

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 1 JANUARY - FEBRUARY 2015



PARADISE

PNG LIFE

Award-winning
photos reveal
the many faces
of the nation

2015 ALMANAC

The hot events
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this year

ON A ROLL

How surfing has taken
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IN PARADISE

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*Cover photo: A child dressed up for cultural festival.
Picture: Franbeck Boulay.*





PARADISE



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Message from the Chairman



Welcome aboard



Hepi Niu Yia! Niu Yia Namona!
Happy New Year!

These New Year greetings are in the three official languages used in Papua New Guinea – Melanesian Pidgin that serves as the *lingua franca*, Motu that is spoken in the Papuan region, and English, which is the official language used for communication and education.

You might be interested to also know that there are 830 living languages in Papua New Guinea, an extraordinary number for a nation of just over seven

million people.

Last year saw a significant and most welcome milestone for the people of the Autonomous Region of Bougainville, with the re-opening on December 12 of the Aropa Airport in Kieta after it has been closed for 25 years. Commercial Air Niugini flights into Aropa began on December 16.

Last April, Air Niugini opened its sales office in Arawa which was welcomed by the people in the surrounding areas. With the resumption of direct flights into Aropa Airport, Air Niugini is keen to support the national Government's pledge for accelerated implementation of national services to the people of Central and South Bougainville. Flights into Aropa will be three times a week and operated by a Q400 aircraft.

In its endeavour to meet market demand and customer expectations, Air Niugini will add more jet services on its domestic schedule with the introduction of the Fokker 70 aircraft into its fleet in February. The 75-seater aircraft has eight business class and 67 economy class seats and has commonality with the Fokker 100 aircraft. With its long-range capability, the F70 will also be used on the new routes to the Pacific.

The airline schedule now in operation offers significant additional capacity on both international and domestic routes. Double daily return flights to Brisbane, five Boeing 767 services to Singapore and 13 services to Cairns, including two direct from Rabaul, add more capacity and options for our passengers.

The international schedule also provides for connecting flights from the Pacific to Singapore and Hong Kong.

On the domestic network, the schedule offers more services from Lae to Manus, Hoskins, Buka and Rabaul.

With the Pacific Games just five months away, the nation is preparing for this important sporting event. Air Niugini is also gearing up for the Games and its commercial and operations teams have been working closely with the Games organising committee, and other stake holders, to ensure we will meet the travel requirements of athletes, officials and visitors. Air Niugini is proud to be the official carrier of the 2015 Pacific Games.

Whether you travel for business or leisure this year, we look forward to your company on our *Bird of Paradise* services and thank you for your continued patronage.

Enjoy your flight.

Sir Frederick Reiher, KCMG, KBE
Chairman, Air Niugini Limited



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Bougainville's Aropa Airport on radar again

Air Niugini is flying into the reopened airport three times a week.

Air Niugini has recommenced flights to Bougainville's Aropa Airport in Kieta. The Prime Minister, Peter O'Neill, officially opened the airport on December 12, after a closure of 25 years.

Along with officials and dignitaries, thousands of local residents braved the hot sun to witness the event, including curious

children who had never seen a plane land in their part of the island.

Cultural performers came from various parts of Bougainville to entertain the crowds.

The delegation that accompanied Mr O'Neill for the official opening included the Minister for State Owned Enterprises, Ben Micah, ministers of state, the chairman of Air Niugini,

Sir Frederick Reiher, the chief executive of Air Niugini, Simon Foo, the chairman of the Independent Public Business Corporation, Paul Nerau, the chief executive officer of the National Airports Corporation, Joseph Tupiri, and the heads of other statutory organisations.

Mr Foo said that since the closure of Aropa Airport, people in South Bougainville and



the surrounding areas had to travel long distances to get to Buka Airport for their travel needs. "The resumption of Air Niugini services will greatly help the people of Buin, Panguna, Torokina, Wakunai and others who now have easy access for their air travel needs as they do not have to travel all the way to Buka to get on an aircraft."

He said: "Air Niugini fully supports the National Government initiative to restore and expand services to Aropa."

To commemorate the significance of the reopening, Air Niugini named one of its Dash 8-Q400 aircraft *Kieta*.

Following an inaugural flight into Aropa Airport on December 12, Air Niugini started commercial flights on December 16 and is now operating services every Tuesday, Thursday and Saturday.


The flights are in the airline's Dash 8-Q400 aircraft. ■




Open skies ... the December reopening of Aropa Airport in Bougainville attracted thousands of locals and many officials. There were cultural performances and Air Niugini named one of its Dash 8-Q400 aircraft *Kieta*, after the township where the airport is located. The Prime Minister, Peter O'Neill, and the President of the Autonomous Bougainville Government, Chief Dr John Momis, jointly did the unveiling.



PICTURES: ROCKY ROE




Animals



Plants



Culture



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Wine with altitude

Executive and business class passengers were treated to a surprise on a PX005 flight between Port Moresby and Brisbane late last year, with the Air Niugini Wine Club hosting its first food-and-wine-matching event.

Air Niugini cabin crew Ruth Palmah and Julie Tom (pictured) served De Bortoli wines during the flight.

Business class passengers were also given a De Bortoli wine cooler and bottle of wine.

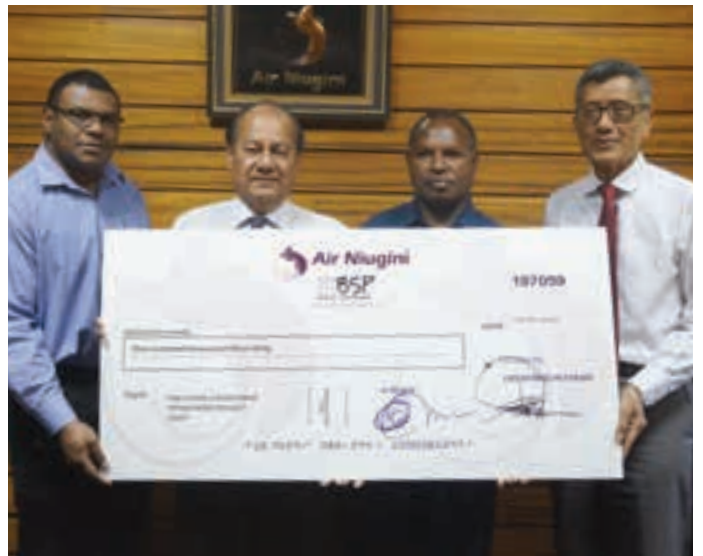
There will be more food-and-wine-matching experiences on Air Niugini flights over the next few months, including wines from D'Ardenburg on PX005 on January 30 and wines from Everton on February 27. ■

Airline support for trade group

Air Niugini has supported the Melanesian Spearhead Group Trade and Investment Road Show to the tune of PGK100,000. With the ceremonial cheque are (from left) Air Niugini board director, Ian Tarutia, Air Niugini chairman, Sir Frederick Reiher, the Minister for Trade and Investment, Richard Marum, and Air Niugini CEO, Simon Foo.

The Melanesian Spearhead Group is an association of Melanesian countries, including Papua New Guinea, Fiji, Vanuatu, and the Solomon Islands.

Among other objectives, the association works together to promote trade among its members and to foster economic and technical co-operation. ■



Fond farewell for Air Niugini staff

Air Niugini staff gathered in Rabaul recently to farewell seven colleagues leaving the airline.

They are among 30 staff from around the country who have departed in recent months. Some had worked for the airline for 38 years. In total, the 30 represented more than 660 years of service.

Six of the departing workers (front row) are Rena Tavul, Serrie Wartovo, Alice Topupul, Valian Tutanava, Mary Vuira and Nerrie Wartovo. (Loris Levi is absent from the photo). ■





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Q&A Christine Anu

With a new album under her belt and a recent appearance at the PNG Games, *Paradise* catches up with singer Christine Anu.

When she sings of her island home, Christine Anu is thinking of Saibai Island in Australia's Torres Strait, just eight kilometres from PNG. The soulful singer has just released her seventh album, *Island Christmas*.

Q: When were you last in PNG?

A: I performed at the opening ceremony of the sixth PNG Games in Lae. The invitation to perform at the Games was a very pleasant surprise. I have fond memories of my time in PNG and look forward to visiting many more locations in the country in the near future.

Q: Was this your first time in the country?

A: I came over in 2009 as a guest of the Australian Government for their Australia Day celebrations and also did a concert at the Lamana Hotel in Port Moresby. I also performed at the Port Moresby hospital, where the charity Buk bilong Pikinini (Books for Children), began. I am a patron of the independent charity, set up in 2007 by Anne-Sophie Hermann and Anna Mukerjee to address an urgent need for children's books and libraries in PNG (bukbilongpikinini.org).

Q: Musically, what's your next project?

A: I have just released my first Christmas album, *Island Christmas*, full of great Christmas classics and other festive favourites. I'm also

performing at a number of music festivals whilst celebrating the 20th anniversary of my debut album, *Stylin Up*.

Q: Where are your favourite places to travel?

A: Australia and the Pacific islands. I also love America, Europe, Vietnam, London, Bahrain ... the list goes on. I enjoy visiting places where the culture is very rich and the people still live in a very traditional way.

Q: What's in your hand luggage?

A: A good book, headphones and my laptop to stay on top of all the songs I need to learn. I always pack my trusty hand cream and paw paw ointment. ■

— BELINDA JACKSON



HIGHLANDS PAGEANTRY BETTER THAN RIO'S CARNAVAL

Book publisher Lonely Planet has released *The World*, an A-to-Z guide of 221 countries, with detailed maps, facts, photos and must-see highlights.

It says Rio de Janeiro's Carnaval has nothing on the pageantry of a Papua New Guinean Highland's festival. "PNG's biggest fests, such as the Goroka Show in mid-September, are pure sensory overload with massive feather headdresses, rustling grass skirts and evocative face and body paint," the publisher says.

The book lists the Sepik River, diving and the Trobriand Islands as other highlights.

It is PGK90 from Lonely Planet's online shop. See shop.lonelyplanet.com.



Saving the turtles

A program by the Institute for Biological Research at the University of Papua New Guinea and the University of Canberra is underway to conserve the habitat of an endangered pig-nosed turtle species, known locally as *piku*.

ExxonMobil, operator of the PNG LNG Project, has committed PGK2.5 million over five years to support the Piku Project.

Piku is only found in southern New Guinea, including the Kikori Delta and Gulf region, as well as the Northern Territory of Australia.

The meat and eggs of the turtle have long been a key source of food for people living in the Kikori Delta, but increased harvesting has led to decline in species population.

ExxonMobil PNG managing director, Peter Graham, says the company is committed to protecting the country's unique environment for future generations.

"We invest in programs like this because it supports and encourages environmental protection," says Graham.

Program funding has supported a range of activities including community outreach efforts to raise awareness about the turtle, along with monitoring to help understand how the turtle lives and the threats it faces.

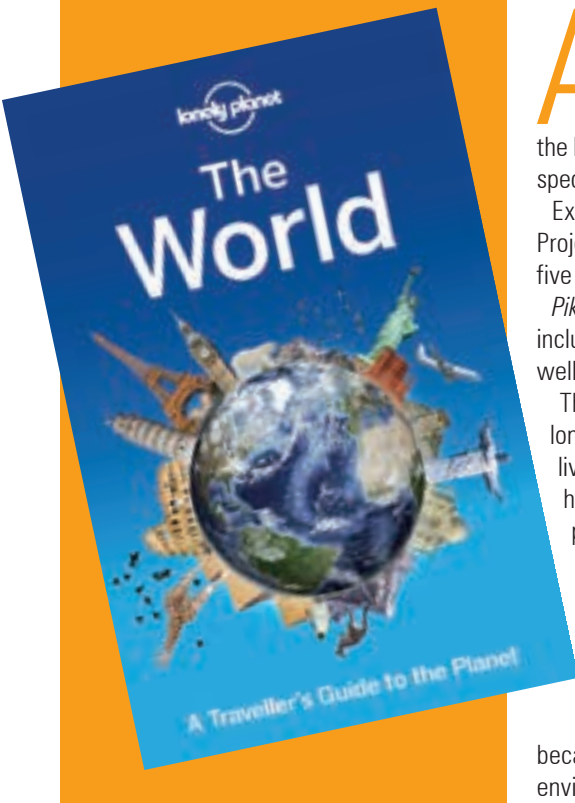
In conjunction with the project, a children's book entitled *The Adventures of Piggy on the Kikori*, has been distributed to over 10,000 school children in PNG.

A second book, *Monty and the Lake Kutubu Invasion*, has been published and will be distributed to children throughout the Kikori drainage area over the coming months.

Earlier this year the Piku Project team also established an exhibit at the Port Moresby Nature Park.

This exhibit is a showcase for the rare turtle as well as a protected breeding ground that provides hatching turtles a head start on life.

The hatchlings are then released into their natural habitat once they are large enough to defend themselves against common predators. ■





A window to the future of flying

Airline passengers who prefer window seats may be out of luck in the future. The UK-based Centre for Process Innovation (CPI) is working on a windowless plane (pictured) and says it could be a reality in 20 to 30 years.

High-definition screens that line the interior walls of cabins and display live footage from outside will replace windows to make it look like the aircraft is see-through. The technology will also be able to project the outside footage on seatbacks.

As well as surrounding passengers with a panoramic view of the skies, this interactive digital wallpaper will allow passengers to personalise their environment, providing options to adjust lighting or change the view. It could also be used as a multi-media device for in-flight entertainment.

The elimination of windows will, according to CPI, reduce the weight of the aircraft as well as enhance the safety and strength of the fuselage. Weight is a constant issue on aircraft, with over 80 per cent of the total weight being the aircraft itself and its fuel. For every 1 per cent reduction in weight, the approximate fuel saving is 0.75 per cent. Reducing the weight saves on fuel and this means less CO₂ emissions into the atmosphere and lower operational costs.

Windows currently require meticulous construction to ensure that their structure maintains cabin pressure and resists cracking at high altitude. ■

WORLD'S BEST POP ART ON SHOW

Air Niugini passengers jetting into Sydney are spoilt for choice with restaurants, places to see and attractions.

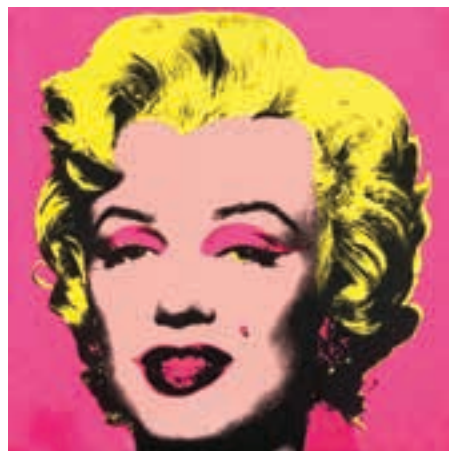
Until March, the offering is even better with The Art Gallery of New South Wales staging a pop art exhibition with 200 works by the world's greatest pop artists.

Pop to Popism includes the works of Andy Warhol, Roy Lichtenstein, David Hockney, Jeff Koons and Brett Whiteley.

Art works are on loan from 49 institutions and private collections worldwide, including the Tate and the Victoria and Albert Museum, London; the National Gallery of Art, Washington; and the Andy Warhol Museum, Pittsburgh.

The exhibition includes a Pop Shop, selling playful fashion items, quirky designer homewares and funky toys.

For more information and tickets, see artgallery.nsw.gov.au/pop. ■



A pop art icon ... Andy Warhol's Marilyn Monroe, 1967, silkscreen on paper, Frederick R Weisman Art Foundation, Los Angeles. © Andy Warhol



SURFBOARDS FOR PNG

The Surfing Association of Papua New Guinea (SAPNG) is about to take delivery of 400 surfboards and other surf gear donated for the use of locals by the surfing community of Newcastle in Australia.

The "Operation Drop In" fund raiser, arranged by Newcastle radio producer Ben Millington and backed by the town's ABC radio station, coincided with a charity screening of the award-winning surf film *Splinters*, which chronicles the evolution of surfing in a PNG village.

The screening raised about PGK6700 through ticket sales and donations. The money will be used to help cover the cost of shipping the surf gear from Australia to PNG.

Andy Abel, the president and co-founder of the SAPNG, says many young surfers in PNG use splinters (boards made from tree trunks), because nothing else is available.

"The surfboards from Newcastle will be gratefully received," he says.

Abel (pictured with some of the boards in Newcastle) says surfing is a way of promoting a spirit of fair play and inclusiveness.

Half the donated surfboards will have their noses painted fluorescent pink. They will be for the exclusive use of female surfers, consistent with SAPNG policy of empowerment of women.

Abel says many of the surfboards from Newcastle will be donated to Bougainville.

See the story of surfing in PNG, page 22.





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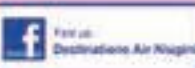
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Japanese fashion blockbuster

Not to be outdone by Sydney's *Pop to Popism* exhibition, Queensland's Gallery of Modern Art (GOMA) in Brisbane has its own blockbuster exhibition, *Future Beauty: 30 years of Japanese Fashion*.

It showcases 100 garments by Japanese designers, ranging from the 1980s to present day. The exhibition will run until February 15.

Air Niugini flies from Port Moresby to Brisbane and also has weekly flights from Port Moresby to Tokyo.

For more information about the exhibition see qagoma.qld.gov.au and for Air Niugini flight schedules see airniugini.com.pg. ■



The Queen tees up on new Malaysian golf course

Four-time major golf champion Ernie Els was joined by royalty to launch his first ever-golf course creation in South East Asia – The Els Club Teluk Datai.

In the company of Her Majesty Raja Permaisuri Agong Tuanku Hajjah Haminah (pictured), The Queen of Malaysia, Els struck the opening tee shot on the new course.



Els, who also has designed courses in his native South Africa, Dubai and the US, says: "This is the most spectacular golf course setting I have had the pleasure of working. I am delighted with what we have achieved here."

Nestled between ancient rainforest and the Andaman Sea on the iconic island location of Langkawi, the 18-hole championship course will serve as a focal point for the award-winning Datai Langkawi Resort.

Air Niugini flies from Port Moresby to Cebu twice a week. From Cebu, there are domestic air connections to Langkawi.

For more information see airniugini.com.pg and elsclubmalaysia.com. ■

ASK THE PILOT

CAPTAIN SAMIU TAUFA,
EXECUTIVE MANAGER,
FLIGHT OPERATIONS
AIR NIUGINI



Q: How important is it to know the total passenger weight on an aircraft? How is it calculated, and by whom?

A: It is important because it is part of the total payload, which is used in calculating the take-off weight of the aircraft. The weight of the plane, payload and required fuel for the trip have to remain under the maximum take-off weight of the aircraft. The loadmaster, a very important member of the operations team, calculates all this on the load sheet.

Q: Does each passenger represent a certain weight?

A: Yes, it is broken down to standard weights for an adult, child and infant. As a general example, it is 82 kilograms for adults and 40 kilograms for children.

Q: Do pilots have favourite airports? Which are considered good to fly into on

the Air Niugini network and what makes them so good?

A: Favourite airports are a personal preference. The PNG domestic network provides a variety of challenging strips, which are recognised in the industry. Operations into the Highland ports provide the challenge of terrain, weather, no navigational aids or tower; which is why we maintain high safety standards. The beautiful island and coastal ports of PNG provide postcard views.

Q: Who flies the plane most of the time: the autopilot or the captain?

A: For the domestic operation, the plane is flown on autopilot and hand flown into ports that are challenging. For big jet operations most of the flying is done on the autopilot as it is linked to the flight management computer (FMC), which provides optimum performance for the aircraft.

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

NUMBER CRUNCH

9000 That's the number of Papua New Guineans living in Australia, according to the 2011 Australian census. "About 1500 of them are Papua New Guinean women who have migrated to Australia as a result of marriage to men who are not Papua New Guineans," says anthropologist, Colin Filer. About 2000 are students (or members of their families) who normally return to PNG on the completion of their studies. Another 2000 could be mineworkers and members of their families. By contrast, according to recruitment agency, Signature Staff, about 20,000 Australians live in PNG, although that number has decreased since the completion of the construction phase of the LNG plant.





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EXCLUSIVE CARRIER FOR THE 2015 PACIFIC GAMES



'I CANT LIVE WITHOUT ... MY UNDERWATER CAMERA'



What type of camera is it?

A Canon Powershot G15 with Canon housing. I bought it online in early 2013 for about \$1200.

What makes it so special?

It lets me document the condition of the reef, as well as capturing images and video of our *True North* guests enjoying the underwater world.

How often do you dive in the water around PNG?

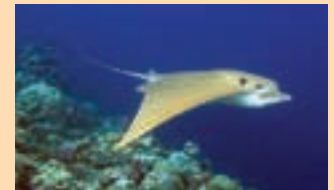
Every year since 2006, during cruises to the Bismarck Sea and Solomon Sea.

What are some of the more stunning things you've seen in PNG waters?

There are fantastic reefs scarcely seen by other travellers, with beautiful reef slopes dropping into indigo blue water, all teeming with fish and other marine life. The waters of PNG offer some of the best diving and snorkelling in the world.

What's your favourite photo that you have taken with this camera?

It's a shot of a golden eagle ray (pictured) in the Pelaluhu Pass at Ninigo Atoll, which had never been photographed in the wild before.



Andy Lewis is the onboard marine scientist on *True North*, guiding people during snorkelling and diving expeditions on the reefs of PNG, as well as lecturing on various aspects of coral reef. *True North* is a luxury vessel, purpose built to sail into some of the most remote parts of the wilderness.

Unsung heroes

A human rights campaigner who saves the lives of women and children accused of sorcery, an environmentalist, a cancer survivor who has campaigned for medical supplies and support to help others, and a teacher who has survived being shot at point-blank range have won medals in the 2014 Pride of Papua New Guinea Awards for Women.

They are among six winners recognised in the awards that honour everyday PNG women who do extraordinary things.

Monica Paulus, from the Simbu Province, won the bravery and courage category for her work as a human rights defender. She is credited with saving the lives of about 50 people accused of sorcery, despite threats to her own life and that of her family.

The other winners are Janet Pawena Yaki for care and compassion; Stella Waki for community spirit; Jennifer Yuni Rame for education/role model; Ruthy Victoria Watlen (pictured) for environment; and Bronwyn Kili for "young PNG".

The awards ceremony, at Parliament House in Port Moresby late last year, was attended by the Governor General Grand Chief, Sir Michael Ogio, with Lady Esmie.

The awards were started and are backed by the CPL Group. ■





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Surf's up



Richard Andrews reports on the idyllic waves of PNG and the benefits surfing is bringing to the country.

When “Crazy” Tas Lawrie buzzed the waves off Papua New Guinea’s remote northeast coast 27 years ago, he started a ripple of events that is changing the nation – one surfboard at a time.

The sight of endless, perfect, uncrowded waves was a nirvana to the Australian bush pilot. The rapturous

tales he’d heard about the PNG surf seemed to be true.

Captain Lawrie landed his DeHavilland Twin Otter at the coastal town of Vanimo and hit the rolling surf. Before leaving he gave away his surfboard.

That gift was a cultural Big Bang.

Papua New Guineans had known body boarding for generations, but the possibility of standing up on waves, and

to even soar above them, opened up a whole new world.

Vanimo’s young men adopted the sport enthusiastically and carved their own surfboards, or splinters, from jungle timbers, using axes, knives and machetes.

Later, Lawrie returned to the area with his surfing buddy, Andy Abel, a charismatic adventurer from a family



“

They (visitors) enjoy exceptional surfing and see the fauna and flora in the rainforests. They are warmly welcomed with displays of traditional dancing or sing-sings.

”

Just swell ... charging through a green barrel in PNG; Andy Abel, the president and co-founder of the Surfing Association of Papua New Guinea. He's showing the "hang loose" shaka sign that originated in Hawaiian surf culture.

of PNG pioneers. Born in Milne Bay, Abel had first learned to surf while recovering in Australia from injuries sustained in a motocross accident.

"I kept coming back to Vanimo and connected with the community through our mutual love of surfing," says Abel.

"I brought them magazines showing how the experts do it. Pretty soon expressions, such as aerial and bottom ►



Surf's up



Hangin' out ... locals test the water in PNG and (below) homemade surf craft called "splinters".

turn, entered the local vocabulary."

However, Abel saw more potential in the steady, late-breaking waves than just his weekend recreation. "Sitting in the water and looking towards the virginal landscape, I had a vision to set up a surf tourism industry with social and economic benefits for local people. But I knew it had to be equitable and sustainable in respect for the traditional communities. No high rises!"

Abel has taken a surfer-like approach for almost three decades to pursue his vision: travelling to the best locations, talking to the locals, taking on all challenges and

accepting "wipeouts" along the way. He's now president and co-founder of the Surfing Association of Papua New Guinea (SAPNG) as well as a recipient of the Member of Logohu award for services to the nation.

With funding from the World Bank's International Finance Corporation, Abel has implemented a unique strategy in PNG, to avoid the negative effects of tourism development found elsewhere in the region.

"Our surf management plan involves extensive consultation with traditional resource custodians, limits the number of tourists and asks visitors to pay a nominal fee

to benefit the local community," says Abel. "We also help people to set up a club and teach surfing, so that everyone can enjoy PNG's great conditions."

The sport's popularity was strengthened in 2007 when the then Prime Minister, Sir Michael Somare, opened PNG's first-ever surfing competition in Vanimo. The award-winning documentary, *Splinters*, celebrated the event and spread the word internationally.

Surf tourism has expanded in recent years from its Vanimo base to about 10 locations, attracting many overseas visitors, pro surfers and celebrities including Matthew McConaughey. ▶



PICTURE: SIMON SWILLY WILLIAMS



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Surf's up

Surfing fans from around the world honour the Crazy Tas tradition by donating hundreds of boards annually to PNG clubs.

But don't go looking for Hawaii or southern California. The surf resorts are mostly way off the beaten track in natural settings accessible only by sea or air. Accommodation is basic but comfortable, typically in traditional huts with rainwater tanks and generator power.

Waves range from one-to-three metres, and "you should've been here yesterday" is a seldom-heard phrase.

"Surfing is now considered part of the government's tourism master plan and an important contributor to the economic sector," says Abel. "We're also nation building."

Supreme Court judge Nicholas Kirriwom agrees. In 2008, he asked Abel to help establish surf tourism for Justice Kirriwom's home village in Ulingan Bay, just north of Madang.

"Surfing is clean, healthy, and promotes a healthy environment," he says. "The idea of bringing in surf tourism was to try to prevent further logging operations, which were polluting the bay and devastating marine life. We saw a better way to use our marine resource."

The idea soon became reality when Justice Kirriwom founded the Tupira Surf Club. A move, he says, that has brought many benefits to locals, while giving visitors an unforgettable experience.

"The visiting surfers bring with them different qualities and diversities that help to enhance the lives of our people, many of whom have never had any close contact or relationship with people of other races or cultures," he says.

The tourism dollars collected by the Tupira club complement local income earned from the sale of cocoa and copra, and help to relieve the economic difficulties of many people in an area with not enough jobs.

"Meeting these needs means a whole world to me as a person," says Justice Kirriwom. ➤

Perfect form ... jungle surfing (top); packed to the gunwales on the way to an off-shore PNG surfing session (right).





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Surf's up

WHERE TO SURF AND STAY

The following surfing destinations are among those recommended by the Surfing Association of Papua New Guinea:

- Vanimo Surf Lodge, on the north coast, near the border with Indonesia. Huts with mosquito nets and ceiling fans. **See vanimosurf lodge.com.**
- Tupira Surf Club, 180 kilometres north of Madang. The big haus has six rooms and there is a bungalow with deck that overlooks the lineup. **See sapng.com.**
- Nusa Island Retreat, located off the coast of Kavieng. Premium bungalows over the water. **See nusaislandretreat.com.pg.**
- Rubio Plantation Retreat, beachfront bungalows, 220 kilometres from Kavieng, via highway. Guests picked up from airport. **See newirelandsurf.com.**
- PNG Surfaris, operates a live-aboard surf charter vessel based at Kavieng. **See pngsurfaris.com.**

"In 2014, Tupira paid the fees for all children attending primary school in Ulingan whose parents were associated with the club."

"It works for the tourists too. They not only enjoy exceptional surfing but also see the fauna and flora in our rainforests through bushwalking, bird-watching and white-river kayaking. Visitors are warmly welcomed and showered with displays of our traditional dancing or sing-sings."

One of surfing's biggest cultural effects has been on women, according to SAPNG secretary, Sylvia Pascoe,


"Village-level surfing development involves women and girls in a country where their access to sport participation and resources has traditionally been limited," she says.

"I come from a matrilineal society, but even there you grow up being told your place as a woman. Although many still see surfing as a predominately male activity, people are speaking up and saying 'no, our sisters should do this too'."

To encourage such participation, SAPNG paints half the donated boards

with fluoro-pink noses, for the use of female surfers only.

Women represent around 25 per cent of all surf club members," says Pascoe. "And they're giving the men a run for their money. It's a whole new way of doing things." ■

 **Air Niugini has flights from Port Moresby to all of the main surfing destinations, including Kavieng, Madang and Vanimo. See airniugini.com.pg.**



Carving it up ... a lone surfer has the drop in Madang.

NEED TO KNOW

THE SCENE

Bungalow-style beachfront accommodation with world-class surfing in uncrowded waves is available in PNG. Surfer numbers are limited, with just a handful allowed in the surf at a time. The water temperature remains a warm 26C all year.

WHEN TO GO

The high season for surfing is November to April, while the fringe season is October to May.

MORE INFORMATION sapng.com

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PICTURES: JOHN BROOKSBANK

DRUMBEATS AND RIVALRY

John Brooksbank is swept up in the excitement of Alotau's Kenu and Kundu Festival, where the canoe racing is fierce.

The canoes charge toward the shore under full sail, and the crews with a sense of cowboy bravura have them tilted so spectacularly that the outriggers are lifted clear of the water. It is only at the last minute that they pull down the sails and come to an abrupt stop on the beach. This action brings a huge cheer from the spectators crammed along the shoreline.

In another race, and in a fit of bravado, the victorious crewmembers of a war canoe toss their paddles aside and triumphantly lift their heavy vessel above their heads and walk it to the shore.

Later, tourists who have a sense of balance are taken out into the bay in these war canoes.

Alotau has stopped for the annual Kenu and Kundu

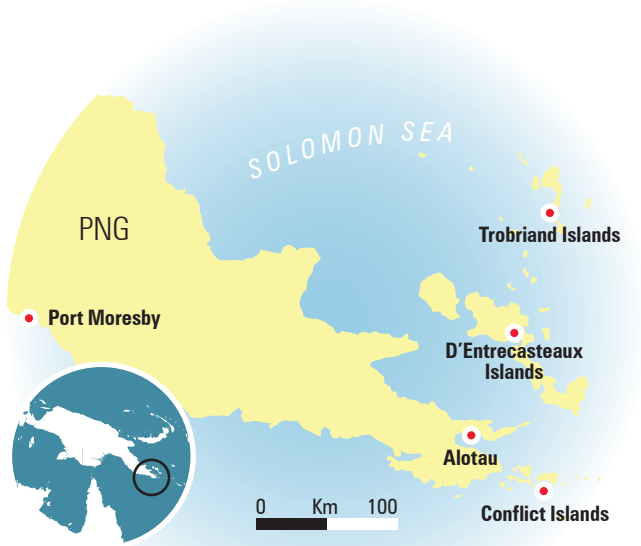


Festival, a riot of traditional decoration and colour, crowds, competing rhythmic dance chants and *kundu* drum beats.

This festival rivals other, better known festivals, on PNG's cultural calendar with a variety of attractions – outrigger canoe races, paddling canoe races, dance groups, and artefacts for sale and display – along with an evening program filled with entertainment by local string bands and singers.

Dance groups come from many of the far-flung islands of Milne Bay Province, such as the Fergusson, Paneati and Trobriands, and mainland centres such as Suau. This year there are also groups from elsewhere in the country such as the Gogodala from Balimo in Western Province and the Mekeo from Central Province – both bringing even more colour to the occasion. ▶





Watersport, colour and dancing ... the annual Kenu and Kundu Festival at Alotau brings big crowds from Milne Bay Province and beyond.



Drumbeats and rivalry



True grit ... paddlers dig in during one of the races at the Kenu and Kundu Festival.

In line with the festival theme, there is no shortage of kundus among the dance groups.

There are more than 90 canoes in different shapes, sizes and colours here for the 11th annual festival

The coloured sails of the outriggers sparkle in the fading light of the dying sun as they come across from Wagawaga, on the other side of Milne Bay, on the return leg of the afternoon races, back to Alotau.

Hundreds of people mill around the temporary showground of sago-leafed buildings between the Alotau International Hotel and the market.

Across Sanderson Bay, at the main wharf, the P&O cruise ship Pacific Dawn is docked and the passengers have joined the day's festivities.

Many local families have set up mini-barbecues to cook sausage, banana and satay sticks for the passing parade of spectators.

Some of the visiting dance groups have brought artefacts to sell – large cooking pots, none more than PGK15, ornate canoe paddles, necklaces and traditional fish traps are on offer. Most items are well priced.

Even the occasional rainstorm over the two days of the festival fails to dampen the spirits of artefact sellers, the dancers or the visitors.

The festival is a showcase of Milne Bay culture, illustrating that the traditional skills, songs and dances of millennia are still thriving. ■



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

NEED TO KNOW

GETTING AROUND There are quite a few taxis in Alotau. On the water, the main resorts operate their own boats, but if you walk around the market area or Sanderson Bay you'll find dinghies to ferry passengers to outlying village areas.

STAYING IN ALOTAU Alotau International Hotel (alotauinternationalhotel.com.pg), Masurina Lodge (masurina.com), Napatana Lodge (napatanalodge.com).

MORE INFORMATION Milne Bay Visitor Bureau, phone 641 1503, email info@milnebaytourism.gov.pg.



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PICTURE: TAWALI RESORT

Milne Bay charming tourists

By KEVIN McQUILLAN

The eastern province of Milne Bay is developing as the tourism hub of Papua New Guinea.

Alotau, the provincial capital, is a friendly and welcoming place, says David Conn,

the executive director of the Port Moresby Chamber of Commerce and Industry.

“It is all that is good in PNG and its people.

Alotau is like a walk back in time and a magnificent stress buster and the islands are a

just a slice of paradise,” he says.

Milne Bay has a remarkable history.

Missionaries, miners, traders in pearls, scientists, and Japanese and US warships have all passed through the province.

Dolly
Em bai mekim yu laikim **sampela moa!**

Gold Seas

PNG MADE



“

It (Milne Bay) is all that is good in PNG and its people. Alotau is like a walk back in time and a magnificent stress buster.

”

Many Kokoda Trail tours include a visit to Alotau and the Bomana War Cemetery, which is the largest war burial ground in the Pacific, where more than 3700 servicemen are buried.

Tourism brochures portray the province as an “undiscovered paradise of white-sand beaches, crystal waterfalls and volcanic mountains”.

Cruise liners are now a regular feature of the growing tourism industry of Milne Bay Province, with thousands visiting annually.

There are 160 inhabited islands with about 600 islands and atolls scattered over 250,000 square kilometres of ocean. In many areas, the reefs are characterised by dramatic drop-offs and overhangs.

Among the islands is the Trobriand group (famous for yam), the D’Entrecasteaux Islands (which still have volcanic activity), and the privately owned Conflict Islands where some luxury accommodation has been developed.

“There are about 276,000 peace-loving people who speak English as their second language living on these islands,” says Didimus Epo, principal adviser to the provincial government.

Milne Bay has recorded a third of the world’s species of marine fish and is listed as an ecological hotspot with one of the greatest marine species biodiversities in the world.

Regarded as one of the Pacific’s last true fishing frontiers, its seas are packed with the tiny ghost pipe fish, huge manta rays and killer whales, giant marlin, sailfish, wahoo, dogtooth tuna, mackerel, barramundi and the famous Papuan black bass.

It is also home to stunning birds of paradise, massive butterflies, cus cus, and tree kangaroo. ■

Milne Bay’s economic pulse, see “Strictly Business”, page 121.

Milne Bay resorts

Tawali (pictured), on a volcanic bluff overlooking the clear protected waters of Milne Bay. Offers scuba diving, swimming, kayaking and cultural activities. **See tawali.com.**

Doini Island Plantation resort, surrounded by white sandy beaches and pristine turquoise waters teeming with exotic fish. Offers fishing, swimming, snorkeling and golf. **See doinisiland.com.**

Ulumani Treetops Rainforest Lodge is owned and operated by the traditional landowners of the area. A bird lover’s paradise, see hornbills, parrots, palm cockatoos, cassowaries and beautiful scenery. Offers a backpackers lodge. **See ppngbackpacker.com**

Driftwood Resort, an exclusive tropical boutique hotel in Milne Bay. Relax in the comfortable garden and seaside bungalows, go on a fishing expedition, snorkel nearby reefs, or take a boating tour of the islands. **See driftwoodpng.com.**

*All resorts are easily accessed from Alotau



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PICTURE: DOREEN PHILIP

HARVEST FESTIVAL

Doreen Philip visits Kitava Island, where the villagers celebrate the harvest.

It's 3am and the moonlight is illuminating Kitava Island, part of the Trobriand group of islands in Milne Bay Province.

The waxing of the moon is associated with the Milamala Festival, an annual event observed with dancing, feasting and rejoicing after garden crops, especially yams, have been harvested.

A teacher at the Kitava Primary School, Peropero Gumaruma, has told me that the coming of the full moon culminates with the celebration to end the old season, and that the village of Lalela will come alive.

Dawn arrives and we drive to Lalela in a Land Cruiser, the only vehicle on the island. The village is neatly kept with houses built on either side of the road.

Cheerful children pop their heads out of the houses and greet us with smiles. Women with baskets full of yams, and mouths full of betel nut, are helping out with preparations.

There are yam houses (storage huts) everywhere, holding a great variety of yams.

The ward councillor of Lalela village, Cedric Uriupa, and his family warmly welcome us and we sit on the beds, made from pieces of wood and plaited bamboos, under the shade

“

Cheerful children
pop their heads out of
the houses and greet
us with smiles.

”

trees and wait for the dancers to arrive.

Uriupa and his relatives have brought us *kulau* and *mona*, a dish prepared especially for the Milamala Festival. It is made from finely grated yam and taro cooked in the clay pot and placed on the hot stones to dry.

Soon, the dancers appear. Children as young as three have their faces painted in traditional colours and they have betel nuts fastened on

Milamala Festival ... children in the village of Lalela dress up for the celebrations.

ropes around their waists and chests. The girls are dressed in short gass skirts made of dry coconut fronds and later dyed. The boys wear cloth made from tree bark. Their headdresses are made of bird feathers and flowers picked early the morning.

The older boys start beating the *kundu* drum as we stand quietly. A special beat is performed and certain rituals are followed.

According to their beliefs the special beat, silence and chant mean that they are farewelling the spirits with the old season, and the *mona* should be shared among clan members. They believe that in doing this they are keeping the spirit of gardening within their own clans. ■

The quickest way to get to Kitiva island is by boat from Mveuya Beach in Kiriwana. It takes 45 minutes in fine weather. There is no accommodation on the island but visitors are sometimes taken in by school teachers and community elders. The festival dates vary with the harvest, so it is more a case of good luck rather than good planning to see the festivities.



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Susan Gough Henly journeys down a jungle river and into the rainforest to see the great apes of Borneo.

Adventures

We trip over gnarly tree roots as we trudge through the jungle from where we left our boat on the Crocodile River in Tanjung Puting National Park. The path zigzags around camouflaged trunks of ramrod-straight bloodwood trees, vines dangle all around us; and the high-pitched buzz of cicadas mimics the chain saws that gulp at the rainforest fringe.

Above it all comes an OOOOOhhhhaaaahhhhh.

Low, deep, guttural. Spine tingling. Then we see his enormous head with its Fred Flintstone-like cheek pads, the late afternoon sun burnishing the long red hair on his massive arms and legs that are splayed between two tree trunks.

On our last day in the jungle we have finally met an alpha male orang-utan.

He lets out another call and our guide, Ivend, who has dyed his own long hair red in solidarity, translates: "This is my kingdom."

Twenty-two year-old, 100 kilogram Gungul is the boss of world-renowned orang-utan researcher Birute Galdikas's Camp One. In an instant, he drops to the ground and lumbers without a sound down the path, directly towards me. I step aside, the puny little hairs raised on my neck, and Gungul swings himself up onto the nearby feeding platform, where a camp worker has left a tantalising pile of bananas.

For more than 40 years, Galdikas has





All the family ... mum, baby and an alpha male with those telltale big cheek pads and a mouthful of bananas.

with orang-utans

rescued orphaned and injured orang-utans and rehabilitated them to return to the forest. The once-daily feeding is a supplement to their diet of wild fruits, young leaves and bark.

Rather like Miles Davis playing the trumpet, Gunjul turns his back on his 30 or so human admirers (who, judging by their languages, come from all corners of the globe) and casually eats his fill.

I am in Kalimantan with Orangutan Odysseys,

the only orang-utan tour company that visits all the orang-utan quarantine stations in both Borneo and Sumatra.

Joint owners, Peter Miller and Garry Sundin, created the company in 2009 because they were passionate about protecting orang-utans and their rainforest environment, which is under severe threat from palm oil plantations and logging. By offering tours with knowledgeable local guides they create sustainable alternative

incomes for communities living near the rainforest.

Orangutan Odysseys offers an extensive array of orang-utan tours every year, many inspiring fundraising initiatives including the Trans Borneo Challenge, orang-utan adoptions, and special trips with key orang-utan researchers such as Australian Leif Cocks and American Gary Shapiro.

Orang-utans are one of the four great apes, ➤



Adventures with orang-utans



“
 He drops to the ground and lumbers without a sound down the path directly towards me. I step aside, the puny little hairs raised on my neck ...
 ”



Going with the flow ... visitors and locals on the Crocodile River in Tanjung National Park. The river provides a pathway through the jungle to world-renowned orang-utan researcher Birut Galdikas's Camp One.

the others being gorillas, chimpanzees and the lesser-known bonobos. Genetically, their ancestors split from the main ape line 16 million years ago and spread into Asia. Unlike gorillas and chimps, orang-utans are solitary. They come together only to mate; however, babies live with their mothers until they are about eight years old, the longest dependency of any animal except humans.

Today, orang-utans can only be found in Borneo and Sumatra.

As Gungul eats, we watch other orang-utans swing through the trees. When he finishes, Iwend explains that each of them will go on to the platform in a precise pecking order. First to

arrive is a large mother and baby, perhaps a year old, the baby clinging effortlessly to her chest. She feasts and the baby leans down to grab a banana, but one arm is always attached to mum. Next is a younger mother and smaller baby plus an almost fully grown child, quasi-independent but still at her side. This older child waits till the mother's back is turned before shoving an entire fistful of bananas in his mouth and leaping up the tree. An old, childless female comes last, content with eating the banana peels.

Much of the appeal of seeing orang-utans in Tanjung Puting National Park is the journey itself. We travel by klotok (river boat) 30 kilometres up the narrow Crocodile River, away from the noisy

river port of Kumai with its floating villages and floating garbage, palm-oil tankers and macabre, Chinese-owned Swallow hotels with their loud, taped bird calls.

As the boat chugs into the jungle, the river water changes from murky cafe latte to dark Coca-Cola tannins. Best of all, you can sit at the bow with the cool breeze on your face and soak up the sights and sounds of the jungle.

When things get exciting, say, with a stand-off between two large troupes of long-nose proboscis monkeys, the driver cuts the motor and we get dress-circle views of the action. There is much posturing and screeching and daring leaps from tree to vine to bush, but ➤





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Creating Business opportunities for Papua New Guineans

Adventures with orang-utans



Jungle love ... a youngster and mother in semi embrace; banana peels lie scattered across a feeding platform, a tell-tale sign that a feast has been enjoyed.

everything comes to an end when a couple of long-tailed macaques frighten them away.

We spend a night moored on the riverbank, immersed in the rainforest. As dusk falls, we watch neon-bright stork bill kingfishers skim across the water, and listen to the rumble of the jungle as we feast by candlelight on sweet-and-sour shrimp, spicy beef, water spinach and juicy mangoes. Our crew sets up mattresses draped in mosquito netting on the deck and we fall asleep as giant fruit bats cross the starry sky.

In all we make five visits to orang-utan camps, each time admiring a wide array of their human-like interactions. One image stays with me: a tiny orang-utan gazing contentedly into the eyes of its adoring mother.

Moments earlier I'd watched her let him practice climbing to the edge of a tree branch,

but now her long red arms envelop him in complete security. ■

To support the orang-utans, the annual Trans Borneo Challenge is a 900-kilometre trek across Borneo by bus, boat and foot. Participants are required to raise money to help fund orang-utan projects. The next challenge starts on August 19, which is World Orang-Utan Day.

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

NEED TO KNOW

SEEING THE ORANG-UTANS

All Orangutan Odysseys trips begin and end in Bali or Jakarta and include internal flights, park fees, accommodation, boat travel and most meals. The trips range from 7 to 12 days.

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Natural delights

Kay O'Sullivan finds perfection at an Indonesian island resort.

To get a feeling for Nihiwatu resort, you need to know the backstory about how a surfer went in search of the perfect wave and found what he was looking for on the wild and isolated Indonesian island of Sumba.

Having lucked upon perfection, Claude Graves was not about to leave in a hurry. The American pitched his tent on the wide, white sandy beach between his perfect wave and a jungle-strewn mountain range





Bed, bath and garden ... Nihiwatu resort (opposite page and above); fish for dinner (right).

and stayed ... for 30-something years.

When he wasn't surfing, Graves built Nihiwatu, that rarest of things, a resort completely in tune with its surroundings.

The "edge of wildness" is the promise on the sign heralding Nihiwatu. It is no idle boast. The only thing that glitters at Nihiwatu is the Indian Ocean as it crashes on the edge of the jungle.

Save for 10 per cent, Nihiwatu's 234 hectares has been left in its

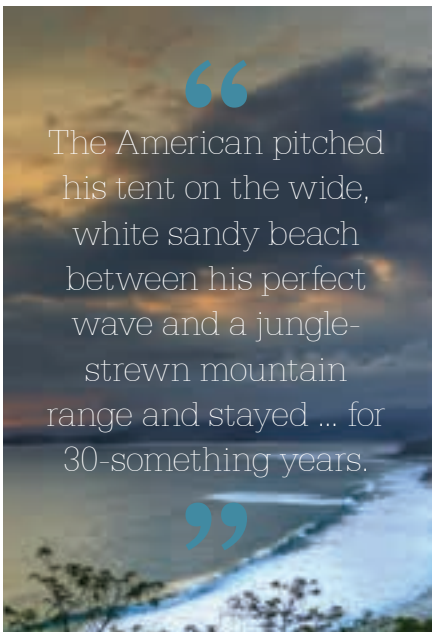
... natural state, a dense tangle of palms, vines, coconut trees, clumps of pandanas, grasses and flowers.

... The 10 per cent that is developed is understated to the point that it disappears into the landscape. Stand on the cliff on which the resort is built and it takes some time to work out what is what, thanks to the use of local timbers and roofs thatched with indigenous grasses.

... Nihiwatu is proudly Sumbanese. The relationship between Sumba, ➤



Natural delights



The American pitched his tent on the wide, white sandy beach between his perfect wave and a jungle-strewn mountain range and stayed ... for 30-something years.

Twilight cinema ... movies under the stars are among the Nihiwatu distractions (above); and then, of course, there is God's Left, a sweep of beach that many believe is the best left-hand reef break in the world (left).

its history and people and Nihiwatu is as integral to the resort's appeal as the mountains and the sea.

The traditions, arts, crafts and skills of the Sumbanese are referenced across the property, from the design, layout and furnishings of the open-air villas and pavilions, to the food.

Nihiwatu also has all that is deemed necessary in this age, especially the top end of the market, like spacious villas with their own pools, separate flexible living areas, butler service, three-bar Wi-Fi, air-conditioning and silky smooth linen.

The overall impression is of bohemian luxe – the sandy floors in the restaurant and bars and outside showers see to that – but you couldn't be anywhere other than Sumba.

And everywhere in the resort, there is the view of that wave, a wave that many believe is the best left-hand reef break on the globe.

God's Left is one of the nicknames given to it over the years. Occy's Left is another – named after Australian champion surfer Mark Occhulipo, who rates it as one of his favourite breaks.

Nihiwatu has exclusive rights to the wave and only allows 10 surfers a day on it. ➤





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Natural delights

Graves has passed this piece of paradise to new owners – American billionaire Chris Burch and hotelier James McBride – who share the passion for Nihiwatu and Sumba. Such is Burch’s commitment, that all profits from the resort go to the Sumba Foundation, a philanthropic trust to improve the health and lives of the people of Sumba.

They have fine-tuned the property, upping the style and number of villas – there will be 21 when the development is completed early this year and many new ways for guests to enjoy the wild natural beauty all around them. A yoga platform on the cliff top is one. Horse riding along the 2.5-kilometre beach is another.

Specialist watermen, meanwhile, teach surfing, take guests fishing, scuba and free diving and paddle boarding.

The sandy floored restaurant, bar and lounge cantilevered over the Indian Ocean is the perfect vantage from which to view the perfection that is God’s Left. ■

 **Air Niugini flies from Port Moresby to Bali every Monday. See airniugini.com.pg. From Bali there are regular flights with domestic airlines to Sumba. The Nihiwatu resort can also arrange charter flights.**



NEED TO KNOW

STAYING THERE

From March, a one-bedroom villa, including all meals, non-alcoholic drinks, Wi-Fi and transfers is PGK3000 a night. Surfing slots on God’s Left are limited to 10 surfers a day and cost PGK252 a day. Special rates for families apply and packages, including activities, are available.

MORE INFORMATION Phone +62 361 757 149, see nihiwatu.com.



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“

The sleepy town of Oslob is now a tourist destination after whale sharks appeared on its shores a year ago.

”

12
CEBU
ESSENTIALS



From swimming with whale sharks to eating the best suckling pig in the world, *Susan Gough Henly* immerses herself in the Philippines.

The oldest city in the Philippines and now a thriving port and manufacturing centre, Cebu is the country's epicentre of Christianity and a gateway to more than 160 white-sand-rimmed islands and islets.

For visitors, it offers a heady mix of Spanish-inspired culture, fabulous food and interesting design stores as well as access to terrific snorkelling and diving.

Here are 12 must-do adventures in this friendly Queen City of the South.

From the depths ... a whale shark surfaces among the boats at Oslob (top); Cebu suckling pig impressed celebrity chef Anthony Bourdain.



1 Eat suckling pig. Anthony Bourdain followed his taste buds to Cebu and pronounced that they make the best lechon (Spanish for "suckling pig") in the world on his television show *No Reservations*. His lechon consultant was Cebu native Joel Abueca Binamica, a retired banker who writes the Market Manila blog. After the broadcast, people begged Binamica to sell his lechon commercially and now he has five

bright red and white Zubuchon restaurants. What makes his lechon so special? The farm-raised pigs are stuffed with shallots, green onions, garlic, chillies, peppercorns, lemons, fresh thyme and rosemary, lemongrass, sea salt, and olive oil and the skin is rubbed with fresh coconut water. They are cooked rotisserie style in the old-fashioned way on bamboo poles and no MSG or soy sauce is added.

2 See the city's most famous landmark, Magellan's Cross, which is a powerful symbol of Christianity in the Philippines. The explorer Ferdinand Magellan planted the cross on this location when he landed here in 1521. The original cross is encased in hollow tindalo wood to prevent devotees from taking it home chip by chip. ➤





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Cebu essentials



3 Visit the nearby stone Augustinian Basilica Minore del Santo Nino, which was the first church established in the Philippines. It is home to the wooden statue of the Holy Child of Cebu, the oldest religious image in the Philippines, given by Magellan as a baptismal

gift to the wife of the ruling rajah. Even more impressive are the long lines of Filipinos who come to pray to the infant Jesus and tap three times on the (bulletproof) glass in the hopes their wishes will be granted.



4 See the whimsical and inspired sustainable furniture, lighting and interior accessories at the Kenneth Cobonpue and Design by Hive showroom. After studying industrial design in New York and working in Florence, Kenneth Cobonpue returned to Cebu to take over his family's furniture business (Cebu is an important furniture-making centre). Cobonpue's handcrafted furniture, made from seagrasses, rattan and bamboo, as well as Hive design cooperative's innovative lighting fixtures, is showcased in luxury resorts and restaurants around the world.

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Cebu essentials



5 Go extreme at the Sky Experience Adventure on the top of the Crown Regency Hotel. Choose from a host of adrenalin-producing activities including walking on the translucent glass flooring around the edge of the building 127 metres above the street; riding the world's only Edge Coaster ride around the perimeter of the 38th floor; scaling the world's first climbing wall atop a 40-storey building; and swinging on the world's first urban zip line from the rooftop of one building to another. ➤

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Cebu essentials



6 Take a day trip out to the islands on a motorised outrigger from Mactan Island. You can visit places like the Olango Island Wildlife Sanctuary (with the largest concentration of migratory birds in the Philippines) and snorkel at the fish sanctuary at Hilutungan Island then while away the afternoon at Nalasuan Island, which offers swimming on sandy beaches, snorkelling and diving, as well as great seafood feasts of crab, calamari, and whole barbecued fish on picnic tables under shady trees. Mactan Island is the place to base yourself when you are staying in the Cebu area. There are lots of seaside hotels, such as the bright contemporary Be Resort (pictured), which has a large swimming pool, beachside bar and traditional Boodle on the Beach feasts.



7 Look for a handmade guitar in traditional workshops such as Alegre Guitars, Susing's Guitars and Jerry's in Mactan.



8 Swim with the whale sharks. Just a three-hour drive south of Cebu, the sleepy town of Oslob is now a tourist destination after whale sharks appeared on its shores a year ago. Local fishermen take guests to swim alongside these gentle creatures where they feed, less than 100 metres from the beach.

9 Go shopping. The Ayala Centre is the most upmarket shopping mall but if you are after local treasures head to the Carbon Market to find woven baskets, home wares and handicrafts as well as fresh fruit and vegetables. The dried-fish trading Taboan Market is also fascinating to explore.

10 Take the mango factory tour at Profoods. Cebu has some of the world's best-tasting mangoes and here you can learn how mangoes are selected, peeled, sliced and dried. There's a shop, too, with every imaginable mango product.

11 If you are here on the third Sunday in January, enjoy the Sinulog Festival. Highlights are the entrancing pre-Hispanic indigenous dance rituals to the rhythmic sound of drums.

12 Hang out with the locals at one of the Handuraw Cafes, which is the Cebuano word for "the power to imagine". There are now three Handuraw Cafes in Cebu, renowned for their terrific thin-crust pizza and wonderful sense of community. The non-profit organisation Youth for a Liveable Cebu launches many of its projects at the Lahug branch including its social enterprise trash fashion as well as vertical farming and sustainable energy initiatives. ■

MORE INFORMATION
tourismphilippines.com.au,
itsmorefuninthephilippines.com/cebu

 **Air Niugini flies from Port Moresby to Cebu on Tuesdays and Thursdays.**
 See airniugini.com.pg.



A sight to behold ... a local shows off a sea urchin at Mactan Island.



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City guide:

BRISBANE

Brian Johnston discovers the vibrant cultural life, outdoor attractions and restaurants of Australia's third-largest city.



PICTURES: TOURISM QUEENSLAND, ACCOR HOTELS



Move over Sydney, and mind out Melbourne. Brisbane, once derided for provincial tedium, is now the fastest-growing, most desirable city in Australia.

Artistic glass towers, restored Victorian buildings and stately palm trees grace the city centre, where locals drift along beautiful riverbanks under seemingly eternally sunny weather.

Brisbane's cultural life has seen the biggest shift of all: the city regularly pulls off cultural coups, attracting major overseas exhibits and performances seen nowhere else in Australia, showing all the assurance and sophistication of a city much bigger in size.

And late last year, the city successfully hosted the G20 leaders' summit, attended by world leaders including US President Barack Obama, Russian President Vladimir Putin and UK Prime Minister David Cameron.



GETTING AROUND

Getting around Brisbane is easy. TransLink (translink.com.au) operates trains, buses and river ferries and has an integrated ticketing system with prices determined by zones.

If you're staying a while, a top-up Go Card is easiest; if travelling around southeast Queensland, a SEQ card is valid for three or five consecutive days.

Crowd pleaser ... South Bank is alive with entertainment and has views across the water to the city (left); the Sofitel is an oasis of calm (above); a Jurassic Park moment at Queensland Museum (middle); the Queensland Performing Arts Centre (top right); the Queensland Symphony Orchestra (bottom right).



SIGHTS

South Bank (visitsouthbank.com.au) is lined by wonderful promenades with views across the river to the CBD. A lagoon, artificial beach, playgrounds, Ferris wheel (thewheelofbrisbane.com.au), weekend market and restaurants entice in this lively, very pleasant precinct.

Queensland Museum (Grey Street; qm.qld.gov.au) tells the story of Queensland's people and environment. Kids will love its interactive Sciencentre, where they can discover the human body, plate tectonics and dinosaurs. Live demonstrations highlight scientific concepts.

The beautiful 1920's-era Brisbane City Hall (64 Adelaide Street; brisbane.qld.gov.au) reopened last year after a major restoration, and offers free guided tours and ascents of its clock tower. The small Museum of Brisbane details the evolution of the city.



BRISBANE SPECIAL

Brisbane is well regarded for theatre and has produced some of Australia's best-known actors, such as Geoffrey Rush. His talents were fostered at the Brisbane Arts Theatre (210 Petrie Terrace; artstheatre.com.au), the city's biggest community theatre, which allows locals to become involved in all aspects of theatre production. Visitors can see classic plays as well as musicals, drama, comedy and film.

The riverside Powerhouse Arts (119 Lamington Street; brisbanepowerhouse.org) presents cutting-edge drama, comedy and cabaret, while alternative theatre companies such as La Boite (6-8 Musk Avenue; laboite.com.au) also thrive.



CULTURE CULTURE

Queensland Art Gallery (Stanley Place; qagoma.qld.gov.au) sits on the river at South Bank. Among thousands of artworks, it displays terrific indigenous art pieces and very fine exhibits from Asia.

The adjacent Gallery of Modern Art (Stanley Place; qagoma.qld.gov.au) is Australia's largest showcase of contemporary art. It features works from Australia, the Pacific and Asia, and has innovative film screenings and kids' programs.

Queensland Performing Arts Centre ➤



City guide: Brisbane



Coming of age ... the city, viewed along the Brisbane River, is the fastest-growing metropolis in Australia (above); Kangaroo Point abseiling.

(Grey Street; qpac.com.au) hosts all manner of events, including comedy, musicals and pop concerts. It's also the venue for Opera Queensland (operaq.com.au) and the Queensland Symphony Orchestra (qso.com.au), which sometimes makes forays into pop, gospel and more.

CHILD'S PLAY

Best reached by ferry (mirimar.com), Lone Pine Koala Sanctuary (www.koala.net) shelters some 130 koalas, which, unusually, can be cuddled by visitors. Other Aussie creatures include dingoes, emus and wallabies.

Sir Thomas Brisbane Planetarium (brisbane.qld.gov.au), in the botanic gardens at Mt Coot-tha, will entrance older kids with star shows, simulated black-hole journeys and the search for aliens.

Iconic 1940's Story Bridge arguably provides the city's top activity, the Story Bridge Adventure Climb (sbac.net.au), suitable for kids over 12, that takes you up its ironwork high above the river.

RETAIL THERAPY

The Emporium in suburban Fortitude Valley (1000 Ann Street; emporium.com.au) is the place for international designer labels, as well as gourmet food and wine. Then sashay on down intersecting James Street for the boutiques of Australian designers.

On Sunday, join locals in plundering Riverside Markets (123 Eagle Street; eaglestreetpier.com.au) for arts and crafts, hand-made furniture, glassware, toys, fashion accessories and Aboriginal crafts such as didgeridoos.

Philip Bacon Galleries (2 Arthur Street; philipbacongalleries.com.au) is one of Australia's best galleries for sculpture and paintings by top Australian artists such as Albert Namatjira, Margaret Olley and Sidney Nolan.



SPORTING LIFE

Take an abseiling class in the city centre on the cliffs at Kangaroo Point with Riverlife (near Thornton Street Ferry Terminal; riverlife.com.au). The company also offers kayaking on the river.

Get on a bike and pedal along Bicentennial Bikeway, or 400 kilometres of other cycling tracks. Brisbane City Council (brisbane.qld.gov.au) has downloadable maps and operates a public bicycle-share scheme.

Head to Suncorp Stadium (40 Castlemaine

Street; suncorpstadium.com.au) to join local fans for live sport. It's home to Brisbane Broncos rugby league team, as well as Queensland Reds (rugby union) and Brisbane Roar (soccer).

ESCAPE

Just north of the city, D'Aguilar National Park (Mount Nebo Road; nprsr.qld.gov.au) features bushland, rainforest and waterfalls, with walking tracks themed on native animals and Aboriginal art. You'll need a rental car to visit.

Moreton Island (visitmoretonisland.com) is right on Brisbane's doorstep and features huge sand dunes, forest, lakes and magnificent beaches. Snorkel, bird watch, visit shipwrecks and sand toboggan.

To experience the Great Barrier Reef, take a day trip to Lady Elliot Island with Seair (Coolangatta Airport; seairpacific.com.au). Snorkel in the lagoon and admire corals and marine life; loggerhead turtles nest on the beach in summer.

PILLOW TALK

Edward Lodge (75 Sydney Street; edwardlodge.com.au) is a charming art deco B&B in hip New Farm with tropical gardens at the rear. It has four rooms and a one-bedroom apartment.

The Limes Hotel (142 Constance Street; limeshotel.com.au) is an ultra-groovy design hotel with a pared-down, no-fuss style, and has a rooftop bar and cinema.

Sofitel Brisbane Central (249 Turbot Street; sofitelbrisbane.com.au) sits above the railway station but is a classy oasis of calm, with spacious rooms and three lauded restaurants. ➤





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City guide: Brisbane



A Brisbane institution ... the Breakfast Creek Hotel with beer garden and live music on weekends.

WATERING HOLES

The 1889 Breakfast Creek Hotel (2 Kingsford Smith Drive; breakfastcreekhotel.com) is a Brisbane institution, whether you're perched at the heritage bar or relaxing in the beer garden. Live entertainment is provided on weekends.

The balconies of the Regatta Hotel (543 Coronation Drive; regattahotel.com.au), with their lacy heritage ironwork and overlooking the Brisbane River, are just the spot for a cold beer.

Kick back on slinky leather ottomans or prop yourself at the onyx bar at Cru Bar & Cellar (22 James Street; crubar.com), where you'll find a sophisticated crowd who know their fine Australian wines.

EATS

For a decent budget eat, head to Govinda's (99 Elizabeth Street; brisbanegovindas.com.au), where you'll find a buffet of Indian vegetarian food including curries, soups and samosas.

BRISBANE	
POPULATION:	2 million
CURRENCY:	Australian dollar; 1 dollar = PGK2.25
TAXI FARE FROM AIRPORT:	City centre A\$52
INTERNATIONAL DIALLING CODE:	61
LANGUAGE:	English
POWER:	Angled, flat three-pronged style plug as in PNG; 230 volts AC

Award-winning and always-busy bistro E'cco (100 Boundary Street; eccobistro.com) showcases the best of Italian and Asian-influenced Aussie cuisine, and has a wide choice of wines by the glass.


Relax in the courtyard or dine more formally upstairs at Moda (12 Edward Street; modarestaurant.com.au), where Spanish tastes

combine with fresh local ingredients to tastebud-tlingling effect on the ever-changing menu.

TUCK IN

It's hard to pick Brisbane's signature dish; after all, contemporary Mod Aus cuisine has been influenced by the flavours of Britain, the Mediterranean and Asia. But few dishes could get more distinctively Australian than kangaroo, notable for its low-fat, high-protein content and rich, gamey flavour.

Try it seared, accompanied by a good Australian shiraz, at Tukka (145b Boundary Street; tukkarestaurant.com.au), a restaurant renowned for its use of native ingredients that also include possum, crocodile, emu and indigenous berries and herbs. ■

 **Air Niugini has double daily flights between Port Moresby and Brisbane. See airniugini.com.pg.**



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Solomon solitude

Craig Tansley reports on the raw beauty waiting to be discovered in the Solomon Islands.

Looking from the porthole window of my plane, I see untethered, virgin rainforest. There's scarcely a single break in the jungle except for a strip of crushed coral serving as an airstrip.

The sea below is that colour you've probably questioned in all those travel brochures – the unworlly turquoise that has to be photo-shopped, right?

The Solomons could quite well be the planet's most under-rated island group, with as pristine and perfect atolls and islands as you'll find anywhere in French Polynesia.

We tend to know so little about the Solomons, so here's a snapshot: there are 992 islands of which just 147 are inhabited. The Solomons stretch for nearly 2000

kilometres, all the way from Papua New Guinea to Vanuatu.

I'm coming in for a landing here in the Western Province, 280 kilometres north-west of the capital, Honiara.

“

From every vantage point on the island I see blue lagoon and coconut trees.

”

This area is rarely seen by tourists – even Gizo, the Western Province's sleepy capital,



receives barely 5000 visitors a year. Most of them are hardy surfers and mad-keen divers.

Rivalling Papua New Guinea, the Solomon Islands are home to one of the world's most pristine marine environments, recognised as one of the planet's diving hot spots.

The waves here also are legendary, with uncrowded surf breaks along most of the coastlines. Two surfers in a line-up is a crowd in the Western Provinces; three is unheard of.

The troubles in the capital, Honiara, undoubtedly put many travellers off, but that was over a decade ago, and besides, the conflict was political and restricted to locals; not a single tourist was harmed.

Many have thought it difficult to travel to the Solomons, but Air Niugini has twice-weekly





Where jungle meets water ... Uepi Island Resort and the lagoon that author James A. Michener described as “the eighth wonder of the world” (above); another slice of Solomons paradise, this time the lagoon at Wilderness Lodge on Gatokae Island.

flights from Port Moresby to Honiara, and then it’s a 40-minute domestic journey here to Seghe.

When I land, I’m taken by canoe across Marovo Lagoon to Uepi Island.

Author of *Tales Of The South Pacific*, James A Michener, called the lagoon “the eighth wonder of the world” – he had a point, it is one of the world’s largest lagoons.

Uepi Island is dwarfed inside this gigantic lagoon; it’s a tiny eco-resort with 10 rooms that can accommodate 32, though when I get here there’s barely 10 guests.

From every vantage point on the island I see blue lagoon and coconut trees. On Uepi’s sea side the ocean drops down 2000 metres into a trench – along the drop-off you’ll find some of the area’s best diving.



War came right through the Western Province region in 1942. As a result the area – and the waters off the main island of Guadalcanal – is a graveyard of sunken planes and destroyers, offering some of the best wreck diving in the world.

It’s also the kind of place you’ll walk smack bang into World War 2 wrecked planes on a jungle hike.

On my first snorkelling boat trip I come face to face with one of the marine world’s rarest creatures. Two endangered loggerhead turtles are in a jellyfish feeding frenzy in deep water when I arrive. I jump into the water and hold my breath to swim beside these massive creatures (loggerheads can ➤



Solomon solitude

TOP THREE THINGS TO DO

SURF

The Solomons surf is under-rated. There are never any crowds but there are thousands of breaks across the islands with some of the best in the Western Provinces around Gizo where there are some low-key surf camps. The best time for surfing is between October and April.
solomonislands-fatboys.com.au

DIVE

The coral reefs are undamaged while the number of marine species is staggeringly high. But perhaps the biggest highlight is the amount of World War 2 wrecks to dive amongst. There are numerous dive camps.
uepi.com divegizo.com bilikiki.com

FISH

There is almost no commercial fishing in the Solomons and there's a lot of big-game fish lurking, like sailfish, dog-tooth tuna, wahoo and the best prize of all, marlin. There are fishing charters and lodges to choose from where you can deep-sea fish, wreck fish, reef fish, beach fish or fish in estuaries.
wildernesssolomons.com/activities/sportfishing.html



Uepi Island ... colourful above and below the water.

grow to 1500 kilograms). They don't seem to care at all about me, so I swim with them for half an hour, watching them gorge.

Most of the people around Marovo Lagoon live through subsistence farming and fishing. They paddle the waters of Marovo Lagoon in simple, hand-carved canoes.

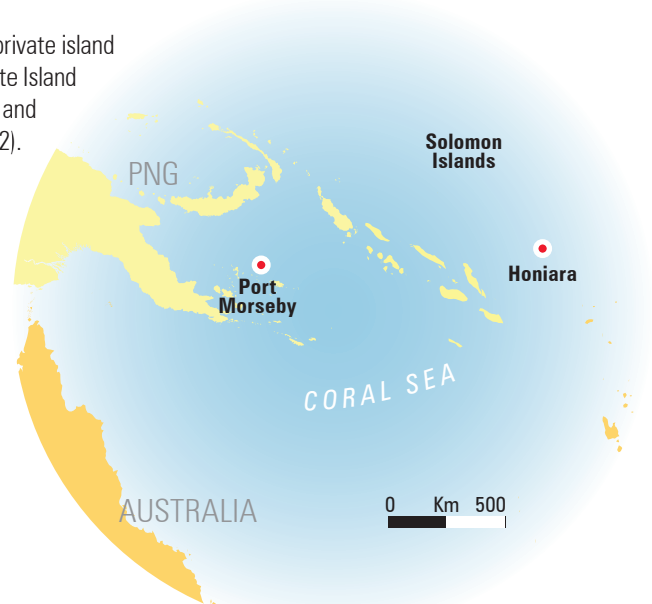
There are several eco-resorts along the barrier reef islands of Marovo Lagoon, and some by the east coast of New Georgia Island are under-stated, yet simple affairs that you don't hear much about from travel agencies. But they have it all: isolation, quiet, fresh seafood, icy cold beer and the kind of over-water sunsets we'd travel 20 hours on a plane to see.

There is a range of accommodation options across the entire Solomons – from budget all

the way through to five-star private island retreats like Tavanipupu Private Island Resort (which Prince William and Kate Middleton visited in 2012).

There's no end to the exploration you can do in the Solomons. I experience life on three islands, that leaves 989 I have to visit.

In a decade or more of travelling for a living, I've barely heard of these islands, but it's here that the best elements of the Pacific combine in the simplest and purest forms. ➤



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Solomon solitude



Life in the Solomons is basic – one day I hand over a fish hook to a fisherman in a bark canoe and the look of delight on his face is worth a week of over-water bungalow nights in a ritzy resort – but just being one of the few thousand who visit here each year makes me feel

like I've stumbled upon the world's best-kept secret. ■

 **Air Niugini flies from Port Moresby to Honiara every Friday, Sunday and Tuesday.**
See airniugini.com.pg.

NEED TO KNOW
STAYING THERE
 For Uepi Island Resort, see uepi.com; for Tavanipupu Private Island Resort, see tavanipupu.com.
WHEN TO GO Avoid the cyclone season from December to March. The best time to visit is during the dry winter months from July to September.
MORE INFORMATION visitsolomons.com.sb.

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FOUR SEASONS, TOKYO

TASTE

The gourmet high-tea options include truffle popcorn, mini wagyu burger with foie gras and potato galette with balsamic marinated sardine. Sweet treats include Earl Grey and Orange Peel Scones.

DRINK

A choice of over 30 teas and coffees, including jasmine and Tarry Lapsang Souchong.

AFTERWARDS

Pamper yourself in the spa, where the range of treatments includes the 90-minute "Tree of Life" with baobab oil, a moisturising emollient that soothes and heals the skin.

STAY

Relax in one of the hotel's deluxe one-bedroom suites, located on the corners of the tower.

OVERHEARD

"You get the kind of experience you expect from a first-class hotel – the food is first rate." TripAdvisor.

WEBSITE

fourseasons.com/Tokyo



SHERATON ON THE PARK, SYDNEY

TASTE

Enjoy the "Fashion High Tea" at The Gallery Tea Lounge. With a nod to the nearby designer stores and fashion magazine offices, the tea includes a whimsical array of trendy treats including truffle chocolate heels and strawberry cream purses.

DRINK

A wide choice of teas and coffees and if you order the "Sparkling Tea Stand" it includes Domain Chandon Brut.

AFTERWARDS

Take a stroll towards the harbour and take in the spectacular views of the Sydney Harbour Bridge and Opera House.

STAY

For a special occasion, book one of the terrace spa suites, featuring custom-designed furnishings of rich chocolate timber and spa bath, and a personal butler service.

OVERHEARD

"A very stylish, fun and delicious experience!" TripAdvisor.

WEBSITE

sheratonontheparksydney.com



AIRWAYS HOTEL, PORT MORESBY

TASTE

Relax under the distinctive punkah fans at Seven C's Cafe, or settle on a couch in the lush atrium, then sample high-tea treats including delicate canapes and cakes.

DRINK

Celebrate a special occasion with the huge selection of cocktails or French champagne.

AFTERWARDS

With its spectacular views of the Owen Stanley Ranges, sit back in the poolside bar with live music under the stars.

STAY

The generously spacious Dakota king rooms offer a stylish refuge with balconies overlooking the hotel's gardens.

OVERHEARD

"Lovely, relaxing place with great food and service." TripAdvisor.

WEBSITE

airways.com.pg





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TIME TRAVELLER

Bronislaw Malinowski with locals, 1915–17

While the much-revered anthropologist and ethnographer Bronislaw Malinowski was lauded for his work in documenting the complicated cultures and rites of the handsome Trobriand Islanders, he did much of his observations through the century-old lens of a patriarchal European.

Even though the celebrated Polish researcher spent two years among the islanders, studying, photographing and documenting them, Malinowski did not fully grasp the power and influence of the women in this matriarchal society.

Nancy Sullivan, a resident anthropologist who has lived and worked in PNG from her base in Madang for almost 25 years, says that despite his voracious intelligence, which produced seven books on Trobs gardening and love magic, kula and kinship, Malinowski was still a product of his age and could not see the female ceremonies going on under his nose.

“It wasn’t until 40 years later when Annette Weiner examined Trobriand culture from a woman’s perspective that we could build upon the insights of that otherwise great scholar and shed new light on the life and productive activities of Trobriand’s women. In so doing, she could draw the brilliant, now sensible, connections between so many aspects



of Trobs culture by highlighting what seemed obvious to her but hadn’t been so obvious to Malinowski.”

For further insight into PNG culture, see www.nancysullivan.net.
— RODERICK EIME

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



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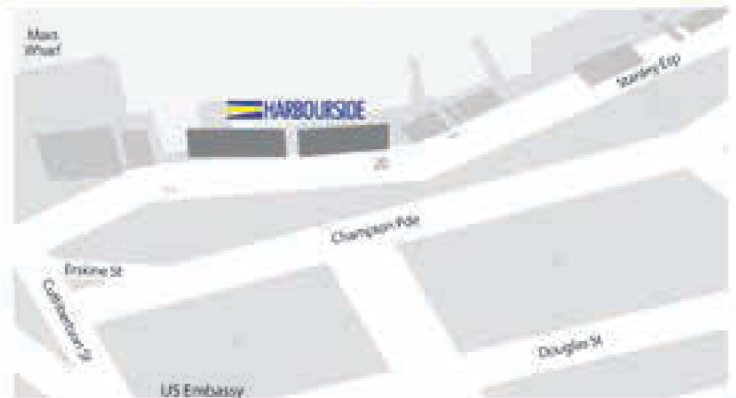
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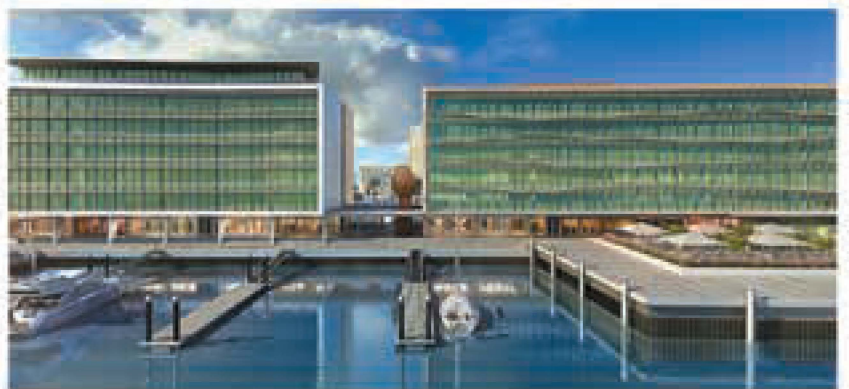
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2015 ALMANAC

The year ahead in PNG and Asia/Pacific

Belinda Jackson previews her must-see events, from PNG cultural festivals, to an open day in a Japanese palace, and Singapore's great shopping sale



PAPUA NEW GUINEA

July 4–8: XV Pacific Games
These friendship games will see 3000 athletes from 21 Pacific nations compete in 28 sports in Port Moresby. Team PNG will be represented by more than 600 athletes. The Games are every four years in a different Pacific nation.
portmoresby2015.com



July 14–17: National Mask Festival
Held in Rabaul, New Britain, this festival draws makers and performers from around PNG, showcasing masks used in ceremonies and performances.
papuanewguinea.travel

August 5–7: Sepik Crocodile Festival
The Sepik culture has beliefs and legends based on the crocodile, and in this festival villagers perform crocodile-themed dances and dramas. There are also crocodile-themed handicrafts. The festival takes place at Abunti.
papuanewguinea.travel

August 15–16: Mt Hagen Cultural Show
Since 1964, tribes from the Western Highlands Province have gathered to share their culture in song, dance and exotic costumes. For tourists, the mysterious Asaro Mudmen are an highlight.
papuanewguinea.travel

September: Hiri Moale Festival
This annual event in Port Moresby celebrates the epic trading journeys of the Motuans. There is music, canoe racing, dances, art,

craft and the Hiri Queen beauty pageant. Many of the festivities are centred at Ela beach. In 2014 there were almost 1500 dancers in colourful costume.
papuanewguinea.travel

September: Morobe Cultural Show
This three-day event in Lae brings together agricultural and farming displays.
papuanewguinea.travel

September 11–13: Goroka Cultural Show (pictured)
PNG's biggest and longest-running annual gathering sees more than 100 tribes presenting their rituals in the Eastern Highlands.
gorokashow.com

September 16: Independence Day
This year marks the 40th anniversary of independence

from Australia in 1975, and the milestone anniversary will be marked with more gusto than usual. Celebration details are still being finalised, but expect *sing-sings*, cultural dances and to see the national colours of black, red and gold everywhere.

Late October, early November: Kenu and Kundu Festival
Traditional canoes and kundu drums come together for this spectacular. Crowds line the shores at Alotau in Milne Bay to watch races and dances.
papuanewguinea.travel

Specific dates for many of the 2015 PNG events were still to be confirmed when Paradise went to press.



AUSTRALIA

March 27–April 26: Opera on Sydney Harbour
Milijana Nikolic and Jacqueline Dark lead the cast of Verdi's *Aida* as they alternate in the role of the Egyptian Princess Amneris, who vies for the heart of Radamés with Aida, an enslaved Ethiopian princess. The opera is sung in Italian, with English subtitles.
opera.org.au



May 22–31: Port Douglas
Carnivale
About a one-hour drive from Cairns, Port Douglas comes alive for 10 days with food, wine, arts and music events. Evening shows feature international comedy, fashion, theme dining experiences and celebrity chefs.
carnivale.com.au

May 22–June 8: Vivid Sydney
The waterside city shines during its annual light, music and technology festival, with free light installations and sculptures along the foreshores. The focus is on Sydney Harbour, so check into a waterfront hotel or jump on a local ferry to catch the action.
vivid_sydney.com

July 30–August 2:
Cairns Indigenous Art Fair
Discover the world's oldest living culture in a three-day celebration of visual arts and music across

North Queensland. Underpinned by art exhibitions, this is Australia's top indigenous art fair, and also features dance and theatre.
ciaf.com.au

September: Brisbane Festival
Brisbane goes into hip and happening overdrive for three weeks during its annual arts festival. There's music, comedy, opera, circus and cabaret for all, with family friendly and free events, too. Queensland's capital lights up in the finale, with a fighter jet flyover and massive fireworks.
brisbanefestival.com.au

October 22–November 8:
Sculpture by the Sea
Join thousands who walk Sydney's spectacular coastline, from Bondi to Tamarama, on the world's largest annual free outdoor sculpture exhibition.
sculpturebythesea.com

FIJI

July 18–24: Bula Festival
The week-long festival sends the town of Nadi into party mode, with parades, bands, Pacific dance competitions, food stalls and Bollywood theme night, culminating in the crowning of Miss Bula. The festival raises money for charity.
fiji.travel

August: Hibiscus Festival
Fiji's capital, Suva, comes alive to celebrate Pacific arts and craft, traditional and contemporary dances and sports. A highlight is the Miss Hibiscus beauty pageant.
hibiscusfiji.com

HONG KONG



From February 19:
Chinese New Year
Hong Kong loves a party, and its New Year's celebrations are the biggest in town, running for 15

days. In between the fireworks, traditional foods, markets and horseracing, the highlight is the Night Parade.
discoverhongkong.com

March 27–29: Hong Kong Sevens
A key event on the rugby circuit, the 2014 champion, New Zealand, will battle all comers from the world's top rugby nations in 15-minute matches at Hong Kong Stadium, Causeway Bay.
hksevens.com

December: Hong Kong International Races
Hong Kong's two racecourses, Happy Valley and Sha Tin, hit their peak during the "turf-world championship", with total prize money around HK\$83million.
hkjc.com ➤



2015 almanac

INDONESIA

March 21: Balinese New Year Bali prepares for its New Year by cleansing and performing offerings and frightening away evil spirits with gigantic demonic statues (pictured) that are paraded, then burnt, in each village. In contrast, New Year's Day, Nyepi Day, is a day of silence, when even airports and cruise terminals are closed, and Bali is at peace.

indonesia.travel

June–July: Jakarta Great Sale Locals set their alarm clocks for the midnight sales at Jakarta's glamorous malls: be sure to download your discount card for extra savings during the month-long sale.

jakarta-great-sale.com

October: Ubud Writers and Readers Festival One of the world's great writers' festivals attracts more than 150 renowned writers from 25 countries. Held in Ubud, an hour north of Denpasar, there are also literary lunches, children's classes, art exhibitions and even food and yoga events in the cultural heart of Bali.

ubudwritersfestival.com

November: Jakarta Fashion Week

Now in its eighth year, expect the unexpected, from fabulous feathers to chic Muslim-wear over seven days of glamour.

jakartafashionweek.co.id ➤



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JAPAN



January 2: Kokyo Ippan Sanga Japan's royal family invites the public to cross Nijubashi Bridge into the Imperial Palace, Chiyodaku. The family also appears on the balcony to wish subjects a happy New Year. The palace is open only twice a year (the other day is the

Emperor's birthday, on December 23).

jnto.org.au

March 21–22: Tokyo International Anime Fair Crazy for Japanese animation? You're amongst friends: watch, shop and experience anime:

includes a dedicated family section.

anime-japan.jp/en

May 15–17: Sanja Matsuri The Three Shrines Festival is Tokyo's biggest, luring over a million people. Held at Sensoji Temple, Sunday's grand

procession is a blur of traditional musicians, Shinto dancers and shrines carried through the streets.

jnto.org.au

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MACAU

Mid September–October 1:

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macautourism.gov.mo ➤



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MALAYSIA



April 3–5: Malaysia International Shoe Festival

The world's most famous shoe designer, Jimmy Choo, is Malaysian, so it makes sense that Kuala Lumpur is the home of the MISF. Expect towering stilettos, glittering sandals, no-nonsense boots and ballet flats galore: this is the 56th festival and celebrates everything from shoe making and designing to fashion. And there is shopping, with discounts as attractive as the shoes themselves.

malaysiafootwear.com

May 28-31: Magic of the Night Festival

Marina Putrajaya, south of Kuala Lumpur, lights up when every Malaysian state floats a boat decorated with its icons, from orang-utans to hibiscus, even a proboscis monkey or two.

tourismmalaysia.com.au

October 23-25: Malaysian Motorcycle Grand Prix

Held at the challenging Sepang International Circuit in Selangor, an hour south of Kuala Lumpur, and also home of the Formula 1 Malaysian Grand Prix.

sepangcircuit.com

PHILIPPINES

January 9: Feast of the Black Nazarene

The streets of old Manila around Quiapo Church are filled with crowds trying to touch the revered statue of the Black Nazarene, said to perform miracles.

itsmorefuninthephilippines.com

January 9–8: Sinulog Fiesta

Cebu's biggest festival is a nine-day celebration of Santo Nino, the Child Jesus: expect plenty of dancing. The finale is the grand parade through Cebu City on January 18.

itsmorefuninthephilippines.com

SINGAPORE



April 8-12: World Street Food Congress

The eating never stops in food-obsessed Singapore, and it goes 24 hours a day during the congress, where street food from around the world is raised up high. Explore the culture behind each

dish, watch chef demonstrations, even take home a recipe or two.

worldstreetfoodcongress.com

May-July: Great Singapore Sale

This is eight weeks of shopping madness, from the biggest names in fashion on Orchard Road to

quirky Kampong Glam boutiques, with jewellery, sports gear and electronics also on sale. Many key shopping locations stay open late, with discounts and deals galore.

greatsingapore.com.sg



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SINGAPORE



September 18-20: Formula 1 Singapore Grand Prix
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circuit. Not just for car fanatics, there's also entertainment, food markets, fashion and nightlife.
singaporegp.sg

SOLOMON ISLANDS

June: Wogasia Spear Festival
During this four-day event, the Aorigi people of San Catalina, in Makira-Ulawa Province, celebrate the lunar New Year and end of the yam harvest with a spear-fighting festival.

July 17-18: Akuila Talasasa Festival of Arts
The drawcard of this tribal festival is a regatta of the big tomoko war canoes of the people of the Western Provinces, used in the past for raiding and head-hunting. Held in Gizo, the annual event also showcases local arts, dance and music. ■



 **All of the events listed here are easily accessed via Air Niugini flights. In some cases, domestic connections may be necessary. See airniugini.com.pg.**

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BOWLING

Ben Creagh reports on the rise of PNG's Barramundis cricket team up the world rankings.

Steamin' in ... PNG bowler Willie Gavera (left); cause for celebration (middle); Assad Vala hits out.

Cricket in Papua New Guinea continues to emerge on the world stage as a commitment to developing the sport in the country takes effect.

PNG's national team, the Barramundis, played their first official one-day internationals (ODI) in November against Hong Kong in Townsville, Australia.

While the Barramundis were victorious in both matches, it was more than just an on-field milestone for the sport in PNG.

In recent years, the commitment

of Cricket PNG to improving the standard of the sport in the country has culminated in the team improving its world ODI ranking to 15th and being recognised by the International Cricket Council (ICC) with full ODI status.

Cricket PNG also promoted its national players in September by awarding them with playing contracts, with the 16-player squad now being paid full-time salaries, travel allowances and match payments.

Greg Campbell, general manager of Cricket PNG, says signing the





THEM OVER

players to the contracts is a major achievement for cricket in the country.

“We all came to a mutual agreement – the players, coaches and management,” Campbell, a former Australian Test cricketer, told *Paradise* magazine. “The contracts each year will be drawn up by a selection committee, our high-performance manager and will be based on player performances, attitudes and fitness tests, just like they would do in Australia.”

Campbell is hopeful the team’s transition into a more professional

outfit, along with its elevation to full ODI status, will translate into more on-field development.

The Barramundis fell agonisingly short of qualifying for both the Twenty20 World Cup in Bangladesh earlier this year and the ODI World Cup in Australia last year, where the team would have faced the top-ranked sides in the ICC.

However, Campbell says the standard of cricket in PNG has improved “out of sight” despite there still being a long way to go in the development of the sport, both on and off the field. ➤



Bowling them over



ICC ONE-DAY CRICKET RANKINGS

*TABLE CORRECT, DECEMBER 2014

1 Australia	5 England	9 Bangladesh	13 Scotland
2 India	6 Pakistan	10 Zimbabwe	14 United Arab Emirates
3 South Africa	7 New Zealand	11 Afghanistan	15 Papua New Guinea
4 Sri Lanka	8 West Indies	12 Ireland	16 Hong Kong

“To be ranked in the top 16 gives us a lot more opportunities to play in more of these top-level games. We have to play seven ODIs in the next 18 months, and three have to be in PNG, with three away and one on neutral ground,” Campbell says.

“That has been a big achievement, but just as big an achievement has been the attitude and professionalism of the players.”

While the Barramundi cricketers are now regarded as full-time players, Cricket PNG’s push towards professionalism has been ongoing for several years, with the appointment of elite coaches and management, and a commitment ▶

A field of smiles ... enthusiastic young cricketers in PNG’s School Kriket Program.





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Bowling them over



to grassroots development of the sport..

More than ever, cricket is being played at schools and villages around the country as awareness of the national team, and its achievements, become known to PNG's players of the future.

Cricket PNG has taken advantage of the sport's rise by promoting it through initiatives like the School Kriket Program, which was introduced nation-wide in 2010, and focuses on developing participation in the sport around the country. ■

Six and out in the water ... grassroots cricket is taking hold in PNG as more youngsters pick up bat and ball.



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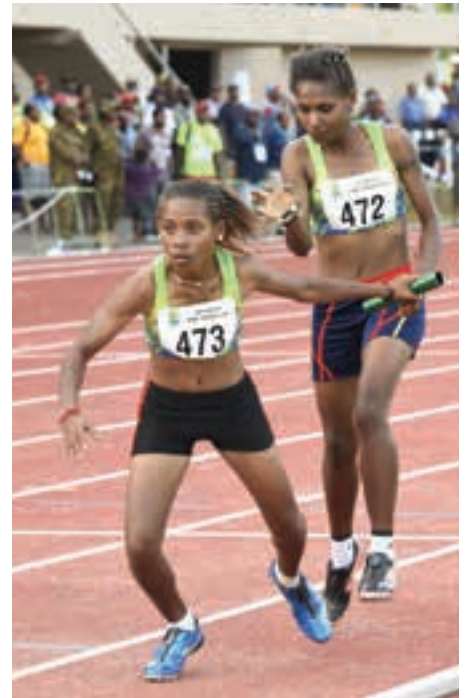
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TOP 10 MEDAL TALLY

	G	S	B	T
Morobe	45	36	26	107
Central	43	44	25	112
NCD	37	42	28	107
AROB	26	9	26	61
Eastern Highlands	14	10	14	38
East New Britain	13	19	22	54
Simbu	6	15	8	29
Western Highlands	6	5	12	23
West New Britain	5	8	7	20
Manus	5	3	8	16



PNG Games hailed a triumph

Ben Creagh reports on the success of the PNG Games in Lae.

A carnival of sport consumed Lae in Morobe Province when the PNG Games took over the city for two weeks during November.

With more than 8000 athletes from 22 provinces competing in 28 sports, the 2014 event proved that the PNG Games continue to become bigger and better.

After an inspirational opening ceremony attended by the Prime Minister, Peter O'Neill, Games ambassadors Scott Prince and Toea Wisil, and thousands of athletes and spectators, the event showcased both the country's outstanding and emerging sporting talent.

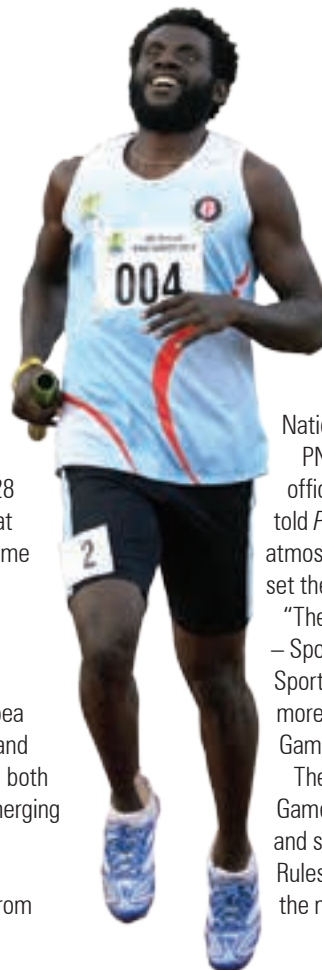
While the Games delivered a number of upsets and surprises from

emerging provinces such as Bougainville and Manus Island, it was Morobe that led the medal count from Central Province and the National Capital District.

PNG Games chief executive officer, Materua Tamarua, told *Paradise* magazine that the atmosphere at the opening ceremony set the scene for an exciting event.

"The whole theme of the Games – Sports Spirit, Sports Respect and Sports Dreams – couldn't have been more on show throughout these Games."

The 28 sports that made up the Games received strong participation and support, with rugby, Australian Rules, cricket and soccer amongst the most popular with fans.



Field of dreams ... (clockwise from top) half marathon winners Azaria Karai (Autonomous Region of Bougainville) and Kupsi Bisamo (Simbu); baton change for Team Morobe; 400-metre relay runner from New Ireland; a Simbu athlete flies the flag; a runner from the Autonomous Region of Bougainville eases off after the 4x200 metre final.





PICTURES: ROCKY ROE AND PNG GAMES 2014, HOC



“

These Games are shaping up as a defining moment for Lae. Everything is coming together for the city.

”

PNG Games chairman, Phil Franklin, says the event has set a new standard for not only the biennial national meeting, but also for the city of Lae.

“These Games are shaping up as a defining moment for Lae. Everything is coming together for the city. It has now hosted these very successful Games and continues to see improvement in terms of key infrastructure around the city.”

The next PNG Games are to be held in West New Britain in 2016. ■



MUSIC MAN

David Bridie in rhythm with PNG

Dorian Mode speaks with the award-winning musician about his connection and deep passion with Papua New Guinea.

David Bridie is a seven-time ARIA (Australian Recording Industry Association) award-winning songwriter and composer. He has enjoyed a distinguished career as one of Australia's most innovative musicians. For the past 30 years Bridie has been associated with the music of Melanesia. These days, he has become associated with the music of Papua New Guinea.

Q: Australians (over the age of 12) will know you from the bands Not Drowning Waving and My Friend the Chocolate Cake but *Paradise* magazine readers will be intrigued by the work you've been doing in PNG. What inspires you about PNG music and its musicians?

A: Papua New Guinea music is not one thing, like its people it's varied and diverse. I first heard it when I travelled to PNG in 1986 as a curious observer of culture. The music, the unique sounds I heard, a chance meeting with George Telek, and I was hooked.

Such was the impact that I returned two years later to record the *Not Drowning, Waving* album *Tabaran*, in collaboration with the wonderful George Telek.

I've been to PNG many times since. Papua New Guinea is so many different things and the music reflects its diversity. I've been fascinated and inspired, recorded it and danced to it for 30-plus years (Bridie has been to PNG more than 35 times) – from haunting bamboo flutes, to Mambu floating out over misty valleys, or Garamut rhythms from Manus Island that are unlike any rhythms anywhere in the whole world. And this is something the Wantok Musik Label is trying to tell the world.

So it's many things. You play these Garamut drums from Manus Island and they haven't heard anything like it because it's unique; the surging vocals of traditional laments and yam songs where vocals crescendo and I could sit and listen to it for hours. It's something that goes right to the ground and it goes right back to the fact that these songs come from the ancestors of the people singing them who have eaten food from the same gardens from the same plot of land back over the centuries. ➤

David Bridie ...
"Papua New Guinea is so many different things and the music reflects its diversity."



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Music man



George Telek ... the PNG musician has played multiple overseas gigs. Bridie says: "George is probably Papua New Guinea's greatest ambassador."

It's the string-band music, you know, five guitars and two ukuleles, that is different in every different province of Papua New Guinea, from the languid beautiful styles of the string bands to the fast energetic Tolai string band. It's island reggae, it's the pop songs from bands such as *Barike* and *Anslom*, and it's the *Peroveta* and *Matipita* choirs. It's the singing that comes out of the church. Or the choirs from Matipi Island. Or the beautiful four-part harmonies that are also found in the string band music.

I'm not a religious person but I regularly go to church in Papua New Guinea because I love hearing the singing. It's kids walking down the beach singing pop songs, it's women singing at work. And all this takes phenomenal talent and innate sense of culture and space.

Q: These days you compose a lot of music for film and television – particularly with an indigenous or Melanesian focus. In the feature documentary film *Strange Birds in Paradise*, we hear the outlawed

folk songs from West Papua. Can you talk about that experience?

A: That was a great documentary that follows up recordings I did with *Black Paradise* and George Telek's anthemic song *West Papua*. Probably everyone in the region knows that song and that film clip.

West Papuans have the most in common with Melanesia and Papua New Guinea. The border's just been struck down the middle. So I think most Papuans not caught up in the politics of the situation would see the West Papuan people as their brothers and sisters.

When you hear the music, there are a lot of artists from Wamena from the Baliem Valley in West Papua and it has a connection with songs from Mt Hagen or Tari or Mendi and the people from the coast – it is very similar to the music from Aitape and Jayapura with their own unique nuance. PNG has the most language groups in the world – this is reflected in the wonderful variation of their sounds and traditional rhythms. Through music in that documentary there's a through-

line that connects West Papua with Papua New Guinea.

I've done a lot of film soundtracks and it's a way of being able to work with a lot of Papua New Guinean musicians and contribute their songs in soundtracks. It's great work and a different way of being able to use music in the same way of doing live gigs or making a record. It's another string to the bow.

Q: George Telek is considered an elder statesman of music in Papua New Guinea. Can you tell me about working with him?

A: We got his music released on (Peter Gabriel's) Real World label. Half the album we did in Rabaul, some in my studio in Melbourne and the other third in Bath (UK). And that was a big feather in George's cap. But George is probably Papua New Guinea's greatest ambassador in a world where too much of the media concentrates on the problems of Papua New Guinea.

He has toured the States three times, Britain five times, Europe a few times ►





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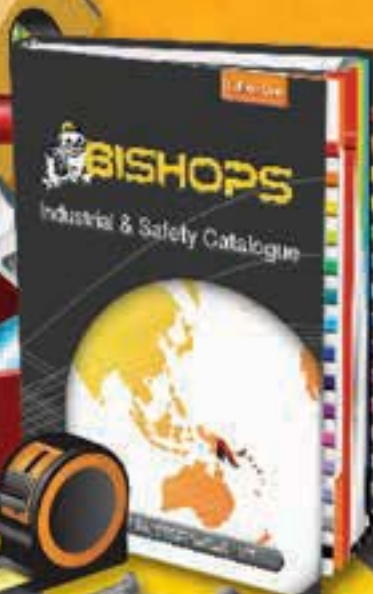
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Music man

and Australia umpteen times. He'll sing songs about the extended family and life in the village. And in the one concert he'll sing contemporary songs and string band songs and traditional solo songs. I have worked with George since 1986. He's stayed with my family here plenty of times. I've stayed with his family many times up there.

Q: Can you tell us about the idea behind Wantok Musik?

A: Wantok is about assisting the best artists from Melanesia and indigenous Australia to reach new-world markets, international festivals and record releases but it's music of a cultural nature so it follows what Tony Subam was doing with his band.

Tony was an amazing guy. He was a great PNG artist who passed away with minimal money even though he was one of the countries most important musicians. The Wantok Label was created to help assist artists like Tony earn an income from their art

by placement of songs in film and television, international touring and distribution support.

He came out of the art school in Moresby and sang and toured the world with a band.

“

I'm not a religious person but I regularly go to church in Papua New Guinea because I love hearing the singing.

”

All the music had a cultural base and worked towards a hybrid form of music that blended the traditional and contemporary forms but remained true to its origins.

It's all well and good for reggae and dance hall to exist and that's fine and every nation in the world has its pop, dance and reggae music industry – and PNG does it as well as anybody. But what is unique about PNG is the cultural music that is never left behind – and that's what the rest of the world wants to, indeed needs to, hear.

This is something that Papua New Guineans are very proud of. My role as producer and running the label is to help promote artists like George Telek or Richard Mogo or Airileke, Ngaiire and the *Pidia Kaur* group from Bougainville. We've had good success in getting these artists some international gigs and sales.

Q: So there's a market for PNG music?

A: There's a market for anything, really – but nobody's going to earn money like *The Beatles*. How it works with Telek's career or even with my career is this is simply another form of income. I don't think anyone lives ►

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Music man

off it entirely. But together with the gigs George does in Papua New Guinea or I do in Australia, these are the places you can tour or sell records and get work.

Hopefully for the next 'George Telek' the path will be easier. We're planting the seeds now. And that tree's starting to grow. It will be much bigger in 20 years' time. There are so many great musicians in Papua New Guinea who have a voice.

Q: Can you see yourself living (or retiring) in PNG one day?

A: I go there often enough that I don't miss it too much because I'm there every four months or so. I have a house at the Baining. I can always stay with Telek's family in Kokopo. It's 60 kilometres from Rabaul. I have friends all over PNG. So sometimes I just go to PNG to relax.

As we finish our interview, Bridie is ready to board a plane to Spain to promote PNG music to the world. While in London, he'll perform his Melanesian-influenced music. ■

You can find David Bridie's music at:
davidbridie.com

[youtube.com/channel/UCD4P8phRnf1vKsrdf2AZJg](https://www.youtube.com/channel/UCD4P8phRnf1vKsrdf2AZJg)

You can find the artists mentioned in this article at:
wantokmusik.org



Three-way collaboration ... George Telek, Hein Arumisore and David Bridie in concert.



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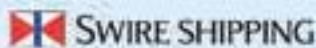
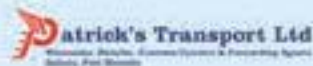
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SNAPSHOT

of PNG life



PICTURE: KIARA WORTH

The best photographs of PNG went on show in Port Moresby recently, showing the country at play.



PICTURE: FRANBECK BOULAY

Papua New Guinean life from the beach to the mountains was captured in the recent Photographic Association of Papua New Guinea's annual photo exhibition and competition.

Kiara Worth took the winning photo, of three boys playing on a beach.

The judges said: "You can't help but feel happy when you look at it."

The runner up was Franbeck Boulay for a striking photo of a child at a *sing-sing*, and third prize went to William Ravian for his image of a man on a river bank.

There were a record 690 entries in the competition and the top 40 were exhibited at Vision City. ➤



PICTURE: WILLIAM RAVIAN

The top three ... Kiara Worth's boys playing by the sea won the Photographic Association of PNG's annual photo competition (opposite page); runner up was Franbeck Boulay's poignant portrait of a child (top); third-placed was Willaim Ravian's man next to a river (above).



Snapshot

“We were really impressed once again by the high standard of photographs submitted,” said PAPNG president Caroline Thomas. “There are a lot of very talented photographers in PNG.”

The PAPNG is a voluntary members’ association that was founded in 2010, with the aim of promoting and encouraging photography at all levels in PNG. As well as the annual competition and exhibition, the PAPNG hosts talks, photography classes, and special events such as day-trips.

“We’d love to see new members, and you don’t need to have any special knowledge or equipment to join us,” said Caroline Thomas. ■

For more information about the Photographic Association of Papua New Guinea contact photography.png@gmail.com or see facebook.com/photography.papua.new.guinea.



Music men ... bamboo flute players from Simbu in the heart of the Highlands.



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Snapshot



Face time ... (clockwise from top) tribesmen; a rope walker takes his chances above a river; standing out among the crowd; happiness on the field; father and child take shelter under an umbrella; a coffee break at Daulo Pass.





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BY NINA KARNIKOWSKI

Our favourite cameras



Nikon D5300

If you feel as though it's time to graduate from a compact camera to a DSLR, the Nikon D5300 will help make the transition smooth. The entry-level DSLR has a 24-megapixel resolution and omits an optical low-pass filter, which basically means sharper images, which you can check out on the go on the 8.1cm swivelling LCD – without fear that you'll drop your new baby thanks to the deep hand grip. *PGK1900, see nikonusa.com.*



Olympus OM-D E-M1

The retro dials and textures on the Olympus OM-D E-M1 make it one of the best looking cameras around. The build of the camera has also taken its cues from the 70s, when smaller OM film cameras and lenses with exceptional optical quality were being made, which the OM-D E-M1 has but in digital form. The pro-style mirrorless camera has a 16-megapixel micro four-thirds sensor, and a focusing system that can keep up with speedy, full-size systems. *PGK3546, see getolympus.com.*



Panasonic Lumix DMC-GH4

This 16-megapixel compact DSLM mirrorless camera is loved for its excellent still image quality, and because it takes video to another level by shooting in ultrahigh definition (or 4K as the professionals call it). The high-resolution LCD uses Panasonic's touch-sensitive technology, and there's a huge range of lenses available for it from Panasonic, Olympus and Leica. *PGK4356, see panasonic.net.*



Fujifilm X-T1

If you're desperate to take an interchangeable lens camera along on your next jaunt but don't want to lug an enormous DSLR about with you, Fujifilm's retro-styled X-T1, which looks like a 1970's film SLR, might be just the thing. Super speedy and with one of the best electronic viewfinders on the market, it also has built-in Wi-Fi for wireless sharing or remote shooting. *PGK3292, see fujifilmusa.com.*



Olympus TG-3

The perfect travel companion for all the thrill-seekers out there, the pocket-sized Olympus TG-3 has a

construction that's tougher than Jean Claude Van Damme. It's completely shockproof, freezeproof, dustproof, waterproof to 15 metres without a housing, and can withstand 100 kilograms of crushing force. It includes a host of action-oriented features like GPS location capability, Wi-Fi wireless control, an electronic compass, pressure and altitude gauges and the widest-aperture lens in its class, plus image stabilisation is used to help tame camera shake. It also includes a selection of seven Art Filters, interval shooting and time-lapse capture modes for the more creative snappers out there. *PGK886, see getolympus.com.*



Sony DSC-RX10

If you need your camera to do everything, from capturing the details on an ancient Indian temple to shooting close-ups of monkeys in Bali, but want to save your shoulders from that weight, Sony's DSC-RX10 could be the camera. It comes with an excellent fixed Carl Zeiss lens with a 24-200mm equivalent zoom with a fixed f/2.8 aperture, which works well even in badly-lit situations, and shoots full exposure HD movies. *PGK2533, see store.sony.com.*



Canon EOS 6D

The Canon EOS 6D is an excellent camera for those ready to enter the world of full-frame photography,

while looking like a pro. The DSLR camera has an image sensor the same size as a 35mm film frame, making for excellent full-frame image quality, in a more compact, lightweight body that's similar in design to the top-end APS-C cameras. The 20-megapixel 6D also packs a GPS receiver and Wi-Fi capability, and delivers excellent video quality. *PGK4724, see canon.com.*



Pentax K-3

The 24-megapixel Pentax K-3 SLR takes a lot of what Pentax cameras are known for – robust weather sealing, excellent control layout and superb high ISO image quality – and couples it with the best-yet Pentax autofocus system, an impressive burst shooting mode and a weather-resistant lens. It also has something called an “anti-aliasing effect”, a breakthrough feature that slightly blurs the image to mimic the effects of an optical low-pass filter. *PGK2786, see us.ricoh-imaging.com.*



Ricoh GR

Barely thicker than your wallet, with a 28mm lens that delivers professional-grade image quality thanks to a high-speed auto focus system, and uncommonly straightforward menu settings, the discrete Ricoh GR does exactly what an experienced photographer thinks it will do. It also shoots full HD video. *PGK1773, see us.ricoh-imaging.com.*



The great Aussie oyster guide

What are the best varieties of oysters? Where to get them? Should you chew or swallow? How do you shuck them? *Lucie Morris-Marr* reports on the much-loved mollusc.



“As I ate the oysters with their strong taste of the sea ... I lost the empty feeling and began to be happy and to make plans,” declared writer Ernest Hemingway in his book, *A Moveable Feast*.

The acclaimed author was clearly enamoured – just like growing number of foodies and visitors in Australia – where oysters have been farmed in abundance since the early 1800s in the country’s pure, unspoilt coastal waters.

The main oyster varieties

There are three main oyster species farmed in Australia. The Pacific oyster is available year round, but peaks from April to September. It is sweet and creamy with a strong briny taste and smell. The Sydney rock oyster, in season from September to March, has a rich, creamy taste, with a slight flavour of iodine. The flat native variety, the Angassi oyster, is available from May to August and is the most sought after because of its fine texture and distinctive salty flavour.

How to pick the best

Check-out the large array of excellent local fish mongers and fish markets on your Air Niugini trip to Sydney, Cairns or Brisbane. Oysters that look wet and have a fresh sea smell when opened are the freshest. The oyster that is dry, sunken into the shell and smells fishy should be avoided.

Do your own shucking

You can leave it to the experts, but the best way to shuck your own oysters is to wrap a tea towel over one hand and use it to hold the oyster firmly. Then, using an oyster shucking knife in the other hand, place the tip of the knife at the base of the hinge, twist the knife using pressure, then without the pressure, lever the knife upwards, or twist it to prise the hinge open. Just mind your fingers.

Chew, or straight down the hatch?

It’s a divisive topic as to whether you should chew or swallow oysters. Some connoisseurs don’t chew, but they tip them straight down, arguing they are a “sensual experience” which is more about the feel than flavour. While others suggest chewing a couple of times to appreciate the taste first.

Where to eat them

In Sydney ... Rockpool Bar & Grill in the historic Rocks area, operated by top Australian chef Neil Perry. See rockpool.com.

In Cairns ... at the award-winning ThaFish seafood restaurant. Try their steamed oysters with soy, ginger and shallots. See thafish.com.au.

In Brisbane ... at Jellyfish restaurant which has dressings including natural French-style, Chinese BBQ pork and tomato chilly sambal. See jellyfishrestaurant.com.

Festivals

Fly into Sydney and drive to the south coast of New South Wales to visit the Narooma Oyster Festival on May 2. Or fly into Brisbane for the Brisbane Water Oyster Festival every November.

How to have them

Purists will say the only way to have an oyster is natural, but there are many ways to prepare them, including cheesy mornay, Kilpatrick with bacon and Worcestershire sauce, or garnished in a variety of flavours such as soy and ginger. ➤



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Kokopo Office
Ph: (675) 9828561
Fax (675) 9828609

Email: info@bngtrading.com.pg
Website: www.bngtrading.com.pg



Recipe

OYSTERS KILPATRICK

Ingredients (serves 4)

2 cups rock salt
 24 oysters, shucked
 2 tablespoons Worcestershire sauce
 175g thin rashers rindless bacon, diced
 2 tablespoons flat-leaf parsley leaves, chopped
 lemon wedges, to serve

Method

Preheat grill to medium-high heat. Place rock salt, in a thick layer, on a baking tray or heatproof plate. Arrange oysters (in their half-shells) on rock salt.

Sprinkle Worcestershire sauce over oysters. Top with bacon. Grill, on the salt, for 5 to 8 minutes or until bacon is crisp. Sprinkle with parsley. Serve with lemon.

(Source: Oysterfest) ■

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Gadgets and travel accessories

Pendleton straw hat

A travel hat that's practical and stylish? Yes, they do exist. Case in point, Pendleton's packable straw outback hat that has a classic look (note the brim and chic leather band) and is crafted from linen and seagrass with vents on the side crown to keep your head cool whether you're in rainforest or the streets of Port Moresby. It's portable, packable and resilient, making it perfect for throwing into your bag.

About PGK175, pendleton-usa.com



Bedol water-powered clock

Combine jetlag, time differences and busy travel schedules, and you could have a disaster on your hands. Better to take an alarm clock on the road – and better still to take the Bedol Travel Water Clock which runs on tap water instead of batteries. The eco-friendly gizmo converts ions in the water into energy used to fuel its digital LCD display and alarm, so you can reduce your carbon footprint while making sure you run on time.

About PGK40, bedolwhatsnext.com



Mophie Space Pack

This is a full-charge battery case for the iPhone 5 or 5S, with 16 or 32GB of extra flash storage thrown in for photos, music and other files. For those on long holidays who use their mobile as their main camera, it could be a lifesaver, as it lets you free up space on the go. Comes in black or white.

About PGK335 for the 16GB and PGK402 for 32GB, mophie.com



Cotopaxi pack

The Cusco pack from new outdoor gear brand Cotopaxi looks and feels great, being made from nylon cotton canvas with a suede bottom and breathable back panel, but it also has a conscience. At least 10 per cent of Cotopaxi sales go to raising money for educational causes: Cusco profits help provide an on-site tutor to one child for one week at a shelter in Peru.

About PGK199, cotopaxi.com



Paklite Cyborg case

Ideal for the style-savvy business traveller, light traveller or short-stay holidaymaker, the Paklite small Cyborg trolley case has a durable shell to keep your valuables safe while you're on the move, and four easy-glide spinner wheels for effortless maneuvering. The slick design comes in three handsome colours: devil red, cobalt blue and carbon grey.

About PGK444, paklite.com.au





Trakdot luggage tracker

Pair the battery-run Trakdot luggage tracker with your mobile, pack it in your check-in luggage, then once you land the device will send you an SMS or e-mail telling you where your bag is. If it's not where it should be, your knowledge of its whereabouts will speed up the recovery process, and if it is, an alert will tell you when it's approaching the end of the carousel. *About PGK240, trakdotluggage.co.nz*



Paperblank journals

Paperblank's leather writing journals are hand-stitched, come in three sizes including pocket-size, and are crafted from paper sourced from fast-growing pines. Inspiration for the designs come from world art and culture, like the 18th-century goldwork recreated in the Stitched Splendour design. The company also donates 10 per cent of its profits to charities such as Doctors Without Borders and the Sea Shepherd Conservation Society. Style with a cause. *From PGK42, paperblanks.com*

Black Rapid camera sling

SLR cameras can be a pain to lug around, but the Black Rapid camera slings can help soften that pain. Non-slip, well padded and ergonomically curved to fit over the shoulder like a satchel, the slings don't cut into your shoulder or pull on your neck, plus they're adjustable and made of ballistic nylon so you know they'll last a long time. Attachable pockets and extenders can be bought separately.

About PGK158 for the classic Curve RS-7, blackrapid.com



Steripen water purifier

If you're heading down the Sepik or anywhere into the wilds, the Steripen Freedom handheld water purifier might become your new best friend. The USB rechargeable device weighs only 74 grams and uses UV light to zap waterborne viruses, bacteria and protozoa, making it a great alternative to chlorine or iodine tablets for water sterilisation. Simply swirl the Steripen around a litre of water for 48 seconds and it's perfectly fine to drink.

About PGK252, steripen.com



Tumi passport holder

Tumi's Ticon black-leather passport holder, delicately embossed with the brand's signature T-pattern, also features the ingenious Tumi ID Lock. The lock, a little red pocket on the inside of the case that incorporates metal threads with radio-frequency chips, protects personal data encoded on any cards and passports from identity thieves.

About PGK243, tumi.com.au



iStabilizer Selfie Bundle

Selfies are pretty much a travel essential these days, even though they might not always show us in the best light. Thank goodness for the clever folk at iStabilizer, who have come up with a "Selfie Bundle" including a lightweight Monopod that extends to three feet and a Bluetooth shutter remote, ensuring more attractive, double-chinless selfies, and group shots that fit everyone in.

About PGK134, istabilizer.com





Seventh Son

Jeff Bridges stars as Master Gregory in this fantasy film based on one of the novels from the *Spooks* series by Joseph Delaney.

John Gregory is the last of the Flacon Knights, a man who has a fine history combating the forces of darkness and protecting the world from ghouls and other nasties, but the ageing hero needs an apprentice to carry on his prowess with the sword.

Ben Barnes, whose acting credits include two movies in *The Chronicles of Narnia* franchise, plays a young farmer's son named Thomas Ward, a seventh son of a seventh son, who is Gregory's last hope.

Despite the fatalities among the Falcon brethren, young Ward becomes a willing apprentice and the duo embarks on a daring adventure in a world "where legend and nightmare are real", according to Ward's battle-hardened mentor.

Overcoming Mother Malkin, a dark and vengeful queen, played by Emmy Award winner Julianne Moore, is one nightmare. Fighting the army of supernatural, Godzilla-type assassins she has dispatched against the two men is another.



The Gambler

The Gambler is a crime drama with Mark Wahlberg playing the lead as a literature professor with an addiction to gambling. It is a remake of the 1974 film that starred James Caan.

The troubled professor, Jim Bennett (Wahlberg), takes on the tranches of easy money on offer from the loan sharks, who expect repayment a little more swiftly than Bennett's fortunes allow.

According to the Hollywood buzz, Wahlberg has lined himself up for at least a nomination in the Academy Awards for this one.

The Gambler is directed by Rupert Wyatt (*Rise of the Planet of the Apes*), and also stars Brie Larson (*United States of Tara*), Academy Award winner Jessica Lange, and John Goodman who, too, may on the Academy's long list for best supporting actor.



The Water Diviner

This is Russell Crowe's directorial debut. The movie is set in 1919 after the end of World War 1 and Crowe, who also stars in the movie, plays a widow and father who goes searching for the bodies of his three soldier sons who have been reported killed in the Gallipoli campaign in Turkey.

Crowe's character, Connor, stays in a hotel run by a Turkish woman, played by Olga Kurylenko who starred opposite Daniel Craig in *Quantum of Solace*. They form a relationship and discover that love and hope come in many forms.

With the help of a local officer, Connor embarks on a rivetingly hopeful and heroic journey across the country to try and find the truth about the fate of his sons.

Water Diviner was filmed in Australia and Turkey and also features Turkish actors Yilmaz Erdoğan and Cem Yilmaz.

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



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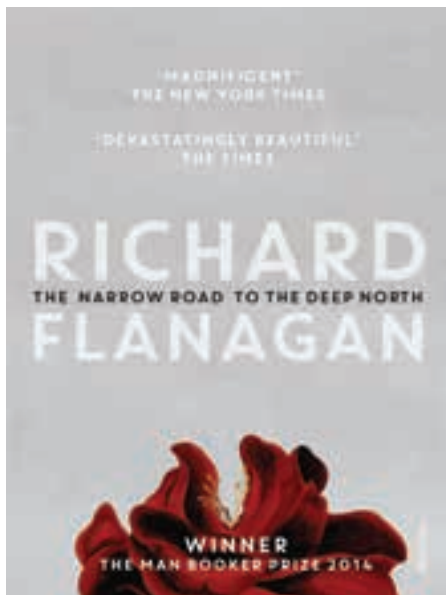
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The Narrow Road to the Deep North (Random House) by Richard Flanagan

Late last year, Richard Flanagan won the prestigious Man Booker prize for this book.

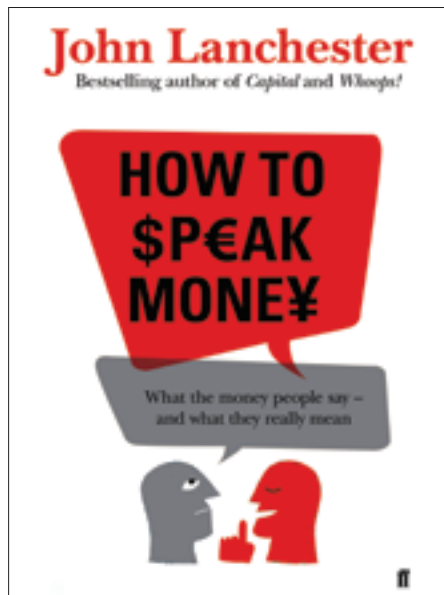
If any negative words have been written about it, they have been buried deep in the praises for *The Narrow Road to the Deep North* from across the world.

The savagely beautiful novel is set during the construction of the Thailand-Burma Death Railway in World War 2 and was inspired by Flanagan's father, a Japanese prisoner of war, who died the day the final manuscript was sent to the publisher.

In this, Flanagan's sixth novel, Australian surgeon Dorrigo Evans is haunted not just by the horrors of the camp he is held prisoner in but by an affair he had with his uncle's wife. This is a story about the many forms of love and death, of war and truth.

Philosopher and writer AC Greyling, chair of the Man Booker judging panel, has described Flanagan's work as a masterpiece. Perhaps no less an endorsement is that some readers have written in online forums about pausing while reading it so they might wipe tears from their eyes.

– GC



How to Speak Money (Norton), by John Lanchester

British journalist and award-winning novelist John Lanchester is contributing editor of the *London Review of Books* and to *The New Yorker*.

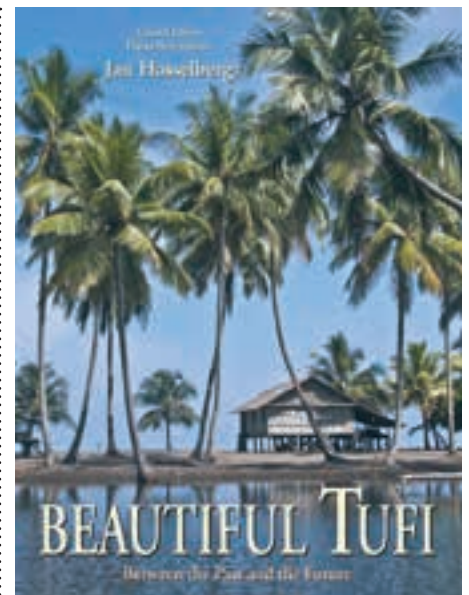
According to Lanchester, the language of economic elites can be complex and jargon-filled and the biggest problem for outsiders of this money world is that most of the time we don't know what the insiders are talking about.

Much of the book is a lexicon of money, but not only does Lanchester give his definitions of what money speak terms actually mean, he does it with good humour.

"Another way of describing quantitative easing would be if, when you look up your bank balance online, you had the ability to add to it by typing numbers on your keyboard".

This book could be a polemic and a reference book yet it's an easy read that while opening up the world of finance may even arm you with knowledge, ready for the moment someone tries to sell you the Next Big Thing.

– GC



Beautiful Tufi, Between the Past and the Future (AuthorHouse) by Jan Hasselberg

Norwegian-based schoolteacher Jan Hasselberg was so taken with the villagers of little-known Tufi, on Papua New Guinea's east coast, that he wrote a book about them, chronicling their daily life, history and rituals.

It's part picture book – there are hundred of photos showing everything from villagers in traditional costume to World War 2 PT boats at Tufi jetty – but it's also a triumph in storytelling.

Hasselberg writes of Tufi's characters, of its tattoo culture, of local heroes such as the athlete Philip John, and of the simple things like villagers catching tuna with nets from their canoes.

Hasselberg says the tuna arrive annually in large shoals.

"An entire shoal ends up by the main beach just around sunrise, like a gift from some benevolent spirit of the sea," he writes. "And then a new shoal arrives the next day. Some years this happens only a few times, but other years it may last for more than a month."

Beautiful Tufi was released in 2013, but still worth seeking out for anyone with a love of PNG.

Beautiful Tufi is available through Birdwing Publishing (birdwingpng.com) in PNG for PGK100, or from Hasselberg's site, beautifultufi.no.

– RU





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PICTURE: DAVID CONN

PNG buoyed by cruise boom

Shipping companies are taking an increasing interest in PNG, with passenger arrivals surging and even big ships now heading to PNG's shores, *Brian Johnston* reports.

The cruise news looks good. According to a report by the Pacific Islands Forum in mid-2013, the cruise industry has grown 125 per cent since 2005 and 143 new ships have been launched.

Particularly strong growth has been recorded in the Asian and Australian markets; a record 834,000 Australians took a cruise holiday in 2013. That puts Papua New Guinea in a geographically advantageous position.

What's more, there's plenty of room for expansion: currently only one in a hundred international cruisers (about 200,000 passengers) visit any Pacific island. In PNG, only five per cent of holiday arrivals are cruise passengers.



PICTURE: DAVID CONN

“Cruise tourism in Papua New Guinea is facing a bright future with increased international interest in cruising and increasing willingness from cruise shipping companies to include Papua New Guinea on Pacific itineraries,” concluded a recent report from the PNG Tourism Promotion Authority (TPA).

The US, New Zealand, Japan and the UK are significant markets, but half of all cruise visitors to PNG are Australians. That sector is also significant because many cruises are one way, with Australian visitors often extending with land-based holidays.

The PNG Government is taking notice. In 2010 it launched its first comprehensive

cruise strategy, which looked to improving port facilities and opportunities for shore excursions, waiving visa fees for cruise passengers, and reducing pilot fees by half. With expedition cruising already established, the aim was to entice luxury mid-size ships and even big operators.

In October 2014, the TPA launched a trade website to educate and inform travel agents. It has also emphasised PNG as a cruise destination in international trade shows

“

Cruise tourism in Papua New Guinea is facing a bright future with increased international interest.

”

and tourism events in Europe, the US and Australia.

While new jetties have been built in Kitava and Kaibola, among others, Milne Bay became the focus of efforts, since Alotau already had a good port and is well positioned on potential cruise routes from Australia. ➤

Big business ... increasing numbers of cruise ships are making their way to Papua New Guinea (left); passengers on a Coral Princess cruise ship encounter local canoes (above).

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.





All aboard ... *True North* (top), *Paul Gauguin* (above); cruise ships passengers transfer on to a local craft.

Wharfs were extended and new public facilities added.

In 2013, the arrival of P&O Cruises' 2050-passenger *Pacific Dawn* in Milne Bay showed the strategy delivering results. *"Pacific Dawn's* entry into the region allowed a new wave of low-cost travellers to see the beauty and thriving culture of PNG at a much lower price point than travel to PNG previously allowed," says Stuart Thompson, TPA's Australia and New Zealand representative.

"It's a game changer. Mass cruising provides greater consumer awareness, growth in demand and increased repeat visitation. As we've witnessed with Vanuatu, cruising has the potential to attract a percentage of past passengers back to the destination for an extended holiday." Currently P&O Cruises visits five PNG ports and will add Kavieng and Madang early this year. It has already announced a significant increase in its cruise presence, with its 2015-16 program including its first back-to-back PNG cruises from Cairns,



and its first dedicated PNG cruises from Brisbane and Sydney.

"The addition of two more ships has given us the flexibility to increase our PNG itineraries and open up new destinations. P&O's return to PNG was possible because of the strong support of the national government and local authorities, particularly in relation to the provision of infrastructure to accommodate cruise ship visits," explains P&O Cruises' CEO Ann Sherry.

In 2014, *Pacific Dawn* wasn't alone in visiting PNG waters. Other visits were made by Japan's NYK Cruises, Holland-America Line's *Amsterdam*, the British ships *Black Watch* and *Caledonian Sky*, French Polynesia-based *Paul Gauguin*, ultra-luxe residential cruise ship *The World* and three ships from both Hapag-Lloyd and Silversea. Princess Cruises now features PNG across 14 different cruises; it has also added PNG to its 2016 world cruise.

Small-size expedition ships continue to have a strong presence, among them Coral Princess Cruises' *Oceanic Discoverer* and

North Star Cruises' *True North*, which carries a helicopter and Zodiac landing boats for access to remote areas. One of its three itineraries focuses on diving the remote

Louisiade Archipelago. Aurora Expeditions has a 12-night cruise from Cairns that includes the Trobriand Islands and Tufi fjords. One of the potential benefits of cruising is that it brings visitors to remote areas that cannot otherwise be reached, providing a boost to village economies through the provision of shore excursions, cultural experiences and handicrafts.

The TPA says 90 per cent of revenue from coastal tourism operators comes from cruising in some destinations. "Cruising allows a new source of economic income and development, which can provide associated benefits in areas such as health, employment and education," says Stuart Thompson.

With the big surge in PNG cruising barely two years old, that remains to be seen, but certainly these are exciting times for cruise tourism in PNG. Watch this space. ■

Milne Bay in focus

Tourism, agricultural and gold mining provide the backbone of the economy of Milne Bay Province. *Kevin McQuillan* reports.



Smiles all around ... a warm welcome in Milne Bay where tourism is catching on.

TOURISM

Diving, cruising, island hopping (by plane), trekking and bird watching are the key tourism activities available in Milne Bay – apart from just relaxing in the pristine environment and doing very little.

The most comfortable way to enjoy diving is aboard one of the live-aboard dive boats, such as the 20-metre *MV Chertan* that can accommodate up to 14 divers. Another, the *MV Telita*, has five twin-berth cabins,

sophisticated electronic equipment, a bar, video, stereo, a well-equipped library and a charging console for photographers.

The Weddau area on the north coast offers a stunning selection of walks, including a four-day hike from Weddau to the capital, Alotau. There's also a hike to the top of Mt Pasipasi (600 metres), and the Cape Vogel area has bush trails and waterfalls to explore.

Each year, thousands of tourists arrive to enjoy diving around the wreckage left behind from the war. ➤

“

One estimate is that the province contains more than 60 million ounces of gold.

”



Milne Bay in focus

Milne Bay is also popular with cruise ships, coming in increasing numbers (see story on previous pages).

AGRICULTURE

New Britain Palm Oil has a large palm oil plantation in Milne Bay, and there are many small-scale village projects in cocoa and copra production.

Other small industries include vanilla, rice and livestock.

Aqua farms produce blue and yellow fin tuna and pearl farms.

GOLD MINING

Alluvial gold was discovered on Misima Island in 1888 and about 100,000 ounces was produced from alluvial workings until 1904. Total production from the underground workings from 1888 to 1942 is estimated to have been approximately 236,000 ounces.

Attempts after World War 2 to re-commence mining were unsuccessful, largely because of extensive collapse in the underground workings. From 1959 to 1972 at least five companies explored the area without locating economic ore reserves.

Earlier this year, Kula Gold was granted a mining lease to develop its Woodlark Island Gold Project about 250 kilometres east of the provincial capital, Alotau.

Eight projects currently have prospecting status, says Didimus Epo, principal advisor to the provincial government, and feasibility studies are underway on two geothermal projects on D'Entrecasteaux Islands.

One is located near the north end of Normanby Island; the other is a well-known dive site called "Bubble Bath", located about 20 metres offshore near the mid-north coast of Dobu Island, an extinct volcano.

Fergusson Island, part of the D'Entrecasteaux group, also has an active thermal region, hot springs, bubbling mud pools, spouting geysers and volcanoes. ■

NEED TO KNOW

MILNE BAY POPULATION
276,000

PROVINCIAL CAPITAL
Alotau (pop. 15,939)

MAJOR INDUSTRIES:
Tourism, mining, agriculture

GOVERNOR:
Titus Philemon

MAIN LANGUAGES:
Tawala, English, Suau, Tok Pisin



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Floating gas platform in the pipeline

Ben Creagh reports on the project by Cott Oil and Gas to develop the Pandora gas field for floating LNG.



Cott Oil and Gas is developing what could become Papua New Guinea's first floating liquefied natural gas (FLNG) project – at the Pandora gas field in the Gulf of Papua.

Perth-based Cott, which is a majority 40 per cent owner of Pandora (PRL 38), has announced an agreement with Kina Petroleum and Heritage Oil to relinquish the 20 per cent interest it owns in PPL 437 in Western Province.

The company will not be required to meet any further financial contributions to advance the exploration program at PPL 437 as a result of the agreement.

Cott Oil and Gas managing director, Andrew Dimsey, says the company's "main thrust"

is now the Pandora gas field and the PPL 437 agreement is "favourable" for the company.

"We believe Pandora has a potential development profile that fits within a small-scale floating LNG project and we're probably now moving down that track of trying to pull together an FLNG project development at this particular gas field.

"We still think PPL 437 has potential but, after having a good look at it, we determined that PRL 38 is probably where we need to spend our hard-earned cash at the moment."

Pandora is located between Port Moresby and Daru in 120 metres of water at approximately 1400 metres depth.

Cott's project partners include Talisman Energy (25 per cent), Kina Petroleum (25 per

cent) and Santos (10 per cent).

The project has a best estimate contingent resource of 800 billion cubic feet of gas, with previous licence holders suggesting it could host 1.3 trillion cubic feet of in-place gas.

"If we manage to hit all the right buttons in a short period of time we think it could be up and running within three years."

Cott, with Talisman, launched an investigation into the prospect of a FLNG development at Pandora earlier this year by establishing a working group that included potential owner-operators, contractors and adjoining licensees.

Dimsey says the company was being consulted by potential developers of FLNG plants, including Belgian ship-owner Exmar, ▶



Floating gas platform

on how a facility would be constructed for the Pandora gas field.

“It is more likely the development would be a standalone, onsite FLNG development,” Dimsey explained.

“

If we manage to hit all the right buttons in a short period of time we think it could be up and running within three years.

”

“They are reviewing how they would go about building and honing the plant. We would just provide the gas and pay them a tolling fee for liquefying the gas – it’s a good business for them.

“It would likely be a 10-to-15 year project at this stage and that is probably a function of reviewing development opportunities in the surrounding area. If it turned out to be a first-class development it could even be a 20-year project.”

Dimsey says Cott will continue to work with its project partners, including the PNG Government, to advance Pandora to a point where the joint venture can make a development decision.

He says the successful start-up of operations at the ExxonMobil-led PNG LNG project earlier this year had set a strong example of how LNG projects can be developed in the country.

“Pandora is a small project in comparison (to PNG LNG) but if we manage to hit all the right buttons in a short period of time we think it could be up and running within three years,” Dimsey says. ■

WHAT IS FLNG?

Although no floating liquefied natural gas plant is currently operational, several projects are being explored and developed, including Royal Dutch Shell’s first deployment of the technology at Prelude, off the Western Australian coast.

According to Shell, FLNG provides the following benefits:

- Production, liquefaction, storage and transfer of LNG at sea.
- The ability to process and export liquefied petroleum gas (LPG) and condensate at sea.
- Removes the need for pipelines to shore, dredging and onshore works, limiting disturbance to the surrounding environment and reducing development costs.


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The world according to BRICS

Kevin McQuillan reports on an unlikely alliance of countries called BRICS that may hold some valuable tips for the economies of PNG and other Pacific nations.

BRICS is an association of five countries, with very little natural geographical, cultural or historical ties, coming together to focus on mutual economic opportunities and challenges.

Brazil, Russia, India, China and South Africa have now set up their own BRICS Development Bank, believing the IMF, World Bank and other western-influenced institutions are not doing enough to support and invest in developing countries.

BRICS expert, David Thomas, outlines how Papua New Guinea and other Pacific nations can learn from the BRICS experience.

1. FRIENDSHIPS

PNG policymakers and leaders must think hard about the countries that can and/or will have the greatest impact on their future and progress, and then work hard to establish a tight-knit group of like-minded leaders who meet regularly to make things happen.

This can be achieved (as with the BRICS) without upsetting or excluding existing relationships with other countries, which are important from a trade or investment perspective.

2. ATTRACTING FOREIGN INVESTMENT

China is the most significant investor in the region and with a well-developed strategy to focus on energy and food security. PNG is well placed to attract substantial investment from China, particularly in the mining, resources, food and agriculture sectors.



BRICS leaders ... (from left) Russia's Vladimir Putin, India's Narendra Modi, Brazil's Dilma Rousseff, China's Xi Jinping and South Africa's Jacob Zuma.

PNG has a chequered history with Chinese investment and is perhaps not focusing as much on China as it could. Regular visits, via sister-city relationships, are welcomed in China, as are regular visits by all political leaders, particularly the prime minister.

3. ACCELERATE PNG'S URBANISATION PROGRAM

Urbanisation is a driving force for economic growth and expansion and can produce an increase of 20 per cent GDP per capita. It increases rural productivity, boosts demand for resources, commodities and energy and drives domestic consumption (urban residents spend 3.6 times more than rural dwellers).

On PNG's doorstep, Indonesia is the fastest urbanising country in the world and is witnessing growth in the numbers of middle-class consumers.

All the BRICS are benefiting from rapid urbanisation, notably China and India. By contrast, PNG is a rural and agricultural economy with only around 18 per cent of the population currently living in urban centres.

It is critical for the government to speed up its "National Urbanisation Policy 2010-2030".

4. STABILITY IS THE KEY

Brazil is a good example of how political and fiscal stability can lead to substantial economic growth by comparing two periods in Brazil's recent history (see table). ▶

BRAZIL, FROM BAD TO GOOD

FROM 1980 TO 1994

- 5 presidents
- 15 finance ministers
- 14 CB presidents
- 6 currencies
- 730% average annual inflation
- Inefficient public sector
- Closed economy
- Balance of payment crisis
- Incipient monetary policy
- Fiscal mess

FROM 1995 TO 2010

- 2 presidents
- 3 finance ministers
- 5 CB presidents
- One currency
- 7% average annual inflation
- Privatisation
- A more open economy
- Lower external vulnerability
- Inflation targeting
- Improved fiscal policy



BRICS



My advice to PNG is to become a beacon of political stability among the Pacific Islands, and the region as a whole.

5. THE IMPORTANCE OF PLANNING

China is an example of a planned economy, which benefits greatly from the existence of a well-developed Five Year Plan but, more importantly, a long track record for having met and exceeded almost all of the targets, milestones and objectives outlined in each of the 11 Five Year plans over the past 60 years.

The PNG Government’s long-term “Vision 2050” and shorter-term policy documents and white papers, including the 2014

David Thomas ... “Urbanisation is a driving force for economic growth and expansion and can produce an increase of 20 per cent GDP per capita.”

“Responsible Sustainable Development Strategy”, emphasise the need for a more diverse economy, based upon sustainable industries, improved infrastructure, the development of SMEs and greater collaboration with foreign investors and the private sector.

These grand plans are admirable and necessary but my advice is to gain a reputation for not just having a vision, but for execution, implementation and delivery. ■

David Thomas is principal of Think Global, a consulting firm that helps companies do business with BRICS countries. He spoke at the PNG Advantage Summit in September, co-hosted by the Port Moresby Chamber of Commerce and Industry.

PNG has what the world wants

In spite of the recent worldwide slump in commodity prices, numbers were strong at the Papua New Guinea Mining and Petroleum Investment Conference in Sydney late last year.

For three days, majors and juniors, their financiers, government officials, landowners, politicians and service providers from 16 countries mingled, made presentations, discussed projects and shared their experiences of doing business in Papua New Guinea.

With global commodity prices weak, why the strong interest in PNG?

President of the PNG Chamber of Mines and Petroleum, Oil Search’s Gereaa Aopi, emphasised that the commencement of liquefied natural gas exports last year had



The commencement of liquefied natural gas exports last year has created new confidence in PNG’s resource’s sector.



“created new confidence in PNG’s resource’s sector”.

The long-term outlook for PNG is still very positive, too, according to Deloitte Access Economics partner, Chris Richardson, who pointed out that the urbanisation in South-East Asia, especially in China and India, still has a long way to run and “PNG has what the world wants”.

With the supply side of resources finally starting to catch up with demand, it is no surprise that prices are coming down.

PNG’s miners are already reducing costs accordingly, with Newcrest Mining cutting costs on Lihir Island, and Ok Tedi Mining cutting back during what chief operating officer Musje Werror described as “tough times”. Exploration programs by juniors have also been radically cut.

There are positive developments, too, and new players. French major Total Oil is awaiting the results of arbitration over the planned Elk-Antelope gas project it hopes to pursue with InterOil, and is keen to sell its vision for the project.



Meanwhile, PNG’s next major mining project may be under the sea or underground, with Nautilus Minerals’ Solwara 1 project finally back on track and the pre-feasibility study for the Harmony Gold/Newcrest Mining Wafi-Golpu project — PNG’s first major underground mining operation — on track for completion. ■



Westpac's woman of the year

Kevin McQuillan speaks with the head of the petroleum company Origin Energy PNG, Lesieli Taviri. She is the winner of the 2014 Westpac Outstanding Woman Award in Papua New Guinea.

Q : When did you join Origin Energy and in what role?

A: I joined Origin in the capacity of corporate services manager in 2008 and later moved into a sales, marketing and business development role before being appointed country manager.

Q: What are your responsibilities as a country manager?

A: I am accountable for the PNG business delivering shareholders' expectations through operational leadership. I have 129 staff, who are based in six locations throughout PNG. I travel to Sydney every three months, and every couple of weeks to locations in PNG.

What I enjoy most about my current role is seeing people grow – behaviourally and professionally.



Q: You were educated at PNG University of Technology before joining Origin. And you are currently studying at Chifley Business School. What have been the benefits of staying with the one company?

A: I am currently pursuing an MBA with the Chifley Business School (in fact I just finished

“

PNG is in need of more role models. So I hope to encourage more women to aspire to senior executive roles.

”

an open-book exam early hours of this morning so I'm starting to doze off).

The benefits of being with one company really depends on the company itself and its culture. If you work with an organisation that places importance on creating a conducive culture that values growth, diversity, equal opportunity and so on, then you are in a better position for personal growth.

It's even more rewarding when you are in an emerging industry with immense potential for economic and social advancement.

Q: What does winning the Westpac Outstanding Woman of the Year award mean for you?

A: I simply hope to inspire others. PNG is in need of more role models. So I hope to encourage more women to aspire to senior executive roles.

I believe there is a need for more women in executive leadership roles. Women, being

mothers, have a natural ability to think sustainably and they tend to place a priority on supporting a larger social structure, and those are important leadership values that are imperative for sustainable growth and ethical standards.

Q: You are also chair of the newly formed PNG Business Coalition for Women. What are you hoping the coalition will achieve?

A: More women into leadership roles, into formal employment and into key development industries. BCFW will do this by providing innovative and relevant tools, resources and advice to help businesses build their capacity in-house so they can provide a more conducive working environment for women to be able to excel as employees, leaders and business partners. ■

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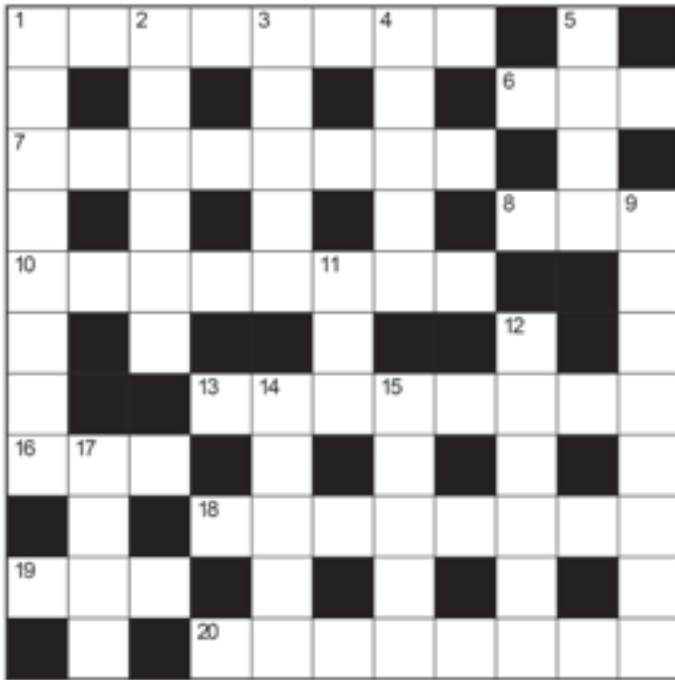
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DoubleTake

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. Don't pause from work so often or you'll become fidgety (8)
6. Might come before mid-year (3)
7. Kidnap sailor from Yangtze seaport (8)
8. Vegetable that sometimes follows sweet (3)
10. A sign EEC made for FBI & CIA (8)
13. Peg tries out status (8)
16. Bad actor has part in *Shampoo* (3)
18. Use beeper to get picnic pests to make colourful displays (8)
19. Partial rebate for baseball club (3)
20. Entrees for race officials (8)

Down

1. Fact-finding mission might scare her (8)
2. Made proportionate reduction of skinned fish (6)
3. Lose one's grip, initiating common sense (5)
4. Takes out large ray (5)
5. Elle had a meal in the wee hours (4)
9. Makes false accusations as sprees go wrong (8)
11. Tina's ex, most likely (3)

12. He's engaged in face surgery (and in cafe dealings) (6)
14. Severely criticise Sunday joint (5)
15. Lance had a variety of pears (5)
17. First gardener used macadamias (4)

STRAIGHT CLUES

Across

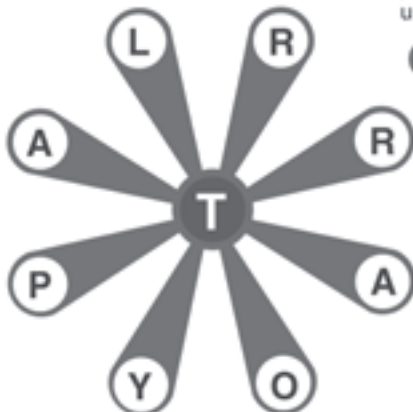
1. Itching to go (8)
6. Fifth month (3)
7. Jackie Chan movie, ... *Noon* (8)
8. Whistle ball (3)
10. Holiday shops, travel ... (8)
13. Social standing (8)
16. Cured pork (3)
18. Beauty shows (8)
19. Belfry creature (3)
20. Ignition mechanisms (8)

Down

1. Investigate (8)
2. Clambered up (6)
3. Mental reasoning (5)
4. Glide on ice (5)
5. Better ... than never (4)
9. Defames (8)
11. Eisenhower's nickname (3)
12. Husband-to-be (6)
14. Swelter (5)
15. Throwing weapon (5)
17. Father of Cain & Abel (4)

Wheel Words

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



12 Good 18 Very Good 23+ Excellent

For solutions, see page 134.





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The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. From which city did American aviatrix Amelia Earhart take off in 1937, never to be seen again on her ill-fated around-the-world flight?
2. What is the Mariana Trench?
3. What percentage of PNG's population lives in urban centres: 3 per cent, 18 per cent, or 43 per cent?
4. What is the unofficial national sport of PNG?
5. What was the former name for Tokyo?
6. Which European country took over northeast PNG in 1884?
7. Which birds fly from PNG to Australia in late August each year?
8. Name the Australian who won the 2014 PNG Golf Open at the Royal Port Moresby Golf Course?
9. Who is Fiji's most famous golfer?
10. Where in PNG was controversial Australian radio host John Laws born?
11. Who is the outspoken celebrity chef opening the Bread Street Kitchen restaurant in Singapore in April/May?
12. Name the five Asian countries to host Formula 1 races during the 2014 season.
13. Where is the Sulu Sea?
14. What is the capital of Indonesia?
15. How many stars are on the red flags of China and of Vietnam?

Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions, see page 134.

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Solutions

Wheel Words

Solution:

Alto, Arty, Atop, Part, Plot, Port, Rapt, Rota, Taro, Trap, Tray, Tyro, Altar, Aorta, Apart, Aptly, Party, Platy, Tarry, Paltry, Parrot, Partly, Patrol, Portal, Portly, Raptly, Raptor, Rotary, Portray.

Nine-letter word: PORTRAYAL



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

The Paradise Quiz

- 1 Lae. (Recent research suggests a fragment of metal found at Nikumaroro, an atoll in the south-western Pacific republic of Kiribati, 3000 kilometres from Lae, is from her Lockheed Electra).
- 2 The deepest part of the world's oceans, located north of PNG, near Guam. It is 2550 kilometres long, an average of 69 kilometres wide and 10.994 kilometres deep.
- 3 18 per cent.
- 4 Rugby league.
- 5 Edo.
- 6 Germany.
- 7 Channel-billed cuckoos.
- 8 Kalem Richardson.
- 9 Vijay Singh.
- 10 Wau.
- 11 Gordon Ramsay.
- 12 Malaysia, Singapore, China, Japan, Bahrain.
- 13 Southwestern Philippines.
- 14 Jakarta.
- 15 Five; one.

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Out and about

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



PICTURES: PNG TOURISM

CLIMATE

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

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely

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

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

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

ELECTRICITY

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

GETTING AROUND

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

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

Car hire: Deal with one of the international names and ask them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

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

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

HEALTH

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

MONEY

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

SAFETY

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

TIME ZONE

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

EATING, DRINKING, SOCIALISING IN PORT MORESBY

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 where Deli KC's serves antipasto, salads, sandwiches, milkshakes espresso and a limited Italian menu for dinner. The Poolside Bar should not be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular wood-fired Italian pizza. See airways.com.pg.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches, and salt-and-pepper prawns. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under

the shady mango trees, or in the air-conditioned bar. See avita.com.pg.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado, and the best crispy bacon. The servings are generous. It is one of the few cafes in town open early, you can grab your first cuppa from 6.45am. Located under the residential buildings on the new Harbour City development, down behind the ANZ and BSP bank. See facebook.com/CafeOnTheEdge.

Crowne Plaza Hotel: There are multiple eating options at Crowne. 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 where the steaks and garlic prawns are impressive. Old-fashioned crepes suzette makes an appearance here, too, and is cooked at your table.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes several courses, so come with an empty stomach. See ourportmoresby.co/things-to-do/archives/daikoku.

Duffy Cafe, Gabaka Street: This has rapidly become popular among the expat community, with

excellent coffee and homemade cafe-style food. See facebook.com/duffy.png.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sunday mornings. See ourportmoresby.co/things-to-do/archives/dynasty.

Fusion: This is one of the newer restaurants in the city and always seems to be doing great business. It's Asian with a *fusion* of flavours from China, Thailand and Vietnam. Takeaway available. See facebook.com/fusionbistropom.



Grand Papuan Brasserie:

The funky Grand Papua Hotel bar serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. See grandpapuahotel.com.pg.

Lamana Hotel: The hotel's restaurant has a daily soup and salad buffet lunch, with your choice of main and a drink. There is an Indian buffet night on Thursdays. See lamanahotel.com.pg.

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan

bar area showing sport on large screens. If it's too busy, try the Aviat Club in nearby Konedobu. See rpyc.com.pg.

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

Tasty Bites: This is the newest restaurant in Port Moresby, serving Indian and tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book. 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 ourportmoresby.co/things-to-do/archives/dynasty.

HOTELS

Airways Hotel
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Gateway Hotel

Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See coralseahotels.com.pg.

Grand Papua

Port Moresby's newest large hotel opened in late 2011. The hotel features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. See grandpapaahotel.com.pg.

Holiday Inn

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

Laguna hotel

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



An inspiring setting, luxurious rooms and excellent service. See airways.com.pg.

Crowne Plaza

Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving café and Mediterranean restaurant. Tel +675 309 3329.

Ela Beach Hotel and Apartments

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

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Lamana Hotel

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

LAE

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

The smaller Lae City Hotel has

quickly established a good name since opening in 2013, but be sure to make a reservation well in advance, laecityhotel.com.

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

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

PNG Tourism Promotion Authority, papunewguinea.travel

Port Moresby Chamber of Commerce and Industry, pomcci.org.pg ■



TALKING PIDGIN

The number of languages listed for Papua New Guinea is about 850, but Tok Pisin (pidgin) is the most used, and perhaps the most charming.

Along with Hori Motu and English, Tok Pisin is one of the three official national languages.

It is an English-based creole language and there are variations of it throughout the country.

To get the idea, here are some common words and phrases:

- Good morning,** *monin*
- Good afternoon,** *apinun*
- Thank you,** *tenkiu*
- Yes,** *yes*
- No,** *nogat*
- Hospital,** *haus sik*
- Bank,** *haus mani*
- Toilet/bathroom** (small house), *smol haus*
- Food, or to eat,** *kai kai*
- Meal time,** *taim bilong kai kai*
- What is your name?** *Wanem nem bilong yu?*
- I do not like it,** *mi no laikim*

Rifle, *bigfella iron walking stick him go back along topside*

Person who speaks nonsense, *emti tin*

Football, *kikbal*

Jet plane, *smok balus* (smoke bird)

Angry, *kros*

Baby, *pikinini*

I love you, *mi laikim yu tru*

Really, *tru*

Moustache, *maus gras*

Fish, *pis*

Ocean, *solwara* (salt water)

Man with two wives,

sikispela lek (six legs)

Lying down, *slip*

Journey, *wokabout*

Cinema, *haus piksa*

Useless, *nogat*

4WD, *fowil draiv*

Hairdresser, *man i save katim gras bilong het*

Make clear or explain, *klirim*

Your, *bilong yu*

Reef, *rip*

Parents, *papamama*

Coffee, *kopi*

Taxi, *taksi*

Bedroom, *rum slip*

Sugarcane, *stik suga*

Out of money, *poket bruk*





Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

In-flight Duty Free

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

Immigration and Customs Forms

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

Before you leave

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



Air Niugini fleet



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Length: 58.94m
 Wing span: 47.57m
 Range: 8100km
 Cruising speed: 857kph

Power plant: 2 x PW4000
 Normal altitude: 11000 - 12000m
 Standard seating capacity: 214
 Number of aircraft in fleet: 2



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: 158
 Number of aircraft in fleet: 2



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: 122
 Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m
 Wing span: 29.076m
 Range: 3000km
 Cruising speed: 780kph

Power plant: 2 x Rolls Royce Tay650
 Normal altitude: 11000m
 Standard seating capacity: 58
 Number of aircraft in fleet: 2



DASH 8-Q400 NextGen - Bombardier

Length: 32.8m
 Wing span: 28.4m
 Range: 3000km
 Cruising speed: 670kph

Power plant: 2 x Pratt & Whitney PW150A
 Normal altitude: 7500m
 Standard seating capacity: 74
 Number of aircraft in fleet: 6



Falcon 900EX - Dassault

Length: 20.21m
 Wing span: 19.38m
 Range: 4500km
 Cruising speed: 650kph

Power plant: 3 x Honeywell TFE731
 Maximum altitude: 51000ft
 Standard seating capacity: 12
 Number of aircraft in fleet: 1

Your health inflight

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

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

Blood Circulation/Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen. The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

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

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

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

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

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

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

Recommendations

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

Jetlag

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

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

Recommendations

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



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

Cabin Humidity/Dehydration

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

Recommendations

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

Eating and Drinking

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

Recommendations

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

Cabin Pressurisation

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

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

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

Recommendations

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

Motion Sickness

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

Recommendations

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



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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

Send 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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