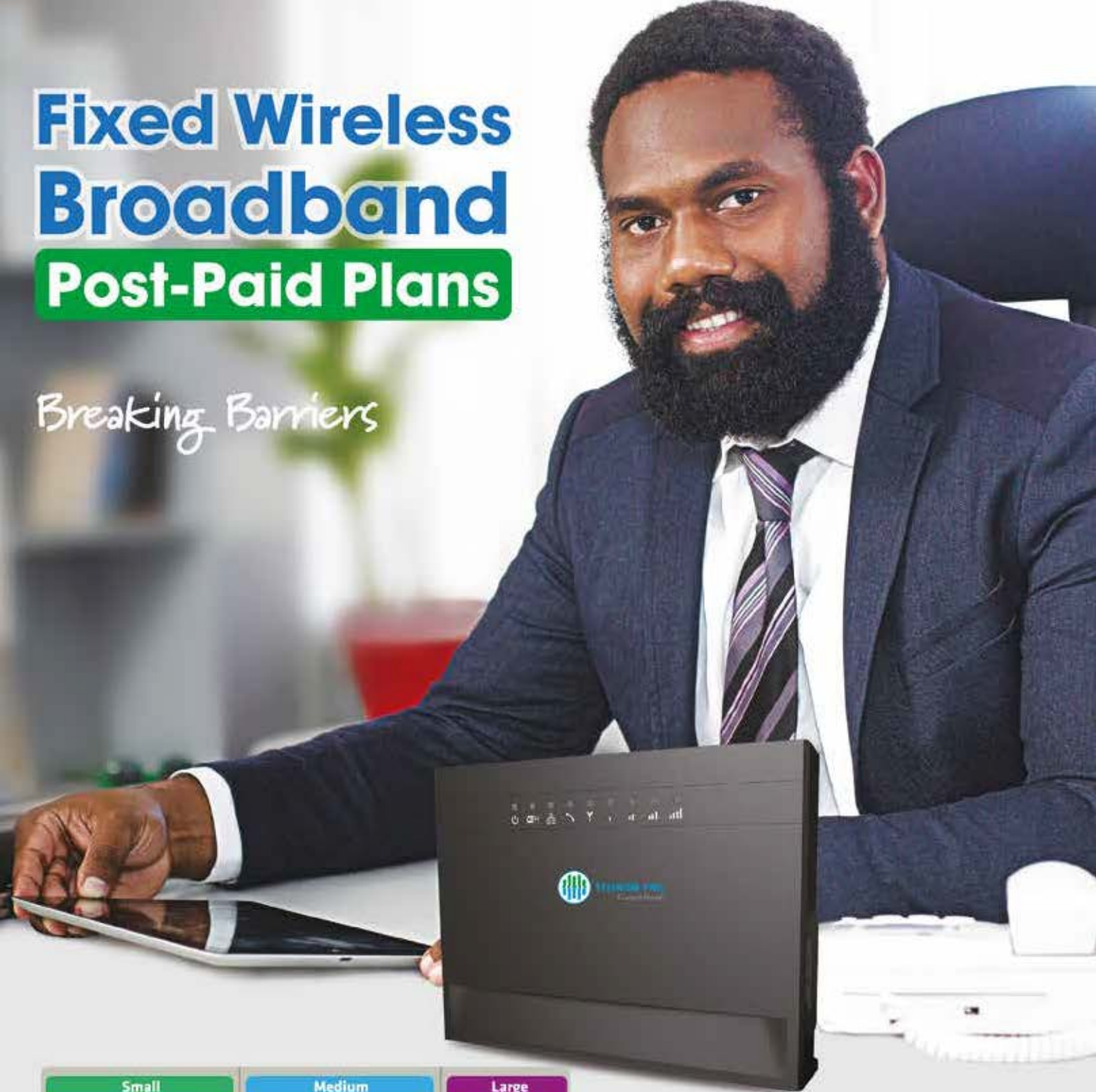


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“

As a photographer, I am drawn to the exquisite sense of style displayed by the tribal people of PNG, and feel compelled to document its uniqueness.

”

PEOPLE OF PNG

A few months ago, some of the photos of award-winning photographer Brian Hodges came to the attention of editorial staff at *Paradise*. The photos are among the most poignant we have seen of PNG and we all gathered around the computer in awe. Next, we tracked down Hodges (he was travelling in remote parts of Africa) and negotiated a deal for his work to appear in these pages. “These photos were taken over three weeks,” he says. >



A feather in her cap ... this young woman was one of the few to allow herself to be photographed when I visited Goroka. She's from the Takai tribe in the Okapa District in the Eastern Highlands. What appears to be her black hair over her eyes is cassowary fur. Crowds of people gathered around my field studio as I photographed her.

LIVING

People of PNG

Toe to toe ... these two warriors from the Ondkumbo tribe in the Jimi District in Jiwaka Province face each other in peace after a re-enacted tribal fight. I took the photo in Simbai, where I travelled with my wife in a small plane. At the time, the area was without communications, so we made arrangements for the pilot to return in three days.





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Sign language ... with hundreds of dancers at the Goroka Show, different tribal groups sometimes identify themselves with signs held high above the crowd. This young man is a Kondo dancer from the Kepai tribe in the Sinasina-Yonggomugl District in the Chimbu Province. His dark body paint is made from pig fat mixed with ash.





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People of PNG

Reluctant model ... this small girl in Goroka didn't want her photo taken but eventually she stepped into my makeshift studio, encouraged by her father and other adults. I managed to take one photo before her father's heavy headdress tumbled off.

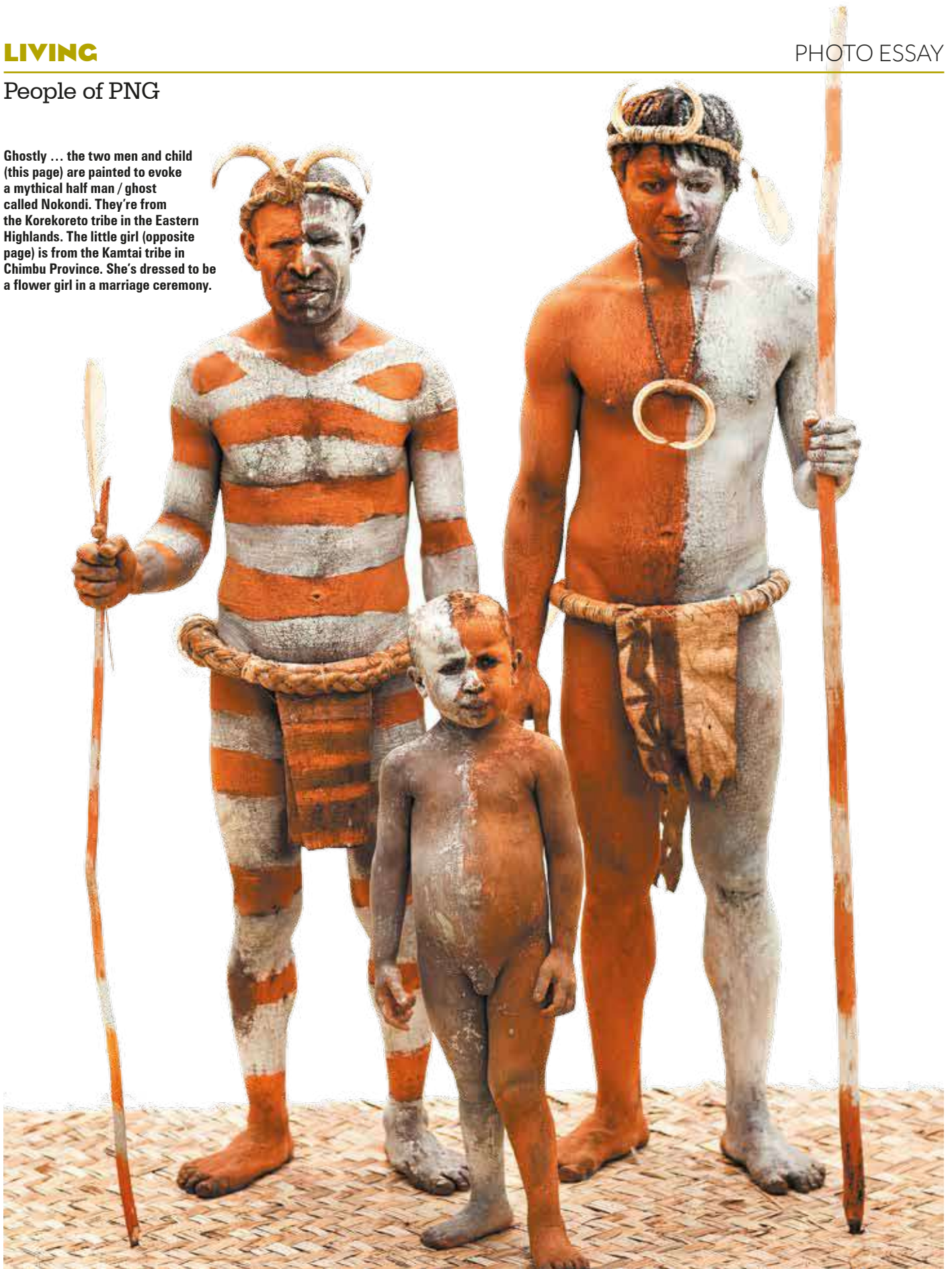




Dressed to impress ... this man from the Kamtai tribe in Chimbu Province is dressed to meet his partner in their marriage ceremony. Around his neck, he is wearing the skin of a marsupial called the *cuscus*. I photographed him in Goroka.

People of PNG

Ghostly ... the two men and child (this page) are painted to evoke a mythical half man / ghost called Nokondi. They're from the Korekoreto tribe in the Eastern Highlands. The little girl (opposite page) is from the Kamtai tribe in Chimbu Province. She's dressed to be a flower girl in a marriage ceremony.





"Travelling with my white photo backdrop, I set up a small field studio at *sing-sings* in the town of Goroka in the Eastern Highlands Province and in the village of Simbai in Madang Province," he says.

Hodges says the aesthetic values of the PNG highland tribes remain largely unadulterated by external influences.

"This integrity is increasingly rare in today's connected world," he says.

"As a photographer, I am drawn to the exquisite sense of style displayed by the tribal people of PNG, and feel compelled to document its uniqueness.

Removing visually competing contextual references with my white background, I am able to showcase the subject and their unique beauty."

Hodges bases himself in Australia and the US and his work has appeared around the world, in magazines including *Conde Nast Traveller*, *National Geographic Traveller*, *Marie Clare* and the *New York Times Style Magazine*. ■

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The good doctor



PICTURE: DAVID KIRKLAND

Dr William Thomas ... the anthropologist (above) is working with local people to save PNG forests; 296 clans have agreed with Thomas to set aside their territorial boundaries to create protected areas for cassowary (opposite page).

Met the indefatigable Dr William Thomas, 65, who's taken on bureaucracies, tribal rivalries, mining companies and even giant spiders to preserve an area more than four times bigger than Singapore in Papua New Guinea's "largest, least explored and most diverse wilderness".

Endorsed by UNESCO, the New Jersey anthropologist has set up the Papua Forest Stewards Initiative, using traditional knowledge to conserve 3200 square kilometres of natural habitat in two areas of the Central Range.

Under the program, the landowners agree to keep their forest and culture intact, in exchange for payments to be funded by the sale of carbon credits.

Thomas has garnered support for the Forest Stewards from the Porgera gold mine in Enga

Province, along with organisations including the National Geographic Society, the Explorers Club in New York and Florida's Bishop Museum of Science and Nature.

"My work has resulted in protected areas being declared by the national government, in Hela Province and the Kaijende Highlands of Enga Province," he says.

Thomas points out that the 1993 Conservation Needs Assessment for PNG considered these areas of global significance. That conclusion was backed up in 2008 by an international biological-assessment team, which found 50 new species in the headwaters of the Strickland River alone.

Thomas has been exploring PNG and researching traditional knowledge since 1988, living for months on end with the small Hewa communi-

ties, scattered throughout the remote region.

"What a tremendous privilege to get to know these people and learn from them," he says. "And maybe change the course of how we do conservation."

For the first 10 years, Thomas says each field trip looked like the line of porters seen in the old *Tarzan* movies.

"But over the years these people have taught me to live in the bush and patiently explained the intricacies of their lives.

"There's no scientist in the western world who knows what they know and I want to make sure the Hewa have some control over their future and the pace of development."

Finding a common ground for communication has also taken years. While Thomas speaks Tok Pisin well, he admits there's sometimes



Richard Andrews meets an anthropologist who is using traditional knowledge to preserve tracts of PNG's natural habitat.

“

Over the years these (local) people have taught me to live in the bush and patiently explained the intricacies of their lives. There's no scientist in the western world who knows what they know.

”

a quizzical response to “a *waitman* with an American accent”.

“Meetings with the local councils can last all day and usually involve countless translations,” he says. “My Tok Pisin is converted first into the local language and then into the regional dialect. Nothing happens quickly and nothing ever seems settled.”

After extended negotiations, however, the 296 clans have agreed to set aside their territorial boundaries as “roads of the cassowary”, free from clearing or hunting any species with snares or weapons.

These protected lands are being surveyed by locals equipped with digital cameras and will be allowed to return to primary forest.

One indicator of success so far is the increased presence of cassowaries, a species that first appeared during the Jurassic period about 150 million years ago.

However, Thomas says the program is not trying to create some kind of pre-human Jurassic Park.

“We want to save a mosaic of land use that traditional societies have created, with its limited scope of disturbance. We're not trying to get rid of humans.”

Doing that is no walk in the park, acknowledges Thomas, who says he sometimes comes home from a trip looking like he's spent “six months in a medieval gaol”.

“The landscape is unbelievably rugged and there are no marked trails. Most of the time my head is down, watching my step and walking as fast as I can to keep my guide in sight. You spend hours wet and muddy trying to get to the next camp before sundown.”

Thomas recalls one particularly arduous hike that took 11 hours to cover only 13 kilometres.

“We were humping it,” he says. “I can't forget walking into a giant bird-eating spider's nest by mistake and this crawly thing as big as a man's hand came down to see if I was lunch.”

However, he waxes poetic when describing the rewards of his efforts.

“After a strenuous hike, we break through dense vegetation to see a whole valley full of hornbills go down in slow motion. Flocks of birds float silently below me. Sulphur-crested cockatoos and brahminy kites erupt from the otherwise endless carpet of green.”

In fact, it's birds and their role in the environment that figure largely in the Forest Stewards program. Thomas has produced two books on avian ecology for the first generations of literate Hewa schoolchildren and their Kaijende counterparts.

“It's an educational tool to encourage the conservation of biocultural diversity and also to educate outsiders about the richness of traditional knowledge,” he says.



“The children of the families that first took me in, back in 1988, are now my partners.”

Thomas recognises the trees-versus-job dilemma faced by governments who want to save the environment, but have “bills to pay and people living in poverty”.

“I'm not against chopping down and mining per se, because I use all that stuff,” he says.

“I think it's a matter of scale and developing a portfolio that's sustainable. The operators of the Porgera joint venture recognise this approach with their support.”

Thomas believes the Papua Forest Stewards Initiative may provide a blueprint to preserve natural habitats and indigenous cultures around the world.

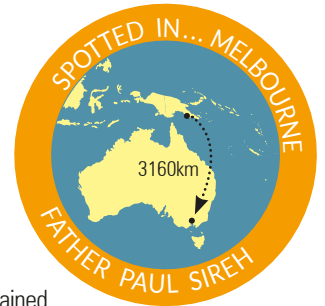
“I know it can work and I know it's a way to do good for the planet.” ■

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HOLY ORDER

The Roman Catholic Carmelite Order was founded in the 12th century. Paul Sireh is its first PNG and Pacific Island friar. *Kevin McQuillan* reports.



“A missionary priest would travel to my village for Mass only three times a year. When I first saw that priest wearing a white robe and saying Mass, I wished I could be like him. I guess that was the beginning of my vocation,” says Father Paul Sireh. Sireh comes from Manus Island, in northern Papua New Guinea. He left home at the age of 18, to pursue his priestly vocation, and attended an initial three-year study program in Rabaul, which led to a further six years religious study in Port Moresby. “It was a great six years of philosophy and theology studies,” he says.

While there, he heard of a Carmelite nun from Manus Island living in a monastery in Port Moresby. The Carmelite Order of priests, nuns and lay people was founded in the 12th century and practices prayer, community and service. After talking to the nun, Sireh sought out a Carmelite priest and was inspired to pursue this avenue. He was subsequently invited to visit the Carmelite community in Port Melbourne (in Victoria, Australia) in 1999. “That led to me being accepted to begin preparation to be a Carmelite priest in 2000,” he says.

Sireh was ordained in 2005 and was sent to Wentworthville, NSW, as assistant parish priest. Four years later, he was made parish priest and eight years after that he was appointed as parish priest at Coorparoo, Brisbane. In 2016, he took a sabbatical, and moved back to the Port Melbourne community before beginning a Masters in Theological Studies, during which time he was asked to help at Whitefriars College saying Masses and being involved in spiritual activities. “Being chaplain to Whitefriars College is a joy to experience. It is a new ministry, a big

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community of students and teachers who share the same ethos and living the Carmelite charism (a spiritual gift).

Sireh is the eighth of nine siblings.

"I grew up in a very strong family-oriented community. My father was the leader of the tribe and a well-known character of the clan and the village," he says.

Both parents were subsistence farmers, cultivating the land for vegetable gardens of all kind and cash crops such as copra, rubber and cocoa. His father was also a fisherman and a hunter, while his mother kept the house and looked after the family's wellbeing.

He says his father was a brave man and "my hero".

He was taken by the Japanese as a slave during World War 2, along with other locals.

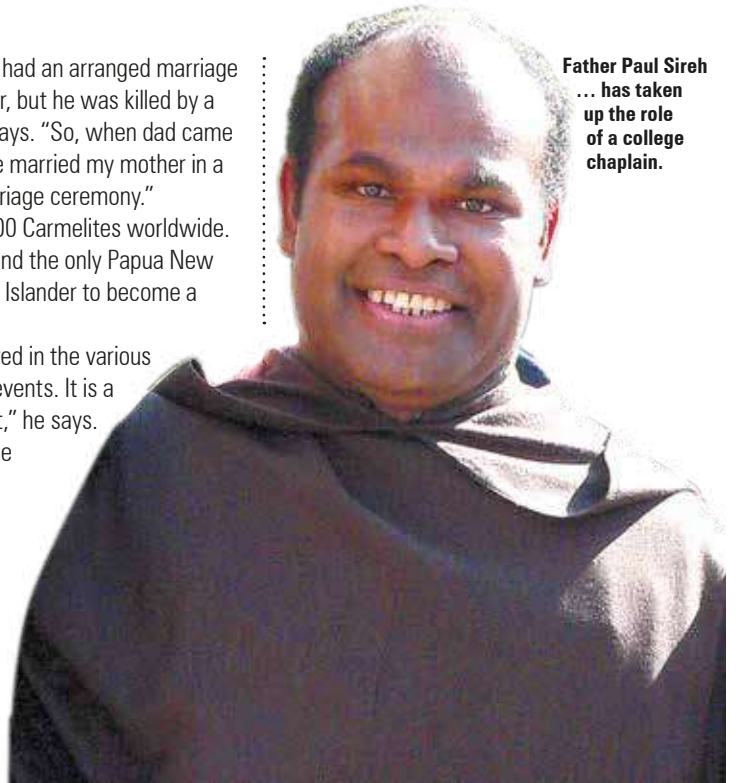
Sireh's mother went to a mission school, which was destroyed by the Japanese, who killed missionaries, nuns and priests in front of the local children.

"Initially my mother had an arranged marriage to the son of a warrior, but he was killed by a tribal enemy," Sireh says. "So, when dad came back from the war, he married my mother in a second arranged marriage ceremony."

There are about 2000 Carmelites worldwide. But Sireh is the first and the only Papua New Guinean and a Pacific Islander to become a Carmelite friar.

"I enjoy being involved in the various liturgies and college events. It is a peaceful environment," he says.

"It is a life that is one with God. A life that is connected to my Melanesian cosmic spirituality. It makes me feel unique and an ambassador for my beautiful country Papua New Guinea."



Father Paul Sireh ... has taken up the role of a college chaplain.



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MY PNG

BY THOMAS IVARTURE

High expectations for a trip to the market

With the promise of fresh fish and prawns, our writer excitedly sets off on a shopping expedition to a small town on the Sepik River.

I had heard on the grapevine that *tilapia* (fish) and tiger prawns were in abundance in Angoram, in the East Sepik Province. Being the skeptic that I am (my name is Thomas after all), I wanted to see for myself if these claims were true.

A couple of my friends had opted to join me in my quest, having been caught up in the moment. Our excitement was palpable – one look at us and you’d think the circus was coming to town.

“

There was a metre-long live crocodile on sale for the tidy sum of PGK50.

”

We arrived at Angoram along a pothole-laden road cutting through a field of *kunai* on both sides. Several houses graced the roadside, badly in need of a fresh coat of paint. Our driver reduced speed, mindful of the throngs of churchgoers.

We passed what appeared to be a warehouse under construction and parked opposite the police station, facing the market.



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On the market ... a crocodile for sale at Angoram.

I took a good look around, soaking in the atmosphere.

To my left, the land dipped steeply to the banks of the mighty Sepik River – whose width was akin to a small lake.

The site of the old market could be seen from my elevated position. The move to the current site came about because of the Sepik bursting its banks.

Like most markets in Papua New Guinea, the new market is bustling with activity – PMV trucks loading baskets of smoked fish, while simultaneously offloading cartons of store-bought goods; buyers trudging at a snail’s pace, weaving between vendors and scrutinising everything on display; sellers displaying their wares on pieces of tarpaulin, swatting away insects with leafy shrubs. There was even a sizeable crowd gathered around a lone preacher expounding the need for salvation.

Following my friends’ lead, we traversed the makeshift aisles twice but, unfortunately, we came up empty. Apparently most – if not all – of

the *tilapia* and tiger prawns were carted off to the markets of Wewak and Maprik. However, there was a metre-long live crocodile on sale for the tidy sum of PGK50.

Dejected, I wandered the length of the market. One of my friends must have sensed my disappointment because he pressed a parcel into my hand, explaining in one word, “breakfast”.

I opened the wrapping to unveil sago wrapped around two medium-sized fish. Although it was far less than what I had hoped for, I graciously accepted his offer. ■

‘My PNG’ is a column in which Papua New Guineans write about where they live, or about a part of the country they know and love. If you wish to contribute, email paradise@businessadvantageinternational.com.

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Dr Elizabeth Alok ... the surgeon (above left) says her job involves long hours and stress. "But I love it."

Matters of the heart

Kevin McQuillan meets Dr Elizabeth Alok, who is set to become PNG's first female heart and lung surgeon.

"I grew up in a household in which I was told girls can do anything that boys can do and if you have the ambition, you can achieve your goals," says Dr Elizabeth Alok, Papua New Guinea's first female trainee cardiothoracic (CT) surgeon.

Alok will be one of only two practising CT surgeons in PNG when she completes her training this year.

She is an advocate for a specialist CT institute in Port Moresby. The idea for a specialist unit was first promoted by chief cardiac surgeon, Dr Noah Tapaua, in 2016, who wrote that the caseload for heart and lung surgery was increasing in PNG in line with population growth.

Most patients, he said, were children with congenital heart disease (80 per cent), but

he warned that it didn't reflect the true rate because of the prevalence of rheumatic fever and other heart diseases associated with the changing lifestyle of the population.

It's a view shared by Alok, who chose to go into CT work "because there is a need", she told *Paradise*.

Until recently, CT surgery in PNG had been carried out in Gorokoa and Port Moresby by a few visiting Australian surgeons. But Open Heart International (OHI) in collaboration with Operation Open Heart PNG – which sponsored these visits – has moved to training the local PNG team rather than solely relying on overseas doctors.

"I decided at medical school that I wanted to be a surgeon, so I chose my residency in the Highlands," Alok says. "I knew that it was more likely that I would see trauma cases up there and the overall exposure would be good for me. I spent one year at Mount Hagen, where my dad is from, then a year in Goroka and finally a few months in Kudjip with Dr James Radcliffe.

"And it was what I expected. You are required to do more 'hands on' in so many areas and you see so many different cases when you're working in the outer provinces. Personally, I was happy with that choice before coming back to Port Moresby."

There was no immediate vacancy in surgery, so Alok spent six months in obstetrics and gynaecology, followed by a year in the field ▶





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Matters of the heart

of accident and emergency, before finally getting her break into general surgery in 2009 at Alotau General Hospital.

She recalls, with fondness, one of the deciding moments in her career when the late Dr Lister Lunn, one of PNG's first CT surgeons, allowed her to assist in a closed-heart operation and the awe and fulfilment she felt when assisting during that case.

"Operating in the chest was one of those areas I feared, when starting up as a general surgeon. But facing one's fears head on is the best way to overcome any obstacle," she says.

In recognition of her skill and work ethic, Alok was asked to joined the OHI team in Tonga last year, which was her second OHI visit to the country, as the support surgeon for over 20 operations. She took the lead in a number of cases alongside Sydney specialists Dr Ian Nicholson and Dr Bruce French.

“

I pass on to young girls the same message my parents passed on to me when I was growing up. 'Girls can do anything boys can do'.

”

"I loved it. Two weeks of hard work. I had blisters during my first week, but you just have to look past that and keep working. Most people wouldn't like the hours and the stress, but I love it.

"Initially, the Tongan patients thought I was African. No one expected a Pacific islander to be one of the surgeons in the team. I think all

Pacific islanders are very receptive and accept that we were there to help them. They did ask later where I was from.

"In PNG, sometimes they don't realise that I'm a surgeon and will be operating on them. Initially, they think either I'm a nurse or a support person, because most of the time they think only males are surgeons or someone else not from PNG.

"I pass on to young girls the same message my parents passed on to me when I was growing up," she says. "Girls can do anything boys can do. I'm not being feminist or anything like that, but there's a discrepancy in our culture where women have their work and boys have their work, and the boys will be regarded as usually being the breadwinner."

Alok is from a family of four and she says the support from her family has been "awesome".

"I would never have made it this far without them behind me." ■



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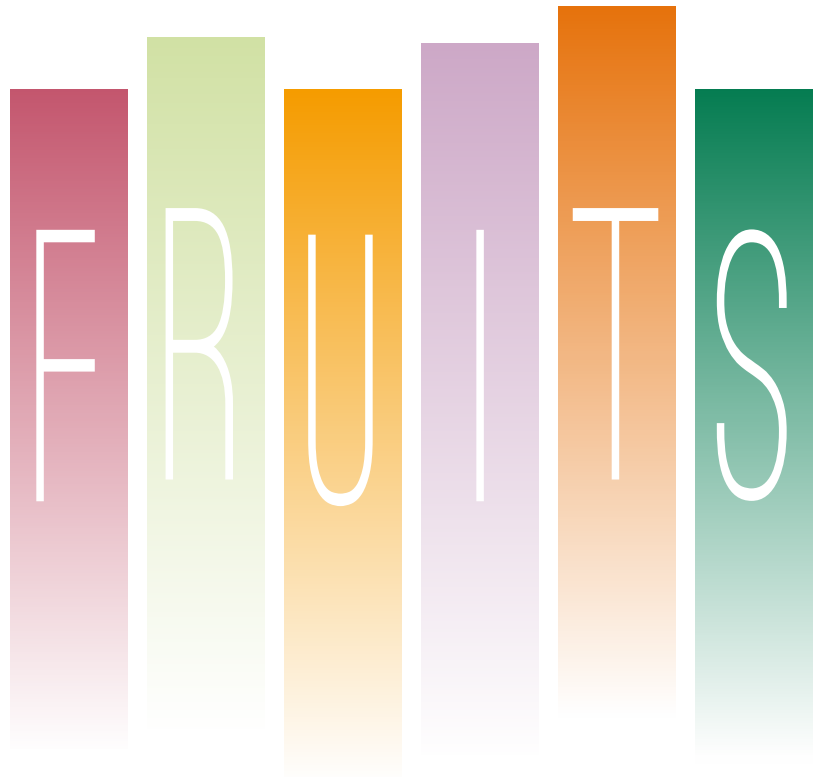
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PNG SUPER

They're tasty, healthy and they grow in PNG.

Aris Antoniou looks at five delicious fruits that are a healthy addition to your plate.



When Papua New Guinea is mentioned, images of beautiful beaches, spectacular landscapes and mysterious wildlife are conjured in the mind. This is because it's the home of stunning reefs, the haunting clouded forests and the gorgeous bird of paradise.

It is also the place for thousands of plant species, some of which are not found anywhere else in the world. Many common fruits grow in PNG too, along with an array of more exotic ones.

Here, we take a look at five of PNG's super fruits.

THE POWER OF PAPAYA

The papaya or pawpaw is grown in lowland environments and its introduction to PNG dates back to 1871. It ripens between August and October and is sold in markets and urban food stores around the country.

Ripe papaya is delicious on its own, while unripened papaya is mainly used in cooking. It's loaded with antioxidants, which help prevent damage to cells from free radicals.





Free radicals are harmful substances produced from biological processes within the body. Smoking and other factors, such as pollution, increase them. Papaya contains high levels of lycopene, an antioxidant linked to protecting the body against certain cancers. It has been shown to be especially beneficial to the prostate.

Prostate cancer is the most common cancer in men. Although studies are still ongoing, lycopene is showing promise as a nutrient that can prevent prostate cancer from developing.

The antioxidants present in papaya also protect the heart by raising the levels of good cholesterol known as HDL in the bloodstream. Papaya aids digestion too. It contains an enzyme called papain, which helps break down protein.

Vitamin A, vitamin C, potassium and folic acid are all other beneficial substances found in this tropical fruit. ➤

GREEN PAPAYA SALAD

INGREDIENTS

- 5 tablespoons lime juice
- 2 tablespoons fish sauce
- 2 tablespoons cooked prawns chopped
- 2 garlic gloves diced
- 15 Chinese green beans cooked chopped
- 10 cherry tomatoes chopped
- 2 onions chopped
- 1 unripe papaya peeled, seeded, shredded

METHOD

Once everything has been chopped and peeled, place all ingredients into a bowl, add the lime juice and fish sauce dressing, toss and serve.



PNG super fruits

THE PERFECT PINEAPPLE

Pineapples are common around the world. The fruit and juice are consumed by millions of people every day. Introduced to PNG after 1870, pineapples are grown by more than half of the rural population.

It grows mostly in lowland valleys and yields are highest between October and March. Its popularity has seen production for export increase sharply.

Research has uncovered a wealth of interesting information on the pineapple. Its high vitamin C content helps boost the immune system and aids iron absorption. Other substances strengthen bones and support digestion.

Vitamin C is an essential vitamin, which cannot be made by the body. Therefore a daily supply is needed for good health. Vitamin C is an immune booster because it aids in the production of white blood cells. These defend our bodies from invading viruses and bacteria.

Iron absorption is made more efficient by vitamin C. It helps convert it into a form that is easily absorbed. Iron has many functions such as red blood cell production. These cells help in the transport of oxygen around the body. It is also needed to prevent anaemia.

Pineapples contain manganese, an important mineral in bone health. Needed only in small amounts, when combined with calcium and other nutrients, manganese strengthens bones and improves their density.

Pineapples are renowned for their high bromelain content. This enzyme assists digestion and aids absorption. It eases inflammation and soothes the digestive tract, helping alleviate ailments such as heartburn, dyspepsia, constipation and diarrhoea.

These anti-inflammatory properties also reduce joint pain caused by osteoarthritis.

Bromelain is a natural blood thinner. It can prevent blood clots and reduce the risk of strokes. Frequent fliers can benefit from pineapple consumption because of this. ➤

PINEAPPLE FRIED RICE

INGREDIENTS

500 g raw shrimp peeled and deveined
 2 tablespoons oil or butter
 3 cloves garlic minced
 1 red chilli finely sliced
 1 red pepper
 ½ small onion chopped
 ½ teaspoon turmeric
 1 teaspoon curry powder
 1 tablespoon sugar
 4 cups cooked white rice
 1 fresh pineapple whole, cored and chopped
 2 tablespoons fish sauce
 2 tablespoons soy sauce
 ½ cup cashew nuts

METHOD

Heat a tablespoon of oil in a wok. Then fry the garlic and red chilli. Add the shrimp and fry until it is cooked. Remove this mixture from the heat and set aside in a plate.
 Add another tablespoon of oil to the wok. Fry the onions, turmeric, curry powder and red pepper together for about 2 minutes.
 Add the rice and pineapple and stir together well. Then add the fish sauce and soy sauce. Stir-fry for another minute.
 Add the cashews, the cooked shrimp, garlic and chilli that was set aside. Mix and serve while hot.





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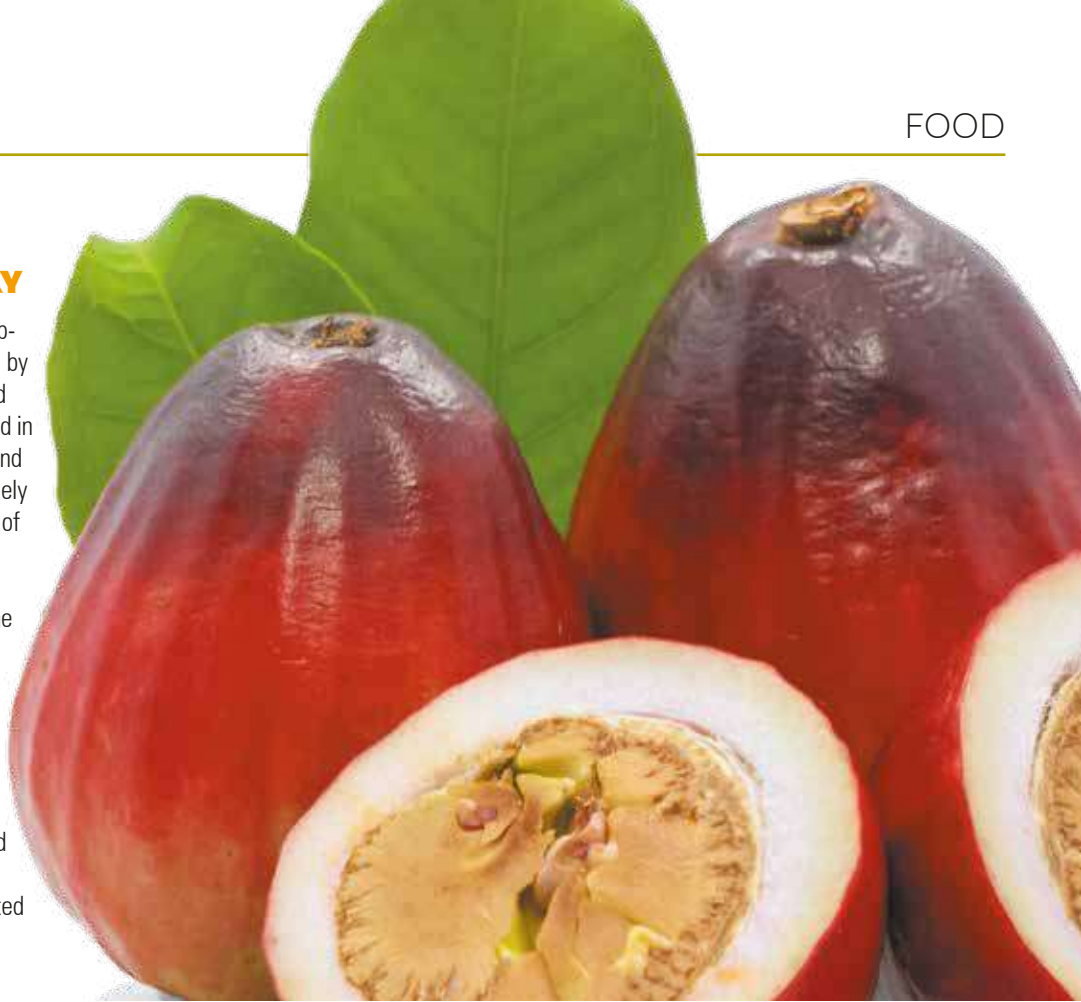
PNG super fruits

THE MARVELLOUS MALAY

The Malay apple, also known as the rose apple, is grown along the coastline and inland by a quarter of the rural population. Introduced over 1000 years ago, ripened Malay is found in abundance, particularly during December and January. It is a popular fruit that is sold widely in markets in PNG but is rare in other parts of the world.

Despite the name, this exotic fruit is not related to roses or apples, but instead to the guava. It is low in calories and contains a variety of vitamins and minerals such as calcium, phosphorus, and vitamin A.

Calcium is the most plentiful mineral in the body; second is phosphorus. These minerals help maintain strong teeth and bones. Sufficient amounts of both aid blood to clot adequately. Normal contraction of the heart and other muscles is also attributed to them.



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PNG super fruits

Vitamin A protects the eyes and preserves good vision. A healthy supply prevents age-related diseases such as macular degeneration from developing.

It is also vital to the skin aiding in normal cell reproduction, which keeps the skin firm and healthy. Vitamin A can be found in skin care products and acne treatments.

Malay is a good source of carbohydrate; carbs help boost and maintain energy levels. They are useful in stabilising blood sugar too. ➤

**PICKLED MALAY APPLE**

By pickling this fruit you have a ready-made sweet and spicy entree. It's delicious eaten on its own, or as a side dish with curry.

INGREDIENTS

- 10 Malay apples
- 1–2 Thai chilli peppers coarsely chopped
- 3–4 cloves garlic finely chopped
- 1 cup lemon juice freshly squeezed
- 1 tablespoon salt
- ½ tablespoon sugar

METHOD

Cut each fruit lengthwise, remove the seeds and trim both ends. Slice the halves into thin portions and place them in a bowl with the lemon juice, garlic, chilli, salt and sugar, mix everything together thoroughly. Spoon the mixture into a jar and refrigerate for 2 hours before serving.



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PNG super fruits

THE GREATNESS OF GUAVA

Guava is grown by a sixth of the population, mainly in lowland areas. Introduced in 1875, the best supply is available between February and May. This fruit is best eaten when ripe.

Guava is another great antioxidant powerhouse and helps with weight loss, diabetes, constipation and even pregnancy.

It is very low in calories and can be included in any weight-loss diet plan. With only 37 calories, each fruit also contains 12 per cent of the recommended daily fibre intake, making it a highly nutritious snack that can keep you feeling full.

It scores low on the glycaemic index which means it does not cause a sudden spike in blood sugar levels, making it diabetic friendly.



This tropical fruit is an excellent natural remedy for constipation thanks to its fibre content. Even the seeds either chewed or whole act as a laxative.

Guava can aid women during pregnancy because it contains folic acid. This vitamin is vital in the development of a baby's spine and nervous system.

**THE POPULAR PASSIONFRUIT**

Introduced in the 1870s, passionfruit is only grown by a small number of the rural population. The interior is filled with a firm, juicy, seed-packed flesh.

Five species can be found in PNG. They are the suga prut, purple passionfruit, banana passionfruit, lowland yellow and granadilla.

Like the other fruits, its health benefits come in the shape of vitamins, antioxidants and minerals. It is high in potassium, magnesium and contains the alkaloid harman.

This fruit helps lower blood pressure because of the rich amount of potassium contained within the flesh. It acts as a vasodilator, relaxing tension in blood vessels and promoting blood flow. This action reduces the strain on the heart.

Potassium also helps remove excess sodium from the body. High levels elevate blood pressure, which is linked to strokes, heart attacks and heart disease.

Magnesium is an essential mineral, which means the body needs a daily supply. It plays a role in hundreds of chemical reactions within us, including the transmission of nerve impulses, plus the synthesis of fatty acids and proteins.

Harman is an alkaloid found in passionfruit, its positive effects include blood pressure lowering and antispasmodic actions. Furthermore, it is a mild natural sedative, which helps relieve anxiety and aids sleep. ■

GUAVA JELLY

What better way to put a smile on a child's face than with a vitamin-packed jelly dessert?

INGREDIENTS

3 guavas peeled and chopped
3 glasses water
1 tablespoon apple cider vinegar
 $\frac{3}{4}$ cup sugar
2 limes juiced

METHOD

Place all the ingredients in a saucepan. Bring to the boil and reduce the heat. Allow the mixture to simmer for 30 minutes. Then pour the liquid through a sieve to remove the seeds and press down on any solids to obtain all the juices. Return the mixture to boiling point and then allow it to simmer until it thickens. Let the concoction cool and refrigerate until use.

BANANA, PASSIONFRUIT COCONUT LOAF**INGREDIENTS**

$\frac{1}{3}$ cup coconut oil
 $\frac{1}{2}$ cup honey
2 eggs
2 bananas mashed
1 passionfruit pulped
1 teaspoon baking soda
1 teaspoon vanilla essence
 $\frac{3}{4}$ cup plain flour
 $\frac{3}{4}$ cup desiccated coconut

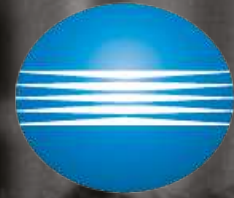
METHOD

Preheat the oven to 160C. Grease and line a loaf tin with baking paper. Beat the coconut oil and honey until they combine. Add the eggs and whisk, then add the bananas and passionfruit. Once mixed together, whisk in the baking soda and vanilla. Fold in the flour and coconut. Pour the mixture into a loaf tin and bake for 50 minutes.





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SILVER LEAF, STANLEY HOTEL, PORT MORESBY PNG REVIEW

It has taken me a while to work out exactly why Silver Leaf has made such a good impression on me.

Yes, the food at The Stanley's fine dining restaurant is really good but there is more to the place than that. Perhaps it was because I visited on a Friday evening and I was relieved the working week was over? Actually, Silver Leaf has something that many hotel restaurants around the world struggle with – ambience.

It certainly helps that Silver Leaf has one of Port Moresby's best vantage points, overlooking the lights of Waigani from level 19 of the hotel. It is only open in the evening, as during the day it forms part of the hotel's executive lounge.

But the interior design clinches it: with high ceilings, soft lighting and elegant fittings the atmosphere evokes a private members' club from a bygone era. The tables (located in one row along the full-length windows) are well spaced out and the service is efficient but discreet.

The menu is eclectic, drawing inspiration from all around the globe. Seafood and steaks (including wagyu and aged beef) are prominent. I started with flame-grilled salmon, served Japanese style (think wasabi avocado and teriyaki sauce), which had a sophisticated yet subtle flavour, before moving on to the roasted lamb rack. This was a simpler dish, making the most of the excellent ingredients.

The wine list is surprisingly diverse, so I opted for a white wine from Spain's Galicia region. It was in good condition despite its long journey and reasonably priced. Indeed, while Silver Leaf certainly isn't cheap it does offer good value, considering its lofty ambitions. ■



WHERE:

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STYLE:

Fine dining

TYPICAL PRICE:

Entrees PGK55; mains PGK90

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look good, feel good BY BRONWEN GORA

How to reduce stress naturally

Stress is a worldwide issue but Asian workers seem to be hit the hardest. Asian cities rank among the most overworked in the world according to a global report, with Tokyo, Singapore and Kuala Lumpur among the worst.

Workers in those three Asian cities spend longer hours in the office, take fewer holidays and have some of the worst work-life balance in the world, a report by global keyless security system provider Kisi found. The research was carried out across 40 cities, and looked at commuting times, arrival time at work, number of hours worked per week and the amount of holidays taken.

In terms of working hours, Singapore, Tokyo and Kuala Lumpur rank highest in the world, with more than 20 per cent of people clocking up more than 48 hours per week.

In a separate report by workspace provider The Regus Group, China was found to have the highest rise in workplace stress with 86 per cent of employees reporting greater anxiety. Globally, six in 10 workers in major economies are also experiencing increased workplace angst.



Clearly, we need to do something to reverse the trend. Stress causes myriad problems and ailments, impacting social lives, immunity, sleep and often leading to a low mood or depression.

Then there's the hundreds of billions of dollars lost by businesses due to stress-related absenteeism. Fortunately, natural ways to beat stress abound.

EXERCISE

The magic stress-beating ingredients created by exercise are endorphins, the feel-good chemicals produced by the body through activity. Numerous studies list exercise among the best ways to start knocking any kind of stress, negativity or depression on the head. Even walking 20 minutes a day can help lift your mood.



MEDITATION

Widespread notions of meditation's beneficial effects have been reinforced by numerous studies, particularly one carried out by Harvard University. When researchers put participants through an eight-week meditation course, all experienced a marked calming effect and reduced activity in the amygdala, the part of the brain that regulates the fight-or-flight response. Meditation had "distinct effects on brain areas associated with awareness and with deliberate relaxation" and resulted in "enduring, beneficial changes in brain function, especially in the area of emotional processing".



PATTING AN ANIMAL

Much research has confirmed the soothing sensation gained by patting animals. In one of the most recent studies, Washington University split a group of students into four. One group patted cats and dogs, a second group watched an animal slideshow, a third watched the first group play with the animals and the fourth waited without phones or anything to read. Afterwards, the group that patted animals had far lower levels of the stress hormone cortisol in their saliva. Other research has shown patting dogs also raises levels of the feel-good hormone oxytocin.



DEEP BREATHING

'Take slow deep breaths' may sound like cliched advice when you're suffering anxiety, but there is scientific proof it works. A professor of biochemistry at Stanford University discovered breathing can have a direct effect on brain activity levels, with slow deep breaths found to keep the brain calm while quelling feelings of nervousness or anxiety.



BOUNCE FOR FITNESS



Remember bouncing on a trampoline as a child? Now the fun of jumping is being revived by the latest fitness craze – working out on a mini-trampoline also known as a rebounder.

Many gyms across South-East Asia and the Pacific have incorporated rebounder classes into their offerings, and dedicated

boutique rebounding studios have sprung up, such as BBounce in Singapore (bbouncestudio.com), Bounce Limit in Hong Kong (bouncelimit.com) and Trampo-Line in Sydney (trampo-line.com.au). Driving rebounding's popularity is not only the fact it's terrific fun, bouncing on a mini tramp is also enormously effective, burning

up to 1000 calories an hour. Apart from calories, rebounding promotes a range of health benefits, starting with stimulating circulation of lymphatic fluid. This fluid carries white blood cells, oxygen and nutrients throughout the body, promoting energy and boosting immunity. Magdalena Rudzka, founder of Sydney-based

rebounding studio Trampo-Line, the first rebounder studio in Australia, says: "Studies show the vertical up-and-down motion can help the lymphatic system drain toxins from the body and improve mental clarity". Rebounding is also ideal for people with joint injuries, and other aches and pains, because it is low-impact.

LET'S GET SPIRITUAL



The Bali Spirit Festival is in its 12th year and the perfect place for anyone interested in wellness, yoga, global community, world music and holistic health. The festival is being held in and around the lush tropical grounds of yoga and health retreat Bali Purnati, near

the mountain town of Ubud, from March 29 to April 5, and includes about 300 workshops. Learn about activities as diverse as sound healing and laughter yoga. Organic food stalls and an eco-market are also part of the line-up. **See balispiritfestival.com**

NATURALLY WILD

Wild-harvested herbs and flowers gathered in Siberian forests are the basis of products crafted by organic beauty brand Natura Siberica. Some of the brand's key products use adaptogens, a natural substance that has helped certain plants thrive and resist environmental stress since prehistoric times and is believed to help combat ageing. This Oblepikha Siberica travel set contains four of the brand's most popular products in miniature form – Nutrition and Repair shampoo



and conditioner, Energising Freshness shower gel and Siberica body milk. ■ **See naturasiberica.net.au/collections**



BY NINA KARNIKOWSKI

Toiletries kit

Taking our own toiletries is one of the things we can do to make our travels more sustainable, helping to reduce the terrifying number of tiny plastic shampoo and body-wash bottles hotels go through each year. Leif has made this simple by creating a lemon myrtle travel essentials kit. Inside the 80 per cent regenerated leather pouch you'll find 75ml bottles containing body wash and lotion, shampoo and conditioner. The products are free of parabens, sulphates, animal-testing and mineral oil fillers. About PGK164; leifproducts.com.



Lifeproof case

Waterproof, drop-proof, dirt-proof and snow-proof, the Lifeproof Fré case will stay airtight for up to two metres for one hour, and will survive being dropped from two metres, making it perfect for beach holidays, water sports, skiing trips and more. It's also super thin and lightweight, and lets you easily continue to use all the phone's functions while it's on – certainly not the situation with all waterproof cases. Available in a range of bright two-tone colour combinations, for about PGK310; lifeproof.com.



Solar watch

Seiko has an excellent track record when it comes to innovative watches, and its Astron series is a perfect example of that. Originally released in 2012 as the world's first GPS solar watch, this latest generation, the Astron GPS Solar 5X, is the world's smallest and thinnest solar-powered GPS watch. It has incredible functionality – solar cells on the dial mean the battery isn't an issue, and the GPS automatically syncs the watch with satellites twice a day so it can track itself on 39 time zones. Available in a variety of styles, for about PGK8341; seikowatches.com.



Merino socks

Made from merino wool blended with lycra and nylon, these super-soft MerinoLINK Federate socks from Kathmandu are also high-tech, making them perfect for your travels. They're antimicrobial, keeping your feet fresher for longer (meaning you can kick off your shoes on the plane without offending your neighbour), have terry knit heel and toe areas, making them extra comfortable and absorbent, and are rather cool-looking too, coming in this navy triangle print, or in a grey marle landscape design. About PGK64; kathmandu.com.au.





Anti-theft bag

PacSafe's deceptively roomy Vibe 325 Econyl sling pack is designed to defend against theft of all kinds. The regenerated nylon exterior is secretly underlaid with stainless steel mesh. The RFID blocking pockets and material prevent thieves from stealing your data, while the interconnected locking zippers are near impossible to open surreptitiously. Wear it on your back or across your front for extra safety, and choose between navy blue and dark grey. About PGK289; pacsafe.com.

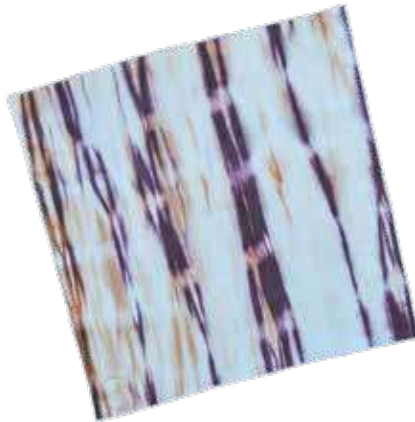


Self-cleaning bottle

Larq has taken the reusable water bottle trend to the next level by creating the world's first self-cleaning bottle. Tap the stainless steel rechargeable lid and within 60 seconds the water inside will be purified and the flask cleaned, thanks to a purifying UV light. The Larq bottle continues to automatically clean six times a day, and if you double tap the lid it goes into 'adventure mode', killing 99.9999 per cent of bacteria, which is ideal for when you're out hiking. Available in five fun colours, for about PGK348; livelarq.com.

Handsome hankies

Sure, they're old school, but what's not to love about a handkerchief? They're more sustainable than disposable tissues, and are multi-purpose since they can be used as neckties, pocket squares or as identifying suitcase handle ties. These tie-dyed hankies from Hanky Folk have eco-charged things even further, since they're also plant-dyed (using materials like leaves and bark) and packaged in 100 per cent post-consumer recycled paper. From about PGK31 each; heymoon.com.au.



Corduroy shirt

Mr P, the first in-house label from luxury men's e-commerce site Mr Porter, offers smart, easy staples and timeless classics for men. Pieces like this mustard cotton-corduroy long-sleeve shirt can be worn open as a jacket or buttoned up. With its classic double-breast pockets and slight seersucker quality, the mid-weight shirt looks as good thrown over an aeroplane outfit as it does at post-work drinks. About PGK715; mrporter.com.



Travel notebook

Need to jot down the name of that hole-in-the-wall restaurant you found, whip up some notes for an upcoming meeting while on your Air Niugini flight, or simply unload your busy brain before you start the day? The 'Travels and Experiences' notebook by heritage British stationery company Smythson is covered in soft cross-grain lambskin, comes in red, blue, navy, emerald or black with elegant gold foil lettering and edging, and just might become your new favourite travel companion. About PGK208; smythson.com.



Backup charger

The clever SanDisk 10W iXpand wireless charger will save you time and sanity while you're on the move. When you put your phone on top of it, it simultaneously backs up all your precious travel photos, videos and contacts (which means you can also easily free up space on your phone), while wirelessly charging your device, saving you time and fuss on your next grand adventure. About PGK245; amazon.co.uk.



REVIEW:

TOYOTA HIACE

BIGGER, BETTER VAN



Commercial vans traditionally aren't particularly good looking, but they can stand out from the crowd, as demonstrated by Toyota's latest Hiace.

The square-edged shape of the sixth-generation of a workhorse legend is spearheaded by a glistening chrome grille and stubby bonnet. And rather than generic corners and curves, designers have sharpened things up substantially, creating a bolder – and bigger – look.

The sheer dimensions reinforce that it is indeed a lot larger than the Hiace it replaces, part of a big step up in space and functionality.

The new Hiace is more than half-a-metre longer and about 20 centimetres wider.

As before, there are two basic sizes: the regular-long wheelbase (LWB) or the super-long wheelbase (SLWB). The SLWB has a taller roof and stretches front and rear wheels 650 millimetres further apart, adding the same to the length.

Prices start at PGK110,000 for the regular van and step up from there. There are various seating configurations, offering 14 or 15-seat models as well as a 12-seater 'VIP' with more comfortable seating.

While the Hiace is about carrying people and gear, one of the biggest changes with the new

model is comfort for the driver. A repositioned engine and larger doors make for a far easier path to the driver's seat, something helped by steps and grab handles. There's also good adjustability to the steering wheel to provide a driving position not wildly removed from a regular car.

There's also genuine thoughtfulness to the storage areas in the cabin. Deep cup holders cater for drinks or phones and there are other storage binnacles to take care of smaller items.

Even the rear sliding doors are 70 millimetres longer, making it easier to load people or cargo.





An ace up the sleeve ... the new Hiace van trumps previous models with a bigger and bolder exterior and an interior with improved driver and passenger comfort.

The clever thinking extends to the core engineering, too. Side mirrors are upright and large to provide a good view of what's going on around the vehicle.

And the Hiace has a superb turning circle, which makes U-turns and tight manoeuvres that little bit easier. It's indicative of the vastly improved driving experience, which is impressive given the increase in size. Riding on

leaf spring rear suspension, it does a good job with a load on board.

The four-cylinder diesel engine is shared with other Toyotas, including the Hilux. It's a stout if uninspiring unit, making 130kW and 420Nm when mated to the six-speed manual. An optional six-speed automatic (expected during 2020) ups torque to 450Nm. ■

The previous Hiace placed the driver and front passenger over the engine, something that compromised cabin space and safety. With the new model the engine sits under a stubby bonnet, providing better front impact occupant protection in a crash and much more headroom and storage space inside.

DETAILS/SPECIFICATIONS – TOYOTA HIACE

Price: From PGK110,000	Engine/drivetrain: 2.8-litre 4-cylinder turbo	Transmission: 6-speed manual or 6-speed auto rear-wheel drive	Power/torque: 130kW/420Nm (manual), 130kW/450Nm (auto)	Wheels/tyres: 16-inch steel wheels
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Downhill

Cast: Will Ferrell, Julia Louis-Dreyfus, Miranda Otto

If you're a couple watching this movie together be prepared for the anti-romance rom-com of the year.

While on a lavish skiing holiday with their two children, married couple Pete (Will Ferrell) and Billie (Julia Louis-Dreyfus) are put to the test by an avalanche from which Pete flees and abandons his wife and kids.

This act of moral cowardice sets in motion a blisteringly funny account of a marriage in all of its brutal awkwardness.

You'll hopefully laugh, but you may also cry if you recognise something a little bit too familiar in the way this married couple find new and unattractive personality traits in each other.



Mulan

Cast: Liu Yifei, Jet Li, Gong Li

Mulan first came out as an animated Disney movie for children in 1998, but this version, directed by New Zealander Niki Caro (*Whale Rider*),

has been rewritten to introduce the sword-swinging hero to a new generation in a more realistic and less fantastical way.

Many will lament the loss of the songs and Mulan's dragon sidekick Mushu, but in its place is a decadent visual spectacle filled with stunning Asian actors and compelling fight scenes.

Mulan's story of a daughter who pretends to be a son in order to fight in an approaching war and save her ailing father will hopefully allow for audiences far and wide to be introduced to this world of tradition, mythology and beauty, as well as offer a rare Hollywood blockbuster with Asian heritage at its core.



Black Widow

Cast: Scarlett Johansson, Florence Pugh, Rachel Weisz, David Harbour

Following on from 2019's *Captain Marvel*, the Marvel franchise gets only its second female-fronted action extravaganza – and it's about time!

Scarlett Johansson returns as Natasha Romanoff, aka the Black Widow, a trained Russian spy and assassin proficient in hand-to-hand combat.

The ever-reliable Johansson is joined by Florence Pugh (*Little Women*, *Midsommar*) in this exciting and at times old-fashioned action blockbuster with less slick computer graphics than we're used to, more stunts, and the chance for Johansson to flex her acting muscles.



Miss Fisher and the Crypt of Tears

Cast: Essie Davis, Miriam Margolyes, Ashleigh Cummings

Everybody's favourite detective is back and this time she's unravelling a mystery so big it demands to be told on the cinema screen.

Moving on from being just a hit television program beloved by audiences young and old, Miss Phryne Fisher (Essie Davis) is taking her investigative skills and her beautiful outfits to the Middle East to solve a crime on motorbike and on camel.

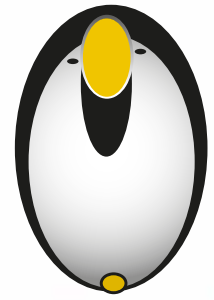
There are missing jewels and ancient curses and, of course, some wonderful hats. The film's makers have utilised the shimmering scale of the big screen to their advantage – more so than the recent *Downton Abbey* movie, which was more like an extended episode of the television series than something truly outside of the box.

Davis is a delight as always as the intuitive Miss Fisher and her feminist streak is even more appropriate in 2020. Surely even those who've never seen

the series will be charmed. ■

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***The Great Homecoming* By Anna Kim (Granta)**

This spy/historical/political novel explores the separation of the Korean peninsula and the beginnings of North Korea.

In 1959 and divided from his family by the Korean Civil War, Yunho Kang arrives in South Korea's capital to search for his oldest friend. He finds him in the arms of a dancer who may be a refugee fleeing the communist North. She might also be an American spy. Nothing in Seoul is what it seems. Anna Kim was born in Daejeon, South Korea. Her previous books include *Frozen Time* (2010) and *Anatomy of a Night* (2012).



***Low* By Jeet Thayil (Allen & Unwin)**

This poet, musician and novelist was born in Kerala, India, and his debut novel, *Narcopolis*, was shortlisted for the Man Booker Prize and the Man Asian Literary Prize.

Low plunges into one of the world's most intriguing cities: following the death of his wife, Dominic Ullis escapes to Bombay (the city is now known as Mumbai, but the book uses the former name).

Ullis is unable, or unwilling, to deal with his empty house and life in Delhi, and while the flight to Bombay may be impromptu it signals the beginning of the next (dark) chapter of his life.

In a weekend of misadventure, his escapades lead him into the fabulous wealth of the high-rise world and the raw streets they tower over.

He encounters a cast of people with their own stories to tell, but Ullis is not sure he can trust any of them.



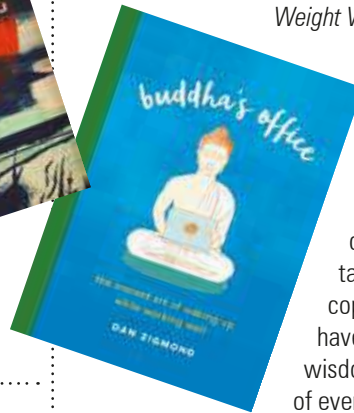
***Buddha's Office* *The Ancient Art of Waking Up While Working Well* By Dan Zigmond (Hachette Book Group)**

As a former executive at Instagram, Facebook, Google and Microsoft, Dan Zigmond was named one of the '20 Business Geniuses You Need to Know' by the influential *Wired* magazine. He is also a Zen priest, writer and the co-author of *Buddha's Diet: The Ancient Art of Losing Weight Without Losing Your Mind*.

His latest book has, for some people at least, the unimaginable premise that enlightenment might actually be found at the office (or wherever you work).

Long hours, dealing with difficult colleagues and clients, and stress can take a toll, but there is a better way to cope, suggests Zigmond. Buddha may have never set foot in an office but the wisdom of this spiritual leader is at the core of every chapter.

Buddha's Office will help you learn how to pay more attention, care for yourself and others, deal with distractions and incorporate Buddha's ageless instructions into modern working life.



***The Lost Boy: Tales of a Boy Soldier* By Ayik Chut-Deng (Penguin)**

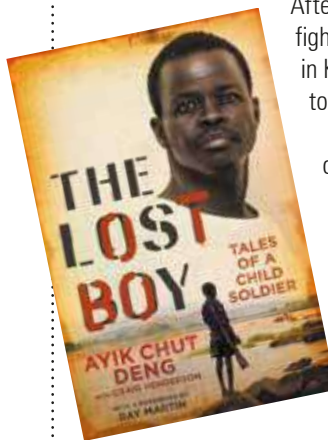
After life as a boy soldier in South Sudan, fighting battles in Ethiopia and in refugee camps in Kenya, the author, somehow, found his way to Toowoomba in Queensland, Australia.

As a 10-year-old boy in the junior forces of the Sudan People's Liberation Army, he regularly fled from his unit, endured being hunted down, recaptured and the inevitable brutal punishment of his army superior – a 14-year-old boy.

One day, in a church in Australia, he sees his childhood torturer. On this first encounter they don't speak, but their next coming together is far more

dramatic and something of a portent to his trouble with the law, violence and alcohol.

Parenthood is one factor that helps with personal redemption. So does study, work as an actor and volunteering at the local Police Citizens Youth Club. The book has been described as incredibly honest. ■



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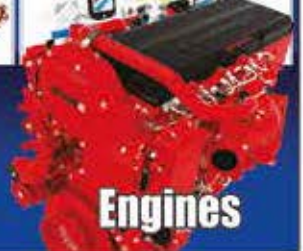
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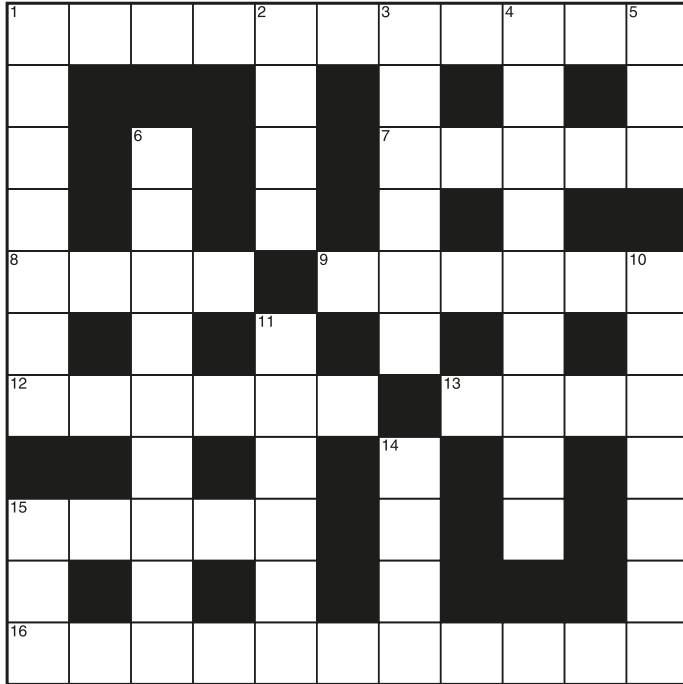


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DoubleTake

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. They're skilfully mounted for the show (11)
7. Book leaves boys at weddings (5)
8. Location could even assist me (4)
9. Surface layer taipan disturbed (6)
12. Daily drama sounds like a breakfast favourite (6)
13. Edna, district attorney and myself (4)
15. Rugby players with curls? (5)
16. Are they the very best at their jobs or do they just get others to work harder? (11)

DOWN

1. Signs up enrolled nurse initially and keels over (7)
2. Cereal grown outside San Diego (4)
3. Mention again about bog fuel (6)
4. Nag about fifty-one cans found by church members (9)

5. Spots odd distress signal (1,1,1)
6. Water falls with this optical ailment (9)
10. Silver sedan spoilt plans (7)
11. In Tehran, some pay money to buy freedom (6)
14. Use noisy sheep (4)
15. Portion in car park or in life (3)

STRAIGHT CLUES

ACROSS

1. Riders (11)
7. Summons on bleeper (5)
8. Place (4)
9. Green sheen on copper (6)
12. Story in instalments (6)
13. Cathedral, Notre ... (4)
15. Fastens with key (5)
16. Harsh bosses (11)

DOWN

1. Joins army (7)
2. Pudding starch (4)

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.



Theme: FAMILY FUN

- AUNTIE
- BROTHERS
- COUSINS
- DADDY
- FAMILY
- GRANDFATHER
- GRANDMOTHER
- GREAT AUNT
- MAMA
- MOM
- MUMMY
- NANNA
- NEPHEW
- NIECE
- POPPY
- SISTER
- UNCLE

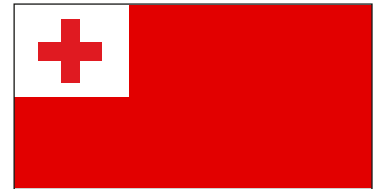


The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Can you list PNG's top three cities, in order, by population?
2. Unscramble these letters to find a PNG town: EKBMI.
3. Who or what is a *meri*?
4. Where in PNG are you going if you're about to land at Boram Airport?
5. In which year was Air Niugini founded: 1923, 1963, 1973 or 1993?
6. Can you name the three Australian airlines that held shares in Air Niugini when it first started flying?
7. In recent issues, *Paradise* has had stories about pioneering aviatrix Amelia Earhart. Can you recall which year she flew out of Lae, never to be seen again?
8. Which airport used by Air Niugini has the largest indoor waterfall in the world?

9. Where and what is the Gabba?
10. Why is it called the Gabba?
11. Which capital city was previously named Edo? (Hint: Air Niugini flies there.)
12. Eight countries use the peso as a unit of currency, among them Mexico and Cuba. Can you name a country closer to PNG that uses the peso?
13. If someone greets you with the word 'bula', where are you likely to be?
14. Can you name the four states of Micronesia?
15. Whose flag is pictured?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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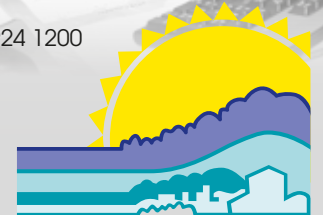
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I		A		O		E		L		
S	I	T	E		P	A	T	I	N	A
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L	O	C	K	S		W		S		D
O		T		O		E				A
T	A	S	K	M	A	S	T	E	R	S

WORDSEARCH

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

SUDOKU

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

The Paradise Quiz

1. Port Moresby (283,733 people), Lae (76,255), Arawa (40,266). Source: worldpopulationreview.com. 2. Kimbe 3. A woman, girl, wife (in tok pisin). 4. Wewak (Boram is another name for Wewak Airport). 5. 1973. 6. Ansett, Qantas and TAA. 7. 1937. 8. Changi, Singapore. 9. It's a sporting stadium in Brisbane, Australia. 10. Because it's located in the suburb of Woolloongabba. 11. Tokyo. 12. Philippines. 13. In Fiji, where it means 'hello'. 14. Yap, Chuuk, Pohnpei, Kosrae. 15. Tonga.

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Spa Pua Gordons 325-2277 710-76444	Trends Harbourside West 321-2808/2880 738-11199	Trends Lamana Lamana Hotel 312-4563 790-09322	Trends Mt. Hagen Tininga Hagen Central 5422526 5422645	Trends Goroka Seng-da Hypermart 532 2277	

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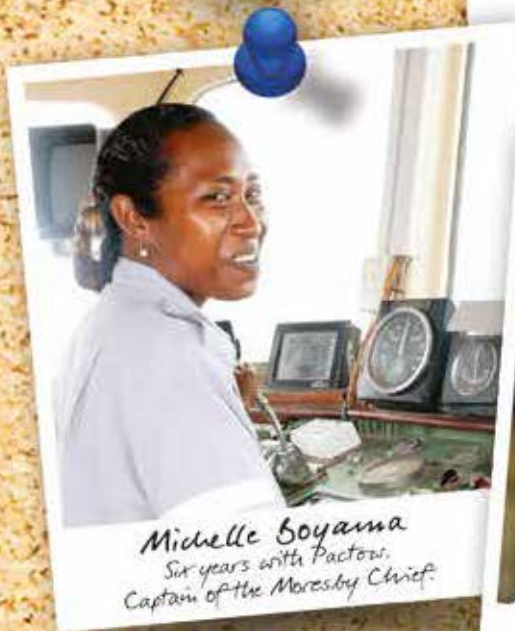
Henao Garo
*Twenty seven years with
Huon Golf Hotel. - Manager.*



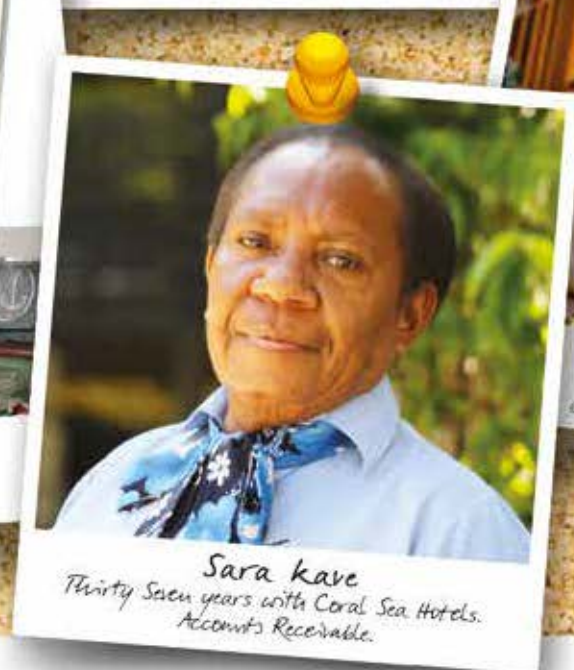
Mary Vagi
*Six years with Steamships.
Accountant.*



Venessa Vee
*One year with Steamships.
Lawyer.*



Michelle Soyama
*Six years with Pactori.
Captain of the Moresby Chief.*



Sara Kave
*Thirty Seven years with Coral Sea Hotels.
Accounts Receivable.*



Kerian Barilla
*Twelve months with Consort.
Graduate Management Trainee.*

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YOUNG GUNS

Lisa Smyth meets four young entrepreneurial Papua New Guineans who are working to transform their communities with their dynamic business ideas.



NAME: CHRISTOPHER LAM
AGE: 23
BASED: LAE, MOROBE PROVINCE
AREA OF INTEREST: CLOTHING

Originally from Manus Province, Christopher Lam was still a teenager when he had his first great business idea while working as a volunteer photographer for the Pacific Games News Service in 2015.

"The inspiration for Barata (his clothing brand) came from seeing Papua New Guineans showing up to support their country fully decked out in team merchandise. This gave me the idea to start producing snapback caps, which proved popular, and so we continued adding new products to our line."

Barata (baratapng.com), meaning 'brother' or 'friend' in tok pisin, now includes bucket hats, fitted caps, shirts, board shorts and T-shirts. "When we started out we sold under tables and in shopping centre carparks, but now we have strategic partnerships with retailers in Port Moresby and Lae that stock our full range of apparel, making it accessible to more people. We also created an online shop."

Lam and his team weren't content with just making a profit – they wanted to give back to their communities. In 2017, Barata launched the Sumatin schools program in Lae that facilitates debates, spelling bees and public speaking opportunities for students.

"In the future, we plan to improve the program to reach more students in other provincial centres, and to expand our range to include women's clothing and accessories. We want to continue sharing stories of our culture through our products."



NAME: RUTH SAPIDORO BIHORO
AGE: 32
BASED: LAE, MOROBE PROVINCE
AREA OF INTEREST: CREATING BUSINESS SOLUTIONS; ECO-FRIENDLY PROJECTS

Ruth Sapidoro Bihoro was a business management student at UPNG in 2008 when she participated in a program with The Voice Inc (TVI), a youth development organisation based in PNG.

"I signed up because my older sister was one of the first members of TVI, but the

“
I realised that young people have energy, strength and ideas to help their communities flourish.

”

program helped me to understand myself and to recognise how to positively move forward in life."

In 2015, Bihoro returned home to the Huon Peninsula in Morobe Province and quickly figured out where her studies and her positivity could do some good – in helping the coastal communities of Morobe find better solutions to buy and sell their fish. "I am inspired by challenges and risks. I love to invest my time, talents and passion to achieve what others see as impossible, and the chiller project was just that."

Morobe communities had an abundance of fish, but no cool place to store their catch, which discouraged catching large amounts and stopped the potential to increase incomes. Bihoro and her best friend, Piwen Kanawi, launched their business, Fortitude, in 2015. They built two custom-made, solar-powered, walk-in fridges that service 3000 people from three main peninsula communities. As a result of the chillers the selling price of fish has increased per kilo and the local market has expanded.

"I am currently working on the second phase of the chiller project and an eco-tourism project that is in line with my passion for cultural and environmental preservation.



I am a dreamer, and I want my generation to be living in eco-friendly sustainable communities, where more goods and services can be created at the expense of fewer resources, and we can reduce waste and create less pollution."



NAME: LEN AWINUP
AGE: 25
BASED: PORT MORESBY, CENTRAL PROVINCE
AREA OF INTEREST: TECHNOLOGY, ADULT LITERACY

Len Awinup loves both technology and storytelling, and is as likely to be working behind a computer as writing poetry. But that's no surprise given his upbringing. "My parents were educators, so given my passion for writing, I believe that increasing adult literacy can impact a lot of lives in a positive way."

In 2014, while studying computer science at the PNG University of Technology, Awinup joined TVI's three-year Leadership Development Program. "I completed all three years – Dreamer, Active Citizen and Nation Builder. Through the program I met great people and heard about the Archer Scholarship offered by the Kokoda Track Foundation, which seemed like a good next step."

To apply for the scholarship he had to write a community project proposal, and so he naturally turned to his passion. "The 'Writers

Unblock Initiative' aims to get more young people into reading and writing. Young people can make big changes in their communities and countries, but first they need to make changes in themselves."

On the strength of his proposal, Awinup was granted the scholarship in 2017 and travelled to Australia for work experience, mentorship and leadership sessions. Last year, he was accepted into the Graduate Development Program with Westpac Bank PNG, and he now has a permanent position in the technology department. So, what's next? "I want to get funding for the 'Writers Unblock Initiative', and I might do a masters degree soon, and more writing, maybe even professionally. Only time will tell."



NAME: LYDIA LISA DIMOKARI
AGE: 25
BASED: PORT MORESBY, CENTRAL PROVINCE
AREA OF INTEREST: ECONOMIC AND SOCIAL REFORM

It's a long way from Alotau in Milne Bay Province to the streets of New York, but that is exactly the journey Lydia Lisa Dimokari took in January 2018 as a representative for PNG at the United Nations Economic and Social Council Youth Forum.

"One key thing I learnt from the conference was that young people have the potential to create change. Other people attending the conference were creating apps, building

businesses, and using science and technology to create change in their communities. I realised that young people have energy, strength and ideas for the world, and their communities, to flourish."

Dimokari has worked as a program officer at TVI, and volunteers with Equal Playing Field, an NGO that uses sport to promote gender equality and end violence against women in PNG. "I would like to create change in my country through being the change myself, learning and pushing myself to develop in skills and education."

Gearing up to attend an exciting program overseas and start a new job, she is also currently working to launch a new community project in Port Moresby's Gerehu. "I have taken a step back to self-reflect and move forward. I think that it is really important to know who you are and why you are doing something, and really asking yourself if an action will lead to better development outcomes for your community, province or nation. What does change look like and what are you going to do about it?" ■

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.



Technology the key to improved port efficiency

David James reports on growth opportunities at ports in Port Moresby and Lae.

PNG's major ports of Port Moresby and Lae have achieved significant efficiencies since their takeover by the International Container Terminal Services, Inc (ICTSI) South Pacific.

"We started as a new kid on the block as we didn't have a presence in Papua New Guinea," says Anil Singh, the chief executive officer of ICTSI. "But we are very encouraged by the progress that we have made in such a short time."

Philippines-owned ICTSI South Pacific took over Lae port in February 2018 and Motukea in May 2018.

Since then, it has been able to achieve significant productivity on both wharves.

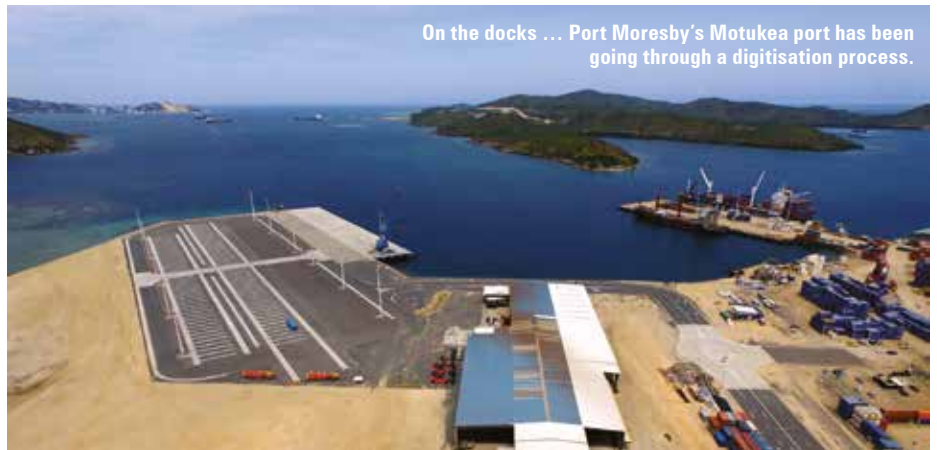
"We have gone from four crane moves an hour pre-ICTSI to 14. The average stay of vessels has been reduced from three and a half days to 18 hours ... a significant saving to shipowners," he says.

The key to the improvements, Singh says, is the digitisation of processes.

"There was no automation, no computer systems in place. It was all clipboards, paper and pencil, and tally clerks.

"We brought in new systems and digitised a lot of the work. NAVIS N4 (a maritime data software program) is one of the top terminal operating systems, which we got in.

"Previously, the exporter or importer didn't know where their container was. Now, each customer can dial into our website, put in the container number and it gives him or her a location of that container – whether it is still on the ship, or on a truck, or in the yard, or awaiting clearance."



On the docks ... Port Moresby's Motukea port has been going through a digitisation process.

PICTURE: PNG PORTS

Singh says information provided is more transparent and ICTSI has cut out the middleman, thereby reducing costs for port users.

"Previously, they used to pay a fee to the broker, who used to pay the port, or who used to pay the shipping line who used to then pay the port. Everybody put in a mark-up."

“

We want to bring that freight in and make Lae the Singapore of the South Pacific.

”

Alongside ICTSI's own digital project, the Customs Department has improved transparency in customs processing at PNG's major ports with implementation of the ASYCUDA system.

Singh says ICTSI is looking at how to integrate the NAVIS and ASYCUDA systems "so that both can get benefits of speed and transparency of information".

"We have a commitment to invest and modernise and we are going to meet that commitment."

That also means more physical equipment, such as the three new state-of-the-art rubber-tired gantries recently commissioned in Lae.

Next, ICTSI will be bringing state-of-the-art ship-to-shore cranes to Lae.

"You see them in Singapore, these huge cranes," enthuses Singh. "They will handle all the modern ships and are twice the speed of mobile harbour cranes. It is going to change the whole landscape in port operation."

While its focus has been on achieving greater efficiencies, ultimately ICTSI is hoping for greater volumes of goods through the two ports to justify its investments.

Volume growth, acknowledges Singh, has been "incremental". There was a spike during APEC in 2018 and in the first eight months of 2019, he says, but activity since then has slowed – due in part to lower volumes of coffee exports and delayed projects.

However, he notes, if the Papua LNG project goes ahead, it will provide a "silver lining" because it would increase activity at Motukea. Meanwhile, as and when the Wafi-Golpu project starts, it will provide a similar boost to Lae port.

Another opportunity, with so much international sea freight passing along PNG's northern coast, is to position Lae as a regional transshipment hub.

"We want to bring that freight in and make Lae the Singapore of the South Pacific. I don't mean we're going to compete with Singapore, but metaphorically we can compete in the west-north-south trades."

This would require a change of mindset, as transshipment is "not a local game". It would also require PNG's ports to be cost-competitive within the region. ■





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AREAS OF OPERATION



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BUSINESS Q&A

TONY WILLENBERG

YuTru, PNG's first digital ID or trust framework, will enable more people to take part in the online economy. *Gabriella Munoz* speaks with Tony Willenberg, a consultant to the project.

Q: How do you perceive the future of mobile money systems in PNG?

A: Mobile money systems are here to stay because they are lower cost and more convenient. Globally, banks are reforming to stay relevant to their customers and this includes opening up their systems to mobile money and other fintech service providers.

Underpinning the uptake of digital financial services is digital trustworthiness. All banks, mobile money systems and other fintech service providers must still be able to identify with whom they are dealing on both sides

of the transaction, both domestically and internationally.

This is where YuTru's integrated and highly secure digital identity will help PNG to leapfrog into the digital age and to capitalise on the new and emerging technology and financial solutions.

Q: How will increased connectivity in PNG help YuTru?

A: YuTru is first and foremost a digital identity that is designed to be acquired and used electronically online and through mobile phone data networks.



Tony Willenberg ... "within 10 years we expect all PNG customers will have a YuTru identity".

<p>Image © David Doubilet/Walindi Resort</p>	<h3>MV OCEANIA</h3> <p>A new dive liveaboard vessel begins operation out of Walindi Resort in Jan 2019.</p> <p>Plan your next dive trip to Papua New Guinea and join us on this modern and comfortable 27 metre catamaran, offering dive itineraries including Kimbe Bay, Witu Islands, Fathers Reefs and beyond.</p> <p>email: reservations@mvoceania.com</p>	<p>Image © Peter Lange</p>
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<p>Image © David Schuler</p> <p>www.walindifebrina.com</p>	<p>Image © Marcelo Krause</p> <p>www.facebook.com/walindifebrina</p>	<p>Image © Darek Septolo</p> <p>+675 7234 8460 or +675 9835 441</p>



Its development coincides with the major advances in connectivity and electrification taking place across the country, including the majority Australian Government funded Coral Sea fibre optic cable that will transform telecommunications in PNG, and the domestic submarine and terrestrial network connecting the provincial areas.

As an interim measure, while these connectivity projects are rolled out, people who want to start transacting electronically before they have internet access at home will be able to get online in the branches of our foundation institutions across the country.

The fact that YuTru will be based on international best practices in computer security and cryptography means that not only will it be easier for people to register and transact electronically, but they can also be confident that those transactions will be secure, and that they will have maximum control over their personal information.

“

Globally, banks are reforming to stay relevant to their customers and this includes opening up their systems to mobile money ...

”

Q: When do you plan to issue the first YuTru digital identity?

A: We are working to a timeline that will see the first YuTru digital identity issued on January 1, 2021 and expect that within 10 years all PNG customers will have a YuTru identity.

Until then, we have a lot of work to do to establish the system in a collaborative manner, starting with bringing investors on board.

Q: How will YuTru help SMEs?

A: YuTru will reduce the cost of doing business for SMEs, and they will have access to better information about what their customers want from them.

Costs will go down because the risks associated with fraud and misidentification will be vastly reduced as there is no way to cheat the system. This means that SMEs and big institutions alike will have access to rich data about how people are transacting, but without any personally identifiable information. ■

Tony Willenberg is a computer security consultant with Neocapita Security, which is consulting to the Digital Identification Bureau Limited, trading as YuTru.

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PNG, a country full of bright ideas

Papua New Guineans' flair for innovation has the potential to create new businesses and empower its next generation of entrepreneurs. *David James* reports.



PICTURES: ROCKY ROE

Immaculate Javia ... revolutionising the small-scale alluvial mining industry in PNG.

Papua New Guinea may be a developing country, but its people are highly innovative – often in ways that are very different to innovators in developed economies.

Innovation is also seen as critical by the PNG Government as a way to diversify the economy.

Finding a way to connect PNG's informal economy to commercial markets is one area where innovation is needed.

Virginia Bruce, chief executive officer and founder of the mentoring consultancy REAL Impact, believes the challenge is to develop an 'ecosystem' that bridges the gap between sophisticated commercial markets and PNG's informal economy.

Her company undertook a project to produce hand-woven *bilums* in the Southern Highlands. REAL sold them to a hotel group in Spain for use as chairs called 'hippy chairs'.

"We developed a marketing, PR and social media campaign which was called the Artisans of Papua New Guinea. We asked the artisans if they could make 500 *bilums*. They had never contemplated that before. But they self-organised: 82 women got together and, within three months, delivered the *bilums* to Spain."

Another innovator looking to connect the informal economy to commercial markets is award-winning Sustainable Alluvial Mining Services (SAMS), whose aim is to revolutionise the small-scale alluvial mining industry in PNG.

Founder of SAMS, Immaculate Javia, has developed a pilot program for Esa'ala district in Milne Bay Province aimed at providing support services to a sector that is largely informal and dispersed, but which involves some 100,000 miners. The goal at the end of the program is to get small-scale miners to export the gold themselves, rather than relying on third parties. "That way, they can bring in the money, which can support what they are doing in their villages. It has the potential to drive rural development if adequately reflected in mining policies, monitored and regulated well, and supported financially by governments." ■

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An eye in the sky

New Britain Palm Oil is proving that drones can be put to good work in PNG.

Papua New Guinea’s mountainous terrain means that new drone technologies can offer great advantages. New Britain Palm Oil (NBPOL) is making strides in this area and its experience provides pointers to other PNG agribusinesses.

Will Unsworth, group technology and sustainable development manager at NBPOL, says the company is aiming, with its aerial surveys of its operations, to achieve “precision agriculture”, ensuring that the inputs, such as labour and machinery, are understood.

“Excess input is a waste; inadequate input is a loss. Precision avoids waste while maximising outputs.”

To plan for better use of its fertiliser with the

drone technology, NBPOL also needs to have a new approach to collecting, processing, reporting and using data.

Unsworth describes it is a balancing act. “If fertiliser is over ordered, there are storage costs, more double handling and losses from spoilage and theft. If the fertiliser is under ordered, palms are under-fed, their yield falls, and there is a need to make additional orders, which can be costly.”

The drones are being used to generate aerial imagery of the plantations and count palms. From that it will be possible to generate an accurate number to ensure that the correct fertiliser volumes are ordered. ■

– DAVID JAMES

Will Unsworth ... says drones allow for “precision agriculture”.



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A peek into the future

The world is changing at a rapid rate and PNG has the chance to jump forward decades, according to futurist Paul Burman.

The world is facing an unprecedented rate of change, according to Paul Burman, megatrends ambassador for Hewlett Packard. This creates an opportunity for Papua New Guinea to jump forward decades by taking advantage of emerging technologies.

Burman, who spoke at the inaugural Innovation PNG 2019 conference in Port Moresby late last year, believes the world has entered a new era. "We are seeing a rate of change we have never experienced in our species' history – and it is only going to get faster. When the history books look back at us (they will see) it was us who saw the birth of the internet, which fundamentally changed our world."

Burman says it took 75 years for telephony to reach 50 million users. With radio the equivalent milestone took 38 years, with TV 13 years, with the internet 14 years and with Facebook 3.5 years. "It only took 15 days for Pokemon Go!"

Technology provides an opportunity for less-developed economies to leapfrog the industrial era. "In rural China, communities have, in a matter of years, moved from having no electricity and infrastructure to being completely cashless.

"Many parts of Africa, much like PNG, have an electricity problem. Start-up energy companies in Africa are leasing small solar kits to homes. The kits are interconnected with your neighbours, crowdsourcing your power."

Burman says the panels charge all batteries in a community and people pay only for only

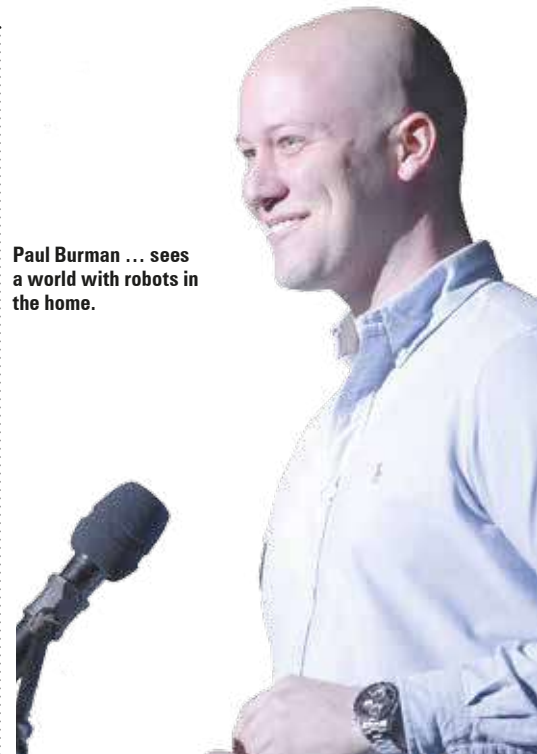
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In Japan, you can buy a robot dog that cruises around the house and if you need to take medication it will remind you.

”

what they use. "If your panels are making more energy than you consume, you achieve credits in the form of more electricity to use, or digital currency, or even phone credit. This reduces dependence on central grids."

Burman adds that annually there are 143,000 internet startups in emerging economies – an important development given that PNG's internet costs, quality and speeds are all likely to improve with the connection of the Coral Sea Cable.



Paul Burman ... sees a world with robots in the home.

Another megatrend, according to Burman, is the emergence of artificial intelligence (AI): computers that write their own software rather than just being programmed by humans.

AI robots can provide new types of help to humans, he argues. "We often talk about AI as: 'humans versus robots; silicon versus carbon'. But in Japan, you can buy a robot dog that cruises around the house and if you need to take medication it will remind you. If you have a fall, then it will notify a family member." ■

– DAVID JAMES

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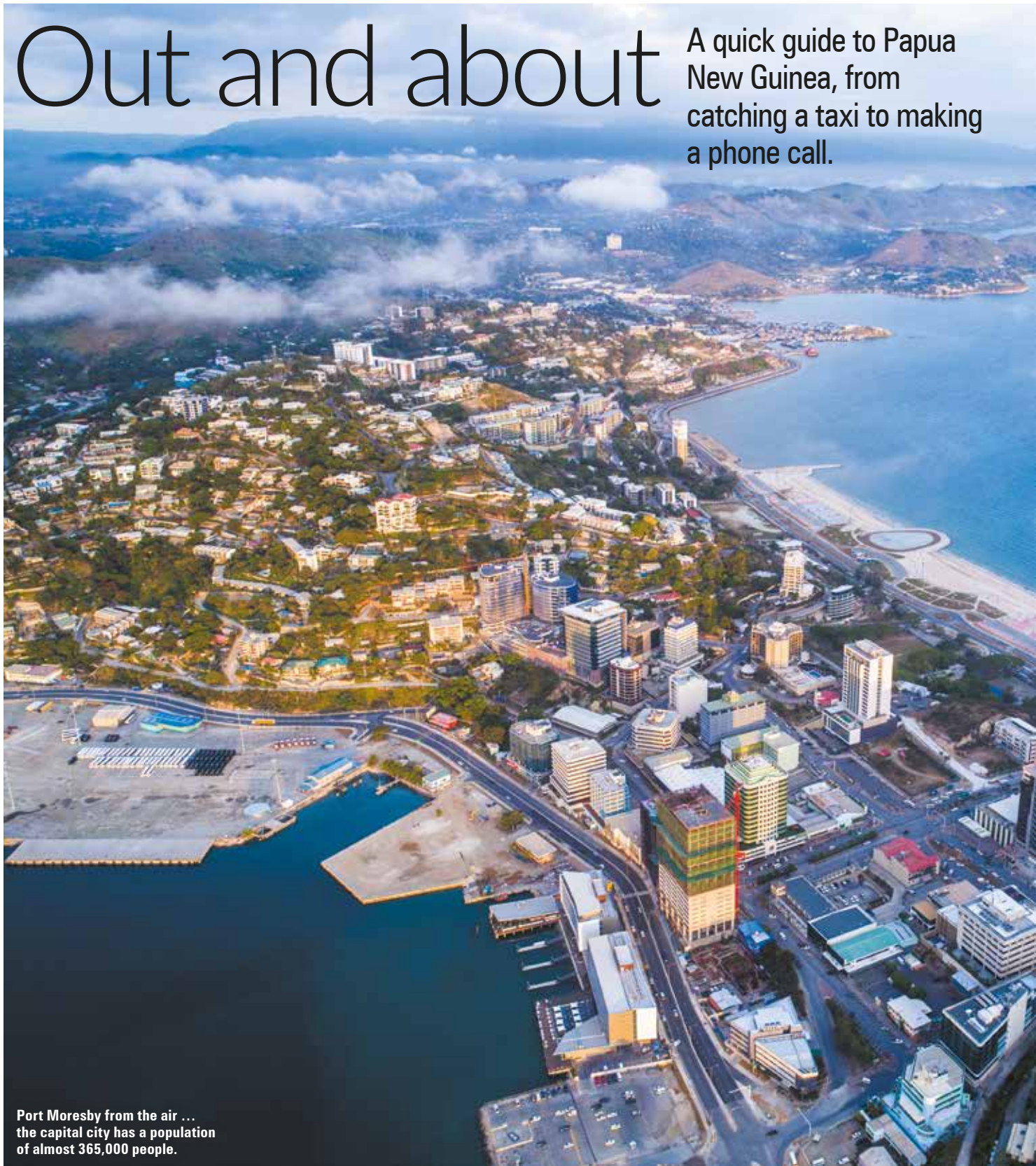


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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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



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



PICTURE: DAVID KIRKLAND

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



Airways Hotel ... the Vue Restaurant and Lounge Bar has a relaxed atmosphere and one of the best buffets in Port Moresby.

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.

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). Banks and 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 2020, they include National Remembrance Day on July 23; National Repentance Day on August 26; and Independence Day on 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 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](https://www.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,



The Mumu restaurant ... the casual and elegant eatery at Port Moresby's Hilton Hotel offers traditional PNG-style cooking (above); freshly baked treats from Duffy Cafe (top).

dinners and parties. The menu is huge, too, with pages of Asian dishes. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](https://www.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 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. ➤



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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 Harbourside. 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.

Shady Rest Hotel: The Indian dishes at the hotel's Cellar Restaurant draw high praise from reviewers on TripAdvisor, which has awarded the restaurant a certificate of excellence for five years in a row. There's an all-you-can-eat buffet on Tuesday and Friday nights. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel and has classic pizzas, such as Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed with feta, olives, mushrooms and more. See shadyrest.com.pg. Tel. +675 323 0000.

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 – Lulua's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.



Gourmet offering... a Mr Mike's Pizza at Shady Rest Hotel.

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 hornbrook.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 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.

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 grandpapaahotel.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.

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.

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

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city,

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

Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly built executive rooms, conference facilities, a day spa and salon, a small gaming lounge, a tapas lounge, the ►

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Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel +675 323 0000.

Stanley Hotel and Suites:

One of Port Moresby's newest hotels, this is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

LAE

Crossroads Hotel: A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western



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

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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MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

- *Where do I find a taxi?*
Bai mi painim taxi long we?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap we?
- *How much is this?*
Hamas long dispela?
- *Thank you very much.*
Tenkiu tru.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi ken senisim moni bilong mi?

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

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

NUMBERS

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



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Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

In-flight Duty Free

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

Immigration and Customs Forms

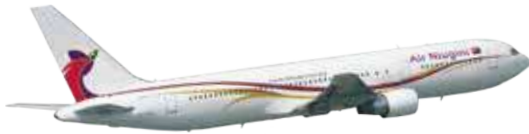
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

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



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m
Standard seating capacity: 188
Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m
Standard seating capacity: 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



Ford v Ferrari

Genre: Drama, Sports

Rating: M

Stars: Matt Damon, Christian Bale, Jon Bernthal
American car designer Carroll Shelby and British driver Ken Miles endeavour to build a race car for Ford that can beat Ferrari at the 24 Hours of Le Mans in France in 1966.



Motherless Brooklyn

Genre: Drama, Mystery

Stars: Edward Norton, Alec Baldwin, Bruce Willis

Set against the backdrop of 1950s New York, the film follows Lionel Essrog, a lonely private detective afflicted with Tourette's Syndrome, as he ventures to solve the murder of his mentor and only friend, Frank Minna.



Die Hard: With a Vengeance

Genre: Action

Stars: Bruce Willis, Jeremy Irons, Samuel L. Jackson

John McClane and a store owner must play a bomber's deadly game as they race around New York while trying to stop him from causing more destruction.



Mr Popper's Penguins

Genre: Comedy

Rating: G

Stars: Jim Carrey, Carla Gugino, Angela Lansbury
Mr Popper is a house painter whose dreams of Arctic exploration prompt him to write letters to real explorers. One of them sends him a penguin, which he keeps in the icebox. Before he knows it, has has a litter of 12.



The Prestige

Genre: Mystery, Sci-Fi

Rating: M

Stars: Christian Bale, Hugh Jackman, Scarlett Johansson

As two magicians just starting to learn their art, Rupert Angier and Alfred Borden become bitter enemies. They devote their lives to an on-stage rivalry that will lead to tragedy.



The Second-Best Exotic Marigold Hotel

Genre: Comedy, Romance

Rating: PG

Stars: Judi Dench, Maggie Smith, Bill Nighy
Now that The Best Exotic Marigold Hotel is full with long-term residents, co-managers Muriel Donnelly and Sonny Kapoor have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel.



Badla

Genre: Thriller

Rating: M

Stars: Amitabh Bachchan, Taapsee Pannu
When businesswoman Naina Sethi is accused of murder, she hires the prestigious legal eagle, Badal Gupta, to defend her. But, Naina's confessions to Badal begin to unravel a very different picture.



The Bucket List

Genre: Drama, Adventure

Rating: M

Stars: Sayuri Yoshinaga, Yuki Amami
Two women who share the same fate decide to go for it when they come across a bucket list, which itemises deeds they should undertake before dying.



Ne Zha

Genre: Animation, Fantasy

Rating: PG

Stars: Lu Yanting, Joseph, Han Mo
When Ne Zha was born, it was thought he would be a hero but due to a cruel twist of fate he becomes the devil incarnate. Against all odds, he must pave his own way to become the hero he was meant to be.



Hinahanap-Hanap Kita – Part Two

Genre: Comedy

Stars: Maja Salvador, Geoff Eigenmann, Pepe Herrera

Follows the adventures of a group of friends who get together and help their friend Helen to find her missing husband in Dubai.



Terminator: Dark Fate

Genre: Action, Sci-Fi

Rating: MA 15+

Stars: Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis

Dani Ramos is living a simple life in Mexico City with her brother and father when a highly advanced and deadly new Terminator – a Rev-9 – travels back through time to hunt and kill her.



The Other Woman

Genre: Comedy, Romance

Rating: M

Stars: Cameron Diaz, Leslie Mann, Kate Upton
After discovering her boyfriend is married, a woman tries to get her ruined life back on track. But when she accidentally meets the wife he's been cheating on, she realises they have much in common.



TV



The Movies

Genre: Documentary

Episode: The Eighties

Stars: Tom Hanks, Gary Goetzman
In the 1980s new voices emerge: Tim Burton, Rob Reiner, Nora Ephron, George Miller, Amy Heckerling and the Coen Brothers. Meryl Streep and Tom Cruise catapult to stardom while Sylvester Stallone, Arnold Schwarzenegger and Bruce Willis put a new spin on action movies.



Gordon Ramsay: Uncharted

Genre: Documentary, Travel

Episode: The Mighty Mekong of Laos

Stars: Gordon Ramsay
Trekking through jungle and diving for snails, Gordon Ramsay learns the secrets of Laos' cuisine.



Fresh off the Boat

Genre: Comedy

Episode: Help Unwanted?

Stars: Randall Park, Constance Wu, Hudson Yang
After Brandi Chastain scores the World Cup-winning goal against China and rips off her jersey to celebrate, Evan gets his first case of 'the tingles', and now Louis and Eddie must team up to give him the talk.



The Kominsky Method

Genre: Comedy

Episode: Chapter 3: A Prostate Enlarges

Stars: Michael Douglas, Alan Arkin, Nancy Travis
Sandy deals with a health scare, while Norman's mourning process is complicated by the presence of his estranged, drug-addicted daughter, Phoebe.



Last Man Standing

Genre: Comedy

Episode: Cabin Pressure

Stars: Tim Allen, Nancy Travis, Hector Elizondo
Mike and Vanessa take the girls to the family cabin, where Mike challenges them to unplug for the weekend and stay off their phones. Meanwhile, for a school assignment, Jen shadows Kyle at work.



Pennyworth

Genre: Drama

Episode: Martha Kane

Stars: Jack Bannan, Ben Aldridge, Hainsley Lloyd Bennett
After meeting Esme's wealthy family, Alfred calls off the wedding. He accepts a high-paying, seemingly low-profile job from American heiress Martha Kane to transport a scientist out of the country.



Queen Sugar

Genre: Drama

Episode: Pleasure is Black

Stars: Rutina Wesley, Dawn-Lyen Gardner, Kofi Siriboe
While deep in the throes of the harvest, Ralph Angel learns that his parole has finally concluded.



This Is Us

Genre: Drama

Episode: Unhinged

Stars: Milo Ventimiglia, Mandy Moore, Sterling K. Brown
Randall is confronted with a tough choice. Kate and Toby adjust to their new home. Miguel and Jack's friendship solidifies.

MUSIC



The Chainsmokers World War Joy

Genre: Pop

This is the third studio album from The Chainsmokers, consisting of Alexander Pall and Andrew Taggart. The album includes collaborations with 5 Seconds of Summer, Ty Dolla Sign and Bulow, Bebe Rexha, Lennon Stella and Blink-182.



Harry Styles Fine Line

Genre: Pop

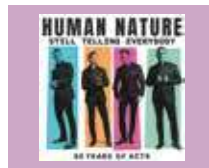
Fine Line is the second studio album from Harry Styles and includes singles Adore You and Lights Up.



The Dave Brubeck Quartet Time Out

Genre: Jazz

The Quartet had its incandescent burst into the stratosphere – and into jazz history – with the release of *Time Out*.



Human Nature Still Telling Everybody: 30 Years of Hits

Genre: Easy Listening

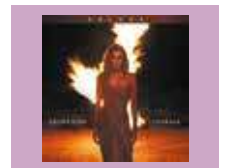
The album is a milestone collection of Human Nature's biggest hits spanning three decades. It was released to coincide with the band's induction into the ARIA Hall Of Fame in 2019.



P!NK Greatest Hits... So Far!!!

Genre: Golden Hits

The first greatest hits album by Pink was released in celebration of her first decade on the music scene. It features Pink's biggest hits, including Raise your Glass and So What.



Celine Dion Courage (Deluxe Edition)

Genre: Easy Listening

Representing an exciting new creative direction for Celine Dion, the album is a mix of ballads and edgy up-tempo tracks. It has 16 tracks, with an additional four tracks on the deluxe version.



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.



Air Niugini Domestic offices

Port Moresby

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 Reconfirmation Domestic & International
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 Cargo Enquiries
 Tel: 327 3245
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 Cargo: 327 3226 Pass: 327 3370
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 Jacksons Airport Saraga
 Tel: 327 3200/325 9000

Alotau

PO Box 3 Alotau Gurney Airport
 Tel: 641 0158
 Administration & Reservations
 Tel: 641 1031 Fax: 641 1636

Buka

PO Box 159
 Buka Sales
 Tel: 973 9655 Fax: 973 9656
 Airport
 Tel: 973 9082

Daru

PO Box 58, Daru, Western Province
 Tel: 276 1077

Goroka

PO Box 683 Goroka
 Reservations
 Tel: 732 1444 Fax: 732 1439

Kavieng

Administration,
 Reservations & Cargo
 Tel: 984 2135
 Airport
 Tel: 984 2105 Fax: 984 2337

Kieta

PO Box 186, Arawa,
 Autonomous Region of
 Bougainville
 Tel: 975 1013

Kimbe-Hoskins

PO Box 181 Kimbe
 Administration,
 Reservations & Cargo
 Tel: 983 5077 Fax: 983 5669
 Arrival & Departure Information
 Tel: 985 0012

Kiunga

PO Box 346, Kiunga,
 Western Province
 Tel: 649 1422

Kundiawa

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 Tel: 735 1273



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Tel: 649 3325 Fax: 649 9189

Tari Agent
Tel: 540 8023

Vanimo
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Tel: 857 1014 Fax: 857 1473
Airport
Tel: 857 7166

Wabag & Wapenamanda
PO Box 213 Wabag
Administration
Tel: 547 1274
Arrival & Departure Information
Tel: 547 1286

Waigani
PO Box 7186 Boroko
Tel: 325 1055 Fax: 325 3683

Wewak
PO Box 61 Wewak
Sales
Tel: 856 2433
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Fax: (61 7) 3220 0040
Email: sales.bne@airniugini.com.pg

Cairns

Shop 1 Palm Court 34 Lake Street
PO Box 1941, Cairns QLD 4870

Australia

Tel: (61 7) 4080 1600
Fax: (61 7) 4031 3402
Email: sales.cns@airniugini.com.pg

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100 Clarence Street
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Fax: (61 2) 9290 2026
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Manila

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160 Legaspi Street, Legaspi Village,
Makati City, Philippines
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Hong Kong Tam Wing Kun Holdings Ltd

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Email: hkgpxpax@tam.com.hk



PACIFIC OCEAN

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TUVALU

APIA

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NADI

NOUMÉA

AUCKLAND

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Email: gtstravel@gts.com.sb

Jakarta, Indonesia
PT Ayuberga
Tel: (622) 1835 6214 / 216
Email: airniugini@ayuberga.com

Kuala Lumpur, Malaysia
Abadi Aviation Services
Tel: (603) 2148 9500 / 2142 6360
Email: travel@abadi.com.my
Email: pxkul@abadi.com.my

London, United Kingdom
Flight Directors
Tel: (44) 12 9387 4985
Email: airniugini@flightdirectors.com

New York, USA
Airline Pros
Tel: (1) 20 1526 7720
Email: airniugini@airlinepros.com

Noumea, New Caledonia
Axxess Travel
Tel: (687) 28 6677
Email: axxesstravelreservation@axxesstravel.net

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Email: salesPX.France@aviareps.com
Email: reservationPX.France@aviareps.com

Pohnpei, FSM
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Email: estella@vanuatutravelsservices.com.vu

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Email: airniugini@spazio.aero

Seoul, Korea
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Email: pjy3514@sharp.co.kr

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Email: px_sales@deksair.com.sg

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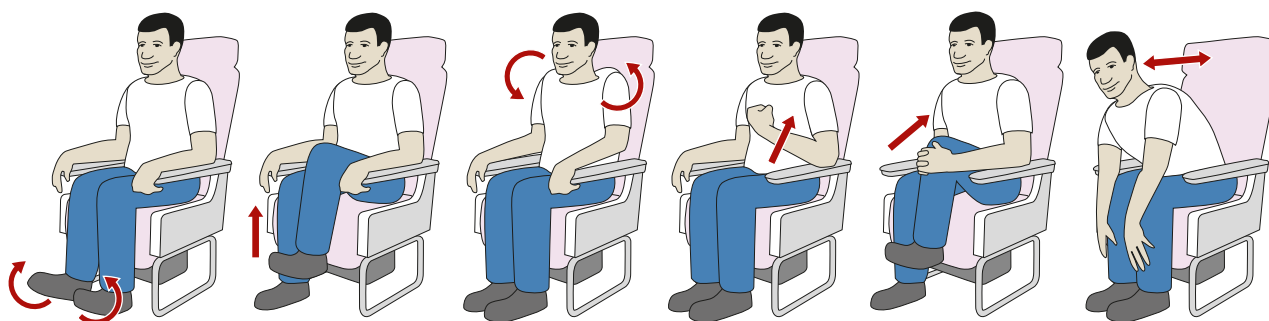
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Your wellbeing



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

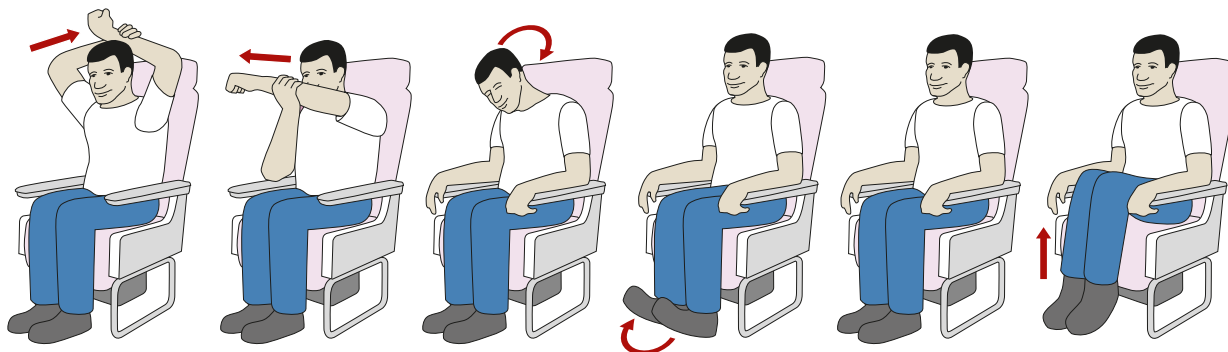
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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